

# THINK — — IMPACT COUNTRY GUIDE



**SOUTH AFRICA**

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# WELKOM IN SUID-AFRIKA!

Your journey begins now, as you take the intellectual and logistical steps necessary to prepare for the South Africa Institute. The Institute is more than a traditional internship or study abroad program. Throughout your time in South Africa you will be fully immersed in what we call the innovation process.

Through this process you will build meaningful relationships with community partners, begin to understand a new culture in a new and exciting way, formulate meaningful questions that guide your knowledge of economic development, and ultimately prototype new products and services that will change lives in your community.

You will wear many hats. You will be a student, facilitator, a leader, an innovator, a designer and ultimately a catalyst for sustainable social change.

Please read through this entire guide in order to be fully prepared before the Institute. You can also follow this South Africa Country Guide on your mobile device with the Unleesh App!

Get the most out of this guide and connect with fellow students on your mobile device now by downloading the Unleesh App, if you haven't done so already! Available in the App Store for Apple devices and Google Play for Android users, just search "Unleesh" (with two e's). Just like the Pre-Departure Handbook, the App will allow you to access the guide anytime on your phone and guide you step-by-step through your journey, while allowing you to share your experiences and knowledge with others.

All students have been automatically enrolled in the South Africa Country Guide Path on Unleesh. Make sure to register and login with the emails you have provided to ThinkImpact to gain access.





## MEET THE SOUTH AFRICA COUNTRY COORDINATOR

**Mbali Zondi, Country Coordinator, South Africa,**  
[Mbali@thinkimpact.com](mailto:Mbali@thinkimpact.com)

Mbali Zondi was born and raised in Pietermaritzburg, on the East Coast of South Africa. She was selected to be a part of the inaugural class of the African Leadership Academy for outstanding leadership potential and academic promise. She attended Barnard College of Columbia University in New York studying Economics. Mbali has worked in the media industry abroad at NBC Universal and as a writer for business lifestyle magazine, DESTINY. She believes in the

transformative power of social innovation and knows this will make great strides to positively developing the African continent.

### GREETINGS FROM MBALI

Dear ThinkImpact South Africa Scholar:

It is my pleasure to officially welcome you to your South African experience with ThinkImpact. The coming weeks to your arrival are sure to fly by and the South Africa team looks forward to meeting you!

While we dedicate ourselves to your physical, emotional and intellectual well-being during the institute – we are also driven by the promise of positive change your presence will bring to our communities. It is my belief that small impactful projects are the key to developing rural South Africa and freeing the residents of the poverty and needy mentality that prevents positive change from happening. With each new group of Scholars, I see an impressive step towards realizing my hopes of prosperity for my country and the African continent at large.

I simply cannot wait to introduce you to our charming homestay families and community members who eagerly await your visit. Many of whom have never travelled outside of their region of South Africa and look forward to a fruitful cultural exchange during your stay. This is going to be a life-changing journey and I am honored to help you prepare for it.

See you soon!

Mbali

### THINKIMPACT'S HISTORY IN SOUTH AFRICA

The History of ThinkImpact in South Africa is truly the beginning of ThinkImpact as an organization. From the desk of CEO Saul Garlick

In 2002 I saw something that shattered my worldview when I was meeting with teachers and principals in the dusty community of Delani, South Africa. I was confronted by the legacy of Apartheid, which left a generation of children earnestly learning under trees. My response to this injustice was pity, mixed with a little anger. On the spot, I promised to raise \$10,000 to build several classrooms at the school. It seemed the least I could do.

Several years later I returned with a group of 18 students to visit the classrooms that had been built. On that trip I learned a hard lesson—instead of desks with children studying, the school's original classrooms were being used as storage space for old boxes and unused textbooks, while the new classrooms were being utilized with mixed results. My vision for our work was to do better than put band-aids on problems.



Today, the way ThinkImpact approaches communities is the result of a shift that began in that dilapidated classroom. If we wanted to see progress, we believed we should direct our attention to seeking opportunities for growth as the mechanism for tackling challenges. Instead of funding schools, clinics, libraries, and sports fields, we began to partner with community entrepreneurs to leverage their resources and ambition for broader impact.

We offered the first ThinkImpact Institute in 2007 in South Africa and have offered every year since.

In the spirit of paying it forward, you will find “unofficial” words of wisdom from former scholars. Please note the blue text boxes on various pages.

# PRE-DEPARTURE INFORMATION

## VISA AND AIRFARE INFORMATION

U.S. Citizens do not need to obtain a tourist visa in advance of arrival if they plan to be in South Africa for less than 90 days. If you will be remaining in the country after the Institute, please plan accordingly.

Citizens of other nationalities must verify your home country's restrictions. You may need to apply for a Visa in advance of arrival depending on your nationality. Visa approvals may take several weeks so please verify immediately to assure you will be able to obtain the visa in time for the program start date. We also recommend Atlas Visa Services should you like assistance in obtaining your visa as a Non-U.S. student: <http://www.atlasvisa.com/>.

## BOOKING FLIGHTS

You will want to budget around \$2,000 for your international airfare. We recommend that you book your travel sooner rather than later. If you are going to the Western Cape Institute please schedule your arrival into Cape Town International Airport (CPT) or if going to the Kwa-Zulu Natal Institute make arrangements to fly into King Shaka International Airport (KZN) in Durban.

ThinkImpact has partnered with Fly For Good, which allows all ThinkImpact Scholars to receive discounted humanitarian flight fares through their site. To receive these discounted fares just sign up on <http://www.flyforgood.com/> and use the Approval code: TI12. If you are raising funds on <http://www.empowered.org/> you can apply funds raised in excess of the program fee towards your flight with Fly For Good.

## HEALTH AND SAFETY

*"Consider getting multiple doctor opinions on meds to take and safe practices while in country, many doctors recommend different things. Also take your doctor's contact information with you in case you have questions during the program."*

Your health and safety is our number one priority. Everyone on the ThinkImpact Team from our headquarter staff to our in-country coordinators and associates are trained in health and safety protocol and adhere to the Standards of Good Practice, Forum for Education Abroad.

You must visit a Health Clinic or personal physician before departing for South Africa. Simply tell them that you will be traveling to rural communities in South Africa. The doctor or nurse practitioner will give you a list of recommended and required vaccinations. Also consult the Center for Disease Control at [www.cdc.gov](http://www.cdc.gov). ThinkImpact does not provide any medical consultation. Please consult your medical professional and the State Department and CDC websites for further guidance.

## BUDGETING YOUR MONEY

The local currency is the rand (ZAR or R). Check <http://www.xe.com/> for the current exchange rate. Counterfeit notes are in circulation. South Africa has a sophisticated banking system. ATMs are widely available, though there is rampant ATM crime. Most major credit/debit cards including MasterCard, Visa, American Express and Diners Club are accepted.



ThinkImpact recommends that you utilize the estimates below to budget for spending money. You may choose to bring a VISA card and take out South African Rand from an ATM in Cape Town or Durban before entering the communities. Make sure to notify your bank that you will be leaving your home country; confirm that your debit VISA card works in South Africa and get your bank's international calling code and phone number.

You should be prepared to enter the communities with the cash that you will need to the Institute. There won't always be opportunities to access ATMs during the stay in the community.

Never carry large sums of cash on you at any given time. We recommend that you bring a money belt or a bag that can be tightly strapped to your body for when you are in larger cities. Although personal security may seem less concerning in the rural communities, we still encourage you to wear the money belt.

#### ADDITIONAL EXPENSES – 2015

| Institute:<br>Social or<br>Health<br>Innovation                 | 8 Day<br>Winter –<br>Social | 3 Week<br>Summer –<br>Health | 3 Week<br>Summer –<br>Social | Notes  |
|---|-----------------------------|------------------------------|------------------------------|--|
| International<br>Airfare  | \$2,300 -<br>\$2,700        | \$1,500 -<br>\$2000          | \$1,500 -<br>\$2000          |  |
| Immunizations<br>and medicines                                  | Varies                      | Varies                       | Varies                       | Consult with your medical<br>professionals. Prescription<br>and over-the-counter<br>medicines for the duration<br>of the program. Yellow<br>fever required.              |
| Tourist Visa  | Varies by<br>citizenship    | Varies by<br>citizenship     | Varies by<br>citizenship     | Not required for U.S.<br>citizens  |
| Personal<br>Spending Money                                      | \$50-\$75 per<br>week       | \$50-\$75 per<br>week        | \$50-\$75 per<br>week        | Dependent on location and<br>personal spending habits to<br>include cell phone minutes,<br>entertainment, snacks, and<br>souvenirs. Does not<br>include vacation travel. |
| Excursions<br>(optional)  | \$110 - \$500               | \$110 - \$500                | \$100- \$750                 | Optional   |
| University of the<br>Pacific course<br>credit (2-3<br>optional) | n/a                         | \$240                        | \$240                        | \$120 Per credit   |

\*Many scholars have spent much less than this throughout their time in South Africa. This really comes down to personal spending habits and preferences.

\*\* "Personal Tips" refers to personal tips you may want to give guides, instructors or drivers during TIU or any of the excursions. ThinkImpact pays the cost of the regular tip, but in the past scholars have wanted to give more based upon experiences.

#### THE PACKING LIST

PACK LIGHT AND DO NOT BRING ANY LUGGAGE YOU CAN'T CARRY. We recommend a backpack or duffle bag. Anything with wheels will be difficult.

#### Clothing





- Pants- Preferably the kind that you can either roll up or they zip off into something shorter
- Workout Items - We encourage to you to keep up your workout routine!
- Jeans - Good for excursions
- Shorts - Athletic and Cargo shorts work great. \* Women should keep knees covered
- Dresses - Great if you want to go to church in the community. \* Women should keep knees covered

*"Bring a nice outfit or two for dinners in the city and excursion outings."*

- T-shirts - Easy to wash, and good to layer under other clothes.
- Heavy sweater or jacket
- Rain coat
- Lots of underwear and thick socks
- Warm Sleep clothes

- Rain boots and closed shoes or boots
- Scarves and hats for warmth

#### Must Have

- Passport Photocopies (x2)
- Immunization record (Yellow book)
- Personal Medication
- Student ID or Driver's License
- Washcloth - For bucket bathing

*"Bring a pair of cheap flip-flops for your bath, Chacos and Tevas can be a pain when they are wet half the day."*

- Towel - Best to have a thin quick dry towel
- Hand sanitizer - Bring larger tubes to refill your smaller stash
- Sunscreen/Aloe Vera
- Chapstick with SPF (x2)
- Watch/Travel Alarm Clock
- Insect Repellent (Deet)
- Headlamp
- Bucket Bath Sandals

- Comfortable Walking Shoes
- Water Bottle (x2)
- Kindle/Books - We encourage you to swap with your team!
- Travel Converter/ Adapter: Plug Type "M" 220/230 V
- Extra batteries!
- Personal Toiletries (Ziploc's are great for organizing)
- Small Day Pack - Backpack or Messenger Bag
- Personal Reflection Journal
- Pens or Pencils (x5)
- Sunglasses
- Reading Glasses (If applicable) - We highly discourage you from wearing contact lenses in the community. There is a lot of dust and dirt and you will be very uncomfortable. Bring your prescription lenses for the program.
- Feminine hygiene products for entire duration of program
- Gift for Homestay (we recommend calendars, t-shirts, games, pictures, books or items from your school or hometown)
- Pictures from home to show your hosts. They love this! Pictures can either be printed out or saved on a camera/other electronic device. Having pictures of you and your family, activities that you like to do, and where you come from can help you introduce yourself to your homestay family, regardless of any language barriers.

*"Take a flash drive especially if you want to share music and pictures."*



#### Nice to Have

- Plastic Bags
- Face Wipes (instead of face wash)
- Wet Wipes
- Nail Clippers
- Clif Bars/ Granola Bars/ Protein Bars
- Peanut Butter
- Electrolyte Powder
- Personal First Aid Kit
- Playing Cards
- Sleeping Bag
- Light sheet/blanket
- Travel pillow

*"You may not want to wear your contact lenses with in the community. There is a lot of dust and dirt and you will be very uncomfortable. Bring your prescription lenses."*

#### What Is Provided

- Bedding (1 set)
- \*Pillows are not always provided
- Drinking Water
- Breakfast, Lunch and Dinner (provided by homestay)
- Hot water bottles
- Toilet Paper
- ThinkImpact Staff First Aid Kit
- ThinkImpact Action Kit (curriculum guides and supplies)

\* For the personal First Aid Kit we suggest looking into the following: Anti-Diarrheal Medication (dehydration salts, Pepto), Pain Killers/Anti-inflammatory (Advil, Tylenol etc.), Antihistamines (Benadryl), Band-Aids and Gauze, Anti-bacterial Ointment, Antiseptic Wipes, Hydrocortisone Cream.

# **LIVING IN SOUTH AFRICA**

## **ARRIVAL INFORMATION**

You should be arriving at Cape Town International Airport (CPT) for the Western Cape Institute or King Shaka International Airport (KZN) for the Kwa-Zulu Natal Institute on the program start date. Institutes will be offered in both regions during 2015 and you will be informed of your specific location at least 6 weeks prior to departure. ThinkImpact country staff will arrange for airport pick-up and transfer to the ThinkImpact University locale only on the program start date. If you schedule your arrival on any other date you will be responsible for getting from the airport to the TIU hotel and making any arrangements for extra night hotel stays at your expense.

On the day of arrival you will be taken to the ThinkImpact University (TIU) hotel. Scholars will be arriving at different times on that day. You will be able to rest and settle in on the first day. TIU will begin with breakfast on the following day.

## **GETTING TO THINKIMPACT UNIVERSITY (TIU)**

ThinkImpact University is the pre-institute training that you will go through before meeting your homestay family and beginning the Institute. During TIU you will get to know your advisor and team and begin to explore the language, context and curriculum.

ThinkImpact will provide Scholars arriving on the program start date a transfer to the TIU location. You will find a driver waiting at the airport holding a ThinkImpact sign. Should you need assistance on arrival or encounter problems, contact our team on +27 72 347 2619.

Scholars can choose to get to the TIU site on their own. They must arrive at the site on the program start date. The TIU will begin with breakfast on the next day. \*If scholars choose to get to the TIU site on their own, they will be responsible for all additional costs.

ThinkImpact University will be held at either:

### **Schoenstatt Retreat & Conference Centre (Western Cape)**

3 Schoenstatt Avenue  
Constantia  
Cape Town, Western Cape 7806  
South Africa  
Tel: 021 794 3132  
Email: [info@schoenstattconstantia.co.za](mailto:info@schoenstattconstantia.co.za)

### **The Valley Trust Backpackers (Kwa-Zulu Natal)**

Zulu Reserve Road  
Protea Farms  
Hillcrest, 3610,  
South Africa  
Tel: 031 716 6868  
Fax: 031 777 1114

\*These locations are subject to change and you will be notified if the site location changes before the start date of the program\*

## **RECOMMENDED ACCOMMODATIONS**

If you are arriving a day early or leaving a day later, ThinkImpact recommends the following guesthouses:

### **Cape Town:**

Once in Cape Town (<http://onceincapetown.co.za/>)

Once is in the City Centre on trendy Kloof Street with boutiques and cozy restaurants. Rooms begin at \$20 a night.

Ashanti (<http://ashanti.co.za>)

Ashanti is located in Gardens near the South African Parliament. It is a 10-minute walk to the City Centre. Rooms begin at \$20 for a single room and \$18 for a dorm bed.

Gardens Centre Holiday Apartments (<http://www.gardensapartments.co.za/accommodation/>)

The apartments are also in Gardens and are a 5-minute walk to the City Centre. Rooms start from \$50 a night.

### **Durban:**

North Lodge ([www.northlodge.co.za/](http://www.northlodge.co.za/))

North Lodge is a 10 minute drive from King Shaka International Airport. It is a stone throw away from a large shopping centre and beaches. Rooms begin at \$25 a night.

Bizafrika Guest Lodge and Conference Centre ([www.bizafrika-ltd.com/](http://www.bizafrika-ltd.com/))

Bizafrika offers airport transfers and free Wi-Fi throughout the premises. It is a 20-minute drive to Durban city center and local beaches. Rooms start from \$35 a night.

## **COUNTRY OVERVIEW**

In 1990, the National Party government under President F W De Klerk took the first steps towards the abolition of apartheid when it lifted the ban on the African National Congress (ANC) and other left-wing political organizations. They released ANC leader Nelson Mandela from prison after 27 years of incarceration on Robben Island. Apartheid legislation was gradually removed from the statute books, and the first multi-racial elections were held in 1994. The ANC won the poll by an overwhelming majority, and has retained power ever since, with Mandela becoming the first black president of South Africa. Post his term in office, Mandela continued with his humanitarian work until his death in December 2013. In 2009, another ANC leader, Jacob Zuma assumed the presidency. He was re-elected for a second consecutive term in the May 2014 elections.

The country is broadly regarded as the principal political and economic force in the region and plays an active role in both international and regional organizations, such as the African Union (AU), and the Southern African Development Community (SADC). South Africa has played and continues to play a significant role in the mediation of several African conflicts. South Africa is very culturally diverse, with 11 official languages and even more ethnic and racial affiliations. Wide wealth distribution is a key distinction you will notice across these affiliations. Due to Apartheid, a system of racial segregation was enforced from 1948 to 1994. The country is split into created racial categories and often-accompanying economic brackets. The Group Areas Act of 1950 was passed during the height of



Apartheid and designated living areas according to "race". While racial barriers are no longer legal, the population still largely self-segregates. It will not be uncommon to have a wealthy suburban area adjacent to an impoverished township. The central values of freedom, equality, human rights, and tolerance of cultural, ethnic, and religious difference set a high standard. South Africa has made strides, albeit slowly, to reach these standards. In urban areas, gender equality in the workplace and the home is more prevalent. However, in rural areas women are still expected to do most of the household chores while men have the traditionally 'western' careers. Religiously, about 74% of South Africans identify as Christian. Many of the tribes practice traditional beliefs in conjunction with their Christian living.

## GEOGRAPHY

The Republic of South Africa is located at the southernmost tip of the African continent. It borders Namibia in the north-west, Botswana and Zimbabwe to the north, and Mozambique and Swaziland in the north-east and east. Lesotho, an independent country, lies entirely within South African territory. The South African coastlines border the Indian Ocean to the south-east and the Atlantic Ocean in the south-west. South Africa is divided into nine provinces, comprising Gauteng and Mpumalanga in the north-east; Limpopo and North West in the north and north-west; KwaZulu-Natal in the east; Eastern Cape, Western Cape, Northern Cape in the west and south; and Free State in the central region. The country has a diverse topography and consequently a varying climatic profile. The Karoo plateau covers much of the interior, which is mountainous and sparsely populated. To the north-west, along the Namibian frontier, lies the Kalahari Desert. South Africa also possesses the small sub-Antarctic archipelago of the Prince Edward Islands, consisting of Marion Island and Prince Edward Island, approximately 1,200 miles (1,931km) from Cape Town.

## CLIMATE

South Africa enjoys a Mediterranean climate in the south-west, temperate in the interior regions and subtropical in the north-eastern corner. In the south-west and northeast, one enjoys an average temperatures range between 8 degrees Celsius (46F) and 32C (89F). During November to March, the summer months, the climate is usually hot and sunny; often accompanied by tropical rains and thunderstorms in the afternoon. However, in the Western Cape the downpour occurs in the winter. Raincoats and warm clothing may be required. Autumn (April to May) and spring (September to October) are warm with little rainfall. Months between June and August are cold with chilly nights. Hilly and mountainous regions can receive snowfall in winter.

*"During the immerse and inspire phases, really listen to what community members are telling you, but understand your source's bias and interpret accordingly."*

## COMMUNITIES IN THE WESTERN CAPE

The West Coast District Municipality comprises the northwestern part of the Western Cape Province in South Africa. The area is a farming zone with vineyards, citrus plantations and rare flowers. The ThinkImpact communities are fishing and farming communities located on the western most tip of the West Coast district in Matzikama. The district has approximately 67,147 inhabitants and is 5,012 square miles in size.

In the region, 74.7% of the population describe themselves as mixed race and commonly termed, Colored. Approximately

Picture: Matzikama Municipality





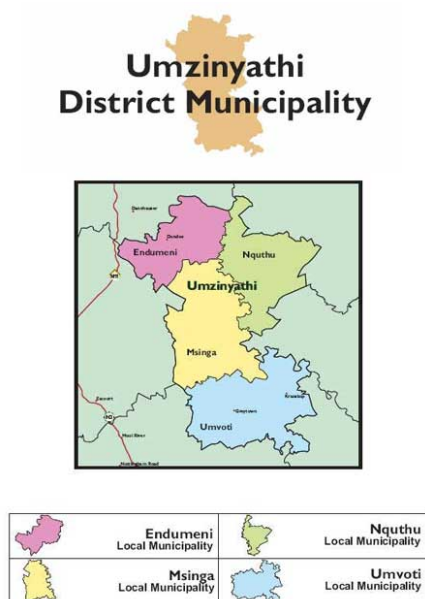
14.8% identify as White and 8.5% as Black. The predominant language is Afrikaans as 91.8% of the population uses it as their primary language. A small 3.5% of the inhabitants speak Xhosa and 1.8% speaks English. There are relatively low levels of quality infrastructure in the region—including roads, public transportation and public services. Employment in the area is seasonal according to the farming and fishing times. Due to global warming many fishing communities have lost their ability to fish, as the ocean grows increasingly warmer- making it impossible for certain sea creatures like crayfish to survive.

Two major concerns in the Matzikama region are unemployment and health. Land distribution in the region is still controlled by pre-Apartheid laws. Many of the farms are predominantly White owned leaving the majority colored community suffering from seasonal employment with little to no benefits. In the community of Doringbaai, the large crayfish factory that was the source of economic drive in the town; was shut down due to less crayfish in the sea. This resulted in large unemployment in the region and massive movement towards other farming communities.

As is the case throughout South Africa, the communities in which we work face high rates of HIV/AIDS and little to no access to quality education or treatment. Treatment is not consistently available at the local hospitals. For reliable access to medication, one would have to travel to a private clinic or major urban center. Healthcare in the region is underfunded with poor service delivery, exasperating health problems and contributing to death. As a result of the lack of facility availability and public transportation, many residents are unlikely to visit clinics when they are ill.

## THE COMMUNITY IN KWA-ZULU NATAL

Umzinyathi District is one of the 11 districts on the East Coast Province of Kwa-Zulu Natal (KZN) in South Africa. Umzinyathi is located on the North West of the major KZN city, Durban. The region covers 8589 square kilometers and is home to approximately 510 838 residents. 93% of the region is considered rural while Dundee is the most urban town in the area.



The Umzinyathi District was classified under apartheid as “black-inhabited” land. Pre-1994, the area was governed under traditional chiefs. Black South Africans from around the region were relocated here from other areas as part of the apartheid system thus creating distinct homelands, towns, and cities for the different races. There are relatively low levels of quality

infrastructure in the region including roads, sanitation, and access to water. The majority of residents are Zulu. The District has a temperate climate. Frost occurs only in parts of uMzinyathi in winter. Several significant rivers bisect uMzinyathi, including the Tugela, Mooi, Umvoti, Blood and Buffalo.

Three major concerns in the district region are the quality of health, education and service delivery. Education is a major challenge throughout South Africa and even more so in the uMzinyathi region. All children in the district today are required to attend school and there are hundreds of schools within the uMzinyathi Municipality, the quality of education still lacking.

As is the case throughout South Africa, the communities in which we work face high rates of HIV/AIDS and little to no access to quality education or treatment. According to surveys and censuses, greater than 1 in 4 people in the area have tested HIV-positive. It is projected that in certain age groups across the region, the HIV prevalence is as high as 80%. Treatment is not consistently available at the local hospitals, and for reliable access to medication, one would have to travel to a private clinic or major urban center. The challenges of HIV/AIDS in uMzinyathi are coupled with other widespread diseases such as tuberculosis and other health issues like malnutrition. Healthcare in the region is underfunded with poor service delivery, exasperating health problems and contributing to death. Many residents cannot access quality care or are unlikely to visit clinics when needed as a mixed result of distrust in the quality of care and belief in traditional medicine.

The municipal area has extensive grasslands in the north supporting the primary agricultural sector based on cattle ranching for beef, small-scale sheep and mixed farming and maize cultivation. In the southern areas substantial forestry is prevalent. Sugar cane and smaller scale fruit farming such as avocado and kiwi fruit are grown.

There is electricity and running water in parts of the community. We will provide you with water to drink, but it is safe to use the community water for bathing.

## **FAMILY**

The role of the family is central to local culture. Families have an innate trust and sense of loyalty to each other, which does not often extend outside of the family. Gender roles differ in families. Men usually represent the family outside of the home, but women are primary decision makers within it. While men and women both work, women are generally responsible for cooking, cleaning, and looking after children. Children are expected to help out around the house before and after school, collecting water, cleaning, cooking, or looking after their younger siblings. The elderly are highly respected in this culture, and it is not uncommon for grandparents to be raising their grandchildren if the parents are away at work or have died.

*"Start brainstorming some games to play with the kids: hop scotch, patty cake, kid songs."*

## **HOMESTAY FAMILIES**

The makeup of homestay families will be very different from home to home. It is possible that you will be living with a single mother and her children or an older couple and any other combination. You will be placed with another scholar in the same house to increase your comfort level while in this setting.

*"I never felt uncomfortable at the homestay, but be sure to be respectful. Everyone watches everything you do and you don't want to make a bad impression."*

Make an effort to fully immerse yourself in your host family. Set a goal to spend a few minutes every day to learn about the local culture. Offer assistance with household chores as much as possible. This is a great way to learn about the local culture. Family members may be shy and introverted which can create some awkward silences and uncomfortable situations. Express appreciation for your host family's hospitality as often as possible. Smile and say thank you regularly. It is a privilege for

you to stay in their home.

## FOOD AND WATER

Corn based dishes are South Africa's most popular traditional food, and are eaten with chicken, beef or fish, in addition to sauces made with tomatoes or onions. Mealie pap is a maize-based porridge, common in appearance to mashed potatoes. Other common traditional foods include greens, beans, and samp. Most people prefer to use their hands to eat, but forks and spoons are used for dishes like rice, beetroot, and butternut. Culturally, it is common for women to serve their husbands and children and eat their meals separately afterwards.

Tap water is safe in all towns and cities, however, use bottled or boiled water in rural areas. Always wash your hands with soap before eating, or use an alcohol-based hand sanitizer. Also be sure to clean any fruits or vegetables before eating them.

## SOUTH AFRICA ELECTRICITY

Voltage: 220/230 volts

Frequency: 50 Hz

This is the most common plug type used:



## COMMUNICATION

You will be given a simple mobile phone for your use while on the program. The phones will be returned to ThinkImpact on the last day of the program. The ThinkImpact staff will guide you in purchasing the airtime for this phone during the first couple days of ThinkImpact University. It will be much cheaper to purchase the airtime in country than to roam with your U.S. mobile phone. If you have an Apple IOS product please bring it to the Institute to use for ThinkImpact's new app "Unleash". We will also provide you with an optional mobile version of your curriculum. If you have any type of smartphone, you may want to have it along to utilize some apps, but again data cover and usage can get expensive.

It will not take you long to realize that many people in the communities own mobile phones and possibly even have access to Facebook. When you are networking with community members and forming your design team in the "Inspire" phase of the Institute, it will be helpful for you to have access to a mobile phone so you can contact community members and keep their information organized.

All ThinkImpact staff will have mobile phones and their mobile contact information will be distributed during ThinkImpact University (TIU).

Internet will be minimal while in the communities. Computers and Internet are not part of daily life for local residents in these rural areas. If there is a local Internet connection, it is not reliable and often is not functioning for days at a time. The ThinkImpact Country Staff will be equipped with Internet sticks so that they can maintain correspondence with ThinkImpact Headquarters in Denver and post regular updates to the ThinkImpact blog. Make sure to give us the names and emails of friends and family you want to receive updates from the field on the Welcome Materials page.

Homestays in South Africa will most likely not have electricity. You will be able to charge your mobile phones and small electronics at local kiosks in the community. Larger electronics may be charged during TIU and on excursion. Your homestay will provide kerosene lamps for light at night.

Personal computers are okay to bring on the Institute, but not necessary. The ThinkImpact staff will all have laptops with them throughout the Institute. We recommend that you keep all expensive electronics hidden out of site during the day and bring a durable case to keep dust out of crevices. ThinkImpact is not responsible for any lost or damaged personal items.

## MAIL

Please note that friends and family will not be able to mail you letters or packages during the program. Homestays do not have traditional mailing addresses and it takes staff time and resources to collect such mail. Only in case of medical emergency will the ThinkImpact team arrange to have something delivered to you in the communities.

## LOCAL LANGUAGE

South Africa is a multilingual country with 11 official languages including:

- Afrikaans (13.3%)
- English (9.6%)
- Ndebele (1.6%)
- Xhosa (17.6%)
- Zulu (23.8%)
- Sepedi (9.4%)
- Tswana (8.2%)
- Sesotho (7.9%)
- Xitsonga (4.4%)
- Swati (2.7%)
- Venda (2.3%)

Most educated South Africans are multilingual and almost all business is conducted in English. In rural areas, standards of language may differ and Afrikaans may be more common among low paid workers.

In the **Western Cape** Afrikaans is widely spoken. The Afrikaans language was developed by European settlers in the Western Cape and has elements of French, Dutch and English. The language was passed on to the Khoi San who inhabited Western Cape pre-colonialism. As a result most Colored race people in South Africa speak Afrikaans.

In **Kwa-Zulu Natal** most residents speak Zulu. It is the language of the Zulu people with about 10 million speakers worldwide. Zulu is the most spoken home language in South Africa and dates back to pre-colonial Nguni origins.

## LIFESTYLES

LGBT: The South African post-apartheid constitution was the first in the world to prohibit discrimination based on sexual orientation. It is the only African country that allows same sex marriages, a right protected by its constitution, regarded as one of the most progressive in the world. However, the LGBT communities still comes across discrimination and hate speech within the country.

Here are some additional LGBT resources for scholars on the South Africa program. Your in-country team will discuss this topic in greater length during TIU.

Department of State LGBT Travel Info Page:

<http://travel.state.gov/content/passports/english/go.html>

NAFSA Rainbow SIG Student Resources:

<http://www.rainbowsig.org/>

LGBT Articles and Resources:

<http://www.rainbowsig.org/international-education-resources/bibliography/>

Accessibility: While in South Africa, if you have a disability, you may find accessibility and accommodation very different from what you would find in the United States. Buildings with elevators and ramps are limited, though newly constructed buildings have improved access to facilities. Contact Mobility International for help with your disability. <http://www.miusa.org/>

Minority students: As in most cultures, minority students are often watched and feel uncomfortable in this setting. This may be the case in South Africa for non-black students. Usually this is it a matter

of curiosity for the locals who may not have been in contact with other people of color in the past. Recognize this as an opportunity to educate others about your culture and upbringing. African American students report being expected to understand the language based on their race, thus making it difficult for them at times. Check out a couple of YouTube channels regarding this topic.  
<https://www.youtube.com/user/AdoreLaure28/videos>  
<https://www.youtube.com/user/AfroAmericaninAfrica/videos>

## **CULTURAL NORMS**

**Greetings:** South Africans typically greet each other by shaking hands and using common greetings from their local language. Phrases like “More” in Afrikaans and “Sawubona” in Zulu are frequently used in the area and you should practice these as often as possible. It is considered impolite to pass someone on the street without greeting each other in this way. There are also common handshakes practiced in South Africa. Let local community members initiate these and learn from them.

**Clothing:** The majority of South Africans wear typical “Western-style” clothing. During your stay the weather will be primarily rainy and windy. You are advised to bring raincoats and rain boots to navigate through the community. It will also be very chilly so warm socks and clothes will serve you well during the trip.

**Death:** There are a variety of practices and traditions associated with death in these communities. Ceremonies usually last a weekend, with a night vigil and morning burial, taking place during the time. The entire community often attends funerals, and visiting Scholars are sometimes asked to attend. Scholars are encouraged to take part in any daytime festivities, but are prohibited from attending evening festivities for safety reasons.

## **CULTURAL EXPRESSION**

Music and dance have an important role in local culture. There are types of dances rooted in both traditional and modern culture. Traditional tribal dances often have gender specific roles and are learned by children at a young age. Modern music and dance is also popular and varies from hip-hop to kwaito to house. It is not uncommon for a group of people to gather around and watch others dance, especially at a church, local shebeen (bar), or community event.

## **DATING AND MARRIAGE**

Public displays of affection in the rural areas and urban areas vary. Men and women rarely show public affection in these communities. However, it is not uncommon to see a man and a woman or two men hold hands as a sign of friendship while speaking or walking.

For youth in rural communities, dating is secretive and young people usually sneak out of their homes after dark in order to spend time with members of the opposite sex. Rates of pregnancy among teens and young women are extremely high.

## **CULTURAL TIPS**

- Most South Africans get excited about the national sporting teams. Commonly followed sports include Soccer - national team-Bafana Bafana; Rugby - national team-Springboks and Cricket - national team-Proteas. Discussing the teams' latest performance can establish friendly connections in social settings.
- Conversations with South Africans will often include a discussion on local politics and can be belligerent. During such discussions you are advised to be polite and not confrontational. Some topics such as religion, the apartheid era and its legacy are best avoided altogether.
- The government has replaced some established place names seen as having apartheid-era connotations with alternatives. Visitors may find that government officials use different names for cities. For example: Pretoria as Tshwane, Port Elizabeth as Nelson Mandela Bay, Durban as eThekweni, etc.



- There are several religious beliefs in South Africa. The Dutch Reformed Church, which is popular among Afrikaners. Christian Zionism, which is practiced by black communities in KZN. Islam and Judaism are also popular religions followed in the country.
- It is important to schedule appointments well in advance and visitors are expected to be punctual.
- Members of the national government may be in casual dress or traditional cloth shirts. This is not a signal that visitors can dress casually, though the hot climate allows some flexibility.
- South Africa has a high incidence of sexual assault and rapes; however, the majority of these cases is domestic and occurs in low-income communities. Nonetheless, female students should be alert to the increased risks and adopt sensible security precautions.
- Travel on foot is inadvisable in most areas due to a high rate of opportunistic crime and sexual assault. Do not travel on foot alone, or after dark
- A number of drink-spiking incidents have been reported. Never leave a beverage unattended or accept drinks from strangers. Symptoms include dizziness, drowsiness, memory loss, and vomiting or impaired muscle control. Personnel who suspect they may have been a victim of drink-spiking should seek professional medical advice and support immediately.

## **UNITED STATES CONSULATES**

### **U.S. Consulate General Cape Town**

2 Reddam Avenue, West Lake 7945,  
Cape Town, South Africa

Telephone: +27 21 702-7300 / 021-702-7300 (from within South Africa)

Emergency After-Hours Telephone: +27 702-7300 / 021 702-7411 (from within South Africa)

Fax: +27 21 702-7493 / 021-702-7493 (from within South Africa)

[americanscapetown@state.gov](mailto:americanscapetown@state.gov)

### **U.S. Consulate General Durban**

303 Dr. Pixley KaSeme Street (formerly West Street)

31st Floor Old Mutual Centre

Durban 4001, South Africa

Telephone: +27 31 305-7600 / 031 305-7600 (from within South Africa)

Emergency After-Hours Telephone: +27 079-111-1445 / 031 305-7600 or 079 111-1445 (from within South Africa)

Fax: +27 31 305-7691 / 031 305-7691 (from within South Africa)

[consulardurban@state.gov](mailto:consulardurban@state.gov)

## **STAYING HEALTHY**

- **Malaria risks:** The decision to take preventative medication for malaria while in South Africa is entirely up to you, and should be made in consultation with your doctor. Malaria is generally not present in the areas we work in South Africa and is not considered a major risk and there is a small presence of mosquitoes.
- **Water:** The water used by homestay families is generally safe to drink and you should have no concerns about brushing your teeth or bathing. However, ThinkImpact will provide you with drinking water to ensure that you always have plenty of clean water and are staying hydrated. Tap water in South Africa is safe to drink, and many lodges use well water that is also safe. Despite water that may sometimes taste a little funny, know that the water ThinkImpact provides is always clean and safe, and that it is vital that you stay hydrated at all times.
- **Animals:** Animals of all kinds are found in the communities in which we work. You should recognize that many animals, especially dogs, are not properly cared for. Do not pet, feed, or play with dogs in the communities.
- **HIV:** Do not practice high-risk behavior. HIV is a high risk in South Africa.
- **Drugs:** Cape Town has a very active and dangerous drug trafficking and dealing industry. Drugs in

South Africa, including marijuana are not legal. Do not accept any medication from anyone who is not from the ThinkImpact team or an authorized medical practitioner.

- Diarrhea: Diarrhea is common while traveling, especially in a foreign environment. If you experience any serious issues, be sure to inform the staff and stay hydrated. Try to maintain a light, bland diet, avoid caffeine, fruit juice and greasy foods should this occur.

### EMERGENCY CONTACT INFORMATION

\*This information will also be sent to you as an Emergency Contact Card in your pre-departure final mailing 1-2 weeks prior to departure. We recommend that you have it on you at all times.

| U.S. EMERGENCY CONTACT   |  |
|--|--|
| ThinkImpact Denver Office (9:00 to 6:00 p.m. MST Monday-Friday)          | Calling from South Africa: 001 303 377 3776<br>Calling from the U.S.: 1 303 377 3776 |
| Dana Ward, Admissions and Advising Coordinator (after hours noted above) | Calling from South Africa: 001 847 915 5227<br>Calling from the U.S.: 1 847 915 5227 |

| SOUTH AFRICA EMERGENCY CONTACT   |  |
|--|--|
| Mbali Zondi (Country Coordinator)                                      | Calling from South Africa: 27 72 347 2619<br>Calling from the U.S.: 011 27 72 347 2619 |
| Emergency (911)  | 10177 or 10111   |
| U.S. Consulate Afterhours Emergency                                    | 011 290 3000   |
| Africa Safe-T: <a href="http://bit.ly/J2Rmcv">http://bit.ly/J2Rmcv</a> | 082 775 1914/086 125 8456  |
| Ace International Emergency Health Insurance                           | 1 202 659 7777   |
| Ace Insurance Toll Free Numbers  | Calling from South Africa: 011 800 0200 8888<br>Calling from the U.S.: 1 202 766 8206  |
| Ace Insurance Collect Number   | Calling from South Africa: 011 202 659 7777  |

### SOUTH AFRICAN MEDICAL CARE

ThinkImpact has an extensive network of in country medical providers to ensure you stay healthy during the Institute.

We encourage you to check out the CDC's recommendations for healthy travels in South Africa: <http://wwwnc.cdc.gov/travel/destinations/traveler/none/south-africa>

Medical care in South Africa is considered to be amongst the best in the world. South Africa is the main referral center for Sub-Saharan Africa. Private hospitals are of an international standard and should be used when available. Most doctors will speak English. Large hospitals have full specialist care and most have academic medical facilities as well. All medical staff is trained to international standards.

These hospitals are often recommended by embassies and/or used by expatriates.

#### Cape Town

Life Vincent Palotti Hospital

Address: Alexandra Rd

Pinelands, Cape Town, Western Cape 7405

Telephone: 27 (0) 21 506 5111

Mediclinic Cape Town Hospital

Address: 21 Hof Street

Oranjezicht, Cape Town, Western Cape 8001

Telephone: 27 (0) 21 4645500

Netcare N1 City Hospital  
Address: Louwtjie Rotham Street  
Goodwood, Cape Town, 7463  
Telephone: 27 (0) 21 5904444

#### Durban

Life Entabeni Hospital  
Address: 148 Mazisi Kunene (South Ridge Road)  
Berea, Durban, KZN 4001  
Telephone: 27 (0) 31 2041300

Netcare St Augustine Hospital  
Address: 107 Chelmsford Road  
Berea, Durban, KZN 4001  
Telephone: 27 (0) 31 268 5248

### **BLOOD SUPPLIES**

Blood in South Africa is safe and is screened according to international requirements.

### **POLITICAL SITUATION**

South Africa is unique in dividing the government entities amongst three provinces. Pretoria (Gauteng) is the administrative capital and Cape Town (Western Cape) houses the legislature and Bloemfontein (Free State) is the seat of the Supreme Court. There is a National Parliament comprising 90-member National Council of Provinces (NCOP) and a 400-member National Assembly. The other key branches of the government are the nine provincial legislatures, led by provincial premiers and executive councils, as well as metropolitan and municipal councils. The African National Congress (ANC) has been a dominant force since the establishment of non-racial democracy in 1994.

Shifts in the political landscape over recent years have seen the steady strengthening of the opposition Democratic Alliance (DA) and the unexpected success of Economic Freedom Fighters (EFF), the latter of which has only been a party since August 2013. However, these gains have largely been made at the expense of other opposition parties and the ANC is still able to draw upon a fiercely loyal support base that continues to associate it with the overthrow of apartheid.

However, there is a growing level of discontent with the political and socio-economic status quo. Radical leftist ideology has stirred populist sentiments, and has often been the driving force behind the regular occurrence of socio-economically motivated disturbances. These instances of unrest have become a persistent feature of the security environment.

### **TERRORISM**

There is no history of international terrorism in South Africa. However, the country is likely viewed as an attractive transit hub for international terror networks due to good infrastructure, communication and transport links to prospective target countries. Although extremist groups for recruitment and operations use South Africa, (a fact attested to by the arrests of suspected al-Qaida militants carrying South African passports), there is little evidence to suggest that the country remains an attractive target in its own right. There is currently no significant threat of domestic terrorism in South Africa.

### **SOCIAL UNREST**

Social unrest in the country is predominantly due to the socio-economic tensions stemming from high levels of inequality, lack of economic opportunity and perceived government inaction. These issues generate widespread frustration from the country's economically marginalized sections, particularly among the urban youth, and can act as a trigger for demonstrations. Protests over

inadequate services are usually spontaneous and occur early in the morning, frequently coinciding with peak rush hour. This can include blocking major roads during rush hour.

Diverse business sectors are likely to be affected by work stoppages due to low pay. These usually take place between June and August (known as the 'strike season'). Although the majority of protests are well policed and tend to pass off peacefully, gatherings of more radical groups can sometimes degenerate into low-level clashes.

## **CRIME**

While there are notably high crime rates in the major cities, crime rates tend to be much lower in the rural areas where Scholars live and work. The communities are small and nearly everyone knows each other, making community members accountable to one another. Violent crime within the communities towards Americans has never been reported. We do not lead students in communities with any record of risk for Americans. While we are in cities we travel in groups and stay at vetted locations that are safe; however, foreigners are often targeted by criminals due to their perceived wealth. People of African descent are likely to be seen as middle-income South Africans and are equally likely to be targeted. Be wary of pickpockets and scam artists who may engage you in conversation. Exercise heightened situational awareness when walking in crowded areas, keep valuables secured on your person. Theft of luggage and passports is a concern at Johannesburg's OR Tambo International Airport.

Muggings at ATMs are common. Only withdraw funds during daylight hours and from machines within secured shopping centers or bank lobbies. There is also the potential for credit card fraud when purchasing items. Card skimming has taken place at shops and restaurants as well as at ATMs. Criminals are commonly armed; in the event of being accosted, do nothing to resist the assailants.

South Africa has the highest incidence of reported rape in the world, and female and male students should exercise vigilance and avoid travelling on foot alone or at night. Personal safety for all students on the program is an important concern and though we do not anticipate any such emergencies we will provide all students the necessary information for them to protect themselves and steps to take should any problems arise. Females do experience a different kind of attention from men in the communities; however, this attention is very rarely concerning. Female AND male scholars are instructed to always communicate with a staff member if a community member makes them feel uncomfortable. ThinkImpact will not hesitate to move homestays if someone does not feel comfortable in their new environment. If a homestay is moved our Country Coordinator will help facilitate that transition, knowing culturally appropriate next steps. We take every precaution against random crime.

## **CORRUPTION**

Studies published in 2013 indicate that over half the population admitted to paying a bribe. Corruption is a problem among lower-ranking state employees. Some elements of the police force have a reputation for corruption and have been implicated in organized crime. Corruption within the government has also been alleged.

## **TRAVEL IN SOUTH AFRICA**

You should use caution whenever traveling in South Africa. ThinkImpact will keep you abreast to any developments impacting our participants. You should have signed up for the State Department STEP alert program as noted in your prior pre-departure packet.

## **TRANSPORTATION**

Participants are not to use any transportation that is not organized by ThinkImpact while on the Institute except in the case of an emergency. This includes bikes and any form of motorized transportation not organized by or provided by ThinkImpact, including motorbikes, public vans or taxis, and scooters.

## TIPPING

Tipping is common in South Africa. Taxi drivers, waiters, bartenders, hairdressers, petrol pump attendants and hotel porters expect a tip of 10-15% or as visitors deem appropriate.

## RECOMMENDED TRAVEL RESOURCES

If you plan to travel before or after the Institute, we recommend the following travel resources for your time in South Africa. Have fun and be safe!

- South Africa Tourism: <http://www.southafrica.net/za/en/landing/visitor-home>
- Lonely Planet: <http://www.lonelyplanet.com/south-africa/places>
- Kruger National Park: <http://www.sanparks.org/parks/kruger/>
- Table Mountain: [http://www.sanparks.org/parks/table\\_mountain/tourism/attractions.php#tablemountain](http://www.sanparks.org/parks/table_mountain/tourism/attractions.php#tablemountain)
- Apartheid Museum: <http://www.apartheidmuseum.org/>
- Robben Island: <http://www.robben-island.org.za/>
- Drakensberg Mountains: [www.zulu.org.za](http://www.zulu.org.za) > Discover > Destinations
- UShaka Marine World [www.ushakamarineworld.co.za/](http://www.ushakamarineworld.co.za/)

*"Take a multivitamin while in the community- you probably will not be getting all the vitamins and nutrients you usually do at home. Bring lots of energy bars!! You will want the extra protein especially if you get sick."*

## RECOMMENDED RESOURCES

These readings and documentaries will be instrumental as you dig through the historical, theoretical and contextual component of your experience. Here we have included some of our favorites, enjoy!

### Movies/Documentaries

- Mandela: A Long Walk to Freedom (2013)
- South Africa's Role in Africa's Economic Renaissance (2011)
- U-Carmen eKhayelitsha (2005)
- Tsotsi (2005)
- Amandla!: A Revolution in 4-Part Harmony (2004)
- Cry, the Beloved Country (1995)
- Sarafina (1992)

### Books/Articles

- A Long Walk to Freedom, by Nelson Mandela
- Cry, the Beloved Country, by Alan Paton
- Country of My Skull, by Antjie Krog
- Kaffir Boy, by Mark Mathabane
- Heart of Redness, by Zakes Mda

## SOUTH AFRICA OPTIONAL EXCURSIONS

You can choose to join the group for a number of optional excursions that will take place in the middle of the Institute. Depending on your Institute length, options include an overnight excursion and a two-night excursion. This is a great way to incorporate additional attractions into your itinerary and make the most of your time abroad. You'll stay overnight in a hotel or guesthouse, and enjoy free time to explore on your own. The excursions are optional and are not included in the program fee. If you would like to attend any of the excursions, purchases must be complete by the end of ThinkImpact University. Excursion costs and instructions for purchasing may be found at:

<http://www.thinkimpact.com/institute/#!/south-africa-marketplace/c1z45>



## **WESTERN CAPE**



### **Langebaan Beach and Adventures**

One Night Excursion Option for 8 Week Institute Only: Scholars can choose 2 or more options from Quad biking, paintball fighting, target shooting, and Archery to take part in on this adventure day.

Scholars will also enjoy a traditional Cape Lunch at Boesmanland Plaaskombuis and have time to swim and explore the beach.

All transportation, accommodations, 1 breakfast, 2 lunches and 1 dinner are included in the excursion fee.

### **Cederberg Wilderness Area**

Two Night Excursion Option for both the 8 week and 3 week Institutes: Scholars will spend the day touring the Cederberg Wilderness Areas and visiting Algeria Forest Station, Stadsaal caves & rock art. Zip line adventures possible as well!

All transportation, accommodations, 2 breakfasts, 2 lunches & 2 dinners are included in the excursion fee.



### **Tour of Cape Town**

One Night Excursion Option for 8 Week Institute Only: Scholars will tour Cape Town where they can buy souvenirs as well as visit the Southern Peninsular, and go to Cape Point Nature Reserve.

Scholars will also have time to go swimming while visiting Boulders beach to see penguins!

All transportation, accommodations, 1 breakfast, 2 lunches, 1 dinner and a snack on the bus are included.

## **KWA-ZULU NATAL**



## Coastal Living

One Night Excursion Option for 8 Week Institute Only: Scholars will travel through the valley of a thousand hills to the Natal Zoological Gardens. After viewing indigenous KZN game, it will be time to gather some courage and visit the acclaimed Natal Lion Park.

Scholars will also travel to enjoy a sea animal show with penguins, dolphins and seals at a finger reach away at Shaka Marine World. There will also be time to relax at Umhlanga Private beach before visiting the Howick falls on the way back to the community.



All transportation, accommodations, 1 breakfast, 2 lunches and 1 dinner and a snack on the bus are included.

## Two Night Zulu Adventure



Two Night Excursion Option for both the 8 week and 3 week Institutes: Scholars will travel to Eshowe for a cultural feast. They will spend the day at Shakaland on the Nandi tour which includes viewing traditional Zulu dancing, meeting traditional healers, learning to weave baskets and making traditional Zulu beer.

The second day will be an active day

with a short hike and abseiling adventure on the banks of the Drakensberg Mountains. Scholars will also walk the 150m long Dlinza Forest Aerial Boardwalk while viewing over hundreds of indigenous birds. The trip will wrap up with a visit to Fort Nongqayi, an acclaimed museum with colonial and Zulu traditional artifacts.

All transportation, accommodations, 2 breakfasts, 2 lunches & 2 dinners is included in the excursion fee.

## KZN SAFARI NIGHT



One Night Excursion Option for 8 Week Institute Only: Scholars will take a short drive to Shongweni Dam and Game Reserve where they will set up 'glam' camp for the night. They will enjoy viewing beasts of the wild on a spectacular game drive. Scholars can also canoe and fish at the Dam during their stay.

All transportation, accommodations, 1 breakfast, 2 lunches, 1 dinner and a snack on the bus are included.

## LANGUAGE GUIDE

While the most commonly spoken language in the communities is either Afrikaans (Western Cape) or Zulu (KZN), English is commonly understood. You will receive more language training during TIU.

| <u>ENGLISH</u>  | <u>AFRIKAANS</u> | <u>IsiZulu</u>            |
|-----------------|------------------|---------------------------|
| Cape Town       | Kaapstad         | eKapa                     |
| Good morning    | Goeie môre       | Sawubona/Sanibonani (pl.) |
| Goodbye         | Tot siens        | Hamba kahle               |
| Thank you       | Dankie           | Ngiyabonga                |
| Yes             | Ja               | Yebo                      |
| No              | Nee              | Cha                       |
| How much?       | Hoe veel?        | Kubiza malini lokhu?      |
| Expensive       | Duur             | Kuyabiza                  |
| Hot             | Warm             | Kuyashisa                 |
| Cold            | Koud             | Kuyabanda                 |
| Friend          | Vriend           | Mngani                    |
| Good/OK         | Lekker           | Kulungile                 |
| Excuse me/sorry | Askies           | Ngiyaxolisa               |
| How are you?    | Hoe gaan dit?    | Unjani?                   |

Although English is only one of South Africa's 11 official languages, a strong vernacular has developed and English-speaking visitors might have a hard time recognizing some of the words. We're a friendly bunch in SA, so if you're totally confused, just ask and we'll have you speaking South African "now now"!

Here are some local phrases to get you started:

- Braai: What you would know as a barbecue. We even celebrate national Braai Day on 24 September every year!
- Cool drink or cold drink: This is the common term for a soda. Ask for a soda in South Africa and you will receive a club soda.
- Eish: ('Aysh') Zulu expression of surprise, bewilderment or shock.
- Howzit: A traditional South African greeting that translates roughly as "How are you?" or "How are things?"