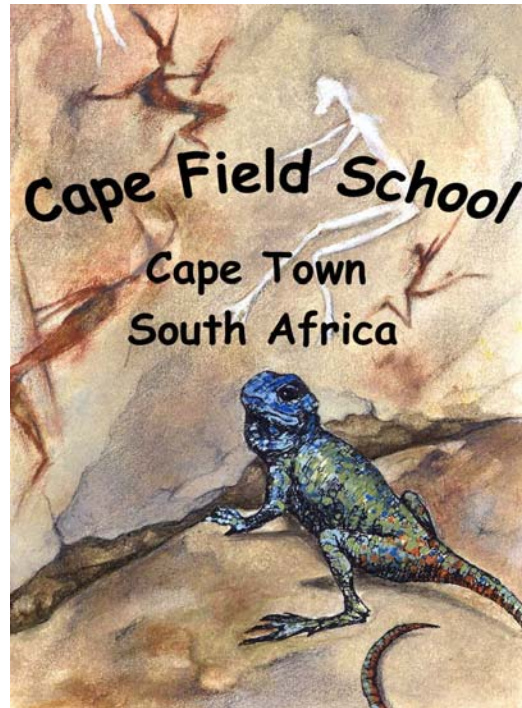


23 August, 2004

INTRODUCTORY GUIDE

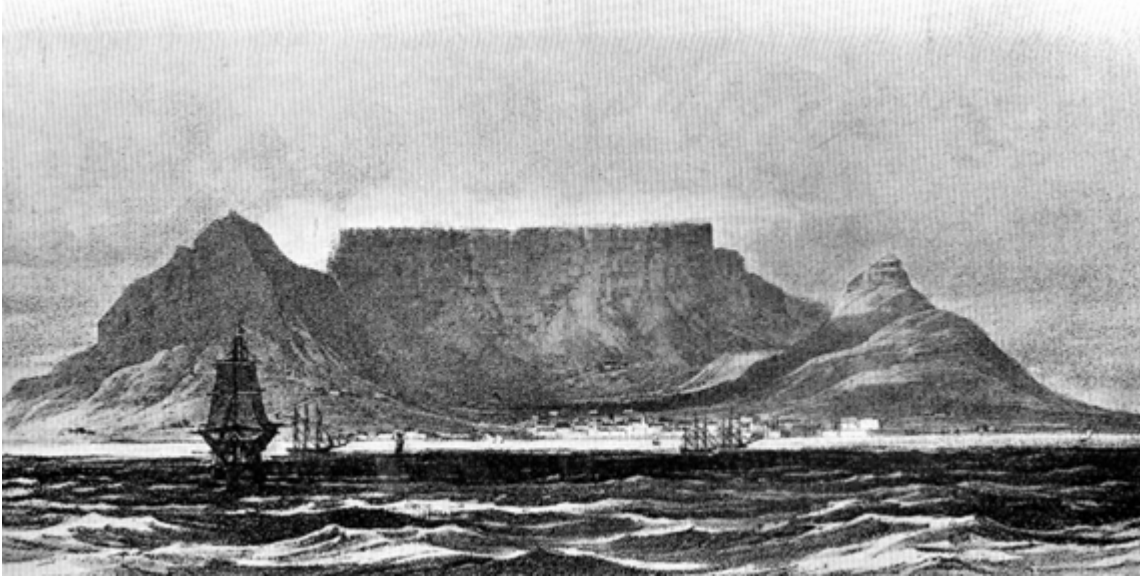


2004 - 2005

Study Abroad Program

STUDY ABROAD PROGRAM IN SOUTH AFRICA

This Handbook provides information for students who have been accepted for the Cape Field School program held in and near Cape Town, Western Cape Province, South Africa.



CAPE TOWN AND THE WESTERN CAPE

South Africa, situated at the southern end of Africa is an exciting mix of first and third world cultures. Well known for its natural scenery it has some of the world's best wildlife reserves. A stable post-apartheid government, led by President Thabo Mbeki, has led to South Africa becoming a popular travel destination. In the southwest lies the Western Cape Province bounded by the Indian and Atlantic oceans. Cape Town, its capital, lies on the Cape Peninsula, described by Sir Francis Drake as '*the fairest Cape in all the world*'. It is indeed one of the most beautiful capes on earth and among much splendour the Cape boasts its own floral kingdom known as *fynbos*, beautiful endless beaches and is home to the rare African Jackass Penguins. The Western Cape has been occupied by people for more than a million years and is an area rich in archaeological sites.

Cape Town, renowned for its vibrancy, is made up of a mixed community of about 4 million people. Bounded by the Atlantic Ocean on three sides and Table Mountain in the centre, the city is naturally surrounded by spectacular scenery. Its mild Mediterranean climate makes for warm summers and mild winters. With a first world infrastructure and excellent educational facilities it is an outstanding study or holiday destination.

"By any standard, the Cape Town region of South Africa is one of the most beautiful and compelling places to visit on the planet. Here, in addition to a city with fascinating historical sites, excellent museums, vibrant markets and a handsomely restored waterfront. I encountered mountain wilderness, rugged coastlines, sandy beaches, lush gardens, beautiful wine estates, superior hotels and some of the warmest, most welcoming people I've ever met."

Travel Editor, Richard Busch - National Geographic Traveler

ACADEMIC MATTERS

In conjunction with Prof. Marean of the ASU Department of Anthropology, Prof. Henshilwood set up a field school program for students of the United States to begin spring semester 2005 and this runs bi-annually in South Africa. South African and Norwegian students are also well represented at the field school. Instruction is in English. We have selected the spectacular De Hoop Nature Reserve, about 200 km 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 African Heritage Research Institute 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 three week's practical training in field craft, animal recognition, faunal analysis, lithic analysis and knapping, local geology, marine ecology and site location and recording and assessing site potential.
- 3) **Part 3** is hands-on training in all aspects of site excavation. For the next two weeks, 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 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 four weeks that are spent in Cape Town. During this period you will do your background research at the institute and at the Iziko-SA museum library and write up your final course essay. Essays are evaluated by Prof. Henshilwood. Final grades are based on the essay and an oral exam.

ACADEMIC DIRECTORS & STAFF

Professor Chris Henshilwood is the program's academic director. He is a Professor of Archaeology at the University of Bergen, 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 18 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.

Professor Curtis Marean is the ASU sponsoring faculty member. He is Professor of Anthropology in the Department of Anthropology and Institute of Human Origins at Arizona State University. Prof. Marean has over 20 years of field research in Africa, with over 10 years experience in South Africa. He is currently the director of the Mossel Bay Archaeology Project just east of De Hoop. During your itinerary you will pass through Mossel Bay, and will likely visit the excavations there when they are in progress.

Karen van Niekerk is the on-site co-ordinator, has a B.Sc (Honours) degree in Archaeology from the University of Cape Town and is a Masters student in Archaeology at the University of Bergen. She has excavated at Blombos Cave and at a number of archaeological sites over the past six 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.

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.

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 Prof. Marean (curtis.marean@asu.edu), or from Lisa Hulett, (enquiries@blomboscave.co.za). Please note that the program 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 \$US20 per day excluding food. Facilities are provided for you at the guesthouse to prepare your own food. Allow about \$US10 per day. PLEASE NOTE THAT THE DOLLAR EXCHANGE RATE CONTINUES TO FLUCTUATE WILDLY, AND THE VALUE OF THE US DOLLAR HAS GENERALLY BEEN DROPPING OVER THE LAST YEAR. The program fee covers your accommodation at Potberg located in the De Hoop Nature Reserve, local transportation, most meals at Potberg, and accommodation and most meals during the tour of the southern and western Cape. The student must cover extra expenses such as laundry, additional meals on the road, snacks, drinks etc. There is a charge of \$US 5 laundry per week at Potberg. 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. Additional weekend trips may be offered during your stay at De Hoop and if you wish to participate, it will be at your own expense. The cost will be about \$US40 per weekend.

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 Lisa Hulett, enquiries@blomboscave.co.za as soon as possible. We will endeavor to meet these but please be aware that basic conditions in the field may limit the variations that are requested.

FINANCIAL MATTERS

It is suggested that students have available at least \$US750 for personal spending money. It is not necessary to bring US 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. We recommend that you use an ATM card to draw funds, and these are readily available in most towns and at the airport. Be sure your ATM card has at least one or two of the widely used services (such as Cirrus, Pulse, or Star). 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 bank account (VISA and MASTERCARD are the networks most widely available). The exchange rate is about 1 US\$ = ZAR (rands) 6.30 but is fluctuating widely.

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 ASU Health Services, your university health services, or your private health insurer 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 68⁰ F (= 20 C) in September to over 86⁰ F (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 63-65⁰ F (17-19 °C). Temperatures seldom fall below 40⁰ F (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 US citizens to enter South Africa if your stay exceeds 90 days. You must apply for a visa to the South African consulate office nearest you, and we strongly encourage you to do this at least 2 months prior to departure. The details are available at <http://www.southafrica-newyork.net/homeaffairs/index.htm>. **You must get 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 enquiries@blomboscave.co.za.**

FLIGHT PREPARATION AND TRAVEL TIPS

Plan to arrive in Cape Town at least 4 or 5 days before the program commences. There are daily flights between the US and South Africa from Atlanta and New York on South African Airways and Delta. Numerous other carriers fly through Europe. 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. **DO NOT PACK YOUR PASSPORT IN YOUR CHECKED LUGGAGE.** 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 Cape Field School will you in Cape Town.

WHAT TO BRING WITH YOU

FIELD EQUIPMENT

- Laptop computer – this is almost essential so if you have one then bring it or buy one
- 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.
- Women should bring tampons.
- 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/ condoms
- 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 and small portable CD 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 Cape Field School 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. US cell phones will work in South Africa only if they are of the GSM type (have a SIM card). If you have a GSM phone, you can obtain a local SIM card during your stay.

**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,
Cape Field School, c/o Potberg Environmental Education Centre,
Private Bag X18, Wynedale, 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 practice 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

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

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. Curtis Marean – Department of Anthropology, ASU- e-mail curtis.marean@asu.edu

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