

# NI NYAMPINGA

ISSUE 35

**NTIRIHISHIRWA**



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# MURAHU BA NI NYAMPINGA

Hobee nshuti z'ikinyamakuru "NI NYAMPINGA" mwese aho muherereye hose. Twishimiye kugaruka na nimeru nshya y'ikinyamakuru cyanyu mukunda. Turizera ko inkuru zo muri nimeru ya 34 zabaryoheye kandi mwungutse ubumenyi. Twiyemeje kubarinda irungu, niyo mpamvu twabazaniye nimeru nshya ya 35, kandi twizeye ko inkuru zirimo muzazikunda.

Muri iyi nimeru urasangamo ingingo ivuga ku bijyanye no kumenya uburenganzira bwawe, bishingiye ku gusobanukirwa icyo uburinganire n'ubwuzuzanye ari cyo. Harimo kandi inkuru ikurangira inzira wanyuramo kugira ngo uhabwe ubutabera igihe wahohotewe cyangwa mugenzi wawe yahohotewe.

Twanejewe cyane n'inkuru ya Gaudence wasubijwemo ikizere nyuma yo kunyura mu rugendo rutoroshye rwo gutwita no kubyara akiri muto. Ushobora kuba na we warahuye n'ingorane mu buzima,

ntusimbuke inkuru ya Gaudence kuko ni igihamba ko ejo ari heza.

Twaganiriye n'abanyeshuri b'abakobwa biga mu mashuri abanza batubwira uburyo mwarimu wabo yababereye umurinzi w'inzozo zabo. Ese mwarimu yabigenje ate? Ntimucikwe n'iyi nkuru!

Muri iyi nimeru kandi urasangamo umukobwa n'umuhungu bavukana biyemeje gufatanya imirimo yo mu rugo batitaye ku myumvire ya sosiyete. Kuri bo, gufatanya ni amahirwe baba babonye yo kuganira no kujya inama. Hari inama bagira mwebwe nshuti za Ni Nyampinga cyane ko ari urungano rwanyu.

Ngaho nimuryohereye no gusoma inkuru zose zirimo! Numara gusoma, ntutinde kutwandikira, utubwire inkuru wakunze n'icyo wayikundiye.

## ITSINDA RYATEGUYE RIKANATUNGANYA IKINYAMAKURU

### Abanyamakuru banditse inkuru

- Munyana Cynthia
- Akingeneye Iradukunda Marie Joyeuse

### Imitunganyirize y'ikinyamakuru

- PHIX Studios

### Abakosoye inkuru

- Francois Regis Umurengezi
- Flavia Mutamutega

### Uhagarariye imitunganyirize y'ikinyamakuru

- Francois Regis Umurengezi



**UMURONGO WACU UHORA UFUNGUYE, UTWOHEREREZE UBUTUMWA KURI 0795582378.**

# NZAGERA KURE!

Byanditswe na Akingeneye Iradukunda Marie Joyeuse hamwe na Munyana Cynthia

Gutwita no kubyara ni zimwe mu mbogamizi umwangavu ashobora guhura nazo ndetse akumva ko ubuzima burangiriye aho. icyakora, kudacika intege mu mbogamizi nk'izo ni inzira nziza yatuma inzozo ziba impamo.

Ibyo byemezwa n'abakobwa batatu babyaye bakiri bato, ariko ibyo ntibibace intege, inkuru zabo zerekana imbaraga ziri mu kugira intege no gushyigikirwa byatumye babasha gusubira mu ishuri.



**Grace** afite imyaka 19, yatwaye inda yiga mu mwaka wa gatatu w'amashuri yisumbuye, akora ikizamini cya Leta afite uruhinja. Gusa, aza kuva mu ishuri kugira ngo abone uko arera umwana we. Kubera ukuntu yakundaga kwiga, ntiyaretse ibyamubayeho ngo bimuce intege. Nyuma y'umwaka yasubiye mu ishuri.

Agira ati: "Byanjemo kubera ko nakundaga kwiga mbona ko kuguma nicaye mu rugo bidakwiriye nuko njya kwiga."

Grace yize ishami ry'amateka, ubumenyi bw'Isi, n'ubuvanganzo (History, Geography and Literature) ndetse atsinda ikizamini cya Leta gisoza amashuri yisumbuye n'amanota 85.61% mu mwaka w'amashuri wa 2024-2025. Yiteguye gukomeza kwiga akaminuza, akazaba umupolisi ukomeye.



**Munyana** afite imyaka 18. Yakuze ari umunyeshuri ukunda kwiga kandi w'umuhanga cyane. Asoje umwaka wa gatatu w'amashuri yisumbuye, yamenye ko atwite, ndetse bituma ava mu ishuri.

Akimenya ko atwite, kwiyakira byaramugoye ku buryo yashatse guhunga iwabo. icyakora, ngo ababyeyi be bamubaye hafi, baramuhumuriza. Nyuma yo kubyara, Munyana yafashe igihe cy'umwaka wo kwita ku mwana we. Munyana yatubwiye ko icyemezo cyo gusubira mu ishuri cyamugoye. Ati: "Uwo mwaka urangiye, nibazaga uko nzongera kwicara ku intebe y'ishuri, nkumva abandi banyeshuri bazansekana."

Nubwo gusubira mu ishuri byabanje kumugora, ashimira ababyeyi be ko bakomeje kumuba hafi no kumutera umwete. Ntibyatanzwe, yaje gusubira mu ishuri akomereza mu mwaka wa kane w'amashuri yisumbuye.

Kuri ubu, yiga amateka, ubumenyi bw'Isi n'ubuvangazo (History, Geography and Literature). Munyana afite inzozo zo kuzaba umwarimu.



**Faisie** afite imyaka 19. Yakuranye inzozo zo kuba umudozi udasanzwe. Agira ati: "Najyaga njanira imyenda yange abadozi bo muri karitsiye (quartier) ngo bayinkorere, ariko nkabona ntibayikoze nk'uko nabishakaga. Ibyo byatumye nifuzaga kuzaba umudozi, nkajya nkora imyenda myiza."

Ageze mu mwaka wa mbere w'amashuri yisumbuye, yaje gutwita. Gusa Faisie, ntiyaheranywe na byo, ahubwo yisunze bagenzi be bahuje inkuru mu itsinda rya "Ni Nyampinga".

Yakomeje atubwira ko itsinda ryamufashije kugira ikizere cy'uko bigishoboka ko yagera ku nzozo yarose kuva kera.

Agira ati: "Naje kumenya iby'ishuri ryigisha umwuga wo kudoda. icyo gihe, nahise mfata icyemezo cyo kujya kwiga kugira ngo nzagere ku nzozo zange."

Ubu, Faisie yemeza ko inzozo yarose zenda kuba impamo.

# BYANSUBIJEMO IKIZERE

Yanditswe na AKINGENEYE IRADUKUNDA MARIE JOYEUSE

Nyuma yo gukorerwa ihohotera rishingiye ku gitsina, akisanga atwite, ubwo yari afite imyaka 17, yavuye mu ishuri; ananirwa kwiyakira, yitakariza ikizere, ariheba ndetse yumva yakwiyambura ubuzima.



“Ni Nyampinga” twaganiriye na Gaudance wo mu Karere ka Kirehe atubwira uko guhabwa ubufasha n’ababyeyi be, no kuba mu itsinda rya “Ni Nyampinga” byamusubijemo ikizere cyo kugera ku nzozi yahoranye.

Gaudance yasambanyijwe ku gahato bimuviramo gutwita ubwo yigaga mu mwaka wa kabiri w’amashuri yisumbuye, bituma ahita ava mu ishuri kuko yumvaga abo biganaga ndetse n’abarimu bamwigishaga bazamuseka.

Asobanura ko atorohewe no gutwita akiri muto kuko yumvaga yarasebye. Ati: “Nkimara kumenya ko ntwise ntabwo byari urugendo rworoshye; byarangoye kubyumva no kubyakira, agahinda kari karanyishe mpora nigunze, nageze aho numva na kwiyahura.”

Gaudance akomeza avuga ko ababyeyi be bamenze ibyamubayeho byabababaje ariko

bakamufasha, ati: “Mama yangiriye inama z’uburyo ngomba kwitwara nk’umuntu utwite, baranyihanganisha, banjyana kwa muganga, n’icyo nkeneye bakakimpa kugeza mbyaye”.

Mama Gaudance nawe avuga ko bitari byoroshye akimara kumenya ko Gaudance atwite kubera ko ngo yumvaga ejo hazaza he hafuye. Ati: “Maze kumenya ko atwite narahangayitse, ndababara ariko ngeze aho mbona ninkomeza kubabara nawe azajya arushaho kubabara. Ndamwegera ndamuhumuriza, mwereka ko akiri umwana mu rugo.”

Gaudance avuga ko guhabwa ubufasha n’ababyeyi be byatumye yiyakira, yumva ko ubuzima butarangiriye aho, ndetse nyuma yo kubara yagiye mu itsinda rya “Ni Nyampinga” aho yigiye ibintu bitandukanye harimo kwizigama, guharanira kugera ku nzozi n’ibindi. Avuga kandi

ko muri iri tsinda yahakuye inyigisho zatumye afata umwanzuro wo gusubira mu ishuri. Mu mwaka w'amashuri ya 2024-25 yatsinze ikizamini cya Leta mu kiciro rusange cy'amashuri yisumbuye (O' level) ahabwa kwiga ibijyanye n'ikoranabuhanga (Electronic and technology).

Mama Gaudance yabwiye "Ni Nyampinga" ko ubwo Gaudance yafataga umwanzuro wo gusubira mu ishuri byamunejeje cyane ngo kuko yabonaga noneho azabasha kugera ku ntego ze, ndetse akazagirira igihugu akamaro.

Yagize ati: "Gaudance akimara gufata umwanzuro wo gusubira mu ishuri byaranejeje cyane. Kuko noneho nabonye ko agiye kuba uw'ingirakamaro." Uyu mubyeyi akomeza avuga ko yahise yiyemeza gufasha Gaudance akajya amusigaranira umwana mu gihe agiye ku ishuri, ndetse ngo no mu gihe acitse intege aramuganiriza akamwereka ko ashoboye.

Gaudance ahamya neza ko kubera ubumenyi yungukiye mu itsinda rya "Ni Nyampinga", n'ubufasha yahawe n'ababyeyi, azabasha kugera ku nzozi ze. Yagize ati: "Ndabona inzozu narotaga zigiyeye kuba impamo!"

Yunzemo ati: "Nkimara gukorerwa ihohotera rishingiye ku gitsina, nkisanga ntwite, numvaga inzozu zange zirangiriye aho. Ariko ubu mfite ikizere ko inzozu zange zose nzazigeraho. Ejo hazaza hange hameze neza cyane."

Gaudance afite inzozu zo kuzaba umukanishi kandi afite ikizere cyo kuzakabya izo nzozi, ahamya ko ubuzima bwe bwahindutse kuko mbere atari azi kwizigamira, byatumye kuri ubu afite ihene enye.

Asoza, agira inama ba Ni Nyampinga banyuze mu byo yanyuzemo ko bakwiye kwigirira ikizere, bakumva ko icyo bashakira kugeraho cyose babasha kukigeraho nta nkomyi.



# IMYUMVIRE NYAYO, INZIRA YO GUHASHYA IHOHOTERA

Yanditswe na AKINGENEYE IRADUKUNDA MARIE JOYEUSE

Mu muryango Nyarwanda haracyari imyumvire ikomeje kuba imbogamizi mu kurwanya no gukumira ihohotera rishingiye ku gitsina.

“Ni Nyampinga” twegereye bamwe mu rubyiruko rw’abafashamyumvire b’urugano bo mu Karere ka Kamonyi, badusangiza uko bumva iri hohotera, twegereye kandi Shangazi maze atanga inama kuri iki kibazo.



**Patience**, w’imyaka 22, avuga ko hari igihe umuntu ahura n’ihohotera rishingiye ku gitsina, yabigize mo uruhare bitewe n’imyambarire ye ndetse n’ imyifatire ye.

**Julienne** we avuga ko gutanga amakuru ku ihohotera rishingiye ku gitsina ari inshingano za buri wese kuko ngo iyo uwahohotewe adatanze amakuru, uwamuhohoteye arakomeza agahohotera n’abandi.

**Samson**, w’imyaka 25 na we yemeza ko hari abakorerwa ihohotera rishingiye ku gitsina babigizemo uruhare.

Yagize ati: “Ntabwo umuntu yagufata ku ngufu muhuriye mu muhanda. Hari abantu bakorerwa ihohoterwa ari bo babigizemo uruhare, nko kujya mu nzu y’umusore wenyine. Rwose uba wigemuye.”

Akomeza avuga ko n'ubwo uwahuye n'ihohotera rishingiye ku gitsina aba yagiyeho igisebo, aba agomba kubivuga kugira ngo abone ubutabera.

Jean Clément na we avuga ko gukorerwa ihohotera rishingiye ku gitsina bitera igisebo, ariko ko uwahuye n'ihohotera aba akwiye gutanga amakuru kugira ngo afashwe kwirinda izindi ngaruka.

Avuga kandi ko ari inshingano za buri wese wabonye ukorerwa ihohotera rishingiye ku gitsina gutanga amakuru, kuko ngo nta muntu ugomba kurebera umuntu uri gukorerwa ihohotera.

Nyuma yo kwakira ibitekerezo by'uru rubyiruko, "Ni Nyampinga" twegereye Shangazi maze aduha ukuri ku myumvire itandukanye sosiyete ifite ku ihohotera rishingiye ku gitsina.

Shangazi asobanura ko nubwo hakiri umubare munini w'abumva ko hari abantu bahohoterwa ari bo babigizemo uruhare, burya ngo nta muntu uhohoterwa kuko yabyihamagariye.

Shangazi yagize ati: "Buri wese avukana uburenganzira, bityo ikintu cyose kikuvutsa ubwo burenganzira uba wahohotewe, rero nta

muntu ukwiye kumva ko uwahohotewe aba yabigizemo uruhare."

Yunzemo ati: "Hari igihe usanga umwana yasambanyijwe, abantu bakavuga bati 'Nawe yari afite imyitwarire mibi, yagiye mu muhanda yambaye imyenda idakwiriye', ariko ntakintu na kimwe giha umuntu uburenganzira bwo guhohotera mugenzi we."

Akomeza avuga ko nubwo imibare myinshi igaragaza ko ab'igitsina gore aribo bahohoterwa, bijya bigaragara ko n'ab'igitsina gabo nabo barahohoterwa.

Ati: "Abahungu nabo barahohoterwa; hari abahungu bahohoterwa n'abagore, abandi bagahohoterwa n'abakobwa cyangwa se n'abahungu bagenzi babo. Ibi bivuze ko urubyiruko muri rusange rukwiye kwirinda aho bahurira n'ihohoterwa kugira ngo babashe kurinda ubuzima bwabo."

Shangazi ubwo twamubazaga icyo avuga ku bantu bumva ko uwahuye n'ihohoterwa aba yafashwe n'igisebo, yavuze ko atari ko byagakwiye kugenda kuko ngo iyo umuntu adatanze amakuru aba ashobora kugerwaho n'ingaruka z'ihohoterwa.

Yongeyeho ko iyo utanze amakuru hakiri kare, uhabwa ubufasha ubundi ukongera gusubira mu buzima busanzwe.

Shangazi asoza avuga ari byiza ko uwahohotewe ari we witangira amakuru y'uko byagenze, gusa ngo mu gihe uwahohotewe yaba yahuye n'ihungabana akaba atabasha kuvuga, undi muntu ubifiteho amakuru aba agomba kuyatanga maze uwahohotewe agahabwa ubufasha bukenewe.



# UMWARIMU WACU, UMURINZI W'INZOZI ZACU

Yanditswe na AKINGENEYE IRADUKUNDA MARIE JOYEUSE



**“Ni nyampinga” twatembereye mu Karere ka Kamonyi maze dusura ikigo cy’amashuri abanza cya Gihinga. Tugezeyo, twatunguwe no kubona umubano abanyeshuri bafitanye na mwarimu wabo, Adéodate.**

Aba bakobwa biga mu mwaka wa gatandatu, bavuga ko mwarimu wabo ubigisha Ikinyarwanda atari umwarimu gusa ahubwo ari inshuti ibumva, ibagira inama, ikabaha amakuru ku buzima bw’imyorokere kandi ikabashishikariza kwifatira ibyemezo byiza.

Ange na Uwacu bemeza ko mwarimu wabo, Adéodate, yabagiriye inama igihe bari batangiye kugendera mu kigare, bikabasubiza inyuma mu masomo yabo. Uwacu agira ati: “Twari mu ishuri, mwarimu aranyegereye arambwira ngo isomo ni rirangira nze kumureba.”

Akomeza agira ati: “Isomo rirangiye ndagenda ndamwegera, angira inama yo kwirinda ikigare nari ndimo, ambwira ko ngomba kwita ku masomo kugira ngo amanota yange azamuke. Numvise inama yangiriye, none ubu nsigaye ngira amanota meza.”

Ange na we yunga mu rya Uwacu ati: “Nange mwarimu yangiriye inama yo kuva mu kigare narindimo kirimo abahungu benshi, yambwira ko bashobora kunshukisha utuntu, ubundi bakaba bankoresha imibonano mpuzabitsina idakingiye, nkaba natwara inda cyangwa nkandura indwara zandurira mu mibonano mpuzabistina.”

Ange na uwacu bakomeza bemeza ko ubuzima bwabo bwahindutse nyuma y’uko mwarimu wabo yatangiye kubaganiririza, kandi ko ikibazo cyose bagize batakimarana igihe, ahubwo bahita basanga mwarimu bakakimubaza.

Si Ange na Uwacu gusa bemeza inama mwarimu wabo abagira zabahinduriye ubuzima, Diane na Christella na bo bavuga ko, nyuma yo kubona uburyo mwarimu wabo aganiriza bagenzi babo mu buryo bwa kinyamwuga byabafashije kumugirira ikizere no kumwisanzuraho.

Ngo ku nshuro ya mbere mwarimu we amwegera akamuganiriza ari wenyine, Diane yari yatangiye kujya aza ku ishuri atakoze umukoro. Agira ati: "Nari natangiye kuza ntakoze umukoro, maze aranyegera arambwira ati 'rero Diane, ni ukujya uzinduka ukaza ugakora umukoro, cyangwa se wagera mu rugo ugakora imirimo vuba, ukabona umwanya wo gukora umukoro."

Christella we agira ati: "Nagize amatsiko, ndamwegera mubaza ukuntu umukobwa yakagombye kwitwara mu gihe ari mu bwangavu, maze aransobanurira."

Aba banyeshuri bemeza ko inama bahabwa zibafasha kwirinda ababashuka, kandi ko n'yo bahura n'ihohotera rishingiye ku gitsina, bagana mwarimu wabo akabafasha gushaka ubufasha n'ubutabera.



Bakomeza bavuga ko impamvu bisanzura kuri mwarimu wabo ari uko basanze ari umuntu mwiza ubagira inama zizabafashe kugera kure. Bavuga kandi ko iyo aza kubegera ashaka kubashuka ngo abicire ejo hazaza, bari kwihutira kubibwira abandi barimu cyangwa ubuyobozi bw'ikigo.

Mwarimu Adéodate avuga ko abarezi bagenzi be bakwiye gufata abanyeshuri bigisha nk'abana babo, kandi ko nta mubyeyi wagahohoteye umwana arera. Yaboneyeho agira inama abanyeshuri bahura n'abarimu bagashaka kubahohotera, babashukisha amanota n'ibindi byinshi.

Yagize ati : "Umwarimu ushaka kugushuka si we wenyine ushoboye kwigisha iryo somo aho ku ishuri, ku buryo batamuhindura. Mubwire 'oya' inshuro eshatu kugira ngo amenyeko wahakanye ukomeje kandi unashake umuntu wizeye, nka mama wawe cyangwa undi mwarimu, umuganirize umubwire ikibazo wahuye na cyo, kugira ngo agufashe wirinde ingaruka zishobora guterwa no guhakanira umuntu washatse ku guhohotera."



# IJWI RY'ABATO

Yanditswe na MUNYANA CYNTHIA

Bimaze kugaragara ko abakiri bato hari ubwo bahohoterwa ariko bakabura uwo begera ngo abayobore mu nzira yo kubona ubutabera mu gihe nyamara muri buri mudugudu hari abantu bafite inshingano kandi bahuguriwe kurengera umwana wahohotewe ndetse no kumurinda.

“Ni Nyampinga (NN)” twegereye Alexia Umuhoza, umukozi w’Akarere ka Kamonyi ushinzwe uburinganire n’iterambere ry’umuryango maze adusobanurira birambuye abashinzwe kurengera no kurinda umwana.



**NN:** Ese mubona ihohotera rishingiye ku gitsina ari ikibazo gihari?

**Alexia:** Mu by’ukuri ihohotera rishingiye ku gitsina rirahari cyane. Ibirego byinshi twakira by’abahohotewe bigaragaza ko ihohotera rikunze kubera cyane mu muryango aho usanga umwana yahohotewe na mwene wabo babana mu rugo, umuja [umukozi wo mu rugo], cyangwa se n’ababyeyi be.

**NN:** Umwana aramutse ahohotewe, ni nde ku rwego rw’umudugudu ushinzwe kumurengera, akamufasha kugira ngo ahabwe ubufasha bukwiye?

**Alexia:** Ubundi umuntu wese afite inshingano zo kurinda umwana ndetse no kumufasha igihe yahohotewe. Ariko by’umwihariko hari

ababyeyi muri buri mudugudu bafite inshingano zo kurengera no kurinda umwana. Abo babyeyi bitwa Inshuti z’Umuryango. Ni abantu bahorana n’abaturage umunsi ku wundi ku buryo umwana wese wahohoterwa ni bo bakwitabaza.

**NN:** Ni izihe mbogamizi muhura nazo zikoma mu nkokora guha umwana wahohotewe ubutabera ku gihe?

**Alexia:** Igihe umwana yahohoterewe iwabo mu rugo bitubera imbogamizi cyane kubera ko abakwiye kumurengera ni bo baba bamuhohoteye. Ariko iyo umwana atinyutse akabibwira undi muntu mukuru yaba umuyobozi w’umudugudu, Inshuti z’Umuryango cyangwa se mwarimu we ku ishuri, icyo gihe bidufasha kumenya ko umwana yahohotewe agahabwa ubufasha bukwiye kandi kare.

**NN:** Hari igihe umwana ashobora kugira impugenge zo kugeza ikirego ku babishinzwe, atinya ko amakuru ye azagera ku bantu bose. Ese mwamubwira iki?

**Alexia:** Nibahumire rwose! Abantu b'umwihariko nababwiye bafite inshingano zo kurengera umwana no kumurinda ihohotera rishingiye ku gitsina, barabihuguriwe, kandi mu mahugurwa bahabwa harimo no kugirira ibanga uwahohotewe. Si abo ku rwego rw'umudugudu gusa, ndetse n'abandi bose barabizi ko kugira ibanga ari bimwe mu bigize inshingano zabo.

**NN:** Ni mu buhe buryo abagize umuryango Nyarwanda bafatanyaga namwe gukumira ihohotera rishingiye ku gitsina rikorerwa abana?

**Alexia:** Ababyeyi begere abana babo baganire kuko umwana nawe azabasha gutinyuka abwire umubyeyi we ikibazo yahuye na cyo. Hanyuma kandi birakwiye ko buri wese abigira ibye gufasha no kurinda umwana. Umuturanyi namenya ko hari umwana wahohotewe yihutire kubimenyesha inzego zibishinzwe.

**NN:** Dusoza, mugire ubutumwa mugenera ba Ni Nyampinga na basaza babo.

**Alexia:** Burya iyo usobanukiwe umenya uburyo wirinda n'uko witwara. Nabashishikariza rero gukurikirana ibiganiro bivuga ku ihohotera rishingiye ku gitsina bitangwa ku maradiyo, ku ishuri, ndetse n'aho batuye. Ikindi kandi bagire amakenga; niba umuntu agusabye ko muryamana kugira ngo aguhe serivisi runaka wibaze impamvu.

Ni ingenzi ko ba Ni Nyampinga na basaza babo baba maso kandi bakihutira gutanga ikirego igihe bahohotewe.



# INTAMBWE INGEZA KU BUTABERA

Yanditswe na MUNYANA CYNTHIA

**Birashoboka ko waba warahuye n'ihohoterwa rishingiye ku gitsina cyangwa mugenzi wawe agahohoterwa ariko ukabura aho ugeza ikirego cyawe ngo uhabwe ubutabera. Nyuma y'uko "Ni Nyampinga" tumenye ko abenshi bahohoterwa ntibamenye inzira banyura ngo bahabwe ubufasha, twahisemo kubayobora.**

**Twabashushanyirije inzira ibereka intambwe uwahohotewe cyangwa umuri hafi yanyuramo kugira ngo ahabwe ubufasha bukwiriye mu buryo bwizewe, butekanye kandi bwihuse.**



# WAHOHOTWE



## ESE WEGEREYE ISANGE ONE STOP CENTRE?



### IKIGO NDERABUZIMA

- Bazaguha ubutabazi bw'ibanze.
- Bazagufasha kugera kuri Isange One Stop Centre.

Amafaranga y'itike iva ku kigo nderabuzima ugera kuri Isange One Stop Centre ntiyishyuzwa.

### ISANGE ONE STOP CENTRE (IOSC)

IOSC ibarizwa ku bitaro by'uturere. Uhabwa serivisi zikurikira:

#### Serivisi y'ubuvuzi.

Aha bagufasha:

- Gupfuka uwakomeretse ndetse no kumudoda aho bikenewe.
- Guhabwa imiti irinda gusama n'ubwandu.

#### Serivisi y'ubugenzacyaha.

Aha bagufasha:

- Gufata ibimenyetso bizakoreshwa mu bushinjacyaha.
- Gukorerwa dosiye kugirango ahabwe ubutabera.

#### Serivisi y'ubujyanama bw'isanamitima.

Aha bagufasha:

- Kuganirizwa kugira ngo uwahohotewe akire ihungabana.
- Bagufasha kwiyakira binyuze muri serivisi y'icyumba cy'igihe gito.

Serivisi zose uhabwa muri IOSC ntizishyuzwa.

### ICYUMBA CY'IGIHE GITO:

Ni icyumba uhabwa uri kuri IOSC mu gihe cy'iminsi iri hagati 1-7. Ariko ishobora kwiyongera bitewe n'impamvu zitandukanye. Uwahohotewe acumbikirwa kubera izi mpamvu:

- Kumurinda mu gihe uwakoze icyaha cy'ihohotera atarafatwa.
- Kumufasha kwiyakira kugira ngo asubire mu buzima busanzwe.

GUSUBIRA  
MURI SOSIYETE



# IKIGANZA MU KINDI

Yanditswe na MUNYANA CYNTHIA

**Mu muco wacu bimenyerewe ko hari imirimo ireba abahungu cyangwa abakobwa gusa ku buryo gusanga umurimo runaka uri gukorwa n’uwo utagenewe biba sakirirego. Nyamara, iyi myumvire ni imwe mu bikandamiza uburenganzira bwa bamwe.**

**N’ubwo Mugisha akiri muto, ni umwe mu bahungu biyemeje guhangana n’imyumvire yima uburenganzira abakobwa muri rusange. Yahisemo kuzana impinduka ahereye kuri mushiki we, Uwimbabazi.**

Mugisha afite imyaka 15, tumusura twasanze ari gufasha mushiki we Uwimbabazi koza ibyombo, bishimye baganira! Twagize amatsiko y’aho igitekerezo cyo gufatanya imirimo yo mu rugo cyaturutse.

Mugisha yagize ati: “Nakuze ku ishuri badutoza gufatanya n’abandi muri byose kandi n’ababyeyi ni uko. Uretse n’ibyo, gufatanya na mushiki wange imirimo yo mu rugo hari byinshi bitwungura.”

**“Uretse n’ibyo, gufatanya na mushiki wange imirimo yo mu rugo hari byinshi bitwungura.”**

Uwimbabazi yashimangiye ko gukorera hamwe imirimo yo mu rugo bibafasha na kugira ibindi bakora. Ati: “Iyo ndi koza ibyombo akabyunyuguzwa, cyangwa se ndi gutora ibishyimbo na we agacana imbabura bidufasha gukora ibintu vuba tukabasha gusubiramo amasomo.”

Uretse kuba gufashanya bituma babona umwanya wo gusubiramo amasomo, umubano wabo warushijeho gukomera. Uwimbabazi agira ati: “Tuba tubonye umwanya wo kuganira birambuye kuko ntituba twirirwanye.”

Mugisha yavuze ko bibarinda kwihugiraho kandi urukundo hagati yabo nk’abavandimwe rukiyongera.

Twabajije Mugisha icyo bagenzi be batekereza ku cyemezo yafashe cyo gufatanya na mushiki we imirimo yo mu rugo maze agira ati: “Hari bamwe bemera ko icyo cyemezo ari kiza kuko na bo bagikurikiza ariko abenshi bambwira ko ndi idage [umuntu udasobanutse].”

Ku rundi ruhande, Uwimbabazi avuga ko icyemezo cya musaza we cyamushimishije cyane. Ati: “Ngewe biranezeza kubona Mugisha nta kintu yinubira. Kuko hari abandi bahungu usanga batekereza ko imirimo yo mu rugo ireba abakobwa gusa.”

**“Ngewe biranzeza kubona Mugisha nta kintu yinubira. Kuko hari abandi bahungu usanga batekereza ko imirimo yo mu rugo ireba abakobwa gusa.”**

Mugisha yasabye abahungu bagenzi be gufatanya na bashiki babo muri byose harimo n’imirimo yo mu rugo kuko bigaragaza ikinyabupfura. Uwimbabazi na we yashishikarije urubyiruko cyane cyane abavandimwe gufashanya.

Ati: “Mu gufashanya, mwunga ubumwe, mukabasha kubona umwanya wo kuganira no kumenya ikibazo umuvandimwe wawe yagize maze ukamugira inama.”

Kumva ko abakobwa ari bo bagomba gukora imirimo yo mu rugo, basaza babo ntacyo bari gukora ntibikwiye. Ese ntiwakwishimira kubona mushiki wawe abona umwanya uhagije nk’uwo na we ubona wo gusubiramo amasomo, maze mugatsinda neza mu ishuri?

Kubona mushiki wawe abona umwanya wo kuruhuka no kwidagadura se, ntibyakunezeza? Fata umwanzuro, utangire umufashe ndetse ushishikarize na bagenzi bawe kubikora uko.

**“Mu gufashanya, mwunga ubumwe, mukabasha kubona umwanya wo kuganira no kumenya ikibazo umuvandimwe wawe yagize maze ukamugira inama.”**





# NI INSHINGANO ZANGE NAWWE

Yanditswe na AKINGENEYE IRADUKUNDA MARIE JOYEUSE

**“Ni Nyampinga” twatembereye mu Karere ka Kamonyi tuganira n’urubyiruko, batubwira icyo bakora baramutse bahuye n’ihohotera rishingiye ku gitsina n’uko bafasha uwakorewe iryo hohoterwa.**

Fiellette w’imyaka 23, avuga ko aramutse ahuye n’ihohotera rishingiye ku gitsina, ikintu cya mbere yakora ari kujya ku kigo nderabuzima kimwegereye, akisuzumisha kugira ngo arebe ko nta ndwara yaba yanduye, ndetse agashaka n’abaganga bita ku byerekeye ihungabana kugira ngo bamufashe, nyuma y’ibyo ngo yakomeza gushaka ubutabera mu nzego zibishinzwe.

Fiellete akomeza avuga ko aramutse ahuye n’uwakorewe ihohotera rishingiye ku gitsina yabanza kumwumva, nyuma akamujyana kwa muganga ubundi barangiza kumufasha akamujyana mu nzego zibishinzwe, kugira ngo ahabwe ubutabera.

Valens we avuga ko aramutse ahuye n’umuntu wakorewe ihohotera rishingiye ku gitsina yabanza akamuganiriza, hanyuma akamugira inama yo kujya kwa muganga no kugana ubutabera. Ku wahuye n’ihohotera rishingiye ku gitsina, Valens

avuga ko yahita yitabaza ubutabera kugira ngo arenganurwe.

Claudette w’imyaka 21, avuga ko aramutse akorewe ihohotera rishingiye ku gitsina, yakwihutira kujya kwa muganga, hanyuma abaganga bakabimenyeshya ubuyobozi.

Ati: “Mpuye n’umuntu wakorewe ihohotera rishingiye ku gitsina, nabanza nkamujyana kwa muganga bakamuha ubuvuzi bw’ibanze, hanyuma tugahita tubimenyeshya ubuyobozi maze uwamuhohoteye agahabwa igihano kimukwiriyeye.”

Robert na we avuga ko aramutse akorewe ihohotera rishingiye ku gitsina, icya mbere yakora ari ugushaka uko yarenganurwa, agana RIB. Igihe yaba adafite ubushobozi bwo kugera kuri RIB, yajya ku kigo nderabuzima kimwegereye.

Naho ngo aramutse ahuye n’uwakorewe ihohotera rishingiye ku gitsina, Robert yabanza gutanga amakuru ku nzego zibishinzwe, ubundi akamugira inama yo kujya kwa muganga.

Nyuma yo kumva ibitekerezo bitandukanye by’urubyiruko, “Ni Nyampinga” twegereye Alexia,

umukozi w'Akarere ka Kamonyi ushinzwe kurwanya ihohotera rishingiye ku gitsina, atuganiriza ku byo umuntu akwiriye gukora aramutse ahuye n'iri hohoterwa n'uko yafasha uwahohotewe.

Alexia asobanura ko mu gihe wahuye n'ihohotera rishingiye ku gitsina, ikintu cya mbere ukwiye gukora ari uguhunga aho ihohoterwa ryabereye, icya kabiri ngo ni ugushaka ubufasha kugira ngo niba ari ubuvuzi cyangwa ubujyanama uhabwa, ubuhabwe hakiri kare.

Yagize ati: "Abantu benshi bahura n'ihohotera, hari igihe badashaka kuvuga ababahohoteye. Biba byiza iyo ugaragaje uwaguhohoteye kugira ngo afatwe ahanwe atazagira abandi ahohotera bikangiza sociyete nyarwanda."

Alexia akomeza avuga ko icya mbere umuntu akwiye gukora mu gihe abonye uwakorewe ihohotera ari ukumutabara, akamufasha kugera aho agomba gufashirizwa.

Ati: "Umuntu wese afite inshingano zo gutabariza uwahuye n'ihohotera. Ikintu cya mbere ukwiye gukora ni ukumutabara, ukamenyesha ubuyobozi bukwegereye cyangwa ukamugeza ku kigo nderabuzima kikwegereye, hagashakwa uburyo bwo kumugeza ku Isange One Stop Center cyane ko hari ibizamini akorerwa, kandi iyo bitinze gukorwa usanga hari indwara uwahohotewe ashobora kwandura kandi yashoboraga kuzirindwa."



#### Ibintu bine by'ingenzi ukwiye kumenya ku ihohotera rishingiye ku gitsina

- Ihohoterwa rishingiye ku gitsina ni icyaha kitajya gisaza.
- Ihohoterwa rishingiye ku gitsina si ikosa ry'umarikorewe.
- Ihohotera rishingiye ku gitsina ntirihishirwa.
- Uwahohotewe afite uburenganzira bwo kubona ubufasha.



# TANGA AMAKURU KARE, UBONE UBUFASHA N'UBUTABERA!

Yanditswe na AKINGENEYE IRADUKUNDA MARIE JOYEUSE

**Kamaliza ubwo yari afite imyaka 17 yarasambanyijwe, gusa icyo gihe ntabwo yari azi ko ihohotera rishingiye ku gitsina ribaho, bityo bituma adatanga amakuru hakiri kare.**

**Yisanze atwite ariko akagira isoni zo kujya mu bantu, ubwo inda ye yari ifite amezi umunani nibwo yagiye kwisuzumisha maze ahabwa amakuru aboneraho kujya gushaka ubutabera.**

Kamaliza yabwiye “Ni Nyampinga” ati: “Narasambanyijwe ariko icyo gihe sinari nzi ko ihohotera rishingiye ku gitsina ribaho. Najyaga mbyumva mu ikinamico babikina, nkagira ngo ni ibintu bakina biba bitarabayeho. Nkimara guhohoterwa rero, sinabyitayeho, naricecekeye.”

Yakomeje agira ati: “Nyuma naje gusanga ntwite, mbaho ntajya kwipimisha nk’abandi bagore batwite, kuko nagiraga isoni z’aho nanyura n’abantu bambona ngiye kwipimisha. Inda imaze kugira amezi umunani, nibwo nagiye kwipimisha ku kigo nderabuzima. Maze ngezeyo, banjyana kuri Isange One Stop Center.

Yunzemo ati: “Ku Isange baransobanurirye, menya ko nakorewe ihohotera rishingiye ku gitsina, bansobanurira n’ibyiza byo gutanga amakuru. icyo gihe navuyeyo mbitekerezaho, ngeze mu rugo marume nawe angira inama yo kujya gutanga amakuru.”

Kamaliza asobanura ko ubwo yajyaga gutanga ikirego ku Rwego rw’Igihugu rw’Ubugenzacyaha (RIB) yakiriwe neza maze ikirego cyo gihabwa umurongo, ibintu byatumye yizera ko azabona ubutabera.

Ati: “Baramperekeje njya gukoresha DNA, ubundi mbona ubutabera, uwampohoteye arabihanirwa . Ikindi kandi, umwana wange yanditswe mu irangamimerere, ubu afite se. Iyo ntaza gutanga amakuru, yari kubaho nta se agira.”

Yunzemo ati: “Nyuma rero nabonye uko niga ubudozi, ubu mfite n’imashini idoda. Nkora ibiraka bikamfasha mu kuzigamira ejo hazaza. Igihe rero uhuye n’ihohotera rishingiye ku gitsina, fata iya mbere ugane Isange One Stop Center cyangwa ikigo nderabuzima kikwegereye bagufashe. Ariko icyiza ni uko wakwirinda bitaraba; ugashishoza, ukagisha inama ukirinda ko bikubaho.”



Ibyiza byo gutanga amakuru ku ihohoterwa rishingiye ku gitsina ako kanya rikiba.

- Uhabwa ubufasha bw’ubuvuzi bukurinda indwara ushobora kwandura ndetse no gutwara inda utateganyije.
- Uhabwa ubufasha bw’isanamitima bugufasha gusubira mu buzima busanzwe.
- Uhabwa ubufasha mu gushaka ubutabera.

# UBURENGANZIRA BWANGE

Yanditswe na MUNYANA CYNTHIA



Ihohotera rishingiye ku gitsina ni kimwe mu bibazo bibangamira uburenganzira bwa muntu kubera ko rindidiza iterambere ry’uwarikorewe. Ese waba uzi icyo ihohotera rishingiye ku gitsina ari cyo?

“Ni Nyampinga” twaganiriye n’umuyobozi mukuru ushinzwe iterambere ry’umuryango no kurengera umwana muri Minisiteri y’Uburunganire n’iterambere ry’Umuryango (MIGEPROF), Aline Umutoni, asobanura iby’ingenzi ukwiye kumenya ku ihohotera rishingiye ku gitsina.

Aline yabanje kudasobanurira icyo uburunganire n’ubwuzuzanye ari cyo. Yagize ati: “Mu buryo bworoshye, uburunganire ni igihe umukobwa n’umuhungu bahawe burenganzira n’amahirwe mu buryo bungana.”

Yakomeje agira ati: “Ubwuzuzanye ni igihe umukobwa n’umuhungu bafatanyaga inshingano haba aho batuye, mu mirimo yo mu rugo ndetse n’ahandi. Ikindi kandi abantu buzuzanya bishingiye ku miterere karemano yabo.”

## INGERO Z’UBURUNGANIRE

Umuhungu n’umukobwa bafite uburenganzira n’amahirwe bingana byo:

- Kujya ku ishuri bakiga ibyo bashaka
- Kuvurwa
- Kujya mu myanya y’ubuyobozi
- Gukora akazi kanzira inyungu umuryango
- Umutekano
- Kwidagadura

## INGERO Z’UBWUZUZANYE

Zimwe mu nshingano abahungu n’abakobwa bakwiye gufatanya:

- Imirimo yo mu rugo. Urugero : koza ibyombo, guteka, gukoropa, kuvoma n’ibindi.
- Imirimo ibyara inyungu.

**ICYITONDERWA:** Igitsina gore n’igitsina gabo nanone buzuzanya bishingiye ku miterere karemano. Urugero: umugore arabyara kuko ari ko aremwe.

Aline kandi yakomeje ku mbogamizi zituma uburunganire n’ubwuzuzanye butagerwaho uko bikwiriye mu muryango nyarwanda. Ati: “uburunganire n’ubwuzuzanye ntiburagerwaho uko bikwiriye.”

Yunzemo ati: “Kimwe mu bibazo bidindiza uburunganire n’ubwuzuzanye ni ihohotera rishingiye ku gitsina. Ihohotera rishingiye ku gitsina ni igikorwa cyose kivutsa umuntu uburenganzira bwe kubera ko uwo muntu ari igitsina gore cyangwa gabo.”



Dore bimwe mu bihano bihabwa uwahamwe n'icyaha cy'ihohotera rishingiye ku gitsina

- icyaha cyo gusambanya: gihanishwa igifungo cy'imyaka itari hasi ya makumyabiri ariko itarengeje imyaka makumyabiri n'itanu.
- icyaha cyo gusambanya umwana bikamuviramo indwara idakira cyangwa ubumuga: gihanishwa igifungo cya burundu.
- icyaha cyo gushyingira umwana uri muni y'imyaka 18 (yaba abamushyingiye, abarebereye, ndetse n'uwamugize umugabo cyangwa umugore): gihanishwa igifungo cya burundu.

**Aline wo muri MIGEPROF yagize ati:** “Niba umuntu amenye amakuru ko hari umwana wahohotewe cyangwa wasambanyijwe ariko ntageze ikirego ku bashinzwe kurinda no kurengera umwana ngo ahabwe ubutabera, uwo aba yarebereye icyaha kandi akwiye guhanwa.”

**Yakomeje agira ati:** “Na wa wundi watanze ikiru ku muryango w'umwana wasambanyijwe kugirango uwamuhohoteye ataregwa ngo ahanwe, na we akwiye guhanwa. Wa mubyeyi wakiriye ikiru, cyangwa se wanze kwakira umwana mu muryango, cyangwa se washyingiye umwana ku wamusambanyije ngo amubere umugore cyangwa umugabo, na we ahanwa kimwe n'abandi.”

Aline, yasoje agira inama ba “Ni Nyampinga” na basaza babo. Ati: “Umuntu wese avukana uburenganzira bungana n'ubwa mugenzi we. Nta muntu n'umwe ufite uburenganzira bwo guhohotera mugenzi we. Niyo mpamvu uwahohotewe afite uburenganzira bwo gusaba ubufasha cyangwa gusabirwa ubufasha n'umwegereye.”

Yongeyeho kandi ko uwahohotewe akwiriye kwihutira kujya ku kigo nderabuzima kimwegereye kugira ngo ahabwe ubufasha bw'ibanze mu gihe cy'amasaha atarenze 72 ariko bikaba byiza kurushaho atarenze amasaha 48.

**DORE UKO USHOBORA KUBIKA  
IBIMENYETSO IGIHE WAHOHOTWE:**

- Ntukarabe
- Ntukuremo imyenda wari wambaye
- Ntumese imyenda wari wambaye
- Ubike ibindi bikoresho byaba byakoreshejwe.

# BARASHOBOYE!

Yanditswe na MUNYANA CYNTHIA

FIFI Raya ni umuhanzikazi ukiri muto, ndetse ni umwe mu bakobwa bake baririmba mu njyana ya Hip-hop mu Rwanda. “Ni Nyampinga” twaraganiriye, avuga ko kuba umukobwa byamubereye imbogamizi muri muzika, gusa yabashije guhangana na byo. Aragira inama ba Ni Nyampinga.



**NN: FIFI ni muntu ki?**

**FIFI Raya:** Nitwa Fiona Ishimwe. Hanyuma amazina y’ubuhanzi ni FIFI Raya.

**NN: None se washingiye ku ki uhitamo amazina y’ubuhanzi?**

**FIFI Raya:** Ubundi mfite amazina abiri atangizwa na “Fi”. Hari akazina ko mu buto ari ko “Fillette”, ndetse n’izina ryange rya “Fiona”. Nahisemo rero kuyashyira mu mpine niyita “Fifi”. Hanyuma irya “Raya” ni inshuti yange yarinyise imbwira ko risobanuye ikintu kiza.

**NN: Ni ryari watangiye kwiyumvamo umuziki?**

**FIFI Raya:** Narabikundaga kuva kera nkiri umwana. Ngeze muri segonderi, ahantu nigaga nsanga bagira amasaha yo kwagura impano, aho buri wese yajyaga aho yifuza kandi yisanzuye. Nange

rero najyaga mu by’umuziki; nkandika indirimbo ubundi nkifata amajwi ndi kuririmba, nuko ntangira kumva ko nabishobora ikizere kiraza.

**NN: Winjira muri muzika, ni izihe mbogamizi wahuye na zo?**

**FIFI Raya:** Aaaah, ni nyinshi! Umuziki urahenda cyane ku buryo bisaba ko ubona abagufasha. Kuba umukobwa rero nabyo biba imbogamizi. Usanga abantu batumva ukuntu ndirimba injyana ya Hip-hop ngo ni uko ndi umukobwa. Uretse n’ibyo, nagiyeye mpura n’abantu bashakira kumpohotera nk’ikiguzi cyo kumenyekanisha ibihangano byange. Gusa ibyo ntibyanciye intege, nabashije guhangana na byo.

**NN: Ubona ari uruhe ruhare rw’umuryango Nyarwanda mu kurandura imyumvire nk’iyo?**

**FIFI Raya:** Bakwiye kwifuriza ikiza umukobwa, bakamushyigikira. Gukoresha umubiri w’umukobwa nk’ikiguzi cy’iterambere rye si byo. Burya n’ubwo yagera ku iterambere yifuza, amarangamutima ye arangirika.

**NN: Ese ni ubuhe butumwa wagenera ba “Ni Nyampinga” bahohoterwa ariko ntibamenye icyo bakora?**

**FIFI Raya:** (Ababaye) Njya ntekereza ko hari umukobwa ushobora guhohoterwa ariko agatinya kubivuga. Gusa nabwira ba “Ni Nyampinga” ko hagize uhohoterwa yakwihutira kubibwira umubyeyi we cyangwa se undi muntu umuri hafi ndetse akageza ikirego cye ku babishinzwe.

**NN: Umuziki ukugejeje ku ki?**

**FIFI Raya:** Ubuzima bwarahindutse. Namenyanye n’abantu benshi bangirira akamaro, inshuti ziriyongera, mbona n’amafaranga.

**NN: Ni iyihe nama wagira abakobwa bakiri bato bifuza kwinjira mu muziki?**

**FIFI Raya:** Abakobwa barashoboye, na bo babikora! Nabasaba gukomeza gukora imyitozo, kandi bakamenyekanisha impano yabo aho bageze hose. Aho ni ho ushobora guhura n’abandi bahanzi bagufasha kuzamuka muri muzika. Kandi niba hari ushatse kugukoresha imibonano mpuzabitsina ngo agire icyo agufasha; umenye indangagaciro zawe, uvuge oya.





# BAZA SHANGAZI

Muraho neza nshuti zange, ndaje ngo tuganire. Ndabizi ko mwari munkumbuye, nange ni uko. Ibibazo n'ibitekerezo byanyu bingeraho. Muri iyi nimerero ya 35, ngiye gusubiza bimwe mu bibazo mwambajije. Ngaho isomere.

1

## **NSHUTI ZANGE BA NI NYAMPINGA, NDASHAKA GUTANGIRA MBABWIRA IBYIZA BYO KUGIRA AMAKURU Y'UBUZIMA BW'IMYOROROKERE MU KURWANYA IHOTERA RISHINGIYE KU GITSINA.**

Murabizi ko nkunda kubashishikariza kugira amakuru ahagije ku buzima bw'imyororokere kuko abafasha gufata imyanzuro ikwiye, ndetse no muri nimerero yabanje twabashishikarije gushaka amakuru yizewe y'ubuzima bw'imyororokere.

Reka nkomeze mbishimangire rero; kumenya amakuru y'ubuzima bw'imyororokere byagufasha kumenya uko urwanya ihohotera rishingiye ku gitsina.

- Kugira amakuru ahagije ku buzima bw'imyororokere biguha ubushobozi bwo kumenya uburenganzira ufite ku mubiri wawe, ndetse ukaba wabasha kurwanya abashaka kugukoresha ibyo udashaka.
- Iyo ufite amakuru ku buzima bw'imyororokere, ubasha gufata ibyemezo bikwiye. Nta wagushuka ngo agukoreshe ibyo utatekerejeho, mbega ntiyaguhohotera.
- Iyo abantu (ababyeyi, abayobozi, abanyeshuri, n'abandi) bafite amakuru ku buzima bw'imyororokere, nta hohoterwa rigagaragara muri sosiyete. Abantu bose baba bafite uburenganzira bungana.
- Iyo ufite amakuru ku buzima bw'imyororokere, uba uzi aho wagana igihe uhohotewe cyangwa mu gihe mugenzi wawe ahohotewe.

2

## **ESE NI UBUHE BURYO BWIZA WAKOresha ngo UBASHE GUHANGANA N'ABAGUCIRA IMANZA MU GIHE WAHOTOHEWE?**

Nshuti zange, ni byo koko bijya bibaho ko umuryango mugari ubarizwamo bashobora kutakira neza ko wahohotewe. Rimwe na rimwe bakakubwira ko ari wowe wabyiteye, n'andi magambo menshi agukomeretsa. Ariko ndagira ngo mbabwire uko wakwitwara mu gihe byagenze gutyo;

- Gana ku kigo nderabuzima: uhasanga abaganga kandi baguha ubufasha bwo kukuganiriza kugira ngo ukire ibikomere byose waba watewe mu buryo bw'amarangamutima.
- Egera za nshuti zawe cyangwa ba bantu uzi neza ko bagutega amatwi, maze ubasangize uko wiyumva. Ibyo bizagufasha kumva ushyigikiwe kandi utari wenyine.
- Gabanya umwanya uhura n'abagucira imanza, irinde gukomeza kujya aho bari ahubwo komeza ugirane ubusabane n'abagufasha kuva muri ubwo bwigunge.

- Tangira ukore ibintu bituma urushaho kumererwa neza. Urugero; gukora siporo, kuganira n'inshuti zawe, kumva umuziki, gukurikira radiyo, ndetse n'ibindi bikorwa bigusaba gutekereza nko gusoma.
- Ba ijwi rya bagenzi bawe. Ku ishuri cyangwa aho utuye, tangira wigishe bagenzi bawe ku ihohotera rishingiye ku gitsina ndetse n'uburyo bakwitwara igihe bahohotewe.

Ibi nubikora, ba bandi bakuvugaga nabi bazabona ko ubuzima bukomeza nk'ibisanzwe kandi na we nta ngaruka mbi bizakugiraho mu marangamutima.

3

**MWIRIWE NEZA SHANGA! NITWA NOAH NDI UMUNYESHURI W'IMYAKA 17, KU ISHURI IYO NDI KUVUGANA N'UMUKOBWA NGIRA ISONI KU BURYO NTA N'UWO TWAVUGANA N'IMINOTA 5. ESE NAKORA IKI NGO NTINYUKE KWISANZURA KURI BASHIKI BANGE?**

Noah nshuti yange urakoze cyane ku bw'icyo kibazo. Reka mbanze nkubaze nti se bashiki bawe ni bo utisanzuraho gusa cyangwa n'abandi bantu ni uko? Ariko reka nkusubize nerekeza kuri bashiki bawe kuko ari bo wambajijeho.

Mbere na mbere ubanze wumve ko abo bakobwa bo ku ishuri cyangwa se mwigana ari nka bashiki bawe muvukana cyangwa se n'abandi bavandimwe bawe. Wumve ko uko uganira n'abo muvukana cyangwa se izindi nshuti zawe ari na ko abo bakobwa mwaganira.

Hanyuma rero utinyuke, ubegere muganire bisanzwe. Ikindi kandi utangire uje mu matsinda, ayo mwita "ama club", ku ishuri. Kuko aho hagufasha guhura na bashiki bawe mukaganira.

4

**NITWA EVA NTUYE KICUKIRO MFITE IMYAKA 15. NI GUTE UMUNTU YAGERA KU NZOZI ZE?**

Eva rero watubajije ikibazo kiza cyane, kandi rwose kuba kigushishikaje ni byiza. Kugira ngo ugere ku nzozi zawe biragusaba ngo ubanze kumenya icyo ushaka kugeraho ari byo wise "inzozi".

Iyo umaze kumenya inzozi zawe, uzigabanyamo intego zoroheje kandi ushobora kugeraho. Izo ntego zoroheje wateguye, bizakorohera kuzigeraho igihe washyizeho intambwe ukeneye gutera kugira ngo ugere kuri buri ntego.

Urugero: Ufite inzozi zo kuzaba umupilote. Izo nzozi rero kuzigeraho bizagusaba kuzigabanyamo intego nto zishobora kuba wakwiga kandi ugatsinda n'amanota meza, kuba wahitamamo amasomo ajyanye n'icyo umupilote asabwa kwiga, no kuba washaka abantu bagufasha gusobanukirwa icyo ukeneye.

Numara gukora za ntego nto nibwo uzamenya intambwe watera. Urugero; niba wihaye intego yo kwiga ugatsindira ku manota meza, bizagusaba gutera intambwe yo kujya ufata umwanya buri muni ugasubiramo amasomo.

Eva rero, nakugira inama yo kubanza ukamenya inzozi zawe ubundi ugashyiraho uburyo bwo kuzigeraho. Ikindi kandi jya uganiriza ababyeyi bawe cyangwa se undi muntu mukuru wizeye nka mwarimu wawe, ubabwire inzozi zawe nabo bazaguha inama z'uko wazigeraho.

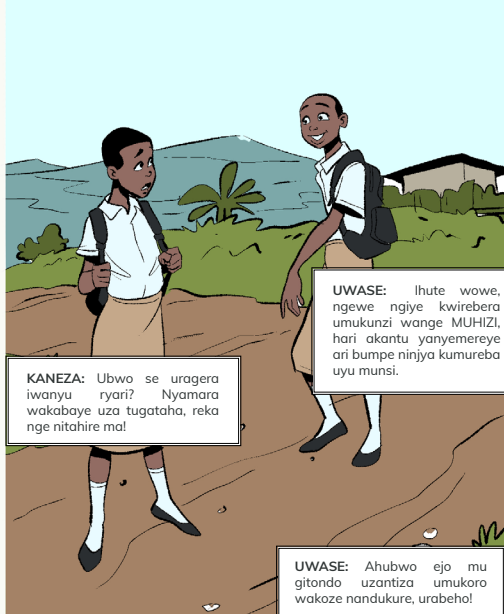


# INSHUTI NYANSHUTI

Yanditswe na Akingeneye IRADUKUNDA MARIE JOYEUSE

## KANEZA NA UWASE MU NZIRA BAVA KU ISHURI.

**KANEZA:** Twihute tuze kugera mu rugo hakiri kare, tubone uko dufasha ababyeyi uturimo two mu rugo, tuze no kubona umwanya wo gukora umukoro no gusubira mu masomo .



**KANEZA:** Ubwo se uragera iwanyu ryari? Nyamara wakabaye uza tugataha, reka nge nitahire ma!

**UWASE:** Ihute wowe, ngewe ngyi kwirebera umukunzi wange MUHIZI, hari akantu yangemereye ari bumpe ninjya kumureba uyu munsu.

**UWASE:** Ahubwo ejo mu gitondo uzantiza umukoro wakoze nandukure, urabeho!

## UWASE NA MUHIZI BARI MU CYUMBA

**MUHIZI:** Akira ica akanyota.

**Uwase:** Murakozel!



**UWASE:** Nduvya ntazi uko meze.



**MUHIZI:** Tuza rwose uri kumwe n'umukunzi wawe.

## UWASE KU IDUKA RYA MUHIZI.

**MUHIZI:** Ni karibu mukunzi wange.

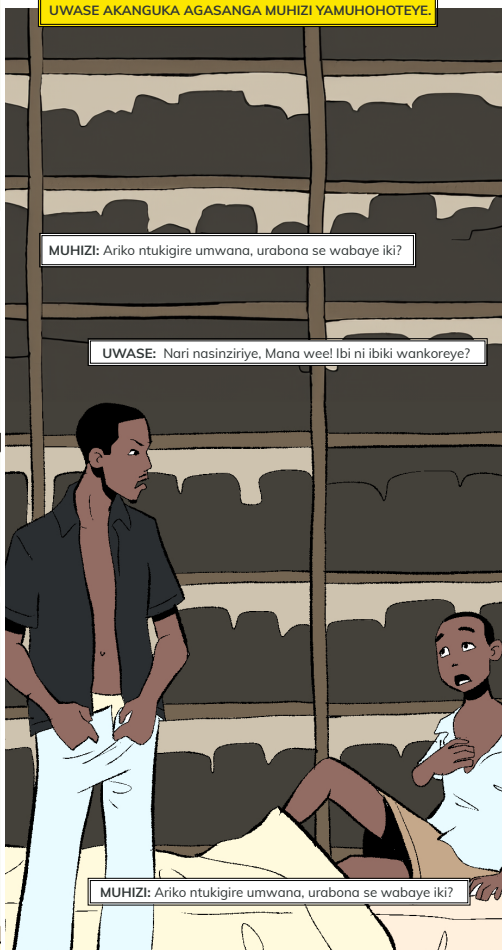


**MUHIZI:** Ntureba ko uri umwana mwiza! Nari ngukumbuye, reka mfunge maze twiganirire.

## UWASE AKANGUKA AGASANGA MUHIZI YAMUHOHOTEYE.

**MUHIZI:** Ariko ntukigire umwana, urabona se wabaye iki?

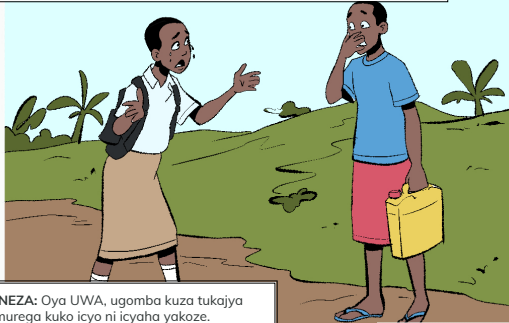
**UWASE:** Nari nasinziriye, Mana wee! Ibi ni ibiki wankoreye?



**MUHIZI:** Ariko ntukigire umwana, urabona se wabaye iki?

**UWASE AHURA NA KANEZA AKAMUBWIRA IBYAMUBAYEHO AKAMUBUZA NO KUGIRA UWU ABIBWIRA.**

**UWASE:** Uzi ko MUHIZI yansambanyije ku gahato sha. Nduwya mfite isoni zivanze n'ubwoba nukuri! KANE, uri inshuti yange uramenye ntuzagire uwu ubibwira, bizabe ibanga ryange nawe. Sibyo?



**KANEZA:** Oya UWASE, ugomba kuzi tukajya kumurega kuko icyo ni icyaha yakoze.

**UWASE:** Ariko uri umwana mubi! Uragira ngo abantu bose bage banyita indaya, ngo narabishakaga ni nge wamusanze iwe? Ikindi kandi umudugudu wose wamenya ko nasambanyijwe ku gahato.



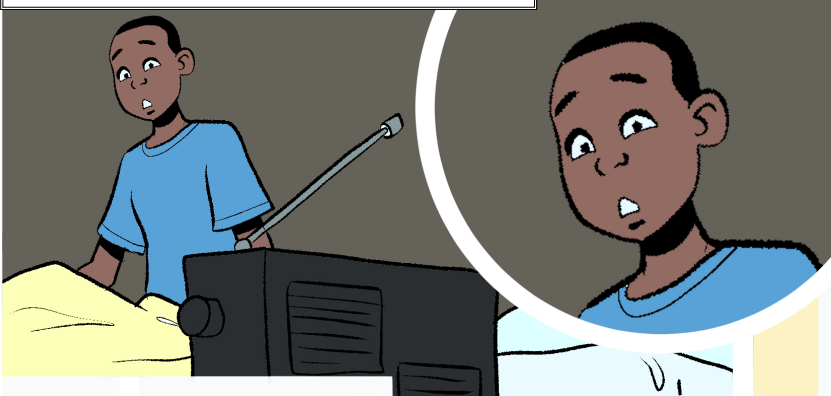
**KANEZA:** Uziko ari byo koko, abantu bose babimenyaye!

**KANEZA ARYAMYE MAZE RADIO IKAMUHA UBUTUMWA.**



**RADIO:** Mu gihe wahuye n'ihohoterwa rishingiye ku gitsina gana ISANGE ONE STOP CENTER ikwegereye cyangwa ugahamagara kuri 3029. Wahamagara RIB kuri 116, bakagufasha kubona ubutabera. Kwakira neza abatugana no kugira ibanga ni umuco uturanga.

Ijwi: "KANEZA, ugomba kuba inshuti nziza, fasha inshuti yawe kubona ubutabera".



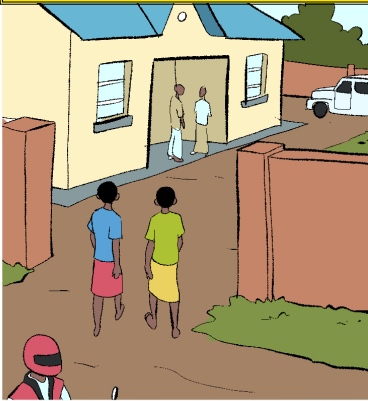
**KANEZA:** Ngwino tujye kuri ISANGE ONE STOP CENTER, baraguha ubufasha kandi n'uwaguhohoteye arakurikiranwa n'amategako.



**UWASE:** Nakubwiye ko ntaho najya, abantu bose batazanyita indaya.

**KANEZA:** Oya yewe wigira ubwoba, nabyiyumviye bagira ibanga, ikindi kandi baragufasha hatu utazanarwara n'ibindi birwara cyangwa ugatwara inda utateganyije. Dore haracyari kare, amasaha 72 ntarashira.

**UWASE na KANEZA bajya kuri ISANGE ONE STOP CENTER.**



**Umukozi wa ISANGE:** Wakoze kuza hakiri kare rwose. Tugiye kukohereza ku baganga babishinzwe babanze baguhe ubuvuzi bw'ibanze ndetse bafate n'ibimenyetso, nyuma turakohereza kubonana n'umugenzacyaha ni we uzakurikiranwa dosiye yawe ubundi bajye gufata uwu munyabaha, ushakirwe ubutabera.



**MUHIZI AFATWA NA POLICE, IMUGEJEJE KURI RIB.**



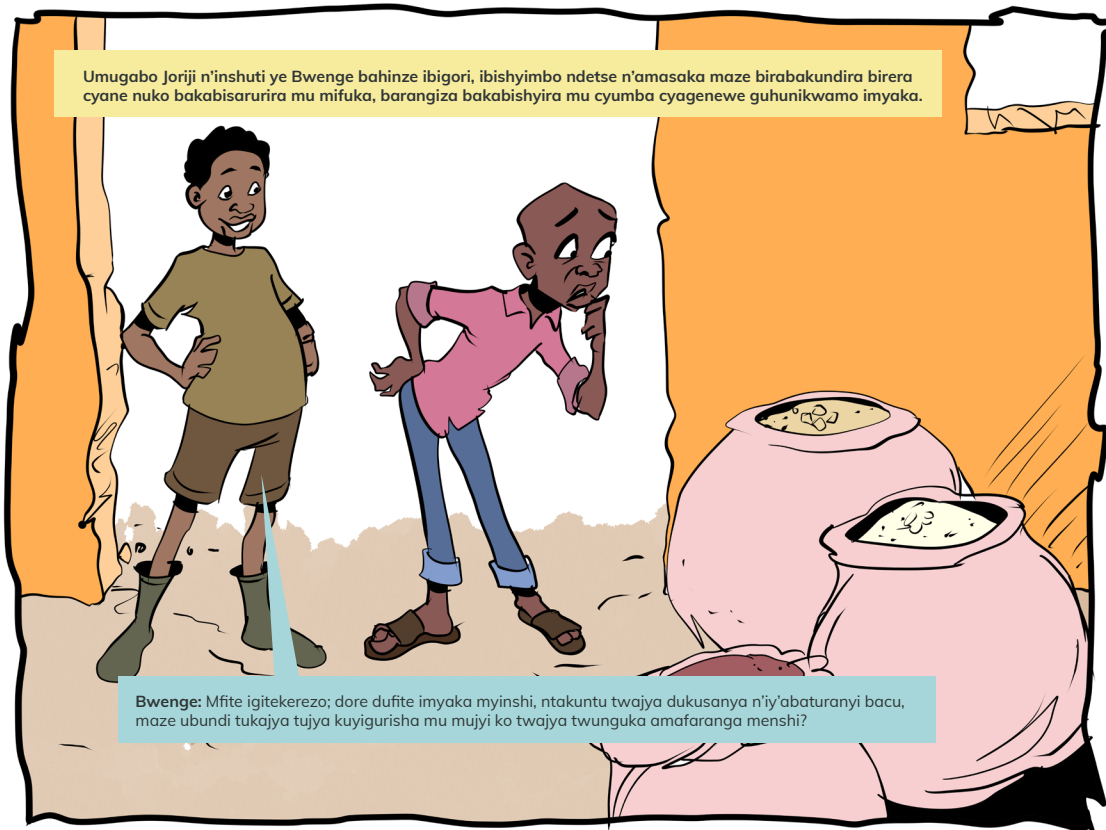
**UWASE:** Ntidukwiye kugira ubwoba koko! Nakiriwe neza kandi abakozu baho bagira ibanga pe!



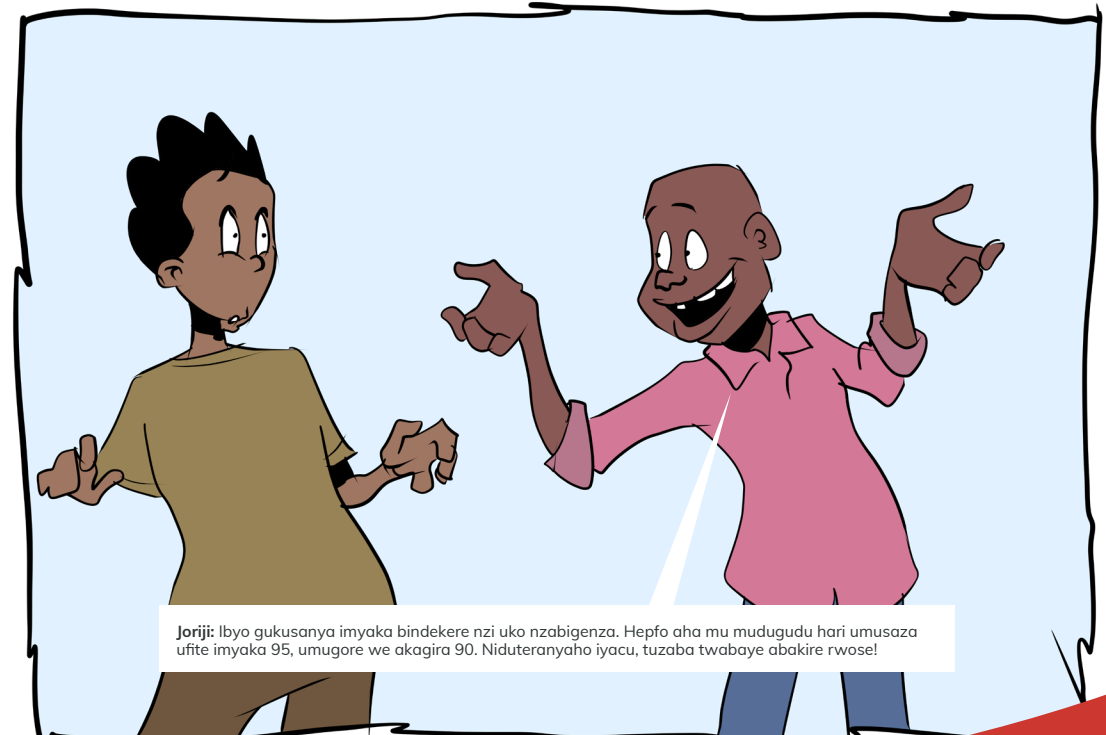
**KANEZA:** Ngewe icyanashimishije nuko wabonye ubufasha, n'uwaguhohoteye akaba agiye gukurikiranwa. Nta wundi mukobwa azongera guhohotera.

# URWENYA

Umugabo Joriji n'inshuti ye Bwenge bahinze ibigori, ibishyimbo ndetse n'amasaka maze birabakundira birera cyane nuko bakabisarurira mu mifuka, barangiza bakabishyira mu cyumba cyagenewe guhunikwamo imyaka.

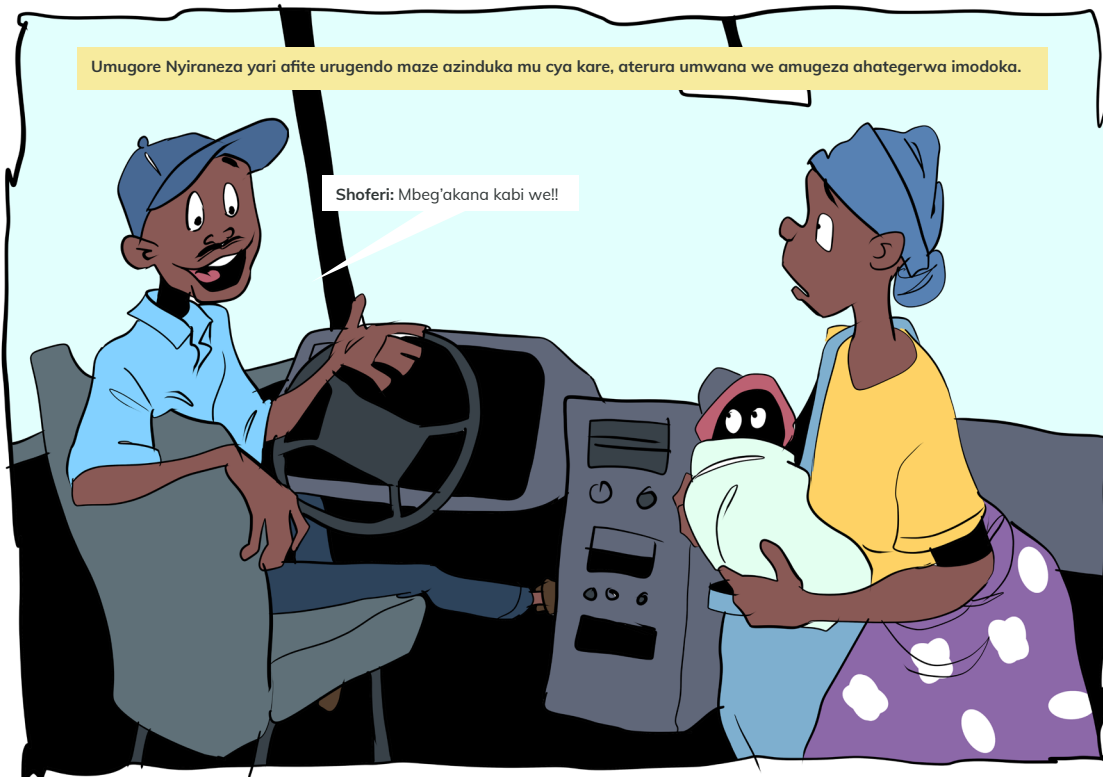


Bwenge: Mfite igitekerezo; dore dufite imyaka myinshi, ntakuntu twajya dukusanya n'iy'abaturanyi bacu, maze ubundi tukajya tujya kuyigurisha mu muji ko twajya twunguka amafaranga menshi?



Joriji: Ibyo gukusanya imyaka bindekere nzi uko nzabigenza. Hepfo aha mu mudugudu hari umusaza ufite imyaka 95, umugore we akagira 90. Niduteranyaho iyacu, tuzaba twabayeho abakire rwose!

Umugore Nyiraneza yari afite urugendo maze azinduka mu cya kare, aterura umwana we amugeza ahategerwa imodoka.



Shoferi: Mbeg'akana kabi we!!

Umugore: Ko warakaye cyane, wabaye iki?

Nyiraneza: Shoferi ambwiye nabi cyane we.



Umugore: Zana nkufashe ako gakende kawe, maze ugende umuhe ukuri!

# DUKINE!

Uwera yanditse urutonde rw'ibyo guhaha, ariko arwandika akoresheje code zigizwe n'imibare mu ibara ry'umutuku n'inyuguti mu ibara ry'umuhondo.

Inyuguti ngufi ziri mu tuzu nizo zigize amagambo akoze urwo rutonde.

	1	2	3	4	5
A	M	g	l	e	n
B	V	a	s	w	u
C	D	r	k	h	o
D	l	q	t	y	f
E	B	p	z	c	j

**Urugero:** Uhuje umubare w'umutuku n'inyuguti y'umuhondo wahawe, akazu bihuriyeho karimo inyuguti imwe mu zigize ijambo riri kuri urwo rutonde.

- D1 E4 B5 E2 B2  
I C U P A = Icupa

## Urutonde rw'ibihahwa.

- D1 A1 C5 C1 C5 C3 B2  
— — — — — — — —
- B5 C2 B5 C3 A4 C2 C5  
— — — — — — — —
- D1 C3 B4 A4 D3 C5  
— — — — — — — —
- D1 A5 D4 B5 A5 C1 C5  
— — — — — — — —
- B2 A1 B2 D3 B2 C2 B2  
— — — — — — — —

- D1 A2 D1 C4 B4 A2 B2 C2 D1  
— — — — — — — —
- B2 A2 B2 B3 A4 C3 A4  
— — — — — — — —
- D1 A2 D1 D3 B2 E1 C5  
— — — — — — — —
- D1 E5 D1 E2 C5  
— — — — — — — —

- Amatara
- Igihwagarari
- Agaseke
- Igitabo
- Ijipo

- Imodoka
- Urukero
- Inkweto
- Inyundo

## ibisubizo

# TWIGE GUKURA SHIKARETE KU MWENDA MU BURYO BWOROSHYE

Ese byari byakubaho ukicara muri shikarete utabizi?  
Menya uko wayikura ku mwenda wawe mu buryo bworoshye!

## Ibikoresho

- Umuti w'amenyo (toothpaste)
- Uburoso bw'amenyo



1 Fata umwenda wawe, uwurambure neza, ku buryo ahari shikarete uba uhabona neza.



2 Fata umuti w'amenyo uwusige ahantu hose hari shikarete kuri uwo mwenda.



3 Fata ka karoso ugende ukuba gake gake, ari na ko ugenda wongeraho umuti w'amenyo.



4 Ukomeze ukube gake gake kugeza igihe uboneraho ko shikarete yamaze komoka cg yashizeho.



5 Fata wa mwenda, uwumese nk'ibisanzwe, uzasanga byavuyeho, umwenda wasubiye kuba muzima.

# TWUMVA NI Ni NYAMPINGA

Nshuti zacu, turabibutsa gukomeza kumva ikiganiro “Ni Nyampinga” gitambuka kuri Radiyo Rwanda. Ni buri wa Gatandatu saa munani z’amanywa, maze mwiyumvire ikiganiro mukunda!

Hanyuma mukomeze mutwohereze ibitekerezo, ibibazo bya Shangazi, ndetse n’inyunganizi ku murongo wacu wa 0795582378.

Ushobora kandi gusura urubuga [www.ninyampinga.com](http://www.ninyampinga.com) na [www.elearning.reb.rw](http://www.elearning.reb.rw) maze ukahasanga inkuru zanditse zo mu kinyamakuru Ni Nyampinga.

