



Handbook

Volunteer Coaching
Trips to Rwanda



Contents

1. Our Mission
2. Purpose of our Volunteer Coaching Trips
3. The Coaching Experience
4. Costs and Fundraising
5. Visiting Rwanda
6. About the Charity
7. Rwanda History and the Genocide



Our Mission:

We support the growth of participation in the game of rugby to encourage a healthy, active lifestyle for children in Rwanda and promote the rugby ethos of fair play, respect, friendship and fun. In Partnership with the Rwanda Rugby Federation, we are working to create a sustainable model for the continued growth of the great sport of rugby in Rwanda.



Purpose of our Volunteer Coaching Trips:

- To promote and develop rugby in schools across Rwanda.
- To provide opportunities for young people to have fun playing rugby and experience a structured tournament.
- To support and develop both club rugby and the national team through coaching, training and playing games.
- 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.
- To provide rugby volunteers with an amazing opportunity to experience life in another country and to really be a part of rugby development there.



The Coaching Experience

Introduction

We offer three different types of coaching trips.

1. Rugby Foundations
2. Players' tours - Developing club rugby and supporting the national team
3. Bespoke tours

- Rugby Foundations (RF) is our main tour and has been running since 2008.
- In 2019 we introduced the players' tour in order to support the Rwandan national team – the Silverbacks – to prepare for their qualifier for the World Cup 2023.
- Bespoke tours can be arranged for individuals or small groups and will be tailored to the needs / skills of the group.

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 further develop skills or to introduce taster rugby sessions with secondary school pupils.

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

To support and develop the skills of the club players and those in the national team.

What you are there to do:

Rugby Foundations - 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 2 teams of 10 girls and 10 boys 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.

Rugby Development Tours (Players' Tours)

New since 2019 are these bi-annual trips designed to help the national team, the Silverbacks, to develop their skills. Volunteers on these trips will be working with club sides and the national team in training sessions culminating in a match against the Silverbacks. We will employ a variety of training activities targeted to improve individual, unit and team skills and the development of a national style and game plan. Sessions will be a mixture of contact and non-contact, so participants need to be prepared for this.

There will also be an opportunity to work with school children and to run some rugby sessions.

Along with the suggested kit laid out on page 12 players will need to bring their regular playing kit such as boots, body armour, skull cap, gum shield etc. The pitches in Rwanda are particularly hard and can have large areas without grass, we suggest you bring base layers to wear underneath your shorts and jersey to protect against the hard ground.

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 volunteers 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. If you are concerned that you don't have the necessary rugby coaching skills, don't worry, our tour leaders will pair you with someone to support you.

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 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/refereeing 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 volunteers 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 unexpected issues that 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). We ask all volunteers to fundraise beforehand. The costs are then covered by us and you will be a volunteer acting on behalf of the charity. You are then free to enjoy the challenges of the trip and the wonderful experiences volunteers say they have. Some have described it as life-changing and it certainly is for the children you will be helping.

The Rugby Foundations tour fundraising target is £1500

The players' tour fundraising target is £1500

The main cost of the trip is the flights.

Included in the cost:

- Flights and transfers to and from the airport in Rwanda
- Accommodation in Rwanda
- Main meals (3 per day)
- Water
- Transport to the towns and villages in Rwanda (RF)
- Transport to schools, training grounds etc
- Coaching Uniforms
- All coaching equipment

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 SPONSOR ME You are able to create individual fundraising pages so that family, friends and club supporters are able to assist you on your adventure.

Go onto the SPONSOR ME site and set up a fundraising page (click on Create a Page..) selecting Friends of Rwandan Rugby as the charity.

<https://sponsorme.charitiestrust.org/>

You can also access this page from our website

<https://friendsofrwandanrugby.com>



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. There is lots of information on our website.



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 volunteers to the airport and this will be a possibility again dependent upon pick up locations.

Can I contact home whilst we are away?

The RF 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! 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. It is easy and cheap to put on data bundles. You will need an unlocked phone.

What's the food like?

Repetitive and basic is the simple answer. Typically bread, rice, beans, green banana, chips, goat and beef 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.

What are the washing facilities like?

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.

Suggested Items to pack

The luggage allowance is usually 2X 23kg hold bags plus a hand luggage allowance of 10kg. We ask volunteers to travel as lightly as possible so we can use the majority of the hold luggage for the donated kit we take out (this is the only way we can take equipment etc to Rwanda)

The climate in Rwanda is pleasantly warm but not too hot (usually between 18°C and 25°C) and it is likely there will be some rain.

You will need trainers (those on the players' tours should also bring boots), underwear, socks, T shirts, shorts and some long legged and long sleeved tops for the evening (particularly important as a prevention against mosquito bites). There may be an opportunity to go swimming in a hotel pool. Bring sunglasses, sun cream, insect repellent and a wash kit.

Passports/ Entry requirements

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.

Pocket Money

The currency in Rwanda is the Rwandan Franc. You cannot exchange money before you go but ATMs are readily available in Rwanda or you can exchange cash at money exchanges such as FOREX. Some places in Kigali will accept card payments. You can get credit cards that are designed for travel that make no charge when you take money from ATMs so it may be worth researching that before you go.

Pre-Tour Conference Calls

These will be 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 schedule calls prior to departure and we will set up a WhatsApp group that is great for sharing questions and information.

Safeguarding

Please be sure to read the FoRR policy on safeguarding prior to the tour. It can be found on the website

<https://friendsofrwandanrugby.com/2019/12/05/friends-of-rwandan-rugby-safeguarding-policy/>

Any queries regarding this to be addressed to mary@friendsofrwandanrugby.org.uk prior to the tour or the tour leader when in Rwanda.

Who should I contact with any questions?

Mary@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
- Avoid eating unpeeled fruit & vegetables
- Eat fresh and thoroughly cooked foods
- Bottled drinking water is readily available and will be provided. Please bring a couple of sports bottles with you so you can refill from the larger bottles.
- Always wash your hands after coaching and training sessions. The use of anti-bacterial sanitiser is advised.

Clothing & Equipment

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



- 2 official polo shirts, shorts and a cap
- 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, strips 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 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 at home!

Physical Fitness

A basic level of fitness is the minimum requirement for the Rugby Foundations 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. The days are long so be prepared for this.

The nature of the players' tours will involve high intensity activities and full contact training sessions. All participants on these tours need to be conditioned for this.

Preparation by the Tour Team will include

Provision of basic first-aider 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. If you are taking part in the players' tour then you will need to make sure your travel insurance covers you for playing rugby. Usually arrangements are made to have a tour bus to transport the coaches to schools but it very much depends on the area we are working in and what transport is available.

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.
- Vaccines sometimes advised: tuberculosis; hepatitis B; meningococcal meningitis; rabies; cholera.

(<http://www.fitfortravel.nhs.uk/destinations/rwanda.htm#rwandaimmun>)

Travel advice issued by the UK government (Foreign Office) can be found at <https://www.gov.uk/foreign-travel-advice/rwanda> We recommend all volunteers check the information on this website.

Currently (Jan 2023) there are no Covid restrictions in Rwanda. If this should change prior to the trip you will be informed.

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).

All guest houses will supply mosquito nets, We suggest taking a long-sleeve shirt and lightweight trousers to wear in the evening and to use insect repellent.

Explain to the nurse that you are going on a tour with a charity, travelling to rural areas of Rwanda. This may entitle you to be exempt from some of the vaccination charges. Please note that anti malarial tablets can vary greatly in price so seek advice from the pharmacy/GP to get the best value!

During The Tour

Personal Health and Hygiene:

Skin Care

- Use protective sun block
- Wear your FoRR cap to protect you from the sun
- 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

Registered charity 111317

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 15 Rugby Development Officers (RDOs) coaching rugby across 13 districts of Rwanda.

"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 eleven rugby development officers, Friends of Rwandan Rugby is able to facilitate the implementation and growth of our sport to schools and clubs nationwide. Our Rwandan programme manager, Kamanda Tharcisse, is also the President of the Rwandan Rugby Federation and is 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 employ 15 full time rugby development officers who teach day to day in schools right throughout the year.
- We organise 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;
- 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 Developpement (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 2019 Rwanda commemorated the 25th 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.