Trinity in Cape Town
Fall 2015

Program Dates:
University of Cape Town

Leave the U.S.: July 7, 2015
Arrive in Cape Town: July 8, 2015
Depart Cape Town: November 14, 2015

University of Western Cape

Leave the U.S.: July 4, 2015
Arrive in Cape Town: July 5, 2015
Depart Cape Town: November 15, 2015

Note: Program start dates listed on the ISA website are the date that students should leave the U.S.

Phone: (860) 297-4178
Email: eleanor.emerson@trincoll.edu
Web: http://www.trincoll.edu/UrbanGlobal/StudyAway/programs/TrinityPrograms/CapeTown/Pages/default.aspx
### Campus Addresses / Emergency Contacts

<table>
<thead>
<tr>
<th>Trinity College Address</th>
<th>The Trinity in Cape Town Office</th>
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<tbody>
<tr>
<td>Office of Study Away</td>
<td>International Studies Abroad</td>
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<tr>
<td>Trinity College</td>
<td></td>
</tr>
<tr>
<td>300 Summit Street</td>
<td>Office 5, 1st floor Riverside</td>
</tr>
<tr>
<td>Hartford, CT 06106</td>
<td>Mall</td>
</tr>
<tr>
<td>Tel: (860) 297-2005</td>
<td>Corner Mail &amp; Belmont Road</td>
</tr>
<tr>
<td>Fax: (860) 297-5218</td>
<td>Rondebosch, Cape Town</td>
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<tr>
<td></td>
<td>7700 South Africa</td>
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</tbody>
</table>

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<thead>
<tr>
<th>Student Mailing Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>SEND ALL STUDENT MAIL HERE</td>
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<tr>
<td>STUDENT NAME</td>
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<td>c/o International Studies Abroad</td>
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<tr>
<td>Office 5, 1st floor Riverside Mall</td>
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<tr>
<td>Corner Mail &amp; Belmont Road</td>
</tr>
<tr>
<td>Rondebosch, Cape Town</td>
</tr>
<tr>
<td>7700 South Africa</td>
</tr>
<tr>
<td>Tel: 011-2 (721) 685 2053</td>
</tr>
</tbody>
</table>

### Emergency Contacts

**During Business Hours:**
Office of Study Away  
(860) 297-2005 or 2364

**Emergency Medical Care:**
Contact HTH Insurance  
Inside the U.S. at 1-800-257-4826  
Outside the U.S. (collect) at 1-610-254-8771

**After Hours / Weekends:**
Call Campus Safety in Hartford and they will contact an on-call staff member:  
(860) 297-2222

[Website](http://webedit2.trincoll.edu/UrbanGlobal/StudyAway/programs/TrinityPrograms/CapeTown/Pages/default.aspx)
CONTENTS

Important To Do Checklists!

To Do - Before You Leave Campus

To Do - No Later than One Month Before Departure

To Do - Any Time Prior to Departure

Academics

COURSES AT A GLANCE:

Course Information

Registration

Add/Drop

Books & Supplies

Attendance

Intellectual Honesty

Grade Reporting

Academic Standards

Credit

The University of Cape Town

The University of Western Cape

Academic Differences

Billing, Fees, & Financial Aid

Billing & Fees

Financial Aid

Studying & Living in Cape Town

Arrival in Cape Town

Directions to Campus

Housing

Lodging at Cape Town

Rooming arrangements

Program Services & Amenities

Meals

Local Transportation

Nearby Hotels

Visits by Family & Friends

Laundry, Linens, & Cleaning

Computers & Libraries

Mail from Home
<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Telephone Communications</td>
<td>22</td>
</tr>
<tr>
<td>Staff Support</td>
<td>22</td>
</tr>
<tr>
<td>Developing Your Own Focus: Getting the Most out of Your Time</td>
<td>23</td>
</tr>
<tr>
<td>Pre-Departure Preparation</td>
<td></td>
</tr>
<tr>
<td>Flight Booking: Arrival &amp; Departure Dates</td>
<td>24</td>
</tr>
<tr>
<td>Personal Belongings / Baggage / Shipping Belongings</td>
<td>25</td>
</tr>
<tr>
<td>Electrical Appliances</td>
<td>25</td>
</tr>
<tr>
<td>When Packing Time Comes!</td>
<td>26</td>
</tr>
<tr>
<td>Travel Documents</td>
<td>27</td>
</tr>
<tr>
<td>Passports</td>
<td>27</td>
</tr>
<tr>
<td>Visas</td>
<td>27</td>
</tr>
<tr>
<td>International Students on F-1 Visas</td>
<td>27</td>
</tr>
<tr>
<td>Money: How to Plan</td>
<td>28</td>
</tr>
<tr>
<td>Banking in Cape Town</td>
<td>28</td>
</tr>
<tr>
<td>Using a U.S. Bank Account</td>
<td>29</td>
</tr>
<tr>
<td>Credit Cards</td>
<td>29</td>
</tr>
<tr>
<td>Currency Conversion</td>
<td>29</td>
</tr>
<tr>
<td>So How Much Money Should I Bring?</td>
<td>30</td>
</tr>
<tr>
<td>Medical Issues</td>
<td>31</td>
</tr>
<tr>
<td>Health Insurance:</td>
<td>31</td>
</tr>
<tr>
<td>Medical Emergencies</td>
<td>31</td>
</tr>
<tr>
<td>General Medical Recommendations</td>
<td>32</td>
</tr>
<tr>
<td>Medical Advice In Summary</td>
<td>32</td>
</tr>
<tr>
<td>HTH Flowchart</td>
<td>33</td>
</tr>
<tr>
<td>Regulations Regarding Behavior</td>
<td></td>
</tr>
<tr>
<td>Code of Conduct</td>
<td>34</td>
</tr>
<tr>
<td>Violating Rules: Consequences</td>
<td>35</td>
</tr>
<tr>
<td>Safety &amp; Security</td>
<td></td>
</tr>
<tr>
<td>General Information &amp; Recommendations</td>
<td>36</td>
</tr>
<tr>
<td>When in Public</td>
<td>37</td>
</tr>
<tr>
<td>Money and Valuables</td>
<td>37</td>
</tr>
<tr>
<td>Do Research Before Traveling</td>
<td>37</td>
</tr>
<tr>
<td>While Traveling</td>
<td>37</td>
</tr>
<tr>
<td>Hotels &amp; Hostels</td>
<td>37</td>
</tr>
<tr>
<td>Special Considerations for Women</td>
<td>38</td>
</tr>
<tr>
<td>Gay, Lesbian, Bisexual, and Transgender Issues Abroad</td>
<td>38</td>
</tr>
<tr>
<td>Disabled Students Abroad</td>
<td>39</td>
</tr>
<tr>
<td>Personal Property and Liability Insurance</td>
<td>39</td>
</tr>
</tbody>
</table>
Use this page to take notes on things that you don't want forget (during orientation, for example).
Introduction

You are about to begin one of the most exciting and challenging periods of your life! Your new home will be the Trinity College Cape Town program in the university neighborhood of Mowbray and Rondebosch. You will attend classes given by African and European professors, you will hear foreign languages (even though English is the official language) and meet people from all over the world. After taking more photographs than you will ever persuade your family to look at, you will return home more tolerant, more independent, and better informed about the world in which we live. The friends you make in Cape Town will be friends for life. Every detail of your stay, from classes to travel adventures, will remain in your mind long after the “reverse culture shock” of adjusting to life back in the States.

This guide contains information regarding some of the many details for your stay in Cape Town. Of course, it will not prepare you for everything—that would take away the fun of your individual overseas experience. This is intended as a supplement to the orientation you will receive when you arrive in Cape Town. We strongly recommend that you familiarize yourself with the content before you leave! It will be very helpful as you prepare for your move to Cape Town!

The Trinity in Cape Town program is a hybrid program in cooperation with ISA. Trinity has academic staff in Cape Town but utilizes the program infrastructure of ISA to give students a dynamic, challenging and academically strong program. The Trinity Academic Director teaches students the Trinity core course and also facilitates and oversees the student’s internships in conjunction with the ISA staff. ISA oversees student orientation, housing, and provide academic and student support services throughout the semester.

Greetings from Cape Town

Welcome!

We would like to congratulate you for you are about to embark on one of the most exciting experiences of your college career. Indeed, studying abroad is one of the wisest decisions one could make because, if the goal of education is to broaden a student’s horizons, there is no better way to achieve this than by living and studying in a foreign country.

During your African adventure you will grow intellectually and socially, you will be exposed to several new cultures and learn how societies find diverse solutions to similar problems. With South Africa and Africa at your doorstep it will be a semester of discoveries. Your beliefs on many topics will be challenged and you will learn a great deal about yourself and the world you live in.

It is our belief that this “epiphany” could happen anywhere in the world. However, spending your semester in a country whose transition over the years since apartheid has been watched by the world is likely to add a new dimension to this personal discovery you will experience. We at Trinity College in Cape Town will do our best to make sure that, like all of the students who have studied on this program before, your term abroad will be the most memorable of your college experience. We look forward to your arrival!

Trinity College in Cape Town Faculty and staff
Important To Do Checklists!

The following checklists contain important “to do” items, organized by what needs to be done immediately, what needs to be done while still on campus the term prior to departure, what needs to be done at least a month before departure, and what needs to be done at any time prior to departure. **We recommend that you actually check these things off as you do them. Except for the few that are labeled “optional,” you MUST do all of these things, and doing them within the time frame recommended will make your preparation to study abroad as stress free as possible.** Please note that the only critically important “to do” items that are NOT on these lists are those detailed in the visa application instructions provided on our web site (see first to do item below for details).

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**To Do - Immediately**

The following two items are important to do right away. Delay can jeopardize your opportunity to study in South Africa.

- **Review visa application requirements and get started on the process.** The first and most important thing to do once you have decided to study in South Africa is review the visa application requirements, which you will find on our web site. DO NOT DELAY in reviewing the visa application procedures, as they are involved and stressful, if not impossible, to complete at the last minute. They are NOT stressful if you get them done in a timely manner.

- **Ensure that you have a valid passport.** In order to receive a visa to study in South Africa, students must have a passport that is valid for a full six months AFTER the end date of the program, which can be found on the cover of this handbook. Do not make the mistake of not checking your passport. If the South African consulate denies your visa application because of passport validity issues, it will typically be too close to the start of the program to get your passport renewed and visa application resubmitted in time for departure.

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**To Do - Before You Leave Campus**

Here are a few things that you should do while you are still on campus (the term before you will be studying in Cape Town).

- **Meet with your academic advisor(s) before leaving.** Discuss the courses that you think you’re going to take in Cape Town and make sure that you understand any requirements that you need to fulfill in order to graduate that can be met while in Cape Town. It is very important to know how your studies abroad will fit with your graduation and major/minor requirements.

- **Make on campus housing arrangements for your return, if you will be living on campus.** Check with the Office of Residential Life with regard to policies and procedures in order to plan for your return to campus. Trinity students may need to designate a proxy for the housing lottery, and this should be done before leaving campus the term prior to study abroad.

- **Meet with someone in Financial Aid (if applicable).** If you receive financial aid, meet with someone in the financial aid office. Trinity students should meet with Morgan Pohorylo in the Financial Aid office and can make an appointment with her by going to www.mywco.com/studyaway.
To Do - No Later than One Month Before Departure

- **Book your flight.** See “Organizing a Flight” in the Pre-Departure Preparation section of this handbook for details. You must arrive on the start date of the program and depart by on the final day. Accommodations are up to you if you arrive before then or stay later.

- **Go in for routine exams – have a physical and dental cleaning.** If you have already had a check-up and dental in the past six months and aren't having any problems, you can check this item off the list! Otherwise we recommend that this be done at least a month before departure so that there is time for any necessary follow-up care.

- **Notify the Office of Study Away of ongoing medical treatment.** If you are receiving ongoing treatment of any kind, or anticipate needing treatment of any kind during the semester in Cape Town, please notify us at Eleanor.emerson@trincoll.edu or (860) 297-4178. This information will only be shared with key staff members in Cape Town.

- **Notify credit and debit card companies of travel / also scan cards.** Call all of your credit/debit card companies and tell them that you are moving abroad. They will put you in touch with a fraud prevention expert who will associate your travel dates with your account. **You must do this, or your account will be frozen, usually after two weeks of using the card abroad.** Also, scan all cards and email yourself the images, or make sure you have the card number, expiration info, security code on the back, AND the international phone number for the card in a secure place. If you lose a card, you will need this information.

To Do - Any Time Prior to Departure

- **Review the Cape Town program’s Regulations Regarding Behavior.** You can find the regulations regarding behavior in this handbook. For your safety, and the safety and well-being of other students on the program, these regulations will be strictly enforced. We want you to have an incredible academic and personal experience in Cape Town that you will remember for a lifetime – and we want you to do so safely and without infringing on the ability of other students to do the same. **Any student who endangers themselves or others and/or engages in illegal activity or other activities forbidden by the regulations will be expelled from the program.**

- **Make Plans concerning Graduate Exams (if applicable).** If you are studying abroad during spring of your junior year and planning on taking a graduate or other exam (e.g. LSAT, GRE, and MCAT), you may need to register before you go abroad, or while you are away. Be sure you are aware of when and how you need to register and plan accordingly. Some graduate school exams (Foreign Service, LSAT, GRE, etc.) can be taken in Africa, if you are studying away during fall of senior year. Check with the official organization associated with the exam.
Optional but recommended: Change $200 USD into South African Rand. Visit a bank to have $200 changed into Rand before departure. This is recommended so that you have cab fare and money on hand for your first days in Cape Town. You will be jet-lagged and excited and somewhat overwhelmed, and it makes things less stressful if you don’t have to worry about finding an ATM right away.

Register with the U.S. Embassy or of your home from their nearest U.S. embassy or consulate. See https://travelregistration.state.gov/ibrshome.asp

Check it out! The U.S. State Department has launched a “Students Abroad” website designed for students, their parents, education abroad professional, etc. It has great information and students may download flyers called Go! guides as well as a Tips to Go Wallet Card. http://studentsabroad.state.gov/country Students must register with the U.S. Embassy (or the embassy of their home country). Travel registration is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. Registration allows you to record information about your upcoming trip abroad that the Department of State can use to assist you in case of an emergency.

Know Before You Go

Prior to arriving in Barcelona, you should be able to answer the following questions.

1. What is a current important issue in your host country?
2. How do you think this particular issue will impact your study abroad experience?
3. What are some questions and/or concerns you have about your study abroad experience?
4. Who is the leader of your host country and what is their title?
5. What type of government do they have?
6. What is the population of the city and country?
7. Who is a famous author or artist from the country?
8. What type of transportation is available in the city?
9. What is the average income?
10. What is their health care like?
11. What is the name of the major newspaper?
12. What is a traditional meal or food?
13. What are the names of 5 largest cities in the country?
14. What safety information and issues in the country do you know?
Read These Important Safety Tips!

We’ll talk about this during orientation, but in the meantime, here’s some key safety advice that we hope you’ll keep in mind throughout your semester abroad:

Stay with your friends...and watch out for your friends!
When you are out at night, don’t leave them alone or stay behind when they go back to apartment.

Don’t stay out late, especially alone, and especially if you’ve been drinking.

Don’t abuse alcohol while abroad. Know your limits!
Alcohol plays a role in most student accidents, both in the U.S. and abroad.

Contact our 24/7 on-call staff in Cape Town immediately if anything happens to you or a friend, or if you have reason to be concerned.

Academics

We want to emphasize that the program in which you will be participating is, first and foremost, a serious academic enterprise. The expectations for your academic work on the part of the faculty in Cape Town are high, and our faculty and staff assume that you are going to Cape Town intending for your focus to be academic study. Of course, we want students to have incredible personal experiences as well. We know that you will form lifelong friendships, travel around South Africa and perhaps other African countries, and have a great deal of fun along the way. We cannot emphasize enough, however, the importance of arriving in Cape Town prepared to devote yourself to study, culture, and the subjects of whatever other courses you choose to enroll in.

The Trinity in Cape Town program combines a Trinity College-taught class and university classes at the University of Cape Town or the University of Western Cape.

COURSES AT A GLANCE:

Students must bring back a minimum of 4.00 credits and a maximum of 5.50 credits for the semester. Students may not take their university classes pass/fail.

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>Program Core Class – CPTN 279: Imagining South Africa</td>
<td>1.0 credit</td>
</tr>
<tr>
<td>2 or 3 classes at the UCT or UWC</td>
<td>1.0 credit each</td>
</tr>
<tr>
<td>Internship</td>
<td>1.0 credit</td>
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</tbody>
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Course Information

Trinity Courses

All students on the program take the core course entitled, “Imagining South Africa”, taught by Sibs Moore. This course is intended to provide an interdisciplinary context for your experience in South Africa. The goal is to systematically relate your personal experience in South Africa with your experiences in the United States in general and at Trinity College in particular. The focus will therefore be comparative. Readings will expose you to South Africa from various angles, from that of an Afrikaner soul-searching liberal (Rian Malan); the autobiography of the daughter of a white liberationist communist couple (Gillian Slovo); a black consciousness leader (Steve Biko); and a political commentator on the Truth and Reconciliation Commission (Antjie Krog). The course will conclude with an analysis of a post-modern, post-apartheid novel (J.M. Coetzee).

Internships

The internships are designed to give students the opportunity to learn more about South Africa and are not necessarily professional-type business positions. Many of the placements are with organizations that are very understaffed so students must be proactive and take the responsibility for their experience. These internships give students firsthand experience working in a local NGO, school or other organization and can be very rewarding but demands flexibility and sensitivity. In addition to the required contact hours, students must complete an 8-10 page paper at the end of the semester to receive credit. The students’ grade is based on the field supervisor’s evaluation, attendance and the paper.

Internships selection and placement will take place in the U.S. prior to arrival in South Africa. During the orientation period in Cape Town, students will meet with their organization and discuss schedules and availability. Because internship selection takes place prior to arrival, it is imperative that students think carefully about where they would be interested in working. Students may not change their minds about organizations after they arrive in Cape Town.

Trinity Academic Director Sibs Moore, together with the ISA staff, will provide students with academic and social support in their internships. They will also instruct students who are placed in internships about the required paperwork that they must complete to ensure that they are properly registered.

Please refer to the list of internship options provided by the Office of Study Away in the Internship Handbook.

University Courses:

The 2-3 remaining courses will be taken at the University of Cape Town or the University of Western Cape. Students typically earn 1.0 transfer credit for each course taken at UCT or UWC (this can sometimes vary). While students have a wide range of classes to choose from, they must be liberal arts courses (no business, journalism, law, or any professional-oriented courses) and students must get approval from the Trinity College Registrar and their academic advisor in Hartford for credit.

It is recommended that students primarily take 200 and 300 level courses. (Note: 200-level courses may require 1-2 previous courses taken in the subject of study; 300-level courses typically require 3-4.) Students studying in Cape Town for one semester may not take courses that run for a full academic year.

The University of Cape Town (UCT) is South Africa's oldest university, and is one of Africa’s leading teaching and research institutions. UCT was founded in 1829 and was formally established as a university in 1918. The university moved to its present site - the Groote Schuur Campus on the slopes of Devil's Peak - in 1928. During apartheid, UCT

Note that it is not possible to take courses Pass/Fail on the Cape Town program.

Course Load Requirement. Students must take a minimum of 4 credits and a maximum of 6 credits.
was designated as a “white” institution, but today the University has started to reflect the diversity of the entire South African population in terms of students, faculty, and staff. The student body is now 50% white and 50% black or “colored,” but the majority of the faculty remains white. The university continues to work towards the goal of becoming a truly representative institution that is equally accessible to students from all over the African continent. Approximately 20,000 students attend UCT, including over 6000 international students from over 70 countries. Approximately 500 students spend 1-2 semesters studying abroad each year at UCT. Courses at UCT are rigorous and often include 3 or 4 lectures plus 1 tutorial every week or every other week depending.

The University of the Western Cape (UWC) is a national university committed to nurturing the cultural diversity of South Africa and responding in critical and creative ways to the needs of a society in transition. Located in the northern suburbs of greater Cape Town, the campus is tucked between the mountains and the sea and has a history of creative struggle against oppression and discrimination. Established in 1959 as a constituent college to the University of South Africa Pretoria, it began as an apartheid institution for people classified as “coloured” and was entirely under White control. It was granted independence in 1970 and today has seven faculties and over one hundred departments. The UWC offers a varied and cosmopolitan community of over 13,700 students. Students attending UWC will be provided with a bus pass every thirty days. In the morning rush hour, it can take 45 minutes to get to campus so students must plan accordingly. Bus passes expire after thirty days. If the last day falls on a weekend, you can either be given your pass earlier and lose a couple of days on it or have ISA give it to you early Monday morning. ISA will explain this more during orientation.

Students are encouraged to see this bus ride as another way to experience the culture and to maybe even meet new people. Since it can take a while to get to the campus, students should also stay out there as long as they can and take advantage of the library and other offices instead of rushing back to Cape Town. It is a very nice campus.

**Registration**

**Official course registration** will take place upon arrival in South Africa. The on-site staff will orient students to the universities there and help them through the course enrollment process.

Students will be automatically enrolled in the two Trinity taught courses (Imagining South Africa and the Internship course)

Course registration at UCT and UWC is very different from Trinity. This is often a source of great frustration at the start of the semester so students are reminded that patience and flexible are very important. Upon arrival in Cape Town, the ISA staff will work with each student to help get them enrolled in the desired courses but students must also show initiative and autonomy throughout this process.

University courses and course schedules are often not set and released until a week or so before the start of registration for the spring/first semester since this is the start of the academic year. For the fall/second semester, the schedules are already in place so schedules should be set well in advance of registration.

Because each academic department (faculty) operates autonomously from other departments (unlike here in the US), and because fully matriculated students major in a department from their entire university career, course schedules are set for each department without considering other departments’ schedules. Therefore, students may find that courses they are interested in from different departments will have the same schedules, so it is very important for students to have backups.

**Add/Drop**

Both universities will have an official add/drop period when students can make changes to their courses.

If any changes are made to courses, students must be sure to get verification of the change made ensure that it was done correctly. Any course that appears on the UCT or UWC transcript will transfer to the Trinity transcript.
Grade Reporting

Grades earned by Trinity College students will appear on their regular Trinity transcripts (if you are a non-Trinity student, check with your study abroad advisor on your school’s policy concerning grades earned while abroad). Many students from other institutions may not have their grades transfer to their home institutions. However, this does not mean that the grades earned in your study away country by non-Trinity students are invisible. Virtually all U.S. graduate and professional schools require original transcripts of all undergraduate work completed, therefore, if you plan at any time to attend graduate school, you may expect that the grades you earn while abroad will be evaluated.

For visiting students: Bring course materials provided by your faculty (reading lists, syllabi) and your work (essays, etc) back to the U.S. with you. These will be necessary in case there are any questions about credit transfer or the work that you have done.

Trinity’s programs abroad are an extension of the quality of education offered at the home campus. In that regard, they do not represent a temporary “time-out” or separation from standard academic policies and procedures, but operate in tandem and conformity with the principles that govern the Hartford curriculum. This means that adherence to academic deadlines, as well as the consequence of grades (including poor grades, failing grades, and grades of excellence) and credit earned at Trinity-administered programs abroad are subject to the same rules and regulations that prevail in Hartford. Students participating in Trinity-administered programs—including visiting students—are, therefore, reminded to consult the Trinity College Student Handbook for details regarding academic probation, faculty honors, transfer credit, etc. while studying abroad.

Download the Trinity College Student Handbook at the link below. All students, Trinity and visiting, are expected to be familiar with the contents of the student handbook: www.trincoll.edu/sitecollectiondocuments/studenthandbook.pdf.

Academic Standards

As part of the online steps to confirm your place, you will electronically sign and agree to Trinity College rules of conduct and academic regulations. You are subject to these rules while studying away, whether you are a Trinity Student or visiting student. The rules that you have agreed to can be found in your online application (post-acceptance section) and in the Trinity College Student Handbook (see link to download the handbook above).
Credit

Students must take a minimum of 4.0 credits and a maximum of 6.0 credits for the semester. Trinity students will receive In-Residence Credit for the Trinity core course and the internship, as they are courses taught and overseen by Trinity-appointed faculty at the site. In-residence credit courses do not need to be listed on the Application for Transfer Credit form (referenced below). Students will be enrolled and credited automatically.

Transfer Credit courses are not taught by Trinity-appointed faculty and are those taken at the local university. Students must complete and submit to the Registrar an Application for Transfer Credit (available from the Trinity Registrar) to ensure that they are choosing courses at the university that are appropriate to be transferred back to Trinity. Students may not take business courses, practical/technical, non-liberal arts courses. Grades received for transfer credit on Trinity programs will be calculated into the students GPA. The grades are translated into the American system before being posted on your Trinity transcript (see grade conversion chart below for both universities). It is the responsibility of the student to complete the Application for Transfer Credit PRIOR to going abroad to ensure that courses will be approved for credit.

The University of Cape Town

ISA is not a part of Trinity College so all academic questions must be referred to Trinity College.

All students are strongly advised to review their course choices with their academic advisor and department chair IN ADVANCE of the program start date. It can be challenging to figure out which courses are offered when in advance. Therefore students should choose 8-10 courses that interest them and get academic approval for them before leaving to make the enrollment process in Cape Town a bit easier.

Until credit is awarded, students are advised to keep a file with all course papers and course work as well as the course codes and the professor’s name and contact information should you need to follow up on anything, especially after you return to Hartford. The university will send the Trinity Office of Study Away (OSA) the official transcripts for the students. This usually takes a couple of months so students should not assume there is a problem because they cannot see their grades in TCOnline. Once the transcripts are received, the grades are converted to an American scale before being recorded by the Trinity Registrar. Please see the conversion tables

The University of Cape Town awards undergraduate degrees using the traditional Honors Classification system. Honors Classification is based on the average of final percentile marks awarded in qualifying courses taken for the degree.

The following scale is used:

First Class
Upper Second Class
Lower Second Class
Third Class

Interstudy students are assessed fully in accordance with the criteria and procedures applied to degree seeking students. The percentages obtained are then converted to American letter grades in accordance with the guidance scale below:

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Letter Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>80%-100%</td>
<td>A+</td>
</tr>
<tr>
<td>75%-79%</td>
<td>A</td>
</tr>
<tr>
<td>70%-74%</td>
<td>A-</td>
</tr>
<tr>
<td>67%-69%</td>
<td>B+</td>
</tr>
<tr>
<td>63%-66%</td>
<td>B</td>
</tr>
<tr>
<td>60%-62%</td>
<td>B-</td>
</tr>
<tr>
<td>57%-59%</td>
<td>C+</td>
</tr>
<tr>
<td>54%-56%</td>
<td>C</td>
</tr>
<tr>
<td>51%-53%</td>
<td>C-</td>
</tr>
<tr>
<td>50%</td>
<td>D</td>
</tr>
<tr>
<td>0%-49%, DPR</td>
<td>F</td>
</tr>
</tbody>
</table>

Key to Symbols Used

DPR  Coursework before the exam period did not warrant entry to the exam
CC   Coursework Continuing, grade available at end of academic year
GP   Grade Pending, available at the end of the academic year
I    Incomplete
NG   No Grade yet reported, updated transcript to follow
W    Withdraw from course; two-weeks or later after the 1st day of academic semester
Academic Differences

The academic system in South Africa is different from what you are used to in the U.S. It is more similar to the British tutorial system. South African students do not take many electives or general education requirements. Thus, they specialize in their majors or fields of study earlier and often are more advanced in their concentrations than U.S. students are as undergraduates. Professors expect students to be independent, self-motivated, and able to keep up with their reading and prepare for the final examinations without receiving as much direction (such as regular help, homework to keep you on track, very specific reading lists, etc.). In short, the system is geared toward students who are self-sufficient, hard-working, and deeply interested in the subject matter. Students have greater responsibility and must show greater initiative in a less-structured environment. Depending on the course and the professor, there may not be a syllabus or regular homework. Rather students may be given a list of books to read throughout the semester.

Teaching methods normally involve a mixture of lectures, tutorials and seminars. Almost every course combines a large lecture that meets once or twice a week with a small weekly seminar that resembles a 15-20 person Trinity discussion class. Courses may involve fewer contact hours than you are accustomed to, because they are intended only as a starting point for independent study outside of class.

Final examinations usually count for a significant portion of students’ final grades. Students should ensure that they know when their exams are and be sure to attend them. Exam schedules are set by the central ad-
ministration and are not flexible, so be sure not to miss your examinations! There is no flexibility or recourse if a final exam is missed so students must take this very seriously.

It is important for students to know that courses are designed for an academic year, even if they are offered for a semester. In other words, a second semester course is going to be building upon the first semester course. Study abroad students can still take the course in the second semester but it is helpful to know this in advance.

Students are encouraged to seek help from the professor if needed but there is a very strict protocol for going about this. The student may never contact the professor directly but rather always go through the secretary. If a student needs help, they will probably start with a group tutorial session which they must sign up for. If additional help is still needed, they go to the secretary of the faculty and make an appointment with the professor. Communication with professors should always be very formal and respectful, as is the custom in South Africa.

# Billing, Fees, & Financial Aid

## Billing & Fees

The Office of Student Accounts can be reached at 860-297-2027. They can answer any questions about billing; for questions related to the specific costs of the program (what the charges are for), look for "Billing & Fees" information in the program website in the "Accepted Students" section of our web site, or contact the Office of Study Away at (860) 297-4178.

Make your payments by check payable to Trinity College.

VISITING STUDENTS - you must complete the Financial Responsibility Agreement form (downloadable in the post-acceptance section of your online application), and it should be sent directly to the Office of Student Accounts at Trinity College, 300 Summit St., Hartford, CT 06106. Please do not send the form to the Office of Study Away.

VISITING STUDENTS – check your home school for the billing agreements. Some schools now pay the deposit and/or tuition directly. Please be aware that Trinity cannot bill schools and families separately. For example, if Bucknell University pays only the tuition portion ($10), and a Bucknell student is responsible for Room & Board ($5), both will receive a bill for the full amount ($15), and must submit only the amount you owe.

VISITING STUDENTS - if you expect financial aid from your home institution to be sent to Trinity to pay some or all of your bill, notify the Student Financial Aid Office, Trinity College, 300 Summit Street, Hartford, CT 06106-3100 in writing that this will be the case (please send this along with the financial responsibility agreement form). Include a copy of your financial aid award letter from your home school for the semester. If you or your parents wish to use a payment plan, you must contact the Student Financial Aid Office at Trinity at (860) 297-2046 to make appropriate arrangements with that Office.

**Date of Billing:** Students will be billed the entire program fee, less the nonrefundable $500 deposit if applicable '(unless the deposit has been waived for financial aid reasons) in July (for fall semester) and November (for Spring semester). Bills will be due in August for fall term and December or early January for spring term.

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## Financial Aid

**Trinity Students:** the Trinity College Office of Financial Aid can be reached at 860-297-2046. Trinity students should talk with Morgan Pohorylo about their financial aid packages. It is possible to set up a meeting with her using our online appointment system at [www.mywco.com/studyaway](http://www.mywco.com/studyaway).

**Visiting Students:** There is no Trinity sponsored financial aid available for non-Trinity students. Please consult your home campus for information relevant to your situation.
You will either fly directly to Cape Town International Airport or you may enter South Africa through Johannesburg International Airport and transfer on a national/domestic flight to Cape Town. Whenever possible we recommend that students fly directly to Cape Town as this reduces inconvenience and exhaustion.

Students arriving on the program start date will be met at the airport by the ISA staff. From the airport you will be taken to your apartments. Students will attend one week of orientation activities organized by ISA and the host universities.

At the end of the semester, students are responsible for their own transportation back to the airport.

**Directing Your Taxi Driver**

Should you need to get your own way to the apartment building, be sure to use a licensed driver outside of the airport. Ignore all the people inside the terminal asking if you need a taxi and proceed outside to official taxi stand. It will either be a meter or a set rate for where you are going.

**Directions to Campus**

The address is:
The Nest
46 Durban Road
Rosebank/Mowbray

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All payments must be received and cleared before you arrive at the start of the program.

**Transcript Fee:** Visiting Students will be billed by the Trinity College Student Accounts Office a one-time $25.00 transcript fee that will entitle students to unlimited transcript production services (Trinity College students have already paid this fee and therefore will not be billed again). As alumni/ae, you will likely need original, official transcripts from Trinity for graduate or professional school, for most scholarships and fellowships, and for many employers.

**Where to send payment:** Send all payments directly to the Office of Student Accounts (make checks out to Trinity College):

Office of Student Accounts
Trinity College
300 Summit Street
Hartford, CT 06106

**Collection Costs in case of Non-Payment:** Any collection costs incurred by the College will be assessed to the individual responsible for paying the bill and/or the student attending the program.

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**Studying & Living in Cape Town**

**Arrival in Cape Town**

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Housing

Lodging at Cape Town

Trinity students live in fully furnished apartments, fondly called The Nest, with other American students on the ISA program. The apartment building is locked at all times, with a security guard 24/7.

Housing options are arranged for Trinity students by ISA. All of the apartments are single rooms in an apartment shared with another student and are fully furnished and equipped with basic necessities, such as silverware, sheets, blankets, cooking utensils, etc. You will need to provide your own pillow and towel.

The apartments are situated in the neighborhood of Rosebank/Mowbray and there is a bus stop right at the apartment building to go to both UWC and UCT. For security reasons in the building, guests are usually not permitted in the apartments after 10:30pm. Permission for overnight guests must be obtained by the building manager 24 hours in advance and there may be a fee.

Rooming arrangements

Students can request to live with another student in the Trinity group or will be assigned a roommate based on information provided in the housing form. South Africa is a different climate from North America so students must adjust some living habits.

For example, any food left out on the counter or in the sink (not in a container) will attract bugs. Also, when showering, the window should be oped a bit for ventilation so mold does not develop.
Program Services & Amenities

Meals

Since students are living in apartments, there is no meal plan and they are responsible for preparing their own meals. Upon arrival, students will be shown around the neighborhood, including the closest markets.

Local Transportation

Students can walk around their neighbourhood during the day but by night caution should be used. There are many taxi companies available for getting to places beyond the university area and ISA will provide that information for students upon arrival. Students attending UWC will be given a bus pass every 30 days and the bus stop is right outside the apartment building. In the mornings at the busiest time, it can take 45 minutes to get to UWC. Students attending UCT can take the university shuttle to campus which is located close to the apartments.

Nearby Hotels

There is a wide variety of places for family and friends, from youth hostals to highend hotels around the Albert & Victoria Waterfront area.

A nice hotel in the university area and Rondebosch neighborhood is
Little Scotia Guest House
5 Rustenburg Avenue
Rondebosch
7700
Cape Town
http://www.scotia.co.za/home

Visits by Family & Friends

Students must get permission from the building manager 24 hours in advance for any overnight guests and there is a fee.

There are hotels located nearby with a range of costs and the on-site staff are happy to give you recommendations.
Laundry, Linens, & Cleaning

You will be provided with linens, blankets, pillowcases. Laundry machines are located in the building. Students should bring a pillow and towels or they can be purchased in South Africa.

Computers & Libraries

Students are strongly advised to bring their laptops to Cape Town if they want to have 24 hour access to a computer. In order to access the Trinity library and resources, you must get a VPN connection loaded onto your computer. Please see the Library or the IT department for assistance. All apartments have internet access but students can also utilize the computers in the University library. There are also Internet cafes located throughout the city.

Students should ensure that their computer is up to date on the latest anti-virus programs and software before leaving for Africa as this can be difficult to manage from there.

A map of undersea internet cables highlights the limited access to South Africa, especially from the United States.

Mail from Home

Students should receive mail at:
c/o International Studies Abroad
Unit 4B 28 Main Road (Entrance on Rose Street)
Rosebank, Cape Town
7700 South Africa
Tel: 011-2 (721) 685 2053

Please note that it can take a while for mail to reach South Africa from the United States. Valuable documents such as credit cards, birth certificates or university papers should be sent by a courier service, registered or certified post and you may wish to pay for insurance. Parcels sent by regular post without registration stickers or insurance are not guaranteed by either the South African or United States postal service. Please check with the post office before mailing any food items. Note that medication generally cannot be sent via mail.
Telephone Communications

Cape Town is 6 hours AHEAD of U.S. Eastern time (9 hours ahead of West Coast time). Our students report using applications like Skype, Viber, and Whatsapp almost exclusively for staying in touch with their families and friends.

Cellular Phones

Students will be provided with a mobile phone for use during their stay in Cape Town. There are several shops around where students can buy minutes for their phone. The use of mobile phones is widespread in South Africa, but costs can be expensive, so plan accordingly. You may use your Trinity-issued mobile phone for personal calls, but there must always be money left on the phone for emergency purposes. It is very expensive to call home on your cell phone so students are encouraged to set up Skype accounts as a more cost efficient way to stay in touch with family and friends.

If the Trinity issued cell phone is lost, stolen or damaged, the student will be charged to replace it.

If students choose to use their own personal cell phone, they must give the number to the on-site staff. It is not recommended that students carry their personal iphone around with them as this is the #1 most stolen/pick pocketed item. If students bring their iphone with them, they should leave it in their rooms when they go out.

Staff Support

While the Trinity in Cape Town program encourages students to be independent and responsible (all of the students, the program staff are available to them at all times. The Trinity Academic Director lives outside of Cape Town but all students will have her cell phone number and will be meeting with her weekly. The ISA office is located on the campus of the University of Cape Town and students are encouraged to stop by at any time to talk, use the computers and prints or just hang out.

Trinity Academic Director, Sibs Moore

ISA Director, Ouma Mpela

ISA Program Coordinator, Sarah Lowe
Developing Your Own Focus: Getting the Most out of Your Time in Blank

If the Cape Town experience is to pay off for you in the full sense, you will have to take charge of your life in new ways. You will find, for example, that you will have to supply much of the “rhythm and pace” to your life in Africa. Many of your normal habits and obligations will not be relevant in Cape Town, and you will have to build new daily patterns. Similarly, you will want to meet Africans as quickly as you can, but this won’t just “happen.” You will have to develop a strategy to maximize your social contacts. This may mean involving yourself in all kinds of things that would not normally attract you. You have to find different ways of breaking into the already-established lives of your African peers.

Above all, you must develop new intellectual and cultural interests. If you do not have projects to pursue—interests to cultivate—time will drift and you will constantly be “waiting” for something to happen to you. It probably won’t. The direction, the force, the interest and the independence in your life will have to be supplied by you.

This section is for the students who ask: How, specifically, do you go about developing “rhythm and pace” in your life? How do you make social contacts outside your ordinary pattern? How in the world do you actually pursue a so-called “intellectual and cultural interest” to get the results of which we are speaking? There are many answers to these questions and they will be different for each individual. You must ask yourself what kinds of things you feel most comfortable with—what sort of person you might like to become.

By way of example, we offer the following ideas in order to suggest the kind of things that we are talking about. The details are variable, and you may not share the interests mentioned below. Fine. But do find something—some key—which will unlock South Africa for you in an interesting way that is meaningful for you as an individual. You have a semester to spend living in Cape Town. What exactly are you going to do with it?

Example A: Learn to speak Afrikaans or Xhosa

Although English is the official language of South Africa, the people come from a host of different backgrounds. This presents a great opportunity to learn one of the local languages which will open the door to new and interesting experiences and people. Some suggestions:

- Attend plays or other cultural events around the city
- Attend lectures.
- Ask the faculty to alert you to important lecturers or local talks/events.
- Watch local TV.
- Read African newspapers and magazines.

Example B: Become An Amateur Environmentalist

If cities and landscape and quality of life excite you, you might want to focus in a conscious way upon the urban environment, the rural environment, etc. How is it managed? What makes it what it is? What is different?

- How is Cape Town planned? How is pollution controlled?
- Study the geography of cities or towns elsewhere in South Africa.
- Photograph and catalogue important environmental details and patterns.
- Enlarge your comparisons to the nearby cities and countryside. Visit outlying areas of the city.
- To discover the methods by which different environments keep their special character, i.e. preservation.
Example C: Become A Musician or Dancer

Africa in general is known for rhythmic music and dancing and Cape Town had a lot of both. Whether you are already musically inclined or not, anyone can appreciate this form of expression as another way to learn about the country’s history and culture.

- Take a music class at the university
- Join a drumming group through a local organization
- If you are already a musician, ask about playing a gig at a local bar

Additional Ideas

Our staff in Cape Town will be happy to help you if you ask them about something specific that you might like to try out. Here are a few ideas:

- Take ballet or yoga lessons taught in African.
- Join a rugby or soccer club.
- Join a local drama group.

Pretty much anything that you are interested in doing during your free time in the United States, you can find Africans doing in South Africa. Starting out with a common interest is a great way to make friends!

Pre-Departure Preparation

This section contains a great deal of information that will be of use as you prepare to go to Cape Town. We will cover the most important parts during pre-departure orientation, and many of the critical points from this section are also included in some form in the “to do list” section at the beginning of the handbook, but it is a good idea to read through this section as well.

Flight Booking: Arrival & Departure Dates

Student should plan to arrive and depart on the dates provided in this handbook. Please note that ISA lists their program start date as the date when students should leave the United States to arrive the next day. The arrival dates allow for adequate adjustment to the time change.

Arrival

Students should try to arrive in Cape Town before 5:00pm local time, if flights allow, and will be met at the airport upon arrival.

Students who wish to arrive early or stay beyond the program dates may do so at their own expense and will need to find their own airport transfer and accommodations. Students who elect to do this will be responsible for arranging pre-program accommodation and for their own transportation upon arrival in the city. The College cannot offer assistance or make provision for a student’s care, lodging, meals, or well-being, should the student arrive early or remain longer at the program.

Departure

All students must remain in Cape Town until the designated departure date, regardless of their exam schedule. Because exam schedules will be different for each student and those schedules are only available after arrival in Cape Town, students should plan to stay in Cape Town until the last date of the semester, even though they may not have any exams. Students may not request to leave the program early, even if they are finished with their academic work earlier, because of end of semester activities and obligations (cleaning apartment, taking care of outstanding bills, returning cell phones and packing).

At the end of the semester, students are responsible for their own transportation back to the airport.

Airline Tickets

Students will need to purchase a round-trip ticket to South Africa. All students must arrive on the program’s designated start/arrival date (preferably by 5pm local time) and may not leave before the program end date, REGARDLESS of their exam schedule. Students who wish to stay beyond the program dates may do so at their own expense and will need to arrange their own accommodations.

It is recommended that you purchase your ticket through an agency or the airline directly and NOT through Expedia, Travelocity, etc. If there is a schedule change or flight cancellation, you have little to no protection through these companies. It is also NOT advisable to purchase the most restrictive ticket, in the event you want to or need to make changes.
If students think they may stay on in Africa after the program ends, they should consider purchasing a flexible return ticket. Flexible tickets allow you to change return dates without huge penalties, fly into and out of different cities, etc.

You should expect to pay approximately $1700- $2500 for travel from New York or Boston to Cape Town and return. Once you have made a flight reservation, you must complete the online form in your ISA student portal so the staff in Cape Town know when to expect you.

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**Personal Belongings / Baggage / Shipping Belongings**

**Check baggage requirements for your airline carefully.** If you exceed the size, quantity, or weight limits for bags, the airline has the right to charge you for the extra bag. Extra bags cost $100 or more per piece EACH WAY. If you are going to bring belongings in excess of what will fit in the baggage allowed by your airline, however, it is far better to pay these extra baggage fees than to ship your belongings. This is because large packages shipped in and out of the country are held up in customs, sometimes for weeks, and in many cases there will be a customs fee that will need to be paid in order to pick up your packages on the other end. **These fees can exceed the value of what you are shipping, if you are shipping typical clothing and person items.** Customs fees on electronics items are also extremely high.

**For this reason, we recommend that if you ship personal items, you keep the packages relatively small and DO NOT declare the value to be more than $10, otherwise you will pay a customs fee commensurate to the total value declared.** It is also therefore not advisable to ship anything very expensive (electronics, designer clothing, etc), because you will not be able to insure it while claiming that it’s value is less than $10.

Other travel tips concerning baggage:

- **Hang on to your baggage claim tickets!** They are essential for tracing lost bags. This usually happens to someone in the group every year, but most luggage is found by the next day (see above regarding what to pack in your carry-on bag).

- **Make sure you take with you all of the medications you might need for the term (vitamins, aspirin etc. included).** Pharmaceutical products shipped via USPS, FedEx, etc (even vitamins) are held up at customs and it takes a long time to receive them. Also, prescriptions, pro-form invoices, etc. are required and need to be faxed to the authorities to get them out of customs.

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**Electrical Appliances**

Appliances can only be used if they are battery-run or can be converted to run on 220 volts, 50 cycles (almost all laptops now include a voltage converter, so this requirement usually only affects razors, hairdryers, etc).

**Bring a socket adapter or two.** We recommend adapters that have a variety of plug configurations for various countries (see image at right), so that you have the adapters that you need when you travel outside of the country. Be sure any adapters you buy match the appliance plugs for which you buy them (i.e. 3 prong plug on your laptop cord).

Since socket and plug sizes vary from country to country, we recommend that students buy cheap appliances (hair dryers, alarm clocks, etc.) while abroad.

**Don’t bring hair dryers or curling/flat irons!** Students have had problems with them dying due to voltage issues. There may be some around from previous semesters to share, or you can buy one with a few friends and share.
When Packing Time Comes!

Students studying abroad tend to over pack. Only bring what you can carry (you do not need as much as you think you do). It is very expensive to mail things to and from South Africa, so keep in mind that what you bring with you must come back with you. You will want to buy clothes, souvenirs, and other items in South Africa, so try to leave room in your luggage.

The climate in South Africa is generally milder than in some parts of the USA and Randpe, and the temperatures do not reach the extremes that they do here. Keep in mind, however, that the seasons are reversed and that you will be arriving in the opposite season you left. Cape Town has a Mediterranean climate, with dry summers and wet winters. Umbrellas are pretty useless in Cape Town, owing to the strength of the winter winds, but a raincoat will be very useful to you. Most buildings do not have central heating or air conditioning so you will want to bring clothes that can be layered. Past students have said that it can feel very cold in South Africa – even if the temperatures do not get as low as they do in the U.S.

Take durable clothes that require minimum care. We advise NOT taking valuable jewelry, heirlooms, or items you would be heartbroken to lose. The following list indicates the total amount of clothing you should expect to need, including anything that you buy in Cape Town. So if you know that the first thing you’re going to do in Cape Town is go out and buy a dress or some jeans or trousers, then take that into account and pack less!

- 2-4 pairs of jeans/pants
- 1 complete “dressy” outfit
- 1-2 pairs of dress-type shorts (i.e. not just sports shorts)
- Sweaters of different weights (cotton, cardigan, heavy wool)
- 5-7 t-shirts and a couple long-sleeved shirts
- 12-14 pairs of socks
- Underwear, 2 weeks worth

Excursions

Students interested in experiencing another side of Cape Town have the opportunity for a weekend homestay in a township with a South African family. This is a very unique opportunity that all students are encouraged to take advantage of. The locations are safe and the families are carefully selected by ISA, together with 2WayTravel. Interested students should let the ISA staff know.

There are also a number of other excursions throughout the semester both within and outside Cape Town to Table Mountain, Robben Island, Langa Township, and Aquila Game Reserve.

Other Necessities

- 1 large bath towel (the ones provided are small/thin)
- Basic toiletries and medical supplies (a small, inexpensive first aid kit is recommended)
- Small bag of travel-sized toiletries for weekend travel, plus earplugs (overnight trains are noisy!)
- Your own supply of contact lens solution--you may not find the equivalent of your brand abroad, and student have had trouble adjusting to African solutions.
- A proper backpack with two shoulder straps is essential
- 1 cable lock for securing your pack in hostels on trips, plus small locks for luggage (although don’t use them for checked baggage on airplanes, as they will often be cut off by security)
- Small travel umbrella
- South Africa travel guide
- Everyone should get a small document pouch to wear inside clothes to put passport and credit cards in when traveling. There are some designed like belts and some that have neck straps.
- Universal electrical adapter, like the one pictured at right. This will come in handy both in South Africa and wherever you happen to travel during the term.
**Travel Documents**

**Passports**

If you already have a passport, **make sure it is valid for at least six months after the last day of the program.**

- Your passport is the only universally accepted form of identification. If you lose it, you've lost all means of travel and the means to register with the authorities. Without your passport you cannot leave any country.

- If you do not yet have a passport, you must apply immediately. We cannot stress this enough! Processing time for applications can be 4-6 weeks or longer. If you already have a passport, make sure it is valid for at least six months after the end of the program.

- You will not be granted a visa with a passport that will expire sooner than six months following your program end date, so be sure to check the expiration date prior to applying for a visa.

- Passport applications may be obtained at your local United States Post Office. For more information – visit [www.travel.state.gov](http://www.travel.state.gov).

- Leave a photocopy of your passport and your passport number at home and also carry one with you. This saves a lot of time and hassle if you ever lose your passport.

**Visas**

Students attending the Cape Town Campus for a semester must secure a study visa. A visa is applied for through the foreign country consular offices located here in the United States. The visa is a consular stamp that is affixed to a blank page in your passport, and requirements for securing it will vary from country to country. Failure to secure a visa will result in your removal from the program.

You will be provided with visa application instructions and deadlines by the Office of Study Away once you have confirmed your place in the program.

**International Students on F-1 Visas**

*A few of you may be residents from countries other than the United States. You should check with the consulate in your home country on visa requirements. Please do this as soon as possible, so we may provide you with any additional information you may need to secure your visa (if you need one).*

- If you will be outside the U.S. for five (5) months or more, you will need a new I-20 to re-enter the U.S. at the end of your studies in Italy, even if your current I-20 appears to still be valid.

- Ensure that your American visa will still be valid for you to re-enter the U.S. after your semester abroad.

- Please consult your college official with whom you work on immigration requirements for complete details and answers to other questions.
Money: How to Plan

Currency: The Rand is the currency for South Africa. The symbol for the Rand is R. Check the exchange rates online.

Take several forms of money: When arriving in Cape Town and while traveling in Africa, you should always carry several forms of money—in case of difficulties with ATMs, credit cards, etc. Have Rand or US dollars as back-ups in case your credit card fails or there’s no ATM! Generally speaking, plan to convert $200 into Rand before departing from the USA. You may obtain Rand by contacting your local bank, American Express, or AAA. There are currency exchanges at international airports in the USA, but the rates are not very good. The point is to have enough Rand to get you started. After you arrive, a local ATM is the most convenient way to get cash.

Credit Cards: It is a good idea to have a credit card along—2 credit cards would be even better. A credit card is good for emergency cash and large purchases. Visa and Mastercard are most widely accepted. Credit cards generally receive the best exchange rate, but incur some additional fee by the provider.

Debit Cards: ATM machines are easy to find all over Africa which can be used to withdraw money directly from your checking account. Discover and American Express cards are not widely used in Africa. Notify your bank about your study abroad, and check on transaction fees. Also check on any overseas fees for withdrawals. Banks vary widely in their fees, so be sure you know what your bank charges. Also, be sure your know your per day limit on withdrawals. Know your P.I.N. number numerically as well as alphabetically, since many ATMs have no letters.

Precautions: You MUST inform your banks/credit cards that you will be traveling abroad. Otherwise, fraud prevention will generally result in your account being frozen. Additionally, you should keep a photocopy of the cards, along with their international 1-800 numbers both in your dorm and leave a copy with your family. You want to be able to act fast if your cards are lost or stolen. Finally, for safety reasons, it is advised to use ATM machine’s that are located inside of a bank and not out on the street.

Banking in Cape Town

South African currency is called the Rand. Students should bring a small amount of South African currency (about $300-$400 worth) into the country to cover expenses during the first days of your program. There is also an ATM machine in the airport arrivals area.

Opening a South African Bank Account

Once in South Africa, students may wish to open a bank account. The ISA staff can help you select a bank and complete the necessary paperwork. Bank of America has agreements with Barclays bank who has shares in ABSA which ISA uses for students. Students are able to withdraw from ABSA ATMs at 1% interest charge. Regardless, students should make arrangements to have access to their U.S. account as well.
Using a U.S. Bank Account

Even if students open a South African bank account, they should still contact their U.S. bank about accessing funds from their U.S. account while abroad.

Many students use their US banks/ATM cards to withdraw funds for the semester. Note that while this is feasible, it is expensive to withdraw a very small amount of money at a time. Students are advised to prepare a budget and stick to this to avoid depleting semester funds too early.

Be sure to check with your bank to make certain of the fees it charges for use of ATM machines overseas. Some banks impose a significant service charge for use of ATM cards abroad, while others do not. It is advised to use cards with VISA/Mastercard logo and not local Credit Union/Local bank cards to avoid transaction problems. For security purposes, students should ask their bank to lower the daily withdrawal limit in case the card is lost or stolen. Students should also check with their bank that their PIN will work abroad. Often other countries will only use numbers or letters and the character limit is different from here. Finally, students must notify their bank that they will be abroad to avoid having their account frozen for fraud suspicion.

Credit Cards

Students should have two credits cards - one for use in emergencies only and kept hidden in their room. Cash advances on credit cards are very expensive since interest begins to accrue immediately so this should only be done in an emergency. Student must notify their credit card company that they will be abroad.

Students should make a copy of the back and front of all cards (credit and debit) and keep the copies in a safe place separate from the actual card in case they are lost or stolen. Do not carry your credit card and/or ATM card with you on a daily basis. Take enough money for the time you are out and then leave your cards in a safe place in your locked apartment room.

Currency Conversion

For information on currency conversion, go to www.xe.com.
So How Much Money Should I Bring?

Most students report spending between $4,000 and $6,000 during the semester. A few students report spending more or less, depending on how much they travel and shop. This is obviously a very popular question and the answer varies according to what kind of person you are. The amount of spending money to take with you will depend on your individual tastes and spending habits. The information below will help you gage how much you will need to have available. Additionally, the currency exchange rate will impact your final budget.

Summary of Expenses

- Plan $4,000 – 5,000 for average spenders for a semester. This does not include money for travel or plane tickets. If you plan to travel often, or spend a great deal, then the amount may be more like $5,500 - $7,000.

- You will need an extra $200 cash for books (or slightly more)

The totals above include consideration for:

- About $500 for a weeklong vacation (in addition to air fare).

- Plan on approx $200-300 per weekend of travel outside of Cape Town, not including travel expenses.

- Additional funds should be budgeted for any extensive travel outside South Africa. Some students buy a lot of souvenirs and clothes, others don't.

- A former Cape Town student put together a Google map with activities and destinations frequented and enjoyed by study abroad students. Looking up the things that appeal to you will give you a sense of how much money you might want to budget.

  - https://www.google.com/maps/d/viewer?mid=zYrlrledLgJU.korpFs_G9waY
  - Activities such as Lion Encounter and the Garden Route can either be done by making your own plans or through on the many reputable tour companies (such as 2WayTravel). Ask the Trinity in Cape Town staff or program Global Ambassador for suggestions.
Health Insurance:

All students will receive HTH Worldwide Insurance for their semester in Cape Town. This is included in the program for no additional charge.

Although you may have health insurance through your family (which we strongly recommend you maintain), it is essential for you to have study abroad health insurance that works overseas and includes services not offered through most regular insurance policies, such as emergency medical evacuation, family reunion insurance, repatriation, and safety/political evacuation.

HTH has many important services, such as information on the availability, doses, and names of medications overseas, access to provider information in countries worldwide and 24/7 emergency help. Through the HTH website, http://www.hthstudents.com/, you may book doctor’s appointments, search for local clinics and health care, and even receive comprehensive travel advice.

You will be enrolled online by our office before you depart. During this process, you will receive an email directly from HTH Worldwide Insurance. In order to complete your enrollment, you will need to create a username and password at that time.

Your enrollment period will begin one week before the program and end one week after the program. Once you have enrolled fully, you may pay HTH directly on-line to extend coverage if you plan on travelling extensively after the program. HTH insurance covers students all over the world (not just South Africa) and only excludes students while they are in their country of citizenship.

Medical Issues

Medical Emergencies

In case of accident or illness requiring immediate medical treatment, inform the ISA Director or the resident administrator immediately. Upon arrival in Cape Town, students will be given details of what to do in the event of a medical emergency.

The local hospital provides students with all the basic medical services that a typical U.S. hospital offers with the exception of psychological services. Students should be aware that Trinity College Cape Town does not employ a psychologist.

Doctors’ fees can be as much as they are in the U.S. if not more. On the other hand, medication and hospitalization are considerably less. Normally, you will be expected to pay for any medical services when rendered. However, there are some services and providers that work directly with HTH that will waive payment for students. Our staff take students to these providers whenever possible.

Be sure to pay all medical bills before leaving Cape Town. Generally, one pays medical costs in cash, then submit the claim forms to the insurance company for reimbursement.
General Medical Recommendations

It is advisable to have routine medical and dental examinations before you go to make sure you are in good health. It is also important to check that your vaccinations for measles, meningitis, mumps, rubella, polio, diphtheria, tetanus are current.

Be aware that the manner in which medical help is obtained, the way patients are treated, the conditions of overseas medical facilities, and how health care is afforded often present marked differences from U.S. practices. U.S. health care values, assumptions, and methods are not universally practiced. Indeed, even the notions regarding the onset of illness or points at which expert attention is required are to some degree cultural phenomena.

If you have a physical or psychological problem that requires ongoing treatment by a doctor, you should consult with your physician or mental health professional about the prospect of studying abroad.

Trinity College does not employ mental health professionals at any of our programs, nor is mental health treatment widely accessible or comparable to mental health treatment in the U.S. In our admission process, we do not discriminate against individuals who have had any type of emotional or psychological problem. However, for your own welfare, we ask that if you have had any emotional or psychological problem, you consult with a mental health professional before going abroad to discuss the potential stress of study abroad, and to provide us with specific information concerning your psychological health (i.e., if you ever experience anxiety, depression, etc.), and to be aware that English-speaking counselors are not readily available to program participants.

If you are on medication, discuss with your physician the type of care you may need while abroad and the best way to continue your regimen. You must also determine if your medication is legal to bring into your destination country and if you will be able to obtain additional medication. Notify the OSA if you have any chronic conditions that require special care.

When traveling, bring your own basic drugstore supplies, such as ibuprofen or Tylenol, motion sickness medication, laxatives, antacids, antihistamines, decongestants, antiseptics, and band-aids. Make sure all medications are in their labeled bottles, and carry a copy of the written prescription with the generic names. Do the same with glasses and contact lenses. Bring an extra pair of glasses and/or contact lenses; also be sure to bring contact lens solution. You may not find the kind that you use abroad. If you have a health condition that could be serious (such as diabetes, an allergy to penicillin, etc.), wear a Medic Alert bracelet.

HIV/AIDS remains a serious health threat to millions of people worldwide. Advances in treatments in the U.S. have led to a complacency and reckless behavior among many college-aged Americans. ALL travelers should protect themselves when engaging in sexual activity. Latex condoms (used with a water-based lubricant) are the most effective form of protection should you choose to be sexually active. WOMEN are at greatest risk, but safe-sex precautions must apply to everyone studying away, regardless of gender or sexual orientation. AIDS (and other STDs) do not discriminate.

If you are on medication, discuss with your physician the type of care you may need while abroad and the best way to continue your regimen. You must also determine if your medication is legal to bring into your destination country and if you will be able to obtain additional medication. Notify the OSA if you have any chronic conditions that require special care.

Medications:
- If you take prescription drugs, bring what you will need while you are away from home. Be sure to have the medication in its original container.
- Bring a legible (preferably typed) letter explaining what your medicine is for. This is especially important if you are bringing syringes with you.

Women's health concerns are much more difficult to address in a foreign country, most notably in the area of pregnancy (testing, morning after pills, etc.).

Contact lenses, eyeglasses:
- If you wear contacts, bring plenty of cleaning solution. The solutions sold in Europe are not always the same and are very expensive.
- Bring a small first aid kit with medications for headache, motion sickness, cold/cough, first aid crème and band-aids.

Please note that Tylenol is may NOT be available everywhere. Please be sure to bring some, if you desire.
Trinity College/HTH medical services abroad

HTH contact information: 610-254-8771 or globalhealth@hthworldwide.com

Student needs medical care

Emergency

- Call HTH immediately at 610-254-8771 to arrange for payment
- If not enough time to arrange HTH billing, student pays and then submits claim

Non-Emergency

- Email, Mpassport App, or call HTH 48 hours in advance to arrange for payment
- If not enough time to arrange HTH billing, student pays and then submits claim

NOTE:

- Trinity College staff in Hartford should be contacted as soon as possible for any medical situation
- If the medical condition is serious, HTH should also be contacted right away and consulted for advice

02/18/2015
Regulations Regarding Behavior

All students studying away are expected to know and abide by all college and program regulations, including the prohibition regarding the unacceptable behaviors described below.

Code of Conduct

1. **Conduct unbecoming of a participant.** This includes, but is not limited to, disturbance of the peace; disorderly or indecent conduct; physical or verbal abuse or assault; threats; intimidation; coercion; and conduct that threatens, instills fear, or infringes upon the rights, dignity and integrity of any person; any conduct likely to lead to violence; harassment; and/or hazing.

2. **Attempted or actual theft of, or misappropriation of another's property or services.** Attempted or actual damage, defacement, or destruction of property.

3. **Knowingly furnishing false, inaccurate, or misleading information to or about the College/Program.**

4. **Refusal to comply with a legitimate request of a program staff member.**

5. **Behavior which endangers the health and safety of oneself or of others.**

6. **Unauthorized access to program facilities.**

7. **Possession, use, duplication, or distribution of program keys or access codes without permission.**

8. **Dishonest such as forgery, including forging another's signature on official forms.**

9. **Disruption of the orderly processes of the program, involving obstruction or interference with teaching, administration, or other program activities.**

10. **Failure to abide by the operating regulations of academic and non-academic offices and departments related to the program.**

11. **Misuse of program, state, or government issued instruments of identification.**

12. **Violation of legal statutes in the host country.**

13. **Failure to comply with any Trinity College policy or regulation including, but not limited to:**

   - Application Agreement for International Programs
   - Acceptance Agreement for International Programs
   - Code of Conduct for International Programs
   - Integrity Contract
   - Trinity’s alcohol Policy and Regulations
   - Trinity’s drug Policy and Regulations
   - Trinity’s policy on Sexual Misconduct
   - Trinity’s residential Contract
   - Trinity’s health regulations
   - Drug sale/possession

You have signed documents agreeing to these rules and regulations as part of your acceptance to the program, and/or as part of enrollment at Trinity College. Participation in a Trinity-administered program is acknowledgement of your agreement to abide by the regulations set forth in this handbook and the documents listed above.
Violating Rules: Consequences

Violations of any Trinity/International program policies, rules, and protocols will result in one or more of the following disciplinary actions, at the discretion of the on-site Director. Note that consequences may not come in this order (major offenses will result in immediate expulsion):

- Verbal warning
- Written warning
- Probation
- Expulsion from housing
- Expulsion from the program

Although it is Trinity’s goal to help all students participating in its own programs to complete their programs successfully, there may be times when expulsion from the program is necessary. This will be the case when students are determined to be unsafe to themselves and to others, when students’ behaviors disrupt program goals, when relationships with the local community and program providers are compromised, and/or when laws are broken. Students who are expelled from Trinity-administered programs forfeit academic credit and are not eligible for refund of fees paid. They will also be responsible for any unpaid fees and program expenses incurred to date and may be subject to censure in accordance with Trinity College policies.

Trinity College reserves the right to contact parents/guardians in the event of significant alcohol abuse, unsafe behavior, or any behavior that potentially compromises a student’s ability to participate in our program.

In the event that you are asked to leave the program, return to your home country will be at your own expense. Any and all responsibility on the part of the program will cease. Students who are expelled, or who depart early from the program, will be withdrawn from all courses and receive no credit. All outstanding financial obligations to the will program remain in full effect.
Safety & Security

General Information & Recommendations

The administrative and teaching staffs of Trinity College’s Program of study away are mindful toward students at the campus, keep themselves well informed about all developments, are accessible to students, and provide clear, sound advice and orientation. One faculty member resides on the premises of the school.

All students participating in Trinity-administered programs are required to comply with all instructions issued by on-site staff in the event of an emergency, such compliance is not optional. All Trinity programs have emergency evacuation procedures and other policies that attempt to keep you safe when abroad. Your on-site director/coordinator will inform you of these procedures upon arrival.

Most of the places where students will be studying and traveling are as safe as, or safer than, large urban areas of the United States. In some regions of the world you may need to exercise extra caution, but be reassured that physical assault of tourists in most countries is rare. Remember that the possibility for non-violent crime exists everywhere and no one can guarantee your immunity.

Since some countries and areas may be experiencing political and social instability, it is important to use good judgment while abroad to avoid situations that may put you in danger. If you see a demonstration, for example, walk the other way; you have no way of knowing whether the gathering is legal or whether it will remain peaceful or erupt into violence. Listen carefully to all advice about health and safety issues given to you by your on-site staff. Do not engage in behavior that you would consider dangerous or foolhardy at home.

As a U.S. citizen in a foreign country, you are subject to the laws of that country. You should conduct yourself in a manner that will comply with the regulations of the host university and of the program as administered by Trinity College. Please be aware that customs regarding alcohol and drug use are different in other countries; laws controlling drugs and alcohol may be more strict than those in the U.S., and penalties can be severe. The Office of Study Away and the on-site director/coordinator have the authority to discontinue your participation on the program if your conduct is determined to be unacceptable.

Because the number of violent crimes committed against travelers is relatively low, you mainly need to be concerned about nonviolent theft. Often groups of people – even children – work together to distract or confuse student travelers so that they can rob them. Coat pockets, handbags, and back pockets are particularly susceptible to theft. Ploys may include creating a disturbance, spilling something on your clothing, or even handing you something to hold. Travelers are inviting targets unless they are alert, know what to expect, and are prepared to avoid or respond to any problems.
Please be aware that customs regarding alcohol and drug use are different in other countries; laws controlling drugs and alcohol may be more strict than those in the U.S., and penalties can be severe. Follow all advice in this handbook and that you receive at orientation your first day in your study away country.

When in Public

- Be aware of your surroundings and your belongings at all times.
- If you feel nervous or are lost, walk purposefully into a café or shop, and check your map there rather than on the street.
- Walk confidently and as if you know where you are.
- Try to fit in and to dress like the locals (do not wear super bright colors, sneakers, and T-shirts with the names of American cities or universities).
- Avoid eye contact with strangers.
- Travel with a companion at night and stay in populated, well-lit areas.
- Avoid arguments and confrontations, and avoid demonstrations, especially in politically volatile countries.
- Act conservatively and keep a low profile.
- Ask locals you trust where you should go and not go for general safety and travel tips.

Do Research Before Traveling

- Check the U.S. State Department Travel Advisories. Call (202)647-5225 or go to www.travel.state.gov
- Talk to study abroad alumni and your program faculty sponsor(s).
- Read newspapers, magazines, and travel books (Lonely Planet, Rough Guide, Frommers’ guides and Let’s Go).
- Research general travel and safety information on the Internet.

Money and Valuables

- Wear a money belt when traveling and never carry all of your money in one place. Carry as little cash as possible.
- Men – If you carry a wallet, carry it in your front pocket.
- Women – Carry your purse slung over the shoulder and under the opposite arm. Do not carry anything you could not stand to lose.
- Never count your money in public.

While Traveling

- Be careful when driving or riding in vehicles.
- When traveling, be especially cautious in a large crowd.
- Use only sturdy luggage that locks. Do not carry expensive luggage. Make sure that your luggage is easy to identify.
- Never leave your bags unattended.
- On buses and trains, put your arm through the strap on your bags. If you decide to sleep on public transportation, make sure your bag is secure.

Hotels & Hostels

- If staying in a youth hostel, try to carry your valuables with you if there is not a safe. Lock your suitcase and, if possible, strap it to your bed when you go out. You may want to sleep with your valuables under your pillow.
- Do not leave your valuables in your hotel room. Use a safe or safety deposit box or consider storing some items in a locker at a train station or airport.
Special Considerations for Women

While figures show that women going on study abroad programs outnumber men 2 to 1, there is still the necessity to discuss some special considerations for women when traveling abroad. It is widely recognized in our society that women are capable, independent, and that it is our right to do anything and go anywhere. However, this American attitude toward women is not necessarily found or accepted in other countries. Around the world attitudes toward women vary tremendously, and awareness of this is an important aspect in preparation for entering a new culture.

Women and men who travel alone are given different insight and gain different perspectives than they might if traveling in a group. More can perhaps be learned, seen, experienced, and gained by traveling alone. Nevertheless, women should be aware of the position they may be in upon traveling alone, or traveling with other women. A good suggestion is to speak with women who have experienced traveling and living abroad, or to read about the position of women in different countries.

A woman traveling on her own may encounter more difficulties than a man by himself. Some of the best ways to avoid hassle are to fit in and try to understand the roles of the sexes in the culture in which you are traveling. Flexibility means observing how the host country's women dress and behave, and following their example. What may be appropriate or friendly behavior in the US may bring you unwanted, even dangerous, attention in another culture. You should try to always make your intentions clear and pay your own way. Mention your “husband” or “boyfriend,” whether you have one or not. Be alert and do not go out alone after dark. Learn the customs of the country you are visiting. In some cultures, the position of women in society differs drastically from the situation in the United States. Be aware of this and keep in mind as you encounter situations that may seem unfair or discriminatory.

Try not to take offense at whistles and other gestures of appreciation, regardless of whether they are compliments, invitations, or insults. Realize that, in many countries, these gestures are as much as part of the culture as is the food, history and language.

But if a situation is dangerous—if you are made to feel uncomfortable—then act as if it is. Be extra careful when giving your trust. This applies generally, but is especially important when traveling alone. Avoid being out alone at night in unfamiliar territory—on the street, in parks, on trams, on trains. If, for example, at night you suddenly find yourself alone in a train car, move to another one where other people are sitting. Be alert and do not go out alone after dark. Discuss any situations which make you feel uncomfortable with the on-site director, or other staff member.

Gay, Lesbian, Bisexual, and Transgender Issues Abroad

Customs, attitudes, laws, and social practices relating to gay, lesbian, bisexual and transgender people vary throughout the world. Some countries are more progressive than the United States in their perspectives on GLBT issues. Many other countries are far more conservative and restrictive in their policies and practices. GLBT students will want to inform themselves about relevant issues in their host countries and all their travel destinations.

Most travel guides (especially those geared towards students) will have a section on GLBT issues. Use these and other books to become informed. The Internet is a great source of information. The following are some good sites to start with:

ILGA: The International Lesbian and Gay Association
- Very comprehensive, worldwide, GLBT resources at www.ilga.org.

IGLHRC: International Gay and Lesbian Human Rights Commission
- Worldwide resources and references for GLBT issues, great content and links at www.iglhrc.org.
Disabled Students Abroad

Resources and facilities for access for students with disabilities may not be the same abroad as they are in the United States. Students with concerns related to disabilities should meet with the Office of Study Away staff prior to planning for study abroad. Students should also consult with Mobility International USA (MIUSA). Call (541)343-1284 or visit their site at www.miusa.org.

Personal Property and Liability Insurance

Protecting your personal possessions while you are away from your home country is something you should carefully consider, especially if you will be taking a laptop, digital camera, or other expensive equipment.

Trinity College is not responsible for the loss of or damage to personal property. Check to see if you might be eligible for personal property and liability coverage through your parent’s homeowner policy. If you are not, there are several companies that offer personal property and liability policies that cover students studying abroad. You may also purchase additional property insurance through the ISIC card.

Have a rewarding and safe semester in Cape Town!