welcome to
GONVILLE & CAIUS

This is a student written guide to life at Caius - we hope you find it helpful! There is no ‘bad’ college choice – in fact, they’re all really great. This can make your decision even more difficult, so we’ve provided a few simple reasons why Caius might be for you:

THE QUICK SELL

COMMUNITY
All colleges have a good sense of community, but Caius’ is strong because the freshers all live together in Harvey Court and Stephen Hawking Building. Additionally, students eat dinner in college more frequently than students at other colleges.

LOCATION
Caius is right in the centre of town. You will have easy access to all shops and restaurants without having to ever walk a long distance!

SIZE
Caius is the third-largest college (measured by undergraduate population). Each year has roughly 170 students, so you’ll know most people’s names while still having a wide range of potential friends.

ACCOMODATION
Caius offers some of the top accommodation end in comparison with other colleges (especially our fresher accommodation which is all en-suite).

SPORTS & MUSIC
We have a good reputation for sport with bursaries available. For example, we have a brand new boathouse and made it to the finals of the intercollegiate Rugby tournament. Likewise, our choir is one of the world’s renowned mixed collegiate choir. We have choral and organ scholarships available.

LIBRARY
Voted the best library across both Oxford and Cambridge University.
I applied to Caius as it is one of the larger colleges by number of students which means that each year group is a great mix of different characters and personalities as well as a real community. Also, I applied to Caius as sport at the college is really well organised both competitively and recreationally. In my week, I will usually wake up between 9 and 11 depending on whether I have morning lectures (I only have 2 each week!). I will then either read in preparation for a supervision essay or will be in the process of writing one.

I mainly chose Caius because it has a great choir, as well as being a central college. The number of students is good too and everyone is super friendly! I get up for lectures at 9am and then head to the library before lunch. I spend the afternoon either in the lab or writing an essay, then head off to choir practice before dinner in the evening. After dinner, I play sport or go to the gym and then have time to socialise and see friends before bed. At the weekends I play college hockey and netball, which is fab because there’s no training and no pressure but a great way to meet people!

I have two one-hour lectures every weekday, and labs most day as well. If my first lecture or lab starts at 9, I generally get up by 8, get ready and then walk to the department with some other engineers. I’m usually done by 1, at which point we go and get lunch somewhere before going back to Harvey Court. Some days I have rugby training or a supervision, but I try to plan my work around that. I usually go to dinner at 7 (usually at Hall with mates), and then depending if I want to go out or not, I’ll finish off my work around 9/10 then go out or to bed.
I’m Nathalic, the President of the Gonville and Caius Students Union. I study Politics and Sociology and I have just finished my second year. The GCSU represents the interests of the student body and serves as a channel of communication between the students and the staff and Fellows of the College. The GCSU supports and provides services for students in a variety of ways: it provides welfare activities, including ‘welfare tea’ and ‘art ‘n’ chill’ sessions; works with College to organise access initiatives; is a platform for minority groups within College; aims to improve day-to-day life at Caius in areas such as accommodation and food; and, our Ents team organises bops (our word for a College party) and other events throughout the term. Recently, we hosted our annual garden party which included a barbecue, music and bouncy castles! The GCSU is one of the primary points of contact for students during Freshers’ Week and we are all useful sources of information about how things works in College Getting involved with the GCSU is a great way to give something back to the College and help your peers. There are a range of exec and co-opted roles on the committee:

**THE EXEC**
- President
- Vice-President
- Secretary
- Treasurer
- Access Officer
- Entertainment Officers
- Freshers Representative
- Food & Bar Officers
- Green Officer
- LGBT+ Representative
- Male & Female Welfare
- Women’s Officer
- Publicity Officer
- Housing Officer

**CO-OPTS**
- Bar Officers
- Computer Officer
- International Officers
- Disabilities Officer
- Charities Officer
- Co-Opted Freshers’ Rep (Logistics, Communications)
- Co-Opted Freshers’ Rep (Entertainment)
- Co-Opted Access Officer
WHO WE ARE

Nathalie Holloway  
President

Gordon Hao  
Vice President

Georgie Moore  
Secretary

Sean Jones  
Treasurer

Hephzibah Adegosun  
Access Officer

Mariah Donnelly, Charles Wells, Lachie Jobling, Ellie Langton  
Ents Officers

Reiss Akhtar  
Freshers’ Rep

Honey Thomas & Lucian Clinch  
Food & Bar Officers

Jemma Fendley  
Green Officer

Matt Coote  
Housing Officer

Nadia Razali  
LGBT+ Officer

Shefali Pandhi  
Publicity Officer

Matilda Mills & Tom Steinemann  
Female & Male Welfare Officers

Alex Prosser  
Women’s Officer
Your primary reason for applying to Cambridge will be the chance to study your favourite subject in-depth, but your choice of college won’t have too big an impact on your academic life. This is because most of your teaching will be organised and delivered by your faculty with the rest of your peers (e.g. lectures, labs and seminars). Supervisions will also be organised with the most suitable academics, so you will often find yourself supervised by someone at another college.

Caius Library was voted the best library across all Oxford and Cambridge college libraries. The Upper Library, where most students work, contains 90 working spaces, over 90,000 books and a Music CD collection. The library itself is beautiful too. You will never be short of a space to work - students work not only here, but also in various coffee shops and, closer to exams, in other college spaces such as the Bar when it is turned into a workspace during the day. There’s also a computer room in the library.

Cambridge is not all about work! Aside from the dinners, events and parties organised by Caius students, the city has a lot to offer. Pop down to the ADC to watch an exciting new theatre production, venture to the Botanical Gardens, take a ghost tour of Cambridge or enjoy the nightlife that the city has to offer. Once you find your way around, you will never be short of places to go to.
ACCOMMODATION

First year

All first years live together at the Harvey Court site on West Road. First years will be split between two buildings, the Stephen Hawking Building and Harvey Court. All rooms have en-suite bathrooms and undergraduates have shared kitchens of up to six people with fridges, microwaves, toasters, kettles and hobs for home-cooked meals. This is also located next to Sidgwick site - where lots of lectures take place.

Facilities

- Free laundry service (all accommodation)
- Computer room
- Harvey Court Common Room
- Gym (£10 a year)
- Outdoor gardens
- Harvey Court Porters’ Lodge

Second and third year

When you get to second and third year you will be put into a ballot. You can ballot with up to five people and choose from a range of accommodations around Cambridge. Caius owns sites both in and out of town, so you will be able to experience everywhere in Cambridge.

In town, you can live in any court in College or choose between four sites located on and off of Trinity Street. These are St. Mary’s, St. Mike’s, Green Street and Rose Crescent. Being in town, you will be close to everything that you need.

Outside of town, you can live in one of several houses on Mortimer or Gresham Road. These have much more of a house-feel and so your group could have an entire spacious house to yourselves. Gresham also have ovens, meaning great food! Both are also near some of Cambridge’s absolute best restaurants on Mill Road.
Each accommodation site is near strings of restaurants, shops, entertainment and places to go out. Lots of people are fine with walking between these sites, although lots of students also cycle. These journeys are not long at all, with the distance between Site 4 (Gresham) and Sidgwick Site taking approximately 25 minutes to walk and 8 minutes to cycle.

Note: The Caius library is around the corner from the College itself, which is marked on the map.
FOOD

You will rarely be lost for choice of food in Cambridge, with a diverse selection of food on offer from both Caius and exciting restaurants around the city.

Food in college

**Breakfast** is served every weekday in the bar, a perfect way to grab a coffee and bacon butty before lectures begin.

**Lunch** is a cafeteria-style meal in hall available on weekdays.

**Brunch** substitutes breakfast and lunch during the weekend, and is the sole explanation for sightings of Caians out of bed before midday! Whether you’re hankering for a full fry-up or a fruit and muesli selection, Caius brunch caters for all.

**Dinner** is a three course meal (costing £4.20) served in hall every night of the week. Caius has reformed its catering and has introduced a rating service, so the food has hugely improved recently. We have ‘Street food Wednesdays’ to showcase international foods ranging from Korean to Greek. Menus are uploaded a week in advance, bookings for hall are made online, and many dietary requirements can be catered for including: vegetarian, vegan, halal and kosher. During Ramadan, packed lunches are available for Iftar.

Eating in Hall is a great way to chill with friends, and is one of the most social aspects of life at Caius. You’re guaranteed to meet someone new!

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**Provisional Menu**

- Tomato & Mascarpone Soup
- Or Prawn Cocktail
- Grilled Gammon & Char-grilled Pineapple
- Sweet Potato Fries
- Petit Pois
- Mixed Salad
- Toffee Dime Bar Pie

Vegetarian:
Open Vegetable Tart
dinars

Caius has a range of dinners that you can book online. You begin each term with 36 pre-paid meals - your Minimum Dining Requirement. This means you can book 36 dinners in Hall. These are the following dinners you can book:

<table>
<thead>
<tr>
<th>First Hall</th>
<th>Formal Hall</th>
<th>Cafeteria Hall</th>
</tr>
</thead>
<tbody>
<tr>
<td>An informal three-course dinner in hall from 6-7pm.</td>
<td>Formal three-course dinner from 7:05-8:30pm. Gown required.</td>
<td>Informal Cafeteria-style dinner on Saturdays from 6-7pm. Wider choice.</td>
</tr>
</tbody>
</table>

The Food & Bar Officers have introduced extra snazzy dining options, which you can also book. These dinners count as two dining tickets and incur extra costs, which are simply added to your college bill. These don’t happen often, so are very exciting!

<table>
<thead>
<tr>
<th>Formal Formal</th>
<th>Superhall</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caius’s new range of formal dinners! These happen four times a term and have special menus.</td>
<td>The ultimate five-course dinner once a term. Stellar food and lots of fun!</td>
</tr>
</tbody>
</table>

the college bar

Not all meals are served in hall. In the College Bar, you can find a fantastic meal deal for only £3.20 including salads, soups, sandwiches, baguettes, cakes, chocolates, soft drinks and much more.

The Caius bar also offers a coffee and cake deal, along with seasonal iced drinks and flavours. In the evenings, you can come down for a cocktail or mocktail with friends. Additionally, social events can take place in the bar, making it a fantastic place to hang out!
FINANCES

getting a job

It is not recommended that Cambridge students work during term time due to the high workload. However, there are other opportunities to earn money. Many students take jobs during the holidays for example, summer internships. These job opportunities are advertised by the central careers service and subject departments. Alternatively, there are opportunities to earn throughout the year doing jobs like helping at interviews or working at a May Ball. There’s also an opportunity to help Caius raise money through the annual telephone campaign, which you get paid for!

income and support

The University offers a generous bursary to those who are eligible. If you are a UK or EU undergraduate student with a household income of below £42,620 then you are likely to be eligible for a Cambridge Bursary of up to £3,500 per year.

Caius also offer specific grants. All Caians, even if they don’t qualify for a grant, are eligible to apply for a Travel Grant (money to put towards any trip you’re planning over the summer) and a Book Grant to put towards educational purchases. There is also a sports grant available for sportspeople. Likewise, there are bursaries and scholarships available for musicians.

There are also scholarships available in certain subjects. For example, Two Tapp Scholarships of £4,000 per annum are available to Law students who most impress Law Fellows and the Admissions Tutor in the Admissions process. Similar examination scholarships are available to those who excel in University examinations. For more information on the grants and scholarships available, visit https://www.cai.cam.ac.uk/study/undergraduate/financialhelp.
At Cambridge, you will be exposed to hundreds of different societies ranging from karate to culture societies such as the Afro-Caribbean Society and the Pakistani Society. At Caius, however, there are also a host of College societies for you to join, meaning you get to have the same experiences but within your college community. Societies offer lots of opportunities. For example, the Choir have had the opportunity to travel to Southeast Asia and America to perform, and you even get to pick better rooms if you’re a Choral scholar! The choice is yours!
Both the College and GCSU strive to offer the best support to our students for whatever they may need. We have a series of support networks that are open to all Caius students to use at any time and for any purpose.

**College services**

**College Nurse**

Natasha Kear, the college nurse, is located within College and is available throughout the week for pastoral, sexual and health advice. You can book appointments with Natasha online.

**Tutors**

Each student is assigned a College tutor. If you need to go home, need to speak to someone or need advice, they are available at any time. Like the College Nurse, you can easily book appointments online.

**Student networks**

The GCSU have a dedicated team of officers who consistently put on a range of events. These include Art & Chill sessions, Welfare Teas open to all students, Welfare Runs around Cambridge, drop-in sessions if you need a chat and exciting movie nights. The team includes the BME, Disabilities, Male and Female, Women’s and LGBT+ officers.

**College Parents**

Each student will have a set of College Parents, who they talk to before arriving. These parents will be a source of information, wisdom and experience!
APPLYING TO CAMBRIDGE

1
paperwork

October - deadline for UCAS forms is on the 15th of October. You will be asked to fill in a Supplementary Application Questionnaire (SAQ) for Cambridge to give more specific academic details, such as which modules you’re sitting and the topics you are learning. Some subjects require either submitted written work and/or admission tests.

2
admissions tests

Some subjects will require you to complete an admissions test before your interview. Information about relevant admissions tests can be found on each course’s individual course page. For a brief overview, visit: www.undergraduate.study.cam.ac.uk/applying/admission-assessments

3
interviews

December – Interviews take place in December. You will be emailed the details of your interview in advance and you will be notified about any preparations you need to make if necessary. The best way to prepare for your interview is to know your Personal Statement and course content as well as possible. Interviewers do not expect you to know everything but they want to see that you have read around your subject and are willing to learn. If successful, you will receive an offer in January.

Pooled Offer:

Sometimes colleges do not have enough space for every student that they want. If this is the case, your application may be put into the ‘pool’. This means that any college can see your application and they can make you an offer to study there. For example, a student may interview for English at Downing, but there may not be enough space for them. Downing will put their application in the pool, and Caius may decide to take this student.

If you’re unsuccessful:

Whatever the outcome, preparing for a Cambridge interview encourages you to think in new ways about your subject and why it interests you. You get to spend a night in college which includes free breakfast, lunch and dinner, meet academics and current students. You can learn a lot from the experience. If you decide to, you can also re-apply a year later!
CONTACT US!

social media
See what we get up to at Caius on our social media accounts!
Facebook: ‘The Keys to Caius’
Instagram: @caiusjcr
Snapchat: ‘thekeystocaius’
Email: jcraccess@cai.cam.ac.uk

websites
For detailed information about the College, what we do and life at Caius, check our websites online.
www.cai.cam.ac.uk
www.caiusjcr.org.uk

questions
If you or your school have any questions, then please feel free to e-mail jcraccess@cai.cam.ac.uk
If you’d like to ask a question to any of our current students, then please visit: http://jcr.cai.cam.ac.uk/contact-us/ask-a-student-and-application-faqs/