

# CAMPUS LIFE

2019

LOVE ALL  
RESPECT ALL  
FEAR NONE

YOUR  
GO-TO  
GUIDE

A UNIVERSITY OF CAPE TOWN PUBLICATION





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

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**ALL PHOTOGRAPHS:**  
UCT, PEXELS, FREEPIK



UCT IN

2018

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

**6 370** students living in the residence system

**22 230** students living off campus

AROUND 7 200 STUDENTS GRADUATE EACH YEAR.

**28 600** STUDENTS WERE ENROLLED TO STUDY IN 2018.

17 552	11 048	5 388
undergraduates	postgraduates	first-years

**15 284**  
FEMALE STUDENTS

**13 301**  
MALE STUDENTS



**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

**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.

**1.2 MILLION** PHYSICAL VOLUMES IN UCT LIBRARIES.

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

**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.

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).

**40** DIFFERENT SPORTS ARE OFFERED.

**102 STUDENT SOCIETIES** TO CHOOSE FROM.

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

**1 208** permanent academic staff (44% of the academics at UCT are female.)

**15** MOOCs (massive open online courses) are currently running at UCT, and have attracted more than 230 000 people from over 100 different countries.

**25 KM<sup>2</sup>**  
The total area of UCT's campuses, including its satellite facilities in Observatory, Gardens, Philippi and the Atlantic Seaboard.

**R1.6 BILLION** WAS EARNED IN EXTERNAL RESEARCH INCOME.

**1/3** of South Africa's NRF A-rated researchers, who are considered international leaders in their fields, call UCT home.

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

**542 NATIONAL RESEARCH FOUNDATION-RATED RESEARCHERS** WORK AT UCT - 15% OF THE SOUTH AFRICAN TOTAL.

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



# TROUBLE-SHOOTING FROM (ALMOST) A-Z

Falling behind in your coursework? Need advice about financing your degree? Worried about your career path or your mental health? Help is at hand – you just have to ask!

## Concerned about your **ACADEMICS**?

Talk to someone at your faculty office about the Extended Degree Programme (EDP) (see page 21), 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 responds to your academic, social and material needs.

### THE FIRST-YEAR EXPERIENCE Level 5, Huri ʒoaxa (Hoerikwaggo) Building, Upper Campus

☎ 021 650 4072  
✉ danny.fontaine@uct.ac.za  
🌐 www.uct.ac.za/main/teaching-and-learning/first-year-experience

## Want **CAREER** advice about subject choices?

UCT Careers Service helps students throughout their university journey, from making degree choices to preparing for a smooth transition to the world of work. It's never too

early to start planning, so sign up at MyCareer via the main Careers Service website.

**UCT CAREERS SERVICE**  
Level 1, Huri ʒoaxa (Hoerikwaggo) Building, Upper Campus  
☎ 021 650 2497  
✉ careers.service@uct.ac.za  
🌐 http://www.careers.uct.ac.za

## 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 information 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 interpreters.

**UCT DISABILITY SERVICE**  
Level 4, John Day Building, Upper Campus (access via lift or stairs)  
☎ 021 650 2427  
✉ cedric.williams@uct.ac.za  
🌐 www.students.uct.ac.za/students/support/disability-service

## Feel **DISCRIMINATED** against?

Students experiencing harassment or discrimination (of any kind) don't have to deal with it alone. The Office for Inclusivity and Change (OIC) offers a range of support services to ensure

that the university is accessible and inclusive to all.

**OFFICE FOR INCLUSIVITY AND CHANGE**  
☎ 021 650 2767  
✉ cheryl.vallay@uct.ac.za  
🌐 www.oic.uct.ac.za

## Need to resolve a **DISPUTE**?

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

**OFFICE OF THE OMBUD**  
Lover's Walk Extension, Lower Campus  
☎ 021 650 3665  
✉ ombud@uct.ac.za  
🌐 www.ombud.uct.ac.za

## Looking to polish those **ESSAY-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.

**WRITING CENTRE**  
Level 6, Steve Biko Students' Union Building, Upper Campus  
☎ 021 650 5021  
✉ writingcentre@uct.ac.za  
🌐 www.writingcentre.uct.ac.za

## Where to find out about **FUNDING**?

The Student Financial Aid Office aims to help as many financially disadvantaged students as possible.  
**STUDENT FINANCIAL AID OFFICE**  
Level 3, Kramer Law Building, Middle Campus  
☎ 021 650 3545  
✉ financialaid@uct.ac.za  
🌐 www.dsa.uct.ac.za/student-funding-administration/financial-assistance/financial-aid

## Need answers to your **HOUSING** 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.  
**STUDENT HOUSING ADMISSIONS AND ADVOCACY SERVICES**  
Masingene Building, Middle Campus  
☎ 021 650 2977  
🌐 www.students.uct.ac.za/students/applications/student-housing

## 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.

**UCT CAREERS SERVICE**  
Level 1, Huri ʒoaxa (Hoerikwaggo) Building, Upper Campus  
☎ 021 650 2497  
✉ careers.service@uct.ac.za  
🌐 http://www.careers.uct.ac.za

## Need **MEDICAL** attention?

Make an appointment to see a doctor or nurse at the Student Wellness Service. Medication is available at a reduced price; the service 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 six 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).

**STUDENT WELLNESS SERVICE**  
Ivan Toms Building, 28 Rhodes Ave, Mowbray  
☎ 021 650 1017/20  
✉ sws@uct.ac.za  
🌐 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, counselling, 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. The South African Depression and Anxiety Group (SADAG) UCT Student Careline is your 24/7 source of help.  
**STUDENT WELLNESS SERVICE**  
Ivan Toms Building, 28 Rhodes Ave, Mowbray  
☎ 021 650 1017/20  
✉ sws@uct.ac.za  
🌐 www.dsa.uct.ac.za/student-wellness/counseling-services/overview

**SADAG UCT STUDENT CARELINE**  
☎ 0800 24 25 26 (free from a landline)  
📠 SMS 31393 (for a callback)

## Concerned about **SAFETY**?

Campus Protection Services (CPS) is responsible for campus security and safety 24/7 from six service centres. They'll respond to any criminal activity or safety concerns you report.  
☎ CPS 24-hour hotline:  
021 650 2222/3

## Trying to find **SEXUAL ASSAULT** support?

Survivor Support in the Office for Inclusivity and Change (OIC) provides advice and assistance to students and staff in case of sexual assault and rape. The OIC works to ensure that all survivors of sexual violence receive compassionate care.  
**SURVIVOR SUPPORT (OIC)**  
☎ 021 650 3530  
☎ 072 393 7824 (24-hour standby number)

**RAPE CRISIS**  
☎ 021 447 9762

## Looking for help with your **SEXUAL HEALTH**?

HIV testing and counselling, medication for sexually transmitted infections and basic contraceptives are provided free of charge by the Student Wellness Service. UCT's Agents of Change Education (ACEs) peer educators, who operate out of the OIC, are also trained to educate their peers on matters of sexual health and diversity.  
**STUDENT WELLNESS SERVICE**  
Ivan Toms Building, 28 Rhodes Ave, Mowbray  
☎ 021 650 1017/20  
🌐 www.dsa.uct.ac.za/student-wellness/health-services/overview

## ACEs

**Office for Inclusivity and Change (OIC)**  
☎ 021 650 5948

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

The Student Orientation and Advocacy Service offers general information on all aspects of campus life, including advice and referrals to other UCT services. Or ask for help at the Department of Student Affairs, which oversees all student services and activities.

**STUDENT ORIENTATION AND ADVOCACY SERVICE**  
Room 201, Level 2, Computer Science Building (Cissie Gool Plaza), Upper Campus  
☎ 021 650 5082  
✉ uctorientation@uct.ac.za

**DEPARTMENT OF STUDENT AFFAIRS**  
Steve Biko Students' Union Building, Middle Campus  
☎ 021 650 3535  
🌐 www.dsa.uct.ac.za





# WHAT'S

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.

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

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

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

**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.

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

**HOT SEAT** A weekly appointment with your tutor to discuss your academic progress.

## FIRST LECTURE

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

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

**JAMMIE STEPS** These lead right up to the Jammie plaza.

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

**DDR**

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

## FRESHER

Another name for first-years.

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

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



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

# THAT?

**ICTS**

Information and Communication Technology Services keeps you online and digitally enabled.

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

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

**OL**

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

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

**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.

**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.

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

**Sup**

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

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

**PASS MARK** Anything above 50%.

**SAX APPEAL** The RAG magazine that you'll sell at traffic lights to raise money for 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'.

**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.

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



# PLACES TO GO, 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.

## 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. 📍 [www.beerhouse.co.za](http://www.beerhouse.co.za)  
☎ 021 424 3370.

## 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/sport-fitness/uct-gym](http://www.students.uct.ac.za/students/student-life/sport-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](http://www.yogazone.co.za)

## TAKE IN A LITTLE CULTURE

**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](http://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](http://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](http://www.irmastern.co.za)

## 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](http://www.thelabia.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](http://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](http://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.

## ENJOY NATURE



**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](http://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 0015 📍 [www.tablemountain.net](http://www.tablemountain.net)

## 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 Vinci's 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.davincis.co.za](http://www.davincis.co.za)



# 10 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 km<sup>2</sup>. That's quite a distance to navigate, but fortunately there are several ways to get around.

## 1 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.



## 2 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.

## 3 REV IT UP

As first-years, you can use scooters and motorbikes on campus if you buy a black parking disc from traffic admin on upper campus. Of course, you have to obey all traffic and parking rules. And mind the inclines when you're parking! You don't want your bike to fall over.



## 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](http://www.ridelink.findalift.co.za), a free online service that enables you to share lifts to campus.

## 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

## 5

## 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.



## 6

## 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.



## 7

## 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](http://www.students.uct.ac.za) for up-to-date route maps and timetables.

## 9

## 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](http://www.gabs.co.za) for timetables and information on routes and fares.

## 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](http://www.myciti.org.za) for more info.



## 10

## 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](http://www.metrorail.co.za).



# 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.

## 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](https://uct.ac.za/digital-checklist)

## CONNECT TO WI-FI

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

## SIGN IN TO YOUR UCT EMAIL

Sign in to your email account via [icts.uct.ac.za/myuct](https://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](mailto:uctmobile@uct.ac.za).

## GET TO KNOW VULA

Vula ([www.vula.uct.ac.za](https://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

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 ([http://webcms.uct.ac.za/sites/default/files/image\\_tool/images/286/Student\\_guide\\_2018.pdf](http://webcms.uct.ac.za/sites/default/files/image_tool/images/286/Student_guide_2018.pdf))

## 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.

### ANTI-VIRUS IS A MUST.

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

### 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, please contact UCT's Computer Security Incident Response Team at [csirt@uct.ac.za](mailto:csirt@uct.ac.za).

### PROTECT YOURSELF AGAINST IDENTITY THEFT.

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

## 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](https://facebook.com/icts.uct)) and Twitter ([twitter.com/UCT\\_icts](https://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/ess>), sending an email to [icts-helpdesk@uct.ac.za](mailto:icts-helpdesk@uct.ac.za), or calling us on 021 650 4500 (during office hours).

## 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**



# SAFETY + SECURITY

We take the safety and security of students and staff at UCT very seriously. Check out the FAQs below and stay safe both on and off campus.

ON CAMPUS

## 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?

CPS has a four-pronged approach:

- 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 DO I DO IF I AM CRIMINALLY THREATENED?** No material possession is worth endangering your life. If an armed person (or someone who claims to be armed) confronts you, give up your property immediately, get out of danger and contact CPS.

### What's the best way to protect my property?

Theft is the most common crime on campus. The best means of prevention is to reduce or remove the opportunity.

Keep doors locked and windows closed when you're not in.

Don't leave backpacks or bags unsupervised in public places.

Keep a record of serial numbers and a description of your valuables.

Never leave items within view inside a parked car.

Invest in a steering or gear lock for your car, and a bike lock for your two-wheeler.

### What about taking Ubers and taxis?

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

## WHAT DO I DO IN THE CASE OF SEXUAL ASSAULT OR RAPE?

Call CPS on 021 650 2222/3 or Survivor Support on 072 393 7824 (24/7). There is always a consultant on duty who can be called upon to offer advice and to ensure that all the critical procedures have been followed.

Call a friend or relative for support.

CPS officers are trained to deal with the situation. Allow them to assist.

You may ask to be assisted by a female CPS officer.

Ensure that the matter is reported to the local police.

Important evidence will be lost if a rape victim takes a bath, shower, or changes their clothes.

## WHAT IF THE JAMMIE SHUTTLES AREN'T RUNNING?

CPS will escort students from campus to their residences, either by car or on foot. But please understand that there may be delays – CPS's core function on campus is not the transportation of students.

### Where can I find information about security issues on campus?

Call CPS on 021 650 2222/3 for official information, and follow the university's official news and social media accounts for updates. Don't assume that fellow students have all the facts right at all times.

## 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.



# SLOW THE FLOW

Water resources are under increasing threat worldwide, and UCT has pledged to reduce its water consumption by half. Here's what we all need to do.

## IN THE BATHROOM

- 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!

## BECOME A UCT WATER CHAMPION

Water Champions help build water awareness and improve water management on campus. For more information on becoming a Water Champion, contact the Water Task Team [water@uct.ac.za](mailto:water@uct.ac.za) or 021 650 5671.

## 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 wherever 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.



## 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](mailto: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.

## 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.

## DISCARD AND SEPARATE

**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 It's everyone's responsibility to keep wet and recyclable waste separate.** 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.** Don't leave trash on tables, benches or anywhere else.

**4 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.





# 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](mailto: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?** ■ 66 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, Menzies Building and others

**Faculty office** ☎ 021 650 2699 📧 [ebe-faculty@uct.ac.za](mailto:ebe-faculty@uct.ac.za)

## HEALTH SCIENCES

**WHO?** Established in 1912 and comprising more than 2 600 staff, 2 100 undergraduates and 2 300 postgraduates, the faculty is a centre of excellence and research enterprise for health professionals.

**WHAT?** ■ An outstanding teaching and research faculty ■ Educating for life ■ Addressing the challenges facing our society

**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](mailto: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 rated in the Top 100 Law Schools in the world by the QS World University Rankings 2018.

**WHAT?** ■ The oldest and smallest faculty at UCT ■ Home to various research units focusing on legal research and practice ■ Two community-serving law clinics, one focused on refugee rights

**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 2017.

**WHERE?** Wilfred and Jules Kramer Law Building on middle campus

**Faculty office** ☎ 021 650 3086 📧 [law-studies@uct.ac.za](mailto: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](mailto:sci-science@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 Sakhela Buhlungu (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](mailto:hum-ugrad@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) ■ Centre for Innovation in Learning and Teaching (CILT) ■ Careers Service ■ Centre for Educational Testing for Access and Placement (CETAP) ■ Centre for Extra-Mural Studies (EMS)

**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?** Huri #oaxa (Hoerikwaggo) building, North Lane, upper campus

**☎ 021 650 2645 📧 [ched@uct.ac.za](mailto:ched@uct.ac.za)**



# BOOKS, KNOWLEDGE

## AND MUCH, MUCH MORE

UCT has one of the largest libraries in the southern hemisphere with an enormous repository of electronic and print books, journals and audiovisual materials stored on 53 km of shelf space. We asked the librarians to tell us more.

### 1 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.

### 2 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.

### 3 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](http://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.

### 4 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.

### 5 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.

### 6 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.

### 7 CAN YOU RETURN ITEMS WHEN THE LIBRARIES ARE CLOSED?

Yes! There is an after-hours returns 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.

### WHERE DO I GO FOR OTHER QUESTIONS?

Call 021 650 3703/4, email [libraries@uct.ac.za](mailto:libraries@uct.ac.za) or visit [www.lib.uct.ac.za](http://www.lib.uct.ac.za).

## ALTERNATIVE CURRICULUM TO QUALIFICATION

The Extended Degree Programme offers you more support and more time to complete your degree. For more information, contact your faculty's Education Development Unit.

### WHAT IS THE EXTENDED DEGREE PROGRAMME (EDP)?

The EDP provides extra academic and social support to help students adjust to university life during their first two years. It also helps students to overcome what is often a difficult transition between school and university by planning their curriculum over a longer period.

### 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.

### How does this impact a student's curriculum and degree?

Depending on the faculty, the alternative curriculum usually takes between six months and a year longer than the standard route. It is important to note that the degree earned remains the same!

### 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."

**MALILIMALO PHASWANA –  
EDP ACTUARIAL SCIENCE**



# TIPS FOR SUCCESSFUL STUDYING

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.

## FIND YOUR ZONE

Everyone studies in different ways and in different places. For some it's the quiet of their bedroom, for others it's a busy coffee shop. Some like to play music, and some need complete silence. Try a few different things and stick with what works for you. And remember why you're doing this – think about what you're going to do when you realise your ambitions. Keep the dream alive!

## I WISH I'D KNOWN

It seems obvious, but what 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**

## DON'T CUT CLASSES (OR TUTS OR PRACS) EVER

Most tuts and pracs 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 pracs, and there will be less chance of falling behind in any work. It'll pay off in the long run!

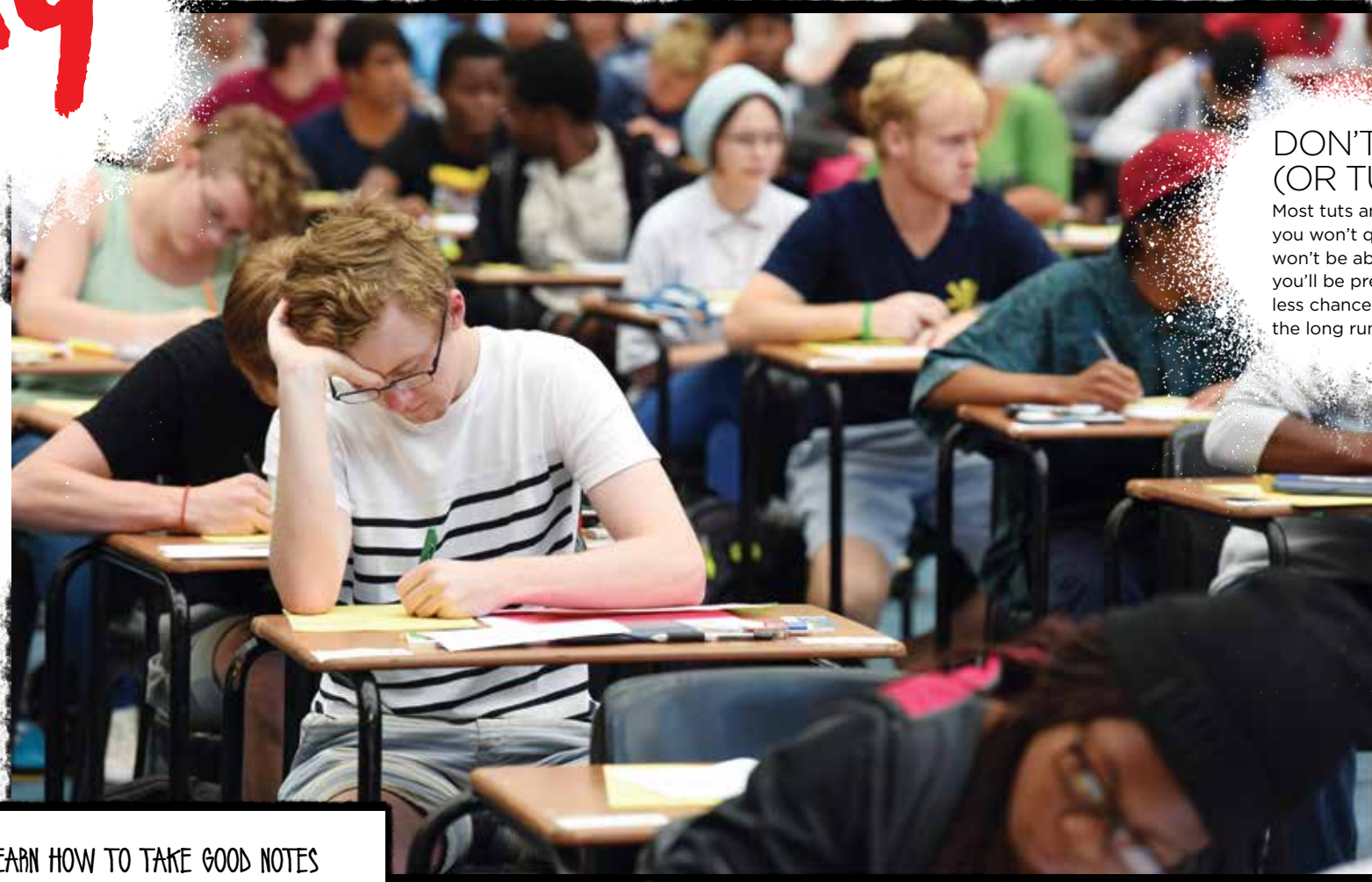
## LOOK AFTER YOUR HEALTH

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.

## 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.





1,2,3...  
LET'S GO!

READY FOR

# ACTION

Whether you're wanting to compete or just looking for some exercise and fun, UCT has close to 40 different sports on offer to keep you active, fit and stress-free. There's something for everyone.

## 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?

AIKIDO ARCHERY BASKETBALL BADMINTON CRICKET  
FITNESS CENTRE CHESS CYCLING CAPOEIRA  
CANDÉ FENCING FOOTBALL GYMNASTICS  
KARATE KICKBOXING JU JITSU GOLF HOCKEY JUDO  
NETBALL MOUNTAIN & SKI SQUASH SURF RUGBY  
TAEKWONDO ROWING SUPA POOL  
TABLE TENNIS TAI CHI SWIMMING TENNIS VOLLEYBALL  
ULTIMATE UNDERWATER WATERPOLO  
WAKEBOARDING YACHT

## UCT 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.





# REASONS WHY YOU SHOULD JOIN A CLUB OR SOCIETY

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 Birding 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.

**DISCOVER NEW INTERESTS.** Who knew hip-hop could be such fun? Or perhaps you want to hone your debating skills. There are also classic 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 could look good on your CV.

**GIVE 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, 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.

## Join the clubs

Whether it's academic, religious, cultural, social or political, one of the more than 100 student clubs and societies on campus will be a fit for you. You can find out more about them during O-Week on Jammie plaza, and either sign up on the spot with the societies that interest you, or pay membership fees to the cashiers on level five of the Steve Biko Students' Union building (or have membership fees charged to your student account).

Check out the societies website at <http://www.dsa.uct.ac.za/student-development/student-societies-organisations/overview> for the full list!

Abantu Zambian Society  
**ABES (Association of Built Environment)** ABSIP (Association of Black and Investment Professionals)  
**Acts KolbeCatholic Society**  
African Students for Liberty  
**Altum Sonatur** Amnesty  
International **Apostolic Faith**  
**Church of Portland Oregon**  
**Art of Living - UCT SMILE**  
**Asian Students' Association**  
Assemblies of God Movement on Campus **Association of SA Black Actuaries** Baha'i

Society **Ballroom Dancing**  
Bhakti Yoga Society **Biological Society** Birding Society **Black Law Students' Forum** Black Management Forum **Business Women's Association: Student Chapter** Cape Legion of Adventurers **Cape Town Globalist** Cardiac Society **Chabbab UCT** Christian Medical Fellowship **Christian Revival Church** Church on Main **Congolese Society** Connoisseur **Cortex Club** Cryptocurrency and

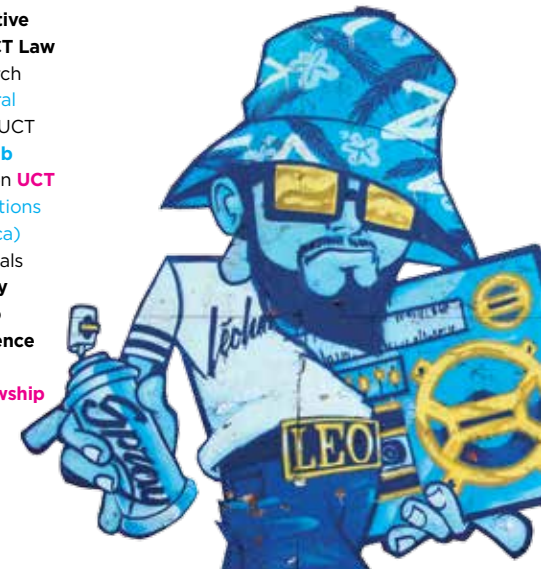
Artificial Intelligence Society **Debating Union** Deeper Life Ministries **Democratic Alliance Developer's Society** **DJ Production** Democratic Republic of the Congo Society **East African Students' Society** **Economic Freedom Fighters (EFF)** **EDU Student Organisation** Effective Altruism **Enactus** Engineers Without Borders **Entrepreneur Society** Equal Education **Fashion Society** **Film Society** **GCI (Green Campus Initiative)**

Gender and Sex Project **Genshiken** **Ghana Society** **Golden Future Project** Grace Bible Church **Habitat for Humanity** Hellenic Student Society **Her Campus** Hillsong Church **Hindu Students' Association** Hip Hop Club **HIS People Student Society** Human Upliftment Project **Ikey Ability** Inkulu Freeheid **Institute of Electrical & Electronics Engineers** Internal Medicine Society **Investment Society** Jubilee Society

**Korean Student Association** Leanin **Lesotho Students' Association** Malawi Students' Association **Moot Society** **Muslim Students' Association** **Muslim Youth Movement** Namibian Students' Organisation **Nigerian Students' Association** Organisational Psychology **Palestine Solidarity Forum** **PASMA (Pan-Africanist Student Movement of Azania)** **Photographic Society** Poetry Society **Psychology Society**

**RAG Rainbow UCT** Rapha Fellowship **Reach Society** Redeemed Christian Fellowship **SA Union of Jewish Students** SASCO - UCT **Seventh Day Adventist Church** SHAWCO **Shofar Church** **South African Medical Students' Association** **Space and Astronomy** Student Christian Fellowship **Student Psychiatry Society** **Student YMCA** **Students for Free Tibet** Students for Law and Social Justice **Students for Life** Surgical Society **Swazi Student**

**Society TEDx** **The Collective** The Thinking Club **The UCT Law Society** Trees of Life Church **Ubunye UCT African Choral** **UCT Biomimicry Society** UCT Choir **UCT Consulting Club** UCT Marketing Association **UCT Radio** **UNASA (United Nations Association of South Africa)** **Vegeticious** We Are Animals **Wine and Cultural Society** Winners Camp Fellowship **Women in Computer Science** Zimbabwe Society **Zion Christian Students' Fellowship**





# GET IN TOUCH GET INVOLVED GIVE BACK

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.

**"If our hopes of building a better and safer world are to become more than wishful thinking, we will need the engagement of volunteers more than ever."**

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

## 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

## UCT RAG (REMEMBER AND GIVE)

UCT RAG is the student fundraising arm of SHAWCO. RAG volunteers organise a number of student and corporate fundraising events each year, with all proceeds going to SHAWCO's many community programmes.

**Level 5, Steve Biko Students' Union Building, Upper Campus**

☎ 021 650 3525 ✉ uctragexec@gmail.com

## UCT GLOBAL CITIZENSHIP PROGRAMME (GCP)

Providing students with an opportunity to learn about issues of citizenship, social justice and community engagement, the GCP offers several short courses. Any registered UCT student in any faculty can take part in the programme. Although the GCP does not facilitate community service, it builds your knowledge and awareness about the value of citizenship and community service.

**Level 7, PD Hahn Building, Upper Campus**

☎ 021 650 3431 ✉ globalcitizen@uct.ac.za

## 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](http://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 ✉ [ems@uct.ac.za](mailto:ems@uct.ac.za)



# AFFORDABLE FUN, WHATEVER YOUR MOOD

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.

## 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. [www.cttrains.co.za](http://www.cttrains.co.za)

Take a drive to Kommetjie where a guided tour of the **Slangkoppunt Lighthouse** – it's the tallest lighthouse in the southern hemisphere – costs just R10 with your student card). Climb the 144 stairs to the top and you'll be rewarded with a magnificent view of the coastline. [www.kommetjie.org](http://www.kommetjie.org)

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 by his or her bright green umbrella. [www.nielsentours.co.za](http://www.nielsentours.co.za)

## 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. [www.capetown.travel](http://www.capetown.travel)

If you're a runner, there are some lovely, free **trail running** routes near campus too, including the 5.3 km Devil's Peak route from the top of Devil's Peak Estate to Rhodes Memorial. The Constantia Green Belt is another popular route that is a little longer at 9 km, but moderate in terms of terrain and gradient. [www.mapmyrun.com](http://www.mapmyrun.com)

Then, if the weather's warm and you fancy **swimming** surrounded by the sounds, sights and smells of the sea, but the Atlantic Ocean is too chilly for your liking, the Sea Point Pavilion pool is the perfect place. Entry is just R23. [www.capetown.gov.za](http://www.capetown.gov.za)

## 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. [www.bayharbour.co.za](http://www.bayharbour.co.za)

## 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, grysbok, 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 R12. [www.capebirdclub.org.za](http://www.capebirdclub.org.za).

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. [www.friendsofrietvlei.co.za](http://www.friendsofrietvlei.co.za)

If 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 Knead Bakery. [www.safertogether.org](http://www.safertogether.org)

But, if you prefer your slice of nature closer to the city, the **Green Point Urban Park** is a unique spot nestled between Green Point and the ocean with lovely views of Signal Hill, a labyrinth to walk, plants to admire and lawns to lie on. [www.gprra.co.za](http://www.gprra.co.za)

## WANT TO EXPERIENCE SOMETHING NEW?

There's no snow, but that doesn't mean you can't **toboggan** in Cape Town. In Tygervally, Cool Runnings' stainless steel track has 17 S-bends, corners and a tunnel. For R55 a run, adrenaline junkies can get their fix of high-speed fun. [www.coolrunnings.capetown](http://www.coolrunnings.capetown)

Something else you might consider is joining the free MoonlightMass **cycling tour** around Cape Town each month at full moon. Get a bike and meet fellow riders at Green Point Circle at 20:00 in winter and 21:00 in summer. [www.facebook.com/CriticalMassCapeTown](http://www.facebook.com/CriticalMassCapeTown)

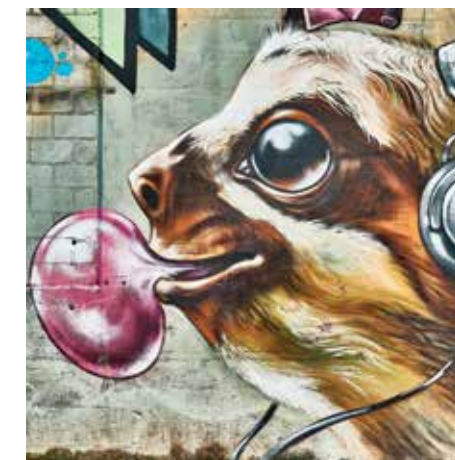
## FEELING CULTURALLY INCLINED?

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. [www.first-thursdays.co.za](http://www.first-thursdays.co.za)

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. [www.booklounge.co.za](http://www.booklounge.co.za)

Want to learn how to **meditate**? The Tushita Buddhist Centre offers free introductory meditation classes that are perfect for both beginners and those with some knowledge of meditation. [www.meditateincapetown.org](http://www.meditateincapetown.org)





# ESSENTIAL CONTACTS

AMBULANCE 10177

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 3117/21  
**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 5082  
**Student Wellness Service** 021 650 1017/20  
**Writing Centre** 021 650 5021

## ONLINE NEWS AND INFO

■ [www.uct.ac.za](http://www.uct.ac.za) ■ [www.news.uct.ac.za](http://www.news.uct.ac.za) ■ [www.facebook.com/uct.ac.za](http://www.facebook.com/uct.ac.za) ■ [www.youtube.com/UCTSouthAfrica](http://www.youtube.com/UCTSouthAfrica)  
 ■ [www.vernacnews.co.za](http://www.vernacnews.co.za) ■ [www.varsitynewspaper.co.za](http://www.varsitynewspaper.co.za) ■ [www.radio.uct.ac.za](http://www.radio.uct.ac.za)





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