

Francie Zijl

van Zijl

WELCOMING
BOOKLET '26



Values

compassion - integrity - dignity

compassion
/kəm'pʌʃn/

noun

sympathetic pity and concern
for the sufferings or
misfortunes of others.

integrity
/'Intɛgriti/

noun

the quality of being
honest and having strong
moral principles.

dignity
/'dɪgnɪti/

noun

the state or quality of
being worthy of
honour or respect.



The History of Francie

Huis Francie van Zijl was the first residence on Tygerberg campus. The residence opened its doors on the 22nd of July 1968, as a men's residence. It was the first building on Tygerberg campus, thus making it the oldest building.

The residence was named after the first Dean of the Faculty of Medicine and Health Sciences of the University of Stellenbosch and well-known surgeon **Prof Francie du Toit van Zijl**. Only male students resided in Huis Francie, but after eight years, female students could also reside in the house. The house was strictly divided into two halves and served as a mixed residence until Hippokrates was built. Hippokrates then served as the male residence on campus.

The first female Primaria was elected in 1976 and since then, **Huis Francie** has been a residence for women. **Huis Francie van Zijl** accommodates 300 students and became a junior residence in 2017. Students from respective programmes of the Health Sciences can only stay in the residence from their first to third year of studies.

Huis Francie is a home for a large group of diverse individuals, each with their own strengths and weaknesses. Together we create a beautiful kaleidoscope. Each piece different, unique, and beautiful on their own and creating something magnificent together. We strive to form close **Francie sister** bonds and try to create an environment where every **Francie sister** has a platform to grow and flourish in.

An adventure awaits. You are now part of the rich history that is **Huis Francie van Zijl**. The adventure awaits you to be part of Francie's traditions and memory lane.

The legend of the hopping bunny



A long, long time ago, there were two rabbits: Mr Jacobus Hasie and Mrs Magrieta Hasie. When asked what their most joyous day was, they will always answer the day their son, Gertjie, was born.

When Gertjie grew older his aspiration to go to university was realised. Like any parents, Mr and Mrs Hasie were very sad to see their little boy go, but they were extremely proud that he had received placement in Huis Francie. So Gertjie packed his bags and went to the train station with all his luggage. Gertjie excelled in all fields: he played rugby for Maties and was known as the "Pass-Hasie". He and his friends would always get the Monday 2-for-1 burger special at Parow Mall Spur. They were truly "in-Spur-hasies". Gertjie was always up for some fun and didn't take much convincing from his friends to get him to climb into the Francie tumble dryers, hence his nickname "Spin-hasie". Alas, Gertjie grew old. He began to hop slower and less vigorously, until one day he "pHaased" out. They rushed him to Tygerberg Hospital and after the Dr Haasbroek examined his abdomen he explained: "It's a catastrophe! It sounds like constipation ... but unfortunately its colon cancer." There was little hope. Gertjie's funeral was a day filled with sorrow, but the memories of Huis Francie's first rabbit, will stay on forever with the pride and "gees" of each newcomer.

Message from the Des Head

Dear Matie,
Wamkeleki kwindlu iFrancie
Welkom by Huis Francie
Welcome to Huis Francie

It gives me great pleasure to welcome you to our lovely home, Huis Francie and I wish to congratulate you for joining our community. No better time to be a university student than now, and to be a university student and experience residence life with us as Francie community is even better. I would like to welcome you and share few words as you prepare to join us in the next month or so. You are no doubt joining a community where you will be required to engage and think critically. You will also be encouraged to conduct yourself in a manner that represents our values that are dignity, integrity and compassion.

It will be inattentive of me if I do not encourage you to not only graduate with a qualification but to also use the knowledge and wisdom acquired from seizing every opportunity and explore as much as you can. In my personal capacity, I have not deviated from this notion; in fact, every opportunity and exploration in my academic life has formed the basis for my work with you, the students of Huis Francie. You are entering university at the time where the debates are dominated around issues of inequality, poverty, gender-based violence, homophobia, 4IR etc. You will find yourself confronted with situations where you will engage with these topics, and I am sure this will only broaden your horizons. At Huis Francie we also believe that Education must be seen as a holistic terrain, where we are involved in other aspects of the university life rather than just our academics. This is done with an idea of adding color in our university careers.

Please familiarize yourself with the various university structures that are there to help you. In this regard, your Mentors will work continuously to ensure that you find your feet in the academic and social environments as well as other spheres of your academic journey. The House Committee will also work hard to ensure that you stay in a house that is well run, where we respect values and are governed by them. Additionally, the university at large offers a lot of support to our students, academically, emotionally, mentally etc. Use these support structures as they are there for you and utilizing these structures can contribute to you ensuring your wellbeing on your university career.

Finally, as the facilitator of leadership of Huis Francie, we wish to welcome you and look forward to meeting you in January.

Yours Sincerely,
Dr Simthembile Xeketwana
asx@sun.ac.za

Faculty of Education, Curriculum Studies
Room 2002

GG Cilliers Building, c/o Ryneveld and Crozier Street,
Stellenbosch

Tel: 0218083935



Message from the Primaria

Dearest Francie Sister-to-be

You are about to step into the “weird and wonderful” world of varsity life. It is an exciting season full of firsts, but also an unpredictable and intimidating one at times. Suddenly academics is not the only thing on your plate anymore. Now budgeting, cooking for yourself and running several other “adulthood” errands become your responsibility - all while missing home! It is normal to maybe feel scared or overwhelmed as you start this chapter... most of us did (and honestly, many of us still do!)

But getting this far, already shows how committed and resilient you are.

Congratulations!

We at **Huis Francie** really look forward to welcoming you. We can't wait to get to know you and to grow alongside you this year.

Huis Francie is a special place. Yes, you may have heard of the Table Mountain balconies and the fact that we have a bunny as a mascot (Gertjieeee!). But once you get here, you will quickly come to realise that it is the people - and the privilege of sharing in this genuine **sisterhood** - that truly makes **Francie** a home. We may come from different places and backgrounds, but already we all have something in common: a love for people, reflected in the fact that we are all pursuing healthcare degrees. May you find your home in this **love**.

Huis Francie offers so many opportunities: opportunities to form part of exciting activities (like acapella!), opportunities to develop your leadership skills and also opportunities to form lifelong friendships (the **sisters** you never thought you needed!). Ultimately, it is up to you to utilise these opportunities and write **YOUR OWN Francie story**.

My wish for you for this journey ahead (inspired by Cheering You On - for KING & COUNTRY):

“I pray you'll be gracious in the fight of it
Humble at the height of it
Choose to love in spite of it all
And when you're questioning the why of it
Rise up in the light of it
We'll be by your side in it all
We'll be cheering you on”

Message from the Primaria

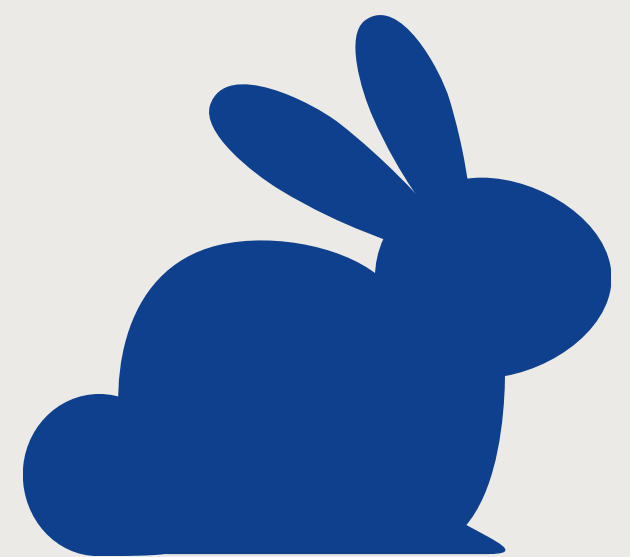
Time in **Francie** FLIES (trust me - one moment you are figuring out how to do your laundry, the next you are wondering how you are already almost halfway through your degree!).

So make the most of every moment. Cook a meal together and host “family dinners” with your fellow **Francie sisters**. Have that sunrise coffee on the balcony. Plan roomie dates. Build chats with the “strangers” whilst doing dishes. Take a late night plunge in the pool. Go on a walk with Ritzi (Dr Sim’s dog!). Make the occasional impulsive decision - the fun, legal kind.

It is in these seemingly small, unexpected moments where friendships and memories for a life time are made. And it is also these very moments that make the sometimes challenging academics, feel a little more bearable.

I am excited to see what each of your journeys hold

With love,
Elke du Plessis
Primaria



Message from the Head Mentor

Dear Incoming First-Year,

Welcome to **Huis Francie**: the home of heart, warmth, loud laughs, and people who show up for each other. From the moment you step inside, you're not just entering a residence; you're joining a community built on **integrity, dignity, and compassion**, which are the values we live out in the way we treat each other, uplift each other, and grow together.

Huis Francie is a place where shy "hellos" turn into late-night chats in the hallway, where strangers become family, and where each year brings its own stories, inside jokes, and unforgettable memories. You'll feel it in our communal spaces, our events, our traditions, and the way we celebrate one another loudly and proudly.

Your first year will be filled with transition and discovery, and it's normal to feel excited, nervous, or even a little overwhelmed. But here's the best part: you don't have to navigate any of it alone. Your Mentors, House Committee, and senior Francie residents are here to guide you, support you, encourage you, and remind you to breathe when things get busy.

In **Huis Francie**, we believe in showing up as your true self, trying new things, contributing to our community, and embracing growth. Whether you're joining a committee, attending events, exploring campus, or simply figuring out your rhythm, know that you belong here, fully and completely.

This is your fresh start to try new things, join committees, make mistakes, learn about yourself, find your people, and create the kind of memories you'll look back on and say, **"Wow... that was my home."**

We hope you come into this year with an open heart, a curious mind, and the confidence to take up space. Because in Francie, you belong from day one, truly, fully, and wholeheartedly.

We can't wait to meet you, welcome you, and walk this year with you. Here's to new beginnings, new connections, and a year full of possibility.

Welcome to your new home.
You're exactly where you're meant to be.
With love,
Nshele Davya
Head Mentor



Message from the Welcoming Leaders

Dear **Francie** sister,
Welcome to your new home!

We are Megan and Tiaasha, your Welcoming Leaders, and we are beyond excited to meet every single one of you. Coming to **Huis Francie**, you will not only be moving into a residence, but you will be joining a **family**. This is only the beginning of an unforgettable journey, and we feel honoured to be a part of this new chapter of your life!

Welcoming is truly one of the most vibrant and memorable aspects of this next chapter. We don't want to spoil all the surprises, but our excitement makes it hard to hold back! Welcoming will dip your toes into every niche we could think of. There will be opportunities in sports, athletics, music, acting, art, and more!

Stellenbosch University, Tygerberg Campus and, especially, **Huis Francie** has so much in store for you. Including socials, dances, campus concerts, art exhibitions, crochet competitions, hikes, cluster sports & culture, ice cream under the trees of Hippo Grass, and that unforgettable moment when the familiar face you pass in the corridor becomes your library partner – an experience that truly shifts your world.

You are going to make memories that form the foundation of your university life and build friendships that become the pillars supporting you through not just O-Week, but the rest of your time in **Francie**. And last, but certainly not least, you'll have a **Francie family** behind you - offering warm hugs, steady support, and shoulders to lean on whenever you need them.

The transition from high school to university can be overwhelming, but that's exactly why we're here! Along with a wonderful HC team, mentors, big sibs and our Welcoming Committee, we are here to help make this transition period as smooth, supportive and uplifting as possible. At times you will feel exhausted and exhilarated simultaneously, you will love activities you were initially sceptical of, and you will make friends with some of the most unexpected people. We are here for you through it all!

At **Huis Francie**, we hold our values in high regard. We live with **dignity, integrity and compassion**. Our house is a space where every sister is valued and loved. This is a place where we dream together, encourage each other and celebrate every win. No challenge feels too big when your **Francie sisters** have got your back!

Get excited to make unforgettable memories, meet incredible people and build a home away from home! Make the most of every single moment (because it really does go by fast), open your heart to new experiences, and exhaust your gallery with pictures!

With so much love and excitement,
Megan and Tiaasha



House Committee 2025/26



Elke du Plessis, Primaria
MBCHB 3

Fav quote: "What do you think success is?" asked the boy. "To love," said the mole.

~The Boy, the Mole, the Fox and the Horse (by Charlie Mackesy)

Fav Song: Laat Die Wind My Neem - Joshua na die reën



Cira de Wet, Vice-Primaria
Physiotherapy 3

Fav thing about Francie: Late night chocolate mousse debrief sessions with my girls.

Spirit animal: A miniature Highland cow



Nshele Davya, Head Mentor
MBCHB 3

Spirit animal: Elephant

Fav quote: The purpose of life is to experience it: all the highs and lows and the moments in between

House Committee 2025/26



Thandolwethu Dlamini
MBChB 3

Fav quote: People will not remember what you did, but rather how you made them feel - Maya Angelou

Spirit animal: A giraffe



Paseka Tshavalala
MBChB 3

Fav quote: "Love is Patient, Love is Kind"

Fav Song: More like Jesus - by one Voice Int music



Maxine Bosire
MBChB 3

Fav thing about Francie: the views from the balconies - chef's kiss!

Spirit animal: obviously a cat

House Committee 2025/26



Lizé Henning
MBChB 3

Fav song: Play that funky music - Wild Cherry

Spirit animal: A goose

Fav thing about Francie: Sokkies in the rec hall



Mashao Katlego Noeleen
MBChB 3

Fav quote: Oprah Winfrey- " You define your own life, don't let other people write your own script"

Fav Song: Remember-Asake



Tiaasha Naicker
MBChB 2

Fav thing about Francie: The dances, laughs in the corridor, the spirit, Gertjie... all of it really

Fav Song: Sundress A\$AP Rocky

House Committee 2025/26



Caitlin Brandt

MBChB 3

Fav quote: "to give someone a piece of your heart is worth more than all the wealth in the world"

Spirit animal: a duck because they're always floating gracefully through life.



Isabella Botha

MBChB 3

Fav quote: "Love is an action word. Strive to be the reason why people believe in beautiful souls kind hearts and good energy."

Fav Song: Donna by The Lumineers



Niané Engelbrecht

MBChB 2

Spirit animal: a border collie- energetic, loves going on runs and loves a good cuddle

Fav quote: "Die lewe is lekker, maar dan moet jy n lekker mens wees" - my dad

House Committee 2025/26



Megan Bosch
MBChB 3

Fav quote: The secret of joy is Christ in me - not me in a different set of circumstances.

Spirit animal: Definitely a fluffy Highland cow - gentle, warm and loves cuddles!



Ghieda Gerber
MBChB 3

Fav quote: I've begun to find God in everything, even the pitter patter of the rain reminds me of His heartbeat.

Fav thing about Francie: The people! The late-night conversations when no-one can keep their eyes open, but you just want to tell one more story.



Tia Westraadt
MBChB 3

Fav song: Burn the house down by AJR

Fav quote: Many are the plans in a person's heart but it is the Lord's purpose that prevails. Proverbs 19:21

Mentors 2025/26



Mentors 2025/26



House Song

Onder suider sterre by die see
In Tygerberg se kom
Staan Huis Francie 'n oase
Met spatsels groen en 'n brokkie
son

Yindlu egcwele umdla wokwenza
Apho amaphupha afezekayo
Apho sifunda ukuhlala kwaye
siphilele
Ukukhonza

Size sabelane kubuntu bethu
Forward ever – backward never
Refine like gold our hardships will
us mould

This place is our home
Where compassion we hone
With dignity and integrity
We build our Huis Francie

Sparks Songs

EINA KONYN

Eina konyn konyn konyn
My voete pyn konyn
konyn
Al is dit seer konyn
konyn
Ons doen dit weer konyn
konyn
Eina konyn ha ha
My voete pyn ha ha
Al is dit seer ha ha
Ons doen dit weer ha ha
(x2)

FRANCIE SISTERS

Hey Francie sisters
looking good today
What can I say?
Francie sisters look good
everyday
You're gonna lose if you
mess with the Francie
side
I'm gonna be a Francie
sister till the day I die.
(x2)

HOUSE OF MINE

Francie is the place for me
We're running wild
We're running free
The gees is all you need to
see
Jump high beloved Gertjie
So come Francie, this house
of mine
Today we join the legends
line!
Today we join the legends
line!
Francie! (x3)

What you need to know

pt. 1

ADMIN

Please remember to install and login to SNAPSCAN so that you will be able to pay for your welcoming pack. This pack will include Francie-merch. If you cannot pay this amount all at once or at all, please reach out to either one of us so that we can find a solution (You are welcome to pay in instalments as well). It is also helpful to have some cash available on person just in case there are any unforeseen expenses, and a bank is not immediately reachable. There is only an ABSA ATM on campus.

ADMIN

Please remember your ID card, registration forms and letters from Stellenbosch University associated with bursaries, as well as your acceptance letters with student numbers. Please bring enough copies of your important documents - preferably certified - so that you always have extras on hand when needed.

What you need to know

pt. 2

TO PACK

Remember to look through the list of suggested items on the following pages. You do not have to bring all of the items – only what you can and want inside your room.

Please keep in mind that you are sharing a room and space is limited. Additionally, there will be time later in the year to fill up your space.

CLOTHING

With regards to clothing we recommend bringing at least one outfit that can get dirty, as there might be a colourful activity happening. We also suggest comfortable, cool clothing.

We will be practicing (dancing) for our Venters production throughout the program and walking a lot. Stellenbosch gets extremely hot in the summer months, especially at the start of the year, but we will ensure that you are hydrated, fed and full of spirit!

What you need to know

pt. 3

WELCOMING - MOVE IN

The move in time is the 27th of January from 08:00 to 16:00. There will be either an HC- member, mentor or both at the entrance of Huis Francie throughout the day who will greet and show you where your room is. Please plan to arrive with adequate time to move in, unpack and move a fridge and any other items you may need (there are few opportunities for girls to unpack during 0-week).

THE START OF WELCOMING

After 16:00 on the 27th of January, we would like all the newcomers to be moved in and ready to start welcoming activities. At this time, the parents can join the parents meeting either online (link will be provided on the day) or in-person in our own rec hall.

WELCOMING - CONT.

There will be an in-person parents evening on the 27th of January at 16:00-16:30 in Francie's Rec hall. This is an opportunity for parents to ask us any questions so that we can clear up uncertainties and put their minds at ease. Please note that all newcomers will be following a tight schedule during the welcoming period, so we unfortunately cannot guarantee any free time for errands or visits by family members during the week. Sunday, 1 February, is a non-compulsory day. Newcomers can use the morning to reconnect with themselves and their families, however, they are needed to be back that evening for continuation of the welcoming program.

What you need to know

pt. 4

WELCOMING - CONT.

The university provides a shuttle service that departs every day from Tygerberg Campus to Tygervalley Mall, Parow Shopping Centre, Willowbridge Shopping Centre and other places in the surrounding area. The shuttles have a set schedule; more information can be found on the university's website, and we will show how the system works during welcoming. This shuttle service is completely free!

We would recommend that newcomers only make use of this service on their Sunday off and not during welcoming.

WELCOMING - FOOD

All meals from the 28th of January until the evening of the 7th of February (O-week), will be provided to the newcomers. This amount will be subtracted from their student accounts. On the 29th of January, there is the option to buy your own food in Stellenbosch or to book with the residence (the HC will handle the arrangements). We would strongly advise that food and snacks are purchased prior to moving in as welcoming is packed with lots of fun activities that will definitely give you an appetite. Please remember to fill in your dietary requirements on the roommate form.

WELCOMING -PRO TIP

Punctuality, friendliness, respect as well as our house values – dignity, integrity and compassion - are of the utmost importance. Your attitude and mindset towards the new experience, opportunities ahead and our welcoming program will shape the memories you create and how you enter this new chapter.

What to pack

(this is only a guide)

FOR ACADEMIC REGISTRATION (PLEASE BRING ALL REQUESTED DOCUMENTS).

- 4x ID photos
- 3x copies of matric results
- 2x copies of ID documentation
- SA citizen: ID or birth certificate (no passports or drivers license) 2x copies
- International students: passport and study permit 2x copies
- Dietetics and physio students: clinical visitation forms and medical reports
- Hepatitis B immunisation documents

ITEMS FOR WELCOMING PERIOD

- 1x black t-shirt and 1x white t-shirt clothes you can dance / move around in
- white old shirt for colour run
- comfortable and cool clothing (Stellenbosch summer can be quite hot)
- personal medicine (please notify us of any major allergies)
- swimwear and swimming towel sundress (or dress that is informal, this will be used at the dam, at socials etc.)
- active wear
- comfortable walking shoes
- sunblock, you will also buy a hat as part of the newcomer merch
- flip-flops to shower in
- water bottle (you can drink the res water, some people can be sensitive to this at first so you might want to buy bottled water)
- mosquito spray
- backpack
- strepsils, probiotics, rehydrate- we have a busy time ahead and want everyone to feel their best

Social Impact

- any stationery to donate

Culture

- any cultural attire to wear to culture events

THE KITCHENS AT RES

We have kitchenettes in each section. Each one has an oven, stovetop, microwave (a microwave cover is recommended), sink and hydroboil. The ground floor kitchen includes the same appliances and a few communal fridges. You may either use these fridges or buy your own fridge for your room. We advise you wait with buying a fridge before you arrive - you may want to share with your roommate.

YOUR ROOM

Each room comes with the following:

- 2x single beds
- 2x cupboards
- 2x desks and bookshelves
- 2x bins
- 2x power sockets
- 2x mirrors (1 full length and 1 smaller one)

Items which can help you feel more at home:

- Plugs (only plugs with SABS marked trip switch allowed for wall socket.) We recommend getting an extension cord as well as a multi-plug.
- Bedding (sheets, pillows and duvet are required for a single bed)
- Cutlery & crockery (cutlery - forks, knives and spoons, crockery- bowls, plates, mugs, cups and glasses)
- A plastic basin to wash dishes in
- Kitchen appliances (pots, pans, chopping boards etc.) Kettles are optional.
- Extra storage - space is limited in the rooms so we recommend plastic crates to keep under your bed.
- Hangers
- Laundry basket
- Fan is optional
- Desk lamp is optional
- Loadshedding light is always a good idea
- Toiletries
- Towels for bath and swim.

Frequently asked questions

Q: What is the bed size (is it single or 3/4)?

A: Single.

Q: Are we allowed to lock our cupboards?

A: Yes you can, there is a little bracket on the door you can use to put a lock on. You can also purchase a padlock from our Vice-Prim when you move into res after O-week if you wish to lock your door to your room as well. Keep in mind that you will have a roommate and this decision is one to make together.

Q: Does the residence provide any sort of transport for students who cannot drive or should the students arrange their own transport from external sources?

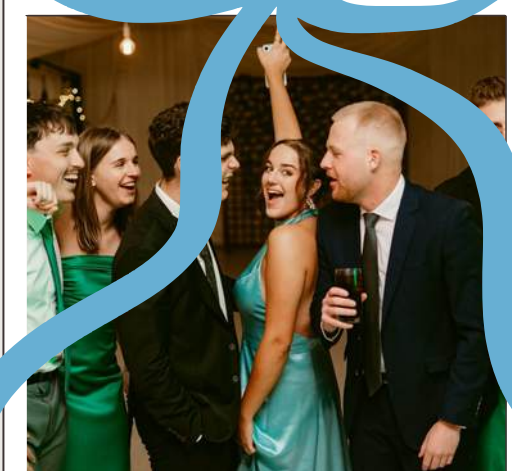
A: The university has a shuttle service that you can make use of. It can either take you to Parow mall or Tygervalley shopping centre. You can also carpool with fellow Francie residents. See the Whastapp community for the Francie Carpool group.

Q: Is it possible for a first year to have a car on campus and at residence? If so, how do we arrange for parking spaces and are there any costs involved?

A: Yes you may have a car. Parking allocations will happen after you all arrive so that you can be part of that, but you should register for parking first on your mysun website. But if you do not know how to, we will help you when you get here. A parking space does include an additional cost that will be subtracted from your student account.

Q: Is there any meal plan available or is the residence entirely self-catering?

A: In the TSS there is an OK Urban store where you can buy the meal of the day or other necessities. The meal of the day can be bought via your student account along with some selected items. Self-Catering is also an option that most Francie residents use as it is more convenient and easily accessible at any time depending on your schedule.



Frequently asked questions

Q: Will there be access to Wi-fi in the rooms?

A: Yes there is access to Wi-fi in all rooms of res.

Q: How high are the beds off of the ground? (will we be able to put a suitcase/containers under the beds)?

A: The beds are not that far from the floor ... I put my suitcase there which is about 30cm ... but the "skirting" of the bed (I think that is what is called) is only 25cm from the floor.

Q: Are there hanging lines to dry our clothes after we wash them, and are we able to wash our clothes on res?

A: Yes, here are washing lines, washing machines and dryers. If you do laundry quite often we would advise you to bring along a foldable drying rack as there is space in the laundry room and underneath the washing lines to use as the lines can get quite full. But you can also share one with your roommate or friend in res so wait until you are moved in to assess your situation.

Q: What does the stationery list look like for a healthcare student?

A: This depends on your learning style and how you work but there is nothing set and this goes for all degree programs. Whether it is paper and pens and/or digital, bring it with you so that you are ready when classes start. Your style might change throughout your year until you have found what works best for you.



Q: Do we need to bring any cultural attire?

A: YES! We encourage you to bring your attire for any upcoming culture events. Come represent your heritage!

Q: How much will the welcoming merch cost?

A: For 2 shirts, a string bag and cap, it will be R425, to be paid upon arrival at Francie.

Q: Do we only find out who our roommates are on move-in day?

A: Yes

Q: Are parents allowed during welcoming?

A: There are certain events that parents are allowed at – we will confirm this or check the university programme for their schedule – this will include events that are for parents

Q: Can we make use of delivery services?

A: Yes, but we would prefer if you not make use of these services during welcoming as we cannot guarantee that you will be at res to pick up the delivery.

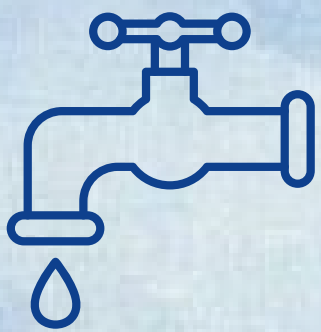


Sustainability at Francie

How to reduce your carbon footprint and join the Net Zero Carbon journey

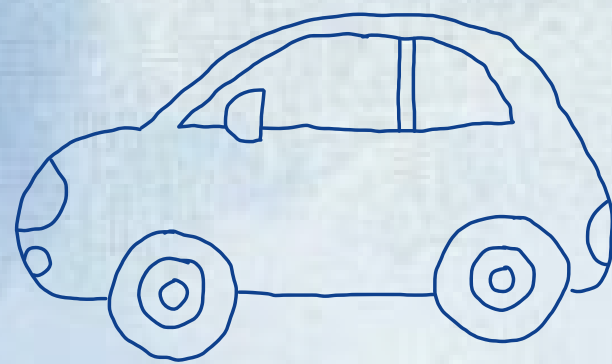
Water

- Water restrictions still apply.
- Use only 80 L /person/day.
- Shower 3 -5 min.
- Use eco-friendly personal products.
- No rinsing or washing with running water



Transport

- Everything is within easy walking distance on campus.
- Walk or cycle instead of driving.
- Hire a Matie bike.
- Share rides or use shuttles.



Energy

- Use LED lamps only.
- Limit fridge use to one 150 L bar fridge per room.
- Airdry clothes when possible.
- Turn off lights & unplug devices when not in use.
- Use A++ energy efficient appliances (low wattage).



Waste

- SU has a zero waste to landfill goal.
- Buy less items that must be thrown away.
- Bring reusable bags, cups, bottles and containers - no single use items.
- Compost food scraps & sort recyclables properly.
- No wet items in the recycling bin.



Get involved

*Join your community Green/
Sustainability Com.*

Follow: @su.environmental.sust

Tips, Tricks & Treats

Fun things to do in Cape Town/ Stellenbosch

- Oranjezicht Farmers

market on a Saturday and Sunday in Sea Point

- Candor market in Cape Town

- Dorp Street Market on Sunday in Stellenbosch

- Swim in Camps Bay Tidal pool

- Watch a sunset/sunrise on Signal Hill

- Hike Lionshead

- Grandwest for bowling/ice skating/laser tag

- Download the app Djol to see food/ drink specials in Stellenbosch and Bellville area

- Kirstenbosch Botanical Gardens (remember student card for student discount)

- Galileo open air cinema (buy ticket on their website)

- Shows at Artscape or Camps Bay theatre

- Coffee shops in Cape Town

- Shopping at V&A Waterfront

- Kayaking at Hout Bay

- JC Le Roux champagne tasting

- Labia Theatre (student card for discount)(daily specials with nearby restaurants)

- Eat mochi at Mochi Mochi

- The Pottery in Stellies :)

- Picnic at Majic Forest

- Two Oceans Aquarium

- Clay Cafe in Camps/Hout Bay

Cute places to eat or drink in Stellies

- 4Tea - such yummy tea!

- Java Bistro - great for a budget

- Kristen's Kickass Ice-Cream (an HC Fav)

- Postcard Cafe

- Go to the Neelsie - lots of food on COB

- Join the Francie carpool group for rides with people!

FREE THINGS YOU CAN DO ON YOUR BIRTHDAY IN CAPE TOWN

(<https://www.capetown.travel/freebirthday-treats-in-cape-town/>)

- Free slice of cake at Mugg&Bean

(have to have the M&B rewards app)

- Go up Table Mountain via cable car for free during birthday MONTH

- Get into the Aquarium & Zeitz Mocaa for free

- Get a free donut at Krispy Kreme (just download the app first)

Halaal restaurants near Tygerberg

- La infernos - plattekloof

- Nuri Sushi - NI city

- Izzy burger - Goodwood

- KO burgers - NI city

- Talha Takeaways - Cravenby

- Mochachos - Tygervalley mall

- Mariams Kitchen - NI city

- Shawarma House - Belville

- Nandos - Voortrekker Road, Parow

Places to order ready meals or get a meal subscription service

(they vary in prices and food vibes, check them out)

- chefs box - <https://chefsbox.co.za>

- dinnerbox - <https://www.dinnerbox.co.za/>

- gvr prep - <https://gvrprep.co.za/>

- fit foodz (for gym, no veggie options) - <https://fitfoodz.com/>

- ucook - individual meals and meal kits - <https://www.ucook.co.za/>

- Join the Francie Marketplace group chat too!

How to get discounts

- Download Djol

- Download and sign up for Varsity Vibe

- Get Magic Stamp for a loyalty card at 4Tea (so great! so many free teas)

- Download Refreshi

NB: Safety Info



EMERGENCY CONTACTS ON CAMPUS AND HOW THEY WORK:

- Campus security/Stellenbosch
0800 02 58 27
- Campus security/Tygerberg
0800 00 67 67
- ER24 emergency medical service
010 205 3032
- Campus health (works weekdays
from 9:00 to 16:00) 021 938 9590
- Mediclinic Panorama Hospital
086 136 6366
- Public clinic close to campus:
Parrow CDC 021 810 8130

CAR BROKEN DOWN

IN THE MIDDLE OF NOWHERE?

Any car problems and don't know
who to reach out for help?

Chaerin's dad is a mechanic

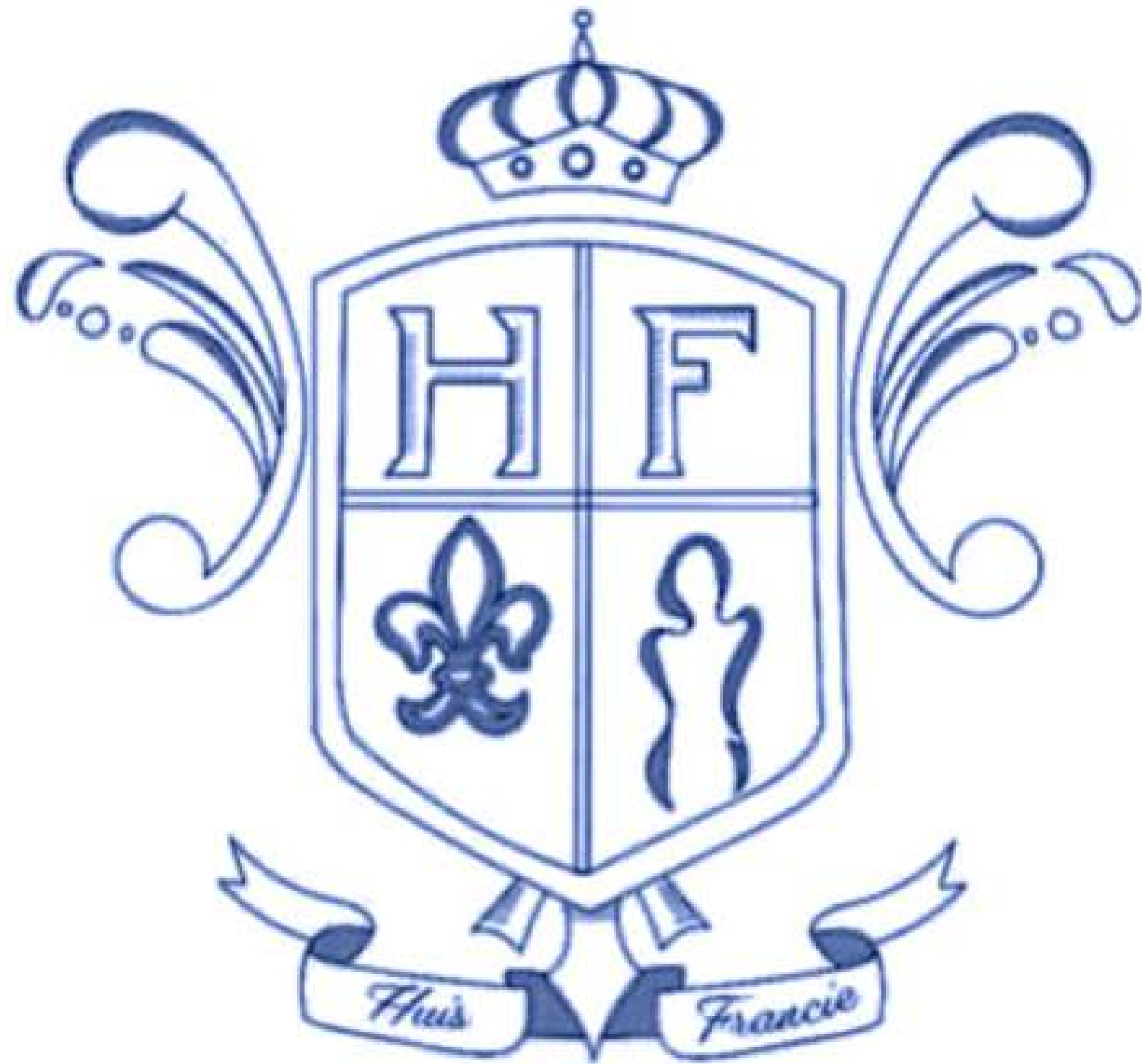
5 minutes away from Francie!

Save these numbers and share to
your friends!

Thomas's number: 061 678 6590

Business landline: 021 911 2522

(This is off campus and private)



Huis Francie van Zijl

dignity | integrity | compassion

Contact details

Huis Francie van Zijl
Francie van Zijl Drive

Parow, 7500

PO Box 241

Cape Town, 8000

🌐 www.huisfrancie.wixsite.com.hfvz1

📘 Huis Francie van Zijl

✉ @huisfrancie

📺 Huis Francie van Zijl

📷 @huisfrancie_