

World Spotlight

At a glance

Official Name: Republic of South Africa

Capital: Pretoria

Population: 44,187,637

Languages: isiZulu 23.8%, isiXhosa 17.6%, Afrikaans 13.3%, Sepedi 9.4%, English 8.2%, Setswana 8.2%, Sesotho 7.9%, Xitsonga 4.4%, other 7.2%

Religion: Zion Christian 11.1%, Pentecostal/Charismatic 8.2%, Catholic 7.1%, Methodist 6.8%, Dutch Reformed 6.7%, Anglican 3.8%, other Christian 36%, Islam 1.5%, other 2.3%, unspecified 1.4%, none 15.1%

Life Expectancy: *Male:* 43.25 years;
Female: 42.19 years (2006 est.)

Currency: Rand (ZAR)

GDP (Purchasing Power Parity): \$540.8 billion (2005 est.)

National Holiday: Freedom Day, April 27 (1994)

Industry: Mining (world's largest producer of platinum, gold, chromium), automobile assembly, metalworking, machinery, textiles, iron and steel, chemicals, fertilizer, foodstuffs, commercial ship repair

Chief Crops: Corn, wheat, sugarcane, fruits, vegetables; beef, poultry, mutton, wool, dairy products

South Africa

South Africa first received international attention in the mid 17th century when Portugal, Britain, and the Netherlands began to visit the African country amid trading expeditions.

Originally, South Africa was a short stop for supplies before setting sail for Europe. In 1652, the Netherlands commissioned a group of sailors to establish a permanent settlement on the South African shoreline near the Cape of Good Hope. The settlement was to provide fruits and vegetables to the Dutch ships sailing on behalf of the Dutch East India Company. Initially the Dutch encountered trouble, yet after several unsuccessful harvests, the settlement fared very well.

Near the beginning of the 19th century, as the Dutch East India Company began to flounder, Britain assumed power in South Africa. After seizing control from the Dutch, British sent a large population to foster a colonization process. In 1820, roughly 5,000 British citizens arrived in South Africa, which further strengthened Britain's claim to power. The influx of Brits helped separate the already divided cultures of Europeans and natives. Europeans, most of whom were British, tended to live in urbanized developments. These colonists were mainly involved in areas of industrial commerce, politics, and finance. Contrastingly, the rural areas of South Africa were inhabited mainly by groups that had lived in the area before the arrival of the British.

For nearly 150 years, the nation of South Africa was entrenched in racial problems. Although the early 1900's were marked by a unification of various South African leaders against discrimination, the nation's unjust society persisted. Despite advancements against racial inequalities, National Party's ascension to power and their implementation of apartheid or race separation policies in 1948 cemented an imbalance in racial equality for several decades. Under apartheid people encountered extreme prejudiced in areas of education, migration, and general citizenship.

Apartheid repressed the voices of South Africa's black community for roughly 50 years until the population participated in the first universal suffrage election in 1994, marking the end of apartheid. Since then, South Africa has made sweeping changes to undo the damages of discriminatory policy and unite the once divided populations.

inside:

HEALTH CARE	2
ETIQUETTE	3
RECIPE	3
INTERVIEW	4



We want you to know®



Health Care

80%
OF SOUTH AFRICANS CANNOT AFFORD
PRIVATE HEALTH INSURANCE

Even though the governments work to create an egalitarian society, South Africa remains infested with poverty. Enormous disparities exist in South African health care between social classes. Roughly 80% of South Africans can not afford private health insurance and rely on their country's public health care fund.

As of 2002, experts estimated that the government spends only \$3.1 billion (USD) on health care for roughly 36 million citizens. This is a stark contrast from private health care programs that pay out more than \$36 billion (USD) on behalf of about 7 million citizens. And, while public health care is funded by contributions from federal and provincial governments, citizens with private health insurance contribute to the schemes evenly with their employers. Private contributions to health care account for between 20 – 30% of an employee's earnings.

Since many of South Africa's privately insured citizens reside in urban areas, the concentration of medical professionals is much higher in cities. According to statistics gathered by the World Health Organization, only .77 medical doctors exist for every 1,000 South Africans. Already miniscule compared to other nations, the ratio can be reduced to as low as .03 doctors in rural areas.

In addition to addressing the uneven distribution of medical professionals throughout the country, South Africa has also been forced to deal with the AIDS problem, which has spiraled to near epidemic proportions. Over 12% of South Africa's population is infected with either AIDS or HIV. While the federal government has sought to control the spread of infection by making antiretroviral drugs available to the community, the problem has nevertheless persisted. Recently, international organizations have attempted to help lessen the spread by promoting awareness among South African citizens and bringing global attention to the problem.

International organizations have attempted to help lessen the spread of HIV and AIDS by promoting awareness among South African citizens and bringing global attention to the problem.

BANTRY BAY | CLIFTON, CAPE TOWN
THE MOUNTAINS KNOWN AS THE TWELVE
APOSTLES CAN BE SEEN IN THE DISTANCE.

South Africa Etiquette



Business

- > A translator may be necessary due to the vast amount of languages and dialects throughout South Africa.
- > In most urban areas, Western dress is appropriate for business settings.
- > Men should wear white shirts and ties.
- > Women should dress in conservative dress, skirts, or business suits.

Greetings

- > The handshake is the most common form of greeting.
- > Address South Africans by their surnames or titles.
- > To demonstrate reverence, foreigners should introduce themselves to South Africans according to their rank.

Dining

- > South Africans fancy meat, and some meals may include exotic dishes such as hippopotamus or warthog in addition to beef and pork. It is important to sample the dishes offered.
- > Braaivleis (which means cooked meat in Afrikaans) is a day long barbeque common in many parts of South Africa.
- > Dining at a braaivleis requires the continental style of dining, where the knife is kept in the right hand while the fork is held in the left. Remember to never switch hands during the meal.
- > Don't be surprised if salad is served after the main course.
- > Always bring a small gift to show appreciation for your invitation.

Meetings and Negotiations

- > There is a general reverence toward elders in South African society. Therefore, it is important to show increased respect to any senior South African associates.
- > South Africans are not known to be difficult negotiators. They often strive to achieve compromise and consensus.
- > Deadlines are not given extreme importance in South Africa. Crucial deadlines should be set through written agreement.
- > While written agreements are quickly becoming the most significant form of agreement, the handshake is essential to the finalization of a transaction.

Gift Giving

- > Gift giving is not common between business associates.
- > If you would like to give a gift to an associate, company accessories are usually most appropriate.
- > When gifts are given, they should be presented with the right hand.
- > If invited into a South African's home, bring small gifts such as chocolates, flowers, or wine.

Bobotie *(Curry Meat Loaf)*

INGREDIENTS

- 2.2 lbs. ground beef
- 2 medium onions, peeled and thinly sliced
- 2 tablespoons sunflower oil
- 1 tablespoon medium strength curry powder
- 1 teaspoon turmeric
- 2 tablespoons white vinegar
- 1 tablespoon sugar
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 slices white bread
- 1 cup milk
- 2 large eggs
- 3 tablespoons fruit chutney
- 2 bay leaves
- 6 almonds, blanched and quartered
- 6 lemon leaves

PREPARATION

- Soak bread with milk in a bowl, then drain milk from soggy bread but save the milk
- Sauté onions until golden brown in frying pan.
- Add the curry powder and turmeric. Stir and fry for 2 minutes then add the vinegar, sugar, salt and pepper.
- Crumble the minced raw meat into the pan and cook for 5 minutes.
- Add soggy bread, 1 egg, and fruit chutney to pan. Stir.
- Once mixed, pour contents of frying pan into a baking pan, add bay leaves, cover and bake for 90 minutes at 350°.
- Mix milk with 1 egg.
- Pour milk-egg mixture into baking pan, and then add almonds.
- Bake uncovered at 300° for 30 minutes.



TARYN ROWLAND
AGB Sales Associate for the Pacific Region

Meet Taryn Rowland

How long did you live in South Africa?

I was born in Durban and raised in Johannesburg until age 11. My father's job then moved my family to the States, where I spent most of my early teenage years in Kentucky and New Jersey. At age 16 we moved again, this time to South East Asia. My expatriate experiences prompted me to continue my travels during my University days. I studied abroad in Hong Kong.

Today I live in San Francisco, California. The breathtaking views and relaxed people remind me of Cape Town, my favorite city back home. Cape Town's wine lands region is easily on par in scale, taste and geographical natural beauty to that of the world famous Napa Valley. Closer to the Cape Town coast you will find the trendy crowd, sipping on wine at one of the many cafés lining Clifton beachfront. The view of the beach and Table Mountain is stunning! No wonder Cape Town is such a popular tourist destination with its world class facilities.

In general, what are peoples' priorities in SA? For example, do lives revolve around work, family, socializing, sports, etc.?

South Africans are tremendously social and friendly in nature. Great importance is placed on the value of family and friends. South Africa has 11 official languages with both African and European roots. The British imported their love of sports including rugby,

cricket and football (American soccer). The great, relatively mild weather, promotes a healthy outdoor lifestyle. Our best export other than gold is Ernie Els' golf swing and Nelson Mandela's love for South Africa and belief in reconciliation and peace. Given the diverse nature of the population, there are a host of indigenous and traditional family values, traditions and celebrations that make for a cosmopolitan and interesting mix of cultures.

What are the main industries? What types of career opportunities commonly exist? How do most people find new jobs?

South Africa is a vast country with a wealth of natural resources in its varied lands. Gold and other metal products such as platinum, titanium and chromium are in abundance. South Africa is the world's largest producer of these resources, not to mention the third largest diamond producer in the world! Other industries include car manufacturing, finance, electricity production and tourism.

South Africa is a mix of first and third world economies. There is a large unemployment rate of 25% in South Africa, although education improvements and government policies are focused on improving the gap. South Africa dominates the African continent economically, however it is still working to become a more global player to utilize its under employed labor force. On a positive note, South Africans have a great work ethic, are very entrepreneurial and there is strong support for small businesses.

If a friend of yours was thinking of moving to SA what advice would you give them?

Go with an open mind and open eyes. There is so much diversity and vibrant healthy interchange of cultures, traditions and a positive forward vision. South Africa is a beautiful country. Known as the Rainbow Nation for its diversity of people, South Africa strives to continue the unity and peace founded and encouraged by Nelson Mandela in 1994 when apartheid rule ended. With the adoption, progressively over time, of one of the most progressive constitutions in the world, South Africa continues to place high value on diversity and individual rights

I would strongly encourage one take in the Cape Town beaches and camp in one of the many Game Reserves for a view of the African wildlife. Tourism is one of South Africa's greatest assets and it is a great vacation destination!

Along with taking in the sights, one must be very aware of their surroundings at all times. The crime rate is quite high in South Africa. Use common sense and take steps to blend in rather than be obvious especially in displays of wealth.

South Africa will host the FIFA World Cup games in 2010. Infrastructure is booming in South Africa, and it may be a great time to visit!

Sources

<http://www.medhunters.com/articles/healthcareinSouthAfrica.html>
<http://www.biltongbox.com/recipes.html>
http://www.southafrica.info/ess_info/sa_glance/history/history.htm
<http://www.avert.org/aidsouthafrica.htm>
<http://www.cia.gov/>
<http://www.wikipedia.org>

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies. Plans and programs of Aetna Global Benefits are underwritten by Aetna Life Insurance Company and Aetna Life & Casualty (Bermuda) Ltd.

