

**DPMI Rwanda 2016**

**Health, Education, and Gender in Rwanda**

Middlebury Institute of International Studies at Monterey

**January 13-22, 2016**

**(Optional Culture Immersion January 8-12, 2016)**

**Orientation Packet**



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## INTRODUCTION

DPMI Rwanda 2016 is an 8-day training course taught by Sharon Bean in collaboration with Partners in Health (PIH). Professor Bean, MPH, MEd, is a senior-level program manager and master trainer with over 20 years of experience in international development policy, program design & management, performance improvement, and institution strengthening. The focus of the training will be on *program design, evaluation, strategic partnering, & facilitation skills with an emphasis on issues in Health, HIV/AIDS, and Gender*. Participants will complete team projects for PIH by the end of the training.

Prior to departure, it is suggested that students familiarize themselves with the history and culture of Rwanda. A list of books and movies is included in Appendix of this orientation packet.

## COUNTRY INFORMATION

Rwanda is a small, densely populated, land-locked country in eastern Africa known as *Le Pays de Mille Collines* or *Land of a Thousand Hills*. It is located in the Great Lakes Region and shares borders with Tanzania (east), Uganda (north), Burundi (south), and the Democratic Republic of Congo (west). Although Rwanda is only slightly south of the equator, the climate is temperate because of the high elevation with steep mountains only in the northwest.

As the country rebuilds from the tragedies of the 1994 Genocide, in which an estimated 1,000,000 people were killed, it is considered a model for developing nations. The Rwandan government is viewed as extremely honest and effective. Kigali, the capital, is one of the safest cities in the continent and is a major business center.

### Republic of Rwanda at a Glance:

**Size:** 26,338 km<sup>2</sup> (about the size of Maryland)

**Population:** 11.3 million

**Capital:** Kigali

**Language:** English, Kinyarwanda, & French

**Currency:** Rwandan Franc (1.00 USD = 745.456 RWF)

**Religion:** Catholic, Protestant, & Islam

**Life Expectancy:** 65 years (average)

**Literacy:** 70%

**Leadership:** Parliamentary system; President (Paul Kagame, 2000-current)

The history of Rwanda is painful and tragic with colonialism, oppression, and racism. However, 21 years after the Genocide, Rwanda flourishes with gender equality at all levels of the government and an emphasis on nurturing human capital to increase sustainability. It remains a leader in the African Union with one foot firmly planted in its history while addressing current issues and looking towards the future.



## TRAVEL INFORMATION

### Passports:

Passports must be good for at least six months after arrival Rwanda with extra pages for visas.



### Visas:

US citizens require a visa to visit Rwanda. It can be purchased after landing at the airport. Citizens of other countries should check the visa requirements at <http://www.rwanda-online.org/rwanda-travel/rwanda-visa/>

### Travel Documents (have copies of each):

- ✓ Passport
- ✓ Proof of Yellow Fever vaccination <http://wwwnc.cdc.gov/travel/destinations/clinician/none/rwanda>
- ✓ Second form of ID is recommended

Register at the following sites prior to departure, if you are a MIIS/MIDD student:

<http://www.middlebury.edu/international/travel>

[http://www.middlebury.edu/international/global\\_operations/students](http://www.middlebury.edu/international/global_operations/students)

### Travel Registration and Waivers:

1. All participants in the DPMI Rwanda 2016 program must complete the online [Travel Form](#) by December 1, 2015.
2. The travel form includes a liability waiver and ensures that registrants have access to the Global Rescue Security & Natural Disaster Evacuation Plan for MIIS.
3. In the event of an emergency, all MIIS students are provided security evacuation and medical consultation services through Global Rescue. In case of emergency, contact Carolyn Meyer at 831-521-8566 & Global Rescue at 617-459-4200 or [operations@globalrescue.com](mailto:operations@globalrescue.com).

### Proof of Medical Evacuation Plan and Coverage Abroad (required if not on the MIIS student medical insurance):

1. If not by the MIIS student health insurance plan, confirm that the current medical insurance policy covers travel & study abroad. It must include at least USD\$500,000 of medical emergency evacuation coverage & USD\$100,000 in repatriation insurance.
2. iNext, World Nomads, & AON, examples of international medical insurance & medical evacuation plans that have offered rates as low as USD\$40/month. See a longer list of providers NAFSA-affiliated providers [here](#).

### Pre-departure Packet:

- 1.) DPMI Rwanda 2016 participants from outside of East Africa must complete the [pre-departure packet](#) by December 15, 2015.

### Travel Insurance:

Travel insurance for cancelled flights or illness is not required, but highly recommended.

Students are advised, but not required, to secure Trip Cancellation Insurance, in case the security situation changes as the time gets nearer. There are many insurers, airlines, and/or ticketing agencies that offer this type of protection. In most cases, this insurance needs to be purchased at the time the ticket is purchased or within 14 days of purchasing the ticket. It is important that the policy will allow one to cancel for any reason.

Purchase this insurance for one day only – the day of departure. One agency that Middlebury has worked with in the past is TravelInsured.com. The cost for a policy with them in 2014-2015 for an itinerary that cost between USD\$1,000 and \$1,500 was just under \$100.

## PARTNERS IN HEALTH



The vision of Partners in Health (PIH) is:

- We go.
- We make house calls.
- We build health systems.
- We stay.



In 2005, PIH expanded to Rwanda, bringing community-based HIV treatment and primary care to two districts in rural areas. Known locally as Inshuti Mu Buzima, PIH has brought high-quality health care services with support from the Rwandan government to roughly 1 million people via three hospitals, 42 health centers, & 7200 community health workers in the Burera, Southern Kayanza, and Kirehe districts. See the following sites: <http://www.pih.org/country/rwanda> & <http://www.pih.org/> for more information.

The first part of the DPMI training will take place in Kigali at Lemigo Hotel. <http://www.lemigohotel.com/>

Rwinkwavu is the home to the PIH training centre for DPMI Rwanda. The town is located southeast of Kigali in a rural area. Mornings are heralded by the songs of various birds & students can walk around the hills. After training, local children often meet up with students for a game of basketball. The climate is a bit drier than Kigali owing to the higher elevation. <http://www.pih.org/blog/impressions-on-visiting-rwinkwavu-hospital-in-rwanda/>

## LOGISTICS AND MISCELLANEOUS

### Clothing and General Packing:

Business casual is the norm in Kigali. Men generally wear ironed shirts, creased trousers, and polished shoes. Women dress modestly with knees covered by skirts, capris, or pants. Wearing shorts is common only when playing sports.

The following items are recommended:

- ✓ Currency -USD is widely accepted; carry newer, undamaged bills (credit cards are not generally accepted, but those with a chip can be used at banks' ATMs)
- ✓ Copies of passport, credit cards, & other travel documents (keep a scanned copy, too)
- ✓ Quick-dry clothing
- ✓ Warm clothing options for cooler evenings
- ✓ Rain gear (umbrella or waterproof clothing)
- ✓ Sun gear (hat/visor, sunglasses, & sunscreen)
- ✓ Shoes (shower & sturdy ones for walking)
- ✓ Headlamp (for power failures)
- ✓ Insect repellent (with DEET)
- ✓ Hand sanitizer
- ✓ Ear plugs
- ✓ Personal entertainment with chargers (iPod, DVDs, books, cards, etc.)
- ✓ Personal hygiene items, First Aid kit, spare glasses, etc.

- ✓ Medications (OTC & prescription) in original containers
- ✓ Cloth shopping bags (plastic bags are **banned** in Rwanda & result in a fine if confiscated by officials)
- ✓ Food (favorite snacks)
- ✓ Water bottle (one with a purifying filter is recommended)
- ✓ Daypack
- ✓ Camera (extra batteries, memory cards, film, etc.)
- ✓ Electrical adapters/transformer ( <http://treehouse.ofb.net/go/en/voltage/Rwanda>)

### **Telecommunications:**

Phone communication & wifi is generally reliable. The main telecom providers are MTN, Tigo, Airtel, & Rwandatel. Purchase a local phone & sim card or make arrangements for long-distance calling with current providers. Remember the time difference –Rwanda is 10 hours ahead of Monterey.

### **Currency:**

International ATMs are available, but usually accept only Visa ATM cards. The most convenient places to change cash in Rwanda are at the airport, FOREX Bureau, or local banks. Make sure that all bills are new and in good condition. It is easiest to exchange large denomination bills, such as \$50 or \$100.

There is a FOREX Bureau in the airport where one change money (especially if you arrive late at night or on a weekend). Following that, the bank near the Discover Youth Hostel is most convenient.

Credit cards are accepted in a few high-end hotels and restaurants. Set up travel plans with local banks and credit card companies prior to departure for Rwanda.

### **Transportation:**

MIIS will provide transportation to/from planned visits. Transportation to/from the hostel & airport can be arranged by contacting staff directly at [info@hostelkigali.com](mailto:info@hostelkigali.com) or <http://www.discoverrwanda.hostel.com/>. If using a taxi from the airport to the hostel use the following directions:

Take the only road heading towards the centre of town in Kigali, keep going on this road until the Kigali Business Centre (KBC) roundabout is reached and then turn first right on the roundabout. Follow the road down, just after passing the Top Tower Hotel on your left, turn right (this is the second right on the road after the KBC roundabout) cross the road which you come to immediately, passing a Chinese restaurant on your left and an office block on your right. The Discover Rwanda Youth Hostel is directly ahead of you with a white gate.

Motorcycle taxis (moto-taxis) are **not recommended** by MIIS DPMI staff and administration.

Taxis are less common and best found at taxi stations, by waiting at the taxi sign at bus stops, or by calling them. They are significantly more expensive, short rides cost RWF\$2000 and longer rides can be RWF\$5,000 or more. Hostel staff can arrange taxi or other transportation –ask at the front desk. Locals will hail a cab for you outside of the hostel, too.

Slightly longer distances, indeed the whole country, can be travelled by Matatu or mini-buses found throughout Rwanda.

### **Blogging:**



Social media accounts are a great way to stay in touch with family & friends back home. Be conscious of confidentiality issues or comments that could be disturbing or offensive to the Rwandan hosts & fellow travelers. Use sites like: <http://sites.miis.edu/> or <https://wordpress.org/>.

## CULTURE

Greetings are extremely important in Rwanda. It is impolite not to return a greeting or to start a conversation without a proper greeting. Younger persons must greet older persons first, while women greet men first. When introduced for the first time or when greeting a professional colleague, Rwandans shake right hands and may place the left hand under the right forearm as a sign of respect. A kiss on one or both cheeks is a more familiar greeting, but acceptable in most social situations.

Helpful Kinyarwanda phrases include:

- Witwa nde? *What is your name?*
- Nitwa \_\_\_\_\_. *My name is \_\_\_\_\_.*
- Mwaramaste. *Good morning.*
- Mwirire. *Good afternoon.*
- Murakoza. *Thank you.*
- Nangahe? *What is the cost?*
- Umwaka mushya muhire. *Happy New Year!*
- <http://kinyarwanda.net/>



Avoid eye contact with a superior or elder. The distance between people when they converse indicates their relationship: friends require little or no distance, while superiors must have more. Friends of the same sex often hold hands while walking or talking, but such public contact between members of the opposite sex is not appropriate.

The Rwandan culture is more private & reserved without loud public confrontations or obvious displays of emotion. It is a collective society that values family & other personal relationships.

- **NEVER** ask someone if he/she Hutu or Tutsi.
- Ask before taking photos of strangers & offer to compensate strangers for their pictures.

## HEALTH AND SAFETY

It is recommended that MIIS students register with the US Embassy in Rwanda prior to departure at [http://rwanda.usembassy.gov/visiting\\_rwanda.html](http://rwanda.usembassy.gov/visiting_rwanda.html) and/or with the embassy of citizenship.

### Health and Immunizations:

Consult the following website regarding travel vaccinations for Rwanda <http://wwwnc.cdc.gov/travel/destinations/clinician/none/rwanda>. See a physician or clinic to update vaccinations prior to departure. Proof of Yellow Fever vaccination must be carried at all times.

Good handwashing skills will prevent many diseases that are transmitted by direct contact. <http://www.cdc.gov/handwashing/when-how-handwashing.html>

Malaria is common in Rwanda. Discuss preventative treatment options with a physician prior to departure. Anti-malarial meds are available in pharmacies, if needed. Use bed nets provided or bring one to use and use repellent containing DEET. Rabies is not common in Rwanda, but avoiding wildlife can reduce the risk of transmission.

Swimming in public or hotel pools is safe. Avoid swimming in lakes or other waterways.

Bottled water is available for purchase. Water is safe to drink at PIH, Discover Rwanda Youth Hostel, & other sites as determined by DPMI staff and administration. It is common to drink beer, bottled water, soda, coffee, & Rwandan tea with meals at restaurants or sites.

Discuss travelers' insurance coverage with your current insurance provider or travel agent. **All DPMI Rwanda participants must have international medical insurance and medical evacuation insurance** (if you reside outside of Rwanda). Security evacuation insurance is provided for all training participants through MIIS. Please contact Carolyn Meyer at [cmeyer@miis.edu](mailto:cmeyer@miis.edu) or 831-647-6417 if you have questions.

### **Crime:**

Pick-pocketing in crowded public places is common, as is petty theft from cars, hotel rooms, & other public places, including churches. Smart phones and & portable/mobile electronics are often targeted by thieves. Although violent crimes such as carjacking, robbery, rape, & home invasion occur in Rwanda, they are rarely committed against foreigners.

## **GROUP PROCESS**

There are advantages to traveling with a group:

- Groups have access to individuals & organizations that one would not normally meet individually.
- Groups benefit from questions & input from fellow travelers, including the opportunity to discuss issues with people from variety of backgrounds & experiences.
- Individuals within the group must remember not to monopolize a conversation by knowing when to step up & when to step back.
- Take the time to follow up with a host or professor to continue the dialogue, if time allows.
- DPMI staff & professors are resources of information at all times. Ask them for assistance.
- Make good use of the new network & contacts after returning home. 'Thank you' emails are always appreciated by the Rwandan hosts.

It is important to remember that throughout the visit in Rwanda, students will be viewed as representatives of MIIS & the country of origin. Therefore, all words and actions can reflect upon the group. **Remember that all DPMI students are guests in Rwanda & the host organizations, so it is best to approach each new situation with an open mind. Respect the requests of DPMI staff & professors when advised against a particular action.**

## **PUNCTUALITY & FLEXIBILITY**

- Respect adherence to schedules at all times. DPMI staff & professors will communicate the day's schedule.
- Inform DPMI staff & professors if an emergency or illness prevents attendance at any time.
- Take advantage of meals & pack snacks if choosing to sleep a few minutes longer & skipping breakfast.
- Avoid wandering off while on site visits without informing DPMI staff or professors.

- Leave water, snacks, & computers on the bus while on site visits. Computers & other valuables can be safely stored at the hostel prior to leaving each day.
- Turn off all tech when visiting with guests.
- Flexibility is the key to making the most of the DPMI Rwanda experience.

## EATING, DRINKING, & SHOPPING

### Eating:

Brochettes (goat kebabs) are a local delicacy & available in most bars and restaurants. Restaurants generally serve grilled fish and chicken, as well as frites & frites-banane (fried plantain). Urban areas offer local buffet known as *mélange* at lunchtime. Buffets offer classic East African foods: ugali, a porridge-like maize dish; matoke, steamed plantains; isombe, cassava leaves flavored with fish; & fries with mayo. Rwandan buffets are generally not all-you-can-eat. Fill plates only once -with practice stacking food on plates like the locals makes it as close to all-you-can-eat as possible while observing the one-plate rule. If a restaurant doesn't advertise the price of *mélange*, just ask.

Kigali has a superb range of restaurants for any craving. Near the hostel, one can find several Indian & Chinese restaurants, as well as Italian, Greek, French, Spanish, & multi-cuisine establishments charging around US\$10 for dinner.

### Drinking:

Milk, bottled water, juices, & sodas are available everywhere. Most bars have limited offerings that generally consist of 5 different sodas and 4 different beers: Turbo King, Primus, Mützig, & Amstel. Primus and Mützig are available in small & large sizes. Note that Rwandans are known for their fondness of large beers, so it is common for a server to bring 2 bottles at a time! Local favorites include banana beers & wines with higher than US averages of alcohol content.

### Shopping:

The best supermarkets are Nakumatt (in the Union Trade Centre) and Simba Supermarket where one can buy a wide range of items. Both are located in central Kigali near the Place de la Constitution. Nakumatt, in particular, is very well stocked, but can be expensive.

The Nyamirambo Market is a few blocks from the apartment and has an abundant supply of fruits, vegetables, beans, rice, and colorful fabrics. The prices are far better than at Nakumatt, so be prepared to barter.

Hostel staff can help with sightseeing ideas, restaurant & shopping suggestions, as well as anything else that might come to mind. <http://www.livinginkigali.com/>





Local markets, cultural centres, & the hostel are stocked with Rwandan handicrafts, clothing, colorful fabric, & much more! Practice Kinyarwanda phrases every time!

## **PLACES AND ORGANIZATIONS TO VISIT/MEET**

### **Kigali Genocide Memorial Centre:**

Located in Kigali, it is the most visited Genocide memorial site. It was erected in 1994, in memory of the victims of the Genocide where approximately one million people lost their lives in 100 days. The remains of more than 250,000 people are buried in mass graves at the centre. The memorial houses various artifacts from the Genocide such as bones, weapons, rosaries, ID cards, clothing, & shoes. It is divided into different sites, such as an education centre, a museum, & a documentation centre. The beautifully landscaped gardens offer a place of peace & healing. [http://www.genocidearchiverwanda.org.rw/index.php?title=Kigali\\_Genocide\\_Memorial](http://www.genocidearchiverwanda.org.rw/index.php?title=Kigali_Genocide_Memorial)

### **National Unit & Reconciliation Commission (NURC):**

This organization promotes healing and education about the Rwandan Genocide. It has the most comprehensive collection of documents pertaining to the Genocide & strives to eliminate Genocide across the globe. <http://www.nurc.gov.rw/index.php?id=84>

### **Les Enfants de Dieu:**

This is a residential care centre in Ndera, a suburb of Kigali, which houses 150 former street boys who are between the ages of 7-18. The NGO recently updated the community toilets for staff & residents just in time for the holiday break from school which lasts till February 2016. <http://enfantsdedieu.org/>

### **Ministry of Health (MINISANTE):**

The main goal of the Ministry of Health is to provide & continually improve the health services of the Rwandan population through the provision of preventive, curative, & rehabilitative health care thereby contributing to the reduction of poverty & enhancing the general well-being of the population. Minister of Health, Dr. Agnes Binagwaho, was recently awarded the Roux Prize for evidence-based public health achievement. <http://moh.gov.rw/index.php?id=2>

### **The Ihangane Project:**

The Ihangane Project is a nonprofit healthcare organization that began working in Rwanda in 2008 with the goal of improving the health status of HIV+ adults & children. The work in Ruli, Rwanda has evolved into a surprisingly simple, highly effective model for delivering health care to vulnerable people everywhere. <http://www.theihanganeproject.com/>

### **Girl Hub Rwanda:**

Girl Hub Rwanda a strategic collaboration with the Nike Foundation that supports the implementation of programs to allow Rwandan girls the opportunity to graduate junior secondary school. It gives them access & control of their economic assets. Girl Hub Rwanda supports government programs that educate girls to help them make informed choices about their reproductive health. <http://www.girleffect.org/the-girl-effect-in-action/girl-hub/rwanda/>

### **Akilah Institute for Women:**

The Akilah Institute is a college for women in East Africa offering a unique model of market-relevant education that enables young women to achieve economic independence & obtain leadership roles in the workplace and in society. <http://www.akilahinstitute.org/>

**Catholic Relief Services (CRS):**

As part of the universal mission of the Catholic Church, CRS works with local, national & international Catholic institutions and structures, as well as other organizations, to assist people on the basis of need, not creed, race or nationality. <http://www.crs.org/>

**Ministry of Education (MINEDUC):**

Minister of Education Dr. Vincent Biruta leads MINEDUC by transforming the Rwandan citizen into skilled human capital for socio-economic development of the country by ensuring equitable access to quality education focusing on combating illiteracy, promotion of science and technology, critical thinking, & positive values. <http://www.mineduc.gov.rw/home/>

**Ministry of Youth and ICT (MYICT):**

Minister Jean Philbert Nsengimana addresses national priorities for economic growth & poverty reduction through the development & coordination of national policies & programs related to youth empowerment, as well as Information & Communication Technology (ICT) policies & programs. <http://www.myict.gov.rw/home/>

**Akagera National Parc (Group visit on Saturday, January 16, 2016):**

Located in eastern Rwanda, the park covers over 2500 sq km of savannah west of the Kagera River bordering the frontier with Tanzania. The park has a variety of wildlife & is a habitat for over 500 different species of birds. In summer 2015, park officials introduced a pride of lions into the park, the first since the Genocide. <http://www.rwanda-direct.com/rwanda-akagera-park/>

## APPENDIX

### Reading Lists

**Pre-readings (Required):**

GSIPM DPP Chair Beryl Levinger has selected the following readings for participants to complete prior to the start of the training:

- 1) Research the work and focus of Partners in Health.
- 2) World Bank Rwanda PRSP
- 3) The Basics of Social Marketing
- 4) <http://www.blteam.net/rwanda/DPMIRwandaCourseReader2015.pdf>

**Suggested Readings:**

*Rwanda Means the Universe* - Louise Mushikiwabo

*A Thousand Hills: Rwanda's Rebirth and the Man Who Dreamed It* – Stephen Kinzer

*Speak Rwanda* - Julian Pierce

*Baking Cakes in Kigali* – Gaile Parkin

*I'm Not Leaving* – Carl Wilkens

*Rwanda Which way Now?* - David Walker

*We Wish To Inform You That Tomorrow We Will Be Killed With Our Families: Stories from Rwanda* - Philip Gourevitch.

*The Bone Woman: A Forensic Anthropologist's Search For Truth in Rwanda, Bosnia, Croatia and Kosovo* - Clea Koff.

*Shake Hands With The Devil: The Journey of Romeo Dallaire* - Romeo Dallaire  
*A Sunday at The Pool In Kigali* - Gil Courtemanche  
*Machete Season* - Jean Hatzfeld  
*Land of a Thousand Hills* - Rosamund Halsey Carr  
*Justice on the Grass: Three Rwandan Journalists; Their trial for war crimes and a Nation's quest for redemption* - Dina Temple-Raston  
*The Angels Have Left Us* - Hugh McCullum  
*The Rwandan Genocide* - Linda Melvern  
*Rwanda: Death, Despair, and Defiance*, African Rights 1995 edition.  
*A People Betrayed: The Role of the West in Rwanda's Genocide* - Linda Melvern  
*A Continent for the Taking: The Tragedy and Hope of Africa* - Howard French  
*Left to Tell* - Imaaculee Ilibagiza  
*Touched by Fire* - Elliott Leyton  
*The Key to my Neighbour's House* - Elizabeth Neuffer  
*Rwanda: Country Torn Apart* - Kari Bodnarchuk  
*Silent Accomplice: The Untold Story of France's Role in Rwandan Genocide* - Andrew Wallis  
*Shadow of the Sun* - Ryszard Kapuscinski

\*\*Videos & documentaries of Rwanda can be found on a variety of social media sites, such as YouTube & Netflix.  
The following was created by a DPMI Rwanda 2015 student: <https://www.youtube.com/watch?v=tr-qMfkAqUY>