

TRINITY FRESHERS' HANDBOOK 2013

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Foreword

Welcome to Trinity!

At first sight Trinity is a beautiful place, but a bit strange. You will find that the College is policed by genial Porters who dress as Thompson and Thomson in "The Adventures of Tintin", but who won't offer to carry your suitcase. You will also find that you may not walk on the grass, or keep any animal or pets, including fish, amphibians, birds, spiders and insects (although Fellows are allowed these privileges and eccentricities and many more).

However strange Trinity may seem, I hope that in the next few years you will allow it to work its magic. When you look back in ten or twenty years time, you may find that the Trinity and Cambridge experience has shaped your profession, friends, interests, life partner - indeed your entire life. So do keep an open mind and embrace the opportunities that Trinity offers for both work and play. It is probably the best chance that you will have for self-discovery, self-improvement and building a life-long social and professional network.

To get started, look at the friendly and factual "TCSU Freshers' Handbook". It is a helpful guide, and the College is grateful to Trinity College Students Union for producing it. A more formal introduction to College is provided in "The Accommodation Handbook" and "The White Book"; at some point soon, you should also look at these - a good time is when you can't get to sleep !

In the meantime, enjoy being a Fresher, it doesn't last long and it can be really exciting. I am looking forward to meeting you all in due course, and I wish you an enjoyable and successful time at Trinity.

Gregory Winter

Master, Trinity College

President's Welcome

My name is Sarah and I am President of the Trinity College Students' Union (TCSU). I am really excited to welcome you to our fantastic college and to what I hope will be some of the most memorable years of your life.

The TCSU committee and I have organised a freshers' week that promises to be full of unforgettable memories and is an opportunity to make great new friends.

I know that starting university can be a little daunting, but it is important to remember that everyone is in the same boat, and that the TCSU is here to support you along the way. In this handbook we have tried to give you a comprehensive introduction to life as a Trinity fresher, but if you have any more questions (I know I had a never-ending list!) then please get in touch – my email is president@tcsu.net.

The TCSU is a committee of Trinity students which is elected by our undergraduates. We are here to make sure you have the best time possible while at Cambridge. We organise parties, offer support and advice, represent your views in college and much, much more.

Take a look at the committee introductions in the handbook and on our website, and then come and introduce yourself in freshers' week – we will be sporting our fetching TCSU sweatshirts..

Until then, have a great summer and get excited!

Looking forward to meeting you in October.

Sarah

The Committee



President: Sarah Dew

president@tcsu.net

Year: Third

Subject: History

Lives in: Whewells Court

Fact: I danced and sang on BBC prime time TV (yes, I was only seven and it was on Blue Peter, but...)

Favourite Night Out in Cambridge: The Open Mic night we held in Trinity last term, the bar was packed and there was so much Trinity talent and Trinity pride on show.

Vice-President: Anna Elliot

Year: Third

Subject: English

Lives in: Whewells Court

Fact: My car is an old Mini Cooper called Dangermouse.

Favourite night out in Cambridge: Worryingly, I'm developing a penchant for Spoons.



Treasurer: James Brown

Year: Second

Subject: Economics

Lives in: Burrells

Fact: I'm 6'6" (not technically a giant, actually)

Favourite night out in Cambridge: Got to be Cindies.



Secretary: Amber Stevenson

secretary@tcsu.net

Year: Second

Subject: History

Lives: New Court

Fact: I wrote this.

Favourite night out in Cambridge: Quite literally anything with anyone so long as its finished off with a chicken burger from the van of life.

Ents Officer: Charlie Peacock

ents@tcsu.net

Year: Second

Subject: History

Lives in: New Court

Fact:

Favourite night out in Cambridge:



Access Officer: Amy Hawkins

access@tcsu.net

Year: Second

Subject: History

Lives in: New Court

Fact: I have a larger than average face

Favourite night out in Cambridge: Fez!



Publicity Officer: Jeremy Bernstein

publicity@tcsu.net

Year: Second

Subject: Computer Science

Lives in: Burrells

Fact: I can beat box 'Drop It Like Its Hot'

Favourite night out in Cambridge:
Going for dinner and chilling with friends.

Environmental Officer: Henry
Anderson Elliot

environmental@tcsu.net

Year: Third

Subject: Geography

Fact:

Favourite night out in Cambridge:



Junior Steward: Karim Ahmed

junior-steward@tcsu.net

Year: Third

Subject: Medicine

Lives in: Blue Boar

Fact: 3 years ago, I challenged JME to a rap battle. I won.

Favourite night out in Cambridge: Trinity
May Ball.



Female Welfare Officer: Amelia Rowan

female-welfare@tcsu.net

Year: Third

Subject: Anthropology

Lives in: Whewells Court

Fact: have moved eight times in the last year

Best night out in Cambridge: Making a drinking game out of Tangled, queuing at Cindies, before ending up at Gardies.

Male Welfare Officer: Eddie Reynolds

male-welfare@tcsu.net

Year: Second

Subject: French and German

Lives in: New Court

Fact: was vegetarian for 16 years until I accidentally tried ostrich meat in France and haven't looked back since.

Best night out in Cambridge: Rudimental at Fez



Overseas Officer: Christina Gladkova
overseas@tcsu.net

Year: Third

Subject: Natural Sciences

Lives in: Whewell's Court

Fact: I have a permanent tattoo from stabbing my arm with an ink pen.

Best night out in Cambridge: One followed by 10 as opposed to 9 am lectures ;)

Welfare

Welfare Officers

The TCSU committee has both a male and a female welfare officer to help you out if you are finding it difficult adjusting to university life, finding the workload tough, or just need someone to have a friendly chat with. You can email them to arrange a time to have a talk, and there is also a phone you can call anonymously if you would rather not talk about anything in person.

For any female students with problems they would rather discuss with a female member of staff, Dr Fitzgerald is our 'Advisor to Women Students'. She can be contacted at:

rcf29@hutchison-mrc.cam.ac.uk

Eddie and Amelia can provide you with condoms, dental dams, lubrication, rape alarms and pregnancy tests all free of charge. If you require any of these, drop one of the welfare team an email or text and they will leave a discreet, white un-marked package in your pigeon hole. Or if you want a little more privacy, you can write an anonymous note requesting the items to be left in the welfare officer's pigeon hole for you to pick up later.

Eddie and Amelia also run the Welfare Committee, which regularly organises welfare events ranging from tea parties to film nights, with lots of snacks courtesy of the TCSU budget!

College Families

Every fresher is put together in a 'family' which includes two parents from older years and two or three fresher siblings. The idea of this is for you to have a few older people to touch base with, who can answer any questions you might have. Its also a good way to get to know other freshers.

On the first Sunday all families will have pre freshers' formal drinks, and later in the week you will also go out for dinner or drinks with your family.

In September the welfare team will send you a form asking you a few questions so we can pair you up with your family. Your parents will contact you before you arrive. If for some reason you have not heard from your parents by the time you arrive, let the TCSU committee know (we will be outside Great Gate in our sweatshirts) and we will find out where they have got to.

Academic Contacts



LGBT+

As well as being a generally accepting environment, Cambridge has a lively LGBT+ social scene and great welfare provision, making it a great place to be LGBT+.

College

1TQ is Trinity's LGBT+ society, which provides a friendly social environment for people of all sexualities and gender identities, and ensures the welfare of LGBT+ students. Our events aim to appeal to all members of college, not just those who identify as LGBT+. This year your Presidents are Alice Bridgwood (ab2007@cam.ac.uk) and Lex Betts (1b497). One of the presidents of 1TQ also acts as LGBT+ officer on the TCSU welfare committee to ensure that the voice of the LGBT+ community in Trinity is heard. Find us on Facebook - search 1TQ.

University

CUSU LGBT+ represent the interests of all LGBT+ students. At www.lgbt.cusu.cam.ac.uk, you can find out about university-wide events and campaigns by signing up to the general mailing list, and specific mailing lists for lesbian and bisexual women, bisexual students, and trans students.

Social life

1TQ hosts various kinds of event: drinks parties a few times a term; film nights once a fortnight; pre-drinks for CUSU events in the college bar; formal dinners

with other colleges; talks by high-profile guest speakers.

CUSU holds a weekly clubnight at Life/The Place. There is a weekly coffee social for everyone, and regular coffee socials specifically for women, bisexual and trans students.

Welfare.

The 1TQ committee are here to provide a confidential and sympathetic ear at any time. If you want to talk about anything at all, you can email Alice or Lex. If you are facing issues around coming out or questioning your sexuality, there are informal, small group 'coffee breaks' where you can meet people in a similar position - email lgbt-welfare@cusu.cam.ac.uk for details. CUSU also runs a fantastic LGBT+ parenting scheme, similar to college families - visit www.lgbt.cusu.cam.ac.uk/freshers to sign up.

If you have any questions, please don't hesitate to contact Alice by email before you get here, she'd love to hear from you!

Health

College Nurse

Trinity has its own Health Care Centre at B Neville's Court. The surgery is open twice a day and no appointment is necessary - opening hours are on the surgery door. You can reach the nurse, Theresa Crouchman, by phone or email (0122338471, surgery@trin.cam.ac.uk) if you can't get out of bed.

Porters

Most of the Porters are first aiders so go to them day or night if you have an accident.

Counselling

We have our own in-house counsellor, who is available to discuss in complete confidence any issues, past or present, that are causing you anxiety or difficulty. No problem is too small or too large and it's better to seek help sooner rather than later. The current College Counsellor is Helen Acton, who can be contacted

on counsellor@trin.cam.ac.uk or 01223 761532.

Gates

During the day most of the gates are open, but at night they close and can be opened by swiping your Uni card through the sensors.

Most of the gates in college open automatically, and don't need to be pushed. If you try, they will most likely



Uni Card

You will be given this on arrival and it's yours for your whole time here. It gets you student discounts in lots of shops, it's used to swipe you in and out of the college gates once they shut in the evening, it's used to pay for food in Hall and buy Formal tickets (and wine) from the buttry in the bar.

They won't be accepted as ID when you go out though, so make sure you bring with you either your passport or driving licence. If the card gets lost you can go to Accommodation and they will order you a new one. Try not to lose it though as you have to pay for the replacement, which takes a week or two to arrive.

Travel

Bikes

Everywhere in Cambridge is walkable, but lots of people bring bikes. Theft is a problem, so make sure you have a decent lock. D-locks are the way to go – a cable lock can be cut through. A good place to go for locks and repairs is the bike stall in the market. You also have to register your bike with the Accommodation office on arrival for extra security and to allow your bike to be left in the underground bike stores where they can be left over the holidays. For day-to-day use you can use the bike racks in Angel and outside Great Gate.

Bikes are normally not allowed within the main part of the college, even if you wheel them.

Buses

Local buses are handy for getting to the station (services 1, 3 and 7) and for peripheral colleges like Homerton and Girton.

Long distance coach services go most major destinations, including London and Oxford.

Trains

The station is half an hour's walk from college, or 10 minutes by taxi. Trains go to both King's Cross and Liverpool St, taking 45 minutes - an hour.

Taxis

There is a taxi rank on St Andrew's Street (just past Boots), and Cambridge has a number of firms you can call for a taxi. It's a good idea to have number or two in your phone in case of emergency:

Panther Taxis - 01223 715715

Cam Cab - 01223 704704

Cars

Parking is extremely limited in Cambridge.

To transport your luggage by car at the start and end of term you need to negotiate the bollards at either end of Trinity Street. You can get through before 10am and after 4pm on weekdays and Saturdays, and all day on Sundays.

For those who live more than 90 miles from Cambridge, a special car pass is available to let you through the bollards when they are raised. College will email you about this and send you a form that you can complete and present at the bollards.

You can park outside Great Gate on the cobbles when the bollards are down. There are also several car parks nearby. The closest is the Park Street multi-storey car park, just up past St John's College.

Accommodation

You chose a good college - Trinity gives you a room every year of your degree. They are fairly well priced for what they are, but the one downside is that you have to empty them every holiday so the college can rent them out for conferences. You can pay to keep your room over the Christmas and Easter holidays, but not over the Summer. Therefore it is not advisable to bring too much stuff with you.

Freshers live in three areas of College which are all relatively close to each other. These are the Wolfson Building, Angel Court and Blue Boar (the custom in Cambridge is to name rooms by the staircase they are on).

Some of the rooms look a bit bare, so make sure you bring some posters or hangings to put up. Everyone gets a small pin board, and you can use pins on the walls or ask to have proper picture hooks put up. However, the College has strong feelings about Blu-Tac, so avoid it.

All the rooms have access to a kitchen (or gyp room in Cambridge slang) with a hob, microwave, fridge, toaster and kettle, so you don't need to bring a kettle. Only the lucky ones in Wolfson and Blue Boar staircase 'I' have ovens, so save space in your suitcase by not bringing too much kitchen stuff unless you know where you are going to be living.

Some rooms have personal fridges, which cost £10 a term to hire from the college. If you have a medical, religious

or dietary reason, you can request to have one installed. If there happens to be a fridge in your room already when you arrive and don't want it then you will need to ask for it to be removed or they will charge you anyway.

All the rooms have lamps, and the college supplies bed linen, although quite a few students bring their own duvet covers and blankets.

If you lock yourself out, don't panic: the Porters have spares to every room.



The Wolfson Building

Laundry

There a couple of laundry rooms located around college, and you have buy cards from the Porters' Lodge to activate the washers and dryers. Each card is £5, and has ten credits. A wash is 2 credits, a drying cycle 1.

The dryers aren't great so the best way to actually dry anything is to put your card in two or three times at the start. This sets off sequential cycles and saves you having to come back every 20 minutes.

You'll have to provide your own washing powder, conditioner and laundry basket, and if you want to save money on dryers, a clothes horse is a good call. All the laundry rooms have irons and ironing boards though.

Its a good idea leaving your laundry basket by the machine you are using, so if someone else needs to use it before you are back they can put your clothes in the basket rather than leaving them on the floor.

Bedders

These lovely ladies are the College cleaners. They will empty your bin daily and clean your room and change your bed for you once a week. If you use college sheets and duvets they will wash these for you, but not if you bring your own.

If you for whatever reason you want a lie in, you can put your bin outside your door. Don't do it for more than three days in a week though or she'll come in anyway. They only come Monday to Friday though.

When something goes wrong in your room like a light bulb blowing you can

tell your Bedder and she will put the works department on the case.

Getting on your Bedder's good side is always a good plan, because they'll turn a blind eye to room guests and mess. Most of them love a good chat, and a present at Christmas goes a long way.



Shopping

Food

Sainsbury's - College sits quite literally on top of Sainsbury's so this is the easiest place for food. It's open until half eleven every day other than Sunday when it closes at 5.

Marks and Spencers - on Market Square.

Mill Road - about a mile away from College is Mill Road, where you'll find a whole range of ethnic food shops, including a halal butcher.

Toiletries

Boots & Superdrug - you'll find both of these if you walk on past Sainsbury's.

Kitchen Equipment

Sainsbury's - Its Basics range has all the kitchen things you could possibly want.

Argos - a bit further away, outside the Grafton Centre.

Stationary

Ryman's - just past Sainsbury's. Closer to College than WHSmith's, and has a student discount.

WHSmith's and Paperchase - both on Market Square.

Books

Heffers - right outside Great Gate.

Fancy Dress

The Magic Joke Shop - on Bridge Street. Past St John's, then towards the river

Poundland - need 500 glo-sticks? Head down to the Grafton.

Claire's - just off Market Square.

Party Mania - next to the Grafton Centre. Has every costume and party accessory in the world.

Clothes

Off Market Square you'll find a street of shops called the Grand Arcade, and the Lion Yard shopping centre. Additionally, 15 minutes walk due east of College lies the Grafton Centre and its surrounding shops, home of *Argos*, *Primark* and *Poundland*. To find it leave College by the Whewell's gate and walk straight down Jesus Lane.

There's also a *TKMaxx* on Green Street, a *John Lewis* just south of Market Square and a *Debenhams* in the Grafton Centre.

See the back of the handbook for a map of the town with some of these places on it.

What To Bring:

Pins and decorations - unless you want to feel like you are living in a hotel room.

Smart clothes - for things like Freshers' Formal and Matric dinner. Boys: you will need a dinner suit and girls just a smart dress.

Fancy Dress - Cambridge parties involve a lot of fancy dress, so it can be worth bringing along a few staple costume items.

Hot water bottle, blanket and warm clothes - Cambridge can be very, very cold.

Umbrella and maybe wellies - we also get some impressive downpours.

Mugs

Corkscrew and bottle opener - fairly obvious I hope.

Chequebook

Passport size photos - if you join anything like the union you will have to provide a photo so they can make your membership card.

Calculator - scientists and engineers can only use University-approved calculators. The standard Cambridge University calculator is the CASIO fx 991ES. Any version of the fx 115, fx 570, and fx 991 is accepted too. If you have one of these models then bring it, your faculty will mark it was a sticker so you can use it in exams.

What Not To Bring:

Lamps and bedlinen - the college provides it.

Too many books - you'll be sent out to buy certain text books once here and most of them can be found in the College Library or the UL. Trinity also gives us all £50 to spend on books, so you might as well buy them once you get here - remember to keep the receipts.

Gown - although the Cambridge Freshers' Guide mentions ordering a gown in advance, don't do it. College buys them in bulk and sells them to you at a reduced price at the Welcome Snacks on the Saturday and Sunday of Freshers' Fair. Bring your parents along to Great Hall on Saturday if you want to suggest that they buy it...

Internet cables - we will give you one when you arrive.



You can get most things in Cambridge town centre

Computers

The vast majority of students bring up their own laptops, and for those who don't the Computing Office runs a cheap loan scheme, letting you borrow a computer from College.

If things ever go wrong with your computer, you can contact the Computing Student Support people at student.help@trin.cam.ac.uk, who'll be happy to help, or go and visit the Computing Office which is in Bishops Hostel.

There are computer rooms with printers and scanners in I staircase New Court, the library (which also has wifi), one next to the JCR in Great Court and one in Blue Boar. Photocopiers can be found in the library too. Printing from College printers will cost you 3p a sheet (pay using your bank card on the computer), but you get £3 credit to start you off.

We don't have wifi everywhere yet, but on arrival we'll give you an internet cable to use in your room and some instructions for connecting to the network.

You'll also be given a username and a whole set of passwords to access different parts of the University network. I'd highly recommend changing them all to something you will remember as soon as you can.

The most important password is for Hermes, the university email system. Access it via the webmail at webmail.hermes.cam.ac.uk (though you can easily set it up to work on your smartphone and mail client thanks to well written and easy to follow university guides at www.ucs.cam.ac.uk/email/muasettings and www.ucs.cam.ac.uk/mobiledevices), and your address will be your username followed by '@cam.ac.uk'. Memorise it as soon as you can because people will start asking for it right from the start when you sign up for things.

Even if you don't need a computer to write essays, all University communication is done by email, so you need to check it frequently or you will miss important information.



Finance

Here are a few of the essentials about your financial situation at Cambridge that you might want to bear in mind.

Tuition Fees and Maintenance Loans

Most of this section is relevant to UK/EU students only. Overseas students can find more information in the Overseas Handbook or at:

www.cam.ac.uk/admissions/undergraduate/international/finance.html

Tuition fees will be £9000 for all undergraduate courses in 2012-13. Many students take out a student loan to cover these, and this gets paid directly to the university. In addition a Maintenance Loan of up to £5500 is available to cover living costs (UK students only) though to receive more than £3575 your family must fulfill certain earning requirement. These loans do not have to be repaid until you graduate and start earning over the income threshold, currently £21,000.

Government Maintenance Grants

In addition to the loans, UK students from lower income families may also be entitled to a Government maintenance grant. This depends on your household income (below £42600 pa) by means of a sliding scale, up to a maximum grant of £3250. Unlike a loan, this grant does not have to be repaid.

Cambridge Bursary Scheme

The university also offers some financial help to UK and EU students via the Cambridge Bursary Scheme. A maximum of £3500 is available and once again is based upon your household income. If you qualify for the government grant you will qualify for the Cambridge Bursary. You apply for the Bursary through you Tutor, who will inform you of how to go about this as soon as term starts.

Finance

Travel Bursaries and Grants

A variety of funds exist to enable students to have life changing experiences. The Dunlevie fund, for example, awards money to enable Trinity students to engage in life-enhancing activities.

Studentships and Scholarships

There are also a number of music and sporting scholarships available through College and the University.

College Prizes

There are a number of open prizes for essays and reports in a variety of subjects. These range from prizes awarded for engineering reports to ones given for writing the best film review.

Tripes-Related Prizes

Exceptional results in Tripos examinations are also rewarded financially. In general a 1st is rewarded with a £240 prize and you also get a third off your rent if you remain in residence during the vacation. In addition you become a Scholar and get to walk on Scholar's Lawn, the grass between the Wren Library and the river, though very few people use this privilege as you must be in full academical dress.

For full details of travel bursaries, scholarships and prizes take a look at Trinity's website.

Links to Further Information

Tuition fees, student loans and grants

www.cam.ac.uk/admissions/undergraduate/finance

www.direct.gov.uk/studentfinance

The Cambridge Bursary Scheme

www.admin.cam.ac.uk/univ/cambridgebursary

A general guide to finance produced by the university

www.cam.ac.uk/admissions/undergraduate/publications/finance.pdf

College financial help

www.trin.cam.ac.uk/index.php?pageid=455

www.trin.cam.ac.uk/index.php?pageid=99

Living Costs

How much money you spend a year obviously depends greatly upon your lifestyle. However as a rough guide it is estimated that you will need to set aside £6,000-7,500 for accommodation, food, and everything else.

Getting a Job?

The university does not allow you to have a job while you are here, as it is likely that you won't have the time for it. However as Cambridge terms are so short many people get jobs when they are back home. It is worth working during the vacation to make your following terms a bit less financially constrained and more enjoyable, but make sure you get plenty of rest and don't neglect revision - each term is very tiring even though you may not immediately realise it.

Food

The Kitchen Fixed Charge (KFC) subsidises Hall food and is around £160 per term. It is paid by all Trinity students, and in the long run makes hall food quite economical. Vegetarianism does not exempt you, although veganism, other dietary requirements (e.g. allergies), or religious reasons may provide you with a case for exemption. If these apply don't hesitate in talking to your tutor. On top of this termly charge, meals cost on average about £2.50 for lunch and £3.50 for dinner.

Books & Software

You should find all the books you need in Trinity's extensive library or in your faculty library. However Trinity does also give each student a book & software grant of £50 per year. Simply keep all your receipts, get them signed by your DoS to confirm them as relevant, and send them to your tutor. The money will then be credited to your next College bill.

Banking

If you have not already done so, open a student account. Nearly every high street bank has a branch in Cambridge but I would advise checking with your bank as to where your local branch is. With a student account you get much lower rates and an interest-free overdraft, which can be incredibly useful if you are running a little short from time to time. Shop around to find a bank that suits your needs.

Food

Breakfast	8:15am–9:30am Mon–Sat Brunch 11am–2pm Sun
Lunch	11:30am–2pm Servery is open to 3pm for snacks
Dinner	5:30pm–8pm or 7:30pm if Formal is on
Formal	8:00pm–the end, normally around 9:15pm

Hall

Hall serves breakfast, lunch and dinner every day (except Sundays, when there is Brunch from 11). There is always a vegetarian option and a gluten free option, and at official events like the Matriculation Dinner religious dietary requirements can also be catered for.

Occasionally College will have some big event, meaning that Hall is closed for an evening. Notices will be put up outside Hall the day before any closures.

Food menus are posted online on the Trinity website - search for Trinity College hall menus.

Self-Catering

Many people also cook for themselves. Although only Wolfson and Blue Boar I have ovens, other fresher accommodation has ovens with hobs, fridges and microwaves.

Food in the Bar

On weekdays the Bar also does food such as salads and sandwiches. There's a pool table there which has proven to be a popular lunchtime procrastination method.

Formal

Formal Hall is a three course dinner served in hall. Dress code is smart, and you have to wear your gown. Tickets are bought from the Buttery up to a day in advance and this is also where you buy wine to take in.

Formals are a cheap way to enjoy a good meal as it only costs a few pounds more than normal Hall. You can also buy guest tickets so it is a great way to show visiting friends college life. The meal starts at 8, and people usually go to the bar beforehand. Formals are on Tuesdays, Thursdays and Saturdays. Fridays are graduate formals so we mere undergraduates cannot buy tickets.

The Bar

Lunch	Weekdays noon-2pm
Evening	Sunday-Thursday 6pm-11pm Friday-Saturday 6pm-11:30pm

Trinity bar has something for everyone, a quiz machine, newspapers and magazines, wifi, a pool table, table football, two large flat screen TVs for drunken sport cheering, super comfy sofas, vending machine, food at lunchtime, and of course, cheap drinks.

Not just for the evenings any more, ever since they started serving food at lunchtime the bar has become busy all day long. It's proved a great place to while away the hours of the day.

Food can be bought on the Uni card, but drinks are cash only, for the very good reason that people used to run up huge bills without realising it and get into all sorts of trouble. The card will be needed to get into the bar too, but you can bring as many friends from other colleges as you like. In fact, the more the better, as new faces are always welcome around college.

Lots of TCSU ents are also run in the bar, such as open mic and quiz nights. The bar is a really great place to mingle with your college and meet people from different years who you might not otherwise have come across before. Drinks are much, much cheaper than in pubs

outside as well, so going there is a pretty good idea all round.



Quiz Night in the Bar



Formal Hall - go to the bar beforehand to buy wine and compare outfits.

Places in College

The Gym

For £7 a term Trinity gym gets you all the usual machines and weights galore.

We've also got a professional trainer present 2 days a week to provide you all with personal training and advice.

The gym is out past Burrell's (Trinity's accommodation on the other side of the river), right next to Old Fields, the college sports pitches.

Cambridge does have other gyms if you want something slightly more sophisticated. The university gym, Fenner's, is near Kelsey Kerridge. However this is a lot busier and more expensive.

Chapel

The chapel holds evensongs on Tuesdays, Thursdays and Sundays (Tuesdays and Thursdays are sermon-free), and regular short services in both morning and evening.

If you are ever looking for a place to find some peace, chapel is the place to go and the doors are always open.

On the first Sunday of Freshers' Week there is a Freshers' Service in Chapel at noon, followed by lunch in the Ante-Chapel for any Freshers who wish to attend (and families too).

The Chapel is also host to regular concerts and recitals for those of you who like to listen to music without the religious aspects.

We also have two chaplains in College who are always happy to talk. Although they are members of the Church of England, they are available for pastoral care to any members of Trinity who needs them, regardless of faith (or lack thereof). Their main aim is to be a friendly face for you to talk to. For any pre-arrival queries, you can contact Chris Stolz at cs617@cam.ac.uk.



Places in College

Library

Trinity has two libraries; the spectacular Wren Library which houses the College's collection of rare books and manuscripts, and the student library situated next door.

You are welcome to visit the Wren at any time between 9am and 5pm on weekdays and admire the collections.



The Wren

However it is the student library which you will probably become more familiar during your time here. Library staff will be giving introductory tours to new students during the first week and you will be given a copy of the library guide which explains all of the borrowing rules and gives details of the opening times. The library is open 9am until midnight during Michaelmas and Lent term, and 8am until 2am during exam term.

The college aims to have copies of all books on undergraduate reading lists, so if you need something they do not have then you can recommend it via the library webpage. The college is also in-

volved with the 'ebooks' project, which provides some texts online. There is always a member of staff on duty at the enquiries desk, so if you have any problems just go and ask and they will be



The effect of spending too long in the library

more than happy to help.

Email: college.library@trin.cam.ac.uk

Telephone: 01223 338488

www.trin.cam.ac.uk/library

Places in College

JCR

The two Junior Common Rooms are up the stairs to the left of the bar.

The Upper JCR is equipped with a huge flatscreen, Sky HD and a PS3 (thus Blu-ray and DVD).

The Lower JCR is full of chairs and tables, and can be used for anything at all, from welfare brunches to chess games and rowing meetings. It has wifi and can also be a good place to go work if your room gets too claustrophobic and libraries are too busy.

Mailroom

The Mailroom is in the corner of Great Court when you turn right after the Porters' Lodge. You'll need your Uni card to get in, and then each person has their own pigeon hole. If you get a parcel, it will be kept in the Porters' Lodge and a note will go in your pigeon hole telling you it has arrived.

Catering Office

If your card stops working in Hall head down to see the Catering staff in M staircase New Court. There is no proper sign but it is the door on the left on the ground floor.

Computing Office

The Computing Office hides in Bishop's Hostel, the jungle-like section you will pass on your way to New Court.

Accommodation Office

If you have any accommodation issues or need to book one of College's function rooms, you go here. It is on the ground floor in Z Angel Court.

Winstanley Lecture Theatre

This is in Blue Boar and is used for some lectures and also events such as stand up comedy shows.



Great Court in the sun.

Freshers' Week Timetable

Here's an overview of all the things we have planned for you during Freshers' Week.

Saturday is the best day to arrive if you want time to settle in before starting off on this masterpiece of a timetable, but definitely try to get in before we stop selling gowns (4pm Sunday) or you will stick out like a sore thumb in the Matriculation photo on the Monday. (If for some reason you can't get there in time please email one of TCSU and we will try our best to sort you out).

Aside from everything on here all of Cambridge's clubs will be open every night. Our Ents officer Charlie will be around throughout Freshers' Week with suggestions about which ones are best each night and selling wristbands that give you cheap entry.

There are a few times with nothing compulsory to do, but you'll still be busy. There will be lots of extra things you'll need to sort out during Fresher's Week, such as signing up with a local doctor, so use those times to fit these in.

WLT - Winstanley Lecture Theatre. In Blue Boar, behind Wolfson. Go up the semicircular steps.

WPR - Wolfson Party Room. Go through the door on the left of the Wolfson foyer and down the stairs.

Whewell's - More college accommodation - the area before and after the Wolfson building.

Burrell's Field - College accommodation across the river. Walk down the Avenue and cross the road.

Kelsey Kerridge - Sports facilities past Parker's Piece. Walk past Sainsbury's for ten minutes.

The Backs - The flat grass areas on either side of the avenue between the College and Burrell's

Nevile's Court - The courtyard on the far side of Hall.

Punt House - Walk out of New Court towards the Avenue then turn left immediately in front of the bridge. The Punt House is in the corner.

Key to event locations:

JCR - Junior Common Room. Go up the stairs to the left of the Bar.

Timetable

**All of the events are a treat for you on us, unless otherwise stated.
Those events in grey are compulsory.**

Saturday 5th October

Freshers	9am–6pm	TCSU Helpdesk	Great Gate
Members of the TCSU committee will be waiting with their arms open to welcome you and help you find your room – look out for the sweatshirts!			

Freshers	11am–2.30pm	JCR Hangout	JCR
Once you've dumped your bags, why not come and relax in the JCR, your new living room for the next three years (or more)? Gowns (£40) and hog roast tickets (£7) will also be on sale.			

Freshers	2.30pm–5pm	Welcome Tea	Hall
Reward your hard work unpacking with tea, coffee and cake and meet other new freshers. Parents are more than welcome, it's a big weekend for them too! Gowns and hog roast tickets will also be on sale.			

Freshers	7pm–10pm	Welcome Reception	Bar
Booked out for freshers only, this will be your first introduction to the social hub of college. The bar is always packed, so it is a great opportunity to meet lots of people and kick off Freshers' Week with a bang. And even better, we've arranged for you to have free wine and soft drinks on arrival!			

Sunday 6th October

Freshers	9am–4pm	TCSU Helpdesk	Great Gate
Once again, the TCSU will be on hand to help you on arrival.			

Freshers	12pm–4pm	JCR Hangout	JCR
Another chance to come and hang out in the JCR and enjoy our snacks and scintillating chat! Gowns and hog roast tickets will also be on sale.			

All of college	6pm	College Family Drinks	College Parents' Rooms
Your first opportunity to meet your college family face to face! Your college parents will be in touch to arrange details. Don't forget to go along dressed up and ready to go straight over to formal hall.			

Freshers	7.50pm	Freshers' Formal	Hall
The first formal dinner of your time at Trinity, and an introduction to one of Cambridge's best traditions. Get ready for a three course meal with wine in our beautiful candlelit hall. Dress code: smart + gowns.			

All of Col-lege	9.15pm	Chaplain's Squash	Wren Cloisters
Once you've been wined and dined, head out under the Wren Library where Trinity's societies will all be competing for your affection and dedication. Sign up to get involved - make sure you've learnt your Cambridge email address!			

CLUB NIGHT: LOLA LO			
'Big Fish Bop' in Lola Lo on Sunday will be your first taste of the Cambridge clubbing experience - and boy is it unique! With the wildest mix-up of classic anthems and party popping beats you know and love, it is definitely the place to be!			

Monday 7th October

Freshers	9am	Tutor Meetings	Tutor's Room
VERY important meetings!! You will get the specific details about your tutor group and when and where to meet nearer the time, and we will put up notices in the JCR and in the Wolfson lobby. You will get lots of important information at this meeting, so make sure you are there! Come along dressed and ready for matriculation photo as it will be a busy morning.			

Freshers	9.45am	Safety Meeting	Hall
After you've met your tutor, head straight over to Hall for more essential information. Attendance is compulsory, so don't miss it.			

Freshers	11am	Matriculation Photo	Nevile's Court
The only official photo you will have of your fresher year group, as engineers, MMLers and NatScis will all graduate a year later than the rest of you. Steer clear of bright colours to avoid being remembered as the girl in the orange jumper! Dress code: smart + gowns.			

Freshers	8pm	'Speed Meeting'	JCR
<p>You've all heard of speed dating, now it is time to try your hand at 'Speed Meeting'. This is an opportunity to put names to faces you recognise but haven't yet had a chance to get to know. Provided with a stimulus card to avoid any of those awkward silences, these three minutes of conversation could be the start of a beautiful friendship or, alternatively, an inane chat with a person you may never see once time's up - the only way to find out is it come along!</p>			

Freshers	8pm	Boat Club Drinks	WPR
<p>Down in the WPR the boat club massif will be out in force to ply you with drink and attempt to get your name on the list for rowing training.</p>			

Tuesday 8th October

Freshers	All Day	DoS Meetings	DoS' Office
<p>Meet your Director of Studies for the first time. It is VERY important you attend this meeting as you will be given information about lectures, supervisions and all things academia-related. Your DoS will be in touch to arrange specific timings, meetings will take place either today or on Wednesday.</p>			

Freshers	11am-6.30pm	CUSU Freshers' Fair	Kelsey Kerridge
<p>Expect a huge sports hall packed full of university-wide societies eager to get your attention and email address to sign you up to their society! Loads of great things to get involved with and free pens and pizza galore.</p>			

Freshers	2pm	Scavenger Hunt	City Centre
<p>Indulge your competitive side as you race to get to know Trinity and Cambridge from a new perspective. You'll be competing in teams, so either bring a team with you or come along to get to know some new people. The race will kick off at 2pm from the JCR, and rumours have it that there will be prizes for the winning team...</p>			

All of college	6pm-8pm	Hog Roast	South Paddock
<p>A staple and much loved feature of Trinity's Freshers' Week programme, come down to the backs for a Hog Roast, bar and live music, the perfect way to spend an evening. Tickets for food are £7 for two hog roast baps (vegetarian options also available), available to purchase on the first weekend or from a member of the TCSU committee.</p>			

CLUB NIGHT: CINDIES

'Jelly Baby' at Cindies – otherwise known as Ballare (don't ask, its confusing!) – is the place to be on a Tuesday night for the biggest weekly event of the student calendar. Playing 100% unashamed pop music, from Swedish House Mafia to S Club and Cotton-Eyed Joe, you wouldn't want to miss out!
 (If you're looking for somewhere to start off your evening, head to the college bar: it will be full of people you know and the drinks are cheap!)

Wednesday 9th October

Freshers	All Day	DoS Meetings	DoS' Office
DoS meetings may be arranged to take place throughout the day.			

Freshers	TBC	Library Tours	College Library
The Library staff will be running short introductory tours of the library which will be a really useful guide to the wealth of resources on offer.			

Freshers	10am–3pm	CUSU Freshers' Fair	Kelsey Kerridge
Another chance to check out the huge range of university societies on offer and to sign up.			

Freshers	2pm on-wards	Subject Group Meetings and Faculty Tours	South Paddock/Wren Cloisters if wet
Before lectures kick off, your academic contacts will be on hand to answer any questions, queries or concerns you have about the academic side of Trinity life. This will also be an opportunity to get to know the other people in your year studying the same subject to share your love of all things work related. Your academic contacts will take you to your faculty so that you know where to go for lectures the next morning!			

All of college	6pm	College Family Dinner	
A chance to catch up with your Trinity family over dinner and share your stories from Freshers' Week so far. Either you'll cook as a family or go out for dinner, your college parents will arrange the details.			

Thursday 10th October

All of college	8pm	Open Mic night	Bar
Bring the family along for a great night of live music from Trinity students. An evening with a hugely popular track record, this showcase of Trinity talent is not to be missed. Contact Charlie on ents@tcsu.net if you're interested in performing, a welcoming and enthusiastic audience guaranteed!			

All of college	All Day	Lectures	Faculties
The first day of lectures and the official start of your Cambridge academic life - start off on the right foot and get there on time!			

Freshers	3pm-5pm	President's Cake	F3 Whewell's Court
Sarah's room will be packed with as much cake as she can get her hands on and an impressive selection of teas. Come by for a chat and a chance to nosy around some 3 rd year accommodation!			

Freshers	8pm	Bar Crawl	Meet at Great Gate
Get to know the pubs and bars of Cambridge before one of Trinity's most popular nights out at Lola Lo.			

Freshers	8pm onwards	Night Punting	Punt House
Try your hand at punting down the river Cam (it's harder than the pros make it look) without the hazard of daytime river traffic, but with the beautiful river view of Cambridge at night. Sign-up sheets will be available earlier in the week, details to follow.			

CLUB NIGHT: LOLA LO
'Let's Kill Disco' at Lola Lo is the number one Thursday night in Cambridge, and massively popular amongst Trinity students. With cheap drinks deals (think £2 Jaegar bombs!) and the most hyped-up party atmosphere in town, this is the perfect way to let your hair down after your first day of lectures.

Friday 11th October

All of college	All Day	Lectures	Faculties
Lectures continue.			

Freshers	2pm-4pm	President's Cake	F3 Whewell's Court
Sarah's room will be full of tea and cake again, pop by to have a chat or get answers to any questions you may have!			

Freshers	9pm	'Back to School' WPR	WPR
You thought your school days were behind you, but the famous Trinity WPR party (named after its venue, the Wolfson Party Room) is going to take you back to those youthful years for one night only. Dress code: Fancy dress, 'Back to School' theme.			

Saturday 12th October

All of college	All Day	Lectures	Faculties
For scientists, engineers and medics the lectures continue, and for arts students, a lie in will probably be in order.			

All of college	3pm	Sports Day	Old Fields
The Field Club, Trinity's Sports Association, brings you a great way to let off some steam after your first few days of lectures by getting involved in some friendly games with Trinity's sports societies. If the thought of running around is a bit much by this point in the week, come along and relax on the grass whilst cheering the others on.			

All of college	9pm	'Trinstock' Burrell's Ent	Burrell's Field
Our big budget Burrell's Ent (again named after its location in Burrell's Field) brings you 'Trinstock': a night that promises live music, DJs, and a throwback to the 60s in true festival style. Burrell's Ents only happen twice a year, so expect big things! Dress code: Fancy dress, 'Trinstock' (Woodstock/festival) theme.			

Sunday 13th October

All of college	11.30am-2pm	Brunch	Hall
Brunch takes place every Sunday in Hall, but it is such a central part of Trinity's food calendar that we had to include it in the timetable to make sure you don't miss out! Recover from Burrell's and a full week of freshers fun over sausages, bacon, porridge, scrambled egg and salmon, black pudding, croissants, pancakes... We could go on and on.			

All of college	9.30pm	Magpie and Stump	Winstanley Lecture Theatre
Trinity is lucky enough to be home to one of Cambridge's most prolific stand-up comedy societies and their fortnightly performances are a staple in Trinity's social calendar. Don't miss out on a hilarious, quintessentially Trinity evening.			

Work

The key difference between university and school work is that the amount you put in is very much up to you.

At some point during their time here many people feel overwhelmed or doubts their abilities. Always remember that you are not the only one, and that the admissions people know their stuff. If you are in, it is because you deserve to be here.

You may be familiar with university-style teaching, but here's a brief summary just in case.

Lectures

Lecture sizes vary greatly by subject. The subject also determines how compulsory they are for. You can ask your Academic Contact for more detailed advice.

Skipping lectures is generally not advisable thought, as they are the best way to get a broad outline of the whole course.

You can find lecture slides, handouts, and past papers online, and many lecturers also provide hard copies of their slides.

Unfortunately for the Natscis and Mathematicians, you will have the joys of Saturday lectures.

Seminars

You may also be given seminars or workshops from time to time.

Practicals

Practical work is a large part of scientific subjects, with both assessed and non-assessed projects and labs throughout the year. Usually you'll have to hand in a write-up afterwards, with marks contributing to your final grade, rather like coursework.

Supervisions

A supervision is a 1 hour session with a university academic and maybe 1 or 2 other students. You go over any work you have handed in and talk about the material you have covered. It is worth exploiting your time with your supervisor as much as possible to go over material you do not understand.

How much work will I get?

Everyone gets a fair amount of work but the type of work does vary with subject. Science students tend to have a fuller timetable with more lectures, supervisions and practical classes. Arts students usually have fewer supervisions (but they are often one on one) and fewer lectures. However, they have to do a lot of independent work and reading for the essays they produce.

Having Problems?

Try to stay on top of things, as once you get behind it can be very hard to catch up again. If you do find you are struggling, please do not suffer in silence. Go see one of the many people College has available for advice.

Important people around College

Porters

The men and women in grey suits and bowler hats are the Porters, and are in charge of College security. There are Porters on duty 24/7, even over the holidays.

You go to them if you lose your room key, want to collect a parcel, buy a laundry card, or ask a question. They know EVERYTHING about College.

They also patrol College at night, so if you're making a noise at 10am expect a knock on the door from a Porter telling you to be quiet. Stay on their good side and they'll try to cut you as much slack as much as they can.

DoS (Director of Studies)

You have termly DoS meetings to discuss your overall academic progress and get general advice on your subject. If you are struggling with your work, your DoS is a good person to go to for help.

The Dean

Professor Gray, the Dean of College, is head of discipline. If you do something very naughty (like get a third or go roof climbing), you'll be sent to see him.

The Junior Bursar

Dr Pullen is in charge of all of the College's internal accounts. That means your rents and fees. Further, if TCSU wants to do something high budget we need his backing.

Tutors

Each tutor is in charge of around 30 students from each academic year. They are not usually related to your subject, but are there as a point of contact about any personal, financial, or general academic problems.

Tutors can help you with applications for travel funding and the like, and are available to advise you if you are thinking of changing subjects or feel that you have health problems which are affecting your work.

They will meet with you individually at the end of each term to go over your supervision reports with you and check that everything is going ok.

If you face financial trouble, your Tutor can put you in contact with Trinity's Hardship Funds, the University's Access Funds and departmental bursaries.



Prof. Worster - Senior Tutor

Fun (yes, we have that too...)

Trinity

Within Trinity we have an underground party room in the Wolfson Building called the WPR. We hold themed events here a few times every term, with a very subsidised bar and free entry. Next term will kick off with a 'Back to School' themed ent there, so bring your ties!

Twice a year there are also Burrell's ents. On two fantastic nights in Michaelmas and Lent, Burrell's Field (Trinity accommodation over the other side of the river) comes alive with two dance rooms, two bars and a live act area. Not long to wait, at the end of freshers' week there will be a 'Trinstock' themed ent - think swinging sixties!

Other Colleges

The wonderful thing about Cambridge is that you can go to all the other colleges' parties too. Most charge entrance but it is quite reasonable. They vary from college to college, Queen's Ents are massive and mainstream, Clare Cellars is also impressive with really good live acts, and King's Cellars are a bit more quirky and intimate.

It is also worth visiting other college bars. Emmanuel's is one of the more popular, and Sidney Sussex's is known for the lowest prices.

Visiting friends who do your subject in other colleges is one of the best ways to get to see them all, because most col-

leges ask visitors to sign in to prove they are with a student from that college.

Swaps are also a good way to meet people; a group from Trinity will arrange to meet a group from another college and go to either college's bar and formal / or a restaurant outside.



Back To School 2012



Rumble in the Jungle WPR

Cafés

Caffeine is one thing you need never do without in Cambridge. We have all the major chains which usually boast a full house of essay-writing students.

We have quite a few independent ones too with Sticky Beaks and Fitzbillies being the best.

For Arts students with lectures on the Sidgwick site there is also a café there which serves coffee, sandwiches and cakes.

Restaurants

If you like to eat out, Cambridge has lots to offer. Bridge Street has a Byron Burger, Cote and Cafe Rouge. Further round by the river there is also a very good Japanese called Teri-Aki and the River Bar which does great steaks.

There is a Bills on Green Street which does brilliant breakfasts, as does Tatties on Trinity street which is slightly cheaper.

The nearest Pizza Express is on Jesus Lane, and there is also a Wagamamas, Spoons and Nandos on St Andrew's Street. However if you want a cheaper and better version of Wagamama's then you should go to Dojo's in Mill Lane.

Lastly, for swaps that ay get a bit rowdy you should go for either Curry King on Bridge Street or Mai Thai (slightly more expensive) down St Andrew's Street.

For the very late night chips-fix, Gardies and McDonald's are both on Rose

Crescent, and the Van of Life on Market Square does great chicken burgers.

Pubs

A list to get you started:

Maypole - On Portugal Place, open late.

The Pickarel Inn - Just over Magdalene Bridge. It has a more homely feel than most Cambridge pubs.

Wetherspoons - Down St Andrew's Street - super cheap.

The Eagle - used to be frequented by RAF pilots who heavily graffitied the ceiling in one of the bars, and it is where Watson and Crick first announced they had discovered the structure of DNA.

The Anchor - on Silver Street. Looks out over the river so good for a sunny day.

The Granta - Turn right at the end of Silver Street. Seating by the river and nice food.

ADC bar - Located inside the ADC theatre you'll find every thesp and musician in Cambridge in here at some time or other.

Cocktail Bars

There are lots of decent cocktail bars with the Vaults being practically opposite Trinity.

Live Acts

The Corn Exchange hosts some very big name acts - for example the Bombay Bicycle Club, The Kooks and Thin Lizzy. It also plays host to some great comedy acts, from Jimmy Carr to John Cleese.

Out by the station you'll find The Junction, with an excellent music lineup and a host of film and comedy events.

Cinemas

There's a Vue in the Grafton Centre, and a Cineworld down by Homerton, both of which have all the latest releases. For a smaller range, but cosier setting, the Picturehouse next to Spoons on St Andrew's Street shows some interesting films.

Clubbing

In Cambridge it seems that people are not fond of change so even though several clubs have undergone revamps and name changes, everyone still uses the old names, just because they can.

Our 5 clubs Revs, Fez, Cindies (actual name Ballare), Life (actual name The Place), and Lola Lo - are all within a 10 minute walk of Trinity Great Gate, and the walk-ways are well lit.

Revs (Revolution) - 3-7 Downing St.

Revs usually has some good meal offers during the day and serves about 100 different flavoured vodkas at night.

Fez - 15, Market Passage

This Moroccan style nightclub is a favourite among people who want to escape the cheesier music offered at some of the other clubs. Sunday and Thursday nights are the best.

Cindies - above the Lion Yard

This venue provides the student population of Cambridge with all the cheese it can handle; recently encountered songs include Hakuna Matata and Teenage Dirtbag. This is not necessarily a bad thing though, if you go there with the right attitude. Cindies dominates Tuesday and Wednesday nights, but the queues can get big so get there early.

Life (The Place) - off Sidney Street.

Life is the closest club to College - literally a minute's walk past Sainsbury's. Music is generally in the Cindies vein on Sunday, but Thursday nights are also good if you like your RnB.

Lola Lo Corn - Exchange Street

Lola Lo is a Polynesian themed club spread over three floors. Rivaling Life on Thursday nights it boasts attractions such as cocktails served in coconuts.



Undoubtedly a Cindies night.

Societies

Trinity Societies

As a large college, Trinity has a society for pretty much everything, and anything it doesn't have will be catered for by University-level clubs.

Trinity has a mini Fresher's Fair, called the 'Chaplains' Squash'. Right after your Freshers' Formal on the Sunday night, the society presidents and sport captains will be fighting each other to gain your attention and your email addresses.

For any questions, or if you are thinking of starting a club of your own, contact Karim, our Junior Steward on juniorsteward@tcsu.net.

Here is a list of some of Trinity's societies. For more information on them and others visit the Trinity website.

- Magpie and Stump (standup comedy)
- The Trinity Mathematical Society
- Trinity College Politics Society
- Trinity Singers (a non-audition chorus for students, academics and members of the public)
- The Trinity Engineers Association (TEA)
- Trinity College Photographic Society (TCPS)
- Trinity College Music Society
- Travisty (Trinity magazine)

University Societies

Uni societies will each have a table at the 'Freshers' Fair' in Kelsey Kerridge sports centre, which runs for several days during Freshers' Week. You are free to check it out at any time and sign up to mailing lists/collect the free pens they give out. Find the Domino's pizza stand and you'll get a free slice of pizza and some useful vouchers.

The list of university societies is enormous, for more information visit:

www.societies.cam.ac.uk

Certain things to look out for include the Cambridge Union Society, RAG and getting involved at the ADC theatre.

Trinity Sport

Overseen by the Trinity College Field Club, Trinity has a thriving sport scene. That said, everyone is welcome, no matter if they are a complete beginner or a pro.

We have great facilities, with our own football, rugby, and cricket pitches; tennis, netball, squash and badminton courts; and also an excellent gym. You can take advantage of these facilities without necessarily having to join one of our teams - court bookings are simple and usually done through the Porters at Burrell's Field.

Here is some brief information on our main sports, for more information visit the Trinity website.

Football

TCAFC have 1st, 2nd and 3rd teams for men and an up and coming women's team.

Rugby

Trinity RUFC are looking for fresh blood and players of all abilities.

Netball

With both ladies' and mixed teams, netball thrives at Trinity. Whatever your standard, you will have the option to play matches regularly.

Cricket

In the absence of an inter-college league we play a number of gentlemen's sides

and then the Cuppers competition. The season begins in Lent term with indoor nets at Fenners and culminates in 'Cricket Week' (the week before May Week) with matches every day.

Badminton

Trinity's badminton club has four men's teams, two women's teams and a mixed team.

Tennis

Tennis at Trinity has men and women playing league and Cuppers matches. The six courts can also be booked out at the Burrell's Field Porters' Lodge for a more casual game at any time of year.

Squash

Trinity has two Squash teams which play regular matches in the inter-college league. The college has 3 squash courts at Old Fields which can be booked.

Basketball

Trinity has an über-keen squad for our men's and women's basketball teams. Everyone's warmly welcomed to try training with us at any point in the year.

There are lots more sports as well, including but not only:

Athletics

Mixed Lacrosse

Swimming and Water Polo

Table Tennis

Hockey

Rowing

Rowing is a sport traditionally associated with Cambridge, thanks to the annual Boat Race against Oxford. However, alongside the university boat club with its international oarsmen, each college also has its own set of teams.

You do not need to have rowed before to enjoy the sport at Trinity. The vast majority of our rowers started here, and there is a term-long novice programme which will teach you from scratch. This is a great way to get to know people from within your year and from different years in College.

As well as enjoying the many novice races organised in Michaelmas there are many popular socials we organise specially aimed at novices, including formal swaps, BBQs, pub trips, crew pastas and more.

The club is well placed to cater for any level of participation.

By joining First and Third Boat Club those with a competitive streak will enjoy racing at a national level, but every rower competes for Trinity in the many inter-college events throughout the academic year. The most famous of these are the Lent and May Bumps races, which are usually the highlight of these terms for any College rower.

Rowed before? Anyone who already rows at a competitive level can expect to enter the upper squad directly. Please get in touch with the Women's and Overall Captain (captain@firstandthird.org) if you are thinking of continuing at university. Trinity is the fastest of all Oxbridge colleges, often winning at IM2 level, with our top crews competitive up to Senior level.

For more information visit the website www.firstandthird.org or e-mail freshers@firstandthird.org



Varsity Ski Trip

The Varsity Trip is one of the biggest and best student ski trip in the world. Every year in early December, since 1922, Cambridge and Oxford come together to put on a ski and snowboard trip. Last year around 3500 students from the two universities attended. The trip is held at the end of the Michaelmas term and around a third of participants are complete beginners having never skied before. The trip caters for the full range of skiing ability, with lessons available for all standards as well as guided tours by some of the UK's best skiers.

The night life during the week is also something to behold; as well as exclusive student deals at the clubs and bars in the resort, the Varsity Trip committee arranges a series of events throughout the whole week.

In 2009 Chase and Status supported Pendulum at the Final Night Party and 2011 saw Bassment Jaxx, DJ Fresh and Tim Westwood.

There really is something for everyone and it is one of the best ways to get to know people. You can specify who you want to share rooms with and what events you want to go to during the week, so that the holiday is tailored to your exact wants.

This year's trip is in Tignes, and prices start at £329. For more information visit: www.varsitytrip.com



Important Numbers

Welfare	
The Samaritans (24 hours)	08457 909090
Linkline (7pm–7am)	01223 367575 01223 744444
Beat Eating Disorders www.b-eat.co.uk	08456 341414
Cruse Bereavement Care (8am–8pm)	01223 302662
Counseling	
University Counselling Service	01223 332865
Centre 33 (free counselling for 12–25yr olds) www.centre33.org.uk	01223 316488 01223 314763
Sexual Health	
Beeline (Sexual health advice line)	01223 333170
Clinic 1A (free contraception and consultation) Box 38, Addenbrooke's Hospital, Hills Road	01223 217774
Rape Crisis Helpline	01223 358314
Auckland Road Family Planning Clinic	01223 533320
Services	
Police (Parkside station)	08454 564564
Addenbrooke's Hospital	01223 245151
University Health Centre	01223 336590
University Dental Service	01223 332860

Drugs & Alcohol	
The Bridge Project (Drug information, treatment, needle exchange)	01223 214614
Drinksense	01223 350599
Frank (confidential drugs advice)	0800 776600
Alcoholics Anonymous	08457 697555 01904 644026
College numbers	
Porters' Lodge	01223 338400
College Nurse (surgery@trin.cam.ac.uk)	01223 338471



TOP TIP: If your parents are driving you down from somewhere far away and don't fancy doing it all in one day, if they stay at the Crown Plaza Hotel in the centre of Cambridge they get 10% discount off the best available rate just because they are friends/family of a Trinity member.

Access

Hello everyone, I'm Amy the TCSU Access Officer.

Access is an important issue here at Trinity and there are a number of ways that you can get involved in and out of college:

Volunteering: from being a CAMbassador to helping out on Trinity tours or interview week - there are plenty of opportunities for students to broadcast what a welcoming and nice place Trinity, or Oxbridge in general, can be. Volunteering can be a fun way to meet new people, gain a few CV points and sometimes even include perks such as free meals or bagging a bit of pocket money. Make sure to drop me a line if you are interested in any of these things, and I'll be sending out regular emails to let you know what is going on.

The Target Schools Campaign: This is targeting schools in your local area, or indeed the school that you went to, and sharing your Oxbridge experiences with prospective students.

The CUSU Shadowing Scheme: Organised in conjunction with the University Students' Union, the shadow scheme allows students from hard-to-reach sixth forms to come up and experience Cambridge for a week with you.

The Access Bus: Often involving a bus or sometimes a car, and going down to

visit schools in one of our Access areas (Milton Keynes and Hampshire). Students involved will participate in presentations, workshops and answer sessions in which they can give personalised advice to those that want it.

Alternatively you can get in touch with me and let me know any of your opinions, comments or complaints about Access and I will try my best to make sure what you have to say is heard.

Enjoy Freshers' Week

Amy (access@tcsu.net)



Great Court

Last Things

One or two important things to remember:

Be sure to arrive before 4pm on Sunday 30th September. Whether you want to arrive on Saturday or Sunday is up to you, but you need to be in to buy your gown before the sale ends at 4pm, or you won't have one for the Freshers' Formal and Matriculation Photo.

However, Saturday is the best time for arrival if you can manage it because then you'll have plenty of time to unpack before you have to start doing college things. We keep you pretty busy once everything kicks off. You can also get a head start on meeting people on Saturday evening, a definite advantage.

If you happen to be arriving early, for choir, as an international student or for any other reason, don't worry, TCSU will be around before Freshers' Week too if you need our help.

On arrival, pop into the Old College Office to collect your Uni Card, then see the porters for your room key and grab your welcome pack from the TCSU welcome desk at Great Gate.

It's a pretty hectic week we've got lined up for you, but it's been timetabled so that you should be able to attend everything. We'd recommend you try, if only as it's where everyone else will be so you will never get lonely.

Also, the most important advice I can give - drag yourself to lectures and do your work on time. Cambridge is tough, but that is what makes our degrees so valuable.

(Oh, and be nice to your neighbours. They may be rich and important some day!)

For more information have a look at:

www.tcsu.net - TCSU website with committee contact details and much more.

www.trin.cam.ac.uk - Trinity's official website. See this for more information on societies and sports.

www.facebook.com - Check out the Trinity Freshers' Group. Search for 'Trinity College Freshers 2013' to contact the committee or meet other freshers.

Now it's over to you - time to go and get excited about coming to the best (not that I'm biased) college in Cambridge. Hopefully this book has explained at least a few of the things you might have been wondering about, and remember that TCSU is here at all times to help you out. Just drop me (Amber) a line at secretary@tcsu.net if you have any questions at all and I'll get back to you asap. Good luck, and looking forward to meeting you!

Fresher's Week 2013 - Quick Reference

Saturday 5th October

- 9am-6pm** TCSU Helpdesk (Great Gate)
11am-2.30pm JCR Hang Out (JCR)
2.30pm-5pm Welcome Tea (Hall)
7pm-10pm Welcome Reception in the Bar (College Bar)

Sunday 6th October

- 9am-4pm** TCSU Helpdesk (Great Gate)
12pm-4pm JCR Hang Out (JCR)
6pm College Family Drinks
7.50pm Freshers' Formal (Hall)
9.15pm Chaplain's Squash (Wren Cloisters)
Club Night: Lola Lo

Monday 7th October

- 9am** Tutor Meetings (Tutor's Room)
9.45am Safety Meeting (Hall)
11am Matriculation Photo (Neville's Court)
12.30pm-2pm Welfare Tea Party (Cloisters)
8pm 'Speed Meeting' (JCR)
8pm Boat Club Drinks (WPR)

Tuesday 8th October

- ALL DAY** DoS Meetings (DoS' Office)
11am-6.30pm CUSU Freshers' Fair (Kelsey Kerridge)
2pm Scavenger Hunt (Meet @ JCR)
6pm Hog Roast (Backs)
Club Night: Cindies

Wednesday 9th October

ALL DAY	DoS Meetings	(DoS' Office)
TBC	Library Tour	(Library)
10am-3pm	CUSU Freshers' s Fair	(Kelsey Kerridge)
2pm onwards	Academic Contacts	(Backs)
6pm	College Family Dinner	

Thursday 10th October

TBC	President's Cake	(F3 Whewell's)
8pm	Open Mic Night	(Bar)
8pm	Bar Crawl	(Great Gate)
8pm onwards	Night Punting	(Punt House)
Club Night: Lola Lo		

Friday 11th October

TBC	President's Cake	(F3 Whewell's)
9pm	'Back to School' WPR	(WPR)

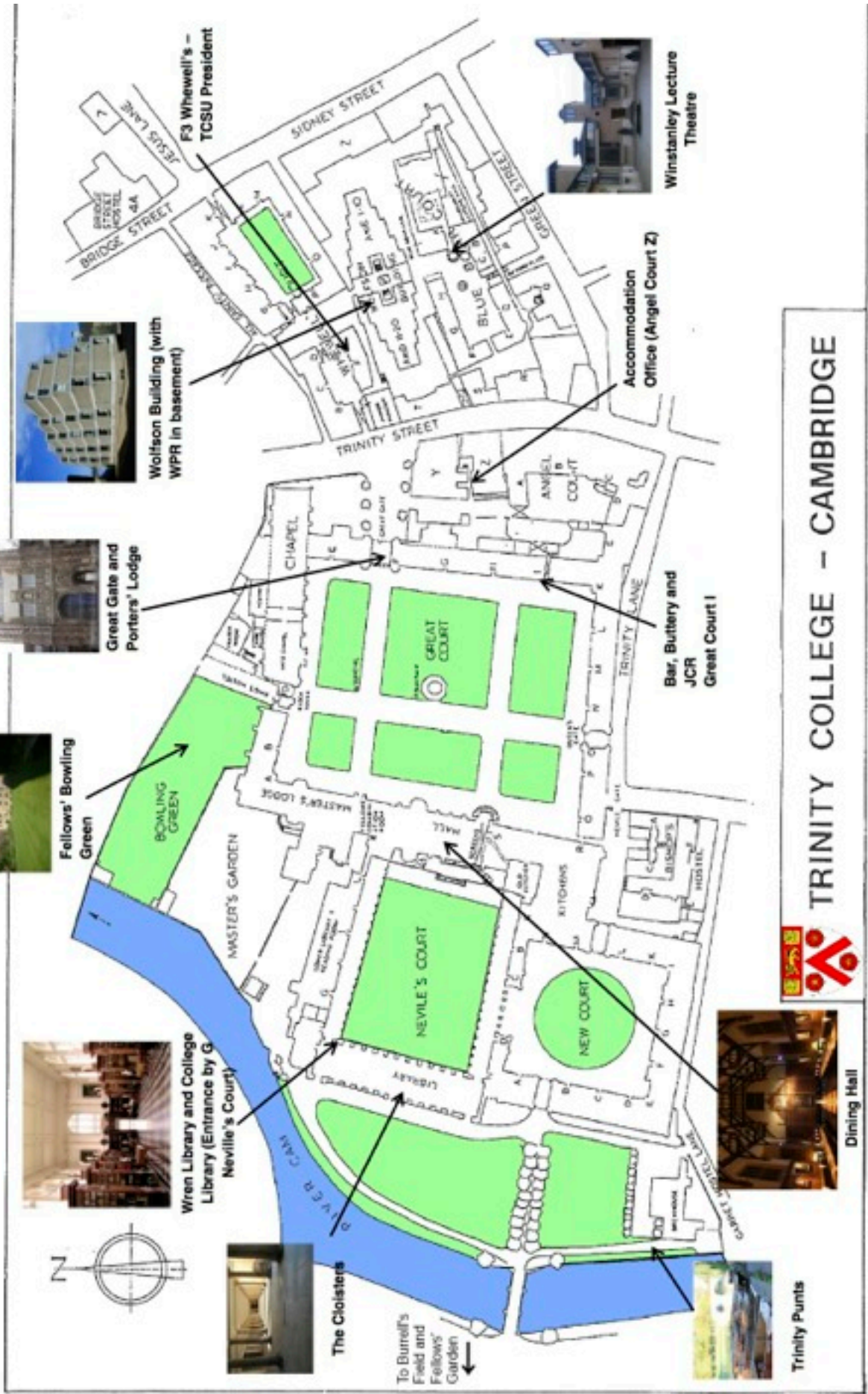
Saturday 12th October

3pm	Sports Day	(Old Fields)
9pm	'Trinstock' Burrell's Ent	(Burrell's Field)

Sunday 13th October

9.30pm	Magpie and Stump (Winstanley)	
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Wristbands for club entry and tickets for the Hog Roast will be on sale at the 'JCR Hangout' and the 'Welcome Tea'. Otherwise find Sarah or Charlie during the week.



TRINITY COLLEGE - CAMBRIDGE



