



ACADEMIC
STUDIES ABROAD

Site-Specific Guide – Cambridge

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PRE-DEPARTURE

Important Phone Numbers

**** PROGRAM THESE EMERGENCY NUMBERS INTO YOUR CELL PHONE ****

<p><u>ASA Office in Boston, MA</u> Academic Studies Abroad 16 Cohasset St. Roslindale, MA 02131-3013 Tel: 617-327-9388 Lee Frankel Emergency Cell: 413-221-4559 Fax: 617-327-9390 E-mail: info@academicstudies.com</p> <p>Lee Frankel, Director lee@academicstudies.com Chelsea Kaloupek, Assistant Director chelsea@academicstudies.com Cayleigh McCarthy, Programs Advisor cayleigh@academicstudies.com</p>	<p><u>Anglia Ruskin University</u> East Rd. Cambridge, CB1 1PT, UK http://www.anglia.ac.uk</p> <p>ARU International Office Tel: +44 (0)1223 698993 Email Contact @ ARU: studyabroad@anglia.ac.uk</p> <p><u>ASA Site Director</u> Kirsten McKinney Email: kirsten.mckinney@anglia.ac.uk Cell phone: - From the U.S. dial: +44 (0)7733 014709 - In the UK dial: 0-7733 014709</p> <p>** See helpful dialing instructions below. **</p>
<p><u>U.S. Embassy in London</u> http://london.usembassy.gov/ 24 Grosvenor Square, W1A 1AE (tube: Bond Street) Tel: 020 7499 9000</p>	<p><u>Additional Emergency Numbers</u> <i>(Local numbers, as dialed in the UK)</i></p> <p>Police, Fire, Ambulance: 999 Campus Emergencies: 2222 Department of Health: 020 7210 4840</p>

In an emergency, please contact the ASA office or your Site Director *immediately*. It is of utmost importance that you notify your Site Director of any problems, issues, or concerns that you encounter while you're abroad.

Telephone Dialing Instructions

International Dialing Code: 011

Country Code: 44

-Within the UK: Dial the local number as is, including the beginning 0.

-How to Call Cambridge from the U.S.: Dial 011 44 plus the local number, but be sure to drop the first 0 of the local number. For example, if the number you're trying to call is (0) 770-231-1021, then you would dial 011-44-770-231-1021.

-How to Call the U.S. from Cambridge: 001 + area code and number

Passport and Visa

All students must have a valid passport. You must have your passport stamped upon your first entry into the UK! This will document your entry into the country; failing to get your passport stamped could cause problems with your visa.

Obtaining your Short Term Study Visa (formerly called Student Visitor Visa):

If you are studying in the UK for one Semester or a Summer program, you will need to pack the following documents in your carry-on, to be presented to Immigration at London Heathrow airport. These documents are required to be issued a Short Term Study Visa (a stamp placed in your passport).

1. **“Short Term Study Visa Letter” from Anglia Ruskin University and “Short Term Study Visa Letter” from ASA (addressed “TO: The UK Border Agency.”) Both will be E-MAILED to you prior to departure.**
2. Valid **passport** that does not expire for at least 6 months past your proposed return date from the UK. Check your passport’s expiration date!
3. **Proof of funding for your stay in the UK.** Your Short Term Study Visa Letter from ASA confirms that you have met your financial obligations with regard to tuition (course fees) and accommodation for the full term of your studies. *However, you must also provide proof that you have enough money to live on during your stay: **minimum of US\$200 per week of your stay; present traveler’s checks OR bank statements from you or your parents.***
4. **Round trip plane ticket.** (You will not be allowed to enter the UK on a one-way ticket.)

Don’t be surprised if the Immigration officer asks you:

1. What is the purpose of your visit to the UK?
2. Where are you studying in the UK?
3. Have you got a letter from the University?
4. Where are you living in the UK?
5. How much money have you got to study in the UK?

****Every time you leave and re-enter the UK during your semester abroad, you may be asked to present the above-listed Visa documents when you re-enter. *Don’t discard those documents!***

What should I do if I lose my passport?

Contact the local police, the U.S. Embassy, and your Site Director immediately. Having a photocopy of your passport on hand will make it MUCH easier to have it replaced. U.S. Embassy: http://www.usembassy.org.uk/cons_new/how_to_find_us.html

Budgeting for your Trip

The currency in Britain is the **pound sterling (£)**, which is divided into 100 pence. The banknotes are worth £50, £20, £10 and £5; the coins £2, £1, 50p (50 pence), 20p, 10p, 5p, 2p, 1p. Exchange rates fluctuate, so check <http://www.xe.com/ucc/convert.cgi> for today's exchange rate.

How much money should I bring?

Recommended amount: **US\$250-300 PER WEEK OF YOUR STAY**

Please note that these are general guidelines based on what past students have reported spending. Some students spend less and others more. The above figures do not allow for traveling every weekend, eating out a lot, or shopping every day.

What expenses should I budget for?

*** Housing, medical insurance, and all other ASA services are not included during the break between semesters or terms.*

** = Accounted for in weekly money recommendation above.*

1. Books and materials for your classes
Budget **US\$500 per semester.**

2. Local transportation*
Budget **US\$300 per semester.** Local transportation includes getting around town during your free time, getting to and from where your group is meeting to depart for an excursion or academic field trip, and getting home afterwards. This may include paying for bus, subway and taxi fares. Since you'll be living on campus, you'll walk to and from class.

For a helpful overview of information about all of the local and public transportation options in Cambridge, go to: <https://www.visitcambridge.org/visitor-information/getting-around-cambridge>

Sharing a taxi with friends is always a good idea. Finally, keep in mind that the exchange rate will affect exactly how much in U.S. dollars you end up spending.

3. Phone usage (calls and text messages)
Budget **US\$400 per semester.**

4. Spending money / Personal expenses*
Meals, laundry, entertainment, shopping, souvenirs, dining out, travel, haircuts, toothpaste, etc. This is accounted for in our weekly money recommendation (see previous page).

5. Transportation back to the airport at the end of the program

Budget **US\$100**. Trains are available daily from Cambridge train station to Heathrow airport. Personal taxi hire is also available, for a higher price. Research your options and make sure you're at the airport about 3 hours in advance of your flight!

ARRIVAL

Airport Pick-up

What should I do when I get off the plane at London Heathrow airport?

- ▶ **After you de-plane, you will go through Passport Control (also called Immigration), where you must present your passport and Short Term Study Visa documents.** (See "Passport and Visa" section for the required documents.) It may take you up to an hour to pass through Immigration (long lines).
- ▶ **You must get your passport stamped to document your first entry into the UK.** Not getting your passport stamped could cause problems with your visa! *You may not automatically receive a stamp, so you may have to ASK to have your passport stamped.*
- ▶ After Passport Control and Customs, follow signs to baggage claim. Delayed baggage must be reported to your airline's lost luggage counter before exiting the baggage claim area.
- ▶ Next, **pick up your luggage**, go through customs, and **exit into the airport lobby**. You will see a large crowd of people picking up passengers. **Look for an Anglia Ruskin University representative.**
- ▶ **NOTE: you must EXIT the baggage claim and enter the Arrivals Hall in order to find the Anglia Ruskin University representative and board their bus.** They cannot meet you in the baggage claim area!
- ▶ **Address for delivery of delayed baggage:**

YOUR NAME
CB1 **NAME OF HOUSE**
Cambridge CB1 2BP UK

If my flight is delayed, will you still pick me up at the airport?

If you will not be arriving as scheduled, it is YOUR responsibility to notify the emergency contact person indicated on your **Last-Minute Checklist**. They will let you know if you can still be picked up at the airport. We will make every effort to pick you up.

ACADEMICS

Host Institution: Anglia Ruskin University

ARU is a vibrant UK university of approximately 39,400 students across 4 main campuses – Cambridge (the campus ASA students attend), Chelmsford, London and Peterborough. The Cambridge campus is the university's main campus and is located on the East side of the city. Sharing the city with the University of Cambridge, the city is heavily populated with university students! Cambridge is a smaller-sized city, and students find everything is within a 20-25 minute walk, including the accommodations.

Map of Cambridge campus:

www.anglia.ac.uk/~media/Files/campus-and-city-maps/cambridge-campus-map.pdf

CB1 Residence Hall, the residence hall where ASA students will live, is located roughly a mile south of the Cambridge campus.

Attendance Policy

Attendance to class (lectures) is required. **Attendance will be tracked electronically. You will be required to scan in and out of each lecture using your ARU Student ID card.**

Anglia Ruskin University has a high academic standard, and it is of utmost importance you attend every lecture. **NON-ATTENDANCE WILL AFFECT YOUR GRADE** because usually one major topic is covered in each lecture. If you miss one lecture, you will miss an entire topic. **In cases of extremely poor attendance, the lecturer reserves the right to lower your grade.** All ASA students are expected to take their classes seriously. Don't forget that the faculty and International Office at ARU are always happy to assist you if you need academic advice or support, so don't hesitate to ask!

Grades & Exams – SUPER IMPORTANT! Please read!

Different Teaching Style

Just like here in the U.S., each professor is different and has his or her own distinct way of conducting class sessions. **Be prepared for the fact that your British professors may have different teaching styles than what you have experienced!**

In England, university classes are usually **more lecture-based** than what American students are used to. There may be **fewer class discussions, debates, and group projects** than what you are accustomed to.

University classes in Great Britain and Europe usually allow students more independence and less guidance than university classes in the States. Universities generally expect students to be more “self-starting” than American students are used to. Although getting used to different styles of teaching is a normal part of the study abroad experience, we do realize that difficulties and confusion could arise. Therefore, we encourage all of our students to actively participate in class and get to know their professors. We also encourage students to bring any academic concerns to the attention of the ARU International Office. **Don’t forget, to get help, you must take the first step and ASK.**

Different Grading System

VERY IMPORTANT: In Europe, most university classes DO NOT have continuous evaluation throughout the semester – meaning **you won’t have quizzes, papers, partial exams, mid-terms, etc. to count toward your grade!**

As is typical at universities in Europe, **your final grade in a module could depend entirely on ONLY ONE final exam or one assignment!** Or, your grade may depend on one mid-term assignment (paper/project) *and* one final exam or final assignment.

It is your responsibility to ensure you understand the grading for your modules; if you’re unsure, check with your lecturer. Because each exam and assignment counts for a big portion of your grade, **you need to do WELL on EVERY exam and assignment in order to pass the module!** You will not be given the opportunity to submit extra credit or make-up work to raise your grade.

Most U.S. colleges and universities will only grant transfer credit for classes in which you earn a C/C+ or higher. This policy varies from school to school, so if you’re unsure, check with your school’s Study Abroad Office.

Exams & Assignments

Exams and assignments (papers) at UK universities are different than you are probably used to! In the case of **assignments (papers)**, since your grade may be based on only 1 or 2 assignments, the expectation is that each assignment be of very high quality, and volume. An assignment (paper) may need to be 20+ pages long and require a number of hours of (documented) research.

If you have an **exam**, it will typically be in essay format and you’re allotted several hours to complete it. Since it’s going to count for a big part of your grade, the expectation is that you write a LOT – as much as you possibly can, in an effort to show the depth of your knowledge and understanding of the coursework. **BE SURE TO USE ALL THE TIME ALLOTTED TO YOU! IF YOU FINISH BEFORE TIME IS UP, YOU DIDN’T WRITE ENOUGH!** **You must not assume the expectations of an exam or assignment is the same as what you’re used to at your home institution.** (A past student made this assumption, and she failed a module.)

In order to do the best you can in your exams and assignments, we encourage you to visit the “Student Support Services” and/or the “Student Success Center” on campus. They offer **workshops and one-on-one sessions** to all enrolled ARU students on a range of academic topics – including **essay writing**.

Taking the time to attend a workshop or a one-on-one session could make the difference in you passing your modules! The following webpage includes information on all aspects of Anglia Ruskin University’s Student Services department. Bookmark this webpage as you can refer to it throughout the semester for reference:

http://web.anglia.ac.uk/anet/student_services/about-student-services.phtml

Per your Learning Agreement, you are assigned an individual academic advisor that is a faculty member in your chosen academic department (ex: if you are enrolled in 2 English & Media classes, your chosen academic department is English & Media and that is the academic advisor you’ll be assigned). You can reach out to and work with your advisor throughout your time at Anglia Ruskin.

Finally, if you have ANY doubts about what is expected in a module, PLEASE check with your lecturer as early on in the semester as possible. It is always better to ask questions than to wish you had later on.

Academic Calendar

Please note: Calendar is subject to change. Excursion dates and locations will be announced by **email** shortly prior to departure. **All Orientation meetings are mandatory.**

At the following link, you can see the Academic Calendar for your program:

<https://www.academicstudies.com/cambridge-england-program-calendars/>

EVERYDAY LIFE

Housing

You will be living in one of the **CB1 Residence Halls**. There are several different “blocks” within the CB1 complex, and your specific assignment will be sent to you shortly before departure. Within the CB1 Residences there are The CB1 Residence Halls are 511 en-suite rooms, divided into three different blocks. Each room contains its own bathroom (this is called “en-suite”), a desk, chair and wardrobe, as well as WiFi Internet access. Rooms are grouped into flats comprised of 6-10 rooms, and the rooms within each flat share a common kitchen. All CB1 Residences have 24-hour security.

Meals are not included, but you have full access to the kitchen in your residence hall, and there is a convenience store within the CB1 complex, as well as a number of

grocery stores, cafes, and restaurants in the nearby area. During orientation, you will be shown where to find the grocery store, pharmacy, ATM, etc.

Will I have a roommate?

No, all rooms are single. However, you will have 6-10 other students in your flat (called your flat-mates), with whom you'll share a kitchen.

What are the rooms like?

They are probably a bit smaller than you're used to, but you have everything you need. What you'll have is actually a normal sized room in the UK and Europe. Living spaces in Europe are generally smaller everywhere you go. Each room has a twin bed, desk, armoire, shelves and an en-suite bathroom "pod."

Do I need to bring bedding and towels?

No, basic towels and bedding will be provided. HOWEVER, if you have specific tastes in your bedding – you can bring your own, or purchase items following arrival. Be aware that, because of the exchange rate, bedding is quite a bit more expensive in the UK than you're accustomed to. If you do not want to use the provided bedding, we recommend you bring your bedding and one towel, and preferably ones you won't mind leaving behind when you leave (to save money, and room in your suitcase). **Re: kitchen items – when you arrive, we recommend you talk to your new roommates before buying any kitchen items – they may have brought some already or will be willing to share the cost.**

Where can students do their laundry?

Students will have 24-hour access to the coin-operated laundry machines in the residence hall.

◆ You may **not** move in early to your program housing or stay after the program ends. Students who choose to arrive early or stay late must make their own lodging arrangements for any extra days. **All students must vacate their dorm room by 12 NOON on the official last day of the program.**

Student Services

Student Services & the ARU Students' Union are offices on campus that are dedicated to Student Life. Student Services is run by Anglia Ruskin staff, and focuses on academic success, while the Students' Union is run by students.

At UK universities, the Students' Union is an organization run by students, for students, and is the center of campus life. They organize social events, as well as clubs and societies on campus. **International Students are strongly encouraged to join the Students' Union! It is the best way to get to know your new campus, meet other students, and find out what resources are available to you, campus-wide.** (Please note, there is a fee to join the Students' Union as well as to join clubs and societies.)

In order to sign up for activities, you will need to show your ARU student ID. Make sure you carry this with you while on campus!

Student Services location, contact & opening hours:

http://web.anglia.ac.uk/onet/student_services/index.phtml

HEL341, Third Floor Helmore Building

Phone: 01245 68 6700

Email: student.services@anglia.ac.uk

Monday – Thursday: 8:30a - 4:30p

Friday: 8:30a - 4:00p

Students' Union location & contact:

<https://www.angliastudent.com/>

Peter Taylor House

Phone: 01223 460008

Email: reception@angliastudent.com

Between ARU's Student Services and Students' Union, an impressive amount of opportunities are available to Anglia Ruskin students.

ARU Student Services:

- Study Skills workshops to help students assimilate into the ARU teaching style and achieve academic success
- Sign up for Personal Tutoring for one-on-one academic support
- Home of the International Student Advice Team

ARU Students' Union:

- Access to Anglia Ruskin's "Give It a Go" off-campus excursions. Travel with ARU students to locations such as: Brighton, Oxford, Harry Potter World, a show in London's West End and more.
- Various Volunteering opportunities with local causes, including one-time, short-term and long-term commitments
- Over 120 different societies you can join which can build upon your current interests and hobbies, or help you find new ones to explore!
- Support team available to advise on academic or personal concerns you may have while on campus at ARU. If these confidential advisors cannot directly help with the problem you present, they will put you in touch with someone who can
- Supporting and running key campaigns for positive change on campus
- Providing training and development opportunities

Disability and Dyslexia Support

ARU Study Support Service offers information, advice and specialist support to students with disabilities, including mental health difficulties, ongoing medical conditions and specific learning difficulties, such as dyslexia.

ARU holds drop-in sessions, where you can discuss anything with us in confidence. The sessions take place from 12-1pm each week day, or you can call/email at any time.

ARU can assist with exam or timetabling adjustments, and access to facilities. Take a look at the [DSA website](#) for more information, or reach out to the office when you arrive to campus. You can have your study needs assessment at the [Anglia Access Centre](#).

For more information about the support you can receive, along with our contact details, visit the [Study Support Service](#) web page.

ARU Health & Fitness

ARU has a recently renovated fitness facility on campus, located in the first floor of the Helmore Building. All new state of the art equipment including next generation cardiovascular equipment with 15" LCD touch screen consoles with built in digital free-view channels, Olympic lifting platforms and racks aimed at our performance based athletes, dumbbells ranging from 2.5-50kg, and modern, functional resistance machines. Lockers, changing facilities and accessible changing facilities are also available. **Inquire about memberships to the gym facility once you arrive on campus!**

There are other fitness facilities available as an ARU student. You can acquire discounted memberships to other local facilities in order to achieve all of your fitness goals during your time abroad.

For full information about the Health & Fitness opportunities, click here: <https://www.anglia.ac.uk/sport/health-and-fitness/cambridge>

Sports Clubs

Students join Sports Clubs directly through the Health & Wellness program, Active Anglia. Any student, at any level of skill in the given sport, can join! The Health & Wellness program is the central point of administration and information for all of ARU's representative and recreational sports clubs. The sports clubs have qualified coaches to help with your performance and skill development.

They can help you find out anything you need to know about a sports team or activity. They also offer you the chance to represent ARU in student competitions in almost every kind of sport, including athletics, horse riding, rowing and much more.

The clubs and activities we offer include:

- American Football
- Archery
- Athletics

- Badminton
- Basketball
- Cricket
- Fencing
- Football (American Soccer)
- Futsal
- Golf
- Hockey
- Judo
- Netball
- Rowing
- Rugby
- Squash
- Swimming
- Table Tennis
- Taekwondo
- Tennis
- Ultimate Frisbee
- Volleyball

You can find details about these clubs by visiting the Students' Union website at:
<https://www.anglia.ac.uk/sport/sports-clubs>

Societies

Societies are what we might call student clubs or interest groups. These also fall under the Students' Union. Joining a society is a great way to get involved on campus and make new friends! Below some of the societies ARU has. If you can't find what you're interested in, you can even form your own society via the Students' Union!

Afro-Caribbean Cambridge
 Anglia Ruskin Finance Society
 Architecture Society
 Arts & Crafts Society
 ARU Christian Fellowship
 ARU Education Society
 ARU Green Society
 ARU Scuba Diving
 Audio Music Technology
 Boxing
 Cheerleading
 Coffee Lovers Society
 Creative Writing
 Dodgeball Society
 Education Society

Food Lovers Society
Game Developers Society
Graphic Design Society
Harry Potter
International Business Society
Philosophy
Photography Society
Poetry Society
Politics Society
Rock Climbing
Snow Sports
Study Abroad & Erasmus Society
Vegan
Wildlife
Yoga

Further details about Societies at LSBU can be found here:

<https://www.angliastudent.com/societies/join/>

Health and Wellness

Many students do feel ill during their first few days abroad, due to the time zone change, different foods, homesickness, tiredness, etc. Please rest assured that it will pass and you will be having a great time in Cambridge before you know it!

One good way to ensure a smooth transition into life in Cambridge is to make sure that you don't nap too much the day you arrive. Naturally, you will be tired after your transatlantic flight and therefore will be tempted to sleep the day you arrive. Taking a short nap will probably be good for you, but please try not to sleep all day because then you won't be able to sleep that night. Try to stay up until 10pm and get a good night's sleep, so you'll be on Cambridge time the next day.

If you become ill, contact your Site Director immediately. There are pharmacies close to campus, where you could ask the pharmacist to recommend some medication. There are also clinics in the area (see list below). **If you have a life-threatening illness or injury anytime during your trip and you can't reach your Site Director, please call the 24-hour emergency number listed on your medical insurance card (emailed to you shortly before departure).**

In addition, ARU's Counselling & Wellbeing service offers short-term counseling for all students. You can see further information about the service, and booking appointments, here: <https://www.anglia.ac.uk/student-life/health-and-wellbeing>

Clinics near ARU campus/CB1 Residence Halls:

- **Addenbrookes Hospital**
Hills Road, Cambridge, Cambridgeshire CB2 2QQ
01223 245151
- **Nuffield Health Cambridge Hospital**
14 Trumpington Road, Cambridge, CB2 8AF
01223 303336
- **Papworth Hospital**
Papworth Everard, Cambridge, Cambridgeshire, CB3 8RE
01480 830541

Living in Cambridge

From the very beginning you will notice that things are different in Cambridge: The looks and styles of streets, the taste and smell of food, the sounds of voices and traffic. These are the tangible things that you will notice right away. To understand and become comfortable in your new environment, you have to start getting used to the city, the ways of Britons and the habits and tastes of your new English friends and acquaintances. Soon you will start to see the reasons behind English customs, and you will come to enjoy your ability to fit in. Be prepared for a wonderful adventure that brings you towards an understanding of England and its people, and a new understanding of yourself and your American heritage.

Cambridge is a smaller-sized city, with a population of 124,000. That being said, 20% of the city's population is students who come from all over the world, making the population very diverse. The city has incredible architecture, an academic atmosphere, beautiful nature and views, as well as several festivals and fairs taking place throughout the year. There are plenty of incredible theater productions, cinemas and pubs to check out during your time in the city.

For Americans, UK cities can be expensive. This is due to the exchange rate between the U.S. Dollar and the U.K. Pound. For the most part, things are priced the same in the U.K. as they are in America, but the exchange rate, in turn, makes them more expensive. For example, if a pair of Levi jeans cost about \$40 in the U.S. and about £40 in the UK – once you take the exchange rate into account, £40 is equal to about \$60! So, when you arrive, be careful to get in the habit of converting pounds into dollars before buying anything to make sure you don't spend all your money in the first week.

What do people do at night?

If you are interested in seeing live music, there are several options for bars, clubs and pubs throughout the city. There are plenty of DJs, large and small name touring artists, and local artists on any given night. In general, bars and pubs close earlier – around 11pm. If you're looking to stay out later, the clubs are typically open until after midnight. Head to a local pub if you're looking for a more relaxing atmosphere.

In addition, there are plenty of options for cinema and theater! There are three cinemas, showing independent and art films, and two different multiplexes showing current blockbusters. The Cambridge Film Festival takes place in September, and is not to be missed by students studying in Cambridge during the fall semester!

The theater is well-renowned in Cambridge as world-class productions take place throughout the year. The Cambridge Corn Exchange, run by the Cambridge City Council, hosts over 300 performances a year – plays, musical acts, comedy, opera, ballet, orchestra and an annual Christmas show. Another, Cambridge Arts Theatre, hosts many shows that come directly from London’s West End, providing for one of the liveliest, most exciting venues in the region.

Cambridge may seem like a small city, but rest assured, there’s something going on every night of the week!

How can I meet locals?

One of the best ways to meet people in Cambridge is to go to the local pub for a beer. While the media and television shows may portray the English as tight-lipped, the reality is that they are very warm and quite outgoing. They also have an incredible sense of humor, so be prepared to laugh quite a bit.

When do I tip?

- A 10% tip is customary for restaurants. It is not necessary to tip bartenders.
- For taxi rides, a 5% tip is sufficient, if any at all. A lot of people don’t tip taxi drivers in the UK at all. (Never tip a driver who overcharges you!).
- Porters are always found at airports and railroad stations. You should tip £1 per piece of luggage.
- A VAT tax is added to all hotel rooms and restaurant bills. (VAT means “value added tax” and is currently 20% in the UK.)

Local Transportation

How do I get around?

Taxis: Cambridge has taxis within the city, you will see them marked traveling on the roads. Different to how you would hail a taxi here in the US, Europe uses “Taxi Stands” where the taxis will wait in a designated location and everyone looking to take a taxi forms a line. The taxis depart on a first come, first served basis from the queue.

Coach: There are plenty of bus lines that travel throughout Cambridge that can bring you to all points of the city. For info on bus routes in Cambridge, click here: <https://www.cambridgeshire.gov.uk/residents/travel-roads-and-parking/buses/bus-timetables/> You can purchase a city bus pass, if you wish, once you arrive in Cambridge. Talk about your options during orientation and see if that is a good option for you!

Air: Cambridge does have an airport in the city, but it’s very small and there are not a lot

of flight options, and the options that it does have, are very expensive. Likely, you'll be using London's major airports for your air travel. Those airports are: Heathrow, Gatwick, Luton and Stansted. Heathrow is London's major airport, but Gatwick, Luton and Stansted offer great fares on budget airlines. **Both Stansted and Luton airports are north of London, therefore closer to Cambridge. There are inexpensive bus services available to both of those airports.** Here are some discount airlines to check out:

British Midlands (BMI)	www.flybmi.com
Ryan Air	www.ryanair.com
Easy Jet	www.easyjet.com
Go	www.go-fly.com

Make sure to check out the airports, and flight itineraries, to make sure you're flying out of the most convenient airport for you! Not all airlines fly out of all airports, and usually budget airlines fly out of terminals that are less-convenient than the main terminal. Be aware of this when you're planning your travel time!

► **Please remember, luggage allowances will be a lot more limited than when you fly in the U.S. domestically. Be sure to check your airline's website before your trip to check their luggage allowances.**

Rail: There is an extensive rail network in the UK, although it's not always the most reliable. Virgin trains seem to be the best right now and tickets can be booked at www.virgintrains.co.uk. You can also buy a 16-25 Railcard once you get to Cambridge. This card offers up to 30% off the price of rail fares in the UK for full-time students up to 25 years old. A one-year card costs about £30, which will pay for itself after the savings on just a few rail journeys!

Travel Websites:

www.opodo.co.uk

www.ebookers.co.uk or www.expedia.co.uk

www.travelsupermarket.co.uk

www.lastminute.com

www.skyscanner.net

For cheap flights and hotels

Same as Expedia in the U.S.

Compares the cheapest airfares

Vacation packages, flights, hotels, theatre tickets

Discount airfares

Weather

Summer

Summer students should be prepared for warm (but usually not hot) weather in the 60's and 70's. It may rain occasionally. If it gets warm, it shouldn't be any warmer than the low 80's at the most. Even during the summer months, it can be cool outside, especially at night, so bring a light jacket or sweater and clothes you can layer. See below for a chart of average temperatures.

Fall

Students going to Cambridge for the Fall should pack for a change of seasons. (See below for average temperatures!) Fall students: when you arrive, the weather will be nice, much like summer (i.e. in the 70's during the day, cooler at night). As the Fall semester continues, it will gradually get cooler. By the end of your stay, you'll be wearing a winter jacket and possibly a scarf and gloves. So, Fall students will need to bring lighter clothes for the beginning of the semester, and fall/winter clothes for the end. Bring clothes you can layer (sweaters, light jacket, t-shirts, etc.)

Spring

Students going to Cambridge for the Spring should also pack for a change of seasons. (See below for average temperatures!) Spring students: when you arrive, the weather will be cold (i.e. winter weather—in the 40's during the day). However, the winters in Cambridge are not as harsh as New England winters, for example, because it rarely snows in Cambridge. As the Spring semester continues, it will get gradually warmer. By the end of your stay, you will have Spring weather (60's-70's during the day). Bring clothes you can layer (sweaters, light jacket, t-shirts, etc.)

Don't forget, it can rain quite often in Cambridge no matter the season!

CAMBRIDGE - AVERAGE HIGHS (DEGREES FAHRENHEIT)

<u>JAN</u>	<u>FEB</u>	<u>MAR</u>	<u>APR</u>	<u>MAY</u>	<u>JUN</u>	<u>JUL</u>	<u>AUG</u>	<u>SEP</u>	<u>OCT</u>	<u>NOV</u>	<u>DEC</u>
45F	45F	51F	55F	62F	68F	72F	72F	66F	58F	51F	47F

Fahrenheit to Centigrade = Subtract 32 from F and divide by 1.8.

Centigrade to Fahrenheit = Multiply C by 1.8 then add 32.

STAYING IN TOUCH

Time Difference

What is the time difference between England and where I live?

The following times are the number of hours BEHIND England each region is:

Pacific	Central	Eastern
8 hours	6 hours	5 hours

So, if it is 6pm in England, then it is 1 pm Eastern, 12pm Central, and 10am Pacific.

Computers and Internet

Should I bring a laptop?

YES. ARU has free WiFi on campus, and you will have Internet in your residence hall as well. There are also computer labs that are free for students to use.

► For information about using a voltage adaptor with your laptop,
SEE PRE-DEPARTURE GUIDE, ALL PROGRAMS