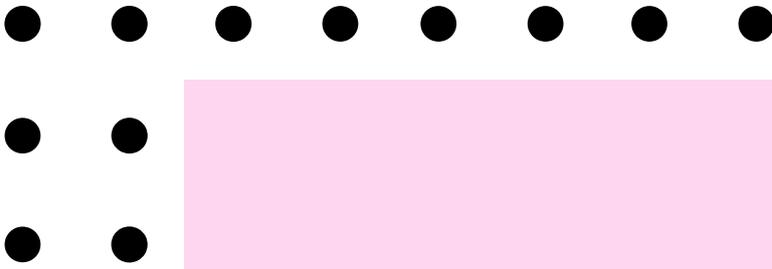
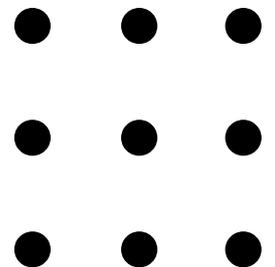


YOUR GUIDE TO WINNING FRESHERS'
WEEK WITH US



Freshers' Handbook

DOWNING COLLEGE FRESHERS 2019



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contents

disclaimer: this handbook is actually really long.
don't worry about everything! just read the stuff you
want to know or what you think will be useful.
here's some of the best bits:

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MAP OF DOWNING

*in the wise and eternal words
of The Beach Boys, you'll
need to be able to "get
around round round"*

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WHAT TO BRING

*some inspiration from us,
because i always manage to
forget my toothbrush*

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stuff to do, if you want

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WELFARE

*starting uni can be stressful!
we're here to support you*

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FAQs

*we answer the questions you
don't even know you have*



Welcome to Downing!

HEAD FREPS' WELCOME

Congratulations and welcome to Downing College!

We are really looking forward to meeting you all in October and introducing you all to the best college in Cambridge (in our completely objective opinion!)

Our job is to make the transition into university life, and life at Downing, as easy and stress-free as possible- and with any luck an enjoyable experience. On top of an exciting and action packed Freshers' Week, we and our lovely team of Freshers' Reps will be at your beck and call to answer any questions you have about life at Downing and at Cambridge in general.

You'll be able to spot us throughout the week by our beautiful, bright magenta t-shirts - so don't be afraid to come and say hello!

Take a look at the timetable and events we have lined up for you as well as the important timings throughout the week. Don't worry if it seems daunting at the moment, we will be around throughout the week to ensure you get to where you need to be. There are bound to be lots of questions and things that you might be unsure about so please feel free to email either one of us or to message us on Facebook- we are here for you to bug us!

Though we will try to put as much information in the handbook- the Facebook page 'Downing College Official Freshers' 2019' is where we will be keeping you up to date on what's going on closer to the date. So please keep checking this- if you don't have Facebook or don't like using it then please let us know so we can make sure you stay in the loop! This handbook is packed full of tips, tricks and tales from current students for you to look over and hopefully will help you get to know what life here is like.

We can't wait to meet you all!
Scarlett and Fraser x



SCARLETT

Subject: English (did 1st year Theology, will be doing 1st year English)

Previous Accommodation: Grifphon

Likes: Plants, sloths, jaeger bomb deals

Dislikes: Guinness, my beautiful cam card photo, theology

Interests: running/gym, the environment

Best bit about Downing: integration between years

Advice: don't go on the ski trip if you're scared of heights

'education is important, but fun is importanter' - Sohum Patel

FRASER

Subject: History

Previous Accommodation: Kenny A

Likes: The pub, Music and Drama, pretending he can play Rugby

Dislikes: Bad chat

Interests: Downing Bar

Best bit about Downing: Brunch!

Advice: Don't listen to loud music whilst hoovering.

MEET THE FREPS



TAMMY

Medicine

Previous Accommodation: Howard

Likes: Brunch, G&T, falafel, summer, my friends

Dislikes: laundry, mushrooms, the cold

Interests: netball, medsoc (wahey), a cambridge union membership i haven't yet utilised

Best bit about Downing: the people + the lovely grounds

Advice: try not to worry about anything, everything will fall into place and you will settle fast!! just be yourself.



DANIEL

ChemEng

Previous Accommodation: J staircase

Likes: rugby

Dislikes: blue cheese

Best bit about Downing: the bar

Advice: keep your hands and legs inside the ride at all times



SONA

BioNatSci

Previous Accommodation: Howard

Likes: plants, hats, pub quizzes, football, naps

Dislikes: saturday lectures:(, how long it took to format this handbook

Interests: theatre/comedy, student writing

Best bit about Downing: catching up with everyone at Keith's cafe every week

Advice: don't be afraid to try everything! that said, do not do what I did and give your CRSiD to every society you make eye contact with at the freshers fair. your inbox will thank you.



LUKE

Law

Previous Accommodation: J staircase

Likes: law, rugby, downing bar

Dislikes: law, rowing, people who do rowing

Interests: rugby, mootng

Best bit about Downing: mix between freshers and 2nd/3rd years

Advice: enjoy your first term and don't work as hard as you think you need to



FRAN

HSPS

Previous Accommodation: Howard

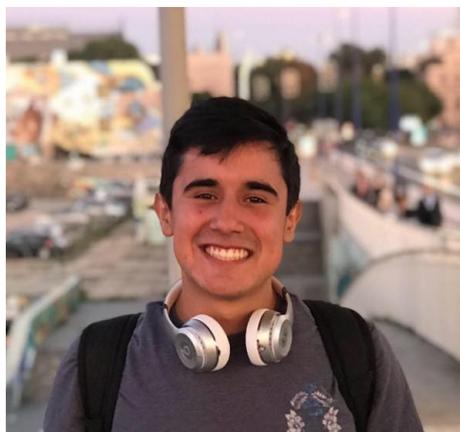
Likes: downing bar, politics, drama, netball, debating, coming back from a night out before 2

Dislikes: essay writing

Interests: union, DDS, downing netball

Best bit about Downing: keith's cafe!

Advice: don't panic if you feel you haven't settled in the first term - give it time and persevere



ADRIAN

BioNatSci

Previous Accommodation: Kenny A

Likes: music, £5 Monday nanna mex, £2 spicy chicken pasta from slocals, sainsbury's dry white

Dislikes: sport, my degree, the amount of money i spend on spicy chicken pasta and sainsbury's dry white at slocals

Interests: downing jazz band, wind quintet, CU saxophone consort

Best bit about Downing: sense of community

Advice: remember to have fun! Also at some point or another while you're here you are going to feel dumb - YOU'RE NOT. Keep that in mind :))



ZADIE

Classics

Previous Accommodation: Kenny A

Likes: music, netflix, my degree, leaving early from clubs to go get chips, Monday night £5 nanna mex, tea

Dislikes: running, cheese, chocolate, 2am fire alarms

Interests: Downing choir, downing wind quintet, downing classics society

Best bit about Downing: everyone is so friendly (and our proximity to sainsbury's)

Advice: be yourself! don't be worried if freshers' week is a little overwhelming (everyone else will be feeling the same), make sure to arrive with an open mind for all the activities!!



RIHAB

Law

Previous Accommodation: Kenny A

Likes: COFFEE (starbucks is so close), netball, 40% off at Pizza Express, international politics and just generally... feeling like i know stuff

Dislikes: walking to Sidge, Brexit - its confusing and I HAVE TO LEARN ABOUT IT

Interests: netball, cambridge union, law society speakers frep, ISOC publicity officer, sudanese society co-pres

Best bit about Downing: first year accommodation BANGS

Advice: just get involved in everything first, then filter things out afterwards there's so many new opportunities worth trying! learn how to cook SOMETHING before you come (trust me biscuits alone will kill you) and I promise promise promise it gets easier after first term <3



MATT

English

Previous Accommodation: Kenny A

Likes: theatre, Yorkshire tea, films, Spoons, Nandos

Dislikes: lectures, essay deadlines, having to clear my room at the end of every term, Southern water

Interests: acting and directing, coxing for DCBC

Best bit about Downing: the people!

Advice: Try and get involved in as much as you can, throw yourself into uni life. This means you can find your limit of balancing work with extracurriculars and you'll meet so many amazing people. There's always someone to talk to if you become overwhelmed by Cambridge. 99% of students here have been in that exact situation.



OLLIE

History

Previous Accommodation: Kenny A

Likes: ????

Dislikes: ????

Interests: ????

A mystery to us all, Ollie failed to respond to my numerous requests for information for the handbook. Shadmin, or does he even exist? Looks like we won't know until Freshers' Week...

JCR PRESIDENTS' WELCOME

Hey fresh, and a very warm welcome from your JCR President & Vice-President!

JCR stands for Junior Common Room – a sort of student union just for Downing undergraduates. We're an elected committee of about 25 wonderful people who provide services and support to students, and liaise with College on a number of issues. As Pres and Vice-Pres, it's our job to represent you, whether by attending meetings with College management or by making Downing's voice heard at CUSU, the university-wide student union. We are responsible for running the yearly room ballot, overseeing JCR facilities and managing the other members of the committee.

It's very important to us that you feel at home in Downing - if you have any questions or concerns about College life, we're here to help. Feel free to drop us a message, either anonymously through the JCR website or at one of the email addresses below. We'll also be around during freshers' week – feel free to say hi!

We hope you have an awesome freshers' week and look forward to meeting you in October!



Cam O'Connor
JCR President 2019-20
3rd Year CompSci
president@jcr.dow.cam.ac.uk



Barney Walker
JCR Vice-President 2019-20
4th Year Engineer
vice-president@jcr.dow.cam.ac.uk

MEET THE JCR



Priya + Mateo
Welfare Officers

3rd year HSPS + 2nd year
Classics

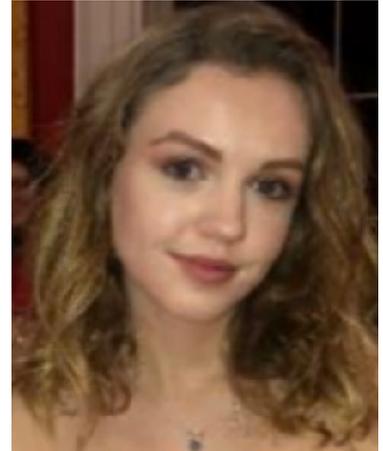
We look out for the overall wellbeing of people in college and assist with any concerns people may have- be that how to manage stress or accessing counselling services at university or just where is nice to have a day off!



Shaan + Jai
BME Officers

3rd year Law + 3rd year History

We are responsible for representing the views of BME students, as well as working on access schemes in an effort to increase the proportion of BME Downing applicants. We want to make everyone feel welcome and appreciated in college, which can sometimes feel like a very white space, and celebrate the diversity of cultures that we have to offer.



Sophie
Access Officer

3rd year English

I work on the college's outreach schemes to help encourage underprivileged students to apply, and making the college a more welcoming, comfortable, and accessible environment for students who come from lower-income households, non-degree families, and/or less academic state schools!



Martha + Jake
Green Officers

2nd year MML + 3rd year MML

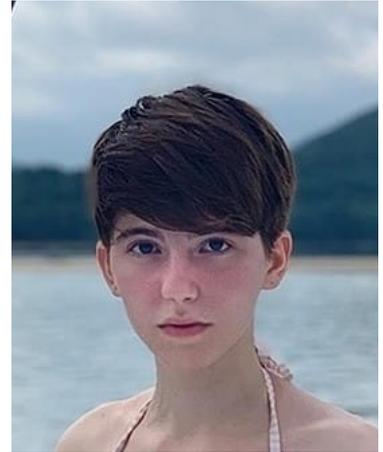
We work to improve green matters in college as well as generally promoting an environmentally friendly message!



Jay + Saachi
LGBT+ Officers

2nd year Philosophy + 2nd
year NatSci

We're here to run LGBT+ related events and are here as support for the Downing LGBT+ community.



April
Disabled Students'
Officer

3rd year English

I promote representation for disabled students in the college and provide welfare services, as well as organising social events. I liaise with the college about how to increase accessibility at Downing, and promote accessibility generally in the college community



Kimberley

Academic Affairs +
Careers Officer

3rd year Law

I ensure that you get help and support with any academic problems that you may have, whether that is a problem with your tutor or your DoS or you're just worried about work!



Bry + Zoë

Women's Officers

2nd year HSPS + 2nd year English

We promote female representation and consciousness college-wide by organising female-oriented events and opportunities. We also promote female sexual health and can provide access to sexual health services!



Matthew

Communications
Officer

3rd year Engineering

Keep you up to date with upcoming events and opportunities, both in Downing and the university through a weekly bulletin, which also contains the all important 'Meme of the Week'! I'm also responsible for keeping minutes in the JCR meetings, and for letting you know what the JCR is up to.



Ollie + Ewan

Ents Officers

3rd year Law + 3rd year
History

We organise ents (social events) in college such as themed parties at Downing Bar and the annual JCR Garden Party.



Daniel Owen

Sports Officer

2nd Year ChemEng

Compiles the sports report each week, liaises with the sports captains and stocks the sports cellar.



Ffion + Sophie

Griffin Editors

3rd year Archaeology + 3rd
year HSPS

We edit the college magazine which is basically just a way of collating college achievements every term along with people's writing, drawings, and photography.



Gauhrishi + Nat
International Officers

2nd year LandEc + 2nd year NatSci

We're here to represent the international community at Downing and are always willing to help out with any concerns faced by international students or even just to chat! Particularly, we want to make sure that all international freshers feel included and comfortably settle into Downing's lovely community.



Yan Qi
Accommodation + Services Officer

2nd year Economics

I work with the College and the rest of the JCR to maintain and improve the quality of your rooms and the various services/facilities available, including the room ballot!



John
Internet Officer

2nd year Computer Science

I'm responsible for creating and maintaining the content on the Downing JCR website!



Daniel
Treasurer

3rd year Geography

I'm in charge of creating the budget and allocating funds to clubs/ societies at the start of the year, as well as reimbursements from the JCR.



Scarlett + Fraser
Freshers' Representatives

1st year English + 2nd year History

Us again! Looking forward to meeting you all during Freshers' Week!

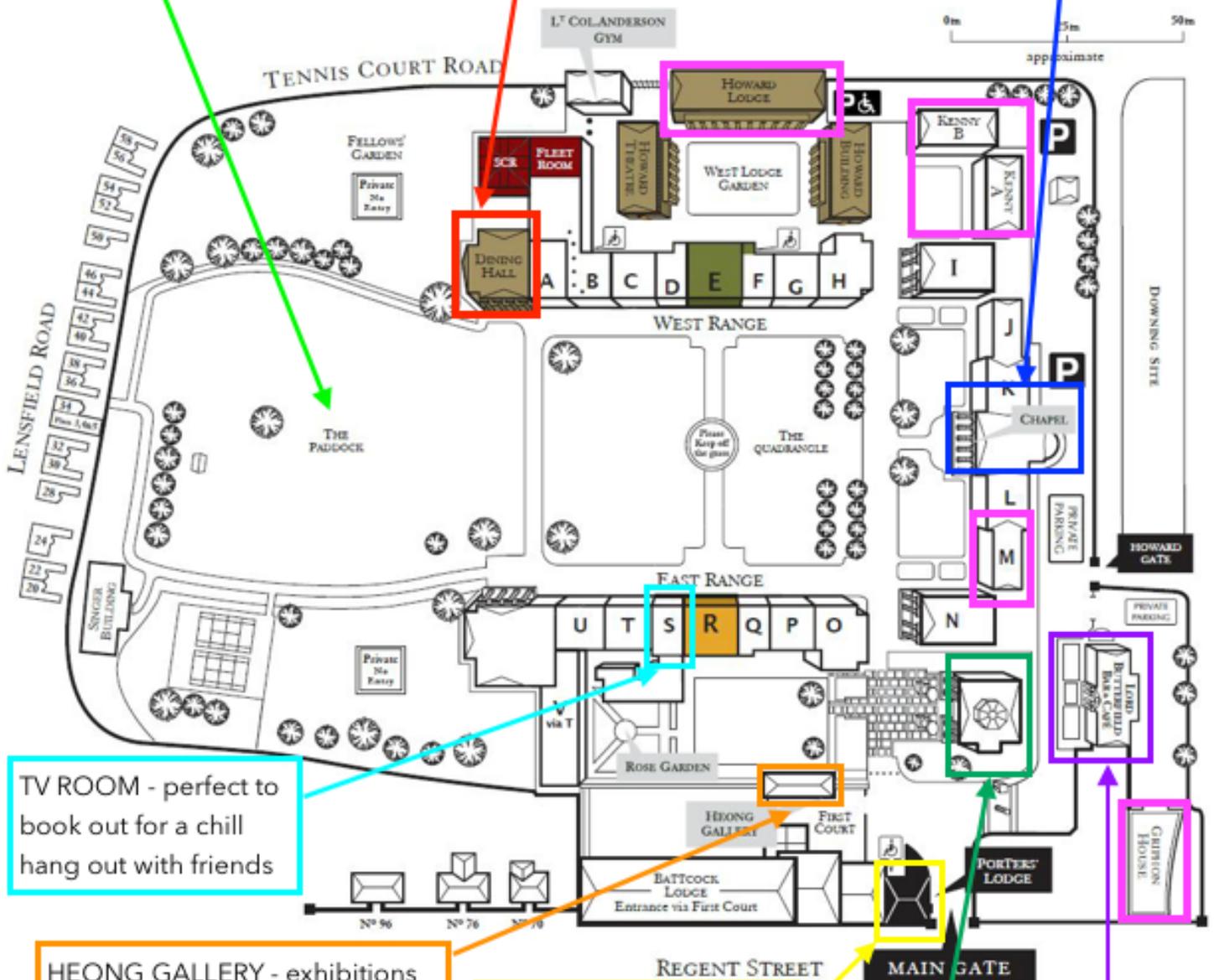
MAP OF DOWNING

FRESHERS' ACCOMMODATION BUILDINGS

PADDOCK (grass you can walk on !!!!) - sports played here, and the best spot for picnics

DINING HALL - where meals and formal halls occur.

CHAPEL - services, complines, and Keith's cafe all happen here



TV ROOM - perfect to book out for a chill hang out with friends

HEONG GALLERY - exhibitions change regularly through the year, and the Marlowe society host events here.

PLODGE - you can always find the porters here. Come to check your pidge and the post room.

LIBRARY

BUTTERFIELD CAFE/BAR/JCR
The JCR is located downstairs under the cafe/bar.

RYDER & AMIES

THE ORIGINAL 'UNIVERSITY STORE' SINCE 1864



Ryder & Amies
22 King's Parade
Cambridge

CB2 1SP

sales@ryderamies.co.uk

www.ryderamies.co.uk





Before You Arrive

ACCOMODATION INFO

All rooms contain: armchair, bed, mattress + mattress protector, bedside table, desk, desk chair, desk lamp, wardrobe (with hanging space + shelves), bin + recycling bin.

For more information about rooms:

<http://www.dow.cam.ac.uk/students/accommodation/room-information-freshers>

Griphon House

ROOMS

- Double bed (with mattress cover)
- Wardrobe, shelves + lockable cupboard
- Full length mirror
- Magnetic walls above the desk (requires extra strong magnets)
- En-suite: bath, shower, bin, large mirror, shelving + heated towel rail

KITCHENS

- Large kitchen on middle floor and smaller kitchen on the top floor
- Contain: ovens, induction hobs, fridges + freezers
- Lockable cupboards
- Dining table + chairs



Howard Lodge

ROOMS

- Double bed (with mattress cover)
- Wardrobe, chest of drawers + lockable cupboard
- Full length mirror
- Wall-mounted pin board
- En-suite: bath, shower, bin, large mirror + heated towel rail

KITCHENS

- Ground floor (rooms 1-9) have a very small kitchen shared between each pod (2-3 people)
- Middle + top floor have a kitchen shared per floor (10-12 people)
- Contain: ovens, hobs, fridges + freezers
- Lockable cupboards

Kenny A + B

ROOMS

- Single bed (with mattress cover)
Most rooms have a spare pull-out mattress to create a double bed.
- Wardrobe, shelves + lockable cupboard
- Full length mirror
- En-suite: shower, bin, large mirror, shelving + heated towel rail (+ some rooms have baths)

KITCHENS

- Each floor has its own kitchen (shared between 8-10 people)
- Contain: ovens, hobs, fridges + freezers
- Lockable cupboards



Staircase M

ROOMS

- Single bed (with mattress cover)
- Wardrobe + shelves built in to the panelling of most rooms
- Shared W.C.s, bathrooms and shower rooms (shared with up to 4 people)

KITCHENS

- Each floor has its own kitchen (shared between 6-8 people)
- Contain: ovens, hobs, fridges + freezers
- Lockable cupboards

WHAT TO BRING

We've come up with a list of things the Frep team recommend you bring to Downing. Lots of these aren't essential, and the list is by no means exhaustive, but we hope it will help you when you're packing!

College's suggests on what to bring can be found here:

<http://www.dow.cam.ac.uk/students/accommodation/room-information-freshers>

Many kitchens will already have simple appliances, such as a toaster, kettle and microwave. You should wait until you arrive to see what is in your kitchen, then you can organise as a group or floor if you need anything else!

There is a Wilko at the Grafton centre, no more than a 10 minute walk from Downing, so if you forget anything or decide to cook more often, you can go and pick things up!

Hot tip: if you want to buy cooking utensils or pots and pans, TK Maxx is a good place to check out. They often have quality branded stuff at good prices, and it's closer than trekking to Grafton!

Clothes: be prepared for cold weather! And don't forget formal clothes for matriculation and formal dinners.

DON'T FORGET!

- important documents e.g. bank details, ID, passport
- chargers for your phone, laptop, etc.

FOR THE KITCHEN

- washing up liquid + sponges
- mugs, plates, cutlery + glasses
- pans, chopping boards + kitchen utensils

FOR THE ROOM

- clothes + clothes hangers
- dressing gown (useful for shared bathrooms or just to be cosy!)
- bedding
- things to make your room feel like home! e.g. photos, cushions, fairy lights

FOR YOUR DESK

- stationery - pens, paper, folders, stapler, etc.
- laptop
- printer
- extension cable

Printing: college has printer facilities that you can pay to use, so bringing your own printer isn't necessary!

FOR THE BATHROOM

- shower caddy (useful for shared bathrooms)
- toothbrush + toothpaste
- toiletries e.g. soap, shampoo
- towels

If you forget any toiletries, don't worry! There is a Savers next to Slocals (2 minutes from Downing) where you can buy anything else you might need.

OTHER USEFUL STUFF

- water bottle
- SNACKS

Freshers' week can be very busy, so some snacks and tea bags might be good to get you through your first few days until you get a chance to go shopping!



Arrival

ARRIVAL DAY

OCTOBER 5TH 2019

Freshers' Week Begins!
Here's what will happen...

You will be arriving on the Saturday 5th October at 1PM and will be able to move into your room after 2PM.

You will be met at the gates by us, the Freps! We will be wearing bright pink (magenta, Downing's college colour!) t-shirts so hopefully we will be easy to spot around college.

If you arrive by car we will point you in the right direction for loading purposes, and Freps will be at each accommodation to make sure you get to right place (and help unload if you need it!)

First, you will need to go to the Tutorial + Admissions Office (B staircase) to:

- Register yourself as a new Undergraduate (you will require original documentation)
- Receive Registration information + documentation (you will also get back any exam certificates and student loan documentation you sent to Downing previously.)
- Collect your University Card (CamCard)
- Collect your key to your accommodation (this depends on which accommodation you are in: Griphon is card access!)
- Pick up your Undergraduate Gown!

You will have a couple of hours to unpack, and then Freshers' Week will officially begin!

MATRICULATION

Matriculation is the ceremony that marks the official admission of each new undergraduate to Downing, and to the University. Despite the fancy name, it's nothing scary so don't worry!

Matriculation Day

Matriculation Day will be busy! Everyone will be dressed formally and wearing gowns (and it will feel a bit like you're in Harry Potter.) In the morning, you can get individual photographs taken, and in the afternoon there will be a photo taken of the whole year group who matriculate in 2019. These photos will be available to order later in the term.

After this, everyone will have to go to the Howard Building, where you will be formally welcomed to the college by being introduced to departmental staff and the services they provide. This will be a bit of an information overload, but don't worry, because all of the information can also be found online on the Downing website, and it's just a way to meet the people in charge of running Downing.

There will also be a Matriculation Formal Dinner in the evening, to celebrate your official welcome. Some Directors of Study may invite you and your subject peers for a drinks reception before this.

The Matriculation Ceremony

You will be given a time slot for when you will go to Matriculate in the afternoon. Make sure you know when and where you're going, and you must be wearing your gown!

For the ceremony, you will be called into a room one at a time. The Master and the Praelector will be there to welcome you. You will have to read some words off a bit of paper to say that you agree to be a part of Downing and the University, and then sign another bit of paper. Then you'll shake hands and you can go off to enjoy the rest of the day. Nothing too stressful!

More information about Matriculation, including the words that you will have to say, can be found here:

<http://www.dow.cam.ac.uk/join-downing/information-new-students/quick-checklist-undergraduates/matriculation-undergraduates>

FRESHERS' WEEK TIMETABLE

Saturday 5th

Arrival and Registration
Anytime between 13:00 – 16:45

Fraser and Scarlett will meet outside at the Porter's lodge.

Location to register: Tutorial and Admissions office B staircase.

Refreshments provided for family at the Hall.

Rooms available from 14:00 onwards. The Bursary will be open for queries and to pay bills.

17:50

Meet outside the Chapel for your Tutor social evening

Your tutor helps look after you in college. This is an informal chance to meet them, and have a chill evening with your subject peers.

18:30

Dinner

Location: Hall

*Pay with cam card. Fregs will gather you together from your accommodation.
Approx. £4 on cam card*

20:30

Accommodation swap

Location: Begin in each accommodation block.

Fregs will then lead the swaps.

22:00

Free time in Downing Bar.

Board Games and snacks downstairs in the JCR

00:00 – Danger Spoons

Fregs will guide. Start at Bar. Only if you want to! (Free entry)

Sunday 6th

10:00 - 11:00

Optional Chapel Service

11:00 - 12:45

Downing Brunch

*Fregs will be around to help you find way. Experience the true joy of Downing Brunch.
Approx. £4 on cam card*

12:45 - 14:00

Senior Tutor Talk + College Information

Location: Howard Building

14:00 - 15:00

Subject Picnic

*Location: Howard Lawn
Weather permitting you will have a mini picnic with 2nd years doing your subject to learn the ins and outs of your degree!*

15:00 - 16:00

Free time

16:00 - 18:30

Downing goes to the fair

Location: Paddock

A highlight of the week, the Paddock will be filled with sports, inflatables and challenges. Expect hunts, competition and good old organised fun.

18:30 - 19:30

BBQ on the Paddock

20:30

'Desert Island Disco' Ent

Dress as a disco diva, a marooned desert islander, or as your favourite star from the radio show - prizes for best dressed.

Location: Downing Bar

Alcoholic and Non-Alcoholic drinks available.

20:30

'EntLove'

Come to West Lodge if you or your friend needs a break from the Ent or feels like chilling with a Frep!

23:00 – Vinyl

*Fregs will guide. Start at Bar
Tickets on wristband*

Monday 7th

9:00-12:00

Introductory Group meetings with Director of Studies and Tutor Meetings

Starting today and running all week. Individual timetable on Moodle.

12:00 - 13:00

Lunch

Please try eat something before the workshop as unfortunately it is during lunch!

Consent + Diversity Workshops

13:00 - 14:00

*Meet on Howard Lawn and see groups on individual timetables (on Facebook)
Locations: Howard Room, Howard Building Assembly Room, Howard Thetate, Grace Howard Room, West Lodge.*

14:30 Onwards

FAMILY DAY!

Your college parents will be in touch to arrange a location to meet.

They will be giving you tours around Downing and Cambridge before taking you punting on the river and meeting up with families to spend a relaxed afternoon together.

At around 8pm all families will go out to dinner in groups. You parents will be in touch before you arrive so feel free to ask any questions or if you have any special requests.

23:00 – Fez

*Fregs will guide. Start at Bar
Parents will take you to get tickets (£5)*

Tuesday 8th

12:00 - 13:00

Lunch

Location: Hall

Approx. £4 on cam card

12:45 - 13:15

Matriculation Photo

Location: Quadrangle.

Formal dress.

13:15 - 14:30

Formal College Welcome

Location: Howard Building.

15:00 - 17:00

Matriculation

Location: West Lodge, E Staircase

This is your admittance into college and the University. It takes 15 minutes and will be done by surname - see individual timetable on website.

15:30 - 17:00

Downing Sports and Societies Fair

Location: Grace Howard Room

Drop in when you aren't matriculating!

16:00 - 17:30

Tea and Cake Drop in

Welfare Reps and JCR members

Location: Howard Building Drawing Room

19:00 - 19:30

Matriculation Drinks with Director of Studies

19:30 - 21:30

Matriculation Dinner

Location: Hall

21:30 - 22:30

Casino Night

Location: Howard Building

Drinks alcoholic and non-alcoholic available for purchase (cash only!)

This is a chance for you to play some light-hearted poker, roulette and blackjack without the fear of losing any money.

23:00 - Glitterbomb

Buy tickets online

Wednesday 9th

10:00 - 12:00

Library Tours

Running every 20 mins

Sign up with link on fb

10:00 - 15:00

CUSU Freshers' Fair

Location: Parkers Piece (Park opposite Downing) and Kelsey Kerridge Sports Centre

12:00 - 13:00

Lunch

Location: Hall

Approx. £4 on cam card

14:30 - 16:30

Library Tours

Running every 20 mins

16:30 - 18:30

LGBTQ+ and BME Drop-In

Location: BME: TV room (S staircase)

LGBT: JCR

Drop in throughout the afternoon to meet the reps.

18:00 - 18:45

Dinner

Location: Hall

Approx. £4 on cam card

21:00

Live Band

Location: Bar

Come to the bar to see a live performance from Soft Crunchy Landing the no.1 10-piece soul and funk band in Cam!

23:00 - Cindies

Included in wristband

Thursday 10th

First Day of Term!

You will be fine

12:00 - 13:00

Lunch

Location: Hall

Approx. £4 on cam card

15:30 - 16:30

Keith's Cafe

A great Downing Tradition - our Chaplin provides free food and hot drinks outside the Chapel every Thursday!

18:00 - 19:00

Dinner

Location: Hall

Approx. £4 on cam card

21:00

Meet the Societies!

Location: Start at Downing Bar
This is a great opportunity to get to know the Downing societies in places around Cambridge - and get familiar with the local area.

23:00 - Lola's

Buy tickets online

Friday 11th

Second Day of Term!
You will still be fine

12:00 - 13:00

Lunch

Location: Hall

Approx. £4 on cam card

18:00 - 18:45

Dinner

Location: Hall

Approx. £4 on cam card

21:00-0:00

Silent Disco

Location: Bar

Getting the whole of college together - dance the night away! Click going on the facebook event to reserve a ticket (approx. £6-7 on cam card)

00:00 - Cindies

Included on wristband

Saturday 12th

Third Day of Term!
You are continuing to be fine

11:30 - 12:30

Downing Brunch

Location: Hall

Approx. £4 on cam card

19:30 - 21:30

Freshers Formal

Location: Hall

Approx. £10 - book on Upay Chilli

23:00 - Cindies

*Included on wristband
(If you aren't knackered already!)*

Sunday 13th

Fourth Day of Term!
You are still continuing to be fine

11:00 - 12:30

Downing Brunch

Location: Hall

Approx. £4 on cam card

17:00 - 18:00

1st JCR Meeting of the year.

With pizza. Come along and find out about and debate issues that affect you and the wider college community

18:00 - 18:45

Dinner

Location: Hall

Approx. £4 on cam card

18:00 - 19:00

Freshers Evensong

Location: Chapel

20:30

Freshers Film Night

Location: Music Room

23:00 - Vinyl

Included on wristband

Please note! This is a provisional timetable which can give you an idea of what to expect for your freshers' week!
You will be given an updated timetable when you arrive:))

HOMEMADE • LOCAL • MEXICAN

FREE SOFT DRINK
WITH THIS VOUCHER

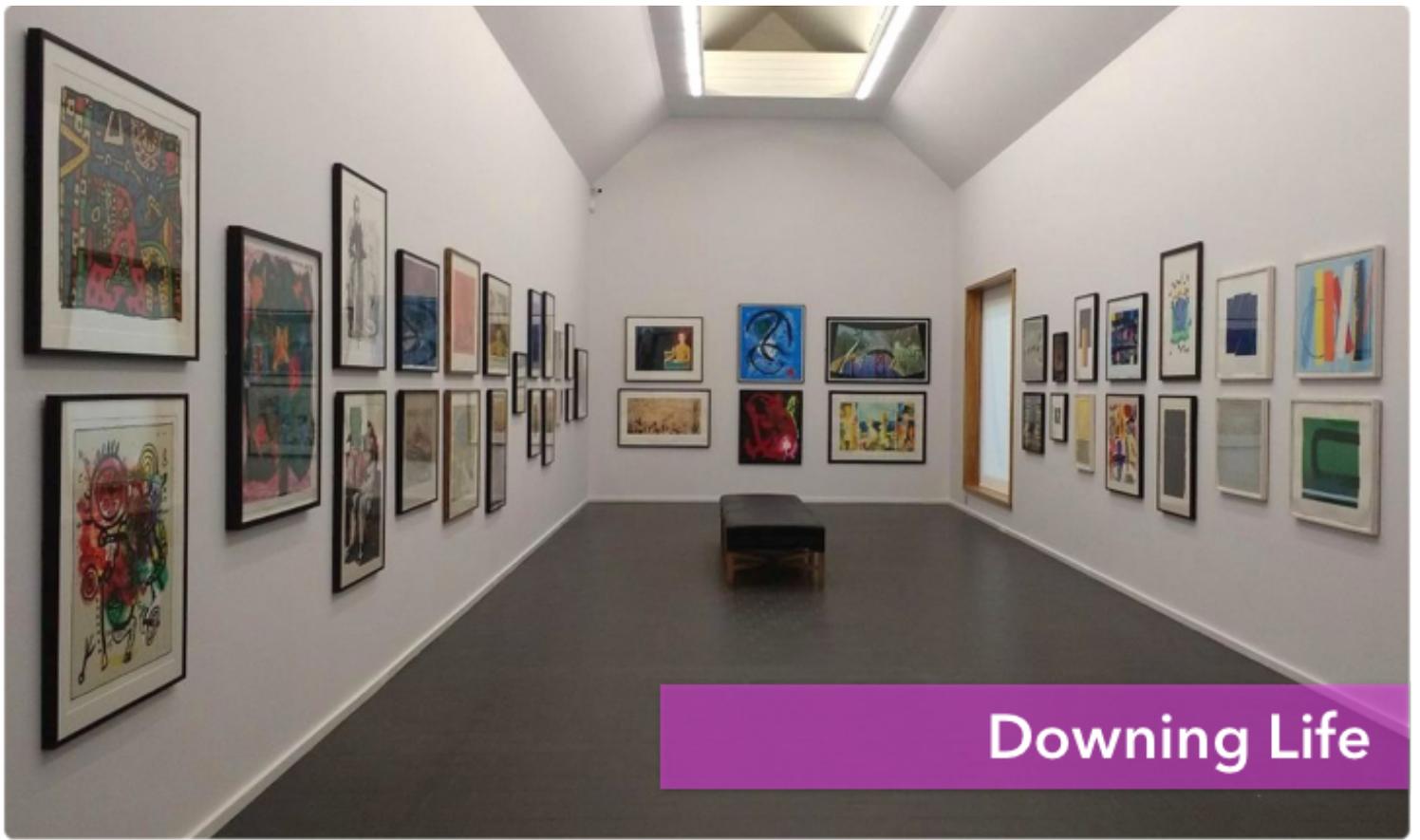
the

*Big-Ass
Burrito*

£5

NO EXTRAS, STEAK OR
CHORIZO INCLUDED

**PANNA
MEXICO** STREET
FOOD



Downing Life

SOCIETIES

There are too many societies to count at Cambridge, which you can find out about at the University Freshers' Fair. This will be on Parker's Piece (the grassy park just opposite Downing) and in the Kelsey Kerridge Sports Centre.

Here at Downing there are loads of societies to join too! You can find out about these at our own Societies Fair, which will be held during the Freshers' Fair in the Howard Building! Here are just a few of them:

Subject Societies

In most cases you will be signed up to your subject society automatically.

Most of these societies are also open to all, so you can join a society outside of your subject if you are interested in it!

- Brammer Geographic Society - Geography
- Danby Society - Natural Sciences, Computer Sciences, Mathematics, PBS, ChemEng
- Cranworth Society - Law
- Austyn Mair Society - Engineering only
- Maitland Historical Society - History, History of Art, History + Languages, Classics
- Mathias Society - Economics, Land Economy
- Lord Guilford Society - Classics
- Whitby Society - Medicine, Veterinary Medicine
- Blake Society - Arts + Humanities

Societies

- Downing College Music Society (DCMS)
- Downing Dramatic Society (DDS)
- Astronomical Society
- Griffins Club
- Feminist Society
- Gardening Society
- Poetry Society
- Chapel Choir of Downing
- Jazz Band

SPORTS

Downing College sports societies are a great way to try out new sports in a relaxed environment, or to continue with old ones!

Competitiveness varies depending on the sport but most societies tend to participate in the annual coppers events (inter-collegiate competitions) - last year Downing was crowned the rugby coppers winners!

Taster sessions will be held during freshers week and the week after. For dates and timings please stay up to date with our facebook posts (or emails if you don't have facebook.)

To find out about what sports are on offer at Downing, there will be the societies fair on Tuesday 8th from 15:30 at the Howard Building.

A list of some of the main sports societies at Downing are given below, but more information can be found at this fair, or online at:

<http://www.dow.cam.ac.uk/students/societies/sport-societies>

Griffins Club

Rugby Club

Mens' + Womens' Football

Squash Club

Boat Club

Table Tennis Club

Cricket Club

Tennis Club

Hockey Club

Ultimate Frisbee

Men's Basketball Club

Volleyball Club

Mixed Lacrosse

Climbing Club

Netball Club (Ladies and Mixed)

To stay up to date with sporting events and achievements, look out for the weekly sports report from our sports officer (and frep!) Dan Owen at sports@jcr.dow.cam.ac.uk

FOOD

DINING HALL

Serve a range of hot and cold food options, including at least one vegetarian and vegan option everyday. The daily menu is usually available online on the JCR website.

Monday-Friday

Lunch: 12:30-13:30

Dinner: 18:00-18:45*

*Dinner on Tuesday and Thursday is from 18:00-19:00

Saturday

Brunch: 11:30-12:30

Dinner: 18:00-18:45

Sunday

Brunch: 11:00-12:45

Dinner: 18:00-18:45

FORMALS

A candlelit 3 course dinner - perfect for special occasions like birthdays, or to show off how fancy you are when friends come to visit! You must book in advance using UPayChilli, and this will be charged to your college bill.

You can bring your own wine (though you will have to pay £1 corkage) or buy wine directly from the bar outside the hall before the formal begins.

You must wear formal clothing and your college gown.

Every Wednesday, Friday and Sunday.

Seated by 7:30pm

Finishes at 9:00pm

BUTTERFIELD CAFE

Serving coffees, pastries, paninis and snacks. Perfect to grab a quick lunch, and often used as a study spot.

Monday-Friday: 08:00-18:00

Saturday: 10:00-16:00

Sunday: closed

DOWNING BAR

The Butterfield cafe turns into Downing Bar by night. Well known for the college drink, the Machete, and for selling queue jump tickets on club nights (which few other colleges do!) Also hosts the infamous Downing Pub Quiz every Monday, and Jazz nights a few times per term, as well as college ents.

Everyday: 20:30-23:30

FOOD SHOPPING

- Mainsburys
- Slocals
- Aldi (far from us as Aldi is up the hill near Medwards, but doable if you have a bike!)
- Mill Road - known for the variety of world food shops, such as Asian greengrocers and Halal butchers.

LATE NIGHT FOOD

VAN OF LIFE

Found in Market Square after dark. Be prepared for the man to spell your name wrong every time!

Our faves: cheesy chips, chips + gravy, the quesadilla

VAN OF DEATH

Opposite side of Market Square to Van of Life. Far inferior to its neighbouring Van of Life.

Apparently does good kebabs and chicken wings.

GARDIES

Tiny Greek-style restaurant with a green front on the street opposite VoL. Be warned - they don't melt the cheese on their cheesy chips.

Our faves: the halloumi burger

CITY KEBAB (CK)

Only really known by Downing students, many a student has had food poisoning from here. Serves all the kebab shop favourites.

Our faves: garlic pizza bread, "The Deal"

MACCIES

A classic!

Space to sit which is ideal when it's cold and rainy.

THINGS TO DO

Cambridge is an incredible place to live and study! When you're not working, there is so much to see and do around Cambridge.

More things to do can be found here: <https://www.jcr.dow.cam.ac.uk/things-to-do-cambridge>

Shopping

- Grand Arcade

The main shopping centre in central Cambridge, it has many well-known brands. A trip to Tiger can help you deck out your room!

- Mill Road

Has great fruit and veg shops as well as vintage and second-hand shops.

- Grafton

On the other side of Parker's Piece, Grafton has a bunch of useful shops like Wilko, Primark and Argos.

Museums + Art Galleries

Cambridge has so many museums + galleries it would be impossible to list them all.

Escaping your subject to look at some art or fossils can be a great way of relaxing and exploring the city. Here are a few of our favourites:

- Fitzwilliam Museum

Located right next to Downing, the Fitz museum is somehow grander on the inside than out. Containing everything from ceramics to Egyptian coffins, it is well worth exploring.

- Kettle's Yard

An art museum with modern and contemporary exhibitions. They hold various talks and events here throughout the year, which you can find out about online. There is also a borrowing scheme that you can look into if you are interested in art.

- Museum of Zoology

Located on the New Museums site on the other side of Downing Site, this museum contains thousands of animal specimens, including the famous 21 metre Fin whale.

Parks + Nature

- Botanical Gardens
A great place to get close to nature, the botanical gardens has a large wooden greenhouse and heaps of plants around. Entrance is free if you show your CamCard!
- Midsummer Common
A lovely green space in Cambridge, it is next to the river on the other side of the boathouses. There are often cows grazing, but it is a beautiful place to chill in the summer.
- Go Punting!
This year College has paid for a Scudamore Student Punt Scheme which means all Downing Students can get discounted punting rates! This is a great way to relax, especially in the Summer months after exams.

Theatre + Music

The Cambridge student theatre scene is always exciting. You can go and see a show at the ADC, the main student theatre, or at some of the college theatres, such as Pembroke New Cellars, Corpus Playroom, or our own Howard Theatre. Tickets usually have concessions for students. Keep an eye out online for whats on each term!

Apart from the recitals put on each term at Downing and across the University, Cambridge has a great music scene. There are two main concert venues: the Corn Exchange, and the Junction. As well as this, there are a number of local artists and jazz bands that perform in pubs around Cambridge.

NIGHTLIFE

Nightlife in Cambridge is very different from at other universities but it's a lot of fun! Don't worry about buying wristbands before you get here - during Freshers' week, we'll have you sorted for every night. Following this, Downing bar sells queue jump tickets for most of the big nights out.

NIGHTS OUT

Monday- Downing Pub Quiz

No-one really goes out on a Monday unless there is an event.

Tuesday- Cindies/Glitterbomb

Tuesday Cindies isn't that popular as most people save themselves for Wednesday Cindies!

Glitterbomb is the LGBTQ+ night out - hosted at Vinyl, featuring drag performances and cheesy tunes.

Wednesday- Cindies

The biggest night out in Cam. Music varies but the DJ tends to play classics.

Tickets sold at the bar! 11:15pm last entry.

Thursday- Lola's

Plays bangers all night long. Cheap jaeger bomb deals. Can get queue jump tickets online or buy tickets from Downing bar.

11pm last entry with a ticket.

Friday- Cindies/Fez

RnB night at Cindies! Last entry is currently undetermined but is later than on Wednesday.

Fez hosts an event called Propaganda on a Friday - a new and upcoming night out!

Saturday- Dangerspoons/Fez

Rogue night out; popular amongst townies and rowers. Big first night in fresher's week.

Fez has introduced another new night out - 'Saturday - I'm In Love'. May be one to try after Freshers week!

Sunday- Vinyl

Bar sells tickets for Vinyl for £1 + a free VK. All the cheesy tunes.

More people go out on Wednesdays, Thursdays and Sundays. Saturday isn't really a student night in Cambridge!

There are a number of event nights that are on regularly throughout term, including Turf, Arcsoc, Urban Bass, OOX and Grandma Groove.

We could overload you with lots of information about the Cambridge nightlife but it's best if you try it all out for yourself and see what you like!

DOWNING LIFE

Some parts of living at Downing are essential to the culture. Here's some of our favourites:

Keith's Cafe!

Free doughnuts, biscuits (vegan options available!) and drinks. An excuse for you to escape the library and have a good ol' catch up with the rest of the Downing students.

When: Every Thursday 3:30pm

Where: Chapel Steps

Howard Theatre

Downing has its very own theatre in Howard court! Shows are put on throughout the year, including the Freshers' Play in Lent term.

Nanna Mex £5 Burritos Every Monday

Ronseal: does what it says on the tin. With Nanna Mex right across from the street from us, a fat burrito is the perfect Monday night dinner. £5 when you show your CamCard.

Master's Lodge Recitals

Downing's Music Society put on recitals and performances throughout the term, often held at the Master's Lodge. Term cards will be announced, and keep an eye out on facebook to come along and support your friends!

Downing Pub Quiz

Prizes! Themed nights! A chance to show off how knowledgeable you are on everything from GBBO to obscure Latin phrases! £1 entry.

When: Every Monday 9pm

Where: Downing Bar

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Challenge yourself in a
battle of the brains against
Europe's best escape rooms,
right in the heart of the city
centre.

The best hour in Cambridge!

Student Special!
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5 Steps to Make Your Freshers Week A Success from LockHouse Escape Games

- 1) Grab at least two more students. Maybe your new best friends. Maybe those people you just met last night on the Pub Crawl. Was one of them called Derek? Doesn't matter, anyone will do!
 - 2) Jump onto lockhouse.co.uk/freshers to grab your voucher. Or pick up one from your Fresher's Goodie Bags. Make sure you check the details for dates and terms etc.
 - 3) Book a game via our website. Pay for the deposit and revel in the money you'll save on the booking as a whole (£6 off per person. Bargain!)
 - 4) Pop down to LockHouse Escape Games with your voucher to pay only £14 per person!
 - 5) Have an amazing time playing one of our awesome escape rooms. Laugh, joke, solve puzzles, all good things.
- Ta da! Best hour in Cambridge achievement unlocked. Your degree is a success.



Useful Information

WELFARE

There are many people you can talk to if you have any problems, worries or concerns during your time at Downing. We want to make sure you have as happy a time as possible whilst at Cambridge!

Who Can You Contact?

- The JCR Welfare Officers, Priya + Mateo, hold regular drop-in sessions, and can be contacted anonymously via the JCR website, or by email: welfare@jcr.dow.cam.ac.uk
- Friends + family
- Your tutor - you can email them at any time to make an appointment to meet them. They can pass any relevant information on to your DoS if you feel your studies will be impacted by welfare issues
- Edel, the college nurse - book an appointment online or visit during her clinic hours in Room O5
- The College Chaplain, the Revd Dr Keith Eyeons - regardless of your faith, he is always happy to lend an ear. You can contact him via email (kje11@cam.ac.uk) or by going to his office (O staircase Room 8)
- Cambridge Nightline - provide confidential phone calls and online chat services between 7pm and 7am during term-time.
Phone: 01223 744444
Website: cambridge.nightline.ac.uk
- Student Minds Cambridge - they have created an online database of support services available for students in Cambridge at: www.findsupportcam.com
- Student Advice Service - offer independent + confidential advice to Cambridge students. For more information, visit their website.
Website: www.studentadvice.cam.ac.uk/contacts
Phone: 01223 746999
Email: advice@studentadvice.cam.ac.uk

If you feel unsafe around College please contact the Porters.

Disability

The JCR Disability Officer, April, is available to contact at: disabilities@jcr.dow.cam.ac.uk
More information about the University Disability Resource Centre (DRC) can be found here: www.disability.admin.cam.ac.uk

For other disability-specific resources, please see the College website:
<http://www.dow.cam.ac.uk/students/welfare/disabilities>

Mental Health

The University has a confidential Counselling Service which offers a range of services, including group sessions, publishing self-help guides, and one-to-one counselling. Their offices are situated at the Student Services Centre (Bene't Street, CB2 3PT).

You can self-refer yourself to their services. For more information, see their website.

Website: www.counselling.cam.ac.uk/studentcouns

Email: counsellingreception@admin.cam.ac.uk

Mindfulness sessions are run regularly at Downing - you will get emails about these.

Sexual Health

The Women's Officers (Bry and Zoë) and the LGBTQ+ officers (Jay and Saachi) can be contacted for free supplies including condoms, femidoms, dental dams, lubricant and pregnancy tests. There is also a free supply of condoms outside the Nurse's office.

If you would like to get the pill, you can visit a GP or sexual health clinic.

Downing also sometimes have STI testing kits given out for free at ents during the term.

Lime Tree Sexual Health Clinic, Brookfields Hospital, 351 Mill Road.

Open Monday-Saturday. Visit their website for opening hours and drop-in times:

Website: <https://www.icash.nhs.uk/where-to-go/icash-cambridgeshire/lime-tree-clinic-cambridge>

Phone: 0300 3003030

Woodlands Surgery (Contraception + Sexual Health), 48-49 Bateman Street.

Open Wednesday 9am-4:30pm. Call to book.

Website: <http://www.woodlandssurgery.co.uk>

Phone: 01223 697600

FAQs

CAMCARD

You need this to get into: the library, the gym, some accommodations (see accommodations page), Downing gates.

Use to pay for food and drinks at the dining hall and the Butterfield cafe/bar. This then gets charged to your college bill, which you pay for at the end of every term. (Disclaimer: good ID picture not included)

CRSiD

Your CRSiD is a short series of letters (your initials) and random numbers that act as your ID. It forms the start of your email address, and allows you to log in to Raven.

CAM EMAIL ADDRESS

Where you will receive a lot of useful information, buried beneath piles of emails from all the societies you mistakenly gave your CrsID for their emailing lists:(

COLLEGE BILL

Your termly rent and all money spent on your CamCard and booking formal halls is charged to your college bill. This is usually paid at the end of each term through the direct debit you have set up.

For your first term, your college bill will need to be paid when you arrive.

UPAYCHILLI

System to keep track of your spending on your CamCard! Useful so you don't end up with a monster college bill at the end of term.

Used to book formal halls at Downing.

See the latest offers to earn points (then redeem for cheaper or free meals at the dining hall!)

LAUNDRY

Laundry will be free from this year! Exciting times, though we don't know much about the system as of yet. Laundry rooms are located behind I staircase, behind T staircase, and there is one in Griphon.

PLODGE

The hub of Downing: where to go if:

- you are locked out
- you have lost your key
- your bike has been stolen
- you need to pick up post (pidges and Post Room found here)
- you fancy a chat (the Porters are lovely, go say hi!)

POST

If you want post delivered to Downing, use this address and it will be delivered to the Porters' Lodge:

Downing College
Regent Street
Cambridge
CB2 1DQ

Letters and small packages will be left in your pidge. If you receive a larger parcel, this will be stored in the Post Room. You will receive an email if you have an item in the Post Room, and you will need to sign to collect it.

Post Room Hours:

Mon - Sun

8.00 am - 4.45 pm

7.30 pm - 9.30 pm

The University also has an internal mail service that allows you to send post to others in Cambridge. Write their name, CRSiD and college/faculty on the envelope as normal, and also write 'CUSU-MS'. Put these into the wicker basket in plodge for them to be delivered.

LIBRARY

The library requires your CamCard to get in by scanning it at the door. The library is staffed 9:30am-5:30pm on weekdays, but is open 24 hours. There is a self-issue and self-return system in place. There is a library catalogue online to see which books are available at the library. More information can be found online, or during the Library Tours which will run during the first few weeks of term.

DISTRO

Downing's system for reporting issues with your room. If something isn't working, report it on Distro and maintenance will come and fix it for you!

GYM

There is a gym located in Downing behind the Howard Theatre. It is equipped with cardiovascular and individual resistance equipment, as well as a dance studio. To use the gym, you must attend an induction session. More information on this and gym fees can be found online.

ONLINE: RAVEN/MOODLE

Raven is the system used to log onto Cambridge websites and online tools. You log in with your CRSiD and your password.

Moodle is the online learning environment. Here you can find lecture notes, set tasks, past exam papers, and recorded lectures.

The Downing College Tutorial Site for Students is also available here for students to access information about their beginning and end of term DoS and Tutor meetings, arrange an appointment with the College Nurse and sign-up for seminars etc.

INTERNET

There are 2 WiFi networks to choose from: UniOfCam and eduroam.

You can connect to UniOfCam using your Raven login. (Connecting to this initially allows you to set up your eduroam)

eduroam requires you to set up a profile. Step by step instructions on how to do this can be found here: <https://help.uis.cam.ac.uk/service/wi-fi>

You can also set up a wired internet connection in all rooms using an ethernet cable.

GATES

Downing main entrance gates are usually kept open until 8pm, after which you will need your CamCard or a key to get in and out of college. The Kenny gate (at the back of college between Howard and Kenny buildings) is usually open 9am-6pm. The Howard gate onto Downing Site, and the gate onto Lensfield Road both require your CamCard to open.

GUESTS

If you want to invite friends to visit and they want to stay overnight in your room, you must sign them in at the Plodge for fire safety reasons. You must also accompany them off college grounds after the main gates have closed, as card access is required to let them out. Any guests (including those from other colleges) must also be checked into plodge and given a wristband before entering Downing Bar or they will not be served.

PEOPLE OF DOWNING

Don't worry if this list seems like there are too many people to possibly remember! You'll meet a lot of people involved around college during the talks after your Matriculation photograph, and you'll get to know them throughout term.

THE MASTER

The Master of Downing College is Alan Bookbinder. He and his wife, Vicki Ambery-Smith, live in the Master's Lodge on Downing for most of the year. They are both involved in college life, and you will often see them at the Chapel or at sporting events cheering on Downing, or at the Master's Lodge, which is often used as a venue for music recitals, or evening drinks with the Master, DoS's, and other fellows of the college.

CHAPLAIN

Revd Dr Keith Eyeons is the college Chaplain, and also a DoS for Theology and Religion. He runs the college chapel as well as providing support for students. He is known for running 'Keith's Café' every Thursday on the chapel steps, giving out free doughnuts, snacks and drinks to students, and setting up the college telescope when the sky is clear for students to look at the moon and nearby planets.

PORTERS

The Porters are usually found in the Porters' Lodge, which is staffed 24 hours a day (or 25 hours a day, if you ask Head Porter Tina D'Angelico.) The Porters are your first port of call (lol) for any help you may need, and are responsible for security, keys and fire safety, though they are also found running the Post Room, helping with room booking, and giving advice.

HOUSING STAFF

The housing staff are the people around Downing you will probably interact with most. Chatting to them over a cuppa can be the highlight of my day! They are responsible for cleaning the rooms at least twice a week (en-suite room), or at least once a week (non en-suite room), and will empty bins every day. If for any reason you don't want the housing staff to enter your room, leave your bins outside your door. Note: housing staff are not responsible for washing up in the kitchens and tidying up after you, so be respectful!

DoS

DoS = Director of Studies

Your Director of Studies is in charge of your academic progress during the year. You will meet with your DoS at the start and end of each term to discuss how you are finding things. They are your go-to person if you are having any issues to do with academics such as timetabling or problems with supervisions.

TUTOR

Your tutor is responsible for your pastoral care. Again, you will meet them at the start and end of each term to chat about how you are finding life at Downing, and how you are coping with the workload. They are the person you call if you are feeling ill, have any mental health issues, etc.

COLLEGE NURSE

The college nurse, Edel, can be met throughout the week by booking an appointment on Moodle, or she is available to meet during drop-in sessions every Tuesday afternoon between 1pm and 2pm.

You can go to her whenever you feel unwell (especially if you can't get an appointment at the GP.) The college nurse is your link to other university health services, such as the mental health service, physiotherapy links, etc. She also puts on mindfulness courses and yoga sessions throughout the term to help with stress!

Outside the nurse's office (O staircase) you can find a table with a bunch of information leaflets, crutches, and contraception products. So, even if outside of the nurse's hours, you can access some support.

CAMBRIDGE SLANG

UNSOLVED

TERMS

Michaelmas	First term
Lent	Second term
Easter	Third term
NPR	Normal Period of Residency - the time for which your accomodation is contracted
Full Term	Period of term during which lectures are arranged (Cambridge terms are 8 weeks long and start on Thursdays)

SUBJECTS

MML	Modern + Medieval Languages
PBS	Psychology + Behavioural Sciences
HSPS	Human, Social + Political Sciences
(Bio/Phys)NatSci	Biological/Physical Natural Sciences
Mathmo	A term for mathmeticians
CompSci	Computer Science

COLLEGES

Emma	Emmanuel
Medwards	Murray Edwards
Fitz	Fitzwilliam
Catz	St. Catherine's
Caius	Gonville + Caius

DOWNING

Domus	The Downing campus
Slocals	Sainsbury's local
Mainsbury's	The large Sainsbury's on Sidney street
Lensfield Road	Generally used to refer to the houses 2nd and 3rd years live in on Lensfield Road

CAMBRIDGE

Swaps	Social dinners. Involve 'swapping' with another year/college
Sidge	Sidgwick site, where most arts + humanities subject faculties are
Stash	University or College branded clothing
Plodge	Porters' Lodge
Pidge	Pigeon hole, found in the plodge! Your post goes here
Ents/Bops	Bar/JCR-run parties at colleges
Bumps	Intercollegiate rowing event held in Lent + Easter terms
Cuppers	Annual intercollegiate sport events
Varsity	Any competition against O*ford (also the name of a hotel, a restaurant and the annual ski trip!)
ADC	The main student theatre in Cambridge
Union	The university debate society (membership is discounted during Freshers'!)
Cantab	Short for Cantabrian - someone who goes to Cambridge (sometimes shortened to 'tab', often by O*ford students)
Blue	Anyone who plays sport at university level for the first team ("they are a blue", "they play for blues"); O*ford wears dark blue, we wear light blue



See you in October!

Downing Love x