



# Handbook

Volunteer Coaching  
Trip to Rwanda



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## Our Mission:

To support school and community participation in the game of rugby, to promote reconciliation and encourage a healthy and active lifestyle amongst the Rwandan people.



## Purpose of our Volunteer Coaching Trips:

- To promote and develop rugby in rural schools in Rwanda.
- To provide opportunities for young people to have fun playing rugby and experience a structured tournament.
- To provide volunteers challenging rugby focussed activities in a development setting.
- To engage stakeholders in the local community and create an understanding of both the social and physical benefits of rugby.
- To provide role modelling for best practice to existing Rwandan rugby development officers.



# The Coaching Experience

## Introduction

To help create an effective team unit and to ensure that the activities of the 9 day trip relate to and promote the overall mission of the charity, we want to define your role as a volunteer as clearly as possible.

## Our Objectives

To provide Primary School children in the selected schools with the opportunity to learn to play Tag Rugby and compete in a festival of rugby as a finale to the programme.

To involve teachers and local rugby volunteers in the programme and leave them with necessary skills and resources to continue playing Tag Rugby.

To deliver coaching workshops to widen the skills and experiences of the existing rugby development officers.

## What you are there to do:

The main goal goes without saying really! To help introduce rugby to primary school children in Rwanda.

We work in schools right across the country and your role will be to introduce a new generation of players to the game. In a primary school setting this is done through TAG rugby where you will deliver an intensive week of coaching culminating with a tournament for the primary schools within the region. In addition there will be opportunities to work with secondary aged students in full contact settings during afternoon workshops.

Sessions are always great fun and the children respond to the game with such enthusiasm, not to mention a good deal of talent.

During your time in the school you will work with our local team of coaches to select a team of 10 children to compete in a tournament at the end of the week against teams coached by the other volunteers. The tournaments are a great occasion and always attract a lot of local interest.

We are committed to the inclusion of girls in the development of rugby and all teams of 7 must have at least two girls in the starting line up.

## Developing new coaches and supporters:

To encourage sustainability of TAG rugby in the schools you are visiting, we ask the schools to identify a teacher to participate in the coaching sessions and tournament so that they develop an understanding of the laws of the game and are able to continue playing with the equipment that you leave with them.



**Working with our Rwandan coaches:**

Our coaches work all year round teaching TAG and full contact 7's and 15 a side rugby. As coaches they all have leadership skills and are keen to be involved in sessions. By working with our coaches we hope that they will learn from watching you coach and deliver the sessions. Teaching new games and skills to our coaches is an important part of the tour.

If like many of our tourists you last pulled on your boots a few years ago please don't worry. We will pair you with an experienced TAG coach to make the experience a lot of fun. Any experience of the game is invaluable.

**Other Coaching Sessions:**

We always attract attention in the communities that we visit. In addition to working with the primary schools we create opportunities to work with older students by holding late afternoon coaching workshops. These sessions are very rewarding and are always extremely popular. They focus on the contact and set piece aspects of rugby and your involvement will be hugely appreciated by a wildly enthusiast group!

**Sharing the game:**

Our coaches in Rwanda have limited exposure to the international game of rugby so if you happen to have an iPad lying around with some games on (such as Lions v Australia) they may also learn from seeing how professionals perform the skills.

**Specific skills:**

If you have specific skills in areas such as coach development/first aid/tournament design please alert the FoRR committee so we can assign you with individual responsibilities.

**The team leader:**

The leader of the programme in Rwanda is Kamanda Tharcisse. In addition there will be a UK team leader on the trip to assist as well. They will plan and lead the programmes, and are responsible for the health and safety of tourists on visits or exchanges.

The team leader is the main point of contact between the volunteer group, the Rwandan FoRR staff, School Administration and Rwandan Rugby Federation Officials. With their previous Rwandan experience they will assist in the resolution of any un-expected issues that will arise in partnership with Kamanda.

The team leaders will assign volunteers to schools and give coaching ideas and support.

Practical issues such as the itinerary, transport, accommodation and expenditure will also be managed by the team leader.



# Cost and Fundraising

## Cost of the Tour

Thank you for considering a coaching visit to Rwanda with Friends of Rwandan Rugby (FoRR). The reason we ask for a fee to be paid before you go is so that you do not have to be concerned with anything when you get in-country except enjoying the challenges of the trip and the wonderful experiences tourists say they have. Some have described it as life-changing and it certainly is for the children you will be helping.

The cost of the trip is £1,200.

This includes:

- Flights
- Accommodation in Rwanda
- Main meals
- Transfers to the towns and villages in Rwanda
- Coaching Uniforms
- All coaching equipment
- A contribution towards our Rwandan rugby development officers' salary

In-country FoRR staff will arrange everything for you. If you have any questions or problems our program manager and rugby development officers are always on hand to help.

FoRR has been running annual coaching trips since 2008 and we realise you do not want to waste time arranging accommodation, wondering how you will get from a to b and if the water is safe to drink – so, all that is taken care of.

Take some spending money by all means for the odd beer and maybe a couple of presents for people but other than that, our in country staff members will take care of everything else.

## Fundraising

We ask that all volunteer coaches deposit money through our Virgin Money Giving site. We are able to create individual fundraising pages so that friends and club supporters are able to assist you on your adventure.

It can be found at <http://uk.virginmoneygiving.com/charity-web/charity/finalCharityHomepage.action?charityId=1008006>

Many of our coaches fundraise for the cost of the tour with sponsored runs, challenges and donations. If you are fundraising for the tour we can provide you with advice and information. This is very easy to do and we can provide a quick guide on application.





# Visiting Rwanda

## Useful Information and Advice

Are there group arrangements to get to the airport?

Ordinarily it is up to the volunteer to make their own way to the airport. We have on occasion organised a mini bus to move tourists to the airport and this will be a possibility again dependent upon pick up locations.

### Can I contact home whilst we are away?

The tour will be undertaken in remote regions, but UK mobiles work throughout the country. There is better reception in Rwanda than in many parts of the UK! The cost of phone calls can be very high so be brief. Internet access is readily available in Kigali and most other “town” centres.

Alternatively a Rwandan SIM card can be purchased for around £1 which will make both internal and external calls more cost-effective. Many volunteers have used this option.

### What's the food like?

Repetitive and basic is the simple answer. Typically bread, rice, beans, green banana, chips, goat kebabs. Fish is occasionally available and almost anything is available in Kigali! Please inform the leader if you have a specific food allergy and we will see how it can be accommodated. For the average Rwandan meat is too expensive so most are vegetarian.

### Will there be an opportunity to have a shower during the trip?

Facilities are certainly more 'basic' than you will be used to, however, keeping clean is important. There will be showers available, but we can't guarantee they will be hot, or that water will come from a tap- you may only have access to buckets for bathing.

### What do we do in the evenings?

That is entirely up to the group (within safe limits)! You have to make your own entertainment which can be challenging and fun at the same time.

You will definitely be tired, but can try a book or pack of cards or just chat with the rest of the group. There will also be a bar/cafe a close distance!

### Suggested Items

1 pair of trainers	1 Swimming costume
5 pairs of socks	1 Sunhat
1 Long sleeve top or fleece and lightweight trousers	1 pair of sunglasses
3 pairs of shorts	1 water bottle
5 pairs of underwear	1 head torch
1 Whistle	1 wash kit
	Suncream
	Mosquito repellent

### Passports



UK passports must have a minimum of six months validity at the date of our return flight to the UK. Ensure you have filled out the next of kin details in the back of your passport. Tourist Visas are not required for UK residents travelling to Rwanda, a visa is available on arrival & avoids having to post your passport anywhere.

### Pocket Money

We recommend you take £50 - 100 cash in US dollars to change in the final phase of the tour for souvenirs/socialising.

### Pre-Tour Conference Calls

These will give you an opportunity to virtually “meet” other volunteers going on the tour and receive more details and give you an opportunity to ask any questions. We will try to schedule several calls prior to departure.

### Who should I contact with any questions?

Caroline Lavin 07764744441/ [info@friendsofrwandanrugby.org.uk](mailto:info@friendsofrwandanrugby.org.uk)

### Water and Food Hygiene

- Use common sense and care
- Drink plenty of water to avoid dehydration (re-hydration sachets readily available from chemists)
- Treat all water supplies with suspicion
- Avoid ice cubes and un-boiled milk
- Salads need to be washed in purified water
- Avoid eating unpeeled fruit & vegetables
- Eat fresh and thoroughly cooked foods
- Drinking water will be purified using iodine or by boiling or in bottled form

### Clothing & Equipment

Group equipment will be provided for you by FoRR. This will include:

- Official T-shirts, shorts, socks and caps
- Rugby equipment (to be left in schools)

It is your responsibility to provide your own personal first aid kit, clothing and accessories. Our Volunteer Coaching Trips are the ONLY means of transporting donated rugby kit to Rwanda and we desperately need your assistance to take as many balls, strip and tour equipment (tags, balls etc) as possible. We will endeavour to provide pre-prepared and weighed kit to enable you to know how much personal kit you can take.

Please ensure that all personal and rugby kit is removed from plastic bags as these are illegal in Rwanda and will hold you up at the airport if your luggage is checked.



Remember that there is a high possibility that somebody in your group will have a matching water bottle etc, so before packing your kit mark them so they are distinguishable. TAKE ANY VALUABLES AND 24 HOURS WORTH OF KIT IN YOUR HAND LUGGAGE! If there is anything that you will be particularly upset at losing, leave it behind!

### Physical Fitness

A basic level of fitness is the minimum requirement for the tour. Our work will require a reasonable daily amount of physical exercise, so ensure you are well prepared bearing in mind that the fitter you are the more you will enjoy the experience.

### Preparation by the Tour Team will include

Provision of basic first-aid and group first aid kit.  
Confidential policy regarding personal medical details.  
Risk assessment and schedules for the tour.

### Travel Insurance

FoRR requires that you invest in personal travel insurance for the duration of the trip. Please note that travelling by motorbike taxis AND playing rugby is AT YOUR OWN RISK. The charity is NOT insured for these activities and it is unlikely that your personal insurance would cover these activities as well. Request a private hire taxi (car) to travel to your schools.

### Health

It is important that you prepare yourself well for the tour. Ultimately you are responsible for ensuring you have the necessary immunisations (jabs) & malarial medication including an ample supply of any personal medication you may already be taking.

Make arrangements to see your GP or the practice nurse at your surgery at least 8 weeks prior to departure to discuss and plan your immunisation schedule with you. You will be advised about vaccinations currently recommended for Rwanda. Please ensure that you check up-to-date MASTA - <http://www.masta.org> or GP information before the tour. The following are likely to be included:

- Courses or boosters usually advised: hepatitis A; typhoid; diphtheria; tetanus; yellow fever.
  - Vaccines sometimes advised: tuberculosis; hepatitis B; meningococcal meningitis; rabies; cholera.
  - Yellow fever vaccination certificates are required for all travellers over 1 year of age.
- (<http://www.fitfortravel.nhs.uk/destinations/rwanda.htm#rwandaimmun>)

## Malaria

Consult your doctor for the appropriate type of malaria tablets and be aware that you may be required to begin the course of tablets before the tour and continue to take them once the tour has ended (your GP will advise the exact timings).

We hope that all guest houses will supply mosquito nets, if this is not the case they can be purchased in Rwanda, please inform the tour leader if you require a mosquito net and arrangements will be made. We suggest taking a long-sleeve shirt and lightweight trousers to wear in the evening.

Explain to the nurse that you are going on a tour, travelling to rural areas of Rwanda. This may entitle you to be exempt from some of the vaccination charges. If you are not able to get your injections locally then you might like to try the British Airways Clinics. Ring 01276685040 for your nearest clinic.

## During The Tour

Personal Health and Hygiene:

### Skin Care

- Use protective sun block
- Wear a sun hat
- Take light-weight clothing
- Use creams to prevent friction rashes / prickly heat
- Wash hands before handling/eating food

### Malaria Protection

- Cover exposed skin during and after dusk
- Use insect repellents all day, especially at dusk
- Use mosquito net
- Take anti-malarial tablets as directed

During the tour, be aware of and avoid potential hazards to prevent problems occurring. Make others aware if you feel unwell – it is easier to deal with problems earlier!

## Can I bring gifts for the children?

Giving gifts in an unstructured manner can lead to local people viewing the group as a source of presents and spoils the genuine nature of their welcome. The method that has been most successful has been to give equipment to the head teachers of the schools that we visit. This ensures that a wider range of pupils will have access to them. FoRR is uniquely designed to promote rugby and our mandate is focussed on that provision. Other gifts can alter our public perception and are not encouraged.

## Can I arrange to stay on in Rwanda after the Tour?

Yes but FoRR cannot take responsibility for you beyond the tour. You will be responsible for any onward travel arrangements and insurance.



# About the Charity

Some information on Friends of Rwandan Rugby

## Who we are?

Friends of Rwandan Rugby 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. The charity currently employs 6 Rugby Development Officers (RDOs) coaching rugby across 85 rural schools.

*“The friendships within rugby are incredible because there is such a respect for anyone who is prepared to put their body on the line for you and understands that you would do the same for them. I hope it really takes off in Rwanda” Raphael Ibanez – Former French Captain 6/12/2006*

## Why Rugby? Why Rwanda?

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 an especially powerful sport for building trust & fostering shared experience – we 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. Rugby as a contact sport helps build very strong relationships & friendships.

Players need to be friends with their team mates so they take care of each other on the pitch. Rugby is a post genocidal sport which may be one reason why it has been hugely successful in providing kids with positive new memories and new shared experiences.

*“The friendships that are formed and the safety they provide at the bottom of a ruck are friendships that last a lifetime.”*

## What do we do?

FoRR focuses on teaching rugby to children and young adults in schools and communities across Rwanda. Through the full time employment of six rugby development staff Friends of Rwandan Rugby is able to facilitate the implementation and growth of our sport to more than 85 groups nation-wide. Our Rwandan programme manager, Kamanda Tharcisse, has additionally held the role of Schools Commissioner on the committee of the Federation of Rwandan Rugby since January 2011 and has been in a good position to push hard to get more resources into school rugby.

We are working hard to put in place an infrastructure to support school rugby's growth by empowering teachers with knowledge & the skills to deliver rugby activities. FoRR is concentrated on the development of grass roots rugby in rural areas as we believe that by providing access to thousands of children all over the nation it will ensure there are young and talented players coming up through the system into the rapidly expanding club sides and beyond.



**FoRR's core day-to-day activities involve:**

- We develop school rugby leagues in 6 regions of Rwanda;
- In addition to the leagues we organised over 50 friendly games in 2013;
- Last year we organised 17 rugby tournaments in primary and secondary schools;
- We provide coaching and organise tournaments of Tag Rugby, Sevens and 15 a side rugby;
- We provide referees to officiate in all of the school rugby activities across the country;
- We employ 6 full time rugby development staff who teach day to day in 85 schools;
- FoRR concentrates on the development of grass roots rugby to ensure there are young and talented players coming up through the system into the expanding club and international sides.



# About Rwanda

Some information about the “Land of 1,000 hills”

## History

Rwanda existed as an independent, highly centralised state for several centuries, ruled by a King and noble elite drawn largely from the minority Tutsi (15%) group. It became part of German East Africa in 1899. Following WWI it became part of the Belgian-administered territory of 'Ruanda-Urundi', with neighbouring Burundi, under a League of Nations mandate. The colonial authorities initially consolidated the power of the existing Tutsi elite. In an attempt to head off claims for independence from the ruling elite, the Hutu majority was later encouraged to participate in the political life of the country. Independence from Belgium followed in 1962, after a Hutu uprising (1959-61) and large-scale massacres of Tutsi.

This brought to power a Hutu-dominated Government led by President Kayibanda. Inter-communal violence between Hutu and Tutsi continued until 1973, when Kayibanda was deposed and a more moderate – but still firmly Hutu – Second Republic was declared under President Habyarimana. Rwanda remained largely peaceful during this period, although Tutsi were still excluded from power and faced widespread discrimination. Many left the country, joining those who had fled the killings of 1959. Power was concentrated in the hands of a single party, the Mouvement Revolutionnaire National pour le Development (MRND). Habyarimana and the MRND won several uncontested "elections" through the 1980's.

## Genocide

In 1985 Tutsi exiles in Uganda formed the Rwandan Patriotic Front (RPF). Having failed to negotiate their return to the country, the RPF invaded Rwanda from Uganda in October 1990, demanding representation and equality for all Rwandans. A civil war in the border area ensued. Each incursion by the RPF was followed by reprisal massacres, largely of Tutsis, by government forces. A peace agreement was brokered in 1993, the Arusha Peace Accords, which provided for a power-sharing arrangement involving all political forces and the RPF.

But, unwilling to share power, a group of extremist Hutu politicians planned to consolidate their hold on the country by wiping out all the Tutsi, along with moderate Hutu leaders. They prepared the largely illiterate population through ethnic propaganda, armed extremist youth militia (known as the Interahamwe) and drew up lists of those to be targeted.

The killing was sparked by the assassination of President Habyarimana in April 1994. The genocide and massacres lasted until July 1994 and cost the lives of around one million Rwandans. It was halted by the RPF taking control of the country. The extremist politicians and over two million Hutu fled the country together with many members of the Rwandan Armed Forces and the Interahamwe, both with their weapons to neighbouring countries. The majority went to the Democratic Republic of Congo.

In 2014 Rwanda commemorated the 20<sup>th</sup> Anniversary of the appalling genocide. The country is healing every day and is a powerful beacon of hope for countries around the world that have suffered atrocities of the worst kind. Rwanda is now a safe and stable country but the process of reconciliation and forgiveness will continue for many years. Never again.