

CAMPUS LIFE

A UNIVERSITY OF CAPE TOWN PUBLICATION

ORIENTATION 2016

Student journal

Your 'go to' guide ↗



WELCOME!

JUST ABOUT

EVERYTHING

YOU NEED TO KNOW

ABOUT UCT

"To get lost is to learn the way."



WELCOME!

Dear Freshers

By now, the intrepid among you will have asked some key questions, such as: Where's the caf? What's RAG? What's DPR? What's with the acronyms?

Cast your eye to page 3 for the low-down on vital UCT lingo, which will help you settle into your new home-away-from-home.

After casting your eye, it would be great if you turned the page, too. Think of this paper as a guide to clocking campus; a lodestar to the Promised Land; a treasure map to the foot of the rainbow. At the very least, use the maps on the centrespread to find your lecture theatres.

We hope that the nuggets of information inside are useful for navigating your way through first year, and beyond.

Your Orientation Leader will explain the complex bits – like what a faculty is, where you sign up for tuts, who to ask for writing help, and how to find the best spots for swotting and surfing. The OLs, like colourful oracles, are invaluable and wise guides, and can make your transition to university fun – especially because they probably won't use words like 'transition'.

If you're new to Cape Town, don't be surprised if the weather makes no sense at all. It's truly four seasons in a day.

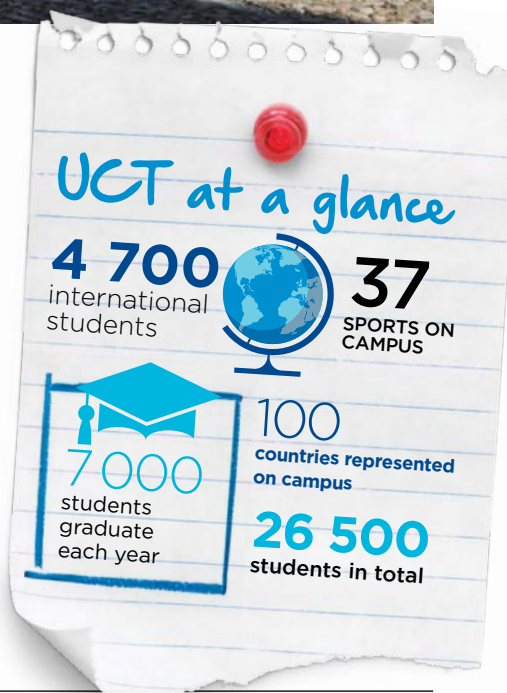
Mountain Rescue (their number, along with those of other essential emergency services, is

on page 12) would recommend taking every precaution, even for those 'little' treks to the King's Blockhouse. Take heed.

Of the dozens of sports clubs, societies, political groupings and leadership bodies at UCT, it's a good idea to get involved with at least one that grabs your attention. Nailing your studies should be your default setting, of course, but university is also a unique chance to grow your 'soft' skills, build international networks, evolve your thinking, and play some sport. O-Week is signing-up week.

Go forth and immerse yourself in the glory of undergrad.

Campus Life



As a high school student you come here with a bit of attitude, but your lecturers and tutors are here to help you.

LISA OCTOBER
Chemical engineering
(going into fourth year)



Attend all the O-Week events they organise for you. It's a really good opportunity to make friends. You'll never be a fresher again. Varsity is real; it's not high school!

SEUL-GI MIN
MBChB (second year)



Never fear asking any lecturer any question you may have, or any matter about the course. People here are very kind, and always willing to help.

CHUMA MADADASANA
Electrical engineering
(final year)



Eat fruit. I regularly buy my weekly supply from the 'fruit man' (in the food court). It's cheaper that way.

RAISA MOOLA
Social anthropology
(honours)

WHICH FACULTY?



LAW

Where the legal eagles hang out. The law faculty, which also happens to be the oldest law faculty in the country and the smallest on campus, is located in the Wilfred and Jules Kramer Building on middle campus. It prides itself on a law library where you'll find more than 85 000 books, journals and electronic databases.

CONTACT Faculty office

☎ 021 650 3086

✉ law-studies@uct.ac.za



HUMANITIES

If you're studying languages, the performing and creative arts, social sciences or education, you'll be spending time in one of this faculty's buildings, spread across UCT's campuses from Hiddingh, in the city centre to upper campus. It's the largest of the faculties with some 5 000 undergraduate students and 10 academic departments. The faculty office can be found in the Beattie Building on upper campus.

CONTACT Undergraduate office

☎ 021 686 7469

✉ hum-ugrad@uct.ac.za



ENGINEERING & THE BUILT ENVIRONMENT

This faculty trains chemical, civil, electrical, computer, electro-mechanical and mechatronic engineers, along with architects, planners, quantity surveyors and property valuers. This faculty office is based in the New Engineering Building, off Madiba Circle on upper campus.

CONTACT Faculty office

☎ 021 650 2699

✉ ebe-faculty@uct.ac.za



SCIENCE

Future botanists, climatologists, astronomers, marine biologists – roll up; this faculty has 12 departments, with a strong focus on all of the aforementioned disciplines. If you're an undergraduate student, you'll be one of around 1 500 others registered for a BSc. The faculty office is located in the PD Hahn building on upper campus.

CONTACT Faculty office

☎ 021 650 3023

✉ sci-science@uct.ac.za



HEALTH SCIENCES

Health sciences not only turns out doctors but also a range of health professionals, including speech and audio therapists and occupational therapists. It is organised into 11 departments, with some 2 000 undergraduates. Students in this faculty will be spending most of their time on the health sciences campus and in UCT's hospitals, including Groote Schuur Hospital in Observatory.

CONTACT Undergraduate admissions office

☎ 021 406 6328

✉ fhs-ug-admiss@uct.ac.za



COMMERCE

This is where you can study accounting, actuarial science, economics and finance, but also subjects like marketing and organisational psychology. This is the second-largest of the faculties, with over 4 500 undergraduate students. It is located in the Leslie Commerce Building on Engineering Mall, upper campus.

CONTACT Faculty office

☎ 021 650 4375

✉ com-faculty@uct.ac.za

UCT LEXICON

Big Bash The annual orientation party associated with RAG

Caf Where you go for a cup of coffee. You can arrange to meet your peeps in one of the more popular cafs in the Steve Biko Building

DP A Duly Performed course, which means you are allowed to write your exam

DPR Duly Performed Refused, which means you've been spending too much time hanging out in the caf

Early assessment A formal check to see how you're doing in your first few months

First lecture Where you will find yourself at 8am on a Monday morning if you're a fresher (see below)

Fresher That's you! Another word for a first-year

Hot seat Weekly appointment with a tutor to discuss your progress

Jammie Plaza The open area below Jammie Hall, where most things happen



Jammie Shuttle The blue bus that gets you on, off and around campus



Pass mark Anything above 50%

Practicals Where you put into practice what you've learnt in theory (for instance, in a laboratory). These can sometimes be three-hour sessions

RAG Stands for 'Remember And Give'. The fundraising arm of SHAWCO



Res Your home from home

SAX Appeal The RAG magazine that you are asked to sell at traffic lights while dressed up in funny clothes

SHAWCO The socially responsive student-run organisation that offers community outreach opportunities to students. It stands for Students Health and Welfare Centres Organisation

SRC Students' Representative Council, elected in September each year

Tuts Small groups that meet to discuss material raised in lectures. Compulsory if you want to get a DP



SAX Appeal



SHAWCO

Tutor The person in charge of a tut

Varsity Not just where you're studying, but also the official name of the student newspaper

Vula UCT's official online learning system, where you'll find everything you need to know about your course

Year mark An evaluation of your performance throughout the year



HOW TO GET AROUND

Travel at UCT starts with the Jammie Shuttle, but doesn't end there. There is a range of public and private transport options – including ones not provided by UCT – to help you get around campus and the city.



Hop on the bus, Gus

- The Jammie Shuttle** is the easiest way to get from point A to point B on campus. This free shuttle service for students and staff is available on weekdays, weekends, and holidays, and includes a late-night service. You may be asked to show your card (see uct.ac.za/students/services/jammie/maps for route maps and timetables).
- Golden Arrow** buses are easily accessible from Jammie Shuttle stops in Claremont and Mowbray (see gabs.co.za).
- MyCiti** integrates with the Jammie Shuttle at the Gardens station in Buitenkant Street, from where you can ride into Vredehoek, Oranjezicht and the city centre (see myciti.org.za).

MOWBRAY KAAP!



Listen out for the gaartjie

Minibus taxis pick up and drop off passengers along virtually every main route in the city. The Mowbray and Claremont Jammie Shuttle stops are a few steps away from minibus taxi hubs, while there are multiple stops near to some UCT

residences. Make sure you have the exact change ready for your trip. (PS *gaartjie* is Cape Town slang for the guy who calls out the route and collects the fares.)



Share a cab

Metred taxis (using sedan cars and small vans) are a phone call or SMS away. While options abound, including Uber, it's possible to save some money sharing a ride.



Down the line

Cape Town has a good rail service, which fans out across the city. The southern line stops at Mowbray and Rondebosch stations, which are both within walking distance of UCT's lower, middle and upper campuses. Find timetables at a Metrorail station and online at metrorail.co.za.



Car pool

First-year students are not allowed to bring cars onto campus but can apply to park at Rhodes Memorial, just a short walk away (visit the traffic administration offices on upper campus to apply for a disc).

An alternative is to carpool. You can access the dedicated carpool

P4 parking lot on upper campus if three or more student or staff cards are swiped at the boom (within 10 seconds of the first swipe). One of you must have a parking disc. Go to ridelink.findalift.co.za to find out more.



Scoot along

The good news is that as a first-year, you are allowed to bring a scooter onto campus, as long as you buy a black parking disc (also from traffic administration).

Cyclists might find the terrain a bit uphill, but there are designated cycling routes that make it easier to navigate your way around.

Skateboarding has also taken off in a big way in Cape Town. If you are an enthusiast, you can use your board to scoot between lectures, and downhill on your way home.



Your own two feet

It's easiest to get around UCT on foot. When walking on campus after dark, it's best to be part of a group and to stick to the blue foot route (where there are emergency bollards so you can immediately call Campus Protection if you need help). If you're alone at night and are concerned about your safety, call 021 650 2222 for an escort.



'There are lovely outside spaces on campus where you can take a break – like the rooftop at Leslie Social, and the 'secret garden', behind Beattie. Well, it's not that secret at all – it's made a name for itself.'

MANYA VAN RYNEVELD
Social anthropology
(honours)

DID YOU KNOW?



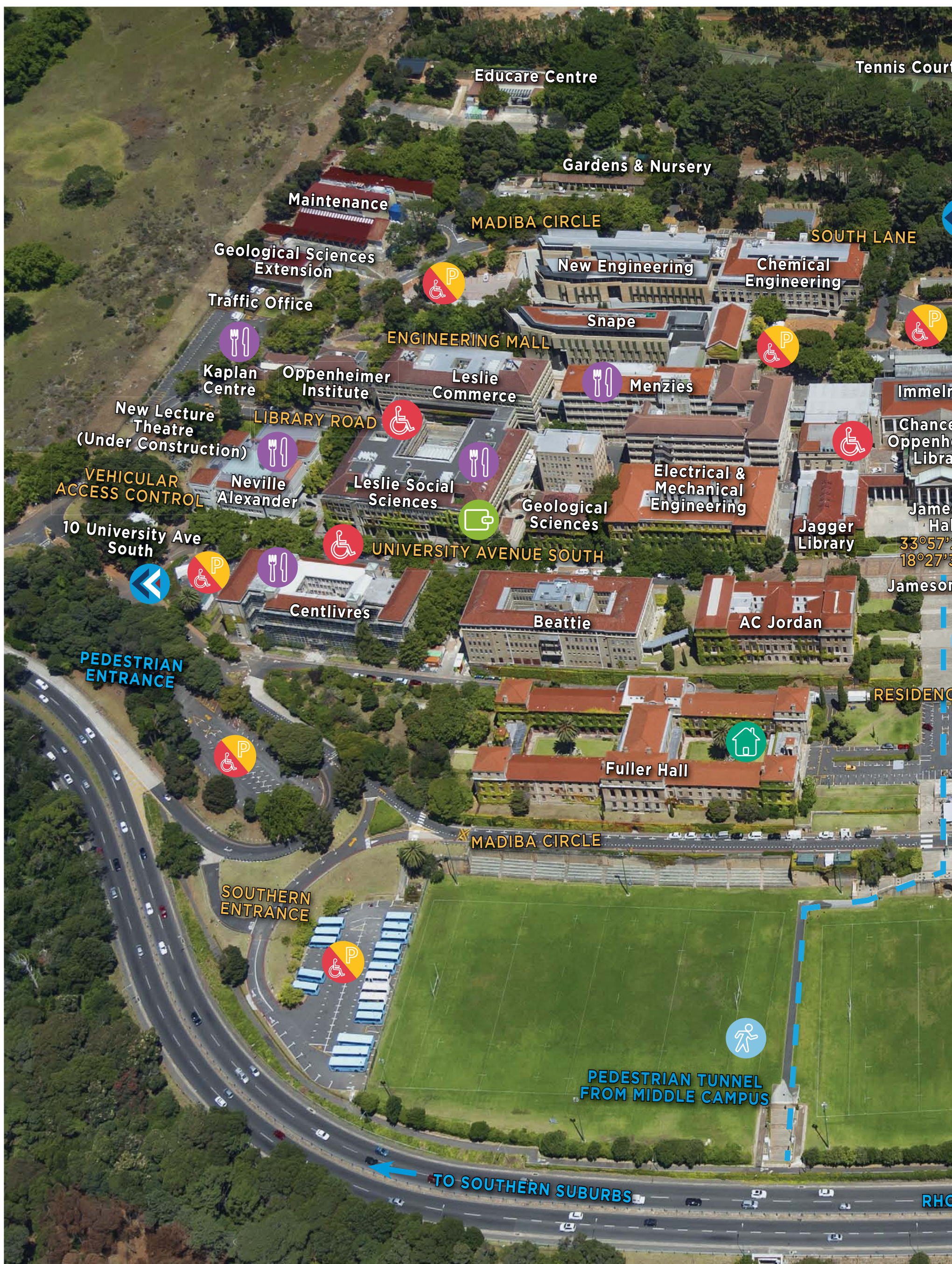
There are designated cycling routes around UCT that make it easier to navigate your way around. You can connect with the MyCiti bus at Hiddingh campus.



YOUR PULLOUT MAP

Keep this in your backpack to help you find your way around. For maps of all UCT campuses, including Hiddingh, Breakwater and health sciences, go to uct.ac.za/contact/campus.














1

Upper Campus



LEGEND

- | | | |
|---|--|--|
|  residence |  Jammie |  blue walk route |
|  parking |  disabled access |  eateries |
|  ATM |  disabled parking |  information centre |





GET CONNECTED

One of the first things you'll want to do at UCT is to go online. Here's how:

1 Set up your WiFi

Connect to eduroam using your **studentnumber@wf.uct.ac.za** and your network password.

2 Change your password

Your username (which is the same as your student number) and password give you access to UCT's online services. After registration, go to **password.uct.ac.za** and change the temporary password you were given.

3 Sign into your UCT email

All official communication (including messages from your lecturers) will come to your UCT email account. Sign in via **myuct.ac.za**. Remember to check email regularly.

4 Check out Vula

Vula (**vula.uct.ac.za**) is UCT's online environment for teaching and learning, collaboration and research. Your lecturers will make heavy use of this facility, so don't get left behind.

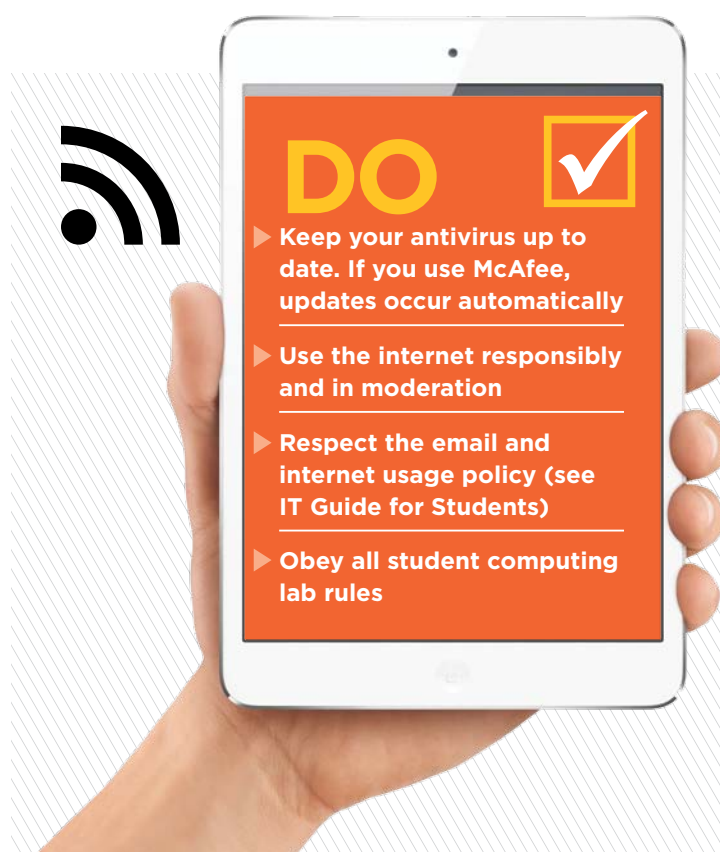
5 Secure your devices

Ensure that you use an antivirus package. You can download McAfee for free from the ICTS website. The ICTS website provides information about update services for Windows and Mac.

6 Get the software you need

Before buying any software, first see what site-licensed software is listed on the ICTS website. Office365 is available via your myUCT log-in. In addition, UCT has signed up to use Google Apps for Education.

FOR MORE DETAILED INFORMATION, READ THE IT GUIDE FOR STUDENTS AT ICTS.UCT.AC.ZA



DO

- ▶ Keep your antivirus up to date. If you use McAfee, updates occur automatically
- ▶ Use the internet responsibly and in moderation
- ▶ Respect the email and internet usage policy (see IT Guide for Students)
- ▶ Obey all student computing lab rules

DON'T

- ❑ Don't share your username or password with anyone
- ❑ Don't use the internet for anything illegal (including streaming, sharing or downloading copyrighted content)
- ❑ Don't connect too many devices to the WiFi. The more WiFi you use, the slower the connection becomes for you and everyone around you



Save your work in the cloud or be sure to back it up onto an external hard drive regularly to avoid losing valuable information.



Choose your vac work carefully, so you can build your CV. Start researching (online) the companies that you'd like to work with now.

CAMERON PYM
Mechatronics
(final year)

STUDY TIPS

One of the big adjustments when you arrive at university is that there's nobody looking over your shoulder – so it's up to you to work out how best to study. Here are a few pointers to help you settle into a winning routine.



Visualise the outcome

Not all your courses will be of equal interest to you, but if you can project yourself into the future, you'll have a better sense of why you need to jump a particular hurdle. If you're finding it really hard, then create little rewards for yourself so that you can push through and get to the really interesting stuff.

Go to class (always)

As much as it's tempting to stay in bed and miss that first lecture because nobody is going to find out if you do, it pays to attend all your classes. Lectures will give you a good overview of your material, and help to guide your studies and preparations for exams.

Smaller tutorials and practicals are generally compulsory, so here you don't have a choice. You will only qualify for a DP (Duly Performed) if you attend these sessions; otherwise, you won't be allowed to write your exams.

Be as diligent as possible

It's important to keep up with classwork (the academic term is incredibly short), and it helps if you go over your notes every day and make sure you understand the day's work. Start working on assignments as soon as you get them, and hand them in on time.

Develop your own system

A simple filing system (on your computer or in physical folders) will help you to maintain order. Keep everything pertaining to one subject in a single place, so that you can easily find what you need. Make 'to do' lists to keep track, and have the pleasure of crossing things off when you've dealt with them.

Plan ahead

One way of avoiding a crisis is to manage your time by planning ahead. You can use a diary or a year planner to plot all the key points in the term ahead (tests, assignments, exams). By doing this, you can work out how much time you need to put in ahead of these critical points, so that you don't find yourself in a hot mess at the end.



Know yourself

By now you probably have a pretty clear idea of what works for you. Are you an early riser? Or do you find it easier to work at night? Establish a pattern, and stick to it.

Find your study space

Distractions are everywhere – particularly in the form of your cell phone. Some students choose to study in the library, where the atmosphere helps them to knuckle down. Others might go to a computer lab, or the Knowledge Commons. Or you might prefer a quiet space in your own room or at home. It helps if you have a desk or table to sit at, so you can spread your notes around. Find a place where you are free of disruptions, and you can focus for a few hours every day.

Call in the troops

There are times when it's easier to bed down your knowledge in a group.

This doesn't have to be a formal study group – it might just be you and a couple of friends who agree to meet up and work together on a regular basis. That way you can test each other verbally, and even bounce a few ideas around if you're having difficulty bedding down a particular piece of knowledge.

Attaaaaaeen-shun!



Manage your stress levels

Stress comes with the territory of being a student, so look after yourself.

- Get enough sleep (at the right time).
- Exercise regularly. The UCT gym, on lower campus close to the Graça Machel Hall women's residence, is a great place to work out and meet people (membership is R500 for the year).
- Eat properly.
- Take time out to chill with friends.
- If you feel overwhelmed, don't be afraid to ask for help. The Student Wellness Service offers psychological support and counselling.

CONTACT Student Wellness on 021 650 1017 to make an appointment.



Study from day one. Go through your notes each and every night, and what you did in class. Don't go to sleep before you understand what was done during the day. Don't let the work pile up.

BONTLE MERÉ

Mechatronics (second year)



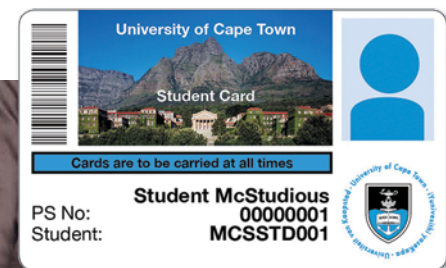
Get a good study group together in your first year. It's hard to study alone. Sometimes what you think you understand isn't correct. It helps to be able to argue about things and to ask the right questions.

LEOLYN ALEXANDER

Chemical engineering (going into fourth year)



NB! Don't run on empty. It's important that you get enough sleep if you are to concentrate on your work during the day, and especially when preparing for tests and exams.



THE CARD THAT TAKES YOU PLACES

Your UCT student card gets you into the library and onto the Jammie Shuttle, but it also gives you access to some pretty cool discounts around town.

Spend time in the garden

If you need a dose of nature visit Kirstenbosch National Botanical Garden, off Rhodes Drive in Newlands. You can picnic, visit the famous Boomslang walkway, or just go for a stroll through the gardens. Student entry is R30 (as opposed to the usual R55), but the concerts are extra.

CONTACT 021 799 8782; sanbi.org/gardens/kirstenbosch

Visit a museum

Your student card halves the admission price to all Iziko Museums (including the South African Museum, National Gallery and Planetarium in the Company's Garden, as well as the Bo-Kaap Museum, Castle and Slave Lodge).

CONTACT 021 481 3800; iziko.org.za

Go arty

Students get free entry to the Irma Stern Museum, off Cecil Road in Rosebank. This house – originally called 'The Firs' – houses an extensive collection by this famous South African artist, and regularly hosts exhibitions of contemporary artists.

CONTACT 021 685 5686; irmastern.co.za

Treat yourself to a show

The Baxter Theatre Complex on Main Road, Rondebosch, is part of UCT's DNA, offering performances ranging from dance and music to comedy and serious theatre. They often have discounted rates for specific shows (check their website for details). There are also several performance spaces on Hiddingh campus, including the Little Theatre and Arena, which showcase a wide variety of student and professional productions.

CONTACT 021 685 7880; baxter.co.za; little.theatre@uct.ac.za

Watch a movie

The Labia, in Orange Street, Gardens, close to the Hiddingh Campus, is Cape Town's only independent movie theatre. Here, students get R5 off a ticket that usually costs R45. They also have weekly specials where you can get dinner and a show for between R90 and R110 (see website for details).

CONTACT 021 424 5927; thelabia.co.za

Get fit

The Sport Science Institute of South Africa, in Boundary Road, Newlands, offers discounted membership to students. Also, don't forget the UCT gym on middle campus, where you pay only R500 a year for membership, and R300 for off-peak membership (8.30am to 3pm).

CONTACT For Sports Science, contact 021 659 5600; ssisa.com; to find out more about the UCT gym, go to uct.ac.za/students/recreation/fitness_centres/uctgym

JOIN A SOCIETY

There are over 100 registered student societies and organisations on campus, so you'll be hard-pressed not to find something of interest to you.

Societies are clustered under the following broad categories:

Academic These societies – such as the Surgical Society or Biological Society – cater for students interested in interacting with each other and with leaders in their field of study. They might focus on seminars and special events, or get involved in community development programmes.

Faith These cater for the largest sector and represent all the major religions, beliefs, doctrines and denominations.

National/cultural These, such as the Abantu Zambian Society, Hellenic Students' Association and Zimbabwe Society, represent national and cultural interests.

Political These represent national and international political organisations.

Special interest Here you'll find a broad range of special interest and civil society groups, such as the Black Management Forum, RainbowUCT, Engineers Without Borders, the Hip-Hop Club, and Habitat for Humanity.

WHERE? Many will have information available on Jammie Plaza during O-Week so that you can decide whether you want to get involved. If you've missed your chance to sign up during O-Week, then visit the helpdesk on Level 5 at the Steve Biko Students' Union. Your subscription fees can either come off your student account (until 30 April), or be paid via the cashiers at the Steve Biko Students' Union.

CONTACT Find the full list of all the societies and their contact details here: uct.ac.za/students/recreation/societies

TAKE UP A NEW SPORT

Just because you're at university, it doesn't mean you have to give up the sports you loved at school – or perhaps you'd like to try your hand at something completely new.

UCT offers 37 sporting codes, ranging from the more traditional athletics, rugby, netball and soccer, to archery, fencing and yachting.

Unique to the university is the large number of martial arts on offer (among them aikido, capoeira, judo, ju-jitsu, karate, kickboxing, ninpo [ninjutsu], taekwon-do and tai chi). These are a great choice, as each year they start a new group of beginners.

Another sport growing in popularity in South Africa and at UCT is Ultimate, played with a Frisbee, using rules similar to netball. UCT has developed the majority of the U23 South African Ultimate Team from scratch.

UCT's Rowing Club is also worth a mention, as the oldest university rowing

club in the country (founded in 1912), and with one of the best fleets in South Africa.

This club takes in dozens of new members each year and teaches the basics, from indoor rowing machines to rowing on water. The club takes part in the annual Universities' Boat Race (the South African version of the prestigious Oxford and Cambridge Boat Race), and has produced good results at local, national and international level.



Ultimate is a sport that is growing in popularity on campus.

All of UCT's clubs are keen to develop new members who may not have taken part in the sport before, so don't think you won't fit in because you're a novice. UCT also offers a learn-to-swim programme, which you can sign up for at the Department of Sport and Recreation reception desk in the Sports Centre, on upper campus.

How can I find out more?

During 'Plaza Week' (the second week of orientation), all the clubs will be on Jammie Plaza from Monday to Wednesday, with full details about their sports and the costs involved. Typically, most clubs also have their own social media presence on Facebook, Twitter and Instagram, as well as their own websites. If you missed out during orientation, then visit the Department of Sport and Recreation's reception desk, where they will be able to put you in touch with the relevant club.



HELP IS AT HAND

Some of the campus services there to help you. For a full list, head to the UCT website.



Student Orientation and Advocacy Service

This one-stop shop offers general information on all aspects of campus life, from helping you to find buildings, people or venues, to advice and referrals to other UCT services. Make it your first port of call as you find your way around.

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

Contact 021 650 5082; uctorientation@uct.ac.za

Student Wellness Service (SWS)

This service is there to take care of your health, and offers a comprehensive outpatient service:

Need to see a doctor? Make an appointment to see one of their doctors or nurses.

What about medication? They sell it at cost price on a cash basis, as part of the outcome of a consultation.

How much? You pay R25 up front to see a nurse, unless you are on financial aid (in which case it's free). A consultation with a doctor will cost medical-aid rates. HIV testing and counselling, medication for sexually transmitted infections and basic contraceptives are also free. Psychological services are charged on a sliding scale from R20 to R120.

Where? In the Ivan Toms Building at 28 Rhodes Ave, Mowbray. There is also a clinic on upper campus, on Level 6 of the Steve Biko Student Building, where you can see a nurse on a walk-in basis for minor complaints (8.30am to 4.30pm).

Contact To make an appointment call 021 650 1017

See more at uct.ac.za/students/health/wellness/clinical



Disability Service

Their job is to make the university as a whole as accessible as possible on all levels, including access to venues and lectures, as well as to study material for those with sensory impairments.

Where? Level 4, Steve Biko Students' Union building (one floor above the Food Court, in the building next to the main Upper Campus Library, and one floor down from SHAWCO and the Student Societies offices). Access is via the lift or stairs.

Contact 021 650 2427

Read more uct.ac.za/services/disability

HAICU & DISCHO

Students living with HIV/AIDS or experiencing harassment and discrimination (of any kind)

don't have to deal with it alone. Both HAICU (HIV/AIDS, Inclusivity and Change Unit) and DISCHO (Discrimination and Harassment Office) offer a range of support services.

Where? HAICU is in the Ivan Toms building, with Student Wellness Services. DISCHO is at The Cottage on lower campus

Contact 021 650 1006 (HAICU); 021 650 3530 (DISCHO) or 072 393 7824 (24/7 emergency number for DISCHO)

See more at uct.ac.za/services/discho and haicu.uct.ac.za



Careers Service

If you're not sure about the academic path you've chosen, or haven't been admitted to the course you applied for, then Careers Service is the place for you. They can advise on career choice and planning, give you practical tips on how to write a CV or covering letter, advise you on gap years and work abroad, and help you to access part-time work opportunities, graduate jobs and internships.

Where? Level 1, Hoerikwaggo Building North Lane, upper campus

Contact 021 650 2497; careers.service@uct.ac.za

See more at careers.uct.ac.za

UCT Writing Centre

Here you will get help to improve the quality of your academic writing. Consultants are on hand to help you guide your thinking and sort out how you go about the tricky business of referencing. (NB this is not an editing service. You still have to do the hard work yourself.) You can contact them at any stage of your writing assignment.

Where? Level 6, Steve Biko Building, North Lane, upper campus

Contact 021 650 5021; writingcentre@uct.ac.za

Website writingcentre.uct.ac.za

Sports Injuries Centre

Have your sports complaints and any other injuries treated by trained physios and biokineticists. Staff here will teach you how to prevent further injury, help you with training schedules, and give advice on corrective equipment (such as shoes). The clinic is open from 9.15am to 5.30pm, and treats UCT students and staff as well as members of the public. It charges medical-aid rates.

Where? Sports Centre on upper campus

Contact 021 686 7777; info@sic.org.za

Students' Representative Council (SRC)

You choose the 17 members of UCT's SRC, whose role is to represent the student body on campus.

Where? Level 7, Steve Biko Students' Union, North Lane, upper campus

Contact 021 650 3925

Read more uct.ac.za/students/src

Department of Student Affairs

This department oversees all student services and activities, including:

- Student Orientation and Advocacy Services
- Sports & Recreation
- Financial Aid and Administration
- Student Housing & Residence Life
- Student Wellness Services

Where? For general information about financial aid, scholarships and student housing, visit the Masingene Building on middle campus, where student administration is located.

Contact 021 650 2128

See uct.ac.za/students/services/affairs

The First-Year Experience

The First-Year Experience (FYE) is your introduction to UCT. It is not a service or a centre, but a collective effort to help you adapt to university life and develop a strong sense of belonging. Aspects of FYE include:

An early-warning system (early assessments) which check whether you are coping with the academic load, based on the results of your first round of class tests;

An academic mentor in the form of a senior student, whose sole purpose is to help you get to grips with academic life;

An online portal, Vula, where you can discuss areas of difficulty in your course with classmates, or contact your lecturer or tutor via email.

SAFETY TIPS

- Have emergency numbers saved on your phone
- Never carry too much cash on you
- Never put your wallet in the back pocket of your trousers
- Walk in a group, especially at night
- Keep your mobile phone out of sight
- Take care when taking public transport

EMERGENCY CONTACT NUMBERS



Save these numbers on your phone, or stick them on the fridge.

ON CAMPUS

Campus Protection
24-hour hotline

For any emergency on campus
021 650 2222/3

OFF CAMPUS

Cape Town emergency hotline

From a Telkom landline
107

From a cell phone
021 480 7700

MEDICAL

Ambulance
10177

Groote Schuur Hospital
021 404 9111

GSH psychiatric emergency unit
021 404 2175

POLICE

Flying squad
10111

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

RESCUE

Mountain Rescue
021 948 9900

Sea Rescue
021 449 3500

WELLNESS

UCT's Student Wellness Services
021 650 1017

LifeLine
021 461 1111/3

Suicide Helpline
0800 567 567

Rape Crisis
021 447 9762