



**Union of  
Clare  
Students**

## **THE COOL KIDZ GUIDE OF THINGS TO DO IN CAMBRIDGE**

### **A guide for what you can do in Cambridge if you're Drinking, Not Drinking, and General Safety Tips!**

'Going out' in a new city, especially during your university freshers' time, can be very exciting, but also incredibly daunting. The purpose of this guide is to give you an overview of the 'going out' options that exist in Cambridge. This includes a summary of the bars and clubs in Cambridge, as well as some of the non-drinking forms of going out in Cambridge, such as the cafés, museums and gardens in the city. There should be something that appeals to everyone in here, so please do give it a read!!!

We have also included an incredibly important section on safety when going out drinking, including what to do and look out for when you are out, as well as who to contact in (a) emergencies and (b) for general concerns in the build up to going out. If you read nothing else in this guide, we highly recommend you read the section on "Safety when going out."

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The information in this guide is correct as of August 2024. If you have any suggestions or corrections, please contact the UCS Social Secretary at [hc612@cam.ac.uk](mailto:hc612@cam.ac.uk)

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## GOING OUT - DRINKING

Harry, your darling Social Secretary, will take you through the first section of this guide, which is all about going out drinking. This includes information about bars and clubs in Cambridge, information about how to get your hands on tickets for events, as well as a very important section on remaining safe when out in Cambridge.

### ***Clare cellars - the college bar***

Clare Cellars is the college bar, which we're sure many of you will get rather familiar with during freshers week. Cellars is open 7 days a week from 19:00 – 23:00 for students to come and enjoy the atmosphere and rather cheap drinks (including the college drink, the infamous Stone Cold!) The bar is student run; a small committee of students oversees the management of the bar, and each bar worker is one of our lovely Clare students!

Cellars is home to many events, such as college BOPs, themed nights (including the Cambridge-renowned "Cellars Queer night") and Jazz nights. These offer a livelier party atmosphere, as opposed to the more relaxed bar vibe that is available most nights.

Cellars can also be booked for parties and special events. To enquire about a booking, please get in touch with the cellars bookings officer, Lily Roett (lr564@cam.ac.uk). You will then be directed to read documentation on the cellars website and fill in an official booking form for submission to the Porters.

In terms of accessibility, the main entrance to cellars involves descending a set of stairs. For those with mobility issues, the bar is accessible via North Passage; this involves opening a heavy door at the entrance to the passage, going down the passage to the buttery entrance and entering the bar through the buttery. The passage is quite narrow, so do check you are comfortable passing through it beforehand if you have mobility issues and require extra space.

Also, please note that to comply with fire safety regulations, all those unable to ascend the staircase unaided in the event of a fire evacuation are restricted to the buttery seating area only. This is because Cellars itself is too far from an accessible fire exit.

There is plenty of seating in the bar, including sofas, hard-backed chairs and the hard-backed benches in the buttry. There are gender-neutral, accessible toilets available in the buttry. On most nights, lights in the bar and Cellars are on and music is played at a moderate volume. On event nights, the main lights may be off, strobe lights may be used, and music may be played at a louder volume. For the light and sound of a specific event, please check the details of that event once they are available or contact the organiser.

Cellars has its very own website with even more details about use of the bar. It also has an Instagram page, which you should follow to keep up to date with all events happening in the bar!

### ***Other college bars***

Each college in Cambridge is home to its very own college bar (although we must say that none hold a candle to the light that is Cellars). College bars are primarily for use by the students at that college, although it is understandable that people want to visit bars at the other colleges. If you would like to visit another college bar, it is best to do it with a member of that college (what a wonderful reason to try to make non-Clare friends from your lectures). You can visit other college bars without being accompanied by a member of that college, but if doing so make sure that you follow the official rules of that bar, follow instructions of bar staff and college porters, and don't stray too far from the bar area, as it is likely the surrounding area will be student accommodation. Please be aware that porters do not always like people from other colleges trying to enter the college at night, especially if there is a big group heading to the bar, which can lead to porters getting confrontational.

### ***The Cambridge clubs***

There are four main clubs in the centre of Cambridge:

- Revolution
- Lola Lo (now Kiki)
- Mash
- Vinyl

Each of these is known for a slightly different vibe, and typically have a designated student night for which they are (in)famous.

Each of these clubs is a short walk from Memorial Court, meaning a taxi should not be necessary to get out. There is also another venue, Cambridge Junction, which does occasional club nights, which are very popular. This is much further from the city centre

(approx. 40 minute walk from Memorial Court), so it is advisable to take a taxi/Uber if going to Junction.

When going out, it is important to take a government ID (such as drivers licence or passport) as your CamCard (student ID) does not display date of birth so is typically not accepted by Cambridge Bouncers.

### ***Revolution (Revs for short)***

A multi-story bar which turns into a club on certain nights of the week. Revs is home to Cambridge's most popular student night, Wednesday Revs (or Wevs for short, and officially known as Rumboogie), a night organised by Cindies Student nights. Wevs is known for repeating more or less the same cheesy playlist week in, week out, but for this we love her. Expect Wevs to be packed every single week, especially at special events, such as Halloween, Christmas or End-of-Term. Although the weekly Wevs attendance challenge is not for everyone, attending a Wevs at least once is a quintessential experience for all students who enjoy the occasional night out. Ticketing for Wevs is organised by the Cindies ticket rep (more on this shortly).

Revolution is by far most popular on Wednesdays, but there are other events at Revolution which are popular with students so it's worth keeping an eye out on their Instagram for this!

### ***Kiki***

Kiki is a Tropical Island themed Tiki bar and club, and is decorated as such. Kiki is a new club to Cambridge this year, replacing the infamous Lola Lo. Kiki seems slated to continue the vibe of Lolas, keeping the same location and the tiki bar theme. Unfortunately, as this is such a new club, we don't yet know what sort of regular events they will be putting on!!! We can assume they will maintain similar student nights to Lolas (including the endlessly popular "Sunday Lolas"), but we cannot yet say anything for certain.

What we do know is that Lolas was always a very popular spot for Cambridge students, attracting large crowds on their students nights and their themed nights (such as Taylor Swift and ABBA nights). Whilst we cannot know for sure how similar Kiki will be to Lolas, we can say that it should be a great place for a night out, and it should be very fun to go along explore what this new club has to offer!!!!

It is worth noting at this point that all the Cambridge clubs have both student and non-student nights, with non-student nights attracting a large "townie" population. Although many students still attend non-student nights, the non-exclusive nature of them can give them a different vibe to the student-only nights, with many students feeling more uneasy when out on a townie night.

## ***Mash***

Mash is a club that does not have a designated “student night,” but is probably the most popular choice for a night-out that is not a student night. Thursday Mash is a popular choice for a quieter, mid-week night out, whereas Friday Mash (“Frash”) is always a lively night out to finish the week.

Mash is also home to Cambridge’s occasional student run club nights, which typically take place on Sundays and Mondays. This includes Cambridge’s Queer clubs nights, Raid (which takes place every few Sundays) and EDGE (a new queer night to this year, with its first date on Monday 7th October!!!!), as well as other liberation nights such as Women’s only night. These nights are exceptionally popular and tend to sell out. Each student run night will have an Instagram account that can be followed for updates about when the next night will be and how to get hold of tickets.

## ***Vinyl***

Vinyl, although arguably the Cambridge student’s least favourite club, is still frequented by some students who enjoy its 80s and 90s vibe. Like Mash, Vinyl does not (at time of writing) have a designated student night. Vinyl is also a club that has a wider age range of patrons compared to the other Cambridge clubs, and is generally a more notorious spot for spikings. This can give it an uneasy feel for students. Although not outright dangerous, the less “student-y” atmosphere means it is advisable to be more careful and vigilant when visiting Vinyl.

## ***Other bars and clubs***

Above is not an exhaustive list of the clubs and bars in Cambridge, this is merely a taste of the options available. Those clubs listed above are the “main clubs” in the centre of Cambridge, but there are other venues that put on club nights that are worth looking out for. Some other bars, clubs and pubs that are popular with students include:

- Junction: Cambridge Junction is an arts venue that is a bit further out of the town centre, near the train station. Most of what they put on is performance, but every so often they put on club nights, which often prove to be some of the most popular in Cambridge. These nights often involve live DJs or performers, and are not ones to miss. It is worth keeping an eye on the Junction website and instagram to see what’s on, as the schedule is not regular!
- La Raza: a tapas restaurant and cocktail bar on Rose Crescent, this venue is much closer to home, situated nicely just off the market. If you’re looking for somewhere to have a cocktail after a formal, this is the place to go. La Raza is also known to put on live performance nights, where you can come along and dance late into the night (almost like a mini club!) Everyone that goes raves about La Raza being one of the best nights in Cambridge, so it's definitely worth a visit!

- Wetherspoons - The Regal: as is the case in every student city in England, Cambridge is blessed with the presence of a Wetherspoons. This cheap and cheerful pub offers a popular place to pre-drink, with its cheap and plentiful options. It is also the popular choice for the final destination of a pub crawl. You will almost certainly find yourself here at some point, whether you want to or not!
- The Greene Kings: the Greene King pub and brewery company has a monopoly on the pubs of Cambridge, with every other pub bearing their flag. These pubs are not super cheap, but definitely cheaper than a cocktail bar. Many of them offer games, pool tables, or TV screens to enjoy a sports match. You can find them everywhere, from the middle of town, to next to the river, to a bit further up the hill past Castle Court (shout out to the “Sir Isaac Newton”). You will certainly find yourself in a Greene King at some point (the Pickerel Inn is particularly popular); they typically run a student discount, so remember to ask!
- Alongside the chain brewery pubs, there are also many other popular pubs in Cambridge, such as The Maypole, The Punter and The Architect. It is definitely worth getting out there and exploring!

### ***Getting tickets for clubs***

Getting tickets for Cambridge club nights typically occurs via either the club’s website or FIXR. Having a FIXR account setup will be very useful, as almost all ticketing in Cambridge (for clubs, bars, performances etc.) is done on FIXR!

The exception is the ticketing for the Cindies student nights (which mostly consist of the weekly Wevs). Tickets for these nights are sold by the Cindies Ticketing Rep system. Each college (as well as certain university wide societies, typically the varsity sports teams) has a representative, which sells and distributes the tickets for these nights. To secure tickets, you need to get in touch with the ticketing rep for your college and request the number of tickets you would like. They will then confirm if they can offer you those tickets, ask for your payment, and once payed they will deliver a physical ticket to your pigeonhole. The physical ticket must be presented to the bouncers. The official Ticket Rep for Clare college is currently the UCS Social Secretary; more details on how to get in touch with him and order tickets will be released on the Freshers groupchat close to the start of term.

The normal weekly Cindies nights use the Ticket Rep to sell tickets, but special nights (such as Halloween, Bridgemas or End-of-Term) may do a FIXR ticket drop instead, so keep an eye out for this!

Tickets for most nights will be available on the door, but for student nights especially there will not be many on the door. So, if you want to buy on the door, you will need to arrive early or be prepared for potential disappointment.

In Freshers week, clubs may be selling wristbands, which offer access to multiple nights throughout the week, as well as tickets for individual nights. The UCS recognises that freshers week wristbands are generally not a worthwhile investment, and will not be

endorsing the sale of any wristbands. It is ultimately up to each individual if they choose to buy a wristband, but the UCS will not be selling any wristbands to Clare freshers, and we are not specifically advising our freshers to buy any wristbands. Please note that the official move in day for most Clare freshers this year is Saturday 5th October. Bear this in mind if you do choose to buy any wristbands/tickets in advance, as some events will be before you move in!

### ***Ticketbridge***

Ticketbridge is a Facebook group used by almost everyone in Cambridge as a way to resell tickets. Ticketbridge is pretty easy to use:

- WTS means that the user “wants to sell” a ticket, and you can DM them on Facebook messenger to enquire about buying the ticket. People will typically comment “messed” to indicate they have done this. Even if someone has messaged, it may be worth enquiring, as the ticket sale may have fallen through or you may be able to send a better offer.
- WTB means that the user “wants to buy” a ticket. If you have a ticket which you do not want, you can DM this person to sell them your ticket.

Everyone in the group can post on it, so you can send “WTB” and “WTS” messages also!

Some important things to note about ticketbridge:

- As Cindies nights typically require the physical ticket to get in, if you buy or sell a ticket you will have to hand it over/receive it in person. For safety, it is best to not do this alone and to not agree to walk too far out of town to do this.
- Tickets for Cindies nights (especially special ones) are fiercely fought over on ticketbridge. It is quite difficult to get hold of tickets, and people will be attempting to sell them at extortionate prices (the typical cost of a club ticket is around £6-8, and they may be being sold at over £30). It is up to each individual if they wish to pay this, but typically the clubs in Cambridge are not worth this upsell.
- Scams on ticketbridge are generally not super common, but are present. In evading scams, it is best to use common sense. If someone is posting/commenting frequently about tickets for the same event, they are likely a scam. Also, check when they were added to the group; if they were added recently and have been posting about a certain event ever since, it is probably a scam. Scamming is more common for big events, like the May Balls, where scammers can reasonably charge upwards of £200. To keep yourself safe when buying a big ticket like this, it is best to check with your friends before buying, seeing if anyone knows the seller (to check legitimacy) and to offer something like 50% of the money before the ticket is received and 50% after (a scammer is likely to be deterred by this, whereas a legitimate seller will not be). It is also worthwhile taking similar precautions when selling, so that you don't send over a ticket and end up with no money in return.

Ticketbridge is, on the whole, safe and easy to use, but it is definitely important to take the typical precautions that come with buying/selling resale tickets.

Ticketbridge is a private Facebook group, and your request to enter must be approved by someone in the group (providing nothing has changed recently). It may be worth asking a friend already at Cambridge, or your college parent, to add you so that you are in and ready to go!

### SAFETY WHEN GOING OUT DRINKING

The most important part about “going out” is knowing the safety precautions that one must keep in mind. We are very lucky that Cambridge is a relatively safe city, with its large student population and relatively open town centre. That being said, the typical risks that come with going out (such as spiking, being too drunk, harassment and being followed through town) are still present, and you must be vigilant when going out. The following section contains the necessary safety information (both general and Cambridge specific) which must be heeded when you and your friends go out drinking.

#### ***Before you go out***

The clubs in Cambridge are a bit expensive, so it is typical to pre-drink before going out. Most people choose to do this either in someone’s room or in Cellars (where drinks are cheaper than they are in the clubs).

Pre-drinking in someone’s room is the cheapest option, but it is important to be mindful of the people who share your accommodation when doing this. People in the surrounding rooms may not be going out, and may be trying to work or sleep before an important event. Being respectful of them and keeping noise to a minimum is key. If you are being excessively loud, the duty porter may come to your room to enquire about the noise and potentially break the party up. If you expect lots of people to attend, an official party request form can be submitted to the porters, but they may still break the party up if there is excessive noise. Just be respectful of other people and keep noise to a reasonable level, and you should be fine.

In terms of leaving to go to the club, the safest way to do so (from Memorial Court) is to go through Old Court and leave via north passage (to avoid the porters lodge and the main gate, which may be locked). This brings you out in the centre of town, from where each club is no more than a five minute walk.

If you or one of your friends is unwell at the pre-drinks (has thrown up or is unable to stand unsupported, for example) it is best not to continue out. Going out when too drunk is dangerous, not only for the person but for all those around them. If your friend is too drunk, the best thing to do is put them to bed in a safe position with water nearby (for when they wake up).



When putting a drunk person to bed you should place them on their side, with a pillow behind their head to prevent them from rolling out of this position. By putting them in this position, you are ensuring that they will not choke on their vomit should they throw up whilst asleep. If someone is actively throwing up, you should keep them positioned over a bowl or toilet, and should not try to lie them down. You should not attempt to “sober them up” with food, coffee or a cold shower, as this can have negative effects, such as causing unconsciousness. Small sips of water should be given once they can swallow. If someone is exhibiting symptoms of alcohol poisoning, it is advisable to contact the duty porter, who is first aid trained. The duty porter should be found in the porters lodge; if no one is there, call the porter’s number, and failing this contact the NHS via 111, or 999 in an emergency. The NHS page regarding alcohol poisoning, with a full list of symptoms and actions to take, is linked here: <https://www.nhs.uk/conditions/alcohol-poisoning/>

### ***At the club***

Staying safe when out involves remaining vigilant and taking any necessary precautions to look out for yourself and others. Even though it can sound laborious, doing these things and keeping yourself and others safe is the number one thing that will ensure your night out remains enjoyable for the entire time you are out.

Some things to look out for when you are out include:

- Level of drunkenness – if you and your friends continue to drink in the club, then people can get more drunk and may begin to exhibit symptoms of alcohol poisoning. If someone throws up in the club, they may be asked to leave by the bouncers (if they are seen). If not, it is still best to remove them from the club. NEVER let someone who is too drunk walk home by themselves; walk home with them to make sure they get home safe, put them to bed as described above (if they are too drunk to do so themselves) and alert the duty porter if you are particularly concerned about them.
- Harassment – if you feel you are being harassed by someone in the club, it is best to try and remove yourself from the situation in a calm and controlled manner, so as not to put yourself at risk of physical harm. Try not to get separated from your friends, so that you can signal to them in the event that someone is harassing you. If you are separated from your friends, attempt to find either a safe way back to them, or find the closest safe person you can speak to, such as a bouncer or bartender. In some clubs, bouncers and bartenders are trained to deal with harassment and safety concerns in a particular manner, but in all clubs they are a good person to go to in case of an emergency.

It is also important that you are an active bystander in the case that you notice your friend, or anybody else in the club, is being a victim of harassment. Being an active bystander involves being able to recognise a harassment situation, knowing how to

safely intervene to de-escalate the situation, and being aware of your surroundings and people who you may be able to speak to. In the case that someone is being a perpetrator of harassment, you should speak to a member of club security staff, as this person should be removed from the club as soon as possible.

The following is a link to the University of Cambridge “Breaking the Silence” page on how to be an active bystander, and it is an important read. It summarises how to assess a harassment situation, for both your safety and the safety of the person being harassed, as well as how to safely intervene. Link is as follows:

<https://www.breakingthesilence.cam.ac.uk/prevention-support/be-active-bystander>

- Spiking – spiking is the act of giving someone alcohol or drugs without their consent, for example by adding it to their drink or via an injection. Spiking is present in Cambridge, and knowing the signs of spiking, as well as the action that should be taken if you or one of your friends is spiked, is exceptionally important. Information about spiking that you should know is detailed shortly.

When you are out at the club, you should be keeping an eye out for the above issues, in order to keep yourself and those around you safe. If you find yourself in danger, or believe someone else to be in danger, speak to a member of club staff. They should be trained in what action to take, and it is always better to alert a member of security than it is to let a situation escalate. If you feel in extreme danger, or find yourself or a friend seriously ill, it is best (if you feel it safe to do so) to leave the club, letting a trusted person know where you are going.

### ***Leaving the club and returning home***

Once you have left the club, it is important to make sure you keep yourself safe until you are home. There is never a perfect time to leave the club; sometimes you will stay later than other times; sometimes an event or emergency may cause you to leave early. It is best to assess each situation independently and not try to “re-create” nights out by staying out longer than is safe to do so.

You should not leave the club by yourself; even though the walk back to Mem is only around 10 minutes, it will still require you to walk through town late at night, which can be dangerous. Find a friend who also wants to leave and walk home with them.

It is typical to stop and get food on your way home; the favourite spots are the “Van of Life,” a food van on the side of the market closest to Old Court, and Gardies, a late night takeaway on Rose Crescent. Both spots are on the way back from the clubs to Mem, so can normally be safely visited without straying away from where you need to go. They tend to get very busy from 1-3, when people start to leave the clubs. On student nights they tend to be full of students, but even on other nights they can be busy. The crowds tend to mean that they are pretty safe and well-lit, but it is best to check them out and decide whether it is safe to stay,

as there can be people there (student or not) that can make the situation uncomfortable or unsafe. Remember, stopping to get cheesy chips, as delicious as they may be, is never worth jeopardising your safety.

The walk from the clubs to the entrance to Old Court is not long, but it is important to remain vigilant on this walk. If you feel you are being followed or you/a friend has fallen ill on the walk, then you can enter any college's porters lodge and ask for help; just enter the closest lodge you can find. All porters at all colleges should be first aid trained, and so should be able to offer support. They will also be able to call the duty porter at Clare to let them know that you are ill, and they can help you find a safe route home. If you feel unsafe or unwell, it is best to find the closest available porter and ask them for help rather than pushing on to Clare as, even though the Old Court porters lodge is close, it may be too far in some cases.

It is always safest to walk back to Mem through Old Court (as opposed to walking over Garret Hostel Bridge). To do so, you can access the North Passage by scanning your CamCard. You can then walk down North Passage, climb up the steps next to the Chapel and continue to Mem Court down the avenue. Old Court porter's lodge can be entered only from inside late at night, as the main gate to Old Court is locked. Do not hesitate to go in and speak to the porter if there is an emergency; remember that they are first aid trained and can speak to the porter at Mem Court to tell them to expect someone who is unwell. They may also walk you along the avenue to ensure your safe return to Mem.

When re-entering Mem, you will likely return to find the main gates locked. It is inadvisable to attempt to hop the fence at the front of Mem, as it is topped with some rather nasty spikes. Instead, walk along to the Lerner Court driveway, walk all the way up to the side gate and use your CamCard to gain access to Lerner Court (the one with X staircase in it). Clearly, you need your CamCard to regain access to both Old Court and Mem Court, so you **MUST** remember to take it with you, alongside an official government ID.

If you are not going back to Mem and are instead leaving with someone (stranger or otherwise) (it happens it happens) make sure that you know where you are going and that someone you trust (a friend) also knows where you are going. This is important so that you can monitor your location and safety throughout the night. It also means that a friend will be able to ensure your safe return, and can let the authorities know your location in case of an emergency.

### ***Spiking awareness***

With thanks to Erin Abrahams, UCS Women+ officer, 2024-2025, for providing this piece on spiking awareness.

#### What is spiking?

- Spiking is when someone is given alcohol or drugs without their consent.

- It is a crime, punishable by law.
- It can happen to anyone, anywhere.
  - No matter their age, gender, sexuality, ethnicity etc,
- It can take multiple forms, including:
  - Drink spiking
    - Someone adding substances to your drink
  - Needle spiking
    - Someone injecting drugs into someone else's body (typically a higher risk in compact spaces such as club dance floors)
  - Vape/cigarette spiking
    - Adding substances to a vape or cigarette

#### Signs that you (or a friend) have been spiked:

- The symptoms can vary when being spiked depending on the substance used and the individual affected
- Common symptoms include:
  - Nausea and/or vomiting
  - Sudden onset of agitation/paranoia
  - Disorientation/a loss of inhibitions (e.g feeling drunk)
  - Memory loss
  - Speech difficulties (e.g slurring your words)
- Whilst spiking can often be invisible some indications can include:
  - If a drink has an unexpected smell, taste, colour or fizziness
  - If you feel a sharp prick (typically, but not exclusively, in one's back or upper arm)

#### How to avoid spiking:

- Most importantly, you must remember that if you are a victim of spiking, it is NEVER your fault
- You can lower your risk of spiking in multiple ways
  - Not taking drinks or vapes/cigarettes from strangers
  - Not leaving your drinks unattended/exposed
  - Watch out for your friends
    - If they are behaving differently to normal or seem drunker than you would expect them to be, then check in with them to make sure they are okay!

#### What to do if...

1. You suspect someone has tampered with your drink:
  - DON'T KEEP DRINKING
  - Tell the bartender (they will (almost) always make you a new drink free of charge)

- o If you aren't at a bar and you want to check, then you can put an ice cube in your drink – if your drink is spiked the ice cube will sink
- 2. You (or a friend) think you have been spiked
  - o Find a safe, calm environment
    - Tell a friend what has happened
    - Alert a member of staff or security
  - o Reach out and access help:
    - Help available within college (this applies to Clare, but all other colleges will have this support available, so do not be afraid to seek their help if you are in/close to a different college)
      - The College Porters (they are first-aiders so can treat any immediate reactions + can organise transport to hospital if necessary)
      - The nurses (typically only available during day-time, the nurses can provide information on spiking awareness and measures to avoid spiking)
    - Help available outside of colleges
      - Contact 111 if you require non-urgent medical support
      - Contact 999 and/or head to A+E (main one in Cambridge is Addenbrookes Hospital) if you require urgent medical support
  - o Contact the police and report the crime
    - Once you are safe you can report the spiking (or attempted spiking) event to the police
      - They can support you and provide further testing/an investigation
        - o Remember: spiking is a crime so PLEASE do not be afraid to reach out for support  
Also, even if you feel there is no way an investigation can be performed (no evidence as to who the perpetrator was) it is important to report the crime so the levels of spiking in the city can be monitored and security at the clubs can be advised
    - Find more information on reporting spiking to the police here:  
<https://www.met.police.uk/advice/advice-and-information/spiking-advice/spiking/how-to-report-spiking-to-police/>

The UCS is currently investigating the possibility of providing anti-spiking equipment (such as cup-covers) to the students of Clare. The goal is that this will be made available to collect from a station in Cellars and can be taken out to the clubs. The UCS will keep the student

body updated on its progress with this initiative and hopes to be able to begin providing such equipment as soon as possible.

### ***Substance use and Harm Reduction***

Of course, there are substances that are stronger than alcohol, which may be supplied around University and College Spaces. The UCS does not endorse or encourage anyone to take illicit substances or drugs, and it is of utmost importance that you do not do anything that you are uncomfortable with. Despite this, we are not going to pretend that drug use doesn't happen. We acknowledge that people take drugs for many reasons, and our approach is one of harm reduction, meaning we would aim to minimise the negative impacts of drug use without judgement.

The UCS is aiming to supply some drug testing kits for freshers week and will aim to make them available around college. Drug checking is just one aspect of Harm Reduction and can help people make informed choices about the substances they are taking. See our instagram (@ucs\_clare) for updates about where these kits will be supplied, and you can also check out this link on the [SU website](#), which talks more about the Harm Reduction Policy we are following, as well as what is included in the kits. These kits, as well as sexual health supplies, can be picked up individually from the SU lounge when they're not available at college. This process is entirely anonymous.

**PLEASE NOTE:** If you would like to discuss drug use, health concerns or overdose concerns, do not hesitate to contact a medical professional, such as the college nurses.

Medical staff like our nurses are completely non-judgemental, and your safety and health is the top priority. Medical staff also have a duty to maintain confidentiality to patients (unless there is a severe risk of danger to yourself or someone else), so you won't get in trouble if you go to a doctor with a health concern.

And even if you just want a chat with someone without going to staff first, feel free to contact a member of the UCS. Our Welfare Officers are always happy to help, and our President, Mia, is spearheading the Harm Reduction scheme within Clare, and will be happy to discuss the policy and give advice. Contact details for these UCS officers are given in the 'Important Links and Contacts' section.

Also remember that in the event of an emergency, such as an overdose, contact the duty Porter and the emergency services (via 999) IMMEDIATELY. It is always best to seek medical care, remembering to disclose substance usage in order to get the best possible level of care.

### ***Club accessibility***

Each club in Cambridge will have a slightly different accessibility policy regarding things such as strobe lighting, loud music and the use of smoke machines (amongst other things). If accessibility of a club is of concern to you, it is worth checking the club website/club information (which may be present on the page where you buy tickets and should be sent to you once you have purchased one) or getting in contact with someone who you can discuss accessibility with. Website links to investigate and contact details of people who you can talk to will be listed shortly.

Some general notes are that Cambridge clubs are not very big, so they tend to get very loud, hot, and cramped. If you have sensory issues and/or struggle with fatigue, you may want to consider taking extra steps to make sure you have a good night out. You might benefit from taking earplugs. You could also let your friends know that you might need to take breaks in quiet areas. You could also ask your friends beforehand to check in with you throughout the night to make sure you are doing alright.

Also, most Cambridge clubs are entered by either ascending or descending a set of stairs; this makes them rather inaccessible to those with mobility issues. Some clubs may be able to offer lift access to their seated area, but this is likely to require you to contact the club in advance, and the busy dance floor areas are likely to remain inaccessible.

If your accessibility concerns are not answered by the information available online, you should contact the club before the night as they may be able to offer additional information and support. Feel free to contact the UCS for any support with this. Eva, UCS Disabled Students' Officer, can be contacted at [eh726@cam.ac.uk](mailto:eh726@cam.ac.uk).

## GOING OUT - NON-DRINKING

Mia, your UCS President here! As someone who doesn't drink, I know there is certainly an impression that you will 'miss out' on elements of the University or freshers experience. Well I am here to tell you that you can have a perfectly great time in Cambridge whether you're having a drink or not!

### ***How to handle 'drinking' environments sober***

People don't drink for any number of reasons. Some people don't drink at all, and some are just not drinking for the evening, or an amount of time. It is important, as a non-drinker, not to feel pressured into drinking and, if you're a drinker, to be respectful of the multitude of reasons people choose not to drink.

Freshers week can be an especially difficult time as lots of social events in the evenings are based around drinking and people may just want to 'fit in' with others for social reasons. So make sure to set your boundaries, but also if you end up drinking when you don't want to or are getting a negative reaction to the alcohol, don't be afraid to remove yourself from the situation or let your friends know if you feel weird or uncomfortable. Members of the UCS will be present at all Cellars events during freshers week if you would like someone to talk to. Members of the bar are trained to look out for a range of situations, and the on-duty porter is always available for anything serious or if you'd just like a chat. Never be afraid to approach someone if you feel uncomfortable; we are here to help!

Lo and behold, people who don't drink can still go out and enjoy 'drinking' environments. In my experience as a non-drinker, the most accepting evening space I've been in as a non-drinker is Clare Cellars - not only is it convenient, but the couches, games and events leave a lot of things to partake in whether you've had alcohol or not. And best of all, whilst your drinking friends are spending £10 on a good night on two drinks, you can revel in success with a 50p diet coke. Otherwise, there is usually always a jug of water to the side of the bar, meaning you can skip the queue of people to get yourself a free drink.

Beyond cellars, you can go to things like clubs, but in my experience they can be a bit much if you're sober. I'm sure some brave teetotal soul has managed Wednesday Revs stone cold sober and enjoyed themselves, but alas, my experience of clubs has been that there are (a) lots of drunk strangers (b) bad music and (c) everything is expensive (I will never forgive Mash for charging me £3 for half a pint of coke). I would say if you want to go to a club sober, try to make sure you're going with friends to keep you company, and that the theme night or music of the night will be something you'll enjoy. And make sure that, even if you're the designated sober friend, you still have a good time and don't wind up babysitting your drunk friends the whole evening.



The most regular thing you're going to deal with as a non-drinker is people just asking 'why not?'. However, I have found that (providing you're around the right kind of people) most are respectful and no one really gives you a hard time about not drinking. It's very accepted to not drink in the evenings, and during freshers week, the UCS will also be organising alternative evening events for anyone who wants to partake in something that's a bit more chill than a night in cellars!

Probably the only downside of not drinking is the variety of non-alcoholic drinks aren't generally great. You will become WELL acquainted with bevoir elderflower at clare formals (very **very** well acquainted), and at cellars will have your fair share of cokes and lemonades. Outside of Clare, the mocktail options at clubs and Wetherspoons can be astonishingly poor, and I've had mixed experiences at May balls and events - some events have amazing options for non-drinkers (shoutout to Newnham Garden Party), and some don't even have bottled water available. But places are certainly getting better - you'll just have to find out what and where works for you!

**Safety note:** you may think that there is less of a risk of spiking if you don't drink. This is unfortunately not the case - make sure you take the same precautions by not leaving your drink out unattended, making sure your friends know that you're not drinking, and when you'll be going home. And as the sober person, you will inevitably find yourself looking after intoxicated friends - once again you're not obligated to be their babysitter, but having a clear head can make you the most sensible person in a room full of drunk people, so if something goes wrong, make sure to help where you can!

### ***Daytime activities!***

Now onto the fun part! There are TONS of things to do in Cambridge during the day for all people! This is not including mentions of activities to do relating to societies or sports. There should be something for everyone here!!!

#### *Museums and Galleries*

Having been to every museum in Cambridge (barring the Cambridge Museum of Technology, apologies to all the hardcore fans), here are my thoughts and ratings:

**The Fitzwilliam Museum** - Amazing. An absolutely huge museum of paintings, pottery, artwork, sculptures etc from all around the world. It is a big, traditional museum, and the architecture of the building alone, both inside and out (depicted below), makes it worth a visit. A few pieces of artwork are by famous artists like Monet, and the museum usually has an interesting exhibit going on. And best of all, it is totally free. You should dedicate around 2 hours, and I would recommend visiting towards the end or beginning of terms with friends. The gift shop is also big and beautiful, and next to a (pricey) cafe. It is Cambridge's most iconic museum and there's something for everyone to enjoy, so overall an 8/10.



**Museum of Archeology and Anthropology** - Sleeper hit! Is on the smaller side, and features things like pottery, artwork and statues but it is definitely worth a visit if you're near Downing side and are a bit of archaeological history buff. And has my favourite gift shop containing pieces of indigenous jewellery and crafts. 7/10, score bumped up by the gift shop.



**Sedgwick Museum of Earth Sciences** - for the science and rock fans. I personally could have done with more dino bones, and was a little bit on the 'made for kids' side for my liking. Still good to visit if you're near Downing and want to kill time, and it is free. Small gift shop. 6/10.



**University Museum of Zoology** - animal bones and taxidermy galore! If you've been to the Natural History Museum and spent most of your time staring at the skeletons, this museum is for you. Medium sized and a bit tucked away, but still



a pretty central location and free to visit. Gift shop is small but respectable. 7/10.

**Scott Polar Research Institute** - this one is a bit far out, and on the more specific side in terms of contents, but I enjoyed it! It's a small one, but is free, the staff are super friendly and if polar exploration is something that interests you, or you know anything about the HM Terror, you'll enjoy yourself. The gift shop is alright, but what is better is the artwork of Antarctica on the ceiling. 6/10.



**Museum of Classical Archaeology** - another sleeper hit! Near to Newnham and the Classics faculty, and if you're a classical history person you'll love this museum. It's essentially a huge room full of classical statues. Free, but no gift shop :( 6.5/10.



**Whipple Museum of the History of Science** - if you like steampunk-core old technology, this museum is for you. Not really my thing, but it was small, central and free so go if you want to. No gift shop. 5/10.





**Museum of Cambridge** - I have a bit of a vendetta against this one. It opens at weird times, and is one of the only museums in Cambridge that has an entry fee (£6), and is just kind of mid. Is basically just a lot of old items showing the history of Cambridge. Is close to the Castle Court (second year accommodation) but is not one I'd recommend unless you're really into local history. Small gift shop. 4/10, downgraded bc of the tickets.



**Kettles Yard** - a contemporary art gallery near the second year accommodation, so about 10 mins from Memorial Court. An alternative good recommendation, not only is it free but the house you explore is very impressive, even if you're not a big 'art' person. They also do this once a year where they let students rent artwork for around £20-25 - but I can tell you from experience that unless you join the queue an hour early you will be sorely disappointed after 40 min of waiting. The gift shop is good, but expensive. Has a nice cafe. 7/10.



**Heong Gallery** - A small free art gallery at Downing College. Make sure to check their instagram (@heong\_gallery) to see what exhibit is up, but I saw a really incredible contemporary exhibit by Issam Kourbaj, so if all exhibits are that kind of quality it's one to visit if you're near Downing! Gift shop is just a table of stuff you can buy relevant to the exhibit, but that's to be expected. 7/10.



## *Cafes and Food*

As a resident foodie and coffee fiend, one of my favourite things about Cambridge has been trying out all food and drink options. There is a huge variety of places with a number of different cuisines. In general, around the town centre are more 'touristy' places, and outside the centre things can get more interesting. But these are all things to explore and find out as you spend your time here!

The one caveat that comes with these places is that part of Cambridge being a popular tourist destination, food and drinks around Cam don't often come cheap. Hence, some of these places may be more suited to try out as an occasional treat! I will try to give an impression of prices at places as well as their dietary options.

### **Food:**

- **The Market** - a great place to start. It's central, not even 5 mins from Old Court and hard to miss as it's the centre of town, and has a great range of places for all manner of preferences and dietary requirements. Generally is most busy with food stands on weekends (but also with tourists and queues). Not always the cheapest option, but a lot of places will offer student discounts, so make sure to ask and bare in mind!
  - *Mia's personal shouts* →
    - **Africfood** (African Cuisine)
    - **Dim Sum** (Dumplings and Chinese cuisine)
    - **Jian Bing House** (Vietnamese street food)
    - **Cedric's** (Wraps)
    - **The Noodle Bar** (Noodle dishes)



- **Ice Cream** - there are many MANY great locations for ice cream in Cambridge. Just avoid the ones that look like tourist traps and you'll have a good time.
  - **Jack's Gelato** - the universal students' favourite, Jacks is in two locations (1) near the Corpus Clock, which has the most options stays open until 11 in the evening, and (2) down a small alley opposite Trinity, which closes during the day but is *\*generally\** less busy when open. They do amazing quality ice cream at a good price with a daily changing menu including a secret menu item, which loyal fans like myself will check daily on their instagram (@gelatojack). Make sure to use the queue jump QR code when you go, or if you go up to the till to let them know you're from Clare (there's a competition going between colleges!). You can also buy tokens from them, to give a free ice cream to a friend!
  - **Aromi** - Italian gelato. Same flavours and huge portions, but always so good (the tiramisu is my personal recommendation). Good to go if the Jack's queue is looking long as it's just around the corner, but is a little bit more expensive.
  - **Dulcis** - just off the market, opposite McDonalds. Small Italian patisserie and ice cream place.
- **Miscellaneous recommendations:**
  - **Franco Manca** (pizza)
  - **Gardenia** aka Gardi's (Greek food - *a good option for the late evening*)
  - **Bill's** (a variety of options - brunch vibes)
  - **Yori** (Korean BBQ)
  - **Kineya Mugimaru** (Noodles and Japanese cuisine)
  - **The Permit Room** aka Dishoom (Indian cuisine, but bear in mind prices rip)
  - And for all bubble tea fans, **T4** near to Sainsburys is a favourite.

#### Cafes:

- Some cafes are better for coffee and sweet treats, some are more equipped for when you want to get some chill work done.
  - *Coffee & cake recommendations:* **Fitzbillies** (try their croissants or chelsea buns) - **Gails** (yummy but pricey)- **Bridges** - **Bould Brothers Coffee** (yum coffee, but most pricey) - **Aromi** (food is amazing, but avoid if there is a line).
  - *Studying/chill recommendations* (aka these places generally won't kick you out if you haven't bought anything): **Harvey's Coffee House** - **Cafe Nero** (of which there are 2!) - **Waterstones** - **Costa** - **Trockel, Ulmann & Freunde** - **Michaelhouse Cafe** - **Indigo Coffee House** - **The River Room** (Clare's very own cafe, lovingly known as The Clafe) - **Other college Cafes, including Iris Cafe** (at Newnham) and **Red Brick Cafe** (at Robinson)



## *Other options*

**Botanical gardens** - SO GOOD. Bit of a walk (25 mins) but for the low low price of £0 (when you show your cam card) you can see so many great plants and flowers, all spread across a huge bit of land. My personal favourite bits are the greenhouse, the fen garden and the scented garden - but make sure you explore it for yourself! Easily could dedicate a few hours to exploring and I would recommend visiting towards the end or beginning of term when you have more free time, or make it part of your May Week agenda!



**Clardens** - Clare's own BEAUTIFUL gardens! Our gardening team is one of the best and always good to chat to, and Clare's gardens are renowned for being beautiful. They are open pretty much every day, and have great spots to rest on the bank, have a snack, read a book, pretend to do work, all with college WIFI! Personal favs are the sunken garden and the jungle garden. Only downsides are the punt tours that go by the river and spout false facts about Clare, and the intimidating flock of geese and birds that like to park on the river bed. There are three entrances to the Clardens, with the one closest to the gate at the end of the avenue being the only step-free access.



**Grantchester** - a small village which is about an hour's walk from Memorial Court. Between Cambridge and Grantchester are the lovely Grantchester meadows. These are some lovely open meadows through which the river Cam flows. It is an excellent place to walk to and have a picnic on a sunny day. Some people use Grantchester meadows as a place to swim in

the Cam, although it is worth noting that E. coli, Weil's disease and other waterborne diseases are present in the Cam, so it is not overly advisable to do so. (The UCS claims no responsibility for diseases contracted by swimming in the Cam). If you walk all the way through the Grantchester meadows, you will be greeted by the quaint village of Grantchester itself, which has several pub gardens to relax in and make your journey worth it!!!

And there is so much more!!! This guide is by no means exhaustive; Cambridge is a city full of culture and exciting places to visit. We hope that in reading this guide you have been introduced to a small portion of what Cambridge has to offer, but there is so much more. From the shops, to the colleges, to the parks and the greens, there is no shortage of things for you to discover!!! So use this guide as a starting point, but make sure you get out there and explore!

### IMPORTANT LINKS AND CONTACTS

Here, we have compiled some links to the websites and instagrams of the key bars and clubs, as well as some UCS and Cellars contacts who you may want to get in touch with for any enquiries, questions or concerns.

#### *UCS*

Website: <https://ucs.clare.cam.ac.uk/>

Website - "going out" page: <https://ucs.clare.cam.ac.uk/current-students/going-out/>

Instagram: @ucs\_clare

#### *Cellars*

Website: <https://www.clarecellars.org/>

Instagram: @clarecollegebar

#### *Revs*

Website: <https://www.revolution-bars.co.uk/bar/cambridge/>

Instagram: @revolutioncambridge

Wednesday Revs instagram: @rumboogiecarn

#### *Kiki*

Instagram: @kikivenue

#### *Mash*

Website: <https://mashcambridge.com/>

Welfare page: <https://mashcambridge.com/welfare>

Instagram: @mashcambridge



### *Vinyl*

Website: <https://www.vinylclub.co.uk/>

Instagram: @vinylcambridge

### *FIXR ticketing*

Website: <https://fixr.co/>

Each club, as well as other organisations (like the UCS Social Secretary) have a FIXR page. If you type the club/organisation into the search bar, you will be directed to their page, where you can buy tickets for any of their upcoming events!

### *Other helpful links*

Cindies student nights instagram: @cindies\_student\_nights

Junction website: <https://www.junction.co.uk/>

Junction instagram: @cambridgejunction

La Raza website: <https://laraza.co.uk/>

La Raza instagram: @larazacambridge

Raid instagram: @raid\_cambridge

EDGE instagram: @edge\_cambridge

There are many other bars and club nights in Cambridge, it would be impossible to list them all here. You will likely discover many of them in your time here, so get out there and see what you can find!

### *UCS and Cellars contacts*

Harry Chevassut - UCS Social Secretary, 2024-2025

hc612@cam.ac.uk

For any general enquiries and questions about the bars and clubs in Cambridge; for enquiries about the Cindies Ticket Rep system; for general questions about welfare and safety when out in Cambridge; for any questions or concerns about going out as a queer person in Cambridge.

If you don't know who best to approach with a question about going out, get in touch with Harry and he can point in the right direction!

Mia Da Costa - UCS President, 2014-2025

md958@cam.ac.uk

For general questions or concerns about welfare and safety when going out; for questions regarding our Harm Reduction Policy and drug testing kits; for any serious concerns about talking to college or emergency staff; for any questions about being sober in Cambridge.

Erin Abrahams - UCS Women+ Officer, 2024-2025

ea634@cam.ac.uk

For questions or concerns about going out as a woman in Cambridge; for questions or concerns regarding spiking.

Anna Viehauser, Mira Lakhani, Enyioma Anosike - UCS Welfare Officers, 2024-2025

amav3@cam.ac.uk, ml2128@cam.ac.uk, ea638@cam.ac.uk

For general questions or concerns about welfare and safety when going out.

Eva Heffernan - UCS Disabled Students Officer, 2024-2025

eh726@cam.ac.uk

For questions and concerns about accessibility when going out.

Jamie Binns - Bar President, 2024-2025

jb2566@cam.ac.uk

For general questions and enquiries about Clare Cellars.

Lily Roett - Bar Bookings Officer, 2024-2025

lr564@cam.ac.uk

For questions and enquiries about booking Clare Cellars.

### *Other contacts*

*College nurses* - For health and welfare concerns in the build up to going out.

Website: <https://www.clare.cam.ac.uk/current-students/health-wellbeing-service>

You can easily book an appointment to see one of the nurses on this website. They are 100% judgement free, and are all familiar with students who are experiencing bad hangovers or alcohol poisoning. Find them at Memorial Court, available during the working day, so do not be afraid to visit if you've got any physical or mental health concerns, and if there is anything serious that has happened, they can help advise you on what steps to take going forward.

*College porters* - For ongoing emergencies and first aid

Porters can be found in any of the three college Porter's Lodges (Old Court, Memorial Court and Castle Court)

You can get a porter by going to the lodge. If you are unable to get to the lodge, or cannot leave someone alone, you can get a porter by calling one of the following numbers:

Old Court Lodge - 01223 333200

Memorial Court Lodge - 01223 333261

Castle Court Lodge - 01223 333288

In case of an emergency, do not hesitate to contact a porter. They may advise you to contact the emergency services (via 999) in case of extreme emergency.

Remember that, if you are out, you can enter the nearest Porter's lodge (Clare or not) and ask for help!