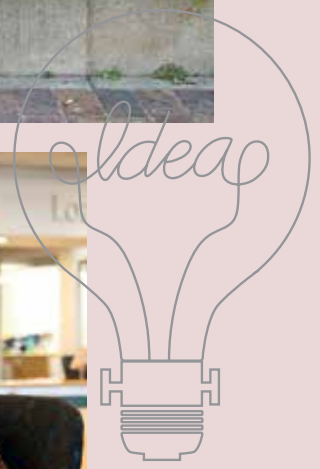


A UNIVERSITY OF CAPE TOWN PUBLICATION

CampusLife 2020



UNIVERSITY OF CAPE TOWN
IYUNIVESITHI YASEKAPA • UNIVERSITEIT VAN KAAPSTAD





Welcome to our beautiful institution!

At the University of Cape Town (UCT), you are joining a vibrant community of multicultural staff and students from across South Africa, Africa and the world. I want you to feel that this is your home. Getting started can be overwhelming, so the First-Year Experience (pages 22 and 23) is designed to help you settle in and find your way around. Whatever programme you've chosen to study, you are about to discover exciting new things about your world and how you can help build the future.

Our university is fully committed to transformation – not just in terms of the people who come here, but how we think, teach, learn and do research. We are developing African solutions to local and global problems and graduating tomorrow's leaders. We want to change our world for the better – and you are an important part of that change.

UCT remains the top-rated university in Africa and one of the top-rated universities in the world. Many of our researchers are world leaders in their fields, so you will have opportunities to be exposed to the latest scholarly work and research discoveries. Find a role model and learn from them!

Your safety is important to us. Please read the safety and security suggestions (pages 24 and 25) and take note of where the Campus Protection Services offices are.

Just as important is your physical health and mental well-being. University life can be overwhelming, but there are many people here to support you: in addition to trained counsellors at the Student Wellness Service (page 22 and 23), your faculty has counselling staff available. The UCT Student Careline (0800 24 25 26 or SMS 31393 for a callback) is available 24/7. Your fellow students, your tutors, your lecturers and wardens all understand the kind of stress university can bring, and we want to help.

I expect you to work hard at your studies, but it is also important for you to grow in other ways. Join one of UCT's 100+ societies (pages 28 and 29), try one of our almost 40 sports clubs (pages 28 and 29), or give something back by getting involved with one of the many volunteer projects in the local communities (pages 30 and 31). And be sure to explore beautiful Cape Town (pages 8 and 9)!

UCT is here to address the challenges we face as a university and a country. I believe you are going to help make real change happen – so be ready to grow with us!

Yours for a bright future!

Kgethi
Vice-Chancellor



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Students' Representative Council

Molo, hallo, lotjhani, hello, sawubona, dumela, avuxeni, ndaa and a warm welcome from your Students' Representative Council (SRC) for 2019/2020.

We, the SRC, are the highest decision-making structure of student governance. We represent you, your interests and well-being. We do this through university committees, policy-making and co-operative decision-making on campus.

The SRC is made up of 15 members who either represent other student organisations or are independent. This year's SRC majority party is the Economic Freedom Fighters Student Command (EFFSC) of which I am a member.

On the opposite page, you have the full names and portfolios of all the members that make up this SRC. We want you to know that we are here for you and that our door is always open. Where exactly to find that door is also available on the following page and we urge you to make use of our services. Believe us when we say, whatever the problem,

whatever the question, we've experienced it or have had to find the answer before.

This year, we are hoping to have important conversations that result in sustainable programmes and policies. We want whatever we initiate to outlive our term. We want students to look back in years to come and say, "That was a problem we used to have at UCT". That is what we will strive for, for you and the university.

If you want to know more about our duties, functions, privileges and term of office, please read the SRC Constitution and election by-laws, approved by UCT Council (the governing body of the university) as institutional rules.

The SRC is a very important stakeholder within UCT; there is no decision that can be taken without the student voice. This is why we encourage you to engage with us so that we can ensure that when we speak, it is your voice that the university hears.

**Your SRC President,
AKHA TUTU**

Where to find your SRC

Room 7.09
 Department of Students Affairs
 Steve Biko Students' Union building
 Upper Campus

SRC portfolio allocations and contact details

PORTFOLIO	NAME AND SURNAME	AFFILIATION	CONTACT NUMBER	EMAIL ADDRESS
President	Akha Tutu	EFFSC	021 650 3539	srcpresident@uct.ac.za
Vice President	Reatlegile Magano	EFFSC	021 650 5928	srcvp@uct.ac.za
Secretary-General	Asemahle Ntumntum	EFFSC	021 650 5928	srcsg@uct.ac.za
Deputy Secretary-General	Siseko Kosani	EFFSC	021 650 5048	srcdsg@uct.ac.za
Treasurer General	Zinhle Hinana	EFFSC	021 650 5498	srctreasurer@uct.ac.za
Corporate Relations and Fundraising Coordinator	Declan Dyer	EFFSC	021 650 5498	srccorporaterelations@uct.ac.za
International Students Coordinator	Zinhle Geluk	Independent	021 650 5928	srcinternational@uct.ac.za
Labour and Student Services Coordinator	Aseza Matikane	EFFSC	021 650 5119	srclabour@uct.ac.za
Postgraduate Academic Coordinator	Jamie-lee Thomas	SASCO	021 650 5119	srcpgchair@uct.ac.za
Residences and Housing Coordinator	Ntokozo Mahlangu	EFFSC	021 650 5000	srcresidences@uct.ac.za
Social Responsiveness Coordinator	Sipho Zuma	SASCO	021 650 5928	srcsocialresp@uct.ac.za
Societies and Day Houses Coordinator	Asisipho Fente	EFFSC	021 650 5001	srcsocieties@uct.ac.za
Sports and Recreation Coordinator	Siphokazi Funda	SASCO	021 650 5001	srcsports@uct.ac.za
Student Advocacy Coordinator	Aviwe Vilane	SASCO	021 650 5048	srcadvocacy@uct.ac.za
Undergraduate Academics Coordinator	Lance-Selae August	EFFSC	021 650 5000	srcugchair@uct.ac.za



welcome



Your UCT

5 strategic goals

- ▶ **1** creating a new and inclusive identity
- ▶ **2** establishing global partnerships with a distinctive African lens
- ▶ **3** remaining a research-intensive university
- ▶ **4** harnessing innovation in teaching and learning
- ▶ **5** achieving social impact through engaged scholarship

* **33** catered or self-catering residences

6 702 students live in UCT residences

21 947 students live off campus

* Figures for 2018

40 different sports

Sports facilities include a rowing club; astro turf hockey fields; tennis and squash courts; an indoor sports facility; and soccer, rugby and cricket facilities.

The UCT Gym is on lower campus near Graça Machel Hall.

100+ societies to choose from

Societies are run by students and reflect various interests, including academic, religious, cultural, social and political activities.

Students by faculty (including the Graduate School of Business)

6 722

Commerce

708

Graduate School of Business

4 839

Engineering & the Built Environment

5 021

Health Sciences

7 358

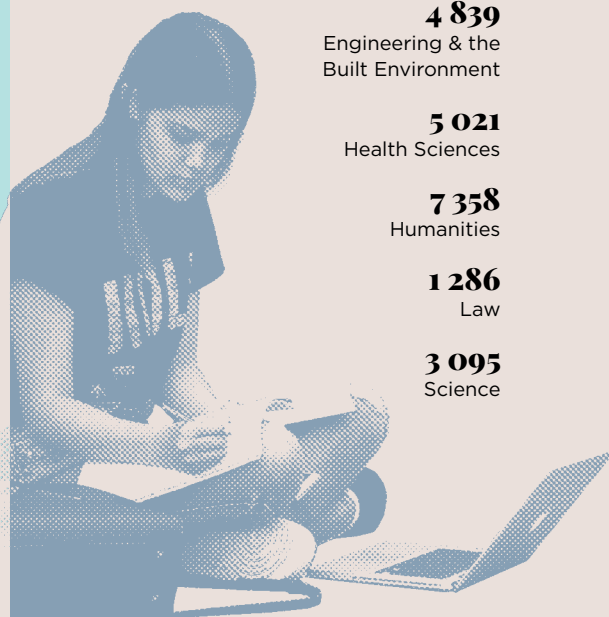
Humanities

1 286

Law

3 095

Science





123 countries represented on campus

South Africa 23 664	Elsewhere in Africa 984
Southern African Development Community 2 796	Elsewhere in the world 1 521
	Undeclared 64

29 029 students enrolled in 2019

15 539 female | 13 470 male | 18 transgender | 2 unspecified

16 698 undergraduates | 11 095 postgraduates
1 236 occasional students

5 630 new first-years were accepted at UCT in 2019

Around 7 000 students graduate each year

to your



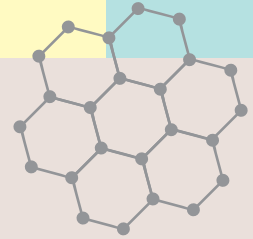
campus



*
5 000+
permanent staff

3 700 professional, administrative support and service (PASS) staff.

1 208 permanent academic staff members worked at UCT in 2018.



86 languages are spoken

The largest South African language groups are:

English 16 084 | **isiXhosa** 3 020 | **isiZulu** 1 777 | **Afrikaans** 1 170 | **Shona** 634 | **Setswana** 585

12 things that make UCT unique

1 #1 in Africa: UCT is the highest-ranked African university according to Times Higher Education and Quacquarelli Symonds world university rankings.

2 Oldest: Established in 1829, UCT is South Africa's oldest university.

3 First black woman graduate: Anti-apartheid and civil rights leader, Zalnunnissa (Cissie) Gool, graduated from UCT with an MA in 1932.

4 Centre for Higher Education Development: CHED partners with all faculties to ensure students don't just gain access to UCT, but also succeed.

5 15% of SA's NRF-rated researchers: UCT has 541 National Research Foundation (NRF)-rated researchers.

6 44% women: 44% of the academics at UCT are women.

7 25 km²: The total area of UCT's campuses, including its satellite facilities in Gardens, Observatory, Philippi and the Atlantic Seaboard

8 53 349 linear metres (and growing): The capacity of shelving at UCT Libraries, which uses the cutting-edge search tool, Primo, to help you find the information you need.

9 Cape Flats: The UCT Graduate School of Business's MTN Solution Space in Philippi Village means the university has a physical footprint on the flats.

10 d-school: The UCT Hasso Plattner Institute of Design Thinking is one of only three in the world.

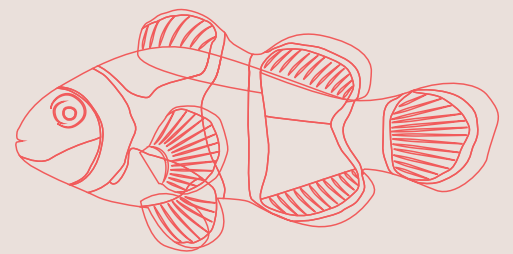
11 Nobel laureates: UCT is alma mater to five Nobel laureates.

12 MOOCs: UCT now has 22 massive open online courses, which have attracted more than 230 000 people from over 100 countries.



Swipe that student card

Your UCT-issued student card is like power in your pocket. With so much to do, places to go and things to see, saving a bit goes a long way – and that’s what your student card can do for you. Here are just a few places where you can use your card to pay less and do more.



On campus

With your student card, you have access to computer labs and a list of other on-campus facilities; it also allows you use of the Jammie Shuttle – for mahala! It's also your entrance into the UCT Libraries, gives you access to your res (if you're living on campus) and enables you to book meals too.

Eat out

Everyone loves a good pizza and burger, so visit Da Vinci's on Kloof Street in the CBD and get 10 percent off your meal, any day of the week. Note: this is a sit-down deal only.

<https://davincis.co.za>

Know your country

Visit one (or all) of the Iziko Museums in the Cape Town CBD to learn more about our country's rich cultural and historical background and get 50% off the entry fee. The South African National Art Gallery in the Company's Garden and The Slave Lodge in Wale Street are just two museums on Iziko's list.

www.iziko.org.za

Out and about

Botanical gardens

Spend the day at Kirstenbosch Gardens and enjoy the wonders of nature, or just take it easy on the rolling lawns. Students pay only R40 (R35 less than adults) to enter.

www.sanbi.org/gardens/kirstenboch/visitor-information/information/

Table Mountain

For a trip up Table Mountain in the cable car, Table Mountain Aerial Cableway has slashed rates for students. You'll pay R180 for a return ticket, and if you want to hike up or down, you'll pay just R100 one-way.

www.tablemountain.net/content/page/rates

Sea life

Experience marine and sea life at the Two Oceans Aquarium. Students pay just R140 for an entry ticket, so go fish!

www.aquarium.co.za/content/page/opening_hours_prices

The Baxter Theatre

Many productions at UCT's Baxter Theatre Centre offer student discounts. Call the bookings office to find out what's showing and have your student card ready when you buy tickets. The Baxter's in-house restaurant also offers wholesome meals at reduced rates for students. **021 685 7880 / 0861 915 8000 (bookings) / www.baxter.co.za**

Let's go shopping

Camping anyone?

Cape Union Mart offers students a 5% discount. If you're looking for camping and outdoor gear or fancy yourself a Bear Grylls in the making, visit a store near you.

www.capeunionmart.co.za/faq

'You've got game'

Game stores also offer student discounts. The amount varies depending on the product purchased and the time of year. To qualify, fill out an in-store form and take an ID photo, a copy of your ID and a copy of your UCT registration form along.

www.game.co.za/game-za/en/special-discounts

iDiscounts

Get reduced rates on products at iStores nationwide. Discounts vary and they change every season, so sign up to receive the iStore newsletter to stay informed. And remember that students also get 50% off Apple Music subscriptions for up to four years!

www.myistore.co.za/calling-all-students-get-a-discounted-rate-on-apple-music

Need a workout?

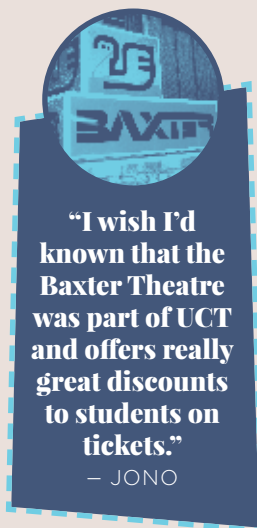
Campus gym

The UCT Gym is open all year from 06:00 to 21:00 from Monday to Friday, and from 08:00 to 19:00 on Saturday and Sunday. Get fit for just R650 per year for a full membership, or R300 annually for an off-peak membership.

In the zone

Yoga Zone in Gardens offers a special package for South African students. You can enjoy a three months unlimited package for R1 950, or R700 for one month of unlimited sessions.

<http://yogazone.co.za/fees-yoga-specials/>





What to do around town

We get that student budgets are almost always tight. So, to help you enjoy your time in and around the city, we've put together a list of affordable places to visit and things to do that will help you to stretch the Randelas.

1 On the prom

Sea Point's famous promenade gives you ample opportunity for free fun. You can stroll, jog, rollerblade, skateboard or cycle along the 11 km promenade. Or you can pack a picnic, find a spot on the grass and take in the ocean breeze, try out the outdoor gym, kick a ball around or befriend one of the many four-legged visitors.

Cost: Free

2 All the way up in Bo-Kaap

Youngsta raps about it. Influencers love it. Prince Harry and Meghan Markle had to pay it a visit. Bo-Kaap is one of Cape Town's oldest and most culturally rich neighbourhoods, nestled on the slopes of Signal Hill. It's home to the first mosque in South Africa (the Auwal Mosque), iconic colourful homes and killer koesisters. If you don't know the difference between your koeksisters and your koesisters, it's time to find out!

Cost: Free (although koesisters will cost you between R2 and R5 each)





3 Beach around

The Mother City is home to some of the world's most beautiful beaches. From Camps Bay to Clifton and Muizenberg to Fish Hoek, we're spoilt for choice. Get a group of friends together and head on down to catch some Vitamin Sea.

Cost: Free

4 A walk in the park

The Green Point Urban Park is the perfect spot for a morning park run or for lazing around on a Sunday afternoon. What sets it apart from others like it is the sense of serenity you get in the middle of an urban area, surrounded by the Mother City's unrivalled beauty.

Cost: Free

5 Take a hike

Since we're almost entirely surrounded by mountains, there's no shortage of options when it comes to hiking trails. You can choose from one of the many routes to the top of Table Mountain, climb up Lion's Head to enjoy the sunset over Camps Bay, or explore the trails around Constantia Nek and Rhodes Memorial. If you're looking for something a bit more chilled, hike the contour paths in Newlands Forest – there's even a stream along the way for those who want to dip in.

Cost: Free

6 First Thursdays

The first Thursday of every month is when Cape Town's hottest spots open their doors for fun after sunset. Gather your besties and visit Cape Town's trendiest dining spots and art galleries or check out one of the many cultural events showcasing the incredible talent the city has to offer. There's no structured tour and no schedule to follow; it's all up to you.

Cost: Per venue, but trawl your social media feeds for the free shows

7 Putt putt with a difference

There's putt putt and then there's putt putt in a cave at the V&A Waterfront. It's fun and everyone can join in.

Cost: R25.00

8 Rose picking

At Chart Farm in Wynberg (a stone's throw from upper campus) you get to pick your own bunch of blooming roses for less than R10 a stem.

Cost: R6 per stem

9 Second chances

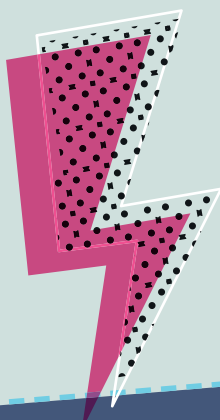
The Cape Town second-hand scene is booming and it's the perfect place to purchase on the cheap. There are regular markets on weekends, a few monthly markets and ad hoc ones pop up at some of Cape Town's favourite spots. Finding them is as easy as searching "second-hand" on Facebook or checking the posters on campus. Who knows, you could also make some extra money selling your own preloved goods.

Cost: There's usually an entrance fee of around R20

10 The real great Gatsby

If you're new to Cape Town, trying out the famed gatsby is a must; it's part of the fabric of the Mother City. You'll find the best gatsby spots in Wynberg, Athlone and Grassy Park, but there are gems across the city. Get friends to chip in and enjoy sharing a mouth-watering Cape Town fave.

Cost: Varies per gatsby and place



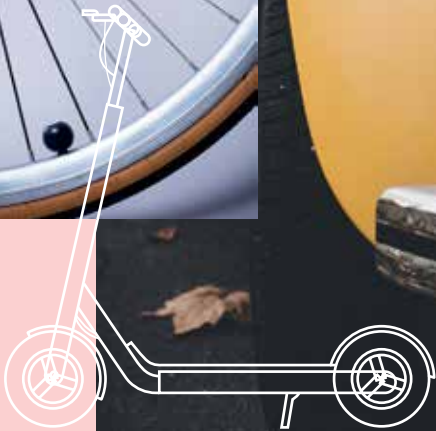
"I wish I knew that there was absolutely no need to stay on campus all of the time and not explore the city. I missed out on so much."

– MELI



Cruising campus

Campus is huge, and getting around takes time, especially if you need to get to one of our satellite facilities. Here's how to get going ...



1 Stroll along

Strolling around campus is the easiest way to get around – it's convenient and saves time. But always walk in groups, especially after dark.

2 Saddle up

Everyone needs a bit of exercise, so saddle up to get around. There are designated cycle lanes on campus and a couple in and around the city too.

3 Two-wheel drive

Yes, scooters and motorbikes are allowed, but get your black parking disc from traffic admin on upper campus first.

4 Cabs on call

Cape Town's inundated with cab services on call 24/7, so why not use a cab to get around?

5 Taxi time

They're cheap and operate on most major routes in and out of the city. Signal the direction you'd like to take, and you'll be in the taxi and on your way.

6 Jump into a Jammie

The Jammie Shuttle buses are free for students and will transport you between campuses and other parts of the city seven days a week. Visit www.students.uct.ac.za for up-to-date route maps and timetables.

7 City hopping

The MyCiTi bus makes trekking around Cape Town convenient. It connects with the Jammie Shuttle at the Gardens station in Buitenkant Street and commutes to several areas around Cape Town. Get your MyConnect card at MyCiTi station kiosks and participating retailers.

8 The bus for us

Golden Arrow buses serve hundreds of city routes and are accessible from the Jammie Shuttle stops in Claremont and Mowbray. Visit www.gabs.co.za for timetables and rates.

9 Train ride

Metrorail's Southern Line stops at Mowbray, Observatory, Rosebank and Rondebosch railway stations. Trains are not always on time, so visit www.metrorail.co.za for timetables and fares.

10 Gear up

First-years are not allowed to bring cars onto campus, but you can park at Rhodes Memorial if you have a parking disc, available from traffic admin on upper campus.





Get connected

GET CONNECTED

Information and Communication Technology Services (ICTS) keeps you connected to all of UCT's online services. Read on to find out how to connect, how to find software and how to stay safe while you're online.

The quick guide

For a short guide on all you need to know about digital at UCT, take a look at the ICTS checklist:

<https://uct.ac.za/digital-checklist>.

Connect to Wi-Fi

Connect to eduroam, UCT's Wi-Fi network, using your username (studentnumber@wf.uct.ac.za) and your UCT network password. After registration, go to <https://password.uct.ac.za> to reset your password.

Sign in to your UCT email

Sign in to your email account via www.icts.uct.ac.za/myuct. Remember to check it regularly – this is where you'll find all official university communications.

Hook up your phone

Go to your app store (Android/iOS) and download the UCT Mobile App to access timetables, library services, maps and more. For support, email uctmobile@uct.ac.za.

Get to know Vula

Vula (<https://vula.uct.ac.za>) is UCT's online environment for teaching and learning, research and collaboration. It's also where your lecturers will post a lot of your academic course content.

Get free software

Before buying any software, first check what site-licensed software is available for free at <https://ictsdownloads.uct.ac.za>. Office365 is available via your myUCT account, and UCT has signed up to use Google Apps.

Be responsible

Don't use the internet for anything illegal – especially not streaming, sharing or downloading copyrighted content. Also, respect the email and internet usage policy in the IT Guide for Students: http://www.icts.uct.ac.za/publications_reports > Guide to ICT services (students).

How to get IT help on campus

The IT Helpdesk. Get support by logging a call online (<https://uct.service-now.com/ess>), sending an email to icts-helpdesk@uct.ac.za or calling 021 650 4500 (during office hours).

The ICTS front office. Get walk-in support in room 201 of the Computer Science Building on upper campus. The office is open from 08:00 to 16:30 during the week (but closes at 15:15 on Thursdays).

ICTS-on-Main Walk-in Centre. For those nearer to lower campus, it's in room 1.10 of the ICTS building, located at 7 Main Road, Mowbray, and operates at the same times as the upper campus office.

Social media. ICTS provides basic support on Facebook (www.facebook.com/icts.uct) and Twitter (twitter.com/UCT_ICTS), but if they can't help, they'll escalate your issues to someone who can. They're online seven days a week from 07:00 to 22:00.

Student labs. Lab administrators and assistants are on hand to help you in any of the ICTS-managed labs around campus.

16 tips for staying cyber secure

1 Use strong passwords.

The longer and more complex your password is, the better. A password should contain numbers, symbols and upper- and lower-case letters.

2 Install an anti-virus.

Up-to-date anti-virus applications should be on all your computers. Download McAfee for free from the ICTS website (www.icts.uct.ac.za/anti-virus), and find a good anti-virus for your mobile devices!

3 Back up, back up, back up!

Make sure you have a backup (or two). You can back up data to physical devices or to the cloud (UCT offers Google Drive and OneDrive).

4 Spread the word.

If you know of a cyber security threat or incident, please inform everyone you know who might be affected.

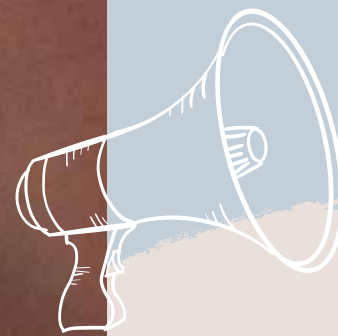
5 Report it to CSIRT.

If you experience any cyber security threat, please contact UCT's Computer Security Incident Response Team at csirt@uct.ac.za.

6 Avoid identity theft.

Dispose of sensitive paperwork safely, enable SMS alerts for your banking, and never share personal information online.

Have you



heard?

If you haven't already, you're going to hear loads of new words and abbreviations around campus. Here's a cheat sheet to help you wrap your head around them.



Caf

The Cissie Gool Café next to Cissie Gool Plaza – great for cheap, good food.

Course

A unit of study that gets you credit towards your degree.

CPS

Campus Protection Services take care of UCT's safety and security.

Curriculum

A combination of courses that make up your degree programme.

DP

Duly performed – if you get a DP for a course, you can write the exams.

DPR Duly performed refused. This means you can't write exams.

Dean

The head of a faculty.

Early assessment

A formal check to see how you're doing in your first weeks at varsity.

EDP

Extended Degree Programmes give you extra time and support to complete your degree.

Eduroam

The UCT network that provides free Wi-Fi on campus.

Faculty

A group of academic departments. UCT has six.

First-class pass

When you get over 75% for academic work. An upper second is 70–74%, a lower second is 60–69% and a third is 50–59%. An S means you failed.

First lecture

The day's earliest lecture and where you'll find yourself at 08:00 if you're a fresher.

Food and Connect

Keep an eye out for these food vendors across campus. Yum!

Fresher

That's you! A first-year.

Fresher's Braai

A first-years-only party on the Green Mile during O-Week.

FYE

The First-Year Experience is there to help you get through year one.

GREEN MILE

UCT's main rugby fields.

Hot seat

A weekly appointment with your tutor to discuss your academic progress.

ICTS

Information and Communication Technology Services. They keep you connected.

The plaza

The open area below Sarah Baartman Hall where tons of events take place.

Jammie Shuttle

The blue buses that get you around campus and town. It's free for students.

Jammie steps

The steps below Sarah Baartman Hall.

Jammie Thursdays

When cool things happen on the plaza during meridian on Thursdays.

Lectures

45-minute lessons with 15 minutes in between to get to the next one.

LinkedIn Learning

An online virtual training library that offers thousands of tutorials.

Meridian

Lunch break – between 13:00 and 14:00 during the week.

North Stop

One of the main Jammie Shuttle stops on upper campus. It's north of the South Stop.

OIC

The Office for Inclusivity & Change ensures accessibility and inclusivity for all.

OL

Orientation Leader. The one who will take you through stuff during O-Week.

O-Week

The orientation programme that gives you time to get to know UCT and join clubs and societies.

Pass mark

Anything above 50%.

PeopleSoft

An online database for your academic record, timetable, course marks and personal details.

Pracs

Practicals help you put into practice what you've learned in theory.

RAG

"Remember and Give" – the fundraising arm of SHAWCO.

Res

Residence. The place you stay if you're living on campus.

SAX Appeal

The RAG magazine sold at traffic lights to raise money for SHAWCO.

SHAWCO

The Students' Health and Welfare Centres Organisation offers community outreach programmes.

SRC

The Students' Representative Council is the highest decision-making structure of student governance.

Student card

Your multi-purpose UCT ID card. Keep it with you all the time.

Student number

Once you're registered, you'll need this number often. Remember it.

Sup

Supplementary exam (for when the first one didn't go so well).

Transformation

The ongoing process of making UCT inclusive and reflective of South African demographics.

Tuts

Tutorials. Small group meetings to discuss course material. A must if you want to get a DP.

Tutor

The person, usually a student, who runs tuts.

Vac

Vacation. Others call it 'holiday' or 'leave'.

Varsity

Where you find yourself right now, and UCT's student newspaper.

Vula

UCT's official online learning system where you'll find everything you need to know about your courses, and more.

Year mark

Together with your exam results, this contributes to your final mark.



Do you know your faculty?

There are six faculties at UCT – Commerce, Engineering & the Built Environment, Health Sciences, Humanities, Law and Science – which are supported in their teaching and learning by the Centre for Higher Education Development (CHED).



Commerce

WHO? With approximately 6 700 students, Commerce offers several undergraduate specialisations, including accounting, actuarial science, computer science, economics, finance, information systems, law, management studies, marketing, organisational psychology, quantitative finance and statistical sciences.

WHAT? Seven departments and 12 research groups

WOW! Officially launched in October 2019, UCT's School of IT is a collaboration between the Department of Information Systems in the Faculty of Commerce and the Department of Computer Science in the Faculty of Science.

WHERE? Leslie Commerce Building, School of Economics and Linkoping House.

021 650 4375
com-faculty@uct.ac.za

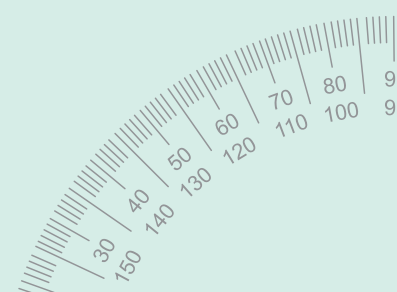
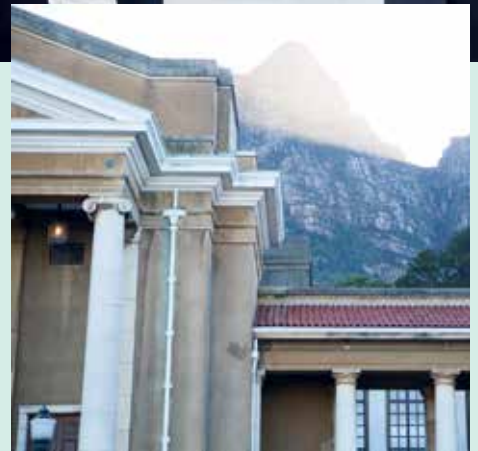
Engineering & the Built Environment

WHO? With more than 5 000 students and staff, state-of-the-art facilities and world-renowned teaching staff, the faculty is home to architects, engineers, planners, quantity surveyors, geomaticians, and property and construction managers.

WHAT? 66 National Research Foundation-rated staff members; 20 active research groups covering African urbanism, fuel cells, minerals, biomedical engineering, robotics, alternative energy; and more

WOW! Baleka – Africa's first two-legged robot developed in mechatronics. • Leading the way with the development of Africa's first 5G testbed. • Bio-bricks made from urine. • Green solar-powered houses.

WHERE? New Engineering Building, Menzies Building and others
021 650 2699
ebe-faculty@uct.ac.za



Health Sciences

WHO? The oldest medical school in Sub-Saharan Africa (established in 1912), the faculty has more than 3 000 staff, 2 100 undergraduates and 2 600 postgraduates. It's considered a centre of excellence in teaching, learning and research for health professionals and scientists.

WHAT?

- Addressing health challenges facing our society, particularly those affecting Africa
- 13 academic departments with 106 divisions

WOW! The world's first successful human heart transplant in 1967. • The top-rated health sciences faculty on the continent, and among the top 100 globally. • The most National Research Foundation A-rated researchers at UCT. • On average, researchers in the faculty publish more than four peer-reviewed articles every day. • Home to four out of the top 10 inventors by patents granted at UCT.

WHERE? Health Sciences campus (adjacent to Groote Schuur Hospital)
021 406 6328
aafhs@uct.ac.za

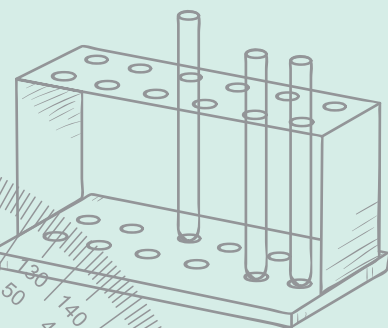
Humanities

WHO? With over 7 000 students, this faculty comprises 17 academic departments, located in three main clusters: the Arts, the Social Sciences, and the Performing and Creative Arts.

WHAT? The largest faculty at UCT with 15 research centres and institutes offering 30 academic majors as well as the opportunity to choose from 21 majors offered through other faculties.

WOW! The faculty is home to over 80 National Research Foundation-rated researchers and four SARHI Chairs. Many internationally renowned artists and scholars, such as Pretty Yende, Akin Omotoso and JM Coetzee, graduated from the faculty.

WHERE? Upper Campus, Lower Campus, Hidding Campus
021 650 2717
hum-ugrad@uct.ac.za



Law

WHO? Made up of more than 1 200 students (45% postgraduates) and 165 staff, the Faculty of Law was rated in the Top 100 Law Schools in the world by the Quacquarelli Symonds World University Rankings 2019.

WHAT?

- The oldest and smallest Faculty at UCT
- Home to world-class research units that provide the bridge between academic endeavour and social application
- Two community-serving law clinics, one focused on refugee rights

WOW! The faculty has 25 international agreements that support law students to pursue international exchanges, a dedicated Moot Court for practising mooting skills, a new Law and Technology hub focused on legal tech, a 24/7 library space and many facilities to support an excellent law student experience.

WHERE? Wilfred and Jules Kramer Law Building
021 650 3086
law-studies@uct.ac.za

Science

WHO? The almost 3 000 students and staff in the Science Faculty contribute to globally relevant research, including African climate and development, biodiversity, chemistry and biology for health in Africa, marine biology, southern skies and the evolving universe, and human evolution.

WHAT? 12 departments, including archaeology, astronomy, biological sciences, chemistry, computer sciences, environmental and geographical sciences, geological sciences, mathematics and applied mathematics, molecular and cell biology, oceanography, physics and statistical sciences.

WOW! Two alumni have won Nobel Prizes, the faculty has 27 international leaders in their field and our lecturers regularly win the Distinguished Teacher Award. • Over a third of the university's annual PhD graduates hail from the Faculty of Science.

WHERE? Several buildings on upper campus, including PD Hahn and RW James
021 650 2712
sci-science@uct.ac.za



Centre for Higher Education Development (CHED)

WHO? CHED is a faculty-like structure headed by an academic dean. It works across faculties and aims to continually improve access to and the quality of higher education, promote excellence through equity, develop the curriculum in partnership with faculties, enhance the professionalism of teaching staff, help students to make informed choices, provide opportunities to make the most of their university experience to be employable, and enable systemic improvement through the research-led development of informed policies.

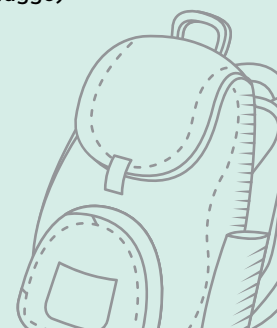
WHAT?

- Academic Development Programme (ADP)
- Centre for Innovation in Learning and Teaching (CILT)
- Careers Service
- Centre for Educational Testing for Access and Placement (CETAP)
- Hasso Plattner School of Design Thinking (d-school).

WOW! CHED is supported by rigorous research in key areas, including higher education, academic literacy, curriculum development, work readiness initiatives, educational technology, online and blended learning, assessment and diagnostic testing, numeracy, the first-year experience and multilingualism.

• The Distinguished Teacher Award has been awarded to several CHED staff over the years, including Assoc Prof Janice McMillan (2016), Tim Low (2011) and Carla Fourie (2009).

WHERE? Huri ʒoaxa (Hoerikwaggo) building
021 650 2645
ched@uct.ac.za



8 things you need to know about UCT Libraries

Occupying 17 000 m² with 53 km of shelf space, UCT Libraries is one of the largest in the southern hemisphere. This is what you need to know.



1 UCT Libraries

UCT Libraries is the collective name for the university's main library and its seven branch libraries. The main library, officially the Chancellor Oppenheimer Library, can be found on upper campus.

2 Services

Structured in alignment with the six UCT faculties, UCT Libraries offer customised services for undergraduates, postgraduates, academics and staff.

3 Spaces

There are many spaces in the libraries for students to meet, study and collaborate, including the dedicated undergraduate Vincent Kolbe Knowledge Commons, group study rooms and 24/7 study areas – such as the Hlanganani Junction.

4 Resources

UCT Libraries has 1.2 million+ physical volumes, 72 000+ e-journal titles, 28 500+ print journal titles, 1 600 manuscript collections and 190 high-quality electronic databases.

5 Connectivity

UCT Libraries is a highly connected environment with around 450 PCs and Wi-Fi for your devices. You can register for on- and off-site access to all library resources.

6 Website

Accessible from your phone, tablet, laptop or computer, the UCT Libraries website (www.lib.uct.ac.za) is a portal to a world of information and resources. Primo, the UCT Libraries' search tool, allows you to easily find what you need, and you can sign in for more functionality like reserving a book, saving records and exporting citations.

7 Borrowing and returns

Your student card is your library card, which allows you to borrow six items at a time for seven days. Staff at the loans desk will issue books to you or you can use the self-checkout machine (only in the main library). After-hours hatches at the libraries mean you can return books even when they're closed.

8 Your learning partner

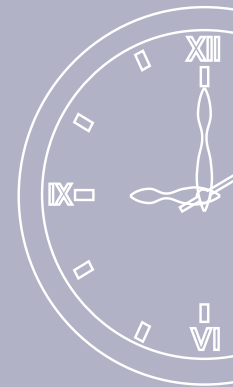
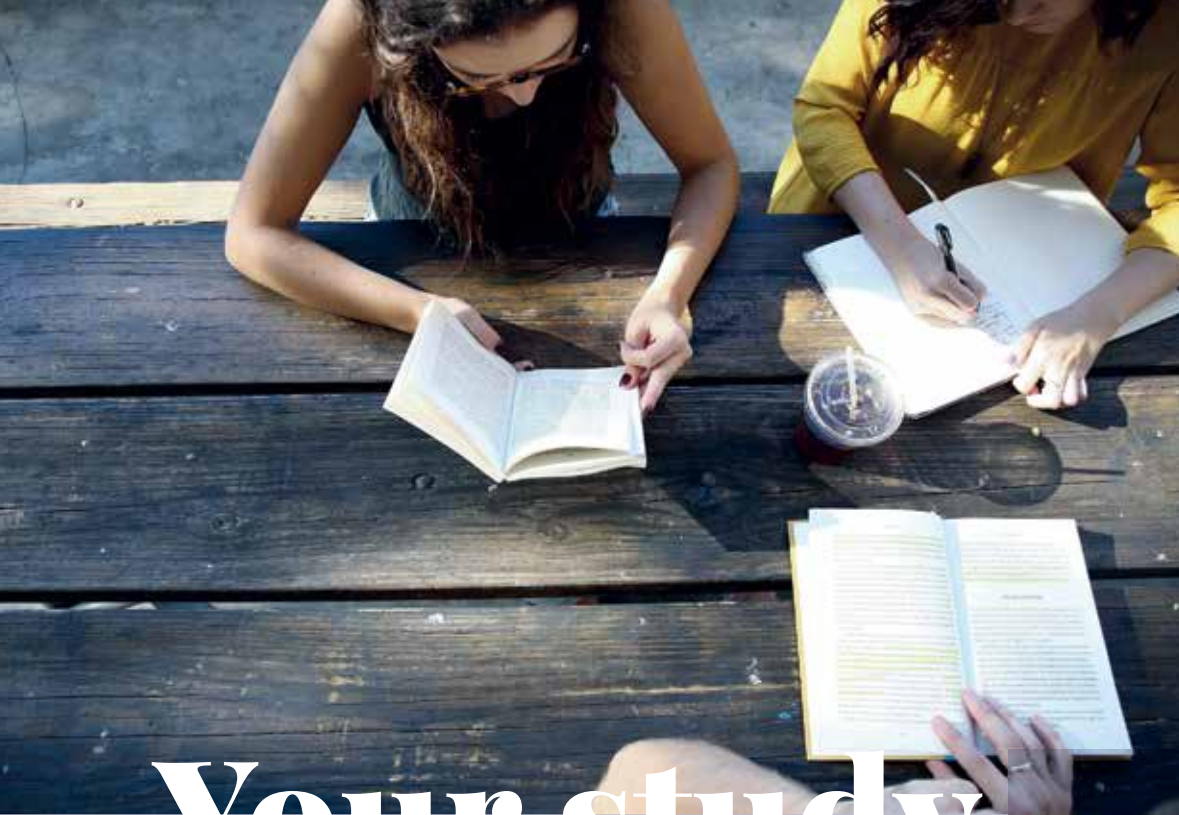
UCT Libraries staff are available to assist with all your information and research needs. They also provide orientation tours, library literacy and customised research database workshops.



“I wish somebody had told me that the librarians are there for a reason and they are a useful resource. If I could go back to my first year, I’d definitely use them more.”

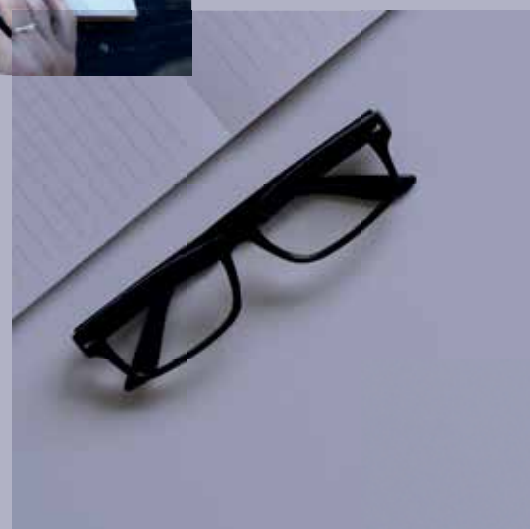
– NOLUYOLO





Your study guide

With so much to read and remember, it's natural to feel overwhelmed in the run-up to exams. Try absorbing these top studying tips from students who've been there, done that. They work!



Replicate the setting

"Study at the same time of the day you're writing your exam. Apply the same amount of time pressure. Mark it strictly!"

– **Nicholas Petersen, actuarial science honours**

Environment is key

"I would suggest studying in the library and studying at the lower section of the library, the quiet section."

– **Lufuno Neluheni**

Find your study time

"I find it better to study at night because that is when it is quiet and there's no one to disturb me."

– **Sibusiso Magagula, first-year accounting**

Get the right nutrients

"So often people eat just a fruit ... or some other carbohydrate by itself. But this can cause a spike in blood sugar levels, which then ends up with the drop coming on the other side of that. So pair an apple with some nuts or peanut butter, for instance, to ensure optimal studying energy levels."

– **Nicole Haird, dietetics honours**

Snack and relax

"Snacks are so important. One of us is always eating something or drinking something while we are studying. But another essential is finding a study buddy. We usually study together, diving into the books for a few hours and then stepping away to relax, talk and joke."

– **Lucia Anthony and Casey Fredericks**

Extend your degree

An Extended Degree Programme (EDP) gives you the option of taking more time and being offered support to help you complete your degree. To find out more, contact your faculty's Education Development Unit.

About EDP

It offers extra academic and social support to help you make the school-to-university transition and adjust to university life. The EDP also helps you to plan your curriculum over a longer period.

The benefits

You're able to complete your degree with stronger transcripts and it improves your chances of getting into postgraduate studies.

How it supports you

Mentoring, more time in class and loads of interaction outside the classroom. The classes are smaller too!

The effect on your curriculum and degree

Depending on the faculty, the alternative curriculum usually takes between six months and a year longer than the standard route. The degree earned remains the same.

Is it right for you?

First-year students may be selected, advised or may choose to follow an EDP depending on the faculty. The admissions criteria vary. When students can enter the EDP also differs from faculty to faculty.

For more info

For more information, contact your faculty's Education Development Unit (see pages 14 to 15). You can also speak to someone at the First-Year Experience (see page 22).

"I wish I'd known that the more questions I ask, the more it improves my own and my peers' learning."

– PAVO

Get enough sleep

"When I am not sleeping enough, it's easier for me to get overwhelmed. You need to sleep to consolidate information and once you learn that, you're like, 'I am not going to compromise on my sleep.'"

– **Hannah Mather, third-year politics, philosophy and English literature**

Music matters

"Music definitely helps me. It takes me out of a headspace where I am stressing. It takes me to a place where I can enjoy myself and feel myself and know that I've got this."

– **Zoe Robertson, third-year anthropology, English and linguistics**

Meditate

"Meditation is important, and this might sound clichéd, but prayer as well. It keeps you focused and stops you from procrastinating."

– **Femina Bompaka, first-year film and media studies**





WHAT YOU DO MATTERS.



10
TIPS
FOR
first-year
SUCCESS

Your time at university can be the best years of your life, but you're bound to feel overwhelmed every now and then. So we've put together a few tips from the Student Wellness Service (SWS) to help you make the most of your first year at UCT.

1 Time management

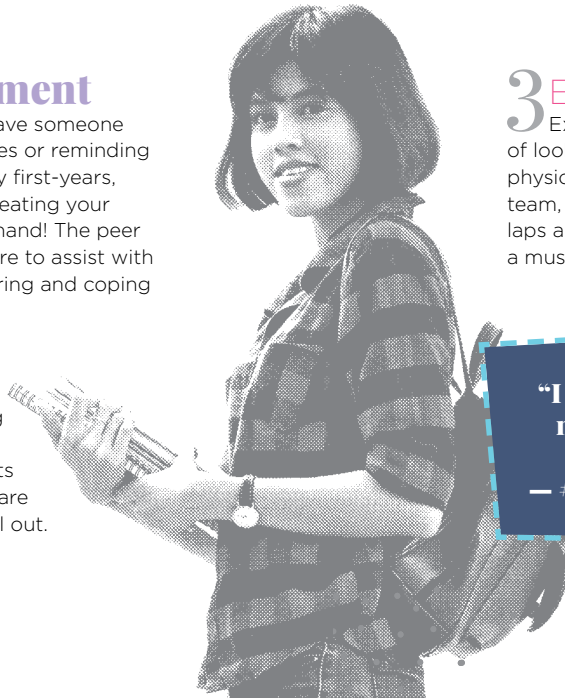
At university, you'll rarely have someone motivating you to attend classes or reminding you to do homework. For many first-years, this is the first time you'll be creating your own schedule – but help is at hand! The peer counsellors at the SWS are there to assist with scheduling, study skills, mentoring and coping with exam stress.

2 BUDGETS

It can be daunting figuring out how to manage your own finances. Again, the SWS and its undergraduate support group are on hand to help you figure it all out.

3 Exercise

Exercise is a non-negotiable part of looking after yourself – mentally and physically. Whether you join a sports team, sign up to the UCT Gym or take laps around the rugby field, exercise is a must for holistic well-being.



“I wish I had known to trust more in my abilities and worked to thrive, not just survive!”
— #phansiimpostersyndromephansi”

4 NUTRITION

You need the right nutrition to take care of your body, reduce stress, help you focus, maintain your energy levels and keep your memory in tip-top condition. Make the effort to eat healthily – and don't forget to drink water and keep hydrated!

5 Sleep

A healthy adult should get around eight hours of good sleep a night to allow the body to rejuvenate and to keep stress levels in check. Improve your sleep by investing in ear plugs and a sleeping mask and avoiding energising drinks in the evening.

6 Drink responsibly

When it comes to drinking, many people don't know when enough is enough. If you're struggling with alcohol (or any other substance) use, the SWS has trained clinicians, peer counsellors and support forums to help. And they'll give you all the information you need to live a healthy, responsible life.

“I wish I reached out for help and information when I needed it. I've always been independent and that was a barrier to getting the help I needed at the time.”

– SINAZO

7 Manage negative thoughts

This is often easier said than done, but don't allow negative thoughts to snowball into something uncontrollable. Attend one of the SWS mental health workshops for managing anxiety and stresses.

8 Wellness toolkit

Take some time to create your very own wellness toolkit. Write a list of between five and 10 things that make you happy. Make sure that you do at least one of these activities every week.

9 Sexual/reproductive health

Whatever your choice is, make sure it's safe. You can find out more about protection, prevention and contraception from the SWS.

10 Health professionals

When in doubt, see a health professional. If you need help with accessing SWS services, contact an SWS Mental Health Peer Educator or book online to see a peer counsellor.

WHERE TO FIND THE SWS

SWS offices are available on all of UCT's campuses, but the main clinic is located in the Ivan Toms building on lower campus (08:30-16:30 Monday to Friday), with the most popular office on upper campus being in the UCC Steve Biko Building (temporarily closed for renovations).

And please remember that you don't have to do any of this alone! There are many SWS support groups available to help you on your way:

- Substance/Chillers forum
- Undergraduate support
- Psychotherapy support
- Khulumani Madoda forum (Men Let's Talk)
- Relationships support

The contact details

Student Wellness Service

- Medical consultations 021 650 1020
- Counselling 021 650 1017 (clinics and counselling service points)
- Online bookings www.dsa.uct.ac.za/student-wellness/about-student-wellness
- UCT app www.icts.uct.ac.za/uctmobile
- Email sws@uct.ac.za

SADAG UCT Student Careline 0800 24 25 26 (free from a Telkom line) or SMS 31393 for a callback

Crisis Intervention Service (Psychiatric Night Nurse) 021 650 2222/3

Sexual Assault Hotline 072 393 7824

Disability Service 021 650 2427

ER 24 ambulance 021 650 2222/3



Supporting you

Are you struggling to cope with your academic programme because you're just not adjusting to university life? Or do you have questions on resolving a dispute with one of your peers? Here's a list of student support services to make your UCT experience stress free.

Academic concerns?

Talk to someone at your faculty office about the Extended Degree Programme (EDP) (see page 19), a more flexible degree programme that allows you to take a bit more time to complete your degree.

Struggling to adjust?

It takes time for student to settle in at university. At UCT, the First-Year Experience offers a welcome and supportive environment for freshers. The aim – promoting a holistic approach to student development that responds to your academic, social and material needs.

The First-Year Experience

Hoerikwaggo Building, upper campus
021 650 4072

● danny.fontaine@uct.ac.za
www.ched.uct.ac.za/first-year-experience-project

Need career advice?

UCT's Careers Service helps prepare you for a smooth transition to the world of work – it's never too early to start planning.

UCT Careers Service

Level 1, Hoerikwaggo Building, upper campus
021 650 2497

● careers.service@uct.ac.za
www.careers.uct.ac.za

Support for students with disabilities

UCT's Disability Service is dedicated to helping students and staff achieve their full potential. The service includes improved access to facilities, extra time for tests and exams, accessible transport and providing South African Sign Language interpreters.

UCT Disability Service

Level 4, John Day Building, upper campus (access via lift or stairs)
021 650 2427

● cedric.williams@uct.ac.za
www.staff.uct.ac.za/staff/support/disability-service

Anti-discrimination

If you're experiencing harassment or discrimination, you're not alone. The Office for Inclusivity & Change (OIC) offers a range of support services to ensure that the university is accessible and inclusive to all.

Office for Inclusivity & Change

The Cottage, Lovers' Walk, lower campus
021 650 3530

● www.students.uct.ac.za/students/discrimination-harassment

Resolving a dispute

The Office of the Ombud provides an informal dispute resolution service to the university community. Operating outside the usual university academic and administrative structures, it's a neutral, independent, informal and confidential resource to facilitate fair and equitable resolutions.

Office of the Ombud

Lovers' Walk Extension, lower campus
021 650 3665

● ombud@uct.ac.za
www.ombud.uct.ac.za

Dr on call

Make an appointment to see a doctor or nurse at the Student Wellness Service. Medication is available at cost price; the service offers support for chronic conditions like asthma, diabetes and tuberculosis; and they help with minor surgical procedures.

If you're on upper campus, there's a clinic on level six of the Steve Biko Students' Union building – you can see a nurse on a walk-in basis for minor ailments between 08:30 and 16:30.

Student Wellness Service

Ivan Toms Building, 28 Rhodes Ave, Mowbray
021 650 1020

● sws@uct.ac.za
www.dsa.uct.ac.za/student-wellness/health-services/overview

Brush up on your writing skills

Consultants at the UCT Writing Centre can help you improve the quality of your academic writing. They assist with referencing, help to guide your thinking and make sure that you present your academic argument effectively.

Writing Centre

Level 6, Steve Biko Students' Union building, upper campus
021 650 5021

● writingcentre@uct.ac.za
www.writingcentre.uct.ac.za

“I wish I knew about [UCT] Careers Service earlier on in my studies, so I'd know if my field was lucrative and in which ways.”

– NOLUYOLO



Need funding?

The Student Financial Aid Office aims to help as many academically eligible and financially disadvantaged students as possible.

Student Financial Aid Office
Level 3, Kramer Law Building,
middle campus

021 650 3545

• financialaid@uct.ac.za

www.dsa.uct.ac.za/student-funding-administration/financial-assistance/financial-aid

Questions on accommodation?

The Department of Student Affairs will answer all your questions about residences and other student housing options.

Department of Student Affairs
Masingene Building, middle campus
021 650 2977

• res@uct.ac.za

www.dsa.uct.ac.za/how-residences-are-organised

Scouting for an internship or a part-time job?

Careers Service can help you write a CV and cover letter for job and internship opportunities. It also offers advice about working locally and overseas and can even help you access part-time work and internships.

Careers Service
Level 1, Hoerikwaggo Building,
upper campus

021 650 2497

• careers.service@uct.ac.za

www.careers.uct.ac.za

Need mental health support?

The Student Wellness Service provides mental health support and can make referrals for specialised support and care. They also offer support for relationship issues.

The South African Depression and Anxiety Group (SADAG) UCT Student Careline is your 24/7 source of help.

Student Wellness Service
Ivan Toms Building, 28 Rhodes Ave,
Mowbray

021 650 1017

• sws@uct.ac.za

www.dsa.uct.ac.za/student-wellness/counseling-services/overview

SADAG UCT Student Careline
0800 24 25 26 (free from a
landline)

SMS 31393 (for a call-back)

Concerned about your safety?

Campus Protection Services (CPS) is responsible for campus safety and security 24/7, working from six service centres. They'll respond to any criminal activity or safety concerns reported.

CPS 24-hour hotline: 080 650 2222
(toll-free) or 021 650 2222/3

Need sexual assault support?

Survivor Support in the Office for Inclusivity & Change (OIC) provides advice and assistance in case of sexual assault and rape. The OIC works to ensure that all survivors of sexual violence receive compassionate care.

Survivor Support (OIC)

021 650 3530

072 393 7824 (24-hour hotline)

Rape Crisis

021 447 9762

Sexual health assistance

HIV testing and counselling, medication for sexually transmitted infections, and basic contraceptives are provided free of charge by the Student Wellness Service.

Student Wellness Service
Ivan Toms Building, 28 Rhodes Ave,
Mowbray

021 650 1017/20

www.dsa.uct.ac.za/student-wellness/health-services/overview

Can't find the answers you're looking for?

The Student Orientation and Advocacy Service offers general information on all aspects of campus life, including advice and referrals to other UCT services.

Student Orientation and Advocacy Service

Room 201, Level 2, Computer
Science Building (Cissie Gool
Plaza), upper campus

021 650 5082

• uctorientation@uct.ac.za

Ask for help at the Department of Student Affairs, which oversees all student services and activities, including student orientation, sport and recreation, student accommodation, financial aid, and the Student Wellness Service.

Department of Student Affairs
Masingene Building, middle campus
021 650 2128

• nadierah.pienaar@uct.ac.za

www.dsa.uct.ac.za/about-dsa

Sexual and gender-based violence

Sexual and gender-based violence (SGBV) affects all corners of our society, including our university. Our commitment to responding to SGBV starts with a zero-tolerance approach to all forms of sexual violence and/or sexual harassment.



As a new member of the UCT community, you are expected to be familiar with the Sexual Harassment and Sexual Offences policy (www.oic.uct.ac.za/reports-and-policies). If you would like someone to go through the policy with you, please attend training in residence or on campus or book an appointment via director.oic@uct.ac.za.

Survivors of sexual violence and sexual harassment are supported by UCT and are encouraged to report incidents so that assistance can be provided. If you or any UCT student you know has experienced sexual assault or gender-based violence, please contact the Office for Inclusivity & Change (OIC) for assistance:

021 650 3530 (office hours)
072 393 7824 (24/7 hotline).
The OIC offers survivors immediate comprehensive care and support. They will assist with lodging complaints and with laying a charge with the South African Police Service.

The OIC has created an online portal (<https://casereporting.uct.ac.za/ReportingPage/> or via the UCT App: www.icts.uct.ac.za/uctmobile) where survivors and/or those close to them can report incidents of sexual assault or gender-based violence. If you need assistance with reporting an incident using the online reporting tool, please contact the OIC on 021 650 2767.



Stay safe

Here at UCT, we take the safety and security of students and staff very seriously. Check out the info below on staying safe both on and off campus.

Who is responsible for safety at UCT?

Campus Protection Services (CPS) is in charge of the safety and security at UCT. **Save the CPS 24-hour toll free number – 080 650 2222 – on your phone now!**

What do I do if I am criminally threatened?

If an armed person (or someone who claims to be armed) confronts you, give up your property immediately, get out of danger and contact CPS.

What safety precautions should I take on campus?

- ▶ Use the Blue Walk Route – it has emergency phones and is monitored by camera.
- ▶ Always keep your valuables out of sight, and never carry large sums of cash.
- ▶ Lock doors and windows, even when leaving your room for a short time.
- ▶ Save emergency numbers on your phone, and print a copy for your desk.
- ▶ Get to know your neighbours and keep an eye out for one another.
- ▶ Use the Jammie Shuttles – they operate 24/7 during term time.

What's the best way to protect my property?

- ▶ Keep doors locked and windows closed when you're not in.
- ▶ Don't leave backpacks or bags unsupervised.
- ▶ Keep a record of serial numbers and a description of your valuables.
- ▶ Never leave items in view inside a parked car.
- ▶ Invest in a steering or gear lock for your car, and a bike lock for your two-wheeler.

How do I stay safe using Ubers and taxis?

- ▶ Request your ride inside a building.
- ▶ Share rides whenever possible and tell a friend where you are going.
- ▶ Don't get into an empty taxi, and don't sit in the back seat.
- ▶ Only take taxis that are clearly identified with official markings.
- ▶ If a taxi goes off route, demand that the driver stop to let you out.
- ▶ Don't display jewellery, cameras, cellphones and other valuables.
- ▶ Keep your handbag shut and close to you, and keep your wallet out of sight.

“I wish I had known that free HIV testing is available across campus, like at the Sports Centre and the Student Wellness Centre.”
– NIGEL

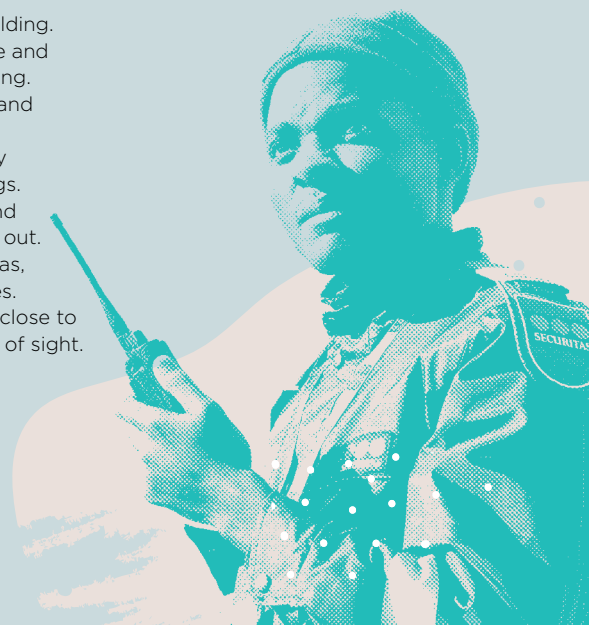


If you or any student needs immediate medical assistance or advice following a rape and/or sexual assault, call, SMS or send a missed call to the 24/7 standby number: 072 393 7824.

For telephonic counselling, please call Rape Crisis: 021 447 9762 or the SADAG UCT Student Careline: 0800 24 25 26 (or SMS 31393 for a callback).

You can also receive individual support and referral information by visiting the OIC office at the Ivan Toms Building on lower campus (28 Rhodes Avenue, Mowbray).

More information is available on the OIC's Survivor Support web page: www.oic.uct.ac.za/survivor-support.



Sustainability gets the green

light

Sustainability is top of mind for UCT. Find out how you can make a difference to fulfilling our commitment to becoming a green campus.



Recycling in colours

The colour-coded bin system has been in-place at UCT residences and on campus for about a decade and helps to keep accommodation and campus clean. The two most important colours are:

- Green – recyclables: glass, paper, plastic, cardboard and tin
- Yellow – non-recyclables: dirty food containers, cigarette butts, polystyrene, etc

Other colours that are used in operations/ administration are:

- Blue – left-over food from the kitchens that is recycled into agri-protein
- White – office paper

Green Campus Initiative (GCI)

This student-led body is open to staff too and now boasts over 2 200 members. Its ultimate goal – building an environmentally friendly campus community. The GCI drives several initiatives on campus, including recycling, Ridelink carpooling and reducing carbon emissions.

Slow the flow

Water resources are under severe threat globally and UCT's mission is to reduce its water consumption. You can help us achieve our goal by reducing the amount of water you use on campus, whether that means a two-minute shower or reporting leaks to UCT's Properties and Services team (<http://forms.uct.ac.za/#bas11>).

Food security

To address the issue of student hunger, the UCT Food Security Programme provides lunch vouchers redeemable at UCT Food & Connect stores to students in need from Monday to Friday during term and exam periods. Please contact edwina.brooks@uct.ac.za for more information.



6 simple tips for sustainable living



Did you know?

Many UCT courses use participatory, project-based training around campus sustainability, which allows students and academics to use campus as a living laboratory. If you end up working on a UCT research project with a sustainability focus that may have an application on campus, contact manfred.braune@uct.ac.za to see if it could become a living lab project.

The 400-seater New Lecture Theatre and the new Graduate School of Business Conference Centre were designed and built as green buildings, achieving a four-star green rating from the Green Building Council of South Africa. UCT is currently busy with three other projects targeting green building certification: the Hasso Plattner School of Design Thinking (the d-school), the School of Education and Avenue Residence.

Reduce, reuse, recycle

Before you buy something, think about whether there's another option that produces less waste. Before you throw something in the dustbin, think about whether it can be recycled. Before you recycle something, think about whether it can be upcycled. Reuse whatever you can whenever you can – Google has a million ideas!

Burn calories, not petrol

Take a walk, lace up your running shoes, get your hands on a skateboard, borrow a bicycle – anything to avoid being a single driver in a car. If you must, arrange a carpool or use public transport whenever you need to get around. Remember, the Jammie Shuttle is freely available for students and staff, using low emissions buses (check the *Campus Guide* included for the Jammie Shuttle map).

Save energy

Eskom still relies on coal-fired power stations, which emit carbon monoxide and dioxide into the atmosphere, cause major air pollution and contribute to climate change. The less energy you use, the lower your carbon footprint. So turn off lights in empty rooms and unplug appliances when they're not being used (even when they're turned off a lot of devices still draw electricity).

Grow green

With rapid urbanisation and global deforestation, there are simply fewer plants around to convert carbon dioxide into oxygen. So grow a garden wherever you are, even if it's just a pot of herbs on your windowsill, or plant or sponsor a tree (www.greenpop.org).

Drink from the tap

Bottled water is not necessarily better than the water from the tap, especially in Cape Town, which was awarded a 98% score in the Blue Drop Drinking Water Quality certification process. The city's tap water is clean, cheap and sidesteps the environmental harm caused by the extraction of spring water and all those single-use plastic bottles.

Ditch the plastics

We all know that plastics harm the environment when they end up in landfills or in the ocean, but the damage actually starts during the manufacturing process, which releases pollutants into the atmosphere. Single-use plastic products (think straws, ear buds, product packaging) are a particularly big problem, so avoid them wherever possible.

Join clubs and societies



There really is more to campus life than your studies, and that includes over 100 student clubs and societies. Keep an eye out for them during O-Week on the plaza.

Why sign up?

- 1 Achieve a balance.** Clubs and societies allow you to do just that; you can take a step back from the books and do something you enjoy.
- 2 Make a difference.** If having a tangible impact on the world around you is your thing, there are plenty of opportunities available. We can think of at least one society that places animal welfare close to its heart, for example.
- 3 Meet new people.** We get that it's difficult to settle in during your first year, but joining a club or society can help. You'll meet people outside of your course, and you'll get to know campus a little better.
- 4 Looks good on your CV.** In time you will need an internship and, depending on your course, there are a bunch of clubs and societies that look really good on your CV.
- 5 Learn more about yourself.** Joining a student organisation presents many opportunities to get to know yourself, your goals and your strengths better. This self-awareness can be beneficial in future.



How to join

Either pay membership fees in cash or have them charged to your student account, whether that's on the plaza during O-Week or throughout the year at the Societies Helpdesk on level five in the Steve Biko Students' Union building.

The following are just a few options:

Academic

- AIESEC UCT (the world's largest student organisation)
- Association of Black Securities and Investment Professionals
- Association of Built Environment Students
- Association of South African Black Actuaries

National/Cultural

- Abantu Zambian Society
- Congolese Society
- East African Students' Association
- Ghana Society
- Hellenic Students' Association

Faith

- Acts Kolbe Catholic Society
- Anglican Students' Society
- Apostolic Faith Church of Portland Oregon
- His People
- Jubilee Society
- Muslim Students' Association

Special interest

- Art of Living - SMILE
- Fashion Society
- Film Society
- Green Campus Initiative
- Habitat For Humanity
- Photographic Society
- RainbowUCT
- We Are Animals

Politics

- Democratic Alliance Students' Organisation (DASO)
- InkuluFreeHeid
- Palestine Solidarity Forum
- Pan Africanist Student Movement of Azania (PASMA)

For more info and a full list of societies visit www.dsa.uct.ac.za/student-development/student-societies-organisations/overview



On your marks ...

Sport is an excellent way to keep the body fit, the mind sharp and you feeling good all round. And with almost 40 sporting codes to choose from at UCT, there's definitely something for everyone. So, get set and go!

Five benefits of sport

The list is endless, but here's just a few reasons why you should think about signing up and taking part:

- ▶ Improves your sleeping quality – say goodbye to restless nights
- ▶ Enhances concentration – focusing during lectures won't be problem
- ▶ Boosts self-esteem – you'll be more confident
- ▶ Relieves stress – it's a punching bag of a different kind
- ▶ Encourages teamwork – there's no 'I' in team.

Join the club

Find out more about the many UCT sports clubs on Jammie plaza during O-Week, or sign up at the Student Sport and Recreation office in the Sports Centre on upper campus any time of the year. You can either pay your membership fees in cash or have them charged to your student account.

You'll probably know what most of these sports are about, but here's hoping that there a few that will give you an opportunity to try something new.

Remember, you don't need to play at a professional level to reap the benefits!

Aikido **Archery**
 Athletics
 Badminton
 Basketball **Canoe**
Capoeira
 Chess
Cricket **Cycling**
 E-sport
 Fencing
Football **Golf**
 Gymnastics Hockey
Ju Jitsu
Karate
 Kickboxing Mountain and Ski
Netball
 Parasport (new for 2020)
Rowing **Rugby**
Squash
Supa Pool Surfing
 Swimming Tai Chi
 Table Tennis
Taekwon-Do
 Tennis **Ultimate**
Underwater
Volleyball Water Polo
 Wakeboarding
Yacht





Making a difference

At UCT, we believe that ploughing back into the community is an essential part of campus life. Whether it's engaging with climate change, social outreach programmes, research activities or providing opportunities for learning, social responsiveness is about making an impact on people that lasts a lifetime, and an impact on society that lasts for generations.

The Future Water Institute

In a water-stressed South Africa, UCT's Future Water Institute is doing essential work to ensure the future sustainability of water resources. The institute draws on the skills and expertise of researchers from across the university to tie together the technical and socioeconomic aspects of water management for the country. Working together, it hopes to transform our many human settlements into liveable and sustainable ecologies.

021 650 5317

<https://twitter.com/FutureWaterUCT>

The Global Citizenship Programme

The UCT Global Citizenship: Leading for Social Justice Programme provides students with an opportunity to engage with global debates and reflect on issues of citizenship, social justice and community engagement. The programme consists of three short courses and one credit-bearing course.

021 650 3431 | globalcitizen@uct.ac.za

The Knowledge Co-op

Established in 2010, the Knowledge Co-op allows external communities to access knowledge, skills, resources and professional

expertise within the university. It facilitates collaboration with community partners to address the development challenges they define. Participating students and academics gain work experience, advance the quality of their research and contribute to local communities.

021 650 4415 | know-op@uct.ac.za

Summer School

UCT's flagship public education programme makes the academic and knowledge resources of the university accessible to the wider community of Cape Town. Facilitated each year by the Centre for Extra-Mural Studies, Summer School offers a range of short courses to all, regardless of educational qualifications, in the first few weeks of January.

021 650 2888 | ems@uct.ac.za

UCT Cycling Club

In 2019 the UCT Cycling Club was involved in a number of social responsiveness projects, including a scholarship programme for deserving learners, taking learners from high-risk communities and teaching them life skills through sport, and a Breast Cancer Awareness Club Ride. In lieu of entrance fees to its events, the club collected donations of feminine hygiene products to be distributed in local communities.

"I wish I had known just how much I would learn about life and myself by having friends in different programmes and faculties."

– TWALA



We've put together a list of seven non-profit organisations close to campus that welcome volunteers. So give them a call, hit them up on social media and get involved – any which way you can.

1 **The Cancer Association of South Africa (CANSA)** is a leader in the fight against cancer and offers a support service to all those affected by the disease while educating the public on symptoms, screening and risk education.
Main Road, Mowbray
021 689 5381

2 Performing more than 500 life-changing orthopaedic procedures a year, **the Maitland Cottage Hospital** is a renowned paediatric orthopaedic hospital that also offers post-operative care and rehabilitation.
Kildare Road, Newlands
021 674 2090

3 **Ons Plek** is a child and youth care centre whose work is focused on the girl child who has lived, worked and begged on the streets of Cape Town. The organisation specialises in development projects and therapy.
Malleson Road, Mowbray
021 685 4052/49

4 South Africa's most experienced non-profit organisation working in the area of adult rape and sexual violence, **Rape Crisis** encourages survivors to report the crime to authorities and works to address legislation in the country.
Trill Road, Observatory
021 447 1467
www.facebook.com/rapecrisiscapetown
<https://twitter.com/RapeCrisis>

5 **Reclaim the City** is a movement of tenants and workers campaigning to stop their displacement from well-located areas and secure access to decent affordable housing.
Cissie Gool House, Woodstock; Ahmed Kathrada House, Greenpoint; Irene Grootboom House, city centre
contact@reclaimthecity.org.za
www.facebook.com/ReclaimCT/
<https://twitter.com/ReclaimCT>

6 A voluntary support group of Red Cross War Memorial Children's Hospital, **the Friends of the Children's Hospital Trust** never says no to enthusiastic volunteers. If you love children, get involved. **Note:** you'll need to undergo special screening and an orientation session before you start work.
Klipfontein Road, Rondebosch
021 658 5243

7 **The Underdog Project** works with vulnerable children and dogs, teaching empathy and various life skills to underprivileged youth while bringing joy to troubled dogs.
Main Road, Hout Bay
076 166 7350
mail@underdogproject.org
www.facebook.com/underdogproject/



Make the call

Emergency numbers

Ambulance 10177

Campus Protection Services (CPS)
021 650 2222/3

Groote Schuur Hospital (GSH)
021 404 9111

GSH Psychiatric Emergency Unit
021 404 2174

LifeLine 021 461 1111/3

Mountain Rescue 021 948 9900

Rape Crisis 021 447 9762

SADAG UCT Student Careline
0800 24 25 26 or SMS 31393
(for a callback)

Sea Rescue 021 449 3500

Sexual Assault Survivor Support 072 593 7824

Suicide Helpline 0800 567 567



Police

Flying squad 10111 (from a landline) 112
(from a cellphone)

Rondebosch Police Station 021 685 7345

Mowbray Police Station 021 680 9580

Woodstock Police Station 021 442 3117/21

Cape Town Central Police Station
021 467 8000/1/2



Campus services

Careers Service 021 650 2497

Centre for Higher Education Development (CHED) 021 650 2645

Department of Student Affairs
021 650 2128

Disability Service 021 650 2427

Financial Aid Office 021 650 3545

First-Year Experience 021 650 2645

Office for Inclusivity & Change
021 650 1006

Office of the Ombud 021 650 3665

Sports Injuries Centre 021 686 7777

Student Housing 021 650 1038

Student Orientation and Advocacy Service
021 650 5082

Student Wellness Service 021 650 1020

Writing Centre 021 650 5021



(See pages 22 and 23 for more information on these services)



UCT News

A fresh, informative news hub for the entire UCT community.

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