

THINK — — IMPACT COUNTRY GUIDE

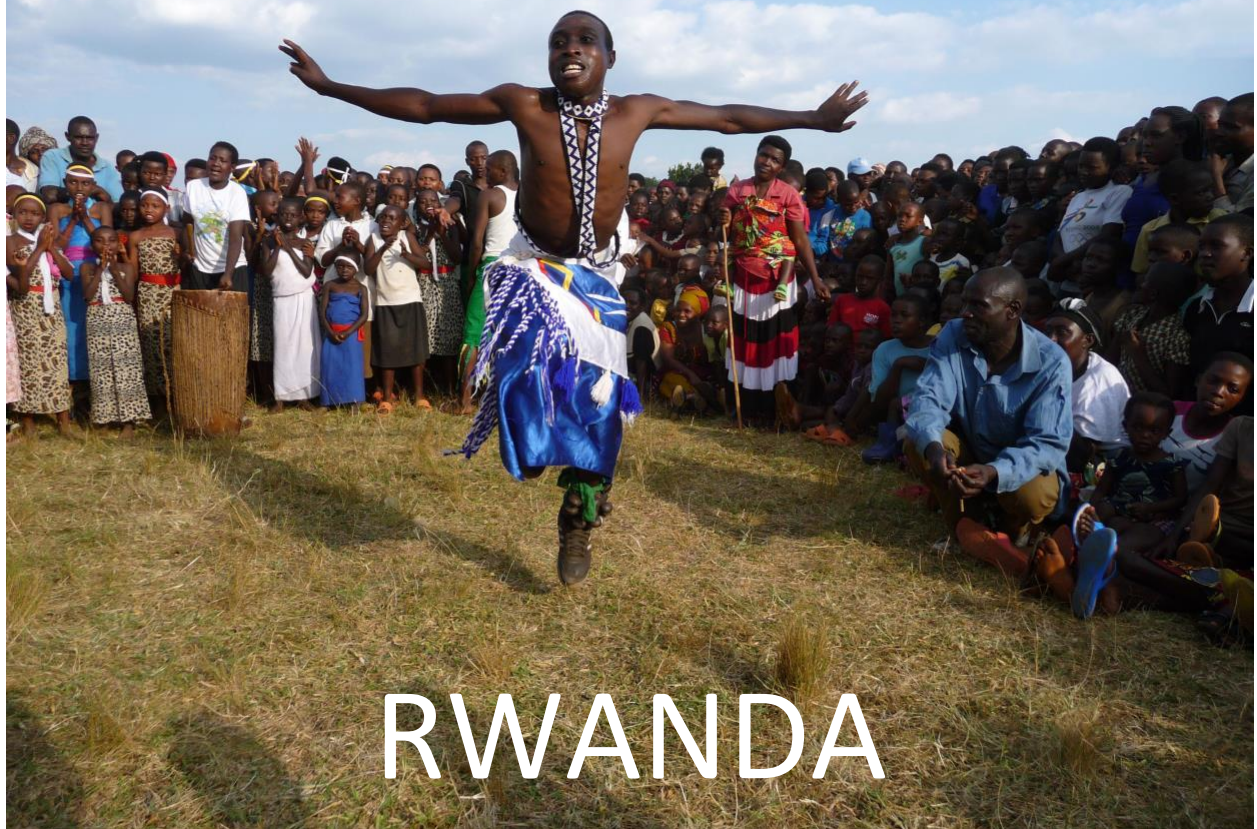


TABLE OF CONTENTS

MURAKAZA NEZA TO RWANDA!	2
MEET THE RWANDA COUNTRY MANAGER.....	2
A LETTER FROM NOEL.....	2
THINKIMPACT'S HISTORY IN RWANDA.....	3
PRE-DEPARTURE INFORMATION	4
RWANDA VISA INFORMATION.....	4
BOOKING FLIGHTS	5
HEALTH AND SAFETY	5
BUDGETING YOUR MONEY.....	5
ADDITIONAL EXPENSES - 2015.....	6
THE PACKING LIST	6
LIVING IN RWANDA	9
ARRIVAL INFORMATION	9
THINKIMPACT UNIVERSITY IN KIGALI	9
RECOMMENDED ACCOMMODATIONS.....	9
COUNTRY OVERVIEW	10
GEOGRAPHY	10
CLIMATE	10
DISTRICT OF THE THINKIMPACT COMMUNITIES	10
CURRENT COMMUNITIES	11
FAMILY.....	11
HOMESTAY FAMILIES.....	11
FOOD	11
RWANDA ELECTRICITY	11
COMMUNICATION.....	12
MAIL.....	12
LOCAL LANGUAGE	12
LIFESTYLES	13
CULTURAL EXPRESSION	13
DATING & MARRIAGE	14
CULTURAL IDENTITY	14
CULTURAL TIPS	14
UNITED STATES EMBASSY IN KIGALI	14
STAYING HEALTHY	15
EMERGENCY CONTACT INFORMATION	15
RWANDA MEDICAL CARE.....	15
BLOOD SUPPLIES.....	16
POLITICAL SITUATION.....	16
TERRORISM.....	16
CRIME	16
CRIMINAL PENALTIES.....	16
TRAVEL IN RWANDA	16
TRANSPORTATION.....	16
TIPPING.....	17
RECOMMENDED RESOURCES: RWANDA MARKETPLACES (EXCURSIONS AND CREDIT).....	17
RECOMMENDED TRAVEL RESOURCES.....	17
RWANDA OPTIONAL EXCURSIONS	17
KINYARWANDA GUIDE	20

MURAKAZA NEZA TO RWANDA!

Your journey begins now, as you take the intellectual and logistical steps necessary to prepare for your experience at the ThinkImpact Institute in Rwanda. The Institute is more than a traditional internship or study abroad program. Throughout your time in Rwanda you will be fully immersed in what we call the innovation process.



Through this process you will build meaningful relationships with community partners, begin to understand a new culture in a new and exciting way, formulate meaningful questions that guide your understanding of economic development, and prototype new products and services that will ultimately change lives in your community both at home and abroad.

You will wear many hats. You will be a pupil, a facilitator, a leader, an innovator, a designer and ultimately a catalyst for sustainable social change.

Please read through this entire guide in order to be

fully prepared before the Institute.

MEET THE RWANDA COUNTRY MANAGER

Noel Ntabanganyimana, noel@thinkimpact.com

Noel is originally from Rwanda and joined ThinkImpact in January 2012. He has always been focused on empowering rural communities and is interested in ways people can drive their own development regardless of their education level. Noel has been involved with many different companies and organizations that work in rural community development, including serving as district supervisor of biomass consumption in the Northern and Southern provinces of Rwanda for Africa Energy Services Group. Noel holds a Bachelor's degree in Estate Management and Valuation from Kigali Institute of Science and Technology (KIST). Noel believes that entrepreneurship comes after innovation, and that the development of social enterprise is the key to unleashing the many resources and assets present in rural communities. During the Institute Noel will be overseeing the logistics of the entire Rwanda Innovation Institute. Simply put --- he's the man.



A LETTER FROM NOEL

Dear Rwanda Scholars:

My name is Noel, and I am Country Director for ThinkImpact Rwanda. I would like to personally welcome you as a ThinkImpact Institute scholar, let you know a bit about me, and give you a brief description about the land of a thousand hills (Rwanda). I am a simple person, as you will find out once you meet me, and am completely committed to my country's development. I am an easy going, caring, sometimes loud, tall, and flexible person. I like to live a simple life based on SMART goals I set. I enjoy spending time with young generation fellows as they always have sound ideas, which offer constructive impacts for the society.

Rwanda is a country with many hills, especially in the Northern, Western, and Southern provinces. Thus the reason why it is surnamed "Land of a Thousand hills". The Rwanda Institute will be hosted in the Rwamagana district of

the Eastern province, where the landscape is not as hilly as in the other three provinces. Typically, the communities we will be working in have a great view, and are encircled by a large beautiful lake called Muhazi. The exact community of your Institute will be conveyed to you prior to departure. Approximately 95% of community members do not have electricity, but close to 70% have installed tap water. These communities are identified in this district as low income generating communities. The leaders and community members can't wait to see the impact the Institute will bring to these communities.

Sincerely,

Noel

In the spirit of paying it forward, you will find "unofficial" words of wisdom from former scholars. Please note the blue text boxes on various pages.

THINKIMPACT'S HISTORY IN RWANDA

ThinkImpact has been operating in Rwanda since 2012. The Rwanda country office is located in the capital city, Kigali. The ThinkImpact communities are located 60 kilometers east of Kigali near Rwamagana City. As of 2018, TI Rwanda had 35 microenterprises operating in the District.

Overview of microenterprises include:

- Agricultural microenterprises including a vegetable sack cooperative, oyster mushroom harvesters, and lake-shore tomato cultivators;
- Alternative energy source production including a mobile phone charging station powered by batteries and a charging station using solar panels;
- Financial productivity microenterprises that purchase crops at a low price and resell when the price is highest

Rwanda Local Partners

Rwanda's ThinkImpact office has a variety of partners from different sectors. Most importantly, ThinkImpact Rwanda has been able to partner with several ministries in the Rwandan government. Examples of our social enterprise partners include: 1) Educat, a Danish education NGO that works to improve entrepreneurship education in Rwanda. 2) Kigali City Farms, which provides our mushroom cultivators with access to an agronomist and oyster mushroom seedlings. And many more!

PAST INNOVATIONS

Abanyamurava: Agricultural Microenterprise

Community: Binunga

Status: Active

Description: The community of Binunga thrives off agriculture, but when the harvest is over, agricultural workers have a hard time making money. The livelihoods are jeopardized along with their health and quality of life. Students, alongside community members, noticed the trend and brainstormed an innovative microenterprise to combat the problem. Their solution was to create a crop resale business at the end of each harvest season. The business bought staple crops to sell during the dry season. Furthermore, they innovatively used hermetically sealed sacks to store the crops so they would not need to use pesticides! The business hopes to address the issue of chronic poverty in the community by having a supply of crops during the dry season. The company has raised approximately 22,000 Rwf per month through the model!

Huguka Ukore: Honey for Health

Community: Binunga

Status: Active

Description: Access to proper healthcare and health institutions is a chronic problem facing community members of Binunga. During their time, students focused on health noticed that many people had experience working with agriculture and bees specifically. After putting the two sectors together, the locals and students began producing Huguka Ukore: Honey for Health. Their innovative company sells honey for medicinal purposes to people in Binunga and surrounding area who are lacking access to healthcare. Honey for Health cares for the bees and beehives and intends to increase production overtime. Team members put their money together to invest in supplies such as insecticides and hive materials. Currently, 83% of the original team are still active in the enterprise and they have installed 12 beehives.

Peanut Oil Manufacturers

Community: Bwana

Status: Active

Description: With its abundance of peanuts, the community of Bwana is an entrepreneur's haven. In collaboration with locals, students built machine to extract the oil. The machine was built out of the community's assets including car jacks. The peanut oil can be sold as a different commodity to surrounding communities. This saves people an expensive trip to regional markets.



PRE-DEPARTURE INFORMATION

RWANDA VISA INFORMATION

U.S. Citizens do not need to obtain a tourist visa in advance of arrival if they plan to be in Rwanda for less than 30 days. There is a \$30 charge to obtain the tourist visa upon arrival at the Kigali airport. Those on programs longer than 30 days must apply for the east African Tourist visa online which allows for 90 days and multiple entry to other east African countries (Uganda, Rwanda, and Kenya) at a cost of 100 USD. <https://www.migration.gov.rw/index.php?id=203> If you will be remaining in the country after the Institute please plan accordingly.



Citizens of other nationalities must verify your home country's restrictions. You may need to apply for a Visa in advance of arrival depending on your nationality. Visa approvals may take several weeks so please verify immediately to assure you will be able to obtain the visa in time for the program start date. Check the requirements here:

<http://rwandaembassy.org/Home/index.php/consular-services/visa-information-applications>

We also recommend Atlas Visa Services should you like assistance in obtaining your visa as a Non-U.S. student: <http://www.atlasvisa.com/>

BOOKING FLIGHTS

You will want to budget around \$900 to \$1,800 for your international airfare. We recommend that you book your travel sooner rather than later for better rates and scheduling. You should fly into Kigali Airport- airport code KGL, arriving into Rwanda on the Institute program start date.

We recommend traveling with Delta, Ethiopian Air, KLM, or United. All flights and airlines traveling out of the US or Europe must adhere to U.S. FAA standards.

HEALTH AND SAFETY

Your health and safety is our number one priority. Everyone on the ThinkImpact Team from our Headquarter Staff to our In-country coordinators and associates are trained in health and safety protocol and adhere to the Standards of Good Practice, Forum for Education Abroad.

We encourage you to check out the US Embassy's recommendations for healthy travels in Rwanda as well: <http://rwanda.usembassy.gov/>

You must visit a Health Clinic or personal physician before departing for Rwanda. Explain to them that you will be traveling to the Rwamagana District in Rwanda. The Doctor or Nurse Practitioner will give you a list of recommended and required vaccinations. Also consult the Center for Disease Control at www.cdc.gov. Currently, the yellow fever vaccine is required for all travelers over nine months of age, **Travelers who cannot show proof of vaccination will not be permitted to enter Rwanda.** Tuberculosis (TB) is an increasingly serious health concern in Rwanda. ThinkImpact does not provide any medical consultation. Please consult your medical professional and the State Department and CDC websites for further guidance.

"Consider getting multiple doctor opinions on meds to take and safe practices while in country, many doctors recommend different things. Also take your doctor's contact information with you in case you have questions during the program."

BUDGETING YOUR MONEY

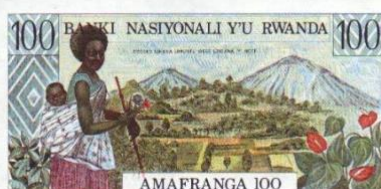
The local currency in Rwanda is the Rwandan Franc (RWF). Check www.xe.com for the current exchange rate.

While in Rwanda, you should expect to pay for most expenses in cash. To get Rwandan Franc, we recommend traveling with newer U.S. currency notes. Banks and exchange bureaus will not accept U.S. bills printed before the year 2006. Additionally, many exchange bureaus offer preferential rates for \$100 bills. Exchange bureaus may refuse to accept smaller U.S. bills. You may choose to bring a VISA card and take out Rwandan Francs from an ATM in Kigali before entering the communities. Make sure to notify your bank that you will be leaving your home country; confirm that your debit VISA card works in Rwanda and get your bank's international calling code and phone number.

"If you bring US Dollars to exchange in Rwanda, bring \$100 bills you get a better exchange rate than exchanging \$20 bills. Also bring newer bills, some places will not exchange bills printed before 2006."

The following banks generally accept International Visa Cards:

- Bank of Kigali
- Kigali City Bank
- Access Bank (Also accepts MasterCard)
- EcoBank



On the whole, Rwanda is still a cash-based society. Nicer restaurants in town and the major grocery stores (Nakumatt and Simba) accept credit cards.

You should be prepared to enter the communities with the cash that you need for the program. There won't always be opportunities to access ATMs during the Institute.

Never carry large sums of cash on you at any given time. We recommend that you bring a money belt or a bag that can be tightly strapped to your body for when you are in larger cities. Although personal security is less concerning in the rural communities, we still encourage you to wear the money belt.

ADDITIONAL EXPENSES - 2018

Institute: Social or Health Innovation	Social Innovation Institute	Notes
International Airfare	\$900 - \$1,800	
Immunizations & medicines	Varies	Consult with your medical professionals. Prescription & over-the-counter medicines for the duration of the program. Yellow fever required.
Tourist Visa	Varies by citizenship	\$30 for U.S. citizens
Personal Spending Money *	\$50-\$75 per week	Dependent on location and personal spending habits to include mobile phone minutes, snacks, entertainment, and souvenirs. Does not include vacation travel.
Excursions (optional)	\$110 - \$500	Optional
University of the Pacific course credit (2-3 optional)	\$120 Per credit	Both undergraduate and graduate transferrable.
*Many scholars have spent much less than this throughout their time in Africa. This really comes down to personal spending habits and preferences.		

"I was fine on about \$250 total of spending money, but you might want to scale up or down based on how often you want to call home and how many souvenirs you want to take as well as the amount of food you want to buy during market visits."

THE PACKING LIST

When packing for your stay in Rwanda, keep in mind that some of your time will be spent in Kigali, while the rest you will be in the Eastern Province in our rural communities. Kigali is a modern city with most modern amenities, and many places to shop in case you forget something.

The ThinkImpact communities do not have running water or electricity, so please keep this in the mind. When packing for the community, only pack what you can carry. You will have opportunities to wash your clothes at your homestay.

Non-biodegradable plastic bags are banned in Rwanda. Travelers carrying them upon arrival at the Kigali International Airport may have them confiscated. Consider bringing cloth recycle bags or a light nylon shoulder bag to carry daily items.

PACK LIGHT AND DO NOT BRING ANY LUGGAGE YOU CAN'T CARRY. We recommend a backpackers or duffle bag. Anything with wheels will be difficult.

Clothing

- ☐ Workout Items -You will be participating in team workouts in the mornings. (Yoga pants are appropriate for workouts and excursions only)
- ☐ Jeans and pants – We suggest one or two nice pairs for excursions.
- ☐ Shorts - Athletic and Cargo shorts work great.
- * Women should keep knees covered
- ☐ Dresses - Great if you want to go to church in the village.
- ☐ T-shirts - Easy to wash, and good to layer under other clothes.
- ☐ Tank Tops – Remember to be conservative, no “spaghetti straps”.
- ☐ One nice outfit- for host family events such as church.
- ☐ Light sweater or jacket
- ☐ Light Rain jacket
- ☐ Lots of underwear and socks
- ☐ Sleep clothes
- ☐ Comfortable walking sandals
- ☐ Running shoes
- ☐ Flip Flops (To wear for bucket bathing)

*Do not bring many white or light colored clothes, as they will likely get dirty.

** Keep in mind that all clothes will be hand washed throughout the Institute so bring items that will dry quickly and that are not delicate.

“Bring a nice outfit or two for dinners in the city and excursion outings”

“You can never have too many pens. They seem to disappear... and the kids love them.”

“Notebook paper is also a hot commodity and very useful to jot down notes and interviews”

Must Have

- ☐ Passport Photocopies (X2)
- ☐ Immunization record (Yellow book)
- ☐ Personal Medication
- ☐ Driver's License or Student ID
- ☐ Towel- Best to have a thin quick dry towel
- ☐ Hand sanitizer- Bring larger tubes to refill smaller tubes
- ☐ Sunscreen/Aloe Vera
- ☐ Chapstick with SPF (X2)
- ☐ Watch/Travel Alarm Clock
- ☐ Insect Repellent (Deet)
- ☐ Headlamp
- ☐ Flashlight
- ☐ Water Bottle (X2)
- ☐ Kindle/Books – We encourage you to swap with your team!
- ☐ Travel Converter/ Adapter: Plug Type “C” and “J”/ 230V (see photo)
- ☐ Extra batteries!
- ☐ Personal Toiletries (Shampoo, soap, toothbrush...etc.) Dr. Bronner's is a great soap that can be used for many different things, including laundry detergent!
- ☐ Small Day Pack- Backpack or Messenger Bag

“ALL of the women in the village wear skirts/dresses. While most girl scholars wear pants, it is useful to bring multiple long length skirts for presentations/interviews. Women are “respected” and taken more seriously in skirts vs. pants.”

- ☐ Personal Reflection Journal
- ☐ Pens or Pencils (X5)
- ☐ Sunglasses
- ☐ Reading Glasses (If applicable)
- ☐ Ziploc bags
- ☐ Mirror
- ☐ Feminine hygiene products for entire duration of program
- ☐ Gift for Homestay (we recommend candies, peanut butter, maple syrup, t-shirts, soccer ball, games, pictures, books or items from your school or hometown)
- ☐ Pictures from home to show your hosts (They love this! Pictures can either be printed or saved on a camera/other electronic device. Having pictured of you and your family, activities that you like to do, and where you come from can help you introduce yourself to your homestay family, regardless of any language barriers.

Nice to Have

- ☐ Face Wipes (instead of face wash)
- ☐ Wet Wipes
- ☐ Nail Clippers
- ☐ Pictures from home to show your hosts
- ☐ Cliff Bars/Granola Bars or other snacks
- ☐ Peanut Butter
- ☐ Electrolyte Powder
- ☐ Multivitamins
- ☐ Chocolate
- ☐ Personal First Aid Kit
- ☐ Playing Cards
- ☐ Sleeping Bag
- ☐ Light sheet/blanket
- ☐ Travel pillow
- ☐ Razor/shave cream
- ☐ USB – To share pictures or other media
- ☐ External chargers or solar chargers
- ☐ Lantern (light at night to use in your room)
- ☐ Lock for door or personal items
- ☐ Dry shampoo
- ☐ Clothes pins
- ☐ iPad to camera connector
- ☐ Carabineer clips

“Plastic bags are “illegal” in Rwanda but useful, so bring some but be wise about using them because you won’t find any there.”

“Bring a pair of cheap flip-flops for your bath, Chacos and Tevas can be a pain and then are wet half the day.”

“You may not want to wear your contact lenses with in the community. There is a lot of dust and dirt and you will be very uncomfortable. Bring your prescription lenses.”

What Is Provided

- ☐ Bedding (1 set)*Pillows are not always provided
- ☐ Drinking Water
- ☐ Breakfast, Lunch and Dinner (provided by homestay)
- ☐ Mosquito netting
- ☐ Toilet Paper
- ☐ ThinkImpact Staff First Aid Kit
- ☐ ThinkImpact Innovator (curriculum guides and supplies)
- ☐ Detergent
- ☐ Notebook and pen

“Take a flash drive, especially if you want to share music and pictures.”

* For the personal First Aid Kit we suggest looking into the following: Anti Diarrheal Medication (dehydration salts, Pepto), Pain Killers/Anti-inflammatory (Advil, Tylenol etc.), Antihistamines (Benadryl), Band-aids and Gauze, Anti-bacterial Ointment, Antiseptic Wipes, Hydrocortisone Cream.

LIVING IN RWANDA

ARRIVAL INFORMATION

Getting there is your first challenge on this exciting journey. ThinkImpact is here to help you at every step along the way. You should be arriving at Kigali International Airport on the program start date. If traveling from North America you will depart the day before in order to arrive on the correct date. ThinkImpact country staff will arrange for airport pick-up and transfer to your Kigali accommodations. If you schedule your arrival on any date other than the program start date you will be responsible for getting from the airport to the hotel and making any arrangements for extra night hotel stays at your expense.

On the day of arrival you will be taken to the Kigali hotel. Scholars will be arriving at different times on that day. You will be able to rest and settle in on the first day. ThinkImpact University will begin with breakfast on the following day.

THINKIMPACT UNIVERSITY IN KIGALI

TIU is the pre-institute training that you will go through before meeting your homestay family and beginning the Institute. During TIU you will get to know your ThinkImpact Country Team. They will share health and safety strategies, cultural norms and other topics to help you make the most of your time in Rwanda. In addition, you will begin to explore the local language, context and curriculum. Please note that there are not formal language classes; however, you will have a translator with you during your project.



RECOMMENDED ACCOMMODATIONS

We strongly recommend that you arrive on the program start date. As our country staff members are focused on assuring that all logistics are in place for the start of the Institute, they will not be available for welcomes and support prior to the program start date. We want your first day to be welcoming and therefore please plan for same day arrival.

However, should you decide to arrive outside of the program start and end dates we recommend the following hotels in Kigali:

Murugo Rwanda Hostel (<http://www.murugohostel.com/>) Murugo Rwanda Hostel is located just 15 minutes away from the Kigali Airport. Murugo Rwanda Property is located in a great safe neighborhood near the US Embassy and National Police Head Office and offers rooms starting at \$20 a night.

Discover Rwanda Youth Hostel (<http://www.discoverrwanda.hostel.com/>) Discover Rwanda Youth Hostel is located just 15 minutes away from the Kigali Airport. It is safe, affordable and approximately \$15 per night.

DV Apartments Hotel (<http://www.dvapparthotel.net/index.php/en/>) Address: Kibagabaga Sector, Gasabo District, Kigali - Rwanda Telephone: +250788301023

COUNTRY OVERVIEW

Rwanda is a poor rural country with about 90% of the population engaged in (mainly subsistence) agriculture and some mineral and agro-processing. Tourism is now Rwanda's primary foreign exchange earner. The 1994 genocide decimated Rwanda's fragile economic base, severely impoverished the population, particularly women, and temporarily stalled the country's ability to attract private and external investment. Learn more about the genocide by watching this video: <https://www.youtube.com/watch?v=Wl50BeeNLAQ> Rwanda has made substantial progress in stabilizing and rehabilitating its economy to pre-1994 levels. GDP has rebounded with an average annual growth of 7-8% since 2003 and inflation has been reduced to single digits. Nonetheless, a significant percent of the population still live below the official poverty line. Africa's most densely populated country is trying to overcome the limitations of its economy by leveraging regional trade. Rwanda joined the East African Community and is aligning its budget, trade, and immigration policies with its regional partners. The government has embraced a fiscal policy that hopes to reduce poverty by improving education, infrastructure, and foreign and domestic investment.

GEOGRAPHY

Rwanda is a densely populated, landlocked, developing country in central Africa, and is still recovering from the 1994 civil war and genocide. Economic activity and tourism are on the rise in Rwanda. Rwanda is a land-locked mountainous country situated in the Great Lakes region of Central Africa, bordered by Congo (DRC) in the west, Uganda in the north, Tanzania in the east and Burundi in the south. The country has a fertile and hilly terrain. The Ruzizi River and Lake Kivu run between Congo (DRC) and Rwanda. The capital, Kigali, is located in the center of the country. The western part of the country slopes towards Lake Kivu and Ruzizi and forms what is known as the Great Rift Valley. Eastern Rwanda features plains, swamps, lakes and hills. Rwanda is administratively divided into four provinces (East, North, South, and West) and one city (Kigali).

CLIMATE

Rwanda has a tempered climate with a narrow variation throughout the year. The average annual temperature in Kigali is 21°C (70°F). Mountainous Rwanda sees occasional frost and snow and even in Kigali, evenings can be expected to be cool. There are two rainy seasons: February to May and October to January. The driest months are July through September.

DISTRICT OF THE THINKIMPACT COMMUNITIES

You will be working in villages in the Rwamagana District. Rwamagana is a district (akarere) in Eastern Province Rwanda. Its capital is Rwamagana city, which is also the Eastern provincial capital. Rwamagana district is divided into 14 sectors (imirenge):

- | | |
|-------------|--------------|
| • Fumbwe | • Munyiginya |
| • Gahengeri | • Musha |
| • Gishari | • Muyumbu |
| • Karenge | • Mwulire |
| • Kigabiro | • Nyakariro |
| • Muhazi | • Nzige |
| • Munyaga | • Rubona |

Rwamagana means "place of a hundred things" in Kinyarwanda, as it contains the word 'magana' a word meaning 'one-hundred' in many Bantu dialects. The district's name 'Rwamagana' was meant to imply a place of abundance.

Rwamagana lies approximately 50 km (31 mi) from Kigali-city, on the newly renovated road leading east towards Tanzania. Formerly, there was a lot of traffic running through the center, particularly carrying freight to and from Tanzania, but with the recent creation of a Bypass the center of the city is now quieter. The city lies mainly along two roads, the main east-west route, and a spur leading off to the south.



Population of Rwamagana City: 50,281 (2010 figures)

Area: 87 square kilometers (34 sq. mi.).

Population of Rwamagana district: 267,525(2010 figures)

CURRENT COMMUNITIES

Munyaga community: After research carried out in Rwamagana district about income generation, Munyaga is one of the three lowest income-generating sectors in the Rwamagana district. As a result, many Munyaga villagers are poor people, who are characterized and judged by their physical appearance, living quarters, clothing, and income-generating activities by visitors as well as their fellow community members.

Munyiginya community: Like Munyaga, Munyiginya is

"I never felt uncomfortable, but be sure to be respectful. Everyone watches everything you do and you don't want to make a bad impression. You'll get plenty of sleep."

one of three identified lowest income-generating sectors of the Rwamagana district. Although one side of the sector has electricity, this does not mean that the sector is economically equipped. Most of the community still lives in hut houses.

FAMILY

"A small mirror is useful while in the community."

The role of family is central to local culture. Families are often large. Children are considered a sign of wealth and bearing children is an important social duty. Mothers play the primary part in caring for infants, but are assisted by other female relatives and by her older female children. Women generally carry their children on their backs for at least the first year, or until they bear another child. The mother also has the primary responsibility for child rearing and education. Her eldest brother, the maternal uncle, also plays an important part in overseeing the moral development and socialization of the children, ensuring that they learn social traditions.

HOMESTAY FAMILIES

The makeup of homestay families will be very different from home to home. It is possible that you will be living with a single mother and her children or an older couple and any other combination. You will be placed with another scholar in the same house to increase your comfort level while in this setting. This may also mean that you are sharing a bed with another scholar. A few of the homes may have electricity but this is rare so please plan on not having this convenience.

FOOD

Rwandan food is quite simple, with beans, bananas, sweet potatoes, potatoes, and sorghum being the most common foods, which are normally eaten with ugali or 'corn flour bread', mathoke, and chapatti. Goat kebabs are immensely popular in restaurants. Rwandans rarely eat in public besides small bites at celebrations and at restaurants. It is considered rude to eat on public transportation, on the street and sometimes even at large parties where strangers are present. Women traditionally prepare the meals and eat after everyone else is served.

"Start brainstorming some games to play with the kids: hop scotch, patty cake, kid songs."

RWANDA ELECTRICITY

Voltage: 230 volts

Frequency: 50 Hz

It is uncommon to have electricity in your homestay. should limit bringing any electrical items. Laptop computers are not required.

"There are 'charging stations' in the community so you can charge phones/tablets/cameras, etc. "

You

COMMUNICATION

ThinkImpact staff will happily guide you in purchasing the airtime for this phone during the first couple days of ThinkImpact University (TIU).

"Consider downloading 'Whats App' before you leave. You can text any number including internationally for approximately \$.50 per day."

It will be much cheaper to purchase the airtime in country than to roam with your US mobile phone. If you have any type of smartphone, you may want to have it along to utilize some apps, but again data cover and usage can get expensive.

It will not take you long to realize that many people in the communities own mobile phones and possibly even have access to Facebook. When you are networking with community members and

forming your design team in the "Inspire" phase of the Institute, it will be helpful for you to have access to a mobile phone so you can contact community members and keep their information organized.

All ThinkImpact staff will have mobile phones and their contact information will be distributed during ThinkImpact University (TIU). Internet will be minimal. Computers and Internet are not part of daily life for local residents in these communities. If there is a local Internet connection, it is not reliable and often is not functioning for days at a time. The ThinkImpact Country Staff will be equipped with Internet sticks so that they can maintain correspondence with ThinkImpact Headquarters.

Homestays in Rwanda will not have electricity. You will be able to charge mobile phones and electronics for a small fee at a local kiosk in the village. You will also be able to charge electronics during your time in Kigali or on excursions. Personal computers are okay to bring on the Institute, but not necessary. We recommend that you keep all expensive electronics hidden out of site during the day and bring a durable case to keep dust out of crevices. ThinkImpact is not responsible for any lost or damaged personal items.

MAIL

Please note that friends and family will not be able to mail you letters or packages. Homestays do not have traditional mailing addresses and it takes staff time and resources to collect such mail. Only in case of medical emergency will the ThinkImpact team arrange to have something delivered to you in the village.

LOCAL LANGUAGE

Kinyarwanda, English and French are all official languages.

Kinyarwanda is the local language and will most likely be used within the communities setting. There will be informal language lessons during TIU however, please refer to the end of this guide for some common words and phrases to get you started!

Although you will have an interpreter with you while in Rwanda, it is important to gain some understanding and simple phrases to communicate better with your home family. You may also want to consider using a language app like Duolingo to study French.

"It's useful to print off some basic Kinyarwanda words and phrases to keep handy, when you're trying to communicate with your host family."

"Rwandans on occasion swap L's and R's and he/she, his/her. "

Greetings are very important to the Rwandan people. They value hospitality and graciousness much more than those in the West. By greeting people in their native language, you give respect to their heritage and individuality. Many Rwandans can greet in English, but eyes will sparkle with appreciation as you greet individuals in their native language.

Rwandans will greet everyone they pass in the fields and pass ways and almost always shake hands when encountering someone.

LIFESTYLES

Homosexuality: While homosexuality is not illegal, sexual orientation is considered a taboo topic, and there is no significant public discussion of this issue in any region of the country. No laws exist to protect LGBT citizens from discrimination or harassment, which have both been reported. The Constitution of Rwanda provides that: "Only civil monogamous marriage between a man and a woman is recognized" and therefore prohibits same-sex marriage. Lesbian, gay, bisexual, and transgender (LGBT) individuals have reported societal discrimination and abuse. No laws exist to specifically protect LGBT individuals from discrimination. LGBT individuals and activists have been physically assaulted in the past. For more detailed information about LGBT rights in Rwanda, you may review the State Department's Country Reports on Human Rights Practices for 2016.

Here are some additional LGBT resources for scholars on the Rwanda program. Your in-country team will discuss this topic in greater length during TIU.

Department of State LGBT Travel Info Page: http://travel.state.gov/travel/cis_pa_tw/lgbt/lgbt_5887.html

NAFSA Rainbow SIG Student Resources:
<http://www.rainbowsig.org/us-students-abroad/>

Africa LGBT Resources:
<http://overseas.iu.edu/living/glbts.html>

Accessibility: While in Rwanda, individuals with disabilities may find accessibility and accommodation very different from what you would find in the United States. Buildings with elevators and ramps are limited, though newly constructed buildings have improved access and facilities. While there are sidewalks along major routes in Kigali, they are not found in most other cities and they do not include ramps to facilitate street crossing. Public transportation is not accessible for those using wheelchairs.

Minority students: As in most cultures, minority students are often watched and feel uncomfortable in this setting. This may be the case in Rwanda for non-black students. Usually this is a matter of curiosity for the locals who may not have been in contact with other people of color in the past. Recognize this as an opportunity to educate others about your culture and upbringing. African American students report being expected to understand the language based on their race, thus making it difficult for them at times. Check out a couple of YouTube channels regarding this topic.

<https://www.youtube.com/user/AdoreLaure28/videos>
<https://www.youtube.com/user/AfroAmericaninAfrica/videos>

CULTURAL EXPRESSION

Music plays an important role in the traditions of all Rwanda's people. The Rwandan people have a variety of music and dance, which range from acts that demonstrate epics commemorating excellence and bravery, humorous lyrics to hunting root. Traditional songs are often accompanied by a solitary lulunga, a harp-like instrument with eight strings. More celebratory dances are backed by a drum orchestra, which typically comprises seven to nine members, and collectively produce an exciting explosion set of intertwining rhythms.

"You will have a roommate and possibly a bedmate; sleeping bags come in handy for this."

DATING & MARRIAGE

It is unusual for a couple to make public displays of affection, even though many men walk hand in hand with male friends. Rwandans believe that tact and restraint demonstrate a sense of wisdom. Displaying feelings of affection and even grand gestures of joy and sadness in public is not acceptable.

Marriage is considered the most basic social institution in Rwanda, and the pressure to marry and have children is quite heavy. Unlike in the past, most couples today select their own mates, though approval of the family is expected. Marriage across ethnic lines between Hutu and Tutsi is relatively common. Polygamy, once extensively practiced, has become uncommon except in some rural areas, such as the northwest. The decline in polygamy has been accompanied with a sharp increase in levels of divorce and remarriage. Women bearing children out of wedlock were once punished by banishment or death. Illegitimacy remains strongly stigmatized, though it is also relatively common.

"Make the most of your time in the village. Many students did not appreciate the real experience they were gaining from being in the home. Go on all the excursions, go to church every time, do your own laundry."

CULTURAL IDENTITY

The ethnic divisions within Rwandan culture between Hutu, Tutsi, and Twa are based on perceptions of historical group origins rather than on cultural differences. All three groups speak the same language, practice the same religions, and live interspersed throughout the same territory. They are thus widely considered to share a common culture, despite deep political divisions. Due to the historical recent events surround identity, it is actually illegal to ask someone his or her cultural identity as the country is trying to move away from the past.

CULTURAL TIPS

- Although Rwandans are reserved with strangers and in public, they are friendly and will be helpful.
- The majority of Rwandans wear typical "Western-style" clothing. Clothing is more conservative than in the US and women do not wear short skirts, tight clothing or low-cut tops.
- Handshakes are used as a standard greeting. As a show of respect, it is common to clasp the right forearm with the left hand when shaking hands.
- Men shake hands upon introduction with men, but should wait for women to offer their hands first. Otherwise, a bow or a nod of acknowledgement will suffice.
- Direct eye contact during conversations may be considered rude, especially when talking to elders.
- It is considered impolite to point at people. Instead use the whole hand/arm when referring to someone.
- It is appropriate to bring presents for the host if invited to their home.
- In terms of personal behavior, it is best to mirror the local approach. Effusive small talk helps to build a degree of familiarity, but be careful about showing effusive emotion, as Rwandans are often very private and reserved people.
- Avoid discussing politically charged topics with local contacts, particularly in public places. Be alert to changes of behavior in your contacts, signaling that they feel uneasy discussing such sensitive issues.
- Taking photographs of government buildings is unlawful.

"While in the community IF you get hot water to bathe, only pour a little out of the jug at a time, otherwise your hot water won't be hot by the end of your shower"

UNITED STATES EMBASSY IN KIGALI

2657 Avenue de la gendarmerie, Kacyiru; Kigali
Kigali, Rwanda
Telephone: +250 252 596400
Fax: +250 252 580325
Email: ConsularKigali@state.gov
Website: <http://rwanda.usembassy.gov/>

"Put on your sunscreen, wait ~15 min then put on your bug spray."

STAYING HEALTHY

- Malaria risks: Malaria is an endemic in Rwanda and you must consult your Doctor when deciding which preventative measures to take in country. Malaria is present in the Rwamagana District of Rwanda.
- Water: The water by the tap and used by homestay families is **NOT** safe to drink. ThinkImpact will provide bottled drinking water for you throughout the program. Homestay families will also be provided with Water Guard, a water purification solution, to treat the cooking and cleaning water.
- Vegetables and fruits: Do not eat fruits and vegetables with skins; everything must be peeled. Do not eat raw vegetables, only eat vegetables that have been properly cleaned and cooked.
- Rabies: Stay away from stray animals, especially monkeys and cats. Do not pet, stroke or feed these animals. Rabies is a problem in Rwanda. Some animals may appear healthy, but they are probably not immunized.
- HIV: Do not practice high-risk behavior. HIV is a high risk in Rwanda.
- Diarrhea: Diarrhea is common while traveling, especially in a foreign environment. If you experience any serious issues, be sure to inform the staff. Try to maintain a light diet, avoid caffeine, fruit juice and greasy foods should this occur.
- Stagnant water: Avoid stepping in still or stagnant water because it is an incubator for many kinds of bacteria and parasites. Often times, stagnant water is contaminated with human and animal feces, particularly in deserts or other areas of low rain.

"The mosquito net gets tucked in under your mattress all the way around your bed. Also the mosquito net has pesticide on it so other than tucking limit how much you touch it."

EMERGENCY CONTACT INFORMATION

*This information will also be sent to you as a Emergency Contact Card in your pre-departure final mailing 1-2 weeks prior to departure. We recommend that you have it on you at all times.

US EMERGENCY CONTACT	
ThinkImpact Office (9:00 to 6:00 p.m. EST Monday-Friday)	Calling from Rwanda: 001 303 377 3776 Calling from the U.S.: 1 303 377 3776
Steve Fox (after hours noted above)	Calling from Rwanda: 001 617 947 6048 Calling from the U.S.: 1 617 947 6048

RWANDA EMERGENCY CONTACT	
Noel Mobile (Country Coordinator)	Calling from Rwanda 250 788626191 Calling from the U.S.: + 250 788626191
Emergency (911)	912
US Consulate Afterhours Emergency	011 290 3000
US Embassy Officer	0788300345
Ace International Emergency Health Insurance	1 202 6597777
Ace Insurance Toll Free Numbers	Calling from Rwanda: 011 80002008888 Calling from the U.S.: 1 202 7668206
Ace Insurance Collect Number	Calling from Rwanda: 011 202 6597777

RWANDA MEDICAL CARE

ThinkImpact has access to an extensive network of medical providers to ensure a healthy Institute in Rwanda.

King Faisal Hospital King Faisal Hospital at 078-830-9003 (<http://kfh.rw/>) located in Kigali about an hour drive from the communities is a quality hospital should more serious medical cases arise during your stay.

La Croix du Sud located in Kigali is a location we would take scholars for less serious medical concerns.

In case of emergencies we can use Rwamagana Hospital, located within a 15-minute drive from the communities where scholars live during the Institute. There is also a local clinic located in the communities.

We have two doctors on call: Dr. Hafashimana Valens at Rwamagana Hospital and Dr. Jean Nyirinkwaya at La Croix de Sud. We have a good relationship with both and they are ready to help our scholars or staff with any health challenge that may arise.

BLOOD SUPPLIES

Blood supplies are considered UNSAFE. Blood transfusion services maybe available at large government and private hospitals. However, the quality of screening cannot be guaranteed. Transfusions should be avoided. If a blood transfusion is necessary, evacuation to South Africa is recommended. ThinkImpact country staff would help coordinate any evacuations with the insurance provider should such a need arise.

POLITICAL SITUATION

It is illegal to be openly critical of the current government as well as President Kagame's presidency. It is also illegal to talk about ethnicities in Rwanda (Hutu, Tutsi, Twa), and can be punishable with jail time for Rwandans. ThinkImpact Scholars are asked to respect Rwanda's laws. This will be covered in more depth during TIU.

TERRORISM

Rwanda has no history of terrorism and there are no known domestic terrorist groups operating in the country.

CRIME

Rwanda is regarded as one of the safest countries in Africa for foreign visitors. Although reliable statistics are hard to find, anecdotal evidence attests to crime levels roughly on a par with those in western European countries. This is partly due to a pervasive police presence, both covert and visible, and to a tightly controlled social fabric that, right down to the village or district level, encourages the observance of the law. The requirement for everyone to carry identification (including ThinkImpact participants), the frequent presence of police roadblocks and a culture of 'stop and search' mean that few potential offenders are armed and anecdotal evidence suggests a low incidence of violent crime against foreigners.

However, pick pocketing in crowded public places is common, as is petty theft from cars, hotel rooms, and other public places, including churches. Thieves particularly target smart phones and other portable/mobile electronics. Although violent crimes such as carjacking, robbery, rape, and home invasion occur in Rwanda, they are rarely committed against foreigners. In comparison with other countries in the region, Rwanda has low corruption levels.

CRIMINAL PENALTIES

While you are in Rwanda, you are subject to its laws. Foreign laws and legal systems can be vastly different than our own and criminal penalties will vary from country to country. Persons violating Rwandan laws, even unknowingly, may be expelled, arrested or imprisoned. **Rwanda strictly enforces its laws on appropriate speech regarding the genocide.** Penalties for possession, use, or trafficking in illegal drugs in Rwanda are severe, and convicted offenders can expect long jail sentences and heavy fines. If you break local laws in Rwanda, your U.S. passport won't help you avoid arrest or prosecution. The U.S. embassy will provide you with recommendations for legal counsel and will visit you in jail.

"Take a multivitamin while in the village- you probably will not be getting all the vitamins and nutrients you usually do at home. Bring lots of energy bars!! You will want the extra protein especially if you get sick."

TRAVEL IN RWANDA

Although Rwanda, especially by African standards, is a relatively safe and straightforward travel environment, the region remains volatile and risks can change or develop at short notice during political or natural crisis or evolving situations. ThinkImpact will keep you abreast to any developments impacting our participants. You should have signed up for the State Department STEP alert program as noted in your prior pre-departure packet.

TRANSPORTATION

Participants are not to use any transportation that is not organized by ThinkImpact while on the Institute, except in the case of an emergency. This

includes bikes and any form of motorized transportation not organized by or provided by ThinkImpact, including motorbikes, public vans or taxis, and scooters.

TIPPING

Tipping is discretionary. A small tip (10% of the bill) can be given for good service.

RECOMMENDED RESOURCES: RWANDA

Marketplaces (Excursions and credit)

<http://www.thinkimpact.com/institute/#!/rwanda-marketplace/c1bn>

Health and Safety Video:

<http://www.thinkimpact.com/institute/programs/#!/video/c3fu>

These readings will be instrumental as you dig through the theoretical and contextual component of your experience. Here we have included some of our favorite “must reads.” Enjoy!

Rwanda Country Profile: Overview, Facts, Leaders, Media, and Timeline:

<http://www.bbc.co.uk/news/world-africa-14093238>

Ghosts of Rwanda:

<http://www.pbs.org/wgbh/pages/frontline/shows/ghosts/>

Rwanda Vision 2020 – Transforming Lives:

<http://www.youtube.com/watch?v=GPJiT1-Yo3w>

RECOMMENDED TRAVEL RESOURCES

If you plan to travel before or after the Institute, we recommend the following travel resources for your time in Rwanda. Have fun and be safe!

Gorilla Trek: <http://bit.ly/ZLXChi>

Market visits in Kigali: <http://bit.ly/10kpW6Z>

Mille Collines Hotel from the famous movie “Hotel Rwanda”: <http://bit.ly/10kq5Yd>

General guide to traveling in Rwanda: <http://bit.ly/12MhjTn>

RWANDA OPTIONAL EXCURSIONS

You can choose to join the group for a number of optional excursions that will take place in the middle of the Institute. Depending on your Institute length, options include an overnight excursion and a two-night excursion. This is a great way to incorporate additional attractions into your itinerary and make the most of your time abroad. You’ll stay overnight in a hotel or guesthouse, and enjoy free time to explore on your own. The excursions are optional and are not included in the program fee. If you would like to attend any of the excursions, purchases must be complete by the end of ThinkImpact University. You will be provided a link to the Rwanda Marketplace where you can purchase excursions closer to your Institute departure date.



Lake Kivu Beach - Stipp Hotel

Two Night Excursion offered during both the 8 week and 3 week Institutes: Lake Kivu runs along the entire western boarder of Rwanda, and offers some of the best views in the country. Lake Kivu is one of the Great Lakes of the Albertine Rift Valley

Scholars will stay in the coastal town of Gisenyi for two nights at the Stipp Hotel, which is located on the beach of Lake Kivu. Scholars will be allowed to use the beach as part of their stay, and will be given passes to the pool. The beach is big enough for volleyball and soccer as well as to

enjoy live music.

Lunch will be included by Tam-Tam Restaurant and the scholars will visit Mashuza, where hot water comes from the ground.

Lake Muhazi - Muhazi Beach Resort



One Night Excursion Option for 8 Week Institute Only: Muhazi Beach Hotel is located on the beach of Lake Muhazi, and provides music and entertainment for its clients. Lake Muhazi Beach Hotel is located on the other side of the lakes from our communities. Scholars can listen to music as well as have a barbecue on the beach as a way to decompress from their time spent in the communities.

Akagera National Park



One Night Excursion Option for 8 Week Institute Only: Akagera National Park is located in the north east of Rwanda along the border with Tanzania. It is named after the Akagera River that flows along the eastern boundary. The Akagera National Park is home to elephants, rhinos, and giraffes as well as many other animals scholars would get to see in other East African countries.

Scholars will stay at Akagera Game Lodge for one night. Akagera Game Lodge has a swimming pool available to guests. You will get to participate in a safari game drive before transferring back to the community the following day.

KINYARWANDA GUIDE

Greetings

ENGLISH	KINYARWANDA	PRONUNCIATION
Good Morning	Mwaramutse	MwahRahMootZAY
Good Afternoon	Mwiriwe	MweeReeWay
Hello	Muraho	MooRahHoh
How Are You?	Amakuru	AhMahKooRoo
I'm Fine	Ni meza	Nee MAYza
And You?	Amakuruyawe	AhMahKooRoo Yah Way
Welcome	Murakazaneza	MooRahKahZahNayZa
Have a good day	UmunsiMwiza	OoMoonSeeMweeZah
See You Tomorrow	Ni ahejo	Nah HAYJoh

Daily Conversation

ENGLISH	KINYARWANDA	PRONUNCIATION
What is your name?	Witwande?	WitWAHNday?
My name is	Nitwa ____	NEETwah ____
Thank you	Murakoze	MooRahKohZay
Where are you going?	Ugiyehehe?	OogeeayHAYhay?
I'm going to	Ngiye ____	NGEEay ____
What are you doing?	Urakoraiki?	OoRahKohReeKee?
Excuse me	Imbabazi	ImBahBahZee
Let's go	Tugende	TooGenDay
I am happy	Ndishimiye	NdeeSheemYay
I am tired	Ndananiwe	EndAHNahnEEway
I am hungry	NdaShonge	NDahShownJay
I am thirsty	MfiteInyota	MFeeTayEenYowTah
I am looking for/ I want:	Ndashaka	NDahShahKah
Have a good trip	UrugendoRwiza	OoRooGenDohGweeZah
Have a good night	IjoroRwiza	EeJoroGweeZah
Have a good evening	Umugorobamwiza	OoMooGohRohBahMWEEZah
How is your family?	Amakuruyomurugo?	AhMahKooRooYohMooRooGoh?
Do you have time?	Ufiteumwanya	OoFeetOomWahNyah?
I don't have time	Ntamwanyamfite	NhahMwahNeeAhMFeeTay
I work for --	Nkorera --	NhoRerAh --
I don't understand that	Simbyumva	SeemByoomVah
Are you married?	Urubatse?	OoRooBahtSay?
I am single	Ndiingaragu	NDeenGahRahGoo
Do you have children?	Ufiteabana?)	OoFeeTahBahNah?

Beverages

ENGLISH	KINYARWANDA	PRONUNCIATION
Drinks	Ibinyobwa	EeBeenYobGah
Milk (general)	Amata	AhMahTah
Drinking milk	inshyushyu	EenChiuChiu
Powdered milk	Amata Y'ifu	AhMahTahYeeFoo
Yogurt milk	Ikivuguto	EeKeyVooGooToe

Water	Amazi	AhMahZee
Cold water	Amaziakonje	AhMahZeeAhConeJay
Coffee	Ikawa	EeKAHwah
Tea	Icyayi	EeKEYAhYee
Beer	Ibyeri	EeBeeYehRee
Fruit juice	Umutobew'imbuto	OoMooToeBayWeemBooToe
Coke	Coca	CoCah

Food

ENGLISH	KINYARWANDA	PRONUNCIATION
The food is good	Ibibiryonibyiza	EeBeeBeerGyo Nee ByeeZah
When is the food going to be ready? (Very important here!)	Bigeze he?	BeeGayZay Hay?
I'm hungry	NdaShonge	NDahShownJay
I'm thirsty	Mfitelinyota	MFeeTayEenYowTah
Have you eaten? (singular)	Wariye?	WahReeAy?
Are you hungry?	Urashonge?	OoRahShownJay?
I'm not hungry	Ntabwoshonge	NHahbGohShownJay
I'm full	Nda Haze	NdahHahzee
Bon Appetite	MuryoheRwe	MoorYeohHairGway
Cheers (when toasting a drink)	DusangireKaryohe	DooSahnGeeRayCarGeeOhHay
Food	Ibiryoy	EeBEERYoh
Fruit	Imbuto	EemBooToh
Vegetables	Imboga	EemBOHgah
Avocados	Avoka	AhVohKah
Bananas	Imineke	EemeeNAYkay
Beans	Ibihiyombo	EeBeeHEEMboh
Bread	Umukati	OomooKAHtee
Butter	Amavuta	AhMahVooTah
Cabbage	Ishu	EeShoo
Carrots	Amakaroti	AhMahKahRowTee
Chicken	Inkoko	EenKohKoh
Corn	Ikigori	EeKeyGorEe
Eggs	Amagi	Ahmahgee
Fish	Ifi	EeFee
Goat	Ihene	EeHenAy
Meat	Inyama	EenYahMah
Onions	Ubuntunguru	OoBooToonGooRoo
Peas	Amashaza	AhMahShahZah
Pineapple	Inanasi	EeNahNahSee
Plantains	Igitoke	IGeeToeGee
Potatoes	Ibiray	EeBeeRAIYee
Sweet potatoes	Ibijumba	EeBeeJoomBah
Pumpkin	Igihaza	EeGeeHahZah
Rice	Umuceli	OoMooCHELLee
Salt	Umunyu	OoMoonYoo
Sheep	Intama	EenTahMah
Soup	Isupu	EeSooPoo
Sugar	Isukari	EeSooKAHree

Tomatoes	Inyanya	EenYAHNyah
----------	---------	------------

Money

ENGLISH	KINYARWANDA	PRONUNCIATION
Money	Amafaranga	AhMaFahRanGah
I don't have money	Ntaamafaranga	NHaMaFahRanGah
How much does this cost?	Nangahe	NahnGahHay?
That's too much money	Ni menshi	Nee MenShee
That's too expensive -referring to a thing	Birahenda	BeeRahHenDah
That's too expensive -referring to a service	Urahenda	OoRahHenDah
Where is the currency exchange?	Forex ni he he?	Forex Ni Hay Hay?
Where is the bank?	Ibankini he he?	EeBONGki Ni Hay Hay?
Lower the price! -Good for bargaining	Gabanya!	GahBahnYah

Common Phrases and Expressions

ENGLISH	KINYARWANDA	PRONUNCIATION
Family	Miryango	MeerYahnGo
Friend	Inshuti	EenShooTee
Yes	Yego	YAYgo
No	Oya	Oya
People	Abantu	AhBahnToo
Very	Cyane	CHAHNay
You	Wena	Way-na
After the	Nyumaya	NyooMah Yah
Also	Kandi	KahnDee
Always	Iteka	EeTayKah
And	Na	Nah
Because	Kuko	KooKoh
Both	Yombi	YohmBee
Go ahead	Komezza	KohMayZah
How?	Bite	BeeTay
I don't like	Sinkunda	SeenHoonDah
I don't want	Sinshaka	SeenShahKah
I like	Nkunda	nHoonDah
Is	Ni	Nee
I want	Ndashaka	NDahSHAHkah
This	Uyu	OoYoo
That	Uwo	OoWoh
That (over there)	Uriya	OoReeYah
You know	Urakizi	OoRahKeeZee
Truly	Kabisa	KahBeeSah
Listen	Umva!	OomVah!
Very	Cyane	CHAHNay
What?	Iki	EeKey
It's good	Ni byiza	Nee Byeeza
What is this?	Ikin'iki?)	EeKeeNeeKee?

When?	Ryali	ReeAhDee?
Where is the bathroom?	Ahokwitumani he?	AhHoKweetOoMah Nee Hay?
Where are you going?	Ugiyehehe?	OogeeayHAYhay?
Why?	Kuki	KooKee?
Who are you looking for?	Urashakande?	OoRahShahKahnDay?
I am an American (woman):	(Ndumnyamerikakazi)	NDOOmnyaMayreekahKahZEE
I am an American (man):	(Ndumnyamerika)	NDOOmnyaMayreekah
How was your weekend?	Wikendiyagenzeneza?	WeekENDeeYahGENZayNAYzah?
I live in America	Ntuyemuri Amerika	NHOOYayMooReeAhMayReeKAH
It is cold?	Ira conge?	EeRahCohnJay?
It is hot?	Ira shyushye?	EeRahShooShay?
It is pretty	Ni Heza	Nee HayZah
There is no power in the area	Umurirowagiye	OoMooReeRohWahGeeAy

Directions and Transportation

ENGLISH	KINYARWANDA	PRONUNCIATION
I am going to ____.	Ngiye ____.	NGEEay ____.
Where are you coming from?	Uvuye he?	Oovooyay hay?
Where are you?	Uri he?	Ooreehay?
Where do you live?	Utuye he?	OoTooYayHay?
Where is ____?	Ni he hari ____?	Nee Hay Haree ____?
Let's go	tugende	TooGenDay
I want to go	Ndashakagutaha	NDahShahKahGooTahHah
Where is it?	Ni he he?	NeeHayHay?
Is it far?	Ni kure?	Nee KooRay?
Left	Ibumoso	EeBooMoSo
Right	Iburyo	EeBurgyo
I'm going to the airport	Ngiyekukibugacy'indege	NGeeYayKooKeeBooGahCheenDayGay

Miscellaneous Nouns, Verbs, and Adjectives

ENGLISH	KINYARWANDA	PRONUNCIATION
Ball	Umupira	OoMooPeeRah
Baskets	Agaseke	AhGahSayKay
Community work	Umuganda	OomooGahnDah
Cooperation	Umubano	OoMooBahNo
Intern/Apprentice	uwimenyerezaumwuga	OoWeeMenYayRayZahOomWooGah
Mosquitoes	imibu	EeMeeBoo
Organization (like a humanitarian organization)	Umuryango	OoMoorYahnGoh
Peace	Amahoro	AhMahHorOh
Rainy season	Igihecy'imvura	EegEEHayCheemVOODah
Telephone	Tuvugane	TooVooGahNee
Lake	Ikiyaga	EeKeeYahGah
Lodging	Amacumbi	AhmahCHOOmbee
Rain	Imvura	EemVOODah

To Give	Gutanga	GooTahnGah
Toilet Paper	Impapurozo mu musarane	EemPahPooRohZoh Moo MooSahRahNay
Tree	Ubaho	OoBahHoh
Village	Akadugudu	AhKahDooGooDoo
Volcanoes	Ibirunga	EeBeeRoonGah
Volunteer	umukorerabushake	OoMooKohRayRahBooShahKay
Work	Akazi	AhKAHzi

Health

ENGLISH	KINYARWANDA	PRONUNCIATION
Bandage	Igipfuko	EeGeepFooKoh
Doctor	Muganga	MooGahnGah
Answer/Test Result	Igisubizo	EeGeeSooBeeZoh
Hospital	Ibitaro	EeBeeTAHRoh
I feel sick	Ndumvandwaye	NdoomVahNdWahYay
I have a cold	Ndwayeibicurane	NDwahYayEeBeeChooRahNay
I have a headache	Ndwayeumutwe	NDwahYayOoMootWay
I have a stomachache	Ndwayemunda	NDwahYayMoonDah
I have a toothache	Ndwayeirinyo	NDwahYayEeRyeenYoh
I want to go to the doctor	Ndashakakujyakwamuganga	NDahShahKahKooJeeYahKwahMooGahnGah
Medicine	Umuti	OoMooTee
Pharmacy	Farmasi	FarMahSee
Tablet	Ikinini	EeKeeNeeNee
Symptom	Ikimenyetso	EeKeeMenYetSoh

Languages, Continents

ENGLISH	KINYARWANDA	PRONUNCIATION
What languages do you speak?	Uvugaizihendimi?	OoVooGeeZeeHayEnDeeMee?
I speak	Nvuga	NVooGah
French	Igifaransa	EeGeeFahRanSah
English	Icyongereza	EeChonGayRayZah
Chinese	Igishinwa	EeGeeSheenWah
Spanish	Icyespanyole	EeCheeEsPahnYohlAy
German	Ikidage	EeKeeDahGay
Swahili	Igiswayili	EeGeeSwaYeeLee
Japanese	Ikiyapani	EeKeeYahPahnEe
Arabic	Icyarabu	EeCheeAhRahBoo
America	Amerika	AhMayReeKah
Europe	Uburayi	OoBooRahEe
Africa	Afurika	AhFooReeKah
Asia	Aziya	AhZeeYah
Australia	Ostraliya	OhStrahLeeYah

Numbers

ENGLISH	KINYARWANDA	PRONUNCIATION
0	Zeru	ZayRoo
1	Rimwe	ReemWay

2	Kabiri	KahBeeRee
3	Gatatu	GahTahToo
4	Kane	KahNay
5	Gatanu	Gahtahno
6	Gatandatu	GahTahnDahToo
7	Karindwi	KahReenDwee
8	Umunane	OoMooNahNay
9	Icyenda	EeCheeEnDah
10	Icumi	EeChooMee
20	makumyabiri	MahKoomYahBeeRee
30	mirongoitatu	MeeRohnGohEeTahToo
40	mirongoine	MeeRohnGohEeNay
50	mirongoitanu	MeeRohnGohEeTahNoo
60	mirongoitandatu	MeeRohnGohEeTahnDahToo
70	mirongoirindwi	MeeRohnGohEeReendWee
80	mirongoinani	MeeRohnGohEeNahNee
90	mirongoicyenda	MeeRohnGohEeChenDah
100	Ijana	EeJahNah
200	Magana Abili	MahGahNahBeeLee
300	Magana Atatu	MahGahNahTahToo
400	Magana Ane	MahGahNahAhNay
500	Magana Atanu	MahGahNahTahNoo
1000	Igihumbi	EeGeeHoomBee
1500	Igihumbinamaganaatanu	EeGeeHoomBee Nah MahGahNahTahNoo
2000	IbihumbiBibiri	EeBeeHoomBeeBeeBeeRee
2500	Ibihumbibibirinamaganaatanu	EeBeeHoomBeeBeeBeeRee Nah MahGahNahTahNoo
5000	IbihumbiBitanu	EeBeeHoomBeeBeeTahNoo

Time

ENGLISH	KINYARWANDA	PRONUNCIATION
Now	None	NoNay
Today	Uyumunsi	OoYooMoonSee
Tomorrow	Ejohazaza	AyJohHahZahZah
Yesterday	Ejohashize	AyJohHahSheeZay
Morning	Igitondo	EeGeeToneDoh
Afternoon	Ni munsi	NeeMoonSee
Evening	Umugoroba	OoMooGohRohBa
Night	Ijoro	EeJohRoh
Weekend	Iwikendi	EeWeeKenDee
In the morning	Mu gitondo	Moo GeeToneDoh
Last week	Icyumwerugishize	EeChoomWayrooGeeSheeZay
This week	Ikicyumweru	EeKeeChoomWayroo
Next week	Icyumwerugitaha	EeChoomWayrooGeeTahHah
Last year	Umwakaushize	OomWahKahOoSheeZay
This year	Uyumwaka	OoYooMwahKah
Next year	Umwakantaha	OomWahKahNhaHah
On Monday	Ku wambere	KooWahMbayRay

On Tuesday	Ku wakabili	KooWahKahBeeLee
On Wednesday	Ku wagatatu	KooWahGahTahToo
On Thursday	Ku wakane	KooWahKahNay
On Friday	Ku wagatanu	KooWahGahTahNoo
On Saturday	Ku wagatandatu	KooWahGahTahnDahToo
On Sunday	Ku wacyumweru	KooWahChoomWayRoo
January	Mutarama	MooTahRahMah
February	Gashyantare	GahShyanTahRay
March	Werurwe	WerOorGway
April	Mata	MahTah
May	Gicurazi	GeeChooRahZee
June	Kamena	KahMayNah
July	Nyakanga	NeeYahKahnGah
August	Kanama	KahNahMah
September	Nzeli	NzayLee
October	Ukwakira	OoKwahKeeRah
November	Ugushyingo	OoGooSheenGoh
December	Ukuboza	OoKooBohZah
One week	Icumweru	EeChoomWayRoo
Two weeks	Ibyumwerubibiri	EeBeeOomWayRooBeeBeeRee
One month	Ukwezi	OokWayZee
Two months	Ameziabiri	AhMayZeeAhBeeRee
Three months	Ameziatatu	AhMayZeeAhTahToo
Four months	Ameziane	AhMayZeeAhNay
Five months	Ameziatanu	AhMayZeeAhTahNoo
Six months	Ameziatandatu	AhMayZeeAhTahnDahToo

Colors

ENGLISH	KINYARWANDA	PRONUNCIATION
Black	Umukara	OoMooKahRah
Brown	Ibihogo	EeBeeHohGoh
Green	Icyatse	EeCheeYahtSee
Light tan	(Inzobe	EenZohBay
Red	Umutuku	OoMooTooKoo
White	(Igitare	EeGeeTahRay