



FACULTY OF LAW
UNIVERSITY OF CAPE TOWN
INTERNATIONAL STUDENT GUIDE
Arrival and Orientation Information
for
Postgraduate students

WELCOME to UCT LAW¹

This arrival and orientation guide has been produced for students who are coming to study at UCT Law from outside of South Africa. It provides practical guidance on coming to live and study in Cape Town from an international student perspective and information on some of the University's central support services.

Our intention is to complement other sources of guidance you are likely to receive as part of your introduction to the Faculty and to other University resources and services.

A key service that you will likely be familiar with is UCT's [International Academic Programmes Office](#), which (amongst other things):

- provides information and advice on immigration regulations, including how to renew your visa and working in South Africa as an international student
- hosts an extensive orientation programme with activities to welcome new international students
- organises activities open to all students throughout the year
- advises on what to do and who to contact in the event of emergencies or difficulties during your time in Cape Town.



¹ Please note that this guide is intended to provide general information to assist your arrival and stay in Cape Town. However, the Faculty of Law and the University of Cape Town accept no liability whatsoever for any injury or loss that may result from using this guide. You are urged to check information as this can change all the time.

MESSAGE FROM THE DEAN



Professor Danwood Chirwa
Dean: Faculty of Law

We are always so pleased to welcome our international postgraduate students to the University of Cape Town's Faculty of Law. A large percentage of our postgraduate students come from elsewhere in the world – and this is part of what makes enrolment through our School for Advanced Legal Studies such a rewarding experience for local and international students alike.

This guide is intended to make your arrival and orientation a little smoother, adding on to information provided to you by UCT's International Academic Programmes Office, as well as through the Faculty's postgraduate orientation sessions held at the beginning of each academic year.

Welcome!

Professor Danwood Chirwa

DEPUTY DEANS



Professor Johann Hattingh
Deputy Dean: Postgraduate



Assoc Professor Kathy Idensohn
Deputy Dean: Undergraduate

Table of Contents

LOCATION OF THE FACULTY OF LAW.....	6
FACULTY OFFICE.....	7
ACCOMMODATION.....	8
On-campus accommodation.....	8
What you will need to supply.....	8
Management of Third Tier Residences.....	8
Off Campus Student Accommodation Service.....	9
Other resources.....	9
TRANSPORT.....	10
Transfers to and from the Airport.....	10
Getting to campus daily.....	10
The UCT Shuttle Service.....	10
Getting around on campus.....	10
Off Campus Transport.....	11
Cab Services.....	11
Golden Arrow Buses.....	11
Metrorail.....	11
MyCiTi.....	11
Taxi Service.....	11
Own transport.....	11
HEALTHCARE.....	12
UCT Student Wellness Service (SWS).....	12
Medical Services.....	12
Counselling Services.....	12
Contact Student Wellness Services.....	12
Emergency Contact Student Wellness Services.....	12
Long-term health conditions.....	12
Known allergies and illnesses.....	13
On-going medical treatment and/or medication.....	13
Medical Insurance.....	13

Hospitals and ambulances	13
Emergency Medical Care	14
Medical Practitioners.....	15
Dental Care	15
Optical Care	15
Disability Support.....	15
Faculty of Law Student Emergency Fund.....	16
National holidays.....	17
Safety	17
Finance	18
Banks and currency	18
Opening a bank account.....	18
Electricity.....	19
Mobile phones.....	19
Touring the peninsula.....	20
Weather.....	20
Shopping, supermarkets and shopping centres	21
Fitness.....	21
The UCT Gym.....	21
Recreation	21
UCT Clubs and Societies.....	21
Off campus recreation.....	22
Religion	22
ACADEMIC RESOURCES AND SERVICES.....	25
Orientation & Registration.....	25
Library	25
Online systems	25
Internet and wifi.....	25

LOCATION OF THE FACULTY OF LAW

The University of Cape Town is laid out on a number of campuses. The three main campuses in Rondebosch are called Upper Campus (the main campus); Middle Campus (University Administration, School of Economics, Law and others); and Lower Campus (University Management, Residence, Theatre, School of Education, School of Dance and others). Situated on the lower slopes of Devil's Peak above the suburb of Rondebosch in Cape Town, the university precinct is really beautiful with a view right across the peninsula.

The Faculty of Law is located on the Middle Campus in the *Wilfred & Jules Kramer Building*. While there is a university bus service, Middle Campus is a short walk up the hill to Upper Campus and a short walk down the hill to Rondebosch, where you will find the nearest shops, pharmacy, restaurants, coffee shops, supermarkets and public transport).



There are two entrances to the Kramer Law School building:

- a) From Cross Campus Rd, off Woolsack Drive, from the M3 highway
- b) From the Main Rd, up Grotto Rd, right into Lovers Walk, and left into Stanley Rd.

FACULTY OFFICE

The Law Faculty Office is your go-to place for all issues related to your registration, curriculum, course load, timetables, and any concerns you have about your academic work. If the Faculty Office is not the right place to be, they will direct you to who you should speak to.

This office is located on Level 4, Kramer Law Building, on Cross Campus Road, Middle Campus, in Rondebosch.



Ms Nondwe De Caires
Faculty Manager



Mr Lwandile Nontsele
Faculty Liaison Officer



Ms Monique Kerspay
Front Desk Administration



Ms Patricia Phillips
Postgraduate Manager



Ms Clare Richfield
Postgraduate Officer



Ms Lameez Viljoen
Undergraduate Manager



Ms Lizeka Stemela
Undergraduate Officer

ACCOMMODATION

We caution that residence spaces are in extremely high demand, and you are advised to start your accommodation enquiries and research as soon as you have submitted your application for study.

On-campus accommodation

Postgraduate students in the Law Faculty can apply for accommodation in Tier 3 or Third Tier residences at UCT. Third Tier residences provide accommodation for senior postgraduate students in individual houses and blocks of flats owned by the University. All bedrooms in Third Tier residences are single. All residences have strict access control, and most are monitored by closed circuit television for added security. Most Third Tier Residences are self-catering.

What you will need to supply

All student rooms in residences, houses and flats are equipped with basic furniture – a bed, mattress, cupboard, desk, chair, bookcase, wastepaper bin, curtains and notice board.

You will need to provide your own bedding (duvet, duvet cover, sheet, pillow, pillowcase) and towels. In addition, you will need a desk lamp (essential), rug, radio, portable television, heater, plants, cushions, mattress protector, or anything that will make you feel at home.

Kitchens in self-catering residences are equipped with a fridge, a stove, a microwave and cupboards. However, you will need to supply your own kitchen equipment eg. pots, plates, mugs, glasses, cutlery, kettle, toaster, iron, and household items such as buckets, brooms, dust pans, dusters, and dishcloths.

You are also advised to bring a torch in case of a power cut or loadshedding. Candles are not permitted as they pose a serious fire hazard.

You **must** provide a strong padlock for your door. A 40mm *Viro* or *Cisa* with at least two keys is recommended.

Management of Third Tier Residences

Each Third Tier Residence has a dedicated warden and sub-wardens whose responsibility it is to foster a healthy sense of community in their residence and, along with the representative House Committee in each residence, oversee the social and academic engagement of all students living in the facility.

The Third Tier Residence complexes are overseen by a Residence Co-ordinator whose responsibility it is to manage the facilities and the continued good condition of the apartments and homes, including furnishings, appliances, laundry facilities, access controls and similar assets.

[Please consult *A Guide to UCT's Third Tier Accommodation* for a comprehensive explanation of the facilities.](#)

Off-campus accommodation

Private sector accommodation is available throughout Cape Town and particularly in the suburbs close to UCT. There are rooms available in houses shared with resident landlords or with other students, as well as whole houses and apartments. We strongly advise viewing a property in person, or have a reliable person view the property on your behalf, before committing to a tenancy agreement with a landlord.

PLEASE NOTE: you should carefully consult a map of Cape Town, and transport routes, before identifying an area to live in. Some areas that may have more affordable accommodation are often quite far from campus in areas where transport can be a challenge.

Off Campus Student Accommodation Service

The UCT Off Campus Student Accommodation Service (OCSAS) provides a practical and viable alternative to the university's in-house residence system by way of comprehensive information and guidance on what is available off-campus. Straight forward information allows students to make well-informed choices about where they want to live and who to rent from. This process is streamlined by a database of landlords seeking students as lessees for their properties. OCSAS has a list of temporary accommodation where you can stay whilst looking for a suitable longer-term option.

[Please consult the OCSAS website for more detailed information and assistance.](#)

Other resources

You may like to research some of these resources when considering your accommodation needs. These are some examples of agencies available.

- [DigsConnect](#) is the largest student marketplace in South Africa and has connected thousands of students with landlords across the country.
- [Nest](#) offers stylish, safe, and secure accommodation options in prime locations in Cape Town and is perfect for students who are always on the move.
- [CampusKey](#) boasts two blocks of trendy apartments within walking distance of upper, middle, and lower campus, as well as the UCT Shuttle stops.
- [Student & Life](#) is in the heart of Cape Town and offers safe, affordable and exciting lifestyle accommodation for all students.

TRANSPORT

Transfers to and from the Airport

Cape Town International Airport is approximately 15km (10 miles) from UCT, and it takes approximately half an hour to travel to what we loosely refer to as “the southern suburbs” - where UCT is located - or into the city centre and surrounds in off-peak hours.

Airport transfers can be pre-booked with recommended companies such as:

- Excite Taxis: <http://www.excitetaxis.co.za> or +27 (0)21 448 4444
- Dial-a-Cab <https://www.dialacabcapetown.co.za/> or +27 (0)84 730 9467

Please direct your enquiries and or bookings directly to the vendors.

DISCLAIMER: *The services above are not UCT services.*

Getting to campus daily

UCT Law is located on one of the three campuses that make up the University's primary campus. Although Middle campus is within walking distance of the Rondebosch Main Road and public transport stops, you are cautioned that it is quite a steep walk uphill as the campus occupies the lower slopes of Devil's Peak mountain.

The UCT Shuttle Service

The UCT shuttle service operates between residences, campuses and some public transport hubs and parking facilities. The buses are environmentally-friendly and cater for sight- and hearing-impaired students. This scheduled service is free to all staff and students and is available on weekdays, weekends, and holidays, during both term time and vacations. It also includes a late-night service.

Schedules are posted on UCT Shuttle notice boards and are available on the UCT website. It is recommended that you download the UCT Shuttle App which will give you access to all routes, schedules and timetables.

[Please visit the UCT Shuttle website for more detailed information, schedules and to download the GoMetro shuttle app.](#)

Getting around on campus

Once on campus, walking is the most practical and easiest way to get around. UCT's campuses are wheelchair-accessible and if you make use of a guide dog/walking cane.

Walking alone on campuses, especially after dark, is strongly discouraged. However, if you find yourself in a situation where that is unavoidable, Campus Protection Services (CPS) are on call 24 hours a day, 7 days a week to assist, and you should be able to ask for an escort.

The CPS 24-hour toll-free number: 080 650 2222. Students can contact this number even if you have no airtime on your phone.

Off Campus Transport

Cab Services

Cape Town has many cab services to choose from which are on call 24/7. *Uber, Excite* and many other services are available and have downloadable apps. It is highly recommended that you spend some time researching private cab services so that you are fully aware of the services, prices, reliability, and safety that they deliver before you book a ride. When using private transport, it's a good idea to share trip details with a trusted friend or colleague.

Golden Arrow Buses

The Golden Arrow Bus Service operates on many city routes and the buses are accessible from the UCT Shuttle stops in Claremont and Mowbray. [Visit the Golden Arrow website for more details.](#)

Metrorail

Cape Town's train service is notoriously unreliable, and unsafe. However, many still use the trains for their daily commute and other travel. The Southern Line stops at Mowbray, Observatory, Rosebank and Rondebosch stations, which are all within walking distance of UCT's lower, middle and upper campuses.

MyCiTi

The MyCiTi bus service connects with the UCT Shuttle at a point on Buitenkant Street in the city, just at Gardens Centre. It runs to several areas in and around Cape Town. Get your MyConnect card at MyCiTi station kiosks and participating retailers. [Check routes, stops, fares and payment method on the MyCiTi site.](#)

Taxi Service

In South Africa "taxi" refers specifically to the minibus taxis that operate on most major city routes. They are the main form of transport for the majority of working South Africans and are plentiful and cheap. It is not recommended that students use this form of transport at night.

Own transport

Parking on-campus is limited, and a parking disc is required from UCT administration for cars, motorbikes and scooters. A limited number of postgraduate parking discs

are issued – [to find out more about parking on campus, have a look at the UCT Traffic site](#). Carpooling is encouraged.

The cycle routes on campus encourage non-motorised transport. Bikes can be securely locked to bike parking racks available around campus, especially at transport hubs.

HEALTHCARE

UCT Student Wellness Service (SWS)

The Student Wellness Service (SWS) provides a range of wellness service to assist students to remain healthy and fulfilled as they pursue their academic goals. SWS provides professional medical and counselling services to students at a primary health care level. [A wide variety of services are offered which can be viewed on the SWS webpage](#).

Medical Services

A comprehensive outpatient health service is run by both medical practitioners and nurses. Students are encouraged to seek help and guidance as early as possible. [View the Medical Services webpages](#).

Counselling Services

Short-term counselling and psychotherapy are offered, in order to assist students in dealing personal, emotional or psychological problems. [View the Counselling Services webpages](#).

Contact Student Wellness Services

+27 (0)21 650 1020

For non-emergency appointments with the medical team, [please use the SWS Appointments booking form online](#).

Emergency Contact Student Wellness Services

During office hours (08h30–16h00):

- +27 (0)21 650 1020 for assistance from the Student Wellness Service Hotline.

For medical emergencies, phone 010 205 3010 (ER24 / UCT collaboration).

For mental health emergencies, phone 0800 24 25 26 (toll-free) or text 31393 for a call-me-back (UCT Student Careline).

Long-term health conditions

If you have a long term, or chronic, health condition, bring documentary evidence from the doctor in your home country (in English). We suggest that you contact the

Student Wellness Service as soon as possible after your arrival so that you can be put in contact with a medical practitioner or any other service in order to discuss your medical needs.

Known allergies and illnesses

You are strongly urged to declare any known illnesses, allergies or relevant medical conditions, in confidence, to your Residence Warden (if you are in a university residence) and to the Faculty Office so that we are equipped with the relevant information should an emergency arise.

On-going medical treatment and/or medication

If you are receiving on-going medical treatment or taking chronic medication, bring a doctor's certificate (in English) with you when you travel to South Africa confirming the treatment and/or any medication you are receiving.

If you need ongoing medication in South Africa, please arrange an appointment with the Student Wellness Service as soon as possible after arrival so that you can receive the information and advice you require regarding prescriptions and treatment.

In South Africa pharmacies dispense prescription medication but please apply well in advance of your supply running out, as a prescription from a non-South African doctor may have to be checked before a prescription can be filled. It is also possible that a doctor may not be able to prescribe a medication or a pharmacy may not be able to fill a prescription if the medication you are taking is not used in South Africa or because of other restrictions. If you have specialised medication, or are in doubt, you are advised to bring a supply with you.

HIV and AIDS

South Africa has an extremely high incidence of HIV and Aids with 7.7 million people currently living with HIV. The HIV virus is most commonly transmitted when people engage in unprotected sex. You are urged to take precautions, extra care and responsibility for your health. (Remember that risky sexual behaviour, such as unprotected sex, are linked to alcohol intoxication and may expose you to the risk of infection). Please contact the Student Wellness Service should you be in any doubt or require any advice or counselling in this regard.

Medical Insurance

By now, **you should already have medical aid cover** as it is a condition for a study visa and for entry into the country.

If you have not already done so, you must purchase medical aid cover from a medical aid scheme registered with the South African Council of Medical Aid Schemes. The cover must be for one year (renewable annually) or for the full duration of your study programme and intended stay in South Africa where this is shorter than one year.

We recommend two schemes as providing good medical cover and value for money:

- Compcare Wellness [<https://compcare.co.za>]
- Momentum Medical Aid Life Cover
[<https://www.momentum.co.za/momentum/home>]

You will not be permitted to register unless you have medical aid cover.

Personal Insurance

In addition to mandatory medical aid, we strongly recommend that you purchase additional personal insurance. UCT does not provide personal insurance cover. You should consider insurance policies that cover you for the loss of personal items such as phones, laptops and cameras, as well as travel insurance for lost luggage or having to rebook your ticket.

Hospitals and ambulances

Cape Town has several excellent hospitals with their own emergency rooms. The University of Cape Town makes use of a private emergency ambulance provider 'ER24': +27 (0)84 124 / www.er24.co.za. Another widely used ambulance provide is Netcare911: +27 (0)82 911 / www.netcare911.co.za. Ambulance services are charged to the user and it is advisable to include cover for this in an travel and/or medical insurance.

Emergency Medical Care

If you require urgent emergency medical assistance and are unable to travel to the hospital, either contact your Residence Warden if you are living in UCT accommodation or call +27 (0)84 124 or +27 (0)82 911 for an ambulance service.

Your nearest emergency centre or hospital depends on the residence or area in which you live. You are strongly advised to find this out as soon as possible after moving into your accommodation, and then insert the numbers into your phone contacts.

The UCT main campus is located close to the following hospitals:

Hospital	Street Address	Contact Number	Private/Public
Groote Schuur	Main Road, Observatory	021 404 9111	Public Hospital

Rondebosch Medical Centre	85 Klipfontein Road, Mowbray	021 680 5920	Private Hospital
UCT Academic Hospital	D18 Anzio Road, Observatory	021 442 1800	Private Hospital
Vincent Pallotti	Alexandra Road, Pinelands	021 506 5111	Private Hospital

Medical Practitioners

Public medical health care is limited in South Africa and it is likely that you will have to pay for visits to doctors. Please check with your medical insurers about the extent to which medical services are covered. Check with UCT's Student Wellness Service for private general practitioners close to UCT main campus.

Dental Care

In South Africa public dental care is extremely limited. You will have to pay for any dental services. Please check with your medical insurers as to the extent to which dental care is covered. Check with UCT's Student Wellness Service for private dental practices close to UCT main campus.

Optical Care

Public eye care is extremely limited in South Africa. You will most likely have to pay for any eye care services. If you have special eye care needs or wear prescription contact lenses or spectacles you are strongly encouraged to bring the necessary information and prescriptions from your home eye care providers with you (in English). Eye care services close to UCT:

SpecSavers

Shop G23, Rondebosch Main & The Fountain Centre, Corner Of Main & Belmont Road, Rondebosch

+27 (021) 686 6708

rondebosch@specstores.co.za

St John's Ambulance Eye Clinic

183 Sir Lowry Road Woodstock, 7925 Cape Town, Western Cape.

+27 (0) 21 461-8420

Disability Support

UCT's Disability Service provides advice, support and specialist services to people with disabilities. We invite all disabled students to register with the Disability Service so that your name can be added to our mailing lists for announcements, and for social and advocacy events.

We encourage students to visit the Disability Service offices as soon as possible after completing student registration to register for support or special help (also known as "reasonable accommodations"). Any supporting paperwork should be brought with you. A staff member will be available to discuss your particular needs. [Further information on UCT's Disability Service is available on their website](#). They can be contacted on disabilityservice@uct.ac.za

Faculty of Law Student Emergency Fund

Through the generosity of the Faculty's alumni and donors, we have a small emergency fund to assist students who may find themselves in unforeseen emergency medical or other situations with no or limited access to financial or other assistance. Please contact the Faculty's Finance Manager, Mr Zorodzai Matima, should such an emergency need arise – on zorodzai.matima@uct.ac.za

LIVING IN SOUTH AFRICA

National holidays

There are 12 public holidays in South Africa when banks, many offices and some shops will be closed. Public transport is also limited on national holidays. [These holidays and dates are all available on the government's website.](#)

Safety

In general, South Africans are friendly and helpful. However, South Africa has one of the highest rates of crime in the world – crime which includes (amongst other forms) petty crime, car hijacking and violent crime. As in many countries, the risk of crime is much greater in some areas than in others. We urge you to take your safety seriously and to make smart choices regarding your safety, at all times.

At Student Orientation you will be provided with comprehensive safety advice and guidelines for maintaining your safety both on and off campus. You are strongly advised to heed the advice given to you.

You need to remain vigilant at all times:

- Learn which areas and activities are safe and where you may be at risk
- Always ask for advice from a colleague or UCT staff member if you are ever unsure
- Do not walk alone, especially after dark – it is safer to travel in groups of four or more
- Do not display cameras, smartphones, laptops etc – keep them out of sight in your bags or backpacks
- Never leave your bags or any other possession unattended, even for a few minutes – no matter where you are
- Keep your jewellery to a minimum when in public areas, and cover necklaces, watches etc as far as possible
- If you have a car, ensure that all doors are locked and that windows are always rolled up when driving
- If driving, keep valuables and belongings out of sight - lock all bags and any extraneous items in your trunk where they cannot be seen
- Trust your instincts. If you feel unsafe at any time, remove yourself from the situation immediately and seek assistance if necessary.

UCT's Campus Protection Service (CPS) operates 24 hours a day, seven days a week.

The emergency hotline is +27 (0)21 650 2222/3.

Finance

Banks and currency

The unit of currency in South Africa is the South African rand (ZAR). There are several major banks and smaller banks. These are generally open weekdays and Saturday mornings. Banks are not open on national holidays.

South African has very limited independent Bureau de Change facilities. Banks are the more commonly used agents for foreign exchange.

ATM's are plentiful and you will find them in most public spaces, at petrol stations, in some stores and on campus. Electronic banking is simple and fast. Mobile apps are used by a large percentage of the population to effect payments and other banking transactions.

You are strongly advised to check with your bank about accessibility, fees etc. if you intend to use your credit cards and/or debit cards etc in South Africa. Unfortunately, credit card fraud is prevalent in South Africa and foreign banks sometimes stop transactions on cards that transact in the country without due notification.

All of the major banks have branches close to UCT. Below is a list of the main banks:

Absa, Rondebosch | 8:30 – 15:30 (Mon - Fri) and 8:00 – 11:00 (Sat)

African Bank, Rondebosch | 8:30 – 17:00 (Mon - Fri) and 9:00 – 13:00 (Sat)

Capitec, Mowbray | 8:00 – 17:00 (Mon - Fri) and 8:00 to 13:00 (Sat)

Nedbank, Rondebosch | 8:30 – 16:00 (Mon - Fri) and 8:30 – 12:00 (Sat)

Standard Bank, Rondebosch | 9:00 – 15:30 (Mon – Fri) and 8:30 – 11:00 (Sat)

Tyme Bank, Rondebosch – 9:00 – 18:00 (Mon - Sat) and 9:00 – 14:00 (Sun)

Opening a bank account

It is a legal necessity for South African banks to keep accurate records of their customers. For this reason, the requirements for opening an account at any bank will be the same.

FICA: The Financial Intelligence Centre Act

FICA laws are designed to prevent money laundering and fraud. Therefore, specific customer identification and residence verification are required when people open bank accounts. These include:

- A barcoded South African ID, or a valid passport if you are a foreign national

- Proof of residence not older than 3 months – this must be something like a utility bill to prove that you live at the address you're providing. You will be issued with a student ID or registration confirmation letter from UCT, which you will need to open an international student bank account. You will also need proof of address. If you live on campus, you will need to contact the student housing department or your residence warden for proof of residency.
- The same documentation is needed for every person who gets linked to your accounts (even if you are the accountholder).

Electricity

South Africa has an unstable electricity supply and undergoes frequent scheduled outages referred to as "loadshedding". Different areas experience loadshedding at different times. These scheduled sessions last for approximately 2 ½ hours, although in extreme circumstances it can be double that. You are advised to download the *Eskomsepush* app on your phone so that you have up-to-the-minute information on loadshedding for your area or areas that you are planning to visit. When an area is in loadshedding all electricity is off and *nothing* that runs on electricity works. Some buildings, homes and residences have independent generators which run essential services and some other electricity functions.

UCT has invested extensively in back-up mechanisms to ensure minimal interruption to teaching, learning and use of UCT facilities during loadshedding. Check the status of back-up supply as soon as you move into your accommodation so that you know whether to provide alternative light sources and an uninterrupted power supply for wifi during loadshedding.

The voltage of mains electricity in South Africa is 230V. For appliances in the 110V-230V range you will therefore not need a convertor, only a travel adaptor plug. It can be extremely dangerous to use an electrical appliance that is rated at a voltage different from the supply. If the voltage supply in your country differs from that of South Africa it may be advisable to buy small items in South Africa and save the cost of a transformer or convertor.

Mobile phones

There are many network providers to choose from and it is advisable to undertake some research online or visit a mobile phone store to discuss your options. The primary providers are CellC, MTN and Vodacom.

You may be able to use your current mobile phone in South Africa. Check with your own mobile phone provider before arriving if the phone will work in SA and whether there are any additional costs. Be particularly vigilant in checking on roaming charges. Bear in mind that it is administratively simpler at UCT if you have a South

African mobile number, so you are strongly advised to switch while you are here.

Alternatively, if your phone is 'unlocked' and compatible, you could buy an international or SA SIM card to use in your existing phone. You may wish to purchase a mobile phone in South Africa. There are two main options:

- 'Pay-as-you-go' where you buy the phone and separately purchase 'top-up' credit when you need it.
- A contract where you pay a monthly fee for an allocated amount of calls, texts and mobile data usage.

When buying a mobile phone or mobile phone contract in South Africa you may be asked for a particular set of documents in order to comply with the Regulation of Interception of Communications and Provision of Communication-related Information Act 70 of 2002 (RICA). This Act has similar requirements as the FICA requirements for bank accounts.

Touring the peninsula

Cape Town is a tourist destination hub with something to suit everyone: beaches, winelands, shopping, gastronomy, theatre, sport, scenic drives, public events and much more. Should you wish to book a tour, the below tour operators are recommended UCT vendors.

- www.southernambitionafrica.com
- www.capetown.travel/tours
- <http://gothatwaycapetown.com>
- www.mytours.co.za
- www.thompsons.co.za/travel/aboutus.cfm

Weather

Cape Town has a Mediterranean-style climate: wet and cool winters, with dry, windy and hot summers. Winter lows are around 50°F/10°C (June- August), and summer highs reach around 86°F/30°C (December – February). As a rule, houses and buildings do not have central heating so winters can be very wet and chilly for days at a stretch. You will need warm clothes and rain gear for the winter months.

Cape Town can be very windy and you will hear about the "South Easter" which can be unpleasant and destructive. Luckily it seldom lasts for more than a few days. Cape Town weather can be unpredictable – and Capetonians will warn you that it is possible to experience all four seasons in one day. You should always be prepared for a sudden change in temperature, particularly in the evenings – even in summer.

LIVING NEAR UCT

Shopping, supermarkets and shopping centres

Supermarkets and shopping centres are open seven days a week although some have limited hours at weekends. Three of the major supermarket chains in South Africa operate in Rondebosch – Checkers, PicknPay and Woolworths - and each are in walking distance of UCT. Some of the more popular local shopping centres are:

Name	Suburb	Distance from UCT
Cavendish Square	Claremont	On the UCT Shuttle route
Kenilworth Shopping Centre	Kenilworth	Requires transport
Riverside Shopping Centre	Rondebosch	Walking distance of UCT
The Fountain Shopping Centre	Rondebosch	Walking distance of UCT
The V&A Waterfront	Cape Town Waterfront	Requires transport

Fitness

Cape Town has several fitness and gym options ranging from the globally recognised Virgin Active gyms to smaller independent fitness studios and trainers.

The UCT Gym

The UCT Gym is located on Lower Campus close to Graça Machel Hall women's residence. Membership is limited to UCT staff and students. Full membership is R800.00 per year. The gym is open throughout the year at these times:

Mondays to Fridays | 7:00 to 19:00

Saturdays and Sundays | closed

Membership enquiries: [Lwando Giyama](#)

Sport and Recreation Reception: +27 (0)21 650 3564

Recreation

UCT Clubs and Societies

There are more than 100 student societies and organisations at UCT, reflecting a wide range of interests, including academic, religious, cultural, social and political activities. Membership of the societies allows you to enjoy activities on the university's campuses that are not part of the academic life. These clubs and societies ensure that you can become part of a campus community that is stimulating and that opens up new challenges and opportunities.

Each society is run by students and any current UCT student may be a member. Individual societies hold a number of events every year, including an annual general meeting that elects new leadership for the following year. [Visit the UCT Students website for more information.](#)

Off campus recreation

Cape Town has many opportunities for recreational activities - in particular (because of the close proximity to the various extraordinary mountain ranges and national parks) hiking, walking, trail running and trail biking. You should *never* embark on any walk, hike, ride, or similar activity on your own – we recommend at least groups of four people – and always tell someone where you are going and give them a time frame for when you expect to return.

Newcomers to Cape Town are particularly cautioned about tackling Table Mountain. The mountain is easily accessible and appears to be a moderate walk when viewed from the lower slopes. However, it is much more treacherous than it seems, and the weather can become hostile within minutes. Exercise extreme caution and seek advice from experienced walkers, hikers and bikers when planning to enjoy the mountain. It can be the most exhilarating experience when undertaken with all the safety precautions in place – such as having a warm top, sufficient water, snacks, a sun hat and sunblock.

Religion

There are several places of worship close to UCT, and you are also likely to find one near where you live should you take up residence outside of Rondebosch. Those close to UCT include:

Name	Address	Contact
Hare Krishna Temple	17 St. Andrews Road, Rondebosch	021 525 0985
Masjid Ar-Rashideen Mosque	9 Queen Street, Mowbray	021 686 7271
Rosebank Methodist Church	2 Chapel Road, Rosebank	021 686 3271
Siva Aalayam Temple	41 Ruth Road, Rylands	021 638 2542
St. Michael's Catholic Church	Rouwkoop Road, Rondebosch	021 686 8708
St. Paul's Anglican Church	Church Street, Rondebosch	021 689 4720

HOMESICKNESS

The decision to study at UCT brings fantastic opportunities to make new friends, to expand your academic knowledge, and to gain new experiences and insights. But in common with any major transition in life, it can also bring challenges. Feeling homesick can be one of them, even if you have already experienced living abroad.

Homesickness is a common and normal experience for students of any level studying away from home. It can affect people in different forms, such as coming in waves, or slowly building up over time and then surfacing. It can impact on our physical feelings and our emotional experiences, and in diverse ways. Importantly, however, you will not be alone in that experience, and support is available for you at UCT if you may be feeling alone or homesick.

This section aims to help you recognise some signs of homesickness, and highlights the support available to you.

Symptoms of homesickness can include:

- Feeling down-hearted, tearful or anxious
- Feeling lost or lonely
- Longing and grief for your former life, or feeling regret for having left home
- Feeling withdrawn and not wanting to engage with the current environment
- Being absent-minded, or finding it difficult to concentrate
- Feeling physically drained and lethargic.

Common triggers may include:

- When the 'honeymoon period' has worn off – when UCT and Cape Town no longer seems as wonderful or exciting
- When you have doubts about your decision to study here
- When the demands of your studies increase, or present uncertainties or unknowns
- If the local culture feels confusing, hard to connect with, or just too different
- If you miss a major celebration, holiday, family reunion or important event happening at home
- When a crisis occurs and your parents, friends or partner aren't there to provide support

- If friends leave UCT, or if you spend long periods of time here when others have gone back home.

There may be other causes, depending on your particular circumstances. The most important thing to remember is that homesickness is normal. Be patient with yourself as you adjust. Try to accept that feeling comfortable in a new environment will take some time and, if you can, remember that you are not alone in this common student experience.

Things you can do to cope with homesickness

• Spend time outside of your room

It can be comforting to seek the security of your own space. However, try to avoid spending too much time in your room alone if you are feeling homesick. Reach out to other students around you. Invite people for a cup of tea or coffee, or for a meal. Go into Rondebosch, for a walk by the river, or see a film. Small steps add up, and open up further opportunities and connections.

• Try new things, and fill your time

The opportunities in Cape Town are many and varied. Join a student society, play a sport, volunteer, try a new type of food. Get involved in activities that take you out of your everyday environment and present opportunities for interaction with people who have similar interests.

• Reflect on new or enjoyable experiences

Many international students post blogs, keep journals, take photographs, or find other mediums to help them get through times of homesickness and adjusting to life within a new culture. A photo journal or blog can become a way of documenting your life at UCT and in South Africa, sharing with others what you experienced, what you've learned, and how you faced up to any obstacles along the journey.

• Explore beyond UCT and Rondebosch

There are many things to do around UCT but try and visit areas outside of the "UCT Bubble". Visit the beautiful vineyards of Stellenbosch and Paarl, spend time on one of Cape Town's beautiful beaches, visit the Waterfront, enjoy a market. If you plan these ahead, you will have things to look forward to.

• **If it doesn't get any easier**

If you continue to feel down and lonely, and nothing seems to make a difference, consider talking things over in confidence with supportive UCT staff or services including:

- Support staff, such as your Residence Warden
- UCT Student Wellness Service:
 - UCT Careline: 0800 24 25 26 or text 31393
- Lifeline, Western Cape (a non-UCT service)
 - +27 (0)21 461 1111 (landline)
 - +27 (0)63 709 2620 (whatsapp line)

ACADEMIC RESOURCES AND SERVICES

Orientation & Registration

Please check the Law Faculty's website and the website for the School for Advanced Legal Studies for all of the relevant information.

Library

[The UCT Law Library is in the Kramer Law Building on Middle Campus, but UCT Libraries also offers an incredible online service to registered students.](#)

Online systems

In your Orientation sessions you will be given information on:

- How to access Eduroam (UCT's Wifi network)
- How to navigate PeopleSoft (student records)
- How to navigate Vula (UCT's current online learning platform)

Internet and wifi

While on campus, students are able to access the internet through UCT's Information and Communication Technology Services (ICTS). Support will also be available during registration for any problems connecting to UCT's Wi-Fi and getting set up on the UCT network. [The ICTS website has all the relevant information you will need.](#)

KEY FACULTY CONTACTS

Faculty Office

+27 (0)21 650 3086 | law-studies@uct.ac.za

Faculty Liaison Officer

Lwandile Nontsele | lwandile.nontsele@uct.ac.za

Faculty Marketing

Gabrielle Ritchie | gaby.ritchie@uct.ac.za

LawCares

If you have any questions and are not sure who to contact, email us on lawcares@uct.ac.za - if we don't know the answer, we will find out who does.

EMERGENCY NUMBERS

Campus Protection Services (all hours): (+27) 21 650 2222

IAPO referral number: (+27) 76 346 2397

General administrative queries (office hours only): (+27) 21 650 2822

Rondebosch Police Station

8 Church Street, Rondebosch, opposite St Paul's, Rondebosch, 7701

+27 (021) 685 7345/ 2476

RondeboschSAPS@saps.gov.za