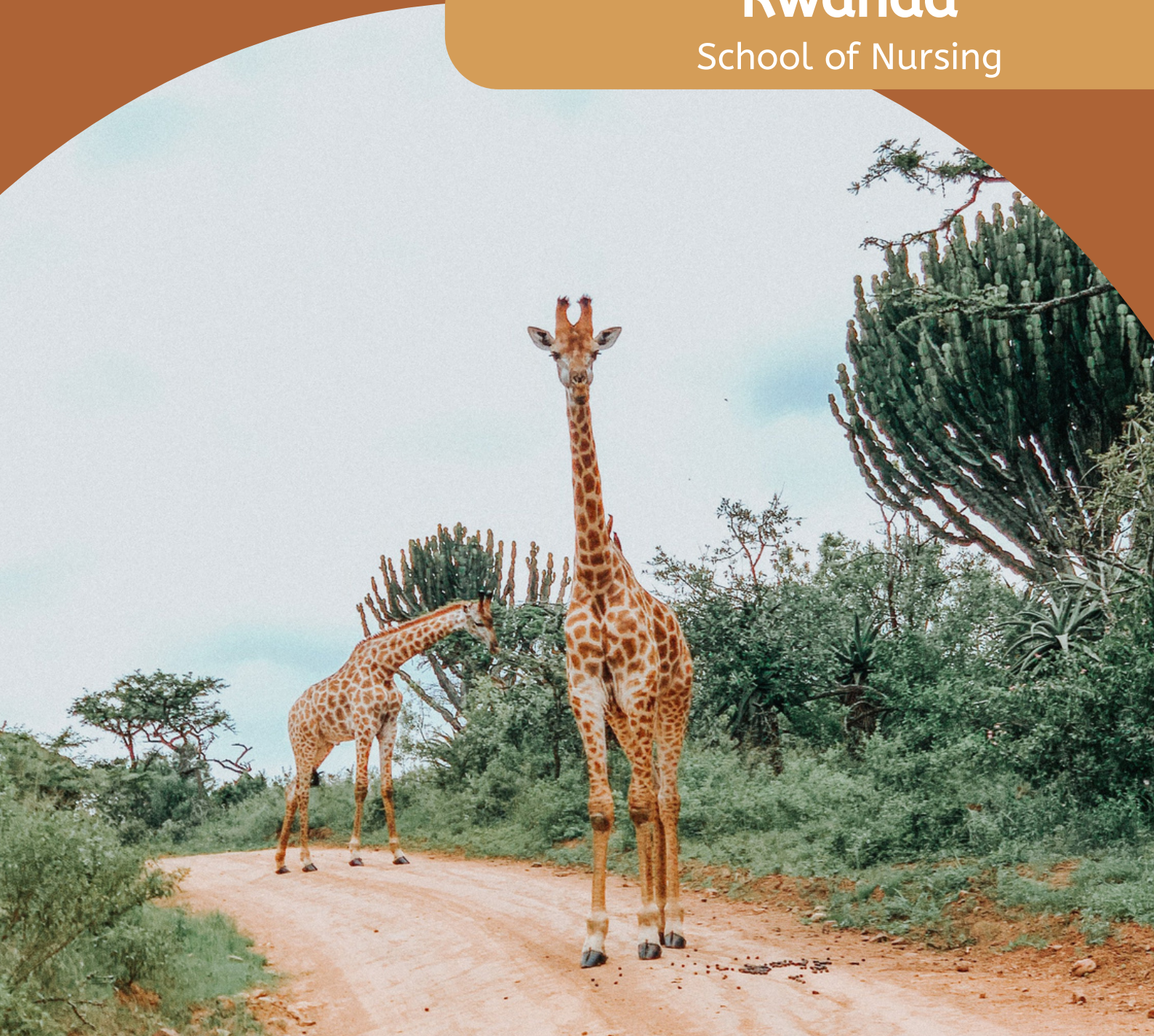


Travel Resources

Rwanda

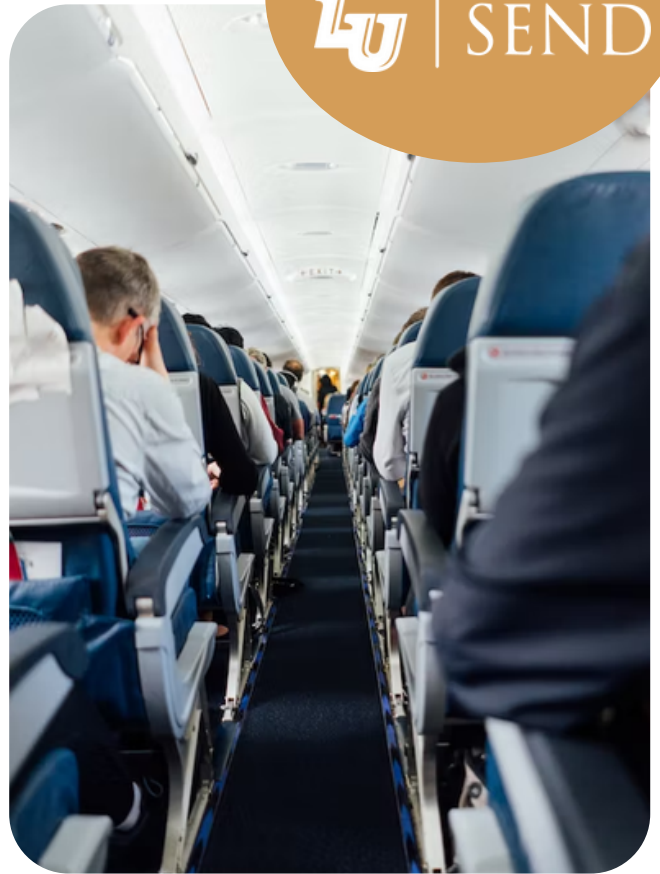
School of Nursing



International Travel Insurance | Currency & Credit Cards
VAT (Value Added Tax) | Cell Phone Usage | Meals | Internet Access |
Vaccinations | Additional Resources | Fun Facts

INTERNATIONAL TRAVEL INSURANCE

International travel insurance is included within your trip costs, covering you from March 7th, 2024 through March 18th, 2024. 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. For more information on your current coverage email LUSend@liberty.edu



**“WHEREVER YOU GO
BECOMES A PART OF YOU
SOMEHOW.”**

– Anita Desai

CURRENCY & CREDIT CARDS

In Rwanda, the Rwandan Franc is the country's legal tender. Major international credit cards are likely accepted in large cities. Local currency can be withdrawn at an ATM with a debit card, but fees will apply. 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.



VAT

"VAT" stands for value-added tax. The tax is included in the price of the item, so the price you see is the price you pay. In Rwanda, the standard VAT rate is 18%.

INTERNET ACCESS

Your hotels and bus may have access to the internet, however, 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 Wi-fi availability.

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.

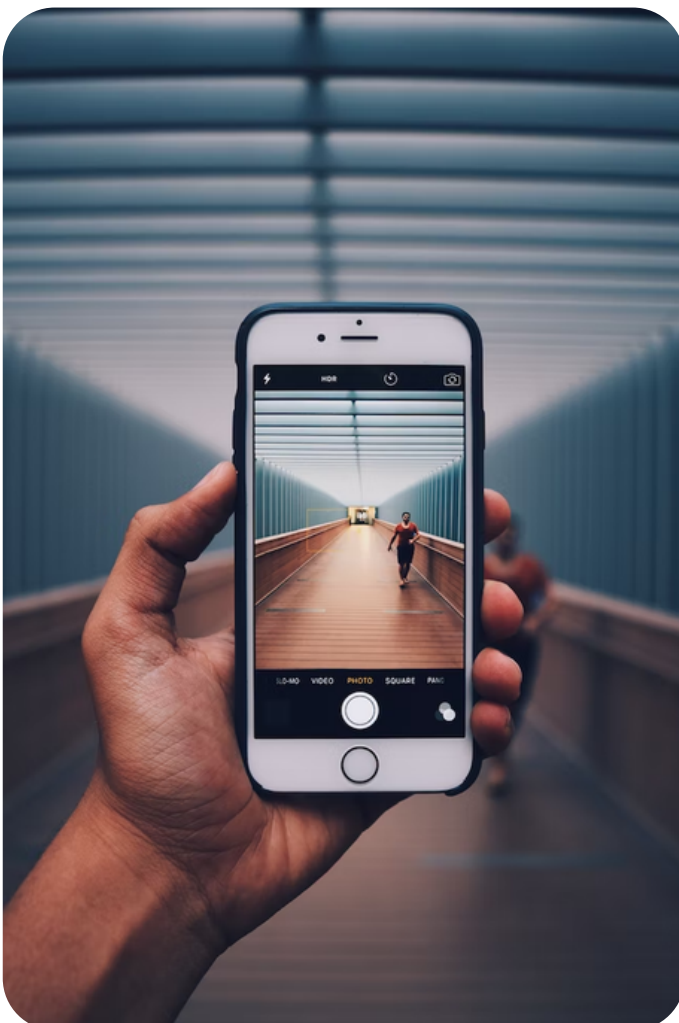
VACCINATIONS

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. 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 another country. Communicate when and where you will be traveling.

Lynchburg Health Department
(434) 947-6785
1900 Thomson Dr. Lynchburg,
24501

Rustburg Family Pharmacy
(434) 332-1730
925 Village Hwy Suite B. Box 1005
Rustburg, VA 24588

Liberty University Health Center
(434) 338-7774
Commons 3 1606 Regents Pkwy

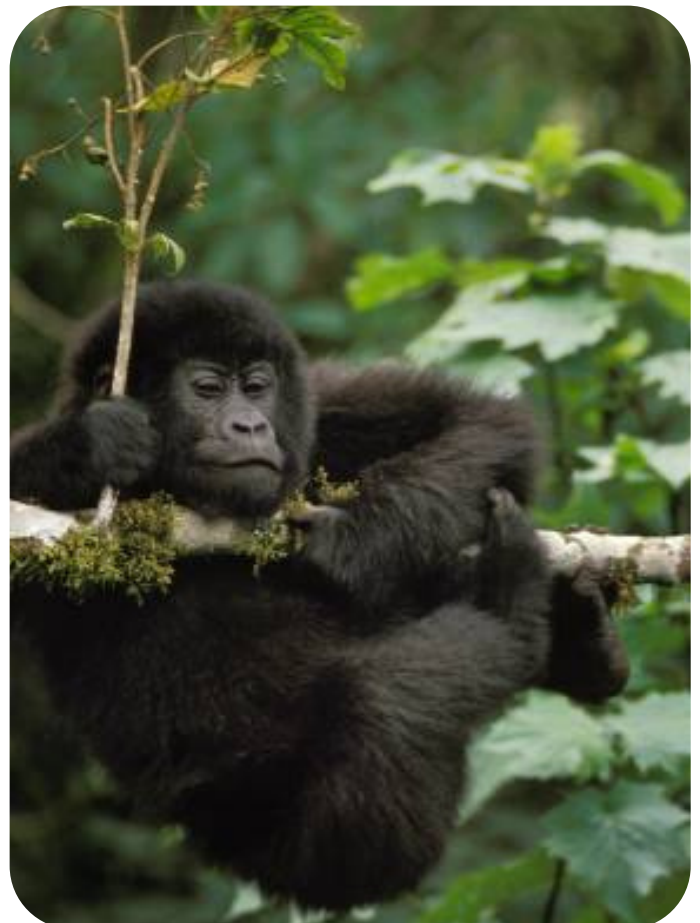


MEALS

The Rwandan diet consists mainly of sweet potatoes, beans, corn, peas, millet, plantains, cassava, and fruit. The potato is now very popular, thought to have been introduced by German colonists. Most of the dishes are made from fresh farm ingredients. Vegetables and a largely vegetarian diet is evident. Rwandans who live in rural areas rarely eat meat.

FOOD & DRINK SUGGESTIONS

- Brochettes (Skewered meat sometimes with vegetables)
- Umutima (a dish of cassava and corn)
- Isombe (cassava leaves with eggplant and spinach)
- Mizuzu (fried plantains)
- Tea
- Fruit Juice



*We will try our best to provide a variety of food options for meals but cannot accommodate every dietary preference. For daily touring, 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 overtime at lunch.

FUN FACTS!

1. Coffee is widely manufactured in Rwanda, but rarely consumed as a drink
2. Rwanda is one of the greenest countries in the world, every 1st Saturday of the month is community cleaning day called "Umuganda"
3. Rwanda is known as the land of a thousand hills
4. Rwanda is the most densely populated country in Africa
5. Rwanda has four national languages: French, English, Kinyarwanda, and Kishwahili
6. Rwanda is one of only three countries in the world where you can see mountain gorillas
7. There are no plastic bags in Rwanda
8. Rwanda is known for having one of the best internet connectivity in Africa

ADDITIONAL RESOURCES

- Lonely Planet** – A helpful guide to understanding culture, travel tips, and additional insights.
- Currency Converter** – Plan how much money you need to bring in US Currency.
- Passport Application** – Don't have a passport yet? Follow the U.S. Department of State's instructions for applying for a passport