



Stanford Lake College

INCOMING STUDENT - EXCHANGE HANDBOOK



Term dates for 2010

- Term 1: 13 January – 26 March
- Term 2: 12 April - 9 June
- Term 3: 13 July - 23 September
- Term 4: 4 October - 10 December

Boarders return between 1600 and 1800 the day before lessons commence

INDEX

Introduction	3
About the school	3
Expectations	5
Hosting arrangements	6
Finances	7
What to pack	8
Travel and arrival detail	9
Medical and travel insurance	9
From the horse's mouth	10
Medical form	12
Consent to act in loco parentis and indemnity form	14



INTRODUCTION

Thank you for considering Stanford Lake College for your international exchange. The idea of exchanges is one about which our pupils get very excited. We have many pupils who apply to go out on exchange and we enjoy having exchange students visit us from all over the world. International exchange is such a valuable experience and there is so much you can learn about yourself and others through it. It is important to remember that international exchange is not an overseas holiday! We urge you to view every situation as an opportunity to learn something new.

This booklet is designed to answer some of your questions about an exchange at Stanford Lake College and if you decide to join us, to make the process easier for you and your family.

Please complete the Medical Form and the Consent Form on pages 12-14 and return to the school by fax or e-mail.

Please also send your Round Square International Exchange Application Form, or confirm with your school's Round Square Rep that this has been done.

ABOUT THE SCHOOL

Stanford Lake College is an independent co-educational high school (grades 8-12) situated in the Limpopo Province of South Africa, 400 km north-east of Johannesburg between the towns of Polokwane (formerly Pietersburg) and Tzaneen. The school was founded in 1998 by a group of parents who were looking for a unique, independent education for their children. The school's student number is 270 pupils. About 200 are weekly boarders from nearby towns and surrounding farming communities. A significant number of the pupils come from other countries in Africa: Botswana and Zimbabwe in particular.

School Details

Physical address: Stanford Lake College,
R71 Magoebaskloof,
6km from Haenertsburg,
Limpopo
South Africa

Nearest airports: Polokwane (Gateway Airport) - 70km by road
Johannesburg (O.R Tambo International Airport) - 400 km by road

Postal address: PO Box 271, HAENERTSBURG, 0730, South Africa

School phone: +27 15 276 6103
School fax: +27 15 276 6114
Email: **info@stanfordlakecollege.co.za**
Website: **www.stanfordlakecollege.co.za**

Chairman of the Board: Mrs Maggie Baleta
Headmaster: Mr Johann Ueckermann (**johannu@stanfordlakecollege.co.za**)
Round Square Rep: Mr Thias Taute (**roundsquare@stanfordlakecollege.co.za**)

For views of the school visit our website at **www.stanfordlakecollege.co.za**

The school is situated at the edge of a lake at the top of Magoebaskloof, a gorge in the eastern escarpment of southern Africa. We are in the foothills of the mountains of the Wolkberg, part of the northern Drakensberg range. The slopes are covered in some indigenous grasslands and forest as well as large tracts of pine and eucalyptus plantations, economically the most important feature of the Magoebaskloof. We are

in the northern most province of the country (Limpopo) 4 hours drive north-east of Johannesburg. Our closest main centres are Polokwane, the capital of our province, which is 1 hour's drive away and Tzaneen, a smaller town, which is 35 minutes drive away. Our closest populated area is the little village of Haenertsburg 5 km down the road. The main income earning activities in our area are timber related industry, agriculture and tourism.

The Weather

The school is situated in a mountainous mist belt along the edge of the eastern escarpment of southern Africa. We therefore experience different weather from the nearby towns. The central highland plateau to the west is comparatively warmer and drier, and the lowland to the east is hot and humid. The summer months are October to March with temperatures ranging from 15 to 30 degrees Celsius. Summer is our rainy season, however rain should be anticipated all year round. The winter months are May to August with temperatures ranging from 5 to 25 degrees Celsius.

Academic Subjects

The school has a fairly traditional academic curriculum with a skills development focus in Grades 8 and 9 where many different subjects are taught. In Grade 10 the pupils pick the seven subjects for their external school-leaving examinations. English, Afrikaans and Life Orientation are compulsory subjects. The study of either Mathematics or Mathematic Literacy is also compulsory. The other subjects to choose from are: Physical Science, Biology, History, Geography, Accountancy, Economics, Computers and Art. Music can be taken privately as an additional school subject.

Outdoor Education

Adventure and outdoor training is one of our strong points and is what makes us an attractive destination for the outdoor type. Alongside the academic curriculum the school offers adventure as a compulsory subject called dad (dream an' do) at the school's on-site Outdoor Adventure and Training Centre. The program includes kayaking, rafting, sailing, rock climbing, archery, orienteering, mountain biking and rope work. Another component is problem solving through technology.

Sport

The sports offered are:

Term 1: athletics, swimming and life-saving

Term 2: rugby, netball, hockey

Term 3: cricket, soccer, cross country, tennis, adventure racing, mountain biking

Term 4: swimming, tennis, athletics, adventure racing, mountain biking

Culture

There are various opportunities to participate in debating, music lessons, house plays, drama classes, etc during the year. If you play any instrument, you are more than welcome to bring it with!

School Camps/trips

Whole year-groups spend some time each year camping and hiking in the mountains or white water rafting down rivers. If any of these outings is happening during your stay you will be invited to join and encouraged to do so.

Student Leadership

The school's Pupil Executive takes the form of a democratically elected head boy and head girl, their deputies and the house captains of the three school houses, Loomis, Orvis and Fenwick. All grade 8-12 pupils sit on committees structured in accordance with the Round Square IDEALS in each grade.

IDEALS are represented in each grade through the mentor groups who also function as different grade committees, promoting Internationalism/Democracy, Adventure, Environment and Service through various projects throughout the year.

Outings

Days out may include game farms and wildlife reserves (the Kruger National Park is just a few hours drive away), exploring areas where our indigenous cultures are predominant, hikes in the mountains and forests, visits to fruit, avocado and tea plantation areas, and braais (barbeques) by lakes and waterfalls.

EXPECTATIONS

Soon after you arrive you will be introduced to the school by your host in one of the formal assemblies. Before you leave you will have an opportunity to talk about your experiences.

It would be wonderful to learn more from you about your school and country, based on the RS IDEALS during another assembly

It is a Round Square tradition to leave a lasting reminder of your visit. A national flag or crest of your country or school, or a book to donate to our library, about something specific to where you are from, would be greatly appreciated. Suitable books would cover the geography, wildlife or history of your country or area. Please write a message in the book with your name and the dates of your exchange so that future pupils will know it came from you. If your school wears a tie, bring along a spare tie to swap with your host. Our pupils who have gone on exchange wear their host school's ties every Wednesday, which is our Round Square day.

Rules and regulations

By accepting a Round Square International Exchange, you have agreed to live by your host school's rules.

The most important rules will be the same as for most Round Square schools. Pupils are not allowed to be in possession of or drink alcohol, smoke, engage in inappropriate physical contact or sexual activity, or be in possession of or use illegal narcotics or other banned substances. We expect everyone to show respect for all people, and their property. Infringements of these rules by our students can result in expulsion and an exchange student caught infringing these rules would be sent home.

You may not leave the school property without the correct permission, either from the boarding house staff and head, or your host parents. We need to know where you are at all times.

Uniform

While you are with us we would like you to wear your own school uniform to the same standard as we expect from our own students, i.e. no jewelry or make-up, and neat hair. In your own uniform you stand out more as a visitor and will draw more attention as such. We have a formal day on a Friday when our main assembly is held. For this you will need to wear your full school uniform (e.g. blazer and tie). On the other days of the week a less formal approach is taken which generally means no tie required and short sleeved shirts are acceptable. You will also need your school's PE or sports clothes for both the adventure program and extra-mural sport. Make sure that your clothes are clearly marked with your name so that the laundry can return them to you. Make sure you bring enough uniform to see you through a week.

Academic commitments

In your first few days you should attend lessons with your host and get a taste of what is on offer. After that you may choose the subjects you will follow and the Round Square Rep will put together a timetable with you. From then on you will be expected to **attend those lessons** and participate as a full member of the class, including doing **homework and writing tests**.

English and Life Orientation are compulsory subjects. You then have a choice of Mathematics or Maths Literacy and three subjects from Science, Biology, Accountancy, Geography, Economics, History or Art. Outdoor Education is also offered. We do offer music but as an extra subject with a part-time teacher. If you are a musician and need to keep up your lessons for exam purposes a plan can be made but it will involve additional cost for lessons from the music teacher. While your grade has Sepedi or Afrikaans (our second languages), you will be free to go to the library or computer room to continue with your own work or to correspond with home. We want you to join in with our lessons and would prefer that you did not exclude yourself from more than one or two lessons because of work you brought from home.

Extra-mural involvement

You will have a choice of sport, adventure, service or cultural activities to participate in after lessons. You are expected to be busy three afternoons a week.

Sport: We offer seasonal sports and would encourage exchange students to participate in at least one physical activity during the week. There will be students of all levels of ability involved so do not be afraid to try something new. Nothing ventured, nothing gained.

Culture: Every year we put on a play or a musical (CATS in 2001, Grease in 2003, FAME in 2004, a pantomime in 2005) in the school's Barnyard theatre. We offer debating and public speaking and enter competitions in both. There is also a small but active bridge club and chess club.

Service: The school runs various service projects to local rural schools. The Paired Reading project supports the second language reading skills of the younger pupils from Appel School, a neighbouring farm school which we have adopted. We also run a literacy program called SMILE, run by our Grade 11 pupils for pupils from three local rural schools. There is also SCI-Farm which Grade 10 pupils run, which allows pupils from the same rural schools to have the opportunity to work on their science skills in our own laboratories. Every year we raise money for disabled pupils and help run a sports day at a local school for the disabled in Tzaneen.

All of our Grade 8 to 10 pupils are also involved in individual service for their President's Award (our version of the Duke of Edinburgh Award). If you are busy with the Duke of Edinburgh bring your record book along as you can continue with activities while you are here.

HOSTING ARRANGEMENTS

The school is predominantly a weekly boarding school. In the case of a reciprocal exchange you will be allocated a host. Your host will be a pupil from in or around Tzaneen (40 km from the school), Polokwane, (65 km from the school) or other nearby location. You will be hosted by their family at weekends but will spend Monday to Friday in one of the boarding houses. Your hosts will act as your family during your stay. The host parents will be the ones whose permission you will need, in accordance with the correct school procedures, to leave the school property during the week and they will need to sign you in and out of the boarding house at weekends. They will arrange for you to see a bit of the country while you are with us. You are also likely to be invited to join other families on various outings. Should the exchange with your school not be reciprocal you will go home with different families at the weekends.

Communication

After agreement has been reached with your school's Round Square representative or exchange coordinator about an exchange, initial contact between your family and Stanford Lake should be made with our Round Square Rep, Mr. Thias Taute on: roundsquare@stanfordlakecollege.co.za .

He is responsible for accepting exchange students, and arranging host families. Once you have been accepted as a visiting exchange student and allocated a host and host family, you must open communication with your host and family before the exchange begins. Your family must make contact with your host family before you arrive, and during your exchange. Your parents are free to contact our Round Square Rep at any stage, always keeping the relevant people at your home school informed of how the exchange is progressing.

While you are here on exchange there are a number of ways to communicate with friends and family at home. Most exchange students bring a mobile (cell) phone with them. You can either arrange international roaming before you leave or buy a local SIM card for the period of your stay. There are pay phones in the boarding houses on which you can make calls. You may receive calls during the afternoons or during prep breaks on the boarding house telephones.

During school hours you will be able to send and receive email messages from the school's computer room.

FINANCES

During the course of your exchange you are not liable for any tuition or boarding fees. You will, however, have to cover the cost of any outings or trips away that you participate in. Your expenses will depend largely on how much you do while you are here so we ask that you make a direct deposit into the school's bank account to the equivalent of R 3500,00 (Three thousand five hundred Rand). Expenses will be debited to this account and at the end of your stay the remainder will be refunded to you. **Please be sure to pick it up from the accounts office before you leave the school.**

The school's bank details are as follows:

Bank:	First National Bank
Branch:	Tzaneen
Branch code:	260 349
Account holder :	Stanford Lake College
Account no:	5396 109 7905 (Current account)
Swift code:	FIRN ZA JJA

This deposit is NOT for use as pocket money for incidental expenses. Should you wish to use the school as your personal banker you may deposit your pocket money into the account as well and you can draw on this at the school's office. We suggest an amount of R1000,00 for pocket money for consumables over a ten week exchange. We leave it to you and your parents to decide what other spending money you will need. At school there is not a lot to spend money on, as we are far from any shops and there are only the tuck shops at which to buy snacks and soft drinks. You may need money at weekends for refreshments whilst on outings, gifts for family and friends and souvenirs etc.

ATMs at most South African banks accept debit and credit cards for accounts linked to most major international financial organisations (Visa, Mastercard, Maestro, Cirrus, Diners Club, etc). You will only have access to banks at weekends and on trips. If you arrive with foreign currency, this can be exchanged at the airport. If you are carrying cash on you make sure that it is stored securely and that you do not let your bags out of your sight.

WHAT TO PACK

School supplies – fully stocked pencil case, writing pad etc (you will receive textbooks on loan from the school)

Full school uniform (more than one change)

Your school's PE or sports clothes

Running shoes

Rain jacket

One smart outfit for formal occasions

Casual clothes – jeans, T shirts, tracksuit, shoes

Swimming costume (all seasons)

Toiletries (including sun block and mosquito repellent)

Towels – bath and swimming

Sports equipment – tennis racquet, hockey stick etc (depending on the term – please enquire)

A padlock and key so that you can lock your valuables away in your cupboard if you are in the boarding house

Your hosts will supply your bedding for the boarding house.

If you go on a hike you can rent a backpack, tent and any other necessary equipment from the school's adventure centre at a minimal cost. Bring your own outdoor shoes.

TRAVEL AND ARRIVAL DETAILS

You should arrive in South Africa at Johannesburg International Airport (O.R. Tambo) where you will pass through immigration and customs. This airport is about 400km, by road, from the school. You must catch a connecting flight to Polokwane airport (1 hour's drive away from the school). Either your host family or a driver from the school will fetch you from Polokwane Airport. (Polokwane's former name was Pietersburg).

Should your host wish, they may fetch you at Johannesburg International (4 hours drive away) and drive you up to the school. This would have to be organised directly between yourself and your host.

As jetlag may be a problem, you may arrange to arrive a few days before you need to be at school to allow you some time to settle in and spend time with your host family; e.g. arrive over the weekend before you are required at school.

Prior to your arrival you will need to let the Stanford Lake College Round Square rep and/or your host family have your itinerary: airline, flight number and expected time of arrival at J'oburg International and connecting flight to Polokwane.

MEDICAL AND TRAVEL INSURANCE

The school employs a full-time nursing sister who looks after the children's minor ailments. There are also medical doctors nearby who are called in if the need arises. There is a doctor's surgery in the village 5 km from the school where pupils will be taken if they need stronger medication, stitches etc. Should more advanced medical care be necessary, there are excellent private hospitals in Tzaneen (35km by road) and Polokwane (70km by road).

We expect you to take out some form of travel and medical insurance before leaving home. All incoming exchange students should provide us with the medical details (see form attached). Medical expenses will be for the pupil's own account.

Malaria

The school is not in a high risk malaria area but you are likely to travel to an area that is high risk, particularly if your exchange is in summer (October to March, though there remains some risk at any time of year). Anti-malarial prophylactics, in tablet form, are available to help prevent an attack of malaria. The alternative is to use a good insect repellent, and take precautions to cover your skin at dusk when in a high risk area. Should malaria symptoms be evident 10 to 14 days later, immediate medical treatment must be sought, with great urgency.

Most locals do not usually take malaria tablets as they can cause severe nausea, and should not be taken continuously, and in certain individuals may mask the symptoms of an attack resulting in late diagnosis and a more severe bout of the disease. It is up to your parents, on the advice of your family doctor, to decide whether you will take preventative prophylactic tablets or not before entering a high risk area. You must use insect repellent at any time in a malaria area (available locally).

From the horse's mouth

These are the opinions of some exchange students who have visited the school:

When I decided to go to South Africa on my exchange almost everyone I met told me I was mad to want to go to a country full of crime and wild animals. They asked why I did not want to go to some exotic country like Australia ? But the immense beauty and wonderful character of the country, the diversity of the people and their languages makes it one of the most fascinating countries in the whole world. South Africa is a truly unique country, with some of the nicest people I have met. Anyone who gets the chance to go to South Africa on exchange to Stanford Lake College is very, very, very lucky! It is an amazing country and an even better school.

Tara Kapur - The Lawrence School, Sanawar, India. (July to September 2003)

My exchange to South Africa has been so amazing, I can not put it into words. I didn't know what to expect after arriving here for three months. People told me about the crime, but they could not put me off the idea of coming here. South Africa has amazed me because it is just gorgeous. I have loved my stay here...I don't want to go home and I can't wait for the Round Square Conference.

Ashlee Gordon - Ballarat Grammar, Australia (July to September 2003)

My exchange to South Africa has been more exciting and amazing than I ever thought it could be. I have met the nicest people and being an animal lover, enjoyed the Kruger Park immensely. Before I came I expected to see wild animals walking the streets because that is what people told me but common sense and curiosity got the better of me and I decided to just come here and find out what South Africa and exchange is all about. I have loved my stay here and look forward to the Round Square conference in Johannesburg and Cape Town.

Evie Knight -Mowbray College, Australia. (July to September 2003)

The dense green and mild temperatures of Stanford Lake College were a big change from the dry conditions and high temperatures of Alice Springs. After a very short while I felt as though I was already a part of the Stanford community. I visited the Kruger Park and saw nearly every animal there. I was kept busy every weekend and thoroughly enjoyed my stay in South Africa.

Matt Smail - St Philips, Alice Springs, Australia (April to June 2003)

Stanford Lake College is an awesome school to be on exchange with. I had the best time of my life and shall take back many priceless memories with me to India. South Africa is a beautiful place and above all the people are the most hospitable people you will find in the whole world.

Vashisht Garg – The Doon School, India (April to June 2005)

In the first week at Stanford, it was quite pathetic. We were really missing home and our school. But when we got to know the people our fear turned to joy and now we do not want to go back to India. This place is so amazing and the people are so friendly. We can only say that we have enjoyed our stay here and that we are really going to miss this place when we go back home

Muskan Leekha and Mumta Tomar - Vidya Devi Jindal School, India (April to June 2005)

The last two months spent in South Africa have been some of the most enthralling of my life. Each day offered new experiences and opportunities to meet new people. My stay at Stanford Lake College is one I will never forget, as it is an entirely new environment compared to the one in which I have been brought up in, Oman. The chilly weather, dense green surroundings and beautiful scenery are the exact opposite of my homeland, which is in the Arabian desert. None of this, however, was as significant as the people. The students and teachers at SLC were some of the friendliest I have ever met. Thanks to them my stay was extremely comfortable, and they made me feel like I'd known them all my life. I guess the only downside was having to say good-bye...

Ishaan J. Shah – The Indian School, Al-Ghubrah, Oman (April to June 2005)

My exchange was an amazing experience. From the first day the people were so nice so it was easy for me to feel at home. I made amazing friends who I will never forget and hopefully we will meet each other again and often. The school became my family and when I had problems there was always someone to help me, especially Mrs Painter and Mr Dawson. South Africa is very different to Germany and I am excited to show my town and Germany to my new South African friends.

Dianna Vossen – Dusseldorf, Germany (April to June 2005)

Not only did the beauty of the country amaze me but the students and faculty members of Stanford Lake College are what made my exchange the most enjoyable and memorable. The students are so welcoming that it was easy to meet new people and enjoy crazy, interesting conversations ! I also loved every moment I spent in the classroom. I would advise anyone who is considering Stanford as a school for their exchange, please attend or otherwise you will be missing out on a wonderful experience.

Tiffany Williams – Baylor School, Chattanooga, USA

(April to June 2005)

Stanford is a truly amazing place with extraordinary people . As soon as I came, the inviting and friendly school community made me feel like part of the school. I had the time of my life and I will never forget it – especially the trips away doing great South African things like elephant riding, night drives in the game reserve and the beautiful Cape. If you have the opportunity...you have to come. It has changed my life for the better and I wouldn't change a thing.

Breanna Drew – St Philip's College, Alice Springs, Australia

(April to June 2006)

Stanford is an amazing school. It has opportunities that you can not find anywhere else in the world. The beauty of the surroundings was so nice to wake up to each morning. The school itself can cater for any sort of person – whether you are interested in sport, outdoor activities, academics or art. Everyone is so cool. It was so easy to just slip into their everyday life and become one of them. Anybody who wishes to go on exchange should definitely go for Stanford Lake College. You will get a real taste of Africa, do the most amazing things and meet some of the coolest people on the planet.

Hugh Fitzpatrick – Ballarat Grammar School

(April to July 2006)

Skeleto-muscular problems: e.g. scoliosis, growing pains, weak ankles or knees, previous strains, sprains or broken bones. Give details.

Special needs: (eg. any condition or disability which may affect a student's participation in school activities or sport.)

Details of hospital and medical cover:

Health Insurance Provider: _____

Policy number: _____

International telephone number: _____

Accident declaration:

In the event of illness or injury to my child whilst at school, on an excursion, or with his/her host family I authorize the Principal of Stanford Lake College, a senior staff member or host parent, where it is impractical to communicate with me first, to consent to emergency medical procedures deemed necessary by a qualified medical practitioner.

Signature: _____
(parent or guardian)

Date: _____

CONSENT TO ACT IN LOCO PARENTIS AND INDEMNITY

I the undersigned _____ (full names) being the parent/ lawful guardian of _____ (full names of student)

do hereby authorize and appoint the Head and teachers of STANFORD LAKE COLLEGE, MAGOEBASKLOOF (the "College") and host family whilst the said scholar is under their control and supervision, to take any decision and/or perform any act, which he may deem necessary for the safety, well-being and welfare of the said scholar and generally, in regard thereto, to act *in loco parentis*.

All possible care is taken of each pupil's safety, health and general welfare. Safety regulations are applied and supervision provided where reasonable, but it is understood that parents, in sending their child on exchange to Stanford Lake College, wish to encourage a spirit of adventure and independence. Consequently, there is bound to remain a residual risk of personal accident and the School cannot acknowledge liability for accident or injury to a pupil.

I do further hereby indemnify and hold free from harm the College, its officers, teachers and employees and waive any claim against them for loss, injury or damage caused by or arising from or as a result of the attendance at or participation in any intra-or extramural activity of the College by the above named scholar.

At Stanford Lake College these include traditional sports, excursions, swimming, hiking, rock climbing, abseiling, rafting, kayaking, canoeing and other adventure activities.

I declare that he/she shall be allowed to travel in any school vehicle and in vehicles, which may be the property of staff, employees and parents of the school.

I wish my child, to be excluded from taking part in

(please specify here the activity or activities from which he / she is to be excluded)

Signed at _____ (place)

on this the _____ day of _____ 20_____

SIGNATURES

Mother / guardian (delete inapplicable)

Name : _____ Signed : _____

Father / guardian (delete inapplicable)

Name : _____ Signed : _____