

# Travel Resources

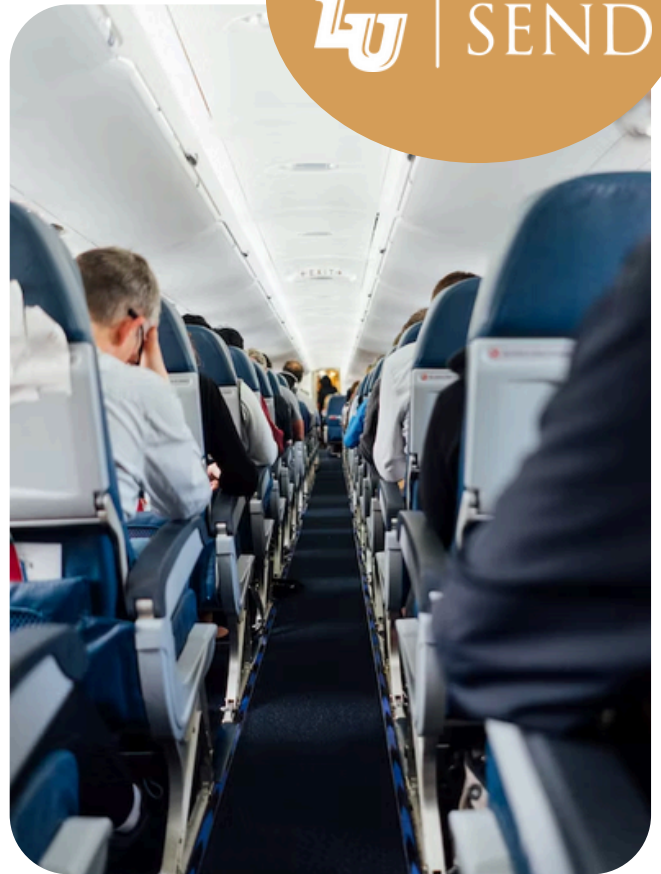
## Rwanda



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 4th, 2025 through March 16th, 2025. 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](mailto: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 Local currency can be withdrawn at an ATM with a debit card, but fees will apply.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 value-added tax 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.

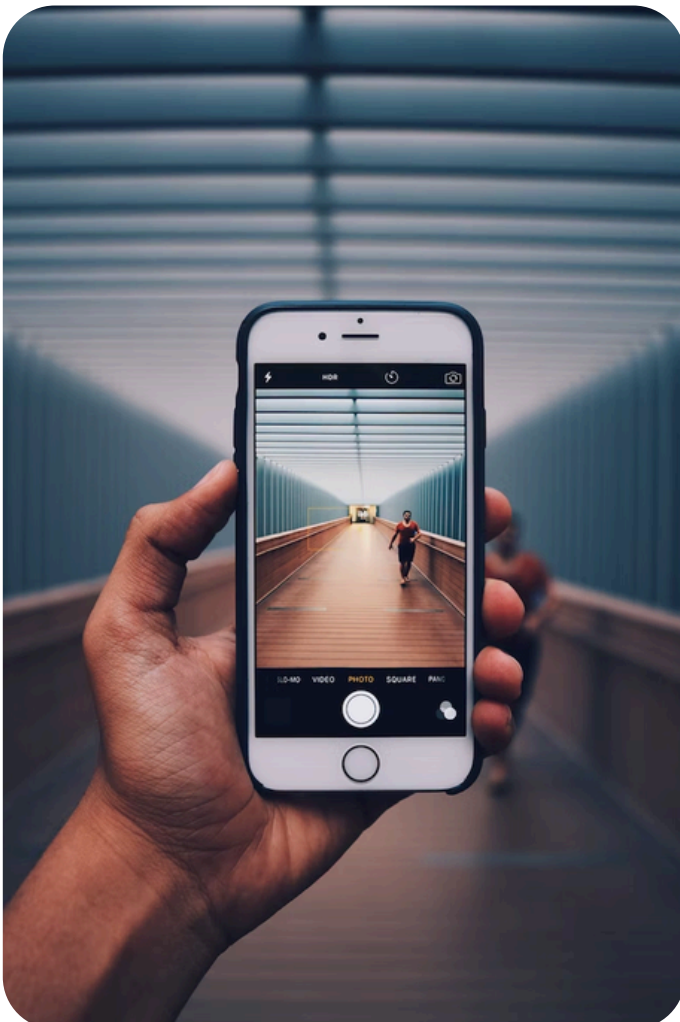
## VACCINATIONS

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

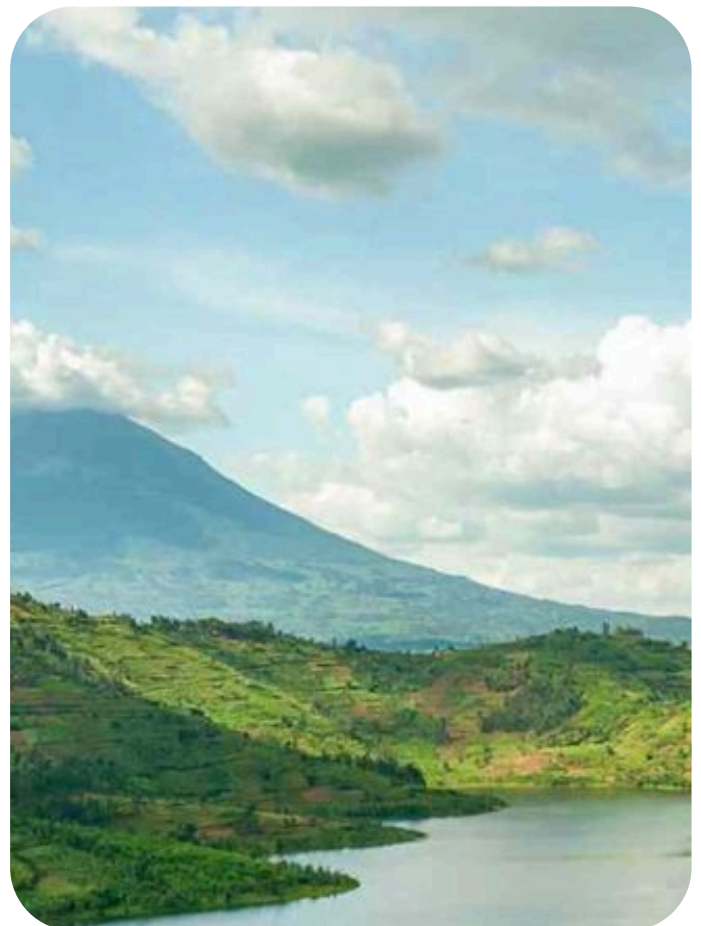


## MEALS

Rwandan food is neither spicy nor hot. People eat simple meals made with locally grown ingredients. 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.

### FOOD & DRINK SUGGESTIONS

- Ugali (A traditional pan-mixed bread or paste made from maize, sorghum, or cassava flour and boiling water)
- Matoke (A green banana variety that is usually steamed, wrapped in banana leaves, and mashed. It can be served on its own or with stew)
- Agatogo (A plantain-based stew with beef or goat, but can also be made vegetarian)



\*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. Rwanda is known as the “Land of a Thousand Hills” because of its mountainous terrain
2. With a monthly community cleaning day called Umuganda, Rwanda is one of the cleanest countries in the world
3. Plastic bags are banned in Rwanda
4. Rwanda is home to endangered mountain gorillas
5. Rwanda is the most densely populated country in Africa, at 274.6 people per square kilometer
6. The four official languages of Rwanda are Kinyarwanda, Kiswahili, English, and French
7. The meaning of the Rwanda flag: Three horizontal bands of sky blue (top, double-width), yellow, and green, with a golden sun with 24 rays near the fly end of the blue band. Blue represents happiness and peace, yellow economic development and mineral wealth, green hope of prosperity and natural resources. The sun represents unity, as well as enlightenment and transparency from ignorance.

**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