HIV/AIDS, Education, and Gender in the Rwandan Context
GSIPM, Monterey Institute of International Studies

January 12-22, 2015

Orientation Packet
INTRODUCTION

Design, Partnering, Management & Innovation is thrilled to offer our program in Rwanda for the second year! The 10-day training will be conducted by world class instructors and in collaboration with Partners in Health. Its focus will be on social marketing, evaluation, and proposal writing.

Before you go, we suggest that you familiarize yourself with Rwanda as much as possible. A list of books and movies is included in this package as Appendix.

COUNTRY AND CITY DESCRIPTIONS

Rwanda is a small, densely populated, land locked country in eastern Africa. It is also known as “Le Pays de Milles Collines” or the “Land of a Thousand Hills.” It is located in the Great Lakes Region of eastern-central Africa and it 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 temperature is comparatively cool because of its high elevation.

As the country recovers from the tragedies of the 1994 genocide, in which an estimated 1,000,000 people were killed, it is rebuilding and is currently considered a model for developing countries. The Rwandan government is viewed as one of the most honest and effective governments in Africa. Kigali is considered to be one of the safest capital cities in Africa and is the country’s major business center. It boasts a population of around one million and is built on steep hills surrounding a lively market.

Rwanda at a glance:

| Size: 26,338 km² (about the size of Maryland) |
| Population: 11,000,000 (most densely populated country in Africa) |
| Capital: Kigali |
| Language: Kinyarwanda (majority), Kiswahili, French, English (official) |
| Currency: Rwandan Franc |
| Religion: Christian (majority Adventist), Muslim |
| Life Expectancy: 49 |
| Literacy: 70% |
| Leadership: President Paul Kagame (elected 2003, 2010) |

As a clean, comfortable and ordered city, Kigali is very popular with long term expats, and the city is teeming with westerners, from young church or NGO volunteers having their first experience of Africa to career development workers enjoying a relaxed lifestyle where it is safe to bring up young children. This in turn means the city supports numerous restaurants, coffee shops and supermarkets that cater to this demographic. The downside of Kigali’s modern design and popularity with foreigners is that it is easy to forget you are in Africa.
TRAVEL INFORMATION

Passports:
Ensure that you have an up-to-date passport that is good for at least six months following your departure from Rwanda.

Visas:
U.S. citizens do not need a visa to visit Rwanda, however citizens of other countries should check the visa requirements. You can do that here: www.migration.gov.rw/online_visa

Travel documents:
- Passport
- Proof of yellow fever vaccination
- A second form of ID is also recommended

PARTNERS IN HEALTH

The mission of Partners in Health (PIH) is to provide a preferential option for the poor in health care. By establishing long-term relationships with sister organizations based in settings of poverty, PIH strives to achieve two overarching goals: to bring the benefits of modern medical science to those most in need of them and to serve as an antidote to despair.

In 2005, as part of its rebuilding, the Rwandan government asked PIH to help strengthen the public health system in two underserved districts in the eastern province. Widespread poverty, limited access to care, and insufficient resources to address easily treatable diseases resulted in countless preventable deaths. With Rwandan sister organization Inshuti Mu Buzima (Kinyarwanda for “Partners In Health”), PIH has brought high-quality health care to three rural districts that previously had some of the country’s worst health outcomes: Burera District (Butaro District Hospital), Southern Kayonza District (Rwinkwavu Hospital), and the Kirehe District (Kirehe Hospital)

Initially, PIH was a direct provider of health services in Rwanda; now, increased local and national capacity has allowed PIH to transition into a more advisory role. PIH now supports the Rwandan government in providing services to more than 865,000 people at three hospitals and 40 health centers, with the help of some 4,500 community health workers.

LOGISTICS AND MISCELLANEOUS

Clothing and General Packing:
Generally, people dress professionally in Kigali. The residents attend the academic day with ironed shirts, a crease in their long trousers, and polished shoes. Rwandan men are never seen in shorts, unless for sport. Women’s clothing should be reasonably modest with knees covered (skirts, capris, and pants are fine).

The following are items that we recommend you take with you:
Money (USD are the most widely accepted; ensure you have newer bills [after 2009] that are not damaged) – note that credit cards are not generally accepted
You can scan and email copies of your passport and credit cards to yourself, or carry them with you
Quick-dry clothing
Some warmer clothing like fleece sweaters – especially for chilly evenings
Rain jacket
Umbrella or waterproof clothes if going in rainy season
Waterproof shoes if you have them
Sun-hat, visor, sunglasses and sunscreen
Flip flops or sandals and sturdy walking shoes for Kigali
Headlamp (for those power failures)
Insecticide spray
Hand sanitizer
Ear plugs – especially if you are a light sleeper
Personal entertainment (ipod, dvds for computer, books, cards, etc)
Personal hygiene items, first aid kit, spare glasses, etc.
Medications that you require, packaged in their original containers (ensure you have a good supply in case of any delays on your return home or theft or loss – bring in carry on!)
Women should bring a good supply of sanitary products. These are generally not widely available
Cloth shopping bags (Plastic bags are banned in Rwanda and will be taken from you if spotted by officials at the airport)
Food- favorite snacks, energy bars
Water bottle (one with a purifying filter is extra useful)
Daypack
Camera (with extra batteries, memory cards, film or whatever)
Electrical adapters/transformer, for more information visit: http://treehouse.ofb.net/go/en/voltage/Rwanda

Telecommunications:
Telephone communication to and from Rwanda is generally reliable. Cellular telephones and Internet connections are available in Kigali and large towns. There are three main telecom providers, MTN, Tigo and Airtel. Rwandatel still provides services in some areas.

Currency:
International ATMs are increasingly available, yet unreliable in Rwanda. ATMs in Rwanda accept only Visa ATM cards. The most convenient places to change cash in Rwanda are the FOREX bureaus. Make sure that your notes are new and in good condition as it can be difficult to change damaged bills or bills printed before 2009. It is most useful to have large denomination such as $100 bills as these will get you the best rates.

There is a FOREX Bureau in the airport where you change some money (especially if you arrive late at night or on a weekend). Following that, change your money in the city center as the rates are slightly better. FOREX Bureaus generally give better rates than the banks.

Credit cards are accepted in a very few high-end hotels and restaurants (Serena Hotel, Khana Khazana) although you can get cash from your credit card at many ATMs. The ATMs do not yet accept bankcards. You should inquire about fees for cash withdrawal from your visa card.

Transportation:
Short distances can be travelled either on foot, or by taxi-velo (bicycle taxi). Taxi-velos are widespread, and are relatively inexpensive but not allowed in urban areas. A taxi-velo driver will cycle, and the passenger will sit rather precariously on the back.
Motorcycle taxis (taxi-moto) are also popular, especially in Kigali, a normal journey will cost up to $2. If you look like a foreigner and are walking on the main road, drivers will probably come up to you to offer a ride. Most of the drivers speak basic English or French, some do not.

Taxis are less common, and are best found at taxi stations, by waiting at the taxi sign at bus stops, or by calling them. They are significantly more expensive, even short rides cost 2000 francs, almost $4, and longer rides can be 5,000 or more (almost $10).

Slightly longer distances, indeed the whole country, can be travelled by Matatu (or Twegerane, literally let's get closer). These white minibuses are found throughout East Africa, and are crammed full of adults, children, and anything else you can think of (bags, chickens).

**Plastic bags:** Non-biodegradable plastic bags are banned in Rwanda. Travelers carrying them upon arrival at the Kayibanda International airport may have them confiscated and have to pay approximately $4 for a reusable cloth replacement.

**Blogging:**
If you decide to keep a blog, remember that anyone can read it and be conscious of any confidentiality issues or comments that could be disturbing or offensive to our hosts.

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**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, and women greet men first. When being 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. Some young urbanites “kiss the air” near each cheek while shaking hands.

Usual greetings include Muraho (Hello, it's been a while), Mwaramutse (Good morning), or Mwiriwe (Good afternoon/evening). The initial greeting is usually followed by Amakuru? (How's the news?) or, among close friends, Bite se? (How are things going?). The typical response is Ni meza (Fine) or Ni meza cyane (Very fine).

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.

Pass items to an older person with both hands. Rwandans toss their head to the side while uttering ‘eh’ to express disbelief, usually when they are listening to a personal experience. Pointing with the finger or hand is impolite; instead, the head is used, with the chin and mouth jutting in the direction indicated.

Rwandans will generally never eat or drink in public, apart from restaurants. Rwandan women are rarely seen smoking in public or out in bars unaccompanied. Although there is no smoking ban in most public places like bars and restaurants, generally it’s not encouraged. Sometimes people may complain of being disturbed by your smoking.
Rwandans are very private, reserved people and loud public confrontations or obvious displays of emotion are frowned upon. If you feel you are being overcharged by a trader, quiet persistence is likely to produce results much faster than an angry outburst.

There is not much political discourse in Rwanda due to erupting violence, unlike in many neighboring countries such as Uganda and Kenya where people talk freely about the government and political issues, people in Rwanda will be uncomfortable if asked about their views or even if seated at a table where national politics is discussed.

Understand that the past is in the past, but be aware and respectful. The beauty of the country is everywhere, not just visually, but in the smiles of people and the success of country. However, remember that the 1994 genocide touched everyone in Rwanda. Don’t ever ask someone if they are “Hutu” or “Tutsi.” Be aware that many people are uncomfortable with their pictures being taken. Don’t treat the people you meet as victims though; realize that their smiles and laughter is real, and allow yourself to look past the horrors of the past to see the beauty of the present.

**HEALTH AND SAFETY**

If you are an American citizen it is highly recommended that you register with the United States Embassy in Rwanda prior to your departure. You can register online here for the Smart Traveler Enrollment Program. The address and phone of the US Embassy: 2657 Avenue de la Gendarmerie. Once in the country, if you are a U.S. citizen in need of urgent assistance, the emergency number for the U.S. Embassy is +250 (252) 596-400.

**Health and Immunizations:**

Yellow fever vaccination is required for Rwanda; remember to carry your proof of vaccination card with you when you enter and exit Rwanda. Please see your local travel health professional well in advance of departure to ensure adequate time for vaccinations. Vaccination requirements may change so check with your local travel clinic.

Malaria is endemic in Rwanda, so use bed nets, mosquito repellant and malaria prophylaxis. Malarone, mefloquine, and doxycycline are all suitable for Rwanda, but please check current WHO recommendations (http://www.who.int/ith/en/).

You may want to bring Cipro to treat diarrhea. This has not been a significant problem for people who take reasonable precautions. You might also consider bringing Dukoral, an oral vaccine against traveler’s diarrhea and cholera.

Rabies is present throughout the country. All bites, scratches, and licks should be taken seriously and post-exposure rabies treatment sought. Pre-exposure rabies immunization is recommended for long-term travelers, and those adventure travelers who will be more than 24 hours away from reliable post-exposure treatment. Post exposure treatment for rabies is not always reliably available.

Schistosomiasis, transmitted by waterborne larvae that penetrate intact skin, presents significant risk throughout the country. All fresh water lakes in the area should be considered contaminated. You should avoid swimming or wading in Lake Kivu and all freshwater exposure.

Water in Rwanda must be boiled or otherwise treated before drinking. Bottled water is readily available for purchase in all supermarkets and roadside shops.
You can find more information on vaccinations and other health precautions, on the [CDC website](https://www.cdc.gov). For information about outbreaks of infectious diseases abroad, consult the infectious diseases section of the [World Health Organization (WHO) website](https://www.who.int). The WHO website also contains additional health information for travelers, including detailed country-specific health information.

**Health Insurance:**
If you are a MIIS student enrolled in the school insurance plan through Wells Fargo, your health insurance will be covered. If you are not a MIIS student, please check with your provider and/or consider purchasing special travel insurance for the trip.

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

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**GROUP PROCESS**

There are advantages to traveling with a group. First, as a group you will have access to individuals and organizations that you would not normally meet on your own. Secondly, you will benefit from questions and input from your fellow travelers and have the opportunity to discuss issues with people from various backgrounds and experiences. Be mindful during meetings if you may be monopolizing a conversation; know when to “step up and when to step back”. If you feel your questions are not answered, please take the time after a meeting to approach the host and continue the dialogue. Please also know that you should feel comfortable asking for the assistance of your guide in this process. Please also look to your guide as a resource of information at all times. Finally, upon your return home, you will have a network of people to communicate with, as they are the ones to have shared in this unique experience with you.

It is important to remember that throughout your visit in Rwanda, you will be viewed as a representative of the Monterey Institute, as well as your organization, and your country of origin. Therefore, your words and actions can reflect on the group. **Please remember that we are guests in Rwanda; it is best to approach each new situation with an open mind.**

Another advantage of traveling with a group is that you will be sharing views and perspectives from diverse backgrounds. Please be courteous to your fellow participants, our country hosts, guides, translators, waiters and hotel staff. For reasons of safety or for the interest of the group, there will also be times when the group leaders will advise against a particular action. Please respect their request.

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**PUNCTUALITY & FLEXIBILITY**

On past trips there have occasionally been participants who have wandered off to take a photograph, speak to someone, or purchase something, when the bus was about to leave, causing the group to wait for them, and possibly be late for the next appointment. There have been participants who were late rising in the morning, missed breakfast, then complained that they were hungry and needed something to eat mid-morning, when the group was nowhere near a place for food. Please be at our agreed upon meeting places on time.
Being mindful about punctuality will ensure that the group isn’t late and/or you won’t be inadvertently left behind. Your group leader will remind everyone daily of the time you should begin boarding the bus for the next meeting.

It is important to communicate with your guide about your whereabouts. If you do choose to engage in a separate activity, be sure that the guide or group leader knows where you are or that you will not be in attendance.

Traveling to Rwanda will require a degree of patience and flexibility on everyone’s part. Remember that the itinerary is subject to change due to the busy schedules of individuals and organizations with whom we hope to meet and to other unforeseeable events but we do our best to ensure a quality experience!

EATING, DRINKING, AND SHOPPING

Eat:
The local "Brochettes" (goat kebabs) are delicious and are available in most bars and restaurants. Many restaurants also serve grilled fish and chicken, and frites and frites-banane (fried plantain) are ubiquitous. In urban areas a local buffet known as "Melange" is sold at lunchtime. All of the buffets offer essentially the same options of classic East African foods: ugali, a porridge-like maize dish; matoke, made from steamed plantains; isombe, which looks like spinach but is in fact cassava leaves flavored with fish; and of course, fries with mayo. Note that Rwandan buffets are not all you can eat! You may fill your plate only once, and with practice you'll be able to stack your plate high like some do to make it as close to 'all you can eat' as possible observing the unusual one plate rule. Note that many of the cheaper Melange places don't advertise price, you have to ask.

Kigali has a much better range of restaurants than the rest of the country. Here you can find several Indian and Chinese restaurants, as well as Italian, Greek, French and multi-cuisine establishments charging around $10 for dinner.

Drink:
In most shops you will find milk, water, juices and soft drinks. In most bars the choice is limited to their offering of about 5 different sodas and 4 different beers, Turbo King, Primus, Mützig and Amstel. Primus and Mützig are available in small and large sizes, whereas Amstel is available only in 330ml bottles. Note that Rwandans are known for their fondness for large beers and when you order Amstel, it is common for a server to bring out 2 bottles at a time. Bralirwa in the north of the Rwanda produces most of the beer and soft drinks available in Rwanda. Inyange produces juices and soft drinks. There are also local banana beer preparations called Urgwagwa, normally brewed at home and available at some shops and bars. Ubuki is made from fermented honey and has an alcohol content of about 12%.

Shopping:
The best supermarkets are Nakumatt (in the Union Trade Centre) and Simba Supermarket where you 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. It is best to only use Nakumatt for items you cannot purchase in the local market.

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. Be prepared to barter. The shop at the Merez petrol station has some staples. The Splendid Mini Mart is a few blocks up the Nyamirambo Road from the apartment. It has many staples including eggs and good dairy products.
Be aware is that Kigali is *expensive*. As a cash strapped landlocked country costs of imported goods are high and import duties and VAT considerable. Foreigners often complain that wine, olive oil, breakfast cereals, kettle chips and other mundane foodstuffs cost a fortune, so beware. Costs can be lowered considerably by buying Rwandan or East African Community goods - Kenya in particular produces a wide range of produce that often cost half the imported European equivalent.

Outside of supermarkets and restaurants most vendors are used to a bit of haggling (even over fruit and veg) although as always keep things in perspective - but don't let storekeepers charge you double what you think you should be paying.

**What to buy** Rwandan coffee is generally very good (although stay away from the cheapest stuff, which will be the sweepings from the grinding factory floor). Expect to pay around Rwf 4,000 per 500g. Rwandan honey is great, especially the Nyungwe Highlands type. Around Rwf 1,750 per 500g. Rwandan tea (both black and green) is also pretty good.

**Local markets** are stocked with Rwandan handicrafts, clothing, fabulous colourful fabric from West Africa and just about anything else. The large market in Kimironko is a good place for fruit, veg, rice and other basic foodstuffs - and it can be good fun looking through the secondhand clothes section.

Knowing just a few Kinyarwanda words will get you everywhere. Ask a Rwandan for a few basic phrases and write them down in a notebook. Simply giving a little tisk and saying “Ni meshi!” (It is expensive!) can make all of the difference when buying one of those beautiful baskets or colorful fabric.
APPENDIX
Reading Lists

Pre-Readings (Required)
Beryl has selected the following readings for participants to complete prior to the start of the training.
1) Download and familiarize yourself with GANTT software. Note: You should bring a laptop to training.
2) Research the work and focus of Partners in Health
3) World Bank Rwanda PRSP
4) The Basics of Social Marketing
5) Sustainable Livelihoods: Ideas for Development (Robert Chambers)

Marie has suggested the following books:

1) *Rwanda Means the Universe* - Louise Mushikiwabo
   Mushikiwabo is a Rwandan working as a translator in Washington when she learns that most of her family back home has been killed in a conspiracy meticulously planned by the state. First comes shock, then aftershock, three months of it, during which her worst fears are confirmed: The same state apparatus has duped millions of Rwandans into butchering nearly a million of their neighbors. Years earlier, her brother Lando wrote her a letter she never got until now. Urged on by it, she rummages into their farm childhood, and into family corners alternately dark, loving, and humorous. She searches for stray mementos of the lost, then for their roots. What she finds is that and more—hints, roots, of the 1994 crime that killed her family. Her narrative takes the reader on a journey from the days the world and Rwanda discovered each other back to colonial period when pseudoscientific ideas about race put the nation on a highway bound for the 1994 genocide.
   Seven years of full-time collaboration by two writers—and the faith of family and friends—went into this emotionally charged work. Rwanda Means the Universe is at once a celebration of the lives of the lost and homage to their past, but it’s no comfortable tribute. It’s an expression of dogged hope in the face of modern evil.

2) *A Thousand Hills: Rwanda’s Rebirth and the Man Who Dreamed* – Stephen Kinzer
   This is the story of Paul Kagame, a refugee who, after a generation of exile, found his way home. Learn about President Kagame, who strives to make Rwanda the first middle-income country in Africa, in a single generation. In this adventurous tale, learn about Kagame’s early fascination with Che Guevara and James Bond, his years as an intelligence agent, his training in Cuba and the United States, the way he built his secret rebel army, his bloody rebellion, and his outsized ambitions for Rwanda.

3) *Speak Rwanda* - Julian Pierce
   Speak Rwanda is the powerful story of ten people—Hutu and Tutsi, civilians and soldiers, mothers, politicians, and orphaned children—as they attempt to survive one of the most disturbing massacres since the Second World War; but the novel is not a story of war, instead it documents the experiences of the people who lived before, during, and after such an event. Through their individual voices we come to fully understand the moving and complex truths that existed behind our newspaper headlines.

4) *Baking Cakes in Kigali* – Gaile Parkin
   This soaring novel introduces us to Angel Tungaraza: mother, cake baker, pillar of her community, keeper of secrets big and small. Angel’s kitchen is an oasis in the heart of Rwanda, where visitors stop to order cakes but end up sharing their stories, transforming their lives, leaving with new hope. In this vibrant, powerful setting, unexpected things are beginning to happen: A most unusual wedding is planned, a heartbreaking mystery involving Angel’s own family unravels, and extraordinary connections
are made—as a chain of events unfolds that will change Angel’s life and the lives of those around her in the most astonishing ways.

5) *I’m Not Leaving* – Carl Wilkens  
Rwanda through the eyes of the only American to remain in the country throughout the 1994 genocide.  
Wilkens writes: “It must have been about the 2nd week of the genocide that I got the idea of talking on a cassette recorder, to record what was happening around me. I honestly did not know if I was going to survive this dark time, and if I didn’t survive I wanted to leave something for my wife and our three children. I always scribbled our home address in Spokane, Washington on each tape in the hope that if something did happen to me and our home here was looted, some kind person might find these tapes and send them to their intended destination.” The vast majority of this book is based on those tapes, about eight hours of recordings.

6) *Rwanda Which way Now?* - David Walker  
On 6th April, 1994, Rwanda slipped into an abyss. After 100 days one tenth of the population was dead and two million people had fled from their homes. How and why did it happen? What are the hopes for reconciliation? What is the country’s long-term future? This edition has been updated to include a final section which examines these questions. It covers events from the start of the genocide through to the programme of reconstruction, and looks at the international response to the crisis.

**Other books you may find interesting:**

1) *We Wish To Inform You That Tomorrow We Will Be Killed With Our Families: Stories from Rwanda*, Philip Gourevitch.  
2) *The Bone Woman: A Forensic Anthropologist’s Search For Truth in Rwanda, Bosnia, Croatia and Kosovo*, Clea Koff.  
3) *Shake Hands With The Devil: The Journey of Romeo Dallaire*, Romeo Dallaire  
4) *A Sunday at The Pool In Kigali*, Gil Courtemanche  
5) *Machete Season*, Jean Hatzfeld  
6) *Land of a Thousand Hills*, Rosamund Halsey Carr  
7) *Justice on the Grass: Three Rwandan Journalists; Their trial for war crimes and a Nation’s quest for redemption*, Dina Temple-Raston  
8) *The Angels Have Left Us*, Hugh McCullum  
9) *The Rwandan Genocide*, Linda Melvern  
11) *A People Betrayed: The Role of the West in Rwanda’s Genocide*, Linda Melvern  
12) *A Continent for the Taking: The Tragedy and Hope of Africa*, Howard French  
13) *Left to Tell*, Immaculee Ilibagiza  
14) *Touched by Fire*, Elliott Leyton  
15) *The Key to my Neighbour’s House*, Elizabeth Neuffer  
16) *Rwanda: Country Torn Apart*, Kari Bodnarchuk  
17) *Silent Accomplice: The Untold Story of France’s Role in Rwandan Genocide*, Andrew Wallis  
18) *Shadow of the Sun*, Ryszard Kapuscinski