



School of Public Health and Family Medicine
Isikolo Sempilo Yoluntu kunye Namayeza Osapho
Departement Openbare Gesondheid en Huisartskunde



UNIVERSITY OF CAPE TOWN
IYUNIVESITHI YASEKAPA - UNIVERSITEIT VAN KAAPSTAD

A-Z Orientation Guide for MPH Students

Welcome to the University of Cape Town and to the School of Public Health & Family Medicine.

We are very excited for you to be joining us as part of the MPH programme, and hope that you will enjoy your time at UCT. This guide is meant as a helpful resource to assist new students settle in and find the resources they need.

Landon Myer, Director & Head of School

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A

Accommodation:

The UCT student housing office helps coordinate accommodation. The Office is mostly focused on undergrads, but supports postgrad housing also. See:

<http://www.students.uct.ac.za/students/student-life/housing>

Off campus accommodation in Observatory and Mowbray (close to FHS) is in high demand and there have been a number of scams. Please inform yourself. UCT has the **Off Campus Student Accommodation Service (OCSAS)** to help.

<http://www.dsa.uct.ac.za/student-housing/off-campus-student-accommodation-services/about-the-ocsas>

The OCSAS office provides an advocacy service to potential landlords and students in respect of the following:

- Affordability
- Area/ Location
- Lease agreements
- Deposits
- Rental
- Feasibility
- Adhoc requirements (if it is not offered we will seek)

Contact us on 0216504934 or eocsas@uct.ac.za

DO NOT send money to people from Gumtree or other online marketplaces. Make sure you or a trusted friend are able to have access and can view the accommodation.

Related: Residence pg 22; Landlords pg 16

B

Babies:

First, congratulations. If you end up having a baby while you are a student here, it will be useful to know about the following:

- Breastfeeding/pumping room: Falmouth 3rd Floor
- Creche: The UCT Educare centre provides care for children of students and staff, however, there is typically a very long waiting list. The creche is located on upper campus and details can be found here:
<http://www.staff.uct.ac.za/staff/support/educare/about>

Bike gate:

If you ride a bicycle to campus and wish to access the bike gate on Falmouth Road, you need to contact Access Control, details here:

<http://www.students.uct.ac.za/students/services/access-control>

Bursary:

There are a number of bursary schemes available to support students, including an emergency fund. For more information regarding funding visit

<http://www.students.uct.ac.za/applications-requirements>.

Postgraduate Centre and Funding Office

Upper Level

Otto Beit Building

University Avenue North

Upper Campus

Tel: 021 650 3622

Email: pgfunding@uct.ac.za

Related: Fees pg 11; Money pg 18

C

Calendar:

The FHS semester schedule, including exams, is often different than the upper campus calendar. All schedules will be emailed to you via the MPH Vula (pg 26) site, or you can request from the MPH programme administrator (pg 21).

Culture:

Cape Town is one of the most culturally diverse cities in the world. The UCT community is comprised of people of different races, religious beliefs and sexual orientation. To ensure peaceful relations with everyone you must be culturally sensitive and respectful in your interactions with staff, students and other members of the community.

Career Services:

The UCT Careers Service supports all students with free information, advice and access to personal and professional development opportunities. Whatever your degree choice, year of study or career ambitions, they are there to assist you in realising your goals and aspirations.

The centre provides the following services:

- Career consultations
- Careers educational presentations and workshops
- Career Resource Centre
- Employer networking events: career expos, employer presentations and showcases
- Other professional development opportunities

To log in: <https://mycareer.uct.ac.za/students/login>

Computers:

Much of your work will require the use of computers. If you do not have your own computer available there are computer labs on campus that you can use. Only certain computer labs will have statistical software installed, please do not leave to the last minute an exploration of campus computer and printing facilities.

Anatomy Building Computer lab: Basement/Level 1

Library: Wolfson lab level 7

Postgraduate room: Upper level Barnard Fuller (only a few stations)

<http://www.icts.uct.ac.za/health-sciences-labs>

CBD:

Stands for Central Business District and means the Cape Town city centre. You can reach the CBD by public transport, and it is generally safe to walk around during the day. As with all big cities you should be aware of your surroundings. Pickpockets have been known to work in Cape Town, usually in busy or crowded areas.

CPD (Continuing Professional Development):

Upon graduation from the MPH you can get 30 CPD points from Naomi Fray (Level 2, Falmouth, Naomi.Fray@uct.ac.za).

CPS (Campus Protection Services):

Campus Protection Services (CPS) is committed to protecting the safety of the university community and its property, as well as maintaining order in accordance with university policy.

CPS staff are highly trained and, in the unfortunate circumstances of a crime being committed against anyone in the UCT community, they are competent in dealing with the practical and legal aspects, such as first-aid and what to do in a case of sexual assault.

In case of any emergency, call the CPS 24-hour hotline on 021 650 2222/3 (use the last four digits only if calling from a UCT extension).

You can find details about services and locations here:

<http://www.staff.uct.ac.za/staff/services/properties-services/campus-protection-services>

Related: Safety pg 23

D

Directions around campus:

Yes, the campus maps are bad, and so are the signposts on campus. It is worth taking a walk around before you need to be somewhere early in the morning...

UCT campus maps and a campus-wide guide are available at:

<http://www.uct.ac.za/main/contacts/campus-maps>

Disability services:

Disability services at UCT provides a range of assistance for students with different abilities. If you need any form of assistance in this regard you should contact Disability Services as soon as possible after registration. They can help with gaining the accommodation needed for your studies and exams. Please see the website for more detailed information.

Disability Service Reception

Room 4.03, Level 4

Steve Biko Students Union Building, Upper Campus

Tel: 021 650 2427

<http://www.students.uct.ac.za/students/support/disability-service>

Discrimination and Harassment:

The Discrimination and Harassment Office (DISCHO) at the University of Cape Town (UCT) assists the campus community in matters of discrimination, sexual harassment, harassment, domestic violence and rape. DISCHO comprises a group of supportive people, student support officers and advisors who are able to help you. See: <http://www.students.uct.ac.za/students/discrimination-harassment>

DP requirements:

DP stands for “Duly Performed”, and most courses have a DP requirement. Usually this means that you carried out the required assessment tasks (assignments etc). If you fail to meet the DP requirements you will not be permitted to write the final examination.

DRC:

DRC stands for the “Department Research Committee”, and is the School of Public Health Research Committee. One of the roles the DRC has, is to ensure that all research projects, including student projects, undergo review. This process is usually managed by the Principal Investigator (PI) or your supervisor. As students, your supervisor will act as the PI on your MPH mini-dissertation projects. More details here: <http://www.publichealth.uct.ac.za/departamental-research-committee>

E**Eduroam (see Internet pg 16)****Email:**

UCT generates a uct email address for each student once registration is complete. Usually this is of the form studentID@myuct.ac.za

It is of **CRITICAL IMPORTANCE** that you log into this email address at least once to set up auto-forwarding or that you check the email address regularly. **ALL OFFICIAL COMMUNICATION** from UCT will go to that address, including information about fees, grades and housing.

You can log on to email here:

<https://outlook.com/myuct.ac.za>

And get more information here:

<http://www.icts.uct.ac.za/Email>

<http://www.icts.uct.ac.za/myUCT>

Ethics:

Most research, and your MPH mini-dissertation, requires ethical approval to be carried out. There are two committees on the Faculty of Health Sciences that you should be aware of, the Human Research Ethics Committee (HREC) and the Animal Ethics Committee (AEC). Other faculties have their own committees. If you plan on carrying out any animal research, you will need to participate in a training course and have approvals, and this can be a time consuming process. Your supervisor, or study PI should be available to help you understand these processes.

HREC: <http://www.health.uct.ac.za/fhs/research/humanethics/about>

AEC: <http://www.health.uct.ac.za/fhs/research/animalethics/policies>

Exams:

Exam schedules are posted ahead of time and will be communicated via emails through the MPH vula site.

Emergency contacts:

You will have your own personal emergency contacts. However if you experience any kind of emergency after hours and require assistance, please contact Landon (landon.myer@uct.ac.za), who can also assist.

F

Fees:

For all information regarding fees visit

<http://www.students.uct.ac.za/students/fees-funding/fees/contact>

All the rules and regulations about fee calculations and payments are available in a Fees Handbook that is available on this site.

Fees office:

Level 3, Kramer Building, Middle Campus

Telephone: 021 650 1704

Email: fnd-feeeng@uct.ac.za

You can access your fees statement through PeopleSoft (see pg 19).

There is a postgraduate funding portal with information on scholarships, awards, and PG-related fee matters: <http://www.students.uct.ac.za/applications-requirements>

Fitness centres:

The UCT gym is located on Lower Campus close to Graça Machel Hall women's residence. For more info: <http://www.dsa.uct.ac.za/student-development/fitness-centres/uct-gym>.

Students can also join the gym at the Sports Science Institute of South Africa in Newlands, which offers (slightly) special rates to UCT students. For more info: <https://www.ssisa.com>
<http://www.dsa.uct.ac.za/student-development/fitness-centres/sports-science-institute>

Food:

There are 2 cafeterias on campus. One is located in the IDM building and the other in Barnard Fuller. There are also a variety of cafes located at Groote Schuur Hospital, and many restaurants in Observatory. There is a Pick 'n Pay grocery store and other restaurants located in the square (St Peters) across Falmouth Road.

Fun:

It is important to have fun as well as work hard during your studies. Get involved in student based sport or other student societies/organisations. Student societies/organisations: <http://www.dsa.uct.ac.za/student-development/student-societies-organisations/overview>

Sports clubs: <http://www.dsa.uct.ac.za/student-development/sport-clubs/overview>

Funding (See bursaries):

FHSPG TT:

The UCT Faculty of Health Science Postgraduate Student Oversight and Advocacy Task Team (FHSPG TT) is a group of UCT staff, postdoctoral fellows, and the PGHSSC, who provide an oversight and reporting structure to ensure transparency and accountability. You should feel free to contact any of the members of this group, or contact the PGHSSC (see PGHSSC pg 20) if you are having issues related to your studies.

<http://www.health.uct.ac.za/fhs-postgraduate-student-oversight-advocacy-task-team>

G

Grades:

Grades are released on a system called PeopleSoft (see pg 19). Final course grades take a long time to come through, because all courses at UCT are reviewed by an external examiner, and then go through a process called “exam board” before they can be released to students. You will usually get a notification (on your official email address) to indicate that you can log on to view your final grades. If you notice an error (for example a missing grade when you should have one) you should get in contact with the program administrator immediately.

H

Handbooks:

The Postgraduate handbook, of which you will get a copy during orientation or you can download online contains the CRITICAL information about faculty regulations, pass/fail of courses, rules, etc. You must be familiar with this book and have it on hand to reference academic and programme questions.

The rules and regulations for the University’s academic operations, courses and degree programmes, and related matters, are all described in a series of publicly available handbooks. These are available at:

<http://www.students.uct.ac.za/students/study/handbooks/current>

There are a few handbooks that MPH and other PG students in SPH&FM should be familiar with:

- General Rules and Policies Handbook
- Health Sciences Postgraduate Handbook (or “Red Book” pg 22)
- Student Fees Handbook
- Financial Assistance of Postgraduate Study Handbook

These Handbooks are official university documents, and describe policies, rules and procedures. These are different from Programme Brochures which are produced by specific departments or academic programmes (such as the MPH Programme Brochure).

Help:**If you need emergency assistance:**

On campus: Call the CPS 24 hour hotline: 021 650 2222 / 3

Off campus: SAPS 10111

Rape Crisis: 021 447 9762

LifeLine 24 hours telephone counselling: 021 461 111

Help with coping or emotional distress:

SADAG UCT Student Careline: 0800 24 25 26.

This number can be accessed for free from a Telkom line. You can also SMS 31393 for a call-me-back. This line offers 24/7 telephonic counseling, advice, referral facilities and general support to students facing any mental health challenges or contemplating suicide.

Student wellness also offers counseling services to students.

Address: 28 Rhodes Avenue, Mowbray, Middle Campus

Tel: 021 650 1017

Email: lerushda.cheddie@uct.ac.za

Health Services:

UCT does not have specific student health services available on FHS. Emergency services (see Medical Help, pg 18) should be contacted directly. Student Wellness services (see Wellness pg 27) offer some health services. Consultations are by appointment only.

I**ICTS:**

ICTS is the UCT IT services. They are located on lower campus (Mowbray, Main Rd), but carry out most of the UCT wide IT services. They also maintain a helpdesk that you can access for assistance with IT problems.

For information about all their services visit <http://www.icts.uct.ac.za>

The FHS also has IT support, you can log a call for support by email: hsfit-helpdesk@uct.ac.za or by phone: 021 406 6652

Health Sciences IT Offices

*Room N1.13 Wernher & Beit North Building

UCT Faculty of Health Sciences

Anzio Road, Observatory

Cape Town

**Entrance via Falmouth Lane*

<http://www.health.uct.ac.za/fhs/about-us/support-services/it>

Related: Computers pg 7; Internet pg 16

ID Card:

Your student ID card is used to identify students on campus and to provide access to buildings. You should apply for and obtain your ID card during registration, but if you have problems, or lose your ID card you will need to contact Access Services:

<http://www.students.uct.ac.za/students/services/access-control>

International:

International students should be aware that there are additional forms, procedures and processes. All international students at UCT must report to the International Academic Programmes Office (IAPO) during their first week on campus who will assist with completing immigration procedures. IAPO provides the following services:

- Introduction to the services and facilities at UCT
- Pre-registration checks of study permits, fees and health insurance
- The opportunity to make friends with fellow students just before starting your course
- Tours of the campus and the city.
- Advice on getting health insurance and opening a bank account
- The availability of students who can offer help and advice on all questions concerning your studies.

For more information visit <http://www.iapo.uct.ac.za/>

Tel: 021 650 2822/3740

Email: iapo@uct.ac.za

Internet:

Eduroam is the wireless service available across all UCT campuses. For information on how to connect your laptop/mobile device visit <http://www.icts.uct.ac.za/wireless-at-UCT>.

Generally, your login for eduroam will be your ICTS student ID and password, with a tiny change: studentID@wf.uct.ac.za, and your ICTS password.

J**Jammie:**

The Jammie shuttles are the blue buses that run a free shuttle service between campuses at UCT. You can use the Jammie to safely get between upper, middle, lower and FHS campus. You should be sure to carry your staff or student ID card, as this can be requested. The shuttle to upper campus leaves from Anzio Road, in front of main reception.

You can get the route map and timetables online here:

<http://www.students.uct.ac.za/students/services/transport-parking/jammie-shuttle>

Related: Transportation pg 25

L**Landlords:**

See also: Accommodation (pg 5)

Students attending university in the Western Cape can be a target of online housing scams. Please do not send money to anyone if you have not seen or had access to the room.

Libraries:

The UCT libraries offer a number of services. There is a library situated on the Health Sciences Campus. For details about opening hours and other services visit <http://www.medical.lib.uct.ac.za/>

The UCT library website (<http://www.lib.uct.ac.za/>) can also be used to gain access to articles/books etc. electronically. If you are not on campus, use the off-campus login which can be reached here: <https://login.ezproxy.uct.ac.za/menu>. You will need a valid student or staff login to access some of these resources.

Books can be renewed online and the libraries offer a number of short courses and other useful bits of information. They have a new search portal (called Primo) which should be an easy way to find resources.

LGBTIQ:

RainbowUCT is a society for all people who appreciate diversity. We aim to support and create a community for LGBTIAQ+ students and their allies at UCT. See facebook page here: <https://www.facebook.com/RainbowSocietyUCT/>, you can also find them on Twitter @rainbowuct.

Gay And Lesbian Network Helpline

This helpline is managed by a team of trained lay counselors who are able to assist callers grappling with issues around their sexuality or discrimination by providing information, advice, and referrals. The helpline operates from Monday to Friday, 4pm to 10pm, and on Saturday and Sunday from 10am to 10pm. The helpline number is 0860 33 3331, or SMS HELP to 079 891 3036.

M

Map (see also Directions):

Yes, the campus maps are bad, but you can find them here:

<http://www.students.uct.ac.za/students/services/transport-parking/campus-maps>

You may find it useful to print out a copy of the FHS map and write the names of the buildings on it. Classes for the MPH program happen in Falmouth Building (this is also home to the School of Public Health), at Grootte Schuur Hospital (usually in Old Main Building), sometimes in the Anatomy building, and other buildings on Health Sciences Campus.

Medical help (see also Health Services):

Ambulances:

State: 10177

Private: ER24 084124

24 Hour Emergency units:

State

Groote Schuur Hospital

Main Road, Observatory

Tel: 021 404-4112/4473

Private

Claremont Hospital Emergency Unit

Medical Centre, Main Rd, Claremont

Tel: 021 670 4333

Vincent Pallotti Hospital

Alexandra Rd, Pinelands

Tel: 021 506 4000

Rondebosch Medical Centre (opposite Red Cross Childrens Hospital)

Emergency Unit

Tel: 021 685 8706

Money:

Banking and ATM machines: there are some ATM machines at St Peter's square (upstairs- Nedbank, downstairs - Standard Bank, ABSA, FNB)

Mentors: (see Peer mentors pg 20)

O

Observatory:

Observatory is the name of the suburb directly below FHS campus, there are a number of shops, restaurants and bars, especially on Lower Main Rd from where it joins Main Rd until it crosses Station Rd. As with all urban centres, you should avoid carrying valuables and should never leave any valuables visible in a parked car.

P

Parking:

Parking spaces on campus are very limited, require a permit, and often fill up anyway. If possible, alternate modes of transportation (public or ride-sharing) should be considered. If you do drive to campus and wish to park on campus you will need a parking disc, and you will need to arrive early.

<http://www.students.uct.ac.za/students/services/transport-parking/parking>

People often park on Falmouth Rd. and the side streets around campus. If you choose to do so, do not leave any valuables (or anything) visible in your car, and do not walk to your car late at night or on your own. If you're parked off campus and end up leaving late, you can ask campus security (see CPS pg 8) to walk with you to your car. Also be aware that traffic services are common, and will give you expensive tickets for parking on yellow lines or facing the wrong way. If you are remaining on campus after 16:30, you can park on campus without a parking disc and you should avail yourself of that option.

PeopleSoft:

PeopleSoft is UCT's student administration self-service. It is worse than Vula, and very confusing, BUT has some critically important functions. You can use PeopleSoft to:

- Check application status
- Check current enrolments
- Access student results
- Request proof of registration document
- Check and maintain address details
- Check and maintain bank account details
- Check fee account
- Get unofficial academic transcript

To log into PeopleSoft: <http://studentsonline.uct.ac.za/>

You should keep your contact details updated on PeopleSoft so that the University can contact you (also make sure to read your student email).

Peer mentorship:

Peer mentorship is a new initiative in the MPH programme driven by current and past MPH students. Peer mentors are available in the first month of your arrival to help you settle in and make the transition to UCT and Cape Town a bit easier. The role of mentors would usually involve referring you to the appropriate person(s) or centres should you have any issues or queries.

PGHSSC:

The Postgraduate Health Sciences Student Council (PG HSSC) represents postgraduate students at the faculty level in the form of postgraduate councils and at the university level as an executive committee. These structures participate actively in various faculty and university decision-making bodies. stands for the postgraduate health sciences student association.

<http://www.health.uct.ac.za/fhs/students/societies/pghssc>

Prayer:

The FHS has a multi-faith room available.

Printing:

The campus copy & print service is available to students in all computer labs on campus. Before you can print, you need to upload printing credits onto your student card. You can also use the cash boxes at the Healthlab in the Anatomy building to add printing credit, as well as via an online Electronic Web Deposit by following the guide below:

- Visit www.ccp.uct.ac.za
- Select Electronic Deposit (Located under the Quick link tab)
- Specify the Username (i.e. your UCT/visitor number)
- Select continue
- Specify the payment amount you would like to the account.
- Select your preferred payment method
- Select continue
- Enter the required information
- Select proceed

Money would be deducted from your account and printing credit loaded.
For more information and instructions visit <http://www.icts.uct.ac.za/printing-students>.

There are (paid) printing and binding services available at the Copy Centre in St. Peter's square.

Program Administrator:

The 2019 MPH program administrator is Nazlie Farista (nazlie.farista@uct.ac.za). She maintains drop in office hours for consultations with MPH students, but should be a point of contact for any administrative issues.

Postoffice:

If you are on the Health Sciences Campus there is a postoffice upstairs at St. Peter's square. On upper campus there is a post office next to the students' union.

Q

Questions:

If your questions are about....

<i>Issue or topic</i>	<i>Then first ask</i>
Specific class issue (assignment, reading, exam or other issue)	Lecturer or course convenor
Track issue (course selections, course requirements, mini-dissertations)	Track convenor or programme convenor

Degree issue (exemptions and credits; duration; academic focus; changing tracks; anything you are unsure about; other issues)	Programme convenor
Fees issues	Fees office, PG Office, Programme administration
International student issues (visas, permissions)	IAPO

R

“Red book”

The Faculty of Health Sciences Handbooks (or “Red Book”... because of the colour of the Health Sciences Faculty) have undergraduate and postgraduate versions.

These can be downloaded on:

<http://www.students.uct.ac.za/students/study/handbooks/current>

See Handbooks for more information.

Residence (see also accomodation):

UCT has residences situated nearby various campuses for student accommodation including near Health Sciences Campus. There are limited places in residence for postgraduate students and these are awarded to applicants based on specific criteria. For more information regarding student housing visit

<http://www.dsa.uct.ac.za/student-housing/about-shrl/about-shrl> and for queries email res@uct.ac.za or call 021 650 2977.

Registration (see also PeopleSoft):

You are able to download a letter providing confirmation of registration directly from PeopleSoft, and do not need to request it from the MPH administrator or from Faculty office.

S

Safety (see also CPS):

The University of Cape Town's campus is set on the slopes of Table Mountain in close proximity to the southern suburbs of Observatory, Mowbray, Rondebosch and Newlands. The M3 highway cuts through the university, dividing the upper campus from the middle and lower campuses. As an open campus with many access points to both cars and pedestrians, we are constantly exposed to the risk of criminal activities, both on and off campus.

Safety in and around campus is important. Please always be aware of your surroundings, walk in groups if possible (especially at night) and do not carry valuables with you. If it is very late at night you can call CPS for an escort to your car (if you are parked on Falmouth Rd, or the back of the parking lot, for example). You should not walk alone at night or after dark in the city, including in the residential areas near to campus. If you are a victim of crime you should not resist handing over belongings.

Students staying off campus should ensure that the premises have the minimum security requirements provided by their landlords.

Safety Tips

- Make sure there are at least 2 other passengers (excluding driver and conductor) in a taxi before you get on board.
- If you are staying off campus make sure you get home as early as possible after you are done with campus business.

If you are ever in a situation where you are concerned about your safety, or experience a crime, please contact Campus Security Services as soon as possible (021 650 2222 or 2223) and let the programme administrators and programme convenor know as soon as possible.

Scams:

The most common scams or crime experienced by MPH students are: accommodation-related fraud (fake places asking for deposits); ATM scams (watch your card and your PIN!); and....

Support:

See Wellness and Help

The Department of Student Affairs is an overarching structure for most student-related matters, and they have a comprehensive website:

<http://www.dsa.uct.ac.za/>

There is also a great virtual “postgraduate hub” that has information on different aspects of being a PG student at UCT, and organizes access to workshops, seminars and a funding portal: <http://www.students.uct.ac.za/students/current-students/online-resources/postgraduate>

The Office of the Ombud is independent, impartial, confidential and works outside of formal structures. It is an important resource, especially if dealing with issues such as discrimination, harassment and whistle-blowing.

<http://www.ombud.uct.ac.za/>

Student cards: (see ID card)**Societies:**

UCT has a huge number of student groups and societies catering to the great diversity of the student body. You can find out about them here:

<http://www.dsa.uct.ac.za/student-development/student-societies-organisations/overview>

The societies allow students to enjoy activities on the University that are not normally part of the academic curricula. Societies allow students to enjoy being part of a community on campus that is stimulating and opens up new challenges and opportunities for them.

Supervisors:

You will need a supervisor for your MPH mini-dissertation. Generally, it is a good idea to have your primary supervisor based in the same Division as your track, so for example, if you are in the Epidemiology and Biostatistics track, you would look for a supervisor based in the Division of Epidemiology & Biostatistics. You will meet many of the potential supervisors in your first year of courses, and you can speak to your track convenor, or the MPH coordinator if you have questions. You should have identified and spoken to a potential supervisor during the start of your second year if you intend to finish in the two year time period. It can be difficult to approach lecturers that you don't know well, but a short email requesting an appointment is fine.

For example:

Dear Dr (or Prof) so and so,

I am a second year MPH student in (track) and am seeking an MPH mini-dissertation topic. I have a clinical background (or whatever) and am interested in X. Do you have time for a brief meeting to discuss?

Best wishes,

Study space:

MPH and other Masters students do not generally receive allocated study space on campus. You will find study carrels in the libraries. If you are really struggling to find space to study, please speak with your track convenor.

T**Transportation (see also Jammie):**

There are a few forms of public transportation in and around Cape Town. For (free) transportation between UCT campus', see the Jammie shuttle information (pg. XREF). There is a Jammie shuttle to Hiddingh campus which is walking distance to the CBD.

Inexpensive taxi's (mini-bus) run along Main Rd and can be quick and convenient, make sure you know where you are going, have some small change/bills and **never**

get into an empty taxi or if you feel uncomfortable at all. There is often an additional night charge if you use them at night.

Large, green and white buses also go along Main Rd. to the CBD, are inexpensive but can often be quite full.

Uber and Taxify both work in Cape Town reasonably well if you have a smart phone with the app installed.

There are a number of train lines in Cape Town, and the southern line (which stops at Observatory station on Station Rd) is probably of most interest. It goes into the CBD in the one direction, and to Simonstown on False Bay in the other direction. The train can be a nice and inexpensive way to go to Muizenberg beach for the day. You can buy single and return tickets, as well as a monthly pass. There are both first class and second class carriages, first class tends to be less crowded, especially if travelling at rush hour. You should always be aware of (and ideally not take) valuables on the train.

Tutoring:

There is no formal tutoring structure in the School of Public Health. If you need additional assistance with your academic studies, useful strategies include: speaking to your course lecturer or convenor (attending office hours!) or organising a peer study group.

V

Vula: <https://vula.uct.ac.za/portal>

Vula is UCT's online learning platform. The majority of classes at UCT will use at least some part of Vula, often to deliver course material, video or for online forum discussion. It is critical that you are able to access Vula from the start of your studies. Most mobile providers have reached agreements with UCT to allow certain UCT addresses (including www.uct.ac.za and www.lib.uct.ac.za) to be accessed for free (zero rated content). You can also download the Vula app onto your smart phone, available from app stores.

The Vula guide for new students can be reached here:

https://xerte.uct.ac.za/play.php?template_id=74

In addition to course websites, Vula also contains a number of administrative groups, including the important **Health Sciences Postgraduate Vula site** which you should be automatically added to. This site contains all of the many, many ethics, dissertation, admin forms.

W

Wellness:

FHS Student Wellness services include sessional counselling, social work, and clinical psychologist access. Please contact the FHS Student Development and Support (SDS) Admin Office, Room N2.17 Wernher & Beit North Building at 021 406 6749 to request an appointment request form, in order to book an appointment. Available to all UG Health Sciences students. Confidential and private.

The venue is Room 1.43, on the side of Entrance 5, Ground Floor, Falmouth Building, Faculty of Health Sciences. This room can be accessed through the entrance in the lane between Falmouth Building and the Health Economics Building. On your left hand as you go towards the turnstile / access for the bicycles in Falmouth area. Please use your student card or knock.

Where possible (depending on availability) students will also be seen at Student Wellness Service – 28 Rhodes Avenue, Mowbray.

See <http://www.students.uct.ac.za/students/support/health-counselling/student-wellness> for more information.

Writing Centre:

The UCT writing centre located within the language development group (upper campus) is a student-oriented space which provides mediation in the process of academic writing. Since writing is one of the primary means of assessment in the academic realms, making use of services of the writing centre can contribute to improved performance.

Visit: <http://www.writingcentre.uct.ac.za/>

We now have dedicated Writing Support linked to FHS. See this link for more details: <http://www.writingcentre.uct.ac.za/about/healthsciences>

XYZ

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