UPCOMING EVENTS

- PUBLIK WINE FAIR @ JUST LIKE PAPA
- 101 HITS SHOW @ THE BARNYARD THEATRE
- SATURDAY MARKET @ BLOEMENDAL WINE ESTATE
- JAZZ & FONDUE @ DELHEIM

WEATHER FORECAST

<table>
<thead>
<tr>
<th>Day</th>
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<td>Fri 21 Jun</td>
<td>17 / 13 °C</td>
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<tr>
<td>Sat 22 Jun</td>
<td>15 / 12 °C</td>
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<tr>
<td>Sun 23 Jun</td>
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<tr>
<td>Mon 24 Jun</td>
<td>18 / 10 °C</td>
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<tr>
<td>Tue 25 Jun</td>
<td>21 / 10 °C</td>
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<tr>
<td>Wed 26 Jun</td>
<td>23 / 11 °C</td>
</tr>
<tr>
<td>Thu 27 Jun</td>
<td>23 / 11 °C</td>
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June 1

29th Louisa Stewen; 30th Hanna Reker

June Arrivals:

<table>
<thead>
<tr>
<th>Name</th>
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<tr>
<td>Simon Schneider</td>
<td>22.06.2019</td>
<td>Green Point</td>
</tr>
<tr>
<td>Lena Schalle</td>
<td>22.06.2019</td>
<td>Green Point</td>
</tr>
<tr>
<td>Samantha Barriac</td>
<td>29.06.2019</td>
<td>Malleson</td>
</tr>
<tr>
<td>Elise Schann</td>
<td>29.06.2019</td>
<td>Malleson</td>
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<tr>
<td>Jean-Baptiste Oswald</td>
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<td>Malleson</td>
</tr>
<tr>
<td>Dominik Wagner</td>
<td>30.06.2019</td>
<td>Strubens</td>
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<tr>
<td>Szymon Saj</td>
<td>30.06.2019</td>
<td>Malleson</td>
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</table>
More Wonderful Ways To Experience Cape Town

BREAK PLATES AT MYKONOS TRAVERNA

On the last Saturday of each month, this family-owned (and run) traditional Greek restaurant prepares a set menu, and invites patrons to enjoy an unforgettable evening of traditional Greek dancing and plate-smashing. While keeping things laidback and festive, the restaurant serves simple and delicious meals. If you’ve ever thrown a plate, you’ll know how cathartic and fun it is. Just give it a smash, and you’ll be hooked. **Cost R280 per person (excludes drinks and 10% service charge), booking is essential.**

343 Main Road / Sea Point / Cape Town / 021 439 2106

EXPLORE CANAL WALK

Canal Walk is Cape Town’s largest shopping centre. The centre has a wide selection to choose from with over 400 stores and thousands of the best local and international brands to choose from. Visit Canal Walk for the best fashion, retail, leisure and entertainment for everyone, all under one roof. The Canal Walk shopping experience encompasses variety, convenience, entertainment, and leisure with easy access directly off the N1. The name comes from the fact that it is built around a canal.

*Canal Walk / Century Blvd / Century City / Cape Town*

VISIT THE OLD BISCUIT MILL

Old Biscuit Mill is one of Cape Town’s most popular destinations and a real Mother City institution. The award-winning The Neighbourgoods Market features over 100 specialty traders every Saturday, creating a weekly platform for local farmers, fine-food sources, organic merchants, bakers and distributors, grocers, mongers, butchers, artisan producers, celebrated local chefs, and micro enterprises to coming together in one place. **Open every Saturday, Time: 09h00 – 15h00**

*The Old Biscuit Mill / 373 - 375 Albert Rd / Cape Town*

EXPLORE THE SPICE ROUTE DESTINATION

Journey the modern day Spice Route in Paarl, it is a sensory feast for today’s connoisseurs of craftsmanship and authenticity. Visit expert artisans ranging from food / drink to desserts and art. Experience the Cape Brewing Company and Wilderer Distillery create beer and spirits from scratch or take a chocolate tour across the globe at De Villiers Chocolate. **Open every day from 09h00 – 17h00**

*Spice Route Farm / Suid-Agter-Paarl Rd / Paarl*
What’s On This Weekend

PUBLIK WINE FAIR @ JUST LIKE PAPA

Join Just Like Papa for an afternoon of Artisan Wine Tasting. This tasting event is a showcase of great producers and the opportunity to interact with the winemakers and taste their wines. With 30 producers and over 100 wines to try this is a wine event not to be missed. Wines from: Alheit Vineyards, Alphabetical, Blackwater, The Blacksmith, Cape Rock, Carinus, City On A Hill, Crystallum, Donkiesbaai, Eenzaamheid, Fledge & Co, FRAM, Franco Lourens, Gabrielskloof, Jasper Wickens, Lowerland, Maanschijn, etc. 23 June 2019, Time: 12h00 – 17h00, Cost: R 200

Just Like Papa / Harrington Street 73 / Zonnebloem / Cape Town / Book tickets at: https://bit.ly/2woViSX

101 HITS SHOW @ THE BARNYARD THEATRE

This has got to be a record number of songs in one show for The Barnyard Theatre, as we present 101 hit songs in one show. Get ready as we take you on a roller coaster ride through more than 60 years of hit songs. 101 Hits will keep you rocking from beginning to end of this music marathon. Watch how the cast manage to perform 20 songs from 20 different artists in a one - six minute medley and how they achieve their ultimate goal of performing 101 hit songs in one show! 12 June – 28 July 2019, Time: 20h00 except Sundays at 14h00, Cost: R165

The Barnyard Theatre Willowbridge / 39 Carl Cronje Dr / Bellville Park / Cape Town / Book tickets at: https://bit.ly/2ZAxIiR

SATURDAY MARKET @ BLOEMENDAL WINE ESTATE

Bloemendal Wine Estate is the place to be this weekend with their Saturday Market. The Saturday Market is a foodie affair, with delicious offerings from a variety of different food vendors and food trucks, as well as wood fired pizza and sushi from Bon Amis Cafe & Deli’s kitchen. Bloemendal’s passionate wine maker will be there to guide you through a tasting of Bloemendal’s range of award winning wines, or just buy a bottle of your favourite and enjoy it under a shady tree with one of the cheeseboards that will be on offer. Beer lovers can enjoy a cold one in the shady Stella Artois beer tent. 22 June 2019, Time: 09h00 – 15h00, Cost: entry is free

Bloemendal Wine Estate / Tygerberg Valley Rd / Cape Town

JAZZ & FONDUE @ DELHEIM

There’s nothing like a little jazz to warm the centre of your heart. So, get your fix this winter at Delheim wine estate’s popular Jazz & Fondue. If you’re a jazz nut, this is an event for you. The event again takes place in Delheim’s cosy, downstairs wine tasting cellar – an intimate and snug venue that’s as perfect as any mellow jazz club. Tickets give you access to a sizzling pot of melted Swiss cheese, along with bread and vegetables for dipping. 23 June – 25 August 2019, Time: 12h00 – 15h00, Cost: R350

Delheim Wine Estate / Knorhoek Road / Stellenbosch / Book tickets at: https://bit.ly/2RkdRSa
What’s On In Cape Town In June

**EXTRAÑO DINNER**

Extraño Dinner is a celebration of the award winning wine Extraño. The Extraño wine is made from Tempranillo grapes which are originally from Spain and know for its exceptional quality. At Fairview winery they have carefully integrated fellow Spaniards Grenache and Carignan – which add spice, fruit and freshness – to help temper this slightly rustic grape variety’s temperamental streak. Chef SJ Nel and the Goatshed team crafted a carefully curated menu that will please all palates, while harking back to Catalan-inspired flavours. 28 June 2019, Time: 19h00 – 22h00, Cost: R325

Goatshed / Fairview Wine Estate / Suid-Agter-Paarl Rd / Paarl / Book tickets at: https://bit.ly/2IbEjdQ

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**BREWERS CO-OP BIRTHDAY BLOCK PARTY**

The Brewer’s Co-Op 4th Birthday is a celebration of beer in a party atmosphere of music, food and wine. The Brewer’s Co-Op has invited brewers from Cape Town’s microbrewing community to join in on the celebration. They produced nine co-lab brews, especially for the event. Brewers as diverse as Co-Op current and ex-members, UCT Brewing Club, SouthYeasters Homebrew Club, Little Wolf Brewery, Metal Lane, Shackleton have randomly formed nine teams to create different beers for the party. Expect to enjoy beers as diverse as beers using Norwegian Kviek yeast and served on cask, Milk Stouts, various IPA creations and everything in between. 29 June 2019, Time: 15h00 – 00h00, Cost: R55

The Brewers Co-op / Albert Road 135 / Woodstock / Cape Town / Book tickets at: https://bit.ly/2IBWDM3

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**3-DAY WINE FESTIVAL @ THE MOJO MARKET**

Calling all wine lovers to join the Mojo Market’s three-day Wine Festival. They know you don't drink it alone, so there will be plenty of cheese and charcuterie options to entice you. There will be talks on the science & art of wine by guest winemakers. Our 30 food vendors will add a cheesy twist to their marvellous meals. Live music performances will run throughout the festival by some of Cape Town's favourite acts. Entrance is FREE and visitors get to sample wines from guest wineries showcasing their signature wines all day, every day. Date: 28 June 17h00 – 23h00, 29 June 11h00 - 23h00 and 30 June 11h00 – 23h00; Cost: Entry is free

Mojo Market / 30 Regent Rd / Sea Point / Cape Town
CAFE ROUX SESIONS CAPE TOWN

Cafe Roux is a well-known restaurant situated in the heart of Cape Town. At night, one of the country’s most loved live music venues, staging top SA artists. Catch your favourite musician/ band/ comedian up-close & personal, in this very special &very intimate 100-seater venue. Make a night of it by grabbing a bite to eat at the restaurant itself before the show. **Restaurant is open every day with performances almost every night, Time: restaurant opens at 12h00 and the show starts at 19h00, Cost: Varies from performance to performance.**

74 Shortmarket Street/Cape Town City Centre/Cape Town / View performance schedule and book tickets at: [https://bit.ly/2kI1h0W](https://bit.ly/2kI1h0W)

MOJO MARKET

The Mojo Market is a contemporary, indoor food and lifestyle market situated in the heart of Sea Point. The market is a hybrid and eclectic mix of 20 designer retail stalls, a weekend market and 35 food vendors. Open for breakfast, lunch and dinner. Choose from a variety of different cuisines and eat in our open dining area with floor-to-ceiling views of the sea and palm-lined promenade. **Open every day from 08h00 - 23h00.**

30 Regent Road / Sea Point / email: [manager@mojomarket.co.za](mailto:manager@mojomarket.co.za)

Time To Plan Ahead

FRANSCHHOEK BASTILLE FESTIVAL (13 & 14 JULY 2019)

Go to their WEBSITE for more details: [https://www.franschhoekbastille.co.za/](https://www.franschhoekbastille.co.za/)
Dear Students even though our dam levels have increased, please continue to save water. Thank you for your commitment to saving water.

WATER RESTRICTIONS:
Our water is expensive, please save water as each one of us can help towards water conservation:

- Take short showers.
- Turn off the water while brushing your teeth.
- Rinse your razor in the sink.
- Try to use a bucket of water while you shower or wait for the water to heat up.
- Use your dishwasher and clothes washer for only full load.
- Close all dripping or running taps.
- When washing dishes by hand, don't leave the water running for rinsing.
- Don't let the faucet run while you clean vegetables.
- Keep a bottle of drinking water in the fridge.
- Report any leaking (dripping) taps to us at the office, so we can have them repaired.

Let's all try and save water on a daily basis.

Click [http://www.capetown.gov.za/en/MediaReleases/Pages/CitysMayoralCommitteeapprovesproposedwaterrestrictions.aspx](http://www.capetown.gov.za/en/MediaReleases/Pages/CitysMayoralCommitteeapprovesproposedwaterrestrictions.aspx) to read more

SAFETY TIPS ON SECURING YOUR PROPERTY / LIFE:

- Don't feed/support street beggars - refer them to a Haven.
- Don't trust car-parkers.
- Don't leave valuables visible in your vehicle (lock them away in the boot).
- The slogan “STASH IT, DON’T FLASH IT” is very appropriate in our city.
- If possible don’t park your vehicle in the street.
- Close your curtains/blinds after sunset.
- Be alert when leaving an ATM or bank, as you may be followed.
- Before entering your driveway, be alert.
- Please don’t walk with your cell phone, iPhone, iPad, tablet or laptop visible.
- Download applications to track your phone.
- Please assist the police with the serial numbers of stolen items. Report any suspicious behaviour and hotspots to SAPS on 021 680 9588/7 or to dyersm@saps.gov.za, this is for the Mowbray area.

Handouts to Beggars:
We know you care and that you want to help, but please do not give money or handouts. Handouts given directly to street people sustain a deeply damaging lifestyle on the streets and prevent successful interventions offered by the City, social development and NGO’s. Instead support dignified giving and think before you give.

CRIME IN CAPE TOWN:
Crime in Cape Town is on the increase and we urge you all to BE ALERT AT ALL TIMES. Cape Town is no different to any other city in the world; crime is a fact of life. Muggings, cell phone thefts, housebreak-ins, car thefts and break-ins happen every day.

The most important thing is to always be aware and not take chances. With the large number of unemployed people in the country crime is on the increase. All your houses are as safe and secure as we can make them, with burglar bars, safety gates, alarms etc. It is each and every one of your own responsibilities to be aware of your safety at all times. Lock doors behind you and close gates in the best interests of your own safety and
that of your fellow housemates. Do not take chances, rather be safe than sorry. If you see someone suspicious telephone the police and report it.

If you are the recipient of any theft, break-in or any crime whatsoever, it must be reported to the police immediately. They can be contacted on South African police 10111 or emergency number on your landline 107 or on your cell phone 112.

SAFETY RULES:
PLEASE BE VIGILANT WHEN AT YOUR HOUSES - there have been reports of break-ins and hi-jackings that we must be made aware of. PLEASE DO THE FOLLOWING:

Please remember that the Sector Van is only too happy to be called out to check on ANYTHING, no matter how trivial it may seem to you. The more the van is seen in the area, especially with the excellent response time we have come to expect from Mowbray SAPS, the better. We have to accept that there are people sussing out ALL areas, at ALL times and watching our movements - we just do not seem to see or notice them.

- SAPS MOWBRAY (021 680 9588)
- SECTOR 2 (east of Liesbeek Parkway, Little Mowbray, Park Estate, Sybrand Park)
- SECTOR 2 VAN (079 894 1466)
- SECTOR 2 COMMANDER (082 469 2462 – W.O. Derek van der Merwe)
- ADT EMERGENCY NUMBER (086 12 12 301)

Never let anyone onto/into your property unless you have specified the person expected, as well as the expected time of arrival. Please remember this: it is important to stay calm. No material possession is worth risking injury for.

ADVICE FROM SOUTH AFRICAN POLICE SERVICES (SAPS):

REPORTING TIPS IN ORDER OF IMPORTANCE:
- Car Number Plates: Focus on letters and first 3 numbers. Don’t worry about all 6 numbers – accurate letters and first 3 numbers are all we need.
- Note the exact time on your cell and watch. This makes a HUGE difference to our workload
- Vehicle Type: Make and colour is fine (e.g. Silver Merc).
- Write it all down as quickly as possible, or enter onto your phone. Memories are often unreliable!
- Contact your service provider/SAPS, and let us know by email.

VEHICLE SAFETY TIPS FROM ADT:
Here are some useful vehicle safety tips received this week from ADT:

DO’S:
- Travel with car doors locked and windows closed.
- Constantly monitor vehicles travelling behind, ahead and next to you.
- If you think you’re being followed, drive to the nearest police station. Don’t go home.
- Leave room between your car and the one in front to avoid being boxed in.
- Attract the attention of other drivers or pedestrians if you think you’re in danger.
- Hoot, flash your lights, put on your emergency lights, or shout.
- Be aware of people approaching your car or loitering near traffic lights, stop signs, parking areas or your driveway.
• If approached by a suspicious-looking person, especially at night or in deserted areas, drive off quickly from a stop street or intersection, always heeding traffic danger.
• On long journeys only stop overnight at safe places. Stopping next to the road or in a parking area overnight is not safe.

DONT’S:
• Don’t stop at the scene of an accident unless you’re sure it’s genuine.
• Don’t enter your garage or a parking area if you think you’re being followed.
• Don’t stop if a passer-by indicates that, for example, you have a flat tyre or other defect. Drive to a service station or safe area and check it there.
• Don’t leave your car door open and the engine running while opening garages

Follow Us

WEBSITE
Go to www.xchangesa.com or www.xchangesouthafrica.co.za

LIKE AND FOLLOW OUR FACEBOOK PAGE
Give our page a thumb up by clicking on the open group, XChange South Africa.

FACEBOOK CLOSED GROUP
Follow us on Facebook by keeping up-to-date by joining our Facebook Page. To stay connected to our closed group of interns, who are currently here in South Africa, join XChangeSA all students.

GOOGLE PLUS
See more information on our Google Plus page.