



Nyamwanga kwumva...



Imfashanyigisho mu gufasha abafite ubumuga kumenya no kwirinda icyorezo cya SIDA

Ahorukomeye



TRAC Plus
Center for Treatment and Research on AIDS, Malaria, Tuberculosis and Other Epidemics



U.S. Department of Health and Human Services
HRSA
Health Resources and Services Administration



**HANDICAP
INTERNATIONAL**
Vivre debout

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*Iki gitabo ni umwihariko wa nyiracyo:
kwandikura cyangwa gukoresha amashusho yo muri iki gitabo
ubiherwa uburenganzira n'Urugaga rw'Abafite Ubumuga mu Kurwanya SIDA
(UPHLS)*

Gushushanya n'iboneracapwa byakozwe na KIBONDO Editions

GUSHIMIRA

Iyi mfashanyigisho yateguwe n’urugaga rw’Abafite Ubumuga mu Kurwanya SIDA (UPHLS) babitewemo inkunga na PEPFAR/HRSA binyuze muri Handicap International.

Mu gutegura iyi mfashanyigisho hari abantu batandukanye babigizemo uruhare rukomeye. Turashimira by’umwihariko:

- *Abafatanyabikorwa n’abagenerwabikorwa b’umushinga “Strengthening the capacities of the Rwandan Community to Integrate PWDs into HIV/AIDS national response” ibitekerezo batanze mu gutegura iyi mfashanyigisho*
- *Abakozi b’uyu mushinga uruhare bagize mu kunononsora iyi mfashanyigisho*
- *Abafite ubumuga n’ibigo byita kandi bigafasha abafite ubumuga batandukanye bakoreweho igerageza mu rwego rwo kunoza iyi mfashanyigisho*
- *Turashimira abakozi ba TRAC na CNLS uruhare bagize mu kunoza iyi mfashanyigisho.*

Turashimira kandi byimazeyo umuryango Handicap International ku nkunga baduteye mu rwego rwa tekini n’amafaranga kugira ngo iyi mfashanyigisho igere ku bantu benshi bafite ubumuga.

Icyitonderwa:

Ibitekerezo bikubiye muri iyi mfashanyigisho ni ibya UPHLS ntibivuga ko ariko PEPFAR/HRSA ibibona.

Ishusho ya mbere

Ahorukomeye

Ni mugitondo izuba nibwo rikirasa, ni murugo kwa Ahorukomeye. Ni umugabo w'inkorokoro, mugufi, ufite ibikorwa byinshi by'ubuhinzi bimutunze we n'umuryango we, akagira ariko ubumuga budakabije bwo mu mutwe yatewe n'ibyamubayeho mu gihe cya jenocide. Ni igihe cya sizeni y'ikawa. Ahorukomeye aritegura gushora ikawa mu isoko. We n'umufasha we Muhorakeye barasohora udutebo twuzuyemo kawa bazicuranurira mu mufuka. Kawa nyinshi ni izumiraga ku giti kubera ko imirimo myinshi yakorwaga n'umugore, byagera ahatanga ifaranga, Ahorukomeye agakora wenyine. Dore n'ubu ntiyifuzaga kujyana n'umugore we mu isoko ahubwo arashaka ko ajya gusoroma kawa. Umugore n'uburakari bwinshi amusubiza agira ati: "Ariko ntukekako naje kuba umugaragu wawe? Nta n'ikimwaro ngo jya gusoroma kawa! Zirinze kumira kubiti atari uko wirirwa mu kabari wimenamo inzagwa...(yifashe mu mayunguyungu) nubona ngiyeyo umenye yuko Minani yabyaye imbwa! Ubwo rero urashaka kugenda wenyine maze nuvayo udufaranga twose udutsinde mu kabari...Ntaho njya ikizaba nzanywa umuti."

- Ugize ngo iki Muhorake! Byihorere turebe uhimba undi. Uyu munsu ndakwereka uwo ndiwe! Imfura ya Rwema, indatwa mu bahanga (yikomanga mu gatuza).
- Umuhanga ki Ahorukome...? Umuhanga ki? Kwirirwa mu kabari usengera amayoga nibyo wita ubuhanga?
- Aho uvuze neza! Kwicara mubandi, nkaba umugabo kandi nkanga umugayo.
- Kuba umugabo mu kabari iwawe abana bakubitirwa kuryama bivuze iki?
- Urarushywa n'ubusa ngo urahangana n'icyogere Ahorukomeye! (yikorera umufuka yujuje kawa). Jya gusarura...maze urebe ko nawe wagura agatenge ukanambika n'urubyiruko rwawe (Arenga). Umugore biramuyobera maze yinjira mu nzu afata agatebo ke maze yerekeza munsu y'urugo ngo asorome kawa.
- Buretse nkwereke, nanjye ndazisoroma kandi ntazabonaho n'urutoboye.

IBIBAZO

1. Ni bande ubona kuri iki gishushanyo ?
2. Uyu mugabo urabona yikoreye iki?
3. Uratekereza ko ari kugana he?



Ishusho ya mbere



Ishusho ya kabiri

IBIBAZO

1. Sobanura iki gishushanyo: Uyu ninde? Aragana he?



Ishusho ya kabiri



Ishusho ya gatatu

Ahorukomeye yageze mu isoko ku bw'amahirwe asanga ibiciro bya kawa bishimishije ahita aziranguza maze urufaranga arukubita umufuka.

IBIBAZO

1. Aha ni hehe?
2. Aba bagabo baraganira kuki?



Ishusho ya gatatu



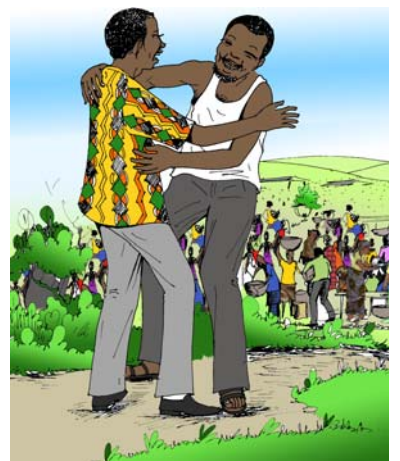
Ishusho ya kane

Agitera intambwe imwe ahura na Hitayezu wari umubereyemo umwenda w'amafaranga ibihumbi cumi na birindwi, nawe akaba yari yagemuye kawa.

Bararamukanya Hitayezu ajya kumwereka aho baganirira. Berekeza mu kabari kari hafi y'isoko.

IBIBAZO

1. Aba ni bande?
2. Bameneranye bate?
3. Uratekereza ko aba bagabo babanye bate?



Ishusho ya kane



IBIBAZO

1. Aba bagabo baragana he?

Ahorukomeye yari umugabo uzwiho kugira urugwiro. Ngo yinjire mu kabari, yakirwa n'inshuti nyinshi, abenshi muri bo, barasangiraga. Ni uko aricara baramuha asomaho ikiganiro kiratangira. Igihe cya sizeni y'ikawa, ni igihe urufaranga ruba ruriho, ni kubw'iyi mpamvu, muri aka kabari harimo abantu benshi kandi bose ariko basengera. Hitayezu ahereza Ahorukomeye ya mafaranga ibihumbi cumi na birindwi Ahorukomeye biramunyura maze nawe asengera yivuye imuzi. Yaka rimwe, arongera yaka n'irindi.

Uko amasaha yakuraga, ni nako Ahorukomeye yarushagaho kwaka irindi. Nyamara, atangiye gushirirwa abo yitaga inshuti bagenda banyonyomba umwe umwe.



Ishusho ya gatanu

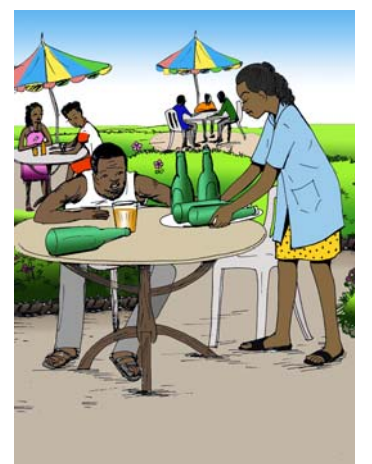


Ishusho ya gatandatu

Iruhande rwabo hari hicaye abagore babiri nabo banywa inzoga; mu muco wabo, byari bisanzwe ku bagore kwicara mu kabari na bo bagasomaho. Niko kwitegereza uburyo Ahorukomeye asengera maze bashaka nabo kumwiyegereza ngo abagurire. Ahorukomeye yahindukaga vuba nk'ikirere. Hitayezu bari basigaranye aba amuteye umugongo atangira kwiganirira na ba bagore babiri. Nta nshuti koko yo mu kabari! Na Hitayezu binjiranye, nawe yaje kumucika arigendera. Mubo yaguriye bose ntihasiyigira n'umwe wamugira inama yo gutaha. Ni uko abari bicaye ku rundi ruhande babibonye batangiye kumunnyega ngo afite ubumuga bwo mu mutwe bumutera kurya atabara.

IBIBAZO

1. Ni bande ubona kuri iki gishushanyo ?
2. Uyu mugabo yaje mu kabari wenyine ?
3. Undi yagiye hehe ?
4. Uyu mugabo urabona yanyoye inzoga zingana iki? Kubera iki ?



Ishusho ya gatandatu



Ishusho ya karindwi

Abo bagore barita mugutwi bamenya ko ariko ateye. Icyo gihe Ahorukomeye yari amaze gusinzira umutwe yawubitse mu maguru atagishoboye kumva ibyamuvugwagaho byose. Umwe muri ba bagore aba arahagurutse amwegura umutwe,

IBIBAZO

1. Ni bande bagaragara kuri iki gishushanyo ?
2. Uyu mugore aturutse he ?
3. Muratekereza ko bavugana iki ?



Ishusho ya karindwi

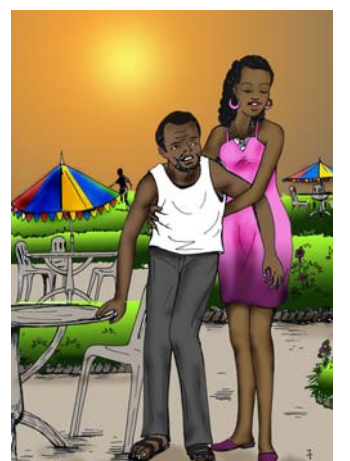


Ishusho ya munani

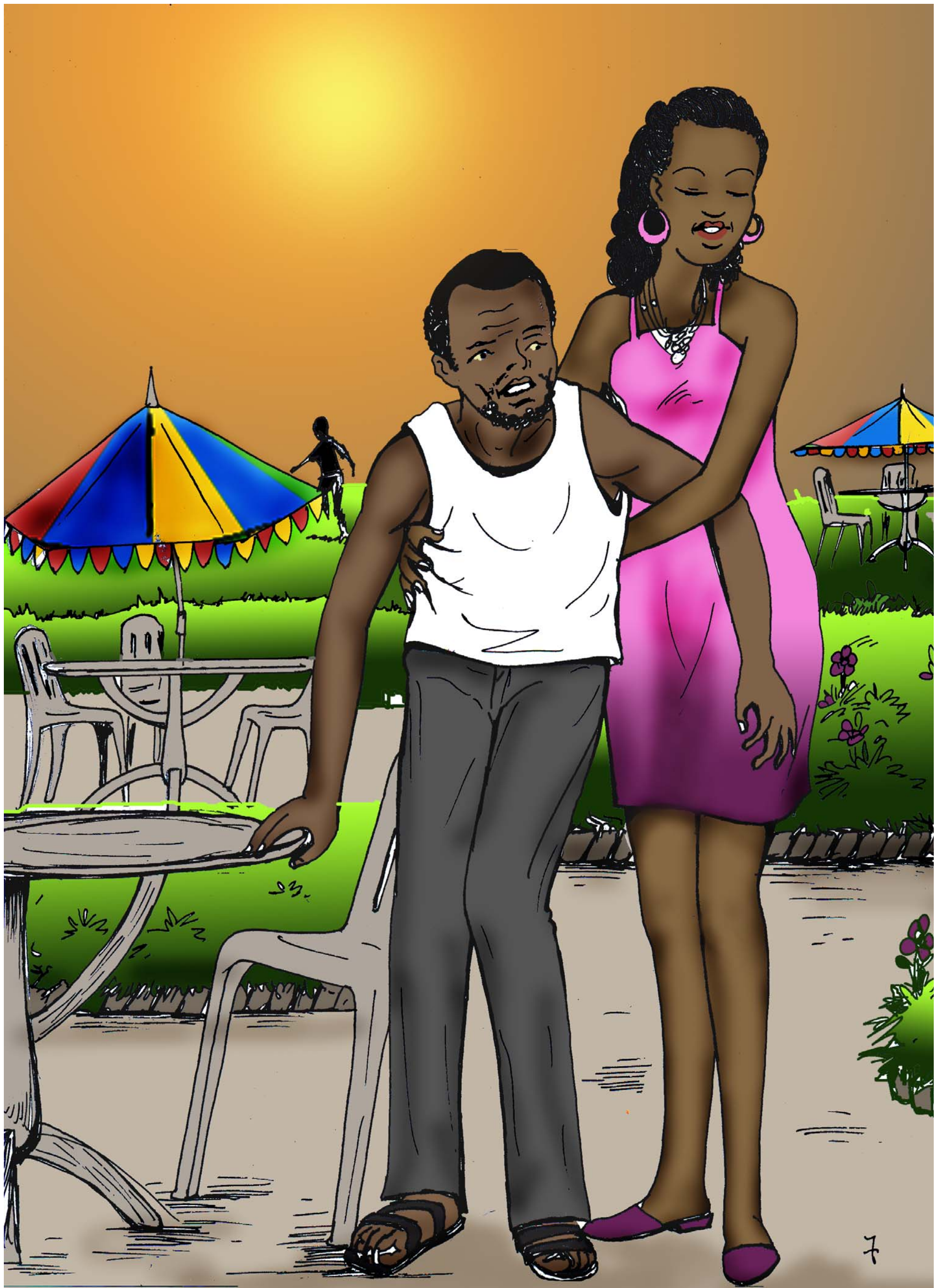
...aramuhagurutsa, akaboko ke agashyira ku ntugu ze, aramusigasira ngo amufashe gutaha. Ese mama aramenya berekezahe ko Ahorukomeye atibuka n'icyerekezo! Byari ahagana muma sa moya na cumi nitanu z'umugoroba. Ni uko Ahorukomeye asohokana na wa mugore bafatanye ku rutugu, bagenda bahirima, umugore akaba ariko agifite akenge gake. Byasaga nk'aho berekeje kwa Ahorukomeye. Ni uko bageze iruhande rw'inzira yerekeza mu rugo rw'uyu mugore, barahagarara, umugore arakebaguza asanga ntawaje abakurikiye.

IBIBAZO

1. Habaye ibiki?
2. Muri ka kabari hasigayemo abantu bangahe?
3. Ubu uratekereza ko ari ryari? Kubera iki?



Ishusho ya munani

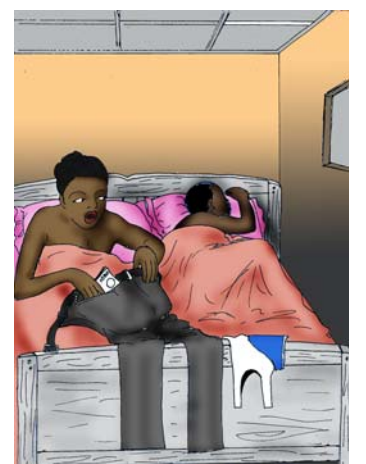


Ishusho ya cyenda

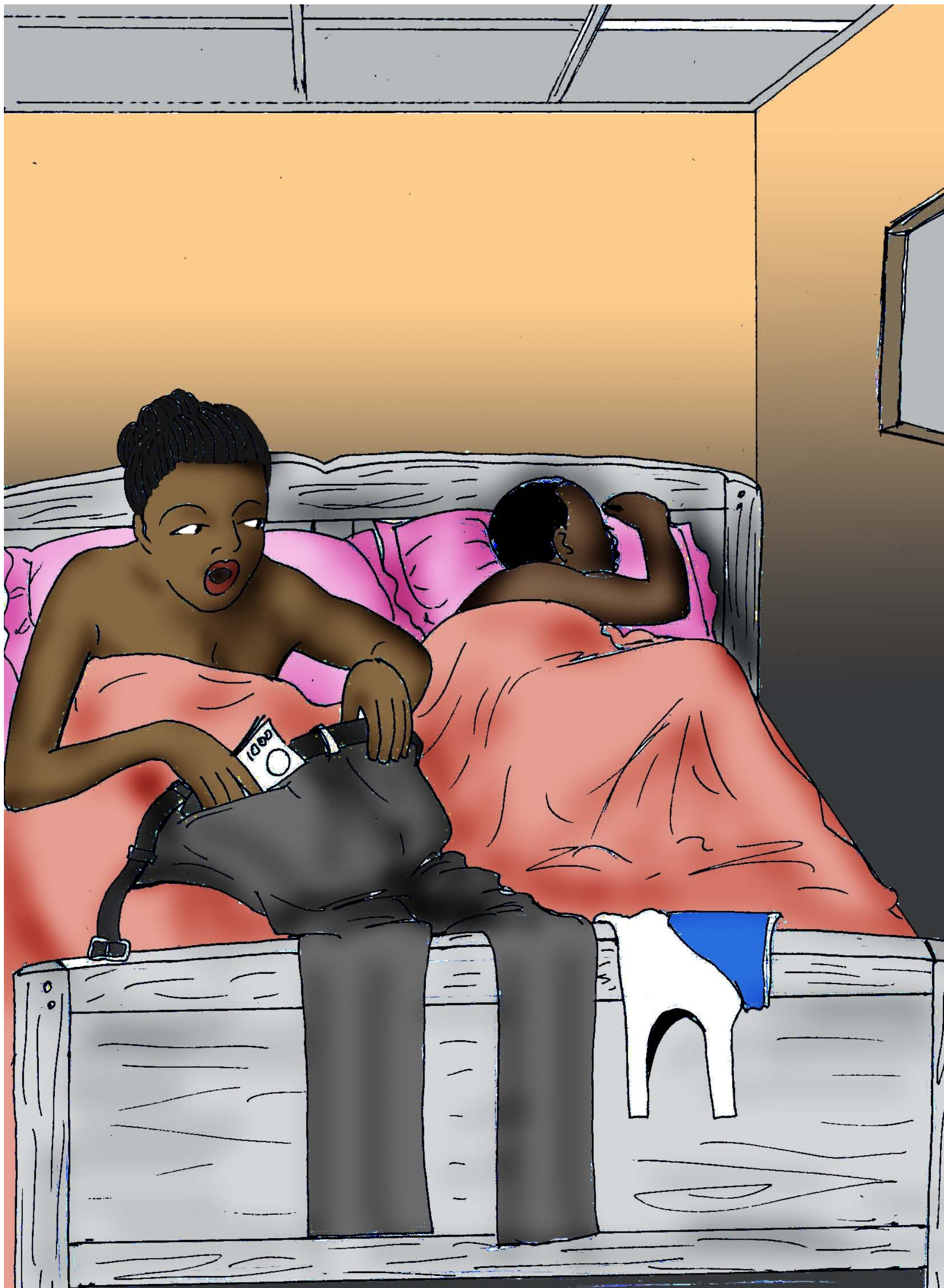
Niko gukurura Ahorukomeye amusunikira munzu, urugi ararudadira. Kubera akabeho kari kabanyuzemo, Ahorukomeye atangira kugarura akenge. Arebye neza asanga si iwe, ariko intege zo gutaha zimubana nkeya. Nyiramama uyu ntabundi bugiraneza yari afite acyura Ahorukomeye, yagiraga ngo na we arye ku mafaranga ya kawa. Uko Ahorukomeye yagendaga agarura akenge, ni nako yarushagaho gutwarwa n'ikimero cy'uyu mugore wari umaze kwiya mbika umwambaro wa Eva. Ahorukomeye atangira kumwiyegereza amukorakora amubwira utugambo turyoheye amatwi. Nyiramama wacu nawe anyuzwe, ntiyazuyaza amusanga wese, maze aramupfumbata cyane. Mu rugo kwa Ahorukomeye baribaza byinshi: Yaba yaguye mu gaco k'amabandi bakamwambura? Yaba se akiri mu kabari akageza kuri iyi saha? Ese ko adasanzwe atinda bene aka kageni. Mu gihe Muhorakeye umutima wendaga kumuvamo yibaza byinshi ku mugabo we, niko ibyishimo byari byinshi mu mutima wa Ahorukomeye.

IBIBAZO

1. Aba bantu bari hehe?
2. Uyu mugore ari gukora iki?
3. Umugabo we ameze ate?



Ishusho ya cyenda

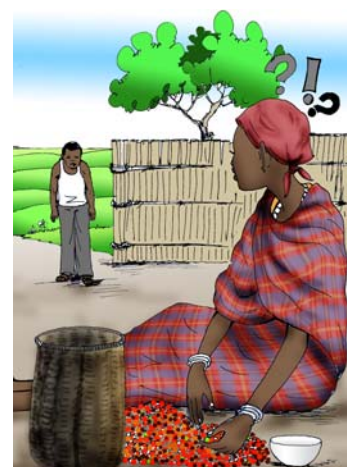


Ishusho ya cumi

Mu nkoko niho yaje kubaduka, nyiramama wacu agisinziriye, aromboka agana aho yaraje imyenda, arakabakaba neza yitonze asanga imifuka iramuhamagara! Niko gukangura nyiramama uwo amubaze aho amafaranga ye yagiye. Nyiramama amusubizanya uburakari bwinshi amubwira ko nta mafaranga ye yigeze abona. Ahorukomeye akubitwa n'inkuba yicara kuburiri atangira kwibaza aho aturuka ab'iwe. Bigenze gutyo, Nyiramama niko guhagurukana Ahorukomeye amusunikira hanze, amujugunyira utwenda twe maze akomaho urugi. Ahorukomeye areba hirya areba hino areba ko hari uwamubonye, yikinga haruguru y'inzu ashyiramo utwenda maze arashogoshera arataha. Muri urwo rukerera agihinguka iwe asanga Muhorakeye yicaye mu irebe ry'umuryango, arobanura ikawa agahinda ari kose. Akimukubita amaso araturika ararira. Ahorukomeye isoni ziramwica, amunyuraho ntiyamwakura, aboneza imbere mu nzu.

IBIBAZO

1. Uyu mugabo ari kuva he?
2. Umugore aribaza iki?
3. Muratekereza ko nyuma y'aho aba bantu babanye gute?
4. Ni ubuhe butumwa ukuye muri iyi nkuru?



Ishusho ya cumi



Guhera ubwo umugore ntiyongera kugirira icyizere umugabo we, ntibongera gusangira ku mabanga y'abashakanye Ahorukomeye ataripimisha ubwandu bwa virusi itera SIDA. Iminsi irashira indi irataha, Ahorukomeye bimukomereye afata icyemezo we n'umugore baja kwa muganga kwipimisha ubwandu bwa virusi itera SIDA. Barakirwa batanga amaraso ariko Ahorukomeye umutima udiha yibuka ko yakoze imibonano mpuzabitsina idakingiye igihe arara mu gasozi. Abira icyunzwe amera nk'uwo bamennyeaho amazi. Bidatinze, Ahorukomeye yaje kumenya ko yanduye virusi itera SIDA, amera nk'inkoko yanyagiwe, acika intege amera nk'upfushije, umugore we ntiyabyihanganira araturika ararira.

Nyuma y'iyi nkuru ngufi, tugerageze gukuramo ubutumwa: Ahorukomeye yari umugabo wifashije utunzwe n'ibikorwa bye, ugira urugwiro kuri bose ariko akagira uburwayi bwo mu mutwe bwamuteraga kudafata icyemezo ngo anagihagarareho. Uku kutihagararaho niko kwatumye aboneza iy'akabari igihe ahuye na Hitayezu, bashoboraga kuganira bagasangira ariko akibuka gutaha. Niho yaje gusengerera abo azi n'abo atazi, asesagura umutungo w'uryango we, kugeza ubwo asinze akananirwa gutaha. Aho yagaruriye ubwenge, yashoboraga gutaha, ariko yaje gushukwa n'umugore atazi barararana, biza kumuviramo kwandura virusi itera SIDA.

Birashoboka kuvuga ko Muhorakeye umugore we, usanzwe uzi intege nke z'umugabo, nta jambo yagiraga ku byemezo by'umugabo, akemera gukangwa umugabo akikorera ibyo ashatse byose. Nyamara, amaze kumenya uburwayi bw'umugabo we, yagombaga kumuba hafi igihe cyose, ntajye aho yishakiye hose batari kumwe. Mu gihe ubana n'umuntu ufite ubumuga bwo mu mutwe, birakwiye kumuhora hafi, kuko kubera intege nke ze, ashobora guhura n'ibyamwangiza kurushaho harimo n'icyorezo cya virusi itera SIDA .

