Dear freshers,

Welcome to the best years of your life! We’d like you to think of this paper as a guide to getting to grips with UCT.

You’re probably already full of questions: Where’s the plaza? Who are the Ikeys? What’s DPR? What’s RAG? Why are there so many acronyms? What are these people talking about?

For the low-down on vital UCT lingo, check out page 3 – it should help you settle into your new home just a little easier.

Check out the pull-out maps so that you can at least find your res and lecture venues. Your orientation leader will probably explain the basics, like what a faculty is, where you sign up for tuts, who to ask for writing help and where you can find the best Wi-Fi hotspots and eating places. But they’re also there to help you with any questions you might have, so don’t be shy – make them work for their money!

They can’t know everything, of course, so find out about things like making the most of local and student discounts on photo prints, clothing and sporting events on pages 6 and 7.

Nailing your studies should be your default setting, of course, but university is a unique chance to grow your people and personal skills – so build your networks, evolve your thinking and play some sport.

You have the incredible opportunity to join one, or more, of the dozens of sports clubs, societies, political groups or leadership bodies at UCT. Find something that grabs your attention and get involved. You can sign up on the Jammie plaza during O-Week.

Now it’s time to get acclimatised (sometimes literally) to your home away from home. If you’re new to Cape Town, don’t be surprised if the weather makes no sense at all – there really can be four seasons in a day.

Trust us, the best is yet to come.

Campus Life

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**At a Glance**

- 5 421 International Students
- 6 756 Students live in the residence system
- 22 318 Students live off campus
- 194 671 The number of Trips The Jammie shuttles make each year
- 1 12 countries are represented on campus
- 29 074 The total size of the student body
- 3 363 Professional, administrative and support (PASS) staff
- 1 179 Academic Staff
- 1829 The South African College (UCT’s precursor) is founded
- 1918 UCT established as an independent university
- 2018 UCT turns 100
- 7 000 Students graduate each year
- 102 Societies to choose from
- 343 Postdoctoral fellows
- 18 421 Undergraduates
- 10 653 Postgraduates
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WHICH FACULTY?

UCT has six faculties, which are supported by UCT’s Centre for Higher Education Development (CHED), which addresses students’ teaching and learning needs.

**LAW**

This is where the legal eagles hang out. The Faculty of Law, which also happens to be the oldest law faculty in the country and one of the oldest faculty on campus, is located in the Winterton and Julius Kruger Law Building on middle campus. It prides itself on a library where you’ll find more than 8,000 books, journals and electronic databases.

**CONTACT**

Faculty office

- 021 650 3086
- law-studies@uct.ac.za

**HUMANITIES**

If you’re studying languages, the performing and creative arts, social sciences or education, you’ll be spending time in one of this faculty’s buildings. They’re spread across UCT’s campuses from Hiddingh in the city centre to the Arts Block on upper campus. It’s the largest of the faculties with some 5,000 undergraduate students and 125 postgraduate students. The faculty office is in the Beattie Building on upper campus.

**CONTACT**

Undergraduate office

- 021 650 2717
- hum-ugrad@uct.ac.za

**ENGINEERING & THE BUILT ENVIRONMENT**

This faculty trains chemical, civil, electrical, computer, electromechanical and mechatronic engineers, along with architects, planners, quantity surveyors and property valuers. The faculty office is based in the New Engineering Building off Madiba Circle on upper campus.

**CONTACT**

Faculty office

- 021 650 2699
- ebe-faculty@uct.ac.za

**SCIENCE**

Future botanists, climatologists, astronomers and marine biologists roll up! This faculty has 12 departments with a strong focus on their respective disciplines. If you’re an undergraduate student, you’ll be one of around 1,500 others registered for a BSc. The faculty office is located in the PD Hahn Building on upper campus.

**CONTACT**

Faculty office

- 021 650 2712
- sci-science@uct.ac.za

**HEALTH SCIENCES**

Health Sciences not only turns out doctors but also a wide range of health professionals, like speech, audio and occupational therapists. The faculty is made up of 11 departments that cater for around 2,000 undergraduates. Students will spend most of their time on the Health Science campus and in academic hospitals, including Groote Schuur Hospital in Observatory.

**CONTACT**

Undergraduate admissions office

- 021 406 6328
- aafhs@uct.ac.za

**COMMERCE**

This is where you can study accounting, actuarial science, economics and finance, but also subjects like marketing and organisational psychology. This is the second largest of the faculties with over 4,500 undergraduate students. It’s located in the Leslie Commerm Building on the Engineering Mall on upper campus. The Graduate School of Business, located at the Breakwater Campus, is also part of the Commerce Faculty.

**CONTACT**

Faculty office

- 021 650 5248
- com-faculty@uct.ac.za

DECODING THE UCT LEXICON

It’ll take some time to get used to the varsity lingo on campus, but here’s a guide to help bring you up to speed.

- **Big Bash** The beginning-of-year orientation party thats associated with RAGs
- **Caf** Where you can go for a cup of coffee. Arrange to meet your peers in the caf in the Steve Biko Students’ Union building.
- **DP** Indicates a duly performed course, which means you’re allowed to write your exam
- **DPR** Duly performed refused, which means you’ve been spending too much time hanging out in the caf
- **Early assessment** A formal academic check to see how you’re doing in your first few months
- **First lecture** Where you will find yourself at 08:00 on Monday mornings if you’re a fresher
- **Freshers** That’s you! Another word for a first-year
- **Hot seat** Weekly appointment with a tutor to discuss your progress
- **Jammie shuttle** The blue bus that gets you around campus and town
- **Jammie Thursdays** When cool things happen on Jammie plaza during Meridian
- **Jammie plaza** The open area below Jammie Hall where tons of events happen
- **Lectures** They last 45 minutes, with 15 minutes in-between to get to your next class
- **Meridian Lunch break** – from 13:40 to 14:00 during the week
- **North stop** One of the main Jammie Shuttle stops on upper campus (ditto South Stop)
- **OL** Orientation leader (your person in the know)
- **O-Week** The week before lectures start, when you find your way around campus, make new friends, join societies and ease into varsity life
- **Pass mark** Anything above 50%
- **Practicals** Where you put into practice what you’ve learnt in theory. These sessions, which often happen in laboratories, can be up to three hours long
- **RAG** Stands for “remember and give”. The fundraising arms of SHAWCO (see below)
- **Res** Residence – your home away from home
- **SAX appeal** Students’ Covenant. An annual appeal for student-run organisations which offers community outreach opportunities
- **SRC** Students’ Representative Council, the highest decision-making structure of student governance
- **Tutorials** Small groups that meet to discuss material covered in lectures. These are compulsory if you want to get your DP
- **Tutor** The person who is in charge of the tut and who is there to help you get to grips with the subject matter
- **Varsity** Not just where you’re studying but also the official name of the student newspaper, which comes out on campus every second Tuesday
- **Vula** UCT’s official online learning system. You’ll find everything you need to know about your course here
- **Year mark** An evaluation of your performance throughout the year. Along with your exam results, this contributes to your final mark
Transport at UCT starts with the Jammie Shuttle, but it doesn’t need to end there. There are a range of public and private transport options to help you get around campus and the city.

Hop on, hop off

1. The Jammie Shuttle is the easiest way to get from point A to B. It’s free for students (if you show your student card) and runs weekdays, weekends and holidays. It even includes a late-night service. Check out uct.ac.za/students/services/jammie/maps for route maps and timetables.

2. Golden Arrow buses are easily accessible from the Jammie Shuttle stops in Claremont and Mowbray. Check out www.gabs.co.za.

3. MyCiti integrates with the Jammie Shuttle at the Gardens station in Buitenkant Street. From there you can head into Vredehoek, Oranjezicht and the city centre. The rapid bus service also runs to Salt River, Woodstock, Table View, Century City, the West Coast, Khayelitsha, Mitchell’s Plain, and the Atlantic Seaboard all the way to Llandudno and Hout Bay. Check out myciti.org.za to see routes of the feeder services in these areas.

Listen out for the gaartjie

Minibus taxis pick up and drop off passengers along virtually every main route in the city. The Mowbray and Claremont Jammie Shuttle stops are a few steps away from minibus taxi hubs, and there are multiple stops near some UCT residences. Make sure you have the exact change ready for your trip. (PS: gaartjie is Cape Town slang for the guy who calls out the route and collects the fares.)

Share a cab

Metered taxis (including Uber) are just a phone call or app away. You can save money by sharing a ride, and it’s the safer option if you’ve had a drink or two!

Down the line

Cape Town has a good rail service that fans out across the city. The Southern Line stops at Mowbray, Observatory, Boeckbank and Rondebosch stations, which are both within walking distance of UCT’s lower, middle and upper campuses. You can find timetables at Memonal stations and at metrorail.co.za.

Car pool

First-year students aren’t allowed to bring cars onto campus, but you can apply to park at Rhodes Memorial, which is just a short walk away. You can apply for a disc at the traffic administration offices on upper campus.

And think about car-pooling! You can access the P4 carpool parking lot on upper campus if three or more student or staff cards are swiped at the boom within 10 seconds of the first swipe. One of you must have a parking disc. Find out more at ridein.linda.lift.co.za.

Two-wheelers

The good news is that first-years are allowed to bring a motor bike or scooter onto campus as long as you buy a black parking disc from traffic administration.

Although cyclists might find the terrain a bit uphill, there are designated cycling routes all around campus. Skateboarding is also big in Cape Town. So you can use your board to get to lectures, and then cruise downhill all the way home.

Your own two feet

It’s easier to get around UCT on foot. If you’re on campus after dark, it’s best to walk in a group and to stick to the Foot Route – they have emergency points so that you can call Campus Protection Services (CPS) if you need help.

KEEP SAFE

Thief is the most common crime on campus. Here’s how to protect yourself.

Where you stay

- Check that your doors and windows are locked when you leave your room.
- Don’t hide keys in obvious places (like under the doormat).
- Don’t put your home address on your keyring.
- Make friends with your neighbours so that you can look out for each other.
- Take your valuables home with you when you go home for holidays.

On campus

- Never prop open access doors.
- Don’t leave your backpack or bag unattended in cafeterias and libraries.
- Keep a record of serial numbers of valuable items, like your laptop.
- Use the Foot Route on campus where possible (this is close to emergency phones and surveillance).
- Report suspicious behaviour to Campus Protection Services on 021 650 2222/3.

Out and about

- Have emergency numbers saved on your phone (see page 8).
- Never carry too much cash on you.
- Never put your wallet in the back pocket of your pants.
- Walk in a group, especially at night.
- Keep your cellphone out of sight.

In the event of sexual assault

Contrary to popular belief, the majority of rapes occur between people who know each other. If you are sexually assaulted, get yourself to a safe place and tell the first person you see and trust what happened to you. Rape is a crime and should ideally be reported to the police. It’s important for you to have follow-up medical attention so that you can get prophylactic treatment for HIV/AIDS if necessary and any other treatment.

021 650 2222 calling...

Get a security official to escort you when walking late at night within UCT premises. Call CPS on 021 650 2222/3 to arrange for an escort.

021 650 2222

PEOPLE TO CALL

Call Rape Crisis on 021 447 9762. Call CPS on 021 650 2222/3 (you can ask for a female CPS officer to assist).
GET CONNECTED

Here’s how to get online.

1. **Set up your Wi-Fi**
   Connect to eduroam using your username `studentnumber@wif.uct.ac.za` and your network password (which is the same as your student number).

2. **Change your password**
   Your username and password give you access to UCT’s online services. After registration, go to `password.uct.ac.za` to set your password.

3. **Sign into your UCT email**
   All official communication (including messages from your lecturers) will come to your UCT email account. Sign in via `icts.uct.ac.za/myuct`. And remember to check it regularly!

4. **Check out Vula**
   Vula (`vula.uct.ac.za`) is UCT’s online environment for teaching and learning, collaboration and research. Your lecturers will use it often, so don’t get left behind.

5. **Secure your devices**
   Make sure that your antivirus is up to date. You can download McAfee for free from the ICTS website (`icts.uct.ac.za`). Your lecturer will use it often, so don’t get left behind.

6. **Get the software you need**
   Before buying any software, first see what site-licensed software is listed on the ICTS website (`icts.uct.ac.za`). Office365 is available via your myUCT login. UCT has also signed up to use Google apps for Education.

**DON’T**

- Don’t connect too many devices to the Wi-Fi. The more Wi-Fi you use, the slower the connection becomes for you and everyone around you.
- Don’t share your username or password with anyone.
- Don’t use the Internet for anything illegal – especially not streaming, sharing or downloading copyrighted content.

For more detailed information, read the IT Guide for Students at `icts.uct.ac.za`.

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**UCt LIBRARIES**

**FAQs**

**How do I borrow from one of the libraries?**
Your student card is also your library student card. To borrow something, just take it to the loans desk together with your card and the loans desk staff will issue it to you. The date sheet will be stamped with the return date.

**How do I renew my loans?**
To renew your books in person, just take them to the loans desk and ask for a renewal. (Have your student card handy.)

To renew by phone, contact the loans desk on 021 650 3118/20. (Have your student/staff number handy.)

To renew your books online, simply log in to My Library Card on the website `lib.uct.ac.za`.

**What if the item I need is already out on loan?**
You can place a request for the item with the loans desk staff, who will recall the item and reserve it for you.

**I want to return items, but the library is closed. What should I do?**
There is an overnight returns hatch at the bottom of the stairs leading up to the main entrance of the Chancellor Oppenheimer Library. The returns hatch is open when the library is closed and closed when the library is open.

**Why have I been blocked from taking materials from the library?**
Late returns will incur a fine of R2 per day. If you owe a fine of R50 or more, the system will automatically block you from borrowing further material until it is paid.

**What is ALEPH?**
ALEPH is the library catalogue. It is used to keep track of library resources. You can use ALEPH to search for the materials you need. It will tell you if the resource is available and will indicate the location (the UCT library and shelf number) of the resource. You can log in from the libraries webpage `www.lib.uct.ac.za` under Search & Find.

**GENERAL ENQUIRIES**
- 021 650 3703/4
- libraries@uct.ac.za
- UCT Libraries
- @UCTLibrary
At university there’s nobody looking over your shoulder – so it’s up to you to work out how best to study. Here are a few pointers.

1. Visualise the outcome
   If you’re finding your studies really hard, then create little rewards for yourself so that you can push through and get to the really interesting stuff. Don’t be afraid to ask for help – visit your tutor or lecturer during office hours for extra help.

2. Go to class (always)
   As tempting as it is to stay in bed and miss that first lecture, it pays to attend all your classes. Lecturers will give you a good overview of your course material and will help to guide your studies and preparations for exams. Smaller tutorials and practicals are generally compulsory, so you don’t have a choice. If you don’t attend these sessions, you won’t qualify for your DP (duly performed) and you won’t be allowed to write your exams.

3. Be as diligent as possible
   Don’t procrastinate! It’s important to keep up with coursework (the academic terms are incredibly short) and it can really help if you go over your notes every day to make sure that you understand the day’s work. Start working on assignments as soon as you get them and hand them in on time.

4. Develop your own system
   A simple filing system (on your computer and/or in physical folders) will help you to manage your content. Keep everything that relates to each subject in a single place so that you can easily find what you need.

5. Plan ahead
   You can use a diary or a year planner to plot all the key points – tests, assignments, exams – in the term ahead. By doing this, you can work out how much time you need to put in so that you don’t find yourself in a hot mess at the end.

6. Find your study space
   Dimensions are everywhere – especially when it comes to your cellphone. Think about studying in the library. Or try the computer labs or the Knowledge Commons. Or you might prefer a quiet space in your own room or at home. Find a place where you are free of disruptions so that you can concentrate for a few hours every day.

7. Call in the troops
   There are times when it’s easier to bed down your knowledge in a group. That way you can test each other verbally and even bounce a few ideas around if you’re having difficulties.

8. Manage your stress levels
   Stress comes with the territory when you’re a student, so remember to look after yourself.
   - Get enough sleep (at the right time).
   - Exercise regularly.
   - Eat properly – aim for several servings of fruit and veg every day.
   - Take time out to chill with friends.
   - If you feel overwhelmed, don’t be afraid to ask for help. The Student Wellness Service offers psychological support and counselling.

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### High Life on a Low Budget

Whether you’re into outdoor adventure, good food, science, fiction, art or movies, we’ve got the best of Cape Town on a budget, right here.

#### Take a stroll through the Company’s Garden
You’ll find the Company’s Garden right in the city centre of Cape Town. It’s well-known for the perpetually hungry squirrels, so take along some peanuts to feed them. And the garden offers free Wi-Fi. Nice.

#### Hiking
There are some magnificent free hiking spots in and around Cape Town – Lion’s Head is one of the most popular. Other popular hikes are Platteklip Gorge, which takes you to the top of Table Mountain, and Newlands Forest, which offers shady walks under the trees. Remember to always follow mountain safety rules.

#### First Thursdays
Experience world-class art for free on the first Thursday of every month. Organisers provide a map and highlights of what is on show.

#### Right up your alley
Enjoy some ten pin bowling with friends. Let’s Go Bowling is located at Stadium on Main in Claremont.

**CONTACT** 021 671 3893, stadium@letsgobowling.co.za

#### Iziko museums
There are many Iziko museums in Cape Town and all offer insights into South Africa’s natural and cultural history. All museums, except the Planetarium and the Castle of Good Hope, have free entry on public holidays. You get 50% off the admission price to all Iziko Museums with your student card.

**CONTACT 021 481 3800, info@iziko.org.za**

#### Indulge your sweet tooth
Honest Chocolate in Wale Street is a café and chocolate shop where you can get handmade chocolate made from raw ingredients and organic Ecuadorian cacao. Honest Chocolate in Wale Street is a café and chocolate shop where you can get handmade chocolate made from raw ingredients and organic Ecuadorian cacao.

**CONTACT** honestchocolate.co.za

#### Visit Cool Runnings in Tygervalley
Can you even imagine tobogganing without snow? That’s exactly what Cool Runnings in Tygervalley offers. This is the perfect day out for adrenaline junkies, but you do get to regulate your own speed, so you can control your thrills. Sleds accommodate up to two people.

**CONTACT 021 949 4439, cpsl@coolrunnings.capetown**

#### Take a train trip along the Southern Line
The Southern Line subway route stretches from Cape Town to Simon’s Town. Buy the hop-on/ hop-off ticket.

**www.metrorail.co.za**

#### District Six Museum
Self-guided visits are R30 per person and a visit with an ex-resident/guide costs R45 per person.

**CONTACT 021 466 7200, info@districtsix.co.za**

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### Help!

Help is at hand for students with medical, psychological or psychiatric emergencies:

- **STUDENT WELLNESS SERVICE**
  - Health appointments 021 650 1020
  - Counselling appointments 021 650 1017
  - Deferred exams committee 021 650 4637
  - Deferred exams@uct.ac.za

- **UTC STUDENT CARELINE**
  - 0800 24 25 26 or sms 31393

**CALL 021 658 7440, cell: 0802286111, students@upcycles.co.za, ops@coolrunnings.capetown**

#### Tour of the Newlands Brewery
Learn about how the Newlands Brewery makes its nine famous beers on a fun tour of the establishment. Bookings are essential.

**CONTACT 021 658 7440, newlands@za.sabmiller.com**

#### Walk or cycle on the Sea Point promenade
You can hire a bike for only R50 an hour from UpCycles. Check out their website upcycles.co.za.

#### The Labia Theatre
The Labia Theatre screens art movies and hosts various immerging film festivals throughout the year.

**CONTACT 021 424 5927, labiatheatre@telkomsa.net**
TAKING UP A NEW SPORT

UCT offers 37 sporting codes, so this is a great opportunity to carry on with the sports you loved at school or to try your hand at something completely new.

Whether you’re interested in athletics, rugby, netball and soccer or archery, fencing and yachting, there will be something for you.

A wide variety of martial arts are on offer, including aikido, capoeira, judo, ju-jitsu, karate, kickboxing, ninjutsu, taekwondo and tai chi.

UCT’s fencing team won the gold medal for the women’s epee fencing event at the African Games (previously known as the All-Africa Games) in 2015. The club offers beginner sessions on Mondays and Wednesdays at UCT Sports Hall 2 and all equipment is provided.

UCT’s Rowing Club is also worth a mention. Founded in 1912, it’s the oldest university rowing club in the country. They’ll teach new members the basics from indoor rowing machines to pulling the oars on water. The club takes part in the annual Universities’ Boat Race (the South African version of the Oxford and Cambridge Boat Races) and produces good results at local, national and international level.

All of UCT’s clubs are keen to develop new members, so even if you’ve never tried a particular sport before, it’s well worth giving it a test drive.

How can I find out more?

All the clubs will be on Jammie plaza from Monday to Wednesday during Plaza Week (the second week of orientation). They’ll have full details about their sports and what costs are involved. Most of the clubs also have their own social media presence and websites, so you can find them online.

If you missed out during orientation, just visit the Department of Sport and Recreation’s reception desk. They’ll put you in touch with the relevant club.

THE CARD THAT OPENS DOORS

One really great benefit of having a student card is that there are plenty of places in the city that offer discounts to anybody carrying one.

Your UCT student card quite literally opens doors. It’s programmed to allow you to access the library, photocopying facilities and certain academic buildings on campus. Cards are issued at the Card Production Centre in the basement of the relevant academic buildings on campus.

Get involved. If you’ve missed your chance to sign up during O-Week, then visit the help-desk on Level 5 at the Steve Biko Students’ Union building.

For the full list of all the societies uct.ac.za/students/recreation/societies

JOIN THE PACK

There are more than 100 student societies and organisations on campus, so you’ll definitely be able to find something that will tickle your fancy.

Academic: These societies, such as the Surgical Society or Biological Society, cater for students who are interested in interacting with one another and with leaders in their field of study.

Faith: These cater for all the major religions, beliefs, doctrines and denominations.

National/cultural: These, such as the Abantu Zambian Society, Hellenic Students’ Association and Zimbabwe Society, represent national and cultural interests.

Political: These represent national and international political organisations.

Special interest: Here you’ll find a broad range of special interest and civil society groups, such as the Black Management Forum, Rainbow UCT, Engineers Without Borders, the Hip-Hop Club and Habitat for Humanity.

Many of the societies will have stands on Jammie plaza during O-Week so that you can get involved. If you’ve missed your chance to sign up during O-Week, then visit the help-desk on Level 5 at the Steve Biko Students’ Union building.

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A one-off R200 membership to Varsity Vibe gives you amazing student deals on the coolest brands all over SA. Just download the app, register and pay, shop till you drop and then show your Varsity Vibe App “My Profile” screen to the cashier. The cashier will use your profile pic to identify you, so no profile pic, no deals.
HELP ALONG THE WAY

You have to learn how to balance your studies and your social life. The following services on campus are there to help you.

DEPARTMENT OF STUDENT AFFAIRS
This department oversees all student services and activities, including:
- Student Orientation and Advocacy Services
- Sports and Recreation
- Financial Aid and Administration
- Student Housing and Residence Life
- Student Wellness Service

Where?
Maximino Building, middle campus
Contact 021 650 2128, nadirah.pi-lenaar@uct.ac.za, uct.ac.za/students/services/affairs

STUDENT ORIENTATION AND ADVOCACY SERVICE
This one-stop shop offers general information on all aspects of campus life, from helping you to find buildings, people or venues to provide immediate support and resources to students following an incident of sexual assault. The team works to ensure that all survivors of sexual violence receive consistent and compassionate care.

Contact 24/7 hotline 072 393 7924, sart@uct.ac.za

CAREERS SERVICE
If you’re not sure about your chosen academic path or haven’t been admitted to the course you applied for, then the Careers Service is the place for you. They can advise on career planning, give you practical tips on how to write a CV or covering letter, inform you about gap years and working abroad, and help you access part-time work opportunities, graduate jobs and internships.

Where? Level 1, Hoerikwaggo Building, North Lane, upper campus
Contact 021 650 2497, careers.service@uct.ac.za, www.careers.uct.ac.za/campus-community/orientation

UC WRTING CENTRE
They won’t write your assignment for you – you still have to do the hard work yourself – but they will help you to improve the quality of your academic writing. Consultants are on hand to guide your thinking and to assist with the tricky business of referencing your work. You can contact them at any stage of your writing assignment.

Where? Level 6, Steve Biko Students’ Union building, North Lane, upper campus
Contact 021 650 5021, writingcentre@uct.ac.za, writingcentre@uct.ac.za

STUDENT FINANCIAL AID OFFICE
The Student Financial Aid Office strives to help as many financially needy students as possible. The university has committed significant funds to enable those who meet the academic eligibility criteria to pursue their studies.

Where? Level 3, Kramer Law Building, Cross Campus Road, middle campus
Contact 021 650 3545, financialaid@uct.ac.za, www.uct.ac.za/apply/funding/undergraduate/financial/financialaid

DISABILITY SERVICE
Their mission is to empower students with disabilities to reach their potential in every aspect of their lives. The Disability Service is also responsible for ensuring that the university is as accessible as possible on all levels. This includes access to venues and study materials for those with physical or sensory impairments.

Where? Level 4, Steve Biko Students’ Union building, upper campus (access via lift or stairs)

SPORTS INJURIES CENTRE
Have your sports or other injuries treated by trained physiotherapists and biokineticists. The staff will teach you how to prevent further injury, help you with training schedules and give advice on corrective equipment. The clinic is open from 09:15 to 17:30 and treats UCT students and staff and members of the public. They charge medical aid rates.

Where? Sports Centre, upper campus
Contact 021 686 7777, info@sic.org.za, sic.org.za

OMBUD
Need a dispute resolved? The Office of the Ombud was created to seek fair and equitable resolutions to concerns and problems raised by any member of the university community in a neutral, independent, informal and confidential environment.

Where? Lover’s Walk (opposite School of Dance), lower campus
Contact 021 650 3685, ombud@uct.ac.za, www.ombud.uct.ac.za

EMERGENCY CONTACT NUMBERS
Stick these numbers on your fridge and save them on your phone.

ON CAMPUS
Campus Protection 24-hour hotline
For any emergency on campus
021 650 2222/3

UCT Student Careline 0800 24 25 26 or SMS 31393

OFF CAMPUS
Cape Town emergency hotline
From a Telkom landline
107

From a cellphone
021 480 7700

MEDICAL
Ambulance 10177
Grootte Schuur Hospital (GSH) 021 404 9111
GSH psychiatric emergency unit 021 404 2175

POLICE
Flying squad 1011
Rondebosch Police Station 021 685 7345
Mowbray Police Station 021 680 9580
Woodstock Police Station 021 442 3117/21
Cape Town Central Police Station 021 467 8000/1/2

SEXUAL ASSAULT
Rape Crisis* 021 447 9762
*Please also notify CPS 021 650 2222/3
Sexual Assault Response Team 072 393 7824
Student Wellness Service 021 650 1017/1020

RESCUE
Mountain Rescue 021 948 9900
Sea Rescue 021 449 3500

WELLNESS
LifeLine 021 461 1113/4
Suicide Helpline 0800 567 567

STAY CONNECTED
As a fresher, you’re going to want to stay up to date on the latest events at UCT. Luckily there is a wide variety of media you can follow to keep your finger on the pulse of UCT life. Whether you prefer print, online or radio, there is always a way to stay connected.

UCT ONLINE
- www.uct.ac.za
- facebook.com/uct.ac.za
- uct_news
- uct.ac.za/services/socialmedia

OTHER PAGES TO FOLLOW
- uct_radar
- uct_radar
- uct_radio
- varsitytv
- varsitytv
- varsitytv
- varsitytv
- varsitytv
- varsitytv
- varsitytv
- varsitytv

PRINT
Varsity
Varsity is the official student-run newspaper. It’s distributed on campus and residences every second Tuesday and covers student life, news, opinions and sports.

Vernac News
Vernac News is an independent UCT student-run newspaper that is committed to expressing African identity through multilingual media. The paper brings you the latest news in indigenous languages, keeping you informed in your preferred language.

RADIO
From the underground beats of hip hop, to the euphoric tones of house and the classic tunes of rock – and everything else in between – UCT Radio (104.5) is a must for any music lover. Fun by students, for the students! It’s the biggest campus station in Cape Town and caters for students, staff and the broader community. Tune in to find out about the latest events on and around campus.