



St John's College JCR

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@SJCJCR

# FRESHERS! GUIDE 2022

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# WELCOME TO JOHNS!

FROM MARYAM AND SARAH, YOUR JCR CO-PRESIDENTS

Hi all! Our names are Sarah (she/her), a third-year Theologian, and Maryam, a third-year HSPSer, and we are the Co-Presidents of the JCR- the Junior Combination Room. Our role is to support you during the year and welcome you to your new college community! You'll be hearing from us and the JCR Committee throughout the year about the great events going on in college whilst you're here.

Firstly, we want to say congratulations on getting a place to study at St John's and we can't wait for you to see everything the college has to offer! We can guarantee your college experience will be unforgettable and you'll enjoy it as much as we have. In our two years here, we have already made so many special memories and some of our best friends. We hope for John's to do the same for all of you!

Fresher's week is the perfect time to meet new people, get used to the college environment and ask as many questions as you want. The committee and us have organised a week full of a range of activities, so regardless of your interests you'll find something you enjoy. From seeing all the societies to social outings, we ensure that you'll have the best opportunity to meet lots of other Johnians and learn lots about the college in this time!

Whilst you're here we want to make sure you feel as safe and as comfortable as possible so feel free to reach out to us whenever, or the other members of the JCR. You'll see us around college in our JCR stash so just stop us for a chat! You can also email us at [president@sjcjr.com](mailto:president@sjcjr.com) or message us on any social media!

We cannot wait to meet you all and we know you will absolutely love the college community in the same way we do. Make sure to cherish every moment as we're already missing being freshers!

Have a restful break and we'll see you all soon!

Lots of JCR love,  
Maryam & Sarah



# WELCOME TO JOHNS!

FROM CHRISTIAN , YOUR JCR VICE-PRESIDENT



# WELCOME

Hey everyone! If you're in the WhatsApp group chat for freshers, you might already know me, but for those who don't, I'm Christian, your Vice President of the JCR. One of my key responsibilities is to organise the freshers week, so it is my job to ensure that each and everyone of you get acquainted to Cambridge and Johns by the end of the week whilst also having an absolute blast (hopefully!) I remember my freshers week two years ago, a newly turned 18 year old coming from Hong Kong, and how nerve wracking the whole experience once. But if there's one piece of advice I can give you to get the most out of your freshers week, it is this: approach someone new and instead of asking them "where you're from?" or "what's your subject?", ask them about their hobbies, what they're excited about, what their weekend plans are. I'm sure you're quickly find people you click with. Lastly, if you've got any questions or problems at all, feel free to contact me via WhatsApp, messenger, IG, or whatever channel you feel most comfortable with (I'm fairly easy to find on social media platforms ), and have an **AWESOME** freshers week!

# ARRIVAL CHECKLIST

Here is some essential things we think you should get done during your first week here! More information about each will be in this guide

- Keep an eye on Freshers' App for updates and announcements
- Check the Freshers Week timetable for events and other things you may need to sign up for
- Note down useful emergency contacts e.g. porters, taxis, JCR
- Connect to college WiFi
- Connect to printers
- Register with local GP
- Set up a bank account
- Explore Cambridge
- Flick through this guide
- Enjoy your Freshers' Week!



# MEET THE JCR



Sarah and Maryam  
Co-presidents  
[president@sjcjr.com](mailto:president@sjcjr.com)

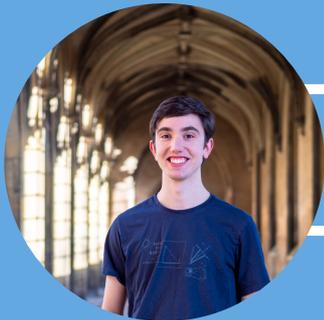
*You can contact  
any of us  
using our emails*

Jai  
Welfare  
[welfare@sjcjr.com](mailto:welfare@sjcjr.com)



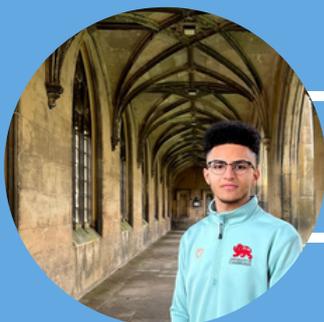
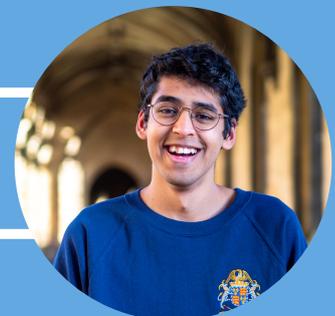
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The JCR is the  
college's student  
union  
representing  
undergrads

# MEET THE JCR



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Ethnic Minorities  
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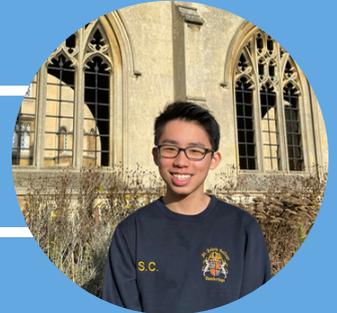
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# KEY FIGURES

## IN COLLEGE

### THE MASTER - HEATHER HANCOCK

The Master oversees the general running of college, leading many college committees. Heather Hancock is the 45th Master of the College and the first woman to hold the role. She studied Land Economy at Johns before working in various roles including being a managing partner at Deloitte and chairing the Food Standards Agency.

### THE SENIOR TUTOR - RICHARD PARTINGTON

The Senior Tutor is the College's senior academic officer, providing academic leadership across a broad range of educational activities and student welfare. Richard Partington is the current Senior Tutor, having held that position at Churchill College before coming to St John's.

### THE DOMESTIC BURSAR - HELEN MURLEY

The Domestic Bursar is responsible for the internal administration of the College and is in charge of a wide range of facilities, services, and a large number of staff. Helen oversees activities such as building projects, housekeeping, catering and hospitality and maintenance of the grounds and gardens.

### THE DEAN - DR NICK FRIEDMAN

The Dean is responsible for discipline within college. If you are organising any parties within college, you must receive his permission on yours forms (St John's College Parties Booking form and Dean's Extra Guests in Hall Permission Form). Permission is hardly ever declined but the Dean will want to be satisfied that the event is properly managed, and that you won't be too disruptive to your neighbours. If you have any serious complaints to make, the Dean is the one to go to, however you can also approach the JCR first if you wish.

### STUDENT SERVICES

If you ever have an issue at St. John's, from losing your University Card to needing an extension on your College Bill, Student Services will almost definitely be your first port of call. Headed up by the wonderful Audrey Hewson, they provide a range of support to students. Don't be afraid to pop into their office in Chapel Court if you have any queries or concerns.

### THE PORTERS

The Porters are essentially the security and safety of the College. The Porters also manage other areas such as fire safety, post, keys, car parking and lots of other things, too. They man the main entrances to St. John's in the Porters' Lodges (aka Plodges) - you'll get used to the Cambridge lingo I promise - at Great Gate, Forecourt and Cripps. If you have a parcel delivered to college or lock yourself out of your room, they're the ones to see. The Porters are 24/7 and always happy to lend a hand or answer any questions you may have, so feel free to pop into a Plodge and say hi! If you're experiencing a mental health crisis, got to plodge and they will chat with you, and if needed call the tutor or 111.

### THE BEDDERS

Under the fantastic Housekeeping Team in John's, bedders clean your rooms once a week if you live in College and communal spaces every day. They'll often take out your recycling bins, but you have to put out the rubbish. Since you see your bedder so often, don't forget to have a chat and get to know them! Often a Christmas present is a good way to say thanks.

# IMPORTANT WELFARE CONTACTS

Within Cambridge, there are a variety of contacts available to you. These could be in college, or university-wide. If you don't feel comfortable initially approaching anyone listed below, you can always contact the JCR Mental Health officer ([mentalhealth@sjcjr.com](mailto:mentalhealth@sjcjr.com)) and Welfare officers ([welfare@sjcjr.com](mailto:welfare@sjcjr.com)).

## THE COLLEGE NURSES

The college nurses can provide a listening ear, support and advise on a wide variety of physical, mental health and welfare problems. Any information given is treated in strict medical confidence and will not be divulged to anyone (outside the Health & Wellbeing Centre) without your consent unless lives are at risk. Contact them by phone: 01223 338664, or by email: [Health&WellbeingCentre@joh.cam.ac.uk](mailto:Health&WellbeingCentre@joh.cam.ac.uk). It is from here that you may be referred to the university support system.

## THE COLLEGE CHAPLAIN

Andrew, the College Chaplain, offers confidential pastoral care to everyone in college. He is always around to talk, especially if you are anxious or distressed. Anyone can go to him for support, whatever your religious convictions may be. Contact him by phone on 07917 535 940 or email [ach71@cam.ac.uk](mailto:ach71@cam.ac.uk).

## THE COLLEGE COUNSELLOR

Counselling can be helpful for all kinds of difficulties. The College Counsellor is available to help you with any personal or psychological issues which are having an impact on your ability to study or to make the most of student life. Appointments must be booked in advance, and occur on Wednesdays 10am-7pm and Fridays 8am-3pm.

## YOUR TUTOR

Each one of you, undergraduate or graduate, has a Personal Tutor who is a Fellow of the College, and is usually from a different subject than the one you're studying. Please do go (pastoral, financial, big or small!) so that they can get to know you and so that they can help make your experience of John's more rewarding for you.



# GLOSSARY OF

## TERMS

**Backs** - Grassy area outside St John's College New Court, stretching to the River Cam, is known as 'The Backs'. Students aren't allowed to walk on the grass until Easter Term, but when the sun comes out this is a hugely popular place to relax and socialise!

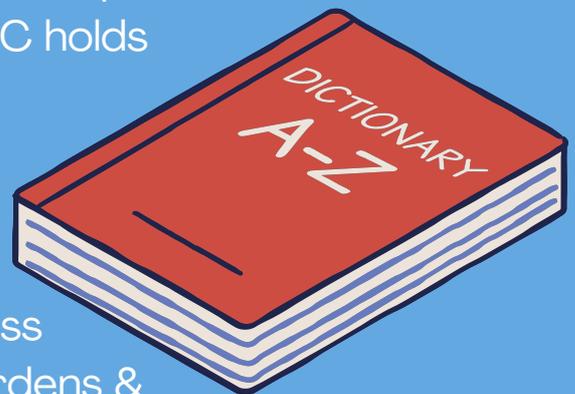
**Blues** - Blues are students who have represented the University in a Full-Blu sport in a Varsity match against Oxford. GDBO (god damn bl\*\*dy O\*ford) is a term used in support of the Cambridge team at Varsity!

**Bridgemas** - The most wonderful time of the year! Christmas celebrations towards the end of the Michaelmas Term!

**Buttery** - The Buttery Dining Room (cafeteria) here at St John's where (pretty tasty and good value) breakfast, lunch and dinner are served.

**Bumps** - rowing races held in Lent Term and in May Term where the rowing teams race against other colleges to hit or 'bump' the team in front's boat and move up the division. The top crew holds head of the river. LBMC holds Lent headship!

**Camcard** - your university card, always useful to have with you. Lets you buy buttery food, enter hall, access colleges like King's or the botanical gardens & gets you into College gates to the side of forecourt and the gate to the Backs at the rear of the College.



Cuppers - intercollege sports tournament.

DoS - Acronym for Director of Studies. A fellow who manages your studies.

Ents - parties thrown for students of the College by the JCR and happen 3-4x a term, cheap drinks and great fun!

Fellows - academics of the College. If you live in North, First, Second, or Third Court you might live next door to one (if they're residential, keep the noise down at night!).

Gardies - La Gardenia restaurant, questionable food hygiene but delectable Greek takeaway, and if you're lucky you might get your photo on the wall!

Hall - Going to Hall means going for a splendid three-course (value) meal, wearing gowns, in the College's Dining Hall. This is available for booking via U-Pay every day (except Saturdays) throughout term-time. The dress code is anything but flip flops with your gown, but most people dress smart. Remember your Camcard and gown!

Hostels - College houses off campus (usually for 2nd, 3rd years and grads)

June Ent - John's's giant summer garden party/ent in May Week

LMBC - Lady Margaret Boat Club, the College boat club, home of 'boaties' (rowers). Host of the termly BCD or boat club dinner.

**May Week** - The confusingly named week in June, after exams are finished when all May Balls and June Events are held.

**Pidge** - Pigeon-hole where all students mail goes. This is in First court next to the Porters' lodge. Order your mail to St John's College, CB2 1TP and it will go there!

**Plodge** - Slang for Porters' Lodge. There are 3 Plodges in College: Cripps, Forecourt (in Chapel Court) and the Great Gate (in First Court). The Forecourt Plodge is occupied 24/7 by Porters, who really are invaluable to our lives as students here at St John's. Whether you're lost in your first few days, if you want to ask questions about events in college, or if you just need a friendly face and a chat, the importance of the Porters and the Porter's Lodges really is something to be highlighted.

**Progress Tests** - These will be subject dependent and are usually held at the beginning of Lent (second term).

**Scholars** - Students who achieve a First Class result in their Tripos exams are invited to be admitted as a Scholar of the College.

**Stash** - College Sports team branded clothing, one of the perks of uni level sport is 'blues' stash - but the John's puffers are unequivocally the best stash, and allow you to boast being at John's while walking around town!. Ryder & Amies sell College themed stash & make great presents!

**Swaps** - These are student-organised events where two groups from different Colleges get together and usually go for a meal/drink together, serving 'fines'

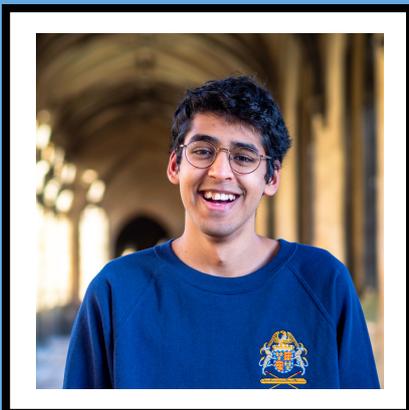
**Van of Life** - a food van situated in market square by Franco Manca, does the best post-night-out cheesy chips and quesadillas!

# THE WELFARE TEAM



Hi everyone, my name is Jai and I am one of the two welfare officers at John's. I am so excited to meet you all! Welfare officers make sure that everyone is feeling good at ents, organise events to get you through term, and, in addition to the welfare contacts above, are here to listen and help you all out. Contact me on Facebook or at [jsbp3@cam.ac.uk](mailto:jsbp3@cam.ac.uk)!

Hey everyone, I'm Bernice and I'm one of the two welfare officers at John's. Huge congrats on getting here and I'm so excited to meet you all!! Welfare officers organise regular welfare events and distribute free anonymous sexual health supplies. We are also here to listen to any concerns or anything you'd like to share. Feel free to contact me on Facebook, Instagram or email [hcc69@cam](mailto:hcc69@cam).



Hey all! I'm Yusuf, the Mental Health Officer for the JCR. I work alongside the welfare team to organise fun events to help you relax and de-stress. If you ever feel in need of support, be sure to contact me ([yuma24@cam.ac.uk](mailto:yuma24@cam.ac.uk)), I'm always up for a chat and will know where best to go, should you want further support.



# conSenT

## John's

ConSenT John's is a sexual consent campaign for St John's, which was student founded in 2019 by the JCR Women's Officer. Each year, the Gender Liberation officer for the JCR looks after managing the campaign and it is intended for all members of college to participate in.



The campaign is an essential part of keeping life in college fun, happy and most importantly, safe. The key aims of the campaign include (but are not limited to...):

- Raising awareness for the prevalence of consent issues around the University
- Educating college members about the importance and relevance of sexual consent
- Creating an environment within college, where there is a zero-tolerance attitude towards breaches of sexual consent

Consent is a hugely important and serious subject matter, but the campaign aims to educate Johnians on matters of consent in an accessible and enjoyable way. This includes workshops, poster campaigns, step-by-step guides on our Instagram and Facebook, and informative videos. We kick things off in Freshers' week when we host the compulsory consent workshops - these are led by trained JCR members and are an opportunity for informative, laid back and engaging teaching and discussion.

conSenT Johns also collaborates across college with other societies such as St John's FemSoc and events such as sport matches, where you can usually find some of our stash! Our social media pages also have some great resources and information on them, including guides to reporting assault or harassment in Cambridge.

# ACCESS



My name is Alexandra, I'm the Access Officer for St John's College, and I'm about to go into my second year here. That's important because it means that exactly a year ago, I was in your position; a naïve and often lost fresher, in a brand new city with not the faintest idea how to make friends, use those pesky washing machines or get to my lectures on time. Although I haven't exactly mastered the last one yet, I'd like to think I have at least some meaningful advice to offer you all, and failing that, a bit of relatability which might make you feel a little more at home in your early days here.

In all seriousness, starting university is scary, and in a place like Cambridge, it can feel even harder. At some point or another, you're bound to experience feeling somewhat out of place, or 'imposter syndrome'. I know I certainly did. Now, I'd love to be able to tell you I kept a diary of my wonderful first year at Hogwarts, but this would simply be untrue. I did, however, make one singular entry where I wrote:

"There aren't any words to describe my first week at Cambridge. It's been incredible, weird, mind-blowing, and also, so overwhelming. I have the most incredible view from my window, which sometimes makes me feel very small and insignificant. Equally it's inspiring and I hope the college will start to feel like home. [...] It still feels like I'm dreaming. Trying to remember that I deserve my place here, and belong here just as much as the next person".

Is this the cringiest part of the freshers booklet? Very potentially. But I'd like to think that seeing someone else's experience might make you feel a little more normal. Spoiler alert: college very much did start to feel like home- so much so I already dread the day I'll have to say goodbye...and that's three years away! But that doesn't mean that it was always easy.

My biggest tip?

Talk. you're not the first, and you certainly won't be the last person to struggle. I spoke to my Director of Studies a lot. Often I just needed someone to tell me that I was doing fine, and I wasn't actually completely out of my depth; even when I felt like I was. I talked to my friends too, who were often feeling similarly to me. Sure, they couldn't always relate to the challenges of German grammar, and I certainly didn't understand their physics, but knowing you're not alone goes a long way.

With all that said then, please feel free to reach out to me, or any of the other members of the JCR.

I don't just say that because it's the natural way to end this, but because I genuinely wish I'd reached out to the JCR when I was struggling to find my feet. Regardless, I'm always up for a chat and continue to look for new ways to procrastinate my degree; get in touch if you want to say hi/have a chat/have read this much waffle/want a de-stressing hot chocolate. (note, not a 'distressing' hot chocolate, as I had previously written).

St John's really is the most wonderful place, and everyone deserves to feel as though this college is their home.

Alexandra x

Access Officer (ais43@cam.ac.uk)

# FACILITIES IN COLLEGE

## THE BAR

The bar is currently being refurbished along with the buttery which will become the Community Hub, hopefully opening in November! It serves a wide array of alcoholic and soft drinks, as well as hot drinks, snacks and hot food. Pints are cheap and there is a TV on the wall, which shows live sport! Bar quizzes are held every week, hosted by the JCR and SBR, with the victorious group winning a bar tab.

## THE HALL

Eating in Hall is a memorable experience for every Johnian, with posing in front of the painting of Lady Margaret Beaufort, our founder, almost a rite of passage. You can normally eat in Hall in the evenings every day, apart from Saturday! Every evening in Hall, a three-course meal is served (for an excellent price) with coffee or tea afterwards and plenty of wine, if you purchase a 'with wine' ticket. Gowns must be worn, however the dress code is relatively relaxed. People do, however, tend to dress smartly and it is a great place to celebrate a birthday or just enjoy a more formal evening.

## THE PUNT POOL

John's has its very own punt pool next to Cripps Porters' Lodge and you are welcome to hire a punt by going into the Porters' lodge. The charge for a Johnian is only 5 pounds an hour, so this can be a cheap way to spend a sunny afternoon in Cambridge! You can now pay with your card as well, or earn vouchers for free punting by helping bail out the punts.

## THE BIKE SHEDS

There is plenty of space for bikes under the Cripps building and in Forecourt. Remember to register your bike first!

# FACILITIES IN COLLEGE

## LAUNDRY

All Johnians can use the laundry, situated under Cripps staircase C, at any time and completely free of charge. These are washing machines and dryers and some limited ironing equipment. Be sure to be in the laundry room on time to pick your stuff up as it can get lost if you leave it there for too long!

## THE SPORTS FIELDS

They are located right at the back of college, just a 5 minute walk from Cripps or New Court. A huge variety of sports can be played here, such as rugby, netball, hockey, lacrosse, football, cricket and tennis. The Pavilion is at the centre of the sports pitches and contains changing rooms and showers. The playing fields are looked after by our dedicated groundsman Keith.

## OTHER SPORTING FACILITIES

John's has its own squash courts at the back of Cripps, backing on to Northampton Street. The courts can be used free of charge and you can use your own equipment or the college's equipment. All you have to do is go to the Cripps Porters' lodge to book the courts. Likewise, the Snooker Room, under Cripps Building, can also be used free of charge and can be booked out of the Cripps Porters' lodge at Cripps. The croquet set can also be booked out of the Cripps Porters' lodge in the summer months. If you join LMBC, St John's Rowing Club, you will also have access to their facilities, including a gym with free weights, ergs, weights machines and bikes, and a wide array of boats ranging from singles to 8s

## PIDGES

Each student has their own pigeon-hole or 'pidge', located next to Great Gate Porters' Lodge. This is where you can find your mail. Your college address will be St John's College, Cambridge, CB2 1TP.

# FACILITIES IN COLLEGE

## GYMS

The weights room is at the bottom of C staircase, next to the Laundry. There is a huge range of dumbbells on offer, kettle bells, resistance bands, benches, a squat rack and a Smith machine, while new equipment is constantly being added, such as a fuller range of bands and a hex bar in the last year. The weights room is really relaxed and is open to gym junkies and newbies alike. There is also a fitness room, next to the weights room. This has cardio equipment, including treadmills, bikes, rowing machines, and cross trainers, plus fixed weight machines, a lat pull down and a mat area for core work. They are both open 24/7 but only to those who have undergone the necessary induction.

## LIBRARY

The college library is located in Chapel Court opposite the Chapel and consists of both the modern Working Library and the Old Library. The Working Library is home to a vast range of borrowable books and journals and has numerous work spaces for quiet study as well as computer rooms plus printing and scanning facilities. It is a great place to work, and becomes filled with students during exam term. The Library at John's is incredibly well stocked and is therefore an excellent resource for students of all subjects; if you need a book that isn't provided you can fill in its details in a form at the front desk and the Librarians will do their best to get it in. Unlike many College Libraries, the Working Library offers 24 hour access and a self-service borrowing desk. For undergraduate students, up to seven books can be withdrawn at any one time for up to a week and can be renewed weekly online (up to three times). You can also borrow books over the holidays. There are also separate rooms within the Library that can be booked for quiet group work and are sometimes used for supervisions. The Old Library dates from 1624 and can only be accessed by booking an appointment, and contains historic manuscripts, rare books and a number of special collections.

# FACILITIES IN COLLEGE

## JCR

Confusingly, as well as the JCR committee, there is also a room called the JCR, which is great for socialising with friends. The JCR is located in the Fishing Building in the Dirac Room with adjacent TV room. The JCR is fitted out with a ping-pong table, a pool table, and darts for you to use. The TV room is equipped with video games and consoles such as the Wii... idk what else

## CHAPEL

The College Chapel is one of the most breath-taking components of an aesthetically stunning college. You'll no doubt be given a tour in Freshers' Week and you will be able to get a feel for how spiritual and intricate a building the St John's Chapel is. Not to mention our College Choir, the Gents, who are one of the most beautiful choir in Cambridge and sing Evensong every day (except Monday). On Mondays, our wonderful mixed choir, St John's Voices, perform, and students at St John's can attend any service.



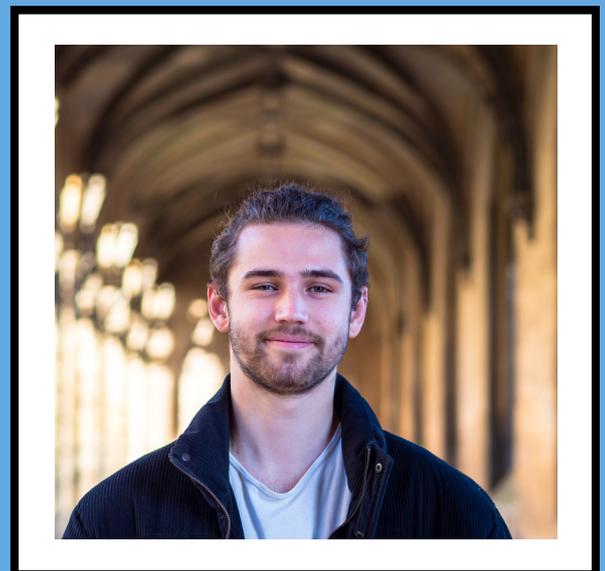
# SPORTS AND SOCIETIES

There are many different sports and societies at Johns all of which are available to all students here. Whether you are a football fanatic, a musical maniac or eccentric economist we have clubs and societies available for you to pursue your interests.

Sport at College level can be a more casual level of playing than at University level or be an introduction to a sport you may have never played before. It also allows you to get to know Johnians from across all the years and can be a great start to your social life.

Societies allow you to delve deeper into your subject with likeminded people, perhaps exploring the eccentricities of your subject beyond the course. They can also be a place to meet new people and potentially learn about a different subject to the one that you are studying. Within the first few weeks we recommend trying out the range of our sports and societies. There are freshers fairs for both Sports and Societies so that you can talk to the people already part of the clubs and societies as well as start playing yourself.

All information is available on both the main Johns College website as well as the JCR website and Johns Discord Server.



# ONLINE FACILITIES

## WiFi

First, you will need to set up the WiFi connection on your devices. There are a couple of networks within the college, but you should connect to Eduroam. It is the fastest one and works across the entire University (and other European Universities too)!. Unfortunately, connecting is not as easy as typing in the right password, but the University has prepared a great guide to help you with that process:

<https://help.uis.cam.ac.uk/service/wi-fi>

For devices that can't connect to Eduroam, like smart speakers or game consoles, there is a WiFi called 'St John's WiFi'. To use devices on it you must register them by following the instructions here:

<https://www.joh.cam.ac.uk/setting-shared-devices>

## PRINTING



College has publicly available printers in the library and in the Fisher Building. To use them, you need to set up your computer and pre-pay for credit through the University system. A detailed guide on how to do the setup can be found here: <https://help.uis.cam.ac.uk/service/printing> and you can top up your credits here: <https://www.ds.cam.ac.uk/mydsprint>

The credits can also be used with printers outside of the college connected to this system. The process of setting up the connections sometimes proves troublesome so don't hesitate to get in touch if you need any help, and please don't leave it until the last moment!

# RAVEN



Raven is University's single sign-on (SSO) system, the one where you log in with your @cam.ac.uk email. You will use it to access all University's online services, including Virtual Learning Environment (VLE), CamSIS, John's Intranet and, most importantly, the JCR website. From this year, it requires you to use a two-factor authentication (approving logins from a mobile app). You can set up raven self-recovery, to be able to reset your password. If you don't do that, you will need to bring a photo ID to the college IT staff or the UIS Service Desk to reset your password.

Protip: When you create a new account online, instead of remembering another login details, you can sign in with Raven whenever there is an option 'Sign in with Google'. Select the Google login option, type in your @cam.ac.uk address and you will be redirected to Raven.

## COLLEGE INTRANET

On the college website, there is a hidden 'login' button in the top right corner. When you click on it and authenticate yourself with Raven, you will be redirected to the college intranet. You can find there useful links and documents, including the Students Handbook or Learning and Research Application Form.

## UPay

In your Fresher's pack, there should be instructions to set your account up. The main thing you will need to use this for is to top-up your University Card to pay for meals in College and to buy tickets to Hall. Don't worry if you find yourself in the buttery without credits on UPay, you can pay with your bank card as well.

## FREE SOFTWARE

There is a range of software that you can get for free for the duration of your degree through the university. This includes MS Office 365, unlimited Google Drive storage and more. For more information see: <https://help.uis.cam.ac.uk/new-starters/it-for-students/student-it-services/personal-software>

# LIVING COSTS, GRANTS, AND BURSARIES

## LIVING COSTS AND BURSARIES

Your cost of living will vary depending on how often you cook for yourself or eat out, social activities you get involved in, and your room in college. It is helpful to keep track of your spending to learn how much you need each term, and planning ahead with food shopping can help you save money. [Save the Student](#) offer a very useful guide online on 'How to Budget at University'.

If you are eligible for, and have applied for, a student loan, your first maintenance payment should arrive during the first few weeks of Michaelmas term. It is a good idea to check your student finance account to see when your payments are scheduled to arrive, so you can plan your budget and identify potential issues early.

If you are looking for some extra income, you may want to explore some of the paid opportunities available at Cambridge. At John's, you can apply to become a Student Ambassador, and be paid to help at open days, interviews, and more. Similar opportunities are available at a university-level too.

If you are concerned about the living costs, your first port of call is your Tutor. They can provide you with advice, and signpost you to the support available at John's and the wider university. You can also get in touch with the JCR, and any concerns raised will be treated confidentially.

# PAYING YOUR COLLEGE BILL

Your college bill covers your accommodation, and your access to college services and facilities during your time at St John's. It may also include the cost of your college gown, if you purchased one through college, as well as any other costs you add to your bill. You will receive one bill each term, and be given a deadline to pay.

It is important to talk to your Tutor as soon as possible if you are concerned about meeting the payment deadline - there is support available, and you can apply to pay your bill at a later date. Student services are available to answer any questions you may have about the bill and payment process.

# BURSARIES, FREE PLACES AND HARDSHIP FUNDS

You may be in receipt of a bursary or studentship during your time at St John's. Some financial support is only available to those with Home Fee status, including Irish students and EU students with settled status in the UK:

- The Cambridge Bursary Scheme offers a non-repayable grant to assist with living costs for those with Home Fee status and a household income up to £62,125. There is no separate application process for the bursary scheme as it is calculated through student finance.
- The Free Places Programme has been set up to fully fund the education and living costs at Cambridge University for students from lower-income backgrounds who are eligible for Free School Meals.

Whether or not you meet the criteria for these schemes above, there is additional support available. The college operates a hardship fund for students in unforeseen financial difficulty - the way to access this is to talk to your Tutor as soon as possible. They will guide you through the confidential, judgement-free process and offer you support. In addition, the University offers the Bell, Abbott, and Barnes Funds for all undergraduates in need of immediate financial assistance.

The Learning and Research Fund provides £300 a year to assist with half the cost of course-related items such as books and hardware, or activities such as conferences. Student Services will provide you with details of the fund, and you can get in touch with them with any questions.

# GETTING AROUND IN CAMBRIDGE

## SHOPPING

The most popular supermarkets for John's students is Sainsbury's on Sidney Street (locally known as 'Mainsbury's' to distinguish it from the smaller Sainsbury's dotted around Cambridge). Further down Sidney Street, you will find Superdrug, and Boots which can also be used as your nominated pharmacy to collect prescriptions. Lion's Yard and Grand Arcade are both large shopping centres where you will find a range of shops. The Grafton Centre has a range of useful shops, including a costume shop perfect for any Ent theme! You can also find Aldi and Tesco if you are willing to travel a bit further afield.



## BANKS AND POST OFFICES



There is a large range of banks within walking distance of College. It is a good idea to set up an account as soon as possible if you do not have one already. HSBC and Santander offer Student Accounts, and Metro Bank is reliable for both home and international students setting up a UK bank account for the first time. Stamps can be purchased at Sainsbury's, letters posted in any red postbox. There are two post offices on St Andrew's Street and King's Street to send parcels from.

## HAIRDRESSERS

There are a number of hairdressers and barbers in Cambridge, including those which cater for trans and non-binary students.

Celly's Hair Salon: Unisex - trans and NB friendly. £19 for wash and cut

Toni and Guy: £59

Directors: Women, NB, Men. £45-£75 (20% off for Students Mon-Fri)

Lui's Barbershop: Men. Student price: Mon-Thur £16, Friday £18

The Barbers: Men. Student £15 Mon-Thurs

## UNIVERSITY SITES



While some of your teaching will take place in College, you are likely to need to find one or more of the university sites - these are where you will find lecture halls, departments, and many university libraries. The New Museums site can be accessed from Bene't Street, and the Downing Site from Pembroke Street. Mill Lane is home to some teaching rooms and lecture theatres. The Department of Engineering and the Old Addenbrooke's Site are further down Trumpington Street. There are other major sites across the river. The Centre for Mathematical Studies and West Cambridge Site can both be found by heading down Madingley Road, which is best reached by leaving St John's through the Cripps entrance. The University Library and Sidgwick Site are both located near Queen's Road.

## HOSPITALS AND GP SURGERIES



Addenbrookes Hospital is located on the Cambridge Biomedical Campus - it is out of the city centre so it is best to cycle or use a bus or taxi (see below). There are a number of GP surgeries located near St John's. Bridge Street Medical Centre, is opposite college, and Trumpington Street Medical Practice is within walking distance, while Newnham Walk has a surgery at the far end of Queen's Road, as well as a city centre surgery in Boots.

## GREEN SPACES



As well as our own beautiful gardens, Cambridge has a number of large green spaces to enjoy. Jesus Green is a large park less than 5 minutes walk from College, while Christ's Pieces and Parker's Piece are both located at walking distance south of St John's. Following the River Cam south out of the city centre, you will eventually get to Grantchester Meadows which can also be reached using one of the College punts.

## GETTING AROUND



We are lucky at John's to have the majority of central Cambridge within walking distance. If you are travelling further afield, there are a few different options. You might want to invest in a bike (remember to register with Porters to keep it in college), or try out the 'Voi' e-scooters you will see parked around the city. There are a number of bus routes around Cambridge - the U-bus offers a route through the city centre to reach the West Cambridge site, Cambridge train station, and the Biomedical Campus. There are a number of Taxi services including Panther (01223 715715), and Uber also operates in Cambridge.

# GOING OUT IN

## CAMBRIDGE

This is a guide to different clubs and other ways to go out in Cambridge under normal circumstances.

### COLLEGE BAR



The College Bar is currently being refurbished but should be open along with the new Community Hub at the End of October. In the mean time, there is a semi-permanent structure in first court for BDR, Bar and JCR. The College Bar is always a very affordable way to have a sociable night, whether it's before or after hall, before a night out, watch some sport or take part in the bar quiz! Remember, you can also get some snacks such as pizza and cake.

### CLUBBING



Here are some popular clubs and nights out that have still survived. Club entry for all of them is normally around £5-6, and a standard drink would be around £3.

- **Mash** - Notorious for sweat dripping off of the ceilings but hopefully the new refurbishments have addressed this. A bit smaller than other clubs, but great for themed nights. Wednesday Mash night.
- **Lola Lo's aka Lolos** - Usually fun on Thursdays with multiple floors and music
- **Revolution aka Revs** - A bit further away than the other clubs but great for more interesting drinks and nights such as Grandma Groove! The Top floor and outside bar is a great location for a private hire.
- **Junction** - Tends to host events like Turf with a more DnB vibe and Arcsoc Ents with student DJs
- **Vinyl** - Just by Waterstones so very close. Tuesday is famous for Glitterbomb (LGBTQ+ night)

## PUBS AND BARS

There are loads of great pubs dotted throughout Cambridge, from the local Wetherspoons, to the slightly more up-market pubs such as the Maypole, the Mitre, the Baron of Beef and the Eagle (where Watson and Crick first announced their discovery of DNA!). If you're looking for something a little classier, head towards one of the great bars Cambridge has to offer such as Novi, All Bar One, Revs and 2648 (an underground bar round the corner from College with live music, and good food and drink deals).

## EATING OUT

If you ever fancy a change from the Buttery or your own cooking, there's a huge choice of restaurants in Cambridge, many of which have fantastic student deals. To stay in the know about the top food and drinks deals in Cambridge, download [The Dealer app](#). If you fancy treating yourself to a classy three course meal then the answer is John's Formal Hall. Popular for birthday gatherings, finishing exams, boasting to family or friends from other Colleges or for cultural celebrations, Hall is always an easy option. See the John's website for the weekly Hall and Buttery menus.

## THEATRE AND MUSIC

Cambridge has one of the best student led theatre scenes in the UK, with plays and comedy performances throughout the year across many locations. The ADC is the hub of student performances so this would be a good starting point. There are many music events across Cambridge colleges, including classical, jazz, and choral performances. You can see [The Gents of John's](#) or [St John's Voices in Chapel](#) most evenings or in special performances. [Jazz at John's](#) is another popular event held on a few Fridays each Term.

# STAYING SAFE

## ON A NIGHT

### OUT

#### BEFORE

- Make sure to charge your phone
- Have a meal before you go, otherwise you risk feeling drunk too quickly
- Pre-drinks might seem like an ideal plan for a night out, but be considerate with noise and behaviour especially when others have lectures and supervisions the next day (even on weekends). Also, strictly speaking you need permission from the Dean of Discipline if you are planning on having a gathering above a certain number in your room - see the student handbook for details

#### DURING

- Keep an eye on your friends' limits and be sensible if they don't know when to stop drinking
- Keeping hydrated with water/soft drinks in between drinks or towards the end of the night is always a good shout - you won't get too drunk quickly and will minimise a potential hangover the next morning
- Do not accept a drink from a stranger or leave your drink unattended - being spiked can always be a possibility
- Know your own limits and never feel pressured to drink, or drink more, just because your friends are. You can definitely have an amazing time without alcohol.
- If you feel unsafe/uncomfortable with anyone's behaviour, please reach out to the JCR (we will be wearing JCR stash during fresher's week), your friends and the bouncers.

## AFTER

- Luckily the majority of pubs and clubs are walking distance to John's
  - If you are walking, make sure to walk back with someone you know and let your friends know when you are leaving.
  - Wrap up warm in the winter months
  - If you feel unsafe walking back or you are far out from College, it may be useful to have these taxi numbers on your phone:
    - Panther: 01223 715715 (the Panther app is also available to download and very convenient)
    - Camcab: 01223 704704
- If you're feeling peckish or need to sober up, McDonald's is open 24/7 on Friday and Saturday nights. Gardenia (aka Gardies) and the Van of Life in market square are also student favourites on other nights out.

**stay  
safe**

A photograph of a Gothic building, likely a university hall, seen through a large stone archway. The building features intricate Gothic architecture with tall, narrow windows and a crenellated roofline. A person is walking on a green lawn in the foreground. The scene is bathed in warm, golden light, suggesting late afternoon or early morning. The text "ENJOY YOUR FRESHERS' WEEK" is overlaid in large, white, bold letters across the bottom half of the image.

**ENJOY  
YOUR  
FRESHERS'  
WEEK**