STUDY ABROAD PROGRAM IN SOUTH AFRICA

This Handbook provides information for students who have been accepted for the SAfCO programme held in the Western Cape Province, South Africa.

ACADEMIC MATTERS

In conjunction with the AHKR Institute, University of Bergen, Prof. Henshilwood directs an annual field school program in South Africa. The Western Cape, a province of South Africa, has been occupied by people for more than a million years and is an area rich in archaeological sites. We have selected the spectacular De Hoop Nature Reserve, about 200 kms east of Cape Town, as the main location for the field school. A number of coastal caves in the nature reserve contain well-preserved Later- and Middle Stone Age deposits. In 2002, excavations commenced at the Vaalkrans (lit. grey cliffs) Later Stone Age site. Located directly adjacent to the Indian Ocean this shelter site has excellent preservation of organic materials including bone, shellfish and plant materials.

THE ACADEMIC PROGRAM

The field school is divided into a number of Parts.

1) **Part 1** consists of a week of formal classes held at the Iziko South African Museum in Cape Town. Expert local anthropologists and archaeologists will provide a detailed theoretical background of Southern African prehistory and history that ranges from the early Stone Age to the colonial period in the Cape. Details of this program can be found in the itinerary.

2) In **Part 2** the Field School then moves to De Hoop Nature Reserve. During this period you receive two week’s practical training in field craft, animal recognition, faunal analysis, lithic analysis and knapping, local geology, marine ecology, site location and recording and assessing site potential.

3) **Part 3** is hands-on training in all aspects of site excavation. For the next week, we will excavate a Later Stone Age site, Vaalkrans, located on the coast at De Hoop. Students will receive practical training in laying out a site, excavation techniques, processing and recording finds and finds analysis. Specialist faunal and lithic analysts will provide students with expert training. Students will be expected to keep a detailed field journal that will be evaluated, as will be the performance of field and analysis tasks.

4) During **Part 4** students are given time to summarise their work and this is followed by a practical exam.

5) During **Part 5** we spend a few days at Still Bay, near Blombos Cave, visiting archaeological sites and the area. We then tour the southern and western Cape visiting archaeological and rock art sites.

6) **Part 6** is the final five weeks that are spent in Cape Town. During this period you will do your background research at the African Heritage Research Institute and at the Iziko-SA Museum library and write up your final course essay. Essays are evaluated by an internal and external examiner. Final grades are based on the essay in conjunction with an oral discussion.
ACADEMIC DIRECTORS & STAFF

Professor Chris Henshilwood is the programme’s academic director. He is a Professor of African Archaeology at the University of Bergen, and a Professor and Research Chair holder at the Institute for Human Evolution, University of the Witwatersrand, Johannesburg, South Africa. He was born in Cape Town, South Africa and has been involved in active field research and excavation at a number of archaeological sites in the Western Cape Province for 25 years. Professor Henshilwood will administer the program and will be in Cape Town and De Hoop for periods during the field school. He will teach some of the courses and fieldwork, with the assistance of invited lecturers and teaching assistants.

Karen van Niekerk is the on-site co-ordinator, has a B.Sc (Honours) degree in Archaeology from the University of Cape Town and a Masters Degree in Archaeology from the University of Bergen. She completes her Ph.D at the University of Cape Town in 2009. She has excavated at Blombos Cave and at a number of archaeological sites over the past ten years. Her interest and expertise is in fish osteology. She has a number of years’ experience in organising field schools and working with students in the Cape.

Dr Marlize Lombard is a senior researcher at the Institute for Human Evolution, University of the Witwatersrand. She is a specialist in microscopic analysis of lithics with a broad knowledge of the Later and Middle Stone Age in Africa. She will assist with teaching in Cape Town and at De Hoop.

Additionally, teaching assistants from the University of Bergen and the University of the Witwatersrand will be appointed for each field school, will assist with teaching and act as student advisors.

Lisa Hulett is the secretary and accountant of the African Heritage Research Institute in Cape Town. During your stay in Cape Town you will have access to the facilities at the institute. Her email address is central@blomboscave.co.za.

The Director and co-ordinator’s have the right and responsibility to ensure that students abide by the program’s rules and regulations. Any student whose action or inaction poses a threat to him- or herself, to others, or to the reputation of the program will be removed from the program and sent home at the student's expense.

COURSE ITINERARY

The course itinerary for this program is available from Torunn Saunes, AHKR Institute, University of Bergen torunn.saunes@ahkr.uib.no

Please note that the programme dates are provisional and subject to change depending on circumstances and weather.

HOUSING AND MEALS

Students will stay at a guesthouse in Cape Town, located near to the institute. Accommodation will be booked for you but you are responsible for paying the cost of your stay. We suggest you share rooms as this will be considerably cheaper for you. The cost is about NOK 200 per day excluding food. Facilities are provided for you at the guesthouse to prepare your own food and you can purchase breakfast for NOK 50. Allow about NOK 80 per day for food. The program fee covers your accommodation at Potberg located in the De Hoop Nature Reserve, local transportation, all meals at Potberg, and accommodation and most meals during the tour of the southern and western Cape. Please note that meal expenses are not covered while we are traveling on the road, i.e. on the way to
De Hoop and during the post De Hoop tour. The student must cover extra expenses such as laundry, additional meals on the road, snacks, drinks etc. There is a charge of NOK 20 for laundry per week at Potberg.

During your stay in De Hoop, students assist with cooking and cleaning duties. The program coordinator will draw up a roster for these duties. If you have special, meal requirements or specific food allergies please inform Karen van Niekerk as soon as possible karen@blomboscave.co.za. We will endeavor to meet these but please be aware that basic conditions in the field may limit the variations that are requested. Please also inform Karen if you have any other allergies (bees, wasps, penicillin, etc) or medical conditions (asthma, etc.) before we go to the field. It is important that she is aware of any medical conditions and medications taken in case of an emergency in the field, and this information will be kept strictly confidential.

**FINANCIAL MATTERS**

It is suggested that students have available at least NOK 5000 for personal spending money. It is not necessary to bring Norwegian currency to South Africa and, for security reasons, it is best to only carry a small sum of money at any one time. Rather draw South African currency (Rands and cents) when you arrive. The actual amount you use/need will vary according to individual tastes and personal habits. ATM’s are readily available in most towns and at the airport. Credit cards are widely accepted in the big cities but not in all small towns. You will need to draw cash from an ATM when you arrive in Cape Town.

If students plan to stay over in South Africa, they can utilize credit cards (the card should be in the student’s name) or ATM cards that will dispense money in the local currency and debit the student’s Norwegian bank account (VISA and MASTERCARD are the networks most widely available). The exchange rate is about ZAR 1.40 to NOK 1.

**MEDICAL MATTERS**

Health care is an important issue anytime you plan to travel overseas. No specific immunizations are required to visit the Western Cape and no malaria prophylaxis is required (unless you intend to travel to the northern areas of South Africa after the field school). It is important that you arrange comprehensive health insurance for the full period of your stay in South Africa. Contact the Centre for Development Studies for further information concerning health insurance.

(If you plan to travel to other, countries after the program ends you can determine the advisability of additional immunizations before visiting these places by contacting the Consulate Offices or Embassies for these countries.)

Field conditions in De Hoop can be rigorous. It can be very warm in summer and the African sun can be extremely fierce. Sunburn or sunstroke can be a serious problem so wearing sunscreen (factor 30+) and a hat is essential at all times when outdoors during the day. Good quality sunglasses with complete UV protection are highly recommended. During surveys and coastal walks, some areas are difficult to negotiate and a reasonable level of fitness is required. Excavation also requires a fair level of fitness. Students in the past have found that they quickly develop the strength and stamina to enjoy excavating and walking the coastal trails. If you, in consultation with your physician, feel the program might present some hazards to your physical condition please consider this carefully. If an emergency results in the field, it will not only affect you but the experience for the rest of the group as well.
WEATHER
September-April is the peak season for good weather. High temperatures range from 20 °C in September to over 30 °C in January/February. In spring and summer (September-February) there is little rain, and strong southeasterly winds occur in November and early December.

In the cooler winter months, the daily highs are usually around 17-19 °C. Temperatures seldom fall below 5 °C, even in mid winter. High rainfall occurs in winter, especially July and August, when icy northwesterly winds bring heavy showers to the Cape Peninsula and much of the southern Cape. Light snowfall can also occur in the mountains during this period. By Northern Hemisphere standards, the conditions are mild, and rainfall is often followed by warm, sunny days. Expect abrupt weather changes year-round.

PRESCRIPTION DRUGS
A very high duty may be charged on any prescription drug or pharmacy item mailed into most countries, so do not plan to have medicines shipped to you. Take an adequate supply of your prescription or patent medicines with you. In addition, ask your private physician for a readable, preferably typewritten, prescription that you can present to a Customs official, if needed. If you are dependent on certain medicines, you should plan accordingly. Be sure to consult your physician and pharmacist on this matter.

If you take over-the-counter or prescription medications into another country with you, be sure to keep them in their original containers with the contents clearly marked. This will facilitate taking them through Customs. Likewise, if you self-inject prescribed medication, you may need to carry needles and syringes with you. You’ll need a physician’s prescription for medication and medical supplies to pass through Customs.

GLASSES/CONTACT LENSES
If you wear glasses or contact lenses, take an extra pair of glasses and a good supply of contact lenses.

TRAVEL
PASSPORTS
All students participating in this program need a valid passport that will remain valid beyond the end of the program. Early application for your passport is essential, since it may take as long as six weeks to receive one after application is made (depending on the time of year). Visas are required by Norwegian citizens to enter South Africa. Students who do not hold Norwegian citizenship should notify Kristin Paulsen at Uinfob Global, UiB Kristin.paulsen@global.uib.no. You will be provided with a letter of invitation by the institute in Cape Town. It is essential that you send this letter with your visa application. To apply for this letter please write to Lisa Hulett at central@blomboscave.co.za.

FLIGHT PREPARATION AND TRAVEL TIPS
We suggest that students arrange a group flight from Bergen to Cape Town. Please co-ordinate your flights with Kristin Paulsen Kristin.paulsen@global.uib.no. Plan to arrive in Cape Town at least 2 or 3 days before the programme commences. One of the best and cheapest options is offered by KLM. The flight is from Bergen to Cape Town, via Amsterdam. You will need to arrange a return date directly with the travel agent. If you wish to stay on in South Africa after the end of the field school
you will need to make provision for this when you apply for your visa and also when you book your return date on the flight. It can be expensive if you decide to extend your stay and you have not made provision for this in advance. Expert local assistance is available for travel within southern Africa. Please note that our obligations to participants end on the final day of the program.

LUGGAGE REQUIREMENTS
Very Important: Please do not bring suitcases, as we do not have the facilities in Cape Town to store or transport these to the field school. The maximum you will be allowed to bring to Cape Town is one large rucksack (max 95 liters) and one smallish daypack. If excess luggage is brought it will have to be disposed of at your expense. You must make sure that you can carry the entire luggage yourself for more than 20 minutes at a time.

Be sure to lock your checked luggage and have a tag on it with your name and address. It’s not a bad idea to put your name and address INSIDE the bag as well. When retrieving your baggage upon arrival, many bags look alike, so check the nametag to make sure you have the right ones. Be sure that you bring a small bag so that you can travel lightly when making excursions within the Cape.

When you disembark in South Africa, you will first go through Immigration where your passport will be checked. After Immigration, you will retrieve your luggage and go through Customs. Realize that the Customs officials have the right to open and check your luggage; it is always best to respond to their inquiries in a polite and straightforward manner. Since you are responsible for anything you carry into another country, do not transport anything illegal and certainly DO NOT carry anything that was given to you by someone else. There are heavy penalties in South Africa for the possession or transport of illegal substances.

Remember that your airline ticket envelope contains your return ticket. Do not throw away the envelope on departing the airport! While you are in South Africa, your return ticket should receive the same care as your passport.

A representative from SAfCO will meet the group in Cape Town.

WHAT TO BRING WITH YOU

FIELD EQUIPMENT

- Laptop computer – this is almost essential so if you have one then bring it
- Sleeping bag, lightweight that unzips to be used as a duvet (can be bought locally)
- Smallish backpack
- One small flashlight (extra batteries can be bought locally)
- Swiss army knife or Leatherman
- Insect repellent (cream or stick type) (can be bought locally)
- Pen with waterproof ink, revolving pencils, erasers etc
- 2 x note books, field entry books (hard cover, A4 size). Can be bought locally.
- Plastic water bottle (can also be bought locally)
- 10 x plastic zip-lock bags

PERSONAL ITEMS

- One pair hiking boots (medium/heavy duty) (to save space wear these on the plane)
- One pair sneakers/light hiking shoes
- One pair of waterproof sandals (preferably nylon strap type with grip soles suitable for walking on rough surfaces in water)
- One or two pairs of jeans
- Three pairs of shorts
• Three or four T-shirts or other shirts
• Three or four pairs of socks (cotton, wool)
• Underwear
• One jacket (medium warmth) or a pullover
• One nice set of clothes for town
• Bathing suit
• Towel (small), can also be bought locally
• Sunglasses (good quality with total UV protection)
• Hat with brim
• Sunscreen with high sun protection factor (SPF 30)
• Extra eye glasses (if required)
• Rain jacket and rain pants

We suggest that you bring clothes that you are not sorry to leave behind and that you bring the minimum required. Additional items of clothing or those listed above can be bought locally at reasonable prices.

PERSONAL TOILETRIES
Bring only what you require for the first week or so. Additional toiletries can be purchased in Cape Town and in Bredasdorp (the town closest to De Hoop Nature Reserve).
• Toiletries soap toothpaste, toothbrush, shampoo, contact lens solution, etc.
• Sewing kit with safety pins
• Vitamins

MEDICATION
If you require prescription medicines bring a supply that will last you for the full 3 months. These may include
• Antibiotic (recommended)
• Birth control products
• It is imperative that you inform us of any allergies and that you bring the appropriate and sufficient medication for treatment should the need arise

The following items can be brought along (we suggest in small quantity only) or purchased locally.
• Paracetamol/Aspirin
• Band-Aids
• Topical antibiotic
• Allergy medication
• Anti-histamine (pills and cream) for insect bites or bee stings
• Anti-fungal cream

SUGGESTED EXTRAS
• Diving mask and snorkel (optional)
• Thin underwater gloves (optional)
• Pair of small binoculars for game or bird watching (not essential)
• Camera and flash (preferably digital and the capacity to download pictures)
• Film – two rolls x 36 exposures. (Film can also be bought locally)
• CD’s /MP3 player
• Reading material (can be bought locally)
• Small collapsible umbrella or very light fold up rain jacket

LAST MINUTE CHECKLIST BEFORE YOU LEAVE FOR THE AIRPORT
• Your tickets
• Valid passport
• Money (credit card, ATM card)
• Luggage
• All your medications are packed in your carry-on
CONTACT INFORMATION AND COMMUNICATIONS

Please leave the information below with your parents/guardian before you go overseas. The address of SAfCO is listed below. Leave that with your parents as well. Prof. Henshilwood will be at this address only for the first week of the field school. After the first week, please use the address at Potberg Environmental Education Centre. The international dialing code for South Africa is 27 followed by the city code (e.g. Cape Town is 21) then the telephone number. Norwegian mobile phones work in Cape Town. It is suggested you bring your mobile phone with you and obtain a local SIM card during your stay as this is much cheaper than making local calls via a Norwegian operator.

Prof. Chris Henshilwood,
African Heritage Research Institute,
167, Buitenkant Street, Gardens, 8001,
Cape Town, South Africa.
Telephone #27 21 4656067: Fax #27 21 4656067

And in the field

Prof. Chris Henshilwood,
SAfCO, c/o Potberg Environmental Education Centre,
Private Bag X18, Wydgelee, 7282,
South Africa.
Telephone #27 28 542 1117

In an emergency, and if Prof Henshilwood is in the field, please contact the institute secretary, Lisa Hulett on #27 21 6743710 or # 27 83 3355789

SAFETY IN THE CITY

Cape Town's Central Business District and major malls have made considerable efforts to safeguard tourists against crime. Surveillance cameras monitor activities in the central Business District and security guards watch over the major shopping centres. Nonetheless, tourists should take the precautions they would in any major city. Avoid carrying large sums of cash, having cameras or video cameras loose, leaving belongings unattended, and in general take advice on where to go after dark. Take special precautions at lonely outlook points at dusk and or after dark. If possible, do not walk alone, but rather in groups, especially at night.

* Street children and beggars may approach you for a hand out. Many social workers counsel against giving money to the children as it usually gets handed over to some older figure or is used for sniffing glue. There is a recent initiative in the city (South African Homeless People's Federation) that aims to get street children and beggars into the night shelters in the city from where they can be reintegrated into their family or community, or at least provided with the option of not sleeping in the street. If you wish to do good for these children and beggars, rather encourage them to go to these shelters. Giving them food and money keeps them on the streets.

* In some shopping areas, uniformed attendants will take a fee, or offer to mind your vehicle for a tip. The City of Cape Town is committed to controlling this practise and you should feel free to decline the services of these 'parking attendants'. Alternatively, use a parking garage or official parking lot.

Emergency Numbers in Cape Town, South Africa
Ambulance: 10177
Police Flying Squad: 10111
Tourist Safety Unit: 421 5115/6 - 07h30-18h00 Mon-Fri
Sea Rescue: 4053500
Fire: 535 1100
City Park Hospital: 480 6111

CONTACT INFORMATION:

Prof. Chris Henshilwood – e-mail enquiries@blomboscave.co.za

Prof. Randi Haaland – Department of Archaeology- e-mail randi.haland@bmu.uib.no

Ove Stoknes – Centre for Development Studies - e-mail ove.stoknes@sfu.uib.no

Lisa Hulett – secretary at African Heritage Research Institute, Cape Town, enquiries@blomboscave.co.za