

URUSOBE RWANJYE RW'UBUFASHA

Byandike uyu munsu. Nyuma y'umutingito nta mwanya wo kubishakisha.

ABANTU BANJYE BAMFASHA

Izina

TELEPHONE

URUSOBE RWANJYE RW'ABAMFASHA RUGOMBA KUMENYA

- ☐ Ibyo Nkeneye Byihariye
- ☐ Aho imiti yanjye n'ibikoresho by'ingenzi biri
- ☐ Ni izihe nzira zanjye zishobora kugendwamo n'abantu bose?
- ☐ Uburyo twumvikanyeho bwo gukurikiza.
- ☐ Uko winjira mu nzu igihe bibaye ngombwa.

INZIRA YANJYE IKWIRIYE YO GUSOHOKERAMO

AHO TWATERANIRA

IMITI N'IBIKORESHO BY'INGENZI



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Iyi ncamake ntisimbura igitabo cyuzuye.
Kuramo inyigisho z'umutingito usikana QR Code.

USIBYE IGIKAPU RUSANGE
IGIKAPU IBIKENEWE BYIHARIYE

Ibikoresho bisanzwe byose, hiyongereyeho ibyo umuntu akeneye kugira ngo akomeze kwigenga.

- **IMITI**
Iya ngombwa, hamwe n'amakuru akenewe ku ikoreshwa ryayo.
- **IKARITA IRINZWE AMAZI**
Izina · ibyo akeneye mu bufasha ·
allergie · imiti · abo guhamagara mu gihe cy'ihutirwa.
- **IBIKORESHO BY'UBUFASHA**
Bateri z'inyongera, amashanyarazi yo kwishyiriramo, ibikoresho by'ibyuma bifasha kumva, ibice by'ibikoresho bifasha kugenda n'uburyo bundi bwo gutumanaho.
- **MU KUGENZURA IBYUMVIKANA**
Iyo biri mu byo umuntu asanzwe akenera: utwuma two mu matwi, ibintu bifasha mu byumviro, ibintu amenyereye kandi afatiraho.



Nta na kimwe muri ibi kigomba kuremera ku buryo bibangamira kwimuka mu mutekano.



IKIGO CY'UBWAMI BW'AMAHORO N'UBUTABERA.

Gahunda y'amahugurwa y'abasivili:
Imicungire y'ingaruka no kwitegura ibihe by'amage



IMITINGITO

Abantu Bafite Ubumuga

«Imyiteguro igomba guteza imbere ubushobozi bwo kwigenga, guhuza ibidukikije n'ibikenewe byihariye bya buri muntu, no guteganya mbere imiyoboro y'ubufasha.».



UNAMA · IKINGIRE
IKOMEZE
Muri rusange



FATA FERI · IKINGIRE
IKOMEZE
Muri rusange

Inyandiko yo kwigisha igenewe abaturage muri rusange bo muri Amerika y'Epfo no muri Leta Zunze Ubumwe za Amerika

ICYICIRO CYA 1: MBERE

Imyiteguro itangira mbere y’umutingito, kandi ni cyo gice cyonyine gishobora gufatwaho icyemezo mu mutuzo.

MU RUGO

- Inzira zisukuye kandi zifunguye neza ku buryo bwuzuye, ku bantu bakoresha igare ry’abamugaye, Imbago cyangwa inkoni.
- Igitanda kigomba kuba kure y’amadirishya, indorerwamo, ibikoresho birebire n’amashusho aremereye.
- Ibikoresho bifasha mu kugenda bigomba buri gihe kuba hafi y’aho umuntu aryama.

UKURIKIJE IBYO BURI MUNTU AKENEYE



Intebe y’abafite ubumuga bwo kugenda n’abantu bafite ubushobozi buke bwo kugenda. Witoze KUNAMA — WIKINGIRE — IKOMEZE Inkoni, Imbago n’ibikoresho bifasha kugenda biboneka kandi byoroshye gukoresha.



Ubumuga bwo kutabona. Tegura ibintu ku buryo busukuye kandi buteganyijwe; menyesha impinduka iyo ari yo yose mu myanya y’ibintu; itoze inzira hamwe n’urwego rwawe rw’ubufasha.



Ubumuga bwo kutumva. Ibyerekana biboneka n’amaso, amatara cyangwa ibinyeganyega iyo bihari, n’uburyo bundi bwo gutumanaho bwo mu kiganza.



Ubumuga bwo mu bwenge, mu mikorere y’ubwonko no gutandukana kw’imikorere y’ubwonko. Ibimenyetso by’amashusho, amabwiriza agaragara n’amaso hamwe n’imyitozo y’ubutabazi ikorwa buhoro buhoro, nta na rimwe bikozwe mu buryo butera ubwoba cyangwa uburemere burenze ubushobozi.

IBYO WITOZA NI BYO BIKORA BYONYINE.

ICYICIRO CYA 2: MU GIHE URI KUBA

Nta myitwarire imwe ishobora gukurikizwa n’abantu bose. Irinde mu gihe cy’imitingito; nyuma yaho ubone guhunga.

NIBA UKOresha IGARE RY’ABAMUGAYE FATA FERI Funga feri z’igare.

- IKINGIRE** Rinda umutwe n’ijosi ukore sheje amaboko.
- IKOMEZE** Guma mu mwanya utanyeganye ga kugeza birangiye.
- Unama igihe ushobora kubikora mu mutekano.

NIBA URI KU BURIRI CYANGWA KU NTEBE KANDI UDASHOBORA KWIGENZA Ntugerageze gukora igikorwa gishobora kongera ibyago byo kugwa.

•Rinda umutwe n’ijosi ukoresheje imisego cyangwa ikindi kintu cyoroshye.

NIBA URI KU BURIRI CYANGWA KU NTEBE NDEDE KANDI UDASHOBORA KWIHINDUKIZA **Ubumuga bwo kutabona** — Vuga ibiri kuba, utange amabwiriza magufi; mubwire mbere yo kumwimura kandi ntumukurure.

Ubumuga bwo kutumva — Kurebana mu maso, ibimenyetso bisanzwe bizwi, n’amabwiriza yoroshye. Ntuzigere umu murika amatara mu maso.

Ubumuga bw’imitekerereze n’imikorere y’ubwonko itandukanye — Vuga interuro zigira ziti: «UNAMA», «IKINGIRE», «GUMA HANO». Tanga ubufasha bukenewe gusa.

-  Ntugasige igare ngo uryame hasi.
-  Ntukajyane umuntu ahantu kure mu gihe umutingito ukomeje.
-  Ntukoreshe ibyuma bizamura abantu.
-  Ntukamubuze kugenda cyangwa ngo umufate ku ngufu.

UMUREBERA AGOMBA KWIRINDA KUBA IKIBAZO CYA KABIRI

ICYICIRO CYA 3: NYUMA

Ahantu harahindutse: ibisigazwa by’inyubako zasenyutse, ibirahure, kubura umuriro w’amashanyarazi, ibyuma bizamura abantu bitagikora, inzira zitagikoreshwa.

NTUGATEKEREZE UBWOKO BW’UBUFASHA AKENEYE. BAZA IGIHE BISHOBOKA.

MBERE YO KUGENDA

- **Suzuma** niba hari ibikomere. Bimwe ntibihita bigaragara.
- **Mubaze** uko amerewe n’ubufasha akeneye.
- **Suzuma** ibikoresho bye bimufasha kugenda n’ibindi.
- **Banza** ugenzure inzira mbere yo gutangira.

KUVANA ABANTU AHANTU MU BURYO BWOROHEYE BOSE

- Ntumutandukanye n’intebe ye, inkoni ye, ibyuma bifasha kumva cyangwa ibindi bikoresho bye.
- Ntugerageze uburyo bwo kumuterura utabifitiye ubumenyi: saba abakozi babihuguriwe.
- Ntukoreshe ibyuma bizamura abantu byangiritse cyangwa bitamewe gukoreshwa.
- Niba inzira itakiri nyabagendwa ku bantu bose, hita ubimenyesha.

UKO BURI MUNTU ABIKENEYE

- Intebe y’abamugaye** — Suzuma amapine na feri; ntuyifate ku bice bishobora kuvaho cyangwa ngo uyizamure bitari ngombwa.
- Ubumuga bwo kutabona** — Imenyekanishe, sobanura ibiri kuba, umenyeshesha intambwe n’ibirahure. Imbwa iyobora igumana na we.
- Ubumuga bwo kutumva** — Andika ubutumwa; amatangazo yo kwimuka yandikwe.
- Ubumuga bw’imitekerereze n’imikorere y’ubwonko itandukanye** — Amabwiriza magufi kandi asanzwe azwi; aho kuba by’agateganyo, shaka ahantu hatuje.

NTUZIGERE USIGA UMUNTU AHANTU HARI AKAGA KUBERA GUSA KO UBURYO ASANZWE AKOresha BUTARI HAFI.

Koresha urusobe rw’abamufasha. Ntukinjire mu nyubako iri mu kaga kugira ngo uyigenzure.