



Information for New Graduates

Murray Edwards College

MCR 2017

Dear new graduate,

Welcome to Murray Edwards College!

At this moment, our graduate community or “MCR” (see below) consists of over 200 Master’s and PhD students, coming from over 50 different countries and studying more than 90 different subjects. We are absolutely delighted to welcome you into this diverse, friendly and vibrant community.

At the start of a Cambridge graduate degree, you are at the beginning of an exciting journey – both academically and personally. As your College “travel companions”, we would love to help make your Cambridge experience the most enjoyable it can be. As you’re juggling the challenges of your degree and the numerous other opportunities Cambridge has to offer, your College is your home. It is a place where you can relax, socialise, make friends and receive the personal support you need.

Our elected graduate Committee (or “MCR Committee”, see below) organises a range of regular social events for Murray Edwards graduates and offers a wealth of support for your everyday graduate life. Additionally, at the beginning of your time in Cambridge, the Committee arranges two weeks of Freshers’ events to help you get to know Cambridge, the College and, most importantly perhaps, your fellow graduates.

This booklet is the first part of this introduction. It aims to make your arrival that little bit easier, with useful information on getting settled in Cambridge and tips previous generations of students wanted to pass on. Your first few weeks will invariably be busy, but we hope to be able to remove some of the stress. So, if you have any further questions, please do not hesitate to get in touch: have a look at our college graduates’ website (<http://www.srcf.ucam.org/memcr>), join our facebook group ‘Murray Edwards Graduates 2017/2018’ and/or contact the MCR Committee by e-mail (see pages 4-6). We are very happy to help and look forward to meeting you!

*Your Murray Edwards
Graduate Community*

MCR 2017

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Introduction to Murray Edwards MCR

What is the MCR?

MCR stands for *Middle Combination Room*. As such, it represents both an organisation of people as well as a physical room, the graduates' common room. The latter can be found on the ground floor of Canning & Eliza Fok Building. It is the space where we socialize as a graduate community, where we invite our friends or simply relax – in essence, our living room in College (see page 6).

As an organisation of people, the MCR is the student union of the graduate body of the College as well as affiliated final-year undergraduates. Within College there is a similar JCR (*Junior Combination Room*) for undergraduates and SCR (*Senior Combination Room*) for fellows. You automatically become a member of the MCR when you begin a graduate level course at the university. So, if you're reading this as a new graduate student – welcome to the MCR!

To make matters a tiny bit more confusing, 'the MCR' not only refers to the MCR room and the MCR community, but sometimes also to the MCR Committee. We absolutely agree that this does not make a huge amount of sense, but it is just one more of those Cambridge quirks you will get used to.

The MCR Committee

The MCR Committee is an elected group of student volunteers who run social events, provide support for various aspects of postgraduate life and represent graduate student views, both in College and the wider university. Please don't hesitate to contact them with your welfare concerns, your ideas for social events, your suggestions for improving the MCR, your issues with College or for anything else, really – the Committee members will be more than happy to help.

Committee positions come up for election twice a year on a rolling basis (at the end of Easter Term and/or at the beginning of Michaelmas Term). The next MCR elections will be held in October 2017 and we warmly encourage you to think about joining the Committee yourself. It's a great opportunity to get involved in College life, make new friends and shape the MCR with your ideas and commitment.

The Committee Positions

MCR President: Antonia Schrader

mcr-president@murrayedwards.cam.ac.uk

The President is the organizational head of the MCR Committee: she chairs MCR Committee meetings, leads the organisation of the freshers' week, oversees the general running of MCR affairs throughout the year, advises and supports the other MCR Committee members in their tasks and makes sure that there is a balanced schedule of MCR events in place for each term. Furthermore, the President is the main point of contact between the MCR community and the College, she has regular meetings with the Executive Graduate Tutor and represents Murray Edwards graduates at the College Council, the College's main administrative body.

MCR Vice-President: Zoe Ye

mcr-vicepresident@murrayedwards.cam.ac.uk

The Vice-President supports and stands in for the MCR President when required. She manages MCR room bookings and the MCR calendar, attends the College's Domestic and Estates Committee meetings and organizes the annual Murray Edwards graduate conference, the Grad Symposium. The Vice-President furthermore represents Murray Edwards graduates at the Cambridge University Student Union (CUSU) and the Cambridge Graduate Union (GU).

MCR Secretary: currently vacant

(open for election in October 2017)

mcr-secretary@murrayedwards.cam.ac.uk

The Secretary collates agenda items for MCR Committee meetings and takes minutes during the meetings. She circulates information between the MCR Committee and the graduate community and attends the College's Information & Communications Committee meetings.

MCR Treasurer: Juliet Thompson

mcr-treasurer@murrayedwards.cam.ac.uk

The Treasurer organizes the MCR budget and controls the MCR bank account. She oversees the process for awarding the annual MCR travel grants, is the graduates' finance liaison with College and attends the College's Finance Committee Meetings.

MCR Social Secretaries: Ilma Bogdan, 3 vacancies

(open for election in August and October 2017)

mcr-social.external@murrayedwards.cam.ac.uk

mcr-social.internal@murrayedwards.cam.ac.uk

mcr-social.arts@murrayedwards.cam.ac.uk

mcr-social.events@murrayedwards.cam.ac.uk

There are four Social Secretaries on the MCR Committee. They organize a mixture of social and academic events throughout the year, including movie and games nights, potluck meals, formal swaps with other Colleges, graduate parties, summer BBQs, academic seminars, talks and many more. They attend the College's Events & Catering Committee meetings and represent the graduate community in the Murray Edwards Garden Party Committee.

While the Social Secretaries generally work as a team of four, they each have their particular area of involvement, organization and expertise. Thus, there usually is an external social secretary (organizing events for inter-college mixing and formal dinner swaps), an internal social secretary (organizing regular events for our graduates in College), an arts & academic social secretary (organizing events related to arts and academic exchange in the graduate community) and an events social secretary (leading the organization of larger MCR events, like the MCR bop).

MCR Welfare Officer: currently vacant

(open for election in October 2017)

The Welfare Officer provides a listening ear to the graduate community and directs people to further/alternate sources of support. She provides sexual health advice and supplies, organizes welfare-related events and attends the College's Health & Safety Committee meetings.

MCR LGBT+ Officer: Helen Saunders

mcr-lgbt@murrayedwards.cam.ac.uk

The LGBT+ Officer represents the Murray Edwards LGBT+ community within and outside College. She organizes LGBT+ social and welfare events, promotes inclusivity in College and offers LGBT+ support and advice. She liaises with the LGBT+ officers of the Murray Edwards JCR and other Colleges.

MCR Green Officer: Sophia Hornbacher-Schönleber

mcr-green@murrayedwards.cam.ac.uk

The Green Officer organizes and publicizes environment and sustainability events in College. She raises awareness of environmental issues and helps both the graduate community and the College to become more environmentally friendly. She also liaises with the organizers of the Edible Garden Project across from Canning & Eliza Fok Building.

MCR Computing/Communications Officer: Lisa AlFaradzh

mcr-computing@murrayedwards.cam.ac.uk

The Computing/Communications Officer maintains and updates the MCR website and, together with the MCR Secretary, organizes the publication of MCR information and news to Murray Edwards graduates, Cambridge and the world. She keeps the electoral roll updated for MCR elections and administers and moderates the MCR mailing list.

General Members: Sarah Ward, 1 vacancy

(open for election in October 2017)

There are two (or, if need be, more) General Members on the MCR Committee. They help the other members of the Committee as and when needed and are otherwise free to choose their own specialized field of MCR commitment.

MCR Facilities

MCR Common Room

The MCR room is on the ground floor of Canning & Eliza Fok House. It is open to all graduates 24/7 by access of their university card. If you have problems accessing the room, please talk to the porters to check that your card has been activated.

The MCR is the hub of graduate life in College and should be thought of as your living room. This is where most MCR socials take place as well as where graduates meet casually, where they have a chat or watch a movie, where they entertain their friends or where they read a book and relax in one of our comfy armchairs.

The MCR has a TV with DVD player and Playstation, a selection of board games and books, a pool table and an e-piano for your entertainment. There is a range of armchairs and sofas as well as a kitchenette with a microwave and facilities for making tea and coffee.

All MCR members enjoy the privilege of being able to book the MCR for their private events, if the Committee is not currently using the room for an MCR event or meeting. For details on how to book the MCR, please see the MCR website (<https://memcr.soc.srcf.net/college-facilities/mcr-facilities/booking-the-mcr/>)

MCR Office

The MCR office may be found in the area next to the MCR Common Room and contains two computers and a printer for graduate use. The computers can be accessed with your university access data (CRS ID and personal password) and the printer can be used with your university student card.

If the printer needs more ink or paper, please email the MCR Computing/COmmunications Officer. Preferably email her when stocks are low rather than empty. Paper can also be collected during College business hours from the Tutorial Office.

We also have a small, but comprehensive, stationery store for the use of the graduates. You can find pens, pencils, staplers, folders, sharpeners and almost anything you might need when experiencing a deadline crunch.

If there are any problems with the printer or the computers, please e-mail support@murrayedwards.cam.ac.uk.

College Life

People and Useful Contacts in College

Tutorial Office

The Graduate Administrator is located in the Administration Corridor and is happy to help you with just about any query you might have. You may contact Rosann Smith, the graduate Administrator, by emailing her at graduates@murrayedwards.cam.ac.uk. Most likely, you will meet her in person when you first arrive in College.

Your College Tutor

At the beginning of your graduate life in College, you will be assigned a Graduate Tutor. Officially a formal link between students and University, Graduate Tutors at Murray Edwards are senior members of College who are there to oversee your welfare (both academic and non-academic) while you are in Cambridge. They can be valuable allies in times of need, ready to offer confidential help and advice on matters as diverse as accommodation, finances and funding, your course or your general well-being.

The Porters

The Porters are the guardians of College security. They are extremely helpful and can provide a wealth of information about any kind of College matter (how to get a new key-card, what to use as your Cambridge address, where to get luggage scales and everything else, really). They are on duty 24 hours a day in the Porters' Lodge (or "Plodge" as you will very quickly come to call it). Introduce yourself to them when you arrive!

You may reach the porters at porters@murrayedwards.cam.ac.uk or by calling the Porters' Lodge at (+44) 01223 762100.

College Nurse

The College has its own nurse, who may be found in the nurse's office, at the bottom of the staircase next to the library. She is available to discuss any issues relating to physical or mental health. While all students are asked to register with a doctor as soon as they arrive in Cambridge, the College nurse can be a useful first point of call, particularly with minor health concerns.

You may contact Dee Williams, our current College nurse, by emailing her at nurse@murrayedwards.cam.ac.uk or by calling (+44) 01223 762239.

College Facilities

Computing Facilities

The IT Centre, downstairs next to the library, is open to all students 24 hours a day and has 20 computers with a range of software. There are also printing, scanning and copying facilities – please note that printing and copying here is charged to your next College bill at 5p/sheet for a black and white print-out or photocopy. At the ground floor of Canning & Eliza Fok Building, in the MCR Office next to the MCR Common Room, there are two more computers as well as a printer, scanner and photocopier (the same charges apply). Paper may be collected from the MCR Computing/Communications Officer. Graduate rooms have Ethernet sockets and/or wifi to connect your computer to the College network. The internet charges are included in your College rent. The College IT Office (support@murrayedwards.cam.ac.uk) can answer questions about computing in College. Alternatively, you may email the MCR Computing/Communications Officer (mcr-computing@murrayedwards.cam.ac.uk), who will be happy to help or direct you to further assistance.

Library

The Rosemary Murray Library provides reading and study spaces on three floors and houses 60,000 books, videos and CD-ROMs related to a range of topics. They also have a collection of DVDs to watch in your free time. You can search the library catalogue via the general university library search website (<http://idiscover.lib.cam.ac.uk>). As mentioned in the previous section, it is in the library basement that you find the College's IT Centre with computers, printers and photocopiers for your use. All College students can access the library with their student ID card 24 hours a day. Watch out for the library induction sessions held throughout the Freshers' weeks. For all further questions about the library, please contact the library staff by emailing them at library@murrayedwards.cam.ac.uk.

Guest Rooms

Your guests are very welcome at Murray Edwards. You can book guest rooms in College via the College's Events Office (events@murrayedwards.cam.ac.uk). For no more than two consecutive nights, you may also host guests in your room. Please be aware that you need to escort your guests in College between 11pm and 6am. For a small daily fee, pillows, duvets and a fold-up bed can be borrowed from the College Accommodation Service. You may contact them by emailing accommodation.enquiries@murrayedwards.cam.ac.uk.

Bar

The College Bar is located below the Dining Hall in the Dome and is open in Full Term Tuesday to Saturday, 7pm (6:30pm before Formal Hall) to 11pm. Keep an eye on <http://mecs.weebly.com/the-bar.html> for changes to these times. The bar is run by the JCR Bar Committee, but both undergraduates and graduates are very welcome to use it. In the Bar, you can buy a variety of alcoholic and non-alcoholic drinks and snacks can be purchased from the vending machines. The Bar space is also accessible when the Bar is not open and it can be a great alternative study space or a place to meet friends for a chat. The vending machines are of course available outside the official opening hours, too. So if you ever have a sudden craving for chocolate, here's the place to go!

Gym

The gym features a standard range of gym equipment and is conveniently located in the basement of the main College building. Membership costs £18 termly/£45 yearly, as of 2016-17. Inductions (at £8.00 per person) are required before using the gym. To receive more information on memberships and to sign up for an induction slot and, please consult the gym website: <http://www.murrayedwards.cam.ac.uk/college-life/societies-music-and-sports/gym-inductions-and-membership>

Tennis and Squash Courts

There are tennis courts located across from Canning & Eliza Fok Building, and squash courts in College, both of which can be booked at the Porters' Lodge.

Maintenance

Any maintenance issues (from water problems or heating issues to defective light bulbs) should be reported by using the college's Room Management System ("RMS"): <http://www.murrayedwards.cam.ac.uk/node/3948>. For all further maintenance-related queries, please email the college maintenance team at maintenance@murrayedwards.cam.ac.uk. In each case, be as specific about the problem as possible and be sure to give them your room number.

Designated smoking areas

There are two designated smoking areas on College grounds: the "bus shelter" in Storey's Way carpark (across from Canning & Eliza Fok Building) and the Fountain Court immediately outside the Bar area. In all other spaces, particularly inside the buildings, smoking is prohibited.

Recycling and Composting in Canning & Eliza Fok Building

Please put recycling in the three containers in the kitchen: **blue**=cardboard, **red**=tin (rinsed) & plastic (crushed), **green**=glass (rinsed); and paper in the big **yellow** bin at the end of the hall. Staff will empty the red bin, but Canning & Eliza residents need to take the other three out to the recycling point at the back of Canning & Eliza. If these are full, there is another set of collection bins in the covered car park beside the Accommodation Office.

Food scraps (fruit, vegetables, organic material) may be placed in the green bin labelled "Cambridge City Council Compostable Waste Only" in the car park adjacent to the MCR.

Extra-Curricular Activities

Music

There is a wide range of musical activities that you can get involved in, within College or in conjunction with others. In addition to Cambridge University Musical Society (CUMS), the Students' Union lists around 80-90 music societies which cater for a diverse range of tastes, interests and performance levels. For further information, have a look at:

<https://www.cusu.cam.ac.uk/societies/directory>

Murray Edwards Music Society

The music society organises recitals and concerts both by College members and professional musicians, as well as music-related socials. Concerts range from formal performances in the Fellows' Drawing Room or the Dome to relaxed, informal events in the College bar. The Music Society is always keen to hear from musicians in College of all styles and levels and from those who would like to play an organisational role in College music. They are always open to new ideas, so do get in touch! For more information, contact the society committee by e-mailing music.society@murrayedwards.cam.ac.uk

Orchestra on the Hill

The Orchestra on the Hill (OOTH) is a collaboration of the 'Hill' Colleges (and some not quite so hilly) to form a friendly orchestra playing a variety of music. While being a non-auditioned orchestra, a standard of about Grade 8 is expected (for any questions about this, please contact the orchestra committee at the website below). There are two concerts in Michaelmas (a Freshers' Concert and an End-of-Term Concert) as well as one in Lent. For more information

about the orchestra and on how to join, please visit the orchestra's website: <http://www.orchestraonthehill.co.uk/>

Murray Edwards Choir

This is a non-auditioned choir, singing a variety of music from Choral classics to fun popular pieces. They put on a concert about once a term, and perform at the Summer Garden Party, Christmas formals and the Burns Night Formal. For information and rehearsal times, contact Freya Pentz (fp317@cam.ac.uk). New members are always welcome!

Chapel Choir Singing

Many Murray Edwards students sing in chapel choirs at other colleges. This is a great way to sing in a choir in Cambridge and it does not require religious affiliation. Fitzwilliam, Robinson and Churchill Chapel Choirs are usually among the more popular choices for Murray Edwards graduates. Fitzwilliam and Robinson each meet twice per week to provide music for the choral services in chapel, while Churchill choir meets once a week on Sunday afternoons. For more on Fitzwilliam choir, contact Katharine Parton at music@fitz.cam.ac.uk, for Churchill choir, contact Mark Gotham at mrhg2@cam.ac.uk and, for Robinson choir, contact Simon Brown at sbrown@kcs.cambs.sch.uk. Of course, this is only to give you an idea of what is out there (by starting from the colleges closest to ours). Other colleges have great chapel choirs, too – please don't hesitate to browse their websites for further information.

Additional Music Facilities in College

There are four music practice rooms available in the Coach House with pianos, a harpsichord and music stands and a further practice room is located through the external doors behind the Porters' lodge (exit between student pigeon holes and Porters' lodge). Pianists of "concert pianist standard" (typically Grade 8 or above) are welcome to use the Steinway grand piano in the Fellows' Drawing Room when the room is not in use. Please contact Chloe Valenti, the Murray Edwards Director of Studies in Music (cv244@cam.ac.uk) to have your name added to the 'Steinway list' at the porters' lodge. Please also contact her if you are uncertain about how your standard compares to a Grade 8 or if you have any further questions about music at College.

Sports

Graduates can become involved in sports at many levels: from playing a friendly game of tennis with a neighbour, to joining a College sports team to representing the University in UK-wide competitions.

College level

There are various sports clubs at college level. Don't worry if you haven't played for a while or if you're just keen to try out something new – for most, the main requirement is enthusiasm. The different sports on offer range from athletics, badminton and basketball to hockey, ultimate Frisbee and rowing – so, no matter what sports you're into, you're likely to find a match among the college sport societies! To have a look at the different options, see <http://mecsuee.weebly.com/sport-societies.html>. For the Murray Edwards Boat Club, one of the most 'traditionally Cambridge' sporting societies, see <http://mecbc.soc.srccf.net> and watch out for their stalls in College during the Freshers' weeks. Murray Edwards boats take part in a number of inter-collegiate competitions throughout the year, with the so-called "May Bumps" and "Lent Bumps" being among the highlights of the rowing calendar. For these races, boats from all Cambridge colleges are lined up on the river and each try to catch ("bump") the boat in front of them. This always proves very entertaining for the rowers as well as for the onlookers – so, do consider going along and watch them race. Also in many other Murray Edwards sports societies, you can represent your College. The main inter-collegiate sporting competitions are the College League, which runs in one or more terms throughout the year, and the annual College Cuppers. At both, Cambridge colleges compete against each other in a variety of disciplines.

University level

To search for university-wide sports clubs, have a look at the directory of societies on the website of the Cambridge University Student Union: <https://www.cusu.cam.ac.uk/societies/directory>.

Other College and University Societies

The above is just a tiny taste of what there is on offer. There are of course many other societies to get involved in, both within the College and the wider University community. College societies will be represented (for information and sign-up opportunities) at our College's Clubs and Societies Fair during Freshers' week (watch out for information about this in your Freshers' Programme). For university-wide societies, make sure to have a look at the Freshers' Fair offered by the Cambridge University Student Union. This fair takes place at Kelsey Kerridge Sports Hall and Parker's Piece on 3rd and 4th October 2017, from 10 am to 5pm (<http://www.cusu.co.uk>). Go along and see what takes your fancy. For a list of registered clubs and societies in the university, you may also check <http://www.societies.cam.ac.uk>.

Academic Terms

Academic Term or “Term”

The academic year is divided into three academic terms – Michaelmas Term first, then Lent Term and finally Easter Term (also known as Exam Term). Terms have fixed dates according to the University statutes and ordinances: in the upcoming academic year, Michaelmas Term begins on 3rd October, ending on 1st December; Lent Term begins on 16th January and ends on 16th March; Easter Term begins on 24th April and ends on 15th June. Updates and additional information on term times can be found at <https://www.cam.ac.uk/about-the-university/term-dates-and-calendars>. There is a slight Cambridge peculiarity that you should bear in mind: no matter what date a term starts exactly, lectures always start on the first Thursday of term. Please be also aware that many graduate courses operate on the basis of the “Academic Year” which extends beyond the end of Easter Term, finishing on 30th September each year.

Full Term

“Full Term” consists of three-quarters of the longer academic term and refers to the roughly eight weeks during which lectures are given. The dates of Full Term differ slightly from year to year within the fixed dates of the whole term (<https://www.cam.ac.uk/about-the-university/term-dates-and-calendars>).

Keeping Term and Residence

Full-time students must spend at least three terms resident in Cambridge. For a term to be 'kept' a student has to reside in Cambridge for a minimum number of nights (59 for the Michaelmas and Lent Terms and 56 for the Easter Term). Additionally, full-time graduate students are expected to live within 10 miles of the centre of Cambridge while studying at the university.

Students who have good reason to live further away must apply formally for permission to do so (via their CamSIS self-service account) and gain the agreement of their supervisor that this will not impair their ability to study and attend the university as well as the consent of their College. Students whose research requires them to spend a period of time away from Cambridge must apply formally for permission to work away.

For more information, see <http://www.cambridgestudents.cam.ac.uk/new-students/manage-your-student-information/graduate-students/terms-study>.

Living in Cambridge

Financial Matters

Financial Difficulties

If you find yourself in financial difficulties, there are a number of venues you can explore for help. A useful first port of call is your Graduate Tutor in College (see page 8), who will be happy to assist you with their help and advice and point you into the direction of further assistance if necessary. Please also consult the College finance webpage for information on grants and bursaries: <http://www.murrayedwards.cam.ac.uk/College-life/finance-and-funding>. The website also gives you information about accessing other University funds.

A very good overview of the university-wide support available can be found on <http://www.graduate.study.cam.ac.uk/finance/funding>, the main University website on finances and funding. Your department will most likely offer a range of funding opportunities as well, so make sure to check if you're eligible for any of these.

Banking

The College asks you to open a bank account, ideally in the UK (if you don't already have one). All main banks have branches in the city centre, so it is worth shopping around for those with the best interest rates and perks, and most forgiving overdraft fees, on offer. A number of banks (Barclays and Lloyds, for instance) offer free student bank accounts and some also have more support available for overseas students. For opening a bank account you will need a confirmation of your student status. You can request a letter of confirmation from the College Tutorial Office by completing the form at the following link: <http://www.murrayedwards.cam.ac.uk/webforms/request-form>.

Additional Sources of Income

The Board of Graduate Studies requires graduate students to work no more than ten hours a week (or fewer, for students on some grants), and in an area relevant to your studies. Lab demonstrating and undergraduate supervisions (small group teaching) are good sources of extra funds – wages vary, but expect to receive £6-10 an hour for demonstrating and £17-35 an hour for undergraduate supervision. Those on Tier 4 visas should be aware of the relevant restrictions on paid work.

You can find out about the availability of these jobs by talking to your supervisor, to your fellow grads at your department or directly to the Directors of Studies (in your subject area) at different Colleges. If you have the time, it is a very rewarding way of supplementing your income, getting good teaching experience and CV points!

Food in College

Dome Cafeteria

There is a cafeteria service in the Dome for breakfast every day during term time from 8:00 - 9:30am, for lunch from 12:30 - 1:30pm and for dinner from 6:00 - 7:15pm, except for Formal Hall evenings and Saturdays. Saturday brunch is popular amongst the student body, and is served from 11:30am – 1:30pm instead of the usual lunch service. You can pay with cash or from your “account” using your student ID card. Money can be added to your account at the Porter’s lodge (cash only) or online (log in with your Raven details: <http://www.murrayedwards.cam.ac.uk/meal-booking>). Please remember that you will get the cheaper College rate if you pay with your card.

Formal Hall

Formal Hall is a formal, three-course meal served in the College Dome. It is preceded by pre-dinner drinks in the Fellows’ Drawing Room, courtesy of the Fellows of the College, and is frequently followed by port and cheese in the MCR. Formal Halls take place every Tuesday during term time and on selected Fridays. Additionally, “Super Halls” happen at special events, such as Christmas Dinner. There are 72 places reserved every week for graduates, who like to use this occasion to socialize with the graduate community in College. Additionally, the food is generally very good (dietary requirements can be given when booking) and, perhaps best of all, you can attend Formal once a week for free – so there is really no excuse not to go!

Formal Hall tickets

You can book Formal Hall tickets online, on the College meal booking pages (<http://www.murrayedwards.cam.ac.uk/meal-booking>). However, since they are very popular, don’t sign up at the last minute. Be aware though that *if you make a booking and don’t turn up, you will be billed* (the price of the meal you missed will be added to your College bill for next term). Please note as well that it’s not possible to simply pass on your ticket to another graduate at the last minute, since there are checks of student ID cards when you collect your tickets. So, if you realize you cannot go, email the catering department straight away (catering@murrayedwards.cam.ac.uk) and let them know: this way you won’t be billed and someone else may take your place.

Guest tickets

Guest tickets can also be purchased (via the meal booking service). You can bring up to three guests and the cost will be taken from your account at the time of booking, so you will need credit on your student card. If you would like

to bring a larger group of friends, you can make a group booking for up to nine guests with the catering department (catering@murrayedwards.cam.ac.uk). Feel free to bring your family and children as well – formal is a family-friendly affair!

Dress code

There is no set dress code as such, but be guided by the name *Formal* Hall: jeans and trainers are a no, smart trousers/skirt are a yes. Academic gowns are not usually required, but are worn by many members of College attending Formal and will also be useful for attending Formals at other Colleges.

Around College

Across from and behind Canning & Eliza Fok Building, a vegetable and herb garden has been planted by the College gardeners, where picking of herbs, vegetables and berries is greatly encouraged! There is an old orchard at the back of College near Storey's Way, with wonderful cooking apple and pear trees, which you are also urged to use when the season is right. In late summer, plums can be collected from trees scattered around College, and there are grape vines beside the tennis courts. You can always ask our friendly gardeners for more information on the edible plants in College and their seasons:

www.facebook.com/murrayedwards.garden/.

If you'd like to get involved in gardening and planting yourself, think about joining the Edible Garden Project, which has its planting patches right across from Canning & Eliza Fok Building. For more information, contact Funmi Ladejobi (ool21@cam.ac.uk).

Food in Town

Cambridge Market

Cambridge is fortunate to boast an excellent food market every day of the week in Market Square in the town centre. Examples of the stalls on offer are: freshly baked bread, a butcher and fishmongers several days a week, a wide selection of fresh fruit and vegetables, spices, an amazing English and Continental cheese stall, sweets, leaf tea, cakes...you name it! The fruit and veg selection really can't be beaten, and prices are, on average, similar to the various supermarkets in and around the town. For further information on the Cambridge market, see <https://www.cambridge.gov.uk/markets>.

Supermarkets

A wide range of supermarkets are scattered about Cambridge; most are easily accessible on foot, by bike or by bus. If you are planning to buy a larger amount of food and don't want to carry it all, you may want to use the online delivery services offered by the bigger supermarkets below (if you spend more than a certain amount, delivery charges are very cheap!).

Here is a selection of supermarkets in Cambridge:

Midan Halal Supermarket is just down Histon Road, less than five minutes from the Porters' Lodge. It is a treasure trove of the mundane and exotic: if you need fruits, vegetables, tea, milk or obscure spices all can be found here, as well as a great selection of Asian foods, Italian pasta and household items.

Aldi, Iceland and Co-op are grouped together a few minutes further down Histon Road. The small Co-op has longer opening hours than Midan, Aldi, or Iceland, including being open on Sunday evening after larger stores are closed.

Sainsbury's is located on Sidney Street in the town centre. It is the most convenient supermarket for the bulk of the student population, hence it is often very busy! There is a larger one on Coldham's Lane, though this is less accessible without your own transport (but online delivery is available).

Tesco has very large stores both on High St (off Newmarket Rd), which you can cycle to, and also north of the city at Bar Hill, which can be reached by car, on the Citi 5 bus that stops right outside College, or by bike, for the more adventurous (again, think about online delivery options).

Marks & Spencer is located in Market Square. It is rather more pricy but excellent for a treat!

Spice Gate and **Al-Amin** are two excellent halal butchers. Located on Mill Road, they are bit further away from College and the city centre, but still well worth a visit. Alongside their different meat specialities, they offer Mediterranean spices and Syrian/Lebanese food. While you are on Mill Road, make sure to have a look around – there is a variety of other Asian and Oriental supermarkets and restaurants to be found there as well (see next page).

Restaurants & Cafes

Cambridge is absolutely full of restaurants and cafes, most serving good food, and some that are excellent. Below are a number of great places to start with. They are the recommendations of former graduates. Options that are particularly good for vegetarian, gluten-free or halal food are marked as follows (v) (gf) (h). Please note that the Cambridge stores of **Crepe Affair**, **Domino's**, **Pizza Hut** and **Pizza Express** all serve halal chicken.

Cafés and recommended venues for afternoon tea and breakfast

The Grads Café is also situated in the University Centre and provides a selection of teas, a range of coffees, baked goods and sandwiches. This is a perfect place to enjoy the best view of the River Cam in the city. The café is open from 9.00 to 21.00 every day, which is also very convenient.

Fitzbillies is a Cambridge institution, which has existed on its current premises on Trumpington Street since 1921 and is famous for its sticky Chelsea buns (do try them!). They have recently opened a second coffee shop on Bridge Street, very close to our College.

Harriet's Café Tearooms is an amazing place for a very British afternoon tea or a traditional full English breakfast. They have a beautiful sitting area, delicious food and lots of gluten-free options. (v) (gf)

Agora at the Copper Kettle is another great venue for full English breakfast. They also have good vegetarian options and offer a delicious Turkish breakfast as well. Situated right across the street from King's College Chapel, the Copper Kettle provides a perfect view of one of the most famous Cambridge sights. (v)

The **Espresso Library** on East Road is an intriguing fusion of a cycling cafe, art gallery, specialty coffee shop, restaurant and a bar. While offering great coffee, tea and a variety of snacks and cakes, they also exhibit art, design furniture and a range of stylish bicycles (suspended from the ceiling). (v)

Hot Numbers Coffee is an independent coffee store to be found at two locations in Cambridge (Gwydir Street and Trumpington Street). It provides speciality coffees from home-roasted beans and a selection of delicious food choices. In the evenings, Hot Numbers on Gwydir Street hosts a variety of music events. See hotnumberscoffee.co.uk/, for more information.

Recommendations for British and international dining

The Main Dining Hall is situated in the University Centre and serves lunch at 12.15-14.00 throughout the week and dinner at 18.00-20:00, weekdays only. This is a good option for students who spend the working hours in the city centre. The Dining Hall provides a range of fresh salads, daily soups and a wide selection of meat and vegetarian meals. For current menus, see <http://www.unicen.cam.ac.uk/food-and-drink/main-dining-hall>. (v)

Aromi is one of the best places in Cambridge if you fancy Italian-style snacks, cakes, coffee and a relaxed Mediterranean atmosphere. They also make a range of delicious ice creams, and during the warm season people queue to

savour it. They have several locations in Cambridge, check the menus and addresses on their website: <http://www.aromi.co.uk/>. (v)

Seven Days on Regent Street is a very authentic Chinese restaurant. It is famous for its Szechuan cuisine and combines good prices with good service. The hotpot and fish in chilli are highly recommended.

Charlie Chan on Regent Street is the oldest Chinese restaurant in Cambridge. This restaurant has been open for over 50 years! It offers traditional Cantonese food: authentic Huaiyang and Cantonese cuisine as well as Dim Sum.

Thaikhun on Quayside provides authentic Thai cuisine and is popular for its delicious food and generous portions. The restaurant also provides a very nice dining atmosphere.

Wagamama on Andrews Street offers affordable and delicious Japanese food in the town centre. It is a good place to have a quick lunch. The noodles and prawn & squid are highly recommended.

Navadhanya is an Indian restaurant on Newmarket Road that provides high-quality food, an elegant environment and good service. If you love Indian food, you will not be disappointed.

Cocum on Castle Street is super close to College and offers a delicious range of South Indian and Keralan cuisine. According to reliable sources from our very own graduate community, Cocum provides the best and most authentic Indian food in Cambridge.

Cinar on St Andrews Street serves excellent Turkish cuisine. The food is delicious and the owner is very friendly. (h)

Efes Restaurant on Kings Street is a buzzing, informal Turkish restaurant serving classic Mediterranean dishes in a lively dining room. The food is often described as "authentic Turkish cuisine" by Middle Eastern students. Efes provides high-quality food and a free salad with almost every order.

Al-Casbah and **Bedouin** on Mill Road are two fantastic places for Algerian/Moroccan cuisine. They both offer great halal food. (h)

The Market Square area is a great place for a quick bite to eat: have a falafel at "**Taste of Cambridge**" on Market Street, a waffle coated in strawberries and chocolate at the **Belgian Waffle Stand** or delicious fried dumplings at the **Dumpling Stall**. (v)

Pubs with a range of food options can be found in great numbers throughout Cambridge. For some suggestions of popular choices, see pages 26-27 below.

Shopping

There is a great range of shops in the streets around the Market Square in city centre and in the near-by Grand Arcade, the main Cambridge shopping centre. A bit further away, but worth a visit for a range of cheaper shops (including Primark) is the area around the Grafton Centre as well as the shopping centre itself. Close to the Grafton Centre, you also find a branch of Argos, a very useful store for buying inexpensive furniture, kitchen utensils, decorations and home ware (since the store sells items by catalogue only, you may as well browse their website first and only visit the store to collect your items). Another part of town in which you find a great variety of home ware stores is the Cambridge Retail Park. It features another Argos, a Home base, a Home Sense and several similar stores selling all you could possibly need to furnish your room. But be on the lookout as well for offers at Aldi, Sainsbury's and Tesco: they all have offer a range of home ware products and every few weeks, they sell duvets, pillows, covers and towels.

Note: Please bear in mind that you have to pay a regular fee for the 'bed pack' (duvet, pillow and sheets) College provides you with if you are living in College accommodation. So it's definitely the cheaper option to seek out one of the stores above and to buy these items at the beginning of your time in Cambridge.

Transport

Cycling

Cycling is the preferred form of transport in Cambridge, and hence there are many bike shops! The website www.camcycle.org.uk gives advice on safe cycling in the Cambridge area, and the membership discount section gives a useful list of shops around town. For repairs, many shops will oblige; as well as the Bikeman in the Market Square and Spokes Cycle van which can often be found on the road next to Churchill College.

Make sure you have working lights for cycling in the evenings; the police have been known to wait in Cambridge town centre to check people are cycling safely. Cycling without lights at night can earn you a £30 fine. It's also a good idea to have a helmet.

Remember to register your bike with the Porters' Lodge so it doesn't get removed from the bike racks on the College grounds. Canning & Eliza Fok Building has a dedicated bike store for grads, and the largest indoor storage is down the ramp at the front of the College.

You may also want to register your bike serial number with the National Bike Registry to make your bike identifiable in case of theft. For further information, have a look at <http://nationalbikeregistry.com/register.html>.

Buses

Most Cambridge city buses are operated by Stagecoach. For timetables and route maps, see www.stagecoachbus.com/cambridge/. For reference, a single journey on the Citi 8 from Victoria Road (over the junction opposite College) to the Railway Station costs £3.60 and takes 20 – 25 minutes. If you need to use the bus often, Dayrider (£4.30) and 7-day Megarider tickets (£14.50) are cheaper than multiple single tickets.

The “Universal Bus”, operated by Whippet, is subsidised for University Card holders and goes from the West Cambridge Site (Cavendish Lab, Computer Lab, Vet School) through the city centre and the railway station down to Addenbrooke’s Hospital. A single journey costs £1 with your university ID card and £2 without it.

RailCard and CoachCard

You can get 1/3 off your rail and coach travel with the 16-25 Rail Card and The National Express Young Persons Coach Card. For more information, see http://www.nationalrail.co.uk/times_fares/46540.aspx#16-25 and <http://www.nationalexpress.com/offers/coachcards/young-persons-coachcard.aspx>.

You are eligible for the 16-25 railcard even if you are over 25, provided you are in full time education (a confirmation of your student status can be obtained from the Tutorial Office in College by filling in a request form at <http://www.murrayedwards.cam.ac.uk/webforms/request-form>).

Driving

You need to obtain permission from the Senior Tutor to have a car in Cambridge (senior.tutor@murrayedwards.cam.ac.uk). You will also need to obtain a parking permit to park in the College grounds. Generally people do not have cars here as everything you will need is within walking or cycling distance.

Healthcare

Doctor

You are required to register with a General Practitioner when you arrive in Cambridge. There is a surgery conveniently located right next door to College, at 1 Huntingdon Road, and there will be registration dates available during the Freshers’ weeks – watch out for information about this on the College’s Freshers’ timetable. Of course, you may register with any other GP in Cambridge, if you wish.

Dentist

The University Dental Service, which used to be the point of call for students' dental care needs, was sold in December 2016 and is no longer affiliated with the University. You can find out about local dental practices accepting NHS patients at <http://www.nhs.uk/Service-Search/Dentist/LocationSearch/3>.

Medical Taxi Scheme

College provides a free taxi to Addenbrooke's Hospital for students living in college accommodation. If you are ill or injured and would like to use this scheme, you will need permission from the nurse or your College Tutor.

Entertainment

Museums

Cambridge has an amazing variety of university museums. Home to the university's collections, they are a fabulous resource for researchers, students and the general public. All of the Cambridge museums provide a stunning range of exhibits and, on top of that, they are absolutely free of charge. So, do start exploring! For more information, see <http://www.museums.cam.ac.uk>.

Here is a brief overview:

Fitzwilliam Museum (Trumpington Street):

The Fitzwilliam Museum houses world-class collections of works of art and antiquities spanning centuries and civilisations. For additional information and their current exhibitions, see www.fitzmuseum.cam.ac.uk

Kettle's Yard (Castle Street):

A beautiful and unique house with a distinctive collection of 20th century art, and a gallery exhibiting contemporary and modern art. Have a look at www.kettlesyard.co.uk, for more information.

Note: The museum is closed for refurbishments at the moment.

Museum of Art and Archaeology (Downing Street):

Experience the diversity of people and cultures from around the world. Highlights include Pacific material collected on Captain Cook's voyages of exploration and the 14-metre-high totem pole from Canada. To learn more about the museum, see <http://maa.cam.ac.uk>.

Museum of Zoology (Downing St):

Tracing the evolution of animal life the museum houses a huge variety of recent and fossil animals; including intricately beautiful shells, a comprehensive collection of British birds, a spectacular whale skeleton and many other large skeletons of mammals. For more information, have a look at <http://www.museum.zoo.cam.ac.uk>

Note: The museum is closed for refurbishment at the moment.

Museum of Classical Archaeology (Sidgwick Avenue):

One of Cambridge's hidden gems the museum houses one of the world's largest collections of plaster casts of Greek and Roman statues, originally gathered in the late 19th century. To find out more about the museum, see <http://www.classics.cam.ac.uk/museum>.

Whipple Museum of the History of Science (Free School Lane):

An internationally important collection of scientific instruments and models, dating from the Middle Ages to the present, demonstrating the vitality of past science. Have a look at <http://www.sites.hps.cam.ac.uk/whipple> for further information.

Sedgwick Museum of Earth Sciences (Downing Street):

The museum houses fossils, rocks and minerals from around the world and explores more than 500 million years of Earth's history. If you'd like to find out more, see <http://www.sedgwickmuseum.org>.

The Polar Museum (Lensfield Road):

Housing collections on all aspects of life in the polar regions, exploration, history and modern polar science, the museum tells the story of planet Earth's coldest, driest, windiest, highest and deadliest places. For more information, see <http://www.spri.cam.ac.uk/museum>.

Cambridge University Botanic Garden (1 Brookside):

A showcase for over 8000 plant species from around the world, the Garden includes nine national collections, all immaculately displayed amongst the finest arboretum in the region. The Botanic Gardens are also a great place to go for a walk and to enjoy a nice cup of coffee at their on-site café.

If you're keen to learn more about the Botanic Gardens, have a look at <http://www.botanic.cam.ac.uk/Botanic/Home.aspx>.

Theatres

The ADC Theatre (Park Street):

The ADC Theatre is a department of the University of Cambridge. It is the oldest University playhouse in the country and at the heart of Cambridge's busy amateur dramatic scene. The ADC is the centre of University drama in Cambridge, run almost entirely by students with no Faculty involvement. Offers a

vibrant programme of drama, music and comedy, the theatre usually features two shows a night during university term times. For their current shows, see: <https://www.adctheatre.com>.

Corpus Christi Playroom (St Edward's Passage):

The Corpus Playroom is an intimate studio venue in the heart of Cambridge. It is owned by Corpus Christi College, and managed by the University of Cambridge through the ADC Theatre. The College drama society, the Fletcher Players, is the resident company.

The L-shaped studio is Cambridge's primary fringe space, showcasing a variety of productions, with an emphasis on new writing. During term there are normally two shows a night, with a student price of only £5. For more information, see <https://www.corpusplayroom.com/about-us.aspx>.

The Arts Theatre (St Edward's Passage):

Located in the heart of the city, the Arts Theatre was founded in 1936 by renowned economist John Maynard Keynes. Offering a varied programme of drama, dance, music, comedy and pantomime, they aim to promote and develop a wide range of high quality of live performance, which is enriching, enjoyable and accessible to all and which embraces all sections of the community. See <https://www.cambridgeartstheatre.com/>, for their current programme.

Cinemas

Arts Picturehouse (St Andrew's Street):

The closest cinema to College is the Arts Picturehouse on St Andrews Street, next to Wetherspoons. It specialises in classic, art-house and independent films and foreign language releases, but shows mainstream releases as well. It also has a very popular café.

Vue (The Grafton Centre, East Road):

The next closest is the large Vue complex in the Grafton Shopping Centre on East Road. It shows the mainstream releases.

The Lights (Clifton Road):

On Clifton Road, this is quite a bit further away, on the way down to Addenbrooke's, but, in addition to the cinema, the Lights provides restaurants and a bowling alley as well.

All three cinemas have a variety of cheap days/deals.

Clubs

Student club nights around the town are listed on the CUSU (Cambridge University Student Union) website, and are held in many of the club venues around town (<https://www.cusu.cam.ac.uk/events/club/>). Many of the Col-

leges hold their own events as well – ask your fellow MCR members for details. You may find a lot of them will refer to the clubs in Cambridge by names from several years ago, though (Cindies for today's Bellare, Life for today's Kuda) – they change too frequently for some students, who have been around for too long to keep up with them.

Pubs

You really are spoiled for choice with pubs in Cambridge! Finding the right one for you takes stamina, diligence and determination but the quest is well worth it. For a good overview, see www.cambridge-pubs.co.uk

Here is a selection of the closest and quirkiest pubs recommended by former Murray Edwards grads:

The Castle Inn: The pub of choice for many students on the hill, this is a very popular pub with great food, no TV screens and an excellent beer garden.

The Architect: Opposite the Castle on the hill, this pub is often quieter on busy Friday nights when the Castle becomes very full indeed, but has live music on Sunday evenings.


The Carpenters' Arms: Five minutes away from College on Victoria Road, this pub offers high-quality pub food and pizza. They are known for their vegetarian and gluten-free options. (v) (gf)

The Champion of the Thames: This is a tiny pub on Kings Street with an excellent selection of Real Ales and a landlord more than happy to share his knowledge with interested parties, as well as a real coal fire for winter evenings!

The Eagle: The most famous Cambridge pub, on Benet Street, this was supposedly frequented by Crick and Watson during their work on the structure of DNA (fun fact: they even serve a special brand of beer called DNA). The ceiling in the back room is covered with signatures of US airmen dating from the Second World War.

The Granta: On Newnham Terrace, you can have your drink or meal while watching people trying to punt. This is also the “home pub” of many departments at the Sidgwick Site.

The Anchor: Situated equally close to the Cam (on Silver Street), the Anchor also provides great views of the river. In addition, it has rather good food and is a popular choice in the city centre.



The Maypole: Most pubs have their last round at 11pm. The Maypole, at 20A Portugal Place, is open officially until 12am Mon-Thur and 1am Fri-Sat, but unofficially is often open until even later. Unsurprisingly, the pub is very popular in the student community.

Punting

Punting is one of the most popular summer pastimes in Cambridge. Go on a guided tour or be more adventurous: grab drinks, some food and a few friends and take out a self-hire punt. Discounted rates are available for College members at Scudamores (behind the Anchor pub) – make sure to ask for your discount when you take out a punt!

Useful Websites ...

Useful Websites

Murray Edwards MCR:

<http://www.srcf.ucam.org/memcr/>

Freshers' section on the MCR website:

<https://memcr.soc.srcf.net/freshers-events-2017/>

Murray Edwards Graduates Facebook group:

<https://www.facebook.com/groups/260424717787820/>
("Murray Edwards Graduates 201//2018")

Murray Edwards College:

<http://www.murrayedwards.cam.ac.uk/>

Murray Edwards JCR:

<http://meclu.weebly.com/>

Cambridge University Student Union (CUSU) website:

<http://www.cusu.cam.ac.uk/>

CUSU for international students (iCUSU):

<http://www.international.cusu.cam.ac.uk/>

Cambridge CUSU Societies Directory:

<https://www.cusu.cam.ac.uk/societies/directory/>

Cambridge University Graduate Union (GU):

<http://www.gradunion.cam.ac.uk/>

Cambridge Glossary, provided by the GU:

<http://www.gradunion.cam.ac.uk/prospective-students/cambridge-glossary>

National Union of Students (NUS):

<http://www.nus.org.uk/>

Students' Union Advice Service at the University of Cambridge:

<http://www.studentadvice.cam.ac.uk/>

University of Cambridge:

<http://www.cam.ac.uk/>

University Counselling Service:

<http://www.counselling.cam.ac.uk/>

Cambridge Library Search:

<http://idiscover.lib.cam.ac.uk/>

The University What's On guide:

<http://www.admin.cam.ac.uk/whatson/>

Cambridge Local Secrets – check out the special offers section:

<http://www.localsecrets.com/>

Congratulations – you've made it through our College graduate advice booklet.

Now the real Cambridge adventure can begin ...

Any more questions?

Contact your MCR Committee. We are very happy to help.