

## **RWANDA**

Rwanda, officially the Republic of Rwanda, is a sovereign state in central and east Africa. Located a few degrees south of the Equator, Rwanda is bordered by Uganda, Tanzania, Burundi and the Democratic Republic of the Congo. Rwanda is also known as the Land of a Thousand Hills because most of the country is covered by rolling, grassy hills. The capital city is Kigali and the currency used in Rwandan franc.

Music and dance are the integral part of Rwandan ceremonies and festivals. The most famous traditional dance is highly choreographed routine consisting of three components: the umushagiro, or cow dance performed by women; the intone, or dance of heroes, performed by men; and the drumming also traditionally performed by men. Rwandan cuisine is based on staple foods like bananas, plantains, sweet potatoes , pulses , beans and cassava. The country also has a history of traditional arts and crafts, especially woven bowls and baskets.

A state almost literally at the heart or the center of the African continent, Rwanda has much to behold. Just like several other African countries. Rwanda is teeming with African wildlife and wilderness. One of the unique things you will get to do here is see rare mountain gorillas that find their home in bamboo forests. It's really not just about the safari and savannah here, but of forests as well. There are also a few volcanoes there for exploration. Despite the tragedy that has occurred in this country, the people have become optimistic and remained strong. Indeed, an admirable trait that you will see in the faces of their people.