

CYATEGUWE NA KOMITE ISHINZWE INYIGISHO

“ALTERNATIVE TO VIOLENCE PROJECT, INC”

ALLEN FLANDERS

JANET LUGO

NANCY NOTTHHELPER

ALSON DENCH

MICHELLE KARSHAN

MARY GRAY LEGG

NED ROESSLER

JANE SHAPIRO

CHARLE SPAIN

MARGE ZYBAS

IGITABO

CY'AMAHUGURWA

ALTERNATIVE TO VIOLENCE PROJECT 3049
EAST GENESEE STREET SYRACUSE, NEW
YORK 13224.

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IBIRIMO

ICYICIRO A: IBIREBANA N'AMAHUGURWA YA AVP.

Gahunda yo gukiza ihohotera

Uburyo bwo gukoresha igitabo cy'ibanze cya AVP

Ibikorwa mu gutegura ihugurwa

Imiterere y'urupapuro abaje mu mahugurwa bahamagarirwaho

Gutegura ihugurwa ryo muri gereza

Ijambo ritangiza amahugurwa

ICYICIRO B: IGITEKEREZO N'ISHYIRWA MU BIKORWA BY'IMBARAGA ZIHINDURA: IBIGANIRO, IBIBAZO, N'IBYO ABANTU BAGIYE BAZIVUGAHO

Amagambo abanza ku mbaraga zihindura:

Ibisobanuro by'abantu bihariye, ku mbaraga zihindura.

Ibibazo ku mbaraga zihindura: (hifashishizwe urugero rw'ibibazo byateguriwe mu mahugurwa ya AVP yabereye Eastern States prisons Narpoch, NY).

ICYICIRO C: UMURIMO W'IKIPE N'IMBARAGA BY'ITSINDA

(AMWE MU MABWIRIZA Y'ABAGIZE ITSINDA)

Urugero rw'ihugurwa n'isumbanyabubasha ABC

Ikiye y'abahugura

Kubakana kw'abagize ikipe.

Iyo habayeho itumvikana: uko impaka zikemurwa.

Amabwiriza akurikizwa mugutegura imikoro.

Iyo habayeho kutumvikana: ihagarikwa ry'imyifatire isenya.

Aho amagambo ava: amateka yo gutege amatwi.

Icyo kuba umwe mubahuguzi ba AVP bisobanura.

Ibyerekeye ibitsina na AVP.

ICYICIRO D: GAHUNDA

Imyiteguro ya mbere y'amahugurwa

Ibice icyenda (9)

Ibice bitandatu (6)

Igice kimwe kigufi

ICYICIRO E: IMIKORO

Umukoro wo kwemerana
Gushimana
Imena-mutwe
Kubaka umuryango mushya
Ihuriro
Inziga zirebana
Kubaka ubufatanye
Cyamunara y'urumiya
Umukino w'inzovu
Umukoro wo gusunikana
Imirongo iteganye
Ishusho y'umuryango mwiza n'intabwe zo kuwugeraho
Imvugo"Njyewe"
Umukoro wo kwinjiramo
Cyamunara y'ubuzima
Umukoro wo gutegana amatwi
Umukoro wo kugenzura ukwezi (umukino wa NAZA)
Ububasha 1, 2, 3, 4
Ibyemezo byihuse
Umukoro wo gutekereza
Gusangira ikiganiro: ikimbirane nakemuye ntawe mpohoteye
Intera 6 zidufasha gukemura ibibazo
Umukoro w'ingamba
Ihohotera ni iki? (I)
Ihohotera ni iki? (II): ikoreshabwonko n'igishushanyo cy'ukuntu byinjiranamo
Ndi muntu ki?

ICYICIRO F: KWEGERANA: Umukino w'amazina, Imikino yo gukangura, uburyo bwo gusoza

Kwegerana
Imikino y'amazina
Imikino yo gukangura
Imikino yo gufatanya
Imikino yo kwiringirana
Uburyo bwo gusoza

ICYICIRO G: AMAKINAMICO

Amakinamico (ubusobanuro bw'abahugura) umwanya w'ibibazo ku makinamico

ICYICIRO H: IBIKORESHO BITANGWA

Inzira ziyobora mu mbaraga zihindura

ICYICIRO I: INKOMOKO Y'IBYIGISHO

Urutonde rw'ubwanditsi.

ICYICIRO G: AMASHAKIRO: urutonde rw'imikoro hakurikijwe intego zikurikira:

Kwemerana

Kubaka umuryango

Ubwenge muguhana amakuru

Kwemeranya no gufata ibyemezo

Ubufatanye.

Gukemura amakimbirane

Gushyira ahagaragara ibyo duha agaciro n'ibyo tugamije

IGITABO CYA MBERE CYA AVP

Ibirimo A-3

ICYICIRO A:

IBIREBANA N'AMAHUGURWA YA AVP

GAHUNDA YA AVP

Kuki twigisha abantu ubundi buryo bwo gukiza ihohotera?

Ni uko twizera y'uko kubaho neza mucyubahiro no kubaho nk'uko ubyifuza ari uburenganzira kavukanwa. Twizera y'uko igihe ubu burenganzira kavukanwa buzumvikana kuri buri wese, ari bwo tuzagira isi itunganye kandi ifite amahoro.

Umuryango tubamo ni umwe mu miryango yo ku isi ihohotera. Ihohotera ndenga rugero riboneka mu bantu bacu, ni kimwe mu bisubizo by'ihohotera bituruka mu nyigisho zacu no mu byo duha agaciro. Bamwe bagerwaho n'ihohotera kuruta abandi, kandi babona ko riteza ibibazo mu mibereho yabo. Buri wese muri twe afite urugero rwe rwo guhohotera kandi nta muntu n'umwe utagerwaho n'ihohotera mu buryo ubwo ari bwo bwose kandi nta muntu ritababaza.

Ntitwemera ko abantu babaho muri ubwo buryo, kandi ntitunemera ko abantu bategetswe kubaho gutyo. Twemera ko tuzengurutswe n'imbaraga zidushoboza guhindura, ubugome no kwangiza, mu bufatanye no guhuriza hamwe mu muryango kugira ngo dushobore kubaho mubutabera. Twizera ko izo mbaraga ziba hose, muri twe, mu baturwanya no mu isi ituzengurutse. Twizera ko bishoboka kwemera izo mbaraga, kandi ko kuzemera bidushoboza twe n'abaturwanya gukangura uburenganzira bwacu bwa kavukire bwo kubaho mu mahoro no mu cyubahiro. Twizerako hari uburyo buba mu bantu ku giti cyabo cyangwa mu matsinda, budushoboza kwinjira muri izi mbaraga kandi ubwo buryo bushobora kumenywa no gukoreshwa na buri wese aho yaba ari hose akagira imibereho yubaka no kugira umuryango muzima. Ibyo twizera n'uburyo tubishyira mu bikorwa tubisangira n'abandi muri PAV, kugirango tugere ku ntego zacu.

Umurimo wacu si uwo kwigisha ahubwo n'uwo gushakashaka no kwigishanya. Nta bisubizo tuzanira abantu dukorana na bo. Nta bisubizo by'ibibazo byabo dufite. Ariko twizera ko ibisubizo by'ibibazo byabo biri muri bo ubwabo, aho ibibazo biva. Umurimo wacu ni uwo kubashyira mu mwanya ukwiriye no kubashishikariza kwishakamo ibisubizo by'ibibazo byabo. Abantu batugana bafite imibereho y'inararibonye ifite agaciro kanini kandi ishobora gukomeza gukoreshwa nk'urufatiro mu kubaka imibereho mishya. Tugerageza kuyobora abantu gushyira ahagaragara inararibonye no kubafasha kurisesengura. Mu gukora ibyo, natwe ubwacu tuba twigishanya kandi twigira no ku bandi. Umuntu umwe yaravuze ati "Ntacyo bimaze kubaho mu buzima budasesengurwa". Ibyo turabyemera twe ubwacu tuka nabyemeranyaho n'abandi, tugerageza kugira AVP urubuga rwo gusuzuma imibereho kugira ngo ubuzima burusheho kuba bwiza.

Gahunda y'ubundi buryo bwo gukiza ihohotera ni umuryango wigenga udaharanira inyungu ufashwa mu bintu byose n'abagira neza ku giti cyabo. Itangizwa ryawo n'igitekerezo cyawo bikomoka ku muryango w'amatorero y'Inshuti (Quakers).

Si umuryango ushingiye ku myizerere y'amatorero, kuko abawugize bakomoka ku Nshuti no mu yandi matorero, imiryango n'imico itandukanye.

Iyi gahunda yatangiye mu mwaka 1975 muri gereza ya New York n'ubu iracyakomeza kuhakorera. Amahugurwa yayo ya mbere yabereye muri gereza yitwa Green Haven igihe itsinda ry'abagororwa "Think Thank" ryifuzaga guhabwa amahugurwa y'ubworoherane mu kwitegura kugaragaza uruhare rwabo mu bujyanama muri gahunda y'igerageza yo mu kigo cy'abana b'inzererezi n'abibana.

Abagize "Think Thank" basabye itorero ry'Insuti ribegereye kubategurira bene ayo mahugurwa, nuko rirabikora. Nyuma ya Green Haven iyo gahunda yakomeje mu mu zindi gereza. Rimwe na rimwe izo nyigisho zatangwaga n'amatorero y'Inshuti mu magereza. Ariko akenshi na kenshi zakwirakwizwaga mu magambo, abantu ku bandi.

Iyo gahunda yamaze igihe ikorera mu magereza kandi imbaraga zayo izishyira ku gufasha abantu kugabanya ihohotera mu magereza, kurirenga ndetse no kurikiza mu mibereho yabo. Uko ibihe byagiye bihita byageza aho bigarara ko ihohotera ryakorwaga mu magereza ryabaga rifite isano n'ihohotera ryakorerwaga mu miryango yose, noneho abantu batari mu magereza nabo batangira gushaka amahugurwa ya PAV, hanyuma biza kugaragara neza ko iyo gahunda yari ikenewe cyane mu murango wo hanze kuruta muri gereza. Hanze, gahunda AVP yabanje gukoreshwa mu mugu muto wa Owego, New York bisabwe n'abakozi babiri baho, umugambi w'ayo mahugurwa wari uwo gufasha abo bakozi kwamagana impamvu zateye ubuzererezi no kumvikanisha ibyo bibazo mu murango wose. Ayo mahugurwa ya AVP yabanje kwakira abantu batari bafite ibibazo byo kwica amategeko abahuriza hamwe n'abayishe.

Andi mahugurwa yakozwe hanze ya gereza, harimo ayabereye mu karere ka Albany ahabwa abagore bafashwe ku ngufu I Harlem bari abakozi ba Emmaus House, umuryango gaturika wacumbikiraga abantu batagira aho baba. Andi yabereye Monhatton ahabwa abakozi b'umuryango utabara imbabare (croix rouge), n'ahitwa Newark New Jersey ahabwa imiryango n'inshuti z'abagororwa bari bafitanye umubano na gahunda y'ubutabera ya Newark yitwa "American Friends Committee".

Gahunda nshyashya z'amahugurwa zakomeje kwi Yongera mu miryango, ahantu henshi AVP iba imbaraga n'ubutunzi. Rimwe na rimwe bene ayo mahugurwa y'ibanze kuri gahunda yo kunga imiryango mu karere ka Stamford Greenwich I Connecticut, muri icyo gihe AVP yateguye igitabo cy'amahugurwa y'ibanze mu rurimi rw'abasipanyora kugira ngo ahabwe abaturage bo muri Espagne bari bifujye kujyana izo nyigisho mu rurimi rwabo. Uko inyigisho za AVP zagendaga zimenyekana mu gihugu hose, ni na ko hatangwaga amahugurwa y'abahugurwa abandi mu bihugu bya kure nka: ARIZONA, FLORIDA, MISSOURI no muri CAROLINE y'amajyaruguru.

Iki gitabo cy'amahugurwa y'ibanze cya PAV cyatangajwe hashize imyaka 10 ku buryo bwihutirwa kugira ngo hasubizwe icyifuzo cyihutirwaga cyo guhugurwa abantu bo gukomeza umurimo w'amahugurwa I Green Haven no mu yandi magereza. Ubwa mbere cyari kigizwe n'inyigisho zahabwaga abapolisi kubera imyigaragambyo yo mu myaka ya za 1960, ibindi byari bigize icyo gitabo byakuwe mu zindi gahunda nka: "Children's Creative To Conflict Program" (gahunda yo gufasha abana mu makimbirane na "Mouvement For A New Society" (urugaga rw'umuryango mushya) n'ahandi. Uwitwa Steve Levinsky wo muri New Paltz N.Y ni we wakusanyirije hamwe ibiri muri iki gitabo byose kandi ni na we wabayeho umuyobozi wa mbere wa AVP.

Ntituzahwema gushimira Steve Levinsky kubw'iki gitabo.

Uko iyi gahunda yagiye ikura ni ko yakomeje kunonosorwa iragurwa, hinjizwamo amasomo yari amaze kwigwa. Komite ya AVP yari ishinze inyigisho yakoze mu gihe kirenze umwaka isubira muri iki gitabo hifashishijwe n'umwe mu bari bagize komite wakoreraga "Time".

Amafaranga yo kwandika iki gitabo yatanze na "Time VOLUNTLERS FUND". Turashimira cyane abagize komite ishinze inyigisho na TIME ubwitange bwabo bwatumye iyandikwa ry'iki gitabo rishoboka. Twizerako abanyamuryango ba AVP n'abandi bazagikoreshe kizabagirira umumaro. Tuzanezwe no kwakira ibitekerezo byanyu kugirango turusheho kukinonosora.

Komite inshinzwe

Inyigisho ya PAV

Ukuboza 1985

UKO BAKORESHA GITABO CY'AMAHUGURWA Y'IBANZE CYA AVP

Byavuzwe neza ko “amahoro ari uruhererekane”. icy’ingenzi tugomba kumenya ku mahugurwa ya AVP, ni uko ubwayo ari uruhererekane ruyobora abantu mu nzira y’ubworoherane. Buri hugurwa ni urugendo, kandi buri rugendo rugira icyo rwigisha umugenzi. Nta bagenzi babiri bahwanye, kandi ntibashobora kubona urugendo rwabo kimwe. Itsinda ry’amahugurwa ni itsinda ry’urugendo runonosoye, buri muntu uhugurwa nta wundi aba ahwanye na we nk’uko n’umugenzi aba adahwanye na mugenzi we bari kugendana.

Niba rero amahugurwa ari nk’urugendo, noneho igitabo cy’amahugurwa y’ibanze n’ikarita y’umuhanda, n’abahugura muri AVP ntabwo ari abarimu ahubwo ni abafasha mu bukerarugendo. Ikarita y’imihanda igaragaza imihanda yose, ariko uyobora abantu agomba gutoranya gusa inzira irageza umugenzi neza aho ajya. Uyobora abandi agomba kuba azi neza ako karere: Amahame shingiro n’uburyo bukurikizwa muri AVP.

Agomba kandi kuba ashobora gusesengura ibyo itsinda rikeneye, babimubwira cyangwa batabimubwira. Agomba kandi kuba yorohewe no gutoranya uburyo bwiza cyangwa kwanga uburyo bubi, kugirango ibibazo biri mu bantu bikemurwe mu buryo bukwiriye. Nta mwanya rero wo kwigisha uri muri urwo ruhererekane, no gukoresha amategeko mu kuyobora itsinda byabuza kugira icyo ageraho.

Mu rundi ruhande, gukoresha imikoro yo muri iki gitabo utifashishije amabwiriza n’uburyo bw’ibanze bya AVP ni nko kurambika izina rya PAV ku ikarita y’imihanda itandukanye. Nubwo iryo zina ari rimwe, abazariyobora bo bazarijyana mu byerekezo bitandukanye, barigeza ahantu hatandukanye, cyangwa se gusa abagenzi bayoba bazimire. Kubera iyo mpamvu tubuza umuntu wese cyangwa itsinda iryo ari ryo ryose gukoresha igitabo cy’amahugurwa y’ibanze cya AVP mu mahugurwa, niba batarabanje gukurikirana amahugurwa y’abahugura abandi muri AVP.

Icyiciro A: Kirimo amabwiriza yagenewe abategura bakanayobora amahugurwa ya AVP. icyo gice gitangizwa n’amateka ya gahunda y’ubundi buryo bwo gukiza ihohotera mu nshamake, igitekerezo n’umugambi by’ibanze byayo, n’aho igeze ubu. Ayo mabwiriza ashobora gukoreshwa mu gusobanurira iyo gahunda: Abayobozi ba za gereza, abatera nkunga, n’abandi bese bifuzwa kuyisobanukirwa. Nyuma hakurikiraho amabwiriza ya ngombwa yo gushyikirana, gutegura, gushyira ku rutonde no gutanga amahugurwa y’ibanze.

Icyiciro B: Cy’iki gitabo cy’ibanda ku mahame y’imbaraga zihindura, ni zo buye ry’ifatizo AVP yubatsheho. Dusangamo amagambo abanziriza amasomo azigwa, akurikirwa n’ingeri z’impaka zateguwe zigakoreshwa n’abahugura b’inzobere ba AVP, kugira ngo bumvikanishe mu bahugurwa igitekerezo cy’ingenzi gikubiye mu mbaraga zihindura.

Izo mpaka zagiye zigibwa n’abantu bihariye b’inararibonye bashingiye ku basobanukiwe neza na AVP.

Nubwo izo mpaka zatanze nk'ingero, turashishikariza buri muntu uhugura gutegeza ahereye ku byamubayeho, aho kwibanda gusa kw'inararibonye ry'abandi bantu. Gutegeza ikiganiro mpaka ku mbaraga zihindura ku byatubayeho ni igice cy'ihugurwa ku bahugura abandi bashya ba AVP. Igice B gisozwa n'ingero z'ibibazo bifitanye isano n'imbaraga zihindura, byabajijwe n'abahugurwa mu mahugurwa ya AVP muri gereza na Leta I Napanoch muri Leta ya New York.

Igice H: kigizwe n'ibikoresho bitangwa, kigizwe n'ubufasha bw'imbaraga zihindura mu magambo arambuye no mu nshamake, mu cyongereza n'igisipanyoro ubwo bufasha bwombi cyangwa bumwe muri bwo bugomba gufotorwa bugahabwa abaje mu mahugurwa, mu isomo ry'imbaraga zihindura.

Igice C: Hagaragaramo cyane uburyo bwo guteza uruhererekane rwa AVP imbere. Hagaragara no mu buryo busobanutse uko amahugurwa y'ibanze atangwa n'ukuntu ashirwa mu bikorwa kugirango intego ziteganijwe zigerweho. Kimwe mu by'ingenzi biba bigenderewe mu baje mu mahugurwa ni ukubasha kugenzura imibereho yabo; icyo gice gitangira kigerageza kugereranya isano iri hagati yo kwigenzura n'ubworoherane kandi kigasobanura uburyo bushobora gufasha kwigenzura. Kugira ngo ikipe ya AVP yubakwe neza, muri icyo gice habonekamo uburyo bwo kubaka ubufatanye, ubumwe n'ubwuzuzanye mu ikipe, ubwo gukemura impaka, n'ubwo kwirwanaho mu gihe utotejwe.

Mu rwego rwo gufasha abagize ikipe, hatangwa inama ku gukoresha imikoro ikwiriye gukoreshwa mu gihe habayeho kutumvikana kugirango hacubye imyifatire isenya: hatangwa n'uburyo bwiza bwo guteza amatwi igikorwa cy'ingenzi mu gushyikirana no mu guhana amakuru.

Icyo gice gisozwa n'ibyiciro bibiri by'ibibazo byateguwe bishingiye ku nzobere n'inararibonye za AVP.

Kimwe mu byiciro kivuga ku cyo kuba umunyamuryango wa AVP bisobanura, ikindi kikavugwa ku bitsina na AVP.

Iki gice ni icya ngombwa cyane mu gutegeza abahugura abandi bashya, kugira ngo bahangane n'ibikorwa mu kuyobora amahugurwa muri AVP, no kubafite umurimo wo guhugura batari bagira akamenyero, icyo gice kibaha ibyiringiro mu bushobozi bwabo bwo gukora ibintu neza. Buri mukangurambaga yagombye kubanza kwiga iki gice neza mbere yo gufasha mu mahugurwa ahugura abandi.

Icyiciro D: Gitanga ingero z'ibice icyenda za gahunda zikurikizwa, icyenda na gahunda ihinnye y'ibice bitandatu, ndetse na gahunda y'igice kimwe kigufi (gitangwa ahanini nk'urugero n'icyitegererezo).

Kuberako mu itsinda hakomeza kwigwa uko gahunda yo mugihe kizaza izaba imeze, hakurikijwe uko buri tsinda rigenda ribona ibintu, n'uko ibintu bigenda bihindagurika, izo ngero za gahunda ntabwo zagiye zikoreshwa nkuko zateguwe. Icyokora izo gahunda ni ishingiro ry'ingenzi zigaragaza ibice bikwiriye bya gahunda buri munsu, bigenewe itsinda intego enye zifasha mu nyigisho z'uruhererekane rwa PAV, arizo: kwemerana, kubaka umuryango mushya, ubwenge mu gushyikirana no muguhana amakuru, no gukemura amakimbirane.

Izo gahunda zateguwe zikurikiranya izo ntego mu buryo bukurikiye. Tubanza gushyigikira abandi (kwemerana), kugira ngo nabo biyumvemo ko bafite ibyiza muri bo, bashobore gukora itsinda riboneye (kubaka umuryango mushya), iryo tsinda riboneye rikitegurira ahantu hakwiriye kugaragarizwa ubwenge mugushyikirana no guhana amakuru, busimbura ihohotera cyo guhangana n'ibidukikije, gukoresha ubwo bubasha bwo guhana amakuru, iryo tsinda rizashobora kwiga uburyo bwiza, bunoze bwo gukemura impaka.

Mu gukurikiranya gahunda y'umunsu, hagomba kwitonderwa cyane itoranya ry'imikoro mu gice runaka, kuko buri gice gitegura ikigikurikiye, kandi igice gikurikiyeho kikarushaho kunonosora icya kibanjirije.

Urugero: kwemerana bizashimangirwa n'igikorwa kirushijeho kugira uburemere no kunonosorwa mu rwego rwacyo, icyigisho kizakurikiraho: kubaka umuryango mushya kizatangizwa n'umukoro woroshye ariko ushobora gukomeza kwigwaho mu bice biza gukurikiraho. Isoza riheruka igice ni uburyo bwo kugaruka ku byamaze gukorwa bigomba gushyirwa kuri gahunda y'igice, hari igihe bishobora guhinduka isozwa rigashyirwa nyuma y'ibice bibiri bikurikirana.

Ayo magenzura azagaragaza ukuntu gahunda zigomba guhindurwa kugira ngo hasubizwe ibyifuzo by'iryo tsinda byihariye. Abahugurwa bashobora kugaragaza icyifuzo cyo kunonosora inyigisho iyi ni iyi, cyangwa cyo kongera gusobanurirwa biruseho inyigisho runaka ifitiye umubare munini wabari mu itsinda akamaro.

Ukutanyurwa kw'abagize itsinda birimo gukorwa cyangwa kubitakozwe mu mahugurwa bishobora gutuma gahunda ihinduka. Niba ikipe yabibonye igomba kwibanda kubifitiye itsinde akamaro, iyo myifatire y'abahugurwa igatuma gahunda ihinduka. Ikindi gikorwa cy'ingenzi gikwiye kwitabwaho mu gutegura gahunda ku buryo bwo kwita ku itsinda mu inyigisho, zivuye mu mukoro cyangwa mu mikino yo gukanguka, kugirango habeho igihe gikwiye hagati y'igihe cyo kwicara, cyo kwiga ibyigisho birushijeho gukomera n'icyo gukina imikino isoza izo nyigisho ziba zabaruhije na nyuma ya buri gice cy'ihugurwa. Imikoro ikoreshwa mu ihugurwa ry'ibanze iboneka:

Mu cyiciro E: mu nsobanuro zayo harimo: intego, igihe umukoro umara, ibikoresho bikenerwa mu mukoro (igihe ari ngombwa) n'ukuntu umukoro uri bukorwe.

Icyiciro F: kivuga amoko y'imikoro (kwegerana, imikino y'amazina, imikino yo gukangura, imikoro y'ubufatanye, imikoro yo kwizerana, imikoro yo gusozza) n'ubwo imara igihe kigufi ni ingenzi mu bumwe bw'itsinda no mu mbaraga zayo kandi igarukwaho kenshi muri za gahunda. Iyo mikoro yakusanyijwe hamwe hakurikijwe intego zayo kugira ngo itoranywa ryayo ryorohe mu gihe cyo gutegura za gahunda.

Icyiciro G: Cyibanda ku buryo, no kuguhugukira imitego ifitanye isano no kuyobora amakinamico, bumwe mu buryo bw'ingenzi bukoreshwa kandi burushaho gukoreshwa mu ruhererekane rwa AVP.

Ikinamico iyobowe neza ishobora kugira ingaruka nziza ku muntu wayikinnye mu gihe kiri imbere, ndetse no kubandi bayikurikiranye ikinwa; ariko na none iyo amakinamico atayobowe neza ashobora gukangurira imyifatire isenya mu gihe cy'umukino. Kugira ngo umuntu akoreshe neza ubwo buryo, agomba kuba abimenyereye azi no gushishoza.

Ingero zinararibonye za PAV ziboneka muri icyo gice cya G, twese tugomba gutera imbere mu myumvire no mu bundi bushobozi bwose dusabwa na AVP

IBIKORWA MU GUTEGURA IHUNGURWA MBERE YO GUTANGIRA.

- Gutegura ibiri kuri gahunda kandi buri wese ugize ikipe agahabwa kopi.
- Gutanga amakopi akenewe, agahabwa abaje mu mahugurwa bese.
- Gutegura impapuro za ngombwa (cards, inzira ziyobora) niba birakoreshwa
- Gukusanya ibikoresho bya ngombwa (ibyanditswe mu nyuguti zisa ukundi bikenerwa gukoreshwa mu myitoto imwe ni imwe: ibindi byose bikenerwa y'ibanze gusa).
- Urupapuro runini rwo kwandikaho.
- Impapuro cyangwa ibikoresho bipfuka mu maso.
- Markers z'ubwoko bwose, bubaho zuzuye cyangwa ko zenda gushira.
- Ikaramu ihabwa buri wese waje mu mahugurwa.
- Teganya urupapuro rw'imyitoto inyuranye.
- Ibikoresho byo kuririmba (gitari tympanon etc) indirimbo zisoza.
- Ibyerekeye umukino w'inzu, igihunyira, imbeba n'indi mikino nko: gupfuka amaso n'imikino y'abana.
- Kuri mpande enye tegura amabasha atanu n'ibice biyagize kandi buri wese uhugurwa akore mpande enye ye.
- Ku mukino w'ukwezi (NASA come): tegura urupapuro.
- Ku ngingo 6 zo gukemura: umuntu agira umwitozo we cyangwa amakimbarane buri wese agira lisiti y'izo ngingo.
- Ku mukino (tinkete) teganya ibyicaro mu minota 20.
- Amakinamico (ibikoresho TV, camera) AVP irabifite mu biro hari n'ahantu hazobereye mukubikora Rutherford Place New York ushobora kubisaba ukoresheje PAV telephone 212-477-1067 icyumweru kimwe cya mbere y'amahugurwa hari n'amagereza amwe abifite kandi afite ubushake bwo kubitiza kandi afite n'umuntu wabihuguriwemo ushobora kwerekana imikino mu magereza.
- Tanga amakopi y'ibikoresho bitangwa inzira za T.P.
 - Ibice bikuru.
 - Inzira za karita nto.
 - Ibibazo kuri T.P.
- Ku mahugurwa yo mu magereza:
 - Ibyemezo by'amahugurwa
 - Urupapuro rwo guhamagara mu biro bya AVP ibikoresho byose biri

IBIKORWA MUGUTEGURA AMAHUGURWA

ABAHUGURA BITEGUYE BIHAGIJE?

MBE ABAHUGURA IBYO BARIGISHA BIRATEGUYE?

- Niba hari umugororwa urahugura, reba ingero yo mu magereza.
- Reba ko abahugurwa bacumbitse hafi y'aho amahugurwa abera? (kugirango birinde ibitari ngombwa abahugura bagomba kuba hamwe bagakomeza uko gahunda zikurikirana neza).
- Amafaranga y'amatike y'abahugura.
- Amafaranga ya argent de poche y'abahugura (agashimo) ashobora kubamo ayo kurya kuriha ingendo zo mu modoka cyane kuva iwabo no gusubirayo.

AMAHUGURWA YO MU MAGEREZA

- Amazina y'abarahugura binjiramo
- Niba hari umugororwa ugomba gufatanya n'abarahugura gukora uwo murimo, kandi akaba agomba kwinegura hamwe n'abandi, uko kwinegura kugomba gukorerwa muri gereza mbere yuko amahugurwa atangira kugirango yuzuze abandi. Iyo habayeho gukererwa, bakomeza kugerageza nubwo bigoye. Ibikoresho by'amahugurwa (reba kuri lisiti iri haruguru ibyangombwa bihabwa abantu binjiye): Liste yoherejwe muri gereza.

IBIKORESHO: Abagororwa batemererwa, amakaramu, markeri, kandi ntagereza ni imwe yemerera abagororwa gukoresha umukasi.

- Igihe cyagenwe igice cy'ihugurwa kimara
- Umenye amatariki y'amahugurwa nkuko yatangajwe mu magereza.
- Ugira listiti y'amahugurwa nkuko yatangajwe n'ababishinzwe.
- Utegura aho gukorera, intebe, ameza, ibibaho bandikaho, ingwa, abafana n'ibindi bikenewe, kandi ube wizeye ko ugomba kongeramo ibindi bintu byiza, ahantu, ubwiherero n'ibindi. Nanone ushake ibikoresho bishobora kuboneka by'amakinamico.

GUTEGURA IHUGURWA RYO MURI GEREZA

- A. Gusaba amahugurwa yo muri gereza bisabwa, hari ubwo bikorwa n’umugororwa cyangwa itsinda ry’abagororwa cyangwa se umwe mu bayobozi ba gereza. Uwabisaba uwari we wese PAV itanga amahugurwa ku bagororwa babyifuza gusa. Iyo bikozwe ni umwe mu bagororwa cyangwa benshi, ubisaba abaza nibura ko hari itsinda ry’abantu bari hagati 12 na 20 ry’abagororwa bishimira kuzaza muri ayo mahugurwa akanasobanura ko amahugurwa adashobora kuba meza iyo hajemo abantu benshi, PAV yemeje ko umubare ntarengwa ari 20 kuri buri hugurwa iryo ari ryo ryose. 4 bateganywa n’amategeko kuri iyo lisiti igihe umubare usanzwe w’abagororwa 20 uragabanutse. Tanga aya mabwiriza (reba mu gika gikurikira = paragraphe) kugirango ubafashe gusobanurira abandi bagororwa uko iyi gahunda iteye sobanura neza ko PAV itanga amahugurwa ku bayifuza kandi ko dufite icyizere ko bwo ubushake abantu biyemeje gukurikira amahugurwa ntagusiba. Baza niba abagororwa basaba guhugurwa bashobora kubyumvikanaho n’ababayobora, niba batabishoboye haza umukozi wo muri gereza. Menyesha abagororwa aho imishyikirano igeze.

Kuva bizwi PAV ikorera imirimo mu magereza ubu hakaba hashize imyaka, imaze kumenyana ntibikiri ngombwa gusobanurira abayobozi b’amagereza icyo turi icyo ndetse n’icyo dukora. Iyo bibaye ngombwa ibisobanuro biboneka mu nyandiko za PAV k’urupapuro rwa mbere rwo muri iki gitabo cyitwa “gahunda n’uruhererekane rw’uburyo bwo gukiza ihohotera” hamwe bakajyana n’ibindi bisobanuro bihabwa ababisaba.

Abayobozi ba gereza bamenyeshwa ko amategeko ya PAV abuza umuntu wese utabishaka guhabwa amahugurwa atabishaka. Sobanura ko guhatira abantu kujya mu mahugurwa ari ukwica amategeko no guhungabanya ubuhamya bwayo, kandi mu gihe mboneka mwo twagiye duhabwa tugatanga amahugurwa, abakozi bo mu magereza bahitaga bayadusaba aho kuyasabwa n’abagororwa, kuko ataba ahagije. Babwire ko na none bizatunzezeza gufatanya nabo mu buryo bwose bushoboka gusobanurira abayobozi iyi gahunda n’abandi babishaka. Niba hari inama zikenewe mbere y’amahugurwa zaduhaza n’abayobozi ba gereza, cyangwa abagororwa, cyangwa se abagororwa n’abayobozi bari hamwe, tuzanezewa n’abaduhagarira muri icyo nama.

B. IBINDI BISOBANURO BY’INYONGERA KUBABISHAKA

1. Dutanga amahugurwa mu byiciro: amahugurwa y’ibanze, igice cya kabiri, n’abahugurwa kubahugura abandi. Aya nyuma abiri ahera ko ahabwa abakorerabushake bahawe amahugurwa ya mbere.

2. Ibyerekeranye naho tugarukira (ntabwo twongera umubare w'abakoresha Spanich mu bahuguzi), dutanga amahugurwa y'icyiciro cya mbere n'icya kabiri mu gisipanyoro ariko ntabwo dufite ubushobozi bwo gutanga amahugurwa y'abahugura abandi mu cye sipanyoro tuyaha gusa abaturatione bo muri Espagne bashobora kuyakurikira mu cyongereza kugira ngo tubashe kubaka kugira abahuguzi kuvuga ururimi rwo muri Espagne.
 3. Amahugurwa icyiciro cya mbere n'icya kabiri ubusanzwe agira ibice 9 buri gice kigira amasaha 2/2 atangwa mu minsi itatu ikurikirana cyangwa muri weekend. Amahugurwa y'abahuguzi nayo ubusanzwe atangwa mu gice cya 9 buri hugurwa, ibyo biterwa n'ubuhanga bw'itsinda (ry'abigishwa) abahugurwa
 4. Umubare wabagize itsinda ry'abahugura uri hagati y'abantu 2 na 5. Iyo harenze 3, uwo mubare udasanze urenga baba aba (observateurs, (hakurikijwe amategeko abo barenga (observateurs) tubaca intege kuberako dusanga kuza kwabo ari intandaro yo kubabaza no kubuza ibyiringiro abahugurwa. Ariko tubatera inkunga tubasaba gukurikira amahugurwa mu prison nk'abahugurwa, hagakurikira icyiciro cy'abahugurwa abagororwa bari guhabwa, iyo batabonye amahugurwa y'icyiciro cya mbere mu mahugurwa yo hanze bamwe mu bahuguzi bashobora kuba abagororwa. Iyo ari ho habaho umugororwa ufasha abandi uheraho igihe hagize umuhuguzi w'umugororwa ujya ahandi.
 5. Ibyemezo by'abarangije amahugurwa bihabwa abarangije amahugurwa kuba batarakurikiye ibice birenze 2, bahabwa gusa icyemezo cy'abakurikiye amahugurwa.
- C. Hagombaga kubaho imishyikirano PAV n'abayobozi ba gereza kubirebana n'umutekano kugira ngo bubyumvikaneho kuberekeye amahugurwa bugerweho. Imishyikirano igomba gutangirana n'igihe, itariki urwandiko rwabo bayobozi guteganya izo nyigisho rwabagereyeho (reba kuri listi y'ibikorwa p. A: 4 inyigisho nto uvuye ku "mahugurwa yo muri gereza") icya mbere amahugurwa yemewe hakurikijwe amahame itariki yashyizweho nibura y'ibyumweru 2 mbere y'amahugurwa abayobozi bagomba kwandikirwa kugira ngo bagezweho ibisobanuro bikenewe no kwemeranya muri byose mu ibaruwa, hagomba kubamo:
1. Ibisobanuro (bikenewe) na gereza ikeneye:
 - Amazina y'abahuguzi
 - Lisiti y'ibikoreshe bazazanamo

- Kwibutsa ko abakozi n’abigisha bagomba kumenyeshwa ibyerekeye amahugurwa no gusaba imbabazi abahugurwa kubyerekeye amakimbirane yatera ku cyifuzo cyabo ku mirimo bashinzwe.
2. Ubusobanuro buhabwa abahuguzi.
 - Lisiti y’abiyandikishije kuzahugura
 3. Ibyemeranyijweho mu nyandiko bivuye mu masezerano yagezweho.
 - Amatariki n’amasaha yemeranyijwe kuri buri gice
 - Niba hazabamo abagororwa bahugura kandi hakabaho umubonano w’abahuguzi uzakorwa bamenyeshwa itariki n’amasaha ibyo bizaberaho. Na none bamenyesha amasezerano itsinda ry’abahuguzi b’abagororwa bagize kugirango babimenye noneho umubonano wabo hanze n’abagororwa uzajye uba mu gihe cy’akaruhuko.
 - Lisiti y’abantu prison iteganya kuzaba muri ayo mahugurwa.
 4. Rangiza, soza ushimire abagufashije bose mu gutegura ayo mahugurwa.

IJAMBO RITANGIZA AMAHUGURWA

Mwibuke ko ijambo ritangiza amahugurwa ritangomba kurenza iminota 10. Kandi ko ritagomba gutangwa n'ikipe. Umwe mu bagize ikipe azagira uruhare rwo kuritangiza no kuvuga ku ngingo nyinshi mu zirigize zigomba kwitabwaho, ariko ntagomba kwiharira umwanya; agomba guha abandi umwanya nabo bakagira ibyo buzuriza ku bye yavuze, bigatuma itsinda ritangira kumenya abagize ikipe. **Urugero:** umuntu umwe ashobora kugira uruhare mugusoma ingingo z'ingezi ziryi jambo ku rupapuro runini riba ryanditseho, undi agasobanura amabwiriza ajyanye n'inyemezabumenyi zizatangwa nyuma y'amahugurwa, undi agasobanura amabwiriza agenga ihugurwa. Abantu bose bagomba gukurikiza iby'urupapuro rwandikwaho ibibazo bitabonewe ibisubizo n'ibindi byaba ari ngombwa...

INGINGO ZO GUSESENGURA :

1. Gahunda y'ubundi buryo bwo gukiza ihohotera, ni umuryango wigisha, udaharanira inyungu, watangijwe n'umuryango w'itorero ry'Inshuti (Quakers) ryo muri leta ya New York. PAV ifashwa n'abaterankunga ku giti cyabo ikagenzurwa n'inama nkuru y'ubuyobozi itanga raporo gusa mu nama y'Umwaka mu itorero ry'Inshuti (Quakers) (twavugaga nka diyoseze) abantu bose bagize amakipe n'abakorerabushake. Abaza mu mahugurwa bose ni abanyabushake. Ikintu cyose gikozwe ni ibanga. Raporo za PAV zibereyeho gusa mu gufasha gutegura andi mahugurwa kandi zitangwa gusa mu muryango.

Icyitonderwa: bibaye ngombwa ko umwe mu bahugura asabwa gutanga raporo ku bintu runaka, cyangwa imyifatire iyi ni iyi, ubisabwe agomba kubikora neza mu buryo bwumvikana, igihe cyose yasabwe gukora bigaragaye.

2. Iyi gahunda yavuye mucyifuzo cy'Inshuti (Quakers) cyo kwita ku bantu. Buri muntu arakenewe kandi buri wese afite agaciro kanini. Igitekerezo cya PAV kizasobanurwa neza muri iki gitabo mu magambo abanziriza imbaraga zihindura.
3. PAV ni ihuriro ryo kwisanzuriramo, ntabwo ari ahantu ho kugira impaka, ntabwo ari uburyo bwo gukiza indwara, PAV iranezeza.
4. Mu mahugurwa tuzagerageza guteza imbere umwuka w'ubufatanye; ushingiyeho ku kubaha buri wese mu insinda. Ni ishingiro muguteza imbere ubushake bwacu bwite mu gushakira inzira z'ubworoherane kugirango dukemure amakimbirane.

5. Tuzatangirira ku kwemerana hagati muri twe, hanyuma dukurikizeho, gukangukira gusabana no guhana amakuru, ubufatanye no gukemura amakimbirane, ibyo byose ni ibyangombwa mu mibereho y'ubworoherane.
6. Ikintu cya mbere cy'ingenzi ni ukumenya no gushobora gushishoza, kugirango usesengure ibihe bihohotera, ubivugeho, umenye n'uruhare rwawe muri byo. Tuzafatanyiriza hamwe kugaragaza ibisubizo bizaba byatanzwe n'itsinda. Abagize ikipe ntabishubizo bazana. Dutegareza ko istinda ryibonera uruhererekane rw'ibisubizo, ni ukuvuga gukoresha uburyo butandukanye butunganye mugukemura impaka, ibibazo, n'amakimbirane.
Kugirango iyo ntego igerweho, tuziga imyifatire kugira ngo dusobanukirwe n'ibibyara ihohotera n'ibishobora kuricubya.
7. Iryo tsinda ni umuryango kandi tuzagerageza kwizanamo umwuka w'ubwizerane kugira ngo dutume riba mu mwuka w'ubusabane, umutekano n'umwuka w'ubwizerane. Turasaba kudufasha kugira ngo iyo ntego yacu tuzayigereho dushyize mu bikorwa amategako y'ibanze akurikira:
 - a) Dushakashaka kandi twemera ibyiza by'abandi.
 - b) Twirinda kwisuzuguzwa cyangwa dusuzuguzwa abandi.
 - c) Dutega amatwi ibyo mugenzi wacu avuga, ntiducana mu magambo, kandi ntiduhora tuvuga cyangwa ngo turambirane mu magambo. Abumva mutabohotse namwe muvuge gusa ibyo mugomba kuvuga, ntimwiharire ikiganiro.
 - d) Igihe witangiye gukora ikintu ugikore wenyine ntugire izina ry'undi muntu utanga.
 - e) Twubaha amabanga arebana n'ibyavuzwe n'abahugurwa by'amabanga. Nta cyavugiwe hano kizasohoka hano.
 - f) Buri muntu wese yemerewe gutanga umwanya we wo kuvuga. (icyitonderwa: aya mabwiriza y'ibanga, yandikwa ku gipapuro kinini akaguma amanitse mu gihe cyose amahugurwa azamara.)

8. Ingingo za ngombwa zikenera ubusobanuro:

a) Insanganyamatsiko mbere ya buri gice

“aya mahugurwa ni ayanyu, kandi turifuza guha buri wese akanya ko kuvuga ibyo yifuza. Niyo mpamvu mu mpera ya buri gice dukora isuzumabumenyi ry’ibyakozwe neza, iry’ibitagenze neza n’ingingo zikwiriye *kunonosorwa* ku birebana n’igice kiba kirangiye. Izo nama zidufasha gutegura neza ibindi bice by’amahugurwa bikurikira. Ni ngombwa rero ko utumenyesha uko wiyumva ibyo udakunda n’ibigitera gushidikanya muri wowe. Icyiyongera kuri byo buri gice kigira imikino yo gukangura ishobora kubagaragarira nk’igayitse. Nubwo isa n’igayitse ntibivuga ko iba idafite akamaro.

Icyamba mbere: iragayitse ariko irashimishije, kandi iyo twishimanye bituma dusabana kandi na none imikino ituma twongera gukanguka kubera umwanya muremure tuba tumaze twicaye.

b) Kuhaba: buri muntu wese agomba kuba muri buri gice cy’ihugurwa. Uwumva hari igihe adahari agomba kubivuganaho n’ikiye rihugura. Nyuma y’igice cya kabiri nta muntu mushya tugomba kongera kwakira mu mahugurwa, kuko haba hamaze gutambuka ibintu byinshi, kandi kuhaba kwabo gushobora kwangiza iyubakwa ry’ubufatanye.

c) Gugishanya inama: abagize ikipe bashobora gusaba itsinda akanya gato ko kwigira hirya y’itsinda bakagira ibyo bememeranyaho. Abari mu mahugurwa ntibagomba gutekereza ko hari ibyo bavugaho, ahubwo icyo gikorwa nacyo ni kimwe mu bikorwa by’abahugura.

d) Ibibazo bitabonewe ibisubizo (hagomba kumanikwa urupapuro runini rutanditseho).

Musobanure ko: muri aya mahugurwa dushaka ko abantu bigira ku bandi aho gukurukirana ibyigisho birambuye cyangwa ubusobanuro butanzwe n’abahugura. Gahunda yateganiye muri ubwo buryo. Birashoboka ko mu itangira mushobora kugira ibibazo bishobora kuza kubonerwa ibisubizo muri ayo mahugurwa. Icyokora twifuza kumenya niba buri kibazo cyabonewe igisubizo, niyo mpamvu turashyiraho uru rupapuro rwanditseho ngo “ibibazo bitabonewe ibisubizo”. Umuntu nabaza ikibazo tubona ko afitiye igisubizo, ntabwo turahita tugisubiza, turacyandika kuri ruriya rupapuro. Nyuma y’amahugurwa tuzarebera hamwe urutonde rw’ibibazo kugira ngo tumenye ko buri muntu wese wagize icyo abaza yashoboye kwibonera igisubizo, kandi ko yanyuzwe.

e) Ibibazo byo mu rwego rw'imikorere:

- Tanga ibisobanuro byinshi bishoboka ku bihereranye na: gahunda, aho amahugurwa azajya abera , akaruhuko dufata icyayi n'ibindi bihereranye nibyo...

f) Icyitonderwa: ntukavuge iri bwirizwa rikurikira niba batarikubajije, intego yacu ntabwo ari gushishikariza abantu kubona inyemezabumenyi y'aya mahugurwa ahubwo ni iyo gutunganya uburyo bwabo bwo kubona imyifatire yabo]. Inyemezabumenyi zuzurizwa abantu baba muri za gereza n'abandi bake baba hanze ya gereza. Ku mahugurwa abereye muri gereza, dusanzwe tuzi ko ari ngombwa gushimangira ko iyo nyemeza bumenyi ntacyo yongera ku birebana n'ifungurwa ryabo, uretse wenda ubuyobozi bwa gereza bwakwibonera ko bahinduye imyifatire.

9. Ibyo kumvikanwaho:

- a) Kumvikana ku birebana no gusohoka no kunnywa itabi. Niba hari uwiyeje kunywa itabi, itsinda rishobora gushakira umuti ikibazo cy'uwo mwotsi hamwe mu buryo butagira uwo buhohotera, bita ku gihe naho bari.
- b) Ibiruhuko bigomba nibuze kumenyekanishwa. Niba hari ibyemezo byo gufatwa ku byerekeranye n'isaha n'igihe cy'ibiruhuko, gufata icyayi n'ibindi ni ngombwa kubaza itsinda.
- c) Mureba niba hari abaje mu mahugurwa batumva ururimi rukoresha, nibaboneka mushake umusemuzi mu rurumi bumva.
- d) Gusiba: gusaba abaje mu mahugurwa ko niba hari ushaka gusohoka atagomba kubikora mu gihe bari basobanura umukoro.

ICYICIRO: B
IMBARAGA ZIHINDURA

AMAGAMBO ABANZA KU MBARAGA ZIHINDURA:

UBUSOBANURO KU MBARAGA ZIHINDURA

Imbaraga zihindura ni umutima wa PAV kandi nizo zikomeye gusobanura. Buri muntu ukorera muri PAV afite ubusobanuro bwe bwihariye nyuma y'igihe kirekire azitekerezaho anazikoresha akenshi na kenshi mu buryo buhamanya n'umutima we. Nubwo imbaraga zihindura zagiye zigibwaho impaka kenshi muri PAV, nta busobanuro na bumwe bushobora gufashiriza abantu bose icyarimwe.

Gusa ikintu kimwe cy'ukuri cyo: kugira ngo umuntu usobanura imbaraga zihindura azumvishe abo azisobanurira agomba kuba azizera by'ukuri, kandi mu mibereho ye hakaba aho yaba yaragiye azikoresha. Ubwo buhamya bw'abantu bazikoresheje bazemera nibwo butuma n'abandi bazemera, kandi umuntu azisobanukirwa neza iyo zamukoreyemo.

Ni ishingiro ry'inararibomye muri PAV, buri muntu uhugura wese abanze atekereze ku busobanuro bwe bwite ku mbaraga zihindura, abutegura abwinjiza mu byamubayeho mbere yo kugira undi abwerekezaho. Ukuri ni uko mbere yo kwinjiza igitekerezo cy'imbaraga zihindura mu bandi, ugomba kuba ubwawe uzifite kandi ku buryo uwo uzumvisha azibona uzimwinjizamo; gutegura ubusobanuro bwawe bwite ni intambwe ya ngombwa muri ubu buyobozi.

Kubera iyo mpamvu ntabwo dutanga ubusobanuro burebure. Twagerageje gusa guca imirongo ngenderwaho igaragaza uko umuntu yategura ubwo busobanuro ahereye ku bwe bwite, ku ngero no ku buhamya bw'abandi ku mbaraga zihindura bwateguwe kandi bukoreshwa n'abantu ba PAV. Turizera ko icyo gikoresheho kizabagirira akamaro ariko ntikibuze abagomba gutegura ubusobanuro ku byababayeho. Ikindi kandi, dushobora kwemeza ko abantu bakurikirana amahugurwa ya PAV, baba bavuye mu bihugu bitandukanye, mu mico itandukanye, mu moko atandukanye, kandi bese bemera izo mbaraga ku rugero rutandukanye. Niba utemera imikorere yazo cyangwa kubera impamvu iyi n'iyi, ukaba udashabukiye kuzivuga, ntiwirirwe uhangara kugira ubusobanuro uzitangaho. Birekere abandi kugeza igihe uzazemerera cyangwa uzazakirira muri wowe ku giti cyawe.

Ingingo umuntu ashobora gusobanura zo ku mbaraga zihindura:

1. Hari imbaraga zishobora guhindura ibintu n'imyitwarire ihohotera cyangwa isenya, mu kamenyero kabohora abandi, kubaka, no mu myitwarire isabana n'abandi.
2. Izo mbaraga ziba hose, ziri muri mwe, ziri mu mwanzi wanyu kandi mwembi zirabakikije. Zishobora gukorera mu muntu uzifunguriye.

3. Ntabwo ari ikintu abantu bakoresha, ahubwo nizo zidukoresha. Ntidushobora kuzigenzura, dushobora gusa kuziyegurira kugira ngo zidukoreremo.

4. Kwiyeegurira imbaraga zihindura bisobanura iki? Ibintu byinshi.....

a) Ugomba kwitegura gushyira iruhande ibyo wibwira; kumva ko ibisubizo bihohotera cyangwa bisenya ari byo byonyine bishobora kuboneka vuba. Ugomba kwitegura kugaragaza ibindi bitandukanye nibyo.

b) Mugomba kwizera ibisubizo bituma umuntu atsinda ku buryo nubwo uwo mufitanye ibibazo abigaragaza ari uko muri we yumva yiteguye kubasanga kugira ngo mukemurire hamwe icyo kibazo.

c) Ugomba kumva ko witeguye kwakira imyitwarire yoroherana, nubwo byaba ngombwa ko bibabaza umubiri ariko ugakomeza icyo myitwarire.

5. Hari ibintu bitari ubworoherane.

a) Ntabwo ari ubunebwe, ahubwo ni ukubaha agaciro ka buri muntu, bigatuma umuntu ushakashaka ubutabera kuri bese icyo buri muntu wese asabwa kugira ngo agire imibereho yoroherana.

b) Ntabwo ari ubugaragu: ntibivuga ko ukwiriye kuba ingaruzwamuheto, buri wese akagukoresha ibyo ashaka. Uburenganzira bwawe bugomba kubahwa kandi wemerewe kuburengera.

c) Ntabwo ari ukubabazwa: ntibivuga ko uba uri kwishakira imibabaro. Imbaraga zihindura zivuga ko ushobora kugira ingaruka n'imibabaro mu buzima buhohotera kimwe no mu buzima budahohotera kandi ko mu by'ukuri Atari ugutoranya hagati y'imibabaro n'umutekano, ko ahubwo ari hagati y'imyifatire n'ibikorwa bisenya n'imibereho yubaha. (birashoboka ko umuntu ashobora kwinjira mu bworoherane agahuriramo n'ibimubabaza. Ukwihangana kwe no guharanira ubworoherane bishobora gukora ku mutima w'abamurwanya bagaha agaciro imyitwarire ye yo koroherana no kumvikana).

6. Abantu banwe bibaza ibibazo bikurikira:

“Kuki nahitamo uburyo bworoherana kandi icyo nkoresha uburyo buhohotera ngera kubyo nshaka byose?”

Ariko se niko biri? Ihohotera ryaba hari icyo ryigeze ritunganya? Ntirukurura ahubwo imyifatire yindi ihohotera, ibuza umutekano w'abantu bese ndetse n'utera ihohotera bitamuretse?

Abatera ihohotera ntibishyura ibyo bangije amafaranga atabarika? Ntibabaho mu ihahamuka kubera guhora bahagaritse umutima wo kwirwanaho? Ubworoherane iyo busubiza ubu muntu mu bantu, bubashoboza ubufatanye n'abandi ntibubaha icyizere cy'umusaruro mwiza w'igihe kirekire kandi ari nta kiguzi batanze?

7. Kugirango inyigisho ku mbaraga zihindura zibe nziza, umuhuguzi agomba gushyiramo ibyo yabonye ubwe aho izi mbaraga zihindura zageze ku ntego.

Uko watanga ubusobanuro:

PAV igitangira hari hari hamenyereye ko umuntu umwe ariwe utanga ubusobanuro, akenshi byakorwaga n'uyobora itsinda, n'ubu rimwe na rimwe niko bikorwa. icyakora kuri ubu hamenyereye ko umuntu umwe atangira ubusobanuro, hanyuma abandi bakagenda buzuriza cyangwa banonosora ibyo yavuze. Nyuma yaho abahugurwa bagombye gushishikarizwa kubwirana ibya babayeho kandi bakabaza ibibazo. Mwirinde icyatuma mugaragaza ko muri intyozza kandi ko murasobanura byose. Kwibwirana ibyababayeho no kungurana ibitekerezo kw'abahugurwa bishobora kuba umugabane w'ingenzi w'ubusobanuro.

Ibindi bikorwa ku mbaraga zihindura:

Igice H: iki gitabo kirimo urutonde rw'ibikoresho bitangwa, muri byo harimo ipaji yanditsweho ubuyobozi n'ibindi bikoresho birebana n'imbaraga zihindura byateganirijwe gufotorwa mu buryo bworoshye. Mu mwanya runaka nyuma y'ubusobanuro muhe buri wese mu bahugurwa icyo gikoresho, mugenzurire hamwe buri bufasha, abahugurwa bagomba kugenda basoma buri bufasha mu ijwi ryumvikana, bahererekanya, hakongerwamo ubusobanuro.

UBUSOBANURO BW'ABANTU BIHARIYE KU MBARAGA ZIHINDURA

Larry Apsey

Tuvuga imbaraga buri muntu wese afite. Imbaraga zishobora guhindura abari bahanganye bakaba inshuti, kandi zihindura akarengane mu butabera. Tuzita imbaraga zihindura. Zirenze cyane ubworoherane. Tugerageza kwiga ukuntu twakwiyiringira ubwacu kugira ngo twamagane ibikorwa bidakwiriye by'abandi, tudakoresheje ihohotera ryaba iry'umubiri cyangwa iry'ibitekerezo. Kugirango ibyo tubigereho, tugomba byanze bikunze kumenya tudashidikanya ko turi mu mwanya ukiranura mu rwego rw'imibanire. Izo mbaraga ntizidufasha kwivana mu bibazo igihe tuziyemeza gukora ikintu tuzi ko kitari gikwiriye.

Hari uburyo bwinshi bwo kwemerera izo mbaraga zihindura zikatwinjiramo. Bumwe muri bwo ni ukwakira imyitwarire yo kugaragariza abandi ubugwaneza. Dushaka ibyiza muri buri muntu wese. Igihe nari ntuye i New York, nari mfite akamenyero ko gutembera mu mirengi myinshi "Manhattan", ku manywa cyangwa nimugoroba. Nageraga no muduce two hasi tw'iburasirazuma muri "Harlem", sinitwazaga intwari. Nta muntu n'umwe wigeze ampohotera. Igihe nabaga ngiye guhita ku bantu, naribwiraga nti: ni abavandimwe banjye, ni bashiki banjye, dusangiye papa. Ibyo byambuzaga kugira ubwoba no kubugaragaza nigira muto, cyangwa nihuta. Ndatekerza ko abantu biyumvamo imbaraga nabaga mfite muri njye. Ariko umuntu igihe kimwe yaranyegereye anshinga ikaramu mu gatuza, agaragara nk'ushaka kuvuga. Imbaraga zihindura zaranyuzuye, sinigeze ntekereza ko yari agiye kunyiba, ahubwo namubajije niba tutarigeze duhurira i Green Haven. Yahise ahindukira ariruka. Ni iby'igiciro kumenya ko imbaraga zihindura zihoraho buri gihe. Bityo mu gihe cyo gutabarwa ushobora guhita uzikangura kugirango ubone uko uzikoresha. Niba wumvise ubwoba aribwo buje, ntiwiyahure urwana n'umuntu ufite intwari, kuko agaciro k'ibiri mu mufuka wawe kataruta ubuzima bwawe.

Icyakora hari impamvu zishobora gutuma umuntu atanga ubuzima bwe nk'umusirikare k'urugamba. Hari ibihe umuntu ashobora kugeramo akemera gutakaza icyari kimufitiye akamaro, nk'akazi keza. Nigeze kwiambaza imbaraga zihindura kugirango ndeke akazi keza nari mfite ko kuburanira ikigo cy'ubucuruzi. Umukoresha wanjye (utari uri avoka) yahoraga arwanya ibyemezo byanjye akagerageza kubishyira hasi yifashishije abavoka bo hanze. Nakoresheje imbaraga nyinshi kugirango ibyo binduke ariko biba iby'ubusa. Kubera ko nagombaga kwita k'umuryango wanjye, harimo n'abana babiri bigaga muri koreji, sinashoboraga kwiyezeza kureka ako kazi. Ariko niyemeje guhaguruka ndwana ku cyubahiro cyanjye. Nagiye kureba umukoresha udukuriye twembi, muha ibarwa isezera ku kazi, imusobanurira n'impamvu zibinteye. Arambwira ati: ibyo byibagirwe, guhera uyu muni abe ari njye uzajya wihera raporo zawe.

Mwibuke ko igihe mwitabaje imbaraga zihindura, mugerageza kwegera uwo ubabangamiye kugirango mushobore kumvikana nawe. Mu mureke agaraze uburakari bwe mbere yo kugira icyo mumubwira. Mu bihe by'imyigaragambyo y'amahoro, twagiragamo abantu bafite umujinya ukabije. Narabegeraga nkababaza icyo batekereza kuri icyo myigaragambyo, nkabategera amatwi nkumva akababaro kabo. Ibyo byasaga no kubagusha neza. Igihe babaga batagifite ibyo kuvuga, babaga biteguye kumva impamvu zanyje zo kuba nifataniye nabo muri icyo myigaragambyo.

Igihe nsanze ndi mu makosa, sinshikanya kuyemera no kuyakosora. Hashize igihe gito nagonze ivatiri ubwo nageragezaga gusohora imodoka yanyje aho nari nayihagaritse. Uwari utwaye icyo vatiri asohokana umujinya mwinshi ambwira ko ntari nkwiye uruhusa rwo gutwara yifuzaga kureba uruhusa rwanjye rwo gutwara imodoka n'izindi mpapuro za ngombwa kugira ngo ahite atanga raporo muri sosiyete y'ubwishingize bwanjye. Namubwiye ko ibyo byose atari ngombwa. Nari nzi ko ndi mu makosa kandi ko nzishyurana umunezero ibyo nari nangije. Namuhaye aderesi yanyje musaba gukoresha imodoka ye akazanyohereza impamyagaciro y'amafaranga yatanze. Yakiriye aderesi yanyje avuga amagambo menshi ko nintishyura nzareba. Nkibona impamyagaciro nahise nishyura na we yahise anyandikira anyemera nk'inshuti.

Turasabwa gukora cyane kugirango twirememo inshusho nshyashya, ishusho y'umuntu idashobora gutuka uyitutse. Gusubiza ku bitutsi nta hohotera na n'uburyarya, ariko ukabikorana ubutwari, icyubahiro no gusetsa biguhesha icyubahiro y'abantu bakuri iruhanda n'imbere y'uwo ugututse. Uburyo bwiza bwo kwakira ishusho nziza muri wowe bwagaragarijwe mu ikinamico nakurikiranye i Green Haven. Umuntu wagendagenda ahantu hari hateraniye inshuti ze nyinshi yatutswe n'undi ngo ni umwana w'indaya. Uwo muntu watutswe ntiyahagaze ahubwo yarihungiye aseka noneho abwira inshuti ze ati: "Iyi nshuro ni iyi gatatu muri iki gitondo nitwa umwana w'indaya" noneho abaraho bose baraseka kandi ntawigeze amutekereza nk'ikigwari.

Turamutse dukomeje gushyira mu bikorwa imbaraga zihindura, twaba hejuru y'ihohotera tugahindura ubugome mu ubugwaneza n'amahoro.

Fred Feucht

Ijambo ubworoherane rifite imbaraga nke zo kugira ngo ryumvikanishe gahunda y'ubundi buryo bwo gukiza ihohotera. Ku bantu benshi koroherana bavuga kwigomwa kwemera gutsindwa, kugera ku mahoro uko byagenda kose. Ntabwo ari byo iyi gahunda yemeza abantu.

Ku bandi ijamba ubworoherane ribagaragarira nk'ibikangisho byo mu bitekerezo, nk'itotezwa rishobora guhinduka ihohotera ry'umubiri ribuzwa guhishura amarangamutima y'umuntu.

Urugero rw'ibikangisho mu bitekerezo bihanitse ni uburyo bwo "koza ubwonko" bukoreshwa n'"abanazi" n'"abastaliniste". Ibyo nabyo sibyo iyi gahunda yemeza abantu. Ubumenyi bw'ingenzi buri muri aya mahugurwa ni "imbaraga zihindura". Niwo mutima w'ireme ry'iyi gahunda. Imbaraga zihindura ni ububasha bwo kuba hejuru y'ibintu n'ubwo gukemura amakimbirane ukoresheje imbaraga z'ubwumvikane zo mu buryo bw'umwuka. "imbaraga zihindura" bisobanura kurengera ibyo wemera.

- Ibyo bisobanura gukemura impaka udahohoteye.
- Ibyo bisobanura kwibaza kugirango ubonere ibibazo umuti udakoresheje ihohotera.
- Ibyo bisobanura gutandukanya ukubangamiye ni ikibi cyamuteye.
- Ibyo bisobanura gushaka uwo muntu mu muntu ukubangamiye.

"Imbaraga zihindura" zigomba kubanza kuguhindura ubwawe mbere yuko uzikoresha muguhindura abandi. Urugero, mbere yuko numva iby'imbaraga zihindura, nigeze kunyura mu bintu byashoboraga guteza ihohotera. Igihe kimwe mu cyi ubwo nari nkiri umunyeshuri muri koreji, nakoze mu rwuri mu majyaruguru ya "Illinois". Nararaga hamwe n'abandi bantu bagera kuri 20, kandi ninjye munyeshuri wari ubarimo njyenyine. Mu buriri iruhande rwanjye hari umugabo Jack, yari umuntu muri rusange utuje, yagaragaraga nk'umuntu ucisha make kandi wizigama. Twari twagiye mu mugi kumwa agacupa, kandi Jack yari yasinze cyane. Abandi bari baryamye najye ngiye kuryama, jack amfata mu bitugu arancugusa ambwira ko ashaka kumvugisha. Nashoboye kubona ko yari arakaye; nubwo ntari nshimishijwe no kubyutswa, nicaye ku buriri mutegera amatwi umutima utabishaka.

Yicaye ku rwuririro rw'uburiri bwe, ari gukuba inzara akoresha icyuma gifungura, yambwiye ko aribwo akiva muri gereza ya "Joliet" yari hafi aho, kandi yari arangije igihano cy'imyaka 8 yari yarakatiwe abeshyerwa ko yari yishe umuntu. Yari yarigeze afatanyaga n'abandi i "Chicago" kandi yatekerezagako yabaye inshungu y'undi wari wakoze ubwicanyi bw'undi muntu. Byari kumutera ibibazo iyo agaragariza umubabaro muri gereza, kandi byari ibibazo na none kuri we gusubira i Chicago, kubw'izo ngorane yahagiriye. Uwo mugoroba yari umuntu udashimishije yashakaga kundakarira naba nemeranyije nawe, naba ntemeranyije nawe. Yaravuze ageza saa kumi n'ebyiri za mu gitondo iryo ryabaye ijoro rirerire kandi ribi kuri jye, kuba narihanganiye kumva Jack ahari byaramuhinduye, cyokora ntabwo nari ndagahindurwa ubwanjye, kuko namwumvise kubera ubwoba aho kubikorana umutima ukunze.

Urugero rwiza ni urw'ibiyabaye "Marge Swan" ijoro rimwe ry'umwajima Marge Swan yari avuye mu nzu y'ibitabo yari yambukanyaga ikibuga yari afite ibitabo ku maboko ye. Yumva ibirenge inyuma ye hanyuma umuntu aramwegera amusunikira kuruhande. Ahita atekereza ko agiye kumwambura ariko mu kanya ko guhishurirwa, arahindukira aramubwira ati: "nejejwe cyane no kukubona, ibi bitabo byose biremereye amaboko yanjye ushobora kumfasha kubitwara" ashya bya bitabo mu maboko ya wa muntu. Umugabo atangaye, afata bya bitabo. Barajyanirana amugeza ku muryango w'inzu ye. Nyuma amuramburira amaboko kugirango amusabe bya bitabo: "gushimiye cyane ko wanyakiriye".

Umugabo amusubiza ko atari byo yaragambiriye gukora. Mu gukangura ibyiza byari byihise muri uwo mubisha, “Marge” yanze ko bamwiba, ahubwo ashobora uwo mugabo kuba umuntu mwiza ushishoza kurusha uko yari asanzwe.

Uko niko imbaraga zihindura zikora ziza zitunguranye nko guhishurirwa, kandi zikakuvanamo ubwoba bwose. Imbaraga zihindura zishobora kugushobora gukora ibintu bishobora kukugaragarira nyuma nk’ibyari bikomeye ndetse bidasanzwe. Imbaraga zihindura zisobanura akenshi kwiyeze guhangara ibintu. Mu mahugurwa muri za gereza natangajwe cyane no kubona ko abantu bari bariyemeje mu bihe byashize kuba mu mibereho y’ihohotera bagiye bafata iya mbere mu kwiyeze gukemura impaka, igihe biyumvisemo imbaraga zihindura. Ihohotera n’imbaraga zihindura byombi bishobora guteza ingorane, ariko imbaraga zihindura ntabwo zishobora kuteza ingorane kurusha ihohotera. Nshobora kumva abantu bavuga ko batagombye na rimwe kwitwaza intwari mu buzima, yabaye hatariho abantu bazitwaza barekereje kugira ngo babone akanya ko kwica cyangwa kwiba abantu badafite uburyo bwo kwirwanaho. Nshobora kumva bavuga bati “ni ngombwa kurwanya isasu ukoresheje isasu”. Mbega ukuntu Atari byo! Buri muntu wese aziko ntawe uzimisha umuriro umuriro, bazimisha umuriro amazi, kandi iza nizo muby’ukuri imbaraga zihindura. Zizimya umuriro, zigapfubya za bombe, zigaturisha za kamere, zikagabanya ubukana, zigakuraho ubwoba n’ubugome zikoresheje imyitwarire ihesha amahoro.

Hari impamvu zishobora gutuma umuntu yiyemeza kuzibabarizwa no kuzipfira nk’umusirikari k’urugamba, ibyo ni nkibyakabaye kuri “Ghandhi” ku bwigenge bw’ubuhinde, ku nshuti za “Martin Luther King” kubera uburenganzira bw’abantu mu majyepfo ya Leta Yunze Ubumwe za Amerika na “Freedom Leaders” barwanyije ivangura muri za bisi.... ariko mu by’ukuri ntibyagereranywa no gutanga ubuzima bwawe urengera umutungo uri mu mufuka wawe.

Tugomba gukora ubushakashatsi butomoye kugira ngo tubone uburyo bwiza kandi dukurikire abayobozi b’inariyibonye, babahanga. Mbere y’uko Ghandhi umucunguzi w’amahoro mu buhindi atangira gushyira ahagaragara umurimo we w’ingirakamaro, urugendo rwe kugera ku Nyanja yazikuye imyigaragambyo yo kurwanya amategako yakandamizaga bamwe mu gihugu cyose, yabanje kujya mu mwiherero w’amezi atekereza uburyo nyabwo bwo guhindura ibintu. Yarabubonye. Natwe tugomba gufata igihe cyo gutekereza muri ubwo buryo. Abantu biyemeje gufata urugendo berekeza Capitale i Montgomery, muri Alabama ntabwo bari bafashwe nk’abafite imbaraga cyangwa abanyabwoba, kubera ko bemeye kwihangana badahangana n’ibitero by’abantu n’imbwa. Ntibemeye guteshwa intego yabo yo kwerekeza i Capitale. Ubutwari bwabo no kwiyeze kwabo byabaviriyemo inkunga y’abanyagihugu bose, baje nyuma yaho guhatira abashinzwe umutekano w’igihugu kubarinda. Ibyo nibyo byavuyemo amahinduka yo kurengera uburenganzira bw’umuturage mu majyepfo. Kugirango ndusheho kubasobanukirwa uburyo bw’imbaraga zihindura zikora, ndifuza gufatanya namwe mu mirongo ngenderwaho y’imikoreshereje y’imbaraga zihindura.

Ellen Flanders

Ndavuga iby'iyi nkuru: njye inyigisha byinshi. Mu gihe cy'amahugurwa, atari muri gereza, ahubwo muri sosiyete yo hanze. Umwe mu bari bagize ikipe yavuze iyi nkuru. Yabaga mu nzu y'abashyitsi, inyubako yabagamo ihohotera rikabije, akajya yumva intonganya mu bindi byumba, akajya abaza niba bigenda neza, niba hari icyo yakora kugirango abafashe. Buri gihe bakamubwira ko byose bigenda neza, ko batari bakeneye ubufasha. Nyamara intonganya zarashize kandi ntawongeye kumva urusaku uwo mugoroba.

Umwe mu bari mu mahugurwa yumvise iyo nkuru, nawe yabaga mu nzu bacumbikiramo abashyitsi, ibamo nayo ihohotera ryinshi. Umugoroba umwe yumva intonganya nyinshi muri kimwe mu bindi byumba. Asaba mugenzi we ko bajyana kugira ngo amutere akanyabugabo. Bageze kuri cya cyumba kindi, bakomanze k'urugi, hanyuma babaza niba byose biri kugenda neza, niba hari icyo bakora kugira ngo babafashe. Nk'uko bari babyiteze barabasubiza ngo ntacyo babafashaho, ngo byose biragenda neza, ko gusa kwari uko bamennye amasahani. Ubu butabazi bwagize ibisubizo bibiri: icya mbere intonganya zarahagaze kandi nta rindi hohotera ryabayeho muri uwo mugoroba. Icyi kabiri nyuma yo guhosha iryo kimbirane mugenzi we bari bacumbitse mu nzu imwe nawe yatangiye kujya ahosha amakimbirane.

Hari ibyakurikiyeho. Hashize ibyumweru bibiri, umugoroba umwe ubwo yatahaga yerekeza iwe, wa mugabo wari utuye mu kindi cyumba yari ahagaze mu muryango we. Yaramuhagaritse aramubwira ati: ndizera ko muzi ibyabaye iwanjye urya mugoroba, ndashaka kubamenyesha ko guhera kirya gihe, ngerageza kwigenzura, nkagaragaza kudahohotera umugore wanjye. Ibyo ngirango mbamenyeshe ni uko niringira ko ayo mahugurwa azazana ibintu byiza byinshi muri mwe; ndizera ko twese tuzahinduka abazana amahoro n'ubugwaneza mu bantu, ko n'uyu muryango wacu uruhanya wahinduka mwiza kurushaho.

Buri muntu wese muri twe agomba kwibonera inzira ye yerekeza ku mbaraga zihindura. Twizera ko ayo mahugurwa azabafasha kujya mbere muri iyo nzira yanyu. Nkuko bigenda iyo ari isengesho, icyo buri muntu wese yakoze ni uguhagarara aho inzira ijyana ku musozi aho itangirira. Ntacyo tubarusha twashobora kubwira undi muntu kubyerekeye uko inzira ye yagombye kumera. Buri muntu niwe ubwe ugomba kubyivumburira nkawe. Aya mahugurwa aganisha ku cyubahiro, kwiubaha wowe ubwawe no kubaha abandi. Icyubahiro gikwiriye kivuga kwishakamo no kwibonamo ibiganisha ku butabera no ku kuri, kubikorera, no kubishimangira, kubishaka mu bandi no kubafasha kubyishakamo.

Mary-Gray Legg

“Imbaraga zihindura” ni imbaraga zo mu muntu imbere zishobora guhindura ibintu byagombye guhohotera mu gisubizo cyoroherana kandi mu buryo abari bagiye kugira ikibazo bombi bakivamo batsinze. Kugira ngo ndekure izo mbaraga, ngomba:

- Kwemera ko nje kimwe n’abandi turi abantu.
- Kumenya ko twese, nanjye ndimo, dufite buri muntu ibiri muri twe twagiye tuvukana, uburere, umuco, ko buri muntu afite uko yagiye abikurana ku rugero rwe.
- Kwitegura gushaka ubundi buryo bwiza.
- Kwiga amoko y’ihohotera.
- Kwimenya no gushaka ibyiza mu bandi.
- Kurengera ibyiza biri muri nje no kwemera ko ari n’uburenganzira bw’abandi kubirengera.
- Kugenzura uburyo bwanjye bwo kwirwanaho: amagambo, ibikorwa, amarangamutima.
- Kwemera uruhari rwanjye mu ikimbirane, kutirwanirira.
- Kumenya ko kwigisha bisaba igihe kinini, no kongera kwiga, kandi ko rimwe na rimwe bishobora kutugeza mu mibabaro.
- Kumenya ko ntazakubitwa igihe cyose nzaba ntarekera.
- Kubabazwa n’ibimbaho n’ibiba ku bandi.

Marge Zybas

Nta cyaremwe kidafite muri cyo mu biranga uwakiremye. Muhe imbaraga zihindura izina mushaka, igice cy’izo mbaraga, cy’izo ngufu kiri muri twe, igice cy’izo mbaraga ni icyacu. Izo mbaraga zo guhindura abantu cyangwa ibihe twakirira mu myitwarire y’ubugwaneza, bikagaragazwa n’ibimenyetso birema bihoraho, ni imbaraga zihindura.

Twese dufite ububasha bwo guhindura, bwo kuzana impinduka kandi hari ibikoresho byinsi dushobora gukoresha. Inararibonye rya Merge Swan (ryavuzwe mbere) riragaragaza imyitwarire y’ubugwaneza n’uguharanira kubaho neza kw’abandi. Yakoresheje igikoresho cyo gutungura, abikoze, akangura ibyiza byari bivumbitse muri uwo mugabo. Ghandhi, Martin Luther King n’ababakurikiye bagaraje imbaraga zihindura, bihanganyira imibabaro, batanga ubuzima bwabo kugira ngo bubahishe ihame. Badakoresheje ihohotera irindi, bashoboye kumvikanisha impamvu zabo zabateye kwishyira hamwe no gutsinda. Umugabo cyangwa umugore ntabwo baba babaye ibigwari baramutse banze ko babakurura mu makimbirane, bahanganye n’ibibazo bisekereza aho kwitabaza ihohotera.

Ntabwo umuntu yakwitwa ko ari ikigwari kuberako afashije uwari umubangamiye gukiza isura ye, kurinda ubusugire bwe no gusohoka mu bihe by'uburakari adatsinzwe. Ni ngombwa gutekereza mbere yo gukora, gutege amatwi ntiwumve gusa kugira ngo wikure mu bihe nka biriya byagombaga kugutera guhohoterana.

Ugomba kuba uwo uri we, ntube umuntu utigenzura, utwarwa n'amarangamutima ye, n'ahantu atuye, na alukoro yo mu nzoga cyangwa n'ibiyobyabwenge. Ni ngombwa gusuzuma agaciro k'ibyo byangiza, no gutekereza ku ngaruka za byo.

“Buri muntu ni urusengero rwejejwe” imbaraga zihindura zidufasha gushyira iyo shusho ahagaragara hamwe no kuyubaha.

IBIBAZO KU MBARAGA ZIHINDURA

Uburyo bw'ibibazo bwakunze gukoreshwa cyane n'Inshuti (Quakers) kugira ngo bagaragaze agaciro k'ibintu, no kugira ngo bashishikarize abantu n'amatsinda gukora byose mu bushobozi bwabo nko kubaho nk'uko ubushobozi bwabo bubibemerera. Gukoresha ikibazo ushaka kugaragaza icyo bakwibandaho, unashaka igisubizo aho kumenyekanisha icyo kintu gusa. Ubwo buryo bw'ibibazo bwahindutse uburyo bwo kwikorera igenzura mu iterambere ryo kubaho nkuko ubyifuza no kugera ku ntego wihaye. Igihe itsinda rishaka gusobanukirwa n'umwanya mwiza rishaka kugeramo cyangwa guhuza ibyo ryari risanganywe n'ibishya ryinjiyemo, ni ibyingirakamaro gusaba itsinda rigategura ibibazo byihariye bihereranye n'icyo bashakira kugeraho.

Muri ubwo buryo buri muntu atanga ubusobanuro bwe kuri icyo kintu, ibitekerezo by'umwimerere bikemerwa, kandi buri muntu mubateguye ibibazo akabisobanukirwa akemera kandi akakira ibisubizo byabyo. Ubwo buryo bw'imikorere bwakoze neza muguherekanya inyigisho y'imbaraga zihindura, imyitwarire n'imyifatire ishyigikira icyo nyigisho, nk'uko bigaragazwa n'ibibazo biri hano hasi, byateguriwe mu mahugurwaya PAV muri gereza ya Leta i Napoch, ho muri Leta ya New York. Twabishyize hano kugirango bibabere urugero kuko bivugaga kuri make igitekerezo cy'imbaraga zihindura. Bishobora gukoreshwa nk'ibibazo byo kwitabwaho mu gihe cyo kugenzura iterambere ry'amahugurwa, ariko ntacyasimbura inararibonye itsinda ryagira riramutse ryiteguriye ibibazo byaryo ku mbaraga zihindura. Hashobora gukoreshwa uburyo butandukanye bwo gutegura ibibazo, dushobora gukoresha akanama ko guteguriramo ibyo bibazo cyangwa buri muntu akandika ikibazo abona ko ari ngombwa. Ubwo buryo bwakoreshwa ubwo ari bwo bwose ibibazo bigomba kwandikwa hamwe ku gipapuro kinini kandi bikagibwaho impaka mu itsinda ry'abahuguwe bose hamwe.

IBIBAZO KU MBARAGA ZIHINDURA BYATEGUWE N'ABAGORORWA BA EASTERN

Amabanga atatu

- **KWISHYIRA MU MWANYA W'UNDI:** nashobora kwishyira mu mwanya w'undi muntu?
- **AKAMENYERO:** niyemeje gushakashaka uburyo bushya no guha agaciro ibisubizo bitagira uwo bihohotera?
- **UBURYO:** Mbese nkoreshe uburyo bwo koroherana mu mibanire yanjye n'abandi?

IBIBAZO

1. Ese ngerageza kumva ibibabaza undi?
2. Ese mbaza ibibazo kugira ngo nsobanukirwe neza?

3. Ese nifatanya n'abandi n'igihe ngerageza gukemura impaka iyo zibayeho?
4. Ese mpa umbangamiye umwanya wo kuvuga ibyamurakaje mbere yo gushaka gukemura impaka?
5. Ese mpanga mugenzi wanjye amaso n'igihe mwumvisha ukuri kwe?
6. Ese iyo nibeshye ndabyemera?
7. Ese ndibabarira kandi nkababarira n'abandi?
8. Ese ntanga ibyo nshoboye gutanga mu buryo busanzwe kandi nemera abandi uko bari?
9. Ese nubahiriza inshingano z'ubuzima bwajye?
10. Ese nkora uko nshoboye ngo nzane impinduka ahari akarengane?
11. Ese nkurikira umutima-nama wanjye kugira ngo menye niba ngomba guhara cyangwa kurengera ukuri kwajye ntawe mpohoteye?
12. Ese mparanira ibyiza kuruta ibindi?

Inama zidasanzwe.

1. Tekereza mbere yo gukora
 2. Cisha make
 3. Tekereza ku bisubizo byose bishoboka
 4. Ihangane
 5. Bwira umuntu ko afite ukuri niba ari ko abibona
 6. Vuga cyangwa ukore ikintu kidateganijwe kugira ngo uhindure umwuka uhari.
- Nubwo ntifuza guhura n'ingorane cyangwa kubabara, ese hari ibintu bidasanzwe nifuza kubabariza

ICYICIRO: C

**UMURIMO W'IKIPE N'IMBARAGA BY'ITSINDA (AMWE
MU MABWIRIZA Y'ABAGIZE ITSINDA)**

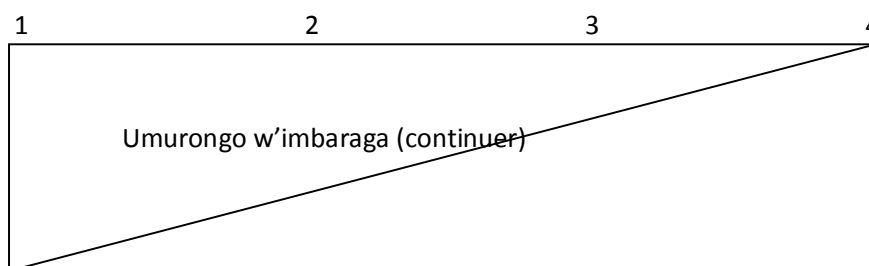
INYIGISHO NTANGARUGERO N'UBUSHOBOZI BW'ABAHUGURA, N'ABAHUGURWA. A,B,C.

Ni nk'ifoto kuvuga ko "imbaraga ziravuna, imbaraga zidasubirwaho zivuna kuburyo budasubirwaho. Nk'uko amafoto ameze hari igice cy'ukuri kigaragara. Nta gushidikanya ko imwe mu ntego z'amahugurwa ya PAV ari guha imbaraga abahugurwa no kubigisha gusangira izo mbaraga n'aho mu miryango kugira ngo bose bunguke. Iki ni ikintu cy'agombwa kuko uwo tutari mu ruhande rumwe, tumubona mu ifoto ishaje ari mu kuri, nk'aho turi mu ruhande rumwe. Kutagira imbaraga ntibivuna. Kutagira imbaraga mu buryo budasubirwaho bibuza abandi imbaraga ku buryo budasubirwaho. Abantu bose bifuzaga kubaho bafite imbaraga baruta imibereho yabo ndetse no kuruta abandi babana kandi ni ukuri ko abantu bose bagira igipimo cy'imbaraga muri bo, zishobora kunenshwa cyangwa gusubizwa inyuma ariko zidashobora gushira neza. Iyo abantu bahujijwemo gukoresha imbaraga zihohotera bafite, hazakoreshejwe izihe mbaraga mu gukiza ihohotera. Niyo mpamvu nanone PAV ikoresheje amahugurwa yemeza ko buri muntu izo mbaraga zimubamo kandi abahuguwe bamaze kumenya izo mbaraga, bafatanyaga kugerageza izo mbaraga neza. Guhabwa imbaraga ntibizakomeye kandi si impanuka.

Ritandukanye kandi rigasaba gukurikiza imigambi na gahunda z'ibihe n'abantu. Ni iby'ingenzi gusesengura inyigisho ntangarugero mu gushyira ahagaragara izo mbaraga, uruhererekane rwa PAV. Inyigisho ntangarugero zishobora kugaragazwa mu buryo bw'igishushanyo n'imiringo y'imbaraga ikurikira (continuer) nk'aho yaba iri hagati y'umuhuguzi (cyangwa umuyobozi)

Imbaraga z'ubuhuguzi

imbaraga zihindura



Ibikurikira ni ubusobanuro birebana n'imbaraga z'umuhuguzi ni itsinda rya buri mubare uri kumurongo uteganyeho n'umurongo w'imbaraga.

1. Abagize itsinda bashyiraho intego, imigambi ya gahunda, ntawe ugomba gutanga inama, bashyiraho intego mbere y'igihe, abagize itsinda ni abanyamafaranga (abakungu).
2. Abagize itsinda bagira intego, gahunda, bemera kugirana inama iyo basanze byabafasha, bashyiraho intego bumvikanyeho, kandi itsinda ritanga ibitekerezo kubirebana intego. Abagize itsinda ni abarimu.

3. Abagize itsinda batekereza gahunda bagasaba inama, bagashyigikira ibitekerezo nk'aho ubusanzwe itsinda rizamurwa no guhererekana, intego zigenda zihinduka uko, itsinda n'abahuguzi.
4. Abagize itsinda bashyiraho intego, gahunda, imigambi, imikoranire (isesuye) yuguruye kandi m'ubwumvikane hashobora kuvanamo abivovota (bitotomba) abiciyemo ibice iyo hari igice kitangenda neza. Abagize itsinda ni abashakashatsi, abajyanama.

IBIBAZO BY'ISUZUMA

- Ni hehe twizera ko turi mu uyu murongo w'imbaraga?
- Ni hehe buri wese yizera ko twagombaga kuba ku murongo w'imbaraga?
- Ni gute dushobora guha imbaraga ububasha bwinshi itsinda dukorana naryo?

Mu mahugurwa y'ibanze, bizaba ngombwa ko dutangirira hafi y'itangiriro ry'umurongo w'imbaraga, kuva muri buri tsinda, abarigize bubatse imbaraga hamwe na hamwe, baragenda bataka ububasha. Bagera aho nta jambo bafite uretse kuba muni y'ubutegetsi, uko byagenda kose nta kubahatira umwete kugira icyo babona ubwabo nk'ababishinzwe cyangwa ubushobozi bwo guhabwa cyangwa gusangira ububasha. Bagomba kwishakira n'ubunararibonye bwabo kugerageza kwishyiraho inzego z'ububasha ndetse n'uburyo bwose bwatanga ihohotera ryaturuka ku babarwanya ariko ntibashobore guhindura(ubuyobozi) inzego cyangwa guhindura imyifatire. Rero tugomba mu ntangiriro gukora isuzuma ry'amahugurwa, noneho tugafata imigambi yaryo nko kuyobora umurongo w'ububasha, duteganya ubunararibonye buzabigisha kurira bakoresheje kumyegera. Niba imigambi yacu ari myiza, itsinda rizashobora gutekereza kw'ihinduka ribayeho mu byiyumviro byaba no mu bikorwa, ku mpande zombi ari abantu cyangwa itsinda, nibura mw'ishyirahamwe ririmo ry'iri mugurwa. Baziga ko umurongo ushobora kubakwa kandi ukarindwa, kandi ko ari byiza kuba mu muryango ubwo bubasha bushobora gusaranganywa kandi bukarangwa n'ubusabane: ko gutanya mu bworoherane bishobora gukiza ihohotera, kandi ko ari abantu b'agaciro bashobora gutanga umusanzu watumye ibi bisubizo biboneka. Bazatangira imyumvire kimwe kandi akenshi na kenshi baturire mu bwuzuzanywe bwo " hejuru" ku kiyumviro gihanitse. Bigeze ku isozwa ry'ihugurwa. Bazasobanukirwa ni ibi bintu binyuze mu bunararibonye bwabo. Ariko kuri iyi ntamwe imyumvire ntiyubakira ibihome mu bwenge. Abantu bagomba gukomeza kwibanda ku gitekerezo kivuga ku ihohotera bibaye ngombwa kikumvikana. Ariko kuva uruhererekane rwa PAV rutangiye gukora, ibitekerezo byayo bizatangira kumenagura kamere yabo. Ibitekerezo byaje bizakurikiraho, hanyuma imbuto zatewe n'ubunararibonye bushya zitangire kumera... ibi biboneka ni ngombwa kuri twe dushobora gutegura imigambi n'uruhererekane tubitegurira amatsinda atandukanye dukorana nayo, gusobanukirwa neza ibyerekeye imbaraga zishobora guhererekanywa, habamo ibikurikira:

1. Niba ifoto ihwanye n'anmagambo igihumbi, inararibonye ihwanye na miliyoni. Inararibonye ni uburyo bwo kwiga bwumvisha neza. PAV mbere ya byose yibanda ku nararibonye (umwe mu bantu ba PAV yaravuze ati "imyunshi mu myitoto yacu n'imigani irimo imbaraga zisunika").
2. Nibyo ko buri muntu agira agaciro ke kandi ko ashobora gutanga umusanzu, abantu ntibashobora kugera kwifatizo ryabo nyakuri, batiyiringira ubwabo. Iyo batiyiringira bazagira imyifatire bamenyereye, ntacyo bitwaye kugeza aho baba bisenyerera ubwabo bagasenyera n'abandi. Tugomba kubemera kandi (tukabigisha) tukabafasha kwemerana. Igihe tubasaba gusangira inararibonye nibyo bagiye baribonamo, tubereka ko ibyo bibafitiye gusangira. Nk'urugero, tubasaba gusangira igihe bakemuye ikimbarane badahohoteye gusa, ahubwo ko bashobora kubikora (gushyira mu bikorwa).

Ikintu gishya ku bantu bizera ko aribwo buryo bwonyine babisohokamo.

3. Ku bahugurwa bagomba gutangirira aho bari, mukuvuga icyo bari cyo nk'abantu, aha, ubu. Bashobora gukurikira intambwe zibakwiriye ubwabo. Ntabwo tuzi icyo izi ntambwe zishobora kuba. Umuntu uhawe intwari kurinda abandi, kwiga kurinda no kuyikoresha n'indi ntambwe. Ku muntu ukunda kurakara, kugira ngo atinyishe abandi, kutarakara ni intambwe. Dufite ubutware bwo gushyigikira abantu mu ntambwe iyo ari yo yose y'ukuri.
4. Kuri bamwe muri twe (kwifata) nubwo tudafite ihohotere ryo ku mubiri ariko dufite na none ubwoko bw'ihohotera ryacu bwite.
 - a) Ingingo y'ingenzi nuko tuvuka mu muryango ukiranirwa kandi uvangura amoko ukwirakwiza ihohotera n'inzara mu isi hose no ku byinjiza mu batagira ububasha muri iki gihugu.
 - b) Dukomeze gucekeceza imbere y'abahohotera abandi.
 - c) Dufite uburyo bwacu bwite bwo gusenyerera no gukorera abatuzungurutse. Ihohotera ritagaragara rishobora gusenyerera kuruta ihohotera rigaragara, mu gihe tubuza uwo ari we wese gutera imbere haba mu bitekerezo cyangwa mu mwuka tuba twinjiye mu ihohotera rikomeza, mugomba rero kuba intangarugero mu mu kwicisha bugufi mu mwanya wacu w'abigisha.
5. Ku bitekerezo by'uburyo bwinshi n'ibikorwa bisenyerera biva kuko abantu baba batarahawe uruhusa rwo gukora ibinyuranye kandi byubaka. Hakozwe kubera "uruhusa" bisobanura ko dushyiraho uburyo bwo kureba cyangwa umuziro tukinjira mu byabaye ku babyeyi cyangwa mu muryango cyane cyane abana, n'abazinjizwa mu muryango hanyuma abana bamaze gukura. Nk'urugero, bigisha umwana muto ko aba abaye inkoko yanyagiye iyo atarwanye ngo atsinde urugamba mu nzira, uwo mwana namara gukura ntazashaka uruhusa rwo gushaka uburyo bwo koroherana kugira ngo akemure ikimburane kandi nta n'ubwo azagaragaza ubushake keretse barumuhaye. Turatandukanye kandi dufite uburenganzira butandukanye twese, ariko nidutegereza (turindira) ko abantu bahindura imyifatire tugomba kenshi kubona uburyo bwo kuba mu burenganzira wifuza.
6. Kugira ngo habeho gukura no gutera imbere, abantu bakeneye ubufatanye kumva ko bari urungiro rumwe rw'umuryango kandi ko bakeneye kumenya ko bari mu mutekano mu muryango, kugira ngo bashobore kwiyumvamo umudendezo wo kwemera kubabara ngo bahindure.

Kugira ngo umuryango ugire umutekano wa bose, ni ngombwa ko habaho ubufatanye, ubwubahane n'ubushake bwa bose bwerekeje ku muryango kandi abantu batekereza ku bandi n'abandi ku bandi. Ni ngombwa ko abagize umuryango bafata imigambi kandi bagakorera hamwe, kandi ni ngombwa kubaho uburyo budahohoterana kubwo kunyuzwa nahandi no guhindura abica amategeko. Birashoboka kubaka umuryango umeze utyo aho ari hose (hakurikijwe) guhabwa amategeko amwe n'amwe y'ibanze yoroshye ijamba rikingura ku rupapuro rw'iki gitabo, kandi hakurikijwe ubwenge bwo guhana amakuru no gukemura impaka bwigisha mu mahugurwa y'ibanze ya PAV. Umugambi wo kwerekana ibyo bishobora gukorwa, buri kipe ya PAV igomba kuba mu mwanya wa mbere wo kubaka umuryango muri iri hugarwa.

7. Abantu bakeneye kuvuga no kumvwa. Ihohotera riza iyo ibi byifuzo by'ibanze (bitubahirizwa) byangenze nkuko bimenyerewe mu muryango. Undi murimo wa ngombwa wa PAV ni uwo guha abantu umwanya wo gushobora kuvuga mu mutekano wose, uwo kumvwa neza, no kubigisha na none gutanga amakuru no gutega amatwi.
8. Abantu babone bakwiriye kwibonera ibisubizo byabo bwite, umuti wabo ukaza aho bafite ibibazo naho bafite ingorane muri bo ubwabo si twe tubaha ibisubizo cyangwa umuti ahubwo ni ngombwa kubareka bakabyibonera ubwabo no kubereka uko babishaka muri bo ubwabo.
9. Mu buryo bw'ingirakamaro hariho imbaraga zituzengurutse zishobora guhindura ubugome no gusenya mu bushake, mu bufatanye no mukubakana. Imbaraga zikorera mu gice umuntu wese avukana kirimo ubushake bwo gukora ibyiza ntawe ushobora kubona ariko iyo tubisobanukiwe gishobora kudasobanurira kwirukana ihohotera no kuza (kubona) ibisubizo byubaka bitagombaga gusomwa hakoreshejwe ni imbaraga z'umuntu, imbaraga z'umuntu zonyine ntashobora gusesengura mu buryo bwose izo mbaraga zihindura, ariko dushobora kuzisobanura uko tubishoboye kwose kubwo kwemeza ko zibaho. Abantu ntibazagerageza mu by'ukuri kuzihishurira kandi akenshi zizabakorera. Inshingano yacu ya mbere mu mahugurwa ni kwigisha iki mu buryo bwose dushobora.

ITSINDA (IKIPE)

Ikibanze mubyo dukora muri PAV ni uko dukora mu matsinda. Umuryango wacu ntukurikiza inzego. Ntabizamini dukora. N’umwe muri twe utahawe icyemezo cy’ubworoherane, nta bwenge bwo hejuru twahawe tugomba guha abandi buri wese muri twe ashaka inzira y’ubworoherane kandi twakira abantu bakoze kimwe kugirango bajye imbere yacu cyangwa inyuma yacu muri iyo nzira. Nta muntu numwe muri twe uri mwiza cyangwa ngo abe yarahunze ihohotera. Mugukorera hamwe mu matsinda turigishanya ibintu by’ingenzi. Buri wese ashobora gutanga twifashisha umuntu ku wundi kugirango tudata inzira.

Amatsinda ya babiri cyangwa ya batatu niyo meza, umuntu umwe gusa ni nkene, bishobora kumukomerera kuyobora itsinda ry’abantu barenga batatu. Birashoboka kwemerera umuntu uhuguwe vuba kugirango nawe amenyerezwe. Abigisha bamenyereye bashobora gufasha abashya mu kubaha umwanya. Abashya bagomba kumenya ko batari bemerwa ahubwo ko bamenyerezwa kugirango bahinduke urungu rw’itsinda rikomeye.

Hagomba kuba nibura abigisha babiri bamenyereye mu buri kipe (itsinda rikomeye) rishobora gukora nabi iyo hari umuntu umwe gusa “uzi byose” ahubwo abandi ntacyo bakora usibye kumwigiraho. Umuntu umenyereye “azagirwa umuyobozi w’itsinda” haba mbere cyangwa nyuma mu gihe cy’inama itunganyaga gahunda.

Itsinda rikorera mubwumvikane kandi igice kinini cy’umurimo w’umuyobozi w’itsinda ni ugushaka uko agera kubwumvikane. Na none iyo itsinda rifite ingorane yo kumvikana kubera igihe umuyobozi ateguka ko birangirira. Ibyemezo bya nyuma bifatwa n’umuyobozi w’itsinda. Ibibazo bigaruka kubera icyemezo bigomba kuzasubizwa hanyuma bifashishijije itsinda rinini rya PAV (reba uko impaka zikemurwa iyo habayeho kutumvikana p.11).

Ni ikintu cy’ingenzi abagize itsinda bagira imbaraga zo gukorera hamwe. Gutoranya abarigize mu bwitonzi bishobora gufasha kugera kuri iyo ngingo. Uko biri kose itsinda rigomba kuba rigizwe n’abantu kenshi baboneka. Ihame ry’ibanze rya PAV rivuga ko abantu bose bakorana nabo bagomba kugerageza kugira ubushobozi bwo gukorera hamwe. Iyo havutse ibibazo, ni ngombwa gukoresha imbaraga mukubikemura nta muntu utonganye kandi imbaraga zimwe na zimwe mu bantu zishobora kuba zishukana. Uko biri kose kubura imbaraga zo gukorera hamwe n’undi muntu ni ikosa ritagomba kwirengagizwa.

Dutera inkunga abantu bose bifuza amahugurwa y’ibanze ya PAV. Haterwa inkunga abifuza gusubukura ubunararibonye ryabo mu gukurikira amahugurwa y’icyiciro cya kabiri, kandi iyo bifuza gukorana natwe bahabwa amahugurwa yabahugura.

Ntidutoranya abantu badakwiriye. Iyo umuntu yakoranye n'itsinda mu ihugurwa rimwe, birashoboka asuzuma kandi bashobora gutekereza ko abantu bamwe bahabwa amahugurwa menshi cyangwa ko babaha amahugurwa yihariye.

Kuva PAV itangiye, igihe amahugurwa amwe yatangiye mu magereza, twateye inkunga abagororwa kugirango bahinduke abahugura no gufasha kuyobora amahugurwa. Bamwe muri bo basigaranye natwe igihe bari bafunguwe, abandi babigumyemo igihe kirekire. Haboneka kenshi inkomyi mu bigo zibangamira umurimo w'itsinda igihe abagororwa ari bamwe mu barigize. Nk'urugero bagomba kubura kenshi mu mibonano yo kwinegura kubera ko batandukanye n'abandi mu bihe by'akaruhuko (pause) izo ngorane ni nke iyo uzigeranyije ni imbaraga. Abagororwa bwenshi ni abahoze ari abagororwa bavuye kuri gahunda zacu.

KUGOBOKA

Hari igihe ibintu kigaragara ko ibintu bigenda nabi kandi n'uburyo itsinda ryakoze neza mukuyobora ibiri kuri gahunda mu buryo bushoboka. Impamvu ishobora kuba yumvikana (impaka hagati y'abantu babiri zigabanya itsinda mo ibice) cyangwa ubushotoranyi (ku mugaragaro bigenda neza ariko bigaragara ko hari ikintu kibuze). Ikipe ifite uburenganzira n'inshingano zo kugoboka no kugarura amahugurwa mu muryango. Nta mabwiriza ahari, nta buryo bw'ubuhumya bwo kubereka icyo bakora, bagomba kubyibonera ubwabo. Umurimo wabo ugomba kuva mu buryo bumva bashaka gukora amahugurwa afite agaciro kuri bose mu buryo bushoboka.

DORE INGERO:

- **Ikinamico ntiyagenze neza.** Ikipe isaba ko ihagarara, ikayigarura mu mwanya w'umwuka w'ubugwaneza noneho igakomeza mu gice gikurikira haba hari mu by'ukuri umwuka utandukanye.
- **Ikipe ishobora gushaka gukemura ikibazo kihariye irangije ikindi.** Ikipe irabyemera mu kanya gato hanyuma igahagarika. Ntabwo turi abavuzi kandi siyo ntego y'ihugurwa.
- Amakimbirane akomeye avutse hagati y'abantu babiri. Ikipe yemera ko amakimbirane agomba kuganirwaho n'itsinda, rikayakemura kandi hakagaruka ku biri kuri gahunda.
- Nta kibazo kigaragara, ariko bigaragara ko nta kinjira. Bamwe mu bagize itsinda basaba akaruhuko noneho bakaganira ku kibitera umwe mu bayobozi (kazi), yemeza ko yahagarika amahugurwa akanya gato niba ibintu bidahindutse.

Icyitonderwa: ikipe igomba kwibanda kuri kugoboka mu gihe cyo kwinegura.

KUBAKANA KW'ITSINDA

Kubakana kw'itsinda ni uburyo itsinda rikoresha mu kwiga gukorera hamwe mu buryo bufite imbaraga kubwo:

- Gushyiraho intego rusange no kuzigeraho.
- Kugabana imirimo igomba gukorwa n'abantu batandukanye bagize itsinda.
- Kubaka umwuka w'ubwizerane mu bagize ikipe.

Kugirango itsinda ribe ryiza rigomba guterana mbere ya buri hugurwa kugirango abarigize bashobore kumenyana, kuvumbura no kuvugana ku bibazo biri mu mikoranire yabo no kubikemura. Kumvikana ku biri muri gahunda y'amahugurwa muri rusange no kubiri gahunda y'umunsi wa mbere, no gukemura utubazo dushingiye ku mirimo ikorwa.

Iki gice ni ingirakamaro: ni kigomba inzira y'ubusamo hari aho iki gice kigerageza gusobanurirwa abagize ikipe bafite ubuzima bwuzuye imirimo kandi akenshi bamwe batuye kure y'abandi ngo mutsinde iki kigeragezo. Birakomeye kuko ingorane ibigo byagiye bihura nazo kenshi harimo gutegeza umubonano mbere y'amahugurwa harimo abagororwa abagize ikipe ariko n'ubwo bizwi abahugurwa bo mu magereza nabo hanze bataziranye neza mu buryo busanzwe uyu mubonano ubirebye ubafitiye akamaro kanini niba bishoboka gutegeza umubonano nk'uyu ube witeguye gukemura ingorane zizavuka ahari.

GUKORANA: amategeko y'ibanze.

Kubera ko gufatanya ari ngombwa rero mwibaze ikibazo (amarangamutima n'igihe hagati muri twe) dutekereza iki ku bayobozi? Twiteguye kwemerera uburyo bwo gufata ibyemezo hakurikijwe umwumvikano? Bimeze bite niba agomba gutabara kandi agafata icyemezo? Twumvikanye ku marangamutima ahishwe ava ku byahise kandi ashobora kugira ingamba ku mahugurwa?

Mutunganye ibyo bibazo n'ibindi bibazo bene ibyo bitakemura ikibazo cy'umuntu ku giti cye. Niko ibyo bizafasha benshi kubaka itsinda izemerera abayigize gukora neza. Itsinda rigira imbaraga mu kumenya ko nta guhishanya kandi abayigize bese bakazagira uruhare mu gufata ibyemezo.

Abagize itsinda bagomba kwiyezeza gukorera hamwe nta mutima ubacira urubanza, kubikora buri wese mu bagize itsinda yagombye kwandika icyo atekereje ku bandi hanyuma hakaba gutekereza cyangwa kwikorera lisiti iteganiye bya buri muntu harimo ibyo nawe akora, n'uburyo ibyemezo bifatwa, ububasha bw'abantu badahari n'ubw'itsinda. (ibyo bibaye) gutanga ubuhamya bwiza ku birebana n'imikorere myiza y'itsinda ibyavuzwemo n'umusaruro ku bagize itsinda.

Buri wese mu bagize itsinda asabwa kugaragaza umukoro yakunda kuyobora, imikoro atakunda kuyobora. Mufate umwanya wo kubiganiraho kuburyo ibyo yihitiyemo bihesha agaciro, ibyo buri wese yemera ariko ntabyemezwe no kuba mu itsinda ya AVP.

Gerageza gukosora imyifatire ya buri muntu mu bagize itsinda ishobora guhungabanya abandi cyangwa igatera amakimbirane mu itsinda, ushyireho n’uburyo bwa gucungana n’iyo myifatire.

Urugero: umuntu umwe utamenyereye wo mu itsinda ashobora kugira ingorane mu mukoro runaka cyangwa agata intego bigenda bite igihe abasigaye mu itsinda biyemeje kumufasha adashaka? Mbese ibyo wabifata nk’aho ukubiswe? Ibutsa abantu uburyo AVP ikora kugira ngo yunge abantu, by’umwihariko habeho “agahe gato ko guceceka” kugira ngo habeho “kwinegura kw’abahugura” emeza ko icya ngombwa ari uko amahugurwa akomeza neza. Amarangamutima y’abagize itsinda ni ingirakamaro ariko agomba gushyirwa ku ruhande kandi ntagomba gusuzumwa mu gihe cyo kwinegura ntawe ugomba kwemera ko ibyo bihungabanya imigendare y’amahugurwa (gutabara bidasubirwaho: nta ntonganya zigomba kuba mu bagize itsinda mu gihe amahugurwa akorwa).

GUTEGURA IBIJYA KURI GAHUNDA YO KUGABANA IMIRIMO

Gushyiraho ibikenewe byose by'igice cya mbere, harimo uzakora iki n'igihe giteganyijwe kuri buri mukoro. Gutondeka ibikenewe byose kuzakorwa muri ayo mahugurwa muri rusange. Kwitonda guteganya kugirango intego z'amahugurwa zigerweho mu gihe nyacyo.

ANDI MASOMO

Ikintu cya nyuma umuntu atakwirengagiza: gusozesha amahugurwa mu kwemerana mu nyandiko.

KWINEGURA HAGATI MU MAHUGURWA

Abahugurwa bazakora iki? (shyiraho icyo babivugaho), mutegure igice gikurikira mushyiremo ibyifuzo ni intego.

IYO HABAYEHO KUTUMVIKANA

GUHAGARIKA AMAKIMBIRANE MU ITSINDA

(Byateguwe na komite idasanzwe ku gukemura amakimbirane mu itsinda.
Inama y'akarere ka WESTCHESTER-FAIFILD, PAV).

Amagambo abanza:

- Amakimbirane arasanzwe. Twemere akanya ko kubona ibisubizo bitekerejweho kandi birema, ku bitekerezo biteza amakimbirane.
- Buri muntu arigenzura agashingira ku iterambere rye rimuganisha ku buyobozi bwiza.
- Igihe tudafite uruhare mu makimbirane, tugomba kwibuka ko buri gihe haba hari ibitekerezo bibiri bitari guhura. Tugomba guha buri gitekerezo agaciro kugirango tudaca urubanza aho gukiranura.

KURINDA UKWIYONGERA KW'AMAKIMBIRANE

Igitabo cyacu kirimo ibikoreshe byateguriwe kurinda no gukemura amakimbirane akivuka. Ntidushobora kwirengagiza akamaro ko gukomeza umwuka w'ubwumvikane mu ikipe, mu myiherero yo kujya inama n'iy'isuzuma. Abayobozi bo muri PAV babizobereye iyo bazi neza ko ikipe itubatswe mu mwaka umwe mbere, abagize iyo kipe, bagomba gushaka uko bayubaka, kandi kubikora nyuma birabarushya. Tubasabye kujya gusoma igice kivuga ku kubakana kw'ikipe mu mwuka umwe mu gitabo cy'amahugurwa y'ibanze ya PAV; n'igice kivuga kugushyikirana kw'ikipe cy'igitabo cya kabiri cy'inyigisho za PAV. Mubanze kumvikana mbere ku myifatire mutazihanganira. Amatsinda hafi ya yose azemeranya ko badakwiriye ko hagira umuntu ugaragaza imyitwarire ishotorana, uca mugenzi mu ijambo, cyangwa agacyahira mugenzi we muruhame imbere y'abahugurwa. Hashobora kuboneka n'indi myifatire mutakwifuzwa mushobora kongeraho. Mumenye neza niba buri muntu mu bagize ikipe azi neza icyo ubwumvikane ari cyo.

AMAKIMBIRANE AVUTSE MU GIHE CY'AMAHUGURWA HAGATI

Si kenshi ko mu mahugurwa hatabonekamo amakimbirane hagati y'abahugurwa. Niba uvuga ko wowe wabaye mu mahugurwa menshi atarimo amakimbirane, baza bagenzi bawe bo batemerana nawe. Igihe ubonye ko havutse ikimbirane na mugenzi wawe, tekereza niba utakoresha ubuhanga bwawe bwo kurihosha.

Niba ubwo buryo budashobotse ikipe ishobora kuba ihagaritse gukora ikabanza gushaka uburyo bwo gukemura iryo kimbirane. Kugira ngo tutagenda dusubira mubyo twagiye tuvuga, turabasaba gusoma mu bice bivuga kuri icyo ngingo.

Ese ibibazo bikomeye byashakirwa umwanya wabyo wihariye, hategurwa umwiherero wo kubikemuriramo?

Rimwe na rimwe uburyo bwiza ni ubwo gusuganya itsinda rigakomeza, hakaza gutegurwa umwiherero wo gukemuriramo amakimbirane.

UBURYO BUKURIKIZWA NYUMA Y'AMAHUGURWA

Hariho uburyo bwinshi butandukanye: abantu bagize itsinda bashobora guhitamo uburyo bubanogeye bubafitiye akamaro. Umwiherero w'impaka kugira ngo bumve ibibazo.

1. Guha buri gice umwanya urambuye kikisanzura kikavuga uko kibona ibintu nta gusubiza cyangwa ukwisobanura kwemerwa. Igihe ibice bishaka gusubiza cyangwa kugera ku mwanzuro bagomba kwemeranya ku itariki bazongera guhuriraho bakabikomeza.
2. Ibice byombi bigomba gutanga umuntu bihuriyeho (umuhuza) utagira aho abogamiye nawe akazaba ari muri uwo mwiherero.

Uburyo bwo gukora bushobora gutuma habaho gucururuka kandi uriya muhuza nawe ashobora kugira ibindi bintu bishya azana.

KOMITE YO GUSHYIRA IBINTU AHAGARAGARA

1. Umuntu atoranya abandi bantu batatu cyangwa basaga akihererana nabo hagatoranywa, umuyobozi nawe akamenyesha igihe n'ahantu bazahurira. Mugomba kwemeranya ku gihe muri bumaze.
2. Mbere yuko komite iterana buri wese mu bayigize agomba kwibaza niba yamaze kwishyira mu mwanya w'uwo muntu ukeneye gusobanukirwa.
3. Gutangiza inama ubusobanuro bw'uwo mwiherero, ubusobanuro bwarangira mugafata akanya gato ko guceceka.
4. Umuntu ukeneye gusobanukirwa agahabwa iminota icumi yo kuvuga.

5. Abagize komite babaza ibibazo bagasaba ubusobanuro, bakagaragaza ibimenyetso bifatika byaba bitazwi n’ukeneye gusobanukirwa, kandi bagakoresha uburyo bwose byo gushyigikira na gufasha uwo nuntu kugira ngo abone ibintu neza yirinda gutanga inama ahubwo bagerageza gufasha uwo muntu kwibonera ibisubizo. Umuyobozi agenzura inama kugira ngo hatabaho kurangara igihe abonye ko ari ngombwa agasaba abantu ko baba bacecetse.
6. Umuntu ubaza inama nyobozi uburyo bwakoreshejwe. Mu by’ukuri ubu buryo buzatuma umuntu azasobanukirwa n’intera izakurikiraho yo gukemura amakimbirane. Abanyamuryango ba PAV bazi ubu buryo neza.

GUHUZA

1. Guhuza ni uburyo butugeza ku gusobanukirwa ku kuntu uzafasha abantu bababajwe no gukimbirana kugira ngo bafatanyirize hamwe kurwanya ibyabateye kutumvikana.
2. Ubwo buryo bukeneye abahuza babiri n’ubushake bwo gushyira mu bikorwa ibyumvikamweho. Abanyamuryango ba AVP bahuguwe muri ubu buryo bwo guhuza kandi babifitemo inararibonye.

Turasaba ko abajyanama b’uturere ba AVP bazohereza abanyamuryango bo mu turere twabo urutonde rw’ubu buryo bwo guhuza.

UBUSOBANURO KU BURYO BWO GUKOresha IMIKORO

- Umukoro wagombye gutegurwa vuba kandi mu buryo bunonosoye. Abagize itsinda ntibavavange ibintu kugirango badatuma abahugurwa bashidikanya, kandi batitabira umukoro. Musobanukirwe neza umukoro, mukurikirane neza ibigomba gukorwa mu mukoro nk'uko bigaragazwa mu gitabo, cyangwa ubyandukure ku gapapuro kandi ukarebereho utushisha.
- Sobanura mu buryo bugaragara kandi buhamye ukurikije amabwiriza yose. Ubaze niba hari ibibazo, igihe bigaragara ko batari kumva ibyo ubabwira ntukomeze niba ubona itsinda rigishidikanya.
- Wirinde gutangira ibisobanuro byinshi rimwe. Ntiwake umukoro ireme ryawo cyangwa ufashe abahugurwa ubasobanurire imitego iri muri uwo mukoro, ubamenyeshe ingamba zawo cyangwa uboroherenze amategeko. Mu gihe usobanura umukino irinde imvugo itegeka, isebanya, cyangwa igaragaza kurushanwa (urugero: umwanzi wawe..., umurushe ..., muneshe, mutsinde) koreshaa amagambo atabangamye: urugero mugenzi wawe, mutangire, ...
- Mutegetswe kumenya ko icyigisho kidashingiye k'umukoro gishingiye ku kubaho kwabaje mu mahugurwa. Impaka zigibwa zigomba kwitarura umukoro umaze gukorwa zigahuzwa n'ibiba mu bantu, mu muryango, mu isi muri rusange. Uko guhuza umukoro nibiba mu buzima bw'abantu bigomba gukorwa buhoro buhoro ariko mu buryo nyabwo. Hari igihe itsinda ryo riba rishaka gukomeza kwivugira k'umukoro. Ibyo bizemerwa gusa niba izo mpaka k'umukoro zumvikanisha ibiba mu buzima.
- Abagize ikipe ntibagomba gufatanya n'abahugurwa gutsindagira ibyo umukoro wigisha. Igihe itsinda ridashoboye guhuza umukoro nibiba mu buzima ntitugomba kubibahatira kubikora kuko byatuma wangije agaciro k'umukoro. Igihe mufatanyije n'itsinda gushimangira icyo sano muba mugize icyo somo impaka z'agahato, z'ubutwari no kugenzura. Umukoro ugata agaciro kawo.
- Iringire itsinda kandi umenye urugero rwaryo rwo gukurikira amasomo. Igihe ibyifuzo byawe bitakiriwe, tegereza kandi ugenzure neza igihe itsinda riraba riri kuja impaka kucyo ritekereza nk'ukuri. Umwe mu bagize ikipe yagombye gufasha itsinda muri ako kanya, ategereje ko hagira ubona igisubizo kiruseho kuba cyiza. Gira kwihangana. Wirinde kurakara: hora witeguye. Itsinda rizigishwa neza n'ibyo ryivumburiye. Ntushimangire cyane kwibanda kuri gahunda y'umunsi. Baza abagize itsinda ibyo bize n'ibyo basobanukiwe, hanyuma ubafashe kurushaho kubisobanukirwa.

IYO HATABAYEHO KUTUMVIKANA

GUHAGARIKA IMYIFATIRE ISENYA

(umurimo wakozwe na RUDLF DREIKURS)

Mugutegurira abantu guhanga n’imyifatire isenya mu gihe cy’amahugurwa, abagize ikipe bagirwa inama yo kwiga ubusobanuro bwa “Rudlf Dreikurs” ku cyiciro cya “Adler” ku byerekeranye n’imyifatire nkiyo. Umurimo wa Dreikurs wagiriye akamaro kanini cyane abayobozi b’ibigo by’amashuri bya “Montessori” aho uburyo bwo kwigisha (nko muri PAV) bushingira kukwigishanya hatabayeho umutegets, ahubwo bushishikaza iterambere rya buri bana mu bagize itsinda ryigira hamwe batagabanyijwe mu mashuri, hadakurikijwe n’imyaka.

Impamvu zitera imyifatire isenya mu bahugurwa	Umugambi wubaka uhishwe mugikorwa kibi	Amarangamutima ababaza bishyira mu bandi cyangwa mu buyobozi	Inama itangwa yo kubikosora mu buryo budasenya
Amakimbirane y’ububasha	Ubuyobozi	Uburakari	Kwivana mu makimbirane gutanga ububasha utisusuguje
Kwibonekeza	Ubucuti	Kwivumbura	Ntiwite kuri iyo myitwarire ubonye mwiteho mu bundi buryo
Kwihorera	Ubutabera	Ibikomere	Gushyira ibyabaye ahagaragara, kubimenyesha abandi
Ubumuga bukoreshwa nk’uburenganzira	Inshingano	Guteraganya	Mugaragarize icyizere umushyigikire udashingiye kubyo ubona utandukanya gukora ibigufitiye akamaro no kuba ikimuga

Igikorwa gishaka gusenya gishobora kugira inkomoko nyinshi zigamije kubaka ku buryo bishobora kutorohera ugize itsinda kumenya ko ari gikorwa kibi.

Niyo mpamvu ari ngombwa kwimenya neza ukamenya gusoma ibimenyetso mu mutima wawe hanyuma ukabigaragaza nk'ibyifuzo aho kubitanga nk'ibisubizo, uhereye kubyo amarangamutima yawe akwemeza niba byubaka cyangwa bibabaza.

AHO AMAGAMBO AVA: AMATEKA YO GUTEGA AMATWI

Umurimo wahujwe na Douglas V. Steere.

Kugirango dutegane amatwi mu bushishozi, hagomba:

- Gukura mu bitekerezho
- Kuba wisumba ubwawe mu buryo runaka
- Urugero runaka mugutegereza
- Ukwihangana
- Kuba ufungukiye kwakira igishya.

“Kugirango wumve neza, ... [mu by’ukuri] ugomba kumva neza ibirenze ubusobanuro bw’amagambo yavuzwe ...”

“Ibisobanuro umuntu aba atiteguye, akenshi ntibyinjira mu buryo bworoshye muri uwo ubyumva, kandi ntibisonanura neza mu magambo ... kuganya no gutoteza nibyo byoroha cyane gusobanurwa”.

Muri buri kiganiro hari nibura abantu batandatu

- icyo buri muntu wese avuga – abantu babiri
- icyo buri muntu yashakaga kuvuga – abantu babiri
- icyo umuntu yumvako undi yashakaga kuvuga – abantu babiri

Mu muntu uvuga harimo umuntu ukurikirana n’uwumvwa, uwo muntu w’imbere wumva yakira intera zose.

- Yumva amagambo
- Yumva ubutumwa bugamijwe bukubiye muri ayo magambo
- Yumva mu buryo bwumvikana ubutumwa butagenderewe buri mu bivuzwe, kandi izo ntera n’ubwo buryo butatu bukurikirana bwo kumva, biri mu muntu ubwirwa.

Imitere y’umuntu nyawe ubwirwa (wumva)

- Yiyegurira uvuga – ubushobozi bwo kwita ku wundi
- Uvuga ni uw’igiciro mu maso y’uwumva
- Uwumva ashobora gucikwa ... igihe uba uteze amatwi hari ubwo muri wowe uhinduka. Bisaba ubutwari kugirango ibyo bitabaho.

- Ibyo bifasha iyo uvuga azi ko uwo abwira amuteze amatwi rwose, ko bahuje intego.
- Kwemera umubwira.
- Kwiringira bihagije ubushobozi buvumbitswe m’uwo uteze amatwi mbere.
- icyizere kirambye.

(ubushobozi bwo gutega amatwi: kumva, gutega amatwi, gusobanukirwa).

Umuntu uzi kumva neza:

- Yumva amagambo nkuko avuzwe
- Ashobora kuyahina
- Ashobora guhuza ibitekerezo bye n’umubwira
- Ntabwo arangara
- Asuzuma niba yumvise neza
- Yinjirwamo n’amarangamutima ari inyuma yayo magambo.
- Asobanukirwa n’ibyo umuvugisaha yiyumvamo.

IBIBAZO

IBIBAZO BIRANGA UMUNYAMURYANGO W'ITSINDA RYA PAV.

IBYATANZWE N'ABAHUGURWAGA N'IHUGURWA RY'ABAHUGURA RYABEREYE ANAWOLK, NY November 1981

- Niteguye kwemera gukosorwa, kwitanga, gukoresha imbaraga, kubabara kandi nkohera uwo musanzu itsinda rya PAV risaba?
- Niteguye gutanga igice cy'ubugingo nta ncungu y'inyungu z'uko nakoze neza cyangwa kuzamurwa? Amajyambere y'umuntu?
- Niteguye igice cya ngombwa kubwo kongera ubushobozi mbere umwumvikano n'ubwenge bukenewe kugirango mbe umuhuguze ufite imbaraga?
- Mfite imbaraga zo gukura ubwicanyi muri nje, ubufungwe muri nje, ubuhohotezi bwanyije bw'imbere muri nje ari nabyo bizamfasha mu ruhererekane rwo gukiza ihohoteri?
- Urukundo rwanjye ni rurerure cyane kandi ni runini cyane kugirango nshyiremo abagororwa, abanyamahanga (aho batavugaga rumwe) ndetse nanjye ubwanjye?
- Ndi intungane niyumvamo imbaraga nyinshi n'isoko abahugurwa ba PAV hamwe n'ibyabateza imbere mu mutima nshobora gushyigikira mu buryo bushoboka mbashimira kandi mbinezereye?
- Ndashyamba ko bishoboka gukomeza kujya mbere ndetse no muri gereza nishimira uburyo twese turi imbere, nshaka cyane kumenya (gusobanukirwa) icyo ubwenge ari cyo. Tumenye ko twese dushobora kuba imfungwa.
- Mbese nishimira ko mfite ijamba mu itsinda ryacu rinyibutsa ko itsinda ari urugingo kandi ko uburyo bwo kureba no gushima kwa buri (mwigishwa) uhugurwa, yaba utangira ingirakamaro kandi ko bigomba kuvugwa niho itsinda rigeze ku bushobozi bwaryo?
- Igihe mpuye n'ibitekerezo bitandukanya, amarangamutima y'uburakari n'ibindi bitekerezo birwanya mfite bwo kugira umwuka ubohotse mu kubasobanurira no kwakira ibyo uwo mwanyaga bantuye?
- Kwemerana ni icyifuzo cyo gukunda cyangwa gukundwa, kandi niba ariko biri byaba ari amafoto yabyo kuri buri wese muri twe, kuruta ko twabihuriraho.

- Dushobora kureka kwicira urubanza dute cyangwa kurucira abandi igihe hari amakimbirane tutakemuye?
- Nikunda ubwanjye kandi nsangira urukundo rwanjye n'imbaraga zanjye nawe?
- Nishimira imbaraga zanjye bwite arizo rimwe na rimwe zifata zihindura isura y'uburakari (ubugome cyangwa ubwoba)
- Iki gice ni ikihe kiba no muri nje kinshoboza gusubiza ntirengera.
- Mbese biramfasha kutagaragaza amarangamutima arwanya?
- Ni gute nshobora kugaragaza amarangamutima arwanya ku buryo abandi bantu cyangwa itsinda babinezera? Mbese mbohotse kuri ayo amarangamutima?
- Iyo umuntu avuze " kuva ubu ndashaka kubana nawe" nshobora kubyakira neza kuruta uko nabyakira nk'utawe? Nakwiyumvamo guhabwa?
- Mbese ntanga igihe cyo kumva ibyifuzo by'abantu ku giti cyabo mw'itsinda, nanjye nishyizemo?
- Ntegera amatwi amarangamutima n'amagambo mbwirwa kandi nkayatekerezaho mfite ubushake bw'umwumvikano wa kabiri?
- Tubwizanya ukuri aho turi mu myanya yacu no mu amarangamutima bidushimishije hamwe n'abandi, dushaka uburyo bushya bwo kuvuga kugira ngo duteze imbere inararibomye ryagutse twitaye ku muryango?
- Mbese njya nitondera abandwanya no mubyo ntumvikanyeho n'abandi nitaye cyane ku gaciro k'ikintu byose mbere yo gufata icyemezo cyiza?
- Dushobora kureka ibikorwa tukajya dutekereza, tukareka ibidushyigikira tukemera ibiturwanya tukava mu byo twiyumvamo tugashaka ukubohokana, tukava mu byishimo tukemera kubabara, tukakira ibyo duhura nabyo mu bugingo byose?
- Ese nemera inkunga ya bagenzi banjye dukorana mu itsinda bamfasha nk'uko nshaka kubafasha? Mbese nsobanukiwe ubwoko n'inkunga ya ngombwa ikenewe?

IBIBAZO KU MIBONANO MPUZABITSINA NA AVP

(Byateguwe n’abari mu cyigisho cy’ihuzabitsina na AVP)

Inama y’inshuti za Bulls Head, Clinton Corners New York 1981.

(ibibazo byashyizwe ahagaragara ntabwo bihagije ngo byumvikanishe icyigisho, ahubwo ni igice cy’uruhererekane rukomeza gutekerezwaho mu byigisho bya AVP)

- Amarangamutima yanjye rusange mu mibanire yanjye n’abandi ahurira he n’amarangamutima akururwa n’igitsina ku muntu wihariye?
- Ese mfata undi nk’umuntu wihariye?
- Uruhare rw’ubushobozi ku marangamutima ajyana n’ihuza ry’ibitsina ni uruhe?
- Ni ku ruhe rugero ikururwa ry’igitsina bibaho ku bwende bw’umuntu, kandi ni ku ruhe rugero biba ari igitekerezo cy’icyifuzo nyacyo ku wundi muntu?
- Nshobora gukunda abandi ari ntacyo ngamije kubasaba?
- Ni ayahe marangamutima antera ubwoba bwo kuyagaragaza? Kandi ni kuki nibwira ko adashobora guhinduka ?
- Uki abagabo baterwa ubwoba no kugaragaza ibyo biyumvamo imbere ya bagenzi babo? Kandi ni kuki batinya kugawa imbere y’abandi bagabo ?
- Umugore n’umugabo bashobora kugira imibanire ibareshyeshya ku rugero rumwe ?
- Kuki abagabo bumva ko badashobora kuvugira ibibarimo no kwemera kuba mu ntege nke imbere y’abagore ?
- Kuki abagore bumva ko badashobora kuvugira ibibarimo intege nke zabo ahandi hatari imbere y’abandi bagore?
- Ni gute twasubiza mu buryo bw’igitekerezo no mubyo twiyumvamo, ku marangamutima akururira abantu babiri cyangwa barenze ku gitsina icyarimwe ?
- Ese kuba umuntu agira irari ry’ihuzabitsina bishobora kumvikanamo ikintu cy’ingirakamaro mu mibanire yindi itari iy’ihuza bitsina ?
- Ese ntekereza nte urukundo rw’umuntu ugaragaza ko hashize igihe kinini nta mibonano mpuzabitsina?

- Ni gute amarangamutima mpuzabitsina afatana n’uburakari ?
- Ni gute uko mfata ihuzabitsina bigera mu mibanire yanjye n’abandi ?
- Ese nihatira gushishikariza abandi gusa kugira uruhare mu byubaka kandi byiza, kuri bo ndetse no ku itsinda ?
- Nahagarika nte urukundo rufite umuvuduko muremure kandi ntarushaka ?
- Ni gute nahindura urukundo rwo kwinezeza mu rukundo rusanze kandi rw’inshuti ?
- Ubwoba bwaba bufitanye isano no kudashobora gukunda k’umuntu ?
- Ubugabo bwaba hari aho buhurira no kwiyumvisha ko umugabo agomba kubanza kuryamana n’uwo asabye mbere yo gushyingiranwa ?
- Kuki mu mahugurwa ya AVP atari ahantu heza habonerwa ibisubizo by’ibibazo bifitanye isano n’amarangamutima y’ihuzabitsina cyangwa bijyana n’amasano ?

(Mushobora nanone kureba raporo ya « gathering for women friends going into prison » yayobowe na komite ya za gereza mu gihe cya « new york yearly meeting of friend » i Albany mu 1983, byanditswe mu gice cya 11: ibikoresho bitangwa muri iki gitabo.)

ICYICIRO D:
GAHUNDA Z'IMINSI

GAHUNDA Y'UMUNSI

Turabereka ingero za gahunda, zitandukanijwe nuko zireshya, z'amahugurwa y'ibanze ya AVP. Izo gahunda zifite akamaro ko kugaragaza uruhererekane ruzatuma amahugurwa agira umusaruro. Zifata ibintu bine by'ingenzi bituma habaho ubworoherane : **kwemerana, kubaka umuryango mushya, ubwenge bwo gusabana mu magambo no guhana amakuru, no gukemura amakimbirane.** Zikabitorondeka ku buryo abahugurwa bagira inararibonye mu bisubizo bitangwa n'urwo ruhererekane, no kubona bibakoreramo ubwabo. Hagati y'amahugurwa y'ibanze hazagaragazwamo imbaraga zihindura, twemera ko iyo tuzemereye gukorera muri twe ziba umutima w'ubworoherane, kandi zishobora kugeza abantu ku kwitwara mu buryo bworoherana, bwubaka kandi bunesha.

Nk'uko twese tubizi neza, dukurikije ibyo twagiye tunyuramo, buri tsinda ritandukanye, buri hugurwa ritandukanye n'irindi. Kandi nta mahugurwa abiri azagira gahunda zimwe.

Inama ku bagize itsinda : ntuzayobore umukoro utazi neza agaciro kawo, ahubwo funguka wemere kwigira ku bandi, kubyo bo badahwanye nawe baha agaciro. Mwibuke ko ari iby'ingenzi kwita ku bibazo no kubitekerezo by'abaje mu mahugurwa, ukabyandika uko bagenda babizamura noneho mukaza kubigenzurira mu gihe cyo kubakana mu itsinda, cyangwa mu wundi mwanya mwiza mwabigenera. Ibibazo byinshi bibonerwa umwanya mu mahugurwa ariko igihe bitabonetsemo, abagize itsinda bagena akanya kuri gahunda y'umunsi bakabishakira ibisubizo. Guha itsinda igihe cyo kuvugana ku bibazo byabo bibafitiye akamaro, bifite agaciro kuruta kwibanda kuri gahunda yateganijwe. Nkuko bamwe bo mu itsinda ryo mu myaka yashize bavuze ngo : « nshuti, bakundwa ntabwo tubahatira gukurikiza ibyo bintu nk'itegeko ahubwo ni ukugirango muyoborwe n'uwo mucyo ukeye kandi utunganye no kugirango mugenderemo kandi mugume mu mucyo, ibyo bintu bikoreke mu mwuka atari nkuko byanditswe kuko inyuguti yica ariko umwuka agakiza » (conseil des anciens de Balby, Societe des Amis) (elders of Balby, Society of Friends), Balby, Angleterre, 1956).

UMWITEGURO UBANZIRIZA AMAHUGURWA

Mbere yuko abahugurwa bahagera nkuko amahugurwa atangira mukore imyiteguro ikurikira :

1. Mwandike ku rupapuro runini ibikurikira, murumanike kurukuta :
 - Gahunda y'umunsi y'igice cya mbere
 - Amabwiriza y'ibanze ya PAV (reba ingingo ni ibitekerezo ijamba ritangiza amahugurwa mu gice A cy'iki gitabo).
 - Urundi rupapuro runini rwanditse ngo : « ibibazo bitabonewe ibisubizo »

- Urupapuro rw’umweru runini rwo gukorereraho igenzura rugabanjijwemo gatatu.
2. Kugabana imikoro
 3. Kugenzura niba ibirakenerwa gukoreshwa mu mikoro byose byateguwe. (urupapuro rw’ibibazo bitabonewe ibisubizo rukomeza kumanikwa kugeza igihe amahugurwa azarangirira. Ni ngombwa ko ibibazo byigizwa inyuma ariko ntibyibagirane. Hari ibibazo bibazwa imburagihe bikagenda bibona ibisubizo uko amasomo akomeza gukurikirana. Ibyo bibazo bigomba kwandikwa bikurikiranye nkuko byabajijwe. Nkuko bikunze kugaragara amahugurwa ajya kurangira ibibazo byose byabonye ibisubizo).

Ibice icyenda by'amasaha abiri n'igice (buri gice)

Igice cya I

- Ijambo ritangiza amahugurwa
- Gusoma ibiri kuri gahunda hamwe n'abagize ikipe ihugura
- Abagize ikipe baribwira abaje mu mahugurwa
- Ukwibwirana kw'abagize itsinda ry'abahugurwa: buri muntu abwire mugenzi amazina ye, avuge nicyo atekereza kungukira muri aya mahugurwa.
- Umukoro w'amazina na ntera
- Kwemerana mu itsinda rya babiri
- Umukino wo gukanguka: umuyaga mwinshi urahuha
- Ihohotera icyo ari cyo
- Gusuzuma gusoza

Igice cya II

- Kwegerana: izina ry'ikiribwa nkunda
- Gusoma ibiri kuri gahunda
- Inziga zirebana
- Umukino wo gukanguka
- Gusangira ikiganiro: ikimbirane nakemuye ntawe mpohoteye
- Umukoro wo gutega amatwi
- Gusuzuma
- Gusoza

Igice cya III

- ✓ Kwegerana: umukino nkunda cyane
- ✓ Gusoma ibiri kuri gahunda
- ✓ Ikiganiro ku mbaraga zihindura
- ✓ Umukino wo gukanguka
- ✓ Ububasha 1, 2, 3, 4
- ✓ Gusuzuma
- ✓ Gusoza

Igice cya IV

- Gusoma ibiri kuri gahunda
- Kwegerana : « icyo imbaraga zihundura zisobanura kuri nje »
- Amahame y'imbaraga zihindura
- Umukino wo gukanguka : igihunyira n'imbeba
- Imena-mutwe : mpande enye icagaguwe
- Umukoro wo kubaka mu bufatanye
- Gusuzuma
- Gusoya

Igice cya V

- ✚ Gusoma ibiri kuri gahunda
- ✚ Kwegerana : numva merewe neza iyo
- ✚ Ubusobanuro ku ma kinamico
- ✚ Kwerekana imikino (mu matsinda mato)
- ✚ Gusuzuma
- ✚ Gusoya

Igice cya VI

- ❖ Gusoma ibiri kuri gahunda
- ❖ Kwegerana: ahantu nakundaga kwihisha nkiri muto.
- ❖ Umukoro wo kwishyira mu mwanya n'umwe (mugenzi wawe)
- ❖ Umukino wo gukanguka
- ❖ Kwerekana andi makinamico
- ❖ Inziga zo kwizerana, cyangwa kuvananaho icyizere.
- ❖ Gusuzuma
- ❖ Gusoya

Igice cya VII

- Gusoma ibiri kuri gahunda
- Kwegerana
- Isubiramo: kwiga duhereye ku ma kinamico
- Umukoro wo guteganya n' igikorwa cyo gukorera hamwe(urugero: kubaka umuryango mushya, umwitozo w'ingamba)
- Umukino Fora miade?
- Gusuzuma
- Gusoya

Igice cya VIII

(Iki gice giteganirizwa gutangwamo imikoro yindi yagirira akamaro itsinda mu buryo bwihariye)

Igice cya IX

- Gusoma ibiri kuri gahunda
- Kwegerana
- Umukoro wo gutekereza
- Ikiganiro : « ubu turagana he ? » n'ibibazo byaburiwe ibisubizo
- Gushimana
- Gusuzuma amahugurwa yose muri rusange
- Gutanga inyemezabumenyi
- Uruziga rwo gusoza

Ibice bitandatu – kimwe gifite amasaha atatu

Igice cya 1

- Ijambo ritangiza amahugurwa
- Gusoma ibiri kuri gahunda
- Kwibwirana kw'abagize itsinda ry'abahugura
- Kwibwirana kw'abagize itsinda ry'abahugurwa : kuvuga amazina nicyo atekereza gukura muri aya mahugurwa
- Umukino w'amazina na ntera
- Kwemerana mu itsinda rya babiri
- Umukino wo gukangura : umuyaga mwinshi urahuha
- Ihohotera icyo ari cyo
- Umukoro wo gutegana amatwi
- Gusuzuma
- Gusoza.

Igice cya 2

- Gusoma ibiri kuri gahunda
- Kwegerana
- Inziga zirebana
- Gusangira ikiganiro : ikimbirane nakemuye ntawe mpohoteye
- Imena-mutwe : mpande enye icagaguye
- Umukoro wo kubaka mu bufatanye
- Gusuzuma
- Gusoza

Igice cya 3

- Gusoma ibiri kuri gahunda
- Ikiganiro ku mbaraga zihindura
- Amahame ku mbaraga zihindura n'ibibazo
- Umukino wo gukanguka
- Gusunikana mu biganza
- Imirongo iteganyeye
- Umukino wo gukanguka (umukino wo gushyushya ikipe, gukebura)
- Gufata ibyemezo vuba vuba cyangwa kwishyira mu mwanya w'abandi
- Gusuzuma
- Gusozza

Igice cya 4

- Gusoma ibiri kuri gahunda
- Kwegerana
- Amakinamico
- Umukino wo gukanguka niba ari ngombwa
- Kurangiza igice (kuvanaho icyizere)

Igice cya 5

- ❖ Gusoma ibiri kuri gahunda no kuja hamwe
- ❖ Ingamba cyangwa kubaka umuryango mushya
- ❖ Gusuzuma
- ❖ Gusozza
- ❖ Gutegura ibibazo umuntu ku giti cye

Igice cya 6

- Gusoma ibiri kuri gahunda
- Kwegerana
- Gutekerezwa cyangwa ndi muntu ki ?
- Ibibazo bitabonewe ibisubizo
- Gushimana (kubahanisha amashusho)
- Gusuzuma amahugurwa yose muri rusange
- Gutanga inyemezabumenyi
- Gusozza

IHUGURWA RIGUFI RY'IGICE KIMWE CY'AMASAHA ABIRI N'IGICE

(Gikorwa ku cyigisho cy'ingenzi cyihariye kireba itsinda runaka, cyangwa mu kumenyekanisha rya PAV)

- ✓ Ijambo ritangiza amahugurwa
 - Abo turi bo
 - Intego z'aya mahugurwa
- ✓ Amagambo abanza
- ✓ Ukwibwirana kw'abagize itsinda : kuvuga amazina no kuvuga icyo atekereza gukura muri ayo mahugurwa
- ✓ Kwemerana
- ✓ Umukoro ugaragaza intego z'iryo tsinda :(udukinamico turebana n'ibibashishikaje, kwishyira mu mwanya wa mugenzi wawe)
- ✓ Gusuzuma
- ✓ Gusoza.

ICYICIRO : E

IMIKORO

UMUKORO WO KWEMERANA

Intego : guhagarika agasuzuguro tugenda duhura nako mu mibereho yacu no kwihesha icyubahiro, kugaragariza abantu ibyiza biva mu gushyigikirwa no kubera uburyo gushyikirana no kwemerana bishobora gutuma habaho ihinduka ryiza mu bantu.

Igihe : hagati y’iminota 20 na 30 (bizaterwa n’umubare w’abazaba bagize itsinda ryose, benshi cyangwa bake)

Uko umukoro ukorwa :

1. Gusobanura impamvu dukora uwo mukoro :
 - a. Kugirango twibukiranye ko buri muntu wese afite agaciro
 - b. Gufasha gukuraho agasuzuguro duhura nako mu muryango
 - c. Gufasha mugutegwa amatwi
 - d. Kugira ngo tureke gutekereza ko byaba ari ukwirata igihe twivugaho ibintu byiza, kandi ko atari no kwikunda
 - e. Kugirango umuntu yiheshe agaciro kamukwiriye kandi yiyumvemo aguwe neza
 - f. Kugirango wiyumvemo imbaraga zizanwa no kwiyiringira ubwawe zigushoboze gutangira gukemura impaka
2. Gusobanura ibizakorwa :

« Itsinda ririgabamo amatsinda mato ya babiri babiri. Buri muntu aravugaga mu gihe cy’iminota 3, ku kintu yikundaho ». « icyo nikundaho ... »

Itegeko ni rimwe, nuko nta kintu wemerewe kugira ikintu wivugaho kitari cyiza cyangwa ku bintu utazi gukora neza.

Urugero : ntiwemerewe kuvugaga ngo nzi guteka neza ariko ntabwo nzi guteka isupu iryoshye.

« igihe ndaba mvuze ngo mutangire, umuntu A, wo muri buri tsinda aratangira kubwira B. turabara iminota turabamenyesha ko iminota itatu irangiye. Noneho B, nawe arabwira A mu gihe cy’iminota 3 ku bimureba, noneho umuntu yerekane mugenzi we murindi tsinda » [... cyangwa amwereke itsinda ryose, ikipe ihugura niyo igomba kwereka ikirakorwa ikurikije igihe gihari cyangwa umwihariko wibyo itsinda rikeneye].

3. Gusobanura uruhare rw'umuntu uratega amatwi:

- a. Gutekana amatwi ubushishozi, nta kuvuga, mu gihe cy'iminota itatu. Igihe umuntu araba avuga aravugaga ikintu kitari cyiza kuri we cyangwa agaragaje ko hari ibyo atazi gukora neza ushobora kumuhagarika ukamuvugisha.
- b. Uvuga niba abuze ibyo kukubwira ya minota itatu itararangira mwembi muraceceka keretse uvugaga nagira ikintu yibuka cyo kukubwira. Nta gusakuza.
- c. Ukoreshe umubiri wawe kugirango wereke uri kukubwira ko umuteze amatwi no kugirango umushishikaze. (Umushishikarize).

4. Baza niba umuntu yumvise kandi usubize n'ibibazo.

5. Gabanya abantu mu amatsinda ya baibiri, ubibutse kwerekana uravugaga bwa mbere.

6. Bamenyeshe igihe cyo gutangira, uhagarike umukoro iminota itatu nirangira.

7. Saba itsinda gusanga irindi tsinda, buri muntu yerekane mugenzi muri iryo tsinda, cyangwa umuntu yerekane mugenzi imbere y'abahugurwa bese, avugaga ibyo yamwizeho.

Bumbira amatsinda yose hamwe hanyuma ubabaze uko byagenze, kugirango ubashishikarize uko biyumva nibyo bigiye kuri bagenzi babo.

GUSHIMA

Intego: Kugirango wemeze abantu ibyo bagomba guha agaciro mu buzima, mu bantu, no mubidukikije.

Igihe: iminota 20

Uko umukoro ukorwa:

Gukora amatsinda ya batatu kubamenyesha ko bafite iminota 10 yo gutemberana no kuvumbura ibintu byiza byo gushimwa. Iminota 10 nirangira basabe babwirane ibyo bintu.

Guhindura :

Saba abantu kwibuka imirimo y'ubutwari (itsinzi) bigeze kumva ku bandi cyangwa iyo abantu baba bazi bagaragaje mu mibereho yabo bayiganireho.

IMENA-MUTWE

Intego: uyu mukoro ugaragaza ibiranga ubufatanye bihereranye no gufatanyiriza hamwe gushakira ikibazo umuti. Ibyo biramenyesha abahugurwa imwe mu myifatire yabo (yubaka cyangwa isenya) mu birebana no gukemurira ibibazo mu itsinda.

Igihe umukoro umara:

Iminota mirongo ine (hagati y'iminota 15 na 20, umukoro ubwawo, indi minota 20 y'ikiganiro) ni byiza ko itsinda rirangiza umukoro mbere y'igihe.

Ibikenerwa: (ibikoresho)

1. Amabwiriza. Mugomba kugira amabwiriza ya buri tsinda, amabwiriza ahabwa umugenzuzi wa buri tsinda.
2. Uduce twose twimena-mutwe turahabwa buri muntu wo muri buri tsinda, (reba amabwiriza y'ukuntu bateranya imena-mutwe mu mpapuro zikurikira).
3. Ameza ahagije kuburyo buri tsinda ribona umwanya uhagije wo gukoreramo. Amatsinda agomba kuba ategeranye cyane kugirango atareberanaho. Igihe ameza adahagije mukorere ku isima hasi.

Uko umukoro ukorwa:

1. Gabanya abantu mu matsinda ya batandatu (batanu n'umugenzuzi umwe) hagize abasaguka nabo bakongerwa kubagenzuzi.

Icyitonderwa: abantu bigeze gukora uwo mwitoto ntibagomba kuwusubiramo. Ereka buri tsinda aho rikorera kandi uhe buri muntu uduce twimena-mutwe.

2. Nyuma yo kurema amatsinda, toranya abagenzuzi, ubahe amabwiriza abagenewe.
3. Ha buri muntu ibasha ifunze irimo uduce tw'imena-mutwe, ntibemerewe kuyifunfura mbere yuko bahabwa uburenganzira bwo gukora umwitoto.
4. Ha amatsinda amabwiriza, uyasome mu ijwi ryumvikana kandi ubaze niba haba hari ikibazo

5. Shushanya ku kibaho mpande enye nini, into, (imyashi, inkiramende, mpande enye ndinganire) uce umurongo mu zindi zose usige gusa mpande enye ndinganire.
6. Tanga ikimenyetso cyo gutangira. Abagize ikipe ihugura bagomba kugenzura amatsinda igihe ari gukora bagafasha abagenzuzi kubahiriza amabwiriza.
7. Noneho bareke bakore. Hari amatsinda azarangiza mbere y'andi azaba ashoboye kubikora neza agomba guceceka kugeza igihe andi matsinda arangiriza. Birashoboka ko hari n'itsinda ridashobora kurangiza. Muri icyo gihe nk'ubufasha bwa nyuma abahugura bashobora kubafasha mukarangiza. Mwirinde kwinjira muri uwo mukoro keretse mu bisabwe n'igihe kubwo gutinda kurangiza.
8. Amatsinda yose narangiza umurimo wayo, mutangire ikiganiro rusange kuri za raporo ziri gutangwa n'abagenzuzi ba buri tsinda noneho winjize ikiganiro mu bari mu mahugurwa ubabaze uko babibonye nicyo babitekerezaho, cyane cyane ku kuntu biyumvaga igihe bari bari gukora, aho kubabaza ukuntu bashoboye kubikora. Gerageza gufasha itsinda guhuza umukoro nibyo duhura nabyo mu buzima.

Dore zimwe mu ngingo zabafasha kuyobora ikiganiro:

- a) Gushyikirana: kuvuga akamaro ko kuganira, kugirango abantu bashobore gufatanya bahuje n'ibyo umuntu yiyumvamo n'ubwoba no kutagera ku kuntu kigaragara, iyo ari nta gushyikirana mu magambo.
- b) Kugenzura ibyo abandi bakeneye: gushimangira ko byongerera itsinda ryose imbaraga.
- c) Ntacyo bimarira umuntu iyo bamufashije cyane.
- d) Itsinda ryubahirije amabwiriza? (iyo urebye usanga buri muntu wese yayarenzeho!) ibyo bitwereka iki ku guhabwa amabwiriza atadufasha gushyira ibyifuzo byacu mu bikorwa?
- e) Itsinda ryahawe umurimo nk'itsinda ariko buri muntu yiyumvishaga ko umukino uraba ukozwe neza ari uko buri muntu yiyujuriye mpande enye ndinganire ye. Nyamara mpande enye ndinganire imwe yuzuye ishobora kubuza abandi kuzuza mpande enye zabo. Ese ibyo birahurira he n'imirimo dushingwa mubuzima.

Amabwiriza ahabwa itsinda

1. Ese haba hari umuntu wigeze gukora uyu mukino? Uwigeze kuwukora yifate ntiyongere kuwusubiramo.
2. Muri iyi paki harimo amabashya atanu, buri bashya irimo uduce tw'impapuro wateranya ukabona mpande enye ndinganire. Buri muntu mu itsinda afata ibashya ariko ntiyemerewe gufungura mbere yo guhabwa ikimenyetso cyo gutangira.
3. Muratangira ari uko mbahaye ikimenyetso, umurimo wa buri tsinda ni uguteranya mpande enye ndinganire eshanu zingana, ku buryo buri muntu uri mu itsinda araba afite mpande enye ndinganire ye ingana nk'izabandi. Uwo murimo uragaragara ko urangiye ari uko buri muntu mu bagize itsinda afite mpande ndinganire ye yuzuye neza. Kandi hari uburyo bumwe gusa bwo gukora mpande ndinganire eshanu zingana.

Shushanya ku kibaho cyangwa ku mpapuro nini z'umweru mpande enye ndinganire zingana n'izindi eshanu zitangana unyuze akarongo muzu udashaka. "izi ... oya!"

4. icyo wemerewe gukora ni uguha mugenzi wawe gusa agace ka mpande enye akeneye no kwakira ako undi aguhaye. Ushobora gutanga udupapuro twawe twose, bona n'ubwo wowe waba warangije guteranya mpande enye ndinganire yawe.
5. Mugomba mu buryo bwose kwirinda ibi bikurikira:
 - a. Nta muntu n'umwe wemerewe kuvuga
 - b. Nta muntu n'umwe wemerewe gusaba mugenzi we agace k'imenya-mutwe akeneye, cyangwa kugafata, cyangwa gukora ikindi kimenyetso cyose cyerekana agace akeneye cyangwa kwereka mugenzi we aho ashya agace kuri mpande enye ye. Ugomba guhita wihera mugenzi wawe agace akeneye mu ntoki. Mwese mwumvise ibyo musabwa gukora?

Amabwiriza agenewe umugenzuzi

Umurimo wanyu wa mbere ni uwo kwitegereza, ubwa kabiri kugenzura abaraca ku mabwiriza no kubafasha kuyubahiriza

Nk'umugenzuzi: menya neza ko buri muntu yubahirije amabwiriza yahawe.

1. Birabujijwe kuvuga, kutunga agatoki cyangwa gukora ikindi kimenyetso cyose cyatuma mushyikirana mu itsinda.
2. Umuntu ashobora guha mugenzi we agace abona ko akeneye, ariko ntwemerewe gufata agace kundi muntu kabone nubwo yaba agakeneye keretse nyirubwite akamwihereye.
3. Nubwo mwerewe kujugunya uduce twanyu hagati kugirango umuntu yifatiremo ako ashaka nta n'uwemerewe kwereka abandi uko bakora, mugomba guha mugenzi wanyu mu ntoki icyo mushaka kumuha.
4. Umuntu ashobora gutanga uduce twe twose, bona nubwo yaba yarangiye guteranya mpande enye ndinganire ye, mukore uko mushoboye kose kugira ngo mwubahirize aya mabwiriza yose ntarirenzweho.

Nk'umuntu uri kwitegereza: gukurikirana ingingo zikurikira:

1. Ninde witeguye gutanga uduce twe tw'imena-mutwe?
2. Ese hari uwarangiye kubaka imena-mutwe none akaba yateranye abandi?
3. Ese haba hari umuntu wakomeje kugerageza kubaka mpande enye yifashishije uduce twe gusa, byamunanira ntashake kuduha abandi badukeneye?
4. N'abantu bangahe bari kugerageza mu bwenge bwabo guteranyiriza utwo duce twose hamwe?
5. Gukurikirana akanya ku kandi uko uburakari n'umujinya biri kugenda byiyongera.
6. Haba hari ingingo yarenzweho igihe itsinda ryatangiye guhuriza hamwe.
7. Haba hari uwarenze ku mabwiriza avuga cyangwa atunga intoki?

Guteranya mpande enye ndinganire. Mu mabahasha atanu harimo uduce dukase mu mashusho atandukanye, ku buryo iyo duhujwe twubaka mpande ndinganire eshanu zingana. Buri tsinda ryakira uduce twuzuye.

Kugira ngo utegure utwo duce, banza uce mpande enye ndinganire eshanu mu ikarito, uziceho uturongo nk'uko bigaragara ku mashusho ari hasi.

Utwo turongo tugomba kuba duciye ku buryo uduce dutanu dusa tuba tungana. Nyuma yo guca utwo turongo ukate buri mpande enye ndinganire ndinganire mu uduce mena-mutwe tuyigize dutandukanye. Tandukanya ayo mabahasha uyandikaho A, B, C, D na E, winjizemo uduce tw'imena-mutwe twa buri bwoko two kuri buri mpande enye ndinganire twanditse ho iyo nyuguti.

KUBAKA UMURYANGO MUSHYA

Intego: twatanga inararibonye mu gupanga imigambi no mugushaka ibisubizo by'ibibazo bihuriweho kubwo kubaka no kuzingangatira umuryango urambye.

Ibikoresho: amakaramu n'amakaye. Niba amabwiriza y'inzira ziyobora mu mbaraga zihindura ataratangwa araza guhabwa buri wese uhugurwa kugira ngo akoreshwe muri uyu mukoro. Niba yaratanze musabe abahugurwa kuyazana

Igihe: nibura isaha nicyo gihe kirekire cyafatwa.

Uko bikorwa:

1. Kora amatsinda atatu agizwe n'imibare y'abahugurwa itandukanye buhoro (urugero: 8, 7, 5).
2. Tanga amakaramu n'amabwiriza y'inzira ziyobora mu mbaraga zihindura hamwe n'amakaye muri buri tsinda.
3. Buri tsinda rigomba kubaka umuryango mushya ritangiriye kubusa, uzashingira kubyo bifuza no kuburyo bashaka kubaho, uzabamo uburezi, amategeko, imibanire n'indi miryango n'ibindi bikenewe mu mibereho rusange.
4. Buri muryango wandika amategeko mu ikaye.
5. Buri muryango utora umuvugizi, uzasobanurira abandi umuryango wabo.
6. Ubusobanuro bumaze gutangwa mubaze niba hari abatishimiye itsinda ryabo ahubwo bumva bahindura umuryango niba bahari, mubemerere bajye muwundi muryango cyangwa bakore undi mushya. Igihe amatsinda yishimiye imiryango yabo intambwe ikurikiraho y'umukoro iratangira.

Imishyikirano: (ikibazo kivutse mu itsinda ry'umuryango)

1. Muhe imiryango ikibazo rusange cyo gukemura, mubasabe gukurikiza inzira ziyobora mu mbaraga zihindura mu buryo bwose bushoboka.

Urugero: amazi yonyine ahari ni umugezi urambukiranya mu miryango yose. Bagomba gutegura imikoreshereze n'uburenganzira birebana n'uwo mugezi no gutegura ikarita yerekana imikoreshereze yayo mazi aho kuvomera no gusobanura muri make imicungire yayo mazi.

2. Buri muryango uganire ukwabo uburyo ushaka gukemura ibibazo kandi batore umuyobozi urajya kwerekana ibitekerezo byabo mu buyobozi bw'indi miryango.
3. Abayobozi batowe muri buri muryango, barahura kugirango bumvikane banatunganya ibibazo binyuranye aho umuntu wese ashobora kubabona, abaturage b'imiryango yose n'ababakurikiranira hafi. Umuturage wese wo mu muryango wese ashobora gutabara iyo abahuguzi babyemeye.

Ibibazo bibazwa ku mukoro :

Mubaze icyo abayobozi batekereza ku gisubizo cyabo. Muhe umwanya abaturage b'imiryango yose bavuye icyo babitekerezaho. Inzira ziyobora mu mbaraga zihindura zagaragaye kandi habayeho kwita ku mbaraga zihindura ngo zikore akazi kazo? Niba atariko byabaye, ni ryari kandi mu buhe buryo izo mbaraga zabo zakoze? Ni ryari mwashoboye kubona ko igisubizo kitari ihohotera cyakoze cyangwa kitakoze?

Icyitonderwa: Ubusobanuro bwohererejwe umuhuguzi n'umugororwa bwerekeye uyu mukoro bwavuzwe butya buti: "Kubaka umuryango mushya byabaye igice cy'ingirakamaro cy'amahugurwa ya PAV kuko buri wese yagize amahirwe yo gushyiraho no kuyobora ibyiza n'imiterere y'inzego z'umuryango yifuje kubamo. Hanyuma, amaze guhitamo no gukora umuryango dutekereza kubamo nko mu nzozi, twasobanukiye ko duhuje ibibazo n'undi muryango wose uriho muri iki gihe.

IHURIRO

Intego: guteza imbere imyitwarire iganisha ku mishyikirano, ubufatanye no kubaka ihuriro rigamije intego rusange mu bantu cyangwa amatsinda asanzwe ahanganye.

Igihe: isaha imwe kugeza ku isaha n'igice

Imikino: abahugurwa ni abanyamuryango ba kamwe mu dutsiko dutatu: abagaba b'ingabo, abami babasipanyoro, abagendera ku mafarashi b'abirabura, n'abatuye uduce tw'iroma (abataliyani n'abanyaholandi). Buri gatsiko gafite Perezida wabo bwite, n'umugaba w'ingabo. Abagize udutsiko batuye mu turere dutatu: abagaba b'ingabo z'abasipanyoro batuye mu burasirazuba Harlem, abagendera ku mafarashi b'abirabura batuye hagati muri Harlem, n'abo mu duce tw'iroma bari mu majyaruguru y'uburasirazuba bwa Harlem. Habayeho gusubirana k'udutsiko kenshi kubwo kuvogera ubutaka bw'agatsiko, bikorwa n'abagize akandi gatsiko. Havutse ibibazo byo kwibona no kwishyira hejuru, nibyo kufata ibyemezo bishoboka kubwo kurengera ubutaka bw'agatsiko. Abayobozi b'udutsiko ntibemere inama zitangwa kubirebana n'icyo kibazo.

Udutsiko tuba mu mihanda, bakunda amasiporo ariko nta mwanya ukwiye bafite kugira ngo bayakore batavogereye ubutaka bw'utundi dutsiko.

Imfashanyo y'ibihugu byishyize hamwe by'iburayi yaratanzwe kugirango hubakwe kandi hacungwe neza ikigo ngororamuco cy'imikino y'urubyiruko rwo muri Harlem yo hagati. Hazaba ibice by'imikino ya Basket ball, Volley ball na tennis, hazaba na none kubakwa amazu y'amakinamico n'ahantu ho kogera. Mbere ya byose ibyihutirwa, urubyiruko rugomba gushyiraho umuryango uhagarariye amoko yose n'utundi dutsiko, no gutora abahagarariye abayobozi kugira ngo hashyirweho gahunda y'icyo bifuzwa kandi ku buryo, ibyo bikorwa bizakoreshwa ku nyungu y'udutsiko twose. Umuyobozi w'ikigo cy'imirimo yatekereje ko niba udutsiko twifuzwa ikigo kimeze gityo hagomba gushyirwaho umuryango, nk'uwo kandi bagakora raporo. Hanyuma bizabafasha gusaba imfashanyo mu bihugu byiyunze by'I Burayi, utwo dutsiko dutatu twifuzwa kugira ikigo kimeze gityo, ariko ntibashaka gutakaza ubutaka bwabo.

Bamwe mu bagize uduce tw'I Roma basanga byaba byiza ikigo kibaye icyabo kuruta ko bagihuriraho n'abagendera ku mafarashi b'abirabura. Abandi muri bo basanga byaba byiza kutagira icyo kigo kuruta ko bagihuriraho n'abagaba b'ingabo b'Abasipanyoro cyangwa abanyaroma .

Uko bikorwa:

1. Mugabanye itsinda moudutsiko dutatu, hanyuma ubasomere umukino.
2. Buri gatsiko gaterana ukwako, kandi bagategura uko bashobora guhura n’utundi dutsiko kugira ngo bakore umuryango. Bagomba : a) gukuraho amateguko arebana n’ivogera ry’ubutaka ;
b) kwemeza abandi kwinjira mu muryango, no
c) gutegura uburyo bwo gutora abayobozi bo kuyobora umuryongo. Buri gatsiko kemeza uko bizakorwa.
3. Igihe agatsiko kamwe gafashe icyemezo cy’intambwe ya mbere, abimenyesha umuhuguzi urabibwira abantu bose. Niba ari igitekerezo kireba kamwe mu tundi dutsiko, umuntu umwe wo mu gatsiko ka mbere atanga icyo gitekerezo cyangwa akacyohereza mu nyandiko anyuze ku muhuguzi uzagisoma n’ijwi ryumvikana kugirango umuntu wese yumve. Igisubizo cy’iryo tangazo gihabwa umuhuguzi zagitangaza hanyuma akabikorera mu gatsiko umuntu watanze igisubizo akazamura ijwi cyangwa mu nyandiko ayinyujije ku muhuguzi. Ubwo buryo burakomeza kandi bushobora kugeza ku mubonano wo gushaka umwumvikano ku mategeko y’ikoreshwa ry’ikigo.
4. Muhagarike umukoro igice cy’isaha mbere yuko igihe kigenwe kirangira kandi mukoreshe igihe gisigaye mu gutanga ibitekerezo ku myifatirey’ibice byose. Dore ingingo zimwe na zimwe bavugamo :
 - a) Niki cyafashije agatsiko kugera ku bwumvikane ? inkomyi ? zihe ?
 - b) Ni gute udutsiko twifashemu kutumvikana kwa bamwe bo mu batugize ?
 - c) Ni gute udutsiko twakuyeho ukutizerana n’ukudafatanya n’utundi dutsiko ?
 - d) Ni ubuhe bushobozi bwarangaga buri muyobozi w’agatsiko? Ubushobozi bwavaga hejuru bugana hasi cyangwa bakoreshaga ukwemeranya? Ubushobozi bwahindutse mu gihe cy’umukoro? Ni gute cyangwa kuki? Hagaragaye ku mpamvu iyo ariyo yose kutihanganira umuti watangwa n’uwo ari we wese mu gatsiko? Byatewe n’iki? Ni gute bashoboye kubona umuti w’izo mbaraga?

INZIGA ZIREBANA

(Kwihesha icyubahiro)

Intego: Gusangira no kwigira ku bandi, no gutangira gushimangira ubufatanye mu itsinda. Mu gukurikiranya vuba vuba udukuru twa buri muntu ku bintu byinshi bitandukanye. Itsinda rirarushaho kumenyana neza, no kwiinjiza mu mwanya w'ubwizerane. Baraboneraho n'akanya ko kuvuga ibyo biyiziho mu kanya gato cyane aho barigaragaza nk'abantu b'ingirakamaro imbere ya bagenzi babo, mu bushobozi bwo kuburizamo ibyangiza, no gushaka "ubumuntu" muri bagenzi babo.

Igihe: igihe giterwa n'umubare w'abari mu mahugurwa. Ku bantu 20 muzakoresha iminota itanu nimuha iminota 2 kuri buri nkuru, igihe gikwiriye ku bantu 20 kizaba iminota 20 kugira ngo bavuge nk'iminota 5, kugira ngo bahinduranye imyanya bimuka. Mwongere iminota itanu ya buri bantu 4 biyongera.

Uko bikorwa:

1. Shyira abantu mu matsinda ya babiri babiri ukore inziga ebyiri z'intebe imwe iri imbere y'indi zirebana, ku buryo umuntu araba yicaye imbere ya mugenzi we. (uyu mukino ushobora no gukorerwa mu mirongo ibiri iteganye. Umuntu ahera ku murongo akagaruka ku ntangiriro yawo, buri gihe, uvuga arangije kuvuga).

2. Sobanura uburyo bukoreshwa:

“ ubwa mbere ndabanza gusaba umuntu uri mu ruziga rw'imbere kubanza kuvuga kubyo ndaba namubwiye, mu gihe cy'iminota ibiri. Umuntu uri muruziga rw'inyuma aratega amatwi kuburyo ar'umva neza ni ukuvuga ko arareba mugenzi we mu maso kandi arabaza ikibazo cyangwa avuge ari uko ashaka ko mugenzi we yinjira cyane mubushakshatsi bw'ibyo yiyumvamo no kugirango amufashe gusobanura neza ibyo avuga. Uwumva araza gutanga ubusobanuro bwe ariko yirinde guca mu ijamba cyangwa kuyobya ibitekerezo by'uri kumubarira inkuru, amusenya, amugira inama, cyangwa amubwira ibye byamubayeho”.

“ nimpagarika ikiganiro abicaye k'uruziga rw'inyuma barimukira kuyindi ntebe umuntu yerekeza iburyo bwe. Kuko araba amaze gutega amatwi niwe urabwira mugenzi we ibye ku nkuru araba ihwanye niyo amaze kubwirwa. Uwo mu ruziga rw'imbere niwe uratega amatwi kuburyo arumva ibyo bamubwira byose.

3. Igihe baraba bamaze kuganira ku gitekerezo cya mbere abari ku ruziga rw'imbere n'abari ku ruziga rw'inyuma, mwimure abantu bari kuruziga rw'inyuma nanone berekeze iburyo mwongere muganire kugitekerezo gishya barabaha. Mukomeze mugende mutanga ibitekerezo bishya, mwimura n'abantu kugeza igihe ibyo mwateganiye kuganira birangira.

Ibitekerezo bishobora kuganirwaho: (Kwihesha icyubahiro)

1. Umuntu nubaha cyane n'impamvu mwubaha
2. Uburyo ngaragarizamo abandi icyubahiro cyanyje.
3. Igihe nashoboye gukora ikintu kiza nubwo nari mfite ubwoba.
4. Uburyo niyitaho n'ukuntu nikorera ibyiza iyo mbikeneye.
5. Ikintu nize mu buzima bwanjye kandi kimfiteye akamaro.
6. Ikintu kiza nashoboye gukora kinshimiisha.
7. Ikintu kiza nifuzaga gukora muri uyu mwaka kizanshimisha.
8. Integi mfite nicyo nzakora kugira ngo nyigereho.

Tanga ibitekerezo bihagije bingana na kimwe cya kane cy'itsinda.

Guhindura: bamwe batekereza ko byagombye kurushaho gufasha muri uyu mukoro, abantu babanje kuvuga ku gitekerezo barangije kuganiraho, mbere yuko bajya mu kindi. Mbere yuko bajya ku kindi

Icyitonderwa ku bahugura: uyu mukoro ushobora gukoreshwa ku rwego ruhanitse kugirango ufashe abagize itsinda gucukumbura ibyo banyuzemo, ibyo biyumvamo, uburyo bwabo bwo gukora n'ubuzima bwa buri muni kugira ngo barusheho gushimangira ibyubaka by'ukuri. Ibitekerezo byatanze haruguru byateguriwe kwihesha icyubahiro kigukwiriye. Urundi rutonde rw'ibibazo rurebana n'uburakari, ubwoba n'ibindi twibazaho bizagaragazwa mu bice byihariye by'amahugurwa yisumbuye, ari byo twibazaho bizanongorwa mu buryo butomoye.

UMUKORO WO KUBAKA MUBUFATANYE

Intego : Ni ukwimenyereza gutegura no gushyitsa imbaraga z’ubufatanye no kwiga gushima no guteza ubushobozi bwo gusabana, haba mu magambo no mubundi buryo butari amagambo kugirango dukorere hamwe duhuriye ku mugambi umwe.

Igihe : Hagati y’iminota 40 n’isaha

Ibikenerwa :

1. Ibikoresho by’umukino « Tinkertoy » kuri buri tsinda ry’abantu kuva kuri 4 kugera kuri 7. (ubusanzwe hari imikino itatu mu istinda ry’abantu 20)
2. Sobanura intego y’umukoro: “uyu mukoro ugamije kudushoboza kubaka ubufatanye, nk’uburyo bwo kugena, gutegura kugera ku ntego twiyemeje no gudufasha gutera imbere ubushobozi bwo gusabana, igikorwa cya ngombwa kugirango dutunganye umushinga wacu. Hatabayeho gushyikirana, biragaragar ko nta kintu cyakorwa, ariko kandi hariho uburyo bwinshi bwo gushyikirana. Uburyo bukwiye n’amagambo ariko hariho n’ubundi dukoreshe”.
3. Sobanura uburyo bwo kubikora: “uyu ni umushinga rusange wo kubaka ibikoresho rusange ni ibikoresho byo kubaka buri tsinda ribona iminota itanu yo kuganira ku mushinga mwemeza icyo murubaka noneho mugategura uburyo murahuza ibikorwa by’ubwubatsi. Muri uwo mwanya, murategura, kandi muganire uko mushaka, ariko ntabwo murafungura agapaki k’umukino”. “Tinkertoy” mushobora kureba ingero zatanze, cyangwa kubaka ikindi kintu cyose mwihitiyemo iminota itanu nirangira ndababwira nti “nimutangire”. Murafungura udusanduku mutangire mwubake ariko kuva ako kanya ntimurongera kuvuga, murashyikirana mukoresheje uburyo butari amagambo: “uburyo bw’ibimenyetso” (mubaze niba nta bibazo bafite).
4. Tanga ikimenyetso cyo gutangira, iminota itanu nirangira ubabwire uti « ntimwongere kuvuga mutangire kubaka ».
5. Tanga umwanya uhagije kugirango itsinda ribone umwanya wo kurangiza niba itsinda ritihuta kandi igihe kiri gushira ushobora guhagarika umukoro waryo umuntu umwe nibura mu itsinda yagombye guhagarira umukino akareba niba kutavugaga byubahirizwa.

6. Igihe amatsinda yose araba arangije utangize ikiganiro rusange ushobora gukoresha ibibazo bikurikira :

- Wiyumvaga ute igihe wakoraga umukoro ?
- Ese hari umuntu mu itsinda ryanyu wagize icyo akora ?
- Niba ibyo bitabaye byatewe ni iki?
- Ese hari uwahagarariye abandi mur iryo tsinda? Kuba yari ahari byabangamiye bite abari mu itsinda?
- Haba hari uwagize ubwoba? Kuki?
- Haba hari urugero rwiza rwabonetsemo rwo gukorera hamwe?
- Mwashoboye gukurikiza umuteguro wanyu? Niba bitashobotse kuki bitashobotse?
- Ese hari icyo uyu mukoro ubigishije? Ni ikihe?

Icyitonderwa ku bahugura: mwibuke ko uyu mukoro utanga akanya ko gushyira mu bikorwa ibisabwa mu mukoro w'imenya-mutwe. Ni ibiki bisabwa? Mwabigeraho mute?

CYAMUNARA (Y'URUMIYA)

Intego : kugirango tubyutse ibibazo byo kumenyekanisha kubirebana nuko tugengwa nirushanwa? bitubuza rimwe na rimwe kugera ku ntego zacu? Cyangwa ku kuntu bidufasha kugera kucyo twiyifuriza ubwacu.

Igihe : hafi iminota 20

Ibikoresho : kuri buri tsinda rya batatu batatu, ibikoresho byo kwandikisha, intebe cyangwa ameza kugirango umuntu yandike neza.

Uko bikorwa :

- Kugabanya abahugurwamo amatsinda ya batatu, umwe mu bahugurwa azaba ateza cyamunara abandi babiri bazaba (abaguzi) abarushanwa. Tanga ibikoresho bya ngombwa bandikire uteza cyamunara muri buri tsinda kandi shinga aho bikorerwa kugirango bashobore kurushanwa no kwandika.
- Tanga amabwiriza « abarushanwa babiri muri buri tsinda bagomba kurushanwa kuri buri rumiya kugeza aho umwe atsindira. Uteza cyamunara agomba kuyobora cyamunara kandi akandika ku rupapuro uwatsinze muri cyamunara nicyo yatanze kugirango agihabwe. Ibwirizwa rimwe gusa rindi utanga ni ugushyiraho ibiciro ntarengwa » (subiramo ibwirizwa rya nyuma uburyo bwumvikana).
- Niba amatsinda yose yarangije umurimo yayo baza uko byagenze muri buri tsinda hanyuma muganire kubyo mwabonyemo.

Ingingo zo kwitabwaho mu gihe cy'ikiganiro : uburyo bwiza bwo gushyiraho ibiciro ntarengwa bwagombaga kumvikanwaho, umwe arushanwa kuri cyamunara undi ye kumusumbya. Ibyo bisaba ubufatanye n'abantu bake babona iki kintu mu itangiriro, ariko kenshi amatsinda agenda arushaho gufatanya mu gihe cy'umukoro. (niba ari uko byagenze, bishimangire). Ariko rero ubusanzwe hari itsinda ritanga ibiruta agaciro ka cyamunara y'urumiya nk'amagana menshi y'amadorari (bitakaza ibyari inyungu) ni iki cyababujije kubona ko ubufatanye bwari bwabafashije bihurira he n'imyifatire nyayo mu mibereho yacu ? ni byiza ko ikipe ishobora kubyumvikanisha ingero zifatika aho kugengwa n'irushanwa ryatumye umuntu atsinda ?.

UMUKINO W'INZOVU

Intego : gufasha abahugurwa gusesengura uko abantu bashobora gukorera hamwe, uko ibemezo mu itinda byafatwa, uko umuyobozi w'itsinda atorwa, ni ukuntu uturimo tworoshye turangizwa. Uyu mukoro unashyira ahagaragara ibikorwa by'ibanze by'ubworoherane ukanakangura umwuka w'ubufatanye mu itsinda. Uyu mukoro witwa umukino w'inzovu kuko abawukina baba bafatana mu ntoki kugirango bazenguruke urusobe rw'umuhanda bameze nk'inzovu zizenguruka mu nzu y'imikino zifatishishije izindi imigobora yazo ku mirizo.

Igihe umukoro umara : Hagati y'isaha n'igice kandi hagomba guteganywa iminota 30 yo gukora isuzuma.

Ibikenerwa :

1. Hagomba kubaho nibura abahugura babiri. Barabanza bagasobanurira itsinda intego y'umukino, banasobanura ibice bibigize. Itsinda rizenguruka kabiri urusobe rw'imihanda. Ubwa mbere urugendo rukorwa mu gihe gito kugirango haboneke agahe ko kumenya neza uko umuhanda uteye, ibyapa biwuriho. Bagira akanya ko kugirana inama hagati y'urugendo rwa mbere n'urwa kabiri bikaba ngombwa gukosora cyangwa kunonosora ibyapa byo kumuhanda. Urugendo rwa kabiri ruraba rurerure cyane, rufite inzitizi nyinshi kandi rugoranye. Bazahura n'inzitizi batari biteguye. Mbere yo gutangira mubanze mubaze abagize itsinda niba biteguye gutangira gukina uwo mukino.
2. Menyesha abahugurwa ko
 - a. (baraza guhabwa iminota icumi cyangwa 12 niba barenze cumi na batanu) yo kwiga ukuntu barambukiranya urusobe rw'imihanda.
 - b. Igihe baraba bari murusobe umuntu umwe « amaso » ntashobora gukora ku bindi bice by'umubiri (abagize itsinda) cyangwa gukoresha ubundi buryo ubwo ari bwo bwose kugirango agire icyo abamenyesha. « amaso » aramenya uko urusobe rw'imihanda ruteye. Ibindi bice by'umubiri (abandi bagize itsinda) byo bishobora gukabakaba cyangwa kuvuga ariko bahumirije (amaso araba imbere n'inyuma y'umurongo).

3. Hagarika urugendo kugirango usubize ibibazo.
4. Ha itsinda iminota 10 yo gutegura. Umwe mu bahugura ashobora gukurikirana imirimo y'itsinda akajya abamenyesha igihe gisigaye. Agomba kumenya ukuntu « amaso » yatoranyijwe uko hemejwe urajya imbere y'umurongo nurajya inyuma, ibyakurikjwe kugirango batore umuyobozi w'itsinda uko ibyapa by'umuhanda byateguwe, uko itsinda ryasobanukiwe n'ikiraza gukorwa, urugero n'ubushobozi by'abagize itsinda, uruhare rwo kwiitabira uyu mukoro ku bagabo no kubagore, uko bashoboye kumvikana,...
5. Undi muntu mu bagize ikipe ihugura arajya mu cyumba kinini ategure urusobe rw'imihanda akoresheje ameza intebe n'ibisanduku...urusobe rwa mbere ruraba ari rugufi, haraba harimo inzitizi nk'eshatu cyangwa enye gusa, kandi ruraba rukoze kuburyo abakina bashobora kunyura muni y'ameza, kuzenguruka intebe zimwe na zimwe no kunyura hejuru y'ameza. Harasabwa nibura iminota kuva 10 kugeza 15 kugirango bambukanye urusobe rw'imihanda rwa mbere.
6. Nyuma y'iminota icumi yo kwitegura, abahugura barereka « amaso » urwo rusobe. Uburyo bwiza bwo kubikora ni ukuruzengurukanamo nawe.
7. Abahugura « n'amaso » barasubira uruhande rw'itsinda. Basbe abari mu itsinda kujya kumurongo bahumirize niba aribyo bemeye gukora. Bibutse ko umukino urakorwa neza nibakomeza guhumiriza, kandi ko abagize itsinda ryose bagomba kwambukanya urwo rusobe.
8. Itsinda ryose rigomba kwambukanya urusobe rwa mbere, bitabaye bityo hari abacika intege niba itsinda ritateguye neza uburyo bwo kwambukanya urwo rusobe, mu gihe bibananiye, bihindutse akajagari basabe basubire mu kindi cyumba bajye gukosora ibyapa, batoranye andi « maso » cyangwa bashake ubundi buryo bwo gukurikiranya abantu k'umurongo. Musubire mu ntambwe ya gatanu.
9. Abahugurwa nibamara kwambukiranya urusobe rwa mbere ubahe iminota itanu yo gutunyanya ibyapa byabo. Buri muntu wese ashobora kuvuga kandi akareba muri uwo mwanya. Ighe uhugura umwe aba ari gutegura urusobe rwa kabiri undi ashobora kuba ari gukurikirana ibiri gukorwa mu itsinda, uburyo bari kujya inama, urusobe rw akabiri ruzaba rufite inzitizi esheshatu cyangwa zirindwi.
10. Nyuma y'iminota itanu ni ukwerekana urusobe rwa kabiri, ukarwerekana « amaso gusa ». ibutsa abagize itsinda barahura n'inzitizi zirenze izo bahuye nazo mu rusobe rwa mbere ziri n'ahantu batari bamereye.

11. Itsinda rirakora nkibyo ryakoze murusobe rwa mbere. Ariko abahugura barabihutisha ubwa mbere buhoro, nyuma babatote cyane. Impamvu z’urwo rutoto ni ukugirango uwo mukoro ubarushye bongere uburakari, babe batunguwe n’amabwiriza mashya. Abahugura barushaho gukomeza umukoro, ariko birinda gutuma udakoreka (udashoboka). Nta kurenza iminota 15 utararangiza bitabaye bityo abahugurwa batangira kurambirwa. Ubwa mbere ushobora gutota umuntu umwe mu gutwi ngo : « ushobora kunkurikira ? ibyo nabyo biremewe mu mukino », ubundi ushobora kubananiza uyobya igice kimwe cy’itsinda cyangwa ugira abo wongorera mu matwi cyangwa ubakirigita buhoro, ushobora nyuma yaho kubananiza uca umurongo mo kabiri, ubanyura hagati ugatwara igice kimwe cy’umurongo cyangwa amaso, cyangwa ukarushaho kugira abo ukirigita cyane (ariko ni ukubytondera kuko hari ubwo gukirigita umuntu cyane kwamutera kurakara, abahugura bagomba kubikorana ubushishozi). Mu minota ya nyuma ni ukubaha amahoro kugirango umukino ushobore kurangira. Abahugura bagomba kwitonda kugirango batagira uwo bakometsa cyangwa bo ubwabo bagakomereka. Ni ukwitegura ko abantu bashobora kurakara igihe uri kubakirigita kuburyo havuka impaka. Mugire amakenga igihe muri kubakirigita no kubatota nimuteze amakimbirane.
12. Igihe abahugurwa baraba bamaze kwambukirannya urusobe, baraba bakeneye iminota kuva kuri itanu kugera kuri irindwi yo kuvuga ku byo bavuyemo, mwifatanye nabo. Ako kanya nta gahunda ihamye kagomba kugira. Abahugura bashobora kubaza uko byagenze, bakareka abantu bakavuga ibyo bashaka, bakanatembera.
13. Nyuma y’ako kanya, abahugura barafasha itsinda gusuzuma ibintu bitatu :
- a) Ni ayahe mabwiriza yakurikijwe mu itsinda mu gufata ibyemezo mbere yo gutangira kwambukanya urusobe?
 - b) Itsinda ryakoranye rite mu kwambukanya urusobe?
 - c) Mwifashishije iki kugira ngo mukorere mu bworoherane?
- A. Kugira ngo ashobore gusuzuma umwanya wo kwitegura mbere yo kwambukanya urusobe, uhugura agomba kubaza ibibazo ku bufatanye bwabaye mu itsinda, ku gutoranya umuyobozi, uko itsinda ryasobanukiwe n’umukoro,...(murebe ingingo ya 4 ku bindi yaheraho abaza ibibazo).
- B. Kugira ngo ushobore gusuzuma uko itsinda ryakoze riri imbere mu rusobe, ushobora kubaza nk’ibibazo bikurikira: “wiyumvaga ute mu ruhare rwawe rwo kuba umwe mubari “amaso”, uw’imbere n’uw’inyuma biyumvaga bate? Ese washoboye gukora? Ni hehe mwakuye inkunga? Ni ubuhe buryo bw’itumanaho mwiyeje gukoresha? Ese bwakoze?

Ese mwari muzi icyo mugomba gukora kugirango umurimo wanyu ugende neza? Ni gute itsinda ryitaye ku bintu byaribayeho biritunguye? Ni ibihe bibazo uyu mukoro ubyukije ku bintu birebana n’ubuyobozi? birebana n’ubufatanye, wirinze ute igihe wahuraga ni ibyakunanizaga?”

- C. Kugirango ushyireho ibintu by’ibanze by’ubworoherane, kugirango nabyo mubitekerezeho, baza abagize itsinda gukoresha ibyo bigishijwe nuwo mukino, babihuza nibyo bahura mu buzima bw’iminsi yose. Ibibazo bimwe bishobora kuba ibi bikurikira: kuki ari ngombwa ko abagize itsinda bafatira ibyemezo byose hamwe? Bagomba kuba bazi ibintu byose biri gutegurwa mu itsinda ryabo? Kuki ari byiza kugira ubuyobozi butihariwe n’umuntu umwe? Kuki ari ngombwa gutegura amatsinda meza ashyigikirana mu bikorwa by’ubworoherane? Kandi byagerwaho gute? Ni uruhe ruhare rw’ivangura bitsina mu bikorwa by’ubworoherane? Ni nde watotejwe kurusha abandi? Umubiri wawe wawukoresheje ute? Ubwo wamaganaga uwo wari ugutoteje ni iki cyahagaritse itotezwa? Ese ibyo bihurira he nibyo wowe wakoresha mu itotezwa nyaryo? Kwihagarika uyu mukoro uratwigisha iki kubihareranya n’icyifuzo cyo guteganya neza no kwitegura?

Abahugura bagomba gushishikariza abagize itsinda guhuza ibyo umukoro ubigishije nibyo bahura nabyo mu buzima bwa buri muni. Birinde kwigisha iby’ubworoherane, ahubwo babafasha kwigira hamwe ibirebana n’ubuyobozi, amatsinda yo guterana inkunga, uburyo bwo gusabana, ingamba n’ibindi.

Amabwiriza adasanzwe:

Uyu mukoro ushobora gutuma abagize itsinda binubira abari kubahugura, ntugomba gukoreshwa rero mu ntangiriro y’amahugurwa. Igihe muwukoresheje muhe abagize itsinda akanya bavuge ku bugome abahugura bawugaragajemo ukwemerana mu itsinda bifasha kugarura icyizere. Abahugura bagomba kumenya ko ari umukoro uruhanyije bakamenyesha neza itsinda rihugurwa ibigomba gukorwa.

GUSUNIKANA

Intego: gukoresha umubiri ibyerekeye intamabara n'imbaraga nuko babyihatamo. Umukoro werekana ko imyigaragambyo wowe ukoresheje imbaraga utera imyifato ako kanya iganisha kugushyiraho impagararo shya y'ubushobozi kandi ko imiterere y'impagarara ishobora guhindurwa hahinduwe imiterere y'imyifato (umwifato).

Igihe: iminota 10-15

Uko bikorwa:

1. Umuhuguzi asaba umuntu ubishaka kuza gukora ihame rigenga ayandi.
2. Umuhuguzi ni umunyabushake bahagarara hagati mu ruziga rw'abahugurwa, umuhuguzi asaba umunyabushake kuzamura ikiganza abyerekeje hagati aho amureba, umuhuguzi ashyiraho ibiganza bye birebana n'iby'umunyabushake kandi asunika. Ako kanya umunyabushake azasunika kugira ngo yiramire.
3. Umuhuguzi yitondera iyo myifatire abaza umunyabushake: "ni iki wakoze wowe igihe nasunikaga ibiganza byawe?" igisubizo cy'icyo gikorwa kizaba: "nanjye nagusunitse". Umuhuguzi na none ashobora kumubaza niba hari ikindi kintu yashoboraga gukora. Igisubizo cy'iki kibazo ntakabura kizaba yee cyangwa gisa gityo.
4. Umuhuguzi akora umukoro abwira umunyabushake "ubusunika ibiganza byanjye" bahuza ibiganza n'umunyabushake agahina inkokora kugirango agire imbaraga zo kuramuna. Mu gihe asunika umuhuguzi nyiyishyigikira aribyo bitera umunyabushake adashobora kwiramira akanyerera akagwa (guhira) yerekeye umuhuguzi, nawe akamufata mu maboko kandi akamufasha kwiramira.
5. Abahugura babiri bashobora gukora umukoro wa batatu mu kuwukora bagasunikana bombi bagana mu cyerekezo kimwe ako kanya baba biteguye gukoresha ibiro byabo mu gukorera hamwe. Mukore mu nshamake mugaragaza ko kuramukanya ari umwifato w'uruhererekane ku isunika kandi ko ibyo bihindura imiterere y'imibanire hagati y'abantu babiri. Musuzume mu buryo buhinnye ibindi bisubizo bihinduka mu gihe nk'iki niba itsinda ribishaka, ariko ntumujye kure y'intego "umukoro ubwawo n'amagambo igihumbi"

Icyitonderwa ku bahugurwa: niba ikipe ibihisemo intanbwe 2 na 3 zishobora gukorwa n'itsinda hakoze imirongo ibiri irebana. Bwira umurongo umwe gusunika nta gutanga amabwiriza k'umurongo wa kabiri kurikizaho ibisigaye m'umukoro.

IMIRONGO IHANGANYE

Intego: imirongo ihanganye itanga uburyo bwo kubona ibisubizo byinshi ku kibazo kimwe no gusuzuma muri byo ibyiza bishimishije n'ibigawa. Ni migufi kandi ishobora kuba itandukanye, irashimishije kandi niyo mbaraga idufasha gusuzuma imvugo y'umubiri n'imbaraga zayo yerekana ubutyo bwiza bwo gukora ikinamico, ituma abantu biyumvamo kubohoka kugirango bakorere mu matsinda, cyane cyane igihe abandi bakora nk'ibyabo. Ishoboza na none kugira akamenyero ko gutekereza vuba igihe "atunguwe" no kudatinyishwa n'ubutsikamire.

Igihe: kirahinduka : teganya hafi iminota icumi kuri buri mukino (iminota 2 cyangwa 3 yo gukina umukino, iminota 2 cyangwa 3 yo guhindura umukino n' 4 cyangwa 6 yo kuwutunganya).

Uko bikorwa:

1. Sobanura impamvu mukoresha imirongo ihanganye (reba intego)
2. Kora amatsinda ubara babiri maze ukore imirongo ibiri aba rimntu barebana ba rimwe bajye k'umurongo rimwe aba kabiri bajye k'umurongo kabiri. Sobanura ko buri murongo uhabwa ijamba ryo gukina. Shyiraho neza uko mutangira ikinamico n'uko murarangiza. Sobanura icyo mu nshamake bisobanura (icyo gihe abantu baguma uko bameze nkaho bacishije make igihe ijamba ry'inshamake kandi ko kiraba gusa icyo guhagarika umukoro) (ni mvuga "cy'inshamake" murahagarara kandi mukomeze kuba uko muri aho muri, nimvuga "hagarara" murahagarika umukoro).
3. Sobanura umukino inshuro ebyiri (reba imikino k'urupapuro rukurikira) noneho subiza ibibazo ariko ntushyire ahagaragara uko bivuga bareke nk'aho bari mu buzima bw'aka kanya).
4. Vuga "tangira" kurikirana igikorwa kandi ugenzure neza uko imyifatire yabo ishatse kuvuga kandi witondere akaga gashoboka (uburakari bw'amayeri) buhinduka ingutu n'ibindi.
5. Hagarika umukino igihe akaga gakomeye, igihe ikibazo kivutse cyangwa igihe igikorwa kigenda buhoro. Kandi igihe bakina umukino, umwe cyangwa abantu barebana, bakoresha imvugo y'umubiri zikomereza zishobora kugira akamaro ku gukora ikintu, uvuge "cy'inshamake" kandi ukomeze gukoresha uburyo abo bantu babiri bahagaze kugira ngo usuzume isano iri hagati y'imvugo y'umubiri n'imiterere y'umukino wabiteye. Niba imiterere iboneka igaragaza akaga, hagarika igikorwa maze ubaze ababikora.

6. Niba igipimo cy'imbaraga (ryaboneka) bibihamya, ongera ukine umukino uhinduranya ijambo ry'umurongo n'undi kugira ngo abantu bo mu murongo rimwe bakine ijambo, n'abantu bo mu murongo wa kabiri bakine bibe bityo uruhindukirane.
7. Nyuma yo gukina buri mukino, suzuma umukoro. Tangira wemera ibitekerezo byihuse ku marangamutima ijambo rimwe cyangwa ya buri muntu ushaka kuvuga "ari ufite amarangamutima yo kuvaho kubirebana n'ibimaze gukorwaho?" hanyuma baza ibibazo bituma batekereza ibyo bigomba gukorwa vuba ntugerazeza gukamura buri murongo kugirango ubone igisubizo ku kibazo cyose cyabajijwe dore ibibazo bimwe bishobora kubazwa:

- Mwumvise mumeze mute muri uyu mukino?
- Ni iki mwiyumvise mo?
- Hari ufite (igisubizo) umuti wihariye mwiza, udasanze twasangira?
- Ni nde watsinze, kuki? Ni nde watsinzwe? Kuki?
- Ni iki cyabafashije niba byabaye?
- Ni uwuhe mugambi w'imirimo mwakoresheje?

Icyitonderwa ku bahugura:

Uburyo bw'ijambo "cy'inshamake" gifite akamaro icya mbere ku bwo gucunga imvugo y'umubiri igihe gihagije kugirango umuntu wese ashobore kuyihana no kuyivugaho. Bashobora na none kuyikoresha kubwo guhagarika kuzamuka kw'imiterere y'abantu gushobora guhinduka akaga. Niba ushaka gukoresha ijambo "cy'inshamake" rifite umugambi wo kugaragaza umugambi w'umubiri, si ngombwa ko umuntu aba yabanje gucisha make, gusa aho indimi z'imibiri yabo zirabereka, n'igihe cya ngombwa cyo kubibereka. Niba ubu buryo bufite umugambi wo gutangurana iryo zamuka ry'imiterere y'akaga garura vuba ababikora bisubireho mbere yo gukomeza.

UMUKINO

1. Mu by'ukuri ukunda imbwa yawe, ariko yafashe akamenyero kabi ko kujya mu busitani bwa mugenzi wawe igakorera ibyangiza (ibya amahane) uyu nawe yafashe icyemezo cyo kuyiha isomo no kuyikubita inkoni. Ubonye ibikorwa kandi ukabyumva ko ugomba kumvisha mugenzi wawe guhagarika mugenzi wawe kureka kugukubitira imbwa muburyo butamuhohotera. Ahari mu murongo wa mbere hakubite imbwa, naho mu murongo wa kabiri bagerageze kubahagarika.
2. Umusifuzi w'umukino hagati ku kibuga cya gereza yatangiye umukino akekeranya, mwe nk'abagize ikipe, ntimuvuga rumwe nawe. Bigenda bite? Umurongo 1 ni abakinnyi naho umurongo 2 ni umusifuzi.
3. Ukora mu gikoni cya gereza hamwe n'undi mugororwa mwembi mukora umurimo wo koza ibikoresho mwahawe n'umuyobozi. K'ubw' impanuka, mugenzi wawe amanika igikoresho kirahanuka cyikubita hasi kirameneka. Ahita yihungira umuyobozi aza akugana uhagaze iruhande rw'igikoresho cyamenetse ararakara atangira kugukankamira kubere icyo mpamvu. Ugomba kugerageza kwirwanaho mujya impaka. Abo mu murongo 1 babe umuyobozi, abo mu murongo kabiri bahagaze iruhande rw'igikoresho kimenetse.
4. Urareba amakuru yawe agushimishije kuri televiziyo. Undi mugororwa araza atabivuze ahindura shene ya televiziyo ushobora kugerageza kuyimusubishaho ntaguhohotera. Abantu bo kumurongo rimwe ni abareba televiziyo mu murongo kabiri ni abashaka gushaka shene.
5. Igisitaza gikomeye giteka mu muryango aho ugomba kunyura cyanze kuhava ngo utambuke gishaka ku kurwanya kugirango utahanyura ugomba kucyumvisha ko kigomba kukureka ugatambuka udahohoteye. Aho mu murongo wa mbere baraba igisitaza umurongo wa kabiri babe umuntu ushaka gutambuka.
6. Bakurega ko wibye amanita mu kizamini, utibye uragira gutsindwa iryo somo kandi ikizamini cyose uragitsindwa. Ugomba kumvisha professeur wawe ko utibye. Abo ku murongo rimwe ni abanyeshuri baregwa kwiba ku murongo kabiri ni abarimu.
7. Wasohotse mu nzu yawe iminota mike kandi ntabwo yari ikinze, ugarutsemo usanga undi mugororwa asoma amabaruwa yawe. Ipaki y'itabi wari wasize ku meza nayo ntayo. Ugomba kumvisha uwo muntu kutazongera kugusomera amabaruwa no kukugarurira ipaki y'itabi udahohoteye abo mu murongo ni uwo byabayeho abo mu murongo kabiri ni abagororwa.

ISHUSHO Y'UMURYANGO MWIZA NI INTAMBWE ZO KUWUGERAHO.

Intego: Gutekereza ko umuryango mwiza ugomba kuba umeze. Guteza imbere umuryango igihe dufite icyo gitekerezo cyiza muri twe. Gutekereza ku intambwe igaragara iganisha kuri uwo muryango. Guhana imbaraga ku bushobozi bwo gutera izo ntambwe.

Ibikoresho: urupapuro runini, ikaramu ya marikeri, impapuro amatsinda akoreraho amaraporo.

Uko bikorwa:

1. Kugabanya abantu mu matsinda atanu cyangwa atandatu (biba byiza iyo buri tsinda rigize umuhuguzi).
2. Ubasabe kwicarana kandi ubareke ibitekerezo bive muri bo ubwabo. Kubyerekeye uko umuryango watekereje wagombye kuba kuko uwo wagombye gufata akazi, ibiryo, icyaha cy'ubugome, amamodoka n'ibindi. Ubasabe kuganira kuri ibyo bintu mu matsinda yabo kandi hanyuma babishushanye.
3. Ureke buri tsinda rizane raporo mu matsinda manini yuko umuryango wabo umeze noneho ubasaba kwicara mu mutuzo ubasaba bo ubwabo kuba mu muryango wabo.
4. Hanyuma babaza intambwe yagombye kuba ikenewe guterwa, kubakura mu mibereho no mu miryango barimo uko bakagira umuryango mwiza. Zishobora kuba mu buryo bugaragara kandi bushoboka, zimwe muri izi babonye. Noneho uvuge uti: birashimishije gutera intambwe nk'izi. Nushobora gutera intambwe nk'izi, imwe cyangwa ebyiri mushobora gutera zishobora kubafasha kugana kuri uwo muryango mwiza. Mufate umugambi ubwanyu wo gutera intambwe nkizo. Mugirane amasezerano ubwanyu. Mu by'ukuri muzatera izo ntambwe. Mwishyirireho igihe ntarengwa cyo kurangiza intambwe ya mbere muyikore hanyuma mukore nizekurikeyeho.

IMVUGO “NJYE”

Intego: kwigaragariza neza no kugaragariza abandi ibyiyumviro n’ibyo ukeka ku kibazo cyabayeho. “gushyira ahagaragara” icyateye ikibazo.

Ibikenerwa: ikibaho, ingwa, cyangwa impapuro nini z’umweru, amakaramu.

Uko bikorwa:

1. Banza utekereze k’umuntu ufite ikibazo (ninde ufite ikibazo?)
 - Niba ari njye bibabaje ni ikibazo cyanjye
 - Niba ari wowe bibabaje ni ikibazo cyawe
 - Niwe ari njye na we twanganishwa cyangwa niba umuntu yakoze ikintu cyatubabaje twembi ni ikibazo cyacu.
2. Sobanura ko “NJYE” igizwe n’ibintu bitatu:
 - 1) Iyo u.....
 - 2) Njye numva
 - 3) Kuko(uburemere bugashyirwa kubyo wiyumvamo)
3. Sobanura imvugo “wowe” (ishimangira amakosa y’undi)
4. Sobanura imvugo “wowe” irimo uburyarya (ishaka kugaragara nk’imvugo njye ariko igatwama undi muntu, ibyo igatuma ihinduka mu by’ukuri imvugo wowe).
5. Andika interuro zikurikira ku kibaho cyangwa ku rupapuro runini nawe:

Igiteye		imvugo wowe
Ikimbirane	Imvugo njye	imvugo wowe
		irimo uburyarya.
6. Kubaza abantu ingero z’amakimbirane babaze uko babikina mu ikinamico, tekereza ku bintu bashobora kuvuga ubyandike muni y’imvugo bihuye mu zo wanditse ku kibaho.

7. Muganire ku ngorane mushobora guhura nazo muri ayo makimbirane. Musobanure ko uburakari bukoresha imvugo wowe. Garagaza ko guca imanza biba mu muntu ko gutekereza ko bitariho ari ukubikubura ubuca hejuru.
1. Shimangira ko imanza tuzishingira kubyo dukeka. Gerageza gushyira ibyo ukeka ku mugaragaro usobanure ko nta muntu n’umwe utegetswe kwemera ibyo undi akeka ko ari byo kandi we azi neza ko Atari byo.
2. Sobanura mu buryo busobanutse ko imvugo “Njye” itazagera ku kintu cyiza niba icyo igendereye mukuyikoresha ari ukugenzura mugenzi wawe. Ariko nuyikoresha ushaka gusobanura ikibazo ushaka no gufatanya na mugenzi kubonera icyo kibazo umuti, imvugo “Njye” izagira akamaro kanini cyane.
3. Imvugo njye ikoreshejwe neza izagaragaza ukwiringirwa n’agaciro wiha wowe ubwawe n’uko ubiha abandi.

UMUKORO WO KWINJIRANAMO

Intego: kubaka ubufatanye mu itangira ry'amahugurwa no gutangira kwiyumvisa ingorane mu gushyikirana n'izo kwangira umuntu uko asa n'ibindi...

Muri uyu mukoro ntidukoresha umwanya wacu w'ingenzi wo "kureba". Kubera ko akenshi duca imanza duhereye kumyambaro no ku kuntu umuntu ateye, tutaragira n'ijambo rye na rimwe twumva, bishobora gutuma tutumva ibyo twamaze gucira urubanza avuga. Akenshi tuyungurura abantu duhereye kubyo tubona. Uyu mukoro ni uburyo budasanzwe bwo kuduha n'abantu.

Igihe: Hagati y' isaaha n'igice, hakurikijwe umubare w'abagize itsinda. Teganyiriza buri muntu iminota 3 umwongerereho n'umunota wo gutembera mu bantu, uteganye n'igihe buri muntu ari bwerekane mugenzi we mu itsinda, n'iminota igera icumi y'isuzuma.

Uko bikorwa:

1. Musabe abahugurwa guhaguruka, no kwigiza intebe zabo ku nkuta n'inzu.
2. Mubabwire ko mubasaba guhumiriza, bagatembera mu cyumba batabona, buri muntu agashaka undi ashikiranana nawe akoresheje gusa uburyo bwo gukorakora. Ko noneho murabaha icyo kuganiraho kandi ko nibamara kukiganiraho. ko murabasaba kongera gutembera, buri muntu agashaka undi muntu. Ibyo birakorwa kuburyo umuntu ashikiranana n'abantu bane muri ubwo buryo. Mugenzure niba abantu bose bumvise icyo basabwa gukora, kandi niba bumva ubwo buryo butababangamiye.
3. Niba bumva butababangamiye mubasabe guhumiriza no gutembera kugira ngo babone umuntu wa mbere bashyikirana.

Ibyo baganiraho:

- a) Ni kintu ki kimubujije kuba ndi ahangaha uyu mwanya? Ni ibyo ndi gutekereza? Ni ibyo niyumvamo ntabashije gutunganya? Ni ingorane mfite I muhira?
- b) Uko nitwara ubusanzwe mu itsinda rishya, ibyo ntekereza, uko nitwara, n'imyifatire ngira.
- c) Icyo nkunda n'icyo ntikundaho njye ubwanjye.

- d) Ikintu nashoboye gukora mu minsi ishize cyanshimishije cyane.

Ugende ubasaba guhinduranya abantu kugeza ubwo ibibazo byose birashobora kugarukwaho (uhugura ashobora kongeraho izindi ntego, urugero: izabafasha gushyikirana batavuze, mu buryo bwo gukorakora).

4. Igihe ibibazo byose biri bube byasubijwe, musabe abagize itsinda bafungure amaso, noneho mubasabe buri muntu asange uwo yumva yari kwishimira kumenya. Mubahe iminota itatu yo kuganira. Abagize itsinda bagomba kumenya abo bahuye nabo.
5. Iminota 3 nirangira, musabe abagize itsinda kwicarana n’abo bari bari kuganira, saba buri muntu yereke mugenzi we abagize itsinda avuge ati : "izina ry mugenzi wanjye ni... ku bwanjye ni umuntu...
6. Musuzume umwitozo igihe buri muntu wese araba amaze kwerekana mugenzi we mu itsinda. Dore urugero rw’ibibazo mushobora kubaza:
 - a) Byari bigutwaye iki kuvugana n’umuntu utarebaga kandi utari uzi?
 - b) Witotombye ubwo wafunguraga amaso ukareba bwa mbere uwo mwari mumaze kuvugana?
 - c) Ese ibyo wibwiraga n’ibyo watekerezaga ku bandi byahindutse? Bite? Kuki?
 - d) Byari bikoroheye gutega amatwi umuntu utarebaga?
 - e) Ese wumvaga wegereye bihagije uwo mwavuganaga nawe udashobora kumureba

Nyuma y’isuzuma, ikindi kintu kiza kurushaho cyakorwa mu gusaba buri bantu babiri baganiye gushaka abandi babiri bari kumwe bakaganira ku byo bigiye muri uyu mukoro. Nyuma baze guhuriza hamwe ibitekerezo mu itsinda ryose. Umuntu wari uyoboye itsinda rito ashobora kuza kwandika ibitekerezo by’itsinda ryabo ku kibaho cyangwa ku rupapuro runini.

CYAMURA Y'UBUZIMA

Intego: kugarura ibitekerezo by'abantu ku gaciro ka buri muntu mu buryo bwihuse bworoheje. Gutanga imbaraga (uyu mukoro hafi kimwe n'umukino wo gukanguka).

Igihe: iminota 15

Ibikenewe: ikibaho, ingwa, cyangwa impapuro nini n'amakaramu yagenewe kuzandikaho.

Uko bikorwa: gusobanurira itsinda ko rigomba gutekereza ku bintu bifuzwa kuzagira, ibyifuzo byabo bikomeye n'ibintu bumva bashaka kugeraho.

Babyandike ku kibaho cyangwa ku mpapuro nini. Nyuma mubagenere amadorari 26,000 bayagabanye buri kintu bakurikije agaciro k'ibyavuzwe. Umubare barandika ube ugabanika n'igihumbi (1000) umwe arakoresha cyamunara undi agende yandika agaciro karahabwa buri kintu uraba yakiguze n'ayo ari bube yagitanzeho. Noneho mu gahe gato ko gusuzuma baragereranya agaciro kibyo bintu byavuzwe. Ahari Mercedes Benz n'ubwenge, urukundo n'amafaranga menshi n'ibindi.....

Ibi bishobora gutuma umuntu agarura ubwenge akareba kandi akamenya urugero rw'ibintu aha agaciro muri we uyu murongo uberamye ukurikije uburyo duhitamo ibikorwa bidushimisha mu buzima.

UMUKORO WO GUTEGANA AMATWI

Intego: dukore uyu umukoro wo gutegana amatwi kugirango udufashe gushyira mu bikorwa ukumva neza twita kubyo undi atubwira , no kugirango natwe ubwacu twiyumvira ukuntu gutega amatwi bishimisha. Ibyo bintu byombi ni ingenzi mugukemura amakimbirane. Ku mpamvu iyo ariyo yose tugomba kubanza kumva icyo uhanganye natwe ashaka kutwumvisha mbere yo gushaka ubundi buryo ubwo aribwo bwose kumvikana nawe. Indi mpamvu kandi ni uko abantu benshi batabona byukuri akanya ko gutegwa amatwi no kumvwa. Iyo rero ako kanya kabayeho bumva ubukana bwabo bwo guhohoterwa bugabanutsa bakumva babohokeye gushyikirana n’abandi kandi ububasha bwo kwishakamo ibyiza bukiyongera.

Kubera ko rero ibisubizo byiza biva ku bantu barebwa n’ikibazo, gutegana amatwi neza akaba ari inzira iyobora mu bubasha bwo kwishakamo ibyiza, biratwereka ko gutegana amatwi neza ari uburyo bwiza cyane bwo gukemura impaka, kurusha indi nama iyo ari yo yose ishobora no kubogama. Gutegana amatwi ni ikintu abantu bashobora gukorerana. Ntidushobora gukemurana impaka ariko dushobora gutegana amatwi ni bushobozi bw’ibanze mubujyanama. Urugero urwo ari rwo rwose dushobora kugenda turushaho gutera imbere no kunonosora ubwo bushobozi.

Igihe: Iminota 30 kugera kuri 40 (iminota makumyabiri yo gutega amatwi n’indi ku 10 kugera kuri 20 yo gutegura).

Ibikenerwa:

1. Isaha ifite inshinge zo kubariraho amasegonda.
2. Urutonde rw’ibintu (bigomba gukorwa n’ibitagomba gukorwa) kubirebana no gutega amatwi neza, byateguwe mbere bikandikwa ku rupapuro runini bikamanikwa kurukuta mu gihe cy’umukoro.

Bimwe muri ibyo bikurikira:

Kureba mugenzi wawe mu maso, kumugaragariza ko umwitayeho, gushishikazwa n’ibyo akubwira. Ugerageza kwibuka kw’ibyo ari kukubwira uraza kubisubiramo nyuma. Wumve n’ibyavuzwe n’ibitavuzwe, ubaze ibibazo gusa ushaka gusobanukirwa no kumuha uburyo bwo kugira ngo akubwire byinshi.

Bimwe mubyo utagomba gukora:

Ntumuce mu ijambo, ntumugire inama, ntubarire izindi nkuru zisa nizo zabaye ku bantu bo mu muryango wawe, ntumucire urubanza, ntuvuge icyo ubitekerezaho.

Uko bikorwa:

1. Abagize ikipe yabahugura baragaba abantu mu matsinda ya babiri. Musobanure intego y'umukoro, kandi mumanike urutonde rw'ibigomba gukorwa n'ibitagomba gukorwa birebana no gutega amatwi neza. Musuzumane urwo rutonde n'abagize matsinda.

2. Mu bahe amabwiriza akurikira:

“Nimvuga ngo mutangire abantu bo mu itsinda rya A barabwira abo mu itsinda rya B ibyo ndaba namajije kubabwira, mu gihe cy'iminota itatu. Itsinda rya B riratega amatwi neza ridaca abandi mu ijambo ritanabagira inama. Igihe urabona umuntu wo mu itsinda rya A atagifite ibyo kukubwirakandi igihe kigihari, wowe wo mu itsinda rya B ushobora kumufasha umubaza utubazo twatuma yibuka ibindi. Iminota itatu nirangira ndabaha ikimenyetso cyo guhagarika.

3. Mubahe icyo baraganiraho (reba ahanditse ibireba abahugura abo hasi) ubabwire uti “mutangire”.
4. Nyuma y'iminota itatu cyo guhagarika. Usabe noneho abantu bo mu itsinda rya B umuntu asubirire muri mu genzi we A ibyo yibuka yamubwiye.
5. Noneho umuntu wo mu itsinda A aributsa uwo mu itsinda rya B ibyo araba yibagiwe gusubiramo.
6. Utange iminota ine ku gice cya kane n'icya gatanu, hanyuma usabe kugurana B avuye A amutege amatwi musubire mu gice cya 4 n'icya 5.
7. Baza abari bagize matsinda niba umukino wabanejeje nibyo wabigishije ubareke basubize uko bashaka batavugaga mu matsinda. Babaze uti: “ni ikihe kintu cyiza kiri mugutegwa amatwi? Ibyo byatumye mwiyumvamo iki?” baza uti “ni iki cyerekana ko undi muntu aguteze amatwi? Ese wumva byakumariye iki?” andika ibisubizo kurupapuro runini.

Amagambo areba abahugurwa:

Ibyo kuvugwaho muri uyu mukoro bishobora gutoranywa hakurikijwe intego yavuzwe haruguru, si ngombwa ko byibanda gusa kubushobozi bwo gutega amatwi no kumva. Murebe urugero rw'ibibazo byabajijwe mu mukoro wo ku nziga zirebana muri iki gitabo byateguriwe "kwihesha icyubahiro" n'urugero rw'imikoro yo "ku bubasha", "ku burakari" no "ku bwoba" mu gitabo cy'amahugurwa yisumbuye. Abagize ikipe ihugura bagomba gutoranya ibyo kuvugwaho bijyanye n'ibyifuzo byahariye by'abari mu mahugurwa. Bishobora no kuba byiza kandi bikanigisha hagize umwe wo mu bagomba kuganira ubanza kugaragaza ko adashaka gutega muganzi we amatwi mbere yuko umukoro nyir'izina utangira. Uburyo bwo gushyira mu matsinda bushobora guhinduka, aho kuba mu matsinda ya babiri, bashobora kuba batatu. Umuntu wa gatatu akagenzura uko umukoro uri gukorwa, akubahiriza amabwiriza y'ibigomba gukorwa n'ibitagomba gukorwa.

UMUKORO W'UBUHANGA BW'UKWEZI.

Intego: kugaragaza ko umukoro w'itsinda ushyizwe hamwe uruta uw'umuntu umwe uwo ari we wese. Gukoresha umwemeranyo nk'uburyo bwo gufata ibyemezo mu itsinda.

Ibikoresho: ni ngombwa kuri buri wese uhugurwa agira: ikaramu ihanagurwa, ku rupapuro amabwiriza yerekana inzira, kopi “y'urufunguzo” (reba urupapuro rw'umukoro w'ibikoresho)

Igihe: uyu mukoro ushobora guhagararira ku isaha

Uko bikorwa:

1. Gabanya itsinda mo udutsinda duto twa bane – 6 utange urupapuro rw'amabwiriza n'ikaramu kuri buri muntu wese.
2. Tanga amabwiriza: “ku rupapuro mwahawe bandikaho ikibazo mugomba gukemura. (usome n'ijwi ryumvikana) mugomba gutondeka ibintu bibaho (a-o) kuburyo bwiza bufasha itsinda kugera aho bikomoka (inkomoko) y'ibibazo mwandike ububiko bwanyu mu gice cyitwa “ububiko bw'umuntu”. Murahabwa iminota 15 yo kubikora kandi mucecetse igihe muraba mubikora” (kurikirana abantu ku minota 15 ureba ko bese barangije).
3. Igihe buri wese arangije gushyira mu bubiko bwe buri tsinda riganire ku kibazo, bagomba kungurana ibitekerezo byumvikana cyangwa bitumvikana, bakagerageza kugera ku kwemerana kububiko no kwandika umwemerano mu gice cyitwa “umwemeranyo w'itsinda”

Ibitekerezo bitangwa mu matsinda: “itsinda ryanyu rigomba gukoresha uburyo bw'umwemeranyo mugufata ibemezo. Ibyo bisobanura ko buri wese mubagize itsinda agomba kwemerera ku kintu cyemejwe kuri ba 15 biriho mbere yo gufata icyemezo cy'itsinda. Ntabwo byoroshye kumweranyo, niko buri bubiko bw'umuntu butazemerwa n'itsinda ryose. Nk'itsinda mugeraze kureba ko abagize itsinda bese mwemera ibice bimwe muri buri bubiko bw'umuntu. Dore amabwiriza kukugera kumweranyo:

- a) Mwirinde kwihutira kurengera icarubanza rya buri wese. Mugire umwitwaro w'ukuri kugirango umurimo wanyu ugende neza, kandi mwitegure guhindura ibitekerezo mu gihe abandi bagize itsinda batanga ingingo zemeza ku mumpamvu zatuma muhitamo bitandukanye nibyo mukora.

- b) Mwirinde guhindura igitekerezo gusa kugirango mugere kumwumvikano kandi mwirinde amakimbirane mushyigikire gusa ibisubizo mubona ko bifite ibice nyabyo mwemera.
- c) Mwirinde uburyo bwo "igabanya ry'amakimbirane" nk'itoro ry'ubwiganye bw'amajwi ayo hagati cyangwa nk'amasoko afata ibyemezo.
- d) Mwumve ko ibitekerezo bitandukanye bifite akamaro atari igisitaza mu gufata ibyemeze. Ibitekerezo byiza kandi bishya mu birebana no gukemura amakimbirane rusange bishobora gutangwa mu bitekerezo binyuranye bigibwaho impaka.

Igihe amatsinda yarangije ububiko bwayo, mukore ububiko rusange mukoresha lisite y'ibyo mushingiraho biri mu mabwiriza yerekeranye n'ibikoresho. Mushyire ububiko bw'ibikoresho mu gice cyitwa "urufunguzo" noneho mukuremo umubare muto mu mubare munini "uw'umuntu ku giti cye ayangwa urufunguzo" kugira ngo mubone amanita y'abantu. Mushyire ayo manota mu gice mu gice kiri iburyo bw'ububiko bw'abantu. Guteranya icyo gice kugira ngo ubone amanita y'umuntu. Baza mugenzi wawe kugira ngo agenzure ayo manota. Subira muri ubwo buryo kugira ngo ubone amanita y'itsinda. Uko amanita ajya hasi, icya ngombwa n'ukugenda wegera uw'abahanga(inzobere) muri ibyo bikoresho.

ISUZUMA

Igihe abahugura bamaze kubara amanita yabo, muvugane uko babibonye.

1. Ni nde wagize uruhare cyane mu itsinda? Ninda wagize uruhare ruke?
2. Ninde wabimenye cyane mu itsinda? Ninde wabiyobewe cyane?
3. Ninde wabyitondeye cyane igihe itsinda rikora kandi rigakarera hamwe? Uwaryitondeye buhoro?
4. Ibyemezo byafashwe mu mwemeranyo?
5. Abagize itsinda bari bishimye igihe itsinda ryakoreraga hamwe?

Musuzuma ibice itsinda ryagizemo ukuri nubwo bamwe mu bantu batabigizemo ukuri. Ni gute bashoboye kugera ku gisubizo? Musuzume nanone igisubizo itsinda ryose ritagizemo ukuri, ariko abantu bamwe bagizemo ukuri. Kuki batashoboye kubyumvisha itsinda.

Ni byiza kubishyira mu gishushanyo ku rupapuro cyangwa ku kibaho ku bwo kugaragaza ko umwemeranyo ari wo wizewe, kandi wo kuri kuruta iby'urubanza rw'abantu ku giti cyabo. icyo gishushanyo cyaba kimeze nk'igikurikira, murandikamo, amanota yabonetse mu gite uyu mukoro wakorwaga n'abantu.

AMANOTA Y'ABANTU AYO HAGATI AMANOTA Y'ITSINDA

32	38	42	46	37	28
30	26	36	32	31	21
47	41	49	55	48	33

ITSINDA I

ITSINDA II

ITSINDA III

UMUKORO W'UBUBASHA 1, 2, 3, 4.

Intego: gushishikariza abahugura kumenya amarangamutima yabo n'imyifatire yabo igihe bafite ububasha bwinshi, n'igihe ari nta bubasha bafite, kwiga imiterere y'ububasha.

Igihe: kuva ku minota 40 kugera ku isaha, igihe kigenwa ntabwo ari ngombwa.

Ibikenerwa: uduce tw'udupapuro duhinnye, tugiye twandikwaho mu buryo bukurikirana: 1, 2, 3, 4. Turahabwa abantu bane bagize itsinda.

Impapuro nini ziraba zanditsweho:

1 na 2 : ububasha buke

3 na 4: ububasha bwinshi.

Uko bikorwa:

1. Kugabanya abantu mu matsinda agizwe n'abantu. Guha buri tsinda udupapuro duhinnye kubabwira ko batemerewe kuturambura batarahabwa amabwiriza y'umukoro.
2. Kubasobanurira ko muri uwo mukoro buri tsinda riratekereza ko rifite amadolari ibihumbi icumi (10000\$) yo kugabira abagize iryo tsinda. Kandi ko umurimo wabo ari uwo kugena uko baragabana ayo mafaranga. Ububasha bwo gufata ibyemezo mu itsinda ntabwo buraba bungana, burarutanwa hakurikijwe umubare uraba wanditse ku gapapuro batoye: 1, 2, 3, cyangwa 4. Hagomba kubaho rero ubwumvikane bw'ukuntu ayo madorari arasaranganwa, nta muntu ugomba kwikanyiza ngo ayagabe uko abyishakiye. Hagomba kubaho amasezerano cyangwa ubwumvikane n'ubufatanye kugira ngo iyo ntego igerweho.
3. Abantu batoranye udupapuro, buri muntu afungure ake, batangire umukoro.
4. Amatsinda yose narangiza gufata ibyemezo, mumanike impapuro mwabiteguriyeho, mutangire isuzuma. Mwungurane ibitekerezo bwa mbere ku kuntu mwabyiyumvisemo, mukomeze mugenzure uko buri tsinda ryabikoze.

Nyuma musabe abahugurwa gutekereza ku kuntu biyumvamo no ku kuntu witwara mu gihe cyo kugira icyo bumvikanaho n'abandi. Mwandike ibitekerezo byabo ku mpapuro nini, mubaze muhereye ku bari bafite nimero 3 na 4 (abari bafite ububasha bwinshi) noneho mwongere mubaze n'abari bafite nimero za 1 na 2 (abari bafite ububasha buke)

Mugerageze kubabaza uku bumvise bamerewe igihe bari bamaze kurambura ka gatabo, mugereranye n'ibyo biyumvisemo igihe umukoro wakorwaga. Muganire kuri ayo marangamutima yombi, mushyire ahagaragara icyo umukoro wigishije, mugomba kubabwira ko ububasha ari ibyo twiyumvamo, ko ububasha Atari ikintu duhabwa, ko rero tugomba gushungura tugakoresha umutima nama kandi tukamenye uruhare rwacu.

Mugerageze gushaka ingero zifatika z'ibibazo mu buzioma bwa buri muni. Mu buzioma busanzwe harimo ba 1 na 2 benshi. Ba 3 na 4 bakunda kwishyira hamwe nyamara ba 1 na 2 babishatse babavana ku izima bakabahagarika.

Amagambo areba abahugura:

Uyu mukoro ushobora gukurura impaka, abahugura bagomba kwitegura kuziburizamo. Abagize ikipe ihugura bagomba kwirinda gutuma abantu batahana umujinya batewe na bagenzi babo. Mu gihe cy'isuzuma ni ngombwa kubwira abahugurwa ko uwo mwitozo wari umukino, "ko mumukino tureka abantu bagakora ibintu binyuranye n'ibikorwa bisanzwe bya buri muni". Haramutse habayeho uburakari byaba ngombwa byarushaho kwigisha gushimangira ukuntu byoroshye kurakara mu bintu birebana n'ububasha, mukanaganira kandi no ku ngaruka ibyo bishobora gutera.

Mubonye ko umukoro wakuruye impaka ndende nibyiza gukurikizaho umukino wo gukangura: "imbeba n'igihunyira" aho abawukina barumva ko ari ngombwa gushyigikira imbeba itagira imbaraga aho gushyigikira igihunyira kizifite, hanyuma mugashimangira ubwo bushake buba mu muntu bwo kwishyirira hamwe kurwanya igitugu n'akarengane.

IBYEMEZO BYIHUSE

Intego: muri uyu mukoro abantu bagomba gufata ibyemezo vuba bafite igihe gito kandi basabwa kugira umwumvikano hamwe n’abandi. Ikimbirane, mu by’ukuri, ntiriza mu bihe bitwemerera gutanga ibitekerezo byacu byose, uyu mukoro ufasha abantu rero kubona ibisubizo byinshi ku kibazo kimwe ugashyigikira ibitekerezo biva mu bantu.

Igihe: hagari y’igice n’isaha, mumenye ko ari ngombwa ko buri ikibazo kimara hagati y’iminota 12 na 15 iyo mufite amatsinda atanu ya batatu.

Uko bikorwa:

1. Mukore amatsinda ya batatu
2. Gutanga amabwiriza kubahugurwa: ngiye gusoma ibibazo byinshi biboneka mu mibereho ya buri muni kandi niba ibyo bibaye bisaba ko itsinda ryanyu ryumvikana vuba vuba kubwo kubona igisubizo cyangwa uburyo bwo kugikemura. Nimara gusoma buri kibazo, murahabwa amasegonda 15 yo gusuzuma ikibazo ku giti cy’umuntu. Hanyuma ndavuga nti “mutangire” ako kanya buri tsinda rirahabwa umunota umwe wo kumvikana ku igisubizo. Hanyuma soma ikibazo cya mbere tanga amasegonda 15 vuga ko igihe kirangiye. Niba hari ibibazo byabajijwe birebana n’ikibazo, umuhuguzi ntagomba kubisubiza muri uwo mwanya, ugushidikanya no kutumvikana ni bimwe mu bituma habaho ibihe by’am, akimbirane kandi agomba kubonerwa, gukemurwa n’abagomba kubona umuti.
3. Igihe umunota urangiye vuga ko igihe kirangiye saba buri tsinda gukora inyandikomvugo. Ntimujye impaka ku inyandikomvugo amatsinda yose atararangiza gutanga, gukora izayo. Hanyuma itsinda ryose rinini ribijyaho impaka mu gihe runaka. Niba abantu mu itsinda bafite igitererezo gitandukanye muri rusange aho bake bagifite bashobora gukora inyandikomvugo. Iyo itsinda riganira bikomeye ku kigwa ntuhagarike impaka ibyo biganira bishobora kuba impamvu yo kubihugurwamo kandi.

AMAKINAMICO CYANGWA IMPAKA

1. Wowe hamwe na babiri mu nshuti zawe muri munsu wo kwibuka Martin Luther King. Abantu bakomeye bari baje kwizihiza uwo munsu baza hanyuma, noneho abantu bashinzwe umutekano babirundaho kure y’aho bahagaze. Ubona umuntu hafi yawe ufunguye ishata urabukwamo pisitori mu ishata. Urakora iki?
2. Muri batatu mu bwato bwa metero (metro) bwuzuye cyane mu gitondo mwakererewe hari abagenzi babirabura mbarwa, ku bazungu kandi bamwe mu abanyaziya. Abasore batatu babirabura binjira mju bwato kandi bagaragaza neza mu biganiri bishyushye ko bashakira gutoteza umusare w’umuzungu. Bahitamo agasore gato bakagira igitambo (kananutse) gafite amagara make, n’imyaka mike katagira ubwenge bwinshi, kandi katagaragara ko gafite imbaraga. Baragatuka mu buryo bwo kuvangura amoko. Agerageza kubasuzugura ariko barushaho kumutuka kugeza aho bamubabaza cyane. Afata icyemezo ko agomba kubasanga, asimbuka agana aho bari, imyitwaro yabo irazamuka, basa nk’abagiye kumufata neza. Umupolisi wa netro wari mu bwato bw’iruhande ariko imiryango y’ubwato bwombi yari ikinguye kandi ubwato bwa metro bwari bumaze gufata intera bwihuta kandi butagomba guhagarara mbere y’iminota icumi. We n’abandi bantu bari mu bwato mwari mwagerageje kugeza ubu kubirengaza, ariko bigaragara ko ibintu bigeze mu ihohotera nyakuri. Mwakora iki?
3. Ku cyambu cya metro umugore muto n’ufite uruhinja ruto cyane kugira rugende neza rugenda hagati yanyu muri batatu. Umwana atangira kurira nyina amukubita inshuro imwe ntacyo amubwiye. Noneho aravugaga ati “ceceka” atangira kongera kumuhuma amujya mu matwi. Urakora iki?
4. Muri kujyana mu nzira, mu rundi ruhande rw’inzira umugabo ufata umugore ku kungufu, kandi umugore ari gutabaza. Nta ntwaro afite, ntimuzi niba baziranye. Murakora iki?
5. Mujyanye mu nama mu karere kabereye k’umujyi nimwe bantu ba nyuma basohotse mu nzu. Noneho urugi rurikinga kandi amapata ajyamo mutabona neza icyezi cyangwa inzira yo kwambukiramo. Murebye ibumoso mubona agatsiko k’abasore bitwaje intwaro, baza bagana aho muri kandi inzira bayuzuye. Murebye iburyo mubona akandi gatsiko kaje gasanga agatsiko ka mbere barahurira hafi y’aho muhagaze. Itsinda ryanyu rizakora iki?

UMUKORO WO GUTEKEREZA

Intego: uyu mukoro utanga akanya ko gusubiza amaso inyuma tukamenya aho tugeze n’uburyo dushobora gukomeza gutera imbere. Bitwereka kandi uburyo butandukanye twagiye tubamo abantu benshi bagiyeye bamaganirwa. Muri uyu mukoro baha agaciro uguhinduka no gutera imbere, aho gutsimbarara no kuguma aho uri. Bagaragariza umuntu ko gutera imbere bitagerwaho umuntu akomeje kuba nyamwigendaho, ko ahubwo umuntu yunganirwa n’abandi, ko rero ari ngombwa gushakashaka ubwo bufasha mu bandi igihe cyose ari ngombwa.

Igihe: hagati y’iminota 30 na 40.

Ibikenerwa:

1. Impapuro n’amakaramu y’igiti
2. Urutonde rw’ibibazo byanditse ku rupapuro runini (cyangwa ku kibaho) rumanitse ku rukuta.

Uko ukorwa:

1. Mutange impapuro n’amakaramu, musobanure muri make intego y’uwo mukoro:
“uyu mukoro uradushoboza kwimenya, kumenya aho tugeze mu buzima, aho turi kugana n’icyo tugomba gukora kugira ngo tuhagere”.
2. Mumanike ku rupapuro runini (cyangwa ku kibaho) urutonde rw’ibibazo bikurikira:
 - a) Ni ibihe bintu ngaragazamo ubutwari?
 - b) Ni mu buhe buryo ntera imbere?
 - c) Ni ikihe kintu kihariye kinkomerera?
 - d) Abandi bantu bamfasha iki kugira ngo icyo kintu ngishobore
 - e) Ni gute nasaba abandi bantu kumfasha?

Musomere ibyo bibazo abari mu ihugurwa, mubabwire ko bafite iminota 20 yo kubitekerezaho no kubyangikaho ibyo bumva byose. Ubizeze ko uwo mukoro ari ibanga ryabo, ko ntawe baraha urwo rupapuro, ko nta n’uwo barasomera ibyo banditse. (abahugura bagomba kumenya niba hari abafite ibibazo byo kutamenya kwandika cyangwa kutamenya ururimi, bakaborohereza umukoro).

3. Iminota 20 nirangira, ugabanye abantu mu matsinda ya batanu cyangwa batandatu, baganire kuri uwo mukoro. Ese bawukunze? Biyumvise bate? Ese baratekereza ko ibyo bishobora ku bafasha gutera imbere? Buri muntu ashobora kwibwirira abandi ibyo yanditse akurikije uko abishaka.
4. Saba umuntu umwe mu itsinda abwire abagize itsinda ry’abahugurwa ryose iby’ingenzi byavuzwe mu kiganiro bagiriye mu itsinda ryabo.

GUSANGIRA IKIGANIRO: “IKIMBIRANE NAKEMUYE NTAWA MPOHOTETE”

Intego: gushishikariza abahugurwa kuganira ku makimbirane bakemuye badakoresheje ihohotera, gutuma itsinda rimenya ko ikimbirane ari ikintu gisanzwe mu bantu.

Igihe: hagati y’iminota 30 na 40.

Uko bikorwa:

1. Kugaba abantu mu matsinda y’abantu 4 cyangwa 5. Uramutse ubonye hari abantu badashoboye ushobora kongera cyangwa kugabanya umubare w’abantu bagize itsinda, ariko umubare w’abantu 4 niwo mwiza.
2. Saba itsinda gutoranya umwanditsi kugira ngo yandike ibyo barageraho mu kiganiro cyabo.
3. Tanga amabwiriza: “ndasaba buri muntu wese kuganira na bagenzi be mu matsinda ku bintu yanyuzemo aho yakemuye amakimbirane nta muntu ahohoteye. Ndaha buri muntu wese umunota wo kwitegura, hanyuma buri muntu arahabwa iminota itatu yo kubwira bagenzi be ibyamubayeho. Abantu bose bagize itsinda nibarangiza, itsinda riratoranyamo inkuru imwe iraza kuvugirwa mu ruhame, ubwo turaba tugarutse mu myanya yacu. (umuntu urasubira muri ya nkuru mu ruhame, ashobora kuba umwanditsi, nyir’ubwite cyangwa undi muntu utoranyijwe mu itsinda, ntacyo byagira icyo bihinduraho).
4. Niba abantu bose barangije, basabe basubire mu myanya yabo. Buritsinda rivuge inkuru ryatoranyije. Noneho mushishikarize abantu kugira icyo babivugaho nka “iyo nkuru itumye wiyumvamo iki? Ese si iby’igiciro kuba warigeze gukemura amakimbiirane?

Amagambo areba abahugura:

Ntabwo izindi nkuru ziratakaza agaciro kubera ko ziraba zitatoranyijwe kuvugirwa mu ruhame. Muramutse mubonye igihe kigihari nyuma yuko amatsinda avuga inkuru zari zatoranyijwe mushobora kubaza ko hari uwumva yageze ku bandi inkuru ye. Niba igihe kitabibemerera mushora gusaba ababyifuza kubandikira inkuru zabo mukazibika uko zanditswe n’umwanditsi w’itsinda mubamenyesha ko muzikeneye rwose.

INTERA ESHESHATU ZO GUKEMURA IBIBAZO

(byateguriwe gukoreshwa mu mahugurwa ya PAV)

Intego: gutegura uburyo bwo gukemura amakimbirane ku buryo buri muntu mu bari bafitanye ibibazo arumva anyuzwe kandi abonye icyo yiifuzaga kubona. Ubu buryo bukora neza iyo ikintu cyateye amakimbirane gishobora kugabanywamo Atari ibishingiye ku bitekerezaho gusa, cyangwa ku mico. Ubu buryo ntibugeza buri gihe ku gisubizo cyihuse, ariko nubwo bimeze gutyo, bishobora gutuma icyateye ibibazo gisobanuka kandi bagategura igisubizo cyiza mu gihe kizaza. Bituma abantu bishyira mu myanya y'abandi.

Ibikenerwa: impapuro zihagije zanditseho intera esheshatu zo gukemura ibibazo. (fotoza izateguriwe abantu bari mu bihe by'amakimbirane cyangwa udukarita twanditseho intera esheshatu, uzihe abari mu ihugurwa, reba urupapuro 3 n'urwa 4 ku gukemura ibibazo mu ntera esheshatu).

Uko bikorwa:

1. Sobanura ko ari ngombwa ko kugira ngo ubu buryo bushoboke buri muntu wese aremera gutakaza ububashya bwe afite ku bandi kugira ngo akemure amakimbirane. Ibisubizo byiza bigomba kwemerwa na buri muntu mu abo bagomba kubishyira mu bikorwa.
2. Saba itsinda kugenzura amakimbirane ane cyangwa atanu, (ariko cyane cyane ibitari ku muntu muri bo). Muri ya abantu babiri A na B baraba bashyamiranye noneho batoranye ikimbirane rimwe bagiye gukemura. Abahugura bagomba kureba niba ibibazo bagiye kwigaho bitari ukuri kuri ku muntu umwe muri abo bantu.
3. Nibarangiza gutoranya ikimbirane, mureke abahugurwa babanze bumve ubusobanuro bwa A, bagaragaze ibibazo bye bakurikije ibyifuzo bye. Ibyo yiyumvamo, impamvu ze, n'ibindi byatumye atomboka.

Urugero: A ashobora kwiyumvamo ko asuzugurwa igihe B ahora amuca mu ijamba.

4. Abahugurwa bakurikirana ubusobanuro bwa B bagashyira ikibazo cye ahagaraga bahereye kubyo yifuza.

Urugero: B yumva buri gihe ashaka gukosora amakosa ya A mubyo avuga. Abagize ikipe ihugura baratondeka ingorane za B nkuko ziraba zigaragajwe n'itsinda ry'abahugurwa. Mukomeze mutyo kugira ngo murebe uruhare rwa buri muntu wese mubo icyo kibazo cyabo kireba.

5. Nyuma yo kumva ibice byombi itsinda riragaragaza icyo kibazo bihereye kubyo impande zombi zikeneye. Noneho itsinda riragerageza gushaka ibizubizo byose bishobokaa. Ibyo bitekerezaho byose birandikwa kurupapuro runini:

Urugero:

- a) Mbere yo guca mu A ijamba, B yagombye kuvuga ati: “ba umbabariye gato” nashakaga kugaragaza ikosa riri mubyo mwari mumaze kuvuga.
- b) B ntiyagombye kwiyumvisha ko ari we ugomba gukosora A mubyo avuga.
- c) B yagombye gutegereza A akarangiza kuvuga, akamushimira ibyo yavuze mbere yo kugaragaza amakosa.

6. Gusaba itsinda gushaka ibisubiza biranyura A n'ibisubizo biranyura B.

Mwandike A.I (A. Intsinzi); B.G (B. Gutsindwa) cyangwa A.G, na B.I inyuma ya buri gisubizo. Ese hari igisubizo kiranyura A kikananyura B? niba ibyo bibaye, icyo kibazo gishobora gukemurwa n'icyo gisubizo, icyo gihe inyuma yacyo tuzandikaho (I.I) (intsinzi kuri bombi)

7. Abantu barebwa n'icyo kibazo noneho bagomba kumvikana ku mibanire bagiyeye kugirana mu gihe kiri imbere. Bakagerageza kuzahora bakurikiza ayo masezerano bagiranye.

Icyitonderwa: mu gihe muri kugerageza ubu buryo izindi ngorane zishobora kuvuka, nazo mugomba kuzikemura. Ariko izivutse ako kanya ntimugerageza guhita muzikemura muzishyira mu minsi itaha. (uyu mukoro wateguwe nk'igikoresheho cyo gukoreshwa mu “bubasha bwa kibyezi”)

UMUKORO WO GUFATA INGAMBA

Intego: Guteza imbere ubwenge bwo gukora ingamba no gupanga ibiterane ku bworoherane. Kwiga ku buryo abantu bashobora gukoresha mu gukorera hamwe no kugera ku ntego mu buryo bw'ubworoherane.

Ibikoresho: impapuro z'amakuru, marikeri (umubare uhagije mu matsinda mato menshi).

Igihe: kuva ku isaha kugera ku isaha n'igice.

Uko bikorwa:

1. Sobanura ko mugiyeye kwiga gupanga no gukora ingamba kugira ngo twese kandi nta guhohotera tugere ku ntego itsinda ryacu ryifuza kugeraho. Mukore ikusanya kugira ngo mubone intego n'ibibazo bishoboka kwigwaho. Mubyandike ku gipapuro kinini.
2. Mushaka ushobora guhagararira inyungu rusange (mwemwre ko habaho amatora ku mpamvu yuko umuntu ashobora gutora birenze umwe, ariko ushaka ikigwa kiratorwa). Mwandike ikigwa mwatoranije ku rupapuro runini murumanike ku kibambasi.

Ubundi buryo: aho kugira ngo amatsinda akore ku ntego imwe cyangwa ku igwa kimwe, reba buri tsinda ryihitiremo kuri lisiti y'ibyakusanyijwe intego cyangwa ikibazo abahugurwa bashakira gukora. Ni byiza ko buri tsinda rikora ku kintu kibashimisha kuruta ibindi, ubundi uyu mukoro ntuzafata inyungu zawo mu gihe waba utumvikana neza.

3. Shyira abahugurwa mu matsinda ya batanu cyangwa batandatu buri tsinda. Ha buri tsinda urupapuro runini na marikeri.
4. Buri tsinda rigomba kwemeza intambwe zo gukurikira n'uburyo buzakurikizwa kugira ngo batsinde. Kora ikusanya kugira ngo haboneke ibitekerezo biva mu bisanzwe bituma bitonda, kandi bishobora gukoreshwa. Shakamo kimwe cyangwa bibiri gishobora (cyaba cyiza) gifitiye akamaro ikipe.
5. Buri tsinda rishyiraho gahunda y'intambwe zafashwe kandi rigasuzuma igihe buri ntambwe izamara.

6. Shushanya umurongo w'ibihe runaka werekana ibihe bikenewe gukoreshwa ku kurangiza iyo ntambwe. Mugaragaze intambwe ku murongo mubyandike ku rupapuro runini nk'uko umurongo w'ibihe ukurikira ubyerekana. Mu rwego rw'ibiterane byo gukuraho amategeko.

Itangiriro	Intambwe 1	Intambwe 2	Intambwe 3	Intambwe 4
Ryikuraho	Yamamaza	Gutegura	Kwandika	Gukuraho
Ubu	Amezi 3	Amezi 6	Umwaka 1	Amezi 21

7. Buri tsinda risesengura uburyo bwakoreshejwe mu gutera intambwe yaryo hasuzumwe ingingo zikurikira:
- Mwashyizeho umuhuza cyangwa umwanditsi?
 - Mbese buri wese yaravuze?
 - Bafashe igihe cyo gusuzuma ibyo buri wese agomba kwitondera?
 - Mwirifashe bamwe ku bandi kandi mwirinda gushyirana hasi?
 - Hari umuntu wavuze kenshi cyangwa igihe kirekire?
 - Abagize itsinda bafatanije umurimo bawitayeho?
 - Ese bagiyeye bacanamo mu mu ijamba?

Abagize itsinda batangaza ko barangije igihe cyabo cyo kuganira mu gihe cy'iminota ishize.

8. Buri tsinda rishyiraho umuntu wo gusobanura uko bashyitse ku ntambwe 6 ziri haruguru berekana urupapuro rwabo mu itsinda rinini ryose. Buri tsinda ritanga raporo mwumve ko bavugaga cyane ku ngingo ya 7 cyangwa ko basesengura ibyagiye bibatanyaye.

Icyitonderwa: Mutere abantu inkunga mukoresheje uyu mukoro, muwubasobanurira uko bawutangira kurusha uko babizi. Muwubone nk'itangiriro ry'ikintu bashobora gukora. Ukwaguka kwa PAV mu miryango byatangiriye I OWEKO muri leta ya New York biturutse mu mukino w'ingamba.

IHOHOTERA NI IKI?(I)

Intego: gutuma abantu batekereza ibintu by'ingenzi bigize ihohotera kuri bo, kubiganiraho, no kugera ku mwanzuro umwe w'ibitera ingorane bazarebera hamwe mu ihugurwa.

Igihe: hagati y'iminota makumyabiri na mirongo itatu.

Ibikenerwa: ikaramu y'igiti, urupapuro kuri buri wese.

Uburyo bikorwa:

1. Mbere yo gutangira umukoro uhugura agomba kuba yateguye ubusobanuro bw'ikintu kigaragaza ihohotera kugirango abe yabukoresha nk'urugero. (reba nimeru 4 hasi).
2. Tanga amakaramu n'impapuro.
3. Uhugura atangira akaganiro nk'aka "iri hugurwa rigendereye kugerageza uruhererekane rw'uburyo bwo gukiza ihohotera, kugirango haboneke uburyo bwo kuba mu ihohoterwa no kurikemura udashakiye ibisubizo mu nzira iteza irindi hohotera, mu muryango wuzuyemo ihohotera. Intera ya mbere yo gukemura ikibazo niyo kugira ubusobanuro nyabwo kuri icyo kibazo".

Tugomba rero kugira igitekerezo kimwe duhuriraho kucyo ihohotera ari cyo. "Buri muntu wese azi icyo ihohotera ari cyo, si byo? Ihohotera rigaragara mu bikorwa: gufata abagore ku ngufu, kwicana, kubabaza umubiri mu buryo bukomeretsa cyangwa bwica".

"Ariko se ni ibyo gusa?"

"Ihohoterwa ntabwo rikorerwa k'umubiri gusa, rishobora no kuba amagambo, nk'igihe umubyeyi afite akamenyero ko guhora ashyira umwana we hasi, nk'umugore uhohotera umugabo we, cyangwa umukoresha utoteza umukozi we (rimwe na rimwe iryo hohotera ryo mu magambo rishobora guhita riteza ihohotera ryo ku mubiri cyangwa rikazariteza cyera)".

Ihohotera rishobora kuba umuryango bene iryo hohotera rigaragara cyane mu bigo by'amashuri, muri za gereza, mu ngabo z'igihugu, mu bitaro, etc... n'ahandi hose ubuyobozi bufite ububasha ku bantu. Ihohotera rishobora kuba imikorere y'umuryango. Nk'igihe habonetse umuntu usaba umuriro mwinshi k'uburyo abo baturanye baba mu kizima kandi amategeko akabimwerera. Iryo naryo ni ihohotera.

Ihohotera rishobora kuba ryihishe cyangwa rigaragara, rishobora kuba igikorwa gihutiyeho cyangwa ryica urubozo. Ni imyifatire isanzwe ariko igaragaje ukwikunda ishobora guhohotera cyangwa igateza amahoro.

Urugero: guceceka: ni byiza cyane igihe umuntu yihereranye n’Imana ayiramy, ariko guceceka biramutse bikoreshejwe mu muryango nk’igihano cyangwa agasuzugura mu buryo bwo kugaragariza undi ko utamukunze kandi ko ntaho muhuriye byaba ari ihohotera rikomeye.

“Abantu bitwara ku ihohotera mu buryo butandukanye, nkuko bavuga ngo: “ibyago bya bamwe ni umunezero ku bandi” imyifatire nje mbona ko imbangamiye, undi we ashobora kuyakira nk’isanzwe. Ubundi kandi nshobora guterw imibabaro nibyo ntabonesha amaso yanyje nk’ihohotera, nawe kandi byakubaho. “intego y’uyu mukoro ni ukugirango muvumbure icyo mubona nk’ihohotera rirusha irindi kuba ribi, umuzi w’ihohotera”.

4. Mutange amabwiriza akurikira:

“mwese mufite impapuro n’amakaramu ngiye kubaha iminota itanu yo kubitekerezaho nyuma y’iyo minota ndaza kubasaba kwandika buri muntu mu interuro imwe ubusobanuro bw’icyo yita ihohotera ribi kurusha ayandi, rihahamurira kurusha ayandi, rikomeye kwihanganirwa”. Kugira ngo mbahe urugero dore uko nje mbyumva:

“ihohotera ni uburyo mfatwamo n’abandi batuma niyumvamo ko uwo ndiwe, ibyo mvuga cyangwa ibyo nkora ntacyo bibabwiye, kandi ko ntacyakorwa kugira ngo nshobore kubihindura byiza.

5. Mutange akanya ko gutekereza no kwandika. Nibarangiza kwandika , mubagabanyemo amatsinda y’abantu bane bane. Saba abagize iryo tsinda babwirane icyo buri muntu yita ihohotera rikabije kuruta ayandi yose, ni impamvu ari uko abibona.
(Mwubahirize uburenganzira bwa buri muntu wese utarashaka kubikora).

Mwongere muhurize abantu bose hamwe mwemerere ababishaka kuvuga uko babibona. Mwandike ubusobanuro bwabo ku mpapuro nini, nk’ibyo gutekerezwaho, murebe niba hari ibitekerezo abari mu ihugurwa bahuriyeho kugirango bongere kubiganiraho. Nubwo baba batabiganiriyeho, murekere urwo rupapuro imbere kugirango nibiba ngombwa muzongere mururebeho muri aya mahugurwa. Bishobora kuzaba byiza mu biganiro by’ubutaha.

IHOHOTERE NI IKI? (II)

IKORASHABWONKO N'IGISHUSHYANYO CY'UKUNTU BYINJIRANAMO

Intego: gutuma abahugurwa bamenya ihohotera iryo ari ryo mukora mukuri. Guhana ibitekerezo mu kwemeza ko ihohotera Atari iryo kubabaza umubiri gusa ko rishobora kwibasira umuryango. Guhuriza hamwe ihohotera icyo ari cyo n'icyo ihohotera Atari cyo.

Igihe: hagati y'iminota 20 na 30

Ibikenerwa: ikibaho n'ingwa cyangwa impapuro nini n'akaramu yo kuzandikaho.

Uko bikorwa:

- 1) Andika ku kibaho imitwe y'amagambo akurikira:
Ihohotera n'ikitari ihohotera.
Mushobanure ikoreshabwonko murakoresha:
Ko turavuga amagambo n'interuro biratuzi mu mutwe tutagize icyo duhitaho cyangwa icyo dusenya kurwacu ruhande cyangwa kurw'abandi, niba tutemeranya n'igitekerezo cya mugenzi wacu turaba dufite uburenganzira bwo gutanga igitekerezo cyacu, kandi ntitugomba kwifata.
- 2) Mukoreshe ikoreshabwonko kucyo ihohotera ari cyo nicyo ritari cyo. Ikiye y'abahugura ishobora kongeraho ibikoresho byayo, bagakora k'uburyo amagambo nk'inzara n'akarengane avugwa kandi n'igikorwa cyo guharanira ubutabera kikinjira mu rutonde rwo kudahohotera.
- 3) Ikiye y'abahugura igashungura urwo rutonde uhereye kubyo twemera kuri PAV, niba ijamba "kwicisha bugufi" rigaragaye k'urutonde rw'ibitari ihohotera n'akanya ko kuvuga ko igice cy'intego y'amahugurwa ari icyo guhindura imyumvire y'abantu bagira kubworoherane kubibereye n'icyo ngingo.
- 4) Ku rundi rupapuro rwandikeho imizi y'ihohotera. Mu baze abahugurwa bavuye amagambo yose abaje mu mutwe igihe bari gutekereza ku mpamvu zitera ihohotera (ubukene, kwifuza, ivangura iryo ari ryo ryose...). Mukwize ayo magambo kurupapuro yafi ya rwose. Nibigaragara ko barangije kuvuga, mugerageze guhuza ayomagambo mukoresheje imirongo. Urugero: umurongo uva ku ijamba kuvangura ukagera ku ijamba ubwoba. Muraza kugira urusobekane rw'imirongo imbere yanyu ku rupapuro.
- 5) Mubishungure, musobanure ko mugiyeye kugenzura neza icyo mizi, niba byose bigenda neza noneho harakurikiraho ikiganiro gishimishije.

NDI MUNTU KI?

Intego: gufasha abahugurwa kwiga neza ibirebana n'agaciro baha ibiranga imico yabo bwite n'(umwanya) ijambo bafite.

Igihe: hafi iminota 30

Ibikoresho: buri wese uhugurwa ahabwa ibice 10 by'urupapuro rwose n'ikaramu.

Uko bikorwa:

1. Tanga ibikoresho ku bahugurwa bese.
2. Sobanura intego: uyu mukoro wateguriwe gufasha kugira igitekerezo cyiza ku cyo turi cyo n'amarangamutima kuri twe ubwacu.
3. Sobanura uko bikorwa: “ kuri kamwe mu duce 10 tw'urupapuro mufite mu kiganza, andika ijambo rimwe cyangwa ikintu gishobora gusubiza ikibazo gikurikira: Ndi muntu ki? Tanga igisubizo kigufi icyo ari cyo cyose gifite icyo gishaka gusobanura kuri wowe. Icyo wandika kuri ako gatsiko k'impapuro kizaba ibanga. Ntabwo tubasaba gusangira ibyo mwanditse n'ubwo washobora kubikora uramutse ubishatse. Umaze kuzuza ibice 10 by'urupapuro, bitondeke ukurikije uko bisumbana mu gaciro wiha. Byandike ku rupapuro uko wabitondeka kugira ngo ubibike. Tugendane ibyo bice icumi by'impapuro kandi mugomba kugira kopi yabyo yanditse.
4. Tanga iminota kuva kuri 5-10 ku bahugurwa kugira ngo barangize bucece bandika kuri utwo duce tw'impapuro no ku rupapuro rwose. Niwihutisha abahugurwa, bamwe bashobora kugira ibibazo byo kwandika, abandi ntibumva neza icyo bishatse kuvuga. Menya neza ko aho basobanukiwe neza amabwiriza.
5. Igihe abantu bese barangije, komeza utange amabwiriza “ubu ongera ufate twa duce tw'impapuro ku buryo urufite agaciro ka mbere rujya hasi y'izindi naho urufite agaciro ka nyuma rukajya hejuru y'izindi. Fata na none urupapuro, igihe ndababwira, murebe kamwe muri twa duce tw'impapuro maze mwibwire muti “ndi----- ukoresheje ijambo cyangwa amagambo wanditse. Gerageza kongera kumva ko ari wowe. Biterere hejuru maze bigwe hasi, ute iyo mirongo y'imico yari yanditse ku mpapuro. Ibyo bivuge ko utazongera kugendera muri iyo kamere cyangwa muri iyo miterere. Basabe gufata twa duce tw'impapuro imbere yabo. Batere imbaraga zo kuvuga: mu gihe cyose, babaze: “mbese byabanejeje? Ni iki mwari cyo? Muri iki? Mwishimiye ihitamo ryanyu? Mwifuzaga gucunga iyo gahunda? Ni irihe somo bitanze kudakomeza kuba gutyo?

6. Ni hongera ku gice cya nyuma cy'urupapuro, uvuge ibikurikira: ubu tugeze ku cyari igisubizo, cy'ingirakamaro cyanyu ku kibazo, "Ndi muntu ki?" niba mwashoboraga gusimbuza ijamba irindi mwagombye kubikora? Ubike urwo rupapuro n'ubishyira cyangwa urute " tanga igihe cyo gutekereza.
7. Komeza utange amabwiriza: ubu ufata urupapuro urwo ari rwo rwose wifuza kubika ureke urwo udashyira gusa. Tekereza mu bitekerezo no mu marangamutima wari ufite igihe wakoraga uyu mwitozo. Tanga igitekerezo ko abahungu bandika kurupapuro bati "Nize ko-----" azabimenya ubwe cyangwa abiganiye ahandi.
8. Tangira igihe cy'ibiganiro no gusangira mu matsinda wibitsako ari umwitozo w'umuntu ku gitacye kandi ko nta muntu ugomba ko ategutse cyangwa ko ahaswe gusingira cyangwa kuganira n'abandi ibyo.

Icyitonderwa kubahungu:

Uyu mwitozo nimugari kandi ugomba gukorwa ubushishozi ahari hatari mu mahungu y'ibanze gusa areba itsinda. Ushobora guha umwitozo wo kwemera cyangwa w'igenzura. Ushobora kuzamura amaranga mutima y'umbwigunge cyangwa ukundi ku kwitekererezaho hari nicyo udashobora kuba cyo. Ningombwa kuba umuyobozi wo mu rwego rwo hejuru kandi ufite akamaro ko abahungu bubaha amatsinda kandi hakagira ubwenge bwo kuriramba ko birinda gukabya.

Mwirinde kutajyana abantu aho biyumva ko bisize ubusa no gukomeza kubona igitekerezo gisa gityo. Abahungu bamwe bizera ko igikorwa cyo gusaba amahungu kwibohoraho utwo duce tw'impapuro uretse akanyuma ni ukubasaba kurushaho kwiyambika ubusa ahubwo bahitamo kubarekera bitatu byanyuma. Koresha ubwawe buryo n'ibitekerezo byawe kubirebana nicyo abahungu batekereza.

ICYICIRO: F

**KWEGERANA: UMUKINO W'AMAZINA, IMIKINO YO
GUKANGURA, UBURYO BWO GUSOZA.**

UBURYO BWO KWEGERANA.

ICYEGERANYWA: icyegeranya ni interuro nziza kandi ituzuye yuzuzwa na buri muntu umwe wese iyo namukiwe (bimugezeho) mu ruziga kandi amaze gutekereza mugihe cy'umunota umwe. Ibyo bikorwa vuba cyane. Buri muntu asubiza mu ingingo ngufi. Uwo mwitoto ukoreshwa mu gutangira kugira ngo ukangure abahugurwa bamwe kubandi kandi mugihe kimwe kugirango ubyutse ibitekerezo by'isura imwe. Bikubiye mu interuro zikoreshwa bishobora gutandukana kubwo kubyutsa uburyo bwo gutekereza cyangwa kureba ibikenewe mu itsinda runaka no mugihe runaka. Dore ingero zimwe z'interuro zakunzwe gukoreshwa.

- Ikintu kimwe nikundamo ni.....
- Ikintu kimwe kitanzamo mu biganiriro ngira ni.....
- Numva nguwe neza iyo.....
- Ikintu kimwe nkora iyo numva nacyitse integer ni.....
- Nkiri umwana najyaga kwihisha.....
- Ikintu kimwe nizeho muri ya mahugurwa ni.....

ICYEGERANYWA KIREKIRE

Rimwe narimwe bishobotse ikipe igomba kumara umwana ku cyegeranyo mu ruziga intego ihura n'umugambi w'amahugurwa. Ubusanzwe umuntu ayobora icyegeranywa rimwe niwe uvuga mbere. Abagize ikipe bafasha mu gutanga urugero kubirebana n'igihe (bikorwamo) cyihariye kandi abahugurwa bagakurikiza urugero rwatanzwe abagize ikipe bafite uburenganzira bwo gushyiraho igihe. Kurebako buri muntu yavuze kandi ko hari igihe gihagije kubiri k'umurongo w'ibyigwa. Dore ibishobora gukorwa mu cyegeranywa kirekire:

- Ihohotera nahuye naryo nkiri umwana.
- Ndi muntuki kandi nigute nageze hano?
- Iyangura nahuye naryo.

Muri uyumwitoto nta muntu mubari mu ruziga (usubira) ubwira mu byo abandi bavuze. Umuyobozi kumenya neza ko abantu bumva ko bavuye bifuzaga kugira icyo babivugaho. Kandi ashobora (kugira icyo abivugaho) igihe abahugurwa bese baba bamaze kuvuye.

KWIYEGERANYA CYANGWA KWISUGANYA.

Kwiyegegeranya ni umukino ushobora gutangirana n'abantu bageze mu mahugurwa kare abandi bataraza kandi abandi bashobora kubasangamo kuko bagenda binjira hatagombye gutanga amabwiriza. Uwo mukino ningombwa ku mpamvu zo kwiyegegeranya cyangwa kwisuganya.

Birasetse kandi bitanga isomo ku bantu. Ukoresheje umwitozo wo kwegerana ugira uburyo bwo gutanyiriza hamwe abahugurwa bari batabonye hagati y'ibice by'amahugurwa. Ufite akamaro bidasanzwe igihe abantu bari bafite gahunda yo kwinjira buhoro buhoro buhoro. Umukino uhindura ubunze bwo gutegereza itsinda ryose rihagera ngo batangire.

Umukino ukorwa utya: bwira abantu bicare kuruziga cyangwa k'umurongo (basige umwanya wo gushyiramo intebe shya z'abandi barinjiramo) tanga ingero kuri buriwese utangiza umukino naha numero 1. Tangiza ahantu No 1 gukoma mu mashyi ku jyana imwe nkuko hakurikira: "intambwe ebyiri zo ku mavi, intambwe ebyiri zo mu biganza" avuze rimwe intoki zo mu kiganza k'ibumoso, avuze rimwe n'intoki zo mu kiganza cy'iburyo. Umuyobozi akomeze atyo n'abandi bese bamwigane. Igihe umuyobozi araba yiteguye barangije kuvuza intoki z'iburyo, arahamagara nimero ashaka muri ba bantu bari mu ruziga. Umuntu ufite iyo nimero nawe aze abe umuyobozi. Iyo njyana irakomeza. Inshuro ikurikiraho igihe abantu barababavuze intoki z'ikiganza cy'iburyo uwo mwanya ntahagarara cyangwa gutinda umuyobozi arahamagara indi nimero. Uratanguranywe cyangwa agatinda kuvuza cyangwa akibagirwa kuvuza indi nimero arajya ku mbugira y'uruziga cyangwa umurongo. Abantu bese bakurikira baregerana kugirango bafunge umwanya yari arimo bafashe nimero ye hasi muri uwo mwanya: urugero nimero 12 ibaye 11, umuntu nimero imwe aratangiyeye kandi arakomeza. Nimero imwe nahamagara indi nimero atanguranywe cyangwa atinze cyangwa kwibagirwa guhamagara undi, uwo arajya aho umurongo urangirira. Abantu baraza hanyuma barajya aho umurongo urangirira bahabwe nimero zatumye kandi bige vuba vuba uko bakurikira umukino, bareba kandi bakurikiza uko intoki zivuzwa. Bashobora gukomeza kugeza ubwo buri wese abimenye kandi akaba yabonye umwanya wo kubikina hanyuma bagaharika icyo babishakaga.

INDIRIMBO

Kuririmba mu itsinda ni umwitozo mwiza wo kwegeranya kandi ushobora guha buri wese icyizere n'icyifuzo cyo kuwukora. Ushobora kenshi gushishikariza abari mu itsinda kuzana ibikoresho bya muzika cyangwa by'indirimba. Amatsinda menshi yubaka umwuka y'ubufatanye mu kurimbira hamwe. Gitari zishobora kugira akamaro, piano na sentetizeri zishobora gukoreshwa na buri wese kandi bikongera umunezero w'itsinda.

UMWANYA WO GUCECEKA

Ukoresheje nk'icyegeranywa umwanya wo guceceka ushobora kwerekana uburyo bushya bwo gukorereza guceceka nk'uburyo bwo kwihishamo umutima uhana no kuganira mugaragara, umwanya wo guceceka ni ikintu cyoroshye kandi kidakomeretsa uwundi. Mu muryango habamo impano nziza zo kuvuza, gusakuza no gukora. Mu ruhande rumwe dukoreshe guceceka k'uburyo busenya. Nk'urugero icyo umuntu ashaka kwerekana ko atandukanye akoreshe guceceka mu guhana umwanya cyangwa undi umuntu akunda akoreheje imyifato mibi.

Niyo mpamvu muri Amerika iyo basabye guceceka, ku bafite ibyiza ko bakongererwa cyangwa guhumekerwa, abantu benshi Babura amahoro ntibamenye aho biganisha ahubwo bikabasubiza mu bibi babonye mu iceceka rya shize. Umwanya wo guceceka ushobora kuba umwitozo wihariye w'icyegeranya cy'itsinda mu mahugurwa kuko ihugurwa ari umuryango kandi ko ukora ukurikije amategeko atandandukanye n'ay'undi muryango uteranye nawo. Gereza cyangwa umuryango munini uko waba uri kose uguceceka gushobora rero kuba igihe cyo kuvana gukura ikibi mu mwanya ukuri ku kundi gushobora kuba isoko yo guhishurirwa cyangwa kongererwa. Igihe cyose mukugabanya ubwihebe buriho, kurikiranya aya mabwiriza:

- Igihe cyo guceceka nticyagombaga gukoreshwa nk'icyegeranywa mbere y'igice cyangwa igice cya kane cy'ihugurwa icyo gihe, itsinda rizaba risobanukiwe neza umuryango uteye imbere mu kwihanganira guceceka ntagucana intege.
- Mbere yo kuriyamo, ni ngombwa kurisobanurira abahugurwa mu buryo bwose kugirango bamenye aho riganiye n'icyatekerezwaho. Bibasobanure nk'igihe cyo "gukura ikibi mu mwanya". Igihe cyo kwiyegegeranya ku marangamutima ye bwite, igihe cyo guhakarika mu bihe bikomeye, kandi ko kenshi gifatwa nk'ubwoko bw'ibiganiro bitagaragara ariko bizwi, ukoreshe ubusobanuro ubwo ari bwo bwose bushobora kubakomeza mu bisanzwe ariko ntugire ikibwirizo kindi kandi abahugurwa ubahamare babigiremo uruhare ureke kubizimiramo.
- Ubwa mbere ushyireho, ikimenyetso kivuga ko iceceka rirangiye kugira ngo abantu babimenye. Kurangiza kw'Inshuti (Quakers) (ikimenyetso cyabo) gishaka ko bahana ibiganza ariko uwo muhango si amategeko niba mwabona ikindi kintu kirushaho kuba cyiza.

UMUKINO W'AMAZINA

UMUKINO WA NTERA N'IZINA

Vuga izina ryawe ni izina rigushyikira ritangizwa n'inyuguti itangira izina ryawe. Urugero: “Gorgeous George” subiramo amazina y’abakubanjirije bese hanyuma uvuge iryawe bwite. Komeza bizenguruke uruzi kugera aho biragera kuwavuze ubwa mbere noneho akavuga amazina y’itsinda ryose.

UMUKINO WA BUMPTY – BUMP – BUMP

Umuntu ajya mu ruziga akizengurukaho, agahagarara agatunga umuntu umwe urutoki ati “iburyo cyangwa ibumoso bumpty bump bump” iyo umuyobozi agutunze urutoki vuga izina ry’umuntu uri iburyo (cyangwa ibumoso) mbere yuko umuntu uri mu ruziga arangiza kuvuga Bumpty bump bump. Iyo utabikoze ujya mu mwanya wa wamuntu uri mu ruziga ukayobora umukino.

IZINA N'IKIMENYETSO

Umuntu ahagarara mu ruziga nta gutekereza akora ikimenyetso (gukubita umugeri hasi, kuzamura amaboko n’ibindi) akavuga izina rye uwo mwanya. Abagize itsinda bagasubiramo bese bakavuga izina n’ikimenyetso yakoze inshuro ebyiri. Ukurikiyeho nawe agakora atyo bigakomeza kugeza aho bese barangiza.

IZINA N'AGAPIRA

Ukoresheje agapira cyangwa akandi kantu gatera imbere yawe mu ruziga, abantu bese bavuye izina ry’uwo muntu bikomeze kugeza aho itsinda riraba rimaze kwiga amazina menshi.

UBUNDI BURYO

Fata ikizingo cy’urudodo, fata umutwe wa mbere nibigera ku iherezo bazaba babaye uruhererekane rw’urudodo ruraba rwahuje abagize itsinda bese.

UBUSOBANURO BW'IZINA

Uyu mwitozo ni ingirakamaro cyane by’umwihariko iyo abantu bagize itsinda baziranye, ariko bamwe muri bo bataziranye cyangwa iyo benshi mubarigize bigeze gukora umwitozo wa ntera n’izina umuntu wese avuga izina n’icyo risobanura asubiza ibibazo nk’ibi: ni hehe ababyeyi banjye bakuye iri zina? Mbese ndarikunda? Ni iki risobanura ku bwanjye?

AMAZINA

RIMWE, KABIRI, GATATU, KANE (UKORESHWA IGIHE ABAGIZE ITSINDA BAMAZE KUMENYERA AMAZINA YA BAMWE KU BANDI)

Umuntu ahagarara mu ruziga, umuhuguzi niwe utangiza umukino. Ahagarara mu ruziga agasobanura ko agiye kuzenguruka kandi agatunga umuntu urutoki mu buryo butunguranye akabara yihuta kuva kuri rimwe kugeza ku icumi (1-10) no kuvuga izina. Umuntu aratunga urutoki aravuga izina ry'umuntu uri iburyo bwe ako kanya. Ako kanya atarashobora kuvuga izina rye ako kanya arajya hagati abe umuyobozi. Bikomeze kugeza aho abahugurwa bose babatunze urutoki.

IMIKINO YO GUKANGURA

UMUYAGA MWINSHI URAHUHA

Abandi bose baraba bicaye umuntu umwe ku ntebe uretse wowe. Wowe uraba uri umuyaga mwinshi kuburyo uwo urahuha wese arava aho ari. Uravuga uti “umuyaga mwinshi uhushye aba”, wongereho ijamba rigaragaza abo umuyaga uhushye.

Urugero: “abambaye amasogisi y’umukara” cyangwa “abantu bose bafite amatwi” abantu bose baraba barebwa nibyo uvuze uragomba guhaguruka bagahinduranya iby’icaro muri ako kagari nawe urashaka intebe wicaraho umuntu umwe urasigara aticaye niwe urahinduka umuyaga nawe aragira abo ahuha.

UMUNWA MUGARI

Saba abantu batatu babishaka baze mu ruziga hagati babaze ikibazo. Buri muntu muri abo bari hagati arakurura umwuka mwinshi cyane asubize ikibazo, hanyuma arareba uravuga amagambo menshi cyane atarongerera kwinjiza umwuka wifashishe ibibazo bisanzwe byoroshye nka: “uburyo bwiza bwo kurera abana ni ubuhe?” abo hari igihe barasubiza ibintu bitajyanye ariko bakavuga badahagarara, icy’ingenzi ni ugushimisha abandi ntago ari ukuri kw’ibisubizo.

UMWUKA MWINSHI

Mujye mu ruziga uyobora ajye hagati abandi bose barakora nk’ibyo umuyobozi ari gukora. Uyobora arasutama, ashyire ibiganza hasi, ahaguruke buhoro ariko yinjize anasohora umwuka yeguke ku buryo arahagarara amaboko azamuye mu kirere, gusohora umwuka kwa nyuma ahagaze kubaka urusaku.

UMUKINO W’INJANGWE

Mwegerane babiri babiri muhagaze mwegeranye intugu, mutandukane mu cyumba hose. Toranyamo abantu babiri umwe abe “uhiga” undi abe “uhigwa”. Uhiga aramwirukaho naho uhigwa ahunge. Uhiga nakora k’uhigwa ubwo uhigwa arahinduka uhiga. Uhigwa ashobora guhungira ku bandi babiri bahuje intugu, igihe araba ahuje urutugu n’undi wo kurundi ruhande araba ahindutse uhigwa, ariruka ahunga umuhiga kandi nawe ashobora gushaka ubuhungiro ahandi.

INGONA YO MU MAZI N’IBIKERI

IBIRAKENERWA: Ikintu icyo ari cyose gishobora kujegera mu mwanya w’ingona. Impapuro zigera kuri cumi n’ebiri.

Abantu bose baraba ari ibikeri, icyumba kiraba ari inyanja undi muntu umwe araba ari ingona. Impapuro cumi n'ebiri ziraba zisandaguje mu cyumba ziraba ari ibirwa.

Amategeko y'umukino:

1. Umugambi w'ingona ni ukurya ibikeri byose, ibikeri byo bigomba kwirinda kugirango bitaribwa.
2. Igihe ingona iraba isakuza cyagikoresho gisakuza iraba ibeshya ko isinziriye, ibikeri birumva bifite umudendeze wo kuzerera mu Nyanja.
3. Igihe urusaku ruba ruhagaze ibikeri biragira amahoro ari uko biri ku kirwa.
4. Ingona nisakuza ibikeri biratembera mu mazi byose nta na kimwe kiraba kiri ku kirwa.
5. Urusaku niruceceka ibikeri bagomba guhita bisimbukira ku birwa mbere yuko bifatwa n'ingona. Ku kirwa kimwe hashobora kujya ibikeri byinshi. Buri gikeri kigomba gushyira ibirenge byacyo byombi ku kirwa hatagize agace gasigara mu mazi, cyangwa gihagaze n'akaguru kamwe ku kirwa akandi kari mu kirere.
6. Ingona iri kuvuza urusaku irazenguruka mu mazi, ivaneho impapuro ebyiri cyangwa eshatu. Nihagarika urusaku ibikeri byose bihungire ku birwa. Ibikeri biraba bidahagaze neza ku birwa ingona irabirya, abo barava mu mukino. Umukino urongera utangire, izindi mpapuro zongere zikurweho ibikeri bikomeze bifatwe kugeza igihe harasigarira urupapuro rumwe gusa, umubare munini w'ibikeri ugafatwa.

INZOVU N'IMIKINDO

Umuntu uri mu ruziga hagati aratunga umuntu urutoki amubwire ngo: "inzovu". Uwo muntu arunama arambure amaboko imbere ye kugira ngo akore umugobora. Abantu bamwegereye ku mpande zombi barahina amaboko kugira ngo bakore amatwi y'inzovu. Umuntu uri hagati natunga undi agatoki akavuga ngo "umukindo". Uwo arazamura amaboko ye hejuru y'umutwe we. Abantu ba muri iruhande bareme amashami y'umukindo. Umuntu uri hagati navuga ati "agakwavu" uwo atunze agatoki arareba inyuma ashya ibiganza bye inyuma bikore umurizo. Abantu bamukikije barebe inyuma bakande ku mazuru.

NIBA UKUNDA

Uyu mukoro uyanirana n'injyana y'indirimbo "niba unkunda...." (ugashyireho icyo ukunda). Uyobore umukino aba ari hagati akaririmba iyo ndirimbo akora n'ibimenyetso. Abandi bose bakaririmba bagakora nk'ibyo ari gukora. Ibimenyetso n'indirimbo bikagenda birushaho kwihuta kugeza ubwo abantu bicugusa bakagera ubwo bizengurukaho.

HA HA

Abantu barambaraye ku isima, buri muntu ashyize umutwe we kunda ya mugenzi we, mu ruziga, utangiza umukino akavuga ati: “Ha” uwa kabiri ati: “Ha, Ha” uwa gatatu we akavuga ati: “Ha, Ha, Ha” mu gukomeza mutyo kugeza ubwo abantu bose basetse.

NDAGUKUNDA SHERI, ARIKO SINSHOBORA GUSEKA

Umuntu uyobora umukino aba yicaye ku ntebe, agaragara nk’umuntu ufite urugwiro. Abandi bantu barakurikirana umwe umwe bashaka kumuseka. Uwo uyobora umukino ntiyemerewe guseka, aragerageza guseka abo ngabo ababwira ati: “ndagukunda sheri ariko sinshobora guseka”. Uwo urikuyobora naseka araba atsinzwe arasimburwa n’uwo uraba umusekeje. Mukomeze kugeza ubwo buri muntu wese araseka.

GUTOROKA GEREZA

Uyu mukino urashyuha cyane. Mugomba kubimenyesha abantu bakitonda kugira ngo badakomereka. Ntimukoreshe intebe zifite inkokora. Abahugura bagomba guhagarika umukino igihe babona ko hari abashobora gukomereka. Kandi bagomba gukiranura abantu bane bashaka kwicara ku ntebe imwe. Umukino ukurikiza amabwiriza nk’ay’umuyaga mwinshi uretse ko uyu wo ukinwa n’abantu babiri ba biri. Mushyire intebe ebyiri ebyiri hamwe, muzitanyeho hamwe hose. Ni byiza ko izi ntebe ziba zitari mu ruziga, kandi hagati y’intebe ebyiri ebyiri hagombye kuba intera nibura ya metero imwe. Mushyire intebe ebyiri mu yumba hagati. Izo ntebe ziraba ari gereza.

Abantu bose bicare, intebe ziticaweho muzikure mu zindi muzigize kure. Musabe buri bantu babiri begeranye gusobekeranya amaboko ahereranye, bagomba gukomeza basobekeranye kugeza umukino urangiye. Buri bantu bakatanye bahabwa numero na ba bandi bari muri “gereza”. Abo bantu barakomeza kugira icyo numero kugeza umukino urangiye.

Ba bandi bari muri “gereza” niba baratangira umukino. Bashobora kuvuga numero imwe cyangwa ebyiri muri za zindi zihawe abantu, abo bene izo numero bakaba bagomba gushaka indi myanya. Ba bandi bari muri gereza baragerageza kujya mu mwanya abandi barabura bavuyemo. Niba ba bandi bari muri gereza bashaka ko abantu bose bahindura ibyicarwo baravugaga bati: “GUTOROKA”. Abantu babiri barabura aho bicara barajya muri gereza nabo batangira umukino uko bashaka.

IMASHINI

Umuntu akora urusaku n’imiyego nk’iy’imashini runaka ikora, abandi bakigana umuyego bumva bashaka mu miyego y’iy’imashini.

UBUTUMWA BWO MU MUGONGO

Mu ruziga, guhaguruka abantu barakabirinduka ibumoso. Buri muntu agashima mugenzi we umuri imbere mu mugongo, undi agahindukira na we agashima mugenzi we mu mugongo.

UMUKINO W'INJANGWE UKURURUKA

Urakinwa nk'umukino w'injangwe usanzwe uretse ko muri uyu mukino n'uhiga baraba bari kugenda bari gusodoka nk'abari kugenda mu mazi.

MADAME MAMBOLI

Abantu bose hanwe n'uratangira umukino babe bicaye mu ruziga, urayobora umukino aratanga ubutumwa mu bantu bose: "Ndashaka Madame Mamboli, ariko namubuze. Waba wamubonye Madame Mamboli?" umuntu urakira ubwo butumwa arasubiza ati: "Oya, ariko reka mbaze mugenzi wanjye", hanyuma na we ahindukirire mugenzi we amusubiibire muri bwa butumwa: bikomeze kuza kugeza igihe biragerera ku muntu wanyuma.

Ibisabwa: Umuntu uraba uri kuvuga ntabwo araseka kandi ntabwo aragaragaza amenyo. Uraseka ari kuvuga cyangwa akagaragaza amenyo, arava mu mukino.

INKUGE YA NOWA

(Uyu mukino urashyushye, abantu bamwe bashobora kugongana ni yo mpamvu ari uguteganya umwanya munini uhagije). Uyu mukino ubera mu nkuge ya Nowa, mu mwijima inyamaswa zaratorotse. Umugambi w'uyu mukino ni uko buri nyamaswa ishakana n'iyayo bikoresheje ijwi gusa. Mugabanya abagize itsinda mo kabiri. Uhugura ahe buri muntu izina ry'inyamaswa igira iyayo mu rindi tsinda. Bwira abagize itsinda basubire hamwe, bakomeze bahagarare. Baragomba guhumuriza, hanyuma batembere mu cyumba, buri muntu ashakisha mugenzi we yabira nk'inyamaswa ahagarariye. Ababonye bagomba guhagarara hamwe bategereje ko abandi babonana n'ababo harajya habaho kwitiranya mu gihe cyo gushakana.

IGIHUNYIRA N'IMBEBA

(Uyu mukino nawo urashyushye kandi abantu bashobora kugongana)

Ibikenerwa: ibitambaro byo mu mutwe bibiri, udukombe tubiri turimo utuntu tujegera. Ikigenderewe ni uko igihunyira gifata imbeba, imbeba nayo igahunga igihunyira.

Musabe haze abantu babiri babishaka: igihunyira n'imbeba. Bombi mubafunge mu maso kandi buri muntu mumuhe igikombe kijegera. Bagomba kujegera ibyo bikombe kugira ngo umwe amenye aho undi ari, bityo imbeba ihunge. Abandi baraba bahagaze bakoze uruziga kugirango hatagira ukomereka muri bombi, cyangwa bagakomeretsanya. Igihunyira nigifata imbeba musabe abandi babiri babishaka bakine cyangwa musabe imbeba ibe igihunyira undi araba imbeba.

Icyitonderwa: Mu ruziga abantu bafasha imbeba ntabwo barayobora igihunyira. Abagize ikipe ihugura bashobora babishatse kubibwira abahugurwa maze bakareba ukuntu amarangamutima aragaragazwa muri uwo mukino!

GUHANA UBUNYINYA BW'AMASHANYARAZI

Guhagarara mu ruziga mufatanye ibiganza. Umuntu uyoboye akamure ikiganza cya mugenzi we nawe akamure icya mugenzi we bityo, kugeza ubwo uruziga rwose ruraba ruri gukamurana ibiganza. Uwatangiye ahindure uburyo bwo gukanda na none bose bagende bahinduranya. Akore k'uburyo iburyo akanda mu buryo butandukanye n'ubwo akanze ibumoso (akandire rimwe ku nshuro ya kabiri ku buryo butandukanye) maze muze kugenzura aho ibyo byerekezo byombi birahurira murebe uko biragenda.

GUTANGA MU MASO HAWA

Muhagarare mu ruziga. Umuntu wa mbere arebe uwa kabiri amukinire agakino akoresheje mu maso he (uguhumbya, ugukanura, ... kuhabyinisha ...) Umuntu wa kabiri arigana ako gakino, hanyuma nawe arebe undi umukurikiye amukinire akandi gakino gatandukanye n'ako gakino, hanyuma nawe arebe undi umukurikiye amukinire akandi gakino gatandukanye n'ako yakiniwe na mugenzi we bikomeze kugeza ku muntu wanyuma.

GUHANA IBUMBA

Fata ibumba mu ntoki, urikure mu mufuka wawe, ubumbemo ikintu ushaka. Ubumbe ikintu buri muntu ashobora kumenya. Nta kuvuga, subiza iryo bumba uko ryari rimeze urihereze undi. Mubwire uti: Muri iri bumba shushanya mo ikibazo cyawe ugihereze undi nawe abumbe mo icye nawe arihereze undi bityo bityo.

KWIBOHANA

Abantu babiri bajye hanze. Abandi bafatane mu biganza bagende biboha babyinyuza ku mutwe abandi babinyuze hasi basobekerane nta kurekurana. Ba bantu bagiye hanze binjire bagerageze gusobokora abo bantu batarekuranye bongere basubire ku ruziga rwiza bafatanye mu biganza. Abagize urwo rusobe bemerere abo bari kubasobanura babakoresheje ibyo bumva, bafatanye nabo.

KUBOHANA (II)

Abantu bose mu ruziga buri muntu ahane na mugenzi we ikiganza cy'iburyo, bongere bafatane no mu biganza by'ibumoso noneho itsinda ryisosobanure. Ibyo nibabikora bamwe baraba bari imbere; mutere akaririmbo abantu bagende bibohora baririmba kugeza igihe bose barabera hamwe mu ruziga. Itsinda niridashobora kwibohora nyuma y'igihe cyagenewe, ubasabe barekurane ubagabe mo amatsinda abiri mato batangire umukino kugeza ubwo barashobora kwibohora.

PRUEE

(Umukino ushyushye ushobora gutuma abantu bagongana). Abantu bose bafunge amaso batembere. Umuyobozi yongorere umwe ngo: “uri Pruee”, Pruee utagomba kuvuga nta n'uko agomba kugira icyo asubiza. Buri muntu arahereza ikiganza uwo barahura, amubwire ngo Pruee. Uwo ahaye ikiganza namusubiza na we ngo “Pruee”, ubwo uramenya ko ubwo agusubije ko Atari Pruee. Nahura n'umuntu wamubwira Pruee agaceceka ubwo nawe uraba ubaye Pruee umuntu ukuvugisha ntabwo uramusubiza. Umukino urarangira ari ntawe ukivuga.

Icyitonderwa: Babiri mu bahugura bagomba kugenzura uyu mukino kugira ngo bahagarike ikintu cyose gishobora gute impaka.

IMVURA IRIMO UMUYAGA

Umuntu uri mu ruziga hagati ayobora umukino akuba ibiganza agenda ahindukirira umuntu abimutunga nawe amwigane, azenguruke uruziga rwose bose bakore nka we. Umuyobozi arakora ibintu umunani bitandukanye:

Inshuro ya mbere: gukuba ibiganza, inshuro ya kabiri: azenguruke abantu avuza intoki, inshuro ya gatatu: akubite ibiganza ku bibero, inshuro ya kane: akubite ibiganza ku bibero akore no ku maso hasi, inshuro ya gatanu: akubite ibirenge ku bibero gusa, inshuro ya gatandatu: avuze intoki gusa, inshuro ya karindwi: akube ibiganza hamwe, inshuro ya munani: azenguruke abantu bucece. Buri kintu cyose agomba kugitangirira aho yagiye atangirira, akazenguruka abantu bose.

GUKOMA AMASHYI MU NJYANA

Saba abantu bafunge amaso, bakome amashyi ku njyana bifuza. Mu itangira biraba ari akajagari, ariko biragenda bisobanuka kugeza igihe biragerera ku njyana imwe. Murangize umukino nibura abantu bahumuye amaso cyangwa bagabanije umurego wo gukoma amashyi.

YOHANA AVUZE

Abantu bahagarare mu ruzi, uyobora ahagarare mu ruziga hagati ayobore abantu ababwire ati “Yohana aravuze ngo”..... (kongeraho icyo avuze ko bakora) umuntu urakora icyo umuyobozi akoze kidahuye n’icyo Yohana avuze arava mu mukino.

INTERA ICUMI

Shyira ibiganza byawe ku mutwe iyo ibe intera ya mbere, ugende umanuka ukurikiranya intera ku mubiri wawe ugeze ku ya cumi ku mano. Noneho ugende uvuge nimero abantu bagende bakora iyo numero iri utsinzwe avemo uze nimero uzivuge vuba vuba.

MUKORE KU BURURU

(Uyu mukino urashyushye abantu bashobora kugongana) Uyobora umukino aravuga ngo: “Mukore ku bururu” abagize itsinda bakore ku ibara ry’ubururu aho baribona kuri mugenzi wabo. Arakomeza agende avuga andi mabara atandukanye nabo bagende bayakoraho. Ashobora kuvuga ikindi kintu.

SALADE Y’AMATUNDA

Abandi bese baraba bafite intebe zo kwicaraho uretse umuyobozi w’umukino. Muraha umwe mu bahugurwa izina ry’itunda ku mazina mufite k’urutonde. Ku buryo abantu nka batatu barahurira ku izina ry’itunda rimwe. Muravuga izina ry’iryo tunda noneho abarifite bese barahindura ibyicararo. Nushobora kwicara ku ntebe, urasigsara aticaye nawe araba umuyobozi ahamagare andi matunda. Navuga ati SALADE Y’AMATUNDA bese bagomba guhindura imyanya.

KUBUTSANYA MU CYANYA

Muhagarare mu ruziga, musabe buri muntu atoranye ijwi ry’inyamaswa ashaka. Avuge ko abyutse bucece, atangire avuge nk’akajwi gato agende yongera kugeza igihe arasakuza cyane.

ZIP-ZAP-BOING

Hindukirira mugenzi wawe vuba vuba uti “Zip”, uwo muntu nawe abwire undi iryo jambo vuba vuba barihererekanye kugeza igihe umwe aravuga ngo “Boing”. Icyo gihe ijambo rirahinduka “Zap” kandi umukoro uhindure icyerekezo.

UMUKINO W'UBUFATANYE

UBUFATANYE (NA NONE WITWA GUHAGURUKA)

Gabanya itsinda mu makipe ya babiri. Buri kipe bicare hasi bateranye imigongo. Hanyuma bafatane amaboko bahine amavi ku buryo ikirenge gihagarara neza ku butaka. Noneho bahaguruke. Nimushobora kubikora mu matsinda ya babiri, mugerageze itsinda rya batatu cyangwa bane. Uko itsinda riba rinini niko kubikora bikomera. Mu matsinda manini, ni byiza kwicara mu ruziga abantu begeranye ku buryo intugu n'inkokora bikoranaho.

UBWIHERERO

Kora amatsinda ya bane. Abagize buri tsinda bajye mu ruziga kandi bafatane ibiganza. Bucece. Buri muntu arahabwa amasegonda 30 yo guhitamo ahantu h'ibanga ajyana abandi bagize itsinda. Barahabwa iminota bamara bakina uwo mukino. Ntibagomba kurekurana ibiganza kugeza umukino urangiye. Umukino nurangira mukore isuzuma. Ni gute mwumvise mumeze? Mbese hari itsinda ryagiye ahantu bane b'ibanga bamwe bakurikiye abandi? Ni gute mwahanye icyo gitekerezo.

UBUTAKA

Mbere na mbere, kora amatsinda ya babiri. Abari mw'itsinda bafatane ibiganza barebana. Bacecetse. Hanyuma buri tsinda rice umurongo hagati yabo uko bashatse hasi werekane ubutaka bwabo bombi. Intego y'uuyu mukino ni iyo kuzana undi muntu ku butaka bwanyu. Murahabwa iminota ibiri gukora uwo mukino. Ntimurekurane ibiganza kugeza aho umukino urangira. Hanyuma mukore isuzuma: hari amatsinda yafashe icyemezo cyo guhindura umwanya kugira ngo asubize ibyifuzo by'abandi bantu babiri.

IMIKORO YO KWIRINGIRANA

Iyi mikoro yo kwiringirana idufasha gusobanukirwa ko dushobora kwiringira inshuti zacu, kandi ko natwe dushobora kuba abiringirwa. Igomba kuyoborwa n’abantu bayimenyereye. Ikiye igomba gushaka uburyo bwose bwo gucunga umutekano no kugenzura niba itsinda ryageze ku rugero rushimishije rwo kwiringirana ku buryo iyo mikino ibinjiza mu mutekano ku mubiri no mu bitekerezo. Iyo mikino ntigomba gukoreshwa igihe mu itsinda ari nta kwiringirana kuhari.

URUZIGA RW’IBYIRINGIRO

Abantu barahagarara ku ruziga begeranye cyane. Usabe umuntu umwe ubishaka aje mu ruziga hagati. Uwo ari imbere mu ruziga arafunga amaso, yigwishe kinyumanyuma. Abari k’uruziga baramuramira mu maboko yabo bagende bamuhererekanya bakurikije uruhande ari kwiyerekezamo. Ha buri muntu akanya ko kunyura aho mu ruziga agerageze uwo mukoro. Saba buri wese agire icyo awuvugaho.

GUTERURANA MU BYIRINGIRO

Saba umuntu ushaka guterurwa. Saba abantu bafatanye kumuterura, babiri ku ntugu, babiri mu manyankinya, babiri hagati, abandi babiri ku mavi, n’undi umwe urafata ibirenge, n’undi umwe ushyigikira umutwe. Urebe neza niba umutwe usigasiwe neza k’uburyo uteruwe arakomeza guhumeka neza. Tanga ikimenyetso cyo guterura bose baterurire rimwe ku buryo umubiri urazamurwa uringaniye. Nibamugeza ku rugero rw’amanankinya bamusigasire neza, bongere bamugarukirize ku rugero rw’intugu, aho ngaho bamusigasire neza bamubirindure bamuzengurukane mu ruziga nyuma bamwururitse buhoro buhoro. Ubaze umuntu wari uteruye uko yiyumvaga. (Akenshi baturiza hamwe umukoro w’uruziga rw’ibyiringiro no guterurana mu byiringiro).

GUSIMBUKA MU BYIRINGIRO

Uyu mukoro urakenera abantu benshi (hejuru ya 12) kandi urakenera n’ahantu hagari. Saba abantu batatu cyangwa bane bicare hasi umwe iruhande rw’undi amaboko azamuye hejuru. Ukore imirongo ine cyangwa irenga. Umuntu umwe ushaka araza yiruka yitere kuri bya biganza birambuye, bimusame, bagende bamuhererekanya. Ni byiza ko ku mpera y’umurongo haba abandi bantu babiri baramufasha kweguka no gushinga ibirenge.

UKO UYU MUKINO USHOBORA KONGERA GUKORWA

Imirongo ibiri igizwe nibura n’abantu batatu bari kurebana, ibiganza bizamuye mu kirere ku buryo bikorana. Umuntu ushaka avuye ku ntebe agasimbukira mu maboko yabo.

Bamusama bakamukomeza, bakamushyira hasi, akaryama muni y'amaboko yabo. Undi muntu ushaka akongera agasimbukira mu maboko ya babandi na wa wundi wa mbere akiryamye muni y'amaboko yabo.

URUGENDO RW'IMPUMYI

Kwigabanya mu matsinda ya babiri. Umwe muri babiri akaba afutse mu maso, akayoborana ubugwaneza mugenzi we bakazenguruka mu cyumba, agera kumufasha kumenya ibintu byose biri aho bari kunyura, anita ku mutekano no ku kurindwa k'uwo afutse mu maso. Nibarangiza bagurane.

UBUGENGE

Abantu babiri bafatanye mu biganza, barebana, ibirenge biri hamwe kandi nabyo birebana, buri muntu ase n'uryama agaramye, bashyigikirane. Hanyuma bamanuke buhoro buhoro bicare hasi, bongere bahagurukane buhoro buhoro. Abantu babiri bashobora gukora uyu mukoro batareshya batananganya imbaraga. Uyu mukino ushobora no gukorwa n'abantu babyibushye bafite ibibazo by'umugongo cyangwa batinya ko bakwikubita hasi. Ni umukino mwiza w'ubwuzuzanye, nta numwe urekura undi kugira ngo agwe. Nimurangiza muganire kubwizerane no ku gushyigikirana bivugwa muri uyu mukino.

UMWITOZO WO GUSOZA

INGABO ZO GUSHIMANA

Ha buri muntu wese urupapuro runini na marikeri. Buri muntu agomba gushushanyaho umuzenguruko w'ingabo, awugabanyemo ibice bitatu (shushanya neza ku rupapuro). Bagomba na none kwandi muri buri gice, ibisubizo bikurikira (cyangwa ibindi bibazo itsinda rirabona bifite ingufu).

1. Ibintu bitatu mu bya mbere byiza cyane.
2. Ibintu nshaka ko bandika ku ibuye ry'imva yanjye.
3. Ikintu nakoze mu bugingo bwanjye kandi kuri njye mbona ko ari ingenzi.

Mbwira abantu berekane ingabo zabo imbere y'amatsinda manini: Niba bishoboka, banjyane ingabo zabo, bazomeke mu migongo yabo mu gihe runaka.

AMATANGAZO YO GUSHIMANA

Ha buri muntu wese urupapuro runini n'ikaramu ya marikeri. Bwira abahugurwa bomeke impapuri zitanditseho ku migongo hamwe ku bandi bakoreshe urupapuro cyangwa umushumi bifite kole ku buryo buri muntu agira (ikimwerekana) itangazo. Babwire ko bagomba kunyuranamo, kandi ko bagomba kwandika ibyo bashimana kuri za mpapuro rumwe ku rundi kandi ikintu gishyigikira abandi gishima ku muntu wese wambaye urupapuro.

Amabwiriza:

1. Ntibagomba kwandika ibintu bidashyigikira.
2. Ntibagomba kwandika ibintu bitari ukuri, nta uhugurwa utagomba kwandika ibintu atizeye ko ari ukuri, umvisha ko Atari gikorwa cyo kunenga, ahubwo ari uburyo bwo kubakana no gushimisha. Igihe abahugurwa barangije kwandika bese kuri za (matangazo) mpapuro z'abantu bese, egeranya abantu kandi ubasabe gukuraho ya matangazo no kuyasoma. Gendagenda mu bantu kandi ubaze buri wese kuvuga icyo atekereza ku byanditsweho kandi ko ku giti cye abishyigikiye. Abantu muri rusange bagira amarangamutima mu buryo bwose akomoka kubyo babavuzeho byanditswe ku matangazo yabo. Reka abantu bajyane amatangazo yabo kandi bayacunge kubwo nk'urwibutso kwibuka amahugurwa kandi nk'umugabo wo guhamya ko ari bantu b'igitangza.

ICYITONDERWA: Niba biboneka ko, umaze gutanga amabwiriza, abantu barandika kuri ya matangazo ibintu byo gushyira abandi hasi. Uyu mwitozo ntuwukoreho ukoreshe pyramide cyangwa INGABO ZO GUSHIMANA.

PYRAMIDE YO GUSHIMANA

Shyira abantu mu ruziga kugira ngo pyramide ubanje kuzamura ikiganza cy'umwe mu bahugura. Buri muntu ushyize ikiganza hejuru y'ibindi agomba kuvuga ikintu kimwe cyiza yifuriza itsinda ryose. (Hari abantu bamwe bashobora guhitamo kutabijyamo naho abandi bagashidikanya kubikora ariko amarangamutima yo gushimana yavuzwe).

GUHANA IMPANO

Zengurutse abantu mu ruziga, buri wese azenguruke, abahugurwa babwire bagenzi babo bati “guhaye impano ya” Batanga impano bahimbye bifuriza ababo ariko bo babona buriwese wihariye kuri burimuntu . (twize ibintu byinshi bamwe kubandi muri ibi bice). Ibyo dukereza tureke bijye ahagaragara; bamaze gutanga uburyo buhagije ku muntu ufite ikibazo cyo gukora gahunda ngo ajye ayikora. Kwegeranya abahugurwa babiri babiri. Bwira buri wese mu bari kumwe abwire mugenzi we ikintu arota gukora. Bahe iminota nk'itatu. Noneho garura abantu bose mu ruziga kandi buri wese abwire itsinda impano ikwiriye mugenzi we. Iyo impano ibe ivuye mu byo uwo muntu (yahumekewe) yahishuriwe mu nzozi ze.

Uburyo bundi

Mu mwanya wo gukoresha ubu buryo wakoresha interuro ikurikira: “ndagushimira impano ya”

URUZIGA RUHERUKA RWO KURASA KU MBARAGA

Kora uruziga. Abagize ikipe barasobanura bati “tugiye kurasisha imbaraga zacu”. Tugiye gukora uruziga duhurire k'umuntu umwe kandi rimwe. Abahugurwa barajya kuri uwo muntu bamubwire ibintu bamukundaho, bamushimaho, kandi bamumwabahiraho. Abantu bagomba kuvuga ibintu batekereza by'ukuri. Dutanga umunota umwe cyangwa urenga niba igihe kubitwemerera kuri buri rasana. Hanyuma abagize ikipe nabo baraza bakamubwira ibyo bamushimaho. (Abantu bifuza kumara umwanya kuri uwo mwitozo ni ngombwa kureba niba igihe cyemera ko buri muntu aba yarashwe.

INDIRIMBO

Indirimbo ni umwitozo mwiza wo gusoza zaba iz'umwuka cyangwa izo gushimisha. A Bedford Hills yamenyereye umuhango w'amahugurwa n'indirimbo. “Black Socks”

UMUBYIGANO WA TEXAS

(Umwitoto mwiza wo gusozwa iyo igihe cyihuse)

Shyira abantu mu ruziga begeranya abagize ikipe batange amabwiriza: uburyo bwo gukora umubyigano wa Texas ni ugusubira inyuma intambwe (abahugurwa bese barasubira inyuma intambwe imwe) no kugaruka imbere intambwe ebyiri bizahombanya abagize itsinda bese kandi bizabashyira.

Icyitonderwa: Twabonye amakuru yuko avugaga ko Atari umubyigano wa Texas ahubwo ari ihombanya bya Tennessee.

Indirimbo

Blacks socks they never get dirty
The longer you wear them, the stronger they get
Sometime I think I should launder them
Something keeps telling me,
Don't wash them yet not-yet-not-yet-not yet.

ICYICIRO G:

AMAKINAMICO

IKINAMICO

Intego: Gufasha abagize itsinda gutegura imikino ishobora kubageza kugukemura amakimbirane mu buryo nyabwo, batagize uwo bahohotera.

Igihe: gishobora kugenwa n’abagize ikipe.

Ibikenerwa: kamera yo gufata amashusho y’iyo mikino, n’ibindi bikoresho byabugenewe kugira ngo bashobore kubireba kuri televiziyo, ibyo bisaba n’abakozi babizobereye. Ibyo bikoresho bishobora kuboneka muri PAV.

Uko bikorwa:

1. Gutoranya ikimbirane itsinda rishaka gukinaho. Kuritegura k’uburyo mu ikemura ryaryo hagaragaramo imbaraga zihindura. Uwo mukino ugirwa n’igice kimwe gusa: aho ikimbirane rigaragarira. Ibindi bintu bibanziriza ikimbirane ushobora gusobanurwa n’umwe mu bakinnyi mu magambo asanzwe. Mugabanye abantu mu matsinda mato mubareke bitoranyirize ikimbirane bashaka gukina. Mu buri tsinda hagomba kubamo umwe mubagize ikipe y’abahuguzi.
2. Kubera ko imbaraga zihindura zitabereyeho ubusa, imikino iteguwe igomba kuba irimo amakimbirane atarakemurwa mu buryo busanzwe gusa ahubwo arakemurwa n’imbaraga zihindura.
3. Gena abantu barakina mu mwanya uyu n’uyu, tanga amazina y’imikino ukurikije uruhare rwabo.
4. Ntubategeke uko barakemura ihohotera, abakina ubwabo bagomba guhitamo uburyo buraturuka ku mbaraga zihindura burakoreshwa mugukemura impaka. Uko baba bameze kose n’uko baba babyifuza uko ariko kose bareke babyikorere kuko aribo bakeneye gufungukira kwakira no gukoresha imbaraga zihindura.
5. Nta muntu wemerewe gukina ibyamubayeho. icyokora umuntu ashobora kubitangaho igitekerezo mu mukino, akavuga uko bikinwa agatoranya abakinnyi akanabatoza. Ni byiza ahubwo k’umuntu akina uruhare rw’umuntu wamurwanyaga mu ikimbirane yahuye naryo ibyo nibyo bimufasha cyane.
6. Utoranye umuntu urafata ijamba mbere y’umukino akerekana abakinnyi akavuga n’uruhare rwa buri muntu. Uwafashe ijamba ashaka yaba no mubakinnyi, cyangwa akaba ari wa muntu wahuye niryo kimbirane mu buzima bwe.
7. Umuntu ufata ijamba agomba kumenyesha abagiye gukurikira umukino ibi bikurikira:
 - a) Ibyabaye mbere yuko ikimbirane rigaragara.
 - b) Amazina y’umukino n’amazina bwite y’abantu.
 - c) Amarangamutima umuntu agaragaza umuntu atagaragaza atangira umukino.
 - d) Kuvuga aho umukino urabera n’ukuntu haraba hateguwe.
8. Uhugura yereka uvuga ijamba ikimenyetso cyo gutangira umukino kugira ngo niba hari abo gukurura umwenda (ridon) bitegure. Igihe kandi barataha ufite ijamba akamenya ko igihe cyo gutangira umukino kigeze.

9. Uhugura araba yamenyesheje abantu ko umukino urahagarara igihe aravugaga ngo “hagarara”.
10. Abakinnyi baguma uko bari bameze mu gihe bahagarikwaga, kugeza igihe uhugura arababariza ibibazo yateguye.
11. Uhugura arayobora ikiganiro rusange abaza abagize itsinda kugira icyo babivugaho.

Ibireba abahugura:

Ni ngombwa kumenya igihe uzakagarikira umukino. Ni icyemezo wowe ugomba gufata.

- Ikiye isabwye kubahiriza umutekano, kurengera imibereho myiza y’itsinda no kubuza ko umukino uhinduka intambara cyangwa ugatera ubwoba. Mu rundi ruhande umukino utagaragaye ikimbarane nawo ntacyo uba wigisha. Kuko imbaraga zihindura zitazabona aho zigagaririra, kuko haba hatabayeho ukuzamuka k’uburakari. Ahubwo ufite uburenganzira bwo guhagarika umukino aho ushakiye hose haba mbere cyangwa nyuma igihe kimwe muri ibi bintu bikurikira kigaragaye:

- ❖ Ibintu bibaye bibi iby’umukino bibaye uburakari bikaba bishobora gutuma haba ihohotera bigakomeretsa n’abandi bari gukurikirana uwo mukino mu bitekerezo.
- ❖ Umukino ugeze aho icyigisho kigaragara neza, intego z’umukino zigezweho.
- ❖ Umukino watandukiriye k’uburyo urabona ntacyo urageraho, haba kukibwirane cyangwa ku mbaraga zihindura.
- ❖ Umukino urangiye neza ariko utagize icyo wigishije k’uburyo ubona kongera kuwusubirishamo abo bamaze kuwukina ntacyo birungura abandi (icyokora bishobora kuba byiza wongeye gushaka abandi babishaka bagasubira muri uwo mukino bagashakira ibisubizo mu nzira zidahohotera). Niba umukino urangiye ariko bamwe bagasigarana ibyo biyumvamo bibi (uburakari, ihahamuka, gucishwa bugufi) ni byiza ko mbere yo gukomeza wabanza kuvugana n’abo bantu ukagerageza kubafasha kwivanamo uwo mukino n’ibyo wabasizemo ukabagarura mu bitekerezo bisanzwe. Ibyo bikorwa abakinnyi bakiri imbere. Ubaza umukinnyi izina rye ry’umukino n’ukuntu yiyumvise igihe yakinaga uwo mukino noneho ukamubaza izina rye bwite nyuma ukamubwira uti: noneho ntukiri (izina rye ry’umukino) ahubwo uri (izina rye bwite). Ugakomeza ukamubaza uti: “none ubu urumva umeze ute?” igihe uwo muntu asubije ko amereye neza ukamusaba gusanga abandi mu itsinda. Ntukareke na rimwe ngo umuntu asigarane ibibazo utamufashije kugira ngo abyivanemo. Igihe mwafashe amashusho y’umukino ni ngombwa kubanza kuyareba mbere yo kuyaganiraho igihe mugeze ahantu hari imyifatire yigisha mushobora kuba muhagaritse gato muhahitegereza neza. Akamenyero muri za gereza kagaragaye mbere yuko abagororwa bafata ikinamico nk’umukino wigisha, babanza kubikora nk’aho ari ikimbarane nyakuri. Urabareka ugahitamo umukino mu mukino yabo isanzwe ibabazanya, Atari ukugirango muze kubakiranura bakereka ikipe ko ubuzima bwo muri gereza bukomeye kandi ko butashoboka ko imbaraga zihindura zitagira icyo zibikoraho bakina umukino mubi cyane.

Aho buri wese awuvamo atsinzwe bagerageza kugaragaza ibyo biyumvamo, ububasha buke, gutotezwa n'ibindi. Nubwo ibyo bakora biba birimo ubugome, babikora baseka ndetse batesa n'ababareba. Abagize ikipe ntibagomba gucika intege kubera ibyo byose. Kandi ntibagomba kugerageza kubabura ngo barekure aho. Iyo abagororwa bamaze gushyira amarangamutima yabo ahagaragara nyuma y'umukino nibwo batangira kugaragaza uburakari. Mureke bagaragaze uburakari bwabo, hanyuma musabe abandi gusubira muri wa mukino, cyangwa bakine undi. Uko abantu bazajya bashobora gusuka ibibarimo niko akamenyero ko kwiga kazajya kaganda kabinjiramo.

Amakinamico ntawamenya uko arasozwa, hari igihe ashobora kurangira abaye ibibazo. Iyo batangiye imikino, bakomeze uko bashaka. Ni umurimo w'abahugura wo gushaka ibyiza muri uwo mukino, aho byagaragarira hose. Rimwe abagororwa bahisemo umukino w'umuntu wari wibye undi amafaranga, bagize gukumura ikibazo nabo bajya kwiba amafaranga kugira ngo bayasubize wawundi wari wibwe. Uhugura yarasetse, arangije arababwira ati: " nibyo habonetse igisubizo ariko ntabwo cyavuye mu mbaraga zihindura". Ikiganiro cyakurikiyeho, cyahishuriye abari aho ibintu byinshi. Irindi tsinda ryakinnye umukino aho biteye ibiyobyabwenge nuko bahise biyumvamo amarangamutima abiteye ibiyobyabwenge biyumvamo, biba nk'ukuri. Abahugura babuze icyo bavugaga umwe mu bakurikiranaga umukino atunga umwe, mu bakinnyi urutoki, aramubwira ati: "wishwe n'ubwoba si byo?" icyo kibazo gituma abafungwa bese bagira ubwoba bw'ibizababaho mu gihe kizaza, bikurura impaka ndende birebana n'uko ibintu bizagenda nibafungurwa bakongera guhangana n'abantu basize n'ibigerageze byatumye bashyirwa mu magereza. Hari rero ingero z'imikino myinshi idashobora kuba myiza kubera impamvu iyi n'iyi. Ni ngombwa ko habaho ubushobozi, gushishoza no gufashanya mu bagize ikipe ihugura. Hagomba kwiringirwa ububasha bw'iterambere ry'itsinda kandi abagize ikipe bumve ko ari umurimo wabo kandi ntibumve ko bagomba guhita bemera ibyemezo bivuye mu mukino ukimwe mbere. Akenshi byagiye bigaragara ko umukino ukimwe mbere udakimwa neza, ahari kubera ko abakinnyi batabifitemo akamenyero cyangwa se ahari bari ahantu badashobora kubonera ingorane zabo ibisubizo. Hari igihe biba ngombwa ko abahugura babyinjiramo. Rimwe ikipe y'abahugura yigeze guhagarika igice cy'umukino cyose ahubwo ikoreshe umukino wo gukangura witwa: " kwishyira mu mwanya w'abandi". Nyuma yaho bagarutse ku mikino umwuka w'itsinda wari wahindutse neza rwose.

Ikinamico ni igikoreshe gifite imbaraga ku ngingo myinshi, ni igice cy'ingenzi cy'amahugurwa ya PAV. Abantu bakomeza kwibuka ibyo bayigiyemo, kandi ntibirangirana n'amahugurwa. Iyo bambajije ikintu kizima kirimo gukina ikinamico rimwe ndavugaga ngo: "muzi ko rimwe na rimwe umuntu yibona mu bihe by'amakimbirane, cyangwa by'impaka ntabyitwaremo neza, noneho yakanguka nijoro akavugaga ati: " ubu ndabona neza ibyo nakoze cya gihe", ni amakinamico abafasha kugerageza ibisubizo byinshi bishoboka mu bihe runaka by'amakimbirane. icyigisho cy'ukuri kiba kizaboneka hanyuma, igihe uzakanguka, ugatekreza uti: " ubu nzi neza icyo ngomba gukora".

UMWANYA W'IBIBAZO NYUMA Y'IKINAMICO.

Ikinamico irangiye, ako kanya, abakinnyi bakomeza kuba aho bakiniye kugeza ubwo baraba barangije gusubiza ibibazo. Ubwira umuntu umuvuga mu izina rye ry'umukino kugeza ubwo arasohoka mu ruhare yagize muri uwo mukino, nyuma ukamubwira uti: “ubu uhindutse.....(izina rye bwite). Hanyuma unejejwe no kongera gusubira uwo uri we? Cyangwa ukavuga amagambo asa n'aya: guhera uyu mwanya ndikubaza.....(izina bwite) ni wowe ubwawe.....(izina rye bwite) ndi kubwira.

Ni byiza guhera ku muntu wari ufite amahane (byaba bitamusigayemo, byaba byamusigayemo). Kuko aba ariwe muntu uba wagize uruhare runini mu mukino. Hanyuma mufashe gusohora ibyo yiyumvishemo byose, umureke abyivugire, ushobora kuvuga uti: “ ni byiza reka turebe ibyabaye?” (ikindi cyose wowe wavuga cyaba ari uguhuza ibitekerezo bye).

- Ubu urumva umerewe ute?
- Igihe wari umeze Wumvaga mu mutwe wawe bimeze gute?
- Haba hari icyahindutse muri wowe? Ni ikihe?
- Wanejejwe n'ibyabaye?
- (Niba byabayeho) wumvise umeze ute igihe (kanaka) yagufataga? Yagutotezaga?.....

Ntiwihutishe ibibazo, ibyo bibazo ni urugero gusa igihe ubajije ikibazo ha umuntu umwanya wo gusubiza. Ibisubizo byaba kenshi inzira yakongera gusubiza ibindi bibazo, ibibazo byanyu bizibanda cyane ku bagize uruhare runini mu mukino. Igihe uri kubona ko umuntu atacyitaye k'uruhare rwe no ku izina rye ry'umukino noneho umubwire uti: “Izina ryawe ntirikiri ahubwo witwa (izina rye bwite)”. Witondere amategeko: izina ry'umukino, igice cy'umukino, ikimbarane riboneka mu bantu, (kuburyo ritabaza imbaraga zihindura). Mu mukino mushobora kwandika izina rya ntera ni izina ry'umukino hamwe. Ni byiza kwandika igihe imikino iri kwerekanwa kugira ngo udasimbuka igice cy'ingenzi. Igihe urangije kubaza abantu bose bareke bajye mu myanya yabo. Baza abandi igihe babonye imbaraga zihindura zigaragara mu mukino. Uburyo bwiza bwo gukora ni ugusaba abahugurwa gusohora inzira 12 ziyobora ku mbaraga zihindura cyangwa ibibazo ku mbaraga zihindura bakabireba, bakavuga niba bashoboye kuzibona mu mukino cyangwa niba abantu bazifunguye zikabakoreshe.

Mwibuke ko ari ngombwa kumva ibiri kuvugwa kugenzura neza buri kanya uburyo bari gukoresha umubiri, uko bari kurebana mu maso, uko ijwi riri kuzamuka n'ibindi bintu byose biri gukorwa. Abakurikiranye umukino bararyohereza bakoma mu mashyi, baseka, cyangwa bakogeza, bigatera abahugurwa kurangara. Birashoboka ko hadashoboka igihe cyo kubaza ibibazo byinshi ku bakinnyi, uko byagenda kose uwo mwanya ni uw'ingenzi cyane.

Ni byiza ko mwe mwabaza ibibazo bike umwanya munini mukawuharira abagize itsinda bakabaza ibibazo byabo. icy'igenzi ni icyo baba bigiye mu mikino, bagomba rero kubigiramo uruhare rugaragara. Kuyobora ikinamico ni umwuga ntabwo ari ubumenyi. Hari uburyo bwinshi bwo kuyiyobora nk'uko hari uburyo bwinshi bw'abahugura muri PAV. Bamwe babikora neza cyane. Buri muntu agomba kurushaho kunonosora uburyo bwe bwo kuyiyobora ni ngombwa kwibuka ikintu kimwe: uburyo bwavuzwe aha bwo gufasha abantu gusohoka mu ruhare bagize mu mukino. "urumva umerewe ute? (Izina ry'umukino) uburero wahindutse(izina bwite). Urumva umerewe ute?"). ibyo bishobora kugaragara nkaho ari ntacyo bimaze maze mugahitamo kubireka. Mumenye ko hari impamvu ikomeye yatumye bitegurwa. Abantu bakururwa cyane n'imikino y'ikinamico. Bagomba gusigarana muri bo ikintu cyo kutibona neza cyangwa cyo tubona abandi neza. Igihe hari uwagaragaje uburakari cyangwa ubukana bwinshi, uwo muntu bibayeho akeneye ka kanya k'ibibazo. Ntabwo turi ba bamenya, ntumenya buri gihe ibyo abantu biyumvamo.

ICYICIRO H:
IBIKORESHO BITANGWA

GAHUNDA Y'URUHEREREKANE RW'UBURYO BWO GUKIZA IHOHOTERA

15 Rutherford Peace

New York, NY 1003

UBUFASHA BUYOBORA MU MBARAGA ZIHINDURA

1. Gushaka gukemura impaka ushingiye ku cyo abantu bari guhuriraho.
2. Gushaka mu bandi akantu keza kabarimo.
3. Guteza amatwi. Buri muntu wese afite uko yiyumvisha ibintu. Gerageza gusobanukirwa n'ingingo ya mugenzi wawe mbere yo kugira icyo wemwza icyo ari cyo cyose.
4. Mushyigikire ukuri. Dore ko abantu baba bagambiriye gushaka ukuri, ikintu cyose cyubatse ku kinyoma ntikiramba.
5. Itegereye gusubira ku cyemezo wafashe niba usanze ko kitari gihwitse.
6. Igihe icyemezo cyawe gisobanutse, tegereza, wiyumvamo imbaraga kugira ngo umenye icyo ukora. Igisubizo gishingiye kuri izo mbaraga kizatunganwa ubutwari n'ubugwaneza.

UBURYO BWO KUBIGERAHO

- Guteza imbere uko kwihesha agaciro
- Kubaha abandi no kubazirikana
- Tegereza ibyiza biri imbere.
- Wiyemeze igisubizo kidahohoterana. Ushobora kuba ugifite muri wowe.
- Fat akanya ko kubanza gutuza muri wowe, utekereze mbere yo gukora. Ibyo bishobora gutuma ufungukirwa n'imbaraga zihindura.
- Emerera ibitekerezo byawe bikuyobore ku cyo gukora.
- Ntukoreshe n'intwari, n'inzoga cyangwa ibiyobyabwenge. Biguhindura umunyanteye nke.
- Niba wakoze nabi, byemere, usane ibyo ubugwanabi bwawe bwangirije niba ubishoboye, kugira ngo nawe ubwawe wibabarire kandi wibagirwe.

UBUFASHA BUYOBORA MU MBARAGA ZIHINDURA.

7. Ntiwibwire ko byanze bikunze igisubizo kirahita kigutandukanya n'icyatumye habaho ikibazo. Niba udafite uburyo bwo kikibunza wihanganire kubabara aha gushakira igisubizo mu ihohotera.
8. **Gutungura no gutera urwenya** bishobora guhindura ibintu.
9. Kwiga kwiringira umutimanama wawe kugira ngo umenye igihe ari ngombwa kwirwanirira n'igihe ari ngombwa kubireka.
10. Gerageza gushaka uburyo bushya bwo kurwanya akarengane. Witegure kwihanganira gukekwa kubangamirwa, gutereranwa, ndetse no gutotezwa igihe bibaye ngombwa.
11. Wihangane kandi usishikare mu murimo wawe wo guharanira ubutabera.
12. Ufatanye n'abandi kubaka umuryango ushingiyeye ku kuri ku kubahana no ku bugwaneza.

UBURYO BWO KUBIGERAHO

- Ntutoteze kandi ntushyire abandi hasi.
- Shaka inshuti zizajya zigushyira hejuru ushyigikire ibyiza biri muri bo.

- Iyemeze kubabazwa no kwihindura mwiza wowe ubwawe.

Uko wiyumva:

- Kumva imbaraga zihindura ni nka:
- NKIZIRIYA!!!!!!!!
- Kugira umwuka w'ubugwaneza.

- Kureka ibintu runaka (imyitwarire umujinya)
- Kugabana ikintu n'abandi
- Kwiyumvamo ibinezaneza
- Kwiyumvamo ubwoba niba wabugiraga.

PAV 3049 Easte Genesee, Syracuse, NY 13224

INZIRA ZIYOBORA MU MBARAGA ZIHINDURA

1. Gukemura amakimbirane ushingiye kubyo abantu bari guhuriraho.
2. Kubona n'ibyiza by'abandi
3. Kubanza kumva mbere yo guca urubanza
4. Gushingira ku kuri
5. Kwemera kwikosora mu gihe uri mu makosa
6. Banza wiyumvemo imbaraga nyinshi kugira ngo umenye icyo ukora.
7. Kwihanganira kubabazwa aho gushakira ibisubizo mu mahane
8. Gutungura no gutera urwenya
9. Kwiga kuyoborwa n'umutima wawe kugirango umenye igihe nyacyo cyo gukora
10. Kwemera kubabara kubera akamaro k'icyo ushaka kugeraho
11. Kwihangana no kudatezuka
12. Kubaka umuryango ushinigye ku kuri, ku kubahana no kubugwaneza.

ICYICIRO I:
INKOMOKO Y'IBYIGISHO

ICYICIRO: J

AMASHAKIRO: URUTONDE RW'IMIKORO

HAKURIKIJWE INTEGO ZIKURIKIRA

AMASHAKIRO

IMIKORO HAKURIKIJE ICYIGISHO

Kwemerana

Umukoro wo kwemerana
Gushimana
Inziga zirebana
Umukoro wo gutega amatwi
Umukoro wo gutereza
Gusangira ikiganiro: Ikimbirane nakemuye ntawe mpohohoteye
Reba: Kwegerana, (F-1)
: Gusozza, (F-16)

Kubaka umuryango

Gushimana
Kubaka umuryango mushya
Inziga zirebana
Umukoro wo kubaka
Gutekereza umuryango mwiza
Umukoro wo kwinjirana
Reba: Imikoro yo kwiringirana (F-14)

Gushyikirana mu mvugo

Umukoro wo kwemerana
Imana-mutwe
Ihuriro
Inziga zirebana
Umukino w'inzovu
Imvugo "NJYE"
Umukoro wo kwinjirana
Umukoro wo gutegana amatwi
Umukoro w'ingamba

Kwemerana no gufata icyemezo

Ihuriro
Ubuhanga mu kugenzura ukwezi
Ibyemezo byihuse
Gukemura ibibazo mu ntera eshashatu

Ubufatanye

Imena-mutwe
Kubaka umuryango mushya
Ihuriro
Umukoro wo kubaka
Umukoro w'inzovu
Umukoro wo gusunikana
Gutekereza umuryango mwiza
Ubuganga mukugenzura ukwezi
Umukoro w'ububasha 1,2,3,4
Umukoro w'ingamba
Reba: Imikino y'ubufatanye (F-14)

Gukemura impaka

Kubaka umuryango mushya
Ihuriro
Imvugo "NJYE"
Umukoro wo gusunikana
Imirongo iteganye
Ibyemezo byihuse
Ikinamico
Gukemura ibibazo mu ntera ya 6
Umukoro w'ingamba

Gushyira amagambo intego n'ibyo guha agaciro

Cyamunara y'urumiya (1/10)
Cyamunara y'ubuzima
Imirongo iteganye
Ubuganga mukugenzura ukwezi
Ibyemezo byihuse
Umukoro w'ububasha 1,2,3,4,
Umukoro wo gutekereza
Gusangira ikiganiro: ikimbirane nakemuye ntahohoteye
Ihohotera ni iki? (I)
Ihohotera ni iki? (II)

INZEGO ZA AVP

INAMA Z'ABANYAMURYANGO

Abanyamuryango ba AVP bagizwe n'abakoranabushake bayikoramo n'abajyanama b'uturere. Kuri ubu, baterana rimwe na rimwe mu mwaka mu nama y'umwaka, ariko amategeko agenga umuryango hasabwa ko iyo nama yaterana kabiri mu mwaka. Inama y'abanyamuryango iba igamije gusubira muri gahunda ziriho no guteganya izindi, kuraba uko intego z'umuryango zigerwaho no kwiha izindi nshyashya. Muri iyo nama batora umwanditsi, abayobozi ba komite igenzura abiyamamaza, kamite y'abakozi, n'abandi banyamuryango badasanze b'iyo komite baramutse babonye ko ari ngombwa, batora kandi n'abagize komite y'uburezi.

INAMA Y'IGIHUGU

Inama y'igihugu igizwe n'abahagarariye utunama tw'uturere n'abayobozi b'umuryango. Abayobozi b'umuryango bose bashobora gukurikirana ibiganiro byabo. Iyo nama iterana nibura kane mu mwaka. Akamaro kayo ni ukureba ibihareranye n'imirimo y'amahugurwa n'ubufasha bwakozwe n'umuryango. Komite y'uburezi iri muni y'ubuyobozi bw'iyo nama. Abagize iyo nama bagomba kugena urugero rw'ubushobozi rusabwa umuntu ugomba guhura n'abandi, guhamya intego ziba zitaranonosowe neza mu Manama yayo no gutera inkunga utunama tw'uturere, harimo: imikoro mishya, imfashanyagisho n'ubufasha bwo guhugura abazahugura abandi. Bagira ibiganiro ku buyobozi, bagategura amanama y'uturere, bakagenzura itangazwa ry'akanyamakuru n'imikoreshereze y'amafaranga y'abayobozi. Bashyikiriza raporo y'imirimo yabo inama y'ubutegetsu.

Iyo nama ishyiraho abayobozi bayo ikarema na za komite zayo, harimo n'umwanditsi usanzwe ubarizwa mu nama y'ubutegetsu. Iyo nama itanga abantu batatu bagize inama y'ubutegetsu batari byanze bikunze mu muryango w'Inshuti.

INAMA Y'UBUTEGETSI.

Inama y'ubutegetsu igirwa n'abantu kuva kuri 6 kugera ku 9. Batandatu muri bo bagomba gutangwa n'umuryango mukuru " New York Yearly Meeting of the Religion Society of Friends". Abandi kugera kuri batatu bashobora gushyirwaho n'inama y'igihugu, kandi ntibigomba byanze bikunze inshuti. Inama y'ubutegetsu niyo ikorana n'umuryango wacu mukuru, n'inama y'igihugu ya New York. Irebana n'ibibazo byose birebana n'umutungo, imisoro, raporo zisabwa n'ubutegetsu, raporo y'umwaka, no gushaka amafaranga. Ihabwa buri gihe raporo y'inama y'igihugu. Kubera ububasha bwayo buri hejuru, ifite uburenganzira nubwo bidakunze kubaho bwo gusubira ku byemezo byafashwe n'inama y'umwaka. Yishyiraho abayobozi, n'ukuvuga ubutegetsu, n'umuntu ushinze gutegura ibirebana n'amafaranga, ndetse na komite nyobozi, komite ishinze umutungo, komite ishinze imibanire n'abandi igihe ari ngimbwa.

INAMA Z'UTURERE.

Inama z'uturere ni zigize umuryango w'abantu wa AVP. Ziba zigizwe n'abahuguzi bahuguwe kandi bashyira mu bikorwa ibyo bize, n'abandi bakorerabushake bashimishwa no gutegura AVP. Inkunga zitandukanye z'akarere kabo. Abahagarariye inama z'uturere niba bagize inama z'igihugu. Umurimo wabo mu karere barimo ni uwo guhugura abandi bahuguzi, gutegura, kongere umubare w'abakozi no gutegura amahugurwa mu magereza y'uturere batuyemo, mu mirenge yabo, kuyobora mu mahugurwa ahoraho agamije gukoresha imikoro n'ubunga bishya. Izo nama zihuza abanyamuryango b'uturere dutandukanye. Inama z'uturere zimwe zishakira amafaranga, ku buryo biheza cyangwa bagakenera igice gitoya cy'amafaranga bahabwa n'imiryango mu rwego rw'igihugu. (inama zifite uko zibana amafaranga zitanga raporo z'imikoreshereze y'amafaranga ya buri mwaka ku mubitsi w'inama y'igihugu).

IBYO AVP IHA AGACIRO.

UMURYANGO UDAHOTERA

Umuryango wacu urahohotera. Igipimo cy'ubwicanyi muri Amerika ni inshuro ebyiri kuruta icy'ibihugu bikize nk'Ubwongereza, Island. Ihohotera mu ngo, ku mubiri no mu bitekerezaho, harimo n'ihohotera ku bashakanye, n'ihohotera rikorerwa abana rikabazambaguza. Ihohotera ry'imiryango nta bindi ni ihohotera ry'umuntu cyangwa ishyirahamwe rikorwa n'abaturage cyangwa mu izina ryabo. Intego yacu ni icyo kugabanya igipimo cy'ihohotera mu muryango wacu, tugabanya icyifuzo cyatumye dukora ihohotera kugira ngo dukemure ibibazo byacu. Mu gukora, dukoresha imibereho y'abahugurwa ikaba isoko y'inyigisho, kwifashisha icyo mibereho kugirango dusuzume mu buryo bwubaka ihohotera riri muri twe no mu bugingo bwacu. Dufite intego yo guha abagabo, abagore n'urubyiruko ubushobozi bwo gukemura amakimbirane badahohoteye. Twatangiranye itsinda rifite ibikomere byo guhohotera, ariryo tsinda ry'abagororwa, hanyuma twaje mu miryango kandi twashyize amahugurwa imbere y'abantu bese.

AGACIRO K'UMUNTU KU GITI CYE

Muri AVP, dufite ingamba ko umuntu wese afite akamaro kandi ko agomba kubahwa. Muri buri kiremwa muntu, nkuko imico ivuga bavugamo amazina atandukanye (harimo roho, umucyo w'imbere, ireme, umwuka w'Imana, imbaraga z'ubugingo n'ibindi). Hari, turabishyigikira n'icyifuzo cyo gukora ibyiza.

IMBARAGA ZIHINDURA

Iki cyifuzo kirapfukiranwa cyangwa kikibagirana icyo tucyemereye, gishobora guhindura imbaraga zizashobora guhindura ibihe by'ihohotera mu bihe by'amahoro. AVP igamije kurekura izi mbaraga zihindura buri wese muri twe afite kubwo guteza imbere amahoro n'ubutabera.

KUTAVANGURA

AVP itanga urugero rwo kutagira ivangura iryo ariryo ryose rishingiye ku moko, igitsina, imyaka, ubumuga cyangwa imyizerere icyo ariyo yose ikurikije imitegekere yayo, ishyirwaho ry'amanama y'uturere, amahugurwa n'indi mirimo yose (ibikorwa).

IBYEMEZO BIFASHWE MU MWEMERANYO

Ibyemezo byose by'imiryango itandukanye na za komite za AVP zizajya zifatwa mu mwemeranyo muguha amahirwe bese yo kumvwa no kubahwa.

IBIKORWA SHURI

Gahunda ya AVP ishyigikira ibikorwa shuri itanga morale uko bishoboka. Ibiganiro mu matsinda, byigisha ubwenge, abahugurwa bese Atari abayobozi gusa umwanya w'ikipe ya AVP nuwo kwerekana uko kwigishanya bikorwa no kubiyobora no kubyigisha.

UBUSHAKE

Kimwe mu cyo AVP bishingiraho ni umusanzu utangwa n'umuntu ku giti cyangwa n'ikigo k'ubushake muri iyi gahunda y'amahugurwa. Amahugurwa ya AVP atumbiriye iterambere ry'umuntu kandi abantu ntibashobora gutera imbere keretse bahisemo kubikora. Abahugurwa bese b'amahugurwa ni abakorerabushake kandi dutegereje ko abahugurwa bacu nabo baba (abanyabushake) abakorerabushake.

UBUYOBOZI BW'IKIPE N'UBUFATANYE

AVP ikoresha uburyo bw'ubuyobozi bw'ikipe aho abantu bakorera hamwe mu burunganire no mu mumvikano rusange haba mu mahugurwa no mu makomite. AVP yishakira ubufatanye si inzego z'ubuyobozi.

UMURONGO PAV IGENDERAHO

AVP ni umuryango w'ibanze ufite ubuyobozi buva hasi bugana hejuru. Ububasha buva ku banyamuryango bese ntabwo ari mu bayobozi. Ibuye ry'imfuruka ry'imikorere ya AVP ni uguhera ku cyemezo runaka. Ishyiraho iruhande ubuyobozi bugamije kwereka inama y'akarere ishobora gucunga yayo nkuko ibyumva. Amanama menshi y'uturere arakorana kandi arigishanya binyuze mu nzira y'amanama ya amategeko. Ubu barategurwa uburyo bwagutse bw'ubufatanye mu rwego rw'igihugu no mu rwego mpuzamahanga.

GAHUNDA Y'URUHEREREKANE RW'UBURYO BWO GUKIZA IHOHOTERA NI IKI?

IBIBAZO (Q) N'IBISUBIZO (R) BIREBANA N'AMAHUGURWA Y'IBANZE

Q: PAV ni iki?

R: PAV ni amagambo ahinnye asobanura: "Programme d'Alternative a la Violence". Aribyo ducishirije mu Kinyarwanda: "Gahunda y'Uruhererekane rwo Gukiza Ihohotera" bishobora no gusobanura: "Personne d'Action Volontaire" nabyo ducishirije mu Kinyarwanda "Abakorerabushake" ni abantu batabona ibihembo kandi badahatirwa kujya gukoresha amahugurwa.

Q: kuki ngomba gukurikirana amahugurwa kandi ntawe mpohohotera?

R: Tuba mu muryango uhohotera, kandi twese mu buryo ubu n'ubu tugerwaho n'ihohotera AVP irashaka kugabanya ihohotera mu muryango wacu iteza imbere ububasha bwo kwihuza ntaguhoterana muri buri muntu.

Q: Ni bande bazaba bahari? N'abantu bameze gute?

R: ihugurwa ry'ibanze rigirwa n'abantu 12 kugera kuri 20 bigafashwa n'abantu bari hagati ya 3 na 5 babahugura. Abantu bo mu bihugu bitandukanye, bo mu madini atandukanye, bo mu kigero gitandukanye abagabo cyangwa abagore bese baremererwa bagahabwa ikaze. AVP ishingiyeye ku ireme muntu ry'ingenzi buri wese afite icyifuzo cyo kuba mwiza kivumburwa muri twe n'uruhererekane rw'inyigisho.

Q: bigenda bite iyo mu itsinda habonetsemo umuntu ntashaka?

R: Mushobora gutangazwa n'ububasha bwanyu mukubabarira. Ibyo aribyo byose ntamuntu waguhatira gukunda umwami wawe, umuturanyi wawe, cyangwa kwikunda wowe ubwawe ni wowe ubwawe ubyihitiramo.

Q:PAV ni uburyo bwo gukiza indwara? Cyangwa ni itsinda ryo gukangura abantu?

R: oya AVP ni uruhererekane rw'imikoro, imikino, n'ibihe byo gusangiriramo ijamba, bidufasha kugenzura mu mwuka utuje uburyo bwo gutekereza budahoterana, bwo gushyikirana mu mvugo no gukemura ibibazo.

Q: ubwo ngomba kwicara ngatega amatwi ibyo bintu byose binarambiranye?

R: ibyo si byo AVP ni ugukora twiga dushyira mu bikorwa kandi hari ibintu byinshi byo gukora mu ihugurwa ry'ibanze.

Q: Ese biravunanye?

R: Siko biri. AVP ishobora buri muntu wese kugenzura kwiga no gutera imbere k'urugero rwe. Nta muntu uzaguhatira kugira icyo ukora wibuke ko turi "abakorerabushake".

Q: None se birashimishije?

R: Ibyo byo ubyizere. Muri AVP ni hahantu hashobora buri muntu gukangura umwana usinziriyeye muri we agasohoka agakina.

POROGARAMU Y'UBWOROHERANE MU IHOHOTERA

Intego: porogaramu y'ubworoherane mu ihohotera ni umuryango uhuza imico myinshi w'abakorerabushake ugamije kugabanya ihohotera ku bantu n'abandi no mu miryango. Amahugurwa ya AVP atanga uburyo bwo guhosha impaka zishoboza abantu mugutera imbere mubufatanye bunesha ikibi bukabashoboza kumenya abo bari bo no kuvumbura ibyiza byubaka bashobora kwinjiza mu mibereho yabo. Gahunda ya AVP ni amahugurwa y'ishyirwamubikorwa ashoboza kwiwifura uburemere bw'ihohotera.

Ibyo twemera:

Icyo twemera cy'ibanze ni uko muri buri muntu harimo imbaraga ziganisha ku mahoro kandi ko izo mbaraga zibasha guhindura ihohotera. AVP ishingiyeye ku gitereko cyo mu buryo bw'umwuka cyo kwiwitaho no kwita ku bandi.

Umurongo tugenderaho

AVP ni amahugurwa y'ishyirwa mu bikorwa agamije gufasha abantu guhindura imibereho yabo binyuze mu ruhererekane rwunganirana nibyo abantu banyuzemo. AVP ni gahunda yo mu magereza ifaha abagororwa kwiga imyitwarire n'ubushobozi bushya bushobora kubageza k'ubuzima bwisanzura butarimo ibikorwa by'ubwicanyi. AVP ni gahunda y'umuryango itanga uburyo bushya bwo kubana mu matsinda atandukanye agize umuryango, mu bigo by'imirimo mbonezamubano, mu matsinda y'urubiruko no mu bandi bese bashakira kubigiramo uruhare.

AVP ni gahunda ireba abantu itarobanura amoko, idini, imitekerereze muri politike n'inkomoko y'abantu. Nubwo yatangiye na ba "Quakers" ishingiyeye ku myizerere yabo yo ku mbaraga ziganisha ku mahoro buri wese avukana abayigana n'abahugura abandi bakomoka ku madini atandukanye, mu moko yose, no muduce twose. AVP izobereye mukwigishiriza abantu mu inararibonye mu nyigisho zungikanya, itanga amahugurwa mu gihe cy'iminsi ibiri cyangwa itatu mu duce dutatu.

1. Amahugurwa y'ibanze.
2. Amahugurwa yisumbuye
3. Amahugurwa yo guhugura abahuguzi.

ITANGIRA RYA AVP

Gahunda ya AVP yatangiye muri 1975. Itsinda ry'abagororwa ho gereza Green Haven muri komite y'ahitwa Dutchess muri leta ya New York ryifuzaga gukorera mudutsiko tw'abasore b'inzererezi. Ibihe byinshi, babanaga hari ibibazo byo gutambutsa ubutumwa bwabo kubyerekeye ingaruka z'ihohotera, bashakira ubufasha mu muryango waba quaker witwaga Quaker Project on Community Conflict, aribyo bivugaga (Umushinga waba Quaker Wari Ushinzwe gukemura Amakimbirane mu Muryango). Abo batumye ikipe igizwe n'amoko atandukanye kugira ngo iyobore amahugurwa muri bo. Igisubizo cyabaye kiza kuruta ibindi kihagera vuba. Umuryango wa AVP uba wavutse kandi vuba vuba uraguka AVP iyobora ubu amahugurwa amwe n'amwe buri mwaka muri leta ya New York. Iyi gahunda kandi itangwa muri leta nyinshi no mu bihugu byinshi .

AMAHUGURWA Y'IBANZE

Amahugurwa y'ibanze ya AVP yibanda ku ngamba z'uburyo bwo gucunga imyifato mu bihe by'amakimbirane. Ibyo abantu banyuzemo n'imyitozo intambwe ku ntambwe yibanda ku:

- KWEMERANA: Biteza imbere ukwihesha icyubahiro n'icyizere.
- GUHANA AMAKURU: Binoza uburyo bwo kumva n'ubundi buryo bwo kuvuga bwiza.
- UBUFATANYE: Buteza imbere imyifato y'ubufatanye ku bwo kwirinda irushanwa mu makimbirane.
- IMYIFATO YUBAKA MU MAKIMBIRANE: Kubona imbaraga zihindura muri wowe kubwo kumenya uko wifata mu bihe bikomeye by'ihohotera. Mu gukora amakinamico, aba biga uburyo bushya kandi bwubaka mu gutanga ibisubizo mu bihe by'amakimbirane.

AMAHUGURWA YISUMBUYE

Amahugurwa y'icyiciro cya 2 ashingiye ku mpamvu nyazo zitera ihohotera. Bimwe mu byigwa muri icyo cyiciro ni ibi bikurikira:

Ubwoba: nta hugurwa rishobora gushyira ubwoba bwari bwihishe, bwateraga uburakari, ishyari urwangano n'urwikekwe.

Uburakari: ihugurwa rigeza umuntu kugusobanukirwa neza ni ibihe bikunda kumwinjiza mu burakari.

Gushyikirana: ihugurwa rifasha umuntu kwiteza imbere mu gutege amatwi no mu gushyikirana mu mvugo, n'ubushobozi bwo gushyikirana mu bihe by'uburakari n'amahane.

Uko ubona abandi: ihugurwa ridufasha kumenya uko uha abandi utari yo, urwikekwe ubagirira n'ukuntu ubogama mu mibanire yawe n'abandi.

Ububasha n'intege nke: ihugurwa rifasha abantu gusobanukirwa n'imiterere y'ububasha no kumenya ububasha burimo imbere.

Imbabazi: ihugurwa rifasha gutegura umurimo w'ibanze wo gukora ngo habeho ubwiyunge no kwiyoungura umutima ugucira urubanza.

IHUGURWA RY'AMAHUGURWA Y'ABAHUGUZI

Ihugurwa ry'amahugurwa y'abahuguzi rishingira ku mwuka ugomba kurangwa mu ikipe no kububasha bw'ubuyobozi.

Iyo gahunda igizwe:

Ikoranabuhanga rikoreshe mu itsinda: -kwerekana ubwoko butandukanye bw'ubuyobozi, gutege ihugurwa nshyirwa mu bikorwa, gusuzuma imikoro.

Uburyo bw'ubuyobozi buyobora ikipe: - gushingiye kugutege amategeko agenga ikipe n'ubwoko bw'ubuyobozi bufatanye.

Ibyo umuntu yanyuzemo mu mirimo ye: - butanga uburyo bwo gushyira gahunda mu bikorwa. Kuyigaragaza, kuyikurikira no gusuzuma ibice bya buri gice.

IMITERERE

AVP ni ishyirahamwe ryigenga ridashingiye ku idini, ku butegetsi, ritagamije imyungu. Ni umuryango wigisha, wigenga, udaharanira inyungu (501c-3). Riterwa inkunga n’abagiraneza bihariye. Rihurira n’umuryango wa gikrisitu w’inshuti muri “ Quakers” mu mitangirire, mu miyoborere no mu myemerere yaryo, ariko ntabwo PAV ari umuryango w’itorero.

Mu nama y’ubutegetsi yawo no mu bakorerabushake bawo harimo aba “Quakers” n’abandi bakomoka mu yandi madini no mu mico itandukanye. Ibi bishobora guhabwa n’abategetsi ba za gereza n’abandi bayobozi bateganya kwakira AVP mu bigo byabo.