TRIP SUMMARY

Rugby 7s in Rwanda

Provided by

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PROPOSED ITINERARY

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>Fri</td>
<td>17-Feb</td>
<td>0 Depart UK</td>
</tr>
<tr>
<td>Sat</td>
<td>18-Feb</td>
<td>1 Arrive Kigali. Orientation, settle in to project accommodation and visit from FORR staff.</td>
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<tr>
<td>Sun</td>
<td>19-Feb</td>
<td>2 Day Visit to FoRR Projects, Kigali Genocide Memorial Centre/Imema Art Gallery</td>
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<tr>
<td>Mon</td>
<td>20-Feb</td>
<td>3 AM Rugby coaching in primary schools. PM Squad training/Joint Training with African teams</td>
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<tr>
<td>Tue</td>
<td>21-Feb</td>
<td>4 As above</td>
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<tr>
<td>Wed</td>
<td>22-Feb</td>
<td>5 As above</td>
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<tr>
<td>Thu</td>
<td>23-Feb</td>
<td>6 As above</td>
</tr>
<tr>
<td>Fri</td>
<td>24-Feb</td>
<td>7 AM Primary School Tournament. PM Squad training/prep for Tournament</td>
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<tr>
<td>Sat</td>
<td>25-Feb</td>
<td>8 International Tournament. Last night meal. Depart for UK late PM</td>
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<tr>
<td>Sun</td>
<td>26-Feb</td>
<td>9 Arrive UK</td>
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NB. Please note that this itinerary may be subject to small changes.

BACKGROUND INFORMATION

Partner Charity

Friends of Rwandan Rugby (FoRR)  
[www.friendsofrwandanrugby.com](http://www.friendsofrwandanrugby.com) is a small, innovative charity which teaches the joys of rugby to boys and girls in some of the most impoverished regions of Rwanda. FoRR’s mission is to promote reconciliation through sport, using rugby to build trust, friendships and foster shared experiences on the rugby field.

Rugby as a sport was introduced to Rwanda after the 1994 genocide. It is a very young sport only having been played for around 12 years at any level, however it is a unifying force in Rwanda as it has none of the legacy associated with some of the other sports.

There is a big role for sport in healing wounds left from social conflict and upheaval – This is increasingly recognised by leading academics and the UN. Rugby is a powerful sport for building trust & fostering shared experience and FoRR believe that rugby can be used as a social-fabric building tool, especially in a country such as Rwanda which has been working to build the unity destroyed by the events of the early 90’s.

Rwanda now has one of the fastest developing economies on the African continent and has rapidly improving healthcare and education systems. The countries recent history, and the background to this period of upheaval and dramatic change also provide a great learning environment to explore European colonial history and international development politics from a unique perspective.
**Tournament proposal**

The Rwandan Rugby Federation (RRF) was granted full membership status by the World Rugby Council (WRC) in 2015 and new senior teams are being created across the country. Development funds are now filtering into grassroots sport.

The national team (the Silverbacks) has competed in the Kowloon 10s tournament in Hong Kong tournament that runs alongside the world recognized 7s tournament and has participated in qualifying tournaments for the Rio Olympics.

Despite the increasing investment Rwanda is not yet ready for school 15 a-side teams to tour. But there is a very exciting opportunity to be had in the 7 a-side game.

Your Rwandan tournament will take part during February half term – making this an ideal preparation for the UK 7s circuit. 3 or 4 UK schools will be participating along with Rwandan regional select teams and potentially with other local national teams from neighbouring countries (e.g. Kenya, Rwanda, Burundi, Uganda) – which will culminate in an ‘international tournament’.

**Will I just be playing Rugby?**

No! As well as your matches, a key focus of this trip is to enable you to meet and work alongside some of the local teams and their schools.

You will spend time with FoRR visiting schools, clubs, orphanages and colleges meeting the teams there and engaging with children and young adults who are passionate about the sport.

You will be trained in basic coaching skills and will visit local primary schools to run fun and interactive rugby training sessions, culminating in a Primary School Tournament on the Friday morning. You are guaranteed to have an experience that will last a lifetime!

**PROJECT IMPACT**
**How will you make a difference?**

On this trip you will also be asked to fundraise a donation which will go directly to Friends of Rwandan Rugby to support their projects.

Your fundraising will help to cover all the costs associated with the work you will do and will also help to drive forward the fellowship of Rugby in Rwanda through the FoRR projects.
**EXTRA ACTIVITES**

As well as the rugby activities you will also have the opportunity to see a bit more of Rwanda and find out about the fascinating history of this unique country. We hope to include visits to:

**Kigali Genocide Memorial Centre**

The Kigali Memorial Centre was opened on the 10th Anniversary of the Rwandan Genocide, in April 2004.

The Centre is built on a site where over 250,000 people are buried. It is a permanent memorial to those who fell victim to the genocide.

**Inema Art Gallery**

Founded in 2012 by brothers and self-taught painters Emmanuel Nkuranga and Innocent Nkurunziza, the Inema Centre’s mission is to spur creativity for personal, social, and economic growth. At its core, Inema provides space for 10 artists-in-residence to explore their creative talent.

**ACCOMMODATION**

Your group will stay in a safe, secure local guest house in Kigali.

You will share twin rooms, and facilities will be relatively basic, with long drop toilets and running water (although showers may be cold!)

**FOOD AND DRINK**

Typical daily meals are described below:

**Breakfast:** Porridge, eggs, toast, jam, peanut butter, fruit

**Lunch & Dinner:** Beans, chicken, rice, chips, salad, vegetables, bread, potato.

Tea, coffee, squash and water are all readily available too! All water will be purified or boiled before drinking.
RWANDA

Geography and Climate

At 26,338 square kilometres (10,169 sq mi), Rwanda is the world's 149th-largest country. The entire country is at a high altitude: the lowest point is the Rusizi River at 950 metres (3,117 ft) above sea level.

Rwanda's geography is dominated by mountains in the west and savanna to the east, with numerous lakes throughout the country. The climate of the country is temperate to subtropical, with two rainy seasons and two dry seasons each year. Kigali, in the centre of the country, has a typical daily temperature range between 12 and 27 °C.

People

The population of 12.3 million is young and predominantly rural, with a density among the highest in Africa. Christianity is the largest religion in the country. The principal language is Kinyarwanda, spoken by most Rwandans, with French and English as official languages. Rwanda has a presidential system of government. The president is Paul Kagame of the Rwandan Patriotic Front (RPF), who took office in 2000.

The largest ethnic groups in Rwanda are the Hutus (about 85% of the population), the Tutsis (14%), and the Twa (1%). Starting with the Tutsi feudal monarchy rule of the Tenth century, the Hutus were a subjugated social group. It was not until Belgian colonization that the tensions between the Hutus and Tutsis became focused on race, the Belgians propagating the myth that Tutsis were the superior ethnicity. The resulting tensions would eventually foster the slaughtering of Tutsis in the Rwandan genocide. Since then, government policy has changed to recognize one main ethnicity: "Rwandan".

Economy

Rwanda's economy suffered heavily during the 1994 Genocide, with widespread loss of life, failure to maintain the infrastructure, looting, and neglect of important cash crops. This caused a large drop in GDP and destroyed the country's ability to attract private and external investment. The economy has since strengthened. The currency is the Rwandan franc.

Rwanda is a country of few natural resources, and the economy is based mostly on subsistence agriculture by local farmers using simple tools. An estimated 90% of the working population farms.

Crops grown in the country include coffee, tea, pyrethrum, bananas, beans, sorghum and potatoes. Coffee and tea are the major cash crops for export.

In spite of the genocide's legacy, tourism is a fast-growing sector and is now the country's leading foreign exchange earner; Rwanda is one of only two countries in which mountain gorillas can be visited safely.

FACTS

Population: 12.3 million
Life expectancy: 59
Population below the poverty line: 45 % (CIA – 2011)
GDP Per Capita: $1,500
SAFETY AND PEACE OF MIND

Professional trip provider, Inspire Worldwide (www.inspire-worldwide.com) have been contracted to run the trip. Inspire specialise in linking UK organisations with rural communities in Africa and Asia, supporting and managing visits for teams to work alongside these partners.

Professionalism
Inspire has been operating since 2008 and its Directors have a combined experience of over 15 years working in the expedition industry. Inspire holds professional Tour Operator Liability Insurance and Financial Insolvency insurance to protect all payments.

Safety
One of Inspire’s main responsibilities as a Tour Operator is to ensure all the activities that the group take part in whilst they are overseas are safe, have been fully assessed and comply with health and safety policies and best practice guidelines.

All the ventures provided by Inspire Worldwide conform to British Standard 8848:2014, as independently assessed and declared by The Young Explorers’ Trust on the basis of the operating procedures and safety management systems evidenced, and sample ventures examined in Oct 2014 and valid for 3 years.

Inspire’s Safety Management System, Crisis Management Plan and Standard and Emergency Operating Procedures are available to any participants who wish to view them.

Inspire have a comprehensive crisis management plan and carry out pre-trip recces and activity risk assessments. All third party providers are fully assessed and must meet Inspire’s high standards before they agree to work with them.

Leaders
Inspire employ two professional Leaders from the UK to manage the trip. The Leaders are based with the group 24 hours a day and deal with any problems or issues that might arise whilst they are overseas. All Inspire Leaders hold remote first aid certificates and have been Enhanced DBS checked. They all have experience travelling or working in rural Africa as well as leading volunteer teams on project sites in rural communities.

Training
Inspire provide comprehensive pre-departure briefings and trip information packs for each group. These provide the team with a wealth of information about the country they are travelling to, vaccinations, kit list, health issues, cultural awareness, background to the project and much more.

Additional Support from the UK
Inspire HQ are on call 24 hours a day in the UK whilst teams are overseas and provide all volunteers and their families with a 24-hour phone number in case of any problems. Inspire’s Medical Advisor, Dr Jon Dallimore, is on call and the company is also supported by Crisis Management experts, Pharos Response, in the event of any emergency situation.

They also update a team blogsite every day to keep friends and family up to date with activities in Rwanda.
**How much will it cost?**
The cost for the 8 day trip is £995 p/p plus flights and a fundraised donation to FoRR of £250 p/p.

This includes;
Complete management of the trip by Inspire Worldwide including:

- Pre-Departure Training, risk assessments, crisis management plan and emergency procedures; 24 hour on-call and emergency phone support from Inspire when the team are in Rwanda; All food and accommodation; in-country transport including a vehicle to provide emergency support within 30 minutes drive; all activities as listed in the itinerary, two Inspire Leaders based with the team 24 hours.

Trip Cost excludes:
- Return flights booked by volunteers through an ATOL protected flight agent (approx. £700);
- Personal kit (approx £50-£100);
- Vaccinations and anti-malarials (approx £100-200);
- Spending money (approx £50);
- Personal travel insurance.

**How do I pay?**
To secure your place on the trip, you will need to pay a deposit of £200pp, and complete and return the application form.

For more information about Inspire and the Rwanda Rugby 7s Tournament or to view the Safety Plans and Risk Assessments for the trip, please contact Beth on 01273 249 543 or e-mail beth@inspire-worldwide.com