

# **CONTENTS**

## **THE ESSENTIALS**

Welcome from the Freshers' Reps .....	3
Sources of Information .....	4
Brief Orientation .....	4
Upon Arrival .....	5
Freshers' Fortnight .....	6

## **USEFUL INFORMATION A-Z**

Accommodation .....	8
• Overview .....	8
• Housekeeping & Maintenance .....	8
• House Reps .....	8
• Insurance .....	8
Address and Post .....	9
Common Room Facilities .....	9
Computing .....	9
• Computing Resources .....	9
• Networks .....	9
• Rules of Use .....	10
• The Computing Office .....	10
• CamSIS .....	10
Contacts .....	11
Cycling .....	12
Dining .....	13
• Overview .....	13
• Booking System .....	13
• MDR .....	13
• Port Night .....	13
• Special Events .....	13
• Outside term time .....	14
International Students .....	15
• Bank Accounts .....	15
• International Cambridge University Students' Union .....	15
• Medical Forms .....	15
• Mobile Phones .....	15
• Language Classes .....	15
• Visas .....	15
LGBT+ Students .....	16
MCR Committee and student bodies .....	16
Money .....	21
• College Bills .....	21
• Financial Assistance .....	21
• Travel Discount Cards .....	21
Other College Facilities .....	22
• College Bar .....	22
• Caius Library .....	22
• Lockers .....	22
• Punting .....	22

Parking.....	22
Partnered/Married Students/students with children.....	22
• Overview.....	22
• Childcare.....	22
Quirks of Cambridge.....	23
• University Structure, Terms and Matriculation.....	23
• Gowns and Dress Codes.....	23
Shopping.....	24
Sport at Caius.....	25
TV licence.....	25
Welfare and support.....	25
<b>MAPS</b> .....	26
Caius Old Courts (Trinity Street).....	26
Caius Harvey Court (West Road).....	27
Cambridge.....	28
<b>In memory of Tammy Chen</b> .....	29

## Welcome from the Freshers' Reps

Dearest Caian,

Welcome to Caius! As your MCR committee we hope to make your first year as fun and easy as it possibly can be! We shall be holding various events over a couple weeks (24<sup>th</sup> September to 7<sup>h</sup> October) for you to meet everyone and settle in. Most of you will be new to one or more of Caius, Cambridge, the UK or Europe so there is probably plenty of familiarisation, socialising and partying to be done. Please come out to as many events as possible and mingle! Feel free to contact us with any queries you may have before and after your arrival. There is no question or problem that we cannot help you with (or at least try). Do come and find us, we look forward to meeting you and celebrating the new term.

Cheers,

Lindsay and Ben

[Ljp58@cam.ac.uk](mailto:Ljp58@cam.ac.uk)

[Bgs25@cam.ac.uk](mailto:Bgs25@cam.ac.uk)

[caifmcr@hermes.cam.ac.uk](mailto:caifmcr@hermes.cam.ac.uk)



## Sources of Information

Most of the information in this guide and much more can be found via the following two links:

Caius MCR website - <http://www.mcr.cai.cam.ac.uk/>  
Caius intranet (The Venn) - <http://intranet.cai.cam.ac.uk/>

Other useful websites:

[map.cam.ac.uk](http://map.cam.ac.uk) – A map of the university

[webmail.hermes.cam.ac.uk](http://webmail.hermes.cam.ac.uk) – your Cambridge email system

[www.upaychilli.com](http://www.upaychilli.com) – used to top up your uni card to pay for college food

[www.mealbookings.cai.cam.ac.uk](http://www.mealbookings.cai.cam.ac.uk) – the hall dinner booking system

[www.cai.cam.ac.uk](http://www.cai.cam.ac.uk) - the official Caius College website

<https://www.facebook.com/groups/freps2k18/> – the Facebook group for your intake

<https://www.facebook.com/groups/caiusmcr/> – the Facebook group for all MCR Caians.

Please join both Facebook groups!

## Brief Orientation

The college is split into two main sites. The Old Courts on Trinity Street is where graduate students will spend most of their time. The Harvey Court site is a 10-minute walk across the river and mainly consists of undergraduate accommodation but there are also some facilities that you are likely to use at some point. The graduate accommodation isn't its own site as such but is a number of houses concentrated in a small area of the city, mostly on Harvey Road.

The MCR (Middle Combination Room) refers to the graduate student body as well as the common rooms that we use. There is one of these in the Old Courts and one in number 6 Harvey Road.

## Upon arrival

1. Collect your room key and university card  
These will be at the Harvey Court Porters' Lodge (not on the main college site but on West Road, see maps), with the exception of residents of Ferry Path, whose keys are kept at the main College site. Your University card acts as your student ID, library and access card, and is used to swipe into hall, pay for meals, drinks at the college bar and punt rental
2. Check your pigeon hole  
The pigeonholes are located in the MCR in D Staircase, Gonville Court, on the main college site. Your mail is delivered here and in Freshers' Week you will find important early admin waiting for you.
3. Buy a gown  
A gown is essential for matriculation and hall throughout your time here. New or used gowns can be bought from Ryder and Amies on King's Parade (cheapest option is ex-hire), Ede and Ravenscroft on Silver Street, or A.E. Clothier on Pembroke Street. Graduating students may also be selling their gowns at a discounted rate so you can check your emails and the Facebook group for any deals.
4. Set up Hermes and Raven accounts  
Hermes is Cambridge's email system, which everyone will use to contact you, and Raven is the University's main online authentication programme. Info about how to set this up will be sent to you before you start. Signing into these systems is done with what is referred to as a CRS ID, which will be given to you when you start and forms the start of your e-mail address. This is a combination of your initials and random numbers that will stay with you throughout your time in Cambridge. Your Hermes address should automatically receive MCR emails. If you don't receive anything, please get in touch with the MCR computer officer at [hl457@cam.ac.uk](mailto:hl457@cam.ac.uk) or [caiwmcr@hermes.cam.ac.uk](mailto:caiwmcr@hermes.cam.ac.uk).
5. Register with a doctor and college nurse  
Student members of Gonville & Caius are required to register upon arrival with a local NHS General Medical Practitioner (GP). Registering with a GP in Cambridge does not preclude you from consulting your family doctor during vacations although you will be asked to complete a temporary resident form on these occasions.

A list of Cambridge GP practices is included in your Caius Health Centre pack (arriving early Sept). For convenience the closest practice for many Caius students will be Newnham Walk Surgery (registration forms available at Caius Health Centre) however you are free to make your choice from any of the practices listed locally. Please note that many surgeries now offer online registration facilities for new students. Once you have decided which practice to register with you will need the following information:

- NHS number. **UK students** - if you don't know your NHS number, please contact your existing surgery or Health Authority for this **before** arriving at College. **International students** – if you have not registered in the UK before you will receive an NHS number upon registration with a new GP.
- Name and address of your previous GP.
- A copy of your immunisation history (obtainable from your existing GP).

## Freshers' Fortnight

Please see the timetable below detailing all the events we've set up to welcome you to our College. This is subject to change over the coming weeks but shouldn't deviate all that much. We'll keep you updated via e-mail and Facebook. **The Matriculation events scheduled for the afternoon of Sunday 30<sup>th</sup> September are mandatory and must be attended by all new students at Caius.** If you have previously matriculated at Caius you don't need to attend but are welcome to come for the photo if you wish. **All students matriculating must present their passports and visas to the Tutorial Office before they are allowed to matriculate.**

Some of these events require you to sign up in advance of the event (indicated with \*). Sign up using the link below; this will also be emailed to you and appear on the Facebook group (you may need to copy and paste the whole link).

[https://docs.google.com/spreadsheets/d/1nmQlAxfSRd\\_rxG\\_W\\_gYEiJ9oCqNeyKlfzOaPlenCOF8/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1nmQlAxfSRd_rxG_W_gYEiJ9oCqNeyKlfzOaPlenCOF8/edit?usp=sharing)

Facebook Group: Caius Graduate Freshers 2018:  
<https://www.facebook.com/groups/1933916096908759/>

Date	Time	Event	Venue/meeting point
Monday 24 <sup>th</sup> Sep	19:00	Meet and greet pizza and drinks*	Old Courts MCR
Tuesday 25 <sup>th</sup> Sep	11:30-13:00	Coffee, pastries and Q&A*	Old Courts MCR
	13:00	Caius/City orientation*	Old Courts MCR
	20:00	Relaxed pub night	The Cambridge Blue, Gwydir Street
Wednesday 26 <sup>th</sup> Sep	13:00	Punting**	Old Courts Porter's Lodge
	19:00	College "Families" Quiz**	Tammy Chen Room (6 Harvey MCR)
	21:30	Club night @ Lola Lo's	Tammy Chen Room (6 Harvey MCR)
Thursday 27 <sup>th</sup> Sep	14:00-16:00	Partners and families' event	Tammy Chen Room (6 Harvey MCR)
	16:00	Freshers' Photo Challenge (Get photos in a team round Cambridge)**	Old Courts MCR, ending at the Grain and Hop Store (Regent Street)
	21:00	MCR-SCR film night <sup>+</sup>	Tammy Chen Room (6 Harvey MCR)
Friday 28 <sup>th</sup> Sep	18:00	BBQ**	6 Harvey back garden
Saturday 29 <sup>th</sup> Sep	10:00-12:00	Caius Freshers' Fayre (college societies) <sup>+</sup>	Barton Road Sports Ground (Harvey Court if bad weather)
	12:00-16:00	Produce passports & visas	Tutorial Office, Old Courts
	13:00-16:30	Caius Boat Club rowing try-outs and BBQ <sup>+</sup>	Caius Boathouse, Ferry Path
	21:00	Pub/Club Night	TBC

Date	Time	Event	Venue/meeting point
Sunday 30 <sup>th</sup> Sep	12:30	Matriculation events	Bateman Auditorium
	15:00	Matriculation Photo	Caius Court
	18:30	Post matriculation Thai dinner*	The Cricketers pub
	21:00	Board games night <sup>+</sup>	Tammy Chen Room (6 Harvey MCR)
Monday 1 <sup>st</sup> Oct	13:00-17:00	University Sports Fair	University Sports Centre
	14:00	Caius Library Tour <sup>+</sup>	Caius Library
	19:20	First dinner in Caius dining hall (followed by Port Night)	Dining Hall (Old Courts MCR)
Tuesday 2 <sup>nd</sup> Oct	10:00-16:00	University Fresher's Fayre <sup>+</sup>	Parker's Piece and Kelsey Kerridge Sports Centre
	14:00-17:00	Welfare & Sustainability picnic <sup>+</sup>	6 Harvey back garden
	Post-Formal	LGBT evening (drinks and club) Hall (~20:30)	Green Room, Old Courts
Wednesday 3 <sup>rd</sup> Oct	10:00-16:00	University Fresher's Fayre <sup>+</sup>	Parker's Piece and Kelsey Kerridge Sports Centre
	14:00-17:00	Women's and non-binary ice cream meet up <sup>+</sup>	6 Harvey back garden
	19:30	Pub/Club Night	TBC
Thursday 4 <sup>th</sup> Oct	14:00-16:00	International event	Tammy Chen Room (6 Harvey MCR)
	Post-Formal	Port Night <sup>+</sup>	Old Courts MCR
Friday 5 <sup>th</sup> Oct	20:00	BOP	Harvey Court JCR
Saturday 6 <sup>th</sup> Oct	12:00	Walk to Grantchester <sup>**</sup>	Outside 6 Harvey Road
	19:00	Running Dinner <sup>**!</sup>	Harvey Road area houses
	22:00	After Party <sup>+</sup>	Tammy Chen Room (6 Harvey MCR)
Saturday 20 <sup>th</sup> Oct	14:00	Historical College Tour with Dr. Wood <sup>+</sup>	Old Courts Porter's Lodge

+ indicates a free event

<sup>!</sup> Running Dinner involves having each course of a three-course dinner in a different house. E.g. starter at House A, main at House B, and pudding at House C. We try to organise it so that each course will have a completely different group of people! Then we all meet up in the 6 Harvey MCR for an after party. Dietary requirements e.g. vegetarian, vegan, gluten- or dairy-free etc will all be taken into consideration. The running dinner has its own sign up form (copy and paste the whole link): <https://docs.google.com/forms/d/e/1FAIpQLSfVCSKu6-JqQJVqpRSTs5s4Bg3uXPntzBvsVj6YM8VV3BzSow/viewform?c=0&w=1>

## Accommodation

### Overview

The College can provide accommodation for graduates for at least the first three years of their course, with some accommodation set aside for couples/families (see page 21) or disabled students. Most students live in Harvey Road or its vicinity, halfway between the train station and the city centre. All of the graduate houses have cooking and laundry facilities. A good thing about Caius is that many of the graduate rooms also have double beds but it's worth noting that BEDDING ISN'T PROVIDED so you'll either have to bring some or buy some soon after arriving. Kitchens (sometimes called Gyp rooms) may not have cutlery/kitchenware etc. but will all have kettles, toasters and microwaves, as well as refrigerators, ovens, and hobs (stoves).

All accommodation enquiries should be directed to Wendy Fox:  
accommodation@cai.cam.ac.uk

### Housekeeping & Maintenance

The Housekeeping team will clean the kitchen and bathroom daily during the week and will clean your room once per week. If you do not wish to be disturbed, place your rubbish bin outside your door before 9 am and it will be cleared for you. The head of the Housekeeping team is Karen Heslop (housekeeper@cai.cam.ac.uk) who can be found at N staircase in Tree Court.

You can record any housekeeping or maintenance problems or requests at <http://www.helpdesk.cai.cam.ac.uk/support/> using the excellent online ticketing system, which allows for details of the problem as well as priority level to be specified. Housekeeping involves any- thing to do with cleaning, room furnishings or faults with college electrical equipment (e.g. fridge, kettle, microwave, desk light). Maintenance problems are things like leaks, drafts, heating or problems with plumbing/door locks/electricity. For enquires or concerns where the ticketing system is not appropriate the Outside Properties Manager can be contacted at [caius.property.manager@cai.cam.ac.uk](mailto:caius.property.manager@cai.cam.ac.uk).

The fire alarms will be tested weekly at a certain time, look out for notices in your houses giving you details. Candles are strictly banned in all College Properties.

### House Reps

Each graduate house has a student House Rep. The House Reps look after recycling in the hostels and act as a point of contact for accommodation-related issues between the graduate students, the MCR and the hostel-keepers.

### Insurance

You do not need to take out room insurance, because college has a policy covering all rooms. The insurance cost is currently £16 per year and will be included on your college bill. Details can be found at <http://intranet.cai.cam.ac.uk/welcome-freshers/paying-your-bills-bursary/student-insurance>. You may wish to extend your cover, which you should do for any high risk, or valuable items (over £1000), which will not be covered otherwise. You can add other items or increase the level of cover of the policy at [www.studentinsurance.nwbrown.co.uk](http://www.studentinsurance.nwbrown.co.uk).

## Address and Post

Your mail will be delivered to the Old Courts Porters' Lodge and will be placed in your pigeonhole. Larger items will be kept in either the Porters' Lodge or the large parcel store in the Old Courts. The latter is only open for limited time periods. An e-mail system is in operation whereby when a delivery is received that is too large for your pigeonhole, an e-mail is sent to you stating where the delivery is being held and what times you are able to collect it.

Your postal address is:

<Your name>

Gonville & Caius College

Trinity Street

Cambridge CB2 1TA

## Common Room Facilities

There are two graduate common rooms (MCRs) at Caius. The main one is on the College main site in Gonville Court, just opposite the College bar. In the basement of 6 Harvey Road there is a set of rooms that serve as another MCR. This includes the Tammy Chen Room (a room with comfy sofas, board games and a TV), plus a pool room, computer room, and small kitchen. Access to both is via your University Card.

There are permanent brick barbecues in the gardens of 1 and 6 Harvey Road. You will need to bring your own coals, matches, food etc. Please ensure that when you use the BBQ you observe all necessary fire precautions and that you leave the barbecue as you found it: in a clean and reasonable state. Most students will post in the MCR Facebook group to notify other students of their intentions of using the barbecue.

## Computing

### Computing Resources

There are college computer rooms in the Cockerell Building and in the MCR in 6 Harvey Road. These also contain printers and scanners. Both of these rooms are accessible via your University swipe-card. For more information about printing, including how to top up your printing account and how to connect wireless devices to college printers, see <http://www.ucs.cam.ac.uk/desktop-services/ds-print>

### Networks

The University wireless networks cover university sites and accommodation rooms. There are two you can use:

UniOfCam – easy to use, just connect and then login with Raven, but you'll have to do this each time you use it which becomes very annoying.

Eduroam – takes a little longer to setup first time, but then always works seamlessly, including at other universities across Europe. Full eduroam setup instructions (including for phones) can be found here: [www.ucs.cam.ac.uk/wireless/eduroam/localusers](http://www.ucs.cam.ac.uk/wireless/eduroam/localusers).

### Rules of Use

Both the University and college forbid the use of peer-to-peer filesharing programmes such as: Bittorrent, Napster, WinMX, eMule, eDonkey, DirectConnect, Waste and KaZaA.

The college charges for excessive bandwidth usage. Any traffic over the allotted 14 GB per week will result in a throttled internet service. You will receive email warnings when you are close to your limit. These warnings are not generated instantly, so heavy use could still see you go over your limit before receiving a warning. They should, however, act as a useful reminder. If you have academic reasons for exceeding the limit, talk to your graduate tutor.

### The Computing Office

The Computing Office is in the basement of the Cockerell Building (the library), opposite the computer/printing room, with drop-in hours on weekday afternoons. You can record any problems using the online ticketing system: [causitsupport.co.uk](http://causitsupport.co.uk). Email: [computer.office@cai.cam.ac.uk](mailto:computer.office@cai.cam.ac.uk)

### CamSIS

Administrative information about your course, such as the name of your supervisor etc., can be found under your CamSIS account: <https://www.camsis.cam.ac.uk>

## Contacts

All Caius staff contact details can be found at <http://intranet.cai.cam.ac.uk/contacts>

### Graduate Tutors

Each graduate student at Caius is assigned to one of the three Graduate Tutors:

- Dr. Deborah Bowman – [dlb26@cam.ac.uk](mailto:dlb26@cam.ac.uk)
- Dr. Jonathan Evans – [j.m.evans@damtp.cam.ac.uk](mailto:j.m.evans@damtp.cam.ac.uk)
- Dr. Ruth Scurr – [rs10032@cam.ac.uk](mailto:rs10032@cam.ac.uk)

The name of your assigned tutor can be found in the 'Academic' section of your CamSIS account. Your tutor provides an official point of contact between the student and College, and their role involves offering both general academic advice and pastoral support. You should hear from your tutor soon after you arrive, so that you can set up an initial meeting. If this is not the case or you are having difficulty contacting your tutor, please contact Holli Driver: [tutorial.office@cai.cam.ac.uk](mailto:tutorial.office@cai.cam.ac.uk).

You may speak to a Tutor other than your own Tutor if, for example your Tutor is away, or if you wish to speak to a female Tutor where your own Tutor is male, or vice versa. The Academic Dean, Paul Wingfield, can be contacted at: [academic.dean@cai.cam.ac.uk](mailto:academic.dean@cai.cam.ac.uk). You should only contact the Academic Dean for issues that the Graduate Tutors can't or haven't resolved, or if your issue is with a Graduate Tutor.

### The Porters

The Porters really are the cogs of the College and the Porters' lodges (often referred to as "Plodge") on the main College Site and at Harvey Court are open 24/7. Porters are responsible for safety and security in the college, mail, messages, gates, keys and many other things. They are on hand to help you with almost any problem and are very friendly! Caius (and other college) Plodges operate an emergency taxi scheme that will be paid for by the Porters' Lodge. Any money you use will be charged to your College account. The Head Porter is Russell Holmes ([head.porter@cai.cam.ac.uk](mailto:head.porter@cai.cam.ac.uk)) and Senior Porter (usually at Harvey Court Plodge) is Peter Boyden ([senior.porter@cai.cam.ac.uk](mailto:senior.porter@cai.cam.ac.uk)).  
Tel: 01223 332400 (main site) and 01223 335400 (Harvey Court).  
General email: [Porters@cai.cam.ac.uk](mailto:Porters@cai.cam.ac.uk)

### College Council

The College Council has the final say in all College business, meeting every fortnight, with the Master of Caius, Dr Pippa Rogerson, chairing it. The President and Vice President of the MCR also sit on College Council. We are able to submit papers and participate fully in non-reserved business discussions, so you can contact the MCR at any time for us to pass on and represent any of your views at College Council.

### The Tutorial Office

The Tutorial Office on S staircase, Tree Court, deals with the bulk of academic administration. The key contact in this department is Yvonne Holmes. Email: [tutorial.office@cai.cam.ac.uk](mailto:tutorial.office@cai.cam.ac.uk). Tel: 01223 332413

### College nurse

The College employs an on-site, qualified General Nurse, Natasha Kear, who offers a drop-in clinic and bookable appointments to all Caians at the Health Centre in U staircase, Tree

Court, on weekdays during Full Term (reduced hours out of term). Natasha is there to help with a wide range of health and welfare issues including minor injuries and illnesses, support with mental health difficulties and other personal matters; and also various health checks and advice. Please don't hesitate to approach her about something - no matter how silly or embarrassing it may seem to you. Email: [nurse@cai.cam.ac.uk](mailto:nurse@cai.cam.ac.uk). Tel: 01223 332421. Web (including appointment booking) <http://intranet.cai.cam.ac.uk/caius-health-centre>.

### Dean

The Dean is Rev. Dr Cally Hammond and she is there to listen to your problems, not to preach or convert - regardless of belief or religious affiliation. She organises both formal and informal worship in the College. Email: [dean@cai.cam.ac.uk](mailto:dean@cai.cam.ac.uk). Tel: 01223 332470.

## **Cycling**

Bicycles are the most popular form of transport in Cambridge; there are many good second-hand bikes available and the city is littered with bike shops. To prevent College from removing your bike you must register it with the porters at Harvey Court by 31st October! It is also worth registering your bicycle with Immobilise, a police registration service. If you cycle and want to leave your bike outside the College, please bear in mind that the risk of having your bike stolen from Trinity Street is quite high. Instead, bikes can be secured in St. Mikes (opposite Caius Porters' Lodge) where the chance of having them stolen is much smaller.

## Dining

### Overview

Dining is one of the focal points of our MCR, and eating in College allows graduates to get together and keep in touch over the course of the busy weeks during term-time. In addition to the 6-times weekly Formal Hall put on by College, the MCR Dining Officers are responsible for organising MCR-specific dining events such as Superformal (also known as Superhall). They are your first port-of-call for anything dining-related.

College also provides breakfast, lunch, or brunch on weekends. Caius caters for all dietary requirements, such as vegetarian/pescatarian/vegan/gluten-free etc. If you have complicated requirements or allergies please speak to the college nurse.

Unlike many other Cambridge colleges, Caius has 'Formal Hall' almost every night during Term. Formal follows First Hall, for which you don't need a gown, and the same food is served at each. The only difference is the formality of donning a gown, being served 3 courses by the College catering staff, and being able to sit in the Gallery, which is exclusively open to graduates (as opposed to the main hall, which is open to all students). Dining in hall is one of the focal points of Caius life, both academically and socially, as it serves as a regular forum to meet other students while taking an evening break from the library or lab, creating the unique sense of community and intimacy that sets Caius apart from many Cambridge colleges.

### Booking System

All evening meals, including special events, are signed up to with the online booking system (<https://www.mealbookings.cai.cam.ac.uk/>). In order to dine in hall on a given evening you need to book by 10:00 that day. After 10:00 but before 17:00 you can join the waiting list. This means that if people drop out, you will be assigned a place in hall (once 17:00 has passed this no longer happens). You can also switch your booking from formal hall to first hall and vice versa up to 15:00. On the website you can book to dine in the gallery. This is for grad students only and most people preferentially book here, but spaces are limited so book early to avoid disappointment! Please ensure you arrive promptly for dinner. You must be seated by 18:15 for first hall and 19:20 for formal hall.

### MDR

Graduates at Caius are required to purchase 16 dinners each term (8 if you live out of college or if you have special permission from your tutor). Each dinner ticket entitles you to a standard 3-course dinner at Caius. Two tickets per term can be used to book a guest into Formal Hall.

### Port night

Not really dining as such (though sometimes there is cheese) but every Thursday night during term time is the ever-popular port night in the Old Courts MCR after dinner. Free port, nice people, good times and no hangover.

### Special Events

Superformal is the one of the grandest of the MCR dining events. Taking place once per term, it is a 4-course, grads-only dinner served in Hall, including pre- and post-dinner drinks, in formal attire: either lounge suit & equivalent for women or Black Tie, depending on the theme (see p. 25 for more info) – no gowns though! The Dining Officers are in charge of scheduling the event and choosing the menu, as well as devising a seating plan, serving

drinks, and ensuring the event proceeds smoothly that night. Every Superformal starts with a champagne reception for pre-drinks, followed by dinner in hall, and concludes with port and cocktails served after dessert. Often the Dining Officers will arrange for the party to continue in one of the Cambridge clubs. The Christmas Dinner is a particularly extravagant version of Superformal and is one of the most anticipated events in the MCR social calendar.

A recent addition to the dining calendar has been the dubiously named but very enjoyable "Formal Formal." The idea behind this was to have a formal hall for all Caians (MCR and JCR) that was a bit more of an occasion with a dress code, better table dressing and higher quality food. They cost about twice the price of a normal formal and happen once every couple of weeks or so. You can use two of your MDR tickets for yourself, and can book one guest ticket (which will not count towards your MDR).

Up to once per term, Fellows are invited to dine with Grads in the Gallery. The reverse of 'Grads Dining on High Table', this event provides another opportunity to get to know Caius Fellows in a more social, less strictly academic setting, this time in a more familiar and informal milieu.

Swaps give the opportunity to go to another college for dinner. They tend to happen two or three times a term and sign up will be publicised by the dining officers.

#### Outside term time

When the undergraduates go home, evening meals become much less frequent but thankfully they don't stop completely. Dinners are organised once every 1-2 weeks over the Easter and Summer breaks with some of them being relatively informal affairs and others resembling more of a mini Superformal.

## **International Students**

### Bank Accounts

The start of term can be quite hectic for opening accounts so get there early or make an appointment to save waiting in long queues. If you are not British, you'll need a couple of extra documents to open an account. Bring your passport, proof of enrolment at the University, your last 3 months' bank statements (if you have them) and a letter from the College confirming your residency. You can get this letter from Yvonne Holmes (tutorial.office@cai.cam.ac.uk) on arrival at Caius; make sure to mention to her what bank you'll be using. Depending on the bank and the person to whom you speak, you can often open an account with just a passport and proof of enrolment, but this isn't guaranteed and may depend upon your citizenship.

### International Cambridge University Students' Union

The iCUSU runs various social events throughout the year. They also organise International Freshers' Week. More information, including on how to sign up for the mailing lists, can be found at [www.international.cusu.cam.ac.uk](http://www.international.cusu.cam.ac.uk).

### Medical Forms

The College will send you information and forms regarding accessing health services and advice during your time in Cambridge. You may need to see your doctor to help fill in the forms before you arrive. This is very important for all international students. You will automatically become eligible for treatment on the NHS (National Health Service) so there is no need to take out your own health insurance policy from home. All students are required to register with a general practitioner and the college nurse can provide advice about this if needed.

### Mobile Phones

You can either sign up for pay monthly contracts, or use a pay-as-you-go package. Popular networks are O2, Giffgaff, EE, 3 and Vodafone UK. Giffgaff is often the cheapest for pay as you go, and has good coverage around town.

### Language classes

These are run by the University Language Centre ([www.langcen.cam.ac.uk](http://www.langcen.cam.ac.uk)) and/or through your faculty.

### Visas

You will need a visa if you are from the countries listed at: <https://www.gov.uk/check-uk-visa>. If you do need a visa, you may be required to register with the Police upon arriving in the UK. Yvonne Holmes is the Caius immigration contact once you are in Cambridge (tutorial.office@cai.cam.ac.uk).

## LGBT+ Students

To stay up-to-date with LGBT+ events in college, consider joining the Caius LGBT+ Facebook group. The group is set to 'secret' so nobody on Facebook except for people in the group will be able to see that you joined the group, or are interacting in the group - but it does mean that the only way of joining is by getting in touch with the MCR's LGBT+ Rep (see MCR committee section below).

There are also a large number of information sources and activities across the university as a whole. These include Get Real, a popular magazine for discussion of LGBT+ issues (<http://getrealcambridge.com/>), a weekly listings e-mail for events and meetings where the membership list is confidential (<https://lists.cam.ac.uk/mailman/listinfo/cusu-lgbt-listings/>), and the CUSU LGBT+ website providing information about weekly coffees, lectures, film screenings and activism opportunities ([www.lgbt.cusu.cam.ac.uk](http://www.lgbt.cusu.cam.ac.uk)). They have their own Facebook page specifically for freshers as well as information about the new Make No Assumptions campaign that focuses on providing help and resources for those who identify as trans or gender non-binary as well as students interested in learning more about the issues.

Vinyl (aka Life) holds a weekly LGBT+ night on Tuesdays and other club listings appear from time to time at [www.facebook.com/cambslgbt](http://www.facebook.com/cambslgbt).

## MCR Committee and student bodies

The MCR Committee represents Caius graduate students to the College and the University and organises social activities throughout the year. It is elected early in Lent term and holds office from February of each year until January of the next. We are here to represent you!

Personal and institutional emails are provided. Please get in touch using whichever you are comfortable with/prefer – or both if you want to be sure of a timely response!

President and Vice-President – Amelia Drew and Lander Bosch



*Hi! We're Amelia and Lander, the execs of the Caius MCR Committee. We represent our fellow MCR Caians at College meetings and Councils, and make sure your voice is heard. If you have any concerns, comments or queries, please do get in touch!*

Personal email: [ad652@cam.ac.uk](mailto:ad652@cam.ac.uk) (Amelia); [ismmb2@cam.ac.uk](mailto:ismmb2@cam.ac.uk) (Lander)

Institutional President's email: [caimcr@hermes.cam.ac.uk](mailto:caimcr@hermes.cam.ac.uk)

Institutional Vice-President's email: [caivmcr@hermes.cam.ac.uk](mailto:caivmcr@hermes.cam.ac.uk)

Secretary – Juli Cudini



*Hi! I'm a first year PhD student in Genomics. I'm here to ensure communication between the MCR committee and our members, and for ordering our Caius stash. If you have any questions for the MCR or myself please do get in touch.*

Personal email: [jcmc3@cam.ac.uk](mailto:jcmc3@cam.ac.uk)  
Institutional email: [caismcr@cam.ac.uk](mailto:caismcr@cam.ac.uk)



Treasurer – Sascha Feldmann

*Hi, I'm Sascha, a PhD student in Physics. As your treasurer I am responsible for the budget that each office in the MCR is allocated. Any questions on our financial structure, get in touch!*

Personal email: [sf561@cam.ac.uk](mailto:sf561@cam.ac.uk)



Computer Officer – Hugo Larose (NB: Hugo is away until the 20<sup>th</sup> October 2018 but will answer questions via email or Facebook)

*Hey there, I'm Hugo! As your current Computer Officer I am in charge of improving and keeping the MCR website updated and helping you with any networking-related issues. I would also provide Freshers with useful information to get set-up, such as online guides and maps. So, if you have any problems with networking, need some IT Office assistance or want to suggest news /events to share, just drop me an email!*

Personal email: [hl457@cam.ac.uk](mailto:hl457@cam.ac.uk)  
Institutional email: [caiwmc@hermes.cam.ac.uk](mailto:caiwmc@hermes.cam.ac.uk)

Dining Officers – Rahi Ahmed, Wouter Cohen (now left), Anthony Bridgen and Marion Perrin



*Hi, we're your Dining Officers! We look forward to organising some incredible events - we're in charge of the termly Superformal and the Formal swaps - but most importantly the famous MCR Christmas Dinner!*

Institutional email: [caidmcr@hermes.cam.ac.uk](mailto:caidmcr@hermes.cam.ac.uk)

Housing and Sustainability Officer – Rachel Fellows



*Hi! I'm Rachel, this year's Green Officer and a second-year PhD student in Molecular Biology. I'm here to promote sustainability of the college by reducing waste of materials and energy. I also work with the college about use of the gardens and am responsible for the allotments. Get in touch with me if you have any questions about energy waste in your house, recycling or any other green related issues.*

Personal email: [rcf46@cam.ac.uk](mailto:rcf46@cam.ac.uk)

Institutional email: [caignmcr@hermes.ac.uk](mailto:caignmcr@hermes.ac.uk)

International Officer – Michele Sanguanini



*As the International Officer, my job is to look after the non-home students in the MCR, after their first arrival in Cambridge and during the winter break. I will organise international-themed social activities, trips around the city and so on. If you have questions or issues regarding the settling in Cambridge, or want to suggest any ideas, just drop me an email!*

Personal email: [ms2381@cam.ac.uk](mailto:ms2381@cam.ac.uk)

Institutional email: [caintrmcr@hermes.cam.ac.uk](mailto:caintrmcr@hermes.cam.ac.uk)

LGBT officer – Cameron Smith



*Hey! I'm the LGBTQ+ representative in the Caius MCR, and I am responsible for the welfare and representation of the amazing group of LGBTQ+ students here. This mostly entails organising events within college and publicising LGBTQ+ issues and events happening in the wider university. If you have any queries about the LGBTQ+ community at Caius or the university as a whole, don't hesitate to contact me.*

Personal email: [cs942@cam.ac.uk](mailto:cs942@cam.ac.uk)

Institutional email: [cailgmcr@hermes.cam.ac.uk](mailto:cailgmcr@hermes.cam.ac.uk)

MCR-SCR Rep – Stephan Ursprung



*Hi! I'm the MCR-SCR rep! Here are some of the events I organise: the biweekly series of research talks, MCR members joining the SCR at High Table, SCR members dining with graduates in the Gallery, and the annual Graduate Conference.*

Personal email: [su263@cam.ac.uk](mailto:su263@cam.ac.uk)

Institutional MCR-SCR Rep e-mail: [caismcr@hermes.cam.ac.uk](mailto:caismcr@hermes.cam.ac.uk)



### Partners and Families Officer

*Hey! I'm Lucy, the Partners and Families Officer on the MCR Committee. I can give you advice on anything related to bringing your partner or family to Cambridge/Caius, including arranging cards that provide access to the MCRs!*

Personal email: [lkc31@cam.ac.uk](mailto:lkc31@cam.ac.uk)

Institutional email: [caimdmcr@hermes.cam.ac.uk](mailto:caimdmcr@hermes.cam.ac.uk)

### Social Secretaries – Emily Matthews (now left), Carolin Sauer, Maria Stroyakovski, Lizzie Virgo

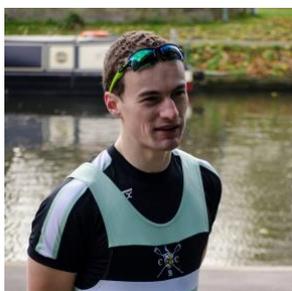


*Hi! We are the Social Secretaries, our job is to organise the MCR social events. These include the traditional Port Nights, every Thursday after Formal Hall, the BOP parties at the Harvey Court MCR once per term and the highly anticipated Summer X garden party. We are always open to listening to any suggestions and we are looking forward to having a fun year with you!*

Personal email: [emv28@cam.ac.uk](mailto:emv28@cam.ac.uk) (Lizzie)

Institutional email: [caiscmcr@hermes.ac.uk](mailto:caiscmcr@hermes.ac.uk)

### Sports Officer – Michael Gardiner



*Hi, I'm Michael, the Sports officer. I aim to provide advice and assistance to new freshers in choosing a sport or society that helps them achieve a healthy work-life balance. I also organise occasional sporting activities within the MCR, and alongside MCR events e.g. pool tournaments, ultimate frisbee and croquet in the summer! Any questions get in touch with me.*

Personal email: [mg725@cam.ac.uk](mailto:mg725@cam.ac.uk)

Institutional email: [caiptmcr@hermes.cam.ac.uk](mailto:caiptmcr@hermes.cam.ac.uk)

## Welfare Officers – Sarah Mitchell and Heiner Kremer



*Hi, I'm Sarah and I have two parts to my role – acting as a women's officer and providing welfare for all students of the MCR with Heiner. As Women's Officer I will be holding several exciting events throughout the year for self-identifying female and non-gender binary MCR members. As Welfare Officer, I am here to discuss any issues that you might be having whilst at Caius, and I can also direct you to other support services both within and outside of college.*

Personal email [sjm288@cam.ac.uk](mailto:sjm288@cam.ac.uk)

Institutional email: [caiwnmcr@hermes.cam.ac.uk](mailto:caiwnmcr@hermes.cam.ac.uk)



*Hey I'm Heiner! I'm the Men's' welfare officer. If you have any issues at all you would like to chat about please email me – no matter how you identify, despite the title!*

Personal email: [hk447@cam.ac.uk](mailto:hk447@cam.ac.uk)

Institutional email: [caiwlmcrc@cam.ac.uk](mailto:caiwlmcrc@cam.ac.uk)

**NB:** Heiner is leaving college at the end of the summer; a new Men's Welfare Officer will be elected at the beginning of the new term. We will circulate their details when this has been confirmed.

## Student Bodies

There are also two university wide student representative bodies. The Cambridge University Students' Union (CUSU) is an organisation made up of every College Students' Union (JCRs/MCRs etc.) and exists to represent Cambridge students' interests at a university level, and to provide central services and support for all students. Its focus is primarily on undergraduate issues but it does have a graduate officer to represent the views of graduate students. [www.cusu.cam.ac.uk](http://www.cusu.cam.ac.uk). The Graduate Union (GU) is the graduate equivalent of CUSU. The GU represents graduates at the university level and provides many other services, such as the GU shop in the Graduate Centre.

## Money

### College Bills

You receive a college bill by e-mail every quarter, which is where you are charged for your room rent and evening meals eaten in hall as well as one or two other things. The items are listed below:

- **Rent:** the cost of your room expressed as a charge for a specified number of nights.
- **College Establishment Charge:** pays for maintenance of facilities in college
- **Minimum Dining Requirement:** the cost of the evening meals in hall that you automatically pay for in advance.
- **Insurance:** for room contents and other (see above, page 8). Only payable in Michaelmas term.
- **Deposit:** £80 charged at the start of each year for three years, this is refunded to you on your final college bill when graduating.
- **Extra dinners:** if you've been to more dinners than your MDR, the extra regular dinners cost a little under £5 each but may be more for particular events (stated at booking).
- **Extra guest dinners:** fees for any guest dinners after using the two that can make up part of your Minimum Dining Requirement
- **Administrative charges (fines):** fines are not levied very often, but you could get fined for forgetting to pay your college bill (£10) or damaging college furniture (£££!). The College Handbook you will be issued details all the possible charges and they are listed on the College website but don't worry: most people escape each term without getting any!

Your college bill goes onto your student college account, overseen by Hayley Hamilton ([student.accounts@cai.cam.ac.uk](mailto:student.accounts@cai.cam.ac.uk), Tel: 01223 332397). Student accounts is part of the broader college department dealing with finances referred to as the Bursary. This is located in O staircase in Tree Court and is open to students from 8.30 am to 10.30 am and 2 pm to 3 pm Monday through Thursday. Please use email at other times, or to arrange an appointment if you cannot make it at these times.

### Financial assistance

College can help you with research and conference expenses, or in cases of hardship. The graduate tutors are your first port of call for accessing all of these funds. The University also offers various funding sources; see <http://www.student-funding.cam.ac.uk/> for a search facility to help find them.

### Travel discount cards

For trains, the 16 - 25 Railcard costs £30 per year or and gives you a 1/3 discount on most train fares train fares, see [www.16-25railcard.co.uk](http://www.16-25railcard.co.uk). Students over the age of 25 are also eligible for a card but part of the form will need authorizing at the student registry at 4 Mill Road.

For coach travel, a National Express 16 to 26 Coachcard can be purchased quite cheaply (for £10 for a one year card and £25 for a three year card). It also entitles the holder to 1/3 off fares. See <http://www.nationalexpress.com/offers/coachcards/young-persons-coachcard.aspx>

## Other College Facilities

### College Bar

The College bar is the place to get cheap drinks and is opposite the MCR. It also sells breakfast and coffee. Caius cards will be available for £5 per year, offering a range of discounts – ask for more info in the bar.

### Caius Library

A beautiful building located in Senate House Passage, you'll need your Caius swipe-card to gain access. Open from 7 am until 1 am.

### Lockers

Lockers for MCR members are on K Staircase, St. Mary's Court, and at the foot of D Staircase, Gonville Court. Applications for these should be made to the College Housekeeper. A deposit of £10 will be added to your College bill, and refunded at the end of the academic year when you return your keys.

### Punting

Punts are plentiful from various rental companies on the river but Caius also has its own punt that can be hired for £10 for a couple of hours a time between May and September. More information here <http://intranet.cai.cam.ac.uk/support-services/porters-lodge/hiring-caius-punt>.

## Parking

You can apply for a parking permit from Cambridge City Council as outlined on this website IF you seek permission from College first:

<http://www.cambridgeshire.gov.uk/transport/parking/residents/>.

Speak to the Head Porter, Russell Holmes, for permission.

## Partnered/Married Students/Students with Children

### Overview

Partners/Spouses are honorary members of the MCR and are welcome to attend MCR events. They can also apply for a partner's card to grant your partner access to various parts of the College. Caius offers couples' accommodation, including for those with children. However, these are limited in number and they are allocated on a first-come-first-served basis. You need to contact the Partner's Officer, Lucy Cunningham ([lkc31@cam.ac.uk](mailto:lkc31@cam.ac.uk)) to arrange one.

### Childcare

For information on University and local childcare services see: <http://www.childcare.admin.cam.ac.uk>. The University also has childcare information advisers available between 9am and 3.30pm each day to answer any queries.

Address: Childcare Office, 21 Trumpington Street, Cambridge, CB2 1QA

Tel: 01223 332 249; Email: [childcare@admin.cam.ac.uk](mailto:childcare@admin.cam.ac.uk)

Gonville and Caius has a nursery based near Harvey Court, Sidgwick Avenue site, with places for children from 3 months to school age. Known as the Mrs Cameron Day Nursery, the

facility is open 8.30am–5pm, Mon–Fri. Gonville and Caius staff, students and Fellows are given priority for places but any remaining vacancies are open to others with affiliations to the University. For more information, contact nursery owner Mrs Elizabeth Wiggam or Nursery Manager Jodie Newland on 01223 740688 or email [mcdn@wigwamnurseries.co.uk](mailto:mcdn@wigwamnurseries.co.uk).

Each college has a designated College Childcare Contact (more details available at <http://www.childcare.admin.cam.ac.uk/college-support-student-parents>). Contact Dr Melissa Calaresu ([mtc12@cam.ac.uk](mailto:mtc12@cam.ac.uk)).

The Graduate Union also organizes a regular parent–and–toddler play session and coffee morning on Fridays at 10:00 am at the University Centre. The sessions are free for all students, their children and their partners, and coffee and biscuits are provided.

## **Quirks of Cambridge**

### University structure, terms and matriculation

Students new to Cambridge often find the University structure confusing, especially when trying to explain to friends and family! Don't panic, you're not the first to experience this. The University of Cambridge comprises about 30 colleges (some of which are for graduate students or women only), of which Caius is one of the oldest and largest. Colleges provide their own facilities (library, sports grounds, bar, etc.), academic (teaching, seminars, grants, etc.) and pastoral (accommodation, welfare, financial supports, etc.) services to their students. Colleges also assign students to a tutor (a fellow of the college) to act as an intermediary between you and the college or university.

The University is the degree awarding body and has an academic hierarchy of several schools, faculties and departments, who are responsible for your academic education. You'll become acquainted with the specific rules and workings of each of your departments, and they will also assign you one or more supervisors and advisors.

The academic calendar in Cambridge is divided into terms, made up of 8 weeks. Most students will commence their studies in Michaelmas term (October to December), although a few research students will also start later in year during Lent term (January to March) or Easter term (April to June). The week immediately following the end of the Easter term is May Week (even though it's in June) and is filled with a large number of social events including the famous "May Bumps" rowing races the elaborate all night parties that are the May Balls. The next one at Caius is 2019. The summer period, referred to as Long Vacation, runs from June to October (although for many research students this name can be quite misleading!)

Formal enrolment into the university is referred to as matriculation and is one of the long-standing traditions of the University of Cambridge. At matriculation, you will be asked to commit to abiding by the College regulations, and officially become a member of your College and the University.

### Gowns & Dress Codes

Throughout your time in Cambridge, there will inevitably be many occasions on which you are required to wear academic and/or formal wear. Graduate students are expected to wear the appropriate gowns, either of BA or MA status, for occasions such as Matriculation and Formal Hall. Typically, if you are over the age of 24, then your gown should be MA status

(long sleeves that end in a pocket), and, if you are under 24, then your gown should be BA status (short sleeves). Many gowns will have two black ribbons attached to indicate that you obtained your undergraduate degree from Cambridge: if, as for most of us, that is not the case, then these should remain hidden (or cut off).

The MCR and College will run a number of events during the year that will have a set dress code. This can often be daunting to the newcomer who is unfamiliar with the distinction between black tie and lounge suits, so below is rough guide. There are two options for each of the dress codes below (one of which tends to be more prescriptive than the other). Most events in Cambridge will have a gender-neutral dress code; if you have any questions or concerns about this then get in touch with our LGBT+ officer Cameron ([cs942@cam.ac.uk](mailto:cs942@cam.ac.uk)).

**Lounge Suit:** the least formal of the dress codes, typically "smart" in nature. You may be invited to attend events with this dress code multiple times a month.

- Suit, tie and dress shoes.
- Dress ranging in length from just above the knee to about two inches above the ankle. Alternatively, a nice skirt/trousers with shirt.

**Black Tie:** "semi-formal" and most popular dress code for special occasions. Generally used once or twice a term.

- Dinner suit (UK) or tuxedo (American), comprising a black jacket with silk/satin lapels, bow tie, white dress shirt with wing-tip or fold-down traditional collar, black socks and dress shoes, black trousers with one braid/stripe of silk/satin. You can often get away with a dark suit if need be.
- Evening gown or cocktail dress of any colour, typically reaching the knees or can be longer.

**White Tie:** the most strict and "formal" (and rarest) of the dress codes.

- Black tailcoat, white bowtie, white low-cut waistcoat, white stiff-fronted shirt with a stiff winged collar, black trousers with two braids/stripes of silk/satin, black socks and patent leather shoes. White tie attire can be hired from Moss Bros, amongst others.
- Ball gown at least ankle length, either with sleeves or a shawl for open shoulders (as shoulders should be covered), small clutch-type bags, gloves.

## Shopping

For supermarkets Sainsbury's on Sidney Street is the main option in the centre of town. There are also various smaller supermarkets nearer to the Harvey Road area on Street/Hills Road (all the same road with different names in different bits). There is a very large Tesco superstore on Newmarket road, which is about a 20-25 minute walk from Harvey Road.

The Grand Arcade (very near the Old Courts) and Grafton Centre are the two main shopping centres. The former generally houses more expensive shops including the John Lewis department store. The latter is more general purpose and contains a few cheaper options. There is also the Cambridge Retail Park, opposite the Tesco superstore. This is good for things like hardware shops and electrical goods.

## **Sport at Caius**

Caius has a strong sporting tradition and graduates are encouraged to take full advantage of the excellent facilities the College has to offer. The beautiful playing fields on Barton Road are home to Caius's football, rugby, netball and cricket teams in addition to housing squash and tennis courts, available for play all year round. The main [College website](#) has plenty of information sports at Caius. For a complete list of recognised sport clubs, academic and non-academic societies with contact details for 2018/2019, visit the Gonville and Caius Students' Union website: <http://jcr.cai.cam.ac.uk/sports-and-societies/>

The College has its own gym over at Harvey Court, which can be joined for a £10 annual fee paid to the Harvey Court porters lodge. You can also join the main University gym, located at the new University sports centre on the West Cambridge site. Another option is Kerridge Sports Centre on Gonville place near Harvey Road.

Caius Boat Club is the largest Sports team in Caius, with more freshers starting rowing than any other sport or club, and holds a strong position as one of the fastest rowing teams in Cambridge. Anyone is welcome to row for Caius, so please find out more at <http://www.caiusboatclub.org/get-involved>.

## **TV licence**

If you want to watch live TV in your room (there are communal TVs in the MCR and Harvey Road) you will need to purchase a TV Licence. See <http://www.tvlicensing.co.uk/buyorrenew/index.jsp>

## **Welfare and support including mental health issues**

Aside from your own personal sources of support, there are a number of people who you can go with a problem if you're finding things difficult for whatever reason. These are summarised at <http://intranet.cai.cam.ac.uk/students/welfare-and-support> and include the following.

Your tutor (see page 11)

The college nurse (see page 11)

University Counselling Service – Help with personal and relationship problems including specific issues such as eating disorders or addiction. The service is available throughout most of the year, and is not confined to Full Term. It is paid for by the College and is available to all members and staff. All contacts with the counsellor are treated in the strictest confidence. More information at <http://www.counselling.cam.ac.uk/>

The Dean - Contact the Dean, the Rev. Dr Cally Hammond, for confidential help and counsel of any kind, guidance on matters of Christian faith, inquiries about confirmation and vocation, and confession. Appointments to see the Dean can be made by email [cjbh2@cam.ac.uk](mailto:cjbh2@cam.ac.uk).



# caius

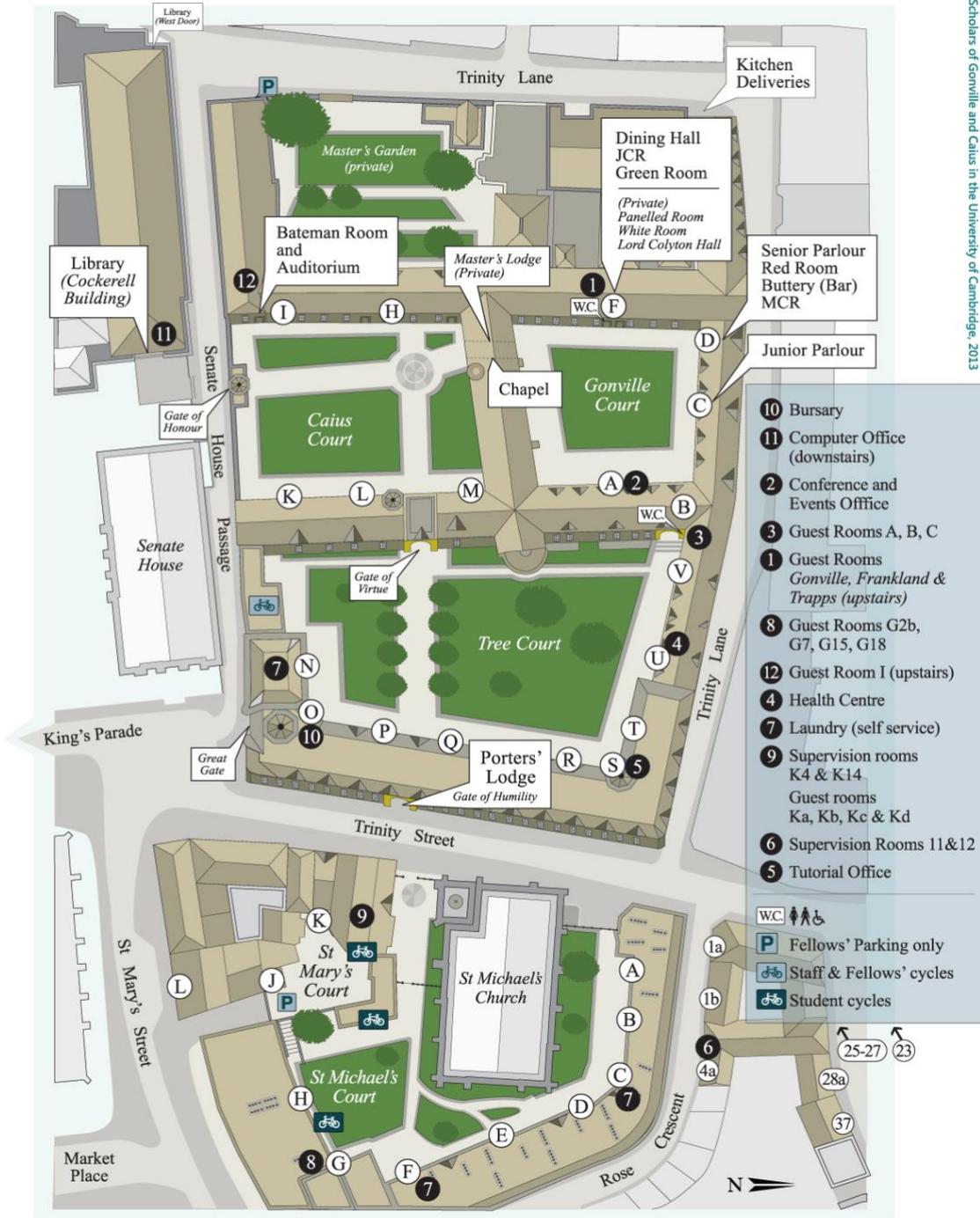
## Old Courts

Trinity St  
Cambridge, CB2 1TA  
01223 332400



Caius College has installed CCTV at these premises for your safety and protection

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design, n hawthorn www.wayfinding-consultants.co.uk 01223 693 082



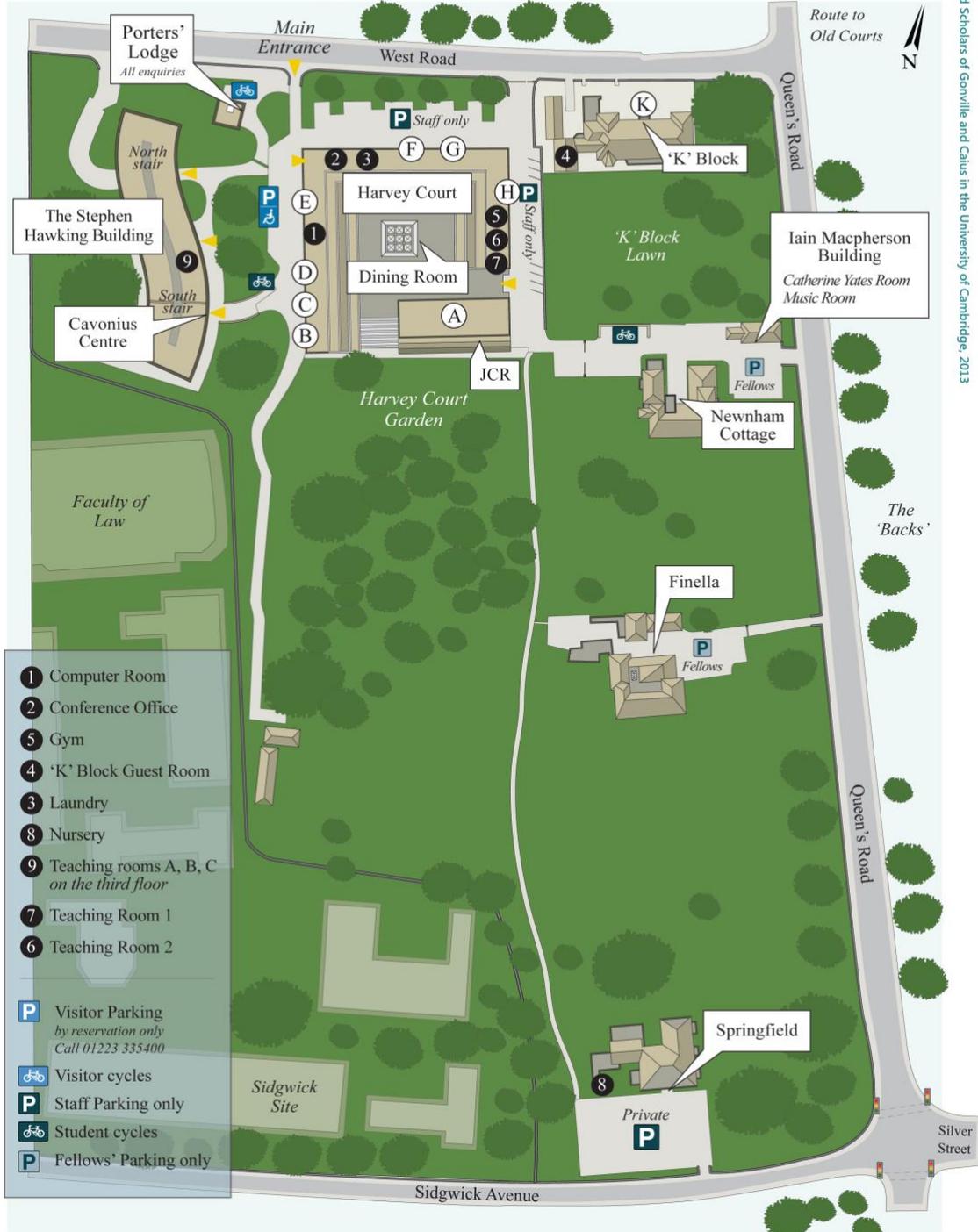
# caius

## Harvey Court

West Road  
Cambridge, CB3 9DS  
01223 335400

Caius College has installed CCTV at these premises for your safety and protection

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- 1 Computer Room
  - 2 Conference Office
  - 5 Gym
  - 4 'K' Block Guest Room
  - 3 Laundry
  - 8 Nursery
  - 9 Teaching rooms A, B, C on the third floor
  - 7 Teaching Room 1
  - 6 Teaching Room 2
- P** Visitor Parking by reservation only Call 01223 335400
  - Visitor cycles
  - P** Staff Parking only
  - Student cycles
  - P** Fellows' Parking only

design, n hawksworth www.wayfinding-consultants.co.uk 01223 693 082



## In Memory of Tammy Chen (1984-2017)



Gonville & Caius College pays tribute to Tammy Chen, an extraordinary and inspirational member of its Middle Combination Room. The Tammy Chen Room in the 6 Harvey Road MCR was officially named in her honour in 2018.

Tammy came to Caius from Canada in 2013 to pursue a Ph.D. in Development Studies. She was very active in the graduate community, joining our MCR committee as a Social Secretary (2014–15) and as a Freshers' Representative (2015–16). For many Caians, she was the first person they met in Cambridge, and was widely known throughout College for her warmth and humour. But Tammy's generosity extended far beyond this. She dedicated her research to tackling poverty in Burkina Faso, West Africa, and studied new approaches to these issues with a particular focus on women, whom she was deeply passionate about empowering. Tammy had first visited Burkina Faso during her M.Ed. studies at Queen's University, and in 2011 she co-founded Bright Futures of Burkina Faso, a Canadian-based non-profit organization that promoted education and entrepreneurship in the country. In 2015 she worked with the Food and Agricultural Organization of the United Nations on a project studying the impact of the shea butter industry on women's empowerment in Burkina Faso, since women traditionally play an important role in the production of this major export product.

During the last year of her Ph.D., Tammy left Cambridge to fully dedicate her research to field work in Burkina Faso. She started a new life with her husband, Mehzen Fenaiche, in the country she loved so much. On the 13th August 2017, Tammy, her husband and their unborn child were tragically killed in a terror attack in Ouagadougou, the capital of Burkina Faso. Months later, Tammy was posthumously awarded the 150<sup>th</sup> Anniversary Medal by the Senate of Canada in honour of her 'commitment to education and development among the world's poor', a 'ray of light in the face of tragedy.'

We will always remember Tammy as a fearless and inspiring woman who dedicated her life to those in need. The best way to honour her is to learn from her example, being unafraid to go the extra mile in helping others, giving opportunities to those who lack them, and by never letting her work and goals be forgotten. We will remember her with all the love and admiration that she deserves, and we hope her work and passion to help others will continue to inspire people.