3. FINANCIAL RISK MANAGEMENT AND FINANCIAL INSTRUMENTS continued

3.3 Market risk continued

(ii) Foreign currency risk continued

Foreign currency sensitivity analysis continued

Net exposure to foreign currencies Denominated: Functional currency	Net assets/ (liabilities) denominated in foreign currency R'000	Change in exchange rate %	(Decrease)/increase in profit before tax: Weakening in functional currency R'000	(Decrease)/increase in profit before tax: Strengthening in functional currency R'000
2019				
USD: ZAR	**(73 607)**	**10**	**7 361**	**(7 361)**
EUR: ZAR	**9 334**	**10**	**(933)**	**933**
BRL: ZAR	**4 603**	**10**	**(460)**	**460**
NAD: ZAR	**21 767**	**10**	**(2 177)**	**2 177**
MUR: ZAR	**102 439**	**10**	**(10 244)**	**10 244**
BWP: ZAR	**36 434**	**10**	**(3 643)**	**3 643**
ZMW: ZAR	**(1 131)**	**10**	**113**	**(113)**
	99 839		**(9 983)**	**9 983**
2018				
USD: ZAR	174 296	10	(17 430)	17 430
EUR: ZAR	27 109	10	(2 711)	2 711
NAD: ZAR	14 094	10	(1 409)	1 409
MUR: ZAR	51 806	10	(5 181)	5 181
BWP: ZAR	36 059	10	(3 606)	3 606
ZMW: ZAR	(1 213)	10	121	(121)
	302 151		(30 216)	30 216

3.4 Capital adequacy risk

The Group's objectives when managing capital are to safeguard the Group's ability to continue as a going concern in order to provide returns for shareholders and benefits for other stakeholders and to maintain an optimal capital structure to reduce the cost of capital.

In order to maintain or adjust this capital structure, the Company may issue new shares, adjust the amount of dividends paid to shareholders, return capital to shareholders or sell assets to reduce debt. The Group defines capital as capital and reserves and non-current borrowings. The Group is not subject to externally imposed capital requirements.

There were no changes to the Group's approach to capital management during the year.