



Muraho and welcome to your Kids Play International 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 7th - 18th, 2013

Trip Leader: Cameron Myler, 4-Time Olympian, Luge

DATE	ACTIVITY	LOCATION	DESCRIPTION	MEALS INCLUDED
7.7.13	Depart USA	USA	Depart USA for Rwanda, arrive on the 19th of July.	
7.8.13	Arrive in Kigali, dinner at hotel	Kigali	<b>Welcome to Rwanda!</b> 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.	
	<b>Lodging</b>	Chez Lando Hotel, Kigali		
7.9.13	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, 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.	
	<b>Lodging</b>	Heritage Hotel, Nyanza		
7.10.13	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!	Breakfast, Lunch, Dinner
	Get acquainted to Gatagara			
	Community Day at Let's Play! sports field in Gatagara			
	<b>Lodging</b>	Heritage Hotel, Nyanza		
7.11.13	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		
	<b>Lodging</b>	Heritage Hotel, Nyanza		
7.12.13	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 <a href="http://www.olympafrica.net">www.olympafrica.net</a> for more information.	Breakfast, Lunch
	Sports and activities OlympAfrica youth	Nyanza		
	<b>Lodging</b>	Heritage Hotel, Nyanza		
7.13.13	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		
	<b>Lodging</b>	Heritage Hotel, Nyanza		
7.14.13	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		
	<b>Lodging</b>	Heritage Hotel, Nyanza		
7.15.13	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 <a href="http://www.ubushobozi.org/about.html">http://www.ubushobozi.org/about.html</a> for more information.	Breakfast, Dinner
	Pizza and visit Ubushobozi			
	Relax (you deserve it!).	Musanze		
	<b>Lodging</b>	Mountain View Gorilla Hotel, Musanze	With a warm cup of Rwandan tea on arrival, we will have an opportunity to watch (and join!) Rwandan traditional dancing with the Volcanoes National Park as our panoramic backdrop.	
7.13.13	Gorilla Trekking OR	Musanze / Volcanoes National Park	Gorillas! Kids Play Volunteers will trek through Volcanoes 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 considered an endangered species. This will be an unforgettable experience. (Gorilla trekking is optional and requires a permit purchased prior to your visit. Please visit our FAQ's for more details)	Breakfast, Lunch, Dinner
	lby'lwacu Cultural Village Visit <a href="http://cbtrwanda.org/activities">http://cbtrwanda.org/activities</a>			
	Open		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 relax underneath the majestic volcanoes. 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!	
	<b>Lodging</b>	Mountain View Gorilla Hotel, Musanze		
7.14.13	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			
	<b>Lodging</b>	Hotel Milles des Collines, Kigali	Hotel Milles des Collines is the original Hotel Rwanda depicted in the 2004 film starring Don Cheadle.	
7.15.13	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 or Depart for Tanzania safari extension			

**Contact Information**

Contact	Who	email
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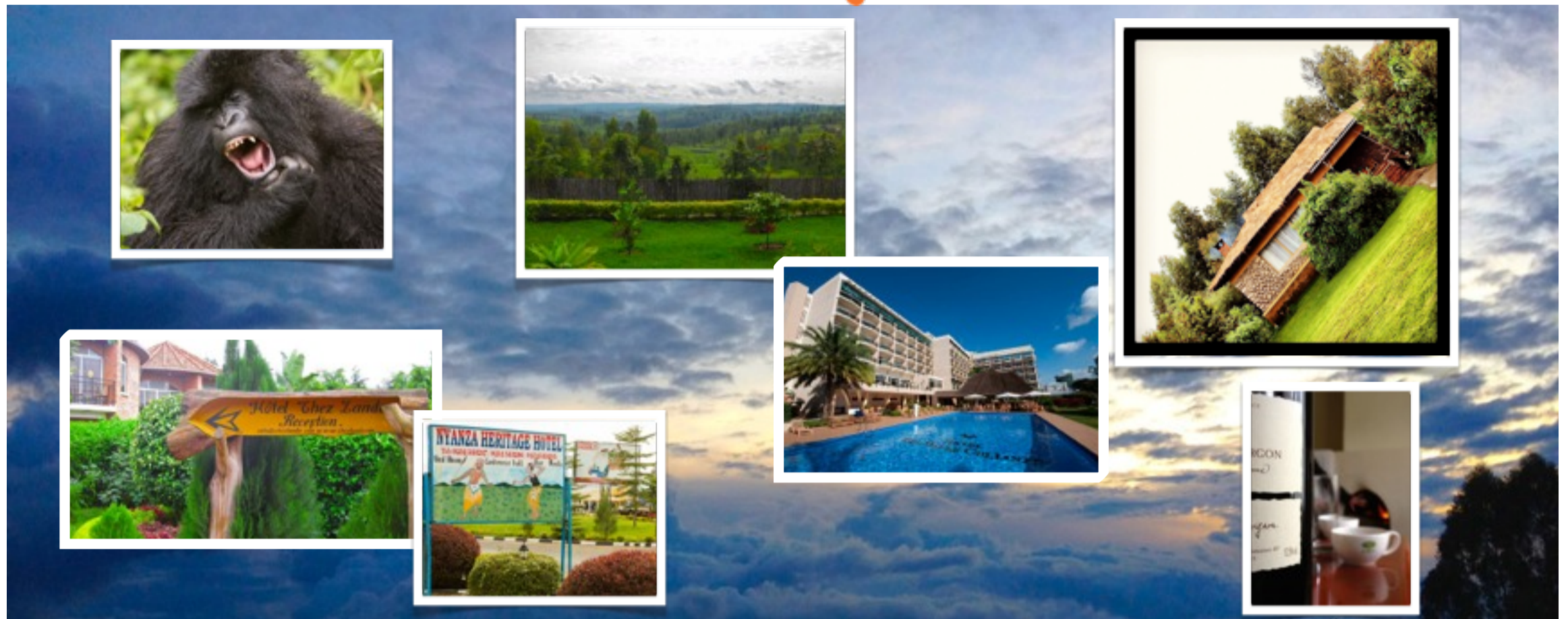
\*As traveling is always an adventure, this itinerary is subject to change.

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

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



# Kids Play int'l



## Accommodations

Accommodations	Date	Location	Contact Info	Website	Description
<b>Chez Lando Hotel</b>	7.8	Kigali, Rwanda	P.O. Box 1519, Remera, Kigali, Rwanda. T: 250.252.589.804	<a href="http://www.hotelchezlando.com">http://www.hotelchezlando.com</a>	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.
<b>The Heritage Hotel</b>	7.9 - 7.14	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.
<b>Mountain View Gorilla Hotel</b>	7.15 - 7.16	Ruhengeri, Rwanda	Box 276, Musanze, Rwanda. Nyarutarama Kigali, Rwanda. T: 250.788.305.708	<a href="http://www.3bhoteles.com/mgvl/index.php/en/">http://www.3bhoteles.com/mgvl/index.php/en/</a>	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.
<b>Hotel Milles Des Collines</b>	7.17	Kigali, Rwanda	Avenue de la Republique, Kigali, Rwanda. T: 250.252.576.530	<a href="http://www.millecollines.net">www.millecollines.net</a>	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.
<b>Safari with Base Camp Tanzania</b>	7.18 - 7.23	Tanzania	Tarangire National Park, Serengeti National Park, Ngorongora National Park.	<a href="http://www.basecamp Tanzania.com">www.basecamp Tanzania.com</a>	

## 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.

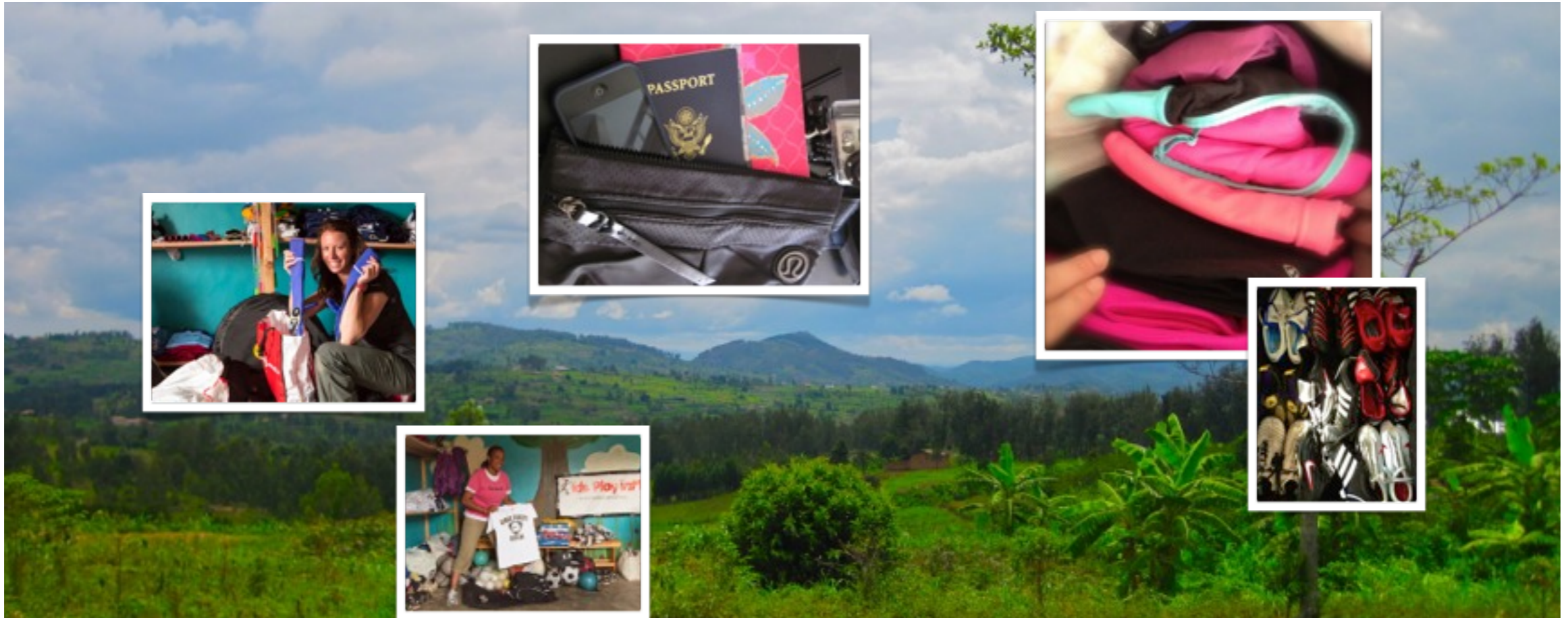
\*Last but not least, we're so excited for your interest in the Kids Play International's Volunteer Trips! Please don't hesitate to email us with further questions about this amazing adventure!





## 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)

### 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!

### 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!

### 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