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Please verify all information for yourself as information changes over time. This document is an unofficial publication prepared by students who have performed internships in South Africa.
Introduction

Prepare yourself for the internship and travel experience of a lifetime.

Congratulations! Your decision to spend your summer working in South Africa is likely to change both the way you perceive yourself and the way you perceive the law and social justice. Although you may not yet know your placement, you will join the ranks of students who have engaged in a broad spectrum of human rights legal issues, including international intellectual property, land use and redistribution, environmental and human rights law, trade and commercial law and HIV/AIDS law and advocacy. Participation in the program offers the incredible opportunity to travel to a country of unparalleled beauty and diversity, learn the complexities of legal practice in the developing world, and grow personally and professionally. This guide will serve as an introduction to your South Africa internship experience.

Sample Stipend Application Questions

- Nature of the work of the employer in general, and of the particular work you will be doing
- Reasons for your interest in this work
- Past public interest and or/volunteer experience (please provide particulars, including dates)
- Future career plans
- Financial Information
- Anticipated sources and amount of income for the summer

Maximize Your Funding

Now that you have been accepted into the program, it’s time to begin thinking about funding. Students have received stipends through the school’s Public Interest Summer Stipend program, the Whitney A. Harris Institute for Global Legal Studies Dagen/Legomsky Fellowship program, and the Women’s Law Caucus. It is important to take your funding applications very seriously. Review the following questions and spend some time finding relevant links to past public service, career goals, and your summer placement.
Making Your Travel Arrangements

It is important to make your travel arrangements several months before you depart in order to obtain a reasonably priced airline ticket. Students in the past have used both www.studentuniverse.com and STATravel Services, and tickets have ranged between $1200.00 and $1800.00. These fares are significantly cheaper than other options because they are discounted for students. To be eligible for a student ticket, you must carry a valid International Student Identity Card (ISIC) or an International Youth Travel Card (IYTC). These can also be purchased through these services (and are generally included in the price of your ticket).

Traveler's Insurance

If you need medical care while you are in South Africa, be aware that medical providers do not accept payment through your insurance company. In these circumstances, you will have to pay in full after your treatment and file a claim with your insurance company for reimbursement (many doctors will take a credit card and treatment at a public hospital is quite inexpensive). To be compensated, you must be treated by licensed medical personnel and provide your insurance company with proper documentation and receipts. It is advisable to always ensure you have a comprehensive travel insurance policy that covers costs your insurance may not. Students in previous years have been notified that Wash. U. Student Insurance Coverage is not active when the student is overseas. By far, the best student travel insurance is available through STATravel Agency. It covers trip cancellation, lost or stolen baggage, delayed baggage, sickness or accident, accidental death & dismemberment, emergency evacuation and emergency cash transfer. Policies can be purchased online at www.statravel.com, or in person at the STATravel Store in the University City Loop (565 Melville). The premium is approximately $230.00.

Travel Guides

It is a good idea to purchase a travel guide offering an extensive look at attractions in South Africa. By far the best SA Guide on the market is South Africa, Lesotho, and Swaziland, 5th Edition, by Simon Richmond. It is $25.00 and can be purchased at www.lonelyplanet.com.
Housing

The cost of housing in Durban is generally comparable to that in St. Louis. Students have a variety of housing options, ranging from dormitories like the YWCA (less than $250 a month, including breakfast and dinner daily) to gorgeous, furnished holiday flats on the beachfront (approximately $350-$400 a month).

CDC Recommended Immunizations

Hepatitis A should be given at least two weeks (preferably four weeks or more) before departure. A booster should be given 6-12 months later to confer long-term immunity.

Typhoid vaccine: generally given in an oral form consisting of four capsules taken on alternate days until completed. The alternative is an injectable polysaccharide vaccine given as a single dose.

Polio immunization is recommended, due to the persistence of polio in sub-Saharan Africa. Adults who received the recommended childhood immunizations but never had a booster as an adult should be given a single dose of inactivated polio vaccine.

Tetanus-diphtheria vaccine: recommended for all travelers who have not received a tetanus-diphtheria immunization within the last 10 years.

Measles vaccine: recommended for anyone who does not have either a history of two documented measles immunizations or a blood test showing immunity. Many adults who had only one vaccination show immunity when tested and do not need the second vaccination.

Varicella (chickenpox) vaccine: recommended for any international traveler who does not have either a history of documented chickenpox or a blood test showing immunity. Many people who believe they never had chickenpox show immunity when tested and do not need the vaccine.

Cholera and Yellow Fever are not necessary unless you plan on traveling outside of South Africa, Swaziland and Lesotho.
Medications

Travelers’ diarrhea is the most common travel-related ailment. You should bring along an antibiotic and an antidiarrheal drug like Immodium (however, these are easily obtained in any South African pharmacy) to be started promptly if significant diarrhea occurs. Most cases of travelers’ diarrhea are mild and do not require either antibiotics or antidiarrheal drugs. Adequate fluid intake is essential.

Malaria in South Africa: Prophylaxis is recommended for travel to low-altitude areas of the Mpumalanga Province (including Kruger National Park), the Northern Province, and northeastern KwaZulu-Natal as far south as the Tugela River. This does not include Durban, Cape Town, or Johannesburg.

Personal Prescriptions: You should bring also along enough prescription medication in its original containers for the duration of your trip. Carry a signed, dated letter from the primary physician describing all medical conditions and listing all medications, including generic names. If carrying syringes or needles, be sure to carry a physician’s letter documenting their medical necessity. Pack all medications in hand luggage. Carry a duplicate supply in the checked luggage. Although medical care is affordable and convenient in Durban, most U.S. prescription drugs are not available in South Africa, and can be expensive. If there is a particular brand of over-the-counter medication you need, it is advisable to pack it, as it may or may not be available. If you wear glasses or contacts, bring an extra pair. If you have significant allergies or chronic medical problems, wear a medical alert bracelet.

Insect protection measures are essential if you plan to travel in the Bush. For detailed information on physicians abroad, the authoritative reference is The Official ABMS Directory of Board Certified Medical Specialists published for the American Board of Medical Specialists and its certifying member boards. This publication should is available in University City library.

Visas and Consular Information

Will I need a visa?

A valid passport is all that is required for a stay of up to 90 days. All visitors from the U.S. need to present a valid passport during check-in at the airport before embarking the aircraft, to immigration upon arrival, and once more upon departure.
During your flight, you will fill out a form detailing the length and purpose of your visit. When you arrive, present this form along with your passport to the immigration officer. After immigration, go through customs.

### Consulate location

Students visiting South Africa are encouraged to register at the Consular Section of the nearest U.S. consulate and obtain updated information on travel and security within South Africa. The Consulate General in Durban is located at the Old Mutual Building, 31st floor, 303 West Street, telephone (27-31) 305-7600, fax (27-31) 305-7691. Its consular jurisdiction includes KwaZulu-Natal Province.

### Carrying Your Documents

Hole-punch all of your information for your trip (and make copies of anything you’ll need), organize it by what you’ll need chronologically, and place it in a slim, bright, lightweight soft-side plastic binder. It’s very easy to find in your carry bag, and you can easily flip through to find your itinerary, the address of the hotel you’re going to, the phone number of the person you’re supposed to hook up with, etc. Instead of only photocopying all your important documents and carrying them with you, scan everything and e-mail the scans to your e-mail account as attachments.

### Safety and Security

Political violence has significantly decreased in most areas of South Africa since the establishment of a democratically-elected government in
1994. Areas most frequented by tourists, such as major hotels, game parks, and beaches, have generally been unaffected by political violence. Although foreigners have not been specifically targeted, travelers are encouraged to be vigilant and avoid any large gatherings. While visiting game parks and reserves, leaving your vehicle or otherwise being on foot can be dangerous, even in the presence of a guide. There have been several incidents of wild animal attacks on tourists in the region, which have resulted in deaths and serious injury.

**Crime**

Although the vast majority of visitors complete their travels in South Africa without incident, visitors should be aware that criminal activity, sometimes violent, occurs on a routine basis. Crime in South Africa is perceived to be a significant threat to the country's overall stability and to the welfare of its citizens. Criminal activity, such as assault and armed robbery, is particularly high in areas surrounding many hotels and public transportation centers, especially in major cities, and you should exercise particular caution in these areas. Notwithstanding government anti-crime efforts, violent crimes such as carjackings, muggings, "smash and grab" attacks on vehicles and other incidents are regularly reported by visitors and resident Americans.

Passports and other valuables are often stolen at airports in South Africa. Crimes against property, such as carjacking, have often been accompanied by violent acts, including murder. South Africa has a very high incidence of rape. Foreigners are not specifically targeted, although foreigners have been raped on rare occasions.

Travelers may also wish to consider avoiding local commuter and metro trains, especially between Johannesburg and Pretoria because a number of American passengers have been the subjects of muggings and violent attacks. In the Western Cape, police resources have been strained by continuing gang conflicts and vigilante violence in the townships near Cape Town. Travelers should use extreme caution when traveling in, to, or through affected areas. Credit card fraud, counterfeit U.S. currency, and various check-cashing scams are frequently reported. Please do not permit anyone to "assist" you with ATM transactions.

If you are the victim of a crime while overseas, in addition to reporting to local police, please contact the nearest U.S. embassy or consulate for
assistance. The Embassy/Consulate staff can, for example, assist you to find appropriate medical care, to contact family members or friends, and to explain how funds can be transferred. Although the investigation and prosecution of the crime is solely the responsibility of local authorities, consular officers can help you to understand the local criminal justice process and to find an attorney if needed.

The loss or theft abroad of a U.S. passport should be reported immediately to local police and to the nearest U.S. embassy or consulate. The pamphlets, *A Safe Trip Abroad* and *Tips for Travelers to Sub-Saharan Africa*, provide useful information on personal security while traveling abroad and on travel in the region in general. Both are available by mail from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402, via the Internet at [http://www.access.gpo.gov/su_docs](http://www.access.gpo.gov/su_docs), or via the Bureau of Consular Affairs home page at [http://travel.state.gov](http://travel.state.gov).

**Durban Sightseeing Attractions**

Sightseeing in Durban can be divided into roughly four areas: the city center, which encompasses the buildings and memorials surrounding Francis Farewell Square, as well as the Indian District; the "Golden Mile," which runs east of the city along the beachfront; the Victoria Embankment (or Esplanade), which runs at more or less 90 degrees to the Golden Mile, along the harbor's edge, creating the city's southern border; and the western outskirts of the city, particularly Berea, where you'll find some top attractions and many of the city's best restaurants. The residential suburb of Cato Manor - a mixed Indian and African township, where temporary shacks contrast with Hindu temples and subtropical vegetation, is an excellent place to view Durban's unique cultural melting pot, preferably with a guide.

You can make all your travel arrangements at the Tourist Junction, where Durban Africa (tel. 031/304-4934; [www.durban.org.za](http://www.durban.org.za); open Mon-Fri 8am-4:30pm, Sat-Sun 9am-2pm) is located, as is a branch of KwaZulu-Natal Wildlife (formerly the KwaZulu-Natal Nature Conservation Service, or KN NCS), and Tourism KwaZulu-Natal. The
Tourist Junction is in the Old Station Building (160 Pine St.). For details on local events, pick up a free copy of What's On in Durban and KwaZulu-Natal.

**Shopping**

The African Art Centre, conveniently located on the first floor of the Tourist Junction, is one of the best places in the country to examine the woodcarvings, ceramics, beadwork, baskets, tapestries, rugs, fine art, and fabrics created by predominantly Zulu craftspeople and artists. Staff here are extremely knowledgeable and helpful (ask for development director Anthea Martin), and it's worth buying at least one item as proceeds are reinvested in the development of local talent.

If this whets your appetite, a visit to the KwaZulu-Natal Society of the Arts (NSA) Gallery is a must. The excellent exhibitions feature artists from different cultural and ethnic backgrounds and include paintings, mosaics, beadwork, lithograph, and embroidery. The adjacent shop has a wide variety of local crafts, including works by master craftspeople such as woodcarver Vuminkosi Zulu and potter Nesta Nala, and the popular open-air Arts Cafe serves light meals that attract a trendy crowd.

It can't compete in terms of variety, but the BAT shop in the BAT Resource Centre offers good prices and a beautiful setting. Established in 1995, Durban's largest and most innovative community arts center, is a pleasant place to shop, with several art studios where you can watch artists at work, a few excellent shops, a restaurant, and an evening music venue. Plan your visit for a Friday afternoon, hang around until the harbor lights come on, then soak up some good local jazz. Another BAT Centre shop worth seeing is the Bayside Gallery, which has a very good selection of South African talent--don't miss the Carol Boyes pewterware, Nesta Nala pots, and the artful creations from Ardmore Studio in the Drakensberg.

Located in the Workshop, a shopping center on Aliwal Street, Springbok Art and Jewellers claims to offer the largest selection of African masks in the country. In Umhlanga Rocks, the Africa Art Gallery has a good selection of prominent (albeit predominantly white) South African artists.

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<th>Some traditional Zulu greetings and words:</th>
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<tr>
<td><strong>Hello</strong> - Sawubona (singular); Sanibona (plural)</td>
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<tr>
<td><strong>How are you?</strong> - Unjani?</td>
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<tr>
<td><strong>I am well</strong> - Ngiyaphila</td>
</tr>
<tr>
<td><strong>Thank-you</strong> - Siyabonga</td>
</tr>
<tr>
<td><strong>Go well</strong> - Hamba Kahle</td>
</tr>
<tr>
<td><strong>Stay well</strong> - Sala Kahle</td>
</tr>
<tr>
<td><strong>Yes</strong> - Yebo (also used as a response to a greeting.)</td>
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For an informal shopping experience, check out the “nannies” (street vendors) who line the entire Marine Parade beachfront, or head for the Amphitheater Flea Market (north of Marine Parade, between Snell Parade and the Bay of Plenty), held every Sunday. Essenwood Flea Market in Berea Park is held every Saturday morning. The brave also might consider visiting the Dalton Road Market. A truly African market not aimed at tourists, this is where craftsmen sell traditional items such as the amabheshu (apron), izimboko (staff), and shields to Zulu men wishing to participate in ritual dances.

Tours

The Durban Ricksha Bus is an open-topped double-decker bus that offers a 2 1/2-hour guided city tour every Tuesday, Thursday, and Sunday afternoon (R40/$5). The most authentic city tour is offered by Tekweni Ecotours. This 7-hour tour kicks off at the Kwa Muhle Museum at noon, then takes in the multicultural sights of the city and the harbor before moving on to the township of Cato Manor, where a local guide takes you on a short walking tour that ends at a shebeen (informal bar) where you enjoy a meal with members of the community. At R180 ($25), including transport, drinks, and dinner, this represents excellent value—and best of all, a percentage of the tour price is reinvested in the community.

Strelitzia Tours offers 3-hour Durban City tours (R160/$20), as well as a number of tours farther afield—the Midlands Meander (R530/$65) and Sani Pass (R765/$45) are both highly recommended. Strelitzia Tours also can arrange special-interest tours for golfers, divers, and deep-sea fishermen. Basic Excursions offers scenic camping trips as far north as Kosi Bay and Mozambique. Stud Farm Tours is a day-trip to the top stud farms, located in the scenic Midlands, and includes a lunch at a top country hotel. Nac Helicopters offers a variety of trips, from a 20-minute flight around greater Durban and a 1-hour trip along the coast and the Valley of a Thousand Hills to golf trips, Drakensberg tours, and game tours. Sphiwe Kunene runs township tours from Durban to KwaMashu Township. (Here’s a titbit of info for you: KwaMashu means the Place of Mashu — and Mashu was the Zulu name for Sir Marshall Campbell, the sugar magnate who introduced
the rickshaw to Durban). You’ll get to experience township life, meet a sangoma (diviner), be diagnosed by an inyanga (herbalist) and eat some delicious township food.

**Free Attractions**

The Natural Science Museum (Smith Street) might be the repository of the only known skeleton of the extinct Dodo, but, like the rest of the city’s dynamic museums, it proves that history is very much alive and kicking. The museum offers fascinating wildlife dioramas, palaeontological displays and a very active, varied events calendar.

The Durban Cultural and Documentation Centre (Epsom/Derby Roads) recalls both the painful memories and the triumphs of KZN’s Indian community. It offers a museum and gallery and a well-stocked library. The Old Fort and Warrior’s Gate, (Old Fort Road) are a treat for the military minded. The fort is the site where the British garrison entrenched itself against the Boers in 1842, and the Warriors Gate museum features memorabilia from the early Natal battlefields.

Whet your whistle at the SA Breweries in Jeffels Rd., Prospecton.

Blue Lagoon, at the mouth of the Umgeni River, is a favorite teenage hangout, but also offers a model yacht and power boat pond, and the nearby Umgeni Jetty is a premier fishing spot.

There are a series of remarkable Hindu temples and Muslim mosques just a stone’s throw from the Durban city centre. The Jumma Muslim Mosque (Corner Queen and Grey Streets), one of the largest and most impressive in the Southern Hemisphere, begs closer scrutiny. These are some of the highlights of Hindu temple architecture in and around the city: the North Indian Hindu Temple in Somtseu Rd., one of the oldest surviving examples of its kind; the extensive Umgeni Road Temple Compound, comprising temples dedicated to Shiva, Vishnu and Mariaman; the Ganesa Temple (Park Station Rd.) and the Hindu Shrine at Clairwood Cemetery. The Temple of Understanding in Chatsworth is an architectural masterpiece. Explore the ornate marble temple room, inner sanctuary, moat and gardens, and then treat yourself to a delicious, dirt-cheap vegetarian meal in the temple canteen.

Botanic Gardens (Sydenham Rd.), with its rolling lawns, children’s playground and gorgeous flower beds is a great place to spend the afternoon. But don’t neglect the delights of the sunken garden at the
Durban Amphitheatre on Marine Parade, or Durban North's pride, the Japanese Gardens (Tinsley Rd.).

To learn more about apartheid's impact on Durban, visit the Kwa Muhle Museum, (130 Ordnance Rd.) Also known as the "apartheid museum," Kwa Muhle contains exhibits that graphically illuminate how the segregationist policies of the city affected the majority of the city's population. Certainly anyone interested in South Africa's history of race relations should not miss an opportunity to view the exhibition titled the "Durban System." It provides an explanation of how the System, a municipal race policy that evolved in Durban in the early 1900s, granted itself sole monopoly on the brewing and distribution of beer (provided traditionally by women), which it sold through "African-only" beer halls. Proceeds were in turn used to finance the administration and control of black labor in this very building--these were the offices of the Bantu Administration Board, where the city's black inhabitants were "processed." The "Durban System" is a highly evocative exhibit, and an accompanying audiotape ensures that the information is accessible. The "Pass System" exhibition, located toward the back of the museum, is comparatively text-heavy but provides some insight into the humiliation and hatred evoked by the hated "pass books" that controlled the influx and movement of black people throughout the country from 1948 to 1986.

Day Trips

A visit to the Tala Game Reserve about an hour west from the city is recommended. Call ahead for reservations and plan to stay for lunch, which is one of the best meals around. Alternatively, take a leisurely drive up the North Coast, swimming at Umhlanga and enjoying a barefoot lunch at Razzmatazz, or drinking in the view from the pool deck at Zimbali Lodge, a 30- to 40-minute drive from the city.

Pietermaritzburg lies 80 kilometers (49½ miles) northwest of Durban, and visitors should try to take in the Valley of a Thousand Hills along the way. But neither the "heritage" capital or the evocative-sounding valley (which in reality could be described as Valley of a Thousand Hovel-Covered Hills) merit more than a brief detour on your way to the battlefields or the Drakensberg. The chief draw of the valley, aside from shopping for African curios, is Phezulu Safari Park, one of the most accessible Zulu cultural villages, where you are guided through a re-created traditional village, have the various traditions and rituals of the Zulu explained, and are treated to ceremonial dancing. To reach the valley, head for Pietermaritzburg northwest from Durban along the M3, following the Pinetown Road signs. Take the Hillcrest/Old Main Road turnoff to the right, and follow the Old Main Road or R103 along the
valley, which finally rejoins the M3 to Pietermaritzburg. You will also find the 1000 Hills Tourism Information Centre on the Old Main Road.

Most consider Pietermaritzburg's highlight to be the Tatham Art Gallery, situated in the old Supreme Court (built in 1871) diagonally opposite the City Hall. The Tatham features a predominantly European collection including minor works by Degas, Renoir, Picasso, Matisse, and Hockney, with a much smaller but equally interesting collection of South African artwork.

**Overnight Trips**

**Drakensberg** From the massive basalt cliffs of its northern reaches to the soaring sandstone buttresses in the south, the Berg - as it's popularly known - offers a myriad delights to anyone of any age who needs to 'get away from it all'. Peace and quiet is the catchphrase amid this unsurpassed grandeur where the world's second-highest waterfall tumbles down a series of breathtaking cascades. Accommodation caters for all tastes and budgets, from luxury resorts, guest- houses, B&Bs, caravan parks and cabins. Out in 'the wild', huts and listed caves await weary hikers. Thousands of trails are marked across the Berg - from short ambles through indigenous fern forests to more strenuous day-long river and hillside hikes to horseback riding and abseiling.

**Hluhluwe-Umfolozi Park** The Hluhluwe and Umfolozi reserves were founded in 1895 and are the oldest such sanctuaries in Africa. It was here that the world-acclaimed Operation Rhino was introduced during the 1960s, successfully capturing and relocating white rhino to havens within South Africa and abroad. As a result, this country's white rhino population is now 12 times the 1960 count of 500. Today a single park, Hluhluwe-Umfolozi is focusing its efforts on saving the endangered black rhino, whose number in Africa has dwindled from 14 000 to a pitiful 2 550 in the past decade. You'll find at least a fifth of the world's black and white rhino population here. Besides the big five - Rhino, Elephant, Leopard, Lion And Buffalo, There is an astonishing variety of wildlife to ensure a fascinating encounter for the visitor. KZN Wildlife offers lodge or self-catering accommodation at Mtwazi, Hilltop, Muntulu and Munyaweneni in the
Hluhluwe section of the park. In the Umfolosi section accommodation is provided at Masinda, Mpila, Sontuli, Nselweni, Gqoyeni, Hlathikhulu, Mpila, Sontuli, Nselweni, Gqoyeni and Hlathikhulu camps.

**Food in Durban**

Durban offers a range of fantastic foods. Among its specialties:

![Indian food](image1)

Indian food is renowned for its mouth-watering curries, expertly flavoured to give each dish a distinctive character. A breyani is type of food in which rice and curry are flavored with a blend of spices. Varieties of breyani include: vegetable, chicken and mutton. There is roti which is pancake with spices. It is rolled with a rolling-pin to give its round shape and to become flat, it is then fried in a teaspoon of hot oil. A person can put potato mash inside or any kind of curry. If you enjoy cooking Indian food there is Victoria market at Grey street which sells many spices. Another unique food item is bunny chow, half a loaf of bread, in most cases it is white bread with the soft center taken out. The hollow part is filled with curry.

![Zulu food](image2)

A popular traditional Zulu food is 'amagwinya', a flour mixture with water, sugar and salt. It is made into small 'balls' and put into hot oil until it is brown. It is even more delicious with stew. Most people like to eat 'uphuthu' which is hard maize meal porridge with stews with 'imifino' (spinach). Another delicious Zulu food is 'isitambu' (beans mixed with samp).

![Social gatherings](image3)

Special gatherings are not a party without 'pap and vleis' (meat that is barbecued). Especially in the townships, there places called 'shisanyama', township butcheries where the community can braai their meat.

![Amasi](image4)

People in Durban also like 'amasi' which is sour milk. In the past years in rural areas they used to milk the cows and store it in the calabash for almost a week. In this way it turned into sour milk. Most people eat sour milk with maize porridge or drink it.
Additional Resources

For More Information About South Africa

On the Web

Vaccine and Medical:  www.cdc.gov/travel/safrica.htm
Travel:  www.travel.state.gov/safrica.html
Travel:  www.studentuniverse.com/orbitz/splashPage.jsp
Travel:  www.safarilinetravel.com
Hotels and Links:  www.durbanexperience.co.za
Electric Power Guide:  www.kropla.com/electric.htm