

A UNIVERSITY OF CAPE TOWN PUBLICATION

CAMPUS LIFE



Orientation 2018

**YOUR
GO-TO
GUIDE**



WELCOME! WAMKELEKILE! WELKOM!

If you've just arrived on campus, it might feel like there is a lot to get your head around. Don't stress – we're here to help.

First things first. You've probably been hearing a bunch of new words and terms. If you don't know what eduroam, meridian and RAG are, don't worry! Turn to our handy UCT lingo cheat sheet on page 6 and we'll bring you up to speed.

Right, now that you know the difference between a tut, a prac and the all-important vacs, you'll be wondering how to get from your res to the caf. You'll find a printed, foldable map in these pages that will help you navigate on campus. You can also view them online at www.uct.ac.za/main/contacts/campus-maps. And, if you're wondering about how you're going to get from A to B, take a look at page 10 for a whole bunch of options.

Don't be shy when it comes to asking your OL (OL? Check the lingo cheat sheet!) questions. They will take you through the basics, like what a faculty is and where to sign up for tuts, but if you have other questions don't hesitate to ask – make them work for their money. For other essentials, like where to find free WiFi and good food at fair prices, turn to page 12 and 24, and

page 8 for info on how to use your shiny new student card to best advantage.

Once you've read up on how to get a library card (it's the right thing to do) on page 23 and how to get help with writing essays on page 27, it's time to think about heading to the Jammie plaza to sign up for as many (or few) sports clubs, societies, political groups and leadership bodies as you like.

Of course you're here to study, but you also have a once-in-a-lifetime chance to indulge your passions while also meeting interesting new people.

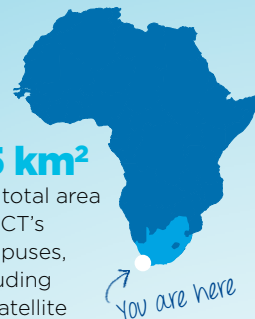
So, this is it. Good luck! And take it from us, the best is yet to come.

Campus Life

PS. UCT takes the physical and mental health of students very seriously. If you need help, don't be afraid to reach out. For emergency contact details of the many campus organisations that provide assistance, look no further than pages 26 to 28.



A SNAPSHOT OF 2017



25 km²

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



111 countries are represented on campus

Where do UCT students come from?

South Africa **23 314**

Southern African Development Community **2 312**

Elsewhere in Africa **777**

Elsewhere in the world **1 130**

Elsewhere in the world (unspecified country) **652**

UCT EARNED R1.49 BILLION IN EXTERNAL RESEARCH INCOME.



R15.2 million

was earned from the commercialisation of intellectual property.



67 patents were filed

18% of the country's SARCHI chairs are held by academics at UCT.



UCT boasts a third of South Africa's NRF A-rated researchers.

40 different sports are offered at UCT.

There are 102 societies to choose from.

3 363 professional, administrative support and service (PASS) staff
1 179 academic staff

194 671

The number of trips the Jammie Shuttles make each year



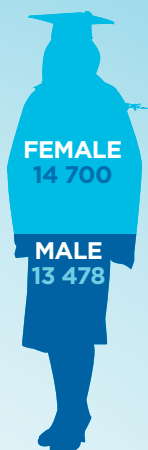
1.3 million print volumes

53 349 linear metres of shelves are available at UCT Libraries.

UCT is currently running nine MOOCs (massive open online courses), which have attracted more than **140 000 people** from over **150 countries**.

RANKED AMONG THE TOP 200 IN THE WORLD, UCT IS THE LEADING UNIVERSITY IN AFRICA.



28 185students
enrolled
to study.**17 833**

undergraduates

**10 352**

postgraduates

**355**

postdoctoral fellows

33catered or
self-catering
student
residences.**7 000** students
graduate
each year**How many students per faculty?****7 819**

Commerce

**4 828**Engineering
& the Built
Environment**4 750**Health
Sciences**6 737**

Humanities

**1 239**

Law

**2 812**

Science

Around

4 200new first-years are accepted
to study at UCT every year.**6 753**students
living in the
residence
system**21 432**students
living off
campus**87** The
total
number
of home
languages
represented
on campus**LARGEST
SOUTH
AFRICAN
LANGUAGE
GROUPS**isiXhosa
2 331

English

17 023isiZulu
1 417Setswana
504Afrikaans
1 269

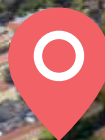
MEET YOUR Faculty

There are six faculties at UCT – which one is yours?

A faculty is a group of university departments that all share a focus, similar subject matter or a division of knowledge. At UCT there are six of them: the faculties of Humanities, Science, Engineering & the Built Environment, Commerce, Law and Health Sciences. The Centre for Higher Education Development, otherwise known as CHED, supports the teaching and learning needs of all of these faculties.



You are here



1 Humanities

WHO Almost 6 000 students from 43 countries who interrogate the human condition in all its dimensions.



This faculty is home to critical thinkers in fields as diverse as history, political science, performance art, philosophy and media studies.

WHAT

31 academic majors offered

16 academic departments and 15 research centres

Esteemed graduates include Professor Sakhela Buhlungu (sociology), soprano Pretty Yende and Nobel Prize winners JM Coetzee (literature) and Ralph Bunche (peace).

WHERE

Located across several campuses, from Hiddingh campus in the city centre to the Arts Block on upper campus.

Undergraduate office

☎ 021 650 2717 ☎ hum-ugrad@uct.ac.za

DID YOU KNOW?

The UCT Faculty of Science was placed in the 51-100 band of top-rated universities for the earth and marine sciences.



2 Science

WHO 2 500 students contributing to globally relevant research.

From botanists to biologists, and climatologists to astronomers, scientists of all different stripes call this faculty home.

WHAT Two alumni have won Nobel Prizes: Alan Cormack (computerised axial tomography) and Aaron Klug (crystallographic electron microscopy).

OVER A THIRD OF UCT'S PHD GRADUATES HAIL FROM THIS FACULTY.



WHERE Located in several buildings on upper campus, including PD Hahn and RW James.

Faculty office

☎ 021 650 2712 ☎ sci-science@uct.ac.za



Did you know?

The Faculty of Engineering & the Built Environment offers research contracts to the value of R135 million.

Engineering & the Built Environment

WHO 4 800 staff and students, state-of-the-art facilities and world-renowned teaching staff.

Architects, engineers, planners and quantity surveyors can all be found in this faculty.



WHAT 19 active research groups

51 NATIONAL RESEARCH FOUNDATION-RATED STAFF MEMBERS

WHERE Located on upper campus in the New Engineering Building, Menzies Building and others.

Faculty office

☎ 021 650 2699 ✉ ebe-faculty@uct.ac.za

Commerce

WHO Over 7 000 students and a staff of industry leaders working to make a contribution in the spheres of business and public management.

This is where you can study accounting, actuarial science, economics and finance, but also subjects like marketing and organisational psychology.

WHAT 7 departments and 12 research units

R89.5m

research contracts to the value of R89.5 million

HOME TO UCT'S GRADUATE SCHOOL OF BUSINESS

WHERE 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 faculty.

Faculty office

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



Law

WHO Over 1 000 students and staff, focusing on legal education and public discourse.



This is where you'll find all the future lawyers.

WHAT The oldest and smallest faculty at UCT

85 000 Home to a law library containing over 85 000 books, journals and electronic databases



RANKED 40TH IN THE TOP 100 LAW SCHOOLS WORLDWIDE

Over 25 international agreements allow law students to pursue exchanges in countries around the world.

WHERE Located at the Wilfred and Jules Kramer Law Building on middle campus.

Faculty office

☎ 021 650 3086 ✉ law-studies@uct.ac.za

Health Sciences

WHO This is headquarters for the health professionals, from doctors to occupational, physical, speech and audio therapists.

4 000 students

WHAT Top-ranking health sciences faculty on the continent

48th in the Times Higher Education World University Rankings for clinical, preclinical and health rankings

At 105 years old, it's the oldest health sciences campus in sub-Saharan Africa.

WHERE Located on the Health Sciences campus.

Undergraduate admissions office

☎ 021 406 6328 ✉ aafhs@uct.ac.za



Learning the ling



HERE'S A QUICK INTRO TO SOME OF THE WORDS, PHRASES AND ABBREVIATIONS THAT YOU'LL BE HEARING A LOT IN THE NEAR FUTURE.

Big Bash: The party associated with RAG that happens at the beginning of the year.

Caf: As in cafeteria. The place where you meet your friends for coffee in the Steve Biko Students' Union building.

DP: Duly performed. If you get your DP for a course, you can write the exams.

DPR: Duly performed refused. This 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 at varsity.

Eduroam: The UCT network that provides free WiFi on campus. (See page 12 for how to connect.)

First-class pass: When you get over 75% it's called a first-class pass. You could also get an upper second (70 to 74%), lower second (60 to 69%) or third (50 to 59%). Or an S, which means you failed.



First lecture:

The earliest lecture of each day (and where you will find yourself at 08:00 if you're a fresher).

Fresher: That's you! Another way of saying first-year.

FYE: The First-Year Experience, a programme that aims to help you during your first year at varsity. [@UCTFirstYears](#) [f UCTFirstYears](#)

Hot seat:

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

Jammie Shuttle:

The blue buses that get you around campus and town. If you're packing your student card, it's free!

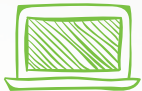
Jammie steps:

These lead right up to the Jammie plaza!



Jammie Thursdays: When interesting things happen on Jammie plaza during meridian on, you guessed it, Thursdays.

Jammie plaza: The open area below Memorial Hall where lots of events take place.



Lynda.com: An online virtual training library, offering thousands of tutorials on a vast array of subjects from software to marketing and web design.

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

North Stop: One of the main Jammie Shuttle stops on upper campus. (Yes, there is also a South Stop!)

OL: Orientation Leader. Remember – make them work for their money.

O-Week: Orientation programme that runs for a week before lectures start. It gives you time to get to know your new surroundings, join clubs and societies, and maybe make a few friends.

Pass mark: Anything above 50%.

PeopleSoft: An online database for your academic record. Once you are registered, PeopleSoft will allow you to check your timetable, course marks and personal details.

Practicals These are your chance to put into practice what you've learned in theory. They often take place in laboratories and can be up to three hours long.

Res: As in residence. Your new home.



RAG:

"Remember and Give". This is the fundraising arm of SHAWCO (we'll get to this one below).

SHAWCO:

UCT's socially responsive student organisation that offers community outreach programmes. It stands for Students' Health and Welfare Centres Organisation.

SAX Appeal: The RAG magazine that you'll be selling at traffic lights while dressed in weird clothes or painted green. No, seriously.

SRC: Students' Representative Council. This is the highest decision-making structure of student governance.



Tutor: The person in charge of tuts. They may also become your mentors, academic guides, friends ...

Tuts: Tutorials are small discussion groups that meet to discuss the material covered in lectures. They're compulsory if you want your DP.

Vac: As in vacation. The thing that happens after exams.

Varsity: Where you find yourself right now. Also the name of UCT's 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 courses here.



Year mark:

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

SAVE MONEY, OPEN DOORS

Two magic little words: student discount. With your UCT student card you can get entertained, get fit or get dressed for less. Check out the details below.



Get your student card

Student cards are issued by the Card Production Centre – it's in the basement of the Robert Leslie Social Sciences Building and it's open from 08:00 to 16:00. More than just giving you access to the photocopying facilities, the library and other buildings on campus, your student card is your ticket to fantastic discounts around town.

50% off at all Iziko Museums

If you want to learn more about South Africa's rich cultural, social and scientific history, just visit one (or more) of the many Iziko Museums in Cape Town. Show your student card at the door and you'll get half off your entry at the National Gallery, the Slave Lodge, the Planetarium and Digital Dome, and many more.

☎ 021 481 3800
🌐 www.iziko.org.za



The Planetarium

Save 15% at Wizardz

Whatever your requirements, you can get 15% off all printing and copying, large format printing, finishing and binding, and design work at Wizardz in Gardens, Constantia and at the V&A Waterfront. Just remember your student card.

☎ 021 461 9334
🌐 www.wizardz.co.za

Discounted tickets at the Baxter

UCT's Baxter Theatre Centre, which presents a wide range of music, dance and

R35 student entry at Kirstenbosch

Whether you end up having a picnic on the lawns, exploring the canopy walkway or strolling through the indigenous gardens, the Kirstenbosch National Botanical Garden lives up to its reputation as the most beautiful garden in Africa. And the Summer Sunset Concerts, which run all the way through to early April, offer a great venue for local and international artists. Save R30 off the normal price when you visit.

☎ 021 799 8782

🌐 www.sanbi.org/gardens/kirstenbosch

Cash off brands with Ikeys Vibe

Join Ikeys Vibe – the social wing of UCT's rugby club – and get great discounts on a wide range of lifestyle brands, restaurants and more. Like 30% off everything at Hudsons – The Burger Joint, Mondays to Fridays from 12:00 to 16:00, and 20% off all full-price merchandise at Cotton On, Mondays to Fridays. It's all yours for just R545 for an annual membership. Or purchase a R200 membership at Varsity Vibe and get more discounts on SA brands.

🌐 varsityvibe.co.za

🌐 ikeysvibe.co.za

Discounted gym membership

The UCT Gym is open throughout the year from 06:00 to 21:00, Mondays to Fridays, and from 08:00 to 19:00, Saturdays and Sundays. Get fit for just R650 per year for a full membership, or R300 annually for an off-peak membership (08:30 to 15:00).

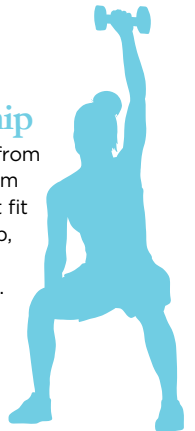
Or consider becoming a member at the Sports Science Institute of South Africa at a discounted rate.

☎ 021 650 3564 (UCT Gym)

🌐 www.uct.ac.za/students/recreation/fitness_centres/uctgym

☎ 021 659 5600 (SSISA)

🌐 www.ssisa.com



Budget Fridays on the Table Mountain cableway

Take the edge off a heavy week by visiting Table Mountain, which has been named one of the official New 7 Wonders of Nature after a campaign that attracted more than 100 million global votes. You can travel on the famous Table Mountain cable car for just R70 (one way) or R130 (return) on Fridays.

☎ 021 424 0015

🌐 www.tablemountain.net

One-hour jump session at Rush SA

Rush Indoor Trampoline Park is located in Stadium on Main, Claremont. Play a game of extra bouncy basketball, dive all over the park in a dodgeball tournament or battle a friend on the battle beam. Students get a one-hour jump session for R95p/p (excluding Rush jump socks) and an additional hour for only R75p/p. Varsity Vibe members get the second hour free.

☎ 021 683 3841

🌐 infoct@rush.co.za

R10 off at the Labia

The Labia Theatre, originally an Italian Embassy ballroom, has been operating as an independent cinema on the alternative circuit for the past 40 years. Surrender to the charm of its old-world ambience and take in a show, while saving R10 off the ticket price.

☎ 021 424 5927

🌐 www.thelabia.co.za

theatre productions, is committed to social development. The community projects, arts festivals and workshops seek to develop artists and provide them with a platform to present their work. Check the website for shows that offer student discounts.

☎ 021 685 7880

☎ 0861 915 8000 (bookings)

🌐 www.baxter.co.za

Special service on photo prints at Orms

Orms is a one-stop photography shop that offers a special service to photography students who need to prepare works for their exhibitions. Download their discounted rates card.

☎ 021 465 3573

🌐 www.ormsdirect.co.za



THE ARC OF GETTING MOVING AT UCT



There's a whole world of new places to discover on and off campus. Here are the best ways to get from point A to just about everywhere else.



Transport at UCT starts with the Jammie Shuttle but it doesn't end there. These days you can make use of many different forms of public and private transport, from taxis and trains to your own two feet.



Bikes

There is a network of designated cycle lanes on campus as well as a growing network of bike lanes in and around Cape Town. So save yourself from the frustration of finding (and paying for) parking and pedal away! (Fair warning: the hills can be pretty tough going.)

Cars and carpools

First-years aren't allowed to bring cars onto campus, but you can apply to park at Rhodes Memorial, which is a short walk away. Apply for a parking disc at the traffic admin office on upper campus. And think about carpooling! You can access the P4 carpool parking lot if three or more students swipe their cards together – as long as one of you has a parking disc. Find out more at ridelink.findalift.co.za.

Golden Arrow buses

These buses serve the metropolitan areas of Cape Town and are accessible from the Jammie Shuttle stops in Claremont and Mowbray. Find out more at gabs.co.za.

Scooters and motorbikes

As a first-year you are welcome to use scooters and motorbikes on campus as long as you buy a black parking disc from traffic admin on upper campus.

Taxis and Uber

A huge variety of cabs are always just a phone call and a few minutes away. You can save money if you share a ride with friends, and it's safer – especially if you're a little tipsy.

Jammie Shuttle

A brand new low-noise and low-emissions fleet of these iconic blue buses can be seen ferrying students between campus and different parts of town. They are free to students (just show your student card) and run on weekdays and weekends. There's even a late-night service! Visit www.students.uct.ac.za for up-to-date route maps and timetables.



Minibus taxis

Minibus taxis run along all major routes of the city and the Mowbray and Claremont Jammie Shuttles stop within metres of minibus taxi hubs. This is often the cheapest way to travel, but make sure that you have the exact change ready.



Gaartjie (noun). The guy who sits next to the driver of a minibus taxi and calls out fares and destinations.

MyCiTi

The MyCiTi rapid bus service integrates with the Jammie Shuttle at the Gardens station in Buitenkant Street in town. From there you can get a MyCiTi bus into the centre of town, the Atlantic Seaboard, Woodstock, Salt River, Century City, Table View, the West Coast, Khayelitsha and Mitchells Plain. Go to myciti.org.za for more info.

Trains

Cape Town has a substantial rail network, but unfortunately the train times are not always reliable. The Southern Line stops at Mowbray, Observatory, Rosebank and Rondebosch stations, which are all within walking distance of UCT's lower, middle and upper campuses. Find timetables and fares at metrorail.co.za.

Safety first

Call **021 650 2222/3** to have a CPS officer escort you back to your residence if you're walking late at night, especially if the Jammie Shuttle service is no longer running.

Walking

The easiest way to get around campus is on foot. If you're on campus after dark, it's best to walk in a group and stick to the blue Foot Routes – these paths have emergency points where you can call Campus Protection Services if you need help.



Get connected

Here are some of the ways you can use online resources to support your studies.

The quick guide

For a short guide on all you need to know about digital at UCT, take a look at the Information and Communication Technology Services (ICTS) checklist: icts.uct.ac.za/digital-checklist

Connect to WiFi

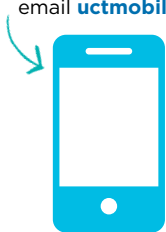
Connect to UCT's WiFi network, eduroam, using your username (studentnumber@wf.uct.ac.za) and your UCT network password. After registration, go to password.uct.ac.za to reset your password.

Sign in to your email

Sign in to your UCT email account via icts.uct.ac.za/myuct. Remember to check it regularly as this is where you'll find all official communication from the university.

Hook up your phone

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



6 tips for staying cyber secure

- 1 Be password savvy** The longer and more complex your password is, the better. A password should contain numbers, symbols and upper- and lower-case letters.
- 2 Anti-virus is a must** Up-to-date anti-virus applications should be on all your devices. You can download McAfee for free from the ICTS website (icts.uct.ac.za).
- 3 Back up data** Make sure you have a backup (or two) of your data. You can back up data to physical devices or to the cloud (UCT offers Google Drive and OneDrive).



Get to know Vula

Vula (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 the software you need

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

Be a responsible user

Don't use the internet for anything illegal – especially not streaming, sharing or downloading copyrighted content. Also respect the email and internet usage policy (check the IT Guide for Students at icts.uct.ac.za).

1:29 PM 89%



4 Spread the word If you know of a cybersecurity threat or incident, please inform everyone you know who might be affected.

5 Report incidents to CSIRT If you experience any cybersecurity threat, please contact UCT's Computer Security Incident Response Team (CSIRT) at csirt@uct.ac.za.

6 Protect yourself against identity theft Dispose of sensitive paperwork safely, enable SMS alerts for your banking, and never share personal information online.

6 TIPS FOR BOOSTING YOUR WIFI EXPERIENCE AT UCT

MOVE TO A LESS CROWDED AREA Access points (APs) support a fixed number of users, so the signal will become weaker as it is shared between more people.

USE WIFI FOR LIGHT BROWSING WiFi is best suited to light browsing, such as checking email and social media.

USE WIRED NETWORK POINTS Don't be a bandwidth hog: if you're going to watch videos, play online games or share huge files, rather use a wired network point.

MOVE AROUND TO FIND THE BEST SIGNAL Thick concrete walls, floors and steel doors can weaken the WiFi signal.

DON'T USE ROGUE DEVICES Rogue devices (such as signal boosters, routers, range extenders or apps like Connectify) can disrupt the signal for everyone. And please don't use your smartphone as a hotspot!

CHECK FOR TECHNICAL ISSUES WITH THE WIFI NETWORK The APs around campus are white boxes that should display solid blue lights. If they're flashing, there's a problem.

STAY A



Sure, UCT has a long and proud history in traditional sports like rugby, cricket and hockey, but that doesn't mean you can't use this opportunity to step away from the sports you played at school. Now's your chance to try out a new skill and meet new people while skiing or fencing or practising martial arts.

Why do sports?

"Sport teaches you time management, commitment, dedication and how to be a team player. It motivates your academics, as most competitions require certain grades to be achieved to be able to compete. It gives you a sense of purpose, and it also relieves stress and gives you energy."

NOLOFEFE CETANE

Senior Secretary

Student Sports and Recreation

2018 Intervarsity

After winning Intervarsity in 2017 - having competed against the Cape Peninsula University of Technology (CPUT) and the universities of Stellenbosch and the Western Cape - UCT will be hosting this annual event in 2018.

11 sporting highlights from 2017

1 UCT **rugby** player Michael Kumbirai played an important role in both the WP Super Sport Challenge and the WP Currie Cup teams where he was first choice as tighthead prop.

Also in **rugby**, Kuyenzeka (Nama) Xaba was the shining light of the UCT 2017 Varsity Cup campaign. The youngest player in the squad, he thrilled fans with literally every touch of the ball. Only a few greats have managed to play first team at UCT at the age of 19 - like Eben Etzebeth and Damian de Allende.

The UCT **table tennis** first team placed in the top three of the WP third league.

4 In **athletics** the UCT club was home to the Varsity Sports B Section Winners and USSA Track and Field B Section Winners.

UCT **cricket** won the Western Cape Intervarsity Trophy for the first time and were selected as the WP Cricket Club of the Year. They also came seventh at USSA, qualifying for the 2018 Varsity Sports Competition.

6 The **cycling club** enjoyed an international tour to Mauritius last year, where they competed in the Tour de Maurice, and the men's mountain biking team won the Varsity Sports Competition for the first time.

ACTIVE

Pick a new way to stay active:

The fastest growing sport at UCT?

Ultimate may have had a humble start at UCT as an informal Friday afternoon gathering, but in 2017 the UCT ultimate first team was crowned as the best on the continent after winning the All Africa Ultimate Club Championships.



Most adventurous sports?

The UCT Mountain & Ski club is all about the outdoors and will help you get acquainted with mountain climbing and some of the most spectacular hiking trails in the world – which are on your doorstep in Cape Town. The UCT surf and underwater clubs are no less adventurous, but far more ... aquatic.

Most unusual sports?

Never heard of capoeira? Always been curious about wakeboarding? Keen to bend a bow and shoot some arrows? Here's your chance to find out more. Find these clubs on Jammie plaza during O-Week.



CHOOSE FROM ANY OF THESE 46 SPORTS OFFERED AT UCT IN 2018:

aikido athletics athletics social
 archery basketball cricket
 badminton canoe chess
 capoeira cycling fitness centre
 fencing football gymnastics
 golf judo hockey social
 hockey kickboxing ju jitsu
 karate netball
 mountain & ski rowing rowing novices
 nimpo rugby squash surf
 rugby social squash internal league
 swimming table tennis tai chi
 tennis taekwondo underwater
 tennis social waterpolo social
 ultimate wakeboarding yacht
 volleyball waterpolo weights



Three men and four women from the UCT **hockey** club made the Western Province teams. Four women also made the Western Province indoor team and the men's team qualified for Varsity Cup 2018.

Both the men and women's UCT **squash** club first teams came second in the Western Province Premier Squash Leagues – their best performances in 10 years.

The UCT **yacht** team completed the Cape to Rio event in January and finished first in their class.

After winning the Cape Town League, the National South African League and the All Africa League, UCT's **ultimate** first team is the best in Africa.

The **football** club's women's first team were crowned the 2017 SAFA Cape Town Regional Women's League champions, losing only one match on their march to the title. As champions, the team advanced to the play-offs and were promoted to the provincial Sasol League. They also finished fourth (out of eight teams) in the Varsity Football Competition.



JOIN THE CLUB(S)

Are you curious about debating? Have a hankering to get involved in politics? Perhaps you've just always wondered what ballroom dancing is all about. Now is your chance to find out.

Join any one of the 100+ student clubs and societies on campus and meet new people, learn new things and get involved in your community. And you don't have to choose just one!



START HERE

How do you choose between different clubs and societies when there are so many? Have a look at our handy guide below. UCT's societies and clubs are divided into five categories: academic, national/cultural, faith, special interest and political.



National/cultural

These societies represent the amazing cultural diversity of UCT students. You don't have to hail from a specific country to join, however, as these societies aim to provide exposure to different cultures and communities.

- ☐ Abantu Zambian Society
- ☐ Congolese Society
- ☐ East African Students' Association
- ☐ Ghana Society
- ☐ Hellenic Students' Association
- ☐ Lesotho Students' Association
- ☐ Malawi Students' Society
- ☐ Namibian Students' Organisation
- ☐ Nigerian Students' Society
- ☐ UCT Asian Students' Association
- ☐ Swazi Students' Society
- ☐ Zimbabwe Society

Academic

If you've always wanted to meet that leader in your field of study or you really want to get involved in a community development initiative that is related to your field of study – these are the societies for you. Seminars, meet-ups and industry events are the order of the day.

- | | | |
|---|--|--|
| <input type="checkbox"/> AIESEC UCT (the world's largest student organisation) | <input type="checkbox"/> Black Law Students' Forum | <input type="checkbox"/> South African Medical Students' Association |
| <input type="checkbox"/> Association of Black Securities and Investment Professionals | <input type="checkbox"/> Cardiac Society | <input type="checkbox"/> South African Space Association |
| <input type="checkbox"/> Association of Built Environment Students | <input type="checkbox"/> Education Development Unit Student Organisation | <input type="checkbox"/> Surgical Society |
| <input type="checkbox"/> Association of South African Black Actuaries | <input type="checkbox"/> Institute of Electrical and Electronics Engineers | <input type="checkbox"/> UCT Marketing Association |
| <input type="checkbox"/> Biological Society | <input type="checkbox"/> Organisational Psychology Students' Society | <input type="checkbox"/> UCT Mathematics Society |
| | <input type="checkbox"/> Psychology Society | <input type="checkbox"/> Dayhouse |
| | | <input type="checkbox"/> iKhaya Day House |

Faith

Almost all major religious beliefs, doctrines and denominations are represented here, and many of these societies have strong links with external religious organisations.

- | | |
|--|---|
| <input type="checkbox"/> Acts Kolbe Catholic Society | <input type="checkbox"/> Muslim Youth Movement |
| <input type="checkbox"/> Anglican Students' Society | <input type="checkbox"/> Rapha Fellowship Centre |
| <input type="checkbox"/> Apostolic Faith Church of Portland Oregon | <input type="checkbox"/> Redeemed Christian Fellowship |
| <input type="checkbox"/> Believers' Loveworld | <input type="checkbox"/> Seventh Day Adventist Student Movement |
| <input type="checkbox"/> Chabbab UCT | <input type="checkbox"/> Shofar Church |
| <input type="checkbox"/> Christian Medical Fellowship | <input type="checkbox"/> South African Union of Jewish Students |
| <input type="checkbox"/> Christian Revival Church | <input type="checkbox"/> Student Christian Fellowship |
| <input type="checkbox"/> Church on Main | <input type="checkbox"/> Student YMCA |
| <input type="checkbox"/> Deeper Life Fellowship | <input type="checkbox"/> Trees of Life Multiracial Church |
| <input type="checkbox"/> Hillsong Church | <input type="checkbox"/> UCT Baha'i Society |
| <input type="checkbox"/> Hindu Students' Society | <input type="checkbox"/> World Mission Society (Church of God) |
| <input type="checkbox"/> His People | <input type="checkbox"/> Zion Christian Student Fellowship |
| <input type="checkbox"/> Jubilee Society | |
| <input type="checkbox"/> Muslim Students' Association | |



Where do I sign up?

Go to Jammie plaza any time during O-Week and you'll see the majority of clubs and societies showcasing what they do. You can sign up with the societies that interest you and either have the subscription fees charged to your student account or pay cash to the cashiers in the Steve Biko Students' Union.

If you miss out on O-Week, don't worry – you can join societies throughout the year. Just head to the Societies Helpdesk on Level 5 in the Steve Biko Students' Union and they'll help you to sign up.

Special interest

This is where you can find everything from Amnesty International to the Wine and Cultural Society, with dozens of specific special interests represented in between. If you're looking for a way to engage with different communities in Cape Town, if you've ever wondered what goes on in a debating union or if you feel the need to take up a new hobby, these are the societies to consider.

- | | |
|--|--|
| <input type="checkbox"/> Altum Sonatur | <input type="checkbox"/> Habitat For Humanity |
| <input type="checkbox"/> African Society for Liberty Constitution | <input type="checkbox"/> Hip Hop Club |
| <input type="checkbox"/> Amnesty International | <input type="checkbox"/> History and Current Affairs Society |
| <input type="checkbox"/> Art of Living – SMILE | <input type="checkbox"/> Ikey Ability |
| <input type="checkbox"/> Ballroom and Latin Dancing Society | <input type="checkbox"/> Investment Society |
| <input type="checkbox"/> Bhakti Yoga Society | <input type="checkbox"/> LeanIn UCT |
| <input type="checkbox"/> Birding UCT | <input type="checkbox"/> Moot Society |
| <input type="checkbox"/> Black Management Forum | <input type="checkbox"/> Photographic Society |
| <input type="checkbox"/> Cape Legion of Adventurers and War Gamers | <input type="checkbox"/> RainbowUCT |
| <input type="checkbox"/> Cape Town Globalist | <input type="checkbox"/> Rural Support Network |
| <input type="checkbox"/> Connoisseur | <input type="checkbox"/> Students for a Free Tibet |
| <input type="checkbox"/> Debating Union | <input type="checkbox"/> Students for Law and Social Justice |
| <input type="checkbox"/> DJ's Production Society | <input type="checkbox"/> Students for Life |
| <input type="checkbox"/> Enactus | <input type="checkbox"/> TEDxUCT |
| <input type="checkbox"/> Engineers Without Borders | <input type="checkbox"/> UCT African Choral |
| <input type="checkbox"/> Equal Education | <input type="checkbox"/> UCT Choir |
| <input type="checkbox"/> Fashion Society | <input type="checkbox"/> UCT Choir for Africa |
| <input type="checkbox"/> Film Society | <input type="checkbox"/> UCT Consulting Club |
| <input type="checkbox"/> Genshiken | <input type="checkbox"/> UCT Developers Society |
| <input type="checkbox"/> Golden Future Project | <input type="checkbox"/> UCT Entrepreneurs Society |
| <input type="checkbox"/> Green Campus Initiative | <input type="checkbox"/> Vegilicious |
| | <input type="checkbox"/> We Are Animals |
| | <input type="checkbox"/> Wine and Cultural Society |
| | <input type="checkbox"/> Women in Computer Science |

Political

These organisations represent a group of national and international political organisations. Their activities include attending national gatherings and inviting politicians and scholars to speak at meetings.

- ☐ Democratic Alliance Students' Organisation (DASO)
- ☐ InkuluFreeHeid
- ☐ Palestine Solidarity Forum
- ☐ Pan Africanist Student Movement of Azania (PASMA)
- ☐ South African Students' Congress (SASCO)
- ☐ The Collective
- ☐ United Nations Association of South Africa

THE SAFETY QUIZ

At UCT we take the safety of our staff and students very seriously. Sadly, crime on campus is a reality, especially when it comes to theft. But there is a lot that you can do to protect yourself and your belongings.

Take the quiz below to figure out how many of these safety tips you are already practising – and what more you can do.

When you're at home, do you:

- ☐ check that your doors and windows are locked when you leave?
- ☐ hide your keys in obvious places, like under the doormat? Rather make friends with your neighbours so that you can look out for each other or leave a spare set somewhere safe.
- ☐ put your home address on your key ring? Don't! You've just made it easier for the criminals to help themselves.
- ☐ take your valuables with you when you go home for holidays? Better safe than sorry.
- ☐ keep a record of serial numbers of valuable items, such as your laptop? These can be a lifesaver if you have to report a stolen item missing.



Report suspicious behaviour to Campus Protection Services (CPS) on **021 650 2222/3**.



On campus, have you ever:

- ☐ propped open access doors? This isn't safe. Access doors close automatically for safety reasons.
- ☐ left your backpack or bag unattended? Keep your belongings on you at all times, or ask someone you trust to look after it.
- ☐ walked around by yourself with headphones on? Keep your ears open and be aware of your surroundings.
- ☐ used the blue Foot Route on campus? Please consider sticking to these routes, especially after dark.

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 if you need help.



Off campus, do you:

- ☐ keep your cellphone out of sight? Don't display it at all if possible.
- ☐ have emergency numbers saved on your phone? See the numbers on page 20 and save them now.
- ☐ carry large amounts of cash? Rather carry only as much as you need for that day. And don't keep your wallet in your back pocket where it can be pickpocketed.
- ☐ walk in a group, especially after dark? You know what they say, safety in numbers. Always walk with friends, especially if you're out at night or walking on the mountain or in a secluded area.

DID YOU KNOW

that campus is continuously monitored by 250 CCTV cameras?



Security is the right balance between physical security and behavioural awareness. On campus most crime still tends to be opportunistic. I would like to urge you to keep your eyes peeled and be vigilant. Carry your student cards at all times; try to avoid walking around at night by yourself; and be aware of your surroundings. Never be afraid to call on a Campus Protection Services official for help – that's what we are here for.

Bernard Soules

Special Services and Events Manager

IN THE EVENT OF SEXUAL ASSAULT

Contrary to popular belief, most rapes occur between people who know each other. If you are sexually assaulted, get yourself to a safe place and tell someone you trust what happened to you. Rape is a crime and should ideally be reported to the police. It's also important to seek follow-up medical attention as soon as possible, especially to prevent HIV infection.

PEOPLE TO CALL

Rape Crisis on 021 447 9762.

Sexual Assault Response Team (SART) 072 593 7824

CPS on 021 650 2222/3

(you can ask for a female CPS officer to assist).

Did you know?





After hours, the Jammie Shuttle offers a service to and from the residences every half an hour (Monday to Thursday from 18:30 to 01:00 and on Fridays from 18:30 to 22:00). When the Jammie Shuttle stops running at night, you can ask a CPS officer to escort you on foot to your residence. There may be delays in this service if CPS officers are otherwise occupied.



Hey, have you heard the latest?

We know that word of mouth might still sometimes be the fastest way of hearing about headline news (and all the skinner), but there are lots of other ways to stay up to date with all developments on (and off) campus.

Go online

 www.uct.ac.za
 facebook.com/uct.ac.za
 [@UCT_news](https://twitter.com/UCT_news)
 youtube.com/UCTSouthAfrica

Also on Twitter ...

[@UCT_Research](https://twitter.com/UCT_Research)
[@UCT_SRC](https://twitter.com/UCT_SRC)
[@UCTRadio](https://twitter.com/UCTRadio)
[@varsitynews](https://twitter.com/varsitynews)
[@VernacNews](https://twitter.com/VernacNews)
[@UCTJustKidding](https://twitter.com/UCTJustKidding)



Hear it on the airwaves

UCT Radio (104.5) is the largest student radio station in Cape Town and a good place to hear about events around campus. It's mostly about the music though: tune in to hear everything from deep house to classic rock with some hip-hop beats in between.

Read it in print

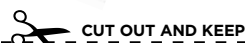
Varsity

This is the official run-by-students, read-by-students publication that comes out

every second Tuesday. On these pages you will read everything from news and political analysis to opinions and sports results.

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.



CUT OUT AND KEEP

Emergency numbers

Save these numbers on your phone and keep a copy handy in your living space.

ON CAMPUS

Campus Protection
24-hour hotline
021 650 2222/3

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

WELLNESS

Student Wellness Services
021 650 1017/20

LifeLine
021 461 1111/3

Suicide Helpline
0800 567 567

SEXUAL ASSAULT

Sexual Assault Response Team
072 393 7824

Rape Crisis
021 447 9762
(please also alert Campus Protection Services)

MEDICAL
Ambulance
10177

Groote Schuur Hospital
021 404 9111

Groote Schuur Hospital
Psychiatric Emergency Unit
021 404 2175

POLICE

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

Rondebosch Police Station
021 685 7345

Mowbray Police Station
021 680 9580

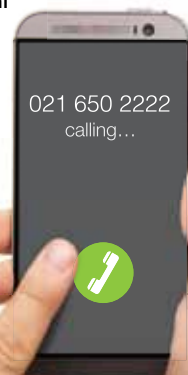
Woodstock Police Station
021 442 3117/21

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

RESCUE
Mountain Rescue
021 948 9900

Sea Rescue
021 449 3500

021 650 2222
calling...



DISCOVER UCT's libraries

Gwenda Thomas, the executive director of UCT Libraries, and her team of librarians work hard to ensure that UCT's libraries remain world-class repositories of knowledge and up-to-date research. Here's how you can get the most out of this amazing resource.



DID YOU KNOW?
72 000+
e-journal
titles



28 500+
print
journal
titles



190
high-
quality
electronic
databases



85 000+
books and
pamphlets
on African
studies
alone

WHAT'S SO GREAT ABOUT UCT LIBRARIES?

First off, it's the biggest library in the southern hemisphere. This giant repository of books and journals is stored on 53 km of shelf space.

HOW DO I BORROW FROM ONE OF THE LIBRARIES?

Your student card is also your library 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 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 and 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 also log in from the libraries' webpage (www.lib.uct.ac.za) under Search & Find.

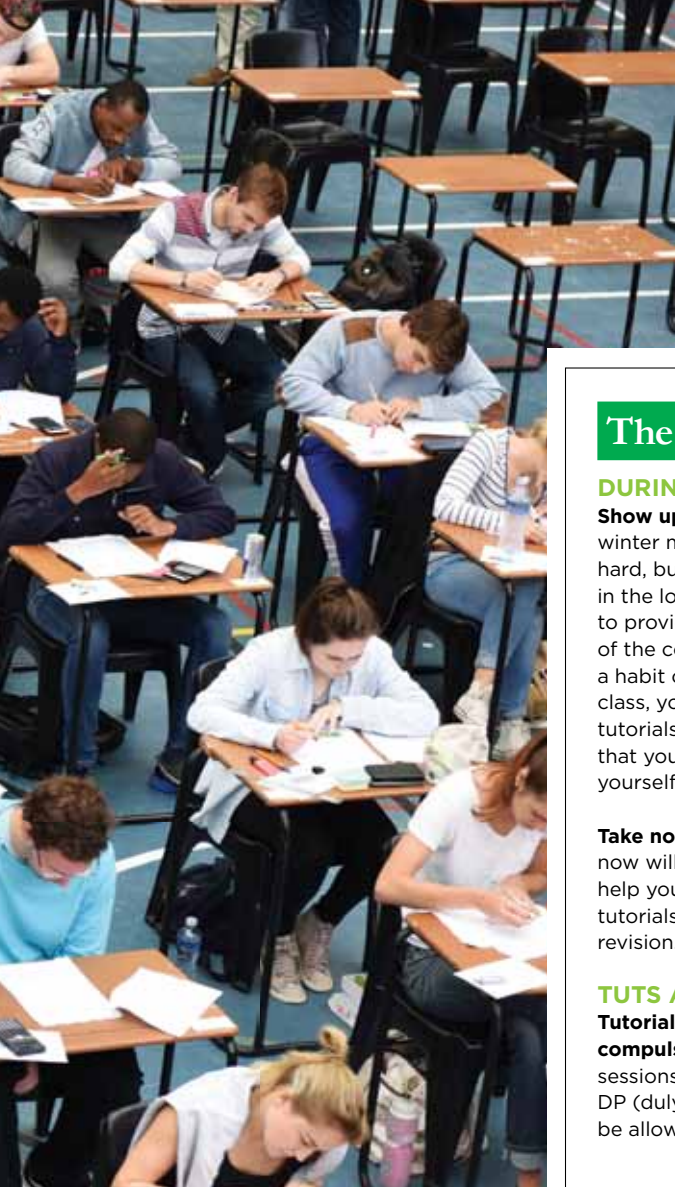
Have more questions for Gwenda and her team?

Call 021 650 3703/4 or email libraries@uct.ac.za or visit www.lib.uct.ac.za.



How to make a **SUCCESS OF YOUR STUDIES**

Now that you're at university, it's up to you to figure out what works for you when it comes to studying. And while there is no magic formula, there are a couple of things you can do to make it easier for yourself.



The During

DURING CLASS ...

Show up. Yes, getting out of bed on winter mornings for first lecture is hard, but your dedication will pay off in the long run. Your lecturer is there to provide insight and an overview of the course material. If you make a habit of always showing up to class, you will be better prepared for tutorials – and there is less chance that you will fall behind and find yourself overwhelmed before exams.

Take notes. Effective note-taking now will be a lifesaver later. It will help you to make the most out of tutorials and improve your exam revision.

TUTS AND PRACS ...

Tutorials and practicals are generally compulsory. 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.



The After

AFTER CLASS ...

Review the work while it's still fresh in your mind. It doesn't have to take long, but even just skimming over your notes can help you identify those areas where you may need help.

File your notes. Create your own filing system, whether electronic or in hardcopy, and keep all the content for each course together.

Consider starting a study group. Many brains make light work! Having other students to discuss your coursework with can be very helpful.

Pat yourself on the back. After that exam you nailed due to your shiny new study habits, celebrate! You deserve it.

The Before

BEFORE TERM STARTS ...

Make a calendar at the beginning of every term with an outline of the assignments, tests and exams you will need to complete. Then work backwards from there to work out how much time you need for each task.

BEFORE CLASS ...

A little bit of preparation goes a long way. Do the readings that your lecturers set for you. They ask you to read them for a reason.



SELF-CARE

It doesn't matter how much you cram the day before the exam or how many hours you're putting in at the library, if you're exhausted or hungry it's going to affect your performance. Remember that you can't pour from an empty cup, so make sure that you:

- 1 get enough sleep (at the right time)
- 2 eat regular meals (and remember the fruit and veg)
- 3 exercise (a little every day goes a long way)
- 4 spend time relaxing with friends
- 5 ask for help if you need it.

Are you feeling overwhelmed? Panic-stricken? Not eating or sleeping?

It's not a sign of weakness to ask for help, it's a sign of healthy self-awareness. So act on that knowledge and get in touch with the people who can help you:

Student Wellness
Service health
appointments
☎ 021 650 1020

Student Wellness
Service counselling
appointments
☎ 021 650 1017

UCT Student Careline
☎ 0800 24 25 26 or
☎ SMS 31393 for
a callback

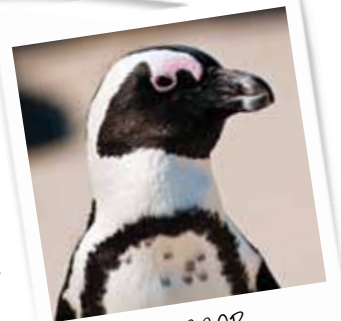
FUN ON A BUDGET



It is possible to have loads of fun without spending loads of cash. Here are a few ideas for every day of the week, with change to spare.



Kirstenbosch



SANCCOB

Promenade Mondays

The Sea Point Promenade is one of the most diverse public spaces in Cape Town. Head to the prom, as it's affectionately known, for a seaside walk, a run or a picnic on one of the green lawns. Stop off along the way for an ice cream, a cup of coffee or a round of **Putt Putt**. Or join the **Promenade Mondays** crew on rollerblades, skates, longboards, skateboards or BMXes for a free weekly sunset cruise. Connect on Facebook for details. All are welcome!

Animal-love Wednesdays

Strictly speaking, this is about you helping out some furry or feathered friends, but spending time in the company of puppies at one of Cape Town's animal shelters or with penguins at the **SANCCOB** centre for birds is a pretty good way of dealing with the stresses of being a student. Visit darg.org.za, tears.org.za or sanccob.co.za for more info on volunteering.

First Thursdays

What started with a couple of galleries and restaurants staying open on the first Thursday evening of the month has now developed into a downtown party. Hundreds of people flock to Bree Street and surrounds, taking in the art and culture while sampling the food and drink in various bars and eateries. For more info on **First Thursdays**, check out first-thursdays.co.za.

Take a tour Tuesdays

Cape Town is rich with stories and you don't have to travel far to become a tourist in your new hometown. Download the **Voicemap** app to your phone, choose a route (ranging from a local's take on Muizenberg, to a downtown design route) and enjoy a free audio tour. Or learn about Cape Town's history and visit the **District 6 Museum**, which offers a hefty discount if you have a student card. Looking for something a little closer to campus? Book ahead and you can enjoy a tour of the famous **Newlands Brewery**. Tickets cost R50. Book at newlandsbrewery.co.za.



Sunset Fridays

There is something magical about watching the sun go down (maybe with a drink in hand?) after a long week. Here are five (free) spots for sundowners within 15 km of campus:

- **Signal Hill** (if you're driving) or **Lion's Head** (if you don't mind climbing)
- The rock at the end of **Ocean View Drive** (finding it is part of the fun)
- Any of the many beaches on the **Atlantic Seaboard** or **False Bay**
- **Sunset Beach** in Milnerton for an iconic view of Table Mountain
- **Tafelberg Road** for an uninterrupted view over the city bowl.

Adventure Saturdays

After a long week of attending all your classes and handing in all your assignments, it's time to visit the great outdoors and get active. Sign up for one of Cape Town's many **Parkrun** events, take a dip in the **Silvermine reservoir** (tip: it's warmer than the sea) or go for a hike on **Table Mountain**. If you're looking for wildlife, visit the **Rietvlei Wetland** area. If you're looking for a (cheap) adrenaline rush, go kloofing in the **Hottentots Holland Nature Reserve** – it's just an hour out of Cape Town.



Sunday Funday

Take it easy on Sunday with a picnic in the **Kirstenbosch National Botanical Garden**, which offers discounted tickets for students. Or head into town to the **Company's Garden** and consider visiting the **National Gallery** while you're at it. If you fancy a day at the seaside, hop on a Southern Line train for the return trip to **Simon's Town**.

Any day of the week

Every day since 1864 the **Noon Gun** on Signal Hill has marked 12:00 with an almighty boom. You can go and see the cannon fire for yourself any day of the week – just follow the signs from Wale Street. On your way back down the hill, why not stop in at the **Iziko Bo-kaap Museum**, **Atlas Spices** or **Biesmillah's** for a koesisster?



OPEN STREETS

DID YOU KNOW?

Flash your ID book at the folks manning the desk at the Table Mountain Aerial Cableway on your birthday and you'll get a free return trip.



Don't forget your ID!

Any day of the week

There is no dish more Capetonian than the gatsby sandwich, and no better place to feast on this decadent dish than **The Golden Dish** in Gatesville. They have 30 varieties of the foot-long on offer, presided over by the Full House – masala steak, egg, cheese, chips and salad. Grab a roll and split it with three friends.

thegoldendish.co.za

Once a month

Listen to jazz in an informal and intimate environment at **Jazz in the Native Yards**. In the tradition of backyard jazz, this monthly gig brings the best jazz performers (including many students and alumni of UCT's South African College of Music) to Kwa Sec in Gugulethu. Head out to 52 Ny 138 Street, Gugulethu, on the first (or last) Sunday of the month – check their Facebook page for details.

facebook.com/nativeyards

Full moon only

On nights with a full moon the residents of Muizenberg can be seen taking a moonlit stroll down the blue-flag Muizenberg beach. Visit mcsi.org.za for the date of the next **Moonlight Meander**.

Every now and again

Several times a year a major road in Cape Town is closed for an **Open Streets** event. This is the time when people take the place of cars and get to enjoy the streets as a safe space to walk, ride, play, draw or do yoga. Visit openstreets.org.za for more info.

HELP

IS AT

HAND



All students need help at some time or another on their journey to graduation. Whether it's academic support, help with financial issues, career services or dealing with a disability, here is where to find the assistance you need.

What kind
of help do
YOU need?

Are you having trouble funding your studies?

The **Student Financial Aid Office** is the place to start. It works hard 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.

Level 3, Kramer Law Building, middle campus

☎ 021 650 3545

✉ financialaid@uct.ac.za

🌐 www.uct.ac.za/apply/funding/undergraduate/financial/finaid



Steve Biko Students' Union building



Do you need support for a disability?

The **UCT Disability Service** works towards removing all physical, policy, information and attitudinal barriers that might prevent disabled students and staff from fulfilling their potential. Whether this means improving building access, arranging for extra time during exams or employing sign-language interpreters, the Disability Service is there to help.

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

☎ 021 650 2427

✉ pearl.tukwayo@uct.ac.za

🌐 uct.ac.za/services/disability

Do you need academic support?

I feel like I am falling behind in my coursework!

The **Extended Degree Programme (EDP)**, which is offered in all faculties, allows students to overcome the difficult transition from school to university by taking a lighter academic load in their first year and planning the curriculum over a four-year period. The additional academic and general support that is offered means that students who enter the programme are often more successful in the long run.

Enquire at your faculty office for details about their EDP.

Help, I don't know how to write an essay.

Visit the **UCT Writing Centre** where 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 academic work.

Level 6, Steve Biko Students' Union building, upper campus

☎ 021 650 5021

✉ writingcentre@uct.ac.za

🌐 www.writingcentre.uct.ac.za

Do you need support for your mental or physical health?

I need to see a doctor.

You can make an appointment to see a doctor or nurse through the UCT **Student Wellness Service**. Medication is available at cost price. Student Wellness also offers support for chronic conditions like asthma, diabetes and tuberculosis, and they can help with minor surgical procedures.

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 ailments (08:30 to 16:30).

I need mental health support.

Student Wellness can help with anxiety, depression or other forms of emotional distress. They are also able to support students with relationship and sexuality issues. They'll make referrals if you need more specialised care or support.

I'm looking for sexual health support.

HIV testing and counselling, medication for sexually transmitted infections and basic contraceptives are provided free of charge.

Ivan Toms Building, 28 Rhodes Ave, Mowbray.

☎ 021 650 1017/20

🌐 www.uct.ac.za/students/health/wellness/clinical



Do you need career-planning advice?

I'm not sure that I have made the right decisions about my chosen courses.

Careers Services is the place to go if you're unsure about your chosen academic path or you have not been admitted to the course you applied for.

I'm looking for a part-time job or an internship.

Careers Services can also help you write a CV and cover letter, offer advice about working in South Africa and overseas and help you access part-time work opportunities and internships.

Level 1, Hoerikwaggo Building, upper campus

☎ 021 650 2497

✉ careers.service@uct.ac.za

🌐 www.careers.uct.ac.za/cs/campus-community#orientation

Are you having trouble adjusting to life at university?

The First-Year Experience is designed to help you adapt to university life and cope with your academic studies. Aspects of the programme include an early warning system (early assessments) that checks whether you are coping with the academic load; an academic mentor in the form of a senior student; and an online portal, Vula, where you can discuss difficulties with classmates, or contact your lecturer or tutor via email.

Hoerikwaggo Building, upper campus

☎ 021 650 4353

✉ danny.fontaine@uct.ac.za

Do you have a problem not covered here?

The best place to start is with the **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.

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

☎ 021 650 5082

✉ uctorientation@uct.ac.za

You can also seek help at the **Department of Student Affairs**. This is the department that oversees all student services and activities, including, but not limited to, student orientation, sport and recreation, finding student accommodation, financial aid and administration, and the Student Wellness Service.

Masingene Building, middle campus

☎ 021 650 2128

✉ nadiah.pienaar@uct.ac.za

🌐 www.uct.ac.za/students/services/affairs

What is CHED?

The **Centre for Higher Education Development (CHED)** is a cross-faculty structure that aims to focus on all matters concerning academic development. CHED's mission is to promote equity of access, effectiveness of teaching and learning, and the enhancement of curriculum. Its twin aims are to improve student success and ensure that UCT's graduates are globally competitive, locally relevant, socially responsive and fully representative of South Africa's diverse population.

☎ 021 650 2645

✉ ched@uct.ac.za

🌐 www.ched.uct.ac.za

Need a dispute resolved?

The **Office of the Ombud** seeks to provide an informal dispute resolution service to the university community, including all staff, current and past students, visitors to the university and contractors. The Office of the Ombud operates outside of the usual university academic and administrative structures. It is a neutral, independent, informal and confidential resource to facilitate fair and equitable resolutions to concerns and problems raised by any member of the university community.

As such, this facility is intended to enhance the general well-being of the UCT community.

Lover's Walk, lower campus

☎ 021 650 3665

✉ ombud@uct.ac.za

🌐 www.ombud.uct.ac.za

SART

The **Sexual Assault Response Team (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.

☎ 072 393 7824 (24-hour hotline)

🌐 www.sart.uct.ac.za

The SADAG UCT Student Careline

The **SADAG UCT Student Careline** provides a free 24-hour service to all UCT staff and students:

0800 24 25 26 (free from a landline) or **SMS 31393** (for a callback). The line is also available to offer support and advice to anyone who is concerned about a student who might be in distress.





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