

CAPE TOWN



South Africa: Inspiring New Ways

South Africa has it all. Its beauty is diverse in all ways: the nature, its culture, the people, our mother city Cape Town, the various languages, activities and its food.

Cape Town

Do you know why Cape Town is called the Mother City? Read below some of the myths where the interesting name is coming from:

It was the first city of South Africa

Cape Town is the original city of South Africa and was established in 1652 as a refuelling station for ships bound for the East (the Spice Route). The city is often referred to as the Mother of South Africa because it gave birth to westernization.

It comes from the Greek language

A Cape Town newspaper operating in the 1930s claimed that this was the only city in South Africa that could claim to be a metropolis. The public enthusiastically took to this description. The word 'metropolis' is derived from the Greek word 'metros', which means mother. The Greek word 'polis' also means city and the combination created the term Mother City.

It takes 9 months to do something

Another explanation is that things take nine months to happen in the city. Cape Town is renowned for its laid-back work ethic.

We honestly do not know which explanation is the most legit one either, but what we do know about this metropolis is that:

- In Cape Town, the world comes together around one coastline.
- Cape Town is a melting pot of many cultures.
- Cape Town was awarded as TripAdvisor's Top Destination in 2018 and number 12 of Travel and Leisure's World's Best Cities.
- Cape Town is an UNESCO City of Design.
- Cape Town has a 'second New year'. Every year on the 2nd of January as many as 13,000 minstrels take to the streets garbed in bright colours, either carrying colourful umbrellas or playing an array of musical instruments.

There is also one aspect which makes living in South Africa very attractive for Western countries. The South African currency, the Rand, is very affordable, thus making South Africa a cheap travel destination and provides you with more opportunities to experience all that the country has to offer.





Activities

In Cape Town you can be driving through the busy city and in one eye wink be exposed to the beautiful ocean on your left hand and the beautiful mountains on your right. It is a city like no other. Buy yourself a big notebook, because this bucket list is going to be huge. Activities and nature, culture, and food go hand in hand in Cape Town. Enjoy the beaches while (learn how to) surfing, push your limits and hike the various mountains, go shopping in the big shopping malls or the many local markets, expand your knowledge and visit the many museums and historical sights.

Must do's in (and a bit outside of) Cape Town tourist attractions:

- Visit Robben island
- Get educated at district six museum
- Visit Africa's most Southwestern point at Cape Point and Cape of Good Hope
- Meet Africa's Penguin Colony at Boulders Beach
- Hike Table Mountains
- Hike Lions head
- Hike Devil's peak (or hike them all three and go for the 3-peak challenge)
- Go shopping at the Victoria & Alfred Waterfront
- Get a tour through the oldest township, named Langa
- Walk in the treetops at Kirstenbosch Botanical Garden
- Stroll along Sea Point promenade
- Go whale watching in Hermanus
- Get a glance of the big 5 during the Garden Route
- Relax at the plenty of beautiful beaches
 - Muizenberg beach with its flat, sandy beaches. Ideal for novice surfers
 - Clifton beach is perfect for sunbathing and catching the most breath-taking sunsets
 - Strand, Godron's Bay and Bikini Beach are all perfect for sunbathing and swimming against a clear view of the False Bay area

Must do's in (and a bit outside of) Cape Town locals' favourites:

- Eat your way through the many markets (just to mention a few...)
 - The Bay Harbour Market in Hout Bay
 - Oranjezicht City Farm Market in Granger Bay
 - Blue Bird Garage Market in Muizenberg
 - The Old Biscuit Mill in Woodstock
- Have outdoor braais (*a South African term for a barbeque. A must-do experience as it takes its own African flavour and could include a stew made in a three-legged black pot known locally as a Potjie*)
- Ride the waves at Muizenberg beach
- Stroll along Sea Point promenade
- Watch the many beautiful sunsets at Clifton beaches
- Swim in the tidal pools
- Dance while experiencing the open-air concerts at Kirstenbosch
- Go watch a rugby or cricket game
- Watch a movie at the Labia Theatre

Culture

South Africa has been famously referred to as the rainbow nation because it is made up of so many different cultures and religions. People from different backgrounds and different cultures bring along different norms and values; different beliefs and 11 different official languages. Students will have the opportunity to be a part of this beautiful melting pot of cultures.

- See how history shaped South Africa and get insights in the rainbow nation.
- Get welcomed into a warm South African family and experience. South Africans are very family orientated. Generally, they are very social, expressive, collectivistic and sharing. They are welcoming and really embrace visitors and new residents alike and love nothing more than inviting you over for a braai or showing you around.
- Try to learn the basics (or more) of the 11 official languages:
 - English
 - Afrikaans
 - Zulu
 - Xhosa
 - Southern Sotho
 - Tswana
 - Venda
 - Northern Soto
 - Tsonga
 - Swati
 - Ndebele
- Experience the relaxed way of life with little stress. South Africans love their leisure time, which they use spending time with family, eating out, exercising and generally enjoying themselves.

History

Apartheid, a political and social system that ruled in South Africa during the era of White minority rule. It enforced racial discrimination against non-Whites, mainly focused on skin colour and facial features. It existed in the twentieth century, from 1948 until the early-1990s.

In 1994, Nelson Mandela was of key importance in negotiating the freedom and equality of all South Africans. He then became South Africa's first democratically elected president. South Africa is now a fully democratic country. However, even though Apartheid no longer exists, the legacy of Apartheid can still be seen in South Africa today, especially in structural issues such as education and the distribution of labour. The Apartheid Museum opened in 2011 and illustrates the rise and fall of Apartheid.



Nelson Mandela painted on a wall

The Malay Quarter, also known as Bo Kaap, is an area that has rich history. In the 18th century, the Dutch sent political slaves and convicts to the Cape from India, Sri Lanka, Malaysia, and the Indonesian Archipelago. These individuals and their descendants became known as the Cape Malays and many of them eventually settled in the Bo Kaap.

During a visit to Bo Kaap, you'll find not only the oldest mosque in the country – the Auwal Mosque in Dorp Street – but also a museum dedicated to showcasing local Islamic culture and heritage. Housed in a building that dates to 1768, this museum is known as the Iziko Bo Kaap Museum.

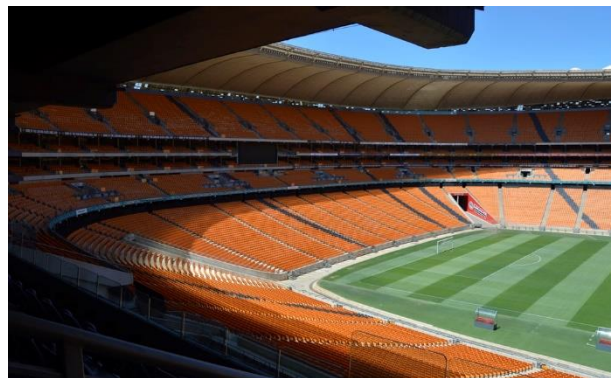
Sports

“Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where once there was only despair” – Nelson Mandela

Mandela saw an opportunity with the South African (Springboks) rugby team as the way to unite one of the most divided countries towards a common goal. Mandela showed the world the power of sport. He was able to use rugby to inspire and unite the country.

Statistically, the most popular sports in South Africa are cricket, rugby and soccer. Almost all our host families are involved with sports and they visit matches whenever possible. This is a wonderful opportunity for the student to join in on a typical South African family activity.

Sports are also a very important aspect in high school. Students will be able to sign up for a sport of their preference and have practice after classes. Schools offer the following sports among many others: swimming, rugby, cricket, soccer and hockey.



Greenpoint Stadium

Food

“Live to eat” rather than “eat to live”

Consuming food is an experience in South Africa, and these are some of the local dishes:

- Gatsby
- Biltong
- Bobotie
- Boerewors
- Bunny chow
- Chakalaka
- Chutney
- Braai (obviously!)
- Koeksisters
- Malva pudding
- Melktert
- Miele-meal
- Potjiekos
- Rusks

Interested in seeing where the locals hang out? Try Kalk Bay’s Kalkies and order yourself some fish and chips. Vegetarian or vegan? Head to the Indian Bazaar in the City Bowl. Grab some Malay fast foods from Bismillah in upper Bo-Kaap or try Golden Dish/Wembly for Cape Town’s pride: The Gatsby Sandwich.



A classic South African bobotie

High Schools

The beginning of a cultural high school exchange is exciting and scary. Therefore, there will be a local GROW Buddy to assist you, to help you with settling in and to give you the guidelines to kick off this adventure right.

- Experience what it is to wear a uniform
- Get agitated by the school spirit and emerge into the school community
- Diverse clubs, music and sports are offered in which exchange students can be involved
- There are different types of high schools such as science, technical and art schools.
- Try something new and join the school's netball, cricket or rugby team (or many of the other sports) and compete with other schools or join one of the societies
- Notice that the seasons are the opposite way around as South Africa lies in the Southern Hemisphere. Therefore, the school year starts in January
- Follow the core subjects and choose electives. There is plenty of choice, choose something different or challenging like Life Orientation, Computer Application Technology or Accounting
- Most kids in South Africa speak +2 languages. This means that English is not everybody's native language. Therefore, there is a better support structure for improving your English at school
- Teachers are addressed as Miss or Sir



South African high school students in their uniform



GROW Abroad in South Africa

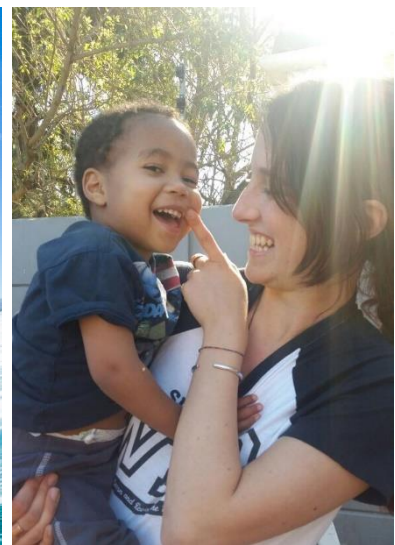
You will be welcomed in a professionally screened host family. The welcoming community will guide you around safety aspects and the local coordinators will always be there for you. Your host family will treat you as their own and you will therefore fully experience how it is to be a South African teen.

You can join tours which are specifically designed for you and your fellow exchange friends, so you can see what Cape Town and its beautiful surroundings has to offer. You will also be given the opportunity to learn how to surf at one of the most well-known surf beaches in the country, Muizenberg Beach.

Want to contribute to something big? You can participate in the Care to GROW program and make a difference by giving back to the community. In conjunction with our GROW Abroad community (staff, students, host families and school), we offer various long and short-term projects aimed at bringing comfort and relief to those in need. A short-term project is for example Santa's Shoe Box, in which a collection of useful (pre-determined) items will be placed in a shoebox and passed to a child in need at Christmas time. Long-term programs exist out of volunteering in different fields like childcare, helping in animal shelters, tutoring and much more.



A surfer on a wave



Get to know the local community

General (fun) facts about South-Africa

- In Cape Town people drive their cars on the left-hand side of the road
- Many people in South Africa do not go out in the evenings during the week. They go to school and extra-murals and then home to relax and be with family. That might be different in comparison to your lifestyle
- When someone says ‘I’ll see you just now’ – that doesn’t mean right now, it means in a while!
- Slang: Cape Town is a mix of many different cultures, so we have words from different languages
 - Bakkie (bah-kee) - can mean a bowl or a type of car;
 - Braai (br-eye) – means a barbeque;
 - Hayibo (hai-bo) –interjection meaning “no way” in response to a surprise;
 - Ja (yaah) – Afrikaans for “yes”.
- Two Nobel Peace Prize winners lived on the same street. Both Nelson Mandela and Archbishop Desmond Tutu had houses on Vilakazi Street in Soweto
- South Africa’s drinking water is rated 3rd best in the world for being “safe and ready to drink”
- South Africa is full of record-breaking animals
- South Africa has deserts, wetlands, grasslands, bush, subtropical forests, mountains and escarpments
- The oldest remains of modern humans were found in South Africa and are well over 160,000 years old
- South Africa has three capital cities: Pretoria is the Executive Capital, Cape Town the Legislative Capital and Bloemfontein the Judicial Capital



The South African flag