

## CONCEPT NOTE: DEBRIEFING RETREAT FOR EXPATS AND MISSIONARIES IN RWANDA

### Introduction:

Rwanda, known for its breathtaking landscapes and rich cultural diversity, is a country that has attracted expatriates and missionaries from all over the world. These individuals have dedicated their time and efforts to various humanitarian, development, and religious missions in Rwanda. While their experiences are often fulfilling and transformative, they also come with unique challenges that require proper debriefing and support. To address these needs, Rabagirana Ministries is organizing a Debriefing Retreat for Expats and Missionaries in Rwanda, using the "Exchange at the Cross" model, with a focus on Luke 24:13-35 as the main text.

### Background:

Missionaries and expatriates living in Rwanda face a range of challenges, including:

1. **Cultural Adjustment:** Adapting to a new culture, language, and way of life can be overwhelming, leading to feelings of isolation and frustration.
2. **Emotional Strain:** Witnessing poverty, suffering, and trauma can take an emotional toll on individuals, leading to burnout and compassion fatigue.
3. **Spiritual Questions:** Living and working in a new environment can raise profound spiritual questions and challenges.
4. **Re-entry Issues:** Returning home after a mission can be as challenging as going abroad, as individuals struggle to reintegrate into their home culture.
5. **Isolation:** Many expatriates and missionaries live in remote areas, far from their support networks, exacerbating feelings of isolation.

### The Need for a Debriefing Retreat:

A debriefing retreat is essential to provide a safe and supportive environment for expatriates and missionaries in Rwanda to process their experiences. This retreat aims to:

1. **Facilitate Healing:** By engaging with the "Exchange at the Cross" model, based on Luke 24:13-35, participants can explore their experiences and find healing through spiritual reflection and discussion.
2. **Promote Emotional Well-being:** Through guided debriefing sessions, participants can openly share their challenges and emotions, reducing the risk of burnout and compassion fatigue.
3. **Encourage Cultural Exchange:** The retreat will offer opportunities for participants to share their cultural experiences, learn from each other, and build a sense of community.
4. **Support Reintegration:** Participants will gain insights and tools to assist them in the process of re-entry when they eventually return to their home countries.

### **Retreat Activities:**

The Debriefing Retreat will include various activities designed to foster holistic well-being and reflection:

1. **Morning Aerobics:** Each morning, participants will engage in a 30-minute aerobics session to promote physical health and team bonding.
2. **Spiritual Reflection:** Guided by the Luke 24:13-35 passage, participants will engage in discussions and reflections on their spiritual journeys.
3. **Debriefing Sessions:** Facilitated group sessions will provide a platform for participants to share their experiences, challenges, and insights.
4. **Team Building:** Through team-building activities, participants will strengthen their bonds and support networks.
5. **Bonfire Reflection:** A bonfire session will offer a relaxed atmosphere for participants to share stories, lessons learned, and plans for the future.

### **Conclusion:**

The Debriefing Retreat for Expats and Missionaries in Rwanda aims to provide a holistic approach to addressing the challenges faced by those living and working in this vibrant but challenging environment. By using the "Exchange at the Cross" model, we hope to offer a transformative experience that fosters healing, reflection, and community building.

We encourage all participants to bring sports gear for morning aerobics and an open heart for sharing and learning from one another. Together, we can navigate the challenges of missionary and expatriate life in Rwanda and emerge stronger and more resilient.

### **Date and Location:**

**Date:** November Friday 24<sup>th</sup> – Sunday 26<sup>th</sup>

**Location:** Rabagirana Training Center (**Residential**)

**Fee:** 100k

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