



AFRICA NEW LIFE TEAM TRIP GUIDE

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WELCOME

WELCOME

Thank you for being a part of a Team Trip with Africa New Life Ministries. We hope this Trip Guide serves you well as you prepare for a journey to Rwanda!

Trips to Rwanda with Africa New Life allow friends and partners to actively participate in the vision and life of community transformation.

This is accomplished by:

- Introducing teams to the ministry in Rwanda
- Giving teams the opportunity to serve with two hands: Sharing the Gospel and Acts of Compassion
- Coming alongside the Rwandan team in their community ministry
- Allowing team members to see the needs and the hope of Rwanda's people
- Providing a platform for God to work in people's lives

If God is calling you to join a team trip to Rwanda, get ready. You're in for a fantastic experience!

ACTIVITIES

What each trip will look like depends on the team composition as well as collaboration between the team leader and Africa New Life Ministries staff in the U.S. and Rwanda. Below are some of the activities that most teams will participate in:

- Attend church in an Africa New Life community
- Visit a Genocide Memorial, commonly, the Nyamata Memorial or the Kigali Genocide Memorial
- Work with the students at the [Dream Tutoring Program](#)
- Visit the [Women's Vocational Training Center](#)
- Participate in Home Visits - this is an opportunity for sponsors to meet their sponsored student
- Visit communities where Africa New Life works
- Interact with a ministry or community specific to the sending church

Each team traveling to Rwanda typically visits many of our communities while on the ground. Teams wishing to focus on a particular community are able to do so through strategic planning with our Rwandan staff.

ORIENTATION

All teams will participate in an orientation meeting when they arrive in Rwanda. An Africa New Life Rwandan staff member will introduce the ministry, review cultural expectations, cultural sensitivity, policies on sponsorship, and other pertinent details. This orientation is intended as a compliment to this guide and your preparatory team meetings.

DEVOTIONS

We encourage teams to participate in team devotions daily. This may include reading Scripture, prayer, praise and worship, etc. Devotions are an important part of your trip and a critical part of your day. We want to encourage every team to seek the Lord at every step of this trip.

VISITING MY SPONSORED STUDENT

While in Rwanda, you will have the chance to visit your sponsored student, barring extenuating circumstances. Extenuating circumstances are very rare, but may include a boarding school that prohibits visitation or the student is out of the country. Home Visits are commonly the highlight of a team member's trip. We encourage you to [learn more](#) about what you can expect during the visit.

If you write your sponsored student before travel, do not include your upcoming trip. The Rwandan team will notify the student of your visit in time to make arrangements. We ask for your restraint in order to avoid the student's disappointment in case your trip cannot take place.

When visiting a sponsored student, it is culturally appropriate to bring a gift to their home. A Gift of Food will be lined up by Africa New Life and is included in your trip cost. We are **not able** to hold gifts made through our online store for personal delivery.

Any gift will be cherished by the student, and it is your presence that means the most! But remember, you are not just bringing a gift or greetings - you are in ministry - you are there to proclaim the Gospel! 1 Timothy 1:12 says, "I thank Christ Jesus our Lord, who has given me strength, that he considered me trustworthy, appointing me to his service."

A GIFT OF FOOD:

A \$50 gift of food supplies. This gift will be purchased by Rwandan colleagues before your team arrives. The \$50 typically buys rice, corn-flour, sugar, cooking oil, and soap for the sponsored student's family. The supplies are purchased in the local market and quantity can vary based on prices. This gift blesses the whole family, not just your sponsored student. Depending on the size of the family, provisions can last many weeks.

One Gift of Food is included in standard trip estimates. Additional Gifts of Food will be added for multiple sponsorships. If you do not sponsor, these funds will be redirected toward your team goals.

GIFT FROM AMERICA:

Sponsors may bring gifts from the U.S. that are age and gender appropriate for their sponsored student.

- We ask that these items fit in small bag or backpack - please no duffel bags for just one student!
- **Appropriate items include:** sports equipment, solar lamps, rainboots or sturdy flip flops, clothes (please remember, Rwanda is a conservative culture), school supplies (pens, calculator, composition notebook, pencil pouch), flashcards, card games, jump ropes, stickers, tennis balls, Hot Wheels, Yoyos, dolls, sunglasses, umbrellas, etc.
 - **Highly Recommended:** pictures of your family, friends, & hobbies to share about your life (no pets please) and a map showing the geography between your home and Rwanda
 - Rwandan colleagues are not able to find out the clothing or shoe size for your student. You may write a letter to ask, or do a best guess based on age and pictures.
- Older students may enjoy a book to help with English acquisition, a dictionary or thesaurus, a study bible, devotional, or college/business preparation materials
- **Inappropriate items include:** toiletries, cosmetics such as nail polish or perfume, medicine, vitamins, electronics, candy, toys that need batteries, or money.
- It is not an expectation to bring a gift for every family member. If you chose to bring something for the family, perhaps fabric or a scarf for the mother figure and a button up shirt or gloves for the father figure.

- Rwandan colleagues are not able to provide all individuals who live in the home. You may write a letter and ask who lives in the home with your sponsored student.

ACCOMMODATION AND MEALS

ACCOMMODATION

While serving with Africa New Life Ministries, most teams will be staying at the Africa New Life Guest House in Kigali City. You will be very comfortable with your accommodation. The Guest House staff's mission is to make you feel safe and content so you can focus on the work you are in Rwanda to do. While at the Guest House, please conserve electricity and water whenever possible. Keep your spaces tidy out of respect for other visitors. Here is what you can expect at the Guest House:

- 18 modest, but comfortable bedrooms
 - Most travelers share a room with someone from their team. We do our absolute best to get couples their own room and keep families together. If your team is traveling in a high capacity time, then we cannot guarantee couples will be given their own room. Rooms may need to be divided into men's and women's quarters.
- Beds with full linens
- Mosquito nets above every bed
- Fan in each room
- 16 bathrooms with running water, flushing toilets, shower, hand soap, and toilet paper
 - Most bedrooms have a bathroom inside. If not inside, the bathroom will be just around the corner
- Bath towels
- Hot water (not unlimited) for bathing
- Laundry soap and washtub in each bathroom for laundering clothes
- On site laundry done for you at a small fee per item
- Electricity – 220 voltage outlets
- Adaptor strips in each bedroom for plug to plug changes (not a power convertor)
- Access to common space refrigerator for medication
- Common space refrigerator with bottled water safe for drinking and brushing teeth
- Internet with limited bandwidth and range
- Communal resting and dining spaces
- Full time on-site hospitality staff
- Night guardsman & walled property

MEALS

Most teams eat their meals (breakfast, lunch, and dinner) at our Guest House. We employ trained cooks who are able to safely prepare food for the western stomach. Many dinners involve traditional African preparations of rice, beans, a meat dish, and potatoes served with fresh fruit and veggies. Hot lunches tend to be more diverse including Mexican or Italian food. Depending on the day's itinerary, teams may pack sack lunches to take with them.

Your trip application allows you to indicate allergies and dietary restrictions. Upon arrival in Rwanda, please identify yourself to the Guest House Manager. They will be able to accommodate your needs. Call the US office with further concerns.

Each morning the Guest House will have coffee and hot water available for you to before breakfast is prepared. If you are an early riser then you may want to bring along some instant coffee or tea in case the coffee is not yet brewed.

Additionally, many teams will dine out at local restaurants for a couple meals. There is a wide variety of restaurants found in Kigali: Indian, Thai, Mexican, Italian, and of course many local flavors abound! Eating out is a great way to learn more about the evolving city culture in Kigali. You will eat out with Africa New Life at establishments we frequent.

STAYING HEALTHY

Here are a few guidelines to help you stay safe and healthy throughout your trip.

- Only bottled or filtered water is considered safe for drinking. Other safe alternatives include soda or drinks made with boiled water such as coffee or tea. Consider drinking sodas through a straw.
- Elements like elevation, temperature, and activity level require you to drink a minimum of 64 ounces of water each day.
 - Staying hydrated in Rwanda is critical. In every community you will have access to bathroom facilities. In rural communities, the bathroom facilities will be rustic.
- Do not use tap water for brushing your teeth. Use filtered or bottled water.
- If your stomach starts to feel upset by the food, consider a tummy soother (like probiotics or Pepto-Bismol), which will provide relief and help your body process new foods. However, plan to travel with an antibiotic for more severe symptoms.

While traveling, you are exposing your body to new foods and thus new bacteria may upset your system. Depending on your gut health, you may be more sensitive to new foods. Therefore, we recommend you bring medication, just in case. [See what medication we recommend you pack.](#) And remember, trust your gut to protect your gut! If you are unsure about a food you have been offered, you are better off politely declining. You may graciously explain your sensitive stomach cannot handle new foods.

PACKING

We have put together an extensive [Packing List](#) to help you prepare. The days are warm in Rwanda and the evenings cool down. Layers and breathable fabrics are great choices!

One way we can demonstrate cultural sensitivity is by dressing respectfully. In Rwanda, a conservative Westernized way of dressing is acceptable.

On the plane, you will need access to your passport and our [Emergency Contact Sheet](#). Check your airline ticket for your baggage allowance to know how many checked bags are included. Pack a carry-on with 2 days worth of clothes and toiletries in case your checked bags are delayed.

MEN will need to wear pants each day. Adult men do not wear shorts in Rwanda, although it is okay for young male visitors, below high-school age, to wear them. Jeans are fine culturally, they just might be a little warm. Adult men may wear shorts at the Guest House. Casual cotton t-shirts are ok to wear. Tops that are breathable are best. Bring comfortable tennis shoes or sandals to wear each day. Hats are OK. Flip flops are great for at the Guest House.

Additionally, during your home visit, the sponsored student's family typically wears their Sunday best. Dressing nicer on this day is expected.

If you choose to work out or go for a run in the neighborhood near the Guest House, you are welcome to wear shorts.

Church is a formal occasion, so men should wear slacks and a button-down shirt. Please make sure your sleepwear is appropriate for mixed company.

WOMEN in Rwanda dress conservatively. Skirts that hit the knee, pants, or capris are the best choice for day to day wear. Jeans are fine culturally, they just might be a little warm. Long shirts and leggings, shorts or skirts above the knee, or yoga pants are not appropriate. These would be viewed as immodest. Casual cotton t-shirts are ok to wear. Tops that are breathable are best. Please no halter tops, tube tops, or low-cut blouses. Bring comfortable tennis shoes or sandals to wear each day. Hats are OK. Flip flops are great for at the Guest House.

On days where your team is in a rural community, such as Kageyo or Bugesera, wearing a skirt or dress will help you fit in with local expectations. Additionally, during your home visit, the sponsored student's family typically wears their Sunday best. Dressing nicer on this day is expected.

If you choose to work out or go for a run in the neighborhood, please wear running capris or pants instead of shorts.

Church is a formal occasion, so a dress/skirt or a slacks/blouse attire is best. Please make sure that your sleepwear is appropriate for mixed company.

REQUIRED READING

GETTING STARTED

EXPECTATIONS OF TEAM TRIP MEMBERS

Team members are expected to live and breathe these two principles in preparation for their trip and while in Rwanda:

1. Flexibility: Let “this is Africa” be your mantra. Your schedule, your activities and your budget will all change. Expect these changes and roll with them.
2. Learning: The reason for your trip is to learn! Your worldview may be stretched. Embrace the challenge and dive in!

TEAM BELIEFS

Team members asked to respect Africa New Life Ministry's Statement of Faith:

1. We believe the Bible to be the inspired and the only infallible, authoritative Word of God.
2. We believe that there is one God, eternally existent in three persons: Father, Son, and Holy Spirit.
3. We believe in the deity of Christ, in His virgin birth, in His sinless life, in His miracles, in His vicarious and atoning death through His shed blood, in His bodily resurrection, in His ascension to the right hand of the Father, in His present rule as Head of the Church, and in His personal return in power and glory.
4. We believe that for the salvation of lost and sinful men, regeneration by the Holy Spirit is absolutely essential.
5. We believe in the present ministry of the Holy Spirit, by whose indwelling the Christian is enabled to live a godly life.
6. We believe in the spiritual unity of believers in our Lord Jesus Christ, with equality across racial, gender, and class difference.

REQUIRED READING

Africa New Life expects you to read this book in its entirety before arriving in Rwanda:

[*When Helping Hurts: How to Alleviate Poverty without Hurting the Poor and Yourself*](#), by Steve Corbett and Brian Fikkert

When Helping Hurts has been foundational to the way our ministry approaches the philosophy of team trips. After reading this book, we hope that you find yourself challenged by the content and excited for the relationships that you will develop on your upcoming trip to Rwanda.

NEXT STEPS

APPLICATION

Each person who wishes to participate in a team trip must apply. Applications are completed online. Contact missions@africanewlife.org to begin the process. Our application asks you to submit the following information:

- General Personal Information
- Passport Copy, if you have a current copy
- Emergency Contact Information
- Two Character References
- Formal Background Check
- Photo Consent Form
- Financial Agreement Form
- Release of Liability
 - Parental Waiver & Release for minors
- \$350 Non-refundable Trip Deposit*
- Credit Card Information

Applications will be reviewed by the Team Trip Leader and U.S. staff members. If any concern arises, the applicant will be interviewed by our U.S. staff to determine their eligibility for the trip. As part of the application you will be asked to submit the names of two people who can act as character references on your behalf. Africa New Life may or may not contact these references, depending on the individual.

Deadlines for initial deposits and applications are set by your team leader. This could be as early as 9 months in advance.

*If you are asked not to participate on the trip immediately after the application review, Africa New Life will refund any monetary contribution that you have personally given to Africa New Life, once our costs are covered. Any gifts already given by supporters of your trip will be forfeited and given to where the ministry needs it most. Please see our [Financial Policies](#) to learn why raised support is non-refundable.

BACKGROUND CHECK

Africa New Life requires all team trip participants to undergo a background check as part of the application process, prior to their trip to Rwanda. The background check is performed to ensure the safety and security of the numerous children our ministry cares for throughout Rwanda. The background check is done through Protect My Ministry, a trusted organization with whom Africa New Life partners. To learn more about their organization, [click here](#).

Africa New Life will review the results of your background check and be in contact with you should any issues arise that may prevent your participation on the team. If this is the case, we will refund any monetary contribution that you have personally given to Africa New Life, once our costs are covered. Any gifts already given by supporters of your trip will be forfeited and given to where the ministry needs it most. Please see our [Financial Policies](#) to learn why raised support is non-refundable.

Please note, for returning travelers this step is still required. The background check expires annually. Those under the age of 18 are exempt from this step.

PASSPORT

A passport is required to travel to Rwanda and must be valid for 6 months after the date of your return to the U.S. at the completion of your trip. For example, if your return to America is on January 15, your passport must not expire until after June 15. During busy times, passport applications can take many months to process! Make sure you stay on top of your application process.

If you have never had a passport, you can get an application at your local post office or download it [here](#). You will need to take the unsigned application to a post office or acceptance office and sign under the eye of an agent. Then submit your application at the post office, acceptance office, or mail it in with the following:

1. Previous U.S. passport or certified birth certificate
2. Two 2x2 passport photos (you can get these taken at most drug stores, a post office, or Costco)
3. Passport application fee

If you need to renew your passport, you can get an application at your local post office or download it [here](#). You will then send in your application with your previous passport. They will return both to you.

If you need to get a passport within less than 2 weeks and:

- **Have not yet applied:** please call the National Passport Information Center (1-877-487-2778) to schedule an appointment and submit your application at a passport agency. A complete list of Passport Agencies can be found [here](#).
- **Have already applied:** please contact the [National Passport Information Center](#) to speak with a Customer Service Representative. The number is 1-877-487-2778.

Please Note: Once you have applied for your passport, it is important to keep abreast on the process. You can [track the progress online](#). If you do not see the process progressing in a timely manner, call the office at 1-877-487-2778.

VISA

Those traveling with a U.S. passport will need an entry visa to visit Rwanda. The visa is purchased for \$50 upon arrival in Rwanda. The expense increased in November 2019. This is not an expense included in your trip cost. Those entering by air travel will purchase their visa at the Kigali International Airport when going through customs. The visa is valid for 30 days. **There is no prior application needed before arrival.** Be prepared to pay this cost in cash or with a card upon arrival. Cash should be minted 2013 or newer, in denominations of twenty dollar bills or higher. No traveler's checks will be accepted.

Passports issued by other countries may require visas for entrance to Rwanda. Please be aware of your nationality's requirements.

HEALTH AND IMMUNIZATIONS

We recommend all team members first consult their primary care physician before receiving any vaccinations. Your travel clinician will be able to give you information for what is required and recommended for travel to Rwanda.

There are no required vaccinations to enter the nation of Rwanda. As of July 2016, Rwanda no longer requires proof of Yellow Fever immunization for U.S. citizens. You may read the current vaccination policy [HERE](#).

[The Centers for Disease Control](#) recommends the following immunizations:

- Up to date on routine vaccinations such as measles, tetanus, polio, etc.
- Yellow Fever
- Typhoid
- Hepatitis A & Hepatitis B
- Antimalarial medicine

Most travelers take an antimalarial medication. If you plan to take this medication, Africa New Life recommend one of the two listed below. For further details on these medications and their side effects, please connect with a travel clinician.

Larium is not recommended. Larium is a weekly anti-malarial medication that has neuropsychiatric effects. Larium can cause vivid nightmares and hallucinations.

- Malarone: a daily pill, most common possible side effects include nausea and headaches. Dosage begins 2 days before travel and continues 7 days after return.
- Doxycycline: a daily pill, most common possible side effects include nausea and increased sensitivity to sun. Dosage begins 2 days before travel and continues 30 days after return.

Lastly, Africa New Life recommends purchasing Imodium and requesting a prescription for an antibiotic in case you get traveler's diarrhea. Some travelers choose to take a probiotic supplement throughout their trip to improve their gut health. A probiotic may help prevent an upset digestive system. A probiotic supplement can be found in most major drugstores or supermarkets.

TIP: Your primary care physician should be able to administer many of the recommended vaccinations, and it is common for many of these shots/prescriptions to be covered by your health care plan. We recommend you call in advance of your appointment to verify they have the vaccinations on hand. For example, an office may not have a polio booster on hand, but could order it for your appointment.

It is common for a physician's office to not administer the Yellow Fever vaccination, since it is a live-virus vaccination. It is most commonly obtained at a travel clinic. However as of 2018, the vaccination is in short supply and is reserved for higher risk traveler. There are travel clinics in nearly every city. You can find more information on travel clinics in your area through the [Centers for Disease Control and Prevention](#).

TRIP MEDICAL INSURANCE

Africa New Life requires all travelers going to Rwanda to carry Trip Medical Insurance. Most health care plans do not extend their coverage to overseas travel. It is recommended you contact your primary health care provider to find out what coverage follows you on this trip. The U.S. office facilitates the purchase of trip medical insurance unless the traveler specifically requests to purchase their own plan and provides proof of coverage. If you are traveling with an Africa New Life team, this is included in your trip cost.

Once insurance is purchased on your behalf, you will be sent an email with the insurance card and the coverage outline. It is up to the traveler and team leader to read through the plan details.

We work with [International Volunteer Card](#) and we purchase the Plus Plan. [Click here to view the complete description of coverage.](#)

If a team member seeks medical attention while in Rwanda, payment must be made at that time. Upon return to the U.S., the team member must submit all necessary forms for reimbursement. If Africa New Life had paid on the ground, it is the team member's responsibility to complete and mail in the required forms in a timely manner to ensure Africa New Life's reimbursement. Otherwise, the team member will incur the cost of treatment through your card on file.

If a team member requires medical attention, whenever possible they will be assessed by physicians who are partners with the ministry. These medical professionals can help refer to a local hospital if deemed necessary.

TRIP CANCELLATION INSURANCE

Africa New Life gives the option for team members to purchase trip cancellation insurance. There are plan options to pay for trip cancellation insurance which would cover the trip costs (including a plane ticket) should someone have to back out of the trip for an unexpected emergency. This insurance does not cover a change in schedule or heart. If you would like to purchase this type of insurance then please contact the Team Trip Department. Read here for more information on our [Trip Cancellation Policy](#).

U.S TRAVEL REGISTRATION

Each team member must register their trip with the U.S. government's STEP program by [visiting here](#). This alerts the U.S. embassy in Kigali when you enter and depart the country. SMART TRAVELER ENROLLMENT PROGRAM (STEP) is a free service that keeps U.S. citizens up-to-date on safety conditions and travel notices in your destination country.

The online registration will ask you to provide at least one complete address and/or phone number where the U.S. Embassy can reach you in case of an emergency. For this input, you may use the location of the New Life Guest House and the phone number of the Guest House Manager (information below). If you plan to leave your phone activated (not advisable that a traveler does this), then you are welcome to put in your personal phone number.

Registration Inputs:

Phone: 250-789-967-307

Address Line 1: KK 29 Ave, KK 27 Ave

Address Line 2: Kagarama, Kicukiro

City: Kigali

Country: Rwanda

*There are no formal zip codes in Rwanda, so you may skip this field. You should be able to continue onto the next registration page with this field blank.

**You may fill in the Province with "Kigali"

FINANCIAL POLICIES

FINANCIAL EXPECTATIONS

Africa New Life requires a \$350 deposit and information from one credit card to be submitted with the application to secure a spot on the team. Africa New Life will not process your application or purchase your airfare until both the deposit and credit card information are received. **Please note that deposits for team trips are non-refundable**, but will be accounted for when settling the total trip cost.

The cost of airfare must be reimbursed to Africa New Life. Travelers booking airfare through Africa New Life are required to provide **\$1,800 towards their trip before Africa New Life will explore airfare**. A deadline for the \$1,800 due will be determined and communicated by Africa New Life, but teams may meet the deadline before this date to begin looking at airfare through the ministry earlier. The deposit and fundraising are considered towards the \$1,800 mark. Africa New Life will communicate the \$1,800 deadline via email prior to its arrival. If a charge needs to be made at the time of the deadline, Africa New Life communicate via email. The card on file will be used to bring the traveler's fundraising to \$1,800.

The due date for all remaining trip funds is 2 weeks before you depart. If the trip balance is not paid in full by the due date, Africa New Life will run your given credit card for the remainder amount. You will be notified via email of the expected charge. Furthermore, if for any reason all funds are not received by your departure date, Africa New Life reserves the right to cancel your airline ticket.

TRIP COST

Base Trip Cost: \$1,450 + Airfare + Excursions, per person

This cost reflects an 8 day, 8 night trip with Africa New Life. For variations of trip length, the cost will change +/- \$75 per day as adjusted from the 8 days. This trip cost will only be applied to teams greater than 4 people and serving more than 4 days. Trips that do not meet these requirements will have a custom built trip budget.

Items Included in the Base Cost:

- 8 days and 8 nights serving with Africa New Life
- Meals and Lodging at New Life Guest House
- Team Transportation in Rwanda
- Trip Medical Insurance
- U.S. and Rwandan Facilitation
- 1 Gift of Food for your sponsored student
- \$50 toward Mission Activity Funds - put toward trip goals

Each trip is unique and the following items may increase or decrease the trip cost for team members:

- Number of days in country (+/- \$75 per day) from an 8 day trip
- Reduced U.S. Facilitation for immediate family members traveling together
- Added Excursions (participating in a safari, staying at a lodge, or visiting the mountain gorillas)
- Additional Mission Activity Funds, as required for trip goals
- Additional Gifts of Food for multiple sponsored students (\$50 per visits)

Other costs to anticipate include a \$50 visa fee paid upon entering Rwanda, meals during air travel, and any personal souvenirs. Given these variables and your team's goals for the trip, Africa New Life will create a budget that is tailored to each team member.

EXCHANGING AND BRINGING MONEY

Each team member should bring some cash with them on the trip. These funds will be used for items like souvenirs. It is important to go prepared with currency that is easy to exchange and will provide the best exchange rate. Bills in denominations of \$50 and \$100 are best and they must be minted 2006 or newer; crisp with no tears or folds. Most exchange booths will not accept any denomination below a \$20.

An appropriate amount to bring depends on your anticipated level of spending. Bringing \$150 is a common choice among team members. Below are **price estimates** for local items to give you an idea:

- 6" woven basket: \$4
- 9" woven basket: \$7
- Bag of coffee: \$10
- Bolt/Piece of fabric (6 yards): \$12-\$20
- Set of 3 woven serving trays: \$20
- Paper bead necklace: \$5
- Metal and glass necklace: \$15-\$30
- Wooden nativity set: \$35
- Wooden animal carvings: \$5-\$20
- Custom skirt or shirt: \$20-\$30
- Apron or oven mitts: \$5-\$15
- Salad tongs: \$8

Call your bank and credit card companies before leaving to notify them of international activity on the card. An increasing number of locations in Rwanda accept credit cards, and they will be useful in international airports.

RAISING FINANCIAL SUPPORT

Many people decide to raise financial support for their trip by reaching out to friends and family. The primary way people fund raise is through support letters and sharing online. This communication shares about the trip, the team, and gives specifics about how people can help through prayer, supplies, and financial support. Feel free to review our [Sample Support Letter](#). Please do not copy the letter, but use it

as a guide for how your letter could look. If you choose to raise support, we encourage you to enter this process prayerfully.

Most gifts are tax-deductible due to Africa New Life Ministry's status as a 501(c)(3) nonprofit organization. Donors who give funds directly to the ministry will be sent a Year-End Giving Statement in the coming January to acknowledge their gifts during the previous calendar year.

If there are surplus funds after covering your trip cost, we are unable to return monies given by the team participant (you) or the 3rd party donor. All donations made towards your trip expenses will be recorded for your trip, but are not restricted solely to your trip. Surplus funds will be used in support of ministry programs.

SUPPORT LETTERS

Support letters should include the following to make giving more accessible to the donor and easier for the Africa New Life office to process:

1. [Support Letter](#)
2. [Response Device](#) - a slip of paper that the donor should include with their gift that indicates the gift is for your trip to Rwanda
3. Response envelope stamped and addressed in this manner:
 - o Africa New Life Ministries
 - o Attn: Team Trips
 - o 7405 SW Tech Center Dr. #144
 - o Portland, OR 97223
4. It is also advisable to place your name on the back of the giving envelope

GIVING ONLINE

Instructions for giving online are outlined below.

1. Go to www.africanewlife.org
2. Click the **GIVE NOW** button found at the top of the page
3. Select team member name under **Mission Team Members** on the bottom right of the webpage
4. Enter in an amount, click **Add Donation to Cart** and proceed through transaction
5. The donor will receive an email receipt for their gift

SUPPORT TRACKING

Twice per week a report will be generated from the U.S. office and sent to your given email detailing your funds received. This report will include the names of your donors so that you may update and thank them. Names will not be included if the donor chooses to remain anonymous. If you have questions about these reports or wish not to receive them, please contact the U.S. office.

SUBMITTING PERSONAL FUNDS

If you are looking to submit personal funds to Africa New Life, there are 3 methods:

1. If you selected to have your name listed online, you may contribute to your own trip at www.africanewlife.org/give > Mission Team Members > Your Name.
2. You may mail in a check to the address below:
 - o Africa New Life Ministries
 - o Attn: Team Trips
 - o 7405 SW Tech Center Dr. #144

- Portland, OR 97223
3. You may call in and set up an Electronic Funds Transfer (EFT):
 - Call into our office: 503-906-1590, Mon.-Fri. from 8:30 AM – 4:00 PM PST. Please have your banking information (routing and account numbers) ready to present.
 4. You may call in and pay with a debit or credit card.

TAX-DEDUCTIBLE EXPENSES

Although you cannot deduct the value of your services given to Africa New Life Ministries, you may be able to deduct some amounts you pay out-of-pocket while serving with the ministry. To qualify for a deduction, the out-of-pocket expenses must be:

- Unreimbursed,
- Directly connected with the services you are providing to Africa New Life,
- Expenses you had only because of the services you gave, and
- Not personal, living, or family expenses (such as entertainment and sightseeing).

If you travel to serve Africa New Life Ministries on a team trip, your travel expenses may be deductible. Deductible travel expenses may include:

- Air, rail, and bus transportation,
- Out-of-pocket expenses for your car,
- Taxi fares or other costs of transportation between the airport or station and your hotel,
- Lodging costs, and
- The cost of meals.

To substantiate your donation for the IRS you will need to keep adequate records such as receipts and expense logs. You do not need to submit these receipts to Africa New Life.

The IRS requires that, if you incur any single expense (such as an airline ticket) of \$250 or more, you must receive an acknowledgement to confirm no goods or services were provided by Africa New Life in exchange for your contribution and service. This letter serves as aforementioned acknowledgement. For reference, Africa New Life's tax identification number is 48-1291935.

Africa New Life Ministries assumes all travelers, regardless of age or skill set, contribute toward the relational work of the ministry in Rwanda. As with any tax matter, you should consult a qualified tax professional to determine how the tax regulations apply to your circumstance. IRS Publication 526 *Charitable Contributions* contains additional information about deducting out-of-pocket expenses.

Please note: If you have given funds directly to Africa New Life for the cost of this trip, you will be sent a Year-End Giving Statement in the coming January to acknowledge those gifts for the previous calendar year.

GIFTS IN KIND

We may be able to prepare a Gift in Kind receipt to acknowledge material gifts amounting to more than \$250. If you or a third party gives such a gift, please inform the U.S. office.

U.S. TEAM TRIP POLICIES

TRIP CANCELLATION POLICY

Our cancellation policy has been created to protect the ministry and encourage cancelled team members to travel at a later date. We wish for those who must cancel a trip now to travel with Africa New Life at a future date.

In the event the traveler cancels the trip, funds that are given to Africa New Life by the traveler cannot be refunded. The traveler is responsible for any incurred fees as a result of the cancellation. Once Africa New Life's costs are covered, Africa New Life will hold the individual's trip funds, with the exception of the non-refundable deposit, for a replacement trip that must take place within the next calendar year from your original trip dates. For example, a trip cancelled in October 2017 can be taken through October 2018. We will work with you to schedule this follow up trip.

If Africa New Life must call off the trip for any reason (e.g. national safety concerns, widespread illness, or natural disaster) we will refund back to you the monetary contributions that you personally have given for on the ground costs. Africa New Life is not able to offer a refund for costs that have already been incurred when a trip is cancelled (e.g. airfare). For example, we cannot recuperate insurance or airfare purchases and thus we cannot offer the refund to you. Funds that are given to Africa New Life for trip costs on behalf of the traveler (i.e. raised support) cannot be refunded in any situation due to audit regulations. Africa New Life gives the option to purchase Trip Cancellation Insurance, which would cover the trip costs (plan dependent) should an emergency prevent the trip from occurring. Ideally, we will attempt to re-schedule your team's trip within the next calendar year.

Once airfare is purchased by the Africa New Life office, if the trip is cancelled at any time by any party, the traveler will be responsible to pay the cancellation fee and/or the full cost of the ticket. If the ticket reimbursement is not received by Africa New Life within 30 days of trip cancellation, the given credit card will be charged for the outstanding balance. You will be notified via email that we will be charging your card.

Africa New Life **highly recommends** each team member buy the refundable airfare if it is offered with your flight. However, refundable airfare may not always be offered. Airlines will not refund money for a cancelled trip, regardless of the reason for cancellation, and we want to help you avoid this financial loss. In the instance where refundable fare was not offered, you would still be responsible to reimburse Africa New Life for the cost of the ticket.

TEAM MEETINGS

Team meetings are an essential part of preparing for your trip to Rwanda. When you commit to a trip, you are also committing to team meeting attendance. Meetings foster team unity and allow each person the chance to receive important information. Teams may also engage in team-building activities and group service opportunities. Whether you participate in additional activities is the decision of your team leader.

Please expect anywhere from 2-7 team meetings before trip departure. The team leader and trip timeline will determine the appropriate number of meetings for your team.

MINORS ON TEAMS

Anyone under the age of 14 may only travel to Rwanda with a parent. Anyone between the ages of 15-18 may only travel to Rwanda with a parent, guardian, or qualified youth leader. The accompanying adult will assume responsibility for the minor's behavior and safety. The accompanying adult must be approved by all legal guardians of the minor in question. This adult must be willing to leave the trip to accompany the minor home if any behavior or safety concerns warrant the return. This presumed responsibility includes the financial repercussions of the child's behavior (including property damage, flights, medical, or otherwise).

Africa New Life is not able to match minors with appropriate guardians. Therefore, minors who wish to travel without their parents must work with their family to fund a suitable guardian.

All minors must sign a Youth Contract that outlines Africa New Life's expectations. Minors must also have a parent or guardian sign a [Parental Waiver & Release of Liability](#).

We believe that children of all ages can have a tremendous impact when traveling to Rwanda. We see most guardians take children above the age of 10. It is important that children are mature, flexible, and capable of handling, seeing, and processing poverty. It is up to the discretion of parents to determine the appropriate age for their child to travel to Rwanda.

RWANDAN TEAM TRIP POLICIES

PERSONAL CONDUCT

Your team will be assigned a Missions Office while in Rwanda. This is a man or woman who will spend the week with you. They oversee your hospitality and safety in country. Please respect this individual by informing them and your team leader of your whereabouts should you need to leave the group for any reason. If you leave without informing it causes stress for our colleagues.

Team members are asked to never be alone with a person of the opposite gender in Rwanda, Rwandans or otherwise. Africa New Life seeks to be above reproach in any way with perceptions about romantic relationships. But most important, we want each person to feel safe on this trip.

The Rwandan culture be very charming and it is easy for American men and women to develop a strong connection. While rare, some individuals have the motivation to acquire an American visa and see an opportunity. As teammates, please be aware of private conversations and/or vulnerable situations where you can step in and alleviate any possibility of confusion or miscommunication. This type of accountability is healthy and should be demonstrated by all team members.

Africa New Life also expects the following demonstrated behavior from all team members:

- No use or possession of illegal drugs
- No abuse or distribution of prescription drugs
- No use or possession of weapons
- No viewing or possession of pornography
- No theft or long-term borrowing
- No profanity, gossip, slander, or dark humor
- Do not be alone with a single child in closed room

DISCIPLINE

Africa New Life leaders in Rwanda and Missions Officers expect team members to adhere to the policies outlined in the Team Trip Guide. Remember, just because you can do something does not mean that you should.

Any team member can be asked to leave Rwanda at his/her own expense by the team leader or Africa New Life staff under the following circumstances:

- Team member does not adhere to moral or ethical standards of Africa New Life
- Team member knowingly disobeys the rules Africa New Life has set for team trips
- Team member violates Rwandan law
- Team member knowingly abuses a fellow teammate, a sponsored student or family, or Africa New Life staff

SPONSORSHIP

Africa New Life does not allow team members to select children for sponsorship while on the ground in Rwanda. Only children who are registered through the Africa New Life office will be available for sponsorship on the ground. We want to respect the hundreds of waiting children by not allowing a child to jump the queue.

A team trip member may sponsor a child who is already selected for team advocacy. The Africa New Life Rwandan staff will send a sponsorship form to the U.S. office to begin the sponsorship process. Home visits cannot be guaranteed for children sponsored while in country because the team agenda is set before arrival in Rwanda. A team member who sponsors a child while in country should contact the Sponsorship Department in Portland, Oregon upon their arrival home at students@africanewlife.org or by calling 503-906-1590.

The above policy also applies to our [Dream Kids program](#). Their one-year program is slightly different than regular sponsorship and it must be completed successfully before they are eligible for full-time sponsorship. If you wish to sponsor a Dream Kid please contact the Sponsorship Department in the U.S. office. The students are available to sponsor during the first week of July. If a team member takes a Dream Kid to our staff to try and get them sponsored, the child may lose the opportunity to be sponsored. Registered children in our programs are aware of this policy.

TEAM HOME VISITS

The Team Trip Department will compile a list of students the team intends to visit while in country. This list is based on team members only. It is the team member's responsibility to notify the Africa New Life office if there are any other students that you desire to visit (e.g. on behalf of a friend or family member). These home visits outside of your personally sponsored students are not guaranteed and **must be submitted 60 days prior to departure.** There will be no additions to the list once the team has landed in Rwanda.

GUEST HOUSE

Dream Kids, local Rwandese, sponsored students or their families, **may not visit or stay overnight** at the New Life Guest House.

Exceptions to this rule must fall into one of the below categories:

- Paying patrons of the New Life Guest House
- Team Leader and Rwandan Team Facilitator pre-approved guests for team related activities
- Africa New Life Rwandan staff

GIVING WHILE IN RWANDA

Many people you meet in Rwanda will be extremely poor. As a Westerner, you are perceived as being wealthy; compared to many, you are. We ask that you do not give financial handouts on this trip. Africa New Life staff in Rwanda work very hard to create sustainable methods of poverty alleviation, and we do not want to undermine these efforts. Additionally, it is difficult for a foreigner to accurately assess economic conditions on first glance. Having a deeper cultural and community understanding is necessary to truly help.

Please do not make promises or say that you will try to help someone. In Rwandan culture your "maybe" or "I will try" are perceived as a guarantee. If you need to say "no," please say it firmly but politely. Instead, you may offer to pray for someone and then discuss the situation with an Africa New Life employee who works in Rwanda.

Team trips will not personally give out mass gifts (shoes, shirts, toothbrushes, etc.). If desired, teams may purchase/collect these items and leave them for Africa New Life staff in Rwanda to distribute as needed in the community. These are very generous gifts and we want to distribute them well.

Neither our staff in Rwanda, nor in the U.S., may accept any kind of gift (cash or otherwise), from team trip members while in country or once the team has returned to the U.S. It is common for team trip members to communicate a desire to help one of our staff; our Rwandan co-workers can lose their job if they receive personal or professional assistance from you. Please respect these standards of employment with Africa New Life.

COMMUNICATION

GUIDELINES:

Please do not give out your personal contact information to those you meet in Rwanda. This is for your protection! Team members are asked not to give out their e-mail addresses, phone numbers or accept Rwandan friends on Facebook. Contact information is often shared or left vulnerable and may expose you to unwelcome solicitations.

WITH SPONSORED STUDENTS:

Sponsored and registered students of the Sponsorship Program sign an agreement that prohibits them from communicating directly with donors outside the scope of Africa New Life until they complete the program. They understand that they can be expelled from the program for initiating communication in this fashion. This policy is in place to protect the student while they are under our care as maturing young adults. It is essential that you, as a sponsor and role model, follow the above guidelines for communication as well.

WITH AFRICA NEW LIFE STAFF IN RWANDA:

If you have a specific person with whom you would like to stay in contact as a friend, please ask your team leader and use discretion before taking initiative.

Our Rwandan colleagues can lose their job if they appeal for money or assistance from any visitor. By providing direct access (via e-mail, phone or Facebook), this appeal becomes more accessible.

Once you are back home, it is essential to communicate through our U.S. staff rather than directly with any one of our Rwandan colleagues about projects. This is for your benefit! Our Rwandan colleagues are accustomed to a regular flow of communication with U.S. staff members. This means if you seek answers or desire to move forward with a project, you will have 100% more success if you work through a U.S. staff member.

AIRFARE BOOKING

Air travel to Rwanda from America takes over one full day. Africa New Life will facilitate the purchase of airfare for you. Airfare cannot be purchased without a deposit and full application received. All airfare purchases will need to be pre-approved by you or the team leader before it is purchased on your behalf. Africa New Life books teams on the same flight patterns whenever possible. We find that flying with your team helps to build unity and friendship.

The ticket will be purchased on the Africa New Life office's credit line, not the travelers. After airfare has been purchased, it will be included in the total trip cost. Once airfare is purchased by the Africa New Life office, if the trip is cancelled at any time by any party, the traveler will be responsible to pay the cancellation fee and/or the full cost of the ticket. If the ticket reimbursement is not received by Africa New Life within 30 days of trip cancellation, the given credit card will be charged for the outstanding balance. You will be notified via email that we are charging your card.

The name you submit on your application will be the one used to book your ticket. Please be sure that what you submit matches your travel documents (passport). They must match identically according to Transportation Security Administration (TSA) regulations.

The price of the ticket is entirely subject to the dates of travel and the airline used. Africa New Life will work to get you the best price that we can, within reason. We cannot change trip dates drastically once a team has been set on the calendar (e.g. if your team is arriving on the 20th, we cannot book you separately to arrive on the 17th because it has a lower fare, you will need to travel with the team). We work with a variety of airlines and cannot tell you in advance with which you will be flying.

Africa New Life works with a travel agency to facilitate the purchase of your ticket. We are not able to shop around online for your individual ticket. The agency that we work with is unable to use personal mileage programs for the purchase. This is because most airlines work solely with the earner of these miles to cash them in for tickets. If you would like to use your earned miles, please read [I Booked My Own Ticket](#).

If you have restrictions or specific travel needs, it is critical that you reach out to the Team Trip Department immediately. Africa New Life's default will be to place you on the same flight pattern as your team. Once a reservation is made, it will be at the traveler's expense to make any alterations.

TYPE OF TICKET

There are typically two types of airfare offered by the major airlines for international flights. One is refundable and the other is non-refundable. **Whenever possible, Africa New Life Ministries recommends that you select the refundable option.**

REFUNDABLE: These tickets typically cost more to purchase up-front. There may be a higher fare for this type of ticket. The price increase (~\$50 - \$300) pays for the ability to cancel the ticket and receive a refund, minus a cancellation fee. The cancellation fee (~\$300) will be reduced from the refund at the time of cancellation. The rest of the ticket price will be refunded to the purchaser. Learn more about our [Trip Cancellation Policy](#).

In order to qualify for the partial refund, the ticket cancellation or alteration must be processed by the airline more than 24 hours before the intended date and time of departure. After this time-frame, no alterations can be made to the ticket. Once you have begun your trip, no change can be made mid-travel without a potential cost.

NON-REFUNDABLE: In the event that one must cancel the ticket, the purchaser will not receive any funds back from the airline. If the ticket cancellation request is processed by the airline more than 24 hours before the intended date and time of departure, the value of the ticket may be transferred and used within 1 year from the booking date by the original traveler. At the time of re-booking there will be a change fee of roughly \$300, for which the traveler is responsible. It will be the traveler's responsibility to track and use the value of this ticket by the expiration date. Most airlines allow you to use the value of the ticket on any of their partner airlines, domestic or international. You may contact the airline to determine the terms and conditions around the cancelled ticket.

POST-PURCHASE & SEATS

Once a ticket is purchased, you will be sent an E-ticket to your email. Please look at the ticket IMMEDIATELY to note if there are any errors on the ticket (e.g. name spelling does not match your passport). There is a 24 hour window to cancel or alter the ticket without any fees. This 24 hour window begins immediately after purchase. If an error is found within this grace-window, we can cancel and re-book to fix the error. Any changes made to the ticket after 24 hours may result in a change or cancellation fee.

Do not be worried if there is more than one team member on your E-ticket. This simply means you were booked at the same time. You can find your confirmation number at the bottom of the ticket next to your name or under "Trip Locator."

Print out the E-ticket and bring it with you to the airport. It serves as a reference for schedules and baggage limits when you check in.

You may also visit the airline website and enter your personal information. For example, you may enter in your frequent flyer number or pick your preferred seats. You are welcome to join a frequent flyer program post ticket purchase. Read on the airline's website to find out if this is a program that you would like to join. We highly recommend holding onto all boarding passes during travel. Your boarding passes serve as proof of travel when redeeming frequent flyer miles. Your reservation number and e-ticket are not enough.

SEAT SELECTION is available to travelers for most U.S. originating flights after ticketing by providing your Airline Reference Number to the airline (click your airline to access the appropriate page: [Delta](#), [KLM](#), [United](#), [Brussels Air](#)). Not all flights offer seat selection ahead of check-in. Below are things to consider when choosing a seat:

Aisle Seat: Aisle seats are popular with travelers who prefer unencumbered access to the bathroom and aisle (for walking). Travelers in aisle seats will be disrupted more often by seat companions needing to exit the row, and other travelers or flight attendants passing in the aisle.

Middle Seat: Minimal benefit, but are often selected by travelers looking to sit together.

Window Seat: Window seats are popular with travelers who intend to sleep, or enjoy views from the plane. Travelers in window seats will need to disrupt their companions to visit the bathroom.

Exit Row Seat: Exit row seats often offer additional legroom, but require passengers to meet certain physical and mental criteria. Please read carefully when selecting an exit row seat. Additionally, they are often offered only at additional charge.

Preferred Seating: Many airlines charge an additional fee between \$20 & \$50 to select a ***preferred seat***. Preferred seats are basic economy seats with strongly positive qualities, such as being towards the front of the plane or at the bulkhead.

Economy Comfort or Economy Plus: Economy Comfort seating is available on most major carriers at an additional cost between \$80 & \$200 per seat. Comfort seats are still economy, but have additional legroom and width. They are also towards the front of the plane for quicker disembarking.

TRIP INTERRUPTIONS

As with any airline travel, there is a risk of trip interruption. In most instances, the resolution is solely determined by the check-in desks at the airport. It is critical that you self-advocate for flight correction!

If your tickets were booked by Africa New Life Ministries and you encounter trouble with airfare, please call or email AFC Travel ASAP. Find the information on our Emergency Contact Sheet.

Before departure, please double check your flight is still on time and running. This can be done by calling the airline or going on their website. Make sure to use your flight confirmation code to get exact flight information. Do not be alarmed if the flights have shifted by 20 minutes or so; this is very common with international travel.

I BOOKED MY OWN TICKET

A handful of individuals may want to facilitate their own airfare purchase. For example, those who desire to "cash in" a mileage program. If you fall into this category, we ask you honor the following requests:

1. Before purchasing tickets, please notify the Team Trip Department of your intention so we do not move ahead with your airfare purchase.
2. Please be respectful of the dates that Africa New Life has allotted for your team on the ground. If your team is arriving on the evening of the 20th, we ask that you arrange your flight to arrive on the evening of the 20th.
3. Please show your proposed itinerary to the Team Trip Department before purchase to make sure that it aligns with team dates.

If you purchase your own airline ticket using personal funds or miles, then you will not be able to use the travel agency's assistance should travel be interrupted in any way. Furthermore, Africa New Life will not be able to prepare a Gift in Kind letter for this purchase. However, we will acknowledge your participation on the trip upon your return. Learn more about [Tax-Deductible Expenses](#).

ABOUT RWANDA

COUNTRY OVERVIEW

Rwanda is a small landlocked country in Central East Africa, often referred to as the heart of Africa. Rwanda's population is estimated at roughly 12 million, making it one of the most densely populated countries in Africa.

Rwanda is green, lush and beautiful. It is commonly called the land of a thousand hills. The climate is moderate all year round (75-90 degrees during the day, in the 60s at night) because of its location just a few degrees from the equator. Rwanda has two main rainy seasons (March to April and September to December). The elevation averages 5,000 feet above sea level.

The national languages of Rwanda are Kinyarwanda, English, Swahili, and French. Kinyarwanda is spoken by all countrymen. All education is moving toward instruction in English.

If you are curious to read more about Rwanda on a macro level, please read more from the [CIA's website](#).

HISTORY

Rwanda had a very turbulent history during the 20th century. Prior to this time, the three people groups of Rwanda (Hutu, Twa, and Tutsi) lived together in relative peace. At the start of the 1900s the country was occupied by Germany. Due to the 1916 League of Nations Mandate, the nation of Rwanda was given to Belgium. Belgium had colonial authority until 1962 after a referendum was passed to establish Rwanda as an independent republic. There are many relational complexities between a colonizer and a colonized country. We will not attempt to explore those depths here. However, it is important to know that Belgian support of the Tutsi people created an ethnic divide between the Tutsi and Hutu people over the span of many decades.

Since 1962, Rwanda has seen much unrest and war. Ethnic attacks were carried out against the Tutsi people between the 1960s and 1994. In 1994, the conflict escalated to a breaking point and full-scale genocide broke out. Rwanda experienced its darkest period when the genocide claimed more than 800,000 lives in just 90 days. Those who lived through this horror say it was as though the devil himself entered the country. On July 4, 1994 the conflict formally ended. There would be many more years of unrest, migration, and rebuilding. It is worth noting post-1994 conflicts were not self-contained in Rwanda. They also involved the border countries of Uganda, Tanzania, Burundi, and the Democratic Republic of Congo, primarily because of how many men and women crossed the borders. Today cross-country relations can still be affected by tensions from this time.

Before traveling to Rwanda, consider reading a book or watching a movie to learn more. Our suggestions can be found [here](#).

Ever since this horrific period, the nation has been on a path to rebuild, reconcile, and forgive. The scars of genocide and poverty run deep so there is still much work to do. The current government has a big agenda with goals to drastically improve infrastructure, education, healthcare, technology and much more. Rwanda's future looks very bright and the international community is taking notice. As of 2015, Rwanda had one of the 15 fastest growing economies in the world.

The government, led by President Paul Kagame, is democratically elected. His leadership has brought vision, growth and stability to the region since the late 1990's. President Kagame's 3rd elected term began in August 2017. Each presidential term lasts seven years. Originally, the constitution allowed for two consecutive elected terms. As of December 2015, the Rwandan parliament ratified the constitution allowing President Kagame to run for three additional terms. If re-elected consistently, President Kagame could hold the seat until 2034.

PEOPLE

Rwandan culture is very kind and hospitable, despite the immense suffering the 20th century. You will observe Rwandans greet one other with a hug and a handshake. It is not uncommon to see two men or two women walking down the road holding hands as an expression of friendship. It is a sign of respect to grasp your right forearm with your left hand as you shake hands with someone.

Rwandan culture is also very proud and dignified people. You may notice individual's clothing reflect these values. They take pride in what they wear when leaving the house. Men are usually seen wearing slacks and a button-up shirt. Women in the city wear Western-style clothing, but dress more traditionally in the villages by donning a traditional long skirt called a *pagne*. There is a rich tradition of beautiful, vibrant fabrics that you'll see all over the country.

Music and dance are a big part of East African culture. Rwandans have traditional dances and instruments that you may have the pleasure of seeing and hearing.

You may notice while in country that Rwandans, especially children, laughing or giggling around Western travelers. Please do not be offended by this, laughing or giggling may be a sign of nervousness or excitement around foreigners.

Although the government leaders are elected, Rwanda's democracy looks different than in the U.S. - do not expect the systems to function the same. Additionally, while the nation has made incredible strides politically, they do not have free speech like we have in America. Rwandans cannot always freely comment on politics or their personal opinions of leaders. Out of respect, please avoid asking about the political climate in Rwanda.

Culturally, Rwandans do not say no to elders or visitors. Instead of telling you "no" or "there is a better way," they will disengage, pull back, or disregard your advice. This is a tactic to avoid conflict and avoid leaving you disappointed. Rwandans often say yes by simply raising both of their eyebrows or a giving slight nod.

CULTURAL SENSITIVITY

Cross-cultural author David Livermore states "our level of interest in connecting with the culture as a whole will directly shape how well we do our work in subtle but profound ways."

At Africa New Life we too, believe that taking the time to engage and respect Rwandan Christian values and attitudes will make a tremendous impact on you and the people you interact with throughout the trip. Truly one of the greatest benefits to traveling the world is the chance to see life through the lens of people in another culture.

While you are in Rwanda, it is important to have a good sense of cultural awareness. We are not there to impress our Western culture on Rwandans, but rather to understand and respect their culture and customs. Examples of items that are currently disputed in the Western church, but are not commonly

discussed in Rwandan Christian culture, are: tattoos, smoking, body piercing, alcohol use, tobacco, R-rated movies, Eastern style exercise (yoga, tai-chi or chi-gong), and homosexuality.

Born Again Christians in Rwanda do not drink or smoke. They may be offended if you drink, smoke, or talk about it. We ask that you do not order any alcoholic beverages while in Rwanda. We also ask that you don't smoke. This includes vaping and E-cigarettes. You are representing a Christian organization with the community.

Also, please do not discuss the practice of, debate reasons for/against, or self identify as a member of the LGBTQ community while in Rwanda. Discussing bisexuality or homosexuality is taboo in African culture. We ask this not to suppress any individual, but rather to protect LGBTQ individuals and team members traveling with them from receiving significant negative feedback.

If you have a tattoo that is prominently displayed, be prepared to answer questions about it. If the image is not appropriate, please cover it up.

If you practice yoga, tai-chi, etc. while in Rwanda, please do so privately and refer to it simply as exercise. The connotation of these activities and terms is spiritual rather than physical.

PHOTOS AND SOCIAL MEDIA

While traveling in Rwanda, you will want to capture photos. However, it is far more important to be present in Rwanda than behind the camera. Use discretion when to photograph events and when to participate. In general, children like to be photographed and may crowd for a photo. Always, out of courtesy, do not take photographs of people without asking them first. Africa New Life's photographer, Esther Havens, wrote a piece exploring how photos can honor, rather than belittle, the subject. Please read [here](#).

After reading, consider how the photos you take and your social media posts represent Rwanda. Consider not posting a photo unless you know their name and story.

It is important while visiting Rwanda to show respect to the culture and history with regard to social media. Tweeting or posting photos from genocide memorial sites is not allowed. Please do not take photographs at any of the genocide memorials unless given permission by the men and women working there.

Visitors may **not** take pictures of police or military, nor may they take photographs inside or around the airport or government buildings. If someone does take a picture, the police or a soldier has the right to take your camera away.

CHURCH IN RWANDA

While in Rwanda, Africa New Life visitors have the opportunity to attend New Life Bible Church in Kigali, Kayonza, or Bugesera on Sunday mornings. New Life Bible Church (NLBC) was founded by Pastor Charles Mugisha, and a physical church continues to be a core tenet of every Africa New Life community. In Kigali, visitors are welcomed and honored at the 8:00 am or 10:45am English services, or the 11:45am service in Kinyarwanda. In Bugesera, the English service begins at 9:00am and continues for the morning, usually ending around 12:00pm. Kayonza's adult service in English begins at 9:30 am and continues for the morning. It is common for visitors to be introduced on stage; please prepare accordingly.

New Life Bible Church exists to serve the local community. It was founded and is still led solely by Rwandan nationals. As such, it reflects the vibrancy and diversity of Rwandan culture. Extensive dancing in and around the aisles is common at all locations. In Kigali, the service is contemporary, the attendees are global, and you'll hear loud music produced by worldwide artists, see beautiful lighting, and learn from either a local or visiting pastor. Africa New Life encourages visitors to wear skirts, slacks, blouses, or dress shirts, but formal dress is not necessary. In Bugesera and Kayonza, congregants enjoy

traditional styles of worship, speakers, and content. Visitors are encouraged to wear long dresses or skirts with a blouse, or slacks with a jacket and tie.

Trip members often expect church to feel like a new cultural experience and are sometimes disappointed when the service in Kigali feels too similar to home. As you consider in advance which service you would prefer to attend, here are a few things to keep in mind:

- Both services are true Rwandan church services! They are beautiful demonstrations of generational changes and the diversity within the Church.
- Services in Kigali are occasionally led by visiting pastors. These pastors may be American, Ugandan, Chinese, Latvian, British...it may even be your pastor! This can be disappointing to teams looking forward to hearing from a Rwandan pastor, but keep in mind the NLBC serves the local community who enjoy hearing from and wish to honor visitors.
- The length of service varies. Church in Bugesera runs longer than the services in Kigali. If you are traveling with small children or a busy itinerary, Kigali may better suit your needs.

Because the U.S. office of Africa New Life does not influence church decisions, we are unable to submit a request or find out who is speaking during team travel.

GENOCIDE SENSITIVITY

Rwanda has worked hard to respectfully remember, yet move forward from the 1994 genocide. But remember, nearly everyone you will meet was affected by the conflict; many lost family members and friends. Please do not ask people what ethnicity they are. The nation is working very hard to unify all members under the title of Rwandan, instead of using former tribe identities.

Additionally, do not ask people about the genocide, their experience, or their personal story. As you can imagine, many people would not feel comfortable sharing such an intimate part of their life with a stranger. If someone does share their story with you, don't ask them to repeat it to someone else and don't re-tell their experience to someone else. Simply be honored to hear their story.

SPIRITUAL PREPARATION

PREPARING A TESTIMONY

While in Rwanda, it is common to be asked to give a greeting or share an encouragement with a crowd. This may be at church, in a school classroom, or in a less formal gathering.

Every believer should be prepared to share his or her testimony. Your testimony can be the story of how you came to know Jesus. It can be, but does not have to be, your story of coming to faith. A testimony can also be how the Lord is working in your life now through what He is teaching you. Christ makes a difference in our daily lives; it is an important relationship to share!

While in Rwanda, it's important to make sure your testimony can be understood across cultures. Try to use images that Rwandans can relate to and avoid American concepts. For example, East African concepts are shame and honor versus sin and praise. If you have questions about how to present your story, ask to talk with a Rwandan church leader during your first few days in country.

Here are four steps to help you prepare your story of coming to faith. If this is your first time preparing a testimony, it is best to write out your thoughts. Often, weaknesses in verbal communication show themselves better on paper.

FOUR TOPICS TO PREPARE YOUR STORY OF COMING TO FAITH:

1. Life before Christ: What was most important to you? What common attitudes or circumstances could Rwandans identify with? What substitute for God did you use to find meaning in your life (sports/fitness, success at work, marriage, sex, making money, drugs/alcohol, entertainment, etc.)?
2. Realizing your need for Christ: What significant steps led to your conversion? What needs, hurts or problems made you dissatisfied with the way you were living without God (consider choosing a theme from step one)? How did God get your attention? What motivated you?
3. Committing your life to Christ: How did you specifically commit to Christ (repentance, conversation, prayer)? Where did that happen? What did you say in your prayer? Be specific and avoid Christianese or church-like phrases such as altar-call, asked Jesus to come into my heart, prayed the sinner's prayer, etc.
4. The difference in your life: How has Jesus helped change you for the better? How has Jesus influenced your relationships? **How do you choose Jesus each day?**

REVIEW YOUR TESTIMONY

- Aim for something approximately 5 minutes long, accessible to non-believers, which includes the Gospel message, and emphasizes Christ in your life.
- Can Rwandans relate?
- Avoid using idioms, slang, or long phrases.
- Make it easy for translation.
- Do not talk about cultural taboos or money, and do not refer to specific geography in the U.S.
- Read more on [Cultural Sensitivity](#)

DISCUSSING THEMES

If the situation is not right to share your whole testimony, that is OK. It may also be appropriate to discuss themes to which all humanity can relate. If someone is struggling with a certain issue, you may be able to share how the Lord is helping you with a similar problem. Here are some themes to which you may relate:

- Anger, Forgiveness, Faith, Jealousy, Financial Problems, Grief, Anxiety, Loneliness, Poor Health, Comfort, Justice, Caretaking, Manipulation, Selfishness, Marriage Problems, Addictions, Guilt, or Finding Joy

JOURNALING

There will be time most days for team members to have personal down time. This may be in the early morning before breakfast or in the evening as the day winds down. Either way, we encourage you to take this time to process your thoughts and feelings about what you are experiencing. Use devotions or journaling to record how the Lord is shaping you through this stretching experience. Take this time to process your cross-cultural interactions and what significance they hold.

Don't wait until you come back home to try and process everything you felt. Try to note the highs and lows as you are living them. This journal can then serve as an encouragement and a reminder to what God has done on the trip! Keeping a journal can also help you tell your story upon return home. It will be a place to record anecdotes, prayers, thoughts and memorable stories.

LEARNING RESOURCES

CULTURE SHOCK

It is common upon arrival in any country to feel anxious over the differences you see and feel. One way travelers deal with this emotion is to convince oneself that Rwanda is just like home. David Livermore describes this phenomenon well: Looking for common ground with our fellow citizens of the globe is a normal and healthy way of coping with the inevitable dissonance that occurs when we encounter a new culture. Traveling to a new place brings on an irresistible impulse to smooth over the strangeness. Still, we want to challenge you to **embrace** the differences while **honoring** our similarities as global citizens.

Consider the following points in order to respond to cultural differences graciously:

- Have respect and empathy for others
- Adopt an attitude of flexibility
- Keep an open mind and welcome new experiences
- Have a sense of humor
- Have grace with yourself; no one is perfect in a completely new situation
- Communicate often and extensively with the rest of your team
- Come from a perspective of learning and be curious about cultural differences
- Be realistic when setting your expectations before the trip, both positive and negative.
- Create space for tolerance and differences

As you encounter experiences that challenge you, please use the Africa New Life staff as a resource. Your team leader can also help you walk through a difficult situation.

Africa New Life recommends that you read [*Foreign to Familiar: A Guide to Understanding Hot - And Cold - Climate Cultures*](#) by Sarah A. Lanier. This quick read helps one understand how deeply culture shapes our perspective of the world.

SUGGESTED RESOURCES

One of the best ways to prepare for culture shock is to learn about Rwanda in advance. Even basic research can help you navigate many of the cultural differences and understand how Africa New Life works in the international development field. We strongly encourage you to read and watch one item from each category below.

MOVIES

- [Queen of Katwe](#) (Biography, Drama, 2017) – Alan Hotchkiss’ Recommendation
- [Poverty, Inc.](#) (Documentary, 2016)
- [Rising from Ashes](#) (Documentary, 2012) – Team Trip’s Recommendation
- [Kinyarwanda](#) (Drama, 2011)
- [Earth Made of Glass](#) (Documentary, 2010)
- [As We Forgive](#) (Documentary, 2009) – Team Trip’s Recommendation
- [Rwanda Rising](#) (Documentary, 2007)
- [Beyond the Gates](#) (Drama, 2007)
- [Sometimes in April](#) (Drama, 2005)
- [Frontline: The Ghosts of Rwanda](#) (Documentary, 2005)
- [History Channel: Do Scars Ever Fade?](#) (Documentary, 2004)
- [Hotel Rwanda](#) (Drama, 2004)
 - For a different perspective on this Hollywood film, please read [Hotel Rwanda: The Surprising True Story and Why it Matters Today](#) by Edouard Kayihura
- [Rwanda: The Royal Tour](#) (Documentary, 2018)

BOOKS

ABOUT THE GENOCIDE

- [*Left to Tell: Discovering God Amidst the Rwandan Holocaust*](#) by Immaculee Ilibagiza
- [*Lead By Faith: Rising from the Ashes of the Rwandan Genocide*](#) by Immaculee Ilibagiza
- [*We Wish to Inform You That Tomorrow We Will Be Killed With Our Families: Stories from Rwanda*](#) by Philip Gourevitch
- [*Life Laid Bare: The Survivors in Rwanda Speak*](#) by Jean Hatzfeld
- [*Shake Hands with the Devil: The Failure of Humanity in Rwanda*](#) by Romeo Dallaire and Brent Beardsley

ABOUT RWANDA

- [*Rwanda, Inc.: How a Devastated Nation Became an Economic Model for the Developing World*](#) by Patricia Crisafulli and Andrea Redmond
- [*A Thousand Hills: Rwanda's Rebirth and the Man Who Dreamed It*](#) by Stephen Kinzer
- [*Land of a Thousand Hills: My Life in Rwanda*](#) by Rosamond Halsey Carr and Ann Howard Halsey
- [*A Thousand Hills to Heaven – Love, Hope and a Restaurant in Rwanda*](#) by Josh Ruxin
- [*Land of Second Chances: The Impossible Rise of the Rwandan Cycling Team*](#) by Tim Lewis

RELEVANT TOPICS

- [*When Helping Hurts: How to Alleviate Poverty Without Hurting the Poor and Yourself*](#) by Steve Corbett & Brian Fikkert
- [*Serving with Eyes Wide Open: Doing Short-Term Missions with Cultural Intelligence*](#) by David A. Livermore
- [*Foreign to Familiar: A Guide to Understanding Hot And Cold Climate Cultures*](#) by Sarah A. Lanier
- [*African Friends and Money Matters*](#) by David E. Maranz
- [*Giving Wisely: Killing with Kindness or Empowering Lasting Transformation*](#) by Jonathan Martin

VIDEO SERIES

- [*Overview of When Helping Hurts concepts*](#) (6 part series; ~15 minutes each)
- [*Living Culture Clip, Rwanda*](#)
- Two part history of Rwanda in the 20th Century: [Part 1](#); [Part 2](#)
- [*This is Football*](#) Episode 1: Redemption (Amazon Prime Series, 2019) – Donna Henry's Recommendation

ARTICLES

- [We Need to Learn from Christians from Other Cultures](#) (Blog, June 2017)
- [Why you should beware a laughing or yawning hippo](#) (Jan. 2016)
 - Do not be afraid, just be knowledgeable in the game parks!
- [Gorillas and Coffee Bars? The Transformation of Rwanda](#) (Sept. 2015)
- [An African orphan on what he loves \(and doesn't\) about short-term mission teams](#) (May 2014)
- [An Op-ed profile of Rwanda's president Paul Kagame](#) (Sept. 2013)
- [Portraits of Reconciliation](#) (April 2014)
- [High-level overview of the Rwandan Genocide and its consequences](#) (April 2014)
- [Rwanda Vision 20/20](#) (PDF)
- [Constitutional Amendment for Presidential Terms](#) (January 2016)
- [BBC President Paul Kagame Profile](#) (January 2016)

TO DO CHECKLIST

- Contact the office to learn about your mission trip
- Complete the Team Trip [Application](#):
 - Fill out the online form
 - Complete the online background check
 - Call the office and provide a valid credit card to put on file for your trip
 - Send to the Africa New Life office*:
 - Signed [Release of Liability](#)
 - Minors must submit a [Parental Waiver & Release](#) in lieu of this form
 - Signed Photo Consent
 - Signed Financial Agreement
 - If you are under the age of 18, a [Youth Contract](#)
 - Non-refundable \$350 Deposit
- Receive confirmation from your team leader that you are accepted as a team member
- Begin raising support: spiritually, financially, and physically
- [Apply for a passport](#) or confirm your passport does not expire within 6 months of your return
- **Read the [Team Trip Guide](#) in its entirety**
- Email the Team Trip Department and tell them to have a nice day!
- Confirm your airfare is booked
 - Go online and pick your preferred seats using the flight's confirmation code
- Read [When Helping Hurts](#) by Steve Corbett and Brian Fikkert
- Attend team meetings and participate fully!
- Get all necessary [vaccinations](#) through your doctor or pharmacy
- Find someone to house/pet sit for the duration of your trip
- Send [funds](#) into the Africa New Life office to cover trip cost*
- Register your travel with the U.S. Government's [Smart Traveler Enrollment Program](#) (STEP)
- Pick up your anti-malarial medication prescription
- Arrange transportation to the airport
- [Get Packed](#)
- Check into your flight 24 hours before departure to note any time changes
- Get to the airport 3 hours early for your international flight
- Get on the plane
- Breathe!

*U.S. Office

Africa New Life Ministries
Attn: Team Trips
7405 SW Tech Center Dr. #144
Portland, OR 97223

503-906-1590

SAMPLE RESPONSE DEVICE

TEAM MEMBER NAME – TEAM NAME

Thank you very much for contributing to my service with Africa New Life Ministries in Rwanda. I value your investment in our team as well as your prayers during our time in Rwanda. Below are two ways you can contribute financially. It is asked that contributions are given no later than INSERT DATE.

1. A check made out to Africa New Life Ministries mailed with this form to the addressed envelope provided.

Africa New Life Ministries
Attn: Team Trips
7405 SW Tech Center Dr #144
Portland, OR 97233

2. Giving online:

- Go to www.africanewlife.org/give
- Select team member name under **Mission Team Members** on the bottom right of the webpage
- Select a team member, enter in an amount, click **“Add Donation to Cart”** and proceed through transaction
- The donor will receive an email receipt for their donation

Africa New Life Ministries is a nonprofit 501c3 organization and all donations are tax-deductible to the full extent of the law, so far as no goods or services were exchanged. To remain tax-deductible, donations cannot be refunded for any reason. Donations are given preference but not restricted to this team member. You will receive a receipt recognizing your donation in January following the year of donation.

EMERGENCY CONTACT & VISA INFORMATION

CARRY WITH YOU TO RWANDAN AIRPORT

Print and carry this sheet with you during travel. Use the information below to register with the U.S. Embassy in advance of your trip at step.state.gov/step. You will also need the information to purchase a visa for \$50 cash at the Kigali airport.

Please note the visa fee increased to \$50 in November 2019.

ANLM U.S. Office:

Donna Henry – Director of Programs

Office: 503.906.1591 Cell: 360.600.0890 Email: donna@africanewlife.org

8am – 5pm MST Monday - Friday

Travel - If your tickets were booked by ANLM through AFC Travel:

Julie Bono – International Group Travel Specialist

Office: 952.886.7605 Email: julie@afctravel.com

If your flight was delayed or canceled, **please strongly self-advocate with an agent at the airport to reschedule your flight**. AFC Travel can advise on available routes but cannot reissue tickets after your first flight departs.

If flight changes have changed your arrival time in Kigali by 20 minutes or more, please message the Missions Coordinator on WhatsApp using airport Wi-Fi & cell number below with your new arrival information.

Africa New Life Ministries Mailing Address:

Africa New Life Ministries

PO Box 3351

Kigali, RWANDA

New Life Guest House Mailing Address:

New Life Guest House

KK29 Ave. KK27 Ave.

Kagarama, Kicukiro

Kigali, RWANDA

New Life Guest House Physical Address (to describe its location):

It is in Kigali City, Kicukiro District. Drive by the Kicukiro Center.

Opposite the Africa New Life Dream Center on stony road, ~200 meters from the Dream Center.

New Life Guest House:

*250 is the country code for Rwanda

Esther Karara – New Life Guest House Manager

Cell: 250.788.442.650

Christine Murekatete – Missions Coordinator

Cell: 250.726.302.743

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

HOME VISIT GUIDE

Team Trips offer the unique opportunity for team members to participate in a Home Visit. This is what ANLM calls the event where you are welcomed into the home of the family whose student that you sponsor. At its basic level, the Home Visit is a time to meet your sponsored student and their parents/guardians, siblings, and maybe neighbors. At a deeper level, we see this time as a chance to **encourage** the student you sponsor, **esteem and respect** their parents/guardians, and **share** Christ's love with all present.

Most travelers return to the United States and say their Home Visit was the highlight of their trip because they deepened the relationship with their sponsored student and their family.

WHAT TO EXPECT

When you first arrive at a Home Visit you may feel a bit nervous, excited, or anxious. Don't worry; these emotions are very normal and be assured, your sponsored student and their family feels the same way about meeting you.

It's also common to feel a level of awkwardness but you will be in good company! You will have the support of a Missions Officer and a Child Welfare Officer during this visit. They will help with facilitation, translation, and cultural navigation.

POSSIBLE OBSERVATIONS

- You will be warmly received and welcomed into the home with a hug or handshake. There is a level of formality within the Rwandan culture. Please be sure to greet the parents/guardians and other adults first and speak directly with them. You can then greet your sponsored student and other children present.
- There may be scarce seating, but if you are offered a seat, please take it! The hosts want to give you their best (just like we would), and that means one of the seats in the home. It is inappropriate to refuse the seat.
- In the excitement, you may forget to introduce yourself! As you sit down, restate who you are and introduce whoever is with you
- The children present may be incredibly shy, especially the student you sponsor. First, the student may be overwhelmed at the idea of meeting you. Second, in Rwandan culture students defer to their parents to speak when they are around other adults. Their shyness is not a reflection on their excitement to meet you, but rather a cultural response to the situation. Please note that children are taught to avoid eye contact with adults as a sign of respect.
- You may be considered as a close friend and partner of the family. The family is deeply grateful for your care and generosity in helping meet educational and material needs.
 - o The family may share intimate details of their life and story with you. Please note that this is all shared in confidence.
- You may be presented with a gift – culturally gifts are exchanged at first meetings. Often a family cannot afford this, but some families are able to give something. Please receive gifts warmly if they are offered to you.
- It is common for young children to not fully understand the concept of sponsorship. That is OK! Be intentional in fostering a relationship with their parents/guardians. Your sponsorship relationship is inclusive of the student's family.

APPROPRIATE QUESTIONS

Often sponsors can be overwhelmed at a Home Visit. There is so much to process: excitement about the meeting, nervousness about cultural differences, navigating the conversation through a translator, and facing material poverty in an intimate way. In the midst of many emotions, we still want you to be present, engage, and enjoy this time with your sponsored student's family.

RECOMMENDED CONVERSATION PROMPTS

PARENT/GUARDIAN

- Will you please introduce me to your family and friends that are here?
- How is the health of your family? Is everybody well?
- What kind of work do you do?
- Do you have a garden? And what do you plant in it?
- You must be very proud of all that _(student's name)_ is doing in school!
- How can I be praying for you?
- Did you build this home?
- Do you attend a church in the area?
- Please tell me more about your community, landscape, weather, etc.?
- Do you have family that lives close by?
- How many children do you have? How many daughters/sons? What is the birth order of your children?
- Are all of your children in school?
- What questions do you have for me?

STUDENT

- How are you doing in school?
- What is your favorite subject?
- What are you learning about in school?
- What are you learning about in Center Day?
- What are you learning about in church (if applicable)?
- What are the games you like to play – and with whom do you play?
- How can I be praying for you?
- What questions do you have for me?

ACTIVITIES

- Go through photos of your family and home to help introduce them to your life.
 - o **This is a great activity that the whole family will want to engage with.**
- Pray for the family and allow the family to pray for you if they are comfortable doing so.
- Present a gift (if you have brought one from home) and explain anything that may be new.
- Ask them to teach you phrases in Kinyarwanda.
- Play a small game in front of the home (blow bubbles, jump rope, soccer, etc.).
- Take a picture with the family and their home.
 - o Capture one photo of just the family.
 - o These photos are a great inclusion in your next written letter.

INAPPROPRIATE QUESTIONS

When communicating cross-culturally there may be things that are tough to translate or are inappropriate to ask. Here are a few conversations to NOT initiate.

- Experience in the genocide – only if they willingly share their story is it appropriate to ask one or two questions concerning the genocide.
- Where is your family originally from – this question may be perceived as a question regarding family heritage/ethnicity. Additionally, it may imply a previous displacement. All questions that have reference to ethnicity are considered inappropriate.
- Where do you vacation to – these families have no funds to vacation.
- If any of the family members are HIV positive.
- Home Tours – in Rwanda it is very intimate to show one's bedroom. Commonly these homes have just a few rooms, and those that are closed off by a door or curtain are where the family presumably sleeps.
- Household Pets – dogs, cats, hamsters, etc. are not common in Rwanda and it is very hard for them to understand why one would pay money for an animal that is not for consumption.
- Politics – best to stay clear of this topic with regard to U.S. or Rwandan concerns.

Practice general sensitivity to the following topics:

- Family planning
- Income
- Education level
- Culturally, in Rwanda parents will take on the name of their first born, i.e. Mama Sifa. They prefer this greeting and may be reluctant to share their given names.
- In American culture we are quick to compliment the host's home. If the student's home is in extreme disrepair, do not compliment the dwelling. In these extreme instances, the families are aware of the home's condition.

Avoid:

- Giving money
- Impromptu gifts
- Promises or commitments

GIFTS FROM AMERICA:

Sponsors may bring gifts from the U.S. that are age and gender appropriate for their sponsored student.

- We ask that these items fit in small bag or backpack - please no duffel bags for just one student!
- **Appropriate items include:** sports equipment, solar lamps, rainboots or sturdy flip flops, clothes (please remember, Rwanda is a conservative culture), school supplies (pens, calculator, composition notebook, pencil pouch), flashcards, card games, jump ropes, stickers, tennis balls, Hot Wheels, Yoyos, dolls, sunglasses, umbrellas, etc.
- **Inappropriate items include:** toiletries, cosmetics such as nail polish or perfume, medicine, vitamins, electronics, candy, toys that need batteries, or money.
- It is not an expectation to bring a gift for every family member. If you chose to bring something for the family, perhaps fabric or a scarf for the mother figure and a button up shirt or gloves for the father figure.

AFRICA NEW LIFE

DEMOCRATIC REPUBLIC OF THE CONGO

UGANDA

BURUNDI

RWANDA

WEST

NORTH

EAST

SOUTH

KIGALI

KARANGAZI

RUBAVU

NYAMAGABE

BIRUNGA NAT'L PARK

AKAGERA NATIONAL PARK

NYUNGWE NAT'L PARK

GISHWATI NATURAL RESERVE

Lake Kivu

Lake Burera

Lake Muhazi

Lake Mugesera

Lake Cyohoha Sud

Lake Rweru

Lake Kagera

Lake Nyanza

Lake Kibumba

Lake Hago

Lake Nasho

Lake Mpanga

Lake Cyamwe

UNITED REPUBLIC OF TANZANIA

0 10 20 30 40 50 km

0 10 20 30 mi

PACKING LIST

CARRY-ON BAG

- ☐ One outfit, including undergarments
- ☐ Passport & Yellow Fever Immunization Card (if received – not required)
- ☐ Trip Medical Insurance card
- ☐ Printed copy of complete flight Itinerary
- ☐ Money
 - o Additional 50 US Dollars for visa application upon arrival in Kigali. See Guide for more details.
- ☐ Snacks
- ☐ Travel-size toiletries (toothpaste, toothbrush, deodorant) in a quart-sized clear Ziploc bag
- ☐ Valuables (e.g. laptops, phone, chargers)
- ☐ OPTIONAL: travel pillow, sleeping pills, socks, sweatshirt, headphones, eye mask, book, notepad, iPod, etc.

CHECKED BAG - GENTLEMEN

Clothes

- ☐ Slacks
- ☐ Belt
- ☐ Hat
- ☐ Button-down shirt
- ☐ Tie
- ☐ Cotton pants
- ☐ T-shirts
- ☐ Sweatshirt
- ☐ Light jacket – rainproof is best
- ☐ Underwear
- ☐ Socks
- ☐ PJ's
- ☐ Dress shoes
- ☐ Walking shoes
- ☐ Shower shoes
- ☐ Shorts - Boys may wear shorts, men do not culturally but may wear at Guest House

Toiletries

- ☐ Disinfectant hand wipes/hand sanitizer
- ☐ Shampoo/Dry Shampoo
- ☐ Soap
- ☐ Toothbrush & toothpaste
- ☐ Deodorant
- ☐ Towel & washcloth (if you prefer your own)
- ☐ Razor
- ☐ Shaving cream
- ☐ Contact Solution (if applicable)
- ☐ Small amount of laundry detergent (Tide packets)
- ☐ Sunscreen
- ☐ Mosquito repellent with DEET
- ☐ Anti-itch cream for any bites

Personal Items

- ☐ Small backpack or daypack
- ☐ Spending Money
- ☐ Bible
- ☐ Sunglasses
- ☐ Camera
- ☐ Camera charger or batteries
- ☐ Anti-malarial medication: Doxycycline or Malarone
- ☐ Ciproflaxin
- ☐ Imodium, Pepto Bismal, Tums
- ☐ Cold Medicine
- ☐ Tylenol
- ☐ 1 roll toilet paper
- ☐ OPTIONAL: watch, other prescriptions or supplements (probiotic), earplugs

Optional

- ☐ Notebook or journal and pens
- ☐ Alarm Clock
- ☐ Snacks: energy bars, nuts, beef jerky, dried fruit, candy
- ☐ Gum
- ☐ Individual powdered drink mix, such as Crystal Light, instant coffee
- ☐ [Converter/Adaptor](#)
- ☐ Gifts for your sponsored student

CHECKED BAG - LADIES

Clothes

- ☐ Dresses or skirts (knee length or longer)
- ☐ Cardigan
- ☐ Cotton pants or capris (no yoga pants)
- ☐ T-shirts or modest tank-tops
- ☐ Sweatshirt
- ☐ Light jacket – rainproof is best
- ☐ Bras & Underwear
- ☐ Socks
- ☐ PJ's
- ☐ Dress shoes
- ☐ Walking shoes
- ☐ Shower shoes
- ☐ Belt
- ☐ Hat

Toiletries

- ☐ Disinfectant hand wipes/hand sanitizer
- ☐ Shampoo/Dry Shampoo
- ☐ Soap
- ☐ Toothbrush & toothpaste
- ☐ Deodorant
- ☐ Minimal make-up (optional)
- ☐ Hairbrush
- ☐ Hair ties and bobby pins
- ☐ Razor
- ☐ Shaving cream
- ☐ Contact Solution (if applicable)
- ☐ Lotion
- ☐ Feminine hygiene products
- ☐ Small amount of laundry detergent (Tide packets)
- ☐ Sunscreen
- ☐ Mosquito repellent with DEET
- ☐ Anti-itch cream for any bites

Personal Items

- ☐ Small backpack, daypack or cross-body purse
- ☐ Spending Money
- ☐ Bible
- ☐ Sunglasses
- ☐ Camera
- ☐ Camera charger or batteries
- ☐ Anti-malarial medication: Doxycycline or Malarone
- ☐ Ciproflaxin
- ☐ Imodium, Pepto Bismal, Tums
- ☐ Cold Medicine
- ☐ Tylenol
- ☐ 1 Roll Toilet paper
- ☐ OPTIONAL: watch, other prescriptions or supplements (probiotic), earplugs

Optional

- ☐ Notebook or journal and pens
- ☐ Alarm Clock
- ☐ Snacks: energy bars, nuts, beef jerky, dried fruit, candy
- ☐ Gum
- ☐ Individual powdered drink mix, such as Crystal Light, instant coffee
- ☐ Gifts for your sponsored student
- ☐ [Converter/Adaptor](#)
- ☐ OPTIONAL: headbands, travel hairdryer (with adaptor)

Don't Over-Pack!

- Rainy Seasons: March - April & September - December
- Dry Seasons: January - February & May - August
- Linens and bath towels are provided for you at the Guest House
- Laundry services are available for a small charge. For cultural reasons, please plan to wash your own undergarments.
- Each airline limits how many pieces of luggage you are able to check and carry-on. The maximum amount of weight also is listed according to the airline. Please be aware of weight limitations and cost per checked bag for your flight.
- If the airline approves 2 checked bags: Please plan to pack one for personal use and one for ministry use.
- Do NOT pack any items to give away en masse without asking. We would love to guide your donations toward items the ministry really needs. Thank you for being generous!

KINYARWANDA PHRASES

Kinyarwanda is one of the official languages of Rwanda. Kinyarwanda is what all Rwandans speak. It is a tonal, Bantu language.

Before going to Rwanda it is helpful to know a few phrases:

Hello	Muraho	Moo-RAH-hoh
Good morning	Mwaramutse	Mwah-rah-MOOT-zay
Good afternoon	Mwiriwe	MWEE-ray
Good evening	Mwiriwe neza	MWEE-ray NAY-zah
How are you?	Amakuru?	Ah-mah-KOO-roo?
Thank you	Murakoze	Moo-rah-KOH-zay
Good Bye	Murabeyo	Moo-rah-BAY-oh
Yes	Yego	YAY-go
No	Oya	OH-yah
What's your name?	Witwa nde	Wit-WAHN-day?
My name is _____	Nitwa _____	NEET-gwah _____.
Nice to meet you (1 person)	Ndabishimiye	n-dah-bee-SHIM-yay
Have a good day	Umunsi Mwiza	Oo-MOON-see MWEE-zah
How much does this cost?	Nangahe?	Nahn-GAH-hay?
God Bless You	Imana aguhe umugisha	Ee-MAH-nah ah-GOO-hay oo-moo-GEE-shah
Kinyarwanda	Kinyarwanda	Cheen-yahr-GWAN-dah

OTHER RESOURCES:

Kinyarwanda – English Dictionary: <http://kinyarwanda.net/>

More Phrases: <http://www.omniglot.com/language/phrases/kinyarwanda.php>

You can also find resources/examples of Kinyarwanda on YouTube.