



WELCOME GUIDE

2022



[CAMBRIDGESU.CO.UK](https://www.cambridgesu.co.uk)

    @YOURCAMBRIDGESU

STUDENT OFFER

HELLO.

20% OFF

BURGERS & SIDES



TERMS: ENDS 30TH JUNE 2023.
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STUDENT DEAL CAN ONLY
BE ACCESSED BY SCANNING
THE QR CODE HERE!



We're your Students' Union Presidents for 2022-23 and, along with a team of Sabbatical Officers, are here to represent you and the issues important to you. As your elected officers this year we can't wait to push ahead with a bold agenda for transforming Cambridge in order for it to be the best university it can be. Throughout the year it's important to us that we hear your comments and suggestions, so do get in touch! We are really looking forward to meeting you and hope we can make your Cambridge experience as rewarding as possible.

Zhuned & *Amelia Jabry*
Zaynab Ahmed **Amelia Jabry**

WHAT'S INSIDE?

- What is Cambridge SU?
- Your Sabbatical Officers
- Where to find your SU
- Meet the SU Campaigns
- Sports clubs & societies
- Sources of support
- Student democracy
- Make the most of your degree
- Access work at Cambridge
- What your SU's achieved
- Plans for the year ahead
- Get to know cambridge

CHOSEN BUN

CAMBRIDGE - 01223 359 993
27 HILLS ROAD, CAMBRIDGE, CB2 1NW

OXFORD - 01865 245 088
491 MARSTON ROAD, OXFORD, OX3 0JQ



For access to all the links and topics in this guide, scan the QR code!

WHAT IS CAMBRIDGE SU?

Cambridge SU is the representative body for all students, which you are automatically made a member of when you join the university.



▶ Like every other Students' Union in the country, Cambridge SU is run by you - its members! We're here to ensure your university journey is as enjoyable as possible by driving change on issues that affect your experience and offering welfare support if you face any challenges along the way.

▶ The SU is led by a team of eight elected Sabbatical Officers who campaign and lobby for change across the collegiate university to improve the student experience. Often referred to as 'The Sabbs', they each take on responsibility for different areas within the SU. Find out about each of their roles on the next pages.

YOUR SABBATICAL OFFICERS



AMELIA (she/her)
PRESIDENT (PG)

My role represents the interests of postgraduate students at university level committees and campaign on issues that affect the postgraduate student experience. The cost of living is a huge concern for the student community this year. My priorities for this year include lobbying funding bodies to increase PhD stipends and getting more master's bursaries.

f /SUPresidentPG
t @SU_PresidentPG



SAVANNAH (she/her)
ACCESS, EDUCATION & PARTICIPATION
OFFICER (PG)

In my role I sit on many committees and liaise with Academic Reps. But I am also really passionate about postgraduate access, in particular for Women in STEM and students from underrepresented backgrounds. This year, I'm looking to make the SU a fun place to be, so look forward to seeing lots more fun events and activities from your SU this year!

f /SUAEPGP
t @SU_AEPGP

ZAYNAB (she/her)
PRESIDENT (UG)

I work with undergraduate students, particularly JCRs, and represent them at University committees. This year, I will prioritise addressing the cost of living crisis for undergrads across the collegiate University, ensure that a Week 5 reading week is fully implemented by Michaelmas 2023, and work with student campaigners to decolonise the University.



f /SUPresidentUG
t @SU_PresidentUG

NEVE (she/her)

ACCESS, EDUCATION & PARTICIPATION
OFFICER (UG)

My role focuses on access and education. I look to tackle barriers faced by students who are underrepresented in the University, and also run the Shadowing Scheme (the SU's access project for prospective students). I will also liaise with Academic Reps to ensure that the University's teaching is fair for all students across Faculties and Schools.



f /AEPUGSU
t @SU_AEPUG



KEFESHE (they/xe)

BME OFFICER

I represent and empower students of colour at Cambridge University! I work closely with the BME Campaign to host student events to build community and give students a genuine chance to get involved in activism and speak on issues close to their hearts! I also sit on committees and work closely with university staff to help Cambridge unravel and actively challenge institutional racism.

 /CAMBRIDGESUBME

 @SU_BME



DAISY (she/her)

WELFARE & COMMUNITY OFFICER

My role is to campaign for better mental health support services, as well as tackling structural issues that affect student wellbeing. This year I'll be advocating for better, more centralised welfare provisions that support marginalised students, particularly those taking breaks from study ('intermission'). I work closely with J/MCRs to run welfare training and I'm also here to build connections between the uni & local community campaigns.

 /Daisy.SU.Welfare

 @SU_Welfare

ELIA (they/them)

DISABLED STUDENTS' OFFICER

I represent disabled students and campaign for their rights within the Uni. This includes focus on the processes that have a significant impact on disabled students, as well as looking at provisions for disabled postgrads and reinvigorating the Disability Open Day. I also lead the Disabled Students' Campaign, where we hold events, campaign, and help create a community among disabled students!



 /SUDisabled

 @SU_Disabled

ESEOSA (she/they)

WOMEN'S OFFICER

I represent students identifying as women and/or have gender identities which include "woman". I sit on University committees and support the Women's Campaign as a political organising and community space. We hold events, talks, reading groups and throw Forums twice a term. As your Women's Officer I'll be focused on street lighting, fighting drink spiking and starting support groups for women and survivors.



 /Eseosa.SUWomens

 @SU_Womens

WHERE TO FIND US



Cambridge SU is located on the 3rd floor of the University Centre and enjoys some of the best riverside views in Cambridge. As a dedicated space for students to relax, study and hire for society events, the SU Lounge offers something for everyone including:

- ▶ Comfy seating
- ▶ Board games
- ▶ Print & binding facilities
- ▶ Free sexual health supplies
- ▶ Study spaces
- ▶ Liberation Library
- ▶ Hotdesks
- ▶ Snack and hot drink vending machines

SU CAMPAIGNS



SU Campaigns represent and campaign for students' rights. They also organise events like socials and even Balls! Getting involved with a Campaign is a great way to meet others and get involved with student activism. Additionally, taking a committee role could provide you with experience of political organising, planning events, creating a budget and much more. The seven SU Campaigns are the BME Campaign, Class Act Campaign, Disabled Students' Campaign, Ethical Affairs Campaign, International Students' Campaign, LGBT+ Campaign and the Women's Campaign. You can find out more about each one on the following pages.



Being on the Ethical Affairs Campaign has been a fantastic way to get right to the centre of Cambridge activism, and take part in everything from meetings with University officials to direct action.

**Rebekah, Ethical Affairs
Campaign Secretary 2022-23**



BLACK & MINORITY ETHNIC CAMPAIGN

SU
BME
CAMPAIGN

The BME (Black and Minority Ethnic) Campaign stands up for every individual for whom being black or ethnic minority forms part of their identity. The campaign is run by a diverse committee and exists to support students in the BME community. We will be hosting regular social events for students to connect with each other, hosting inspirational speakers from different career pathways, and tackling the urgent issues facing the community today. If you identify as BME, then please do come and join in with both our social and activism work.

 /CambridgeBME  @CambridgeBME  @cambridgebme

CLASS ACT CAMPAIGN

SU
CLASS ACT
CAMPAIGN

The Class Act Campaign is here to represent students from working class, low income, state comprehensive, first generation, estranged, young carer, homeless, and care-leaver backgrounds. The campaign seeks to build a community of people who have experienced social, economic, cultural, and educational disadvantage and provide a safe place for people who do not fit the typical Cambridge mould. The campaign is here to represent and make positive change for the students who fall under our umbrella.

 /CambridgeClassAct  @classactcamb  @cambridgeclassact

DISABLED STUDENTS' CAMPAIGN

SU
DISABLED
STUDENTS'
CAMPAIGN

The Disabled Students' Campaign (DSC) represents all students who identify as disabled. The umbrella of disability includes (but is not limited to) physical disabilities, mental health issues, specific learning disabilities, neurodivergences, mobility or sensory impairments, and chronic illnesses/long-term health conditions. No diagnosis is required, and we'll never ask you to prove/explain your disability. Everyone is welcome to join our community through online peer-support groups, forums, and social events including film nights, picnics and so much more!

 /CambridgeDSC  @CambridgeDSC  @CambridgeDSC

ETHICAL AFFAIRS CAMPAIGN

SU
ETHICAL
AFFAIRS
CAMPAIGN

The Ethical Affairs Campaign works to hold the University and Colleges to account for their social and environmental impact on the wider world. We campaign on structural issues like climate catastrophe, worker justice, and ending University ties with the arms industry. We also work closely with grassroots student groups giving them access to the institutional power and resources of the SU, in order to build student power on campus. We also host open meetings and are always keen to see new faces who are passionate about making change here.

 /EthicalAffairs  @ethicalaffairs  @ethicalaffairs

INTERNATIONAL STUDENTS' CAMPAIGN



The International Students' Campaign (ISC) represents the international community at the University. We advocate for the interests of international students and serve as a central body for all international societies and affairs. Our events throughout the year are designed to help you meet students from across the globe. We campaign for international students on access, anti-discrimination and health issues at Cambridge, with an emphasis on accountable, fair treatment of international students in terms of accommodation, safety, travel and health.

 /internationalstudentcampaign  @isc_cambridge

LGBT+ CAMPAIGN



The LGBT+ Campaign represents and campaigns for LGBT+ students within the Uni. During each term we'll be hosting casual catch-ups, workshops that help plan our campaigning work, and welfare drop-in sessions. We also run the LGBT+ Families Scheme and events that cater to specific parts of the community such as ace/aro, trans/NB and bi/pan meet-ups. To get involved sign up for our newsletter via the SU website, follow our social media, and check out our term cards. We're always welcoming of new members and have a no identity-policing policy.

 /cambridgesulgbt  @cambridgesulgbt  @cambridgesulgbt

WOMEN'S CAMPAIGN



The Women's Campaign is a space for students who identify as women and/or have gender identities which include "woman". We actively campaign against misogyny, transmisogyny, sexism, racism, ableism and capitalism in the collegiate university and further afield. A feminist abolitionist space, we are a vibrant community committed to learning together and caring for each other; we run book clubs, create zines and throw events, talks and movie nights. Twice a term we have a forum which anyone identifying with the Campaign can attend.

 /CambridgeSUWomen  @cambridgewomcam



I'm excited to be involved with the BME Campaign this year, our team have exciting plans that can deliver immediate changes that matter to our students. I'm honoured to be working with such a diverse committee, and I'm excited to tackle issues facing BME students at Cambridge.

**Chang, BME Campaign Chair
2022-23**



SPORTS CLUBS & SOCIETIES



A benefit of the collegiate university is that there's many sports clubs and societies to get involved with. Whether university-wide or within your college, there's an opportunity for you to get stuck in and try new things. This is something many students feel completely shapes their uni experience, giving you opportunities you may never have imagined and a chance to connect with likeminded people. If you think something's missing, you can always start your own! A full list of societies, including their events and committees, can be found on our website. This is a great way to see what Cambridge has to offer at all times of the year!



Communities that societies and clubs build permeate into your everyday life at university. Skills learnt at university aren't simply those that lectures and a set of exams can give, so getting involved in extra curricular activities will certainly be beneficial to any individual!

Skye, Third year Comp Sci Student



cambridgesu.co.uk/societies

GOT QUESTIONS OR CONCERNS ABOUT LIFE AT CAMBRIDGE?

THE STUDENT ADVICE SERVICE OFFERS FREE, CONFIDENTIAL, AND INDEPENDENT ADVICE, TO ALL CAMBRIDGE UNIVERSITY STUDENTS.

Our professionally trained team of advisors are here to chat about any concerns you might have from academic issues to personal issues during your time at Cambridge! They'll help you explore your options, support you in resolving problems, and can also represent you within your College or the University. The Student Advice Service is open 9am - 5pm, Monday to Friday, year round.



**STUDENT
ADVICE SERVICE**

**SCAN TO CONTACT
AN ADVISOR**





SOURCES OF SUPPORT

Student life, although exciting, can be intense. It's very normal not to keep up with every piece of work or social expectation. If you're overwhelmed, you can talk to your Tutor, DoS, College Nurse or Wellbeing Advisor, J/MCR Welfare Officer or reach out to any of the following services for support.

BLACK ADVISORY HUB

The Black Advisory Hub offers information about welfare, academic, financial and careers support to Black students at Cambridge.

CAMBRIDGE SU STUDENT ADVICE SERVICE

This service provides free, confidential, and independent support – from academic or financial-related issues, to general wellbeing support and more.

CHILDCARE

The Childcare Office provides support for students and staff with children.

DISABILITY RESOURCE CENTRE (DRC)

The DRC helps you get a diagnosis, disclose a condition, provide guidance on reasonable adjustments and more.

INTERNATIONAL STUDENT OFFICE

The office provides support to all students coming from outside the UK to study.

MENTAL HEALTH ADVICE SERVICE

This service can provide solution-focused, practical advice for those whose mental health has a significant impact on their everyday lives.

NIGHTLINE

Nightline is a student-run anonymous listening line that runs from 7 pm to 7 am during full term.

SEXUAL HARRASSMENT AND VIOLENCE SERVICE

This service provides emotional and practical support for anyone who has experienced sexual violence recently or in the past.

UNIVERSITY ACCOMODATION SERVICES

This service provides free accommodation advice for any students, staff or visitors staying here.

UNIVERSITY COUNSELLING SERVICE

This service provides free counselling as well as directive therapies such as CBT.

STUDENT DEMOCRACY

IT'S YOUR SU

The SU exists for students! Every Cambridge student is a member. The Sabbatical Officers (Sabbs) are elected to put your ideas into action. We also work to co-ordinate J/MCRs to ensure cross-college collaboration.

SU POLICY

Students have full control over the policies the SU advocates for. There are a range of democratic mechanisms through which students can mandate the SU to take action on issues important to them, whether that's change within the SU, the University or officers lobbying on a local or national level.

STUDENT COUNCIL

Council is where policy is proposed and voted on, mandating the Sabbs to campaign on what students want. Any student can decide what becomes SU policy. Every J/MCR, Academic rep, SU Campaign and Portfolio Officer has a vote on council (which happens fortnightly in term), but anyone can come along!

WHO ARE THE SU EXECUTIVE?

The SU Executive is made up of the Sabbatical Officers, representatives from each SU Campaign, and Portfolio Officers. As a group, they oversee the political work of the SU, as well as decide who carries out SU Policy from Student Council.

SU ELECTIONS

The SU holds elections for many roles including Academic Reps, SU Campaign Officers, NUS Delegates, Portfolio Officers, and the Sabbatical Officers. They are a great way to get involved in making change in the University! Check the SU website for information about our next elections!

I've really enjoyed being on Student Council as it's given me greater understanding of the issues affecting students across the university. It was empowering to have the opportunity to advocate for the students who I represent. I have also loved meeting and learning from other students who also want to see the university become a better place!

**Oli Castle, LGBT+ Campaign
President 2021-22**



MAKING THE MOST OF YOUR DEGREE

At Cambridge there's some great opportunities to gain career-boosting experience, one of which is becoming an Academic Rep. Academic Reps represent students in faculties, departments and schools. Everyone in a subject or department elects their Rep, and you could run to be one!

Reps talk to students and take problems to meetings to advocate on behalf of you. They also attend the SU's Academic Rep Forum which helps foster a community of Reps to work collaboratively for change across subjects. Being a Rep is a great way to network with others, make friends and make real change at Cambridge. Find out more about how to run for a role on our website!

Being a Faculty Rep has been a really valuable experience. I was able to make a real change by representing my fellow student's views in committee meetings and I know that some of the changes I've helped to make will make my degree better for future students!

Sarah Anderson, Classics UG Rep 2021-22



TIPS FROM YOUR AEP OFFICERS!



NEVE ATKINSON

Access, Education & Participation Officer (UG)

Make sure you pace yourself, uni can be difficult, and nobody expects you to be at 100% all of the time. Supervisors are nice, and if you're not able to submit all your work in one week, it's truly not the end of the world. Also try to be involved in something that has nothing to do with your degree, it's so important to realise that your degree isn't all Cambridge has to offer!

As a postgrad, research can sometimes be quite lonely. Make sure to get involved in your college and faculty events, and find people who are researching similar things to you! For deadlines, I recommend pretending that the deadline is a few days earlier than the actual deadline and work to that, so you'll have time to edit and sort out any last bits.



SAVANNAH PHILLIPS

Access, Education & Participation Officer (PG)

ACCESS WORK AT CAMBRIDGE

Access work is about identifying the structures that disadvantage underrepresented students and works to dismantle them.

SHADOWING SCHEME

The Cambridge SU Shadowing Scheme, is one of the UK's biggest access residentials, where Year 12 students have the chance to come to Cambridge and 'shadow' a current student. Being a mentor is a great way to get involved with access work and share your knowledge. You can sign up to be a Mentor on the SU website.



POSTGRADUATE ACCESS

Postgrad access is now becoming recognised as an issue at Cambridge and this year we're ready to make the uni a more accessible, welcoming place for everyone. Contact Savannah, your AEP Officer (PG), to find out how to get involved.

COLLEGE OUTREACH

There's a huge range of access schemes and initiatives run by colleges. You can get involved in these by talking to your college Access Officer.

SU SERVICES

The SU offers a wealth of services to support you in your studies, and help you keep your costs down.

GOWN SALES

Competitively priced, sustainable gowns for postgraduate students can be brought from our online shop or SU building where we can fit you with the correct size gown.



SU PRINT SHOP

Our print shop provides low cost, quality printing, binding, laminating, copying and scanning, which you can access at the SU reception.



SEXUAL HEALTH SUPPLIES

The SU provides free sexual health products that you can access anonymously via your college Welfare Officer or directly from the SU reception.



SU LOUNGE BOOKING

Looking for a comfortable space to host society committee meetings or a party? The SU Lounge is available to all societies for hire through our website.



WHAT YOUR SU HAS ACHIEVED

The SU campaigns to ensure students at Cambridge receive the best uni experience. Here's some of our biggest achievements from last year:

1 After lobbying with the Cambridge Period Project, Senior Tutors have agreed to put menstrual products in all College toilets, reducing period poverty strain on students.

2 We secured BME student representation within the Uni's Strategic Review of Mental Health Steering Group, and a specific strand to look at improving BME student welfare.

3 We got the Uni to commit to scrapping the £75 PhD application fee and reducing the Master's Fee to £50, making Cambridge more accessible and reducing financial stress on applicants!

4 Successfully trained 22 May Ball committees and ran the Access-a-Ball scheme to make May Week more accessible for all students.

5 Strengthening the student voice with new minimum standards for student representation and consultation across the University.

OUR PLANS FOR THE YEAR AHEAD

Your sabbatical officers each have individual goals, as well as collaborating on projects as a team. Some of their shared priorities this year include:

- ▶ Tackling the cost of living for both undergrads and postgrads.
- ▶ Implementing a mid-term Reading Week with no set work, allowing students to prioritise their wellbeing.
- ▶ Tackling the student mental health crisis by standardising provisions, and addressing structural factors that cause or exacerbate welfare issues.
- ▶ Campaigning for urgent action on the climate crisis within the Uni.
- ▶ Improving the doctoral supervision system by introducing more support for supervisors and their PhD students.
- ▶ Reforming disciplinary procedures, ensuring instances of racism, sexual violence, harassment and misconduct are taken seriously.
- ▶ Creating a safer, more welcoming Uni, with better street lighting, more multi-faith prayer spaces, and more accessible spaces in colleges.

Contact your officers via socials or email to get involved!

GET TO KNOW CAMBRIDGE

Get some inspiration on how to spend your free time from your Sabbs!



ELIA

I love to be warm and cozy, so I'm always visiting the many coffee shops scattered around town, particularly the Waterstones Cafe! They're great for getting comfy with a book, or uni work and a cup of tea.



AMELIA

I love a walk through the botanic gardens (free for students), or making dinner with friends in other colleges. In winter, the board game cafe and cozy pubs (Blue Ball Inn has a fire!) are great.



ESEOSA

Walks around Grantchester are great! My friends and I scope out the perfect spot by the river and chill out there, playing music, reading and sunbathing in the summer.



KEFESHE

The indie music scene is great here! I'm always checking Facebook events for the latest student bands & local artists performing. Hidden Rooms and the Blue Moon pub are great music spots.



ZAYNAB

I'm a typical 'boatie', so if I'm not coxing rowers you can find me walking or cycling along the river. In the evenings I love to watch a show at the ADC, the students are so talented and tickets are quite cheap!



SAVANNAH

Cambridge is such a dog friendly city, so I love to go dog spotting! I also like visiting/sneaking in to other colleges at the uni, which we'll be working on this year, to make more accessible for students.



NEVE

I love going to the cinema - with a few to choose from, I don't think anything is more relaxing than a film in the day or late at night. Make sure you check for student discounts wherever you go!



DAISY

I love going charity shopping! There's a street next to the Grafton shopping centre (about 10 minutes from the centre of town) full of great charity shops with clothes, books, furniture, and more!



STUDENT NIGHT

→ 05 OCT
3-8 PM

→ Discounts, drinks,
freebies & live DJ!



OXFORD AND
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— CLUB —



 50% OFF MAINS	 30% OFF	 25% OFF	 20% OFF
 20% OFF	 20% OFF	 20% OFF	 20% OFF
 20% OFF	 20% OFF	 20% OFF	 20% OFF OR FREEBIES
 15% OFF	 15% OFF	 15% OFF	 15% OFF

AND MANY MORE AMAZING DISCOUNTS...



Welcome to your Club

For nearly 200 years alumni have chosen to take up membership of a spacious and elegant private club in the heart of London. The Oxford and Cambridge Club in Pall Mall is the perfect place to meet for a drink, entertain friends and colleagues in magnificent surroundings, play squash, take a break, host a party or just find a quiet corner to prepare for a meeting. A thriving social scene, sports facilities, a lively calendar of events including talks, tastings, dinners and balls, an exceptionally well-stocked library, extensive wine cellars and more than 40 bedrooms mean our members use their club for recreation, relaxation and business - and now you can too.



For details on membership or a tour of the Club house on Pall Mall, scan the QR code, visit www.oxfordandcambridgeclub.co.uk or call 020 7321 5198
f Oxford and Cambridge Club @oandclub

T&Cs apply to all discounts and offers. Please check in-store for details. Register for the event and bring a valid student ID on the day.

GRAND ARCADE
SHOPPING CENTRE

FOLLOW YOUR SU ON INSTAGRAM!

Stay up to date @yourcambridgesu



SCAN ME

