

FRESHERS' GUIDE

2022 – 2023



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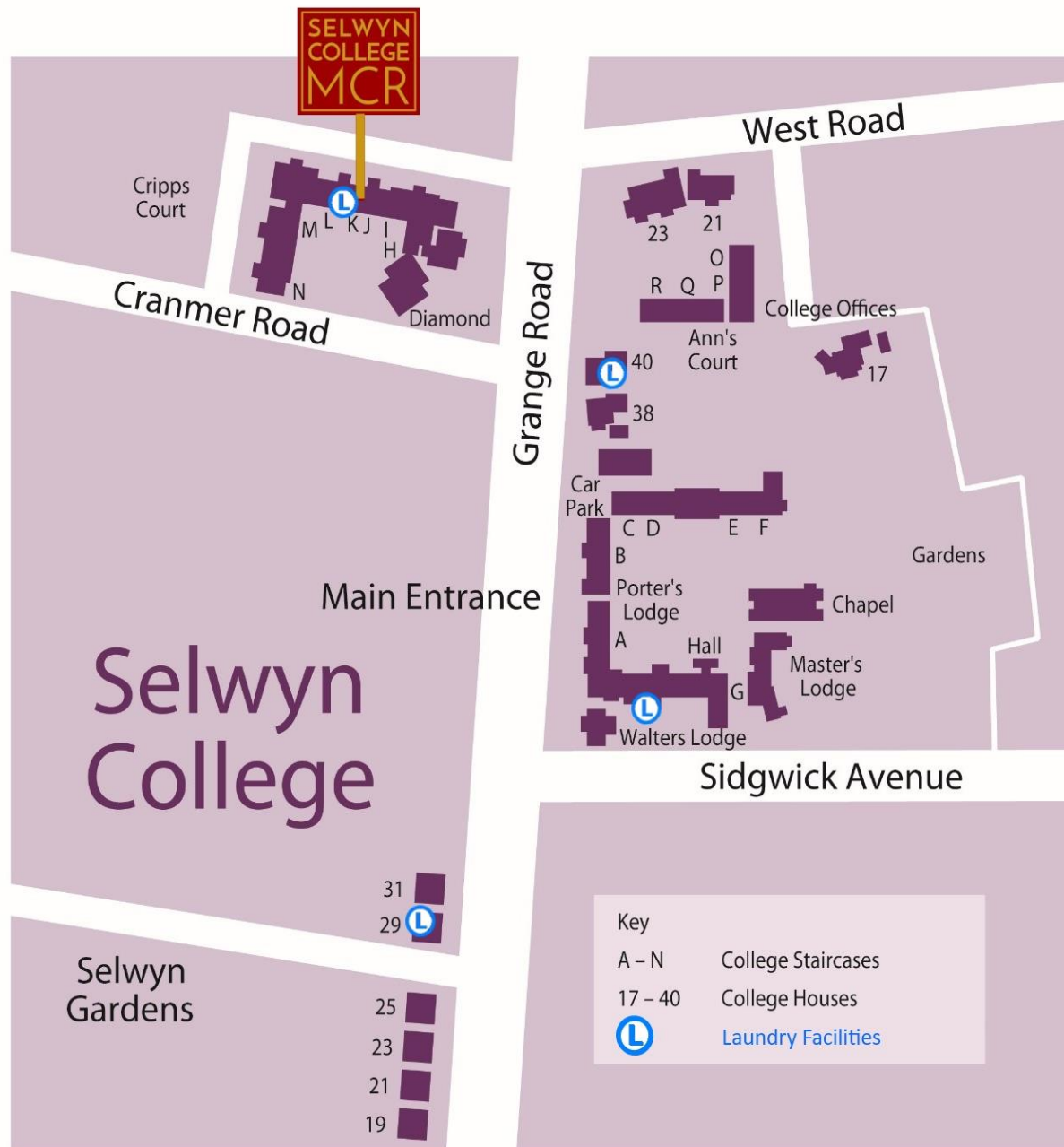
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Freshers' Month



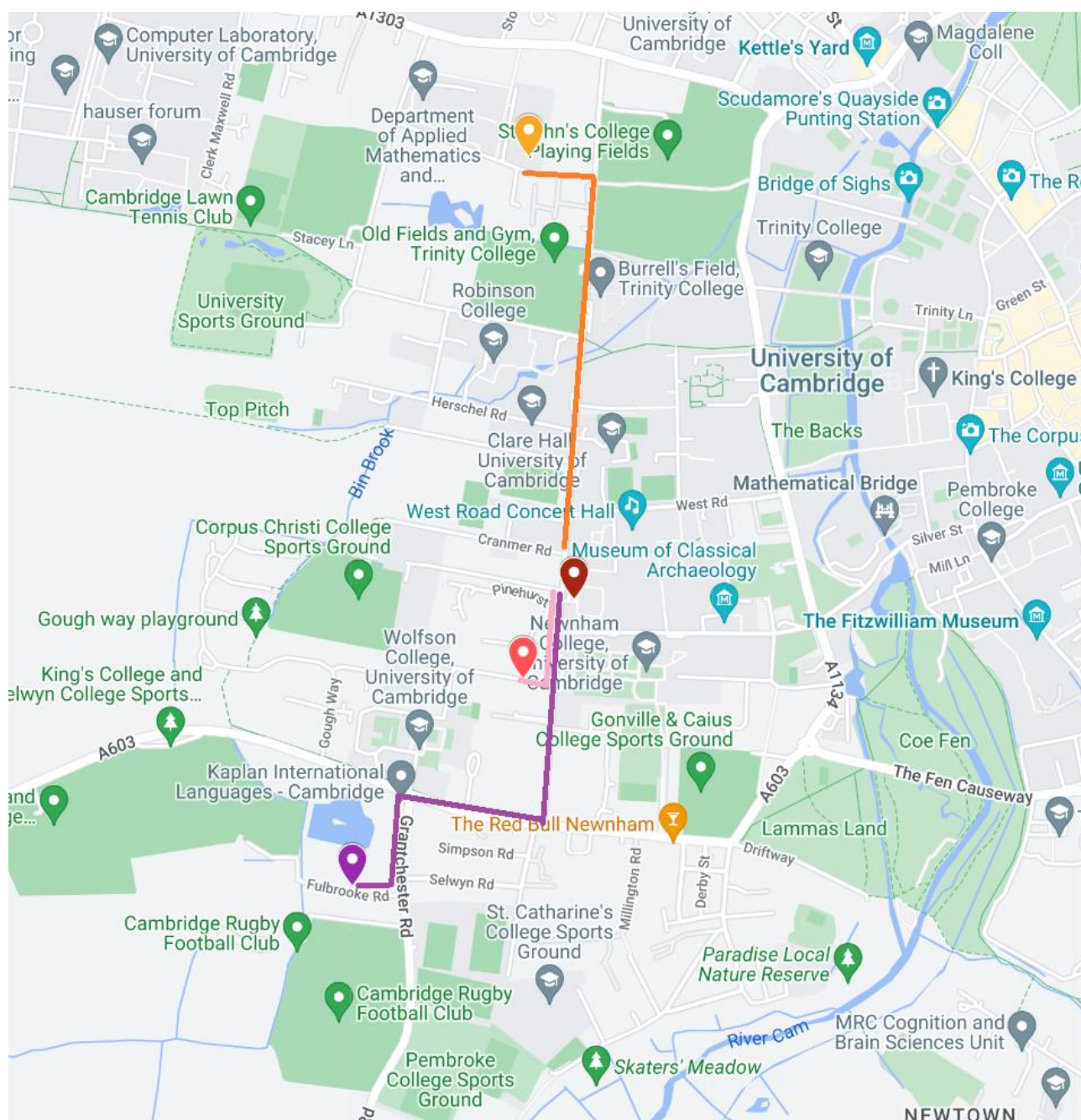
Arriving in Selwyn





Map of Selwyn





Selwyn College to off-site accommodation



-  Selwyn College
-  Wolfson Court
-  Fulbrooke Hostels
-  1 Selwyn Gardens



Cambridgeshire emergency contacts












Emergency Services	999
Cambridgeshire Police (non-emergency)	101
Cambridgeshire Fire and Rescue Service (non-emergency)	01480 444500
NHS 111 (non-emergency health queries)	111
Cambridgeshire County Council	0345 045 5200
Peterborough City Council	01733 747474
Environment Agency – Floodline	0845 9881188
Report a gas leak	0800 111999
Report loss of electricity	105 (new number by power networks to report a power cut)
Anglian Water	03457 145145 (water supply queries and emergencies)
BT Report line / telephone fault	0800 800151







Before you arrive

Equipment

College rooms are furnished and mostly functional. All College rooms should contain:

 Bed	 Desk	 Armchair
 Bedside table	 Desk chair	 Waste bin
 Wardrobe	 Desk lighting	 Coffee table
 Chest of drawers	 Bookcase	

However, some items are not provided, and you might need to bring with you upon arrival to your new college room (or bought in Cambridge if you are travelling from far away and cannot bring too much stuff). Here is a small list of items that will not be provided (but might be left behind by previous occupants, so you might want to wait until you get here):

-  Bedding (including duvet and pillows; but they can be requested from the Head Housekeeper)
-  Cutlery, crockery
-  Kitchen utensils
-  Towels and shower items

All kitchens have a kettle, a microwave, a stove, and a fridge. Some have a freezer and an oven, but please note that most kitchens **DO NOT**.

Cambridge is a small town, with very few parking options. Considering college students are rarely allowed to get a parking permit and traffic in town can get very bad, we strongly suggest that you either bring a bike from home or get a bike as soon as you arrive in Cambridge. Most things are within walkable distance, but a bike does make your life easier (also check the “Getting around” section for information on the discounted bus).

Clothes

You will have plenty of formal events in Cambridge. We recommend that you bring at least one formal outfit (honestly, you will need more than that, but one is a good start) and one black tie outfit (again, more than one is ideal). Most formals in Cambridge require that you wear a gown (the type that you would wear at a graduation ceremony). If you have one, we recommend that you bring it with you. If you do not, there are options to buy one – new or second-hand – from the [Student Union](#) or from shops in Cambridge ([Ryder & Amies](#) or [Ede & Ravenscroft](#)), or you can borrow one from the Porters’ Lodge. More information on which gown you would need can be found [here](#).



Formals

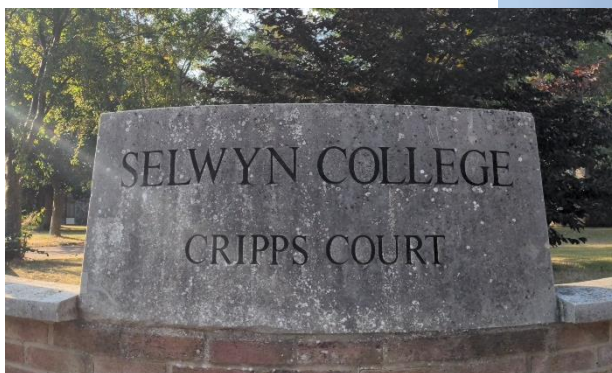
When you arrive

Step 1

Go to the Porters' Lodge (see map) and get your room key (if you are allocated a room in Wolfson court, also ask for a late key), your University Card (extremely important), and your welcome pack. Remember to ask for the key to our common room (this room is called the MCR, we will come back to that later in this booklet)! You can always come back and grab it later if you forget.

Step 2

Find your room (see map) and get settled in. Freshers usually live in Cripps Court (a typical hall of residence) or in college-owned houses, also called hostels. Rooms in Cripps Court are modern and almost all en-suite, but the kitchens (also called gyms) do not have ovens nor freezers. Rooms in hostels are not all en-suite, but the kitchens all have an oven and a freezer.



All rooms have a single bed. Usually, College tries to put Freshers with Freshers to encourage mingling, however, it might not always be the case. But fear not! Us returning students are very nice and we will welcome you warmly if you end up living with any of us.



Hostels

Here are some useful contacts in case you have any issue with your accommodation:



Accommodation officer: Ms Alison Benham – accomodation@sel.cam.ac.uk

To be contacted if you are not happy with your room and wish to change (you will need to have a valid reason).



Head Housekeeper (housekeeping): Mr Attila Guba – head-housekeeper@sel.cam.ac.uk

To be contacted if your room or kitchen needs more cleaning, if you need more furniture, if you need more toilet rolls or kitchen rolls, etc.



Maintenance: <https://maintenance.sel.cam.ac.uk/>

To be contacted if anything in your house or room or corridor is not working properly. This website allows you to file your request very easily instead of having to send emails. The maintenance people are very efficient and usually fix your issue within two working days.

Do not hesitate to contact the people above if or when you have an issue with your accommodation.

Step 3

Get your email address, WiFi (either [eduroam](#) or [Selwyn WiFi](#)), and anything IT-related sorted. You should have all the necessary information in your welcome pack, and your department will give you department-specific instructions. If you are struggling, do not hesitate to email helpdesk@sel.cam.ac.uk for help, or just pop into the IT Office on the second floor of Ann's Court Admin Building, the Christopher Dobson Building (check map).

Step 4

Walk around college and get familiar with the main useful sites, like the Porters' Lodge, the dining hall, the MCR, the administration offices, the closest laundry facilities, etc.



College contacts

People

Master: Roger Mosey – rm725@cam.ac.uk

The Master is in charge of College, and you will usually see him walking around with his two adorable dogs, Isla and Yoyo. He hosts regular talks in the Master's lodge with really exciting guests that you can attend if you are interested.

Senior Tutor: Michael Sewell – mjs1001@cam.ac.uk

The Senior Tutor oversees academic and pastoral matters at Selwyn.

Dean: Charlotte Summers – dean@sel.cam.ac.uk

The Dean oversees discipline in college, which you will hear more about in her welcome talk. You need her authorisation to organise any event that is more than a chill gathering between a few friends. If you step out of line, you will be called into her office (also known as being “deaned”).

Your Tutor:

Upon getting admitted to the University of Cambridge, you have been allocated a Tutor. If you don't know who your Tutor is, follow the steps in [this document](#). This Tutor is your main point of contact if you have any personal or academic issues. DO NOT HESITATE to contact your Tutor if you have any problem (financial problems, troubles with your supervisor, mental health issues, etc.), they are literally here for this purpose.

Porters: porters@sel.cam.ac.uk

The Porters run the Porters' Lodge 24/7. They are here to chat, to answer any question (if they do not know, they can point you to someone who does) and keep you safe around college. If you hurt yourself, get locked out of your room, or need guidance around college, they are the people to go to. Our Porters are notoriously friendly, as opposed to other colleges (*cough* Trinity *cough*). You will also find your pigeonhole in the Porters' Lodge, which is where your mail is delivered to. Our Head Porter is Helen Stephens.

College nurse/welfare advisor: Lucy Turnell – nurse@sel.cam.ac.uk

The college nurse is your first point of contact for medical problems (however, for very minor issues like a small cut made while cooking, for example, you should contact the Porters first). She can help with minor issues and advise you on where to go for something more serious. Her room is B5, in Old Court, and you are welcome to drop in on Mondays to Fridays, between 10 a.m. and 11:30 a.m.

Chaplain: Arabella Milbank Robinson – hab36@cam.ac.uk

The Chaplain is also the Dean of Chapel. She is friendly and provides confidential and pastoral support to everyone in College, no matter what religion. She can also help put you in touch with other faith communities in Cambridge.

College parents:

Upon being admitted to Selwyn College, you have been allocated two College parents. Those parents are meant to be your first social contact in Selwyn. They will (or have already) send you a welcome email and you are welcome to ask them any question. Parents are here to advise you on the more “under the table” facts of Cambridge and Selwyn. Keep your eyes open for the email from your College parents!

The MCR committee: see next section



Useful links

Join us!



<https://www.facebook.com/groups/416847080546411>

This is the Facebook group of the postgraduate community of the year 2022/23. **This is our main means of communication** for social events and important College matters, so do not forget to join the group if you haven't already!



Selwyn College MCR 2022/23

Private group · 45 members



<https://www.sel.cam.ac.uk/>

This is the website of the college. You can find pretty much any information you are looking for on this, be it about regulations, accommodation, hall menu, finding email addresses, etc.



<http://www-mcr.sel.cam.ac.uk/>

This is the website of Selwyn MCR. This is where you can find general information about the MCR committee and the MCR facilities.



<https://www.facebook.com/Selwyn.College.Cambridge>

This is the Facebook page of Selwyn College. Follow it to find out about the latest updates about the college.



<https://www.facebook.com/SelwynMcr>

This is the Facebook page of Selwyn MCR. It highlights the main events of the MCR.



<https://www.instagram.com/selwyn.mcr/>

This is the Instagram page of Selwyn MCR. It highlights the main events of the MCR and introduces you to the MCR community.

The MCR committee

MCR stands for Middle Combination Room. It refers to the postgraduate community of a college. Similarly, JCR (Junior Combination Room) refers to the undergraduate community of a college, and SCR (Senior Combination Room) refers to the academics of a college. More broadly, MCR can also mean the MCR committee, or the physical common room that we use for many of our events.

We are a group of friendly people whose role is to welcome you in the college, help you out when you are in need, whatever that need might be, represent your voice at college meetings, and organise social events for you to enjoy the best student experience possible. Without further ado, let us have a look at this year's committee.

Meet the MCR committee for 2022

President

mcr-president@sel.cam.ac.uk



Elsa Kobeissi

The President takes overall responsibility over the Committee and represents the MCR at the College level.

Secretary

mcr-secretary@sel.cam.ac.uk

Matea Rob

The Secretary organises MCR Formal Dinners, takes committee meeting minutes and sends communications to the MCR.



Treasurer

mcr-treasurer@sel.cam.ac.uk



Stanislaw Banach

The Treasurer manages the finances of the Committee. This includes preparing termly budgets, ensuring any expense claims are paid on time, and financial accounting. They represent the MCR at the College Council, the Governing Body, and the Audit Committee. Any expense claims or proposed expenses should be discussed with the Treasurer in the first instance.

Green Officers

mcr-green@sel.cam.ac.uk



Chloe Balhatchet and Rosie Lester

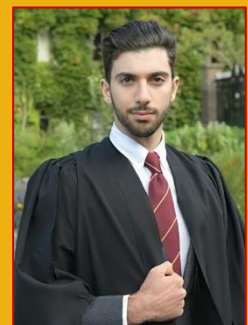
The role of the Green Officers is to make the MCR and the College work towards a more sustainable lifestyle. They liaise with College staff to implement durable changes for a greener Selwyn.

Ents Officer

mcr-entsofficer@sel.cam.ac.uk

Renas Ercan

The Ents Officer organises a variety of social events throughout the year and keep members informed of activities across Cambridge. They are responsible for organising major social events such as BOPs and group outings, but also for organising weekly events like the Selwyn Friday Drinks.



Dinners Officer

mcr-dinner@sel.cam.ac.uk



Hannah Lockett

The Dinners Officer organises formal swaps with other colleges throughout the year. Because swaps are usually very popular, they have a system which ensures that every MCR member gets a fair chance at attending swaps if they want to.

LGBTQ+ Officer

mcr-lgbtq@sel.cam.ac.uk



Onkar Singh

The LGBTQ+ Officer provides confidential advice, support, and information to LGBTQ+ students and acts as a contact between the MCR and the wider LGBTQ+ community.

BAME Officer

mcr-bame@sel.cam.ac.uk



Stuti Pachisia

The BAME (Black, Asian, and Minority Ethnic) Officer represents the students of colour of the College. They fight for the implementation of diversity, equity, and inclusion.

International Officer

mcr-intstudents@sel.cam.ac.uk



Xiaoying Grace Tang

The International Officer serves as a source of information as well as support for those students who have come from abroad to become part of the Selwyn MCR.

Part-Time Students Officer

mcr-part-time-students@sel.cam.ac.uk



Sara Sioufi

The Part-Time Students Officer looks after the wellbeing and inclusion of the part-time graduate students of Selwyn by representing them before the College.

Sports Officer

mcr-sports@sel.cam.ac.uk



Layla Ettinghausen

The Sports Officer is responsible for sports in the MCR and for representing MCR sportspersons at the College level. They are also responsible for sports kits used by any of the MCR teams and will coordinate with any MCR sports team captains to promote MCR sporting activity at College- and University-wide levels.

Common Room Officer
mcr-commonroom@sel.cam.ac.uk



Harry King

The Common Room Officer is responsible for the physical MCR, i.e. the common room, located in Cripps Court staircase J.

Computing Officer
mcr-computing@sel.cam.ac.uk



Michal Varga

The Computing Officer's main role is to keep the MCR website up to date.

There are other committee positions available (Vice President, Welfare Officer, Publicity Officer, and Alumni Officer). We are always keen to have more helping hands so if you fancy joining us right away, do not hesitate to contact us! Otherwise, you can always wait for this current committee to retire to get involved.



Cambridge SU

Message from the Postgraduate President Sabbatical Officer:

Cambridge SU exists to fight for, advocate and represent the interests and needs of all students at Cambridge University. All students are automatically a member, and all members drive what we do.

We're a registered charity, we're independent from the University of Cambridge (although we do work in close partnership with them) and we are led by student Officers that you elected.

Our goal is for Cambridge SU to be a ground-breaking organisation that leads the way in representation for all students, both undergraduates and postgraduates.

Some of the things we are working on for postgraduates currently include:

- Increased PhD stipends and more Master's funding (the UKRI have just agreed to a 10% increase in stipends and we are pushing the rest of the funding bodies to follow)
- Better supervisions and training for postgraduates and their supervisors
- More spaces for postgraduates to meet, study, and relax (check out our new SU lounge)
- More social spaces for postgraduates (an intercollegiate bar coming soon...)
- Pushing action on the climate crisis, including divestment, greener careers, and teaching about the environment and climate

Some of the things we have already achieved for you:

- We scrapped the £75 PhD application fee and reduced the Master's fee with an aim to get it scrapped in 2 years
- We have secured menstrual product provision across all the colleges
- More training for postgraduate supervisors
- We secured representation for BME students within the University's Strategic Review of Mental Health Steering Group, and a specific strand to look at improving the welfare of BME students.

And much more - check out our wins here: <https://www.cambridgesu.co.uk/news/article/cambridgesu/This-years-SU-wins/>

You can find us at:

www.cambridgesu.co.uk

Insta/Twitter/FB - @yourcambridgesu

You can join our Fresher's group here: <https://www.facebook.com/groups/cambridgeuniversityfreshers2022>



International students




Collecting your BRP

As soon as you arrive to Selwyn, you need to collect your Biometric Residency Permit (BRP) (usually from Samantha Carr, but you probably have or will receive(d) an email about this from her).

Click [here](#) for additional information.

Opening a bank account

What you need to bring to the appointment

-  Your passport
-  Evidence of UK immigration permission, if applicable
-  A letter issued by Selwyn. Click [here](#) to access the form you need to complete for Selwyn to generate a letter for you

It might be best to have access to funds you can use for your initial expenses during the first few weeks in the UK as it might take some time to complete this process. Click [here](#) for more information.

Buying a SIM card

You can get monthly plans or Pay As You Go (PAYG) SIM deals. Many options are available. You can buy SIM cards almost anywhere in UK, from supermarkets (Tesco and Sainsbury's) to corner shops.

UK Student SIM Discounts 2020

Networks	Discounts	Requirements
EE	- 20% off on pay monthly plans - 500MB extra data each month - 6 months free Apple Music & 3 months free BT Sport	Student Beans
Vodafone	10% off on pay monthly plans	Verification for being a university student
O ₂	20% off on airtime plans	UNiDays or TOTUM
Three	- 20% off on selected SIM only deals - 10% off on selected phone deals	Verification for being a university student
Smarty	Money back for unused data	No Requirements



Part-time students

Part-time students are full members of the College and can access all funding and facilities available to students.

Part-time students are allowed to have keys for the College's gate and library. They should request a key at the Plodge. In the case of a key loss, the fine is £50.

Part-time students have a student discount in the Served and Bar. To activate the discount, email Fiona at faw28@cam.ac.uk. You might be required to pay a £50 deposit to open a College account. After this, you will be able to book and pay for formals and to purchase food and drinks at Selwyn with your student card. Payment for your drinks and food will be collected from you at the end of each term.

To activate your card access to Bartlam Library, first scan your card for 30 seconds at the Cripp's court gate.

If you'd like to arrange a short stay at Selwyn, email: accommodation@sel.cam.ac.uk.

There is one Selwyn Graduate Tutor for all part-time students, and this is Dr David Smith, dls10@cam.ac.uk. If you have any issue (academic issue, personal issue affecting your academic performance, or other), your tutor is your first point of contact. If, for any reason, you are not comfortable talking to your tutor, you could contact any other Tutor or Fellow, the College Nurse or the Chaplain, or a relevant MCR Committee member.

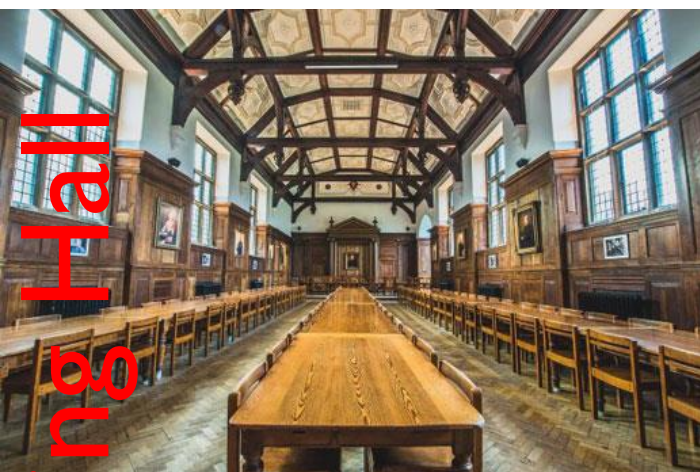
If you have any questions, email the Part-Time Students Officer at mcr-part-time-students@sel.cam.ac.uk.

Life at Selwyn

Food & bar

Dining Hall

Selwyn College has a beautiful Harry Potter-esque dining hall where students can get food at breakfast, lunch and dinner time (and brunch on the weekends). There is always a vegetarian (and sometimes halal) option, and the chef is making efforts to have a vegan option available more and more often. You can pay with your student card to get the student discount and be charged on your termly bill.



Opening times:

Breakfast: 8:00 to 9:30 Mondays to Fridays

Lunch: 12:00 to 13:30 Mondays to Fridays

Dinner: 18:00 to 19:00 every day

On Saturdays and Sundays, the brunch menu replaces the lunch menu.

The Served (i.e. the cafeteria where you buy the food before eating it in the hall) is also open outside of mealtimes for hot and cold drinks, sandwiches and snacks. Opening times are 8 a.m. – 7 p.m. Monday to Saturday, and 10:30 a.m. – 7 p.m. on Sundays.



Bar

Selwyn bar has been recently refurbished and is now one of the nicest College bars of Cambridge. The staff are lovely and there is a wide selection of hot and cold drinks, cold snacks, as well as a few hot food options. You can buy Pepperoni or Margherita pizzas between 5pm and 9pm. You can pay with your student card to get the student discount and be charged on your termly bill. The bar is also a nice and cosy study place.

Opening times:

12:00 to 23:00 every day



Facilities

Gym



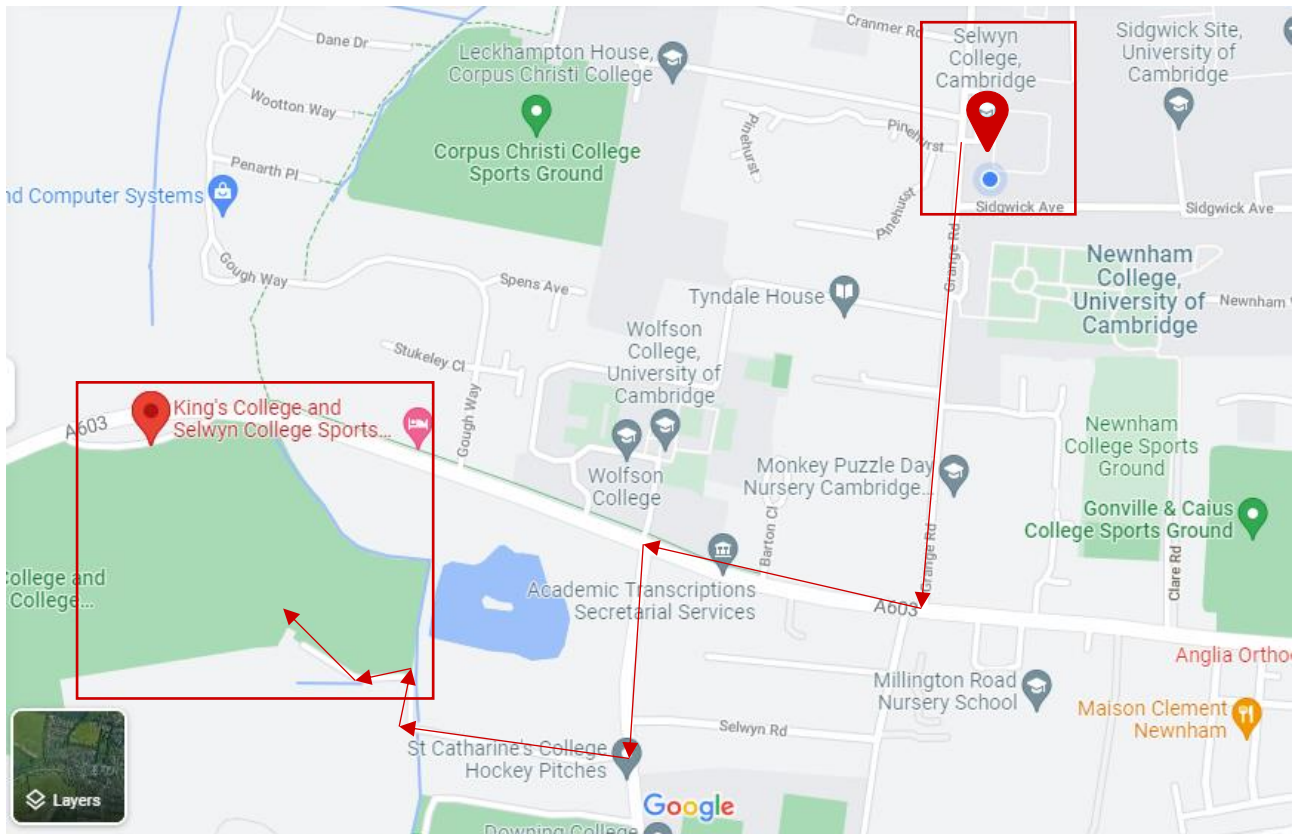
The college has a gym located in Cripps Court, next to the bike sheds. It has one treadmill, two bikes, two rowing machines, an elliptical bike, free weights (kettlebells and dumbbells), a bench, a squatting rack, an assortment of medicine balls and resistance bands, and yoga mats. The gym is about to be expanded and refurbished but the date is unknown for the time being.

Sportsground

The Sports Ground is owned by Selwyn College and shares its facilities with King's College students. The Sportsground is situated at Fulbrooke Road.

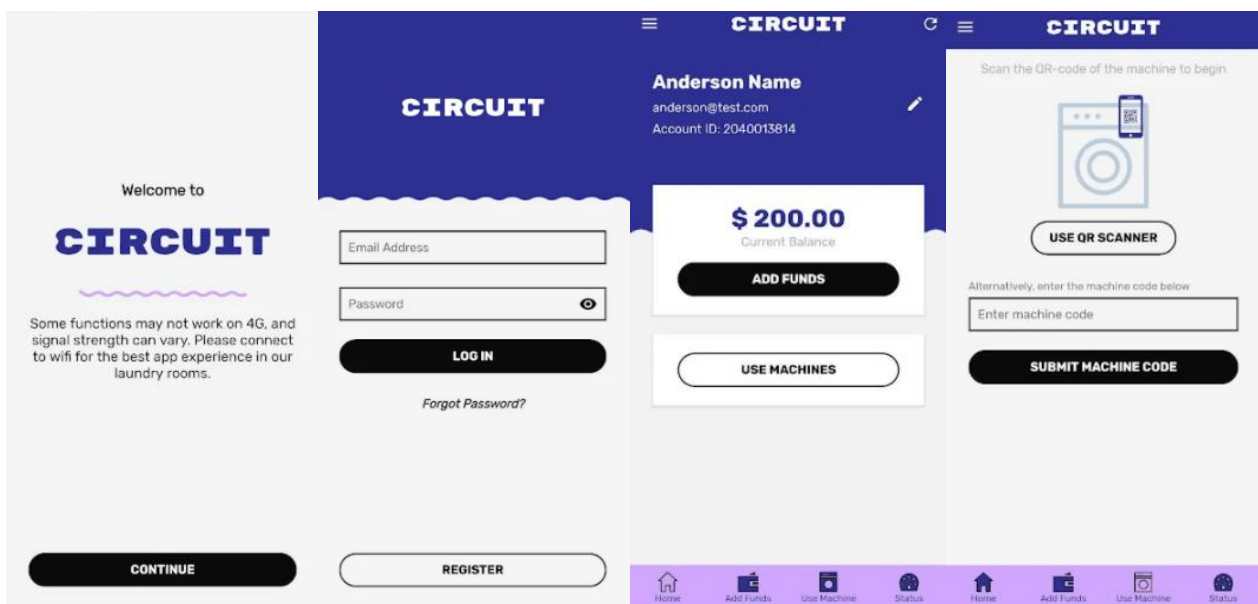


How to get to the Sportsground



Laundry

The college has 4 laundry facilities that can be found on the map of Selwyn available at the beginning of this booklet (note that 29 Grange Rd is under renovation for a few more weeks/months and laundry will not be available there). The laundry is to be paid using a phone app called Circuit (you can also get a laundry card from the Porters' Lodge but we recommend to use your phone as it is less troublesome). The price is £3.00 for an economic wash and £1.50 for a dry.





Mail

For students living in college accommodation, all mail will go to the Porters' Lodge. If you receive a letter or a small parcel, it will be put in your pigeonhole that you need to check regularly. If you receive a larger parcel, the porters will hold on to it and will send you an email to let you know about it.

Library



Like all other colleges, Selwyn has its own library, **Bartlam library**, located in Ann's Court. It is newly constructed and opened in April 2021. You can borrow books (beware of the fines for late returns) and study in the Bartlam library. Also available are [printing](#) and binding facilities.

The first floor is home for most of the 30,000-plus books and periodicals, with quiet reading nooks and study rooms. On the ground floor, there is an auditorium, available in theatre-style for performances, lectures, and presentations, and is also retractable – opening the area for social gatherings or other events (e.g., exams, conferences...). At the top of the library, you can find a lantern from which you have an amazing scenery of Cambridge.

The old library, located between the Old Court and Ann's Court, was recently renovated and turned into a further study and supervision space.

Funds

Support provided by Selwyn College

"Like all Colleges, Selwyn has funds of its own for use in cases of student hardship or other need." You can use [this guide](#) to look through all funding opportunities provided by College.

MCR Sustainable menstrual products fund

The MCR launched this initiative to encourage more people to try a sustainable menstrual product such as a menstrual cup, reusable cloth pad, period underwear or reusable tampon applicator, as often the initial price point can be off putting.




The fund will reimburse anyone up to £25 towards the cost of a sustainable menstrual product.


How it works

1. Purchase your sustainable menstrual products
2. Email mcr-welfare@sel.cam.ac.uk your receipt and bank details
3. The cost of your purchase up to £25 will be reimbursed back to your account

Below are some resources on the different menstrual products:

 A guide to sustainable period products (video) by sex and relationship educator Hannah Witton. This is an informative video about the pros and cons of the menstrual cup, period underwear and cloth pads with gender inclusive language [A Guide to Reusable Period Products](#) | Hannah Witton

 Selwyn JCR have put together a great post on some different products available and price points https://www.instagram.com/p/COOnQkjys99C/?utm_source=ig_web_copy_link

 With the help of the MCR Green Officer we have begun to put together a list of sustainable products on the market. If you have any recommendations please let us know and we can add them to the list [Period products.](#)

If you need any welfare support, please contact the Welfare Officers on mcr-welfare@sel.cam.ac.uk.

Reimbursement of bike lights and helmets

The MCR prioritises the safety of its members and that is why we provide up to £10 for bike lights (both sides together) and another up to £10 for bike helmets.

After your purchase, take one of the Reimbursement forms from the Treasurer's pigeonhole and complete it. Attach your invoice to the form and then put it back to the Treasurer's pigeonhole. Alternatively, you can send an email to (mcr-treasurer@sel.cam.ac.uk) with your bank account details and the scanned copy of the invoice. Then, you will be reimbursed to your bank account.











Clubs & societies

Selwyn College has a variety of sports clubs and societies. There are in majority run by undergraduate students, but postgraduates are more than welcome to join. At the beginning of the academic year, the college has a Freshers' fair (see calendar) where all societies have a stand and can recruit new members. That will be your chance to sign up, although is always possible to sign up later (the information is available on [JCR's website](#)). Here is a non-exhaustive list of Selwyn College main societies.

Boat Club



-  **Boat club (SCBC):** Rowing club, probably the biggest club of college, lots of socials, novices and all levels are welcome.
-  **Rugby:** Joint team with Peterhouse, only male players welcome (big shame, we know), all levels. Girls, if you are keen to try at University level, you can contact our one and only Juliette Beunat – jb2243@cam.ac.uk
-  **Netball:** Both mixed team and ladies' team available.
-  **Football:** Two male football teams play in the college league. There is a joint female team with Robinson College.
-  **Badminton:** All levels welcome. A women's team and a men's team are available.
-  **Lacrosse:** Mixed team. All levels and genders welcome.
-  **Hockey:** Mixed team.
-  **FemSoc:** Feminist Society, all genders welcome.

Do not hesitate to drop an email to the societies you wish to join, even if you are hesitant. Being a member of a society is a fast and easy way to make new friends, especially in a global pandemic context where big events are impossible. We highly suggest that you check the Facebook pages of each society if you want more information.

Social life

The social life of postgraduate students is mostly run by the MCR committee. We organise a variety of events open to everyone. We also organise a whole month of activities in October, called **Freshers' Month**, to welcome incoming students (see calendar), and a **Refreshers' Week** in January, just after Christmas break. We also often have Friday drinks socials, which consist of casual drinks provided by the committee in our common room, with some music, board games, or just friendly chat. This is the perfect event to socialise and get to know people fast. Also, join us every Sunday from 11:30am to 1:00pm for the **MCR Brunch**.



We organise monthly **postgrad-only formals** (as opposed to regular formals that are mostly attended by undergrads) and a yearly annual dinner, a black-tie dinner to celebrate the end of the academic year. The best way to know about what the MCR is up to is to join the MCR Facebook group listed earlier in the booklet, and to keep an eye on your inbox.

On the College scale, Selwyn College is famous for its yearly **Snowball** happening every year at the beginning of December (next one is happening on December 2nd). Selwyn College also organises a May Ball every other year.

Welfare

GP registration

Your GP is available to help with any health concern and complaint. If your condition needs more specialist advice, your GP will refer you to specialist doctors usually at Addenbrooke's hospital.

All students must be registered with a local GP. You are required to register with a doctor within a fortnight of arriving in Cambridge. Once you register with a GP, fill [this form](#).

Local GP's to Selwyn are



[Newnham Walk Surgery](#), CB3 9HS, 01223 366811



[Trumpington Street Medical Practice](#), CB2 1RG, 01223 361611



[Lensfield Medical Practice](#), CB2 1EH, 01223 651020

To register with a GP, visit the practice website and complete the application process for New Patients. You will need a form of photo ID and a document with your Selwyn address on it (your college bill is a suitable piece of evidence).

Click [here](#) for more information and support.

Dentists

Spaces as NHS dentist patients are currently very difficult to find. The best advice is to ring individual surgeries and see whether they are taking on NHS patients. Often there are long waiting lists.

If you have an urgent dental emergency in office hours contact the Cambridge dental access clinic: **0300 555 6667** option 1. Evenings and weekends ring NHS 111.

Sexual Health

Condoms and Pregnancy tests are available in the MCR Room. They are free for all MCR members.

STI testing

It is important, if you are sexually active with multiple partners, to test for STIs regularly. The advice is after every new sexual partner or every six months. You can access STI and HIV test kits through sexual health clinics (see below) or online through the post.




Free STI postal test [iCaSH Express Test](#)





Cheap **HIV test** through the Terrence Higgins Trust [Low-cost and free HIV self-test kits](#)









-  Dr Ranj testing himself for HIV using a postal kit on 'This Morning' [How 'It's A Sin' is Breaking the Stigma Around HIV | This Morning](#)

Sexual health clinics

-  **The Lime Tree clinic** is a free sexual health clinic on Mill Road that offers Chlamydia testing, condoms, contraception, emergency contraception, STI testing, HIV testing, support, and advice. The iCaSH website contains more information about what services are available and has easy read and translation services. [Lime Tree Clinic, Cambridge](#)
-  **Dhiverse** is a charity that offers counselling, support, and testing. They run the ABC program for anyone with a learning disability or autism who needs support and information about relationships, sex, and sexual health. They offer counselling for support around sexual health, HIV, sexuality, sexual identity, trauma, or risky behaviour where these are affecting mental health and well-being. Dhiverse also run MSM, Gay and Bisexual support and events. [Dhiverse – Sexual Health Matters](#)

Resources and support

-  **SARC (Sexual Assault Referral Center)**. Office: 01480 425003. Out of Hours Helpline: 0800 193 5434. If you are in danger – Dial 999
-  **Rape Crisis Centres**. Find your local centre at [Find a Rape Crisis Centre](#) Cambridge Rape Crisis Centre (CRCC) Helpline 01223 245888
-  The **University Counselling Service** provides resources on sexual assault and harassment. [Sexual Assault/Harassment — University Counselling Service](#)
-  HIV/AIDS. [The Terrence Higgins Trust](#) provides information and support about HIV. They are working to end HIV cases in the UK by 2030.
-  The **Emergency contraceptive pill** can be brought from boots for £25 or can be free with consultation. The NHS has more information about emergency contraception: [Emergency contraception \(morning after pill, IUD\)](#)
-  **The Kite Trust**: Support and information for young people around gender and sexuality. [The Kite Trust: Gender and sexuality. Supporting young people.](#) or 01223 369508

Mental Health

1 in 4 people will experience mental health issues in their lifetime, and it is as important to ask for help with your mental health as it is with your physical health. Good mental health means being generally able to think, feel and react in the ways that you need and want to live your life. But if you go through a period of poor mental health, you might find the ways you're frequently thinking, feeling, or reacting become difficult, or even impossible, to cope with. Graduate study and the current pandemic also add additional stress that can cause poor mental health.





Self-care is important. As the weather begins to warm up and restrictions lift taking time to spend time in nature, going for a walk with friends or reading a book or listening to a podcast outside can be a good way to take a break from work and to get some necessary vitamin D from the sunshine! Making sure you eat a good balanced diet and taking time to do the activities you enjoy is so important.

However, if things become overwhelming, you are struggling with symptoms of anxiety or depression, or life is feeling difficult, asking for support is important.





Below are listed some resources and places to go for help provided by the university and outside charities.




College

-  The **College Nurse/Welfare Advisor** Mrs Lucy Turnell is available to discuss mental health issues and any concerns you have and signpost to services. She can be reached through email nurse@sel.cam.ac.uk.
-  Your **College tutor** is available to discuss any concerns you may be having. If your mental health is affecting your studies, they are available to discuss provisions to help with your studies and if necessary, the person to contact regarding intermission. Your tutor can also apply for funds for you through The Dawson Fund for specific mental health treatments.
-  The graduate tutors are Dr Ronita Bardhan (rb867), Dr Jörg Haustein (jh2227), Dr David Smith (dls10), and Prof. Robert Tasker (rct31). The senior tutor is Dr Michael Sewell (mjs1001).
-  **Porters** are available 24 hours a day and can be contacted in case of a mental health emergency. They can contact emergency services as necessary. Tel - 01223 335846

University

-  **The University Counselling Service** offers free counselling and therapies. There can be a little wait for counselling, but it is usually quicker than accessing NHS funded counselling. Their website also offers lots of resources to help with managing your mental health. [University Counselling Service](#)
-  **The Disability Resource Center (DRC)** The DRC provides support for students with disabilities and long-term health conditions including mental health. [Disability Resource Centre | DRC](#)

NHS










-  **GP** Your GP will be able to provide you with mental health support, medication and referrals to specialist mental health services.
-  **111 NHS 111** can provide mental health support outside of GP opening hours. They can help advise you on how best to get support
-  **999 and A+E** If you or another person is experiencing a mental health crisis and is in danger of hurting themselves or others, please ring 999 or attend Addenbrooke's A+E.

[Where to get urgent help for mental health](#)

Charities and helplines

-  **BEAT** - Support for eating disorders [Beat | The UK's Eating Disorder Charity](#) Helpline: 0808 801 0677
-  **Samaritans** - Samaritans are available 365 days a year 24 hours a day. Tel: 116 123 [Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)



-  **Papyrus** - Suicide prevention [Home](#) | [Papyrus UK](#) | [Suicide Prevention Charity](#) HOPELINEUK
suicide prevention advice open 9am - midnight every day 0800 068 4141
-  **MIND** Advice and support for those experiencing mental health issues
-  **Nightline** Peer support run by students at Cambridge University and Anglia Ruskin. Please check the website for more details [Nightline](#) | [We'll listen, not lecture](#)
-  **Mental health foundation** - run mental health awareness week and events around mental health
-  **Rethink.org** Support for those severely affected by mental illness [We are Rethink Mental Illness](#)
-  **Switchboard** Listening support service for LGBT+ people by phone, email and instant messaging. [Switchboard LGBT+ Helpline](#) Tel: 0300 330 0630 (10am - 10pm every day).
-  **FRANK** Support for concerns about drug misuse and addiction [FRANK: Honest information about drugs](#) Tel: 0300 123 6000 (24 hour helpline). Also has text and email support. Please see the website for more information.
-  **AA** Alcoholics Anonymous, support groups for those with issues with alcohol addiction and misuse [Alcoholics Anonymous Great Britain](#)
-  **NA** Narcotics Anonymous, support groups for those struggling with drug addiction [UKNA](#) | [Narcotics Anonymous in the UK](#)

Facilities for Reflection or Prayer

For a comprehensive list of facilities, please check [this page](#) on the University website.

LGBTQ Events









Message from our LGBTQ+ Officer:

If you need support or someone to chat to, feel free to email me at mcr-lgbtq@sel.cam.ac.uk. There will be LGBTQ+-related events throughout the year that will be announced closer to the time.



Sustainability and Selwyn






Selwyn expects its students to make sustainable, ethical choices where possible. Small behavioural changes are important, and we've put together a whole Green Guide which sets out facts, info, and some Cambridge-specific top tips. In general, living sustainably means we are reducing our consumption of the Earth's resources, by both consuming more mindfully and choosing products with smaller environmental impacts. Some of the biggest changes the average student could make are:

-  Switching to a plant-based diet, or at least reducing red meat, fish, and dairy
<https://www.bbc.co.uk/news/science-environment-46654042> is a handy chart
-  Reducing flights wherever possible
-  Buying groceries which are local and/or in season (we recommend the market!)
-  Buying less clothing, especially from fast fashion brands – check out the guide for alternatives!
-  Reducing packaging where you can (Full Circle is an amazing refill shop!) and opt for recyclable containers over single-use plastics
-  Recycling your waste
-  Washing clothes less frequently, at lower temperatures, and with eco-friendly products
-  Encourage others to make changes!

Is anything being done?

The UK is currently aiming to reduce its carbon footprint to 1990 levels by 2050, and the University has gone beyond this and aims for zero energy-related carbon emissions by 2038. Selwyn recognises that, although it isn't huge, small institutions and even individuals have a duty to make the systematic and behavioural changes they can.

Some key achievements by the college so far include:

-  All Selwyn electricity is renewable, from solar panel farms in Cambridgeshire
-  Selwyn's Cripps Court has solar panels which feed energy back into the grid
-  All housekeeping cleaning products are plant-based
-  (Significant!) improvement and promotion of plant-based food in Hall
-  A discount for bringing a reusable cup, and no single-use plastics in Hall



Why should I care?

The climate emergency is on our doorstep with increased frequencies of heatwaves, drought, floods, and wildfires globally. The highest levels of atmospheric CO₂ were recently recorded (with an average of 420.99 ppm) across May and June 2022, increasing from 415 ppm in 2019 and 370 ppm back in 2000. Higher concentrations of carbon dioxide (and other greenhouse gases) are strongly correlated with rising global temperatures and associated climate change. In Cambridge (as well as most of the UK and Europe) temperature records were recently smashed by a heatwave, and the grass is only just getting back some green colour. If this wasn't bad enough, the climate crisis is accompanied by a biodiversity crisis as a result of our neglect to care for and active destruction of the environment we depend on through our consumerism. We are currently living through a self-inflicted mass extinction event. Plus, the sooner we act, the less drastic our changes can be!



Life in Cambridge

Cambridge lingo

Bumps: Inter-collegiate rowing competitions held at the end of Lent and Easter Terms where the aim is to 'bump' the boat in front.

BNOC: Stands for Big Name On Campus, someone infamous around college or university.

Boatie: Rower/member of a boat club.

BOP: Stands for Big Organised Party, college event which often involves fancy dress and dancing.

Cuppers: Inter-collegiate sports tournaments.

CRSiD: Your Cambridge ID, which is the first part of your email address and is made up of your initials and a number. This ID is indispensable for pretty much everything in Cambridge, memorise it RIGHT NOW.

Fellow: Academic affiliated with the college, recognisable by the fact that they are allowed to walk on college grass (yes, that is a thing).

Gyp: Weird name for the small kitchen on your corridor.

Gardies: Real name is "Gardenia's", popular venue for food after a night out, with kebabs and cheesy chips.

Life: Real name is "Vinyl", nightclub underneath Waterstones. Busiest nights are Tuesdays and Sundays (Sunday Life).

May Week: This one week in June (yeah, do not ask) right after the undergrads' exams are over, where colleges have May Balls, Garden Parties, and June Events. Probably the most expensive week of your life, and probably the booziest as well.

Matriculation: Ceremony where you officially join Selwyn and the University of Cambridge.

MCR: Stands for Middle Combination Room, it mostly refers to the community of postgrads in one college, but can also refer the committee that runs it, or to our common room.

Pidge: Short for pigeonhole, where you received the mail sent to your college address. Your pidge can be found in the plodge (see below).

Plodge: Short for Porters' Lodge, manned 24/7.

Raven: The authentication system you need to log into to access most of the University's online services (See CRSiD). You should get (or have gotten already) an email to activate your account soon.

Spoons: Short for "Wetherspoons", refers to "The Regal", a large pub in central Cambridge. Ideal for a night out if you fancy cheap drinks and a population over the age of 20. At night-time, it turns into Dangerspoons, a shady but still very enjoyable nightclub.

Swap: When a college has a formal dinner in another college and vice-versa.

Varsity: Name of any sports competition between Cambridge and Oxford. Can also refer to the main student newspaper or a boogie hotel in town.

Van of Life: Actually called the "Trailer of Life", it is located on Market Square after dark. It is a very coveted place for late-night cheeky snacks. 5/7 would recommend the cheesy chips.



Getting around

If you don't want to bike, you can easily get to common destinations using the [\(U\)niversal bus](#). It goes from Eddington to the Biomedical Campus while stopping at Maddingley Rd, West Cambridge, Cambridge City Centre, and the Railway Station. If you show the driver your university card, you can get a one-way ticket for £1! You can either download the [myTrip](#) app to buy tickets, or you can simply pay the driver.





Studying



University Library



The University has over 100 libraries. You can use Selwyn library (accessible with your room key). You can also go to the University Library which is a five-minute walk from Selwyn. There, you may borrow up to 20 books, but also sit in their reading rooms and look at some rare books. You will need your University card to access the library. Only clear bags are allowed in the library. These are available to purchase at the entrance of the library. You can then store your belongings in some lockers before entering with your key items in a clear bag.

You may also go to department libraries across various campuses which are usually free of access to all students. To use other college libraries, you will have to be invited by a student there. You may borrow a book from other department or college libraries. However, you will usually need to request prior permission by contacting the librarians if you are not a member of the library.




Eating & drinking

There are plenty of eating and drinking options in Cambridge. Here are a few handpicked suggestions.

Coffee



The coffee lover's dream. You can choose your bean and the brewing method.

-  *Waterstones café*: Coffee, but with books. Need we say more?
-  *Savino's*: Great coffee with an Italian atmosphere.
-  *Bould Brothers Coffee*: "It should be illegal to make coffee this good"

Sweets



Fitzbillies

Famous for its mouth-wateringly sweet and sticky Chelsea buns. Good option for brunch, afternoon tea, and cakes too.






"At Jack's Gelato, ice cream is more than just a summer treat; it's a year-round way of life"

— Charlotte Griffiths



Brunch

-  *The Old Bicycle Shop*: Formerly Britain's oldest bike shop, this building now houses a modern British restaurant and bar (open all day for brunch, lunch, dinner and drinks).
-  *Millworks*: Very close to Selwyn, the brunch menu is affordable and there is a nice view on the river – try the Eggs Royale!
-  *The Ivy*: Fancier option, very nice-looking restaurant in the city centre, and the Eggs Royale are divine (yes, the author of this booklet is a big fan of Eggs Royale).

Lunch



STUDENT DEAL

Monday – Thursday

3pm - 8.30pm






Sandwich, slaw/wedges & a
beer/soft drink

£10



(for Philly add £1)

Don't fancy the deal? Then is 15%
off your purchase









-  *Sushimania*: Cheapest sushi in town (half price at lunchtime and all-you-can-eat option all day) and the quality is very good. The service is hit or miss but the food and the price are worth the inconvenience.
-  *Aromi*: Handmade Sicilian pizzas, sandwiches, cakes and gelatos.
-  *Market*: Try the many food stalls in the market (conveniently located on Market Square). A personal favourite is *Hallouman*, who does halloumi-based recipes. Cambridge market is on every single day of the year
-  *Honest Burgers*: Delicious burgers and signature rosemary fries.
-  *Damas Bridge*: a wide variety of vegetarian and vegan dishes, in addition to meat meals with levantine flavours

Afternoon tea

-  *Harriet's*: Nice tearoom in the centre of town, many sorts of tea available and their scones are to die for.
-  *The Orchard Tea Garden*: Slightly out of town (40-minute walk), the riverside view and the colourful cakes are great to spice up your Instagram feed, or just to enjoy a peaceful moment with friends.



Dinner

-  British: *The Architect*, *The Punter*
-  Italian: *Franco Manca* (students enjoy a pizza and a soft drink for £8.25)
-  Vietnamese: *Pho*, *Chi Street Food*
-  Thai: *SalaThong*, *Giggling Squid*
-  Indian: *Tiffin Truck*, *Rice Boat*
-  Chinese: *Café Oriental & Dumpling Bar* (very yummy and affordable dumplings!), *Zhonghua*




Vegan/vegetarian



Great vegan burgers, loaded fries, and milkshakes! On the pricier side but worth it!






-  *Stem and Glory*: Vegan restaurant which prides itself on sustainability, with large lunch, dinner and pizza menus. Nominated for best restaurant in Cambridge 2022! Student discount on food.
-  *Thrive*: A spacious and wholesome vegan café perfect for doing some work with a hot drink and cake – or play one of the board games available with friends! Students get a 10% discount.



-  *Tipsy Vegan*: A vegan tapas-style restaurant with extensive bar and cocktails too! Beautiful waterside location.
-  *Namaste Village*: Namaste Village is known for offering authentic Indian taste across Norfolk, and recently extended to Cambridge.
-  *VGcoffee*: Pedal-powered plant-based coffee and snacks outside the University Library – so in close reach of Selwyn!

Going out


Drinks







-  *The Varsity*: Boogie hotel by Jesus Green, the rooftop bar offers a great view on Cambridge and has delicious (but very pricey) cocktails.
-  *Ta Bouche*: Vegan eatery by day, it turns into a cocktail bar in the evening. The cocktails are great and fairly affordable, plus it has a 2-4-1 happy hour.
-  *The Grain and Hop Store*: Cool pub in town, great for watching games.
-  *The Brew House*: Great pub with an extensive beer selection, slightly away from the main roads, therefore less busy than most pubs. You are almost guaranteed to always find a table there.
-  *Revolution*: Great cocktails, 2-4-1 happy hour, and you can also get food there (the Mac & Cheese tastes like heaven).

Clubs



Vinyl Club

-  *Vinyl* – “From light-up floors to the best retro tunes, it's all about cheesy music and an excellent atmosphere”

-  *Revolution Bar (Revs)* – A cocktail bar that transforms somewhat gracefully into a club at night (on the weekend). The bar is over five floors with a terrace at the top.
-  *Mash Club (previously Fez)* – A club that breaks the Cambridge stereotype, venturing into obscure musical genres outside that of ABBA and Taylor Swift. This is the club that is likely to be open the latest with some nights having a closing set as 6am.
-  *Lola Lo*: “Enter a tropical South Pacific paradise in this intimate Tiki bar in Cambridge. With a gorgeous rooftop terrace too, soak up the sun or drink beneath the stars in a space strewn with colour and vibrant decor, capturing that carnival feel for an extra pinch of excitement to any weekend.”
-  *Wetherspoons – The Regal*: Referred to as “Spoons”, cheap pub in the daytime, sketchy club at night-time. The most common phrase to describe it is “it is so bad it is actually good”.
-  *Hidden Rooms* – If you want something different or more lowkey the Hidden Rooms can offer you jazz and cocktails.
-  *The Emperor - Peruvian Fusion and Bar*: Serves traditional Latin tapas and exciting drinks. “If you’re looking for an unforgettable night out, visit later in the evening on a Friday or Saturday to enjoy the Euphoria Latina DJ nights, where Modern South American-inspired beats make for an authentic Latin American atmosphere.”

Cambridge events

C Sunday



Short for Caesarean Sunday, last Sunday before the exams period of the undergrads starts. Loads and loads of students gather on Jesus Green with picnic blankets, snacks, and, quite frankly, a lot of booze. This is a friendly and lovely day out that we usually attend as a whole MCR community. Fancy dress is strongly encouraged.



May Balls

Nothing says Cambridge University's student life more than May Balls. A May Ball is a grandiose and decadent party organised by a college. Most colleges organise a May Ball and all May Balls happen during May Week, which is the first week after all undergraduate exams are over. It lasts the whole night (usually from 8 p.m. to 6 a.m.) and the dress code is black tie, even white tie for some colleges. A ticket for a May Ball is very expensive (around £150 for most colleges), but it includes unlimited food, drinks, and access to the activities for the entire night. Most May Balls offer activities such as Dodgems, swing chairs, mock casino, face painting, photobooths, etc. Selwyn College organises a May Ball every other year.





Freshers' Month – October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	1	2
			Chaplain's Cheese & Wine Event	Matriculation	<u>Speed meeting</u> Night out @ Vinyl	Cambridge Tours
3	4	5	6	7	8	9
<u>Sports Fair 2022</u>	<u>2022 Freshers' Fair</u>	<u>2022 Freshers' Fair</u>	Night out @ Lola Lo		Bar Crawl	College Family Sports Day
10	11	12	13	14	15	16
Night out: The Queer Get Down x Mash		Selwyn History Lecture	It's a Continent Podcast		Open mic	
17	18	19	20	21	22	23
<u>Uni-wide Green Week start</u> Quiz Night @ The Granta Pub	Selwyn Green/Vegan formal				International night	Uni-wide Green Week - end
24	25	26	27	28	29	30
	Pumpkin carving			Selwyn MCR Halloween formal		

The calendar is subject to change depending on availability of rooms.

Events in **bold** are not organised by the MCR Committee.



Activity	Location	Time	Description
Chaplain's Cheese and Wine Event	Chadwick Room	8-9:30pm	One of the best events during Freshers' Month! It is organised by the Chaplain – you will receive a letter about the event which you can collect from your pidges.
Speed Meeting	TBD	TBD	Have you heard of speed dating? Well, this is the same, but you'd be making "mates" instead!
Night out @ Vinyl	Vinyl	10pm Onwards	A clubbing experience at a popular club and a chance to show your fellow Selwyn MCR members your moves on the dance floor.
Night out @ Lola Lo	Lola Lo	10pm Onwards	A second exciting chance to try one of Cambridge's most popular clubs whilst meeting other Postgraduate freshers from different colleges in this combined college night out at Vinyl.
Bar Crawl	Grange Rd	TBD	Meet fellow students from our neighbouring Colleges through a joint bar crawl.
College Family Sports Day	Selwyn College Sports Ground	TBD	Test your sporting ability and meet your college family on our sports day. Expect fun, easy, and classic sports day games such as the egg and spoon race, three-legged race etc.
Night out: The Queer Get Down x Mash	Mash		<p>"Cambridge LGBTQ+ ~~~ the campaign for students in Cambridge who identify as asexual, bi, gay, intersex, lesbian, queer, trans, or any related identities."</p> <p>"All proceeds will be donated to Micro Rainbow, a UK-based charity with the goal of providing safe housing, access to employment and education for LGBTQ+ asylum seekers in the country."</p>
Cambridge Tours	Cambridge City Centre	TBD	Join the Historical Cambridge tour or the Ghost tour to see some of the most famous colleges and to know more about their history and the unexplained/unusual occurrences that are known to have happened there!
Selwyn History Lecture	Diamond	8pm	An introduction to Selwyn History given by Graduate Tutor, Dr David Smith.



It's a Continent	Auditorium		A live podcast event with the producers of "It's a Continent" Podcast for Black History Month
Open mic	TBD	TBD	Can you sing, dance, play an instrument or have a comedy set that needs testing? Well, this is your chance to show us what you've got and see your new friends perform.
Quiz Night	The Granta	8-10pm	Put back the pints and join us for a Speedy Pub Quiz at the Granta Pub nearby, and who knows this could be your first step to the University Challenge team?
International night	MCR Room	TBD	An opportunity to share your cultural heritage through song, dance, and other media.
Pumpkin carving	TBD	TBD	With Halloween just around the corner, we're having a pumpkin carving contest! Prizes will be offered for the best creations as determined by our "expert" panel of judges.

**Welcome
to
SELWYN COLLEGE**

