

Stellenbosch University

# PUBLIC HEALTH & DEVELOPMENT IN 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 Information

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## Program Team

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



### Jacob du Plessis

#### Program Director

#### Professor and Course Coordinator, Public Health in South Africa and Development Perspectives on Health in South Africa through Community Engagement

Jacob du Plessis is a full-time lecturer in the Department of Sociology and Social Anthropology and teaches development theory, community development, the sociology of health, the sociology of education and research methodology. He is the recipient of the Rector's Award for Teaching and two Golden Key best lecturer awards. He was also recently acknowledged for being one of the University's most inspiring lecturers. Research interests are linked to his teaching profile, but he is particularly interested in the scholarship of community engagement. Recent research includes: studies on the pedagogy of service-learning; a community collaborative research project on the heritage and history of Kayamandi; a study on the preservation of Papegaaiberg nature reserve (both projects are situated within Stellenbosch); and smaller projects that engage the intersection between development and health.

In the broader university context, Jacob has worked to institutionalize the scholarship of community engagement. He is a member of the Community Interaction Committee of the Senate and was chair of the Community Interaction committee in the Faculty of Arts and Social Sciences for three years. He also works on an ad-hoc basis and as a consultant for the Division of Community Interaction at SU, and in particular related to capacity building of faculty in the areas of service-learning, reflective practice, the scholarship of engagement and community collaborative research. As an engaged scholar, he served on the management committee of the Social Cohesion Movement and currently chairs the network organization SWOKK (Stellenbosch Welfare and Development Coordinating Committee), an umbrella body that links over 50 welfare and development organizations in the broader Stellenbosch area. He serves on the management board of Matie Community Services (MCS), and as chair of the One-Stop advisory board of MCS, which is responsible for overseeing student volunteering at SU. He has been the program director of the Northwestern University Public Health Program in South Africa since 2007.<sup>1</sup>

Jacob is your instructor or course coordinator for the two Global Health courses, Public Health in South Africa and Development Perspectives on Health in South Africa through Community Engagement. Additionally, as the Program Director, Jacob is responsible for orienting you to the program and to academic and cultural life in Stellenbosch, including the schedule, academic expectations, cultural adjustment, and safety and security. He also serves as an

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<sup>1</sup> <http://www.health-dev-studies.org/jacob-du-plessis/>

academic adviser and local expert, responsible for managing the program courses and curriculum and serving as an academic resource to connect ideas, generate questions, and facilitate discussion around program themes. Lastly, Jacob serves as an in-country emergency contact, so if you are unable to reach Werner (see below), contact Jacob for support during a crisis or emergency.



### **Amanda Gouws**

**Professor, Contemporary South Africa: A Political Economy/Policy Perspective**

**Professor and Course Coordinator, Culture, Language & Identity in South Africa**

Amanda Gouws is Professor of Political Science and holds a PhD from the University of Illinois in Urbana-Champaign in the USA. Her fields of specialisation are South African Politics and Gender Politics and Political Behavior. Her co-authored book with James Gibson from Washington University St Louis, *Overcoming Intolerance in South Africa: Experiments in Democratic Persuasion* (Cambridge University Press, 2003) was awarded the Alexander George Book Award for best book in Political Psychology in 2003. In 2004 she received the Rectors Award for Excellence in Research. She has published widely on issues in South African Politics and Gender Politics. In 2012 she received the award for Distinguished Women in Science from the Department of Science and Technology. She is a member of the Association of the Academy of Science of South Africa (ASSAF). She was a Commissioner with the South African Commission for Gender Equality until June 2014.

Presently, her research focuses on women and citizenship, the National Gender Machinery, representation and multiculturalism in the South African context. She is the editor of *(Un)Thinking Citizenship: Feminist Debates in Contemporary South Africa*. (UK: Ashgate and Cape Town: Juta, 2005). This book was selected as "Book of the Month" in February 2007 by Constitution Hill, the seat of the Constitutional Court. In 2007 she was the Edith Keeger Wolf Distinguished Visiting Professor at Northwestern University, USA. In April 2011 she was a resident at the Rockefeller Foundation Centre in Bellagio, Italy, where she is working on a book on women's politics and the womens movement in South Africa since 1994. She is a Board Member of the African Gender Institute at the University of Cape Town.<sup>2</sup>

Professor Gouws is your instructor for the Contemporary South Africa: A Political Economy/Policy Perspective course and coordinates the Culture, Language, and Identity in South Africa course. She serves as both an academic and cultural resource.

### **Frankie Mattes & TBD**

#### **Program Assistant**

*You will have two program assistants who provide support to the Northwestern program. They serve as a resource for understanding your host country and community, local culture and customs, and current events, and can provide assistance for any communication gaps that may exist between different cultures and languages. They are also available to accompany*

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<sup>2</sup> <http://www.sun.ac.za/english/faculty/arts/research/amanda-gouws>

*you on some field activities to help ensure smooth operations and to contribute to student learning.*

Frankie completed a Bachelor of Science degree in Psychology and Human Physiology, followed by a BSocSci Honours degree in Psychology from the University of Cape Town in 2016. She then earned a Postgraduate Diploma in Applied Ethics from Stellenbosch University in 2018. Frankie plans to pursue a Masters degree in Bioethics and Policy in the U.S. or the U.K. later this year, and has a keen interest in the potential that the field of Neuroethics holds for solving various public health challenges. In future, she hopes to establish a career in health-related consulting to improve access to, and the capacity of, health systems in South Africa and globally. This will be Frankie's 3rd year as the program assistant for the Health and Development portion of the programme. In addition to being an avid traveller, she loves hiking, photography, and wine-tasting in and around Stellenbosch.

### Werner de Wit

#### **Coordinator, Summer School & Short Programmes, Global Engagement Centre**

Werner and the staff in the Global Engagement Centre at Stellenbosch University International can provide you with information, support, and connections to student life at Stellenbosch University, including housing, student clubs, transportation, the gym and other SU facilities. They are also important resources for promoting your health and safety at Stellenbosch.

The Global Engagement Centre plays the following roles:

- **Orientation:** Introduces students to South Africa and Stellenbosch, including cultural adjustment, safety and security on campus, campus services, and a campus tour.
- **Campus Liaison:** Acts as a reference point to student life and student services on Stellenbosch campus.
- **Primary In-Country Emergency Contact:** Werner is available 24/7 in case of emergency. If you get sick, have any trouble, or experience any other emergency incidents, Werner will help and support you to ensure your safety, security, comfort, and well-being.

### Tentative Program Schedule & Activities

Your program will run from Monday, April 1, 2019, to Sunday, June 16, 2019. Below is a basic schedule of program dates. A more detailed schedule will be provided when it is finalized. Please note that activities and dates are subject to change.

Monday, April 1	Arrive in Cape Town; Airport pick-up Check in to student residences
Tuesday, April 2 – Friday, April 5	Orientation
Thursday, May 9 – Monday, May 13	Excursion to Johannesburg
Tuesday, May 14 – Thursday, May 23	Excursion to Kruger National Park and Hamakuya <i>Note: you will need to acquire antimalarial medication for this period (10 days/9 nights). See the <b>Malaria</b> section below.</i>
Friday, June 14	Final day of exams
Sunday, June 16	Depart for United States

### Course Descriptions

Refer to the **Academics** section of the Orientation Guide for more information about academic information, expectations, and policies.

### POLI SCI 358-SA: Contemporary South Africa: A Political Economy/Policy Perspective

This course aims to help students to develop a framework for analyzing South African politics. The course will briefly deal with the apartheid past and the transition to democracy, and then cover party politics at present and the politics of race. Toward the end of the course, students will concentrate on three important policy issues - political economy, gender equality, and HIV/AIDS - before concluding by questioning whether South Africa can consolidate its democracy.



### AFST 360-SA: Culture, Language, and Identity in South Africa

This course is an introduction to South African culture, identity issues and languages and will foster an understanding of how the attitudes, ideas and values of individuals and groups in South Africa are represented in their history, art, literature, languages, religion, food, cultural practices and customs, and other creative activities. The course is intended to provide students with an understanding of South African people and culture in order for students to be able to contextualize their public health courses. It also includes an experiential component where students are involved in a variety of cultural activities through volunteering, field excursions, home-stays with South African families, and related activities to encourage interaction with different South African populations. (See the **Background: South Africa** section.)

### GBL HLTH 315-SA: Public Health in South Africa

This course introduces students to the health care system in South Africa. Students will learn about the burden of disease in the Western Cape, including: HIV/AIDS and Tuberculosis; Malnutrition and Poverty; Sociocultural Rehabilitation; and Environmental and Occupational Health. The course consists of classroom instruction, readings, and presentations, as well as exposure to guest speakers and visits who can speak to these themes. Students will also take a field trip to the Garden Route (Southern Cape) where they will learn from an expert on indigenous medicine and who will introduce them to the African worldview on health. Also, in Hamakuya, north of the Kruger National Park, students will learn about access to health and community health, as well as contribute to research on water utilization.

### GBL HLTH 316-SA: Development Perspectives on Health in South Africa Through Community Engagement

The course takes on a sociological and social anthropological approach to understand tensions between economic and health policy and the ways in which they have influenced society and the state in the post-apartheid era.



## Excursions, Site Visits, and Study Trips

### Kruger National Park & Hamakuya

Under the direction of noted scholar David Bunn, a Northwestern University alumnus, professor at Colorado State University, and director of Public Nature, students will visit Kruger National Park and Hamakuya. With Professor Bunn, you will be able to experience places that tourists rarely have the opportunity to visit, including game viewing drives, night walks in the veld, and a rural homestay in a local village, all the while learning about the culture, history, research, and challenges of the places you visit.



### Johannesburg

Johannesburg is an important cultural, political, and historic center in South Africa. Possible visits in Johannesburg include Soweto, the Apartheid Museum, Constitutional Hill, and the Cradle of Humankind, where the hominid, Little Foot, was extracted.

### Cape Point

A day trip to Cape Point to the southern end of the Cape Peninsula offers beautiful panoramic views and interesting maritime history.



### The Garden Route

The Garden Route trip will take students along the southeastern coast of South Africa. The beaches and ecosystems along the Garden Route are quite diverse, and the chance to dip your toes in the warm waters of the Indian Ocean is an opportunity you can't pass up. Some stops include Mossel Bay, the towns of Knysna and Oudtshoorn, and Tsitsikamma National Park. Get ready: you may even meet an ostrich along the way!

#### Excursions, Site Visits, and Study Trips: Reflections from Past Students

- *The most impactful part of the program was the home stay in Hamakuya. Before this program, I have only heard about the struggles people in villages like Hamakuya deal with. Being able to put a face to these individuals and building a relationship with them has influenced my values for the better.*
- *The program allowed me to gain a comparative perspective on the South African health systems, and learn to look at many health topics through a critical and cultural lens. The excursions and site visits we had all were enjoyable and enhanced my experience abroad.*
- *I think each of the excursions gave a deeper look into different facets of the host country. The Cape Town experience allowed us to discover the social sphere, Johannesburg the historical/contemporary, Kruger the environmental, Hamakuya the economical, Worcester the academic, and Garden Route the cultural.*

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# Stellenbosch University<sup>3</sup>

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Stellenbosch University is recognized as one of the four top research universities in South Africa. It takes pride in the fact that it has one of the country's highest proportions of postgraduate students, of which almost ten percent are international students. The University lies in the picturesque Jonkershoek Valley in the heart of the Western Cape Winelands, about a 35-minute drive from downtown Cape Town.



It has five campuses and a total of ten faculties:

- Stellenbosch: Arts and Social Sciences, Science, Education, AgriSciences, Law, Theology, Economic and Management Sciences, Engineering
- Tygerberg (Bellville) and Worcester (rural campus): Health Sciences
- Belville Park: Graduate School of Business, School of Public Management and Planning, Part-Time Studies Division
- Saldanha: Military Science

## Language

Stellenbosch University promotes Afrikaans as an academic language while also acknowledging the importance of English and isiXhosa. The official *Language Policy and Plan of Stellenbosch University*, which was originally approved by the university's Council in 2002, emphasizes Afrikaans, but it has evolved since then, and some faculties are transitioning to parallel medium instruction (separate streams for Afrikaans and English) or English as the default medium of instruction.

## Academic Context

South African academic life is very similar to the European tradition. Courses are a mixture of lectures and seminars with group project time and site visits, individual laboratory time, and library work. Courses for the Public Health and Development in South Africa program are customized for our students, so while they are taught by Stellenbosch University professors, they do not necessarily reflect the academic culture or pedagogical style typical of Stellenbosch University courses.

## Accommodations

Your accommodations and a few group meals are provided as part of the program package, but you are responsible for most of your own meals.

## Housing

You will be living in Concordia, an international dorm in the residential area on campus. It is a safe, gated residence requiring students to show their ID upon entering. There are many dorm

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<sup>3</sup> From "About Stellenbosch University," <http://www.sun.ac.za/university/> and "Living in Stellenbosch," [www0.sun.ac.za/international/about/the-experience-at-stellenbosch/living-in-stellenbosch.html](http://www0.sun.ac.za/international/about/the-experience-at-stellenbosch/living-in-stellenbosch.html) (2017)

buildings, some of which are occupied by South African students. In your residence, you will share a flat with Northwestern or other international students of your same gender.



Your room will be furnished with a bed, a desk, a chair, and a closet. You will also be provided with a pillow, sheets, blankets, and pillowcase. Buildings in South Africa often do not have central heating, so you should pack warm sleepwear. Please note that you are responsible for washing your sheets. Laundry facilities exist within Concordia.

Although the building is secure, you should be careful with your belongings: you should always lock your rooms and make sure that your computer and other valuables are put away and locked up. Please note: Take care of your personal belongings. Stellenbosch University will not be held responsible for the loss of personal property.

### Meals

Meals are not provided, but you will have mini-kitchens in your apartment suites to prepare your own meals. There are a number of eateries and food shopping centers in the area. The nearest grocery stores are Checkers, Spar, Shoprite, Pick & Pay. Neelsie, the student center (see below), also has a wide variety of foods at very cheap prices. Stellenbosch also has many great reasonably priced restaurants. (See the **Food & Water** section in the FAQs.)



## Stellenbosch University Resources & Facilities

### Langenhoven Student Centre (Neelsie)

Stellenbosch University's Norris-equivalent is the Langenhoven Student Centre, better known as the Neelsie. It is named after an Afrikaans author, CJ Langenhoven, who was an alumnus of the university. This modern center offers students administrative and financial services, including ATM facilities for four branch banks. There is also a large food hall, which caters to a wide variety of tastes ranging from full home-style meals to light meals and fast food. The top floor houses the student council and other student organizations. Although there is a bookstore, post office, and travel shop in Neelsie, you will probably find most commercial and entertainment needs better fulfilled at the Eikestad shopping mall just off campus or in the historic downtown area of Stellenbosch.

### Library

The JS Gericke Library is one of the biggest subterranean libraries in the world with a total floor space the size of three rugby fields! It houses a considerable volume of books, study desks and cubicles for your learning needs. It is close to Neelsie and is a popular place to study. However, keep in mind that it is closed on Sundays and public holidays, so make sure to adjust your study habits accordingly.

## Email & Internet

You should plan to bring your own laptop to use throughout the program. However, there are computer labs available for your use in University buildings nearby. The biggest computer lab is called Humarga, which has printing facilities.

As of 2018, Concordia has wi-fi connectivity in the rooms. However, the wi-fi can be spotty at times, so you may want to bring an Ethernet cord as a backup. Every room in Concordia has an Ethernet jack that connects to your personal computer.

You will not be charged by the amount of time you use the Internet but by the amount of data you use. For example, it will be fairly cheap to check your e-mail but expensive to download a movie or Skype. (Download any large files to your computer before you depart.) But do not be alarmed about data usage: students usually do not exceed their data allotment, and data is relatively inexpensive to purchase if you need more.

## Postal Mail and Courier Services

Mail between the US and South Africa generally takes 10-20 days, but DHL and FedEx operate in South Africa. Keep in mind that any packages sent from the US will likely be opened and examined by customs, so it is not advisable to send medications (these should be packed with you) or irreplaceable or expensive items. Your mailing address at Stellenbosch is:

*Your Name*  
c/o Werner de Wit  
Stellenbosch University  
Global Engagement Centre  
Private bag X1  
Matieland 7602  
South Africa  
Phone: +27 (0)21 808 9002

Courier services require a physical address. If you want to use a courier service, use the following address:

*Your Name*  
C/O Werner de Wit  
Stellenbosch University  
Global Engagement Centre  
RW Wilcocks Building (South)  
cnr Victoria and Ryneveld Streets  
Stellenbosch 7600  
South Africa  
Phone: +27 (0)21 808 9002

## Student Life

Stellenbosch University students are very active in student and residential life. During orientation, you will be introduced to various student clubs and societies in which you can get involved. Find out more information about student societies here:

<http://www.sun.ac.za/english/students/student-societies/Pages/default.aspx>.

## Gym

You will have access to the student Gymnasium using your Stellenbosch ID for a small additional fee. The facilities include an indoor track, squash courts, a weight training area, circuit training, an indoor and outdoor pool and great classes. There are also a number of sports teams and clubs at Stellenbosch, so contact the Global Engagement Centre for more information about how to get involved, schedule permitting.

## International Student Organization of Stellenbosch (ISOS)

ISOS was established in 1996 and aims to bring together all international students. It assists in supporting, facilitating and orientating international students and goes a long way in serving the social needs of international students on campus. Local students are also strongly encouraged to become members. Learn how to get involved in ISOS here:

<https://www0.sun.ac.za/international/current-students/get-involved-in-isos.html>.

# South Africa

South African history and culture are both rich and complex. We provide some basic information below, but we encourage you to research the history of South Africa—before, during, and after apartheid—as well as general country information, including the political system, geography, the economy, population, culture, and current events prior to your trip. Your ability to take full advantage of your time abroad will be influenced by the amount of preparation and research you do on South Africa before you go, so read as much as you can!

## Fast Facts<sup>4</sup>

- Surface Area: 1,219,090 sq km (slightly less than twice the size of Texas)
- No. of Provinces: 9
- Population: 55.38 million
- Government type: parliamentary republic
- GDP per capita: \$13,600 (est.)
- GDP growth: 1.3% (est.)
- Major industries: mining (world's largest producer of platinum, gold, chromium), automobile assembly, metalworking, machinery, textiles, iron and steel, chemicals, fertilizer, foodstuffs, commercial ship repair
- Population below poverty line: 16.6%
- People living with HIV (15-49 years old): 18.8%
- Religions: Christian (86%); Ancestral, tribal, animist, or other traditional African religions (5.4%); Muslim (1.9%), Other (1.5%), Nothing in particular (5.2%)

## Population

South Africa is a nation of diversity, so it is no surprise that South Africa calls itself the Rainbow Nation. In general, people are classified into four racial categories, a legacy of apartheid:

- Black African (80.9%): refers to anyone of African descent, including the Nguni, comprising the Zulu, Xhosa, Ndebele and Swazi people; the Sotho-Tswana, who include the Southern, Northern and Western Sotho (Tswana people); the Tsonga; and the Venda.
- White (7.8%): refers to anyone of European descent, including the Afrikaners, descendants of Dutch, German and French Huguenot who came to the country from the



<sup>4</sup> <https://www.cia.gov/library/publications/the-world-factbook/geos/sf.html> (2019).

17th century onwards; English-speakers, descendants of settlers from the British Isles who came to the country from the late 18th century onwards; and immigrants and descendants of immigrants from the rest of Europe, including Greeks, Portuguese, Eastern European Jews, Hungarians and Germans.

- Colored (8.8%): refers to people of mixed lineage descended from slaves brought to the country from east and central Africa, the indigenous Khoisan who lived in the Cape at the time, indigenous Africans and whites. The majority speak Afrikaans.
- Indian/Asian (2.5%): refers to anyone with roots in the Indian subcontinent and Asia, many of whom descended from indentured workers brought to work on the sugar plantations of what was then Natal in the 19th century. They are largely English-speaking, although many also retain the languages of their origins. There is also a significant group of Chinese South Africans.

Although apartheid no longer exists, many South Africans still identify themselves and others according to these categories, but within each of these categories is a significant amount of diversity. The South African government also uses these categories to determine the impact of development initiatives and policy and how the different race categories are affected in terms of equitable redress in South Africa.

### Language

There are 11 official languages: 1) Afrikaans, 2) English, 3) isiNdebele, 4) isiXhosa, 5) isiZulu, 6) Sepedi/Sesotho sa Leboa, 7) Sesotho, 8) Setswana, 9) siSwati, 10) Tshivenda, and 11) Xitsonga.

As of 2017, isiZulu is the most common home language, spoken by nearly a quarter of the population (24.7%). It is followed by isiXhosa at 15.6%, Afrikaans at 12.1%, Sepedi at 9.8%, Setswana at 8.9%, English at 8.4%, and Sesotho at 8%. The remaining official languages are spoken at home by less than 5% of the population each.<sup>5</sup>

### Contemporary South Africa

South Africa's post-apartheid governments have made remarkable progress in consolidating the nation's peaceful transition to democracy. Programs to improve the delivery of essential social services to the majority of the population are underway. Access to better opportunities in education and business is becoming more widespread. In the middle classes, a minority of African South Africans has become very affluent (in terms of population, more African South Africans are considered affluent than White South Africans), while the majority of Africans remain poor. As a matter of fact, based on the Gini-Coefficient, social inequality in South Africa intra-rationally is now regarded to be one of the highest in the world.<sup>6</sup> Nevertheless, transforming South Africa's society to remove the legacy of apartheid and the prior impact of colonialism will be a long-term process requiring the sustained commitment of the leaders and people of the nation's disparate groups.

<sup>5</sup> <https://www.cia.gov/library/publications/the-world-factbook/geos/sf.html> (2019).

<sup>6</sup> <https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html> (2019).

Since this program are intended to introduce you to contemporary issues in South Africa, we encourage you to read South African newspapers online to familiarize yourself with current events. (See the **Links & Recommended Reading** section.)

## Transportation

There are many modes of transportation in South Africa, some of which are safer and more reliable than others. Below is basic information about how to get around, but also refer to the **Health, Safety, and Security** section for tips about safe travel.

- **Foot and bike.** On the Stellenbosch campus, you won't have a problem with transportation. Many Stellenbosch students use bikes, but your classes and the center of town are both within walking distance of the dorm. Should you wish, bikes are available for rent from the university.
- **Bus and rail.** There is a metrorail that travels between Stellenbosch and Cape Town, but it is not always the safest or most reliable form of transportation. (There is no bus service.) There are more reliable bus services in Cape Town, thanks to the investment in transportation infrastructure from the World Cup in 2010. Public transportation in South Africa, however, can be very dangerous, particularly at night, so it is important that you have alternate transportation plans. All travel arrangements can be made via Stellenbosch University International.
- **Minibus Taxis.** These are a common form of public transportation in Cape Town, but they should be avoided, as they are unreliable, unsafe, and often in very poor condition.
- **Taxis / Ubers.** Metered cabs are very reliable and are the best way to get around Cape Town. They wait at taxi ranks around Cape Town, but they can also be called for pick-up at specific locations. They charge approximately 10 rand per kilometer. Uber also operates in Cape Town. Be sure you know where you are going and travel in groups whenever possible.
- **Private Car / Shuttle.** The Global Engagement Centre can advise students about approved transportation for personal day trips or excursions. Student drivers at Stellenbosch, who will often accompany you on your program excursions, may be available for personal trips.

## Getting To/From the Airport

Stellenbosch University will arrange all transportation to/from the airport for program-related activities. However, if you arrange any personal trips that involve long road trips or include air travel, you must first consult with your Program Director about your travel plans. Note: international travel, such as to Swaziland or Lesotho, can have safety and legal implications. Once you have notified and received approval from your Program Director, then consult with the Global Engagement Centre for a recommendation of a shuttle provider.

## Visas

U.S. citizens will not need a visa for South Africa for this program, since they can enter as a visitor and stay for up to 90 days. If, for any reason, you think that you will stay in South Africa after the program is completed and will exceed a 90-day visit, or if you do not hold a U.S. passport, please contact ULA about securing the appropriate entry document.



## Identity and Diversity

The sections below provide some basic information, summarized from the Diversity Network Country Diversity Climate Notes for South Africa<sup>7</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, especially in Hamakuya. 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.

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

<sup>7</sup> Adapted from the Diversity Abroad Network <http://www.diversityabroad.com/study-abroad-africa/south-africa> (2017).

country's most progressive cities. There is also an LGBT society on Stellenbosch's campus that can provide support to LGBT students. 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 Program Director or other on-site staff 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 (10 days/9 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. In

Hamakuya, bottled water is a bit scarce, so you may consider bringing water purification tablets for these days. 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, and level 3 water restrictions are in effect in Cape Town<sup>8</sup>.

As of December 1, 2018, Stellenbosch Municipality has enacted level 2 water restrictions, which limit water usage to 150 litres (approximately 40 gallons) per person per day<sup>9</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 time in South Africa. 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.

<sup>8</sup> [www.capetown.gov.za/thinkwater](http://www.capetown.gov.za/thinkwater) (2019).

<sup>9</sup> <https://www.stellenbosch.gov.za/news/latest/505-level-2-tariffs-with-level-5-restrictions> (2019).

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The same precautions that you use for personal safety and the protection of property elsewhere in South Africa should be used in Stellenbosch, and maybe even more so given the concentration of people, cell phones, laptop computers, and vehicles at the university. The Stellenbosch University Risk and Protection Services (USBD) implements preventative measures for campus safety, such as campus patrols, a 24-hour control room, and other services, but these only work if students make use of them! Below is a list of crime prevention services and safety tips:

- Risk and Protection Services. USBD delivers in-house security- and safety services at the Stellenbosch, Tygerberg and Bellville Park Campuses. Their service centers are manned 24 hours a day and are the reporting points for incidents such as theft, trespassing and assault. They also serve as general information centers.
- Green Route. The Green Route is a preferential route that covers all the academic buildings, residences, and computer centers on campus. It is actively patrolled by students and security officials wearing orange armbands from 21:00 to 06:00. It is recommended that students use the Green Route when walking around on the main campus after sunset.

### 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.
- When arranging personal travel, you must notify the Global Engagement Centre of your travel plans and possible contact number(s). Hiring a rental car and driving yourself to your destination is not permitted.

### 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.*
- *Stay in a group. Don't use public transportation or taxis! just uber and university vans. Be aware of your surroundings especially in the cities.*

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# Frequently Asked Questions (FAQs)

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## Weather and Packing

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

Stellenbosch 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. Past students have assumed that all of Africa is hot and have neglected to pack some warm clothing. Don't let this be you! 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?***

You will be taking day trips and more extended excursions, so you will want things that travel easily. We recommend that you bring a backpack, duffel bag, or moderate-sized suitcase and a daypack. Bags with shoulder straps are preferable to suitcases, because they're easier to carry and are more portable. Also, for the two-week Johannesburg and Kruger excursion, we will need for you to bring luggage that can be packed into vans and trucks, so be sure to bring a backpack, duffel back, or other soft bag.

## Food & Water

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

Yes. The vast majority of South Africans have access to clean water. However, due to recent 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?***

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

## Money

### ***How much does the program cost?***

See **Appendix I** for a breakdown of the program costs.

### ***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.

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***How much money should I plan to spend?***

Refer to the student budget in **Appendix I** for an estimate of costs for additional meals and discretionary expenses. The figures included in the budget represent averages reported by past students.

***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.

***How will I find the representative from Stellenbosch when I arrive at the airport?***

After you pass through immigration and collect your luggage, you will see a representative from Stellenbosch University holding a sign.

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

Stellenbosch University and ULA staff have access to your travel itineraries, but if you will not arrive on your scheduled flight due to a missed connection, illness, or other reason, please email and call the Global Engagement Centre and ULA to let us know when you are scheduled to arrive.

***How much free time do I have? What can I expect to do outside of class?***

There is free time before and after classes, and you will have many weekends free. Contact the Ambassadors for your program to get suggestions for things to do in your spare time: <https://www.northwestern.edu/abroad/student-experiences/ambassador-program/student-ambassadors.html>



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## Links & Recommended Reading

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### Program & Country Information

- Public Health and Development in South Africa program page: <https://www.northwestern.edu/abroad/study-abroad/explore-programs/africa/public-health-development-in-south-africa.html>
- NU in South Africa Blog: <http://sites.northwestern.edu/ipd-southafrica/>
- CIA World Factbook South Africa: <https://www.cia.gov/library/publications/the-world-factbook/geos/sf.html>

### Books

It's worth getting a good pocket guidebook to get you around Cape Town, such as Lonely Planet, etc. Here are a few other recommendations:

- *Long Walk to Freedom*, Nelson Mandela: His autobiography, a must-read!
- *A History of South Africa*, Leonard Thompson: concise overview of a very complicated history!
- *Cry, the Beloved Country*, Alan Paton: a classic South African novel
- *Country of My Skull*, Antjie Krog: an Afrikaans perspective
- *The Kruger National Park: A Social and Political History*, Jane Carruthers
- *Dinner with Mugabe*, Heidi Holland
- *Of Wild Dogs*, Jane Taylor: murder mystery
- *Born A Crime: Stories from a South African Childhood*, Trevor Noah – especially great in audiobook form to hear the various languages he speaks
- Anything by Nadine Gordimer or J.M. Coetzee, very famous South African novelists

### Travel & Transportation

- South Africa tourism site: [www.southafrica.net](http://www.southafrica.net)
- Cape Town and Western Cape tourism site: <http://goto.capetown/home>
- Movies: <http://www.moviesite.co.za>, <http://www.labia.co.za/>
- Concerts: <http://capetownmagazine.com/events/>, [http://www.songkick.com/metro\\_areas/32788-south-africa-cape-town](http://www.songkick.com/metro_areas/32788-south-africa-cape-town)

### Organizations

- Africa Unite: <http://www.africaunite.org.za/>
- Etafeni: <http://www.etafeni.org/>
- Western Cape Rehabilitation Centre: <http://www.wcrc.co.za/>

### Health & Safety

- US Department of State Country Guide for South Africa: <https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/SouthAfrica.html>
- World Health Organization: South Africa: <http://www.who.int/countries/zaf/en/>

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- CDC: Health Information for South Africa:  
[http://wwwnc.cdc.gov/travel/destinations/traveler/extended\\_student/south-africa](http://wwwnc.cdc.gov/travel/destinations/traveler/extended_student/south-africa)
  - Department of Health, Western Cape Government:  
<http://www.westerncape.gov.za/dept/health>

### Cape Town Water Shortage

- City of Cape Town: <http://www.capetown.gov.za/thinkwater>
- Stellenbosch Municipality: <https://www.stellenbosch.gov.za/news/latest/471-defeat-the-water-challenge>
- University of Stellenbosch: <https://www.sun.ac.za/english/water-crisis>

## Appendix I: Cost Breakdown

**PUBLIC HEALTH & DEVELOPMENT IN SOUTH AFRICA  
(Stellenbosch, South Africa)  
SPRING 2019  
Program Cost Information**

<b>FEES CHARGED BY NORTHWESTERN</b>	
<b>PROGRAM FEE</b>	
<b>Tuition: \$15,320</b> The tuition fee covers all program expenses, including: <ul style="list-style-type: none"> <li>• lectures and instruction for four courses</li> <li>• field visits and excursions to locations such as Johannesburg, Kruger National Park, Hamakuya, Cape Town, Stellenbosch (including all related travel costs)</li> </ul>	<b>\$18,040</b>
<b>Housing: \$2,600</b> The housing fee covers: <ul style="list-style-type: none"> <li>• lodging at the Concordia dormitory at Stellenbosch University</li> <li>• accommodations in guest houses, hostels, or camps during field trips and excursions</li> </ul> No meals are included; students are responsible for covering the costs of all meals.	
<b>GeoBlue Health Insurance: \$120</b>	
<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>\$18,040</b>

<b>ESTIMATED ADDITIONAL COSTS</b>	
<b>International Airfare</b> Students are responsible for making arrangements to fly round-trip to Cape Town, South Africa, 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>Books &amp; Supplies</b>	<b>\$100</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 meals, non-program transportation, and other incidentals. Students who plan to do personal travel outside of the program location should estimate an additional \$500-\$1,000.	<b>\$2,300</b>
<b>TOTAL ESTIMATED ADDITIONAL COSTS</b>	<b>\$4,200</b>

<b>TOTAL STUDENT BUDGET (Fees + Estimated Additional Costs)</b>	<b>\$22,240</b>
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For more information about billing, finances, and financial aid for study abroad, please refer to the [Money Matters](#) resource page of the Undergraduate Learning Abroad website or contact Krista Buda Bethel ([krista@northwestern.edu](mailto:krista@northwestern.edu)) in the Financial Aid Office. Also refer to the Withdrawal and Refund Policies for Northwestern-Sponsored Programs for information about refunds in the case of withdrawal or dismissal.