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Mupaka Shamba Letu Urutonde rw'inyigisho zijanye n'imero nderano

Igitabu mfashanyigisho ku bijanye n'imero nderano



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Gushima

Iki gitabu mfasha nyigisho n'icamwa c'inguvu z'abantu benshi barajwe ishinga n'ibijanye n'iyubahirizwa ry'imero nderano nziza hamwe n'ugutsimbataza umubano mwiza, amahoro hagati yimirwi y'abakenyezi bakora urudandazwa ruto jambuka mbibe, n'abagabo hamwe n'abanyagihugu baba ku mbibe hagi y'ibihugu vya Kongo, Urwanda n'Uburundi.

Turashimiye kandi n'abafatanya b'ikorwa b'uyu mugambi « Mupaka Shamba Letu » bakorera muri Republika Iharanira Demokarasi ya Kongo, mu Rwanda no mu Burundi aribo GEL, SOFIBEF, LAV, ADPD, CAU, AFRABU, FVA, CEJP bakurikirana imigwi y'abakenyezi bakora urudandazwa ruto jambuka mbibe hamwe n'abagabo babo.

Turashimiye kandi abafatanyabikorwa b'umugambi « Tushiriki Wote » bakoresheje urutonde rw'ivyirwa rwa mbere rwateguwe rukanakoreshwa mu migwi y'ibiganiro igizwe n'abanyeshure bo mu ma kaminuza am-wamwe yo muri Kivu y'Uburaruko, Kivu y'Ubumanuko na Kinshasa muri Republika Iharanira Demokarasi ya Kongo. Ntitworeka gushimira Kandi umurwi w'abakozi ba International Alert mu mugambi « Mupaka Shamba Letu n'umugambi wa kera « Tushiriki Wote », cane cane Narcisse Zihindula na Anne Marie Kambere.

International Alert irashimiye kandi abatanga uburyo b'ibisata vyihariye ku mfashanyo yabo nka : Igisata c'Ubwongereza kijewe iterambere mpuzamakungu (UKAID), Igisata ca Swede kijewe iterambere mpuzamakungu, Ubushiranganji bw'imigengeranire bw'Ubuholande ; Ubushiranganji bw'imigengeranire n'ubudandaji bwa Irlande. Ibiri muri kino gitabo biraba Alert International ntaco bipfana n'iviyiyumviro vy'abadushigikiye twadondaguye aho hejuru.

Urutonde mfunyomfunyo rwamashirahamwe nibindi

ADPD	Igikorwa c'iterambere kubantu bakumiwe
AFRABU	Ishirahamwe ry'abakenyezi bahungutse mu Burundi
ASI	Adam smith mpuzamakungu
BA	Ishirahamwe ry'urudandaza
BCC	Banki nkuru ya Congo
BDF	Ikigega c'itembera c'ubudandaji co mu Rwanda
BRB	ibanki ya republika y'uburundi
CAF	Uhuriro rw'amahirahamwe y'abakenyezi
CAP	Umurwi ukangurira amahoro
CAU	Collectif Alpha Ujuvi
CBT	Uradandaza nja mbuka mbibe
CDF	amafaranga y'amakongomani
CECM	koperative yokuziganya no kuguranana rusange
CEDAW	Amasezerano yerekeye guca burundu ivangura rikorerwa abakenyezi
CEJP	Umurwi y'abesikopi w'amahoro n'ubutungane
CEPGL	Umuryango b'ubutunzi mukarere kibiyaga binini
CFCIB	Icumba giharaniramwo bose c'abadandazi n'amahinguriro mu Burundi
COMESA	Isoko rusangi mukarere kubuseruko n'uburengero bw'afrika
COOPEC	Koperative yo kuziganya no kuguranana
COSOPAX	abadandaza bari hamwe kubw'amahoro /mu karere kibiyaga binini
CRS	igisata kijewe ubutabazi
CSO	amashirahamwe adaharanira ivyicaro vya politike
DDR	kwaka birwanisho, gusubiza mubuzima busanzwe
DFAP	Umugambi wo guteza imbere imfashanyo
DFID UK	Igisata gishinzwe iterambere mpuzampakungu Uk
DGDA	ubuyobozi bukuru bw'amaduwane
DGM	Ubuyobozi bukuru bw'igisata kiraba uruja nuruza k'umbibe
RDC	Repubulika Iharanira Demokarasi ya Kongo
EAC	Umuryango w'Afurika w'ubuseruko
EU	Umuryango w'ubumwe bw'ibihugu vya Buraya
FEC	Ihuriro ry'amashirahamwe y'abadandanji bwa Kongo
FGD	umurwi wo kwungurana iviyumviro
FONAMI	Ikigega c'ighugu c'amashirahamwe yokuziganya nokuguranana muri DRC
FVA	Ishirahamwe ry'ivyiigiro vy'intsinzi
GEL	Igiata cubutunzi
GERME	Gutunganya neza amahinguriro
GIZ	Geselleschaft für Internationale Zusammenarbeit

GLTFP	Umugambi wo kworohereza ubudandaji bw'ibiyaga binini
ILO	ishihirahamwe mpuzamakungu ryabakozi
IMF	Ikigega mpuwamakungu c'amafaranga
INGO	Ishirahamwe mpuzamakungu ridaharanira inyungu za politique
IOM	Ishirahamwe mpuzamakungu riraba uruja nturuza rw'abantu kw'isi
ISSSS	ubuhinga bwo gutsimbataza no guharanira umutekano. Mpuzamakungu Repubulika iharanira intwarz rusangi ya kongo
KII Key	ikiganiro c'amakuru
M&E	Gukurikirana no gusuzuma
MFI	Ikigo cokuziganya no kuguranana
MONUSCO	Umuryango w'abibumbye ishinzwe umutekano muri DRC
NGO	Ishirahamwe ritaharanira inyungu za politique
OBR	Ikigo kijejwe kugweranya amakori c'uburundi
OCC	Ibiro bishinzwe kugenzura ibidandazwa muri congo
OP	abarorerezi ataho begamiye
PAFE	Igipolisi kijejwe ibimbe zo hasi no hejuru, imipaka n'abanyamahanga
Rafej	Urunani rw'amashirahamwe y'abakenyezi babacamanza m'ubuseruko
REC	Urunani rwokuyaga no guhana amakuru hagati y'abakenyezi bakora urudandaza njambuka mbibe
ROFEJ-GL	uranani rw'amashirahamwe y'abakenyezi babacamanza bo mukarere kibiyaga binini
RMDCSSP	umugambi wo gushigikira am shira hamwe yo mu Rwanda adaharanira ivyacaro vya politiki
RWF	Amafaranga y'urwanda
SACCO	Koperative yokuziganye nokuguranana
SGBV	Ihohoterwa rishingiye ku gitsina n'akaranga nderano
SIDA	Ikigo mpuzamahanga gishinzwe iterambere muri Suwede
SIYB	Gutangura no kuduza urudandaza
SMEs	Amashirahamwe matomato nayisumbuye gato
SMICO	Isosiyete-ishirahamwe yokuziganya nokuguranana yaba congomanzi
SOFIBEF	Ishirahamwe ryo Gushigikirana kw'abakenyezi ba fizi kubwu burwaneza bw'imiryango
SSR	Ivugurura ry'inzezo z'umutekano
SSU	igice co gufasha
STR	ubudandaji bworoshe
TID	Ibiro bishinzwe amakuru
TMEA	Ikirango ca Afurika yo mu buseruko
TOR	Ingingo zo kwishimikiza
TOT	Amahugurwa y'aborosha
UN	Umuryango w'abibumvye
UNDP	Igisata kijejwe iterambere c'umuryango w'isi yose
USAID	Ikigo c'Amerika mpuzamakungu kijejwe iterambere
VSLA	amashirahamwe matomato yokuziganya nokuguranana
WCP	Ubwenegihugu bw'abakenyezi no kubigiramwo uruhara

Liste d'acronymes

ADPD	Action pour le développement des populations défavorisées
AFRABU	Association des femmes rapatriées du Burundi
ASI	Adam Smith International
BA	Business Association
BCC	Banque centrale du Congo
BDF	Business Development Fund, Rwanda
BRB	Banque de la République du Burundi
CAF	Collectif des associations féminines
CAP	Comité d'Alert pour la Paix (Alert Peace Committee)
CAU	Collectif Alpha Ujuvi
CECM	Caisse coopérative d'épargne et de crédit mutuel
CEDAW	Convention sur l'élimination de toutes les formes de discrimination à l'égard des femmes (<i>Convention on the Elimination of all forms of Discrimination Against Women</i>)
CEJP	Commission épiscopale Justice et Paix
CEPGL	Communauté économique des pays des Grands Lacs
CFCIB	Chambre fédérale de commerce et d'industrie du Burundi (<i>Federal Chamber of Commerce and Industry Burundi</i>)
COMESA	Marché commun de l'Afrique orientale et australe (<i>Common Market for East and Southern Africa</i>)
COOPEC	Coopérative d'épargne et de crédit
COSOPAX	Commerçantes solidaires pour la paix/Région des Grands Lacs
CRS	Catholic Relief Services
DDR	Désarmement, Démobilisation et Réintégration
DFAP	Development Food Aid Programme
DFID	UK Department for International Development
DGDA	Direction générale des Douanes et Accises
DGM	Direction générale de Migration
EAC	East African Community
FEC	Fédération des Entreprises du Congo
FMI	Fonds monétaire international
FONAMI	Fonds national de la Microfinance (RDC)
FVA	Faith Victory Association
GEL	Guichet d'Economie Locale du Sud Kivu
GERME	Gérez Mieux Votre Entreprise
GIZ	Gesellschaft für Internationale Zusammenarbeit
GLTFP	Great Lakes Trade Facilitation Project

IOM	International Organisation for Migration
ISSSS	Stratégie de stabilisation, RDC
M&E	Monitoring and Evaluation
MONUSCO	Mission de l'Organisation des Nations Unies pour la Stabilisation en RDC
OBR	Office burundais des Recettes
OCC	Office congolais de Contrôle
OIT	Organisation internationale du Travail
ONG	Organisation non gouvernementale
ONGI	Organisation non gouvernementale internationale
ONU	Organisation des Nations Unies
OP	Observatoire de la Parité
OSC	Organisation de la société civile
PAFE	Police de l'air, des frontières et des étrangers, Burundi
PME	Petites et moyennes entreprises
PNUD	Programme des Nations Unies pour le développement
RAFEJ	Réseau des Associations des Femmes Juristes de l'Est
RDC	République démocratique du Congo
REC	Exchange and Consultation Network for Small Cross-Border Trade Women
RMDCSSP	Rwanda Multi Donor Civil Society Support Programme
ROFEJ-GL	Réseau des Organisations des Femmes Juristes de la région des Grands Lacs
RWF	Franc rwandais
SACCO	Savings and Credit Cooperative
SGBV	Sexual and Gender Based Violence
SIDA	Swedish International Development Agency
SIYB	Start and Improve Your Business Programme
SMICO	Société de Microfinance Congolaise
SOFIBEF	Solidarité des Femmes de Fizi pour le Bien-être Familial
SSR	Security Sector Reform
SSU	Stabilization Support Unit
STR	Simplified Trade Regime
TID	Trade Information Desk
TMEA	Trademark East Africa
TOR	Terms of Reference
TOT	Training of Trainer
UE	Union européenne
USAID	United States Agency for International Development
VSLA	Village Saving and Loan Association
WCP	Women's Citizenship and Participation

Intangamarara

1. Umugambi n'ibijanye nawo

Kuva mu kwezi kwa nzero itari imwe, umwaka 2019, Alert International ifashwe mu mugongo n'igisata ca Suwedi kijewe iterambere mpuzamakungu (Asdi/Sida) iriko irashira mu ngiro umugambi wiswe « Mupaka Shamba Letu (MSL) » muri Kongo no mu karere k'ibiyaga binini mu kiringo c'emyaka ine ifatanije n'amashirahamwe 8 yo mu karere adaharanira inyungu za politike yo muri Kongo, mu Rwanda no mu Burundi.

Uyu mugambi uje gutorera umuti ikibazo c'ukudashirahamwe n'ukutizerana mu turere two ku mbibe hagati ya Republika iharanira Demokarasi ya Kongo, Urwanda n'Uburundi hawe n'ikumirwa ry'abakenyezi bakora urudandazwa rutorutoku jambuka mbibe mu bijanye nogufata ingingo zижanye n'amahoro n'umutekano ziberekeye.

Uyo mugambi ugamije kunagurira ubumenyi abakenyezi bakora urudandazwa ruto jambuka mbibe mu burere bwo ku mbibe bwo muri Republika haranira demokarasi ya Kongo, Urwanda n'Uburundi kugira bari hamwe bahagurukire ibibazo b'ijanye n'imero nderano aho babaye no mu karere kugirango bakoresheje uruhara rwabo bateze imbere imibano myiza n'ugushigikirana mu karere.

Muryo bwiharije, uyu mu gambi wipfuza gushika ku mubano udakumira, uguteza imbere ugufashanya, n'amahoro arama mu karere ka Afrika k'ibiyaga binini. Uyu mugambi ushimikira mu gutsimbataza uruhara rw'abakenyezi bakora urudandazwa rutoruto jambuka mbibe basanzwe baba hafi y'umupaka, uruhara bagira bivuye kuri ako kazi ko kudandaza kugira ngo habe umwumvikano mu kibano.

Kugira iryo hangiro rishikweko, uyu mugambi uzokoresha imikenyuro itandukanye : Kunagura ubumenyi n'ibiganiro, kugira inani n'ubuhuza bikorwa hamwe n'ubuvugizi. Kimwe mu vy'itezwe n'ugushiraho ikirere ciza kugira abo bakenyezi b'abadandaza batobato bo ku mbibe batsimbataza kandi bagokoresha uruhara rwabo mu miryango yabo no mu kibano, mu gusuzuma nokwibazako mategeko nimico ijanye ituma abagabo bacinyiza abagore.

Uyu mugambi Mupaka Shamba Letu uzoshigikira ishirwa ho ry'imigwi 32 y'abakenyezi b'abadandaza batobato jambuka mbibe bazohuriramwo ngo baganiriremwo, igizwe n'abantu 25 umwe (60% b'abakenyezi bubatse, 40% babakenyezi bibana canke batarubaka bava mu bwoko no mu mice itandukanye) mu bisagara 8 arivyo Goma, Bukavu, Kamanyola na Uvira muri Republika Iharanira Demokorasi ya Kongo, Rubavu, Rusizi na Bugarama mu Rwanda na Gatumba mu Burundi.

Kugira abakenyezi bafatwe kumwe n'abagabo mu kibano kandi bubahirizwe, ukwemerwa kw'akazi kabon'ukugira uruhara ku ngingo zifatwa mu miryango yabo, umugambi urashiraho imirwi 16 y'ikiganiro c'abagabo b'abakenyezi bakora urudandazwa ruto jambuka mbibe, umugwi umwe ukaba ugizwe n'abagabo 30 kuburere umunani twadondaguye.

Buri Umugore n'umugabo bazoba mumirwi y'ibiganiro ariko bazohabwa n'akaryo ko kwitaba inyigisho zizohuza abakenyezi b'abadandaza n'abagabo babo (ingongo). Urutonde rw'ibiganiro ruzoba rugizwe n'inyigisho ziva kuri 6 gushika ku 8 rwisunga urundi rw'inyigisho zitandatu rw'umugambi wa International Alert witwa *Tushiriki Wote : Ugutsimbataza amahoro biciye mu gutsimbataza ubutunzi n'ruuhara rw'umukenyezi*.

Kimwe mu vyisungwa mu gutora abagize iyo migwi y'abakenyezi, izoba ari isano riri hagati yabo n'ukutumvikana n'indwane ziri mu kibano cabu. Umugambi uzogerageza gutora abakenyezi bo mu kibano kandi bo

mu bwoko butandukanye boba bari mu kutumvikana canke bafise amatati kugirango iyo mirwa y'ibiganiro iboneke nk'iyye guhuza abakenyezi batahora bagira aho bahurira ngo bayage ivyubaka. Iimgwi y'abakenyezi canke y'abagabo babo yokuganira izoza ikorana rimwe mu kwezi. Ikiganiro kizomara amasaha abiri. Iki-ganiro kizogirishwa na bantu babiri mumurwi babaremesha kiyago bari kumwe n'abaserukira ishirahamwe bakorana.

Mu gutanga intumbero y'ibiganiro, harakenewe gutunganya ivyo kwisungwa kugira ikiganiro ntigikumire, kigire insiguro kandi gitange umwimbu ku bibazo bijanye n'imero nderano, ibijanye n'ubushoboz, gutatura amatati, gutsimbataza amahoro no gutwara neza. Iki gitabu mfasha nyigisho cisunga umugambi Tushiriki wote. Mubisanzwe, uyu mugambi Tushiriki Wote warerekanye akamaro ko gushiraho ivyokwisungwa mu biyago n'ibikorwa bijanye mu guhindura inyifato n'ibikorwa bimwe bimwe bidomweko urutoki n'ugutuma bitahurwa kumwe. Niho rero umugambi waca ushiraho igitabu kiswe « Urutonde rwitiriwe imero nderano, ig-itabu mfasha nyigisho kubijanye n'imero nderano ca 1, ibicapo kubijanye n'imero n'intwaro n'inyigisho zige-nirijwe abakenyezi b'abadandaza n'abagabo babo. Ubwo bumenyi bwashizwe imbere mu gutunganya igitabu mfashanyigisho kijanye n'umugambi Mupaka Shamba Letu.

Kuva 1996, Ishirahamwe Alert international ntiryigeze rihengeshanya mu gufasha abakenyezi mu bijanye n'ugufata ingingo hamwe no kwigenga mu vy'ubutunzi mu ntumbero yo gutsimbataza amahoro. Mu karere k'ibiyaga binini ka Afrika, uyu mugambi ugamiye gufasha abakenyezi kugira uruhara muvya politike n'ugutsimbataza amahoro vyatanguye muri 1996, bica bibandaniriza mu Rwanda mu 1997 no muri kongo y'ubuseruko mu mwaka wa 2000.

Muri Repuburika iharanira Demokarasi ya Kongo, Alert nternatiional ifasha abakenyezi mu kugira uruhara mu bijanye no gufata ingingo mu mice yose y'ubuzima bw'igihugu. Dukoranye n'abafatanyabikorwa b'aho dukorera, twagize uruhara cane mw'ishirwamwo ry'abakenyezi mu mirwi yo gutsimbataza amahoro nka baraza (imigwi yo gutsimbataza amahoro mu bigwati), amakomite y'umutekano, kunagurira ubumenyi abatware bo kurwego rwo hasi ku bijanyi no gutatura amatati n'ibiganiro. Twarateye intege abakenyezi ngo bitabire ibiganiro vy'amahoro vy'i Sun City n'amatora y'Umukuru w'igihugu yo muri 2006, amatora ya mbere nkayo muri Kongo mu gihe c'emyaka 40.

2. Amahangiro ry'iki gitabu

Iki gitabu cerekana urutonde rw'ivyigwa bifatiye ku Mero nderano n'umubano mwiza bigenewe abakenyezi bakora urudandazwa ruto njabuka mbibe hamwe n'abagabo babo ku mbibe hagati ya Republika iharanira demokarasi ya Kongo, Urwanda n'Uburundi. Mu myaka ine iheze, ku mfashanyo y'igisata ca Suede kije-jwe itarambere, muri Kongo, International Alert yarafashije mu gutunganya imbibe biciye mu gushigikira amashirahamwe y'abadandaza b'abakenyezi. Biciye mu kunagurira ubumenyi abakenyezi bakora urudandazwa ruto njabuka mbibe no ku bavugira, Alert yaronse intunganyo n'ubuserukizi bwiza. Mu kunoganza urutonde rw'inyigisho zifatiye ku gitsina, no kunagurira ubumenyi abafatanyabikorwa bajejwe kuzishira mu ngiro, hamwe n'abakozi bo muri uyu mugambi kugira nabo bigishe abafashwa n'uyu mugambi.

2.1 Amahangiro Mato mato y'iki gitabu

- Guha ubumenyi abakurikirana ishirwa mungiro umugambi hamwe n'abunganirizi ubuhinga bukenewe mukworosha ibiganiro abajejwe umugambi, abaremehakiyago b'amashirahamwe 8 dukorana(abantu16).

- Kunagurira ubumenyi amashirahamwe dukorana (biciye mu nyigisho ku bafashanyigisho) kugira bashobore gutanga inyigishp nabo kubari mu migwi y'ibiganiro, aribo bakenyezi bakora urudandazwa rutoruto ku mbibe, imigwi y'ibiganiro y'abagabo babo no mu biganiro rusanga vy'abagore n'abagabo muri Kongo, mu Rwanda no mu Burundi.
- Gutanga igitabu murika muco imirwi yose ishobora gukurikira, kugira bifashe ko imirwi yose yiga bimwe.

Ingingo yogutunganya inyigisho ku bagore n'abagabo yafashwe mw'isuzuzumwa ry'umugambi « TUSHIRIKI WOTE ». Ibikorwa vya Alert vyatumye haba akarusho mu bikorerwa kumbibe na cane cane ukugwanya ikubagurwa, umutekano wongerejwe, amategeko arakurikizwa, kworosha imigenderanire no gushiraho uburyo bwo kuganira hagati y'abo vyega.

Biciye muri iki gitabo, abakenyezi b'abadandaza n'abagabo babo bazonagurirwa ubumenyi, muri Kongo, mu rwanda no mu Burundi kugira bahagurukire ibijanye n'imero nderano mu karere vyama arivyo nkwezi y'amatati mu kibano mbere no mu karere no gukoresha uruhara bafise mu gutsimbataza ugufatana mu nda n'ugufashanya mu karere.

2.2. Abarabwa n'umugambi

Izi nyigisho zigenewe amashirahamwe adaharanira ivyicaro vya politike yo muri Kongo, mu rwanda no mu Burundi yipfuza guhindura ibintu mu bijanye n'imero nderano kugira habe ugufatana mu nda kw'abanyighugu bo muri ivyo bihugu bitatu. Ntabwo canditswe kugira gihindura inyifato ku bakenyezi b'abadandaza n'abagabo babo gusa, ariko kandi kubungura ubumenyi mu bijanye n'ukungana kw'ibitsina n'ugufatana mu nda (gutsimbataza amahoro).

2.3 Uko bigenda

Ubuhinga bukoresha butandukanye n'ubwakera bwa banza gusigura ico ari co igitsina kugira bace babandiriza kw'ihohoterwa rifatiye ku gitsina n'uburongozi. Aho bitandukaniye, izonyigisho zisanzwe ziri ku rutonde kandi zigatangwa munyigisho nyezina bigatuma abitavye bazica iryu n'ino mu gihe bari mu myimenyerezo.

Uru rutonde n'ihinyanyurwa n'isubiramwo ry'inyigisho zahabwa abanyeshure bo mu ma kaminuza, nazo zifatiye hamwe kubice vy'izindi nyigisho zateguwe n'abandi, nka stepping Stones na SASA ! « Raising Voices », hamwe n'izindi zisanzwe zikoreshwa na Alert n'abafatanya bikorwa bayo muri Repuburika iharanira Demokrasi ya Kongo. Ibikoresho mfashanyigisho bishimikira ku buryo abitavye basuzuma imico n'imigenzo vyabo, imigenderanire, nukuronswa inyigisho zizobafasha mu gushikiriza abandi ivyo bakeneye n'ivyipfuzo vyabo. Izo nyigisho zishingiye kukuntu umwe wese ahabwa ijambo, kuko bisanzwe bizwi ko umuntu yiga neza mu guhe ashoboye gushikiriza ivyo azi kandi mu gihe ashoboye kuvuga ingorane ziwe ukugira ico akuyemwo. Umwihiwezo w'amaso mu yandi wagizwe n'abakozi b'umugambi, uw'abafatanya bikorwa na raporo zabo, hamwe n'intumwa zishikiye ku rubuga mu ntumbero yo gutegura izi nyigisho, bose bashize imbere ingorane zishikira abari mu migwi. Kubera ivyo, ubuhinga bukoreshwa n'ubwo gushira kungana ry'ibitsina mu buzima bwa misi yose, mu kuvugana, nk'ibisabwa vy'intangamarara kugira habe ikiganiro ku bijanye n'inyifato, amategeko n'indangurakintu vyerekeye igitsina. Mu yandi majmbo, ibiganiro ku bijanye n'imero nderano vytanga umwimbu mu gihe hotangura guhinduka ingendo ku bijanye no guhana amakuru no kuvugana. Gukorrera mu migwi mitomito bituma abativye bose bafata ijambo birashirwa imbere muri uru rutonde. Imyanya myinshi yarafashwe kugira ngo habe kandi hakoreshwe uburyo bwizewe butumaabantu bavuga bisanzuye.

Uyo mugambi kandi ukoreshwa uburyo bwiza n'utwigoro bishira imbere gukora n'ugukorera mu migwi. Kimwe mu buryo bukoreshwa ni agakino : Abitavye babaha agakino n'abavugwamwo kugira bavuge ico bashatse gushikiriza mu migwi imbere yo guhurira hamwe muri rusangi ngo babivuge mu buryo bwisanzuye :

Udukino turafise uturusho twinshi dutuma umugambi ushika kw'ihangiro kubarabwa nawo : (1)Abitavye baronka akaryo ko kuvuga ibibarimwo batari kuvuga, (2) Abitavye barumva bishimiye kuba kumwe n'abandi n'ugutahura igituma baza kwiga, (3) Abitavye barashira mu ngiro inyifato zitandukanye ; (4) Gufasha abitavye bitorohera kuvuga iviyumviro vyabo hifashishijwe ku kamaro ko kubona ko umuntu agize ico avuze naho atobiserura mu mvugo canke uravye ibigumbagumba.

Naho igitabu cagenewe ubwambere abakenyezi bakora urudandazwa rutoruto ku mbibe n'abagabo babo, kirashobora kwifashishwa no kuyindi migwi.

2.4. Ukuntu iki gitabu gikoreshwa

Urutonde rukoreshwa rufise intumbero yo guhindura ibantu ku bijanye n'igtsina ; igikorwa cose gitegekanijwe cisunga ivyabaye mbere. Mu yandi majambwo, ivyirwa ntibinyuranywa kuko bihamagarana. Ariko mu cirwa kimwe, urutonde rurashobora guhinduka mu gihe bikenewe. Ikindi kandi birashoboka ko ingorane zimwe canke icirwa bihabwa umwanya munini gusumba ibindi. Iki gitabo kiraba aboroshanyigisho n'abafatanya-bikorwa ba Alert bazoshigikira aboroshanyigisho. Ibiganirobihagarikirwa n'aborosha babiri batowe muntango n'abanyamurwi kugira bakora ico gikorwa.

2.5 Guhitamwo Abarosha

Ugutora aborosha biba abagize imigwi bahejeje gutorwa. Umugwi wose uratora abakenyezi babiri bakora urudandazwa rutoruto, umworosha n'icegera ciwe, kugira bazofashe mu nyigisho mu mwaka wose.

Abafatanyabikorwa bafasha mu gutunganya izo nyigisho ariko bararorera. Aborosha bazohabwa n'amashirahamwe bakorana mu kuronka ivya nkenerwa kugira izo nyigisho zibe. Iki gitabu mfashanyigisho kizohabwa abari mu migwi mu gihe c'inyigisho. Bagashikiriza umworosha ariwe afasha umugwi mu biganiro akaba afashwa n'icegera ciwe.

2.6 Itegurwa n'itunganwa ry'imigwi y'ibiganiro

Umugwi w'ibiganiro ukurikiranwa n'umuremeshakiyago w'ishirahamwe bakorana. Iyo mu mugwi babishatse, barashobora kugira komite y'abantu batatu canke bane ariko si ngombwa. Nayo ishobora kugirwa n'umworosha (umukuru wa komite), icegera ciwe, umunyabigega n'umunyamabanga.Mu mugwi w'ibiganiro, umworosha afasha ku bijanye n'inyifato runtu (imigenderanire myiza, ugusonera abandi, gushira ho icuka ciza gituma bose baterera) n'ibijanye n'intumbero y'igikorwa. Aha n'intumbero z'ukworosha hisunzwe urutonde kugira bahindura ibijanye n'igtsina n'uburyo bokoresha ngo bayobore neza ivyo biganiro.

Intumbero ni zimwe ku banyamugwi bose kandi ibafasha kwiyumva n'ukwumva banzerewe n'ukuba mu mugwi. Umugambi Mupaka Shamaba Letu uzobandanya ukorana n'imigwi y'abakenyezi bakora urudandazwa ruroruto ku mbibe mu gushiraho imigwi mishasha :

- Hazoba imigwi 4 y'abakenyezi bakorara urudandazwa rutoruto ku mbibe mu turere twose umugambi ukorerawo iGoma, iRubavu, iBukavu, iRusizi, Uvira, Gatumba, Kamanyola na Bugarama ;
- Aborosha bo mu karere kugira bakurikirane kandi boroshe amahuriro rimwe mu kwezi ikiringo c'amasa-ha abiri atarenga
- Hazokwigwa uburyo bwo gutera intege no gukomeza mu runani imigwi mishasha i Goma, Rubavu, Bukavu, Rusizi, Uvira, Gatumba hamwe n'imigwi y'abakenyezi bakora urudandazwa rutoruto ku mbibe bakora-na n'umugambi « Tushiriki Wote »
- Alert izofasha ibijanyi n'ubuhinga mu kiringo c'amezi 18 ku gira ibamenyereza bukeke buke kubaho itarimwo. Alert izokoresha uburyo bwo gukuramwo akarenge kugira iyo migwi y'ibiganiro izobandanye ibaho Alert itakiriho.

2.7 Imigwi n'abayigize

Umugwi wose uwirizwa kugira bantu kuva ku 25 gushika ku 30. Ni vyiza ko abagize umugwi batorwa neza kandi umugwi ukaba wugaye neza kuko intumbero ari iyo gutuma haba ukwizerana no kumenyerana ; gukorra urudandazwa rutoruto hagati y'imipaka ya Repuburika iharanira Demokarasi ya Kongo, Urwanda n'Uburundi ; n'ukuba umugabo w'umwe mu bakenyezi w'abadandaza bari mu migwi y'ibiganiro.

2.8 Ibibanza

Aho bikunda habwirizwa kuba ikibanza gitekanye gituma abari mu migwi bisanzura kandi badatinya kuvuga ngo bobatwenga, ikibanza kibwirizwa kuba kimeze neza ku buryo ata bintu biva hanze vyoza bihungabanya abariko baraganira. Ikindi naco, ukwyunguruza kw'abanywanyi b'imigwi n'uburyo bwo kwiyunguruza n'ibindi bintu vyose bishobora kugira ingaruka mbi ku kwitaba inyigisho bibwirizwa kwisungwa. Ni vyiza ko aborosha bamenyesha abanyamigwi ko ibivugiwe mu migwi biguma ari ibangakugira haguma ukwizerana.

Ibiganiro bibera ku muzingi, bakaraba ko wuzuye. Bisigura ko imeza zozopangwa bushasha mu nzu y'amana, intebi zigapangwa ku mu zingi, canke bagatondeka inteba n'imeza mu migwi kugira boroshe ibiganiro mu migwi mitomito. Kwicara uko bituma kuganira bigenda neza bikorosha twa dukino.

2.9 Ikirangamisi

Umusi n'ikirangamisi nyezina c'inyigisho kivana n'ivyo abanywanyi bose bipfuza kandi bisunze n'ikirangamisi Umusi n'ikirangamisi nyezina c'inyigisho kivana n'ivyo abanywanyi bose bipfuza kandi bisunze n'ikirangamisi c'abaremshakiyago. Inyigisho yose imara amasaha abiri ku musi, kaba rimwe canke kabiri mu kwezi (abari mu mugwi nibo bavugana imisi bazohura uko ingana). Hokwisunga kandi ibijanye n'umutekano kugira abo bakenyezi ntibatahe bwije.

2.10 Utuntu n'utundi :

Inyigisho zizogaburwa kandi zikorwe hisunzwe ikirangamisi ca International Alert hakurikijwe urutonde rw'in-yigisho zijanye n'imero nderano : Igitabi mfashanyugisho kizohinyanyurwa.

Inyigisho ziba ku muzingi wugaye (mu nzu canke hanze bivanye n'ico abanywanyi bumvikanye coba ciza, gifasha kandi cobandanya). Bisigura ko imeza zozopangwa bushasha mu nzu y'amanama, intebi zigapangwa

ku mu zingi, canke bagatondeka inteba n'imeza mu migwi kugira boroshe ibiganiro mu migwi mitomito. Ivyo birashobora gutwara nk'iminota itanu mu ntango. Kwicara uko bituma kuganira bigenda neza bikorosha twa dukino.

Twibazako benshi mu bitaba ntibazi gusoma n'ukwandika. Umwimenyerezo uzoba uwo kwirinda kubasaba gusoma canke kwimura. Mukibanza cabo, aborosha bazobikora (kwandika bariko baravuga kugira ngo baze gutanga icegeranyo canke gusoma ivyumvikanywe mu mumugwi). Utubweta n'ibicapo bizokoreshwa mu kibanza c'ibisomwa.

Abitavye bazokwumva havugwa nk'ibi (ukungana kw'ibitsina, uburongozi, ...) ubwambere kandi abakozi b'uyu mugambi baraziko abitavye baza bafise iyindi myitwarariko n'ibindi vyihutirwa mu buzima bwabo (kubaho-ku musi ku musi, ingorane z'umutekano muturere tumwe tumwe bivanye n'igihugu, ingorane zitandukanye zivuye ku mvo runaka, ingingo zifatwa n'ibihugu zigira ingaruka ku nteguro kandi zibwirizwa gukurikizwa canke kuzisunga...). Inyigisho zitangwa zibwirizwa kuba zikwiye kandi z'akanovera kugira zitange ubutumwa bukenewe. Abakenyezi bahurikiye mu migwi bazoronka akaryo ku kwitaba amanama yo guhanahana iviyumviro, inyigisho z'ubuhinga, canke ibikorwa vyogusoma nokwandika igihe bikenewe.

Ni nkenerwa ko ibijanye n'ugushikiriza iviyumviro mu bwisanzure kandi mu mutekano biganirwako mu nyigisho ya mbere n'iya kabiri n'uko vyokwibutswa igihe cose bikenewe. Izo nyigisho zibwirizwa guha akar- yo umuntu wese ko gushikiriza iciyumviro mu bwisanzure atabwoba bwo gutwengwa canke atabwoba bw'inkurikizi mu buzima bwo hanze canke guciribwa urubanza.

2.11. Ibijanye n'inyigisho

Inyigisho ya 1 - Imvugo idakumira.

Iyi ifise intumbero yo gufasha abakenyezi bakora urudandazwa rutoruto n'abagabo babo kwizera bandi no kuronka ubumenyi buzobafasha gukoresha imvugo idakumira. Intumbero n'ukugira habe ukwizerana mu miryango no mu kibano mu turere two ku mbibe hagati ya Republika iharanira demokrasi ya Kongo, Urwanda n'uburundi. Iyi nyigisho kandi ifise intumbero yo gutsimbataza ukungana mu buzima bwa misi yose, cane cane mu kuvugana n'abandi, nk'ibisabwa kugira habe ikiganiro ku nyifato, amategeko, insiguro y'ijambo igitsina n'ugutsimbataza amahoro ku mbibe hagati ya Republika iharanira demokrasi ya Kongo, Urwanda n'uburundi. Iyo nyigisho n'ishingiro ry'ukuntu urutonde rwose rubwirizwa gukurikizwa ikabwirizwa guhabwa ikibanza kinini.

Inyigisho ya 2 - Ubugabo canke ubugore-kwihiweza amategeko n'uruuhara rw'ime-ro nderano.

Iyo nyigisho ifasha abakenyezi bakore urudandazwa ruto n'abagabo babo kwihiweza mu buryo bwim-bitse amategeko n'ikibanza c'imoero nderano birangwa mu miryango yabo no mu kibano. Muri iyi nyigisho, abakenyezi b'abadandaza n'abagabo babo bazoronka akaryo ko gusuzuma, kwihiweza no guhinyura imigenzo imwimwe yataye igihe ku bijanye n'inyifato y'umugore canke y'umugabo n'ivyo bipfuza gushikako mu buzima. Yigwa incuro umunani.

Inyigisho ya 3 – Gutahura urugero rw'ubushoboz

Iyo nyigisho ifasha abakenyezi bakora urudandazwa rutoruto kuraba urugero rw'ubushoboz aho babaye, mu miryango, mu kibano, n'ugutahura uruhara bw'imero nderano. Iyo nyigisho ku bubasha niyo shimikiro mu gutahura ico arico imero nderano. Imbere yo kuja kure mu nyigisho, ugutahura urugero rw'ububasha bizotuma abakenyezi bakora urudandazwa rutoruto n'abagabo babo barabirahamwe ukuntu ivy'imero vyifashe mu kazi kabo mu buzima bwa misi yose. Iyo nyigisho izofasha gutahura ibijanye n'imero nderano hisunzwe urugero rw'ububasha kugira vyisungwe mukuraba isanoo riri hagati yavyo namatati, ugufatana munda n'ugutsimbataza amahoro. Iyo nyigisho iba kane.

Inyigisho ya 4 – Gutahura amatati

Iyo nyigisho ifise intumbero yo gufasha abitavye kwiga gategura ikintu bokora mukibano canke umugambi wo kugira ico baharanira mu kibano. Inyigisho iba gatanu.

Inyigisho ya 5 – Uburoongozi

Iyi nyigisho ifise intumbero yo gutahuza abari mu mirwi ico ari co uburoongozi no kubongereza ubumenyi mu bijanye na bwo. Iyo nyigisho itangwa 5.

Inyigisho ya 6 – Ibiganiro birimwo umwenge

Iyo nyigisho ifise intumbero yo gufasha abitavye gutahura vyimbitse amabi afatiye ku gitsina atan-dukanye agaragara hagati yabantu, mu miryango no mukibano. Iyo nyigisho itangwa incuro ndwi.

Inyigisho ya 7 – Ugufatana mu nda/gustimbataza amahoro

Iyo nyigisho ifise intumbero yo gutahuza abitavye ku buryo bwimbitse ico ari co gustimbataza amahoro n'akamaro ko kungana kw'ibitsina mu ntumbero yo gusasagaza mahoro atari amahorerana.

Iyo nyigisho mbere itanga akaruryo ku bitavye ko kwibukanya muri make izindi nyigisho zatanzwe ngo batahurire hamwe ico arico imero nderano n'ugutsimbataza mahoro. Ni yo nyigisho isozena uru rutonde rwose. Yigwa gatanu (5)

Ibijanye n'icigwa chu urutonde

1. Imvugo idakumira

1.1 : Kubimenyesha no gutanga umuco ku vyitezwe

1.2 : Kuvugana amategeko y'igikorwa n'ugushiraho ukwizerana n'ukugumya ibanga

1.3 : Gushiraho ukwizerana n'ukwubahana

1.4 : Ukwumviriza

1.5 : Kuraba ibimenyetso bifise ico bisigura

1.6 : Guhindura imigenzo n'inyifato

1.7 : Gutahura imvugo idakumira

1.8 : Inyigisho rusangi : Imvugo idakumira hagati y'abubakanye

2. Ubugabo n'ubugore_kwihiweza amtegeko n'uruhara rw'igitsina

2.1 : Itandukirano ririhagati y'imero nderano n'imero ndamano (Igice ca mbere)

2.2 : Itandukirano ririhagati y'imero nderano n'imero ndamano (Igice ca kabiri)

2.3 : Umugore n'umugabo, ibivugwa n'ukuri (ukungana kw'umugore n'umugabo)

2.4 : Ugutora ubugore /Ugutora ubugabo (ku bubatse)

2.5 : Inyigisho rusangi: Ukungana kw'ibitsina (igice ca mbere)

2.6 : Inyigisho rusangi: Ukungana kw'ibitsina (igice ca kabiri)

3. Gutahura ubusumbasumbane bw'ububasha

3.1 : Ingendo y'ububasha

3.2 : Uko ububasha bukoreshwa

3.3 : Ukugira uruhara

3.4 : Inyigisho rusangi: ikiganiro ku busumbasumbane bw'ububasha mu kibano no mu buzama bw'umuntu

4. Gutahura ibijanye n'amatati

4.1 : Gutunganya imvugo rusangi n'ugutanga indangurakintu yamatati

4.2 : Ikubagurwa, amatati aboneka n'ayataboneka.

4.3 : Ingene amatati abangamira ba ntahonikora

4.4 : Imforo yamatati (igice ca mbere)

4.5 : Imforo yamatati (igice ca kabiri)

5. Uburongozi

5.1 : Uburongozi n'itumatumamanako-ubwoko bw'inyifato: Ugusotora, kwikuramwo, gukoresha, kwishigikira.

5.2 : Uburongozi, gukorera mu migwi, ugufata ingingo-ruuhara rw'ibigumbagumba

5.3 : Uburongozi n'itumatumamanako: kwimenyereza no kwishigikira

5.4 : Igitsina n'uburongozi muri Republika iharanira Demokrasi ya Kongo.

5.5 : Inyigisho rusangi: Igitsina n'uburongozi muri Republika iharanira Demokrasi ya Kongo(yabandanije)

6. Umwumvikano wisunga intambwe

6.1 : Incamake y'indangurakintu yamatati n'intangamarara y'ivyo ibiganiro vyubakiye ku bwenge bishingiyeko.

6.2 : Intambwe ya mbere : Gutandukanya umuntu n'ingorane

6.3 : Intambwe ya kabiri : Gushimikira kunyungu atari aho umuntu ahagaze

6.4 : Intambwe ya 3 : Gushiraho uburyo bose bagira ico bungutse.

6.5 : Intambwe ya 4 : Gushiraho ivysisungwa bidahengamye.

6.6 : Quand la partie adverse refuse la négociation raisonnée et recourt à des moyens déloyaux Mugihe uwo muhanganye yanse Umwumvikano wisunga intambwe ngo akoreshe inzira ziwe.

6.7 : Inyigisho rusangi: Umwumvikano wisunga intambwe.

7. Ugufatana munda /Ugutsimbataza amahoro

7.1 : Kwubaka iyerekwa rijanye n'ugufatana mu nda.

7.2 : Kwihiweza ugufatana munda hamwe

7.3 : Inyigisho rusangi

7.4 : Kugira ico mukoze muri rusangi ngo habe ugufatana munda.

7.5 : Inyigisho rusangi

Inyigisho ya 1.

Intangamarara

Intumbero y'iyi nyigisho n'ugufasha abakenyezi bakora urudandazwa rutoruto n'abagabo babo kugira bizerane kandi baronke ubumenyi bukwiye kugira bavugane bakoresheje imvugo idakumira. Icifuzwa gushikwako n'ugufasha ngo habe ukwizerana mu miryango no mu turere turi hagati y'imbibe za Republika iharanira Demokarasi ya Kongo, Urwanda n'Uburundi. Ibiri muri iyo nyigisho bizofasha abakenyezi n'abagabo babo kuvugana bakoresheje imvugo idakumira, ituma haba ugufatana mu nda n'ugushiramwo abakenyezi bakora urudandazwa rutoruto bavuye mu moko atandukanye, amadini, imigwi n'amikoro atandukanye kugira bicarire ubusumbasumbane bw'ubushoboz buri mu miryango no mu kibano.

Iyo nyigisho ifise intumbero y'ugushira mu mico n'ukungana mu buzima bwa misi yose, cane cane mu kuvugana, habanje kuba ubwambere ikiganiro ku myitwarire, amategeko n'indangurakintu hamwe n'ugutsimbataza amahoro mu turere turi hagati y'imbibe za Republika iharanira Demokrasi ya Kongo, Urwanda n'Uburundi. Iciyumviro kiri inyuma yivyo n'ugushira mu ngiro ukungana kw'ibitsina imbere y'ugutangura ibiganiro biteguwe.

Iyi nyigisho niyo ifasha mu gutahura izindi nyigisho. Ku bw'izo mvo, ibwirizwa guhabwa ikibanza kinini. Birasabwa ko kuri iyo nyigisho, ibijanye n'imvugo idakumira, ukwizerana, ukwhanganiranira n'imigenderanire bitahurwa neza ntibapfe kuyeyemvy. Imvugo idakumira n' « ukuvugana n'abandi bantu batwegereye mu rupfasoni, gufata abantu bose kumwe, utaravye igitsina cabô ». Insiguro z'ayandi majambo zizogenda ziratangwa mu nyigisho.

N'ukwitwararika gufata umwanya ku buryo abaitavye bumva batekanye kandi bisanzuye mu bandi. Nico gituma iyo nyigisho ishingiye ku myimenyerezo yo kuvugana ituma abakenyezi bakora urudandazwa rutoruto ku mbibe n'abagabo babo bashiraho umwuka mwiza wok u ganira, kubika ibanga, kwihanganiranira, kwiybaha no kwubaha abandi mu kuronwa ubumenyi bukenewe. Nko kuzindi nyigisho, ukuntu biga biva ku vyo abari mu migwi bakeneye. Incamake y'inyigisho n'intumbero.

Incamake y'inyigisho n'intumbero

Inyigisho Yambere	Imvugo Idakumira
Icigwa 1.1: Kwidondorana no kwerekana neza ivyitezwe	<ul style="list-style-type: none"> Aborosha baramenyesha amazina y'abakenyezi b'abadandaza bitavye n'abatitavye hamwe muri rusangi bakidondorana. Gusigurira abitavye ivyitezwe no kubaha akaryo ko gusigura ukuntu biyumva mu mugwi. Ivo bituma aborosha basasuzuma gusa ko abanywanyi batahuye inyigisho zimwezimwe n'ukuntu bazikunze, ariko kandi kwerekana utunenge boba babona mu mugwi.
Icigwa 1.2: Kuvuga amategeko ngenderwako, gushiraho ukwizerana, ukutibaraguza n'ukwihanganiranira.	<ul style="list-style-type: none"> Abagize umugwi, barumvikana ku mategeko azobagenga mu mwaka wose. Gutahura ico bumva iyo bavuze kwizigirana no kugumya ibanga. Gutahuza abitavye ico arico ukwizerana, ukugumya ibanga n'ukwihanganiranira (ukwirinda gufatira kuco uwundi akoze ngo uce umufata nabi). Kwiyumvira ku buryo twikingira canke tugakingira abandi mu gihe turiko turayaga ku bibazo umuntu yisangije mu nama canke mu buzima bwa misi yose.
Icigwa 1.3: Gushiraho ukwizerana n'ukwyubaha	<ul style="list-style-type: none"> Gushiraho ukwizerana, ukwubahana n'ukugumya ibanga mu gufasha gutahura abitavye ko bari umwe kandi ko bamwe bose bafitiye akamaro abandi. Bimwe mu vyo bazeye ku bandi bibatumu kunezerwa kandiko ari ngirakamaro ko bavyibuka ngo bagiriranire imigenderanire myiza.
Icigwa 1.4: Ukwumviriza	<ul style="list-style-type: none"> Gufasha abitavye kugira bamenye akamaro ko kwumviriza kugira bavugane neza n'abandi atari gusa mu migwi y'ibiganiro arko no mu buzima bwa misi yose. Gutahuza abari mu migwi ko kuvugana arico gikoresho nyamukuru co gufatana mu nda, gufashanya, ugushingimizi kw'akarere nuko kandi kugira habe ukungana nyakuri kw'ibitsina n'ugutsimbataza amahoro bisaba ubumenyi ku bijanyi n'ukuvugana (hagati y'abantu babiri canke mu kigwi)
Icigwa 1.5: Imvugo y'ibimenyetso vy'umubiri	<ul style="list-style-type: none"> Kwigisha abitavye gutahura imvugo y'ibimenyetso vy'umubiri mu migenderanire n'abandi n'akamaro kayo mu biganiro vya misi yose mu kibano. Ukungana kw'ibitsina nakwo kurake-newe iyo mvugo yifashisha ibimenyetso vy'umubiri.
Icigwa 1.6: Gutuma haba inyifato n'imico vyiza	<ul style="list-style-type: none"> Intumbero y'uyu mwimenyerezo ni ukwerekana ukuntu abantu twamana bafise uruhara mu kuntu twitwara nk'umugabo (umugabo w'umukenyezi akora urudandazwa ruto ruto njabukambibe) canke umukenyezi (umukenyezi akora urudandazwa rutoruto njabukambibe). Inyuma y'ubo mwimenyerezo, abitavye bazotahura kuruta ivyitezwe abandi bose batwege-reye, abagize umuryango, ababanyi n'abagenzi, abakozi bo ku mbibe. Uretse ivyo, ni vyiza gufata ingingingo zikuraba canke izo muri rusangi wazitondeye neza, kuko ziragira ingaruka ku buzima bwacu.
Icigwa 1.7: Gutahura imvugo idakumira (sommaire)	<ul style="list-style-type: none"> Gusubiramwo muri make inyigisho mwakuye mu nyigisho yambere n'ugusuzuma ko abi-tavye bose batahura amajambo yakoreshejwe.
Icigwa 1.8: Imvugo idakumira hagati y'abubakanye (Inyigisho rusangi)	<ul style="list-style-type: none"> Guhuza abakenyezi bakora urudandazwa ruto njabukambibe n'abagabo babo kugira bagire imigenderanire idakumira na cane cane imigenderanire myiza mu miryango no ku kazi. Imbere yo kuja mu mizi ico cigwa, ni vyiza kubanza gutahura imigenderanire mur rusangi (uko bavugana n'umugore/umugabo, uko bitana, n'ibindi). Abitavye bazokwimenyereza mu buryo bugaragara ikijanye n'umwumvikano, kandi bazok-wiga kubona ubwoko bw'ikubagurwa mu migenderanire y'ibanga. Ico cigwa gihe akaryo ku bagore n'abagabo babo guhana ubumenyi biciye mu ntahe zijanye n'ubuzima bw'umwum-we wese canke umugore n'umugabo babishaka. <p>Ni vyiza ko ico cigwa gitangwa hateguwe agatatu kagizwe n'ibifungurwa vyo ku mutaga ulugwi wose uzozana canke imigwi y'abakenyezi canke y'abagabo izotegura mu buryo ifise. Ivo bizok-wigwako canke vyumvkanweko mu cigwa ca 1.7</p> <p>Kizoba ari icigwa canyuma gisozera inyigisho ya mbere : Imvugo idakumira.</p>

Icigwa ca 1.1. Kumenyana no kwerekana ivyitezwe.

- Umwanya: Amasaha 2
- Abo iraba: Abakenyezi bakora urudandazwa rutoruto njabuka mbibe n'abagabo babo
- INTUMBERO Z'INYIGISHO:**
 - Ku borosha, kumenya amazina y'abakenyezi n'abagabo babo, kuri bose n'akaryo ko kumenya.
 - Kwerekana ivyitezwe ku bitavye no kubaha akaryo ko kuvuga uko biyumva mu migwi y'ibiganiro. Ivyo ntibituma gusa aborosha babona ko abanywanyi batahuye inyigisho n'ukuntu bazishima, ahubwo ni n'akaryo ko kwerekana ivyo batumvikanako ku ntumbero y'imigwi y'ibiganiro.

1. Kwidondora

Iminota 60

Intumbero: Ku borosha, n'ukumenya amazina y'abakenyezi n'abagabo babo no kwakira kandi abanywanyi mu migwi itandukanye. Gufasha aborosha kwidondorana no kwimenyereza abanywanyi. Ku bitavye bose, n'umwanya wo guserura iciyumviro n'ukumenya n'abandi, kwimenyereza abandi.

Ibikoresho: Agapira gato ko gukina, ipipi

Uko bigenda:

Gutondeka intebé ku buryo abitavye baja ku muzingi munini kandi bashobora guhaguruka.

- Muje ku rugero rumwe nabo inyuma y'umuzingi. Uyo mwimenyerezo ushobora gukorwa bicaye, ariko uboneka ko ufise inguvu kandi biryoshe bahagaze. Uwitavye wese ahaguruka mu mugwi yidondora.
- Mwidondore, mushimire ababitavye kubona baje kandi mu basigurire ko nimba bashaka kwitaba mu migwi, babwirizwa kwemera kwitaba inyigisho zose. Inama yose ifise inyigisho zayo ariko zisunga izatanguye. Bica bigorana iyo umugwi ufise abnywanyi basiba.
- Kubasigurira ko ari vyiza kumenya kuko bazohurira mu nyigisho zitandukanye ndetse no mu bindi bikorwa birangurirwa ku mbibe. Kurizo mvo, nyiyiza ko mu menyana neza.
- Mubasigurire ko kwidondora ku bica mu gokino kandi umwe wese abwirizwa kugira uruhara.
- Basigurire ko muza gukoresha agapira gatoyi. Uwo batereye agpira aca agatora akaja hagati mu mugwi akidondora agaca agaterera uwundi ari ku muzingi.
- Baza umunywanyi wese ngo yiyyumvire kuvyo akunda ace atanga n'amakuru akenewe(akarorero : izina, aho aba, ibikorwa akora mu rudandazwa rwo ku mbibe, isoko yo ku rubibe arema, umupaka akoresha, igitigiri c'abana afise(a-bakobwa n'abahungu), abo bavukana,), ivyo akunda n'ivyo akunda kwisamaza mwo.
- Tangure agokino mugenda muridondora (nk'umworosha) hagati mu muzingi terera agapira umuntu nawe ace aja hagati mu muzingi.
- Idondore. Hanyuma, umunywanyi wese arafata agapira bakagenda bagahanahana mu mugwi muri ubwo bburyo.
- Bandanye mukina gushika aho uwitavye wese avuga. Murabe ko nuwacerewe akora nk'ivyo.
- Mwitegekanye agasashe k'imbombo zo guhereza abitanga cane muri bo batuma abandi bavuga.

2. Ivyitezwe

Iminota 50

Intumbero: Guha akaryo umwe wese ko kuvuga uko yiyyumva mu mugwi. Ivyo bituma havugwa kuvyo batahuye ku nsiguro n'ukubona inyigisho bakunze n'ukwerekana ivyo batumva kumwe ku ntumbero y'umugwi.

Ibikoresho: Udutabu two kwandikamwo (aborosha)

Uko bigenda:

- Basigurire ko ari vyiza ko umworosha amenya ivyo biyumvira kandi ko vyoba vyiza yanditse kugira mu mpera azobone uko vyagenze.
- Shimika cane ko atanyishu nziza canke mbi ibaho kandi ko ari ntangere kwubaha iviyumviro vy'abandi.
- Twisunze inzira y'urushinge rw'isaha, bwira abitavye bavuge vyinshi ku vyo bipfuza kuronka, kwiga, kwunguka mu mugwi n'ico batipfuza. Batere intege ku vuga ngo « nipfuza ... » hanyuma « sinipfuza... »
- Ntimugire ico muvuga ku vyipfuzo vyabo no ku makenga yabo uko bagenda bakuranwa mu kuvuga; vyandike gusa ku kibaho.
- Ighe ivyipfuzo n'amakenga vyavuzwe, murashobora kugira ico mubahanuye. Mu gihe musanze bimwe mu vyipfuzo vyabo birengeye inyigisho, ni vyiza kuvyerekana ubwo nyene. Gerageza kandi kugabannya uwoboba bw'abitavye. Ni-vyiza kuganira n'abitavye ivyo bize kugira umenye ko inyigisho zizogenda neza kandi zizobandanya. Mugihe hadutse ibindi biganiro, borohereze mu guhanahana iviyumviro no gutanga umuco ku vyo batumvikanye ko.
- Intumbero z'yi migwi n'yo gutezimbere ugutahura uburenganzira bwacu, ivyo tujejwe nk'abanyagihugu ba Kongo, Uburundi n'Urwanda, kandi nk'abakenyezi bakora urudandazwa rutoruto njabukambibe n'abagabo babo biyubashe, abantu n'amategeko y'ibihugu vyacu, mu kwiga guhana amakuru neza, kuganira ku cuka kiri mu rudandazwa rwo ku mbibe, n'ibibazo bijanye n'amahoro n'umutekano, ubutunzi n'ubuzima bwo mu kibano bitunganye, atawandyia canke wangura biciye mu kwiga uburongozi, n'ukugira uruhara mu vya politike nk'umwenegihugu, kugira uruhara mu bijanye no gufatana mu nda, amahoro, igitsina , ukwigenga kw'umukenyezi, ukungana kw'ibitsina n'ubutungane mu bantu.
- Kubasaba kugira bagumize ku muzirikanyi ivyipfuzo vyabo n'amakenga kugira mu mpera bazoshobore kuvuga ico bakuyemwo.
- Fotora ibiri ku kibaho canke ubike impapuro kugira urabe ko uzoshobora kubashikira ku vyipfuzo nukwiyumvira kukuntu wosukamwo mabisi muvvo batumva ku.mwe

3. Ugusozera**Iminota 10**

- Shimira abitavye. Basabe kuvuga ikintu bize n'ico banyotewe kubona munyigisho yimirije.
- Babaze ko bafise ibibazo kubijanye n'inyigisho y'uju musi.
- Mu gusozena, bibutse itariki n'isaha y'ikiganiro cimirije kandi ubabwireko wipfuza gusubira kubabona bose.
- Ku mugwi, kwumvikana ku mategeko azobagenga umwaka wose.

Icigwa 1.2: Kuvugana amategeko ngenderwako, gushiraho ukwizerana, ukugumya ibanga n'ukwhanganiranira.

- Umwanya : Amasaha abiri atarenga.
- Abo iraba : Abakenyezi bakora urudandazwa rutoruto njabukambibe n'abagabo babo.
- INTUMBERO Z'INYIGISHO:**
 - Gutahura ico bumva bavuze « ukwizerana » no « ukugumya ibanga »
 - Guhimiriza abitavye ku muco wo kugumya ibanga, kwizerana n'ukwhanganiranira (mu kwirinda kwambura agashambara uwundi kubera ivyo ashikirije)
 - Ukwiyumvira ukuntu twokwikingira n'uko twokingira abandi iyo bavuze ibantu nkoramutima ku buzima bwabo mu gihe c'ibiganiro canke mu buzima.

1. Intangamarara

Iminota 10

- Tondeka inteve ku buryo abitavye n'aborosha muja ku muzingi
- Kwakira abitavye iyo nyigisho n'ukubashimira kubona bari aho.
- Muraba abasivyе n'abacerewe. Mwibutse abitavye inyigisho iheruka mukubasaba kuvuga muri make ivavuzwe (cane cane kuyverekeye ivyitezwe).
- Kwerekana intummboro nshasha y'iki cirwa n'ugukosora ivyitezwe birimwo amakosa hakiri kare.
- Mu bameneshe ko mur iyi nyigisho murabira hamwe ukuntu umugwi ukora mu gushiraho amategeko agenga uko abantu bavugana no mu gutandukira ibijanye n'ukwizerana, ukugumya ibanga n'ukwhanganiranira.

2. Kubamenyesha amategeko ngenderwako y'umugwi, gushiraho ukwizeraba, ukugumya ibanga n'ukwhanganiranira.

Iminota 30

Iminota 10 ibikorwa vyo mu migwi
Iminota 20 gushikiriza icegeranyo

Intumbero: Kwumvikana amategeko bazokwisunga mu mugwi umwaka wose.

Ibikoresho: Si itegeko

Uko bigenda:

- Sigurira abitavye ko ari vyiza kugira inyifato nziza mu mwanya wose w'ibiganiro mu migwi. Kubw'ivyo, ni nkenerwa kwumvikana ku mategeko ngenderwako.
- Shimangira ko atanyishu mbi canke nziza ibaho kandi ko igikenewe ari ugusonera iciyumiyo c'uwindi.
- Gabura umuzingi mu migwi ibiri kandi musabe umugwi wose kwiyumvira ku mategeko ngenderwako mu yandike ku kibaho. Ikindi gishoboka ni kuganirira mw'ikoraniro rya bose(umugwi wose), no kuborosha kwandika ivavuzwe mu mpera(Igihe co guhuriza hamwe ivyavuzwe).
- Gutera intege umunywanyi ashikirije itegeko ryokwisungwa kugira arisesigurire neza abandi
- Gusaba umugwi wose kwicagurira uwuwuserukiraaza gushikiriza ayo mategeko mu gihe co guhuriza hamwe. Ku gice ca gatatu c'ikibaho, andika ivyatanzwe n'migwi ibiri udashizemwo ivyagiye birasubirwamwo.

Menya neza: Mu gihe c'ibiganiro, raba neza abavuga bisanzuye n'abandi bafise ubwoba bakeneye gaterwa intege mu nyigisho zizokurikira.

- Mu gihe bahejeje gushira hamwe, mu gihe hoba hari ivyo bibagiye bigaragara, basabe ivyo bokongerako nko gushika kare, kwubahiriza iciyumiyo c'uwindi, inyifato nziza, ukwhanganiranira (n'ukwirinda gufatira kuco umuntu avuze ngo wigishe abandi)
- Mu maze kwandika ku kibaho ivyavuzwe n'imigwi ibiri, garuka kuri kimwe kimwe mu gice irya n'ino.

- Gutera intege abitavye ngo bakurikize ayomategeko no kubasaba kwibutsa uwoyarenga (namwe murimwo)
- Saba abanywanyi babiri kugira bemere igikorwa co gukurikirana ko ayo mategeko akurikizwa mu kiringo c'imigwi y'ibiganiro(barasabwa kuyimura ku kibaho)

3. Ukwizerana,ukugumya ibanga, ukwhihanganiranira

Iminota 70 Iminota 20 ku bikorwa vyo mu migwi
Iminota 50 yo gushikiriza icegeranyo

Intumbero :

- Gutahura ico bumva bavuze « ukwizerana » n' « ukugumya ibanga »
- Guhimiriza abitavye ku muco wo kugumya ibanga, kwizerana n'ukwhihanganiranira (mu kwirinda kwambura agashambara uwundi kubera ivyo ashikirije)
- Ukwiyumvira ukuntu twokwikingira n'uko twokingira abandi iyo bavuze ibantu nkoramutima ku buzima bwabo mu gihe c'ibiganiro canke mu buzima.

Ibikoresho: Ikibaho co kwandikako mu nama canke igitambara

Uko bigenda :

- Abitavye bashire mu migwi yo kuva kuri gatandatu gushika kw'icum.
- Bamaze gutora ibibazo n'uburorero bihuye, bijanye n'igitsina mumiryango;mu bikorwa vyabo vy'urudandazwa njabukambibe hagati ya Kongo, Urwanda n'Uburundi, ivyo bumvise bivugwa canke babayemwo (ak :amatati afatiye ku bwoko canke imiryango, gukubagura, urukundo n'ubugeni, ugukoresha ubutunzi bw 'umuryango, gufata ngingo mu muryang, n'ibindi .).
- Shimangira ko atanyishu mbi canke nziza ibaho kandi ko igikeneye ar ugusonera iciyumviro c'uwindi.
- Igipe mwafashemwo uburorero, bwira abitavye mu migwi bishure utu tubazo :
 - Iyo ngorane woyibarira nde ?
 - Kubera iki iyo ngorane woshima kuyibarira uwo muntu atari uwundi ?
- Inyuma y'imota 20, shira abitavye mu migwi ku muzingi, usabe uwubaserukira avuge muri make ivyo bashit-seko.
- Ganire ku nyishu zose mushize imbere ivyo muhurirako
- Sigura ko ukwizerana, ukugumya ibanga n'ukwhihanganiranira ari nkenerwa. Bikunda, koresha imyibutsa kugira wer-ekane ingorane.
 - Nk'akarorero aha mu karere abantu bavuga mu giswahili « UKIENDA KWA KINYOZI HAUZOWEYE, ATAKUNYOLA KIPARA » bisigura ngo « ugiye kwimosha aho utazi bakumwa nabi »,
- n'ibindi Uyo mwimenyerezo werekanako abantu birukira abantu batandukanye iyo bafise ingorane.

Baza abari mu mugwi :

- Ni kubera iki iyo dufise ibibazo twanka kubibwira bamwe tukabibwira abandi ? Abakenyezi abakora urudandazwa rutoruto njabukambibe basaba impanuro hehe ?
- Nizahé ngaruka zo kuvuga amabanga yacu ?
- Twokorana gute mu mugwi kugira turonke ibdufqshq gusumba ibibabazo , aba abari mu mugwi kuvuga intumbero y'uwo mwimenyerezo. Muce muyiganirako.

4. Ugusozera

Iminota 10

- Gushimira abitavye kubona baje. Babaze kuvuga ikintu kimwe mu vyo bize uyu musi n'ikindi bipfguza gukora mu nyigisho zizokurikira.

- Babaze ko bafise ibibazo kunyigisho y'uju musi
- Gushika ku musi ukurikira, basabe biyumvire ku kabazo gakurikira: Inyifato yanyu mubona iyuma haba ukwizerana, ukugumya ibanga no kwihangiranira?
- Bituse itariki muzosubira guhurirako n'indinganizo y'ivyigwa kandi ubabwire ko ufise inyota yo gusubira kubabona.

Ivyo aborosha bandika

Indangurakintu yo kwizerana:

Kwemera ko umuntu yizewe, afise ukuri kandi ashoboye. Kwizera umuntu bisigura kwizera uko ari, ivyo ashoboye n'inguvu ziwe. Kwizera umuntu ni kwumva ko muri we ukingiwe.

Insiguro yo kugumya ibanga:

Indagano canke amasezerano yo kubikira ibanga abantu kandi ukiyemeza kutazorimena. Ico gikorwa kirangwa muri rusangi no kuba umwizigirwa n'ukwizerana. Ukumena ibanga bigira ingaruka mbi kubo waruribikiye.

Indangurakintu yo kwihangiranira:

N'inyifato y'umuntu ituma yakira iviyumviro vy'abandi naho vyoba bidasa n'ivyiwe.

Ni kubera iki iyo dufise ibibazo twanka kubibwira bamwe tukabibwira abandi?:

Naho twese dufise ibibazo, birashika ko atanumwe turabibarira. Basigurire igituma bifise akarusho kwiganira ivyo ubayemwo abandi. Ivy bituma dutahura ubuzima bwacu, dutorera umuti ibibazo , kwumva tumerewe neza no kwumva dufise inguvu kubera abandi. Nizahé ngaruka zo kuvuga amabanga yacu ?

Ntidushobora kwizera ko ivyo twavugiye mu mugwi bitazigera bivugwa:

Iyo umwe mu bagize umugwi yumbise akabanga kiwe kasohotse, ashobora gushavurira uwabivuze canke agakomereka. Ivo bishobora kugira ingorane ku bantu barabwa nako kabanga n'abagenzi babo canke abandi banyeshure ba kaminuza.

Twokorana gute mu mugwi kugira turonke ibidufasha gusumba ibibazo ?

Twandukiriye ukwizerana, ukugumya ibanga, ukwihangiranira bica bidufasha kubona ivyiza vyo kuyaga. Arikò birashika ko bamwe bagifise ubwoba bwo kuvuga amabanga yabo inyuma y'umugwi w'ibiganiro. Ni ngombwa kuganira ibibazo mu burwaneza atagucira urubanza canke kwinubana.

Icigwa 1.3: Gushiraho ukwizerana no kwubahana

- **UMWANYA:** Amasaha abiri
- **ABO IRABA:** Abakenyezi bakora urudandazwa rutoruto njabukambibe n'abagabo babo
- **INTUMBERO Z'INYIGISHO:**
 - Kwubahana, kwizerana no kugumya ibanga no kwizerana mu kwereka abitavye ko bari umwe kandi bamwe bose bafise ukubaho kwabo gutandukanye n'ukw'abandi. Ukwo babayeho bituma banezerwa nico gituma ari vyiza kubibutsa kugira bateze imbere imigenderanire

1. Intangamarara

Iminota 10

- Tondeke intebé ku buryo mwebwe n'aborosha mugira umuzingi
- Akira abaywanyi mucigwa gishasha wongere ubashimire ko baje.
- Rabe abacerewe n'abasivye
- Ibutsa abitavye ivyo mwabonye mu nyigisho iheruka (amategeko ngenderwako yo kuganira, ukwizerana no kugumya ibanga mu mugwi)
- Sigurira abitavye ko muri iyi nyigisho bazobonako batandukanye naho babona ari bamwe.

2. Ivyo dusangiyé

Iminota 100

Intumbero: Kubahana, kwizerana no kugumya ibanga no kwizerana mu kwereka abitavye ko bari umwe kandi bamwe bose bafise ukubaho kwabo gutandukanye n'ukw'abandi. Ukwo babayeho bituma banezerwa nico gituma ari vyiza kubibutsa kugira bateze imbere imigenderanire.

Ibikoresho: Udupapuro dutatu ku muntu n'ikaramu

Uko bikorwa: Umwimenyerezo umuntu akora wenyene ugakurikirwa n'uguhuriza hamwe.

Uko bigenda:

- Tange udupapuro dutatu kuri umwe wese kandi urabe ko bose bafise ikaramu
- Basabe gukora umwe wese ukiwiwe hanyuma uce ubasaba kwandika canke gucapa ibantu bitanu bakunda **kurupapuro rwa mbere** kubijanye n'uko bameze canke inyifato yabo.
- Bagenekekereze ko ivyo bishobora kuba ari vyo bituma baroranirwa mu vyo bakora (canke ivyo bamaze gushikako mu buzima), uko bagaragara, kibaza mu mutwe cose.
- Reke kubaha uturorero kuko ari vyiza ko abitavye bagira iviyumviro vyabo bwite kandi ko babona ko ari bezá.
- Babwire ko hadakenewe urutonde rw'ivyo bakunda muri rusangi ariko ivyo bakunda kuri bo.
- Shimika ko atanyishu mbi canke nziza ibaho kandi ko ari vyiza kwubahiriza iciyumviro c'uwindi.
- Igihe bahejeje kuvyandika, basabe gusabikanya ivyo batoye
- Baza abandi: Mwanditse canke mwacafye ibantu bimwe kumpapuro? Mwanditse ibitandukanye?
- **Ku mpera y'urupapuro rwa kabiri**, babwire badondagure canke bacape ibantu bitanu bifise akamaro mu maso yabo. Babwire ko bashobora kuba abantu, imigenderanire, imico, ukuntu bafashwe canke ibantu.
- Aho kandi, irinde kubabwira uko ubibona. Igihe urutonde rwa kabiri ruheze, babwire abitavye basabikanya ivyo baronse. Baza abandi : Mwanditse /mwacafye bimwe ? Canke mwatoye ibitandukanye ?
- **Kw'isonga ry'urupapuro rwa batatu**, babwire bandike /bacape ibantu bitanu bituma banezerwa canke bumva bamerewe neza. Babwire ko bashobora kuba abantu, imigenderanire, imico, ukuntu bafashwe canke ibantu. Aho kandi, irinde kubabwira uko ubibona
- Igihe bahejeje kuvyandika, basabe gusabikanya ivyo batoye
- Baza abandi :

- Mwanditse canke mwacafye ibantu bimwe kumpapuro ? mwanditse ibitandukanye ?
- Babwire igituma arivyyiza kwiyumvira kubantu badufitiye akamaro no kubitunezera,
- kuko akenshi turemera n'ibitubabaza.
- Basigurire ko muri kino cigwa tuzobonera hamwe uburyo n'ubumenyi bwo kuvugana butuma duhindura ibitubabaza mu bitunezereza.
- Mukurondera ukumererwa neza n'imigenderanire myiza n'abandi, tubanza kumenya ko turi ibiremwa vyisangije dufati-ye ku bitunezereza. Ni mugukora ivyo dushobora gutora inzira twocamwo ngo tugire ubuzima bwiza gusumba.
- Babwire batahane utwo dupapuro turiko iviyumviro canke ibicapo kugira ngo ntibazokwigere bibagira ibituma bata-meze nk'abandi n'ibibanezereza.

3. Ugusozera

Iminota 10

- Gushimira abitavye kubona baje. Babaze kuvuga ikintu kimwe mu vyo bize uyu musi n'ikindi bipfuza gukora mu nyigisho zizokurikira.
- Babaze ko bafise ibibazo kunyigisho y'uyu musi
- Bibutse itariki muzosubira guhurirako n'indinganizo y'ivyigwa kandi ubabwire ko ufise inyota yo gusubira kubabona

Ivyo umworosha asabwa ku menya

Intumbero y'uwu mwimenyerezo ni ukuduza ukwiyumva kw'abitavye, hamwe n'ukwizerana, ukugumya ibanga n'ukwihanganiranira.

Indangurakintu y'ukwiyemera:

Ni ukwumva wiyyubashe muvyo ushoboye, harimwo ukwigirira icizere n'ukunezererwa ico uri.

Indangurakintu y'ukwizerana:

Kwemerako umuntu yizewe, afise ukuri kandi ashoboye. Kwizera umuntu bisigura kwizera uko ari, ivyo ashoboye n'inguvi ziwe. Kwizera umuntu ni kwumva ko muri we ukingiwe.

Indangurakintu yo kugumya ibanga:

Indagano canke amasezerano yo kubikira ibanga abantu kandi ukiyemeza kutazorimena. Ico gikorwa kirangwa muri rusangi no kuba umwizigirwa n'ukwizerana. Ukumena ibanga bigira ingaruka mbi kubo waruribikiye.

Ibantu bitanu bakunda kuri bo:

Ivyo biraba igihagararo cabu, uko bitwara n'uko byumvira muri rusangi. Basigurire ko ivyo ntishobora kuba ibantu tubonan'amaso... ariko ibintuu bijanye na kamere, akarorero: « ndakunda kuba ndi umuntu atwenza », « ndakunda kuba ndi umuntu yama ari maso », canke « ndakunda uko nimosha »

Abensi mu bitavye uzosanga bafise inyishu zitandukanye n'ikibazo. Ariko bibutse ko bos atari bamwe, kandi ko tubwirizwa kwubaha no gushima ubutandukane bwacu. Bagenekekerezae ko babwirizwa kudondagura ivyo bakunda kuri bo, ko batogira uwobwa bwo kubivuga naho bitagaragara nk'ubwirasi.

ICIGWA 1.4. Ukwumviriza

- **UMWANYA:** Amasaha abiri atarenga.
- **ABO IRABA:** Abakenyezi bakora urudandazwa rutoruto njabukambibe n'abagabo babo.
- **INTUMBERO Z'INYIGISHO:**
 - Gufasha gutahura ko uguhanahana amakuru/kuvugana arico gikoresho nyamukuru kidufasha mu kuvugana mu kibano kakanatuma haba ugufatana mu nda no gufashanya mu karere n'ugushira mu ngiro bimwe biboneka ingana ry'ibitsina no gutsimbataza amahoro bisaba ikiyago ciza.
 - Gufasha abitavye kumenya umuco wo kwumviriza kugira habe ikiyago atari gusa mu migwi y'ibiganiro ariko mu buzima bwa misi yose.

1. IIntangamarara

Iminota 20

- Tondeke intebé ku buryo mwebwe n'aborosha mugira umuzingi
- Akira abanyanyi mucigwa gishasha wongere ubashimire ko bajé
- Rabe abacerewe n'abasivye).
- Ibutsa abitavye ivyo mwabonye mu nyigisho iheruka mukubasaba gutanga incamake y'ivyaganiriwe. Basabe kwibutsa amategeko ngenderwako y'ikiyago.
- Baza abanywanyi ko inyifato yabo ituma haba ukwizerana mu bandi, hanyuma mubiganireko mu mugwi muri hamwe (igikorwa gitwara iminota 10).
- Basigurire ko iyi nyigisho izoba ishingiye ku kwumviriza, kimwe mu bintu bikomeye biranga imvugo idakumira.

2. Ivyo duhuriyeko n'ibidutandukanya :

Iminota 80 Iminota 15 yumwimenyerezo wa babiri babiri
Iminota 65 yokuvugana ku buryo buramvuye bose barihamwe

Intumbero: Gufasha abitavye ngo bamenye akamaro ko kwumviriza kugira habe ukuvugana neza Atari gusa mu mugwi w'ibiganiro ariko no mu buzima bwa misi yose. Kubafasha gutahura ko guhanahana amakuru ari igikoresho gikomeuye mu migenderanire y'abantu kandiko kugira hashirwe mu ngiro ingana ry'ibitsina hakenewe ubumenyi mu guhanahana amakuru.

Ibikoresho: Ntana kimwe

Uko bigenda:

- Gusigurira abanywanyi b'umugwi ko kwiga kwumvirizanya neza bamwe n'abandi, ari ikintu gikomeye mu gukinga no gutatura amatati no kwongereza amahirwe y'amahoro aho umuntu abaye. Gusaba abitavye kuja hamwe babiri babiri; umwe aravuga, ni « uwuvuga », uwundi arumviriza, ni « uwumviriza ».
- Saba abavuga kugira bavuge ikintu kimwe cabaye mu buzima bwabo bipfuza kudondora muce mu basaba bo-sohoke.
- Abavuga bamaze gusohoka,saba abumviriza ngo batangure kubumviriza bagitangura kuvuga, bace bareka kwumviriza mubahaye ikimenyetso (hashobora kuba ugukoma amshi canke ikindi kimenyetso).
- Mu gihe uwuvuga ariko arashikiriza ivyo yacyemwo, uwumviriza abwirizwa guhagarika kwumviriza. Kurico, ashobora kwayura, kuraba hanze, guhindukira, guhindukira kuvugana n'abandi canke gukora ivyo bashaka vyose : Igikenewe nuko badasubira kuvuga naho uwuvuga abandanya ikiganiro ciwe (uwuvuga ntazi ikiriko kiraba kandi abwirizwa kubandanya avuga imbere y'abamwumviriza n'abatmwumviriza).
- Murabe ko ivyo mwavuganye abumviriza babitahuye, hanyuma muce mwijnjiza abavuga hanyuma mutatangure igikorwa.
- Haciye iminota hagati y'ibiru n'itatu, ha ikimenyetso abumviriza bahagarike kwumviriza.
- Baza abavuga : Mwiyumvise gute muriko muratonda inkuru yanyu ? Mwumvise bitandukanye igithe bariko barabakurikira canke basamaye?
- Mwiyumvise guta nk'abumviriza bakurikira canke basamaye?

- Saba babiri mu mugwi :
 - Murashobora gutanga uturorero mu buzima bwanyu aho umwe muri mwebwe yabaye uwumviriza akurikira canke asamara?
 - Habaye ingaruka izihe?
 - Kubera iki kwumviriza bikenewe cane?
 - Kubwanyu, ni irihe sano hagati y'ukwumviriza n'ingana ry'ibitsina?
 - Ni ibihe bantu biranga ukwumviriza kwiza?
- Mufashe ibiganiro vyo mu migwi ku buryo bose bavuga.
- Bwire abitavye bavuge ubundi buryo bwo kuvugana udakoresheje ururimi. Hagize uwuvuga akoresheje ibimenyetso vy'umubiri musigurire ko kumenya ko ibimenyetso vy'umubiri bituma ubihindura kugira uvugane neza n'abo muri kumwe ukeye mu maso.

3. Ugusozera

Iminota 10

- Gushimira abitavye kubona bajé.
- Babaze kuvuga ikintu kimwe mu vyo bize uyu musi n'ikindi bipfguza gukora mu nyigisho zizokurikira.
- Babaze ko bafise ibibazo kunyigisho y'uyu musi
- Bibutse itariki muzosubira guhurirako n'indanganizo y'ivygwa
- kandi ubabwire ko ufise inyota yo gusubira kubabona.

Aborosha bomenya ibi:

Vyaba iviyumviro, abadashima ivyo abandi bavuga, ibikenewe, amakuru agaruka ava mu bafatanyabikorwa n'imigwi y'ibiganiro, kwumviriza biba munzira zitatu:

- **Kuraba ibantu bigaragara:** ibantu biba, ibiharuro nk'uko biri
- **Kuraba amajambo akoreshwa:** iviyumviro, iviyumviro bigaragaza aho umuntu ahagaze, ukwiyumvira
- **Kuraba ibigumbagumba:** ukwo umuntu yiyumva, ivyo umuntu agamije, ivyipfuzo:

Kuronka amakuru ku muntu bisaba gufatira kuvyo umubonako ariko aravuga, nk'akarorero kurabira kubantu bimwe bimwe bigaragara, canke gufatira muri rusangi urabiye kuvyo umaze kubona, ukwiyumvira bishingiye kuvyo umuntu yibaza mu ntumbero y'igikorwa canke ibiganiro, kwumva umuntu abangamiwe bigatuma bimwe atabivuga.

Indangurakintu y'ukwumviriza: Kwumviriza bisigura kuba ushoboye gutahura iciyumviro kivuzwe n'umuntu, twisunze ivyo abona, yiyumvira canke yiyumvamwo.

Twokwumviriza gute?Kwumva umuntu ataho uhagaze mukuntu umubona no gutandukanya neza ivyo ariko aravuga n'ivyo twiyumvamwo twebwe mu kumwumviriza-utamukunze cane ngo umwanke ?-tudashatse kandi kurondera kuzimanganya uko twiyumva.

Kwirinda gushaka kumenya ico avuze, gusuzuma, kwishura no kubaza mu mwanya umwe.

Gutera intambwe bukebuke mu gufata umwanya hagati yo kwumviriza, kwiyumvira, kwihiweza no gusuzuma. Ni ahacu gutahura, turengeye ivyo yavuze canke ukwiyumvira kwerekanywe, ico bisigura dushizemwo ubwenge canke tukabiroranisha n'uwabivuze.

Kuraba ico yavuze atabigambiriye <>wisunze ikoreshwa> y'amajambo amwamwe, uko yatunganij ijambo ryiwe, ibimenyetso n'uko arabà, etc.

Ukwumviriza neza: ukunuma iyo uwo tuvugana ariko aravuga canke yiyumvira ikigira gikurikire, kwubahiriza aho agira agacerere ngo yiyumvire, atange ico yashatse kuvuga n'ugushiraho ukwizerana.

Icigwa 1.5 : Kuvuga ukoreshjeje ibimenyetso vy'umubiri

- **UMWANYA:** Amasaha abiri atarenga.
- **ABO IRABA:** Abakenyezi bakora urudandazwa rutoruto ku mbibe n'abagabo babo.
- **INTUMBERO Z'INYIGISHO:**
 - Gufasha abitavye gutahura akamaro ko kuvuga ukoreshjeje ibimenyetso vy'umubiri mu migenderanire n'abandi n'akamaro kayo mukuvugana n'abandi kwa misi yose. Ugushira mungiro ukungana kw'ibitsina, bisaba kandi gukoresha neza imvugo y'ibimenyetso vy'umubiri.

1. Intangamarara

Iminota 20

- Tondeke intebi ku buryo mwebwe n'aborosha mugira umuzingi
- Akira abakenyezi bakora urundazwa rutoruto njabukambibe n'abagabo babo mucigwa gishasha wongere ubashi-mire ko baje.
- Rabe abacerewe n'abasivye.
- Ibutsa abitavye ivyo mwabonye mu nyigisho iheruka mukubasaba gutanga incamake y'ivyaganiriwe. Basabe bavuge incamake ku kwumviriza neza, nkuko vyizwe munyigisho iheruka.
- Babwire KO inyigisho izobandanya ishimikiye ku mvugo idakumira mu kurengera amajambo hagakoreshwa imvugo y'ibimenyetso vy'umubiri.

2. Imvugo y'ibimenyetso vy'umubiri

Iminota 100

Iminota 10 yo kwitegurira ibikorwa vyo mu migwi.

Iminota 40 y'ibikorwa vyo mu migwi mitomito

Iminota 50 yogushirahamwe ivyavuye mu migwi.

Intumbero: Gufasha abitavye ngo bamene akamaro ko kuvuga hakoreshejwe ibimenyetso vy'umubiri kugira habe ukuvugana neza atari gusa mu mugwi w'ibiganiro ariko no mu buzima bwa misi yose. Kugira hashirwe mu ngiro ingana ry'ibitsina hakenewe kandi gutanga ubutumwa neza ukoreshjeje ibimenyezo vy'umubiri.

Ibikoresho: Ntana kimwe

Inzira zishoboka: Bivanye n'ugukurakuranwa biciye mu gakino, abitavye bahamagarirwa kwerekana ukuntu imvugo y'ibimenyetso vy'umubiri ifasha gutahura ikintu, hatarinze gukoreshwa amajambo.

Uko bigenda:

- Kuri ico gikorwa, Saba abitavye baje mu migwi yo kuva kuri 2-4, muce mucagura abantu mutarakorana.
- Saba umugwi wose kwiyumvira ibihe umwe muribo yoba yaraciemwo, amere nkuwuvuze adakoreshjeje amajambo. Mugutora uko vyagenze ntivyotora iminota irenga itanu.
- Imigwi lca ifata ingingo yo gushiraho abantu kugira bakine ivyabaye bakoresheje ibimenyetso vy'umubiri no mu maso.
- Ha iminota hagati y'itanu na cumi kugira basubiremwo. Agakino kamwe gatwara hagati y'iminota itatu n'itanu.
- Bwira umwe wese asubire ku murongo
- Tora imigwi ibiri ubona ikeye.
- Saba umugwi wambere ngo usubiremwo ivyo wakinye hagati mu muzingi kugira bose babibone.
- Igihe bahejeje gukina, bwira abari mu migwi batomboze uko inkuru yagenze. Ntaco bitwaye naho batoyivuga mw'ido n'ido. Babwire ko vyoroshe gutahura ikintu muri rusangi hisunzwe imvugo y'ibimenyetso.
- Subiramwo uyo mwimiyerezo n'iyindi migwi (bivanye n'umwanya uhari kuko imigwi yose idashobora kuronka akanya ko gukina).
 - *Ni ibihe bigumbagumba dushobora kwerekana dukoresheje umubiri? (akarorero : ishavu, kuganzwa, inguvu, kwumva atanguvu, ububasha, akanyamuneza, n'ibindi).*

- Babwire babandanye badondagura kandi berekana ibigumbagumba bakoresheje umubiri.
- Ni ryari mukoresha umubiri wanyu kugira mubwire ibantu muri kumwe mu bihe bitandukanye.
- Batere intego ngo baze bihweze imvugo iciye ku bimenyetso vy'umubiri mu misi no mu ndwi zikurikira.
- Babwire kandi biyumvire ku kuntu bakoresha imvugo yisunze ibimenyetso vy'umubiri mu gushikiriza
- ubutumwa abandi igihe bari mubikorwa bitandukanye bakorra ku mbibe, mu miryango yabo, mu rudandazwa ruturoto kw'isoko, mu vyo bakorana n'abandi mu mice itandukanye

3. Ugusozera

Iminota 10

- Remerciez tous les participants d'être venus.
- Demandez-leur de mentionner une chose qu'ils ont apprise aujourd'hui et une autre qu'ils ont hâte de faire d'ici la prochaine séance.
- Demandez-leur également s'il leur reste des questions à poser concernant la séance d'aujourd'hui.
- Enfin, rappelez-leur la date et l'heure de la prochaine séance et dites-leur que vous avez hâte de tous les retrouver.

Kuborosha :

- Ukuntu twumviriza, turaba, twiyunguruza n'ukuntu twishura birereka abotuvugana ko vy'ukuri turi kumwe, ko turi m'ukuri canke turiko turumviriza. Igihe ibimenyetso vy'umubiri bihue n'amajambo, bituma hongerekana ukwizerana, umuco n'ukwiyumvanamwo hagati y'abariko baravugana. Mu gihe bidahuye, bituma haba ukutumvikana, ukutizerana.

Hariho uguhanahana amakuru hadakoreshejwe amajambo kwinshi nko :

- Uravye mu maso : urashobora gusoma mu maso uko umuntu yiymva ? Hari ico bivuze canke urashobora gusomamwo ibigumbagumba canke ko umuntu yakurikiye ?
- Ukuntu umubiri utaguma hamwe, uko ahagaze n'ibimenyetso : Umubiri w'abo tuvugana urisanzuye canke uragororotse ? Ibitugu biragororotse canke birunamye ?
- Guhuza amaso: Hariho uguhuza amaso? Nimba arivyo, ubona agumizako canke ni uko bisanzwe.
- Uko umubiri uhagaze no gukorakora: hariho ugukoranako? Uwo muvugana ari hafi cane canke Kure cane? Uko ahagaze birajanye n'ivyo ariko aravuga? Ivyo bituma wumva umerewe nabi?
- Ijwi: Ijwi ry'uko muvugana wumva harimwo Ubuntu, ukwizerana, abishaka, canke imitsi iraranze, ubona harimwo agahato canke vyiyugaye? Murumva amajwi yerekana uburwaneza, amakenga canke ukwihanganiranira.

Gutora imvugo yisunze ibihimba vy'umubiri:

- Umviriza ibitajanye: Ukuvuga hakoreshejwe ibimenyetso bibwirizwa gushimangira ivyavuzwe.

Suzuma imvugo yisunga ibimenyeso nk'ikintu kiri hamwe. Wirinde guha insiguro ikimenyetso kimwe canke ikintu rudende umuntu avuze akoresheje ibimenyetso. Rabe ibimenyetso umuntu akoresha mu kuvuga muri rusangi urabe ko bijanye canke bitajanye n'amajambo abihereweza.

ICIGWA 1. 6 Gutuma haba inyifato

- **UMWANYA:** Amasaha abiri atarenga.
- **ABO IRABA:** Abakenyezi bakora urudandazwa rutoruto ku mbibe n'abagabo babo.
- **INTUMBERO Z'INYIGISHO:**
 - Mu mpera z'iki cigwa, abitavye bazotahura ivyo ababegereye, abomu miryango yabo ; ababanyi n'abagenzi, abakozi, abakorera ku mbibe babitezeko. Ariko, ni nkenerwa gufata ingingo zerekeye umwumwe canke benshi uzizeye, kuko zigira ingaruka ku buzima bwacu.

Intumbero y'iki cigwa ni ukurabira hamwe ukuntu abantu bari hafi yacu bagira uruhara kukuntu twigenza nk'abagabo b'abakenyezi bakora urudandazwa rutoruto njabukambibe canke abo bakenyezi.

1. Intangamarara

Iminota 10

- Tondeke inteve ku buryo mwebwe n'aborosha mugira umuzingi
- Akira abakenyezi bakora urundazwa rutoruto njabukambibe n'abagabo babo mucigwa gishasha wongere ubashimire ko baje.
- Rabe abacerewe n'abasivye.
- Ibutsa abitavye ivyo mwabonye mu nyigisho iheruka mukubasaba gutanga incamake y'ivyaganiriwe cane cane imvugo ikoresha ibimenyeso vy'umubiri mu kuntu abantu abvugana mu buzima bwa misi yose n'ingaruka zayo ku gitsina n'ugufatana munda.
- Babwire ko iki cigwa gihariwe gushira mu ngiro ubumenyi bamaze kuronka.

2. Ivyo ukora kubera abandi

Iminota 100

Iminota 50 yigikorwa

Iminota 50 yo guhuriza hamwe

Intumbero:

- Kwerekana uruhara rw'abandi bantu ku kuntu twitwara nk'abakenyezi b'abadandaza batobato canke abagabo babo
- Gufasha abitavye gutahura urugero rw'inyifato zihariye z'abagabo canke abakenyezi.
- Gutora amasoko atuma haba canke akomeza izo nyifato n'ingaruka zazo.
- Mu mpera z'iki cigwa, abitavye bazotahura ico abandi bantu babegereye, abo mu miryango yabo, ababanyi n'abagenzi ; abakora ku mbibe, abatware bo mu ntara zo ku mbibe ; mu masoko mato canke manini yo mu bisagara iwabo, amakomine canke amabarabara. Ariko ni vyiza ko dufata ingingo zituraba twazitondeye kuko zishobora kugira ingaruka ku rudandazwa rwacu.

Ibikoresho: nta na kimwe

Uko vyokorwa: Agakino ko gurakuranwa canke kuganira mu migwi. Umworosha azotora agakino kajanye n'ukuri n'ukuntu akarere uyo mugwi urimwo kameze.

Umuntu yicara hagati mu mugwi agakina mu kibanza ciwe (canke umuntu basangiyi igitsina, basangiyi akazi ko kudandaza ku rubibe, basangiyi imyaka). Abasigaye basobanura ivyo abo bakinye bagaca baha impanuro uwo muntu.

- Saba abitavye kugira umuzingi munini (umugwi wicare ku muszingi). Mu mugwi, hamagara babantu babiri babisshaka.
- Hamagara ababishaka bicare hagati mu muzingi bace bakina ivy'umuntu basangiyi igitsina, imyaka n'akazi k'ukudandaza ku rubibe. Saba abitavye gutora umuntu yogira uruhara kuri mu nyifato y'uwo muntu.
- Zunguruka uwo muzingi ubaza abitavye umuntu bariko bakinira mu kibanza. Nk'akarorero, ashobora kuba umukenyizi w'umudandaza muto wo ku rubibe, umugenzi, umuvyeyi, umuntu yegereye isoko, umukozi wo ku mipaka,...
- Tegura urutonde rw'abantu bakomeye mwosaba abanywanyi babuze iviyumviro ngo bakine mu kibanza cabo. Ni vyiza kugira abantu batandukanye kandi bagakina mu kibanza c'abantu bo mu muryango batandukanye (dawe,

- mawe, marume, mwenewacu mukuru,...) bo mu kibano (patiri, pasitori, umubanyi wo muri karitiye canke kw'isoko).
- Bwira abanywanyi bahanure bakurakuranwa hisunzwe umuntu bariko bakinira mu kibanza, umukenyeyezi w'umu-dandaza mutomoto ku rubibe canke umugabo wiwe yicaye hagati mu mugwi nkuko asanzwe yifata.
 - **Tera intäge umuntu umwe kugira atangure ku muhanura neza (ku bakenyezi b'abadandaza batobato)** : « ndi patiri canke pasitori w'ishengero ryawe kandi nagira ndaguhanure ko kujabuka umupaka mu gaturuturu atari vyiza ku mukenyezi » canke, « Jewe ndi senge wawe kandi nagira ndaguhanure ko atari vyiza gutaha bwije uri umukenyeyezi ». « Jewe nkora ku mupaka ndaba abinjira n'abasohoka kandi ndashoboye kugukingira nkakworoherereza naho woba utariha amakori n'amatagisi ». « Jewe ndi nyokorome wawe none nagira ndaguhanure ko kwereka umugabo wawe amafranga yose winjije ni ikintu cerekana ubwizigirwa ».
 - **Tera intäge umuntu umwe kugira atangure guhanura umuntu w'umugabo** : « Jewe ndi patiri canke pasitori w'uru-shengero rwawe ndakubwiye ko umugabo areka umugore wiwe akaja mu rudandazwa adasubira kugira ububasha ku mugore wiwe no kumugaba », canke, « Jewe ndi nyogosenge nashaka ndaguhanure ko atari vyiza ku mugabo kuguma i muhira areze abana umugore yigiriye kw'isoko ». « Jewe ndi umukozi araba abinjira n'abasohoka none nagira ndakubarire ko nkekwa umugore wawe, imsi yos imbere yo kuriha amatagisi, abanza kuramutsa umuntu dukorana igithe cose aciye kubiro iwacu». ... « Jewe ndi nyokorome wawe nagira ndaguhanure ko abakenyezi bose bakora urudandazwa bafise imigenzo mibi kandi ntibereka abgabo babo ayo binjiza yose ». « Ndi umukobwa wawe kandi nagira ndakubwire ko ushigikiye mama mu rudandazwa bizotuma hinjira amafranga menshi mu muryango ».
 - Tange impanuro mukurakuranwa
 - Ni izihe nyigisho 3 ziguma zigaruka ?
 - Saba abanywanyi b'imigwi bose gucagura impanuro imwe, hanyuma impanuro zibandanye. Mu menyeko abantu bamwe bazokenera umwanya kugira biyumvire ku mpanuro.
 - Hanyuma, baza abitavye ukuntu bashoboye gutuma abari hagati mumuzingi bagira inyifato iyi canke iriya.
 - Baza abo bari hagati :
 - Kuri mwebwe, ninikihe kintu catumye abo bantu babahanura?
 - Mwiyumva gute kuronka impanuro zivuye ahatandukanye?
 - Harimwo impanuro mwofata nka nkama? Kubera iki?

Ibibazo vyo kubaza mu mpera:

- Ni ikihe kintu twiga kukuntu dushobora gutuma umuntu yigenza uku canke kuriya?
- Izo mpanuro zitandukanira he igithe ziraba abagabo b'abakenyezi b'abadandaza batobato canke abo bakenyezi
- Twerekanye gute ukuntu dushobora kugira uruhara ku nyifato mbi y'abandi?
- Tera intäge abanywanyi b'umugwi ngo biyumvire ukuntu bahanura bandi n'uruhara bagira ku nyifato yabo.

Impanuro ku borosha:

Hanura abitavye ko guhindura inyifato ari inzira yo kurera umuntu ataciye mw'ishure bituma imico n'inyifato zimwe zimwe bihinduka ku bantu. Izo nyifato ziratandukanye ku abgore no ku bagabo. Akensi zituma habo in-zitizi nyinshi ku mwidegemvyo w'abagore, kugira ijambo, no kwiyunguruza ku bagore ugereranije n'abagabo mu mibano myinshi.

Guhindura inyifato ni ikintu kibandanya. Ibisata vyinshi, duhereye ku muryango aho umwana avuka, bifise uruhara rukomeye mu guhindura inyifato. Aho tuvoma inyifato zifatiye ku gitsina ni aha : imiryango, abagenzi, ubwoko, imigwi, ikibano, idini, umuco, kahise, amashure, imigenzo, imyibutsa, ibinyamakuru, amategeko,...Ntagihe canke urugero ruzwi rwo kuronka izo nyifato kuko guhindura inyifato ari igikorwa kibandanya mu buzima bwose. Uruhara rw'ayo mashusho yirasira mu buzima bwacu rurakomeye kuko tuba mu vyatujemwo uko nyene.

Dutangura kuvuga abandi turavye uko babibamwo neza : Ntitumenya ingaruka zigera kure ivyo tubamwo n'amate-geko bigira kubushoboz bw'umuntu gushika kuvyo yoshitsekoyose.

Uko tuvugisha abagabo kuratandukanye n'ukotuvugisha abgore n'abakobwa. Turiko tubwira abahungu, ntaguca

hirya, nugutumbereza, bigaragaza ubushobozu bwabo mu gufata ingingo zikomeye, gukora cane no kwerekana uburongozi. Ariko, tubwira abagore n'abakobwa dukoresha imvugo yiyoroheshe, dukoresha inkikiro ; barahabwa impanuro nyinshi zijanye n'ubuzima bwabo bwite kandi bwo mu nzu kandi hakisungwa ijambo ry'lmana. Impanuro zihabwa abakenyezi b'abadandaza batobato zirakomeye ugereranije n'izihabwa abagabo babo canke abahungu. Imvo zituma tutabarira kumwe abagabo, abahungu n'abagore, abakobwa, ibijanye n'amategeko araba ivy'igitsina, n'ububasha n'ivyo bamwe n'abandi bajewe.

Raba ibantu bimwe bimwe bisanzwe bihari vyerekana ubusumbasumbane bw'ibitsina.

Abagabo:

- *Ububasha*
- *Bafise ubutunzi*
- *Nibo bakora*
- *Ntibababwira ijambo ry'lmana*

Abagore:

- *Niba magara make*
- *Ntibigenga mu vy'ubutunzi*
- *Bafatwa nk'abantu badakora*
- *Baributswa idini (nk'itegeko)*

Rabe inyigisho abakenyezi bakora urudandazwa rutoruto njabukambibe n'abagabo babo bokura muri izi nyigisho:

- Iryo umuntu akora birabwa n'ikibano cose; ntihokwigera hibagirwa uruhara rw'abo bagenderanira.
- Inyifato yacu irandukira umubano wose.
- Ikibano kiratuma umubano wose uhinduka.

3. Ugusozeru

Iminota 10

- Gushimira abitavye kubona baje.
- Babaze kuvuga ikintu kimwe mu vyo bize uyu musi n'ikindi bipfuza gukora mu nyigisho zizokurikira.
- Babaze ko bafise ibibazo kunyigisho y'uyu musi
- Bibutse itariki muzosubira guhurirako n'indinganizo y'ivyigwa kandi ubabwire ko ufise inyota yo gusubira kubabona

Icigwa ca 1.7: Ugutahura imvugo idakumira.

- **UMWANYA:** Ubaye munini amasaha 2
- **ABO IRABA:** Abakenyezi bakora urudandazwa ruto njabukambibe n'abagabo babo.
- **INTUMBERO Y'ICIGWA:**
 - Suzuma inyigisho zose zitandukanye zatanzwe mu nyigisho fatiro ya 1 uce usuzuma ko abitavye batahura amajambo makuru makuru akoreshwa.

1. Intangamarara

Iminota 10

- Tondeke intebé ku buryo mwebwe n'aborosha mugira umuzingi
- Akira abakenyezi bakora urundazwa rutoroto njabukambibe n'abagabo babo mucigwa gishasha wongere ubashi-mire ko baje.
- Rabe abacerewe n'abasivye. Babwire ko iki cigwa gihariwe kuraba muri make ivyaganiriwe n'ivyigishijwe.
- Babwire ko mu gucunguza umwanya bazokorera mutugwi dutoduto imbere yo guhuriza hamwe.

2. Imvugo idakumira ni iki?

Iminota 100

Iminoata 20 Iminota 20 y'ibikorwa mu migwi
Iminoata 10 Iminota 10 yo gushira hamwe ivyo batororokanije (ica iba iminota 30 yose hamwe)
Iminoata 50 y'ibibazo n'inyishu

Intumbero: Kuraba muri make inyigisho zose zitandukanye zatanzwe mu nyigisho fatiro yambere uce usuzuma ko abitavye batahura amajambo makuru makuru akoreshwa

Ibikoresho: Impapuro zo mu Manama (si itegeko)

Ukobikorwa: Gukorera mu migwi hanyuma hakaba uguhuriza hamwe.

Uko bigenda:

- Bwire abitavye ko mugije kubashira mu migwi itatu, umugwi wose uza gukorera ku gikorwa kimwe cakozwe.
 - Umugwi wa1: kwumviriza neza
 - Umugwi wa2: Kuvuga ukoresheje ibimenyetso vy'umubiri
 - Umugwi wa 3: Ukuntu abantu bagira uruhara kunyifato y'abandi.
- Barira abari mu migwi ko bagije kuganira kandi bishure ku bibazo kandi ko babiri muribo baza gushikiriza ivyo bakoze hageze guhuriza hamwe.
 - Zari izihe ntumbero nyamukuru z'igikorwa ?
 - Izo ntumbero zihuriye he n'ngana ry'ibitsina no gutsimbataza ugufatana munda?
 - Musigura gute imvugo idakumira?
- Shimangira ko atanyishu nziza na mbi zibaho ariko ko ari ugusonera iciyumiwo c'uwindi. Inyuma y'iminota mirongo ibiri, bahamagare baze gushira hamwe.
- Hamagara babiri baserukira umugwi wambere basabikanirize abandi inyishu batoye ku bibazo bitatu. Siga umwanya w'ibibazo bishushe, ariko saba abandi bandike ico babivugako n'ibibazo canke babigumize ku muzirkanyi kugira bace babibaza.
- Bwira abitavye ko atari ikibazo ahubwo ko ari umwimenyerezo wo kwiyumvira no kwigishanya, utagira inyishu mbi canke nziza
- Hamagara abaserukiye umugwi wa kabiri n'uwa gatatu ngo basabikanirize abandi inyishu ku bibazo: Murabe ko bubahiriza iminota cumi ku muntu.
- Imigwi yose ihejeje gushikiriza ivyo yakoze, tera intege abari mu migwi itandukanye ngo bavuge, basangize abandi iviyiyumiwo babaze n'ibibazo iyindi migwi. Nk'umworosha, n'ugukurikira kugirango ufashe gutumbereza ibiganiro no

gufasha ngo bibandanye neza.

- Mu minota 15-20 y'cigwa, tanguza ikiganiro ku kibazo canyuma : Musigura gute imvugo idakumira n'ico ipfana n'ugufatana mu nda ?
- Basigurire ko inyigisho ikurikira izohuza abagore n'abagabo.
- Andika inyishu zatanzwe kukibaho kandi urabe ko bose bazitahura kandi bemeza ibiri muri zo.

3. Ugusozera

Iminota 10

- Gushimira abitavye kubona baje.
- Babaze kuvuga ikintu kimwe mu vyo bize uyu musi n'ikindi bipfguza gukora mu nyigisho zizokurikira.
- Babaze ko bafise ibibazo kunyigisho y'uyu musi
- Bibutse itariki muzosubira guhurirako n'indinganizo y'ivyigwa kandi ubabwire ko ufise inyota yo gusubira kubabona.

Ibigenewe aborosha:

Iki gice gitanga impanuro n'ivyobigisha ku borosha. Gutekereza mu biganiro ni ngombwa, kwiyumvira bituma haba urugero rwiza rwo kwiga. Ariko ni vyiza gutomora aho batatahukiw e kugira abitavye ntibatahane iviyumviro bitari vyo.

Zari izihe nnumbero nyamukuru z'igikorwa?

1. Ukwumviriza: Gutangura kugereranya no gushima iviyumviro vy'abandi. Gutahura ko inyifato yiwe ishobora kugira uruhara kw'ishaka n'inguvu z'uwo muriko muravugana mu gushikiriza iciyumviro ciwe canke gusa-bikanya amakuru.
2. Imvugo y'ibimenyetso vy'umubiri : Kumenya neza uruhara rw'imvugo y'ibimenyetso vy'umubiri mu guahana amakuru, uko ishobora ku bigumisha canke ikavyorosha
3. Kugira uruhara ku nyifato: Kumenya ubwinshi bw'ibantu abandi bantu batwegereye batwitezeko baravye uko twiyumvira n'uko twifata. Gutahura ko ari gupima ku munzani izo mpanuro twisunze ingingo zitwerekeye n'ivyo dushira imbere gusumba abandi.

Izo nnumbero zifise isano rihe n'ingana ry'ibitsina n'ugutsimbataza ugufatana mu nda ?

Ukuvugana nico gikoresho cambere mu migenderanire y'abantu. Kwumviriza umuntu ivyavuga no kuraba ibimenyetso vy'umubiri n'inkenerwa kugira habe ukudakumira mu biyago vy'aho tubaye. Ivyo bisigura kwubaha noku-dakumira umuntu wese tuvugana turavye igitsina ciwe, imyaka, ico ari, ubutunzi, ubwoko, idini.

Mwosigura gute imvugo idakumira?

Naho atanyishu yo iriho kuri ico kibazo kandi tugashobora ku gifata ugutandukanye, imvugo idakumira yosigurwa uku « kuvugana n'abandi bantu batwegereye mu rupfasoni bose ubafashe kumwe, utaravye igitsina ».

Imvugo idakumira igizwe ahanini no kwumviriza neza, kuvuga ubicishije mu bmenyetso vy'umubiri no kudahatira abandi kwitega nk'ivyo witeze wewe.

Umworosha arashobora gukoresha ubundi buhinga : Nko gutangura kubatera agakuru kugira atume biyumvamwo kuganira kucirwa c'uwo musi. Agakuru nk'aka « Cheri wanje, twivugire ! Iryungane rituma abagabo bahunga canke bashavura... »

Ego, ukuvugana ni ngirakamaro. Ubu, igikenewe ni ukumenya uko tubikoresha.

Impanuro ku borosha :

1. Kuvuga utomora kuko abagabo n'abagore ntibavuga ururimi rumwe
2. Ntutangure wagiriza bamwe (ibikomeye ubibikire mu mpera...nafyina)
3. Gushikiriza ibikurimwo
4. Kumenya kwumviriza
5. Ntukare, koresha imvugo yoroshe
6. Kugira ikiganiro gituma haba ukwishurana atagukumirana.

Icigwa 1.8: Inyigisho rusangi : Imvugo idakumira hagati y'abubakanye

- **UMWANYA:** Amasaha abiri
- **ABO IRABA:** Abakenyezi b'abadandaza batobato bajabuka imbibe hamwe n'abagabo babo (FPCT).
- **INTUMBERO Y'ICIGWA :**
 - Gushira hamwe abakenyezi b'abadandaza batobato n'abagabo babo kugirango bafashwe kuvugana, kuganira, gutahura kurangura amabanga y'abubatse neza bishingiye kukungana, aha twovuga imigenderanira ishika myiza idakumira mu muryango no kukazi. Imbere yo guca mu mizi ico cigwa, ni nkenerwa kuvuga kuvyerekeye imigen deranire muri rusangi (ukuntu bavugana n'umugore/umugabo), uko bitana, ...
- **MURI ICO CIGWA:**
 - Abitavye (baba abubakanye canke atari bo) kubiranga urukundo canke guhuza ibitsina neza bishingiye ku kunga na, imigenderanire y'akazi myiza idakumira n'uruhara ntangere rw'ukuvugana kw'abafatanyabikorwa. Abitavye bazokwimenyereza bimwe biboneka n'ikintu bita umwumvikano kandi bazovugana ikubagurwa rishoboka mu mibonano mpuzabitsina. Iki cigwa giha akaryo abubakanye ngo bungurane ubumenyi biciye mu ntahe zo mubuz ima canke umugore n'umugabo babishaka. Haraterwa intge ko iyo nyigisho yoba bariko barafungura imfun gurwa umugore n'umugabo baje bazanye canke umugwi w'abakenyezi canke abagabo babo bazobutanganya mu buryo bwiza. Iyo bizoganirwa kumusi w'icigwa 1.7.
 - Kizoba ari icirwa canyuma gisozena inyigisho ya mbere, imvugo idakumira. Ico ivugwako : Iyo nyigisho rusangi yokworoshwa n'aborosha b'imigwi yose, bafashijwe n'abaremehakiago b'amashirahamwe ashigikiye ico gikorwa.

1. Intangamarara

Iminota 10

- Tondeke intebi ku buryo mwebwe n'aborosha mugira umuzingi
- Akira abakenyezi bakora urundazwa rutoruto ku mbibe n'abagabo babo mucigwa gishasha wongere ubashimire ko baje.
- Rabe abacerewe n'abasivye.
- Bamenyesheko ko iki cigwa rusangi n'umugwi urimwo bose kandi kikaba kigamije kuganira no kuvugana ku mvugo idakumira hagati y'abubakanye. Iyo nyigisho kazoba akaryo k'nyongera kugira mutange muri make ivyaganiriwe, ivyigishijwe n'ivyashizwe mu ngiro i muhira
- Bamenyeshe ko uko vyagenze bizokinwa kandi ko abagore n'abagabo bashaka gushinga intahe bazohabwa ikaze kugira habe ibiganiro n'ugufasha kwigishanya hagati y'abubatse.
- Basigurire ko kugira hacunguzwe umwanya, baja mu migwi, bakiyumvira ukuntu iyo nkuru bagira bakine yagenze kugira baje kuyishkiriza mu mugwi bace baza kuganira igihe co guhuriza hamwe.
- Bamenyeshe ko muri ino nyigisho, imfungurwa z'ubugenzi n'umuvukano ziza gusangirwa.

2. Imvugo idakumira hagati y'abubakanye ni iki?

Iminota 100

Iminota 50 y'ibikorwa vyo mu migwi
Iminota 50 y'ibiganiro.

Intumbero:

Gufasha abitavye kuganira no guhanahana iviyumviro ku kuntu hoba imigenderanire myiza hagati y'abubakanye, mu muryango no kukazi. Muri ico kiganiro, abitavye bazoganira kuco arico kugira amabanga y'abubatse meza kandi ashingiye ku kungana, imigenderanire y'akazi myiza n'ikanza c'ivugzo idakumira hagati y'abubatse. Abitavye bazokwimenyereza rwose kandi mu buryo bugaragara ikintu bita umwumvikano, kandi baziga gukora ikubagurwa rishoboka mu mabanga y'abubatse.

Haraterwa intäge ko iyo nyigisho yoba bariko barafungura imfungurwa umugore n'umugabo baje bazanye canke umugwi w'abakenyezi canke abagabo babo bazobitanganya mu buryo bwiza. Ivo bizoganirwa kumusi w'iciga 1.7.Kizoba ari icigwacanyuma gisozera inyigisho yambere : Imvugo idakumira. Vuga muri make ivyo bize munyigisho ya mbere kandi urabe ko ibivugwamwo bikuru bikuru babizi.

Ibikoresho: Nta na kimwe

Ukobikorwa: Ibikorwa vyo mu migwi, udukino dukurikiwe n'ukudushira mu ngiro hanyuma ibiganiro vya bos.

Uko bigenda:

- Basigire KO mugije kubashira mu migwi itatu kandi ko umugwi umwe witorera kimwe mu bikorwa vyakozwe bakagikina.
- Abitavye bazoshirwa mu migwi ibiri ihurikiyemwo bose, abagore n'abagabo, kugira bategure kandi baze babikine.
 - **Umugwi wa 1.** *Imvugo idakumira: Ikiganiro hagati y'abubatse, umugabo/umugore wawe ntakwumviriza? Muri uyo mugwi, uko vyagenze barabikina: Abitavye bamwe bigira abagabo abandi abagore. Bizoba birekuwe gukoresha nabi canke mu matati ivyo mwize bijanye n'ukwumviriza, imvugo yisunga ibimenyetso vy'umubiri, ukuntu inyifato y'umu ntu ihindurwa n'abandi. Ako gakino kobwirizwe guhera mu mubabaro no mu matati.*
 - **Umugwi wa 2.** *Imvugo idakumira: Imvugo idakumira: Ikiganro hagati y'abubatse, umugabo/umugore wawe ntakwumviriza? Muri uyo mugwi, uko vyagenze barabikina: Abitavye bamwe bigira abagabo abandi abagore. Bizoba birekuwe gukoresha nabi canke mu matati ivyo mwize bijanye n'ukwumviriza, imvugo yisunga ibimenyetso vy'umubiri, ukuntu inyifato y'umuntu ihindurwa n'abandi. Ako gakino kobwirizwa guhera mu munezero n'ugufatana munda.*
- Saba umugwi wose kwiyumvira ikintu, baterateranye, bagikine.
- Umugwi wose ubwirizwa kugira abakinyi babishaka ku Bantu bagize mu gakino. Ha-ciye iminota 20 itagabanje, Saba abitavye bose kugira baze guhuriza hamwe ngo habe ikiganiro no guhanahana iviyumviro.
- Hamagara imigwi ize irakurikirana mu gukina.
- Siga umwanya w'ibibazo bishushe, ariko usigaze akanya k'ibibazo canke abafise ico bavuga.
- Rabe KO umwanya wategekanijwe ukurikizwa.
- Umaze gukurikirana ibikino vy'umugwi ku mugwi, tanguza ibiganiro vyo guhanahana iviyumviro.
 - *Bwira abanywanyi b'imigwi ko atar ikibazo, ariko ari umwimenyerezo wo kwiyumvira no kwiga kandi ko atanyishu mbi na nziza ihari.*
 - *Saba mw'ihuriro rya bose baganire kandi bishure ku bibazo bikurikira: Zari izihe ntumbero nyamukuru z'iki gikorwa?*
 - *Izo ntumbero zifasha iki mu kugira habe ukungana kw'ibitsina n'ugufatana mu nda?*
 - *Mwosigura gute imvugo idakumira, Ni izihe mfunguruzo z'ikiganiro ciza hagati y'abubakanye?*
 - *Ni nde yotanga intahe aho imvugo idakumira hagati y'abubakanye yatumye haba amahoro n'ugufatana mu nda.*
 - *Ninde yotanga intahe aho imvugo idakumira itakoreshejwe bigatuma haba icuka n'ishavu mu muryango?*
 - *Mushimiike kubabwira ko atanyishu mbi canke nziza ibaho, kandi ko bokwububa iciyumviro c'umuntu.*
- Nk'umworosha w'ibiyago, usabwe kuhaguma kugirango uhe umurongo ibiganiro kandi bituma bibandanya neza.
- Mu minota 15-20 yanyuma y'iciga, tanguza busha ikiganiro gishingiye ku kibazo canyuma: Mwosigura gute imvugo idakumira n'isano ifitaniye n'ugufatana mu nda hagati y'abubakanye?
- Ni izihe mfunguruzo z'kiyago kidakumira hagati y'abubakanye? Andike ibiri mu nyishu nyamukuru kandi witwararike ko bose batahura kandi babihurizako.

3. Ugusozera

Inminota 10

- Gushimira abitavye kubona baje.
- Babaze kuvuga ikintu kimwe mu vyo bize uyu musi n'ikindi bipfguza gukora mu nyigisho zizokurikira.
- Babaze ko bafise ibibazo kunyigisho y'uyu musi
- Bitutse itariki muzosubira guhurirako n'indinganizo y'ivyigwa kandi
- ubabwire ko ufise inyota yo gusubira kubabona

Ibimenyeshejwe aborosha:

Iki gice gifise intumbero yo gutanga impanuro n'inyigisho aborosha bokoresha. Kurabako ikiganiro kigenda neza ni ngirakamaro, ukwiyumvira bituma haba urugero rwiza rwo kwiga. Ariko, nivyiza gutanga umuco kukitumvikanyeko no kuraba ko atabotaha bafise iviyumviro atari vyo.

Zari izihe ntumbero z'igikorwa?

1. Gutangura kugereranya no gushima iviyumviro vy'abandi. Gutahura ko inyifato yiwe ishobora kugira uruhara kw'ishaka n'inguvu z'uwo muriko muravugana mu gushikiriza iciyumviro ciwe canke gusabikanya amakuru.
2. Imvugo y'ibimenyetso vy'umubiri : Kumenya neza uruhara rw'imvugo y'ibimenyetso vy'umubiri mu guahana amakuru, uko ishobora ku bigumisha canke ikavyorosha
3. Kugira uruhara ku nyifato: Kumenya ubwinshi bw'ibantu abandi bantu batwegereye batwitezeko baravye uko twiyumvira n'uko twifata. Gutahura ko ari gupima ku munzani izo mpanuro twisunze ingingo zitwerekeye n'ivyo dushira imbere gusumba abandi.
4. Urukundo si ikintu gisanzwe umuntu atunga: Gukundana, n'ugushigikirana mu bitugora, kwhanganira amakosa musangiye, ni ukwitanga; nukumenya gukurira hamwe (Harry Bernard). N'ukwumviriza uwundi mu rupfasoni n'agaciro, ni ukumukurikira neza.

Izo ntumbero zifise isano rihe n'ingana ry'ibitsina n'ugutsimbataza ugufatana mu nda

Ukuvugana nico gikoresho cambere mu migenderanire y'abantu. Kwumviriza umuntu ivyavuga no kuraba ibimenyetso vy'umubiri n'inkenerwa kugira habe ukudakumira mu biyago vy'aho tubaye. Ivo bisigura kwubaha noku-dakumira umuntu wese tuvugana turavye igitsina ciwe, imyaka, ico ari, ubutunzi, ubwoko, idini.

Mwosigura gute imvugo idakumira ?

Naho atanyishu yo iriho kuri ico kibazo kandi tugashobora ku gifata ugutandukanye, imvugo idakumira yosigurwa uku « kuvugana n'abandi bantu batwegereye murupfasoni bose ubafashe kumwe, utaravye igitsina ». Imvugo idakumira igizwe ahanini no kwumviriza neza, kuvuga ubicishije mu bimenyetso vy'umubiri no kudahatira abandi kwitega nk'ivyo witeze wewe.

Inyigisho ya 2.

Ubugabo n'ubugore-kwihiweza amategeko n'uruhara rw'igitsina

Intangamarara:

Iyi nyigisho ifise intumbero y'ugusuzuma vyimbitse amategeko n'uruhara rw'igitsina mu kibano no mu mubano. Muri izi nyigisho, abakenyezi b'abadandaza n'abagabo babo bazoronka akaryo ko gusuzuma no kurabirahamwe igitigiri c'ibintu abantu bashize mu mutwe bijanye n'igitsina kandi bijanye n'inyifato abagore n'abagabo bobwirijwe kwerekana n'ivyo bipfuza gushikako mu buzama.

Iyo nyigisho ikoreshwa na none mu kwiga ukuntu mukibano tubwirizwa kwemera inyifato zimwezimwe ko zemewe ku bagabo (ubugabo) canke ku bagore (ubugore). Yishi mikiza inyigisho itangura, nayo ari imvugo idakumira nayo ikazogira ico ihuriyeko n'inyigisho ikurikira, aha twovuga gutahura isano riri hagati y'ubushobozi, duhagaze cane ku bijanye n'igitsina n'ugufatana mu nda mu kwihiweza ubusumbasumbane bw'ibitsina.

Gukorana n'abagabo b'abakenyezi b'abadandaza bato ku mbibe ku mategeko agenga igitsina, ukuba umugabo mwiza bizozana akunguko bitume haba uguhinduka kwiza. Ibimenyetso vyinshi biragaragaza ko imigwi y'abagore ituma haba guhana amajambo, ubugenzi n'ugufashanya. Nico gituma iyi nyigisho itegekanya gutandukanya abagore n'abagabo mugihe c'nyigisho. Umworosha w'umugabo azokurikirana umugwi w'abagabo umugore nawe umugwi w'abagore.

Kubihura bivanze, insanganyamatsiko ziteganijwe zigamije kwerekana amahirwe yo kuganira no kungurana ibitekerezo kuri FPCS nabashakanye kubintu bibareba cyane mubuzima bwabo bwa buri munsi nka-bashakanye.

Incamake y'inyigisho n'intumbero

Inyigisho	Intumbero
Icigwa 2.1: Itandukaniro hagati y'igitsina (kuba umugore canke umugabo), n'igitsina (igihimba c'umubiri). Igice cambere	<ul style="list-style-type: none"> Gutahura igitsina (igihimba c'umubiri) n'igitsina (kuba umugabo canke umugore) Cerekana ivyiza, inyifato n'migenzo mu mubano muri rusangi bifatanye n'abagabo n'abagore canke bifashwe mu bundi buryo. Gufasha abitavye kwiyumvira kuco bumva iyo bvuze igitsina kugira bongereze ubwisanzure bw'abitavye ku rugero rw'ivyobibazo.
Icigwa 2.2: Itandukaniro hagati y'igitsina (igihimba c'umubiri), n'igitsina (kuba umugore canke umugabo). Igice cakabiri	<ul style="list-style-type: none"> Gutahura itandukaniro riri hagati y'igitsina ndemanwa n'igitsina kigere-ranywa n'ivyiza, inyifato n'imimigenzo muri rusangi yiharijwe abagabo canke abagore, canke ifatwa nk'iyikwije... Gusaba abitavye kwiyumvira kuco bumva iyo bavuze ngo igitsina (igihimba c'umubiri) n'igitsina (kuba umugore canke umugabo kugira bwisanzure bw'abitavye bwongerekana ku rugero rw'ivyo bibazo.
Icigwa 2.3: Umugore n'umugabo, ivyo twiyumvira n'ukuri (ukungana kw'umugore n'umugabo)	<ul style="list-style-type: none"> Kwihiweza ishusho y'umugabo wo muvyiyumviro n'umugore wo mu vyiyumviro. Kumenya ko inyifato yacu yisunga ivyo badushakako, ku mutima, umuryango, abo tungana n'abo mu kibano batwitezeko. Uko bitandukana ku bagore n'abagabo, ingorane bizana n'amahigwe bitanga biratandukanye navyo.
Icigwa 2.4.A: Gutora ico arico ukuba umugore (biraba abakenyezi b'abadanda-za), n'ugutora ico arico ukuba umugabo (biraba abagabo b'abadandaza)	<ul style="list-style-type: none"> Kwiyumvira uruhara rw'igitsina muri Kongo, mu Rwanda no mu Burundi (bivanye n'ahantu n'umugwi w'ibiganiro ku gihugu biraba) n'ugutahurako ubusumbumbane buzana inkurikizi mbi haba
Icigwa 2.5: Inyigisho rusangi, Ingana ry'ibitsina (igice cambere).	<ul style="list-style-type: none"> Kuganira ata guhisha hagati y'abubakanye ingorane zishikira abagabo n'abagore b'abadandaza batobato bo ku mbibe z'ibihugu.
Icigwa 2.6: Inyigisho rusangi, Ingana ry'ibitsina(kubandanya igice ca mbere /ni inyigisho iheruka ibandanya)	<ul style="list-style-type: none"> Kuganira ata guhisha hagati y'abubakanye ingorane zishikira abagabo n'abagore b'abadandaza batobato bo ku mbibe z'ibihugu. Kwiyumvira uburyo bwo kurengera izo ngorane.

Icigwa 2.1. Itandukaniro hagati y'igitsina (igihimba c'umubiri) n'igitsina (kuba umugore canke umugabo), Igice ca mbere

- **UMWANYA :** Amasaha abiri
- **ABO ZIGENEWE :** Abakenyezi bakora urudandazwa ruroruto njabukambibe
- **INTUMBERO YINYIGISHO :**
 - Gutahura igitsina (igihimba c'umubiri) n'igitsina (kuba umugabo canke umugore) Cerekana ivyiza, inyifato n'mi genzo mu mubano muri rusangi bifatanye n'abagabo n'abagore canke bifashwe mu bundi buryo
 - Gufasha abitavye kwiyumvira kuco bumva iyo bvuze igitsina kugira bongereze ubwisanzure bw'abitavye ku rugero rw'ivyobibazo.

1. Intangamarara

Iminota 15

- Tondeke intebé ku buryo mwebwe n'aborosha mugira umuzingi
- Akira abanyanyi mucigwa gishasha wongere ubashimire ko bajé
- Rabe abacerewe n'abasivye'
- Kubabwira bavuge ikintu ciza cabashikiye kuva ku nyigisho iheruka
- Bibutse ko mu nyigisho iheze baganiriye ku mvugo idakumira nayo yosigurwa uku « kuvugana n'abandi bantu bakwegereye mu rupfasoni ukabafata kumwe, utaravye igitsina cabô ». Imvugo idakumira irangwa n'ukwumviriza, kuraba ibimenyetso vy'umubiri n'ukwirinda gushira mu bandi iyoo witeze.

Izo ntumbero zifitaniye isano nyabaki n'ukungana kw'ibitsina no gufatana mu nda?

- Izo ntumbero zifise isano rihe n'ingana ry'ibitsina n'ugutsimbataza ugufatana mu nda ? Ukvugana nico gikoresho cambere mu migenderanire y'abantu. Kwumviriza umuntu ivyavuga no kuraba ibimenyetso vy'umubiri n'inkenerwa kugira habe ukudakumira mu biyago vy'aho tubaye. Ivyo bisigura kwubaha nokudakumira umuntu wese tuvugana turavye igitsina ciwe, imyaka, ico ari, ubutunzi, uwkoko, idini.
- Bamenyeshe ko nyigisho ikurikira izokwibanda ku bagabo n'abagore kugira hatorwe uko bari n'uko babwirizwa kuba. Kuba umugor canke kuba umugabo bizokwihwezwa vyimbitse mu nyigisho rusangi n'izitari rusangi.
- Gusigura ico arico igitsina (igihimba c'umubiri n'igitsina (kuba umugore canke umugabo) bizoba biri ku rutonde rw'nyigisho.

2. Itandukaniro riri hagati

Iminota 100

Iminota 10 cumi y'akabazo

Iminota 10 yokwerekana ibicapo n'ico babivugako.

Iminota 80 y'ibiganiro n'uguhanahana ivyiyumviro.

Intumbero :

- Gutahura itandukaniro riri hagati y'igitsina ndemanwa n'igitsina kigereranywa n'ivyiza, inyifato n'imimigenzo muri rusangi yiharijwe abagabo canke abagore, canke ifatwa nk'iyikwije...
- Abitavye baratahura ko ico tujejwe n'ico tumaze mu buzima tubihabwa n'aho tubaye , ariko ntitubihabwa n'uko twavutse, bisigura ko bishobora guhinduka.

Ibikoresho : Ikibaho, ibibazo n'amasanamu basohoye imbere, impapuro zokwandikako mu manama n'amakaramu .

Ukobikorwa : Igikorwa kibanziriza ikizamini, amashusho yerekana amashusho, umukino wo kumena urubura ukurikirwa na rusange.

Uko bigenda :

- Shira ikibaho aho bose bakibona. Ku kibaho kimwe, andika hejuru "igitsina/mu mubano, ku kndi "igitsina/igihimba

- c'umubiri". Aborosha barashobora gushirako ibimenyetso ku bibaho kugira abatazi gusoma bashobore kubitahura.
- Bwira abitavye bavuge ibantu bibiri ku bagabo n'ibantu bibiri ku bagore. Nk'akarorero, abagore baronsa, abagabo bafise inguvu...
 - Umaze kwumviriza ivyo batanze, babaze ko twovyandika munsi y'igitsina(igihimba c'umubiri) n'igitsina(kuba umugore canke uugabo)
 - Umworosha ararongora ikiyago, uwundi akaza arandika ivyo bavuze. Mukibanza c'amajambo, arashobora ku bica-pa.
 - Igihe ibibaho vyose vyuzuye, aborosha barashobora gusoma ivyo bemeje(n'ukuvuga inyishu batanze /ivyiyumviro vyatanzwe n'abitavye). Kuri kimwe cose muri vyo, baza abari mu mugwi : « ni ndemanwa canke kivana n'aho umuntu abaye ? », aho rero aborosha barashobora gutondeka bushasha kukibaho cose ivyiyumviro bitandukanye.
 - Ku kibaho/ « igitsina /icigma c'ubuzima », mushirako inyishu zijanye n'ubuzima nka : « abagabo ntibitaruka », « abagore barashobora kwonsa abana ». Habwirizwa kandi kubaho ibijanye n'imico nka : « abagabo barakomeye », « abagore bakunda kuguma muhira ».
 - Muganire kuyyashikirije n'abitavye bose, bibaye ngombwa, mugakura ikintu ku kibaho kimwe mukagishira ku kindi. Mugihe atanyishu yabonetse, gishire hagati y'ibibaho bibiri.
 - Gira nk'ivyo ku bijanye n'igitsina (kuba umugore canke umugabo). Dusanga akensi ivyo bemeje bitari ku ruhandi rw'igitsina (kuba umugabo canke umugore).
 - Baza abitavye ko bafise ivyo boba bashaka kuganirako, bace bavuga n'aho bobishira.

3. Ugusozera

Iminota 10

- Gushimira abitavye ko batonze
- Kubabaza kuvuga ikintu bize n'ikindi bafitiye inyota yo kubona mu nama ikurikira.
- Vyandike kuko muzobikenera mu nyigisho ikurikira. Basigurire ko muzobandanya kuganiro kuri ico cigwa mu nyigisho ikurikira.
- Babaze ko bafise ibibazo ku nyigisho y'uju musi.
- Ubwanyuma, bibutse itariki n'urutonde rw'inyigisho ikurikira muce mubabwira ko mufise inyota yo gusubira kubabona.

Ibigenewe aborosha

ntego yiki gikorwa ni ugfasha abagore abadandaza bato bambuka imipaka hamwe na / cyangwa abagabo babo kuri gahoro gahoro umenyenye uburyo uburinganire, amahame nindangagaciro mbonezamubano gushiraho uburinganire n'ubwuzuzanye muri societe yacu, ibyo nabyo bigira ingaruka kumyumvire yacu ibantu n'ingaruka zo guhura n'ihohoterwa. Rero, imyumvire yabagabo biganje nigtsina gore kuganduka birashobora gutuma habaho gukinisha imbaraga zingana no kongera ibyago byihohoterwa rikorerwa mu ngo kandi kuvura.

Indangurakintu y'igitsina(igihimba c'umubiri)

Ibiranga igitsina gituma umuntu aba umugabo canke umugore. Muri rusangi kiravukanwa, igitsina kivugwa his-unzwe ibijnye n'ubuzima (ibihimba vy'irondoka, inkabuzo, n'ibijanye n'irondoka).

Nk'akororero abana bavukanye ibihimba vy'irondoka vy'abagabo (inzanyi n'amatengatwa) babona bahawe igit-sina gabu.

Kimaze gutangwa, igitsina gikoreshwa muri rusangi nk'akaranga ko kurera ubwana nk'umuhungu canke umukobwa. Abana b'igitsina gabu bazorerwa nk'abahungu, tuzokura bitezweko ivyo abantu bita ubugabo.

Igitsina(kuba umugabo canke umugore)

Igitsina ni akaranga kigwa, kagakura bivanye n'umwanya kandi gahinduka bivanye nimico canke n'ahantu. Kubw'ivyo, ubugabo canke ubugore vyubakwa n'ikibano (ikintu cubatswe n'abantu) ni kandi akaranga k'umuntu. Bitwereka ko ico umuntu amaze gitangwa n'aho abaye, ibiranga ubuntu bwiwe, imico, inyifato, ibiranga umuntu vyiza bihabwa abagabo canke abagore kandi babona ko bibakwiye.

Ivyo bisigurako ubugore canke ubugabo bufatiye ku kintu. Ubugabo canke ubugore ntibwisunga umugore canke umugabo gusa ariko bwisunga imigenderanire yabo. Nk'akarorero, igitsina gore nticerekana ko abagore bibereye aho kandi boroshe, kandi babwirizwa kwigenza uko, ariko kandi ko uruhara rwabo mu kibano uravye uko bameze babwirizwa kuja musi y'abagabo.

K'muntu umwe umwe, igitsina (gabo /gore) cerekeza kuco umuntu amaze, ibimuranga, imico, inyifato, inyambaro abantu bakoresha bagomba kwerekana igitsina cabo. Ibi bica bivana nuko igitsina bagifata mu kibano, uko umuntu yiyumva, uko umuntu yipfuza kumera mw'isi n'ishusho yipfuza.

Nimba kubona abagore bibaruka bivana n'uko bavutse, ukuntu abagore bama bashaka gukora ibikorwa vy'i muhira n'ubuzi bujanye n'ugufasha abakenyezi bakora urudandazwa rutoruto njabukambibe n'abagabo babo kugenda baramenya bukebuke ukuntu igitsina, amategeko n'migenzo bituma haba ivyitezwe bijanye n'igitsina n'ukutangana mu kibano, bigacabihindura uko tubona ibintu bikanatuma haba n'ikubagurwa. Ivyo abantu bafise mu mutwe ko umugabo ari uwo kuganza umugore nawe kuganza bituma haba urugero rutangana ku vy'ubushobodzi bigatuma hashobora irwirirana ry'ikubagurwa hagati y'abubakanye n'ugufatana nabi.

ICIGWA 2.2. Itandukaniro riri hagati y'igitsina (igihimba c'umubiri) n'igitsina (kuba umugabo canke umugore)

- **UMWANYA** : Amasaha abiri
- **ABARABWA N'INYIGISHO** : Abakenyezi bakora urudandazwa rutoruto njabukambibe n'abagabo babo
- **INTUMBERO Y'INYIGISHO :**
 - Gutandukanya igitsina ndemanwa n'igitsina kigaragarira mu buranga, inyifato n'ingeso muriri rusangi dusangana abagabo canke abagore kaandi ziboneka ko zitabereye.
 - Guha akaryo abitavye ko kwiyumvira kuco batahura bavuze igitsina(igihimba c'umubiri) n'igitsina(ubugore canke ubugabo) kugirango uwisanzure kur'ivyo bibazo kwongerekane.

1. Intangamarara

Iminota 10

- Tondeke intebé ku buryo mwebwe n'aborosha mugira umuzingi
- Akira abanywanyi mucigwa gishasha wongere ubashimire ko bajé
- Rabe abacerewe n'abasivye).
- Kubabwira bavuge ikintu ciza cabashikiye kuva ku nyigisho iheruka .
- Basigurire itandukaniro riri hagati y'igitsina(igihimba c'umubiri) n'igitsina(kuba umugabo canke umugore)

2. Itandukaniro hagati y'igitsina(ifihimba c'umubiri) n'igitsina (kuba umugore canke umugabo)

Iminota 100

Intumbero : Gutahura itandukaniro riri hagati y'igitsina ndemanwa n'igitsina kigaragarira mu buranga, inyifato n'ingeso muriri rusangi dusangana abagabo canke abagore kaandi ziboneka ko zitabereye.

Ibikoresho : Ibibaho vyakoreshejwe mu nyigisho iheruka, ivyo bimuye n'amakaramu. Amafoto

Uko bishobora gukorwa : Kubandanya kubibutsa ku bijanye n'inyigisho iheruka. Ku bijanye n'ibicapo, raba mu mpera z'iki gitabu : Amafoto yacaguwe (kuraba ibiri inyuma y'igitabu) canke amsanamu.

Uko bigenda :

- Basigurire ko mugije kubereka ibicapo, mucé mubabwira batore ibifise akaranga/inyifato zijanye n'igitsina (igihimba c'umubiri) n'ibindi bifitiye ku hantu umuntu baye, abigira bivuye ku kibano (uko ikibano gifata umugabo canke umugore). Babwire bavuge igituma batoye izo nyishu.



Isanamu ya 1.

Ico gicapo crekana umukenyezi ariko arateka.

Akensi umugore niwe usanga ategura imfungurwa bivanye n'uko umubano utunganje ariko bitavanye ku kuntu yavutse. **Abagabo nabo barafise inguvu zo guteka.**

**Isanamu ya 2.**

Iki gicapo cerekana abarongoye isoko ku mupaka. Bose ni abagabo. Abenshi mubarongoye amasoko n'amakoperative Ni abagabo bivuye ku kuntu ikibano gitunganije ariko bitavuye ku kuntu umuntu yavutse. Abakenyezi nabo barashobora kurongora amasoko yo ku mbibe, amakopertive y'abadandaza batobato; amashirahamwe yo ku mbibe, n'ibindi.

**Isanamu ya 3.**

**Abagore nobo bonyene umubiri wabo ushobora gutuma bibungenga
Abagabo ntishoboye gasma imbanji**

**Isanamu ya 4**

Iyi foto yerekana abakenyezi bavuye kuvoma amazi. Kuvoma ni igikonkwano ku bakemyezi bivanye n'uko ikibano gitunganije ariko bitavanye n'uko baremwe. **Abagabo nabo barashoboye kuvoma**

**Poster N°5.**

Iyi sanamu yerekana umukenyezi ariko yonsa umwana. Abakenyezi bonyene nibo bashoboye kwonsa, ivyo bivana nuko bavutse. **Abagabo ntibashoboye kwonsa.**

**Isanamu ya 6.**

Iyi sanamu yerekana abagabo bariko barakina mu kibano. Abagabo barashobora guhurira hamwe bakayaga bivanye n'ukuntu ikibano cubatse ataruko bavutse. **Abagore nabo barashoboye kandi barafise ubwenge bukenewe ngo bakine**



Ishusho ya 7.

Ikibano cacu gifise amababa abiri. Rimwe ni umugabo irindi ni umugore. Iyo ayo mababa yose afise inguvu kandi angana-igihe abagabo n'abagore bose bagize uruhara, bazoshika aho bipfuza gushika.

1. Tange amakarata avuga ibi bikurikira ku bagabo no ku bagore mu birabisha kubitavye babishaka. Babwire basome cane kimwe kimwe. Umworosha azobwirizwa kumenya abashoboye gusoma no kwandika mu mugwi (abagore n'abagabo)

1. Abagore baribaruka abana, abagabo ntavyo bakora
2. Abagore nibo bafise igikorwa co kwitwararika abana kuko bashoboye kubonsa
3. Abagabo barafise ubwanwa.
4. Abagore ntibashobora kwikorera ibiremereye.
5. Abagore baratinya gukorera hanze mw'ijoro
6. Ijwi ry'abagabo riba rinini hageze igehe bashobora kuvyara, abagore si uko.
7. Abagore baragaragaza ibigumbagumba ariko abagabo biguma mu mutwe/ibigumbagumba ni ivy'abagore abagabo bariyumvira.
8. Akensi abagore bafise imishatsi miremire, abagabo bafise migufi.
9. Abensi mu bahinga/abashakashatsi ni abagabo.
10. Nkuko bisanzwe bimeze, gateka n'ivyo abagore.
11. Abakora urudandazwa rutoruto njabukambibe ni abagore, abagabo usanga bakora ibindi bikorwa nko gutwara ib-intu mu miduga.
- Bwira abitavye batore muri ivyo vyavuzwe ibijanye n'igitsina nk'igihimmba c'umubiri, n'ibijanye n'igitsina gabon canke igitsina gore bifatiye kuho umuntu abaye. Babwire bavuge icatumye batora kimwe canke ikindi.

Babwire bavuge icatumye batora kimwe canke ikindi.

Kurimwebwe, mubona abagabo n'abagore rimwe narimwe bafise ivyo bakenera, ingorane zitandukanye canke n'amahirwe atandukanye?

Ganire mu migwi yanyu ivyo bibazo. Mu gihe muzoba mwumvikanye inyishu, ni muyikikuze umurongo. (Menya neza : kosore inyishu atari zo mu gihe umuremeshakiago azoba ariko arabasabikaniriza inyishu)

Baze abakenyezi b'abadandaza batobato bo ku mbibe /canke abagabo babo ko hariho ibindi bintu bipfuza kukabandanya baganirako mubabaze n'igituma.

Bwira bari mu migwi ibi : Igitsina kijanye n'uko umuntu yavutse hanyuma igitsina (ubugabo canke ubugore) bihabwa ishusho n'aho umuntu baye n'imico kama

3. Ugusozera

Iminota 10

- Shimira abaje ko bitavye
- Babaze ikintu kimwe bize uyu musi n'ikindi kintu bipfuza kwiga mu nama ikurikira.
- Erekana izo foto zitatu mucu musigura n'ubutumwa bwatanzwe cane cane ibikorwa bigenewe abagabo n'ibigenewe abagore bishobora guhinduka, gutera imbere, ibijanye n'igitsina(igihimba c'umubiri) bitazigera bikhinduka



Hariho itandukaniro rijanye n'uko umuntu aremwe hagati y'umugore n'umugabo



Hariho ibikorwa umugabo canke umugore akora bivanye n'aho abaye



Ibikorwa umugabo canke umugore akora bivanye n'aho aba birashobora guhinduka
canke bigatera imbere

- Nimwandike kuko muzobikenera munyigisho ikurikira
- Basigurire ko muzobandanya mubiganira munyigisho ikurikira
- Babaze ko hari ibibbazo bafise kunyigisho y'uju musi
- Bitutse itariki n'ibizokwigwa mu nyigisho ikurikira kandi ko uzohimbarwa no gusubira kubabona

Icigwa 2.3. Umugore n'umugabo, iviyumviro n'ukuri (hagati y'umugore n'umugabo)

- **UMWANYA :** amasaha abiri
- **ABO ZEREKEYE :** Abakenyezi b'abadandaza batobato ku mbibe n'abagabo babo.
- **INTUMBERO Y'ICIRWA :**
 - Kwihiweza umugabo w'intabonwa n'umugore w'intabonwa.
 - Kumenyako inyifato yacu yisunga ivyo abadushika ku mutima, imiryango yacu, abo tungana n'aho tuba batwitezeko. Ko umugore n'umugabo batitezweko bimwe, ingorane n'amahirwe baronka si bimwe na vyo nyene.

1. Intangamarara

Iminota 10

- Tondeke intebé ku buryo mwebwe n'aborosha mugira umuzingi
- Akira abanywanyi mucigwa gishasha wongere ubashimire ko bajé
- Rabe abacerewe n'abasivye).
- Kubabwira bavuge ikintu ciza cabashikiye kuva ku nyigisho iheruka .
- Bamenyesheko icigwa c'uyu musi ari ukurabirahamwe ishusho y'umugore canke umugabo ahabwa bivanye n'aho aba.

2. Umugore n'umugabo, « iviyumviro » n'ukuri

Iminota 30

Iminota 30 yibikorwa mu migwi

Intumbero : Kwihiweza ishushoy'umugore w' « intabonwa » n'umugabo w' « intabonwa ». Kumenyako inyifato yacu yisunga ivyo abadushika ku mutima, imiryango yacu, abo tungana n'aho tuba batwitezeko. Ko umugore n'umugabo batitezweko bimwe, ingorane n'amahirwe baronka si bimwe na vyo nyene.

Ibikoresho : Nta na kimwe

Uko bikorwa : Ibiganiro mu migwi mitomito.

Uko bigenda :

- Bamenyeshe ko iki cigwa gishingiye ku kwihiweza inyifato umugore canke umugabo yabwirizwa kugira mukibano.
- Gusaba abitavye ngo bagire imigwi ibiri
- Basigurire ko tugiye kwishura ibibazo bijanye n'uko abagabo (abahungu) n'abagore (bakobwa) babona ibantu.
- Mu mugwi wose, umworosha abaza ibi bibazo bikurikira :
 - Ni izi nyifato ku mugabo, umuhungu, umukobwa n'umugore ku bigeme n'abandi bantu bo mu kibano, n'abandi ?
 - Mubona umugore w'intabonwa yo kwifata gute mu kibano?
 - Mubona umugabo w'intabonwa yo kwifata gute mu kibano?
 - Ni kubera iki inyifato zitandukanye?
 - None, izonyifato zijana n'ibihe (Uravye muri kahise ukagererabnya n'ubu, ubona zitandukanye ku migwi yabantu itandukanye?)
- Inyuma y'minota 30 babwire bagire umuzingi basabikanye ivyo bumvikanye mu mirwi. Musige akanya ko kugira ico muvuze n'ibabazo).
- Umworosha abwirizwa kwandika ivyashikirijwe imbere yo gushikiriza kuburyo buramvuye ivyashittsweko.
- Inyuma yo gushira hamwe ivyavuye mu migwi, umworosha aca asaba kubari mu mugwi kuja hamwe ngo bishure ibibazo bikurikira

- Mu biranga umugore w'intabonwa, ni muvuge mu bimuranga ibitari vyemewe kera ubu vyemewe.
- Mu biranga umugabo w'intabonwa, ni muvuge mu bimuranga ibitari vyemewe kera ubu vyemewe.
- Inyuma y'iminota itanu, bwira abari mu migwii basubire kuja ku muzingi umugwi wose muwuhe iminota 2 yo kuv uga ivyo bashitseko n'ivyo bumvikanyeko. Umworosha aca avuga ku buryo buramvuye ivyavuye muri ivyo vyashkiri jwe n'abari mu migwi kabiri.
- Mugihe muriko mubashikiriza ivyavuye mu biganiro ku buryo buramvuye, baza ibibazo bikurikira:
 - Ubuzima mu kibano cacu buroroshe cane ku mugore canke ku mugabo?
 - Ivyo vyiyumviro n'ivyo twiteze bituma twumva duhiriwe canke tugowe?
 - Ubwo butandukane buratuma dushikira intego zacu mubuzima?

4. Ugusozera

Iminota 10

- Shimira abitavye. Babwire bavuge ikintu bize uyu musi n'ikntu bafitiye inyota ku kubona mu nyigisho ikurikira.
- Babaze ko bafise ibibazo ku nyigisho y'uno musi.
- Basigurire ko muzobandanya ico kiganiro mu nyigisho ikurikira.
- Basigurire ko abakenyezi b'abadandaza batobato n'abagabo bazogira nyigisho ikurikira batari kumwe.
- Babwire itariki n'ibizokwigwa mu nyigisho ikurikira unababwire ko ufise igishika co gusubira ku babona.

Ibigenewe aborosha :

- Kumenyako inyifato yacu yisunga ivyo abadushika ku mutima, imiryango yacu, abo tungana n'aho tuba batwitezeko. Ko umugore n'umugabo batitezweko bimwe, ingorane n'amahirwe baronka si bimwe na vyo nyene.
- Birashoboka aho twitwara uko tutipfuza, ukutaduhimbara canke ugutuma tudashikira intego zacu mu buzima. Shimika ko naho hari ishusho zishingiye ku vyiyumviro z'umugabo w'ukuri n'umugore w'ukuri, bose ntibipfuza (canke ntibashobora) kuzishikako. Ubwo butandukane n'ubwo kwubahwa.
- Muri rusangi, ubuzima mu mubano buragoye cane ku bagore. Abagore ntaruhara bafise mu gufata ingngo, ntibashishikigwa munzego z'igihugu kandi ntibahabwa akaryo ko kugira ico bavuze kungorane zibaraba.
- Ivyavuye mu cigwa cakozwe kurudandazwa njabukambibe hagati ya republika iharanira demokarasi ya kongo, Urwanda n'Uburundi na Uganda vyerekana ko :

« Urudandazwa rwo ku mbibe nirwo abadandaza benshi bazeyeko uburaro n'uburamuko, abensi bakaba ari abakenyezi bashora ibiva mu burimyi bava mu karere baja mu kandi ; harimwo rero ikintu kijanye n'igitsina muri ivyo bintu ».

Ibiharuro ni nkoramutima : uburyo bwo kubaho n'ibikorwa vy'ubudandaji vy'abo bakenyezi bibangamiwe n'ibitigiri binini vy'abakubagurwa n'abahohoterwa ku mbibe n'itozwa ry'amahera atazwi n'ibiturire. Aho gutuma haba ukwisununura no gutera imbere, urwo rudandazwa rwo ku mbibe rwahindutse igikorwa co gukora gusa kugira babebo.

Mu tundi turere, ugutera imbere kurwo rudandazwa rutoruto ku mbibe kuvana n'ukuntu abadandaza bafatwa n'ukuntu bajabuka imbiye (cigwa c'ibanki y'isi ca 2010). Ugutera imbere muri urwo rudandazwa kuvana n'ubush-

obozi bw'umuntu bwo kujabuka urubibe adakubaguwe, ahohoterwe canke ngo arihe amafranga : amafranga y'umurengera atazwi mu mategeko, ibiciro bitazwi.

Isoko : Paul Brenton, Celestin Bashinge Bucedehwa, Caroline Hossein, Shihō Nagaki, na Jean Baptiste Ntagoma (Nzero, 2011). Abakenyezi bakenyi mu karere ka Afrika y'ibiyaga binini bakora urudandazwa ku mbibe : Igikorwa c'indyankurye.

Icigwa 2.4. Kurabirahamwe ico arico ubugabo (Kiraba abagabo b'abakenyezi b'abadandaza batobato)

- **UMWANYA :** amasaha2
- **ABO ZEREKEYE:** abagabo b'abakenyezi b'abadandaza batobato
- **INTUMBERO Y'ICIGWA:**
 - Kurabira hamwe uruhara rw'igitsina muri Kongo, mu Rwanda canke mu Burundi (bivane aho ibiganiro bibera mu gihugu cose) n'ugutahirako ubusumbasumbane butuma haba ingorane ku bagore canke ku bagabo.

1. Intangamarara

Iminota 10

- Tondeke intebé ku buryo mwebwe n'aborosha mugira umuzingi
- Akira abanyanyi mucigwa gishasha wongere ubashimire ko baje
- Abe abacerewe n'abasivye).
- Bamenyeshe ko muri iyi nyigisho izoba ari iyo kurabirahamwe mu uryo bwimbitse ingorane abagabo bahura nazo. Mumpera z'ijo nyigisho, hazobaho ivyo bumvikanyeko no guhuriza hamwe n'abakenyezi.
- Bibutse ku nyigisho iheruka mu gusaba abagabo bavuge muri make ivyo bize.
- Babwire ko iyo nyigisho izoca mu mizi uruhara rw'igitsina ku bagabo mu karere ko ku mbibe hagati ya Kongo, Urwanda n'Uburundi; ubusumbasumbane, agashavu, amatati butera n'uburyo bwo kubugwanya.

2. Gutahura ingorane abagabo n'abahungu bahura nazo

Iminota 100 **Iminota 30** yibikorwa mu migwi.

Intumbero : Kwiyumvira ku ruhara rw'igitsina no gufatana mu nda ku karere ko ku rubibe hagati ya republika iharanira Demokrasi ay Kongo, Urwanda n'Uburundi, gutahura ubusumbasumbane namatati agira ingaruka ku bagabo n'abagore.

Ibikoresho : ibibaho n'amakaramu yo kuvyandikako.

Uko bikorwa :

- Gukorera mu migwi bikurikirwa no gukorera hamwe.
Ni vyiza kandi gukoresha udukino n'abantu bakinwa mu kibanza cabo. Muri ico gihe, tange umwanya wo kwiyumvira agakino n'umwanya wo kugakia mw'ihuriro rya bose. Hanyuma, ni mutume haba uguharira kuri ako gokino.

Uko bikorwa :

- Tangura uvuga ko abagabo, abahungu hamwe n'abagore, abakobwa bahura n'ingorane zitandukanye. Izo ngorane ziragoye kurengera bivuye ku busumbane hagati y'abagabo n'abagore.
- Shira abitavye mu migwi.
- Babwire baganire ku ngorane zikunda gushikra bagabo n'abahungu mu kibano iwabo. Umworosha kugira yandike amajambo nkora mutima n'ivyanditswe ku bibaho.
- Saba abagabo bishure ibibazo bikurikira :
 - Ni ibihe bibazo abagabo n'abahungu bakunda guhura navyo mu karere ko ku mbibe hagati ya Republika iharanira Demokrasi ya Kongo, Urwanda n'Uburundi? Ku mvo izihe?
 - Abagabo bokora iki ngo bave muri izo ngorane?
 - Ni izihe ngorane zijanye n'ubusumbasumbane bw'ibitsina?
 - Zitandukaniye he ku bagabo n'abagore?
- Inyuma y'iminota 30, saba iyo migwi ibiri ivuge ivyo bashitseko.
- Baze abagabo bo mu wundi mugwi ko bafise ibibazo bipfuza kubaza, ku bafise inyishu zisa canke batoye ibitandukanye.

- Bivanye n'ibibazo bikomakomeye vyashikirijwe n'abanyamigwi, agura ikiganiro. Tumbereza ikiganiro ku bwoko bw'ubusumbasumbane n'ingaruka zabwo ku bagore n'abagabo.
- Bwira abitavye biyumvire ubundi burorero bamaze kubona n'ubundi bwo mu buzima bwa misi yose bujanye n'urudandazwa rutoruto ku mbibe.
- Ku bwabo, ni iyihe nyishu yokuraho ubwo busumbasumbane? Ni izihe nzira nzokoreshwa kugira havehoubwo busumbasumbane n'ingorane ?
- Mu mpera y'inyigisho, saba abagabo babike neza ivyo banditse n'ibiri ku kibaho kugira bazobignireko n'abakenyezi.

3. Ugusozera

Iminota 10

- Shimira abitavye.
- Babwire bavuge ikintu bize uyu musi, ico bazosabikaniriza abagenzi babo n'ikntu bafitiye inyota yo kubona mu nyigisho ikurikira.
- Basigurire ko muzobandanya ico kganiro mu nyigisho ikurikira.
- Babaze ko bafise ibibazo ku nyigisho y'uno musi,
- Babwire itariki n'ibizokwigwa mu nyigisho ikurikira unababwire ko ufise igishika co gusubira ku babona.

Ibiraba umworosha :

Ubusumbasumbane bw'ibitsina bisigura ku datanga amahirwe amwe kumvo zifatiye ku kintu kimwe, igitsina.

Ikumira rifatiye ku gitsina ni ugfata umuntu canke umugwi w'abantu nabi wisunze ko ari umugabo/abagabo canke abagore/umugore. Nimba uguumbasumbana kw'ibitsina n'ikumirwa rifatiye kugitsina babivuga ku bagore, n'uwindi wese birashobora kumushikira.

Naho abagabo basa nk'aboroherejwe muri rusangi kandi bafise mu minwe imigenderanire n'abakenyezi, ivyo birashobora ku bahomya. Nk'akarorero, ibantu abantu bashize mu mutwe ko umugabo akomeye ari uwunywa cane, kandi agatorera umuti ibibazo, si abagabo bose babikunda, hari abashima kugmana n'abapfasoni babo n'abana, ariko bagatinyako abandi bagabo babatwenga.

Uruhara rw'abo **tugendana** ku buzima bwacu ni runini. Barashobora gutuma twigenza uko tutemera, canke bagatuma twirengera.

Ku bakenyezzi, basaba kuganzwa no gukora udukorwa tw' muhira. Birashobora kubanezera kuko ubufasha bwabo buzwi kandi bugashimwa, canke bakabona bagowe kubera atajambo bafise ku buzima bwabo.

Icigwa 2.4.B. Ukurabira hamwe ukuba umugore ico ari co (Kiraba abagore bakora urudandazwa rutoruto ku mbibe)

- **UMWANYA WOSE :** amasaha abiri
- **ABO IRABA :** abagore bakora urudandazwa rutoruto ku mbibe
- **INTUMBERO Y'ICIGWA :**
 - Kuganira atagulisha hagati y'abubakanye ingorane zishikira bakenyezi na ba gabon bakora urudandazwa rutoruto ku mbibe.

1. intangamarara

Iminota 10

- Tondeke intebi ku buryo mwebwe n'aborosha mugira umuzingi
- Akira abanyanyi mucigwa gishasha wongere ubashimire ko baje
- Abe abacerewe n'abasivye).
- Bamenyeshe ko muri iyi nyigisho izoba ari iyo kurabirahamwe mu uryo bwimbitse ingorane abakenyezi bahura nazo. Mu mpera z'inyigisho3, uguhuriza hamwe kw'abakenyezi bakora urudandazwa rutoruto ku mbibe n'abagabo babo kuvyo bumvikanyeko bagire n'ico baibivuzeko.
- Bibutse ku nyigisho iheruka mu gusaba abakenyezi bavuge muri make ivyo bize.
- Babwire ko iyi nyigisho izoca mu mizi uruhara rw'igitsina ku bakenyezi mu karere ko ku mbibe hagati ya Kongo, Urwana n'Uburundi; ubusumbasumbane, agashavu, amatati butera n'uburyo bwo kubugwanya.

2. Gutahura ingorane abakenyezi n'abigeme bahura nazo

Iminota 100 **Iminota 30** py'ibikorwa mu migwi.

Intumbero:

- Kwiyumvira ku ruhara rw'igitsina no gufatana mu nda ku karere ko ku rubibe hagati ya republika iharanira Demokrasi ay Kongo, Urwanda n'Uburundi,
- gutahura ubusumbasumbane n'amatati agira ingaruka ku bagore n'bagabo

Ibikoresho: ntanakimwe

Uko bikorwa :

- Gukorera mu migwi bikurikirwa no gukorera hamwe.
- Ni vyiza kandi gukoresha udukino n'abantu bakinwa mu kibanza cabu. Muri ico gihe, tange umwanya wo kwiyumvira agakino n'umwanya wo kugakia mw'ihuriro rya bose. Hanyuma, ni mutume haba uguharira kuri ako gakino.

Uku bigenda

- Tangura uvuga ko abagabo, abahungu hamwe n'abagore, abakobwa bahura n'ingorane zitandukanye. Izo ngorane ziragoje kurengera bivuye ku busumbane hagati y'abagabo n'abagore.
- Shira abitavye mu migwi ibiri.
- Babwire baganire ku ngorane zikunda gushikra abakenyezi n'abigeme mu kibano iwabo. Umworosha kugira yandike amajambo nkora mutima n'ivyanditswe ku bibaho.
- Saba abagabo bishure ibibazo bikurikira :
 - Ni ibihe bibazo abagore n'abakobwa bakunda guhura navyo mu karere ko ku mbibe hagati ya Republika iharanira Demokrasi ya Kongo, Urwanda n'Uburundi? Ku mvo izihe?
 - Abagore bokora iki ngo bave muri izo ngorane?
 - Ni izihe ngorane zijanye n'ubusumbasumbane bw'ibitsina?
 - Zitandukaniye he ku bagabo n'abagore?
- Inyuma y'iminota 30, Saba iyo migwi ibiri y'abakenyezi ivuge ivyo bashitseko.

- Baze abkenyezi bo mu wundi mugwi ko bafise ibibazo bipfuza kubaza, ku bafise inyishu zisa canke batoye
ibitandukanye.
- Bivanye n'ibibazo bikomakomeye vyashikirijwe n'abanyamigwi, agura ikiganiro.
- Tumbereza ikiganiro ku bwoko bw'ubusumbasumbane n'ingaruka zabwo ku bagore n'abagabo.
- Bwira abitavye biyumvire ubundi burorero bamaze kubona n'ubundi bwo mu buzima bwa misi yose bujanye n'uru-dandazwa rutoruto ku mbibe.
 - Ku bwabo, ni iyihe nyishu yokuraho ubwo busumbasumbane?*
 - Ni izihe nzira nzokoreshwu kugira havehoubwo busumbasumbane n'ingorane ?*
- Mu mpera y'inyigisho, ibutsa abakenyezi babike neza ivyo banditse n'ibiru ku kibaho kugira bazobignireko n'abahungu.

3. Ugusozeria

11minota 10

- Shimira abitavye, Babwire bavuge ikintu bize uyu musi n'ikntu bafitiye inyota ku kubona mu nyigisho ikurikira.
- Babaze ko bafise ibibazo ku nyigisho y'uno musi, Basigurire ko muzobandanya ico kganiro mu nyigisho ikurikira.
- Basigurire ko abakenyezi b'abadandaza batobato n'abagabo bazogira inyigisho ikurikira batari kumwe.
- Babwire itariki n'ibizokwigwa mu nyigisho ikurikira unababwire ko ufise igishika co gusubira ku babona.

Ibiraba umworosha :

Ubusumbasumbane bw'ibitsina bisigura ku datanga amahirwe amwe kumvo zifatiye ku kintu kimwe, igitsina.

Ikumira rifatiye ku gitsina ni ugufata umuntu canke umugwi w'abantu nabi wisunze ko ari umugabo/abagabo canke abagore/umugore. Nimba uguusumbasumbana kw'ibitsina n'ikumirwa rifatiye kugitsina babivuga ku bagore, n'uundi wese birashobora kumushikira.

Naho abagabo basa nk'aboroherejwe muri rusangi kandi bafise mu minwe imigenderanire n'abakenyezi, ivyo birashobora ku bahomvya. Nk'akarorero, ibantu abantu bashize mu mutwe ko umugabo akomeye ari uwunywa cane, kandi agatorera umuti ibibazo, si abagabo bose babikunda, hari abashima kugmana n'abapfasoni babo n'abana, ariko bagatinyako abandi bagabo babatwenga.

Uruhara **rw'abo tugendana** ku buzima bwacu ni runini, Barashobora gutuma twigenza uko tutemera, canke bagatuma twirengera.

Ku bakenezezi, basaba kuganzwa no gukora udukorwa tw' muhira. Birashobora kubanezera kuko ubufasha bwabo buzwi kandi bugashimwa, canke bakabona bagowe kubera atajambo bafise ku buzima bwabo.

Inyigisho ya 2.5. Inyigisho rusangi: Ukangana kw'ibitsina (Igice ca mbere)

- **UMWANYA:** amasaha abiri
- **ABO YEREKEYE:** Abakenyezi bakora urudandazwa rutoruto ku mbibe n'abagabo babo.
- **INTUMBERO YI ICIGWA :**
 - Kuganira ataguhisha hagati y'abubakanye ingorane zishikira bakenyezi bakora urudandazwa rutoruto ku mbibe.

1. Intangamarara

Iminota 10

- Tondeke intebé ku buryo mwebwe n'aborosha mugira umuzingi munini.
- Akira abakenyezi b'abadandaza batobato n'abagabo babo mucigwa gishasha wongere ubashimire ko baje
- Rabe abacerewe n'abasivye).
- Babwire ko izi nyigisho ziba mu mugwi ikaza kunoganza ibiganiro bimaze kuba atabagabo barimwo (abagabo babo) n'abakenyezi bakora urudandazwa rutoruto (abapfasoni babo) kugra barabire hamwe ingorane abagabo n'abagore bahura nazo mu buzima bwa misi yose bivanye n'umugwi uhari. Inyuma y'izo nyigisho 3, abitavye bose, abagabo b'abakenyezi b'ababadandaza batoya kumbibe/canke abo bakenyezi hagati yabo, bazoronka akaryo ko gusabikanya ivyo bumvikanyeko no kugira ico babivuzeko mu nama ya bose.
- Bibutse ku nyigisho iheruka mu gusaba abakenyezi bavuge muri make ivyo bize.
- Babwire ko iyi nyigisho izoca mu mizi uruhara rw'igitsina ku bakenyezi mu karere ko ku mbibe hagati ya Kongo, Urwanda n'Uburundi; ubusumbasumbane, agashavu, amatati butera n'uburyo bwo kubugwanya.

2. Umusi usa n'uwbabayé

Iminota 100 **Iminota 30** ku bikorwa vyo mu migwi

Intumbero : Kubahimiriza kuvyo abagore n'abagabo bashobora kwitega bijanye n'igitsina.

Ubuhinga : imyimenyerezo mu migwi (Abagore n'abagabo bamwe bose ukwabo) bigakurikirwa no gushikiriza ivyo batoye n'ukubiharirako mu nama ya bose.

Ibikoresho : Impapuro zo kwandikako mu nama n'amakaramu yavyo.

Uko bigenda :

- Kugabura abitavye mu migwi ibiri, umwe w'abakenyezi n'uwundi w'abagabo
- Saba umugwi w'abagore bavuge umusi bavuga ko ari mwiza ku mukenyezi babonye n'abagabo bavuge umusi bitamwiza babonye ku mugabo. Umugwi wose uzokwitorera umwanditsi. Umworosha arashobora gufasha umugwi mu kwandika iviyumviro.
- Babwire ko ivyo bikorwa habaye ugutunganya umwanya k'uburyo bimara isaha. Babwire bandike ku kibaho ibiran-gamisi (akarorero. 5 h-6 h ; 6 h-7 h, 7 h-8 h...)
- Inyuma y'iminota 30, babwire baje hamwe ku muzingi musabe abagabo bavuge intunganyo y'umwanya ku musi w'umugabo bafashe.
- Bwire abagore basigure intunganyo y'umwanya ku musi bafashe w'umugore.
- Shira hamwe vyose muri kumwe n'abitavye bose muce mwandika imirongo mikurumikuru ku kibaho :
 - Ni iryafe tandukaniro ry'ukuntu umugabo amara umusi n'uko umugore awumara?
 - Ninde akora ibikorwa vyinshi ku musi?
 - Ni nde muri rusangi afise imyanya y'akaruhuka ?
 - Mwotanga iyihe ndangurakintu ku gikorwa ? Ni ibihe bikorwa mufata nk'akazi?
 - Ku bagabo : ni ibihe bikorwa abakenyezi banyu batokwigera bakora ? Ni ibihe bikorwa mutokwigera mukora nk'abagabo?

- *Ku bakenyezi : Ni ibihe bikorwa abagabo banyu batokwigera bakora? Ni ibihe bikorwa mutokwigera mukora nk'abak enyezi?*
- *Kuri bose : Iyumvire igikorwa kimwe mwoshobora gusangira ?*
- Basigurire ko, kubona hariho ibikorwa bimwe bikorwa n'umugore gusa biva ku kibano n'imico bitava ku kuntu umuntu yaremwe.
- Ibikorwa vyo munzu, isuku (nko kwitwararika abana, abantu bo mu muryango abarwaye, umugabo) n'ibikorwa vy'urudandazwa rutoruto usanga abantu badaha agaciro. Ni nkenerwa kwibutsa uruhara abakenyezi bamaze kugira mu muryango canke hanze.
- Birashoboka ko abakenyezi bakora ibikorwa vyahora bigenewe abagabo n'uko abagabo bakora ibikorwa vyahora bigenewe abagore nko guteka no kwitaho umwana.
- Hereza abitavye umwimenyerezo wo gukorera i muhira :
 - Umugabo n'uwo bubakanye umwe afate igikorwa cahora gikorwa n'uwundi mu ndwi yose (Umugabo afata icahora gikorwa n'umugore, umugore afatwa icahora gikorwa n'umugabo).
 - Ku bagabo bahora bafashanya n'abagore, babwire gutora ico batarigera bakora.
 - Babwire bazotange raporo munyigisho ikurikira imigwi itari hamwe hanyuma bari hamwe bavuge uko vyagenze nukuntu biyumvise.
- Iyyiyumviro vy'abagabo ni nk'ibi: guteka ibifungurwa vy'umuryango, guheka umwana, gukinisha umwana, gutora abana kw'ishure, kugaburira abana, kwoza amasahani, kuja kuvoma amazi, gusenya, kumesa no gusasa.

3. Ugusozera

Iminota 10

- Shimira abitavye babwire bavuge ikintu bize uyu musi n'ikntu bafitiye inyota ku kubona mu nyigisho ikurikira.
- Babaze ko bafise ibibazo ku nyigisho y'uno musi.
- Babwire itariki n'isaha n'ibizokwigwa mu nyigisho ikurikira unababwire ko ufise igishika co gusubira ku babona.

Icigwa ca 2.6. Icigwa rusangi: Ukungana kw'ibitsina (igice ca kabiri: ukubandanya inyigisho iheruka

- **UMWANYA :** amasaha 2
- **ABO ZEREKEYE :** Abakenyezi abkora urudandazwa ruto ku mbibe n'abagabo babo.
- **INTUMBERO :**
 - Kuganira ataguhisha hagati y'abubakanye ku ngorane hagati y'abakenyezi b'abadandaza batobato n'abagabo babo.
 - Ukwiyumvira inzira zo gutorra umuti ico kibazo.

1. Intangamarara

Iminota 10

- Tondeke intebé ku buryo mwebwe n'aborosha mugira umuzingi munini.
- Akira abakenyezi b'abadandaza batobato n'abagabo babo mucigwa gishasha wongere ubashimire ko baje
- Rabe abacerewe n'abasivye).
- Babwire ko izi nyigisho ziba mu mugwi wa bose ukaza kunoganza ibiganiro bimaze kuba munyigisho zaheze kugira barabire hamwe ingorane abagabo n'abagore bahura nazo mu buzima bwa misi yose bivanye n'umugwi uhari.
- Bibutse ku nyigisho iheruka mu gusaba abakenyezi bavuge muri make ivyo bize.
- Hanyuma, ubibutse itariki nigih cyamasomo ataha hanyuma ubamenyeshe uko udashobora gutegereza kuba-bona byose

2. Ingorane zisa n'izishikira abakenyezi bakora urudandazwa rutoruto ku mbibe n'abagabo babo.

Iminota 100 **Iminota 20** y'ibikorwa mu migwi

Intumbero :

- Kuganira kungorane zashikiye abo bubakanye no kuvuga ukuntu zotorerwa umuti.
- Guhimiriza kuvyo abagabo n'abagore biteze kubijanye n'igitsina hagati y'abubakanye.

Uko bigenda: Intangamarara no kwibutsa ku nyigisho iheruka (ku muzingi munini),

Imyimenyerezo mu mgwi ibiri (bagore n'abagabo batari hamwe) hanyuma gushikiriza no kuganira mu nama ya bose (ku muzingi).

Ibikoresho: impapuro zo mumanama n'amakaramu.

Uko bigenda:

- Kuraba nimba abubakanye barakoze agakorwa k'i muhira.
- Babwire bavuge ivyagenze neza n'ibitagenze neza. Ari ego, kubera iki? Ari oya kubera iki?
 - Baza abakenyezi bavuge ukuntu biyumva n'ivyo bikorwa bishasha?
 - Baza abagabo bavuge ukuntu biyumva n'ivyo bikorwa bishasha?
 - Bandanya ibiganiro ataguhisha ku ngorane ziba hagati y'abagore n'abagabo muce mwiyumvira ku buryo bwo kuzitorera inyishu.
- Gira imigi ibiri mitomito yo kwiyumvira (umugwi w'abakenyezi) n'umugwi w'abagabo.
- baza ibi bibazo bibiri ku mugwi wose (imigi iritorera abavugizi n'abanditsi):
- **Ibibazo kubakenyezi :** Ni ibihe bibazo bikunda gushikira abakenyezi bakora urudandazwa rutoruto njabukambibe mu migenderanire yabo nk'umugore n'umugabo zijanye n'urudandazwa bakora?
- Ni ubuhe buryo mukoresha canke mwokoresha mu kuzitorera inyishu ? (uburyo bwa kera ; uburyo bushasha).

- **Ibibazo ku bagabo**
 - Ni ibihe bibazo bikunda gushikira abagabo b'abakenyezi bakora urudandazwa rutoruto njabukambibe mu migenderanire yabo nk'umugore n'umugabo zijanye n'urudandazwa abakenyezi babo bakora?
 - Ni ubuhe buryo mukoresha canke mwokoresha mu kuzitorera inyishu ? (uburyo bwa kera ; uburyo bushasha).
- Inyuma y'iminota mirongo itatu bahamagare bose muhurize hamwe mu nama ya bose.Ibimenyeshejwe umwrosha :
- Ubwambere umugwi w'abagore uravuga abagabo bakandika ibibazo bagaca babaza ; hanyuma abagabo bagashikiriza ivyabo, abagore bakandika ibibazo; Ibibazo vyabamwe n'abandi bikabazwa, ikiganiro kikabandanya.Uworosha azoshobora kwandika ibishkirijwe no gufasha ikiganiro.

3. Gusozera

Iminota 10

- Shimira abitavye babwire bavuge ikintu bize uyu musi n'ikntu bafitiye inyota ku kubona mu nyigisho ikurikira.
- Babaze ko bafise ibibazo ku nyigisho y'uno musi.
- Bahe agkorwa K'imuhira : abubakanye barahitamwo ku bushake bwabo uburyo buva muri izo ngorane za misi yose
- Babwire itariki n'ibizokwigwa mu nyigisho ikurikira unababwire ko ufise igishika co gusubira ku babona.

Icigwa ca 2.7. Icigwa rusangi : Ukungana kw'ibitsina (igice ca gatatu)

1. Intangamarara

Iminota 10

- Tegura inteve kugirango abitavye bose nawewe, aborosha, bakore umuzingi munini.
- Tanga ikaze ku bakenyezi bakora urudandazwa ruto ku mbibe n'abagabo babo muri zino nyigisho, ubashimire no kuba bitavye.
- Saba abubakanye kuvuga ivyababayeko vyiza na bibi kuva mu nyigisho ziheruka, ivyo bize, ivyo babayemwo nimpinduka nziza, nico biyemeje ubu.
- Bamenyeshe ko uyumunsi mugije kuvuga kukugabura ibikorwa vyo murugo, cane cane akamaro ko gufadikan-ya ibikorwa no gufashanya mu rugo ku bubakanye.

2. Amafaranga akoreshwa mu muryango wose:ikigega c'umuryango

Iminota 100

Iminota 20 y'ibikorwa mu migwi

Iminota 30 yo gusabikanya ivyishuwe

Uburyo bikorwamwo:

- Abubakanye batandukanye no kuganira muri rusangi

Uburyo bikorwamwo: Abubakanye batandukanye no kuganira muri rusangi

Ibikoresho: impapuro zo mumanama n'amakaramu.

Uko bigenda:

- Ibutsa abitavye inyigisho ko icirwa c'umunsi ari akamaro ko kugabura no gutunganya neza amafaranga y'umuryango kugirango imibereho y'umuryango ibe myiza no gushiraho ikigega rusangi c'umuryango.
- abwire ko ugomba kubagabura mu mirwi itatu, imbere y'uko basubira gukorera hamwe ngo basabikanye iviyumviro.
- Nk'uko abitavye inyigisho bicaye ari babiri, basabe guharura kuva kuri umwe kugeza kuri batatu, kugira ngo baje mu mirwi itatu ivanzo. Reba neza ko atamurwi urimwo abubakanye kugira ngo ubavange mu mirwi itandukanye.
 - *Saba umurwi wose gutora umuntu kugirango asabikanye inyishu kubandi. Saba imirwi yose kugira umuzingi muto hanyuma muganire hamwe kubibazo bikurikira, wamaze gutegura imbere ku kibaho:*
 - *Ni iki abagabo bakoresha amafaranga yabo? Ni iki abagore bakoresha amafaranga yabo?*
 - *Ninde akoresha amafaranga menshi murugo (ibifungurwa, abana, ibikoresho vyo murugo)?*
 - *Ninde afata ingingo uko amafaranga akoreshwa? (Umu gore arashobora gukoresha amafaranga yinjiza atabajje umugabo wiwe? Umugabo arashobora kumara amafaranga atabanje kubaza umugore wiwe?)*
 - *Ni izihe ngaruka mbi zuko umugabo canke umugore wenyene ari we afata ingingo ya nyuma mu gukoresha amafaranga yinjiza? Ni izihe nyungu zo gufatira hamwe ingingo ya nyuma mu gukoresha amafaranga y'umuryango hagati y'abu bakanye?*
- Inyuma y'iminota 20, saba abitavye inyigisho kongera gukora umuzingi munini, kandi usabe umurwi wose kuvuga muri make iviyumviro vyawo (iminota 5 ku murwi).
- Baza abitavye inyigisho niba bashaka gusangira uburambe n'ubuhamba kur'iyi ngingo.
- Hanyuma, basobanurire ko urugo ari uruhara rw'umwe wese mububakanye. Amafaranga y'umugabo canke ay'umugore abwirizwa gukoresherezwa hamwe kubantu bisanzwe vya nkenerwa mu rugo aho kuyasesagura mu bidakenewe. Gushira imbere no gutegekanya amafaranga yo murugo ni ngombwa kugirango ivy'umuryango ukeneye biboneke kandi habeho n'imibereho myiza mu muryango.

- Shimira abitavye
 - Babwire bavuge ikintu bize uyu musi n'ikntu bafitiye inyota ku kubona mu nyigisho ikurikira.
 - Ubabaze kandi niba hari ibibazo bafise ku nyigisho y'uno musi.
 - Bahe agkorwa k'imuhira : abubakanye barahitamwo ku bushake bwabo uburyo buva muri izo ngorane za misi yose
 - Babwire itariki n'ibizokwigwa mu nyigisho ikurikira unababwire ko ufise igishika co gusubira ku babona.
-

Icigwa ca 2.8. Icigwa rusangi: Ukungana kw'ibitsina (igice ca kane)

1. Intangamarara

Iminota 20

- Tondeke intebé ku buryo mwebwe n'aborosha mugira umuzingi munini.
- Akira abakenyezi b'abadandaza batobato n'abagabo babo mucigma gishasha wongere ubashimire ko bajé
- Saba abubakanye kuvuga ivyababayeko vyiza na bibi kuva mu nyigisho ziheruka, ivyo bize, ivyo babayemwo nimpinduka nziza, nico biyemeje ubu
- Menyesha abitavye ko uyumunsi muza kuganira muburyo bwisanzye ugushira hamwe mu vy'ubutunzi bw-bukungu, cane cane gufatanya no gufashanya hagati y'abubakanye.

2. Gushigikirana no gufashanya mu vy'ubutunzi

Iminota 100

Iminota 30 y'ibikorwa mu migwi w'abagabo
Iminota 30 y'ibikorwa vyo mu murwi w'abagore
Iminota 40 yo gushira hamwe ivyakorewe mu miwi

Intumbero: Kumenya akazi k'abagore n'akamaro ko gushirahamwe mu vy'ubutunzi no gufashanya hagati y'abubakanye

Uburyo bikorwamwo: Abubakanye batandukanye no kuganira muri rusangi

Ibikoresho: impapuro zo mumanama n'amakaramu.

Uko bigenda:

- Saba abagore n'abagabo kwigaburamwo imirwi ibiri.
- Saba abagore kwicara ku muzingi hagati mu nzu aho muriko mukorera hakurya yabo.
- Saba abagabo kwicara ku muzingi uzunguka abagore ku buryo umuzingi w'abagabo uja inyuma y'uw'abagore, uw'abagore nawo ukaja hagati y'uw'abagabo
- Babwire ko ugomba kuvugana n'abagore gusa, kandi ko abagabo nabo babwirizwa gutega amatwi kandi bagak-urikirana ibivugwa. Abagabo ntibemerewe kuvuga.
- Baza abagore ibibazo bikurikira hanyuma muganire muminota 30:
 - Nk'umugore, nikihe kintu kigoye cane mumirimbo yaye y'urudandaza rutoruto?
 - Niki wifusa kubwira abagabo kugirango ubafashe gutahura neza abagore?
 - Ni ikihe kintu utahura canke utahura buhoro kubagabo?
 - Nigute abagabo boshobora gushigikira abagore n'ubushobozi bwabo?
- Inyuma y'iminota 30 yo kuganira, shimira abagore, kandi usabe abagabo nabagore gusubira kwicara hamwe. Abagabo bicara ku muzingi w'imbere, abagore bicara ku muzingi w'inyuma kandi ntibafise uburenganzira bwo kuvuga.
- Baza abagabo ibibazo bikurikira hanyuma muganire muminota 30:
 - Niki wifusa kubwira abagore kugirango ubafashe gutahura neza abagabo?
 - Ni ikihe kintu utahura cane ku bagore?
 - Nk'abagabo, n'ikihe kintu kigoye gukora kugirango ushigikire ubushobozi mu vy'ubutunzi bw'umugore wawe?
 - Ni gute abagabo bashobora gushigikira ubushobozi mu vy'ubutunzi no mu rudandaza rutoruto rw'abagore babo?
- Inyuma y'iminota 30, shimira abagabo, kandi usabe abagabo nabagore basubire bicare ukwo bari kuva mu ntango.
- Bandanya ibiganiro n'abitavye bose ubabaza ibibazo bikurikira:
 - Ni iki cagutangaje kuri iki gikorwa?
 - Wumvise gute kuvuga kuri ibi bintu imbere y'abandi bumva?
 - Kubagabo: Ukarikije ivyo wize, ni ubuhe buryo ubona wokoresha kugira ngo ushigikire umugore wawe mu bikorwa vyiwe vyo kwitez'imbere?
 - Kubagabo: N'iki murashaka ko abagore bakora canke baba mugihe bafise amafaranga?
 - Kubagore: N'iki mushaka ko abagabo bakora iki canke baba mugihe bafise amafaranga?

- *Kuri bose: Ni iki wigiyi muri iki gikorwa? Nigute ibi vyogufasha mubuzima bwawe no mu kibano cawe?*
- *Hari umuntu wipfuza gusabikaniriza zino nyigisho?*
- Basigurire ko kenshi iviyumviro n'ukwo tubona ibantu ku bindi bitsina bimenyeshwa bishingiye ku vyo twagiye twumva vyitirirwa umwe canke uwundi kuva kera kandi atari vyo tukabikura mu binyamakuru ku ncuti n'imiryango. Biragoye rero kwumva ibikenewe n'amakenga, ukuri n'ivypfuzo vy'umukunzi wacu tudahuje igitsina muri rusangi. Mugutahura neza abo mudahuje igitsina n'ivo bakeneye, tuzoshobora kubaho mubuzima bw'abubakanye mu rugo rw'umubano mwiza. Gushigikirana, cane cane mubikorwa nibikorwa vy'urudandaza, ni ngombwa cane,n'abagabo bakeneye kugira ico baterereye bakagira n' uruhara runini mugushigikira abagore babo.

3. Kwizera

Iminota 20

Iminota 10 Gukora umwimenyerezo

Iminota 10 Gutangira hamwe inyishu

Intumbero : Kwubaka icizere kububakanye kugirango ushimangire umwimenyerezo utangura. Tegura ikirere ciza kububakanye imbere yo kuva mu murwi w'ibiganiro.

Uburyo bikorwamwo: Imyimenyerezo yikwije mu mirwi no kuganira muri rusangi

Ibikoresho: Ntibikenewe.

Uko bigenda:

- Babwire ko mugiye gukinira hamwe agokino.
- Sigaza umwanya hagati aho muriko mukorera, ariko zibira gato hagati ukoreshheje nk'intebe n'amasakoshi bihari (kugirango imyimenyerezo ugore).
- Babwire ko abagore bagomba kuyobora abagabo babo aho mui nzu muriko mukorera. Abagabo barafunga amaso, maze bakayoborwa n'abagore babo.
- Abagore baca babaza abagabo babo uko bipfuza kuyoborwa no gushigikirwa: kubafata ukuboko, amaboko azungurutse ibitugu, Guhagarara inyuma ...
- Abubakanye nabo baratumirwa kwerekana ico bakeneye kugira ngo bumve ko bashigikiwe kandi bayobowe.
- Umuyobozi" agomba kumenya neza ko mugenzi we yumva afise umutekano (nta bufyinyi, nta gutterana amajambo). Inyuma yiminota mike, igikorwa kirahinduka, abagabo nabo bayobora abagore babo.
- Umwimenyerezo urangiye, subira kumurongo munini kandi uyobore ikiganiro ubaza ibibazo bikurikira:
 - *Wumvise ute igihe wayobora? Wumvise gute kuyobora umukunzi wawe? (rondeza insiguro, umwitwarariko no kwumva ufise icizere n'umutekano vy'umuntu akuyoboye.)*
 - *Ni uruhe ruhara rworoshe? Rugoye?*
 - *Wigeze wumva inguvu/ubushoboz muri uyu mwimenyerezo, kandi niba arivyo, gute?*
- Sigura ko iyi myimenyerezo yerekana akamaro ko kwizerana mububakanye, ariryo shingiro ryo gushira hamwe no gufadikanya n'abandi.

4. Gusozeria

Iminota 10

- Shimira abitavye babwire bavuge ikintu bize uyu musi n'ikntu bafitiye inyota ku kubona mu nyigisho ikurikira.
- Babaze ko bafise ibibazo ku nyigisho y'uno musi.
- Babwire itariki n'isaha y'inyigisho ikurikira unababwire ko ufise igishika co gusubira ku babona.

Icigwa ca 2.9. Icigwa rusangi: Ukungana kw'ibitsina (igice ca gatanu)

1. Intangamarara

Iminota 10

- Tegura intebé kugirango abitavye bose nawewe, aborosha, bakore umuzingi munini.
- Tanga ikaze ku bakenyezi bakora urudandazwa ruto ku mbibe n'abagabo babo muri zino nyigisho, ubashimire no kuba bitavye.
- Saba abubakanye kuvuga ivyababayeko vyiza na bibi kuva mu nyigisho ziheruka, ivyo bize, ivyo babayemwo nimpinduka nziza, nico biyemeje ubu.
- Bamenyeshe ko uyununsi muza kuyaga ku buzima bwiza bwumuryango no gufashanya nk'abuabkanye. Bab-wire ko mugomba gukina agakino hamwe hanyuma mubiganireko muri rusangi.

2. Uruhererekane rw'ingaruka

Iminota 100

Iminota 20 y'umwimenyerezo

Iminota 60 yo gusabikanya ivyishuwe

Intumbero : Kumenya ingaruka iviyiyumviro, ivyizerobikorwa canke ukudakora kwabandi bitugirako no kuvyishimo vy'umuryango wacu. Menya ko umwe wese wese muri twebwe afise ubushobozi bwo gukora ibantu neza.

Uburyo bikorwamwo: Agakino gakurikirwa no kuganira muri rusangi

Ibikoresho: Impapuro n'agafatisho kugira ibicapo bifate hasi. Ikarata 30 zerekana inomero (reba amakarata hepfo, kuri fotokopi no gukata)

Uko bigenda:

- Sobanurira abubakanye ko iki gjkorwa kigamije gucukumbura uburyo iviyiyumviro, ivyizere, n'bikorwa vy'abandi biba ifatiro ku bandi muri rusangi , ategeka impinduka mu benegihugu. Ibpimo ni"amategeko y'banze" adasobanutse ayobora ukwo abantu bitwara yabantu mu kibano. Bahindagurika ukwo ibihebihinduka.
- Shira imeza n'intebé ku ruhande.
- Hamwe na kaseti ifata, shushanya imizingi ishimangira hasi aho muriko mukorera:
 - *Umuzingi 1: umuzingi muto hagati aho mukorera (kabantu babiri);*
 - *Umuzingi 2: umuzingi wa kabiri uzunguruka umuzingi rwa mbere (kabantu cumi n'umwe);*
 - *Umuzingi 3: umuzingi wa gatatu uzunguruka umuzingi wa kabiri (kabantu cumi na babiri);*
 - *Umuzingi 4: umuzingi wa kane kandi wanyuma (kabantu batanu).*
- Gukwiragiza amakarata yerekana inomero, witondere gukwiragiza ishusho z'umugore ku bagore, n'abagabo kugeza ku bagabo.
- Witondere kandi ko ishusho ya 1 na 2 zitari imwe mububakanye. Basabe bige imico yabo batayeretse abandi.
- Hanyuma bibera ku muzingi kuburyo bukurikira:
 - *Abafise amakarata bafise nomero 1 kugeza kuri 2 baja kumuzingi 1.*
 - *Abafise amakarata ari 3 kugeza 13 baja kumuzingi wa 2.*
 - *Abafise amakarata bafise 14 kugeza 25 baja kumuzingi wa 3.*
 - *Abafise amakarata bafise 26 kugeza 30 baja muruzingi 4.*
- Bwira abubakanye ko buri karata ifite amajambo abiri: (a) na (b), basomera abandi mw'ijwi riri hejuru.
- Gutangira, saba umwe wese mu bitavye inyigisho gusoma cane amajambo yabo (a), kandi iyi yonyene, uhoreye kw'ishusho numero 1 kugeza kuyanyuma.
- Basabe gusoma ivyo bavuze (b), iki gihe utangire numero 30 kugeza kuri 1.
- Inyuma yo gusoma ivyatangajwe vyose (b), nimwicare mu murwi kugira ngo mwige kuri iki:
 - *Ku bwawe, ni uwuhe muzingi ufise uruhara runini kuri Papy na Mimy? Kubera iki?*
 - *Hari imizingi idafise ingaruka kuri Papy na Mimy? Kubera iki?*

- Ni izihe nyigisho zari zigize kino kiganiro? Kuki ari nkenerwa?
- Iki gikorwa kitwigisha iki kubijanye n'ingingo ngenderwako mumiryango no kububasha?
- Bwira abitavye inyigisho ko abantu bensi badukikije bafise ububasha ningaruka kuri twebwe. Buri muntu wese muri twebwe arashobora, akurikije ukwo twitwara, gukorera canke gutesha agaciro intumbero yo guharanira ukungana kw'ibitsina. Nta kintu na kimwe gifise ishingiro kidahagaze kuri ubu bwoko bw'ubusumbane. Ihinduka rikomeye mubisanzwe rituruka ku bantu bari hafi yacu. Nibo baduhindura buri munsi. Hari n'abanyakibano bacu batwegereye batari mu ncuti canke umuryango bagira ububasha n'ingaruka kuvyyiyumviro vyacu. Aho tubaye mu buryo buramvuye (ibinyamakuru, amategeko yigihugu n'amasezerano mpuzamahanga) navyo bitugiraho ububasha, ubwo nyene canke haheze igihe. Ibitugirako ububasha mu myitwarire yacu biri hose hafi yacu: umuryango, incuti, abagize umuryango hamwe n'ikibano.

Icitonderwa:

Iki gikorwa gisaba umwanya munini; kirashobora kubera haba mu nzu imeza n'intebi bikaba ziriyo vyegejwe inyuma, nko hanze. Witondere gusobanurira abitavye inyigisho kuva bagitangira kugirango wirinde intambamyi iyo ari yo yose ishobora kubangamira irangurwa neza rya kino gikorwa.

3. Gusozera

Iminota 10

- Shimira abitavye inyigisho. Basabe kuvuga ikintu kimwe bize uyu n'ikntu baftiye inyota kubona mu nyigisho ikurikira.
- Babaze ko bafise ibibazo ku nyigisho y'uno musi.
- Babwire itariki n'isaha y'inyigisho ikurikira unababwire ko ufise igishika co gusubira ku babona.

Ikarita y'in Yuguti

Icitonderwa: Aya makarata agomba guhindurwa mu kirundi kugirango akore imyimenyerezo

(Gufotora no gukata)



1. **(a)** Nitwa Mimy. Nubakanye na Papy. Kera twari tubanye neza, ariko ubu Papy aranshanwira cane kandi rimwe na rimwe arankubita. Ndamutinya, kandi nabana banje.
(b) Nitwa Mimy. Umugabo wanje, Papy, aranyubaha. Turavuga kubibazo vyacu kandi tukaronderera inyishu hamwe. Ubwoba ntibukiganza mu mutima canke mu rugo.
2. **(a)** Nitwa Papy. Nubakanye na Mimy. Ibantu vyabaye nabi murugo. Umugore wanje Ambarira ivyo kungana kw'ibitsina, ivyo nkaba ntabikunda na gato. Birambabaza kandi nta kundi nabigenza atari gushwana nawe, canke kumukubita. Ibi nibibaho mububakanye.
(b) Nitwa Papy. Nasezeraniye umugore wanje n'abana kutazigera ntora umuti w'ibibazo mukubashwanira canke kubakubita. Ubu mu rugo bimeze neza n'abana bamerewe neza.
3. **(a)** Ndi se wa Papy. Twakuze tuzi ko abagabo badashobora kuyoboka abagore babo. Babwirizwa kwama batwumvira kandi bibaye ngombwa tukaza tubakarira. Nibisanzwe, kandi ni kwo bitegerezwa kugenda.
(b) Ndi se wa Papy. Ilohoterwa ntiryemewe mu muryango wacu, ndetse mu muryango wacu turuhana.
4. **(a)** Ndi umukobwa w'imfura wa Papy na Mimy. Mama akora kuva mu gitondo kugeza mw'ijoro., lyo adahari muhira, mbwirizwa kwitaho ivyo mu rugo vyose n'abo tuvukana bato. Narahebeshejwe ishuri. Papa avyuka atevye kandi kenshi ataha ashwana. Ntabwo ari umuntu mwiza kuri twebwe.
(b) Ndi umukobwa w'imfura wa Papy na Mimy. Mama na papa baragabura ibikorwa vyo murugo kandi tubanye neza. Nshobora kuja mw'ishuri nkamufasha mu bikorwa murugo gato. Nkunda cane icuka ciza kiri mu rugo, twese tubanye neza

- 5.** (a) Ndi umuhungu wa Papy na Mimy. Mushiki wanje mukuru ahora andonderera ibifungurwa kandi amfasha nibijanye n'ibikorwa vyo muhira baduhay kw'ishure. N'itegeko ku bagore babwirizwa kudukorera abagabo. Data niwe karorero kanje.
 (b) Ndi umuhungu wa Papy na Mimy. Mfasha mushiki wanje mukuru mu bikorwa vyo mu rugo, tuga-heza tukaronka umwanya wo gukora ibikorwa vyo muhira baduhaye mw'ishuri. Papa nawe arafasha mama mu rugo, niwe karorero kanje.
- 6.** (a) Ndi umugenzi wa Papy. Turasohokana mw'ijoro. Ndabona uranywa inzoga nyinshi, kandi ugaruka murugo waborewe kandi ushwana. Ariko turanezerewe cane kandi ni vyiza ku bagabo banya nk'uku. Ni amafaranga yacu, turashobora kuyakoresha uko dushaka.
 (b) Ndi incuti ya Papy. Turasohokana mw'ijoro. Ndamuhanura kunywa bike kugirango ntanywe ngo atahe mu rugo yaborewe. Abwirizwa kwama yiymvira ku neza y'umuryango.
- 7.** (a) Ndi inararibonye yo mu kibano. Uranyubaha kandi uragendera impanuro zanje. Abagabo ni abatware mu muryango kandi ni bo bafata ingingo zose. Umuryango nyawo ni umuryango aho umugabo afise ububasha bwose.
 (b) Ndi inararibonye yo mu kibano. Uranyubaha kandi uragendera impanuro zanje. Ndaguhanura kwama mufatira hamwe ingingo mu muryango. Umuryango nyawo ni umuryango aho abubakanye bashigikirana kandi aho ububasha busangiwe.
- 8.** (a) Ndi mwenewabo mukuru wa Mimy. Nzi neza ko wubaha imigenzo y'umuryango. Abagabo ni abayobozi kandi ni bo bafata ingingo. Ubugeni bwiza busigura mbere na mbere kwumvira umugabo ukamureka agakora ico ashaka.
 (b) Ndi mukuru wa Mimy. Iwacu, ntabwo turi abagizi ba nabi. Jewe n'umugabo wanje dufatira ingingo hamwe. Umubano mwiza n'ugufashanya. Urugo ntirushobora bikunze kuyoborwa numuntu umwe, abubakanye barashobora kandi gufatira hamwe ingingo. Kuki utobikora nko mu rugo rwawe?
- 9.** (a) Ndi muramu wa Mimy. Ubu uri mu muryango wacu, aho abagore n'abakobwa bahora kandi ntibagire uburenganzira bwo kwidodomba. Abakobwa ni bo bakora mu rurugo, abahungu nabo barubahwa.
 (b) Ndi muramu wa Mimy. Ubu uri mu muryango wacu, aho abagabo n'abagore bafise uburenganzipa bumwe kandi babaho ataguhoterwa. Hano, abakobwa n'abahungu barasangira ibikorwa.
- 10.** (a) Ndi umugenzi wa Mimy. Twese hamwe turaganira kuri vyose. Umugabo wanje yayarwaye ariko sinshobora kumufasha impapuro zo kwa muganga kumufasha kuko tutubatse mu mategeko. Abana na jewe twogira ivyago vyinshi hamwe hogira ikimushikira.
 (b) Ndi umugenzi wa Mimy. Twese hamwe turaganira kuri vyose. Umugabo wanje yayarwaye ndabishoboye ndamufasha impapuro kuko twubatse biciye mu mategeko. Abana najewe ntabwo turi mu ngorane hamwe hogira ikimushikira.
- 11.** (a) Ndi umubanyi wa Papy na Mimy. Ndumva induru iyo uriko urwana mw'ijoro ariko ntaco ndabivugako. Ibi ntaco bindabako.
 (b) Ndi umubanyi wawe. Nashaka ndakubwire ko nzi iohoterwa urimwo kandi ndaguuhaye ikaze ng-wino umbarire nimba hari ikibazo ufise.
- 12.** (a) Ndi sogokuru mukuru. Ndamwishimiye cane kuko azi guhana umugore wiwe mugihe azanye iviyumviro vyiwe vy'abazungu. Iwacu, abagore ni bo bamenya ivy'urugo n'abana.
 (b) Ndi sogokuru mukuru. Ndamwishimiye cane kuko afitaniye umubano mwiza n'umugore wiwe, amwereka icubahiro. Ugushirahamwe hagati y'abubakanye nishingiro ry'umuryango mwiza.
- 13.** (a) Ndi muvyara wa Papy. Mu muryango wacu, abagore ni bo bitaho ivy'urugo n'abana. Amafaranga y'umugabo ni ayiwiwe wenyene. Ariko amafaranga yacu ni ayumuryango wose.
 (b) Ndi muvyara wa Papy. Mu muryango wacu, abagore n'abagabo bitaho ivy'urugo hamwe n'abana kumwe. Amafaranga yinjira arasangiwe, kandi ivy'umuryango wacu ukeneye buri gihe biraboneka.

- 14.** (a) Ndi umukozi w'Imana. Ndahora. Bibiliya ivuga ko abagore babwirizwa kwubaha abagabo babo. Imana izomenya ibuntu ubwayo.
(b) Ndi umukozi w'Imana. Bibiliya ivuga ko abagabo babwirizwa kubaha abagore babo. Ndategura inyandikp aho mpanura abubakanye bose kudahohoterana no kubahana.
- 15.** (a) Ndi umuvuzi. Mvura ibikomere ntabajije ibibazo. Ivyo ntaco ndabinezweko.
(b) Ndi umuvuzi.. Turiko dutegura inyigisho zo kurwanya iohohoterwa ku bakozi bashinzwe ubuzima. Turatinyuka kubaza abarwayi kuvyerekeye iohohoterwa.
- 16.** (a) Ndi umupolisi. Abagabo rimwe na rimwe bakora iohohoterwa rikorerwa mu ngo. Ni ikibazo c'umuryango.
(b) Ndi umupolisi. Nditaho cane imanza zose zihohoterwa rikorerwa mu ngo.
- 17.** (a) Ndi umurimyi. Ndazirkana ko umugore atangana n'umugabo. Umugore abwirizwa kumvira umugabo wiwe. Ntabwo afise uburenganzira bwo gutorana imirima yanje.
(b) Ndi umurimyi. Natenze ikiganiro mu nama y'abirimyi ku nyungu z'ugufashanya hagati y'abagabo n'abagore mugihe c'iyimbura. Umugore wanje afite uburenganzira bwo gutorana ivyanje n'imirima.
- 18.** (a) Ndi umushoferi wa moto. Jewe mbona iohohoterwa rikorerwa abagore rimwe na rimwe rifise ishingiro, cane cane iyo risavye amafaranga.
(b) Ndi umushoferi wa moto. Ndabwira abantu uburenganzira bw'umugore n'umutwaro uremereye bikoreye mu kibano.
- 19.** (a) Ndi umudandaza mw'isoko. Abagore n'abagabo ntibangana. Niba umugabo yipfuza kwerekana ubushobozi n'ubutware bwiwe, iyi niyo mibereho yabagore.
(b) Ndi umudandaza mw'isoko.. Nshigikiye kuringaniza ubushobozi mu mubano hagati y'abagore n'abagabo.
- 20.** (a) Nkorera ishirahamwe. Turasaba abantu kureka kuba inkozi z'ikibi, kuko Ubugizi bwa nabi buranga abantu babi.
(b) Nkorera ishirahamwe. Turaganira n'abenegihugu baho kuvyerekeye isano iri hagati yiohohoterwa n'ubusumbane. Turamufasha kubona iyiza vyo kutagira iohohoterwa n'uburenganzira bw'umugore n'abana.
- 21.** (a) Ndi umuyobozi wo mu karere. Amafaranga yakoreshewe mumuryango ninshingano zumugore. Umugabo atanga inkwano nini kumugore, ategerezwa kumwubaha.
(b) Ndi umuyobozi wo mu karere . Amafaranga akoreshwa mumuryango ninshingano z'abubakanye. Inkwano ntibigomba kuvuga ko abagore ari ibikoresho vyacu.
- 22.** (a) Nkora mw'idandarizo ry'imiti. Uje kungurira imiti kugirango ndagukize no kunsaba impanuro. Nzirikana ko abagore babwirizwa kwihangana no gukomera.
(b) Nkora mw'idandarizo ry'imiti. Mugihe uza kugura imiti yo kuvura ibikomere vyawe, nzobikora icegeranyo kumuhanuzi winzobere mw'ihohoterwa rikorerwa mu ngo.
- 23.** (a) Ndi umwarimu. Gutera inkuru kubakobwa birashimishije kandi ntibabaza.
(b) Ndi umwarimu. Buri gihe nsobanurira abanyeshuri ko bafite agaciyo kangana, kandi ko gutotenzanya ari bibi.
- 24.** (a) Ndi umuganga wawe. Ndaguhanura kubibazo vyinshi, ariko ntaco mvuze Kw'ihohoterwa rikorerwa mu ngo. Nuburenganzira bw'umugabo nibibazo bitaraba bose.
(b) Ndi umuganga wawe. Ndakubajije kuvyerekeye iohohoterwa mu mibanire yawe, kandi ndabisobanura, iohohoterwa ni iohohoterwa ry'uburenganzira bw'abagabo n'abagore.

- 25.** (a) Ndi umukozi ashinzwe imibereho myiza. Ndabona ubugizi bwa nabi mu benegihugu, ariko ndakingira abana kuko iohoterwa hagati yabagabo nabagore aribisanzwe.
 (b) Ndi umukozi ashinzwe imibereho myiza. Nkora kw'ihohoterwa rikorerwa abana hamwe n'abagore. Mugihe co guhanura abo mfasha, ndasigura ivyiza vyo kudahohoterana mu miryango.
- 26.** (a) Ndi umucamanza. Rimwe na rimwe, abagore batanga ibirego ku gikorwa coroshye c'ihohterwa. Ico gihe,sinemenza ikirego.
 (b) Ndi umucamanza. Mu rubanza rwanje, mfatana uburemere imanza zose z'ihohterwa.Ubugizi bwa nabi,haba mu rugo canke hanze, ni icaha.
- 27.** (a) Ndi Umushingamateka. Mu gihugu canje, nta tegeko ryerekeye ihohterwa rikorerwa mu ngo, ivyo biraba abikorera utwabo.
 (b) Ndi Umushingamateka. Amategeko y'iki gihugu abuza gukoresha ihohterwa rikorerwa umuntu uwo ari we wese. Ntitwirirwa turaraba uwoko bw'ico abantu bahuriyeko.
- 28.** (a) Ndi uwutanga imfashanyo. Ndatanga imfashanyo ku kungana kw'ibitsina muri Congo. Ndatanga imfashanyo ku migambi yoroshe ya ABC, kuko ni vyiza.
 (b) Ndi uwutanga imfashanyo. Ndatanga imfashanyo zifasha ku ntege nke z'abakenyezi ,ihohterwa nubugabo bwiza. Tubwirizwa kurenga ABC.
- 29.** (a) Ndi umumenyeshamakuru wa radio. Ukarikirana inkuru zanje ku bijanye n'abagore n'ihohterwa. Ingaruka mbi ziri he?
 (b) Ndi umumenyeshamakuru wa radio. Ndategura ibiganiro mpaka aho abantu batandukanye baza gutanga ubuhamya kuvyerekeye ingaruka mbi zihohoterwa rikorerwa abagore.
- 30.** (a) Ndi umukozi wa Leta zunze ubumwe. Nshinzwe gukurikirana iterambere ry'amasezerano y'imiryango mpuzamakungu, ariko simbona isano riri hagati yivangura rikorerwa abagore nubusumbane.
 (b) Ndi umukozi wa Leta zunze ubumwe. Amasezerano mpuzamahanga arimwo ihohterwa rikorwa kubijanye n'abagore n'intege nke zabo. Nzosaba leta zose gushiraho ingingo zo kurwanya ivyo bibazo

Inyigisho ya 3.

Gutahura ubusumbasumbane bw'ubushobozi

Intangamarara:

Iyi nyigisho ni iyo gufasha abakenyezi b'abadandaza batobato ku mbibe kwiheza urugero rw'ubushobozi aho babaye, nko mu miryango no mu kibano, no gutahura ukuntu rugirwako uruhara n'imero nderano. Munyigisho iheze, abakenyezi b'abadandaza n'abagabo babo boba barshoboye kugira ukwizerana no guteza imbere ukuvugana ku rugero rungana hagati yabo. Ahandi naho, babwirizwa kuba bafise iciyumviro ko imvugo yacu yisunga igitsina kandi ko ivyo twiteze bijanye n'igitsina biragira uruhara ku ngingo zacu.

Iyo nyigisho izana ikintu bita ubushobozi gituma dutahura ibijanye n'imero nderano. Tutaraja kure mu vyigwa no mu nyigisho, gutahura imero nderano, gutahura ibijanye n'ibusumbasumbane bw'ubushobozi buzotuma abagore b'abadandaza batobato n'abagabo babo baroka ivyo bokwisunga mu kunegura ibijanye n'imero nderano mu kazi kabo no mu buzima bwa misi yose.

Iyo nyigisho kandi irategura abakenyezi b'abadandaza batobato ku mbibe n'abagabo babo gutahura ibijanye n'imero nderano vyisunga ubusumbasumbane bw'ubushobozi kugira hashirweho isano hagati y'amata, ugufatana mu nda no gutsimbataza amahoro.

Ubufasha bwa Alert buzoguma bukenewe ku bikorwa vyose. Ibikorwa vyose vyisunga urutonde rw'ivvirwa vyerekeye imero nderano.

Incamake y'ivyigwa n'intumbero :

Inyigisho	Intumbero
Icigwa 3.1: Uko unushobozi bugenda	<ul style="list-style-type: none"> Kwerekana no gutahura igitsina ndemanwa, umugwi, ubushobozi mu vya politike, imyaka aho uba, ko wubatse canke utubatse, n'ibindi bintu biranga umubano bijana na vyo, n'ukuntu bishobora kuba inzitizi ku ruhara rw'abantu ruba rukenewe.
Icigwa 3.2: Uko ubushobozi bumeze	<ul style="list-style-type: none"> Gusuzuma ibiranga ubushobozi muri rusangi n'inyifato ijanye na bwo, tutibagiye ibishobisho. Gutahura ko ubushobozi bushobora kugira insiguro zitandukanye bivanye n'ibihe kandi bukaba bushobora gukoreswa mu buryo butandukanye.
Icigwa 3.3: Inyiggisho rusangi : Ibiganiro ku busumbasumbane bw'ubushobozi mu kibano no ku kazi.	<ul style="list-style-type: none"> Tange incamake y'inyigisho 3 ziheruka hanyuma ufashe abitavye gutahura ukuntu ibijanye n'ubushobozi biri hose mu buzima bwa misi yose no mu kibano. Ibiganiro gifise intumbero yo gutora inyishu zoshira ku rugero rumwe ubushobozi.

Icigwa 3.1: Uko ubutegetsi bugenda

- **UMWANYA:** Amasaha 2 ubaye munini
- **ABO CEREKEYE:** Abakenyezi bakora urudandazwa rutoruto ku mbibe.
- **UMWOROSHA:** Aborosha babiri bateguwe bava mu migwi y'ibiganiro n'abaremeshakiyago bava mu mashiraham-we ashigikiye iki gikorwa.
- **INTUMBERO Z'ICIGWA:**
 - Kwerekana no gutahura igitsina ndemanwa, umugwi, ubushobozi mu vya politike, imyaka aho uba, ko wubatse canke utubatse, n'ibindi bintu biranga umubano bijana na vyo, nukuntu bishobora kuba inzitizi ku ruhara rw'abantu ruba rukenewe

1. Intangamarara

Iminota 10

- Akira abo bakenyezi b'ababadandaza batobato canke abagabo babo mu nyigisho nshasha kandi mubashimira ku-bona bitavye.
- Rabe abacerewe n'abasivye.
- Babwire ko iyi nyigisho n'izimirije zizoshinngira ku bijanye n'ubushobozi.
- Bawire ko, nk'uko mu zindi nyigisho vyagenda, icigwa kizohora gitangurana n'ibikorwa vyo mu migwi giherzwe no gushira hamwe mw'ido n'ido.

2. Urugendo bw'ubushobozi

Iminota 100

Ibikoresho :

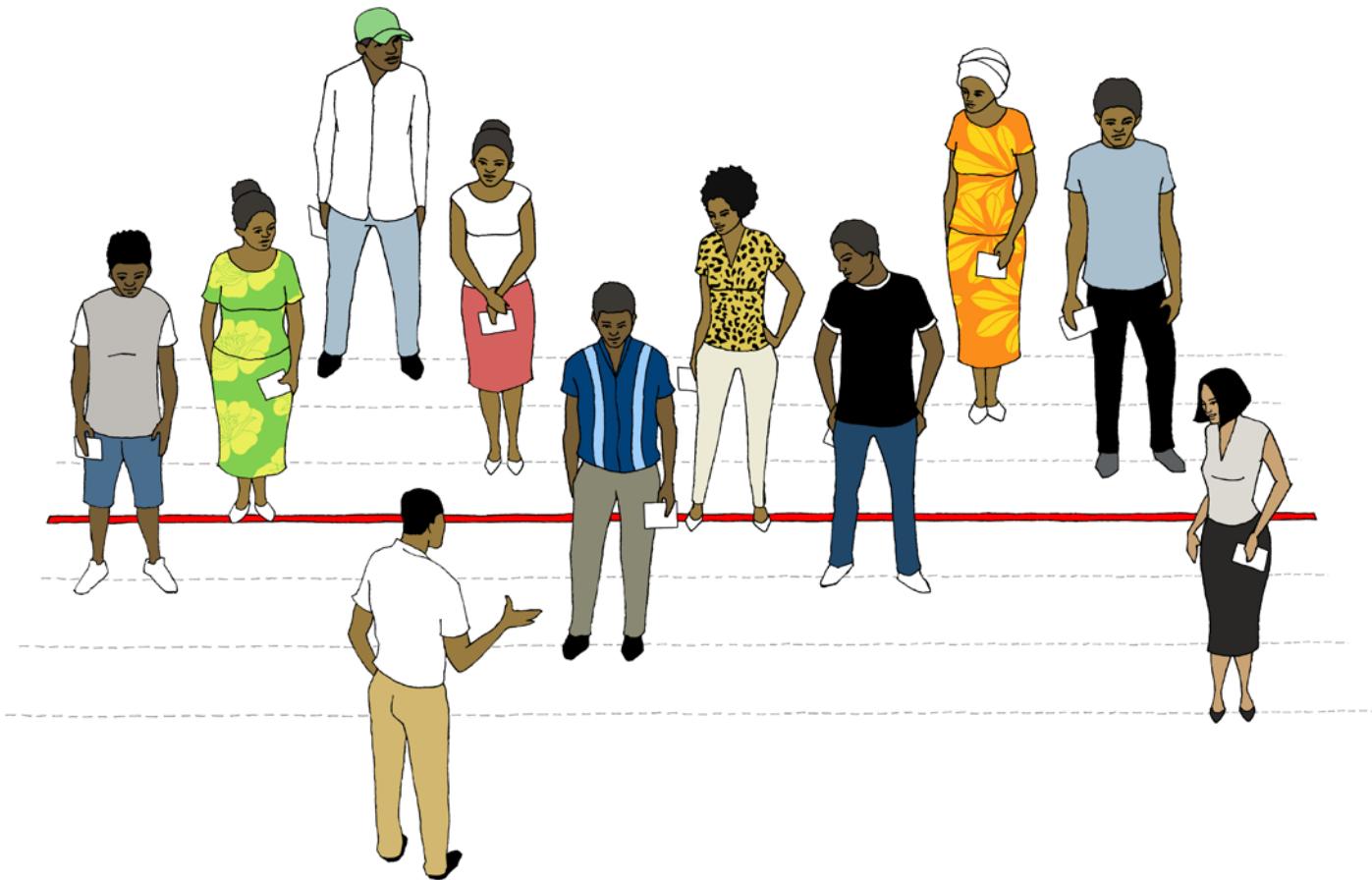
- Amakarata y'abantu, imwe ku muntu (raba ayo makarata aho musi, nukuzifotora bivanye n'uburyo mwahisemwo aho hasi).
- Nkuko abenshi mu bitavye batazoba bazi gusoma, gerageze gucpa abantu ku mpapuro, canke uvuge umuntu ari ku rupapuro mu gutwi kw'uwaitavye wese imbere yo gutangura umwimenyerezo, batabwiye abandi uwo batoye.

Uko bikorwa:

- Ugukina bakurakuranwa mu kibanza c'umuntu bigize(kubijanisha bivanye n'aho umugwi uri, muri Kongo, mu Rwanda no mu Burundi)
- Agakino gasanzwe, ariko gafise ico kamaze, gafasha kwiyumvira ku bushobozi n'ubusumbasumbane. Gasaba ikibanza kinini, kagasaba gukinirwa mu kibuga canke mu nzu y'amanama ameza n'intebbe bbanje kwigizwayo.

Uko bigenda :

- Tegura amakarata, imwe ku muntu canke uvugire mu gutwe kw'umwe wese mu bitavye(raba urutonde aho hasi)
- Raba ko abagabo bangana n'abagore, kandi murabe ko bose bari mu bibanza bikomakoye no muri bito.
- Shikiriza igikorwa mu gusaba abitavye ngo baje ku murongo ukitse utaboneka (bwira umworosha: nimba mushaka kuza kubwira mugutwi abanywanyi ku mazina y'abantu bo mu gakino, bigire ubu ariko ntubigire imbere kuko bashobora kubibagira).
- Babwire ko uyu murongo uva mu ngingo ya mbere y'amategeko agenga uburenganzira bwa zina muntu y'ishirahamwe mpuzamakungu ONU: « Abantu bose bavuka bangana imbere y'amategeko.»
- Babwire rero bagerageze kuvyigana mu gakino.
- Babwire ko mugira musome amategeko atandukanye.
- Nimba bibaza ko umuntu bariko bakina mu kibanza ciwe yokwishura « ego », baca batera imbere intambwe imwe.
- Nimba bibaza ko umuntu bariko bakina mu kibanza ciwe yokwishura « oya», baca basubira inyuma intambwe imwe.



- Nimba babakekeranya, baca baguma bahagaze ntibatere intambwe.
- Soma izi ngingo zikurikira:
 - Ndi n'ubushobozi bwo kugira uruhara mu ngingo Reta ifata.
 - Ibinyamakuru ndabishikira kandi birampa umwanya (imbuga ngurukanabumenyi, Ibinyamakuru vyandika, iradi yo canke imboneshakure n'ibindi)
 - Ndaronka ubufasha ku bijanye n'amagara y'abantu haba ku muryango wanje canke jewe nyene. (Ndashobora kuvuza umuryango wanje no kwivuza jewe nyene igihe ngwaye) ;
 - Ndashobora kwiga no kwigisha abana banje(ndashobora gutwara abna kwishure canke kwiga jewe nyene).
 - Ndi n'akunguko ku kibano ciza kandi gitekanye.
 - Ndashobora kuronka ingurane muri banki.
 - Ndashobora kwitura inzego z'igihugu nkajabuka imbibe ntumva ko ndenganijwe canke nkumiriwe.
 - Ndashobora n'ibiriburi gufungura kabiri ku musi ingaburo yikwiye.
 - Sinumva mfise ubwoba bwo gufatwa ku nguvu canke guhohoterwa bifatiye ku gitsina.
 - Ndashobora kwubakana n'umuntu nishimiye atagutinya ingaruka.
 - Ndafise n'ibiriburi umushahara muto.
 - Ndi n'umwidegemvyo wo gutembera mu ntara yanje.
 - Ndafise umwidegemvyo wo gutembera mw'ijoro.
 - Ndashobora gutembera hagati mu gihugu ata ngorane.
 - Atamwana nipfuza, ndafise uburenganzira bwo gukoresha uburyo bwo gutandukanya imvyaro.
 - Ndashobora gutorana kw'itongo rya data.
 - Ndazi kandi ndashoboye kunyonga umuduga.
 - Simbwirizwa gukora ibikorwa vyo mu nzu kuko hari uwundi mu ntu abinkorera
- Mugije muheje, barira abitavye bagume mubibanza uce ubabwira ido n'ido.
- Uritwararika ko umwe wese yumva inyishu z'abandi (haciye akanya, murashobora gukoranira hamwe, mukic-ara
- Baza ibibazo bikurikira mw'ido n'ido:
 - Muri mu kibanza ca nde mu gakino?
 - Mwibaza ko ari kubera iki muri muri ico kibanza?

- Ni nde ari imbere, kubera iki? Hisunzwe umugwi umuntu arimwo mu kibano, igitsina, aho aba, imyaka, n'ibindi).
- Ni nde ari inyuma, kubera ikiurquoi ? Bivuye ku bushobozi buto bujanye n'ivyo ubutunzi, igitsina, imyaka, ibindi.
- Mwiyumvise gute muteye intambwe musubira inyuma ?
- Mwuyumvise gute muteye intambwe muja imbere ?
- Uyo mwimenyerezo ubigisha iki?
- Heraheza ubabwira ko ubushobozi bujana n'igitsina, ariko ikindi kintu gifatirwako mu kibano nk'imyaka, ico umuntu akora, aho aba. Igitsina n'ubushobozi birajana kandi ntibishobora gutandukanywa

3. Umworosha :

Iminota 10

- Gushimira abaitavye bose kubona baje
- Basabe bavuge ikintu bize uyu musi n'ikindi kintu bumva bafitiye inyota kubona?
- Babaze ko bafise ibibazo ku nyigisho y'uju musi.
- Hanyuma, bibutse itariki n'urutonde rw'ivyigwa ku nyigisho ikurikira.

Umworosha :

- Iki gikorwa gifasha mu kugaragaza ubushobozi biciye mu kwerekana umwanya uri hagati y'abakomeye na batobato. Ihweze ibijanye n'ubushobozi wisunze abitavye, ihweze, ni nde ari inyuma, ni nde ari imbere, kubera iki? Ubushobozi ntibujanye n'igitsina gusa, ariko bujanye n'ubutunzi n'imibano bituma umuntu aronka canke ataronka uburenganzira bwiwe bumwe bumwe.
- Fata ko iki gikorwa gisaba umwanya munini; kirashobora kubera mu nzu y'amana aho intebi n'imeza zigijweyo canke kikabera hanze mu kibuga.
- Fata umwanya wo gusigurira abitavye kugira bagerageze kumera nk'uwo bariko barigana.
- Aha ni ukumenya ko ibicapo bimwe bimwe bikeneye kujana n'ibihe kuko abakenyezi b'abadandaza batobato n'abagabo babo mu turere tumwe tumwe ku mbibe hagti ya Kongo, Uburundi n'Urwanda bashobora kuba batazi neza ibijanye n'imo nderano mu duce tutumwe tumwe twa ruguru muri Kongo, Urwanda n'Uburundi.
- Aborosha barikumwe n'abaremehakiyago bazojanisha amakarata n'uko ibantu bimeze mu karere barimwo

Umworosha:

- Iki gikorwa gifasha mu kugaragaza ubushobozi biciye mu kwerekana umwanya uri hagati y'abakomeye na batobato. Ihweze ibijanye n'ubushobozi wisunze abitavye, ihweze, ni nde ari inyuma, ni nde ari imbere, kubera iki? Ubushobozi ntibujanye n'igitsina gusa, ariko bujanye n'ubutunzi n'imibano bituma umuntu aronka canke ataronka uburenganzira bwiwe bumwe bumwe.
- Fata ko iki gikorwa gisaba umwanya munini; kirashobora kubera mu nzu y'amana aho intebi n'imeza zigijweyo canke kikabera hanze mu kibuga.
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- Aborosha barikumwe n'abaremehakiyago bazojanisha amakarata n'uko ibantu bimeze mu karere barimwo

Ikarita y'inyuguti

- Umugabo, umushikiranganji, akuze, Kinshasa, atunze
- umushomeri, akiri muto ,mu caro i Bugarama, arakenye
- Umugabo, akora muri botike, akuze, wo mu caro i Rugondo, ari hagati na hagati
- Umugabo, umupolisi, akiri muto, akorera ku rubibe, arakenye
- Umugabo, umudandaza, arakuze, aba mu gisagara, aratunze.
- Umugabo, umushomeri, arakuze, aba mu gisagara, arakenye
- Umugabo, umukuru w'ikirindiro, arakuze, aba mu gisagra, aratunze
- Umugabo, akora ivy'isuku ku mupaka, araari muto, Uvira, arakenye.
- Umugabo w'umukenyezi w'umudandaza mutomuto ku rubibe, aracari muto, Goma, aratunze.
- Umugabo w'umukenyezi w'umudandaza mutomuto ku rubibe, aracari muto, Uvira, arakenye.
- Umugabo amugaye ukuguru, aba ruguru, i Rubavu, aracari muto, arakenye
- Umugabo, umudandaza mutomuto, umunyamurenge, arakuze, Bukavu, arakenye
- Umugabo, umukozi wa DGDA, arakuze, Goma, aratunze
- Umugabo, umusirikare, arakuze, kigali, aratunze.
- Umugabo, umwigisha, arakuze, aba ruguru, arakenye.
- Umugabo, akora ibikorwa vyo munzu, ara kuze, mu gisagara.
- Umugabo, akora mw'ishirahamwe ridaharanira ivyicaro vya politike, aracari muto, Goma, Umutunzi.
- Umugabo, Umuganga, arakuze, i Ruguru, aratunze.
- Umukenyezi, aharanira agateka k'abakenyezi, aracari muto, Goma, aratunze
- Umukenyezi, umushomeri, arakuze, bukavuvu, arakenye.
- Umukenyezi, aharanira agateka k'abakenyezi, akuze, Goma, arakenye.
- Umukenyezi, Umuganga, akuze, ruguru, aratunze.
- Umukenyezi, umupolisi kazi, aracari muto, ku mupaka, arakenye
- Umukenyezi, umwigishakazi, arakuze, mu gisagara, arakenye.
- Umukenyezi, umukenyezi wo mu nzu, arakuze, mu gisagara, aratunze.
- Umukenyezi, umukenyezi wo mu nzu, arakuze, umutwa, ruguru, arakenye, ubumuga bwo mu kuguru.
- Umukenyezi, aharanira agateka k'abakenyezi, aracari muto, umunyamulenge, Uvira, arakenye.
- Umudandaza mutomuto, umufurero, Uvira, rakenye
- Umukenyezi, umudandaza mutomuto, Uvira, amugaye ukukuguru, arakenye
- Umukenyezi, akora mu kigoc'igihugu gitoza amakori, arakuze, mu gisagara, aratunze.
- Umukenyezi, umuremeshakiyago mw'ishirahamwe ryigenga, aracari muto, Kamanyola, aratunze.
- Bukavu, pauvre Umukenyezi, umurongozi atavuga rumwe n'ubutegetsi, aracari muto, Bukavu, arakenye.
- Umukenyezi, umunyapolitike (Umushinamateka wo mu mugambwe uriku butegetsi), arakuze, Goma, aratunze.
- Umukenyezi, umudandaza mutomuto k rubibe, aracari muto, uvira, arakenye
- Umukenyezi, umusirikare, arakuze, Kinshasa, aratunze.

Icigwa 3.2 : Ubwoko bw'ubushobozi

- **UMWANYA:** Amasaha ubaye munini
- **ABO CEREKEYE:** Abakenyezi bakora urudandazwa rutoruo ku mbibe.
- **UMWOROSHA:** Aborosha bibi bateguwe bava mu migwi yibiganiro n'abaremehakiago bava mu mashirahamwe ash-igikiye iki gikorwa.
- **INTUMBERO Z'ICIGWA:**
 - Gusuzuma ibiranga ubushobozi muri rusangi n'inyifato ijanye na bwo, tutibagiye ibishobisho.
 - Gutahura ko ubushobozi bushobora kugira insiguro zitandukanye bivanye n'ibihe kandi bukaba bushobora gukoreshwa mu buryo butandukanye

1. Intangamarara

Inimota 10

- Tondeka intebé ku buryo mwebwe aborosha 'abanywanyi b'imigwimugira umuzingi munini.
- Akira abo bakenyezi b'ababadandaza batobato canke abagabo babo mu nyigisho nshasha kandi mubshimira kubona bitavye.
- Rabe abacerewe n'abasivye.
- Bibutse bikuru bikuru ku ku vyo bumvikanyeko ku bijanye n'ubushobozi.
- Bawire ko, muri iki cigwa, bazobandanya bakorera ku busumbasumbane bw'ubushobozi mu gutunganya igikorwa co kuvugana.

2. Ubwoko bw'ubushobozi

Inimota 100

Ibikoresho: Ntanakimwe.

Uko bikorwa: Ibikorwa vy'umubiri mu migwi mitomito. Ibikorwa vy'amabokoko mu migwi mito mito yabantu bane.

Uko bigenda :

- Gabura abanywanyi mu migwi mitomito yabantu bane bane.
- Bwira umugwi umwe umwe wose wiyumvire agokino k'ikintu kityunguruza, nk'igishusho. Kabwirizwa kwer-ekana ubushobozi, harimwo abantu benshi bafise ubushobozi, n'abandi bantu benshi atabushobozi bagira.
- Shimangira ubabwire ko atanyishu « nziza » canke « mbi » ibaho ko umwe wese abwirizwa kwubahiriza ici-yumviro c'uwindi.
- Tanga iminota 5 ku migwi ngo yiymvire ako gokino kandi ko gashobora gukinwa.
- Saba abandi banywanyi bagire ico bavuze mugihe umugwi uhagaze, biciye mu bibazo bikurikira :
 - Mubona iki ?
 - Ni nde afise ubushobozi bwinshi, ninde afise ubushobozi buke ?
 - Ni ibihe bintu bituma mubatandukanya ?
 - Ni ubuhe bwoko bw'ubushobozi bugaragara muri ako gokino? (Ak: ubushobozi bushingiye ku gihagararo, ubushobozi bushingiye ku vy'im bano, ubushobozi bushingiye ku butunzi...)
- Ku kintu gikora ku mutima muri ako gokino, baza ko hari mubariko bararorera yogenda nawe guhagarara agakina.
- Mu gihe c'ido n'ido, saba abitavye:
 - Mwiymva gute igihe mwari muhagaze uko, ni iki catumye muhagarara uko ?
 - Ni he muhagaze mwari mwumva mwsanzuye cane canke uko mwari mu menyereye ?
 - Murashobora gufatanya ivyo bigumbagumba n'ibih mwaciymwo?
 - Ico gikorwa kitwigisha iki ku bijanye n'ububwoko bw'ubushobozi ?

3. Ugusozera

Inimota 10

- Gushimira abaitavye bose kubona baje
- Basabe bavuge ikintu bize uyu musi n'ikindi kintu bumva bafitiye inyota kubona?
- Babaze ko bafise ibibazo ku nyigisho y'uyu musi.
- Hanyuma, bibutse itariki n'urutonde rw'ivyigwa ku nyigisho ikurikira.

Ibigenewe umworosha :

- Ubushobozzi bugira insiguro bivanye n'ibihe kandi bushobora gukoreshwa m'uburyo butandukanye. Ubushobozzi burashobora kwisunga inguvu z'umubiri, ubutunzi, uruhara rw'ibishobisho n'uko umuntu amerewe mu mutwe, ubutegetsi mu vya politike. Birakenewe gutahora uwokoko bwabwo kugira tugire ico dukozi tuyvisunze mu bihe bitandukanye no kuvugana cane mu gihe bishoboka.
- Menya ko iki gikorwa gishobora gutuma abantu baja hamwe ningoga kandi hakaba n'ibigumbagumba; ni ngombwa rero ko mubishira ku muzirikanyi nk'aborosha. Birashoboka ko abanywanyi baronse akanya ko kugira ico bavuze ku gakino bashima ko hoba akaryo ko kubiganirako. Muri ico gihe, harashobora ku ba igice ciza co kugira ico babivuzeko mu migwi mito mito

Icigwa 3.3. Inyigisho rusangi: Ikiganiro ku busumbasumbane bw'ubushobozi mu kibano no mu buzima bwa buri muntu.

- **UMWANYA** : Amasaha2 ubaye munini.
- **ABO IRABA** : Abakenyezi bakora urudandazwa rutoruo ku mbibe.
- **UMWOROSHA** : Aborosha bibi bateguwe bava mu migwi y'ibiganiro n'abaremehakiyago bava mu mashirahamwe ashigikiye iki gikorwa.
- **INTUMBERO Z'ICIGWA :**
 - Fasha abanywanyi gutora no kwiyumvira ku migirwa rusangi yerekana ukuntu umukenyezi ari hasi mu kibano ahantu henshi n'isano bifitaniye n'ikibano gishira hejuru umugabo(patriarcat).
 - Kumenya uruhara rw'iviyumviro, ivyo twemera n'ivyo abandi bakora canke birengagiza bigira ku vyacu.
 - Kumenya ko umwe wese muri twebwe afise uruhara rwo ghindura ibantu.

1. Intangamarara

Iminota 10

- Akira abo bakenyezi b'ababadandaza batobato canke abagabo babo mu nyigisho nshasha kandi mubshimira kubona bitavye.
- Rabe abacerewe n'abasivye.
- Bibutse ku nyigisho iheruka mu kubasaba bavuge muri make ivyo babonye.
- Bawire ko icigwa c'uno musi gihariwe umwimenyerezo wo kumenya uruhara n'ubushobozi vy'umuntu wese mu kibano ku mero nderano.

2. Gutahura ubusumbare bw'ubushobozi mu kibano no mu buzima bwimunfu

Iminota 100

Ibikoresho : Ruban adhésif, ikarata ziriko uburenganzira mu rurimi ruvugwa aho hantu (raba amakarata ari aho musi, kuyafotorera abitavye)

Uko bikorwa : Ibikorwa vyo kuvugana bikurikiwe no gushirahamwe mu nama ya bose.

Uko bigenda:

- Baza iki kibazo abitavye: « Tuvuze ikibanza c'u mukenyezi tugereranje n'umugabo, ni ikihe kintu kibaza mu mutwe? Muca mubona iki ubwo nyene?
- Reke abitavye biyumvire mu minota 2, hanyuma hegeranywe iviyumviro vyabo, mu kuzunguruka umuzingi.
- Andika ivyobavuze ku kibaho canke kuri flip chart ataco ubivuzeko uce ubigumiza ko bimanitse imbere.
- Hanyuma, gabura abitavye mu migwi y'abantu batanu canke batandatu babaye benshi.
- Murabe ko mu igwi mito mito y'ibiganiro abgore n'abagabo batandukana.
- Mu minota 2, umugwi wose uraganira ku bintu bibiri vyemejwe vyanditswe ku makarata. Ibindi bintu bumva kensi canke bikoreswa birashobora gutorwa, gatororokanywa, bikunganirwa kandi bikajanishwa n'ibihe n'abanywanyi ;

Ivyiyumviro vyanditswe imbere:

<ul style="list-style-type: none">• Abana babahungu nibo bitaho abavyeyi yo bashaje• Umwana yitwa izina ry'umuryango rya se	<ul style="list-style-type: none">• Abagabo bo nyene nibo bashobora kuba abapatiri..• Ummugabo afise igikorwa co kuronderera umuryango
<ul style="list-style-type: none">• Inuma y'ubogeni, umukobwa arava mu nzu y'abavyeyi• Umwansi wa mbere w'umukenyezi ni umukenyezi	<ul style="list-style-type: none">• Ikibanza c'umukenyezi ni mu gikoni• abahu /abagabo ntibarira

- Sabe imigwi ihanahane n'abandi hanyuma muce muganira ibi bikurikira:
 - Ivyovymejwe mu mungane ari aho hejuru vyerekana iki ku kibanza c'umugabo n'umugore?
 - Ni uruhe ruhara rw'inzezo zitandukanye mu gutuma iyo migirwa n'ivyo abantu bemera bibandanya ?
 - Kubona ikibano gitunganijwe hisunze imero nderano, nibande biha akunguko ?
Mwibaza ko vyerekana ugufata abantu kumwe, ubutungane mu kibano ?
- Ganira ku vyihutirwa bitegerezwa kugira hatezwe imbere ikibanza c'umukenyezi mu miryango, mu kibano, mu bkorwa vyabo nya misi yose kugira habe ugufatwa kumwe, ubutungane, ugufatana mu nda n'amahoro
 - Mwibaza ko abagabo bafise ubushobozi n'ruuhara mu guhindura ibantu? Babwirizwa gukora iki?
 - Mwiibazako abakenyezi bafise uruhara mu guhindura ibantu? Babwirizwa gukora iki?
- Birashoboka ko abitavye bavuga ikibano giha ububasha kuri vyose umugabo canke bafise mu mutwe ko vyose bibazwa umugabo. Mukubashigikira, gira ico mushikirije muri bake ku kibano giha ikibanza umugabo.
- Baza abitavye nimba babona ipinduka nziza mu kibano canke ko hri intambwe yatewe ku bijanye n'ikibanza c'abakenyezi, abigeme, canke imigwi yabantu bakumiriwe.
- Saba ko abubakanye mugiyi kubaha umwimenyerezo wo gukorera i muhira. Abubakanye bose bazotora ico bagiye gukora, igikorwa bazokora mu kwezi gushika basubiye kugaruka kugira hatezwe imbere ikibanza c'abakenyezi canke abagabo bacinyijwe n'ubushozi.
 - Abagabo bazotora kimwe mu bintu abantu bemera, ivyyumviro, kutagira ico abantu bakoze bibagirako uruhara, imigirwa ya misi yose yerekana agaciro k'uwo mutu acinyizwa n'ugutesha agaciro uwundi mu muryango bibaza ko bibwirizwa guhinduka kugira hagarukanwe, hashimangirwe ugufatwa kumwe, ubutungane, gutsimbataza canke kwubaka amahoro n'ugufatana mu nda mu miryango.
 - Abakenyezi bazotora kimwe mu bintu abantu bemera, ivyyumviro, kutagira ico abantu bakoze bibagirako uruhara, imigirwa ya misi yose yerekana agaciro k'uwo mutu acinyizwa n'ugutesha agaciro uwundi mu muryango bibaza ko bibwirizwa guhinduka kugira hagarukanwe, hashimangirwe ugufatwa kumwe, ubutungane, gutsimbataza canke kwubaka amahoro n'ugufatana mu nda mu miryango.

3. Ugusozera

Imonota 10

- Gushimira abaitavye bose kubona baje
- Basabe bavuge ikintu bize uyu musi n'ikindi kintu bumva bafitiye inyota kubona?
- Babaze ko bafise ibibazo ku nyigisho y'uyu musi.
- Bamenyesheko inyigisho " gutahura ubusumbasumbane bw'ubushobozi " irangiye ubamenyesho ko inyigisho ikurikira ari iya 4 ijanye no " gutahura ivyerekereye amatati
- Hanyuma, ubibutse itariki nigije cyo gukurikira hanyuma ubabwire ko utegereje kuzabona byose.

Ibigenewe umworosha

- Sigurira abitavye ko iki gikorwa gifise intumbero yo guca irya n'ino ivyyumviro, ivyo bemera n'ibindi bikorwa vy'abandi bishiraho amategeko rusangi n'ukuntu ayo mategeko atuma haba impinduka mu mu kibano. Amategeko bita ni amategeko atagaragara agenga inyifato y'abantu mu kibano.
- Ayo nayo agenda aratera imbere bivanye n'ibihe. Patriarcat canke ububasha buhabwa umugabo bisigurwa nko kwigarurira akazi,
- ubushobozi bwo kurondoka no guhuza ibitsina ku mugore ku nyungu z'umugabo. Naho ikibano giha ububasha umugabo bikora henshi mu nzego zitandukanye, gukoresha nabi iryo jambo bijana gusigura umugabo nk'umuntu ahahaha canke acura bufuni na buhoru umugore.

- Guha ububasha umugabo n'ingaruka n'uruhara ku kuntu hakoreshejwe imro nderano ngo habandanye kandi hashigikirwe uko ikibano gitunganijwe. Ni intunganyo y'ikibano ishigikira kandi ikabandanya ikibano ciganziwe n'igitsina gabu, aho abagabobafise kibanza kiri hejuru n'ububasha bunini mu mice nka yose y'ubuzima. Ni bo batanga izina ry'umuryango, batorana kandi bafata ingingo. Guha ikibanza kinini umugabo bituma umugabo n'umugore bagira ivyo bajewe. Ivyo bajewe bihabwa abagabo n'abagore vysisunga iviyiyumviro vy'ikibano gishira hejuru umugabo, atari iviyiyumviro bishingiye ku kuntu umuntu yavutse.

Inyigisho ya 4.

Gutahura amatati

Intangamarara:

Iyi nyigisho niyo itujana ku ntego nyamukuru y'umugambi "**Mpaka shamba letu**" yo kwubaka ikibano kidakumira, imigenderanire myiza n'amahoro arama mu karere ka Afrika y'Ibiyaga Binini. Uyu mugambi wibanda ku ruhara abakenyezi bakora urudandazwa rutoruto baba mu turere two ku mbibe biciye mu rudandazwa rwabo rutoruto bashobora gufasha kuzana umwumvikano mu kibano. Uyu mugambi kandi ufise intumbero yo kungurira ubumenyi abo bakenyezi bakora urudandazwa rutoruto ku mbibe muri Republika iharanira Demokrasi ya Kongo, Uburundi n'Urwanda kugira ngo bari kumwe bahagurukire ibijanye n'igitsina, vyo soko ryamatati mu kibano no mu karere, no gukoresha uruhara rwabo kugira habe ugufatana munda n'ugufashanya mu karere.

Gutahura ko amatati ar'ikintu kiraje ishinga ugutsimbataza, guteza imbere ugufatana mu nda, amahoro mu miryango, ibibazo vy'abakenyezi bakora urudandazwa rutoruto ku mbibe. Ingana ry'ibitsina n'ikintu gikomeye cane mu gutsimbataza amahoro. Igitsina ni ikintu kigira uruhara rwiza canke rubi ku bushobozi bw'abantu bo mu kibano mu gutorera inyishu no gufata mu ntoki amatati hadakoreshejwe igikenye. Guha agaciro igitsina mu gushiraho no gutsimbataza amahoro bisigurako bishoboka guteza imbere umunyagihugu wese. Amahoro arasasagara mu gihe abantu babona amatati hakiri kare bakayatorera umuti n'ukugira uruhara mu mpinduka zijanye n'imibano biteza imbere imibereho ya bose. Amahoro atari amahorerane kandi arama ntaraba gusa gutora inyishu zubaka no kurwanya amatati, ariko gushiraho inzego ziraba ivy'imibano zituma amahoro abandanya, zigatuma abantu babaho neza mu vy'imibano, politike n'ubutunzi, n'ibindi.

Iyo nyigisho ifise intumbero zibiri. Iya mbere n'yo gufasha abitavye gutahura ibijanye n'amatati mu nnumbero yo gutsimbataza amahoro n'akamaro ko kungana mu gutsimbataza mahoro atari amahorerane. Intumbero ya kabiri niyo gufasha abitavye kwihweza ibijanye n'amatati n'amahoro mugukoresha imvugo isanzwe kandi ijanye no kuba abantu batuma haba ugufatana munda mu miryango no mu bandi bantu bafise uruhara ku mbibe, mu bihugu no mu karere.

Iyi nyigisho igizwe n'ivyigwa bitandatu, abitavye bazotaha bazi ibi bikurikira:

- Gutanga indangurakintu yamatati, ikubagurwa, amahoro no gufatana munda
- Gutora ubwoko bwamatati n'ibiyatuma mu rudandazwa rubera mu turere two ku mbibe za Republika iharanira Demokrasi ya Kongo, n'Urwanda Uburundi.
- Kudondora n'ugukoresha ibikoresho vyo kwihweza amatati.
- Kudondora ukuntu amatati akura
- Gutora uburyo bwo gutorera inyishu amatati hagati y'abakenyezi bakora urudandazwa ruto njabukambibe, abagabo babo ku ruhande rumwe n'abandi bantu bo mu kibano mu turere two ku mbibe hagati ya Kongo, n'Urwanda Uburundi.
- Kugira urutonde rw'ibizokorwa Kubaherekeza inyuma yamatiti.

Incamake y'ivyigwa n'intumbero:

Ivyigwa	Intumbero
Icigwa 4.1 : Gukoresha imvugo imwe n'ugutanga indangurakintu yamatati	Gutanga indangurakintu yamatati, ikubagurwa n'amahoro n'ugutahura ko amatati atabwirizwa kurangwa n'ikubagurwa. ¹
Icigwa 4.2 : Ikubagurwa riboneka n'iri-taboneka	Gutahura ko ikubagurwa rishobora kkuba gusa inyifato tubona. ²
Icigwa 4.3 : Ingaruka zamatati ku migwi ya bantahonikora	Guca irya n'ino uruhara rwamatati ku migwi ya bantahonikora. ³
Icigwa 4.4 : Inyabutatu yamatati (Igice ca mbere)	Guca irya n'ino inyifato ndangakamere, inyifato, n'ibihe vyamatati ku buryo buramvuye. ⁴
Icigwa 4.5 : Inyabutatu yamatati (igice ca kabiri)	Guca irya n'ino inyifato ndangakamere, inyifato, n'ibihe vyamatati ku buryo buramvuye. ⁵

1. Iki gikorwa gishobora kuba mfatanyigisho, ariko gitegerezwa guhinyanyurwa : CAMP and Saferworld Training of trainers manual: Transforming conflict and building peace. P. 18-19. (Document PDF)
2. Iki gikorwa gishobora kuba mfatanyigisho, ariko gitegerezwa guhinyanyurwa : CAMP and Saferworld Training of trainers manual: Transforming conflict and building peace. P. 21. (Document PDF)
3. Iki gikorwa gishobora kuba mfatanyigisho, ariko gitegerezwa guhinyanyura : FAO. Conflict Management over Natural Resources Capacity Building Program under the Community-Based Rural Development Project (CBRDP) (Government of Ghana-World Bank). Session 4: Implications of conflict for vulnerable groups. P. 7. <http://www.fao.org/3/a-ag864e.pdf>
4. Iki gikorwa gishobora kuba mfatanyigisho, ariko gitegerezwa guhinyanyura : CAMP and Saferworld Training of trainers manual: Transforming conflict and building peace. P. 25. (Document PDF). Raba iyo site mu gifaransa : triangle des conflits https://learn.tearfund.org/fr-FR/resources/publications/footsteps/_91-100/footsteps_92/abc_of_conflict_analysis/
5. Iki gikorwa gishobora kuba mfatanyigisho, ariko gitegerezwa guhinyanyurwa : CAMP and Saferworld Training of trainers manual: Transforming conflict and building peace. P. 25. (Document PDF). Raba iyo site mu gifaransa : triangle des Conflits https://learn.tearfund.org/fr-FR/resources/publications/footsteps/_91-100/footsteps_92/abc_of_conflict_analysis/

Icigwa ca 4.1. Kugira imvugo imwe no gusigura ico arico amatati

- **UMWANYA :** Amasaha2
- **ABO IRABA :** Abakenyezi b'abadandaza bo ku mbibe n'abagabo babo.
- **UMWOROSHA :** Aborosha babiri bavuye mu mugwi w'ibiganiro, abaremehakiyago bavuye mu mashirahamwe bakorana.
- **INTUMBERO Z'ICIGWA**
 - Gusigura ibijanye n'amatati, ikubagurwa, amahoro no gutahura ko amatati atabiwirizwa kurangwa n'ikubagurwa.
 - Gushikiriza abitavye imvugo rusangi kugira biyumvire kubihe vyacu, no kudufasha kwiyumvira ku matati yacu n'ikubagurwa ribera hafi yacu.
 - Ivyo bizodufasha kwihiweza bukebuke ivyo tubamwo no kudufasha gutora ibikorwa vyo guteza imbere, gutsimbataza ugufatana munda hagati y'abanyagihugu ba Republika iharanira Demokrasi ya Kongo, Uburundi n'Urwanda.

1. Intangamarara

Iminota 10

- Kwakira abakenyezi b'abadandaza batobato bakorera ku mbibe n'abagabo babo no ku bashimira kubona bitavye muri iyi nyigisho nshasha.
- Rabe abacerewe n'abasivye
- Bibutse ku nyigisho iheruka uce ubabwira bavuge muri make ivyaganiriweko mu nyigisho iheruka.
- Bamenyeshe ko inyigisho y'uyu musi ihariwe umwimenyerezo wo guterera twese kugira twitegurire kwihiweza ko abagore n'abagabo bashoboye kugira inyifato ikenewe mu gufasha gutahura imigenderanire irimwo amatati n'ikubagurwa.

2. Ibijanye n'amatati, ikubagurwa n'amahoro: Gutahura no kwerekana amatati ari mu rudandazwa rutoruto ku mbibe hagati y'abakenyezi b'abadandaza n'abagabo babo, amatati yo ku mbibe no mu turere two ku mipaka hagati ya Republika iharanira Demokrasi ya Kongo, Uburundi n'Urwanda.

Iminota 100

Intumbero : Gusigura ibijanye n'amatati, ikubagurwa, amahoro no gutahura ko amatati atabiwirizwa kurangwa n'ikubagurwa Mu mpera y'inyigisho, abitavye baba bashoboye:

Ibikoresho : Impapuro, amakaramu yo guha abitavye. Impapuro, marikeri, ikibaho, ingwa, ibicapo, icirwa c'ivyabayeye.

Uko bigenda : Ibikorwa vyo kuvugana bikurikirwa no gushira hamwe mu nama ya bose.

Gusigura amatati; Gutora ubwoko bw'amatati n'ibiyatera mu rudandazwa rwo ku mbibe;
Kudondora no gukoresha ibikoresho vyo kwihiweza amatati.

Uko bigenda:

Uko abaremehakiyago umworosha babigenza: Ivyokwisungwa 4.1. **Gushira ahabona ikibaho n'intumbero ku nyigisho**

Intambwe ya1. Umwimenyerezo: Kugira imvugo rusangi kubijanye namatati, y'ikubagurwa namahoro. Iki kandi si ikiganiro.

Mu minota 30, kuvuga iviyumviro nkuko bije mu mugwi umwe w'abagore b'abadandaza canke abagabo babo (bivanye n'ikiganiro ico arico): Manika ikibaho kigabuyemwo gatatu, igice cambere amatati, ca kabiri ikubagurwa, ca gatatu amahoro)

Umwimenyerezo wo kiyumvira 1. Barire abagore n'abagabo babo bahumirize, bumveko ariho **mubabaze ikibazo gi-kurikira: Ni ikihe kiza mu mutwe iyo mvuze "amatati"?** ataco ubivuzeko, andika amajambo n'amungane y'abitavye.

Umwimenyerezo wo kiyumvira 2. Barire abagore n'abagabo babo bahumirize, bumveko ariho mubabaze ikibazo gi-kurikira: **Ni ikihe kiza mu mutwe iyo mvuze "ikubagurwa"?** Ataco ubivuzeko, andika amajambo n'amungane y'abitavye

Umwimenyerezo wo kiyumvira 3. Barire abagore n'abagabo babo bahumirize, bumveko ariho mubabaze ikibazo gikurikira: Ni ikihe kiza mu mutwe iyo mvuze " amahoro "? Ataco ubivuzeko, andika amajambo n'amungane y'abitavye

Wishimikije ivyo bavuze, gira icegeranyo c'ivyo wabonye inyuma yo kwiyumvira ushimikiye ko dutahura ugutandukanye amatati, ikubagurwa n'amahro.

Basigurire ko ari ngirakamaro gutandukanya uko dutahura amatati n'ikubagurwa. Inyigisho zimirije zizoraba ico kibazo.

Vuge indangurakintu yamatati : Inyuma y'uwo mwimenyerezo wo kwiyumvira, saba abitavye kuvuga ico arico **amatati**

- ku bwabo, andika ku kibaho inyishu zatanzwe n'abagabo n'abagore mucce muvugana mu minota mikeya ku vyiyumviro bimwe bimwe mutibagiye ico mwariko.
- Mu mpera, andika indangura kintu yamatati nkuko biri mu bigenewe umworosha aho hasi.

Menya Neza : umworosha n'abaremeshakiyago babwirizwa gufasha abanyamigwi mu kubasomera no kubasigurira ibibazo kuko benshi muri bo batazi gusoma no kwandika.

Intambwe ya 2. Mu kuvuga iviyumviro uko bije, umworosha arasaba abitavye ngo bavuge ivyo bamaze kubona ku bijanye namatati mu rudandazwa rutoruto rubera ku mbibe, hagati y'abakenyezi b'abadandaza n'abagabo babo, amatati yo ku mbibe, amatati yo mu muturere turi ku mbibe hagati ya Kongo, Uburundi n'Urwanda. Barabaza ibibazo bikeye ku matati : Akarorero : Tange utororero tw'amatati mubamwo camke muhura nayo mu buzima bwa misiyose ajanye n'urudandazwa rwo ku mbibe hagati y'abakenyezi b'abadandaza n'abagabo **babo**, amatati yo ku mbibe, amatati yo mu mu turere turi ku mbibe hagati ya Kongo, Uburundi n'Urwanda. Mu gutanga incamake, umworosha arongerako utundi turorero kuko nawe ari umunywanyi w'umugwi w'ibiganiro.

Intambwe ya 3. Umworosha agabura abitavye mu migwi itatu agaca atanga uko bigenda. Mufatiye kuri ubwo burorero muhejeje gutanga n'ivyo mu mumaze kubona:

- Sigura amatati tange ubwoko bw'amatati n'ibiyatera ;
 - Hanahane iviyumviro ko amatati mwatoye ariyo canke atari yo ? Ivyemezo n'insiguro.
 - Vuge urugero rw'amatati (mu muryango, umuntu ku gititi ciwe, mu kibno, hagati y'ibihugu, ... ?)
-

Intambwe ya 4. Uguhuriza hamwe: Umugwi wose urashikiriza ivyo wakoze. Ivyo batoye biraganirwako n'abitavye. Umworosha aragira incamake akabwira abitavye kugira bumvikane ibikenewe kuruta ibindi muvyo batoye.

3. Ugusozera

Iminota 10

- Gushimira abitavye kubona baje.
- Basabe bavuge ikintu kimwe bize n'ikind bafitiye inyota kubona mu nyigisho ikurikira.
- Babaze ko bafise ibibazo ku nyigisho y'uyu musi.
- Babwire ko inyigisho ikurikira yerekeye kuganira ku matati aboneka n'ayataboneka, ivyo atuma biba n'ingaruka zayo mu buzima bwacu bwa misi yose.
- Hanyuma, bibutse isaha, itariki z'inyigisho ikurikira ubabwireko ufise igishika co gusubira kubonana nabo.

Ivyo umworosha yokwisunga ku bijanye n'ubuhinga (impanuro ku mworosha):

Ukovuga uwoko bw'amatati mu rudandazwarutoruto rwo njabukambibe.

Indangurakintu yamatati

ijambo amatati rifise indangurakintu nyinshi. Amatati ni ukudahuriza ku kintu, bivanye n'ikintu ico arico, bituma haba ugushavura kwume abona ko yarenganjwe kugira hashikwe ku ntumbero rusangi. Amatati ni ukutumvikana canke kudahuriza kukintu kugaragara canke kutagaragara, imico canke inyungu.

Mu rudandazwa rwo kulturere twigeye imbibe hagati y'Uburundi, Republika iharanira Demokrasi ya Kongo n'Ur-wanda, harashobora kwaduka amatati ashingiye ku butunzi kama, gushaka kubwigarurira canke kudahuza bivuye kuvyo bamwe n'abandi baba bipfuza gushikako. Muri kahise ka hafi no muturere tumwe tumwe haracariho ikubagurwa, abitwaje ibigwanisho, ingwano n'amatati mu vy'ubutunzi, politike n'imibano.

Abakenyezi bakora urudandazwa rutoroto n'abagabo babo bazoshobora gusangiza andi amatati n'ikubagurwa bacamwo mu buzima bwa misi yose. Barazi gusigura ukuntu ayo matati avuka n'abayafisemwo uruhara.

Ubwoko bw'amatati bukunda kwibonekeza bivanye n'ighugu n'akarere ashobora kuba menshi :

- Ayajanye n'amategeko (amategeko y'bihugu, amategeko na politike vy'akarere, urudandaza ruciye mu binywabi, igiturire,...)
- Amatati hagati y'abakenyezi bakora urudandazwa ruto ku mbibe n'abakozi bo ku mbibe.
- Amatati hagati y'abakenyezi bakora urudandazwa ruto ku mbibe n'abagabo babo
- Amatati hagati y'abakenyezi bakora urudandazwa ruto n'abayobozi b'isoko ryaho
- Amatati hagati y'abantu (guhangana hagati ya FPCTs)
- Amatati y'amatongo anke aho badandariza.

Shimike ko :

- " Nta mubano utagira amatati ", umubano utagira amatati ntubaho....
- Duhereye ku bantu babana canke inzego bakorana, harashobora kuba ivyo badahurizako navyo bikaba inyanduruko yamatati ashobora gufata umurego utandukanya, kuva ku gutterana amajambo gushika kw'ikubagurana.
- Amatati n'ukuri mu buzima kandi ntabwirizwakubabaza. Amatati yose ntabwirizwa kurangwamwo ikubagurwa.
- Ahubwo, umubano wose ugizwe n'imigwi y'abantu bafise imigenzo, inyungu n'intumbero bidahura bamwe n'abandi.
- Amatati aba ingorane mugihe abantu/imigwi bahisemwo gushikira intumbero zabo bakoreshjeje inguvu n'igikenye.
- Ughakana amatati, muri rusangi nico gituma amatati akomera.

- Ubasigurire ko amatati arashobora kuva kuvyyiyumviro vyacu, kuvyo uruhande rumwe rushaka canke rugerageza gushikako.
- Amatati ashobora gufatira ku mico kama, imibano n'ubutunzi, bifise inguvu zo kwubaka no gusambura, ni ukuvuga, mw'itoregwa umuti ryayo hakoreshwa uburyo bujanye n'imico n'imibano, ubutunzi n'ibidukkije.

Kuri izo mvo, ukwizerana no kuvugana biba bizingamitswe, harashobora kubaho ivyibazwa ku wundi bishobora kuba atari vyo. Ni ngombwa gutahura amatati no kugerageza kuyatorera umuti mu buryo bwiza kandi bwubaka bushoboka. Gutorera inyishu amatati bisaba kubanza kuyatahura neza kandi bikwiye. **"birakwiye kwiga kumenya amatati, kuyabamwo no kuyatunganya neza".**

Inyigisho 4.2. Ugukubagurwa biboneka n'ibitaboneka

- **UMWANYA :** amasaha 2 ubaye munini
- **ABO IRABA :** Abakenyezi b'abadandaza batobato ku mbibe n'abagabo babo.
- **ABOROSHA :** Aborosha babiri bavuye mu migwi y'ibiganiro n'abarmeshakiyago bo mu mashirahamwe akorana n'iyo migwi.
- **INTUMBERO Z'ICIGWA :**
 - Intangamarara ku kwumvakumwe ikubagurwa.
 - Gutahura ikubagurwa hejuru y'inyifato isanzwe⁶

1. Intangamarara

Iminota 10

- Kwakira abakenyezi b'abadandaza batobato bakorera ku mbibe n'abagabo babo no ku bashimira kubona bitavye muri iyi nyigisho nshasha.
- Rabe abacerewe n'abasivye.
- Bibutse ku nyigisho iheruka uce ubabwira bavuge muri make ivyaganiriweko mu nyigisho iheruka.
- Bamenyeshe ko inyigisho y'uju musi ihariwe umwumenyerezo wo guterera twese kugira twitegurire kwihiweza ko abagore n'abagabo bashoboye kugira inyifato ikenewe mu gufasha gutahura imigenderanire irimwo amatati n'ikubagurwa.

2. Ibijanye n'ikubagurwa, amahoro : Gutahura, gutora uwoko-bw'ikubagurwa rijanye n ; urudandazwa ruroruto ku mbibe, hagati y'abakenyezi b'abadandaza n'abagabo babo, abakorera kumbibe, mu kibano mu turee two ku mbibe hagati ya Kongo, Uburundi n'Ur-wanda.

Iminota 100

Intumbero : Abitavye bazoba bashoboye: Gutahura no kwihiweza ikubagurwa Gutora ubwoko bw'ammatati n'ibiyatera mu rudandazwa rutoruto.

Ibikoresho: impapuro wo manama, ikaramu zo gutegurira abitavye. Impapuro, marikeri, ingwa, ibicapo n'ivyirwa vya-kozwe bisa.

- **Uko bikorwa:** Ibikorwa vyo kuvugana bikurikirwa no gushikiriza hamwe mu nama ya bose.
- **Urebye igihe gito ufite, menya neza ko wiagaraho/ abahugura no kuyobora kungurana ibitekerezo (ibiganiro)**
- **Uko bigenda:**
- Bikore uku manika urupapuro ruriko n'intumbero z'icigwa 4.2.

**Intambwe ya 1. Umwimenyerezo: Gushiraho imvugo rusangi, ikubagurwa n'amahoro
Umwimenyerezo wo kwiyumvira wa 1.**

6. IKI gikirwa gishobora kuba mfashanyigisho ,ariko gitegerezwa guhinanyurwa: CAMP and Saferworld Training of trainers manual: Transforming conflict and building. P. 21 (Document PDF)

- Saba abakenyezi n'abagabo babo bahumirize, bumve ko ariho bari, barabe ibibashikira mu buzima bwa misi yose uce ubabaza ikibazo gikurikira: ni ikihe kiza mu mutwe iyo mvuze " ikubagurwa "? Ataco ubivuzeko, andika amajambo n'amungane y'abtavye kukibaho.
- Wisunze ivyo abitavye bavuze ku bibazo, shira hamwe muri make ivyo wabonye ku vyo bavuze mu gushimangira ko dufise ugutahura gutandukanye ikubagurwa. Sohora amajambo n'amungane vyerekana aharimwo ikubagurwan'aho ritari.
- Inyuma y'ubo mwimenyerezo wo kwiyumvira, tange indangurakintu y'ikubagurwa. Andika ku kibaho iviyumviro vyatanzwe n'abagore n'abagabo mucce muganira mu minota mikeyi ku vyiyumviro bitandukanye mutavuye kuco mwariko!
- Mu mpera, dondora incamake y'ikubagurwa nk'uko vyanditswe mu mpanuro zigenew umworosha aho hasi.

Tange indangurakintu y'ikubagurwa: Ikubagurwa ni amajambo, ibikorwa, ingeso, canke intwarzituma haba ivyonone-kara, kubabaza ku mubiri,

Mu bijanye n'imibano bituma abantu badashikira ivyo boshitseko nk'abantu.

Babwire ko ikubagurwa risigurwa baravye ingorane ryateye, ukuntu ryababaje umuntu kumubiri kandi ko hari uburyo bishi ikumirwa rishobora gushika.

Babwire uko uzagaruka I nyuma kubisobanuro byamahoro.

Intambwe ya 2. (Mu minota 15, mu kuvuga iviyumviro uko bije)

Umworosha arasaba abitavye ngo bavuge ivyo bamaze kubona ku bijanye n'ikubagurwa mu rudandazwa rutoruto rubera ku mbibe, hagati y'abakenyezi b'abadandaza n'abagabo babo, amatati yo ku mbibe, amatati yo mu muturere turi ku mbibe hagati ya Kongo, Uburundi n'Urwanda. Barabaza ibibazo bikeye ku matati:

- Akarorero: Tange utororero tw'ikubagurwa mubamwo canke muhura nayo mu buzima bwa misiyose ajanye n'urudandazwa rwo ku mbibe hagati y'abakenyezi b'abadandaza n'abagabo babo, amatati yo ku mbibe, amatati yo mu muturere turi ku mbibe hagati ya Kongo, Uburundi n'Urwanda. Mu gutanga incamake, umworosha arongerako utundi turorero kuko nawe ari umunywanyi w'umugwi w'ibiganiro.
- Muri make, umworosha arunganira abitavye n'uburorero kuberako nawe ari mu bagize umugwi bakora cane, Uburorero bw'ivo abagore b'abadandaza batobato babayemwo n'abagabo babo. Kubiganirako mu minota mikeyi.

1. Ibibazo vyo kuganirwako kubatuma haba ikubagurwa:

- Ni bande batuma haba ikubagurwa mu miryango, mu kibano camke ku turere turi hagati ya Repubika iharanira demokrasi ya Kongo, Uburundi n'Urwanda? Domako umupaka ukoreshwa n'abo bakenyezi.
- Mubona ivyo bituma haba amahoro? Ugufatana mu nda,
- Kuri mwebwe ikubagurwa ripfana iki n'igitsina? Ni bande bakora iryo kubagurwa, Hoba hariho abakenyezi b'abadandaza canke abagabo babo bahuye n'iryo kubagurwa ? Abo mu miryango yacu, mu kibano iwac bahuye n'ikubagurwa ?
- Kubera iki haba iryo kubagurwa? (Aha umworosha arandika insiguro batanze ariko ntaco azivuga ko)Mwibaza ko ababikora bavyishimiye, ni ikihe cokogwa ngo habe ugufatana munda n'ibintu biterebihinduka?

2. Ibibazo vyo kuganirako kubahuye n'ikubagurwa : Ni bande batuma haba ikubagurwa mu miryango, mu kibano canke ku turere turi hagati ya Repubika iharanira demokrasi ya Kongo, Uburundi n'Urwanda ?

- Domako umupaka ukoreshwa n'abo bakenyezi.
- Mubona ivyo bituma haba amahoro? Ugufatana mu nda?
- Kuri mwebwe ikubagurwa ripfana iki n'igitsina?
- Ni bande bakorerwa iryo kubagurwa ?
- Hoba hariho abakenyezi b'abadandaza canke abagabo babo bahuye n'iryo kubagurwa ?Abo mu miryango yacu, mu kibano iwac bahuye n'ikubagurwa ?
- Kubera iki haba iryo kubagurwa? (Aha umworosha arandika insiguro batanze ariko ntaco azivuga ko).

- **Mwibaza ko ababikorerwa bavyishimiye?**
- Ni ikihe cokogwa ngo habe ugufatana munda n'ibantu bitere bihinduka?

Sobanura ko ugiye gusubira mubisobanuro byamahoro. Abakangurambaga basobanura ibisobanuro (mubisobanuro byabakoresha). Tanga byibuze iminota 30 kugirango uganire kubisobanuro na baza itsinda:

- Utekereza iki kuri iki gisobanuro?
- Ninde ushobora kumpa ingero z'amahoro mabi n'amahoro meza?
- Kuki ari ngombwa kugira amahoro meza?
- Nigute uburinganire bushobora gufasha kugera ku mahoro meza?

3. Ugusozeria

Iminota 10

- Gushimira abitavye kubona baje.
- Basabe bavuge ikintu kimwe biz n'ikind bafitie inyota kubona mu nyigisho ikurikira.
- Babaze ko bafise ibibazo ku nyigisho y'uyu musi.
- Babwire ko nyigisho ikurikira yerekeye kuganira ku ruhara rw'amatati kuri ba ntahonikora, kandi ko zorabirahamwe ico bizanan'ingaruka zavyo mu buzimabwa misi yose.
- Hanyuma, bibutse isaha, itariki z'inyigisho ikurikira ubabwireko ufise igishika co gusubira kubonana nabo.

Ibigenewe aborosha :

Mwibuke gutanga inyishu ku ryungane ryose imbere yo kuja kurikurikira. Kubera ico, murashobora, mubishatse, gusoma inyishu zose hanyuma murabe ko abitavye bose babitahuye.

Umugwi wa 1 :

1. Ababangamirwa n'ikumirwa ni abantu badafise inguvu – oya

Nta bwoko bw'umuntu bubangamirwa n'ubusotoranyi canke ikubagurwa : Iyyo bishobora gushikira bose. Abantu bafise inguvu barashobora gukubagurwa kubera ari bashasha mw'isoko canke mu rudandazwa, mu rudandazwa ruto rwo ku mbibe, mw'ishirahamwe ry'ubudandaji baka batahafise abagenzi canke urunani rw'abantu bajejwe gufasha abantu canke kubakingira. Barashobora kuba batowe kubera ivyo bemera canke kuko batandukanye. Mu mpera, ntabiri mu muntu canke inyifato yiwe bishobora gutuma yikwegera ikubagurwa. Ikubagurwa, amahitamwo y'abarikora

2. Ikubagurwaryo ku mubiri ni ribi gusumba iryo mu majambo – oya

Ikubagurwa riciye mu majambo rirashobora kubabaza canke gutera ubwoba gusumba iohoterwa ryo ku mubiri. Kwama uriko ushirwa hasi canke ubwirwa nabi birashobora gutera ihahamuka rifatiye mu mutwe no mu bigumbagumba navyo bibabaza cane ukubaho neza kw'umuntu gusumba ikubagurwa ryo ku mubiri.

3. Ukubaho kw'amategeko agenga isoko ku rubibe vyotuma havaho ikumirwa n'ihohoterwa rifatiye ku git-sina -OYA

Naho kw'isoko yoku rubibe hoba hari amategeko ahana ikubagurwa rifatiye ku gitsina, birashoboka ko abakenyezi b'abadandaza batobato n'abagabo babo batayazi. Muri ico gihe, harakenewe nyigisho n'amakuru kugira ayo mategeko amenyekane, canke uruganda rwo gushirisha ikubagurwa rifatiye ku gitsina, nimba biri uko.

4. Kuba umukenyezi akora urudandazwa rutoruto ku rubibe bituma umukenyezi atagira uruhara muvy'imba-no (ubuzima bwa politike n'ubutunzi) -Ego

Abakenyezi bensi barakumirirwa, bakigizwa inyuma canke bagaharirwa ivomo mu kugira uruhara mu buzima bw'igihugu bujanye n'imibano, politike n'ubutunzi.

UMUGWI WA 2 :

1. Abantu bakubagura n'abantu badashoboye kwigumya iyo bashavuye ; Ikubagura ni ugushira ikinya.OYA

Akensi bantu iyo bashavuye ntibatorera umuti ibibazo bakoresheje ikubagura. Abantu barangwa n'ikubagurwa baragoye uko umuntu yobafata. Bahitamwo bo nyene kurangwa n'ikubagurwa canke ubusotoranyi, bagahitamwo n'abo bakubagura

2. Umukenyezi urudandazwa rwiwe ruriko rurahomba. Kuvuga umuntu canke ibihuha si ikubagurwa-Ego

Abantu bari hejuru, muri rusangi abatwara igipolisi, abakora ku mipaka, abakorera amakomine n'ibisagara, abatwara amasoko barashobora kwikika mu kiza ku mukenyezi afise ibibazo vy'uburyo canke afise ubumenyi buke. Nkuko mu ma kaminuzahari abantu bensi bagiriwe iohohoterwa rifatiye ku gitsina n'abigisha babo, abayobozi b'ivyigwa, n'abandi, babemereye ko bazoronka amanota meza ; harashobora kuba hariho abantu murudandazwa ruto rwo ku mbibe bagirirwa iohohoterwa canke ikubagurwa rifatiye ku gitsina n'abakozi bo ku mbibecanke abando bakozi ba Reta canke abo mamakomite yamasoko babemereye kubakingira canke mukuborohereza kubijanye no kujabuka.

3. Gukwiragiza ibihuha canke kuvuga nabi umuntu-Oya

Gukwiragiza ibihuha ku mutnu no kumuvuga nabi biri mw'ikubagurwa ryo mu mutwe kandi muri kazoza bira-gira ingaruka ku mibereho myizajanye n'ibigumbagumba canke mumutwe ku barigiriwe. Ivo kandi birashobora kugira ingaruka k'ugufatana munda kw'abakenyezi b'abadandaza batobato n'abandi banyagihugu baba ku mbibe hagati ya Republika iharanira Demokrasi ya Kongo, Uburundi n'Urwada.

4. Ntibabaje cane kwinubira umuntu ku mbuga ngurukanabumenyi (ak : facebook, whatsapp) nko kumwinuba imbonankubone - oya

Gutukwa ku mbuga ngurukanabumenyi (biciye mu butumwabugufi, e-mail canke izindi mbuga) navyo ni bibi nko ku bibvirwa amaso muyandi.

GUSOBANURIRA AMAHORO

Insiguro y'amahoro meza

Amahoro meza ni amahoro ayo ari yo yose asobanurwa nico "arico":

Muburyo bwumvikana cane, ni igihe hariho ukwumvikana. Iciyumviro c'amahoro meza canke mabi cazanywe n'Umunyanoruveje Theorist Johann Galtung (1970).

Amahoro meza ni leta y'ubufatane, ubuzima butagira ubwoba, ubukene no gukoreshwa, Guter'imbere mu vy'ubutunzi n'iterambere, ukungana n'ubutungane, ubwinshi, ubushobozzi n'aho iohohoterwa rihari ariko ari rike cane, bidasigura ko ritariho.

Amahoro mabi	Amahoro meza
<p>Habuze</p> <ul style="list-style-type: none"> • Intambara • Ubugizi bwa nabi • Gukandamizwa 	<p>Hariho :</p> <ul style="list-style-type: none"> • umutuzo, ukwumvikana, kumererwa neza • umutekano, ubutungane • ikibano ciza • gusabikanya ingeso nziza runtu iviyiyumviro vy'ubuntu • ubushobodzi bushingiye ku muco w'amahoro
<p>Bitahurwa nka...</p> <p>Ilikirere kirambira, leta iringaniye</p> <ul style="list-style-type: none"> • kubura adrenaline • ibishobisho vyo kuba umunyabwenge • Kwumva umengo uraboshwe <p><i>Bikenye</i></p> <ul style="list-style-type: none"> • icipfuzo kitipfuzwa gukorwa • umubano uhangayikishijwe no gukekeranya • guhiganwa muri bose • iviyiyumvo bike byubumuntu <p>biteje ikibazo, biguhungabanya</p> <ul style="list-style-type: none"> • igihe gito, imibanire yoroshe • isiganwa ry'intwaro <p>Kutizera ejo hazaza</p>	<p>Bitahurwa nka...</p> <p>ikirere gishimishije - imbaraga zihoraho</p> <ul style="list-style-type: none"> • gushishikaza - gushaka inyishu / amatati • amahirwe yo kwihesha agaciro • umwidengemvyo wo kurema, gukora mugihe runaka <p><i>kwuzuza no kubahaha</i></p> <ul style="list-style-type: none"> • ikirere ciza co kwitunganiriza imigambi • umubano wo kwirimburu • umubano wibiganiro n'ugufashanya • iviyiyumviro vy'ubuntu <p><i>kwemeza ikirere gifise umutekano</i></p> <ul style="list-style-type: none"> • imero iramvye, ikomeye • itunganyamigambi rihraranira imibereho myiza <p>Icizere c'ejo hazaza</p>

ICIGWA 4.3. Uruhara rw'amatati ku migwi ya bantahonikora

- **UMWANYA :** Amasaha 2 ubaye munini
- **ABO ZEREKEYE :** Abakenyezi b'abadandaza batobato ku mbibe n'abagabo babo.
- **ABOROSHA :** Aborsha babiri bavuye mu migwi y'ibiganiro n'abarmeshakiyago bo mu mashirahamwe akorana n'iyo migwi.
- **INTUMBERO Z'ICIGWA :**
 - Kwiga uruhara rw'amatati kuriba ntahonikora.
 - Kumenya ingaruka z'amatati ku banyagihugu
 - Abitavye baratahura uko amatati ababazamu kwishira mu kibanza c'abari muri yo.

1. Intangamarara

Iminota 10

- Kwakira abakenyezi b 'abadandaza batobato bakorera ku mbibe n'abagabo babo no ku bashimira kubona bitavye muri iyi nyigisho nshasha.
- Rabe abacerewe n'abasivye
- Bibutse ku nyigisho iheruka uce ubabwira bavuge muri make ivyaganiriweko mu nyigisho iheruka.
- Bamenyeshe ko inyigisho y'uuu musi ihariwe ikiganiro giha akaryo ko guterera umwewese ku "**ruhara rw'amatatiku migwi ya ba ntahonikora**" hakaba hazirwa vyimbitse ingaruka z'amatati ku buzima bwa misi yose".
- Shimika ko inyigisho y'uuu musi ishimikira kw'isano riri hagati y'amatati n'ikubagurwa, uko two bitora n'uko twovy-ihweza.

2. Uruhara rw'amatati ku migwi ya bantahonikora mu miryango, mu kibano no mu mubanomuri rusangi mu turere two ku mbibeza Republika ihranira DemokrasiyaKongo, Uburundi n'Urwanda.

Iminota 100

Intumbero z'icigwa, abitavye bazoba bashoboye:

- Gutahura neza no kwihiweza inguvu z'imico kama n'ingaruka z'amatati kuri bantahonikora n'ukuntu bokingirwa.
- Gutahura imigwi ya ba ntahonikora hisunzwe ingaruka amatati ashobora kubagirako.

Ibikoresho: Flip chart, ikaramu zo gutejurira abitavye. Impapuro, marikeri, ingwa, ibicapo vy'imigwi ya bantahonikora.

Uko bikorwa: Ibikorwavyo kuvugana bikurikirwa no guhuriza hamwe mu nama ya bose.

Uko bigenda Intambwe z'aboresha n'abaremashakiyago: inyigisho Manika flip cart iriko n'intumbero z'icigwa 4.3.

Umwimenyerezo 1:

- Saba abakenyezi bakora urudandazwa rutorutoku njabukambibe n'abagabo babo ngo batange urutonde rw'imigwi ya bantahonikora babona iwabo,
 - mu bikorwa vyo kudandaza ku mbibe, mu miryango yabo, (10').
 - mukibano canke mu mubano wose muri rusangi
 - mu miryango yabo

- Inyishu zishoboka ni izi : Abatama, abakenyezi bibungenze, urwaruka, abana, abakobwa bavyariye iwabo, abatize, abungere/aborozi, abarimyi, abakene, inkehwa ; impfuyi, ba nyamwema, abanyamahanga hisunzwe ubwoko bwabo,
 - Abateshejwe izabo, impunzi, abahoze ku rugamba, abasubijwe mu buzima busanzwe, etc.
 - Aborosha barashobora gutanga iyindi migwi babona bivanye n'aho umugwi wabo w'ibganiro uri !
 - Baza abitavye komu buzima bwa misi yose bahura na bantahonikora bakenewe gufasha no gushigikirwa.
-

Umwimenyerezo wa 2 (Igikorwa co mu migwi, iminota 20').

- Gabura abitavye mu migwi mitomito 3 mubabwire n'uko bigenda.
- Umugwi wose uca utora amategeko 6 canke imigirwa ijanye n'imico kama (muriyo, iyijanye n'igitsina, amatati n'iku-mirwa) bibuza canke bigabanya iyo migwi gushikira,
- gusuzuma no kugira uruhara mw'ifatwa ry'ingingo(kwumvirizwa) mwongere muganire n'ukuntu zigira ingaruka kuri bantahonikora aho tubaye:
 - Itsinda rya 1: amakimbirane mubikorwa byubucuruzi buto bwambukiranya imipaka,
 - Itsinda rya 2: amakimbirane mu baturage cyangwa muri rusange muri rusange
 - Itsinda rya 3: amakimbirane mu ngo zabo.
- Bahe iminota 10 yo gutegura ibantu bigufi (iminota 3 ntarengwa).
- Noneho huza abantu bose hanyuma usabe itsinda rya mbere gukina imbere ya bose.
- Baza abari mu migwi baganire, berekane ukuntu imigwi ya bantahonikora ikorwako iyo
 - hari matati mu muryango, mu kibano canke mu rudandazwa rutoruto rwo ku rubibe.
 - Baza abari mu migwi batore kandi baganire mu gihe hari amatati ibantu bituma, kuba ntahonikora vyon gerekana, kwigizwinyuma
 - amatati, mucce mwerekana ibikwiye gushigikirwa canke guhinduka kugira habeho gufatana munda n'ama horo mu kibano?
 - Ivyo ni vyo canke si vyo ?
 - ni bibi canke ni vyiza mu kibano cabio ?
 - Ni bande biraba kugira habe impinduka, ugufatana munda n'amahoro ?
- Andika amategeko meza yo kuzigamwa, ayandi mabi yo guhinduka canke gukurwaho n'abafise uruhara muri izo mpinduka nkuko badomweko urutoke.

3. Ugusozeria

Iminota 10

- Gushimira abitavye kubona bajie.
 - Basabe bavuge ikintu kimwe bize n'ikindi bafitiye inyota kubona mu nyigisho ikurikira.
 - Babaze ko bafise ibibazo ku nyigisho y'uyu musi.
 - Babwire ko nyigisho ikurikira yerekeye inyabutatu yamatati kandi ko hazokwigwa ku buryo bwimbitse ingeso, inyifato namatati yomu buzima bwacu bwa misi yose.
 - Hanyuma, bibutse isaha, itariki z'nyigisho ikurikira ubabwireko ufise igishika co gusubira kubonana nabo.
-

Umworosha

Werekana neza ko iki kiganiro cerekeye gukangurira abantu kumenya ko amatati atera buri gihe atuma habaho abahohotewe; abatishoboye ni bo bakunze gukarirwa kandi bakeneye kwitabwaho no gukingirwa.

Butsa uwari we wese mu bitavye inyigisho kwiyumvira ku mibereho ya misi yose y'abantu canke imirwi y'abantu babangamiwe cane n'ammatati, kwishira mu kibanza cabo, bongere bashikirize n'ingingo zofatwa, nk'akarorero ku-baha akaryo bagashikiriza iciyumviro cabo ku bijanye n'ammatati. Barashobora kuba abana bato mumiryango yabo.

Imisi yose, utegererezwa gutohoza uko ibintu bimeze, kubishikiriza no kubironderera inyishu. Ni ikibazo c'ukutaren-ganya, ubutungane n'ubuntu. Iri ni naryo sano riri hagati y'amahoro, amatati nuburinganire.

Inyigisho 4.4. Inyabutatu yamatati (igice cambere)

- **UMWANYA :** Amasaha 2 ubaye munini
- **ABO IRABA :** Abakenyezi b'abadandaza batobato ku mbibe n'abagabo babo.
- **ABOROSHA :** Aborosha babir bavuye mu migwi y'ibiganiro n'abaremehakiago bo mu mashirahamwe akorana n'ijo migwi.
- **INTUMBERO Z'ICIGWA :**
 - Guca mu mizi inyifato namatati n'ibijany namatati ku buryo buamvuye.
 - Gutuma abitavye bashobora gutahura no kwihiweza amatati.

1. Intangamarara

Iminota 10

- Kwakira abakenyezi b'abadandaza batobato bakorera ku mbibe n'abagabo babo no ku bashimira kubona bitavye muri iyi nyigisho nshasha.
- Rabe abacerewe n'abasivye
- Bitutse ku nyigisho iheruka uce ubabwira bavuge muri make ivyaganiriweko mu nyigisho iheruka.
- Bamenyeshe ko inyigisho y'uyu musi ihariwe igikoresho co kwihiweza amatati citwa "inyabutatu yamatati" ikazok-wibanda kubiganiro biha akaryo ko kuvuga bose kugira bibe ishingiro ry'umwihwezo.
- abakenyezi n'abagabo bashobora kugira, n'nyifato ikenewe kugira hatahure imigenderanire irimwo amatati n'ikuba-gurwa aho babaye.

2. Ugushira mu ngiro umwihwezo wamatati hakoreshejwe "inyabutatuyamatati"

Iminota 100

Intumbero: Inyuma y'imyigisho, abitavye bazoba bashoboye:

- Gutahura neza no kwihiweza amatati biciye mu gikoresho citwa "inyabutatu yamatati" Gutora ubwoko bw'ammatati n'ibiyatera aho aba yabereye.
- Menya ubwoko bwamatati n'impamvu zabo mubidukikije bidatinze.

Ibikoresho: Flip chart, ikaramu zo gutegurira abitavye. Impapuro, marikeri, ingwa, ibicapo vy'imigwi ya bantahonikora.

Uko bikorwa: Ibikorwa vyo kuvugana bikurikirwa no guhuriza hamwe mu nama ya bose.

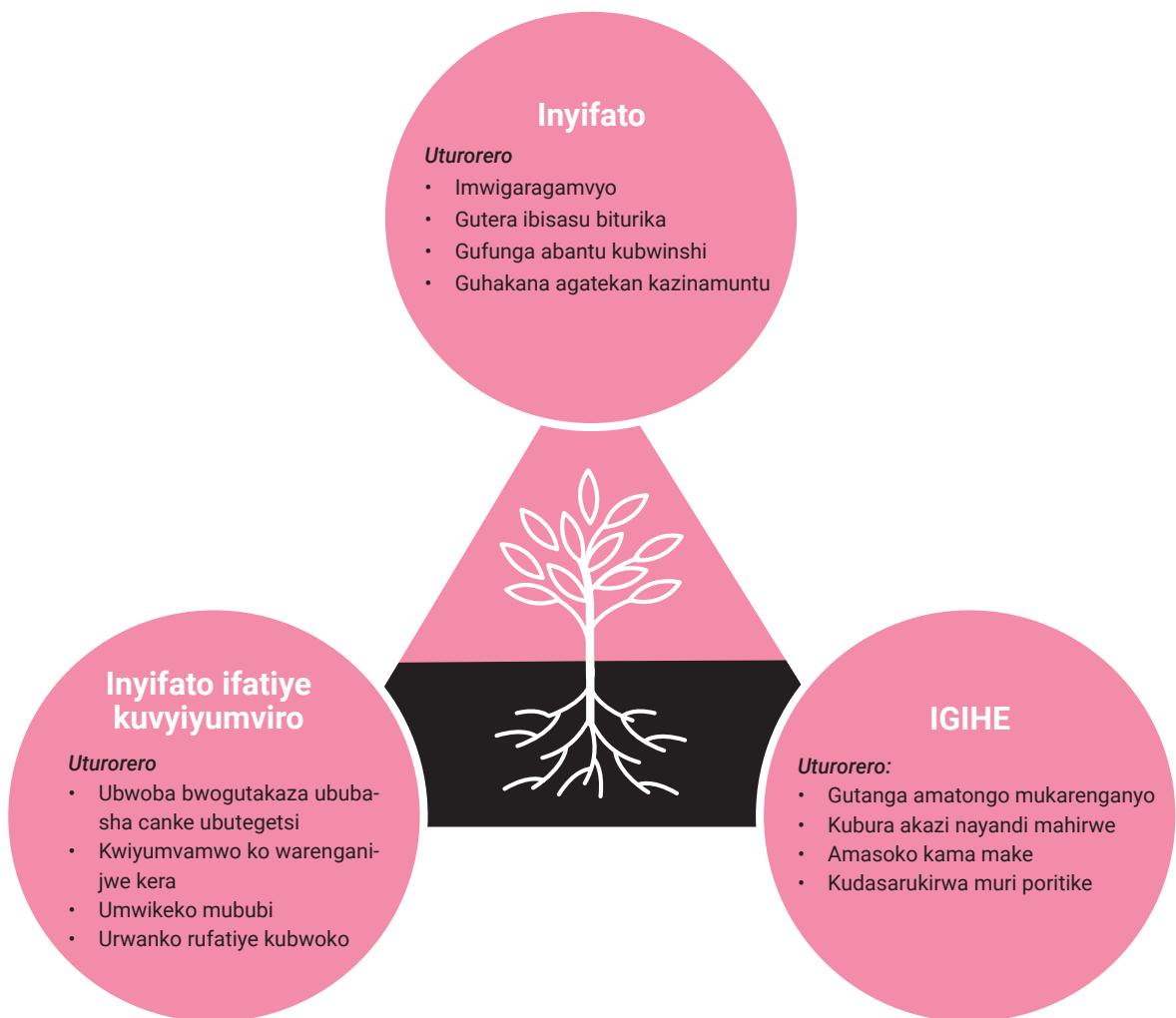
Umworosha bagomba gutanga ubufasha kumirwi mugusoma canke gusobanura ibibazo kuko Bishoboka ko habamwo abakenyezi bakora urudandaza jambuka mbibe batazi gusoma nukwandika.

Uko bigenda

Inyabutatu yamatati (raba ibikurikira)

Uyo mwimenyerezo uzotangurwa n'ijambo ry'umworosha hace hakurikira ikiganiro ca bose.

- Babwire ko ari gushira mu bikorwa umwihwezo wamatati kandi ko hari ibikoresho vyinshi bikoreshwa mukwihweza amatati.
- Basigurire ko kubwiki cigwa ari inyabutatu yamatati ituraba, igikoresho rusangi kugira twihweze ku buryo buram-vuye amatati.
- Shushanya inyabutatu nini ku kibaho hanyuma uvuge buri furuka uko ari zitatu A, B, na C.
- Sobanura ko izi furuka zisobanura: A: nyifato ifatanye n'uko umuntu yiyumvira; B: Nyifato, na C: ibihe.
- Sobanura ko mu matati arimwo intureka dukunze kubona inkomoko ifise imizi muvyiyumviro vy'abantu no kugihe kiba ca politiki n'ubutunzi. Inyabutatu yamatati nuburyo bworoshe bwo gushakisha ingaruka n'impamvu zitera amatati. Vyiza, dushushanya inyabutatu kuri buri murwi ufise uruhare mu matati.



Source : Analyse pratique du conflit, Tearfund Apprentissage, <https://learn.tearfund.org/fr-fr/resources/footsteps/footsteps-91-100/footsteps-92/abc-of-conflict-analysis>, consulté le 10 juin 2021

A: (Attitudes) inyifato: ifatanye n'uko umuntu yiyumva ivyo twiyumvira, twiyumvamwo kandi twemera-akarorero-ubo-wa, akaranga, ivyo twemera, inyigisho zifatiye ku mico kama, ivyo twiyumvira, twiyumvamwo)

B: (Behaviou) Inyifato: ivyo tubano nk'akarorero imishwano, ubwicanyi, ubwicanyi bw'ikivunga, gufatwa kunguvu, uk-wikekana, ugukmirwa

C: (Context) Ibihe: Intwaro zikumira nk'akarorero amategeko, amategeko araba ivy'imibano (harimw n'ukuntu iminger-anire itunganije mu muryango, amapolitike, ibijanye n'akaranga)

- Nyuma yokubera inyabutatu, saba abitabiriye inyigisho gutanga uturorero twamati ninkomoko yayo.
- Ubabaze kurihe furuka y'inyabutatu bashobora gushira ututorero twatanzwe. Mubiganireko.
- Niba abitabiriye inyigisho batanze akarorero kufuruka yinyabutatu, shira aho wiylimvira ko ariho uheze utange isobanuro.
- Baza abitabiriye inyigiso nimba bberapa canke batemeranya nurugero rwatanzwe. Nimba mutemeranje nabitariri-ye icirwa, shira aho abatabiriye icirwa bashize kandi uce uhaca umurongo hama uce ushira ikimenyetso cakabaza kurindi furuka yinyabutatu aho inyishu yarikuja.
- Erekana abitabiriye icirwa uko buri furuka yinyabutatu ishobora kugira ingaruka canke guhindura izindi furuka.
- Shimangira kusano n'ubufatane hagati yinfuruka nuburyo bwo kuzishimangira. Sigura ko akazi n'inshingano z'abaginez imirwi ry'ibiganiro bishobora kugira ico zikoze kwifuruka imwe canke zose zinyabutatu yintureka/ihohoterwa.

- Saba abagishwa kwerekana iyihe furuka yinyabutatu igira ingaruka kubibazo bwabo noku bikorwa vyabo. Ibi bira-shobora gutanga isobanuro kumahinduka akenewe.
- Mukurangiza icirwa ca umurongo hagati ya yinyabutatu, wandike hejuru "Ihohoterwa rigaragara" no munsi "Ihohoterwa ritagaragara".
- Vyoba vyiza gufotora iyi nyabutatu yihoterwa no gutanga kopi buri wese mu bitabiriye amahugurwa.

3. Gusozera

Iminota 10

- Gushimira abitavye kubona baje.
- Basabe bavuge ikintu kimwe bize n'ikindi bafitiye inyota kubona mu nyigisho ikurikira.
- Babaze ko bafise ibibazo ku nyigisho y'uyu musi.
- Babwire ko inyigisho ikurikira yerekeye **ingaruka z'amatati kuri ba ntahonikora** kandi ko hazokwigwa ku buryo bwimbitse ingaruka z'amatati mu buzima bwacu bwa misi yose.
- Hanyuma, bibutse isaha, itariki z'inyigisho ikurikira ubabwire ko ufise igishika co gusubira kubonana nabo

Icigwa ca 4.5: Inyabutatu yamatati (Igice ca kabiri)

- **UMWANYA:** Amasaha 2 ubaye munini
- **ABO CEREKEYE:** Abakenyezi b'abadandaza batobato ku mbibe n'abagabo babo.
- **UMWOROSHA:** Aborsha babiri bavuye mu migwi y'ibiganiro n'abarmeshakiyago bo mu mashirahamwe akorana n'iyo migwi.
- **INTUMBERO Z'ICIGWA**
 - Guca mu mizi inyifato n'amatati n'ibijany n'amatati ku buryo buamvuye.
 - Gutuma abitavye bashobora gutahura no kwihiweza amatati.
 - Gufunga no gusoza inyigisho.

1. Intangamarara

Iminota 10

- Kwakira abakenyezi b'abadandaza batobato bakorera ku mbibe n'abagabo babo no ku bashimira kubona bitavye muri iyi nyigisho nshasha.
- Rabe abacerewe n'abasivye
- Bibutse ku nyigisho iheruka uce ubabwira bavuge muri make ivyaganiriweko mu nyigisho iheruka.
- Bamenyeshe ko inyigisho y'uyu musi ihariwe kubandanya twihweza amatati ukoresheje inyabutatu yamatati.
- Shimangira ko inyigisho y'uyu musi itanga isano hagati yamatati n'ukuntu twoyatora, kuyihweza ngo habe ugufatana mu nda n'amahoro. Kandi ubibutse ko ari inyigisho ya nyuma yo ku nyigisho nyamukuru " guahura amatati "

2. Ugushira mu bikorwa ukwihiweza amatati hakoreshejwe "inyabutatu yamatati"

100 minutes

Intumbero z'icigwa :

- Gutahura neza no kwihiweza amatati biciye mu gikoresho citwa " inyabutatu yamatati "
- Gutora uwokobw'amatati n'ibiyatera aho aba yabereye.
- Gusozena inyigisho " Gutahura amatati "

Ibikoresho: Nta na kimwe

Uko bikorwa : Ibikorwavyo kuvugana bikurikirwa no guhuriza hamwe mu nama ya bose.

Uko bigenda :

- Intambwe z'aboresha n'abaremashakiyago Inyigisho Manika flip cart iriko n'intumbero z'icigwa (4.5) Umwimenyerezo: Gutanga indangurakintu no gutahura amatati.
- Mu minota 10, vuga iviyumviro uko bije mu mugwi w'abakenyezi b'abadandaza canke abagabo babo (bivanye n'umugwi w'ibiganiro biraba). Manika flip chart.

Umwimenyerezo: Agakino kubijanye n'inyabutatu yamatati

- Tange ukuntu igikorwa co mu migwi kigenda (ari benshi batarenga abantu 6 mu mugwi) ;
- Baza umwe wese wo mu mugwi muto w'abakenyezi b'abadandaza batobato canke abagabo babo kuvuga amatati amwe akunda kugaruka babona iwabo mu gikorwa co kudandaza ku mbibe, bashobora kwihiweza atamuntu baba-baje canke abandi bantu bo mu kibano.
- Menyesha umurwi wose abanywanyi bakora ico gikorwa uko bavyumva bakagishikiriza nk'agakino canke ururirimbo
- Bahe umwanya utarenza iminota 10 muce mwibukanya amategeko yo kugumya ibanga no kwizerana mwasezera-nye mu mugwi mu ntango.
- Saba umurwi wa mbere ushikirize agakino wateguye(umwanya uri hagati yiminota 3 n'iminota 5 itarenga)
- Umurwi wa mbere uhejeje, baza abandi basigaye ibi bikurikira :

- Ni iyihe nyifato ifatiye ku matati mwatahuye ?
- Mbega iyo nyifato igaragara gute ?(Akarorero : Ijwi ritey'ubwoba, uguhohoterwa ku mubiri,kuryagagurana, im vugo ifatiye ku mubiri) ?
- N'iysihe nyifato y'abavurwamwo ?
- Mubimenyeshwa n'iki ?
- Wihweje ubabona bamerewe gute ?Ni gute ivyo vyerekana inyifato n'imyitwarire yabo ?
- Mwibaza ko abandi bavurwa muri ayo matati boba bashoboye kwihiweza ikirere n'imitwarire ?Mwibaza ko bavy itwayemwo neza ?
- Ako gakino kari kugenda gute iyo hatabamwo amatati ?Vyari kurangira neza gute ?

3. Gusozera

10 minutes

- Gushimira abitavye kubona baje.
- Basabe bavuge ikintu kimwe bize n'ikindi bafitiye inyota kubona mu nyigisho ikurikira.
- Babaze ko bafise ibibazo ku nyigisho y'uyu musi.
- Bamenyeshe KO inyigisho " gutahura amatati " irangiye. Ko ku musi ukurikira bazotangura inyigisho nshasha "ubu- rongozi", icigwa ca mbere kikazoraba "**uburongozi no gutumatumana-ubwoko bw'inyifato: gusotora, kwigira nk'utahari, gukoresha n'ukwiagararako**"
- Hanyuma, bibutse isaha, itariki z'inyigisho ikurikira ubabwireko ufise igishika co gusubira kubonana nabo.

Inyigisho ya 5.

Uburongozi

Intangamarara:

Iyo nyigisho ifise intumbero yo gufasha abitavye gutahura ibijanye n'uburongozi no kubaha ubumenyi muri vyo. Iteguye mu buryo abakenyezi b'abadandaza n'abashingantahe babo bayishira mu ngiro n'imbere y'uko biga uburongozi nyezina, na cane cane mu kwihiweza isano bufitaniye n'igitsina.

Ubumenyi bwambere iyo nyigisho izotanga, ni ugutumatumana/kuvugana. Nimba inyigisho yambere yaravye ivyo gutumatumana/kuvugana, inyigisho zibiri zambere zizoshira mu ngiro ivyizwe mu nyigisho ya mbere mu gushimangira ukwiyumva. Hanyuma izoca iraba ubumenyi mu gukorera mu mugwi, ugfata ingingo n'ukwumvikana, ubwoko bw'uburongozi butandukanye, imbere yo gutandukira no kuganira kw'isano riri hagati y'igitsina n'uburongozi mu turere dutandukanye hakorera imigwi y'ibiganiro. Iyo nyigisho izosozererwa n'ibiyago hagati y'abakenyezi b'babadandaza batobato n'abakenyezi babo ku bijanye n'isano riri hagati y'igitsina n'uburongozi bivanye n'aho umugwi uri, haba muri Kongo, mu Rwanda no mu Burundi.

Incamake n'intumbero z'ivyigwa :

Ivyigwa	Intumbero
Icigwa ca 5.1: Uburongozi n'ugutumatumana/kuvugana – inyifato zitandukanye : gutandukira, kwiherera, amayeri no kuba uwo uri.	<ul style="list-style-type: none"> • Kwiyibutsa ibimenyetso dusanga mu mvugo canke imvugo yisunga ibimmenyetso vy'umubiri bidutuma tumenya inyifato ndangakamere n'inyifato isanzwe. • Gutora ivyo bimenyetso muri twebwe no kubikoresha kugira dutora inyifato bidutuma tugira n'ugusuzuma ukuntu bijanye n'intego zacu.
Icigwa ca 5.2: Uburongozi, gukorera mu migwi no gufata ingingo – uruhara rw'ibishobisho	<ul style="list-style-type: none"> • Gushira mu ngiro ubumenyi mu bijanye n'uburongozi, ugufata ingingo no gukorera mu mugwi. • Kumenya ukuntu ibiganiro vyacu bitwarwa n'ibishobisho.
Icigwa ca 5.3: Uburongozi nogutumatumana/kuvugana – Kwimenyereza kwishigikira	<ul style="list-style-type: none"> • Kwimenyereza kwiherarako mumatati udasotoye umuntu muhanganye canke ngo wirengagize ingorane. • Kwimenyereza gutanga amungane ari ntabanduka canke ahanura no kugira inyifato ituma haba ibiganiro vyubaka. • Kwimenyereza kwishura utekanye naho woba uriko urahatwa.
Icigwa ca 5.4: Igitsina n'uburongozi, igitsina n'uburongozi muri Kongo, mu Rwanda no mu Burundi.	<ul style="list-style-type: none"> • Guhimiriza abanywanyi b'imigwi ku bijanye n'uburongozi bw'abagore. • Guhanura abarongozi kutigira sindabibazwa mu bijanye n'ngana ry'ibitsina, gukora no kwiyemeza gutsimbataza ugutana mu nda no gutsimbataza amahoro hagati y'abanyagihugu.
Icigwa ca 5.5: Inyigisho rusangi: Igitsina n'uburongozi, igitsina n'uburongozi muri Congo, mu Rwanda no mu Burundi	<ul style="list-style-type: none"> • Gutuma haba ibiganirobihuza abagore n'abagabo n'ugutuma haba ikiganiro cuguruje hagati y'abagore n'abagabo ku bibazo vyo mu buzima bwabo. • Guhimiriza abanywanyi b'imigwi ku bijanye n'uburongozi bw'abagore. • Guhimiriza abarongozi b'umutima kutigira ba sindabibazwa mu guteza imbere ukunganya kw'ibitsina, gukora kugira ngo batsimbataze ugufatana mu nda no gu-sasagaza amahoro hagati y'abanyagihugu.

Séance 5.1 : Uburongozi no gutumatumana/kuvugana-ub-woko bw'inyifato: kuduga ku muntu, kwihiha, amayeri no kuba uwo uri

- **UMWANYA:** Amasaha 2 ubaye mu nini
- **ABO CEREKEYE:** Abakenyezi'abadandaza batobato bakorera ku mbibe n'abagabo babo.
- **UMWOROSHA:** Aborosha babiri bigishijwe bava mu migwi y'ibiganiro n'abaremeshakiyago bava mu bafatanya-bikorwa.
- **INTUMBERO Z'ICIGWA:**
 - Guca mu mizi ukuntu tugerageza gushaka ko abndi batugirako n'inyifato yacu igihe natwe bashatse ko tuba girako.
 - Turiyibutsa ibimenyetso dusanga mu mvugo y'amajambo n'imvugo yisunga ibimenyetso vy'umubiri idufasha gutora inyifato ndangakamere n'inyifato isanzwe.
 - Twirabeko ivyoo bimenyetso turabe uruhara bitugirako no gusuzuma ko bijanye n'ivyipfuzo vyacu.

1. Intangamarara

Iminota 10

- Gutondeka intebé ku buryo wewe, umworosha mugira umuzingi munini.
- Kwakira abakenyezi b'abadandaza batobato ku mbibe, n'abagabo babo no kubashimira kubona bitavye.
- Rabe bacerewe n'abasivye.
- Kwibutsa abtavye ku nyigisho iheruka no kugura incamake y'ivyizwe.
- Bamenyeshe ko icigwa c'uyu musi gihariwe guhanahana iviyumviro "ku burongozi n'ugutumatumana/kuvugana-ubwoko bw'inyifato" kugira ngo twiyibutse ibimenyetso vyo mu mvugo y'amajambo, imvugo y'ibimenyetso vy'umubiri bidutuma dutora inyifato y'umuntu. Iyo nyigisho izotuma twitora ibimenyetso muri twebwe no kubikoresha kugira tubone inyifato bikwega, akaryo ko gusuzuma ko bijanye n'ivyipfuzo yacu.
- Kumenyesha ko iyi nyigisho ahanini ijanye no gushira mu ngiro kuko idufasha kwiyumvira ku nyifato zazu n'kuntu tuvugana .n'abandi.

2. Ubwoko bw'inyifato : kuduga ku muntu, kwihiha, amayeri no kuba uwo uri

Iminota 100 : Iminota 50 yo gukina
Iminota 50 yo guhuriza hamwe ;

Intumbero: Sobanukirwa n'ubwoko bw'imiyitwarire: gutera, gusiba, manipulation na kwiyemeza

Ibikoresho: Ikibaho n'amakaramu.

Uko bikorwa: Umwimenyerezo wo mu migwi n'ugukina dukurakuranwa mu kwimenyereza kuba uwo turi, kuraba inyifato isotora, kwihiha, amayeri.

Uko bigenda:

Intambwe ya 1.

- Sigurira abitavye ko, iyo ugomba kugira uruhara ku nyifato y'umuntu, urashobora no gukoresha imvugo itorosha ibintu.
- Babwire ko igikorwa ku buryo bwhihariye gishingiye ku buryo bwo gutumatumana/kuvugana aribwo **kuduga ku muntu, kwihiha, amayeri no kuba uwo uri**.
- Basigurire ko umwe wese afise uburyo akaresha igihe bikenewe.
- Bwira abitavye bavuge ubwoko bw'inyifato bujanye n'ijo migwi ine uce uvyandika ku kibaho aho bose babona.

- Saba abashaka bigane imwe canke nyinshi muri izo nyifato.
 - Bibutse na cane cane ko duhamagariwe kwigana izo nyifato usanga akenshi zitubera uburyo bworoshe bwogutore-ra umuti ikibazo mu gihe gito. Ariko mu gihe kirekire, zirashobora kuvamwo ingorane. Nk'akarorero, umuntu akunda kwihisha, arashobora gufutika burundu mu maso y'abandi bantu. N'umuntu w'amayeri usanga abandi batakimushima bikazotuma batangura kumwirinda.
-

Intambwe ya 2.

- Shira abitavye mu migwi ine.
 - Babaze biyumvire igihe bagize inyifato yo kutihangana, igihebihishije canke bakoresheje amayeri bace bakuramwo agakino.
 - Bahe iminota 10 kugira bategure agakino kabu. Ako gakino kazoba karimwo ibintu vyabaye vyashikiye abo bakenyezi b'abadandaza canke abagabo babo, haba ku rubibe, mu miryango iwabo, mw'isoko canke mu kibano.
 - Babwire baje gukina imbere y'abandi hagati mu muzingi munini.
 - Bahejeje muce musaba abandi bishure ibibazo bikurkira :
 - *Ni ubuhe bwoko bw'inyifato mwabonye?*
 - *Kubera iki abantu baca baduga, bakihiha canke bagakoresha amayeri?*
 - *Berekanye gute izonyifato (bakoresheje amajambo canke ibimenyetso)?*
 - *Inyifato yabo yagize ingaruka izihe kuko ibintu vyari bimeze?*
 - *Mwoshobora gutanga iyindi nyifato ishoboka?*
-

Intambwe ya 3 Kugira babandanye bamenya vyinshi:

- Baza ibi bibazo.
 - *Ni ibihe bmenyetso vyoufasha kumenya canke kwibwira inyifato y'abandi ?*
 - *Ni ibihe bimenyetso mu nyifato yacu bishobora kutwerekako tutiyemera ?*
 - *Twohindura gute guca tuduga kukintu tukiga iyindi nyifato ?*
- Mu guhereraheza uwo mwimenyerezo, bawire ko umuntu wese akesha izonyifato zose bivanye n'ibihe aba abisha-ka canke atabishaka. **Ariko nahohiri uko, uburyo bwiza bwo kuvugana/gutumatumana ni kuba uwo uri.**

3. Gusozera

Iminota 10

- Gushimira abitavye kubona baje.
 - Babwire bavuge iintu kimwe bize uyu musi, ikintu bazokwiganira abandi canke ikintu bashaka gukora imbere y'inyigisho ikurikira.
 - Babaze ko bafise ibibazo ku bijanye n'inyigisho y'uyu musi.
 - Bamenyesho ko inyigisho ikurikira izoshingira ku " burongozi, gukorera mu mugwi no gufata ingingo-akamaro k'ibishobisho "
 - Bibutse itariki n'urutonde rw'inyigisho ikurikira kandi ubabwire ko ufiseinyota yo gusubira kubabona.
-

Ibigenewe umworosha:

Akarorero k'inyifato ziatandukanye:

Ukuduga: guhohotera, kuboroga, uguciramwo uwuriko aravuga, kugabisha, gukosora, kudaheba, gutukana.

Kwihihsa: kwigira hirya, kwhanganira ishavu uterekanye ishavu, guhunga amatati ubwo nyene, kuvuga umuntu atakwumva, kutavuga ico wiyumvira, kwemerana, kwerekana urupfasoni kandi washavuye.

Amayeri: Guca ku kindi kintu, kwinginga, kuvugira abandi, guta amakosa ku bandi, kuvuga amajambo atuma abantu bagukunda, kwigira nkuwushaka kurira, gutanga ibantu (bakaguha ibantu, imfashanyo ataco ivuyeko, amafrangga).

Kuba uwo uri/kwihihsarako: Inyifato ituma umuntu avugana ukwizera, kwiregura canke kwisigura atabwoba kandi atomora, guhagararira uburenganzira bwiwe adateye ubwoba abandi.

Ukuntu twobona izo nyifato:

Kuduga: gutera ubwoba, kugarukana izindi nyifato zirimwo ikubagurwa, guta amakosa ku bandi, kumva mu mutwe datekanye bikomeye, kwikunda birenze, inyifato isotora, ntushobora gutegekanya uko aba ameze canke ataguma hamwe.

Kwihihsa: kureka gusohoka no kuguma muhira, guhitamwo kuguma uri wenye ntuje mu bikorwa muhuriramwo n'abandi bijanye n'imibano, kutavugana n'abagenzi canke abandi mumenyana, kutavugana n'abandi kuri telefone canke kutigera uja kuramutsa abandi, kutagira abo yizeye.

Amayeri: Kubesha canke kuvuga izindi mvo, gukoresha agahemo canke agatwengo katavuye ku mutima ushaka kwerekana ko abandi aribo ataco banezwe canke ushaka gushira hasi abandi, gucira urubanza canke kuvuga nabi abandi, kubirengagiza canke kubatako amakosa.

Icigwa ca 5.2: uburongozi, gukorera mu mugwi no gufata ingingo – uruhara rw'ibishobisho

- **UMWANYA:** amasaha 2
- **ABO CEREKEYEIRABA :** Abakenyezi b'abadandaza batobato bakorera ku mbibe n'abagabo babo.
- **UMWOROSHA:** Aborosha babiri bigishijwe bava mu migwi y'ibiganiro n'abaremshakiyago bava mu bafatanya-bikorwa.
- **INTUMBERO Z'ICIGWA**
 - Gushira mu ngiro ubumenyi ku bijanye n'uburongozi, gukorera mu migwi canke gufata ingingo.
 - Kumenyako uburyo ubumenyi bwacu mu kuganira bitwarwa n'ibishobisho.

1. Intangamarara

Iminota 10

- Gutondeka intebé ku buryo wewe, umworosha mugira umuzingi munini.
- Kwakira abakenyezi b'abadandaza batobato ku mbibe, n'abagabo babo no kubashimira kubona bitavye.
- Rabe bacerewe n'abasivye.
- Kwibutsa abitavye ku nyigisho iheruka no kugura incamake y'iyizwe.
- Bamenyeshe ko icigwa c'uyu musi gihariwe guhanahana iviyumviro " ku burongozi gukorera mu mugwi, gufata ingingo-ruuhara rw'ibishobisho" kugira ngo dushire mu ngiro ibijanye n'uburongozi, gufata ingingo no gukorera mu mugwi. Iyo nyigisho izodufasha kumenya uburyo ubumenyi bwacu mubiganiro butwarwa n'ibishobisho.
- Kumenyesha ko iyi nyigisho ahanini ijanyé no gushira mu ngiro kuko idufasha kwiyumvira ku nyifato zacu n'kuntu tuvugana .n'abandi.

2. Uburongozi, gukorera mu mugwi no gufata ingingo-ruuhara rw'ibishobisho

Iminota 100

Intumbero z'icigwa: Menya uburyo ubuhanga bwacu bwo kuganira buterwa n'amarangamutima.

Ibikoresho: ibipapuro biriko abantu.

Uko bikorwa: Agakino ko gukurakuranwa, bikurikirwa n'ikiganio kiramvuye.

Uko bigenda:

- Shira abitavye mu migwi ibiri ingana
- Bahereze ayo amakarata y'ibicapo urabe ko bose wabahaye ibicapo bisa, biriko abantu bamwe.
- **(Murashobora mwebwe nyene gutonda inkuru musomye mwebwe nyene amakarata atandukanye nimba benshi mubitavye bazi kwandika canke gusoma.** Ni vyiza ko amakarata atandukanye aba asiguye mu rurimi abitavye batuhura kandi bakoresha.
- Somera umugwi wose ibi bikurikira : " Muri mu bwato, muri uwo mwanya, bugonze ibuye bugaca bubandanya bwiruka, hakaba hari ahantu hatekanirije ubutabazi haja abantu 9 gusa ni mutange igitigiri c'abojamwo muravye umugwi kuntu ungana). Nta twadukoti tw'ubutabazi tuhari, nta n'ikndi kintu kihari co gukiza abantu. Ni murabe rero abo mubona bokira mubashire hahandi naho bose bipfuza gukira bakava mu ruzi. "
- Abitavye bafise iminota 20 yo gukora ico gikorwa; batere nteger ngo bakoreshe umwanya wose uhari.
- Umwanya uheze, babwire bose baje ku murongo
- Babwire ko intumbero nyamukru atari iyo kumenya abokira gutwarwa, ariko kumenya ibiganiro no kumenya uruhara rw'ibishobisho.
- Muriko murashira hamwe, babaz ibibazo bikurikira:
 - Mwahuye n'ingorane nyabaki?

- *Mwazitoreye umuti gute?*
- *Ni ubuhe buryo bwa mbere bwo kuzitorera umuti?*
- *Mwari kwifata gute mu kuzitorera inyishu?*
- *Ibishobisho vyagize uruhara uruhe mu gutora inyishu?*
- *Kubera iki izo ngorane zishika?*
- *Ico gikorwa cerekana gute imigenderanire yanyu ya misi yose n'abandi bantu?*
- *Ni irihe sano hagati y'ivyo muhejeje gucamwo n'ibiganiro mugira mu mihana iwanyu, mu kibano canke mu bikorwa vyo kudandaza*
- Muvuge muri rusangi bikuru mwashitseko mu biganiro muri ico cigwa.
- Shimangira uruhara rw'ibishobisho ku gufata ingingo kwacu n'ubushobozi bwacu bwo kuganira. Ivo nukumenyako ari ishingio kubishira kumuzirikanyi igihe cose umuntu ashaka kuba uwo ari kuko bitabaye uko, usanga wabaye umunyamayereri canke wahishije ico uri.

3. Ugusozera

Iminota 10

- Gushimira abitavye kubona baje.
- Babwire bavuge iintu kimwe bize uyu musi, ikintu bazokwiganira abandi canke ikintu bashaka gukora imbere y'inyigisho ikurikira.
- Babaze ko bafise ibibazo ku bijanye n'inyigisho y'uyu musi.
- Bamenyesho ko inyigisho ikurikira izoshingira ku " burongozi n'ugutumatmana/kuvugana-kwiga kuba uwo turi "
- Bibutse itariki n'urutonde rw'inyigisho ikurikira kandi ubabwire ko ufiseinyota yo gusubira kubabona.

Urutonde rw'abantu bari mu bwato:

1. Umunyaporitiki
2. Umunyeshuri w'akaminuza w'umuhungu
3. Uwahoze ari imfungwa
4. Muganga/Umuvezzi
5. Umunyeshuri w'akaminuza w'umwigeme
6. Umumwungere w'ishengero
7. Imamu
8. Umugore yibungenze
9. Umusore
10. Umwarimukazi
11. Umutama
12. Umukobwa muto
13. Umupolisi
14. Umuhungu muto
15. Umucuruzi/umudandaza

Uruhara rw'ibishobisho mu gufata ingingo

Ibishobisho bifise uruhara nyamukuru mu gufata ingingo. Ibitandukanye n'iviyumviro mwarose, iviyumviro birimwo uwenge ntibubaho.

Nk'abantu, ntidushobora kw'itandukanya n'imico kama yacu n'aho tubaye. Abo turi n'ivyo tumaze gucamwo bir-agira uruhara kungingo dufata imisi yose, mu buryo ubu naburiya. Hariho n'ibindi bituma bigira uruhara, nk'uko twaramutse, nk'uko tumeze mu mutwe n'ububangutsi mu gufata ingingo.

Abantu babiri bize ivy'inyifato bashizeho ukuntu hosigurwa uruhara rw'ibishobisho mu gufata ingingo, mu kwer-ekana ko bifise uruhara mu bishobisho. **Muri uko babisigura, ibishobisho bifasha incuro zine mu gufata ingingo :**

- 1. Ibishobisho bituma umuntu aronka amakuru akenewe:** hageze ko dufata ingingo, ibishobisho bibi canke vyiza bivuka bivana n'inzira umuntu yipfuza gufata, bica bihagararira inkuru bazisunga mu gusuzuma. Urwo ruhara rushoboka mu gihe ibishobisho bishobora bigaragarira muri make mu bihushane.(akanyamuneza-ugushavura ; gukunda-kwanaka)
- 2. Ibishobisho bifasha gufata ingingo zihuta :** Birakunda kuba aho twisanga mu bihe tubwirizwa gufata ingingo, harimwo n'igikorwa catanzwe muri iyi nyigisho. Ibishobisho bifasha gufata ingingo vyihuta, ivyo birakora ku bishobisho bibi nk'ubwoba, ishavu, no ku bishobisho vyiza nk'akanyamuneza.
- 3. Ibishobisho bifasha mu gusuzuma ko ingingo yarikenewe:** Igihe ufashé ingingo, ibishobisho bituma ubonako iyo ngingo ijanye n'ibihe urimwo. Uko umuntu amerewe mu mutwe n'ivyo yabayemwo birashobora gutuma hamenyekana amakuru atandukanye.
- 4. Ibishobisho bifaise uruhara ku barabwa n'ingingo :** Bituma hazomenyekana uwozotsinda canke uwu-zotsindwa n'ingingo. Imigenzo myiza, kwubaha abantu canke imigwi imwimwe, n'ibindi bintu(ubutunzi bw'umuntu, ico amaze muvy'imibano na politike) birashobora kugira uruhara ku ngingo bigatuma umuntu aheba inyungu ziwe bwite akarondera inyungu rusangi .

Nk'umworosha, ntiwhanganire abagabisha abandi bavuga ko hariho itandukaniro z'ingingo zishingiye ku bishobisho n'izindi zishingiye ku bwenge hishimikijwe ubutandukane bw'uko abantu abaremwe, abagore n'abagabo. Ahubwo, abakenyezi, ikibano nico cabatumye bashaka kwerekana cane ibishobisho.

Nk'uko twabiboye mu nyigisho ya gatatu ihariwe ubugabo n'ubugore, igitsina (ubugabo n'ubugore) bivana n'ikibano amuntu arimwo. Baba abagabo canke abagore, bose baratwarwa n'ibishobisho mu gufata ingingo. Hariho igihe bidushikira tukabona kandi tukihweza ibishobisho, ariko akensi ibishobisho ntitubibona ariko tukabikoresha tutabizi.

Icigwa ca 5.3: Uburongozi n'ugutumatumana/kuvuga-na-kwiga kuba uwo turi

- **UMWANYA:** Amasaha 2 ubaye mu nini
- **ABO CEREKEYE:** Abakenyezi'abadandaza batobato bakorera ku mbibe n'abagabo babo.
- **UMWOROSHA:** Aborosha babiri bigishijwe bava mu migwi y'ibiganiro n'abaremehakiyago bava mu bafatanya-bikorwa.
- **INTUMBERO Z'ICIGWA**
 - Gushira mu ngiro ubumenyi mu bijanye no gufata ingingo, gukorera mu migwi no gufata ingingo.
 - Kumenya ko ubumenyi bwacu mubiganiro bikorwako n'ibishobisho.

1. Intangamarara

Iminota 10

- Gutondeka intebé ku buryo wewe, umworosha mugira umuzingi munini.
- Kwakira abakenyezi b'abadandaza batobato ku mbibe, n'abagabo babo no kubashimira kubona bitavye.
- Rabe bacerewe n'abasivye.
- Kwibutsa abitavye ku nyigisho iheruka no kugura incamake y'iviyizwe.
- Bamenyeshe ko icigwa c'uyu musi gihariwe guhanahana iviyumviro "ku burongozi gukorera mu mugwi, gufata ingingo-uruhaba rw'ibishobisho" kugira ngo dushire mu ngiro ibijanye n'uburongozi, gufata ingingo no gukorera mu mugwi. Iyo nyigisho izodufasha kumenya uburyo ubumenyi bwacu mubiganiro butwarwa n'ibishobisho.
- Kumenyesha ko iyi nyigisho ahanini ijanye no gushira mu ngiro kuko idufasha kwiyumvira ku nyifato zacu n'kuntu tuvugana .n'abandi.

2. Kwiga kuba uwo turi – koresha umuvugwa "Jewe"

Iminota 50

Intumbero: Witoze kuyobora, gukorera hamwe hamwe nubuhanga bwo gufata ibyemezo

Ibikoresho: Ibibaho c'amana n'amakaramu yo kucandika ko. Gutegekanya udutabu n'amakaramu tw'abakenyezii canke abagabo babo.

Uko bikorwa: Ibikorwa bikurikirwa no kubagira ku muriri.

Uko bigenda:

- Sigurira abitavye ko bazokwimenyereza imvugo idahugumbwa bakoresheje insigarirazina muvugwa "jewe".
- Mu gukoresha umuvugwa wa mbere mu rudende bidutuma tuvuga dutomora aho duhagaze ku kintu, na cane cane ku kuntu kidukorako n'impinduka twiteze kugira ibantu bitere bija imbere.
- Iciyumviro ciza mu muvugwa wa mbere mu rudende ntusaba canke ngo wagirize. Utuma haba ikiganiro bigatuma kandi uwo muvugana yumva yisanzyue mu kwishura.
- Ibutsa abitavye ko iviyumviro vyabo mu muvugwa wa mbere bibwirizwa kuba bitomoye (ni ukuvuga, bifise ishingiro), bitagiriza (atawe vyagiriza canke ngo bimucire urubanza).
- Babwire ko bisabwe kwirinda iviyumviro biri mu muvugwa wa kabiri mu rudende usanga ushaka gushira ikosa ku wundi, gushaka guhinyuza canke gutera ubwoba.
- Ivoyotuvuga bibwirizwa kutigera na rimwe vyagiriza; bibwirizwa kuvugwa ku buryo bitagora uwo turiko turavugana. Ivo tuyvitezeko ntibibwirizwa gutanga impanuro (irinde ubwirizwa...mubwirizwa... canke kwagiriza. Ivo uvuga vyerekana ko hari ivyo witeze n'icizere kuwo muvugana utarinze ku mutegeka ivyo akora.
- Basigurire uburyo bwo kuvuga ukoresheje umuvugwa wa mbere mu rudende jewe uce wandika ibantu nyamukuru ku kibaho, aho bose babona.
 - **Igikorwa:** "Ryari ..." urabeko iryungane ryanyu ritagiriza. Nk'akarorero: "Igihe wansaba ubufasha ca gihe..."

- **Inyishu:** “ Numva... ” aho wovuze “ mbona/nibaza... ” . Ikindi, gabanye kwerekana uko wiyumva, nk’akarorero “ numva nkomeretse/nshavuye/nezerewe /mpemukiwe/nkengeretse... ”
- **Imvo :** “...kubera... ”Nimba mwibazako insiguro ikenewe, murashobora kuyongerako aha. Arikorero uraba ntute amakosa ku wundi. Akarorero keza ko kwisigura: ” kuberako nkunda kumarana umwanya nawe ”
- **Icipfuzo:** “Ndakunda ko... ” Wemere impinduka wipfuza kubona. Ni vyiza kuvuga ico mwipfuza utarinze ku bitegeka uwo muriko muravugana, nk’akarorero: Nipfuzako tuvugana ibi ”.

Ni urutonde rw’ibantu bizobagora gukoresha mu ntango. Birasaba umwanya kugira mwimenyereze ubumenyi bushasha imbere yuko butujamwo.

Bwira abo bakenyezi b’abadandaza batobato canke abagabo babo gukorana babiri babir i(umwese n’uwo begeranye) no gutegura ico umuntu yobwira uwundi mu muvugwa wa mbere m rudende kijanye n’ingorane bakunda guhura mu buzima. Barashobora gufashanya kugira imvugo yabo ibe itomoye kandi itagiriza.

Tange iminota 5 yo kwiyumvira uce usaba bamwe muribo batange ivyo biyumviriye.
Ha ijambo bandi nimba bafise ibibazo, ico babivugako canke ico bipfuza ko cotezwa imbere.

- **kubandanya ido n’ido :**
 - *Niryari uburyo bwo kuvuga ukoresheje umuvugwa wambere mu rudende buba ngirakamaro?*
 - *Ni ryari bushobora kubafasha?*
 - *Bwira abitavye ko bagiye kuba uwo bari imbere y’uwundi muntu imbere y’inyigisho ikurikira.*

3. Inyishu zirimwo kuba uwo uri.

Iminota 50

Objectif : Kwimenyereza kwishura uri uwo uri naho boba bariko baraguhata.

Matériel : Ntanakimwe.

Modalités : Gukina dukurakuranwa

Uko bigenda:

- Sigurira abitavye ko twese bidushikira kuronka inyishu nziza mu kanya gato. Nico gituma intumbero y’uwu mwimenyerezo ari kwiga kwishura ningoga.
- Tangura guca ku masonga ubwoko bw’inyifato bune-**kuduga-kwihiشا-amayeri-kuba uwo uri**-mu gusaba umwe wese kuvuga ico bavuga canke bakora kuri kimwe muri ivyo.
- Bwira abantu bane babishaka (abagabo 2 n’abagore 2) bace bikura muuzu y’amanama canke ku muzingi aho bogarutse mu minota itanu.
- Shira abasigaye mu migwi y’abantu kuva kuri batatu gushika kuri batanu. Nk’umworosha raba ko hari uwubishaka mu mugwi. Birashobora gushika ko mwokenera abikuramwo kugushaka barenga bane mu mugwi.
- Umugwi wose uwbirizwa kwiga ikintu abnywanyi bakina bashaka guhatira umwe muri abo bakuwemwo ku bushake bwabo kugira bemere ico batipfuza. Barafise uwvisanzure bwo gukina ivyo bashaka no gusubiramwo abantu biyumviriye bashaka.
- Saba abo bakenyezi canke abagabo babo gutangura inyishu zabo mu kwidondora muri make no gushikiriza icipfuzo cabu kwa wamuntu (uwubishaka).
- Batere intenge gukoresha amajambo n’ibimenyetso. Akarorero: “ndi umukozi wa duwani, none ibidandazwa vyanyu ntivyamenyekanishijwe ku rubibe amezi atatu aheze”.
- Mwari muzi ko muri beza? Nk’ubu tugife tugafata akarahuri kugira tumenyane? Iki coteza imbere urudandazwa rwa-cu ”. Igihe imigwi yose yateguye ivyo ikina n’ababikina, hamagara bamwe bitanga umwe wese mu muhe umugwi.
- Bwira umugwi wose mu bunyarutsi ukine ivyo wateguye n’umunywanyi wese akine ibimwerekeye.
- Kuri bamwe bitanga, abwirizwa kwishurira aho, agerageza gukingira aho ahagaze kandi adahugumbwa. Ku kibazo cabajijwe n’umukozi wa duwani, ashobora kwishura: ” Murakoze cane ariko sinipfuza kuja gusangira agacupa namwe.

- Nshaka kuja kuraba ko fagitire zose n'ibindi vyemeza ko narishe ko bihari kugira haboneke umuco. " Ha akaryo umwe wese kugira avuge.
- Tororokanya uko gikorwa cagenze mu kubaza bamwe bitanga ibi:
 - *Mwiyumvise gute mu kwhagararako imbere y'abo muriko muravugana ?*
 - *Vyari bigoye ? Nimba ari ego, kubera iki?*
- Phanyuma uce ubaza abitavye :
 - *Ico gikorwa mwaciymviriyeko iki?*
 - *Ni ikihe cari kigoye?*
 - *Ni iki gituma mubonako kuba uwo uri ? Mwobisigura gute?*

4. Gusozera

Iminota 10

- Gushimira abitavye kubona bajé.
- Babwire bavuge ikintu kimwe bize uyu musi, ikintu bazokwiganira abandi canke ikintu bashaka gukora imbere y'in-yigisho ikurikira.
- Babaze ko bafise ibibazo ku bijanye n'inyigisho y'uyu musi.
- Bamenyesho ko inyigisho ikurikira kandi izoshingira ku "**burongozi n'ugutumatmana/kuvugana-kwiga kuba uwo turi**"
- Bitutse itariki n'urutonde rw'inyigisho ikurikira kandi ubabwire ko ufiseinyota yo gusubira kubabona.

Ibigenewe aborosha :

Indangurakintu yo kuba uwo uri:

Kuba uwo uri bisigura guharanira agateka kawe-kuvuga iciyumvirro cawé n'ivyo wemera udaciye hirya, mu kuri kandi mu buryo bubereye.

Kuba uwo uri bisgura imisi yose kwubahiriza iciyumviro c'uwindi, ibigumbagumba n'ivyo uwundi yemera, vyiyongera ku vyacu. Ukuba uwo uri harimwo kugaragaza uko wiyumva, ivyipfuzo, ugushaka mu buryo bwiza. Ni ubumenyi bw'ifatiro ku muntu no hagati y'abantu. Mu migenderanire yacu n'abandi bantu, kuba uwo turi bituma tuvuga mu bwisanzure, dutomora, twiyumvira tudahonyoye agateka kacu n'ako abandi.

Ibiranga inyifato yo kuba uwo uri :

- Kuvuga wisanzuye ivyipfuzo vyawe, iviyumviro, uko wiyumva, mu gutera intege abandi ngo bakore uko.
- Ukwumviriza ico abandi babivuzeko ukagira ico uvuze, uvyemeza canke ubihakana.
- Kwimera ivyo uzezwa no kumenya kubisangiza abandi.
- Kugaragaza igihe cose uko ubona ivyavyakozwe murikahise canke kubu n'abandi.
- Kwemera ikosa no gusaba imbabazi.
- Kudahugumbwa. Kwitwara nk'uwigana n'abandi.
- Nk'umworosha, raba ko abanywanyi batahuye ibikorwa vyose vyomuri iyi nyigisho.

Wisunze ko iyo nyigisho ifise ibikorwa bibiri ku rutonde, raba wubahirize umwanya atagufyina, ariko mu rupfasoni no kwicisha bugufi.

Murashobora gushira imbere ikiganiro ku mategeko ajanye n'igitsina n'ukuba uwo uri mu kubabazako, abagore, abagabo, abakobwa n'abahungu ikibano gituma bagira inyifato zitandukanye, ni izihe mvo n'inkurikizi. Nimba mu-fise ukwijiijanya imitima canke ibibazo ku nteguro no kworosha ikiganiro, saba impanuro abaremehakiago bo mu mugambi" Mupaka Shamba Letu ".

Icigwa ca 5.4: Igitsina n'uburongozi muri Kongo / Igitsina n'uburongozi mu Rwanda/ Igitsina n'uburongozi muBurundi. (kubandanya)

- **UMWANYA :** Amasaha 2 ubaye mu nini
- **ABO CEREKEYE :** Abakenyezi b'abadandaza batobato bakorera ku mbibe n'abagabo babo.
- **UMWOROSHA :** Aborosha babiri bigishijwe bava mu migwi y'ibiganiro n'abaremehakiyago bava mu bafatanya-bikorwa.
- **INTUMBERO Z'ICIGWA**
 - Gutuma haba ikiganiro ca bose no gushigikira umuco wo kuganira hagati y'abagore n'abagabo ku bibazo bihambaye vyo mu buzima ; Guhimiriza abanywanyi ku ruhara rw'abakenyezi mu burongozi ;
 - Guhimirza abarongozi bukuri kutigira sindabibazwa ku guteza imbere ingana ry'ibitsina, kwigira inama yo gutsimbataza ugufatana mu nda no gukomeza amahoro hagati y'abanyagihugu.

1. Intangamarara

Iminota 10

- Gutondeka intebé ku buryo wewe, umworosha mugira umuzingi munini.
- Kwakira abakenyezi b'abadandaza batobato ku mbibe, n'abagabo babo no kubashimira kubona bitavye.
- Rabe bacerewe n'abasivye.
- Kwibutsa abitavye ku nyigisho iheruka no kugira incamake kw'isano riri hagati y'igitsina n'uburongozi (muri Kongo, mu Rwanda no mu Burundi bivanye n'ahantu n'akarere umugwi w'ibiganiro urimwo)
- Bamenyeshe ko icigwa c'uyu musi ari urukurikirane rw'icigwa giheruka gihariwe isano riri hagati y'igitsina n'uburongozi (muri Kongo, mu Rwanda no mu Burundi bivanye n'ahantu n'akarere umugwi w'ibiganiro urimwo)

2. Igitsina n'uburongozi muri Kongo / Igitsina n'uburongozi mu Rwanda/ Igitsina n'uburongozi muBurundi

Iminota 100

Intumbero : Imyimenyerezo mu migwi ibiri (abagore n'abakenyezi batandukanye) hanyuma gushikiriza no kuganiro ca bose.

Ibikoresho : Ikibaho co mu ma nama n'amakaramu yaco.

Uko bikorwa : Gukorera mu migwi

Uko Bigenda.

- Kugabura abitavye mu migwi ibiri, umugwi ugizwe n'abakenyezi b'abadandaza n'umugwi w'abagabo.
- Umugwi wose uzoronka iminota 30 yo kuganira mu migwi mitomito
- Tora inzitizi abagabo/abahungu bahura nazo mu burongozi bwabo no gufata ingingo ugereranije n'abagore/abako-bwa kandi vyerekana ubusumbasumbane hagati y'abagore n'abagabo ?
 - Vuga nimba bikenewe ko ikibano cacu ciyemeza kubihindura canke bidakenewe kugira habe ubutungane, ugufatwa kumwe kugira habe amahoro no gufatana mu nda.
 - Ganire ku gikwiye guhinduka, ico mwohindura canke mwihinyanyura iwanyu.
 - Abagabo barafise uruhara mu guhindura ibintu ? Vuga ico bokora. Abagore barafise uruhara mu guhindura ibintu ? Vuga ico bokora.
 - Tora inzitizi abagore/abakobwa bahura nazo mu burongozi bwabo no gufata ingingo ugereranije n'abagabo/abahungu kandi vyerekana ubusumbasumbane hagati y'abagore n'abagabo ?

- Tora inzitizi abagabo/abahungu bahura nazo mu burongozi bwabo no gufata ingingo ugereranije n'abagore/abako bwa kandi vyerekana ubusumbasumbane hagati y'abagore n'abagabo ?
 - Vuga nimba bikenewe ko ikibano cacu ciyemeza kubihindura canke bidakenewe kugira habe ubutungane, ugufatwa kumwe kugira habe amahoro no gufatana mu nda.
 - Ganire ku gikwiye guhinduka, ico mwohindura canke mwihinyanyura iwanyu.
 - Abagabo barafise uruhara mu guhindura ibantu ? Vuga ico bokora. Abagore barafise uruhara mu guhindura ibantu ? Vuga ico bokora.
 - Inyuma y'imnotra 30, hamagara abitavye baje k'umuzingi, uce uhamagara ubwambere umugwi w'abagabo baze bashikiriza ivyavuye mu biganiro vyabo. Hanyuma, hamagara abakenyezi bashikirize ivyo batoye mu kiganiro cabo. Gira icegeranyo (ivyaganiriwe) n'abitavye uce wandika wandika imirongo mikuru mikuru:
 - Ni irihe tandukaniro hagati y'ingorane abagabo/abahungu bahura na zo n'ingorane abagore/abakobwa bahura nazo mu buzima bwabo bwa misi yose ? Ni bande muri abo bantu baca mu bihe bigoye gusumba abandi?
- Ni bande hagati y'abagore n'abagabo muri rusangi bafise ibibanza mu burongozi kandi bafata ingingo ? Ni iyihe ndangurakintu muha uburongozi?

Veillez à avoir répondu à toutes les questions et à ce que les réponses soient bien comprises.

3. Ugusozeria

Iminota 10

- Gushimira abitavye kubona baje.
- Babwire bavuge ikintu kimwe bize uyu musi, ikintu bazokwiganira abandi canke ikintu bashaka gukora imbere y'in-yigisho ikurikira.
- Babaze ko bafise ibibazo ku bijanye n'inyigisho y'uyu musi.
- Bitutse itariki n'urutonde rw'inyigisho ikurikira kandi ubabwire ko ufiseinyota yo gusubira kubabona.

Ibigenewe aborosha :

Inyuma y'ibiganiro, basigurire ko iciyumiyo ko abagore/abakobwa bashobora kuba abarongozi beza nk'abagabo mu gihe bo habwa amahirwe amwe yo kwiga no gukora akazi. Abanyu bose bo mu kibano babwirizwa kugira ico bakoze ku bijanye n'ukungana kw'ibitsina, cane cane abarongozi, baba abagore canke abagabo. Abanywanyi b'imigwi barafise uruhara n'ishingano z'uguhananira ugushira abakenyezi mu burongozi. Mutere intege abubakanye kugira bagerageze kuguma bavugana hamwe ku bibazo bikomeye vyo mu buzima bwabo birabana n'ubusumbasumbane bukora ku bakenezi/abakobwa; abagabo/abakobwa no kubandanya batora inyishu muguba amahirwe amwe abagore n'abagabo. Ivyo birashobora gutuma haba ukungana kw'ibitsina, gutsimbataza ugufatana mu nda, gutegura kazosa keza ku bagabo n'abagore mu miryango yabo no mu kibano. Nk'umworosha shira mu mutwe ko iyi nyigisho ikomeye kandi ari ngirakamaro. Sivyiza ko abakenyezi n'abagabo babo batahana iviyumiyo bibi canke ibe yabahaye kwiyumvira ibitari vyo. Uritwararika gushimangira ku kungana rw'ibitsina n'uburongozi ku mice yose (mu miryango, mu rudandazwa, mu ma kaminuza, mu buzi bwa Reta, ku masoko yo ku mbibe, ku gatumba, ku rwego rw'igihugu, akarere ...). Abakenyezi barashoobora kuba abarongozi beza co kimwe n'abagabo mu gihe bohabwa amahirwe amwe yo kwiga n'ay'akazi. Abantu bose babwirizwa kugira ico bakoze mwingana ry'ibitsina, cane cane abarongozi, baba abagore canke abagabo. Abari mu migwi y'ibiganiro bafise uruhara n'ishingano mu guteza imbere uruhra rw'umukenyezi mu burongozi).

Igitsina n'uburongozi

Abagore n'abakobwa bahura n'inzitizi zitandukanye ugereranije n'abagabo n'abahungu. Izo nzitizi ni nini cane kandi kandi ziragoje kurengera mu gihe umugore n'umugabo batangana. Igitsina gifise uruhara mu buzima bw'umuntu

wese. Kuva bakiri bato, abana babaha ibikorwa bitandukanye bijanye n'uko ari abahungu canke abakobwa, abagore canke abagabo. Amategeko amwe amwe aja mu mitwe y'abantu nka kamere, ariko arashobora kuba isoko ry'ikumirana n'ukutangana kw'ibitsina. Nk'abarongozi bakri bato, mufise uruhararwo kumenya iryo kumirwa n'ukutangana rw'ibitsina mugaca mukora kugira mubirwanye. Turazi ibiba gihe abagabo aribo bonyene bafise ububasha mu gufata ingingo, kuko ariko bimeze muri Kongo (no mubihugu vyinshi) . Ariko, igihe abagore bari mu bafata ingigo, ibantu birahinduka.

Igitsina n'Uburongozi mu Rwanda (kubijanija nuko ibantu bimeze) : Umworosha arashobora gusaba ubufasha bw'abakozi ba Alert International/Muapaka Shamba letu, mukuvuga uko ibantu bimeze, utwigoro n'ivyo Urwanda rumaze gushikako vyo gushimwa no kuratwa. Ariko kanzi birakenewe kuganira ku nzitizi n'ingorane ziahanze abakenyezi b'abanyarwandakazi ugereranije n'abagabo. Nimba bishoboka, ganire kw'ikumirwa n'ubusumbasumbane buri hagati y'abagabo n'abagore nk'akarorero, ibikorwa vy'urudandazwa rutoruto ku mbibe, hagati y'ivyaro n'ibisagara, n'ibindi, kandi bienewe gukosorwa kugira haba ukungana kw'ibitsina no gufatana mu nda.

Igitsina n'Uburongozi mu Burundi (Kubikora nk'uko vyakozwe ku Rwanda).

Ibishikirizwa n'ishirahamwe mpuzamakungu ONU :

- Abakenyezi bariyemeje cane guharanira amahoro, kuberako ko babangamirwa n'ingaruka z'intambara. Ukiwyubaka no gusubiza hamwe biba kare kandi bikaramba cane iyo abakenyezi babigizemwo uruhara. Hari amatati make mu bihugu bifise abakenyezi benshi mu ntwaro.
- Abakenyezi barashoboye mukugira Reta izira ikinyoma. Urugero rw'ibiturire ruri hasi ku bihugu bifise abakenyezi benshi mu ntwaro.

Abakenyezi bariyemeza gukuraho ibibazo bijanye n'imibano, ubutunzi na politike bahanze bikora ku bakenyezi, abana n'imigwi itagira shinge na rugero. Zijanye n'iterambere ry'inderero, inyubako n'amagara y'abantu. Urugero rw'iterambere ruri hejuru mu bihugu bifise abarongozi b'abakenyezi.

Icigwa ca 5.5: Inyigisho rusangi: Igitsina n'uburongozi muri Kongo / Igitsina n'uburongozi mu Rwanda/ Igitsina n'uburongozi muBurundi.(kubandanya)

- **UMWANYA:** Amasaha 2 ubaye mu nini
- **ABO CEREKEYE** Abakenyezi b'abadandaza batobato bakorera ku mbibe n'abagabo babo.
- **UMWOROSHA:** Aborosha babiri bigishijwe bava mu migwi y'ibiganiro n'abaremehakiyago bava mu bafatanyabikorwa.
- **INTUMBERO Z'ICIGWA**
 - Gutuma haba ikiganiro ca bose no gushigikira umuco wo kuganira hagati y'abagore n'abagabo ku bibazo biham baye vyo mu buzima ;
 - Guhimiriza abanywanyi ku ruhara rw'abakenyezi mu burongozi ;
 - Guhimiriza abarongozi bukuri kutigira sindabibazwa ku guteza imbere ingana ry'ibitsina, kwigira inama yo gutsimbataza ugufatana mu nda no gukomeza amahoro hagati y'abanyagihugu.

1. Intangamarara

Iminota 10

- Gutondeka intebé ku buryo wewe, umworosha mugira umuzingi munini.
- Kwakira abakenyezi b'abadandaza batobato ku mbibe, n'abagabo babo no kubashimira kubona bitavye.
- Rabe bacerewe n'abasivye.
- Kwibutsa abitavye ku nyigisho iheruka no kugira incamake kw'isano riri hagati y'igitsina n'uburongozi (muri Kongo, mu Rwanda no mu Burundi bivanye n'ahantu n'akarere umugwi w'ibiganiro urimwo)
- Bamenyeshe ko icigwa c'uyu musi ari urukurikirane rw'icigwa giheruka gihariwe isano riri hagati y'igitsina n'uburongozi (muri Kongo, mu Rwanda no mu Burundi bivanye n'ahantu n'akarere umugwi w'ibiganiro urimwo)
- Basabe bidondorane (Nk'uko twabikoze ku cirwa ca mbere, kumenyana)

2. Igitsina n'uburongozi muri Kongo / Igitsina n'uburongozi mu Rwanda/ Igitsina n'uburongozi mu Burundi

Iminota 100

Intumbero: Guhimiriza abanywanyi ku ruhara rw'abakenyezi mu burongozi

Uko bikorwa: Imyimenyerezo mu migwi ibiri (abagore n'abakenyezi batandukanye) hanyuma gushikiriza no kuganiro ca bose.

Ibikoresho: Ikbaho co mu ma nama n'amakaramu yaco.

Uko Bigenda:

Intambwe ya 1. Gukorera mu migwi:

Umugwi wa 1. Umugwi w'abakenyezi

- Tora inzitizi abagore/abakobwa bahura nazo mu burongozi bwabo no gufata ingingo ugereranje n'abagabo/abahungu kandi vyerekana ubusumbasumbane hagati y'abagore n'abagabo?
- Tora inzitizi abagabo/abahungu bahura nazo mu burongozi bwabo no gufata ingingo ugereranje n'abagore/abakobwa kandi vyerekana ubusumbasumbane hagati y'abagore n'abagabo?
- Vuga nimba bikenewe ko ikibano cacu ciyemeza kubihindura canke bidakenewe kugira habe ubutungane, ugufatwa kumwe kugira habe amahoro no gufatana mu nda.

- Ganire ku gikwiye guhinduka, ico mwohindura canke mwihinyanyura iwanyu.
- Abagabo barafise uruhara mu guhindura ibintu? Vuga ico bokora.
- Abagore barafise uruhara mu guhindura ibintu? Vuga ico bokora.

Umugwi wa2. Umugwi w'abagabo b'abakenyezi bakora urudandaza rutoruto

- Tora inzitizi abagore/abakobwa bahura nazo mu burongozi bwabo no gufata ingingo ugereranje n'abagabo/abahungu kandi vyerekana ubusumbasumbane hagati y'abagore n'abagabo?
 - Tora inzitizi abagabo/abahungu bahura nazo mu burongozi bwabo no gufata ingingo ugereranje n'abagore/abakobwa kandi vyerekana ubusumbasumbane hagati y'abagore n'abagabo?
 - Vuga nimba bikenewe ko ikibano cacu ciyemeza kubihindura canke bidakenewe kugira habe ubutungane, ugufatwa kumwe kugira habe amahoro no gufatana mu nda.
 - Ganire ku gikwiye guhinduka, ico mwohindura canke mwihinyanyura iwanyu.
 - Abagabo barafise uruhara mu guhindura ibintu? Vuga ico bokora.
 - Abagore barafise uruhara mu guhindura ibintu? Vuga ico bokora.
-

Intambwe ya. Guhurira hamwe

- Inyuma y'iminota 30, hamagara abitavye baje k'umuzingi, uce uhamagara ubwambere umugwi w'abagabo baze bashikiriza ivyavuye mu biganiro vyabo. Hanyuma, hamagara abakenyezi bashikirize ivyo batoye mu kiganiro cabo.
 - Gira icegeranyo (ivyaganiriwe) n'abitavye uce wandika wandika imirongo mikuru mikuru:
 - Ni irihe tandukaniro hagati y'ingorane abagabo/abahungu bahura na zo n'ingorane abagore/abakobwa bahura nazo mu buzima bwabo bwa misi yose?
 - Ni bande muri abo bantu baca mu bihe bigoye gusumba abandi?
 - Ni bande hagati y'abagore n'abagabo muri rusangi bafise ibibanza mu burongozi kandi bafata ingingo? Ni iyihe ndangurakintu muha uburongozi ?
 - **Inyuma y'ibiganiro**, basigurire ko iciyumiyo ko abagore/abakobwa bashobora kuba abarongozi beza nk'abagabo mu gihe bo habwa amahirwe amwe yo kwiga no gukora akazi. Abanyu bose bo mu kibano babwirizwa kugira ico bakoze ku bijanye n'ukungana kw'ibitsina, cane cane abarongozi, baba abagore canke abagabo. Abanywanyi b'imigwi barafise uruhara n'inshingano z'uguhanira ugushira abakenyezi mu burongozi. Mutere intege abubakanye kugira bagerageze kuguma bavugana hamwe ku bibazo bikomeye vyo mu buzima bwabo birabana n'ubusumbasumbane bukora ku bakenyezi/abakobwa ; abagabo/abakobwa no kubandanya batora inyishu muguba amahirwe amwe abagore n'abagabo. Ivyo birashobora gutuma haba ukungana kw'ibitsina, gutsimbataza ugufatana mu nda, gutegura kazoza keza ku bagabo n'abagore mu miryango yabo no mu kibano.
-

Intambwe ya 3. Hereza abitavye agakorwa k'i muhira :

- Abubakanye batumiriwe umwe wese gutora inzitizi azokorerako (biciye mu guhimiriza, ivyo baciymwo mu muryango, mukibano canke ahandi mu kwezi kwose kugira hahabwe amahirwe amwe ku mugore/umukobwa).
- Mu mwanya umwe, abagabo n'abagore barashobora gutora abagabo/abahungu bamerewe nabi, bakumiriwe, bigijwe inyuma mu miryango yabo, mumakaritiye n'ahandi no gufata ingingo yo kugenda kubaha amahirwe (bacagura uko bashaka).
- Babwire ko ivyo bazoba baciymwo bazobiganirako mu nyigisho kurikira.

3. Ugusozera**Iminota 10**

- Gushimira abitavye kubona bajé.
 - Babwire bavuge ikintu kimwe bize uyu musi, ikintu bazokwiganira abandi canke ikintu bashaka gukora imbere y'inyigisho ikurikira.
 - Babaze ko bafise ibibazo ku bijanye n'inyigisho y'uyu musi.
 - Bibutse itariki n'urutonde rw'inyigisho ikurikira.
 - kandi ubabwire ko ufiseinyota yo gusubira kubabona.
-

Inyigisho ya 6.

Umwumvikano urimwo ubwenge.

Intangamarara:

Iyo nyigisho ifise intumbero nyamukuru yo kuzana ubundi buryo bushasha bwo kwumvikana mu migwi y'ibiganiro na cane cane kuganira ngo mushike kumasezerano meza biciye mu biganiro bifise ico vyisunga. Ivyigwa vyo muri iyi nyigisho bishingiye ku ngingo-l'approche de Havard. Ubwo buhinga bwashikirijwe ubwa mbere mu gitabu ca Roger Fisher na William Ury ciswe "**Gushikira Ego: gushikira amasezerano udahevye**" (1981). Ubwo buhinga bukoreshwa mu biganiro vyo gutatura amatati kw'isi yose bukaba bukoreshwa cane mu migenderanire.

Tugerageza rero kuyijanisha n'amatati ashikira abakenyezi b'abadandaza batobato ku mbibe, abagabo babo n'imitumba iri mu turere two ku mbibe hagati ya Republika iharanira Demokrasi ya Kongo, Urwanda n'Uburundi mu kuyikoresha dushira mu njiro impanuro n'ingingo zirimwo. Ivyigwa biri muri yo bisa n'ibiru mu nyigisho ya 4 : " gutahura ibjanye n'amatati ".

Iyo nyigisho iratunganije ku buryo iha abakenyezi n'abagabo babo ubumenyi bwobafasha mu kwumvikana. Icigwa cose gifise imyimenyerezo isanzwe ariko ngirakamaro kugira ihuze uko tuyishira mu njiro bihure n'ivyo abitavye babayemwo mu buzima bwa misi yose. Ivyigwa vy'iyo nyigisho biggerageza kwitondera no guca mu mizi ingingo 4 " umwumvikano ushingiye ku ngingo " wa Havard, nkuko vyanditswe mu kinyam-akuru na Michel Ghazal, yashizeho Ikigo c'Uburayi c'Umwumvikano ". Izo ngingo zitahuza " uburyo bwo kwumvikana nk'impanuro mu bihe bitandukanye n'ukuva mu matati yerekeye ivy'imibano canke ingorane mu bikorwa vy'ubudandaji, nk'akarorero guheba ishirahamwe ry'ubudandaji ".

Iyo nyigisho igizwe n'ivyigwa indwi. Inyigisho yanyuma igizwe n'ibiganiro mu migwi ihurikiyemwo bose ku mwumvikano bishingiye ku ngingo hagati y'abakenyezi n'abagabo.

Iyo nyigisho izokenera ubufasha bwishi bwa Alert.

Incamake n'intumbero z'ivyigwa :

Ivyigwa	Intumbero
Icigwa ca 6.1: Incamake ku bijanye n'amatati n'intangamarara ku mwumvikano ushingiye ku ngingo.	<ul style="list-style-type: none"> Kwibukanya ibantu nyamukuru ku matati, ikubagurwa n'amahoro. Guca mu mizi ingaruka z'amatati kuri ba ntahonikora, inyifato n'ibijanye na matati mw'ido n'ido ; Gushiraho isano hagati yamatati n'umwumvikano nk'inzira yo kuva mu matati, kurondera amahoro no gufatana mu nda.
Icigwa ca 6.2: Umwumvikano ushingiye ku ngingo: Ingingo ya 1. Gutandukanya abantu n'ingorane.	<ul style="list-style-type: none"> Kwibutsa abitavye ibiranga ukwumviriza kwiza no kubafasha kuzirkana imvugo yisunga ibimenyetso vy'umubiri kuko ishobora guhindura ivyo turiko turavuga kugira ngo uko tumeze mu maso bishobora kugira ico bivuze kubari impande zacu na cane cane mu mwumvikano. Gufasha gutahura ku bitavye ko mu mwumvikano, ni gutandukanya abantu n'ingorane.
Icigwa ca 6.3: Ingingo ya 2, kwicarira inyungu, atari ivyipfuzo.	<ul style="list-style-type: none"> Ku babwirako mu mwumvikano, ari vyiza gutahura inyungu; Kumenya ukuntu ubumenyi bwacu mu mwumvikano butwarwa n'ibishobisho; Kwimenyereza ugushira mu ngiro umuvukano ushingiye ku ngingo ko gutahura kahise ari vyiza, ariko ko igikomeye ari ukwiyumvira kazozza.
Icigwa ca 6.4: Ingingo ya 3, gushiraho uburyo butuma mwese mwunguka.	<ul style="list-style-type: none"> Guhimiriza abarongozi b'ukuri ko bo kwitwararika inyungu z'impane zibiri ; Gutera intäge abitavye ngo babe babanza kwiyumvira inyishu zishoboka imbere yo gufata ingingo. Guhimiriza abari mu mugwi ko umwumvikano usaba gutegurwa.
Icigwa ca 6.5: Ingingo ya 4. Gusaba ko ivyitezwe vyisunga zidahengamye.	<ul style="list-style-type: none"> Gutahura ko umwumvikano ushingiye ku ngingo usaba ko biva mu kuvugana, kuganira canke umwumvikano vyisunga ingingo atari ibishobisho.
Icigwa ca 6.6: Igihe umwe mubahang-anaye yanse umwumvikano ushingiye ku ngingo agaca mu nzira zidakurikije amategeko.	<ul style="list-style-type: none"> Guhimiriza abitavye bumvikana kwanka kuba aribo bahasigara : Urashobora kwerekana ko utarekura, utarekura na gato ariko wishimikije ingingo atari ivyipfuzo. Gutahura ko mu mwumvikano, inzira itemewe ari inzira ariko ko idafise insiguro ariko ifise imforo ko rero ari vyiza kwumvikana ku mategeko agenga ibiganiro.
Icigwa ca 6.7: Inyigisho rusangi : Umwumvikano ushingiye ku ngingo	<ul style="list-style-type: none"> Gutera intäge abubakanye ngo bakoreshe umwumvikano ushingiye ku ngingo ariko atari uwushingiye ku vyipfuzo. Guhimiriza abubakanye bari mu migwi y'ibiganiro, gutahura ingorane no kugerageza kuyitorera inyishu mu buryo bwiza kandi bwubaka kugira habe umwumvikano no gukomeza ubucuti mu miryango, mu kibano no gutahura ko umwumvikano ushingiye ku ngingo n'uburyo bububaka n'uwo mutianiye amatati. Gusubiriramwo ibikurubikuru vyaganiriwe muri iyi nyigisho " ibiganiro bishingiye ku ngingo " no gusozeria inyigisho.

Icigwa ca 6.1. Incamake ku bijanye n'amatati n'intangamarara ku mwumvikano ushingiye ku ngingo.

- **UMWANYA:** Utarenga amasaha abiri
- **ABO CEREKEYE:** Abakenyezi bakora urudandazwa rutoruto njabukambibe n'abagab babo.
- **UMWOROSHA:** Aborosha babiri bavuye mu migwi y'ibiganiro n'abaremehakiyago bavuye mu mashirahamwe af-she mu mugongo iyo migwi.
- **INTUMBERO Z'ICIGWA:**
 - Kwibukanya ibantu nyamukuru ku matati, ikubagurwa n'amahoro.
 - Guca mu mizi ingaruka z'amatati kuri ba ntahonikora, inyifato n'ibijanye na matati mw'ido n'ido
 - Gushiraho isano hagati y'amatati n'umwumvikano nk'inzira yo kuva mu matati, kurondera amahoro no gufatana mu nda

1. Intangamarara

Iminota 10

- Gutondeka intebé ku buryo wewe, umworosha mugira umuzingi munini.
- Kwakira abakenyezi b'abadandaza batobato ku mbibe, n'abagabo babo no kubashimira kubona bitavye.
- Rabe abacerewe n'abasivye.
- Kwibutsaabitavye ku nyigisho iheruka no kugira incamake y'ivyizwe kunyigisho: " Uburongozi n'itumatumana-ub-woko bw'inyifato: kuduga, kwihihsa, amayeri no kuba uwo uri ",
- Kwibukanya ibantu nyamukuru ku matati, ikubagurwa n'amahoro. Guca mu mizi ingaruka z'amatati kuri ba ntahon-ikora, inyifato n'ibijanye na matati mw'ido n'ido ; gushiraho isano hagati y'amatati n'umwumvikano nk'inzira yo kuva mu matati, kurondera amahoro no gufatana mu nda
- Icigwa c'uyu musi ni ukurabira hamwe "umwumvikano ushingiye ku ngingo nk'uburyo bwo gutatura matati, kurondera amahoro no gufata mu nda".

2. Ukwibukanya ku bijanya n'amatati, ikubagurwa n'amahoro

Iminota 50

Intumbero: Kwibukanya ku ncamage y'amatati, ikubagurwa n'amahoro, n'ugutahura ko ingorane itabwirizwa kurangwa n'ikubagurwa. Mu mpera y'inyigisho, abitavye babwirizwa kuba bashoboye :

- Gutanga incamake n'iviyumviro nyamukuru ku gutahura ibijanye n'amatati, ikubagurwa n'amahoro(gufatana mu nda) ;
- Gutanga iviyumviro nyamukuru kugira habonekane ubwoko bw'amatati n'ibiyatera mu rudandazwa rwo ku mbibe.
- Kudondora no gukoresha ibikoresho bimwe bimwe vyo gutatura amatati.

Ibikoresho: Ikibaho co mumanama, amakaramu. Impapuro marikeri, ikibaho, ingwa, ibicapo.

Uko bikorwa: Ibikorwa vyo kuvugana mu migwi bikurikirwa no guhuriza hamwe.

Inyigisho: Manika ikibaho co mumanama kiri kumwe n'intumbero z'icigwa 6.1.

Uko bigenda:

Intambwe ya1 (Iminota 20)

- Mu minota 10, ni bavuge iviyumviro uko bije, waba umugwi w'abakenyezi canke uw'abagabo(bivanye n'umugwi uwo ari wo)
- Baza abakenyezi : Igihe twagira inyigisho ku bijanye n'amatati ni ibihe vyiyumviro bikuru bikuru mwasigaranye kuri ibi :
 - *Ico arico "amatati";*
 - *Ico arico "ikumigwa";*
 - *Ico ari co amahoro, ugufatana mu nda.*
 - *Ni ibihe bikoresho vyo kwihiweza mwaganiriye mu migwi y'ibiganiro n'ukuntu mwabikoresheje ? Ugusabikanya ubumenyi hagati y'abitavye.*
- Guharira ku mforo, ubwoko n'urugero rw'amatati! Saba abitavye bisigure.
- Mwisunze ivyavuzwe n'abitavye, gira incamake y'ivyo mwabonye iny'uma yo kwiyumvira.
- Ni musohore amajambo n'amungane agaragaza ahari igipfungu. Bibutse mu kwerekana ko amatati, ikubagurwa n'amahoro tubitahura ugutandukanye.
- Vuga indangurakintu mwafashe ku matati, ikubagurwa n'amahoro nkuko biri ku mafishe n'impanuro zigenewe umworosha, mugire ico mu bivuzeko mu minota mikeyi.

Intambwe ya 2. (Iminota 30)

- Mu kuvuga iviyumviro uko bije, umworosha arafasha abitavye mu gutanga ibantu bibiri baciymwo mu buzima bijanye n'amatati, ikubagurwa n'amahoro mu misi iheze baba abakenyezi canke abagabo mu miryango yabo, ku mbibe canke mu turere two ku mbibe za Kongo, Urwanda n'Uburundi.
- Arabaza utubazo tumwe tumwe, nk'akarorero, tange utororero tw'amatati, ikubagurwa, ugufatana mu nda, amahoro mwabayemwo mu misi iheze(indwi iheze, ukwezi guheze, amezi atatu aheze).
- Baza abitavye ko banezerezwe canke bababajwe n'ibihe baciymwo.
- Babwire basigure igituma bababajwe canke banezerezwe n'ibihe bameruka gucamwo. Ni ikihe cokorwa?
- Saba abitavye batange iviyumviro ko amatati ari meza canke mabi mu miryango iwabo, ku mbibe no mu kibano.
- Muri make, umworosha arunganira ivyavuzwe n'umworosha agaca atanga uturorero tumwetumwe.

Ibigenewe aborosha

Ibisobanuro by'amakimbirane

- Ubwoko bw'amatati mu rudandazwa rwo ku mbibe hagati y'abakenyezi b'abadandaza batobato,amatati yo ku mbibe no mu turere two ku mbibe hagati ya Kongo, Urwanda n'Uburundi n'ibiyatera.

Mu rudandazwa rubera ku mbibe hagati ya Kongo, Urwanda n'Uburundi, ahanini ni amatati ashingiye ku nyungu, ashobora kuba bivuye ku gukoresha ubutunzi kama, canke ukubugenzura, canke ukutumvikana ku ntumbero bipfuza gushikako

- Kahise ka hafi no mu turere tumwe tumwe uretse n'ubu, karanzwe n'ikubagurwa, intambara, indyane, amatati y'ubutunzi, politike n'imibano.
- Ubwoko bw'amatati akunda kwibonekeza mu rudandazwa ruto ruto rwo ku mbibe ni nk'ubu, hisunzwe akare-re, igihugu n'umupaka:
- Ayajanye n'amategeko (amategeko y'igihugu):
 - Amategeko na politike z'akarere, urudandazwa rwo mu binywabi n'igiturire)
 - Amatati hagati y'abakenyezi n'abakorera ku mbibe);
 - Amatati hagati y'abakenyezi b'abadandaza batobato n'abagabo babo .
 - Amatati hagati y'abo bakenyezi n'abarongoye amasoko yo mu karere barimwo ;
 - Amatati hagati y'abantu (Amatati hagati y'abakenyezi) ;

- Amatati y'amatongo canke aho badandariza.
- Conflits fonciers ou relatifs à l'espace des étalages.

Amatati tuyajanishije n'ihi:

- " Nta kibano kitagira amatati ", ikibano kitagira amatati ntikibaho. Kuberako abantu, canke imigwi y'abantu babana, abavugana, barashobora kugira ivyo badahurizako nayo ikaba ari intambwe ya mbere y'ammati, ashobora kugira imforo zitandukanye kuva ku kuguterana amajambo bisanzwe gushika kw'ikubagurwa ryoku mubiri.
- Amatati yamaho mu buzima kandi ntabwirizwa kuba ababaza. Amatati yose ntabwirizwa kuba arimwo ikubagurwa. Ariko ikibano cose kigizwe n'imigwi ifise imico, inyungu n'intumbero zitama zihura bamwe n'abandi.
- Amatati aba ingorane igihe abantu bashatse gushika ku ntumbero zabo ku nguvu canke ku gikenye.
- Guhakana amatati ni kimwe muri rusangi mubituma akaza umurego.
- Amatati amwe usanga ashingiye ku vyiyumviro vyacu canke kuvyo abandi bipfuza gushikako.
- Amatati ajanye n'imicokama n'imibano n'ubutunzi, bituma asambura canke akubaka, bituma iyo atorewe inyishu haba akunguko mu vy'imico Kama n'imibano, ubutunzi n'ibidukikije.
- Kubera ivyo, ukwizerana no kuvugana ntibiba bigikunda, dushobora kwibaza vyinshi ku wundi, bishobora kuba vyo canke ntibibe vyo.
- Ni ngombwa gutahura neza amatati no kugerageza kuyatatura mu buryo bwiza kandi bwubaka.
- Ugegakeniriza abitavye, marikere, ikibaho, ingwa, ibicapo.
- Ni vyiza rero kwiga kumenya amatati, kuyabamwo no kuyitwaramwo neza.

3. Intangamarara ku mwumvikano ushingiye ku ngingo

Iminota 50

Ibikoresho: Ikarata canke impapuro zanditsweko imbere/canke zasohowe ku mashini z'ingingo 10 z'umwumvikano ushingiye ku ngingo wa Havard, ikibaho co mumana, ikaramu zo gutegekaniriza abitavye, marikere, ikibaho, ingwa, ibicapo.

Uko bikorwa: Ibikorwa vyo kuvugana bikurikiwe no guhuriza hamwe .

Uko bigenda:

- Saba abitavye baje mu migwi y'abantu batandatu.
- Hereza umugwi wose ikarata 1 canke 2/impapuro zanditseko/impapuro zasohowe. Mugerageze kubasomera canke murabe ko mu mugwi wose harimwo umuntu azi gusoma.
- Ku karata yose canke urupapuro handitseko ingingo cumi zigenga ukwumvikana(raba urutonde rwazo musi)
- Saba umuntu umwe aje imbere asome izo ngingo baziharire (iminota 15) :
 - Muziyumvirako iki?
 - Murashobora gutanga uburorero mu buziama bwanyu bujanye n'izo ngingo?
 - izo ngingo ni he zidakora neza ?
- Inyuma y'iminota 15, baza umugwi wose uvuge ingingo waganiriyeko mw'ihuriro rya bose utanguriye ku bakoreye ku ngingo ya mbere, iya kabiri, ...
- Bose bahejeje gushikiriza ivyo bakoze, gira ico uvuze mu gutanga impanuro wishimikije izo ngingo?

Urutonde rw'ingingo 10 zo z'umwumvikano

1. **Gushiraho ukwizerana utarambiye:** Ikintu cankenerwa kugira umwumvikano ushikweko ni kugirirwa icizere n'abo muriko muravugana. Rimwe na rimwe, utumenyetso dutoduto ugira n'ugushaka turakwiye kugira turengere imyaka n'iyindi yo kutizerana.
2. **Fata uwo muriko muravugana nkuko wipfuza gufatwa:** Imisi yose, ibaze ikibazo imbere yo kwitwara uku canke kuriya : No kwitwaye gute uwundi muntu amfashe uku ? Mwibuke ko umuntu wese akeneye gutahurwa no gushimwa.

3. **Gutahura ko ushobora guheba atawugufashije:** Mu biganiro vyose, muntango umwe wese agira ati sindekura kugirango agumane uruvugiro. Mukugira batere intambwe, iyo umwe arekuye, uwundi aca atahura ko yarengeje urugero muvyo asaba. Ingaruka, aho kworoha, bica bikomera. Niyo ntumbero nyamukuru y' " umwumvikano ushingiye ku ngingo ". Aho kugira aho ahagaze aravye uwundi aho ahagaze, " arondera inyungu aravye aho ahagaze ". Mu yandi majambo, ntimuhagarare kuvyo musaba, ariko muhagarare ku gituma mu bisaba. Muzotahura neza ivyo uwo muvugana akenewe.
4. **Menya ko mushobora gufashanya ataco uhevye:** Igitandukanye n'abavuga ko kizira kuvuga inyungu zawe witwaje ko woba wiyatse inguvu, ni vyiza kuzitororokanya no kuzemanga (atari ukuvuga ngo mpagaze aha). Mumaze kwivuga ivyanyu, n'uwundi uzokwipfuza kugira nk'uko. Mumaze kumwereka ko mwitwararitse ivyiwe, muzobona ko, naho aho ahagaze ari ighushane c'aho uhagaze, inyungu zinyegeje inyuma y'ivo siko zimeze. Aho rero niho igitangaro kigaragarira: Ingorane zivyutse kubera umuntu yavuze inyungu ziwe zituma haba iviyumviro bishasha hakanaboneka inyishu itari yitezwe kandi yemerwa na bose.
5. **Ntukarondera kugura canke kugurisha imigenderanire:** Ni uguhagarika kubanza kugira ico usavye kugira habe imigenderanire myiza mugutegeka uwo muvugana ivyo abanza kwemera. Namwebwe n'ukwirinda kurondera gukingira imigenderanire mugukora ivyo. Kuko ivyo mu mwatse azokora uko ashoboye ngo abibake nawe. Nimba arimwe mugize ivyo mu mumwemerera, azotangura kuvuga ko mwamuronse no kwicuza ko yasavye bike akaguma asaba ibindi.
6. **Torera inyishu ingorane y'imigenderanire imbere yo kwiyumvira cane:** Nimba ukwumvikana bifise intumbero yo gutorera inyishu amatati mu bantu, ni vyiza ko muruhishwa no gutorera umuti ingorane ariko ibitavuzwe bizoguma bihari kandi bituma ibantu bitagenda neza. Ni vyiza ko habanza kuba umwumvikano bituma imigenderanire imera neza.
7. **Guca mu mizi iviyumviro vy'abandi imbere yo kuyemera canke kubihakana:** Ubwoba bwo kubona ko uwundi afata iviyumviro vyanyu nk'ivo mwiyemeje bituma bihagarika utwigoro dushasha. Birasabwa cane kwirinda guhakana iciyumviro c'umuntu ubwo nyene. Akira wumviriza iviyumviro vyiwe. Amahirwe yo gutora iciyumviro ciza ni menshi iyo hari iviyumviro vyinshi ku meza.
8. **Kwirinda gusubiriza mu ndumane ngo " ijisho ku rindi, iryinyo ku rindi ".** Bensi biyumvirako ibiganiro/umwumvikano wama urimwo abantu babiri, uwutsinda n'uwutsindwa. Iyo umuntu aduze, murirwanira namwe mukamudugako. Kubera ishavu, muvuga cane. Muri ico gihe, biroroshe kurwa mu mutego wo kwunyura ibantu n'umwumvikano ugaca usubizwa inyuma n'ugukoresha inguvu navyo bikaba bisambura. Gukora ibihushanye n'ivo uwo muriko muravugana abitezeko biramukorako ku buryo bwiza bagatuma yuguruka.
9. **Guha ikibanza ibishobisho:** Mu mwumvikano, ibishobisho(vyaba ivyawe canke ivy'ivo muriko muravugana, birashobora kubera intambamyi inyishu. Ariko kandi, birashobora gufasha. Ikindi ni kuraba ibikenewe vy'urufatiro vyinyegeje inyuma yavyo haba kuri mwebwe canke uwo muvugana. Ukuduga bigaragaye bishobora kwerekana ko uwo muvugana yabonye ko utamenye uwo ariwe canke ko yimwe ijambo mu gufata iningo. Uko biri kwose, kutabigaragaza, kubihisha ariko kubiserura ukaguma uvymanga, ni kuvuga, kutigera na rimwe wagiriza uwundi . Kugaragaza ibigumbagumba vyawe ni kimwe mubituma bizana uwundi kukwumviriza.

Ibigenewe umworosha

Ukwumvikana gushingiye ku ngingo n'ighushane co kwumvikana ufise aho uhagaze:

- Impanuro ya mbere, ntuze wigere uja mu mwumvikano ushingiye kuho abantu bahagaze. Kwumvikana bishingiye kuho abantu bahagaze wisunga kahise mugihe umwumvikano ushingiye ku ngingingo uhagarara kuri kaziza.
- Inyungu y'uwumvikana yikuyye kabiri: ingorane n'imigenderanire y'ivo muri mu matati (imigendaranire ifise ikimazi kuri kubu: ukwiyumvamwo intsinzi bijanye n'imigendaranire mwagumanye n'ivo muhanganye; kuri kaziza : kenshi uwo muhanganye muzoguma muvugana. Abari mu mwumvikano ni abantu : gukorwako ni ngombwa, akensi vyinyegeje mu bibazo.
- Ni gutandukira ingorane z'umuntu mu zibitandukanya n'ikibazo nyamukuru, kwishira mu. kibanza c'ivo muhanganye, raba uruhara rwiwe rushobora kugira ico ruhinduye, gushira uwo.

Ukwumvikana gushingiye ku ngingo zine :

1. Abantu: Gutandukanya abantu n'ikibazo/amatati
2. Inyungu: Gushingira kunyungu ariko atari aho umuntu ahagaze.
3. Inyishu: Kwiyumvia inyishu zishoboka imbere yo gufata iningo

4. Ivyisungwa : Saba ko inyishu zisunga intumbero zidahengamye.

Izo ngingo zikora ku myanya itatu yo kuganira

1. Umwihwezo
2. Gushiraho integuro
3. Ibiganiro

4. Ugusozera

Iminota 10

- Gushimira abitavye kubona baje.
- Basabe kuvuga ikintu kimwe bize uyu musi n'ikindi banyotewe kubona mu nyigisho ikurikira.
- Babaze ko bafise ibibazo ku yigisho y'uyu musi.
- Bamenyeshe ko icigwa gikurikira bazorabira hamwe ibantu 4 bikuru bikuru imyumvikano ishingiye ku ngingo ihag-azeko.
- Hanyuma, bibutse itariki, masaha n'urutonde rw'inyigisho ikurikira unababwire ko ufise igishika co gusubira kubabona.

Icigwa ca 6.2. Umwumvikano ushingiye ku ngingo: Ingingo ya 1. Gutandukanya abantu n'ingorane

- **UMWANYA :** Utarenga amasaha abiri
- **ABO CEREKEYE :** Abakenyezi bakora urudandazwa rutoruto ku mbibe n'abagab babo.
- **UMWOROSHA :** Aborosha babiri bavuye mu migwi y'ibiganiro n'abaremehakiyago bavuye mu mashirahamwe afashe mu mugongo iyo migwi
- **INTUMBERO Z'ICIGWA:**
 - Kwibutsa abitavye ibiranga ukwumviriza kwiza no kubafasha kuzirikana imvugo yisunga ibimenyetso vy'umubiri kuko ishobora guhindura ivyo turiko turavuga kugira ngo uko tumeze mu maso bishobora kugira ico bivuze kubari impande zacu na cane cane mu mwumvikano.
 - Gufasha gutahura ku bitavye ko mu mwumvikano, ni gutandukanya abantu n'ingorane.

1. Intangamarara

Iminota 10

- Gutondeka intebé ku buryo wewe, umworosha mugira umuzingi munini.
- Kwakira abakenyezi b'abadandaza batobato ku mbibe, n'abagabo babo no kubashimira kubona bitavye.
- Rabe abacerewe n'abasivye.
- Bamenyesheko icigwa c'uyu musi gihariwe ibiganiro bishimikiye ku ngingo:(1) gutandukanya abantu n'ingorane.
- Ubagenkereze ko icigwa c'uyu musi ari ico gushira mu njiro kuberako kitwibutsa inyifato zitandukanye twerekana n'uruhara rwazo mu mwumvikano.
- Shimika ko muri iyo nyigisho bazosabwa kugira ico bakoze,
- biyumviriyi kugira bashire mu njiro iyo ngingo ya mbere y'ibiganiro bishingiye ku ngingo.

2. Ingingo ya 1. Gutandukanya abantu n'ingorane

Iminota 100

Ibikoresho : amakarata (si ngombwa)

Uko bigenda : udukino, dukurikiwe n'ibiganiro mw'ido n'ido.

Intumbero :

- Gufasha abitavye kumenya akamaro ko kwumviriza neza kugira haba ukuvugana neza atari gusa mu migwi y'ibiganiro, ariko mu buzima bwabo bwite, na cane cane mu mwumvikano.
- Kubafasha gutahura ko kuvugana arico gikoresho cambere mu migenderanire y'abantu, gishobora gutuma haba ugufatana mu nda, ugufashanya nuko kugira ngo bashire mu njiro u kungana kw'ibitsina no kwubaka amahoro hakenewe ubumenyi mu kuvugana/gutumatumana neza mu bijanye n'umwumvikano.

Uko bigenda:

Ingingo ya 1. (Imonota 20)

- Ni muvugane n'abitavye mwisunze impanuro zikurikira : ukwumviriza kurashobora kuba akaryo kambere mu myaka myinshi ko gushkiriza ingorane zihari. Bituma haba gushkiriza uko umuntu yiyumva abo babana batazi, kumenya ivyipfuzo no gutomora ivyo usaba.
- Ntukaronderra kugura canke kugurisha imigenderanire : Ni uguhagarika kubanza kugira ico usavye kugira habe imigenderanire myiza mugutegeka uwo muvugana ivyo abanza kwemera.

- Namwebwe n'ukwirinda kurondera gukingira imigenderanire mugukora ivyo. Kuko ivyo mu mwatse azokora uko ashoboye ngo abibake nawe. Nimba arimwe mugize ivyo mu mumwemerera, azotangura kuvuga ko mwamuronse no kwicuza ko yasavye bike akaguma asaba ibindi.
 - Ikontu cankenerwa kugira umwumvikano ushikweko ni kugirirwa icizere n'abo muriko muravugana. Rimwe na rimwe, utumenyetso dutoduto ugira n'ugushaka turakwiye kugira turengere imyaka n'yindi yo kutizerana.
 - Hanyuma ni kugaba kuri ibi bintu kugira twirinde izi ngaruka : Amasezerano ashingire gusa ku kwizerana ntashingire ku kuntu umuntu yitwaye mu mwumvikano.
 - Fata uwo muriko muravugana nkuko wipfuza gufatwa: Imisi yose, ibaze ikibazo imbere yo kwitwara uku canke kuriya : No kwitwaye gute uwundi muntu amfashe uku ?
 - *Ni ivyawe ubwambere kwereka uwo muriko muravugana ko utarondera gusa gutahura iciyumviro ciwe ahubwo ko utohigimanga kugikorerako.*
 - *Mu mwumvikano, twimbura ivyo twabivye.*
 - Mu mwumvikano hari ikibazo nivyo, ariko n'umuntu.
 - *Ni vyiza gutandukanya ibibazo vy'umuntu n'ingorane nyamukuru. Gutandukanya "amatati/imishwano,*
 - Saba itsinda ryose gutekereza ko iyi yari inama yumushyikirano kugirango ikemure amakimbirane:
 - *Ingaruka zabaye izihe?*
 - *Kuki gutega amatwi ari ngombwa?*
 - *Mubitekerezo byawe, ni irihe sano riri hagati yo gutega amatwi witonze no kuganir*
 - Ni ukuvuga ivyo mudahurizako nkuko vyavuzwe n'amatati (hagati y'abantu bahanganye), ni ukuvuga ico mudahurizako n'ibiru inyuma yaco.
 - NMu mwumvikano, abumvikana baguma ari abantu.
 - Ko rero uko bameze bibakorako ntawovyirinda, kenshi usanga vyita mu bibazo nyamukuru.
-

Intambwe ya 2. (Iminota 80).

- Basigurire ko mugije gusaba abashaka muri bo bakine agakino hanyuma abandi bakurikire neza.
- Saba batanu babishaka bave mu muzingi baje kwiyumvira umwumvikano ku matati atabaho abahuza (amatati hagati y'abubakanye, mu muryango, ababanyi, ku kazi)
- Igihre abo batanu basohotse kwiyumvira agakino, saba batatu baze kwihweza ukuntu umwumvikano wagenze bahejeje gukina. Ganire mubanje kwibukana akamaro k'umwumvikano ushingiye ku ngingo mwabonye mu nyigisho iheruka.
- Inyuma y'iminota 10 biyumvira, hamagara ba bantu bagaruke bakine.
- Bahejeje gukina, Saba babantu batatu bagire umwihwezo w'uko vyagenze (iminota 5-10), bishura ibi bibazo:
 - *Ni izihe ngorane ziri muri ako gokino?*
 - *Abantu batandukanye ibintu babibona gute ?*
 - *Twotandukanya gute abantu n'ingorane mu mwumvikano ?*
 - *None abakinyi b'ako gokino baravanga ivyo umwumvikano ushingiyeko ?*
 - *Bari gukora gute ngo batandukanye abantu n'ingorane ?*
- Hanyuma, tanguza ikiganiro ca bose uce usaba abndi batange iviyumviro.
- Mumaze kuganira ukuntu mwotandukanya abantu n'ingorane,
- saba abakinye ka gokino (Minota10)
 - *Basohoke kandi bace bagira agokino.*
 - *Gashinge ku ngingo kandi gahera neza.*
- Gufunga, gira ikiganiro kinini :
 - *Iyo amakimbirane acunzwe nabi, birashobora gutera inzika no guturika bidasubirwaho. Ariko, niba biyobowe muburyo buzira umuze, bishimangira gusobanukirwa kimwe no kwizerana, kandi bifasha gushimangira ubumwe buhuza abantu babiri.*
 - *Guhura namakimbirane muburyo buhagije, nibyingenzi kumenya ibiyumvo byawe n'amarangamutima yawe, ku*

vumbura ibyo bakeneye.

- Niba umuntu atazi imigambi ye nyayo, ntibizashoboka ko abashyikirana na abandi, no kwemerera gukemura am akimbirane. Ibi bizahora biganisha kubiganiro bidafite ishingiro. ales, badacukumbura cyane kugirango babone inkomoko yamakimbirane.

Ibigenewe Aborosha:

Ni vyiza kurondera amakuru no kwimenyereza ibikoresho bitandukanye. Saba ubufasha bujanye n'ubuhinga abakozi ba Alert international mu gihe bikenewe.

- Sigurira abitavye ko ukwumvikana gushingiye ku ngingo gutandukanye n'umwumvikano ushingiye aho abantu bahagaze. Impanuro ya mbere ni iyi : " ntuzigere ugira umwumvikano ushingiye aho umuntu ahagaze!"

Umwumvikano wisunga ingingo ushingiye ku bintu bine nyamukuru:

1. ABANTU : Tandukanya abantu n'ingorane(amatati)
2. INYUNGU:Gushimikira kunyungu atari aho umuntu ahagaze.
3. INYISHU: Iyunire inyishu zishoboka imbere yo gufata ingingingo.
4. IVYISUNGWA: Babwire ko babwirizwa gutanga inyishu ishingiye ku vyisungwa bidahengamye.

Ingingo ya 1. Gutandukanya abantu n'ingorane/amatati

- **Ntukarondera kugura canke kugurisha imigenderanire :** Ni uguhagarika kubanza kugira ico usavye kugira habe imigenderanire myiza mugutegeka uwo muvugana ivyo abanza kwemera. Namwebwe n'ukwirinda kurondera gukingira imigenderanire mugukora ivyo. Kuko ivyo mu mwatse azokora uko ashoboye ngo abi-bake nawe. Nimba arimwe mugize ivyo mu mumwemerera, azotangura kuvuga ko mwamuronse no kwicuza ko yasavye bike akaguma asaba ibindi.
- **Ikintu cankenerwa kugira umwumvikano ushikweko** ni kugirirwa icizere n'abo muriko muravugana. Rimwe na rimwe, utumenyetso dutoduto ugira n'ugushaka turakwiye kugira turengere imyaka n'iyindi yo kutizerana. Hanyuma ni kugaba kuri ibi bintu kugira twirinde izi ngaruka : Amasezerano ashingire gusa ku kwizerana ntashingire ku kuntu umuntu yitwaye mu mwumvikano.
- **Fata uwo muriko muravugana nkuko wipfuza gufatwa:** Imisi yose,ibaze ikibazo imbere yo kwitwara uku canke kuriya : No kwitwaye gute uwundi muntu amfashe uku ? Mwibuke ko umuntu wese akeneye gutahur wa no gushimwa.
- Ni ivyawe ubwambere kwereka uwo muriko muravugana ko utarondera gusa gutahura iciyumviro ciwe ahub-wo ko utohigimanga kugikorerako. Mu mwumvikano, twimbura ivyo twabivye.
 - Mu mwumvikano hari ikibazo nivyo, ariko n'umuntu. Ni vyiza gutandukanya ibibazo vy'umuntu n'ingorane nyamukuru
 - Gutandukanya " amatati/imishwano, ni ukuvuga ivyo mudahurizako nkuko vyavuzwe n'amatati (hagati y'abantu bahanganye), ni ukuvuga ico mudahurizako n'ibiru inyuma yaco.
- Mu mwumvikano, abumvikana baguma ari abantu. Ko rero uko bameze bibakorako ntawovyirinda, kenshi usanga vyita mu bibazo nyamukuru.

- Gushimira abitavye kubona baje.
 - Basabe kuvuga ikintu kimwe bize uyu musi n'ikindi banyotewe kubona mu nyigisho ikurikira.
 - Babaze ko bafise ibibazo ku nyigisho y'uyu musi.
 - Bamenyeshe ko icigwa gikurikira bazorabira imyumvikano ishingiye ku ngingo ihagazeko, ingingo ya kabiri: Gushimikira kunyungu atari aho umuntu ahagaze.
 - Hanyuma, bibutse itariki, masaha n'urutonde rw'inyigisho ikurikira unababwire ko ufise igishika co gusubira kubabona.
-

Icigwa ca 6.3. Principe N° 2. Gushimikira kunyungu, atari aho abantu bahagaze

- **UMWANYA:** Utarenga amasaha abiri
- **ABO CEREKEYE:** Abakenyezi bakora urudandazwa rutoruto ku mbibe n'abagab babo.
- **UMWOROSHA:** Aborosha babiri bavuye mu migwi y'ibiganiro n'abaremehakiyago bavuye mu mashirahamwe af-ashe mu mugongo iyo migwi.
- **INTUMBERO Z'ICIGWA:**
 - Ku babwirako mu mwumvikano, ari vyiza gutahura inyungu; Kumenya ukuntu ubumenyi bwacu mu mwumvikano butwarwa n'ibishobisho;
 - Kwimenyereza ugushira mu ngiro umwunvikano ushingiye ku ngingo ko gutahura kahise ari vyiza, ariko ko igikomeye ari ukwiyumvira kazozza

1. Introduction

Iminota 10

- Gutondeka intebé ku buryo wewe, umworosha mugira umuzingi munini.
- Kwakira abakenyezi b'abadandaza batobato ku mbibe, n'abagabo babo no kubashimira kubona bitavye.
- Rabe abacerewe n'abasivye.
- Bamenyesheko icigwa c'uyu musi gihariwe ibiganiro bishimikiye ku ngingo:(1) gutandukanya abantu n'ingorane.
- Bamenyesheko icigwa c'uyu musi gishimikira ku guhanahana iviyumviro ku bijanye n'inginyo ya 2. INYUNGU: Gushimikira ku nyungu Atari aho umuntu ahagaze.
- Ubagenekereze ko icigwa c'uyu musi ari ico gushira mu ngiro kuberako kitwibutsa inyifato zitandukanye twerekana n'uruhara rwazo mu mwumvikano.
- Shimika ko muri iyo nyigisho bazosabwa kugira ico bakoze, biyumviriye kugira bashire mu ngiro iyo ngingo ya mbere y'ibiganiro bishingiye ku ngingo.

2. Ingingo ya 2. Gushimikira ku nyungu Atari aho umuntu ahagaze

Iminota 100

Ibikoresho: amakarata ariko abantu.

Uko bikorwa: Ugukina bakurakuranwa bikurikiwe no guhuriza hamwe mw'ido n'ido.

Intumbero:

- Ku babwirako mu mwumvikano, ari vyiza gutahura inyungu;
- Kumenya ukuntu ubumenyi bwacu mu mwumvikano butwarwa n'ibishobisho;
- Kwimenyereza ugushira mu ngiro umwunvikano ushingiye ku ngingo ko gutahura kahise ari vyiza, ariko ko igikomeye ari ukwiyumvira kazozza.

Uko bigenda:

Intambwe ya1 (Iminota 15)

- Baza abitavye ikintu cabakozeko cane mu nyigisho iheruka ku ngingo ya mbere y'umwumvikano ushingiye ku ngingo(Gutandukanya abantu n'ingorane)
- Baza abitavye ibibazo bikurikira:
 - Kuva mu nyigisho iheze, hariho muri mwebwe abahamagawe ngo baje mu gikorwa co gutatura amatati ?
 - Ni ikihe cabagoye ? Ni ikihe caborohey ?
- Fasha umugwi ku buryo abenshi muri bo agira ico bavuze. Tera intege abanywanyi badakunda kuvuga kugirango nabo baterere (utabagirije kuko vyohava bibashavuza)

Intambwe ya 2 (Iminota 85)

- Basigurire ko mugije gusaba ababishaka bakine agakino kandi ko abandi babwirizwa gukurikira neza.
- Saba batanu babishaka bave mu muzingi baje kwiyumvira umwumvikano ku matati atabaho abahuza (amatati hagati y'abubakanye, mu muryango, ababanyi, ku kazi).
- Mwitwararike abo basohotse ntibabe bamwe bo mu nyigisho ikurikira.
- Nyuma yiminota 10 yo kwitegura, saba abakorerabushake kugaruka no kwerekana aho babonye.
- Nyuma yibyabaye, saba abakorerabushake batatu gusesengura uko ibantu bimeze (iminota 5-10), usubize mubindi bantu ibi bibazo
 - *Ni iyahe ngorane muri ako gokino ?*
 - *Ibantu mu bibona gute ?*
 - *Twotandukanya gute inyungu n'ingorane muri ako gokino ?*
 - *Mubona abavugwa murako gokino bavanganya ibantu umwumvikano ushingiye ku ngingo wubakiyeko ?*
 - *Barigukora gute ku gira batandukanye inyungu (n'abantu) n'ingorane ?*
- Hanyuma, nimutanguze ikiganiro mw'ikoraniro rya bose mu basabe ico babivuzeko.
- Mu maze kuganira kugutandukanya inyungu n'ingorane, saba abantu basubire kuja gutegura agakino bagakine ku buryo gahera neza.
- Saba mw'ihuriro rya bose (Iminota 10) :
 - Kubwanyu, muravye agakino uko kaheze mubona harimwo umwumvikano ushingiye ku ngingo ?
 - *Mubona abakinyi bashoboye gutandukanye inyungu n'ingorane, bagaca bayitorera n'nyishu ?*
- Mu gusozenza, shikiriza akajambo :
 - Iyo amatati yatastuwe nabi, harashobora kuba ukwankana n'abantu bagatandukana. Iyo matati yatastuwe neza, bituma haba ugutahurana n'ukwumvikana bigatuma n'ubucuti hagati y'abo bantu babiri bukomera.
 - Kugirango uhangane n'ammatati neza, ni ngombwa kubanza kumenya gutandukanya inyungu n'aho umuntu ahagaze. Iyo umuntu atamenya ivyo yipfuza vy'ukuri, bizomugora kubibarira abandi no gutorera inyishu amatati. Ivyo bituma haba ibiganiro vyo kuyeyemvy, bitinjira mu mizi ngo haboneke intandaro y'ammatati.

Ibigenewe abrosha :

Ni vyiza kurondera amakuru no kwimenyereza ibikoresho bitandukanye. Saba ubufasha bujanye n'ubuhinga abakozi ba Alert international mu gihe bikenewe.

- Sigurira abitavye ko ukwumvikana gushingiye ku ngingo gutandukanye n'umwumvikano ushingiye aho abantu bahagaze. Impanuro ya mbere ni iyi : " ntuzigere ugira umwumvikano ushingiye aho umuntu ahagaze!"

Umwumvikano wisunga iningo ushingiye ku bantu bine nyamukuru:

5. ABANTU : Tandukanya abantu n'ingorane(amatati)
6. INYUNGU: Gushimikira kunyungu atari aho umuntu ahagaze.
7. INYISHU: Iyunvire inyishu zishoboka imbere yo gufata ingingingo.
8. IVYISUNGWA: Babwire ko babwirizwa gutanga inyishu ishingiye ku vyisungwa bidahengamye.

Iningo ya 2. Guhagarara kunyungu atari aho abantu bahagaze

- **Gutahura ko ushobora guheba atawugufashije:** Mu biganiro vyose, muntango umwe wese agira ati sindekura kugirango agumane uruvugiro. Mukugira batere intambwe, iyo umwe arekuye, uwundi aca atahura ko yarengije urugero muvyo asaba. Ingaruka, aho kworoha, bica bikomera. Niyo ntumbero nyamukuru y' " umwumvikano ushingiye ku ngingo " : Aho kugira aho ahagaze aravye uwundi aho ahagaze, " arondera inyungu aravye aho ahagaze ". Mu yandi majambo, ntimumagarare kuvyo musaba, ariko muhagarare ku gituma mu bisaba. Muzotahura neza ivyo uwo muvugana akenewe.

- **Menya ko mushobora gufashanya ataco uhevye:** Igitandukanye n'abavuga ko kizira kuvuga inyungu zawe witwaje ko woba wiyatse inguvu, ni vyiza kuzitororokanya no kuzemanga (atari ukuvuga ngo mpagaze aha). Mumaze kwivuga ivyanyu, n'uwundi uzokwipfuza kugira nk'uko. Mumaze kumwerekwa ko mwitwararitse ivyiwe, muzobona ko, naho aho ahagaze ari igihushane c'aho uhagaze, inyungu zinyegeje inyuma y'ivyo siko zimeze. Aho rero niho igitangaro kigaragarira : Ingorane zivytse kubera umuntu yavuze inyungu ziwe zituma haba iviyumviro bishasha hakanaboneka inyishu itari yitezwe kandi yemerwa na bose.
- **Aho umuntu ahagaze:** Aho umuntu ahagaze bisigura ivyo aba ashaka . Aho umuntu ahagaze ni uburyo bwo kwiyumvira, iyo ashaka kuja n'intumbero. Aho umuntu ahagaze hashingiye ku nyungu ziwe bwite, zifatanye n'akazi canke mubisanzwe uko ishirahamwe ryateguye uko ibintu bigenda. Inyungu zirashobora guhinduka ivyo umuntu akeneye cane.
- **Inyungu:** Inyugu ni ivyipfuzo n'ibiraje ishinga umuntu bijanye bituma umuntu agira aho ahagaze. Birashobora kuba ibintu bigaragara bishobora guhanahanwa kugira umuntu
- **Yikenure:**
 - Mwipfuza gushika kuki?
 - Mwiteze ivyashitsweko ibihe?
 - Ni ibihe bintu bibaraje ishinga bijanye n'ivyo?
 - Ni izihe ngorane mushaka gutorera umuti?
 - Ni kihe kintu kibwirizwa gushika kugira ngo twumve ko dushimye?
 - Ni iyahe nyishu yotuma twese tubona ko atawatsinzwe n'uwartsinze?
 - Ni ikihe gikomeye cane kuri mwebwe?
 - Ni iyihe nyungu yo kugira aho muhagaze? Bigira izihe ngaruka?
 - Ni izihe mpinduka zizanwa n'inyishu ?
- Uko dutanga indangurakintu y'ivyo dukeneye, inyungu n'ukuntu tuzishikira, ukuzimenza gusa bizotumavyorosha ibiganiro n'ugutora inyishu nziza.
- **"Umwumvikano ushingiye ku ngingo " ni uburyo bwubaka uwo muhanganye.** Ego, mu ntumbero y'imigen-deranire ikurikiranywe neza, ukwemeza inyungu zawe birashobora kujana no kwubaha uwundi. Nivyo, kwumvikana ntibibwirizwa guca mu rwenge, ibintu vy'ibihimbano n'intumbero mbi. Ego, kugira mwumvikane, n'ukwicarana impande n'impande gusumba kwicara muhanganye kuko ubugabo si urucumu

3. Ugusozera

Iminota 10

- Gushimira abitavye kubona bajé.
- Basabe kuvuga ikintu kimwe bize uyu musi n'ikindi banyotewe kubona mu nyigisho ikurikira.
- Babaze ko bafise ibibazo ku nyigisho y'uyu musi.
- Bamenyeshe ko icigwa gikurikira bazorabira imyumvikano ishingiye ku ngingo ya kabiri : INYISHU : rondera inzira mwokwunguka mwese.
- Hanyuma, bibutse itariki, amasaha n'urutonde rw'nyigisho ikurikira unababwire ko ufise igishika co gusubira kubona.

Icigwa ca 6.4: Ingingo ya 3. Gushiraho uburyo bwo kwungu-ka mwese

- **UMWANYA:** Utarenga amasaha abiri
- **ABO CEREKEYE:** Abakenyezi bakora urudandazwa rutoruto ku mbibe n'abagab babo.
- **UMWOROSHA:** Aborosha babiri bavuye mu migwi y'ibiganiro n'abaremehakiyago bavuye mu mashirahamwe af-ashe mu mugongo iyo migwi.
- **INTUMBERO Z'ICIGWA:**
 - Guhimiriza abarongozi b'ukuri ko bo kwitwararika inyungu z'impande zibiri ;
 - Gutera intäge abitavye ngo babe babanza kwiyumvira inyishu zishoboka imbere yo gufata iningo.
 - Guhimiriza abari mu mugwi ko umwumvikano usaba gutegurwa.

1. Intangamarara

Iminota 10

- Gutondeka intebé ku buryo wewe, umworosha mugira umuzingi munini.
- Kwakira abakenyezi b'abadandaza batobato ku mbibe, n'abagabo babo no kubashimira kubona bitavye.
- Rabe abacerewe n'abasivye.
- Babwire abitavye bavuge incamake y'ubwoko bw' " uburongozi ".
- Babwire ko inyigisho y'yuu musi ihariwe " ukwumvika gushingiye ku ngingo: Ingingo ya 3 : INYISHU : gushiraho uburyo mwese mwumva ko mutsinze " kandi ko abitavye batewe intäge ngo imisi yose biyumvire inyishu zishoboka imbere yo gufata iningo.

2. Ingingo ya 3. Gushiraho uburyo mwese mwumvako mwungutse

Iminota 100

Ibikoresho: Ikbaho n'amakaramu.

Uko bikorwa: Ibiganiro vya bose, umwimenyerezo wo kwerekana, kuganira babiri babiri.

Uko bigenda:

Intambwe ya 1. Ibiganiro vya bose (Iminota 60)

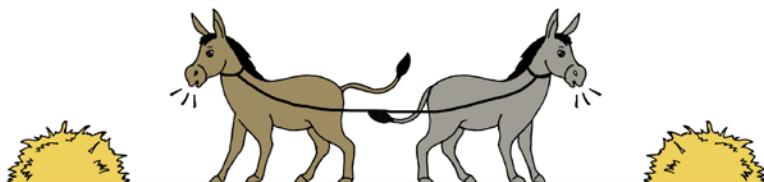
- Babwire bahumirize hanyuma biyibutse inyishu barose mu mwumvikano igihe haba ikibazo mu muryango, mu kibano, ku rubibe, kw'isoko, muri sentare, mu gipolisi, n'ibindi.
- Sigura uburyo bushoboka:
 - Ntawutsindwa-ntawutsinda : Bompi barungutse
 - Bose barahomvye: Bompi ntaco bungutse ngo bahombe.
 - Umwe arunguka-uwundi agahomba : Uruhande rumwe rwarungutse urundi rurahomba.
- Babwire abashoboye kubona ubwoko bw'inyishu yavuye mu mwumvikano bakirize intoke(rindira benshi muri bo bakirize).
- Bwira bamwe batange uturorero nawe uremeshe ikiyago na bose
 - Ninde akunda gutsinda ? Ninde akunda gutsindwa?
 - Kubwanyu, ni akahe kamaro bose batsinzwe ? Ni izihe ngaruka?
 - Ku bwanyu, koba akahe kunguko bose batsinze ? Hoba izihe ngaruka?
 - Ku bwanyu, muri ubwo buryo butatu duhejeje kuvuga, ni ubuhe bwokoreshwa kugira habe amahoro no gufatana munda? makomine yanyu (abagabo n'abagore)?
 - Ninde muntu iwanyu mu muryango yama yitwararika umwumvikano, mu kibano, mw'isoko ?
 - Ni izihe ngorane zo kwubuka hatagiyemwo abakenyezi mu mwumvikano mu muryango iwanyu, mu kibano, mu

masoko, etc.)?

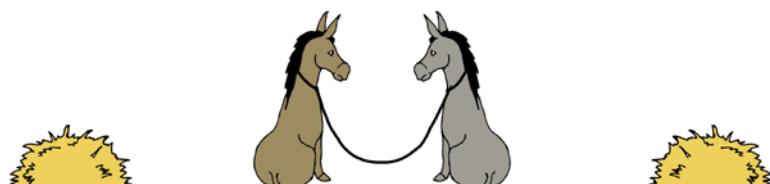
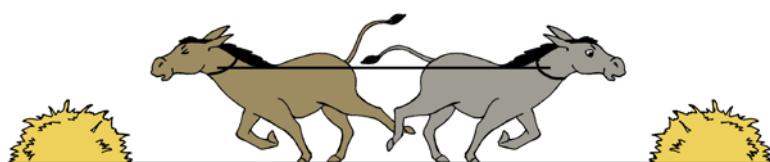
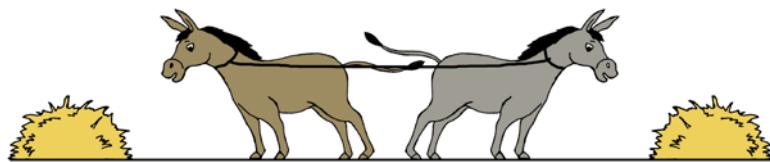
- Ni akahe kunguko abakenyezi babashize mu biganiro? Ni izihe nzitizi?
- Ibi si itegeko: Mu gihe c'ibiganiro, andika ibikurubikuru vyavuzwe ku kibaho

Intambwe ya kabiri. Ukuvyerekana (Iminota 40)

- Bereke ibicapo vy'ivyo bikoko bibiri(mushobora kuba mwacafye, gaburira impapuro abanywanyi):



- Erekane ivyo mubona.
 - IVyo kuri ico gicapo bisa n'ivyo mumaze guhura na vyo mu buzima ? (Nk'akarorero mu karaba amatati ya hafi)
 - Inyuma y'iminota 2 bereke ikindi gicapo gikurikir (Baze abitavye: Ico gicapo muciyumvirako iki? Ico gicapo cerekana iki?)
- Ico gicapo twogihuza gute n'inyigisho twabonye ?



- Baze abitavye:
 - *Ico gicapo muciyumvirako iki? Ico gicapo cerekana iki ?*
 - *Ico gicapo twogihuza gute n'inyigisho twabonye ?*
 - *Muravye uburorero mwatanze mu ntange y'icigwa, mwohindura gute umwumvikano kugira ntihabe uwutsindwa n'uwtusinda?*
- Murarabe ko ibibazo vyose vyishuwe kandi vyatahuwe.

Ibigenewe Aborosha :

- **Iyumbire inyishu zitanga inyungu kuri bose.** Hariho ibantu bine bituma hategeranywa inyishu zishoboka:
 - Guhuruduka mu gucira urubanza uwundi
 - Gushira mu mutwe ko hashoboka inyishu imwe rudende.
 - Gushira mu mutwe umukate ko ari muto
 - Gushira mu mutwe ko ingorane z'ubo muhanganye zimuraba
 - Igihe twumvirije umuntu, bituma dushobora kwishira mu kibanza ciwe. Kwumviriza bituma tumenza ibiriko biraba. Uko muzokwumviriza abantu, niko nabo bazobumviriza.
 - Gutatura amatati birashobora kuba biruhisha. Kora ivyo mushoboye vyose kugira ntihabe ivyo mutari mwiteze.
- **Kugira mutore inyishu nziza, hakenewe:**
 - Gutandukanya ico mwiyumviriye n'ingingo.
 - Ha agaciro ivyo iyumviriye
 - Kurondera inyungu rusangi (Gutuma inyungu mudahurizako zuzuzanya)
 - Gufasha uwo muhanganye gufata ingingo
- **Nk'Aborosha:**
 - Shira ku muzirikanyi ko iyi nyigisho ikomeye cane. Raba ko abakenyezi b'abadandaza batobato canke abagabo babo badataha basize iviyumviro bibi canke ivyo batahuye ukutari ko.
 - Uribuka gushimika ku kamaro ko " gushiraho uburyo butuma mwunguka mwese ". Tera intenge abitavye kwiyumvira inyishu nyishi zishoboka imbere yo gufata ingingo ku ngero zitandukanye (mu muryango, mu rudandazwa rubera ku mbibe, ku rwego rw'igihugu canke rw'akarere).
 - Abagore barashobora kwumvikana/kuganira neza gusumba abagabo naho bahabwa amahirwe make yo kwiga n'ayo akazi. Abantu bose bo mu kibano, baba abagabo canke abagore babwirizwa guharanira amahoro, ugufatana mu nda n'ingana ry'ibitsina.
 - Abanywanyi b'imirwi bafise uruhara n'igikorwa co gufasha abantu " gushira uburyo atawuhomba mu biganiro. Abanywanyi bimigwi.

3. Ugusozera

Iminota 10

- Gushimira abitavye kubona baje.
- Basabe kuvuga ikintu kimwe bize uyu musi n'ikindi banyotewe kubona mu nyigisho ikurikira.
- Babaze ko bafise ibibazo ku yigisho y'uyu musi.
- Bamenyeshe ko icigwa gikurikira bazorabira imyumvikano ishingiye ku ngingo ya kane: INYISHU : Gushimikira ku-vyisungwa bidahengamye.
- Hanyuma, bibutse itariki, masaha n'urutonde rw'inyigisho ikurikira unababwire ko ufise igishika co gusubira kubabona.

Icigwa ca 6.5. Ingingo ya 4. Gusaba ko ivyitezwe bishikwako hakoreshejwe ivyisungwa bidahengamye

- **UMWANYA:** Utarenga amasaha abiri
- **ABO CEREKEYE:** Abakenyezi bakora urudandazwa rutoruto ku mbibe n'abagab babo.
- **UMWOROSHA:** Aborosha babiri bavuye mu migwi y'ibiganiro n'abaremeshakiyago bavuye mu mashirahamwe af-ashe mu mugongo iyo migwi.
- **INTUMBERO Z'ICIGWA:**
 - Gutahura ko umwumvikano ushingiye ku ngingo usaba ko ibiva mu kuvugana, kuganira canke umwumvikano vyisunga ingingo atari ibishobisho.

1. Intangamarara

Iminota 10

- Kwakira abakenyezi b'abadandaza batobato ku mbibe, n'abagabo babo no kubashimira kubona bitavye.
- Rabe abacerewe n'abasivye.
- Bibutse ku nyigisho iheruka mu kubasaba kuvuga muri make ivyaniweko mu nyigisho iheruka.
- Bamenyeshe ko inyigisho y'uu musi ishingiye ku guhanahana ivyiyumviro ku ngingo ya 4. S3. Ugusozeru Gushimira abitavye kubona bajé.
- Basabe kuvuga ikintu kimwe bize uyu musi n'ikindi banyotewe kubona mu nyigisho ikurikira. Babaze ko bafise ibibazo ku yigisho y'uu musi.
- Bamenyeshe ko icigwa gikurikira bazorabira imyumvikano ishingiye ku ngingo ya kane: INYISHU : Gushimikira ku-vyisungwa bidahengamye. Hanyuma, bibutse itariki, masaha n'urutonde rw'inyigisho ikurikira unababwire ko ufise igishika co gusubira kubabona.aba ko ivyitezwe bishikwako hakoreshejwe ivyisunga bidahengamye.
- Mubamenyeshe ko inyigisho y'uu musi ari iyo gushira mu ngiro kuberako idufasha kwiyumvira ivyo twisunga mu kuvugana bitavuye ku gushaka kw'abariko baravugana. Kumenyereza abitavye gutora no gushiraho icisungwa kida-hengamye, kijanye, cemewe n'abahanganye, c'ukuri, cubahiriza bose. Shimika ko muri iyi nyigisho, abitavye bazosaba kwiyumvira uwababo, atagufyina kugira bakoreshe iyi ngingo.

2. Gushimik akw'ikoreshwa ry'ivyisungwa bidahengamye no gusaba ushimitse ko ivyitezwe biboneka hakoreshejwe ivyisungwa bidahengamye.

Iminota 100

Ibikoresho: Ibicapo, amakarata.

Uko bikorwa: Ugushikiriza, udukino, bikurikiwe n'ido n'ido.

Uko bigenda:

Intambwe ya 1. Incamake (Iminota 10).

- Saba abitavye bavuge icabakozeko cane mu nyigisho iheruka ku ngingo ya 3 y'umwumvikano ushingiye ku ngingo(shiraho ubutwo atawutsinda n'uwtusindwa)
- Baza abitavye ibibazo bikurikira :
 - Kuva ku nyigisho iheruka, hoba hariho uwumaze guhabwa kuja gufasha gutatura amatati ?

- *Ni ibihe vyari bigoye ? Ni ibihe vyari vyoroshe?*
 - Kurikira neza ikiganiro ku buryo abenshi mu bitavye bavuga. Tera intego cane abanywanyi badakunda kuvuga mu mugwi kugira bavuge (utarinze kubacira urubanza ngo bahave bashavura).
-

Intambwe ya 2. Ugushikiriza (Iminota 10)



- Gusaba abitavye ngo barabe igicapo bace biyumvira ko ico gicapo gisa n'urubura ari ingorane.
 - Sigura ko uruhande nyarwo rw'amatati rwama rugaragara. Turashobora ku rubona mu gice kiboneka hejuru y'amazi. Uruhande nyarwo ruboneka nk'urugaragara tubonye ibi bintu : abantu biraba, aho bahagaze, amategeko, n'ibindi.
 - Sigurako uruhande atari rwo rw'amatati arurwo kurinda kurondera kandi ntiruzopfa rubonetse. Turashobora kubibona mu gice kitaboneka kiri mu mazi nka : ibiduhangayikishije, ivyo tudatahura kumwe, ivyo twibaza, ibigumba-gumba, ibishobisho, uwropa, inyungu, imico, ivyo dukeneye.
 - Ninde afise ukuri mu matati ?
-

Intambwe ya 3. Ugukina bakurakuranwa (Iminota 40)

- Saba mu mugwi abantu batandatu babaye bake bavemwo baje gutegura agikino k'umwumvikano canke ibiganiro ku matati (bahe iminota 10 yo kwitegura)
- Mu gihe bakina bariko barategura agokino, tandukanya abasigaye mu migwi ibiri yo kwihweza:
 - *Saba igice c'abasigaye kwihweza no gufata ibintu vyavuzwe, aha abantu bahagaze n'amategeko yokwisungwa. (mugihe babizi)*
 - *Saba ikindi gice kwihweza no gufata imiyitarariko, ibishobisho, uwropa, n'inyungu bagaragaje.*
- Bamwe batandatu bamaze gukina, Saba abasigaye berekane:
 - *Ni ibihe bintu, aho abantu bahagaze mwashoboye kubona?*
 - *Ni ayahé mategeko yoshirwa mu ngiro? (nimba bayazi)*
- Hanyuma abasigaye ubabaze ibi:
 - *Abo bakinyi mwabonye bafise iyihé myitarariko, ibishobisho, uwropa n'inyungu ?*
 - *Vyabonetse gute ? (akarorero : ibimenyetso, kuduza ijwi, n'ibindi)*
- Hanyuma uce ubaza bose:
 - *Mwabonye abakinyi bari biyemeje gute gutora inyishu yamatati?*
 - *Ni izihe ntumbero zidahengamye mwokura uri ayo matati?*
 - *Abakinyi bari kwitwara gute ngo baronke inyishu nziza kuri bose?*
 - *Ganira muteko mwerekane neza mwisunze impanuro z'umworosha zikurikira*

Ibigenewe aborosha

Akira kandi wumvirize ibishikirijwe n'ubo muriko murumvikana. Murashobora kumubarira ko mubanje kugira urutonde rw'iviyumviro vyinshi ko uza gutora vyiza kuri mwese.

Amahirwe ni menshi yo gutoramwo iciyumviro ciza mu gihe ufise vyinshi imbere yawe.

- Kvirinda gusubiriza mu ndumane ngo, " ijisho ku rindi, iryinyo ku rindi ".
- Bensi biyumvirako ibiganiro/umwumvikano wama urimwo abantu babiri, uwutsinda n'uwutsindwa.
- Iyo umuntu aduze, murirwanira namwe mukamudugako. Kubera ishavu, muvuga cane. Muri ico gihe, bironoshe kurwa mu mutego wo kwunyura ibintu n'umwumvikana ugaca usubizwa inyuma n'ugukoresha inguvu navyo bikaba bisambura.
- Aho kugerageza gucuvya inguvu z'ubo muhanganye, nikuzikoresha uzirabisha ku ngorane ikeneye gutora umuti. Gukora ibihushanye n'ivo uwo muriko muravugana abitezeko biramukorako ku buryo bwiza bagatuma yuguruka.

Guha ikibanza ibishobisho:

- Mu mwumvikano, ibishobisho (vyaba ivyawe canke ivy'ubo muriko muravugana, birashobora kubera intambamyi inyishu. Ariko kandi, birashobora gufasha).
- Ikindi ni kuraba ibigenewe vy'urufatiro vyinyegeje inyuma yavyo haba kuri mwebwe canke uwo muvugana. Ukuuduga bigaragaye bishobora kwerekana ko uwo muvugana yabonye ko utamenye uwo ariwe canke ko yimwe ijambo mu gufata ingingo.
- Uko biri kwose, kutabigaragaza, kubihisha ariko kubiserura ukaguma uvymanga, ni kuvuga, kutigera na rimwe wagiriza uwundi.
- Kugaragaza ibigumbagumba vyawe ni kimwe mubituma bizana uwundi kukwumviriza.

Ihame No 4. Shimangira gukoresha ibipimo bifatika:

- **Ibipimo bifatika ni:**
 - Yigenga kubushake bwamashyaka abigizemo uruhare
 - Biremewe kumpande zombi
 - Ibipimo byuburinganire uburinganire bwibisubizo (urugero 50/50), uburinganire bwibikorwa (urugero gushushanya)
- **Gushingira ku ngingo zifatika bisobanura:**
 - Gushakisha hamwe kubintu bifatika
 - Buri gihe komeza ufungure ibitekerezo, ntuzigere utanga igititu.
- **Ukwumvikana bishingiye ku ngingo, inzira yubaka uwo muhanganye**
 - Ego, mu ntumbero y'imigenderanire ikwirikiranywe, ukwemera inyungu ziwe bica bijana n'ukwubaha uwundi.
 - Ego, kuganira neza ntibwirizwa guca mu gwenge, imitego n'intumbero mbi ego, kugira ibiganiro bigende neza, niviza kw'icarana impande n'impande gusumba guhangana, kuko ubugabo si urucumu.
 - Akira kandi wumvirize ibishikirijwe n'ubo muriko murumvikana.
 - Murashobora kumubarira ko mubanje kugira urutonde rw'iviyumviro vyinshi ko uza gutora vyiza kuri mwese. Amahirwe ni menshi yo gutoramwo iciyumviro ciza mu gihe ufise vyinshi imbere yawe.
- **Kvirinda gusubiriza mu ndumane ngo, " ijisho ku rindi, iryinyo ku rindi ".**
 - Bensi biyumvirako ibiganiro/umwumvikano wama urimwo abantu babiri, uwutsinda n'uwutsindwa. Iyo umuntu aduze, murirwanira namwe mukamudugako. Kubera ishavu, muvuga cane.
 - Muri ico gihe, bironoshe kurwa mu mutego wo kwunyura ibintu n'umwumvikana ugaca usubizwa inyuma n'ugukoresha inguvu navyo bikaba bisambura.
 - Aho kugerageza gucuvya inguvu z'ubo muhanganye, nikuzikoresha uzirabisha ku ngorane ikeneye gutora

umuti. Gukora ibihushanye n'ivyo uwo muriko muravugana abitezeko biramukorako ku buryo bwiza bagatuma yuguruka

- **Guha ikibanza ibishobisho :**

- Mu mwumvikano, ibishobisho (vyaba ivyawe canke ivy'uwo muriko muravugana, birashobora kubera intam bamyi inyishu. Ariko kandi, birashobora gufasha.
- Ikindi ni kuraba ibikenewe vy'urufatiro vyinyegeje inyuma yavyo haba kuri mwebwe canke uwo muvugana. Ukuduga bigaragaye bishobora kwerekana ko uwo muvugana yabonye ko utamenye uwo ariwe canke ko yimwe ijambo mu gufata ingingo.
- Uko biri kwose, kutabigaragaza, kubihisha ariko kubiserura ukaguma uvymanga, ni kuvuga, kutigera na rim we wagiriza uwundi. Kugaragaza ibigumbagumba vyawe ni kimwe mubituma bizana uwundi kukwumviriza.

- **Ukwumvikana bishingiye ku ngingo, inzira yubaka uwo muhanganye**

- Ego, mu ntumbero y'imigenderanire ikwirikiranywe, ukwemera inyungu ziwe bica bijana n'ukwubaha uwundi.
- Ego, kuganira neza ntibwirizwa guca mu gwenge, imitego n'intumbero mbi.
- Ego, kugira ibiganiro bigende neza, nivyiza kw'icarana impande n'impande gusumba guhangana, kuko ubuga bo si urucumu.

3. Ugusozera

Iminota 10

- Gushimira abitavye kubona baje
- Babaze bavuge ikintu bize uyu musi bazoyagira n'abandi bantu wongera ubabaze ikintu banyotewe kwiga mu nyigisho zikurikira..
- Babaze kandi ko atabibazo bafise ku nyigisho y'uyu munsi.
- Hanyuma, bibutse itariki, isaha n'urutonde rw'ivyirwa rw'umusi ukurikira mucu mu babwira ko mufise igishika co gusubira ku babona.

Icigwa 6.6. Igihe uwo muriko murumvikana ahevye umwumvikano ushingiye ku ngingo akirukira izindi nzira mutumvikanye

- **UMWANYA:** Utarenga amasaha abiri
- **ABO CEREKEYE:** Abakenyezi bakora urudandazwa rutoruto ku mbibe n'abagab babo.
- **UMWOROSHA:** Aborosha babiri bavuye mu migwi y'ibiganiro n'abaremehakiyago bavuye mu mashirahamwe af-ashe mu mugongo iyo migwi.
- **INTUMBERO Z'ICIGWA:**
 - Guhimiriza abitavye bumvikana kwanka kuba aribo bahasigara : Urashobora kwerekana ko utarekura, utarekura na gato ariko wishimikije ingingo atari ivyipfuzo.
 - Gutahura ko mu mwumvikano, inzira itemewe ari inzira ariko ko idafise insiguro ariko ifise imforo ko rero ari vyiza kwumvikana ku mategeko agenga ibiganiro

1. Intangamarara

Iminota 10

- Gutondeka intebé ku buryo wewe, umworosha mugira umuzingi munini.
- Kwakira abakenyezi b'abadandaza batobato ku mbibe, n'abagabo babo no kubashimira kubona bitavye.
- Rabe abacerewe n'abasivye.
- Bitutse ku nyigisho iheruka mu kubasaba kuvuga muri make ivyaniweko mu nyigisho iheruka.
- Bamenyeshe ko inyigisho y'uju musi ishingiye ku guhanahana iviyumviro kuri "Igihe uwo muriko murumvikana ahevye umwumvikano ushingiye ku ngingo akirukira izindi nzira mutumvikanye". Mubamenyeshe ko inyigisho y'uju musi ari iyo gushira mu ngingo kuberako idufasha kwiyumvira ibantu bitumvikanyeho, ubuhinga buvanze n'ikinyoma uwo turiko turumvikana akoresha mu biganiro n'ukuntu twovyifatamwo.
- Kumenyereza abitavye gutora no gushiraho icisungwa kidahengamye, kijanye, cemewe n'abahanganye, c'ukuri, cu-bahiriza bose, Shimika ko muri iyi nyigisho, abitavye bazosaba kwiyumvira ubwabo, atagufyina kugira bakoreshe iyi ngingo igoye y'ibiganiro bishingiye ku ngingo.

2. Igihe uwo muriko murumvikana ahevye umwumvikano ushingiye ku ngingo akirukira izindi nzira mutumvikanye

Iminota 100

Ibikoresho : Ikarata zanditsweko ; marikeri, impapuro za flip chart.

Uko bikorwa : Ugushikiriza, udukino two gukakuranwa bikurikiwe n'ido n'ido.

Uko bigenda:

Intambwe ya 1. Incamake (Iminota 10).

- Baza abitavye bavuge ikintu cabakozeko ku ngingo ya kane y'umwumvikano ushingiye ku ngingo (Shimika ko bako-resha ivyisungwa bidahengamye).
- Kuva ku nyigisho iheruka, hoba hariho umuntu umwe muri mwebwe yakozweko ngo aze gufasha gutatura amatati?
 - Ni icahe cabagoye ?
 - Ni icahe caboroheye?

- Fasha umugwi ku buryo abenshi muri bo bashobora kuvuga. Tera intege cane abadakunda kuvuga kugira nabo bagire ico bavuze (mutabatunnze urutoke kuko bohava bashavura)

Intambwe ya 2. Ugukina bakurakuranwa (Iminota 40)

- Saba abantu batandatu bo mu mugwi babishaka basohoke baje kwiyumvira agakino aho hakoreshwa uburyo mutumvikanye, ubuhinga burimwo ikinyoma bahura nabwo mu rudandazwa rutoruto rwo ku rubibe aho uwo bahang-anye akoresha ubwo buryo n'ukuntu bavyifatamwo(bahe iminota 10 yo kwitegura)
- Igihe baciyumvira, bwira abasigaye kuza kwihweza no gufata inzira zuzuye ibinyoma ziza gukoreshwa n'ababa bariko barakina.
- Bahejeje gukina, baza abitavye bakurikiye batange umuco :
 - *Vuge amatati yari muri ako gakino.*
 - *Ni izihe nzira zitemewe zakoreshejwe?*
 - *Kubera iki uwo muganira yoba yahisemwo gukoresha inzira zitemewe?*
 - *Mwoba mwabonyemwo ibiranga ikiganiro gishingiye ku ngingo? Ari ego, ibihe?*
 - *Kuri mwebwe, ni iyihe myitwarariko, ibigumbagumba?*
 - *Ubwoba canke inyungu vyerekanywe n'abakinyi?*
 - *Vyagaragaye gute ? (Nk'akarorero : ibimenyetso, kuduza ijwi, n'ibindi)*
 - *Abakinyi bari kuba bigenjeje gute kugira batorere inyishu amatati yabahuje?*
 - *Ni ibihe vysisungwa bidahengamye mwashoboye kubona mu gakino?*
 - *Abakinyi bari kubigenza gute k gira baronke inyishu nziza kuri bose?*
 - *Hoba hariho ibihe bisa navyo mu maze kubona mu buzima bwanyu bwa misi yose?*
- Mugerageza gute gutorera inyishu ayo matati mukoreshheje ingingo

Ibigenewe umworosha:

Inyifato itabereye ikunda gukoreshwa:

- Ikinyoma kigambiriwe : amakuru atariyo kuvyabaye, ku muntu muriko murumvikana, k uvyo wipfuza gushikako(tandukanye kubesa no kutavuga vyose)
- Ibihe biteye uwwoba : ku bivuga, guhindura, gusaba kuruhuka
- Gusotora uwundi : kumuvgakko, gushaka ku mushira hasi (kumuha irindi sango, guhagarika ibiganiro kugira wikorere ibindi bintu, ivywibaza bifise intumbero mbi, kwanka kumwumviriza kugira aze kubwirizwa gusubiramwo, kutamuraba mu maso.
- Iterabwoba rijanye n'icizere, turashobora kuryahoza, turashobora gushiraho ibishobora gushikira uwurigira, turashobora kubikoresha ku nyungu ziwe, ku bivuga, kuvugakko utishura no gusaba ko ikiganiro cofatira kuvyisungwa bigahengamye. o
- Uburyo bwo gushira igititu ku mwumvikano ufatiye aho umuntu ahagaze : kwanka kuganira, gusaba ibireng- eye, kuguma umuntu yongereza ivyo asaba, uwo mwumvikana ari ntaho mfatwa, kwiyemera, nivyo gufata canke kureka.
- Muri vyose, ni ukwanka kuhasigara : urashobora kuba ugumye gusumba uwo mwumvikana, ariko kungingo atari aho uhagaze. Biroroshe guharanira ingingo zitumbereye gusumba gusigura ibinyoma.

3. Ugusozera**Iminota 10**

- Gushimira abitavye kubona baje babaze bavuge ikintu bize uyu musi bazoyagira n'abandi bantu wongera ubabaze ikintu banyotewe kwiga mu nyigisho zikurikira..
 - Babaze kandi ko atabibazo bafise ku nyigisho y'uyu munsi.
 - Bamenyeshe ko inyigisho ikurikira ari iya bose, abakenyezi b'abadandaza batobato ku mbibe n"abagabo babo, musabe abubakanye kwitegurira uwo musi.
 - Hanyuma, bibutse itariki, isaha n'urutonde rw'ivyirwa rw'umusi ukurikira muce mu babwira ko mufise igishika co gusubira ku babona.
-

Icigwa 6.7. Inyigisho rusangi: Umwumvikano ushingiye ku ngingo

- **UMWANYA:** Amasaha abiri ntarengwa
- **ABO CEREKEYE:** Abagore bato bacuruza imipaka (Fpct) nabagabo babo.
- **UMWOROSHA:** Aborosha babiri bahuguwe bo mu itsinda rya Dialogue, abahugura amashyirahamwe y'abafatany-abikorwa
- **INTUMBERO Z'ICIGWA:**
 - Shishikariza abashakanye kwitoza imishyikirano itekereje kandi ntabwo ari imishyikirano imyanya.
 - Gukangurira abanyamuryango ibiganiro kugirango bumve amakimbirane kandi ugerageze kuyakemura guke mura muburyo bwiza kandi bwubaka bushoboka kugirango wubake kwizerana no gushimangira umubano murugo rwabo, aho batuye kandi umva ko "imishyikirano itekereje" nubundi buryo bwubaka kuri umwanzi.
 - Onera usuzume ibitekerezo byingenzi byaganiriweho kumutwe wose w "imishyikirano gutekereza "no gufunga insanganyamatsiko.

1. Intangamarara

Iminota 10

- Tondeka inteve ku buryo abitavye n'umworosha mwese mugira umuzingi munini. Kwicara uko bituma abitavye babonana, bumvirizanya kandi bumva bangana.
- Akira abitavye muri iki cigwa ubashimire kubona bitavye. Imigwi y'ibiganiro n'iyindi migwi (clubs) y'abagabo yobandanya ikora nkuko vyahora, izo nyigisho rusangi ziyongera kunyigisho z'imigwi.
- Bamenyesheko intumbero y'iyi nyigisho rusangi ari iyo gushiraho umwanya mwiza wo kuganira ku nyigisho ziraba ubuzima bwa misi yose abubakanye bari hamwe.
- Bawire ko ibiganiro bibunganije neza ku buryo abitavye bose bakorera hamwe, imyimenyerezo yo mu migwi n'udukino.
- Babwireko amategeko ngenderwako y'imigwi itandukanye akora no mu nyigisho rusangi(ukugumya ibanga, ibuvugirwa aha biguma aha, kwubaha ico umuntu avuze, kwumvirizanya neza, amajwi y'abagabo n'abagore yose abwirizwa kwumvirizwa, kwitaba inyigisho zose za bose, gutangurira ku gihe, kuzimya amaterefone, kubahiriza umwanya, gusaba ijamo;, kwubaha iciyumviro c'abandi ...)
- Gusigura kandi akamaro ko kugumya ibanga hagati y'abubakanye. Intumbero y'inyigisho rusangi si ugutuma uwundi urutoke no guhazukira hamwe, kunebagurana ariko kwiyumvirira hamwe ingene twobana n'ukuntu twoteza imbere imigenzo yacu, n'ukuntu twoteza imbere ukuvugana no kurangura imigambi hagati y'abubakanye.
- Babwira ubwambere bidondore hanyuma ubabwire ko mugije kuganira ku mwumvikano ushingiye ku ngingo mu gutorera umuti amatati hagati y'abubakanye.

2. Ukwumvikana bishingiye ku ngingo. Ingingo 4 nyamukuru

Iminota 100

Uko bikorwa: Imyimenyerezo ku muntu umwe umwe na hagati y'abubakanye

Ibikoresho: Ntanakimwe

Intumbero:

- Kwiga kumenya matati hagati ya'abubatse canke mu muryango, kuyabamwo no kuyatatura neza.
- Kumenya gutandukanya amatati n'umuntu kugira mubeho neza muri rusangi nk'abubakanye canke umuryango.
- Kwimenyereza gukoresha umwumvikano ushingiye ku ngingo hagati y'abubatse n'umuryango.

Uko bigenda:

- Ibutse abitavye ko bagize imigiwi y'ibiganiro ifise intumbero yo guteza imbere ukubaho neza kw'ingo n'imiryango.
- Ibutse abanywanyi ko kubona bitavye bipfuza kuzana impinduka mu miryango yabo.
- Saba umwe wese mu bitavye, mu minota itanu avuge ukuntu yipfuza kubona we n'uwo bubakanye n'umuryango babayeho, Hanyuma uce usaba umwe yipfuza gusabikaniriza abandi uko abibona. Ntahagire uwo muhatira kuvuga hatabonetse uwubishaka.
- Saba abitavye :
 - Kubwanyu, ni ayahé matati abubatse bahuriyeko? (*Gira ico muvuze muri rusangi ariko ntimuvuge kuvyashikiye umwe mubaho*)
 - Abubakanye batatura gute matati hagati yabo muri rusangi?
- Nk'umworosha, tora ingorane imwe yavuzwe n'abubakanye. Basigurire ko mugije kuyifatirako akarorero muyih-wereze hamwe. Sabe abitavye:
 - Kuri mwebwe, abantu barashobora gutandukanya n'ingorane ?
 - Muri ayo matati, n izihe nyungu zirimwo?
 - Ni izihe nyishu zotuma bose bumva ko bungutse ?
 - Ni izihe mpinduka inyishu yozana?
 - Ni iyahé nyishu aho atawutsinda canke ngo atsindwe hagati y'abubakanye canke umuryango?
 - Ni ikihe cokorwa kugirango twumve ko tumerewe neza kandi dushimye?
- Vuga inyifato itari yo, ubuhinga buvanze n'ibinyoma bwibonekeza kenshi mu mwumvikano hagati y'abagore n'abagabo canke mu miryango, vyohinduka gute?
- Ha umwanya ukwiye ikiganiro rusangi ariko urabeko ibigize umwumvikano ushingiye ku ngingo vyose mubicako.
- Hereze abitavye igikorwa co gukorera i muhira:
 - Umugore canke umugabo wese ahamagariwe gucagura inyifato mbi canke amayeri yama akoresha agiye gukosora kugira azanire umunezero, amahoro, kugubwa neza uwo bubakanye, abana, umuryango n'ababanyi(nk'akarorero ikin yoma kiigambiriwe, intambara y'inyifato nk'akarorero ibihe bitera agahinda, gusotora uwundi : kumuvuga, gushaka kumushira hasi, kutamwumviriza canke kumuciramwo ariko aravuga, kureka kumwumviriza kugira abwirizwe gu subiramwo, kutamuraba mu maso, ... ubwenge bwo kwigira intama ari ibingira, gutera ubwoba, gusuzugura uwundi, gushira igitutu ku wundi mu mwumvikano, kwanka ibiganiro, gusaba amananiza, kuguma wongeza ivyo usaba ; kuba ntahomfatwa ...
 - Bamenyeshe ko intahe zabo n'ivyo babyemwo bizosabikanya mu nyigisho ikurikira.

Ibigenewe umworosha:

Nivyiza kumenya gukoresha ibikoresho bitandukanye. Abakozi ba Alert International basabwa kuba ariho bari muri iyi nyigisho.

Indangurakintu:

- **Aho umuntu ahagaze:** Aho umuntu ahagaze bisigura ivyo aba ashaka. Aho umuntu ahagaze ni uburyo bwo kwiyumvira, iyo ashaka kuja n'intumbero. Aho umuntu ahagaze hashingiye ku nyungu ziwe bwite, zifatanye n'akazi canke mu bisanzwe uko ishirahamwe ryateguye uko ibintu bigenda. Inyungu zirashobora guhinduka ivyo umuntu akeneye cane.
- **Inyungu:** Inyugu ni ivyipfuzo n'ibiraje ishinga umuntu bijanye bituma umuntu agira aho ahagaze. Birashobora kuba ibintu bigaragara bishobora guhanahanwa kugira umuntu yikenure.

Gusubira kuraba ingingo cumi zigize umwumvikano ushingiye ku ngingo:

1. **Gushiraho ukwizerana utarambiye :** Ikintu cankenerwa kugira umwumvikano ushikweko ni kugirirwa icizere n'abo muriko muravugana. Rimwe na rimwe, utumenyetso dutoduto ugira n'ugushaka turakwiye kugira turen-

gere imyaka n'iyyindi yo kutizerana.

2. **Fata uwo muriko muravugana nkuko wipfuza gufatwa :** Imisi yose,i baze ikibazo imbere yo kwitwara uku canke kuriya : No kwitwaye gute uwundi muntu amfashe uku ? Mwibuke ko umuntu wese ikeneye gutahurwa no gushimwa.
3. **Gutahura ko ushabora guheba atawugufashije:** Mu biganiro vyose, muntango umwe wese agira ati sindekura kugirango agumane uruvugiro. Mukugira batere intambwe, iyo umwe arekuye, uwundi aca atahura ko yarengije urugero muvyo asaba. Ingaruka, aho kworoha, bica bikomera. Niyo ntumbero nyamukuru y' " umwumvikano ushingiye ku ngingo ": Aho kugira aho ahagaze aravye uwundi aho ahagaze, " arondera inyungu aravye aho ahagaze ". Mu yandi majambo, ntimumhagarare kuvyo musaba, ariko muhagarare ku gituma mu bisaba. Muzotahura neza ivyo uwo muvugana akenewe.
4. **Menya ko mushobora gufashanya ataco uhevye :** Igitandukanye n'abavuga ko kizira kuvuga inyungu zawe witwaje ko woba wiyatse inguvu, ni vyiza kuzitororokanya no kuzemanga (atari ukuvuga ngo mpagaze aha). Mumaze kwivuga ivyanyu, n'uwindi uzokwipfuza kugira nk'uko. Mumaze kumwereka ko mwitwararitse ivy-iwe, muzobona ko, naho aho ahagaze ari igihushane c'aho uhagaze, inyungu zinyegeje inyuma y'ivyo siko zimeze. Aho rero niho igitangaro kigaragarira: Ingorane zivyutse kubera umuntu yavuze inyungu ziwe zituma haba iviyumviro bishasha hakanaboneka inyishu itari yitezwe kandi yemerwa na bose.
5. **Ntukarondera kugura canke kugurisha imigenderanire :** Ni uguhagarika kubanza kugira ico usavye kugira habe imigenderanire myiza mugutegeka uwo muvugana ivyo abanza kwemera. Namwebwe 6. Torera inyishu ingorane y'imigenderanire imbere yo kwiyumvira cane : Nimba ukwumvikana bifise intumbero yo gutore-ra inyishu amatati mu bantu, ni vyiza ko muruhishwa no gutorra umuti ingorane ariko ibitavuzwe bizoguma bihari kandi bituma ibintu bitagenda neza. Ni vyiza ko habanza kuba ukwumvikana bituma imigenderanire imera neza.
6. **Kemura ikibazo cyimibanire mbere yikibazo gishyize mu gaciro:** Niba intego yumushyikirano ari ugukemura a amakimbirane yumuntu ku giti cye, niyo wakora cyane kugirango ukemure ikibazo, ibitavuzwe bizahora bishingiye kandi bizahagarika imikorere yayo neza. Birakenewe rero mbere ya byose kugira imyifatire yubwi-yunge kugirango ituze umubano.
7. **Guca mu mizi iviyumviro vy'abandi imbere yo kuvyemera canke kubihakana :** Ubwoba bwo kubona ko uwundi afata iviyumviro vyanyu nk'ivyo mwiyemeje bituma bihagarika utwigoro dushasaha. Birasabwa cane kwirinda guhakana iciyumviro c'umuntu ubwo nyene. Akira wumviriza iviyumviro vyiwe. Amahirwe yo gutora iciyumviro ciza ni menshi iyo hari iviyumviro vyinshi ku meza.n'ukwrinda kurondera gukingira imigenderanire mugukora ivyo. Kuko ivyo mu mwatse azokora uko ashoboye ngo abibake nawe. Nimba arimwe mugize ivyo mu mumwemerera, azotangura kuvuga ko mwamuronse no kwicuza ko yasavye bike akaguma asaba ibindi.
8. **Kwirinda gusubiriza mu ndumane ngo, " ijisho ku rindi, iryinyo ku rindi ".** Bensi biyumvirako ibiganiro/umwumvikano wama urimwo abantu babiri, uwutsinda n'uwtusindwa. Iyo umuntu aduze, muriranira namwe mukamudugako. Kubera ishavu, muvuga cane. Muri ico gihe, biroroshe kurwa mu mutego wo kwunyura ibintu n'umwumvikana ugaca usubizwa inyuma n'ugukoresha inguvu navyo bikaba bisambura. Gukora ibihushanye n'ivyo uwo muriko muravugana abitezeko biramukorako ku buryo bwiza bagatuma yuguruka.
9. **Guha ikibanza ibishobisho :** Mu mwumvikano, ibishobisho(vyaba ivyawe canke ivy'uwo muriko muravugana, birashobora kubera intambamyi inyishu. Ariko kandi, birashobora gufasha. Ikindi ni kuraba ibikenewe vy'urufatiro vyinyegeje inyuma yavyo haba kuri mwebwe canke uwo muvugana. Ukuduga bigaragaye bishobora kwerekana ko uwo muvugana yabonye ko utamenye uwo ariwe canke ko yimwe ijambo mu gufata ingingo. Uko biri kwose, kutabigaragaza, kubihisha ariko kubiserura ukaguma uvymanga, ni kuvuga, kutigera na rimwe wagiriza uwundi. Kugaragaza ibigumbagumba vyawe ni kimwe mubituma bizana uwundi kukwumviriza.
10. **Tegura imbere yo gutangura ico muzokora igihe umwumvikano wanse :** Bisa nk'ibitumvikana kuja gutanguza ibiganiro n'umuntu wamaze gutora inyishu imbere y'uko muvugana. Imbere y'uko mutangura, tegura umuryango wo gusohoka twita inyishu yo. Amahoro bitanga atuma tudashaka inyishu bukwi na bukwi tukagumana ubushobozu imbere y'uwo tuvugana. Yandike, nimba mufise inyishu mwateguye, umvumvikano wanyu ntuzigera unanirwa. Rimwe na rimwe, gutsinda mu mwumvikano ni kunaniza kuko umwumvikano mushitseko mu biganiro udashikira inyishu mwiha mutari muriyvo.

3. Gusozera**Iminota 10**

- Gushimira abitavye kubona baje
 - Babaze bavuge ikintu bize uyu musi bazoyagira n'abandi bantu wongera ubabaze ikintu banyotewe kwiga mu nyigisho zikurikira..
 - Babaze kandi ko atabibazo bafise ku nyigisho y'uyu munsi.
 - Hanyuma, bibutse itariki, isaha n'urutonde rw'ivyirwa rw'umusi ukurikira muce mu babwira ko mufise igishika co gusubira ku babona.
-

Inyigisho ya 7.

Ugufatana mu nda no gutsimbataza amahoro

Intangamarara:

Iyi nyigisho ifise intumbero rusangi yo kwigisha abagize imigwi kwiwheza no no kugira ico bakoze bari hamwe ngo habe ugufatana mu nda. Iyi nyigisho irajanye namatati abakenyezi b'abadandaza batobato bo ku mbibe, abagabo babo, mu kibano n'imigenderanire yo mu bikorwa vya misi yose mu turere two ku mbibe hagati ya republika iharanira demokrasi ya Kongo, Uburundi n'Urwanda. Ivyirwa bigize iyi nyigisho bifitaniye isano rinini n'inyigisho ya 4, " gutahura ibijanye namatati ".

Ibiganiro ku gufatana munda biraba muri rusangi ukwizerana, ukwihanganiranira, umwumvikano, ubucutin'urunani. Umuntu mu banditse yanditse kuri ico kintu ni Emile Durkheim (1858-1917). Ukuntu akazi gatunganjwe, Durkheim agereranya ugufatana mu nda n'ugukora neza kw'ikibano gushingiye ku butandukane bw'ibihuza abantu, ugushigikrana no gukorerahamwe. Mugihe mu kibano hari abantu bafise ibibahuza kandi bafise ivyo bakadera hamwe mu kibano, mu kibano haca haba ugushigikirana. Ariko Durkheim aragabisha ko ugufatana mu nda bishobora gukoreshwa mu gukingira ubusumbasumbane n'akarenganyo.

Muri iyi nyigisho, uru rutoride rw'inyigisho rw'isunga indangurakintu y'ugufatana mu nda yegereye cane iy'inama y'Uburayi. " Inama y'Uburayi isigura ugufatana mu nda nk'ubushoboz bw'ikibano gushiraho ubuzima bwiza bw'abantu baco, mukugabanya ubusumbasumbane no kugwanya ukwikumira, gutunganya ubutan dukane n'imice, no gutanga uburyo bwo gukinga impanuka ku bantu baco bose. "

Inyigisho igabuye mu nyigisho zitanu aho iya gatatu n'ya gatanu igizwe n'ikiganiro rusangi hagati y'abakenyezi b'abadandaza batobato ku mbibe n'abagabo babo. Iyo nyigisho itanga ubushoboz kuri Alert International bwo gutunganya ibiganiro vya bose hagati y'imigwi y'ibiganiro itandukanye yatowe hagati ya Republika iharanira Demokrasi ya Kongo, Uburundi n'Urwanda, kugira hatorerwe inyishu ibibazo bijanye no gufatana mu nda hagati y'abanyagihugu vyerekeye. Bizoshobora kuba guhitamwo, inzira zo gukuramwo bivanye n'ibintu uko vyifashe.

Iyo izi nyigisho rusangi hagati y'imigwi y'ibiganiro zibaye kandi zitunganije neza, birakenewe cane gutahura no kwiwheza ibantu bijanye no kutizerana vyo muri kahise n'ubu, uruhara rwazo ku buzima bw'abanyagihugu, ariko gufata ingingo ningoga kuri kaziza kabu, gutera intege abitavye ngo bashimikire atari gusa kahise, ariko batere intege abitavye ngo batahure kandi bihweze ibantu vyotuma haba ugufatana mu nda kugira habe ukubana. Ni ugutera intege icipfuzo c'umubano ushingiye ku migenderanire yo, itarenganya, ijanye, itanga umwimbu kandi irama hagati ya bose mu gutora ikintu ciza imariye mugenzawe, no kugera ku mwansi wawe. Izo nizo nzira zijana kwubaka umubano ufatanye mu nda.

?

Ivyigwa	Intumbero
Icigwa ca 7.1: Kugira iyerekwa rimwe ry'ugufatanamu nda	<ul style="list-style-type: none"> Kuzana abanyamigwi kugira babone kumwe hagati yabo no hagati y'imigwi ugufatana mu nda mu gihugu cabo.
Icigwa ca 7.2: Kurabira hamwe ugufatana mu nda	<ul style="list-style-type: none"> Gutegurira hamwe urutonde rw'ibantu vyongereza canke bikagabanya ugufatana munda n'ubutumwa bw'amahoro hagati y'imigwi itandukanye.
Icigwa ca 7.3: Inyigisho rusangi: Kurabira hamwe ugufatana mu nda.	<ul style="list-style-type: none"> Gutegurira hamwe urutonde rw'ibantu vyongereza canke bikagabanya ugufatana munda n'ubutumwa bw'amahoro hagati y'imigwi itandukanye.
Icigwa ca 7.4: Gukorera hamwe ngo habe ugufatana mu nda	<ul style="list-style-type: none"> Gutegurira hamwe urutonde rw'ivyokorwa kugira imigwi itandukanye ikorere hamwe mu guharanira ugufatana mu nda mu kibano iwabo.
Icigwa ca 7.5: Inyigisho rusangi: Gukorera hamwe ngo habi ugufatana mu nda.	<ul style="list-style-type: none"> Gutegura urutonde rw'ibizokorwa kugira abubabakanye bakorere hamwe mu guharanira ugufatana mu nda. Gutuma haba ibiganiro rusangi hagati y'imigwi y'abakenyezi b'abadandaza n'abashingantahe babo ku bibazo bijanye n'igitsina, gutsimbataza mahoro n'ugufatana mu nda.

Icigwa ca 7.1. Kubona kumwe ugufatana mu nda

- **UMWANYA:** Amasaha abiri n'igice ubaye munini
- **ABO CEREKEYE:** Abakenyezi b'abadandaza batobato ku mbibe canke abagabo babo.
- **UMWOROSHA:** Aborosha babiri n'abremeshakiyago bavuye mu mashirahamwe bakorana.
- **INTUMBERO Z'ICIGWA:**
 - Kuzana abanyamigwi kugira babone kumwe hagati yabo no hagati y'imigwi ugufatana mu nda mu gihugu caboo.

1. Intangamarara

Iminota 10

- Tondeka intebé ku buryo abitavye na mwebwe umworosha mugira umuzingi munini.
- Akira abakenyezi b'abadandaza batobato canke abagabo babo mu nyigisho nshasha munabashimire ko bitavye.
- Murabe abacerewe n'abasivye.
- Bibutse mu kubasaba batange incamake y'ivyo babonye mu nyigisho iheruka : " Icigwa 6.7.inyigisho rusangi : umwumvikano ushingiye ku ngingo "
- Bamenyesheko inyigisho y'uyu musi ifise itumbero "kubona kumwe ugufatana mu nda". Hazoba uguhanahana iviyiyumviro no kwiyumvira kugira turi hamwe dutange indangurakintu yo gufatana mu nda, ishingiro ridufasha gu-shikira indoto yacu, kwubaka ikibano ciza, uturere two ku mbibe aho abanyagihugu bafitaniye imigenderanire myiza. Iyinyigisho n'intangamarara kunyigisho 7. Ugufatana mu nda/ugutsimbataza amahoro habanje kwibutswa gato "icigwa 4.1 Kugira imvugo imwe no gutanga indangurakintu yamatati".

2. Kubona kumwe ugufatana mu nda

Iminota 130

Ibikoresho : Nta na kimwe

Uko bikorwa: Kuvugana, ibikorwa vyo mu mirwi mito mito bikurikiwe n'ido n'ido.

Intumbero:

- Mu mpera z'iyi nyigisho, abitavye bazoba babona kumwe mu mugwi wabo canke hagati y'imigwi ugufatana mu nda mu gihugu caboo no mu karere, iyindi mbono nshasha basangiye yo gufatana mu nda ku bnywanyi batandukanye b'imigwi yo gufatana mu nda ku migwi y'ibiganiro itandukanye.
- Gufasha abanyamirwi gutahura ugufatana mu nda muri kahise kugira bumvikane akaroreo ko gufatana mu nda bipfuza mu miryango yabo, ku kazi kabo no mu turere two ku mbibe hagati ya Republika iharanira Demokrasi ya Kongo, Uburundi n'Urwanda.

Uko bigenda : Si itegeko: manika flip chart iteguye iriko n'intumbero z'icigwa 7.2

Intambwe 1. Kwibukanya ibantu bimwe bimwe ku matati, ikubagurwa n'amahoro (Iminota 20)

- Saba abitavye bibutse ukuntu mu nyigisho 4.1 bari batahuye amatati, ikubagurwa n'amahoro.
- Bwira abitavye kandi bavuge amatati yama agaruka mu miryango yabo , mu kibano canke mu turere turi ku mbibe hagati ya Kongo, Urwanda n'Uburundi.
- Baza abitavye ukuntu ayo matati avuka, abatuma aba nyamukuru n'ingaruka ku banyagihugu bahuye na yo (mu miryango canke mu bikorwa vy'ubudandaji ku mbibe).
- Gusa abitavye bavuge inyifato yabo imbere yamatati.
- Sozera uyu mwimenyerezo mu kwerekana amatati nk'ikintu kibi, ariko nk'akaryo ko gufatana mu nda; shima inyifato

nziza zituma haba ugufatanna mu nda mu gihe c'amatati, babwire bavuge uruhara bashobora kugira canke bagira mu kugarukana ugufatana mu nda bobicishije mu mwumvikano ushingye ku ngingo.

Umwimenyerezo wa 1. Kworosha umwimenyerezo w'indoto(Iminota 30).

- Banza gushiraho ukwizerana hamwe n'abitavye mu kubatera agakuru canke mu kubacira akagani kerekana akamaro k'indoto y'isi nziza mu mpinduka zijanye n'imibano.
- Bwira abanywanyi bagire umwimenyerezo w'indoto mu kubasaba bahumirize batwarwe gusa n'ibimenyetso vy'umworosha.
- **Uko bigenda:**
 - Bwira abitavye bicare, baje mu migwi mitomito y'abantu 5 canke 6.
 - Bwira umwe wse ahumirize, arabe, agerageza kubona uko mu myaka 5 canke 10 iri imbere ubuzima bwiwe, bw'umuryango wiwe buzoba bumeze, ibikorwa vy'ubudandaji vyiwe bizoba bimeze. Nimurabe kure cane, mubo na ubuzima bwanyu buzoba bumeze gute ?
 - Umwimenyerezo uheze, barira umwe wese yugurure maso asangize abandi indoto yiwe.
 - Bose bamaze kuvuga, saba imeza yose ivuge ivyavuye mu vyo basangijwe.
 - Zunguruka imeza yose kugira umugw wose usangize ivyo wabonye abandi.

Intambwe ya gatatu 2. Kwubaka indoto rusangi, ifise ico izana, iramba ry'imigwi y'ibiganiro, y'ikibano ciza (Iminota 80)

Guca hirya no hino indoto mu gutanga indangurakintu y'iyerekwa ry'umugwi ku mugwi mutomuto wose canke imeza (Iminota 20)

- Baza umugwi wose uravye ibiganiro bagize gutora iryungane ryo vuga neza ugufatana mu nda.
- Tumirira abanywanyi b'imigwi yose gushirahamwe amungane batoye kugira bubake iryungane rimwe rivuga ugufatana mu nda nkuko biri mu ndoto y'umugwi.
- Umugwi wose uzokwandika iyerekwa ryawo (ku gapapuro) kandi uzokwumviriza ibishikirizwa n'iyindi migwi mu kwumviriza neza ukuntu abandi badondora ugufatana mu nda.

Intambwe ya 3. RGutsimbataza iyerekwa ry'umurwi wose (Iminota 20)

- Gushikiriza muri make canke gufasha ko haba ikiganiro kigufi kivuga ku bintu nyamukuru dusanga mu gufatana mu nda arivyo: ukwizerana, ukwihanganiranira, urutonde, ubucuti n'inani, ugushigikirana mu gukorera hamwe, kuba uri mu mugwi, ukugburwa kw'akazi n'ukwitabira ibikorwa vy'umugwi...
- Saba abitavye batangura igice c'ibibazo n'inyishu urupapuro ruheze kugira abaitavye bafate neza indangurakintu zarimwo.
- Saba umugwi wose gusubiramwo indangurakintu yawo ijanyo n'ivyo washikirije, uce werekana iyerekwa ryanyuma biciye mu gicapo, icese, ururimbo canke agokino.

Intambwe ya 4. Kugira iyerekwa rimwe ku mugwi (Iminota 50).

- Tegura uguhuriza hamwe uce usaba umugwi wose kuvuga iyerekwa ryawo. .
- Hanyuma, saba imigwi yose ishushanye ugufatana munda.
- Shimira abitavye bahejeje gushikiriza ivyo bakoze.
- Bwira umugwi wose ucagure uwuwuserukira kugira agire umugwi, awurongoye, uza gushirahamwe iyerekwa ry'imigwi itandukanye mu kurondera iyerekwa ry'intangamarara ry'iyerekwa ry'umugwi.(kuresha umwanya w'akaruhuko kuri ico gikorwa).
- Uyo mugwi uzofata iminota mikeyi yo kugira iyerekwa ry'intangamarara ry'iyerekwa ry'umugwi.
- Mw'ihuriro rya bose, ni mwerekana iyerekwa ry'intangamarara ry'iyerekwa ry'umugwi. Babwire bahindure kugira batore iyerekwa rihuriweko na bose

- Shimira abitavye kubona baje
 - Babaze bavuge ikintu gishasha babonye uyu musi, ikintu bagiye gusangiza abandi n'ikintu bafitiye inyota kubona mu nyigisho ikurikira.
 - .Babaze KO bafise ibibazo kunyigisho y'uyu musi.
 - Bamenyeshe ko inyigisho ikurikira izoba ihariwe " kurabira hamwe ugufatana mu nda)
 - Hanyuma, babwire itariki n'urutonde rw'ivyigwa ku nyigisho ikurikira unababwire ko ufise igishika co gusubira kuba-bona
-

Ibigenewe aborosha

- Babwire ko ari iyerekwa rizobafasha kuvyuka no kubandanya nibatsitara ku mitego yo mw'ibarabara, inzira y'ubuzima, mu miryango, no mu biko rwa vyabo,...
- Nimba abanyamurwi batazi gusoma no kwandika, umworosha bazobafasha mu kwegeranya iviyumviro no kuvyandika kugira bazobishikirize mu bandi banywanyi b'umugwi mu nini gusumba.
- Mu mwimenyerezo w'indoto, gusoma bukebuke kandi utandukanya uko bigenda mu kuzunguruka imeza zose utanga umuco n'intumbero zikenewe, hakiri kare.
- Heraheza inyigisho mu kanyamuneza, biciye mu ruririmbo, ikimenyetso co gushima, canke kubaramutsa bose.

Icigwa 7.2: Kwi hweza ugufatana mu nda

- **UMWANYA:** Amasaha abiri n'igice ubaye munini
- **ABO CEREKEYE:** Abakenyezi b'abadandaza batobato ku mbibe canke abagabo babo.
- **UMWOROSHA:** Aborosha babiri n'abremeshakiyago bavuye mu mashirahamwe bakorana.
- **INTUMBERO Z'ICIGWA:**
 - Gutegurira hamwe urutonde rw'ibantu vyongereza canke bikagabanya ugufatana munda n'ubutumwa bw'ama horo hagati y'imigwi itandukanye.

1. Intangamarara

Iminota 10

- Tondeka inteve ku buryo abitavye na mwebwe umworosha mugira umuzingi munini.
- Akira abakenyezi b'abadadandaza batobato canke abagabo babo mu nyigisho nshasha munabashimire ko bitavye.
- Murabe abacerewe n'abasivye.
- Bibutse mu kubasaba batange incamake y'ivyo babonye mu nyigisho iheruka : " 7.1.Kwubaka iyerekwa rimwe ry'ugufatana mu nda "
- Bamenyesheko nyigisho y'uyu musi ifise intumbero " kubona kumwe ugufatana mu nda". Hazoba uguhanahana iviyumviro no kwiyumvira kugira turi hamwe dutange urutonde rw'ibantu bigwiza canke bigabanura ugufatana mu nda mu gihugu cabu, mu migwi y'ibiganiro, mu mihana iwabo no gutegura ubutumwa bw'amahoro hagati y'imigwi biraba.

2. Kurabira hamwe ugufatana mu nda

Iminota 130

Ibikoresho: flip chart, amakaramu yo gutegurira abanywanyi impapuro, mirikeri, ikibaho, ingwa, amakarata, ibicapo.

Uko bikorwa: Kuvugana, ibikorwa mu migwi mitomito bikurikirwa n'ido n'ido mw'ihiuri rya bose.

Intumbero: Mu nyuma y'iki cigwa, abanywanyi bazoba bagize urutonde rw'ibantu bigwiza canke bigabanura ugufatana mu nda mu gihugu cabu, mu migwi y'ibiganiro, mu mihana iwabo no gutegura ubutumwa bw'amahoro hagati y'imigwi biraba.

Uko bigenda :

- (Si itegeko : kumanika flip chart iriko intumbero z'icigwa 7.2)

Intambwe ya 1. Gutegura ikignairo (Iminota 30)

- Murikumwe n'abanyamugwi, muraza gutora ubwoko bubiri canke butatu bw'amatati aguma agaruka aho abahang-anye ari abanywanyi b'imigwi y'ibiganiro.
- Tunganya imigwi urayye isano kama hagati y'abitavye.
- Bereke ikibanza bateguriramwo ikiganiro, hobwirizwa kuba hanze y'inzu y'amana.
- Andika, kw'izina ry'ikibano bavamwo, ubutumwa bw'amahoro bwo gushikiriza iyindi migwi ngo ijana mu kibano cayo, bamwe bose.
- utora ababaserukira mu kiganir

Kuyobora ibiganiro (Iminota 40)

- Tegura ahantu heza ho kuganira.
- Ikaze abitabiriye amahugurwa hanyuma ubashyire mu ruziga. Hagati y'uruziga, shyira inteve z'abazitabira kuri

- Ibiganiro. Niba bishoboka, saba abahugurwa kwicara iruhande rwabandi amatsinda.
- Korohereza ibiganiro wubahiriza amategeko. Abahagarariye amatsinda ni bo bonyine bashobora gufata ijambo n'abitabiriye amahugurwa bagomba kwerekana ko bubhana.
- Abandi bitabiriye amahugurwa batega amatwi bitonze kandi bandike ibibazo byabo.
- Ubutumwa bwamahoro buzatangwa nyuma yikiganiro kugirango tumenye umuhango wo gusoza ibiganiro.

Gusoza ikiganiro (Iminota 15).

- Mutegure umugirwa wo gusoza ikiganiro mufatiye ku mico y'aho hantu ,Yerekana ubugenzi, ukwummvikana n'urutonde.
- Mu mpera, umwe wese araha ukuboko abo begeranye agaca asubira mu nzu y'amana (aho umugwi w'ibiganiro uhurira) mu kuganira ibantu bituma haba canke hataba gusubizaho ugufatana mu nda.
- Gutororokanya ibantu vyihutirwa bigira uruhara mu gufatana mu nda.
- Bagarutse mu nzu y'amana, umwe wese arasubira mu mugwi wiwe wa kare agasangira ibi bikurikira n'abany-wanyi mu minota 15 :
 - Uko atahura inzira y'ibiganiro.
 - Ibituma haba canke ibituma hataba ugufatana munda baganiriye n'uuumwegereye ashitse mu nzu y'am akoraniro.
- Umugwi wose urumvikana ku bituma vyihutirwa :
 - Ibituma bitatu bituma haba ugufatana mu nda
 - Ibituma bitatu bituma kutaba.
- Remesha uguhurizahamwe mu kwandika ivyiyumviro bahuriyeko.
- Mu mpera, saba abitavye bemeze urutonde rw'ibantu bigira uruhara ku gufatana mu nda mubihugu vyabo.

3. Ugusoza

Iminota 10

- Shimira abitavye kubona baje
- Babaze bavuge ikintu gishasha babonye uyu musi, ikintu bagiye gusangiza abandi n'ikintu bafitiye inyota kubona mu nyigisho ikurikira.
- Babaze ko bafise ibibazo kunyigisho y'uyu musi.
- Bamenyeshe ko inyigisho ikurikira izoba ari inyigisho rusangi ihariwe " kurabira hamwe ugufatana mu nda)
- Hanyuma, babwire itariki n'urutonde rw'ivyigwa ku nyigisho ikurikira unababwire ko ufise igishika co gusubira kubabona.

Ibigenewe umworosha:

- Bonera ho akaryo ko gushimangira ugukeneranira. Shimira ku civugo : " Turi kumwe, turi inyishu "
- Imbere yogutangura, murabe ko abanywanyi bakoresha umuco wo gushima kugira bubake ingendo yabo.
- Babwire k ubutumwa bw'amahoro butegerezwa kugira intumbero imwe, kurondera ugufatana mu nda.
- Mugihe abitavye batazi ugosoma no kwandika, umworosha bazokwandika ivyiyumviro bikuru bikuru kugira bazobishikiriza umugwi wagutse.

Icgwa 7.3. Inyigisho rusangi: Kurabira hamwe ugufatana mu nda

- **UMWANYA:** Amasaha abiri n'igice ubaye munini
- **ABO CEREKEYE:** Abakenyezi b'abadandaza batobato ku mbibe canke abagabo babo.
- **UMWOROSHA:** Aborosha babiri n'abremeshakiyago bavuye mu mashirahamwe bakorana.
- **INTUMBERO Z'ICIGWA:**
 - Gutejurira hamwe urutonde rw'ibantu vyongereza canke bikagabanya ugufatana munda mu miryango n'ubutum wa bw'amahoro hagati y'abubakanye

1. Intangamarara

Iminota 10

- Tondeka intebé ku buryo abitavye na mwebwe umworosha mugira umuzingi munini.
- Akira abakenyezi b'abadandaza batobato canke abagabo babo mu nyigisho nshasha munabashimire ko bitavye.
- Murabe abacerewe n'abasivye.
- Bibutse mu kubasaba batange incamake y'ivyo babonye mu nyigisho iheruka : " 7.2.kurabira hamwe ugufatana mu nda "
- Bamenyesheko inyigisho y'uyu musi ari inyigisho rusangi ihariwe inyigisho 7.2 kurabira hamwe ugufatana mu nda".
- Hazoba uguhanahana iviyumviro no kwiyumvira kugira turi hamwe dutange urutonde rw'ibantu bigwiza canke bigabanura ugufatana mu nda hagati y'abubakanye, mu mihana iwabo no gutejura ubutumwa bw'amahoro hagati y'abubakanye.

2. Kurabira hamwe ugufatana mu nda

Iminota 130

Ibikoresho: Ibibaho co mumanama, amakaramu yo gutejurira abanywanyi impapuro, mirikeri, ikibaho, ingwa, amakarata, ibicapo.

Uko bikorwa: Kuvugana, ibikorwa mu migwi mitomito bikurikirwa n'ido n'ido mw'ihuriro rya bose.

Intumbero: Mu nyuma y'iki cigwa, abanywanyi/ abubakanye bazoba bagize urutonde rw'ibantu bigwiza canke bigabanura ugufatana mu nda mu gihugu cabu, mu migwi y'ibiganiro, mu mihana iwabo no gutejura ubutumwa bw'amahoro hagati y'imigwi biraba.

Uko bigenda: (Si itegeko: kumanika flip chart iriko intumbero z'icigwa 7.3)

Intambwe ya 1. Gutejura ikignairo (Imnota 30)

- Erekana ko abubakanye bose baza gutanga amatati atatu aguma agaruka hagati yabo nk'abubakanye canke umuryango kandi ingaruka zayo zigabanya ukwizerana, ukwihanganiranira, urutonde, ubucuti n'inani, ugukorana, akanyamuneza ko kubana.
- Tunganya imigwi y'ibikorwa uravye abubakanye bitavye. Erekana ibibanza biberamwo ibiganiro, bibwirizwa kuba hanze y'inzu y'amakoraniro (aho umugwi wama uhurira)
- Umugabo wese canke umugore azoba yateguye ubutumwa bw'amahoro azo shikiriza uwundi kandi akabumuha nyuma y'ikiganro imbere y'uko bataha.

Uko ikiganiro kigenda (Iminota 40)

- Gutegura ikibanza kijanye n'ikiganiro (abubakanye bazoshiraho ibikenewe kugira baganire)
- Kwakira abitavye no kubashira ku muzingi. Hagati y'umuziga, shiraho intebé z'abitaba ibiganiro. Bishoboka, bwira abitavye bicare impande y'iyindi migwi.
- Orosha ikiganiro mu kuraba ko amategeko yakurikijiwe.
- Abagore n'abagabo bubakanye gusa nibo barekuriwe gufata ijambo kandi abitavye babwirizwa kwubahana.
- Abandi banywanyi barumviriza bandika n'ibibazo.
- Ubutumwa bw'amahoro buzotangwa inyuma y'ikganiro kugira batangura umugirwa wo gusozerwa kiganiro ugutahura inzira y'ibiganiro.

Gusozerwa ikiganiro (Iminota 60)

- Mutegure umugirwa wo gusozerwa ikiganiro mufatiye ku mico y'aho hantu, yerekana ubugenzi, ukwummvikana n'urutonde.
- Mu mpera, umwe wese araha ukuboko uwo bubakanye agaca asubira mu nzu y'amana (aho umugwi w'ibiganiro uhurira) mu kuganira ibantu bituma haba canke hataba gusubizaho ugufatana mu nda hagati y'abubakanye canke mu muryango
- Gutororokanya ibantu vyihutirwa bigira uruhara mu gufatana mu nda hagati y'abubakanye.
- Bagarutse mu nzu y'amana, abubakanye bose barasubira mu mugwi wiwe wa kare agasangira ibi bikurikira n'abanywanyi mu minota 15 :
 - Uko atahura inzira y'ibiganiro.
 - Ibantu bituma haba canke ibantu hataba ugufatana munda baganiriye n'uwulmwegereye ashitse mu nzu y'am akoraniro.
- Umugwi wose urumvikana ku bituma vyihutirwa:
 - Ibituma bitatu bituma haba ugufatana mu nda
 - Ibituma bitatu bituma kutaba.
 - Remesha uguhurizahamwe mu kwandika iviyumviro bahuriyeko.
- Mu mpera, Saba abitavye bemeze urutonde rw'ibantu bigira uruhara ku gufatana mu nda hagati y'abubakanye, imiryango yabomu bihu.
- Tanga agakorwa k'i muhira ku bubakanye bose : gende mushire mu njiro, mube muri ubu butumwa bw'amahoro mwarose, intahe zizoshingwa mu nyigisho ikurikira.

3. Gusozerwa

minota 10

- Shimira abitavye kubona baje
- Babaze bavuge ikintu gishasha babonye uyu musi, ikintu bagiye gusangiza abandi n'ikintu bafitiye inyota kubona mu nyigisho ikurikira.
- Babaze ko bafise ibibazo kunyigisho y'uyu musi.
- Bamenyeshe ko inyigisho ikurikira izoba ihariwe (Gukorera hamwe ngo habe ugufatana mu nda)
- Hanyuma, babwire itariki n'urutonde rw'ivyigwa ku nyidgisho ikurikira unababwire ko ufise igishika co gusubira kubabona.

Ibigenewe umworosha

- Bonera ho akaryo ko gushimangira ugukeneranira. Shimira ku civugo : " Turi kumwe, turi inyishu "
- Imbere yogutangura, murabe ko abnywanyi bakoresha umuco wo gushima kugira bubake ingendo yabo.
- Babwire k ubutumwa bw'amahoro butegerezwa kugira intumbero imwe, kurondera ugufatana mu nda.
- Mugihe abitavye batazi ugusoma no kwandika, umworosha bazokwandika iviyiyumviro bikuru bikuru kugira bazobishikiriza umugwi wagutse.

Icigwa 7.4. Gukorera hamwe mu guharanira ugufatana munda

- **UMWANYA:** Amasaha abiri n'igice ubaye munini
- **ABO CEREKEYE:** Abakenyezi b'abadandaza batobato ku mbibe canke abagabo babo.
- **UMWOROSHA:** Aborosha babiri n'abremeshakiyago bavuye mu mashirahamwe bakorana.
- **INTUMBERO Z'ICIGWA:**
 - Gutegurira hamwe urutonde rw'ivyokorwa kugira imigwi itandukanye ikorere hamwe mu guharanira ugufatana mu nda mu kibano iwabo.

1. Intangamarara

Iminota 10

- Tondeka intebé ku buryo abitavye na mwebwe umworosha mugiraumuzingi munini.
- Akira abakenyezi b'abadandaza batobato canke abagabo babo mu nyigisho nshasha munabashimire ko bitavye.
- Murabe abacerewe n'abasivye.
- Bibutse mu kubasaba batange incamake y'ivyo babonye mu nyigisho rusangi iheruka : " 7.3 ". Kugira iyerekwa rimwe ku bijanye n'ugufatana mu nda "
- Bamenyesheko inyigisho y'uyu musi ari icigwa " 7.4 gukorera hamwe kugira habe ugufatana mu nda ". Hazorabirwa hamwe ivyokorerwahamwe kugira habe imigenderanire myiza hagati y'abantu bose barabwa n'iibikorerwa ku mbibe, ikibano, imiryango, abubakanye bari mu matati, hace hategurwa ukuntu ibikorwa bizokorerwa hamwe ngo habe ugufatana munda mu kibano.

2. Gukorera hamwe muguharanira ugufatana mu nda

Iminota 100

Ibikoresho: ikibaho co mumanama, amakaramu yo gutegurira abanywanyi impapuro, mirikeri, ikibaho, ingwa, amakarata, ibicapo.

Uko bikorwa: Kuvugana, ibikorwa mu migwi mitomito bikurikirwa n'ido n'ido mw'ihuriro rya bose.

Intumbero :

- Mu mpera y'icigwa, abubakanye bazogira integuro iraba imigwi itandukanye akensi itumvikana bigaragarira mu banywanyi b'imigwi baje hamwe kugira baharanire ugufatana mu nda mu kibano iwabo.
- Isunga inyigisho iheruka hagati yabo

Uko bigenda:

- (Si itegeko : manika flip chart iteguye n'intumbero z'icigwa 7.4)
- Bitse ibantu vyihutirwa abubakanye bari bumvikanye mu nyigisho iheruka 7.2(mu minota 30), mushirimwe ibantu bitatu bituma haba ugufatana mu nda n'ibindi bitatu bituma hataba ugufatana mu nda mugire n'urutonde rw'abantu bo mu kibano babwirizwa kubigiramwo uruhara mw'ifatana mu nda hagati y'abubakanye (hagati y'imbibe, imiryango, n'ikibano) bivanya n'ubwoko bw'ammatati ahari.
- Fasha abitavye mu kuzana iviyumviro vyabo ku bigiye gukorwa woroshe ugushirahamwe mu gutora iviyumviro bahuriyeko.
- Mu mpera, bwira abitavye bavuge ibituma bigira ingaruka mu gufatana mu nda mu migwi yabo, mu kibano, hagati'yabubakanye bivanye n'igihugu canke akarere umugwi w'ibiganiro urimwo.
- Umirira abitavye kwihiweza iviyumviro bibiri canke bitatu vyatanzwe ku ntambwe iheze :
 - *Ikibano cacu kitwitzeko iki kugira gisubizeho canke gishimangire ugufatana mu nda?*
 - *Ni ikihe kintu twokora kugira iyerekwa ryacu ribi ukuri mu kibano iwacu?*

- Gushira integuro zose z'uko bizokorwa mu gitabu kimwe (Iminota 45)
 - *Gushikiriza urutonde rw'uko bizokorwa n'umugwi wose dutanguriye ku ruhara rw'abo vyega kuruta abandi.*
 - *Saba abitavye bazotange umwimbu uzova mu bikorwa vyabo.*
 - *Tororokanya ibikorwa hagati y'abaubakanye bituma haba ugufatana mu nda.*

3. Ugusozera

Iminota 100

- Shimira abitavye kubona baje
- Babaze bavuge ikintu gishasha babonye uyu musi, ikintu bagiye gusangiza abandi n'ikintu bafitiye inyota kubona mu nyigisho ikurikira.
- Babaze ko bafise ibibazo kunyigisho y'uyu musi.
- Bamenyeshe ko inyigisho ikurikira izoba ari inyigisho rusangi ihariwe " gukorera hamwe ngo dutsimbataze ugufatana mu nda)
- Tumirira abanywanyi b'imigwi y'ibiganiro gutegura umusi mukuru mutoyi kunyigisho ikurikira kuko ari iya nyuma isozerwa urutonde rw'ivyigwa.
- Hanyuma, babwire itariki n'urutonde rw'ivyigwa ku nyigisho ikurikira unababwire ko ufise igishika co gusubira kubabona.

Icigwa 7.5. Inyigisho rusangi : Gukorera hamwe mu guharanira ugufatana mu nda

- **UMWANYA:** Amasaha abiri n'igice ubaye munini
- **ABO CEREKEYE:** Abakenyezi b'abadandaza batobato ku mbibe canke abagabo babo.
- **UMWOROSHA:** Aborosha babiri n'abremeshakiyago bavuye mu mashirahamwe bakorana.
- **INTUMBERO Z'ICIGWA:**
 - Gukorera hamwe urutonde rw'ibigiye kurangurwa kugira abubakanye bakorere hamwe ngo habe ugufatana mu nda.
 - Gufasha ngo habe ibiganiro vyo guhanahana iviyumviro hagati y'abagore n'abagabo ku bibazo bijanye n'igitsina no gufatana mu nda, gutsimbataza amahoro.

1. Intangamarara

Iminota 100

- Tondeka intebé ku buryo abitavye na mwebwe umworosha mugira umuzingi munini.
- Akira abakenyezi b'abadandaza batobato canke abagabo babo mu nyigisho nshasha munabashimire ko bitavye.
- Murabe abacerewe n'abasivye.
- Bibutse mu kubasaba batange incamake y'ivo babonye mu nyigisho rusangi iheruka : "7.3 kurabira hamwe ibijanye n'ugufatana mu nda "
- Bamenyesheko inyigisho y'uyu musi ari icigwa " 7.4 gukorera hamwe kugira habe ugufatana mu nda ". Hazorabirwa hamwe ivyokorerwahamwe kugira habe imigenderanire myiza hagati y'abantu bose barabwe n'iibikorerwa ku mbibe, ikibano, imiryango, abubakanye bari mu matati, hace hategurwa ukuntu ibikorwa bizokorerwa hamwe ngo habe ugufatana munda mu kibano.

2. Kubona kumwe ugufatana mu nda

Iminota 100

Ibikoresho: Ikgura, amakaramu ategerezwa kuboneka kubitabiriye inama. Inyandiko yubukorikori, akamenyetso, ikiba-ho, ikaye, Igishushanyo mbonera c'ibikorwa kigombwa guhirwa imbere.

Uko bikorwa: Kuvugana, ibikorwa vyo mu mirwi mito mito bikurikiwe no gushira hamwe.

Intumbero:

- (Ushobora kubikora canke ntubikore namahitamwo: Erekana kukigura wateguriyeko intumbero z'icirwa 7.4)
- Tanga ikiganiro kigufi kuri "kubantu bigagaza amahoro nkuko biri muri muntegurp /porogarama rwi Shirahamwe Mpuzamakungu Alert."
- Nibiki igaragaza amahoro kuri Alert mpuzamakungu? ubushobozi, uburyo abantu barondera Ubuzima; amategeko, n'ubutungane, umutekano n'imibereho myiza.
- Ibutsa mu mirwi ibantu nyamukuru abagize imirwi bahurijeko mu cirwa 7.2.
- Ibantu bitatu bifasha kwerekana ubusabane hagati y'abantu, ibantu bitatu bituma hataba ubusabane mabantu, gu-kora urutonde rwibikorwa bitsimbataza ikibano ciza no kumpaka, mumiryango, Mukibano hamwe n'ubwoko bwa-matati canke amatati babonye.
- Shigikira abubakanye gushiraho iviyumviro vyabo muri rutonde rw'ibikorwa. Urusha uruganda mugufasha gushirahamwe iviyumviro bahurijeko.
- Mugusozena, saba abitabiriye amahugurwa kwemeza urutonde rwabo rw'ibantu bigira uruhare runini mugutsim-bataza umubano mwiza mumirwi w'abantu, mukibano, mububakanye bivanye n'ighugu canke mumurwi wokanira.
- Saba abitavye mumurwi wokanira, babiri babiri, iviyumviro vyafundutswe mu gikorwa giheze mukwibaza ibibazo bikurikira:

- Ni igiki abenegihugu bacu batwitezeko mugushiraho canke utsimbataza ubusabane mubano/ikibano ciza?
- Ni giki twokora kugira indoto zacu zokubona umubano mwiza mugihugu cacu tuzigereko?

Guhuriza hamwe inkonde zibikorwa zitandukanye kugira hakorwe imwe (40 min)

- Erekana urutonde rw'ibikorwa vya buri murwi uhereye ku nshingano zasabwe kubandi bantu bakenewe.
- Tumira abitabiriye inama guhindura biciye mumirwi inshingano zahawe abandi bantu banewe kandi wandike ibisa muntonde zitandukanye zakozwe.
- Kugena ibikorwa mpuzamirwi kugira bishirwze hamwe.
- Kubera ari icirwa canyuma, baza buri muntu wese yatibiriye ibikorwa ico yakunze munyigisho zagiye zitangwa. Nivy-iza rwose gufata akanya gahagije no guhimbaza inyuma yibikorwa. Wibuke gushimira abantu bose.

3. Ugusozerà

Iminota 10

- Shimira abitavye kubona bajé
- Babaze bavuge ikintu gishasha babonye uyu musi, ikintu bagiye gusangiza abandi n'ikintu bafitiye inyota kubona mu nyigisho ikurikira.
- Babaze ko bafise ibibazo kunyigisho y'uyu musi.
- Bamenyeshe ko iyi nyigisho ari iya nyuma ihereza uru rutonde.
- Ni muhimbazé ukwo gusozerà n'birori vy'umusi mukuru abanywanyii b'imigwi bashobora kuba biteguriye neza.

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