

Spring 2019 >

# JOURNALISM RESIDENCY SOUTH AFRICA PROGRAM HANDBOOK 2019

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The information in this Program Handbook supplements information provided in the Pre-Departure Orientation Guide available for download in Canvas.

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# Program & Country Information

## Program Team

There are a number of different partners and players that make important contributions to your academic, cultural, and personal experience abroad.

You will have a multi-tiered support network while you are completing your JR:

- Your **on-site supervisor**, typically an editor who works daily with each student, will provide ongoing support and feedback to ensure that students are busy and productive. This supervisor also will be responsible for completing a midterm and final evaluation of the student.
- Your **local minder** serves as an emergency contact and resource for you on-site.
- Your **Medill faculty adviser** will follow your academic progress throughout the quarter.
- Your **ULA adviser** is your assigned adviser in the Undergraduate Learning Abroad (ULA) office and is available to provide advising about logistical, financial, and health and safety matters before, during, and after your JR experience abroad.
- Medill and ULA also partner with **FrayIntermedia**, a South African organization that trains publishers in Africa and other parts of the world. FrayIntermedia serves as your local organizational host and also arranges the orientation program.

	<b>JR South Africa: Cape Town</b>
<b>On-site supervisor</b>	<i>Assigned based on placement</i>
<b>Local minder</b>	Vivian Warby, <a href="mailto:vivwarby@gmail.com">vivwarby@gmail.com</a>
<b>Medill faculty adviser</b>	Professor Ava Greenwell, <a href="mailto:a-greenwell@northwestern.edu">a-greenwell@northwestern.edu</a>
<b>ULA adviser</b>	Sara McGuinn, <a href="mailto:sara.mcguinn@northwestern.edu">sara.mcguinn@northwestern.edu</a>
<b>FrayIntermedia</b>	Paula Fray, <a href="mailto:paulafray@gmail.com">paulafray@gmail.com</a>

## Program Schedule

Below is a basic schedule of program dates. Additional details will be distributed by email or upon arrival.

### Journalism Residency South Africa

Sunday, March 31	Students arrive in Johannesburg, Orientation begins
Monday, April 1 – Sunday, April 7	Media Orientation in Johannesburg & Cape Town
Monday, April 8 – Friday, June 14	Journalism Residency period
Thursday, May 23 – Monday, May 27	Kruger National Park Excursion (5 days/4 nights) <i>*See the <b>Malaria</b> section below.</i>
Sunday, June 16	Depart for United States

## Accommodations

ULA will arrange for your housing while you are abroad, and the costs of your accommodations during the program period are covered by your program fee. Medill and ULA select housing based on proximity to work, comfort, and safety.

Students completing their Journalism Residencies in Cape Town will stay at Herschel House, a property of Freeland Lodge ([http://www.freelandlodge.co.za/Herschel\\_house.html](http://www.freelandlodge.co.za/Herschel_house.html)) in Observatory. During the program, students will have exclusive access to the house, which is equipped with a kitchen, two bathrooms, wi-fi, and laundry facilities. Students can expect to share a bedroom with another student of the same gender. Bed linens and towels are provided.

Students are responsible for all meals during the JR period, unless otherwise specified. Some meals during the briefing week will be provided. In their residence, students will have access to a kitchen to cook their own meals.

## Visas

Consult this website of the South African Embassy and Consulates in the United States for information about visas to South Africa:

<http://www.southafrica-newyork.net/homeaffairs/index.html>. Contact Sara McGuinn at [sara.mcguinn@northwestern.edu](mailto:sara.mcguinn@northwestern.edu) if you believe you will require a visa, and ULA and Medill will work with you to secure the necessary documentation for your visa application.

## Transportation

### Transportation Stipend

Students participating in Journalism Residency programs abroad will receive a transportation stipend to offset the costs of work-related or personal ground transportation expenses, such as the cost of airport transfers, daily transportation to/from the placement site, transportation to/from field assignments, and any other work-related or personal transportation expenses. It is meant to encourage a student to choose the safest and most responsible transportation option, in many cases Ubers, metered taxis or hired cars, even if that option is more expensive than others.

Your travel stipend will be processed after the start of the quarter. Be sure to set up direct deposit (CAESAR > Main Menu > Student Financial Services > Set Up Direct Deposit), so your stipend may be sent to you in a timely manner. **Note: This is separate from your work-study direct deposit.**

### Getting To/From the Airport

FrayIntermedia will arrange transportation from the airport to your group accommodation upon your arrival. You are responsible for getting to and from the airport for the Kruger excursion, as well as upon your return to the United States at the end of your program. If you arrange any personal trips that involve long road trips or include air travel, first consult with your site supervisors and local minders about your travel plans.

### Commuting

Students have several options for getting around their program city, and different modes of transportation are safer and more reliable than others. Most students get from place to place in Ubers, metered cabs, or private cars, since public transportation is not typically the safest or most reliable option. Metered cabs wait at taxi ranks, but they can also be called for pick-up at specific locations. They charge approximately 10 rand per kilometer. Uber also operates in Johannesburg and Cape Town. Your on-site supervisors and guesthouses can

advise about private drivers to hire for personal day trips or excursions. Also refer to the **Health, Safety, and Security** section for tips about safe travel.

### Identity and Diversity

The sections below provide some basic information, summarized from the Diversity Network Country Diversity Climate Notes for South Africa<sup>1</sup>, and reflections from past students about the cultural climate of South Africa. Also refer back to the Identity and Diversity section of the Orientation Guide for general guidance and resources.

#### Cultural Adjustment: Reflections from Past Students

- *[I had to adjust to] dealing with lots of languages at once [and] not walking alone at night.*
- *I had to teach myself to walk on the left side of the sidewalk.*
- *The biggest adjustment I made here was to adapt to the slower pace of life. Being at NU, I am really used to how fast-paced and stressful everything is. It wasn't like that here.*
- *There were no language barriers, but it was hard to adjust to the grading system they use in South Africa for assignments.*

### Gender Roles & Issues

Since the end of Apartheid, there has been significant progress made toward equality and justice for women in South Africa, including an increase in the number of positions for women in government. However, the rate of violence towards women, including rape, is higher in South Africa than in many other countries, and in recent years, South Africa has ranked first in sexual assaults per capita, according to reports by the United Nations. Female study abroad students, in particular, should be aware of these gender dynamics, take safety precautions, heed their instincts, and seek support if confronted with a challenging situation.

#### Gender: Reflections from Past Students

- *It was somewhat of a gendered society...Girls should be prepared for more catcalling, whistles, and probably more aggressive behavior from local guys than they may be used to in the U.S.*
- *It is very patriarchal. Girls are totally treated differently than in America. Gender issues in general are not discussed/accepted in most spaces.*
- *Know that violence against women and rape are major issues in this country. This didn't affect any of us personally, but it was a burden for the whole trip. Be prepared!*

### Sexual Orientation and Identity

South Africa has made significant strides in the treatment and institutional support of its LGBT population in recent history. Before and during apartheid, gay and lesbian individuals were persecuted for their sexual orientation, but since then, South Africa has taken many measures to correct errors of the past and improve conditions for gay and lesbian South Africans. In the post-apartheid era, gay and lesbian individuals are protected under South Africa's constitutional law, which prohibits discrimination based on sexual orientation, and since 2006, same-sex civil marriage has been legal.

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<sup>1</sup> Adapted from the Diversity Abroad Network <http://www.diversityabroad.com/study-abroad-africa/south-africa> (2017).

In general, there is an atmosphere of tolerance toward the LGBT community in South Africa, and gay and lesbian students traveling to South Africa will find welcoming communities in the country's most progressive cities. Resource:

- Gay and Lesbian Memory in Action (GALA): <http://www.gala.co.za/>

### Race and Ethnicity

South Africa's history of racial categorization and legislation continues to influence how South Africans identify themselves and others. Discussions over race are ongoing in South Africa, so it is likely that study abroad students will find themselves involved in these discussions, which may prove challenging at times. This may be particularly difficult for study abroad students to navigate, since international visitors do not necessarily fall into South African historical racial categories.

For example, African American students may find that their study abroad experience is the first time that they discuss race as a member of the majority group, while white students may experience what it feels like to be a minority. Since remnants of race-based discrimination are still apparent, students of color, including African American and Asian American students, may experience racially motivated comments that may be uncomfortable. If you encounter a situation that is difficult to understand or cope with, or that you find offensive or threatening, don't hesitate to reach out to your on-site team, as well as Medill and ULA for support.

#### Race & Ethnicity: Reflections from Past Students

- *I think that if you're African American/black, don't expect to be looked at as so in South Africa; especially if you're not dark skin. In South Africa, you're treated as "coloured." So really be ready for the strong race influence in South Africa.*
- *For me, the biggest issue I had to deal with was my racial identity. As an Asian-American, I was very self-conscious of how different I was from nearly all the communities we visited. In Stellenbosch, one other student from NU and I were usually the only Asians in one area. One time at a restaurant, a local teased me about the Chinese language, and I was pretty offended by it. But dealing with this, I just took time to reflect about my background and not let it bother me.*
- *Societal divisions by race are extremely acute (apartheid is far from over in practice). This is something to mentally prepare for.*
- *People are still very close-minded about sexual orientation and race is of course a major issue. Be aware of the differences you notice and let that guide you in understanding South Africa's past and present, as well as to make you more conscious of these issues back home.*
- *Stellenbosch is extremely white and extremely segregated, as is Cape Town, which can be a strange feeling.*

### Religion and Spirituality

South Africa has a large religious population and is recognized for its religious tolerance. The country's constitution and laws specifically protect religious freedom. The majority of South Africans identify as Christian. South Africa does not have any significant policies restricting the practice of non-Christian religions, which make up about 15% of the country's population.

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# Health, Safety, and Security

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The sections below provide information about health and safety risks and resources in South Africa, including reflections from past students. Refer back to the **Health, Safety, and Security** section of the Orientation Guide for more comprehensive information about preparing for and responding to health, safety, and security concerns.

## Staying Healthy

Medical care in South Africa is considered to be amongst the best in the world. Private hospitals and medical staff are of an international standard, and all large centers have full specialist care. All providers speak English. A wide range of medications is available from hospital and private pharmacies.

As a reminder, you must complete all required immunizations for travel to your site. Check health and safety recommendations provided by the Centers for Disease Control and Prevention: [http://wwwnc.cdc.gov/travel/destinations/traveler/extended\\_student/south-africa](http://wwwnc.cdc.gov/travel/destinations/traveler/extended_student/south-africa).

## Malaria

Malaria is present in Kruger, so you will need to acquire appropriate antimalarial medication for your visit to Kruger (5 days/4 nights), as well as take preventive measures to avoid mosquito bites. Appropriate antimalarial medications typically include:

- Atovaquone plus proguanil (Malarone®)
- Doxycycline (many brands and generics)
- Mefloquine (Lariam® and generics)

Which medication should be prescribed to you is dependent on your health history, so it is critical to consult with a travel health professional about the best option for you.

Although antimalarial medication is available in South Africa, do not defer obtaining antimalarial medications until you arrive. If your antimalarial medications are lost or stolen while you are in South Africa, contact GeoBlue for a referral to a reputable pharmacy.

How and when you take antimalarial medication will depend upon what is prescribed. Some medications must be started before your travel to Kruger, taken throughout the entire duration of your time in Kruger, and continued for the appropriate amount of time after your return. Stopping your medication will put you at risk of the disease. Understand that antimalarial medications only work if they are taken as prescribed. If you are not accustomed to taking medication regularly, establish a routine that will help you remember, such as taking them at bedtime or at breakfast.

Also plan to bring insect repellent as well as hydrocortisone cream to treat bites.

## Food and Water Precautions

Travelers have a small risk of developing diarrhea, but you should always wash your hands with soap or use an alcohol-based hand sanitizer before eating. Tap water is safe in all towns and cities, but it is recommended that you use bottled or boiled water in rural areas. Food is

also safe, but be sure to clean any fruits or vegetables purchased at markets before eating them.

### Cape Town Water Shortage

Cape Town has experienced a serious water shortage due to insufficient rainfall in recent years. Although the shortage is not as severe in 2019 as it has been in the recent past, water-saving measures are still underway in the area. As of December 1, 2018, in Cape Town, Level 3 water restrictions are in effect, which limit water usage to 105 litres (approximately 28 gallons) per person per day<sup>2</sup>. You should prepare yourself to adapt to the water restrictions of the region and take measures to conserve as much water as possible during your time abroad.

### Safety and Security

In addition to the **Standing Travel Advice** outlined in the Orientation Guide, you are advised to follow these precautions during your Journalism Residency. Refer to country information for South Africa on the U.S. Department of State website:

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/SouthAfrica.html>.

### Crime

- According to the U.S. Department of State, South Africa has a high level of crime. Violent crimes, such as armed robbery, rape, carjacking, mugging, and “smash-and-grab” attacks on vehicles, affect visitors and residents alike. Crime can occur anywhere, but you should exercise particular caution in the central business districts (CBDs) of major cities, especially after dark.
- Avoid travel to low-income residential or other “high risk” areas unless with adequate support. Consult with local contacts regarding unsafe areas in South Africa.
- Muggings and crime at ATMs (cash machines) is common. Commonsense precautions, most notably undertaking withdrawals only during daylight hours and from machines within secured shopping centers, can help to reduce the risk. Wherever possible, cash should not be withdrawn at gasoline stations, which are often targeted by criminals.
- Criminals may be armed; in the event of being accosted, do nothing to resist or antagonize assailants.
- When riding in vehicles, keep doors locked and windows closed.
- Keep a vigilant eye on your belongings when flying in/out of Cape Town International Airport (CPT) and OR Tambo Airport in Johannesburg, as luggage thefts have been reported.
- Be cautious if walking in the Table Mountain National Park in Cape Town, where muggers target visitors in isolated areas. Walkers should stay on marked paths, keep within sight of other walkers, and ensure that they have enough time to complete a walk and leave the park before dark.

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<sup>2</sup> [www.capetown.gov.za/thinkwater](http://www.capetown.gov.za/thinkwater) (2019).



### Transportation

Getting around South Africa safely is doable, but it is something that you have to take seriously, as there are various modes of transportation that are unsafe. We have already described the safe transportation options available to you, but below is some additional advice for safe travel:

- If you are walking, use only brightly-lit, busy streets, and maintain awareness of your surroundings. Avoid all unaccompanied travel on foot.
- Metered taxis are a suitable means of travel in urban areas, but you either need to use a taxi rank or call an authorized taxi provider to arrange a pick-up. Sit in the rear of the vehicle and keep windows up and doors locked at all times. Keep valuables out of sight and place bags by your feet.
- At night, regardless of your gender, it is best to use taxis or Ubers rather than walking. Do not use public transportation at night.
- Never get into a vehicle with a driver who has been drinking or seems intoxicated.
- Train travel is not recommended, with the exception of the Gautrain service in Greater Johannesburg. Services are slow and several serious accidents in recent years have raised concerns over safety standards.

### Social Unrest

Political demonstrations are frequent in Cape Town, and there is potential for spontaneous social unrest connected to industrial disputes, community grievances, and other socioeconomic issues. National elections will take place in May 2019, which could increase political unrest.

Unrest can also occur in the informal settlements around the N2 highway. Under no circumstances should students travel to informal settlements alone and they should avoid these areas at night – especially Kayalitsha, Guguleto, Langa and the Cape Flats.

As we outlined in the Orientation Guide, you should avoid all political rallies and demonstrations. If you find yourself caught in a protest, vacate the area immediately. Do not attempt to cross roadblocks erected by protesters.

#### Health, Safety, and Security: Reflections from Past Students

- *Stay in groups and look out for each other. Perhaps this is sexist of me, but often times being the only guy amongst a big group of girls from our program, I felt the need to be somewhat of a watchman for our group, especially if we went out to bars or clubs. This actually ended up being a good thing one particular time but it put me in the line of fire of an overly aggressive local. Had everyone in the group been cognizant of the situation we could have probably avoided the issue, though. So my recommendation is never get drunk to the point of not having a good understanding of the situation you find yourself in.*
- *Drunk driving is a very real and dangerous reality there [in South Africa], it is not a foreign concept like some view it here [in the United States]. You experience it almost every time you go out, so plan ahead from day one to make sure you know where you are, where you are going, and if there is a safe way to walk or someone is a designated driver.*

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# Frequently Asked Questions (FAQs)

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## Weather and Packing

### ***What is the weather going to be like?***

Cape Town has a Mediterranean climate, with warm, dry summers (our winter) and cool, rainy winters (our summer). The climate can feel quite similar to northern California. It will be warm when you arrive, but temperatures will get cooler throughout the program. It gets chilly at night, and May/June days can just break into the 60's, so be sure to pack a sweater and or a jacket, and a light rain jacket.

### ***Is there anything special that I need to pack for my program?***

Essentially everything that you may need you can find in your JR locations, but you should make sure to pack clothes that are suitable for the workplace. Consult past students for packing tips.

## Food & Water

### ***Can I drink the water?***

Yes. The vast majority of South Africans have access to clean water. However, due to current water shortages, access to tap water for drinking and other uses is limited. You may want to be prepared to buy bottled water, particularly when dining at restaurants.

### ***What is typical food?***

Not surprisingly, the cuisine of South Africa is often called "rainbow cuisine," since it draws from a variety of influences. Most meals incorporate meat or seafood (South Africans love their braais, or barbeques, as will you!). You will also find lots of restaurants specializing in international cuisines.

### ***Is the local cuisine vegetarian friendly?***

It can be. You are responsible for most of your own meals, and you can find lots of fruits, vegetables, and proteins at the supermarkets and at nearby restaurants.

## Money

### ***How much does the program cost? How much money should I plan to spend?***

See **Appendix I** or refer to your program page on the ULA website for cost information.

### ***Are meals included in my Program Fee?***

No. The Program Fee includes your tuition, program-related excursions, and housing. However, you are responsible for your own meals.

### ***How much cash should I bring?***

You should plan to bring \$200 cash with you, plus a credit card and an ATM or debit card to use for purchases and to access additional funds. It is also recommended that you bring a second credit card in case of emergency. If you choose to bring more US dollars, be sure to pack safely and monitor your belongings while traveling.

## Transportation

### ***Will I be picked up from the airport?***

Yes. More information about airport transfers will be provided closer to the date of departure.

### ***What if my flight is cancelled or delayed?***

ULA has forwarded your flight itineraries to your on-site team so that they can monitor your flights. If you will not arrive on your scheduled flight due to a missed connection, illness, or other reason, please email or text your on-site administrators and ULA to let us know when you are scheduled to arrive.

# Appendix I: Cost Breakdown

**JOURNALISM RESIDENCY SOUTH AFRICA  
(Cape Town or Johannesburg, South Africa)  
SPRING 2019  
Program Cost Information**

<b>FEES CHARGED BY NORTHWESTERN</b>		
<b>PROGRAM FEE</b>		
<p><b>Tuition: \$11,620</b> The tuition fee covers all program expenses, including:</p> <ul style="list-style-type: none"> <li>• Faculty and site supervision at JR site</li> <li>• JR on-site orientation program, and</li> <li>• Excursion to Kruger National Park</li> </ul>	<b>\$16,240</b>	
<p><b>Housing: \$3,500</b> The housing fee covers lodging at guesthouses in Johannesburg and Cape Town. Some breakfasts are provided by the guesthouses, but students are responsible for covering the costs of all remaining meals.</p>		
<p><b>GeoBlue Health Insurance: \$120</b></p>		
<p><b>Transportation: \$1,000</b> Students will receive a local transportation stipend (\$1,000) toward their commuting costs to/from their placement site.</p>		
<b>STUDY ABROAD ADMINISTRATIVE FEE</b>		
Students participating in this program are exempt from the Study Abroad Administrative Fee.		<b>\$0</b>
<b>TOTAL FEES CHARGED BY NORTHWESTERN</b>		<b>\$16,240</b>
<b>ESTIMATED ADDITIONAL COSTS</b>		
<b>International Airfare</b>		
Students are responsible for making arrangements to Johannesburg, South Africa, and back from either Johannesburg or Cape Town, South Africa, depending on their placement location, on the dates provided. Cost estimates are based upon travel from Chicago. International airfares vary greatly based on the point of departure, carrier, and type of ticket purchased as well as volatility of airline industry pricing. Students may choose to take advantage of frequent flyer or other airline awards available to them, which could significantly lower their travel costs.		<b>\$1,800</b>
<b>Discretionary Expenses</b>		
Personal expenses vary based on individual spending habits and budgets. Discretionary expenses represent an average of the amounts reported by previous students and include local transportation, personal expenses, and other incidentals. Students who plan to travel outside of their program location should estimate an additional \$500-\$1,000.		<b>\$1,800</b>
<b>TOTAL ESTIMATED ADDITIONAL COSTS</b>		<b>\$3,600</b>
<b>TOTAL STUDENT BUDGET (Fees + Estimated Additional Costs)</b>		<b>\$19,840</b>

For more information about billing, finances, and financial aid for study abroad, please refer to the Money Matters section of the ULA website or contact Krista Buda Bethel ([krista@northwestern.edu](mailto:krista@northwestern.edu)) in the Financial Aid Office. Also refer to the Withdrawal Policies for Northwestern-Sponsored Programs for information about refunds in the case of withdrawal or dismissal.