TABLE OF CONTENTS

MAP OF SOUTH AFRICA ........................................... 2
MAP OF UCT CAMPUS ............................................. 3
Contacts ................................................................. 4
Participants/Itineraries ............................................. 5
Travel/Transportation ............................................... 6
Housing ................................................................. 6
Communication/Technology/Electric ............................ 7
Weather ................................................................. 7
Money and Exchange ................................................ 8
Financial Worksheet ................................................ 8
Safety and Security .................................................. 9
Conduct Abroad ...................................................... 10
International Health Insurance ................................... 10
ISOS ...................................................................... 11
Tentative Itinerary .................................................... 12
Syllabus ................................................................. 14
Readings ................................................................. 17
HIV/AIDS Institutional Co-ordination UCT (HAICU) ....... 19
Sample Community Placements ................................. 21
Advice from Previous Students ................................. 23
Department of State/CDC Information ......................... 24
Checklist for Study Abroad Participants ...................... 37
CONDUCT ABROAD AGREEMENT ............................. 38
CONTACT NUMBERS AND ADDRESSES

In the US:

Lori Citti, Director JHU Study Abroad
410-516-6760 (office)
410-530-6029 (cell)
Email: lcitti1@jhu.edu

Sharon Chesney, Assistant Director JHU Study Abroad
410-516-7891 (office)
443-935-0074 (cell)
Email: schesney@jhu.edu

SOS International – Emergency Medical Assistance
Group Number: #11BSGC000019
London Number: +44-20-8762-8008
(Call collect where available)
From the US: 1-800-523-6586 www.internationalsos.com

Frontier Medex International Health Insurance
Policy #: GLMN01060582, Premier Group Plan 2
For medical or assistance services call collect:
410-453-6330
For benefits & pre-certification information:
888-293-9229

JHU Homewood Campus Phone Numbers
- Student Health and Wellness: 410-516-0450
- Counseling Center: 410-516-8278
- Sexual Assault Hotline: 410-516-7333
- Office of the Dean of Student Life: 410-516-8270
- Safety and Security: 410-516-4600

U.S. Embassy Locations Information (by country):
http://www.usembassy.gov/

U.S. Centers for Disease Control (by country):
http://wwwnc.cdc.gov/travel/destinations/list

U.S. Department of State Country Information:
http://travel.state.gov/content/passports/english/country.html

U.S. Department of State Smart Traveler Enrollment Program:
https://step.state.gov/step/

Emergency Ambulance, Fire, Police Numbers by Country
http://studentsabroad.state.gov/content/pdfs/911_ABROAD.pdf

In South Africa:

Mieka Smart, Associate Director JHU Public Health Studies
443-473-0747 (cell)
Email: msmart@jhu.edu
Hame Cottages
41 Klipper Road, Rondebosch, 7700, South Africa

Rondebosch Guest Cottages
9 Klipper Road, Rondebosch, 7700, Cape Town

Cape Town Emergency numbers:
- Police (Any Emergency): Landline 107
- Police (Any Emergency): Cell 112
- Ambulance: 10177
- Tourist Assistance- Police: 021 421 5115

U.S. Consulate Cape Town:
2 Reddam Avenue, Westlake 7945
Phone: 702-7300 (24 hour emergency number)
Phone: 0800-980-444, 021 702 7300

HIV/AIDS institutional Co-ordination Unit (HAICU)
University of Cape Town
28 Rhodes Avenue, Mowbray, Cape Town 7700
27-21 650 1006
Lucina Reddy, HAICU Project Officer
Lucina.reddy@uct.ac.za 072-672-3328

University of Cape Town Campus Protection Services
(24-hour hotline) 021 650 2222 / 3

Willowmead Medical Centre (pharmacy on site)
88 Kromboom Road, Rondebosch East,
Cape Town, 7780, South Africa
27 21 696 8571 http://www.willowmead.co.za/

Riverside Cottage Clinic (1 block from students’ housing)
10 Rosendale Rd, Rondebosch,
Rondebosch, Western Cape, South Africa
021 689 5141 rcc@viamediswitch.co.za

Sacred Mountain Lodge (retreat location)
6 Avondrust St, Chapmans Peak,
Cape Town, 7975, South Africa
+27 21 789 2713 info@sacredmountain.co.za
http://www.sacredmountain.co.za/wordpress/
TRANSPORTATION/TRAVEL Hopkins will arrange transportation from the Cape Town Airport to the program site at the start of the program and back to the airport at the conclusion of the program. Transportation on program excursion days and to your community placements will be provided.

JAMMIE SHUTTLE The Jammie Shuttle, operated by the University of Cape Town, is a network of shuttles that takes students around the UCT campus and nearby area. Please note the schedule may change during the winter break (i.e. the time when you will be on campus). Check the schedule when you arrive in Cape Town for up-to-date information. You can review the schedule at: [http://www.uct.ac.za/students/services/jammie/maps/](http://www.uct.ac.za/students/services/jammie/maps/).

TAXIS/CABS Taxis generally refer to mini-bus taxis which are very crowded, very cheap and very rarely used by visitors. Opinions vary as to the safety of travel by mini-bus taxis. There are mini-bus taxis on the road that are poorly maintained and poorly driven. Thousands of locals use this as their principle means of transport every day.

The type of taxi services more familiar to Americans are generally referred to as cabs. Although you cannot hail one on the street, they are sometimes available at tourist sites and any restaurant will call one for you. You can also call from your phone. Several guide books recommend Excite Taxis and Rikkis. Fees vary but an estimate erring on the high side is: 10.00 Rand for Taxi start + 10.00 Rand per km (.62 miles). Therefore, traveling 4 km (2 ½ miles) will likely cost about 50 Rand ($4.75). Since we have requested that you travel with at least one other student in the group, this could be a very reasonable transportation option.

MyCiTi BUS MyCiTi is a relatively new rapid bus transport initiative launched by the City of Cape Town. Use of MyCiTi busses require a MyConnect card. A number of busses service a range of routes throughout Cape Town. New routes have recently been launched servicing much of the city, with regular stops throughout Cape Town and a number of outlying regions. These include:
- The main trunk route between Table View and the Civic Centre in the centre of Cape Town city
- Feeder bus services in Table View, Blaauwberg, Parklands and Big Bay
- A loop bus servicing Gardens, the Civic Centre and the V&A Waterfront in the Cape Town city center

TRAVEL OUTSIDE OF CAPE TOWN WHILE IN SOUTH AFRICA During your time in South Africa you will have a small amount free time. If, during this free time, you decide you would like to leave the general vicinity of Cape Town you will be required to notify Mieka Smart of your travel plans. You should include flight, train, and/or bus information as well as the names of places you are staying and all relevant dates. Please discuss your travel plans with Mieka Smart prior to your intended departure.

HOUSING Accommodations will be in shared houses near the University of Cape Town campus with internet access, laundry facilities, living room and kitchen. Bed linens and towels will be provided. The two cottages – Moon and Sunset – are at Rondebosch Guest Cottages, 9 Klipper Road, Rondebosch, 7700, Cape Town.

Moon Cottage:
1 shared room (1 single bed & 1 bunk bed) + bathroom
1 shared room (2 single beds)+ bathroom
1 shared room (2 single beds) + bathroom

Sunset Cottage:
1 shared room (2 single beds) + bathroom
1 single room (1 double bed) + bathroom

[http://www.rondeboschguestcottages.co.za/](http://www.rondeboschguestcottages.co.za/)
COMMUNICATION/TECHNOLOGY South African Cell Phones: Students will be given cell phones provided by the program in South Africa and are required to carry them at all times fully charged.

Calling South Africa from US:
011 + 27 (country code South Africa) + Area Code (2 digits: Cape Town-21) + Phone Number (7 digits)

Calling USA from South Africa: 00 + 1 + Area Code (3 digits) + Phone Number (7 digits)

Many students will want to remain in touch with family in the U.S. A good way to contact family is by using Skype. Skype offers low cost calling to the U.S. and for those in the U.S. to call you. It is anticipated that Wi-Fi will be available at your accommodation. If you bring a laptop you might want to consider laptop insurance and theft tracking software.

ELECTRICAL APPLIANCES The current in South Africa is 220 volts, 50 cycle AC, and not the 110-60 we have in the United States. Electric converters and adapter plugs must be used to connect North American equipment and are available at a wide variety of stores including Target, Walmart, travel supply stores and some hardware stores in the United States. If you plan to bring any electrical appliance from home, you must use a converter and adapter. Most laptops will already have an electric converter built in but check your cord to see for certain. It is not recommended to bring most other appliances. Although you use the converter it is common for appliances not to work as well after being used with a converter. If it is something valuable that you wouldn’t want to replace consider leaving it at home. You will find many small electrical appliances, such as hairdryers, readily available and reasonably priced in South Africa.

WEATHER IN CAPE TOWN Lying between the Indian and Atlantic Oceans, Cape Town enjoys mild winters and pleasant summers. Summer temperatures in December to February range from around 60 to 80 degrees Fahrenheit, while in the winter months of June to August average temperatures are between 45 to 70 degrees Fahrenheit. Rainfall is moderate throughout the year and there are sea breezes which can sometimes turn a little bracing during the winter.

Whatever season you have chosen to visit Cape Town, be warned of the old joke: Cape Town has four seasons—sometimes in the same day. Cape Town Temperature Averages: June highs: 66°F June lows: 46°F, July highs: 64°F July lows: 43°F.

When packing, think layers of clothing!

• Sweaters of varying degrees of thickness
• Pack for the worst weather: raining, windy, 45 degrees
• Walking shoes
**MONEY AND EXCHANGE** The currency is the Rand (ZAR), divided into 100 cents (c). Notes are in denominations of R200, R100, R50, R20, and R10. Higher value notes are slightly larger in physical size than small value notes. All notes have a metallic security strip and a watermark. Note that there are two types of RS coins in circulation. One is a silver-colored coin while the other is silver-colored with a copper insert. Both are legal currency. Coins are in denominations of RS, R2, R1, 50c, 20c, 10c, and 5c. Production of 2c and 1c coins was suspended in April 2002, but those still in circulation retain legal tender. All transactions are rounded down to the nearest lower 5c, so as not to require the use of 2c and 1c coins.

You might want to use ATMs and credit cards during your time in South Africa. All major credit cards can be used in South Africa, with American Express enjoying less universal acceptance than MasterCard and Visa. In some areas, you may find you'll need to use cash. For ATM cards please check to make sure they have the Cirrus or Maestro logo on them.

Before you leave the U.S. you should notify all of your banks or credit card companies that you will be traveling during the dates of the program. If you neglect to do this there is a good chance that your cards will be frozen.

The exchange rate fluctuates on a daily basis. As of April 1, 2015, the rate was approximately $1 USD = 10.86 ZAR (South African Rand). Generally you will get the best rate with your ATM or credit card. However, please be aware that most cards will charge you a foreign transaction fee ranging from 2-3% of the amount you charge. The one exception to this is Capital One. Currently Capital One does not charge a foreign transaction fee so if you do not already have one you may want to consider getting one if you plan on using your card frequently while abroad.

### STUDY ABROAD FINANCIAL SHEET: Summer 2015

<table>
<thead>
<tr>
<th>PROGRAM NAME</th>
<th>Hopkins: Cape Town</th>
</tr>
</thead>
<tbody>
<tr>
<td>TERM</td>
<td>Summer 2015 June 3 - July 18 (Summer)</td>
</tr>
<tr>
<td>BILLED TO HOPKINS ACCT</td>
<td>Paid by Student to Hopkins</td>
</tr>
<tr>
<td>TUITION &amp; PROGRAM FEE</td>
<td>$6,775.00</td>
</tr>
<tr>
<td>SUBTOTAL (HOPKINS ACCOUNT)</td>
<td>$6,775.00</td>
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<table>
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<tr>
<th>ESTIMATED ADDITIONAL EXPENSES PAID BY STUDENT</th>
<th>Expenses Paid by Student</th>
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</thead>
<tbody>
<tr>
<td>HOUSING</td>
<td>$0.00</td>
</tr>
<tr>
<td>ADDITIONAL MEALS (53 days x $10 per day)</td>
<td>$530.00</td>
</tr>
<tr>
<td>AIRFARE</td>
<td>$1,800.00</td>
</tr>
<tr>
<td>LOCAL TRANSPORTATION</td>
<td>$130.00</td>
</tr>
<tr>
<td>BOOKS</td>
<td>$20.00</td>
</tr>
<tr>
<td>PERSONAL EXPENSES (7 1/2 wks x $70 per week)</td>
<td>$525.00</td>
</tr>
<tr>
<td><strong>SUBTOTAL ADDITIONAL EXP</strong></td>
<td><strong>$3,005.00</strong></td>
</tr>
<tr>
<td><strong>TOTAL COST OF ATTENDANCE</strong></td>
<td><strong>$9,780.00</strong></td>
</tr>
</tbody>
</table>
SAFETY AND SECURITY:

Please read the US Department of State and US Centers for Disease Control information you have been given.

Safety and security in Cape Town is an important issue. Cape Town is a large city and as with any large city there are safe and unsafe areas. Because you are unfamiliar with the city you must take added precautions to ensure your safety.

You will likely look like a tourist during your time in Cape Town and tourists are frequent targets for pickpockets so you will need to take extra precautions.

Here are some suggestions on ways to stay safe in a new environment:

- Do not walk around listening to an iPod or other mp3 player.
- Do not walk alone at night or take shortcuts. Keep to well-lit paths and go in groups. Take taxis if possible. Do not carry large amounts of cash or your passport with you. When you do take money put it in several different places so you can access smaller amounts as needed.
- Keep your belongings locked safely in your room while you are out for the day.
- Be aware of your backpack, camera, and other items. Wear them in front of you or on your side with your arm around it on buses or in other crowded locations like markets, busy streets, etc.
- Always lock the door to your room when you go out.
- If you need to take a passport or large amounts of cash use a pouch that can be worn around your neck under your shirt or around your waist under your clothing.
- If you are going to carry a bag choose one that has a sturdy strap that will not easily break. Do not carry valuables in the pockets of your pants.
- Do not accept rides from people you do not know well.
- Be even more alert in areas frequented by tourists, i.e. airports, train stations, museums, large shopping areas, and other attractions that will draw foreigners.
- Keep a copy of all important documents (passport, visa, credit cards, debit cards, etc) also leave a copy with someone back in the US.
- Be aware of your surroundings at all times. Pay attention to the route you take so you know how to return.
- Do not wear a lot of jewelry or other expensive looking items.
- If you find yourself in a situation where you are being robbed do not resist. Give them whatever valuables they ask for because most crimes will not turn violent if you give them what they are looking for.
- If you are using an ATM be extra vigilant and avoid going at night, alone, or in an isolated location. If you do experience any problems contact Mieka Smart immediately.
CONDUCT ABROAD

While you are in South Africa you will be expected to be exemplary good citizens. Inappropriate conduct abroad is a violation of program rules and can result in your dismissal.

Misconduct abroad will be defined as:

- Any action that jeopardizes your own welfare, that of your fellow students, or that of the Johns Hopkins in Cape Town Program
- Substance abuse
- Disrespect or insubordinate behavior toward directors, and other agents of the Johns Hopkins in Cape Town Program
- Failure to comply with the mores of your host community
- Unauthorized absence from mandatory program events
- Violation of the laws of the host country or regulations governing the host university
- Violations of the program Conditions of Participation or Conduct Abroad Agreement

INTERNATIONAL HEALTH INSURANCE

Hopkins has issued you medical insurance through FrontierMEDEX CMI International Travel Insurance for international coverage. This insurance will cover you for medical care while abroad. It includes worldwide coverage for emergencies, outpatient care, hospitalization, medical evacuation, and repatriation of remains. The maximum annual benefit for this policy is $500,000. You must maintain your domestic medical insurance while you are abroad.

The group policy number is GLMN01060582. Each student has an individual identification number which is printed on the card you have been given. Please make sure you keep your insurance card and read through the description of the coverage sent to you in your pre-departure packet. Unlike your experience in the States, should you require medical treatment while abroad, you will be expected to pay for services up front and file a claim for reimbursement with your carrier. Bring claim forms and a description of the documentation your company requires for processing a claim.

Johns Hopkins International Travel Registry (JHITR)

The Johns Hopkins University International Travel Registry contains critical information that allows University representatives to contact and support you in the event that you need assistance while traveling internationally on university business, particularly if there is a natural disaster or political unrest. The data you provide through the Travel Registry is intended to support the university administration in ensuring your safety and well-being. It will not be used for other purposes. The Hopkins Office of Study Abroad will enter preliminary information about your travel plans. You will then receive an email prompt asking you to enter additional information such as passport number and emergency contacts to your travel profile.

U.S. Department of State Smart Traveler Enrollment Program (STEP)  https://step.state.gov/step/  The Department of State urges U.S. citizens living overseas or planning to travel abroad to enroll in the Smart Traveler Enrollment Program (STEP). When you enroll in STEP, the U.S. Department of State can update you with important safety and security announcements. Enrolling will also make it easier for the embassy or consulate to contact you in the event of an emergency. You should remember to keep all of your information in STEP up to date; it is particularly important when you enroll or update your information to include a current phone number and e-mail address.
International SOS: To supplement your health insurance plan, Johns Hopkins provides all students on approved study abroad programs with worldwide assistance and emergency evacuation services through International SOS.

International SOS medical and personal services can help you locate an English-speaking doctor, replace lost medication, monitor treatment at local hospitals, or provide medical evacuation, if needed. In addition, International SOS also assists with lost travel documents, emergency cash, legal assistance, and translation services.

This program is not an insurance plan, and the use of medical services, including International SOS clinics and doctors, must be covered by your insurance plan. You should carry your group membership card with you for the duration of your program abroad. The International SOS website can be found at www.internationalsos.com.
## SAMPLE/TENTATIVE SCHEDULE

<table>
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<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
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<td>1</td>
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<td>3</td>
<td>ORIENTATION 4</td>
<td>ORIENTATION 5</td>
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<tr>
<td></td>
<td></td>
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<td>Students Arrive – various points in the day</td>
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<td>Tour?</td>
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<td>7</td>
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<td>8</td>
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<td>12</td>
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<tr>
<td>CBL</td>
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<td>CBL</td>
<td>CLASS</td>
<td>CBL</td>
<td>TOUR?</td>
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<td>Evening reflection?</td>
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<td>15</td>
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<td>Evening reflection?</td>
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<tr>
<td>CBL</td>
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<td>CBL</td>
<td>TOUR?</td>
<td>27</td>
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<td>Evening reflection?</td>
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<td>28</td>
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11
## July 2014

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Friday</th>
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<tr>
<td></td>
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<td>CBL</td>
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<td>CBL</td>
<td>ROBBEN ISLAND?</td>
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<tr>
<td>CBL</td>
<td>CLASS</td>
<td>CBL</td>
<td>CLASS</td>
<td>CBL</td>
<td>FREE WEEKEND?</td>
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<tr>
<td>Evening reflection?</td>
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<td></td>
<td>Prepare for end of CBL</td>
<td>Closing dinner</td>
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<tr>
<td></td>
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<td></td>
<td></td>
<td>TRANSFER TO AIRPORT – STUDENTS LEAVE</td>
<td>18</td>
</tr>
</tbody>
</table>

*Note: The table shows the schedule for July 2014.*
Time and Location: June 3 – July 18

Monday, Wednesday and Friday will be days spent at your placement site. Your hours should be an average of 5 hours a day – no less, more is fine – but the times will vary depending on your specific site’s needs. Final schedule arrangements will be made with your supervisor, and approved by one of the course instructors. The class will meet as a group each Monday evening from 7:30-9 PM.

Course Overview: Cape Town Community Based Learning

Welcome to Community Based Learning in Cape Town! This course is designed to complement the “Public Health in South Africa” course taught on Tuesdays and Thursdays by providing each of you the opportunity to gain an applied perspective on the concepts you are learning about in the classroom. Through the lens of your own work and your counterparts’, you will gain firsthand understanding of the challenges of health care delivery, research, and health promotion in an under-resourced environment. You will also have the opportunity to contribute in a meaningful way to the organization with which you work, and to expand your skills, both public health and cross-cultural.

Course Expectations: The expectations for this course are modeled after the Public Health Studies Applied Experience – a requirement for the PHS major. Workload reflects the fact that this is a 3-credit graded course, not 2 credits S/U. [http://krieger.jhu.edu/publichealth/academics/AE-Main]

Students will be assessed on the following:

1. Participation (25%) Students are required to go to their sites every Monday, Wednesday, and Friday, and should average no less than 5 hours per day. Qualifying exceptions include:
   a. You will be exempt, of course, in the case of illness, but unless the illness is extended and requires either hospitalization or medical evacuation, you will be given the opportunity to make up the hours on other days.
   b. Other unforeseen events – to be discussed with Dr. Smart on a case by case basis.

2. Group Reflection Sessions (part of your participation grade) As mentioned above, the group will meet on Monday evenings from 7:30-9 PM for a group reflection session. These may include brief presentations by the instructors, but will largely be a discussion-based format where your participation is valued. Readings may be assigned to the group in preparation for these sessions that assist you in linking your personal experience to the larger concepts.

3. Written Reflections (ungraded) You should reflect on your day’s work, in writing, every day that you are at your site – that’s 3 times a week. You will want to buy a journal since electronic devices are not always appropriate to have with you in the townships. A journal can go with you to your site, and can be used discreetly so you are able to make notes at the time of your observation. You are also welcome to record on your computer, but keeping a blog for the purpose of informing family and friends of your activities is not the purpose. The emphasis should be on a complete and honest account rather than what other people will think when they read it.

4. Written Reflections (25%) Each Monday, you will turn in a written reflection to Dr. Smart. This should be a synthesis of your 3 entries from the week before – highlights and/or lowlights of your experience, significant challenges and frustrations, attempted or achieved solutions. There is no strict format for this, but at least two pages double spaced is expected. Please see the end of this document for some suggestions to get you started. These will be far easier for you to compile if you are keeping up with your daily entries to yourself. These should be emailed to both instructors by 8 AM on Monday mornings.
5. **Blog Entries (part of your participation grade)** All students are required to post at least two blog entries to the program’s blog – [www.jhucapetown.blogspot.com](http://www.jhucapetown.blogspot.com)
   a. Username is phscapetown, password is phscapetown2012
   b. You will choose one topic from a list provided, and the second entry is of your choosing.

6. **Site Visits and Supervisor Feedback (25%)** Dr. Smart will plan to visit each student’s site at least once a week and assess the work being done. In collaboration with your feedback, and that of your supervisor, this will also be part of your grade. These visits will be unannounced.

7. **Synthesizing Assignment (25%)** Per the model of the Applied Experience, each student is required to submit a final synthesizing assignment. Please refer to the AE website for complete information: [http://krieger.jhu.edu/publichealth/academics/AE_Requirements](http://krieger.jhu.edu/publichealth/academics/AE_Requirements)
   Briefly, this assignment can take one of three forms:
   - a voice-over power-point,
   - an 8-10 page paper, or
   - a poster submission to the Undergraduate Public Health Studies Conference.

   All formats require an abstract, as well as accompanying citations and references as appropriate. Your final product may be built on any aspect of your placement experience, and you will have individual meetings in week 5 to discuss your idea with the instructors, as well as a draft proposal due prior to submission. The final date this can be submitted is August 20\(^{th}\) – a full month after you return to the US, but earlier is welcome and encouraged.

Additional conversation with Dr. Smart can happen at ANY TIME. Please be in touch with us! We are happy to meet you at your site, to sit down with you individually, or in your site group, over coffee or tea closer to the campus. We are here to listen and to enhance your learning.

---

**We all teach, we all learn, we all serve and are served.**

Be assured that we take your experience and your feedback very seriously, and we count on your honesty and flexibility – things will change. We will do our best to give you plenty of notice, and to incorporate both suggestions and constructive criticism respectfully submitted.

At any point during the program, if you’d like to share your thoughts, you are welcome to:
- meet with either Dr. Smart in person,
- reach us by phone,
- send either of us an email, or voice your feelings anonymously by leaving a written note in the ‘suggestion box’ that will be in class on Tuesdays and Thursdays.

**Course Communications**

All course communication will happen in person or via email. Please see the top of this sheet for contact info. Please also feel free to call as needed. Dr. Smart will generally be joining you in the classroom, so you will be seeing both of us at least 3 times a week, plus during the Monday reflection sessions as well as site visits.

**Academic Ethics**

From the JHU Ethics Policy Statement:

"The strength of the university depends on academic and personal integrity. In this course, you must be honest and truthful. Ethical violations include cheating on exams, plagiarism, reuse of assignments, improper use of the Internet and electronic devices, unauthorized collaboration, alteration of graded assignments, forgery and falsification, lying, facilitating academic dishonesty, and unfair competition. Violations can lead to failure of an examination, failure of the course, a notation on the student’s transcript, and/or other actions."
“Report any violations you witness to the instructor. You may consult the Associate Dean of Students, Dorothy Sheppard, and/or the Chairman of the Ethics Board beforehand. Please consult the Academic Ethics for Undergraduates guide and the Ethics board website for more information.”

http://www.jhu.edu/ethics/index.html

The JHU Honor Code should be followed throughout the course. **You must write and sign the academic ethics statement on your final assignment:**

“I have neither given nor received unauthorized aid on this assignment.”

Any infractions to the honor code will be referred to the Ethics Board.

**Disability Services**

If you are a student with a disability or believe you have a disability that requires accommodations, please contact Student Disability Services, 385 Garland, 410-516-4720, to discuss reasonable and appropriate accommodations. The Office’s website is: http://web.jhu.edu/disabilities/index.html

**Some Suggestions for Reflection - adapted from Goucher College’s Community Based Learning Center**

*When writing your reflections, consider some of the questions below as a guide. You may never answer them all, but they may help you collect your thoughts and think critically about your experience. Critical thought is the key – these submissions are more than a narrative of your activity for the week. They should include some analysis and interpretation on your part, as well as connection to your in-class learning. More effort here will make your Synthesizing Assignment easier at the end…*

- What were the two or three things that surprised you this week?
- What did you worry about, fear, have concern about before going to your site? How do those change, or not, over the course of your experience?
- What are the most important lessons learned during your site placement?
- What do you find to be the biggest challenges in your work with the community?
- Who is the person with whom you share the most? What have you learned about him/her that has made an impression on you?
- What event made the biggest impression on you this week and why?
- What skills are you strengthening through your site placement?
- What challenge have you faced? How will that affect the way you act in the future?
- How are you changing because of your experience? Do you expect these changes to remain when you return to the US? Why or why not?
- Has this experience contributed to your understanding of other coursework at JHU? How?
- Describe a significant moment that happened during your experience. What makes it important to you?
- Tell the story of a significant interaction between you and a colleague or community member. Consider the subtexts that may have been a part of this interaction – particularly in terms of culture, economics, history…
List of Readings/Resources, Cape Town, 2014

Required

**Strongly Recommended** To give you a sense of some of the complexities leading up to the fall of apartheid, consider reading Nelson Mandela’s powerful statement from his 1964 trial (after 17 years on the run, and prior to his 27 years of imprisonment). It lays bare both the reasons that the African National Congress felt they could no longer use simply peaceful means to try to achieve change, as well as his commitment to equality for all South African citizens.


To inform yourself a bit about South Africa, politics and otherwise, please make time to peruse one or all of the following general sites:

- US State Department, particularly Background Notes: [http://www.state.gov/p/af/ci/sf/](http://www.state.gov/p/af/ci/sf/)

Other readings that may interest you

- Nelson Mandela’s autobiography is a long one, but has been called ‘riveting’, and his work places him as one of modern history’s great moral leaders.

- Along the lines of Mandela’s trial statement above, the following is a powerful book about another trial that contributed to growing momentum for the end of apartheid.

- The book below provides a personal account of the Truth and Reconciliation hearings held after the fall of apartheid. One reviewer says: “If you want to understand modern South Africa you must understand the politics of the last century. There is no better place to start than with the Truth and Reconciliation Commission (TRC). Antjie Krog’s masterwork places you in the mind of both oppressed black freedom fighters and entrenched white Afrikaner.” [http://africanhistory.about.com/od/africanhistorybookcase/fr/MySkullBook.htm](http://africanhistory.about.com/od/africanhistorybookcase/fr/MySkullBook.htm)


- BUT, if you’d like a film, better would be the documentary made in 2000, and nominated for the best documentary Oscar of that year: *Long Night’s Journey into Day*. “This documentary tells four stories of Apartheid in South Africa, as seen through the eyes of the Truth and Reconciliation commission. White soldiers
who have killed ANC activists, black activists who have killed whites in political attacks: can there be forgiveness when the full truth comes out?"

- Zakes Mda is a well-known South African author. In 2001, his work of fiction, *Heart of Redness*, won several awards including the Commonwealth Writers Prize and the Sunday Times Fiction Prize. It is a novel that includes strong reference to the legend of a Xhosa prophetess, but is praised for describing the tension many black South Africans feel between the more traditional past and the fast-paced technological present.
  

- Nadine Gordimer is another well-known South African author.

- J.M. Coetzee, 2003 winner of the Nobel Prize for literature.

- Steven Biko and Mamphela Ramphele are prominent activists whose works have been widely published – names you should know!

- Dr. Paul Farmer has written extensively on health disparities worldwide. The following two books, while not South Africa specific, do have some references to South Africa, and are great foundations for thinking about some of the social justice issues related to public health on a global scale.
  
  

There are any number of books about South African history, including from a medical perspective. There are also quite a few resources on community-based learning for students, teachers, and community partners. *If you are interested in further reading in either of these areas or others, please don’t hesitate to let me know!*
HIV/AIDS Institutional Co-ordination Unit

HAICU - University of Cape Town http://www.haicu.uct.ac.za/about/overview/

HIV/AIDS Institutional Co-ordination UCT (HAICU), based in the office of the Vice Chancellor, provides services to students and staff. Previously the HIV/AIDS Unit, formed in 1994, HAICU ensures that the University is responding appropriately to the HIV pandemic in a co-ordinated and collaborative manner in the areas of HIV management, teaching, research and social responsiveness.

HAICU projects are research led as well as evaluated. There is an emphasis on high quality and cost effectiveness. HAICU has adopted Catherine Campbell’s programme theory around an AIDS Competent Community¹. HAICU projects are aimed at ensuring that UCT graduates students who can respond to the pandemic on both a personal and a professional basis. Therefore there are both curricula and co-curricula interventions.

Prevention programmes include exploring and intervening in the context in which transmission can occur as well as targeting risk behaviour. HAICU projects take into account the impact of gender on HIV/AIDS as well as a focus on concurrent partners as a means of transmission. There is also a focus on the impact of stigma on HIV prevention and support seeking behaviour.

Vision and Mission: The vision of HAICU is a transformed, AIDS-competent UCT community addressing HIV and AIDS in Southern Africa. The mission of HAICU is to coordinate a collaborative response that supports UCT transformation and builds student and staff capacity through curriculum, co-curriculum and social responsiveness initiatives.

History: In 1993, the UCT HIV Education Working group was set up to address the complex issues arising from the increase in HIV prevalence in South Africa. In 1994 the position of an HIV/AIDS coordinator was created and a peer education programme was launched, entitled Student HIV/AIDS Resistance Programme (SHARP). In 2000, UCT updated its policy on HIV/AIDS and the HIV/AIDS Unit was called on to help implement the policy.

Over the years, the UCT HIV/AIDS Unit has grown into a strong prevention, education and support unit on campus. Formerly situated within Student Development Services Department (SDSD), in October 2005 the HIV/AIDS Unit was relocated in the Office of the Vice Chancellor and was renamed HIV/AIDS Coordination - UCT (HAICU). At this time it launched a new peer education project entitled AIDS Community Educators (ACES), which replaced SHARP.

Stella Kyobula Mukoza - Project Officer Stella Kyobula Mukoza is the Peer Programme Coordinator at the University of Cape Town’s HIV/AIDS Inclusivity and Change Unit (HAICU). She holds a Master of Philosophy in Programme Evaluation from the University of Cape Town. Her position at HAICU entails co-ordinating the Peer Education Programme on campus and managing the training and Education for the Peer Educators. As Project Officer, she conducts evaluations for HAICU campaigns and projects. Stella’s research interests lie in the Programme Evaluation field and building capacity amongst young people. She has published in the international Journal of Industry and Higher Education (JIHE).

Lucina Reddy - Project Officer

Lucina is the Information, Communication and Education Officer at HAICU. This entails coordinating the university’s HIV/AIDS campaigns, events and colloquia. Lucina undertook her BA (Honours) in Psychology at the University Of Natal (Pietermaritzburg). In 2003 she completed her BPSYCH internship at McCords Hospital in Durban towards registration as a Psychology Counsellor (HIV/AIDS). Previously she worked at Childline KwaZulu-Natal.
as part of the Crisis Line Team. She is currently registered for a Masters of Philosophy in Programme Evaluation at The University of Cape Town. Her research includes understanding behaviours, in particular Men who have sex with Men, HIV/AIDS peer education, and education communication change. She has delivered papers and posters at regional and recently she has broadened her scope of work to include transformation and diversity management training and research. Through her work she has worked regionally and nationally with the tertiary sector in thinking about transformation in this sector as well as systems management.

**Sianne Abrahams - Project Officer** Sianne's role as the HEAIDS and Curriculum Integration Officer at HAICU entails integration of HIV/AIDS education into each Faculty at UCT. Sianne holds a MSocSc in Social Policy Management (UCT) and a Management Diploma from the University of Stellenbosch and a Bachelor of Arts in African Gender Studies. Prior to joining UCT, Sianne worked in various research and social development consultancies and more recently has managed an NGO which provided a coordinated programmatic response for government, business and civil society who had invested interests in road safety. Accomplishments in the road safety sector were acknowledged by the Minister of Transport Sibusiso Ndebele who awarded a Certificate of Achievement to Sianne during her tenure as the first recipient of the FIA Foundation and Zenani Mandela Scholarship for Road Safety (2011). Sianne utilizes her research, strategy, networking and business development experience at UCT to ensure that each Faculty contributes towards shaping an AIDS competent UCT community. Of particular interest is the unique method of collaboration that Sianne uses with Faculty's in order to embed HIV content into core and co-curricula.

**Cal Volks - Director** Cal Volks, BA (Hons) MA and has studied at Rhodes University; The University of South Africa and The London School of Hygiene and Tropical Medicine. Cal has worked as the Director of the HIV AIDS and Inclusivity Unit at the University of Cape Town for 20 years where she has focused on Research, Project Management and Evaluation of programmes in and outside of the University addressing: Various methods of HIV prevention and sexual health promotion among young people; HIV Stigma as an issue of Inclusivity; Bio-psychosocial models of educating and researching female condom use; Peer Education around the Human Papilloma Virus Vaccine, Gender based Violence and HIV, Community Adaptation and Resilience against Climate Change and HIV/AIDS; Counselling and Treatment for South Africans with HIV and Infertility.

Cal has been awarded the following awards for her work: 2 Rotary International Scholarships; 2 Raymond Pullen Merit Bursaries; An A W Mellon HERS programme scholarship and an Erasmus Mundus scholarship. Cal is a SASH fellow with UCT and Brown University, USA.

3 recent publications and presentations include:


Sample Community Placements from Previous Years

**Desmond Tutu HIV Foundation: Main Offices**
Phone: +27 (0)21 650 6966  
Address: Level One, Wernher Beit North, University of Cape Town Faculty of Health Sciences, Anzio Rd, Cape Town  
Email: info@hiv-research.org.za

**DTHF Youth Centre, Masiphumelele**
Phone: +27 (0)21 785 5454  
Address: Guineafowl Road, Kommetjie, Cape Town  
Contact person: Mr. Dante Robbertze

Youth Centre facebook : [https://www.facebook.com/desmond.tutu.youth.centre](https://www.facebook.com/desmond.tutu.youth.centre)

The Desmond Tutu HIV Foundation (DTHF) developed from the HIV Research Unit at New Somerset Hospital in the early 1990’s. The Unit was acclaimed as one of the first public clinics to offer antiretroviral therapy to those living with HIV. Supported by Archbishop Emeritus Desmond Tutu and Mrs Leah Tutu, the Foundation's activities include HIV prevention, treatment, and training as well as tuberculosis screening and management among some of the most vulnerable communities of the Western Cape.

The work is underpinned by innovative academic research undertaken by the Desmond Tutu HIV Centre (DTHC). The Centre, based at the University of Cape Town’s Institute of Infectious Disease and Molecular Medicine, operates symbiotically with the Foundation’s local field sites in the Nyanga area of Cape Town and Masiphumelele, Noordhoek. HIV prevalence is particularly high amongst the youth in this community. The Centre is unique in that it offers youth-friendly reproductive health services in addition to educational and development programmes including a computer lab, and sports and recreation activities. More than 2,000 young people use the facility.

**Ikamva Labantu**
Phone: +27 21 461 8338, Fax: + 27 21 461 6823  
Office Address: Hills Building, Buchanan Square, 160 Sir Lowry Road, Cape Town 7925  
Website: [www.ikamva.org.za](http://www.ikamva.org.za)  
Email: info@ikamva.org.za  

Ikamva Labantu’s programmes aim to support the most vulnerable groups in communities.  
- Orphans, vulnerable children and youth  
- Pre-school children in under-developed early childhood development centres  
- Vulnerable senior citizens  
- Community Health

In addition to the lack of access to primary health care, the grim living conditions faced by township communities are worsened by a lack of basic health knowledge. Ikamva Labantu supports local communities by promoting and educating caregivers and their beneficiaries about health-conscious behaviour, disease prevention and the vital role of nutrition even with limited means. Our goal is to build communities that embrace preventative health rather than struggle with avoidable chronic and acute health problems. By empowering people to manage their health and the health of those in their care, we aim to promote wellness and reduce the burden of ill health and added suffering.
**Ubuntu Africa**  Comprehensive Care for HIV Positive Children
Phone: 079 525 4724 Fax: 021 361 6567
Address: F441 Tanga Street, Khayelitsha Town 1 Village 2, Khayelitsha, 7784
Website: www.ubafrica.org

**Mission Statement**
Ubuntu Africa is dedicated to improving the health and wellbeing of HIV-positive children in under-served communities by establishing community-based programs that provide lifesaving health and support services. UBA is also committed to fostering an empowered attitude towards HIV/AIDS among young people worldwide and engaging them to participate in improving conditions for people affected by global health challenges.

There are few support services offered to children in Khayelitsha who are living with HIV. After being diagnosed with HIV, young people in Khayelitsha are often left to bear the burden of the disease completely alone. There is a great need for Ubuntu Africa’s comprehensive HIV care program that provides services designed to assist and empower the young people living with HIV in Khayelitsha. This is where Ubuntu Africa makes an impact.

Ubuntu Africa’s pilot project, Ubuntu Africa Child Healthcare, currently offers its program out of our center in Site B, Khayelitsha. Our staff members work diligently and passionately to offer the best care and support to the enrolled children with the space that we are offered! The organization was thrilled to move into a much larger space in Khayelitsha, enabling it to reach even more HIV-positive children and pursue its expansion within the community.

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**Yabonga**

**Main Offices**
Phone: 0027 (0) 21 761 2940, Fax: 0027 (0) 21 761 3407
Address: 2 Main Road, Wynberg 7800, Mowbray 7705, Cape Town
Email: info@yabonga.com
Website: [http://www.yabonga.com/](http://www.yabonga.com/)

Yabonga’s programmes evolve to suit the communities’ needs. Though our focus is primarily on minimizing the impact of the HIV epidemic on women and their families, we are continuously challenged by the extreme poverty experienced in these communities. Our adult support programmes focus on education, personal growth and skills development. The bakery, food gardens and crafts programme offer real opportunities for skills development, income generation and empowerment.

Nutrition and material assistance are included in the children and youth programmes, where we aim to help them cope with every day challenges related to HIV, poverty, loss and trauma, abuse and neglect.

The Yabonga model is unique since it is based on a ‘bottom up’ approach. Clients who attend the HIV support group are recruited and trained to become peer educators. This qualifies them to offer HIV education in clinic waiting rooms, and to inform community members about HIV and AIDS and related issues. Ongoing training enables them to become child counsellors, youth counsellors, and eventually team leaders.
Public Health Study Abroad in Cape Town, South Africa —
Advice for Future Participants in the program from
the Inaugural Group - July, 2011

- Expect the worst, hope for the best. Open your mind to every experience around you.
- The most useful skills you will gain from this experience will be the skills/knowledge gained from outside the classroom. This may (will) be something you realize in hindsight, but the skills you will gain in communication and cultural competence— as well as what you will learn about yourself in the process— are invaluable real-world skills that will serve you more than the facts you learn in class.
- My advice would be to find ways in which your internship can be educational to you, instead of waiting for the internship to teach you something.
- Do not be afraid to immerse yourself in SA's culture. A lot of people talk about how chill/fun it is abroad, but don't let the "fun" deter you from observing everything around you.
- Be open to any new experience. The more you talk to random Capetonians, walk around different neighborhoods, and volunteer to participate in programs both educational and recreational, the more you will get out of the trip. Don't underestimate how fast time flies.
- Be prepared for a full week of activity.
- Be open, ask questions, don't assume. Sounds trite but it's how you learn the most.
- Read as much as you can about current South African Politics and culture before leaving the US.
- Don't get discouraged if you're feeling useless because even if you think you haven't learned any new skills or feel you haven't helped your organization greatly, you probably have in some way.
- You will never be fully prepared for what you encounter and see during this program, but be ready to be flexible, patient, and open to a warm and welcoming country.
- Be able to adapt. Things will very seldom go as planned, and you will run into a lot of anxiety and frustration unless you are willing to be flexible and open-minded in every situation.
- Clearly define what you want to do in your placement and express it before you leave. Stick through wherever you are placed. Try to understand the people surrounding you. Don't discount anthropology as a viable public health initiative.
- You might not be able to make as big a difference as you want at the end, but this experience will make a big difference in your life. Everything is what you make of it, so ask questions, be aware, respectful, considerate, and open.
- Keep an open mind and do as much as possible.
Country Description

South Africa is a parliamentary democracy and is, in many respects, a developed country, although much of its population lives in poverty. All major urban areas have modern, world-class hotels and tourist facilities. Game parks and areas most often visited by tourists have a wide range of facilities. Food and water are generally safe, and a wide variety of consumer goods and pharmaceuticals is readily available. The capital is Pretoria, while the seat of parliament is located in Cape Town. Johannesburg is the financial capital and largest city in South Africa.
Durban is home to Africa’s busiest port and is the number-one domestic tourist destination for South Africans. Read the Department of State’s information on relations with South Africa for additional information.

**Entry, Exit & Visa Requirements**

Visitors to South Africa for tourism, short business meetings, or those in transit do not require visas for stays of up to 90 days. In the event that a traveler overstays that period without a permit issued by the South African Department of Home Affairs, he or she may be subject to a fine of up to 3,000 rand (approximately 350 U.S. dollars). All others, including academics, students on educational trips, and volunteers, may need visas. U.S. citizens who intend to work in South Africa must apply for work permits before arrival; otherwise you risk being refused admission and returned to your point of origin. It is strongly suggested that all travelers check the latest requirements with the nearest South African Embassy or Consulate before traveling.

**Please Note:** South African law requires travelers to have one (1) totally blank (unstamped) visa page in their passport in order to enter the country. In practice, however, travelers often need to have more than one blank page. There have been numerous instances in which South African immigration officers required travelers to have two (2) fully blank pages. Some travelers have been refused entry and returned to their point of origin. All travelers are strongly advised to have at least two fully blank passport visa pages *upon arrival* in South Africa. Travelers without the requisite blank visa pages in their passports may be refused entry into South Africa, fined, and returned to their point of origin at their own expense. In many cases, South African authorities have not granted approval for U.S. Consular officers to assist U.S. citizen travelers by adding extra visa pages. As a general precaution, all travelers are advised to carry a photocopy of the photo/bio information page of their passport and keep it in a location separate from their passport.

Travelers entering South Africa from *WHO-designated yellow fever countries* are required to present their current and valid “International Certificate of Vaccination as approved by the World Health Organization (WHO)” (commonly called a “yellow card”) or statement of medical exemption (also located on the same yellow card). Additionally, South Africa treats Zambia and Tanzania as yellow fever countries. This requirement is imposed on travelers flying to South Africa via yellow fever countries, even when passengers transiting a yellow fever country do not deplane in the yellow fever country (e.g., flights stopping in Dakar, Senegal, Accra, Ghana, or Nairobi, Kenya), or if the plane makes an unscheduled landing in a yellow fever country. As a precaution, all travelers to South Africa should carry their original yellow vaccination card. South African immigration inspectors do not generally accept letters, scans, copies, or faxes regarding prior yellow fever vaccination. While this requirement may not be consistently applied, travelers who cannot present an original and currently valid yellow card risk being refused entry into South Africa. Yellow fever vaccinations are not administered at South African ports of entry for the purpose of entry into South Africa. Travelers are reminded that they are required to obtain a yellow fever vaccination at least 10 days prior to their arrival in South Africa in accordance with WHO regulations. South Africa may apply these requirements to people traveling from or through both high-risk yellow fever countries and low-risk yellow fever countries.

Visit the [Embassy of South Africa website](https://www.saembassy.org) for the most current visa information.

The U.S. Department of State is unaware of any HIV/AIDS entry restrictions for visitors to or foreign residents of South Africa.

Information about dual nationality and the prevention of international child abduction can be found on our website. For further information about customs regulations, please read our Customs Information sheet.

**Cell Phones:** It is advisable to carry a mobile phone while in South Africa. You may find it useful to have an “unlocked” cell phone with international roaming capability to use while in South Africa. The Independent Communication Authority of South Africa has established new rules that require all new cell phones and SIM cards to be registered. Information on how to register may be found on its website.

You may buy an inexpensive SIM card to use with your "unlocked" cell phone and airtime once you arrive in South Africa. SIM cards and airtime may be purchased at many retail outlets, including Woolworths, Pick ‘n Pay, Spar, Checkers, and most grocery stores and cellular retail stores such as Vodacom, MTN, Cell C, etc.
Rental mobile phones are widely available and may be rented from kiosks at major airports. The nationwide emergency number for the police is 10111, and the nationwide number for ambulance service is 10177. It is not necessary to dial an area code when calling these numbers.

Safety and Security

Terrorism: Anti-American violence is not typical in South Africa, although in the past there have been isolated incidents perpetrated by parties unhappy about U.S. foreign policy. Nevertheless, the Department of State remains concerned about the continued worldwide threat of terrorist attacks, demonstrations, and other violent actions against U.S. citizens and interests overseas. You are encouraged to review the most recent Worldwide Caution issued by the Department of State.

Xenophobic Attacks: South Africa has seen a number of attacks directed at refugees or immigrants from other African nations in recent years. Many of the attacks were centered in Johannesburg and the province of Gauteng in low-income neighborhoods and informal settlements, but other incidents have taken place throughout the country. Many individuals have been killed in these incidents, including targeted victims as well as bystanders. While there have been no reports of U.S. citizens or other non-African visitors being targeted, these incidents of mob violence have sprung up quickly and proven difficult for local authorities to control. U.S. citizen residents and visitors are advised to listen to local media for reports of such incidents and to avoid areas (primarily--but not limited to--townships) where they may be likely to occur.

Public Disturbances and Strikes: Organized or wildcat labor strikes occur regularly in South Africa. Service delivery protests also occur frequently and are generally motivated by poor residents’ frustrations with shortfalls in public service deliveries. While both types of disturbances -- labor strikes and service delivery protests -- are generally localized and normally occur well away from typical tourist destinations, these disturbances can develop quickly, unpredictably, and occasionally turn violent. Use caution and steer clear of any area where protests, demonstrations, or other public disturbances are taking place. During strikes by public workers, access to government offices, public hospitals and schools may be difficult due to protests, and should be avoided if possible. South Africa has many private medical facilities/services that may not be impacted by public-service strikes.

Public Transportation: Public transportation accidents involving trains, buses, minibus taxis and private cars are a regular occurrence in South African and past incidents have resulted in deaths or serious injuries. In addition, minibus taxis and buses have been targeted by criminal elements for hijacking and robbery. Often, the safety and security standards on public transportation systems -- especially in urban areas and townships -- in South Africa are not on par with what travelers would expect in the United States. The use of individual metered taxis from established taxi companies and tour buses is recommended. The Gautrain, which travels between the airport and Johannesburg/Pretoria, is considered a very reliable and safe mode of transportation.

Game Park/Safari Safety: While visiting game parks and reserves, it is dangerous to leave your vehicle or otherwise be on foot, even in the presence of a guide. Several incidents of wild animal attacks on tourists in the region have resulted in deaths or serious injuries.

Ocean Safety: If visiting South Africa’s expansive coastline, be mindful of the possible presence of sharks when swimming or engaging in water sports. In 2012, at the Fish Hoek beach and other areas of the Cape Town and Western Cape coastlines and at Port St. John’s in the Eastern Cape, several people were attacked by sharks, and some of the attacks were fatal. When a shark is spotted close to the shore, local authorities will sound a warning siren to notify swimmers if lifeguards and shark spotters are on duty. Tragic accidents can occur when swimming in the ocean or walking/climbing on shore areas that are not designated and lifeguard-patrolled beaches. Visitors from the United States and elsewhere have drowned when swimming in coastal waters, where riptides, tides and wave patterns can change unexpectedly and overwhelm even excellent swimmers. Do not swim alone in isolated beach areas. Do not dive into unknown bodies of water, as hidden rocks or shallow depths can cause serious injury or death.
Stay up to date by:

- Bookmarking our Bureau of Consular Affairs website, which contains the current Travel Warnings and Travel Alerts as well as the Worldwide Caution.
- Following us on Twitter and the Bureau of Consular Affairs page on Facebook as well.
- Downloading our free Smart Traveler app, available through iTunes and the Android market, for travel information at your fingertips.
- Calling 1-888-407-4747 toll-free within the United States and Canada, or a regular toll line, 1-202-501-4444, from other countries.
- Taking some time before travel to consider your personal security. Here are some useful tips for traveling safely abroad.

**CRIME:** The vast majority of visitors complete their travels in South Africa without incident. However, visitors should be aware that criminal activity is prevalent throughout the country and can be violent. The South African government has in place a number of strong anti-crime initiatives, but violent crimes, such as armed robbery, carjacking, mugging, "smash-and-grab" attacks on vehicles, and other criminal acts are still common and do affect visitors and resident U.S. citizens.

**Note:** Visitors to the U.S. Embassy in Pretoria and U.S. Consulates General in Cape Town, Durban, and Johannesburg should be aware of the risk of muggings, several of which have occurred near U.S. diplomatic facilities. While measures have been taken to address concerns about potential muggings, visitors approaching U.S. government facilities should be aware of their personal security and carry as little money and valuables as possible.

Visitors and residents are advised of ongoing criminal activity involving organized crime gangs targeting individuals and commercial businesses at shopping centers and other public places. Once a victim has been identified, he/she may be followed back to his/her residence or hotel and robbed. Robberies often involve weapons; the use of force is used from the moment of attack and generally escalates greatly for those offering some form of resistance.

These gangs target people of opportunity and not always appearing to be affluent. Crime affects all sectors of society to include those driving expensive cars, wearing eye-catching jewelry, flashing large amounts of cash, and/or making high-value purchases. Criminals also gravitate towards “soft” targets - people who appear preoccupied and do not pay attention to their immediate surroundings. Visitors who believe they are being followed should travel directly to a police station or other public location of safety.

Cash-in-transit (armored vehicles) robberies remain common; tourists should try to avoid traveling near these vehicles and personnel during a cash delivery or pick-up, particularly at shopping centers or other public locations. Crimes against property, such as carjacking, have often been accompanied by violent acts, including murder, when victims resist or are slow to respond to attackers’ demands.

South Africa also has the highest reported occurrence of rape in the world. Foreigners are not specifically targeted, but several have been the victims of rape. Victims of violent crime, especially rape, are strongly encouraged to seek immediate medical attention, including antiretroviral therapy against HIV/AIDS. Questions about how to receive such treatment should be directed to the nearest U.S. consulate.

Criminal activity, such as assault, armed robbery, and theft, is particularly high in areas surrounding certain hotels and public transportation centers, especially in major cities. Theft of passports and other valuables is
most likely to occur at airports, bus terminals, and train stations. A number of U.S. citizens have been mugged or violently attacked on commuter and metro trains, especially between Johannesburg and Pretoria.

In the Western Cape, police resources have been strained by continuing gang conflicts and vigilante violence in the low-income areas and informal settlements around Cape Town. People who are unfamiliar with the Cape Flats/Khayelitsha area, surrounding townships, and squatter camps should not visit these areas. Additionally, travelers should be aware that muggings have occurred along popular hiking routes on Table Mountain. Visitors to Table Mountain should be vigilant, hike in groups, and not carry/display valuables.

Crime in Durban remains high. Visitors should avoid traveling in the city center after dark, as well as all travel to the surrounding townships. The suburbs north and west of the city are generally considered to be safer than the city center, but all visitors should remain vigilant and exercise situational awareness at all times.

If confronted by an armed individual, you should immediately comply, and avoid making sudden movements. Any hesitation on your part could be perceived as a threat and may result in unnecessary violence.

**ATMs:** Criminals often loiter near ATMs, targeting persons withdrawing cash. A common scheme is the “Good Samaritan” fraud, where a criminal attempts to “help out” with a particular ATM transaction. Often the ATM in these situations has been tampered with to record the card information, and the “Good Samaritan” will then take the information and use it to withdraw cash later. This is a prevalent crime, and both residents and visitors have been targeted. Do not accept “assistance” from anyone, or agree to assist others with ATM transactions. Travelers should also try to avoid using ATMs after business hours, on the street, or in remote locations. Criminals have also used commercial explosives to blow up ATMs in South Africa. ATM bombings have taken place in the early hours of the morning in remote or isolated areas, although some attacks have taken place at gas stations and shopping complexes.

Based on these threats, the following security precautions are recommended:

- Avoid using ATMs in dark, remote, or isolated areas.
- Never allow someone to assist you at the ATM, and never assist anyone else at the ATM, either.
- ATMs located inside shopping malls, hotels, and banks are preferred since they are normally high-traffic areas, and are monitored by security guards and cameras.
- Avoid using an ATM with a cord or any foreign object attached to it. If you notice a suspicious device on or alteration to an ATM, immediately leave the area, take cover, and notify the police. Shrapnel and debris from an explosion can travel long distances and cause serious injury or death.
- Before withdrawing money, scan the area for any suspicious persons or activity. Should anyone approach you while you are withdrawing money, immediately cancel the transaction, remove your card, and leave the area. Incidents of credit card fraud, counterfeit U.S. currency, and various check-cashing scams have also been reported. When giving your credit card to a store or restaurant employee for processing, do not let the card out of your sight. Most South African restaurants and gas stations have portable credit card machines that can be brought to your table or car.

**Hotel Security:** Thefts from hotel rooms throughout the country remain a concern. Travelers are strongly encouraged to make use of hotel-provided room safes or lock-boxes at the front desk for all valuables.

**Financial and Romance Scams:** Visitors should also beware of telephone, internet, and e-mail fraud schemes, which attempt to win the confidence of unsuspecting persons who are persuaded to enter into a romantic
relationship via email, or to provide financial assistance, or to travel to South Africa and assist in a supposedly lucrative business venture. Since 2008, there have been several cases of U.S. citizens losing thousands of dollars and putting themselves in danger by responding to either romantic or financial scams (also known as “419 scams”). “Lonely hearts” scams are a common and growing problem, with “engagements” via internet used to lure victims into sending money to assist with supposed education, health or job problems. Victims have lost tens-of-thousands of dollars on these scams. If you are contacted by someone claiming to be a U.S. citizen you met on the internet or only know online asking you for financial assistance, instruct them to contact the nearest U.S. consulate. You should exercise extreme caution when sending funds to individuals overseas for any reason whether your relationship with them is of a business or personal nature. Some scam victims have traveled to South Africa only to lose more money, and in a few cases, to be physically attacked or kidnapped for ransom. Click to view the State Department’s financial scam web page. If you have lost money in a financial scam, please file a report with your local police and with the Internet Crime Complaint Center. Victims can also report Internet fraud to the Federal Trade Commission (FTC) online or by phone, toll-free, at 1-877-FTC-HELP (1-877-382-4357).

To check on a business's legitimacy while in the United States, contact the International Trade Administration, Room 3317, Department of Commerce, Washington, DC 20230, telephone: 1-800-USA-TRADE or 202-482-5149, fax: 202-482-5198. If you are abroad, contact the nearest U.S. embassy or consulate.

Car Thefts and Carjacking: Carjacking and thefts from cars remain serious problems. Doors should remain locked and windows rolled up at all times. Motorists are urged to hide bags, cell phones, and other valuables from view at all times and to be extremely cautious when approaching intersections. “Smash-and-grab” robberies are common throughout South Africa, particularly in urban areas, at traffic lights, and at highway off-ramps. A criminal, sometimes posing as a vendor or beggar, will walk between lines of vehicles waiting at an intersection, surveying the contents for valuables. Once an item of value is identified, the perpetrator will quickly smash the window and grab the item off the seat before fleeing, often before the driver can determine what happened. In another scenario, an individual (or two working in tandem) may indicate to a driver an apparent flat tire or other problem and wait for the driver to pull over or exit the car before grabbing exposed valuables. If you see a car pulled over to the side of the road do not stop to offer assistance, but rather call the police to report the vehicle’s location so that authorities can render assistance. You should avoid carrying anything of value inside the car (e.g., briefcases, purses, laptops, etc.) that could attract potential assailants. When parking your vehicle, use parking lots that are well-lit and have a security presence, and physically check that the vehicle is locked before you walk away. Criminals have perfected the technique of blocking the wireless alarm remote signal and either stealing the vehicle or waiting inside the vehicle for the driver to return in order to rob them.

Criminals, working in groups, have placed debris on the road (rocks, bricks, shards of metal, etc.) in an effort to puncture a vehicle’s tires. Another less-frequently used tactic is for criminals to throw rocks, bricks, paint, or eggs from freeway overpasses onto moving vehicles to damage cars and disorient drivers, forcing them to pull over. Other criminals hide along the road and rob the driver once he has pulled over to inspect the damage.

Airport Safety: Although infrequent, travelers leaving the airport have been targeted by criminals for robbery while en route to their hotels or places of residence. As such, all travelers should be extremely vigilant when leaving the airport and ensure that a reliable mode of transportation is used (such as arranging pick-up directly with a hotel, or using airport-approved modes of transport, such as Gautrain or official metered taxis from the taxi rank). Concerted efforts have been made to reduce luggage theft and pilferage at O.R. Tambo International Airport (Johannesburg), with noticeable results. However, travelers are encouraged to lock their suitcases when possible and avoid placing valuables in checked baggage. A good practice, regardless of destination, is to make an inventory of items and contact your air carrier immediately if you experience a loss.
Criminals are known to also target travelers at ATMs in airports. Travelers should refer to the above section, “ATM Scams,” for security precautions at ATMs.

**Firearms:** Travelers to South Africa may not import or take in-transit any firearms or ammunition without a temporary import or in-transit permit issued by the South African Police Service. Information on how to obtain a permit for firearms for personal protection and hunting can be found at the South African Police Service’s Firearms website.

**VICTIMS OF CRIME:** If you or someone you know becomes the victim of a crime abroad, you should contact the local police and the nearest U.S. consulate. We can:
- Replace a stolen passport.
- Help you find appropriate medical care if you are the victim of violent crimes such as assault or rape.
- Assist in arranging counseling.
- Put you in contact with the appropriate police authorities and contact family members or friends.
- Help you understand the local criminal justice process and direct you to local attorneys, although it is important to remember that local authorities are responsible for investigating and prosecuting the crime.

The local equivalent to the “911” emergency line in South Africa is 10111. Please see our information on victims of crime, including possible victim compensation programs in the United States.

**Local Laws & Special Circumstances**

**CRIMINAL PENALTIES:** While you are traveling in South Africa you are subject to its laws even if you are a U.S. citizen. Foreign laws and legal systems can be vastly different than our own. If you violate South Africa’s laws, even unknowingly, you may be expelled, arrested, or imprisoned. Penalties for possession, use, or trafficking in illegal drugs in South Africa are severe, and convicted offenders can expect long jail sentences and heavy fines. Engaging in trafficking or sexual conduct with children or using/disseminating child pornography in a foreign country is a crime, prosecutable in the United States. Please see our information on Criminal Penalties.

Based on the Vienna Convention on Consular Relations, bilateral agreements with certain countries, and customary international law, if U.S. citizens are arrested in South Africa, they should request that the police, prison officials, or other authorities alert the nearest U.S. consulate of the arrest, and to have communications forwarded to the nearest U.S. consulate. Notification by local authorities of U.S. citizens arrested in South Africa is rare. As such, U.S. citizens should request consular notification in the event that they are arrested.

**SPECIAL CIRCUMSTANCES:** HIV and AIDS remain major public health concerns in the Republic of South Africa. According to the UNAIDS Report on the global AIDS epidemic (2010), about 5.6 million people are estimated to be living with HIV in South Africa, with 17.8 percent of the adult population (15-49) affected. Women are disproportionately affected, accounting for approximately 55 percent of HIV-positive people. Women in the age group 25-29 are the worst-affected, with prevalence rates of up to 40 percent. For men, the peak is reached at older ages, with an estimated 10 percent prevalence among men older than 50 years. Public awareness in the country as to how to protect against infection is wide-spread and increasing. However, we recommend you exercise appropriate precautions if engaging in sexual activity, or if you are exposed to a blood source other than that supplied by a hospital for transfusion purposes.

**Accessibility:** While in South Africa, U.S. citizens with disabilities may find accessibility and accommodation very different from what is found in the United States. South African law mandates access to buildings for persons with disabilities, but these laws are rarely enforced. Even in government buildings, it is not unusual to encounter entrances with multiple stairs and elevators that have not been operational for some time, and many private businesses are no different. However, many of the tourist attractions, along with restaurants near the tourist attractions, are somewhat better-equipped with ramps and other options to facilitate access. If you are a
traveler with a disability, you should plan ahead to ensure that your lodging and planned activities are able to accommodate any special requirements.

If you plan to import and/or export items, please see our Customs Information page.

Health

Private medical facilities are good in urban areas and in the vicinity of game parks, but they may be limited elsewhere. Pharmacies are well-stocked, and equivalents to most American medicines are available. However, travelers taking specific medications should bring an adequate supply for their entire stay and a prescription with them. Nearly all private South African hospitals are owned by one of the following three corporations:

- Life Health Care
- NetCare
- Mediclinic

Information about locating private hospitals can be obtained by accessing these companies’ websites.

While most of South Africa is malaria-free, malaria risk exists throughout the year in rural low-altitude areas of Limpopo and Mpumalanga provinces, including Kruger National Park and neighboring game reserves. Risk also exists in the coastal lowlands of KwaZulu-Natal north of the Tugela River (including in Zululand, but excluding urban areas of Richards Bay). Risk is much lower from June to September. Visitors should prepare accordingly and use malaria prophylaxis and mosquito repellent. For information on malaria, its prevention, protection from insect bites, and anti-malarial drugs, please visit the CDC's malaria web page.

Tuberculosis is an increasingly serious health concern in South Africa. For further information, please consult the CDC’s Travel Notice on TB. Many insect- and tick-borne illnesses are present. Tick and insect precautions are recommended. Schistosomiasis is present in far northeastern and eastern coastal freshwater bodies, including untreated water around game parks and inland resorts. Travelers should avoid freshwater exposure in these areas. Note the Yellow Fever information under “Entry Requirements.” Please also note the information on South Africa’s high HIV/AIDS prevalence under “Special Circumstances” above.

Information on vaccinations and other health precautions, such as safe food and water precautions and insect bite protection, may be obtained from the Centers for Disease Control and Prevention’s (CDC) hotline for international travelers at 1-877-FYI-TRIP (1-877-394-8747) or via the CDC’s website. For information about outbreaks of infectious diseases abroad, consult the World Health Organization’s (WHO) website. Further general health information for travelers is available from the WHO.

Travel & Transportation

TRAFFIC SAFETY AND ROAD CONDITIONS: While in a foreign country, U.S. citizens may encounter road conditions that differ significantly from those in the United States. The information below concerning South Africa is provided for general reference only, and may not be totally accurate in a particular location or circumstance.

South African law does not require an international driver’s license for U.S. citizen tourists who are licensed to drive in the United States and who are in South Africa for less than six months. A valid driver’s license from any U.S. state or territory that has the signature and photo of the driver is valid to drive in South Africa for stays of less than six months. However, while South African law does not require an international driver’s license, insurance companies for both long-term residents and rental car customers often require proof of a South African or international driver’s license in order to honor an insurance claim, even when such proof was not requested at the time the policy was secured.

Unlike the United States, where traffic moves on the right-hand side of the road, traffic in South Africa moves on the left, and the steering wheel is on the right-hand side of the car.
Deaths from road accidents are more than twice as high in South Africa as they are globally. According to published reports, the high incidence of mortality in these collisions is due to a combination of poor driving, limited enforcement of traffic laws, road rage, aggressive driving, distracted driving, and driving under the influence of alcohol.

Travelers should use caution at all times when driving, and especially avoid nighttime travel outside major cities. Road conditions are generally good in South Africa; however, excessive speed, poor lighting on rural roads, and insufficient regulatory control of vehicle maintenance and operator licensing have resulted in an increasing number of traffic fatalities. Drivers should also take care to avoid pedestrians crossing roads or major highways.

Traffic lights are frequently out of order. Please treat all intersections with malfunctioning traffic lights as a four-way stop.

Travelers are advised to carry mobile phones. Please note that texting or talking without a hands-free unit while driving is a violation of South African law. U.S. mobile phones may not work in South Africa, but rental mobile phones are widely available and may be rented from kiosks at major airports. The nationwide emergency number for the police is 10111, and the nationwide number for ambulance service is 10177. It is not necessary to dial an area code when calling these numbers.

**Pedestrian Safety:** Take extreme care when crossing streets. Collisions involving vehicles and pedestrians are all too common on South African roadways. Pedestrian deaths occur regularly, including four cases involving U.S. citizen victims since 2008. Drivers are often aggressive towards pedestrians and fail to yield the right-of-way, even in marked crosswalks. NOTE: The U.S. Embassy in Pretoria and Consulates General in Johannesburg, Cape Town, and Durban are located on busy city streets, and visitors should exercise caution when walking to and from these facilities.

Please refer to our Road Safety page for more information. Also, we suggest that you visit the website of the country’s national tourist office and national authority responsible for road safety.

**AVIATION SAFETY OVERSIGHT:** The U.S. Federal Aviation Administration (FAA) has assessed the government of South Africa’s Civil Aviation Authority as being in compliance with International Civil Aviation Organization (ICAO) aviation safety standards for oversight of South Africa’s air carrier operations. Further information may be found on the FAA’s safety assessment page.
Vaccines and Medicines
Check the vaccines and medicines list and visit your doctor (ideally, 4-6 weeks) before your trip to get vaccines or medicines you may need.

**All travelers** You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.

<table>
<thead>
<tr>
<th>Routine vaccines</th>
<th>Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.</th>
</tr>
</thead>
</table>

**Most travelers** Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting.

<table>
<thead>
<tr>
<th>Hepatitis A</th>
<th>CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in South Africa, regardless of where you are eating or staying.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Typhoid</th>
<th>You can get typhoid through contaminated food or water in South Africa. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.</th>
</tr>
</thead>
</table>

**Some travelers** Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US.

<table>
<thead>
<tr>
<th>Hepatitis B</th>
<th>You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.</th>
</tr>
</thead>
</table>

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<tr>
<th>Malaria</th>
<th>When traveling in South Africa, you should avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria, depending on your travel plans, such as where you are going, when you are traveling, and if you are spending a lot of time outdoors or sleeping outside. Talk to your doctor about how you can prevent malaria while traveling. For more information on malaria in South Africa, see malaria in South Africa.</th>
</tr>
</thead>
</table>

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<tr>
<th>Rabies</th>
<th>Rabies can be found in dogs, bats, and other mammals in South Africa, so CDC recommends this vaccine for the following groups: Travelers involved in outdoor and other activities (such as camping, hiking, biking, adventure travel, and caving) that put them at risk for animal bites. People who will be working with or around animals (such as veterinarians, wildlife professionals, and researchers).</th>
</tr>
</thead>
</table>
People who are taking long trips or moving to South Africa
Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck.

Yellow Fever

There is no risk of yellow fever in South Africa. The government of South Africa requires proof of yellow fever vaccination only if you are arriving from a country with risk of yellow fever. This does not include the US. If you are traveling from a country other than the US, check this list to see if you may be required to get the yellow fever vaccine: Countries with risk of yellow fever virus (YFV) transmission.

For more information on recommendations and requirements, see yellow fever recommendations and requirements for South Africa. Your doctor can help you decide if this vaccine is right for you based on your travel plans.

Key

- Get vaccinated
- Take antimalarial meds
- Eat and drink safely
- Prevent bug bites
- Keep away from animals
- Reduce your exposure to germs
- Avoid sharing body fluids
- Avoid non-sterile medical or cosmetic equipment

Stay Healthy and Safe

Learn actions you can take to stay healthy and safe on your trip. Vaccines cannot protect you from many diseases in South Africa, so your behaviors are important.

- Eat and drink safely
- Prevent bug bites
- Stay safe outdoors
- Keep away from animals
- Reduce your exposure to germs
- Avoid sharing body fluids
- Know how to get medical care while traveling
- Select safe transportation
- Maintain personal security

Healthy Travel Packing List

Pack items for your health and safety.

- You may not be able to purchase and pack all of these items, and some may not be relevant to you and your travel plans. Talk to your doctor about which items are most important for you.
- This list is general and may not include all the items you need. Check our Traveler Information Center for more information if you are a traveler with specific health needs, such as travelers who are pregnant, immune compromised, or traveling for a specific purpose like humanitarian aid work.
- Remember to pack extras of important health supplies in case of travel delays.
Prescription medicines
- Your prescriptions
- Travelers' diarrhea antibiotic
- Suture/syringe kit
- Altitude sickness medicine
- Medicine to prevent malaria

Medical supplies
- Glasses Consider packing spare glasses in case yours are damaged
- Contact lenses Consider packing spare contacts in case yours are damaged
- Needles or syringes (for diabetes, for example) Requires a letter from your doctor on letterhead stationery
- Diabetes testing supplies
- Insulin
- Inhalers
- Epinephrine auto-injectors (EpiPens)
- Medical alert bracelet or necklace

Over-the-counter medicines
- Antacid
- Diarrhea medicine Examples: loperamide [Imodium] or bismuth subsalicylate [Pepto-Bismol]
- Antihistamine
- Motion sickness medicine
- Cough drops
- Cough suppression/expectorant
- Decongestant
- Medicine for pain and fever Examples: acetaminophen, aspirin, or ibuprofen
- Mild laxative
- Mild sedative or other sleep aid
- Saline nose spray

Supplies to prevent illness or injury
- Hand sanitizer or wipes Alcohol-based hand sanitizer containing at least 60% alcohol or antibacterial hand wipes
- Water purification tablets May be needed if camping or visiting remote areas
- Insect repellent Select an insect repellent based on CDC recommendations: Avoid Bug Bites
  Permethrin Permethrin is insect repellent for clothing. It may be needed if you spend a lot of time outdoors. Clothing can also be treated at home in advance.
- Bed net For protection against insect bites while sleeping
- Sunscreen (SPF 15 or greater) with UVA and UVB protection. See Sun Exposure.
- Sunglasses and hat Wear for additional sun protection. A wide brim hat is preferred.
- Personal safety equipment Examples: child safety seats, bicycle helmets
- Earplugs
- Latex condoms

First-aid kit
- 1% hydrocortisone cream
- Antifungal ointments
- Antibacterial ointments
- Antiseptic wound cleanser
- Aloe gel For sunburns
- Insect bite treatment Anti-itch gel or cream
- **Bandages** Multiple sizes, gauze, and adhesive tape
- **Moleskin or molefoam for blisters**
- **Elastic/compression bandage wrap** For sprains and strains
- Digital thermometer
- Scissors and safety pins
- Cotton swabs (Q-Tips)
- Tweezers
- Eye drops
- Oral rehydration salts

**Documents**

- **Health insurance documents** Health insurance card (your regular plan and/or supplemental travel health insurance plan) and copies of claim forms
- **Proof of yellow fever vaccination** If required for your trip, take your completed International Certificate of Vaccination or Prophylaxis card or medical waiver
- **Copies of all prescriptions** Make sure prescriptions include generic names. Bring prescriptions for medicines, eye glasses/contacts, and other medical supplies.
- **Contact card** containing the street addresses, phone numbers, and e-mail addresses of the following:
  - Family member or close contact remaining in the United States
  - Health care provider(s) at home
  - Lodging at your destination
  - Hospitals or clinics (including emergency services) in your destination
  - US embassy or consulate in the destination country or countries

**Travel Health Notices** There are no notices currently in effect for South Africa.

**After Your Trip** If you are not feeling well after your trip, you may need to see a doctor. If you need help finding a travel medicine specialist, see Find a Clinic. Be sure to tell your doctor about your travel, including where you went and what you did on your trip. Also tell your doctor if you were bitten or scratched by an animal while traveling. If your doctor prescribed antimalarial medicine for your trip, keep taking the rest of your pills after you return home. If you stop taking your medicine too soon, you could still get sick. **Malaria is always a serious disease and may be a deadly illness.** If you become ill with a fever either while traveling in a malaria-risk area or after you return home (for up to 1 year), you should seek **immediate** medical attention and should tell the doctor about your travel history. For more information on what to do if you are sick after your trip, see Getting Sick after Travel.
Checklist for Study Abroad Participants

- Develop a communication plan with your family. This can outline how and within what time frame your family expects to be contacted when you arrive in your host country.
- Make sure you are aware of luggage size and weight limits of the airline, as well as limits on carry-on baggage.
- Make sure all of your important travel documents are in your carry-on baggage rather than checked luggage.
- Passport (and visa if necessary): Make multiple photocopies of your passport information page and visa. Keep one copy in the U.S. with family, one or more copies in a safe place abroad but separate from the original document.
- Airline e-ticket print-out
- ATM card and credit card(s): Notify bank(s) of the fact you will be abroad. Be as specific as possible regarding dates and locations of travel. Contact the bank(s) with updates as travel plans change. Research transaction fees on ATM cash withdrawals and credit card charges abroad and budget accordingly.
- Health Insurance I.D. Card
- International SOS Card
- Supply of prescription medications in the ORIGINAL containers for the duration of your time abroad
- Extra eyeglasses/contact lenses
- Dollars and local currency for use in transit
- Paper work (have hard copies and electronic versions):
  - Parents' telephone number(s)
  - Photocopy of passport and visa
  - Emergency phone numbers for bank(s) issuing ATM card and credit card(s)
  - Copy of prescriptions for medications and eyeglass/contact lens prescription
  - Phone number for doctor in the U.S.
  - Student manual for your program
- Guidebooks and small Host country language/English dictionary
- Battery-operated alarm clock
- Laptop
- Camera and extra memory cards (optional)
- Convertor/Adapter plugs
- Journal/notebook and pens/pencils
- At least one full change of clothes in carry-on baggage
CONDUCT ABROAD AGREEMENT

Studying in a foreign country requires many adjustments. You must adjust to new circumstances and situations and accept personal responsibility for your actions. Students are expected to conduct themselves in a mature and responsible manner. It is mandatory that, during the entire program, when/if a student leaves Cape Town, s/he inform the program directors about the dates and, place of travel, prior to departure.

Johns Hopkins has a zero-tolerance drug policy on its overseas study programs and the purchase, sale, possession and/or use of drugs other than prescribed medication for legal medicinal purposes may lead to immediate dismissal from the program. Violations of the JHU zero-tolerance drug policy will be subject to disciplinary action, including dismissal from the study abroad program and expulsion from the university.

Misconduct abroad can be defined as any action in which students jeopardize their own welfare, that of fellow students, or of the program; unauthorized absence from the host university; substance abuse; failure to comply with the mores of the host community; or violation of the laws of the country or regulations governing the host university.

As guests in a foreign country, it is inappropriate for Johns Hopkins University students to interfere in domestic affairs of the host university or country. Involvement in demonstrations or meetings which the host country, university or governmental authority declare illegal may result in interruption of academic schedules and loss of time, personal injury, and open manifestation of hostility and violence toward students (either as random targets or as representatives of the U.S.A.), and could jeopardize the present or future existence of Johns Hopkins University Cape Town Program and/or on the campus of the host university.

If a student is arrested for involvement in an illegal activity, the U.S. government can seek to ensure only that the student is not discriminated against; that is, that the student receives the same treatment as would a national of the country who is arrested and charged with the same offense.

The host university has primary responsibility for discipline in connection with violations of any rules and regulations. Inappropriate conduct abroad is a direct violation of the program rules and can result in a student’s dismissal.

I have read and understood the Student Manual and what has been explained at the orientation meetings. I understand the above and I agree to accept the obligations of participation in the program.

Name (please print): __________________________ Signature: __________________________ Date: ______
