

# Orientation Manual | Burundi

Country Information for Trip Participants

## 1. Country Information Quick Facts

Full Name of Country	Republic of Burundi
Population	Burundi is home to approximately 11.4 million people (2017) and is one of the most densely populated countries in Sub-Saharan Africa. The median age is 17 years, with a life expectancy of about 70 years. Out of every 1,000 infants born, 58 infants die.
Time Zone	Burundi is GMT/UTC + 2h Standard Time
Capital	Bujumbura
Social Groups & Languages	The two major social groups in Burundi are the Hutu majority and Tutsi minority. There is also a small population of Twa Pygmies, Europeans, and South Asians. The common tongues and official languages are Kirundi and French. Swahili is also spoken along Lake Tanganyika and in the Bujumbura area.
Major Religion	The majority of Burundi's population is Roman Catholic or Protestant, a small percentage continues to follow indigenous beliefs, and a minority of the population is Muslim. Sources differ greatly on exact percentages.
President's Name	Pierre Nkurunziza
Main exports	Coffee and tea
Weather & Climate	The equatorial climate includes a wet season (October to May) and a dry season (June to September). Temperatures vary according to area, from the lowlands around Lake Tanganyika with an average 86° Fahrenheit, to the mountains in the north with an average 68° Fahrenheit.
Geography	Burundi is located in Central Africa, bordered by Rwanda, the Democratic Republic of Congo, and Tanzania. Its waters and mountainous terrain cover 10,745 square miles – roughly the size of Maryland – making it one of the smallest countries in Africa.

## 2. Burundi's History

### Early History

The original inhabitants of what is now Burundi were the Twa Pygmies, traditionally hunters and gatherers, who were gradually joined (beginning around AD 1000) by Hutu farmers<sup>1</sup> and eventually Tutsi herders<sup>2</sup> from the north.<sup>3</sup> Around the 16<sup>th</sup> century, a Tutsi monarchy developed<sup>4</sup> and established a social order similar to the feudal system of medieval Europe. Over time, Tutsis gained control of most land, cattle, and power.<sup>5</sup>

### Colonial History<sup>6</sup>

At the end of the 19<sup>th</sup> century, Burundi and Rwanda were colonized by the Germans who were easily overcome by the Belgians during WWI. After the war, the League of Nations mandated the territory of Ruanda-Urundi (encompassing modern-day Rwanda and Burundi) to Belgium's rule. Belgium indirectly governed the territory through the Tutsi-led feudal system, further concentrating power in the hands of the Tutsis and intensifying tensions between Hutus and Tutsis.<sup>7</sup>

### Modern History

In the late 1950s, the king's eldest son, Prince Rwagasore, led a nationalist political movement striving to unite Hutus and Tutsis in a demand for independence. In 1961, Rwagasore's multiethnic party won



legislative elections in a landslide and the prince was declared prime minister, with a mandate to prepare the country for independence. Two weeks later, Rwagasore was assassinated; despite the incident, Burundi gained independence in 1962.<sup>9</sup>

When Hutu candidates won the majority of votes in the 1964 election, however, constitutional monarch Mwambutsa refused to appoint a Hutu prime minister, leading to an attempted coup by the Hutu faction. Since that time, Burundi's history has been marked by a violent struggle for political power, resulting in hundreds of thousands of deaths, retaliatory efforts, and civil unrest.<sup>10</sup>

In April 1994, President of Burundi Cyprien Ntaryamira was killed in the same plane crash as Rwanda's President Habyarimana. In Rwanda, this event ignited what is now known as the Rwandan Genocide—the massacre of almost one million Tutsis and moderate Hutus.<sup>11</sup> After the crash, Sylvestre Ntibantunganya was appointed leader of a power-sharing coalition government though fighting continued. In July 1996, former president Pierre Buyoya again led a successful coup and became president of Burundi with the support of the Tutsi-led army.<sup>12</sup>

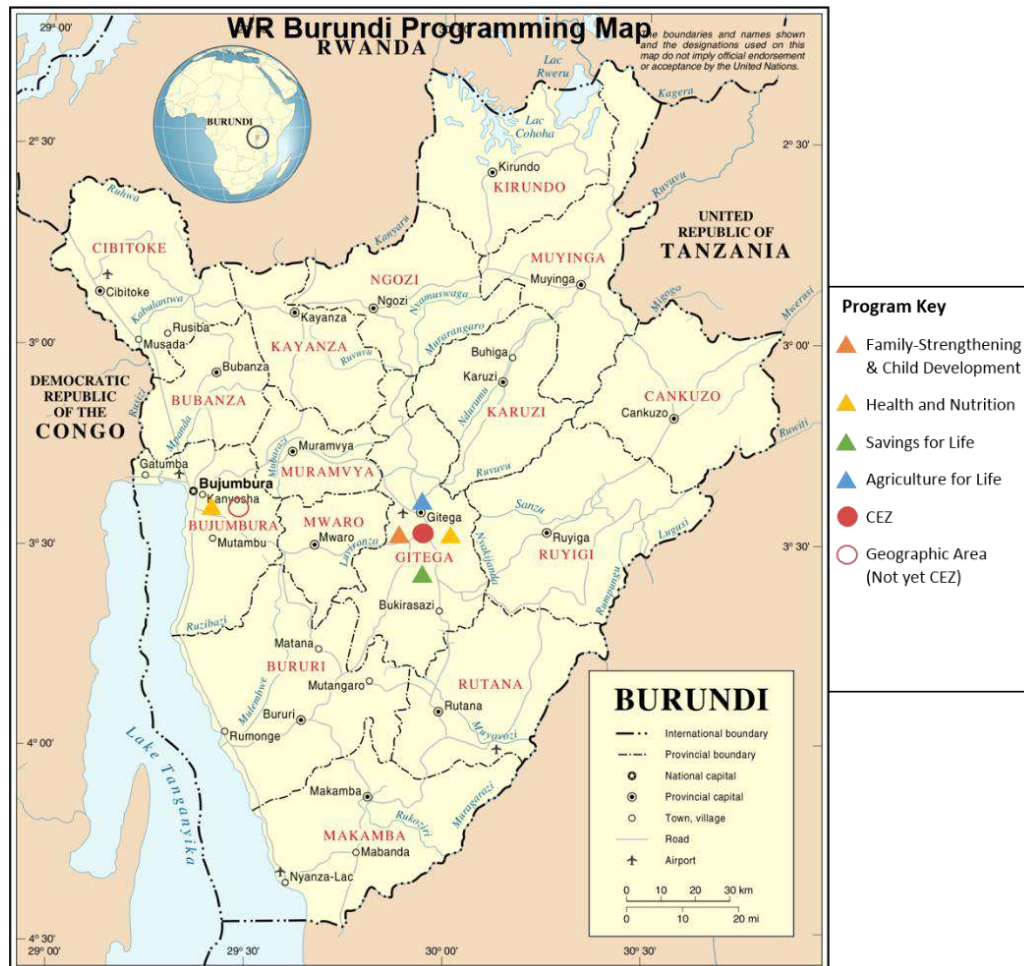
### Recent History

In 2001, after six years of peace negotiations, a power-sharing government was created with the help of Nelson Mandela. Under the terms of agreement, Buyoya continued as Tutsi president for 18 months, followed by Ndayizeye as Hutu president for 18 months. In 2003, Ndayizeye and rebel leaders signed peace accords, followed by a largely peaceful series of national and legislative elections in 2005<sup>13</sup> which indicated the end of the 12-year civil war<sup>14</sup> and instated Pierre Nkurunziza as president.<sup>15</sup> The last remaining rebel group (FNL), however, continued to fight<sup>16</sup> until the latest cease-fire signed in May 2008.<sup>17</sup>

In 2010, Burundi held elections. Nkurunziza was re-elected in a single-party vote (CNDD-FDD) when the other contesting parties pulled out of the presidential elections claiming that it was rigged. However, the international community declared the process fair, for the most part, and did not see need for a re-count or re-do of the voting process.

In 2015, elections were again held. After the announcement that President Nkurunziza would run for a third term, violent demonstrations broke out, followed by a failed military coup. The elections went ahead, won by Nkurunziza. An uneasy peace returned to the country, which continues to this day.

### 3. World Relief's Current Programs in Burundi



#### Church Mobilization

The Church Mobilization Program empowers churches to work together on implementing holistic, transformational, sustainable development. This provides a framework for other World Relief programs which help churches to respond to felt needs in their community. Church leaders are trained on basic Christian principles and leadership development skills, and individual Christian volunteers are trained in personal and community development, and strategies to help vulnerable children and families.

#### Maternal and Child Health

This program seeks to reduce mortality and improve the health of pregnant women, nursing mothers and children under the age of five. Groups of Christian volunteers learn life-saving health and discipleship messages. Every month the volunteers and church leaders share these messages with 10-15 of their neighbors and their congregations. Through this network almost 25,000 households are reached every month, improving the health of tens of thousands of children. Recently, the World Relief team has also been responsible for training a network of government-supported Community Health Workers in 3 provinces.,

### Savings for Life

World Relief trains local church volunteers to form savings groups that economically empower the poorest of the poor. Group members are taught to save small amounts of money each week in order to secure a better future for their families. Members use savings to start businesses, pay school fees and protect their families during emergencies. They also contribute to a “Social Fund” as a group, which is given to the most vulnerable in their communities when emergencies arise. World Relief has used the Savings for Life in ministries around the world. Since its debut in Burundi in 2009 this program has seen over 70,000 individuals trained and participating in groups.



### Agriculture for Life

This US private-funded project was launched in 2016 as part of the Kibuye CEZ program, using the new AFL Toolkit as a guide. Participants are gathered into Farmer Field Schools (FFS), helping families improve agricultural production and improve access to nutritious food. FFS groups have significant links to the local Savings for Life program. Management will soon be turned over to the CEZ churches. Targeted total beneficiaries for FY18 = 35,000.

### Child Development

This US private-funded program is being implemented throughout the Kibuye CEZ, and is comprised of 3 specific projects. Children learn the Word of God through the church-based Sunday School project. Vulnerable children in the community are reached and developed through the Kids Clubs project. Churches reach out to vulnerable households and children through the Our Children project. Management of most of these projects will eventually be turned over to the CEZ churches. Targeted total beneficiaries for FY18 = 28,200.

### Families for Life

This program is centered on a biblically-based curriculum that helps married couples establish a healthy foundation of communication and mutual respect within the home. Volunteer couples are trained over a two-month period to lead other church couples through a series of small group sessions. This is especially important in a society where women are not included in household decisions that affect the wellbeing of themselves and their children. More than 650 Peer Couples have been trained. In turn, they have started meeting regularly with more than 10,000 couples who study the curriculum in weekly meetings.

## 4. World Relief Burundi Country Director



**Doug Anderson**, Burundi Country Director

Doug and his wife Beulah have been serving in Burundi with World Relief since the beginning of 2017. They have lived and served elsewhere in Africa and Asia over the years, and have 2 grown children living in Canada. Their motivation for serving in Burundi comes from their gratitude for God's love and goodness, and their desire that the people of Burundi can also experience this for themselves.

## 5. Culture

### Dos & Don'ts

#### Greetings

It is considered rude to enter or exit a room of people without any sort of greeting. African culture tends to be quite formal, so introductions are very important and occur on a regular basis. Take the time to be thankful for one another, shaking hands or offering a greeting whenever you enter a room of people. .

If you greet someone without looking at him / her, you may indicate disdain. Africans tend to have deep respect for authority and elders – in order to communicate such respect, hold your right forearm with your left hand while shaking hands and do not rush to greet someone.

Burundians always appreciate greetings from home, such as, "I bring you greetings from [my church / family name]." You may also want to offer a few words about your experience in Burundi.

You may hear someone greeting a friend they have not seen for a while by telling him or her that she has gotten fatter. Though gaining weight is seen as negative in the US, it is an indication of good life and health in Burundi, so the comment is intended as a compliment!

#### Cultural Considerations

Touching your nose while interacting with someone may indicate they smell bad.

Women should not whistle, as this may be viewed as a sign of promiscuous nature.

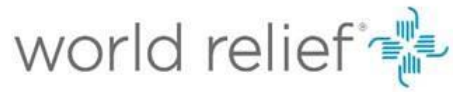
Smoking and drinking are viewed as serious addictions and are not seen as Christian behavior, even in moderation. Do not smoke or drink alcohol while in Burundi.

Joking at the expense of others is considered rude.

#### Appearance

Earrings are not culturally appropriate for men.

Women should dress modestly at all times. Showing too much of the leg or having low-cut tops may suggest questionable virtue. It is also best to limit the amount of makeup and jewelry worn.



Tattoos are associated with witchcraft in many areas and should be covered to avoid communicating an unintended message.

### *Interactions with Locals*

Do not ask questions about tribal affiliations, genocide, or politics, which may unknowingly cause pain, conflict, or trouble. However, feel free to ask World Relief expat staff privately and when appropriate.

Large groups of foreigners can deter empowerment of the local community and communicate the wrong message. You may therefore be split up into smaller groups while doing work activities. In all circumstances, follow the guidance given by your Burundian group leadership, to avoid sensitive situations that you may not even be aware of.

Be sensitive in working with World Relief staff and have the willingness to learn from them. Don't undermine their work by second-guessing the way they do things or by recommending to the Country Director alternatives, especially in public. If you have a serious question or objection, please raise it only in a private setting.

People will often ask for educational support, money, or almost anything they see on you or in the car with you. It is tempting to give away things you don't need, but this may harm more than help. It is important that we do not encourage dependence upon foreigners by providing "handouts," but that we empower and equip individuals and communities.

Giving away possessions can also cause interpersonal conflict. Because Burundians are very community oriented, if you give to only one person, you may create jealousy and conflict. Even giving away candy can create negative consequences and raise expectations for every other Western group. We are trying to avoid association of white people with gifts and "things." Gifts of money may also be used to fuel destructive habits, so the best things you can give are time, a smile, a handshake, or a hug, and Christ's love. Always be sure to treat homeless people and street children as real people, greeting them, touching them, or talking to them. World Relief is working hard to help communities become independent and self-sustaining through local initiative, volunteering, and training. Outside assistance is needed, but there are appropriate ways to offer it. If you have questions, ask one of your World Relief hosts who will know how to best handle the situation.

Be wise about sharing your personal information. Burundians are social people who desire personal relationship, but people may form the habit of asking for favors, money, or other assistance. When someone asks for your personal contact information, you can give them World Relief Burundi's address (*see below*). World Relief can then respond to needs as appropriate, rather than enabling a system of dependence fueled by good intentions. We hope to thereby address the "give me" mentality and facilitate real, healthy relationships.

### *Table Etiquette Western vs. Eastern*

Meals are social events—enjoy them! However, be aware that African culture is a sharing culture, so eating in front of others without sharing may be considered rude. Avoid eating in public where there may be hungry people watching. Visitors are almost always offered a drink and perhaps something to eat. Eating usually is done without utensils, but only with the right hand, because the left hand is considered dirty. The men usually eat separately from the women.



## Relationships

Burundians are generally friendly, smiling people. The primary means of social interaction in Burundi is being together rather than doing things together. Burundians tend to be very relational: in rural areas especially, people are likely to drop by unannounced. While Westerners often consider friendship a loose concept applied to many people and based on overlapping special interests, Africans often view friendship as a specific concept applied to a few people that involves unlimited obligations. Burundians develop deep friendship, but true friendship will take a long time to develop. Burundians can be affectionate with one another, and it is not uncommon to see two men holding hands or even sitting on each other's laps as a sign of friendship.

It is inappropriate to demonstrate affection towards the opposite sex. Even goofing around between people of the opposite sex may be viewed as something sexual, especially in rural areas. Husbands and wives do not generally kiss in public unless they have been apart for a very long time, and in some churches they do not sit near each other. Relationships with the opposite sex tend to be more formal in Burundi than in the West, especially in more remote rural areas. There is distinct and rigid differentiation between male and female roles, though gender roles are becoming more fluid.

In general, Burundians do not readily express emotions. Many Burundians laugh much and warmly embrace others in welcome, but they are more hesitant to express anger or sadness. Men especially avoid crying. To express sadness, Burundians will sometimes put a hand over the mouth, and at times they will cry with joy when reunited with someone after a long time.

Burundians tend to avoid conflict and save face, so they will often address issues indirectly or negotiate to find a solution. It is not uncommon to bring a wise, respected community member into the situation to mediate if a problem does arise.

## Holidays

Date	Event
January 1	New Year's Day
February 5	Unity Day
May 1	Labor Day
Mid-Spring*	Ascension
July 1	Independence Day
August 15	Assumption
October 13	Anniversary of <u>Rwagasore's</u> Assassination
October 21	Anniversary of President <u>Ndadave's</u> Assassination
November 1	All Saints' Day
December 25	Christmas Day

## Leisure Activities

In Burundi, people take a slower-paced approach to life, focus on the present, and value relationships over productivity. What Westerners may view as squandered time, Burundians would view as valuable time with friends and family. They are not as driven by schedules or bound by time as is the typical Westerner. Time is not spent or wasted, it is simply enjoyed. The presence of a friend or visitor takes precedence over plans, so plans can change quite frequently.

## Entertainment

The Arts<sup>10</sup>: Song, poetry, dance, stories and legends are integral to Burundian culture. Vibrant, rhythmic music is sung anywhere from work in the fields to parties with family and friends. Music is often accompanied by

popular dances expressed in forms distinguishable to each region of Burundi. Poetry is sometimes shared at late-night social gatherings and tends to focus on pastoral themes. The art of Burundi is extremely diverse as well, described by the Embassy of Burundi as "characterized by decorative motifs and



geometrical patterns. This highly stylized art possesses a harmony derived from asymmetry and contrasts. It finds expression in wrought iron, wickerwork, pottery, sculpture and bas-reliefs.”<sup>12</sup>

### Church services

Church buildings vary depending on what part of the country you are in, but they are usually very simple, often one large room made of brick, mud, or sticks with a cement or dirt floor. Pews are typically cement or wooden benches, and the men sometimes sit on a different side of the church than do the women. Visitors do not necessarily need to follow this practice and are frequently being placed at a place of honor in the front of the church, as are elders.

### Dress

Traditional clothing includes colorful wraps for men and women. In more urban settings it will be common to see Western clothing. Burundians dress conservatively and formally in order to show respect toward one another

## 6. Societal Structures

### Family Structure

On the whole, Burundians place higher value on family and community than on independence. The social context encourages sharing, and Burundians often seek wisdom and knowledge from others, especially from elders. The people may rely on the goodwill of others or obligations of friends and family rather than depending on their own resourcefulness, especially as a person’s background and connections often carry more weight than do their skill sets.

### Government Structure

The Burundian government is a multiparty republic that celebrated independence on July 1, 1962. The country is divided into 17 provinces and holds presidential elections every five years. In Burundi the president is both head of government and chief of state; the current president is Pierre Nkurunziza, elected for his third term in 2015.

#### *What is the Burundian view of status, authority, and hierarchy?*

Because Burundi operates on a democratic system, people will not necessarily respect authority figures who are not bringing expected benefits, nor will they respect someone who does not respect himself / herself. Dressing well and carrying oneself with distinction commands respect. Expressions of respect include addressing someone by his / her title, welcoming someone to sit in the front of a room, and holding one’s right forearm while shaking hands.

One’s position in society holds significant influence in Burundi, but because the culture is so highly relational, differing status does not necessarily create distance between individuals. Burundians do not, however, like to be underestimated, and may avoid further contact with someone who does not rightly consider their position and identity, thereby scorning them.

Respect is often based on one’s position, wealth, and actions. People in positions of authority, especially in public service, church, or government positions, are highly respected, as are individuals with a Bachelor’s or Master’s degree. If you lack wealth, however, your position will not make up for the difference: you will likely still lack esteem.

## Economy

Since the end of the civil war, Burundi benefitted from improved economic conditions. But it remains one of the least developed countries in the world, ranking 184th out of 188 countries on the United Nations Human Development Index. Poverty in Burundi has multiple causes and layers, including injustice, corruption, globalization, and erratic weather. The weak legal system, high poverty rate, low education rate, and poor administrative capacity continue to threaten economic reforms.

Burundi relies upon foreign assistance for much of its annual budget, with the majority of the population (68%) remaining below the poverty line. Subsistence agriculture continues to employ the vast majority of the country's work force, with 90% of the population dependent on subsistence agriculture. The agricultural sector accounts for 45% of GDP, and the service (34%) and industrial sectors (21%) make up the remaining GDP. With an underdeveloped manufacturing sector (in part due to Burundi's distance from the sea), economic growth is heavily dependent on coffee and tea exports, which comprise 90% of foreign exchange earnings.

## Literacy & Education

85.6% of Burundians over 15 years of age can read and write. The literacy rate is higher among males (88.2%) than among females (83.1%) these statistics are from 2015.

## Living Conditions

Most Burundians living in rural areas are subsistence farmers and usually live in houses made of wooden frames and dried mud. A two-room house will often shelter a large extended family—it is culturally unacceptable to refuse housing to family members. Commutes to the nearest school or marketplace may be as far as two to three miles away, and limited access to clean water and health centers often requires traveling long distances as well.

In the city, living conditions are more diverse and opportunities more varied. The lower class remains very large, though the middle class minority is slowly growing. In general, health centers and clean water are more accessible in town, and schools and small businesses are closer to home. Homes can vary from small shanties housing numerous people to single-family elaborate homes.

Statistics as of 2018 include the following. Internally Displaced Persons (IDPs) and Refugees: 100,000 Burundians are Internally Displaced Persons inside Burundi. Another 420,000 Burundian refugees remain outside of Burundi in the surrounding countries. An estimated 70,000 refugees from the Democratic Republic of Congo are also in Burundi.

## Day in the life snapshot

In rural areas, the average Burundian wakes up before sunrise and begins the day by cleaning his / her home and surrounding areas. He / she then takes the animals to pasture and spends the day farming or doing household chores. Cooking dinner may begin in the mid-afternoon, resulting in an early dinner and bedtime of about 8:00 PM. Many families also travel to the marketplace – often simply a location along the side of the road – once a week, traveling as far as two to three miles. Markets and small businesses usually open two or three days a week. In the city, daily life resembles that of a Western city in many ways. People generally work in small businesses or government posts five to six days a week, returning home in time for dinner in the evenings. More restaurants and shops are available in the city than in rural areas, but much food and shopping activity still revolves around the local marketplace.

## 7. Before You Go

### Visa Process

1. You send your passport scan to WR trip coordinators
2. We apply for your visa in Bujumbura.
3. When the visa is approved, we also obtain an “Entry Authorization” This document is a visa confirmation letter that allows you to come directly to Burundi and obtain your visa in the airport upon arrival. In other words, you will not need to go through the hassle of applying for a visa at a Burundi Embassy.
4. We will email the Entry Authorization document to you.
5. Print it and carry it with you when coming to Burundi.

### Preventative care

Vaccinations (Link to [CDC](#))

See your doctor at least 6 weeks prior to departure to allow time for shots to take effect. (Please note the timing for Hepatitis A and B). Check with the CDC and your private physician for the latest shot recommendations.\*

### Packing List

*Clothing Guidelines: The following are packing suggestions. We do not recommend buying items that you won't use apart from the trip. Pack lightly; limit luggage to one suitcase and one carry-on bag. Laundry services may be available; and you may be hand-washing your own clothes.*

*Each traveler should pack entry documents, medicine, basic toiletries, a change of clothes, any valuable electronics and money in his/her carry-on/backpack in case of delayed baggage arrival.*

*Please keep in mind that the more rural the area, the more important it is to dress modestly. Please be aware of and sensitive to cultural differences when preparing for your trip, using the following guidelines to inform your packing choices.*

Women:

- Skirts (4-5) - knee-length or lower (particularly for church)
- Lightweight trousers or capris and jeans. *Jeans are for wearing only in the city, and should have no holes.*
- Short and long-sleeved shirts (7-10). *Modest sleeveless shirts are okay in the city. Short- or long-sleeved shirts are for wearing in rural areas.*
- Blouses (1-2). *Most likely, there will be a time at which you will attend an important meeting or conference. It is important to dress professionally for these occasions.*
- Dresses (1-2). *There will be occasions when it is important for you to wear a nice dress (Burundian ceremonies, specific church services, etc.). Modest dresses, knee-length or lower are appropriate.*
- Swimsuit cover-up
- Gym clothes (if interested) (2-3 pairs). *Modest capris and loose fitting tops are okay in the city. In rural areas, modest, loose-fitting capris, pants, or a long skirt and a loose-fitting t-shirt are best (for wearing around your lodging place).*
- Shorts. *Be aware that shorts are ONLY acceptable in the comfort of your own home and this may also be objectionable depending on your living arrangements.*

Men:



- Comfortable, light-weight trousers (4-5) *Shorts only for the beach*
- Polo shirts and T-shirts (5-7)
- Short or long-sleeved business shirts (2-3)
- Tie (minimum 1)
- Jeans (1-2). *Should not have holes.*
- Gym clothes (if interested, 2-3 pairs). T-shirts and very long shorts (basketball style), lightweight capris or pants are best for running.

Both:

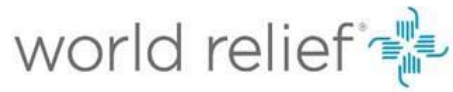
- Lightweight sweatshirt and jacket. *Water-repellant jacket may be best to wear in rural area, specifically during rainy season.*
- Comfortable/washable walking shoes or sandals (gym shoes, if interested)
- Sandals/flip-flops for shower, beach, etc.
- Sleepwear
- Swimsuit

Other Items:

- Toiletries: sunscreen, chapstick, hand sanitizer (and/or wipes), repellent (non-aerosol), aloe or after-sun lotion, and anti-itch cream
- Medications (as needed/desired): antibiotics, antibiotic salve, band-aids, vitamins, Dramamine, cough drops, and anti-malaria pills
- Camera, extra batteries
- Computer (for work purposes) and charger
- Plug adaptor/ voltage converter if necessary
- Hat/sunglasses
- Ear plugs/eye mask
- Water bottle
- Umbrella (if visiting during rainy season)
- Small flashlight, extra batteries and bulb
- Pictures of your family/friends to show people (be mindful of clothing in pictures and settings that aren't too extravagant)
- Bible, notebook/journal, pen
- Reading material
- Suitcase locks (for leaving baggage)

Documents:

- Passport
- 2 extra passport photos and copy of passport
- Contact information: names, addresses, important phone numbers, e-mail addresses of family members
- Yellow health card with vaccine records
- Documentation of important health information (allergies, conditions, medical history if necessary)
- Driver's license or copy of your ID



What NOT to pack: Survival gear, mosquito nets, bedding (sleeping bags), alcohol or tobacco, lots of extra food (hosts are very hospitable), candy to pass out, loads of technology (take this opportunity to “un-plug” a bit).

### Electricity & Voltage

Voltage is 220-240 Volts / 50Hz and outlets require a European style plug with two circular, metal pins. Plug adaptors (but not voltage regulators) will be provided

### Recommended reading & helpful websites

#### New sites

##### Travel

[www.travel.state.gov](http://www.travel.state.gov) – State Department issued travel warnings, passport & visa info.

[www.cdc.gov/travel](http://www.cdc.gov/travel) – Travel health recommendations from the U.S. Centers for Disease Control and Prevention (CDC).

[www.intellicast.com](http://www.intellicast.com) – International weather forecasts.

[www.cbp.gov](http://www.cbp.gov) – U.S. Department of Homeland Security, Customs and Borders Protection.

[www.brotherhoodmutual.com](http://www.brotherhoodmutual.com) - Medical and Evacuation

##### Insurance

[www.tcci.org](http://www.tcci.org) – Short-term mission training videos covering a wide range of subjects.

[www.lonelyplanet.com](http://www.lonelyplanet.com) – Basic country information geared towards travelers. [www.countrywatch.com](http://www.countrywatch.com) – Up-to-date information and news around the world.

[http://news.bbc.co.uk/2/hi/country\\_profiles/default.stm](http://news.bbc.co.uk/2/hi/country_profiles/default.stm) - Country Profiles from the BBC.

[www.irinnews.org](http://www.irinnews.org) – Humanitarian news coverage and country information

[www.reuters.com/news/international](http://www.reuters.com/news/international)

##### Misc

[www.kropla.com](http://www.kropla.com) – International telephone and electrical guides.

[www.oanda.com](http://www.oanda.com) – Currency exchange rates, charts, & currency-by-mail.

#### Online Travel Arrangements

[www.fellowship.com](http://www.fellowship.com) - Full-service travel provider, specializing in mission and church travel.

[www.mennotravel.com](http://www.mennotravel.com) – MTS Travel, a travel service especially geared for the Christian community offering mission-specific fares.

[www.kayak.com](http://www.kayak.com) – Search engine that pulls airfares from every major travel site (Priceline, Orbitz, Expedia, individual airlines, etc).

### Relief/Development Related

#### Reading

These books are recommended for those interested in learning more about relief and development work and the approach of World Relief. If you would like a more exhaustive list, please contact your partnership manager at World Relief.

*The AIDS Crisis: What We Can Do: Deborah Dortzbach & W. Meredith Long*

*Walking With the Poor: Principles and Practices of Transformational Dev: Bryant L. Myers*

*When Helping Hurts: Alleviating Poverty w/o Hurting the Poor...or Yourself Steve Corbett*

*The aWAKE Project: Uniting against the African AIDS Crisis: Various Contributors*



*Cross-Cultural Connections: Stepping Out and Fitting in Around the World: Duane Elmer*

*Good News About Injustice, Gary Haugen*

*Foreign to Familiar: A Guide to Understanding Hot - And Cold - Climate Cultures, Sarah Lanier*

*Discipling Nations: The Power of Truth to Transform Cultures, Darrow L. Miller;*

*A Community Guide to Environmental Health, Jeff Conant and Pam Fadem*

#### On Africa (or specific countries)

*Africa in Chaos: George B.N. Ayittey*

*The Africa Bible Commentary: Tokunboh Adeyemo (General Editor), ABC Editorial*

*African Religions and Philosophy: John S. Mbiti*

*Unbowed by Wangari Maathai*

*Strength in What Remains by Tracy Kidder*

*African Friends and Money Matters, Second Edition, David Maranz*

#### Economic Development, Agriculture

*The Mystery of Capital Hernando De Soto*

*Biblical Holism and Agriculture, Cultivating our Roots, Darrow L. Miller*

*God is at Work: Transforming People and Nations Through Business, Ken Eldred*

*Business as Mission: The Power of Business in the Kingdom of God, Michael R. Baer*

*Food Security in Sub-Saharan Africa, edited by Stephen Devereux and Simon Maxwell*

*Plowing the Sea: Nurturing the Hidden Sources of Growth in the Developing World, Michael Fairbanks and Stace Lindsay*

*Amaranth to Zai Holes: Ideas for Growing Food Under Difficult Conditions, Laura S. Meitzner and Martin L. Price (Author)*

#### Helpful words and phrases

Oya - No

Ego - Yes

Kira! - Bless you!

Kaze! - Welcome! (often used - "Karibu!" - Swahili expression)

## 8. In Transit

#### Information to carry

World Relief Contact

Information

Bujumbura Office

Address: Ave. d'Italie #16, Q. INSS, Bujumbura

Phone: (+257) 22-249-161

Doug Anderson, World Relief Burundi Country

Director

Cell: (+257) 7935 2761

Email: [dwanderson@wr.org](mailto:dwanderson@wr.org)

World Relief Guest House (Andersons' home)

Address: 20 Ave. Marangara,

Kinindo, Bujumbura

US Embassy in Burundi

Chief of Mission: Ambassador Anne Casper

Address: B. P. 1720, Avenue des Etats-Unis,

Bujumbura, Burundi

Telephone: (+257) 22-207-000

US Embassy Security: (+257) 22-020-305

Fax: (+257) 22-222-926



Note: These are emergency numbers only. It is not necessary to contact the US Embassy in Burundi. The in-country staff will be happy to help with contacting the Embassy if there is a need.

### Upon Arrival

1. Follow the passengers into the main hall (not the VIP hall). It is quite a small airport.
2. Get an Arrivals Card from the counter and fill it out. Each person needs to complete a card.  
If you need a phone number, list Doug Anderson's number (+257) 7935 2761.  
Your hotel in Bujumbura is "King's Conference Center". No need to mention Kibuye.
3. There are 2 Immigration booths. Line up at the one on the left for visitors / non-Burundians.  
Go one by one, not as a group. But the first person can explain that all of you are arriving together. The officers are fairly friendly.  
The officer may speak a bit of English, but not fluently. If any of you speaks French, this person can be a spokesperson.  
They will take your photo and a fingerprint.  
Have your passport and your Entry Authorization ready to show them. Have your \$90 visa fee ready, which you will transact at a different booth. You'll get a receipt for that fee.
4. If there is any complication call Doug (+257) 7935 2761.
5. After they stamp your passport, enter the Luggage Hall. There are carts if you need them. If you don't see your bag on the belt, check around on the floor. They are usually offloaded from the belt quickly.
6. Gather your luggage and head to the exit. Someone from World Relief will be waiting for you just outside the door in the Arrivals Hall.

## 9. During the Trip

### Communications

We recommend you bring a smart phone, which can connect to Wi-fi in the World Relief offices, in your hotel and elsewhere. If you bring an unlocked smart phone, World Relief can provide a SIM card for local talk, text and data. Connections are less reliable in some rural mountainous areas.

Calling Codes Burundi to U.S.

+1-[area code]-[number]

U.S. to Burundi

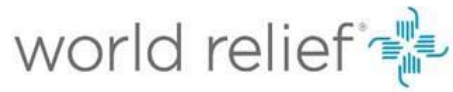
+257--[number]

### Photography/Videography

Be sensitive when photographing local people and their villages. Follow the guidance of your hosts. Feel free to take pictures within reason, but it is best to ask permission before taking anyone's photograph. Behave as you would when invited to a friend's home rather than as a tourist. Do not take pictures of military or "official" looking buildings, vehicles, or individuals. Photographs are forbidden at the Bujumbura airport. Ask before even taking out your camera at the airport or in municipal settings in order to avoid receiving a fine or having your camera confiscated.

### Food & Diet

Most local food is boiled, stewed or roasted over a wood fire. Common staple foods include: plantains, sweet potatoes, cassava, peas and maize. Meat is less commonly consumed while stewed beans are eaten daily.



Breakfast is a combination of bread, fresh fruit, and fried eggs. Lunch and dinner consist of various starches and either goat, beef, chicken, or fish. Common varieties of fish are mukeke, found only in Lake Tanganyika, and sangala. Matoke is a widely served dish of cooked green bananas, and cassava root or leaves make another popular side dish.

## Health and Safety

### *Security*

As a rule, it is important to be alert and aware of your surroundings at all times, but especially in market areas and the cities. More specific guidelines for safety include: Keep jewelry to a minimum to avoid calling extra attention to yourself. Never walk around at night, especially in the city. Walking during the day tends to be safer, especially in rural areas. It is advised to walk in groups of more than 2 and with at least one male. Do not carry more than \$20 USD on you in cash. Never carry your cell phone / wallet in a pocket where it is easily identifiable from the outside. These are easy to steal and often what thieves are after. Be willing to part with anything you have at any time. If you are compliant with robbers, they tend to not harm you. In all situations, please comply with the guidance of your in-country hosts.

In general, the health habits you practice at home will keep you healthy in Burundi. Wash your hands frequently, don't touch/play with animals (to avoid more serious diseases like rabies and the plague), get lots of rest at night and drink plenty of water.

To avoid getting sick, drink bottled water (provided by World Relief) and only eat food that has been fully cooked. As a rule, **boil it, cook it, peel it, or forget it.** Food purchased from street vendors can be risky; it is best to stick to restaurants and home-cooked food. Even then, avoid fresh salads (unless you know how they were prepared), drinks with ice in them, and dairy products—basically anything that has been touched by unsafe water. Fresh fruit is a treat to most visitors and is generally fine to eat if peeled. Be cautious of pre-peeled fruits and vegetables served outside of typical restaurants or guest-house eateries.

### *Medical facilities*

Should any illness or emergency occur on the trip, contact the following people immediately.

Burundi Country Director, Doug Anderson

Trips and Events Manager, Bethany Seremet

Do not travel to a local medical facility without the direction of World Relief staff.

### *Money & Expenses*

**Currency:** The currency in Burundi is the Burundi Franc (BIF). Credit cards are rarely accepted and ATMs only dispense local currency at a terrible exchange rate, and are not always reliable. If you need to exchange for BIF, the preferred US currency is crisp 50- or 100-dollar bills dated no earlier than 2009. But we recommend you let the World Relief Country Director take care of exchanging your money. If you will be staying in Burundi for a few months, plan your currency needs in advance with the World Relief Country Director.

## Endnotes

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*Note: Photographs not otherwise labeled are the work of World Relief staff.*