

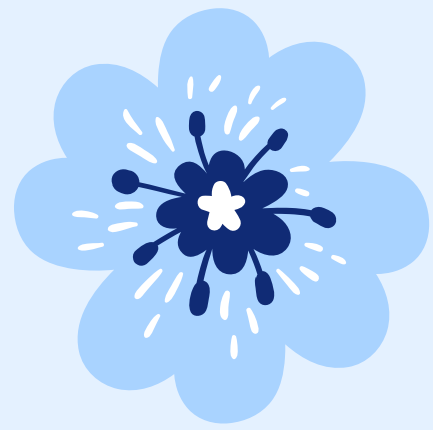


2023

NEWNHAM

FRESHERS

HANDBOOK



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WELCOME!

Hello! My name is Tilly and I'm going into my second year studying English at Newnham. I'm your Freshers' President, which means my job, along with the wonderful Freshers' Committee, is essentially to help welcome and support you as you start your first year at Newnham. Huge congratulations for getting and making your offers, you don't need me to tell you that it's an incredible achievement and you should all feel so proud.

Nonetheless, even though you're way past the hardest bit, as last years' freshers we know all too well that coming to university can be pretty daunting. Hopefully we can reassure you, and show you that Newnham is an incredibly warm and welcoming community, and I promise I'm not just saying that! We want to make your start the best it can be, and have organised a whole host of activities for Freshers' Week to help you get to know each other, the college, and the city. Don't worry about there not being things for you, whether that's regarding times of day, drinking alcohol, or energy levels, as we've tried to organise as many different types of events as possible, from punting on the river to club nights to picnics. We'll also be there throughout the week (and beyond!) to help you with anything you need.

We've put together this handbook to help you have an idea of what life at Cambridge and Newnham is like. We hope it will answer some of your questions and also help you get excited to see and do it all for yourself (even if 'it all' is just getting some curly fries at the Buttery!). It'll hopefully also be useful throughout your first year as something you can reference to point you in the right direction on whatever you're wondering or worrying about. Along with this, you will also have our Liberation Handbook, put together with our wonderful JCR Liberation officers, who represent BAME, LGBTQ+, disabled, international and Class Act students at the college, where we've put together some information that they felt would be good for you guys to know.

As well as this handbook, the committee is always happy to answer any questions (no matter how silly you think they may be, someone else is probably wondering the same!) on the Facebook group. If you want to ask or have a chat about anything at all I'm just a message away on Facebook (Matilda Barker) or email (jcr.freshers@newn.cam.ac.uk). I speak for all of us when I say we're so excited to meet and get to know you soon!

Welcome from the Porters

Hello from the Porters' Lodge and welcome to Newnham College. My name is Bob and I have the privilege of being the Head Porter of Newnham College and of a team of wonderful porters, whom I know have been looking forward to your arrival and to meeting you all in due course. The Porters' Lodge is open 24hrs a day; year-round, so there's always someone here if we are needed. Our role is concerned primarily with the safety and security of the College, its students, members of staff and visitors alike. We are also the main reception of the College for most things non-academic, whether it be how to get into town, booking a taxi, where the nearest shops are or who to speak to in college about a particular issue. Sorting and distributing your post is another role we perform and in the case of parcels, letting you know they are ready for collection. The lodge is staffed by people that have had previous careers and experiences as diverse as any. We have ex members of various services, some from the retail and cruise ship industries, and even someone who worked as a games maker during the 2012 London Olympics. As such, we have a wealth of experience to help with most things, and if we do not know or have the answer there and then, we will know someone who does. Come and test us! Again, welcome to the college and we look forward to meeting as many of you as we can over your time here, so say hi if you see us out and about.

— Bob Watson, Head Porter



Newnham College Porters' Lodge

MEET THE FRESHERS COMMITTEE

Matilda Barker (she/her) - President

Hi there! I'm an English student (or an 'engling' in the Cambridge slang I'm still slightly too embarrassed to use). When I'm not reading books for my subject (rare), I like to read for fun, as well as attempting craft projects. I'm also involved in theatre, in which I do the excellent acting job of pretending that all my spare time isn't meant to be spent writing essays.



Naalini Bird (she/her) - Internal Vice President

Hi everyone! I'm a second year bio natsci and I'm specialising in human physiology. I'm super involved in the Cambridge theatre and musical theatre scenes (my supervisors would definitely say too involved) and I love a night out! You are most likely to find me in the ADC theatre, spoons or Rumboogie at Revs xx



Els Curry (they/them) - External Vice President

Hello! I'm a Muso (Music) student here at Newnham. I'm a habitual throatsinger, a reader (beyond those academic books that I'm supposed to be reading), and a connoisseur of midnight cookery (especially lasagna). On most days you'll spot me zooming around college. :))



MEET THE FRESHERS COMMITTEE continued...

Alice Jenkins (she/her) - Treasurer

Hey everyone! My name's Alice, I'm studying History and I'm treasurer, which is a strange job for someone with a lifelong loathing for anything financial! I spend 10% of my time studying and the other 90% watching (and obsessing over) TV shows and listening to the kind of music that your grandpa liked in the '70s.



Gabriel Farge (they/them) - Info and Comms Rep

Hi! I'm studying Human, Social and Political Sciences, but when I'm not stress-reading about Sociology in the Library, I love creating poetry and art. As Newnham's LGBTQ+ Officer, I love staying informed on the Cambridge activist scene and my favourite Newnham societies are Butchsoc and Femsoc. You'll probably see me dissociating in the corridor listening to Dominic Fike.



Elena Rowe (she/her) - Info and Comms Rep

Hello! I'm one of the Info & Comms officers and one of two ASNaCs on the committee. I love arts and crafts, my best make this year being a tiny, historically accurate Viking costume for a toy moomin, as well as baking and ballroom dancing, which I've only just started at uni and really enjoy!



MEET THE FRESHERS COMMITTEE continued...

Eva Zeng (she/her) - Info and Comms Rep

Hi my name is Eva and I am another one of the Info & Comms officers. I am currently studying Biological Natural Sciences! I love experimenting with different recipes and making my food look very aesthetically pretty, and I am a big fan of fashion and art.



Libby Salmon (she/her) - Internal Ents

Hi all! I'm the other ASNaC on the committee. I'm a big fan of dragging my degree into as many conversations as possible, as well as renaissance music. You'll probably be able to find me in the old bit of the library fangirling over pictures of manuscripts (particularly antiphonaries my beloved), or in Selwyn Chapel doing choir things.

Sophia Meng (she/her) - External Ents

Hi I'm Sophia! I'm your external ents officer and a first year engineer. I'm also a photographer and I really love travelling and taking photos. As the spirit of an engineer I really enjoy making experiments in real life, creating things by hand and learning from experience.



PLACES AROUND NEWNHAM

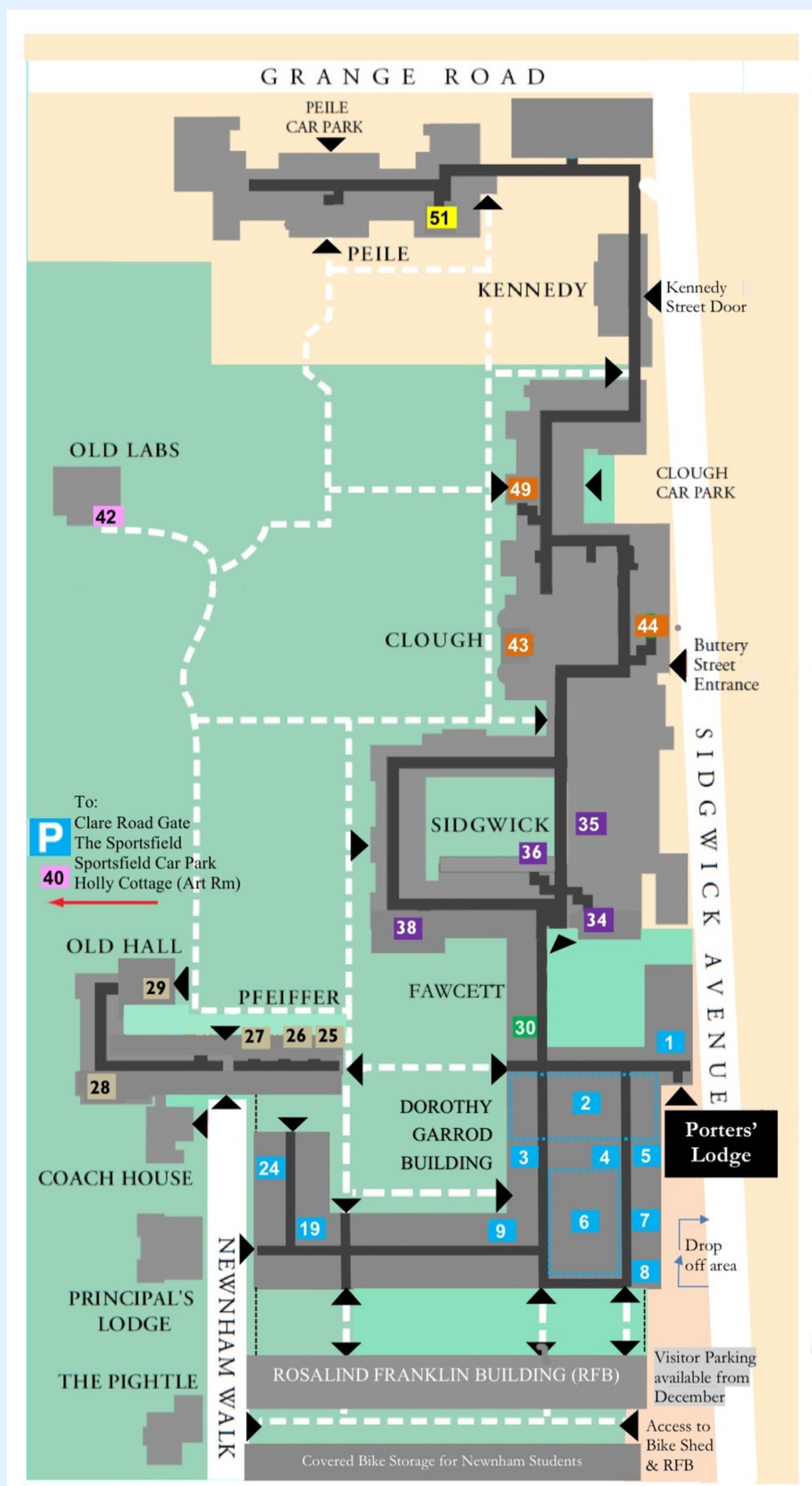
Newnham, famously, has one very long corridor along which most of the buildings are located (more on the different buildings later).

The map below is a reduced version of the main college map (hence the weird numbers) and shows a few of the most important places within college.

For details on accessibility for different rooms in college visit AccessAble.co.uk

All rooms listed are on the ground floor unless otherwise specified

- 1 Porters' Lodge
- 2 The Iris Café
- 3 Anna Bateson Room
- 4 Party Room
- (Basement)
- 5 Millicent Garrett Fawcett Room
- 6 Cynthia Beerbower Room
- 7 Supervision Rooms
- 8 Gym (3rd floor)
- 9 Admissions and Tutorial Office
- 19 I.T. Department
- 24 Margaret Anstee Centre
- 25 College Nurse
- 26 College Counsellors
- 27 Senior Tutor's Office (1st floor)



- 28 Barbara White Room
- 29 MCR
- 30 Conferences Office
- 34 Skilliter Centre (1st floor)
- 35 Library and Archives
- 36 Graduate Tutor's Room (1st floor)
- 38 Sidgwick Hall
- 40 Art Room (Holly Cottage)
- 42 Old Labs
- 43 College Hall (on left) and Buttery (on right)
- 44 Lucia Windsor Room (1st floor)
- 49 JCR (1st floor)
- 51 Jane Harrison Room

Buildings



Old Hall and Pfeiffer Arch

Old Hall is the oldest building and the Pfeiffer Arch in the middle was the original entrance to College. It has new kitchens and bathrooms.



Peile

Peile (pronounced 'peel') is one of the biggest buildings in Newnham, on the far end of the long corridor. It is home to some of the largest rooms in college, including the Princess room with a balcony. Some bathrooms and kitchens have been refurbished recently.



Sidgwick

Sidgwick is near the library and facing the sunken rose garden. Most rooms have sinks and fridges



Rosalind Franklin Building (RFB)

RFB is typically accommodation for postgraduates, but occasionally freshers might also be housed there. Rooms, kitchens and bathrooms are quite modern!



Clough

Clough (pronounced 'cluff') has lift access, and is home to the Buttery and Formal Hall, as well as lots of student rooms!



Dorothy Garrod (DG)

DG is the newest building in the college. It is popular in the room ballot with third years as it has large kitchens, en-suites and double beds and is often where students with access needs are housed. Many of the locations you will need to visit including meeting rooms, offices and supervision rooms are in the Dorothy Garrod Building.

ACCOMMODATION

Rooms

All rooms have:

✿ A Bed

✿ Most of these beds are single beds.

✿ The Dorothy Garrod building has a majority of double beds, except in the wheelchair accessible rooms, which are singles. The Rosalind Franklin Building (RFB) has a mix of both double and single beds.

✿ Desk and Chair

✿ Storage facilities (wardrobes, shelves, drawers)

✿ Some of the storage space in every room will be lockable, though the size depends on the room itself and the building.

✿ A table lamp

✿ A pin board

✿ A bin

✿ Picture rails (though this is not available in Dorothy Garrod rooms, the DG rooms have much larger pinboard space).

✿ 2x pillows and protectors (though you are free to bring your own)

✿ 1x mattress protector

✿ 1x duvet (same as above)

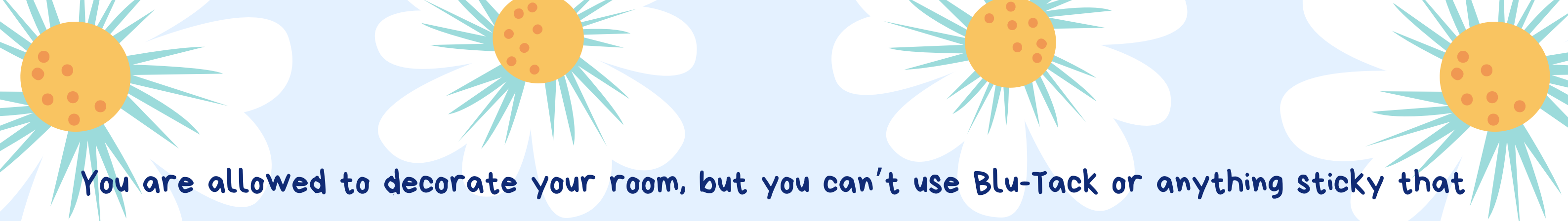
Not provided...

✿ Bedding sheets and Linen (i.e. a bottom sheet, flat or fitted; pillowcases; or duvet covers)

✿ Bath and hand towels

✿ Linen packs: If you arrive at College and have forgotten to bring any linen, or are arriving from abroad and bringing linen might prove to be difficult, the College will be able to provide a "linen pack" that you will be able to borrow until you can purchase your own linen.

Due to variance across buildings, there are some common items that are included in some but not all rooms. These include armchairs, sinks, mirrors and bureaux.



You are allowed to decorate your room, but you can't use Blu-Tack or anything sticky that could damage the walls - use the picture hooks or the pin board instead! When you first move in, you will be given a room inventory listing all college-owned items and whether they're valuable or damaged. You will have to check this list is correct, sign it and return it to Porters.

Any electrical items (e.g. kettles, hairdryers, laptop chargers) you bring to college have to be PAT-tested. Most modern appliances will pass the test, but this is just to check they're safe. You'll get more info on all this in October. You are not allowed certain appliances in your room, such as toasters or microwaves, but these will be provided in the kitchen. If you have any questions about what appliances you are allowed to use, please ask.

Bathrooms

Dorothy Garrod rooms and some Sidgwick rooms are en-suite, but most students have communal bathrooms. These vary in size and are cleaned every weekday, while en-suites can be cleaned termly. It is rare for freshers to be allocated an ensuite room without having provided evidence of accessibility needs.

Kitchens

All kitchens are communal and have microwaves, hobs, ovens and fridges. Kitchens also have lockable cupboards for each room connected to that kitchen and some will have tables. Kitchens in DG, Fawcett, Old Hall, RFB and some in Peile are newer than those in other buildings. These are also cleaned every weekday.

Laundry

There are laundry facilities in college, with a room in Peile (ground floor PG02), in Sidgwick (ground floor SG27), in Old Hall (ground floor OG12), and in the DG basement. RFB has its own laundry facilities too. Laundry at Newnham is free. Students are only permitted to use laundry pods or liquids, and not powders. They must provide their own laundry supplies. (Be aware that exact laundry rooms may change as rooms are renovated or added in college)

Room Ballot

For first year accommodation, you are randomly assigned a room, and if you have been in contact with college concerning accessibility needs then these will be taken into consideration before the allocation of rooms. In the second academic term, first and second year students take part in what is called the "Room ballot". This is a system designed by college to help you choose your room for the following year. Don't worry! You do not need to understand this process just yet, and you will be given all the relevant information well before.

One of the good things about Newnham is that it has implemented a flat rent system, meaning that nicer rooms aren't more expensive and every room costs the same, so you don't need to choose based on finances. The rent for 2023-24 is £175 per week

Important note: there is an automatic Newnham rent bursary that will be deducted from your college bill if you are eligible for the Cambridge Bursary (see the finance section). For now, you only have to pick which licence type you want: continuous (where you have full access to your room from October through to June) or termly (where you have to move out at the end of each term), and more information about this will be sent to you by College.

Room Issues

If there's an issue with your accommodation where you need the help of maintenance, you can put a note on the Rooms Management System (RMS), and they can help - no problem is too small! If it's urgent, let the Porters know as they are able to help with some things (like changing light bulbs). RMS Link: app.casc.cam.ac.uk/rms_live/

If you're having issues with RMS, don't want to go to Housekeeping alone, or you're not sure who to ask for help with your room, you can always get in touch with our JCR Halls Officer who will be able to help: jcr.halls@newn.cam.ac.uk



Storage in S215



Room S118

FOOD AT NEWNHAM

This section will give an overview of the different food and drink options at Newnham. Most of these can be managed online via

<https://foodanddrink.newn.cam.ac.uk/secure/Main.aspx>

Among other things, this is used to book formals, top up credit for the Iris and view food and drink purchases on your university card

Please note: some of this information might change before Michaelmas Term 2023, but it is correct as of Easter Term 2023

The Buttery

The Buttery is the main canteen at Newnham, and it is open to both Newnham members and non-members.

The Buttery usually offers four different options: vegan, vegetarian, meat and fish. We also have a meat-free menu for Monday supper. There are also different sides (such as potatoes and vegetables) and a salad bar with other snacks and drinks. In terms of brunch, the Buttery serves both English breakfast-style food (such as sausages, hash browns, beans, and eggs) and continental breakfast items (including pastries, waffles, yoghurt, and fruit).

This is an example of a weekly menu for the Buttery, which also includes the opening times during term:

FEBRUARY

LUNCH MENU

Menu is subject to change
Allergens will be displayed on the daily buttery menu

BUTTERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY																								
<p style="text-align: right; margin: 0;">6th</p> <p>(VEGAN) Flat Mushroom, Leek & Sundried Tomatoes with Stir Fried Rice £3.15</p> <p>(V) Spinach, Lentil & Paneer Bati £3.15</p> <p>Glazed Chicken with Grain Mustard & Honey £3.50</p> <p>Salmon & Spring Onion Fish Cake £3.50</p> <p>Churros with Chocolate Sauce £1.60</p>	<p style="text-align: right; margin: 0;">7th</p> <p>(VEGAN) Chickpea, Vegetable & Apricot Tagine with Couscous £3.15</p> <p>(V) Vegetable Lasagne £3.15</p> <p>Charred Gammon Steak with Fried Egg £3.50</p> <p>Fisherman's Pie £3.50</p> <p>Coconut & Mango Rice Pudding £1.60</p>	<p style="text-align: right; margin: 0;">8th</p> <p>(VEGAN) Roasted Vegetable Paella £3.15</p> <p>(V) Filo Wrapped Halloumi & Cranberry with Warm Greek Salad £3.15</p> <p>Beef Lasagne with Garlic Bread £3.50</p> <p>Fillet of Fish with Lemon & Caper Dressing £3.50</p> <p>Black Forest Muffins £1.60</p>	<p style="text-align: right; margin: 0;">9th</p> <p>(VEGAN) Hong Kong Style Sweet & Sour Tofu with Vegetables £3.15</p> <p>(V) Cannelloni Verdi £3.15</p> <p>Piri Piri Pork Steak with Roasted Corn on the Cob £3.50</p> <p>Ginger & Chilli Haddock with Pak Choi £3.50</p> <p>Warm Chocolate Muffins £1.60</p>																								
<p style="text-align: right; margin: 0;">FRIDAY</p> <p style="text-align: right; margin: 0;">10th</p> <p>(VEGAN) Roasted Vegetables, Spinach & Potato Curry £3.15</p> <p>(V) Sweet Potato, Spinach & Goat Cheese Pie £3.15</p> <p>Chicken Kiev £3.50</p> <p>Home Battered Haddock with Tartare Sauce £3.50</p> <p>Marmalade & Orange Cake £1.60</p>	<p style="text-align: right; margin: 0;">SATURDAY</p> <p style="text-align: right; margin: 0;">11th</p> <p style="text-align: center; margin: 10px 0;">BRUNCH</p>	<p style="text-align: right; margin: 0;">SUNDAY</p> <p style="text-align: right; margin: 0;">12th</p> <p style="text-align: center; margin: 10px 0;">CLOSED</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="background-color: #f9a85c;">Lunch</th> <th style="background-color: #f9a85c;">Dinner</th> </tr> </thead> <tbody> <tr><td style="background-color: #f9a85c;">Monday</td><td>12:30 - 13:45</td><td>18:00 - 19:15</td></tr> <tr><td style="background-color: #f9a85c;">Tuesday</td><td>12:30 - 13:45</td><td>18:00 - 19:15</td></tr> <tr><td style="background-color: #f9a85c;">Wednesday</td><td>12:30 - 13:45</td><td>18:00 - 19:15</td></tr> <tr><td style="background-color: #f9a85c;">Thursday</td><td>12:30 - 13:45</td><td>18:00 - 19:15</td></tr> <tr><td style="background-color: #f9a85c;">Friday</td><td>12:30 - 13:45</td><td>18:00 - 19:15</td></tr> <tr><td style="background-color: #f9a85c;">Saturday</td><td>Brunch 9.30 - 13.30</td><td>18:00 - 19:15</td></tr> <tr><td style="background-color: #f9a85c;">Sunday</td><td>CLOSED</td><td>CLOSED</td></tr> </tbody> </table>		Lunch	Dinner	Monday	12:30 - 13:45	18:00 - 19:15	Tuesday	12:30 - 13:45	18:00 - 19:15	Wednesday	12:30 - 13:45	18:00 - 19:15	Thursday	12:30 - 13:45	18:00 - 19:15	Friday	12:30 - 13:45	18:00 - 19:15	Saturday	Brunch 9.30 - 13.30	18:00 - 19:15	Sunday	CLOSED	CLOSED
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FEBRUARY

DINNER MENU

Menu is subject to change
Allergens will be displayed on the daily buttery menu

BUTTERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY																								
<p style="text-align: right; margin: 0;">6th</p> <p>(VEGAN) Falafel Burger with Hummus & Salsa £3.15</p> <p>(V) Vegetable Biryani £3.15</p> <p>(V) Spanakopita £3.15</p> <p>(VEGAN) Vegetable Pasta Baked £3.15</p> <p>Vegan Flapjack £1.60</p>	<p style="text-align: right; margin: 0;">7th</p> <p>(VEGAN) Boston Bean & Sweet Potato Casserole £3.15</p> <p>(V) Roast Mediterranean Vegetable Tart with Mixed Green Salad £3.15</p> <p>Pork Meatballs with Tomato & Basil Sauce £3.50</p> <p>Pan Fried Salmon with Soy Sauce, Sesame & Spring Onion £3.50</p> <p>Lime Posset £1.60</p>	<p style="text-align: right; margin: 0;">8th</p> <p>(VEGAN) Lentil & Vegetable Lasagne £3.15</p> <p>(V) Pea, Pepper & Goat Cheese Quiche £3.15</p> <p>Thai Red Chicken Curry with Rice £3.50</p> <p>Breaded Scampi with Aioli & Lemon £3.50</p> <p>Cheesecake £1.60</p>	<p style="text-align: right; margin: 0;">9th</p> <p>(VEGAN) Chili Bean & Vegetables Enchiladas £3.15</p> <p>(V) Baked Gnocchi in a Spinach, Mushroom & Cheese Sauce £3.15</p> <p>Lamb Kofta with Raita Sauce, White Cabbage & Onion Salad £3.50</p> <p>Pasta, Smoked Salmon Bound in a Lemon & Dill Sauce £3.50</p> <p>Cookies £1.60</p>																								
<p style="text-align: right; margin: 0;">FRIDAY</p> <p style="text-align: right; margin: 0;">10th</p> <p>(VEGAN) Crispy Korean BBQ Tofu with Rice £3.15</p> <p>(V) Zucchini, Tomato & Broccoli Pasta au Gratin with Double Gloucester Cheese £3.15</p> <p>Home Battered Haddock with Tartare Sauce £3.50</p> <p>Sweet & Sour Chicken served with Egg Fried Rice £3.50</p> <p>Assorted Desserts £1.60</p>	<p style="text-align: right; margin: 0;">SATURDAY</p> <p style="text-align: right; margin: 0;">11th</p> <p>(VEGAN) Vegetable Fajita £3.15</p> <p>(V) Spinach & Ricotta Cannelloni £3.15</p> <p>Quarter Roasted Chicken with Sage, Onion Stuffing & Chicken Gravy £3.50</p> <p>Grilled Tuna with Salsa £3.50</p> <p>Rocky Road £1.60</p>	<p style="text-align: right; margin: 0;">SUNDAY</p> <p style="text-align: right; margin: 0;">12th</p> <p style="text-align: center; margin: 10px 0;">CLOSED</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="background-color: #a8d9f9;">Lunch</th> <th style="background-color: #a8d9f9;">Dinner</th> </tr> </thead> <tbody> <tr><td style="background-color: #a8d9f9;">Monday</td><td>12:30 - 13:45</td><td>18:00 - 19:15</td></tr> <tr><td style="background-color: #a8d9f9;">Tuesday</td><td>12:30 - 13:45</td><td>18:00 - 19:15</td></tr> <tr><td style="background-color: #a8d9f9;">Wednesday</td><td>12:30 - 13:45</td><td>18:00 - 19:15</td></tr> <tr><td style="background-color: #a8d9f9;">Thursday</td><td>12:30 - 13:45</td><td>18:00 - 19:15</td></tr> <tr><td style="background-color: #a8d9f9;">Friday</td><td>12:30 - 13:45</td><td>18:00 - 19:15</td></tr> <tr><td style="background-color: #a8d9f9;">Saturday</td><td>Brunch 9.30 - 13.30</td><td>18:00 - 19:15</td></tr> <tr><td style="background-color: #a8d9f9;">Sunday</td><td>CLOSED</td><td>CLOSED</td></tr> </tbody> </table>		Lunch	Dinner	Monday	12:30 - 13:45	18:00 - 19:15	Tuesday	12:30 - 13:45	18:00 - 19:15	Wednesday	12:30 - 13:45	18:00 - 19:15	Thursday	12:30 - 13:45	18:00 - 19:15	Friday	12:30 - 13:45	18:00 - 19:15	Saturday	Brunch 9.30 - 13.30	18:00 - 19:15	Sunday	CLOSED	CLOSED
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Sunday	CLOSED	CLOSED																									

14

This is an example of a daily menu for the Buttery:



Lunch Menu

(VEGAN) Carrot, Cumin, Ginger & Coconut Soup £1.20 (£1.60)
(CL, SD)



**(VEGAN) Tofu & Roasted Courgette Pad Thai with
Toasted Cashew Nuts £3.15 (£4.20)**
(N, SS, SY)

(V) Fried Haloumi with Sundried Tomato Salad £3.15 (£4.20)
(D)

Roast Pork with Apple Sauce & Gravy £3.50 (£4.67)

Southern Fried Fish with Sweetcorn Relish £3.50 (£4.67)
(F, D, CL, M, G, SD)

Side Dish £0.90 (£1.20)



Apple & Blackberry Crumble £1.60 (£2.13)
(D, G)

Prices shown in brackets for non-members

Allergies and Dietary Requirements

All daily menus are labelled with allergy information and where necessary will also say if an item is halal. If you're unsure, the Buttery staff are very happy to answer questions, or for more general concerns the current JCR Food and Drinks Officer, Chloe Hambleton, is also there to help! She can be contacted at

jcr.foodanddrink@newn.cam.ac.uk

or through the JCR anonymous submissions form.

This is the list of allergy abbreviations used for college menus:



ALLERGEN LIST

Gluten - G
Peanuts - P
Soya - SY
Molluscs - ML
Nuts - N
Sesame Seeds - SS
Crustaceans - CR
Celery - CL
Lupin - L
Eggs - E
Dairy - D
Sulphur Dioxide - SD
Fish - F
Mustard - M

IF YOU HAVE A DIETARY REQUIREMENT PLEASE ASK A MEMBER OF STAFF.
WE WILL BE HAPPY TO HELP YOU.

Buttery - Cost and Payment

Please note: the payment system for the Buttery and the Iris might change

Newnham students pay with credit from their university card in the Buttery, and you choose the amount of credit you want to add to your account by choosing different options at the start of the year (see the picture). If you pay less for eating at the Buttery (your Buttery Pre-paid Meal Plan - BPMP), you would have to pay more for your "Kitchen Fixed Charge" (KFC), which goes towards kitchen cleaning and maintenance. The option can also be changed easily during the term if you think the one you chose is not suitable. Another important thing to mention is that the Buttery credit disappears at the end of each term, so remember to use up all your money on the card! Anything you spend over your credit amount is just added to your college bill the next term.

Option 1 – for people who do not use the Buttery	
Annual KFC	£387 (£129 per term)
Annual BPMP	£0
Option 2 – for people who use the Buttery only very occasionally	
Annual KFC	£321 (£107 per term)
Annual BPMP	£258 (£86 per term) This would cover around 1-2 meals a week in a 10-week term.
Option 3 – for people who use the Buttery regularly (default option)	
Annual KFC	£258 (£86 per term)
Annual BPMP	£387 (£129 per term) This would cover around 2-3 meals a week in a 10-week term.
Option 4 – for people who use the Buttery frequently	
Annual KFC	£192 (£64 per term)
Annual BPMP	£513 (£171 per term) This would cover around 3 meals a week in a 10-week term.
Option 5 – for people who use the Buttery on most days	
Annual	£129 (£43 per term)
Annual BPMP	£642 (£214 per term) This would cover around 4 meals a week in a 10-week term.

The Iris

The Iris is Newnham's very own café and bar that is open to both Newnham students and non-members. It serves a variety of drinks, pastries and light lunches, and it is a great place to socialise and work. The Iris doesn't open regularly as a bar every night, but it does open for occasions such as bops, pub quizzes and open mic nights!

Iris - Cost and Payment

Newnham students can get 25% off if they pay for café items at the Iris using their university card. You can pre-load money into your Iris account online at:

<https://foodanddrink.newn.cam.ac.uk/secure/Main.aspx>

You can also pay with a debit or credit card, but not with cash.



Cooking

Every Newnham student has access to a kitchen, which will be equipped with at least one of each of the following:

- ✿ a fridge
- ✿ an oven
- ✿ a hob
- ✿ a kettle
- ✿ a microwave

Some kitchens may have more than one of some of these things, and certain bedrooms also have a mini fridge. Note that no kitchens have a freezer, so if you want to freeze things you have to buy a freezer and put it in your bedroom.

Sustainability, Waste and Recycling

The JCR has put together some information which can be accessed here:

<https://newnhamjcr.co.uk/accomodation/green-information/>

You can also contact current Green Officer Charlotte Boggon

with any questions at
jcr.green@newn.cam.ac.uk

Formals

A formal is a three-course meal served in the formal hall – it's a chance to dress up, wear your gown, and enjoy some fancy food for a relatively low price. Over the course of your time at Newnham, you will be able to attend a few formals for free:

- 🌻 your matriculation formal in the first year (to celebrate the beginning of your time at the college)
- 🌻 an annual subject formal (a formal that brings together all the Newnham students and staff that are affiliated with a particular subject)
- 🌻 a 'Halfway Hall' (to celebrate that you have reached the halfway point of your course)

You can also book and pay for additional formals at

<https://foodanddrink.newn.cam.ac.uk/>.

You can usually bring two guests to these formals (such as people from other colleges or someone who is not a member of the university), although some more popular formals have restrictions on guests

Other Food Options

There are lots of restaurants around Cambridge in different price ranges, offering a huge variety of cuisines! The market square is popular for its many food stalls, which are open during the daytime, and as a member of the University you can also eat at some of the other colleges' canteens (Selwyn is a popular choice for Sunday brunch among Newnhamites).

You can also order delivery to outside any of the Newnham gates or to the main entrance - just remember to pick it up in time! The porters aren't able to collect it for you.



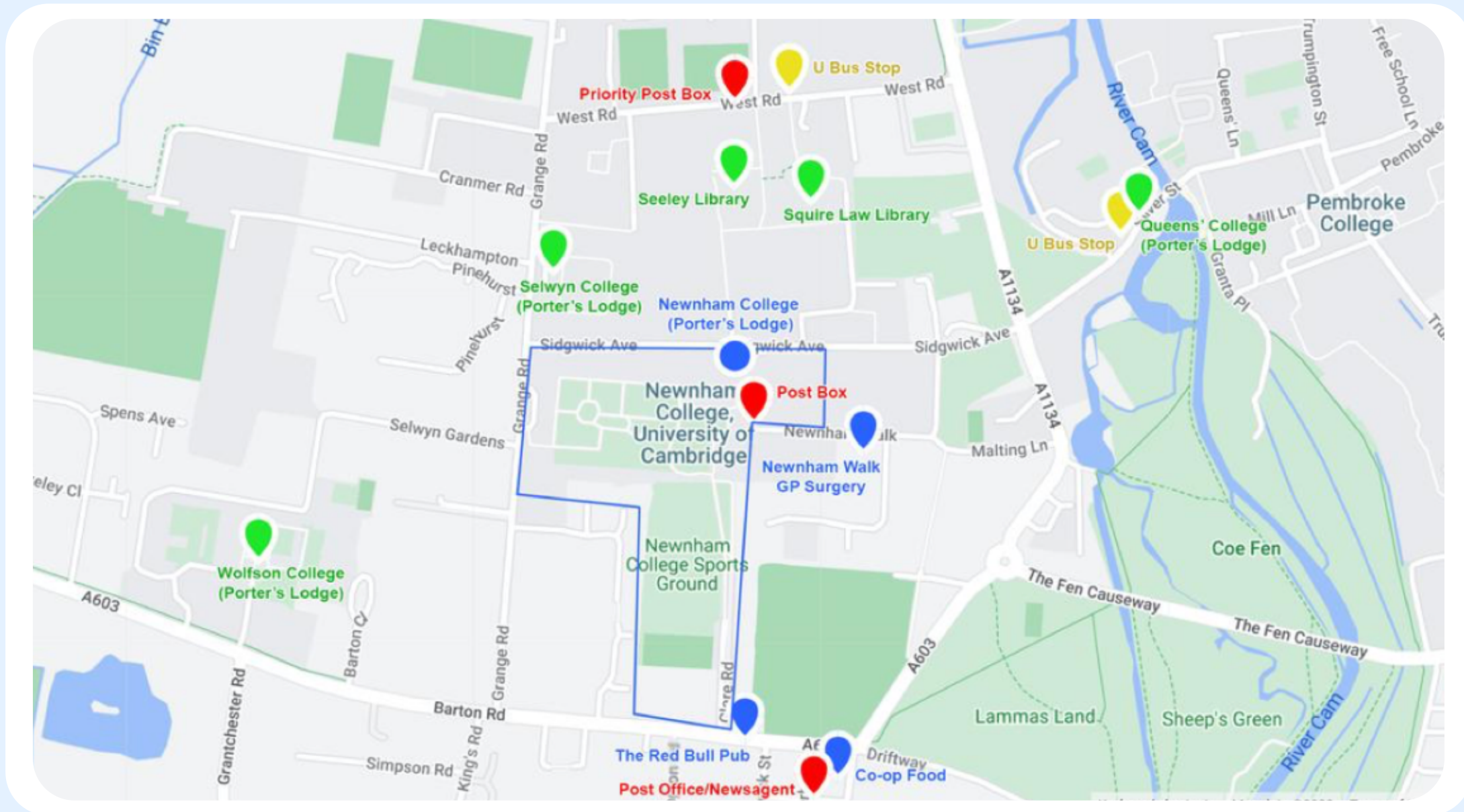
CAMBRIDGE LIFE

Key Locations near Newnham


General



Post




U-Bus




University

Healthcare

 You should register at Newnham Walk Surgery, a GP surgery located just opposite the college on Newnham Walk (they also have a branch in the Boots on Petty Cury)


 There is more information on how to register on their website:

<https://www.newnhamwalksurgery.nhs.uk/new-patients-2>

 Repeat prescription requests and test results are accessed through the surgery website - if you are likely to be using these a lot it might be helpful to register for online services (again, through their website!) as it makes it quicker and easier to manage.

 Pharmacies

 The nearest pharmacy is N K Jank Chemist, at 32a Eltisley Avenue.

 Other pharmacies in town centre: Boots, Superdrug and Holland & Barrett.
Emergency contraception can be accessed at both Boots and Superdrug.

 Defibrillator locations across Cambridge can be found on this map:

<https://map.cam.ac.uk/#52.205420,0.118294,16,T:defibrillators>

 The closest defibrillator is in the Newnham porters lodge

 The main hospital in Cambridge is Addenbrooke's.

Food and Household Items

- ✿ There is a small Co-op at 3 Grantchester Street, open from 7am until 10pm.
- ✿ The biggest food shop within walking distance is the Sainsbury's on Sidney Street (sometimes referred to as "Mainsbury's").
- ✿ There is also a Marks and Spencer food shop at 5 Market Hill, just off the Market Square. A new Tesco Express also opened recently on Petty Cury.
- ✿ Within cycling distance, there is an Aldi at 163 Histon Road, a big Sainsbury's at 27 Eddington Avenue and a big Tesco, an Aldi, a Lidl and an Asda all off Newmarket road.
 - ✿ These are accessible by bus but be aware the timetables can often be a bit unreliable
- ✿ The Red Bull is a pub just behind the college sports field, at 11 Barton Road. It serves food and drink, and runs a pub quiz on a Tuesday evening!

Post

- ✿ The nearest post box can be found on Newnham Walk, just outside the Pfeiffer Arch.
- ✿ A priority post box is located on West Road, on the other side of Sidgwick Site.
- ✿ The nearest post office is in Derby Stores, the newsagent/grocer at 26 Derby Street.



University

- ✿ The university map is a great website to find any university-related buildings, and it can be found on the website:





<https://map.cam.ac.uk/#52.202537,0.112288,16>

Libraries

iDiscover

-  A catalogue of all the books and articles that the university has access to, whether physically in a library or online.
-  You will be shown how to use iDiscover during Freshers' Week





Newnham Library

-  Has a large collection of books and articles across all subjects.
-  Open from 06:30 am to 01:45 am every day.
-  Library staff are also available in the library from 09:00 to 17:00 (5:00pm) on weekdays, except public holidays
-  Like most college libraries, it's only open to members of the college, but you can bring non-Newnhamite visitors in during staffed hours.

Faculty libraries

-  Have mainly subject-specific sources.
-  Opening hours vary, but should be posted on the individual library's website.
-  You can visit any faculty library, regardless of whether you are a student there.

The UL (University Library)

-  The biggest library of the university.
-  Contains books, articles and manuscripts across all subjects, including sources not available elsewhere in the university.
-  To protect the collection no bags or large coats are allowed in, but there is a free locker room where you can leave your things when you go in.
-  It can feel very large and intimidating but you should be shown how to find your way around, either during subject inductions or you can speak to the librarians or other students who will be happy to advise you (or may even show you around).

Other Locations

- ✿ The ADC Theatre on Park Street is the home of student theatre in Cambridge. Check the website to see what's on!
- ✿ The Cambridge Union, at 9a Bridge Street, hosts a variety of debates and talks (although most require Union membership!)
- ✿ The Botanic Gardens are just off Trumpington Street, and are free to visit with a University card.
- ✿ There are a few nice places for walks near Newnham:
 - ✿ For a short wander, Lammas Land, Coe Fen and Sheep's Green are close by and have the added advantage of friendly ducks and other birds! The Paradise Nature Reserve, just off Lammas Land, offers a nice path along the river as well.
 - ✿ Grantchester Meadows are good for longer walks or runs, and there are several different footpaths in that area so it's also possible to vary your route a little.

Transport

- ✿ There are two U Bus stops within a five minute walk of Newnham. One is just outside Queens' College on Silver Street; the other is on West Road, across Sidgwick Site. (See below for some more information about the U Bus.)
- ✿ If you're getting the train, you'll probably be getting it from Cambridge Station. The station is approximately half an hour away from Newnham by foot and ten minutes away by bike. It is also a stop on the U Bus — it takes about twenty minutes to get from the Silver Street stop to the station by bus.
- ✿ Taxi services:
 - ✿ Panther taxis - you can download their app from the website, or call them using their three booking lines:
01223 715715 / 01223 424424 / 01223 523523
 - ✿ College taxi scheme - if you need to get back to college urgently but don't have money for it, you can take a taxi back to college and collect cash from the Porter. This will be added to your bill

Cycling

- ❁ Cycling to get around is very common in Cambridge. You can either buy a new bike or a second hand one, which works just as well and is less likely to get stolen.
- ❁ There are some good places to buy second hand bikes, though the prices here are likely higher than other parts of the UK
 - ❁ Cam Cycles - 92 Mill Road
 - ❁ Lensfield Road Cycles - 69 Lensfield Road
 - ❁ Cycle King - 197 Mill Road, it sells both new and used bikes
 - ❁ Facebook marketplace - groups such as Newnham Freecycle usually have bikes for sale
- ❁ There are many unattended bike repair stations equipped with different tools, and the locations of these can be found on the website
<https://map.cam.ac.uk/#52.201018,0.115786,15,T:bicyclerepairs>.
- ❁ Some of the bike shops can also repair bikes, for example:
 - ❁ S&G Cycles - 15 Laundress Lane
 - ❁ Primo Cycles - Corn Exchange Street
- ❁ You should always lock your bike with a sturdy D-lock to reduce the chance of it being stolen. You can also use bike registration websites such as Immobilise to help with reporting your bike being stolen.
- ❁ You also need to register your bike with the college once you arrive with the link <https://apps.newn.cam.ac.uk/v2/bike/>. You will get a unique bike number that you need to write on the bike, and don't forget to go to the Plodge to get a coloured tag as well.





BUDGETING AND FINANCE

Student Bank Accounts


A student bank account is a type of account specifically designed for people in higher education. They usually have benefits like a larger overdraft, higher savings rate or other freebies, so while you don't have to have one in order to receive student finance, it's definitely worth getting one!


If you already bank with one of the main providers (HSBC, Barclays, Lloyds Bank, RBS, NatWest, Nationwide or Santander) you should be able to upgrade your account to a student account, however it could be worth changing providers or opening a separate student account depending on what different banks can offer you.

Things to consider when choosing a student account:


 What perks can you get? Railcards, free cash etc.

 Overdrafts

 Most student accounts offer some amount of interest free overdraft. This means you can overspend by a set amount without having to pay more over time. E.g. if you overspend by £100 you only have to pay back £100 - the amount you pay back won't increase over time

 Remember with overdrafts that more is not always better. Some people find having a large overdraft means they are more likely to overspend and find budgeting more difficult.

 Any other personal considerations

 If you want to take ethical banking into account, The Switch Cambridge have lots of resources and information available

MoneySavingExpert has put together a summary of student bank accounts - it is very clear and gives a good overview of your options.

When Can I Open a Student Account?

Depending on the bank or building society, you may be able to access an account once you've accepted a conditional offer, or you may need to wait until your place is confirmed.

After you make an UCAS application, UCAS will email you with 'personal status codes' - these codes are usually used by banks to confirm that you are a student and you are eligible for a student account.

With most banks, before you open an account you'll need at least one of the following:

- ✿ your UCAS code
- ✿ a confirmation letter with an unconditional offer
- ✿ if your offer's conditional, A-level results that meet that condition (or a letter from the university you'll be attending confirming your place).

You will also need proof of address and identity. This can include your passport, birth certificate or driving licence.

As soon as you've got this, you can open an account, allowing you extra time to make full use of its benefits before the start of term.

Budgeting

Here's a really helpful budgeting guide, created by former Newnham JCR officers:

https://drive.google.com/file/d/1G08hblNTsy1f6P94t3VnvFNr2zkYZ-36/view?usp=drive_link

It also contains links to a spreadsheet which you can copy and adapt for your own budget.

Financial support

Newnham has a wide range of financial support for students, both income-based and otherwise.

The website has information on music, sport and book grants, as well as other sources of financial support:

<https://newn.cam.ac.uk/admissions/undergraduates/bursaries-grants/>

There are other sources of funding available to all members of the university, and your department may also offer funding to help with research projects or course-related activities.

When you arrive you will likely have the opportunity to attend information sessions about financial support, where you can ask any more specific questions, or you can speak to your tutor.



Cambridge Bursaries

The Cambridge Bursary is additional support for maintenance costs (e.g. rent, food and other daily living expenses) provided to Home Fee Status students with household incomes of less than £62,215. This Cambridge Bursary isn't something you have to apply for separately - as long as you've had your household income assessed by Student Finance and it's under the threshold, you'll be given a means-tested bursary of up to £3,500 per year, on a sliding scale dependent on household income. An additional £1,000 is paid to students who have been eligible for Free School Meals.

More information on the Cambridge Bursary Scheme:

<https://www.cambridgestudents.cam.ac.uk/cambridgebursary>

Newnham Bursaries

At Newnham, there is additional financial support available to students, which can be applied for in the first term. These Newnham Bursaries can be particularly helpful if your student loan isn't particularly large but you find yourself needing extra financial support.

Support for International Students

Unfortunately financial support for international students is quite limited, however there are some grants available which you can find out more about here:

<https://newn.cam.ac.uk/admissions/undergraduates/costs-funding/funding-for-overseas-students/>

While international students aren't eligible for Cambridge Bursaries, they should still be able to apply to more specific funds such as those linked previously under 'Financial Support'

USEFUL CONTACTS

Newnham College

Main website: <https://www.newn.cam.ac.uk/>

General enquiries: enquiries@newn.cam.ac.uk

Admissions: admissions@newn.cam.ac.uk

Conferences (for room bookings): conference@newn.cam.ac.uk or 01223 335803

Bursar: bursar@newn.cam.ac.uk or domestic.bursar@newn.cam.ac.uk

Roll and development: development@newn.cam.ac.uk

Principal: principal@newn.cam.ac.uk

Porters

Porter's Lodge plodge@newn.cam.ac.uk or head.porter@newn.cam.ac.uk or 01223 335700

Tutorial office

Tutorial office: tutorial.office@newn.cam.ac.uk

Senior tutor: senior.tutor@newn.cam.ac.uk

Library

General enquiries: library@newn.cam.ac.uk or 01223 335740

College librarian: librarian@newn.cam.ac.uk or 01223 335739

Website: <https://www.newn.ac.uk/about/library/>

Catering

Catering: catering@newn.cam.ac.uk

Accommodation

Head housekeeper: head.hk@newn.cam.ac.uk or 01223 330474

Room management system website: app.casc.cam.ac.uk/rms_live/

IT Department

IT help desk: helpdesk@newn.cam.ac.uk or 01223 769990

Counselling related

Chaplain: chaplain@newn.cam.ac.uk

College counsellor: counsellor@newn.cam.ac.uk

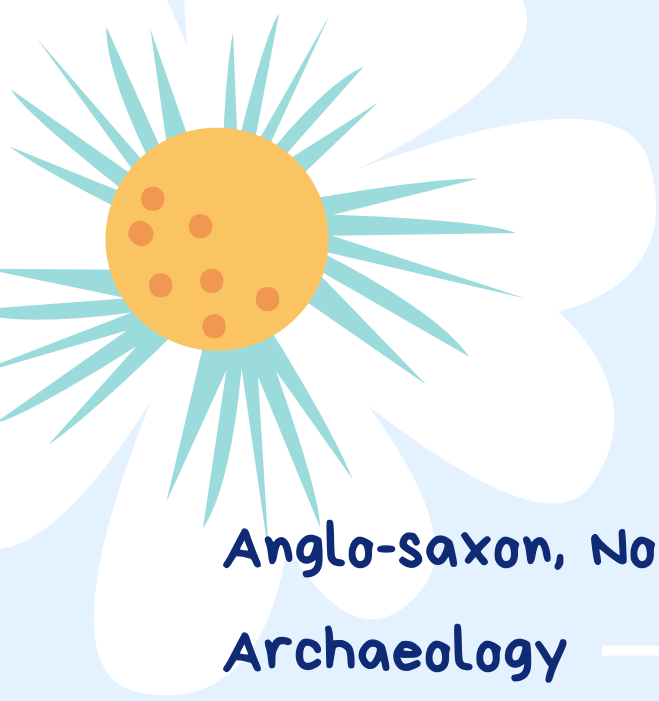
University counselling website: <https://www.counselling.cam.ac.uk/studentcouns>

BAME advisor: dtlg2@eng.cam.ac.uk

Health Assured phonenumber: 0800 0283766

Nurse

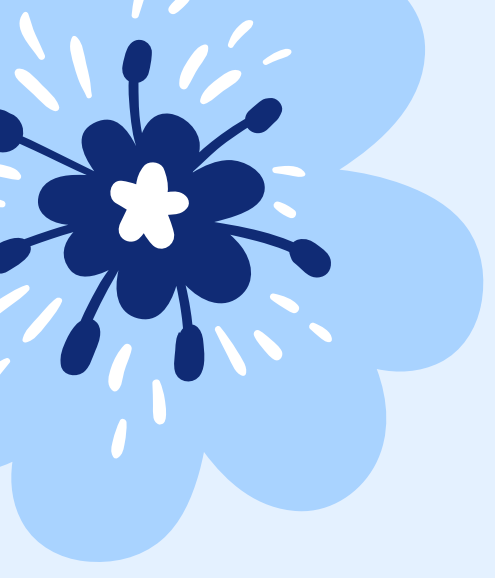
College nurse: nurse@newn.cam.ac.uk or anne.schumann@newn.cam.ac.uk or 01223 335705



Subject Reps

Anglo-saxon, Norse and Celtic (ASNC)	Libby Salmon	es2001@cam.ac.uk
Archaeology	Rose Beedle	rb2034@cam.ac.uk
Architecture	Alyssa Sequera Martinez	as3321@cam.ac.uk
Asian and Middle Eastern Studies (AMES)	Evie Malin	emlm4@cam.ac.uk
Classics	Paige Ashley	pa480@cam.ac.uk
Classics (4 year)	Amelia Wigley	aw989@cam.ac.uk
Computer Science	Eva Napleton	en381@cam.ac.uk
Engineering	Mar Poyser Marsh	km887@cam.ac.uk
	Manasi Bommareddy	mb2525@cam.ac.uk
English	Adam Thorne	lct48@cam.ac.uk
	Lottie Wood	lw730@cam.ac.uk
Foundation Year	Zoe Pinnell	zp277@cam.ac.uk
Geography	Shadia Shahab	ss2940@cam.ac.uk
History	Katie Marshall	krm45@cam.ac.uk
History and Modern Languages (HML)	Amelia Bell	ab2891@cam.ac.uk
History and Politics	Bella Grimes	ig426@cam.ac.uk
History of Art	Claudia Brainard	cb2224@cam.ac.uk
Human, Social and Political Sciences (HSPS)	Maureen Bartsch	mb2531@cam.ac.uk
Land Economy	Sze Cheuk Hei	chs54@cam.ac.uk
Law	Anjalee Desai	ad2172@cam.ac.uk
	Natalie Wong	pynw2@cam.ac.uk
Linguistics	Eve Canning	esc52@cam.ac.uk
Mathematics	Sophie Ward	smbw3@cam.ac.uk
Medicine	Muntaha Chowdhury	mc2378@cam.ac.uk
	Samayah Hussain	sh2214@cam.ac.uk
Modern and Medieval Languages (MML)	Emily Stonebridge (French and Spanish)	es995@cam.ac.uk
	Luckshika Sutharsan (German and Russian)	ls2004@cam.ac.uk
Music	Els Curry	ec838@cam.ac.uk
Natural Sciences (Biological)	Eva Zeng	yz810@cam.ac.uk
	Chloe Hambleton	ch963@cam.ac.uk
Natural Sciences (Physical)	Charlotte Thompson	ct635@cam.ac.uk
Philosophy	Naomi Fester	nf392@cam.ac.uk
Psychological and Behavioural Sciences (PBS)	Jasmine Crosbie	jrc208@cam.ac.uk
Theology, Religion and Philosophy of Religion	Lili Cooper	ec796@cam.ac.uk
Veterinary Medicine	Hope Campbell	hc610@cam.ac.uk





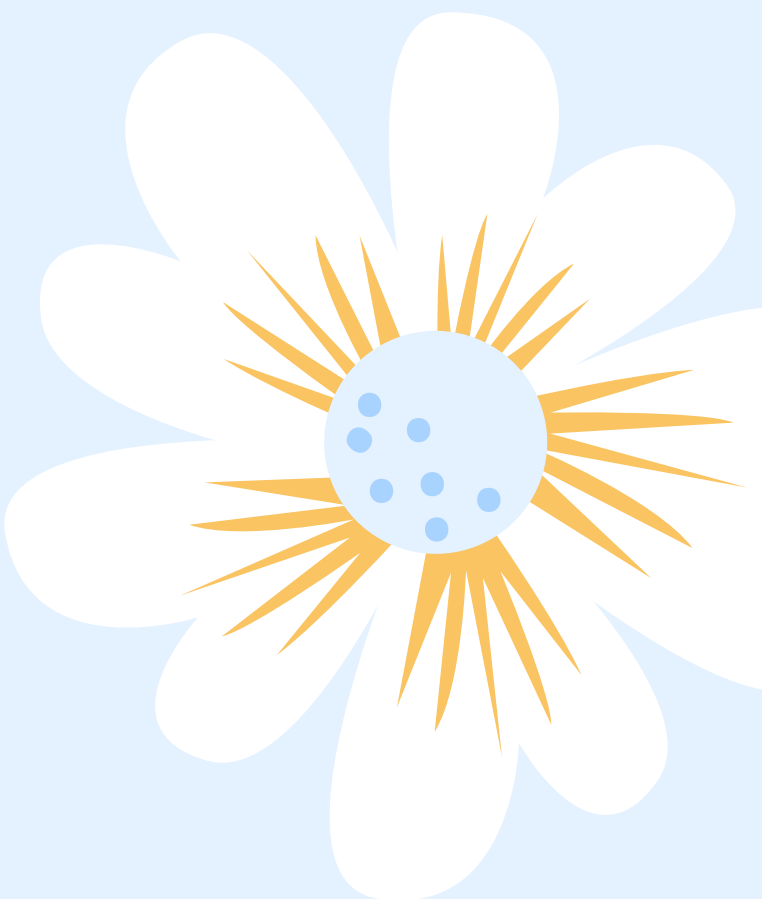
All courses involve lectures and supervisions (small group style work with your academic supervisor), but the hours and forms and other modes of teaching vary so wildly between the different subjects that we have left it to your subject reps to give you a better idea of the course in these resources linked below! Don't worry too much about reading everything immediately, but they're there when you're interested in knowing more! Feel free to contact them if you have any questions, it's what they're here for.

<https://drive.google.com/drive/folders/1cpBGqjvVfhQgzkvtEZ-xhH59tkA3x0JX?usp=sharing>





CAMBRIDGE DICTIONARY



When you get to Cambridge you'll notice that it has its own particular terms for things as well as some Cambridge-specific slang. Even professors and college staff will use it so it's good to have an idea of what it all means! To help you, we've put together a list of some of the most common things you'll hear said around Cambridge, from acronyms to subject nicknames!

ADRC: Accessibility and Disability Resource Centre

AMA: Alternate Modes of Assessment - changes to teaching or assessment 'for students where the standard examination access arrangements available do not adequately address the specific, substantial disadvantage experienced by a disabled student'.

Blue: The name to describe student athletes who compete at University level sports rather than College level.

Bops: College parties organised by the JCR - usually take place in College bars.

Bumps: A rowing race which happens twice a year (at the end of Lent and Easter terms). Because the river is too narrow, boats race one behind the other and the aim is to "bump" the boat ahead and not get "bumped" by the boat behind.

Buttery: The canteen where you can buy food for lunch and dinner. Other colleges might call it "hall".

Camcard: The little plastic card given to you by College which lets you into your room, the library and University buildings as well as lets you buy food.

DoS: The Director of Studies - the person who oversees your academic progress and coordinates your supervisions. Pronounced 'doss'.

Double time: When a student studies over an extended period (longer than the normal time for their course) for a health/disability reason

EAA: Exam Access Arrangements - arrangements for students who have accessibility needs for exams, such as extra time or use of a word processor

Ents: Events/entertainments, often organised by the JCR Ents officer

Formals: Sit-down formal suppers which are held in the college hall. They are held roughly every week, with some special themed ones throughout the year.

Gown: As part of matriculation and whenever you attend formals, you wear a gown. Each college has their own special style of gown; you purchase these from 1 of 2 college providers.

Gyp: Mini-kitchens which students share (at other colleges). Newnham has proper kitchens with ovens. Gyps don't have ovens and are usually pretty small and basic.

Intermission: When a student takes time out from their studies due to mental or physical health issues.

Iris: The Iris Cafe - Newnham's very popular café.

JCR: Junior Combination Room, an equivalent of the student council where members are elected to serve certain roles, for example President, Treasurer, Food and Drinks officer. Also can be used in reference to a few rooms in college that can be booked for use by any undergraduates.

Matriculation: When you formally become a member of the College and university. You wear a gown and sign the book which every Newnham student ever has signed.

May Week: The week after exams where there are often May Balls, June events and lots of parties.

Moodle: The website for online resources and information for each course you are registered for.

Pidge: Pigeon Hole - a little wooden slot in the Porters Lodge where you get your post. To pidge someone means putting things in their pigeon hole.

Plodge: Porters Lodge, usually at the entrance to colleges where you find the Porters.

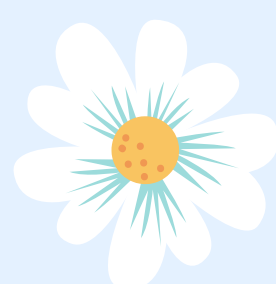
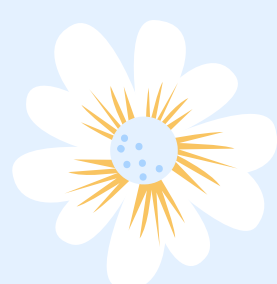
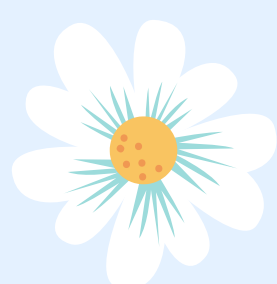
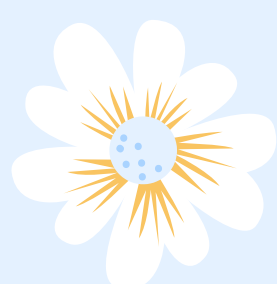
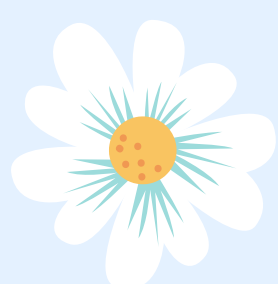
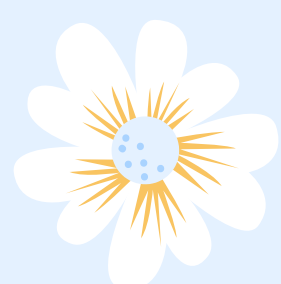
Porters: Staff who control entry to college, organise and sort post and just generally help you with questions about college life (e.g. where to find offices, what to do if you are locked out of your room).

Practicals: Some courses have laboratory sessions where you do anything from computer coding, experiments or medical labs depending on your course.

Raven: The Cambridge student account, used for logins as a Cambridge student. Very useful for university wifi and websites like Moodle, the University Library, and some student discounts!

Shlub: Social Hub - a name for common areas in some colleges

Stash: Items of clothing (and other stuff) branded with the logo of a college, society or sports club on them. Very popular!



Supervisor: An expert in a module who oversees your work: they could be a lecturer, researcher or a PhD student (or a clinical student for the medics and vets).

Supo: Supervision - a session with a supervisor to go through content, ask questions and be set work. You may have 1-4 of these per week, depending on your subject.

College nicknames

Emma - Emmanuel

Caius - Gonville and Caius (pronounced 'keys')

Catz - St Catharine's

Tit Hall - Trinity Hall

Medwards - Murray Edwards

Newn - Newnham

Robbo/Binson - Robinson

Fitz - Fitzwilliam

Lucy (Cav) - Lucy Cavendish

Subject nicknames

AMES - Asian and Middle Eastern Studies (pronounced 'aims')

ASNC - Anglo-Saxon, Norse and Celtic (pronounced 'az-nack')

Engling - English student

Mathmo - Mathematician

MML - Modern and Medieval Languages

HSPS - Human, Social, and Political Science

Natsci - Natural Sciences (pronounced 'nat-ski')

SOME LAST ADVICE...

We hope you've found this handbook helpful and know where to go for anything you might need to know! If in doubt there are plenty of people around who are very happy to help you and make sure you have everything you need. We'll leave you with some last bits of advice from the Freshers' Committee - everything we wish we had been told last year!

Don't be afraid to ask for help. Even knowing that you can sometimes be enough. There's a great network of support if you only know where to look. Also don't eat uncooked potatoes.

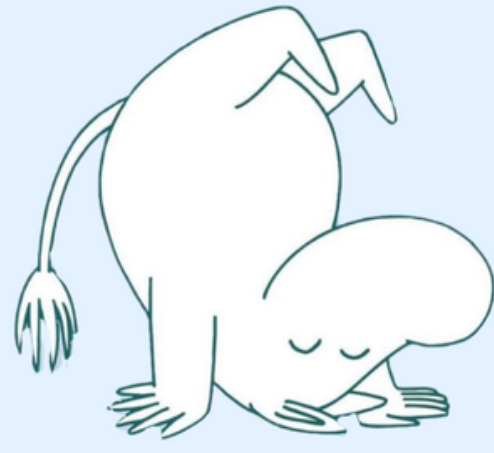
Bring a rucksack to college! Your back and shoulders won't thank you for walking your groceries back in tote bags, and a rucksack is much easier to manage on a bike as well. (It's also useful if you end up on the top floor like me and need to lug masses of stuff up on the first day of term!)

Really do just go for what you want to do, whether that's a society, an audition, a social gathering, or even just something you want to try cooking. Uni independence can be daunting, but it can be really fun to realise that you really can just decide to go and do that thing you want to do, and it truly doesn't matter if it doesn't go quite to plan. .

Make a bucket list of things you want to try in your first term/year! Whether its society meetings, strange Cambridge traditions, or even just restaurants, it will help you get out of not only your comfort zone, but also to escape the academic side of uni. (And don't worry if you feel a bit overwhelmed by the Hogwarts-vibes of Cambridge and its unorthodox traditions - have fun with them, and know that you are exactly where you are supposed to be!).

Never forget to bring your cam card when you leave the room, as you definitely don't want to be locked out in the middle of the night (as I have been countless times)!

Try not to stress too much about your first term, or "whether you should be here" - you're here to do your degree, and not anyone else's. We've all been where you are. Enjoy everything that's new and exciting to you; discover things in your (probably) new independence!!



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