

CU SU

freshers'
guide
to cambridge

**CAMBRIDGE UNIVERSITY
STUDENTS' UNION**

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Hi, everyone!
Freshers' week is finally here, and we're super excited to welcome you to Cambridge.

I'm sure you're all feeling a mixture of excitement and nervousness about the year ahead, but don't worry there's lots of support available to you.

This guide is designed to make settling in to Cambridge as easy as possible. In it you will find lots of information on your students' union (CUSU), representation, sources of support, and even a handy jargon buster.

The main aim of CUSU is to make your time at Cambridge the best it can possibly be. We are here to push for change and to represent the student voice. To help us do that we are always really keen to hear from you, so do get in touch and get involved!

Have a lovely time at the Freshers' Fair and in Freshers' Week, and remember we're always here to support you. Best of luck for the next few years, I'm sure you'll do great!

Evie Aspinall (CUSU President)
and the CUSU Team xx



“As much as it may feel like it here sometimes, it's not a competition. Look after yourself, take time off, and most importantly only worry about your progress, not anyone else's. I promise you deserve to be here.”

JESS, TRINITY HALL, LAW, 2ND YEAR

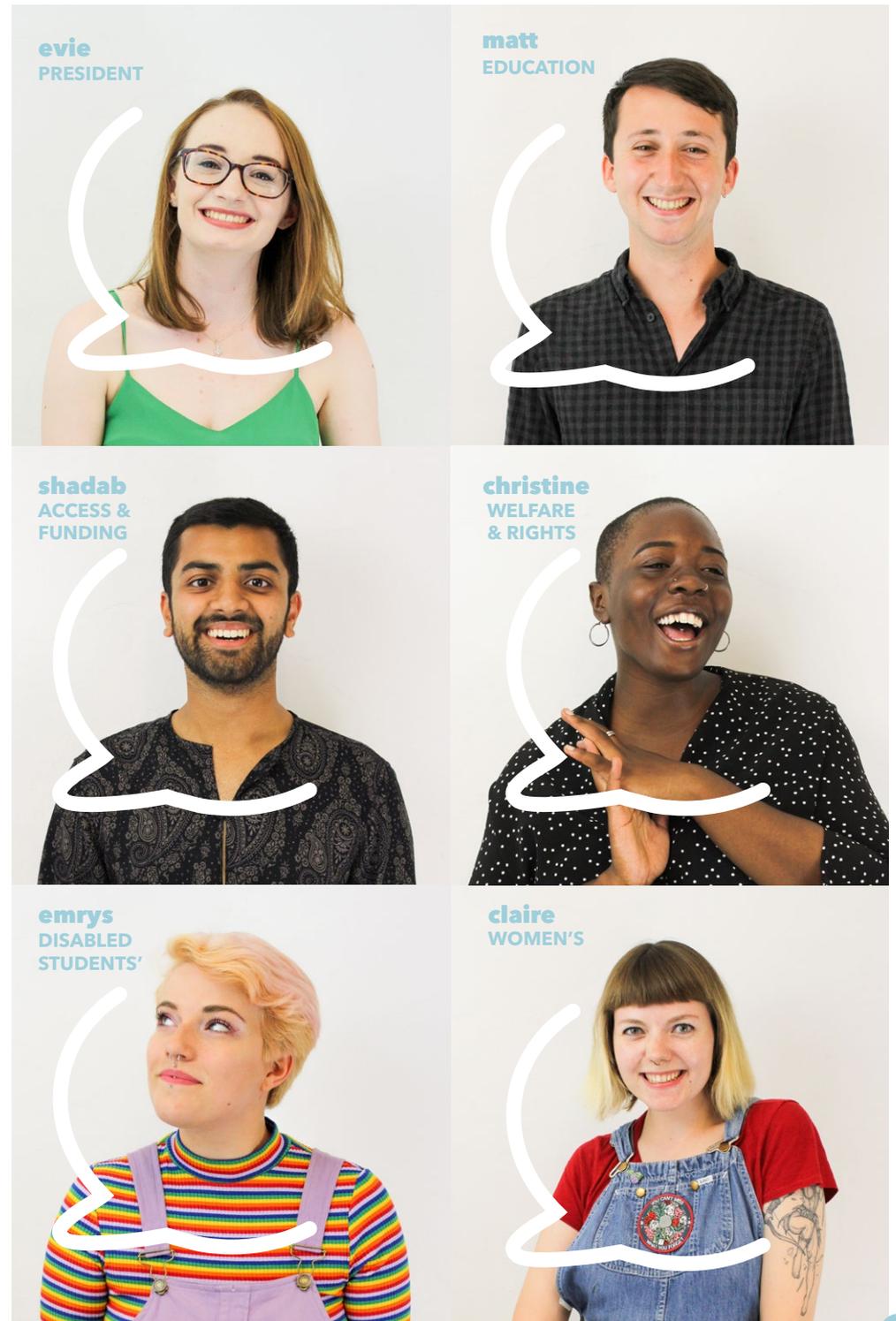
AS THE CAMBRIDGE UNIVERSITY STUDENTS' UNION,
**we are the overarching
representative body
for students at the university.**

THE CUSU TEAM IS MADE UP OF STAFF AND **6** ELECTED OFFICERS.

No matter your subject or college, whether you are an undergrad or postgrad, we are here for you.

Officers are elected from within the student body in Lent Term of every year and begin working full-time in July. We ran for these roles in order to make change and support students in the university which we understand well, having studied here, but we need to hear from you!

CUSU exists to represent your interests and ensure that you have a say in your university experience. Find out more about how we do that on page 20.



learn more about your

erie



president

facebook.com/presidentcusu
twitter: @cusu_president
president@cusu.cam.ac.uk

My job has two sides, a university-facing side and student-facing side. In essence, I act as a bridge between students and the University to help make Cambridge the best place it can be for students!

My top priorities centre around welfare, financial support, and addressing college inequality. I also want to make sure CUSU engages with a wide array of students to ensure that students really do have a voice.

I studied Human, Social, & Political Sciences at Pembroke College.

matt



education

facebook.com/matt.cusu
twitter: @CUSUeducation
education@cusu.cam.ac.uk

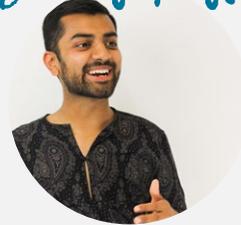
My job is Education Officer, so I'm responsible for representing students and campaigning on education related things.

My top priority is an overhaul of the faculty rep system so that all student academic reps are well supported and feel able to be political, work together, and bring about meaningful long-term changes.

I studied Philosophy at Robinson College.

sabbatical officers:

shadab



access & funding

facebook.com/shadabcusu
twitter: @cusuaccess
access@cusu.cam.ac.uk

My job is to ensure that everyone, regardless of background, feels comfortable and confident in applying to Cambridge. I also aim to bring the discourse surrounding access to current students, as it is a complex issue that permeates society in general.

My top priority this year is increasing the diversity and inclusivity of schemes the university runs. A lot of good work is being done, but these need to be more targeted to allow specific groups of students to benefit from the events.

I studied Natural Sciences (Chemistry) at Christ's College.

christine



welfare & rights

facebook.com/welfarecusu
twitter: @CUSUGUwelfare
welfare@cusu.cam.ac.uk

My job is to get to grips with exactly where/ why the current welfare system fails students and identify what can be done to ensure that student's rights to good health and wellbeing are protected while at this university. My role is joint with the Graduate Union.

My top priorities for the year are guidance and support for student parents and families, more thorough welfare training, intermission policy, and better mental health support.

I studied History of Art at Newnham College.

emrys



disabled students'

facebook.com/cusudisabled
twitter: @CUSU_Disabled
disabled@cusu.cam.ac.uk

My job is to represent and advocate for disabled students within the University, run events for disabled students and those who want to know more about disability, and to lead the Disabled Students' Liberation Campaign!

My top priorities are pushing for inclusive teaching; securing funding for medical evidence; empowering students to improve physical accessibility in their colleges and faculties; and increasing engagement with the Disabled Students' Campaign.

I studied Modern & Medieval Languages (French & Italian) at St. John's College.

claire



women's

facebook.com/claioresoskismith
twitter: @cusuwo
womens@cusu.cam.ac.uk

My job at CUSU is to organise the Women's Campaign. This takes many forms, from running social events to lobbying the university.

My top priorities are to campaign for material gains that will improve the lives of all women and non-binary students, such as reforming the trans admission policies at women's colleges and the current disciplinary procedures so they actually support those who report incidents of sexual misconduct.

I studied English at Selwyn College.

things to look out for this year

Be sure to visit our events directory on www.cusu.co.uk for information about dates, times, & locations.

FRESHERS' FAIR

2nd - 3rd October

Kelsey Kerridge Sports Centre & Parker's Piece

ELECTIONS

Part-Time Executive and NUS Delegate elections are being held **soon!** See page 22. Sabbatical Officer elections will be held in **mid-February**.

RECLAIM THE NIGHT Late Lent Term

COUNCIL

Council is the decision making body of CUSU. All students are welcome to attend! **The first council is Monday, 8th October at 7pm. facebook.com/cusucouncil**

STUDENT-LED TEACHING AWARDS

Nominations open at the **end of Michaelmas Term!**

SHADOWING SCHEME

Mentors needed! See page 35 for more info. **Early Lent Term**

CUSU and its campaigns also host

READING GROUPS

TRAINING

FORUMS

SOCIALS

For info on CUSU campaigns see page 27.

term dates:

MICHAELMAS
Tue 2nd Oct -
Fri 30th Nov

LENT
Tue 15th Jan -
Fri 15th Mar

EASTER
Tue 23rd Apr -
Fri 14th Jun

services we offer

As well as representing you within the University, we offer a whole host of FREE or near cost price services for all students.

Students' Unions' Advice Service (SUAS)

In partnership with the Graduate Union (GU), we provide a free advice service for all Cambridge students. See page 16 for more information.

The CUSU Print Shop

The CUSU Print Shop offers cheap self-service: **PRINTING | BINDING | LAMINATING | SCANNING | COPYING**
The Print Shop is located at CUSU reception and is open every weekday. At present, we can only accept cash payments.

Bike Safety Kits

We offer an all-in-one package (helmet, lock, lights, high-vis, and a bell) to help you stay safe on the roads.

CUSU Mail Service (CUSU-MS)

A FREE service set up by CUSU to allow students and societies to send mail between colleges. Mail can be posted from a post-box in your College's porters' lodge in most cases.

Sexual Health and Welfare Supplies

CUSU provides students with a range of free sexual health supplies and tax-free sanitary products. You can collect yours at our office on 17 Mill Lane or talk to your Welfare Officer about ways to access them in your college.

Gown Hire and Purchase

The Graduate Union (GU) offer a range of gown hire and purchase options to all students.

Room and Equipment Hire

Our space has bookable rooms for societies, including a large lounge!

For more information of any of these services, please visit our website: www.cusu.co.uk



Reception, where you can access our services, and The Students' Union Advice Service (SUAS), are on the first floor along with the Graduate Union Offices.

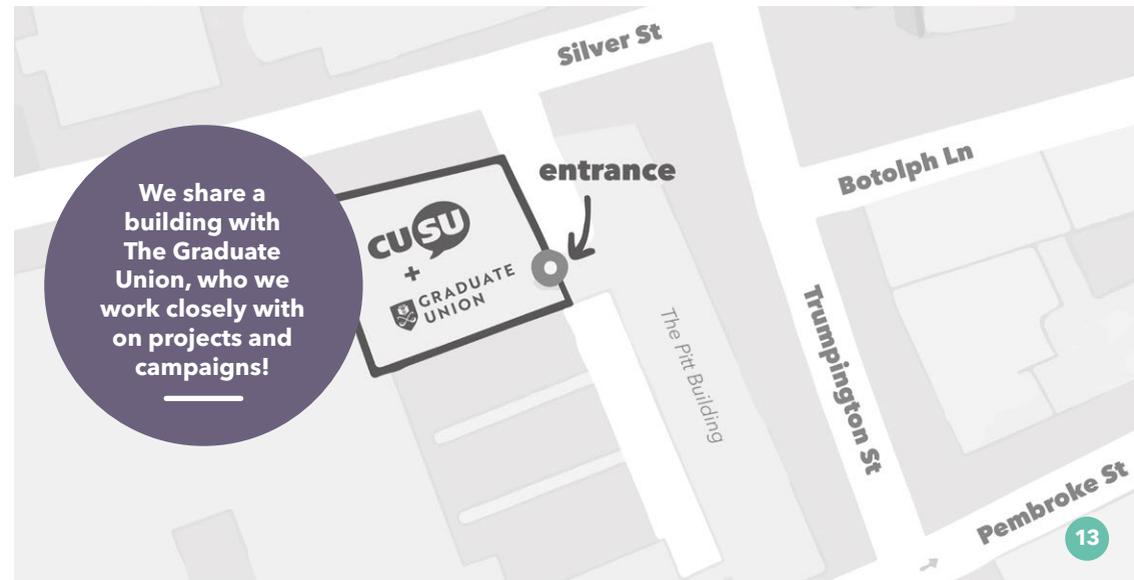
The CUSU Offices, where your Sabbatical Officers work, can be found on the lower ground floor. This is also where you'll find RAG (Raise & Give), TCS (The Cambridge Student Publication), and SCA (Student Community Action).

There is step, lift, and ramp access to the building and gender neutral toilets.

Our address is:



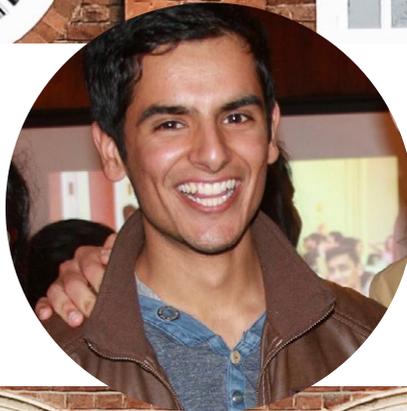
17 Mill Lane
Cambridge
CB2 1RX





“ I felt pretty awkward in Freshers’ Week and most of first term actually. With hindsight now I realise a lot of people did too - don’t stress if settling in takes some time. ”

AKIL, ROBINSON, ENGINEERING, 3RD YEAR



getting around

bikes

Cambridge is quite small, and so most places can be walked to if you’re able to or feel up to it. Because of its size, Cambridge has fostered a bit of a cycling culture, and using a bike is incredibly common here, even for relatively short distances.

There are many bike shops to choose from, and some do rentals if you want to try out cycling or have family visiting, but **the best deal you’re going to get will be from the bike stalls present at the CUSU Freshers’ Fair.**

If you’re apprehensive about cycling, or need a quick top up, keep an eye out for cycle safety and training workshops!

buses

Buses in Cambridge are fairly regular, and are great for getting to further away places like the West Cambridge site where there are lectures, labs, and the University Sports Centre, or if you need to go to Cambridge’s hospital, Addenbrookes.

Buses can be quite pricey, even for short journeys, so it’s often worth getting a day ticket, which is around £4. Don’t forget though, there is also the Uni ‘U’ bus that has tickets from £1.

Information on Cambridge’s various bus services can be found here: www.cambridgeshire.gov.uk/residents/travel-roads-and-parking/buses/bus-timetables/

taxis

While not cheap, taxis can be a lifesaver. Cambridge has multiple taxi companies, and it’s always good to have the number of at least one saved in your phone for emergencies. Here are the numbers for a couple of companies:

- Panther cabs: 01223 715 715
- Camcab: 01223 704 704
- A1 Cabs: 01223 313 131

struggling to settle in? feeling homesick? problems with college? mental health worries? exam woes?

THE STUDENTS' UNIONS' ADVICE SERVICE (SUAS) OFFERS FREE, CONFIDENTIAL, AND INDEPENDENT ADVICE, INFO, SUPPORT, AND REPRESENTATION TO ALL CAMBRIDGE UNIVERSITY STUDENTS.

Their friendly, professionally trained team of advisors are here to chat about any concerns you might have during your time at Cambridge - from academic issues and taking time out of your studies, to personal issues and resolving disputes, and everything in between!

They'll help you explore your options, support you in resolving problems, and can also represent you within your college or the university.

Drop them an email or a phone call, or pop into their drop-in sessions! They can advise you by email or phone, or arrange an in-person or Skype appointment. SUAS is located at 17 Mill Lane and are open 9 am - 5 pm Monday to Friday year round. Drop-in sessions are from 12 pm - 2 pm on Tuesdays and Thursdays.

**Students'
Unions'
Advice
Service**

**www.studentadvice.cam.ac.uk
advice@studentadvice.cam.ac.uk
01223 746999**

finances

Lots of financial support is available at Cambridge. The University and colleges are committed to the belief that no one should have to leave due to financial difficulties.

University-level support

The Cambridge Bursary Scheme offers students non-repayable grants of up to £3,500 annually. The exact amount you will be eligible for is dependent on household income.

The Cambridge Bursary is given to students in addition to any other funds received from the government. Instead of having to apply for it, you will have been automatically assessed by the Student Loans Company as part of your application for student finance. More information on these sources of finance can be found on the faculty/department websites.

College-level support

In addition to support available at University-level, your college may also have a number of funds which you can access to help with:

- Academic-related costs
- Accommodation
- Travel for academic work
- Unforeseen financial circumstances

Part-time jobs

There are a number of ad hoc paid opportunities within your college such as working behind the bar and helping out with interviews - these are also great ways to meet new people.

Faculties such as Engineering and Psychology often run paid research studies throughout term time. The studies are easy to sign up for online and typically do not require you have any prior knowledge.

CAMBassadors

This is a scheme to help run access events throughout the year. It is very flexible and you can sign up for sessions that work with your timetable. Lunch from Nanna Mexico is also included if working longer shifts!



sources of support



COLLEGE:

All undergraduates have a **Director of Studies (DoS)**, who is familiar with your subject and department and helps oversee your academic welfare and progress. **Tutors**, on the other hand, are a source of pastoral support, and can signpost you to other places (from mental health to finance) to ensure your wellbeing.

If you have trouble approaching them, you will also have **JCR or MCR Welfare or Liberation Officers** who run welfare initiatives in your college and can provide solidarity and more social opportunities for support.

Most colleges have a **Nurse**, who is often well trained in mental health, and can chat about any medical or personal problems. Many colleges also have a **Chaplain** who can provide emotional, pastoral, and spiritual support, regardless of your religion or beliefs.

COMMUNITY

GPs are usually a port of call for non-emergency health and medical support. **Lime Tree Clinic** also provide contraceptive and sexual health services and testing.

Cambridge Rape Crisis provides support for women and girls who are survivors and victims of sexual assault, and has resources both online and at their centre on Mill Road. **Cambridge Samaritans** is a listening line that can be great when you just need someone to talk to - you don't need to be suicidal to call them.

EMERGENCIES:

College porters are trained to deal with emergencies and can act as an intermediary between the college and the emergency services.

However if you are in a medical emergency you should ring **999** to request an ambulance or go straight to the Accident and Emergency Department at **Addenbrooke's Hospital**.

For urgent but not life-threatening medical situations, dial **111** and select 'option 1' for Out-of-Hours GP service or 'option 2' if you are experiencing a mental health crisis.

Seeking support is always a positive and proactive step forward, and there are many support services available to Cambridge students on the college, university, and community level.

UNIVERSITY:

In terms of pastoral support, the **University Counselling Service (UCS)** provides students with free counselling, workshops, and group sessions. There is also a specialist **Sexual Assault and Harassment Advisor** based within the service who provides emotional and practical support for incidents of sexual violence. However, if you need to talk to someone at night, there is **Nightline**, a student-run anonymous listening line that runs from 7 pm to 7 am during full term.

The **Disability Resource Centre (DRC)** is also a great source of support, and you don't need to have a disclosed disability or even have a diagnosis to access their services. They provide everything from guidance on assessments and reasonable adjustments to study skills mentors and much more.

The **Students' Union Advice Service (SUAS)** provides free, confidential, and independent support for all Cambridge University students - from academic-related issues and mental health issues to dispute resolution and University/College regulations.

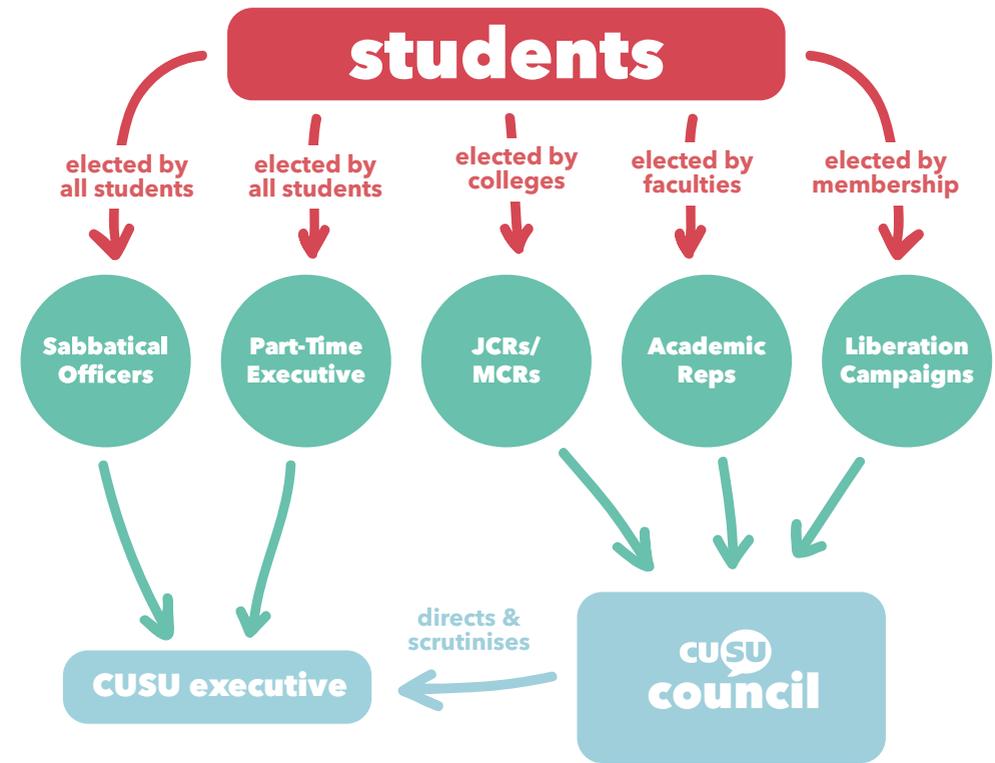
A **Childcare Office** for students and staff with children, which provides information on nurseries and support, is also available.

representing you

CUSU's role is to protect the interests of students at Cambridge. We spend our time campaigning, representing students on university committees, and making decisions about CUSU's future. We have an important role in shaping how the University looks and making sure that your time at Cambridge is the best it can be.

To help us do this **we rely massively on student input. We want to make sure that the work we do reflects what students in the university want. As such, there are a variety of different channels through which you are represented in CUSU.** This is shown in the diagram on the right.

You have the opportunity to get involved with CUSU at many different levels and we are always keen to have more student input. If you have any thoughts on University or CUSU policy come along to CUSU Council or speak to one of your elected representatives who are always keen to listen.



part-time executive

Being a part of the Part-Time Executive is a fantastic way to work closely with your elected officers and concentrate on creating change in a specific area of student life.

Full-time Sabbs are often the most visible part of CUSU's work, but the campaigns we run depend on our network of volunteer students. While you would work on a specific campaign throughout the year, you would also be a part of an active team which campaigns to shape the future of both CUSU and Cambridge University. The five PTE Teams correspond to different sabbatical and part-time officers:

Union Development Team

led by the President, Evie Aspinall

Works on: improving and sustaining the governance and democracy of CUSU

Education Team

led by the Education Officer, Matt Kite

Works on: making changes relating to academic issues affecting students and campaigning on national issues relating to higher education such as tuition fees

Access and Funding

led by the Access and Funding Officer, Shadab Ahmed

Works on: campaigns related to improving access to Cambridge, such as rent cuts, barriers to minority groups, and college provisions

Welfare and Rights

led by the Welfare and Rights Officer, Christine Pungong

Works on: campaigns relating to student wellbeing such as mental health, student parents, and self-care

Ethical Affairs

led by the Ethical Affairs Officers, Alice Gilderdale and Jake Simms

Works on: campaigns relating to the environment and the relationship between the university and the local area or wider world. **Interested in running? Elections will take place soon! Visit www.cusu.co.uk for information.**

There are also three representative roles on the PTE: Mature Students' Officer, Part-Time Students' Officer, and Student Parents Officer.



“ Not everyone learns and works the same way! Don't be intimidated - ask for what you need to be able to work well, whether that's seating arrangements or content warnings for lectures. There are plenty of points of contact inside and outside of college to help. ”

MIA, TRINITY, THEOLOGY, 3RD YEAR



“ When I got my results, I immediately began to panic that I wouldn't be smart enough for Cambridge and that I'd fall behind my peers. However, my first year allowed me to learn so much about myself socially and academically! There's so much to explore in Cambridge and support in the way of friends, college, and societies that once I gave myself a chance, university became another home to me. ”

ROSLYNN, CHRIST'S, HSPS, 3RD YEAR

sports clubs & societies

Cambridge has close to 1,000 student-run clubs and societies both university wide and within colleges. This means that there is a chance for you to get involved at whatever level suits you.

CUSU runs a directory where all clubs and societies can have a page advertising what they do and publish their events. You can find all of this via the directory on our website. www.cusu.co.uk/directory

Students often say that it was being a part of club or society that really made their time at university. There are groups to suit all interests. If you think something is missing, you can start your own!



“Dancing was one of the best parts about my time at Cambridge. Not only was it great exercise and a way to make friends outside of college, it was a good way to escape from work and relax!”

EVIE ASPINALL, CUSU PRESIDENT
Member of Cambridge University's Dancesport Team for 2 years



Photo by Giorgio Divitini

jcrs & mcrs

Your college JCR / MCR is likely to have a big influence on your time at Cambridge.

Although JCR technically stands for “Junior Common Room” and MCR stands for “Middle Common Room,” they are not rooms! They are elected student committees who represent the students of your college and organise college events.

JCR and MCR committees vary between colleges but they are generally led by an elected president along with a range of other elected officers, each with a particular focus – such as welfare, accommodation, or ents.

Elections are held every year, giving you a chance to get involved! Some of your JCR/ MCR representatives will also represent you as voting members at CUSU Council- the body which sets CUSU’s policy and holds our elected officers to account. Talking to your JCR / MCR representatives is therefore one way that you can communicate your ideas about CUSU or Cambridge! Once something is voted in at CUSU Council, it becomes CUSU policy and we campaign for it.

To find out more about your JCR or MCR look for their website or Facebook page. You can find a list of these on the CUSU Freshers website:

www.freshers.cusu.co.uk/connect





faculty reps

Faculty Reps are the voice for the students on their course and therefore have lots of opportunities to make change in their departments. Reps sit on Faculty Boards, which are the governing bodies for teaching and research for each subject. This gives faculty reps a unique insight into the decision making around course content, delivery and examination among other academic matters. Faculty reps consult with students and advocate for them at a faculty level, as well as organising and supporting campaigns led by students. Issues such as decolonising curricula, physical accessibility of faculties, inclusive teaching and assessment, and course structure are all recent campaigns, but there is no one way to be a Faculty Rep!

CUSU trains & supports Faculty Reps. The Education Officer provides reps with training and resources, including introductory sessions and issue specific workshops, as well as more informal support throughout the year. There is also a regular forum for Faculty Reps which provides a chance to share successes and advice, discuss issues that span different faculties, plan joint campaigns, and propose policy to mandate the Education Officer.

If you care about improving the education and opportunities that Cambridge offers for all students and are passionate about students having the power to make change in their academic life, then you should think about standing to be a rep at the elections in Michaelmas.

For more info check out www.cusu.co.uk, or get in touch with Matt Kite, Education Officer at education@cusu.cam.ac.uk. You can also get in touch with your Faculty Secretary who will be able to explain the election process.



liberation campaigns

Liberation Campaigns represent and campaign for marginalised students and the issues that affect them throughout the year. Whilst being supported both financially and pastorally by CUSU, they are politically autonomous from CUSU.

The campaigns organise their own events throughout the year ranging from issues such as 'Decolonising the Curriculum' to panels on gender equality and feminism.

They are a great way to get involved in political organising, meet others from marginalised backgrounds, and get involved in student activism.

The five liberation campaigns are:

- **Black and Minority Ethnic Students Campaign (BME)**
- **Disabled Students Campaign (DSC)**
- **International Students Campaign (iCUSU)**
- **Lesbian, Gay, Bisexual, Transgender Students+ Campaign (LGBT+)**
- **The Women's Campaign (Womcam)**

black & minority ethnic

The CUSU BME Campaign is a liberation campaign which aims to cater for the specific issues and needs of black and minority ethnic students. Our definition of 'BME' is inclusive of those who are from African, Asian, Arab, Caribbean, indigenous American and Pacific Islander descent or of mixed ethnic backgrounds. The campaign is a really fun and engaging way to be involved with social impact work and activism at Cambridge! Our work ranges from efforts to decolonise the curriculum and knowledge production at the University, to access initiatives aiming to increase the representation of BME students. We also take up a welfare role and are ready to provide any kind of support in cases of racist incidents or discomfort. Make sure you get involved in this great campaign if you care about raising awareness for racial causes, or if you just want to learn more about operating and functioning as a BME student in this institution!

 @cambridgebme  cambridgebme  /cambridgebme

Beginning your journey in Cambridge can be super challenging as a woman of colour. As an international [student], I was not ready for the racial injustice I saw throughout the university. Thus, the BME Campaign played a huge role in my life here; it gave me a chance to meet people I can relate with on a whole other level and it helped me realise the importance of the campaign in highlighting issues of racial inequality and unfairness in the university. Decolonising several faculties has been one of its major aims and it is one that is really close to my heart. The BME Campaign is shaped by us! Please do join in! It's more than just a campaign; it's a family.

AREEG, TRINITY, ENGINEERING, 2ND YEAR



The DSC is the organised voice of disabled students at Cambridge University. We were founded in 2010, and we've had a full-time CUSU sabbatical officer since 2016. All disabled students are members of the campaign, and the DSO is mandated to work on their behalf to enact change and help organise with disabled students at the University.

'Disability' is broader than most people realise. Legally, it's any condition that significantly impacts you day-to-day on a long-term basis - that means mental health conditions and specific learning difficulties like dyslexia, autism spectrum conditions, chronic health conditions, etc. If you think it might 'count,' it probably does!

The DSC holds open meetings, or 'forums', twice a term. Forums are our decision-making body as a campaign, but are also a social space - somewhere to come and chill out, vent, and make friends with other disabled students (and there are always snacks!). If your college JCR or MCR has a disabled students' officer, they should hopefully be attending DSC forum regularly.

We also have an elected committee who work together to run many campaigns and events! Keep your eyes open this year for film screenings, social groups, and the 'welfare is political' series in collaboration with the Welfare and Rights Officer.

Whether you identify as disabled or not, join the mailing list to hear about everything that's going on throughout the year - and always feel free to drop me an email (disabled@cusu.cam.ac.uk) or Facebook message!

**Emrys,
Disabled Students' Officer**

 /CUSUDisabledStudents www.disabled.cusu.cam.ac.uk



international students'

CUSU International (iCUSU) is a liberation campaign within CUSU and is the umbrella body for all international societies and students at the University of Cambridge. They serve as a hub for all international activities in Cambridge, whilst looking out for the rights and wellbeing of international students.

In the coming year, iCUSU will continue to celebrate multicultural diversity through various social and cultural events, such as International Freshers' Week, International Food Festival, iCUSU Bridgemas Party, and more.

If you wish to collaborate with iCUSU to promote international culture, international welfare, international access in forms such as society events, campaigns, or student projects, we would love to help! We welcome initiatives from individuals, societies, college representatives, and non-for-profit organizations. Please contact our members via the emails below, or via Facebook.

 /iCUSU | www.international.cusu.cam.ac.uk

Chair: Yue Pan (yp258) international-chair@cusu.cam.ac.uk



Coming from the 'outside' doesn't mean you have to stay disconnected with local issues. Being abroad for uni is a fantastic opportunity to learn about a new society and culture. Through volunteering in the social action sector in Cambridge, I've learned a lot about the range of social issues in the UK and even ended up interning for a startup working on British youth development.

JENNIFER GUAN, PEMBROKE, HSPS



lgbt+ lesbian, gay, bi, trans

There is a thriving LGBT+ community in Cambridge. CUSU LGBT+ exists to safeguard and support the interests of LGBT+ students, as well as providing opportunities for the LGBT+ community to socialise.

Events: We hold a large variety of events, including drinks, bar crawls, outings, campaigns, swaps, coffee meets, speakers' events, discussion groups and movie nights. We also organise the yearly Rainbow Ball and LGBT+ garden party at the end of Easter Term. Be sure to pick our term card at our stall during the Freshers' Fair or to look it up online!

Welfare: There are LGBT+ representatives and welfare officers on the JCR/MCR Committee of each college. A list of contacts for LGBT+ College Reps can be found on the CUSU LGBT+ website. Additionally, CUSU LGBT+ has its own welfare officer, as well specific representatives for women, graduates, mature students, BME, disabled, asexual, aromantic, bi, pan, trans, and non-binary people. If you are experiencing any issue at Cambridge, please contact any of these people. An anonymous form is also available on the website: www.lgbt.cusu.cam.ac.uk/lgbtphobia-contact-form/.

Coming out: If you would like to be involved with the LGBT+ community at Cambridge but you are not publicly out yet, feel free to sign up to our mailing list, which does not divulge email addresses. We also have a secret CUSU LGBT+ Facebook group, for all those who wish to avoid outing themselves publicly on Facebook - if you want to join it, contact the committee on Facebook or at lgbt@cusu.cam.ac.uk.

www.lgbt.cusu.cam.ac.uk | email: lgbt@cusu.cam.ac.uk

 /lgbtcusu

“ Visiting the CUSU LGBT+ stall was one of the best things I did in Freshers' Week. I felt instantly involved with the community, thanks to signing up to the parenting scheme, and it was so affirming to have a space where my identity was accepted and not interrogated.”

**CAIT FINDLAY
ENGLISH
LITERATURE
CUSU LGBT+
CHAIR
3RD YEAR**



women's campaign

The Ethical Affairs Campaign is here to campaign for a more fair and sustainable University.



ethical affairs CUSU CAMPAIGN

The Women's Campaign is a liberation campaign headed by the CUSU Women's Officer. It was set up in 1970s with a consciousness raising group, a reading group of feminist theory and a weekly meeting to plan campaigns. In 1993, a paid sabbatical women's officer was created following the resignation of the student officers over unpaid labour. We are an intersectional campaign that works to tackle all forms of misogyny and includes those from different ethnic, religious, and class backgrounds as well as trans women, queer, lesbian, disabled women, non-binary people, and those who are student parents.

Every woman and non-binary person is automatically a member of the Women's Campaign when they are admitted to Cambridge University. If you are a woman or non-binary person, come to our start of term social in October and forum every Thursday, where we use consensus-based decision making to determine the direction of the Campaign. Forum usually takes place in 17 Mill Lane above the CUSU offices.

The Women's Campaign has campaigned for compulsory consent workshops, organises the annual Reclaim the Night march, raises funds for important feminist causes, such as supporting Irish students to return home to vote in the Repeal the 8th referendum, and keeps pressure on the university to change its attitude to systemic sexual misconduct. Through forums and events, we provide a community of women and non-binary people who offer each other solidarity and support in fighting for liberation both inside and outside of the university.

The Women's Officer for this year is Claire Sosienski Smith: add her on Facebook, follow her on @CUSUWO, and like the CUSU Womcam Facebook page for updates.

 @CUSUwomen  /CUSUWomen  cusuwomen

We have three focus campaigns, but also promote the work of other activist and environmental groups, and are keen to help get as many people involved in campaigning for progressive change as possible.

Cambridge University aims to be a leading institution. We believe that our role as members of the University is to hold the University to account and ensure that it prioritises its ethical and moral responsibilities in its investments and relationships with staff, students, and the local community.

This term, we will be focusing on three crucial campaigns:

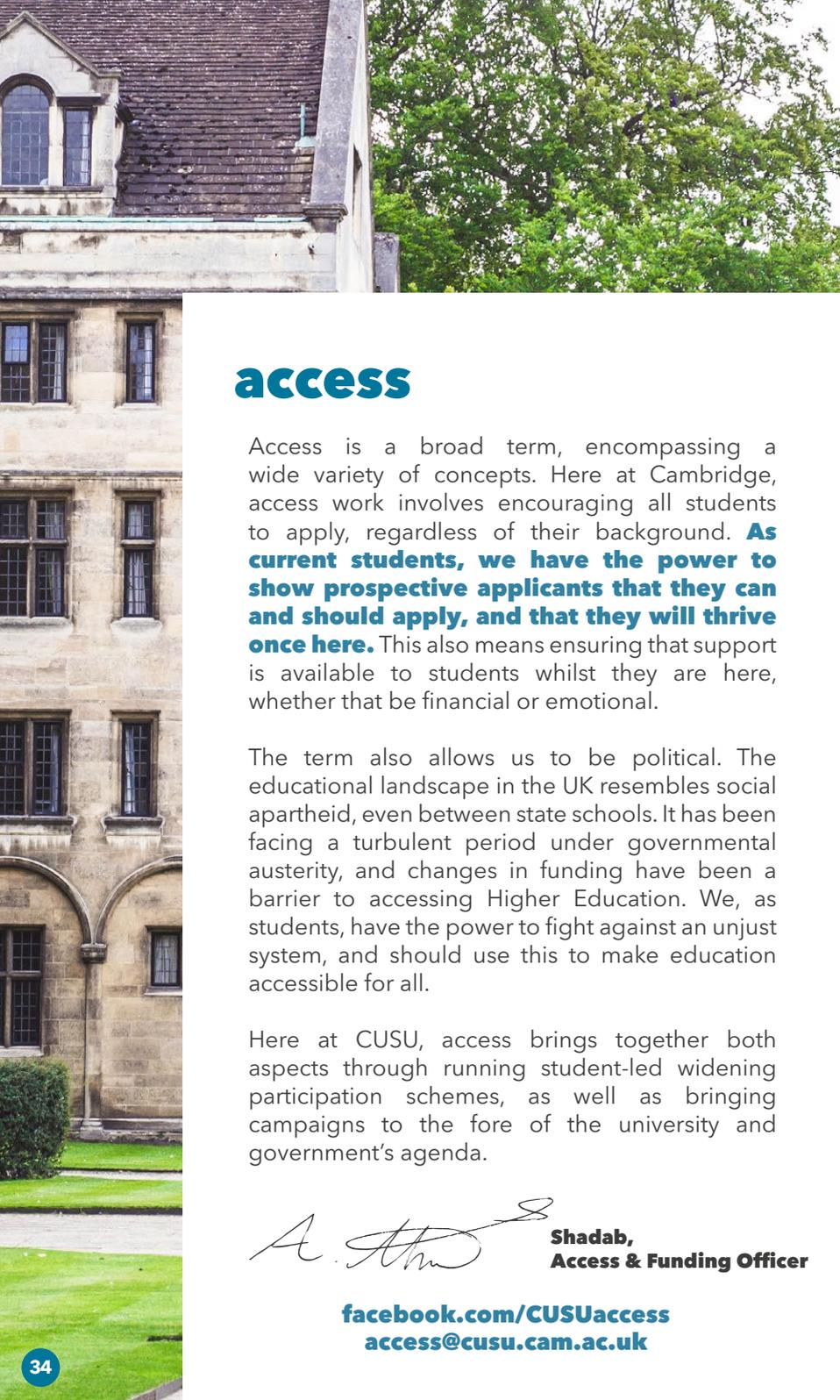
- **The Living Wage Campaign:** Campaigning for all colleges to provide low-paid staff with fair wages and gain Living Wage Accreditation
- **The campaign for Divestment:** Supporting Zero Carbon's ongoing campaign for the University and its colleges to divest from fossil fuels
- **The Period Poverty Campaign:** Collaborating with the Women's Campaign, we will be supporting the period poverty campaign and promoting the use of sustainable menstrual products

No matter what you're interested in, there will be a campaign for you. The campaigns are very accessible, open to everyone with no prior knowledge required! If you would like more information about a campaign, or want to set one up, then get in touch - we're here to help!

We will also be supporting college level campaigns, with introductory sessions being run across colleges in Michaelmas, so please get in touch if you want to start a campaign at your college. You can like us on Facebook, or send us an email: ethicalaffairs@cusu.cam.ac.uk

 /EthicalAffairs

We look forward to seeing you soon!
Alice and Jake (Ethical Affairs Officers)



access

Access is a broad term, encompassing a wide variety of concepts. Here at Cambridge, access work involves encouraging all students to apply, regardless of their background. **As current students, we have the power to show prospective applicants that they can and should apply, and that they will thrive once here.** This also means ensuring that support is available to students whilst they are here, whether that be financial or emotional.

The term also allows us to be political. The educational landscape in the UK resembles social apartheid, even between state schools. It has been facing a turbulent period under governmental austerity, and changes in funding have been a barrier to accessing Higher Education. We, as students, have the power to fight against an unjust system, and should use this to make education accessible for all.

Here at CUSU, access brings together both aspects through running student-led widening participation schemes, as well as bringing campaigns to the fore of the university and government's agenda.



**Shadab,
Access & Funding Officer**

facebook.com/CUSUaccess
access@cusu.cam.ac.uk

CUSU Shadowing Scheme

The CUSU Shadowing Scheme is an annual event that has been running since most of you were born! That's 18 years of inviting prospective applicants to shadow current students in lectures and supervisions, as well as partake in social activities. If you want to help level the playing field and encourage students to apply, by giving them a true insight into life at Cambridge, then please volunteer for the Shadowing Scheme! This will be running in weeks 2-4 of Lent Term 2019. Please sign up to be a mentor at bit.ly/2oB13cn.

Want to help?
Sign up to be a
mentor!

CambTweet

Another way of providing insight to prospective applicants is through twitter. Keep an eye out for applications to run the Twitter account for your subject, tweeting about your day-to-day activities.



Target Schools

This is a way to visit your old school and those nearby in order to talk to students from your local area. It's an incredibly powerful way to motivate students when they see someone who was in their shoes not so long ago. Sign up at www.target.cusu.co.uk! Training will be provided.

Class Act

Class Act is a campaign that represents students who identify as working class in some form and will campaign on issues affecting these students on both a university and national level. It will also act as a network for students with similar experiences to support each other and discuss issues of class, educational background, and socio-economic privilege which often feel taboo at Cambridge. Follow us on www.facebook.com/CUSUCLASSACT and get involved!

InsideUni

The Cambridge application is surrounded by unclear information. As students, we have the power to change this. InsideUni is a crowdsourced student website containing free, reliable Cambridge application information. Interested? Help us out with some content at insideuni.org

jargon buster

ASNaC

Pronounced 'azz-nack' - Cambridge slang for the study and students of Anglo-Saxon, Norse and Celtic

Buttery

College cafeteria selling hall food (not to be confused with Formal Hall)

Cuppers

Intercollegiate sports tournaments which occur at least once a year

Downing Site

A university site on Downing Street and Tennis Court Road. Home to a number of departments in the biomedical sciences

The Fens

A large area of meadow that runs from the back of The Mill pub all the way to Hodson's Folly

Intermission

Pause academic studies for a period of time for personal reasons

Bop

Short for 'big organised party' usually put on by college entertainment officers

Cindies

A club currently named Ballare, which is infamously popular amongst Cambridge students, particularly on a Wednesday

DoS

Director of Studies - usually a Fellow who oversees your academic studies

Fellow

An academic affiliated to a college

Hostel

A college residential building away from the main College building

JCR

Junior Combination Room - college-level student union representing the undergraduate student body

May Week

A week of parties and balls to celebrate the end of exams. May Week used to be in May, now it's in June

NatSci

Pronounced 'nat-ski' - Cambridge slang for the Natural Sciences Tripos and students who study it

Pidge

Your college pigeon hole

Queens' Backs

The grassy area behind Queens' college on Queen's Road

TCS

The Cambridge Student. A student-run publication based in 17 Mill Lane

KFC

Kitchen Fixed Charge - not the popular chicken shop! A fixed sum typically added to your college bill to subsidise the canteen

MCR

Middle Combination Room - college-level student union representing the graduate student body

Parker's Piece

An open space in Cambridge regarded as the birthplace of Association Football

Plodge

Your college Porters' Lodge

Stash

Clothing associated with a club or society

UL

The University Library

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schemes
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advice

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It's never too early to consider the future!
Boost your employability and meet
recruiters at the CUSU Careers Zone
within the Parker's Piece marquee. Check
out the full insights stage schedule at:

www.freshers.cusu.co.uk/careers

NEWTON

Making a competitive application - Insights into life as a Newton consultant, what we are looking for and how we look for it.

Tues Oct 2nd @ 12pm

milkround

Stay informed, get noticed and find your path with Milkround!

Wed Oct 3rd @ 1pm

not to mention...

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Careers insights zone



Don't forget to pick up a copy of the 2018/19 Careers Guide produced in conjunction with the University of Cambridge Careers Department from the careers zone. Missed out? A digital download is available at: www.freshers.cusu.co.uk/careers

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MRC Cognition and Brain Sciences Unit

UNIVERSITY OF CAMBRIDGE

Student Brains Required

We need people aged 18-30 to take part in our research.

You would be asked to complete computerised experiments or take part in brain scanning studies.

We will pay you £6 or £10 per hour depending on the type of study.

You will receive a picture of your brain if you take part in an fMRI brain scan.

<http://www.mrc-cbu.cam.ac.uk/take-part/>

The MRC Cognition and Brain Sciences Unit is one of the world's leading centres of research looking at the brain's phenomenal capacities in language, memory, perception, reasoning and creativity. We also study the effects of brain injuries and mood disorders, looking for new ways to help people regain function.

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