



KIDS PLAY INTERNATIONAL
YOGA VOLUNTEER TRIP
JULY 2013



Maraho and welcome to your Yoga Volunteer Trip! Here is your detailed itinerary to ensure that you're in-the-know on this unforgettable adventure. Share wisely, your friends might try and take your spot on the trip!

July 18th - 29th, 2013
Trip Leader & Instructor: Jaime Komer

DATE	ACTIVITY	LOCATION	DESCRIPTION	MEALS INCLUDED
7.18.13	Depart USA	USA	Depart USA for Rwanda, arrive on the 19th of July.	
7.19.13	Arrive in Kigali, dinner at hotel	Kigali	Welcome to Rwanda! Named by the french to mean “Land of a Thousand Hills” Rwanda is a beautiful country of rolling hills, mountains and grassy lowlands. We arrive in the capital city of Kigali around 7:00 PM and the rest of this evening is spent at your own leisure.	
Stay:		Chez Lando Hotel, Kigali		
7.20.13	Visit Genocide Memorial	Kigali	We will start the day by visiting the Rwandan Genocide Memorial Centre. Rwandans faced a difficult cultural battle nearly sixteen years ago. As tribute, a memorial has been built on a site where 250,000 victims of the genocide were buried. It is a permanent memorial to those who lost their lives and a reminder of the “cost of ignorance.”	Breakfast, Lunch
	Drive to Nyanza, check into hotel, afternoon yoga, dinner at hotel.	Nyanza	After lunch,we start the drive to Nyanza to begin our Kids Play volunteer work! We will be staying at the local Heritage Hotel where you will be able to further understand the culture and the way Rwandans live. Once settled in, we will begin our yoga practice (optional) here prior to dinner at the hotel.	
Stay:		Heritage Hotel, Nyanza		
7.21.13	Visit Community Center and classes	Gatagara	Enjoy a full day with the Rwandan children! In the morning we will visit the recently built City of Joy Community Center where there are classes held (e.g. sewing) as well as a new preschool. After lunch with our Gatagara hosts, Todd & Andria, we head to the Let’s Play! sports field for afternoon Community Day with local children. Sports, yoga, and then some!	Breakfast, Lunch, Dinner
	Get acquainted to Gatagara			
	Community Day at Let’s Play! sports field in Gatagara			
Stay:		Heritage Hotel, Nyanza		
7.22.13	Visit a local school for in-class projects and outdoor sports	Gatagara	The fun and service continues! Part of the Kids Play effort in Rwanda is geared towards young girls through the Girls Dream Big! Empowerment Program. This program emphasizes girls’ education to reduce poverty, increase health, and promote gender equality. Kids Play volunteers get to spend all day with the kids (especially girls!) playing sports, promoting education, and having a great time.	Breakfast, Lunch, Dinner
	Let’s Play! Program held at the Let’s Play! sports field	Gatagara		
Stay:		Heritage Hotel, Nyanza		
7.23.13	Visit OlympAfrica	Nyanza	Today we stay in Nyanza to visit with OlympAfrica. Similar to Kids Play Int’l, this organization’s mission supports that Olympic ideals foster community development. The OlympAfrica center in Rwanda has some impressive facilities that have introduced activities such as basketball and aerobics classes. Similar to the work in Gatagara, we spend the day playing games that integrate these Olympic ideals with Rwandan youth. Please visit www.olympafrica.net for more information.	Breakfast, Lunch
	Sports, yoga and activities OlympAfrica youth	Nyanza		
Stay:		Heritage Hotel, Nyanza		
7.24.13	Visit preschool at Community Center	Gatagara	More Kids Play work... that is if you can call it work! We will spend today with young children at the Community Center preschool as well as an afternoon of activity at the sports field. Volunteers will use the Kids Play “S.P.O.R.T.S for Life Curriculum” to teach specialized lessons through sport to encourage (S)chool, (P)hysical fitness, (O)ppportunity, (T)eamwork, and (S)elf esteem.	Breakfast, Lunch, Dinner
	Let’s Play! Program held at the Let’s Play! sports field	Gatagara		
Stay:		Heritage Hotel, Nyanza		
7.25.13	Visit a local school for in-class projects and outdoor sports	Gatagara	Visiting the classrooms at a local school we have a chance to not only make an impact with our positive interaction and lessons, but to also experience a typical Rwandan class setting. Through sports activity and interactive discussion, the Let’s Play! community program teaches important life lessons and values that embody Olympic ideals such as teamwork, good sportsmanship, fair play, gender equity, respect, and problem-solving. An awesome day full of playing games and teaching others new skills.	Breakfast, Lunch
	Let’s Play! Program held at the Let’s Play! sports field	Gatagara		
Stay:		Heritage Hotel, Nyanza		
7.26.13	Say farewell to Nyanza and drive (appx. 3hr) to Ruhengari	Nyanza	We are off! Before we check into our hotel in Musanze, we stop for lunch followed by a visit to the Ubushobozi Girls Center, a nonprofit vocational training organization. In addition to providing education, vocational training, monetary stipends and meals, Ubushobozi provides sewing machines, materials and outlets to sell their handmade creations. These bags are colorful, personal, and genuinely special! Visit http://www.ubushobozi.org/about.html for more information. We hope to have an opportunity to practice yoga with these amazing women!	Breakfast, Dinner
	Pizza and visit Ubushobozi			
	Dancing. Afternoon yoga. Relax (you deserve it!).	Musanze		
Stay:		Mountain View Gorilla Hotel, Musanze	With a warm cup of Rwandan tea on arrival, we will have an opportunity to watch (and join in!) Rwandan traditional dancing with the Volcanoes National Park as a panoramic backdrop.	
7.27.13	Gorilla Trekking	Musanze / Volcanoes National Park	Gorillas. Kids Play Volunteers get to trek through Volcanos National Park jungle to find and observe these massive primates in their natural habitat. There are only about 700 gorillas in the wild and are therefore they are considered an endangered species. This will be an unforgettable experience.	Breakfast, Lunch, Dinner
	Open/Yoga			
Stay:		Mountain View Gorilla Hotel, Musanze	In the afternoon the time is yours to soak in as much of the Rwandan culture as you can before the trip back home in just a few days. Before your happy hour by the fire, we can unwind and stretch out with our yoga practice outdoors. Psst! It can be chilly here at night so be ready to bundle up. A fire can be started for you upon request, plus there’s heated water pouch placed in your bed to warm you up!	
7.28.13	Yoga at Hotel, visit Virunga		We will start the morning with rejuvenating yoga overlooking the volcanoes, followed by a delightful breakfast at the hotel. Before we head back to the capital, dependent upon weather, we will visit the Virunga Lodge, one of Rwanda’s top lodges that boasts a spectacular location and views. The lodge sits on a high ridge overlooking both Lake Burera and Lake Ruhondo. Once in Kigali, we will enjoy our farewell dinner at “Heaven”, a great restaurant near the hotel.	Breakfast, Lunch
	Depart for Kigali			
	Dinner at Heaven			
Stay:		Hotel Milles des Collines, Kigali	Hotel Milles des Collines is the original Hotel Rwanda depicted in the 2004 film starring Don Cheadle.	
7.29.13	Depart for Safari	Tanzania	Depending on your departure time for either safari or USA, we encourage a visit to the local markets where you’ll find authentic and handmade jewelry, fabric, and carvings.	Breakfast
	Depart for USA			

*As traveling is always an adventure, this itinerary is subject to change.

*Please note: Kids Play International does not cover alcoholic beverages.



Kids Play int'l

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Accommodations					
Accommodations	Date	Location	Contact Info	Website	Description
Chez Lando Hotel	7.19 - 7.20	Kigali, Rwanda	P.O. Box 1519, Remera, Kigali, Rwanda. T: 250.252.589.804	http://www.hotelchezlando.com	Relax and recover after your flight at this quaint garden-style hotel close to the heart of Kigali. Chez Lando offers a variety of amenities such as TV, telephone, business center, and high speed wireless internet. Every room also has a private patio and beautiful views of their expansive gardens.
The Heritage Hotel	7.20 - 7.26	Nyanza, Rwanda		*There is no website for this hotel.	We will be staying at the local Heritage Hotel during the majority of our volunteer work. Simple and clean, each room has their own en-suite bathroom. Taking advantage of this opportunity to immerse yourself in the local culture and lifestyle.
Mountain View Gorilla Hotel	7.26 - 7.28	Ruhengeri, Rwanda	Box 276, Musanze, Rwanda. Nyarutarama Kigali, Rwanda. T: 250.788.305.708	http://www.3bhotels.com/mgvl/index.php/en/	This four acre lodge boasts close proximity to Volcanoes National Park. Each of the 30 individual stone and thatch cottages include en-suite facilities, a small lounge with a fireplace and a private veranda with magnificent views of the volcanoes.
Hotel Milles Des Collines	7.28 - 7.29	Kigali, Rwanda	Avenue de la Republique, Kigali, Rwanda. T: 250.252.576.530	www.millecollines.net	Hotel Milles Des Collines is a four star hotel situated on a large exotic garden in downtown Kigali, Rwanda. Enjoy the pool and the restaurants overlooking the city and the garden. Each room is equipped with air conditioning, flat screen T.V., and WIFI.
Safari with Base Camp Tanzania	7.29 - 8.2	Tanzania	Tarangire National Park, Serengeti National Park, Ngorongora National Park.	www.basecamptanzania.com	

Yoga Details

Who: You! This is completely optional (and complimentary) addition to your volunteer adventure. We will also have the special opportunity to share our practice with various groups in the area! (e.g. the children at the Let’s Play! Program and the young women at the Ubushobozi Girls Center)

What: The type of yoga you will practice on this trip will have an athletic twist to it (go figure, coming from an Olympian) and will vary in its level of intensity depending on our other activities during the day. We will lengthen, strengthen, flex, hold, balance, and breathe our way through our practice in a unique and memorable setting!

Where: Please note that the majority of our yoga sessions will be outdoors. Locations may include (but are not limited to): City of Joy Community Center, OlympAfrica, hotel in Nyanza, Ubushobozi Girls Center, local schools, Mountain View Gorilla Hotel.

When: There will be approximately one session per day. The time of day will vary depending on our other activities.

Why: Because yoga is fun! It can be done almost anywhere and the yogi concept goes hand-in-hand with our volunteer work with Kids Play International!

- ### A Few Things to Know:

 - * In general, Rwanda has a very conservative culture, including attire. We ask that you please respect this and keep this in mind when packing for this trip. For example, please avoid bringing thin strapped tanks, low-cut tops, short shorts, etc. Don’t worry, beauty comes from within!
 - *Public displays of affection are not common in Rwanda. If you are traveling with your partner, this is something to be aware of and respect.
 - *Being a land of a thousand hills, the roads of Rwanda can be winding and bumpy (some are unpaved). If you have a tendency towards car-sickness, please bring anti-nausea medicine.
 - *We have a Volunteer Handbook that we send you once your deposit is received. This includes further information on items such as money exchange, terms & agreements, etc.
 - *Last but not least, we’re so excited for your interest in the Kids Play International’s Volunteer Trips! Please don’t hesitate to email us with further questions about this amazing adventure!

Contact Information		
Contact	Who	email
Tracy Evans	Founder of KPI	Tracy@kidsplayintl.org
Jaime Komer	Trip Leader & Instructor	jaime@kidsplayintl.org

*Once all volunteers are confirmed, we will connect the group with one another!



YOGA VOLUNTEER TRIP 2013

SUGGESTED PACKING LIST. DON'T FORGET YOUR UNDIES.



LUGGAGE

- * 1 Personal Duffel bag/ Suitcase- please pack conservatively,
- * 1 Large Duffel w/ donations to leave behind
- * Small backpack/tote for day to day outings

YOU MUST BRING

- * Passport
- * 2 copies of Passport/ CC / Travel insurance info
- * Immunization record/ yellow health card
- * Emergency contact information
- * \$250 USD Cash Minimum
- * Travel Insurance Card and info (IF purchased)
- * Money Belt or other safe way to carry money

CLOTHING – Gatagara towns are in the Mountains....so it is cool in the mornings and evenings. General attire is quite conservative and we ask that you respectful of this.

- * Tennis shoes/running shoes or sturdy-like sandals, Cotton Socks
- * Light Jacket/Sweatshirt/ Hat
- * Long Skirts or long shorts or Capris (to or below knees) for Women
- * Guys in shorts just above knee is fine.
- * Skirts on women and nice pants and a shirt on men are the norms for special occasions.
- * Warm sleepwear
- * T-shirts (tanks/sleeveless are not recommended, but ok for the Gorilla Trek, Kigali etc.)
- * Volunteer clothes (clothes that you don't mind getting dirty if we are working on projects in the village, gloves, etc.)
- * Jeans/Pants-- going out to dinner at night (nothing fancy is ever needed), it is cooler at night
- * Towel/washcloth (is provided but can bring your own if you like)
- * YOGA WEAR: For the majority of the locations, we ask that you dress conservatively when practicing yoga, out of respect for the Rwandan culture. E.g. 3/4's to full leggings, covered shoulders, no low cut tops.

GORILLA TREK RECOMMENDED CLOTHING

- * Long pants and long sleeved shirts when in the forest to avoid nettle stings.
- * Sturdy walking shoes or hiking boots are essential.
- * You may find rain gear useful
- * Light gloves, even gardening type gloves are helpful!
- * Long socks to put over jeans. Yes, it looks awesome, but it's better than getting ants in your pants!

TOILETRIES

- * Shampoo/ Conditioner/Soap
- * Toothpaste/Toothbrush
- * Lotion, Sunscreen, Lip Balm, nail clippers
- * Antibiotic Hand wipes / Hand Sanitizer
- * Razor, Feminine Products
- * Hair bands, Hair brush
- * BUG REPELLENT

MEDICATIONS

- * Personal Medication, vitamins, etc.
- * Anti-malaria meds, Cipro
- * Anti-nausea medicine (if you have any tendency towards car sickness / motion sickness)
- * Pepto-Bismol/ Tums
- * Anti-itch/ bug bite cream

OTHER

- *Camera / Video Cameras
- *Extra batteries
- *Converter to charge cameras, phones, etc.
- *Ipod
- *Journal
- *Alarm Clock

FOOD / SNACKS - Strongly Suggested

- *Granola / Power Bars
- *Peanut Butter
- *Trail mix
- *Instant Oatmeal
- *Starbucks VIA (instant coffee)
- *Other foods that are easy to pack and won't go bad!