Every effort has been made to ensure that the information in this Handbook is correct at the time of writing, however details are subject to change.
WELCOME TO SIDNEY AND CAMBRIDGE

If, like 80% of every year’s new group of graduate students, you are coming to Cambridge for the first time, you’ll spend a short period getting used to the way the College and the University work, the layout of the town, and generally settling in and finding your way to the good things here – friends, student societies, pubs, and coffee.

There are a few important things that you should do in preparation for your arrival. If you have questions please get in touch with the Graduate Tutors’ Personal Assistant, Gillian Johnstone, (gradoffice@sid.cam.ac.uk; +44 1223 338810).

Funding: You will have been asked by the University’s central Graduate Admissions Office to provide guarantees of full funding for the entire course of your degree before you are allowed to start. It is extremely important that you do this before you come to Cambridge as otherwise it is not possible to accept you into the College or into your department. Although you may have heard otherwise, there is little or no money available to make up insufficient funds once you arrive. If you are having problems it is far better to get in touch before you come, than to arrive hoping to ‘find’ funding part way through your course.

Health Questionnaire: You will receive from us a health questionnaire – please complete this and send it directly to the College Nurse at Sidney Sussex College. This information will be held in strictest confidence and enables the Nurse to respond to any special needs.

Medical Care: Those applying for a Tier 4 student visa from 6 April 2016 and coming to the UK for 6 months or longer are required to pay an immigration health surcharge as part of their visa application fee.

Students will be required to pay £150 per year of leave granted on their visa. If the leave includes part of a year that is 6 months or less, the amount payable for that year will be £75. If the leave includes part of a year that is more than 6 months, the full annual amount of £150 will be payable. Tier 4 dependants will also be required to pay the surcharge. The immigration health charge is in addition to the standard visa application fee.

The immigration health surcharge will entitle Tier 4 students to access National Health Service (NHS) care in the UK free of charge in the same way as a permanent UK resident. However, if you are from outside the British Isles we advise that you should also have medical insurance, to cover travel home if you become seriously ill or must return home to seek extended treatment.

For more information see http://www.internationalstudents.cam.ac.uk/arriving/pre-arrival-information/healthcare

We strongly encourage you to register with a local doctors’ surgery – General Practitioner (GP), as they are known here – during your first week in Cambridge. GPs look after the health of people in their local community. They are the first port of call for all health problems and checks except serious emergency treatment. More information is given on page 9.

There is free dental treatment available to students, but it is increasingly difficult to find, and you are advised to have a dental check-up and any treatment before leaving home. Regular dental treatment in Cambridge for which you have to pay is easier to obtain and available to all students.

Pre-existing medical conditions for UK students: If you have a serious or chronic condition which currently requires hospital treatment, you should agree with your hospital consultant or GP whether you need referral to Addenbrooke's Hospital in Cambridge before coming into residence. Should referral be desirable or necessary, prior arrangement will minimise delay in arranging treatment for you in Cambridge. UK residents should bring their medical card with them.

Pre-existing medical conditions for Overseas students: Anyone coming from outside the UK who has a pre-existing condition which may need continuing treatment should be aware that such ongoing treatment may not be available in the UK under the National Health Service provision. If you have doubts you should ensure that you are covered by private medical health insurance for the length of your academic course.

Disabilities: It is very important that those with disabilities should declare this to the College and University as soon as possible. You can do this by contacting the University Disability Resource Centre (DRC) and filling in the College health questionnaire. Please, also notify the Graduate
Insurance: The College's insurance does not cover the personal possessions of students. Students are advised to make the necessary insurance arrangements (along with travel insurance if they are coming from overseas) prior to coming to Cambridge. There is an optional contents insurance scheme for those in College accommodation; details will be sent to students when they are offered College accommodation.

Arrival Date: If you are taking College accommodation (described below) your room will be ready for the start of your course, but normally will not be available earlier. Please let the Graduate Tutors’ Personal Assistant know as soon as you can and no later than 1st September about your intended arrival date in College.

Overseas Students

Visas: The visa regulations for students from outside the European Union have recently changed to what is now called Points Based Immigration (Tier 4).

You are advised to go to the International Student Office page on the University of Cambridge website, www.admin.cam.ac.uk/offices/internationalstudents/ for further information on collecting your new BRP (Biometric Residency Permit). You can also find some useful information on the Student Registry website www.cambridgestudents.cam.ac.uk.

Monitoring: The University has a responsibility to monitor students who are sponsored with a Tier 4 visa. Such students must:

1. Present themselves to the graduate office within 7 days of their arrival to the UK, with their passport and identity card (if they have one).

2. Report to the graduate office at a number of “progress points” during their course of study. Currently students are required to sign-in at the beginning of each term.

3. Let the College know of any changes of status to their visa (for instance any changes to the visa, or any arrangements made to work away from College).

DIRECTIONS AND ARRIVAL

The College is located at the heart of the city centre (see the map on the next page). The front gate and Porters' Lodge are on Sidney Street, and the back gate is on King Street. Should you ask somebody for directions, it is worth remembering that the College is opposite Sainsbury's supermarket.

When you arrive in Cambridge go straight to the Porters’ Lodge at Sidney Sussex (all taxi drivers know the way to the nearest entrance to the College). At the Lodge, a Porter will sign you in and give you your room keys and directions to your room. Although the Porters on duty will not be able to leave their posts to escort you and your bags to your house, they will be able to point the way on the map and call a taxi for you if your house is too far to walk to with your bags.

Arriving by Car: Those approaching Cambridge from the North are advised to take the M11 and exit at Junction 13, which is adjacent to the Madingley Road Park and Ride site. Those approaching from the South are advised to exit the M11 at Junction 12 and then follow the A603 into Cambridge.

You may park very briefly at the College car park on King Street (if available) to unload your possessions (if you are living on the main site). If you intend to do so, you must contact the Porters’ Lodge in advance (+44 1223 338800) to arrange for a temporary parking permit and access to the automatic gate. If you are staying longer you should either use one of the city's public car parks (which are expensive) or the park and ride system. Please note that there is no parking for students in the College. Because of the one-way system, approach the College from Parkside, go straight on at the mini roundabout, and follow the road bearing left into Emmanuel Street (you will go past the Drummer Street bus station) and then turn right onto St Andrew's Street which forks onto King Street. Note also that Sidney Street is closed to traffic between the hours of 10am and 4pm, Monday-Saturday.

You are reminded that no student may keep a car while studying in Cambridge without formal permission from the University's Motor Proctor. Such permission is only given if there is off-road parking available.
Arriving by Coach or Bus: The National Express (www.nationalexpress.com) has a coach network that connects Cambridge with the rest of the UK, including a frequent coach service from London Victoria and the London airports (please see ‘arriving by plane’ below). Tickets can be purchased in advance or on the coach (as long as there is space). Coaches usually stop at Parkside bus station which is a 5 minute walk from College, and taxis are usually available if required.

Arriving by Train: Trains from central London, either from King’s Cross station or Liverpool Street station, run at least once an hour from both stations, and take between 45 and 90 minutes (www.nationalrail.co.uk). The Eurostar terminal at St Pancras station, near King’s Cross station, connects the UK to Paris, Brussels and beyond (www.eurostar.com). There is a bus service and taxis at Cambridge train station to take you and your luggage to Sidney.

Arriving by Plane: The nearest airports are Stansted and Luton, but most flights from outside Europe will come into Heathrow or Gatwick. From the airports, the simplest way to Cambridge is to take the National Express Coach Airport Services (www.nationalexpress.com). The coaches run frequently and take 2-3 hours from Heathrow and 3-4 hours from Gatwick. You can also travel from the airports by train (from Gatwick take the Thames Link train to King’s Cross or the Gatwick Express to Victoria station in London followed by the underground or taxi to King’s Cross station; from Heathrow, either take the underground to King’s Cross, and change there to the Cambridge train or take the Heathrow express to London Paddington followed by the underground to King’s Cross.). For train times/fares see www.nationalrail.co.uk.
ABOUT SIDNEY SUSSEX COLLEGE

As a member of Sidney, you will be joining a lively city-centre college which is convenient for all the main shopping and entertainment areas of Cambridge; and, being central, it is close to most of the main departmental, library, and laboratory sites situated around the fringe of the city-centre. Sidney is opposite Sainsbury’s, the only city-centre supermarket - a very big advantage!

Sidney is a small college, both numerically and physically, in comparison with most other Cambridge colleges. We have slightly over 360 Undergraduates at any time reading for degrees in the whole range of University subjects; and about 200 graduate students at all stages of research, of which about 100 will be first-year graduate students. The Fellowship of the College (about 75) includes specialists from virtually all the larger and smaller faculties. A list of Sidney fellows and their academic interests can be found on the Sidney Sussex College web page, www.sid.cam.ac.uk.

The College grounds are especially beautiful: two formal seventeenth-century courtyards are the front door of the College; a more informal Victorian cloistered courtyard with a croquet lawn functions as the transition into Sidney’s glorious and extensive gardens of six acres, open to all members of the College. There are several more modern buildings around the perimeter of the site. Public rooms and facilities such as the dining hall, the Chapel, seminar rooms, a small gym, a squash court, the library and computer suite, and public function rooms are located all over the College. A large proportion of the undergraduate population and a handful of graduates live in rooms on the main site while many other graduate students live in College-owned hostels around Cambridge. The Master’s Lodge at the centre of the College is a welcoming location for various social events during the year; every Fellow has an office on the College site, and a few live in the College full-time.

Graduate students in Cambridge do most of their work in their departments or libraries, and usually find that their supervisors are not fellows of their college. As a graduate student at Sidney, you will automatically be a member of the MCR (the Middle Combination Room – there’s the Senior Combination Room for the Fellows and the Junior Combination Room for the Undergraduates). The MCR elects its own officers and representatives to the College Council (the executive body of the College) and has a dedicated social space in the College, in which some students also choose to work. Whether you are living in College accommodation or not, you are encouraged to take meals in the College dining hall and you will be using your University card to pay for your meals. There are frequent guest nights in Hall organised by the MCR, as well as many other social and academic events throughout the year.

In addition, the Graduate Tutors host a series of dinners for graduate students and Fellows during the year and a bi-annual dinner where Ph.D. students may invite their supervisor. Any student may book college rooms for events they wish to organise, and the graduate students enjoy convivial garden parties in the warm weather, bops, and other entertainments at other times. You will also find that you have another social base in your department, where graduate students and faculty members in your field interact.

Although you may not be interacting with them very much at the academic level, you will probably meet lots of the Sidney undergraduates, who live on site and also use the dining hall and other facilities. You will find that the level of energy at Sidney is very high, and that there are lots of things happening in a small community. Undergraduate extracurricular activities such as drama, music, and sport are all open to graduate students as well, who are encouraged very warmly to join in. We urge you to bring your musical instruments, sporting equipment, your singing voice, your acting skills, and anything else that will help you contribute to the life of the College.

GETTING HELP

THE GRADUATE TUTORS

The Graduate Tutors are Fellows of the College who have responsibility for the well-being of all postgraduate students in Sidney. They have personal contact with postgraduate students in pastoral, academic, and social situations, but in collaboration with your Department, they are also responsible for the administration associated with your programme of study, and keep contact with the University and with your department about your progress. Their names and contact details are available at

http://www.sid.cam.ac.uk/aboutus/people/
You will be formally assigned to one of the Tutors, who will be normally your first point of call. However, you are welcome to contact either Tutor about any issue at any time.

The Graduate Tutors’ role before you arrive includes accepting you for admission to the College, assigning accommodation, answering your questions or arranging for special needs, and putting you in touch with other bodies in the University which can further assist you as you prepare to begin your degree. Once you arrive, the Graduate Tutors will welcome you to College, explain how things work, and, with the help of the Graduate Tutors’ Personal Assistant, members of the MCR Executive, and the tutorial team, generally help you get settled. Ongoing responsibilities include helping you maximise your enjoyment and comfort as a College member, which might include not only helping solve personal, financial, or bureaucratic problems you may encounter but also hosting you at dinners and drinks parties, and helping you to organise events and facilities within the College for postgraduates.

Finally, your Tutors are there to support you should you experience bullying or harassment from other students or staff, or if you need to approach the police concerning serious offences. For more information see the College White Book (2018) and the University’s policy on Dignity at Study,


Most of all, the Graduate Tutors are your advocate within the College, and on occasion your advocate in any issues which arise with your faculty or department. Although the pastoral team of tutors, headed by the Senior Tutor, is ready to assist you at any time, it is the Graduate Tutors who have special knowledge of postgraduate needs (which, as you’ll find, are somewhat different from those of undergraduates). Whatever your situation, you can turn to any of the Tutors for advice and help, but you should try first of all to reach the Graduate Tutors, usually through their Personal Assistant.

You will meet the Graduate Tutors, the Graduate Tutors’ Personal Assistant, and the Senior Tutor at the start of the academic year, and they’ll be happy to answer further questions.

As you read this, remember that you can contact the Graduate Tutors even if you are not yet at Cambridge (email to the Graduate Tutors’ PA is preferred in the first instance).

PA TO THE GRADUATE TUTORS

The Graduate Tutors’ PA is normally the first point of call for graduate student enquiries. To get in touch you may visit the office (B staircase, Hall Court, ground floor) which is usually open during normal working hours. Otherwise please get in touch by phone or by email.

Graduate Tutors’ PA
Office: B Staircase.
Tel: + 44 1223 338810
Email: gradoffice@sid.cam.ac.uk

PASTORAL TEAM

From time to time students discover that they need a friendly and sympathetic ear in which to confide any difficulties they are having. For graduate students, the Graduate Tutors and the Graduate Tutors’ PA are often the first ports of call. However, the College’s Pastoral team, which encompasses the College Nurse, the Pastoral Adviser and the Pastoral Tutor, who also deal with the undergraduates, are also available and very willing to speak with graduate students on a confidential basis. The names and contact details for members of the Pastoral Team can be found at:

http://www.sid.cam.ac.uk/current/everyone/health

ACCOMMODATION

You are eligible to apply for College accommodation for the first year of your studies if you are starting your graduate work in Cambridge and have not previously been a graduate student living in University accommodation. We are normally able to offer accommodation for one year to most applicants who accept our offer by early May, and each year we ballot some rooms for continuing students. Students bringing partners may apply for couples’ accommodation, however
because we have very few couples' flats we cannot guarantee that all students with partners will be able to live in College accommodation. Unfortunately we currently have no college housing suitable for students bringing children with them or planning to have children while in Cambridge.

College accommodation comes in many shapes and sizes. Several graduate rooms are located in 'graduate hostels' which are residential houses in Cambridge neighbourhoods near the city centre which have been converted to student use. Each hostel has between 6 and 12 rooms, a full kitchen and bathroom(s), a washing machine, and in some cases a garden. There is space for bicycles within the grounds of each hostel. There is no parking for cars and you are reminded that Cambridge students may not keep cars in the city except by special permission by the University Motor Proctor. Most houses are equipped with a telephone point and an internet connection in each room. With the prevalence of mobile phones, it is no longer economically feasible to install a public phone in each house.

Most incoming graduates are offered a single room in a house for the period of the academic year plus all or part of the summer (i.e. early October to early September – see ‘Occupancy Terms’ section in next column for full details). No two hostels are alike, and no two student rooms are alike. The College provides cleaning and maintenance services for each hostel, and you will quickly become acquainted with your bed maker (or 'bedder' for short), the person who looks after the house for the College on a daily basis. If you have any problems with your accommodation – e.g. the heating doesn’t work – you should contact the Maintenance Team (maintenance@sid.cam.ac.uk) or log the problem in the on-line facility for reporting maintenance issues. Graduate students are encouraged to make use of College facilities such as the newly refurbished Middle Combination Room (MCR), the TV room, the Dining Hall, sports fields, and boathouse.

Because our stock of available rooms is fully used and is often still being worked out in September, we cannot entertain requests for specific types of accommodation unless for exceptional medical reasons, in which case a supporting letter from your doctor will be necessary. In addition, once here, the College cannot change your room unless in exceptional circumstances (and depending on availability). Most houses are near the College, but none is especially near any of the labs or departments, so you will not be at any disadvantage relative to your department by being assigned to one house rather than another.

**OCCUPANCY TERMS**

Your occupancy agreement for 2018-19 with the College runs for the full academic year, from 1st October 2018 to 30th June 2019. The annual residence charge is payable in three equal instalments, due at the start of each term. Students will be offered the possibility of extending their tenancy until early September 2019, but are warned that they may have their room assignments changed after 30th June. Unless you are one of the few graduate students whose degree course officially begins before the beginning of full term (October 2nd) (PGCE, MBA, MPhil Real Estate Finance and MPhil Economics), you cannot take up your College accommodation before the beginning of the occupancy agreement. Please do not arrive in Cambridge before that date unless you have made other plans for temporary accommodation outside of College.

In general, graduate student rooms cost in the range of £122.57 to £132.38 per week, which includes heat, light, gas, and housekeeping. The College provides a duvet, two pillows, and a mattress-cover in each room; students must supply their own bed linen, blankets, and towels. Further information can be found in the Accommodation Handbook.

**KITCHEN FIXED CHARGE**

There is also a Kitchen Fixed Charge (KFC) which is the essential overhead charge which allows the College to offer a full kitchen service to all students, and to offer meals at lower than restaurant prices. The details and amount of the KFC charge are negotiated by the student bodies with the Bursar. At the time of writing, there is a variable termly charge that depends on the distance a student lives from the main college site, and applies to those living in both college and private accommodation (in the range of £125.60 to £175.45 for the former and £46.90 for the latter).

**TELEVISION LICENCE**

If you plan to watch television in your College room you are required by law to purchase a television licence. Currently a TV licence costs you £150.50 a
year and you need a licence to watch or download BBC programs on demand television including catch-up TV on BBC iPlayer, on any equipment, including a laptop or personal computer. You do not need a licence to watch TV in communal areas of the College.

Not having a licence could lead to prosecution and a fine of up to £1,000. For more information visit www.tvlicensing.co.uk.

YOUR FIRST WEEK AT SIDNEY

Doctor: Register with a local doctor/GP (General Practitioner), and with a local dentist. A list of city-centre doctors can be viewed at the Health Centre (P staircase, Garden Court). For further health information and information about registration with a doctor visit www.sid.cam.ac.uk/current/everyone/health/

You can also consult us for more specific advice. It is vital that you register immediately so that you are fully covered in case of illness and emergency. Please remember to complete and return the online form for our records which tells us whom you are registered with (this will be available on-line before the start of term).

Departmental Induction: Get in touch with your department; there you’ll find out how to reach your supervisor. Your department will have an important induction session for new graduate students, and those working in labs will have a safety course to attend. Find out right away when these sessions are taking place and do not miss them.

College Induction: The Sidney Graduate Induction Session will take place on Sunday, 30th September, 2018 at 6.00pm in the Mong Hall (attire is compulsory, informal dress). There you will meet all the new graduate students plus quite a few current graduate students and officers of the MCR. You’ll meet the Graduate Tutors, the Graduate Tutors’ Personal Assistant, the Senior Tutor, the Chaplain, and key staff members. Over wine and snacks, we’ll be answering questions and giving you a few tips and pointers about College life.

Matriculation Photograph: If possible please attend the Matriculation Photograph (a group photo), which will be taken on Monday, 1st October, 2018 at 12.30pm. Gown required. Casual attire is not acceptable – men should wear a jacket and tie, and women should also wear smart clothes.

Matriculation Ceremony: If you have not previously done so at Cambridge, you are required to matriculate. The Matriculation Ceremony will take place before the Graduate Matriculation Dinner on Thursday, 4th October, 2018 at 6:15pm in the College Chapel, followed by drinks in the Audit Room, and dinner in the College Hall.

Matriculation Dinner: Unless you have already attended a graduate matriculation dinner at Sidney on another graduate course, you are required to attend the Graduate Matriculation Dinner on Thursday, 4th October, 2018 at 7:30pm. This is an enjoyable formal meal in Hall preceded by a reception in the Master’s Lodge at 7pm. (Please let us know your dietary requirements). If you cannot attend, please formally write to the Graduate Tutors’ PA giving your reason for non-attendance by Friday, 21st September. Formal dining in Hall traditionally requires a Cambridge academic gown and formal dress. You can buy a used gown from the Porters or buy a new one at one of the academic outfitters in town. The following link gives further information: www.admin.cam.ac.uk/univ/degrees/dress/

Bank: If you need to set up a bank account at a local bank, please let the Graduate Tutor’s PA the name of the bank and a letter will be produced for you on your arrival in Cambridge.

University Card: Most students new to Sidney will receive their card with their information pack on the day of graduate Induction. In some cases, your card will need to be collected from the Graduate Office, in which case you will be notified by email when your card is ready. This is your photo-identity card which will be your University library card, gets you into various University buildings, and allows you to get student discounts on rail travel and other services. Your card will also be used to charge food taken through Hall and any printing in College onto your College Bill.

COLLEGE LIFE

FEES

Graduate students are charged an Academic Fee (University Composition Fee) for each year of their course, and you must in addition pay for your own maintenance and for the living expenses of any dependants who may accompany you.
Your expenses as a graduate student at Cambridge fall into two categories:

1. University Composition Fee (for tuition and departmental/College running costs)
2. Services you personally receive from College, including Occupancy Charge for those in College accommodation, meals taken, photocopying, Kitchen Fixed Charge.

All expenses which you need to cover personally are itemized in a College Bill, which you receive at the beginning of each term. You are expected to pay your bills to the College on time. If you are having financial difficulties, it is essential that you inform your Graduate Tutor immediately. If you hold a award from an official grant-giving authority (e.g. BBSRC, ESRC, EPSRC, MRC, NERC, PPARC, or AHRC), your University fees will be paid directly to the College by that body. If you are self-funding, or if you hold an award from an awarding body from another country or not included in the list above, and the award is paid to you directly, you will be required to pay these fees to the College yourself. Please make sure you have sufficient funds to pay all your annual University fees in full as soon as you arrive.

Whether you live in private or College-owned accommodation, you'll be asked to give a £250 deposit against your College bill. This is returned at the end of your degree.

Your termly College bill must be paid in full within ten days of its receipt. If you anticipate difficulty in being able to meet these deadlines, please contact the Tutorial Office and Student Finance Manager, Mr David Graves, as early as possible at student.finance@sid.cam.ac.uk, Tel. +44 1223 760972.

Following the completion of your course you would be expected to settle all outstanding monies due to either the College or the University before you proceeded to Graduation.

BURSARIES, SCHOLARSHIPS AND AWARDS

The College has a small number of awards and bursaries. Graduate students on research degrees (i.e. non-taught degrees) may apply for a limited amount of research expenses to cover research costs that are not covered elsewhere. There are further awards for students representing the University in various sports, and music awards for those partaking in the musical life of the College. There is a limited amount of hardship money for those who find themselves in financial difficulty due to extraordinary circumstances. Please note that the hardship money cannot be used for students who arrive in Cambridge without the necessary funding for their entire degree.

In addition the College has a number of studentships which are advertised on the college website as and when they become available. These are competitive and are open to students from outside Sidney and are based on academic merit. The majority of these studentships are awarded via the University's central funding competitions (for example, in partnership with Research Councils or Cambridge Trust Award Schemes) and not through direct application to Sidney.

For more details see the College website at www.sid.cam.ac.uk/current/postgrads/finance/ www.sid.cam.ac.uk/current/postgrads/scholarships/

RESIDENCE

You are required to be resident in Cambridge for a certain amount of time during your studies in order to qualify for your degree. This is an obligation imposed by the University and managed by the College. The normal residence requirement is three terms per year of eight weeks each. The three terms here in Cambridge are Michaelmas Term (early October to early December), Lent Term (mid-January to mid-March) and Easter (late-April to mid-June), and you are expected to be here at least for these periods (‘full term’ as they are called); in practice, a graduate student is also normally in Cambridge for much of the time in between full terms. If you are planning to be away during term-time, you will need to ask permission of your supervisor and inform the college (for short trips) or formally apply for Leave to Work Away (for longer trips). For more information visit www.cam.ac.uk/cambuniv/termdates.html www.cambridgestudents.cam.ac.uk/your-course/graduate-study/your-student-status

SMOKING

Sidney operates a comprehensive non-smoking policy in all public areas of the College. Smoking is not permitted within the College grounds or buildings, with the exception of the designated
smoking area. The Porters can advise of the location if required.

THE DEAN & DISCIPLINE


(You will be able to access this document once your IT account is activated.)

The Dean is the Fellow responsible for discipline in the College (email: dean@sid.cam.ac.uk).

ROOM BOOKINGS

Any member of Sidney may book a function room either for a society meeting or private function, with the option of having it catered. Contact the Conference and Events Manager at conference@sid.cam.ac.uk for availability and prices.

HOW DO I GET PERMISSION TO HOST A GATHERING OR PARTY?

Gatherings and parties require authorisation from the College, (see the White Book (2018)). You must apply for permission electronically using the Party Wizard service on Sidnet.

SOME USEFUL INFORMATION ABOUT CAMBRIDGE

A wealth of information about the city's and University's facilities for residents is available on line. The University's website is a good starting point:

www.cam.ac.uk/about-the-university/visiting-the-university

FOOD

Sainsbury's supermarket is just across from the College. There are small mini-markets in residential neighbourhoods throughout Cambridge. The open market in Market Square in the middle of town is a great place for fruit, vegetables, fish, cheese, flowers, and lots of unusual goods (open Monday-Saturday, early morning to about 4.30 pm). Marks and Spencer's in the Market Square has an open-late supermarket of high quality fresh foods (it is more expensive than Sainsbury's).

RESTAURANTS AND PUBS

There is an excellent selection of city-centre food and drink, from sandwich and coffee shops to burger-bars to full-service restaurants. Chinese, Vietnamese, Indian, Turkish, Italian, Thai, French, New British and vegetarian cuisines are all on offer at a range of prices. There were once twelve pubs in King Street, at Sidney's back door; many no longer exist, but a varied selection of pubs flourish all over the town centre. Almost all of them have a friendly and welcoming atmosphere. Women and men alike can enjoy them, and there is no longer any tradition of men-only pubs in the area. The local Sidney establishments are the Cambridge Brew House, the Champion of the Thames, the Radegund, and the Maypole. You can buy wine and beer from off-licences (liquor stores), as well as from supermarkets; and you can select excellent wines from Sidney's own cellars by going to the College Buttery. Local coffee and snack shops include Clown's, Tatties, Prêt a Manger, and Sainsbury's, which makes fresh coffee and sandwiches and has a salad and fruit bar. You will also find numerous branches of the well known coffee shops such as Costa Coffee, Starbucks, and Café Nero.

PERSONAL ITEMS AND TOILETRIES

Boots the Chemists (a large drugstore) is a few yards from the College, and has a pharmacy as well as all the usual personal items. Even nearer is Superdrug. Sainsbury's stocks a good selection of essentials.

ELECTRICAL GOODS

UK electrical supply runs at 240v with three-pronged electrical plugs. American and Canadian hairdryers, stereos, etc., will not work in England unless they have an internal volt-converter or a special converter appliance attached to them. All other countries work on the same voltage, but will probably require an adaptor plug (available here or in your home country) to allow them to be
plugged into UK electrical points. Laptop computers can be equipped with suitable power units for plugging into UK points. Please consult your computer manufacturer if you are uncertain about your machine. Please refer to the Accommodation Handbook for information on what you can and cannot use in College accommodation.

NEWSPAPERS

There is a newsagent located a few yards away in King Street and a branch of WH Smith in nearby Market Street. There are newspapers and magazines in the MCR.

POST/COMMUNICATION

One large and several small post offices operate in central Cambridge. You can buy stamps from most grocery stores, chemists, and newsagents. Your post will come to your College pigeonhole, not to your room or hostel address. There is an effective internal University Mail Service (UMS) which delivers several times a day between departments. Although students may not use this for personal post, they frequently receive official letters and notices from their departments through the UMS. E-mail is the standard means of communication. You will be given a ‘cam’ email address and details of how to obtain your passwords, log-in etc, upon arrival in Cambridge, and this is how the College will communicate with you as soon as you are registered.