

Freshers' Guide 2011

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Welcome Note

Congratulations on your exam results and welcome to Emmanuel!

This guide will hopefully make sure you know a bit more about what's going on and answer some of the questions you may have before you arrive. If you have any problems or questions do get in touch with either of us (especially if your college parents can't help) and we'll make sure we find out the answers for you.

College Parents

All students are assigned college parents (students from the 3rd year) to answer any questions before term starts, meet you when you when you arrive and help you settle in. Within your college family you will have 4 or 5 'siblings' – other first years – so you will get to know some people straight away. You should already have heard, or will hear shortly, from your college parents. If not, please let us know and we'll give them a nudge.

ECSU – Emmanuel College Students' Union

All students at Emma automatically become a member of ECSU, your students' union. ECSU runs welfare activities (which in Easter Term includes free tea and cake, bouncy castles and free yoga!), provides a friendly and cheap student-run bar, common room and shop stocked full of stationery and sweets; it also represents all Emma students on a College and University level (sounds dull but it's actually pretty important!). The running of ECSU is the responsibility of the annually elected 'Exec'.

Everyone on the Exec will introduce themselves in Freshers' Week and you'll see us around in our bright pink t-shirts: please feel free to approach us about anything at all, whether big or small. The Freshers' reps also wear similarly bright pink t-shirts and are just as keen to answer your questions and queries or just to point you in the right direction.

All ECSU-related information can be found on our website (www.ecsu.org.uk). Most of the website is available to everyone but you will be provided with a 'Raven' password when you arrive to allow you access a handful of useful Emma-only pages. The 'Raven' system also allows you access to private parts of the College website and other Cambridge-based websites too.

Finally, we have to say thank you to all the previous Presidents on whose work this guide is based.

We hope you enjoy the rest of the summer and we look forward to meeting you at the start of Freshers' Week!

Alison Underwood

ECSU President

+44 7817964812

aku21@cam.ac.uk



Poppy Gould

ECSU Vice-President

+44 7859159413

pg362@cam.ac.uk



Getting Here

Getting to Emma can be a bit of a nightmare given the complexities of Cambridge's one-way system.

Getting to the city centre by car

First of all, you need to get yourself onto the inner ring road and then follow the signs to the Regent Zone (Cambridge is split up into 'zones' which are well signposted from this inner ring road). You will then need to leave the ring road at Regent Street.

The University Map website might be helpful at this stage (do a search for Emmanuel College):

www.cam.ac.uk/map

Be wary of the advice offered by route planning software; they often do not appreciate the Cambridge one-way system or the many new roundabouts on the way into Cambridge from the north.

Parking

First of all, find out where you need to go — take a look at page 8 to find out where your room is, and choose the appropriate car park. There should be friendly Emma people waving their arms madly to ensure you don't miss the turnings to the car parks.

To get to **South Court car park**, drive up Regent Street and then take a right turn down Park Terrace, which is a one way street immediately after the University

Arms Hotel (not easy to miss, as there is a rising bollard which stops non-bus/taxi traffic from continuing beyond Park Terrace – don't be tempted to tailgate buses through the bollards; sometimes cars do this and huge damage ensues). On Park Terrace, turn left into Camden Court (a very small road – quite easy to miss) and follow it as it bends to the left and then turn through the black gates on your right into the South Court car park.

To gain access to **North Court** by car you must travel via Park Terrace or Parkside, thence via Parker Street to Emmanuel Street (which is one-way from the direction of the Bus Station to St. Andrews Street). There is an entrance gate on the right, before the shops, which leads directly into North Court. You can park in the courtyard itself.

The map on page 9 will help you find your way once you get close to the college.

Be warned that on the first day the car parks will be very, very busy. For this reason, your car can only stay for as long as you need to unpack your things. If your parents want to stay, there are plenty of public car parks around Cambridge that they can use.

If either of the gates are locked (which they shouldn't be) then you'll need to wander over to the Porters' Lodge to ask them to open the North Court gates or speak over the intercom to the right of the South Court gates to ask the porters to open them for you. If the South Court gates are closed when you want to leave, just drive up to them: they open automatically when a car approaches.

By coach

National Express (nationalexpress.com) serves Cambridge from a number of cities across the UK. There's also a service from Oxford provided by Stagecoach (www.stagecoachbus.com/bedford).

The coach station is located on Parkside next to Parker's Piece so it is easily within walking distance of the College.

The map on page 9 will help you find your way to the Porters' Lodge.

By rail

The railway station is about 1.5 miles (15-20 minute walk) away from college, and there is a shuttle bus that runs from the train station to the bus station every 10 minutes — just take any bus that says 'City Centre'.

If you have a lot of luggage it might be easier to get a taxi, which will cost around £5, not including tip. There's a taxi rank right outside the station.

By air

If you are flying to England then you will want to aim for a London Airport. Stansted airport is particularly close to Cambridge; from there you can get a train or coach to Cambridge. It is also well served by low cost carriers such as Easyjet and Ryanair, so is a good option if you're coming from the UK or Europe.

If you're flying to Heathrow or Gatwick, be prepared for a long coach journey or a trek across London with your bags on the tube.

When You Arrive

If you're arriving on Saturday

When you arrive on the Saturday, make your way to Front Court (see map on page 9). There, members of the ECSU Exec and the Freshers' Reps will welcome you and will help you get your room key from the Porters' Lodge.

Your College Parents will be there too, and will take you to your room and make sure you've got everything you need.

If you're arriving on Friday

If you're coming from the more far-flung corners of the UK, or are an international student, you'll probably want to arrive on the Friday.

Please let your college parents know and also the Senior Tutor's Secretary, Marion Dorkings (mjd71@emma.cam.ac.uk) if you will be arriving before Saturday so that we can make sure your room is ready and that there's someone around to meet you.

On Friday evening those who have already arrived are invited to come to the Old JCR at 8pm for a chance to say hi to people, have a chat and play some games.

If it all goes wrong

If there's no-one around when you arrive, go straight to the Porters' Lodge, where you'll be sorted out in no time at all! The map on page 9 will help you find your way if you get stuck.

Accommodation

Emmanuel's first year accommodation is situated in North Court and South Court. The occupants of South Court are entirely first years, whereas about half of North Court is occupied by first years and half by a mixture of the other year groups.

These courts are arranged in staircases, as opposed to corridors, which you might see in halls of residence at other universities.

Where's my room?

- South Court staircases: **L, M, U, V, M2, L2**
- North Court staircases: **Q, R, S, T, X, Y, Z, and Cloisters.**

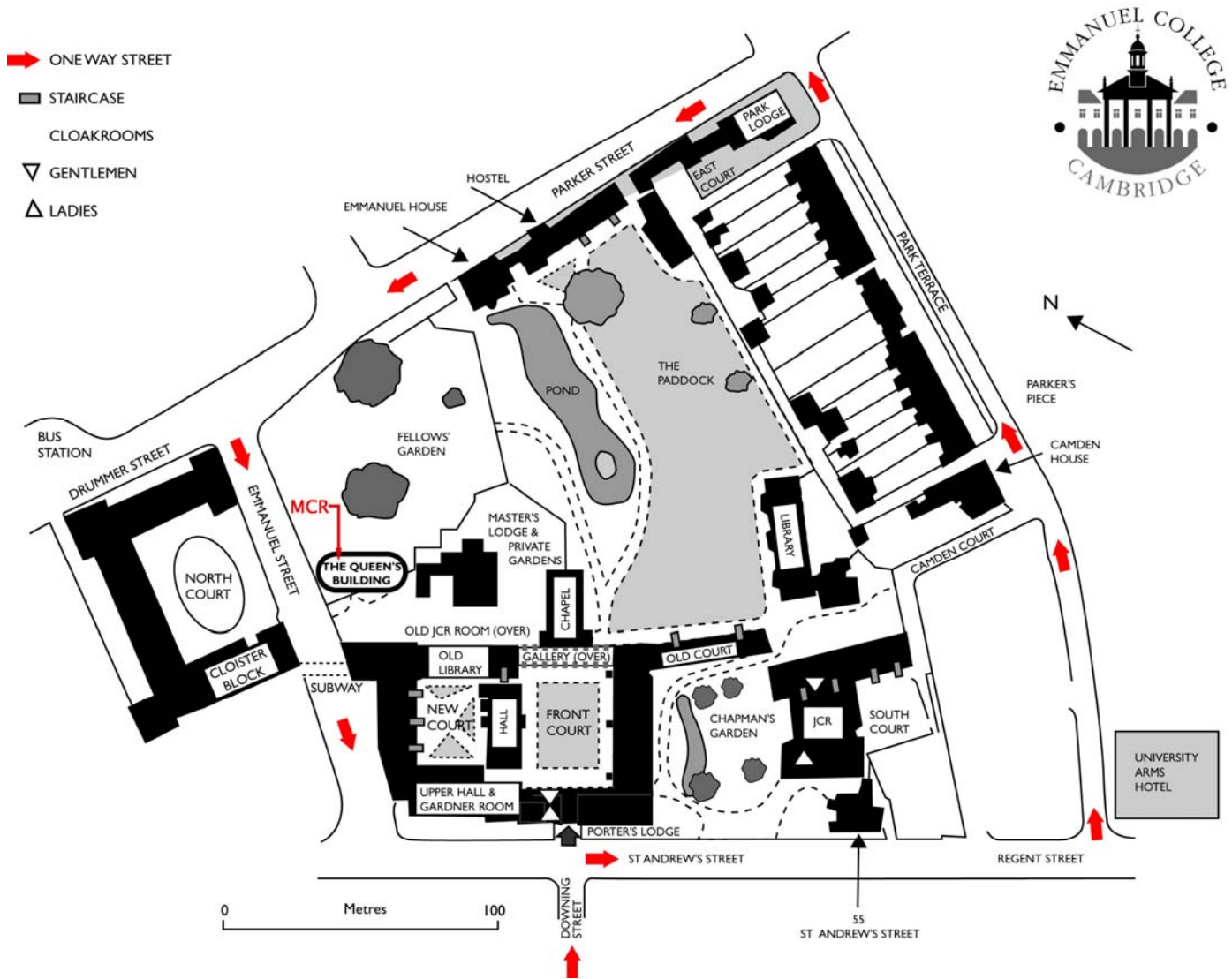
What's it going to be like?

First year rooms can vary a bit, but all are pretty good and most are much better than you might expect at other universities. Every room is equipped with bed, desk, carpet, bedding (but not sheets or pillowcases), high-speed internet (wired and wireless), desk light, shelves, wardrobe, mini fridge and chairs. Most have a sink. If you're missing something, let your College Parents or ECSU know.

On average there is a shower per 5-6 students, and there is a gyp room (kitchen) with sink and microwave on every staircase.

Map of Emma

Note the recently implemented one-way system of roads around the college, marked with arrows.



What to Bring

Essential items

For UK students:

- National Insurance number
- NHS number (if you've got one)
- bank account details
- student loan details

For international students:

- passport

For everyone:

- sheets and pillowcases (two sets, so that you can wash one and use the other!)

Useful items

- items to personalise your room — throws, cushions, posters or pot plants
- alarm clocks (as many as you need to wake you up in the morning...)
- the multi-socket plug things that make one socket into lots (the long plank ones: the cube ones are banned and will be confiscated if seen!)

- a couple of passport photos
- diary (you'll have dates and times coming out of your ears once you arrive)
- cooking utensils (bearing in mind that gyp rooms only have pretty limited facilities, i.e. a microwave and sink)
- toaster and kettle (each of which may only be used in the gyp rooms)
- a tray to put the kettle on (required by College rules)
- cutlery, plates, glasses, mugs, etc.
- coat hangers
- towels
- tea, coffee and biscuits
- an umbrella and waterproofs

Don't bring

- light bulbs (the Porters' Lodge has spare ones)
- fairy lights
- candles, or anything else likely to set your room on fire

Freshers' Week

We've themed a few nights in Freshers' Week so you're encouraged to bring costumes if you like! We also have a costume box in the ECSU shop (situated in front court) which you can donate to and borrow from- so feel free to pop in there and grab something (or donate it afterwards). (There is a Primark very close to college as well!) We'll also be holding a "Whiteboard Rave Night"- you can bring a plain white t-shirt and sign each other's shirts as a Freshers' Week souvenir, don't forget rave paints and glowsticks!

Other than costumes you won't need much for Freshers' Week- we'll provide lots of entertainment that'll mostly happen in college and going out is relatively inexpensive- just come along and enjoy it!

Insurance

ECSU and the College have recently negotiated a new insurance package for everyone at Emmanuel. This provides a **basic level of insurance** for the things in your room and for your bike. The cost is 30p a week and it is **included within the room rent that you pay** - it is only charged whilst you're in residence.

The Details

The details of this insurance are available on the College website - <http://www.emma.cam.ac.uk/about/official/>

In summary:

- it will cover regular items against the usual theft, loss, flood, fire, malicious vandalism etc for up to £1,000
- 'high risk items and valuables', which are TVs, audio equipment, jewellery, computers, cameras, watches and works of art etc, are covered for £1,600
- the cover for cycles, including accessories, is up to £200.
- the excess is £30.

ECSU decided that the policy covers most things a student might bring to university. That said, the policy **does not** cover any musical instruments, expensive bikes or camping equipment (or livestock, but we don't think that'll be an issue). However, when you get here you can pay for 'add-ons' to the policy to cover things like that. You will need to decide whether the basic level of insurance is adequate for you or whether you wish to take out additional insurance to top it up. You'll receive in due course information on how to make a claim, along with the small print of the policy. It's worth noting that the insurance isn't optional, so even if you do take out your own policy, you'll still have to pay for this one.

Special Clothes

Matriculation

- Gentlemen — Dark suit, white shirt and a tie.
- Ladies — Dark skirt and white blouse or plain black dress.

Gowns

For matriculation and formal halls you'll need an Emmanuel undergraduate gown.

Some second-hand gowns will hopefully be available for purchase in the Porters' Lodge in the first few days of Freshers' Week; however, they'll probably run out pretty quickly, so you'll probably need to head to King's Parade to visit A & E Clothier or Ede and Ravenscroft who'll sell you a new one for about £45. Your college parents will help you find these places.

Make sure you ask for an Emmanuel gown — every college has its own unique design!

Black tie

May Balls usually have a black tie dress code, as do some dinners, so it might be useful for guys to acquire a dinner suit at some point — buying usually works out cheaper than hiring if you're planning to wear one on more than a couple of occasions. Having said that, it's entirely up to you whether you go to these events, so bear that in mind! Girls just wear nice dresses for black tie.

ECSU

ECSU (Emmanuel College Students' Union)

All students at Emmanuel automatically become a member of the Emmanuel College Students' Union, which acts as the students' representation at college level and also provides services for the students – including the bar and shop!

(Explanatory note: the undergraduate body at a college is often referred to as the JCR – the *Junior Combination Room* – so some colleges call their student union the JCR Committee. Ours is called ECSU, however, and has been since 1970.)

The ECSU Exec is elected at the end of Michaelmas term (i.e. in November) each year and any member of ECSU is entitled and encouraged to stand. If you have any problems contact the appropriate officer, listed below, and they will help you out or at the very least point you in the right direction.

Name	Position	Email Address
Alison Underwood	President	president@ecsus.org.uk
Poppy Gould	Vice-President	vicepresident@ecsus.org.uk
Baraka Khan	Academic Affairs	academic@ecsus.org.uk
Chris Humpleby	Access	access@ecsus.org.uk
Jaimie Oldham	Buildings and Services	buildingsandservices@ecsus.org.uk
Cathy Hu	Catering	catering@ecsus.org.uk
William Woodhead	Communications	communications@ecsus.org.uk
Jake Alden-Falconer	Ents	ents@ecsus.org.uk
Megan Albon	Green	green@ecsus.org.uk
Matt Pooley	ROAR Editor	roar@ecsus.org.uk
Emily Seward	Secretary	secretary@ecsus.org.uk

Abhishek Kumar	Shop Manager	shop@ecsu.org.uk
Sara Montakhab	Treasurer	treasurer@ecsu.org.uk
Anna Seigal	Assistant Treasurer	
Lizzie Dobson	Welfare (Female)	welfare@ecsu.org.uk
Tom Samuels	Welfare (Male)	welfare@ecsu.org.uk
Alice Brindle	Women's	womens@ecsu.org.uk



Freshers' Reps

The four Freshers' Reps plus an international Freshers' Rep are hand-picked by ECSU because we thought they'd be four great faces in Freshers' Week & they play a big part in organising and running it. You'll soon get to meet them, but should you have any questions about Freshers' Week or just want someone to talk to they'll be happy to help.

Name	Email
Chloe Maine	cam214@cam.ac.uk
Rupert Dastur	rd416@cam.ac.uk
Isaac Henrion	inh21@cam.ac.uk
Philippa Scott	ps539@cam.ac.uk
June Sun	zs258@cam.ac.uk



International Rep

Our International Rep this year is June Sun (also international Freshers' rep). If you're new to the UK and have any questions just drop her email, whether it's about bank accounts, plug sockets or anything in between. She'll be here when the international students arrive to show you around and help you settle in!



College Facilities

Laundry

Emma is unique (and is the source of much envy) in that it has a free laundry service that will wash and dry one 5.5kg bag of clothes a week for free. It all gets washed at 40°C so you may want to do some washing of delicates separately, in which case you will need to bring washing powder to use in the self-service washing machines. The laundry is situated in the basement of J staircase in Hostel, and is open from 7am to 3pm Monday to Friday.

DIY laundry

Three proper industrial washing machines and two tumble dryers are available in North Court cloisters and can be booked using the sheets in the Porters' Lodge. These machines are free to use, but you need to supply your own washing powder.

These machines are fairly popular, and so booking in advance is a good idea. There are ironing boards on various staircases and one in the North Court laundry, with an iron — not a steam iron, though.

Gyp Rooms

College expect that you will eat most of your meals in hall so the self-catering facilities are fairly basic; gyp room facilities usually comprise a sink and a microwave — although you usually get electric hobs after first year. Gyp rooms are really intended for the preparation of snacks, and so cooking a proper meal

can be a challenge, but if you're lucky enough to have a hob, it's certainly possible!

Your room will have a small fridge, but there are no freezers available.

Bedders

Bedders are something of a Cambridge tradition, and despite their name (short for 'bedmakers') they no longer change your sheets for you unless you're very lucky. They do however empty your bin, Hoover and even dust and polish, and make sure the bathrooms, toilets and kitchen don't become unusable. They are also very friendly, which is remarkably rare so early in the morning. They work mainly between 8am and 11am, so if you are interested in having a lie-in then leave your bin outside your door and they won't disturb you.

Ann Patten is the Housekeeper for the entire College, and is in charge of the bedders. If you have any problems with your room or bedder, her office is at the bottom of K staircase in Hostel. Occasionally she may visit you if your bedder has made complaints about the disgusting state of your room, so it's in your interest to keep at least some of the carpet visible beneath your dirty clothes!

Bar

The Bar is run by the two student Bar Managers on behalf of ECSU and the College. It sells a wide range of draught and bottled beers, a selection of wines and spirits along with soft drinks, crisps and sweets.

The bar itself is open every evening from 6.30pm — 11.15pm, and the prices are almost certainly some of the lowest in Cambridge!

Anyone can work behind the bar, once they have been trained, by signing up for a shift in the pigeonhole room. The bar cleaners are also students. Although none of these jobs are very well paid, they are a lot of fun and any extra cash is always welcome when you're a student. Instructions about this are in the pigeon hole room.

ECSU Shop

The shop is open during mealtimes, and is staffed by the ECSU Exec. It sells sweets, stationery, toiletries & a variety of other bits & pieces you might need — all of which can be paid for on your College Bill.

Library

The library is well stocked and you will be shown round on arrival. It should have most of the books you need; if not, you can ask your Director of Studies, who'll normally be able to persuade the librarians to order the books you want.

The library houses a photocopier. To use it you should obtain a top-up card from the library staff when you arrive. The cost is about 5p a sheet, but rises to 10p if you don't have a card and resort to using cash.

Old JCR

The Old JCR, or Quiet JCR, is a newly refurbished room above the Old Library with comfy sofas, a television with Sky subscription, a DVD player and a Wii. It's an ideal place to relax, especially if you'd rather not face the bar. However, no hot food or alcoholic drinks can be consumed there, so if that's what you want to do, head to the bar instead!

Pigeonhole room

Every student has a pigeonhole in which is put all your post. Larger parcels are collected from the Porters' Lodge (a slip of paper will be put in your pigeon hole if you have anything to pick up).

Post does not require your room number or staircase, simply:

Your Name
Emmanuel College
Cambridge
CB2 3AP

You'll also get bombarded with fliers advertising events coming up in Cambridge. The pigeonhole room has notices for College events and the weekly bar rota — sign up if you want to earn a bit of money in the coming week. The rules for working the bar are also pinned up there, pointing out that you can't work the bar more than once a week, amongst other things.

Room hire

Many of the larger rooms in college can be hired for events, functions, meetings and rehearsals — and usually for free. To book the rooms, use the online booking system on the College website, www.emma.cam.ac.uk. Rooms available include two meeting rooms in Camden House, the swish Robert Gardner Room, the large and beautiful Old Library, Upper Hall and rooms in the Queen's Building (one of the most expensive buildings per unit area ever constructed in Europe).

Smaller rooms are available for music practice, and these can be booked simply by using the booking sheets in the Porters' Lodge. Two are situated on the ground floor of the Queen's Building and a further two in the basement of H staircase in the Hostel, and most contain pianos. Incidentally, no amplified practice is allowed in your room.

Darkroom

A darkroom is available at the bottom of M2 staircase, with cheap facilities and chemicals.

Student Trolley

Should you have the need to carry lots of heavy equipment around College, there is a trolley available for students to use. Sign out the key from the Porters' Lodge – the trolley is kept in the South Court bike sheds.

Food

College food at Emma is eaten in hall, where you can have breakfast, lunch and dinner. It serves hot food, salad and sandwiches and also contains a buttery shop where you can buy snacks, wine, bread and milk. The food you buy in hall and from the vending machine is charged to your College Bill using your University Card, which you have to bring with you to be served.

Hall is a very sociable place, especially at brunch on Sundays when the morning newspapers are also available.

Mealtimes

Breakfast: Monday — Saturday, 8.15am — 9.15am

Lunch: Monday — Saturday, 12.15pm — 1.30pm

Brunch: Sunday, 11.15am — 1pm

Dinner: All week, 5.45pm — 7pm

Formal Hall: Every day except Wednesday, 7.30pm

Formal Hall

Formal Hall, which has to be booked in advance online at www.emma.cam.ac.uk (log in using Raven, then click the 'Current Students' tab), is held every evening except Wednesday and starts promptly at 7.30pm. Formal Hall is a gown-and-waiter-service affair (with candles when the fellows are dining) which is really good fun — most people go perhaps a few times a term and clubs often attend en masse too. Sundays are especially nice as grace is usually sung by the choir at the end of the meal.

Computers

Bringing your own

If you want to bring a computer to Emma — and it's highly recommended that you do — you'll be able to connect to the College Network and the internet. Your room will have an internet connection (included in your rent) which can be activated on your arrival – there will be a talk by the guys from the computer office explaining everything during your first week.

- Computers connected to the College Network must be running an operating system approved by the College — if your computer is running an older operating system, such as Windows 95, 98 or Me, you must upgrade it before you can connect. All newer versions of Windows and other operating systems are fine!
- If you are likely to have difficulty in meeting the cost of an upgrade, you should contact the ECSU Communications Officer in confidence, who will be able to help.

If you don't...

If you don't bring a computer, you'll be able to take advantage of the computer rooms in college, which are open 24 hours a day, equipped with up-to-date PCs and Macs, along with printers and scanners.

Email

All students at Cambridge are provided with an @cam email address. Most of the communication between you, the College, your supervisors, societies, and other people in the University is done by email so it's worth checking your email a few times a day to keep on top of it. The first bit of your email address is known as your CRSID and is used throughout the university to identify you and log into things.

ECSU website

Although you can already access most of the ECSU website (www.ecsu.org.uk) you will receive a Raven password so that you can login to the Emma-only bits of the site, which includes things like updating parts of the website if you run a College sport or society.

Bikes

The stereotypical Cambridge student gets from A to B on an old rusty bike with a basket on the front filled with books. Although not everyone fulfils this stereotype a bike can be extremely useful in Cambridge, particularly if you have lectures in faculties far away from College and if you're intending to play in sports teams. If you decide to have a bike, you'll need to mark it with a special code (in order to prevent people from towing it away), which you can get from the Porter's Lodge.

There are various bike racks and sheds within college and you will need to bring your own lock. Local police recommend that you bring a good lock and if you intend to cycle at night then it is a legal requirement that you have lights.

ECSU also has a bike-fixing toolbox and runs bike fixing sessions – keep an eye out for information about these in the first few days.

There are a number of bike shops and stalls in Cambridge if you want to buy a bike when you get here, including cheap and reliable second-hand sellers; the police also hold auctions every so often, which are a good place to pick up a bargain.

Useful things to bring:

- helmet
- pump
- oil for chain
- lights — make sure they comply with the appropriate British Standard; this should be indicated on the packaging

Cambridge Calendar

Cambridge University was founded before things like public holidays, normal seasons and not-working-on-Saturdays were invented. Hence the University calendar may seem a bit peculiar to you at first but you'll soon get used to it.

The Cambridge week begins on **Thursday** and ends on **Wednesday**. Full Term, which is the minimum amount of time you have to spend in Cambridge in order to graduate, starts on the Tuesday before the Thursday of Week 1 and ends the Friday after lectures finish in Week 8. The three Full Terms are called Michaelmas (October-December), Lent (January-March) and Easter (April-June).

Emmanuel's Normal Period of Residence (NPR), consists of the 10 weeks each term for which you pay for your room. Staying in college outside of NPR requires special permission from the Senior Tutor and you have to pay a set rent for each extra day you remain in residence.

Finally there is University Term, which is the time that the University staff must be present, but thankfully students don't have to worry about this.

In Easter Term, lectures are only scheduled for four weeks (arts students may only have a couple of lectures in total) before exam period commences. After exams, term finishes with May Week, which is sensibly held in June. This is a week where you can enjoy Cambridge without having to think about work, and is jam-packed with garden parties, May Balls, June Events and anything else you can think of.

Academic Life

Within the first week, you'll have meetings with your Director of Studies (DoS) and your tutor. Your DoS is the person responsible for your academic welfare: you'll see him or her at the start of each term (at least) to discuss your academic progress and any problems. Your DoS might have offices or teaching areas outside college, but will still be accessible. He or she will organise supervisors for you, and may supervise you him or herself. Also, if the college library doesn't have the texts you need, tell your DoS — they each have a chunk of book-money to allocate on your behalf.

Your tutor provides personal and pastoral support. He or she is a member of the College and doesn't teach your subject. This means that if you have a subject-related problem you don't feel comfortable discussing with your DoS, you have someone else to speak with. As with your DoS, you'll meet each term to have a chat about how everything's going. If you have any non-subject related problems during the term (for example illness, financial difficulties or family problems) your tutor should be your first point of contact.

Your tutor can also help you apply for hardship bursaries and grants for vacation and extra-curricular activities. When it nears exam time, if there are problems you must go to your tutor as soon as possible. If necessary, he or she will advise the exam board and will consult with your DoS to resolve any issues.

One more point — if you need references, it will probably be either your DoS or your tutor who provides them, and you will probably be stuck with them for at least three years. So be nice!

Teaching

Lectures

These are held within your faculty or department and are for everyone taking the same paper as you University-wide. Depending on the subject and paper there can be as few as 20 or over 400 students in the one lecture. Science students tend to have lectures each morning whereas Arts students have a much lighter lecture load!

Supervisions

These are your main teaching events, usually one hour long, held in small groups or even one-on-one depending on your subject. They will be on a weekly or fortnightly basis although Medics and Natscis often have them more frequently (first year Natscis have 4 per week). You will usually have to write essays or prepare work in advance and they will generally be held in the supervisor's rooms. Check that you know where these are before you're supposed to be there — they're not always in main College buildings or even in College!

Supervisions are one of the most useful things about Cambridge — they provide flexibility of teaching and can be adapted to your own needs and interests. This is a unique opportunity to set the agenda for your own studies so make sure you make the most of them.

Your supervisors are the people most similar to teachers: they set you work (essays, questions, problems) and give you feedback. You'll probably have a number of supervisors specialising in different topics and who are often experts in their field.

CUSU, the University students' union, has laid down some guidelines detailing what you should expect from your supervisor, and what they can expect of you. Please remember that supervisions are not intended to be formal tests of your abilities, or terrifying ordeals — if they are this intimidating, there is something wrong and you should get help to rectify the situation.

Supervisors are normally quite happy to be contacted with questions. If you haven't done the work for a supervision, there's not much point in giving the supervisor lame excuses, if you have a real reason they are usually understanding! Bear in mind that supervisions are less helpful if you haven't done anything. You cannot really expect your supervisor to rearrange a supervision you have missed, unless due to illness or other exceptional circumstances. In practice, however, supervisors will probably be flexible.

If, in the first few weeks of term, you have problems contacting your supervisors, inform your DoS - they should sort things out for you. And if you aren't happy or comfortable with your supervisors or your supervision partners (the other students you're taught with), don't suffer in silence! Speak to the other students - they might be having similar problems, and it's often easier to approach supervisors and DoSs when there's more than one of you. It's important that you benefit from the teaching you receive. If you're not benefiting there are things that can be done. Either speak to your supervisor directly, your DoS, your tutor or the ECSU Academic Affairs Officer, Rich Chew (rjc81).

At the end of each term your supervisors will write reports about your supervisions. Your DoS can see these and might refer to them when talking about your performance. You can access the reports using your 'Raven' login at www.camcors.cam.ac.uk. When reading the reports, it's always worth bearing in mind how much time you've spent with that particular supervisor, as that will have influenced their report.

Classes and seminars

Are pretty similar, basically involving more people and hence less input from each. Sometimes these are optional; they can be really useful.

Subject Parents

All Freshers at Emma are assigned a couple of 'subject parents' who are in the second year and studying the same course as them. They are there to give you advice and to tell you what to expect with regards to academic work. You will meet them during Freshers' Week and hopefully they will answer any questions or queries and dispel any false myths and rumours. Since every subject is unique and has its own faculty and lecture timetable, it is very difficult to generalise about what a typical day or week is like. The subject parents are the best people to ask about this and within a couple of weeks you will know for yourself anyway!

Your Timetable

Arts Students

Those studying for arts subjects tend to have fewer lectures and a less structured timetable than science students. However, the lack of lectures is made up for by the amount of reading you will be expected to do and the more exploratory nature of essays. Most students will be expected to read for and write between one and two essays per week but the length and nature of these will vary between subject and essay title. Supervisions are less about being taught the right answers or correct methods for doing things and more about discussing ideas and challenging a particular point of view.

Science Students

Scientists, by contrast, have a much more structured timetable and will occasionally have lectures and practicals from 9am– 5pm. Some unlucky people (including most first year NatScis) also have lectures on Saturday mornings! You may be expected to do a certain number of problems or short essays in preparation for supervisions.

The workload

The most important thing to note is that it is up to you to make the effort with your work. Because you don't have a day-to-day relationship with any one member of teaching staff, it's quite easy to let things slip - and they can slip quickly. Keep the relevant people informed if you're having problems and they will be on your side. Deal with problems sooner rather than later.

Having said that, a lot of people like their courses much better in the second year than in the first, because everything you've learned starts to come together and make sense, and also you are likely to have more choice. If your course doesn't initially seem how you expected and hoped it would be, don't worry! Your subject might seem infinite, but you don't have to learn everything in the world about it.

Reading Lists

Don't be scared! And also don't just read the first book on the list with a vague idea of impossibly reading all three hundred of them. If your subject isn't one of those where they tell you exactly which chapters/pages to read, try looking at books in the library but only taking out a few to read. Journal articles are a good source of very up to date information and many journals are accessible online.

Don't go out and buy any books in the first few weeks (unless your supervisors tell you to) as you may find that some books are only relevant to a particular essay title. It will soon become clear which are the core texts and it is also worth remembering that there are a number of different libraries you can visit to get hold of a particular book.

Second-hand bookshops are really useful and there are lots on Mill Road (the road that leaves Parker's Piece by the swimming pool). It's often useful to own primary texts, so you can scribble on them. All the main bookshops in Cambridge also hold student discount days at the beginning of each term.

As ever, Subject Parents are great people to get in touch with about anything like this, as they'll probably have the answer you're looking for.

Welfare

Arriving at University as a Fresher is exciting but can also be a bit unsettling; with so much to take in and adapt to it is important that you are aware of all the welfare-type contacts which exist to help and support you.

At Emmanuel College you will have your Tutor and Director of Studies and also you can seek out the Dean, the College Counsellor, the College Nurse and the Senior Tutor. They're all really friendly people and they have set times in the week where you can go to see them – alternatively you can usually drop them an email to arrange a suitable time for a chat.

If you have any questions or suggestions or you need representation in any university matters, you can also speak to the ECSU Welfare Officers- Lizzie Dobson and Tom Samuels (pictured below). CUSU also has Welfare Officers, a Women's Officer and a brand-new Student Support Service. Look out for more information about these things in the CUSU handbook, which you'll get in the first few days at Emma.



Friendly Faces

A word from the College Counsellor...

Joining Emmanuel is both exciting and exacting. Starting at university will call upon your personal as much as your intellectual resources. You will probably arrive with many expectations and hopes as well as some understandable anxieties. It will take time to establish new links with people whom you feel you can depend on here. There are of course lots of opportunities in the college and university to facilitate this transition in your life. If you feel there is something you would like to talk over, then do come and find me.



I am professionally trained as a counsellor and psychotherapist and have much experience of working with young people and students. The details of anything you choose to bring to a consultation will not be revealed to anyone else within the college.

I will be available throughout the year and would encourage you to get in contact sooner rather than later with regard to any difficulties you may be experiencing. It is not just at the beginning that you may feel uncertain, worried or confused. Please make use of my time and support if you need to: it has been provided by a successful collaboration between ECSU and the college to help you look after your own welfare whilst you are here at Emmanuel.

Ann Hughes

ah300@cam.ac.uk

... and a word from the Dean

The Dean's job is to help you get as much as possible out of your time at Emmanuel. Along with tutors, the College Counsellor and others, I am one of the people who provide pastoral care, advice and a listening ear to all members of the college. I am also responsible for the running of the chapel.



You will see me around College and I am always happy to talk to you about anything that concerns you. You can contact me by knocking on my door (C2 Front Court), by leaving a note in my pigeonhole or by email. I live in Camden House, which is on the edge of the College behind the library (see map on page 9).

The chapel stands in the centre of the College. There are services each Sunday and during the week, and all members of college and their friends are welcome, regardless of your affiliation. Worship in the chapel is part of College life and continues a tradition that goes back to the foundation of the College. Evensong on a Sunday evening is particularly popular, and should be experienced at least once in your time here! The choir is lively and sociable as well as producing a wonderful sound. I hope to meet all of the Freshers in the first few days of term.

Jeremy Caddick

jlc24@cam.ac.uk

Financial Advice

Money and banks

Money has a tendency to disappear rather quickly and although you may think that you're absolutely loaded when your loan arrives in your bank account, it will not last forever. If you are organised enough to plan a budget, then that would be ideal. If not, at least try to be careful and aware of how much money you're getting through.

It is useful to open a student bank account before you arrive (it doesn't need to be opened at a Cambridge branch) as it can take a while for your application to be processed. All of the major banks have Cambridge branches (many of them on the same street as Emma!)

International students

Don't worry about trying to open a UK bank account before you get here — the College Registrar, Angela Elliott, will help you out during your first few days. If you'd like advice from fellow students, be sure to contact ECSU's international rep, June Sun (zs258@cam.ac.uk.)

Student loans

All UK students should qualify for 75% of the available loan and the other 25% is means-tested against your parents' income. You should already have filled in an online assessment form and applied for a loan if you need one and you will receive the money during your first couple of weeks in Cambridge. The loan is paid in instalments directly to your specified bank account.

Financial hardship

There are several College and University funds to which you can apply for financial help, depending on your circumstances. Your tutor is the person to see if you would like to make an application.

Every Home student arriving in 2011 who qualifies for a Government maintenance grant will also qualify for a Cambridge Bursary; Access to Learning Funds also exist, which are Government funds paid to the University to provide support for students suffering financial hardship.

The College has other hardship funds which your tutor can apply for on your behalf and they will be able to give you details of these. In addition, College grants are available to all students who wish to undertake activities related to their courses and 'Vacation Study Grants' may be available from your Department (ask your Director of Studies about these).

You should have already received details of these funds, including the Cambridge Bursary, in your Freshers' Finance Pack (sent by the Senior Tutor to all confirmed offer holders in mid-August).

The Windsor Fund is also available for those playing for the University in certain designated sports.

Accommodation and Housing Benefit

Students do not qualify for Housing Benefit. College accommodation is provided for all undergraduates. College rents are lower than those in the private sector and ECSU negotiates with the College each year to try and keep rent increases as modest as possible. The rooms are of a good standard and you do not have to pay for your room during vacations unless you decide to stay.

Insurance

Insurance is provided by the college, as explained on page 13.

Working in Cambridge

The College regulations state that it is most definitely not permitted to gain paid employment while at Cambridge. You can however earn a bit of money working in the college bar or in the library.

NHS prescriptions, dental fees and opticians' fees

Unless under 19, students are not automatically exempt from these costs. If you require long-term repeat prescriptions, please contact the College Nurse who will provide you with the necessary forms.

The Porters

The Porters work in the Porters' Lodge (Plodge) at the front of College and are responsible for many aspects of College life: security, keys, post sorting and friendly banter — they're basically running the show and are very helpful if you get to know them.

The Porters' Lodge is useful for:

- getting spare keys for your room
- getting keys for any public room that you've booked
- the maintenance book
- booking sheets for the washing machines, sports courts and so on
- signing in and out of College when you start and finish each term
- signing in for working behind the bar

The 'plodge' is also the telephone switchboard for College — give them a call if you need to be put through to someone:

+44 (0) 1223 334 200

Sports Facilities

Squash courts and a table tennis room are available for booking all year round, and in the summer the paddock is transformed into tennis courts which can be booked at the Plodge. Squash and table tennis equipment are also available from the Plodge. Hard tennis courts can be found on Jesus Green and Christ's Pieces. A croquet set is also available.

Emma's outdoor swimming pool (allegedly the oldest in Britain, and of course totally unheated) is situated in the Fellows' Garden and is open during Easter Term.

The College sports ground is situated in Wilberforce Road (west of the city centre, past the University Library) and comprises hard tennis and netball courts and football, rugby and cricket pitches.

The Boat House is situated on the river (across Midsummer Common) near to Barnwell (one of the external houses where second years live).

New for 2011 is a fitness suite located in one of the College-owned houses at 22 Parkside. Its use will be subject to certain rules and conditions.

Kelsey Kerridge Sports Hall is just across Parker's Piece, available for badminton, basketball, aerobics etc. Next door to this is Parkside Swimming Pool available for swimming and health spa, and the University Gym - not great but for £40 a year you can't complain. There are other gyms in Cambridge, including one at Kelsey Kerridge (£28 per month) and Active4Less on Newmarket Road (£17.97 per month, £25 joining fee), both of which will suspend memberships over the vacations, so you don't need to worry about paying while you're not here.

Ents

Emma is well-known across the University for its ents — some of which are restricted to members of the College, though.

Bar Extensions (when the bar stays open until 2am) have a fancy dress theme (decided by the Bar Managers a week or so before) and are for College members only. There are usually three Bar Extensions in Michaelmas, two in Lent and one in Easter Term. The bar gets decorated in line with the fancy dress theme, and the bar managers invent some appropriate cocktails for the evening.

Our Wednesday night 'Emma Ents' is respected around the university for being the regular antidote to the cheese which dominates Cambridge clubbing, playing both established and experimental sub-genres of dance music from Drum and Bass through to fidget, funky and garage on a great soundsystem. Emma also puts on a variety of different events such as live bands, open mic nights, comedy and jazz, most of which are held in the fantastic space of the Emma Bar.

ECSU will be recruiting keen people to run a new Ents Team next year, so keep your eyes open for when the opportunity arises, our current Ents Officer is Jake Alden-Falconer.

May Week

May Week is a typical 'Cambridge' experience — one whole week dedicated to garden parties, balls and events. There are no more supervisions, lectures or exams, only a week of fun followed by a (very) long summer ahead. May Week is in June!

Some Colleges offer a May Ball every year, like Robinson; others biannually, whereas some offer an 'event' each year. Events have a casual dress code rather than black tie; they are less extravagant than balls but they are also cheaper. Emma has a ball every other year, alternating with an event. There was a May Ball last year, so this June (2012) we will have an Event.

Another way to group them is by price/size, with Trinity and Johns leading the 'premier league' on both counts! May Ball committees go to unbelievable lengths to give students the best possible value entertainment all night. Balls start between 8pm and 9pm and go on all night ending with a 'Survivors' photo as the sun is rising at 6am.

There is no limit on the number of balls you can go to, although tickets for any ball are quite pricey — typically around £100 for a ticket (about £50 for an event) — so the depth of your pocket is always a consideration. Working on a May Ball Committee is hard work but means you (of course) get free entry to the ball!

You shouldn't worry if you consider the balls and events a bit pricey — there's no need to do any of these things and there is always the opportunity to work at a ball or work for half and spend the other half as a guest for free. Most balls have a black tie dress code but needn't cost the earth. It is usual practice that the price of a ball ticket includes everything: drink, food and entertainment.

Lesbian, Bisexual, Gay and Transgender Students

Emma's LGBT rep helps to keep students informed about LGBT activities, and to provide a source of support.

At the start of each year an informal welcome evening is usually organised to introduce LGBT students to one another, and to offer more information about the gay scene in Cambridge. If you are questioning your sexuality, or concerned about issues such as coming out or sexual health, then you can also contact the LGBT rep for confidential help or advice. Emma's current LGBT rep is James Robson (jr512).

CUSU LGBT exists to provide services and support to LGBT students across Cambridge; it runs the popular LGBT night, 'Rendezvous', at Vodka Revolution on Tuesdays, as well as running a programme of social events throughout the year. Cambridge is notorious for its friendly and inclusive nature, so whatever your sexuality, it's worth going to at least one LGBT event just to see how friendly and welcoming everyone there is.

Clubs and Societies

The beauty of Cambridge is that, no matter what your interest or ability, there is a team or society for you. There is, of course, plenty of opportunity for those of you whose interests don't involve getting muddy or doing things with balls.

Get involved!

Whether you're a pro or a beginner there will be an opportunity for you to find a team suitable to your level. Any interest you have should be catered for, if not on a College level then on a University level. The College Freshers' Fair and the University Freshers' Fair (both held in the first week) are an opportunity to get a taste of what's on offer and sign up for things you are interested in. A few of the societies will also be putting on "squashes" in the first couple of weeks to entice you to join!

There are also many societies for those who pall at the sight of a ball and don't like getting up at silly times.

Music

Emmanuel has one of the strongest and most active music societies of any of the colleges in Cambridge. Concerts by different groups and in many different styles are given regularly around the college, with good audiences at all.

The Emmanuel College Orchestra is proud to be one of few complete symphony orchestras in the Cambridge colleges and made up entirely of non-auditioned players. Recent performances have included Beethoven's Coriolan Overture, Bizet's Carmen Suite, and Mozart Symphony No. 40. Players of any standard are very warmly invited to join.

The Emma Chorus is open to anybody who enjoys singing. It performs a huge range of repertoire, from classical to barbershop, and its performances are always huge successes. Again, anyone of any ability is welcome to join.

There are also around college a huge number of smaller groups; everything from string trios and guitar quartets, to brilliant solo singers and instrumentalists, to bands and DJs. Whatever your style or level of playing, Emmanuel will have something for you. Additionally, the college has a number of funds that can pay for lessons for students who take part in college music.

REDS and the Freshers' Play

For those interested in theatre, be it acting onstage or helping out behind the scenes, there is a wealth of opportunity at Cambridge. Emmanuel is fortunate enough to have its own resident theatre company, the Revived Emmanuel Dramatic Society, or 'REDS'. REDS is one of the most prominent theatrical societies in Cambridge, funding several shows each year in various venues, which range from the main Cambridge theatre, the ADC, to Emma's own Queen's Building theatre. Indeed, as well as funding plays in Cambridge, over recent years REDS has also supported a number of successful Edinburgh shows, film festivals and short films. As such, REDS is now recognised as a major supporter of innovative, alternative projects as well as large-scale, commercial productions.

An important Emmanuel institution is the Freshers' Show, funded by REDS, which takes place during the Michaelmas Term in the Queen's Building. The show is an excellent opportunity for Emmanuel Freshers to experience the staging of a Cambridge play. The actors, directors, producers and backstage team are all Freshers and absolutely no previous experience is necessary for any of these roles. Productions of previous years have included *The Government Inspector* and *A Doll's House*. If you think you'd like to be involved in any aspect of the

Freshers' Show, come along to the REDS stall at the Emma Freshers' Fair: you can sign up to our mailing list, talk to some of our members about their experiences, or just find out a bit more information.

If you just can't wait until October, get in touch with some (or all!) of the committee at mail@reds.me.uk or visit our website (www.reds.org.uk). We look forward to meeting you next term!

Cinema

Cinema, as its not so subtle name would suggest, is the Emmanuel College film society. Our aim to show a diverse variety of films ranging from classic, popular fare to more independent, smaller-scale films. Every week, one or two films are screened one after another, separated by a break. While Cinema gives us an opportunity to show the films that we like, it is, most importantly, for you, the Emma student and, as such, we welcome suggestions.

Keep an eye out for posters (outside the bar and in Front Court) detailing what's showing and when, and enjoy!

Creative Writing

The Emmanuel 'Orpheists' meet fortnightly to discuss each other's writing – poetry, drama, or prose. They aren't as pretentious as their name suggests, and the work is submitted anonymously so no one has to feel self-conscious. Each fortnight a different 'inspiration' is selected so that everyone has to write something new, and budding novelists can't spring their 400-page masterpiece on us. As well as writing and talking about writing, we like nibbling posh crisps and drink the occasional glass of wine.

Photographic Society

The Emmanuel College Photographic Society essentially provides access to the College darkroom. The darkroom is currently equipped with a black-and-white enlarger, and has a generous stock of chemicals. It is in full working order and immediately usable by members for the development of black and white film and for making black and white prints. If you don't know how to use a darkroom, don't worry as we can show you step by step.

Men's Football

Whether you take football seriously or just fancy a kick-around now and again, you will be most welcome in the football society at Emma. We have three men's football teams catering for a range of ability and commitment so come along and sign up at the Freshers' Fair.

We typically arrange three or four socials per term not to mention the ever-eventful Christmas formal at the end of Michaelmas term and the annual football dinner at the end of the Lent term.

Women's Football

'The Pink Panthers' - can often be seen around college and on Parkers Piece sporting sexy pink t-shirts and practising their skills. Because most of us are beginners when we start we tend not to take ourselves too seriously and aim to improve our football and have lots of fun whilst doing it. We have male student coaches who take two practice sessions a week and encourage us from the sidelines of our weekly matches which are usually held on a Saturday afternoon against other colleges.

We also have regular socials to get to know each other and have fun together off the pitch. The Pink Panthers welcome anyone interested in having fun, doing some exercise, and showing the boys that we know more about football than how to co-ordinate and accessorise our football kit. All abilities welcome - the only thing required is enthusiasm.

Hockey

Emmanuel College Hockey Club is involved in Men's, Women's and Mixed matches both in Inter-collegiate league matches and the Cupper's tournament.

Matches take place in Michaelmas and Lent terms, usually on Wednesday or Friday afternoons for the guys and Sunday mornings for the girls. It's a great way to meet other people and get involved with Emmanuel life outside the library, and players from all ability ranges are welcome.

Lacrosse

Emma has a friendly mixed lacrosse team with players ranging from complete beginners to experienced players. Anybody is welcome to come and have a go! We have a practice each weekend on Parker's Piece right next to College and then a league game on most Sundays against another College. It is very relaxed and a lot of fun.

Men's Rugby

Emma Rugby needs you! Players of any standard are more than welcome, so everyone bring your kit and keep your Thursdays free. Get keen!

Women's Rugby

Although we may at first seem it from the name, the Emma Rugby Girls are definitely not the biggest, scariest or most hard-talking group you're likely to meet. Last year we had a fantastic team who really enjoyed playing together, regardless of our match record. We love to see new faces, whether you'd like to be kicking à la Jonny Wilkinson, sprinting for glory on the wing, or in the centre perhaps just wondering what on earth's going on. Seven-a-side rugby is less violent, more skilful, and the great thing is hardly anyone's played before.

We play one 20-minute-long match a week, plus one training session or perhaps two depending on enthusiasm – we're always flexible. If you'd like to try your hand at something new, fancy a bit of fitness in good company or just think you'd look good in a rugby shirt come along to training on Saturday afternoons, join the mailing list at the Freshers' Fair or drop any of us a line, and we'll be glad to hear from you!

Netball

At Emma we have both ladies and mixed netball teams, catering for all abilities! Practices are held at weekends at Wilby playing fields, and we play games both at lunchtimes and on the weekend. There is a league competition, and both ladies and mixed cuppers events. Practices are great fun if you want to meet lots of new people and get some exercise. Don't worry if you've never played netball before either, it's easy to learn and you'll be sure to get game time if you want to play competitively. Plus there is a fantastic social side so come and join in!

Volleyball

Volleyball at Emma mostly takes place during the summer with matches and a practice once a week in the sunny weather. There's also a tournament during Lent term for those who just can't wait. It's all really relaxed and fun so come and sign up!

Tennis

During Easter term the paddock is transformed into tennis courts and everyone get out their tennis racquets and goes out onto the grass to whack a ball around and vent some of the exam term stress. However, tennis can be played throughout the year at the Kelsey Kerridge sports centre across Parker's Piece.

Cricket

Again, college cricket only occurs during the Easter term, but don't let the prospect of exams put you off! We have a mixture of University players and those who hadn't played for a few years, so come along and get involved.

Athletics

There are opportunities to get involved in Athletics and long distance running with college and with the university throughout the year.

The year kicks off with the Freshers' fun run and the Freshers' athletics competition. We will have college teams participating in both of these events so look out for further information!

Throughout the year there is a series of college league races, which provide the opportunity for you to represent Emma! There is also a coppers competition in both athletics and long distance running.

Squash

The squash courts at Emma get well used throughout the year and are located at the back of college near Hostel (where you take your laundry) and East Court. Squash racquets have been purchased by ECSU and can be signed out from the Plodge. During the first two terms, a squash ladder operates that anyone can join no matter what their ability and is a great way to unwind and make new friends.

Basketball

Basketball at Emmanuel is on the up as more people are taking part. Not seen as a major sport, basketball at Emmanuel nevertheless is starting to thrive. The team ethos is about having fun, making basketball one of the most enjoyable and least time consuming sports in college. We train once or twice a week and play in the college league at the weekend. No experience is needed (any is an added bonus!) and all levels will find the club enjoyable. Sign up at the Freshers' Fair then come along and shoot some hoops at the first training session of term.

Ski/Snowboard Trip

Emmanuel has organised a very successful and inexpensive ski trip to the French Alps for the past couple of years, and this year will be no exception - keep the second week of January free!

Politics and Economic Society

The Politics and Economics society invites a number of high-profile speakers to the College — they usually give a talk, followed by questions and a drinks reception. Past guests have included Clare Short, Estelle Morris, Peter Mandelson, Michael Howard, Mo Mowlam and Lord Wilson (The Master!). The society is run by a small committee, who are always on the look out for new members.

Mountaineering Society

Members practise climbing at Kelsey Kerridge, every couple of weeks. The club has equipment so don't worry if you are a beginner or don't have your own. Past trips have been to Portland, Swanage and Mont Blanc.

Emmanuel Fair Trade Society

Emmanuel Fair Trade Society (EFTS) exists to promote Fair Trade in Emmanuel. We organise talks, events and run a stall that provides chocolate and other Fair Trade goodies for Emmanuel members. EFTS is a dynamic society with lots of opportunities for new members to help encourage Fair Trade at whatever level of commitment they wish — committee positions, stall helpers or joining the email update list. Visit our stall at the college Freshers' Fair for more information.

Emmanuel Real Ice Cream Society (ERICS)

'Promozione fare e consumo del gelato reale' is the motto of the Emmanuel Real Ice Cream Society, known affectionately and conveniently as ERICS. We're told that this means 'promoting the making and eating of real ice cream'. The Society meets whenever it feels like it to make ice cream in our brilliant ice cream maker,

eat it before it melts, and finally rate it for flavour, appearance and texture. The ERICS year culminates in a glorious and gluttonous Garden Party. This will be the first year of ERICS without the full complement of founder members, some having left in favour of real life, so we cordially invite Freshers to help keep the spirit of real ice cream alive by joining ERICS, the most delicious society at Emma. The Honorary Snowman awaits your arrival.

Please see our website at www.srcf.ucam.org/erics for more information.

Boat Club

Rowing is the most popular student sport in Cambridge. Each October we try to introduce every newcomer to Emmanuel to the Emmanuel Boat House and as a result, almost half of the new intake of students decide to have a go. During this first term Novices make up over half of the Club's active rowing membership!

As with all colleges in Cambridge, less than 1 in 10 of our new members have any rowing experience at all, so it is not surprising that the Club has a well established Novice program designed to develop individuals of all fitness levels into highly proficient oarsmen and women. Experienced rowers who join the Club are normally placed straight into the senior squad where they can expect an intensive, effective training program and a high quality of coaching. The Club also encourages members to trial for the University squads, and has had an increasing presence in the Varsity boats in recent years.

Emmanuel Boat Club (EBC) has been established for well over a century and is one of the traditional Cambridge college boat clubs. Its boat house, in which both Hughes Hall and Cambridge University Lightweight boat clubs hire space, is situated between Pembroke and Downing boat houses beside Emma Footbridge (Cutter Ferry Bridge). It was extended in 1994 to become one of the largest and most modern facilities on the Cam.

The Boat Club remains very fortunate in being able to boast a high contingent of experienced coaches, both from within the past and present Emmanuel boat clubs and from outside the immediate College.

Come meet us and learn about Fairbairns, Bumps, Ergs, and how you can leave a legacy at Emmanuel. Rowing is a great way to gain fitness and socialize, at both an intra- and intercollegiate level!

The Boat Club will hold a "Tubbing" session and BBQ on 2nd October, 2011 which everyone is encouraged to attend -- Hope to see you soon!

Mildmay Society

The Mildmay Society was founded in 1883 as Emmanuel's premiere discussion society. Each term students in Emma submit proposals to give a short talk on a topic of their choice - past talks have been on diverse subjects from 'Happiness' and 'Falling in Love' to 'Terrorism' and 'Parliamentary Elections.' Discussion follows the speech, complete with food and drink. Look out for posters and give it a go! It's a great chance to think about something you're interested in, rather than something your supervisor is interested in!

SAFE

Emmanuel SAFE (Sub-Saharan African Fund for Education) raises money for charities working in Southern Africa to promote education. It is one of many branches of CUSAFE, the University umbrella organisation. Each branch's role is to raise money within College, and then at the end of the year allocate it to chosen charities. These are often small charities, seeking funding for specific projects, always education-based and in sub-Saharan Africa.

Last year over £2,000 was donated by the generous members of Emma through individual donations as well as an opt-in scheme. The money was divided amongst two different development charities - Action for Children in Conflict (AFCiC) and Zambia Orphans of AIDS UK. Emma SAFE also aims to raise awareness of educational and development issues in Africa through talks and fundraising events. There are many ways of becoming involved, from committee positions and helping at events, to donating money.

Student Journalism

Journalism: Cambridge is almost unique amongst British universities in supporting two serious weekly student newspapers - The Cambridge Student (TCS) and Varsity. TCS is funded partly by CUSU and partly by advertising, whereas Varsity, the older of the two, is entirely self-financing; other than that, there's not much to choose between them, and which is superior varies on a more or less termly basis. They're entirely produced by members of the university, and, by and large, are of a pretty high standard - despite not employing sabbatical editors, as many other universities do. Everyone working on the press is battling through a degree at the same time. Budding journalists keen to make an impact can get involved in

writing right away simply by emailing relevant section editors, whose details will be in the papers - and there really is something for everyone: whether you fancy reporting the news or reviewing plays or interviewing big names or offering your opinion on student issues or there's bound to be something you'll want to get your teeth into. For the more manically enthusiastic, sectional editorial positions are advertised twice a year, and your first shot at them will come at the end of your first term. Your next stop might be the editorship - with a bit of experience under your belt, you could follow in Jeremy Paxman's footsteps. (And Richard Whiteley's and Michael Winner's, but we don't like to talk about them so much.)

What if?

There are also a number of subject-specific societies, which you automatically become a member of if you study that subject (MedSoc, for example).

If you are passionate about something and there doesn't seem to be a group in College you can look outside college as there are hundreds of university wide societies. If you still can't find what you are looking for then why not set up your own society? ECSU can usually provide some funding to help you achieve this.

Life Outside College

There's so much to do in Cambridge that you should never be bored! There are a whole host of things to do, see, eat, drink, party at, sit around in, try your hand at and fall into outside Emma, so this can only be the briefest of introductions. You'll have lots of fun discovering what you like and don't like about the place, finding your own favourite café, club, bookshop and pub.

We are privileged to have not one but two quality student papers, *Varsity* and *The Cambridge Student (TCS)*, which come out every week. There's also the Tab, which is Cambridge's version of a trashy tabloid. In the papers you can find out when and where ents, plays, films, concerts and talks are happening. There are varied events at both college and university levels, including a vibrant drama scene, which includes the famous Footlights and the **ADC Theatre**. You might just want to watch rather than participate and there's a good, cheap (but thesphy) bar that's open 'til late. There is a mainstream **VUE** cinema by the Grafton centre and a more 'arty' **Picturehouse** opposite Emma, plus many college showings. Cinemma, the Emmanuel film society, puts on free showings for Emma members every week.

There is also a newish entertainment complex near Homerton which has a cinema, bowling alley and restaurants.

A lot of big-name bands stop by in Cambridge, usually playing at the **Corn Exchange** in the centre of town or the **Junction** by the train station. For smaller bands, including up-and-coming student groups, the **Elm Tree**, **Portland Arms** and other College bars are good.

Once hall starts to bore you and you get tired of microwavable meals you'll most likely sally forth to discover a wealth of good and cheap places to eat around

Cambridge. Popular with students is **Dojo's** in Mill Lane, a noodle bar of surprisingly good value, which is great for both eating in and take-away. **Wagamama** is of a similar ilk, and is situated opposite college (watch out for online 2-4-1 vouchers) and there are a number of good restaurants near Magdalene Bridge.

For burgers, the **vans of Life and Death** at night in Market Square await. Pizza fans are also well provided for – there is a **Pizza Express** on Regent Street and one on Jesus Lane. For a good curry head towards Mill Road or to the **Gandhi** close to College.

Unlike many cities in the UK, Cambridge boasts a thriving café culture beyond Starbucks, Nero and Costa. Sooner or later, you'll find yourself in **Savino's** (located, blissfully, just outside North Court gate) shocked that coffee could taste so good (and where Emma students get a *10% discount*). **Clowns**, on King Street, is another stalwart café, and with the friendliest (100% Italian) service in town will always make you smile. And if you can find a seat in the tiny upstairs, **Indigo** (off Market Square) is a lovely place to read a book or meet a friend. There are many more – and finding them for yourself is half the fun!

If you're looking for somewhere more upmarket to take your parents, try **Mai Thai** on Parkers Piece for exotic Thai flavours, or the **Venue** at the Arts Theatre. Both offer very good food and excellent service. **Brown's** restaurant near Peterhouse is also reasonably priced among the more upmarket establishments.

Cambridge has a huge proportion of pubs per capita, allegedly the highest in Britain, from the tiny **Free Press** (beautifully kept beer, no mobile phones allowed; 64 people once managed to fit in and it's Rory McGrath's local) out the back of Emma to the gigantic **Wetherspoon's**, which claims to be the biggest pub in the UK, out the front. Emma bar still manages to beat all comers for value though! The **Eagle** (the haunt of Crick and Watson in years past) has bags of atmosphere

but rather pricey drinks, and the **Maypole** down beyond the ADC does good cocktails for cheap prices.

If bars are more your thing, head to **La Raza** for a comprehensive wine list and pricey (but recently rather average) cocktails. Better for cocktails is the **River Bar**, and **Ta Bouche** is also worth a look. All three accept credit cards, and the service is usually top notch.

As far as clubs go, there are a few different regular nights. We've listed these below with a bit on what they have to say about themselves:-

Resurrection – The Place/Life – Resurrection aka Sundays at Life returns to wow the student population of Cambridge. Hosted by the Hawks Club and CURUFC

Fuzzy Logic – Thursday night at The Place/Life – “The UK’s biggest student night” DJ Howie brings you the best commercial Hip Hop, R’n’B, Pop, Indie and Electro...Join us for an alternative Thursday night’s entertainment!

Lets Kill Disco – Thursday Night at Lola Lo - ATTENTION! If you students thought that Disco was dead, then think again. Disco itself has been seen rearing its camp, glittery head in Cambridge, and once again the LKD team has been forced in to action in an effort to save the people from the Discotheque's steely grasp!

Sundaes – Sunday night at the Fez Club – every week expect all the latest commercial hits from DJ Phil Ashworth mixed in with some classics making Sundaes at Fez the best mashup you will hear all week! Drinks from £1.50 all night long means that Fez Club is the most loving to your pockets as well as your ears.

Jelly Baby – Tuesday night at Ballare (or Cindy’s, as everyone calls it) – After being established last year it is now the biggest and best Cambridge student night! Expect the biggest party anthems and party atmosphere every single Tuesday.

Cindies – Wednesday night at Ballare – CUSU’s biggest student night playing all the cheese and full of drinking societies.

FatPoppaDaddy’s – Monday nights at the Fez club - The Original Mashup! Join the Fat Poppadaddys DJs for their award winning mix-up of Indie, DnB, Hip Hop, Reggae & anything else they can chuck into the melting pot. One of Cambridge's longest running and most successful nights - arrive early to avoid the very long queues.

Rendezvous – Tuesday night at Vodka Revs – CUSU and CUSU LBGT are proud to bring you a fresh and welcoming night at one of the cities most stylish venues. A music policy to suit all and fantastic drinks deals make RENDEZVOUS the only choice for Tuesdays!

Some of the best places to go for nights out are the Colleges’ own ents. **Queens’ Ents** are great, as are **King’s**, and **Emma’s Ents** (first one to be held on the Wednesday of Freshers’ Week!), organised by ECSU’s Ents Officer has a loyal following and is regularly attended by people from all over the university. **Clare Cellars** also have regular dance nights, as well as ‘open mic’ events. Again, check the student papers, or the notice board in the pigeon hole room, for details.

CUSU

As well as being members of their College Students' Unions, all Cambridge students are automatically members of CUSU (Cambridge University Students' Union). CUSU provides services and representation for all of its members to the University.

Some of the many services provided include the massive Societies' Fair at the beginning of Michaelmas, the CUSU Guide, the editorially independent *TCS* newspaper, the free CUSU mail service between Colleges (mailbox is in the plodge), minibuses available for private hire, attack alarms, free pregnancy tests and pregnancy counselling, as well as the cheapest and most sophisticated photocopying in Cambridge. The CUSU autonomous campaigns (Women's, LBGT, International and Black and Minority Ethnic (BME), Disabled Students' Liberation Campaign) all represent and support any students self-defining as such. The new Student Support Service offers individual support and casework.

CUSU recognises the access problems that exist within Cambridge. The Access Officer, the Target campaign and GEEMA (Group to Encourage Ethnic Minority Applications) all aim to redress the imbalances in applications and admissions to our university.

CUSU policy is made at the fortnightly CUSU Council meetings. Anyone can speak at these meetings or bring up something in advance for discussion, but only certain representatives have votes. You can become involved in CUSU through ECSU (ask the Vice President who acts as External Officer) or by standing for election to CUSU positions.

Visit the CUSU website, www.cusu.cam.ac.uk, for more information about their activities.

