As Vice-Chancellor, I want to welcome you to our beautiful institution.

UCT is a vibrant community of multicultural staff and students from across South Africa, Africa and the world. Each of you has something special to contribute to this university, and I want to make sure that you all feel at home on our campuses. The First-Year Experience (page 4) is just one of many things we have in place to make that happen.

As a university we are committed to transformation, and we work tirelessly to guarantee the sustainability of our institution, and to ensure excellence in all we do. We want to change our university, our country, our world for the better - and I want you to be part of this vision.

With a proud tradition of academic excellence, UCT is currently the top-rated university in Africa and one of the top-rated universities in the world. Many of our researchers are world leaders in their research fields (pages 18 and 19), so studying here means that you will be exposed to the latest scholarly work and research discoveries.

In addition to your studies, I want you to take advantage of all that UCT, and Cape Town (pages 8 and 9, 30 and 31), has to offer. Join one of our 100+ societies (pages 26 and 27), sign up to one of over 40 sports clubs (pages 24 and 25), or give something back by getting involved with one of the many volunteer projects in the local communities.

While your academic success should take centre stage (pages 22 and 23), you must always remember to take care of your physical health and mental well-being (pages 4 and 5). If at any point you feel overwhelmed, please speak to someone. You are not alone - there are many people here to support you.

The Student Wellness Service (page 5) has trained multilingual counsellors who are there to help, the UCT Student Careline is available 24/7 (0800 24 25 26 or SMS 31393 for a callback), and you have the support of your fellow students, tutors, lecturers and all of us in the UCT community.

I care about each and every one of you, and I want to ensure that you have the best support at all times.

Despite the challenges we face as a university and a country, I believe this is a great time to be at UCT. It's a time that offers the opportunity of making real change happen, so grab it with both hands and make the best of your years here.

I expect you to achieve great things!

PROFESSOR MAMOKGETHI PHAKENG
VICE-CHANCELLOR
2018

UCT IN

NO. 1

UCT is rated as the leading university in Africa and is ranked among the top 200 universities in the world.

99 countries represented on campus

23 566 South African students
2 003 students from SADC countries
1 186 international students
2 576 African students

6 370 students living in the residence system

22 250 students living off campus

AROUND 7 200 STUDENTS GRADUATE EACH YEAR.

28 600 STUDENTS WERE ENROLLED TO STUDY IN 2018.

17 552 undergraduates
11 048 postgraduates
5 388 first-years

15 284 female students
13 301 male students

15 MOOCs (massive open online courses) are currently running at UCT, and have attracted more than 230 000 people from over 120 different countries.

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

6 674 Commerce students
4 884 Engineering & the Built Environment students
4 923 Health Sciences students
7 072 Humanities students
1 274 Law students
2 846 Science students

12 MILLION PHYSICAL VOLUMES IN UCT LIBRARIES

290 UCT STAFF MEMBERS donated part of their salaries to UCT projects, including student financial aid, in 2017.

1 036 qualifying students on financial aid received laptops.

8 062 undergraduates - nearly half - received some form of financial support.

UCT IS HOME TO THE OLDEST LAW SCHOOL IN SOUTH AFRICA. IT IS RANKED 40TH IN THE TOP 100 LAW SCHOOLS WORLDWIDE.

1.2 million PHYSICAL VOLUMES IN UCT LIBRARIES.

18% of the country’s SARChI chairs are held by academics at UCT.

25% of the publication output of UCT as a whole is produced by the Faculty of Science.

The Faculty of Humanities has produced a number of world-renowned graduates, including Breyten Breytenbach (author), Pretty Yende (opera singer) and Akin Omotoso (film-maker).

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40 DIFFERENT SPORTS ARE OFFERED.

15% of South Africa’s NRF A-rated researchers, who are considered international leaders in their fields, call UCT home.

1208 permanent academic staff (44% of the academics at UCT are female.)

1 036 qualifying students on financial aid received laptops.

8 062 undergraduates - nearly half - received some form of financial support.

R1.6 BILLION WAS EARNED IN EXTERNAL RESEARCH INCOME.

102 STUDENT SOCIETIES TO CHOOSE FROM.

3 336 professional, administrative support and service (PASS) staff.

25 km²

43% increase in the number of female NRF-rated researchers at UCT between 2013 and 2017.

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25% of the publication output of UCT as a whole is produced by the Faculty of Science.

Professor Alison Lewis became the first woman dean of the Faculty of Engineering & the Built Environment in 2015.

On average, more than three peer-reviewed articles are published by researchers in the Faculty of Health Sciences every day.

The Faculty of Commerce attracted a total of R150.4 million in research grants, contracts and donations in 2018.

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**Concerned about your mental health?**

Talk to someone at your faculty office about the Extended Degree Programme (EDP) (see page 2), which allows you to take a bit more time (usually one more year) and offers you extra support to complete your degree. You get the same qualification at the end.

**Having trouble adjusting to university life?**

Every student entering higher education takes time to settle in. At UCT, the First-Year Experience creates a welcoming and supportive environment for first-years. The aim is to promote a holistic approach to student development that includes looking at improved access and opportunities for disabled students and staff from any physical, policy, attitudinal or organizational barriers that might deter disabled students and staff from achieving their full potential. This includes looking at improved access to facilities, extra time for tests and exams, accessible transport and providing South African Sign Language interpretation.

**Need support for a disability?**

UCT’s Disability Service, which falls under the Office for Inclusivity and Change (OIC), focuses on removing any physical, policy, attitudinal or organizational barriers that might deter disabled students and staff from achieving their full potential. This includes looking at improved access to facilities, extra time for tests and exams, accessible transport and providing South African Sign Language interpretation.

**Looking to polish those writing skills?**

Consultants at the UCT Writing Centre will help you improve the quality of your academic writing by assisting with referencing, guiding your thinking and making sure that you effectively present your academic argument.

**Need career advice or help?**

The Student Careers Service offers you extra support to complete your degree. You get the same qualification at the end.

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**Student Wellness Service**

Ivan Toms Building, 28 Rhodes Ave, Mowbray

**021 650 1017/20**

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

**Want mental health support?**

The Student Wellness Service in the Department of Student Affairs provides mental health support, psycho-education, counseling, and will make referrals for specialised support and care. They also offer support for relationship and sexual issues! You can also access psychological services on a walk-in basis - check the website for details.

**South African Depression and Anxiety Group (SADAG)**

Warm nest for parents and their teenagers.

**Student Housing Admissions and Advocacy Services**

Maslingene Building, Middle Campus

021 650 2977

www.students.uct.ac.za/students/applications/student-housing

**Need answers to your questions?**

The Student Housing Admissions and Advocacy Services in the Department of Student Affairs will answer your questions about residences and other student housing options.

**StudentOrientation and Advocacy Service**

Ivan Toms Building, 28 Rhodes Ave, Mowbray

021 650 1017/20

sws@uct.ac.za

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

**OFFICE FOR INCLUSIVITY AND CHANGE**

021 650 2222/3

慈善家、OIC, 慈善家,

021 650 2767

cheryl.vallay@uct.ac.za

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

**Offices of the Ombud**

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

**OFFICE OF THE OMNIBUS**

Lover’s Walk Extension, Lower Campus

021 650 3685

omb@uct.ac.za

www.omb@uct.ac.za

**Job and internship opportunities**

Looking for an internship or a part-time job? The Careers Service can help you write a curriculum vitae and cover letter for job and internship opportunities. It also offers advice about working in South Africa and overseas, and can help you access part-time work opportunities and internships. Sign up on MyCareer via the main Careers Service website.

**STUDENT CARELINE**

0800 24 25 26 (free from a landline)

SMS 31393 (for a callback)

**Concerned about sexual assault?**

Campus Protection Services (CPS) is responsible for campus security and safety 24/7 from six service centres. They’re responsible for campus and community activity or safety concerns you report.

CPS 24-hour hotline: 021 650 2222/3

**SADAG UCT STUDENT CARELINE**

0800 24 25 26 (free from a landline)

SMS 31393 (for a callback)

**Student Financial Aid Office**

The Student Financial Aid Office offers support to help as many financially disadvantaged students as possible.

**STUDENT SERVICES OFFICE**

Ivan Toms Building, 28 Rhodes Ave, Mowbray

021 650 1017/20

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

**Student Orientation and Advocacy Service**

Ivan Toms Building, 28 Rhodes Ave, Mowbray

021 650 1017/20

sws@uct.ac.za

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

**ACES Office for Inclusivity and Change (OIC)**

www.aces.uct.ac.za

**STUDENT OPPORTUNITIES**

Ivan Toms Building, 28 Rhodes Ave, Mowbray

021 650 1017/20

sws@uct.ac.za

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

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**STUDENT SUPPORT**

**Student, Support, Services**, 28 Rhodes Ave, Mowbray

021 650 1017/20

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

**Looking for help with your mental health?**

**Psychological services**

- IVF testing and counseling
- Medication for sexually transmitted infections and basic contraceptive
- Smoking cessation

**Student Services**

- Counselling and support
- Referrals to medical professionals

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You’re going to hear a lot of strange words and abbreviations on campus. Here’s a cheat sheet to help you.

**Caf**
As in cafeteria. It’s in the Steve Biko Students’ Union building.

**CPS (Campus Protection Services)**
These are the guys that take care of safety and security on campus.

**Extended Degree Programme (EDP)**
A flexible degree programme that gives you a bit more time and help to complete your degree.

**First-class pass**
When you get over 75% it’s a first-class pass. An upper second is 70–74%, a lower second is 60–69% and a third is 50–59%. An S means you failed.

**FYE**
The First-Year Experience is a programme to help you during first year.

**OCR**
The Office for Inclusivity and Change helps ensure the university is accessible and inclusive to all.

**OIC**
The Office for Inclusivity and Change helps ensure the university is accessible and inclusive to all.

**Orientation Leader**
The person who will take you through the basics during O-Week.

**O-Week**
The orientation programme that runs for a week before lectures start. It gives you time to get to know your surroundings, and join clubs and societies.

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

**PRACS (PRACTICALS)**
Where you put into practice what you’ve learned in theory.

**RAG**
“Remember and Give” is the fundraising arm of SHAWCO.

**RES**
As in residence, the place you stay if you’re living on campus.

**SHAWCO**
The Students’ Health and Welfare Centres Organisation offers community outreach programmes.

**SRC**
The Students’ Representative Council is the highest decision-making structure of student governance.

**Vac**
As in ‘vacation’. The thing your parents refer to as a ‘holiday’ or ‘leave’.

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

**Tutor**
Person in charge of tuts, who might also become your mentor, academic guide and friend.

**Varsity**
Where you find yourself right now. Also the name of one of UCT’s student newspapers.

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

---

**WHAT’S THAT?**

**BIG BASH**
The party associated with RAG (you’ll find this one later) that happens at the beginning of the year.

**Caf**
As in cafeteria. It’s in the Steve Biko Students’ Union building.

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

**Duly performed refused**
This means you’ve spent too much time in the caf and you can’t write exams.

**Early assessment (EA)**
A formal academic check to see how you’re doing in your first weeks at university.

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

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

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**FYE**
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**FRASHER**
Another name for first-years.

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

**Jammie Thursdays**
When interesting things happen on Jammie plaza during meridian on Thursdays.

**Jammie Shuttle**
The blue buses that get you around campus and town. If you have your student card, it’s free!

**Jammie steps**
These lead right up to the Jammie plaza.

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

**LinkedIn Learning**
An online virtual training library, offering thousands of tutorials on a variety subjects.

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

**OIC**
The Office for Inclusivity and Change helps ensure the university is accessible and inclusive to all.

**ORIENTATION LEADER**
The person who will take you through the basics during O-Week.

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The orientation programme that runs for a week before lectures start. It gives you time to get to know your surroundings, and join clubs and societies.

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YOUR STUDENT CARD

THINGS TO DO

Your UCT student card is your campus ID, library card and free bus pass for the Jammie Shuttle, and it gives you access to great discounts on a world of services, goods and entertainment.

GET ACTIVE

JOIN A GYM. The UCT Gym is open throughout the year from 06:00 to 21:00 from Monday to Friday, and from 08:00 to 19:00 on weekends. Get fit for just R650 per year for a full membership, or R300 annually for an off-peak membership (08:30 to 15:00).

021 650 3564 www.students.uct.ac.za/students/student-life/spirit-fitness/uct-gym

LIMBER UP. Yoga Zone at the Lifestyle on Kloof Centre in Gardens offers students unlimited yoga for R625 per month (save R170) or R1 820 for three months (save R400). Their introductory special offers unlimited classes for two weeks for just R195.

021 421 8136 www.yogazone.co.za

LEARN ABOUT OUR HERITAGE AT IZIKO MUSEUMS. Present your student card and you’ll get half-price admission to the National Gallery, Planetarium, Digital Dome, Slave Lodge and many more. 021 481 3800 www.iziko.org.za

BUDGET AT THE BAXTER. A lot of productions on at UCT’s Baxter Theatre Centre offer student discounts. Call the bookings office to find out what’s showing when, and remember to present your student card when buying tickets.

021 685 7880 0861 915 8000 (bookings) www.baxter.co.za

FOR THE LOVE OF ART. With your student card you’ll get free entry to the Irma Stern Museum, which houses a collection of the late Irma Stern’s work, as well as regular exhibitions of contemporary artists.

021 685 5686 www.irmastern.co.za

GO SHOPPING

GEAR UP FOR THE OUTDOORS WITH 5% OFF. If you need camping gear, practical clothing or anything related to outdoor fun, Cape Union Mart is a good place to start. Students qualify for 5% discount (excluding watches and electronic devices) when you show your student card.

021 555 4692 www.capeunionmart.co.za

STUDENT RATES ON PHOTOGRAPHIC MATERIALS AND SERVICES. Whether you need printing, framing, mounting, scanning, digitising or any other photography-related service, Orms Printroom can help. Download the student rates card for details.

021 465 3573 www.ormsprintroom.co.za

ON CAMPUS

Get your student card from Access Control Services in the basement of the Robert Leslie Social Sciences Building on upper campus – and take your ID with you! In addition to everything else, it gives you access to labs and other university facilities, lets you buy photocopying and printing credits, and gives you access to your res and lets you book meals.

WHERE’S THE PARTY?

Long Street is one of the city’s hottest party spots. Take your student card to Fiction on Tuesdays for discounted cover charge and access to unlimited dancing.

021 422 0400

When hunger grows, head to Beerhouse for its famous burger specials.

021 424 3370.

R10 OFF MOVIE TICKETS. The Labia Theatre on Orange Street in Gardens is the oldest independent art cinema in South Africa. Students get R10 off the price of tickets.

021 424 5929 www.thelabia.co.za

TIME TO CHILL

Take a trip. Airlines and travel agents regularly offer great discounts if you have a student card, some as high as 50% off! Do your homework and google up a storm before you book your tickets.

10% off your meal. Da Vincis on Kloof is known for its thin-based pizzas, burgers and other hearty fare. Students get 10% off their meals any day (sit-down only).

021 424 7504 www.davinclis.co.za

HAVE A BLOOMING GOOD TIME AT KIRSTENBOSCH. Show your student card to pay just R40 (the normal price is R70) to picnic under the trees at Africa’s most beautiful garden. And take in the sights from the Boomslang canopy walkway while you’re there!

021 799 8782 www.sanbi.org/gardens/kirstenbosch

HALF-PRICE TABLE MOUNTAIN TRIPS ON FRIDAYS. You’ll pay just R71 (one way) or R131 (return) on the Table Mountain Aerial Cableway on Fridays and you get to ride free of charge on your birthday!

021 424 0415 www.tablemountain.net

WHERE’S THE PARTY?
GETTING AROUND

1. Call a cab

Save money and stay safe by sharing Uber rides and other taxi services. Check the details of the car and driver to make sure you get into the right car, and try to keep your phone out of sight while you wait for your ride.

2. Hail a minibus

Minibus taxis are relatively cheap and operate on all major city routes. Hail a minibus taxi by pointing in the direction you want to go and make sure that you have the exact change ready. The Mowbray and Claremont Jammie Shuttles stop within metres of minibus taxi hubs.

3. Walk on over

Walking around upper, middle and lower campuses is still the easiest way of getting around. Remember though, it’s best to walk in groups after dark and to stick to the Blue Routes, which are marked by security bollards with flashing blue lights. Campus Protection Services (CPS) monitors this route. You can also call 021 650 2222/3 to have a CPS officer escort you to your residence if you’re walking at night.

4. Shift gear

First-years are not allowed to bring cars onto campus, but you can park at Rhodes Memorial if you have a parking disc available from traffic admin on upper campus. You can use the P4 parking lot if you carpool – you just need a parking disc and for three or more of you to swipe your cards together. Find out more at www.ridelink.findalift.co.za, a free online service that enables you to share lifts to campus.

5. On your bike

Climb on a bike and get some exercise while you get around. There are designated cycle lanes on campus and an increasing number in and around Cape Town. Wear a helmet, keep an eye out for traffic and secure your bike when you’re not riding it. There are bike-parking racks around the campus, especially at transport hubs.

6. HOP ON THE BUS

The low-noise, low-emissions fleet of blue Jammie Shuttle buses are free to students (just flash your student card), ferrying you between campus and different parts of town on weekdays and weekends. There’s also a late-night service. Go to www.students.uct.ac.za for up-to-date route maps and timetables.

7. Take the Golden Arrow

Almost 1 050 Golden Arrow buses serve 1 300 routes in and around Cape Town. They are accessible from the Jammie Shuttle stops in Claremont and Mowbray. Go to www.gabs.co.za for timetables and information on routes and fares.

8. Stay on track

Metrorail’s Southern Line stops at Mowbray, Observatory, Rosebank and Rondebosch railway stations. These are all within walking distance of UCT’s lower, middle and upper campuses. But remember that these trains are not always on time! Timetables and fares can be found at www.metrorail.co.za.

9. Go places with MyCiTi

The City of Cape Town’s MyCiTi bus service connects with the Jammie Shuttle at the Gardens station in Buitenkant Street. From there you can get a MyCiTi bus into the centre of town, the Atlantic Seaboard, Century City, Khayelitsha, Mitchells Plain, Salt River, Table View, the West Coast and Woodstock. You need a MyConnect card to use MyCiTi, which is available for R35 from MyCiTi station kiosks and participating retailers. Go to www.myciti.org.za for more info.

I WISH I’D KNOWN

During my first year, I threw myself at every social opportunity that came my way. I never said ‘no’ to any invitations. It didn’t take me long to get behind with my work and then panic set in. I wish I’d known how important it is to manage your time and get the work–fun balance right from the beginning. It would have saved me a lot of stress around exams.

NEO, THIRD-YEAR BA

WAYS TO GET AROUND

UCT campuses, including the university’s satellite facilities in Gardens, Observatory, Philippi and the Atlantic Seaboard, cover a total area of 25 km². That’s quite a distance to navigate, but fortunately there are several ways to get around.
I WISH I’D KNOWN

I wish I’d known how helpful it would be to immediately study the maps of campus and identify the buildings that I needed to be at during my first days at university. It would have saved me a lot of confusion and embarrassment.

COLIN, BSC MARINE BIOLOGY HONOURS

THE QUICK GUIDE

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

CONNECT TO WIFI

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

SIGN IN TO YOUR UCT EMAIL

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

HOOK UP YOUR PHONE

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

GET TO KNOW VULA

Vula (www.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 check what site-licensed software is available for free at https://ictsdownloads.uct.ac.za. Office365 is available via your myUCT account, and UCT has signed up to use Google Apps.

BE A RESPONSIBLE USER


PROTECT YOURSELF AGAINST IDENTITY THEFT

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

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I wish I’d known how helpful it would be to immediately study the maps of campus and identify the buildings that I needed to be at during my first days at university. It would have saved me a lot of confusion and embarrassment.

COLIN, BSC MARINE BIOLOGY HONOURS

SIX TIPS FOR STAYING CYBER SECURE

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.

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

BACK UP YOUR 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).

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

REPORT INCIDENTS TO CSIRT. If you experience any cyber security threat or incident, please contact UCT’s Computer Security Incident Response Team at csirt@uct.ac.za.

FOUR WAYS TO GET IT HELP ON CAMPUS

If you need more direct help, use one of these channels:

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

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

3. Social media. We provide basic support on Facebook (facebook.com/icts.uct) and Twitter (twitter.com/UCT_ICTS), but if we can’t help, we’ll escalate your issues to someone who can. We’re online seven days a week from 07:00 to 22:00.

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

MAKE THE CONNECTION

Information and Communication Technology Services (ICTS) keeps you connected to all of UCT’s online services. Read on to find out how to connect, how to find software and how to stay safe while you’re online.
WHO IS RESPONSIBLE FOR SAFETY AT UCT?

Campus Protection Services (CPS) is in charge of the safety and security of UCT, and its students and staff. The CPS 24-hour hotline number is 021 650 2222/3.

How does CPS keep campuses safe?

1. Presence: Uniformed staff patrol the campus on foot and in vehicles, and their presence acts as a positive deterrent against criminals.

2. Engineering: Equipment installed to enhance security includes fencing, gates and closed-circuit television (CCTV).

3. Education: Meetings and workshops are held with students and staff to create awareness of security issues, and provide advice on how to deal with various situations.

4. Enforcement: In extraordinary circumstances CPS will take whatever appropriate action is necessary to maintain order and security on campus.

WHAT SAFETY PRECAUTIONS SHOULD I TAKE ON CAMPUS?

Use the Blue Safe Walk – it has emergency phones and is monitored by camera.

Always keep your valuables out of sight, and never carry large sums of cash.

Lock doors and windows, even when leaving your room for a short time.

Save emergency numbers on your phone, and print a copy for your desk.

Get to know your neighbours and keep an eye out for one another.

STAY SAFE
Put all your waste in:
- yellow-lidded bins for non-recycling waste
- green-lidded bins for recycling items
- white-lidded bins for clean, white office paper
- blue-lidded bins for leftover food waste.

Turn single-use items into multiple-use items – wash it out and use it again!

Don’t toss it; repair it. Before you throw something away, think about how you could repair it or repurpose it.

BECOME A WASTE WARRIOR

The student-led Green Campus Initiative (GCI) is doing awesome advocacy work and education on sustainability issues on campus, including waste management. For more information and to find out how you can get involved, contact the GCI on Vula or email uct.gci@gmail.com.

What can I do?

UCT is on a mission to improve our recycling rate, but keeping the campus clean and recycling is not the sole responsibility of the cleaning staff – it’s everyone’s.

1. Put all your waste in the appropriate bins:
   - yellow-lidded bins for non-recycling waste
   - green-lidded bins for recycling items
   - white-lidded bins for clean, white office paper
   - blue-lidded bins for leftover food waste.

2. If you see litter lying around, pick it up and throw it in the right bin. Aside from being unsightly, littering adds to the cost of running the university.

What can I do?

1. Only flush toilets (everywhere) when necessary. If it’s yellow, let it mellow.
2. Use as little toilet paper as possible to reduce the number of flushes.
3. Don’t use the toilet as a dustbin.
4. Take stop-start showers of two minutes or less.
5. Save running water while waiting for it to get hot – use it for filling a kettle or the toilet cistern.
6. Use water in a cup or basin for brushing your teeth and shaving.
7. Collect grey water in the shower and use it to flush toilets or water plants.
8. Use hand sanitiser where possible, or just enough soap and water to clean your hands. Remember, hygiene comes first!

1. Keep wet and recyclable waste separate.
2. If waste is not separated, recyclable items can become contaminated, which makes it difficult to recycle them.
3. If a bin is full, find another one.
4. Don’t leave trash on tables, benches or anywhere else.
5. If you see litter lying around, pick it up and throw it in the right bin. Aside from being unsightly, littering adds to the cost of running the university.

IN THE BATHROOM

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Collect grey water in the shower and use it to flush toilets or water plants.

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IN THE KITCHEN AND LAUNDRY

Don’t defrost food by running it under a warm tap – use a microwave or take it out the night before.

Only do laundry when necessary. Air and re-wear your clothes.

Wait for a full load before running washing machines and dishwashers. Use the most efficient cycles.

Hand-washing laundry uses less water than many washing machines, particularly older models without eco-cycles. Check your machine.

Use as little soap as possible to save on rinsing water. Reuse rinsing water whenever possible.

WATER LEAK AT UCT?

Report it immediately to the 24-hour Maintenance Helpdesk on 021 650 4321/2. Most UCT residences have been fitted with electronic water meters. They are helping to improve water management and provide early alerts to possible leaks or excessive water use.

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REDUCE WASTE

Avoid food waste by taking only the food you know you will eat.

Compost wet waste whenever you can – don’t toss your leftovers.

Think about the packaging and containers you use – choose reusable items rather than disposable ones.

Turn single-use items into multiple-use items – wash it out and use it again!

Don’t toss it; repair it. Before you throw something away, think about how you could repair it or repurpose it.

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GET TO KNOW YOUR FACULTY

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

COMMERCE
WHO? With almost 7 000 students, Commerce offers several undergraduate specialisations, including accounting, actuarial science, computer science, economics, finance, information systems, law, management studies, marketing, organisational psychology, quantitative finance and statistical sciences.
WHAT? Seven departments, 12 research groups, R150.4 million in research grants, contracts and donations.
WOW! The faculty’s College of Accounting regularly has the highest number of successful first-time candidates to sit the South African Institute of Chartered Accountants (SAICA) Initial Test of Competence (ITC) exams of all residential universities in the country.
WHERE? Leslie Commerce building on upper campus and the School of Economics building on middle campus
Faculty office 021 650 4375 com-faculty@uct.ac.za

ENGINEERING & THE BUILT ENVIRONMENT
WHO? With more than 5 000 students and staff, state-of-the-art facilities and world-renowned teaching staff, the faculty is home to architects, engineers, planners, quantity surveyors, geomaticians and more.
WHAT? 86 national Research Foundation-rated staff members. Home to 20 active research groups spanning subjects such as African urbanism, fuel cells, minerals, biomedical engineering, robotics and alternative energy.
WOW! Houses built with bio-bricks made from urine? Waterless urinals feeding home-based fertiliser factories? Four final-year civil engineering projects are showing the way in a future of increasing water scarcity.
WHERE? New Engineering Building on upper campus, Marclous Building and others
Faculty office 021 650 2699 ebe-faculty@uct.ac.za

HEALTH SCIENCES
WHO? Established in 1912 and comprising more than 2 600 staff, 2 300 undergraduates and 2 300 postgraduates, the faculty is a centre of excellence in research and education for health professionals.
WHAT? An outstanding teaching and research faculty. Educating for life.
WOW! On average, researchers at the UCT Health Sciences faculty publish more than three peer-reviewed articles every day.
WHERE? Health Sciences campus
Undergraduate admissions office 021 406 6328 aafhs@uct.ac.za

LAW
WHO? Made up of more than 1 200 students (45% postgraduates) and 145 staff, the UCT Faculty of Law was ranked in the Top 100 Law Schools in the world by the QS World University Rankings 2018.
WHAT? The oldest and smallest faculty at UCT.
WOW! The faculty has 25 international agreements that allow law students to pursue exchanges in countries around the world. UCT Law’s Associate Professor Jacqui Yeats was among the winners of a Distinguished Teacher Award in 2007.
WHERE? Wilfred and Jules Kramer Law Building on middle campus
Faculty office 021 650 3086 law-studies@uct.ac.za

SCIENCE
WHO? The almost 3 000 students and staff in this faculty contribute to globally relevant research, including African climate and development, biodiversity, chemistry and biology for health in Africa, marine biology, southern skies and the evolving universe, and human evolution.
WHAT? The faculty’s 12 departments are archaeology, astronomy, biological sciences, chemistry, computer sciences, mathematics and applied mathematics, molecular and cell biology, oceanography, physics and statistical sciences.
WOW! Two alumni have won Nobel Prizes: Alan Cormack (computerised axial tomography) and Aaron Klug (crystallographic electron microscopy).
WHERE? Several buildings on upper campus, including PD Hahn and RW James
Faculty office 021 650 2712 sci-science@uct.ac.za

CENTRE FOR HIGHER EDUCATION DEVELOPMENT (CHED)
WHO? CHED is headed by an academic dean. It works across faculties and aims to continually improve access to and the quality of higher education, promote excellence through equity, develop the curriculum in partnership with faculties, enhance the professionalism of teaching staff, help students to make informed choices, provide opportunities to make the most of their university experience to be employable and enable systemic improvement through the research-led development of informed policies.
WHAT? Academic Development Programme (ADP)
WOW! CHED is supported by rigorous research in key areas, including academic literacy, curriculum development, work-readiness initiatives, educational technology, online and blended learning, testing, numeracy, the first-year experience and multilingualism. The Distinguished Teacher Award has been awarded to several CHED staff over the years including Assoc Prof Janice McMillan (2016), Tim Low (2011) and Carla Fourie (2009).
WHERE? Hiddingh Campus in the city centre
Centre for Higher Education Development (CHED) 021 650 2717 hum-ugrad@uct.ac.za

HUMANITIES
WHO? With over 7 000 students, this faculty comprises 16 academic departments located in three main clusters: the Arts, the Social Sciences and the Performing and Creative Arts.
WHAT? 31 academic majors. 21 majors offered through other faculties.
WOW! Esteemed graduates include Professor Sakhalo Bulungu (sociology), soprano Pretty Yende, Akin Omotoso (film-maker), and Nobel Prize winners JM Coetzee (literature) and Ralph Bunche (peace).
WHERE? From Hiddingh Campus in the city centre to the Arts Block on upper campus
Undergraduate office 021 650 2717 hum-ugrad@uct.ac.za

FACULTIES
WHAT IS UCT LIBRARIES?
It’s the collective name for the university’s main library – formally known as the Chancellor Oppenheimer Library – and the seven branch libraries: the Bolus Herbarium Library, Brand van Zyl Law Library, Built Environment Library, Health Sciences Library, Hiddingh Hall Library, Institute of Child Health Library and Music Library.

WHAT MAKES UCT LIBRARIES SO AMAZING?
You mean in addition to 85,000+ books and pamphlets on African studies alone, 72,000+ e-journal titles, 28,500+ print journal titles, 1,600 manuscript collections, more than a million African audio-visual items, 190 high-quality electronic databases, and 100+ open datasets?

UCT Libraries also give you access to group study rooms to help you slay your essays and assignments. And don’t forget the 24/7 study areas at the main library, Impilo Junction (in the Health Sciences Library) and in the Law Library. There’s also a Library Learning Lounge in the Engineering Mall.

HOW DO YOU FIND ITEMS AND ACCESS INFORMATION?
You don’t even have to be in a library to begin your search – you can find resources from your phone, tablet or computer. Simply go to the library website (www.lib.uct.ac.za) and click on Primo, a search tool that makes finding books, ebooks, videos, articles and digital media quick and easy. Sign-in for more functionality like renewing books, saving records and exporting citations.

HOW DO YOU BORROW FROM THE LIBRARIES?
Just take your student card to the loans desk together with the items you want to borrow and the staff will issue them to you. In the main library, you can also make use of the self-checkout machine.

HOW DO YOU RENEW LOANS?
Online via Primo at the self-checkout by scanning your student card; by phoning the Loans Desk on 021 650 3118/20; or by taking the book and your student card to the loans desk. But you won’t be able to renew a loan if another library user has requested the item.

WHAT IF AN ITEM IS ALREADY OUT ON LOAN?
You can place a request for it on Primo. The book will be recalled from the person who has it and will be reserved for you. The library will email you when the item is available.

CAN YOU RETURN ITEMS WHEN THE LIBRARIES ARE CLOSED?
Yes! There is an after-hours return hatch at the bottom of the stairs leading up to the main entrance of the main library. Branch libraries have their own after-hours return hatches.

WHAT ARE THE BENEFITS OF AN EDP?
This enriches the undergraduate experience and helps students complete their degrees with stronger transcripts (complete record of academic achievements), improving their chances of getting into postgraduate studies.

WHAT SUPPORT DO EDPs OFFER?
Support includes mentoring, extra materials, more time in class, smaller classes, and more contact outside the classroom.

How do students decide whether an EDP is right for them?
First-year students may be selected, advised or may choose to follow an extended curriculum depending on the faculty. There are different admissions criteria, and the time at which students can enter the extended curriculum also differs from faculty to faculty.

WHERE CAN I FIND OUT MORE ABOUT MY FACULTY’S EDP?
For more information, contact your faculty’s Education Development Unit. (See pages 18 to 19.) You can also speak to someone at the First-Year Experience. (See page 4 for contact details.)

They try to understand who you are and what your potential is, which I find very special.

MALIMALO PHASWANA – EDP ACTUARIAL SCIENCE
We asked some students what they wish they’d known about studying in their first year. These are seven of their top tips.

PRIORITISE, PRIORITISE, PRIORITISE!
There’s a lot going on at university, and it’s tempting to try to do it all, but you’ve got to prioritise. Focus on the things that are really important to you, and fill in your calendar at the beginning of every term with assignments, tests and exams. Work out how much time you need for each, then stay organised, manage your time and stick to the plan!

LIMIT YOUR TIME ONLINE
The internet has made many things easier, but it’s also a major distraction. Stay off the internet – especially social media sites – during class and study time. Only browse socially when all your work is done. It’s the best way to avoid wasting time online.

LEARN HOW TO TAKE GOOD NOTES
Write down only the key points of the lecture. If you write too much, you risk missing other important information. So, read the material your lecturers set for you and then listen for understanding (not just hearing). Review your notes as soon as possible after taking them to fill in extra details. Typing them up is a good way to go.

DON’T CUT CLASSES (OR TUTS OR PRACS) EVER
Most tuts and prac’s are compulsory. If you don’t attend, you won’t qualify for your DP (duly performed) and won’t be able to write exams. By attending all lectures, you’ll be prepared for tuts and prac’s, and there will be less chance of falling behind in any work. It’ll pay off in the long run!

LOOK AFTER YOUR HEALTH
Take regular breaks while you study; get enough sleep; exercise; eat healthy, regular meals; spend time relaxing with friends; and ask for help if you need it. If you ever feel overwhelmed or anxious, don’t think of it as a sign of weakness; it’s a sign of healthy self-awareness. Get in touch with people who can help. (See Student Support on pages 4 and 5.)

ASK FOR HELP
Don’t struggle alone. If you’re worried about your studies, ask for help ASAP. Speak to your lecturers or tutors or someone at the First-Year Experience or the UCT Writing Centre. (See Student Support on pages 4 and 5.) And think about joining (or starting) a study group.

We found this advice very useful. I wish I had known as a first-year is how important it is to go to all lectures and take good notes. Also, I wish I’d realised that it’s not the end of the world when you fail a test, exam or subject. It happens. The important thing is to immediately pull yourself up by your bootstraps and do better next time. Claude, BSc Environmental Science and Applied Biology

STUDY TIPS
STUDY TIPS

Campus Life 2019 / 23
SPORTS HEADLINES FROM 2018

1. UCT swimming captain and chairperson Matthew Bowers was selected to compete in the South African national team.
2. Physiotherapy student Nepo Serage made big waves in hockey circles when she became UCT’s first team goalkeeper just eight months after joining the squad. And then she was selected to represent South Africa at the Youth Olympic Games in Buenos Aires, Argentina.
3. UCT business science student Tristan Drummond represented South Africa at two international canoe polo tournaments in Belgium. The African Canoe Polo Championships took place in Cape Town in September 2018.
4. UCT won all three team events – men’s, ladies’ and mixed – at the challenging Race2Stanford Triathlon, which takes place between Hermanus New Harbour and Stanford Village Green. The teams chalked up their successes to effective collaboration between the cycling, swimming and athletics clubs.
5. The Private Client Holdings Racing Team – comprising nine current UCT students, one UCT alumnus, and two local riders – took third in the annual 202 km Coronation Double Century cycle race, stepping up to the podium in this race for the first time.
6. UCT’s new cricket coach, former Western Province and Lions player Eugene Moleon, is out to rejuvenate interest in the sport and the UCT Cricket Club, which won the 2017 Western Province Cricket Association’s Club of the Year title. He’ll be coaching the first XI for the 2018/2019 season.
7. The UCT Rowing Club celebrated when alumnus Will Cahill was selected for the Oxford Blues Boat, which competed in the 2018 Oxford and Cambridge Boat Race.

JOIN THE CLUB

While you might know what most of these sports involve, chances are that quite a few will be new to you. Find out more about these UCT sports clubs on Jammie plaza during O-Week and try something new. You can also sign up for sports clubs at the Student Sport and Recreation office in the Sports Centre on upper campus.

Mental Benefits

You already know the physical benefits of sport, but did you know that participation in sports can positively affect your mental health too? Here’s how exercise can improve your life as a student:

**Mood.** Sport improves your mood by triggering certain chemicals in your brain. So if, after a long, stressful week of work, you want a burst of happiness and relaxation, get physical. Team sports are also a good way to unwind and engage in satisfying challenges.

**Sleep.** Physical activity improves the quality of sleep by helping you fall asleep faster and deepening your sleep.

**Concentration.** Research shows that a mix of aerobic and muscle-strengthening activities is especially helpful in keeping your key mental skills sharp. These include critical thinking, learning and using good judgement.

**Reduce stress and depression.** Physical activities not only distract you from daily stresses, but also stimulate the production of endorphins and reduce the levels of stress.

**Confidence.** As your strength, skills and stamina improve by playing sport, your confidence and self-esteem increase accordingly.

**Leadership.** Studies of team sports, such as soccer, basketball, rugby and hockey, show a correlation between sports participation and leadership qualities. What better place to test, develop and hone your leadership skills than on the field or court?
There’s a world of positive benefits of being involved in student clubs and societies. Here are just eight of them.

- **Widen your social network, make new friends and meet people who share your interests.** If, for example, twitching is your thing, you’ll find that birds of a feather flock together at Twitch UCT. Or since almost all major beliefs, doctrines and denominations are represented on campus, you can find fellowship in the faith society of your choice.

- **Develop new interests.** Who knew hip-hop could be such fun? Or maybe you want to tweak your debating skills. There are also class of activities on offer from organisations like the Ballroom and Latin Dancing Society, UCT African Choral, and the Wine and Cultural Society.

- **Nurture fresh skills, create new connections and boost future prospects.** Clubs and societies also provide advantages in terms of your future employability. Women in Computer Science, Black Law Students’ Forum, Engineers Without Borders, and the Investment Society are just four that you could look good on your CV.

- **Just back to the community.** If you care about the environment, you might consider joining the Green Campus Initiative. If animal welfare is close to your heart, We Are Animals will interest you. Or you could consider taking up the cause of Equal Education.

- **Learn more about yourself.** Joining a student organisation presents many opportunities to get to know yourself, your goals and your strengths better. This self-awareness can be beneficial in future. Maybe test your mentoring skills by joining the Golden Future Project, which works to empower others.

- **Develop expertise and experience in event planning and organisation.** Most clubs and societies depend on meetings, socials, competitions, trips and fundraisers for their success. If you become a committee member of one, you can gain invaluable experience. Give the Debating Union a test drive and you’ll have a chance to polish your presentation skills too.

- **Achieve a balance.** It’s healthy to have breaks from your studies from time to time! While the primary objective of being here is to study and earn a degree, being involved with a club or society can help you lead a balanced university life. Membership in the UCT Entrepreneurs Society might help you to explore your capacity for innovation and resourcefulness.

- **Integrate on campus.** It can be challenging, as a first-year, to adapt to student life. Clubs and societies provide an excellent way to integrate. It’s a good way of making friends with people who are not necessarily doing the same course as you. Have a look at the societies categorised as national/cultural for some ideas.

Check out the societies website at [http://www.dsa.uct.ac.za/student-development/student-societies-organisations/overview](http://www.dsa.uct.ac.za/student-development/student-societies-organisations/overview) for the full list!
SHAWCO (STUDENTS’ HEALTH AND WELFARE CENTRES ORGANISATION)
SHAWCO is a non-profit, public benefit organisation that creates a supportive space for experiential learning and teaching, addressing inequality through innovative and sustainable approaches to community engagement. Operating in the Western Cape and the Eastern Cape, SHAWCO Health uses mobile clinics to take primary healthcare to more than 5,000 adults and children. SHAWCO Education provides academic support and homework assistance to 1,300 learners weekly.

Braemar Cottage, UCT Faculty of Health Sciences, Anzio Road, Observatory
021 406 6746
info@shawco.org

Being a student is a good time to volunteer hours in your week to help others. You’ll find opportunities to do community service through membership of many of UCT’s societies and clubs, but here are a few more organisations that are specifically focused on building awareness and offering community service.

“…”
– Kofi Annan, former secretary-general of the United Nations and a recipient of the Nobel Peace Prize.

SCHOOLS IMPROVEMENT INITIATIVE (SII)
Drawing on the university’s broader resources, the SII assists the Western Cape Education Department to improve the quality of education in the province. It aims to strengthen the capacity of the Schools Development Unit to respond more effectively to the country’s need to advance education. Get in touch with the SII to find out how you can help support school children in the area.
Level 4, Neville Alexander Building, University Avenue, Upper Campus
021 650 3570
patti.silbert@uct.ac.za

UCT PLUS
Be acknowledged for your extra curricular work on your transcript. UCT Plus is a skills award programme which recognises skills, knowledge and experience students gain through extracurricular activities at UCT.
#MakeitCount
www.careers.uct.ac.za/cs/uct-plus

SUMMER SCHOOL
UCT’s flagship contribution to making the intellectual resources of the university available to the wider community of Cape Town and beyond, Summer School is a public education programme that offers a range of short courses to all, regardless of educational qualifications. It is produced each year by the Centre for Extra-Mural Studies (EMS), which is part of the Centre for Higher Education Development (CHED).
EMS Level 3, Kramer Law Building, Upper Campus
021 650 2888
dems@uct.ac.za

COMMUNITY SERVICE

GIVE BACK

GET INVOLVED

GET IN TOUCH
One of the realities of being a student is that you're often cash-strapped. The good news is that you don't need tons of money to have loads of fun in Cape Town. Here are a few ideas.

**AFFORDABLE FUN, WHATEVER YOUR MOOD**

**WANT TO exploRE?**

There are plenty of fabulous places to discover on the Cape Peninsula. Visit some by paying R35 for a train ticket to hop on and off the Southern Line Rail Route between Cape Town and Simon’s Town. Grab a cup of coffee or bodysurf at Muizenberg; stop for fish and chips in Kalk Bay; and snap a selfie with the famous Great Dane, Just Nuisance, in Simon’s Town. Or explore some of the nooks and crannies of the coastline.

**FEELING ENERGETIC?**

Cabin fever set in after too many hours indoors? Or maybe your legs are restless and your lungs need airing? Take advantage of some excellent hiking routes, which don't cost a cent. Head up Lion’s Head or Platteklip Gorge for some cardio walking or take a cooler, less energetic amble through Newlands Forest. Always follow mountain safety rules and preferably hike in groups.

Or explore some of the nooks and crannies of historical Cape Town on a Free Walking Tour. These leave from Green Market Square daily at 11:00 and 14:20 – no bookings necessary. You'll recognise the Nielsen Tours Guide at 11:00 and 14:20 – no bookings necessary. He or she will be holding a bright green umbrella.

**LOW-BUDGET LIVING**

**LONGING TO BE AMONG THE BEASTS, BIRDS AND BLOSSOMS?**

Situated in the Cape Town suburb of Grassy Park, Rondevlei Nature Reserve covers 290 hectares and is home to over 20 mammal species, including eland, genet, grevysklo, hippo, otter and porcupine. There are also more than 250 species of indigenous plants and countless bird species with several hides to view them from. Entry is just R5.

Or, for just R15, you can visit the Rietvlei Wetlands Reserve near Milnerton, which is inhabited by an even larger variety of birds. The reserve comprises a permanent freshwater lake, shallow pans, extensive reed beds, true riverine habitat and a tidal lagoon.

For your idea of connecting with nature is a walk on the beach, the Muizenberg Moonlight Meander takes place at 18:00 every Saturday closest to full moon, starting in front of Knud Bakery.

**WANT TO EXPERIENCE SOMETHING NEW?**

There’s so much to do in and around Cape Town that you can’t help but fall in love. Cool Runnings’ stainless steel track has 17 S-bends, corners and tunnels. For R55 a run, adrenaline junkies can get their fill of high-speed fun.

If you love books and being surrounded by literary folk, the Book Lounge at 71 Roeland Street hosts amazing free book launches and literary events. Sign up for the newsletter or go to the website to find out what’s planned.

**FELICITOUSLY INCLINED?**

On the first Thursday evening of every month, art galleries and other cultural venues showcase Cape Town talent during free First Thursdays events. With no structured tour and no schedule to follow, you are free to stroll from gallery to gallery.

**WANT TO CHILL WITH FRIENDS?**

In addition to having stalls with locally crafted curios, food and drink, the Bay Harbour Market has live music that you can enjoy for free. Local artists entertain the crowd and keep the vibe going all day and into the evening. It’s open on Fridays from 17:00 to 21:00, Saturdays from 09:30 to 16:00 and Sundays from 09:30 to 16:00.

If you love books and being surrounded by literary folk, the Book Lounge at 71 Roeland Street hosts amazing free book launches and literary events. Sign up for the newsletter or go to the website to find out what’s planned.

**MEDITATE?**

The Tushita Buddhist Centre offers free introductory meditation classes that are perfect for both beginners and those with some knowledge of meditation.

**AFFORDABLE FUN, WHATEVER YOUR MOOD**
ESSENTIAL CONTACTS

AMBULANCE 1077
GROOTE SCHUUR HOSPITAL 021 404 9111
CAMPUS PROTECTION SERVICES 021 650 2222/3

POLICE
Flying Squad 10111 (from landline), 112 (from cellphone)
Rondebosch Police Station 021 685 7345
Mowbray Police Station 021 680 9580
Woodstock Police Station 021 442 3172
Cape Town Central Police Station 021 467 8000/1/2

SADAG UCT Student Careline 0800 24 25 26
(SMS 31393 for a callback)
Suicide Helpline 0800 567 567
LifeLine 021 461 1111/3
Groote Schuur Hospital Psychiatric Emergency Unit 021 404 2175
Rape Crisis 021 447 9762
Sexual Assault Survivor Support 072 593 7824
Mountain Rescue 021 948 9900
Sea Rescue 021 449 3500

IMPORTANT UCT CONTACTS
Admissions Office 021 650 2128
Careers Service 021 650 2497
Centre for Higher Education Development (CHED) 021 650 4258
Department of Student Affairs 021 650 3535
Disability Service 021 650 2427
Financial Aid Office 021 650 3545
First-Year Experience 021 650 4072
Office for Inclusivity and Change 021 650 2767
Office of the Ombud 021 650 3665
Sports Injuries Centre 021 686 7777
Student Housing 021 650 1036
Student Orientation and Advocacy Service 021 650 1017/20
Writing Centre 021 650 5021

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