

Name: Arron Thind

Medical school: University of Oxford

Country visited: South Africa

City: Cape Town

Hospital: Groote Schuur Hospital

What problems did you encounter? (120 words max)

Although I felt Cape Town was quite safe overall, there is a very high crime rate and it is important to be safe, particularly during the night. I would recommend taking Ubers (even for short walking distances) as the drivers know which areas to avoid driving through. Avoid travelling to or going to areas near townships, as these are where much of the crime in Cape Town takes place.