Credits

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Joining Fitz makes you part of an educational tradition going back more than 150 years. The College owes its existence to the Non-Collegiate Students Board of 1869, set up following a Royal Commission which wished people to be able to study in Cambridge without incurring the costs of College membership. Students were admitted directly to the University by the Board.

The Non-Collegiate students and staff soon developed a strong corporate spirit. From 1874, they were based in a building known as Fitzwilliam House (above right), which still stands opposite the Fitzwilliam Museum.

By the 1950s Government support for students was such that an economical route into Cambridge became unnecessary, and there was a high risk that Fitzwilliam House, as well as the Non-Collegiate Students Board, would disappear. But Fitzwilliam survived. By 1963 the student body had grown too large for Fitzwilliam House, and so the present site ‘up the hill’ was established. Fitz became a fully-fledged College in 1966. Congratulations on joining Fitzwilliam on its 50th birthday!

Fitzwilliam House was also the first to permit research students from outside Cambridge to join, and no fewer than four of the College’s Nobel prize winners were postgraduates. Fitzwilliam MCR hence continues the tradition of one of the oldest, most distinguished and largest (300+) of all Cambridge graduate student communities.
Welcome

Welcome to Fitzwilliam!

Be excited. As you read this, you will be shortly arriving at one of Cambridge’s most lively, diverse and all-round excellent Colleges. Strong friendship, rewarding study and memorable experiences lie in wait in one of the world’s most beautiful cities. Joining Fitz, you will join one of Cambridge’s biggest graduate communities, as well as a College which actually lets you walk on the grass (well, some of it). Our students come from around the world and find a warm welcome in this close-knit community of friends and scholars, and we very much look forward to having you with us.

At this stage, it might all be feeling a bit overwhelming, but don’t worry. This booklet will start by giving you an introduction to Fitz, and answer any basic questions you may have. The MCR Committee is on hand to help too, and we’ll keep on ensuring your welfare throughout the duration of your time here.

If at any point it all gets a bit much, drop me an email, and I’ll always be available with a cup of tea (or something stronger) for a friendly chat. Rest assured, Fitz will feel like home in no time.

Travel safely, and I can’t wait to meet you!

Millie Papworth
Fitzwilliam MCR President
The MCR

Cambridge has a peculiar vocabulary all of its own (a glossary at the back of this booklet defines some of the most common terms). ‘The MCR’, standing for Middle Combination Room, is a phrase that simultaneously describes two very different, but related, things:

The MCR is the College graduate community
You are now a member of the MCR, for, as postgraduate students we are in the ‘middle’ of the academic hierarchy, between the members of the Junior Common Room (Undergraduates) and the Senior Common Room (Fellows and Tutors). The MCR Committee (see opposite page) is elected by MCR members to represent the needs of the graduate students to College.

The MCR is our common room
The MCR at Fitz has two lovely, rooms and a kitchenette, housed in a beautiful building at the heart of the college, known as ‘The Grove’. The space is available 24/7, solely for the use of Fitz graduate students. There is a lounge and a reading room, with comfortable seating, tea and coffee making facilities, a large TV with surround-sound, books to read, DVDs to watch, board games to play and much more. Many of our organised social events take place here, and it is also a lovely place to relax and enjoy the company of friends in your own time.
Current MCR Committee

President
Millie Papworth
mcr.president@fitz.cam.ac.uk

Treasurer
Philip Sitte
mcr.treasurer@fitz.cam.ac.uk

Secretary
Austin Tiffany
mcr.secretary@fitz.cam.ac.uk

Welfare Officer
Alvin Leung
mcr.welfare@fitz.cam.ac.uk

Academic Officer
Eddie Wei
mcr.academic@fitz.cam.ac.uk

Social Sec
Annie Chiu
mcr.social@fitz.cam.ac.uk

Welfare Officer
Hilary Wong
mcr.social@fitz.cam.ac.uk

Social Sec
Felicia Tan
mcr.social@fitz.cam.ac.uk

Social Sec
Olli Vanderpoorten
mcr.social@fitz.cam.ac.uk

Green Officer
Isa Bonachera
mcr.social@fitz.cam.ac.uk

Freshers Committee

In addition to this gang, we have six amazing graduates working to make your introduction to Fitz as memorable as possible. These helpful folks include:

Vamsee Bheemireddy, Alan Walsh, Carrock Sewell, Hugo Poplimont, Jieyi Liu, and Matheus Nunes
Each of you has a Graduate Tutor, who is your first point of contact for help and support in any aspect of your academic or personal life in Cambridge.

Graduate Officer

Sue Free is the source of all grad-related college knowledge and the main reason we all get here in one piece! You will find her in the tutorial office on L Staircase, and she is the person to contact with any administrative queries.

Tutorial Officer

Tereza Svecova is the first contact for organising graduations, and for visa monitoring. She also assists Sue Free with matriculation, student certification letters and various College awards, and shares the same office on L Staircase.
Chaplain
Rev. Helen Arnold is here to offer help and support to all members of the College - of any faith or none. She is someone you can talk to in complete confidence about anything.

The Bursar
Andrew Powell is the man in charge of the college finances. You won’t have much to do with him formally but you will certainly see him on your travels round College. Andrew works closely with the Domestic Bursar, Andy Milne, whom you might also meet.

The Porters
You’ll probably have more dealings with the porters than any other College staff. They know everything, love answering questions and are there 24 hours a day, every day to ensure your safety. If you are ever in any doubt who you need to speak to on any subject, try the Porters.

The Dean
Sean Holly is in charge of disciplinary matters at Fitz.

Librarian
Christine Roberts Lewis

Library Assistant
Tracey Piggott

They are the people in charge of our fantastic library. They are always keen to provide support and advice to readers, and will happily look into providing study materials if Fitz doesn’t already have them.
Arriving at Fitz

When to Arrive
Please plan your travel to arrive on Thursday 29 September. For early arrival contact Sue Free.

Travel Options from Stansted Airport
1. Direct Train to Cambridge | 35 minutes | £10.50 (rough prices listed)
2. Direct Coach (Number 727) to Cambridge | 50 minutes | £11.60

From Heathrow Airport
1. Direct Coach (787/727) to Cambridge | 2.5 hours | £29
2. Tube > London King’s Cross > Train > Cambridge. | 2 hours | £35
3. Train> Paddington > Tube> King’s Cross > Train> Cambridge | 2.5 hours | £40

From Gatwick Airport
1. Direct Coach (727) to Cambridge | 4 hours | £31.50
2. Train > St Pancras > King’s Cross > Train > Cambridge | 2.5 hours | £33

From Luton Airport
1. Direct Coach (787/727) to Cambridge | 2.5 hours | £29
2. Tube > London King’s Cross > Train > Cambridge. | 2 hours | £35
3. Train> Paddington > Tube> King’s Cross > Train> Cambridge | 2.5 hours | £40

Coach tickets should be purchased at the National Express counter in the relevant airport before boarding. Train tickets can be purchased at the airport and all stations. More info: nationalexpress.com (coaches), nationalrail.co.uk (trains)

From St Pancras Railway Station
Walk to King’s Cross (next door), then take the Direct train to Cambridge 55 mins | £25

Immigration
Non EEA or Swiss nationals will need a Tier 4 student visa before they can travel to the UK. Start your application as soon as your offer from the University has been confirmed. Help is available at admin.cam.ac.uk/offices/internationalstudents/visaadvice.
When your visa application is successful, you will be issued a 30 day entry permit to enter the UK. Your actual visa, in the form of a Biometric Residence Permit (BRP), will need to be collected on arrival in the UK.
No one should attempt to come to Cambridge with the wrong sort of visa. Most of this will be dealt with by Sue Free, so do contact her if you have any questions.
Once in Cambridge you will need to:

- Collect your BRP. The location of where to collect it will depend on the ACL code you entered at the time of your visa application. See www.internationalstudents.cam.ac.uk/collecting-your-visa-brp
- Have your visa and passport scanned at the Tutorial Office within a few days of your arrival. This applies to all students who are not of Home or EU nationality, regardless of visa status.
- Tier 4 students should report to the Tutorial Office at the start of each term, so that they can verify that you are still here and your contact details are correct.

From Cambridge Railway Station to Fitz
The station is a 10 minute taxi ride from Fitz. Or you can catch the Citi1, Citi3 or Citi7 buses to the city centre, then the Citi5/6 to Fitz.

From the Coach Station (Parkers Piece) to Fitz
Parkers Piece is in Central Cambridge. From there, take a 10 minute taxi ride to Fitz.

Taxis will cost around £10. Book on the spot or in advance with Panther Cabs 01223 715715, panthertaxis.co.uk

First Tasks When You Get Here

1. Come to the main Porters’ Lodge on Storeys Way, where you will be greeted by lovely MCR Committee members who will then help you to:

2. Sign your accommodation contract

3. Find your pigeon hole and collect your Welcome Pack

4. Go to the Porters’ Lodge to collect your room key and University Card.

5. Go to, and move into, your room
   If you find your room not to your liking, you have a 10 day ‘cooling off’ period after you have moved in during which you can cancel your contract without incurring any penalty fees. To do this you need to contact Diane Pickles at accom.officer@fitz.cam.ac.uk.
First Week Essentials

Matriculate
You need to Matriculate in order to become a full member of the College and the University. Matriculation will happen after the Introduction Talks on Saturday 1 October. If you miss this you can do it via Sue Free in the Tutorial Office. Non EEA/Swiss National students should also bring passport and visa to Matriculation for scanning (see previous page).

Pay Your Bills
The College bill will be sent to your university email address and covers accommodation, college and university fees and other miscellaneous charges. More information can be found at fitz.cam.ac.uk/college-life/finance/graduate/your-college-bill

Go to Your Department or Faculty
Your department will contact you separately about welcome events during the first week.

Meet Your Graduate Tutor
You will find out who your graduate tutor will be when you get here, and it is good to get to know them early on. See the Who’s Who section for contact details.

Get a Bank Account
If you are new to the UK it is worth shopping around for your bank account. Most major branches offer student accounts with various added incentives. To open an account you will need to provide a letter from college confirming your student status and Cambridge address (available from Sue Free or Sarah Woolley). You will also need your passport for proof of identity and your accommodation contract for proof of address.

Register with a Doctor
You simply need to fill in a registration form at an NHS surgery. UK students will need their NHS number if transferring from another practice - they can provide you with this if you don’t already know it. Non EEA/Swiss Nationals must confirm new NHS arrangements before registering.

All students must register with the NHS at the start of their course.
Get a Gown

You will need a gown for the Graduate Photograph on Saturday 8 October, the Matriculation dinner and all formal halls, and for many events besides. It is possible to hire them, but it will be more economical in the long-run if you buy your own. There are some rules regarding which gown you should wear depending on your age and previous degrees. Here’s a rough guide:

<table>
<thead>
<tr>
<th>Degree</th>
<th>Age</th>
<th>Gown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prior degree from Cambridge</td>
<td>Any age</td>
<td>Gown of that degree</td>
</tr>
<tr>
<td>Prior degree from another University</td>
<td>24 and over</td>
<td>MA Status Gown</td>
</tr>
<tr>
<td></td>
<td>23 and under</td>
<td>BA Status Gown</td>
</tr>
<tr>
<td>Fourth Year Undergraduate</td>
<td>Any Age</td>
<td>Undergraduate Gown</td>
</tr>
</tbody>
</table>

If you are in any doubt though, the university outfitters at Ryder & Amies or Ede & Ravenscroft (in town), will advise you. Second hand gowns are also available through the MCR website, in town, or at the Graduate Union and these may be cheaper. The MCR may be able to provide gowns in extenuating circumstances.

Register with the Police
(Overseas Students Only)

You must do this within 7 days of your arrival if you are from Afghanistan, Algeria, Argentina, Armenia, Azerbaijan, Bahrain, Belarus, Bolivia, Brazil, China, Colombia, Cuba, Egypt, Georgia, Hong Kong, Iran, Iraq, Israel, Jordan, Kazakhstan, Kuwait, Kyrgyzstan, Lebanon, Libya, Moldova, Morocco, North Korea, Oman, Palestine, Peru, Qatar, Russia, Saudi Arabia, Sudan, Syria, Tajikistan, Tunisia, Turkey, Turkmenistan, United Arab Emirates, Ukraine, Uzbekistan, Yemen.

Full information is at internationalstudents.cam.ac.uk/arriving/your-uk-immigration/police-registration
Coming from America, the College system of Cambridge completely confused me. To be honest, I did not understand the purpose of the College system or the specific cultures of each one. At the recommendation of a faculty member at my undergraduate university, I applied for Fitzwilliam College. It was the best decision that I could have made. For grad students, the College primarily concerns your accommodation and social life. I specifically want to speak about the latter.

From my first week in Cambridge, the MCR eagerly hosted a large number of events to help you get acquainted with Cambridge and your fellow Fitzbillies. You are lucky, because you will be a member of one of the most active MCR Committees in Cambridge. At one of the Welcome parties, I ended up meeting my group of friends that I would become very close to for the rest of the year (and beyond). Once you settle into term time, week in and week out there will be events going on. These are not attended by the Committee and one other person - given that most grad students live within a 5 minute walk of the college, events are always well attended and reflect the diversity of the student body.

Like parties? We have those. Maybe something more sophisticated like whisky or wine tasting is more your thing? We have that. Dancing? Check. Punting? Yep. Relaxed tea and cake on a Sunday afternoon? We have that too. Coming to Fitz, you will find an exciting and dedicated MCR that enhances your whole experience. In fact, one of the major reasons I decided to stay at Fitz for my PhD was the MCR. The other reason was college sport.
Without having ever held an oar in my life and coming from a place that never had enough water to support a boat (west Texas), I joined the Fitzwilliam College Boat Club. I thought it was a properly British thing to do. Learning to row in novice term, our boat was evenly split between undergrads and grad students. The club itself is not predominantly one or the other, but rather a good balance of both groups, making it a great opportunity to make friends across the College. My friends have joined a number of the sport clubs and they all have similar experiences - rewarding ones that allowed them to make great friendships in the College. Whether rowing, football, ultimate frisbee or anything else, I highly recommend you consider joining a sport.

Fitz feels like home, making it a place you can come back to from lectures and focus or relax. We have one of the nicest libraries in Cambridge, served by librarians who are keen to supply you with the materials you need. On the flip side of studying, the College environment is not suffocating or pretentious, but rather relaxed, welcoming and hospitable to students who get enough stress in their Departments. A manifestation of this can be seen in our Master, who hosts frequent tandem bicycle rides with her husband for students through the countryside surrounding Cambridge. It’s a relaxed, fun way to get out of town and become more acquainted with the College and Cambridgeshire. And I can guarantee you won’t find anything like that at another college.

See you in October!

Austin
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun 18 September</td>
<td>15:00</td>
<td>Early tea and cakes</td>
<td>Grove</td>
</tr>
<tr>
<td>Sun 25 September</td>
<td>15:00</td>
<td>Early tea and cakes</td>
<td>Grove</td>
</tr>
<tr>
<td>Thurs 29 September</td>
<td>19:00</td>
<td>Welcome party</td>
<td>Grove</td>
</tr>
<tr>
<td>Fri 30 September</td>
<td>19:00</td>
<td>Welcome party</td>
<td>Grove</td>
</tr>
<tr>
<td>Sat 1 October</td>
<td>11:00</td>
<td>Tour of College</td>
<td>Fitz</td>
</tr>
<tr>
<td></td>
<td>15:00</td>
<td>Induction talks</td>
<td>Auditorium</td>
</tr>
<tr>
<td></td>
<td>16:00</td>
<td>Matriculation and tea</td>
<td>Grove and Grove lawn</td>
</tr>
<tr>
<td>Sun 2 October</td>
<td>11:00</td>
<td>Tour of Cambridge</td>
<td>NL (North Lodge)</td>
</tr>
<tr>
<td></td>
<td>12:15</td>
<td>Punting</td>
<td>Quayside</td>
</tr>
<tr>
<td></td>
<td>14:00</td>
<td>Fitz Societies Fair</td>
<td>Upper Hall</td>
</tr>
<tr>
<td></td>
<td>16:00</td>
<td>Tea and cakes</td>
<td>Grove</td>
</tr>
<tr>
<td>Mon 3 October</td>
<td>19:00</td>
<td>Pub dinner</td>
<td>NL for The Castle</td>
</tr>
<tr>
<td>Tues 4 October</td>
<td>12:00</td>
<td>College lunch</td>
<td>Fitz buttery and café</td>
</tr>
<tr>
<td></td>
<td>14:00</td>
<td>CUSU Societies Fair</td>
<td>NL for Kelsey Kerridge</td>
</tr>
<tr>
<td>Weds 5 October</td>
<td>19:00</td>
<td>Brewhouse dinner</td>
<td>Cambridge Brewhouse</td>
</tr>
<tr>
<td></td>
<td>11:00</td>
<td>ADC theatre trip</td>
<td>ADC theatre</td>
</tr>
<tr>
<td>Thurs 6 October</td>
<td>19:00</td>
<td>Sixties party</td>
<td>Grove</td>
</tr>
<tr>
<td>Fri 7 October</td>
<td>15:00</td>
<td>Fitzwilliam Museum tour</td>
<td>NL for Fitzwilliam</td>
</tr>
<tr>
<td>Sat 8 October</td>
<td>14:00</td>
<td>Matriculation photo</td>
<td>Grove lawn</td>
</tr>
<tr>
<td></td>
<td>19:00</td>
<td>Graduate Conference</td>
<td>Auditorium</td>
</tr>
<tr>
<td></td>
<td>21:00</td>
<td>Matriculation formal</td>
<td>Hall</td>
</tr>
<tr>
<td></td>
<td></td>
<td>BOP with JCR</td>
<td>Reddaway Room</td>
</tr>
<tr>
<td>Sun 9 October</td>
<td>19:00</td>
<td>Pizza and movie night with JCR</td>
<td>Gordon Cameron</td>
</tr>
<tr>
<td>Mon 10 October</td>
<td>17:00</td>
<td>Tea for PhDs and families</td>
<td>Upper Hall</td>
</tr>
</tbody>
</table>
Social Events all Year

It’s not just during the first week that you will find plenty to do while you’re at Fitz. Here are just some of the things you can look forward to:

### Regular Events
- Theme Nights in the Grove
- MCR Green Formal
- MCR Formals
- Formal Swaps
- MCR BOPs
- Pizza and Movie Nights
- Informal Academic Talks
- Tea and Cake
- Tandem Rides
- Theatre Trips
- Cheese and wine nights
- Museum trips

### One-off Events
- Christmas Dinner & Party
- Chocolate Fondue Night
- MCR Musical Salon
- Wine Tasting
- Whisky Tasting
- Halloween BOP
- Fireworks Night
- Burns Night
- Chinese New Year
- International Party
- Academic Exhibitions
- MCR BBQ
College Facilities

Study

The Olisa Library & IT Centre
Our library opened in 2010 and is the envy of other colleges in Cambridge. Open 24/7, it stocks 44,000 books and journals for all subjects, offers 200 individual study spaces, group study areas, reading rooms, and the graduate computer room.

Food and Drink

Cafe
The College Coffee Shop serves breakfast, and drinks and snacks throughout the day. It’s a great place for relaxed study or socialising.

Bar
By night the cafe is the College Bar. It offers a good range of alcoholic and non-alcoholic drinks.

Buttery
The Buttery serves lunch and dinner daily, offering a varied choice of main courses and desserts, including vegetarian options. This will cost you between about £2.70 and £3.40. A salad bar is also available.

Full Term Opening Hours

<table>
<thead>
<tr>
<th></th>
<th>Buttery</th>
<th>Cafe</th>
<th>Bar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday - Friday</td>
<td>12.00 - 13.30 (lunch)</td>
<td>08.00 - 18.00</td>
<td>19.00 - 23.00</td>
</tr>
<tr>
<td>Saturday</td>
<td>11.30 - 13.30 (brunch)</td>
<td>08.00 - 18.00</td>
<td>18.00 - 23.00</td>
</tr>
<tr>
<td>Sunday</td>
<td>As Saturday</td>
<td>08.00 - 18.00</td>
<td>18.00 - 22.30</td>
</tr>
</tbody>
</table>

During Vacations opening hours are reduced and the times can vary. Emails and notices will be circulated to keep you informed.
Sport

College Playing Fields
Located on Oxford Road, the college playing fields comprise:
- 2 Football pitches (winter)
- Rugby pitch (winter)
- Cricket pitch (summer)
- Grass tennis courts (summer)
- A hard tennis/netball court.

Which can all be used socially when not in use for college sport.

Gym
Located behind the Porters’ Lodge, the newly renovated two level gym contains weight-lifting, rowing and running machines and free weights. You will need your College card for access, and to attend an induction session before you first use the equipment (there will be sign-up sheets for these on the door).

Squash/Table Tennis
The two squash courts are located by the Porters’ Lodge. There are also tables for table tennis and equipment can be borrowed and courts booked from the Porters’ Lodge.

Badminton Court
The College auditorium is capable of doubling up as a badminton court. Check with the Porters for details.

MCR Sports Equipment
Communal MCR equipment (squash & tennis raquets, footballs, cricket equipment and more, along with some outdoor games.), is stored in a cupboard in the MCR, to the right of the TV.

Music

Rehearsal Rooms
There are 3 of these housed in the auditorium, equipped with Clavinovas and music stands.

Pianos, Harpsichord & Organ
There is a concert Steinway Grand in the Auditorum, and a newly refurbished Bechstein Grand in the Chapel, which also houses a fine 2-manual organ. The college is also home to a Gobel harpsichord. Ask the Porters for access to all of the above.
Laundry

There are laundry rooms with washing machines, tumble dryers and irons and ironing boards in College and in the bigger outside houses (138 and 139 Huntingdon Road and Glisson Road). You provide your own washing powder. The machines are operated by tokens which you can purchase from the Cafe and the Porters’ Lodge. 1 gold washing token (£1.50) suffices per wash, but you will probably need 2 silver drying tokens (40p each) to get your clothes fully dry.

Art and Photography

In the basement of the Hall you will find the recently renovated photographic dark room. There is also a more general arts and crafts room and even a student gallery for you to display the fruits of your labours.

Chapel

Several architectural authorities regard the Chapel as the finest 20th century interior in Cambridge. Many prizes confirm it as an unparalleled space for quiet contemplation and shared joy. It is available to all students of all faiths. College Communion is held at 11am on Sundays and Evensong, sung by the college chapel choir (which is open for audition to all graduates), is at 6pm on Sundays. All are welcome.

Our Environment

Fitz takes its responsibility towards environmental protection seriously and has an active Environment Committee. We even have our very own allotments where you can grow and harvest your own food!

Our café has Fairtrade status and offers a variety of Fairtrade coffees, teas, juices, chocolates. Fitz has a wide range of other environmental initiatives and the MCR has a Green Officer. Look out for green events throughout the year.
Computing

There is a graduate computer room in the library basement. It is accessible 24/7 but you will need your university card to get in. The computer room is at present equipped with several PCs (both Windows and Linux) and iMacs. The library has scanners and printers for student use.

You will probably want to set up your own computer as soon as you arrive, and there is a straightforward authentication process once you have connected to the college network. Wifi is available throughout the college and you can connect by ethernet cable to the wired access point in your college room. (FitzWireless2007 is the password)

Internet Charges

Students are entitled to 200 GB of traffic to and from computers outside of University network, per calendar-year quarter. Any traffic above this level will be charged at a rate of £0.33 per GB

Computer Accounts

The computing service will provide you with 3 accounts on your arrival:

**Hermes** is the university email system, and can be accessed via the web interface at webmail.hermes.cam.ac.uk.

**Public Workstation Facility (PWF)**

Allows you to use the University's computers, provides filespace that can be accessed from any PWF machine (i.e via SSH at linux.pwf.cam.ac.uk) and webspace that can be accessed from any internet-connected computer.

**Raven** is an authentication system used by the University and some external websites to verify your identity.

For each of these services, your username will by your CRSid, which is of the form xyz123. Your CRSid determines your email address, which will be of the form xyz123@cam.ac.uk. Your CRSid and the passwords for your accounts can be collected by visiting jackdaw.cam.ac.uk/signup from any computer within the University network.
College Societies
The College has an array of societies catering for every need. You can join these at the Societies Fair on Sunday 2 October. See also fitz.cam.ac.uk/college-life/societies

College Sports Clubs
Including Rowing, Football, Rugby, Hockey, Tennis, Squash, Badminton, Table Tennis, Cricket and Basketball.

See also www.fitz.cam.ac.uk/college-life/sports-clubs

University Societies
If you can’t find it at Fitz, don’t fret. There is an absolute plethora of societies operating across the university - there is bound to be something to suit your taste, and if you think of something that needs a society, you can start one! All societies have a mailing list, and you can join these with no obligation. Visit the CUSU Societies Fair on Tuesday 4 or Wednesday 5 October to talk to society representatives and join mailing lists, or simply join your choice of mailing lists via the directory.

The full list of CUSU affiliated societies can be found at http://www.cusu.co.uk/groups.
Health and Welfare

Your health and well-being are paramount while you are at Fitz, so in addition to the resources listed over the next three pages, if you ever have any concerns do not hesitate to contact a member of the MCR Committee, the Porters or your Graduate Tutor.

Support Contacts

Health and Welfare questions can be asked in confidence to a number of people depending on the issue. You also visit http://mcr.fitz.cam.ac.uk/links/welfare-and-equality/

Fitz MCR: Welfare Officer
mcr.welfare@fitz.cam.ac.uk;
or any other committee member.

College Nurse Dee Williams,
nurse@fitz.cam.ac.uk.
Dee is based in our neighbouring College, Murray Edwards. She offers a confidential service on any medical and health-related concerns you may have.

The College Nurse’s open surgery times are as follows. No appointments are necessary.

Mondays 11:00 - 13:00
Tuesdays 08:30 - 10:30
Wednesdays 13:30 - 15:30
Thursdays 09:30 - 11:30
Fridays 11:30 - 13:00

College Counsellor Mary Cavander-Attwood
Email: counsellor@fitz.cam.ac.uk
Mary is based in the Kaetsu Centre, located between Fitzwilliam and Murray Edwards Colleges, and is accessible via the (unlocked) pedestrian gate on Huntingdon Road. Email for an appointment.

Quick Contacts

Emergency Services (Fire, Police, Ambulance): 999
Porters Lodge: 01223 332000
Non-Emergency Medical Enquiries: 111
Non-Emergency Police Enquiries: 101
Students with Disabilities

The University has an active Disability Resource Centre offering advice and assistance (http://www.disability.admin.cam.ac.uk/).

LGBT

CUSU runs several email lists for the LGBT+ community which you can sign up for at http://www.lgbt.cusu.cam.ac.uk/. The Cambridge scene is fairly small but active.

NHS

All full-time students (EEA/Swiss) in Cambridge are covered by the National Health Service for medical costs, which covers medical and some dental care, but omits eyecare (see below). You must register with an NHS doctor when you arrive. The nearest surgery to Fitz is next to Murray Edwards, at 1 Huntingdon Road, but there are many others around Cambridge. A full list can be found on the Cam Student Health website: www.camstudenthealth.nhs.uk. Non EEA/Swiss nationals should check the International Student team website at http://www.internationalstudents.cam.ac.uk/arriving/pre-arrival-information/healthcare.

Dentistry

You should register with an NHS Dentist soon after your arrival as well. The University Dental Service is at 3 Trumpington Street (01223 332860). Be aware you will be charged up-front for dental check-ups and other procedures. See www.dental.cam.ac.uk.

Eye Care

If you wear contact lenses you need to have a British eye-prescription before you can buy contact lenses here, so either bring some from home or set up an appointment to have your eyes checked when you arrive. Opticians include:

Boots (Petty Cury, behind Market Square)
Specsavers (in the shopping centre near the bus station)
Optical Express (also Petty Cury)
Sexual Health

Clinics
There are a number of Sexual Health Clinics (aka Genito-Urinary Medicine Clinics) in Cambridge, including:

   iCaSH Cambridgeshire, Lime Tree Clinic, 351 Mill Road 0300 300 3030
   Clinic 1A, Addenbrooke’s Hospital 01223 217774

They offer screening for a variety of sexually transmitted infections as well as confidential advice. Appointments can be made by phone, or online (http://www.icash.nhs.uk/).

Pregnancy Testing
Free pregnancy tests are available through the MCR (http://mcr.fitz.cam.ac.uk/links/welfare-and-equality/welfare-requests/).

Contraception and more
Free condoms, dental dams and lube are available through the MCR link above as well as the CUSU office and the Sexual Health clinics listed above. You can also buy them from chemists/pharmacies and most supermarkets.

Sexual Harassment
Should one of your friends, colleagues or you yourself experience any form of sexual harassment, there are many people you can contact. The MCR Welfare Officer, the GU and CUSU Welfare team, your Graduate Tutor and your Supervisor and Advisor can all offer confidential support and assistance. The Cambridge Rape Crisis Centre (www.cambridgetrapecrisis.co.uk) and Victim Support (www.victimsupport.org.uk) can also offer support.

Rape and Sexual Assault
In the case of either of these contact someone as quickly as is safely possible, be it any of the above contacts or the police. Rape alarms are available on request from the CUSU office.
Pull-out Maps - College Grounds
Food shops, including Aldi, an independent supermarket and bakery, and a Coop, can be found on Histon Road. A Post Office concession, Chinese take-away, and pharmacy can also be found in the parade of shops on Histon Road. Good nearby pubs include The Carpenter’s Arms (Victoria Road) and The Castle (down the hill into town).
Amalgamated Clubs At Fitz all sports clubs are part of the AC.

Alumni Former students.

Bedder An employee of the College who handles domestic matters such as cleaning rooms.

Billy (or Fitzbilly) People from Fitz are know as Billys, and our mascot is a billy goat.

Blues The first team (or its members) representing the whole University in sport.

BOP A party with music and dancing

Buttery The canteen.

Cambridge Union (Society) A debating society and the building it takes place in. The Union also organises talks and entertainment events for its members.

Cantabrigian (Cantab.) Of, or relating to, Cambridge or the University.

Court Area in a college surrounded by college buildings and paths. Usually contains special grass which is incapable of tolerating human feet. There will be many signs informing you of that.

CUSU Students Union.

Easter Term the third and final academic term at Cambridge.

Ents Short for entertainments, events put on ‘round college for students

Fellows Academics who make up the governing body of a college.

Finalist Any undergraduate taking their Final Tripos exams.

Fitzwilliam Society By joining Fitz you become a life-long member of this society. It will provide you with a link to the college when you have left Cambridge, and a nicely written journal once a year.

Formal Hall A dinner served in Hall.

Full Term The 8-week-long period in term during which lectures are given.

GU University-wide Graduate Union. All grads have automatic membership.

Gyp Room A college kitchen.

Hall The hall in the Central Building. This is where the Buttery is located.
The Junior Common Room is in the Walter Grave Room and is a space for undergraduates.

The MCR, JCR and Amalgamated Clubs together form the Junior Members Association (JMA).

The second academic term at Cambridge.

The ceremony to formally admit newcomers as students.

An end-of-year ball held after exams.

The week after the end of the final term, when everyone has finished their exams. Because Cambridge is fundamentally quite silly, May Week is in June. It is a time of celebration, relaxation and hangovers.

The first academic term at Cambridge.

Former Porters’ Lodge, now the main entrance to Fitz from Huntingdon Road.

Fitz’s own playing fields.

Students receive their mail in these mailboxes next to the Porters’ Lodge.

The Porter’s Lodge

A student who has excelled academically and been given a scholarship by the College for doing so.

The social space for the Fellows.

The place where exam results are published, and where graduation ceremonies occur.

Introductory meeting of a club or society.

College rooms are organised by staircase. Each staircase is given a letter.

Clothing produced by societies and colleges for purchase.

Time in-between terms at Cambridge.

In the rest of the country, working weeks begin on Monday. In Cambridge they begin on Thursday.
Useful Contacts

**Academic Matters & Immigration Questions:**
Sue Free (sjf1000@cam.ac.uk)

**Accommodation & Housing:**
Diane Pickles (accom.officer@fitz.cam.ac.uk)

**Bills, Grants & Bursaries:** Jo Measham (mjm90@cam.ac.uk) and Nathalie Amps (college.bills@fitz.cam.ac.uk)

**Chaplaincy:** Rev. Helen Arnold (chaplain@fitz.cam.ac.uk)

**Cleaning, Bedding & Domestic Matters:** Agnes Giangrande (housekeeping.office@fitz.cam.ac.uk)

**Computing:** IT Office (computing@fitz.cam.ac.uk)

**Eating Disorders Support Phoneline:** 01223 740555 (eds@cusu.cam.ac.uk)

**Graduate Tutors:** Email direct or via Sue Free (sjf1000@cam.ac.uk)

**Graduate Union Welfare**
More information on various support services around the University can be found at [www.gradunion.cam.ac.uk/welfare](http://www.gradunion.cam.ac.uk/welfare)

**LesBiGay Phoneline:** 01223 740777, (lesbigay-welfare@cusu.cam.ac.uk)

**Library:** Christine RobertsLewis (cer34@cam.ac.uk)

**Maintenance & Repairs:** Brian Cornell
Report problems via the online system at [www.fitz.cam.ac.uk/college-life/accommodation/reporting-problems](http://www.fitz.cam.ac.uk/college-life/accommodation/reporting-problems)

**Samaritans:** 08457 909090, [www.samaritans.org.uk](http://www.samaritans.org.uk)
National service offering emotional support on any issue, 24 hours day, 7 days a week.

**Security:** Porters’ Lodge 01223 332000 (head.porter@fitz.cam.ac.uk)

**Student Advice Service:** 01223 746999 (advice@studentadvice.cam.ac.uk)
Trained volunteers offer information and support on a range of issues, including mental health, sexual health, being a student-parent, childcare, discrimination and emergency contraception. See also [www.studentadvice.cam.ac.uk](http://www.studentadvice.cam.ac.uk).

**University Counselling Service:** 01223 332865, (reception@counselling.cam.ac.uk)
Join the MCR Committee!

Vacant positions to be elected include:

- Vice-president
- Secretary
- Academic officer
- Social secretary
- International officer
- Technical officer

Elections take place in October/November 2016. All MCR members are eligible to stand.

If you are interested or would like more information, contact the MCR President at mcr.president@fitz.cam.ac.uk, or just talk to us when you get here. See you in October!