BAHO Neza

TWITE KU BUZIMA BWO MU MUTWE!

Inyoborabiganiro Igenewe Umuhumurizamutima

Repubulika y'u Rwanda

Rwanda Biomedical Centre
Healthy People, Wealthy Nation

imbuto foundation

Mutarama, 2026

KWITA KU BUZIMA BWO MU MUTWE MURI GAHUNDA YA BAHO NEZA

Inyoborabiganiro igenewe umuhumurizamutima

Mutarama, 2026

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Biremewe gukoresha iyi nyoborabiganiro mu nyungu zo kwita ku buzima bwo mu mutwe hatagamijwe ubucuruzi. Ni ngombwa kugaragaza nyirayo igihe cyose yifashishijwe. Uwifuza gukoresha cyangwa gutubura iyi nyoborabiganiro asaba uruhushya Imbuto Foundation akamenyesha Ikigo cy'Igihugu gishinzwe Ubuzima (RBC).

IJAMBO RY'IBANZE

"Baho Neza - Twite ku Buzima bwo mu Mutwe" ni gahunda yateguwe kandi ishyirwa mu bikorwa na Imbuto Foundation ku bufatanye n'Ikigo cy'Igihugu cyita ku Buzima "Rwanda Biomedical Centre (RBC)" mu rwego rwo gukomeza kwita ku buzima bwo mu mutwe no kwegereza umuryango nyarwanda serivisi zijyanye n'ubuzima bwo mu mutwe.

Ubushakashatsi bwakozwe na Minisiteri y'Ubuzima mu mwaka wa 2018 bwagaragaje ko uburwayi bwo mu mutwe bugenda bufata indi ntera, aho 20.49%, ni ukuvuga umuntu 1 mu bantu 5 b' Abanyarwanda afite indwara yo mu mutwe.

Ubwo bushakashatsi bwagaragaje ko abarokotse Jenoside yakorewe Abatutsi mu 1994 aribo bakunze kwibasirwa n'indwara zo mu mutwe ku kigero kiri hejuru (52.2%) .Hanagaragaye ko abantu bazi ko serivisi z'ubuvuzi bw'indwara zibasira ubuzima bwo mu mutwe buhari (61.7%), ariko umubare w'abagana izo serivisi ukaba ukiri hasi cyane (5.3%).

Mu gusubiza icyo kibazo, muri gahunda ya Baho Neza - Twite ku Buzima bwo mu Mutwe, hateguwe iyi nyoborabiganiro mu rwego rwo gukumira no gukemura ibibazo by'ubuzima bwo mu mutwe byibasiye umuryango nyarwanda. Iyi nyoborabiganiro izifashishwa n'abahumurizamutima kuyobora amatsinda y' '*Urubuga Baho Neza*', agamije gufasha umuryango nyarwanda kugira ubumenyi ku kwita ku buzima bwo mu mutwe no kubaka ubudaheranwa.

Turashimira abagize uruhare mu itegurwa n'itunganywa ry'iyi nyoborabiganiro n'ishyirwa mu bikorwa rya gahunda ya Baho Neza - Twite ku Buzima bwo mu Mutwe muri rusange, nka bumwe mu buryo dukomeza kwifashisha mu kwita ku buzima bwo mu mutwe.

Prof. MUVUNYI MAMBO Claude,
Umuyobozi Mukuru w'Ikigo cy'Igihugu Gishinzwe Ubuzima (RBC)

IJAMBO RYO GUSHIMIRA

Bafatanyabikorwa, Muryango mugari w'u Rwanda,

U Rwanda twifuza ni urw'Abanyarwanda bashoboye, batekanye kandi bafite ubuzima bwiza, by'umwihariko ubuzima bwo mu mutwe kuko ari wo musingi w'imibereho myiza. Nk'uko Nyakubahwa Madamu Jeannette Kagame yabivuze mu nama y'Umuryango wa Commonwealth yabereye i Kigali mu 2022: ***"Imibereho myiza y'umuntu ishingira ku kuba afite ubuzima bwiza bwo mu mutwe, ntidukwiye kwemerera icyahungabanya uwo musingi."*** Aya magambo atwibutsa ko kwita ku buzima bwo mu mutwe atari amahitamo, ahubwo ari inshingano ku bantu bose kugira ngo dukomeze kwiyubaka no kwiyubakira igihugu.

Binyuze muri gahunda ya *Baho Neza – Twite ku Buzima bwo mu Mutwe*, ku bufatanye na Minisiteri y'Ubuzima n'abafatanyabikorwa batandukanye, dukomeje gushyira imbere ibikorwa bigamije gukumira no guhangana n'indwara zo mu mutwe.

Muri uru rugendo, *Abahumurizamutima bahuguriwe kwita ku buzima bwo mu mutwe* bagira uruhare rukomeye cyane mu gufasha abaturage babasanze aho batuye kandi bakabikora nk'abakorerabushake. Ibi byagaragaje ko imbaraga zishyirwa mu bufatanye n'ubwitange by'abaturage ubwabo ari ingenzi mu kubungabunga ubuzima bwo mu mutwe no gutanga ibisubizo birambye ku bibazo by'ubuzima bwo mu mutwe.

Turashimira abafatanyabikorwa bose bagize uruhare mu gutegura no gutunganya iyi nyoborabiganiro , ndetse no gushyira mu bikorwa gahunda ya *Baho Neza - Twite ku Buzima bwo mu Mutwe*. Turizera ko iyi nyoborabiganiro izakomeza gufasha Abanyarwanda benshi kubaho neza, kubaka imiryango ikomeye, n'igihugu gitekanye.

Twite ku buzima bwo mu mutwe, tubeho neza!

Shami Elodie
Umuyobozi Mukuru w'Imbuto Foundation

ABAGIZE URUHARE MU ITEGURWA RY'IYI NYOBORABIGANIRO

No	Amazina	Ikigo
1	Banderembaho Felix	Rwanda Psychological Society (RPS)
2	Bayingana Jean Bosco	Imbuto Foundation (IF)
3	Gasanganwa Marie Claire	Imbuto Foundation (IF)
4	Giramata Raissa	Imbuto Foundation (IF)
5	Dr. Gishoma Darius	Rwanda Biomedical Centre (RBC)
6	Hagenimana Felix	Imbuto Foundation (IF)
7	Hategekimana Ezechiel	Imbuto Foundation (IF)
8	Iradukunda Moise	Rwanda Interchurch Council on Health (RICH)
9	Dr. Iyamuremye Jean Damascene	Rwanda Biomedical Centre (RBC)
10	Kabiligi Clement	Imbuto Foundation (IF)
11	Kalisa Isabelle	Imbuto Foundation (IF)
12	Kalisa Joseph	Rwanda Psychological Society (RPS)
13	Kayiranga Eric	Imbuto Foundation (IF)
14	Dr. Kayiteshonga Yvonne	Imbuto Foundation (IF)
15	Kwigira Pierre	Fondation des Activistes pour la Santé de qualité dans la Communauté (FASACO)
16	Manirareba Uzziel	Rwanda Psychological Society (RPS)
17	Muhire Alexis	Imbuto Foundation (IF)
18	Mukamana Adelite	Rwanda Psychological Society (RPS)
19	Murekatete Daniella	Imbuto Foundation (IF)
20	Prof. Muvunyi Mambo Claude	Rwanda Biomedical Centre (RBC)
21	Ndejuru Radegonde	Imbuto Foundation
22	Niyibizi Claudette	Jeunes Scolarisés
23	Niyitegeka Jean Marie Vianney	National Rehabilitation Service (NRS)
24	Nkundimana Nathanael	ArtRwanda - Ubuhanzi (ARU)

25	Nsengimana Gihozo Marlene	Imbuto Foundation (IF)
26	Dr. Ntete Marie Jeanne	Rwanda Psychological Society (RPS)
27	Nyirandagijimana Anathalie	Imbuto Foundation (IF)
28	Nyiranteziryayo Amina	Rwanda Psychological Society (RPS)
29	Rugamba Olivier	Imbuto Foundation (IF)
30	Rurangwa Amanda	Imbuto Foundation (IF)
31	Rutagarama Alexis	Imbuto Foundation (IF)
32	Dr. Rwagatare Patrick	Rwanda Psychological Society (RPS)
33	Rwigamba Natacha	Imbuto Foundation (IF)
34	Prof. Sezibera Vincent	Rwanda Psychological Society (RPS)
35	Shami Elodie	Imbuto Foundation (IF)
36	Ukunze Eddyne	Imbuto Foundation (IF)
37	Umuhoza Anny Christa	Imbuto Foundation (IF)
38	Umukunzi Martine	Imbuto Foundation (IF)
39	Umulisa Aimé Josiane	Umuryango uharanira inyungu z'abarokotse Jenoside yakorewe Abatutsi (IBUKA)
40	Umutesi Geraldine	Imbuto Foundation (IF)
41	Umutoni Sandrine	Imbuto Foundation (IF)
42	Dr. Umuziga M. Providence	Imbuto Foundation (IF)
43	Dr. Uwihoreye Chaste	Uyisenga ni Imanzi (UNM)
44	Vugayabagabo Jackson	Imbuto Foundation (IF)

Ishakiro

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INTANGIRIRO

Isobanurampamvu

Kwita ku buzima bwo mu mutwe ni ingenzi ku muntu ku giti cye, ku muryango we, ndetse no mu muryango mugari.

Ishami ry'Umuryango w'Abibumbye ryita ku buzima risobanura ubuzima bwo mu mutwe nk'uburyo bwo kubaho neza, aho umuntu akoresha ubushobozi bwe mu guhangana n'ibimunaniza mu buzima, akiteza imbere, ndetse akagira uruhare mu iterambere ry'umuryango mugari.

Umuntu ufite ubuzima bwiza bwo mu mutwe aba afite ubushobozi bwo kugenzura amarangamutima ye, gukora agatanga umusaruro, akabana neza n'abandi, akajyana n'impinduka z'ibihe zitamuhungabanyije.

Uburwayi bwo mu mutwe ni indwara zifata imitekerereze, amarangamutima, imyitwarire, cyangwa ubushobozi bwo gufata ibyemezo ku buryo bigira ingaruka mbi ku buzima bwa buri munsi bw'umuntu.

Mu mwaka wa 2019, Ishami ry'Umuryango w'Abibumbye ryita ku Buzima ryagaragaje ko ku isi hose, umuntu umwe mu bantu umunani, bangana na miliyoni zigera kuri 970, bafite uburwayi bwo mu mutwe.

Byongeye kandi, mu mwaka wa 2022, Ishami ry'Umuryango w'Abibumbye ryita ku Buzima ryerekanye ko muri Afurika yo munsi y'ubutayu bwa Sahara, indwara zo mu mutwe zibasira hagati ya 10% na 20% by'abaturage. Izi ndwara zikunze kugaragara cyane mu bagore, mu bantu batishoboye, ndetse no mu bantu bahuye n'ingaruka z'intambara n'amakimbirane.

Mu Rwanda, ubushakashatsi buheruka gukorwa na Minisiteri y'Ubuzima ku buzima bwo mu mutwe mu mwaka wa 2018 bwagaragaje ko uburwayi bwo mu mutwe buri ku kigero cya 20.49%, aho indwara y'agahinda iza ku mwanya wa mbere, igakurikirwa n'izindi ndwara zigaragazwa n'ubwoba, ndetse n'ihungabana mu banyarwanda.

Mu rwego rwo gukemura ibibazo by' ubuzima bwo mu mutwe bikomeje kwibasira umuryango nyarwanda, "Baho Neza - Twite ku Buzima bwo mu Mutwe" ni gahunda yateguwe ngo yunganire imirongo migari yashyizweho na Guverinoma y'u Rwanda yo gusigasira ubuzima bwo mu mutwe.

Iyi gahunda ikaba ifite intego ebyiri zo gusubiza ikibazo gihari cyugarije umuryango nyarwanda cyo kutagira amakuru ahagije ku buzima bwo mu mutwe no kudakoresha serivise zihari. Niyompamvu hashyizweho inkingi enye ari zo: Ubukangurambaga bugamije gukumira uburwayi bwo mu mutwe, kwegereza no kumenyekanisha serivise z'ubuzima bwo mu mutwe binyuze mu Rubuga Baho Neza, gukora ubuvugizi, no kwita kubita ku bandi (Abahumurizamutima).

Abagenewe iyi nyoborabiganiro

Iyi nyoborabiganiro yateguriwe uhugura abahumurizamutima n'abandi babyifuza mu rwego rwo kubongerera ubumenyi ku bikorwa bijyanye n' ubukangurambaga ku buzima bwo mu mutwe, kuyobora ibiganiro bikorerwa mu rubuga Baho Neza bigamije kwita ku buzima bwo mu mutwe, ndetse no gufasha abakeneye serivise zo kwa muganga zijyanye n'ubuzima bwo mu mutwe kuzigeraho.

Imiterere y'iyi nyoborabiganiro

Iyi nyoborabiganiro igizwe n'ibice bibiri by'ingenzi:

- **Igice cya mbere:** Ubukangurambaga kuri Baho Neza - Twite ku Buzima bwo mu Mutwe, bugizwe n'ibiganiro birindwi (7).
- **Igice cya Kabiri:** Urubuga Baho Neza rugizwe n'ibiganiro bitatu (3).

Uburyo bwashingiweho mu itegurwa ry'iyi nyoborabiganiro

Iyi nyoborabiganiro yubakiye ku buryo bubiri bw'ingenzi bwagaragajwe n'abashakashatsi ko bugira uruhare rukomeye mu kuvura ibikomere no kubaka ubudaheranwa.

- Uburyo bushingiye ku gusangira inkuru z'ubuzima

  Ubu buryo bwubakiye ku gitekerezo cy'uko isangirabuzima rifasha abantu kwisobanukirwa, bikabafasha no kumenya uko bahangana n'ibyo banyuramo binyuze mu nkuru bavuga cyangwa batekereza ku byababayeho. Ubwo buryo kandi bwigisha ko umuntu adakwiye kwiyumva nk'ikibazo, ahubwo ashobora kwandika bushya inkuru ye mu buryo bumufasha kubona imbaraga, intego n'icyizere.
- Imikino Nsemburambaraga

  Imikino nsemburambaraga ni imyitozo migufi ihuza abantu, igamije kongera imbaraga mu mubiri, amarangamutima meza, no kubaka ubudaheranwa binyuze mu kwiyumva neza no gusangira akanyamuneza.

01 IGICE CYA MBERE: UBUKANGURAMBAGA KU KWITA KU BUZIMA BWO MU MUTWE

Intangiriro

Ubukangurambaga ni bumwe mu buryo bwa gahunda ngari ya Baho Neza bugamije gutanga amakuru ku buzima bwo mu mutwe mu muryango mugari. Mu gihe isi ihinduka vuba, abantu benshi bahura n'ihungabana ry'ubuzima bwo mu mutwe bitewe n'imibereho, amakuba, cyangwa ibibazo by'imibanire. Akenshi, abantu baraceceka, bakabura abo babwira ibibazo byabo, ndetse bagacika intege, cyane ko ibibazo by'ubuzima bwo mu mutwe bikunze guherekezwa n'akato n'ihezwa.

Ni muri urwo rwego Baho Neza - Twite ku buzima bwo mu mutwe yashyizeho ubukangurambaga bugamije kumenyekanisha agaciro k'ubuzima bwo mu mutwe, kurwanya akato, ivangura n'ihezwa ku bafite ibibazo byo mu mutwe, gukangurira no gushishikariza abantu gushaka ubufasha hakiri kare.

Ubukangurambaga bwa Baho Neza Twite ku Buzima bwo mu Mutwe bugamije:

- Gutanga ubumenyi bw'ibanze ku buzima bwo mu mutwe n'uko umuntu yabwitaho.
- Kugaragaza isano iri hagati y'ubuzima bwo mu mutwe no kubaho neza.
- Gusobanura ibishobora kubangamira ubuzima bwo mu mutwe n'uburyo bwo kubisohokamo.
- Kwerekana uruhare rw'urubuga Baho Neza mu kubaka ubudaheranwa no gufasha abantu barushaho kubaho bafite icyizere n'icyerekezo.

Ikiganiro cya mbere: Gusobanura ubuzima bwo mu mutwe

1.1.1. Ubuzima icyo ari cyo

Ubuzima busobanuye imikorere myiza y'umubiri, ubwenge, ndetse n'imibanire. Mu buryo burambuye, ubuzima bushobora gusobanurwa mu buryo bukurikira:

- **Ubuzima bw'umubiri:** Ibi bivuga uko ingingo n'imikaya bikora neza, uko umuntu arya, aryama, akora imyitozo ngororamubiri, n'uko yirinda indwara.
- **Ubuzima bwo mu mutwe:** bisobanuye uko umuntu yitwara mu byiyumviro, mu bitekerezo n'uko afata imyanzuro.
- **Imibanire n'imyemerere:** Ni ubushobozi bwo kubana neza n'abandi bantu, kugira inshuti, gukorana n'abandi mu mahoro n'ubwubahane. Bisobanuye kandi kubaho ufite intego, icyerekezo, cyangwa kwizera bihumuriza, n'ubwo bitagomba kuba bishingiye ku idini gusa.

  Ishami ry'Umuryango w'Abibumbye ryita ku Buzima risobanura ubuzima nk' "imimerere myiza y'umubiri, ubwenge n'imibanire n'abandi, bitavuze kuba nta ndwara ufite, intege nke, cyangwa kuba ufite ubumuga, ahubwo ni no kumva unyuzwe n'ubuzima ubayemo, ndetse n'ibigukikije".

  Ubuzima bwiza ni ingenzi kuko ari ishingiro ry'imibereho myiza y'umuntu n'iterambere rusange ry'igihugu.

1.1.2. Igisobanuro cy'ubuzima bwo mu mutwe

Ishami ry'umuryango w'Abibumbye ryita ku buzima risobanura ubuzima bwo mu mutwe nk' uburyo bwo kubaho neza umuntu akoreshamo ubushobozi bwe, agahangana n'ibimunaniza mu buzima, agakora ku buryo yiteza imbere muri byinshi kandi akagira n'icyo amarira umuryango mugari.

Umuntu ufite ubuzima bwiza bwo mu mutwe ashobora:

- Kugenzura neza amarangamutima ye,
- Gukora agatera imbere,
- Kubana neza n'abandi,
- Kujyana n'impinduka z'ibihe zitamuhungabanyije.

Ubuzima bwiza bwo mu mutwe ni igihe umuntu yumva amerewe neza mu mubiri, mu marangamutima, no mu mitekerereze, bikagaragazwa n'uko umuntu ashobora gukoresha ubushobozi bwe, agahangana n'ibibazo bya buri munsi ahura nabyo, akabana neza n'abandi, akabasha kwiteza imbere no guteza imbere umuryango we n'igihugu muri rusange.

Ibigize ubuzima bwo mu mutwe

Ubuzima bwo mu mutwe bugizwe n'ubwuzuzanye bw'ibi bikurikira:

- **Imikorere y'umubiri:** Uburyo ibice by'umubiri bikorana neza, nta burwayi kuko hari ibibazo byo mu mutwe biterwa n'indwara z'umubiri.
- **Imitekerereze**: Uburyo umuntu atekereza ku buzima bwe n'ahazaza he.
- **Imibanire n'abandi:** Ubushobozi bwo kugira umubano mwiza n'inshuti, umuryango, n'abandi bantu.
- **Imyemerere:** Ibyo umuntu yemera bishobora kumuha amahoro n'icyerekezo mu buzima.
- **Amarangamutima:** Uburyo umuntu agaragaza, yumva, kandi yitwararika ku byiyumvo bye n'iby'abandi.

Impamvu kwita ku buzima bwo mu mutwe ari ingenzi

- Ni ishingiro ry'imibereho myiza y'umuntu;
- Bifasha umuntu kwiyitaho, kwigirira icyizere, gutekereza neza no gufata ibyemezo bikwiye;
- Bifasha kugira icyizere cy'ubuzima n'ubushobozi bwo kwiteza imbere;
- Bituma umuntu agira ubushobozi bwo gukunda no kwita ku bandi;
- Bifasha umuntu kugira uruhare mu iterambere ry'umuryango n'igihugu.

1.1.3. Gutandukanya ubuzima bwo mu mutwe n'uburwayi bwo mu mutwe

Uburwayi bwo mu mutwe bwo busobanurwa nk'ikintu cyose gihungabanya umuntu mu marangamutima, ibitekerezo n'imyifatire, kidahuye n'umuco cyangwa imiterere y'umuntu kandi cyangiza bidasubirwaho ubuzima bw'uburwaye ndetse n'umuryango we.

Imbonerahamwe ikurikira, igaragaza bimwe mu biranga ubuzima bwiza n'uburwayi bwo mu mutwe:

Ubuzima bwiza bwo mu mutwe	Uburwayi bwo mu mutwe
Umuntu ku giti cye	
Umuntu aba ashobora kwimenya bijyanye n'ubushobozi yifitemo ubwe, yemera imbaraga ze, n'intege nke afite, kandi aharanira kuzana impinduka nziza mu buzima bwe.	Umuntu aba adafite ubushobozi bwo gusobanukirwa nuwo ariwe, ubushobozi yifitemo n'intege nke, ntamenye ibyo yaba ashoboye cyangwa adashoboye. Agira ishusho y'uwo ariwe itandukanye n'ukuri kubera kurwara.
Aba ashoboye kwiyitaho no kwiha iby'ibanze nkenerwa mu buzima. Urugero nko kwigirira isuku, kurya, kuryama, n'ibindi cyangwa akihanganira ko bitabonetse ako kanya.	Aba adashoboye kwiyitaho, akenera ubufasha buturuka ku bandi ngo ashobora kubona iby'ibanze nkenerwa mu buzima, urugero nko kwigirira isuku, kurya, kuruhuka n'ibindi...
Yiha intego ashobora kugeraho, kandi zijyanye n'ubushobozi yiyumvamo. Anyurwa n'ibyo yagezeho kandi bikamufasha kwiteza imbere.	Yiha intego zidahuye n'ukuri kandi atabasha kugeraho, kandi akenshi nta musaruro uva mu byo akora.
Ibitekerezo, amarangamutima n'ibikorwa bye biruzuzanya.	Agaragaza kudahuza mu bitekerezo, amarangamutima n'imyitwarire.

Kubana n'abandi	
Ashobora kubaka no kurinda umubano mwiza n'abandi, akagira ubushobozi bwo gusesengura umubano udahwitse umushyira mu ngorane akaba ashobora gufata icyemezo cyo guhagarika umubano urimo ingaruka mbi.	Ntashobora kubaka umubano mwiza n'abandi kubera kurwara, biramugora gusesengura umubano umushyira mu ngorane, no gufata umwanzuro wo kuwureka cyagwa kuwikuramo kabone niyo waba ushobora kumugiraho ingaruka mbi.
Amenya amarangamutima ye, asobanukirwa uburyo ayakoresha cyangwa ayagenzura mu mibanire ye n'ay'abandi.	Ntamenya cyangwa ngo asobanukirwe n'amarangamutima ye n'uburyo ayakoresha mu mibanire n'abandi bikamutera guhora mu makimbirane.
Akorana n'abandi mu bwubahane. Amenya aho uburenganzira bwe bugarukira, no kubahiriza ubw'abandi.	Biramugora gukorana n'aband, ntamenya aho uburenganzira bwe bugarukira bikamugora no kubahiriza ubw'abandi.
Ibirebana n' ibidukikije	
Afite ubushobozi bwo kwita no kumenya ibimukikije, agakorera ahatunganye nta kajagari kandi akihanganira impinduka	Ntashobora kwita no gusobanukirwa n'ibimukikije, akorera mu kajagari n'ahantu hadatunganyije kandi ntibimutere ipfunwe, bikanamugora kwihanganira impinduka.

Ikiganiro cya 2: Gusobanura kubaho neza

1.2.1. Gusobanura kubaho neza icyo ari cyo

Kubaho neza ni ukuba wumva utekanye cyangwa uguwe neza ku mubiri, ku mutima, mu bitekerezo, mu mibanire yawe n'abandi ndetse n'ibigukikije, kubasha gukemura iby'ingenzi mu mibereho yawe ya buri munsi.
Mu magambo make, kubaho neza bivuze kugira ubuzima bufite icyerekezo, ituze, n'imibereho myiza haba ku mubiri, mu mutwe, no mu mibanire n'abandi.

Zimwe mu ngero zigaragaza kubaho neza:

- Kuba ufite ubuzima bwiza bw'umubiri n'ubuzima bwiza bwo mutwe (ibitekerezo, amarangamutima).
- Kugira ubuzima buzira umuze: kurya neza, gukora imyitozo, kuruhuka bihagije.
- Kuba ubana neza n'abandi mu muryango wawe ndetse naho utuye nta makimbirane.
- Kuba ubasha gukora akazi kawe, no kuzuza inshingano zawe neza.
- Kumva wishimye mu buzima bwa buri munsi.
- Kuba ufite intego n'icyerekezo bigufasha gukura no kwiyubaka.

1.2.2. Ibintu bitandukanye bishobora kubungabunga kubaho neza kwa muntu

- **Kugira intego mu buzima**: Menya icyo ushaka kugeraho kandi ugikurikire
- **Kwita ku buzima bw'umubiri**: Imirire myiza, siporo, kuruhuka
- **Kwita ku buzima bwo mu mutwe**: Kwirinda umunaniro n'umujagararo, gushaka ubufasha igihe uhangayitse, wumva utameze neza,
- **Kugira umubano mwiza n'abandi:** Kwizerana, gufashanya, kuvugana neza
- **Gufata umwanya wo kuruhuka no kwishima:** Gukora ibyo ukunda, gusohoka, guseka
- **Kwiga no gusoma:** Gusoma, gukurikira amahugurwa, kwihugura

1.2.3. Akamaro ko kwitabira Urubuga Baho Neza

Bimwe mu bintu by'ingenzi byafasha umuntu kubaho neza ni ukwitabira **"Urubuga rwa Baho Neza Ubuzima bwo mu mutwe"** bisobanuye ko Urubuga Baho Neza ni urugendo rukorerwa mu matsinda agamije kubungabunga ubuzima bwo mu mutwe bw'abagize itsinda no gukumira ibibazo bijyanye n'ubuzima bwo mu mutwe hubakwa ubudaheranwa.

Urubuga Baho Neza ni uburyo bwo:

- **Gukora ubukangurambaga no kongera ubumenyi ku buzima bwo mu mutwe**: Abahumurizamutima bategura ubukangurambaga n' ibiganiro mu bifasha abitabiriye guhugurwa no gusangira amakuru, bigafasha kurushaho gusobanukirwa n'ibibazo by'ubuzima bwo mu mutwe.
- **Gukumira akato n'ihohoterwa ku bafite ibibazo byo mu mutwe**: ubukangurambaga bwo guhindura imyumvire aho urubuga Baho Neza rubea ku burwayi bwo mu mutwe no kurwanya ivangura rikorerwa abagize ibyo bibazo.
- **Kwegereza abaturage serivisi**: Urubuga Baho Neza rufasha abatuye umudugudu kuganira ku bibazo binyuranye kubisobanukirwa, kubishakira ibisubizo no kubaka icyizere n'ubufatanye hagamijwe kubaka aheza hazaza
- **Gukora ubuvugizi no gufasha**: Urubuga Baho Neza ruhuriza hamwe inzego zitandukanye (ubuyobozi, ubuzima, imibereho myiza, urubyiruko n'abandi) kugira ngo bakorere hamwe mu bukangurambaga no gufasha abafite ibibazo kwitabwaho, kwiyakira no kwakirwa neza mu muryango nyuma yo kuvurwa.

Icyitonderwa: Kubaho neza ni ubuzima bwiza bushobora kugerwaho n'umuntu wese, iyo abishyizemo ubushake agafata n'ingamba.

Ikiganiro cya 3: Ibishobora guhungabanya ubuzima bwo mu mutwe

1.3.1 Bimwe mu bishobora guhungabanya ubuzima bwo mu mutwe

Ibibazo by'ubuzima bwo mu mutwe bishobora guturuka ku mbogamizi zitandukanye twashyira mu byiciro bikurikira:

i) Ibibazo bishingiye ku mikorere y'umubiri n'ingaruka ku buzima bwo mu mutwe:

- Imikorere y'ubwonko ishingira ku butumwa buhererekanwa mu tunyangingo twabwo tubifashijwe n'imisemburo. Ubwo butumwa bushobora kuba imitekerereze, amarangamutima, no gusobanukirwa ibyo dukora. Iyo imisemburo itari ku rugero rukwiye, yaba ari mike cyane cyangwa myinshi cyane bishobora gutera ibibazo byo mu mutwe nko kwiheba, guhangayika, no guhindura imyitwarire bityo umuntu akagaragaza ibimenyetso by'uburwayi bwo mu mutwe.

- Indwara zidakira nka diyabete, indwara z'umutima, ububabare budakira bishobora gutera intimba kandi bikongera ibyago byo kurwara indwara zo mutwe.
- Indwara zifata ubwonko nko gukomereka, izindi zishobora gutera ihungabana n'imikorere idahwitse y'ubwonko.
- Indwara zimwe na zimwe zibasira abafitanye amasano zihererekanywa mu muryango.

ii) Ibibazo by'imitekerereze, imikurire n'ingaruka ku buzima bwo mu mutwe

- Imitekerereze n'imikurire bigira uruhare rukomeye mu gutera ibibazo byo mu mutwe. Uburyo umuntu yakuze n'ibyo yahuye nabyo mu bwana bigira uruhare mu mikurire y'ubwonko, bityo iyo yahuye n'ibibi bishobora kugira ingaruka ndetse bikongera ibyago by'indwara nk'ihungabana, guhangayika, no kwiheba n'ubundi burwayi bwo mu mutwe.
- Imikurire mibi, ihohoterwa, uburere butari bwiza no kubura urukundo ni bimwe mu bishobora gutuma umuntu akura afite ibikomere byo ku mutima bikagira ingaruka ku buzima bwe bwo mu mutwe. Kutubakirwa icyizere ukiri muto bitera ingaruka zo kutigirira icyizere no kumva udashoboye; guhora uhangayitse, guhora utekereza ibibi, ikikubayeho cyose ukumva byacitse bishobora gutera kwiheba, kwiyanga n'agahinda.
- Guhura n'ibibazo bikomeye by'ubuzima nk'ihohoterwa; nk'irikorerwa mu ngo cyangwa rishingiye ku gitsina, kutitabwaho, kubura uwo wakundaga bishobora kugira ingaruka z'igihe kirekire ku buzima bwo mu mutwe.

iii) Ibibazo by'imibereho n'ibidukikije n'ingaruka ku buzima bwo mu mutwe:

Ibikorwa, imiterere, uko umuntu abayeho, ibyo anyuramo, abo babana, aho aba n'ibindi bimukikije bigira ingaruka ku buzima bwe bwo mu mutwe.

Zimwe mu ngorane zituruka ku bantu ni :

- Nka Jenoside, intambara, iyicarubozo, imibereho mibi yo mu buhunzi,
- Amakimbirane mu ngo, imibanire mibi n'abandi, kutitabwaho/gutereranwa, guhabwa akato, ihohoterwa ribabaza umubiri, gutereranwa, ihohoterwa rishingiye ku gitsina (gusambanywa ku gahato cyangwa kubigeragerezwaho),
- Ihohoterwa rikorerwa mu ngo (iribabaza umubiri, ihohoterwa nshenguramutima, rishingiye ku mutungo, gutandukana kw'abashakanye,
- Ikoreshwa ry'ibiyobyabwenge,

- Ihungabana ry'ubukungu, ubushomeri, kubura iby'ibanze mu buzima bishobora gutera guhangayika ndetse n'ibibazo by'ubuzima bwo mu mutwe. Abantu babayeho mu bukene butuma batabona ubushobozi buhagije bwo kwivuza, uburezi ku bana, ndetse no kutabona ubufasha buhagije, bitera intege nke mu guhangana n'agahinda no kwiheba.
- Guhabwa akato, kubera ubumuga cyangwa ikindi icyo ari cyo cyose gituma umuntu yumva ahejwe cyangwa asuzuguwe.

Ingorane ziturutse ku bidukikije:

- Ibiza n'ibyorezo,
- Impanuka n'imihindagurikire y'ibihe,
- Umuvuduko ukabije w'akazi cyangwa amasomo bishobora kugira uruhare mu gutera umunaniro ukabije, guhangayika, no kwiheba.

iv) Umuco n'imyemerere n'uruhare bigira mu guhungabanya ubuzima bwo mu mutwe:

Mu mico myinshi, ibibazo by'ubuzima bwo mu mutwe ntibisobanurwa neza, bigasuzugurwa, bifatwa nk'ubugwari cyangwa umurengwe. Habamo kandi imigenzo n'imiziririzo ku buryo bishobora gutera ikibazo, cyane cyane iyo hari ibihano cyangwa ingorane bivugwa k'utabyubahirije, bityo bikaba byahungabanya uwaciye ku ruhande cyangwa utakoze ibyo umuco uteganya.

Ibi bishobora gutera uburwayi bitewe n'igisobanuro byahawe, kuba umuntu atavuwe neza ndetse hakaba n'igihe ubwo burwayi bwirengagizwa.

Urugero:

- Mu muco wa bamwe, umuntu ufite ibibazo byo mu mutwe bishobora guhabwa igisobanuro cy'uko 'yarozwe' cyangwa hari ibyo atubahirije bituruka ku bakurambere, bityo bikaba byatera guhangayika kurusha no kugira ibibazo byo mu mutwe.
- Hari igihe imyemerere ituma uburwayi bwo mu mutwe bufatwa nk'ibituruka ku mbaraga z'imyuka mibi, bityo ko bikemurwa no gusenga bigatuma uburwayi bukomera cyangwa butavurwa neza.

Icyitonderwa:
Mu buzima bwa buri munsi, buri wese anyura mu bibi n'ibyiza. Ibi bikaba bigaragaza ko umuntu ashobora guhura n'ingorane nyinshi, cyangwa se ko ubuzima butagenda uko umuntu abyifuza igihe cyose.

Umuntu ashobora guhura n'urukomatane rw'ibibazo bitandukanye haba mu cyiciro kimwe muri ibi twavuze haruguru cyangwa kirenze kimwe bigatera impinduka ku buzima bwo mu mutwe; bugahungabana ndetse akaba yagaragaza ibimenyetso by'uburwayi bwo mu mutwe.

Ikiganiro cya 4: Ibimenyetso by'indwara z'ubuzima bwo mu mutwe bikunze kugaragara

1.4.1. Bimwe mu bimenyetso by'uburwayi bwo mu mutwe bikunze kugaragara

Ibibazo by'ubuzima bwo mu mutwe bishobora kugaragara mu buryo butandukanye bikagira ingaruka ku bagize umuryango yaba umuntu ku giti cye, ku muryango wa bugufi, cyangwa umuryango mugari.

Bimwe mu bimenyetso bikunze kugaragara harimo ibikurikira:

i) Ibimenyetso bigaragarira mu marangamutima:

- Uburakari, ubwoba, guhangayika, agahinda, amarira, kwiheba, umushiha,
- Kumva uri wenyine nta muntu ukwitayeho,
- Kumva ntakigushimisha,
- Kumva wishinja, wicira urubanza, n'ibindi.

Icyitonderwa: Ibi bimenyetso bigaragaza uburwayi iyo bimaze igihe kinini kandi bigira ingaruka ku myitwarire n'imibanire n'abandi.

ii) Ibimenyetso bigaragarira ku mubiri

- Kubabara umutwe kenshi cyangwa kubabara umubiri bidasobanutse,
- Kubura ibitotsi,
- Kubura ubushake bwo kurya cyangwa kurya bidasanzwe,
- Kwibagirwa, kuribwa bimwe mu bice by'umubiri nk'igifu cyangwa umugongo, n'ibindi.

iii) Ibimenyetso bigaragara mu mitekerereze:

- Kubona ibyo abandi batabona, kumva ibyo abandi batumva,
- Kumera nk'uri mu isi ya wenyine,
- Kugira igitekerezo gitandukanye n'ukuri kandi ukagitsimbararaho,
- Ibitekerezo byo kwiyahura aho umuntu abona ko ibibazo bye nta kindi gisubizo bifite kitari urupfu,
- Kutabasha kugira icyo uhugiraho no kunanirwa gufata ibyemezo,
- Kugira ibitekerezo bibi no kwicira urubanza, kumva ko abantu bakwanga cg bashaka kukugirira nabi n'ibindi.

iv) Ibimenyetso bigaragarira mu myitwarire

- Kudashobora gukora imirimo asanzwe akora mu buzima bwa buri munsi,
- Kwangiza ibimukikije, kurwana,
- Kwigunga, kwigirira nabi, kutiyitaho no kutita ku bandi,
- Kwiyahuza inzoga, ibiyobyabwenge, n'indi myitwarire ishyira ubuzima mu kaga,
- Kunanirwa kuzuza inshingano (urugero: kunanirwa gukora umurimo wari usanzwe ukora bidaturutse ku mpamvu z'uburwayi bw'umubiri, kunanirwa kwita ku muryango wawe (umugore, umugabo, abana), n'ibindi,
- Ikibazo cy' imyitwarire irangwa no kutaguma hamwe mu buryo bukabije kandi bidasanzwe. Ibyo bikaba byagaragazwa n'amahane, kurwana, kutaruhuka, kugendagenda, gusakuza n'ibindi bigaragara nk'amahane cyangwa kuvuga nabi.
- Hari n'ubwo umurwayi aba acecetse, ariko akaba yagaragaza umujinya mwinshi iyo hagize umwegera cyangwa akamushotora.

v) Ibimenyetso bigaragarira mu mibanire n'abandi:

- Kumva abandi bakwanga, bakugambanira,
- Amakimbirane ahoraho hagati y'abashakanye, abana n'ababyeyi, abaturanyi n'abandi,
- Kutaganira cyangwa kwirinda kuvuga ku ngingo zigoye, gushinjanya n'ibindi.

Icyitonderwa: Ibimenyetso byavuzwe haruguru bihinduka ikibazo igihe bimaze igihe kandi bigakomera ku buryo bibuza umuntu gukora inshingano za buri munsi, haba ku giti cye, mu muryango, cyangwa ku kazi. Ni ngombwa kumenya ibi bimenyetso hakiri kare kugira ngo utange ubufasha ku gihe.

1.4.2. Ibimenyetso mpuruza by'umuntu ufite ibibazo bijyanye n'ubuzima bwo mu mutwe

Kumenya ibimetso bw' uburwayi bwo mu mutwe bisaba ubushishozi, kwitegereza impinduka ku muntu haba mu myitwarire, mu mitekerereze, mu marangamutima, ku mubiri, no mu myemerere. Kugira ngo ubimenye, bisaba kwitegereza no kuganira n'uwo muntu wicishije bugufi, kumutega amatwi. Abamwegereye bashobora gutanga amakuru y'ingirakamaro. Iyo ibimenyetso bimaze igihe kirekire, bisaba ubufasha bwihuse. Ni ngombwa ko buri wese amenya kwisuzuma yasanga, haba hari ibimenyetso afite akavurwa kuko uburwayi bwo mu mutwe buravurwa nk'izindi ndwara.

Bimwe mubimenyetso mpuruza by'umuntu ufite ibibazo bijyanye n'ubuzima bwo mu mutwe, ni ibi bikurikira:

- Gutekereza kwiyambura ubuzima cyangwa kubwambura abandi
- Kwibabaza ku mubiri (urugero: Kwikeba),
- Guta ubwenge bigaragazwa no kutamenya aho umuntu ari
- Kubona amashusho no kumva amajwi adahari,
- Amahane n'umujinya bikabije bishobora kuganisha kukwigira nabi no kugirira nabi abandi.
- Imyitwarire igamije kwigirira nabi no kugirira nabi abandi biturutse ku biyobyabwenge.
- Kwitura hasi kenshi no kugagara
- Kubura ibitotsi, umutwe udakira n'ubundi buribwe bw'umubiri bumaze igihe kirekire
- Ubwoba, guhangayika, agahinda, guhorana umunabi
- Kugira gitekerezo gitandukanye n'ukuri kandi nyiracyo akagitsimbararaho
- Kudashobora gukora ibikorwa by'ubuzima bwa buri munsi, kwigunga, Kutarya cg kurya cyane, kutigirira isuku yo ku mubiri...
- Kuva udashaka gukora umurimo wari usanzwe ukora bidaturutse ku mpamvu z'uburwayi bw'umubiri.
- Izindi ndwara z'umubiri (urugero indwara z'umutima, diyabete, indwara z'ubuhumekero)

Icyitonderwa:

- Mu gihe hari bimwe muri ibi bimenyetso bimaze igihe kirekire wamufasha kugera ku ushinzwe ubuzima bwo mu mutwe ku kigo nderabuzima nk'uko bigaragara ku ifishi y'ibimenyetso mpuruza iri ku mugereka wa gatanu.

Ikiganiro cya 5: KUBUNGABUNGA UBUZIMA BWO MU MUTWE

1.5.1. Igisobanuro cyo kubungabunga ubuzima bwo mu mutwe

- Kwita ku buzima bwo mu mutwe ni ngombwa kuko bigira ingaruka ku bice byose by'ubuzima bwa muntu. Iyo ubuzima bwo mu mutwe bwitaweho, abantu bagira imibereho myiza n'iterambere
- Kwita ku buzima bwo mu mutwe hakiri kare bifasha abantu gukomeza kugira ubudaheranywa mu buzima bwabo bwite, mu kazi n'imibanire n'abandi no kugira ubuzima bwiza muri rusange
- Kubungabunga ubuzima bwo mu mutwe bisobanura ibikorwa byose umuntu akora, cyangwa akorerwa bigamije gufasha ubwenge, imitekerereze, amarangamutima n'imibanire ye kugumana ubuzima bwiza.
- Ni ugushyira imbere uburyo bwo kurinda ibibazo by'imitekerereze, kugabanya umujagararo, gukemura ibibazo by'ubuzima bw'umubiri, ubw'amarangamutima, no kongera ubushobozi bwo guhangana n'ibibazo.
- Kubungabunga ubuzima bwo mu mutwe ntabwo ari iby'abantu barwaye gusa, ahubwo bireba buri wese, yaba ari muzima cyangwa afite ikibazo, kuko ubuzima bwo mu mutwe bugaragaza uburyo umuntu abayeho, atekereza, yumva ibintu ndetse n'uko yitwara mu mibanire ye n'abandi.

1.5.2. Kwita ku buzima bwo mu mutwe hashingiwe ku muntu ku giti cye, mu muryango no ku gihugu

a) Kubungabunga ubuzima bwo mu mutwe ku muntu ku giti cye

- Gufata umwanya wo kuruhuka no kumererwa neza; nko gukora imyitozo ngororamubiri, gusabana n'abandi, kwita ku muryango, gusenga cyangwa kwitekerezaho.
- Kwiga uburyo bwo guhangana n'ingorane z'ubuzima zatera ihungabana, nk'

imitekerereze ishingiye ku byiza cyangwa imbaraga wifitemo no kumenya igihe cyo gusaba ubufasha.

- Kwirinda ibiyobyabwenge n'inzoga zikabije kuko bihungabanya ubwonko n'ubuzima muri rusange.
- Kugira gahunda yo kwiyitaho ihamye: kurya neza, kuryama, kuruhuka bihagije, no kugira isuku ku mubiri n'aho ukorera cyangwa utuye.
- Gushyikirana no kubana neza n'abandi (Kuganira n'abandi no kutigunga): Gusangira ibitekerezo n'abantu bizewe bifasha gutuza no kubona inama zubaka.

b) Kubungabunga ubuzima bwo mu mutwe mu muryango n'abaturanyi

Umuryango n'abaturanyi bagira uruhare rukomeye cyane mu kubungabunga ubuzima bwo mu mutwe. Uburyo tubana, tuganira, dukemura ibibazo no gushyigikirana, bigira ingaruka nziza cyangwa mbi ku mitekerereze n'amarangamutima ya buri wese.
Kubungabunga ubuzima bwo mu mutwe mu muryango no mu baturanyi bikorwa mu buryo bukurikira:

- Kugira umuco wo gukundana, kwihanganirana no gufashanya: Kuganira neza no kubahana hagati y'abagize umuryango cyangwa abaturanyi, ibyo bikagabanya amakimbirane n'intonganya. Kwita ku bandi no kubabaza uko bameze, kuko kumva ko umuntu yitabwaho bituma yumva afite agaciro kandi atari wenyine.

- Kudatererana umuntu ugaragaza ibimenyetso by'ibibazo by'ubuzima bwo mu mutwe, akegerwa bikamwereka ko atari wenyine no kumufasha kugera ku kigo nderabuzima kimwegereye.

- Ni ngombwa kwegera mu bwitonzi no kuganiriza uwagize ikibazo nta kumucira urubanza ahubwo ukamutega amatwi, kumuha icyizere ko ashobora gukira, no kumusobanurira ko atari wenyine, ko hari abandi banyuze mu nzira nk'iyo bakagira ubuzima bwiza.

- Ni ngombwa kandi guha umwanya n'ijambo uwagize ikibazo cy'uburwayi bwo mu mutwe, agashobora gusangiza abandi ibimuremereye batamucira urubanza no kumushyigikira kugana inzego z'ubuvuzi cyangwa abajyanama b'ubuzima bwo mu mutwe, niba ikibazo cyamurenze.

- Gufasha buri wese mu muryango kubona amakuru y'ubuzima bwo mu mutwe, ndetse no kubigisha uburyo bw'uko bakwitwara mu bihe baba bagaragaje bimwe mu bimenyetso by'indwara zo mu mutwe.

- Ni ngombwa kugira umwanya wo kuganira no gusangira amarangamutima hagati y'abagize umuryango no gutozwa gusaba ubufasha. Ibi kugira ngo bigerweho bisaba ko abana babitozwa kare, guhugura ababyeyi n'abakuru kugira ngo bashobore kubyimakaza mu muryango.

c) Kubungabunga ubuzima bwo mu mutwe ku rwego rw'igihugu no muri serivisi z'ubuzima

Ni ingenzi gutegura gahunda ihamye, amabwiriza n'amategeko bigamije gutanga umurongo ngenderwaho w'ubuvuzi bw'indwara zo mu mutwe. Izo gahunda zigomba guhera ku gukumira, kuvura no gusubiza mu buzima abahuye n'ibibazo byo mu mutwe, kongerera ubumenyi abakozi b'ubuzima, kurwanya ivangura n'akato, gukora ubukangurambaga mu nzego zitandukanye kugira ngo abantu bagire amakuru ahagije ajyanye n'uko bakwitwara cyangwa n'aho bakura ubufasha.

Icyitonderwa: Kubungabunga ubuzima bwo mu mutwe ni inshingano z'umuntu ku giti cye, umuryango, n'inzego zose z'igihugu. Ni igice cy'ingenzi cy'ubuzima, kandi ntibikwiye gutegereza kugira ikibazo ngo ari bwo umuntu yita ku buzima bwe bwo mu mutwe. Kubyitaho hakiri kare bitanga umusaruro mu mibanire, mu mikorere no mu mibereho rusange.

1.5.3. Uburyo bwo guhangana n'ibibazo by'ubuzima bwo mu mutwe

Ni ngomwa kwitoza no gutoza abandi uburyo bwo guhangana n'ibibazo by'ubuzima bwo mu mutwe mu buzima bwa buri munsi. Ibi bisaba kwibanda ku kumenya ibitera ibibazo, uko byigaragaza, n'uburyo bwo kwiyitaho no gufashanya:

- **Ku muntu ku giti cye:** ni ngomwa kwimenya (kumenya uko yiyumva), kwiga guhangana n'ibibazo by'ubuzima binyuze mu myitozo ngororamubiri, gusabana n'abandi, gukoresha igihe neza, no gushaka ubufasha igihe hari ibimenyetso by'ibibazo byo mu mutwe bimaze igihe kirekire.

- **Mu muryango:** hagomba kubaho uburyo bwo gutega amatwi, guha agaciro ikiganiro, kwirinda gucira imanza umurwayi, gushyiraho umwanya wo kuganira

nk'umuryango, no gushyigikirana mu buryo butuma buri wese yumva yizewe kandi ahawe agaciro.

- **Ku gihugu:** hagomba gukorwa ubukangurambaga mu kubaka umuco wo kwiyitaho no kwita ku bandi mu kurinda no gukira ibibazo by'ubuzima bwo mu mutwe, bigaherekezwa no kongerera ubumenyi abakozi b'ubuzima no kugeza serivizi zijyanye no kwita ku buzima bwo mu mutwe ahantu hose.

Saba abahugurwa gusubiza ibibazo bikurikira:

1. Kwita ku buzima bwo mu mutwe ni iki?
2. Ni gute wakwita ku buzima bwo mu mutwe: Ku muntu ku giti cye, mu muryango no ku gihugu?
3. Ni ubuhe buryo bwo guhangana n'ibibazo by'ubuzima bwo mu mutwe: Ku muntu ku giti cye, mu muryango no ku gihugu?

Ikiganiro cya 6: Guherekeza abakeneye serivise z'ubuzima bwo mu mutwe kwa muganga no gukora ubuvugizi

1.6.1 Ni ryari umuhumurizamutima akenera kohereza kwa muganga no kuyobora uwagize ingorane z'ubuzima bwo mu mutwe?

Iyo umuntu uri mu Rubuga Baho Neza agaragaje ingorane z'ubuzima bwo mu mutwe zirenze ubushobozi bw'umuhumurizamutima. Kugira ngo abigereho agomba kuba azi ibimenyetso by'ingenzi biranga umuntu ufite ingorane z'ubuzima bwo mu mutwe, kugira ngo abashe kumugira inama hamwe n'umuryango we. Iyo asanze umuntu afite ibimenyetso bituma atabasha gukomeza gufashirizwa mu rubuga Baho Neza, aha twavuga nko kuba adatuje muri we bituma abangamira bikomeye imigendekere y'Urubuga Baho Neza, kuba abona cyangwa yumva ibintu abandi batabona (abona abantu bashaka ku mwica cyangwa avuga ko yumva yakwiyahura).

Icyo gihe umuyobozi w'Urubuga Baho Neza asabwa kwitwara mu buryo bukurikira:

- Kuba hafi y'uwo afasha n'umuryango we, akabahumuriza kandi akabaha ibisobanuro bikwiye ku byo bibaza.
- Areba uburemere bw'ibimenyetso umuntu agaragaza, akanamushishikariza we n'umuryango we kugana abashinzwe kumufasha.

Ni ingenzi kuyobora abaje mu rubuga Baho Neza bafite ingorane z'ubuzima zirenze ubushobozi bw'abahumurizamutima aho bakura ubundi bufasha ndetse n'izindi nzego zita ku buzima n'imibereho myiza y'abaturage.

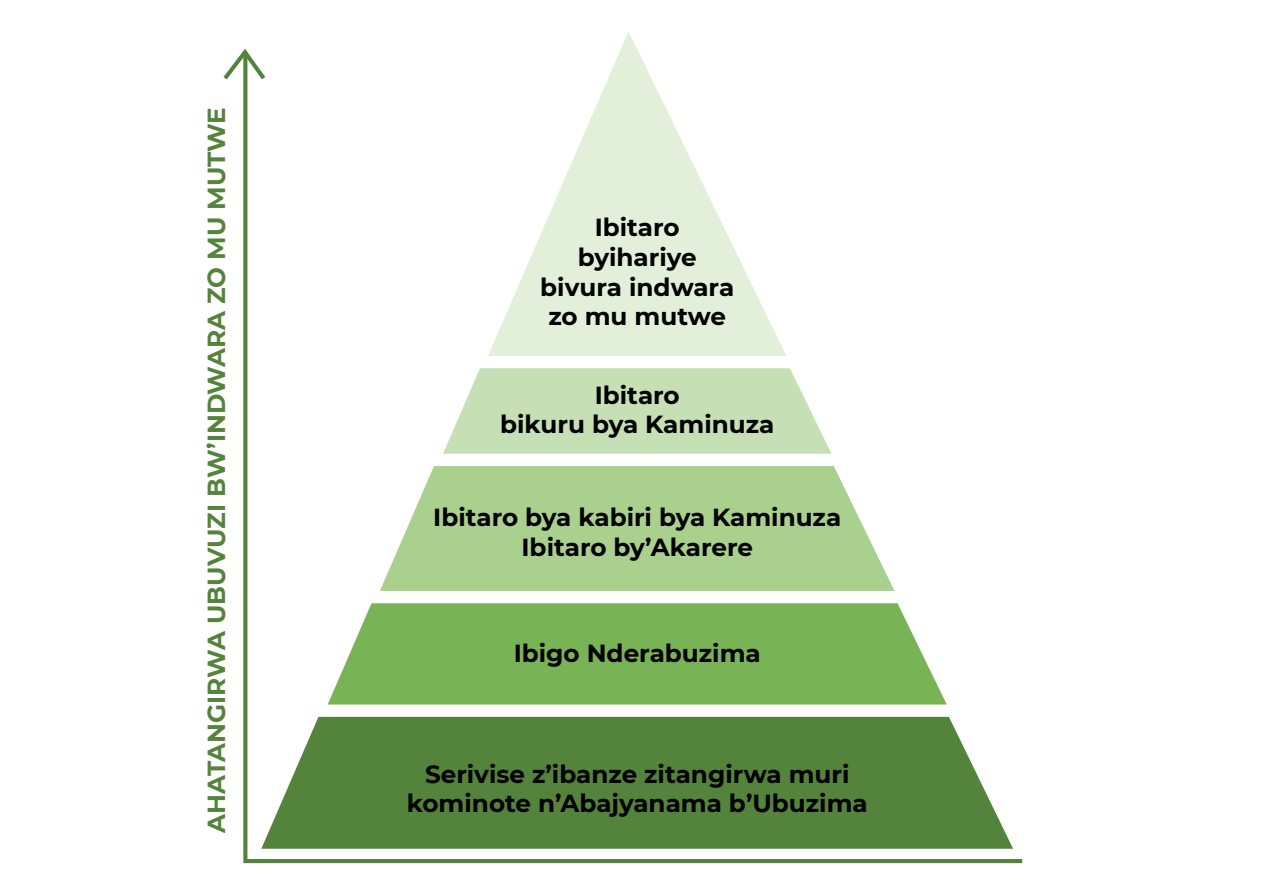
1.6.2. Uko inzego z'ubuvuzi zikurikirana

Umuntu wagize ingorane z'ubuzima bwo mu mutwe akeneye ubufasha butandukanye. Ubwo bufasha buhera aho atuye mu rubuga Baho Neza. Ariko iyo izo ngorane z'ubuzima bwo mu mutwe zikeneye ubufasha bwisumbuyeho, ni ngombwa ko ucyeneye ubwo bufasha asobanurirwa izindi nzego banyuramo mu kwivuza, kandi ibyo bigakorwa hakiri kare.

- Kuri buri kigo nderabuzima umuntu asanzwe yivurizaho hari umuntu wize ibijyanye n' ubuzima bwo mu mutwe. Iyo agejejweyo, umurwayi akorerwa ibishoboka muri uru rwego rw'ubuzima.

- Iyo abavuzi bo ku kigo nderabuzima babonye umurwayi akeneye ubufasha burengejeho, icyo gihe bamuha urupapuro rumwohereza ku bitaro by'akarere bakorana. Kuri buri bitaro by' akarere hari ishami rishinzwe kwita ku buzima bwo mu mutwe, haba abashinzwe gufasha umuntu wese ufite ingorane z' ubuzima bwo mu mutwe. Kuri uru rwego kandi birashoboka ko uwo muntu ugaragaza ibyo bimenyetso yashyirwa mu bitaro akaba ariho akurikiranirwa.

- Mu bitaro by' akarere, mu ishami rishinzwe kwita ku buzima bwo mu mutwe hari igihe bigaragara ko umuntu akeneye kwitabwaho hakoreshejwe ubushobozi bwisumbuyeho. Icyo gihe ahabwa urupapuro rumwohereza mu bitaro byisumbuyeho; aribyo:
  Ibitaro bikuru bya Kaminuza, ishami ry' ubuzima bwo mu mutwe n'Ikigo cyita kubabaswe n' ibiyobyabwenge, n'Ibitaro by'indwara zo mu mutwe bya Ndera n'amashmi yabyo.



Icyitonderwa

- Iyo hari uwahohotewe, yaba umunyamuryango cyangwa ufitanye isano na we, ajyanwa byihuse ku Isange One-Stop Centre, cyangwa ku kigo nderabuzima cya hafi kugira ngo ahabwe ubufasha (ihumurizamutima, ubuvuzi, n'ubutabera).

- Iyo umurwayi asezerewe mu bitaro bikuru, ahabwa inama zirimo gukomeza gufata imiti nk'uko yandikiwe kugeza ubwo muganga yemeye kuyihagarika, no kujya akurikiranwa n'abaganga hakurikijwe gahunda yihariye ku kibazo cye.

- Umurwayi avuye mu bitaro bikuru ahabwa urwandiko rumwohereza ku bitaro cyangwa ikigo nderabuzima cya hafi, akakurikiranywa n'inzobere, ndetse ashobora no gusurwa mu rugo.

- Umuyobozi w'Urubuga Baho Neza asaba uwakize cyangwa uvuye mu bitaro gukomeza kwitabira ibikorwa by' urubuga Baho Neza, kugira ngo akomeze gufashwa, yibutswe inama z'abaganga; nko gufata imiti neza, kandi afashwe kare mu gihe yagaragaje ibimenyetso byo kongera kurwara.

1.6.3. Imikoranire y'abahumurizamutima n'inzego z'ubuzima n'izita ku mibereho myiza.

Umuntu ufite ibibazo bijyanye n'ubuzima bwo mu mutwe akenera ubufasha butandukanye, ndetse ubwo bufasha bushobora kurenga ubushobozi cyangwa ubumenyi bw'abahumurizamutima. Aha biba ngombwa ko akorana bya hafi n'ikigo nderabuzima ndetse n'izindi nzego zita ku imibereho myiza y'abaturage kugira ngo ufashwa ahabwe ubufasha bwuzuye.

Imikoranire y'inzego z'ubuvuzi bw'ubuzima bwo mu mutwe mu Rwanda

Mu rwego rwa gahunda ya *Baho Neza*, imikoranire n'inzego z'ubuvuzi, igamije gutuma abaturage, cyane cyane abafite ibibazo by'ubuzima bwo mu mutwe cyangwa abahuye n'ihohoterwa, bahabwa serivisi zinoze kandi zihuse. Urubuga Baho Neza rufasha abanyamuryango kumenya aho bagomba kwitabaza (ibitaro by'akarere, ibigo nderabuzima, Isange One-Stop Centre), gukurikiza inama z'abaganga, no guhuza abarwayi n'inzobere. Inzego z'ubuvuzi zitanga ubuvuzi, ubufasha mu gukurikiranwa no gutanga inyandiko zo kohereza umurwayi hafi y'aho atuye kugira ngo akomeze kwitabwaho ndetse no gusubiza mu buzima busanzwe.

Gukorana n'inzego z'ibanze n'ubuvugizi ku zindi nzego

Urubuga Baho Neza rukorana n'inzego z'ibanze (ubuyobozi bw'umurenge, akagari, umudugudu), mu gukora ubuvugizi kugirango abagize urubuga bahure n'amahirwe yo kubona ubufasha bw'imibereho myiza. Ibi birimo gukemura ibibazo by'ubukene, kubona ubwisungane mu kwivuza, kubona inkunga z'imibereho, no kubahuza n'amahirwe aboneka aho batuye nk'imishinga ibyara inyungu cyangwa amahugurwa yo kwiteza imbere. Ubufatanye n'izi nzego butuma abagize urubuga bava mu bwigunge, bakabona uburyo bwo gusubira mu buzima busanzwe no kwigira.

Ikiganiro cya 7: Kubaka ubudaheranwa

1.7.1. Gusobanukirwa ijambo "Ubudaheranwa"

Ubudaheranwa ni ubushobozi umuntu agira cyangwa ashobora kubakirwa n'abandi bikamufasha kugabanya umubabaro yatewe n'ibyamubayeho, akemera ibyamubayeho, akiyemeza kubirenga no kubaho neza.

Ubudaheranwa bukubiyemo inzira zose zo gukumira cyangwa kugabanya ihungabana ry'ubuzima nyuma y'amakuba, hamwe n'inzira yo gukira vuba uburwayi bwo mu mutwe. Buri muntu afite urwego runaka rw'ubu bushobozi, ruterwa n'amateka n'ubuzima yabayemo, ariko rushobora kongerwa binyuze mu kwiga no kwitoza.

Kugira imitekerereze myiza ku mpinduka bituma umuntu arushaho kugira ubudaheranwa. Uko ibibazo bihangayikishije byiyongera, bisaba guhozaho no kurushaho kwitoza imitekerereze myiza, kugira ngo umuntu abashe kubitsinda no kudaheranwa.

1.7.2. Ibiranga ubudaheranwa

Nk'uko byavuzwe haruguru, buri muntu ashobora kongera ubushobozi bwe bwo kudacika intege binyuze mu kwiga no kwitoza. Ubushobozi bwo kwihangana, kwiyubaka nyuma y'ibibazo no guhangana n'ibigeragezo si impano yihariye y'abantu bake, ahubwo ni ubushobozi/imbaraga buri muntu wese ashobora kwishakamo no guteza imbere.

Gutangira urugendo rwo kwiyubakamo ubu bushobozi bisaba kumenya ko hari imico runaka abantu bafite ubushobozi bwo kudacika intege bagaragaza, kandi buri wese ashobora kuyiga no kuyitoza.

Ibintu by'ingenzi biranga ubudaheranwa

i) Kugira ibitekerezo byiza: umuntu amenya guhangana n'ibibazo adacitse intege, akagira ikizere cyo kubisohokamo neza, kandi akabasha kubyigiraho amasomo amufasha gukura.
ii) Gushyira umutima ku ntego: umuntu akora yibanda ku ntego n'icyerekezo, atitaye ku nzitizi.
iii) Ubushobozi bwo guhinduka: umuntu agira ubushake bwo kwakira impinduka no kuzirikana ku buryo yahindura imyitwarire ye igihe bibaye ngombwa.

iv) Ubushobozi bwo gutegura no gukorera ku murongo: umuntu amenya gutegura ibyo agomba gukora, kubishyira ku murongo no kubyitwararika.
v) Ukuba intangarugero mu guhangana n'impinduka: umuntu afata iya mbere mu gukemura ibibazo, aho kubyirengagiza, agafata ibyemezo by'ubushishozi n'icyerekezo.

Izi ni indangagaciro z'ingenzi, iyo zitondewe kandi zigatozwa, zifasha umuntu wese kubaka ubushobozi bwo guhangana n'ihindagurika ry'ubuzima no gukomeza gutera imbere.

1.7.3. Uko ubudaheranwa bugaragara mu byiciro bikurikira

Ubudaheranwa ni inkingi ikomeye mu buzima bw'umuntu no mu iterambere ry'umuryango n'igihugu muri rusange.

Ubudaheranwa butuma abantu ku giti cyabo, ingo n'igihugu bibasha guhangana n'ibibazo, kwigira ku byabaye, no gukomeza gutera imbere.

Ubudaheranwa bugaragarira mu kwigirira icyizere, gufatanya gukemura ibibazo, no guteza imbere ubuyobozi, imikorere n'imikoranire n'abandi. Ni umusingi w'iterambere ry'igihugu rirambye, rishingiye ku ndangagaciro, ubufatanye, icyerekezo n'icyizere cy'ejo hazaza.

i) Ubudaheranwa bugaragara ku muntu ku giti cye

Ubudaheranwa ku muntu ku giti cye bugaragazwa; n'imbaraga yifitemo zo gukora, kwihangana no kwiyubaka, kugirana umubano n'abandi, ariko kandi akaba yihagije; yemera ibyahise n'ibigoye yahuye na byo; amenya kubaho mu bihe arimo, kandi akabasha guhangana n'ibibazo by'iminsi yose; agira ibyishimo, kandi agakoresha ubwenge n'ubushake mu kugerageza amahirwe afite mu buzima, ahindura imbogamizi mo amahirwe; yakira ibyahise, akongera kwishakamo indangagaciro no kwiyubaka.

Mu bukungu, ashobora gukora akiteza imbere kandi yizera ubushobozi bwe. By'umwihariko umuntu udaheranwa arangwa no kwizera, kwihanganirana, no kubabarira; ariko kandi agafata inshingano ku giti cye, akiyemeza, kandi agatekereza mu buryo bwagutse.

ii) Ku rwego rw'umuryango

Umuryango ufite ubushobozi bwo kwiyubaka gukemura ibibazo byawo, binyuze mu biganiro, gukemura amakimbirane, gutekereza no gushyira mu bikorwa imishinga ibateza imbere.

Mu bufatanye bw'abagize urugo, babasha kugera ku bwiyunge n'ubukungu buhamye, ndetse no ku mutekano w'ibiribwa; bagira umubano mwiza kandi wubaka urugo, no hanze yarwo, bagatanga umusanzu mu gukemura ibibazo byugarije umuryango wabo, n'abo babana. Umuryango kandi wubaka indangagaciro uha abana, ugatuma ibikomere by'ahahise bitagira ingaruka ku bazabakomokaho.

iii) Ku rwego rw'umuryango mugari

Umuryango mugari ufite ubushobozi bwo kwiyubaka witabira ibikorwa bya buri munsi bibahuza (nko mu bikorwa by'isuku rusange nk'*umuganda*, siporo); ufite icyerekezo gihuriweho cy'ahazaza h'umuryango; buri wese yumva ko ashobora kugira uruhare mu byemezo bifatwa aho atuye; habaho ubufatanye no kwita ku bantu babikeneye. Nubwo hari amakimbirane ashobora kubaho mu muryango mugari, abayobozi n'abaturage babasha kuyakemura neza. Umuryango mugari nk'uyu urangwa n'umutekano, biba ingenzi mu gusubira ku murongo nyuma y'ibibazo.

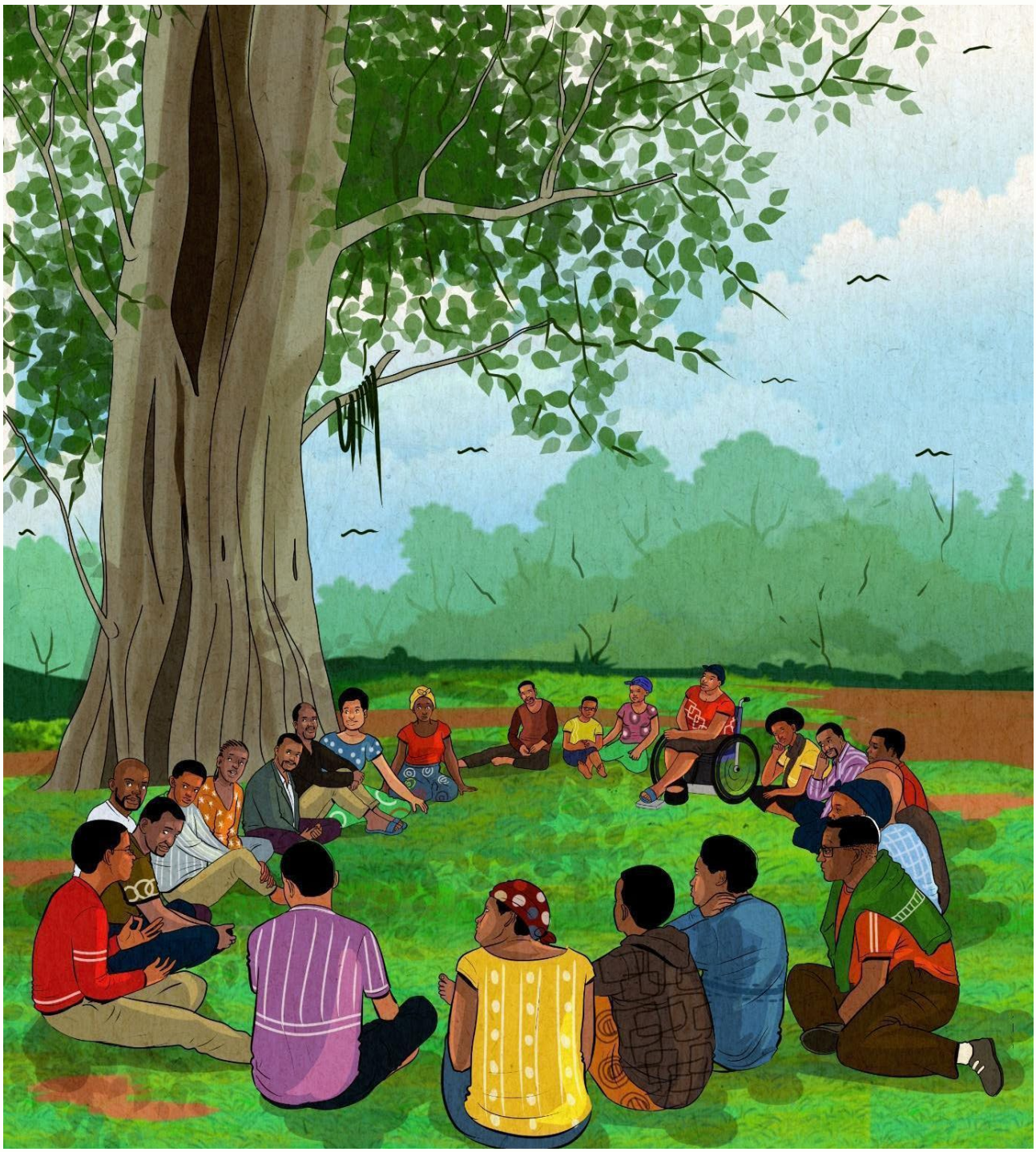
Umuryango urimo gukira ibikomere by'ahahise, ukongera guhuza abantu, wongera gushyira hamwe n'abawugize bose, hatitawe ku mateka yabo, kandi buri wese yumva ko ari mu muryango ushingiye ku ndangagaciro n'umurage.

iv) Ku rwego rw'igihugu

Igihugu gifite ubushobozi bwo guhangana n'ibyahise no kwiyubaka bishobora kurinda iterambere ry'igihugu; kigira politiki zihamye n'imigambi ifatika, kikanateza imbere abakozi bacyo. Serivisi zitangwa ziba zidashingiye ku ivangura iryo ariryo ryose kandi zikorera neza abaturage bose.

02

IGICE CYA KABIRI: URUBUGA BAHO NEZA



Intangiriro

Urubuga Baho Neza ni urugendo rukorerwa mu matsinda agamije kubungabunga ubuzima bwo mu mutwe bw'abagize itsinda no gukumira ibibazo bijyanye n'ubuzima bwo mu mutwe hubakwa ubudaheranwa. Urubuga Baho Neza rwibanda ku gufasha abantu kumenya uko barushaho kubaho neza, kongera imbaraga zo guhangana n'ibibazo no gushyigikirana mu matsinda binyuze mu mu gusangizanya ubuzima, bifasha mu gukira ibikomere no kongera icyizere cy'ubuzima.

Urubuga Baho Neza ni kimwe mu bikorwa bigize gahunda ngari ya Baho Neza-Twite ku Buzima bwo mu Mutwe. Ruyoborwa n'abahumurizamutima babiri batoranwa ku rwego rw'umudugudu kandi rukabera aho abarugize bihitiyemo. Abagize urubuga Baho Neza bahura rimwe mu cyumweru mu gihe cy'ibyumweru 15.

Ikiganiro cya mbere: Guhitamo abahumurizamutima bazayobora urubuga Baho Neza

2.1.1. Umuhumurizamutima

Umuhumurizamutima ni umuntu utoranwa, agahugurwa, agahabwa inshingano zo kuyobora Urubuga Baho Neza mu mudugudu atuyemo cyangwa ahandi habera Urubuga Baho Neza nko ku kazi n'ahandi.

Mu guhitamo abahumurizamutima hagenderwa kuri ibi bikurikira:

- Kuba atuye mu mudugudu cyangwa akorera aho urubuga Baho Neza ruzabera.
- Kuba ari umuntu abandi bagirira icyizere ko afite ubushobozi bwo kuyobora Urubuga Baho Neza
- Kuba ari inyangamugayo
- Kuba ashobora kubona umwanya wo kuyobora Urubuga Baho Neza
- Kuba yemera gukora nk'umukorerabushake, nta gihembo icyo ari cyo cyose ategereje
- Kuba azi gusoma no kwandika neza.
- Kuba atarengeje imyaka 65 y'ubukure

Umuhumurizamutima atoranywa mu Nshuti z'Umuryango n'urubyiruko rw'abakorerabushake bujuje izi ngingo zavuzwe haruguru. Iyo hatabonetse bariya babiri hatorwanywa undi muntu wujuje ibisabwa ariko ntabe ari umuyobozi cyangwa adafite izindi nshingano mu mudugudu.

2.1.2. Inshingano z'abahumurizamutima

Inshingano z'abahumurizamutima n'izi zikurikira:

- Gukora ubukangurambaga ku buzima bwo mu mutwe aho batuye cyangwa bakorera nk'uko ziteganijwe muri gahunda ya Baho Neza-Twite ku buzima bwo mu Mutwe
- Gutegura no kuyobora Urubuga Baho Neza
- Gukora ubuvugizi kuyobora abakeneye ubufasha bwisumbuye ku nzego z'ubuzima cyangwa izita ku mibereho myiza y'abaturage
- Gukora ikurikiranabikorwa no gutanga raporo z'ibikorwa bashinzwe muri gahunda ya Baho Neza-Twite ku Buzima bwo mu Mutwe.
- Gutegura uko urubuga Baho Neza ruza kuyoborwa no gusesengura uko rwagenze rumaze gusozwa

Icyitonderwa:

- Haba mu bukangurambaga, gutumira umuntu ku giti cye, ndetse by'umwihariko mu kuyobora Urubuga Baho Neza, abahumurizamutima babiri bakorana bagomba kuba bari kumwe kugira ngo bafashanye.
- Urubuga Baho Neza rushobora gushyirwaho n'ababyifuza bidashingiye gusa kuko batuye mu mudugudu umwe, nk'aho abantu bakorera, mu nsengero, n'ahandi abantu bahurira, mu gihe bafite abahumurizamutima bahuguwe kuri Gahunda ya Baho Neza-Twite ku Buzima bwo mu Mutwe.

2.1.3. Ibiranga Umuhumurizamutima

Umuhumurizamutima nyawe akwiriye kuba arangwa n'ibi bikurikira:

- Kugira ubushobozi bwo kumva no kwishyira mu mwanya w'undi muntu
- Kuyobora ibiganiro atigisha kandi atiharira ijambo.
- Kugira ubushobozi bwo gufasha abagize Urubuga Baho Neza gufata ijambo no kurisangira.
- Kuba ashobora kuyobora amarangamutima ye no gushaka ubufasha igihe biri ngombwa.
- Kutanywa inzoga umunsi wo kuyobora Urubuga Baho Neza
- Kurangwa n'isuku mu myambarire no ku mubiri
- Gutega amatwi neza abitabiriye urubuga Baho Neza no kubafasha kuganira ku buzima bwabo bagamije kubaho neza.

Gutega amatwi bigamije gufasha ni iki?

Gutega amatwi bigamije gufasha ni uburyo bwihariye bwo gutega amatwi umuntu ufite ikibazo runaka kimukomereye, ukayamutega witonze, kugira ngo usobanukirwe neza amagambo y'uwo muvugana. Gutega amatwi bisaba gukoresha amagambo n'ibimenyetso byerekana ko ubutumwa bwumviswe neza. Gutega amatwi bishingira ku bwitange, kwihangana no kuba ufungukiye ku bitekerezo by'abandi, kuko bisaba gushyira ku ruhande amarangamutima cyangwa imyumvire yawe bwite, kugira ngo wumve neza aho uwo uvugana na we ahagaze, nubwo mwaba mutemeranya nawe.

Amahame yo gutega amatwi bigamije gufasha

Buri wese yifuza umutega amatwi, by'umwihariko iyo umuntu yanyuze mu bikomeye bikamuhungabanya. Gutega amatwi si ukumva amagambo avugwa gusa, ahubwo ni ukwita ku uvuga n'amatwi y'umutima, kumva icyo amagambo ye ashatse kuvuga, ndetse no kumwereka ko ibyo avuga ko bifite agaciro.

Amahame y'ingenzi atuma gutega amatwi bigerwaho:

- **Kumva witonze kandi uteze amatwi uvuga:** ugaragaza ko witaye ku kiganiro, udaca uwo muvugana mu ijambo kandi udahugira ku bindi.
- **Kudahakana no kubaha ibitekerezo by'uwo muvugana:** Kutamucira urubanza ahubwo umuha urubuga rwo kwisanzura mu byo avuga.
- **Kugaragaza ko wumva kandi ukurikiye:** Gukoresha ibimenyetso nko kureba mu maso uwo muvugana umwenyura, Kwikiriza ukoresheje umutwe, no gukoresha amagambo nka "*ndakumva*" n'ibindi bigaragaza ko uhari koko.
- **Gusobanuza neza aho ushidikanya:** Kubaza ibibazo byubaka bigaragaza ko ushaka kumva koko nka "niba numvise neza ushaka kuvuga ko...?", kugira ngo usobanukirwe neza.
- **Gusubiramo amagambo y'ingenzi:** Ibi bifasha kwemeza ko wumvise neza kandi binaha uvuga icyizere ko atumvise nabi.
- **Kugaragaza ko wifatanyije na we mubyo yanyuzemo:** Wumva amarangamutima/kwishyira mu mwanya w'uvuga, ukamugaragariza ko umwitayeho, n'ubwo waba utamushyigikiye.

Gutega amatwi ugamije gufasha ni urufunguzo rw'ikiganiro cyubaka icyizere, gifasha kumva no kumvikana. Kubishyira mu bikorwa mu buzima bwa buri munsi bifasha gukemura amakimbirane neza, no gushyigikirana. Ni ubuhanga buri wese yakagombye kwimakaza kugirango tubashe gufasha.

Ikiganiro cya 2: Gutegura Urubuga Baho Neza

2.2.1. Uko ibikorwa byo gutegura Urubuga Baho Neza bikurikirana

Kugira ngo abantu bamenye gahunda ya Baho Neza-Twite ku Buzima bwo mu Mutwe kandi bitabire Urubuga Baho Neza, hifashishwa ibikorwa bikurikira:

- **Guhugura abazahugura abandi:** Igikorwa kibanza ni uguhugura abazahugura abandi aribo abashinzwe ubuzima bwo mu mutwe bo mu bigo bikora kuri gahunda ya Baho Neza-Twite ku Buzima bwo mu Mutwe hamwe n'abashinzwe kwita ku buzima bwo mu mutwe bo mu bitaro by'akarere n'ibigonderabuzima; na bo bakazahugura abahumurizamutima.

- **Guhugura abagize inzego z'ibanze:** Iyi gahunda ishyirwa mu bikorwa ku bufatanye bw'inzego z'ibanze. Ni yo mpamvu bakenera amahugurwa kugira ngo bayishyigikire bafite ubumenyi ku buzima bwo mu mutwe.

- **Guhugura abahumurizamutima:** Abahumurizamutima bahugurwa kuri gahunda ya Baho Neza-Twite ku Buzima bwo mu Mutwe kugira ngo bakore ubukangurambaga banayobore Urubuga Baho Neza.

- **Ubukangurambaga bukorwa n'abashinzwe kwita ku buzima bwo mu mutwe:** Abashinzwe kwita ku buzima bwo mu mutwe bo mu bigo bikora kuri gahunda ya Baho Neza-Twite ku Buzima bwo mu mutwe bategura ubukangurambaga bafatanije n'ibigonderabuzima n'ibitaro by'Akarere. Ubukangurambaga bushobora gukorerwa ku rwego rw'akarere, rw'umurenge cyangwa rw'akagari. Ni umwanya mwiza wo guhuza abaturage n'abahumurizamutima ndetse n'abaganga bita ku buzima bwo mu mutwe bo mu bigonderabuzima. Birashoboka kwifashisha amaradiyo, amatereviziyo, imbuga nkoranyambaga, n'ubundi buryo burakoreshwa kugira ngo amakuru agere ku bantu benshi.

- **Ubukangurambaga bukorwa n'abahumurizamutima:** Abahumurizamutima bamenyekanisha Urubuga Baho Neza babinyujije mu bukangurambaga bakorera muri gahunda zihuza abaturage aho batuye nk' umuganda, inteko y'abaturage, umugoroba w'umuryango, ibimina, ndetse n'ahandi hantu hahurira abantu benshi. Nyuma yo kubona ubutumwa, ababyifuza begera abahumurizamutima bagasaba ko bashyirwa ku rutonde rw'abazitabira Urubuga Baho Neza.

- **Kwegera umuntu ku giti cye bikorwa n'abahumurizamutima:** Ubundi buryo bukoreshwa n'abahumurizamutima ni ukwegera umuntu ku giti cye bifuje ko yakwitabira urubuga Baho Neza, bakamuha ubusobanuro bwimbitse ndetse bakanamurarikira kwitabira bakoresheje ubutumwa butumira buri ku mugereka wa mbere (1).

  Iyo abahumurizamutima bamaze kuzuza urutonde rw'abazitabira, babamenyesha abatumiwe umunsi, isaha, n'aho bazahurira kugira ngo babasobanurirwe birambuye ku ntego y'Urubuga Baho Neza n'ibikorwa byarwo.

2.2.2. Ibigenderwaho mu gushyiraho itsinda ry'abagize Urubuga Baho Neza

Mu gutegura itsinda ry'abagize Urubuga Baho Neza, abahumurizamutima bagendera kuri ibi bikurikira:

- **Umwihariko cyangwa icyo abantu bahuriyeho**: Abahumurizamutima bashobora kubaka Urubuga Baho Neza bagendeye ku mwihariko cyangwa ikindi abantu bahuriyeho mu rubuga Baho Neza, nko kuba batuye mu mudugudu umwe, kuba bakorera hamwe cyangwa bahuriye ku kibazo runaka, n'ibindi.

- **Imyaka**: Abahumurizamutima bubaka Urubuga Baho Neza rw'abantu bakuru bafite guhera ku myaka cumi n'icyenda (19).
- **Igitsina**: Urubuga Baho Neza rushobora kubakwa rugizwe n'abagabo n'abagore, abagore gusa cyangwa abagabo gusa kubera impamvu zihariye.
- **Umubare:** Itsinda ry'Urubuga Baho Neza rigomba kuba rigizwe n'abantu 24. Mu gihe habonetse abitabira bake, umubare ntugomba kujya munsi y'abantu 8. Mu gihe habonetse benshi, ntibagomba kurenga 30.

2.2.3. Imiterere y'Urubuga Baho Neza n'uko ruyoborwa

Urubuga Baho Neza rushyirwaho ku rwego rw'umudugudu, rukabera aho abarugize bihitiyemo kandi hujuje ibisabwa. Mu Rubuga Baho Neza buri wese yemererwa gusohora amarangamutima ye, akavuga ikari ku mutima ntacyo yikanga kandi yizeye ko nta muntu umucira urubanza; bityo bikabafasha kwimenya no kwisobanukirwa binyuze mu gusura ahahise habo, gusuzuma ingaruka habagizeho; bikabafasha guhindura uko babayeho.

Ibikorwa bikorerwa mu Urubuga Baho Neza bigizwe ahanini n'imyitozo ifasha abantu kwisanzura no kwizerana, kwisuzuma, kuvurana ibikomere, no gufata imyanzuro yerekeza ku budaheranwa. Iyo myitozo ibanzirizwa cyangwa igaherekezwa n'imikino nsemburambaraga, imikino cyangwa indirimo ziruhura, cyangwa zihumuriza.

Urubuga Baho Neza ruyoborwa n'abahumurizamutima babiri batoranijwe mu mudugudu batuyemo, bagahugurwa kuri gahunda ya Baho Neza-Twite ku Buzima bwo mu Mutwe. Abahumurizamutima babiri bategura imyitozo y'umunsi mbere y'uko abagize Urubuga Baho Neza bahura, bakongera no guhura nyuma rurangiye kugira ngo basuzume uko rwagenze, banategure raporo y'umunsi. Biba akarusho iyo abo bahumurizamutima babiri ari igitsina gabo n'igitsina gore.

Ibyiciro bigize ibizakorerwa mu Rubuga Baho Neza:

Abagize Urubuga Baho Neza bahura amasaha abiri (2) rimwe mu cyumweru mu gihe cy'ibyumweru cumi na bitanu (15). Bahura ku munsi bumvikanyeho bose

kandi udahinduka. Dore urutonde rw'ibyiciro n'icyo bigamije:

- Icyiciro cya mbere (Icyumweru cya 1-3): Gutangira Urubuga Baho Neza
- Icyiciro cya kabiri (Icyumweru cya 4-7): Kwisuzuma, kwimenya, no kuvumbura imbaraga abantu bafite
- Icyiciro cya gatatu (Icyumweru cya 8-12): Gushaka impinduka
- Icyiciro cya kane (Icyumweru cya 13-15): Gusuzuma impinduka no gushyiraho uburyo zizabungabungwa

Icyitonderwa:

- Imbonerahamwe igaragaza urutonde rw'ibyiciro n'ibikorwa mu byumweru cumi na bitanu (15) iri ku mugereka wa gatatu (3)
- Iyo hari umuntu usabye kwitabira Urubuga Baho Neza nyuma y'icyumweru cya gatatu (3) cyangwa agasiba ibyumweru bitatu (3) bikurikirana, ashyirwa ku rutonde rw'Urubuga Baho Neza ruzakurikira kandi akabimenyeshwa mu

buryo budahutaza. Nta usoza urugendo atagejeje ku cyumweru cya cumi na gatanu (15).

- Umuntu ashobora gusaba kujya mu Rubuga Baho Neza rizakurikiraho igihe yumva akibikeneye nyuma yo gusoza.
- Kuva cyumweru cya cumi na gatatu (13) itsinda ritangira gutegura uko rizasoza Urububuga Baho Neza ndetse n'icyo bazakora nyuma.

Ibikwiriye kwitabwaho igihe abagize Urubuga Baho Neza bakora imyitozo:

- Buri cyumweru gitangizwa kandi kigasozwa n'umukino nsemburambaraga ushobora kuba agakino, indirimbo cyangwa ikindi gishobora gutuma abantu bagira ibyiyumviro byiza.
- Imyitozo y'Urubuga Baho Neza ishobora gukorwa abantu bandika cyangwa bakayikora bakoresheje gufata umwanya bagatekereza nyuma bagakoresha amagambo cyangwa inkuru irambuye bitewe n'umwitozo uwo ari wo.
- Igihe ibikorwa by'icyumweru bitakozwe cyangwa byakozwe ntibirangire kubera impamvu zitandukanye nk'imvura n'ibindi, abagize Urubuga Baho Neza bahitamo ikindi gihe cyo guhura bagasubiramo ibikorwa bigize icyo cyumweru.
- Buri cyumweru gisozwa n'umwe mu myitozo ibiri ariyo agakoni cyangwa se icyungo ifasha kumenya abyo abagize Urubuga baho neza bagezeho muri icyo cyumweru.
- Umwitozo w'igipimo cyo kubaho neza ukoreshwa ku cyumweru cya gatatu (3) n'icya cumi na kane (14)

Uko ibikorwa by'umunsi bikurikirana mu Rubuga Baho Neza

1. Abahumurizamutima baha ikaze abitabiriye Urubuga Baho Neza babagaragariza urugwiro;
2. Abahumurizamutima basaba abitabiriye kwicara ku ruziga (abagize Urubuga Baho Neza bicara ku ruziga igihe cyose kandi bakicara ku buryo bugaragaza ko bose bareshya)
3. Abagize Urubuga Baho Neza bakora umukino nsemburambaraga nk'akaririmbo, imbyino cyangwa se agakino;
4. Abagize Urubuga Baho Neza bibukiranya amahame bishyiriyeho;
5. Abagize Urubuga Baho Neza bibukiranya ibikorwa byakozwe mu cyumweru gishize, ibyagezweho cyangwa se n'imbogamizi bahuye nazo;
6. Abahumurizamutima bafasha abitabiriye kwisuzuma bakoresheje igipimo cyo kubaho neza (bikorwa ku cyumweru cya gatatu n'icya makumyabiri gusa)

7. Abahumurizamutima bayobora abagize Urubuga Baho Neza mu myitozo yateganyijwe uwo munsi;
8. Abahumurizamutima baha umwanya abagize Urubuga Baho Neza wo kuvuga uko biyumva nyuma y'umwitozo;
9. Abagize Urubuga Baho Neza bongera kandi gukora umukino nsemburambaraga;
10. Abagize Urubuga Baho Neza basuzuma ibyo bungukiye mu biganiro, imyitozo n'imikino bakoze uwo munsi bakoresheje umwitozo ***w'agakoni cyangwa icyungo*** biri wa mbere n'uwakabiri.
11. Abahumurizamutima n'abagize Urubuga Baho Neza bemeranya kuri gahunda y'icyumweru kizakurikiraho hanyuma bagasezeranaho.

Ikiganiro cya 3: Imyitozo ikorerwa mu rubuga Baho Neza

Icyiciro cya mbere (Icyumweru cya 1-3): Gutangira Urubuga Baho Neza

Icyiciro cya mbere kigizwe n'ibyumweru bitatu. Ni icyiciro gitangira Urubuga Baho Neza, aho abahumurizamutima bongera kugaruka ku ntego yarwo, abatumiwe bakamenyana, bagahitamo aho bazajya bakorera, kandi bakishyiriraho amahame remezo azabagenga. Nk'uko mu Kinyarwanda bavuga bati *"abishyize hamwe Imana irabasanga",* kumva ko utari wenyine mu rugendo rw'ubuzima bifasha kumva icyanga cy'ubuzima, bikanarema icyizere cy'ejo hazaza. Iki cyiciro ni intangiriro yo kubaka icyizere hagati y'abagize Urubuga Baho neza.

Icyumweru cya mbere

Kwibwirana

Ku munsi wa mbere abitabiriye Urubuga Baho Neza babanza kwibwirana amazina n'aho batuye mbere yo gukomeza ibindi bikorwa by'umunsi.

Gusobanura byimbitse Urubuga Baho Neza

Nyuma yo kwibwirana, abahumurizamuti bongera gusobanura byimbitse intego, imiterere, ndetse n'ibikorwa by'Urubuga Baho Neza kugira ngo abitabiriye bafate umwanzuro wo gukomeza bumva neza icyo bagiye gukora.

Guhitamo aho Uruziga Baho Neza ruzajya rubera

Nyuma yo gusobanukirwa neza icyo Urubuga Baho Neza ari cyo, abitabiriye bahisemo gukomeza bahitamo aho bazajya bahurira babifashijwemo n'abahumurizamutima. Birashoboka ko aho bahuriye ku munsi wa mbere haba hujuje ibisabwa cyangwa se bagahitamo ahandi harangwa n'ibi bikurikira:

- Umutekano;
- Isuku;
- Nta rusaku;
- Hitaruye abahisi n'abagenzi;
- Hari ubwiherero hafi yaho;
- Hatwikiriye cyangwa hari igicucu.

Icyumweru cya 2:

Umwitozo wa mbere: Umukino wo kwibwirana

Ku munsi wa kabiri abagize Urubuga Baho Neza bakora umwitozo wo kwibwirana bakoresheje umukino.

Icyo umwitozo ugamije: gufasha abagize Urubuga Baho Neza kumenyana byimbitse.
Ibikoresho bikenewe: Nta bikoresho bikenewe
Uko umwitozo ukorwa: uyu mwitozo ukorwa n'umuntu ku giti cye mu itsinda rigari.

Intambwe ya mbere:

- Saba abagize Urubuga Baho Neza bose (n'abahumurizamutima barimo) kujya ku ruziga
- Va ku ruziga ujye hagati utangize umukino ugira uti:

  - Ese muranzi?
  - Abandi bose barasubizaba bati: reka da!
  - Ese muranzi?
  - Abandi bose barasubizaba bati: reka da!
  - Bibwire ukoresheje amazina, irangamimerere, aho utuye, abo mubana, icyo ukora, n'icyo ukunda.
  - Subira ku ruziga ukore k'ugukurikiye na we ajye mu ruziga hagati ibigenze uko wabigenje, bityo, bityo kugeza abantu bose bagezweho.

Gushyiraho amahame agenga Urubuga Baho Neza

Abagize Urubuga Baho Neza babifashijwemo n'abahumurizamutima, bashyiraho amahame remezo azagenga itsinda kandi bakajya bayibukiranya mu gutangira icyumweru cyangwa se igihe bibaye ngombwa mu gihe bakora imyitozo. Itsinda rihabwa umwanya wo kuganira ku mahame bumva ko ari ingenzi mu gutuma ibikorwa bigenda neza, buri wese akavuga icyo atekereza, nyuma umuhumurizamutima uyoboye agakora urutonde rw'ibitekerezo, akongeraho icyo bibagiwe, hanyuma akabibasomera.

Hagarukwa kuri ibi bikurikira:

- **Kubahiriza inshingano:** kuba mu Rubuga Baho Neza bisaba guha agaciro ibikorerwamo no kubahiriza amahame yumvikanyweho n'abagize itsinda. Urugendo rwo gugukira ibikomere rugenda neza binyuze mu guha agaciro ibikorwa no kubishyira mu bikorwa. Aha harimo nko kwitabira urubuga igihe cyose, kubahiriza igihe, ndetse n'ibindi biyemeje.

- **Kuba mu Rubuga Baho Neza uhari koko:** kwitabira Urubuga Baho Neza bisaba ko uhaba uhari koko nta bikurangaza cyangwa bituma udakurikira neza ibihakorerwa nko kudasakuza, gukoresha telefone bitihutirwa, n'ibindi. Bisaba kandi kwiyemeza kugira uruhare mu bikorwa bihabera, ndetse buri wese agakora uko ashoboye kugira ngo agire icyo ageraho mu rugendo rwo kubaho neza.

- **Kugira Ibanga:** abagize Urubuga Baho Neza basezerana kutamena ibanga, buri wese akirinda gutanga amakuru y'undi muntu cyangwa ayavugiwe mu itsinda rinini n'amatsinda mato, atabiherewe uburenganzira. Ibyo bitanga icyizere gihagije gituma buri wese yisanzura mu gihe cyo gusangizanya ubuzima.

- **Gutega amatwi:** Kugira ngo ubuhamya bw'umuntu bushobore kubaka bagenzi be, bisaba ko abagize Urubuga Baho Neza bose bamutega amatwi. Ibi bivuze kudaca undi mu ijambo, kutamushyiraho igitutu ngo avuge ibyo atiteguye kuvuga cyangwa avuge vuba, kubaza ikibazo mu gihe igitekerezo kitumvikanye neza, ndetse no kumushimira kugira uruhare mu isangirabuzima.

- **Kwiyubaha no kubahana:** Kwiyubaha no kubaha abandi ni ngombwa iyo abantu biyemeje gusangira ubuzima. Kugira ngo dushobore kwisanzura mu gufungurirana imitima, ni ngombwa ko buri muntu yubaha mugenzi we akubaha n'ibitekerezo bye. Ni iby'ingenzi kudakoresha amagambo apfobya igitekerezo gitanzwe nubwo cyaba kidashyigikiwe. Buri muntu yiyemeza guha agaciro umuntu uwo ari we wese ndetse n'ubuzima bwe.

- **Imibanire izira amakemwa:** Buri muntu akeneye kwakiranwa urugwiro bimwereka urukundo akundwa. Ibyo bigerwaho iyo buri wese yiyemeje kwerekana urukundo afitiye abandi no kubakirana urugwiro n'umunezero.

- **Kuvuga ukuri no kuba uwo uri we:** mu Rubuga Baho Neza ni ngombwa kuvuga ukuri uko wiyumva, no kubwira abandi uko ubona ibintu. Ibyo bigakorwa hagamijwe gufashashanya kandi mu buryo bwerekana urukundo, nta gushora impaka zisaba ibisobanuro birebire kandi bitesha umurongo isangirabuzima.

- **Gusangira ibyiyumviro:** Abagize Urubuga Baho Neza bashishikarizwa kwifatanya na buri wese urugize haba mu byiza cyangwa mu byago hagamijwe kubaka imbaraga za buri wese, gushyigikirana no gushyira hamwe.

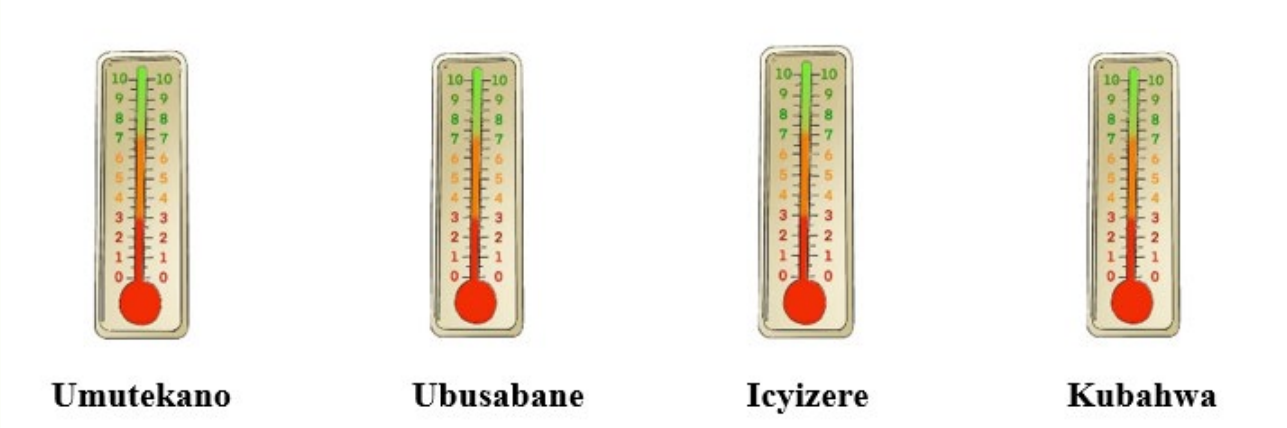
Ukwiyemeza kubahiriza amahame remezo

Urubuga Baho Neza rufite amahame remezo arugenga. Uruhare rwanjye mu kuyashyira mu bikorwa rushimangirwa n'amasezererano ngirana n'abagize itsinda muri muri aya magambo:

"Njyewe ....., numvise neza amahame remezo agenga abagize Urubuga Baho Neza. Ndayemeye kandi niyemeje kuyubahiriza mu gihe cy'Urubuga Baho Neza no mu buzima bwanjye bwa buri munsi, kugeza iteka ryose"

Icyumweru cya 3

Umwitozo wa 2: Igipimo cyo kubaho neza



Uyu mwitozo ugizwe n'inkingi eshanu ari zo: *"umutekano, ubusabane, icyizere, kubahwa no kumva uri uw'umumaro"*. Izo nkingi zose zisuzumwa hakoreshejwe ibipimo bitanu bifite imibare kuva kuri 0 kugeza ku 10. Kuri aya mashusho ari ari haruguru, ibipimo biri hagati ya 0-3 bigaragara mu ibara ry'umutuku, bivuze ko ari bike kandi bidahagije. Ibipimo biri hagati ya 4-6 bigaragara mu muhondo, bivuze ko biri hagati. Naho ibiri hagati ya 7-10 bigaragara mu cyatsi, bivuze ko uwipimye yumva anyuzwe na byo.

Icyo umwitozo ugamije: Uyu mwitozo wifashishwa mu gusuzuma aho umuntu ahagaze muri ziriya nkingi eshanu mbere yo gutangira Urubuga Baho Neza, ndetse no gusuzuma impinduka zabaye nyuma y'urugendo yakoze.

Ibikoresho bikenewe: Urupapuro n'ikaramu, ishusho y'igipimo cyo kubaho neza

Uko umwitozo ukorwa: Uyu mwitozo ukorwa n'umuntu ku giti cye

Intambwe ya mbere:

- Saba buri wese mu bagize Urubuga Baho Neza kwitegereza amashusho agize igipimo cyo kubaho neza
- Basabe gutekereza uko bahagaze bakurikije ibyiciro biri ku gipimo

Intambwe ya kabiri:

- Basabe gushushanya ibyo byiciro byose uko ari bitanu (umutekano, ubusabane, icyizere, kubahwa, n'umumaro) babihe imibare kuva kuri 0-kugeza ku 10 bakurikije uko biyumva.
- Basabe guha ibisobanuro cyangwa impamvu yahisemo uwo mubare kuri buri cyiciro.

Umwitozo wa 3: Imodoka itabona

Baca umugani mu Kinyarwanda ngo "*amaboko azaguha uyabonera mu iramukanya*". Iyo uhuye n'umuntu akakwakira urugwiro, akagutega amatwi, ukabibona ko akwitayeho, utangira kumugirira icyizere. Uyu mwitozo ufasha umuntu kwibona muri mugenzi we nk'umuntu umufitiye akamaro mu buzima kandi akumva amugiriye icyizere.

Icyo umwitozo ugamije: Kubaka icyizere hagati y'abagize Urubuga Baho Neza.
Ibikoresho bikenewe: Nta bikoresho bikenewe
Uko umwitozo ukorwa: Uyu mwitozo ukorwa n'abantu babiri

Intambwe ya mbere:

- Ereka abagize itsinda aho bajya hisanzuye nko mu kibuga cyangwa icyumba kinini kitarimo intebe cyangwa ibindi bintu
- Saba abantu babiri begeranye umwe ahagarare inyuma y'undi

Intambwe ya kabiri:

- Babwire ko uhagaze imbere akina ari imodoka naho uri inyuma akaba umushoferi. Umushoferi aha imodoka icyerekezo mu buryo bukurikira:
- Iyo umushoferi akoze ku rutugu rw'ibumoso, imodoka igana ibumoso
- Yakora ku rutugu rw'iburyo ikagana iburyo
- Yakora ku mutwe inyuma, imodoka igasubira inyuma
- Iyo umushoferi akoze ku ntugu zombi imodoka irahagarara

Intambwe ya gatatu:

- Uwakinnye ari imodoka ahinduranya n'uwakinnye ari umushoferi bakongera bagasubiramo umwitozo.

Intambwe ya kane:

- Saba buri wese gusubiza ibibazo bikurikira:
    1. Wiyumvaga ute igihe wari umushoferi?
    2. Wiyumvaga ute igihe wari imodoka?
    3. Uyu mwitozo wagufashije iki?

Umwitozo wa 4: Gusangizanya inkuru no kuziha impano

Kugira umuntu mu buzima wumva wizeye, bifasha kumva utari wenyine, cyane cyane iyo ugeze mu bihe bikugoye. Baca umugani mu Kinyarwanda ngo "*ugira Imana agira uwo abwira*", cyangwa se ngo "*ugira Imana abona umutega amatwi*". Iyo umuntu ahuye n'ibibazo akabura uwo abisangiza, akabigumana wenyine, bigenda byaguka muri we kugeza igihe atakibasha kubyikorera, bikamutera amarangamutima mabi ashobora kumuganisha ku kugira ibibazo byo mu mutwe. Uyu mwitozo utuma abantu babiri *(mingo)* babasha gufunguka bakabwirana inkuru z'ubuzima bwabo bwite, bikabafasha gusangira amateka no kuruhuka k'umutima.

Icyo umwitozo ugamije: Gusangizanya inkuru no gushyigikirana
Ibikoresho bikenewe: Nta bikoresho bikenewe
Uko umwitozo ukorwa: Uyu mwitozo ukorwa n'abantu babiri (mingo)

Intambwe ya mbere:

- Huza abantu babiri wifashishije umwitozo wa "mingo", cyangwa ukoresheje ubundi buryo bwawe
- Ibutsa abagize itsinda rinini bakiri kumwe ihame ryo kugira ibanga wifashishije umugani ugira uti: *"ibanga ni irya babiri, uwa gatatu akaba kirogoya".*

Intambwe ya kabiri:

- Saba mingo babiri kwicara ahantu buri wese abwire undi inkuru y'ubuzima bwe bw'ahahise cyangwa bw'ubu. Iyo nkuru ishobora kuba ibabaje cyangwa ishimishije.
- Babwire ko nyuma y'inkuru zombi buri wese aza guha mingo we impano, amushimira ko yamugiriye icyizera akamubwira inkuru ye. Iyo mpano ishobora kuba ifatika cyangwa idafatika nk'akarabo, kumuririmbira, kumuhobera, kumubwira ijambo cyangwa umugani uhumuriza, ndetse n'ibindi bidasaba kujya kubishaka kure ariko bishobora gushimisha Mingo.

Intambwe ya gatatu:

- Basabe kugaruka mu itsinda rinini maze ubabaze ibibazo bikurikira:
    1. Wiyumvaga ute igihe wasangizaga mingo inkuru yawe?
    2. Wiyumvaga ute igihe mingo wawe yagusangizaga inkuru ye
    3. Wigiye iki mu gusangizanya inkuru?
    4. Uyu mwitozo wagufashije iki?

Icyiciro cya kabiri (Icyumweru cya 4-7): Kwisuzuma, kwimenya, no kuvumbura imbaraga abantu bafite

Mu Kinyarwanda baravuga ngo *"iyo utazi icyo urwaye ntutumenya icyo uvuza, kandi iyo utazi icyo uvura ntumenya uko uvura. Nyamara iyo wisuzumishije neza uvurwa neza"*. Iyo utazi ikibazo ufite ntushobora kukibonera ibisubizo. Niyo mpamvu mu Rubuga Baho Neza basangizanya ubuzima, bagasesengura ingorane banyuzemo, bakabona ibibazo bibabangamiye, bikabafasha kubona ingamba n'umurongo wo kubishakira ibisubizo. Muri iki cyiciro hakorwa imyitozo itandukanye ifasha abagize Urubuga Baho Neza kwiyinjiramo no gusohora ibyiyumviro, amarangamutima n'umubabaro babana nawo bigamije:

- Gusesengura ibibazo bitandukanye umuntu yanyuzemo mu buzima bwe
- Kuvumbura no guha inyito ibibazo by'amarangamutima, imitekerereze n'imyitwarire byatewe n'ibibazo by'ubuzima umuntu yanyuzemo
- Gusangizanya inkuru no gutegana amatwi hagati y'abagize Urubuga Baho Neza
- Gukomezanya mu ngorane z'ubuzima bahuye na zo, kwigiranaho, ndetsa kuvoma imbaraga kuri bagenzi babo basangiye urugendo.

Icyumweru cya 4

Umwitozo wa 5: Umurongo w'ubuzima

"Ijoro ribara uwariraye". Ni yo mpamvu umuntu ari we muhanga mu bijyanye n'ubuzima bwe. Uyu mwitozo utuma umuntu asubira mu mateka ye akareba ibibazo yagiye ahura na byo ndetse n'ibyiza byamubayeho, bityo bikamuha ishusho y'ingaruka nziza cyangwa mbi yamugizeho mu buzima bwa none.

Icyo umwitozo ugamije: Uyu mwitozo ufasha kuvumbura inkomoko y'ibibazo
Ibikoresho bikenewe: Urupapuro n'ikaramu
Uko umwitozo ukorwa: Uyu mwitozo ukorwa n'umuntu ku giti cye

Intambwe ya mbere:

- Saba buri wese mu bagize Urubuga Baho Neza gufata ikaramu n' urupaburo, arutambike, yandikeho umurongo utambitse muremure
- Basabe gutekereza ku rugendo rwabo rw' ubuzima kuva igihe bamenyeye ubwenge cyangwa n'ibyo bababwiwe byababayeho kuva bakivuka cyangwa bakibatwite

- Basabe bashyire ku ruhande rubanza umubare 0, ku ruhande ruhera bashyireho imyaka bafite (bitewe n'imyaka umuntu afite ndetse n'ibihe bitandukanye yagize mu buzima bwe, umurongo ushobora kuba muremure akawuhindukiza agakomereza hasi).
- Basabe guca uturongo duhagaze hagati bagende bashyiraho umwaka n'icyawubayemo yumva ko gikomeye mu buzima bwe cyaba icyiza cyangwa ikibi (kuri utwo turongo bashobora gukoresha umwaka ikintu cyabereyeho, cyangwa imyaka umuntu yari afite, cyangwa ibindi byiciro by'ubuzima nko gucuka, gutangira amashuri abanza, gushinga urugo...)

Intambwe ya kabiri:

- Basabe kugaruka mu itsinda rinini maze ubabaze ibibazo bikurikira:
  1. Wumvaga umeze ute igihe wakoraga uyu mwitozo?
  2. Mu gihe wakoraga uyu mwitozo n'ibihe bitekerezo wagize?
  3. Uyu mwitozo ugufashije iki?

Umwitozo wa 6: Igihe umutima wanjye wafungutse

Mu buzima duhura n'ibyiza n'ibibi kandi byose bikagira uruhare ku buryo tuzabaho mu gihe kizaza. Nk' uko "*agahinda k'inkoko kamenywa n'inkike yatoyemo*", ni nako umuntu amenya igihe umutima we wafungukiye. Iyo umuntu yahuye n' isanganya, cyangwa ibibazo byinshi, hari icyo aba yumva kirusha ibindi imbaraga. Iyo asubije amaso inyuma akareba ibihe bikomeye yagize mu buzima, ashobora no kumenya inkomoko y'ibibazo ahura nabyo; bityo bikamufasha kumenya aho yibanda mu gushaka ibisubizo.

Icyo umwitozo ugamije: Kuvumbura inkomoko y'ibibazo
Ibikoresho bikenewe: Urupapuro n'ikaramu
Uko umwitozo ukorwa: Uyu mwitozo ukorwa n'umuntu ku giti cye

Intambwe ya mbere:

- Saba buri wese mu bagize Urubuga Baho Neza gusubira mu mateka ye, yibuke ibyiza n'ibibi byamubayeho yifashishije ibyo yanditse ku murongo we w'ubuzima

Intambwe ya kabiri:

- Saba buri wese gufata urupapuro n'ikaramu yandike igihe umutima we wafungukiye. Ku Ruhande rumwe ashyireho igihe wafungutse mu buryo bubi, ku rundi ruhande ashyireho igihe wafungutse mu buryo bwiza.

- Basabe bandike ku mpande zombi ikintu cyari cyabaye n'ibyakiranze
- Basabe guha ishusho igihe umutima wafungute mu buryo bubi maze bayishushanye
- Basabe guha ishusho igihe wafungutse mu buryo bwiza maze bayishushanye

Intambwe ya gatatu:

- Basabe kugaruka mu itsinda rinini maze ubabaze ibibazo bikurikira:

    1. Wumvaga umeze ute ubwo watekerezaga ku gihe umutima wawe wafungutse mu buryo bubi no mu buryo bwiza?
    2. Uyu mwitozo wagufashije iki?

Umwitozo wa 7: Kwita izina ikibazo

"*Ibuye ryagaragaye ntiriba ricyishe isuka".* Iyo umuntu atameze neza akajya kwa muganga bakamusuzuma bakabona indwara, icyizere cyo gukira kiraza kuko baba bazi icyo bagiye kuvura. Kubaho umuntu atazi icyo ahangana na cyo bishobora gutera kwiheba, guhangayika no gutakaza icyizere cy'ubuzima. Abahanga mu by'ubuzima bwo mu mutwe bagira uko bita ibibazo abantu bahura na byo, ariko umuntu ubwe ni we wimenya kurusha abandi; ni we uba azi uko ababara; ni na we uba uzi uko yakwita uwo mubababaro.

Icyo umwitozo ugamije: Guha inyito ikibazo nyamukuru, nyuma yo gusesengura byimbitse ibibazo umuntu afite
Ibikoresho bikenewe: Urupapuro n'ikaramu
Uko umwitozo ukorwa: Uyu mwitozo ukorwa n'umuntu ku gite cye, ukongera gukorerwa mu matsinda mato

Intambwe ya mbere:

- Kora amatsinda mato wifashishije umwitozo wa "Mingo" uri ku mugereka wa kabiri, cyangwa ukoresheje ubundi buryo bwawe

Intambwe ya kabiri:

- Saba buri muntu gufata umwanya atekereze ku buzima bwe yifashishije umurongo w'ubuzima yakoze, yibuke ikibazo/ibibazo afite cyangwa yahuye nacyo/nabyo
- Saba buri wese gushaka izina yumva rijyanye n'icyo kibazo (niba ari byinshi bitandukanye abibumbire hamwe abishakire izina rimwe).
- Bahe ingero z'amazina abandi bacyita nk'umuhengeri, umusozi muremure, icuraburindi, n'ibindi

Intambwe ya gatatu:

- Saba buri wese gutekereza ishusho y'icyo kibazo maze agishushanye ku rupapuro, agerageze no kwerekana imiterere yacyo n'ibikiranga

Intambwe ya kane:

- Saba abantu kujya mu matsinda mato basanzwemo maze buri wese asangize abandi izina, ishusho, imiterere, ibiranga ikibazo cye ndetse n'impinduka cyazanye mu buzima bwe
- Saba abagize itsinda kwifashisha amazina atandukanye buri muntu yise ikibazo cye maze bashake izina rimwe bahuriyeho
- Basabe guha ishusho ikibazo bamaze kwita izina, berekane imiterere ibikiranga ndetse n'impinduka cyazanye mu buzima bwabo

Intambwe ya gatanu:

- Saba abagize itsinda gutekereza cyangwa guhimba indirimbo, umugani, umuvugo, amagambo, cyangwa ikindi kintu cyose cyabafasha guhumuriza imitima yabo

Intambwe ya gatandatu:

- Basabe kugaruka mu itsinda rinini maze ubabaze ibibazo bikurikira:
    1. Wumvaga umeze ute igihe wakoraga uyu mwitozo?
    2. Uyu mwitozo wagufashije iki?

Icyumweru cya 5:

Umwitozo wa 8: Uruziga rw'inkuru

Nk'uko twabibonye haruguru, ugira Imana abona uwo abwira. Hari n'abavuga ko ugira Imana abona umugira inama. Na none baca umugani mu Kinyarwanda ngo *"agahinda gasangiwe karatuba, akadasangiwe kagatumba".* Muri uyu mwitozo, umuntu avuga inkuru ijyanye n'ubuzima bwe, abandi bakamutega amatwi, kandi buri wese akabona umwanya wo kuvuga. Ni umwitozo utuma umuntu yisanzura akavuga ikiri ku mutima yizeye ko hari abamwumva kandi batamucira urubanza. Ni umwitozo kandi utuma abantu basohora amarangamutima yabo bakoresheje ibihangano bitandukanye. Ibi bibafasha kuvura no komora ibikomere hakoreshejwe uburyo mbarankuru.

Icyo umwitozo ugamije: Gusangizanya inkuru no gushyigikirana
Ibikoresho bikenewe: Nta bikoresho bikenewe
Uko umwitozo ukorwa: Uyu mwitozo ukorerwa mu matsinda mato

Intambwe ya mbere:

- Saba abantu gusubira mu matsinda mato bakoze kare

Intambwe ya Kabiri:

- Saba buri wese avuge inkuru y'ubuzima bwe bwite ishingiye ku gikomere cye. Aravuga uko iyo nkuru yatangiye, uko byagenze, n'uko yarangiye.

Intambwe ya gatatu:

- Saba abagize buri tsinda gushaka icyo bakoramo inkuru zabo. Gishobora kuba ari indirimbo, igisigo, cyangwa igishushanyo

Intambwe ya gatanu:

- Basabe kugaruka mu itsinda rinini maze ubabaze ibibazo bikurikira:
    1. Wumvaga umeze ute uri kuvuga inkuru yawe?
    2. Wumvaga umeze ute uri kumva inkuru ya mugenzi wawe?
    3. Ese hari icyo wigiye mu nkuru za bagenzi bawe?
    4. Uyu mwitozo ugufashije iki?

Icyitonderwa: Mu gihe hagaragaye amarangamutima aremereye muri uyu mwitozo, abagize Urubuga Baho Neza bashobora kuririmba indirimbo ya "*Nkwihoreze*" iri ku mugereka wa kabiri cyangwa indi ihumuriza, nyuma yo kugaruka mu itsinda rinini.

Umwitozo wa 9. Uruziga rw'amarangamutima

Abahanga basobanura ko iyo umuntu abashije gusohora amarangamutima ye bimugirira umumaro haba mu mitekerereze ye, kumva aruhutse mu mubiri, ndetse no kumva aguwe neza muri rusange. By'umwihariko iyo uyu mwitozo ukorerewe mu Rubuga Baho Neza, bituma abarugize bunguka igisobanuro cy'amarangamutima yabo kandi bakanahigira uko bagenga amarangamutima atari meza.

Icyo umwitozo ugamije: Gusohora amarangamutima no kwiga kuyagenga
Ibikoresho bikenewe: Nta bikoresho bikenewe
Uko umwitozo ukorwa: Uyu mwitozo ukorerwa mu itsinda rinini, bose bari ku ruziga

Intambwe ya mbere:

- Saba abagize Urubuga Baho Neza bose kugaruka mu tsinda rininini bahagarare ku ruziga

Intambwe ya kabiri:

- Basabe gutekereza ku marangamutima atandukanye bazi (Urugero: ubwoba, ibyishimo, uburakari, umujinya, amatsiko, kwiheba, kubabara, ishyari, isoni, agahinda, kwicira urubanza, n'andi) maze bayavuge.
- Ha umwanya buri wese ubyifuza kuvuga amarangamutima yagize mu gihe yakoraga umwitozo w'uruziga rw'inkuru, ahereye ku mabi akurikizeho ameza.
- Andika cyangwa ufate mu mutwe amarangamutima yose abagize itsinda bavuze.

Intambwe ya gatatu:

- Bwira abagize itsinda ikimenyetso uza kubaha nko kubara kuva kuri rimwe kugeza kuri gatatu, cyangwa ubundi buryo ushaka
- Basabe kugaragaza amarangamutima uvuze bakoresheje ibice by'umubiri, buri wese mu buryo bwe, kandi babikorere icyarimwe
- Basabe gukomeza muri ubwo buryo kugeza urutonde wakoze rw'amarangamutima rurangiye.

Intambwe ya kane:

- Saba buri wese gusubiza ibibazo bikurikira:

    1. Wumvaga umeze ute igihe wabonaga abandi bagaragaza amarangamutima yawe?
    2. Wumvaga umeze ute igihe wagaragazaga amarangamutima y'abandi?
    3. Uyu mwitozo ugufashije iki?

Icyumweru cya 6

Umwitozo wa 10: Ubusitani bw'agahinda

"Iyo utazi iyo uva, ntumenya iyo ujya". Uyu mwitozo w' ubusitani bw'agahinda uha abantu umwanya wo kureba niba cya kibazo nyamukuru bise izina nta bindi bibazo bigishamikiyeho bishobora kugitiza umurindi. Uyu mwitozo unafasha mu kuvumbura imizi y'ibyo bibazo abantu bafite, bakiga kwitandukanya na byo, kugira ngo babone uko babishakira ibisubizo; nk'uko bavuga ngo "*aho kwica gitera wica ikibimutera.*

Icyo umwitozo ugamije: Kuvumbura ibindi bibazo bishamikiye ku kibazo nyamukuru cyiswe izina, no kumenya inkomoko yabyo
Ibikoresho bikenewe: Urupapuro n'ikaramu
Uko umwitozo ukorwa: Uyu mwitozo ukorwa n'umuntu ku gite cye, ukongera gukorerwa mu matsinda mato

Intambwe ya mbere:

- Saba abagize Urubuga Baho Neza gutekereza ku busitani bwiza bazi, ibiti n'indabo ziba zirimo; cyangwa ubajyane mu busitani buri hafi aho.

Intambwe ya kabiri:

- Basabe kandi gutekereza ku bibazo bahuye nabyo, uburyo bigenda birutana nk'uko ibiti byo mu busitani birutana,

Intambwe ya gatatu:

- Saba buri wese gushushanya ubusitani bugizwe n'ibiti bitandukanye bihagarariye ibibazo yahuye nabyo mu buzima. Buri giti agende agiha izina akurikije uburyo cyamukomereye, uko ababare cyateje bugenda burutan. Urugero: igiti cy'ubupfubyi, uburwayi, amakimbirane n'ibindi.

Intambwe ya kane:

- Nyuma y'uko buri muntu yakoze ubusitani bwe bw'agahinda, basabe kujya muri ya matsinda mato basanzwe bahuriramo, hanyuma basangizanye ibyo bashushanyije.
- Basabe gushushanya ubusitani basangiye nk'itsinda, buhagarariye bwa busitani bwa buri wese.

Intambwe ya gatanu:

- Basabe kugaruka mu itsinda rinini maze ubabaze ibibazo bikurikira:

    1. Wumvaga umeze gute igihe wakoraga uyu mwitozo?
    2. Uyu mwitozo ugufashije iki?

Icyitonderwa: Mu gihe hagaragaye amarangamutima aremereye muri uyu mwitozo, abagize Urubuga Baho Neza bashobora kuririmba indirimbo ya "*Nkwihoreze*" iri ku mugereka wa kabiri cyangwa indi ihumuriza, nyuma yo kugaruka mu itsinda rinini.

Icyumweru cya 7

Umwitozo wa 11: Intebe iriho ubusa

"Kubaho ni ukubana". Ntibishoboka ko umuntu abaho atabanye kuko "*ntawigira*" ahubwo tugirwa n'abandi. Kuba, kubaho no kubana ni inshinga eshatu zidashobora gutandukanwa, akaba ari na yo mpamvu imibanire n'abandi igira aho ihurira n'ubuzima bwo mu mutwe.

Mu buzima tugenda duhura n'abantu b'ingirakamaro, dukunda, na bo badukunda, batugira inama cyangwa batura amagambo meza kuri twe. Ni ngombwa kwibuka no kuzirikana bene abo bantu bagize umumaro mu buzima bwacu, dutekereza kucyo bifuzaga ko tuba cyo, no gusuzuma ko turi mu murongo mwiza wo kubigeraho.

Icyo umwitozo ugamije: Kuzirikana abagize umumaro mu buzima bwacu
Ibikoresho bikenewe: Intebe, urupapuro n'ikaramu
Uko umwitozo ukorwa: Uyu mwitozo ukorerwa mu matsinda mato mu buryo bubiri

Intambwe ya mbere:

- Shaka intebe cyangwa ikindi cyakoreshwa mu mwanya wayo, uyishyire imbere y' abantu.

Intambwe ya kabiri:

- Saba buri muntu gutekereza ku muntu wabaye ingirakamaro ku buzima bwe cyangwa afata nk'icyitegererezo. Uwo muntu ashobora kuba ari uwo mu muryango, umwarimu, incuti, cyangwa n'undi uwo ariwe wese. Ahobora kandi kuba akiriho cyangwa atakiriho.
- Basabe gutekereza ku bintu byiza byose bamwibukiraho nk'ijambo, igikorwa n'ibindi, ndetse n'icyo bamwigiyeho.

Intambwe ya gatatu:

- Saba buri wese kwicaza umuntu yatekereje kuri ya ntebe iri imbere ye mu bitekerezo, maze bakoreshe bumwe mu buryo bukurikira:

Uburyo bwa mbere:

- Bagende begera ya ntebe umwe umwe, maze buri wese afate umwanya wo kugira icyo abwira wa muntu yayicajeho mu bitekerezo. Ashobora kumushimira, kumwibutsa ibihe bagiranye, kumuha amakuru ajyanye n'aho ageze ashyira mu bikorwa ibyo yamwigiyeho, kumubwira ikimubabaje, n'ikindi kiri ku mutima.

Uburyo bwa kabiri:

- Buri wese afate urupapuro n'ikaramu yandikire wa muntu yicaje ku ntebe maze amusomere ibaruwa yamwandikiye. Ashobora kumwandikira ibaruwa ikubiyemo ubutumwa butandukanye nko kumushimira, kumwibutsa ibihe bagiranye, kumuha amakuru ajyanye n'aho ageze ashyira mu bikorwa ibyo yamwigiyeho, kumubwira ikimubabaje, n'ikindi kiri ku mutima.

Intambwe ya kane:

- Basabe kugaruka mu itsinda rinini maze ubabaze ibibazo bikurikira:
    1. Wiyumvaga gute igihe wakoraga uyu mwitozo?
    2. Uyu mwitozo ugufashije iki?

Icyitonderwa: Mu gihe hagaragaye amarangamutima aremereye muri uyu mwitozo, abagize Urubuga Baho Neza bashobora kuririmba indirimbo ya "*Nkwihoreze*" iri ku mugereka wa kabiri cyangwa indi ihumuriza, nyuma yo kugaruka mu itsinda rinini.

Icyiciro cya gatatu (icyumweru cya 8-12): Gushaka impinduka

Iyo umuntu amaze kumenya indwara arwaye, amenya uko ayivuza ndetse n'uko akumira ko yazongera kugaruka. Icyiciro cya gatatu n'icyo gushaka impindu ku bagize Urubuga Baho Neza. Nyuma y'uko umuntu amenye ikibazo afite, akurikizaho gushaka uburyo bwo guhangana na cyo. Muri ibi byumweru umuntu ubwe yishyiriraho ingamba zo guhangana n'ibibazo ahura na byo mu buzima bwa buri munsi, ndetse aho bishoboka akabirandura burundu.

Icyumweru cya 8

Umwitozo wa 12: Amabaruwa yandikiwe ikibazo

Burya *"akagabo gahimba akandi kataraza",* kandi "*wirukankana umugabo cyane ukamumara ubwoba"*. Ibaruwa nshoza ni ibaruwa yandikirwa ikibazo kimenyeshwa ko kigabweho igitero simusiga ndetse ko kigiye gushyirirwaho iherezo. Buri wese atekereza ku ngamba zo guhangana n'ibibazo byagaragaye mu myitozo yabanje kandi zikajyana no kwiyemeza kuzishyira mu bikorwa. Bandika cyangwa baganira uko basezerera ikibazo, bakibwira ko bo ubwabo atari ikibazo, ndetse kitagifite ubushobozi bwo kumuhungabanya.

Icyo umwitozo ugamije: Kwiyemeza guhangana n'ikibazo
Ibikoresho bikenewe: Urupapuro n'ikaramu
Uko umwitozo ukorwa: Uyu mwitozo ukorwa n'umuntu ku gite cye, ukongera gukorerwa mu matsinda mato

Umwitozo wa 12. i: Ibaruwa nshoza yandikiwe ikibazo

- Ibutsa abitabiriye Urubuga Baho Neza ko bagiye guhangana n'ikibazo bagaragaje mu myitozo yabanje.
- Saba buri wese kwiyumvisha ko ari ku rugamba, ahangana n'ikibazo maze atekereze ku magambo aza gukoresha icyandikira.
- Basabe bafate urupapuro n'ikaramu bandikire ikibazo bise izina bagisezerera mu buzima bwabo. Urugero: kuri *(shyiramo rya zina wise ikibazo), nkwandikiye nkumenyasha ko nyuma yo kubona ko ibikangisho byawe bindambiye, guhera ubu nkugabyeho ibitero simusiga bizakuvana mu mutima wanjye ndetse no mu buzima bwanjye. Ndakumenyasha ko nzaguhiga wowe n'abambari bawe kugeza igihe uvuye mu buzima bwanjye...*

Umwitozo wa 12. ii: Ibaruwa yandikiwe undi muntu muhuje ikibazo

- Saba buri wese gutekereza ku wundi mutu waciye cyangwa uri guca mu kibazo gisa n'icye, yaba amuzi cyangwa atamuzi.
- Saba buri wese gukoresha amagambo ye bwite maze yandikire uwo muntu amuhumuriza kandi amumenyesha ko atari wenyine muri urwo rugendo.

Umwitozo wa 12. iii: Ibaruwa nshoza yandikiwe ikibazo cy'itsinda

- Nyuma y'uko buri wese yanditse ibaruwa ye, saba abitabibiriye Urubuga Baho Neza kujya mu matsinda mato basanzwe bahuriramo.
- Basabe kwandikira ibaruwa nshoza ikibazo cy'itsinda bise izina mu mwitozo wo kwita izina ikibazo cy'itsinda.

Umwitozo wa 12. iv: Ibaruwa itsinda ryandikiye irindi tsinda bahuje ikibazo

- Saba itsinda gutekereza ku rindi tsinda ryaciye cyangwa ririmo guca mu kibazo gisa n'icyaryo.
- Basabe kwandikira iryo tsinda barihumuriza kandi barimenyesha ko ritari ryonyine muri urwo rugendo.

Intambwe ya Gatanu:

- Basabe kugaruka mu itsinda rinini maze ubabaze ibibazo bikurikira:
    1. Igihe wandikiraga ikibazo wumvaga umeze gute?
    2. Uyu mwitozo ugufashije iki muri rusange?

Icyumweru cya 9

Umwitozo wa 13: Guhitamo ikizasimbura ikibazo

Banjya bavuga ngo *"iyo utazi iyo ujya, aho ugeze hose ugira ngo ni ho wajyaga"*. Guhitamo ikizasimbura ikibazo ni kimwe mu by'ingenzi bigize urugendo gutandukana na cyo. Ikibi kigomba gusimbuzwa icyiza kuko mu igihe kidasimbujwe, icyirukanywe gishobora guhirahira kwisubiza umwanya cyari gifite mu buzima bw'umuntu.

Icyo umwitozo ugamije: Gutangira urugendo ruganisha ku kubaho neza
Ibikoresho bikenewe: Urupapuro n'ikaramu
Uko umwitozo ukorwa: Uyu mwitozo ukorwa n'umuntu ku gite cye, ukongera gukorerwa mu matsinda mato

Intambwe ya mbere:

- Saba buri wese witabiriye Urubuga Baho Neza gutekereza ku kintu yumva cyazasimbura ikibazo yirukanye mu buzima bwe, kandi icyite izina.

Intambwe ya kabiri:

- Saba buri wese gutekereza ishusho y'ikizasimbura ikibazo maze agishushanye ku rupapuro, ageragezeze no kwerekana imiterere yacyo n'ibikiranga. **Urugero:** amahoro y'umutima, arangwa n'umutuzo, kwihangana, kudacika intege, kubohoka n'ibindi.

Intambwe ya gatatu:

- Saba abantu kujya mu matsinda mato basanzwemo maze buri wese asangize abandi izina, ishusho, imiterere, n'ibiranga ikizasimbura ikibazo cye.
- Saba abagize itsinda kwifashisha amazina atandukanye buri muntu yise ikizasimbura ikibazo cye maze bashake izina rimwe bahuriyeho.
- Basabe guha ishusho ikizasimbura ikibazo cy'itsinda, berekane imiterere yacyo n'ibikiranga.

Intambwe ya kane:

- Saba abagize itsinda gutekereza cyangwa guhimba indirimbo, umugani, umuvugo, amagambo, cyangwa ikindi kintu cyose cyabatera imbaraga mu rugendo rwo kubaho neza

Intambwe ya gatanu:

- Basabe kugaruka mu itsinda rinini maze ubabaze ibibazo bikurikira:

    1. Ni iki cyagufashije guhitamo ikizasimbura ikibazo?
    2. Wumvaga umeze ute mu gihe wabonaga ibindi bishya bizasimbura ikibazo?
    3. Uyu mwitozo wagufashije iki?

Umwitozo wa 14: Amabaruwa yandikiwe ikizasimbura ikibazo

Nyuma yo guhitamo ikizasimbura ikibazo, kucyita izina no kumenya ibikiranga, abagize Urubuga Baho Neza bacyandikira amabaruwa bagitumira mu buzima bwabo. Ibi bibatera imbaraga zo gukomeza guharanira kubona impinduka nziza no kubaka icyizere cy'ahazaza heza.

Icyo umwitozo ugamije: Gutumira no kwakira impinduka nziza abantu bifuza
Ibikoresho bikenewe: Urupapuro n'ikaramu
Uko umwitozo ukorwa: Uyu mwitozo ukorwa n'umuntu ku gite cye, ukongera gukorerwa mu matsinda mato

Umwitozo wa 14. i: Ibaruwa yandikiwe ikizasimbura ikibazo

- Saba abitabiriye Urubuga Baho Neza gutekereza ku magambo bakwandikira impinduka bifuza ko zisimbura ikibazo basezereye.
- Saba buri wese gufata urupapuro n'ikaramu yandikire ibaruwa ikizasimbura ikibazo. Muri iyo baruwa buri muntu agaragaze impamvu y'ubutumire, n'ibyiza azageraho nyuma yo kwakira impinduka mu buzima bwe.

Umwitozo wa 14. ii: Ibaruwa yandikiwe ikizasimbura ikibazo cy'itsinda

- Nyuma y'uko buri wese yanditse ibaruwa ye, saba abitabibiriye Urubuga Baho Neza kujya mu matsinda mato basanzwe bahuriramo.
- Basabe baganire ku magambo bari bukoreshe nk'itsinda, hanyuma bandikire ibintu bifuza ko byasimbura bya bibazo byabo.

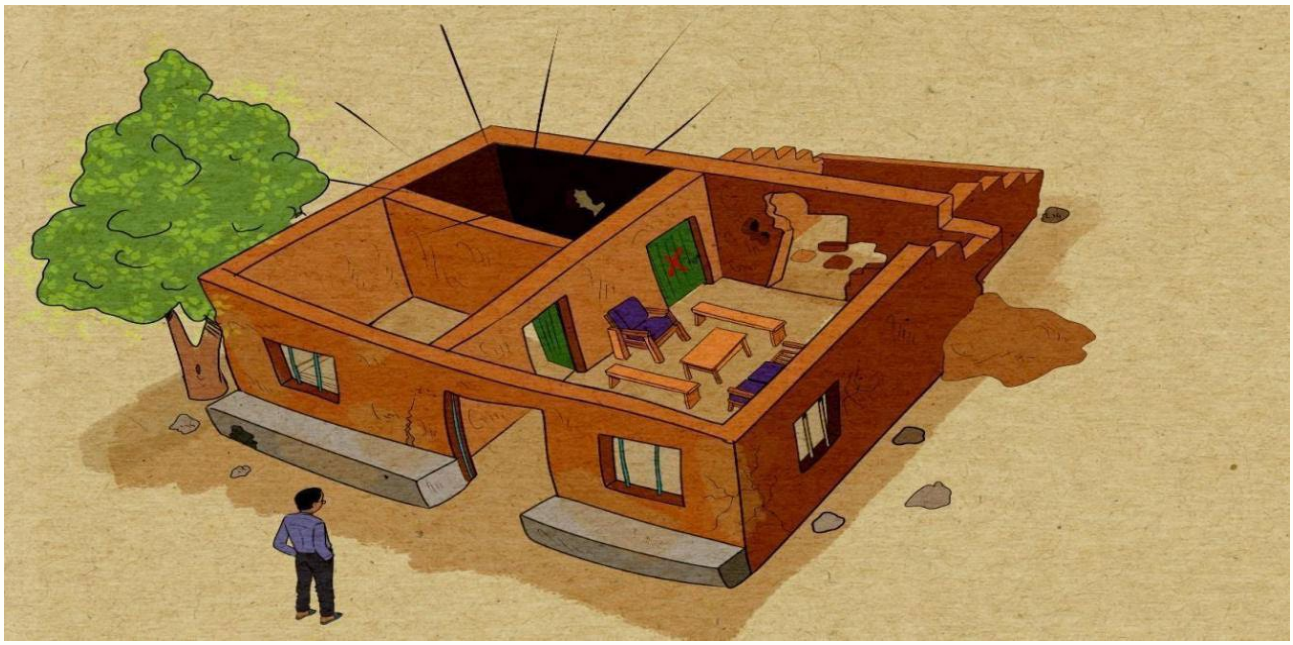
Intambwe ya gatanu:

- Basabe kugaruka mu itsinda rinini maze ubabaze ibibazo bikurikira:

    1. Wumvaga umeze ute igihe wandikiraga impinduka ushaka ko ziza mu buzima bwawe?
    2. Uriyumva ute nyuma yo gutumira impinduka?
    3. Uyu mwitozo ugufashije iki?

Icyumweru cya 10

Umwitozo wa 15: Inzu y'ubuzima



Inzu y'ubuzima ni umwitozo ufasha umuntu gutekereza byimbitse no guha ishusho ubuzima bwe ahereye ahashize kugeza mu buzima bw'ako kanya. Ufasha kwiyinjiramo ukareba ibintu by'ingenzi bigize ubuzima bwawe, ukabiha ubusobanuro, byaba ibyiza cyangwa ibitaragenze neza. Nk'uko inzu zigira ibyumba bitandukanye mu bwinshi no mu bunini, inzu y'ubuzima bw'umuntu na yo ishobora kuba nini cyangwa ntoya. Ishobora kugira ibyumba byinshi cyangwa bike bitewe n'ikigero cyangwa ibyo umuntu yaciyemo. Muri uyu mwitozo, ba *Mingo* babiri bagirana ikiganiro aho umwe atembereza undi mu nzu y'ubuzima bwe binyuze mu buryo bwo kubara inkuru.

Icyo umwitozo ugamije: Kwimenya no kwisobanukirwa
Ibikoresho bikenewe: Nta bikoresho bikenewe
Uko umwitozo ukorwa: Uyu mwitozo ukorwa n'abantu babiri (ba Mingo babiri bakoranye ku mwitozo wa 4)

Intambwe ya mbere:

- Kora amatsinda y'abantu babiri bakoranye ku mwitozo wa kane, ukoresheje umukino wa *"mingo"*
- Saba buri wese gutekereza neza ku nzu y'ubuzima bwe n'ibyumba biyigize. Urugero: icyumba cyo mu buto, icyumba cy'amashuri, icyumba cy'urushako, icyumba cy'akazi, icyumba cy'imibanire n'indi.
- Saba buri wese gufata umwanya asesengure ibyumba bigize inzu ye, ibirimo imbere haba ibyiza cyangwa ibibi. Birashoboka ko hari n'ibirimo abashyitsi babi binjiyemo batatumiwe. Birashoboka ko hari ibyumba bifunze bitinyitse kwinjiramo cyangwa izugi zapfuye kubera kudafungurwa.

Intambwe ya kabiri:

- Saba buri wese gutembereza Mingo we mu nzu ye y'ubuzima, umwe abanze, undi akurikire.

Intambwe ya gatandatu:

- Nyuma yuko umuntu atembereje Mingo we inzu y'ubuzima, bombi bafatanirize hamwe kwibaza no gusubiza ibibazo bikurikira:

    1. Inzu ya Mingo wanjye ifite iyihe shusho muri rusange?
    2. Ni ibihe byumba byakorerwa isuku bikongera kungendwamo nta kibazo biteye?
    3. Ni izihe mfunguzo zakoreshwa kugirango ibyumba bifunze bifungurwe?
    4. Ni ibihe byumba bikeneye gufungwa burundu n'imfunguzo zikajugunywa?

Intambwe ya kane:

- Basabe kugaruka mu itsinda rinini maze ubabaze ibibazo bikurikira:

    1. Wagize ayahe marangamutima mu gihe wasuraga inzu y'ubuzima bwawe?
    2. Wagize ayahe marangamutima mu gihe watemberaga inzu y'ubuzima bwa mugenzi wawe?
    3. Uyu mwitozo wakwigishije iki?

Umwitozo wa 16: Uri umuntu udasanzwe

Buri wese agira ibintu byihariye bimuranga kandi byiza bamutandukanya n'abandi. Nyamara hari igihe umuntu anyura mu buzima bugoye nyuma y'igihe runaka akaba atacyibuka ko hari icyiza agira cyangwa yigeze. Muri uyu mwitozo, abagize

Urubuga Baho Neza babwirana ibyiza bazi kuri buri wese, haba ibigaragara ku mubiri, mu bikorwa, mu myitwarire, cyangwa n'ibindi bitagaragarira amaso nk'ubwitonzi, ubugwaneza, ubuhanga.

Icyo umwitozo ugamije: Gufasha umuntu gusobanukirwa ko ari uw'agaciro no kwikunda
Ibikoresho bikenewe: Nta bikoresho bikenewe
Uko umwitozo ukorwa: Uyu mwitozo ukorerwa mu itsinda rinini, bose bari ku ruziga

Intambwe ya mbere:

- Saba abagize Urubuga Baho Neza bose kwicara cyangwa guhagarara ku ruziga maze bafate akanya batekereze ku bantu bari iburyo n'ibumoso bwabo.

Intambwe ya kabiri:

- Saba umwe mu bari ku ruziga gutangira abwira umuntu uri iburyo bwe ikintu cyiza amuzihom, cyaba ikigaragara cyangwa ikitagaragara. Umwitozo ukomeze utyo kugeza ugarutse ku wawutangije.
- Saba uwatangiye umwitozo kongera gutangirira abwira umuntu uri ibumoso bwe ikintu cyiza amuziho, cyaba ikigaragara cyangwa ikitagaragara. Umwitozo ukomeze utyo kugeza ugarutse ku wawutangije.

Intambwe ya kane:

- Saba buri wese gusubiza ibibazo bikurikira:

    1. Wiyumvaga ute igihe bakubwiraga ibyiza bakuziho?
    2. Wiyumvaga ute igihe wabwiraga abandi ibyiza ubaziho?
    3. Uyu mwitozo ukwigishije iki?

Umwitozo wa 17: Nkunda kuba njye

"U*jya gutera uburezi arabwibanza".* Kureba ibyiza by'abandi ni ngombwa cyane cyane mu buryo bwo kubungabunga imibanire myiza n'abandi, ariko umuntu kumenya ibyiza afite ni iby'ingenzi kuko bidufasha kwikunda, kumva ko dufite akamaro, ndetse no kuryoherwa n'ubuzima. Muri uyu mwitozo buri muntu abwira abandi ikintu yiyiziho cyiza cyaba ikigaragara ku mubiri, mu bikorwa, mu myitwarire, cyangwa n'ibindi bitagaragarira amaso nk'ubwitonzi, ubugwaneza, gufasha abandi. Ni iby'ingenzi cyane gukunda kuba uwo uri we.

Icyo umwitozo ugamije: Gufasha umuntu kumenya ibyiza bye no kwishimira kuba uwo ari we

Ibikoresho bikenewe: Nta bikoresho bikenewe
Uko umwitozo ukorwa: Uyu mwitozo ukorerwa mu itsinda rinini, bose bari ku ruziga

Intambwe ya mbere:

- Saba abagize Urubuga Baho Neza kujya ku ruziga maze buri wese atekereze ikintu kimwe yikundaho kuruta ibindi, cyaba kigaragarira amaso cyangwa kitagaragara.

Intambwe ya kabiri:

- Basabe kugenda bakurikirana buri wese avuge icyo yikundaho, hanyuma akurikizeho kuvuga icyo yahitamo kuba cyo aramutse ahindutse ikindi kintu mu byaremwe kitari umuntu.

Intambwe ya gatatu:

- Saba buri wese gusubiza ibibazo bikurikira:

    1. Wumvaga umeze ute igihe wavugaga igituma ukunda kuba wowe?
    2. Wabungabunga ute ibintu wikundaho?
    3. Uyu mwitozo ukwigishije iki?

Icyumweru cya 11

Umwitozo wa 18: Umutaka w'ibibazo

Burya *"agati gatwawe n'isuri kajyana iteka n'agataka".* Nubwo rimwe na rimwe mu buzima bw'umuntu habamo ibibazo biza bimeze nk' imvura y'amahindu, burya haba hari n'ibindi bimufasha bikamubera umutaka umutwikira ukanamufasha kubisohokamo. Uwo mutaka ushobora kuba ugizwe n'ubushobozi umuntu yifitemo cyangwa abantu n'ibimukikikije. Ibyo bigaragaza ko kuba ibibazo bihari bitavuze ko ntacyo twabikoraho, ahubwo bitwibutsa umugani w'ikinyarwanda ugira uti: *"uguhiga ubutwari muratabarana".*

Icyo umwitozo ugamijwe: Kuvumbura no gukoresha imbaraga zidufasha guhangana n'ingorane no kubaka ubudaheranwa

Ibikoresho bikenewe: Urupapuro n'ikaramu
Uko umwitozo ukorwa: Uyu mwitozo ukorwa n'umuntu ku gite cye, ukongera gukorerwa mu matsinda mato

Intambwe ya mbere:

- Saba buri wese mu bagize Urubuga Baho Neza gutekereza ku kamaro k'umutaka mu buzima bwa buri munsi.

Intambwe ya kabiri:

- Basabe gutekereza ku ngorane bahuye nazo mu buzima zikababera nk'imvura y'amahindu.
- Basabe gutekereza ku byabafashije, cyangwa byabafasha kuva muri ibyo bibazo ari byo twagereranya n'inkingi z'umutaka.

Intambwe ya gatatu:

- Basabe gushushanya umutaka, hejuru y' umutaka huzuzweho ibigereranwa n'imvura y'ibibazo yabanyagiye cyangwa ikibanyagira. Naho imbere mu mutaka huzuzwa ibintu bitandukanye byabafashije kugama ayo mahindu y'ibibazo. Ibyo bishobora kuba abantu, ibintu, imyitwarire ndetse n'ibindi.

Intambwe ya kane:

- Nyuma y'uko buri wese amaze gukora umutaka we, basabe bajye mu matsinda mato basanzwe bakoreramo, hanyuma basangizanye imitaka bakoze.
- Basabe bafatanye gukora umutaka w' itsinda uriho imvura z'abagize itsinda ndetse n' ibyabatwikiriye.

Intambwe ya gatanu:

- Saba abagize itsinda gutekereza ku cyo bakora ngo barinde umutaka wabo kwangirika, cyangwa icyakorwa kugira ngo usubire ube muzima niba waramaze kwangirika.
- Basabe kubyandika ku rundi ruhande rw'urupapuro.

Intambwe ya gatanu:

- Basabe kugaruka mu itsinda rinini maze ubabaze ibibazo bikurikira:

    1. Wumvaga umeze ute igihe watekerezaga ku mahindu yakunyagiye?
    2. Wumvaga umeze ute wibutse ko hari ibyakubereye umutaka?
    3. Uyu mwitozo ugufashije iki?

Umwitozo wa 19: Ikipe y' ubuzima

Uyu umwitozo ufasha kumenya ibibazo uhanganye nabyo no kumenya imbaraga ufite zagufasha guhangana n'ikibazo (ababyeyi, uwo mwashakanye, abana, abaturanyi beza, ikizere n'ibindi).

Icyo umwitozo ugamijwe: Kumenya ibibazo n'imbaraga ufite zo kubikemura
Ibikoresho bikenewe: Urupapuro n'ikaramu
Uko umwitozo ukorwa: Uyu mwitozo ukorwa n'umuntu ku gite cye, ukongera gukorerwa mu matsinda mato

Intambwe ya mbere:

- Saba buri wese mu bagize Urubuga Baho Neza gushushanya ikibuga cy'umupira w'amaguru ashyireho impande ebyiri.

Intambwe ya kabiri:

- Basabe gutekereza kuri cya kibazo bise izina, abakinnyi gikinisha (ibi n'ibintu bitiza umurindi/bitera imbaraga ikibazo/ibibazo byagaragajwe umuntu abana nabyo mu buzima), mbese uburyo kirwana no kubashyira mu gice kimwe cy' ikibuga.

Intambwe ya gatatu:

- Basabe gutekereza ku bakinnyi babo bakinisha bagatsinda iyo kipe y' ibibazo (icyo bakora cyangwa basanzwe bakora kugira ngo batsimbure ibibazo mu buzima bwawe)

Intambwe ya kane:

- Nyuma y' uko buri muntu arangije gukora ikipe y' ubuzima izarwanya ikipe y' ibibazo, basabe kujya mu matsinda mato basanzwe bakoreramo, hanyuma basangizanye amakipe bakoze.
- Basabe bafatanye gushaka ikipe y' ubuzima y'itsinda igiye guhangana n' abakinnyi b'ikipe rusange y'ibibazo bya bose.

Intambwe ya gatanu:

- Basabe kogeza umukino w' ikipe y' ubuzima ndetse n' ikipe y' ibibazo, hanyuma ikipe y'ubuzima itsinde iy' ibibazo.

Intambwe ya gatandatu:

- Basabe kugaruka mu itsinda rinini maze ubabaze ibibazo bikurikira:

    1. Wumvaga umeze ute igihe watekerezaga ku kipe y'ibibazo?
    2. Wumvaga umeze ute igihe wubakagaga ikipe y'ubuzima?
    3. Uyu mwitozo ugufashije iki?

Icyumweru cya 12

Umwitozo wa 20: Igiti cy'ubuzima

Uyu mwitozo wibutsa abantu imbaraga bifitemo n'izibazengurutse zibafasha guhangana n'ibibazo. Kandi nubwo ibibazo bitashira mu buzima, "*umutima ukeye ufasha ibitugu kwikorera ibiremereye*. Muri uyu mwitozo, abagize Urubuga Baho Neza basobanurirwa ikigereranyo cy'igiti n'ubuzima bw'umuntu, bakanashishikarizwa gutekereza ko buri gice cy'igiti kigira ikintu gishushanya mu buzima bwabo:

- **Imizi** ishushanya aho abantu bakomoka (igihugu, akarere, umurenge), amateka y'umuryango wabo (izina, inkomoko), abagira uruhare mu mibereho yabo, ababatoza ibintu bitandukanye byo mu buzima, ahantu bakunda kurusha ahandi mu rugo, imbyino cyangwa indirimbo bakunda n'ibindi.
- **Ku butaka** hafasha abantu kuvuga uko babayeho muri icyo gihe n'ibyo bakora mu buzima bwabo bwa buri munsi

- **Umubyimba** w'igiti ushushanya bumwe mu bushobozi bugaragara iyo abantu bavuga ibyo bakora mu buzima bwabo bwa buri munsi cyangwa iyo bafasha abandi bantu.
- **Amashami** y'igiti ashushanya icyizere cy'abantu, ibyifuzo byabo, indoto zabo ku buzima bw'ahaza.
- **Amababi** y'igiti yibanda ku bantu b'ingenzi mu buzima bw'umuntu, baba bakiriho cyangwa batakiriho. Birashoboka ko umuntu yapfusha abantu bari bamufitiye akamaro mu buzima. Abahumurizamutima basobanurira abagize Urubuga Baho Neza uko babyitwaramo muri ubu buryo: "*nubwo abantu bacu b'ingenzi mu buzima bwacu baba barapfuye, dushobora gukomeza kubibuka kubera ibintu by'agahebuzo tubakesha. Kandi nubwo tuba tutakibabona, dukomeza umurage tubakomoraho.*
- **Imbuto** zishushanya impano umuntu yahawe nubwo zitaba ibintu bifatika nk'ibikorwa byo kwita ku bandi, ubugwaneza, n'urukundo.

Icyo umwitozo ugamije: Kwisobanukirwa (imvo n'imvano y'umuntu, ubuzima bw'ahahise, ubw'ubu, nubw'ahazaza, imbaraga yifitemo n'izituruka hanze, isano afitanye n'ibimukikije, inzozi ze, n'ibindi) no kubaka icyizere cy'ubuzima.
Ibikoresho bikenewe: Urupapuro n'ikaramu
Uko umwitozo ukorwa: Uyu mwitozo ukorwa n'umuntu ku gite cye, ukongera gukorerwa mu matsinda mato

Intambwe ya mbere:
- Sobanurira abagize Urubuga Baho Neza ibice by'ingezi by'igiti ndetse n'akamaro kabyo
- Saba buri wese gushushanya igiti cy'ubuzima no gusobanura ibice binyuranye bikigize n'icyo bishushanya mu buzima bwe.

Intambwe ya kabiri:
- Bagendeye ku buzima bwabo n'uko babubayemo, basabe guhuza bya bice by'igiti n'ababafasha cyangwa ibibafasha (ibihagariye imizi, uruti, amashami, amababi ndetse n'imbuto) mugendeye ku kamaro ka buri gice.

Intambwe ya gatatu:
- Nk'uko igiti gishobora guterwa n'udukoko tukacyangiza, tukagitera kutera imbuto nziza, basabe gutekereza no kwandika udukoko twatera igiti cyabo cy'ubuzima tugaca intege umugambi wo kwera imbuto bashaka
- Basabe gutekereza no kwandika umuti bakoresha kugira ngo birukane twa dukoko

Intambwe ya gatanu:

- Nyuma yuko buri wese akoze umwitozo w'igiti cy'ubuzima, saba abagize Urubuga Baho Neza kujya mu matsinda mato basanzwe bakoreramo hanyuma bafatanye gukora igiti cy'ubuzima cy'itsinda.

Intambwe ya gatandatu:

- Basabe kugaruka mu itsinda rinini maze ubabaze ibibazo bikurikira:
    1. Wumvaga umeze ute igihe wakoraga uyu mwitozo?
    2. Uyu mwitozo ugufashije iki?

Umwitozo wa 21: Ubusitani bw'icyizere

Mu kinyarwanda baravuga bati "*nta joro ridacya",* kandi *"nta mvura idahita"*. Barongera bakavuga bati "*kugera kure si ko gupfa", "nta kure Imana itakura umuntu",* kandi *"iyo urugamba rukomeye ruba rugiye kurangira*". Na none bati "*imbuto y'umugisha yera ku giti cy'umuruho kandi igasarurwa n'uwihanganye".* Ibi byose bishatse gusobanura ko umuntu ashobora kunyura mu kaga cyangwa mu bibazo bitandukanye bikamubera nk'igicuku cyangwa umwijima ariko igihe

kikagera bigashira, akongera akagira urumuri n'amahoro. Icyo umuntu yifuza kuzaba cyo, icyo yemera ndetse n'intego ze, ni byo bimufasha kugira icyizere cy'ejo hazaza kandi bikamuha imbaraga zo guharanira ibyo yifuza kugeraho.

Icyo umwitozo ugamije: Uyu mwitozo ufasha kubaka icyizere cy'ubuzima.
Ibikoresho bikenewe: Urupapuro n'ikaramu
Uko umwitozo ukorwa: Uyu mwitozo ukorwa n'umuntu ku gite cye, ukongera gukorerwa mu matsinda mato

Intambwe ya mbere:

- Saba abagize Urubuga Baho Neza gutekereza ku bantu cyangwa ibintu bumva bugamyemo izuba ry'ibibazo, ingorane n'imihangayiko.

Intambwe ya kabiri:

- Basabe gushushanya ubusitani bw'icyizere, buri wese ku giti cye, bagende basimbuza ibiti cyangwa indabyo abo bantu cyangwa ibintu bituma bagira/ bagarura icyizere muri bo, n' ibyo bifuza kugeraraho cyangwa kuba byo mu gihe kizaza.

Intambwe ya gatatu:

- Nyuma yuko buri wese akoze ubusitani bw' icyizere cy' ubuzima bwe, basabe kujya mu matsinda mato basanzwe bakoreramo maze basangizanye ibyo bakoze.
- Basabe bafatanye gukora ubusitani bw'itsinda buhagarariye bwa busitani bwa bose

Intambwe ya kane:

- Basabe kugaruka mu itsinda rinini maze ubabaze ibibazo bikurikira:

    1. Wumvaga umeze ute igihe wakoraga umwitozo w'ubusitani bw'icyizere cy'ubuzima bwawe?
    2. Ese ko ubusitani butitaweho bwangirika, ubusitani bwawe wumva wabwitaho gute?
    3. Uyu mwitozo wagufashije iki?

Icyiciro cya kane (icyumweru cya 13-15): Gusuzuma impinduka no kugena uburyo zizabungwabungwa

"*Iyo utazi aho uva ntumenya aho ujya*". *"Iyo utazi aho ugeze ntumenya urugendo ushigaje kugira ngo ugere aho ujya". "Iyo utazi iyo ujya, aho ugeze hose ugira ngo ni ho wajyaga"*. Ni ngombwa ko abari mu rugendo rwo gukira ibikomere by'umutima bamenya aho bari kuva, aho bageze, n'aho bagana.

Muri iki cyiciro, abagize Urubuga Baho Neza bazifashisha imyitozo kugira ngo bisuzume, buri wese ku giti cye ndetse n'itsinda muri rusange, bamenye aho bageze mu rugendo rwo guhangana n'ingorane z'ubuzima. Na none barebera hamwe ibyagezweho, bakanagena ibizakurikiraho nyuma y'Urubuga Baho Neza, bakanategura ibirori byo gusoza no kwishimira ibyagezweho.

Kuva ku cyumweru cya 13, abagize Urubuga Baho Neza batangira gushishikarizwa gukomeza guhura bagakora imyitozo cyangwa ibindi bikorwa biteza imbere abagize itsinda nko gukora umushinga bahuriyeho. Itsinda ryitoramo abazabahagararira babafasha mu migendekere myiza y'ibikorwa bahisemo.

Icyumweru cya 13

Umwitozo wa 22: Kwakira no gutanga

Uyu ni umwitozo wo gusuzuma icyo imyitozo yafashije abagize Urubuga Baho Neza mu rugendo rwo kubaho neza. Ufasha umuntu kumenya ibyakozwe n'ibisigaye gukorwa.

Icyo umwitozo ugamije: Gusesengura imbaraga twungutse n'uburyo zadufasha mu buzima bwacu bwa buri munsi
Ibikoresho bikenewe: Urupapuro n'ikaramu
Uko umwitozo ukorwa: Uyu mwitozo ukorwa n'umuntu ku giti ukongera gukorwa n'Urubuga Baho Neza

Intambwe ya mbere:

- Saba buri wese mu bagize Urubuga Baho Neza gushushanya ururabo rufite uruziga imbere, inyuma yarwo hari amababi manini.

Intambwe ya kabiri:

- Basabe gutekereza ku bintu byose bungukiye mu rugendo rwo kubaho neza maze babyandike mu ruziga rw'ururabo.

Intambwe ya gatatu:

- Basabe gutekereza ku buryo bazifashisha ibyo bungutse mu gukomeza guharanira kubaho neza, n'uko bazabikoresha mu gufasha abandi (inshuti, abavandimwe, abana, mu muryango, aho batuye...)
- Basabe kubyandika mu mababi yo hanze y'uruziga.

Intambwe ya kane:

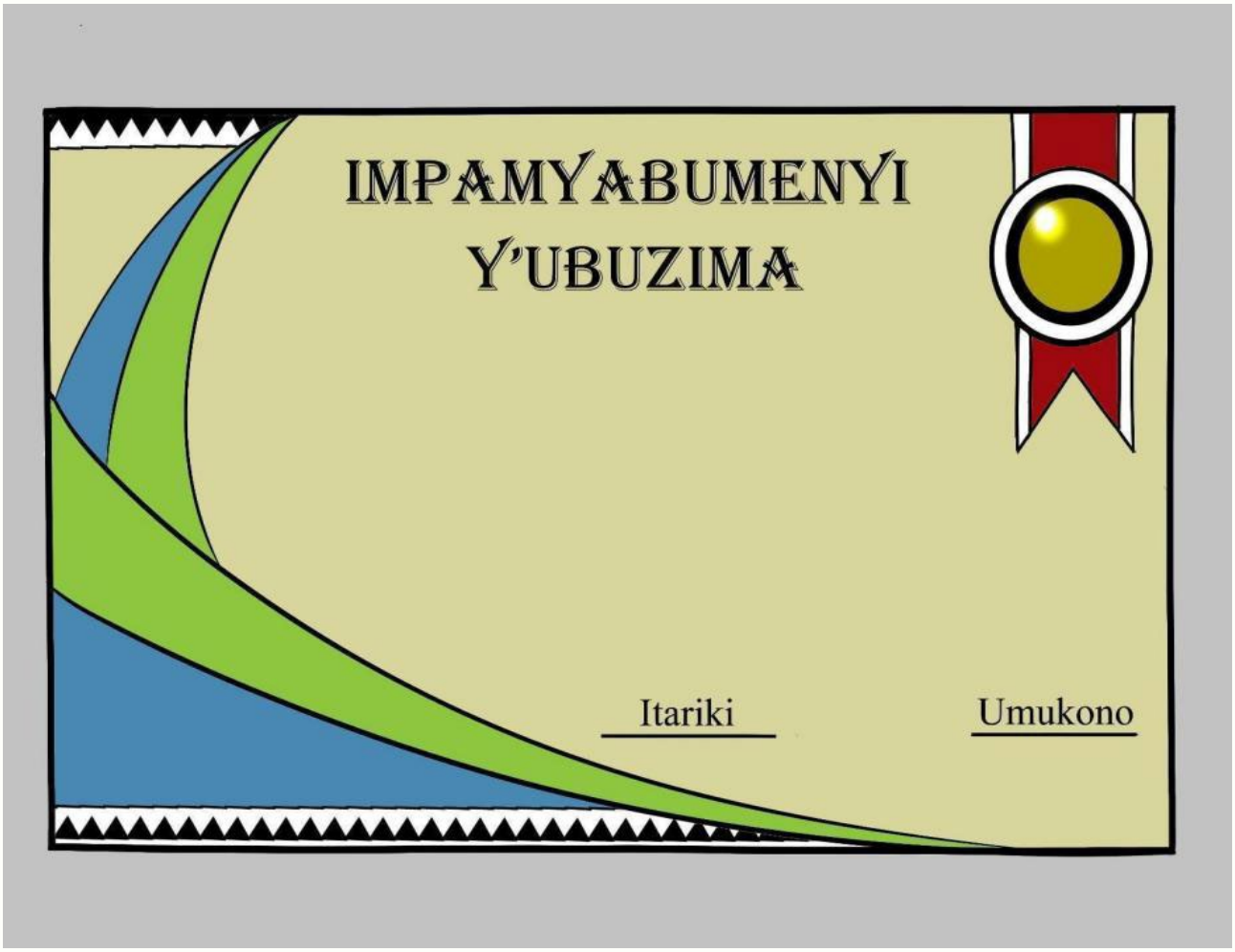
- Saba abagize Urubuga Baho neza bose gusesengurira hamwe ibyagezweho mu rugendo rwo kubaho neza bakoreye hamwe, imbaraga bungutse haba mu marangamutima, mu mibanire, mu mitekerereze, n'ibindi.
- Basabe kuganira ku buryo bazabikoresha mu buzima bwabo bwa buri munsi ndetse n'aho batuye.

Icyumweru cya 14

Umwitozo wa 23: Igipimo cyo kubaho neza

Uyu mwitozo ukorwa nkuko uri mu cyumweru cya gatatu (3). Nyuma yo kuwukora, buri wese mu bagize Urubuga Baho Neza agererenya igipimo cyo kubaho neza cyo ku cyumweru cya gatatu (3) n'icyo amaze gukora maze akareba aho ageze mu rugendo rwo kubaho neza.

Umwitozo wa 24: Impamyabumenyi y'ubuzima no kwishimira insinzi



Uyu mwitozo ni umwitozo wo gusoza Urubuga Baho Neza no kwishimira intsinzi.

Icyo umwitozo ugamije: Gusesengura impinduka zabayeho mu bikorwa by'Urubuga Baho Neza no kugena uko impinduka zizaguma kubungwabungwa

Ibikoresho bikenewe: Urupapuro n'ikaramu

Uko umwitozo ukorwa: Uyu mwitozo ukorwa n'umuntu ku giti cye mu itsinda rigari

Intambwe ya mbere:

- Saba buri wese mu bagize Urubuga Baho Neza gutekereza ku rugendo yakoze, ibyo yungutse mu uri urwo rugendo; arebe intambwe yateye agendeye ku gipimo cyo kubaho neza n'imyitozo yamufashije.
- Basabe gutekereza ku mpamyabumenyi yakwiha n'amagambo y'ingenzi yaba yanditseho.

Intambwe ya kabiri:

- Saba buri wese gufata umwanya yikorere iyo mpamyabumenyi.
- Bahe umwanya, buri wese asomere itsinda amagambo yanditse kuri iyo mpamyabumenyi.

Intambwe ya gatatu:

- Nyuma yuko buri wese yikoreye impamyabumenyi, basabe gutekereza magambo bashyira ku mpamyabumenyi y'Urubuga Baho Neza maze bayandike.
- Babwire ko bazayisomera abitabiriye ibirori byo gusoza Urubuga Baho Neza, mu gihe cyo kwizihiza urugendo rwo kubaho neza batangiye.

Intambwe ya kane:

- Nyuma yo kubona impamyabumenyi, basabe gutegura ibirori, barebe abatumirwa bakwiriye kuza gufatanya na bo kwizihiza urugendo rwo kubaho neza batangiye. Mu gutegura, bite ku buhamya bazaha abatumirwa, ijambo rizavugwa, indirimbo zizabasusurutsa, n'ibindi bitanga ishusho y'Urubuga Baho Neza.

Intambwe ya gatanu:

- Bifurize gukomera urugendo rwo kubaho neza batangiye, no kubungabunga ibigwi byanditse mu mpamyabumenyi ya buri wese.

Icyumweru cya 15

Ibirori byo gusoza Urubuga Baho Neza

Mu gusoza urugendo rw'ibyumweru cumi na bitanu by'Urubuga Baho Neza, hategurwa ibirori byo kwishimira intambwe nziza yatewe mu rwego rwo kwita ku buzima bwo mu mutwe no kubaho neza, ndetse no guteza imbere imibanire myiza y'abagize itsinda. Uyu munsi uba ari umwanya udasanzwe wo gusangira ibyishimo, gutanga ubuhamya ku byiza byagezweho, ndetse no gushimira buri wese wagize uruhare muri urwo rugendo. Abagize Urubuga Baho Neza bafata iya mbere mu gutegura uyu munsi haba mu gushyiraho gahunda no guhitamo abazayiyobora, abazatanga ubuhamya, abatumirwa baturutse mu miryango yabo, inshuti, abaturanyi, ndetse n'inzego z'ubuyobozi.

Ibi birori kandi biba n'umwanya wo gushimangira ibyaganiriweho bijyanye n'ahazaza h'Urubuga *Baho Neza*. Hatangazwa ibiteganyijwe gukurikiraho, haba mu matsinda cyangwa ibikorwa bigamije kurushaho kubaka ubushobozi bw'abitabiriye. Abagize Urubuga Baho Neza bongera gushishikarizwa gukomeza guhura nyuma y'ibi byumweru, bagategura imyitozo, ibiganiro, cyangwa umushinga umwe bahuriraho, hagamijwe gushyigikira kuramba kw'ibyo bagezeho.

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IMIGEREKA

Umugereka wa mbere: Ubutumwa butumira mu rubuga Baho Neza

Murakoze kuduha ikaze mu rugo rwanyu. Nitwa....., ndi kumwe na mugenzi wanjye....., twembi turi Abahumurizamitima muri uyu mudugudu. Sinzi niba haricyo uzi ku bahumurizamitima cyangwa warigeze wumva Urubuga Baho Neza..... (bahe umwanya bagire icyo babivugaho).

"*Urubuga Baho Neza*" ni urugendo rukorerwa mu matsinda agamije kubungabunga ubuzima bwo mu mutwe bw'abagize itsinda no gukumira ibibazo bijyanye n'ubuzima bwo mu mutwe, hubakwa ubudaheranwa.

Urubuga Baho Neza rwibanda ku gufasha abantu kumenya uko barushaho kubaho neza, kongera imbaraga zo guhangana n'ibibazo no gushyigikirana mu matsinda binyuze mu gusangizanya ubuzima, bifasha mu gukira ibikomere no kongera icyizere cy'ubuzima.

Iyi ni gahunda yashyizweho n'Imbuto Foundation ifatanije na Minisiteri y'Ubuzima, hagamijwe kubaka umuryango ushoboye kandi utekanye. Urubuga Baho Neza ruyoborwa n'abahumurizamutima babiri babihuguriwe, rugakorerwa ahantu hatekanye abarugize bihitiyemo, kandi ibihavugiwe bikaba ari ibanga.

Twari twifuje kukurarika ngo uzaze dufatanye muri iyi gahunda.

Icyitonderwa:

- Utumirwa ahabwa umwanya wo kubaza ibibazo
- Mu gihe Abahumurizamitima basubiza ibibazo bakomeza kwibanda ku ntego y' Urubuga Baho Neza, bakanirinda kwizeza utumirwa ibitangaza bigamije kumushishikariza kwitabira.
- Iyo utumirwa yemeye ubutumire, amenyeshwa ahantu, umunsi n'isaha azahura n'abandi batumiwe kugira ngo bongere basobanurirwe byimbitse gahunda y'Urubuga Baho Neza.

Umugereka wa 2: Imyitozo yifashishwa inshuro nyinshi mu rubuga Baho Neza

1. Umwitozo w'agakoni

Umwitozo w'agakoni ni umwitozo usoza ibikorwa ry'umunsi byabereye mu Rubuga Baho Neza, aho buri wese afata umwanya wo kwibuka no gusangiza abandi ibyo yungutse, bityo bikabafasha kuzirikana iby'ingenzi byabafasha no mu gihe batari mu Rubuga Baho Neza.

Icyo umwitozo ugamije: Gufasha abitabiriye Urubuga Baho Neza kwibuka no kuzirikana ibyo bungutse.
Ibikoresho bikenewe: Agakoni
Uko umwitozo ukorwa: Uyu mwitozo ukorerwa mu itsinda rinini

Intambwe ya mbere:

- Saba abagize Urubuga Baho Neza kujya ku ruziga hanyuma batekereze ku byo bungukiye mu bikorwa byakozwe uwo munsi.

Intambwe ya kabiri:

- Saba umwe muri bo gufata agakoni maze atangire avuga ikintu yungutse uwo munsi mu ijambo rimwe cyangwa interuro ngufi. Urangije kuvuga ahereza umukurikiye iburyo bwe kugeza ku wa nyuma. Abahumurizamutima na bo bavuga ibyo bungutse hamwe n'abandi.

2. Umwitozo w'Icyungo

Nk'uko twabibonye ku mwitozo w'agakoni, umwitozo w'icyungo na wo ukoreshwa mu kwibuka no gusangiza abandi ibyo buri wese witabiriye Urubuga Baho Neza yungutse.

Icyo umwitozo ugamije: Gufasha abitabiriye Urubuga Baho Neza kwibuka no kuzirikana ibyo bungutse.
Ibikoresho bikenewe: Nta bikoresho bikenewe
Uko umwitozo ukorwa: Uyu mwitozo ukorerwa mu itsinda rinini

Intambwe ya mbere:

- Saba abagize Urubuga Baho Neza kujya ku ruziga hanyuma batekereze ku byo bungukiye mu bikorwa byakozwe uwo munsi.

Intambwe ya kabiri:

- Saba abantu gutekereza ko mu ruziga hagati harimo icyungo bagiye gutekamo ibyo bungutse.
- Basabe bagende ku murongo, buri wese avuga ikintu kimwe yungutse hanyuma akijugunye mu ruziga hagati avuga ati "*nshyize mu cyungo*". Abahumurizamutima na bo bavuga ibyo bungutse hamwe n'abandi.

Intambwe ya gatatu:

- Nyuma yo gushyira y'uko buri wese ashyize mu cyungo ibyo yungutse, basabe kunama, bakoresha amaboko basa n'abateka kandi bongeramo ibirungo. Buri wese akagenda avuga ikirungo yongeyemo ngo biryohe.

Intambwe ya gatatu:

- Babwire ko byahiye maze mwunamukire rimwe muzamure amaboko mubirye. Mushobora no kwiyongeza, hanyuma mugasoza.

Icyitonderwa: Umuhumurizamutima uyoboye umwitozo ahitamo hagati y'*agakoni n'icyungo* kuko yose ikoreshwa ku mpamvu imwe.

3. Umukino wa "Mingo"

Mingo ni umukino ufasha mu gushyira abantu mu matsinda mato, cyangwa mu mu matsinda y'abantu babiri bakunze kwitana ba *"Mingo".*

Icyo umwitozo ugamije: Gufasha abantu kujya mu matsinda
Ibikoresho bizakenerwa: Nta bikoresho bikenerwa
Uko umwitozo ukorwa: Uyu mwitozo ukorwa n'umubare w'abantu ukenewe mu mwitozo ukurikiyeho

Intambwe ya mbere:

- Saba abantu guhaguruka niba bari bicaye
- Babwire ko umukino ukorwa bagendagenda, banyuranamo bihuta, kandi bakoma mu mashyi
- Babwire ko mu gihe cyo kuririmba nuvuga umubare runaka, abantu bangana n'uwo mubare bihuriza hamwe vuba vuba.

Intambwe ya kabiri :

Tangiza indirimbo :

- Utera: Mingoooo, mingo,
- Abikiriza: mingo.
- Utera: Mingoooo, mingo,
- Abikiriza: mingo.
- Utera: mingo turi kumwe
- Abakiriza: Mingo
- Utera: Mingo twishimanye
- Abikiriza: Mingo

Intambwe ya gatatu:

- Komeza uhinduranya imibare kugeza ugeze ku mubare w'abantu bagize itsinda ushaka gukora
- Bahe umwitozo wifuza ko bakurikizaho

4. Umwitozo wa "Nkwihoreze"

Uyu mwitozo ukorwa hifashishijwe indirimbo ya "Nkwihoreze", nyuma y'uko umwe cyangwa benshi mu bagize Urubuga Baho Neza bagaragaje amarangamutima aremereye mu gihe cyo gukora imyitozo yateguwe uwo munsi. Uyu mwitozo ufasha abantu kwitanaho no guhumurizanya, uwukoze akumva ko atari wenyine, ahubwo afite abamwihoreza, kandi bamwitayeho.

Icyo umwitozo ugamije: Gufasha abitabiriye kumva ko bashyigikiwe kandi batari bonyine

Ibikoresho bikenewe: Nta bikoresho bikenewe

Uko Umwitozo ukorwa: Uyu mwitozo ukorerwa mu matsinda mato cyangwa mu itsinda rinini ry'abagize Urubuga Baho Neza bose.

Intambwe ya mbere:

- Saba abitabiriye Urubuga Baho Neza kujya ku ruziga hanyuma umwe muri bo atere indirimbo ya nkwihoreze, bose bakoma mu mashyi mu njyana imwe:
- Utera: amazi yo ku iteke ko ari make, amazi yo ku iteke ko ari make, ko atazamara inyota bikambabaza
- Abikiriza: Nkwihoreze

Intambwe ya kabiri (Uburyo bwa mbere):

- Saba umuntu umwe uri ku ruziga kunama, abandi babiri bamukikije (uw'iburyo n'uw'ibumoso) bahuriza amashyi yabo hejuru ye bavuga abati: *"(Izina ry'umuntu ugezweho) nkwihoreze*", bityo bityo kugeza buri wese agezweho.

Intambwe ya kabiri (Uburyo bwa kabiri):

- Saba abagize urubuga Baho Neza bakore imirongo ibiri barebana, hanyuma bahurize amashyi hajuru, umuntu umwe umwe ajye ava ku murongo abace hagati baririmba "*nkwihoreze*"

Intambwe ya gatatu:

- Basabe gusubira kuruziga neza maze ubabaze ibibazo bikurikira:

1. Wumvaga umeze ute mbere yo gukora uyu mwitozo?
2. Wumvaga umeze ute igihe wakoraga uyu mwitozo?
3. Uyu mwitozo wagufashije iki?

Umugereka wa 3: Imbonerahamwe y'imyitozo y'Urubuga Baho Neza

Iyi mbonerahamwe igaragaza imyitozo ikorwa buri cyumweru mu Urubuga Baho Neza. Buri cyumweru gitangizwa n'umukino nsemburambaraga, kigasozwa n'umwitozo w'isuzuma (agakoni cyangwa icyungo) hamwe n'undi mukino nsemburambaraga

Icyiciro	Icyumweru	Imyitozo	Ikigamijwe
Icyiciro cya mbere: Gutangira Urubuga Baho Neza	1	Kwibwirana Gusobanura byimbitse Urubuga Baho Neza Guhitamo aho Uruziga Baho Neza ruzajya rubera	Gutangira Urubuga Baho Neza
	2	Umukino wo kwibwirana Gushyiraho amahame agenga Urubuga Baho Neza	Kumenyana byimbitse Kegena amahame azagenga Urubuka Baho Neza
	3	Igipimo cyo kubaho neza Imodoka itabona Gusangizanya inkuru no kuziha impano	Kubaka icyizere hagati y'abagize Urubuga Baho Neza
Icyiciro cya kabiri: Kwisuzuma, kwimenya, no kuvumbura imbaraga abantu bafite	4	Umurongo w'ubuzima Igihe umutima wanjye wafungutse Kwita izina ikibazo	Kumenya ikibazo
	5	Uruziga rw'inkuru Uruziga rw'amarangamutima	Gusangizanya inkuru no gushyigikirana
	6	Ubusitani bw'agahinda	Gusuzuma no kumenya aho ibibazo bikomoka
	7	Intebe iriho ubusa	Kuzirikana abagize umumaro mu buzima bwacu

Icyiciro cya gatatu: Gushaka impinduka	8	Amabaruwa (ibaruwa nshoza yandikiwe ikibazo, ibaruwa yandikiwe undi muntu muhuje ikibazo, ibaruwa nshoza yandikiwe ikibazo cy'itsinda, ibaruwa itsinda ryandikiye irindi tsinda bahuje ikibazo)	Kwiyemeza guhangana n'ikibazo
	9	Guhitamo ikizasimbura ikibazo Amabaruwa yandikiwe ikizasimbura ikibazo (ibaruwa y'umuntu ku giti cye, ibaruwa y'itsinda)	Gutangira urugendo ruganisha ku kubaho neza
	10	Inzu y'ubuzima ntu udasanzwe Nkunda kuba njye	Kwimenya no kwisobanukirwa Kubona ibyiza dufite no kwishimira kuba abo turi bo
	11	Umutaka w'ibibazo Ikipe y'ubuzima	Kuvumbura no gukoresha imbaraga zidufasha guhangana n'ingorane no kubaka ubudaheranwa
	12	Igiti cy'ubuzima Ubusitani bw'icyizere	Kwisobanukirwa no kubaka icyizere cy'ubuzima
Icyiciro cya kane: Gusuzuma impinduka no kugena uburyo zizabungwabungwa	13	Kwakira no gutanga	Gusesengura imbaraga bagize Urubuga Baho Neza bungutse n'uburyo zizakomeza kubafasha mu buzima bwabo bwa buri munsi.
	14	Igipimo kubaho neza Impamyabumenyi y'ubuzima	Gusesengura imbaraga bagize Urubuga Baho Neza bungutse n'uburyo zizakomeza kubafasha mu buzima bwabo bwa buri munsi.
	15	Ibirori byo gusoza Urubuga	Kwishimira impinduka n'intambwe yatewe mu rugendo rwo kubaho neza

Umugereka wa 4: Amafishi agenewe abahumurizamutima

IFISHI Y'IBIMENYETSO MPURUZA

Iyi fishi ifasha umuhumurizamutima mu kuba yakohereza umuntu mu nzego z'ubuzima zisumbuye kugira ngo yitabweho by'umwihariko), Igihe cyose umuntu agaragaje cyangwa yavuze kimwe cg byinshi mubimenyetso mpuruza bikurikira.

Ibimenyetso mpuruza	Yego	Oya
Gutekereza kwiyambura ubuzima cyangwa kubwambura abandi		
Kuba umuntu yarageregeje kwiyambura ubuzima/kwiyahura		
Kwigirira nabi (urugero: Kwikeba,),		
Guta ubwenge bigaragazwa no kutamenya aho umuntu ari		
Kubona amashusho no kumva amajwi adahari,		
Amahane n'umujinya bikabije bishobora kuganisha kukwigira nabi no kugirira nabi abandi		
Imyitwarire igamije kwigirira nabi no kugirira nabi abandi biturutse kubiyobyabwenge.		
Kwitura hasi kenshi no kugagara		
Kubura ibitotsi, umutwe udakira n'ubundi buribwe bw'umubiri bumaze igihe kirekire		
Ubwoba, umuhangayiko, agahinda, guhorana umunabi		
Igitekerezo gitandukanye n'ukuri kandi nyiracyo Akagitsimbararaho(kumva ko abandi bakwanga, kumva uri umuntu w'igatangaza, kumva ko bakuroga, kumva ko ntagaciro ufite...		
Kudashobora gukora ibikorwa by'ubuzima bwa buri munsi, kwigunga, Kutarya cg kurya cyane, kutoga,..		
Kuva udashaka gukora umurimo wari usanzwe ukora bidaturutse ku mpamvu z'uburwayi bw'umubiri.		
Izindi ndwara z'umubiri (urugero indwara z'umutima, diabete, indwara zubuhumekero).		

Icyitonderwa:

- Bihinduka ikibazo igihe bimaze igihe kandi bigakomera ku buryo bibuza umuntu gukora inshingano za buri munsi, haba ku giti cye, mu muryango, cyangwa ku kazi no mu mibanire n'abandi.
- Mugihe wumva ushidikanya wabaza ushinzwe ubuzima bwo mu mutwe ku kigonderabuzima

Iyi fishi ikoreshwa n'umuhumurizamutima gusa

IFISHI Y' IKURIKIRANABIKORWA RY'URUBUGA BAHO NEZA

AKARERE.....
UMURENGE.....
AKAGARI.....
UMUDUGUDU.....
ITARIKI.....

A. IBYO UMUHUMURIZAMUTIMA YUZUZA MU GITABO KU CYUMWERU CYA GATATU

Izina ry' urubuga baho neza n'icyiciro	**.....**
Umubare w' abagize urubaga baho neza	Gabo: Gore:
Ibyiciro by' abagize urubuga baho neza	
Abafite ibikomere biterwa na genocide yakorewe abatutsi muri mata 1994	Umubare:.....
Abafite ibibazo bikomoka mu kunywa ibiyobyabwenge	Umubare:.....
Abafite ibibazo bifite inkomoko mu makimbirane mu muryango	Umubare:.....
Abafite ibibazo byo kuba barabyariye mu rugo ?(teen mothers and single mothers)	Umubare:.....
Niba hari ibindi byiciro (Bivuge) - Icyiciro..... - Icyiciro.....	Umubare:..... Umubare:.....
Ikigero cy' imyaka y' abagize urubuga baho neza	
Abari hagati y' imyaka 5-19	Umubare:.....
Abari hagati ya 20-30	Umubare:.....
Abari hagati ya 31-50	Umubare:.....
Abari hejuru ya 50	Umubare:.....

B. AMAKURU YUZUZWA MU GITABO BURI UKO HAKOZWE IBIKORWA MURI GAHUNDA YA BAHO NEZA

I. Raporo y' ubukangurambaga
1. Itariki :.....
2. Ubukangurambaga bwabereye hehe? (mu rugo, mu muganda, mu nama yabaturage

3. umubare w'abitabiriye : Abagabo:..... Abagore:.....
4. Incamake y' uko ubukangurambaga bwakozwe
5. Imbogamizi n' uko zakemuwe
6. Inama n' ibyifuzo
7. Andi makuru wakongeraho

II. Raporo y' iterana ry' urubuga baho neza

1. Itariki.....
2. Icyumweru bagezeho...
3. Abitabiriye: Abagabo ..... Abagore.....
4. Abasibye:
   - Umubare w'abasibye ku mpamvu zizwi: ...
   - Umubare w'abasibye ku Impamvu zitazwi: ...
5. Ibyakozwe:

Imikino nsemburambaraga:

1.....
2.....
3.....

Imyitozo:
1.....
2.....
3.....

6. Incamake y' ibyakozwe (Uko umwitozo wakozwe, amarangamutima, ndetse n' amarangamutima adasanzwe ayagaragaye nuko mwayafashije)

7. Umubare w'aboherejwe gushaka ubufasha mu zindi nzego
Abagore..... Abagabo .....
Ifishi yo kohereza yujujwe? Yego Oya
8. Imbogamizi bahuye nazo n' uko zakemuwe

Iyi fishi ikoreshwa n'umuhumurizamutima gusa

IFISHI IHEREKEZA

1. Umwirondoro

Amazina yombi:.....
Igitsina: Gabo/Gore
Irangamimerere: Arubatse, Ingaragu, Umupfakazi, Yatandukanye n'uwo bashakanye,
Igihe yavukiye:
Nimero ya Telefoni:.....
Izina ry'urubuga Baho Neza:.....
Umudugudu:.....
Akagari:.....
Umurenge:.....
Akarere:.....

2. Urwego yoherejweho (Urugero: Ikigo nderabuzima, Isange, Umudugudu...) .....
3. Impamvu itumye yoherezwa:
.....
.....
.....
.....
.....
.....
.....

4. Amazina y'abahumurizamutima ba Baho Neza

1. Amazina yombi:.....
Itariki:.....
Umukono.....
Nimero ya Telefoni:

2.Amazina yombi:.....
Itariki:.....
Umukono.....
Nimero ya Telefoni:

Iyi fishi ikoreshwa n'umuhumurizamutima gusa

IYI FISHI IGENEWE ABAKURIKIRANA IBIKORWA BY' ABAHUMURIZAMUTIMA

ITARIKI:.....
AKARERE:.....
UMURENGE:.....
AKAGARI:.....

IBIBAZO BIZABAZWA MU NAMA Y'ABAHUMURIZAMUTIMA

1. Ni ibihe bibazo Urubuga Baho Neza rwakemuye aho mutuye?
2. Hari impinduka zigaragara aho mutuye zazanywe no kuba harakozwe ubukangurambaga?
3. Ni izihe mpinduka zigaragara aho mutuye zazanywe n'Urubuga Baho Neza? Tanga ingero.
4. Ubona ute ubwitabire bw' abanyamuryango – abatangiye urubuga Baho Neza , uburyo abitabira baza, abataye urubuga baho neza?
5. Ni izihe mbogamizi muhura nazo muri gahunda ya baho neza?
6. Ni ibihe byifuzo cg inama mutanga kugirango gahunda ya baho neza irusheho gutanga umusaruro.?
7. Mubona hakorwa iki kugira ngo abantu bitabire Urubuga Baho neza?
8. Ni ibihe byiciro by' abantu bagize urubuga baho neza?
9. Ni abantu bangahe boherejwe mu zindi nzego gushaka ubufasha bwisumbuye? (Abagabo..... Abagore.....)

Iyi fishi ikoreshwa n'abakurikirana ibikorwa by'abahumurizamutima gusa

Umugereka wa 6: Imbonerahamwe y'amahugurwa

Icyitonderwa:
1) Buri somo ryo mu Rubuga Baho Neza ritangizwa kandi rikarangizwa n'umwitozo nsemburambaraga.

Umunsi wa mbere		
		Igikorwa nyirizina
8h-9h	Gutangiza amahugurwa	◉ Kwakira no guha ikaze abitabiriye amahugurwa
	Intangiriro y'amahugurwa muri rusange	◉ Gusobanura umushinga Baho Neza ◉ Ubukangurambaga ku buzima bwo mutwe no kubaho neza ◉ Abazayobora ibiganiro mu mushinga Baho Neza ◉ Ibizakorwa mu mushinga Baho Neza
	Kwakira ibibazo n'ibisubizo by'abitabiriye amahugurwa	◉ Guha umwanya abaje mu mahugurwa kugira ngo babaze ibyo badasobanukiwe ndetse no gutanga ibitekerezo
	Gukora isuzumabumenyi ribanziriza amahugurwa	◉ Abitabiriye amahugurwa bahabwa impapuro n'amakaramu kugira ngo basubize ibibazo bigamije kureba ubumenyi bafite mbere y'amahugurwa
9h-10h	Kwibwirana	*Muri ubu buryo 3, hitamo ubwo ukoresha*: ◉ Bwira buri muntu witabiriye asangize abandi ibi bikurikira : Ibintu 2 byagushimishije, Ibintu 2 byakubabaje mu buzima ; ndetse n'ahantu uba uri kumva utuje cyangwa utekanye mu buzima bwawe. ◉ Bwira abitabiriye amahugurwa indirimbo yagushimishije mu buzima, impamvu, ndetse n'aho wayumvise uri bwa mbere. ◉ Saba buri wese kuvuga amazina ndetse n'icyo akunda. Buri wese asubiramo amazina y'abamubanjirije ndetse n'ibyo bakunda kandi bavuze, agasoreza ku bye.
	Gushyiraho amahame n'amabwiriza azagenga amahugurwa Gusobanura Gahunda ya baho neza ni ibice biyigize	◉ Buri wese aravuga ibyo yumva byazagenderwaho kugira ngo babashe gusoza amahugurwa neza kandi bagere ku ntego bihaye.
10h-11h00	Igice cya mbere: Ubukangurambaga kuri Baho Neza: Insanganyamastiko Ku bukangurambaga muri gahunda ya baho neza	*Hitamo bumwe mu buryo bwo gukoresha cyangwa bwombi niba bishoboka*: 1. Kubaza ibibazo by'imvumburamatsiko 2. Gushyira abitabiriye mu matsinda, kugira ngo baganire ku ngingo zijyanye n'insanganyamtsiko ku bukangurambaga. 2.1. Gusangiza abandi ibyavuye mu matsinda
11h00-11h30	**Akaruhuko**	
11h30-12h30		Gutanga incamake ihuza ibyavuye mu biganiro no gutanga amakuru y'inyongera

12h30-13h30	**Ikiruhuko cy'amafunguro**	
13H30-14H30	Ubudaheranwa no Kugeruka	*Hitamo bumwe mu buryo bwo gukoresha cyangwa bwombi niba bishoboka*: 1. Kubaza ibibazo by'ivumburamatsiko 2. Gushyira abitabiriye mu matsinda, kugira ngo baganire ku ngingo zijyanye no kugeruka
14H30-15H30		1.1. Gutanga incamake ihuza ibyavuye mu biganiro no gutanga amakuru y'inyongera 2.1. Gusangiza abandi ibyavuye mu matsinda
15h30-15h45	**Akaruhuko**	
15H45-16H45		Kwibukiranya ibyaganiriweho mu ncamake
16H45-17H45	1. Gusoza umunsi 2. Gusezeranaho	*Hitamo Umukino nsemburambaraga muri iyi ikurikira*: Icyungo/agakoni

Umunsi wa kabiri

		Igikorwa nyirizina
8h-9h00	Gutangiza umunsi wa 2	*Hitamo Umukino nsemburambaraga, ushobora kuba* ◉ Umukino ◉ Indirimbo ◉ Umwitozo **N.b**: Uhugura ashobora gusaba abahugurwa bakawihitiramo bakanawuyobora
		◉ Kumva inshamake y'ibyakozwe umunsi wa mbere
9h00-10h00	Gusobanukirwa Urubuga Baho Neza n'ibikorwa bizakorerwamo	***Ibibazo biyobora ikiganiro*** 1. Iyo bavuze Urubuga Baho Neza wumva iki, urusobanura ute? Rwarangwa ni iki kugira ngo rufashe abarugana? 2. Mubona mu mudugudu aho abantu batuye bakeneye Urubuga Baho Neza? Mutange nibura impamvu eshanu zisobanura impavu rukenewe 3. Abagize Urubuga Baho Neza babahitamo bate? 4. Batumira bate Urubuga Baho Neza? 5. Abayobora Urubuga Baho Neza Bakeneye ubuhe bushobozi n'ubumenyi? Barangwa niki? ***Hitamo bumwe mu buryo bwo gukoresha cyangwa bwombi niba bishoboka:*** 1. Kubaza ibibazo by'imvumburamatsiko 2. Gushyira abitabiriye mu matsinda, kugira ngo baganire ku ngingo zijyanye n'ibibazo byerekeranye n'urubuga Baho Neza
10h00-11h00	Gutanga ibyiciro bine bigize urubuga Baho neza byibumbiye mu byumweru 15	1.1. Gutanga incamake ihuza ibyavuye mu biganiro no gutanga amakuru y'inyongera 2.1. Gusangiza abandi ibyavuye mu matsinda 2.3, Kubwira abitabiriye amahugurwa ibyiciro bigize urubuga baho neza n'ibyumweru birugize uko ari 15

11h00-11h30	**Akaruhuko**	
11h30-12h30	Icyumweru cya mbere, icya Kabiri ni icya gatatu Kubaka icyizere	◉ Ifashishe umwitozo: imodoka itabona, Guha inkuru Impano ◉ Kubaza abahugurwa uko biyumvaga n'icyo umwitozo wabamariye Tanga urubuga abahugurwa bavuge amahame yabagenga
12h30-13h30	**Ikiruhuko cy'amafunguro**	
13H30-14H30	Kumenya ikibazo: Icyumweru cya kane cy'urubuga abaho neza	1) Kwita izina ikibazo 2) Umurongo w'ubuzima "*Ibuye ryagaragaye ntiriba rikishe isuka*" Uhugura ahereye kuri iyi nteruro iri hejuru, arasobanura impamvu abantu bagomba kuvuga ku buzima bwabo, kugira ngo ibibazo bahuye na byo bimenyekane, hanyuma bishakirwe ibisubizo. Mu matsinda, abantu bajya kuganira ibi bikurikira : Gusangizanya ubuzima, bagasesengura ingorane banyuzemo, bakabona ibibazo bibangamiye, bikabafasha kubona ingamba n'umurongo wo kubishakira ibisubizo
14H30-15H30		Gusangiza abandi ibyaganiriweho mu matsinda
15h30-15h45	**Akaruhuko**	
15H45-16H45		Gusangiza abandi ibyaganiriweho mu matsinda
16H45-17H45	Gusoza umunsi	Incamake y'ibyaganiriwe n'ibyakozwe uwo munsi Icyungo/agakoni

Umunsi wa gatatu		
		Igikorwa nyirizina
8h-9h	Gusuhuzanya	Utanga amahugurwa aha ikaze abitabiriye amahugurwa uwo munsi, abasuhuza
		◉ Umwitozo nsemburambaraga ◉ Raporo y'uko umunsi wabanje wagenze
9h-10h		Abitabiriye amahugurwa bakorera hamwe umwitozo ukurikira (cyangwa yombi): 1. Imodoka itabona 2. Guha inkuru impano
10h-11h00		Gusangiza abandi ibyakorewe mu matsinda
11h00-11h30	**Akaruhuko**	
11h30-12h30	Urugendo rwo gusangizanya ubuzima, bigamije kubaho neza: Icyumweru cya agatanu cy'urubuga baho neza	Agahinda gasangiwe karatuba: Uhugura ahereye kuri iyi nteruro iri hejuru, arasobanura impamvu abantu bagomba kuvuga ku buzima bwabo, kugira ngo ibibazo bahuye na byo bimenyekane, hanyuma bishakirwe ibisubizo. Mu matsinda, abantu bajya kuganira ibi bikurikira : Gusangizanya ubuzima, bagasesengura ingorane banyuzemo, bakabona ibibazo bibangamiye, bikabafasha kubona ingamba n'umurongo wo kubishakira ibisubizo

12h30-13h30	**Ikiruhuko cy'amafunguro**	
13H30-14H30	Gusangizanya inkuru	3) Uruziga rw'inkuru 4)Uruziga rw'amarangamutima
14H30-15H30	Kwisuzuma no kumenya aho ibibazo bikomoka: Icyumweru cya gatandatu na Karindwi by'urubuga abaho neza	5) Ubusitani bw'agahinda 6) Intebe iriho ubusa
15h30-15h45	**Akaruhuko**	
15H45-16H45	Kwitandukanya n'ikibazo no Gutangira urugendo rwo guhangana na cyo: Icyumweru cya munani cy'urubuga baho neza	1) Amabaruwa (Ibaruwa nshoza, ibaruwa yandikiwe ikibazo, ibaruwa yandikiwe undi muntu ufite ikibazo)
16H45-17H45	Gusesengura imbere nyuma gutandukana umuntu n'ikibazo: Icyumweru cya kenda cy'urubuga baho neza Gutangira urugendo rugana kubaho neza twifuza Gusoza umunsi batanga incamake y'ibyakozwe n'ibyigishijwe	1. Guhitamo ikizasimbura ikibazo 2. Ibaruwa yandikiwe ikizasimbura ikibazo 3. Ibaruwa itsinda ryandikiye ikizasimbura ikibazo Icyungo/agakoni

Umunsi wa kane

		Igikorwa nyirizina
8h-9h00	Gutangiza umunsi wa 4	*Hitamo Umukino nsemburambaraga, ushobora kuba* ◉ Umukino ◉ Indirimbo ◉ Umwitozo **N.b**: Uhugura ashobora gusaba abahugurwa bakawihitiramo bakanawuyobora
		◉ Kumva inshamake y'ibyakozwe umunsi wa mbere
9h00-10h00	Kwikunda: Gushaka no kubona imbaraga ni ibyiza abagize urubuga baho neza bifitemo: Icyumweru cya cumi cy'urubuga baho neza	**Imyitozo iyobora ikiganiro** ◉ Umukino nsemburambaraga 1. Inzu y'ubuzima 2. Nkunda kuba njye

10h00-11h00		◉ Igihe bavuye mu mwitozo, babaze uko biyumva n'icyo bungutse ◉ Basabe gusangiza abandi ibyo bagezeho nk'Urubuga Baho Neza
11h00-11h30	**Akaruhuko**	
11h30-12h30	Gushaka no kubona imbaraga n'ibidufasha guhangana n'ibibazo bya buri munsi: Icyumweru cya cumin a rimwe cy'urubuga baho neza	◉ Gushyira mu matsinda abitabiriye amaguhurwa ◉ Sobanura uko umwitozo ukorwa n'akamaro kawo (ipagi ya mu nyoborabiganiro) ◉ Igihe bavuye mu mwitozo, babaze uko biyumva n'icyo bungutse ◉ Basabe gusangiza abandi ibyo bagezeho nk'Urubuga Baho Neza **Imyitozo iyobora ikiganiro:** 1. Umutaka w'ibibazo 2. Ikipe y'ubuzima
12h30-13h30	**Ikiruhuko cy'amafunguro**	
14H30-15H30	Gubaka icyizere cy'abagize urubuga Baho neza: Icyumweru cya 12 cy'urubuga abaho neza	3. Igiti cy'ubuzima 4. Ubusitani bw'icyizere
15h30- 15h45	**Akaruhuko**	
15H45-16H45		Gusangiza abandi ibyakorewe mu matsinda, ndetse n'icyo byabamariye
16h45- 17h45	Gusoza umunsi	Icyungo/Agakoni umukino nsemburambaraga

Umunsi wa gatanu

		Igikorwa nyirizina
8h-9h	Gusuzuma urugendo rwo kubaho neza mu byumweru 15	Utanga amahugurwa aha ikaze abitabiriye amahugurwa uwo munsi, abasuhuza Umwitozo nsemburambaraga Imyitozo: Kwakira no Gutanga, Igipimo cy okubaho neza, impamyabushobozi
	Gusobanura ibiranga umuhumurizamutima	Gutega amatwi neza Ibigomba kumvwa neza igihe cyo gutega amatwi Bimwe mu bituma gutega amatwi bigenda neza
		Kwakira no gutanga
		Ibishobora kuba imbogamizi mu gutega amatwi neza
9h-10h		**Uburyo bukoreshwa mu gutega amatwi neza/ Uburyo bwo gutega amatwi umwana**
10h-11h00	Guherekeza umuntu ufite ingorane z' ubuzima bwo mu mutwe mu nzego z' ubuvuzi no gukora ubuvugizi	Kuki umuhumurizamutima akeneye gukorana n'inzego z'ubuzima n'izita ku mibereho myiza? Imikoranire y'inzego z' ubuvuzi bw' ubuzima bwo mu mutwe mu Rwanda Kumenya gusobanurira umuntu n' umuryango we inzego anyuramo mu kwivuza Igipimo cy'amarangamutima Impamyabumenyi y'ubuzima

11h00-11h30	**Akaruhuko**	
11h30-12h30		◉ Gushyira abantu mu matsinda. ◉ Buri tsinda rikungurana ibitekerezo ku bibazo bikurikira 1. Ese haba hari umuntu muzi wagaragaje ingorana z' ubuzima bwo mu mutwe yaba umwe muri mwe, umuturanyi, inshuti umuvandimwe cyangwa umwe mu muryango wanyu? 2. Niba ahari uwo muzi nihe yafashirijwe? cyangwa ni uruhe rwego rw' ubuzima rwamufashije? 3. Ese mwaba muzi inzego z' ubuvuzi bw'ubuzima bwo mu mutwe buri mu gihugu? ◉ Gusangizanya ibisubizo byavuye mu matsinda ◉ Guha umwanya abitabiriye amahugurwa bakabaza ibibazo binyuranye kubyo bize
12h30-13h30	**Ikiruhuko cy' amafunguro**	
13H30-14H30		Guhera ku bisubizo byatanzwe noneho abitabiriye amahugurwa bagahugurwa ku nzego z' ubuvuzi bw' ubuzima bwo mu mutwe
14H30-15H30	Gusoza amahugurwa	Ibirori byo gusoza urubuga Gusubira imuhira kw'abitabiriye amahugurwa

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