

Icyo wakora

Kugira ngo umererwe neza kurushaho, ni ngombwa ko habaho ibintu ugira akamenyero ko gukora buri muni mu buzima bwawe. Dore inama zerekeye ibyo wakora kugira ngo wumve umerewe neza.

Gena ibyo ugomba gukora buri muni

Shyiraho gahunda y'utuntu duhoraho cyangwa ushake igihe cyo gukora ibyo ukunda.

Kora imyitoto ngororamubiri

Ugomba gukora imyitoto ngororamubiri nibura iminota 15 buri muni - byaba byiza hanze y'aho uba.

Emera

Emera kwitabira ibirori byo ku kazi, byo ku ishuri ndetse n'iby'imiryango n'inshuti. Ntuzacike intege zo gusohoka no kubonana n'abandi, nubwo waba wumva bitakurimo.

Uzajye usinzira neza ninjoro

Jya wirinda kuryama ku manywa. Jya wirinda ikiyobwa cya coca cola, ikawa no kureba amakuru amasaha abiri mbere y'uko ujya kuryama.

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Uko wabona ubufasha

Ni ngombwa ko ubwira muganga wawe uko umerewe n'iyi bitaba byoroshye kubivuga. Ushobora kwitwaza aka gatabo. Niba ukeneye umusemuzi, bimenyeshe muganga mu gihe waka gahunda yo kubonana na we. Kubonana na muganga ni ubuntu ndetse no kwitwaza umusemuzi ni ubuntu.

Niba uri umuntu usaba ubuhungiro, ushobora kugana abakozi b'ikigo gishinzwe ibyerekeye ubuhungiro.

Niba warahawe uruhushya rwo gutura, ushobora kwitabaza muganga wawe cyangwa umukozi ushinze ikibazo cyawe.

Ikigo cy'impunzi zifite ibibazo byihariye

Inama zigenewe impunzi n'abakora imirimo bagize imyuga mu kidanomarike no mu cyongereza



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Kinyarwanda

Guhangana n'intambara n'itotezwa

Intambara, itotezwa n'ubuzima mu gihugu cyawe gishya

Muri aka gatabo, urasangamo imwe mu myitwarire abantu bagira mu gihe habaye intambara n'itotezwa.

Abantu benshi bagira imyitwarire idasanzwe itewe no kuva mu gihugu cyabo kavukire, bagahunga maze bakajya mu kindi gihugu aho ibintu byose biba ari bishya kuri bo.

Ushobora kugira ikibazo cyo kubura ibitotsi n'uburibwe mu bice bimwe by'umubiri (urugero: kurwara umutwe). Ushobora kumva ufite akababaro utanashaka kuba hamwe n'inshuti n'abagize umuryango wawe.

Ariko kandi hari ibintu wakora ubwawe kugira ngo umererwe neza. Reba agace k'aka gatabo gafite umutwe "Icyo wakora".

Kuba hari imyitwarire umuntu agira igihe habaye intambara n'itotezwa ni ibintu bisanzwe

Ku bantu bamwe, ibyo babonye mbere yo guhunga cyangwa mu gihe cyo guhunga biba ari bibi cyane ku buryo badashobora kubyibagirwa cyangwa bikanagira ingaruka mbi kurushaho uko igihe gishira.

Ni ibintu rero bisanzwe ko umuntu agira imyitwarire iyi n'iyi kubera intambara cyangwa itotezwa yanyuzemo ariko ashobora kubona ubufasha bwa muganga akamererwa neza.

Niba hari imyitwarire ubona ku rutonde ruri ku rupapuro rukurikira ufite kandi ukaba utabona uko washyira ubuzima bwawe ku murongo - saba kubonana na muganga wawe.

Imyitwarire ikunze kugaragara kenshi



Ibitekerezo

- Kudashobora gufata ibyemezo
- Kwibagirwa cyane
- Guhora usa nk'urangaye
- Guhora wibaza
- Kudatekereza uko bikwiye
- Kwishinja
- Kumva wakwiyahura
- Kwibuka ibintu bibi byabayeye
- Inzozu mbi ziza kenshi



Amarangamutima

- Ubwoba no guhangayika nta mpamvu
- Kumva nta muntu wakwizera
- Kwisuzugura
- Kumva wanze ibintu ubusanzwe wakundaga
- Kubuzwa amahoro n'urusaku rwinshi
- Kumva ko ibintu nta garuriro no kutagira icyizere cy'ejo hazaza
- Kumva uri wenyine
- Impungenge ko utagitegeka umubiri wawe
- Impungenge ko ushobora kugira ikibazo cyo mu mutwe
- Kumva waribuze
- Imibanire n'abandi



Umubiri

- Kubura ibitotsi
- Kudashobora kuruhuka
- Umunaniro no gucika intege
- Kurira nta mpamvu
- Isereri
- Kurwara umutwe
- Ibibazo by'igifu
- Kumva uribwa mu gatuza
- Ububabare mu mugongo no ku ijosi



Imibanire n'abandi

- Kumva udashaka kuba hamwe n'abandi
- Kutagirira abandi icyizere
- Kurakazwa n'ubusa
- Kumva ufite umujinya kenshi
- Gutonganya abandi nta mpamvu igaragara
- Kugira imyitwarire ikabije kubera utuntu duto tubaye, Gukubita ibintu rimwe na rimwe
- Kunywa ibiyobyabwenge