

VESTA PSO WELCOMING LETTER

Welcome-Welkom-Wamkelekile



Xander Venter

Primarius BA International Studies III 072 379 5324 / 21612390@sun.ac.za

I want to heartily welcome each and everyone one of you into Vesta PSO and Stellenbosch University! My name is Xander Venter and I am honored to be your Primarius during your first year in 2020. In 2020 I will be in my third year of BA International Studies, and what a time it has been so far!

You will be joining a vibrant, inclusive and upbuilding community known as Vesta PSO, where each of your fellow brothers will help you to realize your dreams, help you through the tough times that lies ahead and help you to make the most of your time at Stellenbosch.

On the first day you will receive a mentor. This mentor will be a personal, faculty-based assistant who will help with your transition between school and university. They will help you live a balanced life. And so, your time has come to join our house and

help us build it as our predecessors did. I look forward to meeting you in person and to share manymemories together.

Just so you know, the welcoming period is the best periodof your life at Stellenbosch, so enjoy every moment and remember to take abreath and take in the feeling. I extend my hand to take you with on this breathtaking journey; you will find a wealth of

opportunity – and Vesta will be here to connect you with these in order to help you develop yourself.

Regards – Xander Venter



Brandon Wijtenburg

Vice-Primarius BAccounting III 083 616 6288 / 21818355@sun.ac.za

Your whole life you will be faced with various transitions and similarly adaptations to those transitions. I would like to welcome you to a more notable transition you will experience within the coming year(s). All transitions entail both trials and tribulations but above all lead to the creation of greater individuals because of it. We are extremely excited to be a helping hand, more so actually a community, whereby we will enjoy the hard times and the good times together in unison.

We, Vesta, are a community and as such ,just as we have an important role to play in your life ,similarly you have a very important role to play in the 'life' of Vesta too. I would like to give maybe a few suggestions as you enter this transition which I think are important:

1) You now have a clean slate from high school and as such you really can choose which foot to put forward first (make it the best foot!).

2) Make a real effort to find people who are better than you as soon as you can, you will almost definitely drift in the direction of the average of your friend base.

3) Stick with Vesta, we will be there indefinitely.

Further we will create a strong base for your future university career. And just to end off our first interaction, it won't be

our last, just as Siya Kolisi raised the trophy recently signifying the strength of a team acting in unison, we too acting as Vesta, with your help are #StrongerTogether.

All the best,

Brandon Wijtenburg



Meet the House Committee 2020

On behalf of Vesta PSO the House Committee (HK/HC) warmly welcomes you into our Community! We are incredibly excited to be meeting every one of you as you eclipse your high school career and prepared for your time at Maties. We hope your coming to Vesta and SU is filled with excitement, questions and a keen mind; rest assured that we as the HK will ensure you will be fully equipped to deal to all the aspects that come with University life.

Having been Newcomers ourselves we understand what you are feeling right now – It is going to be an incredible time both for you and us as we welcome you all into Vesta, a community of brothers that build each other up, has a lot of fun together but more importantly that grows together. With a head held up high, shoulders back and an open mind we will guide you through University and help you

develop yourself in ways you never thought possible!



Robert Searle Finance Manager, Food, Maintenance HK BAccounting III 082 547 0848

Dear Newcomers My name is Robert Searle and I am the Financial Manager of Vesta PSO. I will be in my third year of studying BAcc in 2020. I am so looking forward to meeting you in the new year. I hope you are excited about starting this new and exciting chapter in your lives. I want to encourage you make the most of every opportunity that comes your way. University is a great place to meet awesome people, learn a lot and develop as a person. I hope that you have as good of a time in Vesta PSO as I have. Have a great holiday and I will see you in the new year.



Hadia White Social Media/ Marketing HK, Secretary General BSc Hons Biokinetics 076 013 9886 | 20087403@sun.ac.za

Dear future Vestonians... Much like you i am also new to Vesta, but I cannot wait to tread the road ahead with you. i hope you are all excited to experience everything that vesta has to offer you and that you grant us the opportunity to help you grow and in turn you can help us grow. i want to encourage you take every moment that you experience and live it to the fullest, the memories, the laughs and the hard times and i hope that we can help you make these memories.

so i hope you have a great December holidays and see you next year!



Heinrich Swanepoel

Head Mentor, First years, Joo HK BAccounting III 082 547 0848

Dear Newcomers My name is Robert Searle and I am the Financial Manager of Vesta PSO. I will be in my third year of studying BAcc in 2020. I am so looking forward to meeting you in the new year. I hope you are excited about starting this new and exciting chapter in your lives. I want to encourage you make the most of every opportunity that comes your way. University is a great place to meet awesome people, learn a lot and develop as a person. I hope that you have as good of a time in Vesta PSO as I have. Have a great holiday and I will see you in the new year.



Heinz Schofield

Alumni, Women Empowerment, social impact, clothing HK BA Social Work III 082 644 8168

Dear Vestonians My name is Heinz Schofield and I will be in my third year of Social Work in 2020; I am also honored to be your HK for social impact, alumni, women empowerment and clothing! Welcoming Week is hands down the best time of your first year and I urge you to make full use of it. You are going to be exposed to a lot of new people, exciting opportunities and an environment where you will grow. I am excited to welcome you into Vesta next year, it is your new home and I hope you will showcase your talents here to develop both the House as well as yourself. Have a great holiday and we'll see you on the 23rd of January!



Fabian Esdar

Culture, Social, House dance**HK BEng Mechatronic III** 071 480 7690

Dear Newcomers My name is Robert Searle and I am the Financial Manager of Vesta PSO. I will be in my third year of studying BAcc in 2020. I am so looking forward to meeting you in the new year. I hope you are excited about starting this new and exciting chapter in your lives. I want to encourage you make the most of every opportunity that comes your way. University is a great place to meet awesome people, learn a lot and develop as a person. I hope that you have as good of a time in Vesta PSO as I have. Have a great holiday and I will see you in the new year.

<image>

Jordan Ross Seniors committee Head Vesta week, Huisfonsdans, Sections HK BEng Civil III 071 551 2845

Welcome to Vesta!My name is Jordan Ross and I am a 4th Year Civil Engineering Student and I the head of senior students here at Vesta.We fully realize how daunting it can be transitioning from School to university and Vesta, the House Comittee and all of us Vestonians are here to make sure that transition happens as easily as possible for you. Vesta is where all the fun begins and we look forward to being a part of this massive chapter in your story.From the seniors, we are very keen to get to know you all and can guarantee that wild times are just around the corner. So enjoy the rest of your Summer vacation and get keen!



Christopher Nel Sports, Culture HK BSc BIodiveresity and Ecology

Howsit guys, my name is Christopher. I am amped to be part of Vesta's leadership for 2020. I have privilege of being Vesta's sports and Vensters HK! In 2020 I will be in my second year of BSc biodiversity and Ecology so that felling of excitement yet weariness your guys are probably feeling right now is not that distant a memory for me. I am here to do my best to make the transition process of joining Stellies as smooth and effortless as possible. I can't wait to meet you guys in Welcoming Week – it's gonna be jazzy. If you have any questions feel free to chat to me.



These are Vesta's Values – We live by them and we conduct ourselves accordingly. We do not ask for you to blindly follow them but rather to continuously crutinise them and hold your leadership to account if we are not living by them. Every year the HK will have an annual Values Review Evening whereby Vestonians are eagerly invited to attend for us all to foster dialogue regarding our values – for if they are strong they will surely stand the test of scrutiny.

CHIVALRY | A SELFLESSNESS GOVERNED BY THE PRINCIPLE OF PUTTING ANY OTHER HUMAN'S NEEDS IN FRONT OF ONE'S OWN,

A HOUSE VA

LOYALTY | A RECIPROCAL RELATIONSHIP BETWEEN MEMBERS WHERE THE HOUSE OFFERS BELONGING AND THE MEMBERS IN TURN OFFER THEIR VOLUNTARY WILLINGNESS TO BUILD UP THE HOUSE.

RESPECT | A DUE REGARD FOR ANY OTHER'S HUMANITY, THE ENVIRONMENT OR SOCIAL CONTEXT, SEALED WITH A BOND TO NOT VIOLATE IT UNDER ANY CIRCUMSTANCE GREAT OR SMALL

MR. NTOKOZO TYAPILE PSO Coordinator ntokozo@sun.ac.za | +27 21 808 3023



Dear Vestonian,

Congratulations on your acceptance at Stellenbosch University and a warm welcome to Vesta. Being able to study at a tertiary institution is a wonderful opportunity and I wish you all the best as you enter this challenging, yet exciting, phase of your life. At Vesta we celebrate individuality and we look forward to meeting you, get to know you and learn from your experience.

At Vesta, we strive to be approachable and we undertake to listen with compassion and respect and to answer questions with honesty. We promote innovation through future focused thought leadership. We want to encourage you to take part in as many ways as you can, to build purposeful partnerships and inclusive networks, so that after your journey at Stellenbosch University and Vesta PSD, you will leave as a well-rounded citizen.

As PSO Coordinator, I manage Vesta, along with the House Committee and the Mentors. We are your support network that will assist with your academic and social integration at University. Please, if you have questions, ask. I hope that you will quickly become part of Vesta and that you will, above and beyond your course, also learn about humanity and life itself; that you will open yourself to new experiences and always be proud of every step you take towards reaching your goal





071 060 6483



Lelo Mabeba Dip (Sustainable Development) 082 237 7320



Almandro Jansen BCom (Economic Sciences) 081 252 8725





Barry Oosthuizen BSc Agric (Agri Sc) 079 937 6110



Front Row (L-R) Jonathan Frost | Keagan Naudé | Emile de Beer | Jacques Rossouw | Geoffrey Frost 2st from Front (L-R) Christof Smith | Cole Marshall | Rossouw Kellermann | Daniel Banks | Jordan Ross(Head) 3st from Front (L-R) JJ van Rhyn | Greyling Botha | Henro Bender | James Thompson | Travis Smith Back Row (L-R) Cameron Muir | Kai Schwarze | Frans Prinsloo In absentia - Byron Lucas | Ryan Seebregts | Nathan Alexander | Akhona Sandaza

VESTA SECTIONS

Instead of being assorted into a section of Vesta as a newcomer, Vestonians will join a Section once they join the Senior's committee, which you can apply for at the end of your First Year. Each section will be part of the planning and organising of one to two of the six Vesta events that are being planned by through the Vesta Seniors Committee. These events correspond to the sections' values and thus vestonians will join the section they feel most attracts them according to their personal interests and values they associate with.Vesta PSO has the following Section:

CHIVAS THESE ARE MEN OF CHIVALRY. MEN WHO JOIN THIS SECTION HAVE THE RESPONSIBILITY TO ORGANISE VESTA'S HUISFONDSDANS (A FUN THEMED DANCE HAPPENING JUST AFTER WELCOMING WEEK J AS WELL AS VESTA'S POKER EVENINGS, WHICH FORM PART OF VESTA WEEK.

FIDELITAS

MEANING LOYALTY, THESE ARE MEN OF VESTA WHO ARE DEEPLY CARING ABOUT THE ENVIRONMENT, THOSE AROUND THEM AND CONTINUOUSLY LOOKING TO MAKE A LASTING IMPACT. FIDELITAS ORGANISES SOCIAL IMPACT INITIATIVES, SUCH AS ANNUAL PAD-DRIVES AND OTHER MORE INFORMAL EVENTS SUCH AS MOVIE NIGHTS FOR EXAMPLE.

REKKIES THESE ARE MEN OF VESTA WHO LIKE THEIR SOCIAL LIVES WHILST STILL FORMING AN INTEGRAL PART OF VESTA IN DEVELOPING THEMSELVES AND THE HOUSE. THEY ARE **RESPONSIBLE FOR ORGANISING SKAKELS** (SOCIALS) WITH OTHER PSO'S AND RESIDENCES AS WELL AS PUB GOLF, FORMING A PART OF THE HIGHLY **ANTICIPATED VESTA WEEKS** HAPPENING DURING THE YEAR.

Rugby

The beautiful game of rugby is one that most young mencoming out of high school love to get involved in. It all startswith the first-years knockout tournament played during thefirst term, where they will get to know the PSO Barbarians,the team all PSO students play for. The passion for rugby asa Matie is discovered here, where you come together withpeople who play for the love of the game. From here you canget chosen to play for the u/19 Maties team which couldlead to great things in your Stellies rugby career, or you cancontinue playing rugby for the PSO where the Barbarianshave shown their dominance over the past couple of years.

L'OFRER YO

Hockey

The growth in Vesta's hockey cannot go unnoticeable as theyhave finally got a foothold in the super league. From theirpromotion from second league to the super league last year.Vesta is proud to be able to carry on fighting in the superleague in 2019. Vesta hockey is something we want to keepclose to our hearts and we want constant support from thegentlemen, the leadership and you guys as well! It's another sport that offers a great and upbuilding community – sign up!

Cricket

As Vesta's cricket steadily grows, it's great for the Vesta guysto get together to enjoy the game. The gents always come backevery year to participate for Vesta as they enjoy the vibe thatis brought with the team. It's a great way to get rid ofuniversity stress and keep your cricket skills sharp! In 2019 Vesta made it into the quarter finals undefeated.

Squash

Vesta has a few keen and skilled squash teams making waves on campus. A consistent number of participants keep Vesta squash in check and we have doubled the number of Vestonians playing from previous years.

Table Tennis

Vesta's very first table tennis team has been formed in 2019 with some great success – We are keen to build upon this and we urge Newcomers to join in; it's a lot of fun and can also get quite competitive so bring your A-game and lets develop this enthusiastically and skilfully.

Soccer

Vesta was placed 5thin our league in 2019, developing an immensely strong community of active players that come together at least twice a week to practise and check in with the guys – We want to uphold this sport in Vesta and offer as many Vestonians as possible to opportunity to partake.

Basketball

Vesta currently shares a Basketball team with Oude Molen PSO – we encourage our members to join basketball so that Vesta can form a team of their own, but for now we support the mixed team fully as it is also a great way of connecting with another community on campus. We highly encourage you gentlemen to sign up for sports on the very first day of Welcoming Week at Vesta; there will be opportunity to do so at a later stage but it's a fantastic way to meet new friends, broaden your horizons and connect with different and diverse communities!

VESTA CULTURE

Culture is a very big integral part of Vesta and is asimportant as academics and sport. Vestonians are givenmany opportunities to exhibit their talent, some seriousand others just for fun!

Molasseser is the first cultural event you will experience. A performance, comprising song and dance and usually puttogether as a play full of laughs, is performed in front ofother residences, and you can be part of it, as all membersof Vesta are highly encouraged to join. This is by NO means a serious competition and everyone knows this

– trust us that this will be an incredibly fun experience and you will meet some crazy, awesome and dynamics

people. I definitely have!

Other major cultural opportunities include Toneelfees(acting festival), debating and SU Acapella, a nationwideacapella championship which is for the serious singers out there – Vesta will make sure you have a professional coach and make it big!Cultural events are also organised by the cluster, and allof the University's cultural events are opportunities to meettalented people just like you, and to truly express yourself.

Maties Connect

Maties Connect strives to unify the student body with thebroader Stellenbosch Community, to create a platform fromwhere inclusivity, social change and transformation canrise.

The goal of Connect is to unite students of diversecultures, race, religion and backgrounds, to break downsocial boundaries and walls which resist growing alongsideyour fellow brothers and sisters at Stellenbosch University. By caring and giving, the student body creates anopportunity for themselves to raise funds for a greater causeby launching a social impact initiative that has substantialimpact. Maties Connect wants to equip every student with the skillsto identify spaces where skills are needed, by combiningforces such as newcomers, seniors and leaders. It's aboutmaking a sustainable difference to the communities aroundus through different projects and initiatives.

Maties Community Interaction

Maties Community Service (or MGD) originated in 1956when a group of Tygerberg students strongly felt the need toreach out to the community through the health sector. This evolved into MGD, which is aimed at community projects inall aspects – health, education, sports, arts and culture.

The funds raised go towards supporting different projects.The organisation serves the needs of local communitiesthrough different services and development programmes:Maties Connect events include Community InteractionMorning on 30 January and Vensters on 31 January.



Vesta PSO's HK House is located on the 2ndFloor of the Wimbledon Hub– This is where you need to be on your First Day of Welcoming Week on the 23rdof January 2020!

It can be found via this linkhttps://maps.google.com/?cid=12426087384316082136

You will find Vesta if you search for either "Vesta PSO / Wimbledon Hub" – There will also be plenty of Vesta Banners and Mentors on Main Campus so just look out for our iconic phoenix logo!

Directions:-From the R44, turn into Merriman Avenue and keep going untilyou approach the tall blue building of our neighbours,Helshoogte, on the right.-Turn into the parking lot.

You will see the Hub betweenHelshoogte and Eendrag. It will be very hard to miss, as it will be decorated for

VESTAPSO AND CLUSTER



STERS KLUSTERS WIMBLEDON PANABUTHO



What is Cluster?

The concept of a cluster was introduced in 2007 as a way to connect and involve private student organization (PSO) students with the activities and facilities available to students living in university residences.

Cluster is a fantastic way to connect Vestonians with students from other communities where we all will collaborate on future events and plans. It is a way of linking the various communities in our Cluster with each other so that we all benefit in a holistic way. After all, none of us are here for the sole purpose of acquiring a degree – we want to learn, build our social skills, enhance our leadership abilities, partake in cultural and sporting events etc – Vesta and Cluster provides this!Vesta PSO forms part of the Wimbledon Cluster. Its values are namely

Care | Trust | Friendship | Freedom

The other communities within Wimbledon are the following: Aristea PSO, Eendrag Men's Residence, Helshoogte Men's Residence, Irene Ladies Residence, Sonop Ladies Residence and Huis Russel Botman House Senior Residence, making up the residences of Wimbledon 1963 stellenbosch

SONOP

Cluster

Wimbledon also offers a variety of events throughout the year, from socials to academic study groups. The Cluster has benefited immensely from the addition of the Hub space.

What does the Hub offer:

The Wimbledon Hub, being the actual building of the Cluster offers exactly everything that a normal Residence would with the exception of accommodation space. As a PSO we do not provide accommodation, and it is your responsibility to find suitable accommodation for your studies. Although the HK lives here, Vestonians can ask to stay overnight if transport is an issue for some evenings – We are here to help you all! The Hub has incredible study areas, places to relax, a Chalk Board where students can grab a bite to eat if you are not wanting to eat at Residence and so much more. It is a place where Vestonians can connect with broader campus and its use is multi-faceted.



WIMBLEDON CLUSTER CONVENORS











Riana Englelbrecht Wimbledon res -ed coordinator 084 030 0120 riane@sun.ac.za

WELCOMING PACKAGES

At the end of this document you will find the welcoming package info. This is broken down into whether you wish to receive food and / or clothing packages from Vesta PSO for the duration of the Welcoming Week. It comes highly recommended and is credited to your student account so no payment is required upfront!



ONLY MEAL OPTIONS : 17 MEALS OFFERED BY VESTA

Clothing Option I (Full):1 Vesta Golf

Shirt2x Vesta T-Shirts1x Vesta

Cap1x pair of Vesta Shorts1x

Drawstring Vesta Bag

FREE Cluster Water bottle + Maties

Shirt

Clothing Option II (Half)

1 Vesta Golf Shirt1x Vesta Cap1x pair of Vesta Shorts 1x Drawstring Vesta BagFREE Cluster Water Bottle + Maties Shirt

FULL PACKAGE (RECCOMMENDED): Clothing Option I + Full Meal Option

NB - Attached to the end of the welcoming **program** are the prices of each of the packages and a form that needs to be printed, filled in and brought on the day of registration (regarding payment method)

FOR ANY QUERIES CONTACT HEINZ SCHOFIELD (082 644 8168)

CONNECT (VENSTERS) 2020







WE ARE SUPER EXCITED AS VESTA PSO IS PARTNERED UP WITH SONOP LADIES RESIDENCE FOR CONNECT 2020! THIS MEANS THAT THEY ARE OUR CONNECT PARTNERS, MEANING THAT YOU AND THEIR NEWCOMERS WILL BE DOING VENSTERS TOGETHER DURING WELCOMING. THIS IS A COMPETITION THAT THE RESIDENCES AND PSOS TAKES PART IN. EACH PARTNER UP WITH ANOTHER RESIDENCE OR PSO (CONNECT PARTNER) AND CREATE A NEW NAME (FOR EXAMPLE: VESTA + SONOP = SONESTA). FOR THIS COMPETITION, THE NEWCOMERS PERFORM A MINI SHOW WHERE THEY ACT AND DANCE ON THE STAGE.ANYONE IS WELCOME TO

FOR THIS COMPETITION, THE NEWCOMERS PERFORM A MINI SHOW WHERE THEY ACT AND DANCE ON THE STAGE.ANYONE IS WELCOME TO WATCH. THE AIM OF THE SHOW IS TO RAISE AWARENESS FOR A SOCIAL IMPACT PROJECT. IT'S INCREDIBLY FUN AND YOU WILL MEET AND INTERACT WITH SONOP! WE WILL BE CONNECTING WITH THEM THROUGHOUT 2020, BUT VENSTERS IS A MUST AND WE CAN GUARANTEE YOU'LL ENJOY YOURSELVES.

Day 1 at Vesta23 January 2020

What to bring:

- Money for snacks
- · Cool summer clothing suitable for fun
- Knowledge about which food/clothing package you are going to choose

Meet at the Wimbledon Hub at 08:00. Your parents are welcome to join; your mentors will take you on a tour of the campus, and you'll receive the clothes you picked. Afterwards, the official Vesta welcoming will take place where the Vesta leadership, including the PSO Coordinator, will introduce themselves.

Maties Dictionary

Bib: Stellenbosch University Library COB: (pronounce - "see-oh-bee") Refers to paying with your student card. This can be quite dangerous because your student account really ads up so don't swipe it too much! Credits: This refers to printing, internet and washing credits. Campus Health: A place where you can see a nurse for free if you are a student at Stellenbosch University. Writing Lab: You can go here to get assistance when you write essays. IT Hub; This is where you register your laptop and phone in order to have Maties WIFI. This is also the place to go to if you lose your student card and need a new one (currently the costs for that is R80). Admin A: All admin purposes (for example getting proof of registration as well as buying printing, washing and internet credits with cash). Most disliked place by some, luckily the HK will show you how to do this via Snapscan! FHARGA: Computer Centre for the Economic Management Science faculty students. FIRGA: Computer Centre for Engineering faculty students. HUMARGA: Computer Centre for the BA and Education faculty students. NARGA: Computer Centre for the BSc faculty students. Pred: This is short for predicate and it refers to the mark you have achieved throughout the module before you write your exam. You must have pred in order to write exams (not all modules have it). HEMIS: This is calculated differently for each faculty but you need Academic Hemis to stay in university and Residence Hemis to be able to stay in a Stellenbosch University residence as well if you want to serve on the House Committee or as a Mentor. Pulp: Cinema in the Neelsie Neelsie: On campus shopping centrum where you can go eat and do general errands, also houses many of the student organisations' offices (like the SRC office). SRC: Student Representative Council. SS: Student Centre (a quiet place where you can study) in the JC Smuts building. SSVO / CSCD: Centre for student counselling and development. Sunlearn: A University Website where all your modules for the year appears and where your lecturer upload all your slides and notes for each module. SUSPI: (pronounce - "sus-pee") Maties gymnasium. Rooiplein: The red bricked and grass area between the Neelsie and IT Lab. Second opp: The second opportunity that is available for exams (works differently for each module and faculty). Some use it for extended time to study or if their exam times clash and others need it for a second opportunity to pass their module if the couldn't get it right the first round. Stellies Rage: A place where people complain. Stellies Confessions: A place to confess and gossip, sies 😀

Molasses $\hat{\mathbf{C}}$ r: a big a-capella group. There is also an annual competition between all the PSO's and residences, but this is less serious than SU acapella. Fun times!

SU Acapella: Previously known as kleins $\hat{\mathbf{e}}$ r – a small acapella group which takes part in an annual competition between PSO's and residences. Newcomer: A student that is in their first year of study.

Welcoming: The period where all newcomers are welcomed at Stellenbosch University at their respective PSO or residence (previously referred to as 'jool').



STELLENBOSCH UNIVERSITY

Campus Security (EMERGENCY) 021 938 9507

CONTACT US

EMERGENCY NUMBERS

1	Campus Security (EMERGENCY)	021 938 9507
	CSCD (during office hours, 08:00 - 16:00)	021 938 9590
	Maties ER24 (Identify yourself as a student from S and as a Corporate Client, please)	010 205 3032 itellenbosch University
	Campus Security (general enquires)	021 938 9507/9500
	SAPS (EMERGENCY)	10111
	SAPS Parow Bellville	021 929 7037 021 918 3000
	Ambulance (from cell phone)	082 112
1	Ambulance (from landline)	10177
	Campus Health Services	021 938 9590
	Fire Department Bellville	021 590 1900
	Traffic Department Bellville	021 444 8258/8261
	Tygerberg hospital (emergency)	021 938 5132
2	Needle stick injuries: 021 938 4487 Tygerberg Hospital's Division for Infectious Diseases: (bleeper section, Tygerberg Hospital) and ask for the Infectious Diseases doctor on call.	

Compiled by Campus Security and the Centre for Student Counselling and Development, 2019



We offer you piece of mind that your healthy home cooked meal will be prepared and delivered daily, saving you time and effort while, still having the luxury of a proper home cooked meal.

WHAT DOES THE PACKAGE INCLUDE?

 Buy any 1 Month Package and get

 10% OFF
 (Includes 20 meals)

 Buy any 3 Month Package and get

 15% OFF
 (Includes 60 meals)

CONTACT US FOR MORE INFORMATION Call us: +27 82 339 1371 FOLLOW US

MEALS WITH

Find us on:

INSTAGRAM - @VESTAPSO FACEBOOK - VESTA PSO

