

International Ecumenical Young Adult Mission Experience 2010
East London and Port Elizabeth, Republic of South Africa

Travel Tips, Information and Advice¹

Practical Matters

- You will need a valid passport with at least two blank pages and valid for at least 6 months. US citizens do not need a visa for a short visit to South Africa. Germans will need to check into that matter.
- The New York Conference will be booking the tickets with the airlines for all the participants from New York. We will need the full names of participants (as they appear in your passports).
- Consult your physician about inoculations (tetanus, hepatitis A and B, typhoid are generally recommended).
- The easiest access to local currency (South African Rand) is via ATM machines with a US bankcard or credit card. (As of 12/23/09 the exchange was ZAR 7.7 to USD 1.00.)

Most Important Things to Bring

- Patience
- Flexibility
- Humility
- Willingness to see, hear, and learn new things
- Determination to abstain from making judgments or giving advice

Among other things you should bring

- casual clothing
- a Sunday outfit (a skirt or dress for women; slacks & collared shirt for men)
- small fold-up umbrella and/or rain coat (just in case!)
- comfortable walking shoes
- sun protection if needed (hat, lotion) / swimsuit (optional)
- flashlight (for the home visits)
- Journal / paper, writing utensils (to keep up with your days and nights!)
- personal care items
- personal prescription medications
- camera (if possible with sufficient batteries for the entire trip)
- towel and wash cloth (for home visits)

¹ As provided by Passport Health of Upstate New York, the Barnes, as well as other sources.

Among the things you should not bring

- expensive jewelry
- large amounts of cash
- electrical appliances like hair dryers, shavers, unless you have the proper adaptors (it is 220V here)
- if you bring a lap top computer or require batteries to be recharged, your equipment has to be able to handle 220 volt, plus you will need an adaptor to fit US/German plugs into South African outlets

Communications with folks at home

In the event of an **emergency** members of the traveling group may be reached on Rick Cowles' cell phone (1-315-382-1975). I will call families at home when we arrive in South Africa. Otherwise prepaid phone cards can be purchased for you to call home from public phones in South Africa.

E-mail access will be available occasionally on our travels. Please look for online updates at either of these sites: www.uccny.org, or www.floatingstreams.org.

Republic of South Africa

Health and Medical Considerations:

While it is still advisable to follow strict care regarding food and water, food is safe in South Africa. Tap water is also safe in all towns and cities. Use bottled or boiled water in rural areas.

The Health Care system in South Africa is among the best in the world. South Africa is the main referral center for Sub-Saharan Africa. Private hospitals are of an international standard. Public sector hospitals provide limited access to insured persons. Therefore, private hospitals are recommended. All providers speak English. Blood in South Africa is safe and is screened according to international requirements. All large centers have full specialist care and most have academic medical facilities as well. All medical staff are trained to international standards. Cash or credit card payments are accepted in local currency. Emergency care will always be rendered and billing issues resolved later.

Dental services of international standard can be found in all cities and towns.

A wide range of medications is available from hospital and private pharmacies. There are no shortages of supply. All major cities have pharmacies providing after-hours service. Most medications are manufactured in the US or locally under license from the US.

Hospital Contact Information:

East London:

East London Private Hospital
32 Albany Street
Box 1585
Tel. 27 (0) **43 722 3128**

Frere Hospital
Amalinda Drive
Tel. 27 (0) **43 709 1111**

St. Dominics Hospital
45 St Marks Road, Southernwood
Box 11187, Southernwood, 5213Tel. 27 (0) **43 743 4303**

Telecommunications:

Dialing an International Number: 011- (country code) – (city code) – (number)

Dialing long distance within country: 0- (city code) – (number)

Emergency Numbers	
Ambulance:	10177 or 999 (122 from mobile)
Fire:	10177 (112 from mobile)
Police:	10111 (112 from mobile)
Local Directory Assistance:	1023 or 1025
US Embassy (Johannesburg):	27 11 644-8000
US Embassy (Durban):	27 31 305-7600
Telephone Code Numbers	
International Direct Dial: 001	Country Code: 27
Johannesburg: 10, 11	Port Elizabeth: 41
East London: 43	
Contacts Telephone Numbers	
Cabana Hotel (East London): 043 743 3433	
Hogsback (Hogsback): 045 962 1193 (Tonya)	
Mariya Umama weThemba Monastery (Grahamstown): 046 622 8111 (Brother Daniel)	
Schotia Game Reserve: 042 235 1436 (Jenny or Igna)	
Fort Beaufort (Newton Primary School): Neville McDonald 046 645 1717	
Hogsback Contact at the School: Rev. Xolani Koti 082 429 0592	
Port Elizabeth Contact: Algernon 041 988 2094 or 078 466 8239	

Cultural Information:

- ❖ If invited to a South African home, a small gift from your home country is appropriate.
- ❖ As strict social conventions and rules continue to linger and persist regarding race, following the lead of your host is recommended.
- ❖ Conversations with South Africans will often include a discussion of local politics.
- ❖ Handshakes are the customary form of greeting and farewell.
- ❖ Appointments should be scheduled well in advance.
- ❖ Punctuality to meetings is important and expected of foreigners.
- ❖ The pace of conversation may be slower than in the West. Be patient and expect delays.

Demographic Information:

Capital(s)	Pretoria (administrative), Cape Town (legislative)
Population	42,768,678 (July 2003 est.)
Ethnic	Black: 75.2%; white: 13.6%; colored: 8.6%; Indian: 2.6%
Religions	Christian: 68% (most whites and coloreds and about 60% blacks); Muslim: 2%; Hindu: 1.5%; animistic: 28.5%
Languages	Eleven official languages including: Afrikaans, English, Ndebele, Pedi, Sotho, Swazi, Tsonga, Tswana, Venda, Xhosa, Zulu
Local Time	Local time is Greenwich Mean Time (GMT) + 2 (no Daylight Saving time in 2006)
Climate	Dry, mild winters; warm, sunny summers. Summer is wettest.
Temperatures	Winter: 5 – 18 C (41 – 64 F); Summer: 13 – 25 C (55 – 77 F)

Financial Information:

- ❖ Because of the relatively low wages and standard of living in South Africa, tipping is absolutely necessary. The standard tip is between 10% and 15%.
- ❖ Most people who render a service, including taxi drivers, bartenders, hairdressers and gas station attendants, expect about a 10% tip.
- ❖ The Rand (ZAR) is the base local currency. It is equivalent to 100 cents. Notes are in denominations of R200, 100, 50, 20 and 10. Coins are in denominations of R5, 2 and 1; and 50, 20, 10, 5, 2 and 1 cents.
- ❖ Currency may be exchanged at banks, bureaux de change, some hotels, and larger shops and restaurants. Automated foreign exchange machines and ATMS are available at various locations.
- ❖ Master Card and VISA are preferred. American Express and Diners Club are also widely accepted. Some ATMS will give cash advances with credit cards. Check with your credit or debit card company for details of merchant acceptability and other facilities that may be available.
- ❖ Traveler's checks are valid at banks, hotels, restaurants and shops. To avoid additional exchange rate charges, travelers are advised to take traveler's checks in Pounds Sterling or US Dollars.
- ❖ The import of local currency is limited to R5000 in cash. The export of local currency is limited to R500 in cash. The import and export of foreign currency is unlimited provided it is declared upon arrival or departure.
- ❖ There is no departure tax for leaving the country.

Exchange rate (as of 6/25/10): ZAR 7.6 = \$1.00.

U.S. EMBASSIES

Johannesburg:

1 River St., Killarney (Opposite the Killarney Mall)
Johannesburg, South Africa
Tel. 27 (0) 11 644-8000

Durban:

2901 Durban Bay Building
333 Smith St.
Durban, 4000 South Africa
Tel. 27 (0) 31 305-7600