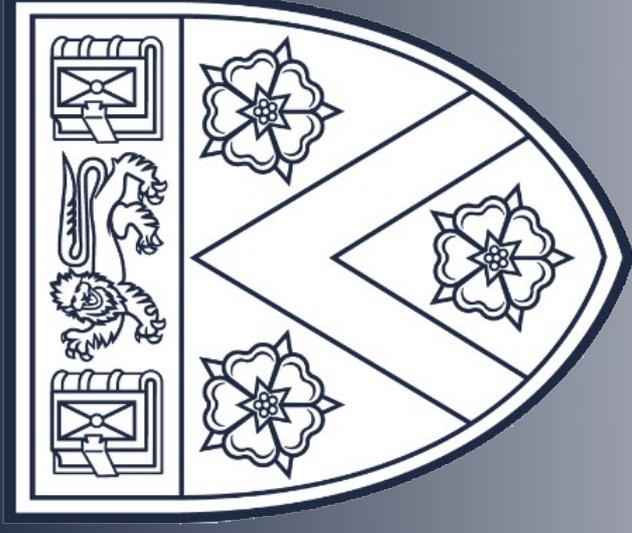
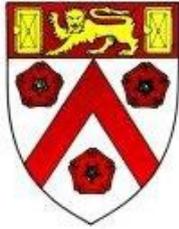


Trinity College

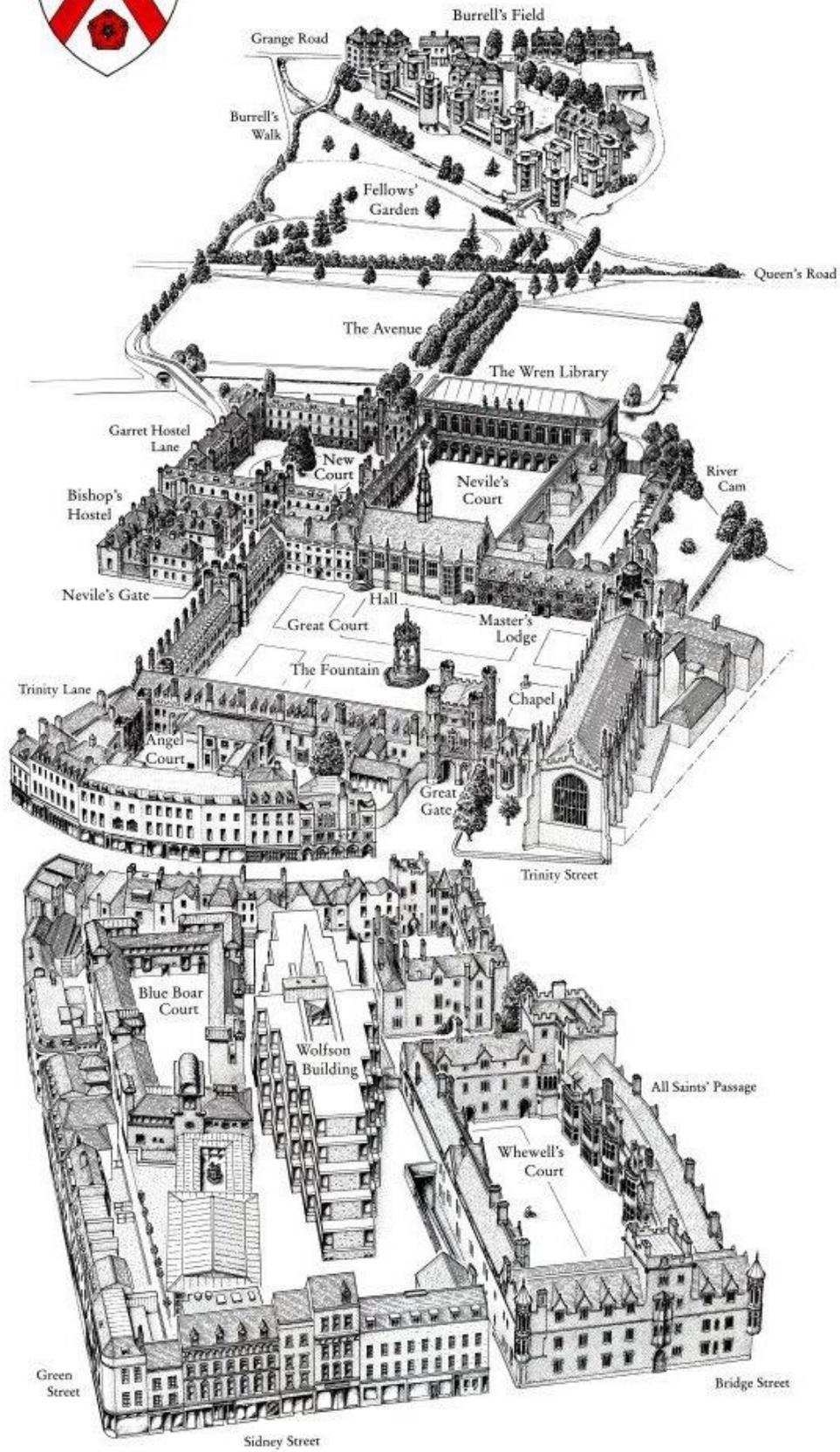
International Fresheners' Handbook



2016-2017



TRINITY COLLEGE CAMBRIDGE



Overseas Officer's Welcome

Congrats on making your offer! Students graduating from Trinity regularly describe their degree as the best three years of their life. Trinity has a huge amount on offer – clubs, formals, sports teams, bursaries, imposing buildings, a raucous social life and swarming tourists outside the front gate to remind you that where you're going to university is actually pretty cool.

The friends you make here you'll keep for the rest of your life and within weeks you'll feel at home here, even if at the start a number of things can feel intimidating. While everything is still new to you, try to take a mental snapshot. At the end of term revisit it and you'll be impressed at how a university that once seemed so alien is now home to you.

Fresher's Week begins on Saturday 1st October – you'll meet your peers, your tutor, your college parents and, in general, have a ball. But before then, we'd love to see you at International Freshers' Week, which begins on Wednesday 28th September and ends on Friday 30th October. You'll probably need the extra time to settle into the UK before the chaos of normal Freshers' Week.

This booklet will give you information that is more specifically relevant to international freshers. For now, enjoy the few weeks of break you have left – life at Trinity is extraordinary but intense so relax while you can. Don't stress too much before you come here – there's only so much you can do to prepare. If you have any concerns, email me at overseas@tcsu.net and I'll get back to you as soon as possible. You should also join the "Trinity College International Freshers 2016" group on Facebook.

Timetable for International Freshers'

Wednesday 28 th		
Lunch	12:00	Fountain
Tour of Town	13:30	Great Gate
Information Session	16:30	Great Gate
Supper	18:30	Fountain
College Bar Night	20:00	College Bar
Thursday 29 th		
Information Session	10:30	Great Gate
Tour of Town	11:30	Great Gate
Lunch	12:30	Fountain
Tea Workshop	14:00	Great Gate
British Tea Party	15:30	Backs
Supper	18:30	Fountain
Film Night	20:00	College Bar
Friday 30 th		
Information Session	10:30	Great Gate
Tour of Town	11:30	Great Gate
Lunch	12:30	Fountain
Etiquette Workshop	14:00	Great Gate
Supper	18:30	Fountain
Games Night	20:30	College Bar

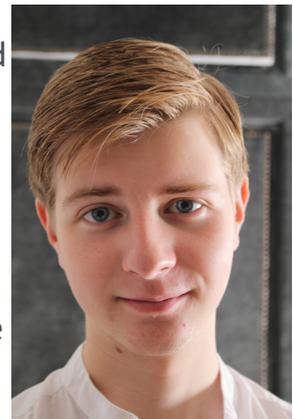
Our Committee

Who are we?

iTCSU is a bunch of mostly international students who will help you settle into college, particularly in International Freshers' Week.

We put on the events in International Freshers' Week. While few students from Trinity go, because we have a lot to offer in college, you might also be interested in attending events run by iCUSU, the international division of Cambridge's student union: <http://www.international.cusu.cam.ac.uk/freshersweek/>

Hello soon-to-be fellow trinitarians. My name is Agustin and I am your overseas welfare officer. I am Argentinian, German and Swiss, I live in Spain and I went to a French school before landing in the United Kingdom, so you can see where my interest for all things international comes from. During my first year in Cambridge, I spent most of my spare time rowing, but I also managed to do a bit of student journalism. International Freshers Week is a unique opportunity to get used to Trinity life before all the brits arrive, as well as make friends that you will keep for the rest of the year (I met my college wife during the very first night of last year's IFW). If you have any questions, concerns or if you just find yourself missing home, you can talk to me. I'm usually around college, mostly in the bar and I will gladly buy you a hot beverage (with the TCSU's money, of course).



Hi everyone, I'm Andrew! I love maths (obviously), learning languages, and rowing. If you want to row this year, starting from scratch or otherwise, let me know. I'm the token Brit of IFW, so it's my job to somehow try to explain some cultural peculiarities and suchlike - ask me anything! 😊



Hi, I'm Shani and I'm a second year lawyer from Australia. Last year, I got involved in the Union, had a brief flirtation with rowing (not actual rowing, coxing) and ended up selling my soul to The Tab and becoming a student journalist so if any of that sounds intriguing/fun, let me know. I met a lot of my closest friends during International Freshers' Week last year and so I really want to make sure you all have an equally great time. If you've got any questions or concerns (especially about things like flights etc. for those coming from far away) just message me. I can't wait to meet you guys!



Hey guys! I'm Robin and I'm a third year economist from Florida. It's been three years now and I still apparently can't get enough of IFW, so I hope ya'll enjoy it as much as I have! At Cambridge I've been quite involved with a number of societies, including fencing, debating, and various volunteering projects. Feel free to give me a shout if you have questions about anything (suggestions include coursework, vitamin D supplements, and Disney World). Looking forward to seeing ya'll soon!



Hi everyone! I'm Wahdana and I'm a second year lawyer from Pakistan. Moving to Cambridge a year ago involved change in every shape and form, including clothes (I didn't know layering was a thing), food (To quote Shani: "This isn't curry. It's sacrilege.") and weather (I'm still not over this one. I'm sorry but 31 degrees does NOT qualify as a heat wave!). International Freshers' Week made the transition so much easier for me and I hope it will do the same for you. Hit me up if you have any questions about being an international student, law or just Trinity life in general. Also, on the off chance that anyone speaks either Urdu or Pushto, I'm always up for a chat if you want a break from English!



Hey everyone, I'm Guy and I'm a second year NatSci. I was born in Canada, but I live in Hong Kong and I went to school in the UK, and I hope you'll find moving to a new country as exciting as I did. International Freshers' Week is a great time to meet lots of cool (and hot) people from all over the world, as well as being an amazing way to start off your uni career, so be prepared to enjoy yourself! If you have any questions or just want a chat, and you can't find me around college or out on the river, just message me on Facebook/Whatsapp/carrier pigeon - I'm always happy to help :)



Hellooo I'm Savvas and I'm a second year physical NatSci from Cyprus. I'm 22 years old cause I had to do my army service before coming here, so I'm what you'd call an (im)mature student. Aside from moaning about work, I also occasionally like to convince myself I'm fit on the river, and not a lightweight in formals. Feel free to pester me with any questions that you have, serious or not, and I'll gladly dispense advice (wisdom not guaranteed) while thoughtfully stroking my imaginary beard.



Hey guys, I'm Daniela and I'm a second year HSPS student for Croatia. Although I was born in Australia, I take the balkan approach to life very seriously, so when I'm not doing anything course related, I can often be found brewing and sipping coffee very, very slowly in one of the many gyp rooms around college. Moving away from home to start uni is an incredibly exciting and intense experience, so whether you are in need of some coffee and rakija to re-energize and make the most of freshers week, or just like tasty beverages and random conversations, college or non-college related, feel free to join or send me a message. I look forward to meeting you!



Welcome headquarters

You can find us in the Old College Office, which is just on the left as you enter the college through Great Gate. If you're confused, ask the porters and they'll be happy to help. Note that the Old College Office will only be occupied by us until 2.00 pm on the Friday of International Freshers' Week. Please drop in after you've picked up your welcome pack from the Porter's Lodge! We'd love to meet you.

Overseas contacts

These are current Trinity undergraduates – you'll be assigned one from your own country, who will get in touch with you via email. You should probably arrange to meet up with them when you arrive here – they can provide handy advice on settling.

College parents

Are second or third year undergraduates who 'parent' you. Great for advice in general and having contacts in college, as well as learning things on a more informal basis that you're less likely to read in official guides or from college itself.

Arriving in Cambridge

Term dates

Term dates Cambridge is full of ancient rules and regulations – and there's no exception with the term dates! There are three Cambridge terms, which are each officially eight weeks long ("full term"), but there are a few days on either side where you can stay for a bit longer. Domestic students arrive on Saturday 1st October, while most internationals arrive on 28th September, which is the first day they can arrive.

You should email the accommodation office (accommodation@trin.cam.ac.uk) with the dates that you intend to arrive, and give a reason if you need to arrive early than 28th September. If you live in the Wolfson Building or Angel Court, you'll probably have to vacate your room by Saturday 3rd December to make room for the interviews. This time will be deducted from your rent!

For subsequent terms, the rule is, you can arrive on the Saturday before full term starts, and leave at latest the Friday the week after full term finishes. Remember this when booking your flights!

Also, the week after the end of full term in Easter is called May Week (and yes, it is in June, confusingly). It is definitely worth staying in Cambridge for May week - it is packed full of garden parties and May Balls, with the Trinity May Ball on June 15th next year.

If you want to stay in Trinity over any of the breaks, you will need to speak to your tutor for details, but for international students living on the other side of the world it's definitely possible.

Michaelmas: Tuesday 4 October to Friday 2 December

Lent: Tuesday 17 January to Friday 17 March.

Easter: Tuesday 25 April to Friday 16 June.

Travel

Presumably, you'll be arriving here on a plane, in which case you're probably coming to one of the many airports that serve London.

If you're getting a short flight from within Europe, we'd strongly suggest flying into Stansted Airport. It's much closer to Cambridge - there's a direct 30 minute train - and makes getting here much quicker and cheaper.

As for plane ticket prices, they are usually the cheapest if bought 1-2 months in advance (if you don't fly from very far). For good deals, try using Google Matrix or Skyscanner. The travel companies are a bit fiddly in the UK, but generally if you head over to the website of the National Rail or National Express, you will get all the information you need.

Rail connections to and from London

For the other airports, they're all connected by train to central London, from which it's easy to get to Cambridge. Trains leave every 30 minutes from Kings Cross Station, and every hour from Liverpool Street. We'd strongly recommend the Kings Cross trains though - they're non-stop and take only 45 minutes, whereas the one from Liverpool St takes 1.5 hours!

Young Persons rail card

National rail also offers a Young Persons Railcard which gets you a 1/3 discount for each train journey you take. You must have a passport-size photo to get one as you arrive at the station and unless you are 16-25 years old you would need a letter from college certifying you are a student in order to get one. The price is £30 for a yearly and £70 for a three year railcard. It's up to you whether you think this would be worth it, but just a couple of trips to London in addition to airport travel make it worthwhile.

Oyster Card

This serves much like a credit card for London Transport (Underground, Bus, DLR Trains, Overground and National Rail trains). It is plastic, can be topped up with either credit or a travel card and costs £5 to set up at a ticket office at any station. It is possible to add your Young Persons Railcard onto your Oyster and thus get a further 1/3 reduction on all off peak fares within London too. It's well worth it if you plan to be visiting London every now and then!

Coaches

Taking a coach is a cheaper option compared to the train, but also takes a lot longer. There are direct coaches to Cambridge from Heathrow airport, Luton airport and Stansted airport. If you're flying into one of the other airports (e.g. Gatwick), once you're in London there are coaches from Victoria Station to Cambridge.

Taxis

Taxis all the way from the airport to Cambridge will be very expensive, but if you're in a group of 4 people possibly worth it. Once you're in Cambridge though, the train station is quite a way away from the college - if you direct your taxi driver to "Trinity College Great Gate" you'll make it here in no time, you won't have to worry about pulling your luggage all the way here and it will cost you 10 pounds at worst.

Routes, prices and times:

London Stansted Airport

Train £13 30 min (no changes)

Coach £10 50 min (no changes)

London Heathrow Airport

Train 1 £28 2h (one change)

Underground* (Piccadilly line) to KGX for train to Cambridge

Train 2 £50 1h 30 min (two changes)

Heathrow Express/Connect train to London Paddington

Taxi or underground* (Circle/Hammersmith and City lines) to KGX

Train to Cambridge

Coach 1 £15 to £30 2h 30 min (no changes)

Coach 2 £11 3h (one change)

Coach to London Victoria, then coach to Cambridge

London Luton Airport

Train £38 2h (two changes)

Shuttle to Luton Airport Parkway station

Train to St Pancras, 5 min walk to KGX for train to Cambridge

Coach £17 1h 40 min (no changes)

London Gatwick Airport

Train £32 2h (two changes)

Train to London Victoria

Underground* (Victoria line) to KGX for train to Cambridge

Coach £20 3h (one change)

Train to London Victoria, 5 min walk to Victoria Coach Station

Coach to Cambridge

*Consider whether you want to go on the underground with your entire luggage. If yes, there is a lift to the platforms at King's Cross from the underground.

N.B. KGX = King's Cross Station

What to do when you get here

- Go to the Porters' Lodge – which is open 24/7 and tell them you've arrived. They'll help you find your room and give you information packs etc.
- If you're arriving on Wednesday or Thursday in the morning or afternoon, or on Friday in the morning, there will probably be iTCSU committee members in the Old College Office. Ask the porters where this is and head there straight away so we know you're there and can give you a proper Trinity welcome.
- Unpack your stuff in your room
- Get your university card (Cam Card), which works as a key and card for food in college and a library card around the university. Note however that this card might not fully function in your home country as a student identity card – check this before leaving, as you are entitled to one at home even if you study abroad!
- Get a UK mobile number
- Open a UK bank account. Choose a bank and your account type, then get a letter from your Tutorial secretary – name in packs – addressed to the bank you've chosen, then go to the local branch and have one set up
- Register with a local GP (General Practitioner)



- Log into the computer network (information within arrival packs)
- Buy a bicycle, or don't if you don't need one
- Some but not all non-EU students (list of countries and information below) must register with the police
- All non-EU students must check in with the Tutorial Office (information below)
- Look out for iTCSU committee members around college and ask for help with anything you need, no matter how trivial it may seem!

Things to do after you've settled in

- There are a couple of things that might be worth checking if you have longer plans in the UK – these are not at all compulsory and only for informational purposes.
- NI number: If you would like to work in the UK during your time here you will certainly need a National Insurance (NI) number. This is basically required for any summer internships, doing the college telethon and the like. Information on how to get one can be found here: <https://www.gov.uk/apply-national-insurance-number>.
- Voting: EU and Commonwealth nationals have the right to vote in the annual local elections, but in order to do that they have to register before. Voting is entirely optional, but those eligible are usually required to do the registration process – this is because this is how authorities keep their statistical databases up to date. Notes on how you can do this can be found here: <https://www.gov.uk/register-to-vote>.
- Citizenship: Some of you who have longer plans here might even consider becoming a citizen of the United Kingdom. Notes and regulations can be found here: <https://www.gov.uk/becoming-a-british-citizen>.
- Your new mailing address: Any post whether official or not should be addressed to you as follows:
 - Alan M Sample
 - Trinity College
 - Cambridge

- CB2 1TQ
- United Kingdom

(In second year, however, if you move to Burrell's, you should change the address to CB3 9DH, so that mail is delivered more quickly.)

Non-EU students: registering with the police

If you are from one of the following countries, you need to register with the police: Afghanistan, Algeria, Argentina, Armenia, Azerbaijan, Bahrain, Belarus, Bolivia, Brazil, China, Columbia, Cuba, Egypt, Georgia, Iran, Iraq, Israel, Jordan, Kazakhstan, Kyrgyzstan, Kuwait, Lebanon, Libya, Moldova, Morocco, North Korea, Oman, Palestine, Peru, Qatar, Russia, Saudi Arabia, Sudan, Syria, Tajikistan, Tunisia, Turkmenistan, United Arab Emirates, Ukraine, Uzbekistan, Yemen.

In order to register, you need to go to the Overseas Visitors Registration Department (Cambridgeshire Constabulary Parkside Police Station, Cambridge, CB1 1JG) and book an appointment. Alternatively, you could book an appointment by contacting the Overseas Visitors Registration Department by email (OVRD@cams.pnn.police.uk) or by giving them a telephone call (+44(0)3454564564 and ask for extension 3220). The Overseas Visitors Registration Department is open Monday to Friday (not Bank Holidays), 10.00-16.00. It is very important that you do so within 7 days after your arrival.

Failure to register constitutes an offence, which can lead to arrest, prosecution and a fine of up to £5000, six months imprisonment, or both. Warrants for arrest of students failing to register have been issued in the past so do treat this seriously! You need to take your passport, two passport-sized photographs, a fee of £34, your full name and address in your home country on a separate piece of paper and details of your spouse's name, address and birth date (if necessary) on yet another sheet, and a letter from your Tutor, which you should have received in your freshers' pack, confirming your course and address.

Please note that for those of you who have already got a Certificate of Registration (mostly commonly, if you have studied in the UK before coming to Cambridge), there is no need to register again. All you need to do is to go down to the Police Station and ask for your Certificate of Registration to get updated. There is no need to book an appointment in order to do that, but please make sure you do it within 7 days from your arrival.

[Non-EU] college visa check

Within a week of your arrival, drop by the Tutorial Office to see the Deputy Tutorial Manager. She is very friendly and will quickly take a photocopy of your passport and visa.

Getting a UK phone

This is crucial, both socially and practically: being able to contact people by phone means you can get to know them better, and banks will usually require a contact number when you set up an account with them. Be aware when requesting a monthly plan or contract that you will be asked for confirmation with your bank and as an international student may not be immediately allowed to take the monthly plan of your choice, so pay-as-you-go options are probably better when you start off in Cambridge.

It's advisable to get your phone unlocked (i.e. unattached from a particular phone provider) prior to coming here – otherwise you may have difficulties getting a new sim card to work. An alternative is to have a phone with two sim cards – this is particularly popular with European students who are more likely to make frequent trips back and forth. (Note, however, that forthcoming EU regulatory changes should standardise roaming rates across the EU.)

An important thing to keep in mind though is that you will probably need to pay in some money you can use later when you set up your number. You might also want to consider that at some carriers (mostly the cheaper ones like Giffgaff) there is an option to get 'invited' which usually means a couple of free minutes for both you and to who invited you. Basically anyone will be happy to do this for you.

EE (including 4GEE, Orange, T-Mobil): Offers 4G service, and with EE and Orange you can get 2-for-1 Wednesday cinema tickets!

Giffgaff: Giffgaff has recently become very popular, and offers both 3G and 4G. You always have free calls and texts to other Giffgaff users and can buy monthly 'goody bags' depending on whether you need free texts/calls/internet at that particular time. They also offer very cheap calls

to other countries. However, this is a very student-quality service and often the signal is poor, but it is basically okay in bigger cities.

Lebara, LycaMobile: These services offer very cheap calls to other countries, so may be good for you if you want to phone home using your UK mobile number.

Vodafone, O2, Tesco Mobile, Virgin Mobile: There are many more options for you to consider. Make sure you look on their websites to see which is best for you.

Opening a bank account

The banking system in the UK is fair and convenient. The main form of payment here is by debit card which is accepted in almost every shop. It's no surprise that everyone uses the banking system, as in the UK every transaction is free (if made between accounts in the UK), the majority of accounts



have no monthly fee and you can withdraw cash from any ATM of any bank for free (but beware: this is not true for ATMs in Sainsbury's or M&S). You can also pay in cash or have a cheque cashed in to your account for free. However do note that international transactions often carry very high fees associated with them!

Around the time you come, lots of students will be going to banks to set up accounts so it's important to try make an appointment to set one up as soon as you can or you may find yourself waiting a while. You will also need a letter from your tutor's secretary confirming your address and course. The letter must be addressed to the specific bank where you want to open an account. It may be a good idea to ask your tutor to have this ready for you by the time you arrive so you don't have to wait for that, but keep in mind that they can only issue this for you after you have chosen the bank you would like to go to!

The banks offer very similar and free basic accounts with negligible interest rates, online banking and a debit card. Fancier accounts may have insurance or easy international transfers but there might monthly be fees associated with them. In the UK, debit cards are used for almost everything as said

before but be sure to also ask for a cheque book, which is one of the most secure (though slowest) methods of payment. It is still widespread and there will be times you'll be asked to pay by cheque or give a refundable deposit by cheque. Some banks also offer limited overdraft, which allows you to withdraw more money than you have in your account, but be careful as the interest rates may be very high on that!

Students, who have lived in the UK for at least three years, may be eligible for a regular student account which usually have additional perks like free cinema tickets. A couple of banks offer student accounts for international students as well, but these usually differ from the regular student accounts and you should ask for the details! It is also worth considering opening a free savings account which have slightly better interest rates and are considerably more secure but ensure you don't go below your limit in your basic account as the fees can be very high! It may be a good idea to store the majority of your money on your savings account so even if you lose your debit card your money is secure. A UK student bank account is necessary if you're from the EU as EU student bursaries are now paid directly to your personal bank account in the UK.

The following banks offer basic accounts with no monthly fees and have branches within 5 minutes' walk of Trinity. They all have online banking and offer a debit card for free. Where it is contactless or there is anything special it is noted.

Barclays – contactless debit card and free cheque book (International Students Account)

HSBC – contactless debit card and overdraft with fees (only basic account)

NatWest – overdraft with fees and cheque book with fees, free Coachcard for 4 years (International Students Account)

Lloyds – overdraft (free up to £25), free cheque book (only basic account)

TSB – overdraft (free up to £10), and free cheque book (only basic account)

Santander – no overdraft and cheque book with fees (only basic account)

You can find more information on regular student accounts here:

<http://www.savethestudent.org/money/student-banking/student-bank-accounts.html> .

Though note the limits on overdraft are different for UK students and international students.

A good rule of thumb though is that basically all banks offer pretty much the same, so you should not make a big fuss from choosing one. If you chose one because you like its colour or anything, you probably won't be too far off.

Healthcare

International Students of any sort are eligible for NHS healthcare (see later). To access it you need to register with a local General Practitioner (GP), most of which work in different health centres. In your welcome pack you will be provided with a list of local GPs and health centres. Choose one to register with and do so ASAP before all the home students arrive and queues get unbearable! Registration is free and quick, only requiring you to fill in a couple of forms about your drinking and smoking habits. Note that you can only be registered with one GP/Health Centre at any time.

Don't forget that this usually also holds for your country, i.e. you can't hold two active registrations for healthcare in two countries at the same time. It's generally a good idea to sort this out with your local authorities so that you don't just get something on the post requiring you to pay fines. After registration you will get an NHS number which you should keep for your records in a safe place as you will have to quote that for any treatment you require or for getting an EHIC (see later).

If you require frequent GP visits, there are some points to consider when choosing a GP to register with. Bridge Street Medical Centre is a closest medical centre comprising several doctors and nurses and has an efficient registration regime. Due to its convenient location, however, certain appointments may have to be scheduled a long time in advance, especially during the winter terms. And also don't forget: the college nurse is available for you. It might also be a good idea to take your usual basic medication (for e.g. a cold or a runny nose) with you.

Depending on your course of choice, there may be internal requirements for occupational health, which will be scheduled and carried out by the Cambridge University Occupational Health Centre located on Mill Lane.

The National Health Service (NHS) is a publicly funded system, which provides healthcare for UK residents. You are entitled to a free necessary treatment if you fulfil any of the following conditions:

- Full time students from any country on a course for more than 6 months
- A student on a course of any length substantially funded by the UK Government
- From a country which is part of the EU or has a bilateral agreement

So basically all of you are entitled to free necessary treatment from the NHS! Different nationals tend to perceive the NHS treatment differently depending on whether there is free healthcare in their home country and its standard. Services that are not completely free of charge include optical and dental care. Further information about hospitals, GPs, their costs for services, such as contraception, sexual and mental health, can be obtained from www.nhs.uk.

For EU students it is generally a good idea to get the free European Health Insurance Card (EHIC) so your UK registration can be used at home or vice versa, but never forget to get information what this card entitles you exactly to in the 'other' country (with respect to your country of registration). The general rule of thumb is to be registered in the country you physically spend more time in – which will probably be the UK this time.

Unless you are covered by the above circumstances you will need to obtain adequate health insurance. Regardless of any conditions you are entitled to the following services: emergency treatment in a hospital A and E (Accident and Emergency) department or a walk-in centre, treatment for certain infectious diseases, compulsory psychiatric treatment and sexual health.

Cambridge is a meningitis hotspot and therefore it may be a very good idea to get yourself vaccinated either at home or here in the UK there will be a

requirement for you to get a vaccination whether this is done at home or once you register with a local GP. As for the vaccine itself, it is generally a good idea to get one that is 'conjugated' and not polysaccharide - so that it lasts longer and is good for a number of subtypes (A, C, W135 and Y most importantly).

Bringing a copy of your vaccination records to compare with the programme available and compulsory in the UK may also be worth considering. It might also generally be a good idea to check the UK and your home Ministry of Healthcare or equivalent for information on what you, as a resident of that country have to look out for before coming here.

Getting around

Amongst the incoming students there is always a great variety in the amount of cycling experience they have – some have been used to cycling to school at home while others have never cycled before. Each year there are those who are insecure with cycling or less at ease cycling on, most likely, the opposite side of the road. The good thing is that you get used to how things work pretty quickly if you choose to get a bike

As coming from a different country it is a good idea to familiarise yourself with the rules for cyclists in the UK, like what you have to wear and what you have to have on your bicycle at:

<https://www.gov.uk/rules-for-cyclists-59-to-82>

But at the Freshers' Fair there are going to be cyclist societies present who can give you a comprehensive guide on this and excellent cycling maps for free too!

Bike theft is a widespread problem in Cambridge. New and shiny-looking bikes attract more attention and may be quite costly. To get a good bargain for a second hand bike, you need to be fast as there are only a certain number of bikes re-sold by graduates. Also, of those only a small fraction will have functioning brakes!

For your first year in Trinity you will live in central college and even the more distant departments are within a 15-20 minute walking distance. Slightly further out are most university sports venues – boathouses, the new university sports hall at West Cambridge, or the Kelsey Kerridge Sports Centre. If you are going to be involved in sport (or people from Homerton/Girton) a bike may ease your life considerably. In your second year, there is a good chance you will move to Burrell's Field. This is a considerable journey on foot from many places (e.g. the Engineering

department) so even those who do not choose to cycle in their first year will often get bikes in their second year.

Do get a look around the shops and the market if you decide to get a bike, and second-hand ones may be a good idea but make sure they are in a sufficient condition, particularly their brakes and tires. And also get a lock! As mentioned above, bike theft is indeed a problem and a good D-lock may save you a lot. You may also consider registering your bike with the college or the police so it may be more easily retrieved if stolen. As of storage, there are safe bicycle stores in the college (but less than needed), and some in front of it.

There is a functional bus network in Cambridge with regular buses from the City Centre to the train station, but they do not run too often so it may be a good idea to check the schedule before leaving. Be sure to bring your college card if traveling on Uni4 and ask for the Student Discount!

What to bring and not bring

Do not bring

- Anything excessive that will result in you exceeding your luggage weight limit. You can easily buy everything you need in Cambridge. A good rule of thumb is to not bring anything that you can buy easily and inexpensively after arriving, such as towels, umbrellas and jumpers.
- Lamps, bed linen and Ethernet cables: Trinity provides these.
- Crockery: Pots/pans/etc. will take up more way space in your suitcases than they're worth. Buy them here.
- Too many books: It may be worth bringing one or two favourites but as you may have heard, Cambridge has excellent libraries. (...Also, Trinity is basically Hogwarts with an Internet connection, so if you step your reading habits into the 21st century...)

What I end up packing.



What I end up wearing.



DOGHOUSE DIARIES

Do bring

- Adapters: Many, many adapters for your many, many devices (UK plugs have three prongs).
- Smart clothes: You'll go to many formal events in Cambridge, starting with your Matriculation Formal dinner. A suit is essential for boys and most girls choose to wear smart dresses. (Other

equally smart alternatives, including national dress, are perfectly acceptable.) Cambridge's cobbled streets are not particularly high heel-friendly: it's a good idea to have at least a back-up pair of flats.

- Warm clothes: If you have them. British weather leaves much to be desired – if you're choosing between an extra jumper and five more t-shirts, go for the jumper.
- Passport-sized photos: For all your railcards/society membership cards/admirers' wallets/purses.
- All passport, visa and offer related documents: printed or at least photographed on your phone: airport staff can occasionally be a little fussy + you'll need all your documents anyway to open a bank account in the UK. Even for EU students a passport is a good idea: if you ever want to buy alcohol or even a knife (as cutlery) at Sainsbury's they usually only accept a passport as a proof of age!
- A laptop: it is extremely useful in day to day working but if you don't have one, it's not a catastrophe: there are plenty of PCs and Macs available at various points of the college. However, if you do bring one, it can be a very good idea to set up and test Skype at home so you can easily reach your home peers without any technical hassle that might be uncomfortable to solve here.

Shopping for household items

Sainsbury's is right around the corner from Trinity and is always there with its basic range of products (and food!), though at the start of term items like laundry baskets, plates and cutlery will be in high demand. John Lewis and Marks and Spencer are well-stocked, high-quality department stores – recommended for towels! After you settle in you can browse the more specialised shops in Cambridge (Mill Road shops for oriental food and cooking equipment), as well as order goods online.

Storage within college

If you're afraid of carrying your entire life's worth of supplies back and forth from Cambridge every holiday, you've got nothing to worry about. Trinity has storage rooms available only for international students over the vacations. The default in Trinity is for everyone to vacate their rooms over the holiday – this way, there's no holiday rent. If you need to stay over the holidays, it won't be a problem but you'll need to sort it out with the Accommodation Office in advance.

To book a spot in overseas storage, contact the porters 24 hours beforehand. There is no limit on how much you can store within reason, and each item needs to be labelled with an "Overseas Baggage Store" label which you can find on the



college website (you should receive an email about this near the beginning of term). You should try put most of your stuff into cardboard boxes, so hang on to any you accumulate or feel free to ask Sainsbury's or any other shops if they have any going spare. Do not bring these from home though, it will be really very easy to get some here. When it comes to the time to put things in storage, make sure to get a few friends on hand to help you - despite their name, the Porters won't actually carry any of your stuff, so get some helping hands!

Money

At the start of your time here, your expenditure will be pretty big! You should anticipate this, but it's nothing to be stressed about. You'll probably end up spending money on items such as: a gown (45 pounds), a college sweatshirt (around 20 pounds), matriculation photo (from 10 to 70 pounds), a bike (from 40 pounds for a used one, 100-200 pounds for a new one), society fees and of course household items.

Therefore until the time you set up your bank account you should prepare enough cash to spend on these essential items. If you have a bank account at home, you can usually also use its debit card in the UK but be very careful as there might be very high fees associated with it.

The best idea usually is to visit a cheap currency exchange service in your home and exchange some pounds which you can bring here. You should only change that much that is enough for at most two weeks – by that time your UK account will probably be set up. The money left can be cashed in to your new account at no cost.

After setting up your account you might consider what the best way is to receive money from home if you ever need it. The easiest method is by simple bank transfer, but international bank transfers are usually very expensive (both for the sender and the receiver), rather slow, and they use a bad exchange rate so you should check the details in advance, especially if you move a higher amount of money! Your local currency exchange services are usually much better choices but you have to be physically present and you might not want to have huge amounts of cash with you. A very widespread solution to this is the service called TransferWise which works pretty much as bank transfers in terms of ease and that you don't have to handle money physically, but it is much faster and very much cheaper due to the technique called peer-to-peer money transfer what you can read about if interested at:

https://en.wikipedia.org/wiki/TransferWise#How_it_works

This service has recently become very popular and there exists an 'invitation' system (much like as phone carriers) which means you that your first money transfer will be free. If interested, this 'invitation' is available at <https://transferwise.com/u/d60c0>.

One thing that might come in handy for setting up in Cambridge that you might not have heard about is so-called charity shops (revenue is donated to

charitable causes), where you can buy cheap second-hand items of usually good quality. For most people, especially when on a budget, it's perfectly normal to pick up something you might need from there. There are loads of these around, so don't worry about stuffing that frying pan into your bag, you can get it cheaply from there.

On a regular basis here you won't spend as much money. Dining in hall is subsidised by college, and costs usually around 3-4 pounds for a meal. You can also cook for yourself, and if you're smart about it and look out for deals this can be cheaper - but consider the time you need to invest for this, and also the opportunities for meeting people in the dining hall you miss out on!

Weather

Cambridge is not quite as wet as the rest of the UK, but it's still probably rainier than wherever you come from, and it can get very windy too. It's worth getting the BBC weather app on your phone, or at least checking the weather every morning.

In Michaelmas term, it starts out warm and if you're lucky you'll get a sunny Fresher's week. Soon after that though, the weather turns rainy and grim, and slowly gets colder and colder. On the upshot though, we celebrate Bridgemas in November which is always fun! Gloves and a warm hat or beanie come in handy, especially if you're cycling.

In Lent term, it is very cold all the way through. It will most likely be snowing when you come back for this term - so prepare for that, even if the country's train network doesn't! At the end of February the flowers bloom, but this doesn't necessarily mean an increase in the temperature!

In Easter term, just in time for the exams (uh oh), everything really warms up! It can occasionally get to 25^o Celsius and not much higher than that, but after the freezing cold of the term before it can feel very hot. Remember to pack your shorts and flip-flops!

A good idea to become familiar with the weather is to visit the monthly average forecast at:

<http://www.accuweather.com/en/gb/cambridge/>

Culture shock

Britain is quite distinct, not only in reverse driving but also in culture and social structure. Luckily, university is a new experience for both international as well as home students. Obviously there is more new stuff that an international needs to get used to and you may find that Freshers' Week feels like forever but by the end of it you will have established yourselves in Trinity. The way to make the most of your time here is to not be afraid of new things. To overcome it just requires making the first step. Be friendly, talk to people, see what they think, and take it into consideration!

It's not easy and effort must be made on both sides. Don't feel like there's pressure for you to become 100% Anglo-Saxon from Day 1; be open to new things but be yourself. Try connecting with the other internationals in College. Chances are they will understand what you mean more easily than home students and together you can get the point across. Also, in no way expect this initial period of tolerance and openness to last for very long. Soon it will become clear that you click better with some rather than others. Be sure to find those who click best with you before you stop looking!

British people enjoy a good laugh and may joke about cultural things they have in common that you are blissfully unaware of. Sometimes you will find yourself stating the obvious or otherwise being unable to fully grasp the connotations of someone's joke. It's true that a good deal of small talk revolves around the weather. Should you need assistance, people are generally extremely helpful and kind. However, being self-sufficient is valued highly.

Even though you may not notice this immediately, there is some stratification in society. Over time some of the differences stay, some disappear, and recent studies have even shown new classes arising. British

people are very good at making these distinctions, but luckily being international means we don't immediately fit in with this classification. Going to university here results in doors being open to everyone who perseveres.

Finally, there is no recipe to deal with the culture shock and it may result in you getting tired more easily or becoming homesick. There are plenty of people to talk to who will listen, share their own experiences, or give advice should you want some. Find any of the iTCSU team, speak to the TCSU Welfare officers, and if you feel like you have a connection with your Tutor or DOS (Director of Studies) go to them. Anyone you want to share things with will listen to you!

International students themselves set up and run national societies which you can join to relieve yourself of the need to constantly speak English or find out how to make a meal which reminds you of home. Given the size of Trinity, it is likely that there will be someone of your nationality in college already and you will get an Overseas Contact assigned from your own country. By chance or not, the world is small and you may even know some of your fellow nationals from before!

Language

Language can be a barrier, especially for those coming to live in an English-speaking country for the first time. Being able to read or watch English movies is one thing, but being able to express and relay complex thoughts or feelings may not come easily to begin with. The point is to not give up; people here are understanding and will do their best to understand what you're trying to say.

The main problem you might encounter is the variety of accents you will have to accommodate to. Don't be put off if you don't understand - it can take weeks to get used to certain people's accents! Also, bear in mind that

the problem in understanding is sometimes both ways – British people might not understand your accent as well as you might not understand theirs. The language barrier might cause a few misunderstandings at the beginning - but later on you will be able to have a laugh about this with your friends!

Importantly, language is unlikely to hinder your academic achievement unless your subject is heavily essay based. In such cases however you would have not passed your interview unless you were able to convey ideas clearly enough. You will find that your academic vocabulary will grow with your course and your English-speaking peers will have to attach meaning to the new technical terms, same as you!

Also, British English is very fond of some harder grammatical constructions which aren't used in American English or whatever variety you learnt in school. For instance, try to think of using structures like 'I would like to...' or 'would it be at all possible...' instead of 'I want...' or 'Can I...', especially when making requests. Sometimes using the latter can be perceived as rude!

Getting to grips with more colloquial English can also be tricky, and being able to ascertain what people mean when they say certain things only comes with practice and observation. If you aren't sure, wait and you will soon be able to use most of the phrases yourself correctly! If you are too embarrassed to ask seek answers online - Urban dictionary or Google should sort you out. Often native speakers consider the non-native formal as they follow the grammatical rules and use all the 'proper' terms.

At the end of the day, you will find your way to establish your life at Trinity. Although it is an advantage if you know the language better, your personality and outlook are just as important. Stay positive, be friendly and be yourself, and there is nothing that can prevent you from enjoying the most beautiful place in the world!

Contacts list

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Rosemary Jolley	Sides D and J	01223 338478	side.d@trin.cam.ac.uk side.j@trin.cam.ac.uk
Main Plodge		01223 338400	
Burrell's Plodge		01223 338592	
Emergency		999 OR 112	
Urgent Care Cambridge		0330 123 9131	
Linkline	A confidential listening and information service	01223744444	
Panther Taxis		01223 715715	

Useful links

<i>Address</i>	<i>Description</i>
www.cam.ac.uk/international-students	Advice for international students
www.tcsu.net	TCSU website
www.cam.ac.uk/about-the-university/term-dates-and-calendars	Term dates for the past and future
www.nationalrail.co.uk www.thetrainline.com	Train journey planners
oyster.tfl.gov.uk/oyster/entry.do	Oyster Card
www.16-25railcard.co.uk/?source=portal	Young Persons Rail Card
www.barclays.co.uk	Barclays
www.hsbc.co.uk	HSBC
www.natwest.com	NatWest
www.lloydstsb.co.uk	Lloyds
www.nhs.uk and www.cambridgeshireandpeterboroughccg.nhs.uk	Information on general and local health care services