



St John's College

Freshers' guide 2016

Produced by SJC JCR, 2016

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Welcome from the President

Well hi there! Congratulations on making your offer - and even greater congratulations for choosing such an excellent college in such a fantastic University. We know that each and every one of you is about to have an incredibly exciting few years here, and can't wait to show you just a few of the many reasons why.

My name's Ben, and I'm your JCR President. Once you're admitted as a member of the college, you're given a free membership to the JCR - the college's student body (our version of a student union). This body is represented by the JCR Committee - a group of 15 (frankly delightful) students who have been elected to represent, look after and entertain you throughout the year.

The JCR Committee are also heavily involved in organising your freshers' week - and so are likely to be the first people to whom you turn should you have an issue upon arriving. Feel free to contact us on any day at any time - and one of us will always be available to chat.

'JCR' also happens to be an acronym - for the Junior Combination Room, an area of college looked after by the JCR Committee. The JCR is open 24/7, and is located in Second Court (see map). Right beside the JCR are (conveniently) the buttery (a canteen-style dining room serving cheap food at breakfast, lunch and dinner) and the bar (a busy, social hub with regular JCR quizzes, friendly staff and great deals - such as the now infamous £2 pint, also serving cheap, good quality food throughout the day).

It should go without saying - though many of you will struggle to believe it - that you do all belong here. Our admissions process is one of the most coordinated, organised, rigorous and thorough systems you'll ever be part of - and it does not make mistakes. From application to interview to offer there have been many decisions made about your suitability to study here, and by nature of receiving this guide you have clearly satisfied the many, many people involved in making such decisions.



Welcome from the Vice President

Welcome to Johnsbridge everyone! I hope you're excited to start your journey here. I can guarantee that the people you meet and the memories they help you create at the college make university the best few years of your life; in fact some students find it incredibly hard to leave, staying on for masters, PHDs or supervisor jobs just because SJC is the place to be (...and possibly their academic enthusiasm).

I'm Aryan, your JCR vice president, and one of my main responsibilities is organising Fresher's week and making sure none of you are lost, lonely or bored. The team have arranged a jam packed week of fun, friends and fiestas as a belated celebration for getting here and to unwind before the hard (but hopefully enjoyable) work begins. The week should be a prime opportunity to meet other students, some you may be friends with for decades to come, so grab it with both hands and take the plunge.

Don't forget that everyone else is in the same boat (or punt) as you, so while Fresher nerves are inevitable, please don't hide away the whole week - there's a whole world outside those large Cripps windows and we're here to help you explore it. If you need anything be it directions, advice or just a chat then come find us - I believe our flattering portraits are on the JCR website or a quick Facebook stalk away.

In three, four, six or maybe more years when you're throwing your caps in the air on graduation day, not only will you have a degree from one of the best universities in the world, you will also have lifelong friends and a novel's worth of stories you will tell for years. In this pack you'll find helpful advice and a metaphorical quill - best of luck with the first chapter.



Who are we?



President
Ben Whitby



Vice President
Aryan Sabir



Academic & Careers
Alex Sampson



Access
Kiran Joshi



Computing
Niamh Walsh



Secretary
Katherine Wren



Sports, services & societies
Charlie Selway



Treasurer
Sam Tesler



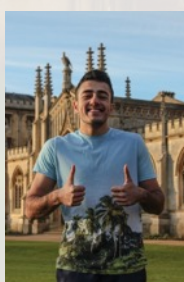
Welfare
Chantelle Doran



Yearbook
Tom Newton



Entertainments
Emma Thorley



Equal Opportunities
Isaac Haq



Ethical affairs
Tabitha Hutchison



Facilities
George Griffiths



Publicity
Natasha Chaudhury

	Officer	Email	Contact me about
	President Ben Whitby	<u>president@sjcjr.com</u>	General issues in college Complaints Ideas & suggestions
	Vice President Aryan Sabir	<u>vicepresident@sjcjr.com</u>	Calling an open meeting Constitutional queries Freshers' week
	Secretary & externals Katherine Wren	<u>secretary@sjcjr.com</u>	Queries about CUSU or the NUS Submitting JCR agenda items Queries about JCR policy
	Academic and careers Alex Sampson	<u>academic@sjcjr.com</u>	Representation to tutors/DOSs University challenge team Exam & subject talks & tips
	Access Kiran Joshi	<u>access@sjcjr.com</u>	Helping out at open days CUSU shadowing scheme College access policies & events
	Computing Niamh Walsh	<u>computing@sjcjr.com</u>	JCR website Computing facilities/services Technical support
	Entertainments Emma Thorley	<u>ents@sjcjr.com</u>	Ent queries, bookings & ideas Suggestions for JCR events Offers to perform at ents
	Equal opportunities Isaac Haq	<u>equalops@sjcjr.com</u>	Representation Info about services/events Campaign and policy updates
	Ethical affairs Tabitha Hutchison	<u>ethical@sjcjr.com</u>	Environmental issues & policies Charity events/fundraising Suggestions for ethical changes
	Facilities George Griffiths	<u>facilities@sjcjr.com</u>	Gym inductions & equipment Food, laundry, gym & accommodation
	Publicity Natasha Chaudhury	<u>publicity@sjcjr.com</u>	JCR bulletin submissions Advertising on JCR noticeboards Information about college events
	Sports, services & societies Charlie Selway	<u>services@sjcjr.com</u>	Equipment (in the JCR and for Squash, table tennis & snooker) College societies & sports clubs
	Treasurer Sam Tesler	<u>treasurer@sjcjr.com</u>	College funding/bursary info JCR sponsorship/affiliation JCR spending/expenses
	Welfare Chantelle Doran	<u>welfare@sjcjr.com</u>	Sexual health supplies Moral & personal support Who can help you in college
	Yearbook Tom Newton	<u>yearbook@sjcjr.com</u>	Submissions to the yearbook Queries about cost/production Photography requests for events

PL = Porters' Lodges

- **Forecourt** - open 24/7
- **Great Gate** - open until 22:00
Contains **PR (pigeonhole room)**
- **Cripps**- closing time varies - sign out keys for **FB (Fisher Building)**, **SR (Snooker Room)**, **SC (Squash Courts)**. Can sign out punts for the **PP (Punt Pool)**

Gates

1. Forecourt Gate - main exit. Convenient for getting to Sainsbury's & Sidney Street. Cycling exit from Forecourt **Bike Stores (BS)**.
2. Great Gate - only open until 22:00. Convenient for walking to the **Old Divinity School (ODS)** & All Saint's Passage. Useful for walking to the Downing Site, New Museums Site, Mill Lane, Kings Parade and Lensfield Road
3. Bridge Street Gate - useful for exiting when the Forecourt Gate (**1**) is locked. Card swipe
4. Cripps exit - cycling exit from the Cripps **Bike Stores (BS)**. Turn left for Queen's Road/ Madingley Road, turn right for the City Centre.
5. Queen's Road exit - walking exit to the **Playing Fields (PF)**
6. Trinity Piece Gate - walking exit for the Sidgwick site and the Backs of other colleges.
7. Alternative (card swipe) walking exit to Queen's Road

Offices/Departments

ITD = IT Helpdesk

HO = Housekeeping Office

MD = Maintenance Department

First Court

WoR = Wordsworth Room

PaR = Parsons Room

OMR = Old Music Room

Sports & activities

TT = Table Tennis

SC = Squash Courts

PF = Playing Fields

PAV = Sports Pavilion

AT = Astroturf

BNC = Basketball & Netball Courts

TC = Tennis Court

Cripps basement

*Access is below C staircase Cripps. A gate is sometimes locked at night, meaning **G**, **BS** & **SR** are accessible via stairs beside the Cripps Porters' Lodge*

LR = Laundry Room

WR = Weights Room (you must have an induction for your card to open the door)

BS = Bike Shed

SR = Snooker Room

Second Court

JCR = Junior

Combination Room

BAR = College Bar

BDR = Buttery Dining Room

The above are accessed via the K staircase entrance

WiR = Wilberforce Room

CO = Catering Office

New Court

The **Fitness centre (FC)** is found at the bottom of **E staircase New Court**. You must have an induction for your card to open the door.

H = Hall - found in the passage between the *Second and First Courts*. Hall meals are booked in advance on uPay Chill

Cripps Building

MFR = Multi Faith Room (in D6 Cripps building)

Fisher Building (FB)

- Palmerston room (used for badminton/movie showings)
- Boys Smith Room/Annexe
- Castlereagh Room/Annexe
- Committee Room
- Drawing Room
- Music Rooms
- Dirac Room
- Computer Room

Old Divinity School (ODS)

- Lightfoot Room
- Main Lecture Theatre
- Teaching Rooms 1&2
- Arthur Quiller Couch Room

1 All Saints Passage

*Found through the Quincentenary Gate (beside the **ODS**)*

- Supervision Rooms
Many of these rooms may be booked by students on the College website.

Chapel Court

- The **Chapel** (surprise!) - opposite the library
- The **Library (Lib)**
- **Student Services (SS)** - beside the Library, hidden by the chapel on the map - building also contains Academic Administrators, Senior Tutor's Office
- Access to the **Forecourt Porters' Lodge (PL)**

North Court

Contains the health centre at the bottom of B staircase, with the **CN (College Nurse's Office)** and the **CC (College Councillor)**, available by appointments made via the College Nurse or your Tutor).
Note that the North Court Gate is locked to students

Your first week here

A full timetable of all Fresher's week activities complete with timings and locations will be sent to you by Student Services. It is individually tailored to you based on your subject and tutor. So while I can't tell you exactly everything here, I can give you a taster of what to expect in your first 7 or so days.

The First Day

After arriving, unpacking, popping to the shops for everything you've just realised you forgot and saying goodbye to some potentially teary relatives, get ready for the fun to begin. In the evening there will be a champagne reception before you get your first experience of dining in the magical Hogwarts-esque hall for absolutely free. Make sure you stand up in silence during grace and make sure you're not caught on your phone while the fellows are in. You can work out the consuming fine food and wine for yourself! There will be time to get changed and digest your meal before some parties then either clubbing or a movie night.

Matriculation

Matriculation is the ceremonial joining of the college and will occur on the first Sunday of Fresher's week. It consists of dressing up for a big group photo that you will perch on your desk and marvel at how many people there are in your cohort. Make sure you have bought your gown by this time. You will then be treated to another free meal at hall, this one even finer and fuller than the first.

The Important Stuff

Throughout the week you will have informal appointments to meet your tutor and director of studies both on a one to one basis and with other students doing your subject. This is your opportunity to ask personal or subject related questions so don't hesitate. If you forget to ask anything, they will only be an email away (although it goes without saying some better than others)! There will also be talks and workshops for the whole cohort from the JCR, college nurse, senior tutor and many other important people regarding settling in, consent, alcohol awareness, physical, mental and sexual health and the college as a whole. These are all compulsory; hungover or not you need to be there!

The Fun Stuff

There are too many JCR led activities to list here but I will try and tease your taste buds with a few. If you hear the words 'ent' or 'bop' floating about at uni, these are synonyms for JCR hosted parties - an excuse to dress up according to a ridiculous theme while you enjoy drinks deals you'll find nowhere else while throwing some serious shapes to our resident student DJs. The first is a 'dress as your subject' ent so start thinking up some funky subject-related outfits (some JCR-posted inspiration

should be out there, or may already be on the freshers' group - but if you have a tough subject to dress as, don't worry - our themes are always optional, so just wear whatever you like)! We also have to offer the very popular weekly charity Bar Quizzes, a Brazilian Samba night, a ceilidh, punting, an opportunity to play some sports, a BBQ run by the boat club and some relaxed movie nights in case it all gets too much. We are also running 'staircase parties' to give you a chance to meet the people you're going to live with this year to hopefully extend acquaintanceship beyond awkward hellos on the stairs and passive aggressive notes on the fridge. We will also have JCR led nights out to some of the clubs to introduce you to the Cambridge nightlife. Alongside every booze fuelled night out, we have organised more chilled alternatives for those that need to rest their feet, heads or livers.

Other stuff

There will also be both a uni wide and a college run societies fair. Make sure you go and sign up for anything that sounds interesting - sports and societies are a great way of meeting new people and complementing your studies. Just make sure you unsubscribe from mailing lists of societies that you realise a few terms into second year you never actually joined (unless you enjoy your Hermes inbox being flooded). Throughout the week, if you're ever bored, pop into the JCR to see if anyone fancies a game of pool, ping pong or table football or maybe unwind in the TV room. There will also be JCR members in the bar throughout the week so why not grab a **£2 pint** for a chat, and maybe a game of articulate. We're also giving **free toasties** to any of you when you turn up to the bar, so come grab them while they're hot!

If you're lost, bored or confused at any point or just need a chat then don't hesitate to contact us at any hour of any day during your first week here:

JCR number: [will be in your hard copy and on your fresher wristband - you'll get these for free in the Welcome centre on your first day]

Facilities

St. John's is one of the biggest Cambridge colleges by area and student population (I believe biggest by area but unfortunately Wikipedia nor The Student Room could confirm this). One thing that can be confirmed is that St. John's is the second richest of the Cambridge colleges, after Trinity, and so, with all this space and wealth, there are plenty of facilities that I should introduce you to.

Bar

A great social hub of the college, which is open everyday from lunchtime until 11pm (midnight on Fridays). The bar is situated in Second Court and serves a wide array of alcoholic and soft drinks, plus hot drinks, smoothies, milkshakes, snacks and hot food. The recent introduction of **£2 pints** also means that the bar is a really affordable place to either spend a quiet evening with friends or as a starting venue for a less quiet evening! There is also a big TV on the wall, which regularly shows live sport, plus daily newspapers (with The Times crossword always a favourite) and an assortment of board games, if you so wish. The bar is a great place to meet new people or relax with friends, with plenty of stuff going on, including regular bar quizzes, which are unfailingly hotly contested, with the proceeds going to charity and a prize for the winning team. The bar is also great for meeting up with friends and grabbing a drink before and/or after Hall, if you have booked Hall on that evening.



St John's College Bar
Photo credit: <http://www.joh.cam.ac.uk>

Buttery

It is not an exaggeration to say that I, like many Johnians before me, owe my life to the buttery. For someone who is almost incapable of producing decent quality hot food, the buttery really is a game changer. The buttery is located in Second Court, next to the bar, and is open for breakfast Monday to Saturday, lunch everyday and dinner everyday. There's a great choice of hot food, sandwiches, salads, drinks and sweet things. However, the 2 key weekly appointments in any buttery goer's diary are Saturday brunch and Sunday Roast. The buttery is a great facility to have, whether your life literally depends upon its existence (like me) or whether you just want to use it once in a blue moon. In terms of paying in the buttery and the bar, you can pay with cash; however you are quietly encouraged to pay using your student ID card, which you can top up either online or in the bar.

Hall

You can also eat in Hall in the evenings everyday, apart from Saturday. All you have to do is book in either online or in the bar a couple of days in advance! You will also get the opportunity to go to Hall free of charge (and with no need to book) on your first night in John's and for matriculation, which normally happens on the Sunday. Every evening in Hall, a three course meal is served with coffee afterwards and plenty of wine, if you purchase a 'with alcohol' ticket. Gowns must be worn over your clothes in Hall, however the dress code is relatively relaxed with jeans and a T-shirt equally as acceptable as black tie. People do, however, tend to dress fairly smartly and it is a great place for you to eat either on a special occasion or just if you fancy a slightly more civilised evening.

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. 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 8 books can be withdrawn at any one time for up to a week, and can be renewed weekly online. 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, on the other hand, dates from 1624 and can only be accessed by booking an appointment, and contains historic manuscripts, rare books and a number of special collections. During Fresher's Week, there will be an introductory session from one of the librarians to introduce you to all the facilities on offer in both libraries.



SJC Old Library

Photo credit: <http://www.joh.cam.ac.uk>

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 corner of Second Court, in close proximity to the bar and buttery. In there, there is a small kitchen, a Table Tennis table and a pool table, as well as a separate TV room. In the

TV room, there are several large sofas, making it the perfect venue to watch anything from the Great British Bake Off to the Six Nations.

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. Evensong happens every Monday to Saturday with 3 services on a Sunday.



St John's College Chapel

Photo credit: <http://www.joh.cam.ac.uk>

Gyms

John's is very lucky to actually contain 2 small gyms on its site. Firstly, there is the 'weights room,' colloquially known as 'the Gun Dungeon,' situated at the bottom of C staircase Cripps Building, next to the laundry. There is a huge range of dumb bells on offer, plus kettle bells, resistance bands, a couple of benches, a squat rack and a Smith machine. Plenty of equipment for any free weights user! The weights room is really relaxed and is open to gym junkies and newbies alike. If you are unsure about using it or feel a bit out of your depth as you aren't a frequent gym goer, there really is no need to. Having said that, please feel free to contact me and I'm more than happy to help you get acquainted with the equipment, once you have had a brief induction with the free weights trainer.

There is also the 'fitness centre,' situated at the bottom of E staircase New Court. In there, there is a wide range of cardio equipment, including treadmills, bikes, rowing machines and cross trainers, plus fixed weight machines, a lat pull down and a matted area for core work.

As you can see, John's is incredibly well stocked in terms of gym equipment. There are of course other gyms in the city, including the University Sport Centre and other university sports clubs, such as the Rugby Club, have their own gyms. However, in terms of convenience and variety of equipment, you will struggle to beat the 2 gyms that John's has on site. They are both open 24/7 but only to people who have undergone the necessary induction- you'll hear more about gym inductions from me in Freshers' Week.

Sports fields

John's is probably the most blessed of all the colleges when it comes to sports fields. Firstly, John's own their own sports fields and they are situated right at the back of college, just a 5 minute walk from Cripps Building or New Court. Here, we cater for a huge of variety of sports- Rugby, Netball, Hockey, Football, Cricket, Tennis etc- and there are also a couple of astro turf pitches on the sports fields. The

Pavilion is situated in the centre of the sports pitches and contains changing rooms and showers for sports teams. The playing fields are often referred to, half tongue in cheek and half seriously, as 'St. Legends Park' with many sporting greats having plied their trade on the ground. A notable recent example of such an athletic immortal is a St. John's rugby player, who was capped 71 times by England as well as featuring in 5 Tests for the British and Irish Lions in the late 1980s and 1990s. I'll leave you to work out his name.

Bike Sheds

Many students all round the University use their bike regularly and there is plenty of space to store bikes under the Cripps Building. There will be plenty of information on registering bikes in Freshers' Week, if you wish to bring a bike from home or buy one in Cambridge when you arrive.

Laundry

All Johnians can use the laundry, situated under Cripps staircase C, at any time and completely free of charge. There are washing machines and dryers and some limited ironing equipment, so best to bring your own ironing equipment.

Punt Pool

John's has its very own punt pool located 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 a hour, meaning a meander down the River Cam can be a cheap way to spend a sunny afternoon and explore different parts of the city.

More

John's also has its own squash courts at the back of Cripps, backing on to Northampton Street (see map). The courts can be used free of charge and you can use your own equipment or the college's equipment. All you need to do is go to the Cripps Porters' Lodge to book the courts.

Likewise, the Snooker Room, situated under Cripps Building, can also be used free of charge and can be booked at the Porters' Lodge at Cripps.

The Croquet set can also be booked out of the Cripps Porters' lodge in the summer months.

Fisher Building

The Fisher Building is located between New Court and the Cripps Building. It is probably the most versatile building in college and is used for 'Ents' (aka 'Bops') (undoubtedly explained in great detail in other parts of this guide), to play badminton, for concerts, as well as containing a number of smaller rooms that can be booked for group study. It will also be the venue for the John's Societies' Fair in

Freshers' Week, which is a great way to start getting involved with different extra-curricular activities and sports teams around college.

The Backs

The grassland outside of New Court stretching out to the River Cam is known as 'The Backs.' Despite students being unable to walk on the grass until Easter (when you'll receive an email confirming your right to walk there!), I thought it should be included in the freshers' guide, as it's a massively popular place to relax and socialise in the summer months.



Snowman chilling on the backs
Photo credit: Ben Whitby

Porters' Lodge

The importance of the Porters' Lodges ('Plodges') must be highlighted. There are 3 Plodges located at Cripps, Forecourt (in Chapel Court) and The Great Gate (in First Court). Porters fulfil a variety of roles and are great to talk to if you are lost in your first few days, if you want to get some information about events in college, or if you're not happy about something etc.

College Nurse

The College Nurse is located in North Court and can be a great first point of call for any health issues.

IT Office/Student Services

Not very exciting but 2 great places to go if you're in a bit of trouble. IT Office located next to the Forecourt Porters' Lodge (see map) is happy to help any technophobes and Student Services, located in Chapel Court next to the library, are great for general administrative tasks, such as paying College bills or getting new student ID cards after you inevitably lose yours in the first few days.

Pidges

Each student has their own pigeon hole, or 'pidge,' located next to the Great Gate Porters' Lodge. This is where you can find your mail. Your College address will be:

[Your Name]
St John's College
Cambridge
CB2 1TP

As you can see, the college has a huge variety of facilities that you, now you're a Johnian, can pretty much use at your leisure. I'm always happy to answer any questions you have, so feel free to pull me aside in Freshers' Week and, due to my infamous incompetence, I'll then probably have to find someone who can actually answer your question! Otherwise, send me over an email at facilities@sjcjr.com and I'll endeavour to help where possible.

News

Each week you will get a delightful email from the JCR Publicity Officer about news of upcoming events within college or the university. This can include surveys, internships or grants, which may be of interest to you throughout your time here at Johns. Posters of these events may be found on the JCR noticeboard (located next to the buttery) as posted by the separate societies. You can also find information of these events, especially the JCR led ones, through our facebook page (<https://www.facebook.com/stjohnscollegejcr/>), such as welfare functions (including free cake or pizza, hardly want to miss out on that!).

We've also got an instagram (username: [st_johns_college_jcr](https://www.instagram.com/st_johns_college_jcr)) to post all sorts of JCR flavoured fun, and to show accomplishments by members of the college. Anyone is welcome to send photos or news to the JCR publicity officer to post through the email, instagram or facebook system for free publicity! Posters of upcoming JCR ents are also placed in your pigeon holes throughout the year and at the bottom of staircases in Cripps and around college to get you excited and costume-prepared!

Computing Raven

There are lots of links to useful websites here which I have put on the computing section of the JCR site (<http://www.sjcjr.com/computing>) to make life easier! Hopefully by now, you will have set up your Raven account (don't worry if you haven't - you can do this on a computer in college if you need to). This is your most important login, you need it to access college and university computers and your university email. Most communication is done by email, so it's important to check it very regularly. Find out how to link your email account to your phone here: <http://www.ucs.cam.ac.uk/mobiledevices/>. You will also need your Raven account to see restricted sections of some important websites, such as your subject's webpage, Moodle (the Virtual Learning Environment at <http://vle.cam.ac.uk/>), the St. John's homepage and the Student Services webpage for St. John's. The last two are important sources of information: some things aren't quite important enough to pester everyone in college with by sending out an email, so notices are regularly posted on the St. John's homepage (click 'login' on <http://www.joh.cam.ac.uk/>). Make sure you check this regularly so you don't miss out! There is a link to the

Student Services site from your homepage, and here you will find lots of useful forms. If you need something from college, you can probably find a form for it here. Most importantly, your Raven account will get you in to the students section of our very own JCR site, <http://www.sjcjr.com/>. Here you can look at JCR Election information, answer our weekly poll to have your say on college life, and anonymously order free sexual health supplies (even though you have to log in, it is completely anonymous, your details won't be stored anywhere). Aside from this, the JCR website is regularly updated with news, information and contact details for your (lovely) representatives.

College WiFi

The college IT department have been working over the summer to finally (!) install WiFi so it feels slightly less like 1511 in the college rooms. Note that previously, students were able to set up their own WiFi hotspots in their rooms with support from the IT Help Desk, but this is no longer the case so please ignore any advice about this from students in other years and don't go buying a router! To access the college network (either through WiFi or the ethernet cable provided to you when you arrive) you need to use your Eduroam login. If you haven't come across Eduroam before, it is wireless network accessible at many universities (including Cambridge) and colleges all over the world. You need a unique login for it, found here: <https://tokens.csx.cam.ac.uk/>. The college website should contain more information about connecting to the network, and both the IT Help Desk and I will be at hand to help out with any issues you may have.

College Computers

In college, you can find computers in two places: the Library and the Fisher Building. There is one computer room in the Fisher Building, and two in the Library (one on the mezzanine level and one on the top floor), plus a few more computers dotted around on each floor. You can log in to these with your Raven login, and they have some specialist software required for some courses installed on them. They are also connected to the printers in college, where you can send documents to be printed and then release them by swiping your CamCard or logging in to the printer manually. If you want to print directly from your laptop, you need to install Papercut and select the printers you want to be able to print from. Instructions and download links for Windows and MacOS are here: <http://www.ucs.cam.ac.uk/desktop-services/ds-print/individual/>. Printing is relatively cheap here, and probably much cheaper than buying and maintaining a printer of your own to just print a weekly essay. In order to print, you need to make sure you have money on your account. You can check and top up your print balance on <http://www.ds.cam.ac.uk/>.

uPay

In your fresher's pack there should be a login for uPay, and instructions to set your account up. The main thing you will need use this for is to top up your buttery card to pay for meals in college, and to buy tickets to hall. Hall bookings need to be made a few days in advance, so make sure you don't get caught out! One of our lovely CompScis developed an iOS app for the buttery menus last year, so search for 'St. John's Buttery' in the App Store and download it so you can easily check the menus.

Rooms System

You will have already met the rooms system (<http://rooms.joh.cam.ac.uk/>) when picking your room for this year, and have hopefully seen lots of helpful pictures and comments! To make the system even better, we would really appreciate if you could take some pictures of your room and write a comment about it to help students for years to come. You will need to use the username and password emailed to you this summer (not your @cam email address, but the one you used to apply) to write comments about your room in first year, because this is the account associated with that room. In subsequent years, you can use your Raven login. To add a comment or picture, just go to the page for your room (which you can find by clicking 'profile'), and then there are links to add comments and pictures. Pictures need to be smaller than 4MB so if they won't upload then your camera is probably too good and you need to compress the picture!

Help

I know there are a lot of new things to get used to so if you need any help then please feel free to send me an email on computing@sjcjr.com or pop in to the IT Help Desk (a bit hidden away: if you head out of the Forecourt Plodge into the forecourt and then turn left straight away, it's on your right) - they're always very happy to help!

Equal opportunities at John's

Welcome to the St John's College, and the best years of life. Here at St John's we are passionate about creating an inclusive environment where students not only feel comfortable, but part of a family. My team and I work to make sure that minority students are able to achieve their full potential, not only academically but in all pursuits here at St John's. I myself provide the link between the equal opportunities committee and the JCR, and am therefore well positioned to ensure St John's takes the steps necessary to ensure all students are treated equally. We are very excited for the coming year, with the introduction of Consent workshops, Diversity Superhall, an International students club, disability friendly Ents, a mental health support group and a whole month of events to celebrate LGBT+ month, with many more changes being planned! If you have any enquiries as to our work, any feedback of requests for us, or even if you want a friendly chat (I own a lot of different teas) we would be delighted to hear from you. My door is always open, and my committee are always happy to help:



LGBT+ Officer

Tom Ashford



Internationals Officer

Daniel Grunwald



Ethnic Minorities Officer

Yasmin Khan



Women's Officer

Jun Pang



Physical Disabilities Officer

Adil Girach



Mental Health Officer

Araminta Peters-Corbett

The contact details of the Equal Opportunities committee can be found on the JCR website (<http://sjcjr.com/your-jcr/equal-opportunities/>) - or you can just email Isaac and he'll pass on any queries you have as appropriate at equalops@sjcjr.com.

On a separate, but somewhat connected note, I am the current custodian and acting Imam of the St John's College Multi-faith room. We are the only College in Cambridge to offer a facility like this, where students of all or no faiths can come to pray, study, relax or just chat! For more information on the prayer room please contact me at equalops@sjcjr.com, or knock on my door!

Welfare

The welfare officer

The welfare officer is here to ensure that your time at St John's is as happy and as safe as possible. They are someone who you should feel confident talking to, whatever your worries may be. If you need advice about settling in, making friends, sexual health or simply getting through Cambridge life, they will be more than happy to answer any questions or simply listen. You can easily reach them via email at welfare@sjcjr.com, and they will respond as quickly as possible with your best interests at heart.

If not me, who else..?

If you would rather talk to somebody else, there's no shortage of other fantastic options! The best ports of call are usually your tutor (they tend to host drop-in sessions during the week - though each tutor is different so make sure you know how you can get in touch with yours!) or the college nurse or counsellor (both of their offices are in B staircase North Court, with the latest times below).

- College Nurse Health Centre Opening Times (Rachel Iftikhar, B2 North Court):
 - Monday – Friday (10am-12noon, walk in, no appointment needed)
 - Monday – Friday (12:30 – 2:30pm, pre-booked appointments via telephone/email, or ask in Student Services in Chapel Court)
- College Counsellor (Susie Renshaw)
 - General availability on Mondays and Wednesdays, though appointments must be booked in advance as no walk in sessions are offered.
 - If you would like to speak to Susie, contact the College Nurse or your Tutor who will help you arrange an appointment.

Settling in and drop-in sessions

It's been a long time coming but you've finally arrived at Cambridge, and now it's all about the settling in. St John's is a large college, but soon enough it will feel like home - with an enormous Johnian family. That is why we, as a JCR committee, are here to help you settle in as smoothly as possible, making your Freshers' Week one to remember.

I will also be running drop in sessions once a week throughout Michaelmas Term (dates TBC - keep an eye out for the in our weekly email bulletin!), so you can just pop in for a chat about anything you might be struggling with or advice you may need. We all need help at times, and asking for advice is one of the most confident and strongest things anyone can do, so never feel as though you can't ask! I've

probably helped with a similar situation before, and I will do my best to help you as best as I can. Everything is also always confidential, so nobody else needs to know.

Freshers' Week

The famous Freshers' Week is renowned to be one of the best and most enjoyable weeks of your life, where you finally get to enjoy your newfound freedom. We are here to help you make the most of it, but also ensure you are safe and enjoy the week in a way that suits you! Whether you can't wait to hit up the dancefloor for 'Wednesday Cindies' or enjoy a movie marathon with your fellow freshers, we will do our best to make it happen. You will also be given a Freshers' wristband on arrival with the JCR mobile help number, which you can call at anytime, no matter the issue and we will be on-hand to help. Remember, we're not here to spoil your fun, but we are here to keep you safe in a new city and college, which may seem huge at first but you get used to the size – I promise!

How to look after yourself on a night out...

Obviously we cannot wait to see you busting some moves at a 'cheeky Tuesday/Wednesday Cindies', 'Friday/Sunday night Kuda' or 'Thursday Lolas', and of course you may wish to enjoy a few drinks, but it is important that you get home safely at the end of the night! So, here's a little advice to ensure you're ready for the Cambridge night life.

- Make sure your phone is charged and has credit before you leave for a night out, and the JCR help number is stored in your phone for Freshers' Week.
- Walk to and from the club with friends. Cambridge is fairly well lit, but ideally **ALWAYS** walk back with someone you know.
- Ideally, take cash rather than card. Not only with you spend less (meaning more textbook money!), but you need not worry about losing your card and having to apply for a new one.
- Watch how much you drink! Order a glass of water (it's free!) or a soft drink alongside or between alcoholic drinks as it means you will not feel as drunk as quickly nor as easily.
- Eat before you go out, otherwise you will feel drunk far more quickly even when only drinking a little.
- Know your OWN limits! You are the best person who knows how you feel, not others, so never feel pressure to drink more just because your friends can. Anyway, you'll be feeling the best without the hangover in the morning!
- Do NOT leave your drink unattended nor accept a drink from strangers.
- HAVE FUN, BUT STAY SAFE!

Welfare Events

Myself and my wonderful welfare committee aim to run 2-3 welfare events each term, full of chocolate, cakes and other delicious snacks as something to look forward to and help you through the famous 'Week 5 blues' (they're honestly not as bad as they sound). Anyway, everybody loves free food, so make sure you come along! The committee are all there too, so if you fancy a chat or need advice, you can always feel free to ask.

Sexual Health Supplies

Another major part of my role is providing members of college with free sexual health supplies in an entirely confidential and anonymous manner. You can order specific supplies via our JCR website (<http://sjcjr.com/current-students/welfare-supplies/>). You will be emailed an individual code and, a few days later, you will be able to find an envelope with your code in the JCR welfare pigeonhole containing all of the supplies you have requested.

The JCR welfare officer will only ever have access to your unique code, and a list of the supplies you've requested. You can however ask for your envelope to be placed directly in your pigeonhole if you include your name in the 'additional comments/requests' box when applying for supplies online. Alternatively, students can collect their own supplies from CUSU (Cambridge University Student Union), 17 Mill Lane, opposite Fitzbillies.

A final note from me...

As comprehensive as we have tried to make this guide, it is important that you feel as though you can talk to us about anything! I will always be here, whether that be just for a chat or if you're looking for advice and guidance, and everything will remain confidential. So, have a fabulous Freshers' Week and enjoy starting an incredible journey at St John's, safe in the fact that people will always be there to look out for you. **#welfarelove**

Grants & scholarships

We'll keep most of this brief as we're sure that will have done your own research beforehand

Living costs

- 'Living costs' cover whatever you need to pay for, excluding tuition fees, while you're at university. This includes: **accommodation, food, study materials and transport**.
- Current guidance suggests that the average maintenance figure is **~£8500 p/a** on average, but of course this figure can be lower or higher.
- At St John's, accommodation fees are charged through the termly college bill. This can be paid through a variety of means and you will soon receive more information from **Student Services** about this.

Tuition fees & maintenance loans

This section applies to UK/EU students only – internationals can visit this site for more info: goo.gl/XyVBgv

- First and foremost, we'd like to recommend **MoneySavingExpert's** guide on student finance – it covers all the main points very well. Read it here: <http://www.moneysavingexpert.com/students/>
- Starting off with tuition fees, the fee charged for 2016 is **£9000** however most people qualify for a full loan to cover this amount. The loan is paid directly to the university, so you won't see this money in your bank account.
- As for maintenance fees, government support is entirely in the form of loans, following the changes in 2016. Whether a person qualifies for a maintenance loan is based off of household income and the amount awarded is based off a **sliding scale**. This loan is paid in instalments throughout the year directly into your bank account, normally arriving a few days after the start of term.
- Repayment operates on a system based off your future earnings once you graduate. To put it simply, those who earn a lot after graduating repay more than those who don't go on to earn too much will repay less. After 30 years, the loan is written off meaning some people will never have to repay the full loan amount.

Cambridge Bursary Scheme

If you are a UK/EU student and your household income is below £42,620 you are likely to be eligible for an annual Cambridge Bursary of up to £3,500 per year. Provided your eligibility does not change, you could receive a Bursary for the three or four years of your course.

The Cambridge Bursary is in addition to any loan for maintenance or tuition fees which you receive from the UK government. The Cambridge Bursary is not a loan so you do not have to pay it back.

Eligibility for the scheme is checked automatically through the information provided to Student Finance England. If you are eligible the college will transfer you the funds in the third or fourth week of term.

Other Financial Assistance

Even if you don't receive Bursary money, you can always see your tutor if you're in difficulties. If you find that they don't have the information you need then go straight to the Senior Tutor. John's is incredibly lucky to have many means of financial assistance for undergraduates, so don't hesitate to ask if you are in difficulty. St John's has a policy that no student should ever feel pressured to leave their course for financial reasons. If you find yourself in trouble, there will be someone to help you out. St John's has a very generous hardship fund, which can give out money on a case-by-case basis. If, for any reason, you encounter unforeseen financial difficulties, you will not be left to handle it on your own.

Educational Funds

College provides grants for books, travel (both academic and non-academic) and extra-curricular activities – your Director of Studies should be able to advise you on what are available, and application forms are available from Student Services. Keep receipts for all these things and then deductions are taken off your College Bill.

The Learning and Research Fund is available to help students towards half the costs of the purchase of books, periodicals, software, hardware, equipment, teaching aids and towards the full costs of approved course related or research related activities such as conferences, workshops, summer schools, summer research programmes, language courses. This includes refunding 50% of the cost of a laptop, if it is purchased just before going to university for the purpose of studying.

Academic Prizes

Every student who achieves a first class in an honours undergraduate examination is elected to a Scholarship and is awarded a Prize ranging from £400 to £600. In addition Named Year Prizes are being awarded to candidates who, being of special merit, are the best candidates in the College in each year, irrespective of subject areas. Prizes are also awarded for the best performance in certain papers of, or in a dissertation for, various examinations.

Sports & societies

Sports

The way in which sport works in Cambridge is different to most universities because of the collegiate system. You have college teams in the generally more popular sports, in which there are leagues and a cup called 'coppers'. Almost every sport imaginable is catered for at the university level, in the popular sports it is the level above college, and for other sports it is for anyone. A list of the university sports available is here: <http://www.sport.cam.ac.uk/university-sport/university-sports-clubs/index.html>. They mostly run trials at the beginning of the year, and will have a stand at the CUSU Freshers' Fair (at Kelsey Kerridge), so be sure to go down and sign up to the email list for any that interest you.

At the college level, there are football, rugby, tennis, hockey, cricket, netball, squash, lacrosse, basketball and ultimate frisbee teams, and countless rowing boats. Please don't be afraid to try a new sport, or one that you don't think you're very good at, everyone is very understanding and we've all been there once! There are also second teams available in some, so it is very likely that your ability is catered to at college level. Each will have a stand at the John's Societies Fair (go to this) so go and talk to captains/members of the teams. As well as this, we'll be running a Sports taster event on the College Playing Fields during Freshers' Week which you'll be able to turn up to for a casual way to get an idea of the sports we offer and how to get involved. We'd recommend turning up to this even if you're not intending to get involved - as sports are a great way to blow off steam at University, and the range of what's on offer means there's probably something you'll enjoy - so pop over for a chat and to find out more.

There will generally be a first training/trial they'll tell you to come to a few days later. A list of college captains will be put up on the website, so if for some reason you can't make the Fair or Sports Taster Event, email them to learn more. Aside from rugby and cricket, there are teams available for both sexes at the college level, and if you're female and rugby/cricket is your thing, get involved with the university teams! There are also coppers in athletics and other sports that come around later in the year, so keep an ear out for that. LMBC (the boat club) will host an event in freshers' week for anyone to go down and learn more about rowing. They run 'novice' boats in Michaelmas for first-timers, and then these combine with other boats at the start of Lent. Bumps are then rowed at the end of Lent and Easter terms; these are races with a strange format, you'll learn more about them throughout the year (and they're very important in the life of a boatie!). College also fully fund our sports teams, so you may as well get involved!

The College provides grounds and facilities for all of these sports, as well as volleyball, badminton, croquet and even a snooker table under Cripps! Ask the porters for any equipment required, and be sure to ask them where everything is because some things are quite difficult to find. They also hold keys to get the equipment for some sports, and some require you to book courts with them, so please go and talk to them (and make friends, they're really helpful and nice). There is also a free weights gym under Cripps (down C staircase) and a fitness gym there too. You'll need to get inducted for your card to work for getting you into these, more information about this will come around later.

Societies

At the aforementioned Freshers' Fairs, there will be University and John's societies present. Go to the fairs and talk to members of any societies that take your fancy, and sign up to their mailing list. Signing up means you have no obligation to go to any of their events, it just means you'll get a few emails from them telling you what they're organising. A list of John's societies can be found here: <http://www.joh.cam.ac.uk/activities-clubs-societies>. John's generally will have a subject society to cater for you, which you're already a member of. The majority of these will just organise a lovely dinner for you and your peers in the Senior Combination Room, and they may organise one or two talks from guest speakers in your subject. University-wide there are hundreds of weird and wonderful societies; there will be something for everyone, so make sure you go down to the CUSU Freshers' Fair and see what grabs you. If you can't find one that you're looking for, have a browse of this list: <https://www.cusu.cam.ac.uk/societies/directory/> and email the contact given if you want to learn more.

Glossary of terms

Each university has slang and Cambridge is no different! Below are some examples: (see more at <http://sjcjr.com/student-life/life-in-cambridge/glossary/>)

BUTTERY /'bʌt(ə)ri/ *n.*

The college canteen where you can buy cheap meals and snacks. We'd highly recommend Saturday brunch & Sunday roast.

CHAT /tʃæt/ *n.*

A word that refers to a form of witty banter and is often qualified with an adjective. It's tough to explain in words but you'll hear it thrown about a lot.

DoS /dɒs/ *n.*

Short for 'Director of Studies'. This person is your first point of enquiry for anything course related that you can't ask your supervisors. You will probably meet them during Fresher's Week and have meetings with them throughout the year to monitor your progress.

ENT /en.t/ *n.*

Slang for 'entertainment' and also known as a 'bop'. These are social gatherings held in college that feature cheap drinks, fancy dress and world-class DJing.

e.g. Bob: "Did you hear about the John's dress as your subject ent?"

Sally: "Yeah! It sounds so good, I can't believe they've got DJ Aleporc coming!"

HERMES /'hər(-)mēz/ *n. & v.*

Refers to the webmail service through which all of your @cam.ac.uk emails can be read through. It's important to check this somewhat regularly as supervisors and other important people will use this as their main means of communicating with you!

JCR /'jā-'sē-'är/ *n.*

Stands for 'Junior Combination Room'. Usually means the undergraduate common room, with the TV, pool table, games etc. Also means the student body, or the JCR Committee which represents it.

PIDGE /'pi-j/ *n.*

Slang for pigeonhole. Every member of college has one of these and your pigeonhole can be found in the mailroom, near the Great Gate porter's lodge. Note that if you receive a parcel that doesn't fit, a small slip will be left instead and you can collect it from the porter's lodge.

PLODGE /'pläj/ *n.*

Slang for 'Porter's Lodge'. St John's has three of these (Great Gate, Forecourt and Cripps) and you'll likely have to pass through one of these to go in or out of college.

Useful places

We know that you can find anything you want in Cambridge using Google Maps on your phone, but we thought we would try and pass on what we've found out in our time at Cambridge to help you find what you need, be it a bank, supermarket, hairdressers or anything else...

Approximate walking times are given from The Great Gate, but obviously these will depend on how quickly you walk!

Banks

You should be able to do most of your banking online, which is often much easier and quicker than visiting your branch, but just occasionally you may need to visit your bank if, for example, you want to open a new account. Cash points are located all around the centre of Cambridge, and should never be more than 2 mins walk away. The closest cash point to college is at RBS on Trinity Street. You can find most of the major banks close to college:

- RBS – Trinity Street (Next door to Trinity College) - 2 mins
- Santander – Sidney Street (Near Sainsbury's) – 5 mins
- Lloyds – Sidney Street (Opposite Cindies) – 10 mins
- Natwest – Market Street (Just off market square) – 10 mins
- Halifax – Petty Curry (Just off market square) – 10 mins
- Barclay's – Sidney Street (Near Sainsbury's) – 5 mins

Doctors

When you arrive in Cambridge you will need to register with a GP as soon as possible, there are two convenient options in the centre of town:

Bridge Street Medical Centre – All Saints Passage (Behind the Divinity School) – 1 min

The City Centre Medical Practice – Petty Curry – 10 mins

For a greater range of medical facilities, and for medical emergencies, the nearest hospital is Addenbrooke's. This is not within walking distance of college, and we would advise you use a taxi to get to the hospital (often the college will assist with the cost of a taxi to hospital, and the porters can help you book one).

Shops

There is a huge range of shops close to college in the centre of town, and depending on what you're looking for there are four key places for shopping:

- The Grand Arcade – Entrance on Petty Curry near the Market Square – 10 mins
- Cambridge's biggest and newest shopping centre offers many major brands such as Apple, Topshop/Topman, Ted Baker, River Island and more.
- Market Square – 7 mins

- Market Square is surrounded by shops like WH Smith and Marks and Spencer, whilst also hosting Cambridge Market which is open 10am – 4pm daily and offers books, fresh food, jewellery, clothes, souvenirs (for when the family visit) and more.
- Sidney Street – Starts just outside forecourt and runs to Christ's College – 2 – 10 mins
- Sidney Street has a wide range of shops, including fashion shops such as Next and Jack Wills, a music store (FOPP), Superdrug, Boots and more. Sidney Street also has Sainsbury's (opposite Sidney Sussex – 5 mins) the largest and most popular supermarket among students.
- The Grafton Centre – Behind Christ's College, across Christ's Pieces – 15/20 mins
- The Grafton Centre is a bit further out of the centre of town, and often isn't worth the walk as you will be able to find what you want closer to college. The Grafton does however offer Party Mania (fancy dress and party shop) and Primark, both useful for making sure you get your outfit sorted for the themed ents (aka bops)!

Post Offices

There are two post offices in Cambridge which are useful if you need to post parcels or larger letters. If you are only posting standard letters or postcards then you can buy stamps at Sainsbury's and post them in the college post box located next to A Staircase, New Court.

- St. Andrew's Street Post Office – St. Andrew's Street, past Christ's College – 15 mins
- King's Street Post Office – King's Street, behind Sidney Sussex College – 10 mins

Hairdressers

- Matthew Luke (Men) – Trumpington Street, by Pembroke College – 15 mins
 - £11.00 with a student card.
- Lui's Barbershop (Men) – Pembroke Street, by Pembroke College – 15 mins
 - £11.00/£10.00 with a student card on weekdays/Thursday respectively.
- McQueen & Co for Men (Men) – Kings Street, behind Sidney Sussex College – 10 mins
 - £14.50 with a student card.
- Toni and Guy (Ladies and Men) – Bridge Street – 2 min
- Scruffs (Ladies and Men) – Bridge Street – 2 mins
 - 10% discount with a student card.
- Directors (Ladies and Men) – Green Street, just past Sainsbury's – 8 mins
 - 25% discount with a student card on weekdays.

Dry Cleaners

- Timpson's – Grafton Centre – 20 mins – Low Price
- Johnson's – Emmanuel Street, near Parker's Piece – 15 mins – Medium Price

Bicycles

Many of you will come to Cambridge with a bike, which might occasionally go wrong so we've suggested a couple of places you can get your bike repaired. You also might want to buy a bike when you arrive in Cambridge, and these will be on sale at the CUSU Fresher's Fair, although this can be an expensive place to buy and the repair places we've suggested will also sell second hand bikes. Ebay and Gumtree could also be good places to pick up a second hand bike.

- Bridge Cycles – Bridge Street, opposite Magdalene College – 3 mins
- The Bikeman – Cambridge Market, Market Square – 7 mins

Transport

Cambridge has good transport links to London by train, either to Liverpool Street or King's Cross, and to most UK cities and the London Airports by coach.

Trains: Cambridge Station – 25+ mins

Buses: Parker's Piece – 20 mins

Going out

The College Bar

The first stop on the quest for social interaction is the college bar. The JCR have just introduced some **£2 pints** making it more affordable than ever to have a merry night in college with the gang. Why not take out a game like articulate for an extra bit of excitement or buy some pitta and hummus if the G&Ts are getting to you a bit too quickly? The bar is also the ideal spot to congregate before or after hall or before a night out.

Night Clubs

There are actually quite a range of clubs in town but you'll probably find your friendship group just sticks to one or two. Why not try them all before picking your favourite. Here's a brief description of each:

Ballare aka 'Cindies' - Known for playing the cheesy classics such as the Titanic, Frozen and Lion King theme tunes, Busted, S Club 7 and Taylor Swift alongside your current chart music. Very popular with students, in fact there is a whole room in the club unofficially, affectionately and slightly obnoxiously known as 'John's Bar' due to the large number of Johnnians who boogie there with a few VKs in hand before they're ready for the Dance Floor. Best nights are Wednesdays and occasionally Tuesdays.

Kuda aka 'Life' - Known for being a sweaty corridor with no phone signal, however, another student favourite with decent music and drinks deals. Try and source a Kuda VIP keyfob (some subjects eg medsoc issue them) for queue jump and cheaper entry. Best nights are Sundays and Fridays.

Lola Lo's aka 'Lolas' - Objectively a better club than the previous two in terms of layout (3 floors) and music. However, Cindies and Kuda seem to be the 'Johnnian favourites'. Pick up a Lola's loyalty card and you'll get some unreal drinks deals. Best nights are Thursdays and any night the Cindies queue is too long.

Fez - A bit smaller than the other clubs and known for its edgier music taste. You'll probably be a fan if you own a lot of 'wavy garms'. Best nights are Thursdays and Sundays.

Revolution aka 'Revs' - Usually too far for Johnnians to venture but it has the same to offer as the other clubs. The top floor and outside bar is a great location for private hire.

LGBT+ nights - These are currently held by 'Kaleidoscope' and are usually Tuesday nights in Kuda. Known to be very fun nights out. Keep updated with the Kaleidoscope Facebook page for more info as the day/location of LGBT+ nights can change every year or so.

Pubs

There are loads of pubs dotted throughout the town including the Maypole, the Mitre, the Baron of Beef and the Eagle (where Watson and Crick announced their discovery of DNA!). Why not explore a few and find your favourite. There is also a new 'secret underground bar' called 2648 which has great deals on burgers and beverages on Sundays. Then there's the good old reliable Wetherspoons - a favourite for an affordable pub lunch or a place to share a few pitchers after exams (or a hard week). However, on Saturday nights the bottom floor of the large pub oddly transforms into a nightclub and is affectionately known as 'Danger Spoons'. This is a large 'townie' night - only some students brave this past fresher's week.

Food

If you ever fancy a change from the Buttery or your own cooking, there are millions of places to eat in Cambridge. Some student favourites include Bills, Bella Italia, Byron Burgers, GBK, Reys, Wildwood, Pho, Cafe Rouge, Pizza Hut, Wetherspoons, Itsu, Thaikhun, Coast, Las Iguanas, St John's Chophouse, Subway to name but a few. Many have student or lunchtime deals. Download the 'TeamFirst' app for loads of food and drink deals in Cambridge including £5 Pizzas in Strada, £4.95 Fish & Chips and a drink in Coast and 20% off Nandos. I simply can't list them all - go and explore. If you fancy treating yourself to a classy 3 course meal for around £6 (under a tenner if you want 3 glasses of wine on top of that) then the answer is John's formal hall. Popular for birthday gatherings, finishing exams, boasting to family or friends from other colleges or just because 'we haven't been hall in a while and the menu looks good'. See the John's website for the weekly hall and buttery menus.

Theatre and Music

Why not feel a bit more cultured and see some student run plays. There are many 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 to eye up future events. However note that not all plays are held here. Perhaps the best way to find out what's going on in the world of amateur dramatics is to befriend a thespian so you can tag along to some of their performances. If you want to get involved in AmDram then let us know and we'll try and put you in contact with drama enthusiasts in older years. Alternatively, there are constant auditions throughout the year advertised on the facebook pages. Similarly, there are many music events across many colleges from classical, to jazz to choral performances. You can see 'The Gents' of Johns 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. See their facebook for more info.

Advice and Safety

Safety in numbers - unfortunately we all seem to have that one friend that has one drink too many. While rule one is to know your own limits, rule two is to keep an eye on your mates' limits and be the sensible one if they don't know when to stop. Be there to make sure they don't do anything stupid (a brawl with locals or a questionable one night stand) and keep them hydrated with water and time away from alcohol. Never leave a man behind, especially the intoxicated one, and make sure everyone wakes up in Johns, not Addenbrooke's.

Despite the phrase 'eating is cheating', having a heavy night out without eating anything can be an incredibly dangerous idea so make sure you load up on the calories before a night out - you'll burn most of them dancing anyway! If you're peckish after a night out, McDonalds is open 24/7 on Friday and Saturday nights and Gardenia (aka Gardies) and the trailer of life in market square are the student favourites on other nights. Just make sure you finish before getting to the porter's lodge as they sometimes stop you if you stumble through with half a kebab to avoid litter being left in the college.

As for the Porter's themselves, make sure you treat them with respect. They are there for your own safety and are always friendly and helpful. Always feel free to ask them if you need help.

Predrinks. While these seem like an ideal way to get the units down for cheap, do be careful. Lots of incidents have arisen for people going too hard at predrinks and we want to reduce this. While not 'banned' by the college, it is important to bear in mind that not everyone living around you will be going out every evening, so be considerate with noise and behaviour especially when others have lectures or supervisions the next day (even on weekends, some people want sleep and others may have weekend lectures!). Also, strictly speaking you need permission from the Dean of Discipline if you are planning on having a gathering of people above a certain number in your room - see the student handbook for details. Why not predrink in the college bar? Drinks are affordable (**£2 pints!**) and you avoid being 'portered' from noise complaints so it's often a good compromise.

Luckily the majority of pubs and clubs are walking distance meaning no need to spend money on a taxi (moment of silence for Girton please). However, this means it's important to wrap up warm in the winter months; Cambridge can get very cold and your beer jacket may not always be enough. Try and stick together on the walks back, especially if someone in the group has had a few to drink. If you feel unsafe or lost on a walk back, it may be useful to have some taxi phone numbers saved on your phone:

Panther: 01223 715 715

Camcab: 01223 704 704

A1 cabco: 01223 313131

JCR-run events

Ents

Where do we start with ents? Parties hosted by the JCR with fantastic drinks deals, amazing DJ sets and exotic themes, what more could you want?! Themes this year have included 'around the world in 80 VK's', 'match of the night' (complete with astroturf and inflatable footballs/goals!!) and 'rumble in the jumble' to name a few! On top of this you get hugely discounted entry to the infamous Kuda Cambridge (aka Life) to carry on the party. The first event of the year is the **brand new** dress as your subject ent (bop) in freshers' week, with the freshers' bop often being the highlight of the week! Get ready to party in absurd subject-themed outfits and enjoy the best drinks deals in town! Don't worry though - if you can't think of a costume to match your subject, you can either contact ents@sjcjr.com for suggestions and tips, or just come in whatever you're comfortable in - though our themes make for great parties, dressing up is always optional!

Charity Events

Collaboration between the Ents team and Ethical Affairs make for some fantastic charity events, with all proceeds going directly to the college charity, which is voted for each year by John's students (currently BRACE Alzheimer's Research). Fundraising suggestions always welcome!

The highlight of our charitable endeavours is the weekly bar quiz! Introduced last year, these have been a massive hit, with teams battling it out every week in the college bar. Combined with the bar's new drinks deals and all for charity, these are a great way to chill and have fun with fellow Johnians. This year we raised just under £300 for BRACE Alzheimer's Research in a single term - let's do even better this year, so come along!

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- *Who are we?* - **Ben Whitby**

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