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Dear IFMSA Family,

It is with immense pleasure that the Medical Students’ Association of Rwanda (MEDSAR), officially welcome you to 69th IFMSA March Meeting General Assembly.

The planning of this GA started like a whisper about two years ago, and is now a reality thanks to you trusting our young NMO.

Our motivation to host you in stems from our dedication, spirit of volunteerism and passion we have to give back to IFMSA hence the reason to welcome you in Rwanda for an amazing General Assembly that will be full of brainstorming, exchange of ideas as well inter-cultural learning under the theme "The Role of Primary Healthcare in achieving Universal Health coverage during the March Meeting 2020"

We choose this theme as we saw it as an important field in our future careers as global health activists to strengthen promotive and preventive medicine hence allowing everyone everywhere to access effective health services they need, without being exposed to the financial hardship. This is because each day, there is a rise in the number of people drawn into poverty as they seek proper healthcare services.

After twenty five years of Independence, Rwanda, also known as the land of thousand hills has grown to become one of the destinations of choice to visit in Africa thanks to its friendly people, nice weather, safety, rapid development and environmental conservation. This is why the Organizing committee eagerly awaits to share the best that our beloved NMO has to offer and guarantee you a “Rwanda-Full” Experience.

In conclusion, I would like to appreciate the Organizing Committee who have dedicated their time to organize the best for the March Meeting for delegates to enjoy the sites and sounds of Rwanda for the duration of your stay.

Words cannot fully explain how happy we are to welcome IFMSA family to the country of thousand hills and thousand smiles. We do hope that you will enjoy your time with us as we gear up to "Say Yes To A Rwandaful Experience" at the, 69th IFMSA March Meeting General Assembly in Kigali, Rwanda.

NSABIMANA Claude, Organizing Committee Chair
On behalf of the Organizing Committee of the IFMSA March Meeting 2020 & MEDSAR-Rwanda
Meet the Core OC

Claude NSABIMANA
Chair of OC

Samuel NITYONKURU
Vice Chair of OC

Prince RWAGASORE
Secretary of OC

Reagan NDANYUZWE
Vice Chair of Finance

Sincere Josue UKURI
Head of Logistics

Mick NDAYISHIMYE
Head of Registration

Patrick TUYISHIME
Marketing and Publication Team

Serge NDAGIJIMANA

Madeleine KAZINDU
Head of Theme Event

Dr. Cyprien RADUKUNDA
Fundraising Team

Ange Thaina NDIZEYE

Espoir HAKIZIMANA
Head of Transportation

Evode NIYIBIZI
Head of Post-GA

For the Whole Organizing Committee click here
Dear IFMSA members,

It gives me great pleasure to write this letter to you as an invitation to attend one of the biggest meetings we organize in IFMSA, the 69th March Meeting General Assembly held from the 1st to the 7th of March 2020 in Kigali, Rwanda.

This is a chance to meet hundreds of medical students from all over the world and discuss global health topics, initiatives, exchange expertise in a setting that allows engagement of both more and less experienced participants.

Preparations for this meeting already begun in March this year, with extraordinary work done by the Organizing Committee from MEDSAR-Rwanda in the past months. The OC has been diligent in their work since then aiming to provide the smoothest experience possible for all participants. They’ve gone far beyond what is required and sought best practices from previous General Assembly meetings seeking to once again raise the bar in the organization of these meetings.

During these days the upcoming Team of Officials is starting its preparations for the meeting by first choosing the best International Teams. I assure you that together they will put a lot of effort to make sure you come back home from the meeting even more motivated, knowledgeable and filled with the best memories possible. We will continue our efforts to refresh our events to bring new methods and content, and even greater outcomes. As always, you will have the opportunity to guide the content and provide input to the sessions to be prepared. This theme event of this meeting, “The Role of Primary Healthcare in achieving Universal Health Coverage”, will help you get familiar with one of the most important global health topics, regardless of your primary choice of content.

It might be the content that brings us together, but it is the memories, friendships and the passion we all share that keep us together for years as we work towards improving our communities and extending this impact globally.

Therefore, I invite you to join us for another unique experience in IFMSA that will be spoken about for years to come by its participants.

Warm regards,
Nebojša Nikolić
IFMSA President 2019/20
Known as the land of a thousand hills, Rwanda’s stunning scenery, warm and friendly people, offers unique experience in one of the most remarkable countries in the world. It is blessed with extraordinary biodiversity, with incredible wildlife living throughout its volcanoes, montane rainforest and sweeping plains.

Rwanda is a small, beautiful, peaceful land-locked country located in East Africa. Travelers come from far and wide to catch a glimpse of the magnificence. Rwanda is one of the few countries worth investing in, one of the countries worth traveling in and one of the countries worth learning from. a number of tourists come from every corner of the globe to come and see the mountain gorillas, yet there is so much more to see and experience.

Rwanda committed to safeguard the existence of the diversity of its fauna and flora within the four National Parks. Rwanda is constantly working to ensure we can live in sustainable harmony with our environment, with a clean and green mindset. The country banned plastic bags in 2008, and our lands are possibly the cleanest in Africa thanks to efforts throughout every community. every last Saturday of the month, millions of Rwandans meet in their respective residences and consecrate 3-4 hours for community services cleaning their residences, Roads and planting trees.
For the last five years Rwanda, with its beautiful infrastructures, people committed to service is increasingly becoming a destination of choice for international meeting and event organizers.

Kigali the capital city of Rwanda, is among the safest and friendliest of Africa’s capital cities. Kigali is blessed with a moderate high altitude and temperate climate. It is also conveniently located within three hours’ drive of the main national tourist attractions. The Rwandan capital provides both a comfortable and welcoming introduction to the ‘land of a thousand hills’ and is an ideal springboard from which to explore this magical country.

For more information visit: https://www.visitrwanda.com

Country Information

Capital City: Kigali
Time Zone: Central African Time (CAT)
Size: 26,338 Sqm
Population: 11.78 Million
Local Currency: Rwandan Francs
Official Languages: Kinyarwanda, English, French and Kiswahili
The opening ceremony will take place at Kigali Convention Center. The Kigali Convention Center is the first and largest convention center in the region and the leading destination for events in Rwanda.

It is situated in the heart of the city with easy access and 20 minutes away from our GA venue, though it can take a bit longer depending on the traffic. It is flexible halls which offers plenty of space with a capacity of up to 2600 people seated.

Welcome on the land of Thousand Hills
#Remarkable Rwanda
Say Yes To a Rwandaful Experience
#RWANDAFUL
The PreGA and GA March Meeting 2020 will be held in Golden Tulip La Palisse Hotel.

Golden Tulip Hotel La Palisse Nyamata is a 4-star hotel owned by Club House La Palisse. It is located in Nyamata area, one of the most tranquil and famous parts of the country with a wide variety of birds and natural aspect. The hotel is 25 kilometers from the city centre of Kigali and the main business area, international organizations and embassies, while the airport is 29 km from the hotel on the outskirts of the city. The hotel is overlooking the fantastic views of the mountains and offers guests the most hospitable services. The hotel interior is inspired by the influences of the mixture of modern and African touch and it provides a unique and comfortable experience starting from the lobby to the elegantly decorated rooms.
Golden Tulip La Palisse Hotel

Accommodation
The hotel can accommodate up to 1000 guests, each guest per bed. There are different categories of rooms but to accommodate such number all rooms are considered equally.

Rooms have air conditioning, bathroom, toilet, wardrobe, shower cabin, free unlimited high-speed WI-FI internet, satellite TV. The hotel has a big pool which is accessible by its guests for free.
We will have Palast rock hotel as a backup hotel in case delegates go beyond 1000. Palast Rock Hotel is a 3 stars hotel situated in the heart of Nyamata, Bugesera, 5 minutes from Golden Tulip La Palisse Hotel, our main venue.
An all-day dining restaurant, situated on the ground floor and it offers breakfast, lunch and dinner buffet with a variety of international dishes and a la carte options.

An inclusive boarding will be provided during the IFMSA General Assembly meeting. 3 meals will be served at the above-mentioned restaurant ensuring smooth catering and all food preferences will be respected and all special dietary requirements will be provided.

Water will be available and easily accessible at the venue during the meeting.
La Palisse Nyamata offers a wide variety of business and leisure facilities, including the spacious banquet and conference rooms which are the perfect venue for meetings, conferences for up to 800 guests. It has enough space to build other artificial halls that can host up to 1500 guests. Hotel features several convenient sized meeting rooms with daylight. All rooms are air conditioned and all are equipped with screen, projectors, flip charts, slide projectors, and all rooms with above 100 guests capacity have PA System.
About Venue

Golden Tulip Hotel

Conference Rooms

<table>
<thead>
<tr>
<th>Meeting &amp; Banquet Rooms</th>
<th>800</th>
<th>400</th>
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<tr>
<td>IJURU 1+2</td>
<td>800</td>
<td>400</td>
<td>300</td>
<td>800</td>
</tr>
<tr>
<td>IJURU 1</td>
<td>400</td>
<td>200</td>
<td>170</td>
<td>420</td>
</tr>
<tr>
<td>IJURU 2</td>
<td>400</td>
<td>200</td>
<td>170</td>
<td>420</td>
</tr>
<tr>
<td>IRIBA A (1+2)</td>
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<td>50</td>
<td>60</td>
<td>120</td>
</tr>
<tr>
<td>IRIBA A 1</td>
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<td>25</td>
<td>30</td>
<td>60</td>
</tr>
<tr>
<td>IRIBA A 2</td>
<td>50</td>
<td>25</td>
<td>30</td>
<td>60</td>
</tr>
<tr>
<td>IRIBA B (1+2)</td>
<td>100</td>
<td>50</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>IRIBA B 1</td>
<td>50</td>
<td>25</td>
<td>60</td>
<td>60</td>
</tr>
<tr>
<td>IRIBA B 2</td>
<td>50</td>
<td>25</td>
<td>60</td>
<td>60</td>
</tr>
<tr>
<td>IRIBA C (1+2)</td>
<td>100</td>
<td>50</td>
<td>60</td>
<td>100</td>
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<tr>
<td>IRIBA C 1</td>
<td>50</td>
<td>25</td>
<td>30</td>
<td>60</td>
</tr>
<tr>
<td>IRIBA C 2</td>
<td>50</td>
<td>25</td>
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<td>60</td>
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<tr>
<td>IRIBA D (1+2)</td>
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<td>100</td>
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<tr>
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<td>60</td>
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<td>IRIBA D 2</td>
<td>50</td>
<td>25</td>
<td>30</td>
<td>60</td>
</tr>
<tr>
<td>MUGESERA</td>
<td>40</td>
<td>40</td>
<td>40</td>
<td>100</td>
</tr>
<tr>
<td>IZUBA (4 Halls)</td>
<td>25</td>
<td>20</td>
<td>18</td>
<td></td>
</tr>
</tbody>
</table>

Some of the smaller halls can be combined together to form bigger rooms, according to our needs. At the same time, the bigger halls can be divided into smaller ones. IZUBA Halls are with non-movable chairs.

Additional Artificial Hall that will be set at the GA to be used as main hall for plenaries and is equipped with screen, projectors, flip charts, slide projectors, PA System, LCD data projector.

On top of that they also offer a superb WIFI system. While the OC is making effort that the plenary stream and voting procedures will have separate strong WIFI to eliminate plenaries delay.
Getting to

Kigali

Kigali International Airport (also named Kanombe International or Gregoire Kayibanda International Airport according to the booking airline), located in the capital city of Rwanda, Kigali, is just 29 Km from our main venue and 10Km from the city centre. It is well known for Rwanda’s welcoming and friendly people. This airport

It serves as the primary hub for RwandAir as well as several other airlines.

Kigali International Airport is located in the Capital city of Rwanda Kigali, Kigali International Airport is well known for Rwanda’s welcoming and friendly people.

From the airport to the Hotel it is 50 minutes maximum according to the traffic and the OC is offering transportation on the pre-GA arrival date and pre-GA departure, GA arrival date and GA departure date from and to Kigali International Airport. The OC will be ready to provide transportation from and to Kigali Bus Station (NYABUGOGO) for delegations that will use buses option.

Please do note that you will have to have your arrival/departure details in our registration system at least a month in advance in order to help the OC to arrange transport for all.
Flights

Airlines Servicing Kigali International Airport are: RwandAir, Kenya Airways, Ethiopian Airlines, Brussels Airlines, KLM, Turkish Airlines and Qatar Airways

**RwandAir**

RwandAir is the country’s national flag carrier, flying over 25 destinations in Africa with 23 flights in and out Kigali daily. Outside Africa, RwandAir flies to Dubai, Mumbai, London, Brussels, Tel Aviv, Guangzhou.

RwandAir WILL PROVIDE 15% DISCOUNT TO DELEGATES OF MM2020 and code to use shall be provided very soon.

Find more information on [https://www.rwandair.com/](https://www.rwandair.com/)
Qatar Airways has a direct flight from Doha to Kigali every day of the week.

Turkish Airlines has a direct flight from Istanbul to Kigali every day of the week.

Ethiopian Airlines Flies Twice daily from Addis Ababa to Kigali.

Kenya Airways has a direct flight from Nairobi to Kigali every day of the week.

KLM Royal Dutch Airlines has a direct flight from Amsterdam to Kigali every day of the week.

Brussels Airlines operates a direct flight from Brussels to Kigali every day except Friday.

Lufthansa flies from Cologne to Kigali 7 days a week.

The OC of MM2020 highly encourage every participant to book the flight as early as possible for better price and better options.

How to reach the venue without OC transport

In case a delegate misses OC transport, without waiting for our volunteer assistance there are two options:

First option is that at the Kigali International airport there are cabs in blue color called YEGO CABS that are available in the Airport and the cost from the Airport to the hotel is between 15-20 EURO.

Second option is to go in your IOS AppStore or Android AppStore and download application called" VWMOVE" create account and put the destination Golden Tulip La Palisse Nyamata and request a ride, the price is from 0.5 Euro per Kilometer. Please note there is another hotel nearby called La Palisse Hotel of same management company you should not be confused, We want you at Golden Tulip La Palisse Hotel, Nyamata.

For more information on how to use move check: [https://move.rw/](https://move.rw/)
About Registration

For simplicity, the registration will be done through our website https://mm2020rwanda.com/mm2020/register/ and will open on September 15, 2019. This entails to give the potential delegates a substantial amount of time for smooth registration and NMO presidents to manage their delegations. The early registration deadline for delegates is December 15, 2019 while the late registration deadline is January 15, 2019. The registration team will be amazed to provide any technical assistance that you might meet during registration. Just text them at registrations@mm2020rwanda.com

As usual, each national member organization (NMO) is guaranteed a quota of up to 8 for early fees and up to 8 for late fees. Kindly bear in mind that if a delegate registers after the early registration deadline, they shall automatically be registered during late registration and will be subject to payment of a late registration fee. All NMO delegates need to be approved by their respective NMO Presidents. Future cancellations, substitutions or change in the NMO delegates are still possible taking into consideration the announcements from the organizing committee.

The MM2020Rwanda organizing committee guarantees early registration fees for:
- A minimum of 8 delegates for every NMO,
- All IFMSA Officials (TO),
- All IFMSA staff members,
- 1 representative from each IFMSA Program,
- 1 coordinator from each IFMSA Task Force,
- 2 members from the AM2020 OC,
- 7 support persons appointed by the EB,
- 6 support persons appointed by the Standing Committee Directors,
- 2 plenary team members,
- 3 International Assistants per Standing Committee appointed by relevant Standing Committee Director,
- 1 International Assistant per Region appointed by relevant Regional Director.
- 5 International Assistants appointed by an Executive Board member

Moreover,

The IFMSA MM2020Rwanda organizing committee guarantees late registration fees for:
- Up to 8 delegates for every NMO,
- 6 support persons appointed by the Standing Committee Directors,
- 5 support persons appointed by the Regional Directors,
- 5 members of the Financial Committee,
- 3 International Assistants per Standing Committee appointed by relevant Standing Committee Director,
- 1 International Assistant per Region appointed by relevant Regional Director.
- 5 members of the CCC.
- 5 International Assistants appointed by an Executive Board member


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Registration deadlines

Early registration deadline: December 15th 2019, 23:59 GMT
Late registration deadline: January 15th 2020, 23:59 GMT
PreGA registration deadline: January 5th 2020, 23:59 GMT

Structure of registration fees

<table>
<thead>
<tr>
<th>Country Category</th>
<th>Early Fees</th>
<th>Late Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>A &amp; B</td>
<td>125€</td>
<td>250€</td>
</tr>
<tr>
<td>C &amp; D</td>
<td>225€</td>
<td>440€</td>
</tr>
<tr>
<td>E &amp; F</td>
<td>290€</td>
<td>550€</td>
</tr>
<tr>
<td>Alumni/ External</td>
<td>Late fee for their NMOs</td>
<td></td>
</tr>
<tr>
<td>Pre-GA</td>
<td>240€</td>
<td>To be announced</td>
</tr>
</tbody>
</table>

Observers and Alumni must pay the late registration fee of their respective country category. Delegates from C, D and E, F category must pay an additional 10 € or 25 € for the Travel Assistance Fund (TAF) respectively. Delegates beyond the NMO Early Quota (8) must pay an additional tax of 25 € for the IFMSA central budget.

PAYMENT DEADLINES

Payment deadline for early registration: December 30th 2019, 23:59 GMT
Payment deadline for late registration and preGA: January 20th 2020, 23:59 GMT

Notice:
* If the OC does not receive the proof of payment by January 20, an additional fee of 5% of the total invoice will be added.
* If by January 31 the payment is not received, an additional fee of 10% of the total initial invoice will be added.
* If the payments are not received by February 1st, now the registration will be cancelled.
* Lastly, if NMO has a debt to the OC after the transfer, another invoice will be issued to include the 5% or 10% penalty. Make sure you pay the transfer fees.

Substitutions and cancellations

- Substitutions will be acceptable until: February 10, 2020, 23:59 GMT
- Cancellations before January 31, 2020: Full refund
- Cancellations before February 7, 2020: 50% refund
- Cancellations after February 7, 2019: No refund
Payments will have to be made by bank transfers. The Organizing Committee will send an invoice to every NMO after establishing the final number of participants.

Should your NMO have trouble with bank transfers, please contact the OC by November 1st 2019 at vice.chair.finance@mm2020rwanda.com, and CC mm2020rwanda@ifmsa.org. We will work on a solution to facilitate the process together.

Such NMOs who are unable to make online or bank transfers, the Organizing Committee will sign an online contract for cash payment after the respective registration deadlines. Please be aware that cash payments on the spot may be subject to an additional tax of 22%.

We strongly advise that only one payment covering the early registrations and another covering the late registrations are made.

The same is advised for preGA payment as well. You will also have the option to cover all your NMO’s fees in a single payment. This not only makes the job easier for the NMOs and for the MM2020 OC, but also saves money on unnecessary transaction fees.
BANK TRANSFER:

It is important that as soon as you complete your bank transfer, you kindly email us a copy of the transfer receipt (vice.chairfinance@mm2020rwanda.com), together with the list of participants from your NMO whose fee is covered by that particular transfer. Please make sure that your transfer covers any fees under its way from your account to ours. In addition, a bank administration fee of 15 € needs to be covered by all NMOs and will be added to your invoice.

BANK TRANSFER:
Transfer message:

“Name of your NMO - Surnames of Participants whose fee is covered with this transaction.”

An example of transfer message:

"MEDSAR – Ndanyuzwe, Niyonkuru, Nsabimana”
“From this we can conclude that Medical Students’ Association of Rwanda paid the fee for three particular participants.”

ACCOUNT INFORMATION WILL BE FOUND ON YOUR INVOICES
Additional to a highly experienced Finance Team, our realistic budget is carefully set. Furthermore, we have consulted possible OCs of recent General Assemblies regarding Finances to ensure that our GA is financially Sustainable. Our Finance Team is ready to host a High standard GA.

### Minimum Budget for 200 Participants

<table>
<thead>
<tr>
<th>PRE-GA EXPENSES</th>
<th>Budget in Euro</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hotel and Accommodation</td>
<td>32,000</td>
</tr>
<tr>
<td>Meals</td>
<td>10,000</td>
</tr>
<tr>
<td>Conference Materials</td>
<td>2,446</td>
</tr>
<tr>
<td>Transportation</td>
<td>5,000</td>
</tr>
<tr>
<td>conference Venue</td>
<td>0</td>
</tr>
<tr>
<td>SubTotal Pre-GA</td>
<td>49,446</td>
</tr>
</tbody>
</table>

### Maximum Budget for 250 Participants

<table>
<thead>
<tr>
<th>PRE-GA EXPENSES</th>
<th>Budget in Euro</th>
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</thead>
<tbody>
<tr>
<td>Hotel and Accommodation</td>
<td>40,000</td>
</tr>
<tr>
<td>Meals</td>
<td>10,000</td>
</tr>
<tr>
<td>Conference Materials</td>
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</tr>
<tr>
<td>Transportation</td>
<td>5,000</td>
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<tr>
<td>conference Venue</td>
<td>0</td>
</tr>
<tr>
<td>SubTotal Pre-GA</td>
<td>57,446</td>
</tr>
</tbody>
</table>

### Minimum Budget for 1000 Participants

| Venue(Venue + Accommodation + Food (Hotel Package) | 300,000 |
| Theme Event | 2,000 |
| Social Program | 2,000 |
| Transportation | 42,500 |
| Materials | 8,990 |
| External Auditing and Insurance | 3,000 |
| Opening Ceremony | 11,000 |
| Plenary Hall | 15,000 |
| Administration | 15,000 |
| Unexpected Expense | 10,000 |
| Free Spot for 10 Participants | 3,000 |
| 20% reduction trainers, 50% reduction for EB | 2,800 |
| SubTotal GA | 415,290 |
| SubTotal Pre-GA | 49,446 |
| Totol Expenses | 464,736 |

### Maximum Budget for 1200 Participants

<p>| Venue(Venue + Accommodation + Food (Hotel Package) | 360,000 |
| Theme Event | 2,000 |
| Social Program | 2,000 |
| Transportation | 48,500 |
| Materials | 9,790 |
| External Auditing and Insurance | 3,000 |
| Opening Ceremony | 11,500 |
| Plenary Hall | 15,000 |
| Administration | 15,000 |
| Unexpected Expense | 10,000 |
| Free Spot for 10 Participants | 3,000 |
| 20% reduction trainers, 50% reduction for EB | 2,800 |
| SubTotal GA | 482,590 |
| SubTotal Pre-GA | 57,446 |
| Totol Expenses | 540,036 |</p>
<table>
<thead>
<tr>
<th></th>
<th>Minimum Budget</th>
<th>Maximum Budget</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>Number</td>
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</tr>
<tr>
<td>Pre-GA</td>
<td>200</td>
<td>48,000</td>
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<tr>
<td>GA</td>
<td>1000</td>
<td>297,700</td>
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<tr>
<td>Pre-GA +GA</td>
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<td>345,700</td>
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<td>Confirmed Sponsorships</td>
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<td>467,650</td>
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<td>Expected expenses</td>
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<td>464,736</td>
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<tr>
<td>Balance</td>
<td></td>
<td>2,914</td>
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</tbody>
</table>
Information

30 DAYS VISA ON ARRIVAL
VISA Information

In Rwanda, we do have three options of applying for visa:

1. All citizens of the world are issued visa upon arrival at all border posts without prior application. For further information on the Rwandan new visa regime, please check the following [Rwanda Visa Regime 2019](#).

   - Delegates from East African Community Member States do not need a visa upon arrival while staying less than 90 days: East African Community Member States (Burundi, Kenya, Uganda, United Republic of Tanzania and South Sudan).

   - Citizens of countries that do not pay entry visa fees while travelling on ordinary passports – the following countries to be granted 90 days valid visa free of charge: Angola, Benin, Central African Republic, Chad, Cote d’Ivoire, Democratic Republic of Congo, The Federation of St Christopher and Nevis, Ghana, Guinea, Indonesia, Haiti, Mauritius, Philippines, Senegal, Seychelles, Sao Tome and Principe, and Singapore.

2. All countries that are not visa exempt have option to submit application online ([Click here](#)), get you visa approved within three working days. With this option you will get your visa on arrival.

3. You have option to submit application at the Rwanda Diplomatic Missions of the country of residence before departure. ([Click here](#)) to check your country and click on your country for contacts and address.

**Visa Cost: 30 US Dollars or 27 Euros**

Note:

1. Those applying online have option to pay online or upon arrival.
2. Visitors who wish to visit simultaneously the three countries (Rwanda, Kenya and Uganda) for tourism may apply for the East Africa Tourist Visa (EATV) online via ([Click here](#)), upon arrival or from Rwanda Diplomatic missions abroad. If acquiring the EATV visa before travel, your first entry point must be the country through which you applied for the visa. The East Africa Tourist Visa costs US$100, is valid for 90 days and is multiple entries (if staying within the three countries).
3. **There is no single affiliated Agent that is authorized to apply for visa on your behalf. Such Agents may mislead you and charges more than the required visa fees.**
4. Official representatives and experts holding Diplomatic passport, Service Passport or Laissez-passer of the AU, UN traveling to Rwanda to attend the summits/meetings will be issued with a free visa upon arrival.

For more information, you can visit the website of [Rwanda Directorate General of](#)
Vaccination

Instructions on Yellow Fever

While Rwanda is Yellow Fever free, the Rwandan Ministry of Health has implemented measures to prevent the import of Yellow Fever cases and therefore protect the health of residents and visitors. The following instructions are delivered to inform public and travelers:

1. To enter in Rwanda, a valid Yellow Fever vaccination certificate is mandatory for all travelers.

2. Delegates without proof of vaccination will be immunized at the airport clinic at a cost of 40 US Dollars approximately 37 Euro.

Malaria Prophylaxis

All delegates from malaria free countries are advised to take malaria Prophylaxis before traveling to Rwanda or to another tropical country.

More than 90% of citizens in Rwanda are insured. Hence, we advise delegates to hold their health insurances as you stay in Rwanda.

Summary

While Traveling make sure you have at minimum:

1. Valid Passport (At least 6months when interring Rwanda)

2. Your official invitation letter

3. Your Student Card

4. Visa fees (Please have exact cost since the visa post may not have balance for everyone)

5. Yellow fever Vaccination card/certificate

6. Malaria prophylaxis taken (from Malaria free countries)

The MM2020 OC will be more than happy to help you to enter Rwanda. If you need any help or have any questions regarding visas or Vaccinations you can reach us on visas@mm2020rwanda.com.
We hope that we will have a smooth and cheerful meeting in March meeting of 2020, we ensure you that we will have interactive and unique social programs after productive days. It is going to be the unique opportunity to taste various cultures but most importantly the rare vibrant African moves, be ready to embrace the whole new experience. we are ready to take you through various activities after busy schedule like meeting inspiring leaders in our countries, travelling together in various places enjoying different organized activities.

At the opening ceremony. We are expecting a welcoming message from our own president HE Paul KAGAME and we are expecting the presence of general director of World Health Organization or representatives and other famous presenters.

Among other daily social programs, it will include but not limited to:

- **Famous NFDP**: through NFDP you will sip different kind of food and drinks of various countries

- **Wonderful culture night**: don’t hesitate to bring clothes and other attires which will guide and show the culture of your country. We can’t wait to have all of you in our country of thousand hills

- You will be provided with social program schedule for further details.

The OC has spared no effort to blow your minds with amazing social programs. **We work hard and party harder.**
“The role of Primary health care in achieving Universal health coverage” has been chosen as March Meeting 2020 theme event. A long journey of assessing major issues faced by health sectors from across the world and conducting the strengths Rwanda has invested to overcome some of the issues, has led us to this theme.

Universal health coverage and primary health care are part of the overarching areas of the IFMSA. Contemporaneously the basis of Rwanda’s health sector success story lies in the promotion of both concepts. We cannot leave out the fact that Universal Health Coverage and Primary Healthcare remains a global threat to the realization of a healthy people around the world. Our aim rests in helping medical students from the four corners of the globe understand tangible measures to promote the highest standard of health.

For this reason, MM2020 Rwanda organizing committee has prepared a number of sessions that will not only address the key points of the theme but highlight concrete examples and facts to actively engage all participants and highpoint their role as medical students.

Primary health care focuses on the availability of quality scientifically proven and socially acceptable essential health services at an affordable cost whereas Universal health coverage pays special attention to the affordability of quality health services. Currently, the world is showing great commitment towards universal health coverage using primary healthcare as a weapon. The recent Astana declaration of 2018 is proof to the courage being shown. However, all regions of the world are subject to disastrous health care costs that drive families into bankruptcy. We have heard enough of the families driven into poverty by health care costs and health being a package to be enjoyed by the privileged. The next step is to identify our role as medical students and future health care providers in actively battling this disaster.

However, we believe that there are some countries including Rwanda, that are proof that regardless of the country’s resources health for all can be achieved.

We are working diligently to bring the most amazing topics through sessions and parallel workshops which we undoubtedly believe that great ideas and solutions will be drawn from, to build countries, regions and a world where everyone will enjoy the highest attainable standard of health freely.
Capacity building is a building block to our federation. By now you might be asking yourselves, how do we intend to jump-start such an event. And we could not think of any other way than to take care of your NMO’s Capacity building needs!

Preceding the General Assembly we will take full advantage of the best trainers we can possibly find and train IFMSAs trainers of tomorrow. The preGA will take place at Golden Tulip Lapalisse hotel from 26th of February until 1st of March.

200 knowledge seeking medical students will spend 3 full working days honing their soft skills at various trainings and workshops. For the accommodation and training sessions will take place at the hotel. Golden Tulip La Palisse Hotel**** will spoil our participants with access to the Olympic size pool of the hotel and beautiful nature around the hotel. Registrations will be carried out separately from the GA registrations. The specific workshops will be announced and calls opened as per IFMSA procedures, so stay tuned to IFMSA’s as well as our communication channels for more info later in the year.

RELEVANT DEADLINES AND FEES

Registration deadline: 05. 01. 2019
PreGA registration fee: 240 €

Substitutions and cancellations policy: same deadlines and policies apply as for GA registrations.

To the IFMSA Trainers: Because we value your dedication and hard work in making such events as successful and memorable as they are, the OC will strive to provide a certain reduction on fees for all our ambitious trainers, who will guide and mentor our participants on the path to excellence.

Regarding the social programs at the preGA, you need not worry, because our OC will make sure that you will have as much fun in the day as at night! To start our blood flowing, we will organize an exciting opening ceremony, continue with various social events in the following night and conclude the preGA with a closing ceremony, that will tie the event together in a memorable way and leave you wanting more. But to your luck, the GA will be right around the corner and ready to astonish you once again.
The gateway city to the land of a thousand hills, Kigali is Rwanda’s rapidly growing capital city and the most important business center in the country. Founded in 1907 as a small colonial outpost with limited linkage to the outside world, it has grown into a modern metropolis – the heart of the emerging Rwandan economy and one of the safest and cleanest capital cities on the African continent.
Genocide Memorial- Gisozi

The people of Rwanda embrace peace and reconciliation. They are committed to fight the ideology of genocide. The memorials found throughout the country are moving testimonies in memory of the 1994 Genocide against the Tutsi. Inaugurated on the 10th anniversary of the Rwandan genocide, the Kigali Genocide Memorial is where 259,000 victims have been buried. This memorial also serves to educate about genocide in the 20th Century.

Campaign Against Genocide Museum

Located in the Parliamentary building, this museum depicts in details how the Campaign Against Genocide Plan was executed by Rwanda Patriotic Front/Army (RPF/A) following the withdrawal of UN troops leaving the targeted Tutsi under the mercy of the Genocidaires and how only the RPF/A forces who were in the war of liberation took the unilateral decision to stop Genocide, Rescue victims of Genocide and defeat the Genocidal forces.
Post- GA Tour

ROAD 2
Cultural Heritage Corridor
The Cultural Heritage Corridor in the Southern Province showcases a number of Rwanda’s important cultural and historical sites, for example:

- King Mutara III Rudahigwa’s 1931 Royal Palace museum, standing today as it did when the King was in residence along with the ‘Inyambo’, traditional Rwandan cows known for their impressive long horns.
- Ethnographic Museum in Huye houses one of Africa’s finest collections of pre and postcolonial ethnographic, artistic and archaeological displays.
Within the Great Rift Valley lies Nyungwe Forest, acclaimed for its biodiversity and endemic species richness. Africa’s largest protected mountain rainforest is an important habitat for many species, especially primates (13 species) and birds of which there are over 300 species.

Butterflies and moths abound and the forest comprises more than 240 tree species with the canopy reaching 70 meters high in places, orchids and over 1,000 plant types. Note: Only 16 Chimpanzee permits per day are issued. Advance booking of 3 to 6 months is recommended.
ROAD 4
Volcanoes National Park

MOUNTAIN GORILLA / GOLDEN MONKEY TRACKING / HIKING TRAILS
Tracking the endangered mountain gorilla on the slopes of the Virunga volcanoes is magical. Experience an unforgettable Gorilla tracking through mountain forests or a Golden Monkey visit through bamboo forests. Also available is the ‘Dian Fossey Tomb Trail’ – a beautiful yet challenging hike to 3,000 meters up the slopes of Mount Bisoke or a hike to the beautiful Ngezi Crater Lake at the top. Permits should be booked 3 to 6 months in advance (particularly for gorillas in high season from June – September as only 80 permits are issued per day).

CAVING IN MUSANZE
Rwanda’s caves date back 65 million years and lie within the volcanic region where lava flow layers long ago created the Albertine Rift Valley. The caves offer easy hiking of up to 2 kms and showcase many entrances most being roof collapses.

IBY’IWACU CULTURAL VILLAGE
Located in Musanze, this village shows some aspects of Rwanda’s ancient ways and supports the local community, some of whom were once poachers. Here you will see a traditional healer, a black smith; grind sorghum, shoot arrows after being greeted by traditional Intore dancers and drummers.
ROAD 5

Lake Kivu Surrounds

RUBAVU

Visit the beaches, 1918 First World War Graves, tours of Bralirwa Brewery, and enjoy sundowners on the lake’s shores and traditional night fishing experiences with local fishermen.

Drive part of the spectacular Congo Nile trail, bird watch in Gishwati Forest, visit Rosamond Carr / Imbabazi flower farm, go caving, take a Batwa community Dancing Pots tour, or a city tour of Gisenyi (Congo border posts and market, Poupeé de Atelier, Ubumwe Disabled Community Centre).
KARONGI

Karongi offers beaches, islands and crystal clear water. Boating, tea and coffee plantations, the Kibuye Power Plant (methane gas is extracted from the lake), Bisesero Genocide Memorial, Congo Nile Parish Catholic Church Rutsiro (where the first Rwandan bishop was based), night fishing, Napoleon’s Island with a colony of fruit bats and birds, Amahoro Island restaurant – just some of the delights found in and near this small resort town.
Akagera National Park

Akagera is the largest national park in Rwanda comprising acacia woodlands, savannah grasslands and mountain habitats. The Akagera River feeds a labyrinth of lakes and papyrus swamps making it the largest protected wetland in Central Africa with one of the highest concentrations of hippopotamus in Africa. Enjoy big game viewing as well as one of the best birdwatching sites in Rwanda. You may also enjoy a boat ride to see Bird Island and a large Nile crocodile, or an evening safari.
Welcome once again in the country of a thousand hills. Rwanda is known for being green since some years back and we are working towards the same mission in our march meeting 2020, Africa at the peak, green meeting and we will achieve that through your collaborations. Kigali city has now an accolade of being the cleanest city in Africa.

We are reminding all attendees that it is restricted to have plastic bags since 2008 in the whole country, you have to check your bags before packing so that you will not be fined unwillingly, regarding packing we are having all around papers and other biodegradable packaging.

We are trying to have a special day for planting trees in our country for the sake of our ecosystem to harness the wellness of our globe, for sustainable green environment we are committed to send to all delegate a green survival kit which will guide in disposal of waste.

Our Venue is one of ecosystem friendly facilities. It uses solar panels as the main source of energy. We urge all delegates that they should have proper disposal of wastes and we can’t wait to assist you in enhancing that regulation, there will be a team all around to assist in difficulties, we are working hand in hand with companies which will direct collect wastes in general assembly for cycling and reuse, you can bring your own water bottle but the OC is committing to avail reusable bottles for the sake of our ecosystem and together with the venue we will minimize if not eliminate the use of non-recyclable items at the GA venue.

We are the ecosystem and we must live not surviving, we can’t wait to have all of you around!!!

1. MEDICAL SERVICES

- There is a nearby district hospital 550m from the venue. But in case of medical service needs delegates are advised to seek treatment at one of the following hospitals:
  - King Faisal Hospital: 3938 or +250 788307561
  - Centre Hospitalier Universitaire de Kigali/CHUK: +250 788868240
  - Kanombe Military Hospital: +250 788305703
1.1 GENERAL HEALTH TIPS:
● Maintain strict hand hygiene. Wash your hands often with soap and water, especially before eating. A delegate can choose to take along a supply of pocket size hand sanitizers (it should contain at least 60% alcohol).
● Kigali is a clean city and discourages littering. Dispose your waste at designated areas at all times.
● Eat and drink safely: Ensure that your food and water are from trusted sources and fruits are thoroughly washed before eating.
● Comfortable clothing: Although the temperature is projected to be friendly, the temperatures at the meeting venue may vary between 18°C and 27°C. Please take along comfortable clothing.
In case of emergency or accident contact immediately the OC or delegates can call the Emergency Medical Hotline: 912 or 1112

2. PHARMACY SERVICES
● Kigali city has several pharmacies open mostly during day hours, with few others working 24/7 on rotation basis.

3. INFORMATION TECHNOLOGY
The following Rwandan mobile telecommunication service providers are available:
● MTN
● Airtel & Tigo
Mobile telephone service providers also provide gateway to Internet using GPRS, 3G and 4G. Cell phone SIM cards are widely available; however, every SIM card user/buyer in Rwanda is expected by law to be registered for activation. The SIM card can be registered at the point of purchase.

4. CURRENCY
The Unit of currency is the Rwandan Franc (RWF) that is divided into 100 centimes. Exchange rates are subject to fluctuation. Currently, 1 USD is approximately equivalent to 910 RWF. 1 EURO is approximately equivalent 1,016

5. Banking Services
Banking hours are from 08:00 to 18:00 on weekdays and from 08:00 to 15:00 on Saturdays. Banking amenities are available at all commercial banks; local and regional banks hold agreement with a variety of credit card networks.
Most internationally recognized currencies and travelers' cheques can be exchanged at commercial banks, hotels and international airport. Major credit cards are accepted in most hotels, restaurants and shops.

6. Climate
This time of year, in Rwanda is almost the rainy season. Temperatures vary from 20 ° to 26 ° Celsius degree, You may consider carrying along a simple coat.

7. Time
The time in Rwanda is Central African Time (GMT+2).

8. Plastic Bags
As part of an environmental protection policy, plastic bags are not allowed into Rwanda. Passengers entering Kigali International Airport, or any other border posts with plastic bags are required to discard them, and are supplied with an environmentally friendly alternative at a cost ranging between 2-6 Euros.

9. Electricity Supply
The power supply in Rwanda is 220/240V AC. It is advisable to bring your own round, two-prong adapter and transformer for 100V AC.

10. Emergency Services
In case of emergency, please refer to the telephone numbers listed below.
Fire Brigade (Toll Free): 111 or +250 788 311 224
Ambulance (Toll Free): 912
General Assistance: 997

11. Business and Shopping Hours
Public Offices open from 07:00 to 17:00 while business open from 8:00 to 18:00, Monday to Friday. Opening times on weekend for business range between 09:00 to 22:00.

For more practical information on Rwanda, please visit: https://www.visitrwanda.com
Say Yes, To a Rwandaful Experience