

REPUBLIKA Y'U RWANDA



MINISITERI Y'UBUZIMA

INYIGISHO KU BUZIMA BWO MU MUTWE ZIGENEWE ABAJYANAMA B'UBUZIMA

IRIBURIRO

**IZI NYIGISHO ZIGAMIJE GUHA UMUJYANAMA W'UBUZIMA UBUMENYI
BWO KUMVA IBIBAZO BYO MU MUTWE NO GUTANGA UBUFASHA
BWIBANZE KU MUNTU UFITE IBYO BIBAZO.**

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1. IBIMENYETSO BY'INGENZI BY'UBURWAYI BWO MU MUTWE

1.1 Bimwe mu bimenyetso by'uburwayi bwo mu mutwe

Imihindikire:

- Mu myitwarire n'imyifatire
- Mu mivugire
- Mu mitekerereze
- No mu mibanire ye n'abandi

1.2 Ibishobora gutera indwara zo mu mutwe

- Ibibazo by'imatekerereze,
- Ibibazo by'imibereho y'ubuzima rusange (ubukene, intambara, ubuhunzi, n'ibindi).
- Impinduka mu mibereho y'umuntu (gupfusha, kubura ibyawe wakundaga cyane, Ibiza nk'umutingito, imyuzure, jenocide n'ibindi)
- Uruhererekane rwo mu muryango,
- Imiterere y'imisemburo y'ubwonko
- Ubundi burwayi bw'umubiri

1.3 Zimwe mu ndwara zo mu mutwe zikunze kugaragara

1.3.1 Indwara ituma umuntu asa naho yibereye mw'isi ye

Umurwayi ufite iyi ndwara arangwa na bimwe mu bimenyetso bikurikira:

- Gusa n'aho nta busabane agirana n'abandi agahora ameze nk'uri mw'isi ye rimwe na rimwe yigunze
- Imitekerereze ye iba ari ihame rye
- Akunze kumva amajwi abandi batunva, kubona amashusho abandi batabona
- Agakora ibintu biterekeranye
- Imyambarire ye irangwa n'umwanda kandi ikaba iterekeranye
- Akenshi agenda nta gahunda hakavamo gutorongerera
- Bakunze kurya ibyatsi, imyanda, n'ibindi byose biboneye
- Abafite ubwo burwayi bakunze kuboneka ku mihanda, mu nsegero, mu masoko n'ahandi hateraniye abantu benshi

1.3.2 Indwara igaragazwa n'amarangamutima ari ku rugero rwo hejuru cyane

Umurwayi ufite iyi ndwara arangwa na bimwe mu bimenyetso bikurikira:

- Ikimuranga cyane n'ibitekerezo bituma yumva ari hejuru cyane y'abandi cyangwa afite ububasha budasanzwe.

Urugero: Usanga akenshi avuga ko ariwe Perezida w'igihugu, ari Imana, cyangwa undi muntu wundi w'umunyacyubahiro.

- Gukorana ingufu zidasanzwe,
- Kudasinzira neza
- Kugirira imishinga myinshi cyane icyarimwe nti hagire n'umwe arangiza
- Rimwe na rimwe kugira amahane menshi ashobora kuva ku kantu gato cyane
- Mu mvugo ye avuga ubutaruhuka, aba ashaka ko abantu bose bita ku byo akora cyangwa avuga,
- Imyambarire ye iba idasanzwe kuburyo buri wese amwibazaho
- Hari ubwo yumva amajwi cyangwa akabona ibyo abandi batabona.

Uwo murwayi aba agomba kubona ubuvuzi bwihutirwa, agafashwa gutuza.

1.3.3 Indwara igaragazwa n'agahinda gakabije

Umurwayi ufite iyi ndwara arangwa na bimwe mu bimenyetso bikurikira:

- Kugira agahinda kenshi bigatuma umuntu yiheba, akumva nta mpamvu yo kubaho.
- Imitekerereze irangwa no kubona ibintu byose ari bibi, akunva nta kitwa ikiza ikiza kimubaho.
- Kumva ntacyo amaze, ntacyo ashoboye, akumva nta gaciro afite ari hasi y'abantu bose
- Kubura ibitotsi cyangwa rimwe na rimwe gusinzira cyane,
- Kumva nta bushake bwo gufata ifunguro,
- Guhorana umunaniro /intege nke,
- Kwigunga cyane no kutavuga
- Kutiyitaho...
- Kumva kubaho ntacyo bimaze bikaba byamuviramo gutekereza cyangwa se kugerageza kwiyahura.

2. IKIBAZO CY'IMYITWARIRE YO KUTAGUMA HAMWE, KUDATUZA N'AMAHANE, N'UBUFASHA BUHABWA UMUNTU UGARAGAZA ICYO KIBAZO

2.1 Ibisobanuro

Iyo myitwarire irangwa no kutaguma hamwe mu buryo bukabije bidasanzwe, ibyo bikaba byagaragazwa n'amahane, kurwana, kutaruhuka, kugendagenda, kuririmba, gusakuza cyangwa kwisararanga. Hari n'ubwo umurwayi aba acacetse, ariko akaba yagaragaza umujinya mwinshi iyo hagize umwegera cyangwa akamushotora.

Iyo myitwarire ikunze kugaraga ku bantu bafite uburwayi bwo mu mutwe muri rusange, cyangwa ubw'umubiri butandukanye.

2.2 Uko umuntu yakwitwara imbere y'umuntu ufite ikibazo cyo kutaguma hamwe, kudatuza no kugira amahane

- Gufasha umurwayi ubikorana ituze, ukamutega amatwi, utamurwanya cyangwa ngo umugirire nabi, umuvugisha neza kandi ukabikora udafite ubwoba,
- Ibi bikorwa ufasha umurwayi amusaba gutuza hakoreshajwe amagambo, byananirana, hakaba hakoreshwa uburyo bwo gutuma umurwayi atava aho ari, atinyagambura kugeza igihe agezwa kwa muganga. Ibi bikorwa umurwayi adahutajwe cyangwa ngo akomeretswe.
- Kwirinda kumwegera cyane cyangwa kumujiya kure cyane. Bisaba ko hagati yawe na we haba umwanya uringaniye.
- Gushishikariza umuryango w'umurwayi kwihutira kumugeza kwa muganga.

3. IHUNGABANA N'UBURYO BWO GUFASHA UWAHUNGABANYE

Ihungabana rigaragara ku muntu wagwiriwe n'ishyano rimutunguye, akabura uko yabyifatamo, ntibigire ivugiro kuko n'uwo yabibwira yumva ko atabyumva, yewe nta n'icyo yamumarira.

3.1 Bimwe mu bimenyetso by'ingenzi bigaragaza uwahungabanye:

- Amashusho y'ibyamubayeho asa n'ayiyanditse mu bwenge, agahora agaruka, bigatuma adashobora kwita ku byo akora. Ayo mashusho akunze kuza cyane cyane iyo nta murimo umuhugije cyangwa iyo aryamye.
- Akenshi uwahungabanye agerageza guhunga ikintu cyose gishobora kumwibutsa ibyamubayeho. Usanga atinya ibintu bimwibutsa ibyamubayeho cyangwa akabigendera kure. Urugero: gutinya kubona umupanga, ibyuma, ubuhiri, imbunda n'ibindi.
- Kwikanga bikabije, umuntu agahora asa n'aho yiteguye guhunga cyangwa kurwana,
- Kwiyanga, nta kimushimisha, kutiyitaho, kumva ko icyoroshye ari uko yapfa.
- Kubura ibitotsi cyangwa gusinzira nabi,
- Kurota inzozo ziteye ubwoba,
- Guhora atekereza ibyamubayeho no guhorana impagarara nk'aho bigiye kongera kubaho
- Rimwe na rimwe kwiyahura mu biyobyabwenge, ashakisha umutuzo

3.2 Dore uburyo twakoresha ngo dufashe bene uwo muntu:

- Kuganira n'umuntu ku byamubayeho mu buzima bwe bw'ibihe bibi atabashije kwakira,
- Kumwereka ko umwumva, kandi ko ibyo akubwira bitaguteye kwiheba no kugira ubwoba,

- Mushobora kubiganira muri babiri, mu muryango cyangwa muri benshi nko mu matsinda y'abahuye n'ibyo bibazo.
- Mu gihe yagaragaje ibimenyetso by'ihungabana ari ahantu hateraniye abantu benshi nko mu gihe cyo kwibuka Jenoside yakorewe Abatutsi, kumukura mu kivunge cy'abantu agashyirwa ahantu hatuje kandi hiherereye
- Ni ngombwa kumushishikariza no kumufasha kugera ku nzego z'ubuvuzi aho asanga abamufasha babifitemo ubumenyi.

4. INDWARA Y'IGICURI

Igicuri ni indwara ituruka ku kudakora neza k'ubwonko, bitewe n'impamvu zitandukanye bikagaragarira ku bimenyetso nko kugwa, guta ubwenge, kugagara,... Umurwayi ashobora kugaragaza ibimenyetso by'igicuri bikamara igihe gito, ariko bitavuze ko akize. Umurwayi w'igicuri akunze gusubirwa kenshi cyangwa se akamara igihe kinini mbere y'uko yongera gusubirwa.

4.1 Ibimenyetso by'uburwayi bw'igicuri

Umurwayi w'igicuri agaragaza ibimenyetso bitandukanye; ibikunze kugaragara ni:

- Guta ubwenge bitunguranye no kugwa, bishobora guherekezwa n'ibi bikurikira :
 - Ashobora kuvuza urusaku rudasanze,
 - Kurashya cyangwa kugagara igice kimwe cy'umubiri cyangwa umubiri wose
 - Kuzana urufuzi mu kanwa,
 - Guhekenya ururimi,
- Guta ubwenge by'agahe gato ariko bidaherekejwe no kugwa cyangwa kugagara,
- Kugagara cyangwa gutitira ingingo zimwe z'umubiri ariko bidaherekejwe no guta ubwenge.
- Hari igihe umuntu agwa ariko atagaragaje ibindi bimenyetso byavuzwe haruguru uretse guta ubwenge

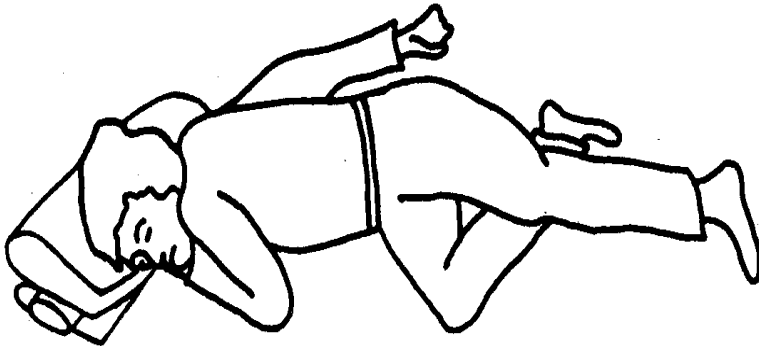
4.2 Ibyo abafite umurwayi w'igicuri bagomba kumenya mu kumwitaho:

Abantu babana n'umurwayi w'igicuri bagomba kumenya ibi bikurikira:

- Gukumira ikivunge cy'abantu ahakikije umurwayi;
- Kumwigiza kure y'umuriro cyangwa amazi menshi (iziko, ikiyaga, uruzi,...);
- Kwigizayo ibintu byose bishobora kumukomeretsa (amabuye, amacupa,...);
- Kumuryamisha ku rubavu kuburyo amacandwe n'ibindi byose bishobora kumubuza guhumeka bisohoka;
- Kumushyigikiza umusego woroshye muni y'umutwe ;

- Kworoshya imyenda imufashe cyane (gufungura ibipesu, imashini, umukandara, karuvati,...);
- Kugumana n'umurwayi kugeza agaruye ubwenge

4.3 Uko umurwayi wafashwe n'igicuri agomba kuryamishwa:



Icyitonderwa :

Igihe umurwayi yagize ibimenyetso twavuze hejuru bikarenga hagati y'iminota icumi na mirongwitatu bidahagarara, cyangwa bikagaruka byikurikiranyije, ni ngombwa kwihutana umurwayi kwa muganga kabone n'yo yaba ari ku miti.

Si ngombwa ko umuntu abanza kugera kuri uru rwego kugira ngo aajyanwe kwa muganga cyane cyane iyo ari ubwa mbere bimubayeho.

Ibibujijwe:

- Kugira ikintu na kimwe ushyira mu kanwa k'umurwayi (ikiyiko, intoki, igitambaro, ...)
- Si byiza gutsikamira umurwayi mu gihe arimo kurashya;
- Kwirinda kumuha ibyo kurya cyangwa kunywa kugeza agaruye ubwenge neza;

5. UBUFASHA BUHABWA UWAHUYE N'INGARUKA Z'IKORESHA RY'IBIYOBYABWENGE

5.1 Ibisobanuro

Ikiyobyabwenge ni ikintu cyose icyo umuntu agikoresheje gihindura ubushobozi bwe mu gutekereza, gufata ibyemezo, ndetse kikanahindura imikorere y'umubiri we.

5.2 Ibiranga uwabaye imbata y'ibiyobyabwenge

- Irari ridashira ryo gufata ikiyobyabwenge,
- Gutakaza ubushobozi bwo gufata icyemezo cy'igihe agifatira, n'ingano y'ikiyobyabwenge ukoresha,
- Kugira ibimenyetso cy'ububabare icyo umuntu agikoresheje cyagabanutse cyangwa cyabuze mu mubiri,
- Gukenera kongera ingano y'ikiyobyabwenge kugirango yumve amerewe neza uko abishakira (tolerance),
- Gutakaza ishyamba ryo gukora ibindi bituri bitari ukoresha ry'ikiyobyabwenge, mbese gukoresha igihe kinini cy'umwanya we wa buri mubiri ku ikoresha ry'ikiyobyabwenge,
- Gukomeza gukoresha ikiyobyabwenge n'igihe azi neza ingorane cyamuteje ndetse n'ingaruka ashobora guhura nazo.

5.3 Ingaruka zo gukoresha ibiyobyabwenge

Ikoresha ry'ibiyobyabwenge rigira ingaruka ku mubiri, k'ubuzima bwo mu mutwe, ku mibanire n'abandi, k'umurimo cyangwa umwuga umuntu yari asanzwe akora n'ego hazaza he, ndetse n'ingaruka zijyanye n'amategeko. Icyitonderwa: Uburemere bw'ingaruka bugendana n'imiterere y'umuntu, inshuro afata ibiyobyabwenge, ingano y'ibiyobyabwenge afata, n'igihe umuntu amaze akoresha ibiyobyabwenge.

• Ingaruka ku mubiri

Mu ndwara z'umubiri twavugaga nk'uburwayi bw'umwijima, ubw'umutima, ubwonko n'umyaka ndetse n'ubumuga bushobora kubikomokaho, uburwayi bw'urwungano ngogozo, indwara z'ubuhumekero, kanseri, gutakaza ubushobozi bw'umubiri bwo kurwanya indwara, kwandura agakoko gatera SIDA mu gihe umuntu akoresha inshinge, n'ibindi...

Ku mugore utwite, isindwe igira ingaruka ku mwana atwite kuko itambuka ingobyi y'umwana ku buryo ashobora kuvukana ibimenyetso byo kuzahazwa n'inzoga.

• Ingaruka ku buzima bwo mu mutwe

Abahanga mu by'ubuzima bwo mu mutwe bavugaga ko ibiyobyabwenge bishobora kuba imbarutso y'uburwayi bwo mu mutwe.

Mu gihe umuntu asanzwe afite uburwayi bwo mu mutwe, agakoresha ibiyobyabwenge, ibibazo byo mu mutwe birushaho kuba urusobe, ndetse amaherezo umuntu akaba yagira indwara zikomeye zirimo: Gutakaza ubushake bwo gukora, ubushobozi bwo gufata mu mutwe, agahinda gakabije no kwiyahura, uburwayi bukomeye bwo mu mutwe no guta umutwe (biboneka

cyane ku bantu bavanga ubwoko bw'inshi bw'ibiyobyabwenge)

- **Ingaruka ku mibanire n'abandi**, ku murimo ndetse n'ejo hazaza Muri zo twavuga: guhorana amadeni, impagarara n'amahane mu muryango, impushya za hato na hato ndetse no gusiba akazi, kwirukanwa mu mashuri cg ku kazi, ubukene, kwiyandarika kugirango ubone ibiyobyabwenge, kwishora mu mibonano mpuzabitsina idakingiye kandi ititeguwe, n'ibindi...

- **Ingaruka zijyanye n'amategeko**

Twavuga nk'impanuka mu muhanda, kwiba, guhohotera abandi nko gufata kungufu, gukubita no gukomeretsa

5.4 Ubufasha buhabwa uwahuye n'ikibazo cy'ikoreshwa ry'ibiyobyabwenge

- Gukangurira ufata ibiyobyabwenge cyane cyane urubyiruko ububi bwabyo no kugirwa inama yo kubireka
- Mu gihe ukoresha ibiyobyabwenge atabasha kubireka we ubwe cyangwa yahuye na zimwe mu ngaruka zavuzwe hejuru, agomba kugirwa inama yo kugana abashinzwe ku mufasha bahuguriwe ibijyanye n'ubuzima bwo mu mutwe.

Uruhare runini rw'umujoyanama rukubiye mu gukumira ikoreshwa ry'ibiyobyabwenge, ni ngombwa kandi ko abajyanama b'ubuzima bafatanyaga n'izindi nzego kugira ngo bakumire ikwirakwizwa n'ikoreshwa ry'ibiyobyabwenge. Aha twavuga: umuryango, Polisi, inzego z'urubyiruko, abashinzwe imibereho myiza y'abaturage, abanyamadini, n'abandi

6. GUFASHA UMURWAYI KWIRINDA GUSUBIRWA

6.1 Ibimenyetso mpuruza by'uko umurwayi agiye gusubirwa

Akenshi iyo umurwayi agiye gusubirwa, agaragaza ibimenyetso by'uburwayi bidakomeye, kuburyo abo babana bashobora kudahita bumva ko ari ugusubirwa. Bimwe muri ibyo bimenyetso ni ibi bikurikira:

- Kubura ibitotsi
- Kutaguma hamwe
- Kwigunga
- Kugira isuku nke y'umubiri
- Kwivugisha
- Guhindagurika kw'amarangamutima
- Kurakazwa n'akantu gato akari ko kose
- N'ibindi...

6.2 Uruhare rw'umujoyanama w'ubuzima mu gukumira gusubirwa

- Gufatanyaga n'umuryango kubahiriza uburenganzira bw'umurwayi wo mu mutwe
- Kwigisha umurwayi ko agomba gukurikiza amabwiriza yose ya muganga (gufata imiti uko yanditswe na muganga, kwitabira ibiganiro n'abaganga uko bigomba...)

- Kwigisha umurwayi wo mu mutwe, umuryango we n'abaturanyi mu gihe ari ngombwa ibimenyetso byo gusubirwa no kumukangurira kwihutira kujya kwa muganga igihe agaragaje ibyo bimenyetso,
- Kuba umuvugizi w'umurwayi mu nzego zose (Urugero: igihe yahohotewe bitwaje ko ari umurwayi), kumuha n'inzego akenezemo ubufasha, kumukangurira kwitabira ibikorwa by'iterambere: Urugero: ubudehe, ubwisungane mu kwivuzza, amashyirahamwe,...
- Gufasha umurwayi kwihangira udushinga no kumubera umuvugizi

6.3 Gufatanywa n'umuryango n'izindi nzego mu gufasha umurwayi worohewe:

- Kumuba hafi no kumushishikariza gusubira mu buzima busanzwe.
- Gukurikiranira hafi amakuru y'uko ubuzima bw'umurwayi wo mu mutwe bwa buri muni bumaze, agakangurirwa kwihutira kugana abaganga igihe asubiye.
- Kumushishikariza gufata neza imiti no kubahiriza gahunda ahabwa n'abaganga
- Kumusura kenshi hagamijwe kureba niba afata imiti ye neza, cyangwa niba nta bindi bibazo imutera.
- Gukangurira abandi baturage gufata ingamba zo kurwanya ihohoterwa no guhabwa akato ku barwayi bo mu mutwe.

6.4 Bimwe mu bimenyetso bishobora guturuka ku miti y'uburwayi bwo mu mutwe

Nk'indi miti yose, imiti y'uburwayi bwo mu mutwe nayo ishobora kutera ibibazo bimwe na bimwe byabangamira uyifata.

Muri ibyo bibazo twavugaga nko:

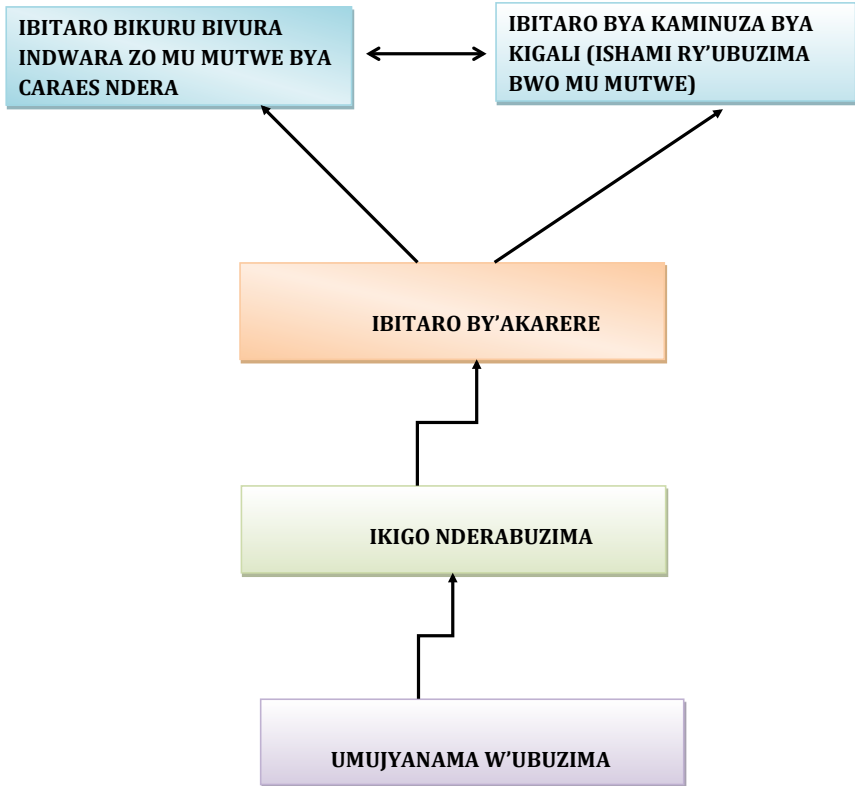
- kugagara ingingo (nk'ijosi, amaboko),
- kugira amacandwe menshi cyane,
- gusohoka k'ururimi,
- gusinzira cyane bidasanze
- gucika intege.
- gutitira ibice bimwe by'umubiri nk'intoki, amaboko, n'ibindi....

Icyitonderwa: Iyo umujyanama w'ubuzima asanze umurwayi afite ibyo bibazo, agomba kumushishikariza kwihutira kugana ikigo nderabuzima.

6.5 Kuyobora umurwayi wo mu mutwe ku nzego z'ubuzima

- Umuntu wagaragayeho ibimenyetso by'indwara yo mu mutwe ashishikarizwa hamwe n'umuryango we kugana ikigo nderabuzima.
- Ku murwayi ufite amahane menshi, urwana, cyangwa nawe ashobora kwigirira nabi, hitabazwa serivisi z'imbanguriragutabara kugira ngo umurwayi agezwe kwa muganga hakurikijwe uko inzego z'ubuzima zikurikirana.

6.6 Igishushanyo cyerekana uko inzego z'ubuvuzi bwo mu mutwe zikurikirana



7. GUTEGA AMATWI NEZA BIGAMIJE GUFASHA UMURWAYI

7.1 Bimwe mu bigenderwaho mu gutega amatwi neza

- Gutegura ahantu hiherereye ho kuganirira; hatari umwijima, urusaku n'ibirangaza,....
- Kwakirana urugwiro utegwa amatwi
- Kumuha umwanya uhagije mu biganiriro
- Kugira ibanga : ibiganirwaho ntibigomba gusohoka
- N'ibindi,....

7.2 Ibigomba kwirindwa mu gihe utega amatwi

- Gutanga amabwiriza no gutanga inama n'ibisubizo mu gihe utega amatwi
- Gutera ubwoba, guhohotera cyangwa guhungabanya umutekano w'uwo munganira
- Gutandukira no kuvogera ubuzima bwite bw'uwo utega amatwi, cyane cyane iyo yakweretse ko adashaka ko mubiganiraho
- Kwiharira ijambo
- Gucira uwo munganira urubanza, kumunegura
- Gusesengura ibyo avuga no kubifata uko bitari
- Kwirinda kubogama ugendeye kubyo usanzwe uzi ku muntu cyangwa ibimuvugwaho
- Kubaza ibibazo wungikanya nk'umucamanza
- Gusohoka cyangwa kurangara iyo uri mu gutega amatwi
- Gukoresha telefone
- N'ibindi, ...

