

UNIVERSITY OF THE FREE STATE

**INTERNATIONAL
STUDENTS' GUIDE**

OFFICE FOR
INTERNATIONAL
AFFAIRS

Office for International Affairs

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University of the Free State

OFFICE FOR INTERNATIONAL AFFAIRS

Greetings from the University of the Free State – one of South Africa’s best and oldest universities. We are pleased that you are studying at Kopsies (as this University is affectionately known), and hope that we will meet you on our campus soon!

South Africa is a land of opportunity. Apart from being a desirable tourist destination, our country has much to offer visitors from abroad. One of these opportunities is education, as the country boasts many top class institutions of higher learning. We invite you to our campus to take up the challenge of obtaining a highly respected qualification from the University of the Free State.

This guide is designed to offer basic information for international students studying at our University. Once you have applied formally, further, more detailed information will be supplied on the practical issues confronting students from abroad. In addition, the staff of the Office for International Affairs (OIA) is available to answer students’ questions and smooth the way.

Kind regards

Office for International Affairs

University of the Free State

SOUTH AFRICA

The University of the Free State (UFS) is a comprehensive higher education institution in the central part of South Africa. We have three campuses, namely the Main Campus in Bloemfontein, the QwaQwa Campus, situated in the Eastern Free State and the South Campus, situated also in Bloemfontein.

Founded in 1904, the UFS offers a range of high-quality and internationally accepted degree, diploma and certificate courses in **seven** faculties:

- Economic and Management Sciences
- **Education**
- Health Sciences
- **The** Humanities
- Law
- Natural and Agricultural Sciences
- Theology

Please refer to page 8 for contact details of the various faculties and to the University's website for information on the specific courses on offer (www.ufs.ac.za).

The University is situated in Bloemfontein, the capital of the Free State province.

Bloemfontein is a modern city with 500 000 residents, and offers residents and visitors a full range of recreational, commercial and educational facilities. The city retains the laid back atmosphere that reflects its agricultural beginnings, but boasts a vibrant night life comprising several theatres and cinemas and an abundance of clubs, pubs, restaurants and coffee bars, as well as nationally and internationally recognised sporting facilities.

The Free State province enjoys pleasant weather for most of the year. Summer, from October to April, is sunny and hot, with temperatures in excess of 32°C in December until February. Hot afternoons are often cooled by brief thunderstorms. The winter months of May to August are dry, crisp and cold, though daytime temperatures are pleasant at around 15°C.

Bloemfontein is well-connected to other major centres and tourist attractions by means of road and air transport. South African standard time is 2 hours ahead of Greenwich Mean Time. There is no zone or seasonal variations.

Websites with more information:

<http://www.southafrica.co.za>

<http://www.bloemfontein.co.za>

The UFS campus – an academic village

The University campus is referred to as an academic village, as all lecture halls and laboratories, offices, student residences, sports and student facilities and even an academic hospital **and private hospital** are located within walking distance on a secure campus. The campus, in turn, is a short distance from the city centre.

It takes about 5 to 10 minutes to walk between lecture halls, and no more than 15 minutes to walk to nearby shopping malls with supermarkets, banks, cinemas, restaurants, bookshops etc.

The student population of about 30 000 students reflects a rich diversity of cultures. There are more or less equal numbers of male and female, and black and white students. About 2 400 international students from 42 different countries are presently registered.

Though South Africa has 11 official languages, the main languages spoken on campus are English, Afrikaans and Sesotho. All classes are presented in English and Afrikaans (parallel medium).

University of the Free State

OFFICE FOR INTERNATIONAL AFFAIRS

The University's Office for International Affairs ensures hassle-free study visits for students from abroad. Staff of the office assists students, other visitors and faculty members from abroad to obtain the maximum benefit from their stay at the UFS.

The Office for International Affairs serves as the first port of call for students from abroad, providing assistance on a wide front:

- Assisting prospective students with questions regarding admission, academic, visas, study permits and accommodation
- * Compiling and administering budgets for sponsored students and dealing with administration required for medical elective students
- Ongoing practical and emotional support for students far from home.

Other services include:

- Assisting with exchange opportunities and co-ordination thereof
- Liaison with foreign embassies in South Africa
- Working with the Department of Home Affairs regarding renewal of study permits
- Negotiating, facilitating and managing international inter-institutional agreements and partnerships
- Facilitating academic visits
- Promoting the UFS at international conferences/workshops.

The Office is staffed by Ms Dineo Gaothiwe-Ingram, Mr Arthur Johnson, Ms Refilwe Masiba, Ms Jeanne Niemann, Ms Cecilia Sejake and Ms Louise Steyn. Please do not hesitate to contact the staff members who are responsible for international student affairs:

Telephone: +2751 401 3219/2501/3403/9436

Fax: +2751 401 9185/ (0)866009534/ (0) 865386189

Email: internationalenquiries@ufs.ac.za

Postal address:

Office for International Affairs

University of the Free State

P.O. Box 339

Bloemfontein 9300, South Africa

Physical address:

Rooms 2 to 11
Old Kopsieport Building
Kopsie Street
University of the Free State Campus
Bloemfontein, 9301

ACADEMIC YEAR

In South Africa the academic year coincides with the calendar year. The University opens in **January** and the first semester lasts until mid-June. The second semester starts in mid-July and lasts until the **beginning of December**.

Applications for the first semester close at the end of September of the previous year, and for the second semester, by the end of **March**.

APPLYING FOR ADMISSION

Your eligibility for admission will only be assessed once your transcripts (in English) and a completed UFS application form have been received. Complete the form, to be obtained from www.ufs.ac.za, click on **International Affairs**, then **Prospective International Students**

Please answer ALL the questions and sign where necessary.

Consult the University calendar at:

www.ufs.ac.za for important dates in a particular year.

Submit:

- The **completed and signed** application form
- **Certified** copies of relevant academic results/transcripts/information in **English**
- Two passport photographs of yourself (black and white)
- Proof of deposit of **the** non-refundable application fee (refer to the application form for the amount)
- **Certified** copy of passport

Bear in mind that surface or airmail from your country may take as long as 2 to 3 weeks to reach South Africa – ensure that your application reaches the University before the closing date. Your application will be delayed further if you do not complete the application form as requested or if you do not send proof of payment of the non-refundable application fee and/or photos and academic results.

To determine what qualifications are accepted by the South African Matriculation Board, visit their website at:

www.hesa-enrol.ac.za/mb/

On campus, Ms. Charlene Baatjies can assist in this regard. Contact her by telephone at +2751 401 3365, Fax: +2751 401 3558 or Email: baatjiescr@ufs.ac.za.

Note that acceptance as a student does not guarantee the allocation of accommodation. **Please refer to page 10.**

STUDY PERMITS

All international students require study permits before they may register at the University. **Application for a study permit**, may take anything from 2 to 7 weeks and, in some countries, even longer. As soon as a student has been accepted at the UFS she/he will receive a letter of acceptance from the Student Academic Services office. You will receive an additional letter from the **Office for International Affairs** to be used in applying for a study permit at your nearest South African High Commission or Embassy **in your home country**. Please consult the website of the South African Department of **Home Affairs** for further **details** (<http://www.home-affairs.gov.za/>).

If your study permit for renewal has not been submitted sixty (60) days before the expiry date you will experience problems with the renewal of the permit. Upon expiry of your study permit you will be considered an illegal foreigner in the country and you will be liable for prosecution by the Department of Home Affairs.

If you applied for a study permit, please await the outcome BEFORE departing to South Africa. The fact that you have been accepted by a South African educational institution does not guarantee that you will be issued with a study permit. You cannot enter South Africa on a visitors permit and then apply for a study permit. No student will be registered or allowed to commence with their studies without a valid study permit issued for the University of the Free State.

The Department of Home Affairs Office Bloemfontein:

Telephone: +2751 4127151/4127100/4127122

George Lubbe Street, opposite Kenworth Spar, Rocklands

REQUIREMENTS FOR A STUDY PERMIT

The following documents are to be submitted:

Forms BI-1738, BI-1739, BI-1740, if applicable

- A Passport valid for not less than 30 days after intended studies
- A letter explaining why application is not submitted in time, if applicable
- An official letter from the University concerned confirming:
 - The acceptance at the University
 - That the applicant is still studying at the institution
 - The duration of the course
 - Undertaking to inform the Department of Home Affairs when the student deregisters

- Proof of sufficient funds to cover tuition fees, living and incidental costs:
 - Letter from sponsor/person responsible for payments
 - Proof of funds to cover tuition fees and self maintenance for the duration of studies in the form of:

- Bank statement

- Salary advice to confirm income

- A letter from the sponsor undertaking the responsibility to pay all costs related to the studies
- A Police Clearance Certificate must be submitted for each country where the applicant resided for 12 months and longer since having attained the age of 18 years. *The certificate should not be older than 6 months*
- A letter of undertaking from the applicant that she/he will leave South Africa after completion of studies
- Medical and radiological reports needed (Note: not needed for pregnant women and children under 12 years). *The reports should not be older than 6 months*
- Proof of full medical aid cover recognized and registered in terms of the Medical Aid Schemes Act 1998 of South Africa valid for the duration on the academic year. (www.medicalschemes.com)

- Please consult the website at www.ufs.ac.za, click on Admin & Services, then Support Services Divisions to click on Office for International Affairs, to view Medical Insurance Cover options on acceptable medical aid

- A yellow fever vaccination certificate if relevant
- Relevant documentation if married, widowed or divorced
- * Proof of arranged accommodation while in South Africa is needed in either the form of a certified copy of the lease agreement, or if residing in a hostel on campus, a letter from Housing and Residence Affairs
- Original receipt of payment of deportation/repatriation guarantee. Students from certain African countries are not required to pay the deposit provided that the

Government of their country submits a written undertaking to pay all costs relating to the deportation of the student, should it become necessary
Non-refundable application fee of (currently) R425.00 ZAR

NOTE: Your application must be submitted 60 days before your latest valid temporary residence permit expires.

REGISTRATION PROCESS

Students have to report for registration in January for the first semester and beginning of July for the second semester. **INTERNATIONAL STUDENTS MAY NOT REGISTER PROVISIONALLY.**

Checklist for registration process:

- Students must present an original letter of acceptance from the UFS.
 - Students must be in possession of a valid study permit issued for the University of the Free State. A study permit issued for a different university is not acceptable.
 - Students must present proof of payment of the registration fees, which should be paid at least five working days before registration day.
 - Proof of funds - Students must present confirmation of sponsorship or undertaking from person financially responsible for costs related to the duration of their studies
 - Proof of comprehensive acceptable medical aid is required (consult website www.medicalschemes.com)
 - Students who have written and passed the IELTS language test must provide results of the original test. Further in-house language tests may be necessary. A numeracy test is also compulsory for certain courses
 - Ensure that you know the last date for cancellation of courses
 - Ensure that your registration has been processed correctly
 - To cancel the block on your student record, bring your study permit to the Office for International Affairs. **No student from abroad will be allowed to register without a valid study permit issued for the University of the Free State**
 - Ensure that you have no module class clashes. If you do, contact the faculty advisor concerned
- No student may register without proof of membership of a registered acceptable medical scheme [Please consult the Office for International Affairs website at www.ufs.ac.za or visit www.medicalschemes.com for options of registered acceptable medical aid)**

FEES AND FINANCIAL CONCERNS

An international annual administration fee is payable by all international students. Currently the fee is R1 560. International SADC country students pay the same tuition fees as South African students, but all other non-SADC countries international students pay an additional 50% fee. Undergraduate students pay according to the subjects which are taken in a certain year and postgraduate students pay a set fee. In addition to tuition fees (and accommodation costs, if students live in University residences), all students have to pay non-refundable registration fees.

Fees for the first semester are due at the end of March and for the second semester, at the end of June.

Unfortunately the University **does not** offer financial support (bursaries, loans) for international students. **Ensure that you have sufficient financial resources before you register for the planned duration of your studies.**

You may transfer funds directly to the UFS: Amalgamated Banks of South Africa, trading as ABSA, branch code 334334 01, account number 1570-151-688, swift code ABSAZAJJ.

Visit

www.ufs.ac.za, click on Admin & Services, then Support Services Divisions to open Office for International Affairs, to view International Student Fees and the full fees yearbook. For more information contact Mrs Gwen Bester at telephone +2751 401 9089 or email figb@ufs.ac.za .

PUBLIC HOLIDAYS

1 January	New Year's Day
21 March	Human Rights Day
6 April	Good Friday
9 April	Family Day
27 April	Freedom Day
1 May	Workers' Day
16 June	Youth Day
9 August	National Women's Day
24 September	Heritage Day
16 December	Day of Reconciliation
25 December	Christmas Day
26 December	Day of Goodwill

STUDENT ACADEMIC SERVICES

Fax: +2751 401 3558

FACULTY MANAGERS

Faculty of Theology (Undergraduate and Postgraduate)

Mrs Ingrid Mostert

Office of the Dean: Theology Building

Tel: +2751 401 9079

Email: nelh@ufs.ac.za

Faculty of Economic and Management Sciences (Undergraduate and Postgraduate)

Dr Erica du Preez

Office of the Dean: Flippie Groenewoud Building Block D365

Tel: +2751 401 3172

Email: dupreeze@ufs.ac.za

Faculty of Natural and Agricultural Sciences (Under- and Postgraduate)

Mr Johan Kruger

Office of the Dean: Natural and Agriculture Sciences Building

Tel: +2751 401 3199

Email: krugerjd@ufs.ac.za

Faculty of Humanities (Undergraduate and Postgraduate)

Mrs Marica Coetsee

Office of the Dean: Flippie Groenewoud Building

Tel: +2751 401 2369

Email: coetseem@ufs.ac.za

Faculty of Law (Undergraduate only)

Mrs. Adri Kotze
Office of the Dean: CR Swart Building
Tel.: +2751 401 2735
Email: kotzea@ufs.ac.za

Faculty of Law (Postgraduate)

Prof. Elizabeth Snyman-Van Deventer
CR Swart Building
Tel.: +2751 401 2268
Email: snymane@ufs.ac.za

Faculty of Health Sciences

Mrs Elmien van Deventer
Department: Administration Faculty of Health Sciences
Francois Retief Building
Tel: +2751 401 7515
Email: vandeventere@ufs.ac.za

Faculty of Education (Undergraduate only)

Mr Jaco van der Merwe
Office of the Dean: Winkie Direko Building
Tel: +2751 401 9685
Email: vdmerwej@ufs.ac.za

Faculty of Education (Postgraduate)

Mr Marius Ferreira
Office of the Dean: Winkie Direko Building
Tel.: +2751 401 9179
Email: ferreiraim@ufs.ac.za

FACULTY ADVISORS

Faculty of Health Sciences (Master and Doctoral students)

Ms. Carin Coetzee
Department: Student Academic Services
George du Toit Building
Tel: +27 51 405 2823
Email: coetzeec@ufs.ac.za

Faculties of Law, Humanities, Theology and Natural and Agricultural Sciences (Masters)

Ms. Bronwyn Nel
Department: Student Academic Services
George du Toit Building
Tel: +2751 401 2209
Email: nelb@ufs.ac.za

Faculties of Economic and Management Sciences and Natural Sciences (Masters students)

Mrs Mandie Basson
Department: Student Academic Services
George du Toit Building
Tel: +2751 401 2722
Email: bassonmg@ufs.ac.za

Faculty of Economic and Management Sciences (Doctoral students)

Mrs. Mandie Basson
Department: Student Academic Services
George du Toit Building
Tel: +2751 4012722
Email: bassonmg@ufs.ac.za

Faculties of Humanities and Education (Masters students)

Mr Johannes Motsie
Department: Student Academic Services
George du Toit Building
Tel.: +2751 401 9360
Email: motsiej@ufs.ac.za

Faculties of Law, Humanities, Education, Theology and Natural and Agriculture Sciences (Doctoral students)

Mrs. Bronwyn Nel
Dept: Student Academic Services
George du Toit Building
Tel.: +2751 401 2722
Email: nelb@ufs.ac.za

ACCOMMODATION

A variety of accommodation options exist, both on campus and in the residential areas surrounding the University and further afield. Please note, that accommodation on campus is not guaranteed when an applicant is accepted as a student. The application form for Campus Accommodation is attached to the application form for admission. Ensure that the form is completed correctly to avoid delays.

ADVANTAGES OF LIVING ON CAMPUS

- No travel expenses
- You don't have to buy furniture to furnish a flat
- There are always other people around **affording an opportunity to interact with different students at all times**
- You are within walking distance **from shopping malls**

Living on campus

On-campus accommodation is difficult to come by unless students reserve rooms well in advance.

Single sex residences cater for senior and junior students and offer single or double rooms with shared bathrooms, or apartments (senior students only). Rooms in residences are furnished with a bed, desk, chair, curtains and linen. Residences for women have access control. The cost of accommodation in a campus residence varies between **R1 800-00** and **R3 180-00** per month (excluding meals). Visit <http://residences.ufs.ac.za> for more information.

Some residences have communal kitchens, though students could also make use of 2 dining halls offering 3 meals per day on a **meal account** payment system, or a **variety of cafeterias**. To ensure that students can obtain meals at the beginning of the year, amount of **R180** is credited to the meal money account and made available on the student card. This amount is debited against the student's tuition fees account and is payable.

DECORATING AND PAINTING

- Rooms may not be painted or changed without prior written permission from the **Housing and Residence affairs department**
- Drawing pins, cup hooks, nails, glue etc. may under no circumstances be used on doors, ceilings or walls

Remember the following:

- If you have any questions concerning campus accommodation, contact the **Housing and Residence Affairs** at +2751 4012602 or badenh@ufs.ac.za
- You have to obey by the rules of the residence.
- If you live in a residence, you have a rental contract with the University. Please take note of this contract.
- Find out whether you will be able to stay in your residence during holiday periods, as well as which services are provided during the holidays.
- Ensure that your student card is activated for your residence. If you experience problems regarding access, contact **card division at the** Thakaneng Bridge – next to Mellin Optometrists. Tel: +2751 401 2799.

ACCOMMODATION ON CAMPUS

JUNIOR RESIDENCES

Men:

Abraham Fischer
Armentum
JBM Hertzog
Karee
Khayalami
Tswelopele
Villa Bravado

Women:

Akasia
Emily Hobhouse
Kestell
Madelief
NJ van der Merwe
Roosmaryn
Soetdoring
Vergeet-my-nie
Wag-'n-Bietjie
Welwitschia

SENIOR RESIDENCES

Karee Annex
Madelief Annex
Welwitschia Annex
Kiepersol
Boomplaas
President Steyn units & flats

CITY RESIDENCES

Kagiso
Marjolein
Medix
Sonnedou
Veritas

Living off campus

Off campus accommodation could take the form of an apartment or house shared by a group of students, full board with a family or a garden cottage.

IF YOU WANT TO LIVE OFF CAMPUS

- Look around **and inspect the options available**– don't take up the first offer
- Always ask for a student discount
- Consider sharing an apartment/flat/house **to reduce the rental fees**
- Choose accommodation within a reasonable distance from campus. Always consider transport costs
- Flats/apartments/houses are seldom furnished

Take a good look around and compare accommodation on offer before entering into rental contracts. Take your transport situation into consideration – don't **choose accommodation** too far afield **from the campus** if you don't have a car. **Please note that off campus accommodation is not managed by UFS.**

Students living off campus are divided into so-called "city residences" in order to afford them the same opportunities to become involved in sport and cultural activities on campus.

Off campus Accommodation

See advertisements for private accommodation options.

Arrival

Please confirm your arrival with the Office for International Affairs at least three working days before you arrive. If you arrive on a weekend when the University administration (including the Office for International Affairs) is closed, or **without prior arrangement with the Office for International Affairs prior to your arrival**, you may have to stay in one of Bloemfontein's many hotels or guest houses for a night or two.

Guesthouses walking distance from the campus:

Arra's Guesthouse	info@arrasguesthouse.co.za or +27 827737151
Formula 1 Hotel	+2751 4443523
College Lodge	+2751 4443837 www.collegelodge.co.za
Rise & Shine Lodge	+2751 5221535 or info@riseandshine.co.za

UFS IDENTITY CARD

- Your UFS ID card gives you access to the library, **computer lab and the swimming pool** (as soon as you are a registered student).
- You can also use your card to make photocopies and to take out books from the library
- Your card gives you access to your residence
- You can deposit money on your card for meals, which can be used at the Cafeteria or other shops on campus
- Use your card to make bookings for squash courts
- The card is essential for identification during exams
- Register **at** the Computer **Services Help Desk** to **activate** internet access
- **Discount on reservation of bus tickets, movies, etc**

What if my card won't work?

Inquire at the point where access is denied. Go to **Card Division** next to Mellin Optometrists at the Thakaneng Bridge to have your card checked.

Depositing money in a meal account

- You have to make a payment at the cashier at the Thakaneng Bridge
- Inform the cashier that you wish to deposit money for meals
- The amount you deposit will be transferred to your meal account after 17h00 of the same day

Lost or stolen cards

- Pay **R50 (currently)** at the cashier at the Thakaneng Bridge
- Take the receipt to **Card Division**, next to Mellin Optometrist at the Thakaneng Bridge, to obtain a new card
- Your previous card will be cancelled automatically

OPENING OF A BANK ACCOUNT

The **University of the Free State** deals with ABSA Bank, **Nelson Mandela Street**, Brandwag. The bank also has a small branch on campus.

To open a bank account, take the following along to the Brandwag Branch:

- Two photocopies of your passport
- Two copies of a letter stating that you are a student at the UFS (obtainable from the **Office for International Affairs**)
- Proof of accommodation
- A letter from your sponsor if applicable
- R2.00 for a revenue stamp
- You will need to have your passport with you when you exchange travellers' cheques or foreign currency
- You cannot exchange foreign currency and travellers' cheques at the campus branch, **only at the Main Branch in Nelson Mandela Street, opposite Mimosa Mall**
- Please discuss opening a US\$ account with ABSA (applicable only when money is transferred in US\$)

TELEPHONES

- All the residences are equipped with public card phones. Telephone cards can be purchased at the Kovsie shop at the Thakaneng Bridge or at any post office
- Telephone numbers comprise an area code and the number e.g. 051 and 401 2501
- Campus numbers have a 401 prefix. So, if dialling a campus number from a campus phone, you only dial the last 4 digits e.g. 2501
- International call: Dial 00, then the country code, the area code (without the 0) and the telephone number **for example 00 266 22323842**
- Incoming international calls: The country code for South Africa is +27
- Answering machines: Many people have answering machines, which turn on automatically after a few rings. A recorded message will request you to leave your name, phone number and a short message. Record this information after the "beep" or tone and your call should be returned
- Cellular (mobile) phones: Most people have cellular phones. Be careful as cell phone calls are expensive! **A Telkom world call card can be purchased from Pick and Pay or the Post Office. This card is much cheaper and is available in the following denominations R50, R100 and R200.**

MAILING SERVICE

Nearest Post Office:

Brandwag Centre – turn right at the University's main gate in Nelson Mandela Avenue and continue for about 700m, the shopping centre is on the left side of the road.

University Address (including the Office for International Affairs)

PO Box 339

Bloemfontein

9300

SOUTH AFRICA

HEALTH AND WELL-BEING

All international students must have full **acceptable** cover medical aid **before registration** in terms of Immigration Act and registered with Medical Schemes of South Africa. Please visit website, www.ufs.ac.za, click on **Admin & Services**, then **Support Services Divisions** to click on **The Office for International Affairs** to view **Medical Insurance Cover** or visit website www.medicalschemes.com for detailed information

The campus has a **Health and Wellness Centre**, offering services by general practitioners, registered nurses, physiotherapists, dieticians and a social worker. In addition, Bloemfontein boasts the full complement of private medical health services, on par with the best in the world. Please consult website <http://supportservices.ufs.ac.za> for more information.

The prevalence of HIV/AIDS is high in South Africa and visitors should take appropriate precautions. **KOVSIES HIV/ AIDS CENTRE** provides counselling and **free testing in an environment free of stigma**. For more information contact Tarryn Nell nelltm@ufs.ac.za

WHAT DOES KOVSIE HEALTH OFFER?

MEDICAL PRACTICE

Medical doctors can be consulted for all medical **needs**. Consultation is available on an **appointment basis**. Contact +2751 401 2603 to make an appointment or for more information contact johnr@ufs.ac.za. Payment is either by Medical Scheme or personally/cash.

SPORTS & EXERCISE MEDICINE CLINIC

The **services** are available to any **sportsman/sportswoman** and include the following:

Sports physicians

Bio-Kinetics

Physiotherapists

Clinical sport psychology

Sport dietetics

Enquiries can be addressed to Arina Otto +2751 4012530 or gesal@ufs.ac.za

FAMILY PLANNING/CONTRACEPTIVE CLINIC

This service is rendered free of charge to students. Contact Riana Johnson on +2751 401 2509 or +2751 401 2603 or johnr@ufs.a.cza

KOVSIIE SOCIAL WORK SERVICES

Contact +2751 401 3258 or 401 9117 or msadeu@ufs.ac.za

24 hour Emergency number 051 401 2634

DIETICIAN

Contact Ms Elmine du Toit on +2751 401 3315 or dutoitwc@ufs.ac.za for advice on Nutrition and Dietetics.

Appointments

Hours: 08h00 – 16h30 (Mondays to Fridays)

For appointments: Tel: +2751 401 2530 (all hours)

KOVSIES COUNSELLING & DEVELOPMENT

KOVSIES Counselling & Development offers a free service to all Kovsie students. Do not hesitate to contact them for the following services:

- Psychometric testing and career guidance
- Assistance with learning difficulties
- Difficulties in adjusting
- Advice with personal and emotional problems
- Career development
- Reading development programme

Appointments

Tel: +2751 401 2853 or herbstp@ufs.ac.za

STUDENT DEVELOPMENT AND SUCCESS

The vision is to contribute to the creation of an academic success culture at the UFS through research driven initiatives in collaboration with academic stakeholders and support services.

For more information contact The Director, Dr. Francois Strydom 051 4013624 or strydomjf@ufs.ac.za

KOVSIE SPORT

The UFS offers full sporting facilities and coaching in the process of shaping and developing the student. Students can participate in a variety of sporting codes, soccer, rugby, cricket, tennis, athletics, hockey, cross-country, triathlon, swimming, cycling, netball, chess, karate, judo, table tennis, squash, badminton and basketball. A fully equipped gymnasium is available for use by all students. Enquiries can be made to 051 4013361

Visit <http://studentportal.ufs.ac.za> (Support Services Divisions) or send an e-mail to spvdw@ufs.ac.za or dekockjp@ufs.ac.za for more information.

SOCIAL ACTIVITIES

A wide array of student clubs and organisations are active on campus. They include cultural and religious organisations, academic societies, political organisations, a University choir and other recreational societies. International students are encouraged to join these organisations so that they have opportunities to make friends and meet other students.

Several theatres on campus offer regular music and drama productions, both professional and amateur. An art gallery presents 8 – 10 exhibitions annually. The Johannes Stegman gallery is situated in the library.

Please consult <http://studentportal.ufs.ac.za> (Student Affairs) for more information.

CHURCHES

St John's Presbyterian Church

Contact: Reverend Donald Dowie
Tel: +2751 4474566
Address: 81 Aliwal Street, Bloemfontein

Christian Revival Church (CRC)

Contact: Pastor [Michael Linstrom](#)
Tel: +27(0)716797912 or +2751 5223976
Address: 65 Vereeniging Drive, Fleurdal
E-mail: michaell@crc.org.za

Roman Catholic Church

Contact: Father Patrick Towe
Tel: +27(0)78 1574588 or +2751 4324167
E-mail: patsytowe@mweb.co.za

Methodist Church

Contact: Rev Deon Lombard
Tel: +2751 4472453
deontmc1@mweb.co.za

Anglican Church

Contact: Simon Aiken
Tel: +2751 448 3010
simon_prestonlancs@yahoo.co.uk

Dutch Reformed Church

Contact: Rev Christo Louw
Tel: +27(0)82 371 2905
louwjc@vodamail.co.za

AGS SILOAM UNIVERSITAS

Contact: Past Theo Theron
Tel: +27(0)82 852 6405
theotheon@absamail.co.za

Fountainhead Church

Contact: Tim Wimble
Tel: +27(0)0716725164
wimblewagon@gmail.com

Our Fathers Home

Contact: Conrad Henney
Tel: +27 87 808 8451
admin@ourfathershome.com

SAFETY AND SECURITY

Crime is a fact of life in South Africa **and across the world**. University campuses are not immune from these problems. For your safety, take note of the following:

PROTECT YOURSELF AND YOUR PROPERTY BY EXERCISING GOOD SENSE AND CAUTION

- Keep your **residence** room or apartment locked when you are away
- Do not leave your books, backpack or purse unattended anywhere

- Buy a good padlock for your bicycle and use it
- Find out which parts of town should be avoided at night – ask fellow students and staff members
- Exercise caution when strangers are over-friendly, if they offer gifts or ask you to accompany them to an unknown place
- Ask a reliable friend or your international student advisor if you are in doubt about a person or activity
- Campus **Protection Services** is on duty 24hours a day. Tel: +2751 401 2634 or 051 401 2911 or 0800204682 (within South Africa)
- Memorise the contact details of **the Office for International Affairs: 051 401 3403/2501**

MOTOR CARS / AUTOMOBILES

Avoid trouble by observing the following rules that apply to owning and driving a car:

- Motor car insurance is essential
- If you park on campus, you must purchase a parking disc (**currently R35**) from **Protection Services** (Opposite **President Steyn** Hostel)
- **You are obliged by law in South Africa to always** carry your driver's license with you when driving
- You may be asked whether you wish for someone to look after your vehicle when you park in town. You are not under any obligation to agree, but should you wish to engage the services of a "car watch", you should pay **her/him** between R1 and R5 (more at night).
- Always lock your car (even when driving) and keep valuables out of sight. Though hijacking at intersections may pose a threat in large urban areas, Bloemfontein is still relatively safe in this regard
- Observe the speed limit: The speed limit in town is 60km/hour and on highways 120km/hour, but always look out for signs indicating the speed allowed or recommended
- When driving in rural areas, be on the lookout for stray animals (particularly at night), as well as potholes
- Report accidents to the nearest police station within 24 hours. You will need the case number before you can claim from insurance. This applies even if no other cars were involved
- In the case of an accident, ensure that you obtain all the necessary information from the other party before you leave the scene. This includes the car registration number, telephone number, address and ID number
- If possible, obtain contact details of witnesses
- Don't sign anything except your statement at the police station, if you are satisfied that it is correct and true
- **DON'T DRINK AND DRIVE!**

GETTING AROUND WITHOUT A CAR

- Few buses are available in Bloemfontein. The main form of public transport is by minibus taxi. There **is only one** taxi stop on campus **which is in front of the Agriculture building.**
- A trip in a minibus taxi presently costs R6-00. Your fare will be collected once you have taken a seat.
- There are few formal taxi stops in town. Indicate with your arm if you wish an approaching taxi to stop.
- For trips out of town, visit the Tourism Centre in Park Road for information on inter-city buses. **Contact details www.bloemfonteintourism.co.za or information@bloemfontein.co.za or +2751 405 8489**
- Do not display valuable items like money or jewellery when travelling
- Avoid confrontations with strangers. Beware of pickpockets and purse snatchers.
- Hold on tight!

TRAVEL BY BUS

Greyhound Tel: +2751 447 1558
24 hour customer service 083 915 9000
enquiries@greyhound.co.za or www.greyhound.co.za

InterCape 086 128 7287 (toll free number)
info@intercape.co.za or www.intercape.co.za

Translux Tel: +2751 444 4000
086 158 9282 (toll free number)
www.translux.co.za or www.citytocity.co.za

TRAVEL AGENTS

Astra Travel Tel: +2751 447 6352 or mariah.astraho@galileosa.co.za or
www.astratravel.co.za

Flight Centre Tel: 0860 400 777 or www.flightcentre.co.za

STA Travel Tel: +2751 444 6062 or www.statravel.co.za

Travel Counsellors Tel: +2751 4360098 or nina.gerdener@travelcounsellors.co.za

SOUTH AFRICAN AIRWAYS

Cargo Tel: +2751 408 4828

Flights Tel: 086 160 6606, www.flysaa.com

AFRIKAANS ROAD SIGNS

Links	Left
Stad	City
Weg	Road
Slegs	Only
Gesluit	Closed
Verbode	Forbidden
Regs	Right
Straat	Street
Ryiaan	Avenue
Oop	Open
Gevaar	Danger

CUSTOMS AND TRADITIONS

Every country has its own customs, and an awareness of and sensitivity to the way things are done in South Africa will make things easier for visitors. By keeping your eyes and ears open and noting matters such as personal space, appropriate dress, relations between the sexes and generations, formality of address etc. you will find your time here rewarding and stimulating.

The general perception of South Africa seems to be that it is a wild and untamed country, and foreign visitors are often surprised to find that they have to visit a game farm or a zoo to view wild animals!

In business and University contexts, adhere to deadlines and closing dates and always be on time – for appointments, class and for social meetings.

Golden rules for survival

- Talk to people you would like to get to know – don't wait for them to approach you
- Never sit alone in your room on a Sunday afternoon – go to the movies, a walk or picnic, anything!
- Maintain contact with family and friends back home
- Attend all your lectures and prepare well in advance for tests, exams and assignments

CULTURE SHOCK

Formally, culture shock is a term used to describe the more pronounced reactions to the psychological disorientation most people experience when they move into a culture that differs from their own.

Culture shock usually exhibits itself in three phases:

- **Phase one:** You may feel elated – everything is new and exciting. You are curious and probably too busy to notice any changes in yourself
- **Phase two:** In this phase you start missing your country, family and friends, and you feel disappointed and frustrated. Symptoms of this stage include a change in appetite, lack of energy, disturbed sleeping patterns, tearfulness, frustration and anger
- **Phase three:** You are now in a `normal` routine, you have made new friends and you have learnt to be objective about your situation

Survival guide for the first 6 weeks

WEEKS 1 – 2

- Visit [the Office for International Affairs](#) for general administrative tasks that need to be done
- Register as a student
- Ensure that you are registered for the right courses and that you don't have exam clashes
- Explore the campus and make sure that you know where your classes are
- Contact as many people as possible, telling them that you have arrived and giving them your physical and postal addresses. Provide your parents/spouse with details of [the Office for International Affairs](#)
- Explore Bloemfontein
- Obtain an e-mail address at the [Student Help Desk](#) on campus
- Collect all your academic material

WEEKS 3 – 4

- Do you know at least 10 people by now? If not, you know what you have to do!
- Ensure that you know when assignments are due and the dates for which tests are scheduled
- Make an appointment to visit [the Office for International Affairs](#) in week 5 or 6
- If necessary, obtain contraceptives from Kovsie Health

WEEKS 5 – 6

- Congratulate yourself on surviving the first 4 weeks!
- Report at [the Office for International Affairs](#)
- Staff of the Student Counselling Service and Health Centre are there to help you - don't hesitate to visit them!

BLOEMFONTEIN – CITY OF ROSES

To find out more about the variety of cultural, entertainment, sport and educational facilities in Bloemfontein and its environs, visit the Tourism Information Office at the Tourist Centre, 60 Park Road, Willows. Maps, brochures etc. are also available.

Telephone: +2751 405-8489/50

Fax: +2751 447-3859

E-mail: information@bloemfontein.co.za

Web: www.bloemfontein.co.za

How far is Bloemfontein from?

Cape Town	1024 km
Durban	640 km
East London	568 km
George	779 km
Grahamstown	557 km
Johannesburg	426 km
Kimberley	175 km
Ladysmith	401 km
Maseru	141 km
Port Elizabeth	649 km
Pretoria	482 km
Upington	549 km

E-LEARNING

The UFS offers online study as an option for students whose circumstances, whether related to time, location or financial constraints, make it difficult for them to undertake residential full-time studies.

Various Distance Learning courses [and Short Learning Programmes](#) are also offered.

Visit

<http://elearn.ufs.ac.za> for more information