

## Travel Details & Resources

### VACCINATIONS

We recommend using resources such as the [Center for Disease Control](#) as you consult with your home doctor or other trusted medical sources, in order to make the best possible decision regarding your health.

[Here is a little more information on Rwanda](#)

If you reside in the Central Virginia Region, below are local medical offices that you may consider consulting. Keep in mind some vaccinations require a minimum amount of time to take effect before entering a destination. Communicate when and where you will be traveling.

Lynchburg Health Department: Phone: 434-947-6785 Address: 307 Alleghany Ave.

Liberty University Health Center: Phone: 434-338-7774 Address: located in Green Hall.

Rustburg Family Pharmacy: Phone: 434-332-1730 Address: 925 Village Hwy Suite B. Box 1005

Rustburg, VA 24588 Map: <http://goo.gl/maps/1BC1M>

### INTERNATIONAL TRAVEL INSURANCE

International travel insurance is included within your trip costs, covering you from March 6<sup>th</sup> – 17<sup>th</sup>, 2019. The policy is comprehensive in nature and is used throughout the university for all international travel. If you would like coverage for additional aspects of travel beyond what is highlighted in the [policy](#), please feel free to purchase separate third party insurance as a supplement to what is already provided.

### CURRENCY & CREDIT CARDS

The Rwandan Franc is the currency of Rwanda. [Currency rankings](#) show that the most popular Rwanda Franc exchange rate is the [USD to RWF rate](#). The [currency code](#) for Francs is RWF. Below, you'll find [Rwandan Franc rates](#) and a currency converter.

<https://www.xe.com/currency/rwf-rwandan-franc>

Make sure to contact your bank a few weeks before departure to alert them to your international travel dates and locations. This will keep your cards active while abroad. Keep in mind that fees will be charged for international purchases. Contact your bank for these fees.



## Travel Details & Resources

### VAT

Rwanda's general VAT rate is **18%**, with other rates including 0% that can apply to certain transactions. The Value-added tax (VAT) is administered by the Rwanda Revenue Authority ([www.rra.gov.rw](http://www.rra.gov.rw)) in Kigali.

### CELL PHONE USAGE

Most cell phone carriers have additional international packages that you can add on at a monthly or daily rate. Depending on the carrier, this can cost anywhere from \$10-\$40 and will provide limited text messages, data usage, and calling minutes.

*Note:* Rwanda does not have good phone coverage and Wi-Fi will be available at the hotel, but not ideal.

### MEALS

Various dishes have evolved from the range of basic foods consumed. [Ugali](#) (or bugali) is a paste made from maize and water, to form a [porridge](#)-like consistency that is eaten throughout East Africa. [Isombe](#) is made from mashed cassava leaves and served with dried fish.

[Matoke](#) is a dish made from baked or steamed plantains. [Ibihaza](#) is made from pumpkins cut into pieces, mixed with beans and boiled without peeling them. Ground nuts paste [Ikinyiga](#), and Millet flour paste [umustima w'uburo](#) both of these pastes are made from boiling water and flour, mixed to a porridge like consistency.

In the restaurants in the capital city of [Kigali](#), locals and [expatriates](#) eat a variety of international cuisine, including [Indian](#), [Chinese](#), [Italian](#), and [African](#). In other cities and towns, the cuisine is simpler, often consisting of chicken, fish, goat or steak served with rice or [french fries](#).

Milk and juice is a common drink among Rwandans. Sodas will be available each day, along with water. A must have while in Rwanda is the Milk tea! In Rwanda, they call it "African Tea." It is similar to the ingredients in Chai tea, and yet entirely its own style. It's made with milk, water, black tea, and spices (ginger, cardamom, etc. – Variations abound). The locals add sugar or honey.

**Breakfast, Lunch and Dinner (included)** – All meals will be provided, some may be sent in to-go boxes, but the majority will be eaten at the hotel.

We will try our best to provide a variety of food options for meals but cannot accommodate every dietary preference. For long days, it is highly encouraged to bring your own snacks if you believe you will get hungry during the day. Touring will be on a tight schedule, and it's always a good idea to have a snack if we find ourselves running over time at lunch.

Read more: <https://www.lonelyplanet.com/rwanda/in-location/eating/a/nar/ac4f74e8-a7bb-47c6-8104-31829eb07de5/355553>



## Travel Details & Resources

### INTERNET ACCESS

Your hotels and bus will have WiFi access, but there will be little if any access outside of the hotel. Please keep in mind that unless you have purchased an international data plan for your phone, access to email, texting, and other Internet-based applications will be subject to WiFi availability.

### Partnership with Compassion International

The opportunity to sponsor a child in Rwanda is in partnership with Compassion International. Currently there are nearly 70,000 children who participate in 270+ Compassion Child Development Centers in Rwanda. Children at these centers have the opportunity to rise above their circumstances and become all that God has created them to be. Right now, there are 6300 kids in Rwanda still in need of sponsorship and our goal is to see the Liberty family make a sizable impact in reducing that number to 0.

### ADDITIONAL RESOURCES

- [Lonely Planet Rwanda](#) – A helpful guide to understanding culture, travel tips, and additional insights.
- [Currency Converter](#) – Plan how much money you need to bring in Euro Currency.
- [Passport Application](#) – Don't have a passport yet? Follow the U.S. Department of State's instructions for applying for a passport.
- [Compassion International](#) - Learn a little bit more about who Compassion is!
- [LU Students Experience from 2018](#) – Read more about Matt Cruickshank experience from last year's trip.
- [Rwanda's History](#) – Understand a little more about Rwanda's rich history!