Freshers’
Welcome Booklet

Churchill College
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Introduction

Hello and welcome to the best college in Cambridge!

First of all, congratulations on getting in! You completely deserve to be here and don't let anyone else tell you otherwise!

We hope that you are settling in well and are excited to start your journey here in Cambridge! Although everything may seem a little daunting to begin with, we promise you that you will get the hang of everything quickly.

This booklet covers more or less everything that you need to know so that you can make the most of your Cambridge experience. However, if you do have any questions, feel free to ask us!

We hope you have an amazing Freshers’ week and look forward to seeing you all around!

Lots of love,

The JCR Committee
Meet the JCR

President - Hannah Saint
Vice President and Secretary - Danny O'Toole
Treasurer - Abel Ashby
Men's Welfare Officer - Alfie Graham
Women's Welfare Officer - Constance Bearman
LGBT+ Welfare Officer - Sam Holland
International Welfare Officer - Erik Goto
BAME Officer - Nkem Emeka-Onah
Disabilities Officer - Oliver Pitt
Mental Health and Wellbeing Officer - Katherine Allen
Equal Opportunities Officer - Marta Bax
Women’s and Non-Binary Officer - Raman Newton
Access Officer - Tom Booth
Ents Officers - Charlotte Devine
- Karim Shoaib
- Sophie Adam
Domestic Officer - Jed Asemota
Green Officer - Jack Walker
Equipment and Societies Officer - Raghav Chandra
Computing Officer - David Khachaturov

Check out our profiles in more detail at http://jcr.chu.cam.ac.uk/committee
Life at Churchill

Churchill is the place where you will probably spend the most of your time; it is where you eat, sleep, work and socialise. Luckily, we have the biggest campus in Cambridge, so there is plenty of space for you to make yourself feel at home.

Places around college

As the college is huge, here is a list of places that you should familiarise yourself with:

- Porters’ Lodge
  - The Porters’ Lodge (or Plodge) is at the front of the college. It is staffed 24/7 and the porter(s) on duty will always be happy to help you out if you have a problem.

- Dining Hall
  - The Dining Hall is where most students go to eat. You can buy breakfast, lunch and dinner here, or you can bring your own food and sit with your friends! It is also where formal dinners take place.
  - From the 1st September served cafeteria meals are available to students either to be eaten in hall or to take away by prior booking a time slot.
  - Hall is set out to accommodate socially distanced dining either in households or as individuals but spaces must be booked in advance no later than 9am the same day.

- The Buttery
  - The Buttery is the college bar where you can get drinks and snacks throughout the day. The opening hours are:
    - Monday - Friday 08:00 - 23:00
    - Saturday 14:00 - 23:00
    - Sunday 14:00 - 22:30

- College Library
  - The College Library actually consists of two libraries: the Bevin Library (upstairs) and the Bracken Library (ground floor). The library is open 24 hours a day and is accessible via your camcard.

- Post Room and Amazon Room
  - These rooms are located opposite the Porters’ Lodge. All of your post and normal packages will get put into your pigeon hole (or pidge) and any amazon packages will be put in the Amazon Room.

- Bike Sheds
  - The main bike shed is located just off of Churchill Road by the staff car park. However there is also space to put your bike outside the front of the college, behind north court and outside of cowan court. You can enter the main bike shed using your camcard.
- **JCR Room**
  - The JCR Room is our Common Room - you can go there to chill, be with friends, watch a movie or play some ping pong or pool! Don’t forget to connect your phone to the speaker system and blast those tunes! We also have the only balcony in College. It is accessible through the Dining Hall or through the courtyard near the Porters Lodge. It is also wheelchair accessible through three entrances: the lift on the concourse (main route), the lift on the Fellow’s Corridor and the lift in the Finance Dept.

- **Games and TV Room**
  - The Games and TV Room is where lots of people go to relax; whether that's to play some table tennis after lunch or to watch a sports fixture on the weekend.

- **College Nurse’s Surgery**
  - The College Nurse’s Surgery is located in room 31C. It is open during the week in term-time and there is no need to make an appointment. Make sure to check the opening hours as they change weekly.

- **Gym**
  - The Gym has a range of different equipment to use, free of charge. Your camcard will open the door, however you need to attend a gym induction to gain access.

- **Squash Courts, Tennis Courts and Sports Pitches**
  - The squash courts are at the front of the college by the bike sheds and the tennis courts and sports pitches are by the fields. Bookings for the squash and tennis courts can be made at the Porters’ lodge.

- **Wolfson Hall**
  - Wolfson Hall is a lecture theatre used for talks, movie screenings, theatre productions and academic seminars.

- **Music Centre**
  - The Music Centre has a large range of facilities, including rehearsal and recording studios. You can book a Music room at [https://www.chu.cam.ac.uk/internal/music/booking/](https://www.chu.cam.ac.uk/internal/music/booking/)

- **Archives Centre**
  - The Archives Centre is home to the documents and papers of significant figures in modern British history.

- **Chapel**
  - The Chapel is located at the top of the fields. In addition to a weekly service, it is also where the college choir practices.
**Formal Dining**
Formals are a very fun way to celebrate special events. Unfortunately there will be no formal dining during Michaelmas term, however as this is a completely new experience for most people, here is a summary of everything you need to remember:

- The dress code is smart (jackets and ties, smart evening dresses and skirts), however Churchill is one of the few colleges in which you don't have to wear a gown
- They start at 19:30, with a gong to say you can go up to hall, but we recommend you get to the buttery a little earlier
- Dietary requirement cards can be got from the serving staff at the doors
- Stand behind your chair until grace has been said, and then stand again at the end of the meal when the gong is sounded
- Your bread is on your left
- With the cutlery, start on the outside and work your way in
- A maximum of half a bottle of wine per person is allowed
- Be respectful to the waiting staff
- Enjoy!!!

Use this link to book: [https://www.chu.cam.ac.uk/internal/catering/hallbooking/](https://www.chu.cam.ac.uk/internal/catering/hallbooking/)

**Societies**
We definitely recommend that you get involved in societies, both in college and out of college. You will be able to sign up to some societies at the Freshers’ Squash, however here is a complete list of the ones we have at Churchill:

- Arts Society
- Athletics Club
- Croquet Society
- Badminton Club
- Basketball Club
- Boat Club
- Churchill Casino
- ChuSki
- Christian Union (CCCU)
- Cricket Club
- Cycling Club
- Engineering Society (ChuEng)
- Feminist Society
- Football Club (CCFC)
- Gaming Society
- Garden Society
- GODS - Dramatic Society
- Gym Society
- Churchill History Society
- Hockey Club
- Jazz Band
- Lacrosse Club
- MedVet Society (Chu MVS)
- Mixed Lacrosse Club
- Music Society (ChuMS)
- Orchestra on the Hill
- Netball Club
- Pool Club
- Rugby Club
- Squash Club
- Tennis Club
- Ultimate Frisbee Club
- Churchill Ukulele Band (ChUB)
**Laundry**

The washing machines and dryers are provided by Circuit Laundry. The laundry rooms are located at the bottom of staircases 5 (North Court), 42 (East Court) and 47 (South Court), as well as in the basement of Cowan Court. To use the machines, you can either get a physical card from the Porters’ Lodge or use the mobile app on your phone. Credit can be added to your account at [https://www.circuit.co.uk/](https://www.circuit.co.uk/). On that website, you can also use the CircuitView feature to see what machines are free or in use. A wash costs £2 and a dry costs £1.20.

If you find that a machine is faulty, you can either use the link above or call 01422 820040 to report the issue, remembering to state the machine number.

**Maintenance requests**

If you have any maintenance issues, use this link to report them: [https://www.chu.cam.ac.uk/student-hub/resources/maintenance-issue-logging/](https://www.chu.cam.ac.uk/student-hub/resources/maintenance-issue-logging/)

**Other things to remember**

- If you want your bins to be collected, put them outside of your room before 10:00am on a weekday
- Don’t leave food cooking unattended in the kitchen
- Please recycle! Using the bins in your room and in the kitchens
- If you want to book meeting or supervision rooms, use this link: [https://www.chu.cam.ac.uk/student-hub/resources/room-grounds-bookings/](https://www.chu.cam.ac.uk/student-hub/resources/room-grounds-bookings/)
- Under normal conditions, you are able to hold parties of up to 10 people in your room - any more people and you should request permission from the Dean
- Quiet hours are 23:00-08:00 every night, except for Saturday nights which are 00:30-10:00
- Have fun!
Life at and in Cambridge

Cambridge being Cambridge, things here are slightly different in comparison to other universities. Below you can find some important dates for the next academic year, how long it will take you to cycle to certain locations and some Cambridge specific slang that you'll probably end up using on a daily basis!

**Term dates for the Academic Year 2020-21**
Michaelmas: 06/10/2020 - 04/12/2020
Lent: 19/01/2020 - 19/03/2020
Easter: 27/04/2020 - 18/06/2020

**Walking and Cycling distances to different places in Cambridge**

<table>
<thead>
<tr>
<th></th>
<th>Walking (mins)</th>
<th>Cycling (mins)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Town Centre (Market Square)</td>
<td>25</td>
<td>8</td>
</tr>
<tr>
<td>Sidgwick Site</td>
<td>25</td>
<td>8</td>
</tr>
<tr>
<td>New Museums Site</td>
<td>30</td>
<td>10</td>
</tr>
<tr>
<td>Downing Site</td>
<td>35</td>
<td>10</td>
</tr>
<tr>
<td>Eddington Sainsbury’s</td>
<td>15</td>
<td>5</td>
</tr>
<tr>
<td>Churchill Boat House</td>
<td>45</td>
<td>15</td>
</tr>
<tr>
<td>Train Station</td>
<td>50</td>
<td>15</td>
</tr>
</tbody>
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* *based on Google Maps*

**Cambridge Slang**

<table>
<thead>
<tr>
<th></th>
<th>Description</th>
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<tbody>
<tr>
<td>ASNAC</td>
<td>Anglo-Saxon, Norse and Celtic Studies</td>
</tr>
<tr>
<td>Blue</td>
<td>An award given to student athletes for competing at the highest level of university sport; they tend to be recognisable by their Cambridge blue jumpers</td>
</tr>
<tr>
<td>Bumps</td>
<td>A type of boat race where one boat crew try to catch up with the crew ahead of them, held in both Lent and Easter terms</td>
</tr>
<tr>
<td>Camcard</td>
<td>Student ID card</td>
</tr>
<tr>
<td>CAMCORS</td>
<td>Website where you can see your supervision reports</td>
</tr>
<tr>
<td>Term</td>
<td>Definition</td>
</tr>
<tr>
<td>--------------</td>
<td>-----------------------------------------------------------------------------</td>
</tr>
<tr>
<td>CAMSIS</td>
<td>Website where you can see all of your personal information, who you DoS and Tutor is and transcripts, also used to register for exams</td>
</tr>
<tr>
<td>Catz</td>
<td>St Catharine’s College</td>
</tr>
<tr>
<td>Cindies</td>
<td>Ballare, a club located above the Grand Arcade</td>
</tr>
<tr>
<td>Compsci</td>
<td>Computer Science student</td>
</tr>
<tr>
<td>CRSid</td>
<td>First part of your email handle, e.g. ab123</td>
</tr>
<tr>
<td>Cuppers</td>
<td>Intercollegiate sporting competitions</td>
</tr>
<tr>
<td>Dangerspoons</td>
<td>Weatherspoons on a Saturday</td>
</tr>
<tr>
<td>Dean</td>
<td>Person in college responsible for disciplinary action</td>
</tr>
<tr>
<td>DoS</td>
<td>Director of Studies</td>
</tr>
<tr>
<td>Emma</td>
<td>Emmanuel College</td>
</tr>
<tr>
<td>Engling</td>
<td>English Literature student</td>
</tr>
<tr>
<td>Farawaysbury’s</td>
<td>Sainsbury’s in Eddington, between Churchill and Girton</td>
</tr>
<tr>
<td>Fellow</td>
<td>An academic</td>
</tr>
<tr>
<td>Fitz</td>
<td>Fitzwilliam College</td>
</tr>
<tr>
<td>HSPS</td>
<td>Human, Social and Political Sciences</td>
</tr>
<tr>
<td>Mainsbury’s</td>
<td>Sainsbury’s located in the centre of town by Sidney Sussex College</td>
</tr>
<tr>
<td>Mathmo</td>
<td>Maths student</td>
</tr>
<tr>
<td>May Week</td>
<td>Period just after exams (actually in June) where there are May Balls, June Events and garden parties</td>
</tr>
<tr>
<td>Medwards</td>
<td>Murray Edwards</td>
</tr>
<tr>
<td>Acronym</td>
<td>Description</td>
</tr>
<tr>
<td>---------</td>
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</tr>
<tr>
<td>MML</td>
<td>Modern and Medieval Languages</td>
</tr>
<tr>
<td>Moodle</td>
<td>An online portal where you can access lectures, powerpoints, past exam papers and other teaching resources</td>
</tr>
<tr>
<td>Natsci</td>
<td>Natural sciences / scientist</td>
</tr>
<tr>
<td>Orgasm bridge</td>
<td>The bridge next to Trinity and Trinity Hall</td>
</tr>
<tr>
<td>Pav</td>
<td>College parties organised by the JCR Ents Officers</td>
</tr>
<tr>
<td>PBS</td>
<td>Psychology and Behavioural sciences</td>
</tr>
<tr>
<td>Pidge</td>
<td>Pigeon hole</td>
</tr>
<tr>
<td>Plodge</td>
<td>Porters’ Lodge</td>
</tr>
<tr>
<td>Raven</td>
<td>Cambridge’s web authentication service used to log in</td>
</tr>
<tr>
<td>Stash</td>
<td>Items of clothing with the name of a society, sporting club or college on them</td>
</tr>
<tr>
<td>Supo</td>
<td>Supervision</td>
</tr>
<tr>
<td>Tab</td>
<td>The Tab, the student newspaper</td>
</tr>
<tr>
<td>Tit Hall</td>
<td>Trinity Hall College</td>
</tr>
<tr>
<td>Tripos</td>
<td>A Cambridge undergraduate degree</td>
</tr>
<tr>
<td>Tutor</td>
<td>Person responsible for your pastoral care</td>
</tr>
<tr>
<td>UL</td>
<td>The University Library</td>
</tr>
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Things to do other than work

It's vital that you don't just spend all of your time locked up in your room working, especially given the current situation with COVID-19, so here is a list of other things you can do, both in College and around Cambridge!

In College
- Meet up and relax with friends
- Go on a walk around the grounds
- Watch a film with friends
- Get a drink from the Buttery
- Get involved in a society
- Play a game of pool / table tennis / table football in the Games Room
- Read a book that's not related to your subject
- Play video games
- Go to the gym
- Take a visit to the top of the Moller Centre (best at sunset or sunrise)
- Cook a meal with friends

In Cambridge
- Go punting
- Get involved in a society
- Go on a walk around the city
- Go shopping in the Grand Arcade
- Get a drink at the Punter
- Go out for a meal
- Meet up with friends from other colleges
- Visit the Botanical Gardens
- Watch/get involved in an ADC show (Cambridge student theatre)
- Volunteering
- Go on a walking tour of Cambridge
- Visit the Fitzwilliam Museum
Mental health and wellbeing

Taking care of yourself
Although work is important, it is even more important that you take care of yourself and make time do things that you enjoy! If you need some inspiration, here is a list of 10 things that you could do, either alone or with friends:

- **Yoga**
  - It is offered at college and is a great way to stretch, relax and unwind. Go with a friend or on your own, there are always people there and the instructor is lovely!

- **Explore**
  - Cambridge has so much out there, such as nice cafes, parks and little shops, so you should definitely have a wonder and see what the city is about!

- **Exercise**
  - Sport is a great way to let off some steam! Group sports, such as college netball or college rugby, are also an amazing way to meet people and just do something different!

- **Cooking**
  - Even if the kitchens at Churchill are quite limiting, spicing up your day with a nice little homemade meal or pudding can be really fun. Show off your cooking skills to your household!

- **Music**
  - Try playing an instrument or just listen to your favourite tunes

- **Socialising**
  - Spending time with friends always brightens up the mood and makes you feel so much better. The JCR Committee is always here for you even if you just want to chat about your day over a cup of tea! We’re just a message away :)

- **Mindfulness**
  - Download the Headspace app - it’s a really nice way again to relax and be in your own space

- **Walking**
  - Being outside, in the fresh air and just living in the moment can be really therapeutic. The grounds are pretty big at Churchill but walking along the River Cam is always a nice change too!

- **Arts & Crafts**
  - Get creative and even if the result isn’t the best, it’ll still be a nice way to unwind. The college Art Society is great for this!

- **Napping**
  - A good sleep or nap always makes you feel amazing
Homesickness

The decision to study at Cambridge brings the opportunity to make new friends, to expand your academic knowledge, and to change your existing view of the world. But in common with any major transition, it also brings challenges. Feeling homesick can be one of them. Although it is a common experience for all students, it affects everybody differently: it can come in waves, build up over time, and even have physical effects. It can also appear when you’re not expecting it, for example, when you think everything is going fine.

Symptoms of homesickness can include:
- Feeling down-hearted, tearful or anxious
- Feeling lost or lonely
- Longing and grief for your former life
- Being unable to stop contacting people at home or feeling withdrawn and not wanting to engage with the current environment
- Being absent-minded, or finding it difficult to concentrate
- Feeling unwell
- Brooding on the past

Common triggers may include:
- When the ‘honeymoon period’ has worn off, i.e. Cambridge no longer seems wonderful or exciting
- When you have doubts about your decision to study here
- When the demands of your course have become more real, and your self-confidence is affected
- If the local culture feels confusing, unwelcoming, or just too different
- If you miss a major celebration, holiday, family reunion or important event happening at home
- When a crisis occurs and your parents, friends or partner aren’t there to provide help and support
- If friends leave Cambridge, or if you spend long periods of time here when others have gone back home

Of course there may be other causes, but the most important thing to remember is that it is completely normal. Be patient with yourself as you adjust. Try to accept that feeling comfortable in Cambridge will take some time. It helps if you can encourage yourself, and if you can remember that you are not alone in feeling this way.
Things you can do to cope with homesickness:

Leave your room
It can be tempting to stay within the security of your own space, but don’t hide in your room for too long! Reach out to others, invite people for a cup of tea or coffee, or for a meal. Go into town, for a walk by the river, or see a film. Don’t be afraid to talk about your experience of homesickness, but try to stay positive!

Consider how much time you spend in contact with the people back home
If you keep in touch infrequently, you’ll miss the support that you crave from the people who are important to you. But if you rely on them too much, you may risk becoming overly-dependent. Try to strike a reasonable balance to get the best of both worlds, with the aim of developing a new sense of your own independence.

Do something!
Meeting up with others from your own culture can be an antidote to loneliness, and an essential source of comfort. But it’s equally important to leave your comfort zone from time to time. The opportunities in Cambridge are many and varied - get involved, and get busy! Join a student society, play a sport, volunteer, try a new type of food. Attend one of the many performances, lectures, and events that regularly take place across the University and Colleges.

Find a way to process your experiences
Many students, particularly international, post blogs, keep journals, take photographs, or find other mediums to help them get through times of homesickness and culture shock. A photo journal or blog can become a way of documenting your life at Cambridge, sharing with others what you experienced, what you’ve learned, and how you faced up to any obstacles along the journey.

Get out of Cambridge
Cambridge has many riches, but it’s still a place that can feel small at times. Escape the ‘Cambridge Bubble’ to take in some of the glorious sights within the UK. London is less than an hour away by train, and the cities of Europe aren’t very far either. Plan trips to break up the time, and to reward yourself when you’ve accomplished a goal, or met an important academic deadline.

If it doesn’t get any easier
If you continue to feel very upset and lonely, or nothing seems to make a difference, consider talking things over in confidence with one of the counsellors at the University Counselling Service. For more information about how to request an appointment, go to: www.counselling.cam.ac.uk Or reach out to any members of the JCR committee, or the College Counsellor (counsellor@chu.cam.ac.uk)
Contacts and resources

Men’s Welfare Officer
Alfie Graham (ag2110 – 16H)
+44 7506 098872
jcr-menswelfare@chu.cam.ac.uk

Women’s Welfare Officer
Constance Bearman (cdeb2 – 16I)
+44 7824 392552
jcr-womenswelfare@chu.cam.ac.uk

LGBT+ Welfare Officer
Sam Holland (sjh282 – 5N)
+44 7951 262053
jcr-lgbt@chu.cam.ac.uk

International Welfare Officer
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+36 20 7777487
jcr-international@chu.cam.ac.uk

BAME Officer
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+44 7949 377106
jcr-bme@chu.cam.ac.uk

Disabilities Officer
Oliver Pitt (op282 – 57F)
+44 7565 107507
jcr-disabilities@chu.cam.ac.uk

Mental Health and Wellbeing Officer
Katherine Allen (ka515 – 12D)
+44 7914 831972
jcr-mentalhealth@chu.cam.ac.uk

Porters’ Lodge
01223 336000
porters@chu.cam.ac.uk

College Nurse
Jo Livingstone (31C)
nurse@chu.cam.ac.uk

College Counsellor
Tim Ellis
counsellor@chu.cam.ac.uk

Your Tutor


16
DoS

Senior Tutor
Richard Partington
senior.tutor@chu.cam.ac.uk

University Counselling Service
01223 332865
www.counselling.cam.ac.uk

Student Advice Service
01223 746999
advice@studentadvice.cam.ac.uk

Nightline
01223 744444 (7pm – 7am, term time)
email@cambridge.nightline.ac.uk
http://linkline.org.uk

Samaritans
116 123 (24hr service)
01223 364455 (local branch)
jo@samaritans.org

The Sanctuary
111, option 2 (6pm – 1am)

Saneline
07984 967708
support@sane.org.uk

Student Minds’ Support Directory
www.findsupportcam.com

CUSU LGBT+ Support
http://www.lgbt.cusu.cam.ac.uk/contact-us

LGBT+ Peer Support Group
Univ: https://www.facebook.com/groups/198003051527231/
Churchill: Message Sam Holland

CUSU LGBT+ Page for Trans and Non-Binary Students
www.facebook.com/TransAndNonBinaryCambridgeUniversity/

The ‘MeeTwo’ App
A free app that connects you anonymously with others and is a platform to express and share your issues and experiences (NHS approved)
Sexual health

Whether or not you choose to have sex while at University, it’s worth being aware of basic information/risks to help you make informed decisions.

**Consent**
Sex must be consensual, meaning all those participating are doing so actively and willingly. Consent to one activity does not mean consent to all activities; nor several times meaning all the time.

If, for any reason, you find yourself in a situation you’re uncomfortable with, you may wish to consider talking to friends or a welfare officer about it. And if you’ve been sexually assaulted or think that you may have been, there is help available (more information under Sexual assault and harassment).

**Contraception**
Using contraception is the best way to protect yourself from STIs and unwanted pregnancies.

The JCR provides (free of charge): condoms, femidoms, dental dams, lube sachets and single-strip pregnancy tests. You can message any of the Men’s/Women’s/LGBT+ Welfare Officers (Alfie Graham/Constance Bearman/Sam Holland) or send an anonymous email using the JCR website. We can leave this in your pidge (or our own if you want to be completely anonymous) for you to pick up.

Emergency contraception should be used as soon as possible after unprotected sex to prevent pregnancy. You can get emergency contraception (the morning after pill) from your GP, the Lime Tree Clinic, Addenbrooke’s A&E (out of hours only), or certain pharmacies. The following pharmacies provide emergency contraception for free (as long as you are registered with a Cambridge GP):
- Boots (both Grafton Centre and Petty Cury)
- Lloyds (both Arbury Court and Trumpington Street)
- Superdrug (both Fitzroy Street and Sidney Street)

**STIs**
Getting an STI isn’t shameful or uncommon, but it’s still best avoided. STIs also may not show symptoms (notably chlamydia) so it’s always worth getting tested after a new sexual partner. All STIs are treatable and can be managed, but the earlier the treatment starts the better.
Most people get tested for STIs at Sexual Health Clinics (also called GUM clinics) where services are free (for home and international students), confidential and non-judgmental. Sexual Health Clinics in Cambridge include:

- **The Lime Tree Clinic**: Cambridge’s iCASH clinic where you can access chlamydia and HIV testing, obtain (most kinds of) contraception, and more advice/support.
- **Dhiverse**: a Sexual Health Clinic focused on HIV testing, awareness and support for gay/bisexual men. Also do testing for other STIs (for everyone!) at events outside of the clinic.
- **Centre 33**: a Young People’s Centre that offers contraception, pregnancy testing, and chlamydia and gonorrhea testing.
- **Terrence Higgins Trust**: offer chlamydia screening for young people free of charge which you can order online (if you don’t want to physically go to a Clinic).

There are also some online providers (including iCASH) that offer free STI testing/contraception but pretty much anything you need will be provided by the above. There is also occasionally chlamydia testing offered free of charge at Glitterbomb (Cambridge’s LGBTQ+ club night) although this likely won’t be happening during Michaelmas.

**Contacts and resources**

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beeline Sexual Health Info (CUSU)</td>
<td><a href="mailto:beeline@cusu.cam.ac.uk">beeline@cusu.cam.ac.uk</a></td>
</tr>
<tr>
<td>Lime Tree (STI Check)</td>
<td>0300 300 3030</td>
</tr>
<tr>
<td>Dhiverse (Sexual Health Clinic)</td>
<td>01223 508805</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.dhiverse.org.uk">https://www.dhiverse.org.uk</a></td>
</tr>
<tr>
<td>Centre 33 (Young People’s Centre)</td>
<td>0333 4141809</td>
</tr>
<tr>
<td></td>
<td><a href="https://centre33.org.uk">https://centre33.org.uk</a></td>
</tr>
<tr>
<td>Terrence Higgins Trust</td>
<td>01223 723474</td>
</tr>
<tr>
<td>(Sexual Health Clinic)</td>
<td><a href="https://www.tht.org.uk/centres-and-services/cambridge">https://www.tht.org.uk/centres-and-services/cambridge</a></td>
</tr>
</tbody>
</table>
Churchill College and the University of Cambridge are committed to the equal treatment of all of their members, and the cultivating of an inclusive, tolerant and safe community. There is a strict zero-tolerance policy on sexual harassment and assault, and allegations will be taken very seriously, so if cases like this were to arise, it is important to know where and how you can access support. Unfortunately, cases of sexual harassment and assault can happen to anyone, regardless of sexual orientation or gender, so it’s important that everyone has access to the right information. Sexual harassment and assault are against the law, and anyone who is a perpetrator of sexual harassment or assault is responsible for their own actions. **Sexual harassment and assault can take many different forms, but one thing remains the same: it’s never the victim’s fault.** The information below is in case you, or someone you know, is a victim of a crime of this nature; it is being provided just in case, but please don’t let this worry you.

<table>
<thead>
<tr>
<th>Sexual harassment</th>
<th>Sexual assault</th>
</tr>
</thead>
<tbody>
<tr>
<td>This is defined as unwelcome behaviour of a sexual nature, and includes sexual coercion and unwanted sexual attention.</td>
<td>Sexual or indecent assault is an act of physical, psychological and emotional violation in the form of a sexual act, inflicted on someone without their consent.</td>
</tr>
<tr>
<td>Some examples include: unwanted sexual remarks; offensive sexual jokes; emailing, texting or messaging sexual content, touching someone against their will</td>
<td>Some examples include: rape, unwanted sexual touching, and forcing a victim to perform sexual acts</td>
</tr>
</tbody>
</table>

**Contacts and resources**

<table>
<thead>
<tr>
<th>Sexual Assault and Harrasment Advisor</th>
<th>Amy O’Leary</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="mailto:sexual.assault.advisor@admin.cam.ac.uk">sexual.assault.advisor@admin.cam.ac.uk</a></td>
<td><a href="mailto:support@cambridgerapecrisis.org.uk">support@cambridgerapecrisis.org.uk</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cambridge Rape Crisis Centre</th>
<th>01223 245888</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed &amp; Thu 7pm-9:30pm</td>
<td><a href="mailto:support@cambridgerapecrisis.org.uk">support@cambridgerapecrisis.org.uk</a></td>
</tr>
<tr>
<td>Sat 10am-12:30pm</td>
<td><a href="http://www.survivors.org">www.survivors.org</a></td>
</tr>
</tbody>
</table>
Churchill College’s step by step guide of how to report sexual assault and harrassment:

1. Seek assistance from any of the following members of the College, according to the student’s preference: Senior Tutor, Personal Tutor (either your own or another tutor), the Dean, the College Nurse, the College Counsellor, the Porters, or the Welfare Officers of the JCR/MCR
   a. This may be informal contact e.g by email, a meeting, at first
   b. Complaints will be treated with confidentiality, and on a need-to-know basis within the College welfare/disciplinary teams if there appears to be an active threat to a person

2. Cases of sexual harassment, misconduct or assault will normally be dealt with under the College’s or University’s sexual harassment or misconduct procedures

3. Possible outcomes include: resolution by agreement with the Senior Tutor or by mediation or disciplinary action via the Dean or Board of Disciplines
   a. It is extremely rare for a case to be dismissed on the basis of there being no case to answer

4. Where a police investigation ought to be undertaken, the police will be contacted rather than a College investigation being initiated
   a. This will only be done with the agreement of the person making the claim

5. A police investigation will not necessarily prevent disciplinary action also being taken by the College

6. In cases where an investigation or disciplinary hearing cannot proceed, but where the Senior Tutor also judges that the person making the claim and/or the person accused should be separated from one another, this will be enforced (for example by the Dean)

Victims of sexual harassment or assault may blame themselves for somehow behaving in a way that encouraged the perpetrator. It’s important to remember that the victim is never to blame for the actions of a perpetrator.
Alcohol and drugs

Alcohol and drug consumption can be found at more or less every university across the UK. Cambridge is no exception to this.

Of course students are allowed to drink alcohol and get drunk, however the College asks the students to make themselves aware of the dangers of excess consumption. Being drunk in itself is not a disciplinary offence, however the College may impose sanctions for drunk and disorderly behaviour or if there is damage to property. Smoking is also allowed in Churchill, however it must be done in the allocated smoking areas around the college. With regards to the possession and consumption of illegal controlled substances, disciplinary action will be taken, possibly resulting in the expulsion from the college and even the University. It is also probable that the offence will be reported to the police.

The College will do its best to provide the appropriate support to any member who approaches it about problems they might be suffering with drink or drugs. If you do decide to approach your Tutor or the College Nurse about a problem, confidentiality will be maintained within the College Welfare Team on a strict need-to-know basis. We have listed two help lines below, as well as the organisation Talk to Frank which offers friendly, confidential drug advice.

As a JCR, we obviously don’t condone getting dangerously drunk or taking drugs. However, if you are partaking in this, the one thing that we ask from you is to remain safe. Also, if you do not want to consume alcohol or drugs, remember that that is completely fine. Do not let anyone pressure you into something you do not want to do.

Contacts and resources
Alcoholics Anonymous 0800 9177 650
Bridge Project Drug Advice Centre 01223 214614
Talk to Frank 0300 123 6600 www.talktofrank.com
Support for BAME Students and General Resources

Meet your BAME Team

Nkem Emeka-Onah (BAME Officer)

“Hey everyone, my name’s Nkem, I’m in my second year at Churchill studying HSPS. I’m the JCR BAME Officer for this year which means I’m essentially responsible for making sure Churchill’s BAME community feels represented and cared for. I understand that Cambridge isn’t always the most comfortable place for BAME students so I’m here if you need advice, help, have suggestions or if you just need to rant, you can honestly contact me at any time my number is 07949377106 and my Facebook is Nkem Onah”

Alan Hamda (BAME Team Member)

“Hello, I’m Alan, a 2nd year studying Medicine. I joined to BAME Team to voice the concerns minority students have in our college and wider community. I love talking to others about almost anything so please feel free to get in touch with me via any means if you have any questions or just want to have a chat!”

Nadia Mahmoud (BAME Team Member)

“Hi guys! I'm Nadia - a second year historian here at Churchill. I joined the BAME team to help to make the college a welcoming place for people of all ethnic backgrounds. I'm happy to have a chat about absolutely anything, so please don't hesitate to approach me!”
**Contacts and resources for BAME students**

**BME Campaign:**
The BME Campaign is an autonomous platform that exists to voice the concerns of Ethnic Minority students at Cambridge. You can go to them for support if you have any issues relating to race in the wider university or in college.

**Societies**
1. African Society of Cambridge University
2. Association of British and Chinese University Students [ABACUS]
3. Black Cantabs Research Society
4. Cambridge Afghan Society
5. Cambridge Middle East and North African Forum
6. Cambridge University South African Society
7. Cambridge Taiwanese Society [CTS]
8. Cambridge University African-Carribean Society
9. Cambridge University Anglo-Japanese Society
10. Cambridge University Arab Society
11. Cambridge University Bangla Society
12. Cambridge University Bhangra Society
13. Cambridge University Brazilian Society
14. Cambridge University Chilean Society
15. Cambridge University Chinese Cultural Society [CUCCS]
16. Cambridge University Chinese Society [CUCS]
17. Cambridge University Columbian Society
18. Cambridge University East African Society
19. Cambridge University Filipino Society
20. Cambridge University Ghanaian Society [CUGhS]
21. Cambridge University Hip Hop Society
22. Cambridge Union Hispanic Society
23. Cambridge University Hong Kong and China Affairs Society [CUHKCAS]
24. Cambridge University India Society [CUIS]
25. Cambridge University Kazakh Society [CUKS]
26. Cambridge University Korean Society [CUKS]
27. Cambridge University Kurdish Society [CUKurdSoc]
28. Cambridge University Malaysia and Singapore Association [CUMSA]
29. Cambridge University Malaysia Society [CUMaS]
30. Cambridge University Mexican Society [CUMexSoc]
31. Cambridge University Middle East Society [CUMES]
32. Cambridge University Pakistan Society [PakSoc]
33. Cambridge University Palestine Society
34. Cambridge University Persian Society [CUPS]
35. Cambridge University Somali Society
36. Cambridge University Southeast Asian Society [CUSEAS]
37. Cambridge University Sri Lanka Society [CUSLSOC]
38. Cambridge University Sudanese Society
39. Cambridge University Tamil Society [CUTamilSoc]
40. Cambridge University Telegu Society
41. Cambridge University Thai Society [CUTS]
42. Cambridge University Turkish Society
43. Cambridge University Yemen Society [YemenSoc]
44. Egyptian Society of Cambridge University [ESCU]
45. Iraqi Society
46. The Cambridge University Vietnamese Society in Cambridge [VSC]
47. University of Cambridge Venezuelan Society [CUVES]

Resources for white students

Racism is a serious issue in both the UK and in Cambridge, here are some resources that white students can use to educate themselves and learn how to help fight it:

- Race Talk and the Conspiracy of Silence, by Derald Wing Sue
- Microaggressions in Everyday Life: Race, Gender and Sexual Orientation, by Derald Wing Sue
- Why I’m No Longer Talking to White People about Race, by Reni-Eddo Lodge
- Uprooting Racism: How White People Can Work for Racial Justice, by Paul Kivel

Follow this link to access a wider range of resources:
https://docs.google.com/document/d/1cTVNOJGb0eoX2MFpZIYyo0mAKAHHAq2G2ry6vwPabvw/edit?usp=sharing
Support for Students with Disabilities

Hi guys, my name is Oliver and I’m your disabilities officer. It’s my job to represent the needs of all disabled students at Churchill. If you identify as a disabled student please don’t hesitate to message me, I’m always willing to listen and help!

I know Cambridge can be overwhelming sometimes and the Disability Resource Centre can help with all of your needs. The DRC is located in the Centre of Cambridge (Student Services Centre, Bene’t St, Cambridge CB2 3PT).

Some of their initiatives

- You can apply for a study skills tutor and have sessions where you can talk about managing workload, revision techniques or even just have a hand planning your schedule. These can be weekly, fortnightly or even just once a term - it’s completely up to you.
- They also run exam preparation sessions where you can learn anything from how to make notes to how to write a well structured essay.
- Feel free to just pop into the DCR and spend an afternoon working in the library there - the study spaces are really wonderful.
- They also help with any adjustments you might be for exams such as use of a computer or extra time.

Don’t forget you can always talk to your tutor and DOS and you’ll receive a DRC Officer to overlook your studies and help with any adjustments you need.

Contacts and resources

- The DRC  ○ [https://www.disability.admin.cam.ac.uk/](https://www.disability.admin.cam.ac.uk/)
- Contact Us  ○ [https://www.disability.admin.cam.ac.uk/contact-us-0](https://www.disability.admin.cam.ac.uk/contact-us-0)
Support for International Students and General Resources

Travelling to Churchill College
If you arrive by air, the simplest and cheapest way to travel to Cambridge is by bus directly from the airport. If you prefer to come from the airport by train, the following guidance relates to airport to which you are travelling:

London Gatwick
Take either the overland rail or the Tube (Underground) into the centre of London, to King’s Cross Station. It is not worth paying to use the Gatwick express as the travel time is not significantly quicker and it is more expensive than the ordinary train fare. From there, until around midnight, there are approximately two trains every hour to Cambridge.

London Heathrow
Take either the Tube (Underground) or the Heathrow Express (which is much quicker) into London to King’s Cross Station. From there, until around midnight, there are approximately two trains every hour to Cambridge.

London City Airport
Take the Docklands Light Railway (DLR), followed by the Tube (Underground) into London to King’s Cross Station. From there, until around midnight, there are approximately two trains every hour to Cambridge.

London Stansted
If you are arriving at Stansted, there is NO need to go into London as there is a direct train to Cambridge.

Once you arrive at Cambridge railway or bus station, the simplest way to College is by taxi.

Visas, immigration, healthcare and Brexit
Visa and immigration
Check University’s guide for Visa application, immigration, Tier-4 Visa and healthcare for international students:
https://www.internationalstudents.cam.ac.uk/immigration
https://www.internationalstudents.cam.ac.uk/tier-4-entry-clearance
https://www.internationalstudents.cam.ac.uk/arriving/healthcare-uk
EU Settlement Scheme
The information in this section is for students who have EU, EEA or Swiss citizenship and are moving to the UK to start their studies prior to 31 December 2020.

The UK left the European Union at the end of January 2020 and entered a transition period until 31 December 2020. The UK Government has confirmed its commitment to protect the rights of EEA and Swiss citizens, and their family members, residing in the UK prior to this date. During this transition period, free movement continues. The EU Settlement Scheme will enable EEA and Swiss nationals to continue living in the UK longer-term with the same access to work, study, benefits and public services including the NHS.

Further information and guidance on how to apply for the EU Settlement Scheme is outlined at www.internationalstudents.cam.ac.uk/eu-settlement-scheme

New students should apply after arriving in the UK. The deadline to make an application under the scheme is 30 June 2021.

Covid-19 measures and resources
The college welcomes international students from 11th September, and recommends that you arrive in time for the beginning of term, bearing in mind that you may have to self-isolate for 14 days depending on which country you are travelling from.

In case you need to self-isolate, closely follow the rules of the college and government’s advice on self-isolation:

IMPORTANT: Every student arriving from abroad is required to provide the journey and contact details before entering the UK. You can fill out this form online 48 hours before you are due to arrive in the UK:
https://www.gov.uk/provide-journey-contact-details-before-travel-uk

Also, frequently check the government’s list of countries and territories from where you can travel to England and may not have to self-isolate:

As well as advices on safer air travel:
Practicalities
Setting up a UK bank account
Setting up a bank account isn't terribly difficult, however, you will need to plan ahead in order to get it up and running as early as possible:
- Fill up an application for an international student account online at your chosen bank.
- Pick a date and branch location for your appointment to set up your account. You can do this before flying to the UK
- You'll be required to bring your passport, UCAS acceptance letter, a proof of residence (you can get this from the Tutorial Office) and your student ID

Mobile phones
The UK's country code is +44, and if you arrive in the UK without a UK mobile number, you'll need to preface the number you are dialing with +44.

List of operators:
- VOXI (https://www.voxi.co.uk)
- O2 (https://www.o2.co.uk)
- EE (https://ee.co.uk)
- Three (http://www.three.co.uk)
- Giffgaff (https://www.giffgaff.com)
- Lebara (https://mobile.lebara.com/gb/en/)
- Lycamobile (https://www.lycamobile.co.uk)

International Freshers’ Week
The International Freshers’ Week (IFW) organised by the International Students’ Campaign (ISC) will run from 22nd to 2nd September, and university wide IFW programs will be virtual. Check out the ISC’s webpage, Facebook and Instagram page for further updates!

https://www.cambridgesu.co.uk
https://www.facebook.com/internationalstudentcampaign
@i_sc_2020

Churchill College will run both virtual and socially distanced freshers week from 22nd September. Keep your eyes on the JCR page for the details and programs!
**Pre-arrival checklist**

**Health**
- EEA nationals: Obtain a European Health Insurance Card
- If you receive on-going medical treatment and / or medication, obtain a letter from the doctor in your home country (in English) with the details as it may be useful for your new doctor. Check whether you can take your medication on your flight and through customs.

**Finances**
- Consider how much money to bring to the UK (and whether your home country restricts the amount of cash that can be taken out of the country) and / or whether to use Travelers Cheques. You should request money in £5, £10 and £20 notes as £50 may not be accepted for smaller payments.
- Ensure you have sufficient money in cash / credit card to cover your expenses until you have opened a bank account.
- Establish whether your current bankcard, if applicable, can be used in the UK and whether your bank can provide any advice about transferring money to the UK.

**Transportation**
- Plan your onward journey to Cambridge.
- Consider baggage restrictions on your flight.
- Check any restrictions on goods that can be brought into the UK: [www.gov.uk/duty-free-goods/banned-and-restricted-goods](http://www.gov.uk/duty-free-goods/banned-and-restricted-goods)
- Consider travel insurance.
- Check current requirements for entering the UK: [https://www.gov.uk/uk-border-control](https://www.gov.uk/uk-border-control)

**Preparing to study**
- Review course handbooks
- Review College information packs
- Look at the online orientation and induction information: [www.internationalstudents.cam.ac.uk/arriving/pre-arrival-information](http://www.internationalstudents.cam.ac.uk/arriving/pre-arrival-information)

**Living in the UK**
- Consider whether you need an adaptor for any electrical equipment you intend on bringing to the UK.
- Consider the UK Climate: [www.metoffice.gov.uk/climate](http://www.metoffice.gov.uk/climate)
- Bring passport photos – you’ll need them for various things in the first weeks.
**Immigration**

- Check the details of your entry vignette and decision letter.
- Ensure you enter the UK within the validity of your entry vignette.
- Make photocopies of your passport and visa.
- Carry a print out of your CAS email in your hand-luggage as well as any other documents you used for your visa application.
- Collect your BRP promptly on arrival in the UK. Register with the police if required.

For more information on being an international student at Cambridge and general resources, check University’s and College’s page for international students:

- [https://www.internationalstudents.cam.ac.uk](https://www.internationalstudents.cam.ac.uk)
- [https://www.internationalstudents.cam.ac.uk/files/international_student_guide.pdf](https://www.internationalstudents.cam.ac.uk/files/international_student_guide.pdf)
- [https://www.chu.cam.ac.uk/study-us/undergraduates/offer-holders/international-students/](https://www.chu.cam.ac.uk/study-us/undergraduates/offer-holders/international-students/)