

International
Students' handbook

2010



CORNERSTONE
INSTITUTE

Christian Higher Education for Leadership in Africa

Cornerstone Institute

CORNERSTONE INSTITUTE INTERNATIONAL STUDENT HANDBOOK

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WELCOME / KARIBU TO CORNERSTONE!

Dear International Student,

Welcome to Cornerstone Institute. In the coming months, if not years, Cornerstone Institute will be your home away from home. It is our hope that you will find all the necessary strength and support you will need to settle into this wonderful family.

You are now reading a booklet which was prepared with you in mind. This booklet has some information which should provide an orientation into Cape Town. In this booklet, there is information concerning the following: local churches, local banks, local shops, etc. It is hoped that this will in some measure help you to settle in quickly.

If there are any other concerns, please, come see me or any of the faculty members at Cornerstone Institute. We are here to serve you, and part of that service includes recognizing the needs which you may have as a result of being away from your home-country.

We are of the view that you bring your uniqueness to us, and that you are a precious gift to Cornerstone Institute.

Our prayer is that, may the Triune God bless you and your time at Cornerstone. May God grant you the Grace you will need to adjust to the new surroundings and new people.

Every Blessing,



NK Tenai, Director of Student Affairs

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Cornerstone Institute

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Lansdowne

7780

CHECKLIST OF THINGS TO DO UPON ARRIVAL

Upon arrival at the Cornerstone campus, there are certain things that you are requested to check.

- Make sure you arrange your room appropriately (if living in the College Residence), as you will be sharing with another student.
- **You are asked to submit a photocopy of your entire travel documentation at the reception.** These will include your Visa, the repatriation receipt, medical insurance, and the first two pages of your passport.

CHURCHES

A list of churches in the area is available below. Some of these churches are within walking distance. If you wish to attend any of these churches, please telephone ahead to ask for directions, or consult the Student Affairs office for more information.

BETHANY FULL GOSPEL
15 Rossall Road
Claremont (Glmr)
Tel: 696 3597

Harfield Village
Tel: 7979021/7611867

GLEEMORE BAPTIST
St Simon rd
Sunmyside
Tel: 697 2964

EPWORTH METHODIST
Landsdowne rd
Tel: 7973260

SILVERTOWN BAPTIST
Olympic Crescent
Athlone
Tel: 637 1568

CHRIST CHURCH ANGLICAN
16 Summerley Road
Kenilworth
Tel: 797 6332

CLAREMONT BAPTIST
39 Cook Road
Claremont
Tel: 618-653

LANDSDOWNE AOG
Walnut rd
Landsdowne
Tel: 797 6312

UNITING PRESBYTERIAN
294 Main rd
Kenilworth

KENILWORTH AOG
Harfield rd

- ❖ Shops of all kinds albeit clothes / shoes, toiletries, food, books, convenience, technology and many more.
- ❖ Market stalls selling hand crafted ornaments, amongst other items.
- ❖ An eye catching waterfront, again full of shops and restaurants that look out onto the ocean.
- ❖ Museums steeped with time-honored South African history as well as other worldwide tragedies.

However if you fancy somewhere a bit closer to home, then **Claremont is a good destination for shops**, which can be reached by a short journey in a taxi. Here offers a shopping center (known as Cavendish) that has an abundance of diverse shops.

As well as shopping, there are also opportunities to visit the beautiful beaches along the Cape peninsula, the closest being:

- ❖ *Miuzenberg*
- ❖ *Fish Hoek*

The train journey takes you along the coast of the towns in the Cape and offers beautiful scenery along the way.

Also if you fancy something completely different you can take a trip to the wonderful world of Cinema, and visit the little cinema that the Kenilworth Center offers. It usually stocks at least 3 or 4 of the very latest films, which are on offer for viewing.

And if you are feeling extremely adventurous you can hike up (or take the cable car if you are not feeling up to the strains of climbing) one of South Africa's most well-known locations Table Mountain, where the view of Cape Town as you climb is simply breathtaking.

Another phase of culture shock is regression. The home environment suddenly assumes a tremendous importance, everything becomes irrationally glorified. All difficulties and problems are forgotten and only the good things back home are remembered. It usually takes a trip home to bring one back to reality. Some of the symptoms of culture shock are: excessive concern over cleanliness and the feeling that what is new and strange is "dirty." This could be in relation to drinking water, food, dishes, and bedding; fear of physical contact with attendants or servants; a feeling of helplessness and a desire for dependence on long-term residents of one's own nationality; irritation over delays and other minor frustrations out of proportion to their causes; delay and outright refusal to learn the language of the host country; excessive fear of being cheated, robbed, or injured; great concern over minor pains and irritations of the skin; and finally, that terrible longing to be back home, to be in familiar surroundings, to visit one's relatives, and, in general, to talk to people who really "make sense."

An objective treatment of your cultural background and that of your new environment is important in understanding culture shock. There is a great difference in knowing what is the cause of your disturbance and not knowing.

Once you realize that your trouble is due to your own lack of understanding of other people's cultural background and your own lack of the means of communication rather than the hostility of an alien environment, you also realize that you yourself can gain this understanding and these means of communication. And the sooner you do this, the sooner culture shock will disappear."

(source: http://www.worldwide.edu/travel_planner/culture_shock.html)

OTHER HELPFUL RESOURCES

International Student Identity Card (ISIC)
<http://www.isic.org>

CIA: The World Fact Book
Great maps, helpful data about the economy, geography, government, and people of each country
<http://www.odci.gov/cia/publications/factbook/index.html>

IF YOU HAVE FREE - TIME

If you find you have a bit of free time and want to do something a little bit different why not take a trip into the **beautiful city of CapeTown?** It takes about 15 minutes to get to Cape Town train station from Lansdowne, and offers:

Tel: 762 1598

RAPHA CHRISTIAN
FELLOWSHIP
Gugulethu
Tel : 713 0361

HIS PEOPLE CHURCH
Baxter Theatre, Main rd
Rondebosch
Tel: 454 290

ALL SAINTS ANGLICAN
O Kiep rd
Lansdowne
Tel: 696 1537

ST. MICHAEL'S ANGLICAN
Harare,
Khayelitsha
Tel: 361-5246, 542-2963

VINEYARD CHRISTIAN
CHURCH
16 Salisbury rd
Kenilworth
Tel: 761 6772

ST AIDENS ANGLICAN
Lansdowne
Tel: 696 1500

LOCAL DOCTORS/HEALTH INSURANCE

There are many local medical practitioners in the area. Dr Loghdey at **Carecross** is the closest at 530 Lansdowne Rd (Tel: 021 761 7966) and charges R200.00 for a consult. You need to phone first to check on clinic times. You may also want to pay a visit to **Kenilworth Medicross Centre** (Rosmead Ave, Kenilworth) which offer walk in medical care and dentistry.

It is important for all International students to take a medical insurance policy that will cover your medical expenses in case of any accident or operation. Should you belong to a specific medical scheme that allocates you a GP, make sure to go to that GP as you may not be covered should you see anyone else.

Please note that there is a **local pharmacy** not far from the college (towards the station) and also at Kenilworth Centre should you require medication.

RESIDENCE

Each residence student will be placed with a roommate for the duration of their stay due to limited space. Most residence rooms, however, are en suite and the residence is equipped with a store/ironing room, residence lounge (with TV & video machine) and kitchen.

Residence students are expected to keep their residence rooms clean at all times and will be required to be on a cleaning roster to clean general residence areas.

Prayer meetings and socials are organized by the residence committee and the residence matron, **Ms Phindeka Mini**, is on site to provide support, care and oversight to all the students.

COMMONLY USED SOUTH AFRICAN WORDS

Petrol	Gasoline
Lift	Elevator
Boot	Trunk of a car
Mate/Bru/Bro	Pal or buddy
Braai	Bar-b-que
Robot	Traffic light
Flat	Apartment
Jersey	Knit Sweater
Tomato Sauce	Ketchup
Queue	Line
Biscuit	Cookie
Cool Drink	Soda
Ja/ Yebo	Yes
Lekker	Nice
Howzit?/Kunjani?	How are you / how's things
Biltong	Similar to beef jerky
Molo	hello

TRANSPORT

There is a bus stop in front of the Campus. If you are unsure of which bus to take or if you need a bus schedule, call the toll free number 0800 656 463.

Golden Arrow Bus Services
www.gabs.co.za

The train station is a 5 minute walk from the college and you can use the above telephone number for any enquiries. The train time schedule is also available in the residence.

Metrail Western Cape
www.capemetrail.co.za

You can also catch a local taxi – however it is wise to consult fellow students regarding routes before taking one.

For long distance travel, there are various options. The airport is about 30 kilometers from the college. There are also Coach services such as Trans-Lux (www.translux.co.za), Intercape (www.intercape.co.za) and Greyhound (www.greyhound.co.za) for national and regional travel, which can be booked online.

Budget airlines for cheap travel within SA include 1time (www.1time.co.za), Kulula (www.kulula.com) and Mango (www.flymango.com).

Please consult a fellow student or staff member if you require information in this regard.

CULTURE SHOCK

"When an individual enters a strange culture, all or most of these familiar cues are removed. He or she is like a fish out of water. No matter how broad-minded or full of good will he may be, a series of props have been knocked from under him. This is followed by a feeling of frustration and anxiety. People react to the frustration in much the same way. First they reject the environment which causes the discomfort: "the ways of the host country are bad because they make us feel bad."

World Wide Classroom – International Travel Planner
WorldWide Classroom's Travel Planner offers articles and editorials on a variety of topics, including culture shock, customs, medical care, money, and packing.
http://www.worldwide.edu/index_travel_planner.html

SHOPS

There are various shops and stores around. Your bulk grocery shopping can be done at **Kenilworth Centre** or **Fruit & Veg City (Access Park)**. However there are butcheries, corner shops, take-aways, pharmacies and several bakeries in Lansdowne road for easy access. If you are unsure of where these stores are, please find out from your fellow students or consult the Student Affairs office.

TELEPHONE

A telephone (coin system) is available for student use on the second floor. Mobile/cell phone vouchers and start up packs may be bought from most supermarkets for any of SA's four networks (Vodacom, Cell C, MTN or Virgin Mobile) at a minimal cost of about R10. 'Pay as you Go' Recharge vouchers are sold at most shops.

A copy of the Yellow pages and a telephone directory are also there for your use. A telephonic directory may also be reached by dialing 1023, at a nominal cost.

Dialing Codes
<http://kropla.com/dialcode.htm>

Date and Time Zones
<http://www.timeanddate.com/worldclock/>

FINANCES

You will find a variety of banks in this area: FNB, Standard Bank and ABSA are all located directly opposite the Campus. Most ATM's in SA accept Mastercard and VISA. A savings account can be opened at ABSA for around R50.00, provided you present your ID/Passport.

The foreign exchange office is at Wynberg in Maynard Mall. The Western Union Money transfer is also at Wynberg: Number 25, Church Street. You can also phone American Express for foreign exchange at: 0860036739.

Please consult the Student Affairs office for advice or assistance in opening back accounts or engaging in transactions. We will be happy to assist you the best we can.

Currency Converter
<http://www.oanda.com/convert/classic>

Worldwide MasterCard ATM Locator
<http://www.mastercard.com/atmlocator/index.jsp>

Visa Worldwide ATM Locator
http://visaatm.infonow.net/bin/findNow?CLIENT_ID=VISA

LOCAL SOUTH AFRICAN NEWS

Stay up-to-date with what is going on in the local Cape Town area and in South Africa. Watch SABC 1, 2, 3 or ETV or check out the local Cape Argus or these links below.

Cape Argus

An afternoon newspaper published in Cape Town - Issues-driven coverage of South African news and sports, with a strong local focus.
www.capeargus.co.za

News24.com

The top South African online news web site: www.news24.com

IOL: News for South Africa and the World South African, regional and world news: www.iol.co.za

MAIL BOX / POST OFFICE / INTERNET

Each student will be assigned a mailbox (pigeonhole) at the Campus with your name on it. This mailbox serves the purpose of receiving your mail, notifications, assignments and other handouts.

Postal services in the area include:

- Lansdowne Post Office (Flamingo Crescent, Lansdowne):
021 797 7589

All students have access to the internet and email at college. For after hours usage there are several internet cafes across the road from the college.

MISCELLANEOUS PHONE NUMBERS

Ambulance: 10177
Police Flying Squad: 10111
Emergency Services: 107
Department of Home Affairs: 021 797 4767
Cornerstone Institute: 021761 0241/61
Residence Matron: 078 3016149
Director of Student Affairs (emergencies only): 073 650 3102

PASSPORTS & VISAS

You must maintain a valid passport at all times. It should always be valid for at least six months beyond your current date of stay. (Please also mark this date on your calendar).

When applying for your extension please contact the Director of Student Affairs (NK Tenai) to make sure that all the required documents are correct before going to Immigration (Home Affairs Department).

You are strongly advised not to change your status as a student as it will contradict the Immigration Law and may possibly jeopardize your stay here in South Africa.

To renew your passport, please contact your country's consulate or embassy. You may obtain the address from the yellow pages. If your consulate requires proof that you are a registered student, contact the Student Affairs Office.

Embassy Search
<http://embassiesabroad.com/>

Travel Document Systems

This informative site provides links to information about VISA requirements for countries around the world. <http://traveldocs.com>

SAFETY AND TRAVEL INFORMATION

- **Do not leave any valuables lying around unattended** at Cornerstone or elsewhere. Make sure that your travel insurance covers these items. Cornerstone cannot be held liable for the loss of these items.
- **Separate your cash and credit cards** and don't carry all your cash with you.
- **Do not allow strangers to assist you in your transactions** at automated teller machines.
- **Try to obtain a route map before you set out** and plan your route beforehand.
- **Try to explore in groups and stick to well-lit streets** especially at night.
- **Never pick up strangers.**

Study Abroad Safety Handbook
<http://www.imu.edu/globalized/studentsabroad/index.html>

The SAFETI (Safety Abroad First - Educational Travel Information) Clearinghouse Project
<http://www.imu.edu/globalized/safeti/>

Travelang

Probably one of the most comprehensive travel sites on the WEB.
<http://travelang.com>