

GAHUNDA YANJYE

Uzuza iyi mirongo n'intoki, hamwe n'umuryango wawe, uyu munsi. Gahunda yanditse irinda gutangara no kutagira icyo ukora.

ITUMANAHU NAKWIFASHISHA- UTUYE HANZE YAKA GACE

AHO GUHURIRA HA 1 — HAFI Y'INZU

AHO GUHURIRA HA 2 — HANZE Y'AGACE MUTUYEMO

NIMERO Z'IHUTIRWA Z'AHO NTUYE

IMITI Y'INGENZI YO MU RUGO



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

IGIKAPU

Gikomeye, cyoroshye gutwara kandi buri gihe kibe ahantu hamwe, hazwi na bose.
Gisuzume buri mezi atandatu.

- ☐ Amazi n'ibiribwa bidapfa kwangirika
- ☐ Imiti isanzwe ikoresheya n'ibikoreshe by'ubutabazi
- ☐ Itoroshi yo ku mutwe n'amabateri y'inyongera
- ☐ Radiyo ya AM/FM igendanwa ifite bateri cyangwa icyuma gikoreshwa intoki
- ☐ Ifirimbi
- ☐ Batiri yo hanze yuzuye umuriro n'insinga zayo
- ☐ Amakopi y'inyandiko arinzwe amazi
- ☐ Amafaranga y'impapuro z'agaciro gato
- ☐ Imyambaro yo kwambara n'inkweto zifunze kandi zikomeye
- ☐ Kopi y'imfunguzo zikenewe
- ☐ Ibikoreshe byihariye by'abana bato, abantu bafite ubumuga n'amatungo.

Litiro 4
kuri buri
muntu ku
munsi

Nibura iminsi itatu. Kubera uburemere, tandukanya amazi ushobora gutwara n'ayo kubika mu rugo.

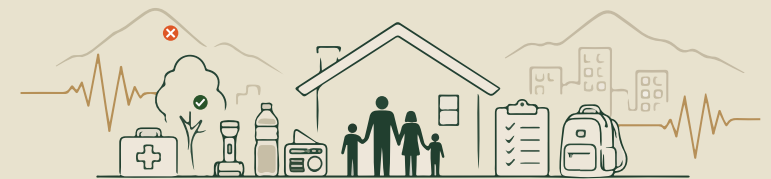


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IKIGO CY'UBWAMI BW'AMAHORO N'UBUTABERA.

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



IMITINGITO

Ibyo gukora mbere, mu gihe na nyuma



UNAMA · WIKINGIRE · IKOMEZE

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

ICYICIRO CYA 1: MBERE

Ni yo ntambwe yonyine ushobora kugenzura mu buryo bwuzuye. byose biri hano ushobora kubikora muri iki cyumweru.



Funga ku rukuta utubati tw'ibitabo, utubati n'ibikoresho birebire. Ibiremereye bishyire ku mu tubati two hasi.



Nta kintu kiremereye kimanikwa hejuru y'ibitanda, intebe ndende cyangwa ahantu abantu bakunze kwicara.



Amazi y'iminsi itatu: litiro enye kuri buri muntu ku munsi, hiyongereye ho ibiribwa n'agasanduku k'imiti y'ibanze.



Kuruhande rw'uburiri: inkweto zipfutse, itoroshi n'amadarubindi yawe, buri gihe bibike ahantu hamwe.



Mwumvikane ahantu habiri ho guhurira n'umuntu umwe wo kubafasha mutabasha kubageraho, uba hanze y'ako gace.

KWITEGURA BITANGIRA UYU MUNSI, NTIBITANGIRA IGIHE HATIGITA.

ICYICIRO CYA 2: MU GIHE URI KUBA

Nta mwanya wo gutekereza. Hari umwanya gusa wo gukora ibyo usanzwe uzi mu mutwe.



UNAMA · WIKINGIRE · WIKOMEZE

- ✗ Ntukiruke ujya ku muryango usohoka
- ✗ N.Ntukoreshe ibyuma bizamura abantu.
- ✗ Ntukoreshe ikidari cy'umuryango
- ✗ Ntukurikize «mpande-shatu y'ubuzima».

Ku muntu uri mu kagare k'abafite ubumuga
KANDA FERI — WIKINGIRE — WIKOMEZE.

Kanda feri, kingira umutwe n'ijosi, wuname niba ubishoboye.

Niba uri mu buriri: guma aho uri kandi utwikirize umutwe umusego. Hasi huzura ibirahure.

Niba uri hanze: jya ahantu hafunguye, kure y'inkuta z'inyubako, inkuta, inkingi n'insinga.

UBANZE WIKINGIRE. SOHOKA NYUMA, IGIHE BIZABA BITEKANYE.

ICYICIRO CYA 3: NYUMA

Iyo gutigita birangiye, ibyago ntibiba birangiye. Amasaha akurikiraho na yo agira amabwiriza.



Banza witegereze mbere yo kwimuka. Ibirahure, insinga, impumuro ya gaze, ibikuta byasadutse, inzira zisohokera-mo zafunze.



Niba hongeye gutigita, ongera wikingire. Ibitigita bikurikiraho ni kimwe mu bigize umutingito.



Urunsinga rwose rwaguye rufatwa nkurufite amashanyarazi. Ntukarukoreho, kandi ntukore ku kintu na kimwe rukoraho.



Ntukinjire mu nyubako yangiritse ujyanayo ibintu. Tegereza inzego zibishinzwe.



Ubutumwa bugufi, aho guhamagara: «Ndi amahoro. Ndi muri _____. Ngiye _____».

KU NKOMBE Y'INYANJA: JYA KURE UTATEGEREJE IMENYESHA RYABABISHINZWE
Niba umutingito wari ukomeye cyangwa wamaze igihe kirekire, cyangwa inyanja isubiye inyuma, zamuka ujye ahantu harehare.