

UNIVERSITY OF WISCONSIN EAU CLAIRE

CENTER FOR INTERNATIONAL EDUCATION

Study Abroad



**STELLENBOSCH UNIVERSITY,
STELLENBOSCH, SOUTH AFRICA
2020**

Program Guide

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Congratulations on being accepted to the University of Wisconsin-Eau Claire study abroad program with Stellenbosch University. Living and studying in a new culture is both an exciting and a challenging experience. Past participants of study abroad report that the many advantages of international study include:

Gaining new perspectives on a chosen academic field

Increasing understanding of different cultures

Enhancing personal development

Developing different perspectives on U.S. culture

Gaining self-confidence and independence

Learning skills for the future international job market

It is up to you to determine how you can best benefit from these possible advantages. This is your adventure!

Use this program-specific guide with the more general resources in your BlugoldsAbroad account. While this guide contains the information available at the time of publication, it is impossible for any single resource to answer all of your questions. Your peer advisor will email information throughout the semester, and we encourage you to do your own research, also, using the web resources listed towards the end of this guide, as well as others that you find. Contact the Center for International Education (CIE) staff or your peer advisor with your specific questions.

Questions only you can answer include:

- 1) What are YOUR goals for this experience? Advancement in a future profession, desire to expand personal and academic horizons, and wish to challenge yourself in a new environment?
- 2) How can you best prepare to meet your goals within the context of this program? For example, if one of your goals is truly being immersed in South African culture, yet you are going to be around many international students, how will you make sure you don't spend all of your time with only international students?

The information in this guide was current at the time of publication, though changes may occur at any time.

ACADEMICS

Additional information on topics such as maintaining program eligibility, registration at UW-Eau Claire, class attendance, course equivalencies, grades, transcripts and service learning is in the [Academics section of your Study Abroad Handbook](#).

Pre-departure Planning

Please see the [Stellenbosch Academics page](#) on our website, for details on how to plan your courses. There are details on how your courses will transfer back to UWEC.

Credits and Course Load

The credits you earn in South Africa are considered UW-Eau Claire resident credits. The classes you take will count towards the total credits needed for graduation, **and grades will be figured into your UW-Eau Claire GPA.**

You are required to carry a full course load. At Stellenbosch University, students take 60 South African credits, which is the equivalent of 15 U.S. credits. 15 credits are the maximum amount that you can take.

Keep in mind:

- The credits you earn abroad are considered UW-Eau Claire resident credits.
- The classes you take abroad will count towards the total credits needed for graduation.
- Dropping below full-time status may result in loss of financial aid and/or insurance coverage and **must be approved in advance by the CIE and Stellenbosch.**

Registration at Stellenbosch

You indicated your course choices on your Stellenbosch University application. Stellenbosch will make a determination if you are qualified to take these courses based on the transcript and course descriptions that you submitted with your application. In your acceptance email they will indicate which courses you were approved to take. You will not be allowed to take courses for which you have not been pre-approved. You will finalize your registration upon arrival.

Dropping/Adding Classes

During Stellenbosch's mandatory orientation, you will hand in your final course registration form. This form will list your final courses for the term. No changes can be made after a date that Stellenbosch will give to you. If you don't remove a course from your registration, and the course isn't completed, you will receive a Fail.

Class Schedule & Attendance

Attending class is a requirement. You will have classes Monday-Friday. Don't anticipate having many long weekends as faculty will expect you to be present.

Grades

UW-Eau Claire uses the following scale to convert South African grades to UWEC grades:

South African Grade	UW-Eau Claire
75-100	A
70-74	A-
60-69	B
56-59	B-
50-55	C
0-49	F

Note: UWEC students abroad are not allowed to take classes pass/fail. Grades from Stellenbosch are figured into your UWEC GPA and posted to your UWEC transcript. No exceptions will be made.

Transcripts

Please see the [Academics section of the Study Abroad Handbook](#) for important information if you are **graduating, transferring or applying for a competitive major** such as Nursing or Education at the end of your term abroad.

At the end of the semester, Stellenbosch University sends a transcript to UW-Eau Claire. Grades will not arrive until about two months after the end of the semester, so you will initially receive a grade report with “NR” (not reported). A revised transcript will be issued after the grades have arrived.

If you are asked to complete a transcript release form by Stellenbosch, have the transcript sent to the Center for International Education (see Contacts page for full address). UWEC cannot post grades that were first sent to a student.

Stellenbosch Courses

The university is a bilingual university with courses taught in English or Afrikaans. Unless students can demonstrate a high level of fluency and literacy in Afrikaans, they will be limited to coursework taught in English. Students can take

- 1) courses offered in English within academic departments,
- 2) courses offered by Global Education Programs (GEP), or
- 3) a combination of the two types of courses.

GEP courses were created to address the need of non-degree students to access course work

in English. Some mainstream university courses are duplicated in the GEP program but there are also specially designed courses to fit the needs and interests of international students.

International students are strongly encouraged to take Afrikaans or Xhosa, two South African languages spoken in the local area, if they are planning to volunteer in the community.

Please note that the popular course *Learning for Sustainable Community Engagement* has not been approved for credit at UW-Eau Claire.

Students are not allowed to take the course at this time.

Assessment: Assessments (grading) is different than the US education system. A typical course will grade on a test, an essay and maybe some tutorial tasks. These assessments contribute to the “predicate” mark. The predicate mark needs to be scored above 40% in order to allow you access to write your final exam. Your final exam and predicate mark are then averaged to determine your final grade. This is just one example as each department may have their own way of grading students.

Final Exam Assessment: You will have the opportunity to write (take) your final exam during one of two exam opportunities. The first opportunity runs for the first 2-3 weeks of the exam period and the second runs for second 2-3-week period. If you choose to sit for your exam the first round, and you fail, you can take the exam again in the second round. If you skip the first round and fail the exam in the second round, you will not have another opportunity to sit the exam.

Student/Professor Relations: Courses require much more independent learning and students taking the initiative. You may have to study more outside of class than you are used to. Some faculty may present class in lecture style, others may combine lectures with tutorials. If you have questions on course content, you will want to reach out to your professor as they won't actively seek you out. If you have a tutorial for that course, that is also a good time to ask questions.

In addition, time may be more flexible than you are used to. Sometimes faculty may not be punctual so be willing to go with the flow.

MONEY MATTERS

UWEC information about making payments, when they are due, withdrawal and refund deadlines, financial aid, general scholarships, budgeting and ways to bring money abroad is in the [Money Matters section of your Study Abroad Handbook](#).

Cost Estimate

You can find the most current Cost Estimate for your program, in easily printable format, on the [Stellenbosch semester brochure page](#). Be sure you are looking at the correct term. The cost estimate includes what you pay to UWEC, what you pay to Stellenbosch University and what you pay directly to other vendors.

Meal & Housing Costs

You are responsible for purchasing your meals.

You will pay all housing costs directly to Stellenbosch. Costs will vary depending on where you are placed. You will receive a housing offer from Stellenbosch that will indicate how you make payment. If you have questions on how to make the payment, you will

need to communicate directly with the housing staff at Stellenbosch.

Currency Exchange

The monetary unit of South Africa is the *rand*, which is divided into 100 cents. Coins come in denominations of 5c, 10c, 20c, 50c, R1, R2 and R5. Bills come in denominations of R10, R20, R50, R100 and R200.

You can find current exchange rates at <http://www.oanda.com/currency/converter/>.

Cost of Living

For an idea of what everyday costs you may encounter, check out this website:

<https://www.numbeo.com/cost-of-living/in/Stellenbosch-South-Africa>

Money on Arrival

A general recommendation is to travel with the equivalent of \$100-\$200 dollars in your host country currency when you arrive. Obtaining South African rand may be hard while in the states, so you should find an ATM shortly after arriving to withdraw some money.

Money in South Africa

Banks in South Africa have limited hours of operation; most open at 9:00 A.M. and close around 3:00 or 4:00 P.M. You should try to withdraw money from ATM's located in the Neelsie Student Centre on campus, with a group of friends due to recent cases of ATM fraud in the area. You can also call campus security to request supervision prior to withdrawing money. More information will be given to you at your on-site orientation.

Credit Cards and ATMs

ATMs are readily available in South Africa, even in small towns, but are not typically

available in more remote sites or game parks.

However, safety is a large concern in terms of the risk of fraud or robbery at the ATM.

South Africa has had a major problem with debit and credit card fraud. Because these cards give holders direct access to funds, you could experience a significant financial loss and ongoing financial problems if they are lost or stolen.

Given that theft and debit/credit card fraud are a common concern in South Africa, you may find it helpful to carry traveler's checks as an emergency reserve fund. In this way, you will have backup funds if your card is lost/stolen or must be cancelled and replaced due to fraud. A replacement card may take 3-4 weeks to reach you.

Again, you should try to withdraw money from ATM's located in the Neelsie Student Centre on campus, with a group of friends due to recent cases of ATM fraud in the area. You can also call campus security to request supervision prior to withdrawing money. More information will be given to you at your on-site orientation.

Please see the health and safety section below for more information about ATM safety.

Traveler's Checks

Traveler's checks are increasingly rare and difficult to use so it is not normally recommended but due to so much ATM fraud, you may want to consider obtaining a few. They generally must be cashed at a major bank, although in some countries, post offices also offer this service. You must have your passport with you. Most banks charge a fee for cashing the checks; it can vary widely. Before cashing a check, **ASK** what the fee is.

Make sure you record your check numbers and keep the numbers separate from the checks, in case you need to get them replaced.

HEALTH & SAFETY

General information on these issues, as well as information on CISI insurance, is included in the [Health & Insurance](#) and [Safety Abroad](#) sections of your Study Abroad Handbook.

Centers for Disease Control

The Centers for Disease Control (CDC) has vaccination suggestions, how to stay healthy when abroad, and health information specific to South Africa. You can review the [CDC site for South Africa](#).

Due to an increasing measles and mumps cases worldwide, we strongly encourage all students to check their vaccine history to see if they have had the MMR vaccine.

Insect Bites

Insect borne diseases, particularly from mosquitoes, are present worldwide. See the CDC recommendations on [avoiding bug bites](#) for detailed information.

Malaria

According to the Centers for Disease Control and Prevention (<http://www.cdc.gov>), malaria is "Present along the border with Zimbabwe and Mozambique. Specifically, in Vhembe and Mopani district municipalities of Limpopo Province; Ehlanzeni district municipality in Mpumalanga Province; and Umknanyakude in Kwazulu-Natal Province. Present in Kruger National Park." The CDC also indicates that "Chloroquine is NOT an effective antimalarial drug in South Africa and should not be taken to prevent malaria in this region."

While the Cape region is not a malarial infested area, **you should discuss your malaria prevention strategy with your doctor, since personal travel plans may affect it.** When talking with your doctor, please discuss the program location and your personal travel plans. What you will do about malaria prevention is a decision you must make with your doctor. Neither the CIE nor Stellenbosch University can make this decision for you. If you decide to take anti-malaria medication, follow the instructions from your physician carefully. **Remember that malaria is rarely acquired if you've taken the proper precautions.**

The best way to avoid malaria is to avoid getting bitten by mosquitoes! To minimize bites:

- Cover up with clothing. Wear garments with a high neckline (or a bandana around the neck), long sleeves, and long pants.
- Use a DEET-containing insect repellent on exposed skin AND permethrin, an insecticide, on clothing.
- Avoid shiny jewelry and perfumed cosmetics, as they attract mosquitoes.
- Remain indoors at dusk or after dark.
- When traveling on your own, choose accommodations with tidy grounds and air conditioning or with windows having well-fitting screens. Use mosquito netting elsewhere.
- Check that bed netting has no holes or rips. Tuck netting under your mattress.
- Avoid unproven preventatives, such as mosquito coils or Avon Skin-So-Soft. While these are popular folklore insect repellents in the U.S., they perform poorly in scientific studies.

If you become ill, early treatment is essential if you do acquire malaria. Consider any flu-like illness in a malarial area to be malaria until proven otherwise.

Common symptoms of malaria include fever and chills, nausea, vomiting, diarrhea, headaches, and dizziness. **See a physician promptly!** Delay in seeking medical care and in diagnosis increases the chances of complications. Per the CDC, "Malaria symptoms will occur at least 7 to 9 days after being bitten by an infected mosquito. Fever in the first week of travel in a malaria-risk area is unlikely to be malaria; however, you should see a doctor right away if you develop a fever during your trip. Malaria may cause anemia and jaundice. Malaria infections with *Plasmodium falciparum*, if not promptly treated, may cause kidney failure, coma, and death. Despite using the protective measures outlined above, **travelers may still develop malaria up to a year after returning from a malarious area.** You should see a doctor immediately if you develop a fever anytime during the year following your return and tell the physician of your travel."

HIV/AIDS

HIV/AIDS is a worldwide epidemic that has severely affected the countries of sub-Saharan Africa. Although other countries have a higher percentage of HIV infection, South Africa has the largest number of HIV/AIDS sufferers worldwide. In 2016, the United Nations estimated that almost 19% of South Africans are infected. In comparison, the UN estimates that 0.4% – 0.9% U.S. Americans are HIV-infected.

Why has Africa, in particular sub-Saharan Africa, experienced a higher rate of HIV

infection than many Western countries? Many complex reasons contribute to the higher rate of HIV infection in Southern Africa – poverty, lack of healthcare and prevention programs, different cultural and sexual mores, the low status of women and their lack of empowerment, and denial of the problem by some African governments and churches. Also, some researchers believe that hard-hit African countries are fighting a different, more virulent strain of HIV than the one found in the United States and other Western countries.

However, the South African government at all levels – local, provincial, and national – along with many non-governmental organizations (NGOs) are working to address the problem by trying to prevent future infection through education and behavior change; providing medical, social, and financial assistance to those affected by the disease; funding and supporting scientists working on an HIV vaccine; and fighting discrimination against people affected by HIV/AIDS.

To learn more about HIV/AIDS in South Africa, visit the following web site:
<http://www.avert.org/hiv-aids-sub-saharan-africa.htm>. The site provides an easy-to-follow timeline of the history of HIV/AIDs in South Africa. To find out how good your HIV/AIDS knowledge is, take a quiz to see how much you already know at <http://www.avert.org/quizzes>.

HIV Risks to Travelers

According to the CDC (<http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-3-infectious-diseases-related-to-travel/hiv-infection>), the **risk** for international travelers **is generally low**. Because HIV infection and AIDS are distributed globally, the risk for international travelers is determined less

by geographic destination and more by behaviors that put them at risk for becoming infected, such as sexual practices and drug use.

Travelers should be advised that HIV infection is preventable! To reduce their risk of acquiring HIV, the CDC advises travelers to:

- Avoid sexual encounters with people who are infected with HIV, whose HIV infection status is unknown, or who are at high risk for HIV infection, such as intravenous drug users, commercial sex workers (both male and female), and other people with multiple sexual partners.
- Use condoms consistently and correctly, especially if engaging in vaginal, anal, or oral-genital sexual contact with a person who is HIV infected or whose HIV status is unknown.
- Avoid injecting drugs.
- Avoid sharing needles or other devices that can puncture skin.
- Avoid, if at all possible, blood transfusions or use of clotting factor concentrates.

As stated, HIV is largely transmitted through sexual intercourse and needle- or syringe-sharing. HIV is **not transmitted** through casual contact; air, food, or water routes; contact with inanimate objects; or mosquitoes or other insects. The use of any public conveyance (e.g., airplane, automobile, boat, bus, or train) by persons with AIDS or HIV infection does not pose a risk of infection for the crew members or other travelers.

The Peace Corps advises its volunteers, who are in the country for 27 months, that **"abstinence is the only certain choice for preventing infection with HIV and other sexually transmitted diseases** (which are also

quite prevalent in South Africa). You are taking risks if you choose to be sexually active. To lessen risk, use a condom every time you have sex."

If you choose to be sexually active, whether your partner is South African, American or European, do not assume this person is free of HIV/AIDS or other STIs.

Dog Bites/Rabies

Although primarily limited to rural areas, [rabies](#) does exist in South Africa. About 93% of human cases of rabies are associated with dog bites. Bats are the other common carrier of rabies. You should discuss the rabies vaccine with your medical doctor to see if you should obtain it.

Pre-departure: A pre-exposure vaccine is available and consists of series of shots that must be administered by physician. However, even those with the pre-exposure vaccine are required to seek post-exposure boosters/care in the event of a possible exposure to rabies. You should discuss with a medical provider the best option for you.

In South Africa: If you are bitten by a dog, bat, or any other animal, seek medical help IMMEDIATELY and let the International Office at Stellenbosch know of the incident. A rabies vaccination must be administered within a few days of the bite, so it is imperative that you see a doctor.

Tuberculosis (TB)

TB is a major health concern in South Africa. According to the World Health Organization, South Africa is on their list of high-burden TB countries. In 2015, 520 out of every 100,000 people were infected with TB in South Africa.

South Africa also has reported cases of drug-resistant TB.

According to the Centers for Disease Control, "To become infected, a person usually has to spend a relatively long time in a closed environment where the air was contaminated by a person with untreated tuberculosis who was coughing and who had numerous M. tuberculosis organisms (or tubercle bacilli) in secretions from the lungs or voice box (larynx). Infection is generally transmitted through the air; therefore, there is virtually no danger of it being spread by dishes, linens, and items that are touched, or by most food products. However, it can be transmitted through unpasteurized milk or milk products obtained from infected cattle.

Travelers who anticipate possible prolonged exposure to tuberculosis (e.g., those who could be expected to come in contact routinely with hospital, prison, or homeless shelter populations) should be advised to have a tuberculin skin test before leaving the United States. If the reaction is negative, they should have a repeat test approximately 12 weeks after returning."

South African Health Insurance

In addition to the UW-System mandated coverage that you must purchase, South Africa requires that you purchase medical coverage that is recognized in South Africa. Stellenbosch University will provide you information about purchasing a South African health insurance policy at the time of your official acceptance to Stellenbosch University.

You will need to show proof of having this insurance before you can begin courses at

Stellenbosch. To learn more, see [Stellenbosch's website](#).

CISI Insurance in South Africa

If you have an accident or become ill while studying in South Africa, you **may have to pay the price of the medical service up front**. You will then file a claim through CISI, the insurance provided through the UW System for partial or full reimbursement in accordance with plan coverages.

Medical/Mental Health Availability

Stellenbosch University has a health care service on campus where minor problems can be treated. The [Campus Health Service](#) (CHS) clinic is located on Claassen Street (off Bosman Road, next to Heemstede Residence). You can contact them by telephone at: 021 808 3496. There will be a fee for service. The Campus Health Service personnel can also make referrals to the local hospital if necessary.

The Campus Health Service is closed after certain hours and on weekends. All students requiring emergency medical treatment must call a private general practitioner or go to the casualty ward of the provincial hospital or the Medi-Clinic. You will receive names and contact information from Stellenbosch.

Stellenbosch also has a [Centre for Student Counseling](#) that can assist with counseling and disability support services.

Integrated Crisis Services

Stellenbosch has recently implemented a new Integrated Crisis Service with ER24 (Private Emergency Medical Care). This service will be available to registered Stellenbosch University students (which includes international

students), and it consists of the following services:

- Emergency medical services
- Trauma counseling
- A medical hotline

In case of medical emergencies, a student must phone 010 205 3032. The student must identify themselves as a Stellenbosch University student, provide his/her location and specify what is the nature of the emergency. ER24 will then assist the student, whether it is by sending an ambulance, or dispatching a trauma counselor, or providing medical advice via their medical hotline. This service will not only be available in Stellenbosch, but countrywide. If you plan to travel, you can still make use of this service. If, however, you need to be hospitalized or need further medical treatment, it will be up to you to pay the cost. You may have to pay up front but keep any receipts to file a claim with CISI insurance, so they can reimburse you.

Services for Students with Disabilities

Stellenbosch University has a [Special Learning Needs unit on campus](#). They will be able to assist you and determine if they can offer the same level of service that you currently receive.

It is also important to look at the level of accessibility in South Africa in general. To find more information on the topic, please see the "Laws and Special Circumstances" tab on [the U.S. State Department Country page](#).

Safety in South Africa

Information on crime, road safety, drug penalties, and terrorist activity in South Africa can be found in the [State Department Consular Information Sheet](#). Safety in-and-around

Stellenbosch will be discussed during orientation on-site.

Just as you need to do in any U.S. city, you will need to take safety precautions while walking and traveling around South Africa. Using your common sense at all times will aid you well. Avoid unlighted areas at night when you are walking around the city, and do not walk or take buses alone at night – especially women. Don't take any unnecessary risks!

Stellenbosch University advises that you make use of the "Green Route" on campus, which is a preferential route that covers all the academic buildings, residences and computer centers. Students and University security officials wearing fluorescent orange armbands patrol it for safety.

Be street-wise in town by

- staying in a group
- using the main streets where there are usually people at all times of the day or night

Given the economic realities of South Africa, crime is a problem. Just as you need to do in any U.S. city, you will need to take safety precautions while walking and traveling around Stellenbosch and other cities you may visit. Cape Town and Johannesburg in particular are reputed to have a high incidence of muggings. Using your common sense at all times will aid you well. Avoid poorly lit areas at night when you are walking around the city, and do not walk or take buses alone at night – especially women. Don't take any unnecessary risks! If you have to return home alone late for whatever reason, take a taxi or an Uber (Uber has been recommended by Stellenbosch and past

students. Always use ride sharing apps at your own discretion).

You will find that safety is a major concern for most South Africans. In fact, many South Africans seem obsessed with crime. Though most visitors are not affected by crime during their stay, criminal activity occurs routinely. In particular, you should be cautious in the cities, around major tourist areas and hotels, and in or on public transportation where theft/mugging are problems. Johannesburg, in particular, is known as the mugging capital of Southern Africa, and some of the crime there is violent. The following are general rules that should help you keep out of trouble in the big cities:

- **Never carry anything you can't afford to lose;** in particular, don't flash around a phone or fancy camera.
- **Never look like you might be carrying valuables** (wearing an expensive-looking T-shirt makes you look just as rich as wearing jewelry or a suit does).
- **Avoid groups of young men;** trust older mixed-gender groups.
- **Carry most of your cash, your credit cards, etc., in a money belt at all times.**
- **Always have some cash in a wallet or purse to give** if you are mugged.
- **Don't resist muggers;** give up your valuables immediately.
- **Listen to local advice on unsafe areas.**
- **Avoid deserted areas** (such as the downtown area in large cities on the weekends) even in daylight.

Unfortunately, the most effective tactics to avoid victimization are the most difficult for newcomers to use:

- Don't look apprehensive or lost.
- Don't assume that everyone is out to get you.

- Make friends.

Source- Richmond, S., Murphy, A. Wildman, K & Burke, A. (2002). Survival Tactics. *Lonely Planet: South Africa, Lesotho, & Swaziland*, p. 74.

****NOTE:** Both men and women should be aware of their safety at all times. In the past, men have been just as susceptible as women to potential risks. As U.S. Americans, you may stick out as "foreigners." The best advice is to be aware of your surroundings, listen to your instincts, and use your common sense.

Pick-Pocketing: Pick-pocketing is the most common thing the CIE hears about. Many past students have commented on how they knew at least one person on their program who had their phone stolen. Public transportation and at popular tourist sites are a common place for this to occur. To reduce the risk, do not have your phone or other valuables out in public spaces. An iPhone is a target for pick-pocketers, especially in South Africa as it is seen as a sign of wealth. If you carry a purse, make sure it is across the body and has zippers. Keep your wallet in a front pocket, not a back pocket. Only carry small amounts of cash on you to minimize loss. Using a money belt under your clothing is another way to prevent valuables from being stolen.

Places to Avoid: Past students recommend avoiding the bar/club called Mystic (Die Mystic Boer) due to high levels of stolen credit cards and phones. It is common for those items to be stolen right out of your hands or pocket at this bar/club. Returnees recommend avoiding this place altogether.

ATM Scams: If you are a victim of crime in South Africa, it is most likely to occur at an ATM. There are dozens of scams that involve stealing your cash, your card or your personal identification number (PIN), usually all three. Thieves are just as likely to operate in Stellenbosch as in downtown Johannesburg and they are almost always well-dressed and well-mannered men.

The ATM scam you're most likely to encounter involves the thief tampering with the machine so your card becomes jammed. By the time you realize this, you've entered your PIN. The thief will have seen this, and when you go inside to report that your card has been swallowed, he will take the card and leave you several thousand rand shorter. Past students have known other students that had this happen to them – even when trying to rent a car. **Always be cautious, no matter who you are working with.** There are no guarantees, but if you follow the rules listed here, you stand a better chance of avoiding this and other scams:

- Avoid ATMs at night and in secluded places. Rows of machines in shopping malls are usually the safest.
- Carefully watch the people using the ATM ahead of you. If they look suspicious, go to another machine.
- Use ATMs during banking hours and if possible, take a friend. If your card is jammed in a machine, one person can stay at the ATM and the other can seek assistance from the bank.
- When you put your card into the ATM, press cancel immediately. If the card is returned, then you know there is no blockage in the machine and it should be safe to proceed.
- Don't hesitate to be rude in refusing any offers of help in completing your transaction.

- If someone does offer to help, end your transaction immediately and find another machine.
- Carry your bank's emergency phone number and if you do lose your card, report it immediately.
- If you think you might need help using an ATM, seek it *before* arriving in South Africa.

Source- Richmond, S., Murphy, A. Wildman, K & Burke, A. (2002). Beating the ATM scams. *Lonely Planet: South Africa, Lesotho, & Swaziland*, p. 57.

Hiking: If you decide to hike, please make sure you hike with a buddy and let someone know where you are going and when you plan to return. While hiking, be aware of the weather as it can turn very quickly.

Game Parks: If you visit an animal game park or wildlife reserve, it is very dangerous to leave the vehicle, or be on foot, even if a guide is around. Several incidents of wild animal attacks on tourists have resulted in deaths or serious injury.

Ocean Safety & Swimming: Swimming accidents are a leading cause of death for students abroad. The U.S. State Department warns that "tragic accidents can occur when swimming in the ocean or walking/climbing on shore areas that are not designated beaches. Tourists have drowned when swimming in coastal waters, where tides and wave patterns can change unexpectedly and overwhelm even excellent swimmers. Do not swim alone in isolated beach areas. Do not dive into unknown bodies of water, because hidden rocks or shallow depths can cause serious injury or death." Risk of injury or death increases when

engaging in swimming while or after drinking alcohol.

The State Department also would like visitors to be aware of the shark population in South African waters that poses risks to swimmers and surfers. "If visiting South Africa's expansive coastline, be mindful of the possible presence of sharks when swimming or engaging in water sports. In 2015 and 2016, in the Plettenberg Bay area of the Western Cape and the Jeffrey's Bay area of the Eastern Cape, several people were attacked by sharks; some of the attacks were fatal. When a shark is spotted close to the shore, local authorities will sound a warning siren to notify swimmers."

Traffic & Transportation: One main thing to remember about safety in South Africa is that they drive on the opposite side of the road, so **LOOK RIGHT!!** before crossing the street.

Public transportation accidents occur regularly in South Africa; for that reason, South Africa has a horrific road-accident record. Or in the words of one past participant, "Very bad drivers!" In particular, minibus taxis and buses have a reputation for being poorly maintained and poorly driven. They are also targets for criminal activity such as hijacking and robbery. Avoid them if you can. Instead, use individual metered taxis from established companies or licensed tour buses

Sexual Assault

(This next section contains information about sexual assault. If you are not comfortable reading, please go to the next section.)

There is a very high level of sexual assault and violence against women in South Africa. Of particular concern is the high rate of child rape. According to Amnesty International, 40% of

rape survivors are under the age of 18. In the vast majority of cases, South African women and girls are raped by people they know: family friends, neighbors, teachers, classmates, and relatives. Many factors contribute to the high incidence of sexual violence against women and girls: poverty, lack of female empowerment, myths about curing HIV/AIDS through sex with a virgin, the after-effects of apartheid's violent history, and the ineffective prosecution of sexual offenders.

In 2009, South Africa's Medical Research Council published a study which found that one in four South African men admit to having raped. Nearly half of the respondents admitted to more than one attack. Although the majority of survey respondents identified their rape victims as women and girls, 3% identified their victims as men or boys. The study also found that one in ten men reported having been raped by other men. The study was based on a representative sample of 1,738 men in South Africa's Eastern Cape and KwaZulu-Natal provinces.

As a result of the high rate of sexual assault and HIV infection in South Africa, both men and women should use caution and common sense in all your interactions, particularly at night or if you have been drinking. Be conservative around people you do not know. Also, whenever possible, travel with others. Lock the door to your room even when you are in it, especially if you are alone. Report unauthorized visitors or guests in your building.

If you are sexually assaulted, you should seek medical attention immediately. Medical treatment should include antiretroviral therapy against HIV/AIDS.

Racism

Apartheid

The National Party (NP) was led by D. F. Malan, who stood for drastic measures against the "black menace" and coined the concept of "apartheid" (which literally means 'the state of being apart'). The National Party, a right-wing, Afrikaner party, won the 1948 whites-only election on the platform of apartheid and remained in power until 1994.

Racial Classification and Its Legacy

During apartheid, all people were classed into four racial categories: white, black, coloured, and Asian.

White - Refers to anyone of European descent. Along with white, **Afrikaans** (Afrikaners) are descendants of Dutch settlers; are white and speak Afrikaans.

Black - Refers to anyone of African descent. (Note: As a political term - i.e. *black liberation movement* - **black** referred to Black, Indian and Coloured people.)

Coloured - Refers to people of mixed race, a group made distinct by apartheid despite their very similar heritage to Afrikaners. Frequently referred to as the *Bruin Afrikaners* or brown Afrikaners.

Asian - Referred to almost anyone with roots in the Indian sub-continent and Asia.

Although apartheid no longer exists, some South Africans still identify themselves and others according to these categories. However, because of the history of racial discrimination associated with racial categories, you shouldn't describe people by race or color unless there is

a strong reason to distinguish someone's race. Instead, you should refer to people as people.

You should also **avoid the following words**:

Non-White - An apartheid term, which meant everyone else in the entire country; that is a total 'no-no.'

Asian - As a result of its apartheid use, many Indians and Chinese find it extremely offensive, especially as it does not recognize the vast diversity of the region.

Kaffir - The South African equivalent of the "N" word in American English. Never use this word even though you may hear locals use it.

Although apartheid is gone, racism still exists in many corners of society. As U.S. history teaches us, institutionalized racism is not something that is easily eradicated. If you are of European descent, South Africans may assume that you are a white South African and judge you according to their assumption about white South Africans. Or white South Africans may assume that you are the same as them and share their views. As a result, they may be surprised that you paid for your studies by working in a restaurant or gas station. If you aren't white, this may be noticed by white South Africans. In general, the constant awareness of race can be annoying regardless of your skin color.

Please be aware that "racial animosity in South Africa is not just the often discussed white/black issue. The Boer War led to the English and Afrikaans South Africans hating each other. There is no love lost between the African National Congress and the Inkatha Freedom

Party, nor between the Zulus and the Indians in Natal.... "(Rissik, 2003, p. 52).

Rissik, D. (2003) *Culture Shock! South Africa: a guide to customs and etiquette*. Portland, OR: Graphic Arts Center Publishing Company.

Richmond, S., Murphy, A. Wildman, K & Burke, A. (2002). *Lonely Planet: South Africa, Lesotho, & Swaziland*, pp. 52-53

Emergency Contacts

General emergency procedures are described in the Study Abroad Handbook, and the Stellenbosch international staff is available if difficulties arise. You will receive an emergency contact card at the Orientation 2; be sure to keep it in your wallet at all times. The information is also on the Contact Names & Addresses page of this guide.

911 Equivalent in South Africa

If you are in an emergency situation in South Africa, you will need to know how to reach the local police, fire, or ambulance services. In South Africa, you have more than one number to reach emergency services:

1. Countrywide Police: 10111
2. Countrywide Fire/Ambulance: 10177
3. Countrywide Emergency Service Calling from Mobile Device: 112
4. Cape Town All Emergencies: 107

Marijuana and other Illegal Drugs

The **possession and use of marijuana is illegal**. Even carrying it on your person can be considered drug trafficking. Penalties for possession, use, or trafficking in illegal drugs in South Africa are severe, and convicted offenders can expect long jail sentences and heavy fines. U.S. citizenship offers no

protection if you break a South African law. There is NOTHING the CIE, Stellenbosch or the U.S. government can do if you are found in violation the law.

In addition to legal penalties, you are putting yourself at risk of robbery or assault, or you may get a much more dangerous combination of drugs than you thought you were buying.

REQUIRED DOCUMENTS

Passport information is included in the [Travel Resources section of your Study Abroad Handbook](#).

If you are not a U.S. citizen, please contact the CIE for more information about the following topics.

Visa

A visa is official permission to temporarily reside in another country and is granted by the government of that country.

Although the CIE will provide information, it is your responsibility to keep up-to-date about student visa requirements for South Africa, and to apply for and receive a visa in a timely manner. Due to immigration reform in South Africa, the rules and procedures have been changing on a regular basis. Although the information below was current at the time of printing, things may change.

U.S. citizens traveling for the semester/year.

Since semester and yearlong students will be in South Africa longer than 90 days, you must apply for a study permit prior to arrival in South Africa. It is a long and complicated process that involves the following steps:

1. **Complete an FBI background check.** This can take up to 4 weeks to complete. Start early!
2. **Purchase health insurance that is recognized in South Africa.** Stellenbosch University will provide a contact for purchasing health insurance from a South African company. This coverage is in addition to the UW-System CISI policy.
3. **Complete a written application and gather a number of supporting documents.** Documents include a certified copy of your birth certificate, radiological report, medical report, etc.
4. **Apply in person at the South Africa Consulate.** Most UW-Eau Claire students (e.g. MN and WI residents) are under the jurisdiction of the Chicago consulate.

You will receive documentation about how to apply as well as a copy of the application form in your BlugoldsAbroad account. You can also find information online at http://www.southafrica-newyork.net/homeaffairs/permit_study.htm.

If you have any questions, call the South African Consulate in Chicago at (312) 939-7929 or send a fax to (312) 939-2588.

Consular Services

Consulate General of South Africa
200 South Michigan Avenue, #600
Chicago, Illinois 60604

<https://www.southafrica-newyork.net/consulate/>

Yellow Fever Requirement

Per the U.S. State Department, South Africa requires travelers entering South Africa from WHO-designated yellow fever countries to present their current and valid "International

Certificate of Vaccination as approved by the World Health Organization (WHO)" (commonly called a "yellow card") or statement of medical exemption (also located on the same yellow card). Additionally, South Africa treats Zambia and Tanzania as yellow fever countries.

This requirement is imposed on travelers flying to South Africa via yellow fever countries, even when passengers transiting a yellow fever country do not deplane in the yellow fever country (e.g., flights stopping in Dakar, Senegal; Accra, Ghana; or Nairobi, Kenya), or if the plane makes an unscheduled landing in a yellow fever country. As a precaution, all travelers to South Africa should carry their original yellow vaccination card.

South African immigration inspectors do not generally accept letters, scans, copies, or faxes regarding prior yellow fever vaccination. While this requirement may not be consistently applied, travelers who cannot present an original and currently valid yellow card risk being refused entry into South Africa.

Technically, if you never land in a yellow fever country, you wouldn't need to have the yellow fever vaccine. However, you never know when a plane may need to make an emergency landing. It is at your own risk if you choose to not obtain the yellow fever vaccine.

Visas for Travel to Other Countries

If you plan to travel outside your host country while abroad, you should verify visa requirements for each country you will visit by contacting the nearest consulate for that country, or your travel agency.

PACKING TIPS

There is general packing information in the [Travel Resources section of your Study Abroad Handbook](#), and you will get a suggested packing list for South Africa at Orientation 2. In addition, you should know the following:

Weather

Many people think of Africa as being hot, but South Africa, like Wisconsin, has 4 seasons: spring (September-November), summer (December-February), autumn (March-May), and winter (June-August). Since South Africa is located in the southern hemisphere, its seasons are directly opposite those in the northern hemisphere. When it is summer in Wisconsin, it is winter in South Africa.

Winter in the Cape Region is cold and rainy. Average temperatures from June-August are 33-67 degrees Fahrenheit.

South Africa has experienced years of drought. You may notice this or hear people talking about it.

Packing

Your peer advisor will give a suggested packing list at your second group meeting later in the semester prior to departure.

You should pack clothes that can be worn in layers as you will experience at least one season change during your time in South Africa. Even though it may never get as cold as Wisconsin, you will become accustomed to the South African weather so cooler days will feel cooler than you'd expect.

Many housing options don't have central heating so it may feel cold. You will want to consider packing warmer clothes to sleep in.

Converters & Adapters

The standard electric current in South Africa is 220/240 volts, compared to the US of 120 volts. The plugs have three, large, round pins so you will need an adapter for your items.

If you plan to bring a hair dryer, razor or other appliance from the US, you will need to **buy both a voltage converter and a plug adapter**. Another option is to buy the appliances after you arrive. It isn't recommended that you bring these items as past students have commented on how they have over heated or stopped working and were ruined. Many students usually purchase a cheap product once they arrive in the country.

If you plan to bring your laptop abroad, check the power cord to see acceptable voltage inputs and outputs. If it includes 220/240 volts, you will only need to use a plug adapter, not a voltage converter.

If you have several US appliances you plan to use abroad, consider bringing a power strip, also. You will still need to have a voltage converter in order to plug it into the wall.

If you plan to travel, you will want to make sure you have adaptors that will work in each country as they aren't all the same.

Do Not Bring

Do not bring expensive cell phones, jewelry, or other luxury items that can be lost or stolen. If you do decide to bring items that are expensive to replace, you may want to consider personal property insurance for your time in South Africa.

GETTING TO SOUTH AFRICA

There is information on student-oriented travel agencies, instructions for booking a flight, and other travel information in the [Travel Resources section of your Study Abroad Handbook](#).

Travel Arrangements

It is your responsibility to make travel arrangements to South Africa. Airline tickets are not included in your program fees.

You should fly into **Cape Town International Airport** on the designated arrival day. As long as you have filled out the online Arrival/Airport transfer form to the Stellenbosch International Office at least two weeks in advance of your arrival, they will send someone to meet you at the airport and bring you to Stellenbosch University (about a 30-minute drive). The Arrival/Airport transfer form can be found by [clicking here](#). The CIE strongly recommends you do this as this is a safe way of getting to campus.

We recommend that you do not make your travel arrangements until Stellenbosch has accepted you to the program and dates have been confirmed. If you feel that you can't wait until you get your visa, we recommend that you purchase a ticket with a low cancellation and change fee.

Early Arrivals

Arriving early is not recommended as you won't have access to the international staff. If you do arrive early, you will need to make your own way to Stellenbosch University and stay in a

hotel until the dorms open. The halls cannot accommodate early arrivals.

Airport

Once you finish with customs, you will transition to a non-secure area where you will meet your ride to Stellenbosch. This part of the airport may contain people looking for work. People will approach you with offers to carry your bag or find you a taxi; these are services for which you would normally tip someone. By U.S. standards, the offers might appear aggressive and the number of offers can feel overwhelming, especially if you don't need or want help. However, the offers are largely driven by the economic realities of South Africa. These same economic factors also contribute to petty crime. Be vigilant about your bags and personal property once you leave the secure area.

In the immigration area, there are carts that you can use to transport your luggage to the domestic area. Use a cart or carry your own bags if you are not able to tell the difference between a legitimate porter and a hustler. Or you can use an official porter to assist you with your bags. Past participants recommend looking for someone wearing a bright jumpsuit labeled "porter."

Late Arrivals-Expected and Unexpected

If you don't arrive as scheduled, for any reason, you will be responsible for arranging and paying for your transfer from the airport. Uber is recommended by Stellenbosch. You will need to have the Uber app downloaded BEFORE you leave the United States. There is free wi-fi in the airport that you can use to find an Uber. You will need to take that to campus and check-in to housing. It is recommended that you also

get in contact with the Stellenbosch housing and international staff to notify them that you are arriving late.

Important reminder: Write down your address or campus address, on a piece of paper, in case you need to give it to a driver.

Leaving Your Host City

Return airport transportation isn't included in your program fees and you will need to find your own way to the airport on your last day.

SETTLING IN ***Orientation***

You will have a mandatory orientation program upon arrival in Stellenbosch. The orientation will introduce you to the campus and the city as well as to cultural, safety and security issues in South Africa.

On-Site Support

The Stellenbosch University international office will provide support should any questions or concerns arise. They are there to assist you, but they will not actively seek you out to make sure everything is going okay.

In addition, if any events or outings are planned, they will make you aware and you can participate in them for a small fee.

Local Transportation

Stellenbosch is a relatively small town and it is possible to get around on foot or by bicycle. New and second-hand bicycles can be purchased from local dealers.

There is no bus service between Stellenbosch and Cape Town, but there is a train service, operating from 6:00 a.m. until about 9:00 p.m. Please note that public transportation does

pose some safety risks. Taxis between Cape Town and Stellenbosch are relatively expensive, and minibus-taxis should be avoided for safety reasons. During orientation you will be introduced to possible shuttle services to and from Cape Town.

Recently, returnees have been recommending students use Uber or Taxify (a ride-share app like Uber) instead of taxis. Please ask the staff at Stellenbosch what they recommend for the safest transportation. This is always evolving and changing so asking during orientation is the best way to know what is currently the safest. If you use a ride-share app, be sure to always travel with another person you know and trust. Ride-share apps can be convenient, but they pose their own risks.

Getting Involved

In addition to the formal orientation at the beginning of the program, there are other ways to get involved.

Sports: Stellenbosch has a lot of sporting opportunities so if you already know a sport or want to learn one, you can sign up once you are in South Africa!

Societies: There is a wide variety of societies (student orgs) that students can share. These are student run so this is a great way to meet local students. There is even a [society for international students](#) that provides support to international students and plans social events and excursions.

Matie Buddy: Stellenbosch will give you the opportunity to be paired with a local student that will help you transition to South Africa. You'll meet up with your buddy periodically throughout the semester either for events on campus or

just to talk about how things are going. This program is recommended by many returnees!

Volunteering: There is a volunteering program that allows you to explore the Stellenbosch area and learn about the challenges that face the community. Students spend 1 hour/week working at a local school and other activities like playing sports, doing crafts, etc. In addition, the international staff will make students aware of other opportunities that come up throughout the semester.

HOUSING

Housing is not guaranteed for students going to Stellenbosch. Your UWEC study abroad coordinator will email you information on how/when to apply so it will be up to you to follow those instructions. Students will need to apply for housing on Stellenbosch's website using the online [Accommodations form](#). On campus housing is approved on a first come, first serve principle. To try to get on campus housing, you will want to apply before you even receive your acceptance letter from Stellenbosch. **DO NOT wait until the housing application deadline to submit your application.**

****While early application is encouraged and your chances of getting approved for housing are good, it is still not guaranteed that you will get on-campus accommodations.** If you are not approved for on-campus accommodations, you will be responsible for finding your own accommodations.

Students approved for on-campus accommodations stay in double rooms in a Stellenbosch University residence hall. It is basic, but comfortable. Bedding is provided. Buildings in South Africa don't often have

central heating systems and students are advised to bring warm sleepwear and comfortable clothes.

Safety in the Residence Halls

Although the residence halls require a swipe card to enter, you must still be vigilant about your safety as some students may leave the door open for friends or allow unauthorized visitors to spend the night. Past students have reported minor thefts. Although theft and sexual assaults occur at UW-Eau Claire as well, it is worthwhile to be vigilant about your safety. Always lock your door when you are in your room alone, especially at night. Lock your door and close your windows when you are not in your room even if you are just going to the laundry room or bathroom.

Stellenbosch strongly encourages students to purchase insurance for your personal belongings such as cameras, phones and laptops. You can contact an agent in South Africa. If interested, please see the Stellenbosch International Office. You may also want to discuss the situation with an insurance agent in the U.S. before you depart. **Please note that past students have had items stolen,** even items that were stored in a locked Stellenbosch University storage room.

What's Provided?

Your bedroom will be furnished with a bed, a desk, a chair, and a closet. You will also be provided with a pillow, sheets, blankets, and a pillow case. Please note that you are responsible for washing your sheets. If you damage or lose any of these items, you will be responsible for replacement costs.

Keep in mind that housing is South African standards so it is very basic. In the past

students have thought housing was going to be rustic, but that is not the case. You will have access to running water and electricity. A part of experiencing life in another country includes experiencing what the local students would.

Water Usage

Due to years of drought, you will be encouraged to limit your use of water. Be aware that you should not take 15-minute showers every day. You will want to keep showers and other water usage to the minimum. The amount of water you are used to using in the US will not be acceptable in South Africa.

Laundry

There are washing machines in the residence hall where you can do your laundry at your own cost. You are also expected to provide your own detergent.

Shopping

If you forgot to pack something, don't worry. You can find everything you need fairly close to campus.

Meals & Snacks

If approved for housing, you will most likely live in the self-catered residence hall where there are no kitchen facilities. There are a wide range of restaurants and carry out places in the student center and in town, which is a five-minute walk from campus.

A couple of foods that are unique to South Africa include:

- "Bunny chow" (curried meat or veggies and rice in a bread bowl)
- Biltong (dried meat like jerky)
- Boerewors (traditional sausage)

- Toasties (grilled cheese sandwiches that you can add eggs, tomatoes, bacon, ham, etc. to)
- Breakfast beans in a tomato sauce

Internet Access

You will have hard line internet access, meaning you will need an ethernet cord to connect to your computer. Students with a MacBook should get an adaptor that will allow you to connect to a network point via a network cable. You can buy a network cable in Stellenbosch's IT department.

You pay for using the Internet via the Services Fee, which is part of the Exchange Administration Fee. If the total use adds up to more than 1000 rand, you may be required to pay an additional fee. Stellenbosch indicates that only two or three students have exceeded this amount in 10 years.

Laptop computers can also be registered for use on the campus networks, but this will be at your own cost. **Stellenbosch advises that you do not bring along your own personal laptop for safety reasons.** However, if you decide to bring your computer along, you must take full responsibility for its safety.

Housing Costs

Housing costs are NOT included in the fees you pay to UWEC. You will need to pay all housing fees directly to Stellenbosch University. They will provide you with all of that information when the time comes.

COMMUNICATION

Information on accessing/forwarding your UW-Eau Claire email address and on computer app-based phone services (SKYPE, What's App, Facetime, etc) is in

the [Contacts & Communication section of your Study Abroad Handbook](#).

Time Difference

South Africa is 7 hours ahead of Eau Claire. For example, when it is 1:00 P.M. on a Thursday in Eau Claire, it is 8:00 P.M. on Thursday in Stellenbosch. Stellenbosch does not observe daylight savings so at times, it can be 8 hours ahead of Eau Claire.

<https://www.timeanddate.com/worldclock/south-africa/stellenbosch>

Email/Internet Access

Several computer centers on campus provide students with access to email and the Internet. Access to the network is only available after registration. Once you have registered, you will have 24-hour access to the computer room. Your student card provides entry.

Since you will not be able to access campus computers until after registration, you may need to visit an Internet café to email your family that you have safely arrived.

You pay for using the Internet via the Services Fee, which is part of the Exchange Administration Fee. If the total use adds up to more than 1000 rand, you may be required to pay an additional fee. Stellenbosch indicates that only two or three students have exceeded this amount in 10 years.

Laptop computers can also be registered for use on the campus networks, but this will be at your own cost. **Stellenbosch advises that you do not bring along your own personal laptop for safety reasons.** However, if you decide to bring your computer along, you must take full responsibility for its safety. You will have access to WiFi, through an ethernet cord, in

your residence. You will need to bring or purchase an ethernet cord. If you own a MacBook you will need to make sure you have an adaptor that can allow an ethernet plug in.

Calling from the U.S.

From the U.S. to South Africa. First dial 011, which is the international dialing code. Next, you must dial the country code for your host country. Country codes can be found in the front of phone books or online at <http://www.countrycallingcodes.com/>. Then you dial the rest of the number.

Snail Mail

International airmail typically takes 10-20 days (or longer) to reach most locations. It is not recommended to send or receive anything of real value, as customs may put a hefty customs fee on it. Know that anything you send or receive is subject to being searched by customs. Given the economic situation in South Africa, there is a chance that packages or items within packages may be stolen. If you need to send something, don't send irreplaceable or expensive items.

Language

There are 11 official languages in South Africa: Afrikaans, English, Zulu, Xhosa, Ndebele, Venda, Swati, Sesotho, Sepedi, Tsonga and Tswana. English is the fifth most spoken language. The majority of people living in the big cities are English speakers. More people are becoming English speakers in South Africa each year as the nation recognizes the importance of the international language of business in a globalized world.

Your classes are taught in English, and you can get by in most situations with English, although you may find that you need to use a

combination of English and acting out what you need. In rural areas, you may encounter some communication problems.

Here are some useful South African English words and phrases:

- Just now = sometime soon (but most likely a little later)
- Now now = soon
- Lift = elevator
- Boot = trunk of a car
- Mate = pal or buddy
- Howzit = hello, how's it going
- Play = pretend
- Bakkie = pick-up truck
- Flat = apartment
- Robot = traffic lights
- Braai = barbeque
- Bru = brother
- Durbs = Durban
- Jo-burg, Joeys, Jozi = Johannesburg
- PE = Port Elizabeth
- Is it? = Is that so?
- Oke = guy, short for bloke

TRAVEL WHILE ABROAD

See additional information in the [Travel Resources section of your Study Abroad Handbook](#).

Field Trips

The international student society will plan some affordable day trips or weekend trips that you are allowed to participate on. These make great options for exploring more of the country all at a great price.

Air/Bus Travel

Past students have also enjoyed the Baz Bus, which is a student and budget travel company

that transports students along various routes and drops them at inexpensive hostels. You can learn more about Baz Bus at <http://www.bazbus.com/>.

If you use any local airlines, be sure to understand the weight/size limit for luggage. Many smaller airlines have strict policies for luggage.

CULTURE

Population

South Africa calls itself the Rainbow Nation.

Total Population – 54,841,552

African/Black - 80%

Whites - 9%

Coloured - 9%

Indians/Asian- 3%

Unspecified – less than 1%

Please note that within these categories you will find much diversity. For example, the African community boasts different ethnic groups that are culturally and linguistically distinct from each other. The white community is composed of people of Dutch, English, Portuguese, Greek, and other European origins.

Time

Past participants indicated that adjusting to the different view of time was the perhaps the most challenging issue. In the U.S., we place a lot of importance on "being on time." At UW-Eau Claire, classes start on time and activities generally adhere to a detailed schedule. In South Africa, the same importance may not be given to time and timetables. Past participants reported that events regularly started late and didn't follow the schedule.

A past participant recommended that students: *"Be prepared to wait around – learn to be patient. South African time – don't expect organized/detailed schedules and the schedules one is provided with, don't get upset over not sticking to it."*

Doing Without

In addition to adjusting to the conditions mentioned above, there are things you will have to give up living in South Africa – and this may be hard at first. Eventually, though, you may realize that you don't necessarily "need" what you thought you did. Not everyone misses the same things and different people react differently to the sacrifices they must make. For some people, not having their own car may prove frustrating since possibilities for travel will be limited. For others, it might be the unavailability of certain foods, or not being able to maintain a vegetarian diet.

CONTACT INFORMATION

Stellenbosch University

Ms. Sarah van der Westhuizen

Coordinator: Exchanges

Tel: +27 (0) 21 808 2958

sarahvdw@sun.ac.za

Mr. Bantu Louw

Administrative Coordinator:

Exchanges

Tel: +27 (0) 21 808 9437

bantu@sun.ac.za

interchange@sun.ac.za

South African Consulate in U.S.

South African Consulate-

General Chicago

200 South Michigan Ave., #600

Chicago, IL 60604

Phone: (312) 939-7929

Fax: (312) 939-2588

<https://www.southafrica-newyork.net/consulate/>

U.S. Consulate in South Africa

2 Reddam Avenue

West Lake 7945

Cape Town

South Africa

Telephone (27-21) 702-7300
(from South Africa 021-702-7300)

fax (27-21) 702-7493 (from
South Africa 021-702-7493).

americanscapetown@state.gov

<https://za.usembassy.gov/embassy-consulates/johanne>

UW-Eau Claire

After Hours Emergency

(715)577-9045

Remember that in most cases, local contacts are best in local emergency situations.

If you have an after-hours emergency that can be helped on the U.S. side, please call University Police at the number above. Calls can be made to this number 24 hours a day.

You may get an answering machine; however, an officer is alerted as soon as you have left your message. Be sure to give the officer the phone number you can be reached at, as well as what type of assistance you require.

WEB INFORMATION: SOUTH AFRICA

City

Stellenbosch Guide: <http://www.capetown.travel/visitors/city-areas/beyond-the-city/stellenbosch-the-official-guide/>

Lonely Planet: Stellenbosch: <https://www.lonelyplanet.com/south-africa/stellenbosch>

Stellenbosch Tourism: <https://www.stellenbosch.travel>

Culture

What to Know: <https://www.worldnomads.com/explore/southern-africa/south-africa/5-things-i-wish-i-knew-before-going-to-south-africa>

Culture and Heritage: <https://www.sahistory.org.za/article/defining-culture-heritage-and-identity>

Phrases/Words/Languages: https://www.sa-venues.com/sa_languages_and_culture.htm

Country

Welcome to South Africa: <http://welcome.southafrica.net/>

Lonely Planet - South Africa: <http://www.lonelyplanet.com/south-africa>

Health in South Africa: <https://www.brandsouthafrica.com/south-africa-fast-facts/health-facts/health-care-in-south-africa>

South Africa Online Travel Guide: <https://www.nomadicmatt.com/travel-guides/south-africa-travel-guide/>

Baz Bus: <http://www.bazbus.com/>

When past participants of the South Africa program were asked to sum up their experience, here is what they said:

I wish I would have known that the exchange rate would go up a lot while I was here because I ended up paying a lot more for housing than I could have had I paid it earlier.

I would have gotten Uber on my phone before I came because you can't get it on your phone if you have an American credit card and a South African SIM card, which has been challenging when trying to travel with friends.

The different style of teaching is hard to get used to.

Take advantage of every opportunity that comes your way!

This program taught me so much and I absolutely loved everything about it! It challenged my perspectives and helped me to grow into a better person and student. This experience allowed me to meet so many amazing people and see many beautiful places and I'm so grateful for the time I was able to spend in South Africa!

I really enjoyed meeting the people here, everyone is so nice! I also love how much you can do nearby where I stay, such as hiking mountains and other beautiful trails, going to wineries, going to markets, going to the beach, Cape Town, etc.

Travel in groups – it makes it easier booking hostels but also provides comfort knowing you're with others you trust.

Being a female while abroad means you have to adjust to how people act towards you.

Although I didn't have any issues with this, I had friends that had things stolen from them on numerous occasions. The club/bar called Mystic (Die Mystic Boer) is where multiple friends had their phones and credit card stolen. The people who did go and had things stolen, had them stolen right out of their hand or pockets.

Two of my friends went to rent a car, but the people who were helping them said they needed cash and directed them to use the ATM outside. Their card got stuck in the machine, so the "worker" came out to help them but ended up stealing their credit card and using a lot of money from it. The men were in uniform for the rental company, it is important to be cautious, no matter who you are dealing with.

Install Uber before you leave the US. There is also an app called Taxify (like Uber) which is relatively safe (like Uber) and cheap. Stellenbosch does recommend using Uber over taxis because while taxis are cheap, they aren't always safe. The local students also recommend using Uber or Taxify. You will want to ask around to make sure this is all still the same when you're there.



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jmk