

## Societal and Cross-Cultural Reflections

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1. Everyone is incredibly friendly, it is important to take the time to greet them and talk!
  - a. One of the first things that I noticed once coming to South Africa is how kind and opening everyone is to one another. Whether that be when you walk into a store or a café, the owner will always take the time to greet you and spark a conversation about how your day is going. When I went to a matcha place in Sea point, Nice to Matcha, I had a lovely conversation with the owner. We talked about everything, from how his business is going to his time in the states. This culture of friendliness made me feel so welcome in this new country. I find this different than my experience in the states, especially in bigger cities everything feels more rushed. I think it is important to embrace the willingness to talk to strangers.
2. SANCCOB is a very fast-paced work environment and a demanding job
  - a. When first arriving at my internship at SANCCOB, I was not quite expecting how fast paced my internship is. I was more prepared for a balance of learning and shadowing veterinarians, while also handling the birds. When preparing food or medication, feeding and tubing birds, or cleaning, the pace never slows down. There is always a flow of constant movement. There are many tasks and responsibilities needed to complete each day, it leads to ten-hour work days for five to six days a week. It shows to me that this internship relies on the fact that every minute counts in rehabilitation of the seabirds. I have learned that this internship had been demanding, but just as equally fulfilling.
3. Creating a weekly budget for yourself is essential
  - a. Compared to United States costs, Cape Town is significantly more affordable. Everything from transportation, food, or activities cost less. However, after the first few weeks of being here, I noticed that all those small costs of eating out and buying small souvenirs were quickly adding up. I now have created a weekly amount that I prefer to spend. This allows me to budget for those expenses without spending too much. It also allows me to plan for saving for excursions.
4. Uber is the safest way for tourists to travel
  - a. Before arriving, I had been told that public transport wasn't necessarily the safest option for travelers. However, my program advised to me that travelling by Uber was the safest and most reliable option for foreigners. I Uber to my internship at SANCCOB every morning and have had many polite and welcoming drivers that get us to our destinations safely. Additionally, especially compared to U.S. prices. Ubers are fairly affordable. Plus, it makes it safe to travel in groups or even alone.
5. Don't be afraid to try new foods. Cape Town has amazing food with so many different cuisines.

- a. Cape Town is full of an abundance of cuisines and cultures. I have had the best food I have ever eaten here. Some of my favorites have been Ganesh Thai food and Ethiopian food at Timbuktu Café. Cape Town is also known for its delicious fresh seafood. The variety of foods really shows the mix of cultures Cape Town has to offer. One of my favorite things about living here has been trying all the new cuisines. I think it is important to step outside of your comfort zone and try everything.