



FEED THE FUTURE

The U.S. Government's Global Hunger & Food Security Initiative

AMASOMO Y'INGENZI KU BOROZI BATO NDETSE N'ABATANGIZI MU BWOROZI BW'AMATUNGO MAGUFI



IGICE CYA 3 :
UBUMENYI BW'IBANZE MU MIRIRE Y'IBIKOMOKA KU MATUNGO,
IHAME RY'UBURINGANIRE N'ITERAMBERE RY'UMURYANGO

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II. INTANGIRIRO N'INTEGO

Umushinga **Orora Wihaze** wiyemeje kubaka ubushobozi bw'abakozi n'ubw'abafatanyabikorwa bawo ku buryo bashobora gufasha aborozi n'abaveterineri bazakorana nawo igenamigambi ribafasha kuzamuka mu bukungu no ku mibereho myiza bifashishije uburyo bwa GALS no guhugura abafatanyabikorwa bayo guteza imbere imirire y'ibikomoka ku matungo.

Uburyo bwo gushimangira ihame ry'uburinganire n'ubwuzuzanye binyuze mu bishushanyo (GALS) ni uburyo bushya bwo kongera ubushobozi bw'abaturage kandi buyoborwa n'abaturage ubwabo, bwateguriwe kugira ngo bufashe abantu kwinjira muri gahunda z'iterambere.

Guteza imbere imirire y'ibikomoka ku matungo (itungamubiri za poroteyini zikomoka ku matungo) ni imwe mu nzira nziza yagaragaye yo kurwanya imirire mibi.

Korora amatungo magufi mu rugo (ingurube, inkoko, Ihene n'intama) ni imwe mu nzira zo kuzamura imirire myiza mu rugo n'ubukungu mu muryango (amafaranga) bidufasha kubona ibindi biribwa biduha izindi ntungamubiri nk'amata, imbuto, imboga, n'ibindi.

Yateguwe na:

Rwanda Council of Veterinary Doctors(RCVD) hamwe na Feed the Future Rwanda Orora Wihaze

Ubu buryo bukoresha ibishushanyo n'ihame ryo kutagira usigara inyuma, bukoresha imfashanyigisho zifasha buri muntu ku giti cye ndetse n'abagize urugo gutegura gahunda y'ibikorwa bateganya kugeraho mu gihe runaka, kumenya guharanira ibyo bifuzwa kwinjiza no kubahiriza ihame ry'uburinganire n'ubwuzuzanye bw'umugabo n'umugore mu mibereho yabo ya buri muni no mu bikorwa byose bibateza imbere.

Iyi mfashanyigisho yagenewe abajyanama b'ubuzima bw'amatungo n'abandi bahugura abagabo n'abagore, abahugura cyangwa abashaka kujya bahugura abaturage ku byerekeye inshingano zijyanye n'uburinganire no kubaka ubushobozi bw'abagore mu birebana n'imiyoborere bifuzwa kuzamura umusaruro ukomoka ku bworozi, kugera ku masoko no kunoza imirire.

Iki gitabo cy'amahugurwa cyanditswe ku nkunga y'Abanyamerika inyujijwe mu kigo cya Amerika Gishinzwe Iterambere Mpuzamahanga (USAID). Ibitekerezo bikubiye muri iki gitabo ni ibya RCVD kandi ntaho bihuriye n'ibitekerezo bya Leta y'Amerika cyangwa USAID

III. UBUMENYI BW'IBANZE MU MIRIRE Y'IBIKOMOKA KU MATUNGO

Uretse gutanga imbaraga ku bwinshi, ibiribwa bikomoka ku matungo, harimo ingurube, inkoko, ihene n'intama, binatanga ibyubaka umubiri bigogorwa ku buryo bworoshye kandi bwihuse.

- Ibiribwa bikomoka ku matungo bikungahaye kandi ku myunyangugu n'amavitamini byinshi binyuranye bifasha umubiri wacu gukora neza kandi bigoranye kuba byaboneka mu rugero ruhagije mu biribwa bikomoka ku bihingwa byonyine.
- Kugirango tugire ubuzima buzira umuze, buri muntu akeneye buri munsu garama 20 z'ibyubaka umubiri bikomoka ku matungo.
- Ibi byashoboka ari uko mu gihe cy'umwaka umuntu ariye ibiro 33 by'inyama (yaba ihene, intama, ingurube...), cyane cyane ibice bidafite ibinure mu kigero cya garama 90 ku munsu cyangwa ibiro 45 by'ifi (garama 120 ku munsu), cyangwa ibiro 60 by'amagi (amagi 2 ku munsu), cyangwa ibiro 230 by'amata (nibura igice cya litiro ku munsu) cyangwa ibyo byose bikomatanyirijwe hamwe.

Kugirango umuntu arye indyo yuzuye, hakenerwa amoko 3 y'ibiribwa

1. Ibirinda indwara
2. Ibyubaka umubiri
3. Ibitera imbaraga



1. AKAMARO K'IBIRIBWA BIKOMOKA KU MATUNGO MURI RUSANGE

1.1 Akamaro k'ibiribwa bikomoka ku matungo ku bana bari hagati y'amezi 6 na 23



- Imirire umwana ahabwa mu myaka itanu ya mbere y'ubuzima bwe, by'umwihariko hagati y'amezi 6 na 23 ifite akamaro gakomeye kuko niyo igena imikurire ye mu gihagararo no mu bwenge. Ibiribwa bikomoka ku matungo nk'inyama, amafi, amagi n'amata n'ibiribwa bikomoka ku mata biha umwana intungamubiri ntagereranywa.
- Iyo intungamubiri zikomoka ku matungo uzigereranyije n'ibindi biribwa, tuvuge nk'ibinyampeke bakungahaje k'ubutare (feri), usanga intungamubiri zikomoka ku matungo umubiri uzakira neza kandi ukazikoresha neza kurushaho.
- Abana bafite amezi 6 kugeza kuri 23 bakeneye guhabwa ibiribwa bikomoka ku matungo kugirango bashobore gukura neza mu gihagararo no mu bwenge kandi bibarinde indwara.
- Kurya ibiribwa bikomoka ku matungo bikumira igwingira mu bana kuko bikungahaye ku ubutare (feri) na zinki bibafasha gukura neza.

1.2 Akamaro k'ibiribwa bikomoka ku matungo ku bangavu, abagore batwite n'abonsa:

Abangavu, abagore batwite n'abonsa bakeneye indyo yuzuye irimo n'ibiribwa bikomoka ku maungo



- Abangavu n'ingimbi baba bakura vuba cyane, bityo bakeneye ibiryo byinshi kandi birimo ibikomoka ku matungo kugirango bagumye bakure hitawe ku mpinduka ziri kuba mu mubiri wabo.
- Abangavu bakeneye ibiribwa bikomoka ku matungo kugirango bakure byuzuye kandi bazabyare abana badafite umuze.
- Abagore batwite n'abonsa bakeneye kurya ibiribwa bikomoka ku matungo biri ku isonga mu kugira intungamubiri biboneka mu gace kabo, harimo amata, inyama z'umubiri n'inyama zo mu nda (umwijima, umutima n'impiko), amafi n'amagi kugirango umwana uri munda ashobore gukura neza kandi n'uwonsa ashobore konsa uko bikwiye ataguye nawe ubwe mu mirire mibi.

2. AKAMARO KO KURYA INYAMA Y'IHENE N'INTAMA



- Mu mirire, inyama z'ihene zifite agaciro kamwe n'ak'inyama z'intama. .
- Bitewe n'uko zifite ibinure bikeya byangiza umutima na kolesterol nkeya, inyama z'ihene cyangwa intama ni ibiribwa byiza ku ubuzima bwacu, uzigereranyije n'izindi nyama zitukura.
- Ibinure bitangiza umutima mu mafunguro bifasha mu gukumira indwara z'umutima, guturika kw'imiyoboro y'amaraso cyane cyane iyo mu mutwe.
- Byongeye kandi inyama z'ihene cyangwa intama zifite ibyubaka umubiri by'ingenzi.

2.1 Ibigize inyama y'ihene n'inyama y'intama

Mu nyama y'ihene dusangamo:

- 76.8% by'amazi
- 2.6% by'amavuta
- 19.6% bya poroteyini and
- 1% ry'imyunyungugu

Mu nyama y'intama dusangamo

- 75% by'amazi
- 2.5% by'amavuta
- 19.5% bya poroteyini
- 0.65% by'imyunyungugu

2.2 Uburyo wagenaga ingano y'inyama y'ihene cyangwa intama wagaburira ku muntu umwe ku munsu ushingira ku magarama 20 y'ibyakumubiri umuntu akeneye buru munsu:

IKIRIBWA	IBYUBAKA UMUBIRI BIRI MU MAGARAMA 100	INGANO Y'IKIRIBWA UMUNTU UMWE AKENEYE KU MUNSI
Inyama y'ihene		
Mbisi	17.5	-
Itogosheje	26.1	Intongo imwe (garama 100)
Yokeje	25.4	Buroshete 1 cyangwa ntongo imwe (garama 100)
Inyama y'intama		
Mbisi	16.5	-
Itogosheje	24.6	Intongo imwe (garama 100)
Yokeje	23.9	Buroshete 1 cyangwa ntongo imwe (garama 100).

3. AKAMARO KO KURYA AMAGI



Intungamubiri zigerakuri **60%** ziboneka mu mweru w'igi naho **40%** nizo dusanga mu muhondo

Hafi ya **13%** y'ibigize igi ni **poroteyine** naho **9%** bikaba **ibinure** dusanga cyane mu muhondo w'igi. Ibi binure dusangamo ni byiza kandi ntacyo bitwara uwariye amagi menshi

Umweru w'igi ribisi ugizwe na **90%** y'**ubuhehere** and **10%** bya **poroteyini**. Naho umuhondo w'igi ribisi ugizwe na **50%** y'**ubuhehere**, **30%** y'**amavuta**, na **20%** bya **poroteyini**

Umuhondo w'igi ukungahaye cyane kuri poroteyine, amavuta na koresoterole

Amagi afite ibyubaka umubiri umuntu akenera biri ku rwego rwo hejuru, akungahaye cyane kuri **vitamin A, Vitamini B5, B12, B2,B6** ndetse no ku **myunyungu** nka **Fosifore** na **Seleniyumu**. Amagi kandi akungahaye kuri **Vitamini D, Vitamini E, K, Karisiyumu** ndetse na **Zenke**

Amagi kandi afite izindi ntungamubiri ziri zinyuranye ziri mu rugero rutoya ariko zifitiya akamaro umubiri Amagi ari mu byo turya bitugezaho intungamubiri zinyuranye kandi nyinshi. Gusa anavugwaho byinshi binyuranye, nk'umubare utagomba kurenza mu cyumweru (3), n'ibindi byinshi tugiye kureba

Amagi afite vitamini nyinshi n'imyunyungugu inyuranye bikaba bikenerwa kugira tugire indyo yuzuye. Tugiye kurebera hamwe intungamubiri dusanga mu igi n'akamaro ka buri imwe mu mubiri wacu

4. AKAMARO KO KURYA INYAMA Y'INKOKO N'IBINDI BIGURUKA MURI RUSANGE



- Mu biguruka biribwa inkoko iza ku mwanya w'imbere.
- Inkoko iri mu biguruka byororwa kandi ikaba urugero rwiza rw'inyama z'umweru.
- Muri **garama 100** z'inyama y'inkoko dusangamo ingufu zingana na **215Kcal, garama 18 za poroteyine, garama 15 z'ibinure, 75mg za cholesterol.**
- Mu nyama y'inkoko kandi dusangamo imyunyungugu nka kalisiyumu, ubutare, magnesium, phosphore, potasiyumu na sodiyumu ndetse na zinc. Muri vitamin habonekamo **vitamin A, vitamin B1, vitamin B2, vitamin B3, vitamin B6, vitamin B9, vitamin B12, vitamin C, vitamin D, vitamin E** na **vitamin K.**

5. AKAMARO K'INYAMA Y'INGURUBE



- Kimwe n'izindi nyama, inyama y'ingurube igizwe ahanini n'ibyubaka umubiri.
- Hafi 26% by'uburemere bw'inyama y'ingurube ikibagwa yavanyweho ibinure kandi itetse bigizwe n'ibyubaka umubiri.
- Iyo yumishije, 89% by'uburemere bw'inyama y'ingurube yavanyweho ibinure biba bigizwe n'ibyubaka umubiri.
- Ibi bituma inyama y'ingurube iba kimwe mu biribwa byizewe byo gushakirwa mo ibyubaka umubiri bihaboneka ku bwinshi.
- Kubera iyi mpamvu, kurya inyama z'ingurube bifitiye by'umwihariko inyungu abashaka kubaka imikaya y'umubiri, abantu babazwe kubera impamvu zinyuranye, abakeneye gusana umubiri wabo, kimwe n'abandi bose bakeneye ibyubaka umubiri byinshi (aha twavugaga abana bato, ingimbi n'abangavu, abagore batwite).

6. INGARUKA ZITARI NZIZA KU BUZIMA ZITURUKA KU KURYA IBIRIBWA BIKOMOKA KU MATUNGO TUKARENZA URUGERO

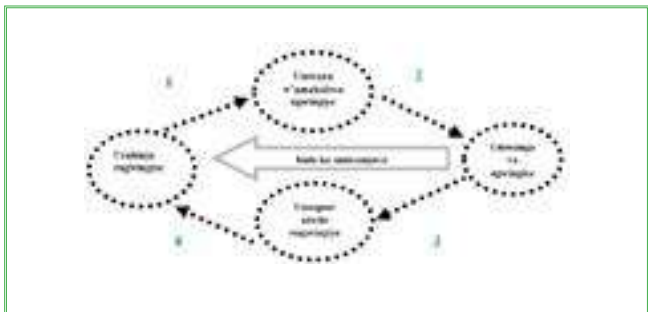
- Ningombwa ko turya indyo yuzuye harimo n'ibikomokakumatungoarikomurugerorwiza. Uko abantu bagenda babona ubushobozi mu rwego rw'ubukungu, akenshi bahindura imibereho yabo, bakava ku muco wabo wa kera, bagafata indi imico harimo n'ihinduka ry'imirire. Kenshi hazamo kurya ibikomoka ku matungo birenze urugero nk'inyama, amata n'amagi bityo bikongera ingaruka zo kurwara indwara zitandura harimo "goutte", igisukari, umuvuduko w'amaraso ukabije.
- N'ubwo uko guhinduka kw'mirire byongera kalisiyumu n'ubutare umuntu afata kandi koko bikenewe, ariko binongera ibinure bibi umuntu afata ndetse n'umunyu (sodiumu) bitari bikenewe.
- Ni ingenzi kugumisha ku rugero rwiza cyangwa kugabanya ibinure biri mu biribwa biduha ibyubaka umubiri bikomoka ku matungo. Ibi bishobora gukorwa duhitamo neza ibice by'inyama bidafite ibinure (byinshi), duharura ibinure bigaragara bibonwa n'amaso, ndetse tuvanaho uruhu (urugero ku nkoko) mbere yo kubitegura no ku birya, kandi tukanitwararika ku mavuta twongeramo tubitegura.

- Ni iby'agaciro kandi ko dufata ibyubaka umubiri bikomoka ku matungo ku rugero rwagenwe tubigabanya ku mafunguro yose y'umunsi kugirango tubishire ipfa kandi twumve tunyuzwe.
- Kubera ko mu myaka ye ya mbere y'ubuzima umwana agira umuvuduko munini cyane mu mikurire ye, intungamubiri akeneye ku ikiro kmwe cy'umubiri we ni nyinshi cyane ugereranyije n'abantu bakuru. Dushingiye kandi ko umwana ufite amezi 6-24 afite igifu gitoya cyane bityo ingano y'ibiryo afata inshuro imwe ikaba nayo ari ntoya cyane, akeneye nyine ibiribwa bikungahaye ku ntungamubiri nyinshi kandi nziza. Kugirango umwana abone intungamubiri nk'ubutare (feri) na zenke, ibiribwa bikomoka ku matungo ni ngombwa, harimo inyama z'ihene n'iz'intama.

7. INGARUKA ZO KUBURA IBIRIBWA BIKOMOKA KU MATUNGO

- Mu Rwanda, mu bana bari muni y'imyaka itanu, 1 muri 3 yaragwingiye;
- Abagore 13% bari mu kigero cy'imyaka y'uburumbuke (imyaka 15-49) bafite ikibazo cy'amaraso adafite ingirangango zikwiriye mu bwinshi no mu bwiza (kubura amaraso);
- Mu bagore batwite, 1 muri 4 (24.6%) afite icyo kibazo cy'amaraso atujuje ibyangombwa;
- Mu bana bari muni y'imyaka itanu, hafi abana 2 kuri 3 (36.6%) nabo bafite ikibazo cy'amaraso atujuje ibyangombwa. Abenshi ni abari mu gihe cyo guhabwa ifashabere (amezi 6-23)

Muri rusange, ibiribwa bikomoka ku matungo bigabanya ubukana bw'igwingira mu bihe bine bigaragara kuri iyi shusho



Igisobanuro cy'iyi shusho:

1. Iyo umwana w'uruhinja uvutse agwingiye, akenshi na nyina aba yaragwingiye. Ariko iyo agaburiwe ibiribwa bikomoka ku matungo bikwiriye, bigabanya ubukana bw'ubugwingire mu bwana bwe;
2. Umwana w'umukobwa ukiri muto wagwingiye ariko nyuma akabona ibiribwa bikomoka ku matungo bikwiriye, bizamugabanyiriza ubukana bw'ubugwingire mu bwangavu bwe;
3. Umwangavu wagwingiye azavamo umugore utwite nawe ugwingiye. Ariko iyo uwo mwangavu ariye ibiribwa bikomoka ku matungo bikwiriye, bizagabanya ingaruka zo kugwingira mu gihe azaba atwite;
4. Umugore utwite wagwingiye afite ibyago byo kubyara umwana ugwingiye; ariko iyo abonye ibiribwa bikomoka ku matungo bikwiriye, bigabanya ubukana bw'igwingira ku mwana azabyara.

8. AMOKO Y'IMIRIRE MIBI

- Kudakura neza munda (igihe umubyeyiyagize imirire mibi atwite) → **Kuba wabayara umwana utagejeje igihe** → **Kubyara umwana w'ibiro bike -Underweight**
- **Kugwingira:** Kutagira igikuriro (Uburebure budahagije n'ibiro bidahagije)
- **Guta ibiro:** **kunanuka ukagira** ibiro bike ugereranijenuburebure
- Ibiro bike, kunanuka
- **Kubura imyunyungugu**



9. IBIKWIRIYE KUTURANGA/INTAMBWE DUKWIYE GUTERA MU GUHINDURA IMYITWARIRE N'IMIGENZEREZE

- Kuba abambere mu kwiungura ubumenyi ku biribwa bikomoka ku matungo.
- Gushishikazwa no gutangira korora amatungo magufi (ingurube, inkoko, ihene n'intama) tugamije kunoza imirire mu ngo zacu, cyane cyane iy'abana bato bari hagati y'amezi 6 na 23, abagore batwite n'abonsa ndetse n'abangavu.
- Gutangira kurya cyangwa kongera inshuro twaryaga ibikomoka ku matungo. Aha umwihariko ugomba guhabwa abagore n'abana kuko aribo bakunze kugira amahirwe make yo kubirya bitewe nuko babihaha gake mu rugo kubera ubushobozi buke mu muryango cyangwa imyumvire muke, mu gihe ku rundi ruhande, abagabo bakunze kugira amahirwe yo kurira ibikomoka ku matungo mu kabare icyo bagiye kuganira na bagenzi babo.
- Abagore bagomba gusobanurirwa ko kurya inyama y'ihene cyangwa intama bitatuma bamera ubwanwa cyangwa ngo bagerweho n'izindi ngaruka.
- Korora ingurube, inkoko, ihene cyangwa intama no kurya inyama z'ayo matungo ndetse n'ibindi biribwa bikomoka ku matungo muri rusange bigomba kuba imyitwarire n'imigenzereze yacu mishyashya niba tutari dusanzwe tubikora, tukabishyiramo imbaraga niba twari dusanzwe tubikora gake.

- Ibikorwa dutangiye byo korora ingurube, inkoko, ihene n'intama no kurya inyama z'ayo matungo ndetse n'ibindi biribwa bikomoka ku matungo bigomba kuba imyitwarire n'imigenzereze igize ubuzima bwacu busanzwe, bikinjira mu bikorwa byacu bya buri muni.
- Amahenehene afite ibyubaka umubiri byinshi kandi byiza. Hamwe no gushishikariza abantu korora ihene zikammwa, ningombwa ko abanyarwanda bumva ko amahenehene ari ikiribwa k'ingirakamaro, cyane cyane mu gukumira no kuvura indwara z'imirire mibi.
- Mu Rwanda, ni ikintu cyiza ko umuguzi ashobora kubona ku mucuruzi ibiribwa bimwe na bimwe byapimwe ku rugero rutoya ku buryo n'ufite amafaranga make ashobora kubona ibihwanye n'ubushobozi bwe.

Ingero:

Muri za butiki umuguzi ashobora kugura indagara z'mafaranga 100, 200, bityo bityo cyangwa baba bapimye ku munzani akaba yabona irobo ($\frac{1}{4}$ cy'ikiro); ushobora kubona yo amata y'inshyushyu cyangwa yawuruti bifunze neza mu gakarito ku mafaranga 250, 300, igi ku mafaranga 80 kugeza ku 120.

Mu midugudu myinshi y'igihugu, hari udusoko turema ni mugoroba ku buryo imiryango ishobora kuhahahira ku buryo bw'ingoboka ibiribwa bikomoka ku matungo, cyane cyane isambaza mbisi cyangwa zumye, indagara, amagi ku biciro bitoya buri wese ashobora kwibonamo.

IV. UBURYO BWO GUSHIMANGIRA IHAME RY'UBURINGANIRE N'UBWUZUZANYE

(KONGERERA UBUSHOBOZI ABAGORE BINYUZE MU BISHUSHANYO (GALS))

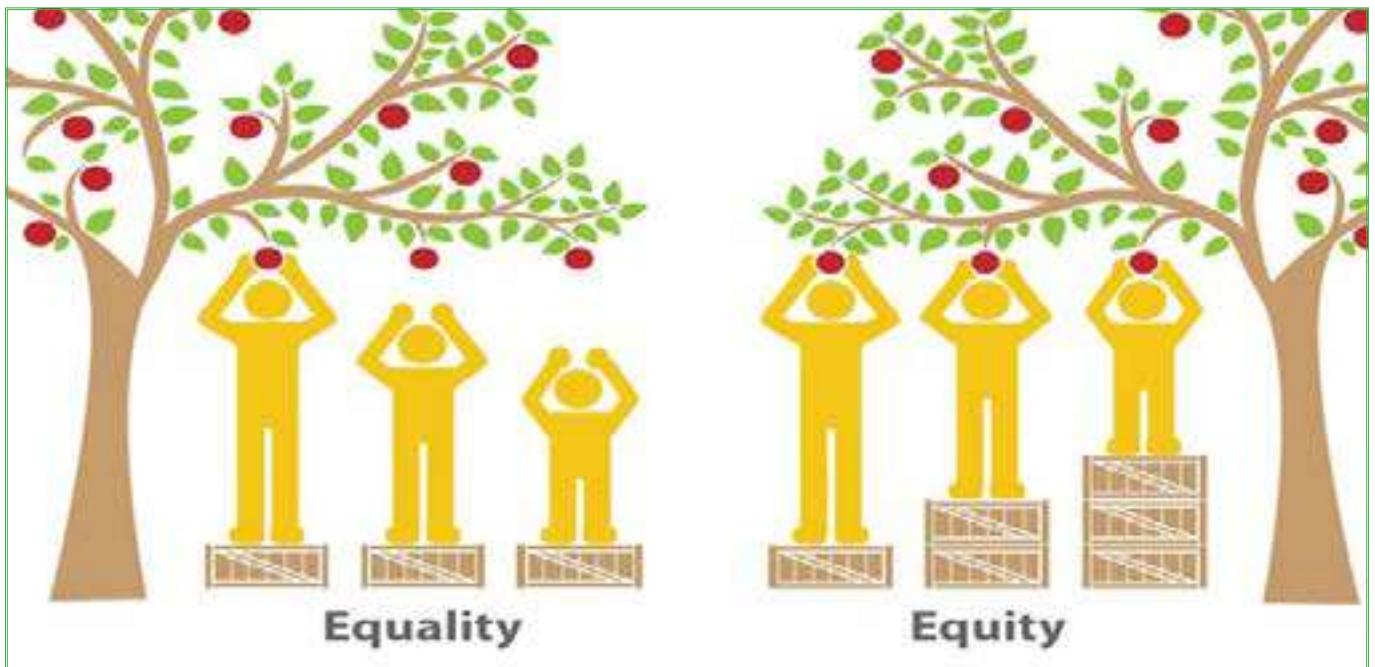
Uburyo bwo gushimangira ihame ry'uburinganire n'ubwuzuzanye binyuze mu bishushanyo (GALS) ni uburyo bushya bwo kongera ubushobozi bw'abaturage kandi buyoborwa n'abaturage ubwabo, bwateguriwe kugira ngo bufashe abantu kwinjira muri gahunda z'iterambere.

Ubu buryo bukoresha ibishushanyo n'ihame ryo kutagira usigara inyuma, bukoresha imfashanyigisho zifasha buri muntu ku giti cye ndetse n'abagize urugo gutegura gahunda y'ibikorwa bateganya kugeraho mu gihe runaka, kumenya guharanira ibyo bifuzwa kwinjira no kubahiriza ihame ry'uburinganire n'ubwuzuzanye bw'umugabo n'umugore mu mibereho yabo ya buri munsu no mu bikorwa byose bibateza imbere.

1. ITANDUKANIRO RYA GENDER / UBURINGANIRE N'IGITSINA

IGITSINA	UBURINGANIRE
Karemano/Kiravukanwa	Buratozwa
Kiba ari kimwe igihe cyose	Burahinduka bijyanye n'igihe abantu bagezemo
Ni kimwe ahantu hose	Burahinduka bujyanye n'umwihariko wa buri sosiyeti
Imiterere itandukanye (bavuka batandukanye)	Abantu bahabwa agaciro gatandukanye

2. ITANDUKANIRO RY'IHAME RY'UBURINGANIRE (GENDER EQUALITY) N'UBWUZUZANYE (GENDER EQUITY)



Uburinganire (Gender equality)	Ubwuzuzanye (Gender equity)
<p>Bisobanura uburenganzira, amahirwe n'inshingano bingana ku mugabo n'umugore ,umuhungu n'umukobwa.</p> <p>Ibi bagaragazwa n'uko : Umugore n'umugabo, umukobwa n'umuhungu bafite agaciro (uburenganzira, amahirwe, ububasha..) kangana kandi bafatwa kimwe na sosiyeti .</p>	<p>Birasobanura ko mu mibereho yacu ya buri muni hakiri ubusumbane bushingiye ku burunganire hagati y'abagore n'abagabo, abakobwa n'abahungu , bityo bikaba bikwiye ko hafatwa ingamba zihariye zigamije kuzamura abantu b'igitsina runaka.</p> <p>Urugero : Kugenera abagore imyanya yihariye mu nzego z'ubuyobozi, n'ibindi; gufasha abagore n'abakobwa kwiteza imbere, gushishakariza abagabo kugira uruhare mu guteza imbere uburinganire</p>

3. GALS NI IKI?

GALS ni amagambo ahinnye, bivuga Gender Action Learning System. GALS Ni uburyo bukoreshwa mugucengeza ihame ry'uburinganire n'ubwuzuzanye hakoreshejwe ibishushanyo.

Ubu buryo bw'imyigishirize hakoreshejwe ibimenyetso bugamije gufasha abagore ndetse n'abagabo kurushaho kugenga ubuzima bwabo ndetse no kuba imbarutso no gushyigikira mu buryo burambye, ihame ry'uburinganire butagira uwo bubangamira.

Abagore n'abagabo bategura icyerecyezo cyabo bwite kigamije impinduka, kigaragaza intego zishobora kugerwaho ndetse n'inzira izabageza kuri icyo cyerecyezo, bashingiye ku gusesengura aho bahagaze, ibyo bagiye bageraho mu gihe cyatambutse ndetse n'ibyo barimo kugenda bageraho, n'amahirwe/ ingufu bafite ndetse n'imbogamizi.

Abaturage bashushanya igenamigambi ryabo mu dukaye biguriye tuboneka aho batuye. Bahora bivugurura kandi bagakurikirana ibyo bagenda bageraho nk'uburyo bwo kwiga bahereye ku byo bakeneye mu gukora igenamigambi ryabo

Ubu buryo rero usanga ari impinduka zizanywe n'abaturage ubwabo aho bagenda bubaka ikwirakwizwa ry'ubu buryo, akaba ari icyo gishingirwaho hatoranywa ndetse hakemezwa abaturage bashoboye kwigisha bagenzi babo aho bashobora no kuva aho batuye bakajya kwigisha. Ubu buryomuyindi miryango cyangwa abaturage mu tundi duce.

Guhera ku kumenya amahirwe n'ingorane abantu bafiteho ububasha ako kanya biba umusingi mu kumenya ibyihutirwa kandi bizaramba byerekeranye n'uburinganire, n'ingamba zafasha abaturage muri rusange, ku nzego runaka ndetse no ku rwego rwagutse kurutaho.

4. IMFASHANYIGISHO ZA GALS

- **Ibikoresho bikenewe**

1. Amakayi n'amakaramu y'amabara (ubururu, umutuku n'icyatsi),
2. Impapuro nini zitanditseho bituma abahugurwa bakomeza kujya mbere zishyirwa mu cyumba cy'amahugurwa hamwe na makaramu manini/ Marikeri (ubururu, umutuku n'icyatsi) abantu bakoresha bashushanya
3. Marikeri z'icyatsi n'umutuku zikoreshwa muguha igisobanuro cyihariye ibyashushanyijwe.

- **Uburyo bwo guhugura :**

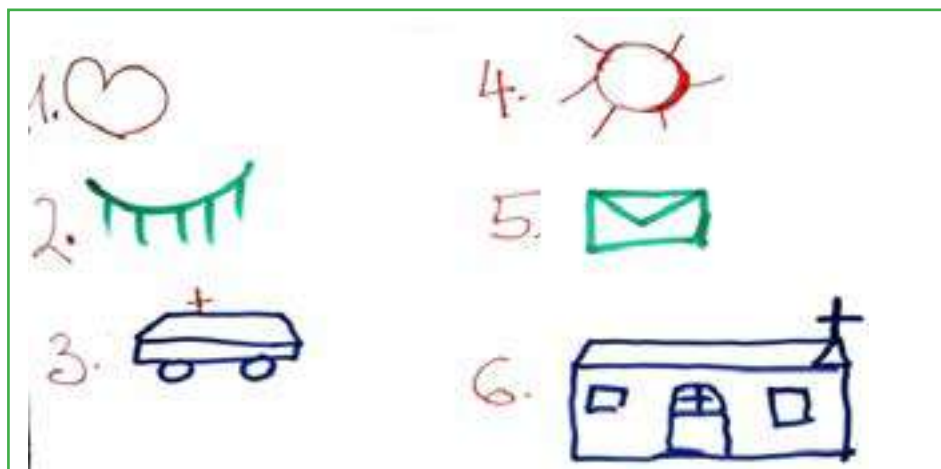
Ubu buryo bwa GALS bukoresha ibimenyetso byumvikanweho (ibimenyetso rusange) bityo bigafasha abize n'abatarize. Nk'uhugura, baza abahugurwa akamara ko gukoresha ibishushanyo aho kwandika, wandike ibyo basubije, uze no kubyuzuza nusanga ari ngombwa.

Icyitonderwa: Ku ikubitiro abantu bashobora kumva badashaka gushushanya, harimo abatazi gusoma no kwandika n'abize cyane kurusha abandi.

Abahugurwa bakwiye kumva bitabagoye gusobanurira abahugurwa ko GALS itagamije kwigisha gushushanya, ko ahubwo bakwiriye gushushanya nk'ihame ry'uburyo bwifashishwamu kwiga, kandi bakwiye kuba bumva inyungu zitandukanye zo gushushanya, ndetse no kubantu bazi kwandika.

Muri GALS nta muntu uba agomba gusigara yicaye ntacyo akora kandi igishushanyo gisobanurwa na nyiracyo.

- **Urugero rw'ibimenyetso rusange byakwifashishwa**



- **Urukundo**
- **Imvura nyinshi**
- **Umurwayi**
- **Izuba ryinshi**
- **Amafaranga**
- **Urusengeru**

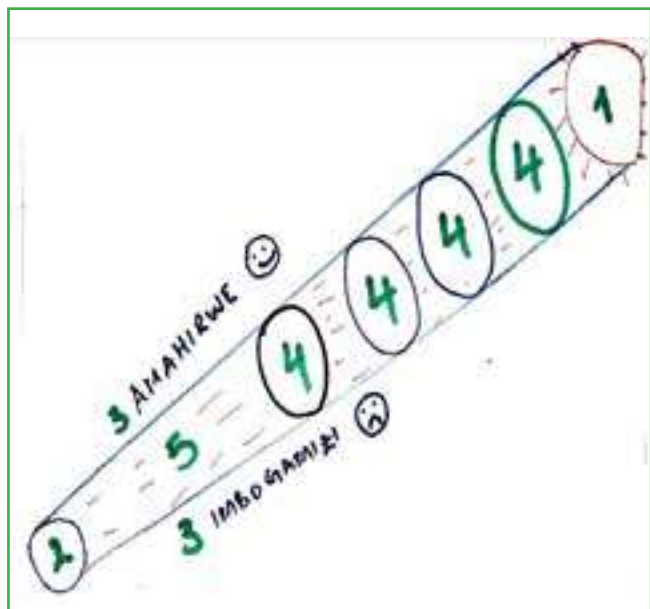
Kwandika itariki

Le 20/04/2015 : HHH HHH HHH HHH / HHH / HHH HHH HHH HHH
Le 05/07/2021 : HHH (HHH H) | HHH HHH HHH HHH HHH |

4.1 Imfashanyigisho ya I: Indoto y'ubukungu burambye

Indoto y'ubukungu burambye igamije:

- Kwerekana amahame y'ibanze n'intambwe by'igenamigambi
- Kugira ibitekerezo bireba kure, ibyerekezo nyabyo herekanwa uko ibikorwa byagiye bitera imbere (aho tujya)
- Kungurana no gusangira ibitekerezo ku mahirwe n'imbogamizi byinshi bishoboka
- Gushimangira ubumenyi bw'ibanze bwo gusesengura
- **NB:** Iki gishushanyo ni umwaka 1. Iyo urangiye ukora ikindi. Aho wasoreje niho utangirira ugakomeza indotozawe.



1. Aho ujya
2. Aho uva
3. Amahirwe (eg: ubumenyi, umuryango, akazi, politique nziza, umutekano), imbogamizi
4. Ibika byo kwisuzuma (mu kwezi, mugihembwe, mumwaka....)
5. Ibikorwa

Igice cya 1: Uruziga rwa mbere mu kimenyetso cy'izuba (ahazaza heza): Shushanya uruziga runini mu nguni yo hejuru iburyo bw'urupapuro rwawe. Ruhagarariye ahazaza (shyiraho icyerekezo cyawe witaye ku musaruro w'ubworozi, kugera ku isoko no kunoza imirire, ni indoto nyakuri z'umwaka).

Igice cya 2: Uruziga rwa 2 (uko bimeze ubu): Shushanya uruziga rwa 2 ruto ugereranyije n'urw'icyerekezo mu nguni yo hasi ibumoso bw'urupapuro. Rwerekana uko ibintu bimeze ubu, ibyo ufite mugihe uri gukora iyi mfashanyigisho.

Shushanya imirongo ibiri igororotse ihuza izo nziga zombi. Bishushanya urugendo rwawe kuva ubu (hasi) ugana ahazaza (hejuru). Urugendo ruragororotse kandi rugana hejuru, kuko uku ari ko wizera kuzagera ku ndoto zawe. Mu ruziga rwo hasi shushanyamo ibigaragaza aho uhagaze none, ibyo ufite mugihe uri gukora iyi mfashanyigisho.

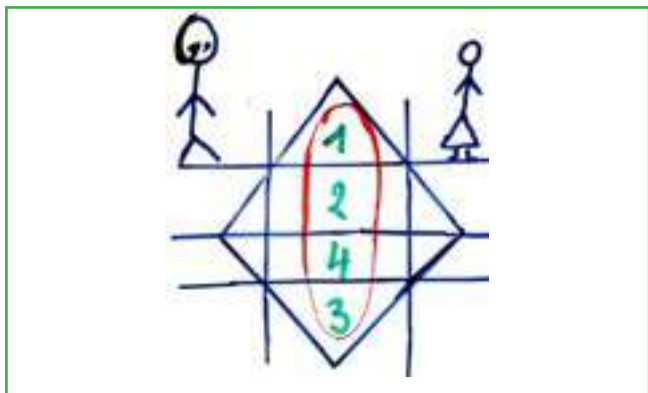
Igice cya 3: Amahirwe n'imbogamizi: Hejuru y'imfashanyigisho shushanyaho: nibura ibigaragaza amahirwe 10 hejuru y'umuhanda, ibizagukomeza nuhura n'ingorane, ibizagufasha kugera ku cyerekezo/indoto zawe. Uko utekereza ku mahirwe menshi, niko bikorohera gukomeza urugendo. Shyira nibura imbogamizi 5 muni y'imfashanyigisho kuko ibi ari ibintu bishobora kugusubiza hasi. Ni byiza kubibona mbere kugira ngo ubyirinde niba bishoboka. Ibyo ufiteho ububasha yaba amahirwe cyangwa imbogamizi bijya hafi y'imfashanyigisho naho ibyo udafiteho ububasha bijya kure y'imfashanyigisho.

Igice cya 4: Intumbero n'ibiteganywa kugerwaho: Urugendo rwose rutangirwa n'intambwe nto. icyerekezo cyawe ni inzizi z'igihe kirekire (imyaka 3 kugera kuri 5). Urasabwa guteganya ibyo ushobora kugeraho, witaye ku mahirwe n'imbogamizi bihari, uko watangira urugendo. Hita ushushanya uruziga rufashe ku cyerekerezo hanyuma wuzuzemo intumbero cyangwa ibyaba bigezweho mu mwaka umwe (ihe intego mu mwaka). Hanyuma iha igihe wa mwaka nawo uwugabanyemo ibika ushyira inziga ebyiri cyangwa eshatu aho wumva ufite igikorwa gipimika mu rugendo, umubare w'inziga uterwa n'ibikorwa nyongeragaciro n'igihe byumvikanyweho n'amatsinda y'abahugurwa. Siga umwanya hagati y'inziga aho niho ushyira ibikorwa cyangwa ingamba zo kugera ku byo wiyemeje.

Igice cya 5: Ibikorwa n'ingamba: Hagati y'igika n'ikindi twise intumbero z'igihe gito shyiramo ibikorwa by'ingenzi, ibyo uzakora byosekimwe ku kindi.

4.2 Imfashanyigisho ya 2: Indoto ya Diyama

- Iyi mfashanyigisho ifite ibice 4:



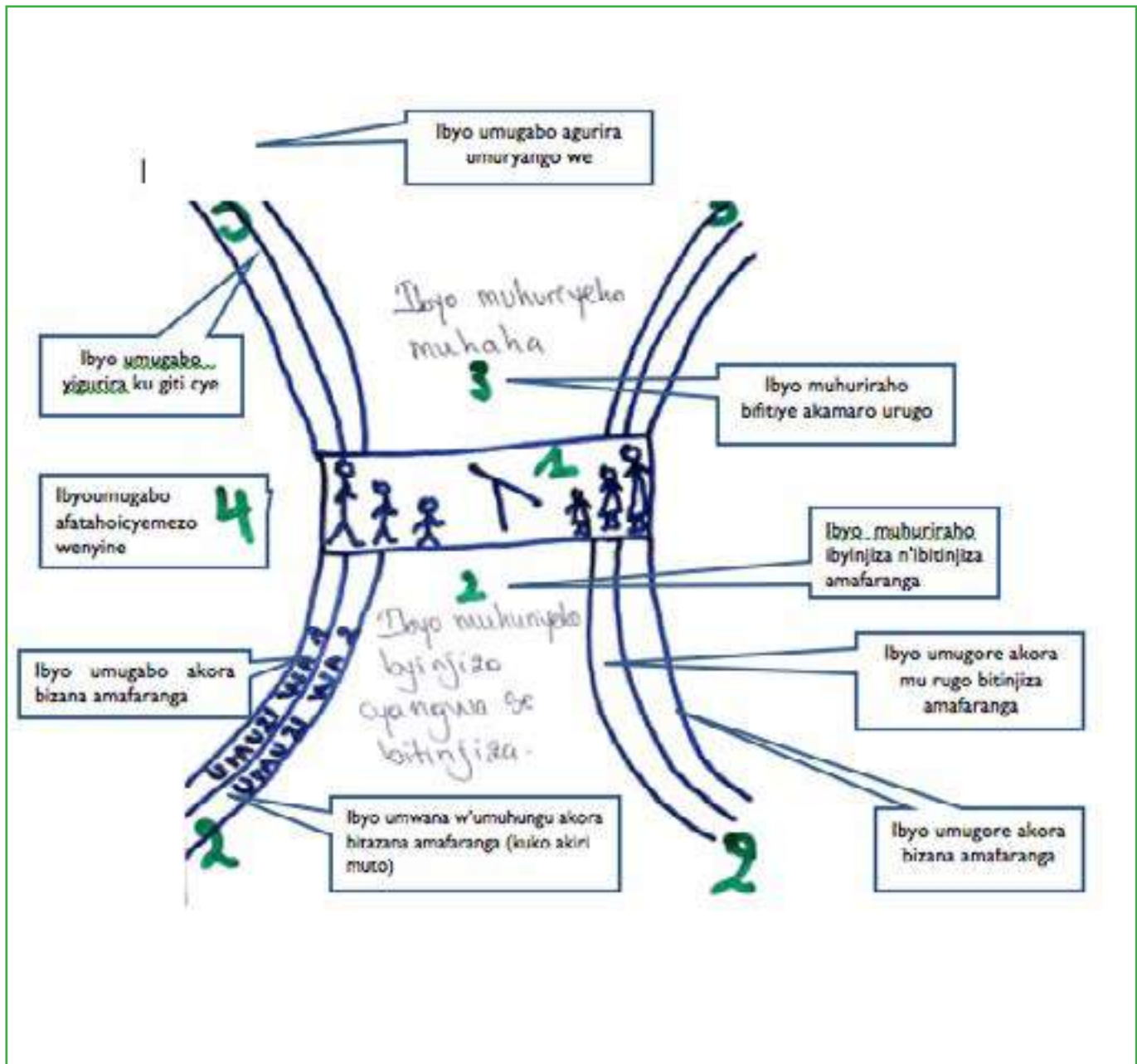
Indoto ya diyama ibice 4

- Ibyo ukunda bibere mu muryango
- Ibindi bigushimisha ariko bitari cyane
- icyo wanga urunka
- icyo wifuza ko cyahinduka kiba mu muryango

- Indoto ya diyama ikoreshwa mu gufasha abahugurwa **gutekereza mu miryango yabo bakareba ibihaboneka n'ibihakorerwa** bagomba kwitaho mu buzima bw'umuryango.
- Abahugurwa kandi iyi mfashanyigisho ibafasha gusobanukirwa no kumva neza ubusumbane bugaragara hagati y'abagabo n'abagore, abahungu n'abakobwa bashingiye kubunararibonye bwa buri wese no kugaragaza ibyo banga n'ibyo bakunda
- Abahugurwa basabwa gushushanya ibintu bakunda nk'abagabo cyangwa abagore n'ibyo banga ku rwego rw'ingo, bakabishushanya hakurikijwe uko birutana ku mpande zombi. Bityo, ibiruta ibindi (ibyiza cyane bishyirwa hejuru, ibibi cyane bigashyirwa hasi). Iyi ni indoto ya diyama yakozwe n'umuntu umwe.
- Indoto **ya diyama idufasha:**
 1. Kugera ku gufatanya kugera ku ndoto
 2. Kugera ku gufatanya kugera ku bwumvikane
 3. Kubona imbogamizi n'amahirwe byadufasha kugera ku ndoto.

4.3 Imfashanyigisho ya 3: Igiti cy'uburinganire n'ubwuzuzanye

- Kugaragaza ugira uruhare kurusha abandi mu mirimo itunga urugo: abagore, abagabo, abahungu, n'abakobwa
- Kugaragaza ukoresha amafaranga menshi kurusha abandi: abagore, abagabo n'urubyiruko
- Kugaragaza uwungukira ku byinjizwa n'urugo kurusha abandi: abagore cyangwa abagabo, urubyiruko/ abana
- Kwerekana ubusumbane mu kumva ikintu ari icyawe no gufata ibyemezo
- Kwemeza niba hatari ubusumbane ku giti cy'uburinganire n'ubwuzuzanye mu rugo
- Kwemeza ahagomba gushyirwa imbaraga ku giti cy'uburinganire n'ubwuzuzanye kugira ngo gihagarare cyemye kandi cyerere imbuto abagize umuryango bose (abagabo, abagore n'abana) ku buryo bungana
- Kureba urugo rwitandukanya n'imigenzo ishingiyeye ku ivangura rishingiyeye ku gitsina nk'intangiriro y'impinduka.



Igice cya 1 duheraho ni igihimba: Ni nde uba mu rugo/umuryango? Shushanya imirongo ibiri hagati mu rupapuro ihagarariye uruti. Hanyuma ushyire ibimenyetso bihagarariye uri mu muryango kuri buri ruhande no hagati y'uruti.

Igice cya 2: Imizi: ni nde ukora iki? Shushanya imizi 2 ihagarariye abagore n'indi 2 ihagarariye abagabo ku mpande zombi z'uruti iri mu myanya yayo n'umuzi 1 cyangwa 2 ihagarariye abana bivuye ku cyo bakora. Umuzi wo hagati uhagarariye ibikorwa bihuriweho.

Igice cya 3 : Amashami : Ni nde usohora amafaranga agura iki ? amashami ashushanywa hagendewe ku mizi n'icyo ikora mu kwinjiza (nta shami rihagarariye abana bakora batinjiza). Ku ruhande rw'abagore hari amashami 2, andi 2 ari ku ruhande rw'abagabo, umwanya uri hagati ukoreshwa mu buryo buhuriyeho. Amashami abiri ku mpande zose (mu ishami rimwe shyiramo ibisohoka byose byungura umuntu ku giti cye hanyuma irindi rihagararire ibisohoka byungura abagize urugo bose).

Igice cya 4 : Umutungo n'ifatwa ry'ibyemezo ?

- Ku mpande zombi z'igihimba shyiraho ibimenyetso bigaragaza :
 1. Umutungo w'abagore n'uw'abagabo, urugero : ni nde nyir'ubutaka? Amatungo ni aya nde ? Inzu ni iya nde? Ninde ubifataho icyemezo
 2. Ubwoko bw'ibyemezo bifatwa n'abagore hamwe n'ifatwa n'abagabo- ni ibihe byemezobifatwa n'abagore gusa? ni ibihe bifatwa n'abagabo gusa? ni ibihe bifatwa na bombi? Umwe afata icyemezo wenyine cyangwa bagifatira hamwe?
- Nyuma y'ibi bice uko ari bine, igiti kiraringaniye?
- Umwe mu bagize umuryango akora akazi hafi ya kose?
- Bamwe bafite imitungo hafi ya yose, ninde usohora byinshi ku gite cye, ku muryango?
- Shyira ikimenyetso (cyo kuringanira cyangwa gusumbana) gihagarariye uko ibintu bimeze n'ikindi kimenyetso gihagarariye icyerekezo kifuzwa mu muryango mu bijyanye n'uburinganire n'ubwuzuzanye hejuru mu gihimba. K'urugero rwatanzwe hejuru hakoreshejwe iminzani nk'ikimenyetso cy'uburinganire bwifuzwa.

Igice cya 5 : Imbuto/kwiyemeza gukora ibikorwa bisobanutse, bipimika, byemeranyijweho, bishobora gukoreka kandi bishobora gushyirwa mu gihe runaka :

- Ni iki dushaka guhindura? Iyemeze kuringaniza igiti wita ku bice byacyo byose. Zengurutse ibara ry'icyatsi (iby'o wifuza gufasha mufatanyije) cyangwa iritukura (iby'o wifuza gufasha ukabikora ijana ku ijana) ibintu bishobora kuringaniza igiti.
- Ni gute utekereza ko igiti cyaringanira neza kurushaho ?
- Ni iki cyakorwa mu buryo buhuriweho, ni ibihe bisohoka byagabanywa cyangwa bigasangirwa, ni uwuhe mutungo wasangirwa?
- Ku bijyanye n'ibikorwa byinjiza, ushobora kongera ibyinjira cyangwa kugabanya igihe?
- Erekan ibikorwa-ibintu ushaka bishobora gutuma igiti kiringanira. Byerekanishe ikimenyetso cy'icyatsi ahantu hakwiye nk'ibitumbwe cyangwa imbuto zitarera ushaka ko bihinduka bikaba imbuto zihye cyangwa zeze.

Kuri iki gice, abagize urugo bemeranywa ku bigomba gusohoka, ibigomba kugabanyuka, ibigomba kurekwa ndetse n'ishoramari rishya ryakorwa. Twanzura, ibisohorwa n'umuntu ku giti cye biragabanywa cyangwa bikarekwa, hanyuma ibyungura umuryango bigasangirwa mu buryo bungana, nta gusesagura, habaho gufata icyemezo gihuriweho, igiti kikaringanira.

4.4 Imfashanyigisho ya 4: Ikarita yo kubisangiza abandi n'imibanire n'abaturanyi

Iyi mfashanyigisho ni iy'umuntu ku giti cye (confidentiel)

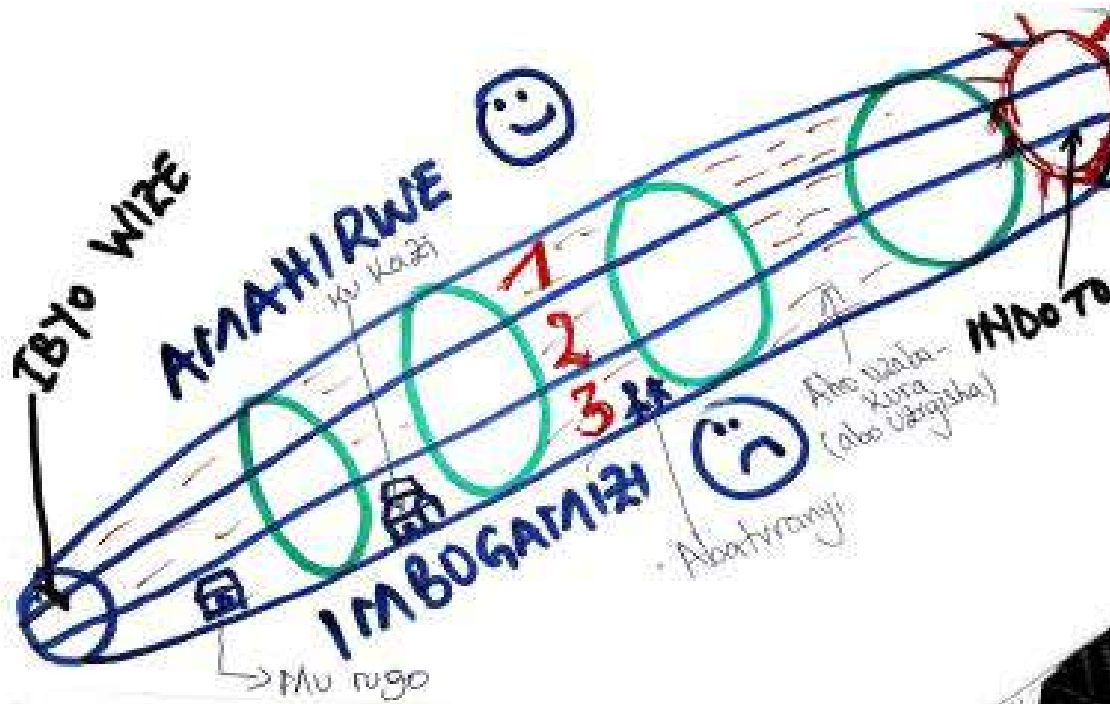


Urugero rw'ikarita yo kubisangiza abandi



4.5 Imfashanyigisho ya 7: Indoto Rukomatanyo

Iyi mfashanyigisho ihuriza hamwe imfashanyigisho zo mu masomo abanza zose. Indoto rukomatanyo ni imfashanyigisho y'ibanze mu igenamigambi ry'igihe kirerekire, kureba no kwiga ukuntu umuntu yagana mu byerekezo binyuranye. Izakoreshwa ku rwego rw'umuntu ku giti cye, amatsinda/imiryango kandi izafasha mu gusuzuma iyubahirizwa ry'ihame ry'uburinganire n'ubwuzuzanye hagati y'abagabo n'abagore hashingiwe kubyo biyemeje. Iyi mfashanyigisho ishobora no kwitwa icyerekezo Rukomatanyo. Urugero rw'indoto rukomatanyo



1. Inzira y'ubukungu
2. Igiti cy'uburinganire n'indoto ya diyama
3. Ikarita yo kubisangiza abandi

Agahanda ko hejuru kajyanye n'icyerekezo cy'ubuzima bwishimye hibandwa ku musaruro w'ubworozi ndetse n'isoko (ibice by'Imfashanyigisho y'indoto y'ubukungu burambye, ikarita y'amasoko n' igiti cy'ibibazo n'ibisubizo k'umusaruro)

Agahanda ko hagati kerekera n'impinduka mu mibanire ishingiyeye ku burunganire n'ubwuzuzanye ndetse n'imirire mu ngo bikenewe kugira ngo abagabo n'abagore bagere kuri iki cyerekezo (ibice by' imfashanyigisho z'igiti cy'uburunganire n'ubwuzuzanye, indoto ya diyama n'igiti cy'ibibazo n'ibisubizo k'umusaruro agace kajyanye n'uburunganire n'imirire myiza)

Agahanda ko hasi kajyanye n'abantu umuntu agomba gusangiza ubu buryo kugira ngo iki cyerekezo kigerweho (Imfashanyigisho y'ikarita y'imibanire no kubisangiza abandi)

IV. UMUSOZO

Mukuzamura imirire myiza mu banyarwanda, hakenewe imbaraga nyinshi mu nzego zitandukanye. Abanyamwugamu buhinzi n'ubworozi bagomba gukorera hamwe mu kuzamura no kwigisha imiriremyiza y'abanyarwanda. Ibikenewe ku mirire bigendana n'imyaka n'ubuzima bw'umuntu.

Ihame ry'ubwuzuzanye n'uburunganirel ridufasha mu kuzatuma abagore n'abagabobose bagira uruharemu kuzamura imiriremyizay'umuryango. Abagabo n'abana b'abahungu nabo bakaba bagomba kugira uruhare muguteguraindyo yuzuye.

Ubworozi bw'amatungo magufi n'uturima tw'igikoni bigomba gutezwa imbere mu buryo bwo kuzamura imirire mu muryango. Imirire myiza n'ubuzima bwiza bigomba kuba amahitamoya buri munyarwanda wese.

Uburyo bwo guteza imbere uburunganire n'ubwuzuzanye hagati y'abagabo n'abagore(GALS) burashimishije kandi bugenda bukoreshwa muburyo butandukanye. Nk'uko bigaragara, buri nyuma y'amezi atatu cyangwa ane haba hashobora kubaho impinduka zimwe na zimwe. Bamwe bashobora kumva bifitiye ikizere bitewe n'ubushobozi bwabo bwo kuba baba intangarugero mu kuzana impinduka nk'uko guteza imbere uburunganire n'ubwuzuzanye hagati y'abagabo n'abagore ari uburyo bwo kongerera abantu ubushobozi. Abandi bashobora gutangira gukoresha amafaranga mu bikorwa byo kongera umusaruro w', kubona amasoko ndetse no kuboneza imirire ndetse no gufatira hamwe ibyemezo ku micungire y'imitungo kimwe n'amafaranga yinjiye, n'ibindi. Abize ubu buryo baba intangarugero mu muryango kandi bakabusakaza mu bandi.

Abayobozi ba leta y'u Rwanda bishimiye ubu buryo. Byagaragaye neza ko uburyo bwo guteza imbere uburinganire n'ubwuzuzanye bushobora kwifashishwa mu bintu binyuranye ndetse no mu bihugu binyuranye. Aha, n'abagize umuryango bashobora kwifashisha imfashanyigisho zose mu buryo bunyuranye.

Abazakoresha iki gitabo bazaharanira ko habaho uburinganire n'ubwuzuzanye hagamijwe kongera umusaruro ukomoka ku bworozi, kubona amasoko ndetse no kunoza imirire mu rwego rwo kuzana impinduka zigaragara mu muryango, kugira ubutwari, kuramba, imibereho myiza, kutagira uhezwa, guharanira inyungu no kugira ubushobozi.

Yateguwe na:

Rwanda Council of Veterinary Doctors
(RCVD) hamwe na
Feed the Future Rwanda Orora Wihaze

Iki gitabo cy'amahugurwa cyanditswe ku nkunga y'Abanyamerika inyujijwe mu kigo cya Amerika gishinzwe iterambere mpuzamahanga (USAID). Ibitekerezo bikubiye muri iki gitabo ni ibya RCVD kandi ntaho bihuriye n'ibitekerezo bya Leta y'Amerika cyangwa USAID



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