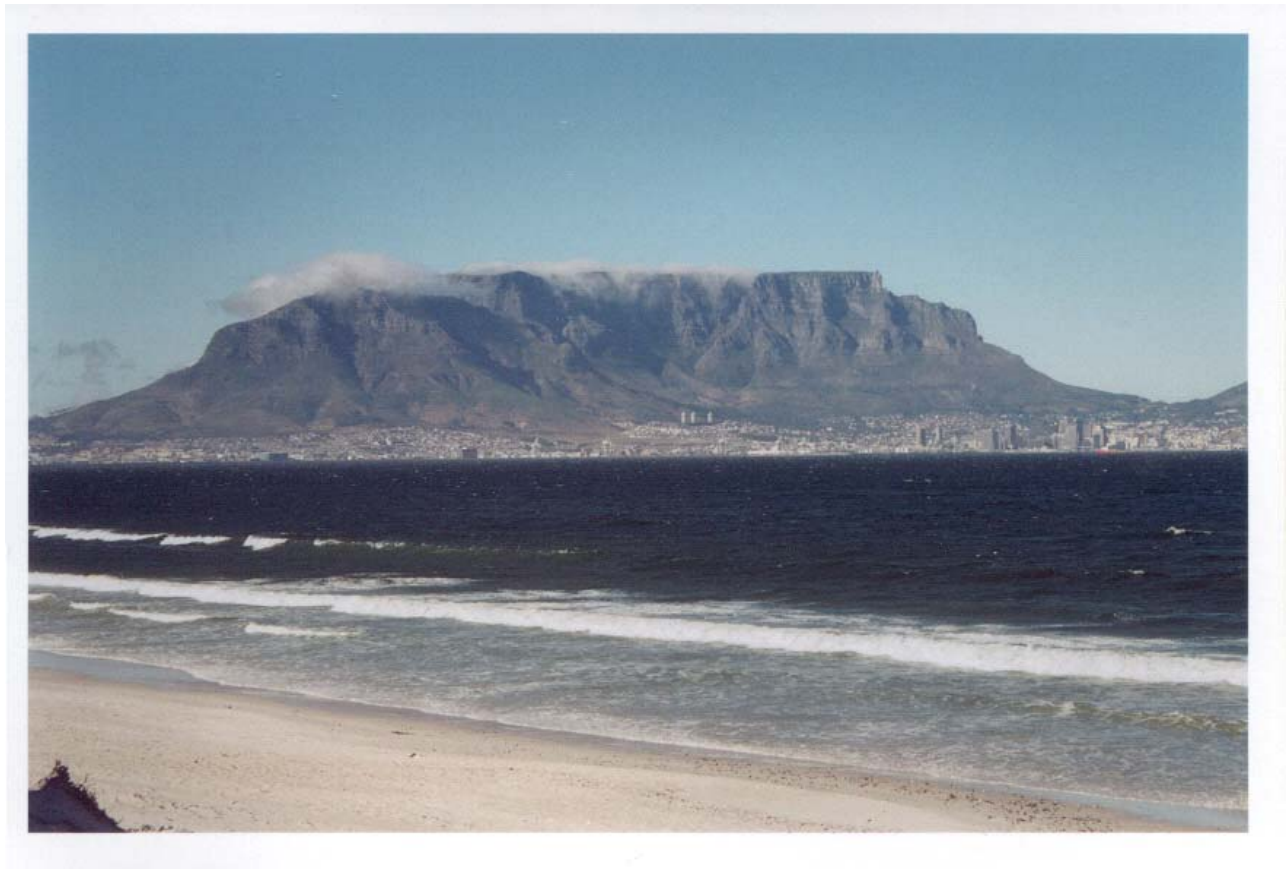


# *Travel Guide: Cape Town, South Africa*



**2009 South Africa Summer Study Abroad Program  
University of Missouri School of Law**



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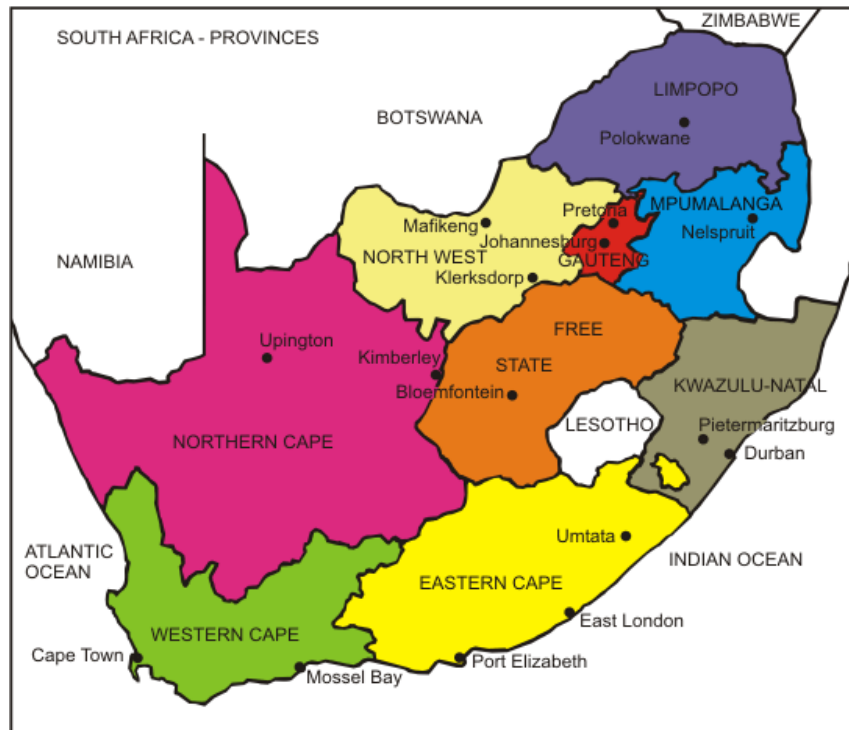
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*All information is current as of January 31, 2009*

# SOUTH AFRICA



## SOUTH AFRICA BACKGROUND

### *The Rainbow Nation*

South Africa is one of the most diverse and enchanting countries in the world because of its eclectic combination of peoples, cultures, landscapes and history. South Africa is most developed economy in Africa. The country is divided into nine provinces as shown on the map above. Cape Town is located in the province of the Western Cape and is South Africa's oldest city.

### *Political & Historical Information*

Racial strife between the white minority and the black majority has played a major role in South Africa's history. From 1948 until 1994, the National Party instituted a system of white domination and legally-mandated racial segregation known as apartheid. Whites divided the population into four major racial categories: Black, White, Indian and Colored (a term describing a person of mixed-race). People were geographically and forcibly separated from one another on the basis of their classification. Education, medical care, and other public services were often claimed to be separate but equal, but in reality those available to non-whites were far inferior. Most of the legal tenets of apartheid were abolished in 1991. After a long series of negotiations, a constitution was adopted in 1993 and, in the first truly free elections, Nelson Mandela was elected President in 1994. While apartheid and its mandatory segregation laws have been abolished, race continues to be an issue in the new democratic South Africa.

Recommended Reading: *A Long Walk To Freedom: The Autobiography of Nelson Mandela* by Nelson Mandela

*A History of South Africa* by Leonard Thompson

*Playing the Enemy: Nelson Mandela and the Game That Made a Nation* by John Carlin

*The Power of One* by Bruce Courtenay (A novel and movie)

*Cry the Beloved Country* by Alan Paton

*The Lonely Planet – South Africa, Lesotho and Swaziland*

Films: *Cry Freedom* (1987)  
*A Dry White Season* (1989)  
*Tsotsi* (2005)

### ***Languages***

South Africa has 11 official languages (2<sup>nd</sup> in number only to India's 23!) and recognizes 8 national, unofficial languages. The most common languages spoken at home in South Africa are **Zulu**, followed by **Xhosa** and **Afrikaans**. (Never fear, **English** is understood in nearly all of South Africa's urban areas and is the dominant language of government and media.) Afrikaans is spoken by a majority of whites and 90% of coloreds.

On June 16, 1976, anywhere from 3,000 to 10,000 black students rallied together to protest the *Afrikaans Medium Decree* which required all students to learn Afrikaans -- the official language of the Apartheid government -- and be taught in that language at school. The uprising resulted in nearly 600 deaths, but also served as a catalyst for the movement that eventually brought down the Apartheid government. June 16, now known as Youth Day, is a national holiday.

### ***Political Parties***

For the past 15 years, there have been two main political parties in South Africa: the **African National Congress (ANC)** and the **Democratic Alliance**. The ANC has been the dominant party and received about 70% of the vote in the 2004 Presidential Election in which Thabo Mbeki was elected to his second term as President. In September 2008, the ANC forced President Mbeki to resign and Kgalema Motlanthe became President. In November/December 2008, Mbeki's supporters split from the ANC and created a new political party, the **Congress of the People (COPE)**. COPE will participate in the next presidential election scheduled for later this year. The date for the election has not been set but there is speculation it might happen in April, May or June.

## Universities

The Western Cape has a well-developed system of higher education and is home to four public universities:

- University of the Western Cape (UWC) (our host school)
- University of Cape Town (UCT);
- Cape Peninsula University of Technology; and
- Stellenbosch University (located approx. 40 Km from Cape Town)

## CAPE TOWN

Cape Town is the third largest city in South Africa (behind Johannesburg and Durban), the capital of the province of the Western Cape and the legislative capital of South Africa. Cape Town was settled by Dutch ships sailing to Asia, East Africa, and India before the Suez Canal was built in 1869. A 2001 census indicated a population of about 3 million people. The demographics are approximately as follows: 50% Coloreds, 30% Black Africans and 20% Whites. Cape Town is regarded by many as one of the world's most beautiful cities because of its breathtaking geography. It is the most popular South African destination for tourists due to its natural beauty, good climate, and well-developed infrastructure. Located on the Cape Peninsula, (see map on next page) Cape Town has a Mediterranean climate with well-defined seasons. Winter – the rainiest season of the year – will last from May through August.





# PREPARING FOR CAPE TOWN

## MEDICAL

### *Vaccinations*

There are no required shots necessary to enter South Africa. However, many doctors recommend that you get Hepatitis A and B vaccinations as well as a booster for tetanus and diphtheria. Although there is no malaria in Cape Town or the Western Cape, many health care providers will recommend that you take prophylactic medications for malaria if you are traveling to the Eastern Cape or Kruger Park. Some students choose not to take malaria medications because of the side effects of the medicine coupled with very slight risk getting malaria in the winter months of June and July when there are very few mosquitoes. Your decision to take malaria medication is one that you will need to make based on your comfort level and in consultation with your health care provider or travel clinic. You also can purchase malaria pills in South Africa.

Check out the Center for Disease Control (CDC) website for more information:  
<http://www.cdc.gov/travel/> regarding up-to-date travel advisories related to health issues.

### *When should I get my vaccinations?*

Approximately 6 weeks before you travel should be sufficient.

### *Where should I get my vaccinations?*

Check the student health center at your university or your local county health clinic. (To MU students: last year several students found that some of the vaccinations were cheaper at the Boone County Health Clinic).

### *Contacts for MU students:*

#### **Mizzou Student Health Services, Travel Medicine Visit.**

(573) 882-4661

<http://studenthealth.missouri.edu/StudyAbroad.php>

#### **Boone County Health Clinic**

1005 West Worley St., Columbia MO.

(573) 874-7356

### *HIV/AIDS*

As you know, Southern Africa has been hit hard by the HIV/AIDS virus. The bottom line, however, is that if you are SMART and SAFE, you should have no worries.

## HEALTH INSURANCE

All students are required to show proof that they have health insurance coverage that matches or exceeds the coverage of the MU Student Accident and Sickness Insurance policy. Your current

policy may or may not have appropriate coverage. We will send you a form that includes the specific requirements. The form must be completed before you come to South Africa. If you need health insurance, the International Center at the University of Missouri offers a policy through HTH for this insurance. Last year, the cost of the policy was approximately \$74.90 for two months.

## **WEATHER**

We will be in Cape Town during the winter season. Do NOT let this worry you as a Cape Town winter is similar to a Los Angeles winter. The average high temperature is in the mid-60s (approximately 18° Celsius) and the average low in the lower 50's or upper 40's. In some years we have been lucky that there has been little rain. In 2007 and 2008, however, it did rain quite a bit although rarely for the entire day. Also, because it is winter, the sun will set around 5:00 pm.

## **IDENTIFICATION TO BRING**

### ***Passport***

Make sure your passport is current and that there are more than 2 blank pages in it (or more if you are traveling to other countries). As a general rule, you do not need to carry your passport while you are in South Africa unless you are traveling somewhere by air. As a safety precaution, you should photocopy the “picture” page of your passport and carry it in your wallet. Keep your passport in your apartment safe when you do not need it.

### ***Visa***

At this time, U.S. citizens do **NOT** need a visa to enter South Africa for stays less than 90 days. Also, you do **NOT** need a student visa because you will be officially enrolled in courses at the University of Missouri, not the University of the Western Cape. If you are not traveling on a U.S. passport, you will need to check with the South Africa Department for Home Affairs to determine the visa requirements for your home country.

### ***Driver's License***

You will need your driver's license if you plan to rent a car at any time during your stay (see page 19 for more information regarding car rentals). It is a good idea to bring a photocopy of your license in case you lose the original.

### ***Student ID***

Bring your University ID with you as you may be able to use it for discounted entry fees at museums and other such places.

### ***Lost Identification***

If you lose your passport, you will need to go to the U.S. Consulate to obtain a new one. Carrying a photocopy of the front page of your passport will expedite this process.

## **ELECTRICAL ADAPTORS**

Cape Town's electrical current is 220 volts and there are two types of wall outlets. If you are bringing any electrical appliances, find out whether they run on 220 or 110 volts. If they can run on 220 volts, you are fine. If they only run on 110 volts, you will need a converter to convert the voltage to 220 volts. Regardless of the voltage, you will need an adaptor that allows an American style plug to plug into a South African wall socket. You can buy a converter at places like Radio Shack or Best Buy for \$10-\$15 dollars. It is often easier to buy your adaptors in Cape Town. (Note: Other areas of South Africa may have 250 volt currents. If you travel, inquire about the electrical current before you short out your appliance.)

## **WHAT TO PACK**

**(SOME THINGS BESIDES THE ESSENTIALS YOU MAY BE INCLINED TO FORGET.)**

### ***Type of Clothes***

Bring something warm, *especially* if you go to the game reserves. Cape Town can be cold in the mornings and evenings, but it warms up considerably during the day. Also, your apartment can be chilly at night so it is a good idea to bring a heavy sweater or sweatshirt.

If you are planning to go to the game reserves, you should bring plenty of layers. A hat and fleece are essential. At 6:00 am, the temperature may be close to 35° to 40° F. so it will be quite cold riding in an open Range Rover. It will then warm into the 70's during the day.

### ***Dress-Up Clothes***

One nice, business casual outfit will be sufficient. Perhaps, a skirt or dark pants for the women and slacks & button-up shirt (and tie) for the men.

### ***Shoes***

Bring a comfortable pair of shoes that will allow you to walk and hike. We will hike when we go to Cape Point and many of you may decide to climb Table Mountain or Lion's Head. If so, a good pair of hiking or tennis shoes is a necessity.

### ***Raincoat***

Bring a raincoat or windbreaker.

### ***Laundry***

See page 15 regarding laundry service. You only need to bring one to two weeks of clothes as there will be opportunities to do laundry.

### ***Purse with zipper***

Always keep your purse in plain sight when you are out and about. A purse with a zipper gives you a bit of extra protection from pickpockets.

### ***Sunglasses***

Sunglasses are nice to have, especially for the ferry ride to Robbin Island or if you go on a shark dive.

### ***Lap Tops***

A lap top is not necessary for your classes as there are no writing assignments and exams must be written by hand. However, you may find having a laptop convenient for note taking, e-mailing home and accessing your Facebook account. We anticipate that most apartments will have *WIFI* access this year. Also there are several local nearby restaurants (including *Soho* and *The Nose*) that have *WIFI* access. If you bring a lap top, check to see if you need an electrical converter. There are also *WIFI* hotspots on the UWC campus.

### ***Cameras.***

Along with your camera, you may wish to bring extra memory cards or a mechanism for downloading pictures onto your laptop or onto a disc. Students often take more pictures than they had anticipated.

### ***Alarm Clocks***

Some, but not all, apartments will have alarm clocks so you should bring your own travel alarm clock to make sure you wake up on time each morning. You also can buy an alarm clock at the Waterfront for R100 - R150 (about \$10.00 - \$15.00).

### ***Hair Dryers***

Each apartment should have at least a one hair dryer. You also can purchase a hair dryer at the Waterfront for about R100 (about \$10).

### ***iPod***

Who travels without their iPods these days? Actually, there is a 35 minute bus ride each day to and from school so you may want to bring some tunes with you. Again, check the voltage of your recharger.

### ***Miscellaneous***

Bath towels and bed linens are provided but wash cloths are not.

It's a good idea either to leave extra room in your bags or to bring an empty bag. You will find many souvenirs you will want to bring back as gifts and you will need room to carry them. You can bring up to USD \$800 of goods into the United States without having to pay duty on it. In the past year many airlines have changed their luggage policies. You should check with your airline as to the number of pieces of luggage you can bring, the weight limits for each piece of luggage, and the cost of bringing extra pieces of luggage. Also note that shipping souvenirs home can be expensive.

Go through your wallet/purse and leave your library card, unneeded credit cards (like DISCOVER, Target or Macy's) and other unnecessary items at home. If you do lose your wallet or purse, this will be one less hassle.

## CULTURE SHOCK

### *What is it?*

Culture shock is a term used to describe the anxiety one faces when he or she travels to a completely new environment. It includes lacking a sense of belonging and not knowing how to do things or to communicate.

### *How to Adapt*

Keep an open mind. Realize that people in other parts of the world will be doing things differently. Be respectful of their opinions and behaviors and **be patient**. Know that you will experience difficulties because things will not always go as planned. Often, mistakes are the best learning experiences. Assume behaviors directed towards tourists are positive. In ambiguous situations, it is easiest to assume the worst, which is most likely wrong. Travelers will find that most of the people they encounter will be very friendly and eager to help. Assume a cultural view by their standards. Do not make judgments about a new culture by American standards. What is right for some is not right for all.

### *South Africa-Specific.*

Given this vibrant country's very recent history of apartheid, there understandably are existent racial tensions. However, if you remain accepting, friendly, and keep an open mind, you will find the South African people to be extremely warm and welcoming.

Americans tend to take certain luxuries for granted in this country because they are so commonplace. Even though South Africa is the most developed country in Africa, it is still, in many ways, a developing country. Be patient and understanding.

## WEB SITES ABOUT SOUTH AFRICA

[WWW.SOUTHAFRICA.INFO/ESS INFO/SA GLANCE/](http://WWW.SOUTHAFRICA.INFO/ESS_INFO/SA_GLANCE/)

[WWW.CAPETIMES.CO.ZA/](http://WWW.CAPETIMES.CO.ZA/)

(Cape Town online newspaper)

[WWW.CAPE-TOWN.ORG/](http://WWW.CAPE-TOWN.ORG/)

[WWW.TOURISMCAPETOWN.CO.ZA/](http://WWW.TOURISMCAPETOWN.CO.ZA/)

[WWW.ABOUTCAPETOWN.COM/](http://WWW.ABOUTCAPETOWN.COM/)

[HTTP://LCWEB2.LOC.GOV/FRD/CS/ZATOC.HTML](http://HTTP://LCWEB2.LOC.GOV/FRD/CS/ZATOC.HTML) (Library of Congress web page)

## TRAVELING TO CAPE TOWN

### AIR TRAVEL TO CAPE TOWN

The price of a plane ticket to Cape Town depends upon many factors, including your departure city, travel dates, layover times, whether or not you layover in Europe, etc. Compare prices and options possible in order to get the best deal. If you find a good deal, share it with your classmates through the list serve. Here are some useful travel web sites:

<a href="http://www.delta.com">www.delta.com</a>	<a href="http://www.priceline.com">www.priceline.com</a>
<a href="http://www.kayak.com">www.kayak.com</a>	<a href="http://www.travelzoo.com">www.travelzoo.com</a>
<a href="http://www.orbitz.com">www.orbitz.com</a>	<a href="http://www.cheapair.com">www.cheapair.com</a>
<a href="http://www.flysaa.com">www.flysaa.com</a>	<a href="http://www.sidestep.com">www.sidestep.com</a>
<a href="http://www.travelocity.com">www.travelocity.com</a>	<a href="http://www.priceline.com">www.priceline.com</a>

Air travel within South Africa is relatively inexpensive. You will save money if you book flights using South African carriers and websites instead of an American travel agent or web sites like *Travelocity*. Check [www.kulula.com](http://www.kulula.com) or [www.flysaa.com](http://www.flysaa.com).

## ARRIVING IN CAPE TOWN

You are responsible for getting to the apartments from the airport. We will send you a list of airline information for all students and you will be able to identify your fellow classmates who will be arriving at similar times so you can travel to the apartments together by taxi. This is the cheapest option as you should not be charged per person but for the trip. Be sure to negotiate and settle on a fare before you get in the taxi.

The Village Lodge is located at 49 Napier Street in De Waterkant Village. There are many shuttle services that will take you from the airport to the Village Lodge. It should cost you about R100 - R150 per vehicle (about \$10 -\$15). See a list of taxi services on page 18 if you want to set up your ride in advance (although this probably isn't necessary).

When you arrive at The Village Lodge, make sure to let them know you are part of the Missouri group. If for any reason the Village Lodge is closed, go to the Soho restaurant located next door and say you would like to check in. If there is any confusion, ask for Rodney (the owner) or Prof. Uphoff. (Cell phone: 072-072-8979).

### Important Note About Going Through Customs in South Africa:

Prior to your trip, we will provide you with a letter explaining that you are a student enrolled in a course at the University of Missouri and, as part of that course, you will be in Cape Town for six weeks. On your entry form (that will be given to you on the airplane), mark tourism/ study. If you are then asked by a Custom official about the purpose of your visit, you can present the letter and explain the situation. Do not tell the Customs officials that you are enrolled at the University of the Western Cape. First, it is not accurate. Second, they then will require you to have Student Visa.

## **SAFETY**

### ***In General***

Cape Town is not markedly different from any other big city in the US. It is a relatively safe city and as long as you follow the “rules” of common sense (i.e. don’t loiter in a dark alleys, stay in groups, don’t accept a ride from strangers, don’t display cameras and other tourist trappings in an ostentatious way), you will likely be fine. However, petty theft and pick-pocketing can occur anywhere, so look after your wallet and do not flaunt your relative wealth. Never leave bags, wallets, passports, cell phones or other valuables unattended even in a restaurant, bar or in your car. There will be safes in each apartment to store your valuables.

The De Waterkant area has its own private security guards but even they are not omnipresent. Thus, always lock your apartment door even if you going to a friend’s apartment for a few minutes. Do not leave money, expensive jewelry or other valuables laying around your apartment

### ***Drugs***

Using illegal drugs is cause for expulsion from the program. More importantly, police are clamping down on drug dealing in the Long Street area (in City Centre). If you are arrested for drugs, you are at the mercy of the South African judicial system. There is little that we or the U.S. Consulate can do to help you.

### **Children/Beggars**

Please be wary of some street kids, especially on Long Street. Some will beg for money and may even threaten violence. It sounds heartless, but tourists are discouraged from giving money to beggars even if they are kids. In Cape Town, there are shelters for children and giving money is seen as encouraging them not to go to such facilities where they will be forced to go to school. Some people choose to hand out food to the kids but if you do so, you run the risk that they will follow you to your apartment and become a nuisance. One way you can help the needy is to buy the *Big Issue Magazine* sold by unemployed men and women throughout the city.

**A Final Thought on Safety.....** The key words are **BE SMART**. We are not trying to scare you; we just want to make sure that you have a fun, safe time in Cape Town. Although you will be in a big city, the De Waterkant neighborhood will, in some ways, feel like living in a smaller town. During your six weeks in De Waterkant you will be on a first name basis with many of the locals who live and work in the area. You also will become friendly with other patrons at your favorite bars and restaurants. This familiarity may cause you to let your guard down after a few weeks. Please remember not to take your safety for granted!

## **EMERGENCY PHONE NUMBERS**

**Police.....** 10111

**Ambulance..** .....10177

## Hospitals

Christiaan Barnard Hospital.....(021) 480-6111  
181 Longmarket St.,  
Claremont Hospital..... (021) 670-4300  
Harfield and Main Roads,  
Constantiaberg Medi-Clinic.....(021) 799-2911  
Burnham Rd.,

**US Consulate in South Africa.....(021) 702-7300**  
011 27 21 702 7300 if calling from the U.S.

**Professor Uphoff.....072 -072-8979**

## University of the Western Cape

International Center.....(021) 959-2487  
Prof. Pierre De Vos.....082-202-3545 (mobile phone)

**The Village Lodge, De Waterkant .....(021) 421-1106**  
If calling from the U.S.....011-27-21-421-1106

## University of Missouri School of Law

Dean Jim Devine.....9-01-573-882-7453  
Registrar Denise Boessen.....9-01-573-882-8269  
MU International Center.....9-01-573-882-6007

# HOUSING ACCOMMODATIONS

## *Location*

De Waterkant is a quaint neighborhood nestled on the slopes of Signal Hill in the shadow of Table Mountain. It is self-described as “elegant and discreet, with a relaxed European feel”. De Waterkant is centrally located and within walking distance of restaurants, bars, shops, laundry facilities, the Waterfront, and many other areas. The Cape Quarter, between Dixon and Napier Street, is the center of De Waterkant. There you will find restaurants, shops and bars, including the Nose Bar which has wireless internet. For more information about De Waterkant, go to <http://www.dewaterkant.com/about.htm> De Waterkant is located close to the soccer stadium that is being built for the 2010 World Cup. Thus, there will be new construction in the area including a new shopping center in De Waterkant.



*View from a rooftop in De Waterkant*

### ***De Waterkant Lodge***

We will be staying in a number of different apartments clustered in the De Waterkant area. Our base of operations will be The Village Lodge, a small hotel with a Thai restaurant (named SoHo) and bar. For information regarding the apartments, go to:

[www.thevillagelodge.com](http://www.thevillagelodge.com)

### ***Cleaning Service***

You will have frequent maid service that includes clean towels and sheets several times a week. Tipping the maids is optional but much appreciated.

### ***Kitchen***

The apartments have full kitchens (dishes, utensils, microwave, stove, coffee press, tea pot) so you will be able to cook as much or as little as you want. The more you cook for yourself, the cheaper your overall expenses will be.

### ***Room Safe***

There is a safe in every apartment where you can store valuables.

### ***Laundry Facilities***

A few apartments will have a washer and dryer. Most will not. There are laundromats in De Waterkant. They are not self-serve; you drop off your clothes and pick them up later in the day or

the next day. The closest laundry service is located in the Cape Quarter on Dixon Street. You can drop off your laundry in the morning and pick it up later that day, clean and folded. Depending on how much laundry you take, it will cost you between R80 to R120 (\$8.00 - \$12.00).

### ***Internet Access***

There will be free WIFI access in the Village Lodge. Some apartments may also have WIFI accessible, too. Also, there are restaurants and bars in the neighborhood that allow you to use WIFI if you purchase something (even a glass of wine or a cup of coffee).

The Village Lodge is charged for internet fees based on the bandwidth used. Therefore, you can not use internet access at the Lodge or WIFI access in your apartment for computer telephoning (*Skyping*). You may be able to *Skype* at some of the local internet cafes or bars with WIFI.

### ***Damage Deposit***

Each student is responsible for any damage to his or her apartment. We will send you a *Memorandum of Understanding* regarding the damage deposit. When you get the *Memorandum*, please sign and return it. You also will need to give the Village Lodge a credit card number that can be charged should there be damage. Fortunately, damages in the past have been minimal. (The Village Lodge will also charge phone costs and other incidentals to your credit card unless you make other arrangements with the Lodge when you are there.

## ***MONEY***

### ***Exchange Rate***

One US Dollar is currently worth about 10.0 South African Rand. Over the past two years, the Rand has fluctuated between 6 Rand/1 US Dollar to 10 Rand/1 US Dollar. For an up-to date exchange rate go to: <http://finance.yahoo.com/currency>. At the current exchange rate, the quickest way to calculate the cost of an item listed in Rand is to divide the cost of the item by 10. Thus, a sandwich that is being sold for R35 is approximately USD \$3.50.

### ***ATMs***

There is no need to take large sums of money to South Africa with you as US-issued debit cards should work fine. However, check with your individual bank to make sure that your card works abroad and that you know the cost per transaction (it can vary significantly among different banks). We ***highly recommend*** that you use ATMs whenever possible because the exchange rate is very favorable and there are ATMs readily available throughout the city. The closest ATMs to our apartments are at the BP Gas Station at the bottom of the hill on Somerset Street or at the Cape Quarter. There are also ATM machines in the Student Union at UWC. Also, for security reasons, not all ATM machines are open all night. It is a good idea to take a friend with you when using an ATM at night. It is always a good idea to notify your bank that you will be using your ATM in a foreign country.

### ***Credit Cards***

Most, but not all restaurants and shops will take MasterCard or VISA. Very few, if any places, will take American Express or DISCOVER. Leave those cards at home. Most gas stations will only take cash. If you have multiple credit cards, check with each credit card issuer to see which card offers the best rate on foreign purchases. Most credit card companies add a 1% to 5% surcharge on all international transactions. The fewer credit cards you will bring with you, the less hassle it will be if you lose your wallet or purse. Also, it is always a good idea to notify your credit card company that you are traveling abroad.

### ***Traveler's Checks***

We do not recommend bringing traveler's checks since ATMs are so widely available and easy to use. Many smaller stores and restaurants will accept traveler's checks.

### ***Banks***

Banks are generally open from 9 am to 3:30 pm.

## **PHONES**

Many of the apartments will have land-line phones. However, many students also will want a mobile (cell) phone. If you want a mobile phone, you will need to 1) rent one or 2) bring one with you that allows you to have service in South Africa. To keep costs to a minimum, many students rent a phone to share among roommates. The best way to call the U.S. is to use a calling card purchased in Cape Town. Also, it will be cheaper for your friends and family in the U.S. to call you using a calling card.

If you rent a phone through a South African company like Vodaphone, there is an initial charge for the cell phone. You will not be billed for the calls you make from Cape Town until after your return to the U.S. At the time you get the phone, the representative from Vodaphone will inform you of the cost per minute for local and international calls. When you rent a cell phone, be clear what your service entails and what you are paying for that service.

### ***Calling Cards***

If you choose not to rent a mobile phone, buying calling cards is a cheaper alternative to direct dialing on a pay phone. You can buy calling cards at local stores. Shop around for good deals.

### ***Using your own Cell Phone***

A few of you may have cell phones that allow you to make and receive international calls from South Africa. Check with your service provider to compare the costs of using this option as this is usually the most expensive option (by far).

## **MAKING PHONE CALLS**

### ***Calling Cape Town from the United States***

Dial 011-27-21 + phone number for calls to land lines or 011-27 + (two digit area code) + phone number for calls to mobile phones.

- 011 = International call
- 27 = South Africa Country Code
- 21 = Cape Town City Code for land lines

### ***Calling the United States from Cape Town***

Dial 9-01 + (area code ) + (telephone number).

- 9 = international call
- 01 = United States Country Code

## **GETTING AROUND CAPE TOWN**

Although De Waterkant is in walking distance of many locations, there will be times and places that require other modes of transportation.

### ***Taxis***

Some of the most reputable cab companies include:

Unicab	(021) 448 -1720
City Cabs	(083) 964-5333
Sea Point Taxis	(021) 434-4444
Ricki's	(021) 423-4888.
Boogie Bus (Steve Sivada)	(082) 495-5698

### ***Costs for Taxis***

A cab ride from De Waterkant to the end of Sea Point or to the top of Long Street will cost you between R40 and R60, depending on the time of the day or night. Cab prices are not bad if you consider that you will be splitting the costs with as many people you can fit into one cab. If

possible, try to get the cabbie to quote you a price before you get in the cab. Don't be afraid to negotiate!

### ***Minibus Taxi***

If you stand on Somerset Road during the day and stick your hand out, one of these vans will take you to town or to Sea Point and beyond for about R5. This is the transportation that locals use. It is the riskiest alternative for visitors to Cape Town, especially at night.

### ***Walking***

Walking is often an option, as De Waterkant is located near City Centre and the Waterfront. Also, students can walk to Long Street (in City Centre) to have dinner or go to a bar and then, take a cab ride home, especially if it is very late at night. The Waterfront may seem like a long walk at first, but it is not bad after you get used to it. Taking a cab after dark is always a good idea.

### ***Car Rental***

You do not need a car while you are on this program. If you need a car for a weekend or evening, there are Hertz, Budget, Alamo and Avis rental offices within walking distance of De Waterkant. If you do rent a car, you may need to park on the street one to two blocks from your apartment. Check with *Travelocity* or other travel search engines for the best rates.

Some things to know if you rent a car:

You need to be at least 25 years old..

Check with your credit card company and auto insurance agent to see what kind of coverage you have for driving in South Africa and whether you need to decline collision or theft coverage. Most major credit cards provide the coverage you will need and it will not be necessary to take the expensive insurance coverage offered by the rental car agency.

Cars drive on left side of the road and the driver sits on the right. Be careful, especially if this is the first time you have driven on the left side.

Most cars have standard transmissions and you shift with your left hand. Cars with automatic transmissions are available on a limited basis but are more expensive.

# CLASSES

## UNIVERSITY OF THE WESTERN CAPE

*WebPage:* <http://www.uwc.ac.za/>

### *Historical Background*

UWC was created in 1960 as a constituent college for the University of South Africa for people classified as *Colored*. In 1983, the University gained its autonomy on the same terms as the “white” institutions. In 2005, UWC’s enrollment was 15,000. Approximately 12,000 were undergraduates (including many law students). UWC is located in Bellville, approximately 25 km from central Cape Town. The University of Missouri has had a strong working relationship with UWC since 1986.

### *Bus Ride*

UWC’s campus is 24 kilometers from De Waterkant and the bus ride will take about 30 minutes each way. This is a good time to review the reading you diligently read the night before.

### *Food on Campus*

We will be at UWC on most weekdays during the lunch hour. There are several eating establishments on campus. In A-Block, a building adjacent to the law building, there is a snack bar and a restaurant that serves Chinese food. Lunches should cost less than R30 (\$3.00).

### *Bookstore*

There is a bookstore next to the lunch counter on the main floor of the Student Union. They sell pens, notebooks, newspapers and other general school supplies. This bookstore does not sell UWC sweatshirts or T-shirts but we can arrange for you to buy UWC Law shirts and jackets through the law faculty. You will not need to purchase books for any of your classes. Reading materials will be provided for each course.

### *Computers*

You will have access to a computer lab on campus. Also, campus is installing WIFI throughout campus. The Student Union is currently wired but we do not know if the law building will have WIFI access by June 2009.

## CLASSES AT UWC

### *Workload*

You will be taking three classes: **Comparative Constitutional Law, Comparative Alternative Dispute Resolution, and Comparative Criminal Justice Systems**. The classes will run consecutively although there will be one week in which you take both the Constitutional Law and Criminal Justice courses. The faculty recognizes that an integral part of a studying abroad program is ensuring that students have adequate time to explore a country's culture, lifestyle, people, food, nightlife, etc. We encourage you to do that. Still, you will be taking three law school classes and those classes will require you to come to class **every** day and do the required reading. There will be a two-hour final exam on the last day of each class.

### *Grades*

Grades will be assigned in accordance with the University of Missouri School of Law grading system. All students will receive a number grade with 100 being the highest possible grade.

**For MU students:** your grades will be factored into your grade average as if you were physically taking the course at the law school. These grades will count in calculating your class rank.

**For non-MU students:** You will receive a number grade from the University of Missouri based on the MU grading scale. You will need to check with your home school as to whether your number grade remains a number grade, is converted to a pass/fail grade, or is converted to a letter grade that complies with the requirements of your school. After the program is complete, you will need to request an official transcript from Denise Boessen, Registrar, at the University of Missouri-Columbia School of Law. Her e-mail address is boessenn@missouri.edu.

### *UWC Students*

There will be 10 UWC students in your ADR and Criminal Justice classes. This is a unique opportunity that will give you a better understanding and context to the materials we cover in class and the realities of growing up in South Africa. Get to know your UWC classmates as much as possible. They are forthcoming and friendly and this is a rare opportunity to get a different perspective on life.

### *Washington University Students*

There will be 5-7 students from Washington University (in St. Louis) who will be enrolled in the Constitutional Law Class. They will be spending 2½ weeks with us and then they will be traveling to Durbin for extended externships.

## **ORGANIZED FIELD TRIPS**

### ***Parliament***

The *de facto* capital of South Africa is Pretoria, where the executive branch is located. The judicial branch of the government is located in Bloemfontein and the legislative branch (Parliament) is in Cape Town. We will spend an afternoon watching the proceedings at the Parliament. In past years, students have been able to see the President or Deputy President answer questions before Parliament.

### ***District 6 Museum***

This museum honors the rich and tragic history of the District Six area of Cape Town. District Six was a vibrant area in Cape Town established in 1867 as a mixed community of freed slaves, merchants, artisans, laborers and immigrants. In 1966, the government declared District 6 a white area under the Group Areas Act of 1950 and forced over 60,000 people to relocate to nearby townships. The area was mostly flattened by bulldozers and remains only sparsely developed.

### ***Robben Island***

Located seven miles off the coast of Cape Town, this island has served as a leper colony and later as a prison for political prisoners. Nelson Mandela spent 19 of his 26 years in prison at Robben Island. Many of the tour guides are former prisoners.

### ***Khayelitsha Municipal Court***

Khayelitsha is the third largest township or “informal settlement,” in South Africa (behind Soweto and Sharpeville, both near Johannesburg). Created in the early 1980's, it now houses between 500,000 and 1 million people and is located on the outskirts of Cape Town in the Cape Flats.

### ***Goodwood Prison***

Goodwood Prison is a relatively new prison, opening in 1997. South Africa's criminal justice system is different from the United States' in that prisoners waiting to be sentenced and those who have already received prison sentences are housed together.

### ***Kalksteefontein Primary School***

This primary school is located in the Kalksteefontein Township and educates nearly 400 children. Mr. Jeffery Arendse is the principal/headmaster and will be our host. The school is located in an area where the unemployment rate is nearly 60%. As you will see, the children are still taught in Afrikaans. They also understand English.

## **NON-CLASS RELATED FIELD TRIPS**

### ***City Tour***

We will have a bus tour of the Cape Town area on Saturday, June 6.

### ***Stellenbosch***

Stellenbosch is a small university town located about 45 minutes from Cape Town. The Stellenbosch Valley forms part of the Cape Winelands, the largest of the two main wine growing regions in South Africa. The Stellenbosch wine route, established in 1971, is world renowned and includes more than 100 wine cellars, most of which are open to the public. We will spend a day visiting some wineries and enjoying the breathtaking scenery of Stellenbosch.

### ***Cape of Good Hope/Cape Point***

The Cape of Good Hope and Cape Point are the southwestern most points of Africa (Cape Agulhas, located 90 miles to the east is the southern most point). The Cape of Good Hope is a rocky headland on the Atlantic Ocean side of South Africa and probably the most famous of the South African capes. When the Portugese rounded this Cape in 1488 it was the first major milestone in attempts to establish a sea route to the far east. The Cape is home to absolutely breathtaking scenery, as the entire southernmost portion of the Cape Peninsula is an unspoiled natural park with at least 450 species of natural birds and 1100 species of indigenous plants. If we are lucky, we will see ostrich, bok (antelope) and baboons at Cape Point. We also will stop at Boulders Beach in Simon Town to see a natural reserve that houses a colony of African penguins. For more information about Cape Point, go to <http://www.capepoint.co.za/>.

### ***Table Mountain***

Table Mountain is a flat-topped mountain and predominant landmark that overlooks Cape Town. You will orient yourself around Cape Town with respect to this mountain. The highest point on Table Mountain is about 3500 feet above sea level and it is flanked on either side by Lion's Head and Devil's Peak. Hiking to the top is a very popular (and strenuous) activity. Once you reach the top, you can walk around the mountain as there are many great opportunities for sightseeing. There also is a restaurant at the top. If you are not up for the hike, there is a cable car that will take you up and down the mountain. But you should check the weather conditions before going up the mountain because the cable car will be closed when there is bad weather or high winds and you might unexpectedly find yourself walking down.

## ***FREE TIME***

### ***RESTAURANTS***

#### ***Overview***

There are many excellent restaurants in Cape Town and generally the prices are relatively inexpensive compared to American restaurants. As a general rule, restaurants at the Waterfront cater to tourists and are more expensive.

### ***Tips***

It is customary to tip about 10% at both restaurants and bars. Some people tip taxi drivers but it is not essential.

### ***Corkage Fee***

Most restaurants allow patrons to bring their own bottle(s) of wine although there may be a limit on the number of bottles you can bring. If you do bring your own wine, the restaurant will charge a “*corkage fee*”, normally around R15 to R40 per bottle. This option is almost always the cheapest way to enjoy wine with your meal. You may want to call ahead to see if you can bring wine.

### ***Traditional South African Cuisine***

South African cuisine is somewhat of a melting pot due to the many racial and ethnic groups that comprise the country. Curry dishes are very popular with peoples of all ethnic origins in South Africa as thousands of Indian laborers came to South Africa in the 19<sup>th</sup> century. The January 28, 2007 issue of the NY Times Travel section had an article and restaurant review regarding Cape Town’s **Cape Malay** food, a combination of Asian, African and European foods. The article can be found at: <http://travel.nytimes.com/2007/01/28/travel/28surfacing.html>

### ***Boerewors***

Boerewors is a traditional spicy South African sausage made of beef or lamb. Boerewors are very popular at braais (open-air barbecues), where the meat is grilled over charcoals. There is a braais on Long Street that caters to the after-bar crowd.

### ***De Waterkant Restaurants:***

#### ***Village Cafe (mostly breakfast)***

You will spend a good deal of time here because it is the meeting place to catch the bus each morning. The Village Café is a quaint, street-side café in the heart of De Waterkant. They offer good breakfasts and sandwiches and the staff is always friendly.

#### ***BP Gas Station***

If you are not a breakfast person and just want coffee, the BP on Somerset just down the hill from Village Café has inexpensive coffee.

### ***Andiamo***

An Italian-style bistro in the Cape Quarter. They serve good thin crust pizzas and hearty pastas for decent prices. Carry-out panini sandwiches are also excellent for about R15.

### ***Club Manhattan***

The atmosphere is nice and the meals are very reasonably priced. The hamburgers and cheeseburger with avocado are great. They have live music one or two nights a week and if we are lucky, *Three Tons of Fun* will still be singing and dancing to the Motown sounds on Sunday night.

### ***Tank***

Tank is located in the Cape Quarter complex. It offers a trendy bar for pre-dinner drinks and a menu with more pricey dishes, including sushi. The setting is beautiful.

### ***Le Petit Tart***

Also located in the Cape Quarter on the Dixon Street side, this small restaurant offers great coffee and wonderful delicacies, including pear and chocolate tarts.

### ***SoHo***

SoHo is in the Village Lodge, our home base. They serve excellent Thai food. Soho also offers carry-out (or *Take Aways* as the South Africans would say).

### ***The Nose Bar***

This Bar is located in Cape Quarter. They have good food, a great selection of South African wine and WIFI.

### ***Anatoli's***

Located at 24 Napier Street, Anatoli's offer excellent Turkish food. Do not bother with the main dishes, but rather order a variety of small dishes (many vegetarian) from the starter tray along with hot bread and share them with friends.

### ***Cubana's***

Cubana's is mostly a bar/night club that serves food. This was a favorite hangout for many of the 2007 participants. There is a dress code (no jeans/t-shirts) in the evening.

### ***Buluga***

A stylish, contemporary restaurant located in a 100 year old building that once housed one of the city's oldest metal works. Buluga is a bit more expensive than some of the other nearby restaurants but it has great seafood and steaks. They also have a sushi chef on hand.

### ***Il Leone***

This contemporary Italian restaurant is relatively new but has fast become a favorite for many Cape Townians.

### ***Sloppy Sams***

Located on Somerset, this restaurant features Greek cuisine. They have excellent lamb dishes.

### ***Origins Coffee Roasting.***

This coffee house is located on Hudson Street on the edge of De Waterkant. Professor de Vos claims that they serve the best coffee in Cape Town.

## **RESTAURANTS LOCATED OUTSIDE OF DE WATERKANT**

### ***Bukhara***

If you like Indian food, do not miss this restaurant. It is a bit expensive and you can not bring your own wine but the food is extraordinary. One student said it was his favorite meal ever. It is located in the heart of the city next to Greenmarket Square.

### ***Mesopotamia***

This is the first Kurdish restaurant in South Africa. The atmosphere is great and you dine reclined on cushions around antique copper tables. After dinner you can smoke a hookah and be entertained by a belly dancer, if you like. The belly dancer was about R100 extra (Beware: they don't always tell you that before she begins her dance). It is located at the corner of Long and Church Street.

### ***Rafikis***

Meaning "Friends", Rafikis is located at the corner of Kloof Nek Road and Buitengracht. It has a fun, hippie atmosphere and a nice deck. They serve foods like pizza, prawns and chili poppers, and they offer a very tasty mojito. There are good specials on Mondays.

### ***Blues***

This is a very nice and expensive seafood restaurant in Camp's Bay. It offers a wonderful view of the ocean and very good food.

### ***Miller's Thumb***

One of our favorites...great seafood but they also have good steaks and vegetarian offering at affordable prices. The menu changes daily and can be found on a chalkboard near your table.

### ***Noon Gun***

The Noon Gun is a wonderful Cape Malay eatery located on scenic Signal Hill. This restaurant is named after the nearby cannon that has been fired at noon every day (but Sundays) since 1806.

### ***95 Keerom***

One of Cape Town's top restaurants. 95 Keerom offers northern Italian cuisine and is located on Keerom Street, one block off of Long Street. Don't miss the butternut ravioli or the gnocchi.

## **NIGHT LIFE!**

### ***Overview***

The night life in Cape Town is concentrated in two areas: De Waterkant, and at the top end of Long Street. Long Street is famous as a bohemian hangout, lined with bookstores, and unique clothing shops. Many students also like to take a cab to Camp's Bay, and hang out at the bars and restaurants that look out over the ocean. We encourage you to enjoy the night life in Cape Town but we expect you to act safely and responsibly including attending **all** classes in a capacity to learn. Also, as mentioned on page 13, if you are arrested for any reasons, you are at the mercy of the South African judicial system. There is little that we or the U.S. Consulate can do to help you.

## **SHOPPING**

### ***Grocery Stores:***

#### ***Pick-n-Pay***

There are 2 Pick-n-Pays fairly close to De Waterkant including at the Waterfront and on Strand in City Centre.

#### ***Woolworths***

You can also do food shopping at the Woolworths in Main Road in Green Point or at the Waterfront. Don't be fooled by the name; Woolworth's is a nice, upscale market.

### ***Andiamos***

Andiamos is a small specialty grocery store in the Cape Quarter that carries a limited but interesting variety of foods. Consider going to the BP gas station if you need only essentials like bread or milk.

### ***Grocery Store Etiquette***

You will have to pay for plastic bags – the cost is less than 5 cents — but you may wish to bring a backpack to carry your groceries

### ***Clothes***

#### ***The Waterfront***

In addition to department stores, supermarkets, and many souvenir shops, the Waterfront has some nice clothing stores. Some students in past years liked The Young Designers Emporium (YDE) and Uzzi. Clothes tend to be a bit more expensive than in the U.S.

#### ***Long Street***

There are also some very interesting and unique clothing stores on Long Street. Most close promptly at 5 p.m.

#### ***Greenmarket Square***

Greenmarket Square is a farmers' market and Cape Town's best-known flea market where you can purchase any authentic African souvenir of your choosing here (note: most of the souvenirs are from Kenya or other parts of Africa. Only a few are crafted in South Africa) Bring your bargaining skills and be sure not to pay the first price that is quoted to you. Greenmarket Square is located in the city center, off Long Street at 84 Shortmarket Street. On Sunday, there is a larger market held near Green Point Stadium, a short walk from De Waterkant. Also, Professor. Uphoff can take interested students to a shop near Greenmarket Square where you can get the best prices on souvenirs without bargaining. Many students have bought most of their souvenirs at this shop.

## **2010 WORLD CUP**

South Africa is gearing up for the 2010 Soccer World Cup. As a way to prepare for the World Cup, South Africa will host the FIFA Confederation Cup in June, 2009. Eight teams including Italy, Brazil, Spain and the USA will be participating. Unfortunately, none of the games will be in Cape Town but there will be quite a bit of excitement (and some good TV).

Also, Edgars, a department store at Waterfront (and elsewhere through South Africa), has secured the rights to sell World Cup merchandise including shirts. These will make wonderful gifts for your friends and family back home.

## **SIDE TRIPS**

You will have a class that ends on Wednesday, July 1 at 2:40 p.m and you won't have class again until Monday, July 6 at 1:00 p.m. Many students use this short break to travel to the Kruger National Park or other places in South Africa. Other students wait until the program is over before they travel to other parts of South Africa.

### ***Kruger National Park***

Kruger is a national park about the size of Rhode Island located in the northeast corner of South Africa. It is the largest game reserve in South Africa. All of the "Big Five" (rhinos, leopards, cape buffalo, elephant and lions) can be seen here along with many other fascinating animals including giraffes, zebras, hippos, wart hogs, impala and more impala.

### ***Getting to Kruger***

To get to Kruger from Cape Town, you can book a flight from Cape Town to Johannesburg and rent a car and drive from Johannesburg to the Park. It is a 2-hour flight and a 5 -6 hour drive. You also can fly to Kruger-Mpumalanga International Airport (near Neilspruit) which is closer but more expensive. You will be responsible for getting from the airport to your apartment upon your return.

### ***Private Lodges Alternative***

There are many private lodges in the Sabi Sands, a private game reserve adjacent to Kruger Park. A benefit of going to the private lodges is that the guides can drive off road and you will see many more animals from very close range. However, going to the private lodges is considerably more expensive. The costs range from \$125 to \$500 per night but that includes two game drives and three meals in extremely nice accommodations.

### ***Accommodations at the Park***

We will send you information regarding packages students have negotiated in the past. Otherwise, contact Professors Uphoff or Levin for ideas.

### ***Cost***

In past years, students have spent in the \$500 - \$700 range for this trip including plane ticket, rental car, gas, lodging, food, park entry, etc. Many of the students who went on the safari thought of it as a once in a lifetime experience.

### ***Game Drives in Kruger Park***

In Kruger Park you have the option of going on games drives in park vehicles or in your own (rented) vehicles. No one, including the park rangers can go off-road as in the private reserves. Thus, your viewing depends on how close to the road the animals venture but fortunately, many animals can be seen close to the road. At night, only park vehicles are permitted to travel within Kruger. Basically, a guide drives you around in an open-air jeep for a couple hours and you have the opportunity to see animals that you might not see during the daytime.

### ***Giving Blood***

As a side note, you should be aware that the Red Cross will not allow you to give blood for one year after visiting Kruger Park.

### ***Durban***

Durban is located on the Indian Ocean in the KwaZulu Natal Province. It has beautiful warm water beaches on the Indian Ocean, snorkeling and hiking opportunities. Students from Washington University, who will be attending our Comparative Constitution Law course, will relocate to Durban in late June and may have some floor space they would be willing to share with you for a day or two.

### ***Garden Route***

For those not inclined to go to Kruger, you may wish to rent a car and drive along the coast past Hermanus (where you can do some whale watching from the shore) along the Garden Route. This is one of the most beautiful drives in all of Africa with many fishing villages, beaches, and parks. You may even get to be part of the Oyster Festival in Knysna. It is easy to drive this route and the scenery is fantastic.

## **Other Recommended Activities**

### ***Table Mountain & Lion's Head Hiking.***

This is a flat-topped mountain and prominent landmark in Cape Town. It is flanked on either side by Devil's Peak and Lion's Head. Cable rides are available both up and down the mountain and a two-way ticket costs about R80. Even though it is a workout, you may wish to walk up Table Mountain and/or Lion's Head at least once while you are there (they're both very steep - bring water!). Watching the sunset is amazing but you'll need to take the cable car down afterwards. There is a lot of room to walk and sightsee once you reach the top of Table Mountain. There is also a restaurant.

### ***Kirstenbosch National Botanical Gardens***

These gardens, on the eastern slope of Table Mountain, offer a beautiful, peaceful way to spend an afternoon. Kirstenbosch grows only indigenous South African plants.

### ***Camps Bay***

Camp's Bay is an affluent, beach front suburb of Cape Town. It is two miles from De Waterkant and the cab ride will cost about R60. It offers a beautiful beach, restaurants and bars.

### ***Shark Diving***

A student favorite.....A van will pick you up at De Waterkant at 5 a.m. or 6 a.m. on a Saturday morning and drive several hours along the coast. Once you reach your destination, a boat will take you to the areas where the Great White sharks feed. Four "divers" wearing snorkeling masks get into a cage that is lowered into the water. Chum is thrown into the water attracting the sharks to the cages. It a thrilling experience to see these powerful animals up-close and in their natural habitat. The overall cost was about R700 to R850, including breakfast and lunch. You will be out in the open ocean for the about five hours (bobbing up and down, up and down). Be warned that at least some of the participants are likely to get sea sick. This trip is usually done as a group trip that Professor Uphoff will help organize.

### ***Township Visits***

There are a number of tours of townships that you may want to experience through registered tour groups. It will be a moving experience. However, through the program we will be spending time at the Khayetisha Municipal Court and at the Kalksteentfontein Primary School, both of which are located in townships.

### ***Wineries***

As a group we will travel to Stellenbosch, the "Napa Valley" of South Africa. There are also wonderful and beautiful wineries in Constantia, closer to Cape Town. You are limited in how much wine you can bring back to the United States without being charged a surtax. If you do bring back wine with you, the FAA prohibits you from carrying the bottles on to the plane so you will need to pack them securely in your luggage.

### ***Sea Point***

You can walk to Sea Point from De Waterkant in about 15 minutes. Just head down either Napier or Dixon Street to Somerset and go left for about a mile. There is a beautiful jogging and walking trail along the beach and ample room to play football (a.k.a. soccer) or just hang out.

### ***Waterfront***

The waterfront is a 15 minute walk from DeWaterkant. In addition to the V&A mall, the waterfront area includes many shops, hotels, restaurants, movie theaters, an aquarium and the ferry to Robben Island.

### **South African Slang**

What will you do when your flat mate turns to you and says: “Can you get me some *biltong* at the *braais* next to the *robot*. See it? It is by that *bakkie*. *Dankie*.”

To learn some useful words, there are several web sites you might want to visit including

[www.answers.com/topic/list-of-south-african-slang-words](http://www.answers.com/topic/list-of-south-african-slang-words)