Gonville and Caius College MCR

The New Caian 2012-13
A Graduate Freshers’ Guide
www.caiusmcr.com
FOREWORD

Welcome to Caius MCR! I shall be joining you as the new Master in October, although I was both an undergraduate and graduate student here, as well as being a Fellow for many years. Newcomers to Cambridge are joining one of the world’s truly great universities, with an illustrious past and vibrant present, and Caius is one of its great colleges of the highest distinction in the arts and sciences, politics and business, and sport and entertainment.

Caius values its MCR and does its best to support the individual members. I always encouraged my own graduate students to apply to Caius, as we are one of the most generous colleges in providing accommodation and support. If you need help in any way, the Tutors will always be sympathetic. The MCR has two representatives on the College Council, who usually offer sage advice to us, as well as passing on general concerns. So, work hard, be successful and take part in all the cultural and sporting activities that appeal to you in the College and the University.

Professor Sir Alan Fersht
Master
Gonville and Caius College
Dear Freshers,

Welcome to Caius! As MCR President, it is my job to ensure that you have a great time here! Our freshers’ reps have organised an exciting freshers' week, which will set the tone for what should be an awesome year: with Lala and Keith, I will be around all week, so please do grab me for a chat, or get in touch if you have any questions.

Robin x

Dearest Caian,

WELCOME, yet again!

As your freshers’ reps we hope to make your first year in Caius as fun as possibly can be! We will be organising many events and activities during freshers’ week for you to meet everyone and settle in to your new Cambridge lifestyle. Do come find us, we look forward to corrupting you!

Love, Lala & Keith
**Things to Do As Soon As You Arrive**

- **COLLECT YOUR ROOM AND UNIVERSITY CARD**
  These will be at the Harvey Court Porters’ lodge (not on the main college site but rather on West Road, see map), with exception of residents of Ferry Path (whose keys are kept at the main College site). Your University card acts as your student ID, library and access card, and is used to swipe into hall, pay for meals, wine and punt rental.

- **CHECK YOUR PIGEONHOLE**
  The pigeonholes are located in the MCR (the room) in D Staircase, Gonville Court, on the main college site. Your mail is delivered here and in Freshers’ week you will find important early admin waiting for you.

- **BUY A GOWN**
  A gown is essential for matriculation and hall throughout your time here. You will need to get a gown before Sunday 30th September! New or used gowns can be bought from Ryder and Amies on King’s Parade, Ede and Ravenscroft on Silver Street, or A.E. Clothier on Pembroke Street.

- **SET UP YOUR PWF, HERMES AND RAVEN PASSWORDS**
  The PWF (Public Workstation Facility) refers to the computers made available for student use around the University. Hermes is Cambridge’s email system, which everyone will use to contact you, and Raven is the University’s main online authentication programme. Info about how to set this up will be in your pigeonhole.

- **CONNECT TO THE NETWORK IN YOUR ROOM**
  Caius graduate houses have either ethernet points or wireless: the passwords should be up around the house. To connect using the ethernet, plug your computer in and follow the instructions enclosed with your passwords.

- **REGISTER WITH A DOCTOR AND THE COLLEGE NURSE**
  Info from College in this pack tells you how to do this!

- **LOOK OUT FOR MCR EMAILS**
  Your Hermes address should automatically receive MCR emails. These tell you about what is happening in freshers’ week and beyond. Also check out the MCR website at [www.caiusmcr.com](http://www.caiusmcr.com)

- **BUY A BICYCLE**
  Bicycles are the most popular form of transport in Cambridge. **You must register your bike with the porters by 31st October!** It is also worth registering your bicycle with ‘Immobilise’, a police registration service (see event on Tuesday 2nd October). Bike shops are scattered all over Cambridge.
### Freshers’ Week Timetable

Some of these events require you to sign up. The sign-up sheets can be found in the MCR. **Sign up before it’s too late!**

Throughout the week, **members of the MCR Committee will be going for lunch in Hall at about 12.30pm**. Come and join us to experience Caius’ cuisine.

**Keep checking your emails for updated freshers’ week info!**

**Facebook Group:** Gonville & Caius College Graduate Freshers 2012/13

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tr>
<td>Friday 28th September</td>
<td>12pm-2pm</td>
<td><strong>Drop-in sessions</strong> – come to the MCR (Gonville Court) where members of the Committee will be on hand to answer any questions you might have. Tea and biscuits provided!</td>
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<td></td>
<td>6pm</td>
<td><strong>Early arrivers’ BBQ</strong> – Come and see our second MCR at 1 Harvey Road. BBQ in the gardens! All food and drink provided.</td>
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<td><strong>Welcome donuts and tea in the MCR</strong> – Come and meet your MCR Committee!</td>
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<td></td>
<td>2pm – 6pm</td>
<td><strong>Tour</strong> – Cambridge’s finest tour guide will be providing a tour of the College and the city. Meet at the MCR.</td>
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<td>3pm</td>
<td><strong>Meet &amp; greet social</strong> – The first and the best opportunity to meet all of your fellow Caius grads, not to be missed! Meet in the MCR.</td>
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<tr>
<td>Saturday 29th September</td>
<td>2pm – 6pm</td>
<td><strong>Why not try out Brunch in Hall?</strong></td>
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<tr>
<td></td>
<td>3pm</td>
<td><strong>Welcome from the MCR/GU/CUSU in the MCR</strong></td>
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<td>7pm</td>
<td><strong>Gonville and Caius Societies Fair at Gonville Court</strong> - When you get time away from Matriculation, be sure to check out the range of college society stalls.</td>
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<td>2.15pm</td>
<td><strong>Compulsory Security &amp; Safety briefing</strong> <em>(Bateman Auditorium, Caius Court)</em></td>
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<td>3.15pm</td>
<td><strong>Photograph</strong> <em>(Caius Court)</em> <strong>Don’t forget your gown!</strong></td>
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<td>3.45pm</td>
<td><strong>Matriculation</strong> <em>(Bateman Auditorium)</em></td>
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<td></td>
<td>4.45pm</td>
<td><strong>Tea</strong> <em>(Senior Combination Rooms)</em></td>
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<tr>
<td><strong>Monday 1st October</strong></td>
<td>8pm</td>
<td>Film night – Chariots of Fire <em>(Bateman Auditorium, sign up required)</em> – Pizza and drinks will be served in the MCR before moving to the Bateman Auditorium to watch a film!</td>
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<td></td>
<td>10am</td>
<td>A chance to take a tour of Gonville and Caius’ famous library. Meet at the MCR.</td>
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<td>5.45pm</td>
<td>Meet your college family at the MCR!</td>
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<td>6.30pm</td>
<td>MCR Curry Night <em>(sign up required)</em>, meet at Harvey Road MCR.</td>
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<td></td>
<td>9pm</td>
<td>Trip to various Cambridge pubs! Including the oldest pub in Cambridge. Meet at Harvey Road MCR.</td>
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<td><strong>Tuesday 2nd October</strong></td>
<td>Daytime</td>
<td>University Fresher’s Fair</td>
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<td>2pm-5pm</td>
<td>Immobilise Event <em>(Green Room)</em> – register your valuables with the Cambridge Police in case of the unthinkable.</td>
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<td></td>
<td>7.20pm</td>
<td>Have you booked for hall? Book early on the Caius website!</td>
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<td>8.30pm</td>
<td>Pub Quiz in Hall – the MCR and the GCSU are combining for the first pub quiz of the year. Caius night at Vodka Revolution – Ask your Freshers for discounted tickets/wristbands!</td>
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<tr>
<td><strong>Wednesday 3rd October</strong></td>
<td>Daytime</td>
<td>University Fresher’s Fair</td>
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<td>11am-5pm</td>
<td>Scavenger Hunt: Pick sheets up at 11am-12pm at the Bar- Great way to discover Cambridge!</td>
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<td>4.15pm-6.30pm</td>
<td>Golf time! Meet at Harvey Road MCR- for a 9-hole par-3 course</td>
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<td></td>
<td>7.20pm</td>
<td>Have you signed up for hall again?</td>
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<td></td>
<td>8.30pm</td>
<td>Caius Graduate Art Society (CGAS) Talk – (Bateman Auditorium, Caius Court) after second hall. Drinks back in the MCR afterwards.</td>
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<tr>
<td><strong>Thursday 4th October</strong></td>
<td>8.30pm</td>
<td>MCR Port and Cheese night – Meet in the MCR after formal hall for the first of many port nights!</td>
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<tr>
<td><strong>Friday 5th October</strong></td>
<td>7pm</td>
<td>Running Dinner – <em>(Sign up required)</em>. A great way to meet different people and experience a different cuisine at every course! Meet at 1 Harvey Road Basement.</td>
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<tr>
<td>Date</td>
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<tr>
<td>Saturday 6th Oct</td>
<td>10pm</td>
<td><strong>After party</strong>, 1 Harvey Road basement, open to all!</td>
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<td></td>
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<td>Then off to Lola Lo club, queue jump!</td>
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<td>9-11am</td>
<td><strong>Try a new sport</strong> (&lt;em&gt;sign up required&lt;/em&gt;)</td>
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<td>1-5pm</td>
<td><strong>Open boat club and BBQ</strong> – Come along to the boat house to find out about the joys of Cambridge rowing.</td>
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<td><strong>London, while you are there catch a West End show!</strong> (&lt;em&gt;Check MCR for details -sign up required&lt;/em&gt;)</td>
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<tr>
<td>Sunday 7th Oct</td>
<td>9.30am-12.30pm</td>
<td><strong>Famous Caius Brunch at Hall</strong></td>
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<td>12pm</td>
<td><strong>Punting/Picnic to The Backs</strong> – Meet outside the Anchor pub, we will set sail to The Famous Backs of Cambridge! Bring picnic food! (&lt;em&gt;sign up required&lt;/em&gt;)</td>
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<td></td>
<td>8pm</td>
<td><strong>Caius and Jesus College BOP!</strong> – Be colourful, the theme is ‘Rubik’s Cube’</td>
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<tr>
<td>Monday 8th Oct</td>
<td>8.30pm</td>
<td>‘LGBT Mixer’ – Everyone is welcome. Meet in the MCR.</td>
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<td>Tuesday 9th Oct</td>
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<td><strong>Matriculation Dinner</strong></td>
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Other Things To Do

- **JOIN A GYM**
  The College has its own Gym over at Harvey Court, and the main University Gym is at Fenner’s on Gresham Road. Commercial gyms around town include Outlooks Gym (on Gonville Place in the Kelsey Kerridge Building), Glassworks (just off Bridge Street at Quayside), and Green’s (213 Cromwell Road). There are also swimming pools at Green’s, Parkside Pools (also on Gonville Place), and Jesus Green.

- **LANGUAGE CLASSES**
  These are run by the University Language Centre (www.langcen.cam.ac.uk).

- **TRAVEL DISCOUNT CARDS**
  For coach travel, a National Express 16 to 26 Coachcard can be purchased quite cheaply (for £10 for a one year card and £26.50 for a three year card). See www.nationalexpress.com/coach/offers/StudentCoachDeals.cfm. For trains, the 16 - 25 Railcard costs £28 per year or £65 for 3 years and gives you up to 30% discount on train fares, see www.16-25railcard.co.uk.

- **TV LICENCE**
  If you want to watch live TV in your room (there are communal TVs in the MCR and Harvey Road) you will need to purchase a TV licence. See http://www.tvlicensing.co.uk/buyorrenew/index.jsp.

Some Useful Things To Know

- College automatically provides contents insurance if you are living in Caius’ accommodation. This will be on your college bill (approximately £15 per year).

- Gyp rooms may not have cutlery/kitchenware etc. but will all have kettles, toasters and microwaves.

- Make sure you bring:
  - Formal wear for events (Black tie, formal suit, gown)
  - An ethernet cable for your room.

- More information about being a graduate student can be found at http://www.admin.cam.ac.uk/students/gradadmissions/prospec/pdf/college_guide.pdf
• VISAS
You will need a visa if you are from the countries listed at: http://www.ukvisas.gov.uk/en/doineedvisa/. If you do need a visa, you may be required to register with the Police upon arriving in the UK. Yvonne Holmes is the Caius immigration contact once you are in Cambridge (ymh23@cam.ac.uk).

• OPEN A BANK ACCOUNT
Popular banks include HSBC, NatWest, Barclays and Lloyds. The start of term can be quite hectic for opening accounts so get there early or make an appointment to save waiting in long queues. If you are not British, you'll need a couple of extra documents to open an account. Bring your passport, proof of enrollment at the University, your last 3 months' bank statements (if you have them) and a letter from the College confirming your residency. You can get this letter from Yvonne Holmes (ymh23@cam.ac.uk) on arrival at Caius, make sure to mention to her what bank you'll be using.

• GETTING A MOBILE PHONE
You can either sign up for pay monthly contracts, or use a pay-as-you-go package (buying airtime vouchers for your calls in advance from newsagents and other vendors). Popular networks are O2, Giffgaff, Orange, T-Mobile, and Vodafone UK.

• INTERNATIONAL CUSU
The iCUSU runs various social events throughout the year. They also organise International Freshers' Week. More information, including on how to sign up for the mailing lists, can be found here: www.international.cusu.cam.ac.uk.

• MEDICAL FORMS
The College will send you medical forms. Be sure to see your doctor and have them fill in the forms for you. This is very important for all international students! You will automatically become eligible for treatment on the NHS (National Health Service) so no need to take out your own health insurance policy from home.
**Partnered/Married Students**

**General:** Maddie Mitchell is the current MCR Women’s/Couples Student Officer. She organizes social events and helps with issues relating to college life for our Caius partnered/married students. Maddie can be reached at [married@caiumcr.com](mailto:married@caiumcr.com).

Events specifically for partnered/married students are run throughout the year, but partnered/married students and their spouses are of course also encouraged to participate in all other MCR activities as well. Partners/Spouses are honorary members of the MCR and so can attend MCR events on that basis.

Caius offers couples’ accommodation, including for those with children. However, these are limited in number and they are allocated on a first-come-first-served basis. You need to contact Yvonne Holmes ([ymh23@cam.ac.uk](mailto:ymh23@cam.ac.uk)) in the tutorial office.

**Childcare:** For information on University and local childcare services, see [http://www.cam.ac.uk/cambuniv/childcare/](http://www.cam.ac.uk/cambuniv/childcare/).

The University also has full-time childcare information clerks available during office hours (Monday 12-5, Tue-Fri 9.30am - 2.30pm) to answer any queries. The current clerks are:

- Cassie Marks (Mon, Tues)
- Laura McDonald (Wed-Fri)
- Childcare Office
- 25 Trumpington Street
- Cambridge CB2 1QA
- Tel: 01223 332 249
- Email: childcare@admin.cam.ac.uk

Caius also has day-care facilities available near the Harvey Court site. Although spaces are limited, priority for these spaces is given to members of the College. For more information, contact nursery owner Mrs Elizabeth Wiggam, or Nursery Manager Nicola Finnlayson on 01223 740688.

The Graduate Union also organizes a regular parent-and-toddler play session and coffee morning on Fridays at 10:00am at the University Centre. The sessions are free for all students, their children and their partners, and coffee and biscuits are provided. Dr. Melissa Calaresu, one of fellows at Caius, also organizes similar events on a regular basis.

Please contact Maddie ([married@caiumcr.com](mailto:married@caiumcr.com)) for more details.
Caius is one of the oldest and largest colleges in Cambridge. It gives you the full, traditional Cambridge experience, while also being friendly and supportive. Originally founded in 1348 as Gonville Hall, Caius has a strong academic reputation and a thriving graduate community, comprising around 280 students from both scientific and arts backgrounds.

**Accommodation**

**General:** The College can provide accommodation for graduates for the duration of their course, with some accommodation set aside for couples/families (see above) or disabled students. Most graduate students live in Harvey Road or the vicinity, halfway between the train station and the town centre. All of the graduate houses have cooking and laundry facilities.

**Cleaning:** The College cleaners or ‘bedders’ will clean the kitchen and bathroom daily during the week and will clean your room once per week. If you do not wish to be disturbed, place your rubbish bin outside your door before 9am and it will be cleared for you. If you would not like bedders to clean your room, please email the Housekeeper (housekeeper@cai.cam.ac.uk) for more info.

**Hostel-Keepers:** The hostel-keeper for Harvey Road, Gresham Road and 47 Glisson Road is Mrs Perkins, who lives in the basement flat of 6 Harvey Road. The hostel-keeper for St Paul’s Road is Mrs Ruth Hinson, who lives in the basement of 4 St Paul’s Road. Hostel-keepers are the first ports of call should you need to report a fault with your room.

For students living in other houses, please contact the Housekeeper (housekeeper@cai.cam.ac.uk).

**House Reps:** Each graduate hostel has a student House Rep. The House Reps look after recycling in the hostels and act as a point of contact for accommodation-related issues between the graduate students, the MCR and the hostel-keepers.

**Barbecue:** Caius MCR owns a permanent brick barbecue in the garden of 1 Harvey Road. You will need to bring your own coals, matches, food etc. Please ensure that when you use the BBQ you observe all necessary fire precautions and that you leave the barbecue as you found it: in a clean and reasonable state.

**Parking:** You can apply for a parking permit from Cambridge City Council as outlined on this website: [www.cambridge.gov.uk/ccm/navigation/transport-and-streets/parking/residents--parking/](http://www.cambridge.gov.uk/ccm/navigation/transport-and-streets/parking/residents--parking/). You must seek permission from College first.
OTHER COLLEGE FACILITIES
The beautiful main college site hosts most of the college's activities.

COMMON ROOMS: There are two graduate common rooms (MCRs) at Caius. The main one is on the College main site in Gonville Court, just opposite the College bar! There is another common room in the basement of 1 Harvey Road which has a TV room, a pool room, board games etc. Access is via your University Card.

HALL: Graduates at Caius are required to purchase 16 dinners each term (8 if you live out of college or if you have special permission from your tutor). Each dinner ticket entitles you to a standard formal dinner at Caius, for which you sign up using the online booking system (see the MCR website). You are required to wear your gown at formal hall. You can also get breakfast, brunch (weekends only) and lunch in hall, all of which are paid for using your University card.

COLLEGE BAR: The College is the place to get cheap drinks and is opposite the MCR. It also sells a lunch meal deal on weekdays until 1pm. Caius cards will be available for £3 per year, offering a range of discounts – ask for more info in the bar!

CAIUS LIBRARY (THE COCKERELL BUILDING):
Found in Senate House Passage, you'll need your Caius swipe-card to gain access. Open from 7am until 1am.

SPORTING FACILITIES: Caius has a small gym at Harvey Court, administered by the Senior Porter there, membership of which costs £10. The college’s sports grounds on Barton Road include tennis courts, squash courts and cricket nets.

The MCR has a range of sporting equipment you can borrow, including tents, a croquet set and badminton racquets. Email the sports’ officer for more information (sports@caiusmcr.com).
University structure & organisation

Students new to Cambridge often find the university structure alien and confusing, especially when trying to explain to friends and family! Don't panic, you're not the first to experience this!

The University of Cambridge is comprised of 31 colleges (some of which are graduate students or women only). Colleges provide their own facilities (library, sports grounds, bar, etc), academic (teaching, seminars, grants, etc) and pastoral (accommodation, welfare, financial supports, etc) services to their students. Colleges also assign students to a tutor (a fellow of the college) to act as an intermediary between you and the college or university.

The University is the degree awarding body and has an academic hierarchy of several schools, faculties and departments, who are responsible for your academic education. You'll become acquainted with the specific rules and workings of each of your departments, and they will also assign you one or more supervisors and advisors.

Matriculation, terms, tutors & supervisors

Formal enrolment into the university is one of the long-standing traditions of the University of Cambridge. At matriculation, you will be asked to commit to abiding by the college regulations, and officially become a member of your college and the university.

The academic calendar in Cambridge is divided into terms, made up of 8 weeks. Most students will commence their studies in Michaelmas term (October to December), although a few research students will also start later in year during Lent term (January to March) or Easter term (April to June). The summer period, referred to as Long Vacation, runs from June to October (although for many research students this name can be quite misleading!)

Gowns & dress code

Throughout your time in Cambridge, there will inevitably be many occasions on which you are required to wear academic and/or formal wear. Graduate students are expected to wear the appropriate gowns, either of BA or MA status, for occasions such as matriculation and formal hall. Typically, if you are over the age of 24, then your gown should be MA status (long sleeves that end in a pocket), and, if you are under 24, then your gown should be BA status (short sleeves). Many gowns will have two black ribbons attached to indicate that you obtained your undergraduate degree from Cambridge: if, as for most of us, that is not the case, then these should remain hidden (or cut off)!

The MCR and College will run a number of events during the year that will have a set dress code. This can often be daunting to the newcomer who is unfamiliar with the distinction between black tie and lounge suits, so below is rough guide in increasing formality of what is expected. For men, the dress code tends to be more prescriptive while there is more room for interpretation with women’s attire.
**Lounge Suit:** the least formal of the dress codes, typically ‘smart’ in nature.

*Gentleman* – suit, necktie and dress shoes.

*Ladies* – dress ranging in length from just above the knee to about two inches above the ankle. Alternatively, a nice skirt/trousers with shirt.

**Black Tie:** ‘semi-formal’ and most popular of dress codes for special occasions.

*Gentlemen* – dinner suit (UK) or tuxedo (American), comprising of a black jacket with silk/satin lapels, bow tie, white dress shirt with wing-tip or fold-down traditional collar, black socks and dress shoes, black trousers with one braid/stripe of silk/satin.

*Ladies* – evening gown or cocktail dress of any colour, typically reaching the knees or can be longer.

**White Tie** – the most strict and ‘formal’ (and rarest) of the dress codes. Do not bother purchasing your own!

*Gentlemen* – black tailcoat, white bowtie, white low-cut waistcoat, white stiff-fronted shirt with a stiff winged collar, black trousers with two braids/stripes of silk/satin, black socks and patent leather shoes.

*Ladies* – ball gown at least ankle length, open shoulders with shawl as shoulders should be covered, small clutch-type bags, gloves.
Introducing the Gonville & Caius College

MCR Parenting System

This year, the MCR are piloting a peer-mentoring scheme for the incoming freshers. Each "family" will consist of two "parents" (current Caius MCR members) and roughly 4-6 "children" (Caius MCR freshers), allocated in freshers' week. The goal of this parenting system is to encourage new social events and promote interaction between new freshers and current Caius MCR members.

Remember, your parents are there to help you through your social and academic life at the college. There will be many activities organised for the college families throughout the year, so get to know your parents and your siblings in the first few weeks of college!

We are always open to any questions or suggestions you have. Feel free to contact either Lalarukh Haris or Keith Siew at firstyearrep@caiusmcr.com
The MCR Committee represents Caius graduate students to the College and the University, and organises social activities throughout the year. The Committee is elected early in Lent term and holds office from 1st February each year until 31st January the next. We are here to represent you!

**President: Robin Thompson**

As MCR President, I represent the views and opinions of the Caius MCR student body to the College and the University at large. I am also in charge of the overall running of the MCR Committee: this involves organising events inside and outside of College for the Caius MCR student body, and acting as a Welfare contact for anyone who needs it. Please get in touch if you have any questions about Cambridge, studying at Caius, the MCR, or if you think there is anything we can do better!

Email: president@caiusmcr.com

**Vice President: Mike Taylor**

As Vice-President I deputise for Robin and attend various college committees and College Council. In particular I've been working for the provision of improved food, housing, and sporting facilities at Caius. As External Officer, I represent Caius MCR both to the university’s Graduate Union and to the GCSU, which is the college’s general student body. If you have any questions about these matters or about anything in general, feel free to contact me.

Email: vicepresident@caiusmcr.com

**Treasurer: Charlotte Siegler**

As treasurer I look after the MCR accounts and make sure we stay within budget. If there's anything you'd like us to consider adding to the MCR feel free to get in touch and we'll see if there's a budget for you.

Email: treasurer@caiusmcr.com
Secretary: Matthieu Palayret

I produce the agenda and minutes of MCR Committee Meetings, and complete the bureaucratic element of arranging bops or similar events by working with College, writing to Fellows, organizing rotas, and so forth. Please feel free to contact me on any matter at all; the least I can do is point you to the right person.

Email: secretary@caiusmcr.com

Dining Officers: Ana Leal Cervantes, Tom Simpson & Ulrike Pruem

As dining officers we organise a number of dining events each term, like exchange dinners with other colleges, guest nights and dinner with the fellows. During an exchange dinner we host MCR members from other colleges in the Caius MCR for drinks and dinner in the gallery one evening. On a subsequent evening we join them for formal hall in their college. It is a great way to see some of the other colleges in Cambridge. For a guest night a special menu will be prepared by the kitchens, making this the best occasion to invite friends and family to dine with you in college. We also act as a point of contact between the MCR and the kitchen office, so please e-mail us with questions, ideas and both positive and negative comments on dining related issues.

Email: dining@caiusmcr.com
Social Secretaries:
Roshni Best, India Weidle & Rebecca Spriggs

As your social secretaries, our job is to provide you with plenty of fun and diverse events to ensure you enjoy your time as a graduate at Caius! From the infamous weekly port nights to the return of the Harvey Court bops, there are many existing socials that are a great way to catch up with everyone. In addition to this, we also hope to introduce some new events, including getting involved with other colleges and running more day trips and activities. If you have any suggestions for socials or would like to offer feedback, then please get in contact with us. We look forward to seeing you at a Caius event soon…!

Email: social@caiusmcr.com

Welfare Officer: Hannah Copley

As MCR welfare officer, I will give confidential advice & support for any worries or problems you may have - small or large. If I can't help then I'll probably know someone else who can! I can also provide condoms, pregnancy tests & attack alarms as requested. Please don't hesitate to contact me.

Email: welfare@caiusmcr.com

International Officer: Eva Namusoke

Hi everyone, I'm your International Officer! I'm here to help you settle in and get the most out of life in England. Whether you need help setting up a bank account, getting more information about the huge number of groups reflecting Cambridge's international student body, or simply want to chat about home, please get in touch.

Email: international@caiusmcr.com
LGBT Officer: Finn Eaton

I’m the LGBT (Lesbian, Gay, Bisexual, and Transgender) representative for the Caius graduate community. But to be honest, I am there for anyone who needs me. My role is to help you with anything from relationship problems, doubts about sexuality and coming out, to nightlife and LGBT events in Cambridge. Caius prides itself in being an extremely social college and I hope that you all find it very welcoming, but if you ever have problems, big or small, don’t hesitate in contacting me.

Email: lgbt@caiusmcr.com

Women’s/Couples’ Officer: Madeline Mitchell

Officially, I am here to promote the equality of women both in the College and the University. You can contact me about issues related to sexual harassment or gender-based discrimination (see our website for a copy of the MCR Sexual Harassment policy). More generally, feel free to ask my advice on any welfare matters or for practical things like pregnancy tests, condoms or attack alarms. Basically, my role is to help make it easier for the women of Caius to enjoy their time here. I am also happy to give advice to couples coming to College, having moved here with my (non-student) partner. Caius MCR welcomes partners and families of current students into our community, and offer honorary membership of the MCR – I am here to provide advice and social events for our entire MCR community!

Email: women@caiusmcr.com

Green Officer: Anthony Martinelli

Are you worried about vanishing rainforests, rising sea levels and the degradation of freshwater resources? So am I, and it’s my job to make it as easy as possible for you all to live green in Caius. As such, I’ll be facilitating your recycling efforts and ensuring you can eat ethically in Hall. I’ll also be organising some fun green and fair trade-related events along the way, so stay in touch and let me know if you have any problems!

Email: green@caiusmcr.com
FIRST YEAR REPRESENTATIVE: LALARUKH HARIS & KEITH SIEW
Together we hope to use our expertise and contacts to organise some of the following during our term of office: Bi-monthly weekend trips to a new European destination! Parenting system (paired with current graduates) for Graduate Freshers. Speed Dating: "The meet and greet". Freshers’ "Come Dine With Me". Regular club nights & an emphasis on bops. Trips to London's West End... (and to enjoy the night life) ... and a Freshers’ Week full of great craic! As Fresher’s Rep’s we are here to ensure a smooth transition into your new Caian life!

Email: firstyearrep@caiusmcr.com

CGAS REPRESENTATIVE: ROELAND VERHALLEN
The Caius Graduate Arts Society (CGAS) exists to promote the more academic side of the Caius MCR. It aims to bring our graduates together through a shared interest in the arts, the humanities, and the human dimensions of scientific research. Another aim is to promote interaction between the Caius fellows and graduates, which has us organising various joint SCR-MCR events within a friendly ambiance: film nights, quiz nights, and the CGAS presentations. The latter are usually held 3-4 times a term in the Senior Parlour and provide a platform for fellows and graduates to present their research to members of the college, and for everyone to get to know each other's interests and work. If you would like to get involved with CGAS, or have any interesting ideas for events, please get in touch.

Email: cgas@caiusmcr.com

SPORTS OFFICER: KIRAN AUCHOYBUR
My role as sports officer is to promote and coordinate sporting activities (both serious and fun) within the MCR, such as an MCR running group, the MCR cricket team, golf, and the annual summer sports event. I am also a source of sports information regarding college and beyond, and keep the sports pages on the MCR website up-to-date.

Email: sports@caiusmcr.com
**Computing Officer: Stephan Beisken**

My job as Computing Officer is to keep the website running smoothly, maintain the MCR mailing lists and to deal with any other computing issues that graduate students might have. Please get in touch if you have any computer-related problems, requests or suggestions.

**Email:** computing@caiumcr.com

The MCR Committee will be changing over in January 2013, it’s never too early to start thinking about joining us … Email the President to find out more.
Cambridge City

Shopping
Cambridge is a lovely place to shop - or so the tourist brochures have it. Here are some options (although this list is by no means exhaustive...)

Food
- **Sainsbury’s on Sidney Street** is the main option in the centre of town. There is also a smaller Sainsbury’s on St. Andrew’s Street.
- Marks & Spencer also have a large food section, next to the market.
- Other options, on the way out of Cambridge, include a large Tesco (Newmarket Road), a large ASDA (at the Beehive centre), Tesco Express on East Road, and two Co-operative supermarkets. Google maps is recommended resource!
- There are two Waitrose supermarkets (by the Grafton Centre, and in Trumpington) which specialises in the upmarket end of supermarket shopping.
- Excellent city-centre market (quite expensive, except for fruit and vegetables).
- Chinese and Indian stores on Mill Road.
- Derby Stores deli on Derby Street in Newnham (across Coe Fen).

Alcohol (ID often required)
- Sainsbury’s is one of the cheapest options.
- Cambridge Wine Merchants (Trumpington Street, across from King’s College).

Clothes
- Many options, including Marks & Spencer, TK Maxx, Gap, Next, Fat Face and Monsoon.
- The Grafton Centre and the Grand Arcade are two shopping centres.

Books
- Heffers (Trinity Street) is the main academic bookseller. Store cards are available.
- Oxfam provide cheap, second hand treasures.
- For new fiction, try Waterstone’s (Sidney Street; it has a nice cafe upstairs), and WHSmith.

Medicines and cosmetics
- Boots is very good for choice (centre of town), as is Superdrug. Boots’ loyalty card scheme is one of the best around, and they have an excellent lunch meal deal (as does Caius bar!)
- Lloyds Chemist (on the corner of Trumpington and Fitzwilliam Streets).
- Other possibilities include Lush, and the Body Shop (both in Lion Yard) and John Lewis in the Grand Arcade.

Stationery
- WHSmith and John Lewis.
- Heffers (has an excellent map selection).
- Rymans (Sidney Street) has student discount, and Paperchase (Market Square) is great for artistic stationery and for small gifts.
- Staples (Chesterton Road, slightly out of town).

**Electronics**
- Dixons (Lion Yard).
- John Lewis tends (more expensive) but provides free 5 year guarantees on their electrical goods.
- Argos (Grafton Centre) is also good for almost everything electrical.
- For computers, ask the University Computing Service for potential bargains.

**Music**
- HMV (Lion Yard) and Fopp records (Sidney Street) are the best options, but the Market also has a good selection of bargains.

**Kitchen stuff / odds and ends**
- Sainsbury’s offer a cheap, but limited, selection. Argos is fairly cheap too.
- John Lewis sells almost everything, but is also expensive.
- Grafton Centre.

**DVD rental**
- The College library!
- Cambridge Central Library (Lion Yard).
- Blockbusters (East Road).
- http://www.lovefilm.com – DVDs arrive by post with new ones sent when the old ones are returned.

**Student discount cards**
- Caius bar card.
- Boots card (you get 1 point for every 25p spent in Boots and you can redeem the points for money off future purchases).
- Nectar Card (you get points at Sainsbury’s). Other grocery stores have similar schemes.
- Train rail card and National Express bus card.
- www.studentbeans.com and www.localsecrets.com

**Restaurants and eateries**
- The vans in Market Square: Mr. Burgers (known as ‘the Van of Life’) and Uncle Frank (the ‘Van of Death’). Good for a late-night fix on your way home from the pub/club.
- Dojo Noodle Bar, 1-2 Miller’s Yard, Mill Lane. ‘Pan-Asian’ fare.
- Tatties, 11 Sussex Street and Trinity Street. Filled baked potatoes; healthy, cheap and unpretentious. In summer you can lounge at tables in the courtyard outside.
- Marmaris, 84 Regent Street. Turkish.
- Pizza Express, 7a Jesus Lane and 26-28 Regent St. 2 for 1 on Wednesdays for those with mobile telephones on Orange network.
- India House, 31 Newnham Road.
- Rainbow Cafe, 9a King’s Parade. Cambridge’s best and possibly only vegetarian and vegan restaurant.
- Al Casbah, 62 Mill Road. Excellent Algerian restaurant, huge portions.
- Maharajah, 9-13 Castle Street. One of the best curry houses in Cambridge.
- Galleria, 33 Bridge Street. Excellent Italian food, great place to take the parents as it is a little expensive but very tasty.
- Bangkok City Thai Restaurant, 24 Green Street.
- Loch Fyne Restaurant, 37 Trumpington Street. Specialises in fish.
- Nandos, 33-34 St. Andrews St. Serves quick chicken meals. Excellent value.

Pubs and bars
Most pubs stop serving at 11pm, but there are some that are open late (and also some clubs, open until 2am).
- The Panton Arms, 43 Panton Street, just off Lensfield Road. Small friendly pub with a relaxed outdoor courtyard. Decent selection of beers.
- The Anchor, Silver St, by the river. A popular pub by the river.
- The Granta, 14 Newnham Road. Fantastic location on the river, with a lovely terrace.
- The Mill, 14 Mill Lane. Cute small pub, reasonable selection of independent beers.
- The University Centre, Granta Place, Mill Lane. It doesn’t have the greatest, or any, ambience but it’s very close, cheap, and more often than not, quiet.
- The Eagle, 8 Bennett Street. This is the pub that Crick and Watson frequented while determining the structure of DNA. The Bath House two doors down is much more studenty!
- The Vault, 17 Trinity Street. Good for people-watching, this London-style bar is very glossy, but hardly the place for a quiet chat. For that, come back during the daytime, when they do very good hot chocolate and decent coffee.
- The Maypole, 20a Park Street (near Jesus Green). Open late.
- The Prince Regent. Between Parker’s Piece and Regent Street. Has a nice outside dining area with good British pub food.
- The Punter, Pound Hill. Cambridge’s most renowned gastro-pub puts a higher price on the traditional British Cuisine whilst doing it justice.
- The Cricketers, 18 Melbourne Place. Recently renovated and bigger than it looks, with loads of cricketing memorabilia and a fantastic courtyard out the back. Good selection of beers, friendly atmosphere. Jazz on Wednesday nights.
- The Elm Tree, 42 Orchard Street. Literally across the street from The Cricketers, this tiny pub has a totally different atmosphere. The curious decor is reminiscent of your grandmother’s living room; board games are available, and there’s live jazz on Thursday nights. The landlord fines you for swearing!
- The Free Press, Prospect Row. Just down the road from The Elm Tree and The Cricketers. One of the more traditional pubs in Cambridge, housed in the location of an old newspaper press (hence the name). Perfect for chatting over a couple of pints with a very nice garden at the back. Just remember to switch your mobile phone off/on silent when you enter as it operates a strict ‘no mobile phone’ policy.
**Useful College Contacts**

**Graduate Tutors**

Each graduate student at Caius is assigned a Graduate Tutor. Your tutor provides an official point of contact between the student and College, and their role involves offering both general academic advice and pastoral support. Do get in touch for a chat!

The Graduate Tutors are:

- Dr. Andrew Bell  
  agb38@cam.ac.uk
- Dr. Jonathan Evans  
  J.M.Evans@damtp.cam.ac.uk
- Dr. Ruth Scurr  
  rs10032@cam.ac.uk
- Dr. Axel Zeitler  
  jaz22@cam.ac.uk

The Senior Tutor, Dr. David Holburn, can be contacted at: 
senior.tutor@cai.cam.ac.uk.

**The Porters’ Lodge**

The Porters’ lodges on the main College Site and at Harvey Court are open 24/7. They are on hand to help you with almost any problem and are very friendly! They also deal with all the post and messages. The Head Porter is Russ Holmes.

Tel: 01223 332400 (main site) and 01223 335400 (Harvey Court).

Porters@cai.cam.ac.uk

**Housekeeper: Karen Heslop**

For any issues to do with Housekeeping or bedders. **DO NOT CONTACT** regarding maintenance issues, instead visit caiusitsupport.co.uk/maintenance.

housekeeping@cai.cam.ac.uk

**Computing Officers: Harvey Barker and Matt Mee**

Responsible for overseeing problems regarding Caius website and network, and for allocating web server space. Open 2.15 to 4.15pm weekdays; use email at other times. They are very friendly and willing to help with any aspects of personal computing!

Email:  
computer.office@cai.cam.ac.uk
Website:  
http://caiusitsupport.co.uk/support/
Room:  
Basement of Cockerell Building

**Student Accounts: Lauren Bishop**

Responsible for overseeing Student College accounts, payment of College bills and issues cheques to those in receipt of College studentships. The Bursary is open to students from 8.30am to 10.30am and 2pm to 3pm Monday through Thursday.
Please use email at other times, or to arrange an appointment if you cannot make it at these times.

Email: student.accounts@cai.cam.ac.uk
Tel: 01223 332397
Room: The Bursary, O Staircase, Tree Court

**TUTORIAL OFFICE: Yvonne Holmes**

Contact for tutorial enquiries.

Email: ymh23@cam.ac.uk
Tel: 01223 332413
Room: The Tutorial Office, S Staircase, Tree Court.

**COLLEGE NURSE: NATASHA KEAR**

Email: nurse@cai.cam.ac.uk
Tel: 01223 332421
Room: Caius Court

**DEAN (CHAPLAIN): REVD. DR. CALLY HAMMOND.**

Email: dean@cai.cam.ac.uk
Tel: 01223 332470

**MONEY**

If you are having problems financially, talk to your graduate tutor. They are a good source of advice and support within college.

See the International Student pages for information about setting up a bank account.

**FEES AND THE COLLEGE BILL**

On arriving in Cambridge you have to pay college a pre-payment of £250 which will then be deducted from your final bill. You will be billed quarterly in advance by College, for rent, kitchen fixed charge and meals eaten in hall. The bills are emailed to you with a payment date. To print from college computers you will need to put credit onto your printing account on the PWF stations, using a bank card.

**FINANCIAL ASSISTANCE**

College can help you with research and conference expenses, or in cases of hardship. College will also contribute 50% towards the cost of one University language course per student per year. The graduate tutors are your first port of call for accessing all of these funds. See the MCR website for more details.

The University also offers various funding sources, see: www.cam.ac.uk/funds and www.admin.cam.ac.uk/reporter/current/special/06/).
The Cambridge Philosophical Society also runs a studentship fund for completing students in natural sciences, technologies or mathematics see: http://www.cambridgephilosophicalsociety.org/
Computing Issues

The rules and regulations discussed here apply to the College's computing resources and the use of the University network in College accommodation. Information on the University’s Computing Service and Restrictions may be found here: www.cam.ac.uk/cs/new-students.

Computing Resources: There are college computer rooms in the Cockerell Building and the basement of 8 Harvey Road. These contain PCs, Macs, printers and scanners. Both of these rooms are accessible via your University swipe-card.

Networking: Most departments and accommodation access the University network through Ethernet. There are also two University wireless networks: Lapwing and Eduroam. There are wireless hotspots in college (including the MCR) and around the University.

Peer-To-Peer: The use of peer-to-peer filesharing programmes such as: Bittorrent, Napster, WinMX, eMule, eDonkey, DirectConnect, Waste and KaZaA is forbidden by both the University and college.

Anti-Virus: The University provides, through College, free anti-virus and anti-spyware protection and you WILL NOT BE ALLOWED ON THE NETWORK WITHOUT IT!

Bandwidth Usage: The college charges for excessive bandwidth usage. Any traffic in excess of 7GB per week will be charged £10 per gigabyte or part thereof. You will receive emails warnings when you are close to your limit. These warnings are generated using a rolling one-week period (i.e. the 168 hours immediately prior to the time that the warning is generated) and so may not reflect the actual traffic for the charging period. They should, however, act as a useful reminder. You can monitor your bandwidth usage at: register.cai.cam.ac.uk or download a widget from the MCR website. If you have academic reasons for exceeding the limit, talk to your graduate tutor.

Student Representative Bodies

The Cambridge University Students’ Union (CUSU): is an organisation made up of every College Students' Union (JCRs/MCRs etc.), and exists to represent Cambridge students' interests at a university level, and to provide central services and support for all students. Its focus is primarily on undergraduate issues but it does have a graduate officer to represent the views of graduate students. www.cusu.cam.ac.uk/

The Graduate Union (GU): is the graduate equivalent of CUSU. The GU represents graduates at the university level and provides many other services, such as the GU shop in the Graduate Centre (where you can get rail-cards, ISIC cards, cheap stationery, photocopying, and gown hire). The GU is also working toward a new late night graduate bar on the new Silver Street premises. www.gradunion.cam.ac.uk
HOSTEL RULES – A NOTE FROM THE HOUSEKEEPER

I hope that you will find your time in the College Hostels both an enjoyable and educational experience. We want to encourage you to make the most of these wonderful houses and gardens, and to enjoy the different experience of living in a family atmosphere.

As you are all living under “one” roof, sharing gyp and shower rooms to ensure that everyone enjoys their time here “living in harmony” and that no “evictions” take place, there are some ground rules to be observed.

- DON’T…play any music (i.e. stereo, instrument, TV or video games) after 11pm or before 11am (or use headphones!)
- DO…finish all cooking by 10 p.m. as again we find that some students get the ‘munchies’ at around midnight and try to cook toast etc. and then end up setting off the fire alarms. NOT GOOD! Also please keep on top of your washing up!
- DON’T…play any ball games in the house or gardens, a lot of work is done to keep the gardens looking nice and a year’s work can be wrecked with one game of ‘footie’.

CLEANING IN YOUR ROOMS

- Each hostel-keeper will make arrangements for the cleaning to be carried out in your room, there will be certain “vacuuming days” and on these days we would expect you to have cleared the floors (otherwise you may lose your favourite pair of socks up the hosepipe!).

FIRE PRECAUTIONS

- The fire alarms will be tested weekly at a certain time, look out for notices in your houses giving you details.
- Candles are strictly banned in all College Properties.

VISITORS AND GUESTS

- One guest (not more than one, except with Tutorial permission) may be accommodated in your room, provided that both your name and guest have been entered on the appropriate form or book, kept in the foyer of your College hostel.
- These forms or books must filled in on the night in question, so the hostel-keeper has an accurate list of who is staying overnight for the purposes of fire safety. In the unlikely event of a fire a role call will be carried out and these will be vital to ensure that everyone is accounted for.
- All visitors to the Hostels must be gone by 12 midnight.

If you have any questions about your accommodation or life living in a College Hostel, please feel free to email, or ring me, to have a chat.

The Housekeeper
housekeeping@cai.cam.ac.uk
**Glossary**

**BEDDERS:** The cleaners who look after Caius accommodation and clean your room.

**BOPS:** College event including lots of dancing and drinking, not to be missed!

**BUMPS:** Manic rowing races at the end of Lent and Easter terms (‘Lent Bumps’ and ‘May Bumps’ respectively) where the aim is to crash into anyone in front of you and avoid being hit by anyone behind you.

**CAIAN:** A member of Caius college.

**CUSU:** Short for Cambridge University Students’ Union. University-wide student representative body.

**CUPPERS:** Inter-collegiate competitions.

**EASTER:** The Summer University term, usually runs from May to July.

**ENTS:** Short for Entertainments, events put on around the colleges for students.

**GCSU:** Short for Gonville and Caius Students’ Union. Technically represents all students at Caius, but functionally it is the representative body for the undergraduates.

**GU:** Short for Graduate Union. Main representative body for graduate students on a University-wide basis.

**GYP ROOM:** Basically a kitchen.

**HARVEY COURT:** Another part of College accommodation, largely housing undergraduates. This is also where the MCR holds Bops and the Summer X.

**HERMES:** The University’s email service – all important faculty and College emails should be sent to your Hermes address.

**LENT:** The Spring University term, usually runs from January to March.

**MASTER:** The overarching head of the College, currently Professor Sir Alan Fersht. Referred to by all students as simply ‘Master’.

**MATRICULATION:** Formal ceremony at College in which you formally become part of the University.

**MAY BALL:** Massive, elaborate all-night parties held (usually) in May Week (i.e. in June). Pricey, but very much part of the Cambridge experience.

**MAY WEEK:** Week long party in June after exams have finished.

**MCR:** Short for ‘Middle Combination Room’. A protean abbreviation that can be used to refer to the entire Caius graduate body, the MCR’s Executive Committee, or either of the MCR Common Rooms located in Boonville Court or the basement of 1 Harvey Road.

**MICHAELMAS:** The autumn University term, usually runs from October to December.

**OLD COURTS:** The College’s main site on Trinity Street, comprised of Gonville Court, Caius Court and Tree Court.

**PLODGE:** Short for Porter’s Lodge, found at the entrance to the Old Courts and Harvey Court.
**PROCTORS**: University official in charge of keeping order around the University, e.g. by preventing people from walking on the grass.

**PWF**: Short for ‘Public Workstation Facility’, refers to the various computers provided for student use around College and Campus that are hooked up to the University network.

**RAVEN**: The University’s online authentication system, used to verify your identity for access to online databases and heaps of other things (such as the GCSU website).

**SQUASH**: The opening meeting of a University or college society in each year.

**SUMMER X**: Short for Summer Extravaganza, one of Caius MCR’s premiere annual events.

**TUTORS**: Every student is assigned a Tutor at College. Tutors are responsible for students’ general welfare, and can offer confidential help and advice. Tutors are available not only for consultation on all non-academic matters, but academic matters too!

**UNDERCROFT**: The area under the hall.