

eBOOGLET TO SOUTH AFRICA

*A helpful guide to
Bodyboard travel in South Africa*

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BEGINNERS GUIDE TO
SPEAKING SOUTH AFRICAN

A NOTE

Please note this has been created from our own knowledge, experiences and opinion of South Africa.

So, you're frothing to come and boogie in South Africa. You've heard mixed reviews and are looking for more information to solidify your decision and pull the trigger and get here!

Well look no further! We here at Bodyboard South Africa have compiled an easy-to-read "eBOOGLET" to put your mind at ease and give you all the necessary information to make it a no-brainer to coming and visiting South Africa.

Bodyboard South Africa specialises in bodyboard lessons, guided day-trips, camps & holiday packages. We are the exclusive provider of bodyboarding experiences that give you the full package of ocean, culture and adventure. Without further ado, let's get into it!

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INTRODUCTION

The surf culture and outdoors is a MASSIVE part of life, especially in Cape Town, South Africa. The first thing you will notice, apart from our breath-taking mountains and vast blue oceans, is the welcoming and friendly vibe from South Africans.

There's nothing we love more than sharing good waves and adventures with new faces!

South Africa is a culturally rich and diverse country. We have 11 official languages and are affectionately known as "The Rainbow Nation"

South Africa truly is an all-in-one package with perfect waves, delicious food, wild animals, incredible wine routes, mountains and music. It is a MUST on your bucket-list of places to visit for a bodyboarding experience of a lifetime!



WAVES

One of the most impressive things about Cape Town is the sheer number of waves dotted around our coastline. Because of the Cape Peninsula's geography, we are blessed with the incredible option of both East and West facing beaches, which allows for offshore waves somewhere along the coast e-v-e-r-y-DAY!

There is a plethora of waves ranging from A-frame beach breaks, reefs, point breaks to heavy slabs and wedges. We truly have it all. The best thing is that no matter what skill level you might be, there are waves that will suit your ability without fail.

To name every wave would take all day, but here are a few of our local spots that you could research to get your froth on:

- ❖ Longbeach
- ❖ Misty Cliffs
- ❖ Noordhoek
- ❖ Llandudno
- ❖ Muizenberg

These waves are all in close proximity to each other, yet have COMPLETELY unique setups. If we begin to move up and along the west-coast, to the well-known Elandsbaai & beyond, the quantity of spots increases exponentially! This stretch of coastline favours the winter months with some unbelievable setups that simply every bodyboarder dreams about - epic beach breaks and reefs with no one around. When studying South Africa's east coast, the same deal applies - beautiful point breaks, barreling beach breaks, reefs and more. There truly are unlimited waves here ripe for the picking and waiting for your arrival!



WEATHER & WATER

So you may be thinking “Wow that’s epic! Offshore everyday but when is the best time of year to score pumping waves?” The best part about Cape Town is that there are waves YEAR ROUND.

Summer: late October - April

Sunny & warm weather (around 26 degrees Celsius) with winds tending to howl offshore creating a very groomed coastline of blue water waves. The water becomes a bit colder, generally between 9 and 15 degrees Celsius (48-60 Fahrenheit), making a cup of coffee afterwards THAT much more enjoyable!

Winter: May - mid October

Winter Months have consistent swells and surprisingly warmer waters ranging from 12 to 20 degrees Celsius (54 to 68 Fahrenheit). Recommended wetsuit thickness is either a 3/2mm or 4/3mm full wetsuit all year round. If you tend to get cold quickly we’d recommend a hoodie or chicken vest as well as soft booties.

So what about crowds? They tend to hang around the better-known spots over weekends and holidays, but midweek sessions are always less crowded and allow for scoring more waves (if you know where to go). Of course crowds can’t always be avoided but that’s where Bodyboard South Africa steps in to show you the best and most uncrowded waves.

Fact is, there are always waves to be had here. SO the actual question is, when are you booking your ticket??



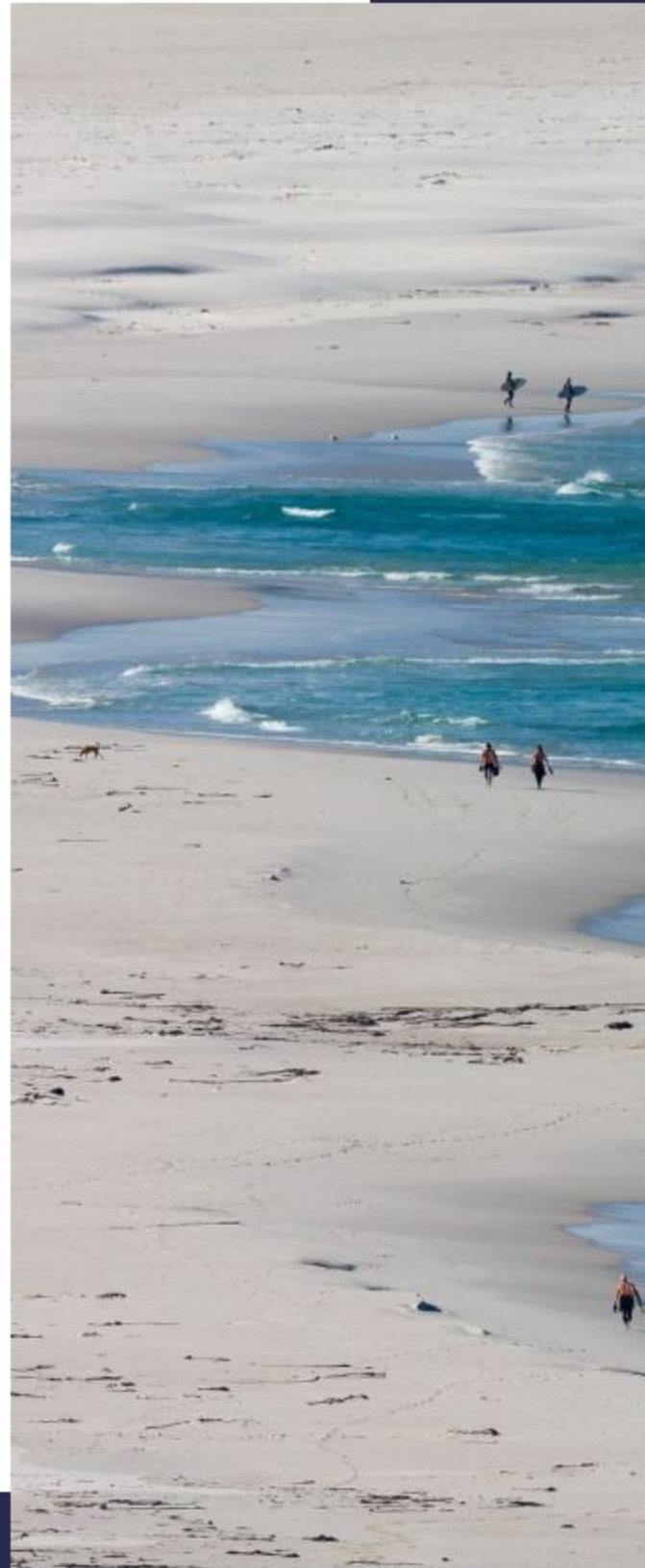
CURRENCY



South Africa's currency is known as the South African "Rand" (R), or if you're searching on an online currency converter, ZAR. R1 is equal to 100 cents and so you will mostly transact with rands and cents - we have coins and notes. You will notice that each of our notes depicts one of our "Big 5" animals and are often referred to by the locals by their "animal" name. Do NOT confuse the infamous leopard with the elephant.

South-Africa's currency is low in comparison with international currencies like the Dollar (yes, all of them), Euro and Pound so you may enjoy finding everything, especially our food and alcohol, much cheaper than you're used to!

Check out any online currency converter to see how you're WINNING when coming to South Africa. Which brings us to the next topic of discussion - budgeting...



BASICS & BUDGETING

FOOD

The food in South Africa is no joke! There are some phenomenal restaurants and markets that'll get you drooling and don't forget about the distilleries, breweries and one-of-a-kind wine farms dotted across Cape Town too. The tap water is drinkable so no worries about contracting any belly conditions. In fact, our fresh water springs and mountain water is clean, cold and utterly refreshing.

Some of the more remote or in-land regions will have extremely fresh water which can be considered to be "brak" and has a slightly stronger salty taste, although it is fine to drink. Some city locals even prefer drinking bottled water.

Generally speaking a **budget** meal will cost you around **R120**. Something like pizza or a burger and a drink.

A Mid-range meal out you'd be looking at between R120 – R190 and then a luxury meal you're looking at anything upwards of R280. Safe to say food in SA is affordable and DELICIOUS!

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List of average priced basic items in South Africa:

Local Beer (0.5L)	R28
Bottle of wine (Mid-range)	R65
Coffee (regular)	R28
Coca Cola (0.33L)	R14
McMeal at Mcdonalds	R60
Water (1.5L)	R14
Loaf of bread	R12
Milk (1L)	R12
Petrol (1 Litre)	R12



BASICS & BUDGETING

TRANSPORT

South Africa isn't known for its flawless public transport, so we've kind of designed our own ways of travelling around, which include taxis (not the yellow cab New York city type), buses (that stick to an Alice in Wonderland schedule) and trains (that decide when to stop whenever they want). Unfortunately the majority of these forms of transport are not the most reliable, or the safest. We do however have UBER in South Africa which works well and of course many different car hire companies if you're looking to get your own car when visiting. Petrol can be expensive so look at sharing a car to split costs and get more bang for your buck on your trip. Good news is that our roads are impeccable with stunning views and there are petrol stations everywhere so no stress about refilling enroute to each different surfspot!



BASICS & BUDGETING

CONNECTIVITY

Phone data in South Africa isn't the cheapest, but thankfully this is the 21st century and most, if not all accommodations, will have Wi-Fi included. But who needs data when you're getting barreled, right?! However, if you feel the need to post on Social Media about South Africa's great waves then for 1GB of mobile data you'll be looking roughly at about R100. You'll be able to purchase a sim card, some data and "airtime" (credit) on your arrival at the airport. We **STRONGLY** recommend this, as the service provider will complete the entire set-up and probably supply you with a comprehensive package. The process of purchasing a sim-card in a store outside of the airport is a rather tedious and sometimes impossible process as you need to provide some rigorous documents to prove that you are in fact, **YOU!**



Here's a list of the top 5 mobile services available in South Africa in chronological order of "the best price per GIG" of mobile data.

1. VODACOM (recommended)
2. MTN
3. CELL C
4. TELKOM
5. VIRGIN MOBILE

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BASICS & BUDGETING

ACCOMMODATION



When it comes to where you'll stay, the options are endless. South Africa is known for having some of the most incredible accommodations in the world. You'll be able to find this quite easily on websites like AirBnb, Booking.com and Tripadvisor to name a few. But here's a quick brief to make things easier for you.

If you're the adventurous type, campsites are dotted along the coast and most have their own ablution blocks with warm showers and private "Braai" zones with the prices varying between R150 - R300 per night.

Low budget accommodation (R500 - R1200 per night)

These accommodations include hostels, backpackers and cheaper hotels which bode good times but not the most private living and not always in the best location.

Mid range accommodation - (R1200 - R2000 per night)

Naturally as the price goes up you'll start to find some gems with close proximity to waves as well as local hotspots for food, culture and tourist sights.

High end accommodation - (R2000 upwards per night)

This will include full house and apartment stays as well as beautiful hotels that are scattered around the CBD.

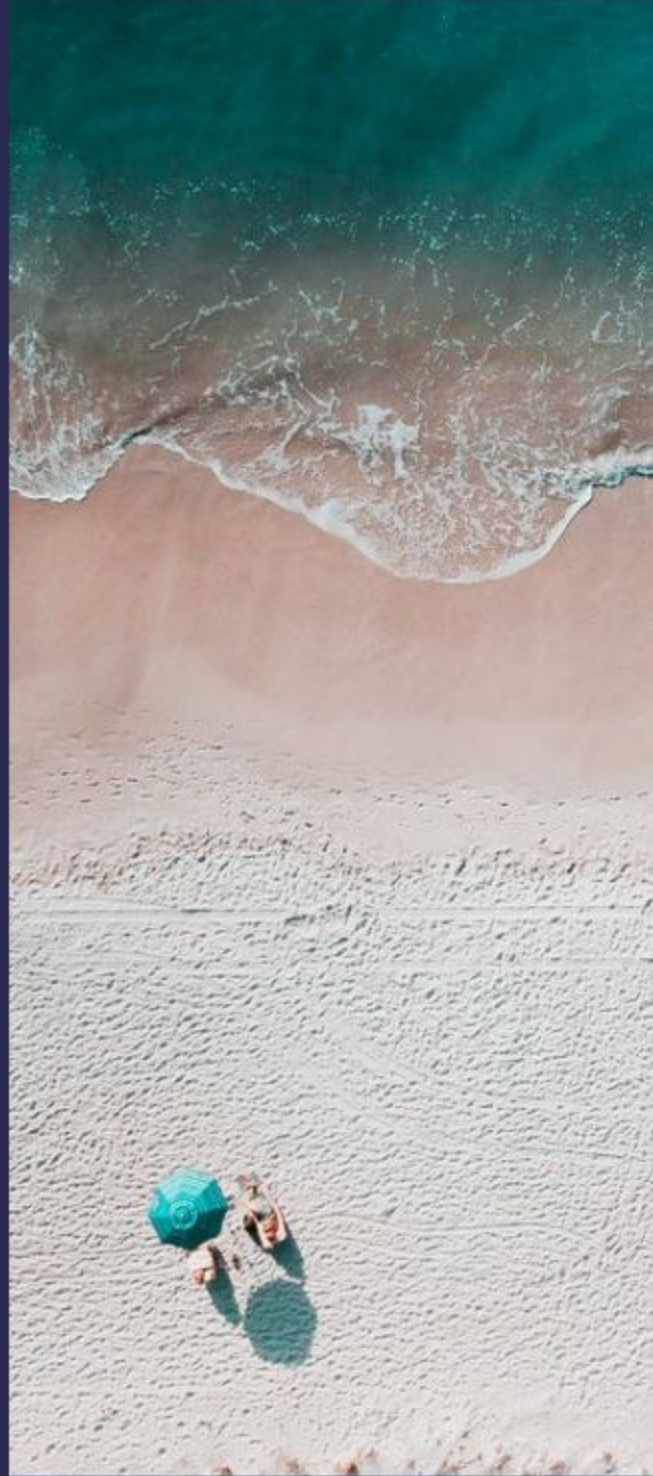
We personally suggest contacting us info@bodyboardsouthafrica.com as we can give you the best accommodation needed for the areas you're planning to visit.

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SAFETY

If you haven't been to South Africa, we're sure you've been fed two extremes...South Africa is the most incredible place in the WORLD or it's sooooo dangerous don't ever go! Like all places in the world there are elements of concern and danger and dark alleys or places that seem "dodgy" should be avoided. The hustling and bustling areas will be packed with tourists and people during the day, but generally, the streets are empty at night and one should avoid walking alone. You will be faced with street beggars and vagabonds, but we advise not interacting and giving them money or a hand-out as this exasperates their various bad habits and living conditions. Like most places in the world, don't walk down dodgy dark alleyways waving your dollar bills and laughing out loud about your Porsche and you'll be good!



WHAT TO PACK



Now that we've gone through all the nitty gritty, it's time to **PACK YOUR BAGS!** It's always a tricky one, but we've made it easy and given you a general list of items you can pack when coming to South Africa for a boogie trip or holiday.

PACKING LIST

- Bodyboard
- Fins (+ spare)
- Leash (+ spare)
- Wetsuit (3/2mm or 4/3mm)
- Wax (Cold + mild temp)
- Suncream (Zinc is best for when bodyboarding)
- Hat
- Raincoat
- Warm Jacket/Hoodie
- A few t-shirts
- 2x long pants
- 3x shorts
- Underwear
- Socks
- Closed shoes (+ 1x pair for hiking)
- Slip slops (thongs, sandals)
- Towel
- Backpack
- 1L Water bottle
- Camera/Gopro (+ cables)
- Laptop
- International plug
- Hard drive (VERY IMPORTANT)
- Mosquito spray
- Passport
- Travel locks



BEGINNER'S GUIDE TO SPEAKING SOUTH AFRICAN

Your bags are packed and you're wondering whether people speak English in South Africa? YES! There are actually a multitude of languages spoken in and around South Africa, but the majority of locals speak English. Other main languages spoken include Afrikaans (Dutch derivative) and Xhosa (spoken by the native Africans). But if you speak English you'll be just fine! If you want to take your language to the next level and adopt a few local slangs then check out this list below and get them ready to throw about when you touch ground in the motherland.

HOWZIT - Greeting. Short for 'How is it?'

LEKKER - [lek-uh] is a widely used term indicating that something is 'great' or 'nice'.

KIEF - [kif] means cool, great, awesome or neat. Eg. 'That's a kief boogie board!'

JUST NOW / NOW NOW - You'll often hear South Africans mention that they will do something 'just now' or 'now now'. This does not mean they'll do it immediately, but rather a bit later and can extend anything from 10min to a day! It may sound illogical, but makes complete sense in South Africa!

BRAAI - [br-eye] is a widely used noun and verb for an outdoor 'barbecue'

DOP - is slang for an alcoholic drink. Eg 'Pour me a dop,'

We truly hope that this Booglet has given you a broader understanding of life here in South Africa and we at Bodyboard South Africa encourage you to come and visit us! Check out our Bodyboard Camps and join us for the time of your life where we will guide, coach and share with you the incredible waves, culture and lifestyle of South Africa! It's LEKKER!

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