

UNIVERSITY OF WISCONSIN EAU CLAIRE

CENTER FOR INTERNATIONAL EDUCATION

Study Abroad



**SOUTH AFRICA
FALL 2019**

Program Guide

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CONGRATULATIONS on being accepted to the UW-Eau Claire exchange program in Stellenbosch, South Africa. Living and studying in a foreign culture is both an exciting and a challenging experience. Past participants of study abroad report that the many advantages of international study include:

Building upon existing foreign language skills

Gaining new perspectives on a chosen academic field

Increasing understanding of different cultures

Getting to know oneself

Developing different perspectives on U.S. culture

Gaining self-confidence and independence

Learning skills for the future international job market

This program guide is to be used together with the general Study Abroad Handbook. This guide has information specific to the South Africa semester/year program. It is designed to complement the study abroad orientation, and your individual pre-departure preparations.

Please realize that although this guide was written to help you prepare for your time abroad, and all available information was used at the time of printing, it is impossible for any single resource to answer all questions. Your peer advisor will email additional information throughout the semester. We strongly encourage you to contact the Center for International Education (CIE) staff, your peer advisor, and any South African students on campus with your specific questions. You should make use of the additional web resources listed towards the end of this guide.

Basic questions only you can answer include:

- 1) What are YOUR goals for this experience? Common goals of student travelers include advancement in a future profession; desire to expand personal and academic horizons; need for a change; and wish to challenge oneself with immersion in a new culture.
- 2) Given the way the program is set up, how can you best prepare to meet your goals? For example, if one of your goals is truly being immersed in South African culture, yet you are going with a group of international students, how can you ensure that you do not spend too much time with other U.S. Americans or international students?

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

GENERAL INFORMATION

The Program

Stellenbosch has a long-standing international exchange program with partners from around the world: Africa, Asia, Europe, and North and South America. Beginning in fall 2012, UW-Eau Claire students may participate in a one or two semester exchange.

The Location

Stellenbosch is a charming university town with a population of 90,000, not including students. It is ideally situated in the heart of the Cape Winelands, surrounded by the magnificent mountains of the Jonkershoek Valley. Stellenbosch is conveniently located 20 minutes from the nearest beaches and 30 minutes east of Cape Town (the second largest city in South Africa). The town was established in 1679, making it the oldest in South Africa. The look of Stellenbosch still reflects its colonial roots, as reflected in the historic buildings. Despite its rustic qualities, it is a modern city, bustling with locals, students, and tourists. The city offers a wide range of activities, including beautiful hiking trails in the mountains, winery tours, and the close access of beaches and Cape Town.

The University

Stellenbosch University (SU) was founded in 1866. It is now recognized as one of the four top research universities in South

Africa and contains about 118 departments in 10 faculties. SU is home to approximately 22,000 students (roughly 16,000 undergraduates and 6,000 graduate students). Stellenbosch is a multilingual institution with instruction primarily in Afrikaans and some courses in English.

South African academic life is similar to the European tradition, mixing lectures and seminars with individual laboratory time and library work.

Academic Calendar

Stellenbosch University follows a southern hemisphere academic calendar, which means a **typical academic year runs from February to December**. Semester 1 typically runs February through June and **Semester 2 runs mid-July to mid-December**. **Fall students will actually be participating in the second semester at Stellenbosch**. Spring students will be participating in the first semester at Stellenbosch.

Fall 2019 Calendar

At the time this guide was created, exact dates for arrival and departure were not available.

Depart U.S. for South Africa	July 12-13 (will depend on flight pattern)
Arrival & move into residence	July 14

Orientation (mandatory)	July 15-21
Classes begin	July 22
Recess	September 7-15
Classes End	October 25
Final Exams	October 29-December 7
Move out	December 7

Do not make your flight arrangements until you receive confirmation of your acceptance and the exact arrival/departure dates from Stellenbosch.

All students are required to stay through the final exam period.

ACADEMICS

There is additional information on maintaining program eligibility, as well as topics such as registration, class attendance, credits and course load, grades, transcripts, and accessing the UW-Eau Claire library while abroad in your Study Abroad Handbook.

Registration

At UW-Eau Claire: CIE staff will register you for the South Africa program under a temporary course number (INTA 412) for 12 credits. This temporary registration for 12 credits will appear on your billing statements. You do not need to complete any other registration at UW-Eau Claire.

Once your transcript from Stellenbosch arrives, your actual Stellenbosch University classes, credits, and grades will be posted on your UW-Eau Claire transcript. The INTA 412 registration code will remain on your transcript so that the university can maintain historical records regarding who has studied abroad. However, the INTA 412 credit units will be removed, and the INTA 412 course will not be graded.

In South Africa: 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.

Class Attendance

You are required to follow the attendance policies of Stellenbosch University. You are expected to attend all regularly scheduled classes and field trips. Specific requirements are set by individual instructors. Excessive absences will result in a lowered grade.

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 is the maximum amount that you can take.

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.**

Course Equivalencies

Some courses you can take at Stellenbosch University have already been evaluated for UW-Eau Claire credit. To find Stellenbosch courses that have been evaluated, go to the Transfer Credit Wizard site:

https://my.uwec.edu/psp/PUBLIC/EMPLOYEE/HRMS/c/EAU_SS_CUSTOM.EAU_TRNCRD_WZ.GBL. Choose "South Africa" from the "Country" pull down menu, then hit "Search." Then, select "Stellenbosch Univ" by clicking the link. You will need to look up the equivalencies by using the Stellenbosch course title as Stellenbosch does not use course numbers on their transcripts. You may also hit search to see the first 300 equivalencies.

If a course appears on the list, it has already been reviewed by the appropriate UW-Eau Claire department chair and the equivalency listed is what you will receive upon successful completion of the course. (Please note that catalog changes at either university may change a previously established equivalency. Examples of such

changes would be a change in course title, number or description, dropping a course at one institution, etc.)

Please keep in mind that this is a historical record of past course equivalencies. There is no guarantee that the same courses will be offered in the future, or that they will be offered during the term you are abroad.

Grades

Grades are assigned by professors at Stellenbosch University according to the South African system. Once the transcript arrives at UW-Eau Claire, the grades will be converted to the U.S. grading scale.

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 that UW-Eau Claire students abroad are not allowed to take classes pass/fail, and that grades from South Africa are figured into your UW-Eau Claire GPA.

Transcript & Grade Delay

At the end of the semester, Stellenbosch University sends a transcript to UW-Eau Claire. Courses, credits, and grades are incorporated into your UW-Eau Claire transcript.

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 a senior, and are studying abroad for your last term, please note that **the different timelines in grade reporting mean that you may need to delay your graduation**. The UW-Eau Claire Registrar's Office must receive grades within 42 days of the last day of the UW-Eau Claire semester in order to confirm your graduation that semester.

MONEY MATTERS

Information about how payments are made, when they are due, withdrawal/refund deadlines, financial aid, scholarships, budgeting, and how to bring money abroad is in your Study Abroad Handbook.

Study Abroad (INTA) Explanation

On a **study abroad program** (INTA), UW-Eau Claire tuition is waived and a student pays the tuition, fees, housing, and meal cost set by Stellenbosch University.

Cost Estimate

You can find the most current cost estimate for your program, in easily printable format, on the CIE South Africa webpage. Be sure you are looking at the correct term.

Remember that the cost estimate includes what you pay to UW-Eau Claire, what you pay to SU, and what you pay directly to other vendors.

Personal Travel

Past participants have reported spending anywhere from \$300 to \$3,500 on personal travel. To give you an idea of what is possible for various amounts:

\$300: *"I traveled for one week, flying between cities and staying in hostels."*

\$1,500: *"I traveled for 10 days after the program and took 4 weekend trips. I flew or traveled by bus and I stayed at hostels."*

\$3,500: *"I traveled for 2 and 1/2 weeks before the program, and 6 weekends during/after the program, using every means of transportation imaginable (car, bus, cab, plane). I mostly stayed in hostels, but I also stayed at one resort, one 4-star hotel, rented a house, and stayed at a few other hotels."*

Currency and 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.

As of January 2019, \$1 U.S. dollar = 13.8036 rand. You can check current exchange rates at

<http://www.oanda.com/currency/converter/>.

United States dollars can be exchanged for foreign currency at international airports, railroad stations, and banks. Cash or traveler's checks can be exchanged at banks in South Africa. You pay a commission every time you exchange money, so budget wisely!

Stellenbosch **advises that you arrive in South Africa with approximately 300-500 in rand, especially if you arrive on the weekend or late afternoon.** 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.

Travelers Checks

Many people no longer find travelers checks useful in South Africa due to the convenience of ATMs and the service fees (1-4%) associated with cashing your traveler's checks. Also, you will need to go to a bank or a money exchange office (e.g. bureaux de change) in order to cash traveler's checks, which can be inconvenient. However, traveler's checks are useful in an emergency situation such as

when your credit or debit cards are lost or stolen, your cards are damaged, or your cards are deactivated due to fraud concerns, etc. Theft and fraud are common in South Africa so having traveler's checks that you can use in an emergency is a good idea.

ATM Use, Scams, and Fraud

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.

Please refer to the ***Health & Safety*** section for safety advice on using ATMs in South Africa.

HEALTH & SAFETY

Additional information on these issues, as well as on CISI insurance, is included in the

Health Issues and Safety Abroad sections of your Study Abroad Handbook.

Immunizations

You received an update on Health and Safety through the *Learning Content* section of your UWEC study abroad account. You were encouraged to visit the Centers for Disease Control (CDC) site to learn what immunizations are recommended for travel to South Africa.

In addition to having all routine immunizations up-to-date, you should discuss the CDC recommended immunizations with your doctor. The current CDC recommendations for South Africa can be found here:
<http://wwwnc.cdc.gov/travel/destinations/south-africa.htm>.

CDC immunization recommendations should be taken very seriously since there are very few required vaccinations anywhere in the world for travelers. Requirements can only be placed by the government of a particular country, and because such requirements often discourage tourism, governments are reluctant to establish them.

Since many of the recommendations depend on the type of travel you anticipate doing, or the length of time you are staying, you need to consult with a doctor to

determine what's best for your individual situation. You can also **visit UW-Eau Claire's Student Health Services, which offers immunizations** (IG, tetanus, Hepatitis B, etc.) and health education on international travel. Contact Student Health Services at (715) 836-5360.

Sun

The sun in the southern hemisphere is more intense and transmits more ultraviolet light than it does in the north. Protect yourself by wearing at least SPF 15 sunscreen. If you burn easily, use higher level SPF and consider wearing a hat, especially from 10:00 a.m. - 4:00 p.m. when the sun is the strongest. You may also want to bring sunglasses to protect your eyes.

Water/Food

The tap water in South Africa is generally of high quality, especially in urban and tourist areas. The CDC does recommend drinking bottled water while in South Africa, but past students have consumed some tap water. If you drink tap water and become sick, stick to bottled water. When traveling or visiting rural areas, drink bottled water if you have concerns about the water quality. Never drink water from a river or untreated well. Water that looks clear and clean can contain waterborne diseases such as giardiasis, amoebic dysentery, and hepatitis A.

Generally, food in South Africa is safe. You should be sure to eat hot foods hot, and cold foods cold. Wash fresh fruit and vegetables well. If in doubt, peel fruit and vegetables to be extra safe. While most food is safe, use your judgment. Is the vendor's cart clean? Is the food kept cold until it is cooked? Etc.

In December 2017, the Department of Health in South Africa announced an outbreak of the food-borne disease listeriosis with 13% of reported cases in the Western Cape. Listeriosis can cause extreme food poisoning. There is no vaccine to prevent infection, however, it is treatable and preventable. Preventative measures include: washing hands before handling food & during food preparation, separating raw food from cooked food, cooking food thoroughly & never eating half-cooked or uncooked food especially meat products, thoroughly washing food that doesn't need to be cooked, keeping food at safe temperatures, using pasteurized milk products. Symptoms include flu-like illness, diarrhea accompanied by fever, general body pains, vomiting and weakness. People at an increased risk of severe illness are pregnant women, newborn infants, people older than 65, and people who have a weakened cellular immune system.

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.

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](#).

Local Health Care

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.

Safety in South Africa

You will be given specific safety advice during orientation in South Africa. Please take it very seriously. A list of consulates in South Africa is included towards the end of this guide.

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, and
- using the main streets where there are usually people at all times of the day or night

It is never advisable to walk unknown routes or to walk alone at night.

Theft

The most common safety concern we hear about from students is petty theft/pickpocketing. Cell phones are a big target, especially and iPhone as it is seen as more expensive than other brands. Do not flash your phone around and try to conceal it when in public places. It is recommended you keep your valuables locked in your room and away from the gated windows. You may want to also look into obtaining a personal property insurance for when you're abroad. Many insurance companies have this as an add on.

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.

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. See the Study Abroad Handbook for more

information about CISI.

Traffic and 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.

Game Parks - Stay in the Vehicle!

If you visit a game park or wildlife reserve, it is dangerous to leave the vehicle or otherwise be on foot, even in the presence of a guide. Several incidents of wild animal attacks on tourists in the region 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."

Crime

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.

****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 will stick out as "foreigners." The best advice is to be aware of your surroundings, listen to your instincts, and use your common sense.

Information on crime, road safety, drug penalties, and terrorist activity in South Africa is found the [State Departments site](#). More information about safety will be covered upon your arrival in Stellenbosch.

Beating the ATM Scams

If you are a victim of crime in South Africa, it is most likely to occur at an automatic teller machine (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.

Sexual Assault

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, you should use caution and common sense in all your interactions, particularly at night or if you have been drinking. Dress and act conservatively 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.

Other Safety Recommendations

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 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.

Emergency Contacts

General emergency procedures are described in the Study Abroad Handbook and Stellenbosch staff are available if difficulties arise. You received an emergency contact card at orientation; be sure to keep it in your wallet at all times. The information is also on the *Contact Names & Addresses* page of this guide. You will have access to a 24-hour emergency service throughout the term.

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

Save these numbers in your cell phone in case you need to use them quickly.

The U.S. State Department also provides a list of [911 numbers abroad](#). Like South Africa, in some countries there are different numbers for fire, police, and ambulance. Plan ahead and research numbers before you go.

REQUIRED DOCUMENTS

General passport and additional visa information is found in your Study Abroad Handbook.

Special Note on Passports

Check your passport! It must be valid for 30 days after your departure date from South Africa and **must contain at least two blank (unstamped) visa pages for endorsements for each time you enter South Africa.** The blank page needed for endorsement purposes excludes pages in a passport reserved for amendments and observations. **If you plan to travel outside of South Africa a couple of times during your stay, you will need at least 6 blank pages.**

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.

General Information on Visas

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

will provide you with information regarding entry requirements and visa regulations.

However, it is ultimately your responsibility to keep up-to-date about student visa requirements for your host country, and if required, to apply for and receive a visa from your host country's consulate or embassy. Please read the "Visa" section of your Study Abroad Handbook for more information about what you should do to keep up-to-date on visa requirements.

Visa for South Africa

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 online UWEC study abroad 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/>

Visa for Neighboring Countries

If you plan to travel to other countries while you are abroad, you should verify visa

requirements for each country by contacting the nearest consulate or your travel agency. You can find general information about entry requirements at the U.S. State Department Web site:

<http://www.state.gov/travel/>

PACKING TIPS

In addition to the general packing information in your Study Abroad Handbook, you should know the following about South Africa.

Climate

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.

Clothing

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.

Appliances

South African electricity works on 220/240 volts AC, 50 cycles. The plugs have three, large, round pins. If you plan to bring a hair dryer, razor, etc. with you from the U.S., **you will need to buy a voltage converter and plug adapter.** The other option, of course, is to buy the necessary appliances after you arrive.

ARRIVING IN SOUTH AFRICA

Travel Arrangements/Getting to Campus

It is your responsibility to make travel arrangements to Stellenbosch. Information is included in the Study Abroad Handbook. The CIE strongly encourages you to consider traveling with another program participant—a travel companion can make arrival in a new country much less intimidating!

You may wish to buy travel or trip cancellation insurance when you purchase your ticket in case your plans change unexpectedly. Discuss your options with your travel agent and be sure you know exactly what the policy covers. (For

example, most policies specifically exclude travel disruption due to acts of war.)

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](#).

Immigration/Customs

When you arrive in South Africa, you will clear immigration where you will have your passport stamped. Clearing customs is a straightforward process. **Show the immigration official your passport.**

Semester/Year students. In addition to your passport, the immigration agent:

- Will examine the study permit that will be affixed to a page in your passport.
- May ask to see your WHO yellow card documenting your yellow fever vaccination depending on your travel plans.

The 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."

Early Arrivals in South Africa

Please note that Stellenbosch University cannot accommodate early arrivals. If you arrive before the move-in date, Stellenbosch will transport you from the airport, but you will need to arrange private accommodation until you can move into the university residence halls. The

university residence halls cannot provide housing for students who arrive early.

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.

Travel Outside of Stellenbosch

If you travel outside of Stellenbosch, let someone know your plans, indicating where you are going and approximately when you will return. If you are planning on being gone for more than 24 hours, notify the Stellenbosch staff. You should also leave an address where you can be contacted.

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.

Housing

Housing is not guaranteed for students going on the INTA course code. 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.

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.

What's Provided for your Room

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.

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.

Meals

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

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 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.

Computer Labs

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.

COMMUNICATION

Information on accessing/forwarding your UW-Eau Claire email address, which you need to check while abroad, is in your Study Abroad Handbook.

Time Difference

South Africa is 8 hours ahead of Eau Claire. For example, when it is 1:00 P.M. on a Thursday in Eau Claire, it is 9:00 P.M. on Thursday in Stellenbosch.

Cell Phones

Cell phones are very popular in South Africa, especially for texting. Some past participants have found it economical and convenient to purchase cell phones for their time abroad. If you think you might be

interested, stop in a cell phone store for more information.

Past participants report that phones were usually around \$20 and that they used about \$20 worth of calling/texting credit while abroad. Calling from a cell phone can be expensive; however, texting is quick and cheap. If you have a smartphone or iPod touch with Internet access, you can also download one of the many free texting apps (like WhatsApp or Viber) to keep in touch with family and friends in the U.S. and South Africa.

If you have a cell phone that uses a SIM card here in the U.S., contact your phone company to see if you can bring your phone to South Africa and buy a South African SIM card.

Skype/Facebook Chat

Past students recommend Skype and Facebook chat for keeping in touch with friends and family. Skype is free to download and allows you to make calls through the Internet (using a computer or smartphone). You can use Skype to call landlines for a small per-minute fee, or you can talk for free with someone using Skype on their own computer or device.

Email

You will have email access through the Stellenbosch University computer facilities.

Any official university communication from UW-Eau Claire will come through your UW-Eau Claire email address.

Snail Mail/Mailing Address

Snail mail between the U.S. and South Africa generally takes 10-20 days (or more!).

When you need to receive or send something in a hurry, you can use express mail (DHL). Friends and family should send mail to:

Your Name

Exchange Participant

Stellenbosch University

Postgraduate & International Office

Private bag X1

Matieland

7602

South Africa

Packages which are sent through airmail take approximately the same amount of time as letters to arrive. Be advised, however, that the package will probably be opened, and its contents examined 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

CULTURE NOTES

A Brief History of South Africa

South African history is very complex. We encourage you to read and research South Africa before your arrival so that you make the most of your time in country. The information below is designed to provide a broad framework to contextualize your independent reading and research.

In the Cape region, prior to European settlement, there were various Bantu-speaking tribes which are the ancestors of today's Khoi, amaZulu, amaXhosa, amaSwazi, and vaTsonga people. These clans migrated down from east Africa in the fifteenth century. It wasn't until the late eighteenth and early nineteenth centuries that Europeans began to move into the Cape. The settlers enslaved the indigenous population in addition to bringing in more slaves from India. The original Cape Colony was established through conquest of the Khoi by the Dutch in the seventeenth century and of the Xhosa by the British in the eighteenth and nineteenth centuries. Even when slavery was abolished in 1834, white domination continued to be evident in mindset and practice. In 1948, the Afrikaner National Party ran on the notion of racial segregation and suppression of the black majority, which they called apartheid

or "separateness." At this time, only whites were allowed to vote, and the party swept the election. The Afrikaners historically have considered themselves the only true South Africans, while denying the Bantu-speaking people the right to citizenship. The abolishment of apartheid and the establishment of a democratic government was achieved in 1994 with the election of President Mandela. A strong sense of ethnic apartness still exists in the nation today due to the discrimination that waged for centuries.

Much of South Africa's history involves the battle between European powers to control South Africa's resources. This battle ultimately resulted in the infamous policy of apartheid.

Key Dates

Below, you will find a list of key dates in South African history; you can read more about these events at

http://www.southafrica-travel.net/history/eh_menu.htm.

1487 - Bartholomew Dias sails around the Cape of Good Horn

1652 - Dutch settlement in Table Bay (current day Cape Town)

1795 - British capture Cape Town

1815 - Shaka Zulu seizes power; the *difaqane* (forced migration) begins

1820 - British settlers arrive in Eastern Cape

1830s - Voortrekkers undertake the Great Trek

1838 - Boers defeat the Zulu at the Battle of Blood River

1869 - Diamonds found near Kimberley

1871 - Gold discovered in eastern Transvaal

1899 - Anglo-Boer War starts

1902 - Anglo-Boer War finishes

1910 - Union of South Africa is created, federating the British colonies and the old Boer republics; blacks are denied the right to vote; Lesotho and Swaziland become British protectorates.

1912 - South African Native National Congress (forerunner to the ANC) is established

1913 - Natives Land Act restricts black ownership of land to 8% of the country

1948 - National Party wins government (and retains control until 1994); apartheid laws, such as bans on interracial marriages and sex, begin to be passed

1955 - ANC adopts Freedom Charter

1960 - Sharpville massacre; ANC and Pan African Congress (PNC) banned

1961 - South Africa leaves the British Commonwealth and becomes a republic

1963 - Nelson Mandela and Walter Sisulu, among others, jailed for life

1975 - South Africa invades Angola; Zulu cultural movement Inkatha is revived by Mangosuthu Buthelezi

1975 - Soweto uprisings begin

1985 - State of emergency declared in South Africa; official murder and torture become rife; black resistance strengthens

1990 - ANC ban lifted; Nelson Mandela freed

1992 - Whites-only referendum agrees to reform

1993 - Chris Hani assassinated; new constitution enacted; end of apartheid and birth of new South Africa

1994 - Democratic elections held; Nelson Mandela elected president

1996 - Truth & Reconciliation Commission hearings; constitution signed into law

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.

After coming to power in 1948, the NP passed apartheid laws that segregated, separated, and oppressed people for more than four decades. The laws included:

Prohibition of Mixed Marriages (1949)

which prohibited marriage between whites and "non-whites."

Immorality Act (amended in 1950 and 1957) which forbade any form of sexual contact, adultery or attempted adultery between whites and people of other races.

Population Registration Act (1950) which classified every person according to race, on a national register.

Group Areas Act (1950) which enabled the government to implement physical separation between races, enforcing separate residences. Often Coloured, Indian and African communities were forcibly moved to different and usually inferior residential areas. Whites were rarely adversely affected by this.

Separate Amenities Act (1953) which prevented people of a different color from sharing public amenities such as toilets, cinemas, restaurants, hospitals, schools and more. This aimed to prevent the different racial groups from mixing with each other. Supposedly each group had its own amenities, but in reality, whites had access to all the best public facilities, and the other groups, if they had any, had second-rate ones.

Bantu Authorities Act (1951) which provided for the establishment of separate rural areas called homelands or *banutustans* where almost all Africans would be forced to live according to their tribal identity.

The laws passed were strengthened over time. Blacks and Coloureds were compelled to carry identity documentation at all times and were prevented from remaining in towns or visiting them without special permission. Black and Coloured couples were not allowed to visit each other in towns where only one of them worked. Children had to remain in rural areas.

Also, as a result of the views of the Dutch Reformed Churches, apartheid was given a religious justification – the separation of the races was divinely ordained and the *volk* (people or nation in Afrikaans) had a holy mission to preserve the purity of the white race in its promised land.

Rissik, D. (2003) *Culture Shock! South Africa: a guide to customs and etiquette*. Portland, OR: Graphic Arts Center Publishing Company. pp 16-17

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

<http://www.everyculture.com/Sa-Th/South-Africa.html>

Race and Population **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.

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.

Population

South Africa calls itself the Rainbow Nation. When you look at its population, you understand the name.

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.

Racism

Although apartheid is gone, racism still exists in some 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

Gender

Sexism is a common attitude among South African men, regardless of race. Although things are changing, South African society is decades behind other developed countries on gender equality.

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.

Making Friends

Dee Rissik (2003, pp 111-112) wrote the following passage in her book *Culture Shock! South Africa*:

"South Africans are a very mixed bag. Not only do we have a very wide variety of African/indigenous people but add to the melting pot the new and not-so-new immigrants from almost every country in the world and you are almost reaching United Nations' levels. To really know and enjoy the country it makes a lot of sense to try to meet, mix and socialize with as wide a section of society as you can. This is not always as easy as it should be as the remnants of apartheid still separate people residentially and socially. It is well worth the effort to transcend these crumbling boundaries.

Put shyness, preconceived ideas, fears and prejudices aside. Try to communicate with anyone and everyone you meet – in the streets, in shops, at work, everywhere. Mostly you will be pleasantly surprised with the easy rapport you will establish with

people...Remember, too, that South Africans have taken one hell of a beating from the rest of the world, particularly about apartheid, and hence are rather twitchy about criticism. Until you really know your friends, don't go knocking the country and its people. Almost all South Africans are fully aware of their major shortcomings – as a people and as a nation. But right now, as we try to build a new and hopefully beautiful future, it is positive reinforcement that everyone is seeking."

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

Do's and Don'ts

These *dos* and *don'ts* have been adapted from "DO'S AND DON'TS APPENDIX" found in *Culture Shock! South Africa* written by Dee Rissik (2003, pp 290-291). Her advice pertains primarily to people moving to South Africa for business. However, her general message is helpful to anyone spending time in South Africa.

Do's

- Stay a while to greet others. People normally stay and exchange a few pleasantries rather than rush off with a quick "Hello!" This practice helps build relationships.
- Make every effort to socialize with and meet new people. It is not difficult to

start a conversation with a South African.

- Use politically correct language. Given South Africa's history, there is a growing awareness of the need to be sensitive to others and the danger of classifications. Use words like "challenged" rather than blind or deaf. Steer clear of terms like "garden boy" or *kaffir* (which is a very offensive and disparaging word for a black African similar to the "N" word in American English).
- Tip your waiter. Tipping constitutes the bulk of a waiter's income.
- Ask those seated around you if they would mind you smoking, before lighting your cigarette.

Don'ts

- Smoke in public places. Stringent anti-smoking laws allow smoking only in designated areas or outdoors. Some restaurants and bars have chosen to be smoke-free establishments. Look for signs at the entrance of buildings indicating the building policy on smoking.
- Swear. Swearing is generally unacceptable, especially in front of women and children. Although you may hear other people swearing, it is best avoided until you are very familiar with your friends.

- Touch a wild animal in a nature reserve. The penalties for touching a protected animal are huge.

TRAVEL WHILE ABROAD

South Africa is a beautiful country with much to see and do. Past students have visited Table Mountain and Robben Island, both accessible from Cape Town. 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/>.

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GENERAL UW-EAU CLAIRE & CISI CONTACT INFORMATION IS IN YOUR STUDY ABROAD HANDBOOK.

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Phone: (312) 939-7929

Fax: (312) 939-2588

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

U.S. Consulate in South Africa

Cape Town:

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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>

WEB/BOOK RESOURCES FOR 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

Hunt, J. (2002) *White Witchdoctor: A surgeon's life in apartheid South Africa*.

Mandela, N. (1994) *Long Walk to Freedom: the Autobiography of Nelson Mandela*.

Paton, A. (1948) *Cry, the Beloved Country*.

Rissik, D. (2003) *Culture Shock! South Africa: a guide to customs and etiquette*.

Wooton, J. (2004) *We Are All the Same: A Story of a Boy's Courage and a Mother's Love*.

Gobodo-Madikizel, P. (2003) *A human being died that night: A South African story of forgiveness*.

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/>

PAST PARTICIPANT TIPS

WHAT THEY WISH THEY HAD KNOWN/ADVICE:

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!

THEIR SAFETY TIPS:

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.

HOW THEY SUMMED IT UP:

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.

