UGIZE NGO IKI?

Ubutaha mbere yo kwiyemera, jya wibuka ko uri nk'umuceri 25%, nk'insina 50%, nk'imbeba 75%, ndetse hafi 100% nk'ingagi!

Birumvikana ko uhise wumva ko ari ya magambo y'abahakanyi cg bya binyoma by'abiyita abahanga. Ahubwo wowe uritonda, naho ubundi uba wahise wigendera.

Sinazinduwe no kugutesha agaciro, kugukura umutima, cg kugucengezamo imyemerere iyo ari yo yose. Icyo nshaka ni uko warushaho kumera uko wowe ubwawe ushaka kubaho niba uri mu nzira nziza, cg ukaboneza inzira niba uri mu mayirabiri.

Nk'uko utatandukanya amagi mazima n'amahuri ukoresheje amaso masa, ni na ko utashobora gutandukanya ukuri n'ikinyoma ukoresheje amatwi masa. Dufate urugero :

Hari ikibazo nakundaga kubaza ababyeyi ku bigo mbonezamirire: "Ari umuntu mukuru, ari n'uruhinja ni nde urusha undi amagufa menshi?"

Bamwe, bati "Ahubwo se agahinja hari n'igufa kagira ko kaba korohereye?"

Abandi bati "None se umuntu mukuru ko ahagarara, akanarisha amenyo ahuriye he n'utaramera amenyo?"

Iyo nababwiraga ko ari uruhinja rufite amagufa menshi, impaka zarabyukaga. "Reba igihorihori cy'uyu mwana. Urabona hano hatazaza igufa? None se igihe azamerera amenyo, ubwo amenyo azaba agabanuka cg yiyongera?"

Bikaba ngombwa ko nemera gutsindwa ku mubare, ahubwo nkibanda ku cyabaga kigamijwe: umubyeyi akwiye gufata kalisiyumu ihagije kugira ngo umwana agire amagufa akomeye kandi yakuze neza.

Ingaruka zo kutamenya ibi cg kutabyitaho zigaragarira mu mubare w'abagwingira.

Ariko kugwingira nshaka kwihandaho ni ukugwingira ko mu mutwe.

Umbabarire ku bw'uru rugero, ariko ubwo narebaga filimi igaragaza urupfu rwa Osama Bini Radeni, natangajwe n'ubuhanga icyo gikorwa cyakoranywe. Burya iyo turyamye cg dufite ibindi duhugiyemo, haba hari abandi baba barikanuye--ku bw'ineza cg inabi yacu!

Imyaka irenga icumi bamuhiga umunsi ku wundi, mu ibanga rikomeye, imyitozo myinshi, amayeri arenze, amafaranga akangari. Nta guhubuka cg kwiringira ikirere. Kugeza n'ubwo bifashisha urukingo ngo bemeze neza ko uwo baketse ari we koko.

Sinshidikanya ko havanzemo ibinyoma, ariko isomo ririmo ni uko n'abantu dutandukanye cyane mu mutwe. Turimo amagi n'amahuri, ikawa n'ibihuhwe, urumamfu n'ingano mugani wa Bibiliya.

Mvuze Bibiliya binyibutsa ubwo nari mu gihugu kimwe cyo muri Afurika. Hari umugabo n'umugore batumvikana ku byo kuboneza urubyaro. Umwe ati "Ariko ubona bane badahagije?" Undi ati "Nonese bapfuye byagenda bite?" Umwe akongera, ati "Nyamara ni bo twasezeranye na mbere yo gushakana." Undi na we, ati "Ibyo twasezeranye se bikuraho umugambi w'Imana?" Undi, "Ariko iyo Mana kuki iha abakene kubyara no gupfusha cyane mu gihe abateye imbere babyara umwe cg babiri kandi bakabaho?" Sinibuka icyo nakoze icyo gihe, ariko mu gihe gito twamaranye ni jye wahahaga nkanishyurira abo bana ishuri.

Ibi binyibutsa amagambo Cinuwa Acebe (Chinua Achebe) ko gutera imbere bitoroshye igihe n'uwize atarageza ku rwego rwo gutekereza ku hazaza he.

Mbese wowe wageze kuri urwo rwego ra?

Niba wararugezeho, ibi bikurikira biragufasha cyane. Ariko niwumva nta cyo bikubwiye, wikomereze ushakishe ibigutera vitamini!

Ibintu 10 bitagombye kutubuza gutera imbere

[*bihe nimero/namba ukurikije uko wumva birutana*]:

	Ibikunze kugirwa urwitwazo	N^{o}
A	Ubumuga ubwo ari bwo bwose	
B	Kuvukira habi, igihe kibi	
C	Kutagira amashuri ahanitse	
D	Gutereranwa n'umuryango	
E	Kugira umwuga mubi	
F	Imisoro myinshi, ihanitse	
G	Amabanki adakora neza	
H	Ingorane za politiki	
I	Ibijyanye n'idini	
J	Igihagararo/imiterere yawe	

ICYO NABIVUGAHO: _____

Ibintu 10 twibeshya ko nitubibona tuzahita dukira

[*bihe nimero/namba ukurikije uko wumva birutana*]:

	Ibyo dukunze kwibeshyaho	N^{o}
A	**Dipolome** [Iyo ngira impamyabushobozi ihanitse se nkiri…muri uyu mugi?]	
B	**Perimi** [Mfite perimi se nabura imodoka cg moto ntwara? Nanayigurira.]	
C	**Umufasha** [Ubuse nakubaka inzu ndi jyenyine? Yambuza se kwicwa n'irungu?]	
D	**Isambu** [Ko banyimye umunani se, nakizwa n'iki? Sinajya kwatisha nsize iriya!]	
E	**Umubatizo** [Nimara kubatizwa uzareba. Uzongere umbone muri izi ngeso!]	
F	**Ikashe** [Nasinya nte se nta kashe ihari? Nta gaciro twaba duhaye izi nyandiko!]	
G	**Pasiporo** [Mfite pasiporo naba nkiri aha se nkora iki? Nyibonye nahita ngenda!]	

H	**Imodoka y'akazi** [Nakora nte ko baje bakayitwara se? Kandi sinakodesha jyewe!]	
I	**Karavati** [Ntibibaho ko wakora aka kazi ntayo! Nutayambara kazaba kakunaniye!]	
J	**Igihagararo** [Uriya ni we Meya? Ntibimusa rwose! Kuki se atari uriya mbona…?]	

Ibinyoma 10 bitubuza gutera imbere

[*bihe nimero/namba ukurikije uko wumva birutana*]:

	Ibinyoma bitubuza gutera imbere	N^{o}
A	Icyubahiro, ubukire n'ubwiza bizana umuvumo; ni umutego wa sekibi.	
B	Ni ngombwa kuba umunyapolitiki kugira ngo ube umuntu ukomeye.	
C	Kwiga imyuga ni iby'abananiwe amashuri asanzwe. Ni iby'abaswa.	
D	Umunezero ntubaho; uzabonwa n'abazagera mu ijuru gusa.	
E	Kunywa amazi ni ukubura uko ugira. Ni amaburakindi nyine.	
F	Kubyara bake ni ubugugu cg guhinyura umugambi w'Imana.	
G	Umuntu apfa umunsi we wageze. Kwirinda urupfu ntibishoboka.	
H	Kweza no kurumbya biterwa n'ubushake bw'Uwiteka cg amahirwe.	
I	Umwuga ni nk'ururimi cg umugisha. Abanyamahirwe barabivukana.	
J	Abarya neza ni abahorera inyama n'ifiriti. Ibishyimbo ni amaburakindi.	

ICYO NABIVUGAHO:

_____

GUKIRIRA AHO NDI

Dore bimwe mu bitekerezo biza mu mutwe ku bukire. Bihe namba ukurikije uko wumva birutana:

	Gukirira mu Rwanda…	**N^{o}**
A	…ntibishoboka	
B	…ni amahirwe gusa	
C	…ni ibya bamwe	
D	…bisaba amashuri ahanitse	
E	…ntacyo nabivugaho	
F	…jye byarandangiranye	
G	…jye numva bigoye	
H	…bizamfata igihe kinini	
I	…jye nabigezeho	
J	…nabigize intego	

Amayeri 10 yo gukirira mu Rwanda [*bihe nimero/namba ukurikije uko wumva birutana*]:

	Icyo ukwiye gukora	N^{o}

A	Ima amatwi abakubwira ko ibi n'ibi bidashoboka. Jya mu mubare w'ababishobora.	
B	Emera uruhare rwawe mu bikubaho. Reka byinshi ukunze kugira urwitwazo.	
C	Kora ibigufitiye akamaro mbere na mbere. Ni wowe w'ibanze mu buzima bwawe.	
D	Itondere ibyemezo ufata, ariko icyo wemeje ugihagarareho.	
E	Jya uzirikana amateka yawe, ariko ntugaheranwe nayo.	
F	Ba umushoferi w'imibereho yawe. Iyambure ibikubuza kwiberaho neza.	
G	Reka guhora wijujutira uko abandi bagufata. Bereke uko ushaka ko bakubona.	
H	Tanga imbabazi kuko biguha imbaraga. Umujinya, urwango n'ibindi biraguhombya.	
I	Zirikana icyo ushaka kugeraho mu buzima, ukurikire iyo ntego uko bukeye.	
J	Tangira none kuko ejo ari kera. Icy'ingenzi ugiheraho bugicya, ibindi bigakurikiraho.	

ICYO NABIVUGAHO:
_____

Amakosa 10 udakwiye (kongera) gukora [*bihe nimero/namba ukurikije uko wumva birutana*]:

	Icyo ntazongera gukora	N^{o}
A	Guta igihe	
B	Guhora wirenganya	
C	Kurunda inzitwazo	
D	Kwiyangiza umubiri	
E	Kwiyangiza roho	
F	Kuryamira	
G	Kwijujutira umurimo	
H	Guhimana	
I	Guhora uvuga abandi	
J	Gutsimbarara ku bitunguka	

Ibintu 10 nakora nkiyongerera amahirwe yo kubaho neza [*bihe nimero uko wumva birutana*]

	Ibyanyongerera amahirwe yo kubaho neza	N^{o}
A	Kwiga icyongereza cg urundi rurimi	
B	Kwiga umwuga/imishinga	
C	Kwihangira umurimo/guhindura akazi	
D	Gukomeza amashuri	
E	Gushaka umugabo/umugore	

F	Gutandukana n'uwo tubana	
G	Kwiga imicungire y'ifaranga	
H	Kwihugura mu byo nkora	
I	Gukoresha ikoranabuhanga	
J	Kwisunga Tyazubwenge	

Ibintu 10 ukwiye gukora guhera none [*bihe nimero/namba ukurikije uko wumva birutana*]:

	Ibyo ngiye gutangira gukora none	N^{o}
A	Kubyuka kare	
B	Guhindura imyumvire	
C	Kwita ku makuru y'ingenzi	
D	Kwita kunoza/kwihangira umurimo	
E	Gusuhuza no gusabana n'abandi	
F	Gukaraba intoki kenshi ku munsi	
G	Guteganyiriza ejo hazaza	
H	Kwita ku mirire n'iminywere	
I	Kwiyama ibiyobyabwenge	
J	Gutyaza ubwenge	

AMAYERI 10...

- **Kungukira aho abandi bahombera**

- Niba ntacyo urusha undi ukora nk'ibyawe, mwisunge cg umuharire isoko._____
- Kora ibyo ukunda kandi ushoboye koko n'iyo byaba byunguka make ubu._____
- Zirikana ibyifuzo by'abakiriya n'iyo byaba binyuranye n'imyumvire yawe._____
- Va mu maganya kandi uhorane icyizere n'iyo waba uri mu bihe bigoranye._____
- Ha agaciro abo mukorana, baba abakiriya, abakozi, abaturanyi n'abashyitsi._____
- Amamaza ibyo ukora neza gusa kandi uharanire kuba uwa mbere muri byo._____
- Ibyunguka bishoremo ingufu nyinshi; ibiguhombya bivemo ujye mu bindi._____
- Niba ubona ko byunguka koko, ntugatinye kwaka ideni cg inguzanyo._____
- Jya wumva ibivugwa unagishe inama, ariko wibuke ko ibyemezo ari ibyawe._____
- Numara umwaka wumva utishimiye ibyo ukora, ibyiza ni ugushakira ahandi._____

- **Kubana neza mu muryango**

1. Ishyura imyenda cg uvugane n'abo uyibereyemo._____
2. Zirikana akanya ko gusabana n'abo mu rugo._____
3. Boneza urubyaro kandi uteganyirize abana hakiri kare._____
4. Irinde kuba isoko ry'inzangano n'amahane._____
5. Gabanya cg ureke ingeso zibangamira abandi._____
6. Ita ku isura yawe n'uko abandi bakubona._____

7. Itabire ibikorwa rusange by'iterambere._____
8. Irinde guhohotera cg kurenganya abandi._____
9. Itabire kumenya aho isi igeze._____
10. Tanga umunani cg umurage hakiri kare._____

- **Kwiteza imbere**

1. Iyishyure nibura 10% by'umusaruro wawe wa buri kwezi. _____
2. Izigamire aho bakungukira nibura 10% buri mwaka._____
3. Kora igenamigambi nibura ry'imyaka 10._____
4. Igenere nibura iminota 10 buri munsi._____
5. Gira nibura intego 10 mu buzima ushaka kugeraho._____
6. Soma nibura amapaji 10 [yihariye] buri cyumweru._____
7. Koresha ibitarenze 10% ku kwezi mu bikorwa by'urukundo n'idini._____
8. Noza imibanire yawe [soma inkingi 10 z'imibanire myiza._____
9. Zirikana umubiri wawe [soma inkingi 10 z'ubuzima]._____
10. Tera intambwe 10 za TYAZUBWENGE. (Umunsi wa 22 kugeza Umunsi wa 32)_____

- **KUGIRA IMIBEREHO MYIZA**

1. Sukura amenyo nibura kabiri ku munsi._____
2. Nywa amazi asukuye menshi buri munsi._____
3. Zirikana ifunguro rya mugitondo._____
4. Itondere ibitekerezo bitaguteza imbere._____
5. Ishimire uwo uri, uko uri, aho uri hose._____
6. Karaba intoki mbere yo gukora ku munwa._____
7. Sabana n'ibidukikije (ibimera, amatungo,….)._____
8. Ruhuka bihagije buri munsi._____
9. Gabanya imirimbo n'ibindi bishobora kwangiza umubiri wawe._____
10. Gana Tyazubwenge TOP TEN Innovators, maze wunguke ubumenyi bw'ibanze._____

VA MU KIGARI

1. Aheza ni he?

Hari abanyamadini bavuga ko aheza ari mu ijuru. Bakemeza ko ijuru ari ahantu heza bidasubirwaho, bitewe n'imyemerere yabo. Hari abemeza ko iyi si turimo ari yo izahinduka, maze tukibera "aheza". Hari n'abumva aheza haterwa n'uko baramutse cg biriwe; ngo "Ijuru ry'inyoni riba mu ijigo da!" Icyakora hari n'abavuga ko "aheza" hatabaho, bitewe na none n'imyumvire ya buri muntu. Mbese wowe ubyumva ute? Ese wumva "aheza" hawe ari he?

Sinazinduwe no kuburanisha cg kugereranya ngo ni nde ufite ukuri muri abo bose. Ibyo ubanza byadukururira impaka zidashira, cyane cyane ko iby'ukwemera bikunze kuzamo amarangamutima

menshi. Hari abatsimbarara ku byo bumvise cg basomye aha n'aha, bumva ko kuba byanditse aho hantu bihagije. Hari n'abatinya ko kwemera cg guhakana iki n'iki bishobora kubakururira umuvumo cg andi makuba.

Ndashaka twigerere ku ngingo. Twivugire kuri bya bindi bakunze kwirengagiza cg kuguharira, nyamara ari byo biguhangayikishije wowe. Ibigutera kubaho nabi ni byinshi: akazi, imibanire mu rugo, amahoro mu mutima, imiterere n'imibereho y'umubiri, ubukene bw'ifaranga n'ibindi.

Reka ariko mbanze ngukurire inzira ku murima, hato utavaho uza kundenganya ngo ntubonye ibyo wari utegereje kubona muri aka gatabo. N'ubwo aka gatabo kashimwe na benshi batangiye kugasoma no gukoresha inama n'inyigisho bikubiyemo na mbere yo gusohorwa, aka ni agatabo nyine!

Ibyanjye ni amagambo n'udushushanyo biri ku mpapuro. Amaso n'amatwi ni ibyawe, umwete wo gusoma n'ubute ni ibyawe, ubushishozi no gushidikanya ni ibyawe! Ndetse n'ubushake cg ubushobozi byo kugura aka gatabo ubanza ari ibyawe na byo.

Birumvikana ko nta gitangaza cg igisubizo cya byose kirimo. Icyakora mbere yo gucika intege, reka nkwibutse ko ubutumwa bwinshi bukunze kugenda mu nyandiko. Ari amahame, amategeko, impamyabushobozi ndetse na bimwe mu bihembo, bikunze guca mu nyandiko.

Ikindi mbanje kuvuga, ni uko udasabwa gusoma no gukurikiza amahame, amabwiriza n'ibindi bikubiyemo niba wumva nta mwanya wifitiye. Ba ubyihoreye, uzabikora igihe kigeze. Ariko se mama kizava he? Hari aho waba warahunitse cg warahinze igihe ku buryo wumva utegereje kukibona ku bwinshi? Keretse niba igihe cyawe gitandukanye n'icyo tuzi!

Si igihe runaka kigera…ahubwo ni twe tugera ku gikorwa runaka, mu gihe runaka. Nonese ko amasaha n'amazuba bihoraho…! Burya igihe cy'uruhinja cg indembe gishingiye ku nzara cg ikindi kibazo gikeneye gukemurwa, naho icy'umukozi mwiza kigashingira ku kazi gahari. Kuki umuntu yiyemeza gukora wikendi cg ku minsi mikuru, atayobewe ko ari "igihe cy'ikiruhuko"?

Kimwe mu byo uzigiramo, ni ugushishoza. Kureka kugendera mu kigari kitari ngombwa. Mbese ko ufite ubwenge, kuki wifata nk'uhaze kandi inzara igutema amara aka wa muhanzi?

Urugero: Wikendi ngo ni igihe cyo kuruhuka. Ariko se abantu bose bananirirwa rimwe, bakanaruhukira rimwe kandi badatangirira rimwe ndetse batanakora bimwe? Mbese umukozi w'aho turuhukira we ntagira wikendi cg umunsi mukuru? Icyo nyakabyizi cg undi muntu ubeshwaho n'icyo yakoreye uwo munsi bibagirwa ni uko burya umukozi uhabwa umushahara w'ukwezi akenshi aba ahemberwa iminsi yose, iyo yakoze n'iyo yaruhutse!

Tubanze tugaruke ku cyitwa "**ikigari**". Mbese aho wigeze ugendera, ukorera cg utekerereza mu kigari? Wari uzi se ko ntaho ikigari gisiga? Kandi kikaba giterwa n'imyumvire mike y'umuntu?
Nk'uko ubushakashatsi bw'ikinyamakuru Newsweek bwabigaragaje mu w'2007, no muri Amerika ikigari kiracyarikoroza. Ngo abagabo barushaga abagore gushyigikira umuperezida w'umugore, naho abazungu bakarusha abirabura gushyigikira umuperezida w'umwirabura muri Amerika! Ngizo zimwe mu ngaruka zo kugendera mu kigari.

Niba abagore bashaka uburinganire n'abagabo, kuki barushijwe gushyigikira umukandida wabo (Madamu Clinton)? Nonese niba abirabura bavuga ko abazungu atari beza ku mpamvu zinyuranye, kuki barushijwe gushyigikira umukandida wabo (Obama)? Mbese aho ntiharimo ka "munyangire" na "ntaturute" cg utundi nk'utwo?

Ikigari? Kuki mu Rwanda abantu baâgeze aho kwicana no guhemukirana kandi batayobewe ko ari bene Kanyarwanda, ndetse abenshi muri bo bemera ko muntu ari ikiremwa cy'Imana itubuza gukora icyaha? Kuki se umuntu yemera kwicirwa n'inzara Kwa Rubangura cg ahandi "Ku Gasima" kandi isambu ye

iraye cg iwabo harabuze umukozi mu rwego runaka? Kuki umuntu yemera kwishyura menshi ku kintu azi neza ko kigura amafaranga runaka?

Ibisubizo bitangwa hafi ya byose usangamo “nzapfaruzungu”, “ndigabo”, “bambone”, “byavugwahe”, “bagira nguki”, n’ibindi bishingiye ku myumvire ya nyir’ubwite. Hari n’abavuga ko nta mahirwe bafite, ko bategereje impano cg ibitangaza, …

Icyo abari mu kigari bahuriraho, ni ugushyira ikosa ku bandi cg ibindi bintu. Iyo ikosa ritari ku banyamuryango cg kuri bagenzi babo, riba riri ku buyobozi cg izindi nzego. Iyo ritari ku bantu riba riri ku bintu bidafite ubwenge nk’inyamaswa, izuba, imvura, isi n’ibindi. Benshi bavuga ko ikosa riri ku binyabubasha nk’abazimu n’abadayimoni.

Igitangaje ariko ni uruhare ruhabwa Imana na Satani mu bibazo bahura na byo buri munsi! Ngo ngiyi isoko y’ibyiza n’ibibi. Iby’Imana na Satani birahambaye. Tuzahera ku biri hafi yacu.

IBY'URWANDIKO, UMWAKU N'AMAHIRWE

- ***Urwandiko ni iki?***
  - *Iyo tuvuze ngo kanaka cg iki n’iki ni urwandiko tuba dushatse kuvuga iki?*_____
  - *Mbese nawe ufite urwandiko?*_____
- ***Kamere ni iki?***
  - *Mbese hari kamere mbi n’inziza?* _____*b. Biterwa n’iki?*_____
- ***Imyifatire ni iki?***
  - *Mbese hari imyiza n’imibi?* _____*b. Biterwa n’iki ?*_____
- ***Imyumvire ni iki?***
  - *Mbese hari imyiza n’imibi?* _____
  - *Guhindura imyumvire bishatse kuvuga iki?*_____
- ***Ari umwaku ari n’amahirwe, ni iki ukunze kugira?***
  - *Wumva biterwa n’iki?*_____
  - *Mbese hari icyo wakora ngo wongere amahirwe yawe?*_____
- ***Mbese ujya ugira ubwoba?***
  - *Ni ibiki bijya bigutera ubwoba?*_____
  - *Kuki hari ibikunze gutera abantu kwiheba kandi bemera Imana?*_____
- ***Kuki tudahuje ukwemera?***
  - *Ubwirwa n’iki ko ukwemera kwawe ari ko?*_____
  - *Mbese abo Sekibi akoresha ibibi baba bafite ukwemera guhagije?* _____
- ***Mbese umunezero ubaho?***
  - *Uterwa n’iki?*_____
  - *Utwarwa n’iki?*_____
- ***Mbese wizeye kuzagira umunezero amaherezo?***_____

- ***Imyumvire iduha imyifatire; maze kamere ikatubera urwandiko; Tukabona urwitwazo rwo kwiheba; tukarenga Imana tukibera mu rujijo.***

URUJIJO

- ***Mbese hari abahanga n'abaswa?***
  - *Biterwa n'iki?_____*
  - *Mbese wowe uri mu kihe gice?_____*
- ***Umurimo ni iki?***
  - *Mbese ukunda umurimo?_____*
  - *Kubura akazi biterwa n'iki?_____*
- ***Ni akahe kazi karuta utundi?***
  - *Kuki hari imirimo ikundwa kuruta indi?_____*
  - *Kuki wowe atari ako kazi ukora?_____*
- ***Mbese nawe ushobora kwihangira umurimo?_____***
  - ***Burya Imyumvire iduha imyifatire; maze kamere ikatubera urwandiko. Tukabona urwitwazo rwo kwiheba; tukarenga Imana tukibera mu nyenga y'urujijo. Nguko uko tujijwa, tugahera mu rungabangabo; hehe n'umurimo unoze!***
-

- ***Ni iki cy'ingenzi gitera ubushomeri?_____***

Mu mwaka w'2009, abashakashatsi bacu babajije abashomeri 10 b'ingeri nyinshi **igitera ubushomeri**, maze batanga ibisubizo bikurikira. Hano twabyanditse dukurikije urutonde rw'inyuguti (alphabet). Mbere y'uko tugira icyo tuvuga kuri ibyo bisubizo, banza ubisome, maze ubihe nimero/namba (kuva kuri 1 kugera ku 10) uhereye ku cyo wumva ari kiruta ibindi.

Ku bwanjye, impamvu ya mbere (1) itera ubushomeri ni… naho iya nyuma (10) ni…

- Amahirwe make
- Amashuri make
- Ibintu byinshi
- Ibura ry'akazi
- Icyimenyane
- Imana
- Ruswa
- Satani
- Simbizi
- Ubushobozi bwanjye buke

Ubanza hari benshi muhuje ibitekerezo. Si ngombwa kukubwira uko abandi babikurikiranyije, kuko buri wese yihutira guhindura urutonde rwe bitewe n'uko agenda asoma cg akurikirana ibiganiro n'amahugurwa tugirana. Gusa birumvikana ko iyaba umushomeri azi neza ikimutera ubushomeri…yahita abuvamo! Iyo ibuye ryagaragaye ariko rigakomeza kwica isuka…burya haba hari indi mpamvu ibitera! Burya niba hari ikibazo uzi ko kikubangamiye ariko ukaba utagikemura, ni uko ubwo hari impamvu yindi itari iriya ubona!

AMAKURU N'UBUMENYI

- *Mbese hari ubumenyi ukunze gukurikirana? Ni ayahe makuru ukunze kwitaho cyane?*_____
- Ni ibihe bintu ukunze kugirira amatsiko?_____
- Ni ikihe gice cy'ingenzi mu bigize umubiri wawe ukeneye kumenyera imikorere?_____
- Mbese ubu biracyagushobokeye gukira cg kugera ku cyo uhora ushaka kugeraho?_____
- Ni ubuhe bumenyi ukeneye kugira cyane cyane kugira ngo utere imbere? _____
- Ni ibihe bibazo ukunze kubaza cg gushakashakira ibisubizo?_____
- Ni ibihe bintu ukunze kwibaza?_____
- Ni he ukunze gushakira ibisubizo?_____
- Ni ibihe bintu ukunze gusoma? Mbese ukunze gusesengura ibyo usoma cg uhita ubyemera? _____
- ***Imyumvire yacu igaragaza imyifatire yacu. Ibi bibyara kamere yacu, ari na yo soko ya nyamunsi cg urwandiko (destiny). Ni ho hava inzitane z'urwitwazo, tugahorana ubwoba ndetse tukiheba. No kwemera Imana ntibitugeza ku munezero, kuko Sekibi n'umwaku biduheza mu nyenga y'urujijo. Nguko uko tuguma mu bujiji, tugahera muri ayo; tukagera n'aho tunanirwa kwita ku murimo!***
-
- ***Kumenya uruhare rw'imitekerereze yacu, biduhishurira izindi nzira n'ubundi bubasha. Biterwa ahanini n'ibisubizo tubona ku bibazo duhura na byo, twifashishije ibyo dusoma tugasesengura, tugamije kwiteza imbere.***
- Ni ibihe bintu ukunze gukora mu kwiteza imbere?_____

IFATIZO RY'UMUNSI

- Wabyutse ryari none?_____
- Wazindukanye umugambi ki w'ingenzi?_____
- Mbese muri rusange wishimiye abo mwabonanye n'ibyakubayeho?_____
- Mbese wabyukanye umwaku cg ishaba? Ubusanzwe se wumva uri umunyamahirwe?_____
- Mbese ejo wigeze ubona akanya ko kwiherera ngo wibaze ku migendekere y'umunsi? _____
- Mbese ujya uzirikana umubiri wawe? Ni iki ukora mu kwita ku buzima bwawe bwite?_____
- Ni ibiki bikunze kugukura umutima? Ukora iki iyo wumva uhangayitse?_____

Izindure
Fungura neza
Amazi menshi
Tuza
Igihe
Zirikana intego
Oroshya

Burya kugira Ifatizo ni ingenzi. IFATIZO ni amagambo ahinnye.

I.F.A.T.I.Z.O

Izindure : Byuka isaha mbere y'igihe umenyereye kubyukira. Ibi bivuze ko ukwiye kuryama isaha mbere y'igihe usanzwe uryamira.

Fungura neza : Menya ibiri mu byo urya. Ifiriti, burushete, mukaru, ubugari n'ibindi dukunze kurya ahanini dukuramo intungamubiri nke ! Abahanga bagaragaje ko isukari n'umunyu umubiri wawe ukura mu byo urya n'ibyo unywa (imbuto n'imboga) bihagije, ku buryo muri rusange utagombye kongeramo ibindi. NB : Kwituma ibikomeye kenshi ni uguhomba ! Ibyinshi bigenda bikirimo intungamubiri zikenewe.

Amazi menshi: Ngo nta muntu n'umwe ku isi unywa amazi angana n'ayo umubiri we ukeneye. Ayo wanywa yose ntacyo yagutwara, keretse atari meza cg uyavanze n'ibindi biribwa bikananiza igifu. NB : Kwituma ibyoroshye kenshi ni ukurinda impyiko uburwayi ! Bituma umubiri usohora imyanda iva mu mubiri n'ijya mu mpyiko.

Tuza : Irinde guhubuka cg gufata ibyemezo hutihuti. Aho gutuza bitandukaniye no guta igihe, ni uko guta igihe bijyana no kwirengagiza icyagombye gukorwa ; naho gutuza bikajyana no **kwitegereza no kwitegura kwakira ingaruka** y'ikigiye gukorwa.

Igihe : Igihe ni amafaranga. Buri munota utakaye, burya n'ink'igiceri gitakaye ! Wavuga iki ubonye umuntu afashe agaceri (n'iyo kaba ak'ifaranga rimwe) akakajugunya? Ngicyo rero icyo Umwongereza yarushije abandi kuva kera. Yavumbuye ko igihe ari igicuruzwa kidakorwa, kidahunikwa, ntikinarangurwe. Yahisemo kugikoresha mbere y'uko kigera, ni ukuvuga **guteganya** [planning]. Niba ukora ibidateganyijwe ubwo uri guta igihe rwose! Nonese wamenya ute ko uri gukora ibikwiye cg wateshutseho? Mu bamwiganye kare harimo Abanyamerika. Aba bo bongeyeho rya banga tuvuga…maze si ugukungahara ! Mu Bayapani, mu Bashinwa, mu Banyakoreya n'abandi Banyaziya naho hari abamaze kumenya gukoresha igihe, ariko si benshi bamenye ibanga nyaryo. Ku bindi bijyanye no gukoresha igihe neza, soma igice cya gatatu intambwe ya 6.

Zirikana intego : Mbese wazindukanye intego ki? Uretse no kugira intego y'umunsi, ukwiye kugira intego y**'icyo ushaka kugeraho** mu buzima bwawe. Mu rugendo rw'ubuzima dukunze gusitazwa cg gucibwa intege n'ibintu bitagombye guhabwa agaciro. Mbese waba ugiye kureba muganga w'amenyo, maze wahura n'igiti cyafunze inzira, ugaherako ugasubira inyuma? Keretse utarwaye iryinyo koko! Burya rero ibitubuza kugera ku cyo dushaka ahanini si ibicantege duhura na byo, ahubwo ni ukutagira intego nyayo dushaka kugeraho. Ku byerekeye intego mu buzima, soma igice cya gatatu intambwe ya 2 n'iya 3.

Oroshya: Iyoroshye…n'ubwo yenda ugaragara nk'ufite cg ukwiye kuba hejuru. Burya koroshya ibintu no kwiyoroshya ntibyoroshye! Bisaba ingufu, ubuhanga, ubwitonzi. Nonese kuki muganga abwira ba nyi'inkomere ivirirana cg indembe ngo "Nta kibazo…arakira"? Wagize ngo aba atabona ko bikomeye? Iyo inzoka iri mu nzu se kuki ahanini nyir'urugo aba abwira abandi ngo bakomere…ngo iravamo? Hari n'ubwo ahangana nay o kandi atayobewe ubukana bwayo! Uko biri kose, ni wowe ubwawe ukwiye koroshya ibintu. Bigusaba kubanza kwiyoroshya, wowe ubona ikibazo. Burya uko utabwira inzoka ngo iyoroshye usohoke mu nzu…ni na ko umuntu atagombye kubwira uwo bahanganye ngo yiyoroshye bumvikane. Ni we ukwiye kwiyoroshya mbere! N'ukiranura abantu asabwa kubanza akiyoroshya, akanoroshya ibintu.

GIRA GAHUNDA MU MIKORERE

- Mbese ujya wibagirwa ibintu runaka (imfunguzo, inyandiko, igikoresho,…) bigatuma ugaruka inyuma cg akazi gahagarara? Wumva biterwa n'iki?_____

- Tuvuge ko dushaka kujya mu rugendo rwa kure…
  - Ni ibiki by'ingenzi twakora mbere, hagati na nyuma y'urwo rugendo?_____
  - Vuga uko wumva ibi bikorwa byakurikirana?
    - Gusubiza amaso inyuma tukareba uko urugendo rwagenze_____
    - Kwegeranya ibikenewe mu rugendo_____
    - Gutegura gahunda y'urugendo: uko ruzatangira, uko ruzagenda n'uko ruzarangira___
    - Kugendana umwete _____
  - Ni izihe ngaruka zo kutabikurikiranya nk'uko tumaze kubikora?_____
  - Mbese urumva ubwo buryo bwakoreshwa no ku bindi bikorwa bya buri munsi?_____
- **Icyizere**
- **Teganya**
- **Egeranya**
- **Kora**
- **Amaso inyuma**
  - Mbese witeguye gukoresha ubwo buryo mu buzima bwawe?___

I.T.E.K.A

I.T.E.K.A ni amagambo ahinnye.

Icyizere: Kwigirira icyizere ni ipfundo ry'intsinzi. Amateka atugaragariza abantu benshi bageze ku bidasanzwe kubera icyizere bifitemo. Ni nayo ntwaro y'ibanze ingabo zitwaza ku rugamba! Ntibyoroshye kugera ku cyo utizeye kugeraho. Nyamara iyo wifitemo icyizere nyacyo, n'ibitangaza birakoreka.
Teganya: Guteganya biturinda guta igihe no gutungurwa. Ibibazo duhura na byo ubu, ahanini ni ingaruka z'ibyo tuba tutarateganyije. Kwirinda se ntibiruta kwivuza?
Egeranya: Mu guteganya tubonamo ibyo dukeneye. Ubwo hakurikiraho kwegeranya ibizakanerwa. Burya umukozi utira igikoresho yarangije kugera ku kazi…aba yirengagije guteganya no kwegeranya ibikenewe. Nubona umuntu wijujutira imvura imunyagiye, uzibuke ko ikosa atari imvura, ahubwo ari we wibagiwe guteganya umutaka!
Kora: Kugira icyizere, igenamigambi n'ibikenewe biduha ingufu zo gukorana umwete. Nta byo guta igihe. Erega burya ubunebwe ntibuterwa no kwanga gukora gusa, … ahubwo ni ukuba umuntu habura byinshi twavuze haruguru.
Amaso inyuma: Kwisuzuma, kwinenga, kwigaya, kwisubiraho no kwishima ni intambwe y'ingenzi tudakwiye kwibagirwa. Akenshi tugwa mu makosa y'abakurambere cg twe ubwacu twaguyemo bitewe no kudasubiza amaso inyuma ngo twigire ku mateka. Icyarangiye kiba cyabaye amateka. Ntitwahindura amakosa yabayemo. Ahubwo dukwiye guhita tubarura amasomo dukuyemo, tukayazirikana, tukanayaherererekana.

INGESO

- ***Mbese hari ingeso runaka yakunaniye kureka cg wumva ikubangamiye?***
  - Ni iyihe?_____b. Ukora iki kugira ngo uyireke?_____
- ***Haba hari ingeso cg imigirire wumva byarakunaniye kuyigana?***
  - Ni iyihe?_____ b. Ukora iki kugira ngo uyigane?_____
- ***Hitamo***
- ***Anga***
- ***Byandike***
- ***Igihe***
- ***Tangira ubu***
  - ***Vuga uko wumva ibi bikorwa byakurikirana.***
    -
    - Kubyandika cg kubimenyesha abandi

- Gutangira kubireka cg kubyiga ubu
- Kwanga ingeso runaka
- Kutarambirwa
- Guhitamo kubireka cg kubyiga

- ***Ni izihe ngaruka zo kutabikurikiranya nk'uko tumaze kubikora?***
- ***Mbese urumva ubwo buryo bwakoreshwa no ku bindi bikorwa?***
- ***Mbese witeguye gukoresha ubwo buryo mu buzima bwawe bwa buri munsi?***

H.A.B.I.T

Hitamo: Mu ngeso nyinshi ufite cg ubuze, hitamo iyo ushaka kureka cg kugira. Ingeso zituruka ku byo twamenyereye gukora cg kudakora. Dushobora kugira imbi tureka no kugira inziza twiga.
Anga: Zinukwa ibikugarura ku cyo ushaka kureka cg ibikubuza gukora icyo ushaka kumenyera gukora. Niba ushaka kureka itabi, ukeneye kwirinda aho banywa itabi muri iyo minsi.
Byandike: Kwiyemeza kureka iki cg gukora kiriya ntibihagije. Bishyire mu nyandiko, imbere y'abagabo…maze nunajya guteshuka ku mugambi uzatinye umugayo! Na bo kandi bashobora kugufasha cg nibura kureka kukubangamira cyane cyane mu gihe cha mbere.
Igihe: Kureka cg kwiga ingeso bisaba igihe. Sobanukirwa ko bizagufata igihe kubigeraho, ndetse unateganye igihe wumva gihagije kuzikorera isuzuma. Si byiza gupfa kuvuga ngo "Kuva ubu ngiye…" cg ngo "Ni ukuri sinzongera …". Iyo udafashe ingamba zihamye birakunanira!
Tangira ubu: N'ubwo ukwiye kwiha igihe, si byiza kwiha igihe cyo gutangira kidafite impamvu nyayo. Iyemeze gutangira kubikora ubu, maze uce muri ziriya nzira twavuze haruguru. Ejo ni kera cyane!

URUGENDO RUGANA AHEZA

"Yego. Natwe turabishoboye rwose!"
OBAMA (Barack Hussein), 2008

Ubushakashatsi ku myumvire y'Abanyamerika mu mwaka w'2000 bwagaragaje ibintu bibiri bitashobokaga iwabo. Icya mbere cyari ukurasirwa iwabo cg gutsindwa intambara. Muzi icyo OSAMA (Bin Laden) yabakoreye ku gicamunsi cy'uwa 11 Nzeri 2001! Mbese buriya muri Iraki n'Afuganistani ho ntihagarara intege nke ku rugamba? Icyakora singamije gushinyagurira abavandimwe bacu bahaburiye ababo n'ibyabo da!

Icya kabiri ngo kitashobokaga muri Amerika, ni ukuyoborwa n'umugore mbere y'imyaka 20! Yego Madamu Clinton (Hillary Rodham) si we perezida, ariko habuze gato [hashize imyaka 8 gusa ubushakashatsi bukozwe]. Mbese wahakana ko uwatsinze ayo matora yo ku ya 4 Ugushyingo 2008 we atari yaranigeze atekerezwaho mu mwaka umwe mbere yaho!

Ariko se iriya ntsinzi yavuye he? Byaba ari amahirwe se? Byaba se ari umugisha w'Imana? Ni uburangare bw'abazungu se? Mama se ni amayeri n'amagambo meza? Ni ingufu z'ifaranga se? Ni ingufu ze bwite se? Wowe se wumva kuba OBAMA ari ku ngoma mu gihugu cy'igihanganye nk'Amerika, kandi afite inkomoko muri Kenya byaratewe n'iki ahanini?

Birumvikana ko ibisubizo ku cyagejeje OBAMA ku ntsinzi ihambaye binyuranye cyane. Kandi buri wese afite uko yisobanura. Nanjye sinavuga ngo dore impamvu idakuka ngiyi, kuko hahuriyemo byinshi. Nonese kuki atari kugira amahirwe cg umugisha w'Imana? Ubanza ntacyo bapfa! Abazungu se si

abantu nkatwe twese…bashobora kurangara? Amayeri se n'amagambo byo arabibuze kandi ari n'inzobere mu mategeko? Kandi ingufu zaba iz'amafaranga cg ize bwite na zo ntizari ikibazo ku musenateri w'imyaka itageze kuri mirongo itanu, ufite imitungo n'umuryango mugari. Ikidashidikanywaho ni uko yari yaragaragaje intego yo gukora «ibidashoboka» muri « Yes, We Can» kuva mu 2007. Burya iyo umuntu ukomoka ku mwirabura abwiye abazungu bahanganye ngo «Yego, natwe turabishoboye rwose», aba yeruye. Aba yiyizeye. Aba yiteguye guhangana. Nta kwitinya, aba areba intsinzi imbere ye. Si ibyifuzo cg igipindi gusa.

Birumvikana ko aba afite ingufu ashingiyeho. Mbese wowe ubuze iki ngo ugere ku cyo ushaka kugeraho?

N'ubwo twibanze kuri politiki y'Amerika, ikigamijwe ni ukugufasha kwiyubakamo ingufu nk'izo benshi muri ba "**Mutsinzi**" babayeho kuva cyera bakoresheje. Ibi bijyanye no kureka inenge zaranze benshi muri ba "**Mbigenzente**" kuva cyera. Ari kwa Mutsinzi ari no kwa Mbigenzente, wowe wumva uri he?

Igihe cy'amahitamo, hari abamenyereye guhita bavuga ngo "Ndifashe!" Iyo atari imikino cg kwijijisha, burya biba bigaragaza urujijo! Iyo rutari ku buryo bwo guhitamo, ni nyir'ubwite uba ari mu rujijo nyine. Mbese aho ntiharimo urujijo?

Birumvikana ko nta muntu uhuje byose n'undi ku isi, cyane cyane ibijyanye n'imitekerereze. Icyakora hari umuhanga mu mibereho y'abantu wagaragaje ko hari inzego ebyiri z'ibanze mu mibereho: **abagana mu maganya** n'**abagana mu magana**. Uti jye ntaho ngana muri aho hombi! Mamase waba ugana he handi?

Hari byinshi bivugwa, wumva, wibwira, uvuga, kandi yenda wemera ku mibereho yawe. Ibyo ari byo byose ariko uzi neza uko ubayeho. Ibyo uhoramo, utinya cg ukunda. Nonese ari abababaye, bahora baganya [**ABAGANA MU MAGANYA**]…ari n'abanezerewe, bahora bahiga [**ABAGANA MU MAGANA**], ni ba nde ufitemo inshuti nyinshi? Ukunda kuganira na ba nde?

Wabyemera, wabihakana… ufite urwego urimo. Abagana mu maganya ni bo nita abo **kwa Mbigenzente**. Naho abagana mu magana jye mbita abo **kwa Mutsinzi**. Iby'imibereho yo Kwa Mbigenzente no Kwa Mutsinzi tuzabigarukaho. Reka ubu twirebere **urugendo rugana Kwa Mutsinzi**.

Umukino: URUGENDO RUGANA AHEZA

Dore intambwe 12 z'ibanze mu rugendo rugana aheza. Zitondeke kuva ku yo wumva yabanza, ukageza ku yo wumva yaheruka. Wibuke ko hari ya yindi y'ibanze (STEP 0) izindi zose zishingiyeho ku buryo bitakiri ngombwa kuyandika, ari yo yo gutekereza neza.
Eguka ubyine.

Andika iyo ntego yawe kandi uyihozeho ijisho.

Tangira urugendo rugana kuri cya kindi cyakunezeza.

Yemeze intego yawe yuzuye (si ibyifuzo cg inzozi!)

Wimenye uwo uri we ubwawe.

Egera abandi mufatanye.

Banguka: “Ba ku gihe buri gihe”.

Nyungura nkungukire.

Garuka inyuma.

Ubahiriza itegeko, muntu n’ibidukikije

Zinukwa ibiryohereye bigusigaza inyuma.

E

N.B: Kugira ngo umenye ko wabikoze nk’uko twabiteganije, ni uko ubona zikurikiranye uko zirutana uburebure, kandi inyuguti zibanza zikoze ijambo cg izina rigusaba gutyaza ubwenge. Kuri iryo jambo/zina, habanza T, hagasoza E. Banza ugerageze.

T

Nurangiza uragereranye n’ishusho iri ku rupapuro rukurikira uru.

[IBISHUSHANYO HANO]

INTAMBWE YA 1: TANGIRA URUGENDO

- Ikigamijwe : Kwemeza niba koko nshaka kubaho neza. Mbese aho si ibyifuzo gusa? Byagutangaza… Buri muntu ashobora kwifuza, ndetse no kurota ibyiza. Nyamara si benshi bashaka koko kubaho uko babivuga. Gushaka ikintu koko [to desire something] birenze amagambo. Bivuga kwiyemeza kugira icyo nkora kugira ngo nkigereho. Wa mugani ngo ushaka inka aryama nka yo! Nonese urashaka kwifuza kuba Minisitiri wibereye aho ku gasima cg mu kabari…bizaterura izina ryawe birigeze Mu Rugwiro?

    - ***Bite byawe?***_____
        - ***Ni byiza koko cg ni imvugo gusa?***_____
        - ***Kuki dusuhuzanya?***_____
        - ***Mbese tujya duha agaciro amagambo ari mu ndamukanyo?***
    - ***Witwa nde?***_____
        - ***Bivuze iki?***_____
        - ***Bigutwaye iki?***_____
        - ***Bikunguye iki?***_____
    - ***Wakora iki ubaye uri mu modoka maze umushoferi akagira impamvu imubuza gukomeza kuyitwara kandi imodoka ikigenda? Vuga ikintu cya mbere wakora?***_____
    - ***Kuki tutahurije ku kintu kimwe? Ni igiki cy'ingenzi gituma tudahuza imitekerereze?***__

Burya hari igituma tutitwa kimwe ntitunabone ibintu kimwe. Kubimenya bituma turushaho gusobanukirwa ibyinshi byitwaga amayobera mu mibereho yacu.

- ***Kuki meze uko meze uku? Kuki ndi kanaka uzwiho ibi n'ibi?*****_____**
- ***Mbese hari ibikeneye guhinduka mu mibereho yanjye?***_____
- ***Ni iki numva cyantera umunezero?***_____
- ***Mbese numva bishoboka kukigeraho mu buzima?***_____
- ***Mbese mfite intego y'ubuzima bwanjye?*****_____**_____

Niba wumva koko wiyemeje gutangira urugendo, uzuza iki cyemezo:

Jyewe_____, kuva uyu munsi, tariki___/__/20__, ntangiye urugendo rugana ku ntsinzi. N'ubwo numva bitazanyorehera kandi hari byinshi mbona bitarasobanuka, niyemeje rwose gukomeza ngana imbere. Gusubira inyuma kuri iki cyemezo mbikuye mu bitekerezo byanjye. Ejo nzaba mfite intego yanjye bwite kandi yuzuye nshaka kugeraho.

INTAMBWE YA 2: YEMEZE INTEGO YAWE

- Ikigamijwe: Kugira intego nshaka kugeraho, mpereye ku byifuzo n'inzozi zanjye?

- ***Ni ibiki nkunze kurota?***_____
- ***Ni izihe nzozi zinshimisha kurusha izindi?***_____
- ***Ari imibereho y'abandi, ari n'iyanjye bwite ni iki gikunze kumpangayikisha cyane?***_____

- ***Ni iki nshaka kugeraho mu buzima (intego yanjye y'igihe kirekire)?_____***
- ***Ni iki nshaka kugeraho vuba aha?***_____
- ***Mbese iyo ntego yanjye iruzuye (S.M.A.R.T.)?***_____

Imbonerahamwe ikurikira igaragaza icyo intego yuzuye ari cyo kandi igatanga urugero. Wibuke ko hari abashinzwe ibikorwa rusange nko "kuzamura urubyiruko" n'ibindi. Nubyitwaza ukadindira, uzaba ukomeje kubera abandi cg Leta umuzigo! Banza wikorere umutwaro w'ubuzima bwawe bwite.

Intego yuzuye (a S.M.A.R.T goal) irangwa n'iki?

Mu cyongereza	Mu kinyarwanda	Urugero
Specific:	*Isobanutse kuri jye n'abandi*	Gusezerera ubushomeri, nkagira aho mbarizwa kandi nkizigamira
Measurable:	*Mfitiye ibipimo bihamye*	Kugira icyo nkora cyinjiza, nkitunga, nkakodesha inzu, kandi nkazigama nibura Rwf10,000 buri kwezi
Achievable/Attainable:	*Nageraho koko*	Nzashinga agashuri kigisha indimi/ikiburamwaka/amategeko y'umuhanda/imashini,… Hazaba harimo abanyeshuri nibura 20; hinjira nibura ibihumbi ijana buri kwezi
Realistic:	*Ijyanye n'imibereho yanjye*	Ababikeneye kandi bashobora kwishyura barahari; ntibisaba igishoro kinini. Inzu n'ibikoresho nzatira ikigo duturanye, ndabikunda kandi mbifitiye ubukoryo.
Time-bound:	*Mu gihe runaka, kibarika*	Mu mezi ane uhereye none.

- ***Mbese ubutaha nzaza mfite intego yuzuye yanjye bwite?***_____

INTAMBWE YA 3: ANDIKA INTEGO yawe (S.M.A.R.T GOAL)

- Ikigamijwe: Kunoza intego yanjye no kuyishyira mu nyandiko. Nkeneye iki koko? Kuki? Ryari? Gute?
- ***Mbese nzi kwandika?***_____
- ***Numva bimariye iki kumenya kwandika?***_____
- ***Mbese nshobora kwandika intego yanjye y'ubuzima?_____***
- ***Intego yanjye y'igihe kigufi ni***_____
  _____
  _____
  _____
  _____
  ____
- ***Ni ibiki numva bishobora kumbuza kuyigeraho?***_____

- ***Mbese hari inenge, ingeso n'ibindi niyiziho bishobora kumbangamira?_____***

INTAMBWE YA 4: ***ZINUKWA IBIGUKURURA BITUNGUKA***

- Guhindura ingeso n'ibindi biduheza hasi. Ni iki ngiye kwigomwa cg kwigana kuva ubu? Ni izihe kirazira cg indangagaciro ngiye kwitaho aho ntuye, aho nkorera n'ahandi nyura?

- ***Ni iki niyiziho numva nihariye mu buzima?_____***
- ***Mbese numva ari iki kintera kugira imibereho mfite ubu?_____***
- ***Mbese hari ibyo niyiziho numva byarananiye kureka?_____***
- ***Ni iki cy'ingenzi cyananiye kwigana cg gukurikiza?_____***
- ***Ari umwaku, ari n'ishaba ni ikihe nkunze kugira?_____***
- ***Numva ari iki gituma mporana umwaku cg ishaba?_____***
- ***Navuga iki ku mibanire yanjye?_____***

- **INTAMBWE YA 5: UBAHIRIZA ABANDI N'IBINDI**

- Kwita ku bandi (nzi cg ntazi) ndetse n'ibidukikije. Ni izihe nshingano mfite z'ingenzi ngiye kwitaho aho ntuye, aho nkorera n'ahandi nyura, jye bwite, umuryango wanjye n'igihugu muri rusange?

- ***Mbese hari abo numva bahora bambangamiye?_____***
- ***Mbese hari amabwiriza cg amategeko ahora ambangamira?_____***
- ***Mbese numva ari jye uhora mbangamiwe kurusha abandi?_____***
- ***Mbese nkunze kumva mbangamiye abandi?_____***

Bite n'ingaruka za jenoside?

Mbese byanyorohera gukorana n'umuntu tudahuje amavuko (imyaka, akarere, ubwoko…)?

[Kubera ko turi hafi gutangira kwibumbira mu mashyirahamwe, uyu ni umwanya mwiza wo kwisuzuma no gusuzuma abandi. Tugerageze kwirinda kugendera ku marangamutima ashingiye ku mateka, ku burere twahawe no ku bihuha duhura na byo. Amacakubiri abangamira ivuka ry'amashyirahamwe, naho amagambo akaba kimwe mu biyasenya.]

Muri aba bantu twegeranye, ni nde numva nakorana na we muri koperative? Kuki? [Reba hirya no hino mu bantu bagukikije, maze utekereze ku bo twazashobora gufatanya. Nonese ko koperative isaba nibura abantu barindwi? Keretse niba uzikorera ku giti cyawe wenyine.]

- ***Ni iki nkunze gukora mu kubungabunga ibidukikije?_____***
- ***Navuga iki ku isuku, umukandara mu modoka, ingofero kuri moto n'ibindi nk'ibyo?_____***
- ***Navuga iki ku mikoreshereze y'igihe, ari icyanjye ari n'icy'abandi?_____***

INTAMBWE YA 6: ***BANGUKA (BA KU GIHE)***

- Gukoresha neza igihe cyanjye n'icy'abandi.

- ***Gukoresha igihe neza bishatse kuvuga iki?_____***
- ***Mbese hari ubwo njya nta igihe cg abandi bakakintesha?_____***
- ***Ari "none" na "ejo", ni irihe jambo nkunze gukoresha cyane cyane iyo ntanga randevu?__***
- ***Mbese njya nibuka ko umunsi w'ejo ungana n'uwa none?_____***

Niba udashaka guta igihe…

Muri izi nama zose, ebyiri zonyine ni zo nzima. Fatanya na mugenzi wawe maze mugire icyo muzivugaho. Ni izihe mwumva ari zo nzima ?

- Byuka kare, uryame ukerewe.
- Jya ufata umwanya uhagije mbere yo gufata icyemezo, ariko ntukazarire.
- N'iyo waba uzi neza ko abandi bari bukererwe, jya uhagerera igihe.
- Ntukarenze umunota n'umwe ku gihe cyagenwe.
- Gura kalendari buri mwaka.
- Aho abandi baca bitemberera, tugomba kuhaca twiruka.
- Nubona bigutinza, jya uhita wigendera.
- Niba banki zitihutisha serivisi, jya utwibikaho cg udushore mu byunguka.
- Igihe ufite aya tike, jya utega. Burya kugendesha amaguru biratinza kandi bikavuna.
- Aho gutinda mu makorosi, natinda mu bitaro.
- Ntugatege za «Twegerane» kandi hari «Express».
- Tugomba gukora amasaha makumyabiri n'ane kuri makumyabiri n'ane.
- Ugomba kuruhuka ku munsi w'Imana n'iminsi mikuru yategetswe.
- Burya ibyo ukora ku minsi mikuru n'iy'Imana nta mugisha wabiboneramo.
- Ntugashyire «nkangura» (réveil/alarm) muri telefone kuko igutesha umurongo.
- Gucunga neza igihe ni nko kugendera ku magi ; wirinda kubyangiza ku bushake.
- Buri munota umaze nta cyo ukora uhwanye n'igiceri utakaje.
- Abakora cyane ni bo batera imbere.
- Ntihakagire ibikubuza gukurikiranya gahunda nk'uko ziteganijwe.

Ubanza bitoroshye kwemeza inama ebyiri «nzima». Hari n'abavuga ko ahubwo ziriya nama zose bumva ari zo rwose ! Birumvikana. Uyu mwitozo ukunze no gukurura impaka zidashira cg gushidikanya kuko izi nama zose dukunze guhura na zo. Icyakora twe tuguhitiyemo **kujya ufata umwanya uhagije mbere yo gufata icyemezo, ariko ntunazarire** kuko burya **gucunga neza igihe ni nko kugendera ku magi ; wirinda gusa kubyangiza ku bushake**.

- ***Ese ubundi ndiyizi ubwanjye?***_____

INTAMBWE YA 7: WIMENYE UBWAWE

- Kwimenya ubwanjye (inenge n'intege). Ni iki mfite/mbuze ngo ari cyo mperaho?

  - ***Ni iyihe nyamaswa/itungo numva nahitamo kuba bibaye ngombwa guhitamo?***_____
  - ***Ni ibiki by'ingenzi nkundira iyo nyamaswa cg iryo tungo?***_____
  - ***Ni ibiki nyibonaho/ndibonaho bitanshimisha cg bidashimisha abandi?***_____
  - ***Mbese hari isano hagati y'imyifatire y'iyi nyamaswa cg iri tungo n'iyanjye?_____***
  - ***Ku bwanjye, ni nde muntu numva aruta abandi bose mu isi yose kandi mu nzego zose?***___
  - ***Ntandukaniye he n'uyu muntu? Kuki atari jye uruta abandi?_____***
  - ***Ni ibiki abandi bavuga ku miterere y'umubiri wanjye bitanshimisha?_____***
  - ***Mbese numva ndi indatwa mu bumenyi cg kujijuka muri rusange?***_____
  - ***Mbese numva nishimiye imibanire yanjye n'abandi (mu rugo, ku kazi, ku ishuri,…)?*** ___
  - ***Ni kangahe muri uku kwezi nagiranye ikibazo n'uwo tubana, dukorana, twigana,…?____***

Itangazo—Ndashaka uwo twafatanya

Iri tangazo ni intambwe ikomeye mu buzima bwawe. Muvandimwe, ntuzanemo iby'imikino, kuko nta cyo byakunanira. N'ubwo hari ibishobora kugenda bihinduka, ubutaha ni bwo hazagaragara umubare w'abashaka gukorera hamwe n'abashaka kwikorera ukwabo. Nta kibazo byagombye gutera ku mibanire y'abantu, kuko n'ubundi ibyacu byose bigiye kujya ku mugaragaro. Nonese ko mu gihe kitageze ku kwezi tuzaba twatangiye gushyira mu bikorwa ibyo tumazemo iminsi? Turi hafi gusoza Icyiciro Cyisumbuye kiswe "Twegerane," maze tugatangira Icyiciro cy'Umurimo (Job Level). Ubutaha bamwe bazatangira kuganira ibijyanye no gutegura koperative, naho abandi berekeze ku kuba rwiyemezamirimo. Tugeze mu mahina!

Abatanga iri tangazo ni abumva koko bafite igitekerezo cy'icyo bakora, bafitiye imibare igaragara kandi bakeneye gufatanya n'abandi. Niba icyo "umushinga" ushaka gukora wawishoborera cg wumva bitarakujyamo, si ngombwa rwose kwiyomeka ku bandi. Soma iri tangazo, uryuzuze maze urisomere mu ruhame niba wumva bikurimo koko. (Mwibuke ko imishinga ishakwa ubu ari imishinga ifitiye inyungu ba nyirayo mbere na mbere.)

Mu rwego rwo guhangana n'ubushomeri ndetse n'indi mibereho itakijyanye n'ibihe tugezemo, Bwana/Madamu/Madamazela_____ aramenyesha ababyifuza bose kandi babishoboye ko akeneye abo bafatanya mu mushinga we wo _____ _____.

Hakenewe cyane cyane_____ _____ _____

Impapuro z'ipiganwa zigomba kuba zigaragaza uruhare rufatika uzagira muri uwo mushinga, kandi zigaragaza imibare y'amafaranga, ibikoresho cg amasaha upiganwa afite. Zizashyikirizwa abazigenewe mu ibanga, ku munsi n'amasaha bisanzwe.

N.B: Abatsinze ipiganwa bazahita batangira imyiteguro, kandi ibyo bemeye gutanga bigomba kuba bishobora kuboneka mu gihe kitarenze ibyumweru bibiri.

Ni itangazo ryashyizweho umukono na nyir'ubwite_____.

Abatanze amatangazo n'icyo bashaka gukora

	Uwatanze itangazo	**Icyo ashaka gukora**	**Ibyo asaba by'ingenzi**	**Umubare w'abo akeneye**
1				
2				
3				
4				
5				

- ***Ni iki nakoze cg nkunze gukora mu kwisungana n'abandi mu bijyanye n'iterambere?_____***

INTAMBWE YA 8: EGERA ABANDI MUFATANYE

- Kwisungana. Ni bande nakwisunga batantetereza mu rugendo rwanjye?

- ***Kuki ntariho jyenyine?***_____

- ***Mbese ndiho jyenyine byaba byiza cg bibi ku bwanjye?*** _____
- ***Ni iyihe nyungu y'ingenzi mbona mu kuba mbana n'abandi?_____***
- ***Ni iyihe mbogamizi mbona mu kuba mbana n'abandi?_____***
- ***Mu mikorere yanjye, mbese nkunze gukora jyenyine cg gukorana n'abandi?_____***
- ***Ari ukubona ibyo nkeneye ariko abandi bakandusha, ari no kugira duke ariko nkaruta abandi, nahitamo iki?_____***
- ***Mbese nemera ko ubuzima ari irushanwa nk'andi tubona mu mikino bahatanira igikombe kimwe, gitwarwa n'uwa mbere gusa?_____***
- ***Mbese birashoboka ko twese tugera ku ntsinzi (ku gikombe) mu buzima?*** _____
- ***Ni he mpurira n'abandi mu rwego rwo kwiteza imbere?_____***
- ***Ni mu kihe cyiciro aho ntuye banshyiramo (abaherwe, abakire, abifashije, abakene, abatishoboye, abatindi)?_____***
- ***Ni akahe gaciro mpa ifaranga mu mibereho yanjye?_____***
- ***Mbese nashubije rya tangazo ry'ubushize? Kubera iki?_____***
- ***Mbese niteguye gushyikiriza urupapuro rwanjye rw'ipiganwa uwo narugeneye?_____***

Ubu rero tugeze muri wa mwanya uhambaye. Buri wese agiye gushyikiriza urupapuro rwe rw'ipiganwa uwo yarugeneye, maze batubwire icyo bateganya kuzakora…. Dore abazafatanya:

Abazafatanya	1	2	3	4	5	6	7	8	9	10	12	13	14	15
Itsinda rya 1														
Itsinda rya 2														
Itsinda rya 3														

- ***Ni gute nitabira kubitsa no kugurizanya?_____***

INTAMBWE YA 9: NYUNGURA NKUNGUKIRE

- Gushora nzi ko nzunguka koko. Ni he nashora ingufu zanjye ngo nunguke? Nzakora iki? Hakenewe iki? Mfite iki? Nzunguka iki? Nte? Ryari? Mpanganye na nde? Murusha iki? Nzafashwa na nde? [Iyi ngingo ni ingenzi kuko igaragaza uko igishoro cyaboneka. Niba ari ngombwa tuzabikoraho amahugurwa yihariye. Mbese abazifatanye bahuje byinshi?]

- ***Ni nka bangahe ku 100 wumva barakijijwe n'uburiganya/amanyanga?_____***
- ***Ni akahe gaciro mpa umuco wo kuzigama? Ni ibiki nazigamye kugeza ubu?_____***
- ***Ni iki nkora mu guteganyiriza ibihe bibi, abana, izabukuru n'ibindi?_____***
- ***Mbese nk'ubu mbaye Rujugiro cg undi mukire, nabyara abana nka bangahe?_____***

- ***Mbese nk'ubu mbonye amafaranga menshi cg ikindi nifuza, nakora iki kimbabaje?_____***
- ***Niba icyo nkeneye ari amafaranga cg gishobora kubarwa mu mafaranga, ni nk'angahe?_***
- ***Mbese ayo mafaranga ni nk'angahe?_____***
- ***Ese numva bishoboka kuzayabona biciye mu kuzigama n'iyo byatwara imyaka mirongo?***
- ***Nazigama angahe buri kwezi kugira ngo mu myaka runaka nzabone ya mafaranga maze nkore icyo numva mhora ndota kugeraho?_____***
- ***Mbese aho sinzakenera guhindura konti cg banki nsanzwe mbitsaho?_____***
- ***Ni iki muri iyi si numva nabonamo uburyo bwo kwiteza imbere?_____***
- ***Kuki ntatangira kwitegura kugikora none?_____***
- ***Ese iyo numvise ideni, numva iki?_____***
- ***Mbese birashoboka kubaho nta deni?_____***
- ***Mbese nifata nte iyo mpuye n'umfitiye ideni?_____***
- ***Mbese nifata nte iyo mpuye n'uwo mfitiye ideni?_____***
- ***Ni ikihe cyemezo mfata cg nafata igihe ngurije umuntu ntanyishyure?_____***
- ***Mbese umuntu ashobora gukira atagujije haba bagenzi be cg ibigo by'imari?_____***
- ***Ku baherwe 100, ni nka bangahe bakijijwe n'amahirwe (tombola, impano, umurage,…)?____***

Ibinyoma n'ukuri ku ideni n'umuco wo kubitsa no kugurizanya

Mu magambo akurikira harunzemo ibinyoma. Fatanya na mugenzi wawe mujonjoremo amagambo yaba avuga ibiri byo ku byerekeranye n'umwenda, kubitsa no kugurizanya.

-
- Kuguza bituma usuzugurwa.
- Nta muntu wakizwa no kuguza.
- Gutiza no gutira ingwate ntibyemewe.
- Amabanki aguriza abakire gusa.
- Abanyamadeni ntibazajya mu ijuru.
- Kuguza ni iby'abatishoboye.
- Utubanki duto nta cyo twakumarira.
- Abazigama ni abasaguye.
- Niba udashaka amahane koreshe utwawe. gusa.
- Nta muntu watera imbere atagujije.
- Twese tubura inguzanyo kubera kubura ingwate.
- Leta igomba gukemura ikibazo cy'ingwate.
- Iyo abahakora batakuzi, nta nguzanyo baguha.
- Ufite amafaranga ntiwabura umushinga ukora.
- Ntugasinzire utarishyura umwenda w'abandi.
- Umuherwe ugifata imyenda aba ari "Gashuhe."
- Mufite ishyirahamwe ntimwabura inguzanyo.

- Umurenge SACCO ni uw'abaciye bugufi gusa.
- Kwikorera umushinga bigombera amashuri.
- Utababeshye ko ufite umushinga ntibayaguha.
    - Nibayaguha uzayakoreshe uko ubyumva, icyo bapfa ni uko ubishyura ayabo.
    - Ntugafate inguzanyo y'igihe kirenze imyaka itanu kuko ushobora gupfa mbere.
    - Nutanga inzu cg isambu yawe ho ingwate, ubwo ibyawe bizaba birangiye.
    - Kubitsa muri banki bituma amafaranga yawe akoreshwa no mu bibi.
    - Gufunga Banki "Lambert" byatumye mu mugi hose bahomba.
    - Abakorana n'amabanki akomeye ni bo bahabwa menshi.

Niba hari ibyo wumva ari byo, ungera ubitekerezeho. N'ubwo tutakirengagiza ko habaho umwihariko, nta na kimwe muri biriya byavuzwe baruguru kiri cyo! Niwumva hari uvuze ibisa na byo, uzakuririkirane ukuri kwabyo. Ushobora gusanga hari ikibyihishe inyuma!

- ***Mbese aho sinkeneye gusubiza amaso inyuma ku mikorere n'imibereho yanjye?***_____

INTAMBWE YA 10: GARURA AMASO INYUMA

- Kwisuzuma, kwinenga, kwigaya, kwikosora, kwihana no kwishima.
- ***Mbese aho ndacyari uwo nari we mbere y'ibi biganiro?***
  _____
- ***Ndumva meze nte mu mubiri, mu bumenyi no mibanire muri iyi minsi?***_____
- ***Ubu nsubiza iki kibazo, mfite amafaranga angahe mu mufuka wanjye?***_____
- ***Mu bantu 100 bishimiye kubaho muri iyi minsi, ndi nk'uwa kangahe?***_____
- ***Ese nshobora kuba uwa mbere kuri urwo rutonde, n'iyo bitaba none?***
  _____
- ***Ku itariki ya 01/01/20__ nzaba mfite amafaranga yanjye bwite nk'angahe?***
  _____
- ***Mbese nkwiye kwishimira uko nakurikiranye ibi biganiro n'ibyo nungukiyemo?***
  _____
- ***Mbese urumva ukeneye kujya mu cyiciro gikurikira?***_____
- ***Ni ibiki naretse cg natangiye gukora ukundi ngereranije na mbere y'ibi biganiro?***_____
- ***Ni ibiki numva nkeneyeho ibisobanuro, ubufasha cg amasomo by'umwihariko?_____***
- ***Ni izihe ngamba nkeneye gufata cg narangije gufata kugira ngo ngere kuri ya ntego yanjye nihaye mu ntangiriro y'ibi biganiro?***_____
- ***Haba hari ingingo rusange cg yihariye ushaka gukurikira? Ni iyihe? ni_____.***
- ***Ese hari igitabo runaka numva nkeneye cg niteguye kugura kugira ngo niyigishe? Icyo gitabo ni icyerekeye***_____
  .
- ***Mbese ubu sinkwiye kwishimira intambwe maze gutera?***_____

Hehe n’ubushomeri!

N’ubwo inzira ikiri ndende—Yewe, ubanza itajya inarangira ariko!—habuze gato ngo dusezerere ubushomeri. Twabanje kumenyana no kwegerana, kandi twarangije guhitamo gukorera hamwe n’abandi cg kwikorera ubwacu. Mbere yo kwinjira mu Cyiciro cy’Umurimo nyirizina ariko, tuzabanza twishimire ubutwari twagize. Tuzabyina intsinzi ubutaha. Nta myiteguro ikomeye ikenewe kuko dukwiye kuzigamira koperative cg kampani yacu. Tuzakore iki? [Batange ibitekerezo mu bwisanzure, hanyuma mwemeze icyo kuzakora gito.]

INTAMBWE YA 11: EGUKA UBYINE INTSINZI

Uyu ni umunsi mukuru wo kwishimira kuba dushoje icyiciro cya kabiri. Mbega ibyishimo? Twibuke uko twatangiye. Ni nde wumvaga twagera kuri ibi byose?

Twamaze guhitamo uburyo bwo kwihangira umurimo. Abazafatanya, bagiye kwibumbira muri koperative cg bakore kampani (sosiyete). Hari n’abazakora ku giti cyabo. Na bo bazashinga kampani buri muntu. Nta gikomeye kirimo kandi, kuko icy’ingenzi twarangije kugishyikira: gutekereza neza.

Ubutaha tuzatangira icyiciro cya gatatu, maze dutunganye ya mishinga yacu neza. Guhera ubu tuzajya dukora nka ba rwiyemezamirimo, kandi n’ibyo dukora byose tuzajya tubikorera muri koperative cg kampani zacu.

Hateganijwe ibindi bigoroba cumi n’umunani. Hari abashobora guhita babona umurongo wo gukoreramo, yenda ntibanakomeze kwitabira izi nyigisho. Hari abashobora gukenera ikindi gihe cy’inyongera kugira ngo babashe kubona imikorere. Hari ndetse n’abashobora gukenera gusubira muri zimwe mu nyigisho twabonye. Nta kibazo rwose.

Icyakora “barumuna bacu” bakeneye izi mfashanyigisho twakoreshaga n’aho gukorera. Ni yo mpamvu guhera ubu tugiye kujya dukorera muri koperative cg kampani zacu, tugakorera ahandi twihitiyemo kandi tukiha gahunda. [Buri tsinda rirakora “inama” yaryo ya mbere kugira ngo bahane gahunda kandi bashake uko bazabona imfashanyigisho yihariye bazajya bakoresha kwihugura.]

Mbere yo gusezeranaho, turaririmba akaririmbo dufatanye.

NYIRAMIRUHO Liberata