

Important Contact Details:

If calling SA from the USA, add 011 27 . If calling the USA from SA, add 00 1 to the USA number.

Zag Sports:

Direct: 609-712-4667—jmeccage@zagsports.com

Mary Gleason: Tour Experience Liaison—917-679-5771

Cape Town(Tour Guide)

Graham Childs - +27 83 260 7228

Cape Town Accommodation:

Ambassador Hotel-Bantry Bay

Address: 34 Victoria Road, Bantry Bay, Cape Town, 8005, South Africa

Phone:+27 21 439 6170

<http://ambassador-hotel.co.za/>

*Free Wifi

Cape Town Emergency Number: 107—You can pick up any Telkom phone, including payphones, and make a toll-free call.

Emergencies-U.S. Consulate General - Cape Town

(for assistance for U.S. citizens in the provinces of Western Cape, Northern Cape, and Eastern Cape)

During regular business hours (Monday – Thursday: 8:00 to 5:00 p.m.; Friday: 8:00 to 12:00 noon):

From inside South Africa, dial 021-702-7300.

From the U.S., dial: 011-27-21-702-7300.

Email us on consularcapetown@state.gov

For afterhours, weekends, and holidays:

From inside South Africa, dial 079-111-0391.

From the U.S., dial 011-27-79-111-0391

Cape Town Trip Prep

Climate

Cape Town March High/Low: 75/60F

If you want to check the weather closer to the departure date, you can use www.weather.com. You can also check www.wunderground.com. Go to trip planner and you can see the weather for the last 10 years for the dates that you are expected to travel.

Time

Cape Town is 6 hours ahead of EST(as of March 8, 2015)

Exchange Rate

The unit of currency in South Africa is the Rand(Zar). It is roughly 11.5 Rand to 1 USD
For updated exchange rates visit <http://www.xe.com/ucc/>.

Foreign Money Advice

Cash

American currency can be exchanged for foreign currency at most international airports prior to your departure, at the international airport of your destination, and at most major banks. **It might be wise to bring and exchange a small amount of money(150usd/200usd) on arrival in order to have some cash on hand** . In general, exchange money at bank branches and not at hotels, restaurants, or retail shops, where the exchange rates are unfavorable. Banks abroad afford you the fairest exchange rate available, but you can expect to pay a commission, which varies every time you exchange currency. If you are exchanging less than 200usd it probably makes the most sense to exchange your money where it is most convenient.

Credit Cards/Debit Cards

The best way to carry most of your money is in the form of credit or debit cards. For most credit/debit cards, check with the card provider regarding use in UK/SA. Be sure to alert them to the fact that you are traveling. The amount charged to your credit card bill is based on the exchange rate on the day that your bank or credit card company processes the transaction. If the merchant is slow in submitting your charge slip, the bill could be a bit different from what you might have expected. For all financial transactions abroad be sure to have adequate identification with you (e.g., your passport). If you have a credit card or bankcard that is on the CIRRUS network, you should be able to withdraw money from most bank machines.

The debit card is the best and easiest way to get cash . ATMs often limit the amount of cash per transaction to roughly 200usd(you should check this) Depending on the bank, the withdraw fee will vary. You do receive the lowest exchange rate, when using your debit card.

Check with your bank or credit card company before you leave to determine the withdraw fee, or any related foreign surcharges. **Many credit cards have begun to charge surcharges for using your credit card abroad, so be sure to inquire with the card you hope to use to verify. Check with your bank to be sure they are aware of your travels so that your credit or debit card will work in Cape Town.**

Traveler's Checks

Carrying large amounts of cash is not recommended. Traveler's checks are safer and more convenient. Lost or stolen cash cannot be replaced; traveler's checks can be refunded. Be sure to keep a separate record of the serial numbers of your traveler's checks. It is best to have three copies of these. Should the checks be lost or stolen, it is important to have these numbers available in order to obtain a refund. Traveler's checks are available in various denominations of different currencies and can be obtained at most banks. The major companies dealing in traveler's checks are Citicorp (First National City Bank), American Express, Bank of America, and Visa. There is usually a 1-1.5% commission charge for the purchase of traveler's checks. It might be to your benefit to contact the AAA since they do not charge members a fee for the purchase of American Express checks. Although purchasing traveler's checks in small denominations means carrying a bulkier package of checks with you, it also means that you can better control of the amount of cash you carry.

Money Summary

While travelers checks are your safest bet, they are often a bit more costly and difficult to exchange. Use a diverse strategy, bring a little cash to change over (**100-250usd**)and then have an ATM, credit or travel card to access additional funds.

Cape Town Prep

Electricity

Standard voltage throughout Cape Town is 220/230v/50hz. If you are bringing any electric appliances, bring a converter and adapter. You will also be able to purchase a converter in the destination airport. Check with your device maker to be sure you don't need a converter. Hotel also rents them. **Do not make the mistake of using only the adapter and burn out your device. Please check with All of your devices to make sure you won't have any issues...especially with Cell /Tablet chargers.**

Customs

When you enter SA you may bring items that are for personal use only (not sale) and determined by the customs agent that you will be taking the items with you when you leave. There are 2 channels, green (nothing to declare) and red (something to declare). To "declare" means to tell the Customs officer about anything you're not taking with you to the U.S. once you leave Cape Town. If you have only brought personal items, you will enter the green channel.

When returning to the United States, U.S. citizens who have been away for at least 48 hours are allowed to bring back, US\$400 worth of merchandise duty-free (without tax). You'll be charged a flat rate of 4% duty on the next \$1,000 worth of purchases. Be sure to have your receipts handy. On mailed gifts, the duty-free limit is \$100. You cannot bring fresh foodstuffs into the United States; tinned foods, however, are allowed. For more information, contact the **U.S. Customs Service**, 1-800-973-2867 or 202-354-1000 or on the web at www.customs.gov.

Items not permitted to enter the US or South Africa w/ Firearms, Drugs (unless for medical use), wildlife, plants, fruit. For more information visit, www.customs.gov.

Medications

If you require particular medication while you are traveling, **make sure you carry the medication in its original container and make sure you take the medication in your carry-on luggage.** Depending on the type of medication, it is a good idea to have a letter or prescription from your doctor to verify that you legally use the medication.

Please alert your coaches/staff of any allergies to food, or other ailments that the local staff should be aware of.

International Phone Calls

Apps

One of the best ways to communicate is over wifi networks using apps like Whatapp, Voxer, Skype, Facetime, etc. The hotel has FREE wifi.

Cell Phones

U.S cell phones may or may not be able to be used while in Cape Town. US cell phones may be compatible, but need to be tri-band phones operating on 3 frequencies (900/1800/1900). See your cell phone carrier for more details about this. **WE STRONGLY ENCOURAGE YOU TO CONTACT YOUR CELL PHONE CARRIER TO DISCUSS INTERNATIONAL DATA PLANS IF YOU PLAN ON USING YOUR PHONE.** Text, data, and roaming fees can be quite high if you don't choose a plan prior to departure.

Cape Town Prep

Internet

Hotel has free wifi.

Tipping

Tipping in Cape Town is only expected in restaurants and high-end cafes and many times is included in the bill. However if you think the service warrants a tip, usually 5-10% is sufficient. Drivers, Tour Managers, etc can be tipped by the group and varies according to how you felt they did. Here is an average range. In London, 15pounds per day for your driver and 25 pounds for your tour manager.

Luggage

Carry-On Luggage
See attached.

Checked Luggage
See attached.

Passports

All persons traveling from country to country must have a passport. **Please make sure your passport does not expire before May 1st, 2015.** You should have 2 blank pages. If you do not have a passport you must contact us immediately. Keep your passport in a VERY safe (but accessible) place. Losing a passport while you are overseas is not the end of the world, but it may seem like it. The procedures for obtaining a new one are very complicated and often extremely time-consuming. Before leaving the US, make two copies of your passport. You should always carry a copy on your person throughout the trip. You should put the actual passport in a safe or in a locked piece of luggage. Hotels do have safes.

Immunizations

There are no immunizations required for travel to Cape Town. It is advised to keep up to date with vaccinations such as polio, tetanus and diphtheria. To many destinations outside of the US it is recommended to get a Hepatitis A vaccine. **We always advise you to consult your University physician/Study Abroad office regarding your travel.**

Important Document Copies

It is advised to have 2 copies made (back and front) of the following items:

Passport	Health Insurance Card	Driver's Liscence
Medicine prescriptions	Credit Cards	Debit Cards
Traveler's Checks		

Each student should keep one copy of the his/her passport, driver's license and health insurance card and leave the other copy with his/her family. It is advised to give copies of the credit card, debit card, and traveler's checks to your family.

Safety and Health

It is very important to ALWAYS be in small groups and looking out for each other. Be sure to protect your belongings and especially phones, tablets, etc. Be sure to take precaution when crossing roads(as they drive on the opposite side). If you have any allergies, or food preferences please communicate this to your staff. If you at any point do not feel well, please report your symptoms immediately to your trainer/staff.

Media Strategy

Make sure to have a planned strategy for sharing your trip as a team. Best practices include:

- Blogging daily
- Utilizing twitter, vine, instagram to share videos, pictures, etc.
- Create a trip hashtag
- Create a daily highlight video of activities using apps like Cameo, VideoByte, and many others.

Cape Town Trip Prep Packing Info:

Medicine and toiletries

Pack in Checked Luggage

Toothbrush and toothpaste
Soap and Shampoo
Sunscreen, moisturizers, cosmetics
Deodorant
Feminine Products
Medications in original container with proper documentation

Pack in Carry-on Luggage

Prescription medicine (carry copy of prescription)

Extra eyeglasses and sunglasses
Extra contact lenses and cleaning solutions
1 change of clothes (if luggage is delayed)
No tweezers or sharp items
*Make sure to abide by liquid restrictions.

Miscellaneous:

Day Pack/small compressible knapsack
Adapter and voltage converter/ appropriate plugs

A healthy supply of nutrition bars for the long flight and longer days. (Typically not a problem at customs)

Sleeping Attire
A lock to lock your bags once you arrive at the hotel
All other usual items

***3 small pins or gifts to exchange with the other team. Coaches should have shirts or hats to share with opposing team coaches/staff as well as other people you feel are important on your tour. They other teams typically have less players/staff.**

Hockey Gear:

Unis
Stick
Mouth Guard/Goggles
Shin Guards
Turf Shoes (tentative)
Any other typical needs.

Don't Items:

Do not take: Expensive jewelry, luxury items, etc. which would mark you as a target for a casual thief or pick-pocket, or which you might lose.

***Do not pack anything valuable in your checked bags.**

Personal Computers: Although internet cafes are abundant in other countries, you can take a PC with you. You should realize, however, that there are risks in transporting and storing the computer. Theft of laptop computers has become alarmingly common. When traveling, keep your laptop with you at all times; never put it on the seat in front of you or underneath your seat. Make sure the computer is insured.