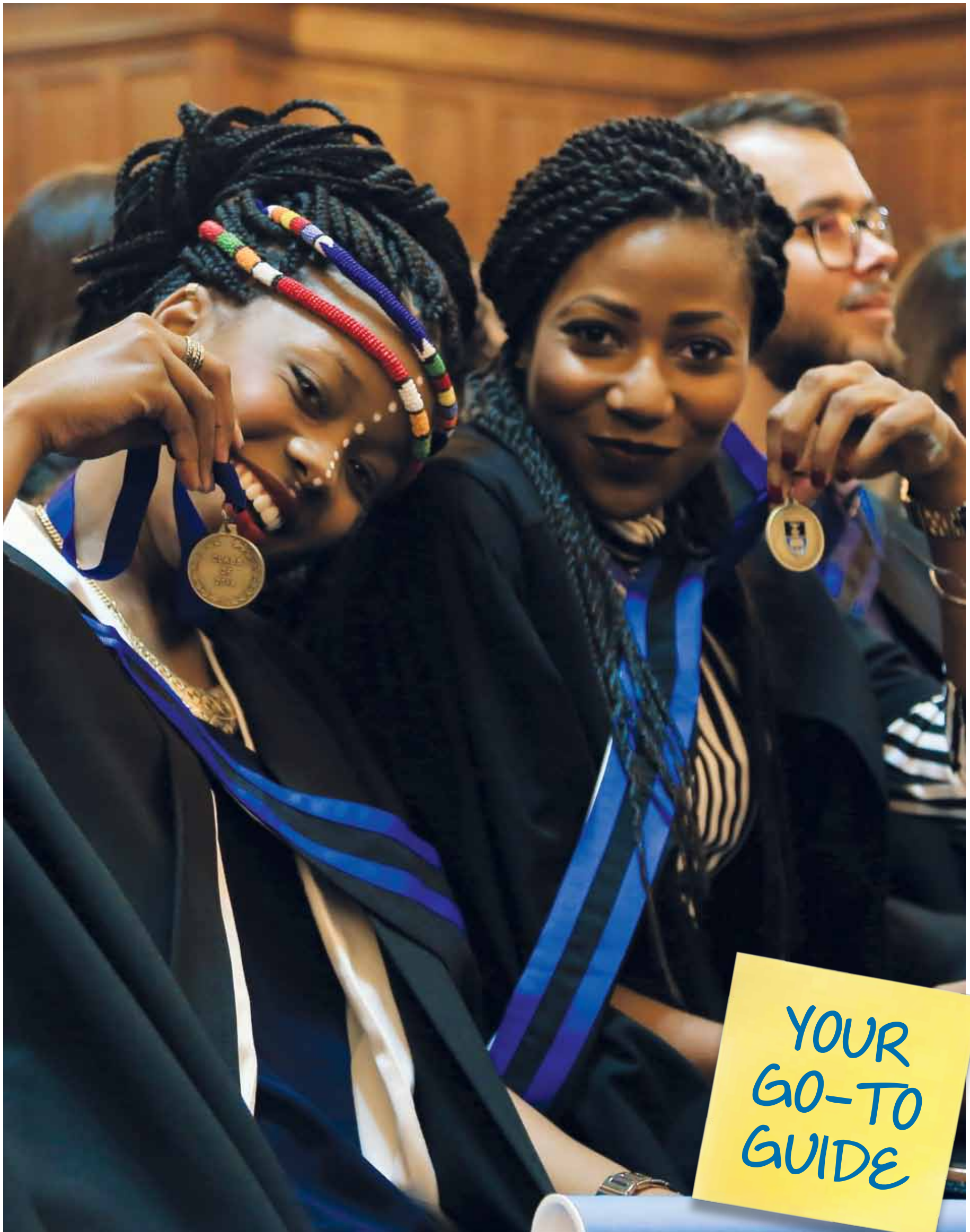


CAMPUS LIFE

A UNIVERSITY OF CAPE TOWN PUBLICATION

ORIENTATION 2017





WELCOME!

Dear freshers,

Welcome to the best years of your life! We'd like you to think of this paper as a guide to getting to grips with UCT.

You're probably already full of questions: Where's the plaza? Who are the Ikeys? What's DPR? What's RAG? Why are there so many acronyms? What are these people talking about?

For the low-down on vital UCT lingo, check out page 3 – it should help you settle into your new home just a little easier. Check out the pull-out maps so that you can at least find your res and lecture venues.

Your orientation leader will probably explain the basics, like what a faculty is, where you sign up for tuts, who to ask for writing help and where you can find the best Wi-Fi hotspots and eating places. But they're also there to help you with any questions you might have, so don't be shy – make them work for their money!

They can't know everything, of course, so find out about things like making the most of local and student discounts on photo prints, clothing and sporting events on pages 6 and 7.

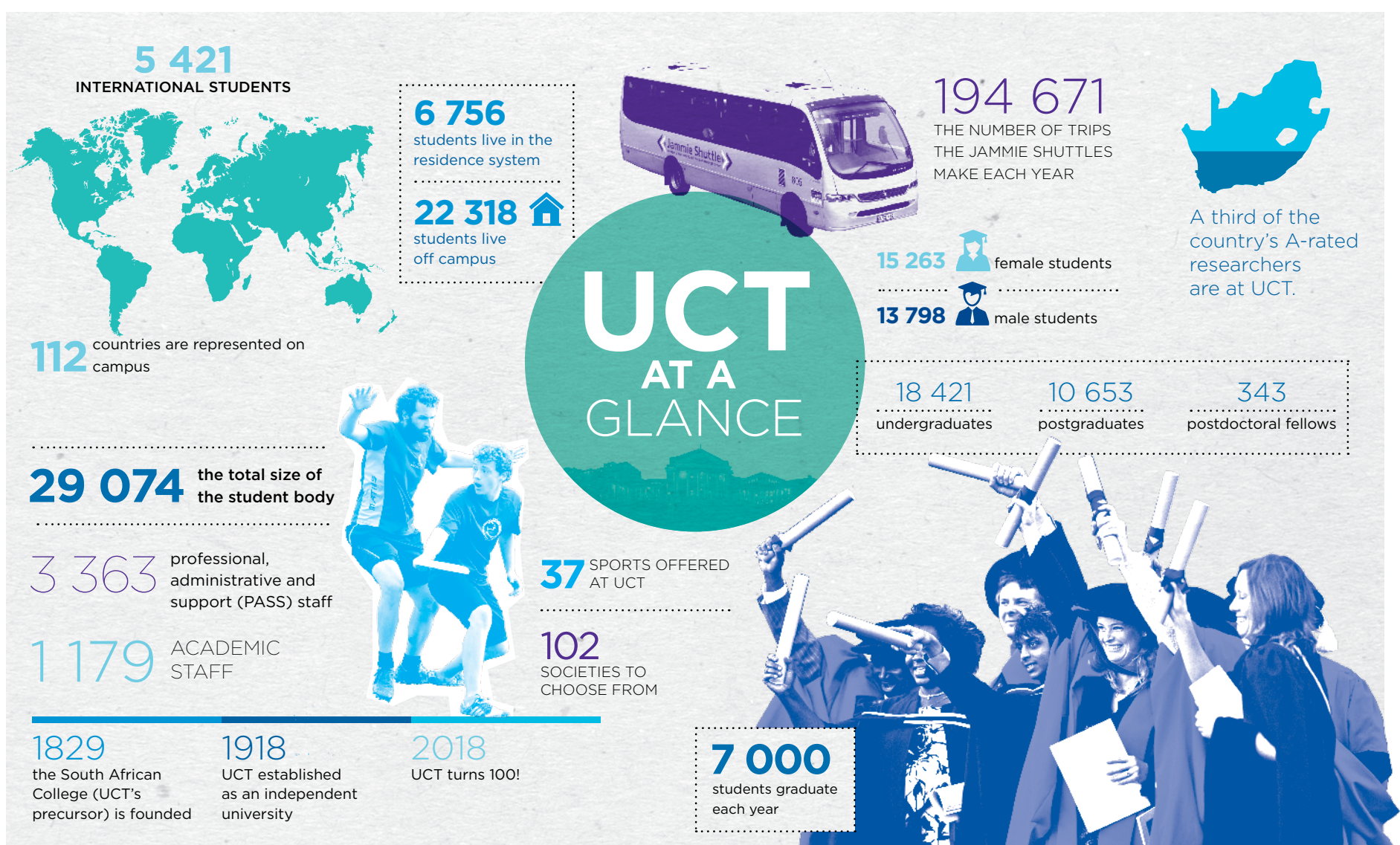
Nailing your studies should be your default setting, of course, but university is a unique chance to grow your people and personal skills – so build your networks, evolve your thinking and play some sport.

You have the incredible opportunity to join one, or more, of the dozens of sports clubs, societies, political groups or leadership bodies at UCT. Find something that grabs your attention and get involved. You can sign up on the Jammie plaza during O-Week.

Now it's time to get acclimatised (sometimes literally) to your home away from home. If you're new to Cape Town, don't be surprised if the weather makes no sense at all – there really can be four seasons in a day.

Trust us, the best is yet to come.

Campus Life





WHICH FACULTY?

UCT has six faculties, which are supported by UCT's Centre for Higher Education Development (CHED), which addresses students' teaching and learning needs.



LAW

This is where the legal eagles hang out. The Faculty of Law, which also happens to be the oldest law faculty in the country and the smallest faculty on campus, is located in the Wilfred and Jules Kramer Law Building on middle campus. It prides itself on a 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. They're spread across UCT's campuses from Hiddingh in the city centre to the Arts Block on upper campus. It's the largest of the faculties with some 5 000 undergraduate students and 10 academic departments. The faculty office is in the Beattie Building on upper campus.

CONTACT Undergraduate office

📞 021 650 2717 ✉ 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. The 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 and marine biologists roll up! This faculty has 12 departments with a strong focus on their respective 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 2712 ✉ sci-science@uct.ac.za



HEALTH SCIENCES

Health Sciences not only turns out doctors but also a wide range of health professionals, like speech, audio and occupational therapists. The faculty is made up of 11 departments that cater for around 2 000 undergraduates. Students will spend most of their time on the Health Science campus and in academic hospitals, including Groote Schuur Hospital in Observatory.

CONTACT Undergraduate admissions office

📞 021 406 6328 ✉ aafhs@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's located in the Leslie Commerce Building on the Engineering Mall on upper campus. The Graduate School of Business, located at the Breakwater Campus, is also part of the Commerce Faculty.

CONTACT Faculty office

📞 021 650 5748 ✉ com-faculty@uct.ac.za

DECODING THE UCT LEXICON

It'll take some time to get used to the varsity lingo on campus, but here's a guide to help bring you up to speed.



Big Bash The beginning-of-year orientation party that's associated with RAG

Caf Where you can go for a cup of coffee. Arrange to meet your peeps in the caf in the Steve Biko Students' Union building.

DP Indicates a duly performed course, which means you're 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 academic check to see how you're doing in your first few months

First lecture Where you will find yourself at 08:00 on Monday mornings if you're a fresher

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

Hot seat Weekly appointment with a tutor to discuss your progress

Jammie Shuttle The blue bus that gets you around campus and town

Jammie Thursday When cool things happen on Jammie plaza during Meridian

Jammie plaza The open area below Jammie Hall where lots of events happen

Lectures They last 45 minutes, with 15 minutes in-between to get to your next class

Meridian Lunch break – from 13:00 to 14:00 during the week

North Stop One of the main Jammie Shuttle stops on upper campus (ditto South Stop)

OL Orientation leader (your person in the know)

O-Week The week before lectures start when you find your way around campus, make new friends, join societies and ease into varsity life

Pass mark Anything above 50%

Practicals Where you put into practice what you've learnt in theory. These sessions, which often happen in laboratories, can be up to three hours long.

RAG Stands for "remember and give". The fundraising arm of SHAWCO (see below)

Res Residence – your home away from home

SAX Appeal The RAG magazine that you'll be asked to sell at traffic lights while dressed in funny clothes

SHAWCO Students Health and Welfare Centres Organisation – UCT's socially responsive student-run organisation that offers community outreach opportunities

SRC Students' Representative Council, the highest decision-making structure of student governance

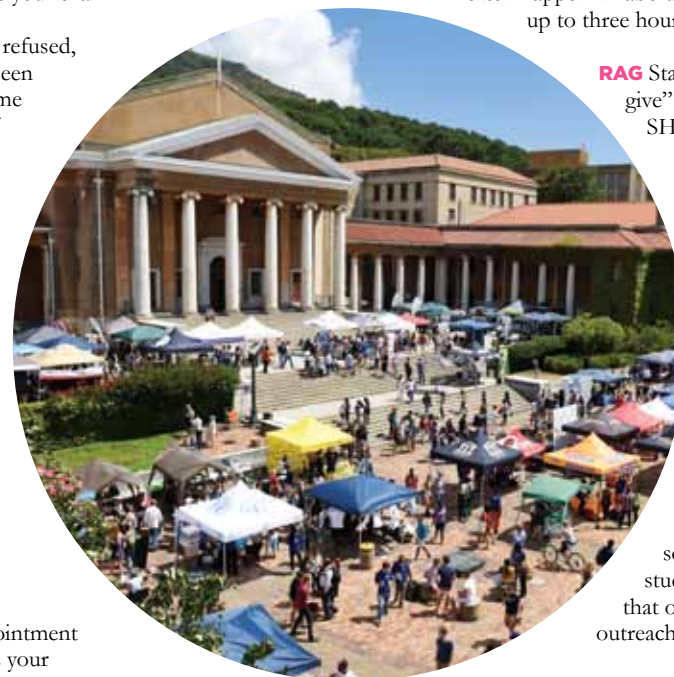
Tuts Tutorials are small groups that meet to discuss material covered in lectures. These are compulsory if you want to get your DP.

Tutor The person who is in charge of the tut and who is there to help you get to grips with the subject matter

Varsity Not just where you're studying but also the official name of the student newspaper, which comes out on campus every second Tuesday.

Vula UCT's official online learning system. You'll find everything you need to know about your course here.

Year mark An evaluation of your performance throughout the year. Along with your exam results, this contributes to your final mark.



HOW TO GET AROUND



Transport at UCT starts with the Jammie Shuttle, but it doesn't need to end there. There are a range of public and private transport options to help you get around campus and the city.

Hop on, hop off

1 The **Jammie Shuttle** is the easiest way to get from point A to B. It's free for students (if you show your student card) and runs weekdays, weekends and holidays. It even includes a late-night service. Check out uct.ac.za/students/services/jammie/maps for route maps and timetables.

2 **Golden Arrow** buses are easily accessible from the Jammie Shuttle stops in Claremont and Mowbray. Check out www.gabs.co.za.

3 **MyCiTi** integrates with the Jammie Shuttle at the Gardens station in Buitenkant Street. From there you can head into Vredehoek, Oranjezicht and the city centre. The rapid bus service also runs to Salt River, Woodstock, Table View, Century City, the West Coast, Khayelitsha, Mitchells Plain, and the Atlantic Seaboard all the way to Llandudno and Hout Bay. Check out myciti.org.za to see routes of the feeder services in these areas.

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, and there are multiple stops near 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

Metered taxis (including Uber) are just a phone call or SMS away. You can save money by sharing a ride, and it's the safer option if you've had a drink or two!

Down the line

Cape Town has a good rail service that fans out across the city. The Southern Line stops at Mowbray, Observatory, Rosebank and Rondebosch stations, which are both within

walking distance of UCT's lower, middle and upper campuses. You can find timetables at Metrorail stations and at metrorail.co.za.

Car pool

First-year students aren't allowed to bring cars onto campus, but you can apply to park at Rhodes Memorial, which is just a short walk away. You can apply for a disc at the traffic administration offices on upper campus.

And think about car-pooling! You can access the P4 carpool 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. Find out more at ridelink.findalift.co.za.

Two-wheelers

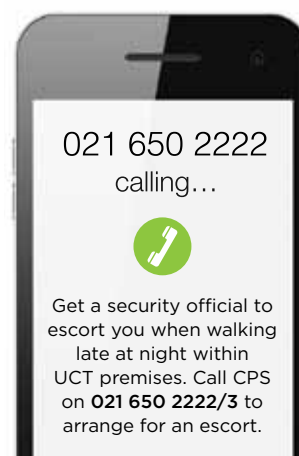
The good news is that first-years are allowed to bring a motor bike or scooter onto campus as long as you buy a black parking disc from traffic administration.

Although cyclists might find the terrain a bit uphill, there are designated cycling routes all around campus.

Skateboarding is also big in Cape Town. So you can use your board to get to lectures, and then cruise downhill all the way home.

Your own two feet

It's easiest to get around UCT on foot. If you're on campus after dark, it's best to walk in a group and to stick to the Foot Route – they have emergency points so that you can call Campus Protection Services (CPS) if you need help.



Get a security official to escort you when walking late at night within UCT premises. Call CPS on **021 650 2222/3** to arrange for an escort.

KEEP SAFE

Theft is the most common crime on campus. Here's how to protect yourself.

Where you stay

- Check that your doors and windows are locked when you leave your room.
- Don't hide keys in obvious places (like under the doormat).
- Don't put your home address on your key ring.
- Make friends with your neighbours so that you can look out for each other.
- Take your valuables home with you when you go home for holidays.

On campus

- Never prop open access doors.
- Don't leave your backpack or bag unattended in cafeterias and libraries.
- Keep a record of serial numbers of valuable items, like your laptop.
- Use the Foot Route on campus where possible (this is close to emergency phones and surveillance).
- Report suspicious behaviour to Campus Protection Services on **021 650 2222/3**.

Out and about

- Have emergency numbers saved on your phone (see page 8).

- Never carry too much cash on you.
- Never put your wallet in the back pocket of your pants.
- Walk in a group, especially at night.
- Keep your cellphone out of sight.

IN THE EVENT OF SEXUAL ASSAULT

Contrary to popular belief, the majority of rapes occur between people who know each other. If you are sexually assaulted, get yourself to a safe place and tell the first person you see and trust what happened to you. Rape is a crime and should ideally be reported to the police, it's important for you to have follow-up medical attention so that you can get prophylactic treatment for HIV/AIDS if necessary and any other treatment.

PEOPLE TO CALL

Call Rape Crisis on **021 447 9762**.
Call CPS on **021 650 2222/3** (you can ask for a female CPS officer to assist).



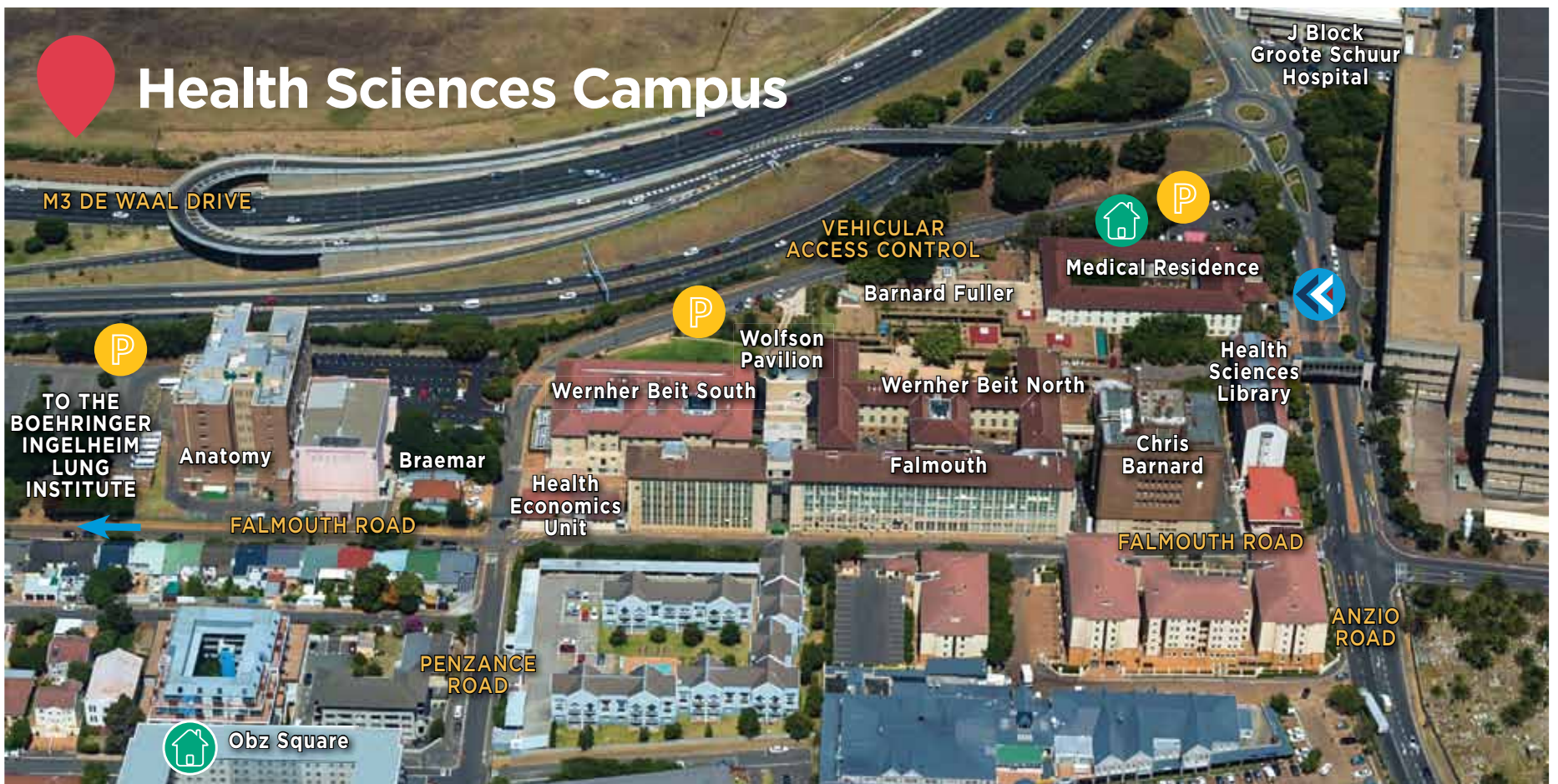
YOUR PULLOUT MAPS

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.











GET CONNECTED

Here's how to get online.

1 Set up your Wi-Fi

Connect to eduroam using your username studentnumber@wf.uct.ac.za and your network password (which is the same as your student number).

2 Change your password

Your username and password give you access to UCT's online services. After registration, go to password.uct.ac.za to set your password.

3 Sign into your UCT email

All official communication (including messages from your lecturers) will come to your UCT email account. Sign in via icts.uct.ac.za/myuct. And remember to check it 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 use it often, so don't get left behind.

5 Secure your devices

Make sure that your antivirus is up to date. You can download McAfee for free from the ICTS website (icts.uct.ac.za), where you'll also find 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 (icts.uct.ac.za). Office365 is available via your myUCT log in. UCT has also signed up to use Google Apps for Education.

For more detailed information, read the IT Guide for Students at icts.uct.ac.za.

UCT LIBRARIES FAQs



How do I borrow from one of the libraries?

Your student card is also your library student card. To borrow something, just take it to the loans desk together with your card and the loans desk staff will issue it to you. The date sheet will be stamped with the return date.

How do I renew my loans?

To renew your books in person, just take them to the loans desk and ask for a renewal. (Have your student card handy.)

To renew by phone, contact the loans desk on 021 650 3118/20. (Have your student/staff number handy.)

To renew your books online, simply log in to My Library Card on the website lib.uct.ac.za.

What if the item I need is already out on loan?

You can place a request for the item with the loans desk staff, who will recall the item and reserve it for you.

I want to return items, but the library is closed. What should I do?

There is an overnight returns hatch at the bottom of the stairs leading up to the main entrance of the Chancellor Oppenheimer Library. The returns hatch is open when the library is closed and closed when the library is open.

Why have I been blocked from taking materials from the library?

Late returns will incur a fine of R2 per day. If you owe a fine of R50 or more, the system will automatically block you from borrowing further material until it is paid.

What is ALEPH?

ALEPH is the library catalogue. It is used to keep track of library resources. You can use ALEPH to search for the materials you need. It will tell you if the resource is available and will indicate the location (the UCT library and shelf number) of the resource.

You can log in from the libraries webpage www.lib.uct.ac.za under Search & Find.

GENERAL ENQUIRIES

☎ 021 650 3703/4

✉ libraries@uct.ac.za

📘 UCT Libraries

🐦 @UCTLibrary



BEING A STUDENT

At university 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.

1 Visualise the outcome

If you're finding your studies really hard, then create little rewards for yourself so that you can push through and get to the really interesting stuff. Don't be afraid to ask for help – visit your tutor or lecturer during office hours for extra help.

2 Go to class (always)

As tempting as it is to stay in bed and miss that first lecture, it pays to attend all your classes. Lectures will give you a good overview of your course material and will help to guide your studies and preparations for exams. Smaller tutorials and practicals are generally compulsory, so you don't have a choice. If you don't attend these sessions, you won't qualify for your DP (duly performed) and you won't be allowed to write your exams.

3 Be as diligent as possible

Don't procrastinate! It's important to keep up with classwork (the academic terms are incredibly short) and it can really help if you go over your notes every day to make sure that you understand the day's work. Start working on assignments as soon as you get them and hand them in on time.

4 Develop your own system

A simple filing system (on your computer and/or in physical folders) will help you to manage your content. Keep everything that relates to each subject in a single place so that you can easily find what you need.

5 Plan ahead

You can use a diary or a year planner to plot all the key points – tests, assignments, exams – in the term ahead. By doing this, you can work out how much time you need to put in so that you don't find yourself in a hot mess at the end.

6 Find your study space

Distractions are everywhere – especially when it comes to your cellphone. Think about studying in the library. Or try the computer labs or the Knowledge Commons. Or you might prefer a quiet space in your own room or at home. Find a place where you are free of disruptions so that you can concentrate for a few hours every day.

7 Call in the troops

There are times when it's easier to bed down your knowledge in a group. That way you can test each other verbally and even bounce a few ideas around if you're having difficulties.

8 Manage your stress levels

Stress comes with the territory when you're a student, so remember to look after yourself.

- ▶ Get enough sleep (at the right time).
- ▶ Exercise regularly.
- ▶ Eat properly – aim for several servings of fruit and veg every day.
- ▶ 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.



HELP!

Help is at hand for students with medical, psychological or psychiatric emergencies:

STUDENT WELLNESS SERVICE

Health appointments
021 650 1020

Counselling appointments
021 650 1017

DEFERRED EXAMS COMMITTEE

021 650 4637
Deferred.exams@uct.ac.za

UCT STUDENT CARELINE
0800 24 25 26 or SMS 31393

HIGH LIFE ON A LOW BUDGET

Whether you're into outdoor adventure, good food, science, fiction, art or movies, we've got the best of Cape Town on a budget, right here.

Take a stroll through the Company's Garden

You'll find the Company's Garden right in the city centre of Cape Town. It's well-known for the perpetually hungry squirrels, so take along some peanuts to feed them. And the garden offers free Wi-Fi. Nice.

Hiking

There are some magnificent free hiking spots in and around Cape Town – Lion's Head is one of the most popular. Other popular hikes are Platteklip Gorge, which takes you to the top of Table Mountain, and Newlands Forest, which offers shady walks under the trees. Remember to always follow mountain safety rules.

First Thursdays

Experience world-class art for free on the first Thursday of every month. Organisers provide a map and highlights of what is on show.

CONTACT goodevening@first-thursdays.co.za

Right up your alley

Enjoy some ten pin bowling with friends. Let's Go Bowling is located at Stadium on Main in Claremont.

CONTACT 021 671 1893,
stadium@letsgobowling.co.za

Iziko museums

There are many Iziko museums in Cape Town and all offer insights into South Africa's natural and cultural history. All museums, except the Planetarium and the Castle of Good Hope, have free entry on public holidays. You get 50% off the admission price to all Iziko Museums with your student card.

CONTACT 021 481 3800, info@iziko.org.za

Indulge your sweet tooth

Honest Chocolate in Wale Street is a coffee and chocolate shop where you can get handmade chocolate made from raw ingredients and organic Ecuadorian cacao.

CONTACT honestchocolate.co.za

Visit Cool Runnings in Tygervalley

Can you even imagine tobogganing without snow? That's exactly what Cool Runnings in Tygervalley offers. This is the perfect day out for adrenaline junkies, but you do get to regulate your own speed, so you can control your thrills. Sleds accommodate up to two people.

CONTACT 021 949 4439,
ops@coolrunnings.capetown

Take a train trip along the Southern Line

The Southern Line railway route stretches from Cape Town to Simon's Town. Buy the hop-on/hop-off ticket.

www.metrorail.co.za

District Six Museum

Self-guided visits are R30 per person and a visit with an ex-resident/guide costs R45 per person.

CONTACT 021 466 7200,
info@districtsix.co.za

Tour of the Newlands Brewery

Learn about how the Newlands Brewery makes its nine famous beers on a fun tour of the establishment. Bookings are essential.

CONTACT 021 658 7440,
newlandstours@za.sabmiller.com

Walk or cycle on the Sea Point promenade

You can hire a bike for only R50 an hour from UpCycles. Check out their website upcycles.co.za.

The Labia Theatre

The Labia Theatre screens art movies and hosts various intriguing film festivals throughout the year.

CONTACT 021 424 5927,
labiatheatre@telkomsa.net

TAKE UP A NEW SPORT

UCT offers 37 sporting codes, so this is a great opportunity to carry on with the sports you loved at school or to try your hand at something completely new.

Whether you're interested in athletics, rugby, netball and soccer or archery, fencing and yachting, there will be something for you. A wide variety of martial arts are on offer, including aikido, capoeira, judo, ju-jitsu, karate, kickboxing, ninpo (ninjutsu), taekwondo and tai chi.

UCT's fencing team won the gold medal for the women's epee fencing event at the African Games (previously known as the All-Africa Games) in 2015. The club offers beginner sessions on Mondays and Wednesdays at UCT Sports Hall 2 and all equipment is provided.

UCT's Rowing Club is also worth a mention. Founded in 1912, it's the oldest university rowing club in the country. They'll teach new members the basics from indoor rowing machines to pulling the oars on water. The club takes part in the annual Universities' Boat Race (the South African version of the Oxford and

Cambridge Boat Races) and produces good results at local, national and international level.

All of UCT's clubs are keen to develop new members, so even if you've never tried a particular sport before, it's well worth giving it a test drive.

How can I find out more?

All the clubs will be on Jammie plaza from Monday to Wednesday during Plaza Week (the second week of orientation). They'll have full details about their sports and what costs are involved. Most of the clubs also have their own social media presence and websites, so you can find them online.

If you missed out during orientation, just visit the Department of Sport and Recreation's reception desk. They'll put you in touch with the relevant club.



JOIN THE PACK

There are more than 100 student societies and organisations on campus, so you'll definitely be able to find something that will tickle your fancy.

Academic: These societies, such as the Surgical Society or Biological Society, cater for students who are interested in interacting with one another and with leaders in their field of study.

Faith: These cater for 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, Rainbow UCT, Engineers Without Borders, the Hip-Hop Club and Habitat for Humanity.

Many of the societies will have stands on Jammie plaza during O-Week so that you can 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 building.

For the full list of all the societies uct.ac.za/students/recreation/societies



THE CARD THAT OPENS DOORS

One really great benefit of having a student card is that there are plenty of places in the city that offer discounts to anybody carrying one.

Your UCT student card quite literally opens doors. It's programmed to allow you to access the library, photocopying facilities and certain academic buildings on campus. Cards are issued at the Card Production Centre in the basement level of the Robert Leslie Social Sciences Building from 08:00 to 16:00.

Ride up Table Mountain

The cableway up Table Mountain is a must-do Cape Town experience. On Fridays you pay only R130 return or R70 one way if you have a student card. If you're a South African, you can get a free ride on your birthday.

CONTACT 021 424 0015,
tablemountain.net

Spend time in the garden

Kirstenbosch National Botanical Garden, off Rhodes Drive in Newlands, is a beautiful place. You can picnic on the rolling lawns, explore the Boomslang canopy walkway or just go for a stroll through the indigenous gardens. Summer

sunset concerts run all the way through to early April. Student entry is R30 but you pay extra for the concerts.

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

Treat yourself to a show

The Baxter Theatre complex is part of UCT's DNA. It offers performances ranging from dance and music to comedy and serious theatre.

The Little Theatre and the Arena Theatre showcase a wide variety of student and professional productions.

CONTACT Baxter Theatre 021 685 7880,
www.baxter.co.za; Little Theatre
little.theatre@uct.ac.za

Jump around at Rush SA

If you haven't been to this awesome trampoline park. Rally the troops and have a dodgeball tournament or battle a friend on the battle beam. Students pay R95 for a one-hour jump session

(excluding your Rush jump socks for R25 a pair). If it's your birthday, you get a free jump session.

CONTACT 021 683 3841,
info@rush.co.za

Get your prints done

Orms, the one-stop photography shop, is located in Roeland Square in central Cape Town. They offer a special service for photography students who need to prepare works for their exhibitions. They also have a discounted rates card that you can download from their website.

CONTACT 021 465 3573,
ormsdirect.co.za

Get fit

The Sport Science Institute of South Africa, located 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 an off-peak membership (08:30 to 15:00).

CONTACT Sports Science 021 659 5600,
ssisa.com; **UCT gym** 021 650 3564,
uct.ac.za/students/recreation/fitness_centres/uctgym

Get with the vibe

For discounts from Factorie, Superga, WeFix, Kauai, Typo, Puma and many more, sign up for the Ikeys Vibe student discount card. Membership for Ikeys Vibe, the social wing of the UCT Rugby Club, costs R545 for the year. You also get a varsity cup vest/shirt and free entry to all Ikey Tigers games.

CONTACT ikeysvibe.co.za

A once-off R200 membership to Varsity Vibe gives you amazing student deals on the coolest brands all over SA. Just download the app, register and pay, shop till you drop and then show your Varsity Vibe App "My Profile" screen to the cashier. The cashier will use your profile pic to identify you, so no profile pic, no deal!

CONTACT varsityvibe.co.za

HELP ALONG THE WAY

You have to learn how to balance your studies and your social life. The following services on campus are there to help you.

DEPARTMENT OF STUDENT AFFAIRS

This department oversees all student services and activities, including:

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

Where? Masingene Building, middle campus

Contact 021 650 2128, nadierah.pienaar@uct.ac.za, uct.ac.za/students/services/affairs

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.

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

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

THE FIRST-YEAR EXPERIENCE

The First-Year Experience (FYE) is the programme designed to help you adapt to university life and cope with your academic studies. Aspects of FYE include:

- An early warning system (early assessments) that checks 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 adapt successfully to 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.

The FYE office is located on the fifth floor of the Hoerikwaggo Building, upper campus.

Contact 021 650 4353, sp.samson@uct.ac.za

STUDENT WELLNESS SERVICE (SWS)

Student Wellness is there to take care of your health and offers a comprehensive outpatient service:

Need to see a doctor? You can make an appointment to see one of their doctors or nurses.

What about medication? They sell it at cost price on a cash basis after consultation. If you have a **chronic condition**, SWS offers support for conditions like asthma, diabetes and tuberculosis. They can also help with anxiety, depression, and relationship and sexuality issues. They'll make referrals if you need more specialised care.

Minor surgical procedures, such as putting in a couple of stitches, draining an abscess or taking out a splinter, can also be done.

HIV/AIDS voluntary counselling and testing

is available to all students. Set aside an hour – you'll get your results immediately after counselling. HIV testing and counselling, medication for sexually transmitted infections and basic contraceptives are provided free of charge.

How much? You pay up front to see a nurse unless you are on financial aid, in which case it's free. A consultation with a doctor will be charged according to medical aid rates. Psychological services are charged on a sliding scale from R20 to R150.

Where? In the Ivan Toms Building, 28 Rhodes Ave, Mowbray. There is also a clinic on upper campus on Level 6 of the Steve Biko Students' Union building where you can see a nurse on a walk-in basis for minor complaints (08:30 to 16:30).

Contact 021 650 1017/20, uct.ac.za/students/health/wellness/clinical

SEXUAL ASSAULT RESPONSE TEAM (SART)

SART is a collective who volunteer to provide immediate support and resources to students following an incident of sexual assault. The team works to ensure that all survivors of sexual violence receive consistent and compassionate care.

Contact 24-hour hotline 072 393 7824, sart.uct.ac.za

CAREERS SERVICE

If you're not sure about your chosen academic path or haven't been admitted to the course you applied for, then the Careers Service is the place for you. They can advise on career planning, give you practical tips on how to write a CV or covering letter, inform you about gap years and working abroad, and help you 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, www.careers.uct.ac.za/cs/campus-community#orientation

UCT WRITING CENTRE

They won't write your assignment for you – you still have to do the hard work yourself – but they will help you to improve the quality of your academic writing. Consultants are on hand to guide your thinking and to assist with the tricky business of referencing your work. You can contact them at any stage of your writing assignment.

Where? Level 6, Steve Biko Students' Union building, North Lane, upper campus

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

STUDENT FINANCIAL AID OFFICE

The Student Financial Aid Office strives to help as many financially needy students as possible. The university has committed significant funds to enable those who meet the academic eligibility criteria to pursue their studies.

Where? Level 3, Kramer Law Building, Cross Campus Road, middle campus

Contact 021 650 3545, financialaid@uct.ac.za, www.uct.ac.za/apply/funding/undergraduate/financial/finaid

DISABILITY SERVICE

Their mission is to empower students with disabilities to reach their potential in every aspect of their lives. The Disability Service is also responsible for ensuring that the university is as accessible as possible on all levels. This includes access to venues and study materials for those with physical or sensory impairments.

Where? Level 4, Steve Biko Students' Union building, upper campus (access via lift or stairs)

Contact 021 650 2427, pearl.tukwayo@uct.ac.za, uct.ac.za/services/disability

SPORTS INJURIES CENTRE

Have your sports or other injuries treated by trained physios and biokineticists. The staff will teach you how to prevent further injury, help you with training schedules and give advice on corrective equipment. The clinic is open from 09:15 to 17:30 and treats UCT students and staff and members of the public. They charge medical aid rates.

Where? Sports Centre, upper campus

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

OMBUD

Need a dispute resolved? The Office of the Ombud was created to seek fair and equitable resolutions to concerns and problems raised by any member of the university community in a neutral, independent, informal and confidential environment.

Where? Lover's Walk (opposite School of Dance), lower campus

Contact 021 650 3665, ombud@uct.ac.za, www.ombud.uct.ac.za



EMERGENCY CONTACT NUMBERS

Stick these numbers on your fridge and save them on your phone.

ON CAMPUS

Campus Protection 24-hour hotline

For any emergency on campus
021 650 2222/3

UCT Student Careline
0800 24 25 26 or
SMS 31393

OFF CAMPUS

Cape Town emergency hotline

From a Telkom landline
107

From a cellphone
021 480 7700

MEDICAL

Ambulance
10177

Groote Schuur Hospital (GSH)
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

SEXUAL ASSAULT

Rape Crisis*
021 447 9762

*Please also notify CPS
021 650 2222/3

Sexual Assault Response Team 072 393 7824

Student Wellness Service 021 650 1017/1020

RESCUE

Mountain Rescue
021 948 9900

Sea Rescue
021 449 3500

WELLNESS

LifeLine 021 461 1111/3

Suicide Helpline
0800 567 567

STAY CONNECTED

As a fresher, you're going to want to stay up to date on the latest events at UCT. Luckily there is a wide variety of media you can follow to keep your finger on the pulse of UCT life. Whether you prefer print, online or radio, there is always a way to stay connected.

UCT ONLINE

www.uct.ac.za
facebook.com/uct.ac.za
@UCT_news
youtube.com/UCTSouthAfrica

OTHER PAGES TO FOLLOW

@UCT_Research @UCT_SRC
@UCTRadio @varsitynews
@VernacNews @UCTJustKidding

PRINT

Varsity

Varsity is the official student-run newspaper. It's distributed on campus and residences every second Tuesday and covers student life, news, opinions and sports.

Vernac News

Vernac News is an independent UCT student-run newspaper that is committed to expressing African identity through

multilingual media. The paper brings you the latest news in indigenous languages, keeping you informed in your preferred language.

RADIO

From the underground beats of hip hop, to the euphoric tones of house and the classic tunes of rock – and everything else in between – UCT Radio (104.5) is a must for any music lover. Run by students, it's the biggest campus station in Cape Town and caters for students, staff and the broader community. Tune in to find out about the latest events on and around campus.