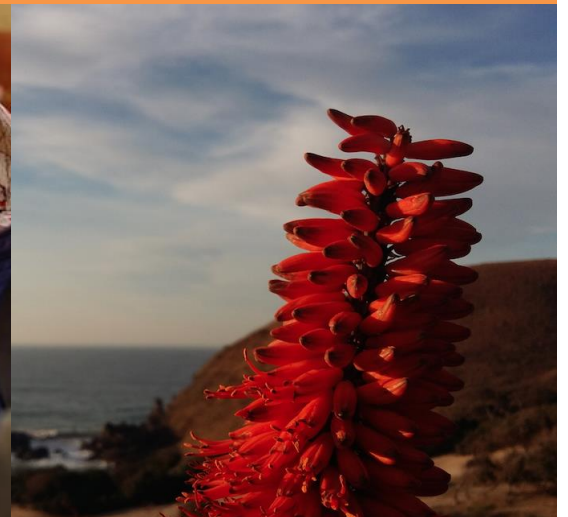




# ZITHULELE GUIDE



# WAMKELEKILE - WELCOME

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# LOCATION



## Where on earth is Zithulele?

Zithulele is a small village situated in the Eastern Cape province of South Africa. It is 90km and 1.5 hours' drive from the nearest major town, Mthatha.

The village has grown around Zithulele Mission Hospital.

## Getting here

You can drive, take a bus, catch a taxi or fly – read below for more details on each option.



### Flights into the Eastern Cape

- △ Fly into Johannesburg or to Cape Town if you are coming from abroad.
- △ Fly from Johannesburg or Cape Town to East London or Mthatha.
- △ Flights to East London, specifically on the airline, Safair, are generally the cheapest.



### Stopovers

- △ Depending on the times of your flights and buses, you may need to spend a night in East London or Mthatha.
- △ Sugar Shack Backpackers ([www.sugarshack.co.za](http://www.sugarshack.co.za)) in East London can help you organize an airport shuttle and a Coffee Shack Shuttle from Mthatha to Kwaaiman.
- △ Try to organize your flights so that you don't need to spend a night in Mthatha unnecessarily. If you do however, here are a few options as your plan B:
  - ↳ La Maison: +27 (0)83 301 2677; [charlet@telkomsa.net](mailto:charlet@telkomsa.net)
  - ↳ The White House: +27 (0)47 5370850; [whitehouse@intekom.co.za](mailto:whitehouse@intekom.co.za)
  - ↳ Ultra City Travel Inn: +27 (0)47 5320771





### Getting to Mthatha (by bus)

- △ If you chose to fly from Johannesburg or Cape Town to East London, you will need to travel to Mthatha by bus.
- △ You can also do longer journeys by bus from around South Africa.
- △ Here are a few reliable bus companies; you can view their prices and timetables on their websites: [www.greyhound.co.za](http://www.greyhound.co.za), [www.bazbus.com](http://www.bazbus.com), [www.intercape.co.za](http://www.intercape.co.za), [www.translux.co.za](http://www.translux.co.za).
- △ Make sure that you book your bus ticket to arrive at the **Mthatha Shell Ultra City Petrol Station** and not the centre of Mthatha.



### Getting from Mthatha to Zithulele (by shuttle or minibus taxi)

- △ On the Coffee Shack Shuttle, ask to be dropped off at the Kwaaiman T-junction and not Coffee Bay, and travel by minibus taxi from Kwaaiman to Zithulele.  
Book the shuttle in advance: +27 (0)47 575 2048;  
happydays@coffeeshack.co.za.
- △ Alternatively, catch a minibus taxi from Mthatha to Mqanduli, and another from Mqanduli to Zithulele.
- △ Always ask the driver where exactly the minibus taxi is going.
- △ Minibus taxis do not operate after dark and are scarce on Sundays.

#### Estimated minibus taxi fares

Mthatha Shell Ultra City	⇒	Mqanduli	<b>R30,00</b>
Mqanduli	⇒	Zithulele	<b>R40,00</b>
Mqanduli	⇒	Kwaaiman T-Junction	<b>R32,00</b>
Kwaaiman T-Junction	⇒	Zithulele	<b>R28,00</b>



### Getting from Mthatha to Zithulele (alternative, private transport)

- △ If traveling by minibus taxi feels too overwhelming, or if you would prefer to travel on private transport, contact Siza: +27 (0)61 412 5677.



### Car hire

#### **\*Make sure that you have a valid driver's/international license.**

- △ This is definitely the most expensive option, but also the most convenient. You can hire a car at East London and Mthatha airport. This would be the safest option if you are travelling after dark. We do not recommend hitchhiking a lift when minibus taxis are not operating.
- △ Take care on the roads. Domestic farm animals are common on roads between East London, Mthatha and Zithulele. All roads between Mthatha, Zithulele and Coffee Bay are tarred, however they have many potholes.

# ACCOMMODATION

## SHORT TERM OPTIONS (1 – 6 months)

Accommodation in Zithulele is very limited. Please make sure that you organize this far in advance. You may have to stay in more than one type of accommodation during your time in Zithulele. We really appreciate your flexibility.

### JABULANI STUDENT HOUSE

*Estimated cost: R45 per night (+R350 deposit)*

- △ This communal house ('digs') is right in the Zithulele Village centre near the Axiom offices.
- △ **Number of people:** 8 people maximum – there are four twin rooms.
- △ **Food:** This is a self-catering house with one fully equipped kitchen.
- △ **Electricity:** This house has electricity.
- △ **Drinking water:** There is running water which you can drink from the tap.
- △ **Bathing:** There are two bathrooms with running hot water.
- △ **Ablution:** There are flushing toilets in the bathrooms.
- △ For more info contact Jabulani: [jenny@jabulanifoundation.org](mailto:jenny@jabulanifoundation.org).



Student House



Kitchen and Communal Area

## INDIVIDUAL HOMESTAYS

- △ Various families around Zithulele have made their homes available for visitors. These are mostly very rustic and need to be organized on a case-by-case basis.

### KwaNomkitha

*Estimated cost: R1000 per month for one person*

- △ Nomkitha and her family's home is a 20-minute walk from the Axiom offices.
- △ **Number of people:** 1 person maximum
- △ **Food:** Included – the family will provide three meals a day.
- △ **Electricity:** There is no electricity here. You will be given a paraffin lamp for light.
- △ **Drinking water:** There is no running water. Depending on availability of rainwater, drinking water may be provided (or it can be bought at the red Zithulele Store).
- △ **Bathing:** You will have a bucket in which to wash. At night or upon request, hot water for washing will be provided.
- △ **Ablution:** Two maintained long-drop toilets are available on the homestead.



The homestead



The homestay room

## MBOLOMPO HOMESTAY

*Estimated cost: R120 per night for one person; costs for long-term stays are negotiable.*

- △ These rondavels are best for groups as they are situated outside of Zithulele. The commute is a 45-minute walk or 15-minute drive on a 4X4 dirt road.
- △ This is a valuable opportunity to get a taste of rural living in the Eastern Cape. There are clean compost toilets, rainwater for drinking and washing and no electricity. You will have a chance to taste traditional meals cooked by the host family.
- △ **Number of people:** Rondavels sleep 6-8 people.
- △ **Food:** Meals not included – available from the family at extra cost.
- △ **Bathing:** There are two rainwater showers available for washing.
- △ **Ablution:** There are clean compost toilets on the homestead.



# LIVING LOGISTICS

Coming into a new environment can be scary – especially without knowing anyone. But, feel at ease! Zithulele is filled with lovely people who would be more than willing to show you around and help you settle in.

## 💧 Laundry

Communal washing machines and dryers are available in 'The Plaza' complex. Coupons are sold in the hospital's Old Matron's office. Washing machines often tend to be out of order. You will likely need to do some handwashing.

## ♻️ Recycling

Drop off paper, glass, tins and plastic into the designated bins in The Plaza or directly at the 'Recycling Centre' next to the Philani Training Centre.

Please do not leave these recycling items in your accommodation when you leave Zithulele.

## 🗑️ Irredeemable crud

Many homes create compost, avoiding throwing away organic waste. Non-recyclable waste bins can be taken to the recycling centre and thrown on the refuse side.

## 💻 Connectivity – signal and Wi-Fi

There is mobile reception on all South African networks in Zithulele, however you will find the signal to be less reliable than in cities.

Zithulele has an open Wi-Fi network, Zenzeleni, in the village centre to which anyone can connect. Affordable vouchers (R30 for unlimited data for 30 days) are available at the red Zithulele Store.

It may be worthwhile for long-term volunteers staying outside the Zenzeleni network range to use a dongle and buy bulk mobile data bundle. Otherwise, use your mobile phone as a Wi-Fi hotspot.

Buying data for SA networks using an overseas internet banking account is not possible. You can buy data from local stores. Alternatively, pay a local friend cash for recharging your mobile data.

We kindly ask while you volunteer for Axiom Education (or any other Zithulele NPO's) and are using the organisation's data, that you keep your mobile, tablet or laptop **off** 'automatic updates'. Our data is, oh, so precious!



# SHOPPING

**It is advised that you try to bring enough food for the first few days of your stay. You can shop along the way in East London, Mthatha or Mqanduli. Alternatively, you can rely on the red 'Zithulele Store' for when supplies run low.**

Besides the slightly pricier convenient stores and local restaurants in Zithulele, the closest shop, 'Ngcwanguba Store', is a 40-minute drive away. Most foods, household items, toiletries, stationery and hardware supplies are available here.

Ngcwanguba Store also has a liquor store, (basic) bakery, as well as paraffin, gas, diesel and petrol filling facilities.

There is an FNB ATM at the Zithulele Store. There are also ATMs at Ngcwanguba for all South African banks. The closest bank branches are in Mqanduli; there are ABSA, Capitec and Nedbank branches here; for all other South African banks, you will have to travel to Mthatha.

The nearest post office is in Mqanduli. If you're going to be here for a year and want to make use of this (somewhat unreliable and slow) postal service, we recommend opening or sharing a PO Box.



# VILLAGE ACTIVITIES

## Ultimate Frisbee

Join in on the Frisbee days – Mondays, Wednesdays and Fridays – at 17:30 at 'The Plaza' tennis court. Sometimes, Frisbee moves to the beach for a game on weekend mornings.

## Netball

Tuesdays and Thursdays are Netball days! Join in at 17:30 at 'The Plaza' tennis court.

## Park Run

Zithuleleans of all ages (children included) meet outside 'The Plaza' accommodation complex on Tuesday evenings at 17:15 for a 5km walk, run or jog. These 'park runs' are timed for the community's serious competitors.

## Football

On most afternoons, there is a football match happening somewhere in the village – often either at Seaview School or on the Cosmos field on the seaside of the hospital. Visitors are welcomed – be prepared for a tough game!



## Gym

There is a small gym facility available at 'The Plaza'. There is a small monthly fee charged for equipment usage.

## Fitness Training

From Monday to Thursday, a doctor and a nurse run a fitness training class at the hospital at about 17:30. This open to all.



## Lubanzi Cliffs

The Lubanzi cliffs are a beautiful place to enjoy a sunrise or sunset, overlooking Lubanzi beach. You can get there on a run, walk or drive to the end of the tar road, continuing onto the 4x4 dirt road. Ask someone in Zithulele for help with directions.

## Supper at Wild Lubanzi Backpackers

Walk or drive down to Lubanzi Backpackers and enjoy a drink or an even meal (note that these need to be booked in advance (+27 (0)78 530 8997). See [www.wildlubanzi.co.za](http://www.wildlubanzi.co.za) for more information.

## Church

A friendly group of interdenominational Christians meet on Sunday afternoons at 16:30. This informal and experimental meeting is open to anyone and can be found in either the Community Centre or Philani Training Centre.

## Cell Groups

There are a few open and informal Christian cell groups that meet throughout the week. All are welcome!

## Socializing

Being a small rural community where everyone lives within walking distance of each other, Zithulele is an extremely social, friendly and hospitable community. You will easily be able to keep yourself busy in the evenings with braai's (a South African barbeque), dinners, coffee visits, movie nights etc. The community experience will be what you make of it - get involved!

# WILD COAST ESCAPES

**Walking around Zithulele and exploring the pristine coastline is a wonderful weekend-refresher. If you are itching to explore a bit further here are a few suggestions:**

Wild Lubanzi Backpackers  
[www.wildlubanzi.co.za](http://www.wildlubanzi.co.za)

Coffee Shack  
Backpackers  
[www.coffeeshack.co.za](http://www.coffeeshack.co.za)

Sugar Loaf  
Backpackers  
[sugarloafbackpackers.com](http://sugarloafbackpackers.com)

Friends Café &  
Backpackers  
[www.friends-coffeebayza.tk](http://www.friends-coffeebayza.tk)

Papazela's Pizza  
078 388 6467  
*Only open for supper. Phone to check if they are open.*

Ocean View Hotel  
[www.oceanview.co.za](http://www.oceanview.co.za)

Mdumbi  
[www.mdumbi.co.za](http://www.mdumbi.co.za)

Bulungula  
[www.bulungula.com](http://www.bulungula.com)

Hole in the Wall Hotel  
[www.holeinthewall.co.za](http://www.holeinthewall.co.za)  
*Ask a few friendly faces in Zithulele about other cottages and homes you can rent at Hole in The Wall.*

Hluleka Nature Reserve  
[www.visiteasterncape.co.za](http://www.visiteasterncape.co.za)

Buccaneers Backpackers,  
Cintsa  
[www.cintsa.com](http://www.cintsa.com)

Morgan Bay  
[www.morganbay.co.za](http://www.morganbay.co.za)

Haga-haga  
[www.hagahagahotel.co.za](http://www.hagahagahotel.co.za)

Amapondo Backpackers  
[www.amapondo.co.za](http://www.amapondo.co.za)

Sugar Shack  
[www.sugarshack.co.za](http://www.sugarshack.co.za)



# A BRIEF HISTORY

## Transkei Homeland

Zithulele is situated in a region of the Eastern Cape formally known as the Transkei homeland during Apartheid. Due to South Africa's political history, the area suffers from a lack of basic infrastructure and is classified as one of the poorest rural areas of South Africa.

There are very few employment opportunities, so many people rely on social grant money from the government or they leave the area to seek employment in urban areas. If you are interested in learning more about South Africa or this area specifically, visit [www.wazimap.co.za/profiles/ward-21201018](http://www.wazimap.co.za/profiles/ward-21201018).

While there are many challenges here, the area is also a hub for pioneering healthcare and education initiatives, creating opportunity and developing the community.

## Zithulele Village

Over the years, Zithulele Village has developed around 'Zithulele Mission Hospital' which was founded by the Dutch Reformed Church in 1956. In 1976, during Apartheid the church handed the hospital over to the government of the Transkei. Today, in the context of South Africa's young democracy, the hospital is run by the Department of Health of the Eastern Cape.

The hospital serves about 130 000 people, with four main areas of treatment: HIV/AIDS, Tuberculosis, maternity and child health. When the current senior doctors arrived with long term plans for transforming the hospital into a centre of excellence in rural health care in 2005, they were the only clinical staff. Today the hospital has a thriving and effective multi-disciplinary team, consisting of doctors, occupational therapists, physiotherapists, pharmacists, a social worker, dentist, radiographer, speech therapist and audiologist.

# NON-PROFIT ORGANISATIONS

**Zithulele Hospital has paved the way for other organisations in Zithulele. Here are a few that strive to address various other issues:**

## **Axium Education**

[www.axiumeducation.org](http://www.axiumeducation.org)

## **Jabulani Rural Health Foundation**

This organisation supports the hospital by focusing on ARV treatment of HIV/AIDS, employing hospital translators, managing accommodation, managing Zithulele pre-school and offering support to people living with physical and mental disabilities.

[www.jabulanifoundation.org](http://www.jabulanifoundation.org)

## **Philani**

Philani focuses on basic nutrition, education and health. Philani's Mentor Mothers programme aims to support women in the community and empowers them to support others.

[www.philani.org.za](http://www.philani.org.za)

## **Donald Woods Foundation**

The Donald Woods Foundation works in conjunction with the Eastern Cape Department of Health in HIV prevention and treatment.

[www.donaldwoodsfoundation.org](http://www.donaldwoodsfoundation.org)

## **Grace Vision (Mercy Ships)**

Grace Vision is a land-based operation addressing blindness and vision impairments in the community.

[www.mercyships.org.za](http://www.mercyships.org.za)

## **Sihamba Sonke**

This is an organisation mentoring young men, providing and teaching tertiary education solutions, computer literacy, as well as character and skills development programmes.

[www.sihambasonke.org](http://www.sihambasonke.org)

## **Zithulele Research**

Zithulele Research focuses on using the unique collection of students and professionals in medicine, education and community development to conduct research in the area.

[www.zithuleleresearch.org](http://www.zithuleleresearch.org)

**Visit [www.zithulele.org](http://www.zithulele.org) for more information**

# XHOSA WORDS & PHRASES

The local language is isiXhosa. Here is some useful vocabulary you may want to begin to learn before your arrival.

## Xhosa sounds

A	as in "ah"	abantu (people)
E	as in "egg"	ileta (letter)
I	as in "ink"	intombi (girl)
O	as in "or"	isonka (bread)
U	as in "oops"	umntu (person)

## The 3 clicks

C	a 'tut-tut-tut' sound	cela (ask)
Q	pushing your tongue up against your pallet	iqanda (egg)
X	like imitating the trotting of a horse	ixesha (time)

## Greetings (singular)

Hello, brother/sister	Molo, bhuti/sisi
How's it?	Kunjani?
I'm well, how's it?	Ndiphilile, kunjani?
I'm well, thank you	Ndiphilile, enkosi
You still well?	Usaphiila?
I'm still well	Ndisaphiila
How are you?	Unjani wena?
Go well	Hamba kakuhle
Stay well	Sala kakuhle

## Greetings (plural)

Hello, everyone	Molweni, nonke
Hello, sir/ma'am	Molo, mnumzana/nkosikazi
Go well	Hambani kakuhle
Stay well	Salani kakuhle

## Names

What is your name?	Ngubani igama lakho?
My name is John	Igama lam NguJohn
What is your surname?	Ngubani ifani yakho?
My surname is Smith	Ifani yam NguSmith

## Conversations & questions

I speak a little Xhosa	Ndisithetha kancinci isiXhosa
I don't know	Andiyazi
No, I don't understand	Hayi, andiqondi
It's not here/There isn't any	Ayikho
I'm still learning	Ndisasifunda
What is this in Xhosa?	Yintoni le ngesiXhosa?
Do you have children?	Unabo abantwana?
Are you married?	Utshatile (na)?
What do you do at work?	Wenza ntoni emsebenzini?
How much is it?	Yimalini?
What's the time?	Ngubani ixesha?
Where is Emily?	Uphi uEmily?
Where is *place*?	Iphi i-*place*?
How many?	Bangaphi?
What can I do for you?	Ndingakwenzela ntoni?
How old are you?	Unangaphi?
Where do you stay?	Uhlala phi?
Where do you come from?	Uvela phi?
Where are you going?	Uya phi?

## Extra vocabulary

one	nye	Sunday	iCawa
two	bini	Monday	uMvulo
three	thathu	Tuesday	uLwesibini
four	ne	Wednesday	uLweithathu
five	hlanu	Thursday	uLwesine
ten	lishumi	Friday	uLweshlanu
one hundred	likhulu	Saturday	uMgqibe
yes	ewe	open	vula
no	hayi	close	vala
back	emva	push	thyala
front	phambili	pull	tsala
up	phezulu	big	-nkulu
down	phantsi	small	-ncinane
left	ekhohlo	good	-hle
right	ekunene	bad	-bi



inside	phakathi	fix	lungisa
outside	phandle	happy	-onwabile
pick up	chola	sad	-lusizi
put down	beka	hot	shushu
broken	-aphukile	cold	banda
ask	cela/buza	hot	shushu
baby	usana	how	njani
believe	ukukholwa	hungry	ndilambile
bless	sikelela	lady	inkosazana
boy	inkwenkwe	lady (married)	inkosikazi
book	incwadi	learn/read	funda
bread	isonka	leave	yeka
brother	ubhuti	light	isibane
bring	zisa	live	hlala
bum	tsha	man	indoda
carry	phatha	man (young)	umfana
child	umntwana	man (respected)	umnumzana
children	abantwana	marry	ukutshato
coffee	ikofu	meat	inyama
cold	kuyubanda	men	amadoda
cook	pheka	milk	ubisi
count	bala	mine	umgodi
country	ilizwe	money	imali
drink	sela	mother	umama
doctor	igqirha	go	hamba
dog	inja	take	thatha
eat	tya	Teacher	itishala
egg	iqanda	Thank you	enkosi
everyone	nonke	I am tired	ndidiniwe
family	usapho	name	igama
father	utata	no	hayi
food	ukutya	noise (to make)	ngxola
finish	gqiba	now	ngxoku
friend	mhlobo	parents	abazali
gift	isipho	pack	pakisha
girl	intombi	pay	hlawula
tomorrow	ngomso	pen	usiba
today	namhlanje	person	umntu
God	nkosi	people	abantu
grandmother	umakhlulu	phone	ifowuni
grandfather	utatomkhulu	play	dlala
hands	isandla	please	nceda
help	uncedo	pull	tsala
hello (singular)	molo	put in	faka
hello (plural)	molweni	put down	beka phantsi
house	ikaya/indlu	road	indlela

sell  
shop  
sister  
sit  
smoke  
snake

thenga  
ivenkile  
sisi  
hlala  
tshaya  
inyoka

sorry  
speak  
stay  
straight  
stop

uxolo  
thetha  
sala  
ngqo  
yima

