



International Medical Relief

PROVIDING COMMUNITY HEALTH
TO POPULATIONS MOST IN NEED

RWANDA



| RWANDA



PRE-FIELD BRIEFING PACKET

Contents

ABOUT THIS PACKET	3
BACKGROUND	4
EXTENDING YOUR STAY?	5
The 10 Most Beautiful Places to Visit in RWANDA	5
PUBLIC HEALTH OVERVIEW	8
BASIC STATISTICS	8
MILLENNIUM DEVELOPMENT GOALS	9
ADULT RISK FACTORS	9
TOP 10 CAUSES OF DEATH	10
BURDEN OF DISEASE	11
COUNTRY OVERVIEW	12
History	12
Geography	13
Climate and Weather	14
Demographics	15
Economy	16
Education	16
Religion	17
Culture	17
Poverty	18
SURVIVAL GUIDE	19
Etiquette	19
Language	22
SAFETY	25
FLAG	26
TIME IN RWANDA	27
Currency	28
IMR recommendations on money	29
EMBASSY INFORMATION	29
The United States Embassy in Rwanda	29
The Rwanda Embassy in the United States	29
WEBSITES	29

ABOUT THIS PACKET

This packet has been created to serve as a resource for the IMR RWANDA Medical Team.

This packet is information about the country and can be read at your leisure or on the airplane. The final section of this booklet is specific to the areas we will be working near (however, not the actual clinic locations) and contains information you may want to know before the trip.

The contents herein are not for distributional purposes and are intended for the use of the team and their families. Sources of the information all come from public record and documentation. You may access any of the information and more updates directly from the World Wide Web and other public sources.



BACKGROUND

In 1959, three years before independence from Belgium, the majority ethnic group, the Hutus, overthrew the ruling Tutsi king. Over the next several years, thousands of Tutsis were killed, and some 150,000 driven into exile in neighboring countries. The children of these exiles later formed a rebel group, the Rwandan Patriotic Front (RPF), and began a civil war in 1990. The war, along with several political and economic upheavals, exacerbated ethnic tensions, culminating in April 1994 in a state-orchestrated genocide, in which Rwandans killed up to a million of their fellow citizens, including approximately three-quarters of the Tutsi population. The genocide ended later that same year when the predominantly Tutsi RPF, operating out of Uganda and northern Rwanda, defeated the national army and Hutu militias, and established an RPF-led government of national unity. Approximately 2 million Hutu refugees - many fearing Tutsi retribution - fled to neighboring Burundi, Tanzania, Uganda, and former Zaire. Since then, most of the refugees have returned to Rwanda, but several thousand remained in the neighboring Democratic Republic of the Congo (DRC, the former Zaire) and formed an extremist insurgency bent on retaking Rwanda, much as the RPF did in 1990. Rwanda held its first local elections in 1999 and its first post-genocide presidential and legislative elections in 2003. Rwanda in 2009 staged a joint military operation with the Congolese Army in DRC to rout out the Hutu extremist insurgency there, and Kigali and Kinshasa restored diplomatic relations. Rwanda also joined the Commonwealth in late 2009 and assumed a nonpermanent seat on the UN Security Council for the 2013-14 term.



EXTENDING YOUR STAY?

The 10 Most Beautiful Places to Visit in RWANDA

www.rwandatourism.com

Rwanda is one of only three countries in the world where the critically endangered mountain gorillas live. Experts estimate that there are only 780 mountain gorillas still in existence - and one third of these are in Rwanda.

VOLCANOES NATIONAL PARK

This corner or northwestern Rwanda is a breath-taking unforgettable place where culture, adventure and conservation intersect. The "Parc National de Volcans" (or PNV as it's known by locals) lies along the Virunga Mountains, with 8 ancient volcanoes, which are shared by Rwanda, Uganda and the Democratic Republic of Congo. Just a short two hour drive from Rwanda's capital of Kigali, the park is a central location for exploring some distinctly Rwandan experiences. While a visit to the mountain gorillas is often at the top of visitor, the dramatic landscape also offers thrilling hiking and visits to the fascinating golden monkeys.



PNV is also one of Rwanda's conservation epicenters, where many non-profit organizations base their operations. Visitors can pay homage to the legendary scientist and gorilla advocate Dian Fossey with a hike to her tomb or a visit to the Dian Fosse Gorilla Fund that continues her legacy of research and advocacy to this day.

Near the park, the bustling and vibrant markets of Musanze are a place to immerse yourself into everyday Rwandan culture. Go deep into the earth with Musanze's caves - one of the area's newest attractions.

NYUNGWE NATIONAL PARK



Located in the South West corner of Rwanda, Nyungwe National Park is an untouched natural rainforest that is filled with exciting biodiversity. Covering over 1000 square kilometers, Nyungwe is surely one of the world's most beautiful and pristine mountain rainforests. It's believed to be one of Africa's oldest forests, staying green even through the Ice Age, which explains its diversity.

Home to habituated chimpanzees and 12 other primates species (including a 400-strong troop of habituated Ruwenzori Black & White Colobus), it's also a birder's paradise with over 300 species, including 16 endemics, and is home to 75 different species of mammal.

This majestic rainforest is filled with nature and wildlife experiences for you to emerge yourself in. Hiking or even biking the beautiful terrain, tracking the famous chimpanzees, experiencing the canopy walk, witnessing beautiful birds, relaxing by waterfalls are just a glimpse of activities that Nyungwe offers. Sounds and views

collaborate to create a one-of-a-kind wildlife experience. Exploring through the forest, travelers will witness the lush green mountains and cooling mist in a landscape that won't be soon forgotten.

AKAGERA NATIONAL PARK

Akagera National Park is located in the north east of Rwanda along the border with Tanzania. Although founded in 1934, much of the park was re-allocated as farms and in 1997 the park was reduced in size from more than 2,500 sq km (nearly 10% of the surface area of Rwanda) to its current extent of 1,122 sq km. Since 2010, a joint venture with African Parks has seen Akagera return to its former glories.

It is named after the Akagera River that flows along its eastern boundary and feeds into a labyrinth of lakes of which the largest is Lake Ihema. The forest fringed lakes, papyrus swamps, savannah plains and rolling highlands combine to make Akagera amongst the most scenic of reserves anywhere in Africa. It has exceptional levels of biodiversity and forms the largest protected wetland in central Africa.

Akagera combines well with Nyungwe and the Volcanoes NP to offer a great safari element as it is home to many large plains game species as well as species restricted to the papyrus swamps such as the Sitatunga and the sought-after Shoebill Stork. Notable plains game include elephant, buffalo, topi, zebra, waterbuck, roan antelope and eland. Other antelope are duiker, oribi, bohor reedbuck, klipspringer, bushbuck and impala. Of the primates, olive baboons, vervets and the secretive blue monkey are seen during the day, with bushbabies often seen on night drives.

Of the larger predators leopard, hyena, side-striped jackal and lion, which was re-introduced last year are present. Plans are underway for the reintroduction of the black rhino too, and this will restore Akagera's 'Big 5' status

Due to its wide variety of habitats, Akagera is an important ornithological site with nearly 500 bird species. The rare and elusive shoebill shares the papyrus with other rarities such as the exquisite papyrus gonolek and countless other water birds that inhabit the wetlands in large numbers.

KIGALI CITY

Peacefully nestled along picturesque hilltops, Kigali is a thriving African city immediately notable for its cleanliness, orderliness, and hospitality.

Kigali is a great place to begin or end any Rwanda journey as it's conveniently located in the geographic center of the country. The city is clean and safe, with extremely welcoming people. Travelers will enjoy exploring the great cultural activities - including several award-winning museums, burgeoning music scene, and some of East Africa's most memorable dining experiences.



LAKE KIVU / RUBAVU

If you're surprised that Rwanda has a beach - you're not alone. Rubavu (also known as Gisenyi) is a waterfront town located on the shores of Lake Kivu, one Africa's great bodies of water. At only an hour away from Volcanoes National Park, Rubavu is a great way to unwind after trekking adventures.

Lake Kivu is stunningly beautiful lake and an incredible place to visit. With no hippos or crocodiles and crystal clear, clean water, it is also one of the safest lakes in Africa. So come and explore, discover and journey along its interesting coastline. Watch unique fishing boats plying the water and find interesting villages as well as amazing birdlife set amongst true peace and tranquillity.

Near to Rubavu (Gisenyi), coffee enthusiasts can see how coffee is grown and made in to a delicious cup of famous Rwandan coffee. And not far from Karongi (Kibuye) is Rwanda's own 'Bay of Islands' where many uninhabited islands are covered with natural woodland and even a remarkable colony of bats. However, it is making the journey silently and quietly along the coast that is the really special part of 'sea' kayaking on the lake.

Rubavu marks the beginning of the Congo Nile Trail, which extends 227 km to Rusizi, and has plenty of biking and hiking trails to fulfill those who crave the some more adventure. Rubavu is also known for its agrotourism experiences, with many tea and coffee plantations nearby.

CONGO NILE TRAIL



The Congo Nile Trail is a trail along Lake Kivu that extends from Rubavu, continues through Rutsiro via the Karongi, Nyamasheke districts and ends at Rusizi District.

227 km (141 miles) of beautiful landscapes, including rolling hills and clear water. The entire trek can be completed in a 10- day hike. However, the trip can be done in sections if travelers do not have the time to complete the entire trail. Trails give stunning views of the Lake Kivu coastline and offer adventurous travelers an exciting way to discover Rwanda.

Biking the Congo Nile Trail can be completed in 5 days, with rich views and immersive cultural experiences along the way. This trail appeals to adventure travelers and is a great way to experience Rwanda. The trail can also be split up if visitors do not have the time to commit to the 5 day journey. However, it is an experience worth selling to those who crave an off the beaten path adventure.

PUBLIC HEALTH OVERVIEW

BASIC STATISTICS

Basic statistics

Indicators	Statistics	Year
Population (thousands)	11777	2013
Population aged under 15 (%)	43	2013
Population aged over 60 (%)	4	2013
Median age (years)	18	2013
Population living in urban areas (%)	27	2013
Total fertility rate (per woman)	4.5	2013
Number of live births (thousands)	414.3	2013
Number of deaths (thousands)	75.7	2013
Birth registration coverage (%)	63	2010
Cause-of-death registration coverage (%)	...	
Gross national income per capita (PPP int \$)	1430	2013
WHO region	African	2013
World Bank income classification	Low	2013

... Data from 2007 onwards not available.

Source:
Country statistics and global health estimates
by WHO and UN partners

For more information visit the Global Health Observatory
(<http://www.who.int/gho/en/>)

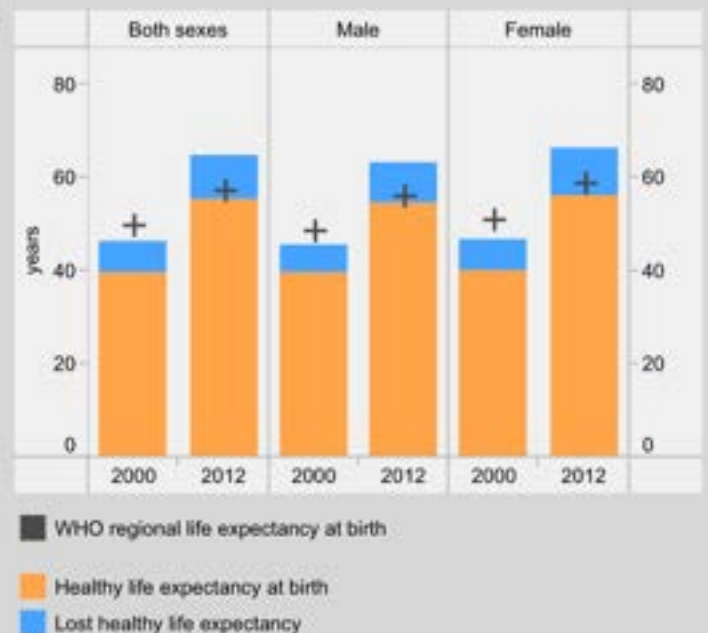
Last updated: January 2015

Life expectancy (years), 2012

		Country	WHO region	World Bank income group
Life expectancy	At birth	65	58	62
	At age 60	18	17	17
Healthy life expectancy	At birth	55	50	53

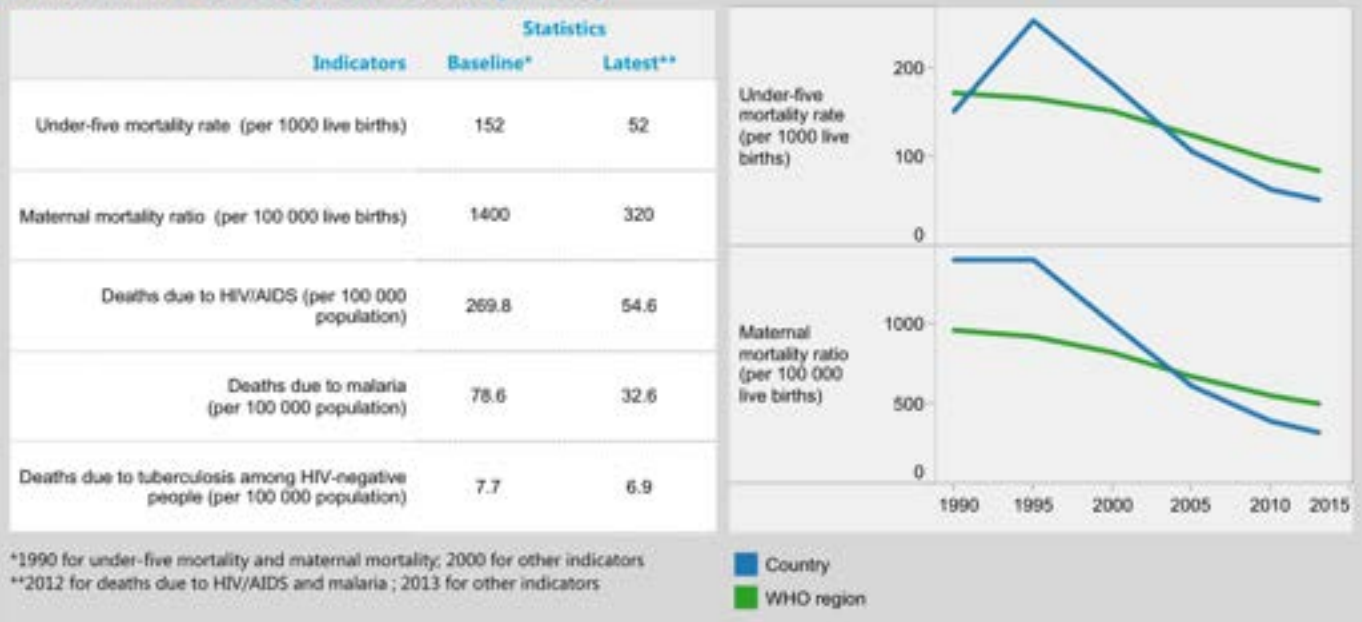
Life expectancy at birth for both sexes increased by 19 year(s) over the period of 2000-2012; the WHO region average increased by 7 year(s) in the same period.

In 2012, healthy expectancy in both sexes was 10 year(s) lower than overall life expectancy at birth. This lost healthy life expectancy represents 10 equivalent year(s) of full health lost through years lived with morbidity and disability.



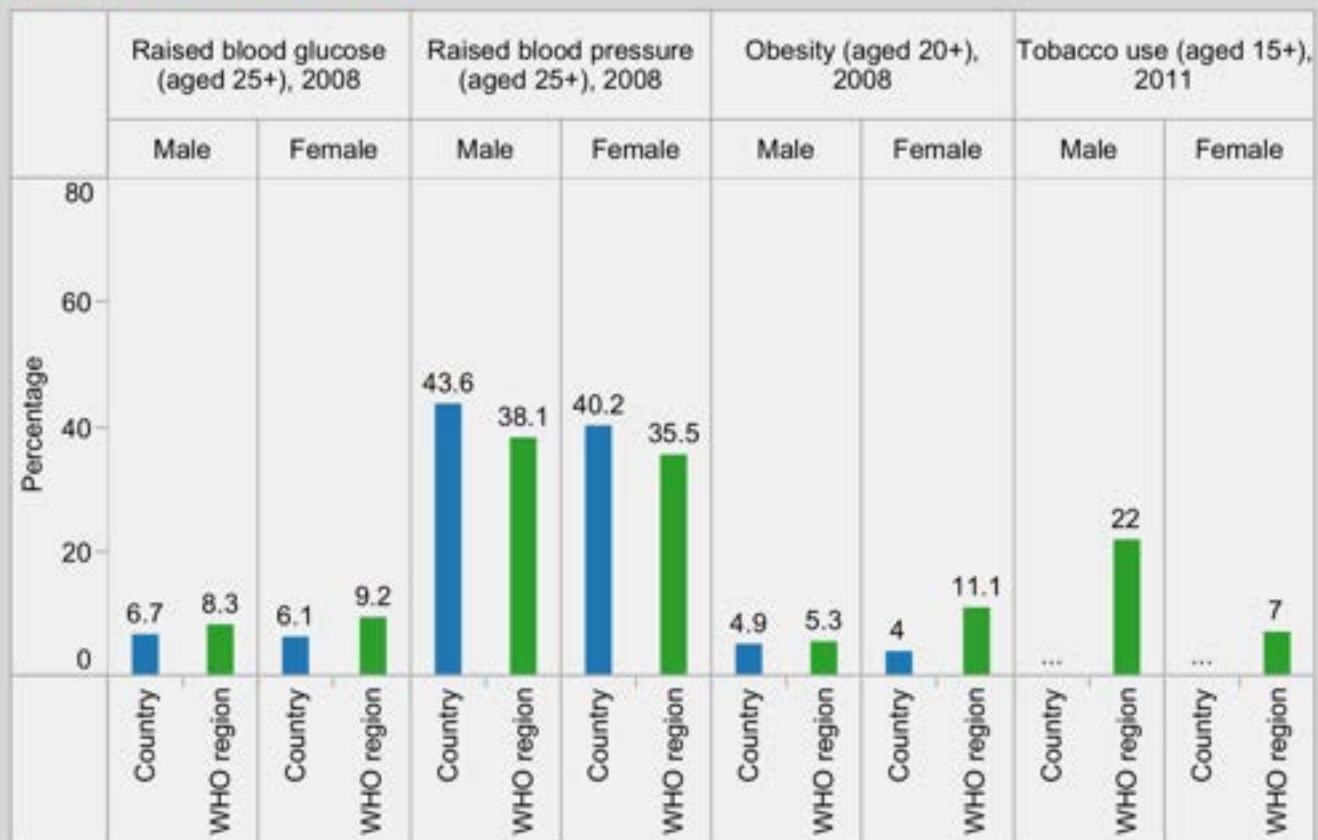
MILLENNIUM DEVELOPMENT GOALS

Millennium Development Goals (MDGs)

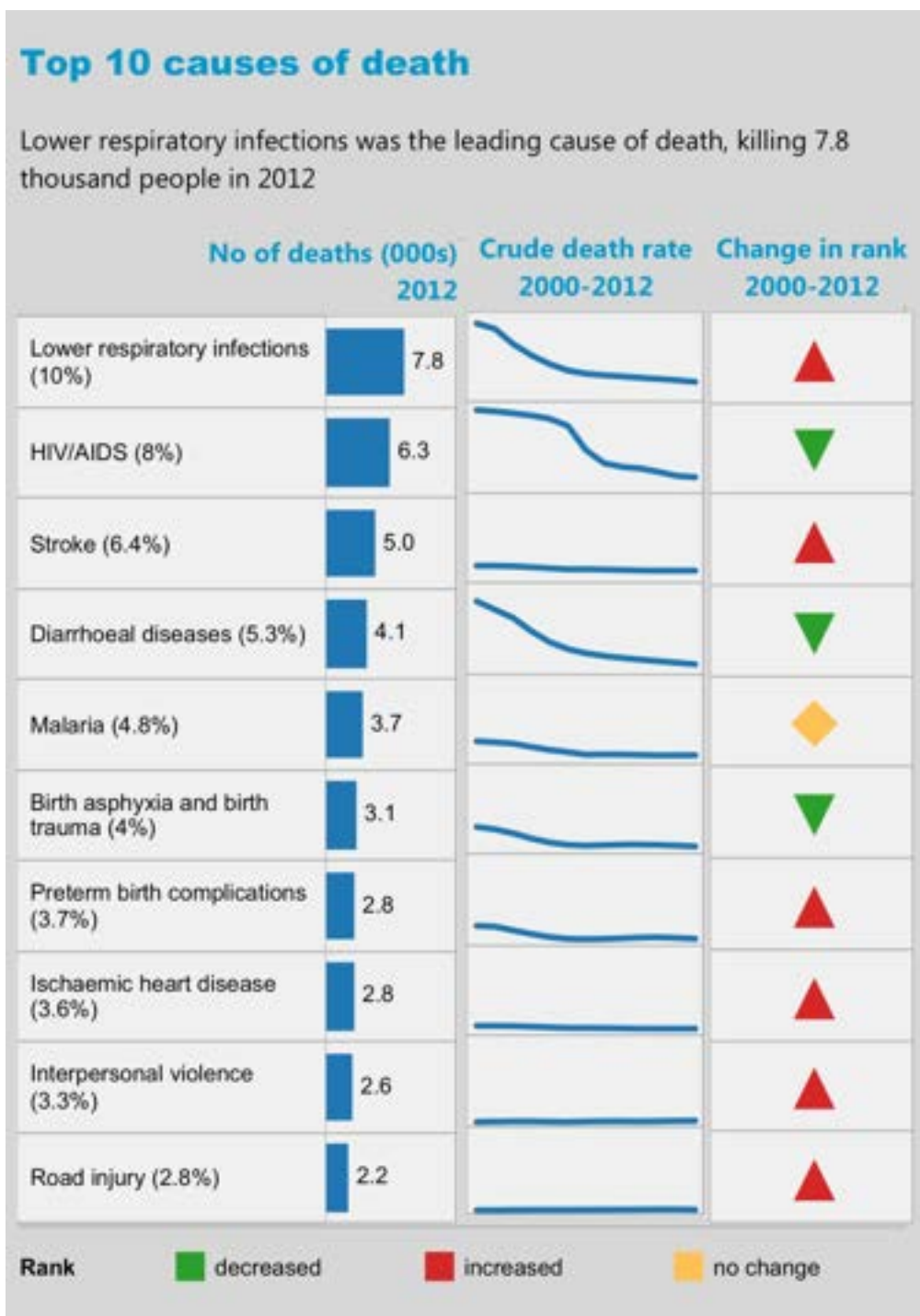


ADULT RISK FACTORS

Adult risk factors



TOP 10 CAUSES OF DEATH

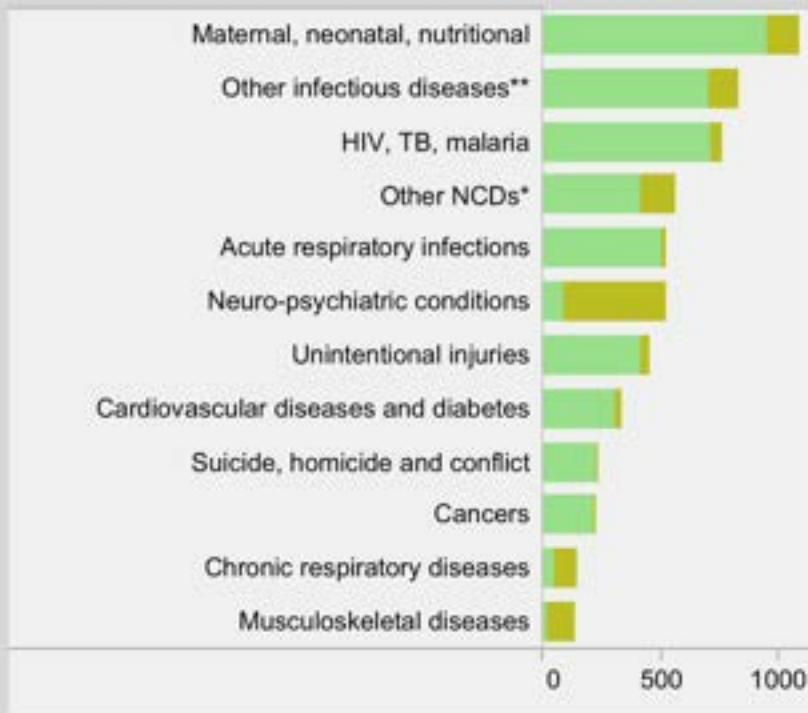


BURDEN OF DISEASE

Burden of disease, 2012

Disability-adjusted life years (DALYs) are the sum of years of life lost due to premature mortality (YLL) and years of healthy life lost due to disability (YLD).

DALYs, YLL and YLD (thousands) by broad cause group



*Other noncommunicable diseases (NCDs) including non-malignant neoplasms; endocrine, blood and immune disorders; sense organ, digestive, genitourinary, and skin diseases; oral conditions; and congenital anomalies.

** Infectious diseases other than acute respiratory diseases, HIV, TB and malaria.

■ YLL ■ YLD

COUNTRY OVERVIEW

History

The earliest form of social organization in the area was the clan (*ubwoko*). The clans were not limited to genealogical lineages or geographical area, and most included Hutu, Tutsi, and Twa. From the 15th century, the clans began to coalesce into kingdoms; by 1700 around eight kingdoms existed in present-day Rwanda. One of these, the Kingdom of Rwanda, ruled by the Tutsi Nyiginya clan, became increasingly dominant from the mid-eighteenth century. The kingdom reached its greatest extent during the nineteenth century under the reign of King Kigeli Rwabugiri. Rwabugiri conquered several smaller states, expanded the kingdom west and north, and initiated administrative reforms; these included *ubuhake*, in which Tutsi patrons ceded cattle, and therefore privileged status, to Hutu or Tutsi clients in exchange for economic and personal service, and *uburetwa*, a corvée system in which Hutu were forced to work for Tutsi chiefs. Rwabugiri's changes caused a rift to grow between the Hutu and Tutsi populations. The Twa were better off than in pre-Kingdom days, with some becoming dancers in the royal court, but their numbers continued to decline.

The Berlin Conference of 1884 assigned the territory to Germany as part of German East Africa, marking the beginning of the colonial era. The explorer Gustav Adolf von Götzen was the first European to significantly explore the country in 1894; he crossed from the south-east to Lake Kivu and met the king. The Germans did not significantly alter the social structure of the country, but exerted influence by supporting the king and the existing hierarchy and delegating power to local chiefs. Belgian forces took control of Rwanda and Burundi during World War I, beginning a period of more direct colonial rule. Belgium simplified and centralized the power structure, and introduced large-scale projects in education, health, public works, and agricultural supervision, including new crops and improved agricultural techniques to try to reduce the incidence of famine. Both the Germans and the Belgians promoted Tutsi supremacy, considering the Hutu and Tutsi different races. In 1935, Belgium introduced identity cards labeling each individual as either, Tutsi, Hutu, Twa or Naturalized. While it had previously been possible for particularly wealthy Hutu to become honorary Tutsi, the identity cards prevented any further movement between the classes.

Belgium continued to rule Rwanda as a UN Trust Territory after World War II, with a mandate to oversee independence. Tension escalated between the Tutsi, who favored early independence, and the Hutu emancipation movement, culminating in the 1959 Rwandan Revolution: Hutu activists began killing Tutsi,



forcing more than 100,000 to seek refuge in neighboring countries. In 1961, the now pro-Hutu Belgians held a referendum in which the country voted to abolish the monarchy. Rwanda was separated from Burundi and gained independence in 1962. Cycles of violence followed, with exiled Tutsi attacking from neighboring countries and the Hutu retaliating with large-scale slaughter and repression of the Tutsi. In 1973, Juvénal Habyarimana took power in a military coup. Pro-Hutu discrimination continued, but there was greater economic prosperity and a reduced amount of violence against Tutsi. The Twa remained marginalized, and by 1990 were almost entirely forced out of the forests by the government; many became beggars. Rwanda's

population had increased from 1.6 million people in 1934 to 7.1 million in 1989, leading to competition for land.

In 1990, the Rwandan Patriotic Front (RPF), a rebel group composed mostly of Tutsi refugees, invaded northern Rwanda, initiating the Rwandan Civil War. Neither side was able to gain a decisive advantage in the war, but by 1992 it had weakened Habyarimana's authority; mass demonstrations forced him into a coalition with the domestic opposition and eventually to sign the 1993 Arusha Accords with the RPF. The cease-fire ended on 6 April 1994 when Habyarimana's plane was shot down near Kigali Airport, killing him. The shooting down of the plane served as the catalyst for the Rwandan Genocide, which began within a few hours. Over the course of approximately 100 days, between 500,000 and 1,000,000 Tutsi and politically moderate Hutu were killed in well-planned attacks on the orders of the interim government. Many Twa were also killed, despite not being directly targeted. The Tutsi RPF restarted their offensive, and took control of the country methodically, gaining control of the whole country by mid-July. The international response to the genocide was limited, with major powers reluctant to strengthen the already overstretched UN peacekeeping force. When the RPF took over, approximately two million Hutu fled to neighboring countries, in particular Zaïre, fearing reprisals; additionally, the RPF-led army was a key belligerent in the First and Second Congo Wars. Within Rwanda, a period of reconciliation and justice began, with the establishment of the International Criminal Tribunal for Rwanda (ICTR) and the reintroduction of *Gacaca*, a traditional village court system.

Geography

At 26,338 square kilometers (10,169 sq mi), Rwanda is the world's 149th-largest country, and the fourth smallest on the African mainland after Gambia, Swaziland, and Djibouti. It is comparable in size to Burundi, Haiti and Albania. The entire country is at a high altitude: the lowest point is the Rusizi River at 950 meters (3,117 ft) above sea level. Rwanda is located in Central/Eastern Africa, and is bordered by the Democratic Republic of the Congo to the west, Uganda to the north, Tanzania to the east, and Burundi to the south. It lies a few degrees south of the equator and is landlocked. The capital, Kigali, is located near the center of Rwanda.

The watershed between the major Congo and Nile drainage basins runs from north to south through Rwanda, with around 80% of the country's area draining into the Nile and 20% into the Congo via the Rusizi River and Lake Tanganyika. The country's longest river is the Nyabarongo, which rises in the southwest, flows north, east, and southeast before merging with the Ruvubu to form the Kagera; the Kagera then flows due north along the eastern border with Tanzania. The Nyabarongo-Kagera eventually drains into Lake Victoria, and its source in Nyungwe Forest is a contender for the as-yet undetermined overall source of the Nile. Rwanda has many lakes, the largest being Lake Kivu. This lake occupies the floor of the Albertine Rift along most of the



length of Rwanda's western border, and with a maximum depth of 480 meters (1,575 ft), it is one of the twenty deepest lakes in the world. Other sizeable lakes include Burera, Ruhondo, Muhazi, Rweru, and Ihema, the last being the largest of a string of lakes in the eastern plains of Akagera National Park.

Mountains dominate central and western Rwanda. They are part of the Albertine Rift Mountains that flank the Albertine branch of the East African Rift, which runs from north to south along Rwanda's western border. The highest peaks are found in the Virunga volcano chain in the northwest; this includes Mount Karisimbi, Rwanda's highest point, at 4,507 meters (14,787 ft). This western section of the country lies within the Albertine Rift montane forests eco-region. It has an elevation of 1,500 to 2,500 meters (4,921 to 8,202 ft). The center of the country is predominantly rolling hills, while the eastern border region consists of savanna, plains and swamps.

Climate and Weather

Rwanda has a temperate tropical highland climate, with lower temperatures than are typical for equatorial countries because of its high elevation. Kigali, in the center of the country, has a typical daily temperature range between 12 and 27 °C (54 and 81 °F), with little variation through the year. There are some temperature variations across the country; the mountainous west and north are generally cooler than the lower-lying east. There are two rainy seasons in the year; the first runs from February to June and the second from September to December. These are separated by two dry seasons: the major one from June to September, during which there is often no rain at all, and a shorter and less severe one from December to February. Rainfall varies geographically, with the west and northwest of the country receiving more precipitation annually than the east and southeast. Global warming has caused a change in the pattern of the rainy seasons. According to a report by the Strategic Foresight Group, change in climate has reduced the number of rainy days experienced during a year, but has also caused an increase in frequency of torrential rains. Both changes have caused difficulty for farmers, decreasing their productivity. Strategic Foresight also characterizes Rwanda as a fast warming country, with an increase in average temperature of between 0.7 °C to 0.9 °C over fifty years.

Climate data for Kigali, Rwanda													[hide]
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Average high °C (°F)	26.9 (80.4)	27.4 (81.3)	26.9 (80.4)	26.2 (79.2)	25.9 (78.6)	26.4 (79.5)	27.1 (80.8)	28.0 (82.4)	28.2 (82.8)	27.2 (81)	26.1 (79)	26.4 (79.5)	26.89 (80.41)
Average low °C (°F)	15.6 (60.1)	15.8 (60.4)	15.7 (60.3)	16.1 (61)	16.2 (61.2)	15.3 (59.5)	15.0 (59)	16.0 (60.8)	16.0 (60.8)	15.9 (60.6)	15.5 (59.9)	15.6 (60.1)	15.73 (60.31)
Average precipitation mm (inches)	76.9 (3.028)	91.0 (3.583)	114.2 (4.496)	154.2 (6.071)	88.1 (3.469)	18.6 (0.732)	11.4 (0.449)	31.1 (1.224)	69.6 (2.74)	105.7 (4.161)	112.7 (4.437)	77.4 (3.047)	950.9 (37.437)
Average precipitation days (≥ 0.1 mm)	11	11	15	18	13	2	1	4	10	17	17	14	133

Source: World Meteorological Organization¹¹⁹

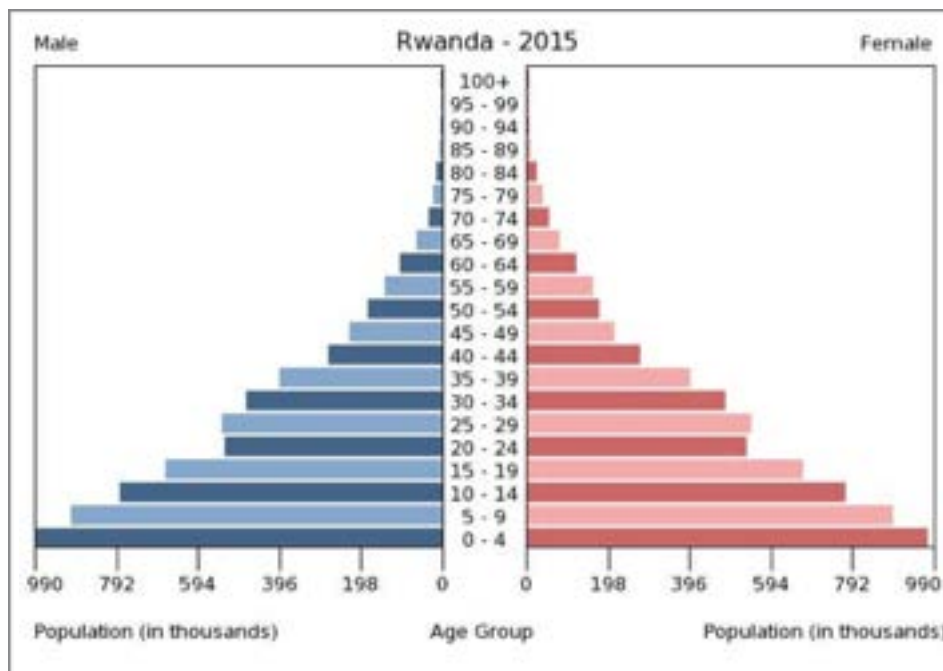
Demographics

The population is young and predominantly rural, with a density among the highest in Africa. Rwandans are drawn from just one cultural and linguistic group, the Banyarwanda, although within this group there are three subgroups: the Hutu, Tutsi and Twa. The Twa are a forest-dwelling pygmy people descended from Rwanda's earliest inhabitants. Scholars disagree on the origins of and differences between the Hutu and Tutsi; some believe differences are derived from former social castes within a single people, while others believe the Hutu and Tutsi arrived in the country separately, and from different locations.

Ethnic Groups: Hutu (Bantu) 84%, Tutsi (Hamitic) 15%, Twa (Pygmy) 1%

Population: 12,661,733

note: estimates for this country explicitly take into account the effects of excess mortality due to AIDS; this can result in lower life expectancy, higher infant mortality, higher death rates, lower population growth rates, and changes in the distribution of population by age and sex than would otherwise be expected (July 2015 est.)



Economy

Rwanda is a rural country with about 90% of the population engaged in subsistence agriculture and some mineral and agro-processing. Tourism, minerals, coffee and tea are Rwanda's main sources of foreign exchange. Despite Rwanda's fertile ecosystem, food production often does not keep pace with demand, requiring food imports. Energy shortages, instability in neighboring states, and lack of adequate transportation linkages to other countries continue to handicap private sector growth.



The 1994 genocide decimated Rwanda's fragile economic base, severely impoverished the population, particularly women, and temporarily stalled the country's ability to attract private and external investment. However, Rwanda has made substantial progress in stabilizing and rehabilitating its economy to pre-1994 levels. GDP has rebounded with an average annual growth of 7%-8% since 2003 and inflation has been reduced to single digits. Nonetheless, a significant percent of the population still live below the official poverty line; 39% of the population now lives below the poverty line, according to government statistics, compared to 57% in 2006.

Africa's most densely populated country is trying to overcome the limitations of its small, landlocked economy by leveraging regional trade; Rwanda joined the East African Community and is aligning its budget, trade, and immigration policies with its regional partners. The government has embraced an expansionary fiscal policy to reduce poverty by improving education, infrastructure, and foreign and domestic investment, and pursuing market-oriented reforms. In recognition of Rwanda's successful management of its macro economy, in 2010, the IMF graduated Rwanda to a Policy Support Instrument (PSI).

The Rwandan Government is seeking to become a regional leader in information and communication technologies. In 2012, Rwanda completed the first modern Special Economic Zone (SEZ) in Kigali. The SEZ seeks to attract investment in all sectors, but specifically in agribusiness, information and communications, trade and logistics, mining, and construction.

Education

Prior to 2012, the Rwandan government provided free education in state-run schools for nine years: six years in primary and three years following a common secondary program. In 2012, this started to be expanded to 12 years. A 2015 study suggests that while enrolment rates in primary schools are "near ubiquity", rates of completion are low and repetition rates high. While schooling is fee-free, there is an expectation that parents should contribute to the cost of their children's education by providing them with materials, supporting teacher development and making a contribution to school construction. According to the government, these costs should not be a basis for the exclusion of children from education, however. There are many private schools across the country, some church-run, which follow the same syllabus but charge fees. From 1994 until 2009, secondary education was offered in either French or English; because of the country's increasing ties with the East African Community and the Commonwealth, only the English syllabi are now offered. The country has a number of



institutions of tertiary education. In 2013, the public University of Rwanda (UR) was created out of a merger of the former National University of Rwanda and the country's other public higher education institutions. In 2013, the gross enrollment ratio for tertiary education in Rwanda was 7.9%, from 3.6% in 2006. The country's literacy rate, defined as those aged 15 or over who can read and write, was 71% in 2009, up from 38% in 1978 and 58% in 1991.

Religion

Roman Catholic 49.5%, Protestant 39.4% (includes Adventist 12.2% and other Protestant 27.2%), other Christian 4.5%, Muslim 1.8%, animist 0.1%, other 0.6%, none 3.6% (2001), unspecified 0.5% (2002 est.)

Culture

Music and dance are an integral part of Rwandan ceremonies, festivals, social gatherings and storytelling. The most famous traditional dance is a highly choreographed routine consisting of three components: the *umushagiro*, or cow dance, performed by women; the *intore*, or dance of heroes, performed by men; and the drumming, also traditionally performed by men, on drums known as *ingoma*. The best known dance group is the National Ballet. It was established by President Habyarimana in 1974, and performs nationally and internationally. Traditionally, music is transmitted orally, with styles varying between the social groups. Drums are of great importance; the royal drummers

enjoyed high status within the court of the King (*Mwami*). Drummers play together in groups of varying sizes, usually between seven and nine in number. The country has a growing popular music industry, influenced by African Great Lakes, Congolese, and American music. The most popular genre is hip hop, with a blend of rap, ragga, R&B and dance-pop.

Traditional arts and crafts are produced throughout the country, although most originated as functional items rather than purely for decoration. Woven baskets and bowls are especially common. *Imigongo*, a unique cow dung art, is produced in the southeast of Rwanda, with a history dating back to when the region was part of the independent Gisaka kingdom. The dung is mixed with natural soils of various colors and painted into patterned ridges to form geometric shapes. Other crafts include pottery and wood carving. Traditional housing styles make use of locally available materials; circular or rectangular mud homes with grass-thatched roofs (known as *nyakatsi*) are the most common. The government has initiated

a program to replace these with more modern materials such as corrugated iron.

Rwanda does not have a long history of written literature, but there is a strong oral tradition ranging from poetry to folk stories. Many of the country's moral values and details of history have been passed down through the generations. The most famous Rwandan literary figure was Alexis Kagame (1912-1981), who carried out and published research into oral traditions as well as writing his own poetry. The Rwandan Genocide resulted in the emergence of a literature of witness accounts, essays and fiction by a new generation of writers such as Benjamin Sehene. A number of films have been produced about the Rwandan Genocide, including the Golden



Globe-nominated *Hotel Rwanda*, *Shake Hands with the Devil*, *Sometimes in April*, and *Shooting Dogs*, the last two having been filmed in Rwanda and having featured survivors as cast members.

Fourteen regular national holidays are observed throughout the year, with others occasionally inserted by the government. The week following Genocide Memorial Day on 7 April is designated an official week of mourning. The victory for the RPF over the Hutu extremists is celebrated as Liberation Day on 4 July. The last Saturday of each month is *umuganda*, a national morning of mandatory community service lasting from 8am to 11am, during which all able bodied people between 18 and 65 are expected to carry out community tasks such as cleaning streets or building homes for vulnerable people. Most normal services close down during *umuganda*, and public transportation is limited.

Poverty

The country is one of the poorest in Africa. Gross domestic product per capita was US\$464 in 2008, and Rwanda ranked 167th out of 182 countries in the 2009 United Nations Development Programme's Human Development Index. Poverty is widespread throughout the country. In 2006, 56.9 per cent of the total population were living below the poverty line and 37.9 per cent were extremely poor. In rural areas about 64.7 per cent of the population were living in poverty.

The genocide of 1994, which led to the loss of about 1 million lives and the creation of some 800,000 refugees and displaced persons, had a devastating social and economic effect on the country. It led to a change in the country's demographic structure: women today account for about 54 per cent of the Rwandan population, and many households are headed by women and orphans. Households headed by women (29 per cent of the total rural population), households headed by children, and households affected by HIV/AIDS are also affected by poverty or are at risk of falling into poverty. Close to 14 per cent of rural dwellers have become landless peasants who live in conditions of extreme poverty, and a large number of demobilized young soldiers have swollen the ranks of the unemployed



SURVIVAL GUIDE

Etiquette

Greetings

Men greeting Men - A handshake is appropriate in most situations. Handshakes tend to be energetic and very often linger through the greeting process and sometimes the entire conversation which may include walking where it is common to continue hold/shake hands. As a show of respect/ deference it is common to grasp the right forearm with your left hand when shaking hands. In casual situations a low hand slap is common. Many men also share a light touching of the side of forehead to the side of the other person's forehead—first the right side, then the left.

Women greeting Women - A handshake and/or nod of acknowledgment is appropriate in most situations. If you would like to show great respect you may also place your left hand over your right elbow/forearm when handshaking. Many times women will hold hands with other women, and often the handshake is prolonged into this hand-holding. . Close friends or family members usually hug and exchange kisses on the cheek, alternating sides. If you are unsure what to do, just follow the lead of your Rwandan counterpart.

Greetings between Men & Women - Appropriate greetings depend on the nature of the relationship and region. A handshake is usually appropriate but it is best to wait for the woman to extend her hand, otherwise a bow or a nod of acknowledgment will suffice.

Note: It's a good idea to use your right hand when shaking hands. Shaking hands is expected in business or government meetings.

COMMUNICATION

- Rwandans tend to communicate more directly in certain situations and indirectly in others. For example, people may ask whether or not you are married and/or have children, but may not directly voice their displeasure in a public setting.
- Rwandans may avoid telling the truth if it might hurt or upset the person they are speaking with. While it may be seen as lying by some, most Rwandans feel that they are being sensitive to the person's feelings.
- It's best to avoid asking about someone's ethnicity, making any referral to the war/genocide, discussing politics, or sex.
- If you ask about someone's family, be prepared to hear that many may have been killed. An appropriate response would be, "I am very sorry for your loss".
- Good topics of conversation include: food, the Rwandan landscape, your home country, sports, and the weather.
- Humor plays a big role in communicating and most Rwandans enjoy a good joke. However, it is best to avoid sarcasm as it may not translate well, if at all.
- Rwandans tend to be very indirect, talking around issues instead of discussing them directly. Conversations are usually preceded by questions about the family, etc. and other niceties.

Eye contact

- Generally, people prefer indirect eye contact. This does not mean you can't look at somebody directly, but continuous eye contact during conversations is not a must.
- Overly direct eye contact can be considered aggressive by some. This is especially the case when speaking with superiors or elders.
- Women and children often will look down or away when conversing with men or with elders.
- Direct eye contact is not viewed as aggressive. In rural areas, visitors will find eye contact will not be as common as in Kigali . With government officials, this is expected.

Personal space and touching

It's a good idea to learn some terms in Kinyarwanda. A simple "Mwaramutse" in the morning (or "Mwiriwe" in the afternoon) will make people smile and open up to you. Rwandans enjoy meeting foreigners who make an effort to learn their language and culture, both of which are marvelous. Learning even a little will go a long way with them.

- Personal space tends to be very minimal. People often talk very close to each other and less than an arm's length is common in most situations.
- On public transportation, personal space is limited to non-existent. It is common to see people crowded into a bus or taxi with no space in between. This tends to be the case more in rural areas vs. urban.
- When two people of the same sex are talking, touching is acceptable. It is common to touch the hands, arms, and shoulders as well as hold hand while walking. This is seen as a sign of friendship.
- When two people of the opposite sex talk there is very little to no touching. The only appropriate touch is usually a handshake/greeting.
- One should avoid touching elders and superiors superfluously. Touching on the arm is quite common, but it should also be understood that touching someone of the opposite sex can easily be misconstrued as flirting.

Views of Time

- In most situations, Rwandans do not tend to be overly concerned with being punctual. People are expected to arrive within the first hour or two after the appointed time.
- Punctuality tends to be more valued in business situations, but deadlines are often not met.
- Generally speaking, people will give their time freely and are happy to accommodate unscheduled visits regardless of other plans.
- Time is fluid in this culture, but it also depends on the person with whom you are meeting. Government officials, even in rural areas, will almost always be on time. The government has emphasized punctuality as one of their main values.
- In interpersonal relationships, it is common for Rwandans to be 30 minutes to an hour late; flexibility is encouraged. Often, Rwandans expect foreigners to be on time, even if they are not.
- Rwandans tend to greet all friends and acquaintances that they pass, and exchange niceties; this can often slow them down to an appointment. They like to take their time; relationship building is very important in this culture, which is particularly understandable, given their divisive history.

Gender issues:

- Rwanda is going through a transition when it comes to gender roles; however, it is still a male dominant society. Over the past several years, women have made dramatic gains in equality. In rural areas, women continue their traditional roles in raising children, preparing meals, and working in the fields. However, in Kigali, it is common to see women at all levels in business and government, and there are policewomen as well.
- In most rural areas women will most likely be housewives. They will be expected to cook, clean, do the laundry and take care of the children, as well as work their land.
- In urban settings it is more likely to find women who work and have a career. Although opportunities are becoming more varied, salaries and room for growth tend to be limited.
- Women have recently received the right to own land.
- The Rwandan Parliament boasts the greatest percentage of women of any parliament in the world. Foreign women are at no particular disadvantage in .
- Activities that tend to be unacceptable for women surround issues of drinking; there is a stigma against women who go to bars (in areas outside of Kigali).

Gestures

- When gesturing or beckoning for someone to come, you should face your palm downwards and make a scratching motion with the fingers.
- It is rude to point at people, as pointing is reserved for dogs, so usually the whole hand/arm is used.
- Rwandan gestures tend to be the same as mainstream American and French gestures. To beckon someone (as in a restaurant), the formal call is “Bwana” (pronounced “Bgana,” not the Swahili “Bwana”), and informally, Rwandans will hiss repeatedly. Hissing is the way to call moto-taxis and taxi-cars.

Taboos

- Avoid asking about someone’s ethnicity or referring to someone as Hutu or Tutsi.
- Rwanda is a delicate country whose deep wounds are healing. The government is working hard to ensure that Rwandans heal together, so as to avoid another conflict in the future. To do so, they have emphasized the idea that ethnicity no longer exists, that everyone is simply Rwandan. As a result, it is illegal to discuss ethnic groups in outside sanctioned discussions, such as those held during Genocide Memorial Week every April. Otherwise, such conversations could be perceived as promoting “genocide ideology,” which is a punishable offense.
- Almost every Rwandan has a story related to the 1994 genocide. The trauma was so severe that it is difficult for many to cope. As a result, it is improper to ask people what happened to them; rather, once Rwandans build a relationship with foreigners (or if they feel comfortable talking about it), they will open up.
- Dress appropriately. People in Kigali take pride in their appearance, and tend to dress up. Visitors should make an effort to dress well in the capital (i.e. no safari wear). Do not wear shorts—shorts are only worn by Rwandan schoolboys.
- While it is rare for Rwandan women in rural areas to wear pants, it is perfectly acceptable for foreign women to wear pants in the field and in Kigali . When outside the capital, it is acceptable to wear more rugged clothing (with the exception of shorts).

Law and Order

- Penalties for the possession, use or trafficking of illegal drugs are severe and convicted offenders can expect lengthy prison sentences and heavy fines. This is an extremely serious offense.
- Photographing government buildings is prohibited.
- The legal drinking age is 18, but it is not enforced, and younger people are served. The smoking age is also 18. It is not enforced, either.

It’s a good idea to learn some terms in Kinyarwanda. A simple “Mwaramutse” in the morning (or “Mwiriwe” in the afternoon) will make people smile and open up to you. Rwandans enjoy meeting foreigners who make an effort to learn their language and culture, both of which are marvelous. Learning even a little will go a long way with them.

Language

The country's principal language is Kinyarwanda, which is spoken by most Rwandans. The major European languages during the colonial era were German, and then French, which was introduced by Belgium and remained an official and widely spoken language after independence. The influx of former refugees from Uganda and elsewhere during the late 20th century has created a linguistic divide between the English-speaking population and the French-speaking remainder of the country. Kinyarwanda, English and French are all official languages. Kinyarwanda is the language of government and English is the primary educational medium. Swahili, the lingua franca of the African Great Lakes, and the official language of the East African Community, is also spoken by some as a second language, particularly returned refugees from Kenya and Tanzania. In 2015, Swahili was introduced as a mandatory subject in secondary schools. Inhabitants of Rwanda's Nkombo Island speak Amashi, a language closely related to Kinyarwanda.

Kinyarwanda only (official, universal Bantu vernacular) 93.2%, Kinyarwanda and other language(s) 6.2%, French (official) and other language(s) 0.1%, English (official) and other language(s) 0.1%, Swahili (or Kiswahili, used in commercial centers) 0.02%, other 0.03%, unspecified 0.3% (2002 est.)

English	Ikinyarwanda (Kinyarwanda)
Welcome	Murakaza neza
Hello (General greeting)	Muraho / Bite (inf)
How are you?	Amakuru? Umeze gute? Bitesese?
Reply to 'How are you?'	Ni meza
What's your name?	Witwa nde?
My name is ...	Nitwa ...
Where are you from?	Muturuka he?
Pleased to meet you	Ndabishimiye (sg) Nishimiye kuba menya (pl/frm)
Good morning (Morning greeting)	Mwaramutse
Good afternoon (Afternoon greeting)	Mwiriwe

Good evening (Evening greeting)	Mwiriwe neza
Good night	Muramuke
Goodbye (Parting phrases)	Murabeho / Mwiriwe (afternoon) / Muramuke (evening) / Turongera
Good luck	Amahirwe masa / Mwishyuke
Cheers! (Toasts used when drinking)	Kubuzima bwacu!
Have a nice day	Umunsi Mwiza
Bon appetit / Have a nice meal	Muryoherwe
Bon voyage / Have a good journey	Urugendo Rwiza
I understand	Ndabyumva
I don't understand	Sinumva / Simbyumva
I don't know	Simbizi
Please speak more slowly	Vuga buhoro buhoro
Please say that again	Subiramo
Do you speak English?	Uvuga icyongereza?
Do you speak Kinyarwanda? Yes, a little	Uvuga Ikinyarwanda?
How do you say ... in Kinyarwanda?	Uvuga ngwiki ... mu Kinyarwanda?

Excuse me	Imbabazi / Ndasaba inzira
How much is this?	Nangahe?
Sorry	Babarira / Wihangane (expression of sympathy)
Thank you (Response)	Murakoze Murakoze cyane
	Ntacyo
Where's the toilet?	Aho kwituma ni he?
I miss you	Ndagukumbuye
I love you	Ndagukunda
Get well soon	Urware ubukira
Leave me alone!	Mvaho! Ndakwiyamye!
Call the police!	Hamagara polisi!
Christmas and New Year greetings	Noheri nziza n'umwaka mushya muhire
Easter greetings	Pasika Nziza
Birthday greetings	Isabukuru rwiza Ugire umunsi mwiza wivuko ryawe

SAFETY

IMR takes your safety and the security of the IMR team very seriously. However, we can not and do not guarantee your safety; there are inherent risks to travel and participating on medical teams.

IMR recommends that you discuss your health and prevention of acquired illness with your health care provider. IMR does not and will not make recommendations about vaccines, medications, or specific trips based on your health concerns. We ask that other team members, even if a qualified provider, not make recommendations to you as they may not be aware of your entire health history. Please do not ask the IMR office to make recommendations regarding your health concerns as they are not qualified to do.

IMR strongly recommends that you take full precautions regarding insect bites and food safety. This includes but is not limited too using insect repellent, treated clothing, and mosquito nets, and consuming only food and water that is properly prepared or purified. This section offers general tips for personal safety in any foreign country. IMR recommends that you research any concerns you have regard safety during travel or for your personal health at the following websites:

To obtain the latest U. S. State Department warnings for Rwanda, go to:
<https://travel.state.gov/content/travel/en.html>

IMR's safety and security policy:

<https://drive.google.com/file/d/0B8J2Gdt7iZc5c05hYlpkeUtTbkU/view>

Tourists are usually welcomed warmly in Rwanda, and the country is largely considered safe for visitors. Exceptions are certain places along borders of the DRC and Burundi. Rwandan troops or a militia may be involved in the civil war that still plagues the northeast of DRC, mainly due to the presence of Inherahamwe in Kinyarwanda/ AKA 'Interahamwe' (Hutu paramilitary). On occasion, travel by U.S. Embassy personnel may be restricted based on changing security conditions. U.S. Embassy personnel are prohibited from driving outside Kigali city limits after dark (6:00 p.m.), and are not permitted to use motorcycle-taxis or mini-bus taxis. Visitors are encouraged to enroll in the Smart Traveler Enrollment Program at step.state.gov so that they will receive the latest security information. (See Enrollment/Embassy Location section above.) Messages sent to the U.S. citizen community are also posted on the U.S. Embassy website. The Embassy urges you to remain vigilant, exercise caution, and avoid crowds, demonstrations, or any other form of public gathering, due to killings, injuries, and thrown hand grenades in crowds, last incident December 2012. While traveling in *twegerane* (taxis) in the countryside, don't be surprised if the *twegerane* is stopped at several police/military check-points. This is done to check IDs, car registration and insurance, so it would be wise to bring at least a photocopy of your passport with you everywhere you go in Rwanda.

This section primarily addresses your physical safety, it is also important to remember that acquired illnesses and accidents, including road accidents, are possible and not wholly preventable when traveling.

Travel to a foreign country such as Rwanda can offer the experience of a lifetime. However, in the midst of all this excitement you must also be cognizant of your surroundings and take certain precautions to ensure your safety. Like many of the countries around the world, Rwanda has certain areas you might be wise to avoid.

- **Travel in Groups:** As the old saying goes, “there is safety in numbers.” Truer words have never been spoken. As you make your way through the country, en route to the various sites and attractions you’ve mapped out on your itinerary, always try to travel with at least one other person (even more if you can). Research shows that criminals are less likely to approach you when they feel outnumbered.
- **Make Copies of all Your Important Documents:** Documents can easily be misplaced or even stolen in the hustle and bustle of foreign travel, creating a nightmarish situation you just don’t need. This is why you should make copies of all your important papers. This includes copies of your passport, visa, driver’s license, social security card and medical insurance card. Travel experts suggest you keep one copy of these documents on your person at all times, and at least one other copy locked in the hotel safe.
- **Beware of the Night:** Sightseeing is an activity that should be limited to the daylight hours, as unsavory types tend to be hard at work during the nighttime, often preying on unsuspecting tourists. Enjoy your hotel during the nighttime hours, and if you must go out, try to stay in the immediate area.
- **Watch the Strays:** Most countries have many stray dogs and cats roaming the streets, many of which are feral and quite dangerous. Even if the animal looks friendly, resist the temptation to pet him/her, as many of these strays are infected with diseases, including rabies.
- **Get Vaccinated:** Although only people who have traveled to certain regions of the world are legally required to be vaccinated (for yellow fever) prior to entering mot countries, you may want to be on the safe side and receive certain vaccinations. Check with your doctor regarding the vaccinations that would be appropriate when traveling to Rwanda and don’t let a serious illness of some type ruin your long-awaited getaway.




FLAG



Three horizontal bands of sky blue (top, double width), yellow, and green, with a golden sun with 24 rays near the fly end of the blue band

- blue represents happiness and peace
- yellow represents economic development and mineral wealth
- green represents hope of prosperity and natural resources
- the sun symbolizes unity, as well as enlightenment and transparency from ignorance

TIME IN RWANDA

 <p>Time zone</p> <p>CAT (Central Africa Time) UTC/GMT +2 hours</p>	 <p>No DST</p> <p>No Daylight Saving Time in 2016</p>	 <p>Difference</p> <p>8 hours ahead of Denver</p>
---	---	---

Time in Rwanda

- +6 hours ahead of Eastern Standard Time
- +7 hours ahead of Central Standard Time
- +8 hours ahead of Mountain Standard Time
- +9 hours ahead of Pacific Standard Time

Currency



Rwanda's unit of currency is the Rwandan franc (Rwf). It is best to arrive in Rwanda with US dollars or Euros in cash, which can be exchanged either at the airport or at any FOREX bureau or bank. The most useful bank branch would be the Banque de Kigali, which offers cash advances on credit cards and also accepts travelers cheques, which is not possible in the provinces.

There are ATMs throughout Kigali that are accessible to visitors.

Credit cards are accepted in some upmarket restaurants and hotels, but it is best to confirm prior to ordering.

Bureaux de change (FOREX Bureaus) are mostly located in Kigali and can offer a slightly better exchange rates than most banks.

All banks and most bureaux de change are closed on Sundays, and on the last Saturday of every month until 11:00 am for the national day of community work, "UMUGANDA".

IMR recommendations on money

- Bring only the amount that you intend to spend on gifts or small personal articles, including snacks.
- IMR does not pay for alcohol. If you intend to purchase alcohol, you are required to obtain and pay with a separate bill.
- You will usually be able to change money upon arrival. Please do so. We do not guarantee that you will be able to change money in small towns or during clinic.

EMBASSY INFORMATION

The United States Embassy in Rwanda

2657 Avenue de la Gendarmerie (Kacyiru)
 P.O. Box 28 Kigali RWANDA
 Phone: (250) 252 596 400
 Fax: (250) 252 580 325
<http://rwanda.usembassy.gov/>

Business Hours:

Monday to Thursday: 08:00 a.m. to 5:30 p.m.

Friday: 08:00 a.m. to 01:00 p.m.

The Rwanda Embassy in the United States

1875 Connecticut Avenue
 N.W.Suite 540
 Washington, DC 20009
 United States
 Phone: 202-232-2882
 Fax: (202) 232-4544
<http://www.rwandaembassy.org>

NOTE: For your safety, this information is also available on the back of your IMR badge

WEBSITES

The following websites provide information on the country you are visiting. IMR highly recommends and encourages you to view these sites prior to departure. They are frequently updated and are a tremendous resource:

- ❖ Embassy of the United States for RWANDA: <http://rwanda.usembassy.gov/>
- ❖ State Department Travel Warnings: http://rwanda.usembassy.gov/warden_messages5.html
- ❖ CIA publication: <https://www.cia.gov/library/publications/the-world-factbook/geos/rw.html>
- ❖ Travel Health online: <http://www.tripprep.com/>
- ❖ World Health Organization: <http://www.who.int/>
- ❖ Center for Disease Control: <http://www.cdc.gov/travel/>
- ❖ CDC for RWANDA: <http://wwwnc.cdc.gov/travel/destinations/traveler/none/rwanda>
- ❖ CNN Weather Report: <http://www.cnn.com/WEATHER>
- ❖ Official RWANDA Tourism Site: <http://www.rwandatourism.com/>
- ❖ WIKI: <https://en.wikipedia.org/wiki/Rwanda>
- ❖ UNICEF Statistics: http://www.unicef.org/infobycountry/rwanda_statistics.html
- ❖ Lonely Planet: <https://www.lonelyplanet.com/rwanda>

