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Global Education Office  
Reves Center for International  
Studies  
The College of William & Mary

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Photo Courtesy of Ariel Cohen

## Cape Town Summer Handbook

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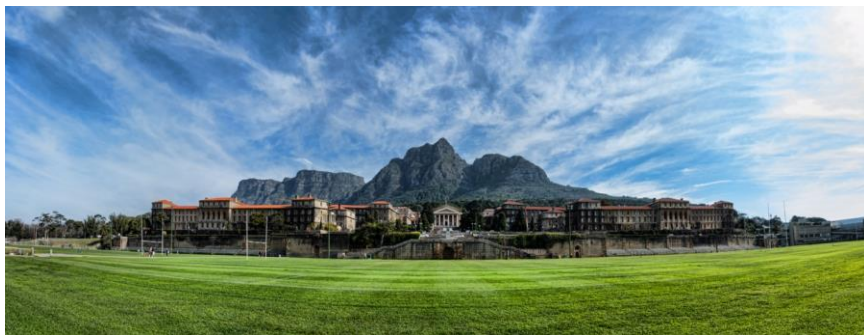
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## Cape Town 2017

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This handbook offers guidelines that we hope you will find useful in making your preparations and while studying in Cape Town. Please read the handbook carefully before your departure and bring it with you to South Africa, either as a paper or electronic copy. The program policies are included, along with lists of important items to bring with you, tips for handling your money, and precautions for safeguarding your health and belongings. In an effort to serve you best, the material in this handbook is edited each year and contains the latest information available to assist you in preparing for your trip. While we do our best to provide you with the most accurate information, inevitably some changes may take place and we will need to make adjustments. Your program director and the Global Education Office Advisor at the Reves Center will keep you informed of any changes.



## Handy Information

### Summer holidays and Events in South Africa

Date	Holiday	Description
June 16	Youth Day	Youth Day Is a national holiday in honor of all the young people who lost their lives in the struggle against Apartheid and Bantu Education.
July 18	Mandela Day	A new public holiday introduced by President Jacob Zuma in 2009 to celebrate South Africa's most famous son – Nelson Mandela
June 7 – July 11	Vodacom Funny Festival	Cape Town's premier comedy festival, which runs for five weeks at the Baxter Theatre
July 1 – July 5	Stellenbosch Wine Festival	The wine capital of South Africa hosts a festival, giving visitors the opportunity to sample fine wines and gourmet cuisine
July 17 – July 18	Franschhoek Bastille Festival	Festival where locals and visitors celebrate the Valley's centuries-old French Huguenot heritage known as <i>Quatorze Juillet</i> every year.

### Average Min/Max Temperatures in Cape Town (°F)

January	February	March	April	May	June
61/79	61/79	57/77	53/72	48/66	46/64
July	August	September	October	November	December
45/63	46/64	48/64	52/70	55/73	57/75

### Time Zone Comparison: Cape Town is 7 hours ahead of Virginia

Pacific (US)	Mountain (US)	Central (US)	Eastern (US)	Cape Town, ZA
5:00am	6:00am	7:00am	8:00am	3:00 pm (15:00)
1:00pm	2:00pm	3:00pm	4:00pm	11:00 pm (23:00)
9:00pm	10:00pm	11:00pm	Midnight	7:00 am (next day)

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# Overview, Dates, and Money

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## Program Overview

- Fees: \$6,150
- **Program Director:** Professor Brad Weiss; Dept. of Anthropology
- **Accommodation:** In Cape Town, students live in dormitories or hostels. All meals are included.
- **Program Note:** The W&M in Cape Town summer program is unique among our study abroad programs because it melds international service learning with scholarly lectures. We are able to do this by teaming up with the University of Cape Town's student-driven community service organizations: Students' Health and Welfare Centers Organization (SHAWCO). This group is an innovative student-run NGO based at the university that strives to improve the quality of life for individuals in developing communities within the Cape Town metropolitan area. SHAWCO was founded in 1943 by Andrew Kinnear, a medical student moved to action by the need he observed in the impoverished communities of Cape Town. The one-man initiative grew into one of South Africa's largest student volunteer organizations, with 1200 volunteers running more than 15 health and education projects in five SHAWCO centers and in the greater Cape Town area. William and Mary students typically take part in SHAWCO's work in the Khayelitsha Community Centre, but have also worked with other communities, such as Manenberg, in recent years.

## Program Dates

- Arrive June 9<sup>th</sup> – Depart July 7<sup>th</sup>, 2017

## Pre-departure Orientation

Your Program Director should hold 2-3 meetings prior to the program leaving to answer questions and have you know what to expect, as well as how to prepare for your program. Students will be automatically enrolled in a one credit pre-course after the spring semester has begun. Dates and times are to be determined by the Program Director and the participants.

## Money

A note on currency: Regardless of the level of financial resources you may have available for your period of study abroad, all students share the same need to have quick access to their funds and, at the same time, to have their money protected against loss. The currency of South Africa is the South African Rand (ZAR). The Rand is pegged to the US Dollar at a rate of approximately \$1 USD= 13.10 ZAR; 1 ZAR = \$0.076 USD. (as of February 2017). You can check the current exchange rates on the web at <http://www.xe.com/ucc> or in the financial section of a large city newspaper.

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# Visa Information and Budgeting

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## Travel Documents

### Passport

- You should apply as early as possible before departure to secure your passport through a Passport Agency (found in major cities), a local issuing office, a Federal or State Court House, or a Class I Post Office.  
Start the process early so that there will be plenty of time to resolve any problems that may arise. If you will be using your current passport, make sure that it is good for six months after your return to the U.S. If it is not, you will need to renew it.
- Guidelines on renewing your passport or applying for a new one can be found at:  
<https://travel.state.gov/content/passports/en/passports.html>



### Visa

- **United States passport holders** do not need a visa to visit South Africa for less than 90 days. When entering through Immigration, state that you are a TOURIST since you will be there less than 90 days. However, please be aware that students and academics do need visas to visit South Africa for more than 90 days, therefore it is ESSENTIAL that you say you are in South Africa for less than this period. ALSO, you MUST ensure that your passport has at least one unused visa page (not the amendment/observation/endorsement page) when you land in South Africa.
- **Non-US passport holders** need to check with the South African consulate as soon as possible about Visa requirements. More information is available at <http://www.southafrica-newyork.net/homeaffairs/trp.htm>.

## Budget

- Your budget for incidental expenses will depend on your personal taste/extravagance and the amount of independent travel you intend to do before or after the program. The program fee covers most of your necessary expenses: tuition, housing, and transportation and entrance fees for program excursions. You are responsible for your round trip airfare to Cape Town, incidentals, laundry, personal expenditures and any additional travel. Entertainment, travel and incidentals during the weeks of the program may vary greatly with individual tastes. You should expect to budget around one

and a half times the amount you normally spend at home per week, or roughly \$125-\$175 per week, keeping in mind that expenditures will depend largely on your own spending habits and plans to travel. It is wisest to bring more than you expect to spend in order to be prepared for emergencies or for special occasions.

- Former students have reported spending between \$500-\$1,500 on this program, with most students spending close to \$1,000. Former students have mentioned additional meals and taxis as unexpected additional expenses.

### Study Abroad Program Worksheet for Cape Town

Expenses:	Amount:	When due:	Paid to W&M?	Paid out of pocket?
Program Fee	\$6,150	Deposit March 4 <sup>th</sup> , Balance April 1 <sup>st</sup>	Yes	
Airfare	\$2,200			Yes
Meals (All meals included in program fee)	\$0		Yes	
Reves Center Fee	\$75			Yes
Visa, passport, photos	N/A	Prior to beginning of program		Yes
Books & supplies	\$100		Yes	
Misc./Personal	\$600			Yes
Total	\$9,125			
Eating	Items		Average Price	Price Range
	Meal, Inexpensive Restaurant		\$8.25	\$6.85 - \$9.13
	Combo Meal at McDonalds or Similar		\$4.45	\$3.17 - \$5.03
	Coke/Pepsi (0.33 liter can) restaurant price		\$0.91	\$0.74 - \$1.14
	Water(1.5 liter bottle)		\$1.37	\$1.14- \$1.51
	Milk (regular), 1 liter		\$1.03	\$0.91 - \$1.14
	Cappuccino (regular)		\$2.00	\$1.71 - \$2.28
Living	Cinema, International Release, 1 Seat		\$4.50 -6.00	
	1 min. of Prepaid Mobile (monthly)		\$0.23	
Traveling	Transportation Methods		Average Price	
	One-way Ticket (local transport)		\$1.14	
	Monthly Pass ( Regular Price)		\$30.82	
	Taxi Rates		Taxi Start: \$1.14 Taxi 1km: \$1.03 Taxi 1hour Waiting: \$6.50	



How do you plan to fund your program:

Sources:	Amount:	When Available:
Scholarship(s)		Varies by deadline, Reves scholarships will reduce your total balance due. You will find out if you've been awarded a Reves scholarship by the end of February.
Financial Aid (Loans, grants, through W&M)		First day of classes on campus or the first day of the summer program, whichever is <b>LATER.</b>
Savings		
Parental/Guardian support		
Other		
Total		



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# Packing

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## Packing Tips

### General

- Many items you need can be purchased once you've arrived in Cape Town. For example, bring travel-sized toiletries to keep your bags light, and purchase full-sized items once you've arrived.
- Do not bring any items of sentimental value that you couldn't bear to lose.
- Remember that you'll be in Cape Town in July – in the middle of the South African winter! Temperatures range between 45-70 degrees Fahrenheit. Think March or November in Williamsburg, plus rain.
- Please note that there is *NO* central heating.

### Luggage

- **Pack only what you can carry by yourself up 2-3 flights of stairs, or walk with for relatively long distances.** A wheeled duffle bag or suitcase plus a generous tote or backpack for weekend travel should suffice. Returning students recommend that your carry-on be a backpack rather than a handheld bag if you plan to do any extra traveling.
- Do not pack valuables in your checked luggage.
- Put address labels and contact information inside and outside each piece of luggage.
- Pack medications in your carry-on luggage.
- Pack all sharp objects securely in your checked baggage.
- Pack all liquids in plastic bags to avoid leakage during travel.
- Place your camera or laptop (if bringing one) in your carry-on.
- Put TSA-approved locks on all of your luggage so that it can be opened without the lock or bag being destroyed.

### Clothes

- Please plan on bringing one nicer outfit for evenings out, the closing banquet, and other appropriate occasions.
- Bring easy care clothing items that are lightweight, drip dry, and wrinkle-proof, such as knits, permanent press, and cotton clothes. Dark colors are more practical than light, as they do not show dirt as easily.
- Pack clothes you can mix and match so as to give your wardrobe as much variety without having to pack as much.
- Only bring clothes you can imagine wearing often.
- Bring clothes that you can layer for various temperatures.
- Do not bring clothes that immediately mark you as 'foreign' – avoid items with obvious phrases in English, or other symbols that will immediately mark your outsider status.

- Roll clothes instead of folding them; you will fit more in the bag, and have fewer wrinkles upon arrival.

For more tips, please consult the Summer Study Abroad Manual, as well as the “Know Before You Go” section of this handbook.

### **An Important Note on Electricity in Cape**

#### **Town**

Electricity in South Africa is 220 volts, 50 cycle alternating current (AC). For comparison, in the United States it is 110 volts, 60 cycle AC current. If you plan on using your own 110-volt appliances, you will need a voltage converter, unless your appliance is designed to also work with 220 volts electricity (dual voltage). For example, most laptop and camera chargers are designed to work both at 110 and 220 volts. **Plugging in an appliance that is not designed to run on 220 volts electricity without using voltage converter will most likely kill it and may cause fire!**

Regardless of voltage, if your appliance has flat prongs, you will need a plug adapter: South African sockets are designed to accept three round prongs. Do get one before your leave, or if you are not sure, you can purchase it at shops near UCT. Former students have recommended waiting until you get to South Africa to purchase this.

As a matter of fact, South African plugs can be of two different types- Type M or Type D plugs (pictured here). This plug has three large round pins in a triangular pattern. It is rated at 5 amps. Type M (below), which has larger pins and is rated at 15 amps, is used



alongside type D for larger appliances. Some sockets can take both type M and type D plugs. Regardless of prong size, **the outlets all produce 220 volts!**



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# Traveling to Cape Town

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**NOTE:** *You are responsible for your own travel arrangements to and from South Africa*

## **Airport Pick-Up**

You are responsible for your flight arrangements to and from Cape Town. Your accommodations at the University of Cape Town will be available on June 9. The Program Director will contact students about specific arrival times and airport pick-up plans. You will need to leave the United States no later than the afternoon/early evening of June 8 or, in some cases, June 7 (depending on the length and location of your layover). The program officially ends July 7th (i.e. you will need to leave by that date or make arrangements for your own housing for that night and beyond). Please notify the Program Director immediately if your travel plans change or your flights unexpectedly change.

From the Airport to the University of Cape Town: *Students will be picked up at the airport and taken directly to the University of Cape Town.* Look for a SHAWCO sign in the arrival hall. There are ATM machines in the arrival lounge, too. Additionally, at the end of the program students will be transported to the airport.

Please be aware that you may have a significant layover in London or Johannesburg or another major European or African country en route to Cape Town. South African Airways flies directly from Washington D.C. to Johannesburg with connections to Cape Town (<http://www.flysaa.com/>). Many airlines (British Airways, American Airlines, etc.) that fly to South Africa require stopovers in Europe or multiple stops en route to Cape Town – so it is VERY IMPORTANT that you carefully look at the departure and arrival dates when booking your flight.

**Immigration:** As you leave your aircraft, signs will direct you to the arrival area where you will show your passport to immigration inspectors. You may also be asked to show your return ticket. Since you will be in the country less than 90 days, it is important to state that you are a TOURIST. If you indicate you are a student, the immigration officer may ask for a letter of admission to the program. If that happens, you can show them the official SHAWCO letter you will receive prior to departure. Please see VISA information above in the Visa section.

After you arrive, remember to call or email your family to let them know you have arrived safely. This will not only save them from worry, but also will help the Global Education Office and SHAWCO from receiving panicked phone calls regarding your whereabouts.

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# The University of Cape Town

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The University of Cape Town (UCT) is South Africa's oldest university, and was founded in 1829 as the South African College, a high school for boys. The College had a small tertiary-education facility that grew substantially after 1880, when the discovery of gold and diamonds in the north - and the resulting demand for skills in mining - gave it the financial boost it needed to grow. The College developed into a fully-fledged university during the period 1880 to 1900, thanks to increased funding from private sources and the government.

During these years, the College built its first dedicated science laboratories, and started the departments of mineralogy and geology to meet the need for skilled personnel in the country's emerging diamond and gold-mining industries. Another key development during this period was the admission of women. In 1886 the Professor of Chemistry, Paul Daniel Hahn, convinced the Council to admit four women into his chemistry class on a trial basis. Owing to the exceptional standard of work by the women students, the College decided to admit women students permanently in honor of Queen Victoria's Diamond Jubilee in 1887. UCT was formally established as a university in 1918, on the basis of the Alfred Beit bequest and additional substantial gifts from mining magnates Julius Wernher and Otto Beit. The new university also attracted substantial support from well-wishers in the Cape Town area and, for the first time, a significant state grant. Ten years later, in 1928, the university was able to move the bulk of its facilities to the magnificent site at Groote Schuur on the slopes of Devil's Peak on land bequeathed to the nation by Cecil John Rhodes as the site for a national university, where it celebrated its centenary the following year.

As of 2009, 23,500 students were enrolled, of which 6,700 (28.5%) were postgraduate students. The ratio between male and female students is almost exactly 50:50. Over 50% of the student body is non-white. International students account for 19% of total student enrollment at 4300, representing over 100 countries. UCT employs approximately 4500 staff members of whom 44% are academic staff, the rest are administrative and support staff. In 2007 UCT had 866 permanent academic staff members. Between 85% and 90% of academic staff hold doctoral or masters qualifications. The proportion of non-white academic staff is currently around 23%. According to the Times Higher Education World University Rankings, UCT (the top-ranked African university) was ranked 107 (W&M received an impressive 75<sup>th</sup>).



## Classes at the University of Cape Town

Courses on this program focus on understanding modern South Africa and include:

### **Courses**

#### **ANTH 350 (GER 4B): Post-Apartheid (3 credits)**

This course examines the past and present dynamics of South African society, focusing especially on the rise and fall of apartheid and on the challenges of the post-apartheid era. Students will have the opportunity to examine questions about colonialism, apartheid, reconciliation and democratization by engaging scholarly works on South African history and anthropology, and fiction, visits to important historical sites and – most importantly – ethnographic research in and around Cape Town.

#### **GBST 498: Global Studies Internship (3 credits):**

During this service learning course, students will work as English, math, and/or computer tutors in one of Cape Town's townships. Students will then engage in reflection activities in a Global Citizens class. Students can also look forward to periodic lectures with local faculty from diverse fields.

## Coursework

You will receive information on what materials you will need at your program orientation. Be sure that you arrange to purchase your textbooks and other materials (if applicable) before you leave the campus at the end of Spring Semester [Non-William and Mary students should contact the Program Director to arrange for textbook purchase]. Plan to read as many of your texts as possible before you leave the United States consistent with an individual professor's instructions. Check with the professor of your courses for his/her particular suggestions.

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## Excursions & Activities

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### Official and Personal Travel Options

Once all arrangements have been made, the program faculty will provide you with detailed descriptions of the excursions that are designed to complement the courses you will be taking. Excursions have included a trip to Robin's Island (site of Nelson Mandela's imprisonment), Table Mountain, Cape Point, the Garden District and museums and sites in and around Cape Town. Cape Town is a very sophisticated and beautiful city where the mountains and the cape flats join two oceans—the Indian and the Atlantic. It has sophisticated malls and world-class restaurants. Long Street in downtown is a favorite watering hole for students. But, as we remind you below, do not let your guard down – treat this cosmopolitan city as you would San Francisco or New York City and use caution.

### Guidebooks

Consider purchasing a travel guidebook prior to leaving the United States to help you make personal travel plans. These can be purchased at bookstores like Barnes & Noble, or online. Some guidebook publishers include:

- *Eyewitness Travel Guide* (<http://us.dk.com/static/cs/us/11/travel/intro.html>)
- *Fodor's* (<http://www.fodors.com>)
- *Let's Go* (<http://www.letsgo.com>)
- *Lonely Planet* (<http://www.lonelyplanet.com>)
- *Rick Steves' Books*  
([http://www.ricksteves.com/books/update/update\\_menu.htm](http://www.ricksteves.com/books/update/update_menu.htm))
- Take a look at the online guide, "South Africa in your Pocket":  
<http://www.inyourpocket.com/southafrica/>.

Many of these sites also have travel forums online that are helpful for up-to-date things to do and check out!

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## Housing and Meals

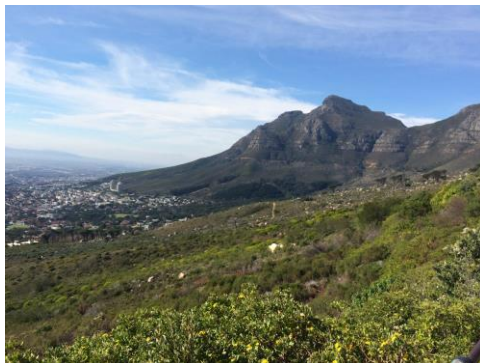
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### **Housing**

Housing for the Cape Town program has varied over the years and depends on the size of the overall group. In the past, students have stayed in UCT dormitories and in local hostels in the Observatory neighborhood. This year, students will be staying in SHAWCO housing located in the Rosebank area near Rondebosch. The housing is around a 10 minute walk to the UCT Upper Campus, as well as shops and restaurants. Regardless of the location, all residences have strict access control and are covered by closed-circuit television monitoring. In keeping with the policy of the W&M Office of Residence Life, the Reves Center does not offer housing for the family of any students participating in W&M-sponsored study abroad programs. Also, family members or friends may not participate in any program activities or excursions. If you have family or friends who want to visit you while abroad it is recommended they do so after the completion of the program.

### **Meals**

All meals are provided for you on the Cape Town program. Typically breakfast will be provided and available in the kitchen areas. For lunches and dinners, students usually will receive a weekly stipend so they can choose whether they would like dine out or go to the local grocery store and purchase meals to make at home. Sometimes bagged lunches are provided by SHAWCO on days when there is no break between classes and visiting the townships for service-learning. Former students have suggested supplementing your lunches on these days, as the sandwiches do not always satisfy our students' hunger or provide a great deal of variety.





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# Communication

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## Online

Students will have access to computers at UCT campuses. In addition, there are numerous Internet cafés throughout the city and suburbs.

## Landline Phones

In order to use a public phone in Cape Town, you need a prepaid phone card, available at various stores. There are several types of international phone cards that allow you to call the U.S. inexpensively.

## Cell Phones

The Global Education Office provides cell phones for all participants on this program.

### Placing International Phone Calls

See the “Handy Information” section for a time zone conversion chart before you call!

**Calling Cape Town from the United States:** Dial 011 + 27 + Area Code (Cape Town’s is 21) + Phone Number.

Calling the United States from Cape Town: Dial 00-1+area code + phone number.

### Emergency Numbers

General: 112 from mobile phones; 107 from land lines

Police: 10111

Fire: 10177

Medical Emergencies: 10177

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# Health & Safety

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## **Immunization**

Students are encouraged to consider updating standard immunizations against *meningitis* and *tetanus*. Immunization against *hepatitis A* and *hepatitis B* is recommended. In addition, the U.S. Centers for Disease Control (CDC) recommends long-term travelers and students to South Africa make sure their routine vaccinations are current AND receive up-to-date vaccinations for *typhoid*, *rabies*, and, if applicable, *polio*.

Finally, the CDC recommends **anti-malaria drugs**, particularly if you're traveling to an area of the country considered "high risk" for the disease. Anti-malarial drugs should be purchased before you travel (drugs purchased overseas may not meet FDA and CDC standards and may not be as effective). The CDC recommends one of the following anti-malarial drugs: atovaquone/proguanil, doxycycline, or mefloquine. Chloroquine is NOT an effective anti-malaria drug in South Africa and should not be taken to prevent malaria in the region.

**One other immunization note:** Yellow fever is not a risk in South Africa, but the government does require travelers arriving from countries where it is a risk to present proof of vaccination. If you'll be traveling to one of these countries, you'll need to get vaccinated.

**Up-to-date travel information/disease information:** For current information concerning recommended protection against communicable diseases for those planning to travel abroad, you may check the Center for Disease Control's website at <http://wwwnc.cdc.gov/travel/destinations/south-africa.htm>

If you prefer to talk to someone in person about the currently recommended immunizations, you can call *Travel Health of Williamsburg* at 757-220-9008 (located at 287 McLaws Circle), or consult with a physician in your area who has some expertise concerning immunizations for international travel.

## **Staying well/Getting sick**

For the duration of the program, the SHAWCO support staff will be available at all times to assist students in obtaining medical care. Useful information on preparing for medical emergencies before you go abroad is provided at the State Department website.

Food and water are generally safe – particularly in Cape Town itself – and a wide variety of consumer goods and pharmaceuticals are readily available, according to the U.S. State Department's information on South African travel.

All of this said, if you become ill, please alert the Program Director for assistance in finding you medical care. Please remember to pay for any medical care at the time it is received and to keep your receipts to submit to the insurance company when you return to the United States.

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## Specific Concerns in South Africa

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Post-apartheid South Africa is experiencing rapid economic, social and political change. While it is a developed country, there is a high incidence of unemployment and poverty. In addition, there is a high crime rate, particularly in urban areas. Several measures have been taken to insure you get to fully experience South Africa – but do so in a safe way. Items to keep in mind/specific security measures:

- You will be picked up at the airport and taken directly to your housing.
- You will be driven to the airport when it is time to depart South Africa.
- You should always travel in groups. This cannot be emphasized enough. You should NEVER go out alone at night. Staying out after midnight for any reason is highly inadvisable, especially if you plan to take a taxi.
- The Program will have a driver to take you where you need to go for program-related business.
- For transportation outside of program-related needs, SHAWCO will be able to advise you on which taxi companies are the most reliable and should be used.
- Transportation to and from the township where you will have your service-learning experience is provided each day.
- You'll often be in the company of guides and William & Mary professors who have contacts and experience in the region.
- You should never explore unfamiliar areas of town on your own and never alone.
- You should always carry a list of phone numbers so you can reach someone in case of an emergency.
- You don't need malaria medication if you are staying in Cape Town the whole time. But be prepared if you want to leave the city.

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## Travel & Country Information

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We encourage all students to research their study abroad destination. The State Department has important information available on their website. Be sure to read up on South African history, culture, and current events before your arrival, as well. Knowing as much as possible about where you are going will not only make you more comfortable during your time in the country, but will also allow you to talk more knowledgeably with SHAWCO faculty and staff and new friends.

We strongly recommend that you register your travel plans with the U.S. State Department at this website:

<https://step.state.gov/step/>

This will help the State Department contact you if there is a family emergency in the U.S., or if there is a crisis where you are traveling.

On this website you can find information ranging from geographic and political descriptions of the country, to special health and safety announcements.

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# Cape Town

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CAPE TOWN (Afrikaans: *Kaapstad*) is the second-most populous city in South Africa and the largest in land area, forming part of the City of Cape Town metropolitan municipality. It is the provincial capital and primate city of the Western Cape, as well as the legislative capital of South Africa, where the National Parliament and many government offices are located. The city is famous for its harbor as well as its natural setting in the Cape floral kingdom, including such well-known landmarks as Table Mountain and Cape Point. It is hailed as one of the most beautiful cities in the world as officially recognized by Forbes. *National Geographic* has also listed Cape Town as one of the most iconic cities on the planet and "Places of a Lifetime". Cape Town is also Africa's most popular tourist destination.

Located on the shore of Table Bay, Cape Town was originally developed by the Dutch East India Company as a victualling (supply) station for Dutch ships sailing to Eastern Africa, India, and the Far East. Jan van Riebeeck's arrival on 6 April 1652 established the first permanent European settlement in South Africa. Cape Town quickly outgrew its original purpose as the first European outpost at the Castle of Good Hope, becoming the economic and cultural hub of the Cape Colony. Until the Witwatersrand Gold Rush and the development of Johannesburg, Cape Town was the largest city in South Africa. Today it is one of the most multicultural cities in the world, reflecting its role as a major destination for immigrants and expatriates to South Africa. As of 2007 the city had an estimated population of 3.5 million. Cape Town's land area of 948 sq miles is larger than other South African cities, resulting in a comparatively lower population density of 3,690/sq mi.

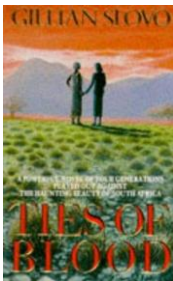
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## FOR FUN: LIGHT READING AND MOVIES

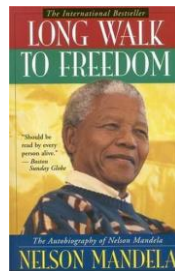
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*Following are a few books regarding South Africa. Check them out, or consider looking for other books to put you in a South African mood prior to – or during – your time abroad. Don't worry; you won't be tested on them!*

### Books



Ties of Blood  
By Gillian Slovo

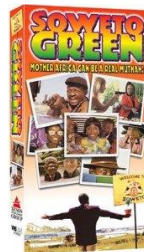


Long Walk to  
Freedom: The  
Autobiography of  
Nelson Mandela By  
Nelson Mandela

### Movies



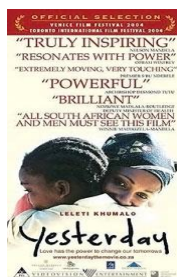
Taxi to Soweto



Soweto Green



Life, Above All



Yesterday

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## FREQUENTLY ASKED QUESTIONS

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### Will I need a visa?

A visa for summer study in South Africa is not required for American citizens. Citizens of other countries should check with their home government's foreign ministry.

### What airport will I fly into? Do all W&M students travel together on the same flights?

Please refer to the section in this handbook on "Traveling to Cape Town" for specific information. W&M students do not necessarily take the same flight, but they are strongly encouraged to do so. If you wish to travel with other students you can arrange communication through Blackboard or Facebook.

### Can I arrive earlier or stay longer than the program dates?

Yes, you may but you will be responsible for making your own accommodation arrangements. You may be able to stay in the housing provided during the program but arrangements will need to be made with the SHAWCO staff directly.

### If my family or friends visit, may they stay with me?

No, they will need to make their own arrangements for accommodations. Please advise your program director if you expect family or friends to visit you during the program.

### Am I required to participate in all excursions provided by the program?

Yes, unless your program director says otherwise. The excursions supplement the coursework and expand cultural learning.

**Will I need to seek post approval for the courses I take?**

No, all of the courses offered in the W&M faculty-led summer programs have already been approved.

**Will my grades be posted on my transcript?**

Yes, the grades you receive will be posted on your W&M transcript and will be calculated into your GPA.

**Can I take class pass/fail?**

No, this is not an option.

**Do I need to take my own sheets and towels?**

Towels and linens are provided, however you may have to put down a small deposit for the towels (refunded when the towels were returned at the end of our stay). If you plan to travel before or after the program, you may want to bring your own towel and linens.

**Will my study-abroad facility have a fitness center/gym for student use?**

There is a fitness center available for use at the University of Cape Town.

**How much spending money will I need?**

That varies on your normal spending habits, especially in regards to eating meals out and how much shopping you like to do. Students reported spending between \$500-1,200 during the program. Most students reported spending around \$1000, but again this depends on your personal spending habits. Former students DO NOT recommend traveler's checks. They recommend carrying some cash and your credit or debit card.



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# KNOW BEFORE YOU GO

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## ADDITIONAL TIPS FROM PAST STUDENTS

### PLACES TO SEE IN AND NEAR CAPE TOWN

- Table Mountain Cable Way
- Victoria and Alfred Waterfront
- Kirstenbosch National Botanical Gardens
- Robben Island
- Cape Agulhas – southernmost tip of Africa!
- Cape Point Nature Reserve
- The Whale Coast
- The Cape Winelands
- The Garden Route

### TRAVEL

- “Excursions fit very well with the program because we saw the real life implications of what we were learning.”
- Excursions are paid for by the program fee.
- “Go shark diving and wine tasting during your free weekends.”

### LIVING

- Tipping is expected for satisfactory service: 10-15% in restaurants and for taxi drivers; R3 per bag for porters.
- Former students have recommended bringing ear plugs, as the dorms/hostels can be noisy.
- “South Africans are very laid back. Things start late, end late, people aren’t always on the go and things don’t always end up like you expected. Be open to this lifestyle. It is very different than in America.”
- Laundry places are pay per load. It costs about \$8 per load, but they wash and dry everything for you.
- Most buildings in Cape Town do not have central heat.

### COMMUNICATION

- “The Internet access is very limited and slow, so don’t expect to Skype or watch a lot of YouTube videos.”
- Even though English is spoken in South Africa, it is not everyone’s first language. Be sure to speak clearly and avoid using American slang.

# KNOW BEFORE YOU GO

## ADDITIONAL TIPS FROM PAST STUDENTS

### MONEY

- Be sure to call your bank and put a travel notice on your debit AND credit cards. Otherwise, purchases and withdrawals may be declined due to suspected fraud.
- Discuss with your bank the fees associated with international transactions and withdrawals. The bank may be able to inform you of a partner bank in India that you can use to withdraw cash and avoid fees.
- Students have listed food as an expense because they did not like the provided meals (sandwiches).
- “Don’t carry a lot of cash with you when you go out.”
- “You will use more cash than you think. Many places do not accept debit or credit cards, and constant cash withdrawals can be expensive, so come prepared.”

### PACKING SMART

- A good way to keep a copy of your passport “with you” at all times is to scan your passport and email it to yourself. Access to your passport, therefore, will be possible at any computer with Internet access.
- Don’t buy a converter until you get to Cape Town, because a lot of the ones they sell in the US actually don’t work in South Africa.
- Returning students recommend that your carry-on be a backpack rather than a handheld bag if you plan to do any extra traveling and for field trips.
- Keep in mind that it is WINTER in South Africa during the program. Cape Town winters are normally cool and wet with occasional warm days – average temperatures range between 45-70 degrees Fahrenheit. Pack clothes to wear in layers.
- “Bring one swimsuit, just in case.”
- Bring one pair of heels or dressier shoes and a nicer outfit for special occasions, but you will need comfortable shoes most of the time.
- Since it is winter and you are likely to be working with kids, bring hand sanitizer to avoid germs!

### COURSEWORK

- “Our time spent in the townships is among my favorite memories of this trip. The service-learning is a fantastic part of this trip. More international programs should be like this.”
- Be prepared to be “hands-on” with the kids in the service-learning engagement.

# KNOW BEFORE YOU GO

## ADDITIONAL TIPS FROM PAST STUDENTS

### **SOUTH AFRICAN CULTURE**

- Despite reform, there is still relatively little social mixing across racial lines, which can have an impact on inter-personal relationships.
- Most people are fairly direct, although some go out of their way to avoid conflict at all costs. Many Africans, including educated, urban people, will not directly challenge or question what a white person says.
- Relax! Life moves at a somewhat slower pace than in the USA!
- South Africans, in general, regard education as the most important asset in life.
- South Africa is moving away from traditional gender practices that existed prior to 1994. Today, women are found in positions of power that were previously not open to them and at all levels of power: central, provincial, and local authority. Despite this fact, there remain a lot of gender issues in South Africa.

### **MEETING PEOPLE**

- Greeting is very important to all South Africans regardless of cultural background. Say hello and inquire about the person's health, and possibly the health of their families. The importance of pausing to greet someone properly before any conversation takes place cannot be over-emphasized. After that, acceptable topics include information about children, work, and where you are from. A very popular topic is sports, since many South Africans feel very strongly about the teams they support.
- A comfortable distance – arm's length – is advised when talking to someone. Eye contact is important but you will notice when talking to someone that their eyes tend to roam. This is not done out of disrespect but emanates from a century of intimidation. Apartheid trained people not to search for the truth: looking people straight in the eyes implied challenge.

### **PREPARE YOURSELF**

- If you are ill, talk to the Program Director, as the program has a recommended doctor who will see you and provide treatment or prescriptions.
- Do not walk alone at night.
- Avoid carrying large sums of money with you.

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# CONTACT INFORMATION

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## **Global Education Office Contacts**

You may call the Global Education Office and its advisors at the numbers below between 8am and 5pm (Virginia time), Monday through Friday. In case of an emergency that falls outside of these times, please call William & Mary Campus Police at (757) 221-4596. Campus police will then forward your call to the correct person or office.

**Global Education Advisor:** Molly DeStafney ([mldestafney@wm.edu](mailto:mldestafney@wm.edu)) - +001 (757) 221-3425

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P. O. Box 8795

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Fax – (757) 221-3597

\*To call the U.S. from abroad: 001+ (Area Code) + phone number

## **At the University of Cape Town**

Program Director

Professor Brad Weiss

Dept. of Anthropology

Cell will be posted on Blackboard

([blweis@wm.edu](mailto:blweis@wm.edu))

Host Institution

University of Cape Town

Students' Health and Welfare Centers - Organization (SHAWCO)

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