South Africa | Rwanda | Kenya
Summer 2019



Study Abroad Program Guide

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The State University of New York

DESTINATION: SOUTH AFRICA ♦ 27 MAY – 8 JUNE

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Location

The new "rainbow nation" of South Africa occupies the base of the African continent and lies south of the Tropic of Capricorn. It is surrounded by the Indian and Atlantic Oceans. On its northern borders (moving west to east) lie Namibia (formerly South West Africa), Botswana (formerly Bechuanaland), Zimbabwe (Rhodesia until 1980) and Mozambique, a Portuguese colony until 1975. Swaziland also occupies South Africa's eastern border, and the tiny kingdom of Lesotho is surrounded by South Africa, east of center.

South Africa is a vibrant, young country, emerging from three centuries of European colonialism and white domination. In 2015 the nation marks its **second** decade free of apartheid. This is therefore a truly revolutionary era for South Africa as it continues to evolve from its European past into an African future. You will have a unique opportunity to experience a new and vibrant nation as it strives to harmonize peoples of diverse African, Indian and European heritage into one community with a common culture after centuries of division.

Part of South Africa, the Cape Colony, was once a colonial possession of the Netherlands and, since the early nineteenth century, Britain. This dual colonial legacy is reflected in the two European languages still spoken widely: English and Afrikaans. In 1910 South Africa was granted some autonomy from Britain and became the self-governing Union of South Africa. In 1948, following World War II, the white settler population, led by the Afrikaner Nationalist Party, began charting its own, fiercely nationalist course through increasingly severe racial policies known as *apartheid*. This segregationist legislation has left its mark on all aspects of South African society; it was only repealed with the election of Nelson Mandela as the country's first democratically-elected President in 1994 and the ugly legacies of apartheid are still widespread and highly visible in the shocking contrasts of wealth and poverty. The "new" South Africa can therefore seem a bewildering and contradictory hybrid of the past and the future, Africa and Europe, "First" world and "Third" world, hope and despair, all coexisting in a strange tension.

Cape Town, where the South African leg of the program will be based, lies on the Cape Peninsula at the southwestern tip of Africa where the Indian and Atlantic Oceans meet. It is the oldest city in the country and one of the most beautifully situated cities in the world, lying on the lower slopes of the breathtaking Table Mountain and surrounded by ocean. The City of Cape Town lies in the basin of the mountain, but suburban communities stretch all the way along a narrow, mountainous fifty-mile peninsula flanked by stunning beaches. Cape Town has served as a major crossroads between East and West since it was first discovered by Portuguese explorers in the 15th century. The diversity of the community reflects its colorful maritime past as a "*Tavern of the Seas*," combining peoples of African, European, Indian and Indonesian origin. On the outskirts of Cape Town, Protestant refugees expelled from France by Louis XIV in the 1690s, the French Huguenots established in Franschhoek vineyards that today produce some of the finest wines in the world from over 300 different estates.

Terminology

As a consequence of several hundred years of European segregation, and, in the latter half of the twentieth century, homegrown, state-sponsored *apartheid* policy, South Africa has spawned a social and political vocabulary around race and ethnic difference that is bewildering to the foreign visitor. One purpose of this trip is to introduce you to the extraordinary complexities of South African society. It will help you to have some grasp of this racial lexicon before you arrive, in order to comprehend the factors that have cast their long shadow across South African history. South Africa's population doesn't simply reduce to black and white. The former, white South African government invented four broad racial classifications according to which privilege was distributed under apartheid. Despite their obvious limitations, people in South Africa still often use these terms because nobody has yet devised any better set of distinctions. They all have a range of synonyms and nuances from merely descriptive to derogatory and demeaning, depending on the context in which they arise.

The country's majority group are the Africans (76 percent of the population); whites make up around 13 percent, followed by people of mixed race or 'coloureds' (8.5 percent) - descendants of Dutch settlers, slaves from Indonesia and local Africans, who speak English and Afrikaans and make up the majority in the Western Cape. Indians (2.5 percent), most of whom live in KwaZulu-Natal, came to South Africa during the 19th century as indentured labourers. Within the African community there are several ethnic groups, the largest of which are Zulu and Xhosa. Around Cape Town most of the African population is Xhosa -- you are unlikely to meet many Zulus. Around Cape Town, though, most of the people of color are in fact not 'African' but 'coloured´ (see how quickly it gets confusing). The 'coloured' people trace their ancestry from Africa, Europe, Indonesia and Malaysia, but also descend from the Khoi-khoi and San peoples who originally inhabited the western Cape (the so-called Hottentots and Bushmen). Within the white community there is also an ethnic division between Afrikaners (who descended from French and Dutch settlers) and the English (descended from British settlers). It is from these -- historically, bitterly divided -- communities, that modern South Africa is striving to build one, united nation. There are also tiny Portuguese, Greek, Italian, and increasingly, Chinese communities in Cape Town, further adding to the city's diversity.

History

Histories of South Africa inevitably begin with the arrival of the Dutch at the Cape of Good Hope in 1652 and the passing explorations of the Portuguese in the century before them. These historical biases reflect the domination of southern Africa by European settlers during the past 350 years. South Africa was obviously inhabited long before then by indigenous peoples with a historical presence in the sub-continent that reaches back to the Stone Age. This history has only recently started appearing through the efforts of archeologists in the later twentieth century. Some of the oldest human remains have been discovered in South Africa, pointing to a history millennia old.

In the vast region around Cape Town, the original, precolonial dwellers were a mixture of hunter-gatherers and pastoralists. The hunter-gatherers are called the San people (or more colloquially, Bushmen); the pastoralists, who have been absorbed into the mixed-race or "Coloured" community since European conquest, were called the Khoi-khoi people (or more offensively, Hottentots). These peoples, collectively called the Khoisan, spoke a language entirely distinct from the nearly dozen African languages of the Nguni peoples spoken across South Africa today and concentrated to the east.

A small Dutch expedition, led by Jan van Riebeeck established a supply station on the Cape Peninsula in 1652 for Dutch ships passing on their way to trade for spices and silks in India and Batavia (present-day Indonesia). Initially, the Dutch had no interest in southern Africa or any intention of founding a colony there, but quite soon some Dutch farmers became impatient with the restrictions of the local administration and "trekked" away from the colony. In the course of the following century, further settlement occurred in the bountiful and fertile valleys of the Western Cape. In the 1690s, Huguenots persecuted for their Protestantism by Louis XIV, fled to the Cape following the revocation of the Edict of Nantes. With this French Protestant community came the origins of South Africa's robust and 300 year old wine industry.

In 1795, the British seized the Cape Colony from the Dutch for fear that it would be invaded by Napoleon's forces and give the French an enormous strategic advantage over the lucrative maritime trade to the east (remember that the Suez Canal had not yet been built). The English and French were both competing for markets and influence in India and Britain was afraid that French control of the Cape would cut them off from their colonies in India. The Colony was returned to the Dutch briefly in 1803 following the Treaty of Amiens, but retaken, permanently this time, by the British in 1806. British sovereignty over the Cape Colony was finally conceded in 1814 when the Dutch abandoned their claims to the territory. English South Africa takes root after 1806, as the cultural and political authority of the older Dutch community is dismantled. The Dutch-speaking settlers withdrew further inland and gradually evolved into the Afrikaner community, creating a tension between the two dominant European groups in South Africa that exists in some areas to this day.

The Cape Colony is marked by six major events in the nineteenth century: the British occupation, the arrival of the "1820 Settlers" (guess when they came!), the emancipation of slaves, the "Great Trek," the Xhosa wars on the eastern frontier and finally the South African War or Anglo-Boer War that brings the nineteenth century to a close.

Following the reconquest of the Cape in 1806, the British strove to consolidate their control over the newly annexed territories. One means of doing this was to import population from Britain and in 1820 the British sought to secure the eastern frontier and halt the southwestern movement of Xhosa pastoralists by distributing English settlers in the Cape Colony's eastern province. As a consequence such border outposts as Grahamstown became centers of English culture and marked what still today remains a major cultural frontier between European settlement and Africa. This initiative significantly increased the spread of English culture across the territory, but also sowed the seeds of the violent clashes with the Xhosa migrants (who were then fleeing the powerful expansionist initiatives of the Zulu nation – the *mfecane* -- under Shaka to the north), all along the frontier.

During the same period, the British instituted widespread labor reforms and in 1808 declared the end of slavery throughout the Colony. These actions were very unpopular with Afrikaner farmers in the territory and provoked an enormous diaspora of the Afrikaner population--*the Great Trek*--that was to have long-enduring consequences for southern Africa. Between 1836 and 1854 Afrikaners families moved north, out of the British controlled Colony in search of fertile land and political autonomy. Nearly 10% of the white population of the Cape Colony had left by 1840 to settle in territories called the Natal Republic (1839-43), the Orange Free State (1854) and the South African Republic (1852). Wars between the indigenous Xhosa and Zulu peoples and the European settlers persisted throughout the nineteenth century as these groups competed for control of land and resources. The superior military hardware of the Europeans eventually brought about the conquest of the African nations and the emergence by the beginning of the twentieth century of a society based on racial domination. Finally, the two European settler groups had to face each other in a contest for ultimate control of the sub-continent.

Two significant discoveries intensified the desire for control over South Africa: the discovery of diamonds in Kimberley in the 1870s and the discovery of enormous gold deposits on the Witwatersrand (site of modern Johannesburg) in 1886, deposits of such magnitude that they have remained the engine of the South African economy to the present day. These discoveries eventually pitted the white communities against each other. Between 1899-1902 the mighty British Empire found itself fighting the century's first guerilla war against a determined, mobile, fiercely independent and highly efficient "army" of Afrikaner commandos. Although these hardy pioneers inflicted several humiliating defeats on the British, they were eventually conquered and forced to give up their sovereignty at the Treaty of Vereeniging in 1902. British supremacy over the whole of what would become modern South Africa was complete. In 1910 Britain conceded limited self-rule to the Union of South Africa and the nation's colonial status ended. Hereafter begins a period of "internal colonialism" as South Africa's white settler minority intensified a policy of quasi-colonial domination over all people of color.

The history of South Africa in the twentieth century is the history of racial oppression. Milestones in this history are the creation of the first racially segregated township in Cape Town at Ndabeni in 1901, the disenfranchisement of people of color during the 1930s, the victory of the Afrikaner National Party in 1948, the formal legislation of racial inequality, or *apartheid* in the 1950s, the conception of racially-defined territories or "homelands" under Prime Minister Hendrik Verwoerd in the 1960s (a policy executed during the 1970s and 1980s with forced removals of entire communities and groups to their newly designated "homelands"), the growing resistance to all these initiatives during the same period, culminating in the release of Nelson Mandela in 1990 and the staging of South Africa's first open elections in 1994. The new South Africa -- the 'Rainbow Nation' -- was therefore only born in 1994 with the inauguration of Nelson Mandela as President. Nelson Mandela retired in 1999 and was replaced by President Thabo Mbeki, the current leader of the country. He was re-elected in 2004.

Climate

South Africa boasts a climate second to none. It is generally sunny and warm all year round with a mild winter lasting about two months a year. In Cape Town, summers are hot and dry with daily temperatures in the high 80s; winters are often damp and rainy, but short. The climate and vegetation is often described as "Mediterranean." In winter ***when you are there***, temperatures rarely approach freezing overnight (though they will sometimes dip into the low 40s), but often reach 65-70º F during the day. The western and coastal regions receive most rainfall in winter, whereas the eastern and interior parts of the country have a summer rainfall pattern. We will be there in late fall going into winter. A small light plastic raincoat and warm sweaters and socks for the evenings are strongly recommended. A light sleeping-bag is an ideal sleep accessory for this trip. This can double as a warm blanket if you get cold at the hostel. If you feel the cold easily, please bring warm sleep gear and thick socks because there is rarely heating in South African houses so inside is frequently the same temperature as outside! If you're feeling sorry for yourself, however, just remember the thousands of folks living in iron shacks all winter on the Cape Flats where flooding is common after heavy rains. Generally, though, South Africa will feel like September/October in Buffalo.

Transportation

Cape Town's public transport is not the best in the world. Our group will have a van to transport us on field trips and to other places around town. However, you will need transport for your own adventures! In recent visits, students have relied mostly on **UBER** and have been very satisfied with their service. There are a number of options you can choose, however, ranging from bus and taxi to trains. As always, in South Africa's larger cities, ***security should be your first consideration*** rather than expense.

Buses: Buses run from 8am to 7pm in Cape Town. However, they are slow and do not always follow schedules strictly. A bus ride can be an educational experience however. There is a ***free*** shuttle bus that runs between the University of Cape Town's city campus(very close to where you're staying) in the Gardens and the main UCT campus in Rondebosch on a regular basis, so if you want to visit the local campus, jump aboard.

Public Taxis: In recent years students have mostly preferred to use **UBER**

Minibus taxis are an entrenched feature of city life. These taxis operate much like buses and follow set routes, but they will stop anywhere to pick up and drop off passengers. A ride in such taxis can be a wild and colorful experience. They are super cheap but are subject to above-average accident rates on account of the reckless way they're driven. Also: these are for more experienced visitors who are familiar with the city and know what routes they want.

Private Taxis: These are the same as in the USA, but they can't be hailed on the street. They take you door-to-door but are expensive. We recommend that you club together and use them when you go out at night. Here are a few taxi services:

Marine taxis:	(021) 434-0434
Unicab taxis:	(021) 447-4402

MagiCab: (021) 448-9330

Trains: Cape Town's train station is a busy place. The place is like a bazaar and worth a visit even if you aren't taking the train. There are tons of vendors and street-traders here from all over Africa. If you decide to take the train, make sure that you have the right line and platform number before boarding. **The *only* line you should ever use is the main Southern Suburbs - Simon's Town line**; the other lines are not safe. The Simon's Town line will take you to the beaches of Muizenberg and Fish Hoek as well as the picturesque harbors and bistro cafes of Kalk Bay (Brass Bell, Harbor House, Olympia) and Simon's Town (Bertha's) which are well worth a visit. The ride along the False Bay waterfront from Muizenberg to Simon's Town is spectacular and train service is cheap. Metrorail's information lines are (0800) 65-64-63 or (021) 449-2991. **Don't ride the trains after dark.**

Walking: One of the best things about Cape Town is that you can explore the central city entirely on foot. Just remember the simple rule: always walk with somebody else and **please avoid walking the streets after dark**. Some of the places worth exploring on foot are St. George's St. pedestrian mall, the public gardens, Long St., the Grand Parade, Adderley Street/ Heerengracht (Cape Town's main street), and the esplanade along the oceanfront in Sea Point. The Esplanade is a very popular route with walkers and joggers. If you take a cab up to the Cable station, you can also walk along Tafelberg Rd. and get some really beautiful views of the city and surrounding mountains.

Remember: **Traffic in South Africa moves on the *LEFT*!!! Please take great care crossing streets, because this can be very bewildering at first and a mistake could get you killed or seriously injured.**

Food

Cape Town has been enjoying a culinary "renaissance" since the end of apartheid as it has repositioned itself as a global destination. In the dark days of apartheid, restaurants were few, the food and service were poor, and dining out was a flavorless experience. Today, new and exciting restaurants abound, catering to every taste. You will find several European cuisines as well as Thai, Japanese, Malaysian, Chinese and Indonesian. In addition, there is Cape Town's own, home-grown Cape Malay cuisine – a unique blend of early Dutch and Indonesian flavors. Fishing has been an important part of life at the Cape for centuries and the seafood is excellent. You can enjoy several types of fish never found in the US. At the Africa Café or Marco's African Place, you will be able to sample a range of African dishes from across the continent. Finally you'll also find such exotic versions as springbok, ostrich, eland, kudu and crocodile on the menu. Unfortunately, South Africa is not a country for vegetarians. Outside major cities vegetarian options are non-existent. But you will always be able to afford a great bottle of wine with dinner and it's generally permissible to bring your own wine to restaurants. If you feel homesick, you can always stay with the Hard Rock Café, Planet Hollywood or KFC. And there are numerous pizzerias in Cape Town although the quality is erratic.

Entertainment

With a population around 3 million, Cape Town is the second-largest city (after Johannesburg) in Africa south of the equator and offers all the varieties of entertainment you would expect to find in any major city. On Long Street there is a good range of dance clubs, trendy bars and nightspots catering to all preferences. If you want to hang with the superchic film and modeling crowd, head for Café Bardeli at the Long Street Studios off Kloof St. Along the ocean front in Sea Point is also a good place for nightlife. Cape Town also offers a great range of superb restaurants. If shopping attracts you, the first place to go is the beautiful Victoria and Albert Waterfront, a sprawling complex of cinemas, restaurants, retail outlets and open spaces where musicians and performers frequently gather. If this seems too bland, or too much like the malls at home (and it will), move into the center of town and explore the dizzying wealth of African wares offered on Greenmarket Square, on the Parade in front of City Hall and in some of the small stores along Long St. Here you can (and must!) barter with traders from all over Africa for cloths, sculptures, wood and leather goods, but also find great conversations with folk from Kenya, Nigeria, Congo, Ghana, Malawi, Zimbabwe etc. When you're done, you can wander into one of the little coffee-shop bistros on the St. George's pedestrian mall or explore the second-hand antique, clothing and bookstores on Long St.

The climate has bred a country that is crazy about sports. In the summer everybody's attention is fixed on the peculiar game of cricket, but in the winter months while we are there, soccer and rugby are the chief focus. If you want to brave the crowds you can watch a rugby match at Newlands stadium on a Saturday afternoon or at any of the local sports clubs. There is also a robust baseball league that operates in the summer months. Cape Town's most striking feature, Table Mountain offers a broad range of walking, hiking, and mountain-biking opportunities, ranging from the sedate to the most extreme for the adrenalin junkies. Bicycles can be rented from several places around town. If you don't care for climbing Table Mountain, you can take a short cableway ride to the top and survey the entire Peninsula. The South African Botanical Society has its headquarters in the spectacular Kirstenbosch Botanical Gardens, created by the great imperialist Cecil John Rhodes in 1895. The gardens are the showcase for the unique plantlife of the Cape floral kingdom. If you need more of an adrenaline rush, you can learn to hang-glide, surf or even go sharkdiving (highly recommended by past participants!)

If you enjoy a walk along the beach, there are many to choose from all over the Cape Peninsula. Walk in a group, especially if you're heading for some of the more remote beaches. It will probably be too cold to swim in May unless you're really hardy.

Electricity

The current in South Africa is 240V AC (compared to 120 in the US). None of your appliances will work here without a voltage converter. Wall sockets are also very different and require plug adaptors. Hair dryers, electric razors, and any electrical appliances all require a voltage converter and a plug adaptor to operate properly. It's therefore best to leave this equipment at home or buy only battery-operated appliances and travel appliances that are adaptable (dual voltage). If you choose to bring a laptop with you, remember it can be a liability – there is always the risk that it might be stolen or broken and it’s a hassle to carry around when you’re travelling. If you own an iPad, all the better. You don’t really need a laptop for academic purposes on this trip. Hand-written assignments will be acceptable while we travel.

CURRENCY IN SOUTH AFRICA

The local currency is the South African Rand (ZAR). In recent years this currency has proven quite volatile alongside other world currencies. Right now, it is quite weak which means you'll constantly be surprised by how much your dollar is buying. $1.00 USD = R14.00 (approximately, check exchange rates before you leave). A good cup of coffee in a nice bistro will cost around R20.00. Compare that to Starbucks! Breakfast at the Ashanti will be about R30.00. Dinner in a good restaurant will run around R200 and this might even include a bottle of nice wine!

For the latest exchange rates check the currency converter at **http://www.oanda.com**. The Ashanti Lodge website also has a currency converter: **http://www.ashanti.co.za**.

You may want some local currency when you arrive to pay immediate expenses, but you can draw money from ATM machines all around Cape Town. There is an ATM machine at the airport where you first arrive (*just to the left of the exit doors*). Be sure that you have a bank account or credit card connected to an international network; most cards do work globally nowadays. This is by far the easiest and most economical way of obtaining foreign currency. **Above all, don't waste time with traveler's checks!** You will obtain an advantageous bank-rate and won't have to wait in bank lines. Prior to departure, confirm that your PIN number will be accepted abroad. Many foreign ATMs do not accept PIN numbers longer than four digits. Memorize your PIN number by both numbers and letters as not all ATM machines have keypads with both markings. Lastly, avoid using an ATM when the bank is closed; if the machine eats your card, you will have no way to get money.

Alternative ways to access funds while abroad are traveler's checks and major credit cards. If using traveler's checks, make sure to pack the receipt for the checks somewhere apart from the actual checks and use the receipt to record where and when you used each check. These receipts can assist you greatly if you happen to lose your traveler's checks. For extra precaution **leave a list of check numbers with someone at home.** In most countries you will need your passport to cash traveler's checks. Often hotels and merchants will cash traveler's checks but at a less advantageous rate than the banks. Traveler's checks can be converted at American Express at the best exchange rate and for no commission.

In order to locate the nearest Western Union Money Transfer locations, you can call the following number: South Africa 0860 100031 (toll-free).

American Express cardholders can generally write checks of up to $1,000 guaranteed by their cards every 21 days (you need to have the funds available in your U.S. account). If you are a cardholder, it is worthwhile bringing your U.S. check-book. For information of this service call American Express Global Assist on 1-800-333-2639.

LIVING SAFELY IN CAPE TOWN

South African cities do regrettably have some of the world's highest crime rates. Cape Town is no exception, though crime rates have been steadily falling since the 1990s. Travelers become victims of crime when they engage in high-risk activities. However, if you exercise proper precautions you are at very limited risk.

Because of South Africa's long legacy of discrimination and racially-targeted poverty, South Africa is a country with extremely high unemployment rates, and sharp inequities between rich and poor -- factors that create perfect conditions for crime to flourish. That said, crime in South Africa is highly localized. It is unquestionably worst among the poor in the sprawling townships and shanty slums, it is bad in the urban centers after dark (worse in central Johannesburg) and sporadic around tourist and shopping districts. It is also more prevalent after dark and because it will be late fall when we're in Cape Town, it gets dark fairly early.

Somewhat predictably, the safest areas in Cape Town are the affluent white southern suburbs along the base of the mountain. Small towns and rural regions of South Africa are as safe as anywhere in the world. As a general rule, don't walk at night in Cape Town and never walk alone. Determine your destinations and call a cab (see information about cabs). Do not accept rides from strangers. Our group will have a minibus for transport and we will arrange some evening group outings and activities so that you don't have to be a prisoner in your hostel at night!

When drawing money from ATM machines, do so during the day at well-lit, well-populated locations. Pay attention to your surroundings. If you're having a problem, don't accept assistance with your card from anybody. Many people have been scammed in this way. There are dozens of panhandlers in Cape Town and they can become a nuisance, especially if they recognize you are a foreigner. Be polite and compassionate, but be on your guard, too. You need to be alert to your security at all times in Cape Town.

Remember above all that you are a foreign visitor: you won't always interpret the potential dangers of a situation accurately, and people won't treat you the same way as they might treat locals, so be more cautious than you would at home. Don't bring any valuable jewelry or expensive watches with you and carry as few valuables as possible when you're out in the city. We want you to have a happy and memorable stay in Cape Town. If you follow some simple precautions your visit with be incident-free. It is imperative to take very careful safety precautions in most of the major cities in South Africa.

The western Cape has a burgeoning wine industry, manufacturing a vast selection of very fine wines, so it is customary to drink wine with dinner. Beer consumption is also a national pastime, even though the choices are limited and mediocre. You should discuss with your parents before leaving their feelings about your drinking alcohol on the trip. 18 is the legal drinking age in South Africa; nobody over the age of 18 will have any problem obtaining alcohol and carding is non-existent. It is incumbent upon you to approach this difference in laws in a responsible and mature way. The Program Director can accept no responsibility for your failure to behave responsibly in this regard, and reserves the right to contact your family to discuss appropriate action should you jeopardize yourself or others through an irresponsible approach to alcohol. Unless the Program Director is contacted directly by parents beforehand, it will be assumed that there is no objection to moderate and responsible drinking by participants. It is impossible, however, for the Director to ensure that a given participant does not drink: parents must discuss this issue with the students before departure.

For some of you, this trip to South Africa may be your first prolonged encounter with city life: others may already be seasoned city-dwellers. Life in large cities moves faster than elsewhere. Everything - from the traffic to people's way of talking - seems speeded up. Take time to accustom yourself to the pace of city life. Don't rush to cross roads or catch busses. Cape Town has been there for 350 years - everything can wait another 5 minutes!

While drug laws South Africa are by and large the same as in the U.S., certain drugs -- particularly locally grown marijuana -- are readily on the streets and in the "club-scene." Whatever your habits at home, YOU MUST AVOID ANY CONTACT WITH ILLICIT DRUGS. FAILURE TO DO SO WILL RESULT IN EXPULSION FROM THE PROGRAM.

Remember, you are in a strange country and among strangers. The consequences of falling foul of the law will be different for you from what they would be for locals. You don't want to wind up in a foreign jail. Don't take ANY risks.

Obviously, women need to take some extra precautions in South Africa. Rape has been an endemic crime in South Africa for some time, so it is always necessary to exercise extreme caution. If a street looks dark and ill-lit - just don't risk it. Don't accept rides from strangers after a night out - call a cab. Don't agree to meet people in anything other than public spaces, and invite a friend along if any situation seems at all unsettling to you. Finally, if you engage in any sexual activity, please remember that South Africa has one of the highest rates of HIV infection in the world. It is a severe health crisis ravaging all of southern Africa. Currently, about 35% of the population is HIV-positive in some regions of the country. Please practice safe sex!

On a positive note, nobody in the program has suffered any crime, injury, serious illness, theft or major loss since it began in 2002.

ACCOMMODATIONS IN SOUTH AFRICA

During your stay in Cape Town you will be living at the Ashanti Travel Centre in Hof Street, Gardens. Visit their website: www.ashanti.co.za. This backpackers' hostel is very centrally located on the lower slopes of Table Mountain with spectacular views of the mountains and the harbor. It's in an attractive neighborhood just outside the city center and in close proximity to the hipster district of upper Long Street with its trendy bars, clubs, shops and bistros. You will be staying together in dormitories sleeping 6-8 students. Facilities include: swimming pool (though since it's late fall, it'll be too cold to swim unless you're a penguin!), internet facilities, laundry service, TV Lounge, communal kitchen (if you feel like a night in) and the Kumasi Café-Bar. You can even upgrade your accommodation to a Double room with en suite bath if you want to pay extra. The center of the city spreads out just below you, about a 20-minute walk down Government Avenue through the old and picturesque suburb of the Gardens.

Ashanti Travel Centre
11 Hof Street, Gardens 8001
Cape Town, South Africa
Tel: (+27-21) 424 4016
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Email: ashanti@iafrica.com
Website: www.ashanti.co.za

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ASHANTI LODGE – VIEW FROM THE BALCONY

DESTINATION: KENYA ♦ 9 – 16 JUNE

After we leave South Africa, we fly directly to Nairobi, the gateway to east Africa and the Great Lakes. Nairobi is without doubt the most important city in the entire region as it has been since its early days as the center of British East Africa. Almost any destination in East Africa today begins with Nairobi. We will spend several days exploring in and around Nairobi and taking a short break after completing our first academic program in Cape Town and before starting the second in Rwanda. Apart from getting a feel for the city we will also make a day trip out to the Giraffe Center, the Sheldrick Elephant Orphanage, home to the young elephants whose parents have been slaughtered by ivory poachers, the Bomas of Kenya, a large-scale, open air cultural center where we will see some traditional dances, and the Karen Blixen Museum, housed in the farmhouse where the author of *Out of Africa* lived while she tried to cultivate coffee between 1913 and 1931 and who once wrote of Kenya, "I have become what I was meant to be here." Karen Blixen's memoir was later inspiration for the film, *Out of Africa* starring Robert Redford and Meryl Streep. In addition, we will make a day-trip west to Lake Naivasha where we spend the morning exploring the Hell's Gate National Park and the afternoon observing wildlife by boat on Lake Naivasha, including the hippo pods. We will also spend an afternoon in the sprawling Kibera neighborhood (home to Kenya's poorest residents), meeting local people and visiting a school.

In the city of Nairobi itself, we will stay at the basic but comfortable Dowtown Hotel across the street from a convenient Nakumatt supermarket. ATM machine is at Barclays Bank on the corner; local currency is Kenyan shillings ($1 USD = 100 KES) The hotel is very basic, but the facilities are clean, the staff friendly and above all, the hotel is safe and centrally located - a short walk from the University of Nairobi. During our stay we will visit the Nairobi National Museum, the Nairobi Craft Market, the University of Nairobi campus, the opulent Norfolk Hotel--a legendary drinking hole and gathering point since colonial times—and travel up to the observation deck of the International Convention Center for a bird's eye view of the city skyline and the vast east African plains stretching away to the four horizons.



LIVING SAFELY IN NAIROBI

Nairobi, like every major city in the world, has its hazards. I don't wish to over-state the dangers and inhibit your ability to enjoy your visit, but you do need to exercise caution in any environment where there are such extreme inequalities. None of our previous groups have ever encountered any problems. The major risks are pickpockets, bag-snatchers and scammers, so be alert to your surrounding at all times and ignore all offers of goods or services that you haven't initiated. Be especially alert when you're exploring the neighborhood bazaars and shopping areas; places that attract tourists inevitably attract the local thieves, too. Also, as sad as it is, gangs of street children should be treated with caution; one's impulse is often

charitable, but many street children are paid a pittance to prey on pedestrians. Leave anything valuable that you don't need locked in your hotel room (passports,, money) – that is generally the safest place for them anywhere you travel in Africa. We will explore the city as a group to further enhance our safety. That said, Nairobi is a really energetic, lively, fun city and a dazzling kaleidoscope of east Africa's diverse peoples and cultures.

DESTINATION: RWANDA ♦ 16 JUNE – 27 JUNE

Location

The tiny nation of Rwanda lies virtually at the heart of the African continent, just a few degrees south of the Equator. It is popularly known as the 'Land of a Thousand Hills' on account of its unique landscape. It belongs, with a handful of other small nations in the region (Burundi, Uganda) to the rich, inter-lacustrine zone of the Great Lakes, that fill the Rift Valley and whose distinct geography of vast lakes, active volcanoes, steep, rolling hills, deep pockets of tropical rainforest and rich, fertile soils has created a region of great social diversity, combining hunter gatherers, pastoralists, agriculturalists and fisher folk. Its western border is formed by Lake Kivu and not far east, in neighboring Tanzania, lies Africa's greatest lake, Lake Victoria, fed by rivers that run the length of Rwanda. Indeed, Rwanda is one of three nations that claims the source of the Nile which drains Lake Victoria into the Mediterranean and which was the focus of so much rivalry among explorers in the 19th century. Rwanda's northern neighbor is the small nation of Uganda and to the south lies the equally tiny nation of Burundi. Across the vast gray expanses of Lake Kivu lie the troubled reaches and ungoverned riches of North and South Kivu, in the tumultuous and lawless eastern Congo.

Rwanda itself is a landlocked country, acutely dependent for access to the Indian Ocean on its coastal neighbor to the east, Kenya for all its import and export trade. Furthermore, because Lake Victoria offers a major obstacle directly to the east of Rwanda and because road systems south of Victoria through Tanzania are so poorly developed, all this commercial traffic must make the long detour to Kenya along Lake Victoria's northern edge through Uganda. Such factors, combined with the challenging terrain of Rwanda's hilly geography have served to keep Rwanda well isolated from the rest of world until quite recently, when all the international attention that followed the genocide placed it squarely on the global map.

History

History is without a doubt Rwanda's Pandora's Box – the source of all evil. The struggle to interpret and control the history of the country lies at the root of the genocide and our coursework will be devoted to understanding why this is so. One of the Rwandan genocide's principal architects, a director of the infamous hate-radio station, RTLM (Radio-Télévision Libre des Mille Collines) was Professor Ferdinand Nahimana, a French-trained historian, scholar and graduate of the Université de Paris VII. He was convicted of genocide at the ICTR in Arusha in 2003 and appealed his sentence in 2007. He is serving time in Mali. This gives you some idea of just how toxic history can get in this part of the world.

The history of Rwanda today is still shrouded in myths and legends about the past that have regrettably acquired the authority of truth and became the source of much of the venom that has divided this nation along bitter ethnic lines. Today, it is still not possible to teach the history of Rwanda in schools because there is as yet no consensus about how it should be taught. Moreover, since the end of the genocide, the ethnic identities that were exploited to frame and fuel the genocide have been suppressed as one dimension of the policy of national reconciliation in Rwanda. This further adds to the difficulty of reexamining the past: how does one speak about this past if the principal terms of that blood-stained history are missing from the discourse.

That said, there are five fundamental phases on modern Rwanda history that will occupy our attention: 1) the pre-colonial period of the Tutsi monarchies; 2) the discovery and colonization of Rwanda by Germany in the 1890s; 3) the period of Belgian colonization between 1916 (when Germany lost its African colonies in WW I) and 1962; 4) the period of the two Hutu Republics, 1962-73 and 1973-1994; 5) the period of the genocide and reconstruction, 1994 to the present.

Rwanda's difficulty with history begins with a bitter dispute about who first occupied the region back in pre-colonial times. It is still widely believed that the Twa hunter-gatherers (who make up a tiny fraction of the population) were indigenous to the region and that first to migrate into the region were the Hutu agriculturalists followed later by Tutsi pastoralists from the north-east. This became the orthodox version of Rwanda's history for much of the 20th century and is in part to blame for the claim made by genocidaire extremists that Tutsi populations were to "return to Ethiopia." However, recent scholarship widely disputes this account of Rwanda's history and its three ethnic groups.

Climate

Although it is right near the equator, Rwanda lies several thousand feet above sea-level which guarantees a pretty warm, but not excessively humid climate all year round. The daily temperature usually hovers around 80-85F. Rwanda has two rainy seasons and two dry seasons each year. The wettest part of the year is from March to May and a milder rainy season occurs from October to December. We will be there in mid-June at the beginning of the dry season. Because of the altitude, Rwanda can be cool at night. If you're going out in the evening, you'll generally want to wear a sweater or sweatshirt, especially if you're going to be outdoors, because it'll get down into the upper 50s / low 60s

Food

Kigali is a lively, bustling city with a variety of restaurants to fit every budget. One can spend $40 and up for a meal in the elegant rooftop restaurant of the famous Hotel Mille Collines (site of the movie, ***Hotel Rwanda***), and as little as $2.00 per entrée in humble, neighborhood restaurants. Most Westerners choose from the handful of restaurants catering to foreigners and Rwanda's elite that are scattered around the oldest part of the city, Kiyovu. In this district you will find Indian (Khazana offers some of the best Indian food I've ever had!), Chinese (Shanghai), and French cuisines, as well as more modest fare. There is even a (pricey) Thai restaurant in the city! One of the most popular but quite moderately priced places with a spectacular view over the city from their terrace garden, is Rwanda's finest pizza place, the New Cactus. Another very trendy and relaxing restaurant is Republika, a short distance down the hill from New Cactus. If you have any dietary restrictions, please keep in mind that finding good vegetarian cuisine in Rwanda is going to be a challenge, not to mention kosher or halaal food. There may be a possibility that we can prepare our own meals in the facilities at Moucecore.

Electricity

Same as South Africa and Europe with **round**, two-pin sockets for most appliances. So you'll need all the necessary transformers and adapter-plugs to run any electric appliances. If blow-drying your hair is important to you, buy a cheap hair-dryer in South Africa. Digital cameras, iPods and the like usually come equipped with transformers that can handle different voltage environments, but you'll still need the right adaptor plugs.

Entertainment

Kigali is a rather sleepy town when compared to its giant neighbor, Nairobi, in Kenya. That said, there are a handful of lively dance clubs around town that might merit a visit. The Club Planète (also called the KBC because of its location) in the Kigali Business Centre is one of the most popular. The famous bar at the Hotel Mille Collines sometimes has a rowdy band playing next to the swimming-pool, but drinks and services are priced much the same as any upmarket hotel in the United States. Expect to pay about $4.00 for a beer!

Transport

There are three, highly efficient forms of transport in Rwanda that we will all undoubtedly use at some point. The most frequent are the ubiquitous moto-taxis, swarms of green-helmeted motorcyclists who cruise the city looking for local fares. They are by far the most efficient way to travel short distances if you have no luggage beyond a backpack and they have the added advantage of never getting stuck in traffic. Then there is an equally generous supply of automobile taxis for somewhat longer trips, trips involving more than one traveler, or any trips at night (the moto-taxis start to disappear from the city streets after dark). And finally, for getting out of Kigali to other major towns and villages around the country, there are the *matatus*, the venerable African mini-busses to be found from Cape Town to Dakar, which regularly crowd twenty people into a vehicle designed for fourteen. All the local taxi fares have to be negotiated on a case by case basis, so it's important to know what the going rates are for how far you're travelling. As a general rule of thumb, regular automobile taxis will cost two to three times as much for the same distance as the motorcycles because of steeper fuel costs and the prestige of riding in a car. Most rides around Kigali will cost you between $1.00 and $1.50. Tickets for the *matatus* all have fixed rates and can be purchased at the relevant bus-stop, the largest of which is Nyabugogo on the western flank of the city as the road winds out to Butare. Nyabugogo serves destinations to the north (Gisenyi) and west, and another bus-station across town in Remera serves eastern Rwanda.

Telephones

The Program Director will have a cell phone which can be borrowed to make calls home. You can buy airtime units to call using the phone; they generally come in 500, 1000 1500, 2500, & 5000 FRw increments.

CURRENCY IN RWANDA

The currency of Rwanda is the Rwandan franc. Currently, $1.00 is worth 800 FRw. Rwandan bills come in denominations of 100, 500, 1000, 2000 and 5000. Please note that, unlike in South Africa, not all ATM machines in Rwanda process foreign debit cards, however, there are some centrally placed machines that will dispense cash to your American debit card. Alternatively, you can bring all the money you estimate you'll need for Rwanda, preferably in crisp, **brand-new** $100 bills which you can exchange with local forex vendors). **Please note**: vendors will sometimes refuse bills that are too old, or too tatty; In general, it is better to use one of the several forex kiosks in the commercial district of Kigali, rather than the banks for currency exchange. There are a number of reputable places, but never change money with any of the blackmarket guys roaming around on the street – this is a sure way to get ripped off. In Kenya you'll be able to draw KES from ATM machines.

ACCOMMODATIONS

We will be staying in a modest little hostel compound run by a religious-oriented organization called MOUCECORE **http://moucecore.awardspace.com**. The compound includes a number of simple but clean and serviced rooms with two or three single beds, communal shower/bathroom facilities down the hall, a seminar room for our classes and a basic cafeteria which can provide simple snacks and refreshments for a small fee. Moucecore is in the neighborhood of Kacyiru, across the valley from the old, colonial district of central Kigali. It is in a safe suburban neighborhood just down the hill from the US embassy and surrounded by secure fencing. It is a modest, unpretentious and affordably priced facility, and should be perfectly comfortable for most young visitors. It's only disadvantage is that it's not very convenient to the restaurants, Internet cafes and the other attractions of downtown Kigali and will therefore require a short moto-taxi ride (or long walk) to get back and forth to town. However, there are some very cheap and modest little bistro-cafés within walking distance of Moucecore where you can get a drink and a snack. The chances are very good that you'll meet some interesting people around MOUCECORE to learn more about community outreach projects around the country.

LIVING SAFELY IN RWANDA

Rwanda, and more specifically the city of Kigali, where we will be during our stay is one of the safest places you will ever travel. It is possible to walk around the city at night without concern for one's safety and there are safety officers stationed at regular points around the city at night. In Rwanda we will typically move about as a group and it's always a good precaution to go out with someone else when you venture out by yourselves. Most important that you inform me or, at least, someone else in the group, when you go out and tell us where you're going, because if you get lost, locals may not be able to help because of the language barriers. The neighborhood we stay in is a friendly, welcoming place and locals will be happy to greet you and welcome your business in the local stores and eateries. The only real precautions you need to be alert to are whenever you use an ATM (but this precaution applies everywhere!) and be alert to pickpockets in the central bus station or in any markets you choose to visit. We will use Kigali's central bus station (Nyabugogo Taxi Park) a couple of times; it's always very crowded and noisy and you're constantly harassed by vendors, but we will traverse this area together as a group.



HEALTH INFORMATION

Getting the most out of your travels means staying healthy. Travelling in any developing country can sometimes be a challenge because of the variety of diseases to which one might be exposed, and the countries of Africa are no exception. You should always exercise precaution around the consumption of food and water. The water in Kigali is generally safe to drink, but I recommend that you **always** drink bottled water (Source du Nil) which is readily available in stores and kiosks for about 500 FRw ($1.00). Be wary of ice cubes and also fresh fruit and salads that may have been rinsed in contaminated water. Avoid food offered at streetside kiosks – the conditions under which it is prepared are often less than sanitary. You should have no problem with the water anywhere in Cape Town. You do not need any medications for your stay in South Africa – the most serious health threat there will be winter colds! I would also recommend having some general meds like aspirin, headache and diarrhea tablets.

The main health risk for us in Rwanda is malaria which in rare cases can be deadly. Although the risk of malaria is quite low in Kigali, in other parts of Rwanda it is more prolific. We will be there during the dry season which also lowers the possibility of malaria, but it is still highly advisable to take some form of malaria prophylaxis for the period you are there; you will probably be offered Malarone or Larium. Because of rare, but sometimes severe side-effects caused by Larium, Malarone is probably a better choice.

In addition, Rwanda also lies in an endemic yellow-fever zone and the Rwandan authorities technically require travelers to be in possession of a yellow-fever vaccination record (a bright yellow booklet), but frankly, I have never been asked for this document by any government authorities during my several trips around the region.



THE PROGRAM DIRECTOR

Professor **Shaun Irlam** has taught since 1993 in the Department of Comparative Literature and the UB Honors Program. He was born in Cape Town and grew up there. He completed an M.A. in English at the University of Cape Town on Thomas Pynchon before moving to the United States in 1985. He initially lived in Baltimore, Maryland, finishing a Ph.D in Comparative Literature at Johns Hopkins University. His teaching interests encompass English and French literature with an emphasis on the colonial and imperial histories of these two nations in Africa. He has frequently taught courses of contemporary African literatures and film. He is particularly interested in African literature, music and cinema, and has published on Senegalese novelist, Mariama Bâ, Congolese author, Sony Labou Tansi and Burundian writer, Perpétue Nshimirimana. His current research focuses on the Rwandan genocide in 1994 and the politics of ethnicity that has marred the Great Lakes region in the twentieth century, particularly in Rwanda, Burundi and eastern Congo.

THE ACADEMIC PROGRAM – 28 MAY / 27 JUNE 2019

The Coursework

The 6 credits earned in this Study Abroad Program comprise two 300-level 3-credit courses:

1. Political History of Southern Africa

This course introduces students to some of the most significant episodes in the violent history and major political struggles of South Africa from its origins to establishment of black majority rule in 1995. We will trace the turbulent course of South African political history from the first Dutch clashes with the Khoisan through the British imperial wars with Zulu, Xhosa and 'Boer,' the rise and fall of apartheid in the late twentieth century, finally to the Truth and Reconciliation Commission under Desmond Tutu in the late 1990s. In addition, we will focus in some detail on cultural articulations of South Africa's political history through significant literary texts, including works by 2003 Nobel laureate, J M Coetzee, and by prize-winning novelist and playwright, Zakes Mda.

2. RWANDA: Rebirth of a Nation

In April 1994, during peace negotiations with Tutsi rebels, Rwanda was abruptly plunged into a savage genocide that lasted 100 days and slaughtered close to 1m Rwandan Tutsis and Hutu allies. By July the country lay in ruins. This year marks the 15th anniversary of those appalling events. During this period the new Rwandan nation has made astonishing strides in rebuilding the country from complete devastation, providing justice for victims of the genocide through village-based *gacaca* courts and striving for national reconciliation between the country's alienated ethnicities. During this course we will read several works of history, memoir and literature about the genocide ***and examine recent films*** of this tragedy.

Field Trips

The field trips constitute a vital component of the overall academic program, allowing on-site visits to locations relevant to the historical and cultural issues we address in class. There will be several field trips around Rwanda and Cape Town as well as into the countryside to give you closer contact with the human geographies of both countries.

In Cape Town, we will visit the **Cape Town Castle**, built by the Dutch in the 1660s and the **District Six Museum**, center of a major reconstruction initiative that is attempting to repatriate communities forcibly displaced from the inner city by the government in the 1960s and 1970s. We will also take a tour of townships on the Cape Flats around the city and see firsthand how the legacies of apartheid linger on, posing a major challenge to the current government. Further afield around Cape Town, we will visit **Cape Point Nature Reserve** which is the south-westernmost tip of the African continent (but ***not*** the southernmost point!), take a ferry to the historic **Robben Island** (now a museum and World heritage site) where Nelson Mandela was imprisoned for many years, and make a tour of **Winelands**, a region of considerable importance for those interested in early colonial history in southern Africa.

While we are in Rwanda we will make field trips to the **Gisozi Genocide Museum** as well as site visits to the genocide memorials at **Nyamata** and **Ntarama** in the Bugesera region south-east of Kigali. In addition, we will spend a week-end on Lake Kivu in western Rwanda and visit the genocide memorials in Kibuye and Bisesero.

Course Requirements

Classes meet for **three hours** each day between 10:00 and 1:00 except where field-trip activities are substituted. All students make **brief class presentations** based on readings or field assignments. These, along with the readings themselves, will form the basis of our daily discussions. Each student will also keep a **travel journal**, recording their experiences and observations, and will turn in ***one*** short paper (5 pages) at the end of **each** 2-week course segment. Upon your return to the United States you will also be required to complete a longer, **final paper** (8-10 pages) that draws together texts we've read as well as your own travels/observations. You are thus required to write **three papers** overall and keep a daily **travel journal**. We shall discuss all the course requirements and other related details during our first orientation meeting in Cape Town.

The final paper will be *due* Friday, July 19 after you get home.

As Program Director, I *strongly recommend* that you set aside time prior to your departure to read the Required Readings. This will allow you to spend more of your time abroad roaming exploring Kigali and Cape Town and enjoying yourselves. I don't want you to spend all day in your hotel room reading each text for the first time!! So do the readings early, make notes and then you can simply refresh your memory in preparation for classes.

Required Books and Readings

We will read the following texts. You are responsible for obtaining and bringing them along with.you I will also distribute a set of supplemental readings to you in PDF format.

Political History of Southern Africa

- Adam Hochschild, *The Mirror at Midnight: A South African Journey*. (Mariner Books, 2007) ISBN 0618758259
- Antjie Krog, *Country of My Skull: Guilt, Sorrow and the Limits of Forgiveness in the New South Africa* (Times Books, 2000) ISBN: 0812931297. Excerpts will be provided in PDF format, but the entire book is worth reading!!
- J.M. Coetzee, *Disgrace.* (Viking Penguin,1999, rpt 2008) ISBN 978-0143115281
- Zakes Mda, *Ways of Dying* (Picador USA, 2002) ISBN: 978-0312420918

Rwanda: Rebirth of a Nation

- Philip Gourevitch, *We Wish to Inform You That Tomorrow We Will Be Killed With Our Families* (Picador, 1998) ISBN 0-312-24335-9
- Jean Hatzfeld, *Life Laid Bare: The Survivors in Rwanda Speak* (Other Press, 2007) 978-159051273-9
- Jean Hatzfeld, *Machete Season: The Killers in Rwanda Speak* (Picador, 2006) 0312425031

PROGRAM ITINERARY (APPROXIMATELY)

Sunday, May 27	**Arrive Cape Town, South Africa**.
Monday, May 28	Classes will begin at 10 am. Classes meet each morning from 10 am to 1 pm unless otherwise announced or displaced by field trips. Afternoons free.
Week of May 28	City walking tour/ Township tour – Mzoli's / Robben Island museum tour.
Week of June 3	Cape Point Nature Reserve, Boulders Penguin Colony/ Table Mountain, Winelands Tour
Saturday, June 8	**Evening flight to Johannesburg**
Sunday, June 9 morning.	**Midnight flight - Johannesburg to Nairobi.** Arrive in Kenya early Sunday
June 10-15	**Nairobi, Kenya**; *Giraffe Center, Sheldrick Elephant Orphanage, Bomas of Kenya, Nairobi Craft Market, University of Nairobi, National Museum and Botanical Gardens, Kenyatta Internal Conference Center, 4-day Masai Mara, Hell's Gate National Park & Lake Naivasha Safari*
Sunday, June 16	**Arrive in Kigali, Rwanda**
June 18	Field trip to Nyamata & Ntarama genocide memorials
Week of June 16	Gisozi Genocide museum; Memorial for U. N. Belgian paratroopers
June 21 – June 23	Week-end to trip **Kibuye** on Lake Kivu: **Lake Kivi Island Cruise**
Wednesday, June 26	Course ends.
Thursday, June 27	**Kigali to Nairobi. Overnight in Nairobi.**
Friday, June 28	**Morning: Nairobi to Johannesburg;**
June 28-July 2:	Weekend in **Johannesburg: Apartheid Museum; Lion Park**
Tuesday, July 2	Evening departure for NYC. Arrive JFK, Wednesday July 3

TRAVEL ARRANGEMENTS

Participants in this study abroad program are responsible for their own air travel to and from Africa, but that said, it is most likely that we will all want to coordinate our travel together. There are several flights to Cape Town and several different routes one can take, both direct and via Europe. The most practical might be South African Airways from JFK to Johannesburg and Cape Town.

An initial Orientation Meeting will be held at our accommodations on Monday, May 28.
All participants are required to attend this meeting without exception.

The program officially ends on July 11 in Johannesburg. Those of you returning home should plan your return flight for July 11 from Johannesburg. However, if you plan to travel elsewhere in Africa or wish to stay longer in Rwanda or Kenya, you must arrange your own travel and accommodation arrangements.

Once your travel arrangements are confirmed, you must submit a copy of your complete itinerary, including airline name, flight numbers dates and times of departure and arrival with a photocopy of your passport information to the Study Abroad Office. **Itineraries must be received no later than three weeks prior to departure.**

N.B.: American citizens do *not* require a visa for South Africa if they are planning to stay fewer than 90 days. However, short-term visas are required for Rwanda and Kenya. A 30-day tourist visa for Rwanda will cost $30 USD at the port of entry and a single-entry visa for Kenya can be purchased at the airport for $50 USD. Only USD is accepted – no local currencies, so keep crisp $$ handy for this trip!

Arrival in Cape Town

The Cape Town airport is roughly the same size as and organized like any mid-size American city airport. It should seem pretty familiar and user-friendly, so it's none too overwhelming. Once you've cleared Immigration and Customs and retrieved your luggage, you'll travel by shuttle with the Program Director into Cape Town (the airport is about 30 minutes outside the city, depending on traffic) to the Ashanti Lodge in Gardens. It's very important that you provide the Program Director with your precise arrival information beforehand, especially if you're not traveling with the group flight from New York on South African Airways. It would be helpful to have some local currency with you as soon as possible; there is a local ATM machine at the airport (to your left as you exit the airport building); here you can access your U.S. bank account if you have a card with the **Cirrus** logo.

PACKING

Packing is a critical aspect of your planning. Given that you will be traveling literally thousands of miles, it is evident that packing light is a paramount concern. Keep in mind that you're packing for summer and winter, but take heed of the details I gave about climate. The winters in South Africa can be frosty at night, but you won't see any snow. Night time temperatures may get into the low 40s but seldom colder in May/June. Temperatures occasionally dip below zero overnight in Johannesburg in July (where we'll be at the end of the trip). Keep in mind that residences in South Africa seldom have central heating!

The reality of the situation is that most people leave the chore of packing to the last moment and then attempt to take as much as they can with them. At some point, sooner or later -- usually sooner -- they come to regret it. This regret could have been avoided by simply observing the golden rule of packing: **NEVER PACK MORE THAN YOU CAN CARRY BY YOURSELF FOR A SUSTAINED PERIOD**. Practice carrying your luggage before you leave home. Veteran travelers recommend walking around the block and then up and down some stairs with your packed luggage to test your limit. Then imagine walking **10 times farther** with the same weight when you get to your destination.

Should you pack too much and still manage somehow to move it to your accommodations, your troubles will only be starting, for not only will you have to carry around what you brought with you when you travel, but you will also have to carry around everything you acquire during your stay abroad. Therefore, it is also important to leave empty space in your luggage for acquired things (and you ***will*** acquire things!).

Finally, the physical situation of touring is going to absolutely require that you have only the bare minimum of luggage with you, for if you exceed a certain size and weight limit, you will discover that your luggage simply will not "travel" -- it will drag you down instead, and bus drivers, taxi drivers, etc. will begin giving you a difficult time.

Check with your airline for allowances (size and weight) for checked and carry-on luggage. We recommend that you limit yourself to one suitcase and a backpack that you can use as a carry-on bag and a bag for shorter trips during the program. Your carry-on bag should include a change of clothing, small toiletries, medication, and any other items you will need immediately upon arrival, because luggage could be delayed or misrouted. This does not happen often, but it is better to be prepared.

You should put your name and address inside and outside each piece of luggage; fluorescent string or tape around your luggage will make it easier to find on the carousels at the airport.

Check with your airline for the most current information on restricted items in checked and carry-on baggage. If you are taking a battery-operated appliance (camera, alarm clock, etc.), pack it in your carry-on luggage with the batteries. Customs inspectors and security personnel may ask you to prove that the appliance is what it appears to be by turning it on.

Remember: please bring a light sleeping-bag and a light raincoat. You will be sure to use them. We are also going to do quite a lot of walking, hiking, and even some mountain-climbing (Table Mountain), so bring a sturdy pair of sneakers/running shoes. **Pack shoes you can walk in comfortably!**

There won't be very many opportunities to "dress up" so you don't need a bundle of high-fashion garments. Casual, comfortable clothes are going to be most useful with one or two warm sweaters or jackets.

CONTACTING HOME

Locally purchased phone cards in a variety of denominations make it easy to call home. To phone from anywhere in South Africa, you first dial 091 and then your US area code and number. If your family or friends wish to call you they dial +27 (Country code) 21 (City code) followed by the 7-digit local number. The time difference between South Africa and the United States (Eastern Standard Time) will be 6 hours in May/June. Remind your families that at 9 pm in New York it will be 3 am in Cape Town and 4 am in Nairobi, so that they don't call you in the middle of the night!!

Kigali, Nairobi and Cape Town are all as well-equipped as most American cities for staying in touch with folks abroad. Cybercafés are widely available. The Ashanti Travel Center has e-mail facilities on site. If you need to FAX anybody from Cape Town (does anyone use FAXes anymore?), there are Office centers like Kinko's from which this can be done. In Kigali, we were able to use the wireless service with a laptop at the Moucecore residence, but service was slow and spotty. It didn't work most of the time. The program director will have a cell-phone with which you can call home by buying units of airtime. 5000 FRw will purchase about 10 minutes of time.

IMPORTANT CONTACT INFORMATION

Program Director:

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South Africa

Telephone: +27 (0)21 686 8365
E-mail: irlam@buffalo.edu

Contact at UB Study Abroad Programs:

Mary Odrzywolski, Director
Study Abroad Programs
University at Buffalo
201 Talbert Hall
Buffalo, New York 14260

Office Phone: +1 716 645-3912
Fax: +1 716 645-6197
E-mail: studyabroad@buffalo.edu

UB Campus Police (24 hours):

Emergency Phone: +1 716 645-2222

U.S. Consulate General Johannesburg
1 Sandton Drive (opposite Sandton City Mall)
Johannesburg 2196
South Africa

Tel: +(27)(11) 290-3000 (from South Africa 011-290-3000)
Emergency: +(27) 702-7300 / 021-702-7411(from within South Africa)
Fax: +(27)(21) 702-7493 / 021-702-7493 (from within South Africa)
Email: consularjohannesburg@state.gov
Website: https://za.usembassy.gov/embassy-consulates/johannesburg/

U.S Embassy Nairobi
United Nations Avenue
Gigiri, Nairobi, Kenya

Tel: +(254) (20) 363-6451
Emergency: +(254) (20) 363-6170
Email: kenya_acs@state.gov
Website: https://ke.usembassy.gov/

U.S. Embassy Kigali
2657 Avenue de la Gendarmerie (Kacyiru), Kigali

Tel: 250-252-596-400-7000 (Monday through Thursday, 8:15 a.m. to 5:30 p.m. and Friday from 8:15 a.m. to 1:00 p.m.)
Emergency: 250-252-596-400, and dial 1
Fax: 250-252-596-591
Email: consularkigali@state.gov
Website: https://rw.usembassy.gov/

In South Africa :

Police	10 111
Fire/Ambulance	10 177
Emergency in Cape Town	107
Mobile Phones	112

In Kenya :

Police/Fire/Ambulance	112 or 999 or 911

In Rwanda :

Police	112
Fire	912
Ambulance	112
Traffic Police	113