

# Downing MCR Fresher's Guide



Downing College, Cambridge, CB2 1DQ.  
<http://downingmcr.soc.srcf.net/>

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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 College. It is made up of every graduate student in college, as well as some affiliated members such as postdoctoral students.

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 particular, 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.

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. This guide also includes information about Cambridge city and advice to help you settle in. You should also read 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 2016'. Here you can meet current students and students starting in 2016.

We very much look forward to seeing you during Freshers' week and throughout the year to come.

Nicky Soane  
*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.

	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
Sat 1 <sup>st</sup>		12:00 onwards Arrival in College. You will be met by MCR members in the Porters' Lodge to help you get settled.	From 19:00 Free Take Out Pizza Night MCR, S staircase
		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)	
Sun 2 <sup>nd</sup>	10:00-11:00 Freshers' Service College Chapel	13:00-14:00 Tour of Cambridge Meet in the MCR, S staircase Free	From 17:00 College Family Night, MCR, S staircase Usually a meal at a local restaurant Cost ~£15-20
	11:15-12:30 Master's Brunch Master's Garden Free	From 15:00 Free Tea & Cake with Q&A MCR, S Staircase	
	11:00-12:30 Another chance to register Tutorial & Admissions Office, B staircase		
Mon 3 <sup>rd</sup>	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 4 <sup>th</sup>		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 5 <sup>th</sup>			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
Thur 6 <sup>th</sup>	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 7 <sup>th</sup>		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 8 <sup>th</sup>		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 stair common room next to MCR Free
Sun 9 <sup>th</sup>	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 10 <sup>th</sup>			
Tue 11 <sup>th</sup>		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) <b>If you are unable to attend            please contact the            Tutorial &amp; Admissions            Office urgently</b>	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 12 <sup>th</sup>			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
Thur 13 <sup>th</sup>			20:00-22:30 Free Movie Night MCR, S Staircase
Fri 14 <sup>th</sup>			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

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:

**Nicky Soane, MCR President** [mcr-president-officer@dow.cam.ac.uk](mailto:mcr-president-officer@dow.cam.ac.uk)



Our MCR's friendly and welcoming community is the highlight for many students in Downing. As President, I ensure that this tradition continues. Together with the rest of the MCR committee, we keep the year busy with fun, open, and exciting events for all graduate students. Along with overseeing the committee, I also represent the MCR to College in various meetings and functions. I seek to maintain the warm and inviting atmosphere of our recently renovated combination room, which is one of the nicest in Cambridge. Now in my 3rd year of my PhD and the previous MCR treasurer, I would be more than happy to answer any of your questions. Please feel free to get in touch.

**Ed Taylor, MCR Vice-President** [mcr-vice-president-officer@dow.cam.ac.uk](mailto:mcr-vice-president-officer@dow.cam.ac.uk)



I am a third year PhD student in Biochemistry working on fluorescence microscopy. My role is to assist the President and all other MCR Committee members. I am responsible for keeping track of the actions undertaken by the team, helping out wherever needed and attending various College committees and CUSU (Cambridge University Student Union) meetings. If you have any questions or suggestions for events, or things that would benefit the MCR, please do not hesitate to contact me. I also have a particular soft spot for Welfare issues, having been Welfare & Education Officer last year, so if you need some advice or a helpful (confidential) ear then I can definitely help.

**Wen Liu, Environmental Officer** [mcr-environmental-officer@dow.cam.ac.uk](mailto:mcr-environmental-officer@dow.cam.ac.uk)



I am a PhD student at the Institute for Manufacturing, Department of Engineering, Cambridge. My research focuses on industrial sustainability, additive manufacturing and sustainable manufacturing systems. I was previously at Downing as an Mphil in Engineering for Sustainable Development student. As



the Environmental Officer for the year 2016, my goal is to keep Downing at the top of the University Student Switch Off Campaign, help Downing reduce carbon footprint and have more sustainable lifestyles.

**Josie Hughes, Communications Officer** [mcr-communications-officer@dow.cam.ac.uk](mailto:mcr-communications-officer@dow.cam.ac.uk)



Hi, I'm a 1st year Engineering PhD Student. As Communications officer, I manage the MCR website, sort event bookings and take minutes at open meetings. I also send out the weekly newsletter - if you would like an article included, simply send it to me in an email!

**Tessa Bertozzi, International Officer** [mcr-international-officer@dow.cam.ac.uk](mailto:mcr-international-officer@dow.cam.ac.uk)



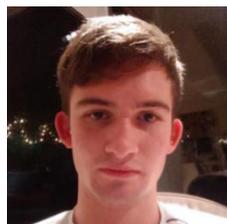
I'm Tessa, a first-year PhD student in Genetics and your current international officer. An overseas student myself, I'm here to support international students both before they arrive in Cambridge and during their time at Downing. Please feel free to contact me if you have any questions or issues pertaining to international student life – I'm here to help. I also organize themed events throughout the year with the hopes of capitalizing on the rich international diversity among graduate students. New event ideas always welcome!

**Josh Mehta, Bar Sports and Amenities Officer** [mcr-amenities-officer@dow.cam.ac.uk](mailto:mcr-amenities-officer@dow.cam.ac.uk)



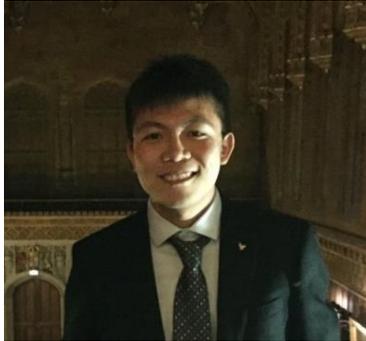
Hey, I'm Josh and I'm just finishing my MPhil in chemistry. Originally completing my undergrad at Bristol; I have enjoyed my time within Downing so much that I have committed to a further 3 years of study towards a PhD here. There are so many opportunities within the University that I encourage you to give things a go and make the most of everything the College has to offer! If you have any questions, don't hesitate to get in touch, and I look forward to meeting many of you in October.

**Max Burley, Social Secretary** [mcr-social-secretary@dow.cam.ac.uk](mailto:mcr-social-secretary@dow.cam.ac.uk)



Hi, I am a first year PhD in materials science and the social secretary responsible for the organisation of social events, from weekly swaps to the annual mini ball. It is our job to make sure that a variety of fun activities are on offer for the graduate students at Downing to get involved in so that they can meet other MCR members and socially integrate into College life.



**Chao Li, Equal Opportunities** [mcr-secretary@dow.cam.ac.uk](mailto:mcr-secretary@dow.cam.ac.uk)

Hi everyone! My name is Chao Li and I'm a first-year PhD student here at Downing, as well as your equal opportunities officer. The life in Downing MCR and Cambridge is so wonderful and I have the passion to make a contribution to every member in the MCR. I hope to be involved in many things here at Downing, and particularly in ensuring everyone feels equal, no matter who they are or where they come from. Using my previous experience as the chairman of the graduate student union at my previous university, I hope to enrich graduates' extracurricular life.

**Charlotte Richards, Welfare Officer** [mcr-welfare-officer@dow.cam.ac.uk](mailto:mcr-welfare-officer@dow.cam.ac.uk)

Hi everyone! I'm a fourth year medic and one half of your welfare team. I'm here to try and ensure you have the best time possible whilst here in Downing in terms of your own well being! If you have any kind of problem, definitely make use of us friendly welfare officers to help you out. We can provide you with support, direct you to any appropriate services in College, such as the graduate tutors, or in wider Cambridge as well as providing you with sexual health supplies. Our role also involves us running a termly seminar night which is a great event that'll give you an insight into what your fellow MCR members get up to in their studies! If you have any questions or need any help, don't be shy!

**Izzie Maya, Welfare Officer** [mcr-welfare-officer@dow.cam.ac.uk](mailto:mcr-welfare-officer@dow.cam.ac.uk)

I'm Izzie, a linguistics MPhil and one half of your welfare & education team. I'm here to help, so whatever is on your mind, feel free to get in touch, whether it's information about welfare in College, such as the graduate tutors, at Cambridge in general, random questions or if you just need someone to talk to! I am also happy to help you fill forms that you might need to do for various welfare concerns. We are both keen to help make your time at Cambridge the best it can be, so if you have any questions, suggestions or requests, just drop us a line!



## 2.2 College Staff

### The Porters

**Phone 01223 334800**

Working day and night, the Porters provide our College with security, 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 often more than happy to answer it. Porters can always be found in the Porters' Lodge, the building located 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 in order 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 of time, 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.
- Various newspapers, pamphlets, and notices, including Varsity, The Cambridge Student, and Cambridge News. The Porters' Lodge keeps all of these publications at their front desk.

### Tutorial and Admissions Office

**Phone 01223 334811, Fax 01223 760896**

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](mailto: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 of 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                    jts34@cam.ac.uk  
Dr Ewan Jones                ejj25@cam.ac.uk

## 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 Dr Keith Eyeons, 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.



## 3 Life in 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 2017) are Michaelmas (from 4th October to 2nd December), Lent (from 17th January to 17th March) and Easter (from 25th April to 16th June). College is very much inactive during the Summer and the other gaps between terms, when conferences take over as the prime concern, but the MCR Committee still endeavour to put on lots of events!

### 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 and the one on Lensfield Road.
- 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 located in B staircase. The Office is open over Freshers' Weekend on Saturday 1st October from 12.30-17.00 and on Sunday 2nd 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](http://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.

### 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.

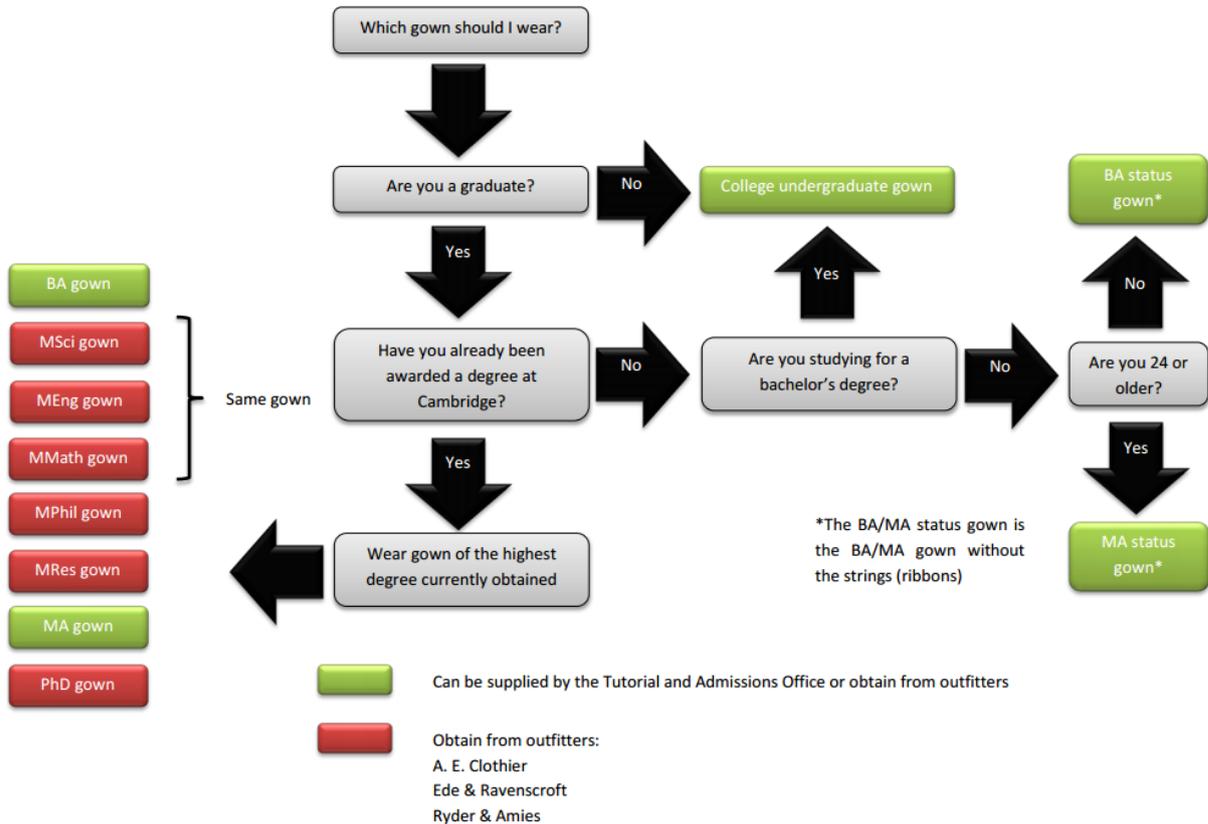
It is often best to email your supervisor to let them know that you have arrived in Cambridge and to ask when they would like to meet. It's normally best not to wait too long before doing this: some supervisors may expect you to contact them, rather than the other way round.



**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 Amies 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!

Overnight guests are allowed in student rooms for up to 3 nights as long as 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 particular 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](http://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:** Football, Ultimate Frisbee, Rowing, Basketball, Badminton, Squash, Mixed Lacrosse, Netball, Tennis, Volleyball, Hockey, Rugby Union, Table Tennis,  
**Other:** Music, Drama, Big Band, Chapel Choir, Photography



For more information, visit the Downing Sports and Societies Fair (Tuesday 4<sup>th</sup> October 14:30-17:00) in the Grace Howard Room during Freshers' Week.

In addition to the clubs listed above, Downing College has a number of 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)

Downing has a very good sporting reputation, particularly in rowing and rugby. It will be worth going along to the College's Freshers' Fair (Tuesday 4<sup>th</sup> October 14:30-17:30) 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 also has its own gym (behind the Howard Theatre). Contact the Bar, Sports & Amenities officer for details on membership [mcr-amenities-officer@dow.cam.ac.uk](mailto:mcr-amenities-officer@dow.cam.ac.uk). Membership costs £25 per academic year. All members must attend an induction session



which costs £12, to comply with safety regulations. A key to the gym can be obtained from  
the Porters' Lodge.



## 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 dessert and several cold dessert 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 [mcr-president@dow.cam.ac.uk](mailto:mcr-president@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 a number of 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 (see for example Primark, where you may find a whole men's outfit for less than £60). 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 in order to wear national dress at graduation, you must normally wear national dress to formal hall.

## 5 Welfare

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 all 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 - Charlotte Richards and Izzie Amar, who can be reached at [mcr-welfare-officer@dow.cam.ac.uk](mailto:mcr-welfare-officer@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.

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](mailto: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](mailto: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](mailto:counsellingreception@admin.cam.ac.uk) or visit their webpage [www.counselling.cam.ac.uk/studentcouns](http://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](mailto: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>.



## 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 have to 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](mailto: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



Confusingly, the MCR room is also referred to as 'the MCR'. This is the graduate common room, on the ground floor of S staircase – it is one of the central parts of MCR life. It is always open to graduates during the term and vacations, provided they have their student ID. The MCR serves as a meeting place for graduates within College, and you will often find people there before lunch and dinner, 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, 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 New Scientist and Private Eye. 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!

Be sure to check out the MCR website, if you haven't already done so, at <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' in Facebook Groups, or go directly to <https://www.facebook.com/groups/downingmcrevents/>). Reminders about MCR events are posted on this page, 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.

#### **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.

#### **Fancy Events**



There are several dinners 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. There is also a garden party organised in June and a MiniBall in August to make the most of the British summer whilst it lasts.

### **Pub trips, knitting and more...**

Throughout the year, the MCR organises pub trips, knitting sessions, trips to museums and concerts, whiskey and beer tastings and more. If there is something you'd like to do, the committee is usually happy to help you organise and advertise it.

## **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 is able to 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](mailto: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.



### 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 the majority of 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 have to offer to students, in particular 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 Barclays. 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 up a bank account, so if you need any help choosing a bank, please get in touch with the MCR International Officer at [mcr-international-officer@dow.cam.ac.uk](mailto:mcr-international-officer@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 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 at the Kelsey Kerridge Leisure Centre on East Road, just across from Parker's Piece next to the multi-storey car park, on Tuesday 4th and Wednesday 5th of October from 10am to 5pm (see timetable). 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 in particular 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 have to 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.

**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.



## 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](http://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 a variety 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](http://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](http://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](mailto: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](http://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](http://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 a number of 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](http://www.unicen.cam.ac.uk)**

The University has a central building named 'The University Centre', also dubbed 'The Grad Pad'. It offers a number of 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 a number of 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](http://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, St John's, Clare, Trinity and Downing (at 6.30pm).

### Cinemas

- Cambridge Arts Picturehouse – St Andrew's St
- Vue cinema – Grafton Center, East Road

### Theatres

- The Arts Theatre – St Edward's Passage ([www.cambridgearththeatre.com](http://www.cambridgearththeatre.com))
- ADC Theatre – Park St ([www.adctheatre.com](http://www.adctheatre.com))

### Galleries and Museums

- The Heong Gallery – Downing College (<http://www.heonggallery.com/>)
- Kettles Yard – Castle St ([www.kettlesyard.co.uk/about/contact](http://www.kettlesyard.co.uk/about/contact))
- Fitzwilliam Museum – Trumpington St ([www.fitzmuseum.cam.ac.uk](http://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](http://maa.cam.ac.uk))



- New Museum Site, Downing St
  - CU Museum of Zoology ([www.museum.zoo.cam.ac.uk](http://www.museum.zoo.cam.ac.uk))
  - Whipple Museum of History of Science ([www.hps.cam.ac.uk/whipple](http://www.hps.cam.ac.uk/whipple))
  - The Polar Museum (Scott Polar Research Institute) – Lensfield Road ([www.spri.cam.ac.uk/museum](http://www.spri.cam.ac.uk/museum))

**The Botanic Garden** – Brookside & Trumpington Road, free entry with your University Card. ([www.botanic.cam.ac.uk](http://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 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. All of 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](http://www.proctors.cam.ac.uk/motor-proctor).

### Trains

National Rail Enquiries ([www.nationalrail.co.uk](http://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

A student rail card (16-25 youth card; [www.16-25railcard.co.uk](http://www.16-25railcard.co.uk)) gives 1/3 discount of all fares. The cards cost £30 per year (or £70 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](http://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).

NB: An NUS card gives you 11% off the rail card price as well as a number of other student discounts ([www.nus.org.uk/en/nus-extra/discounts/exclusive-11-discount-on-your-16-25-railcard](http://www.nus.org.uk/en/nus-extra/discounts/exclusive-11-discount-on-your-16-25-railcard)).

### Regional Buses

Regional buses connect Cambridge with a number of 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](http://www.nationalexpress.com)
- Stage coach: [www.stagecoachbus.com](http://www.stagecoachbus.com)
- Mega bus: [uk.megabus.com/](http://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](http://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/](http://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 actually 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.

### **MCR Welfare Officer**

mcr-welfare-officer@dow.cam.ac.uk

### **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

### **College Nurse**

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

### **Lensfield Road Medical Practice**

0844 387 8222

### **CUSU Linkline**

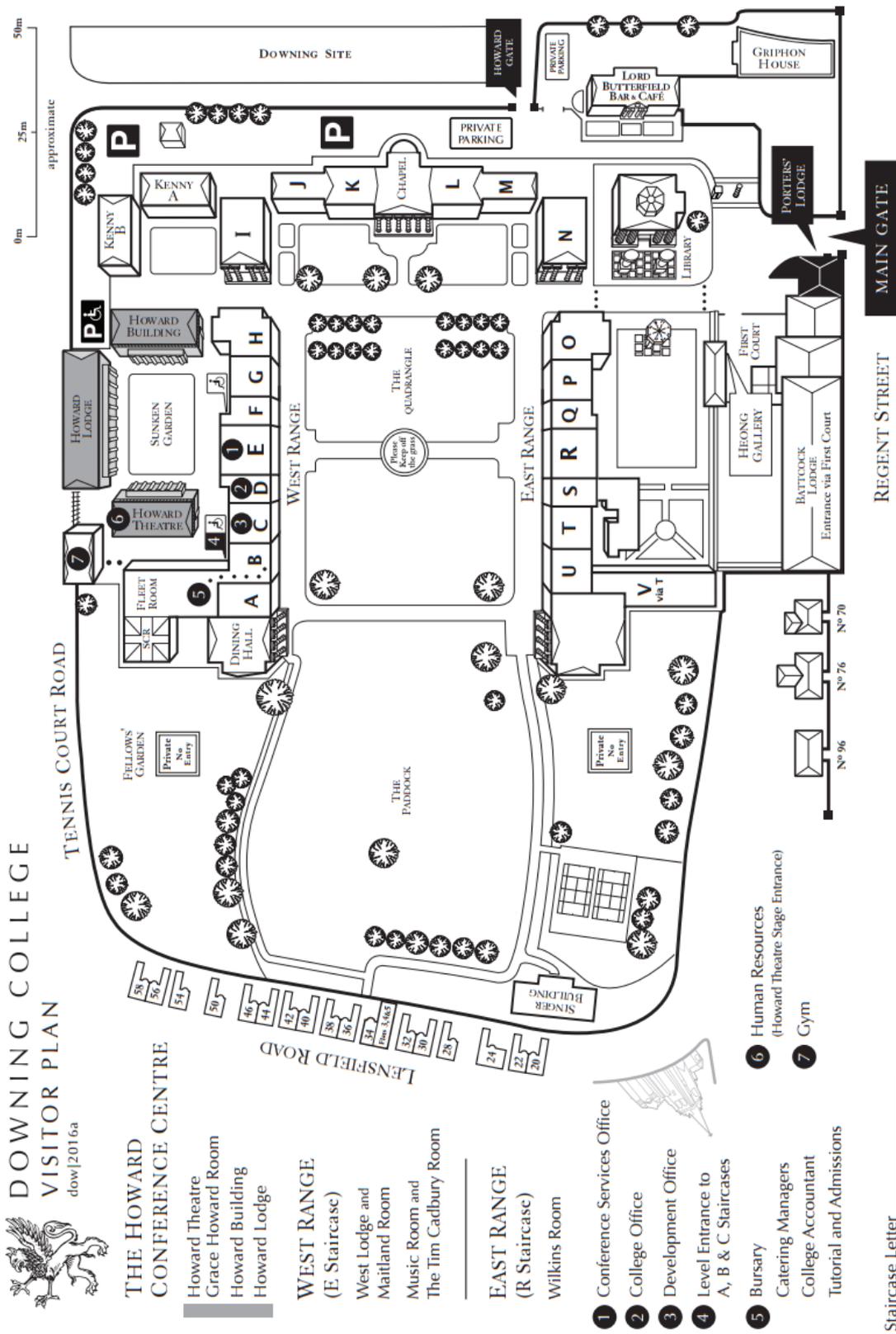
[www.linkline.org.uk](http://www.linkline.org.uk), linkline@cusu.cam.ac.uk; 01223 744 444

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





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Porters' Lodge 01223 334800

Staircase Letter \_\_\_\_\_  
Room Number \_\_\_\_\_

