

# South Africa: Multiculturalism and Human Rights

## Country Overview & Packing Guidelines

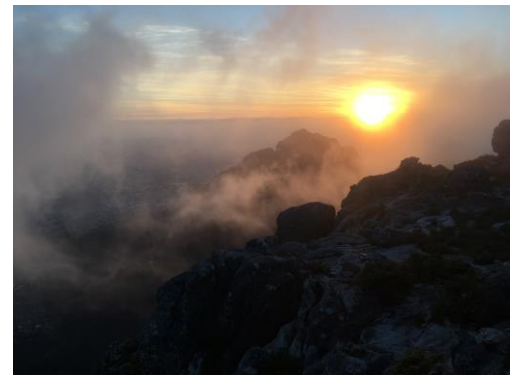
Fall 2025

### Country Overview

#### GENERAL INFORMATION

Thirty years into democracy, we find ourselves at an interesting moment to examine both the progress and challenges faced by South Africa. Twenty-seven years is the number of years Nelson Mandela spent incarcerated, most of which he spent on Robben Island. Large-scale war was averted, and a negotiation process brought about a peaceful transition to a democratic system, yet socioeconomic issues remain a problem. Development policy aims to promote economic growth and social transformation, yet the rural-urban divide as well as inequality within the rural areas and urban centers continues. Discriminatory legal and institutional practices of the colonial and apartheid eras have been effectively challenged, and a new, progressive constitution put in place. Yet these rights are often at odds with cultural practices and broader public opinion.

South Africa now faces new challenges, including an education system in crisis and a raging HIV/AIDs and more recently the COVID-19 pandemic—which are placing considerable strain on the resources and the social fabric of society. Recently South Africa has been inundated with several student-led protests, starting with #RhodesMustFall at the end of 2015. Every academic year since 2016 has been dominated by the #FeesMustFall protests, in which the students among other things are demanding free education and a decolonized education system. In response the government has recently announced “a free education” policy for lower income first year students attending



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university. The pragmatics of implementing this policy are yet to be tested, but 2018 was dominated by issues directly related to this policy.

The protection of human rights is enshrined in the Constitution – hailed as one of the most progressive Constitutions in the world – but these rights are challenged by poverty and inequality and further compromised by the nature and makeup of South Africa’s multicultural society (manifested in terms of race, gender, language, ethnicity, religion, culture, and disability.) South Africa today provides a fertile environment for examining these dynamics and reflecting on questions about rights and multiculturalism in the post-apartheid era.

## CLIMATE AND GEOGRAPHY

South Africa extends nearly 2000km (1242 miles) from the Limpopo River in the north to Cape Town in the south and nearly 1500km (932 miles) from Port Nolloth in the west to Durban in the east. Namibia, Botswana, Zimbabwe, Mozambique, and Swaziland run from west to east along South Africa’s northern border and Lesotho is entirely contained within South Africa’s borders. South Africa is the seventh largest African country and twice the size of Texas.

### CAPE TOWN: AVERAGE HIGH/LOW TEMPERATURES (°F)

| JAN   | FEB   | MAR   | APR   | MAY   |
|-------|-------|-------|-------|-------|
| 98/78 | 95/75 | 95/75 | 95/75 | 65/45 |
| SEPT  | OCT   | NOV   | DEC   |       |
| 74/59 | 75/62 | 77/65 | 79/67 |       |



It’s position just south of the Tropic of Capricorn makes South Africa a mostly dry and sunny place, but the climate is moderated by its topography and the surrounding oceans. The further east you go, the more useful your rain gear becomes, but there are also damp pockets in the southwest, particularly around Cape Town. At 56 feet above sea level, Cape Town has a climate similar to that of California. The coast north from the Cape becomes progressively drier and hotter, culminating in the desert region just south of Namibia. Along the southern coast the weather is temperate, but due to the Agulhas current, the east coast

becomes increasingly tropical the further north you go. In winter, the days are sunny and

warm. Cape Town summers (December - March) are dry and warm; winters (June - August) are generally wet and cool. Students should have some sort of sun hat and sun block available to them while here as the temperatures can reach the mid-70s in November and December.

## LOCAL CUSTOMS

Greetings play a vital role in our social etiquette. Every interaction begins with a greeting and ends with a friendly closing. Visitors are always encouraged to greet first. A simple greeting in our local language can brighten anyone's day—try "Molo" for one person or "Molweni" for a group, and you'll be off to a great start! Both greetings are gender-neutral, making them suitable for greeting anyone at any time of day.

## LOCAL DIET

Participating in the local food culture is a central aspect of daily life in country. Special or restricted diets may not always be fully understood by your host family, although they may have previously hosted a student with similar dietary restrictions. By trying to replicate your diet at home you may miss out on an important part of your host culture.

In Cape Town, meals are typically enjoyed three times a day, with breakfast in the morning, lunch in the early afternoon, and dinner in the evening. Mealtime customs are relaxed and social, often centering around sharing food with family or friends, especially during a weekend "braai" (barbecue), a South African tradition. The city's diverse cultural influences shape its staple foods, which include grains, fresh produce, and meats like beef, chicken, and fish. Cape Town offers a wide range of dietary accommodations: vegetarian, vegan, halal, and gluten-free options are generally available, especially in urban areas. Kosher options, while less widespread, can be found in select restaurants and neighborhoods, notably Sea Point, where many kosher-friendly eateries operate. While dining out, most restaurants cater to diverse dietary needs, though it's advisable to confirm options in advance if you have specific dietary requirements.



Note: if you have special dietary needs, including allergies, please inform the office of Student Health, Safety & Wellbeing prior to the start of your program ([studenthealth@sit.edu](mailto:studenthealth@sit.edu)). We will advise you on realistic expectations about avoiding or incorporating certain foods within the program context.

## MEAL PLANNING

Homestay families generally provide breakfast and dinner during the week and breakfast, lunch, and dinner on the weekend. The estimated cost for meals that are not provided is based on modest eating out and buying groceries to make your own meals when facilities are available for the meals that are not provided during program activities. If you plan on eating out regularly, you should budget more money.

Please remember to budget at least \$1,488 USD for your meals not provided during the semester. For a breakdown of your program's estimated out-of-pocket expenses, please see the table in the **Money** section of this document.

## SAFETY, SECURITY, AND HEALTH

Maintaining good health is essential to having a successful study abroad experience.

SIT recommends you do research prior to departure about the health, safety, and security specifics of the country(ies) you plan to visit. Consult the [U.S. Department of State](https://www.state.gov/countries-and-areas/) website and search their [Countries and Areas Archive](https://www.state.gov/countries-and-areas/) for international travel information and current travel advisories for each country. Search the Center for Disease Control [Traveler's Health](https://www.cdc.gov/travel/) page to see travel health notices and vaccine requirements and recommendations for any country(ies) you plan to visit. SIT recommends doing research ahead of time to stay up to date on It will be critical that you educate yourself about the potential health and safety hazards that may exist in your areas of travel and make informed decisions about what preventative measures to take prior to departure. You should also reference the Health, Access, and Identity information on your program's [webpage](#).

If you have any questions, please reach out to the [Student Health, Safety, & Wellbeing Team](#). Students are thoroughly briefed on safety considerations during in-country orientation and are updated throughout the semester if and when circumstances change. For information regarding safety and security, emergency communications, SIT policies, health and personal



property insurance, and general program tips, please read the Safety, Security, and Health document and Student Handbook on your program's [predeparture page](#).

## HOUSING

As many SIT Study Abroad alumni will tell you, the homestay experience can be one of the most rewarding and most challenging aspects of the program. We hope you will come prepared for the experience and committed to moving beyond cultural immersion as you begin to question, distinguish, and analyze the host culture vis-à-vis your own culture and come to a deeper understanding of both. Family structures vary in every culture. SIT Study Abroad values the diversity of homestay families, and your family may include a single mother of two small children or a large extended family with many people coming and going all the time. Additionally, please bear in mind that, in many countries, the idea of what constitutes a “home” may be different from what you expect. You will need to be prepared to adapt to a new life with a new diet, a new schedule, new people, and new priorities, and expectations. Each program’s homestay coordinator will be responsible for placing students in homestays. These placements are made first based on health concerns, including any allergies or dietary needs, to the extent possible. **Please note: in order to ensure the best fit for students and families, SIT may make final adjustments to homestay placements after student arrival in country. Therefore, SIT will not provide information about your homestay family before you depart for the program.**

We seek to foster increased cross-cultural understanding in students by immersing them in local culture through daily life in a new family and community. Students are expected to assume roles as family members, respecting and following host family norms around communications, visitors, and activities of daily living.



On this program, you will be staying in four homestays, Langa, Tshabo, Stellenbosch and Bo Kaap communities.

Langa Township in Cape Town offers a unique and culturally enriching homestay experience for travelers seeking to connect with local communities. As one of Cape Town's oldest townships, Langa is a vibrant area rich in history, resilience, and creativity, showcasing the city's diverse cultural fabric. Staying in Langa allows students to experience the daily lives of residents, enjoy authentic home-cooked meals, and learn about the township's history and heritage from those who live there. Local hosts often provide insights into the effects of apartheid and ongoing efforts to uplift the community, making it an educational and transformative experience. With community-guided tours, artisan markets, and cultural performances, a homestay in Langa supports sustainable tourism by directly benefiting local residents and fostering meaningful cross-cultural exchanges. Students will be placed individually and will have their own room. The homes have all modern conveniences, but Wi-Fi is not available in all homestays.

The second homestay in Tshabo Village in the Eastern Cape provides an invaluable opportunity for students to deepen their understanding of rural South African life and Xhosa culture. This immersive experience allows students to connect with local families, participate in cultural traditions such as beadwork, music, and dance, and gain insights into the challenges and strengths of village life. Students may also engage with community members on topics relevant to their studies, such as rural development, health practices, and environmental sustainability. Staying in Tshabo Village enables students to practice Xhosa language skills, enjoy traditional meals, and learn firsthand about indigenous farming and local governance. This homestay supports a reciprocal exchange of knowledge, enriching students' academic experience while fostering meaningful relationships that contribute to the community. Students will be placed individually in a homestay but may expect to share a room with a family member. The homes do not have indoor plumbing, ablution facilities are outside of the house in the form of squat toilets. Students may also expect to take a bucket shower, and no Wi-Fi is available in all homestays.

The third homestay in Cloetesville, Stellenbosch, offers a unique perspective on South Africa's complex social fabric and a chance to engage with local culture beyond the well-known wine estates and Stellenbosch University setting. Cloetesville, a predominantly Coloured Afrikaans-speaking community with a rich but often challenging history linked to apartheid-era policies,

provides students with insights into the lasting impact of segregation and the community's resilience and unity. Through daily interactions with host families, students experience authentic local customs, cuisine, and language, deepening their understanding of South African society. This experience also offers opportunities to discuss topics like community development, educational access, and social justice, often touched upon in SIT programs. The homestay fosters cross-cultural exchange, allowing students to build meaningful connections with residents while gaining a more comprehensive view of South African life in a diverse, historically significant community. For this homestay students may share a room with another SIT student. The homes have all modern conveniences, but Wi-Fi not being available in all homestays.

The final homestay in Bo-Kaap, Cape Town, offers students an immersive experience in one of the city's most vibrant and historically rich neighborhoods. Known for its brightly painted houses and rich Cape Malay heritage, Bo-Kaap is home to a predominantly Muslim community with deep cultural traditions that reflect a blend of African, Asian, and European influences. Staying with local families, students have the unique opportunity to explore South Africa's colonial and apartheid history from the perspective of a community that has long resisted displacement and cultural erasure. Through everyday life in Bo-Kaap, students can learn about Islamic traditions, enjoy authentic Cape Malay cuisine, and hear firsthand stories about the community's resilience and activism. This homestay experience encourages meaningful exchanges, allowing students to develop a nuanced understanding of Cape Town's multicultural landscape and the cultural significance of preserving Bo-Kaap's legacy amidst urban change. The homes have all modern conveniences Wi-Fi not being available in all homestays.

## OTHER ACCOMMODATIONS

Students should expect to share a room with one or more students during orientation/launch and while on excursions. At accommodations like Freeland Lodge in Cape Town and Life on 3rd Guest House in Johannesburg, students should expect a shared living experience. During the orientation and launch phase in Cape Town, students will share rooms with one or more peers, fostering a sense of community and facilitating group bonding as they begin their study abroad journey. Similarly, while on excursions in Johannesburg, students will continue to share rooms at Life on 3rd, creating an opportunity for deeper connections and collaboration. These shared accommodations provide a comfortable and supportive environment where students

can engage with one another, share experiences, and immerse themselves in local culture while navigating their academic and personal growth throughout the program.

During the ISP/Internship period in Cape Town, students will stay at Freeland Lodge. For students completing their ISPs outside of Cape Town, guesthouses and Airbnbs are recommended as alternative accommodations. These options offer comfort and convenience while allowing students to immerse themselves in local communities.

## TRANSPORTATION

In Cape Town, the most commonly used modes of transport by students include minibus taxis, trains and Uber. Minibus taxis are the most popular and affordable form of public transport, offering flexible routes that cover the city and surrounding areas. While they can be crowded and sometimes operate without strict schedules, they remain an essential mode of transportation for many locals. The MyCiTi bus service is another choice, providing a reliable and affordable way to travel within Cape Town, with routes connecting key areas including the airport and the city center. Additionally, Ubers are widely used, particularly by those who can afford them. During homestays and for all scheduled programing transportation will be provided by SIT in the form of a minivan. When the program travels long distance between provinces, domestic airlines will be used. For all other non-program related travel students should expect to pay for their own transportation.

## COMMUNICATION

While you may want to be in regular communication with friends and family from home during the term abroad, please bear in mind that different time zones, unreliable phone lines, and changing program activities can complicate communication. It's important to be clear with family and friends about your availability during the term. Many students recommend making an appointment to call home or to receive a call. You should also consider the impact of constant communication with friends and family at home on your cultural immersion. Visit our [Contact & Communication](#) page for practices on program communication, emergency communication, and home institution communication.

## PHONES AND INTERNET

[Cell Phone Policy](#)



As part of SIT's commitment to student safety and security, all students are required to have a working cell phone capable of making and receiving both local and international calls, including a data plan so that your phone is operational when you are away from wi-fi. If needed, during orientation SIT staff can assist students in purchasing a local SIM card and acquiring minutes for calls and texting. Failure to maintain a working phone capable of making and receiving calls/texts will be considered a conduct violation and a breach of our student code.

When studying abroad in Cape Town, students will need reliable cell phone services for communication, navigation, and staying connected with the program staff at all times. The most common cell phone networks in South Africa are **Vodacom** and **MTN**, all of which offer prepaid and contract options. **These** are also the largest providers with extensive coverage, including rural areas, making them ideal for students traveling outside major cities. South Africa is 6 to 9 hours ahead of the United States, depending on the time zone. Be mindful of this time difference when calling friends and family back home to avoid contacting them at inconvenient hours.

Internet access in South Africa is generally good in urban areas, including Cape Town, Johannesburg, and other major cities, where high-speed broadband, 4G, and 5G networks are widely available. Many accommodations, cafes, and public spaces offer free Wi-Fi, making it convenient for students to stay connected. However, internet access in rural areas or smaller towns can be more limited, with slower speeds and less reliable connections. Mobile data is commonly used, with affordable prepaid data packages available through local providers like Vodacom and MTN. Overall, internet access in South Africa is sufficient for most academic and personal needs, but students should be prepared for occasional disruptions and monitor their data usage to avoid high fees. The SIT program center provides internet access during posted hours.

## MAILINGS

Unlike receiving a package here in the US, receiving a package at your program site is usually **expensive** and **problematic**. Customs agents must inspect all packages and you, as the recipient, are responsible for duty and storage fees. In addition, there are cases of items being lost in the mail or taking so long to reach the recipient that the recipient is nearly back in the US by the time the items are received. For these reasons, sending packages should be done

only for emergency situations. Additionally, sending valuables is highly discouraged. Mailing prescription medication abroad is illegal.

For this program, **DHL, FedEx, UPS services are available in country**. Despite cheaper prices, reliance on the US Postal Service is not advised due to delays and unreliability. When given the option, it's always a good idea to send packages certified and with a tracking number that allows the sender to track the package.

If it is necessary for someone to send you mail then posted letters and packages should be sent to the following address:

Student Name  
Box 45 Newlands 7725  
Cape Town  
South Africa

Packages should be sent to the following address via **DHL, FedEx, or UPS**:

Student Name  
18 Station Road  
Rondebosch 7700  
Cape Town  
South Africa

## MONEY

The local currency in South Africa is the South African Rand (ZAR), which is widely accepted throughout the country. Currency exchange can be done at local banks, exchange offices, or at the airport, though it's usually more cost-effective to exchange money in the city rather than at the airport. ATMs are readily available in urban areas, including Cape Town, Johannesburg, and smaller towns, and can be found at banks, shopping malls, and convenience stores. Most ATMs accept international cards, and it's advisable to use ATMs located in well-lit, busy areas for added security.

Credit and debit cards are commonly accepted in many establishments, including restaurants, stores, and hotels, especially in urban areas. Visa and MasterCard are the most widely accepted, while American Express and Discover are less commonly used. While card payments are convenient, it's important to exercise caution to avoid fraud. Always use cards in secure locations, avoid letting cards out of sight, and be wary of card skimming devices on ATMs or point-of-sale terminals. For additional safety, it's recommended to carry a combination of cash and cards, and to inform your bank about your travel plans to avoid any issues with card usage abroad.

It's also important to be aware of potential ATM fraud, so always cover the keypad when entering your PIN and check for any suspicious devices attached to ATMs. Some students prefer to withdraw smaller amounts of cash to limit exposure to theft. Program stipends will be disbursed to students through a program-issued debit card.

Check current exchange rates: <http://www.oanda.com/currency/converter/>

If using a debit and/or credit card, you should contact your bank and/or credit card companies regarding your travel plans. If you don't inform these companies that you will be away, they will often assume the card has been lost or stolen and will put an immediate hold on the card. You should also check on costs of withdrawal, as these costs vary and can sometimes be very expensive. Renewing and receiving reissued credit and debit cards while on the program will be an expensive and highly inconvenient process. Before you leave for your program, please check the expiration dates on your cards to ensure that they will not expire while you are abroad. It is also very important that you make photocopies of all your debit/credit card information and leave them with someone you trust in case your card(s) is/are lost or stolen.

We suggest that you budget between 2,788 – 3,178 USD for out-of-pocket costs not covered by the Tuition and Housing Fees. To determine where you might fall in this range, please examine your spending habits during a typical semester at your home school and consider any exceptional expenditures you may have on the program. Please carefully consider your personal spending habits when creating your out-of-pocket expense budget. Some items to consider are meals not provided by the program, textbooks, Independent Study Project or Internship-related expenses not covered by the program, interpretation services, medical

expenses, personal spending, and gifts. Use the average estimates below as a guide to help you plan for out-of-pocket expenses.

Please budget approximately:

|   |                   |
|---|-------------------|
| <b>Personal spending (from past student suggestions):</b> | 350-500 USD       |
| <b>Meals not provided</b>                                 | 1,488 USD         |
| <b>Books, printing, supplies:</b>                         | 50 USD            |
| <b>Up-front medical costs:</b>                            | 500 USD           |
| <b>Potential ISP travel expenses:</b>                     | 50-300 USD        |
| <b>Visa:</b>  | 140 USD           |
| <b>Typical Internet access :</b>                          | 200 USD           |
| <b>Estimated total:</b>                                   | 2,788 – 3,178 USD |

Please note that up-front medical costs can vary widely. Though you are completely covered by SIT's travel insurance GeoBlue, which you can read more about on our [Participant Insurance](#) page, you still may need to pay up-front for medical care and then file for reimbursement.

## VISITORS AND FREE TIME

**SIT strongly discourages and will not provide support for any visitors to students during the term**, due to the rigorous nature of the program and the disruption that such visits cause in program flow and group dynamics. Students should be sure that relatives and friends are aware of this policy and that visits are scheduled for dates after the formal conclusion of the program. Students will not be excused from program components to attend to visitors. See the [Attendance and Participation Policy](#).

If a visitor does come while a program is in progress, they must plan their own independent accommodations; SIT Study Abroad homestay families can accommodate only their assigned student and, due to cultural and contractual understandings with SIT, should not be asked to host students' guests.



## INDEPENDENT TRAVEL

Please read our full [Independent Travel](#) policy for our definition, guidelines and how to access our independent travel notification form. Please note that independent travel is only allowed during program free time and students will not be excused from program activities to travel. SIT is not responsible for any costs of student independent travel including logistics, preparations, cancelation fees, change fees, and any other costs associated with independent travel. We highly recommend you wait to book any independent travel until AFTER arriving on program and receiving the final academic schedule from your program.

During the program, students follow an intense schedule of classes and field-based learning assignments, even during the ISP. Free time for pursuing an independent interest or hobby during the program will be limited. Your admissions counselor can advise you about particular interests you may have. For example, if you must keep in shape for your next athletic season, or if you play a musical instrument and want to know whether to bring it, we can help you to understand your schedule and any concerns or limitations that may exist.



## CODE OF CONDUCT AND POLICIES

SIT maintains a [Code of Conduct](#) and clear institutional [policies](#) regarding student behavior through a commitment to mutual learning and respect for others. Visit the policy page for detailed policies around academic integrity, alcohol and drug use, anti-harassment and non-discrimination, attendance and participation, credit hours, equal education opportunities,

grading, housing, independent travel, prohibited activities, religious holiday observance, sexual harassment and misconduct, and withdrawal among others.

## Packing Guidelines

### LUGGAGE

Please pack lightly and include only necessary items. You should be able to carry all your luggage significant distances on your own. Try to minimize both the number of bags and weight of your bag(s) since you will likely be acquiring more belongings while abroad. We recommend a small daypack, which will also be useful for short excursions when on the program. If carrying prescription medications, you should carry a letter from your doctor to prevent any concerns at customs or in transit. (Please see the “General Health Tips” section in the Safety, Security, and Health pre-departure document.)

Please check the current requirements of the Transportation Security Administration (<http://www.tsa.gov>) as well as those of the airline on which you are flying for domestic and international baggage restrictions.

### CLOTHING GUIDELINES

General info on what to pack, what kind of clothing is appropriate, etc. 1-2 paragraphs.

### EQUIPMENT

Any important, necessary program-specific recommendations

Students should bring essential equipment to ensure a smooth and productive experience. Here are some important items to consider:

1. **Laptop Charger:** Don't forget to bring your laptop charger and any necessary adapters for South Africa's 220V power outlets. In South Africa we use the Type M plug.



2. **Mobile Phone and Charger:** A mobile phone with an unlocked SIM card is crucial for communication, navigation, and staying connected with family and friends. Ensure it's compatible with local networks.
3. **Power Bank:** A portable power bank is useful for keeping devices charged while on the go, especially during long excursions or travel around the city.
4. **Travel Adapter:** South Africa uses a Type M plug, so an adapter is necessary for charging electronic devices.
5. **Water Bottle:** Cape Town can get hot, and staying hydrated is important, especially during excursions and outdoor activities. A reusable water bottle is eco-friendly and convenient.
6. **Light Jacket and Comfortable Footwear:** The weather can be unpredictable, so it's good to have a light jacket for cooler evenings or rainy days. Comfortable shoes are important for walking and exploring the city.
7. **Notebook and Stationery:** While digital tools are essential, having a physical notebook or planner can help with organizing tasks, taking notes during classes, or jotting down thoughts during excursions.
8. **Personal Medical Supplies:** Bring any personal medications, along with a basic first aid kit (band-aids, pain relievers, etc.).

## COMPUTERS AND OTHER ELECTRONICS

It is recommended that you bring a laptop computer. If you bring a laptop, the computer will be your personal property and responsibility. It is recommended that you insure your computer, smartphone, or other valuables for full coverage in the event of loss or theft (SIT insurance does not cover personal property).

Please see the following website for information about electricity, voltage and electrical adapters.

<http://www.worldstandards.eu/electricity/>.

## GIFTS

As you might imagine, it is best to be prepared with a gift to offer your homestay family in gratitude for their hospitality and as a means to share a part of your culture with them. We suggest one or two gifts that the whole family can enjoy. You may also wish to consider gifts for people outside your homestay family. Try to choose gifts that represent you or the part of the country and/or community you live in. Think about what your city, state, or local artisans produce. Draw upon your personal interests or hobbies for ideas. Pack a couple of small gifts for children, such as small games, bubbles, or a Frisbee. Even if your homestay family does not have small children, chances are that you will engage with children in your homestay community. Once you are on the program and learn more about the local culture, you will discover other ways to thank your family. Remember to bring pictures of your friends and family to share.

Former students have recommended calendars, picture books, postcards, music, or souvenirs from your college bookstore as gifts.





## WHAT YOU CAN AND CANNOT OBTAIN IN COUNTRY

In South Africa, students can find most everyday items, but there are some specific things that might be harder to obtain or are worth bringing from home.

**Prescription Lenses/Contacts:** While glasses and contacts can be purchased, the specific brands or prescriptions may be difficult to obtain quickly.

**Certain Over-the-Counter Medications:** Medications common in some countries may be sold under different names or may require a prescription in South Africa.

**Specialty Cultural or Regional Foods:** Some specific international food items may not be available, especially those not commonly found in local cuisine.

## ALUMNI CONTACTS

If you have further questions, please contact your admissions counselor and/or ask an alumni contact: <https://studyabroad.sit.edu/admissions-aid/application-process/contact-a-former-student/>.

Don't miss the Packing List on the next page!

## Packing List

These packing guidelines are based on suggestions from past students and your academic director.

### GENERAL

- Underwear – 7 days' supply
- Socks - 4-5 pairs
- Lightweight pajamas
- 1 set of clothes suitable for a night out or a more formal occasion
- 1 pair **comfortable** everyday shoes or sneakers
- 1 pair more formal shoes
- 1 pair of flip-flops and/or sandals
- 1-2 fleece or wool sweaters (**Cape Town can get cold in winter**)
- Light to medium coat or jacket
- Waterproof rainwear
- Bathing suit (modern fashions are acceptable)
- Rain poncho or fold-up umbrella
- 1 sun hat
- 4 pairs of shorts/skirts (including long sarong or wrap)
- 2 pairs jeans
- 2 pairs lightweight pants or slacks
- 4 casual t-shirts
- 4 dress shirts, blouses, polo shirts, collared shirts, etc.
- 1 "workout" outfit (t-shirts, conservative shorts, sports bras)

### TRAVEL DOCUMENTS

- Passport
- COVID-19 Vaccine/Booster encouraged
- Yellow WHO Card/International Certificate of Prophylaxis where applicable
- Two photocopies of your passport, stored separately from your actual passport.
- Photocopy of visa (*if applicable*)

### HEALTH/TOILETRIES

- Prescription medications used regularly.
- Over the counter medications as approved by your doctor:

- Pain reliever/fever reducer
- Cold medication/decongestant
- Laxative
- Anti-diarrheal medication such as Imodium
- Travel sickness medication
- Vitamin supplements
- Good quality thermometer (for taking your temperature)
- Small first aid kit
- Sunscreen
- Adhesive bandages/antiseptic/antibacterial cream
- Mosquito repellent
- Antibacterial wipes and/or antibacterial hand sanitizer or wash

### OTHER IMPORTANT ITEMS

- A towel and a washcloth
- Flashlight (with small extra bulb and extra batteries)
- Sports bag and a small daypack
- Good quality, small locks (for luggage and locker)
- Photos of your family & friends & small portable book about your State
- Academic Journals (see above, "Equipment")
- Flash cards
- Student ID or if possible International Student ID (for discounts)