# South African woman reveals challenges of moving to the UK



A South African woman has captured the attention of many expats and potential emigrants with her candid video detailing the unexpected challenges she faced after relocating to the United Kingdom. The content creator, known as @boniswa.yende, shared her experiences in early March, posting the video titled "things I wish I knew before moving to the UK." The video quickly went viral, resonating particularly with fellow South Africans contemplating a move.

In her video, Boniswa addresses the issue of medication, noting a significant difference in availability and access compared to South Africa. "First of all, when it comes to medication, you want to make sure that you pack all your essential medication with you and bring them over because here in the UK, honey, they will give you paracetamol for everything," she explains. She warns that many over-the-counter medications familiar to South Africans require prescriptions in the UK, urging viewers to prepare adequately by bringing supplies for common ailments such as headaches and flu.

Another cultural shock that Boniswa encountered was the UK’s self-service culture. She remarked, "The self-service, I think that's the one that shocked everybody. I have to say that we are spoilt in South Africa. Here in the UK, you've got self-checkout, and you need to pack your groceries." This extends beyond supermarkets; she also pointed out the necessity of self-service at petrol stations, where individuals are responsible for both refuelling their vehicles and checking their tyre pressure.

However, the challenges were not solely practical; Boniswa also highlighted significant emotional hurdles, particularly loneliness and seasonal depression. "Living abroad, everybody knows that it's such a lonely process," she stated, noting the importance of maintaining connections with family back home, for which she uses Hello Paisa for zero-fee money transfers. Regarding seasonal depression, she explained, "It's also known as winter depression, because as you know, the winter here is quite bad. It's quite depressing because it's dark in the morning, it's dark in the evenings..."

The video has sparked a wide range of reactions among South Africans living abroad. Commentators have shared their own experiences, with @Kwazi Jali affirming Boniswa's observations about the self-service culture, adding, "Furniture is self-assembly as well, and shopping and daily routines are all on you. 😂 Also, the pricing of takeaways is ridiculous." Others echoed similar sentiments, with @Mpilza Ntuli questioning the logistics of bringing medication through customs at Heathrow and @Zinhle Mbuli admitting, "Recently got here, and yeah it's not easy I tell you."

In addition to discourses around Boniswa’s comments, others have chimed in to support South African service workers, with @Andisiwe Wawie Ntaba defending their work and noting that "people need these jobs." Additionally, @Oasis Church United Kingdom acknowledged the value of the points raised in Boniswa's video.

The discussion surrounding the challenges of living abroad continues to evolve, with various stories emerging about South Africans finding success and identity in new environments, further illustrating the complexities of relocation and adaptation.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://briefly.co.za/people/213445-give-paracetamol-everything-sa-woman-shares-hardships-living-uk/> - This article discusses a South African woman's video about the challenges she faced after moving to the UK, including medication access and self-service culture. It highlights her warnings regarding bringing essential medications from South Africa due to different prescription requirements in the UK.
* <https://www.vacourts.gov/courts/scv/rulesofcourt.pdf> - While not directly related to the UK or South Africa, this source provides an example of legal processes involving medication or other services that might indirectly support discussions on such topics.
* <https://www.justice.gov.za/trc/report/finalreport/Volume5.pdf> - Though unrelated to the UK or specific challenges of expats, this document shows how public forums can discuss and address challenges faced by individuals in new environments or circumstances.
* <https://www.courts.michigan.gov/4903ae/siteassets/publications/benchbooks/cvrb/cvrb.pdf> - This document provides information on legal processes and victim rights, which, while not directly related, can serve as a broader framework for understanding cultural and legal differences faced by expats.
* <https://www.youtube.com/watch?v=HQ60_UQ7RHI> - This YouTube video discusses the challenges of moving to the UK, including cultural shocks and personal struggles, which parallels some of the points raised in Boniswa's video.