



Orientation Manual | Rwanda

1. Country Information Quick Facts

Full Name of Country	Republic of Rwanda
Population	12.08 million in 2017
Time Zone	The time is UTC+2 (7 hours ahead of Washington, DC)
Capital	Kigali
Major Languages	Official: Kinyarwanda, English, French, and Swahili
Major Religions	Protestant 50.2% (includes Adventist 12% and other Protestant 38.2%), Roman Catholic 44.3%, Muslim 2%, other 0.9% (includes traditionalist/animist), none 2.5%, unspecified <.1 (2002 est.) This is the most recent census that has been taken
President's Name	President Paul Kagame
Main exports	coffee, tea, hides, tin, ore
Weather & Climate	Rwanda's climate is temperate, and includes two rainy seasons (February to April, November to January). The weather is mild in the mountains, with possibilities of frost.
Map of country	Nicknamed "Land of a Thousand Hills," Rwanda is located in Central Africa, bordered by Burundi, the Democratic Republic of the Congo, Tanzania, and Uganda. It is just smaller than the State of Maryland, covering 26,338 km ²

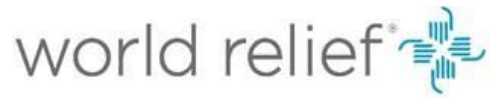
1. Nation History

For centuries, Rwanda existed as a centralized monarchy under a succession of Tutsi kings from one clan, who ruled through cattle chiefs, land chiefs and military chiefs. The king was supreme but the rest of the population, Bahutu (Hutu), Batutsi (Tutsi) and Batwa (Twa), lived in symbiotic harmony. In 1899, Rwanda became a German colony and, in 1919, the system of indirect rule continued with Rwanda as a mandate territory of the League of Nations, under Belgium.

From 1959, Batutsi were targeted, causing hundreds of thousands of deaths and sending almost two million of them into exile. The First Republic, under President Gregoire Kayibanda, and the second, under President Juvenal Habyarimana, institutionalized discrimination against Batutsi and subjected them to period massacres.

The Rwandese Alliance for National Unity (RANU) was formed in 1979 by Rwandan refugees in exile, to mobilize against divisive politics and genocide ideology, repeated massacres, statelessness and the lack of peaceful political exchange. In 1987, RANU became the Rwandese Patriotic Front (RPF). On 1 October 1990, the RPF launched an armed liberation struggle that ultimately ousted the dictatorship in 1994 and ended the genocide which cost more than one million lives – Batutsi and moderate Bahutu who opposed the genocidal regime.

After Kigali fell to RPA (RPF's armed wing) on 4 July 1994, RPF formed a Government of National Unity headed by President Pasteur Bizimungu, bringing parties that did not participate in the genocide together. In 2000, Parliament voted out President Pasteur Bizimungu and RPF appointed then Vice-President and Minister of Defence, Major General Paul Kagame as the President of the Republic to lead the coalition government. In 2003 President Paul Kagame was elected with landslide majority to serve a



term of seven years. During those seven years, the country made unprecedented socio-economic and political progress and consolidated peace, stability as well as social cohesion among Rwandans. In 2010, President Paul Kagame was re-elected to serve a second term and on a platform of rapid development for the transformation of the lives of all Rwandans.

2. World Relief History in Country

Known for its beautiful rolling hills and magnificent views, Rwanda is nicknamed the "land of a thousand hills." This is also a land that has seen much sorrow and tragedy—with a violent history of genocide in the recent past. This, as well as extreme poverty have left their marks on the country. Many people have physical and emotional wounds and other families face a daily struggle for food, shelter, healthcare and education. While incredible progress has been made in recent years, there remains much work still to be done. Many people continue to suffer emotionally and physically as their families struggle for adequate food, shelter, healthcare, and education.

Since 1994, World Relief has taken up the call to serve in Rwanda. What began as a response to genocide shifted over the years to a focus on long-term development through microfinance, responding to the HIV/AIDS crisis, and helping reduce child mortality. World Relief has helped implement some of the country's largest child survival programs and leverages its programming experience to increase local church capacity—allowing churches to serve their community's social, economic, health, and spiritual needs.

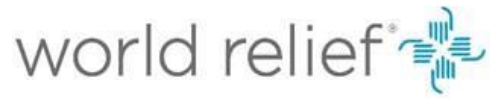
In 2009, World Relief Rwanda launched an innovative new approach to programming called Church Empowerment Zone (CEZ). In these zones (geographical locations), churches are mobilized to work together to solve the challenges they see in the community. World Relief leverages its extensive programming experience in Rwanda to build the capacity of the church to serve the community's social, economic, health and spiritual development needs.

World Relief Rwanda's Five Year VISION, is to empower and see 1000 local churches in Rwanda whose attitudes and actions have changed to embrace integral mission as a normative practice resulting into ministries that will save marriages, lift Rwandese out of poverty, heal the traumatized, bring youth off drugs, adequately feed Rwandans, eliminate chronic malnutrition and share the good news of Jesus Christ throughout the country.

3. World Relief's current program in Country

The Challenging Context

Rwanda still faces enormous challenges stemming from its turbulent history and the 1994 genocide against the Tutsi. The genocide swelled the ranks of vulnerable groups such as widows or women whose husbands are in prison; orphans; landless farmers; unskilled and unemployed youth and people with disabilities. The country's high population density (459 pple/sq.km), combined with Rwanda's steep terrain and a lack of intensive farming practices, have all served to create immense pressure on the country's land and natural resources. Poverty still prevails, although at a decreasing rate, 39.1% are below the poverty line and survive in conditions of extreme poverty. On the other hand the split view of the world entered the thinking of the church, and this dualistic view has systematically reduced the primary message of the gospel



preached today to salvation alone. The Christian church today in Rwanda is huge but weak, more and more people get saved but the majority are still poor, diseased, uneducated, some marriages are falling apart, drug use in the youth and left in economic chaos.

[The Solution—Integral Mission](#)

Integral Mission is the foundation for all of World Relief’s program work. Integral Mission goes beyond evangelism and social interventions that are implemented alongside each other. Rather, they are seamlessly integrated. We believe our proclamation has social consequences as we call people to love and repentance in all areas of life. And our social involvement has evangelistic consequences as we bear witness to the transforming grace of Jesus Christ. Through our church empowerment Zones(CEZ), World Relief brings Churches of all denominations together thorough several Church Network to unite under a common curriculum and leadership development program, giving them the opportunity to wrestle common problems, share resources, and join together in a common vision for their Churches, families, and communities. Our CEZ model brings churches together in harmony to equip and train their leaders in both spiritual, development and technical program areas. These church leaders then train and equip volunteers in the church, who in turn share the acquired skills through home visits to the most vulnerable in their communities. Our CEZ model is a proven holistic, cost-effective, scalable approach to creating sustainable transformation in the lives of the most vulnerable.

[World Relief Rwanda’s model integrates the following ministry areas:](#)

[*General Church mobilization*](#)

The majority of the population in Rwanda self-identify as Christians representing 93% of population, 44% of these are Roman Catholic, and 38% Protestants and 12% in Adventist church. Less than 1% claim to associate with traditional religion. Some research has estimated that as many as 70-90% of the population attends church on a monthly basis. Of all countries in Africa, Rwanda has one of the largest percentages of the population who were raised Catholic, but now practice another form of Christianity. Through the church empowerment Zones, pastors are empowered and equipped to do integral mission of the church, and use their role in facilitating it and understand transformational development, they are able to start ministries in the churches that respond to the needs of the most vulnerable in an integral way. These ministries not only serve the most vulnerable in the churches but also the rest of the community.

[*Savings for Life*](#)

In Savings for Life, World Relief initiated a Faith-Based Curriculum basing on VSLA, where community members learn savings and loans through a biblical lens. The curriculum incorporates all the key VSLA lessons into a narrative format that includes Bible verses and a story to make the content culturally appropriate, relatable & easy for members to remember & understand. The goal is to holistically change members – spiritually, socially, emotionally, and physically. The local church is the catalyst through which long-term change in communities should take place and the best, sustainable development focuses on holistic transformation which is addressing social, physical, emotional and spiritual issues.

[*Water project*](#)

In Partnership with the Local Church, World Relief and 20 Liters Water Project train volunteers, and teach them health and hygiene skills while delivering clean water solutions to the most Vulnerable. From the very beginning, local communities are empowered to be the ones leading the change and sustain the

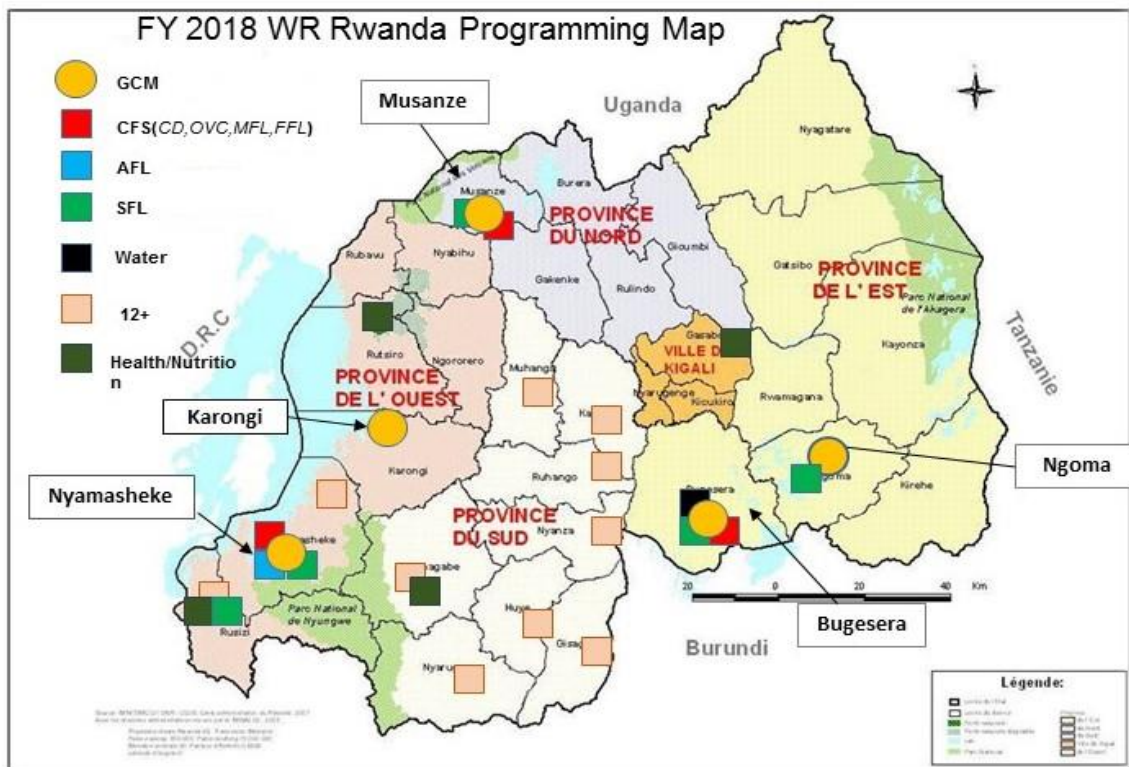
impact. In this manner, they receive different types of filters and water harvesting tanks to enable the community members have access to clean water and hence practice hygiene skills as trained.

Child development

43% of Rwanda’s population is below 15 years old. Most of Rwandan population (83.5%) is rural, where parents work in fields and have limited time to care for children, and elder children are often given responsibility to stay home caring for their young siblings. 12% of total population is aged 3 to 6, which is a pre-school age, and only 12 % of children of that category have access to any type of early learning and development. The primary school age is 7 to 12, and takes 16% of total population. All these children at young age, their holistic development will depend on appropriate parenting and exposure to learning in a secure environment that will holistically develop them. Local church leaders have affirmed that Child development programming brought a change in regard to how they were focusing on children’s ministry and resulted in improved health and hygiene in families as well as in the quality of Sunday school ministries.

Agriculture for Life

Agriculture for life was initiated by World Relief to come alongside the church and vulnerable farming families to increase and diversify agriculture production, strengthen marriages, and improve the nutrition status of women and young children. With the background of the Rwanda Agricultural Survey report, AFL interventions are considered strategic and needed to bring new agricultural innovations like the use of improved seeds to increase agricultural production, improve nutrition status and behavior change for vulnerable families in the community.



4. World Relief Rwanda Country Director



Moses NDAHIRO, Country Director

Moses Ndahiro is so passionate about the church. He serves as the Country Director since December 2014. Before joining World Relief in May 2014, Moses served the church in Rwanda through the P.E.A.C.E Plan for 7 years in several positions as Community Development coordinator, P.E.A.C.E trainings coordinator and later served as the Church Health Coordinator. His background is in Information Technology where he majored in Internet Systems and is currently pursuing his Masters in International Development at William Carey International University. He has a passion for addressing roots of human problems and unlocking people's potential to fulfill their God given purposes. Moses is happily married to Benitha with 3 Children, Lucas and Leanne and Lael

5. Cultural Considerations

Dos & Don'ts

Protocol/Introductions are very important and will occur on a regular basis. Rwandan culture tends to be quite formal. Please take time to appreciate and be thankful for one another. Also, when greeting leaders or older people, keep in mind that Africans have a much deeper respect for authority and for elders. Whenever you enter a room of people please shake hands and offer a greeting. If not, it is considered rude. Plus, you might get the triple cheek greeting—be prepared!

Cultural Expectations

- Earrings are not appropriate for men.
- Women should dress modestly at all times
- Tattoos are associated with witchcraft in many areas and should be covered to avoid communicating an unintended message.
- Smoking and drinking are viewed differently in the church, and are not seen as Christian behavior even in moderation. Do not smoke or drink alcohol while in Rwanda.
- African culture is a sharing culture, eating in front of others without sharing is not considered appropriate.
- It happens sometimes that after shaking hands, some visitors tend to use hand sanitizers. It is okay to use them but discreetly.
- It is inappropriate to demonstrate any kind of affection towards the opposite gender. Even goofing around between people of the opposite sex can be viewed as something sexual.
- Many Americans are curious about the Rwandan Genocide. This is a sensitive subject in Rwanda and should be treated cautiously. Avoid asking people whether they are Hutu, Twa or Tutsi. There will be good opportunities to visit the Rwanda Genocide Memorial to understand this history in detail.
- Large groups of foreigners can deter empowerment of the local community and communicate the wrong message. You may therefore be split up into groups while doing most work activities.

- Be sensitive in working with World Relief staff and church leaders, if you have a serious question or objection that must be expressed, please talk to staff or your team during debrief session.
- Rwandans’ primary way of social interaction with friends is more focused on being together rather than doing things. They tend to be very relational: in rural areas, especially, people are likely to drop by unannounced.

Interacting with Vulnerable groups of people

You will notice street-kids and homeless people wandering the streets and asking for money. You can keep a heart of compassion towards these people by giving what you have in time, love, food, or the like, but *do not give money*, as it is often used to fuel destructive drug and alcohol habits. Always treat these individuals as the real people they are, greeting them, touching them, and talking to them. It is important that we do not encourage dependence upon foreigners by providing “handouts,” but that we instead empower and equip individuals and communities to rise to the challenges of their context.

Because Rwandans 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

Guidelines for Home Visits

While in Rwanda, you may get to make a home visit and hear what the church has done to community members. The main goal of World Relief is for you to hear first hand and also be able to interact and get to know the people that the church is introducing you to. Your role is to listen and ask questions if you have any.

In preparation for a home visit, women should wear long skirts or wrappers with tops that cover their chest and back, and men should wear long trousers and shirts that cover their chest and back. When you arrive at the home, wait to be invited to take a seat and be ready to sit wherever offered. Take your cues from volunteers and let them do the introductions of both parties.

Greet the family and inquire about their well-being. Ask open-ended questions; talk less and listen attentively to the speaker. As deeper conversation progresses, be sensitive to privacy, confidentiality, and the emotions of those with whom you are speaking.

Holidays

1st January	New Year’s Day
2nd January	Day after New Year’s Day
1st February	National Heroes Day
Varies	Good Friday
Varies	Easter Monday
7th April	Genocide against the Tutsi Memorial Day
1st May	Labor Day
1st July	Independence Day

4th July	Liberation Day
Friday of first week of August	Umuganura Day
15th August	Assumption Day
25th December	Christmas Day
26th December	Boxing Day
Date established each year by the Rwanda Moslems Association	EID EL FITR
Date established each year by the Rwanda Moslems Association	EID AL-ADHA



Entertainment

As in all African countries, Rwanda has a unique and rich culture. This is evident in songs, dance as well as drama. Rwanda has a wealth of traditional crooners who sing in lilting voices and are accompanied by local instruments like the “Inanga” which is a zither instrument with a soundboard and eight strings

The dancers who include women and men perform an intricate dance that is best known as the Rwandan ballet where a combination of synchronized foot movements and spread arms imitate the gracefulness of the cow which is a national cultural symbol.



Dress

Women dance gracefully while the Men (Intore) dance more aggressively while wearing straw head gear resembling lion manes to symbolize bravery. These dances are backed by an ‘orchestra’ of drums providing the beat.

Rwanda's traditional dress for women is called “Umushanana.” It consists of a floor length wraparound skirt, and a tank top with a scarf draped across the body and tied on one shoulder as seen in the picture.

The men’s traditional outfit includes a Western-style dress shirt tucked into a wrapped floor-length skirt. A beaded necklace may be worn with this outfit. This can be seen in the picture below.

Photography/Videography

Please be sensitive when photographing local people and their villages. It is appropriate to ask someone first before you photograph them. Especially ask before ever taking photos in public. Do not photograph public/military buildings or persons in uniform.

Church services

Church buildings vary depending on what part of the country you are in, but outside of Kigali they are usually very simple. They tend to be one large room made of brick, mud, or sticks with a cement or dirt floor.

Leisure Activities

Be patient and enjoy the downtime—in Rwanda, things can take a little longer and go a little slower. Plans may change, so be flexible. What other people may view as squandered time, Rwandans would view as valuable time with friends and family. Time is not spent or wasted, it is simply enjoyed.

7. Before You Go

Visa

The [Rwandan Embassy](#) provides instructions on obtaining a travel visa.

Preventative care- ([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 recommendations for a one week trip. 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. Each traveler should pack entry documents, medicine, basic toiletries and a change of clothes in his/her carry-on 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 (2-3) - knee-length or lower (particularly for church)
Short and long-sleeved shirts (5-7).
Lightweight trousers or capris if preferred
Be modest about use of jewelry; clothing in inadvisable

Men

Comfortable, light-weight trousers (2-3)
shorts for the beach if desired
Polo shirts and T-shirts (5-7)
Tie (minimum 1)

Both

Light windbreaker/sweater for evenings
Comfortable/washable walking shoes or sandals
Underwear
Sleepwear
Long-sleeves to avoid mosquitoes at night

Other Items

Toiletries: sunscreen, chapstick, hand sanitizer, repellent (non-aerosol),
Medications (as needed/desired in original containers): antibiotics, band-aids, vitamins, Dramamine, anti-malaria pills
Bible, notebook/journal, pen
Reading material
Suitcase locks (for leaving baggage)
Hat/sunglasses

Optional Recommendations

Swimsuit
Sandals/flip-flops for shower, beach, etc.
Camera, extra batteries
Plug adaptor/ voltage converter
Ear plugs/eye mask
Small flashlight



Pictures of your family/friends to show people (be mindful of clothing in pictures and settings that aren't too extravagant) aloe or after-sun lotion
Water bottle

Documents

Passport!
4 extra passport photos
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
Copy of your passport
Credit Cards (VISA is best) and cash (\$20 and smaller bills are recommended) - for personal purchases and souvenirs.

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 "unplug").

Electricity & Voltage

In case you are unable to avoid packing electrically powered items, take note that voltage in Rwanda is 220/230/240 Volts, 50Hz, and outlets require a European style plug with two circular, metal pins.

Recommended reading & helpful website

Travel and Health

www.travel.state.gov – State Dept issued travel warnings, passport & visa info.
www.cdc.gov/travel – Travel health recommendations from the CDC
www.intellicast.com – International weather forecasts.
www.cbp.gov – U.S. Department of Homeland Security, Customs and Borders Protection.

Medical and Evacuation Insurance

www.brotherhoodmutual.com

International News and Information

www.tcci.org – Short-term mission training videos covering a wide range of subjects.
www.lonelyplanet.com – Basic country information geared towards travelers.
www.countrywatch.com – Up-to-date information and news around the world.
http://news.bbc.co.uk/2/hi/country_profiles/default.stm - Country Profiles from the BBC.
www.irinnews.org – Humanitarian news coverage and country information.
www.reuters.com/news/international

Miscellaneous

www.kropla.com – International telephone and electrical guides.
www.oanda.com – Currency exchange rates, charts, & currency-by-mail.
www.xe.com – Another currency exchange rate site.
www.timeanddate.com/worldclock/converter.html – Int'l time & date converter.

Online Travel Arrangements

www.fellowship.com - Full-service travel provider, specializing in mission and church travel.
www.menotravel.com – MTS Travel, a travel service especially geared for the Christian community offering mission-specific fares.

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

Language

www.freelang.net/dictionary/kinyarwanda.html – Has a free Kinyarwanda-to-English dictionary available for download.

<http://morganinafrica.blogspot.com/2006/02/rwanda-dictionary-kinyarwanda-english.html> – A personal blog offering a free resource for basic Kinyarwanda words.

Relief/Development Related

General

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

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

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

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

The Rwanda Crisis: History of a Genocide. Gerard Prunier

Remaking Rwanda: State-Building and Human Rights After Mass Violence by Scott Straus & Lars Waldorf

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)

world relief®

Helpful words and phrases

Yes	Yego (yeh-go)	Hello	Muraho (moo-ra-ho)
No	Oya (oh-ya)	How are you	Amakuru (A-ma-koo-roo)
I don't understand	Sumbyumva (seem-bee-oom-va)	What's up?	Bite? (be-teh)
Please repeat that	Wasubiramo (wa-soo-bee-rah-mow)	I am fine, and you?	Meze neza, wowe? (meh-zeh-neh-za, wo-weh?)
What does it mean	Bivuze iki (bee-voo-see-kee)	Thank you	Murakoze cyane (Moo-ra-ko-ze cha-neh)
Do you speak	Uvuga (oo-voo-gah)	Goodbye	Murabeho (moo-ra-be-ho)
I speak	Mvuga (mvoo-gah)	What is your name?	Witwa nde (weet-kwa-ndah)
I would like	Ndashaka (nda-sha-kah)	My name is	Nitwa (neet-kwah)
How much	Ni Angahe? (nee aa-nga-heh)	I'm going to	Ngiye (nghee-yeh)
Motorcycle	Moto (moh-toh)	Water	Amazi (aa-maa-zee)
Cab	Taxi (taxi)	Tea	Icyayi (ee-cha-yee)
Bicycle	Imodoka (ee-moh-doh-kah)	Coffee	Ikawa (ee-kaa-wah)
Plane	Indege (ee-ndeh-geh)	Milk	Amata (aa-maa-tah)
Call (asking)	Hamagara (ha-ma-ga)	Bread	Umugati (oo-moo-gah-tee)
		Fruits	Imbutu (eem-boo-toh)

One	Rimwe (reem-wej)
Two	Kabiri (ka-bee-ree)
Three	Gatatu (gah-ta-too)
Four	Kane (kah-neh)
Five	Gantanu (gah-ta-noo)
Six	Gatandatu (gah-tan-dah-too)
Seven	Karindwi (kah-reen-dwee)
Eight	Umunani (oo-moo-na-nee)
Nine	Icyenda (ee-chen-da)
Ten	Icumi (ee-choo-mee)

7. In Transit

Information to carry

When people ask for your personal contact information, please give them World Relief Rwanda's address (*see below*). Because people may form the habit of asking for favors, money, or other assistance, World Relief would like to screen correspondence so that we can 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 in order to instead facilitate real, healthy relationships.

world relief®

World Relief contact information

Kigali Office

Phone [011] (250) 584-664

Fax [011] (250) 587-190

Physical Address KG 647 ST 53, Kacyiru Sector,
Kigali, GASABO

Mailing Address PO Box 6052, Kigali, Rwanda

Moses Ndahiro, Country Director

Cell +250 788 307 118

Email mndahiro@wr.org

Solomon Umazekabiri

Cell +250 788 454648

US Embassy Address

2657 Avenue de la Gendarmerie
(Kacyiru)

P.O. Box 28 Kigali, Rwanda

Phone: (250) 252 596 400

Fax: (250) 252 580 325

Upon Arrival

You will need to exit the airport after going through customs and getting your luggage at baggage claim. WR Rwanda staff cannot enter the airport but will meet you just outside.

7. During the Trip

Communications

Some places have internet access available for guest use. It is not recommended that you use the internet more than once or twice throughout your stay, as your stay is probably not long, and it is wise to take in as much as you can from your surroundings.

Food & Water

Common meals in Rwanda include a combination of rice, beans, cassava, plantains, maybe some greens or beef served with a peanut or tomato sauce is commonly served. Starches such as potatoes, cassava and corn are eaten daily as well. Meat is a luxury and eaten rarely by the middle and lower class. Fresh fruit is a treat to most visitors. As you will be staying at places that serve food to Americans, you don't need to worry about staying away from any particular foods.

You may be offered food while visiting people in Rwanda. Refusing it is generally considered disrespectful, but if you must decline (for health reasons, etc.) do so gracefully.

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. When you want to walk around at night ask a WR Rwanda staff if it is ok or if they can go with you. Walking during the day is safe. It is advised to walk in groups of more than 2 and with at least one male. And to let WR Rwanda staff know your whereabouts. Do not carry more than \$100 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 can attract thieves to come and steal..

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

world relief®

To avoid getting sick, drink bottled or filtered 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.

Medical facilities

Should any illness or emergency occur on trip, contact the following immediately. Do not travel to a local medical facility without the direction of WR Staff.

Rwanda Country Director, Moses Ndahiro

Trips and Events Manager, Bethany Seremet

Money & Expenses

Currency- The currency in Rwanda is the Rwandan Franc (RWF). The current exchange rate is 860 RWF to 1.00 USD (as of May 2018)

Exchange rate ([link](#))

Est. Spending Money- No more than \$200 cash. Bills should date 2012 or later

Accommodations descriptions

Rwanda is a comfortable place to be. The weather is not usually too hot and it's not typically uncomfortably cold. It's recommended that you have some warm clothes such as sweatshirts just in case the weather is cold at night. It may also rain often depending on where in Rwanda you are staying. Sometimes there is not hot water available and you should be mentally prepared to take cold showers or bathe using buckets. Keep in mind that if mosquito nets are provided for you, then it is generally a good idea to use them.

Example of lodgings:

World Relief Rwanda Guest house

Hosanna Guest House centrehosanna@gmail.com

Solace Guest House, www.solacem.org




Hotel Gorillas, www.gorillashotels.com

Laundry

Most places will have laundry services with a small fee. Most Rwandans wash their *delicates* themselves.

Appendix

Additional Staff Bios

	<p>Emmanuel NGOGA, Director of Church Mobilization and Empowerment</p> <p>Ngoga has been with World Relief Rwanda since April 1998 serving in different capacities. He is a Medical Laboratory Technologist (Microbiology), with long-term experience in HIV/AIDS project management. He also has an MBA, majoring in Finance. Ngoga has been instrumental in establishing and developing the church's role in combating HIV/AIDS by implementing programs in partnership with churches across denominations, networking and participating in government forums on the epidemic of HIV/AIDS. He has actively disseminated lessons learned to churches, PVOs, government officials and donors through presentations at national and international meetings. Ngoga is excited to see how the church is taking its responsibility of bringing shalom in surrounding communities through church empowerment strategy and National and local church level. Ngoga is married to Mary and they have a son named Barnabas.</p>
	<p>Clemence NKULIKIYINKA – Director of Programs Impact and Quality</p> <p>Clemence Nkulikiyinka joined World Relief in March 2008 as an Executive Assistant to the Director of Programs. Since 2009 she has occupied different positions, first as Operations Manager for the HIV/AIDS program, then as manager of the Monitoring, Evaluation and Integration work, a post that she occupied for three years. In 2013, she led the pilot of outreach groups that are now being scaled in different country and was overseeing the Research and Development. Since October 2016, she oversees programs impact and quality. Clemence has a Master's in Business Administration (Project Management) and a Bachelor's degree in Business Administration. Clemence also head discipleship department in her local church and is greatly involved in a ministry that ensures that needs of believers are holistically met.</p>
	<p>Jacqueline MUKASHEMA, Director of Finance and Administration</p> <p>Jacqueline began working in World Relief in 2006. She began as a Chief Accountant and was promoted to different middle position and she is now heading the department of Administration and Finance. She studied accounting from secondary school up to the Masters level and loves this field. She has been married to her husband, Jean de Dieu, since 1999, and they have five children named Esther, Etienne, Ruth, Honnete and Asher.</p>

End Notes

¹Sources:

Rwanda. CIA Factbook. (<https://www.cia.gov/library/publications/the-world-factbook/geos/rw.html>).

Rwanda. Wikipedia: The Free Encyclopedia. (http://en.wikipedia.org/wiki/Rwanda#_note-28).

Rwandan Genocide. Wikipedia: The Free Encyclopedia. (http://en.wikipedia.org/wiki/Rwandan_genocide)

Republic of Rwanda—Office of the President. <http://www.presidency.gov.rw/index.php?start=40>

²Sources:

Rwanda. CIA Factbook. (<https://www.cia.gov/library/publications/the-world-factbook/geos/rw.html>).

Rwanda (and related articles: *Islam in Rwanda*, *Music of Rwanda*, *Literature of Rwanda*, etc.).

Wikipedia: The Free Encyclopedia. (http://en.wikipedia.org/wiki/Rwanda#_note-28).

Rwanda. UNAIDS: Joint United Nations Programme On HIV/AIDS. (http://www.unaids.org/en/Regions_Countries/Countries/rwanda.asp).

Rwanda: Humanitarian Country Profile. IRIN News. (<http://www.irinnews.org/country.aspx?CountryCode=RW&RegionCode=GL>).

³Sources:

Kigali. Wikipedia: The Free Encyclopedia. (<http://en.wikipedia.org/wiki/Kigali>).

“Administrative Divisions”. *Rwanda*. Wikipedia: The Free Encyclopedia. (<http://en.wikipedia.org/wiki/Rwanda>).

Rwanda: Humanitarian Country Profile. IRIN News. (<http://www.irinnews.org/country.aspx?CountryCode=RW&RegionCode=GL>).

⁴Sources:

<http://www.reconcile.org/rwanda.htm>