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Welcome to St Catharine’s

The Master, Professor Sir Mark Welland

Welcome to St Catharine's College – an institution with its roots in medieval England and now, 549 years later, a thriving community of diverse and academically distinguished scholars and fellows with an eye firmly set on an exciting and prosperous future. The College has a long and proud history at the heart of the University and has weathered some difficult challenges in that time. The pandemic was an unprecedented challenge for the entire college community whose consequences are still with us. However, we stayed open throughout and adapted to the different ways in which our students and whole community have needed support. This has enabled students to continue their studies and graduate, albeit not in the circumstances any of us would have wished for. Whilst the pandemic raged, remarkably, we started and finished a major building project that has rejuvenated our Hall, kitchens and associated rooms over 4 floor levels. The heart of college is now a truly inspiring space for all to enjoy.

Over the years, the College has acquired a group of distinctive, beautiful and sometimes idiosyncratic buildings within and around which College life flourishes. We have also evolved a set of customs and ways of working that makes St Catharine's special, which require some explanation. The pages that follow are designed to help all our new Members feel fully at home in the College from your first day. If there is more that you would like to know, do not hesitate to ask: the fellows, staff and other students will be happy to answer any queries. St Catharine's has a deserved reputation for being one of the friendliest Colleges in Cambridge and we look forward to welcoming you into our celebrated community.
The Senior Tutor, Dr Holly Canuto

I’m delighted to welcome you to St Catharine’s. The Senior Tutor is in charge of the academic activity of our students, and responsible for student welfare. Along with the team of Postgraduate Tutors, the College Health and Wellbeing Team and the Tutorial Office, my job is to make sure that your time in Cambridge is successful and enjoyable.

You’ve been admitted to the College because we are convinced that you have the talent, commitment and enthusiasm to excel at your chosen course of study. We therefore expect you to make academic work your priority while you’re at university, and to perform to the best of your abilities. The College will take a great interest in your academic progress: we will celebrate your successes and ensure that there is support in place if you are finding your studies challenging. We recognise that everyone has different pressures on them, so please make sure you engage with the many support systems available here at St Catharine’s.

Of course, life at St Catharine’s doesn’t just involve academic work: I do encourage you to benefit from the wonderful opportunities in music, sport and the arts that you will encounter in Cambridge. You will also be working alongside other students from all over the world, and the friendships you make with them can last your lifetime. Time spent away from your desk or lab can refresh your mind and reinvigorate your enthusiasm for your subject. Your responsibility throughout your university career is to ensure that you maintain a healthy balance between focused academic work and a stimulating extra-curricular life. The Postgraduate Tutors, the Tutorial Office and the College Health & Wellbeing Team are here to make sure you have all the support you need to do just that.

The Postgraduate Tutors, Dr David Bainbridge, Dr Valentina Caldari, Dr Joe Ellis, Dr Andrzej Szewczak-Harris, Dr Peter Wothers

Many congratulations on having secured your place as a student at St Catharine’s! We look forward to welcoming you to the College at the beginning of term. The first few days here can be extremely busy so we are sending you this guide to help you make the most of your time and help you settle in.

This guide contains the essential, and some more generally useful, information about starting your time here. It tells you what you need to do before you arrive,
so please read its contents carefully and supply any information we ask for as soon as possible.

Cambridge is an extremely enjoyable place to study, and we will do everything we can to make sure you achieve your academic potential here while making the most of all the social and recreational opportunities available at the college.

Catz is very welcoming, and you will always find someone to help you here. If you have any questions about anything in this pack (or anything else about life in Cambridge), please contact us. We look forward to you joining our community!

MCR Presidents, Mariane Mansour (PhD Electrical Engineering) and Praharsh Babu (Clinical Medicine)

Congratulations on getting into Cambridge!

As your MCR Co-Presidents, we are thrilled to welcome you into the MCR community here at St Catharine’s!

The Middle Combination Room or MCR is the largest postgraduate student society at Catz, and as a postgraduate student, you are automatically enrolled. As a member of the MCR, you will be represented by a student-run committee which aims to promote your interests, to liaise with the College’s Governing Body on your behalf, and to organise social events throughout the year.

Settling into your course and adjusting to life at Cambridge can be quite challenging; that’s why our goal is to create a supportive and inclusive MCR community at Catz to help lighten the load. You can find out more about the MCR in section 5 of this guide.

We hope to make your year memorable and we are excited to meet you all!

If you have any questions, please do not hesitate to contact us.

Please visit us on the MCR webpage.
1. Arrival and College Life

St Catharine’s ‘Island Site’
1.1 Arrival

**Your university card, college key and pigeonhole.**
- All new students will have a University card which will need to be collected from the Porters’ Lodge at the front of college upon arrival. This gives you access to college, department, as well as being your library card and what you pay for meals on, along with many other uses. Do not lose it.
- If you have graduate accommodation, please go to the Porters’ Lodge to sign in and get your room key.
- The porters will show you where your post pigeonhole is – make sure you check your pigeonhole for post soon after your arrival, and frequently throughout your first week here.
- Check your @cam e-mail (see later) regularly, because you will be sent invitations to important meetings and functions.

**Terms**
Cambridge University teaching falls into three terms – Michaelmas, Lent and Easter.

**2022-2023 term dates:**

<table>
<thead>
<tr>
<th>Term</th>
<th>Start</th>
<th>End</th>
</tr>
</thead>
<tbody>
<tr>
<td>Michaelmas</td>
<td>Tuesday 4th October</td>
<td>Friday 2nd December 2022</td>
</tr>
<tr>
<td>Lent</td>
<td>Tuesday 17th January</td>
<td>Friday 17th March 2023</td>
</tr>
<tr>
<td>Easter</td>
<td>Tuesday 25th April</td>
<td>Friday 16th June 2023</td>
</tr>
</tbody>
</table>

To find out more about terms, future dates, and the ordinances please follow this [link](#).

1.2 Matriculation

**Monday 3rd October: ID checks, Matriculation, PG team talks and Matriculation photo, McGrath Centre**

Matriculation is the formal process by which new members join the College and University by subscribing to the University’s Statutes and Ordinances.

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>1230</td>
<td>ID Checks- Please bring a photocopy of your passport and ID</td>
<td>McGrath Centre</td>
</tr>
<tr>
<td>1300</td>
<td>PG Introduction and talks</td>
<td>McGrath Centre</td>
</tr>
<tr>
<td>1400</td>
<td>Break</td>
<td></td>
</tr>
</tbody>
</table>
### Academic Dress

This is a formal occasion so there is a strict dress code for this:

- Dark suit, white shirt and a tie, black shoes, and gown.
- Dark skirt or trousers and white blouse, or plain dark dress, black shoes, and gown.

Gowns: Each degree has a different design of gown. Please see 1.3 for details.

---

### Monday 10th October Postgraduate Matriculation Dinner – 1900 Drinks, 1930 Dinner served.

This is a chance for new students and fellows to mingle and chat. Although we dress up for it (Smart: suit or jacket and tie / dress / smart top and skirt / smart top and trousers, and a gown), it is a fairly relaxed event.

**Any Fresher with a serious food allergy, or who carries an Adrenaline Auto injector or AAIs (Epipen or similar), MUST attend the CHP’s allergy clinic on either the Monday or Tuesday afternoon of Freshers’ week (before you have your matriculation dinner).**

### 1.3 Gowns

You will need a gown for all formal events, as well as matriculation and graduation. You can buy or hire gowns from the MCR, or the outfitters shops Ede and Ravenscroft, or Ryder and Amies. Wherever you buy, it is recommended that you read the notes on which gown you need. It will not be the gown of the degree you are studying for.

Two criteria for determining which gown you need are;

- Whether you hold a Cambridge University degree already
- Your age

Please use the below flow chart and table:
More information can also be found on the [MCR](#) and [SU](#) pages.
If you have any further questions, please email the [graduate administrator](#).
1.4 College Contacts

**Postgraduate Administrator - Victoria Buxton-Barrett**

The first point of contact for all things graduate and postgraduate related. Victoria is also here for finance related questions, wellbeing, graduations, matriculations, and any issues that may arise during your time with the college. She can be found in the Tutorial Office Monday-Friday 10am-6pm.

Catz **Tutorial Office** handles academic and welfare administration for Undergraduate and Graduate students from application to graduation. We are happy to assist with any problems or queries; students are always welcome to visit us. We are open from 9am – 6pm on weekdays.

Located on the ground floor of C staircase, you will find your **Postgraduate Administrator**, who works 10am-6pm Monday to Friday.

The **Tutorial Assistant**, is also available for queries and letters.

**Senior Tutor - Dr Holly Canuto**

The Senior Tutor coordinates the work of the tutors, and is also responsible for general academic support.

**Financial Tutor - Dr Peter Wothers**

The Finance tutor deals with issues relating to student finance and allocates bursaries and grants with the graduate administrator.

**Tutor for Disabilities - Prof David Bainbridge**

The Tutor for Disabilities supports students with disabilities during their time at Cambridge, in their interactions with either the College and/or the wider University (often alongside the Disability Resource Centre)

**Welfare Tutors - Dr Joe Ellis and Prof David Bainbridge**

Welfare Tutors are here to provide pastoral support, information, advice and guidance. Tutors can be approached for help with problems about health, finance, or other personal circumstances.

**Graduate Tutors -**
- Prof David Bainbridge
- Dr Valentina Caldari (currently on maternity leave)
- Dr Joe Ellis
- Dr Andrzej Harris
- Dr Peter Wothers
The Welfare Team
This team works to promote the wellbeing of members of the St Catharine’s community through one-to-one support and a programme of groups and activities.

- **Head of Wellbeing**- Mary Simuyandi
- **Community Health Practitioner**- Jannette Dougal
- **Chaplain**- The Rev’d Ally Barrett

Please do approach anyone from the Welfare Team about whatever you are struggling with. **You are important to us**, and we will work to ensure you get the appropriate support you need.

The Head Porter and this team can be found in the Porters’ Lodge (also known as the ‘plodge’; together they look after a wide range of tasks involved with the ‘front of the College’, from the issuing university cards and keys, to college security.

There is always a porter on duty, and they should be your first point of contact (01223 338300) in case of emergency. All our porters are first-aiders and are also trained in supporting people experiencing a mental health crisis.

MCR
The MCR committee aims to ensure you have the best college life experience.

We can be contacted as a committee or individually:

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>Committee email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mariane Mansour</td>
<td>Co-president</td>
<td><a href="mailto:mcr.president@caths.cam.ac.uk">mcr.president@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Praharsh Babu</td>
<td>Co-president</td>
<td><a href="mailto:mcr.president@caths.cam.ac.uk">mcr.president@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Amelia Whitehead</td>
<td>Secretary</td>
<td><a href="mailto:mcr.secretary@caths.cam.ac.uk">mcr.secretary@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Livia Wilod Versprille</td>
<td>Treasurer</td>
<td><a href="mailto:mcr.treasurer@caths.cam.ac.uk">mcr.treasurer@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Zara Niven</td>
<td>Welfare Officer</td>
<td><a href="mailto:mcr.welfare@caths.cam.ac.uk">mcr.welfare@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Barbara Neto-Bradley</td>
<td>Education Officer</td>
<td><a href="mailto:mcr.education@caths.cam.ac.uk">mcr.education@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Sam Ryan</td>
<td>Formal Hall Officer</td>
<td><a href="mailto:mcr.formalhall@caths.cam.ac.uk">mcr.formalhall@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Tom Willis</td>
<td>Computer Officer</td>
<td><a href="mailto:mcr.computing@caths.cam.ac.uk">mcr.computing@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Yuxuan Cai</td>
<td>Food and Drink Officer</td>
<td><a href="mailto:mcr.fooddrink@caths.cam.ac.uk">mcr.fooddrink@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Tobia Nava</td>
<td>Accommodation Officer</td>
<td><a href="mailto:mcr.accommodation@caths.cam.ac.uk">mcr.accommodation@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Sam Stephenson</td>
<td>Green Officer</td>
<td><a href="mailto:mcr.green@caths.cam.ac.uk">mcr.green@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Rachel McKeown</td>
<td>Access Officer</td>
<td><a href="mailto:mcr.access@caths.cam.ac.uk">mcr.access@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Sohane Inès Mousseid Yahya</td>
<td>BME Officer</td>
<td><a href="mailto:mcr.bme@caths.cam.ac.uk">mcr.bme@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Fiona Connolly</td>
<td>Women’s &amp; Non-Binary Officer</td>
<td><a href="mailto:mcr.womens.nb@caths.cam.ac.uk">mcr.womens.nb@caths.cam.ac.uk</a></td>
</tr>
</tbody>
</table>

More on our roles can be found in the MCR constitution
**IT Team**- Submit a ticket here

The team is available to help on any IT issues you may have.

**Praelector**- Dr Richard Dance

The Praelector is charged with the presentation of College members for their degrees. The title derives from the days when praelectors were the appointed teaching officers of a College and so the obvious persons to sign supplicats testifying that candidates for degrees were duly qualified.

A full list of all college departments and staff can be found here.
1.5 Life at St Catharine’s

Fire Assembly Points:
- ‘Island’ (Main) site: The main lawn at the front of the site
- St Chad’s site: The car park

Fire Precautions:
- Members of the College should familiarise themselves with escape routes, assembly points and the location of fire fighting equipment.
- If fire equipment is suspected of being faulty, the Maintenance Manager should be informed at once. In the event of a fire, the alarm must be raised by informing the Porters’ Lodge immediately. Students should then move to the assembly points.
- You should never assume that a fire alarm is just a rehearsal. We will have fire drills to help you familiarise yourselves with evacuation procedures.
- Fire extinguishers and other equipment must not be tampered with and heavy penalties will be incurred by anyone responsible.
- In the event that any fire extinguishing equipment is found to be deficient, the occupants of a staircase will be charged for its repair or replacement. Please note that candles and incense or oil burners must not be lit in student rooms.

Keys:
- The front door of the College is closed at 11.45pm. Your room key will open the lock to the front door of the College. Whenever the College is locked access can be gained either through the front door or the door by the bicycle shed in Queens’ Lane, which is accessible with your card. Any misuse or loss of keys or cards represents a serious breach of college discipline and will be dealt with accordingly. A fine of £30 is automatically levied for the loss of a key, along with an extra £10 for the fob.
● Both the cards and the room key are the responsibility of the student concerned and **must not** be lent to anyone else, including other College members.
● Duplicate room keys will only be issued to the occupant and must be returned immediately.
● **All Keys must be returned to the Porters’ Lodge at the end of each term.**
● **All university cards must be returned once you have completed your studies.**

**Insurance:**
● The College does not insure students’ property.
● It is strongly recommended that students insure their possessions which are brought to College – especially valuables, electronics and bicycles.
● The College does not hold either medical or public liability insurance for students, and again it is recommend that you make separate arrangements, especially if you intend to take part in sports.

**Mail:**

**Outgoing mail**
● There is no box for outgoing mail in College, but there is a public post-box opposite the main gates on Trumpington Street.
● A free inter-college/departmental mail service (UMS) operates during full term – just write ‘UMS‘ at the top-right of the envelope and leave it with the porters.

**Incoming mail/parcels**
● Students are assigned a pigeonhole where you can retrieve mail (usually near the Porters’ Lodge). If you live out of college please ask the porters where yours is.

You should be especially careful when ordering items from abroad (including the EU) because, increasingly, delivery companies are requiring payment of Duty charges at the time when they deliver. These charges are payable by the student, and the College may sometimes not be able to pay these charges and invoice the student (sometimes the delivery company is not permitted to tell us the name of the recipient). As a result, the College may be unable to accept these packages, and where it is, a fee for late payment may have to be levied.

**Musical instruments:**
● There are restrictions on the hours during which music of any kind may be played in college.
● Details will be found in the Dean’s notices. Any student who wishes to have a piano in a college room should consult the Director of Music.
• Music should be inaudible in neighbouring rooms. There is a dedicated music practice room on the main College site.

Bicycles:
• All bicycles must be tagged with a Catz tag (acquired from the Porters Lodge), whether being parked on the Island site or St Chads. Any bike without this will be removed.
• There is a covered bicycle park on the main site with racks provided; all bicycles, including those used by members living out of College, must be kept there.
• Bicycles should not be placed against the walls of the College buildings or in the College courts.
• Bicycles must not be ridden, wheeled or parked in the court.

Mopeds, etc.:
• The College bicycle park is not suitable for mopeds and there is no parking space elsewhere in the College.

Motor vehicles:
• No motor vehicles of any type may be kept or used in Cambridge by a student without permission from both the tutor and the University Motor Proctor.
• A student may, exceptionally, be granted a licence if the vehicle is to be used for the purposes of a University, a University or College Club or Society, or for any other purpose approved by the Motor Proctor.
• Permission is also dependent upon arrangements for adequate parking.

Car parking:
• There are no facilities for parking visitors’ cars in the College and public parking in the immediate vicinity of the College is very limited.

Smoking:
• All College buildings and grounds are smoke free. Smoking (including of electronic cigarettes/pipes) is not permitted across the College estate.

Pets:
• Pets may not be kept in college.

Grass:
• Students are not permitted to walk on the grass.

Laundry:
• Coin-operated washing machines and drying facilities are available for students resident on the College Island Site and at St Chad’s. Individual college houses have facilities that are often free.

Use of rooms for storage:
• Members may not leave personal belongings in College rooms during the vacations, unless they have written permission from the Accommodation Manager and are prepared to pay the excess daily rent. Postgraduate Students can access trunk rooms. However, and due to limited space, this is only available to international students, and to students with special circumstances.

• The College accepts no responsibility for such belongings. No personal effects may be left in college during the summer ‘Long Vacation’ – during vacations College rooms occupied by conference attendees and visiting scholars.

**Lockers:**
A limited number of lockers are available in the MCR locker room. If you would like to have one assigned to you, contact the MCR presidents.

### 1.6 Personal Safety

Cambridge is generally a safe city to live in, but we encourage students to take their own personal safety seriously. Personal attack alarms are available from the Porters’ Lodge, and students who find themselves in need of safe transport back to College from elsewhere in the city (for instance at night, or in case of an injury or incident) are able to contact the porters to arrange a ‘Welfare taxi’.

**Consent/Sexual Harassment**

St Catharine's provides an environment in which all our members feel safe and secure at all times. Therefore, it is expected that all members of the College community be treated with respect, courtesy, and consideration. St Catharine's will not tolerate any form of sexual harassment. All reports of sexual harassment will be taken very seriously and the College will take appropriate disciplinary action as required.

More information on Catz’ policy on sexual harassment and where to find support can be found on the [college website](#) and the [MCR website](#).

Please do approach the welfare team, your tutor, or the graduate administrator.

**Bullying and Harassment**

The College expects all members of its community to treat each other with respect, courtesy and consideration at all times. All members of the College community have the right to expect civilised behaviour from others, and have a corresponding responsibility to behave appropriately towards others. Please see the [website](#) for details on our principles surrounding this subject.

Please do approach the welfare team, your tutor, or the graduate administrator.
1.7 Accommodation

Those who have been granted college accommodation will have been contacted by the accommodation team. Please note the FAQs page, and the accommodation policy. For further information follow this link.

1.8 IT

To see information for new St Catharine’s students, please see this website.

You will be asked to complete Student Registration online through CamSIS before you arrive. You will then get a username (also called a crsid) and a password. Your university email address will then be your crsid@cam.ac.uk. Your crsid is often used to sign into resources through Raven, the University web authentication system.

**Usernames & Passwords**

These can be picked up by following the instructions at the UIS webpage

**Raven**

Raven is a service used by many websites that provide resources for the University, to authenticate identity. Your Raven log-in details consist of your CRSid and password. Raven is the standard log-in for most College and University web-based services, such as electronic journals, the University Library databases, resources and forms on the College website, the booking system for weekly MCR formals, and as your log in to Hermes Webmail.

**Computer Rooms**

There are two computer rooms beneath the Porter’s Lodge in College and St Chad’s with both PCs and Macs where you can log in with your university details. There are also three PCs in the College library. All PCs can dual-boot Windows and Ubuntu Linux.

**WiFi**

There are three WiFi networks to be aware of while at Catz and the University in general.

1) **Eduroam** This is likely the most important, because as well as being present on College grounds, it grants you internet access across Cambridge as well as in other Universities around the world. You will need an eduroam network token that you can pick up here. For full instructions on how to set this up click here.

2) **StCatharinesWireless** This is present on college grounds and residences. The password is available from the Porters.

3) **UniOfCam** This is an open network, but each time you connect you will need to log in using your crsid after you connect before you can access the internet.
1.9 Catering

**St Catharine’s bar and coffee shop**
The daytime coffee shop and night time bar is located underneath the McGrath centre. This is your space to study, unwind or party. A selection of drinks are available, both alcoholic and non-alcoholic, along with vegan options. Any special events, such as bops may take place here. Requests for extensions to bar serving hours must be submitted to the College Dean and the [Catering Director](#) in the first instance.

**Dining Hall and Buttery**
Main meals are served in the main hall and buttery, as well as Formal Hall.

To see any updated opening times, menus and to use UPAY please follow this [link](#)

**Formal Halls**
The [MCR](#) organizes weekly formals on Thursdays during term time. These are popular with postgraduates and are normally followed by drinks in the College bar. Tickets for formal can be booked via the [Upay](#), with up to 4 two weeks before a formal and booking closes three days before. You will need your CRSid details to login to Upay.

If you require more guests, then please email the Formal Hall Officer.
If you are unable to use the login, please contact the Formal Hall Officer.

The meal consists of 3 courses followed by cheese and port. You must provide your own wine/soft drink with dinner, should you desire it. A vegetarian and vegan option are always available. Please specify any dietary requirements and allergies when booking online.

**Formal Hall Behaviour**
The gong will sound at 19:30 when a traditional Latin grace is said. Diners should remain silently standing during this short period, and can then sit down. During the course of Hall, you can leave your seat to go to the toilet; but, this is not to mingle or chat with friends on another table. Everyone should read the Formal Hall Code of Behaviour at least once.

**Dress Code**
All members of St Catharine’s should wear gowns. (Note: you will be matriculated before the parent-child dinner, so you will need a gown for then).

Members and their guests must be dressed in suitably smart dress. "Smart dress" is defined without reference to considerations of gender identity or expression. This means a suit (or trousers and jacket), a shirt with a collar, a tie, and shoes (not trainers or sandals), or equivalently formal dress. The staff are instructed to refuse admission to anyone coming to a formal improperly dressed. Items of clothing must not be removed during dinner.

**Special Events**
If you are involved with any Societies and wish to hold dinners, receptions, or other events, please contact the Conference Office for assistance. For such events we offer student priced menus and wine lists.

**Feedback**
Catering will be meeting with your MCR representative on a regular basis each term in order to try to meet your suggestions for menu ideas, changes to service or any improvements or innovations that we can make.

Please don’t hesitate to make duty managers aware of any issues you might have.

**1.10 The Library**
St Catharine’s is lucky to house two libraries that contain the College’s working collection of books, and incredibly helpful staff to aid you during your studies.

The Sherlock Library, the older of the two and located at the top of the Atrium Staircase, contains books on art, modern languages (including linguistics), English literature, and cinema and theatre studies.
The Shakeshaft Library, in Chapel Court, covers all the other subjects and also contains a collection of DVDs and CDs, and contains printing, copying, and binding facilities.

Both libraries are open 24 hours, 7 days a week. The helpful team of librarians and archivists can be found in the Shakeshaft Library between 9am and 5pm, Monday to Friday.

The libraries have Wifi throughout. Desktop computers offering extensive software provision are in the Shakeshaft Library.

Nearly everything on the shelves – about 45,000 items – can be borrowed by current members of College.

Opening hours are 24 hours, 7 days a week. The helpful team of librarians and archivists can be found in the Library between 9am and 5pm, Monday to Friday.

Ebooks and ejournals can be accessed any time, anywhere, through the online library catalogue.

If you’d like help accessing any online reading before you arrive please email the librarians.

Further details about the library collections, facilities and services can be found on the website, along with a guide.

1.11 Societies

St. Catharine’s is a passionately social college with 36 sports and societies to choose from, offering a wide range of sports including athletics, badminton, basketball, climbing, cricket, croquet, cycling, football, golf, hockey, lacrosse, ladies’ and mixed netball, rowing, rugby, skiing and snowboarding, squash, swimming, tennis and ultimate frisbee.

The College has its own sports grounds, located on South Green Road about a 15-minute walk from Catz, including football and rugby pitches, grass tennis courts in the summer, as well as courts for badminton, netball and basketball, hardcourts for tennis, tables for table tennis, and one of only two College-owned Astro Turf hockey pitches in Cambridge.

The College’s squash courts and badminton courts can be booked any time through the online court bookings system once our computing officer, approves you as someone who can make bookings.

The college gym is located underneath the main hall for any Catz members to take advantage of. It hosts free-weights and weight-racks, ergs (rowing machines), spinning bikes, medicine and exercise balls, and a punching bag. Gym inductions will be held in October, after which your university card will be activated to give you access.
Our College Boat Club also provides a fun and sociable atmosphere in which to pick up and participate in Cambridge’s most renowned sporting activity! Postgraduates thinking about rowing should visit the [webpage](#).

If sport isn’t your thing, there are other societies, including the Card Playing Society, Chess Club, the St. Catharine’s Christian Union, St. Catharine’s College Film Society, the Catz Orchestra, Scatz (an informal choir for those who enjoy singing), the Shirley Society (one of Cambridge’s oldest poetry and literary societies), and many more...If you’re interested in taking part in any of these please contact the [MCR](#) who will be able to point you in the right direction.
2. The MCR

The MCR is located in the Christopher Waddams room on the main site. We have free coffee, tea, along with an array of newspapers, books, a HD TV, some books, and a table football. You can hangout or study there.

You can find out more about the MCR committee members on: https://mcr.caths.cam.ac.uk/about

During the first two weeks of Michaelmas term, Freshers’ week takes place, during which we run many events to welcome the new students joining our family. You will receive an email regarding these events by the end of September. Some of these events will be attended by your college parents (assigned to you by the MCR committee), and others will be attended by college members. It is a great way to meet members of College.

In addition, the MCR committee organises events such as special formals, such as Bridgemas (which is the Christmas formal held around the end of November), and also ‘swaps’ with other Cambridge colleges. In addition, we run events such as board games nights, bops This year, we are hoping to organise events with our sister college at Oxford.

Every year, we invite our MCR members to run for the open positions in the committee. The call for manifestos and elections generally take place in October; if you’d like to join the team, keep an eye for related emails. For those of you who’d like to join some of our meetings, we hold open meetings at least once a term, and you are welcome to attend them.

In case you are having troubles receiving emails from us, please contact our computer officer: mcr.computing@caths.cam.ac.uk

**MCR Contacts**

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>Committee email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mariane Mansour</td>
<td>Co-president</td>
<td><a href="mailto:mcr.president@caths.cam.ac.uk">mcr.president@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Praharsh Babu</td>
<td>Co-president</td>
<td><a href="mailto:mcr.president@caths.cam.ac.uk">mcr.president@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Amelia Whitehead</td>
<td>Secretary</td>
<td><a href="mailto:mcr.secretary@caths.cam.ac.uk">mcr.secretary@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Livia Wilod Versprille</td>
<td>Treasurer</td>
<td><a href="mailto:mcr.treasurer@caths.cam.ac.uk">mcr.treasurer@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Zara Niven</td>
<td>Welfare Officer</td>
<td><a href="mailto:mcr.welfare@caths.cam.ac.uk">mcr.welfare@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Barbara Neto-Bradley</td>
<td>Education Officer</td>
<td><a href="mailto:mcr.education@caths.cam.ac.uk">mcr.education@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Sam Ryan</td>
<td>Formal Hall Officer</td>
<td><a href="mailto:mcr.formalhall@caths.cam.ac.uk">mcr.formalhall@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Tom Willis</td>
<td>Computer Officer</td>
<td><a href="mailto:mcr.computing@caths.cam.ac.uk">mcr.computing@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Yuxuan Cai</td>
<td>Food and Drink Officer</td>
<td><a href="mailto:mcr.fooddrink@caths.cam.ac.uk">mcr.fooddrink@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Tobia Nava</td>
<td>Accommodation Officer</td>
<td><a href="mailto:mcr.accommodation@caths.cam.ac.uk">mcr.accommodation@caths.cam.ac.uk</a></td>
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<tr>
<td>Name</td>
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<tr>
<td>Sam Stephenson</td>
<td>Green Officer</td>
<td><a href="mailto:mcr.green@caths.cam.ac.uk">mcr.green@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Rachel McKeown</td>
<td>Access Officer</td>
<td><a href="mailto:mcr.access@caths.cam.ac.uk">mcr.access@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Sohane Inès Mousseid Yahya</td>
<td>BME Officer</td>
<td><a href="mailto:mcr.bme@caths.cam.ac.uk">mcr.bme@caths.cam.ac.uk</a></td>
</tr>
<tr>
<td>Fiona Connolly</td>
<td>Women's &amp; Non-Binary Officer</td>
<td><a href="mailto:mcr.womens.nb@caths.cam.ac.uk">mcr.womens.nb@caths.cam.ac.uk</a></td>
</tr>
</tbody>
</table>
3. Academic Queries

Contacts:
Academic Tutors
Postgraduate Administrator
MCR Education representative: Barbara Neto-Bradley

3.1 Change in Circumstance

Applications for changes such as intermission permission to work away from Cambridge, or an extension to your submission date are considered changes to your student status.

Further details can be found here.

3.1.1 Working away

You apply for leave to work away via your CamSIS self-service. General information on how to apply for a change in your student status is available on the ‘Applying for a change in your student status’ page.

Detailed guidance specifically on how to apply for leave to work away can be found here.

A training video can be found here.

Approval to work away can take several weeks, so you should submit your application at least two months before you plan to leave.

You cannot apply to work away retrospectively. You must obtain permission to work away before you leave.

3.1.2 Intermissions

Intermission is an authorised break from your studies due to unforeseen circumstances i.e. chronic or acute illness (physical or mental), Serious disability issues, bereavement or other grave cause, maternity leave, paternity leave, or other family circumstances.

Postgraduate research students may also request intermission to undertake an internship or research fellowship.

Intermission is to allow the necessary time and distance away from your studies to seek any necessary support, recuperate, overcome any difficulties, and to alleviate any academic disadvantage caused to you as a result of these circumstances.

Intermission is normally for an academic or calendar year to allow for rejoining the course or research at a suitable point. PhD students may apply for shorter periods (2 weeks minimum).
Further information can be found here

3.1.3 Masters students- Exam access arrangements (taught programmes)

Please note that Examination Arrangements for Postgraduate Students only relate to written examinations undertaken by students for Postgraduate qualifications, i.e MPhil by Advanced Study, MRes, MSt, Certificate of Postgraduate Study (CPGS) and Postgraduate Diplomas in Economics, Legal Studies and International Law. Separate arrangements can be put in place for students on research programmes.

Candidates will need to contact their college tutor if they are not registered for one of the above courses and need information on examination allowances.

If a candidate thinks that they may need an arrangement to help with their preparation for, or, the actual undertaking of their examinations, they should contact their college tutor as soon as possible.

Candidates are encouraged to contact their college tutor as early as possible in order to set up effective examination arrangements.

Further information can be found here

3.1.4 Further notes

If you feel that you are unable to raise any complaints with your department directly, then your Graduate Tutor is the first point of contact in College for you to talk to – you can discuss any problems about your course, supervisions, or other academic matters to your Tutor, who can then offer you advice and intervene on your behalf if needed. You can speak to your Tutor on any matter, however trivial or traumatic: academic, social, financial, medical, or to do with your home life.
4. College Policies and Rules

The College has developed a number of policies setting out our position on topics of general or particular concern within a community.

All the policies have been discussed in committee with both graduate and undergraduate students and subsequently approved by the College's Governing Body. Where appropriate, they have been circulated to relevant members of staff for information.

Their purpose is essentially twofold:
1. To comply with the law,
2. To establish sensible norms of academic and personal conduct in a small and interdependent community.

Under these policies the following are addressed:
- Academic attainment
- Alcohol
- Drugs
- Environment
- Equal opportunities
- Fitness to Study
- Bullying and harassment
- Personal relationships between staff and students
- Student complaints
- Supervisions

**You should ensure that you have read these College policies before you arrive.**

Any problems or questions which you may have concerning any one of them can be confidentially raised with the Senior Tutor, your own tutor, the postgraduate administrator or any other fellow of the College.

4.1 Discipline

St Catharine's is a welcoming and tolerant community. Our strong community is built on a foundation of certain principles. We expect all our students to:
- Show due respect to one another, to fellows and to members of staff;
- Conduct themselves in a quiet and orderly manner, and to avoid doing anything that would be prejudicial to discipline or good order, or that would tend to bring the College into disrepute.

These general requirements are supplemented by a series of further disciplinary rules which are set out in the Rules of Behaviour, which can be found on the College website.

The Dean is the fellow who is responsible for disciplinary matters (although the most serious matters are dealt with instead by the College's Discipline Committee).
Any student who is concerned that another student may have behaved in a way that would justify disciplinary action should contact the Dean, Dr Edward Wickham.
5. International Students

St Catharine’s is a vibrant and cosmopolitan community including over 100 international students from more than 40 different countries. The College works closely with the University’s International Student Office (ISO) to support our overseas students and the International Students website offers comprehensive advice to students before, during and after applying to Cambridge.

Please see the webpage for international student

**Pre-arrival information**

Practical guidance on coming to study in the UK and at Cambridge can be found in the International Student Guide

**Responsibilities under Tier 4 Guide**

Under the terms of your Tier 4, both you and the College have a duty to keep the UK Border Agency updated to any changes to your circumstances. The ISO publish a comprehensive ‘Responsibilities under Tier 4’ guide

One of the most important responsibilities is a termly check-in with the College during the first week of each term. This is to ensure that you’re still in the UK and continuing with your course of studies as expected.

You will be emailed during the term regarding the above, and BRP cards.

**Setting up a Bank Account**

One of the first things you want to do is set up a UK bank account. You should start this as soon as possible to avoid delays, as there will be many other new students also trying to set up a bank account. It is best to set an appointment with your bank of choice before you even arrive in Cambridge to avoid long waiting times. You may be able to start setting up an account with an online bank prior to arrival. To set up a bank account you will need a letter addressed to your chosen bank from College saying that you are a student and living in College accommodation (if you live in College). Make sure the name on your letter is exactly the same as the name on your passport. The letter should state your course, duration of your course, and should confirm that you are a student at the university and the college, and (most importantly) that you are living at such-and-such address until whatever date. Once you decide where you want to bank, contact our Tutorial Assistant to get this letter.
5. Health and Welfare

St Catharine’s is deeply committed to offering meaningful and effective support to all our students.

The Health and Wellbeing team coordinates this support, working collaboratively with all members of the community and drawing on resources and initiatives from across the College and beyond. The Welfare Hub on the College website provides up to date information and resources.

If you would like to speak to someone regarding your mental, physical or emotional health and wellbeing, please contact the Health and Wellbeing Team for support.

If you are concerned that another student is particularly vulnerable, please do reach out to them and encourage them to contact us. You are able to contact a member of the Health and Wellbeing Team in confidence if you feel that your friend needs further support.

Emails sent to the team address will be seen by Mary, Janette and Ally, so that you can get urgent support as possible, and the team can work together to ensure you get the support you need.

Health and Wellbeing Team

- **Head of Wellbeing** - Mary Simuyandi
- **Community Health Practitioner** - Janette Dougal
- **Chaplain** - The Rev’d Ally Barrett

You can also email your MCR representative - Zara Niven

Please see below for details of all the support that is available to you through College and beyond.

Protecting yourself and others from COVID-19

We strongly encourage you to arrange to be vaccinated for COVID-19 before you come to St Catharine’s. The more members of the college community who are vaccinated, the less likely it is that college life will be disrupted by an outbreak of infection. In addition it is certainly possible that, should you find you have been exposed to COVID infection, your positive vaccination status may reduce the restrictions that you experience in your work and social life as a result.

Advice for students on vaccination

You will have received an email about covid vaccinations from the admissions office. Please make sure you have read and understood this, and contact the College’s Community Health Practitioner if you have any questions or concerns.

St Catharine’s Welfare Team
Further information
The Cambridge Student Health website (www.camstudenthealth.nhs.uk), which has been developed by local GP surgeries, provides information and guidance about a wide range of health matters and services for University students.

Advisory Group on Communicable Diseases, University of Cambridge

Medical matters
As part of the Health and Wellbeing team, the College provides the Community Health Practitioner (CHP), Janette Dougal. To book an appointment please follow this link https://ob.rushcliff.com/holding-page/555808 . Outside of these hours contact can be made via email on health@caths.cam.ac.uk . As an experienced Registered nurse, Janette is able to offer advice on minor illness or injury and for general health advice, or if you simply want someone to talk to. All discussions are completely confidential. During your first few weeks she may ask to speak with you, particularly if you have informed the College that you have a serious allergy or other potentially serious health issue.

Before and when you arrive – a checklist
- Fill in and return the health and welfare questionnaire which the CHP will send to you separately via e-mail address (check your junk mail too). Any student not in receipt of a health questionnaire by the end of September should contact the CHP on health@caths.cam.ac.uk . She will arrange to meet students who highlight potential issues, and this will enable the College to provide you with the support that you need.

- Remember to bring with you the name and address of your previous General Practitioner (GP) and your National Health number (note that this is not your National Insurance number), as this helps with the process of registration with a Cambridge doctor. If you do not have a record of your NHS number, please contact your current doctor or local Health Authority before you arrive.

- Any Fresher with a serious food allergy, or who carries an Adrenaline Auto injector or AAIs (Epipen or similar), MUST attend the CHP’s allergy clinic on either the Monday or Tuesday afternoon of Freshers’ week (before you have your matriculation dinner). All students that require AAIs are advised to carry 2 devices on their person at ALL times.

- If you have any food allergies or intolerances, you should inform the Catering Office as soon as possible

Registering with a GP in Cambridge
St Catharine's is well placed for easy access to many student-friendly GPs in Cambridge and registering with a GP as soon as possible is of utmost importance. If you feel unable to do this for any reason, or have any questions around this, then please contact the Welfare Team or your tutor.
Students new to the UK: **International students will need your passport and a letter from your College as proof you are a student.** Students new to the UK: If you have never been registered with a doctor in the UK before please inform your new doctor when you register.

This list is derived from [www.nhs.uk/service-search/find-a-GP](http://www.nhs.uk/service-search/find-a-GP)

<table>
<thead>
<tr>
<th>Distance</th>
<th>Practice Name</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 miles</td>
<td>Trumpington Street Medical Practice</td>
<td>56 Trumpington Street, Cambridge, Cambridgeshire, CB2 1RG</td>
<td>01223 361611</td>
</tr>
<tr>
<td>0.2 miles</td>
<td>Newnham Walk Surgery At Boots Cambridge</td>
<td>28 Petty Cury/65-67 Sidney Street, Cambridge, Cambridgeshire, CB2 3ND</td>
<td>01223 366811</td>
</tr>
<tr>
<td>0.3 miles</td>
<td>Bridge Street Medical Centre</td>
<td>2 All Saints Passage Off Bridge Street, Cambridge, Cambridgeshire, CB2 3LS</td>
<td>01223 652671</td>
</tr>
<tr>
<td>0.4 miles</td>
<td>Newnham Walk Surgery</td>
<td>Wordsworth Grove, Cambridge, Cambridgeshire, CB3 9HS</td>
<td>01223 366811</td>
</tr>
<tr>
<td>0.4 miles</td>
<td>Lensfield Medical Practice</td>
<td>48 Lensfield Road, Cambridgeshire, CB2 1EH</td>
<td>01223 651020</td>
</tr>
<tr>
<td>0.7 miles</td>
<td>Woodlands Surgery At Eden House Cambridge</td>
<td>Eden House, 48-49 Bateman Street, Cambridge, Cambridgeshire, CB2 1LR</td>
<td>01223 697600</td>
</tr>
<tr>
<td>0.7 miles</td>
<td>The Petersfield Medical Practice</td>
<td>25 Mill Road, Cambridge, Cambridgeshire, CB1 2AB</td>
<td>01223 350647</td>
</tr>
<tr>
<td>0.8 miles</td>
<td>Huntingdon Road Surgery</td>
<td>1 Huntingdon Road, Cambridge, Cambridgeshire, CB3 0DB</td>
<td>01223 364127</td>
</tr>
</tbody>
</table>

**Dental care:** The NHS website can help you to locate a dentist [www.nhs.uk/Service-Search/Dentists/LocationSearch/3](http://www.nhs.uk/Service-Search/Dentists/LocationSearch/3)

**NUS Student Survival Guide:** [www.nusconnect.org.uk/resources/student-survival-guide](http://www.nusconnect.org.uk/resources/student-survival-guide)
Mental health and wellbeing support

There is a wealth of support available to students, provided by College, the University, the NHS, and partner agencies in addition to student led support. These sources of support, and more, are signposted on the Welfare Hub.

Your tutor is part of the College’s welfare provision, and can help you think through what you may need in terms of support, and help you access it.

The Health and Wellbeing Team can also provide support directly, or help you access additional support such as counselling, or the College’s Mental Health Adviser, if you need it.

Student-led support is available through the MCR and also through Cambridge Student Union and Student Minds.

The University Counselling Service offers:

- Self-referral for counselling - via a link on this page: https://www.counselling.cam.ac.uk/studentcouns
- Access (via your tutor or a member of the Health and Wellbeing Team) to a Mental Health Adviser
- Self-referral to a Sexual Assault and Violence Advisor
- A programme of group support activities
- Mindfulness workshops
- Self care resources online

You can find out more about what the UCS offers, how to access support, and what counselling is like here: https://www.counselling.cam.ac.uk/general, and you can watch an introductory video to the UCS here: https://www.counselling.cam.ac.uk/news/avideoguidetoucs.

The College also works with a number of Counsellors who may be able to offer appointments at shorter notice or longer term provision than the UCS. You can access this provision, should you need it, via your tutor or the Health and Welfare Team.

The Disability Resource Centre offers support and resources to students with a huge range of disabilities and medical conditions. They can offer confidential advice as well as identify what support and adjustments can be put in place.

The NHS offers therapeutic services, medication and more intensive support for those experiencing a mental health crisis. These services can be accessed via your GP, attending A and E or calling 111 Option 2. We would encourage you to
inform your tutor or a member of the Welfare Team if you are receiving support from services via the NHS.

A note about confidentiality:
One of the biggest changes you may encounter at university is that almost all services you work with will offer you confidentiality, meaning no one else will know who you are getting support from and what this support looks like. Each service will have their own confidentiality policy but generally speaking, no information about you will be shared outside of a service unless you give explicit consent to disclose this information. There are some cases where if you choose not to give your consent, the level of support may be limited. A general rule of thumb is that services may breach confidentiality without consent when there are serious grounds for concern about your safety or the well-being of others, or when they required to do so for legal reasons.

Support in a crisis
Please look at the webpage, which sets out what support is available for a range of welfare needs, including what to do in an emergency

IN AN EMERGENCY DIAL 999
In an emergency, if you or someone else is in danger of significant harm, don't hesitate to dial 999 (or the equivalent, if you are not in the UK).

- If you are in College and you need to dial 999 for yourself or someone else, please also call the porters (01223 338300) so they can direct the emergency services to you.

The aim of emergency help is to keep everyone safe until ongoing support can be put in place.
7. Equality, Diversity and Inclusion

St Catharine's is committed to equality of opportunity, and to fostering an inclusive environment in which everyone can flourish. You can find out more about this aspect of College life here.

We have an active Equality, Diversity and Inclusion working group which brings together students, staff and fellows for two meetings per term. This group is engaged in a process of identifying what we do well and where there is potential for development. It also commissions and empowers project groups to tackle specific areas of work and to plan events. You can find out more about the work of the group and how you can get involved in the project groups or in other ways, by visiting the webpage above.

The main contacts for the group is Ally Barrett (chair), Sohane Mousseid Yahya (MCR BME Officer), Fiona Connoly (MCR Womens and Non-Binary Officer), and Victoria Buxton-Barrett. You are welcome to contact us with suggestions for the group to consider.

Details of other ways that people within St Catharine's can raise concerns or report incidents are provided on the EDI webpage.

The EDI webpage also highlights current activities and priorities, such as the adoption of recommendations from the Cambridge SU Care+ campaign, and the appointment of Dr Caroline Gonda as our first LGBTQ+ Fellow, a role which provides a point of contact and advice for staff, students and fellows and will help shape our approach to EDI more broadly.

A key priority this year will be developing a programme of learning opportunities that we hope the whole community will want to engage in. We will also be building on what we have done in previous years to mark various occasions in the diversity calendar.

**Women of St Catharine’s**

Women St Catharine’s college celebrated Catz40 last year, as 40 years ago it welcomed its first female students to study at the college.

There are many opportunities available for Women in Cambridge some great charities and companies host various events specifically targeted at women. Keep your eyes peeled for events happening soon.

**City-Wide Resources** For non-emergency health advice, the NHS 111 Service can be reached 24 hours a day by dialling 111.

Urgent Care Cambridgeshire provides out-of-hours emergency services for Cambridgeshire between 6pm and 8:30am during weekdays and 24 hours a day at the weekends and Bank Holidays. This service is also accessed by calling 111.

For emergencies the number to dial in the UK is 999.
Mental Health Vanguard, an out-of-hours urgent mental health service, is available for people in mental health or emotional crisis. Call 111 and ask for The Mental Health First Response Team.

For additional resources, please see the MCR Welfare page

Another comprehensive resources is the Student Minds Cambridge “Student Support Guide”

Non-Binary Cambridge University Students' Union (CUSU) LGBT has a campaign Why Gender Neutral? This campaign focuses on important questions such as gender-neutral bathrooms, dress codes and admin.

LGBT+

LGBT+ Cambridge University Students’ Union (CUSU) has an LGBT+ welfare officer who is available to talk to you about any questions or queries you may have. You don't need to identify as LGBT+ to contact them!

CUSU also run an LGBT+ Campaign aimed at supporting LGBT+ students at the University. Their committee plans events and social gatherings. They also operate a number of email lists and social media groups to help people get involved in the Cambridge LGBT+ community.

For additional resources, please see the MCR Welfare page

Another comprehensive resources is the Student Minds Cambridge “Student Support Guide”

SexYOUality is a non-university-affiliated organisation that offers weekly drop in sessions and 1-2-1 support in Cambridgeshire for under 25s. The 1-2-1 sessions are set in a location that suits you, so you can feel comfortable enough to talk through what's on your mind. SexYOUality will also help you get access to other services if needed.

Lastly, Catz has a number of resources available to LGBT+ students. Catz LGBT+ is a student-led society that runs events for students of all sexualities and gender identities. You can also get in touch with the MCR LGBT+ officer or with the MCR co-presidents.
8. Religious provision, The Chaplain, Chapel and the Choir

Religious and Non-Religious Provision

St Catharine’s is a welcoming and supportive community, and all spaces are open to people regardless of their faith or beliefs. During the recent central spaces project an interfaith prayer room has been created. This can be found on the 3rd floor of the main Island, above the Hall. This is a welcoming space for all students and members of staff that do not wish to use the college chapel.

The College Chaplaincy

The College Chaplain is the Rev’d Ally Barrett, a priest in the Church of England and also one of the Catz tutors.

The Chaplain’s role includes spiritual care (including Chapel services), welfare and wellbeing (as part of the Welfare Team), and building community activities:

• Spiritual care: Ally can help if you wish to be put in touch with your own faith leaders and communities in Cambridge, or help you find a church where you will feel at home. She can also offer spiritual direction, or the opportunity to talk about your faith or doubts, and help you think through matters to do with faith and life/identity, or to share in prayer.

• Welfare: Ally is available to meet with anyone, of any faith or none. If you wish to speak with someone on any matter, the Chaplain is there to listen. She is also one of the College’s Mental Health Champions.

• Building Community: Ally runs regular various occasional social and discussion groups, to which all are welcome, and leads regular walks in and around Cambridge and further afield – again, all are welcome. She is also involved in the College’s working groups for on Equality, Diversity and Inclusion, and for on Sustainability.

Ally’s room is found in A staircase, room 4. You can drop in during her office hours, call her on 01223 338346, catch her when you see her around College, or email her. All chaplaincy activities are advertised in as part of the Chaplain’s Weekly email, which also includes the popular weekly jigsaw puzzles!

The College Chapel

The Chapel is a calm and beautiful space in the heart of the College, that is open every day from early till late. Anyone, of any faith or none, can spend time in the...
Chapel. Some people come in to pray, and others just to enjoy some peace and quiet, or to think or reflect. Every day at lunchtime and late night, a special playlist of music is broadcast in chapel as a aid to reflection.

Please see the [Chapel Term Card](#) for events and services.

**Music at St Catharine’s**

St Catharine’s boasts a fine musical tradition and the liturgy of the Church of England is enriched by the excellent contribution of our Choir, our Junior Girls’ Choir (8-15 year olds) and Organ Scholars. The Chapel’s three-manual organ is one of the finest instruments in Cambridge today which, together with the fine acoustic, makes the Chapel a popular venue for recitals and other performances both in and out of term-time.

For any further information about the life of the Chapel, please be in touch with the Chaplain, either before or after you arrive in Cambridge. She is always happy to hear from students who would like to become more involved in the life of the Chapel. There are always opportunities to read or lead prayers, and to join the friendly team of chapel wardens.

**The Chapel Choir**

St Catharine’s College Chapel Choir is looking for enthusiastic singers of all voice parts to join its ranks for the new academic year. The full choir currently sings two services in Chapel a week, on Thursdays and Sunday evening, and a reduced choir sings on Sunday mornings. The choir also ordinarily performs in an exciting schedule of concerts and recordings. The repertoire is wide and varied, including pieces from the fifteenth century to the present day, from all Christian musical traditions.

The Director of Music, [Dr Edward Wickham](#), will be holding auditions in Chapel at the beginning of term. Please contact him to arrange an individual audition time slot in advance.

**Other College Music**

The College offers opportunities for musicians of all types and levels of experience; some of which are organised by the student-led Music Society, and others by the Director of Music. There is a College orchestra which performs once a term, including the outdoor May Week Concert. ‘Open mic’ sessions enable students to perform in an informal environment, while the Kellaway Concert Series (free to college members) hosts professional musicians performing in a range of genres and styles. For the most ambitious instrumentalists, the College offers Instrumental Awards to support the cost of music lessons. For more information, please contact [the Director of Music](#).
9. Your Finances

St Catharine's offers a range of support for current postgraduate students to assist them with their studies. In addition to research, travel and hardship support, as well as prizes for academic merit, the College has a range of bursaries to assist postgraduate study. Please look carefully at the relevant links on the funding page to see what support might be available.

All applications are made through the Finance Tutor and Postgraduate Administrator.

For all other finances, the finance office is responsible.

**Bursarial and finance contacts:**
- College Accountant
- Financial Accountant
- Finance Assistant

**Bills**
Your College Bill includes the charges for your accommodation (which includes costs for heating, lighting, and network connection), as well as additional costs such as fines and breakages. It also includes the MCR membership fee, which is a small termly fee that helps the MCR host events. UK students will receive their College bill in advance of each term. Payment must be made within two weeks or within seven days of receiving a maintenance grant – whichever is later. If you are an overseas student, you will receive your first bill when your place is confirmed and once your visa has been issued. The bill will include your tuition fees for the first academic year, along with the cost of a year’s rent. This bill will be issued to you before the start of Michaelmas Term and must be paid before you arrive in College to matriculate. Please contact the Financial Accountant or the Finance Assistant if you have any questions about your College bill.

**Paying your Bill**
The preferred method is using the online payment system. Remember to pay your bill on time to avoid the late fee.

‘Caution Money’
You will have been sent information about paying the ‘Caution Money’ deposit. This payment covers any breakages or damage to College property during your time here. The College will credit this caution money against your final College Bill. At the end of your study, you can ask for this to be returned.

**Spending Money**
It is up to students to budget for their expenses. You will need a certain amount for stationery and books, although the College Library is likely to hold most of
the books you will need. When determining your weekly budget, also bear in mind that there are many opportunities at University to undertake a range of sporting and cultural activities and to socialise. The University website offers a breakdown of what living costs you may encounter.

Suggestions and issues are always welcome and would like to be addressed please email the Graduate Administrator, or fill in the MCR form.