

Youth Voices



Issue
004
A Never Again
Rwanda Publication

COVID-19 PANDEMIC

**Tackling
Youth
Unemployment**

**Ubuzima
bw'imyorokere**

**Q&A:
Aristide
Mugabe**

**COVID-19
on Youth**

Youth contributions to COVID-19
global response efforts

Menya byinshi mu isi y'aba
'Slay Queens'
n'aba **'Slay Kings'**

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YOUTH VOICES

#YouthVoices2020
Issue 004
A Never Again Rwanda Publication

A platform 'by' and 'for' youth, aimed at championing for their voices. We invite youth to send poems, articles, and opinions on any topic of interest in our community.



WHAT'S YOUR STORY

Send us your story at info@youthvoices.rw

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Never Again Rwanda would like to appreciate all our partners and the youth in all corners of the country working hard and relentlessly towards conflict prevention and building to lasting peace.
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EDITOR'S NOTE

Dear Reader,

A warm welcome to our latest issue of the Youth Voices magazine! As a platform 'for' and 'by' youth, we aim to stir conversations and contribute towards addressing the issues affecting young people in our communities.

In our recent conversation with the members of the youth associations and clubs affiliated to Never Again Rwanda (NAR), unemployment was cited as one of the dire challenges that impedes youth empowerment and engagement. Most of them graduate with high hopes of getting a job, but reach the market that is already saturated with unemployed educated individuals and some of them don't really know how it works. Many of them don't know how to apply for a job or write a resume. In this issue, we guide youth on how to write their resumes/CVs or how to gain experience without a job and we feature inspiring stories from young people who have persevered against all odds to make a living from their meager start-ups.

This issue comes at a tough time when the entire world is battling the novel coronavirus – COVID-19. Among the unprecedented challenges that have affected our society because of this global pandemic is proliferating the already existing unemployment problem. We have therefore, been deliberate with the content in this issue, with each story speaking to the current status quo and aiming to encourage youth on how to tackle this challenge. We hope that these stories will inspire our young people to actively engage in shaping a more inclusive, peaceful and sustainable society.

Special thanks to you, the contributors to the magazine and all our partners for joining us in championing for the voices of the youth to be heard.

QUIZ

QUIZ

Why does it matter for youth to have a voice? Based on an experience you know, share with us why you think it is important for youth to have a voice and suggest measures of how this can be enhanced.

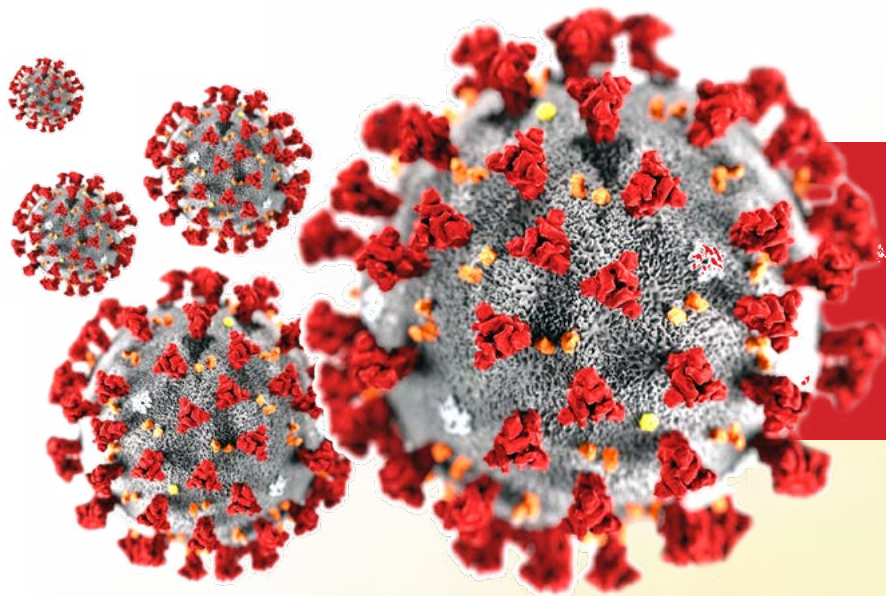
TUGANIRE

Kuki urubyiruko rukwiye kugira ijamba? Ukurikije uko ubibona, dusangize impamvu usanga urubyiruko rukwiye kugira ijamba ndetse utange n'icyakorwa ngo urubuga bahabwa rwiyongere.

Youth contributions to

COVID-19

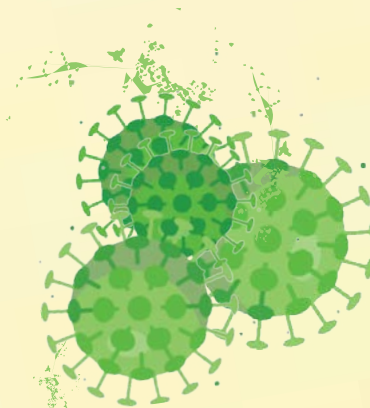
global response efforts



In November 2019, the first coronavirus case was identified in Wuhan, China. In under 5 months, the virus has infected more than 3 million people worldwide with over 200,000 deaths. While fatalities remain the highest in elderly people over 60 years of age, it has been confirmed that youth can catch COVID-19, which can even result into hospitalization.

COVID-19 affects different people in different ways but the most common symptoms include fever, tiredness, dry cough and other flu like symptoms. It spreads easily from one person to another through small droplets from the nose and mouth, when a person with the virus coughs or exhales. These droplets remain viable on surfaces and can easily be transmitted through touching these surfaces then touching our eyes, nose or mouth.

Despite warnings issued to practice social distancing to avoid catching the virus, a few young people in various countries felt like the virus could not affect them and thus ignored the warnings. In response, the WHO Director-



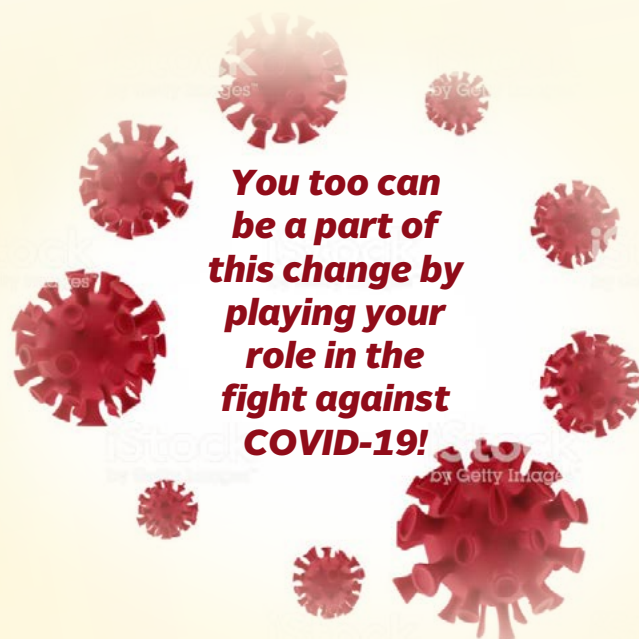
“I have a message for young people: you are not invincible, this virus could put you in hospital for weeks or even kill you.”

Dr. Tedros Ghebreyesus
WHO Director-General

General Dr. Tedros Ghebreyesus in a news conference said: "I have a message for young people: you are not invincible, this virus could put you in hospital for weeks or even kill you." With great efforts from national governments around the world, all people including youth are now staying home and practicing social distancing as a preventative measure.

Staying home does not mean we cannot play a role in global response efforts. In fact, young leaders across the world are on the frontline in the fight against COVID-19 as health workers and in a variety of other professions. Youth have contributed to pandemic response efforts; by respecting government and WHO guidelines to stay home and avoid crowded spaces and by washing their hands often with soap and water.

Additionally, now that the civic space is a digital space, a larger number of youth are contributing to global response efforts by engaging in online activism to battle coronavirus. Digital technology has offered youth a low-barrier-to-entry platform for youth to create content and reach large audiences and has provided more equitable access to people and institutions that they don't often have access to. Youth are taking advantage of this by using their social media platforms to educate their peers and communities about the virus, its symptoms and how to slow its spread. Through various online campaigns,



they are setting and following trends such as #GumaMuRugo and #StayHomeSaveLives to encourage one another to adhere to government regulations.

Furthermore, youth are contributing to response efforts by promoting the spread of accurate information. A young doctor in Benin named Hashim Hounkpatin recently said that "there are two diseases currently spreading around the world in a viral manner: COVID-19 and fake news." Hashim is playing his role in combatting the spread of fear and

misinformation by designing an app that displays trusted knowledge in local languages and allow users to directly interact with experts for help.

The socio-economic effects of COVID-19 have heavily impacted the less fortunate members of the community. Being unable to work means that a great number of Rwandans that live hand-to-mouth are at risk of starving during this #stayhome period. The government of Rwanda is definitely playing its role in supporting these vulnerable members of society by distributing food and other essential items during this time. In the spirit of community, this inspired a group of young Rwandans online to mobilize their peers and followers on Twitter to donate to relief efforts through mobile money and support these vulnerable members of society affected by the lockdown.

It is evident that youth in the country and around the world are playing a role in global response to COVID-19 as communicators, innovators, educators and health workers. As future leaders their participation at all levels in times of a pandemic has demonstrated their ability to drive positive change and the power of amplifying the voices of youth.

You too can be a part of this change by playing your role in the fight against COVID-19!

Ibitekerezo by'urubyiruko: Ni ibiki byakorwa mu guhanga n'ubushomeri?

Uwihozo Claire: Kicukiro

Ubushomeri ni ikibazo gikomeye mu rubyiruko. Njye numvaga ko nimara kwiga kubona akazi bizaba byoroshye gusa ubona ko bikomeye iyo hasohotse umwanya umwe ugahatanirwa n'abantu 1,000 ndetse rimwe na rimwe ukaba ufite uzawujyamo. Hari n'abandi bagenda bakwa ruswa kugirango bakabone cyangwa se hagakora ikimenyane. Bisobanuye ko nubwo ari gake ariko n'abakabona atari abafite ubumenyi cyangwa abagashoboye. Muri rusange iki ni ikibazo gihangayikishije urubyiruko rwinshi nanjye ndimo gusa icy'ingenzi ni ukudacika intege umuntu agakomeza agakora icyo ashoboye cyamuteza imbere.

Mbona igishoboka ari ukwihangira umurimo kuko kwicara ugategereza ntago ari igisubizo. Byaba byiza kandi nanone ukoresheje impano wifitemo runaka yabasha kugufasha gutera imbere kandi ikintu kimwe nemera nuko iyo ubashije guhaguruka ugakora kabone niyo ibyo uri gukora bitaba biguha inyungu yako kanya hari akamaro bizatanga ejo hazaza.

Uwamaliya Emelyne: Gisagara

Ubushomeri ni ikibazo gikomeye nubwo hari bamwe mu rubyiruko babigiramo uruhare bagasuzugura akazi gahemba make. Aho dutuye mu murenge wa Nyanza mu karere ka Gisagara, hari igihe haboneka uturaka duto duto tukabona udufaranga ariko hari n'igihe ibiraka bibura ugasanga twihebye. Mu murenge wacu iyo VUP yatangiye ubukene mu rubyiruko buragabanuka ariko iyo yahagaze usanga tumerewe nabi.

Hari igihe kandi tujya tubona nutwo turaka ariko ugasanga ntibaguhembye nubundi ukaguma mu bushomeri wanakoze ndetse rimwe na rimwe bakayaguha bayariyeho ugasanga ayo uhembwe ntihavuyemo n'itike wakoreshye.

Mbona igikwiriye gukorwa ari ukubanza kwigisha abakiri bato gutangiza igishoro giciriritse ndetse kandi hakajyaho n'ingamba zuko umuntu yajya abona akazi bitamusabye ikiguzi kuko hasigaye harimo icyenewamo n'ikimenyane gikomeye mu mitangire y'akazi.



Uwihoze Claire

Uwamaliya Emelyn

Bikorimana Gerard

Robert Mugabo

Leonie Munderere

Leonie Munderere: Gakenke

Mbona igikwiye gukorwa mu kurwanya ubushomeri mu rubyiruko ari ugukomeza gutanga amasomo ajyanye n'ubumenyi ngiro kugirango barushaho gukomeza kugira ubumenyi mu kwihangira umurimo. Ubumenyi bwakwiye kandi kwibanda ku mirimo iciriritse nko kudoda, gukora no gusana inkweto, gusudira, kuboha n'ibindi...

Ikindi kandi mbona hakwiye gushyirwaho urugaga n'amashyirahamwe ku bantu bafite ubumenyi bumwe mu rwego rwo gukomeza kwihera ngo barebe icyo bakora bashyize hamwe (Urugero nk'urugaga rw'abantu bize ubutabire bashobora kungurana ubumenyi bagakora ikintu runaka).

Bikorimana Gerrard: Nyarugenge

Muri iyi minsi twumva abashishikariza urubyiruko kwihangira imirimo ariko mu

by'ukuri ni ukwirengagiza ko buri muntu wese atavuka ari rwiyezamirimo ahubwo biza ari impano nk'izindi.

Gusa abihangiye umurimo bakwiye gushyigikirwa bityo ibyo bakora bikaba byanafasha urubyiruko kubona aho bimenyerereza umurimo kuko abenshi baba bakeneye ibigo bito bakoramo bimenyerereza bakirangiza amashuri yisumbuye cyangwa za Kaminuza cyane ko hari ubunararibonye baba bakeneye. Birakwiye kandi ko abantu bamaze igihe mu kazi bafite za Dogitora ndetse n'ibindi byiciro bitandukanye bya Kaminuza batangira gushaka ibigo by'imari bakorana maze bagaha akazi abakirangiza kwiga.

Mugabo Robert: Kicukiro

Mu minsi ishize naganiriye n'inshuti yanjye ku bijyanye n'ubuzima bamwe tuba twarakuriyemo ndetse n'uburyo kuvuga

ko uri umukene atari garanti yuko ugomba gupfa uri umukene ahubwo bigengwa n'amahitamo yacu. Muri iki kiganiro twaje gusanga ubushomeri/ubukene butizana gutyo ahubwo hari ibintu tuba dukwiye gukora tutajya duha agaciro nubwo mu buzima hajya haza impamvu tuba tudafiteho ubushobozi mubyukuri.

Ubwu twunguranaga ibitekerezo, twasanze zimwe mu mpamvu zibitera harimo kutigirira ikizere, kutagira amahitamo y'ibyo uzi gukora ndetse nibyo utazi, kubenga akazi bitewe n'umushahara muke ndetse n'izindi mpamvu zaba izumvikana cyangwa zitumvikana. Mu kwanzura, twasanze benshi murubyiruko batajya bafata umwanya wo gutekereza byimbitse kuhazaza habo ari nabyo bituma habaho urubyiruko rwinshi rusaba akazi kuruta kwihangira umurimo.

Nk'urubyiruko dukwiye kugira imitekereze ikerebutse ku bijyanye n'akazi ndetse tugatekereza ibituganisha ku iterambere rirambye. Ibi byatuma dutekereza ko abo twifuza ko baduha akazi igihe runaka abandi bazaza bakagusimbura mu gihe niwikorera uzagenaa ibyo ukora mu gihe ushaka. Nemeranya na mugenzi wanjye twaganiraga ko kugira imitekereze yimbitse nk'urubyiruko byafasha kugabanya iki kibazo cy'ubushomeri.



UNEMPLOYMENT DREAMS IN 24 HOURS

By Oliva Mutoni

In the middle of the night
So soon as the clock strikes in the morning
I heard a dream
I dreamt of a life where I can see
All the things of fantasy
I dreamt of things that get in reel
Where everything looks so surreal
I dreamt of things that I don't have
Where I can find some peace of mind not hearted
I dreamt and fulfilled my desires that my dreams will be a reality in 24 hours

I find myself still awake
Tossing and turning
Thinking and thinking about the day that awaits
When my mind was against me
My mother immediately called me, you, take knowledge
You will eventually find your euphoric key
With this pen
You just need to hold on, hold on

I was at varsity in my comfort zone.
I never knew the reality.
My dreams were unlimited.
The Sky was the limit.

I never knew that today I would be
Sitting here unemployed, so hopeless, comfortless
and ashamed of myself.

Not interested
We regret to inform you that
We are sorry we are not hiring at this time

Getting that email over and over again made me cry in vain
The reality is
To be employed is not about how much you know, but who you know
Corruption, nepotism, ignorance
were the walls that pushed me down into the vanity
Blindfolding me from every reality
it made me fall and never let me stand tall.

All my dreams started fading away
Unemployment became the cause of poverty, conflicts, depression,
Street kids everywhere, children crying,
people dying of hunger
no one is there to hold one's hand, people became beasts.

I couldn't just seat and watch others suffering
you got two arms, two hands, two legs, two eyes,
And a brain to use if you would be wise.

Why be so hopeless to think you can depend on others?
With this equipment you are satisfied,
to start for the top and say "I can."
Invention, creativity, innovation
Is how we make it happen.

Removing our hands from our pockets and hold each other
Supporting made in Rwanda
Forward climbing the mountain of the development so called
iterambere, none is left behind
The chains of holding hands is clear as we are clean
No matter how strong the thunder is
There is no anyone willing to unhold till we reach at the top together
Kugasongero kubunyarwanda.

TACKLING YOUTH UNEMPLOYMENT

Feature article:

The unemployment problem

Unemployment, especially among youth is a growing global threat. It has an impact on both current and future economies, because youth are the hinge for achieving development goals. In Rwanda, youth unemployment rates, though gradually decreasing have led to various consequences.

Several factors contribute to unemployment. The most eminent factor is the lack of skills, knowledge or experience that disadvantages young people. Other factors linked to high unemployment rates among youth include a lack of quality education and relevance to the needs of the labour market, the lack of start-up capital for those looking to be self-employed, economic downturns, population growth and negative perception of employers towards youth. In order to tackle the unemployment problem and address some of the factors listed above, Rwanda must strategically develop its youth to be the drivers of economic growth.

Regardless of the factors highlighted, it has been noted that some youth have no idea about writing CVs. Some of them fail to highlight their experiences and competencies, yet it's what would secure them a job interview. Based on tips from different experts,



youth oices has highlighted some of the tips on how to write a CV that stands out and how to gain experience, skills even with out a job.

How to write a CV

A CV, also known as a resume is a short personal marketing document. A good CV should highlight why you're the best person for the job by telling prospective employers about your educational background, professional history and skills, abilities and achievements. A CV is an outline, therefore, it should be short and precise, preferably not exceeding 2 pages.

What to include in your CV

1. Name, professional title and contact details
2. Personal statement: a short paragraph below your name and contact details giving an overview of who you are and what your career goals are
3. Academic Background: in reverse chronological order, showing the names of the institutions attended, the dates you were there and the qualifications obtained, starting with the most recent
4. Work experience: also in reverse chronological order, listing each place of employment, the dates you worked there, position of employment, and a summary of the job description.

*Pro-tip: it helps to choose the duties most relevant to the job you're applying for, especially if it's a long list

*Pro- tip: internships and volunteering also fall under this section

5. Key skills: detail four to five abilities that you posses that will be relevant and beneficial in the role you are applying for
6. Languages: if you speak more than one language list it on your CV as it increases your job prospects

What NOT to include in your CV

1. A photograph of yourself
2. Age and date of birth
3. Marital status

Helpful tips and tricks: How to gain work experience and skills without having a job

Source: YALI

Often, youth face a big disadvantage when applying for jobs. Almost all jobs require experience, yet these young people have spent almost their entire lives in school. However, youth can still gain experience and skills without having a job, here's how:

1. Become an intern: Internships can be a great way to gain experience in a specific field. As an intern, you'll gain valuable, relevant skills and direct workplace experience. They can help connect you to a network of professionals who may someday be able to hire you or provide a reference.
2. Volunteer for a cause: Volunteering is an excellent way to build experience

and gain references while also helping your community. Volunteer for as much responsibility as you can.

3. Educate yourself: Many employers look for skills and experience rather than degrees or certificates. There are plenty of ways to expand your knowledge in your field of interest outside the classroom: take online, non-credit courses or audit classes, enroll in special training or professional development or courses.
4. Create your own work: Can't find the right opportunity? Create it yourself. Figure out how to turn your passions into experience. Become an entrepreneur and start a nonprofit or business, no matter how small. Maybe you notice a problem or challenge in your community. Figure out a solution and implement it. Even if it doesn't turn into a full-time job, you'll develop expertise you can put on your resume
5. Think creatively: If you lack traditional experience, find creative ways to present facts about yourself to highlight your skills in an unexpected way. If you find a place where your CV looks sparse, take a broader look at what you've done—clubs you've participated in, hobbies, volunteer work, events you've attended—and ask how any of those might be relevant to the job you want. What skills did you use in each of those activities? What did you accomplish?

Q&A:

Aristide Mugabe

Imyaka 32, umukinnyi wa Patriots BBC

“Biragoye ko mwaba mwirirwa mwiruka mu kibuga, mwakora ikosa bakabahanira hamwe maze ngo ubone umwanya wo gutekereza ko hari ibyo utandukaniyeho na mugenzi wawe, siporo yubaka ubumwe kandi igahuza abantu”.

“Mu ikipe niho haba abantu benshi bafite byinshi batandukaniyeho kandi barabirenga bakabana neza bagahuriza hamwe...kuki muri sosiyeti isanzwe kubana byananiye abantu kandi batamarana n’igihe kinini?”

Aristide Mugabe wo mu bwana yari muntu ki?

Aristide ni umwana wakuze ari mu murongo wo kwiga agakina umupira w'amaguru bisanzwe ariko utari ushabutse cyane, wakundaga kwiga, kuba mu rugo akenshi ataba ari gukina akaba ari muri bikorwa bya kiliziya nko guhereza n'ibindi. Numvaga ninkura nzaba impuguke muri siyansi cyangwa umukinnyi w'umupira w'amaguru ukomeye.

Nyuma yo kubura umubyeyi na bamwe mu bavandimwe bawe muri Jenoside, hari uruhare byagize mu ntego z'ubuzima bwawe? Ni uruhe?

Navuga ko hari icyo byahinduye gikomeye kuko icyo ufite umubyeyi umwe uritwararika . Iyo ukuze warabuze umubyeyi n'abavandimwe bituma ukura imburagihe ndetse bigatuma hari intera usimbuka z'ubwana. Ugomba kuba ku murongo ngo utarushya umubyeyi cyane ko ntawundi barumuna bawe baba bareberaho, niba ari mu ishuri ntiwangize amahirwe kuko umubyeyi biba byamuvunnye. Ibi byose byagize uruhare mu byemezo nagiye mfata mu buzima bwanjye.



Ese nk'umuntu ukiri muto warebaga imbere ukabona ikizere, mu mutwe wumvaga bimeze gute?

Nagize amahirwe ngira umubyeyi (Mama) warwaniye ishyaka umuryango ndetse agerageza gukora ibishoboka byose ku buryo numvako nta kintu mbuze. Gusa ibiyumviro byo kubura papa ntiyari kubihindura kuko byahoraga bingarukamo. Gusa kuko ntacyo nari kubihinduraho kandi cyari ikibazo rusange gihuriweho n'abanyarwanda benshi, nagombaga kubyakira ubuzima bugakomeza.

Ni gute sports yafashije komora ibikomere no kunga abanyarwanda nyuma ya Jenocide yakorewe Abatutsi haba ku giti cyawe no ku banyarwanda muri rusange?

Nihereyeho, siporo ni ikintu cyunga abantu kuruta ibindi bintu byinshi, mu ikipe uko mugenda mukinana mugenda muba umuryango kurutaho, ku giti cyanjye siporo yagiye impa abavandimwe b'ingeri zose ku buryo ntigeze niheba ngo numve ndi nnyenyine.

Muri rusange, siporo yabaye umuyoboro wo kunga abanyarwanda mu buryo bukomeye. Nk'abantu bafana ikipe imwe bagiye bisanga biyumvanamo kurusha uko wabinyuza mu

buryo bwa politiki, amadini n'ibindi. Iyo bagiye gufana batahiriza umugozi umwe, bakicarana ndetse bagahuza intego.

Nkuko ubikomojeho mu ikipe habamo “Ubudasa-Diversity” bushingiye ku myaka, inkomoko, ururimi n'ibindi...mu bigenza gute ngo hatavuka amakimbirane?



Navuga ko sporo ubwayo ni ururimi rumwe. Umwe ashobora kuva muri Congo afite imbaraga z'umubiri, undi akava mu Rwanda afite amayeri atandukanye, gusa tukabihuza twese tugamije intego imwe. Aho waba uturuka, imyemerere waba ufite, intego iba ari imwe yo gutsinda ikipe duhanganye. Twisanga twahuje maze ubudasa bwacu bukaba ingufu zo gutahiriza umugozi umwe tukagera ku ntego.

Tukugarutseho, ni iki gituma amakipe wakiniye yose yaba Espoir BC, Patriots, n'ikipe y'igihugu bakugirira

ikizere cyo kubabera kapiteni, weho ubona cyangwa abandi bakubwiye ko ari iyihe mpamvu?.

Buriya abantu nibo babimenya neza, gusa nnyewe ntekereza bagiye bangirira ikizere bitewe n'impamvu ikipe ya mbere nabereye kapiteni (ESPOIR) yagendeyeho. Muri Espoir nabereye

kapiteni abakinnyi benshi banduta kandi tukagenda twitwara neza, nkeka ko iyi ariyo mpamvu ahandi hose bagiye bambonamo impano yo kuyobora.

Mu miyoborere yanjye, ntanga igitekerezo noneho tukareba igihuriweho n'abantu benshi. Ikindi kandi kuyobora abandi bisaba kuba uri wa muntu ushobora gufasha ikipe kwivana mu kibazo runaka, bagenzi banjye mpora mbabwira ko tutagomba gutsindwa, uko nemera ko utsindwa ari uko iminota yarangiye. Ntekereza ko ari ibyo kuko ntabwo ntinye kandi ndi umuntu uhorana icyizere.

Ufatanya gukina n'akazi gasanzwe, ni gute ubikora byose kandi ugatanga umusaruro wifuzwa, izo mbaraga uzikura hehe?

Buriya ikintu ukora ugikunze biragoye kukireka cyane iyo ubikora ukabona biragenda. Ikindi kuva natangira gukina, nakinaga niga kuva mu mashuri yisumbuye kugeza muri Kaminuza, navugako nize gukora ibintu bibiri. Gusa bisaba kwigombwa ibindi bintu ukunda, bisaba gukoresha igihe cyawe neza ndetse kugira ikipe ibigufashamo. Kuri njye navuga ko Basketball ari ubuzima, ntabwo nabireka kereka igihe nzaba numva ntakibashije gutanga imbaraga zafasha ikipe.

Sosiyeti ifata abakinnyi nk'abantu bakunda iraha, Ni gute abakinnyi bakwiye gukoresha impano no kumenyekana bafite mu gukemura ibibazo sosiyeti ihura nabyo ndetse no gukorera ubuvugizi bagenzi babo batagize amahirwe nkayabo”?

Abantu b'ibyamamare ndetse n'abakora siporo by'umwihariko ndabasaba gukoresha igihe cyabo neza, bakamenya ko hari abantu benshi babareberaho, kandi bakaba intangarugero muri sosiyeti birinda gukoresha ibiyobyabwenge, n'indi myitwarire idahwitse ikuvana mu murongo. Kugira imyitwarire myiza muri rusange bigufasha gukina igihe kirekire kandi neza ndetse ntan'ikintu biba bitwaye. Ushobora kwishimira ubuzima kandi uri mu nzira nziza, bikagufasha mu mwuga wawe ndetse bikagena uko tuzabaha twarasoje gukina.

Ni iki wabwira abakiri bato bifuza kugira siporo umwuga mu gihe Sosiyeti igifata bakuru babo nk'abantu bakunda iraha?

Ikintu nabwira abana nuko iyo ukoze siporo neza ishobora kukugeza ahantu hose ushaka. kuri ubu nka Basketball hari abantu yishyurira amashuri, hari abafite ingo itunze, hari abakora mu bigo bitandukanye bakina. Hari Abakinnyi b'ikipe y'iguhugu bababye abakinnyi beza kandi sosiyeti nta kibazo ibafiteho, abo berekana ko ushobora kuba umukinnyi mwiza, ukaba icyamamare kandi ukitwara neza.

Ni ubuhe butumwa waha abana bakiri bato mu bice bitandukanye by'igihugu bafite inzozi nyinshi ariko babona bitoroshye kuzigeraho kubera ubuzima babayemo"

Ubutumwa nabaha ni ukubabwira ngo kora neza icyo ugomba gukora, aho uri kuko ntabwo uba uzi ukureba. Nkanjye nkitangira gukina ntabwo nari nziko nzizasanga hano, naharaniraga kuba umukinnyi mwiza ku ishuri ntabwo narinziko

hari abatoza bandeba, ukumva umutoza w'ikipe y'igihugu y'abatarengeje imyaka runaka aragushaka ukibaza aho yakubonye. Nababwira ngo bkore cyane igihe amahirwe yabo azazira azasange bari mu buryo bwiza bwo kuyafata.

Abakinnyi benshi bagira imyumvire runaka (Mentality), imyumvire ya Aristide ni iyihe?

Nemera ko umuntu agira aho imbaraga zigarukira, gusa aho dutekereza ko imbaraga zacu zigarukira ni hafi kurusha aho zigera . Ngomba gutanga ibyo mfite byose nkarenza naho ubushobozi bwanjye burangirira kugirango nihagira ikiba ntaza kwicuza ngo nari kuba nakoze iki n'iki.

Nusoza gukina Basketball, ni iki waharaniye cyangwa se wifuza abantu bazasigara bavuga kuri carrier yawe?

Mu gihe nkiri mu kibuga mba nshaka guhora ndi umukinnyi mwiza kugirango ni nsoza gukina ntazavuga ntazicuza icyo ntakoze. Mu gihe nzaba narakoze ibyo nagombaga gukora ntekereza ko ibikorwa bizivugira kurusha uko nashaka ko njye banyibuka. Ikindi kandi ibyishimo nzaba naragiye mpa abantu cyangwa abato bagiye banyigiraho haba mu kwitwara neza, mu

gukina no mu kinyabupfura bizatuma benshi banyibuka abandi bankureho isomo.

Hari abana bakiri bato bacengezwamo ingengabitekerezo ya Jenoside n'ivangura aho gutozwa gukurikira impano zabo , ni ubuhe butumwa ubaha?

Iyo ushaka gutera imbere ukusanya ingufu kurusha gutatanyabantu. Nkanjye siporo yanyigishije ko umuntu wese afite icyo ashoboye kandi yagufasha mu buzima utitaye ku gace aturukamo cyangwa imiremere ye. Ingengabitekerezo y'ivangura cyangwa ironda rishingiye kucyo aricyo cyose rigenda rica intege sosiyeti muri rusange kandi niyo soko y'inzangano, intambara umutekano mucye n'amahoro kandi nta gihugu cyateye imbere kidafite amahoro amahoro.

Ubwanditsi: Aristide Mugabe yavutse ku itariki ya 11 Gashyantare 1988 avukira i Huye mu ntara y'Amajyepfo, akaba ari ubuheta mu muryango w'abana batatu.

Aristide Mugabe, imyaka 32, umukinnyi wa Patriots BBC, akaba na kapiteni w'ikipe y'igihugu ya Basketball y'u Rwanda akaba yaragiye afasha amakipe yakiniye gutwara ibikombe bitandukanye.





Ubuhamya: Ababyeyi banze kumushyigikira, ntiyareka impano ye yo gukora Filimi

ko ninkomeza kujya kurangazwa n'ibintu by'amafilimi bazahagarika kunyishyurira amashuri. Narabyirengagije ndakomeza kuburyo bahagaritse ubufasha bwose bampaga bwamfashaga kwiga, ndibuka ko navaga Kabeza n'amaguru nkajya I Gacuriro mu kigo cyahoze kitwa Rwanda Cinema center ubu ni (Kwetu film institute) nkirirwayo nagiyeye kwiga gukora filimi nta kurya kandi ngataha n'amaguru.



Kwihangira umurimo abinyujije muri filimi

Nitwa Nambajimana Pascal, natangiye gukora filimi kuva mu mwaka wa 2000, iki gihe nari nkiri umwana muto aribwo natangiye gukora mu mishanga ya filimi itandukanye nka "100 days" nakinyemo ndi umukinnyi ufasha guherekeza inkuru (figurant). icyo gihe nayikinyemo niga mu mwaka wa mbere mu mashuri yisumbuye, aho kugirango banshyiremo nageze urugendo rw'amasaha atanu mu bwato buva ahantu hitwa Mugonero rugera mu muji wa Karongi aho filimi yariri gukorerwa.

Nakomeje kugenda mbikora ubundi ngacika intege, ariko nyuma nza kwiyemeza kwegurira ubuzima bwange filimi, nigaga muri kaminuza ya y'Abadivantisiti ya "AUCA" iherereye I Masoro. icyo gihe umuryango wambwiye

Umuryango umaze gukuraho inkunga zose, numvise mbaye nkucitse intege ariko birangira mbonye amahirwe yo kujya kwiga ibijyanye n'filimi muri Tanzania ndetse niyemeza guhita mbyegurira umutima wanjye wose kuko ariyo mahirwe nari nsigaranye. Kugeza ubu birantunze kandi mfite ikizere cyo kuzarenga imbogamizi ngihura nazo nkigeza kuri byinshi.

Zimwe mu mpamvu zatumye nkunda ibijyanye no gukina filimi nuko numvaga nzikunze ndetse numvako ninziyamo nzabasha kuba nahindura imyumvire n'ibiyumviro by'abantu mu buryo butandukanye. Ikindi kandi filimi ni igikoresho cy'itumanaho gifite imbaraga kurusha ibindi byose mu guhindura imico n'imyifatire no gutanga ubumenyi ku muntu. Ni muri urwo rwego kandi niba filimi ari igikoresho gifasha mu guhindura imico n'imyifatire no guha ubumenyi ikiremwa muntu, yaba igikoresho

kiza mu kuzana amahoro mu bantu cyane ko ishyira umuntu mu bihe cyangwa ibiyumviro runaka ikanamwerekana uko yabivamo n'ibyiza cyangwa ibibi yabiboneramo.

Hari film nyiinshi zitandukanye zagiyeye zifasha abantu kuva mu bihe bibi barimo bakabasha guhindura ibiyumviro n'imitekerereze, zigakoreshwa mu bikorwa bitandukanye byo kubaka amahoro kandi bigatanga umusaruro mwiza. Ntanze nk'urugero, mfite Filimi yitwa Dead nayikoze nyuma yo kureba ikibazo kiba mu rubyiruko, aho abahungu baba bamwe na bamwe muri ghetto bararura abakobwa bakabazana bakamarana igihe ababyeyi baba kenshi batanabizi kuburyo hashobora kuvuka ibibazo bitandukanye nko gutwara inda, kwandura indwara zidakira, kuba imbata z'ibiyobyabwenge ariko ababyeyi ntibamenye ibiri kuba kubana babo. Iyi filimi rero ihwitura urubyiruko kudashukwa n'ibihe bagezemo ngo bibarushe imbaraga batwarwe nabyo ahubwo ko batekereza kuri ejo hazaza heza.

Ubwanditsi

Prosper yize filimi biciye mu mahugurwa atandukanye ariko noneho anabyigira nk'ishuri dore ko yiteura guhabwa impamyabumenyi diploma mu ikorwa rya filimi ayivanye ku masomo yize kuri gahunda yitwa iyakure (online) mu ishuri rya Colombia university ryo muri leta z'unze ubumwe z'abanyamerika.



CREATIVITY CORNER

*Ubuhamya: Komera ku mpano yawe
Bimwe mu bihangano nakoze*

Ubuhamya: Komera ku mpano yawe

Nitwa Habimana Venuste, mfite imyaka 35, navukiye mu karere ka Rulindo mu ntara y'Amajyaruguru ahazwi nko kuri Nyirangarama. Natangiye kugerageza gukora ubugeni mfite imyaka 12 gusa. Ababyeyi banjye babonaga ibyo ndimo bindangaza bikambuza kwiga ariko impano igakomeza ku nkurura nkisanga ndi mu ibumba ndi kureba uko nakwigana ishusho y'umuntu cyangwa ikintu runaka.

Nyuma yuko ababyeyi bakomeje kubirwanya nakomeje kubikora nihishe ariko nkakunda no kwiga cyane. Nakomeje kumva impano inkurura nnyenda nkora udutako dutandukanye, nyuma uko nagendaga nkura nibwo ababyeyi banjye babonaga mfite umuhate niga nkazana amanota meza bageraho babona kubifatanya no kwiga bizakunda batangira kunshyigikira.

Nyuma yo kurangiza amashuri abanza ntegereje kuzajya muyisumbuye, natangiye gukora ibihangano ndetse ntangira kubibyaza amafaranga, aribwo nakoze igihangano kiri kuri Nyirangarama I Rulindo, maze Sina Gerard (Nyirangarama) aragikunda atangira kumba hafi ndetse ntangira gukora n'ibindi bihangano byinshi.

Muri iki gihe nari maze kumenya gukora ibihangano byiza, aribwo umuryango Imbutu Foundation wateguraga amarushanwa yabafite impano zitandukanye maze ndayatsinda.

Guhera ubwo, Imbutu Foundation yakomeje kumpa byose nkeneye harimo amahugurwa ahambaye, banyigisha gukora ibihangano bifite

inyigisho zahindura abantu ndetse n'uburyo nakoresha impano yanjye ikabasha kuntunga, gutunga umuryango wanjye no gutanga umusanzu wanjye nk'umuturawanda.

Bimwe mu bihangano nakoze

Ishusho iri kuri Sonatube y'umugabo uvuza ingoma n'abakobwa babiri babyina yavuye mu gitekerezo cy'umuji wa Kigali aho bashakaga igihangano cyaha karibu abaza mu Rwanda, kigaragaza umuco ndetse n'indangagaciro abanyarwanda basanganywe zo kwakira no kwishimira ababagana.

Umunyabugeni witwa Bushayija Pascal niwe wampaye igitekerezo cyo gukora umugabo uvuza ingoma n'abakobwa bashayaya, bishimye bameze nkaho bigaragaza urugwiro kubaje babagana.

Nitabiriye kandi Ubuhanzi Arts maze mba uwa kabiri aho nari nagaragaje umugabo ujyanye abana ku ishuri, yambaye umunyururu uciye, agendera mu mabuye ndetse afite inyota igaragaza ko mu rugendo rw'iterambere tugomba kugaragaza inyota yo kwibohora mu buryo bwose.

Mu bindi bikorwa nakoze harimo ikibumbano kiri kwa Nyirangarama kiri mubyo nahereyeho nkiri muto kigaragaza umuntu witanga akazimanira abantu bamugana aho bamwe bagenda hakaza abandi ndetse kandi n'ibyo atanga ntibishire mu bigega. Bivuze ko iyo umuntu ahaciye ashonje abona ibyo yakirizwa agashira inzira n'inyota kandi n'abaza nyuma ye bakabona amazimano.

Ubwanditsi

Muri iyi minsi, abantu benshi muri Afurika, cyane cyane muri Nijeriya na Kenya, bakoresha ijambo “Slay Queen” kugira ngo basobanure umugore ukunda kwerekana ubuzima bwe buhebuje kabone niyo yaba atuye mu manegeka ariko agaharanira kuguma agaragara neza.

Ijambo ryagize ibisobanuro byinshi kandi bitandukanye ariko ukurikije Urbandictionary.com “Abakobwa bato ndetse b’abapfapfa batajya bakundana n’abagabo bakennye. Bamara amasaha kuri Snapchat na Instagram berekana ibintu badafite”.

Gusa kandi habaho n’abagabo bafite imitekerereze nk’iyo bazwi nk’aba “Slay King” aho basobanurwa gutya “Umugabo cyangwa umusore utakwigurira icyo kunywa. Nta kazi afite. Nta nzu afite, udakunda kuvunika kandi akundana n’ abagore bakuze”

Benshi bemeza ko gushyingiranwa numwe muri aba bitoroshye kuko gushyingirwa ari inshingano isaba ubwitonzi ndetse kandi hari byinshi baba babura ku muntu wifuza kuba yakubaka urugo rugakomera.

Hari inyangiko zigaragaza ko kugirango umuntu agire imyitwarire nk’iyo hari ubwo bituruka ku babyeyi aho hari ababyeyi bavuga ko batazigera bemerera cyangwa ngo bishimire abana babo mu gihe bazaba bashakanye n’umuntu udafite amafaranga cyangwa utava mu miryango yifashije. Hari kandi abemeza ko sosiyeti ariyo ibigiramo uruhare guha agaciro ubutunzi cyane bituma abantu bamwe bumva ko baruta abandi kuko bafite konti nini muri banki.



Imyitwarire y’ Abaslay queen & king ishobora kukugiraho ingaruka zitandukanye ahanini zishingiye ku buryo sosiyeti iba igufata n’umuntu ukunda ubuzima bworoshye, wibera ku mbuga nkoranyambaga ugaragaza ibyo udafite ndetse nibyo waba wakoze mu mbaraga zawe abantu bakumva ko ari bantu bakuze (abagabo, abasaza, abagore bakuze, abacyecuru) babiguhaye ngo musambane.

Indi ngaruka ikomeye bigira ku buzima bw’umuntu nuko bishobora kukuviramo ingaruka nyinshi zirimo nko kwishora mu biyobyabwenge, gufatwa ku ngufu, gutakaza ishuri, gutwara inda zitateguwe ndetse no kwandura indwara zandurira mu mibonano mpuzabitsina bikarangira ubuzima bwawe bwangiritse burundu.

Ibi byose kandi bikugiraho ingaruka zo kubura amahirwe atandukanye mu buzima kuko sosiyeti igutera ikizere, benshi baba bagufata nk’umuntu wiyandarika, ukunda ubuzima bworoshye, bityo kuba wabona amwe mu mahirwe mu buzima bikakugora kuko benshi baba babona ntakindi washobora gukora. Ibi kandi bishobora kukugiraho ingaruka mu rukundo no gushinga urugo cyane iyo waramenyereye iraha no kuryoshya n’abantu batandukanye.

Urubwiruko rukwiye kugira indangagaciro ziranga abanyarwanda, bakamenya gutandukanya kwihisha agaciro no gushaka ubuzima mu nzira mbi ndetse ibyo badasobanukiwe bakabasha kugisha inama ababyeyi babo, abarimu, abanyamadini n’abandi bashobora kubabwira ibintu bishobora kubagiraho ingaruka mu gihe kiri imbere.

Urubyiruko rubyumva gute?

“Ubundi kuba umuslay queen ni mu mutwe, gusa bikunda kugaragara iyo ufite ubushobozi bwo kwiyitaho ndetse no kugaragara uko ushaka ko bakubona. Bakunda kwishyira hejuru no kumenyana n’ibyamamare, guhahira mu masoko ahenze ndetse no kuba atagendana cyangwa ngo agire aho ahurira n’abakene harimo nabo mu muryango we. Bakunda kwirya kuko nabo ubwabo baba biyumvamo ubwiza kandi bishoboye.

Kuba umuntu yamuba nyewe ntabwo mbifata neza, ni ibintu bituma umuntu yishyira hejuru ndetse kandi na sosiyeti yacu igutakariza icyizere by’umwihariko kuko bitajyanye n’umuco w’iwacu. Ikindi kandi hari abana benshi babigana cyangwa babareberaho bikabaviramo ingaruka zo gutwara inda zitateguwe, gutakaza amashuri n’ibindi.”

– Iradukunda Providence

“Aba “slay queen” bumva bari hejuru y’abandi mu bwiza, barirya cyane haba mu migendere, mu mivugire bagakunda

kwambara no kwisiga amavuta ahenze. Ikindi kandi bakunda gusakaza ubwo bwiza bwabo ku mbuga nkoranyambaga ndetse rimwe na rimwe bagashaka amafaranga mu nzira zose zaba inziza n’izipfuye kugirango bakomeze kugaragara uko bashaka.”

– Kamaliza Solange

“Nubwo nta bumenyi bwinshi mfite kuba “Slay Queen”, gusa numva ko ari abakobwa bakunda ubuzima bworoshye, bakunda iraha ndetse no kubaho neza ariko batavunitse. Akenshi batanga imibiri yabo ikaba ibikoresho by’abagabo kugirango babone amaramuko ndetse bakunda gushyira ubuzima bwabo ku ka rubanda.

Ku bwanjye numva umwari w’i Rwanda akwiye kugira indangagaciro, tugahaguruka tugakora tukabaho n’ubuzima twahisemo kandi twabigizemo uruhare. Sinabiza umuntu amahitamo ye kuko benshi birabatunze gusa icy’ingenzi nukureba ingaruka zirimo ndetse n’igihe bizamara.”

– Uwihozo Claire

“Bamwe bavuga ko ari bantu bazi kwiyitaho ndetse badashaka gusaza, mbega bagahora bitwara nk’abangavu ndetse barangwanogukunda kubahomu buzima buhenze ndetse bakunda kurya amafaranga y’abagabo bakoresheje ubwiza bwabo. Nigeze kuganira n’inshuti yanjye ugerageza kwitwara nabo ambwira ko zimwe mu mpamvu zishobora gutuma umuntu aba umuslay queen ansubiza gutya “Ndambiwe kubaho mbabazwa mu rukundo kuko abahungu mwese mwabaye bamwe. Nguye kuzajya mbakura (Gukura amenyo) kuko namwe muba mushaka kuryamana natwe mwamara kubigeraho mugahita mutwanga”. Ibi byanyeretse ko hari ababiterwa no guhemukirwa mu rukundo, mu rushako bagahitamwo kwiyandarika bashaka amafaranga.”

– Rurangirwa Peter

Ijambo rya mukuru:

Amayira abiri ku cyemezo cyo gutegereza no gukora imibonano mpuzabitsina mbere yo gushyingirwa

Regine Abanyuze Ntaganda, Umubyeyi

Njyewe nakuriye mu mahanga, ababyeyi bacu batubwiraga ko gukora imibonano mpuzabitsina utarashaka bitemewe, ikindi twubahaga amategeko icumi ya Kiliziya aho twari tuziko ubusambanyi ari icyaha cyangwa urunuka kandi gihanwa n'Imana.

Ababyeyi bacu wasanga barikumwe n'abana igihe kinini ku buryo wasangaga buri mwanya uri kumwe nawe akaguhaha impanuro ariko ubu ababyeyi bihugiyeho cyane ku buryo batabona umwanya wo kuganiriza abana. Gusa kandi hari ababyeyi baba batazi icyo gukora cyane biturutse ku mateka y'iki gihugu bityo nabo ugasanga ntibigeze bagira ababarera.

Mu gihe cyacu iyo umukobwa yatwaraga inda wasangaga bifashwe nk'amahano ndetse hari ababyeyi bamwe babashyiraga mu nzu ku buryo badasohoka bakazabyara ntamuntu wo hanze ubimenya cyangwa se akamwohereza kwa benewabo ba kure kubyarirayo kugirango abaturanyi batazabimenya kuko byafatwaga nko kunanirwa kurera. Wasangaga unyuraho abantu bose bakavuga ngo dore wa muntu wabyaye ikinyendaro, ugasanga umubyeyi n'umwana bahawe akato.

Njyewe ntabwo nemeranya n'urubyiruko bakora imibonano mpuzabitsina batarageza igihe kubera ko bashobora kwandura SIDA



n'izindi ndwara. Ikindi kandi no kumva ngo umwana wo kwa kanaka afite ingeso yo gusambana ni igisebo bitesha agaciro ndetse bigatera igitutu cy'urungano. Ikindi kandi umwana usambana igihe cyose yumva ko yakoze icyaha bikamutera ipfunwe ugasanga ahorana impungenge, aricuza, noneho bigatuma yiheba. Ibyo byose iyo abinyuramo ntabwo ashobora kuba intangarugero, kwigirira ikizere kuko aba yatakaje indangagaciro.

Muri iki gihe haba mu cyaro cyangwa mu muji hari ibishuko byinshi gusa abakiri bato bakwiye kwirinda imico yabaganisha kuri ibyo bishuko harimo nk' impano zigamije kugukurura,

kwirinda kurarikira amafaranga utavunikiye, kwirinda lifuti z'abagabo ku bakobwa no kwirinda igitutu cy'urungano. Ibi byose bituma ugira umupaka mu buryo umenya ikibi n'icyiza hanyuma icyo udasobanukiwe ukagisha inama ababyeyi, kwirinda kunywa ibiyobyabwenge no guhagarara kubyo wizera.

Ku bijyanye no gukundana, abantu bakiri bato bakwiye kumenya ko kugira inshuti ntaho bihuriye no gukora imibonano mpuzabitsina. Ibyo biza nyuma, gukundana ntacyo bitwaye, gusa si impamvu yo kwishora mu mibonano mpuzabitsina. Ibi byose kandi ababyeyi babigiramo uruhare. Kutaganiriza abana babo ngo babereke ibibafiteho ingaruka ahubwo ugasanga ababyeyi baravuga ngo abana baratunaniye. Njye nemera ko nta mwana unanira umubyeyi ahubwo amufata yaramaze kwangirika agashaka kumuhana icyo gihe.

Iyo ushaka kurera umwana ngo umutoze ingeso nziza ushyiraho imirongo ntarengwa kandi ukamwereka impamvu yabyo. Nk'urugero umumama yigeze guhamagara kuri Radio avuga ati "Kurera abana b'abakobwa biragoye, ngira Imana kuberako nabyaye abana b'abahungu". Urumva ko hari ababyeyi babana n'imyumvire mike kuko ari abahungu nabo bashobora gukora imibonano mpuzabitsina bakarwara SIDA, kurera n'ibindi.

Icyakora, ni ngombwa kubwizanya ukuri ko urubyiruko rwose rudashobora kwifata kugeza rujejeje igihe cyo gushinga urugo. Mubyukuri,

“Kurera abana
b'abakobwa biragoye,
ngira Imana kuberako
nabyaye abana
b'abahungu”.

ukurikikije uburyo ubusambanyi bugenda bwiye mu isi ndetse n'uburyo abantu bahura mu buzima busanzwe, birashoboka cyane ko urubyiruko muri iki gihe rushobora kwishora mu mibonano mpuzabitsina mu buryo bworoshye .Ni muri urwo rwego, Inyigisho zirebana n'ubuzima bw'imyororokere zigomba kwinjizwa mu mashuri kugira ngo urubyiruko ruhabwe ubumenyi bakeneye mbere yo kwishora mu mibonano mpuzabitsina.

Mu kuganiriza urubyiruko ubuzima bw'imyororokere, abantu bakwiye kwirinda kubyita kirazira cyangwa amahano kuko biri mu bituma urubyiruko rugira isoni zo kugisha inama zikwiye, ndetse bikarubera imbogamizi zo gufata ingamba zijyanye no kwirinda indwara zandurira mu mibonano mpuzabitsina nka virusi itera sida ndetse n'inda zitateguwe.

Niba utarashinga urugo utekereza gukora imibonano mpuzabitsina, dore ibintu bike

ugomba kuzirikana mbere yo gufata iki cyemezo:

1. Menya neza ko ugiye kubikora witeguye ndetse utabihatiwe - Kubyumvikanaho ku mpande zombi ni ingenzi
2. Hitamo uburyo bukunogeye bwo kwirinda: Ni ngombwa kwirinda indwara zandurira mu mibonano mpuzabitsina ndetse no gutwita imburagihe. Gukoresha agakingirizo ni bumwe muburyo bwiza bwo kwirinda ibi byombi cyane ko kaboneka mu buryo bworoshye.
3. Kwipimishakenshi (buri mezi 3 niba bishoboka) kwipimisha indwara zandurira mu mibonano mpuzabitsina bigomba kwitabwaho, ukaba wakwipimisha ku ivuriro rikwegereye niba ukunda gukora imibonano mpuzabitsina n'abantu batandukanye. Birumvikana ko ubushobozi buke ari imbogamizi yo kugera ku buryo bwo kwikingira, kwipimisha cyangwa kubona amakuru ajyanye n'ubuzima bw'imyororokere. Niyo mpamvu inyigisho z'ubuzima bw'imyororokere zikwiye kwigishwamumashurikugirango abanyeshuri baturutse mu ngeri zitandukanye babone amakuru n'uburyo bwo kwirinda ku buntu kandi mu buryo butabagoye. Gutanga ubumenyi ku buzima bwimyororokere no kwegereza urubyiruko uburyo bwo kwirinda ntibikwiye gufatwa nko gushishikarizwa gukora imibonano mpuzabitsina ahubwo ni ingamba zo gukumira imbogamizi zishobora kuva mu mibonano mpuzabitsina idakingiye.

Ubuzima bw'imyororokere



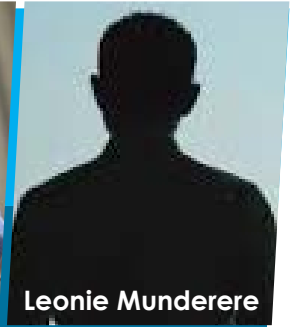
Uwihoze Claire



Bikorimana Gerard



Robert Mugabo



Leonie Munderere

Babyumva bate: Ni iki urubyiruko ruvuga ku gukora imibonano mpuzabitsina mbere yo gushyingirwa?

Uwihoze Claire

Mu byukuri iki kibazo cyugarije ingeri zose z'urubyiruko haba ku ishuri no muri sosiyeti tubamo. Nkaho ntuye usanga hatabuze abangavu nka babiri batwaye inda mu mwaka, ku ishuri naho nuko. Byumvikana ko hakenewe imbaraga nyinshi kugirango iki kibazo kigabanuke.

Mu myemerere n'imyumvire yanjye, gukora imibonano mpuzabitsina urubyiruko ntabwo bitureba kuko tuba tutarabyemererwa mu buryo bwose. Gusa ntibibuza urubyiruko rw'inshi kwishobora mu mibonano mpuzabitsina arinayo ntandaro y'ibibazo byinshi urubyiruko ruhura nabyo nko kubyara inda zitateganyijwe, gufata inshingano zo kurera nawe ukirerwa bikarangira bikwiciye ubuzima.

Iyo kwifata byanze, ni byiza kwikingira cyangwa se kuba wafata ikininiki kurinda gusama, ariko burya uko urushaho kugira ibintu akamenyero

birangira wumva ari ibisanzwe igihe kikagera ukibagirwa kwikingira. Ibi kandi bishobora kukubera ingeso ishobora kukubera karande ubuzima bwose ugasanga utangiye guca inyuma uwo mwashakanye kandi byaratangiye ari akantu gato kagenda gakura.

Leonie Munderere

Gukora imibonano mpuzabitsina kubatarashinga urugo, bigabanya ukwizerana hagati yabo, bikagabanya ibiyumviro by'urukundo kuko nta numwe uba ufite amatsiko kuwundi, rimwe na rimwe bikanatuma bubahukana. Iyo hajemo guterana inda buriwese bimubera ikibazo kuko baba batarabyiteguye. Byakabaye byiza imibonano mpuzabitsina ikozwe n'abashakanye kuko baba bafite intego bari kuyikora.

Robert Mugabo

Gukora imibonano mpuzabitsina ku bantu batarashinga urugo ni sakirirego nubwo nta tegeko rihana ababikoze ariko bigira ingaruka zitari nziza yaba ako kanya ndetse no mugihe cyizaza.

Dufashe nk'urugero ku gihugu cy'u Rwanda gifite iterambere ryihuta ariko nanone ridahura n'umubare w'abaturage gifite kuko uri kwiyongera kumuvuduko ukabije. Imwe mumpamvu y'uku kwiyongera kw'abaturage biterwa niyi mibonano mpuzatsina idateganyijwe kubantu batarashakana. Ikindi nkuko bamwe bashobora kuba babizi hari indwara zandurira muri ibi bikorwa cyane ko iba itateguye, bisobanuye abenshi bayikora bagamije guhaza irari ry'igihe gito. Kubantu babikora kenshi n'abantu batandukanye bigabanya imbaraga z'umubiri zo kuba mu gihe kiri mbere wazabasha kugira urugo rufatika kubera kujarajara.

Muri rusange ingaruka ni nyinshi cyane kuko harimo kutisobanukirwa, ihungabana ndetse no kudashikama k'urushako rw'ejo hazaza. Nabwira urundi rubyiruko ko roho yacu imeze ari nka "hard drive" ibyo uyihaye nibyo ibika kandi amahitamo mabi akugiraho ingaruka mu gihe kizaza.

Bikorimana Gerard

Bahungu namwe bakobwa "Nimenye - Wimenye - Nkumenye - Umenye - Tumenyane "

Imibonano mpuzabitsina ni ikintu gikwiye kwigishwa umunyeshuri akamenya ibyo aribyo kuko gukomeza kubyita ibishitani (taboo) nibyo bizatuzanira ibyago.

Byagakwiye kwigishwa amasoni akavaho kuko niho ubuzima bw'ikiremnamuntu butangirira bitabaye ibyo abana bo ku muhanda bakomeza kwiyongera n'amakimbirane mu ngo agakomeza kwiyongera.

Ikindi kandi hagakwiye kurebwa uko hajyaho amasomo yihariye yo kwigisha urubyiruko ibijyanye n'ubuzima bw'imyororokere.

Q&A | Corner

Dear YV, most of my friends laugh at me when I talk about abstinence. Is it normal for boys to abstain? Male youth

Abstinence does not mean you lack opportunities. It means you respect your body and appreciate its benefits. Get the facts before you make any decision. If you decide to have sex, ask yourself, Is this what I want right now? What are the likely outcomes, does it support my studies and goals in life? Set your standards. Remember, saying no may sound like you do not enjoy life but it means you respect yourself. So, yes, abstinence is normal for boys.

Dear YV, is it okay for girls in secondary schools to start using family planning methods? Female youth

The best contraceptive for girls in secondary school is abstinence. However, if they are already sexually active, they need information, so they can make informed decisions. Some of the contraceptive methods like condoms can help them prevent unwanted pregnancies and STDs including HIV/AIDS.

Dear YV, I have been feeling a stone like thing in my breast, it hurts and it seems to be moving in different directions. Could it be breast cancer? Female youth

It must be alarming to feel a lump (stone-like thing) in your breast, but it doesn't mean it is cancerous. However, it deserves medical attention. You can visit a nearby health center for medical examination. Cancer can be cured if detected early

FAST & FURIOUS 9

THE FAST SAGA



The release of Fast and Furious 9 has been pushed back by year. The upcoming highly anticipated instalments of the hit franchise is now among the movies to be delayed by the spread of the Coronavirus. The movie was originally set to be in the theatres by May 22nd but now it won't open until April 2nd of 2021

Release Date
April 2021



brain teasers:

Before Mt. Everest was discovered, what was the highest mountain in the world?

Mt. Everest. It was still the highest in the world. It just had not been discovered yet!

What is full of holes but can still hold water?

A sponge

Give me food, and I will live; give me water, and I will die. What am I?

Fire

Animal Facts

- ▶ In total there is said to be around 400 million dogs in the world.
- ▶ A gorilla can live for 40 – 50 years.
- ▶ Female dolphins are called cows, males are called bulls and young dolphins are called calves.
- ▶ Sharks lay the biggest eggs in the world.

Souce: www.sciencekids.co.nz



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