Gonville and Caius College boasts a long and proud medical history. John Caius himself held a medical fellowship at the prestigious University of Padua where he was the flatmate of Andreas Vesalius. By the time he refounded the college, Caius was already an internationally renowned scholar of Medicine in the tradition of Galen and had amassed a fortune through service to successive monarchs of his day. Perhaps most impressively, he was the first to introduce cadaveric dissection to the university—a practice continued to this day.

The emphasis on medicine at the college initiated by Caius continues to this day. To the right are famous doctors and researchers who have attended the college. Perhaps most fondly remembered is William Harvey, who’s revolutionization of our understanding of the circulation has earned much acclaim in his lifetime and is remembered in the naming of the first-year accommodation at Harvey Court.

Even now, the teaching of medicine at Caius is a foremost concern. Here you can find the largest medical cohort of any college at the university, with skeletons handed down through generations of medics to aid the learning of anatomy, and the provision of astounding supervisions. Not to mention the amazing work done by the Caius Medical Society, a community of students at the college which is once again the largest in the university.

With 450 years of dedication to medicine since the time of John Caius, and the present-day achievements of Caians such as Nobel Prize winning Peter Ratcliffe, the future of medicine at the college looks bright.
THE UNIQUE MEDICAL EXPERIENCE AT CAIUS

STUDENT BODY
Caius is the biggest medical college with around 25 students per year. This means there is a large and diverse community within each year and across years; anyone attending Caius is sure to find great friends for life and meet people from all over the UK and across the world.

SUPERVISORS
Thanks to Caius being the biggest medicine college in all of Oxbridge, we have an amazing team of fellows and student supervisors, and our students receive some of the best teaching of any college. Many lecturers of the medicine course supervise at Caius meaning our students establish an excellent understanding of the course content and are given the opportunity to further develop their scientific knowledge beyond the course.

ACADEMIC OPPORTUNITIES
The huge number of medicine fellows at Caius (many of whom are ex-Caians) provides increased access to research opportunities.

WORKLOAD
Caius has a reputation for medicine, and this comes with a workload focused on best preparing our students for exams, with plenty of essay and practical exams practice. Caius students are always very well prepared when it comes to exam season thanks to the consistently high workload.

CAIUS LIBRARY
Caius has arguably the best library of all the colleges; in fact, it used to be the main university library! Not only does it boast a huge collection of books, its beauty and grandeur make it a favourite study-spot for our students. The library also has a dedicated medicine room equipped with a wide array of medical textbooks and our very own skeleton.

RESOURCES
The Caius MedSoc has the most extensive resource collection of any college, fit with: essay plans; concise (yet comprehensive) lecture notes and flashcards; and past paper questions and answers. These are made available to help students better manage the workload and focus on the key parts of the course.

SOCIAL LIFE
Caius MedSoc hosts a number of great social events throughout the year, including the well-loved MedSoc dinner where students often get to know their supervisors on a whole new level!

EXTRACURRICULAR ACTIVITIES
Caius is one of the biggest colleges in terms of students - this means we have a huge number and variety of societies to get involved in. These are a great opportunity to get to know non-medics and take a well-earned break from medicine!
07:00 – A relatively early start to my day so I can squeeze in a cycle before lectures begin – Cambridge is beautiful and cycling is a great way to take in the scenery and get some exercise in!

09:00 – Back from my cycle and ready for my first lecture of the day. We normally have 2-3 of these a day, each covering one of the four modules studied in second year. My first is Pharmacology!

10:00 – After my first lecture it’s time for another trip to the library! Between lectures I like to work on compiling revision notes which will come in handy for exam season – the Caius library is one of the best in the university!

10:30 – Supervision time! At Caius we have 1 supervision for each of our three modules every week and an extra one for each of these three modules every other week – this makes 4/5 supervisions per week! It’s a cliché but supervisions are really one of the best parts of studying at Cambridge! It’s an opportunity to consolidate your knowledge, as well as extend it. At Caius many of our supervisors are world-renowned in their fields, so it really is a privilege to be taught by them.

12:00 – Back from my cycle; time for some lunch, heading to the Caius library to prepare an essay to hand in for my 7pm Pathology supervision. Supervisions form a large part of the Cambridge education – they’re engaging and can even be quite entertaining!

13:00 – Lunchtime! This means either getting some food from a café, the market or heading back home to make something in the gap. This is a great time to meet up with friends and take a break before the afternoon begins.

14:00 – After an hour for lunch I’m in the lab for a practical – today it’s Neuroanatomy, and we’re looking at some of the deep-brain structures with pre-prepared specimens. Practicals are about 2-3 hours long.

14:30 – After my practical it’s time for another trip to the library to prepare an essay plan and write an essay to hand in for my 7pm Pathology supervision. Supervisions form a large part of the Cambridge education – they’re engaging and can even be quite entertaining!

19:00 – After my practical it’s time for another trip to the library to prepare an essay plan and write an essay to hand in for my 7pm Pathology supervision. Supervisions form a large part of the Cambridge education – they’re engaging and can even be quite entertaining!

20:00 – Back for my second lecture; this time on Human Reproduction. Lectures are a great opportunity to meet new friends and catch up with friends from other colleges.

20:30 – After an hour for lunch I’m in the lab for a practical – today it’s Neuroanatomy, and we’re looking at some of the deep-brain structures with pre-prepared specimens. Practicals are about 2-3 hours long.

21:00 – Back from my cycle and ready for my second lecture of the day. We normally have 2-3 of these a day, each covering one of the four modules studied in second year. My second is Pharmacology!

22:00 – Weekends: My day starts slightly later as rowing usually doesn’t start until the afternoon and there are no labs! Weekends are a great chance to catch up on work as well as take a well-deserved break and to have some fun with your friends.
DAY IN A LIFE OF A 3\textsuperscript{rd} YEAR

09:00 - Starting the workday in Caius library and going through the suggested reading material from the lecture handouts. I have opted for NST II Psychology. In third year, work is much more reliant on published studies rather than textbooks, but the library is still a great space to focus and get things done – and really close to where I’m living!

11:00 - Two lectures today, each one hour long. Third year lectures are much more tailored to your interests as you get to choose a different tripos to join for Part II. My lecture blocks tend to have much smaller group sizes than Part I meaning the lecturer will generally supervise the subject themselves. Some lecture blocks (such as Conceptual and Historical Issues in Psychology) invite conversation and debate with other students and the lecturer.

14:00 - After lunch and time for a supervision! Supervisions in third year are self-organised and much more flexible than Part II. Caius is really lucky to have Prof. Mollon, a leading vision psychologist, who gives 1:1 supervisions to Part II students (also, if you’re colour blind/colour deficient, he may offer to test your vision in his lab and tell you what gene mutation(s) you carry).

15:00 - Lab time! Part II projects can vary widely in topic and a timetable is set up of when you’re expected to come in. I tend to work in big 3-hour blocks to really get my teeth into my project before leaving it for a while. Part II projects offer a really great opportunity to network with academics, on top of learning core research skills.

18:00 – Time for food. Caius Hall was just renovated, and the food is great! Caius gyp rooms, especially in Old Courts, can be pretty limited & hall is a really easy way to meet up with people on completely different schedules to you.

Evening – Third year can be much more relaxed if you’re organised and choose the right topics. Some days I’ll work for a couple more hours especially when essays are due but depending on what options you’ve chosen you can definitely give yourself time to relax.

In 3\textsuperscript{rd} year, you get the opportunity to specialise in one of a wide range of subjects to receive your BA degree; this is known as intercalation at other medical schools. Here is an example of a student studying Psychology.

DAY IN A LIFE OF A CLINICAL MEDIC

06:30 - Wake up (thankfully not always this early) and walk into the clinical school for the first day of my new placement.

07:30 - After a quick change into my scrubs, I head to the ward I am currently placed with the Upper GI Surgery team at Addenbrooke’s Hospital for the next 6 weeks, and I also get to spend time during this in Ophthalmology, ENT and Papworth (Cardiothoracic Surgery). Surgeons start early so I meet half my supervisors for the block and listen to the handover.

08:30 - Brief introductory lecture informing us about what exactly this block will entail – a mix of ward shadowing, teaching, clinics and practical skills and communication sessions.

09:00 - Back to the ward to follow the ward round. This is a good opportunity to meet new patients and ask lots of questions. I helped with taking some of the notes.

11:00 - The ward round is finished, so I stay around to help the junior doctors with jobs - discharge planning, order requests, answering bleeps and more.

13:30 - Admin hour - I pick up some COVID tests, take some books out from the library and head back home for lunch.

14:30 - Seminar from UK Foundation Programme - exciting times thinking about future jobs! In the afternoon, I either stay around the ward, go to clinic, or go to a lecture.

16:00 - Run to the gym for a quick weights session, shop and call my mum on the walk back.

18:00 - Meeting with some of the members of Cambridge Emergency Medicine Society, which I am the president of.

19:00 - Handover meetings for my former role with PacdSoc, and some dinner.

20:00 - Catch up with a lecture I missed last week on the topic of Major Haemorrhage.

21:00 - Love is odd final time! I live with a group of four medics in my year, a bit out of the centre of Cambridge. A good result, dare I say!

22:00 - Settle down and get ready for bed! Before another early start tomorrow.

Submitted by Maddie (2018)

Submitted by Pippa (2016)
Your university experience will centre around college life and there is so much that Gonville & Caius College has to offer!

**DINING**

At Caius the minimum dining requirement (MDR) is a credit system where students pre-pay 36 meals per term, which means roughly 4 dinners per week.

Having meals in hall is a great way to relax and catch up with friends, especially those studying a different subject, in the evening and saves you the hassle of having to cook every day!

The college offers breakfast, lunch and dinner and is known to be one of the best at catering for a wide range of special dietary requirements.

For dinner, there are two hall sittings: the earlier one is informal and the later one is formal where wearing a college gown is required (though students have been known to wear pyjamas underneath!).

Caius also schedules several more special formal dinners, known as ‘Formal Formals’ or ‘Super Halls’, which you can invite friends and family to and allow them to experience the “Harry Potter”-esque dining!

**SOCIETIES**

As well as the societies associated with the university each college has its own societies, adding another dimension to your university experience.

Caius, itself, currently boasts about 40 clubs and societies that cater to a wide range of interests including sports, music, drama, politics, religion, chess, poker and pool.

College societies tend to be lower commitment than the University societies and offers great opportunity to try out something new or carry on with existing interests at lower commitment levels that can be more easily balanced with your studies.

These are of course also a great social scene and many collaborate with other colleges in inter-college activities.

**ACCOMMODATION**

Caius guarantees accommodation for the entirety of your course.

Caius have a number of different properties which are available for students to live in ranging from the modern Stephen Hawking and Harvey Court buildings where all the freshers live, to the more historic Old Courts where third years tend to live. Caius is also one of the few colleges that own off-site houses; these tend to be a popular choice for second year and clinical medics.

After first year, students choose their own rooms and this is determined by a random ballot which you can do individually or as a group of friends.
The university has estimated that the average Cambridge student spends approximately £330 a year on living costs and social activities. Financial demands should not prevent you applying to Cambridge; there is a lot of support available to ensure that students get an education free of financial burdens. The main source of funding for many students across the UK is student loans from Student Finance.

Cambridge-specific funding

- The most significant source of funding for Cambridge students from low-income families is the Cambridge Bursary Scheme, which provides grants of up to £2,500 per year and is probably the most generous scheme of its kind in the UK. It is administered based on household income in much the same way as the Government’s student finance system.
- Cambridge also offers the Bell, Abbot and Barnes funds which provide grants of £100–£1,000 (or £2,000 in exceptional cases) per annum to undergraduates facing financial hardships.

Caius-specific funding

- The Tutor Donation Fund is a bursary awarded by tutors to students on an ad-hoc basis if they run into financial difficulties throughout the year.
- The college offers monetary prizes for academic or sporting success.
- The Caius Medical Association offers grants of £120 a week for summer projects.
- All Caius medics are eligible for a £150 book grant.
- Travel grants for students travelling for study purposes.

Caius Medical Association offers grants of up to £100–£3,500 per year and is probably the most generous scheme of its kind in the UK. It is administered based on household income in much the same way as the Government’s student finance system.

The university has a Disability Resource Centre (DRC) who provide advice and suggestions for arrangements to be made, in conjunction with the individual and the College. The Disabled Students’ Campaign (DSC, part of the Student Union) also provides support, advice and guidance for students living with disabilities. More information can be found on the college, university DRC and DSC websites.

Prior to attending university, you may have been unwell, have a long-standing condition or have a disability. You may also develop a condition during your time at university.

Caius has a wide range of pastoral support available including: your tutor; director of studies; tutorial office; fellow students; junior common room welfare officers and the disability & mental health officer; Caius Medical Society; and the college nurse. Physical health issues, mental health issues and specific learning difficulties do not specifically exclude you from pursuing a medical degree and reasonable adjustments can be made to help you engage with the course here-in a safe and accessible way.

Previous reasonable adjustments for students have included, but are not limited to:
- recordings of lectures;
- flexibility with deadlines;
- extra time and/or rest breaks in exams;
- accommodation adjustments (such as accessible rooms for those with mobility difficulties, self-contained accommodation and/or access to ensuite facilities);
- catering arrangements;
- mentoring provision.

The university has estimated that the average Cambridge student spends approximately £8,310 a year on living costs and social activities. Financial demands should not prevent you applying to Cambridge; there is a lot of support available to ensure that students get an education free of financial burdens. The main source of funding for many students across the UK is student loans from Student Finance.

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Key application dates

- UCAS deadline: 15 October
- SAQ deadline: 22 October
- BMAT exam: September or November
- Cambridge interview: first 2 weeks of December
- Application outcome: January

Entry Requirements and Selection

- A Levels/IB: requirements are Chemistry and two of Maths, Biology or Physics and typical offers are A*A*A or 42 with 776 at Higher Level. Predicted grades are used to assess academic capability and are contextualised according to the school you are applying from to ensure fairness in the application process.
- GCSEs: considered but given less weighting as additional information on your academic ability provided from SAQ and BMAT scores.
- BioMedical Admissions Test (BMAT): section 1 and 2 are particularly important.
- Personal statement and reference: often form the basis of one of your interviews.
- Supplementary Answer Questionnaire (SAQ): declare percentages for any A-level modules and a chance to provide extra information relevant to your medical application.
- Interview: supervision-style interview where questions will be based on topics covered at A level or from your personal statement.
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