



5

Student Life

Postgraduate success is about more than academic achievement – it is also about wellbeing, belonging and balance. This category highlights services that support the holistic postgraduate experience, including health and wellness, housing, disability support, sport, recreation and student communities. These services help create an environment where postgraduates can thrive personally and socially, build meaningful connections, and sustain themselves through the demands of advanced study.

This section contains info about the services available to you at UCT under this category

Office for Inclusivity and Change (OIC)

Sports and recreation

Student housing and residence life

Student Representative Council (SRC) and student governance

Student societies and organisations

Student Wellness Service (SWS)

Scan this code to download the full series



UNIVERSITY OF CAPE TOWN
IYUNIVESITHI YASEKAPA • UNIVERSITEIT VAN KAAPSTAD

Scan the QR code
for more info



Focuses on
student cultural
inclusion and
capacity
development

Office for Inclusivity and Change (OIC)

This office focuses on staff and student cultural inclusion and capacity development. Disability Services, Employment Equity and Discrimination and Harassment services are offered through the OIC in addition to training, education and capacity development for staff and students.

Stay active,
destress and build
community
beyond the
academic sphere

Sports and recreation

Inclusive sport and recreation offerings promote holistic wellbeing, recognising the intensity of postgraduate research. By supporting balance, resilience and embodied health through competitive and recreational sporting codes, these codes contribute to rehabilitating stress and sustaining vitality, reinforcing the intersection of excellence, transformation, social sustainability, and the human-centred ethos of the Department of Student Affairs (DSA) Framework 2035.



Managing your
living space on
and off campus

Student housing and residence life

Postgraduate housing support acknowledges diverse living contexts, including residence and off-campus accommodation. In alignment with the DSA 2035 Framework grounded on the 3Ps; Humanising Pedagogy, Pedagogy of Discomfort and Pneumatological Pedagogy and the 3Rs; Rekindle Dying Embers of the Soul, Rehabilitate the Soul so that the Soul can Radiate, once the Soul Radiates students Flourish Ad Infinitum. Hence the DSA motto: 3R=F Ad Infinitum. These environments are intentionally shaped as living-learning ecosystems that Rekindle scholarly purpose, Rehabilitate wellbeing through stable and respectful spaces and enable students to Radiate intellectual contribution. Guided by the Humanising Pedagogy, residences foster academically focused communities that balance independence, quiet study, and relational belonging.



Peer-led
leadership is a
vital part of the
postgrad
community

Student Representative Council (SRC) and student governance

Postgraduate students are represented within the SRC and institutional governance structures that advocate for research conditions, funding access, supervision quality and academic progression. Through the Pedagogy of Discomfort, governance engagement strengthens critical voice and ethical agency, while advancing the 3Rs by cultivating accountable participation that enables postgraduates to Radiate leadership within complex academic systems.



Scan the QR code
for more info

Encouraging
spaces for
intellectual,
cultural, social
and advocacy
engagement

Student societies and organisations

Over 100 student societies and organisations offer spaces for intellectual, cultural, social and advocacy engagement. These peer-led groups provide opportunities to build leadership skills, pursue passions and make connections across disciplines. Student Societies and Development Agencies create interdisciplinary spaces for intellectual exchange, leadership formation and collegial connection. These platforms reflect the Pneumatological Pedagogy, nurturing meaning, identity, and purpose beyond formal curricula while Rekindling community and enabling postgraduates to Radiate scholarship within and beyond the university.



Supporting your
physical and
emotional
wellbeing

Student Wellness Service (SWS)

This service provides confidential, professional support attuned to the distinctive pressures of postgraduate study, including research intensity, isolation and academic uncertainty. Anchored in the 3Ps, this support affirms dignity, restores equilibrium, and strengthens the capacity of students to Rekindle inner resources and Radiate sustained scholarly engagement. The SWS supports your physical and emotional wellbeing with clinical consultations, counselling, health advice and a toll-free 24-hour care line (call: 0800 24 25 26). Whether you're dealing with stress, acute or chronic health issues or just seeking preventative support, SWS is a confidential and professional resource.

