

UNIVERSITY OF WISCONSIN EAU CLAIRE

CENTER FOR INTERNATIONAL EDUCATION

Study Abroad



**SOUTH AFRICA
SUMMER 2017**

Program Guide

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CONGRATULATIONS on being accepted to the UW-Eau Claire study abroad 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

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

This program guide is to be used together with the general Study Abroad (SA) Handbook. The handbook has information that is valid for all UW-Eau Claire study abroad programs. This guide has information specific to the South Africa summer 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 better prepare for your time abroad, it is impossible for any single resource to answer all of your questions. Your peer adviser will email additional information throughout the semester. We also strongly encourage you to contact the Center for International Education (CIE) staff, your peer adviser, and any South African students on campus with your specific questions. You should also make use of the additional written and 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 future profession, wish to expand personal and academic horizons, need for a change, 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 publishing, though changes may occur at any time.

GENERAL INFORMATION

The Program

Stellenbosch has a long-standing Summer School, which actually occurs during the South African winter between their first and second semesters. Past Summer School programs enrolled approximately 100 students.

The Stellenbosch University Summer School offers several options. UW-Eau Claire has approved three options:

- **General Elective Programme** - UW-Eau Claire students will participate in the four-week program and take three courses for a total of six credits.
- **Doing Business in South Africa** – UW-Eau Claire students will participate in the four-week program and take two courses for a total of seven credits
- **Public Health** – UW-Eau Claire students will participate in the four-week program and take two courses for a total of seven credits.

The Location

Stellenbosch is a 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 seen in the historic buildings. Despite the rustic qualities of the city, 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 and 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). Although Stellenbosch is a multilingual institution with instruction primarily in Afrikaans and English, all courses on the summer program are taught 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

Below is the calendar for 2017 SU International Summer School to give you an idea of the program calendar. It is recommended you wait until after orientation to book your flight since there will be time at orientation to talk with others on the program about flight options and exchanging contact information.

Program Calendar for Summer 2017

Depart U.S. for South Africa	June 14 or 15
Arrival & move into residence	June 16 or 17
Orientation (mandatory)	June 18
Classes begin	June 19
School ends	July 12
Optional Garden Route Tour	July 14-19
Move out date	July 14

If you are participating in the Garden Route Tour you will move out July 14 as the tour departs July 14. If you are NOT participating in the Garden Route Tour, you need to move out of housing by July 14 at 12:00 PM.

Garden Route Schedule

For an additional charge, students can participate in an optional 6-day Garden Route Tour following the four-week program. Dates of the Garden Route Tour are July 14 to July 19. The Garden Route Tour will return to Stellenbosch on July 19 around lunch time. If you have an evening flight on July 19, you can proceed to the airport in Cape Town for your flight home, or you can arrange housing in Stellenbosch for the evening of July 19 before flying home or continuing with your travel plans.

For a detailed program calendar, please see the Stellenbosch website:

<http://www0.sun.ac.za/summerschools/ipsu/academic-courses/>.

ACADEMICS

There is additional information on academic 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.

Program prerequisites

To participate in this study abroad program, you must be **in good academic, conduct, and financial standing and have the minimum 2.8 GPA required.** CIE will check your grades at the end of the semester prior to departure. If

you are on probation at that time, we will need to check with Stellenbosch University to see if you will be allowed to participate. If you have been suspended, you will not be allowed to participate in the program. This means that cancellation may happen days before your planned departure date.

Registration

At UW-Eau Claire: When you were accepted to study abroad, CIE staff registered you for the South Africa program under a temporary course number (INTA 411) for 6 or 7 credits. This temporary registration for 6 or 7 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 411 registration code will remain on your transcript so that the university can maintain historical records regarding who has studied abroad. However, the INTA credit units will be removed and the INTA course will not be graded.

In South Africa: UW-Eau Claire has only approved students to pursue the General Elective Programme, Doing Business in Southern Africa, or Public Health options at Stellenbosch University. You may **NOT** select the Learning, Sustainability & Community Engagement option as it has not been approved for UW-Eau Claire credit at this time. You indicated your course choices on your Stellenbosch University application.

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 load (minimum 6 credits for summer programs).

Courses and Course Equivalencies

The academic program consists of lectures, group discussions and field trips, and is taught by Stellenbosch University faculty and other South African experts.

The term is divided into different blocks. During the first block, all students take the mandatory *Introduction to South Africa's Political History*, worth 2 U.S. credits.

Students in the Doing Business in Southern Africa option and the Public Health option will split off into their different academic programmes after completing the required course:

Doing Business in Southern Africa (5 U.S. credits) = UWEC BSAD upper division elective

Public Health (5 U.S. credits) = UWEC ENPH upper division elective

Students in the General Elective Programme can choose two courses to take over the next 3 weeks. Each course is worth 2 U.S. credits. The following courses were offered in summer 2016.

Historically, courses have not changed dramatically from one summer to the next. Please note that a minimum of five students must register for a course before it can be offered.

Required Course – all options

Introduction to South Africa's Political History (2 U.S. Credits) = UWEC Elective GE V Upper Division, Foreign Culture

General Elective Programme Choices

Bio-Diversity: Plants for the People of the Western Cape (2 U.S. Credits) = UWEC Biology Elective GE II Upper Division

Visual Controversies in South Africa, Past and Present (2 U.S. Credits) = UWEC CJ Elective Upper Division

Challenges for Democratic Consolidation (2 U.S. Credits) = UWEC Political Science Elective Lower Division

Growth, Unemployment and Inequality in South Africa: Past and Future Challenges (2 U.S. Credits) = UWEC Economics Elective Upper Division, GE III

Multilingualism and Intercultural Communication = UWEC CJ 301

Marketing = UWEC Marketing 330

Present Imperfect: Negotiating Identities in Literature and Film (2 U.S. Credits) = UWEC ENGL 330

HIV and Aids: A South African Perspective (2 U.S. Credits) = UWEC Social Work Elective Upper Division, Foreign Culture

Ethics, Science, and Culture in Philosophical Perspective (2 U.S. Credits) = UWEC PHIL 291

China in Africa= UWEC Pols Elective Upper Division

Course descriptions are available on the Stellenbosch website:

<http://www0.sun.ac.za/summerschools/ipsu/academic-courses/>.

Field Trips

Some courses may have program specific excursions related to the topic of study. There are also field trips that are planned for ALL participants to places of historic importance such as Robben Island, places of natural beauty such as Cape Town, Table Mountain and/or a weekend away. Excursions vary from year to year. However, you can check the IPSU Summer Calendar to see the intended field trips for summer 2017:

<http://www0.sun.ac.za/summerschools/ipsu/programme/>. Click on the “Academic Courses” tab and then click on the “Calendar” link for the program you are enrolled in.

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 conversion scale to convert South African grades to UW-Eau Claire 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 program, 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 before the end of the UW-Eau Claire Summer Session, so you will initially receive a grade report with “NR” (not reported). Your UW-Eau Claire academic record will be updated after your transcript has arrived from Stellenbosch University.

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 term in order to confirm your graduation that term. For example, for August graduation in a term that ends on August 6, your grades from South Africa must arrive by September 17. This is a UW-Eau Claire requirement, and our partners abroad are not expected to change their usual timelines to accommodate it. Summer grades from South Africa typically arrive in mid-September.

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.

Cost Estimate

You can find the most current Cost Estimate for your program, in easily printable format, on the [CIE South Africa - Summer 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 Stellenbosch University, and what you pay directly to other vendors.

Personal Travel

Summer 2016 Stellenbosch students estimated spending on average about \$500 on personal travel and indicated that they had travelled a small to moderate amount.

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 weekend trips all 4 weekends. 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 2017, \$1 U.S. dollar = 13.75 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 traveler's checks. Also, you will need to go to a bank or a money exchange office ("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 you credit or debit cards are lost or stolen, your cards are damaged, or your cards are de-activated 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 both in terms of the risk of robbery at the ATM and fraud. South Africa has had a major problem with debit and credit card fraud. And because these cards give holders direct access to all 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. 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 online 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. Although you will be studying in South Africa during their winter, the sun will still be stronger than what you have experienced in Wisconsin. Protect yourself by wearing at least SPF 15 sunscreen. If you burn easily, use a higher level SPF and consider wearing a hat, especially from 10:00AM-

4:00PM 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. 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? Do they have the food kept cold until it is cooked? Etc.

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 Vembe and Mopane 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 travelling 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 2008, the United Nations estimated that 18% of South Africans are infected. In comparison, the UN estimates that 0.6% 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 morals, 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 by fighting discrimination against people affected by HIV/AIDS.

To learn more about HIV/AIDS in South Africa, visit the following website:

<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/hivquiz.htm>.

Interesting facts on the Avert.org site include:

1. In South Africa, almost one-in-three women aged 25-29, and over a quarter of men aged 30-34, are living with HIV.
2. HIV in South Africa is transmitted predominantly heterosexually between couples, with mother-to-child transmission being the other main infection route.

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 and drug-using behaviors.

Travelers should be advised that HIV infection is preventable! 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 will be 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 was ranked number 5 out of 22 high-burden TB countries. In 2006, 718 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 and Prevention, "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."

Local Health Care

Stellenbosch University has Health Care Service on campus where minor problems can be treated. The [Campus Health Service](#) (CHS) clinic is located on Claassen Street (off Bosman Street, next to Heemstede Residence). You can contact them at the following telephone number: 021 803 3496. There will be a fee for service. The Health Care Service personnel can also make referrals to the local hospital if necessary.

The Campus Health Service is closed after hours and on weekends. All students requiring emergency medical treatment must call a private general practitioner, 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.

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 in the State Department Consular Information Sheet 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.

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 and 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 2005 and 2006, in the False Bay area of the Western 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 included in the State Department Consular Information Sheet at the end of this guide. 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. 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, 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 to complete 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 the 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 10 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 raped, 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-sex 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 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 will receive 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 Summer School.

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

Passport

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.**

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 South Africa, and if required, to apply for and receive a visa from a South African 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.

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.

PACKING TIPS

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

What to Pack

Your peer adviser will give you a suggested packing list at your April meeting.

Climate

Many people think of Africa as being hot, but South Africa, like Wisconsin, has four 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. In the Karoo (semi-desert area) where you may go for an excursion, the nights are extremely cold, but the days can be sunny and warm. On the Garden Route Tour (optional excursion), the weather is usually much warmer than in the Western Cape.

Clothing

You should pack clothes that can be worn in layers. Given that it will probably be cold in the evenings, you should also pack warm socks and at least a fall-weight jacket. Bring some cooler clothes (t-shirts and shorts) for excursions in warmer areas. You may also want to bring a dressy outfit for going out on the town or the semi-formal opening function.

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, electric razor, etc., with you from the U.S., **you will need to buy a voltage converter and plug adapter to bring it with you.** The other option, of course, is to buy the necessary appliances after you arrive.

ARRIVING IN SOUTH AFRICA

Travel Arrangements

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 purchase 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 emailed your *Arrival Information 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).

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. **You show the immigration official your passport, your letter of invitation from Stellenbosch University, and other required supporting documents.**

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: 50% of the population lives under the poverty level and 37% of the population is unemployed. 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.

Getting to Campus

As long as you are arriving on the designated arrival day and have emailed your *Arrival Information 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).

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 as 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, which operates from 6:00AM until about 9:00PM. 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.

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, we ask that you notify the Summer School staff. You should also leave an address where you can be contacted.

SETTLING IN

Orientation

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

Housing

Students 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.

What's Provided for your Room

Your bedroom will be furnished with two beds, two desks and one closet to share. Each room is also equipped with two lamps and a heater, which will be put to good use! You will also be provided with a pillow, sheets, blankets, and pillow case. Please note that 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

Breakfast is provided in the residence five days a week. On weekends, you will have meal tickets to use in the Neelsie (the student center). You must purchase lunch and supper yourself.

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 to which you can add eggs, tomatoes, bacon, ham, etc.)
- **Breakfast beans in a tomato sauce**

There are no kitchen facilities in the residence halls. 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.

Safety in the Residence Halls

Although the residences 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 personal belongings such as cameras and laptops. You can contact an agent in South Africa. If interested, please see the International Office at Stellenbosch. 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.

On the summer program, there is no charge for using the Internet unless the total use adds up to more than 1000 rand, in which case you may be required to pay an additional fee. Stellenbosch indicates that only two or three students have exceeded this amount in the 10 years that the program has operated.

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.

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.

Library

As you will be on campus during Stellenbosch University's winter session, the library may be open fewer hours than during the regular semester. Please make sure that you check the hours upon arrival, and schedule library research accordingly.

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 PM on a Thursday in Eau Claire, it is 9:00 PM on Thursday in Stellenbosch.

Telephone

There will not be a telephone in your dorm room. Telephone calls can be made at two types of public phones: coin or card-operated booths. Telephone cards are available at a cost ranging from 10 to 200 rand (R) and can be bought at the post office or other shops that advertise them. Note that prices differ according to the time of the day that you call: Standard Time is from 7:00AM to 7:00PM on Mondays to Fridays, and Callmore Time (cheaper) is 7:00PM to 7:00AM on Mondays to Fridays and the whole of Saturday and Sunday. Landline calls are charged at R0,72 per minute during Standard Time and R0,36 during Callmore Time.

International phone calls are more expensive. On weekdays between 8:00AM and 8:00PM, the cost ranges between about R4 and R12 per minute – depending on the country. Note that calls are cheaper during off-peak time: after 8:00PM and before 8:00AM, and on weekends from 8:00PM on a Friday to 8:00AM on a Monday.

To make an international call from South Africa, dial 00 then the U.S. country code 1 and

then the number you wish to call including the area code. If you are having trouble making a call, you can also dial Telekom, the national South African phone company, at 0903 for international directory assistance.

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.

For information on computer access, see the previous [Computer Labs](#) section of this guide.

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

Summer School 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.

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, there continued to be an evident white domination in mindset and practice. In 1948, the Afrikaner National Party ran on the notion of racial segregation and suppression of the black majority, in 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- Sharpsville 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," 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 include:

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, colored, 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 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- 40,583,573

African/Black- 77%

Whites-11%

Coloured- 9%

Indians-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, share their views, and as a result, 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.

Doing Without

In addition to adjusting to the conditions mentioned above, there are things you will have to give up to live 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.

Dos 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.

Dos

- 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

Garden Route Tour

Stellenbosch University offers students the option to participate in a tour of the famous "Garden Route" for an additional fee. Students visit the beautiful Garden Route for six days and five nights with a guide. The fee includes transport, bed, breakfast and dinner (three-star).

Students will return to Stellenbosch when the tour ends. Stellenbosch University is unable to provide accommodation for students at the trip end. As such, students will be responsible for arranging their own housing upon completion of the tour.

To view the 2017 dates, itinerary, and cost, visit the Stellenbosch site:

<http://www0.sun.ac.za/summerschools/ipsu/garden-route/>

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/>.

CONTACT NAMES & ADDRESSES

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

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South African Consulate-General Chicago
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Phone: (312) 939-7929
Fax: (312) 939-2588
<http://www.southafricachicago.com/>

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Cape Town:

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(From South Africa 021-702-7300)
Afterhours Telephone: 079-111-0391 (inside
South Africa)
consularcapetown@state.gov
<http://southafrica.usembassy.gov/>

We suggest that you copy this page and leave it with your emergency contact
and/or parents.

WEB RESOURCES: SOUTH AFRICA

SOUTH AFRICA	TRAVEL	BOOKS
Welcome to South Africa http://www.southafrica.net/country/us/en/	South Africa Online Travel Guide http://www.southafrica-travel.net/	Hunt, J. (2002) <i>White Witchdoctor: A surgeon's life in apartheid South Africa.</i>
Lonely Planet - South Africa http://www.lonelyplanet.com/south-africa	Backpack/Hostel Information for KwaZulu Natal http://www.savenues.com/accommodation/backpackers-kwazulunatal.php	Krog, A. (1999) <i>Country of My Skull: Guilt, Sorrow, and the Limits of Forgiveness in the New South Africa.</i>
Health in South Africa http://www.southafrica.info/about/health/	Baz Bus http://www.bazbus.com/	Mandela, N. (1994) <i>Long Walk to Freedom: the Autobiography of Nelson Mandela.</i>
		Paton, A. (1948) <i>Cry, the Beloved Country.</i>
		Rissik, D. (2003) <i>Culture Shock! South Africa: a guide to customs and etiquette.</i>
		Wooton, J. (2004) <i>We Are All the Same: A Story of a Boy's Courage and a Mother's Love.</i>
		Gobodo-Madikizel, P. (2003) <i>A human being died that night: A South African story of forgiveness.</i>

WHAT PAST PARTICIPANTS HAVE SAID ABOUT THEIR TIME IN SOUTH AFRICA

"My time in South Africa challenged me mentally, spiritually, and emotionally. It is so unlike any other study abroad program because South Africa is such a unique country. It truly has to be seen to be believed. My time volunteering in the community was the most eye-opening and rewarding experience of my life. I will never forget it, and I am a changed person because of it." (Katie K.)

"There were several times I had to pause and tell myself, 'I'm in Africa'. I couldn't believe I was actually here. The classes gave some nice insight on what people have been going through in the past 40 years. I learned how to cook some new foods, got to swim with sharks (in a cage), see elephants and swim in the Indian Ocean. The people I met here were all very nice. I can't believe how many people I have met from different African countries. South Africa has opened the doors to travels in all sorts of new places."
(Maren H.)

"South Africa is an amazing place to study abroad! South Africa is struggling on so many levels, especially with equality, public health issues, and economically. To witness these struggles is extremely enlightening and insightful and makes you appreciate the lifestyle you inhabit so much more. The individuals of the community welcome you with open arms and are just as interested in getting to know your culture as you are interested in learning from their culture and traditions. South Africa offers you to experience poverty on some of the lowest levels as well as to see the most prominent aspects of the city, Durban. Definitely an unbeatable experience in my book!" (Katie D.)

"There is nothing I would have rather done this summer than spend it in South Africa having the time of my life while learning about culture and life in general. It was an awesome experience!" (Heather L.)

"It was an eye-opening experience which allowed me to visit, see and interact with people from another culture. During my stay in South Africa it was a real eye opener to reality and problems others around the globe face on a day to day level. The time I spent there was amazing and the experience is unforgettable, the things I have learned here I will take with me for the rest of my life." (Amber S.)

"This has been the most interesting, fun-filled, and enlightening five weeks of my life. I not only learned a great deal about South African culture and history but also about myself and how I can make a difference on a global level." (Robert B.)

