CONTENTS

WELCOME
Professor Dame Sally Davies GCB, DBE, FRS, FMedSci
Master of Trinity College
Tayla Hardy
Student in Psychological and Behavioural Sciences

YOUR EDUCATION
Professor Catherine Barnard FBA
Senior Tutor and Professor of Law
CONTENTS

AREAS OF STUDY

Sciences
Professor Marian Holness FRS
Professor of Earth Sciences
Nandini Shiralkar
Student in Engineering

Mathematics
Professor Imre Leader
Professor of Pure Mathematics

Social Sciences
Professor Joel Robbins
Professor of Social Anthropology
Eve Loveman
Student in Law

Arts and Humanities
Professor Emma Widdis
Professor of Slavonic Studies
Isaac Figliuoli
Student in History

YOUR WELFARE

Professor Stuart Haigh
College Tutor and Professor of Engineering

COLLEGE LIFE

Life as a Trinity Student
Eve Simpson
Student in Law

Catering
Michelle Acheampong
Student in Land Economy

Sport
Rubaiyat Khondaker
Student in Mathematics

Student Societies
Nancy Tupling
Student in Human, Social, and Political Sciences

International Students
Ana Dolinar
Student in Computer Science

ESSENTIAL INFORMATION

Finance
Harry Devlin
Student in English

Applying to Trinity
Dr Glen Rangwala
Director of Admissions and Associate Professor of Politics
Elianna Proud
Student in History and Politics
WELCOME
Since I arrived at Trinity in 2019, I have learnt much about the history of the College, which dates back over 700 years to the foundation of King’s Hall – the oldest of our two predecessor Colleges – by King Edward II in 1317. It has been a privilege to absorb the culture of this great seat of learning, and I am certain that all who work and study here quickly come to appreciate the College’s unique and special atmosphere.

Trinity combines a reverence for its august past with an enthusiasm for addressing the most challenging problems of the present day, and for advancing – often in leaps and bounds – the sum of human knowledge.

The College has had an illustrious host of famous members throughout its long history – among them many of the world’s leading scientists, mathematicians, poets, and philosophers – who have transformed our understanding of the Earth and the Universe, our place in it, and what it means to be human.

But what of Trinity today? What does this prestigious College, founded by King Henry VIII in 1546 – with the merging of King’s Hall and Michaelhouse – and completed by his daughters, Queens Mary and Elizabeth, offer students of the twenty-first century?

The first and most important thing to note is that Trinity strives to be inclusive. We welcome students of all nationalities, religious affiliations, ethnicities, sexual/gender identities, and socio-economic backgrounds. Thus, the College’s 190 Fellows, 750 undergraduates and 350 postgraduates, represent a diverse community from all across the world, with individuals from many different backgrounds creating a cosmopolitan community unlike any other.

Second is Trinity’s size. We are the largest College in Cambridge in terms of the number of students and Fellows working here, and the magnitude of our College’s financial endowment, meaning opportunities for sponsorship and prizes for academic attainment are often available. We are also amongst the largest in terms of the physical extent of our courts, gardens, and sports fields.

All of this makes for an incredibly diverse and enriching environment in which opportunities to develop interests both within your subject area and in extracurricular activities, and to make lasting friendships with a broad range of contemporaries is second to none.
Third is our capacity for teaching and learning. At Cambridge, the Colleges take primary responsibility for the academic careers of their undergraduate students, and at Trinity we are particularly well-equipped to facilitate opportunities for you to succeed.

Students in all subjects attend lectures (in addition to practical lab work for scientists), at their respective faculty or department, where students from all Colleges mix; but you will also take part in regular supervisions – one-to-one or small group classes with an academic – which are coordinated by your Director of Studies, who is based in your College. These supervisions often give you the opportunity to work closely with world-leading authorities in your chosen subject.

Beyond this, there are other practical considerations which make Trinity an excellent choice of College for anyone considering applying to study at Cambridge. Trinity has some of the most cost-effective rents of any of the Colleges, all Trinity undergraduate students can live in College accommodation, in term time, throughout the duration of their degree courses, and you have the option – determined each year by ballot – of either modern ensuite accommodation or else historic College rooms, some of which date back as far as the sixteenth century.

Trinity provides an exceptionally wide range of extracurricular activities for its students. The College Boathouse is only five minutes away by bike, and the playing fields and gym are only a stone’s throw from the lovely Fellows’ Garden, which is open to all members of the College. The architecturally impressive College Chapel is home to Trinity’s acclaimed Choir and hosts regular services, concerts, and talks. And at the rear of the Chapel there is a range of music practice rooms – most of which are furnished with pianos – available for use by all members of the College.

Whether you are interested in sport, music and the arts, student politics and debating, there is something for everyone at Trinity.

I hope you can feel my immense pride and happiness in living and working at a College which not only has such a long and impressive past, but also a phenomenally exciting and motivating present, and an undoubtedly bright, promising future. Trinity in the twenty-first century is an institution which embraces modern life in all its excitement, complete with all the challenges and opportunities that brings.

When I passed through Great Gate on my installation day as the first female Master of Trinity, I was struck, as you may be, by the grandeur of Great Court – often said to be the largest enclosed court in Europe, and certainly one of the most impressive.

To join Trinity is the start of an incredible journey of unparalleled opportunity. Studying here can be challenging and demanding; but, if you are a high achieving student who is passionate about your subject, determined and enthusiastic, Trinity provides everything you need to enable you to flourish, both academically and personally.

I look forward very much to welcoming you to the College.
The opportunity to study at Cambridge is a wonderful thing for anyone, but the chance to be a member of the community at Trinity College is, in my view, particularly special.

In my time at the College, I have been actively involved in a number of societies both in Trinity and the University, including the Trinity Psychological Society – which I set up – that helps me explore my interests in my subject area, and the University Dance Society (CUTAZZ) where I can enjoy a great passion beyond my studies.

I am particularly proud of my work in various leadership roles in the Trinity College Students Union (TCSU), which is the primary body for representing the undergraduate community in the College and across the wider University.

TCSU looks out for the best interests of all Trinity students and tries to ensure that the College experience is the best that it can be for everyone. One of its key aims is to continuously strive to improve facilities and welfare support for students, both generally and for specific groups in the College. As a member of the LGBTQ+ community, I have worked with TCSU, in discussion with College staff and Fellows, to help push for positive change at Trinity, to challenge certain traditions, and to bring new viewpoints to the table.

Cambridge and Trinity are both historic institutions, which can sometimes have a reputation for being stuck in their ways. But ultimately, there is so much support available for such a wide variety of issues, both within College and in the wider University, provided you know how to access it. I felt quite intimidated in my first couple of weeks here, but I now know that there are systems and procedures in place to support me and places where I can raise any concerns I may have.

Cambridge can be challenging at times, due to the high amount of academic commitment needed and the intensity of the terms – only eight weeks each, but incredibly tightly packed with lectures, supervisions, assignments, and more than a little fun. But I have really enjoyed my time here so far and I have been able to develop so many key life skills, such as self-discipline, persistence, and even letting go of my perfectionist tendencies.

Naturally, as a Trinity student you have to be committed to your academic work; but there are always plenty of opportunities to thrive outside your studies as well. I have recently competed in three dance competitions and it is genuinely so lovely to be on stage performing with a team of such inspiring, hardworking, and passionate people. We also have frequent opportunities for socials with our societies which allow us to strengthen personal relationships and form support networks, something which is very important for any student, and which I know the value of personally.

Cambridge and Trinity in particular offers so many chances for students to flourish in their studies and to become involved with and run societies.

Tara Hardy  
Student in Psychological and Behavioural Sciences from Maidstone, Kent

The opportunities I have had at Trinity have exposed me to people I would have never met otherwise, and I’ve made so many important friendships in my time here.

The opportunities I have had at Trinity have exposed me to people I would have never met otherwise, and I’ve made so many important friendships in my time here. I am incredibly grateful that Cambridge, and Trinity in particular, offers so many chances for students to flourish in their studies and to become involved with and run societies in areas both within and beyond the focus of their academic studies. I have been able to experience so many interesting things alongside my degree which I wouldn’t have been able to anywhere else.
YOUR EDUCATION
Trinity College offers a friendly and supportive environment for students to pursue their academic interests and passions. It is small enough to feel a sense of belonging and large enough for you to find kindred spirits.

On a typical day, you will attend lectures, classes or laboratory training in departments and faculties outside the College, alongside students from other Colleges taking the same subject. You will also attend or will be preparing for supervisions which usually takes place in College. The number of supervisions per week varies from subject to subject.

Supervisions are the cornerstone of a Cambridge education. It is a form of small-group, interactive teaching (typically two or three students in a session) and gives you an opportunity to learn from world-leading academics and researchers. Before a supervision, you prepare and submit prescribed work, which will help supervisors hone your understanding and serve as a basis for discussions.

In supervisions, you engage actively: not only will your supervisors ask questions, but you are encouraged to ask questions too. It is a fantastic way to learn how to approach, think, solve, or engage critically with topics in your subject. Every student has a Director of Studies. They guide you through your programme of study, arrange supervisions, and will often be one of your supervisors themselves.

There are resources in College to help you prepare for supervisions, revise lecture material, write reports or dissertations, or read up on additional material. The student library houses many essential texts, journals, and DVDs for study (there is a separate library for Law students).

The College offers a book grant to each student to help cover the costs of buying books. A dedicated academic skills tutor offers support in study skills, such as academic essay writing, how to make the most out of supervisions, and time-management.

Supervisions are the cornerstone of a Cambridge education. It is a form of small-group, interactive teaching (typically two or three students in a session) and gives you an opportunity to learn from world-leading academics and researchers. Before a supervision, you prepare and submit prescribed work, which will help supervisors hone your understanding and serve as a basis for discussions.

In supervisions, you engage actively: not only will your supervisors ask questions, but you are encouraged to ask questions too. It is a fantastic way to learn how to approach, think, solve, or engage critically with topics in your subject. Every student has a Director of Studies. They guide you through your programme of study, arrange supervisions, and will often be one of your supervisors themselves.

There are resources in College to help you prepare for supervisions, revise lecture material, write reports or dissertations, or read up on additional material. The student library houses many essential texts, journals, and DVDs for study (there is a separate library for Law students).

The College offers a book grant to each student to help cover the costs of buying books. A dedicated academic skills tutor offers support in study skills, such as academic essay writing, how to make the most out of supervisions, and time-management.

Supervisions are the cornerstone of a Cambridge education. It is a form of small-group, interactive teaching (typically two or three students in a session) and gives you an opportunity to learn from world-leading academics and researchers. Before a supervision, you prepare and submit prescribed work, which will help supervisors hone your understanding and serve as a basis for discussions.

In supervisions, you engage actively: not only will your supervisors ask questions, but you are encouraged to ask questions too. It is a fantastic way to learn how to approach, think, solve, or engage critically with topics in your subject. Every student has a Director of Studies. They guide you through your programme of study, arrange supervisions, and will often be one of your supervisors themselves.

There are resources in College to help you prepare for supervisions, revise lecture material, write reports or dissertations, or read up on additional material. The student library houses many essential texts, journals, and DVDs for study (there is a separate library for Law students).

The College offers a book grant to each student to help cover the costs of buying books. A dedicated academic skills tutor offers support in study skills, such as academic essay writing, how to make the most out of supervisions, and time-management.
AREAS OF STUDY

The installation of the Master, Dame Sally Davies
As an Earth Scientist, my research mainly concerns rocks formed at high temperatures, such as magmas and high-grade metamorphic rocks. I am interested in decoding their history by looking at the way they are put together on the micron scale. I never thought that I would become a geologist when I first came up to Cambridge to read Natural Sciences – I was convinced that physics was my thing.

But the great strength of the Natural Sciences course here is that it gives you the chance to try a range new subjects and I quickly realised that what I loved about physics at my state school was the materials science aspect of it, and that I could combine this with my love of the outdoors by working on the materials science of rocks. I now work in fabulous wild places such as Greenland, trying to understand what goes on underneath volcanoes.

Trinity has a long and proud tradition in the sciences. In Physics and Applied Mathematics, our famous alumni include Isaac Newton (fundamental equations of motion, gravity, calculus, and optics), James Clerk Maxwell (fundamental equations of electromagnetism), Lord Rayleigh (fluid mechanics, including the theory of sound), JJ Thomson (discovery of the electron), Ernest Rutherford (the father of nuclear physics), and Subrahmanyan Chandrasekhar (astrophysics, particularly focusing on the structure and evolution of stars).

You shouldn’t be daunted by the list of brilliant scientists on the Trinity website. See this as evidence of Trinity’s supportive and welcoming atmosphere, in which you can follow your scientific passion.

Perhaps less well known are the geologist Adam Sedgwick (for whom the University’s Earth Sciences Museum is named), the nuclear physicist Otto Frisch, and the polymath William Whewell (Master of the College for 25 years), who not only invented the term ‘scientist’ but is also famous for having been able to jump up the flight of eight steps leading from Great Court into Hall in one bound.

You shouldn’t be daunted by the extraordinary list of brilliant (and athletic) scientists that you can find on the Trinity website. Instead, see this as evidence of Trinity’s supportive and welcoming atmosphere, in which you can follow your scientific passion from school or even take up the challenge of trying subjects that are completely new to you.

If you wish to read a science subject, your choices of Tripos are: Natural Sciences; Engineering; Chemical Engineering and Biotechnology; Computer Science; and Medical Sciences. While differing significantly, all five disciplines embody the general principle of providing a course that gives you a broad range of general subject knowledge before allowing you to specialise in a particular area.

The Natural Sciences Tripos at Cambridge is distinctive in that you take three experimental subjects (plus Maths) in the first year. There are eight experimental subjects from which to choose, some requiring you to have done the subject already at school, such as Physics and Chemistry, but others which are designed for complete beginners, such as Materials Science and Earth Science. In later years you are able to gradually refine your subject choices until you finally focus on a single subject that will generally involve original project work.

As an Engineering student, in the first two years you will follow set courses covering the whole range of disciplines in the subject; so even if you have set your heart on being a civil engineer, you will do the same courses as your friends who wish to become electrical or mechanical engineers.

In the third and fourth years you are able to specialise and embark upon more specific project work which involves novel research. It is also possible to do these final two years in the Institute for Manufacturing and then to graduate in Manufacturing Engineering.

Students in Chemical Engineering and Biotechnology start by studying the fundamental science and engineering, in the first year of their course, with a varied range of specialised options and project work in later years.
Computer Scientists at the University of Cambridge built the world’s first stored-program computer (EDSAC, 1949), the world’s most widely deployed processor architecture (ARM, 1985) and the best-selling British computer of all time (Raspberry Pi, 2012). Our computer scientists continue to lead developments in this subject.

As you go through the course, you may specialise and pick from courses as diverse as computer architecture, bioinformatics, cryptography, business studies, denotational semantics, quantum computing, and, of course, machine learning. You also do a substantial programming project and write a dissertation.

In the Medical Sciences, the first two years (pre-clinical studies) provide a strong scientific basis to medicine. There is the opportunity to specialise and conduct a laboratory research project, or even study a non-core science subject in the third year.

In years 4 to 6 of the course (clinical studies), you will divide your time between the University’s Biomedical Campus and placements with the Cambridge University Hospitals NHS Foundation Trust, including Addenbrooke’s Hospital, as well as other hospitals and GP practices across the East of England, designed to give you a broad experience of clinical practice.

The breadth of subjects available at Cambridge enables you to work at the boundaries between traditional subject areas, which is increasingly where the major scientific breakthroughs are being made. It also means that you might discover a subject you really love but that you hadn’t ever had the chance to study before.

A science degree from Cambridge will give you a wide range of options in terms of your future career. You could continue to study, acquiring in-demand skills on a Masters’ course, pursue a research-based PhD, or use your scientific knowledge and problem-solving skills in industry, finance, or the public sector.

In keeping with our strong scientific tradition, Trinity has a large and lively community of scientists, engineers and mathematicians, drawn from the UK and overseas. The College has Fellows from all scientific departments in the University, so your supervisions will be given by specialists with a strong interest in furthering excellence at Trinity and supporting you in your development as a scientist. We look forward to welcoming you here.

Engineering is an interdisciplinary subject which boasts some of the greatest achievements of all time – from the Antikythera mechanism to quantum computers. The sheer variety of methods that can be used to solve complex problems truly fascinates me.

Cambridge had always been a dream since a young age. I applied to Trinity because of its excellence in research, but more than that, it felt like home when I first visited the College. I felt tremendously excited by the prospect of having an opportunity to be a part of Trinity’s history.

The vibrant College life is coupled with a community which is driven by a shared purpose: we all want to do whatever we can to make this world a better place.

I felt this sense of purpose very strongly when I spoke with undergraduate students at the Open Day.

The supervision system at Cambridge is one of the best in the world: the combination of being taught by leading academics in a dynamic environment and having such personalised support is an absolute privilege.

I also love the collegiate system. The community here at Trinity is very tight knit and I knew that I could make friends for life. College life forces you out of your course bubble and it is fascinating to meet people from a wide range of backgrounds.
Mathematics is traditionally one of Trinity's strongest subjects, and certainly the College's largest. We take about 40 mathematicians per year, which gives rise to a clear and distinctive community spirit in the subject at this College, and allows for a vibrant and varied cohort.

What is especially nice at Trinity, is that due to the sheer number of Maths students here and the size of the College as a whole, there is always the opportunity to engage in provocative and stimulating discussions both within and without the subject – you can choose. Many Maths students enjoy regularly chatting with people from other subjects and involving themselves in all aspects of College life. But equally, there are times when mathematicians like to indulge their passion for the subject, and they can often be found about College fiercely engaged in all kinds of mathematical discussion with their peers – indeed, it is one of the great joys of Trinity that if you are stuck on a Maths problem, even at 2am you are sure to find a friend who is awake and interested to discuss it with you.

New students often imagine that a supervision simply involves the work being marked 'right' or 'wrong', but that is not what happens at all. A Cambridge supervision is an in-depth, personalised opportunity to learn alongside a subject expert. The supervisor may praise a solution, may say that a solution is correct but show a simpler approach, may correct an error, may quiz the students on part of their course, may explain to the students 'where the course goes next', and so on. New students imagine that a supervision simply involves being marked 'right' or 'wrong' but a Cambridge supervision is an in-depth, personalised opportunity to learn alongside a subject expert.

And the students may initiate a lot of the discussion themselves, by asking the supervisor how to get started on a particular question, or to explain part of the course to them – so a supervision really is a dialogue between student and teacher. Apart from the lectures and the supervisions (each student typically gets two supervisions per week), your time is your own; so, there is a vast amount of free time for you to do as you please. If you want more Maths, there is the thriving Trinity College Mathematical Society and many other Maths-related clubs and groups; but, equally, the College, and the wider University, offer opportunities to explore all manner of interests.
Studying the Social Sciences at Trinity College means joining and participating in a thriving scholarly community. It’s a community that is highly conscious of its past members, in their unrivalled eminence and global influence. It is also one that retains their intellectual ambition, both as innovative thinkers and keen educators.

Although there is no distinctive ‘Trinity approach’ to the social sciences, many of the College’s most famous members have had both a close critical engagement with important concepts and theories in this field, and a keen interest in and engagement with the way these relate to real world problems. It is these attributes that the study of the social sciences at Trinity seeks to foster, across fields such as Economics, Politics, Law, and Anthropology.

These are subjects that invite a balance between problem solving and reflective approaches, that draw upon a wide range of sources and ideas, and which keep those who study them consistently curious about how better to understand the complexities of the world.

It is also generous in providing its students with the financial resources needed to conduct their own research, which for subjects such as Archaeology, Economics, Politics, and Social Anthropology is often the highlight of the degree programme. We draw students from around the world and from all backgrounds, resulting in diverse perspectives and lively debates.

There are active Trinity student societies in Law, Politics, and Economics, which act as venues for continuing discussions and developing viewpoints. These societies often host eminent guest speakers with world-famous reputations. Across the social sciences, extracurricular activities can form almost as much of the learning experience as the formal process of lectures and supervisions.

The College has active associations of alumni in many of the social sciences. These are former students at Trinity who lend a hand in helping the current generation of students to understand and succeed in the world once they graduate. The range of careers open to those trained in the social sciences is very broad; the advice and involvement of alumni has often been crucial in enabling students to turn their interests and educational experiences into fulfilling careers.

I’ve really enjoyed studying Law at Trinity, so much so that I don’t want my time here to end. It can be daunting to choose to study Law because for most students it is a completely new subject.

Before I started the course, I remember wondering whether Law students just spend all their time memorising laws! Of course, we do learn what the law is; but we also think about how the law should be applied in areas where there is uncertainty, and whether there is need for reform.

Studying at Trinity means you get a lot of opportunity to discuss these types of problems with your Professors and classmates in supervisions. As a Law student you get to learn about a wide range of subjects – criminal law, constitutional law, tort law and Roman law, all in your first year in Cambridge.

I’m particularly interested in environmental law and, as part of my degree, I’ve really enjoyed being able to study European environmental law as an optional module and writing a dissertation about environmental law.

Before coming to Trinity, I wondered whether there would be a super competitive atmosphere amongst the law students. I really haven’t found this; everyone has been very friendly, and we are always happy to help each other.

There are also lots of ways to meet new people by taking part in law-related activities like mooting (where you act as a barrister in a mock court case), mock trials and debating. The Trinity College Law Society puts on lots of fun social events too – the recent Legally Blonde movie night was a particular highlight!
Trinity’s size and diversity creates a rich, energised, and intellectually challenging environment for the study of the arts and humanities. As the names suggests, these are subjects that engage directly with what it means to be human. Students of the arts and humanities study the languages, histories, ideas, and cultures of human societies through time, and across the world.

In an age of fast-accelerating technology and the expertise which that demands, the academic study of the arts and humanities is as important as ever. Engaging intellectually with these subjects enriches both the individual student and society at large. A key characteristic of an arts or humanities degree is the importance placed on students learning to think deeply, to engage critically with what they read, and to develop the skills to persuade others of their argument. No student of the arts or humanities will ever take an idea at face value: they will challenge it, explore its origins and purposes, and strive to understand the contexts from which it emerges.

This process develops your analytical ability and critical thinking – skills which are highly valued in any workplace. Beginning a degree in the arts or humanities, you might already have a clear idea of the career you wish to pursue; alternatively, your time at Trinity might lead you onto an unexpected path.

Trinity offers expert teaching and world-class resources in numerous subjects across the arts and humanities. Some of the most popular courses include History, English, and Modern Languages; other subjects include Philosophy, Asian and Middle Eastern Studies, Linguistics, Classics, History of Art, and Anglo Saxon, Norse and Celtic – each of which can be studied at Cambridge even without prior study of the subject at school.

The College has Fellows in each of these subject areas, testimony to its long history of excellence in the arts and humanities and its commitment to nurturing a succession of remarkable writers, philosophers, historians, musicians, and other scholars.

Famous figures in the arts and humanities in Trinity’s history include the writers Lord Byron, Alfred Lord Tennyson, Vladimir Nabokov, and AA Milne; historians GM Trevelyan, EH Carr, and Norman Stone; philosophers Ludwig Wittgenstein and Bertrand Russell; composers Ralph Vaughan Williams and Charles Villiers Stanford; and classicists AE Housman and Richard Porson.

As a student at Trinity today, you can quite literally follow in the footsteps these luminaries – including visiting and using extraordinary collections from the seventeenth-century Wren Library where, as part of your learning, you could for example examine one of Shakespeare’s first folios, a medieval manuscript, or a French Revolution pamphlet from the recently bequeathed Crewe Collection. We even have one of the first posters produced by the new Bolshevik Government after the Russian Revolution of 1917.

The continuity of culture from past to present feels very much alive at Trinity. This is not to suggest that the College is preoccupied by its history; indeed, a key legacy of Trinity is its innovation and invention, and its capacity always to look principally towards the future.

This is evident in our forward-looking approach to teaching and research, which provides opportunities for students to develop their interests and expand their horizons through funding for special projects and paid internships, and in the work of our visiting Fellows in the Creative Arts and the eminent guest lecturers who frequently visit to enrich the College’s cultural life.
In the nineteenth century, Trinity had Thomas Macaulay as a young student. Today, it is home to a large and diverse community of historians, with interests ranging from the Byzantine Empire to early modern Europe and modern Britain. Whatever draws you to want to study the past, if you want to be a historian Trinity is a wonderful place to pursue your passion.

At Trinity, you can study any period and focus on the aspects of History which interest you the most. And, as your progress in your studies, you will certainly discover new areas of interest.

Your day-to-day work will mainly revolve around reading and essay writing. However, you will have plenty of opportunities for discussion: the weekly Historical Argument and Practice will allow you to exchange ideas and learn from other History students. Few things are more stimulating than a supervision in which you get to discuss historical topics with a pre-eminent expert.

I am profoundly grateful for what Trinity has given me, and I feel that I am becoming more and more aware of the intricacies of History as a discipline, and of what it means to be a good historian. Should you choose to come here, your years at Trinity will undoubtedly be some of the most formative and enjoyable of your life.
YOUR WELFARE
Your wellbeing is very important to Trinity. Good emotional and physical health are vital to achieving your potential in every sphere of life, both for your academic studies and extracurricular activities. To that end, Trinity takes student welfare seriously.

The College provides a comprehensive range of support:

- Every student has a personal Tutor to supervise their welfare. Tutors offer general advice, help, and guidance to their students with anything from applying for travel grants and prizes to supporting students in financial or personal difficulties.
- Tutors may also refer students to other sources of support, such as the College’s Mental Health and Wellbeing Advisor or the University’s Disabilities Resources Centre.

In addition, to support from your Tutor, our Chaplains organise reading groups, walks, and other activities for students, and are available for chats irrespective of a student’s religious beliefs (or lack of religion).

In order to ensure that Trinity is an inclusive community that embraces diversity, the College also has dedicated Fellows with particular responsibility for oversight of specific groups of students. These include the Fellow for Trinity Women, who represents women students and colleagues across the College; the Fellow for Ethnic Diversity, who works with the entire College community to broaden the representation of the range of cultures, religions, and traditions at Trinity; and the Fellow for LGBTQ+, who supports the needs of LGBTQ+ members of the College. The College also works closely with a liaison officer from the University’s Disability Resources Centre in supporting students with disabilities.

The Mental Health and Wellbeing Advisor offers support to students experiencing any mental health or wellbeing-related issues. She co-ordinates counselling and cognitive behavioural therapy funded by the College and advises on other therapy options available through the University and NHS. During Term, the College Nurse provides assistance to students with minor medical ailments and injuries, and can also advise on support both within and external to the College. Additionally, the University Counselling Service offers a range of confidential support to those who prefer to seek advice outside of the College.

We encourage our students to seek support with any emergent problems at the earliest opportunity. No matter what it is, if you feel something is distracting you from your studies or impacting on your wellbeing, we encourage you to ask for help and advice sooner rather than later, in the knowledge that you will be supported by your College.

"I came up to Trinity from Bradford to study Engineering and loved both the place and the course. Having specialised in Civil Engineering I now carry out research using the cutting-edge facilities at Cambridge to investigate earthquake effects on infrastructure and improve the design of foundations for offshore renewable energy sources."

"In my role as a College Tutor, I monitor my students’ wellbeing and general academic progress. I can offer guidance on anything affecting my students’ lives and assist them in finding the best help possible.

“Trinity and Cambridge both offer a huge variety of opportunities and support to explore extra-curricular activities. As a student I was deeply involved in University Music and am now often found flying my glider in the skies above Cambridge.”

Professor Stuart Haigh
College Tutor and Professor of Engineering

© graham copekoga
I had never been to Trinity, or Cambridge, before I matriculated (the Cambridge word for formally joining a College), so my first steps through Great Gate into the beautiful grounds were equally as overwhelming as they were mesmerising.

I had never been to Trinity, or Cambridge, before I matriculated (the Cambridge word for formally joining a College), so my first steps through Great Gate into the beautiful grounds were equally as overwhelming as they were mesmerising.

There have been many instances in my time at Trinity that I have felt like this, and I have had to pause to really remember how special it is for me to be part of this community.

Community really is a word which is central to my thoughts on Trinity College. It amazes me that a College so large – the largest in the University – can have a community which is so tight-knit, and in my time at Trinity, I have witnessed the College taking steps to make the College community even more inclusive than ever before.

We host events for Black History Month, producing wonderful exhibitions and films; and we have celebrations of many different ethnic and religious festivals, such as Eid and the Lunar New Year. Recently, the College has considerably expanded the number of bursaries to support students from less well-off backgrounds.

Social life at Trinity is what you make of it. During Freshers’ Week and throughout term there are so many different opportunities to meet new people, socialise and take a break from work.

One weekly social event I’m a big fan of is the Sunday evening nights at the College Bar where there is a student jazz band. It’s a really chill vibe where you can go to chat with friends and take time away from work and your laptop.

The JCR (our undergrad common room) is also a great place to relax, play pool, play games on the PS5, or watch movies on the massive screen. Our TCSU Ents Officer also organises bops (the Cambridge word for a big College-based party) within College and in collaboration with other Colleges, so we get loads of chances to meet new people or have fun with our friends!

Even a typical day at Trinity makes you feel fortunate to be here. One of the things that surprised me in my first year at Trinity, having never seen the College, was how nice the accommodation was. For all three of my years, my accommodation has left me, and my family stunned. All of the rooms are spacious, but there is the opportunity to choose the style of living you prefer with rooms ranging from the more modern feel of New Court to rooms with more like the remarkable Great Court rooms.

But living in College doesn’t just give you the opportunity to live in a wonderfully historic setting, with access to fantastic private gardens, and spectacular views over the River Cam. It also provides an environment in which you can very easily and naturally make friends with your contemporaries. The accommodation in the Wolfson Building is reserved purely for Freshers, allowing a supportive community to start to form in your very first term.

Even a typical day at Trinity makes you feel fortunate to be here. One of the things that surprised me in my first year at Trinity, having never seen the College, was how nice the accommodation was. For all three of my years, my accommodation has left me, and my family stunned. All of the rooms are spacious, but there is the opportunity to choose the style of living you prefer with rooms ranging from the more modern feel of New Court to rooms with more like the remarkable Great Court rooms.

But living in College doesn’t just give you the opportunity to live in a wonderfully historic setting, with access to fantastic private gardens, and spectacular views over the River Cam. It also provides an environment in which you can very easily and naturally make friends with your contemporaries. The accommodation in the Wolfson Building is reserved purely for Freshers, allowing a supportive community to start to form in your very first term.

As a Trinity student, you can take all your meals in the Hall, a remarkable historic building, complete with beamed roof and beautifully ornate decoration, all under the watchful eye of the College’s founder, King Henry VIII, whose majestic portrait hangs at the far end of the room. Not only is it fantastically convenient not to have to worry about making meals, the opportunity to eat with your friends is usually a really enjoyable, sociable part of the day.

On a regular day, dining at Trinity has quite a chill vibe; but the Hall also serves as the venue for the College’s Formals – an excuse to dress up and wear your College gown (we don’t wear these all the time!) At a Formal Hall, you are served at your table (rather than lining up to collect your food), and the food tends to be extra special. It really is a unique experience. And when you make friends in other Colleges, it’s a nice thing to invite each other to experience Formal Hall in each other’s Colleges – but of course, Formal Hall at Trinity is the best!

Living at Trinity has been amazing, socially, academically, and practically. I have thoroughly enjoyed my time here and I will always be happy that I chose Trinity as my College.
The best thing about the food here is the variety: getting to eat meals that, as a busy university student, I would definitely be too impatient to cook myself – such as a Sunday roast every week. Sunday brunch is definitely the food highlight of the week, it’s a lovely opportunity to gather your whole friendship group together and enjoy a full English breakfast, or waffles, pancakes, and fruit salad.

In between mealtimes, snacks such as panini, toasties, cookies and muffins are available at the College Bar in case you’re still feeling peckish.

Formals are also an amazing and unique aspect of the Cambridge experience. At Trinity they usually occur twice a week and consist of a three-course meal prepared by amazing chefs. For such an amazing event, they’re really good value for money.

The dress code for Formals is, naturally, formal attire such as dresses, heels, and suits, alongside the Trinity gown. Formals are always great fun!

At Trinity, we eat in the Hall both for Formals and for normal mealtimes – it’s a beautiful space, with portraits of previous masters and Trinity alumni across the walls, reminding you of the people that have come here before.

Trinity is proud to support students at all levels in the pursuit of sports. While the College has certainly produced some amazing athletes, everyone is encouraged to pursue their sporting ambitions, whether simply for fun or in the pursuit of greatness.

We have men’s and women’s teams in most mainstream sports, as well as some of the more unusual ones. Inter-Collegiate competition occurs frequently throughout termtime, in addition to tournament trips during the vacation.

Furthermore, Trinity’s endowment ensures that our sporting societies are well-equipped with the necessary facilities, including the provision of a yearly grant to each student for the purpose of purchasing any required sports gear.

One advantage to the variety of sports that Trinity offers is that students have the opportunity to grow and learn together from a more level playing field in the less mainstream sports.

As someone who wasn’t particularly sporty prior to arriving at Trinity, I was eager to try out something new.

What ended up attracting me was Ultimate Frisbee – I found a very welcoming and relaxed community happy to help train newcomers. There were also plenty of chances to participate competitively – our Frisbee team had the chance to participate in the College Frisbee League, and we came out on top in the first term of the academic year.
Within Trinity there are so many extracurricular activities that we can get involved in, from sports to politics to STEM-related societies. During my time at Trinity, I’ve become involved with the Trinity Politics Society, Feminist Society and Women’s Netball.

As part of the Politics Society, I’ve had the opportunity to hear amazing speakers such as the British Ambassador to Afghanistan and various Members of Parliament. Being part of PolSoc has been an amazing way to grow in confidence, to discuss issues with other Trinity members, and to discover which areas of politics I’m most passionate about.

But I also found it really important to have some societies that relate more to my passions away from my degree. Women’s Netball is a great way for me to destress, to spend time outside, and to make new friends. It’s a really empowering environment and as someone who hadn’t played netball since secondary school PE, it’s a great way of getting me more active. Similarly, FemSoc is another empowering environment to meet women within Trinity. Events such as talks with the Master, book swaps, bar nights and the International Women’s Day dinner are really fun ways of meeting new people.

I love it here at Trinity. One of the really good things about Cambridge is the College system, because it means you get to meet people from a variety of subjects. This is especially great at Trinity – the biggest College in Cambridge – because there are always new interesting people you may meet.

Another plus of Trinity’s size is that the subject cohorts are bigger than at other Colleges. For example, there are 12 CompSci students in my year, which makes it easy to arrange study sessions, and I always have someone to discuss the work with.

As an international student from Slovenia, I was very pleasantly surprised by Trinity’s diversity – about 40% of Trinity’s students come from abroad (we’re one of the most international Colleges in the entire university), which makes the community very culturally rich. It’s also just very cool to be able to meet people from all over the world – and useful if you want to visit a new country and know someone from there who can show you around!

Trinity also has some amazing bursaries, scholarships and grants, which has been extremely helpful in opening new opportunities for me. There are so many things I could list, but I’ll finish off by saying that Trinity has such a rich history and so many inspiring alumni (and really pretty architecture on top of that), and it’s simply amazing to be a part of that.
Trinity College has lots of schemes to support students above and beyond what you receive from student finance and from the University of Cambridge itself. This is really helpful for students coming from less privileged backgrounds.

I'm from a working class family in County Durham, and this support has been really important for me. I know from my own experience that going into higher education can be challenging financially. It can be difficult learning to manage your finances, and many students from working-class backgrounds don't have the luxury of borrowing money from parents if we fall short, or even getting financial advice from our families to help prevent that.

During my time here, the College has invested in supporting students from less-well-off backgrounds, and I am glad students, who may encounter financial difficulty, due to a variety of reasons in first year, will have more of a security blanket. This makes me feel hopeful for the future – hopeful that this will make more students from my background apply to Trinity, that the College’s efforts to increase diversity will be genuine and ongoing and contribute to a much-needed culture shift for the College and the wider University.

Trinity’s admissions processes are designed to select the applicants with the greatest potential, regardless of background or family income. Our aim is to maintain a diverse community of students who are intellectually and professionally motivated, who are open to and curious about new ideas and subjects, and who will benefit most from the in-depth teaching offered by the College and the University.
It’s not uncommon for us to make an offer to someone who didn’t receive all the top grades in their GCSEs, but who has flourished academically while studying for their A-levels.

Alongside your application, you may need to register separately to sit a written assessment, depending on the subject: for some subjects this needs to be taken shortly after you apply. It is important to check carefully if you need to register for this before the deadline. Applicants in Medicine, for example, have to register for the BioMedical Admissions Test (BMAT) by the start of October.

After you apply, we may be in touch to ask you for relevant further information. We usually circulate a supplementary questionnaire to our applicants, which gives you the opportunity to tell us anything about yourself or your application that you weren’t able to include in the main application.

Applicants who have a realistic chance of being made an offer are invited to interview. Each interview is a discussion with one or two academics in the subject area for which you have applied. You can expect the interview to focus on substantive issues in your future studies. We recognise that for most applicants the academic interview is a new experience. We aim to make it intellectually challenging, and you are encouraged to talk about your interests. In general, the interview aims to assess not how much information you know, but how you think and reason when presented with new material, ideas, or concepts.

You may find it useful to have a practice interview. For some subjects this needs to be taken shortly after you apply. It is important to check carefully if you need to register for this before the deadline. Applicants in Medicine, for example, have to register for the BioMedical Admissions Test (BMAT) by the start of October.

However, my second interview was not as fun as my first. I very quickly realised that no amount of reading would have prepared me for it, and that was how it was meant to be. The first thing I was asked was to read an extract, but it was the most convoluted text I had ever set eyes on, and I didn’t know how to answer their questions, so I just gave my best shot. Several times I asked for the question to be repeated just so that I could think for longer.

Looking back, I am glad to have had both a fun interview and a more challenging one, because the reality of studying at Trinity is that there are both fun and challenging parts of your degree.