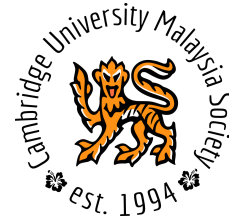
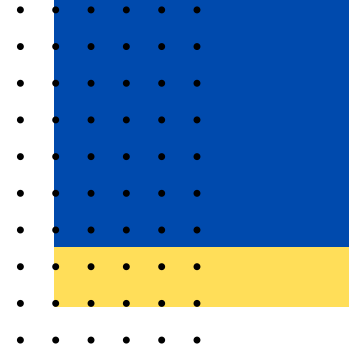


YOUR GUIDE TO CAMBRIDGE! (THE CUMAS-STYLE)



FRESHER'S BOOKLET

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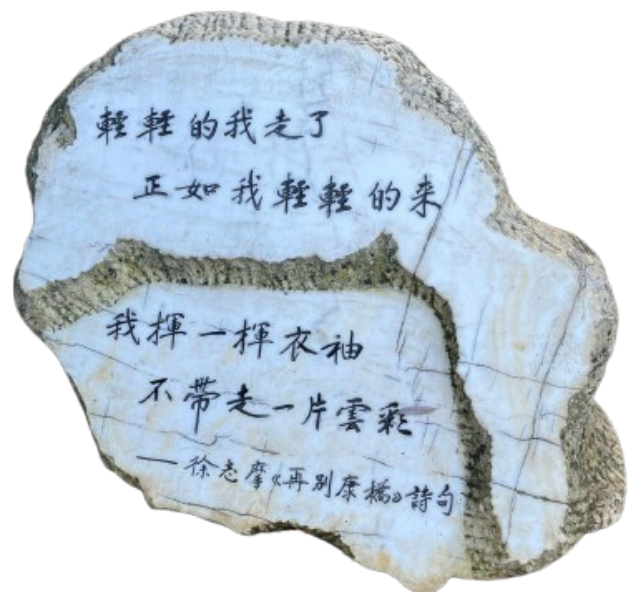
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PRESIDENT'S FOREWORD

Dear freshers,

I'm sure you've heard this numerous times already, but once again a heartfelt congratulations on securing your place at Cambridge! We all know that this was, and will continue to be, a challenging journey, so I'm pleased to welcome you to CUMaS, our home away from home, where you will be able to find comfort and laughs even in the face of hardships.

Our CUMaS community demonstrates the very best of Malaysians -- everyone you meet is not only driven and passionate, but also supportive, wholesome, and welcoming. As you begin this new chapter in your life, I speak on behalf of the entire society that we hope to support you as best as we can in assimilating into the university and your studies, as well as alleviating the homesickness and uneasiness associated with moving halfway across the globe. We are especially excited to get all of you adopted into your own CUMaS families, where we will parent you as second years!

Amidst the demanding workload and academic rigour of Cambridge, we aspire to be a comfortable space where you can connect with each other and grow together. From celebrating cultural festivals, like Chinese New Year, Hari Raya and Deepavali, to interacting closely in casual socials, like the MFF (Malaysian Food Festival), Mnight (Malaysian Night), and the annual CUMaS formal, our aim is to make your time here vibrant, lively and with as much contact with grass as possible.

That said, we are firstly most eager to get to know all of you as individuals, and I personally am excited to see the connections and friendships that develop not only between your year group but with the seniors as well. We hope for CUMaS to be one of the highlights of your Cambridge experience, as a place of comfort, support, and good laughs. Camaraderie is where CUMaS shines the most, so never hesitate to reach out to anyone in the community -- we would be very happy to assist in any way. It is with open arms that we welcome you into our community, and we look forward to when you will also be able to call CUMaS your home!

Hui Lin Chew
CUMaS President 2024/25

TERM DATES 24/25

Michaelmas

Tues 8 Oct to Fri 6 Dec

Lent

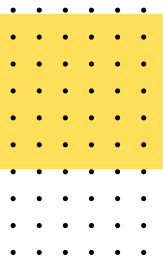
Tues 21 Jan to Fri 21 Mar

Easter

Tues 29 Apr to Fri 20 Jun



PACKING 101



- **Laptop / tablet**
- **Stationery** (includes calculators if necessary)
 - Stationery is definitely a lot more expensive in the UK!
 - Useful items to bring along (to save your wallet too) would be:
 - Mechanical pencils, with refills
 - Your favourite brand of pens, with refills
 - Correction tape/ fluid
 - Highlighters
 - Some foolscap paper/ pads
 - If calculators are required:
 - Bring some spare calculator batteries
 - Ensure your calculator is allowed for examinations
 - Get them certified by your department when you get there.
 - Note to humanities students, if your exams are online you will want to keep digital notes, in that case you rarely need/ use any stationeries.
- **Contact lenses and solutions**
 - Very expensive in the UK
 - Requires a paid eye test
- **Fold-up umbrella**
 - Winter winds may render these unusable, but are helpful nonetheless

PACKING 101

- **Passport-size photographs** may be required for
 - Library cards, college cards
 - Society membership cards
 - Your Railcard
- **Waterproof coat**
 - If you're paranoid about the rain and cold, rain pants are good (but a little ugly)
- **Card holders**
 - Most people in the UK don't use cash
 - You'll find yourself getting a lot of cards (Camcard, bank cards, Sainsbury's Nectar)
- **Rubber slippers/ slides**
 - Essential if you don't have an en-suite
 - Useful for getting to the kitchen/ friends' rooms
 - Not easily found in the UK in autumn/ winter, so do bring a pair
- **Books** (if you hand carry books or pillow on the plane it will not be weighed nor counted as a hand carry piece)

PACKING 101

- **Textbooks will be available in College & Department libraries, but copies may be limited**
 - You may want to look out for:
 - Second-hand sales from societies
 - Colleges may also have book grants which allow you to reclaim money spent on academic purchases
 - College libraries often sell off their old textbooks at the start of Michaelmas at prices as low as £5 per textbook!
 - Seniors who want to give books away
 - Check your college library website for book request and they often have money available to buy any book - but you have to be willing to wait for about weeks
 - Alternatively, you may be able to purchase textbooks at discounted rates from bookstores in Cambridge but they may be outdated and you would have to manually note down the updates
 - Please speak to your seniors before you purchase any books – they will be able to tell you which ones are/aren't necessary

PACKING 101 (ROOM/BATHROOM)

Essentials

- **Pillows and duvets**
 - Some colleges don't provide, do check
 - It takes up a lot of luggage space, I suggest you order one from your college (if possible)
- **Sheets, duvet cover, pillow covers**
 - In some Colleges, you might have the option to rent these, but they're probably not the most aesthetic!
 - If you can't bring them, get in touch with your college's room team and check if you could borrow them for a week without charge - that way you have the bed ready when you arrive and you have time to do the shopping!
- **Towels, hand towels**
- **Laundry rack**
- **Laundry basket**
- **Clothes hangers**
- **Extension cords**

PACKING 101 (ROOM/BATHROOM)

- **Extras**
- **Blankets**
- **Mattress toppers**
- **Dressing gown**
 - Very useful if you don't have an en-suite
 - Pretty reasonable prices in Primark
- **Makeup mirror**
- **Makeup holders**
- **Rubbish bin**
 - Check with your Accommodation
 - Officer/college seniors to see if your College provides this
- **Hair dryer**
- **Room decoration** (e.g. photos, fairy lights, tapestry, cushions)
- **If you're planning on hanging stuff on your wall, 3M Command hooks!**
 - You can get these from most stationery stores in the UK
- **Travel adaptors**
 - Non-negotiable if you plan on travelling around Europe
 - If you are using adaptor for some appliance in college, make sure it has a fuse or else you may risk getting confiscated by the maintenance team in your college

PACKING 101

Note on appliances!

Please check if your College allows extra electrical appliances in your room!

Even if they do, some Colleges are strict on electrical safety and will ask to have your Malaysian-bought appliances tested and certified safe in the UK. Rarely, unsafe appliances may be confiscated.

For any other appliances you're thinking of getting, do check out Argos' website for an indication of approximate prices (saves you from bringing appliances over).

PACKING 101

Kitchen tools are often stolen if not kept safely.

As such, please:

- Keep them in your room
- Get more than a set if possible (especially cutlery) Lock them up in your designated kitchen cabinet

Don't bother questioning why or how these are stolen. Just keep them safe.

Essentials

- Plates
- Bowls
- Mugs
- Cutlery

Extras (If you're planning on cooking)

- Pots
- Pans
- Cooking utensils
- Chopsticks
- Containers (to meal prep)

You might want to buy these items at Cambridge as it is quite troublesome to bring them from Malaysia.

Where to get one? When in doubt, opt for

Sainsbury's / Amazon/ Tesco

CLOTHING

Winter Wear

OCT - NOV

- Uniqlo HEAT TECH innerwear or equivalent
 - I personally think Uniqlo is overpriced Universal Traveller has better quality thermal innerwear at a cheaper price
- Light coat
- Sweaters

FOR THE REST OF WINTER

- Uniqlo HEAT TECH innerwear
 - Consider buying the thicker versions!
- Thick winter coat / down jacket
- Gloves
 - Especially if you're planning on cycling!
- Scarves/neck warmers
- Beanies
- At least 1 pair of non-cloth type shoes
 - Your Vans won't do well in the rain!

CLOTHING

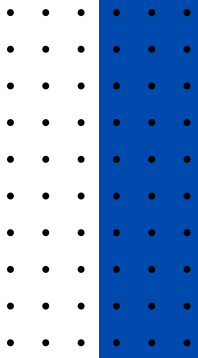
Formal Wear

LADIES

- Matriculation — white blouse, black skirt/ trousers, court shoes
 - Colleges will specify dress codes nearer in time
- Special occasions (e.g. balls, society dinners) — cocktail dresses
- Formal halls — semi-formal wear

MEN

- Most formal events — dark suit with a tie, dress shoes
 - A 'must-bring'!
- Black tie events (e.g. May balls) — dinner jackets with a bow tie



GETTING TO CAMBRIDGE

CUMaS transport spreadsheet

Michaelmas Beep Beep 2024 is a way by which CUMaS members can share their flight details and coordinate transport to Cambridge! This can make a huge difference when splitting transport costs (especially for taxis!), so please feel free to fill it out.

At immigration

After disembarking, join the queue for foreigners entering the UK (usually the longest queue). Have at hand the following documents:

1. Passport containing your UK Entry Clearance (visa)
2. Letter of unconditional acceptance from your College & UCAS
3. Confirmation of Acceptance for Studies (CAS) statement
4. Letter of financial guarantee
5. Official TB certificate
6. Your decision letter from UK Visas & Immigration You will probably be asked a few routine questions before your visa will be finalised at the immigration counter itself (as an entry stamp in your Entry Clearance).

GETTING TO CAMBRIDGE: FROM HEATHROW

By national express coach

- The 727 bus that goes directly to Cambridge is by far the most convenient and most direct way, if not the cheapest
- Select Cambridge City Centre as your destination; you'll arrive at Parkside along Parker's Piece.
- Tickets can be purchased:
 - online on the National Express webpage;
 - have the QR code on your e-ticket ready on your phone, or print your e-ticket out in advance
 - at Heathrow Central Bus Station (follow the signs in Heathrow)

Uber

By taxi/Uber

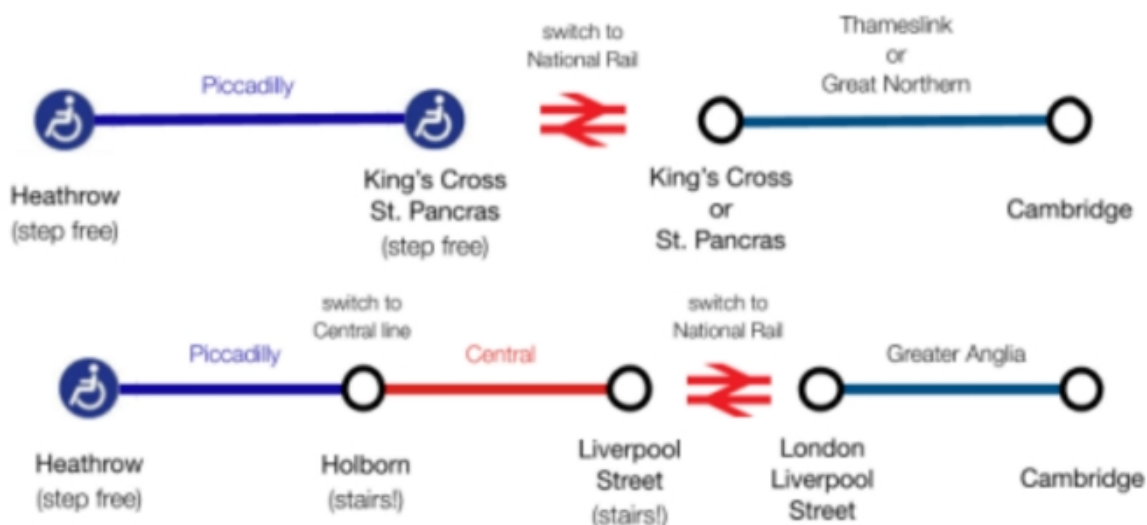
- Not recommended unless travelling in a group of at least four to split costs
- If you have lots of stuff, the convenience of taxis can be worthwhile especially if you are coming for the first time with more than 2 luggages

| Mode of Transport | Duration (hr) | Price (£) |
|---|---------------|-------------|
| National Express Coach | 2.5 to 3.5 | 20 - 30 |
| London underground, then national rail | 2 to 3 | 20 - 30 |
| Taxi/Uber | 2 | 100 - 140 |

GETTING TO CAMBRIDGE: FROM **HEATHROW**

By London underground, then national rail

- Not recommended if you have more than 2 luggages and no one can help you with them
- But this is the cheapest way to travel if you:
 - travel during off-peak hours in the London Underground (the Tube)
- Peak hours - Monday to Friday (not on public holidays)
 - between 06:30 - 09:30
 - between 16:00 - 19:00
 - get cheap train tickets early and online (via apps such as Trainline or others)
- Best when travelling with others
- Most Tube stations are not step-free — be warned when carrying large suitcases
- Suggested routes:



GETTING TO CAMBRIDGE: FROM **GATWICK**

By national rail

- Thameslink trains that go directly to Cambridge arrive at half-hour intervals between each other
 - Most other trains require two changes, sometimes up to three - choose wisely!
- Prices are highest when you book tickets close to 3 days before, so book early if possible

By taxi/Uber



- Not recommended unless travelling in a group of at least 4 to split costs
- If you have lots of stuff, the convenience of taxis can be worthwhile!

| Mode of Transport | Duration (hr) | Price (£) |
|-------------------|---------------|------------|
| Taxi | 2 to 2.5 | 140 |
| National Rail | 2 | 25 - 40 |
| Uber | 2 to 2.5 | 100+ |

GETTING TO CAMBRIDGE: FROM **GATWICK**

By national rail

- Thameslink trains that go directly to Cambridge arrive at half-hour intervals between each other
 - Most other trains require two changes, sometimes up to three - choose wisely!
- Prices are highest when you book tickets close to -3 days before, so book early if possible

By taxi/Uber

- Not recommended unless travelling in a group of at least 4 to split costs
- If you have lots of stuff, the convenience of taxis can be worthwhile!

GETTING TO CAMBRIDGE: FROM **STANSTED**

By national express coach

- Both the 075 and 727 buses go directly to Cambridge
- Select Cambridge City Centre as your destination; you'll arrive at Parkside along Parker's Piece.
Tickets can be purchased:
 - online on the National Express webpage;
 - have the QR code on your e-ticket ready on your phone, or
 - print your e-ticket out in advance
 - at Stansted Airport on the day (follow the signs or ask someone)

By national rail

- Greater Anglia trains that go directly to Cambridge are less regular before and after the afternoon
 - Most other trains require 1 change at Bishops Stortford
- Prices are typically constant, at just over £11

By taxi/Uber

The Uber logo, consisting of the word "Uber" in white text on a black square background.

- Not recommended unless travelling in a group of at least 4 to split costs
- If you have lots of stuff, the convenience of taxis can be worthwhile!

GETTING TO CAMBRIDGE: FROM **STANSTED**

| Mode of Transport | Duration | Price (£) |
|---|----------------|-------------|
| National Express Coach | 45 min to 1 hr | 5 - 10 |
| London underground, then national rail | 30 min to 1 hr | 10 |
| Taxi | 40 min to 1 hr | > 50 |
| Uber | 40 min to 1 hr | 50 |

GETTING TO YOUR COLLEGE



From the railway station

The train station itself is not near the city centre, where most Colleges are located. Buses and taxis are highly recommended

BUS

- Bus stops are to the left from exiting the station

TAXIS

- Available right outside the station

From the coach station

As the coach station (Parkside along Parker's Piece) is closer to the center than the train station, it's possible for you to walk directly to some central Colleges (though keep in mind that you might not want to walk with huge luggage bags), as they're a reasonable distance away.

Depending on how far you're willing to walk, other Colleges that are reasonably close to the city centre are also accessible under normal circumstances.

TAXIS

It's almost impossible to get a cab on Cambridge's streets, especially around the coach station. Hail a taxi by calling these companies instead

- CamCab - +44 1223 704704
- Panther - +44 1223 715715

SAVING MONEY

National express coach

With a Young Persons Coachcard, you can get quite a bit off the fares of coached offered by National Express.

- One-year plan - £12.50
- Three-year plan - £30.00

National rail

With a 16 – 25 Railcard, you can get up to a third off on fares for trains across Britain.

- One-year plan - £30.00
- Three-year plan - £70.00

National rail

If you'll frequently be in London, an Oyster card is a cheaper way to go around London via the Underground (Tube). A new Oyster card will cost £5.00.

You can buy one:

- online [here](#)
- in major Tube stations
- at Heathrow Tube Station self-service stations

You can get a third off on fares if you have a Railcard by:

- registering your Oyster card online
- talking to any worker at major Tube stations for help

SAVING MONEY

Comparing train and coach prices

Sometimes it would be useful to compare the prices and duration taken to travel from one place to another. A really useful app for this is Trainline. They allow you to compare the prices and travel duration at different times for both trains and coaches to give you a clearer picture.

Within this app they also allow you to save your e-tickets and apply your Railcard or Coachcard for the discounts. It's definitely convenient to use such websites or apps to check which transportation you want to take to Cambridge.

ADMINISTRATION



Biometric residence permit

A biometric residence permit (BRP) acts as proof for your student status, in place of your visa. Your BRP contains

- your name
- your date and place of birth
- your fingerprints & a photo of your face
- your immigration status & conditions for your stay details on whether you can access public funds in the UK

When applying for your visa, you'll be given the option to collect it from either:

- a named Post Office branch
- the sponsor for your visa (the University, most likely addressed under the Old Schools)

This, along with a given date from which you can collect your BRP, will be reflected on your decision letter.

Upon entering the UK, make it a priority to collect your BRP from the address listed on your decision letter. You are given 10 days upon arriving at the UK (or longer if your Entry Clearance vignette expires) to collect it.

Try not to lose it! It's fairly tedious to report and costly to replace.

ADMINISTRATION

Student accounts

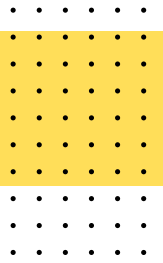
Sometime between August and September, prior to coming to the UK, you should be able to obtain password for your student accounts from the Student Registry/University Information Services. These should give you access to:

- your Outlook account (for you emails)
- Raven (authentication for accessing restricted sites, such as Moodle and UniOfCam internet connections)

Your username, or CRSid, will be your initials followed by a number (e.g. abc12). Your email will then be abc12@cam.ac.uk. Do check your emails regularly – many important notices are sent via email to your cam.ac.uk account. Do also check Moodle regularly as they may provide you with some additional work to give you a head start to the year.

Some software (such as Microsoft 365) are provided for free by the university during your duration of study here. To explore your options you can refer to the IT Help and Support page by the University Information Services. Bear in mind that to access the full list of software available you need your Raven login credentials.

COLLEGE



Accommodation

Upon arriving at your College, go to the Porters' Lodge to register and collect your keys.

Despite what their job title implies, porters are not obliged to help you with your luggage, and in fact, they seldom do. They are, however, very nice and friendly people — your first point of contact for most enquiries.

Tutor and director of studies (DoS)

You will need to make an appointment to see your Tutor and Director of Studies (DoS) to:

- settle College administration
- receive lecture schedules for the term

They will usually contact you via your student Outlook email address (@cam.ac.uk) or by leaving a message in your pigeonhole (your personal mailbox, usually in the Porters' Lodge).

COLLEGE BILL

The college bill should be paid by the first few weeks of term, and comprises: rent (usually a minimum of 70 nights), meal charges, college subscriptions (JCR, societies etc.) and any other charges (WiFi, printing, P T testing etc.). Rent prices and how rich your college is have an inversely proportional relationship - the weekly rent charge is generally around £120 - £200. If you think you've been wrongly charged, don't hesitate to contact the Billing Office and let them know.

According to the uni website, maintenance costs for Internationals are estimated to be £11,230. This is just a reference figure and with careful saving it is easy to spend a lot less. Daily transport is basically free after an initial investment in a bike (£100 - £200 for second hand), while shopping/recreational habits are dependent on your lifestyle.

MISCELLANEOUS

Your College's JCR will have many freshers' activities lined up — do take part in them to get to know and meet up with your College mates.

THE NHS

As a student on a course of 6 months or longer, you will have paid to be covered by the NHS as part of your visa application. To utilise it, you will need to register with a GP in Cambridge.

Registering with a GP

- You can obtain from your Tutor, seniors or Porters a list of GPs near your College
- You'll have to visit the GP to get the form and submit the completed form
- Some Colleges have students register with their College nurse, who will then help them register with a GP (lucky them!)
- You can register with a dentist, but note that dental healthcare is not covered under the NHS

NHS LETTER

After your registration is completed, a letter will be sent to you confirming that you qualify for the NHS. The most important thing on the letter is your NHS number, so keep the letter with you!

VISITING A GP

Unlike in Malaysia, walk-in GP consultations are not available in the UK. You'll have to make an appointment for either:

- later in the day (only applies when you're very early in the morning)
- another day (most likely scenario)

GP consultations are free.

USING THE NHS

PRESCRIPTIONS

After a consultation, you are obliged to go to a pharmacy for your prescriptions.

- Prescriptions would typically cost around £6.50 at a pharmacy
 - Check online for waived prescriptions
- The most convenient pharmacy for most people will be Boots Petty Cury, in the town centre

MENINGITIS VACCINATIONS

- If you've not had your meningitis vaccination (not compulsory but highly recommended), you can make an appointment with the GP clinic for a vaccination.
- If you belong in eligible age groups (which is usually), vaccinations are free of charge. Please consult your GP for further information once you have registered.

BANK ACCOUNT



The first few weeks

Setting up a new bank account in Cambridge can take as long as three weeks (or more). Unless you have an account set up from home, you'll probably want to bring - £600 or more in cash with you when you come to Cambridge.

WISE would come in handy. This should be sufficient for:

- meals
- a gown (£30 - 45)
- freshers' activities
- (some) books
- home improvement items
- a bicycle (if needed)

Most Colleges will also ask for payment of your College bill (which includes rent for Michaelmas or more) at the start of term. Check with your College's Finance Office if you can defer payment until your bank account is ready, should you wish to do so.

If needed, you might be able to withdraw money from ATMs using an overseas ATM card — check with your bank about using ATM cards in the UK. However, do note that most banks will impose fairly dear surcharges for overseas withdrawals.

BANK ACCOUNT

Applying for a bank account

When applying for a new bank account in the UK, please check what documents you will need with the bank you intend to open an account with. Typically, you will need:

- your passport
- a letter from your College confirming your student status and address, addressed to the bank
- You'll have to request this from your College, online or otherwise
- letter of unconditional acceptance from your College or UCAS

As mentioned, pay attention to the queue for opening a bank account, which can be up to weeks! As such, go as early as you can to make an appointment.

| Banks | Address | Contact |
|--------------|------------------------------------|------------------|
| Barclays | 9-11 St. Andrew's Street, CB2 3AA | +44 345 734 5345 |
| NatWest | 56 St. Andrew's Street, CB2 3DA | +44 345 788 8444 |
| HSBC | 63-64 St. Andrew's Street, CB2 3BZ | +44 345 740 4404 |
| Lloyds | 3 Sidney Street, CB2 3HX | +44 345 602 1997 |

BANK ACCOUNT

Choosing a bank

When choosing between banks to open an account with, be sure to check out the perks offered by each bank, such as interest rates or free discount cards for students. All the brick-and-mortar banks listed below are located in proximity of each other along St. Andrew's Street and Sidney Street.

Banks are usually open until 17:00 (5:00 pm) on weekdays and 13:00 (1:00 pm) on Saturdays. They are closed on Sundays, but ATMs can still be used for withdrawals. A lot of Malaysians use HSBC if their parents are customers of HSBC for a few reasons:

- Transferring money from a Malaysian HSBC account to a UK one is free of charge
- An HSBC UK account can be set up in Malaysia before leaving to the UK

However, HSBC's security system makes it slightly inconvenient for day-to-day money transfers (to pay back a meal, for example). As such, people would often open another UK account to manage small day-to-day transfers, and transfer bulk amounts from their HSBC accounts.

BANK ACCOUNT

Choosing a bank

Another very popular option is digital bank accounts linked to an app, such as Monzo. Some features that digital banks have are:

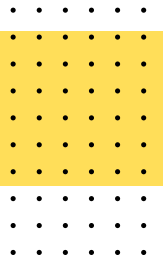
- Physical cards are given, which you can use for PayWave etc.
- When making cashless payments overseas, some of these banks use their most up-to-date transfer rates without additional charges, making trips around Europe easier!
- International transfers are possible (for Monzo, at least)

SOME MONEY TIPS

When opening student accounts, you would typically start with a current account that accrues little to no interest. Open another savings account with higher interest rates, then put the bulk of your money in that.

- Most banks have mobile banking apps that make the following very easy:
 - Open new account types
 - Transfer money between your own accounts
- You can also curb your spending rate this way, as most of your money is now out of reach from most daily transactions

MOBILE SERVICE



The UK's country code is +44.

Before getting a SIM card, do read up on the services offered by different providers. They differ mainly in price and connectivity. WiFi is widely available across campus, so you might want to consider getting a pay-as-you-go SIM if you rarely make phone calls.

Below are the four major carriers in the UK.

- EE
- O2
- Three
- Vodafone

All the other operators use networks from these four. This list is by no means exhaustive — look for more options that suit you!

- Sky (using O2's networks)
- Lycamobile (using O2's networks)

MOBILE SERVICE

In recent years, major carriers have released 'no-fringes' student-oriented services that are more affordable and suited to how students use data, using their existing networks. Again, this list is by no means exhaustive.

- giffgaff (under O2)
- SMARTY (under Three)
- VOXI (under Vodafone)

Ask your seniors about the coverage/connectivity of a network provider in your College.

If you want to go to a physical store, most of them are in the Grand Arcade/Lion's Yard. You can opt to get a SIM card in-store or order it online and have it delivered to your College.

Depends on your plan, it usually costs about £10-£20. One good thing about data plan in UK is that they usually offer **Unlimited Social Media** without eating your data (like Voxi) on apps like TikTok, YouTube Shorts, Prime Video, YouTube, Netflix, Spotify, Apple Music, Amazon Music.

FOR FOODIES



Meal costs

As most of your bills will be paid in your college bill at the start of term, most of your weekly spend will be on food. In general, there are 3 main ways by which you can sustain yourself for meals: **a) Cooking by yourself b) Eating in hall and c) Eating out.**

a) Cooking by yourself is definitely the cheapest option: a weekly shop can range from £15 - £30. Keep a lookout for reduced items (my best steal was a whole tub of grapes for 19p) and meal deals, and unprocessed items are always more affordable than pre-made stuff.

b) Eating in hall 3 meals a day would add up to around £10 - £16 a day (it is £5 - £8/meal), though this depends on your college pricing. In terms of convenience, this is the choice for lazy people who can't be bothered to wash dishes (not judging). Meal charges are usually put on your college bill so you won't have to watch the money drain from your bank account.

c) As Malaysians we all love **eating out**, but bear in mind that it is PRICEY in the UK (the biggest culture shock for me honestly). One meal can be £7 - £12, but of course it varies by restaurant quality/fanciness. If you're thinking of saving, reserve this option for a treat, make use of delivery service discount codes.

FOR FOODIES

d) Additional option: **formals**! These can be held weekly or even daily in some colleges, and they are about £9 - £15. For a 3 course meal with drinks this is pretty worth it, and formals are an integral part of the Cambridge experience so do try to go for some!

Food discounts

As a student, you will have access to discounts at certain restaurants. Ask your seniors as some restaurant might stop giving discounts to students. Feel free to walk around the **Market Square**/city centre to explore!

GROCERIES

Daily essentials like toothpaste, toothbrush, liquid detergents, you can get them from **Sainsbury's** (opposite Sidney Sussex College). It's a supermarket that sells almost everything you need at a cheaper and affordable price. It's worth getting a Nectar card as you will be visiting Sainsbury's quite often.



Tesco is also a good choice for grocery shopping. Hence, it's also worth getting a Tesco Club card.



Sainsbury's

TESCO

Sainsbury's and Tesco are cheaper than **Sainsbury's Local** and **Tesco Express**.

TESCO
express

Sainsbury's
Local

If you need to buy some clothes at cheaper price, **Primark** is a good place to shop.

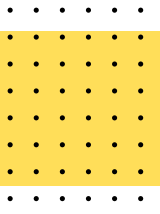
To buy personal care product like lotion, shampoo, **Boots Pharmacy** is a perfect store for you. It is huge!

If you have a bike, you can go to **Aldi/Lidl** or **Asda** which are cheaper than Sainsbury's and Tesco.



ASDA

BICYCLES



By far the most popular mode of transport in Cambridge, bicycles are something that almost everyone (including professors) owns, be it a mountain bike, hybrid bike or road bike. Save for the Colleges that are located on hills, the town is almost completely flat, with the steepest gradient in fact occurring on a bridge.

Not everyone may want a bike, however, as it depends on the distance between one's College and Departments and the frequency & distance at which one travels within Cambridge to run errands, attend supervisions and society meetings, or even just to hang out with friends.

BICYCLES

Purchasing a bike

You can get bikes, new or second hand:

- at one of the many bicycle shops in and around town, listed below
- at the stalls set up by bicycle shops in the Fresher's Fair at a discount
 - buy a bike here (or during Fresher's week) to capitalise on deals that are exclusive to the first weeks of term
- through online retailers
 - Not recommended, as some DIY bike set-ups are required before a bike can be ridden

Second-hand bikes can also be bought:

- through online marketplaces, such as eBay, Gumtree or Facebook's Marketplace on Buying used bikes here is riskier
 - Waiting for good deals to appear may take some time
- from auctions held by the local constabulary at the start of term
- from your seniors

BICYCLES

some bike shops in or around city centre

| | | |
|---|-------------------------------------|--|
| <u>Bridge Cycles</u> | 22A Magdalene Street, CB3 0AF | <u>+44 1223 361411</u> |
| <u>City Cycle Hire</u> | 61 Newnham Road, CB3 9EY | <u>+44 1223 365629</u> |
| <u>Decathlon</u> | 8 Grafton Centre, CB1 1PS | <u>+44 1223 603400</u> |
| <u>Evans Cycles</u> | 2, 121 Chesterton Road, CB4 3AT | <u>+44 1223 791330</u> |
| <u>Kingsway Cycles</u> | 8 City Road, CB1 1DP | <u>+44 1223 355852</u> |
| <u>Rutland Cycling</u> | Corn Exchange Street, CB2 3QF | <u>+44 1223 307655</u> |
| <u>S & G Cycles</u> | 15 Laundress Lane, CB2 1SD | <u>+44 1223 311134</u> |
| <u>The Bikeman</u> | Market Square, Market Hill, CB1 0SS | <u>+44 7747 591744</u> |

some bike shops outside the city centre

| | | |
|---------------------------------------|---|--|
| <u>Avenue Cycles</u> | 100 Stretton Avenue, CB4 3ER | <u>+44 1223 322716</u> |
| <u>Cam Cycles</u> | 92 Mill Road, CB1 2BD | <u>+44 1223 500988</u> |
| <u>Chris's Bikes</u> | 2 Thorton Way, Girton CB3 0NJ | <u>+44 1223 276004</u> |
| <u>Cycle King</u> | 195 –197 Mill Road, CB1 3AN | <u>+44 1223 214999</u> |
| <u>Halfords</u> | 6, Retail Park, Newmarket Road, CB5 8WR | <u>+44 1223 454280</u> |
| <u>life on a bike</u> | 171 Mill Road, CB1 3AN | <u>+44 1223 576545</u> |

BICYCLES

Purchasing a bike

If you want to get a bike, get it as soon as possible to avoid missing out on Freshers' Weeks deals and spending too much time without one. You don't want to be left behind by friends who cycle or get left out of events due to distance!

Decent bikes often cost £100 – £300. As with most big purchases, we recommend surveying the many deals and price ranges available, do some more research, then decide how much you're willing to spend and how good a bike you need, before entering the big bad world of dodgy bike shops. (*No like seriously you have no idea how bad bikes in UK can get.)

BICYCLES

Essential Items

- A good bicycle lock (ID-locks) — without it, you'll quickly find yourself without a bike
- Bike lights — legally required for all bikes
- Reflectors — to be seen by cars
- Helmet — not a legal requirement, but an important lifesaver should you find yourself tumbling down Castle Hill!
- Bike bell — to notify pedestrians (and terrorise tourists)

Some Colleges can reimburse you for these purchases, so bring your receipts to the bursar! (like King's)

Useful Optional Items

- Basket
- Rear rack with panniers (bags slung on the sides behind the seat of the bike)
- Mud guards — you don't want a puddle to ruin your formal dress, do you?

BICYCLES

Safety

Cycling can be daunting, especially on the road. Following these safety tips are crucial to prevent accidents and injuries, while preventing an unwanted visit and bike donation to the Cambridge Police Department.

- Wear functional bike lights, especially when it becomes dark
- Adhere to the highway code by abiding by:
 - No entry signs
 - One way signs and streets
- Wear bright clothing, or better, reflective jackets
- We tend to stay on the left side of the road



THANK YOU

**We hope you have a safe trip and
experience at Cambridge!**