

**Youth Exchange Manual**  
Hosting and Sponsoring Students  
Southern Africa  
MD 410



**Lions Multiple District 410**  
**SOUTHERN AFRICA**



## Content

Introduction.....	1
Living in your Host Country.....	1
Youth Exchange Do's & Don'ts.....	2
Departure Checklist.....	5
Returning Home.....	7
Welcome to Southern Africa .....	8
National Symbols.....	10
Festivals of Southern Africa.....	11
Cultural Heritage.....	11
South African Cuisine.....	11
Southern African Landmarks .....	12
Transportation .....	13
Situational Case Study .....	13
Useful Phrases .....	15
Additional Information: About Swaziland and Namibia .....	16
YE's Official Uniform .....	16
Website.....	17

## **INTRODUCTION**

This booklet is prepared for outgoing Southern African Students and for those Students visiting Southern Africa from other countries.

### **For Outgoing Students.**

The contents of this booklet, will be useful in guiding you throughout your stay in other countries whilst on the Lions Clubs International Youth Exchange program (YE Program), from your initial application until your return.

### **For Incoming Students.**

This booklet is prepared for your benefit. The information is practical and easily adapted for use in our neighbouring countries. You are encouraged to read and understand the content of this booklet and refer to it whenever you need.

## **LIVING IN YOUR HOST COUNTRY**

### **Preparations**

It is advisable to study the country you will be visiting. Gather facts about your Host country such as the principal religions, geographical features and major cities.

This information can be obtained from your local library, news paper and magazine articles relating to the country as well as on the Internet.

Try and contact former YE Students who have travelled to the Host country or even people you may know that have lived there.

### **Photographs**

Prepare some photographs of your own family to show your Host family. This also gives your Hosts an idea as to where you come from.

### **Gifts & Souvenirs**

You should take with you and small appreciation gift for each Host family, thanking them for their hospitality. Present this to them during your stay with them.

### **Correspondence with Host Family**

Enclose a letter with your application for your Host family. Once you have been advised of who your Hosts are, send them another letter telling them of how you are looking forward to be staying with them. This allows them to look forward to your stay as well.

### **Passports & Visas**

Remember to carry your passport, visa, travel documents and required health certificate, with you and keep them in a safe place at all times. It is safer to carry a Photostat of each item in case of loss or theft.

Report theft or loss of these items immediately to your Hosts and to a Lions Club nearest your Hosts as well to family at home. This is a serious matter.

## **YOUTH EXCHANGE DO'S & DON'T'S**

### **Do's**

1. At all times, maintain team spirit to help one another.
2. Wear your country's uniform and nametag whenever you are invited to attend functions and gatherings organized by your host and/or the sponsoring Lion's Clubs. This also applies when you are transferring to another host family.

3. Always arrive on time or earlier for all functions, especially when travelling.
4. Please be polite and courteous to your host and members of the Lions Club.
5. Please respect the culture and custom of the people and participate in activities arranged by your host families.
6. Please ask permission if you need to use the telephone to call home. If possible arrange for collect call.
7. Remind your host family to help reconfirm your air ticket at least 72 hours before departure time.
8. Pack according to weather. If you are travelling to a cold country, make sure to check how cold the temperature may be. Similarly, if you are visiting a tropical country, make sure to pack clothes that will help you keep cool.
9. Travel light – bring along two or three sets of presentable clothing for official functions and a few changes of casual wear, a pair of sport shoes and sneakers.
10. If you have any personal problems, or if you feel sick, please inform your host family whenever possible.
11. At times of emergency, please report to your Group Leader about your situation whenever possible.
12. Always take and obey instructions from Group Leader.
13. Always keep a copy of the contact numbers of the Sponsoring Lions Club in South Africa, host parents and your Group Leaders with you in case of emergencies.
14. Please wear your complete YE uniform during official Lion's functions.

### **Don'ts**

1. Do not carry anything for strangers when you are approached, especially at the airport.
2. Do not split into groups in the airport, especially in busy airports.

3. Do not consume hard liquor or cigarettes even if offered by your host family.
4. Do not group together with fellow YE's from the same country when attending functions organized by hosting Lions Clubs. You should mix around with the local people.
5. Do not go about on your own if you can avoid it. Do not spend late nights with friends unless you are accompanied with you host family.
6. No extensions of stay are allowed.
7. Inter-visitation between your relative and/or friends (should you have any in your visiting country) is not permitted.
8. Do not sleep with anyone from the opposite sex in the same room.
9. Do not discuss any issues relating to politics, religious and other sensitive subjects.
10. No romance during the Youth Exchange program.
11. Do not use drugs.
12. Do not operate any form of motor vehicles during your period of stay. This is totally prohibited.

## **DEPARTURE CHECKLIST**

In order to have a smooth send off for yourself, here are some things you should check a few days before departure date:

### **1. Confirm Your Departure Date:**

Before flying off to your host country, double check with your Group Leader again on your departure date. When flying home after your home stay, repeat the same with your host family too. This way, there will be no confusion or accidental missed flights.

### **2. Check Your Travelling Documents:**

Make sure you have your passport and ticket safely with you. Before you leave for the airport, check again that you have it with you and not locked inside your luggage.

### **3. Pack Early, Pack Smart:**

Start packing 1-2 days before departure date. This way, if you find your luggage to be over the weight limit, you will still have time to repack. Pack light – do NOT bring your entire wardrobe of clothes, just necessary items. Plan your outfits and bring clothes that easily complement one another. Try bringing clothes that do not wrinkle easily. Roll your clothes – this helps to save space.

### **4. Know the Rules & Regulations:**

- \* You can only pack a luggage with a maximum weight limit of 20kg.
- You are only allowed 1 (ONE) hand luggage (maximum weight limit is 5kg).

- You are only allowed to carry liquids, aerosols and gels over the amount of 100 millilitres/grams per container. This includes:
  - Drinks
  - Cosmetics (e.g. liquid eyeliner, mascara, liquid foundation, lip gloss, cream blushers or cream foundations)
  - Creams and lotions
  - Perfumes
  - Oils
  - Gels (e.g. hair gel or shower gel)
  - Toothpastes
  - Sprays & pressurized containers (e.g. shaving foam & deodorants)
  - Food with high liquid content (e.g. jams, sauces, stews, syrups and pastes)
- All containers must fit in a clear, resealable plastic bag with maximum capacity no greater than 1 litre. (20cm x 20cm / 25cm x 15cm)
- \* Each passenger is only allowed 1 (ONE) plastic bag.

##### **5. Arrive at Airport Early:**

Before you fly off to your host country, you will be informed of the time of rendezvous with your group members at the airport. **BE PUNCTUAL.** If you can, be early. This is important, as the entire group must all fly together. Any delay on your part, will only serve to delay your **ENTIRE** group. This also applies when you are returning to your home country.



## **RETURNING HOME**

### **Words of Thanks**

Telephone or write a note of thanks to your host family and those who have entertained you, especially if your host's hospitality has meant something to you and has been an extremely worthwhile experience.

### **Back Home**

After you have returned home, you may be invited to one of your sponsoring Lions Club meetings to speak about your experiences during the exchange period. You may be asked to write a report on your visit and perhaps assist the Youth Exchange Chairperson in briefing other youth exchange students in the future.

## **WELCOME TO SOUTH AFRICA**

South Africa is a beautiful and diverse country covering 1,219,912 sq km with a coastline of 2,955 km with 11 official languages. It consists of nine provinces and is a non-aligned state and a member of; the United Nations, the Commonwealth, the South African Development Community (SADC), THE African Union and the Non Aligned Movement.

To make your stay in South Africa easier and a pleasant one, it will be necessary for you to have certain knowledge of Southern Africa. (The Country's people and their way of life.) For this reason, we have included in the following pages various practical information such as table manners, Southern African homes, appropriate gifts etc.

- **Geographical Considerations**

Southern Africa is made up of seven biomes (a collection of plant and animal species that survive in a broadly defined geographical area).

### Savannah Biome

The largest biome in Southern Africa covers most of the western and northern regions, the Lowveld and the Kruger National Park and extends into northern KwaZulu-Natal. Savannahs occur in various forms – woodland, bushveld and shrubveld – but all have grass cover at ground level.

### Grassland Biome

This is mainly in the Highveld and in parts of KwaZulu-Natal and the Eastern Cape. There are two distinct categories of grasses: sweet grass with less fibre content but more palatable to wildlife and livestock and sour grass with high fibre content but less palatable to grazers.

### Forest Biome

This is the smallest biome and is found in patches along the Garden Route, parts of KwaZulu-Natal and in the Lowveld.

These forests occur in mainly high rainfall areas from sea level to mid-altitude. These are characterised by canopy cover with different vegetation below.

#### Fynbos Biome

This is the main part of the Cape Floral Kingdom. It stretches from the Western Cape towards Port Elizabeth. Fynbos, a tough, leathery leafed plant is endemic.

#### Succulent Karoo Biome

This occurs in the flat, arid plains north of the Cape Fold Mountains, rainfall is low and there is a rich diversity of plants, some of which are rare and threatened species. The vegetation is dominated by dwarf succulent shrubs.

#### Nama Karoo Biome

This is a large grassy shrubveld biome covering most parts of the Great Karoo, between the altitudes of 500m to 2000m.

#### Desert Biome

This is found in the harsh semi desert along the Orange River. Summer rains are scarce therefore vegetation is sparse and is dominated by annual grasses and succulent shrubs.

- **Climate (Temperature)**

Three distinct climatic patterns occur in different parts of Southern Africa. These are influenced by latitude, topography and the major currents in the two surrounding oceans, the Atlantic and Indian oceans.

Cape Town and the western and southern regions of the Cape have cold wet winters (average 11 degrees C) and warm sunny summers (average 22 degrees C).

Durban and the eastern coastal strip have a subtropical climate with rain falling throughout the year. Summers are hot and humid (average 25 degrees C) with mild winters (average 17 degrees C).

Johannesburg and most of the higher altitudes have a temperate climate. Dry and cool winters (average 10 degrees C) with wet and warm summers (average 22 degrees C).

- **Capital City**

There are three;

Pretoria – Administrative capital – the de facto capital

Cape Town – Legislative capital

Bloemfontein – Judicial capital

There are however other principal cities; Johannesburg, Soweto, Durban, Port Elizabeth and East London.

- **Population (as at 2009)**

Approximately 51 million

App. 40 million Black, 5 million White/European, 4.5 million Coloured and 1.5 million Indian/Asian.

- **Official Religion**

Christianity (80%) although there are others too; Islamic (1.5%), Hindu (1.2%) and Traditional (15%).

- **Official Language**

English, however there are 11 official languages; English, Afrikaans, isiNdebele, isiXhosa, isiZulu, Sepedi, Sesotho, Setswana, siSwati, Tshivenda and Xitsonga.

- **Currency**

South African Rand; R1 = 100 cents.

### **National Symbols – Anthem, Flag and Motto**

The national anthem is a combination of *Nkosi*

*Sikeleli 'iAfrika* and the old pre 1994 anthem *Die Stem* and the *Call of South Africa*.

The national flag was implemented in 1994 and the design shows a V form flowing into a horizontal band, symbolic of a diverse society converging onto a single path to unity.

The national motto is “Unity in Diversity”

National symbols are;

Flower – the King Protea (*Protea cynaroides*)

Fish – the Galjoen or Damba (*Coracinus capensis*)

Bird – the Blue Crane (*Anthropoides paradisica*)  
Animal – the Springbok (*Antidorcas marsupialis*)  
Tree – the Yellowwood (*Podocarpus latifolius*)

### **FESTIVALS IN SOUTH AFRICA**

Due to the diversity of our nation, there are many different culturistic festivals held. However, the three main festivals are Christmas (Christians) where Church services are held in all the centres to celebrate the birth of Christ; Deepavali (Hindu's) known as the "festival of lights" to celebrate the triumph of good over evil and then Ramadaan (Muslims) which encompasses the act of fasting and paying alms tax (zakat) which are tenets of Islam.

### **CULTURAL HERITAGE**

There are so many varied cultures, colours and creeds in South Africa. Only since the early 1990's have different culture groups begun mixing and most citizens are now comfortable with the multicultural nature of South Africa. New cross-cultural systems are emerging which tend to embrace much of the modern Westernised world. This has hastened and diluted the traditional cultural lifestyles of the rural population.

Never the less, you will find the business people or the community locals are very friendly and welcoming.

### **SOUTH AFRICAN CUISINE**

Once again here, with the different cultures, there are many different favourite meals that you can enjoy.

The typical meal in South Africa is a meat Braai (barbecue) over a charcoal fire with steamed stiff white maize meal (pap) with a tomatoe and onion sauce.

Food, like a stew, with meat and vegetables is sometimes also cooked in a three legged round pot over a charcoal fire.

The other popular meal is roast meat and vegetables. Bobotie, typical Cape food is based on rice, mince meat, stewed fruit and spices. This is a very filling nutritious meal. Bunnychows are half loaves of bread filled with a curried stew.

These meals can also be cooked without meat, for vegetarians.

Locals in some areas also braai (barbecue) fish.

There are also meals from other countries that are eaten here and many different restaurants with different cuisines too.

## **SOUTH AFRICAN LANDMARKS**

Landmarks are places of interest and should be visited if time allows. There are beautiful mountains, game reserves, buildings, battlefields, traditional cultural structures, beaches, aquariums, the list is endless. Your Hosts will normally take you to these places. There may be a fee to pay, however, it is really worth seeing.

Some places that can be suggested are;

Kruger National Park in the Mpumalanga area, as well as the Bourke's luck potholes and Three Rondavels.

The Union Buildings (Government offices) in Pretoria, Gauteng. The Pretoria Zoo and old architectural buildings in Pretoria.

The Nelson Mandela Bridge in Johannesburg, the Johannesburg Zoo, the Planetarium and other places of interest that hosts will love to show you.

Table Mountain in Cape Town is another famous landmark. Likewise the Drakensberg Mountains in KwaZulu-Natal is just as famous.

There is such a diverse array of landmarks in our country that one could write a book on them. When touring South Africa, ask your Hosts or the local inhabitants for significant landmarks in the area.

## TRANSPORTATION

One can travel South Africa by rail, air and road quite safely. Travelling by road you can either do it by luxury bus or hired car.

Commuters can also take a risky drive in our notorious Taxi's.

Travelling by road helps you see more of the country at your own pace.

Train travel is also a good way of seeing the country, especially on our more expensive private rail systems.

Air travel is mainly to fly between the big centres in South Africa.

## SITUATIONAL CASE STUDY

Home Hosting means that you stay with a family in their home and actually you become part of the family and you are not a guest. Something's may happen during your stay and here are some suggested solutions:

### **Nobody comes to meet you at the Airport**

Try calling your Host family and inform them of your arrival. Should you not be able to contact them, phone the Lions in charge, names and numbers are at the back of this manual.

### **Problems with Meal**

Some families eat meals at different times of the day. Should you feel that you cannot fit into their schedule, then politely, let your Hosts know.

*Certainly you must let your Hosts know of your dietary needs, e.g. Diabetic, Vegetarian and Allergies.*

### **Host family lives in rural area with no transport to the city**

Living with Hosts, you must understand that living in a rural area is a fantastic way of learning a lot of the culture and traditions of a new country. These ways of life are lost in the cities, so make the most of it.

### **Staying with a Host Brother/Sister**

Get used to living with Hosts children as you can learn from them and you can teach them about your country and culture. If the children are disruptive or troublesome, let your Hosts know.

### **Hosts work all day**

While at your Hosts home, be useful and do some household chores or read literature about your Host country.

### **Host family does not do your laundry**

Ask your Hosts as to how to use their appliances or where the closest laundry is. Be sure though to take care of your own laundry.

### **Host family requests or expects you to do household chores**

Remember that as a member of the Host family you must do your share. However, you are not their servant.



## USEFUL PHRASES

ENGLISH	AFRIKAANS	ZULU
Hello	Hallo/Goeiedag	Sawubona
How are you?	Hoe gaan dit met jou?	Unjani?
What is your name?	Wat is jou naam?	Ungubani igama lakho?
Do you speak English?	Praat jy Engels?	Ukhuluma isiNgesi?
Can you please help me?	Kan jy my help, asseblief?	Ungangisiza?
Thank you	Dankie	Ngiyabonga
Yes/No	Ja/Nee	Yebo/Cha
Goodbye (to the one going)	Totsiens	Hamba kahle
Goodbye (to the one staying)	Totsiens	Sala kahle
No, I don't use drugs	Nee, ek gebruik nie dwelms nie	Cha, angizisebenzisi izidakamizwa

While people in most rural areas will understand you, even if very basically, if you speak English, it is always beneficial to be able, at least, to greet the local people in their own language.

These are just some words and phrases that should make your stay more pleasurable.

## **Namibia and Swaziland**

These two countries also make up part of our Multiple District and part of the Southern Africa profile.

The weather patterns, lifestyles, some cultures, language and currencies are very similar to the South African way of life. Passports are needed to enter and exit these countries.

### **Southern African Official Youth Exchangees Uniform**

This is a windbreaker with;

The Lions International Youth Exchange emblem, Multiple District 410 – embroidered on the wearer's chest, front left,

The three official flags embroidered on the wearers left sleeve (one above the other),

The Students name and surname embroidered onto the wearers front right chest.

Students are requested to wear it at all times especially when arriving at the Airports and at official functions.

## WEBSITES

Multiple District 410 : [www.lionnet.org.za](http://www.lionnet.org.za)

District 410-A : <http://lionsdist410a.lionnet.org.za>

District 410-B : <http://district410b.lionnet.org.za>

District 410-C : <http://lionsdist410c.lionnet.org.za>

District 410-D : <http://district410d.lionnet.org.za>

### **Lions Contact persons in MD 410 South Africa**

Youth Exchange Chairperson – Southern Africa

PDG Paul Brauteseth

[acornpaul@vodamail.co.za](mailto:acornpaul@vodamail.co.za)

Cell +27 82 553 4745

Youth Exchange District A – Western Cape + Namibia

DC Marquerite Alheit

[m.alheit@allhide.com](mailto:m.alheit@allhide.com)

Cell +27 84 233 3400

Youth Exchange District B – Gauteng, Mpumulanga + Swaziland

DC Marian Ceronio-Duxbury

[marian.ceronio-duxbury@kpmg.co.za](mailto:marian.ceronio-duxbury@kpmg.co.za)

Cell +27 82 852 4454

Youth Exchange District C – Free State + KwaZulu-Natal

DC Alec Collier

[acollier@telkomsa.net](mailto:acollier@telkomsa.net)

Cell +27 84 729 1990

Youth Exchange District D – Eastern Cape

DC Robert De Lange

[robdel@iafrica.com](mailto:robdel@iafrica.com)

Cell +27 82 366 8232



### National Flags



South Africa



Namibia



Swaziland