

# Twakora iki kugira ngo imitima yakomeretse ikire ?

Inyandiko ivuga ku bikomere byatewe n'ibikorwa  
by'ubugome byabaye mu Rwanda n'uburyo  
twabivura dushyize hamwe nk'umuryango.



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## IJAMBO RY'IBANZE

Impamvu y'ibanze yatumye dutekereza kwandika aka gatabo kitwa « Twakora iki kugira ngo imitima yako-meretse ikire » ni uko twemera tudashidikanya ko, nubwo inabi abantu bagiriwe yashegeshe ubuzima bwabo n'imibanire yabo, gukira bishoboka. Koko rero, nta bikomere by'umutima bidashoboçra gukira, kabone n'iyobyaba ari imivogo. Abantu twese twifitemo ubushobozi bwo kongera kwigaruramo imbaraga n'icyizere cyo kubaho. Umuntu kandi yifitemo ubushobozi bwo kunga umubano n'abandi, ndetse n'ubwo kuwusubiranya igihe wacitse. Aka gatabo ni imbuto y'urugendo rwatangiye mu w'i 2004, ubwo Misereor yakoraga ubushakashatsi ku mibereho y'imitima yakomeretse mu Rwanda. Ubwo bushakashatsi bwerekanye ko abantu bakwiye guhagurukira icyarimwe nk'umuryango kugira ngo bashobore kuvura ibikomere by'abanyarwanda. Koko rero, hari abantu benshi bahungabanye bakeneye gutegeka amatwi, nyamara ariko abantu bahugukiwe n'uwo murimo bakaba bake cyane. Kubera icyo mpamvu, imiryango yacu ni yo igomba gufata inshingano zo kuvura abana bayo bakomeretse. Ni muri urwo rwego imiryango ine, yose iterwa inkunga na Misereor, yishyize hamwe ihimba inkuru enye musanga muri aka gatabo ndetse inateganya uburyo bwo kukifashisha mu kuvura ibikomere. Muri Kamena 2006 ni bwo habaye igerageza ryabereye mu Kigo Uyisenga n'Manzi kiri i Kigali, kugira ngo turebe uburyo igice kimwe cy'umuryango nyarwanda cyakira inkuru zivugwa muri aka gatabo, ibishushanyo birimo, ndetse n'uburyo bukoreshwa mu kukifashisha tuvura ibikomere. Aka gatabo kandi kanahinduwe mu kinyarwanda, kugira ngo gashobore kugera kuri bese. Intego yako ni imwe, ni ugufasha abantu kumenya ibimenyetso by'imitima ifite ibikomere n'icyo umuntu yakora kugira ngo ikire. Koko rero, aka gatabo kagamije gutuma abantu barushaho kumva ubuzima imitima yakomeretse ihoramo, no kubakangurira kuyigirira impuhwe.

Twemera ko dushyize hamwe nk'umuryango, dushobora gutanga inkunga yacu mu kuvura imitima yakomeretse. Ari ababyeyi, abavandimwe, abaturanyi, abarimu ku mashuri, abakora mu mishinga iharanzira amajyambere cyangwa se uburenganzira bwa muntu, abarangaje imbere ibikorwa bya kiliziya, abo bese bashobora kugira uruhare mu kuvura imitima yakomeretse bakoresheje kuyakirana impuhwe n'urugwiro, mbese bayereka ko bayitayeho. Cyakora ntitwibeshye ko dushobora gukora byose. Hari imitima yakomeretse usanga yarihebye bikabije ndetse itanagishaka no kubaho, ku buryo ubona nta cyo wayimarira. Icyo gihe ni ngombwa kwitabaza impuguke mu gufasha imitima yakomeretse ziri mu bigo binyuranye byiyemeje uwo murimo, maze tukazoherezaho abo bavandimwe bacu, tumaze kubasobanurira impamvu gusuzumwa na bo ari ngombwa. Ni yo mpamvu ubu buryo bushya bwo kuvura ibikomere by'umutima nk'umuryango,

busaba ko abantu b'ingeri zinyuranye n'ubumenyi bunyuranye bashyira hamwe : abaganga, impuguke mu by'ubuzima bwo mu mutwe, imiryango iharanira uburenganzira bwa muntu, imishinga iharanira imibereho myiza n'iterambare ry'abaturage, n'abandi. Hari n'indi miryango turi bubabwire ku mpera y'aka gatabo mwagana muramutse mufite ikibazo cy'ibikomere by'umutima. Byumvikane rero ko aka gatabo kataje gusimbura umurimo ukomeye impuguke zakoraga mu rwego rwo gusana imitima ifite ibikomere, ko ahubwo kaje kuzitera ingabo mu bitugu. Tuzi neza ko inkuru zirimo zidahagarariye urunyurane rw'ibikomere dusangana imitima y'abanyarwanda. Hari indi mitima yakomeretse myinshi itavugwa muri aka gatabo. Itsinda ryateguye aka gatabo risanzwe ryakira abantu b'ingeri zinyuranye mu rwego rwo kuvura ibikomere, kandi nta vangura. Aka gatabo ni intambwe ya mbere duteye mu rugendo rurerure rugamije gukiza ibikomere by'abanyarwanda bose. Turongera kwemera ko inkuru enye zivugwa muri aka gatabo zidahagarariye ibikomere byose by'abanyarwanda. Hari imitima myinshi ifite ibikomere bitavugwa ndetse itinya no kugaragaza. Mu rwego rwo guha agaciro ibyo bikomere bitavuzwe muri aka gatabo, twahisemo gusiga urupapuro rutagize ikiriho, kugira ngo ruhagararire inkuru ya gatanu yagombye kuvuga kuri ibyo bikomere akenshi bitanemerwa ko biriho cyangwa se ntibifatwe nk'ibikomere.

Dushimiye abantu bose badufashije gushyira mu bikorwa uyu mushinga. Turashimira cyane cyane Dogiteri Simone Lindorfer watubereye umujyanama w'ukuri muri urwo rugendo, akaba ari na we wanditse aka gatabo mu rurimi rw'igifaransa. Turashimira kandi Madamu Grace Bithum washushanyije amashusho mu-sanga muri aka gatabo, akaba yerekana ubuzima imitima yakomeretse ibamo mu Rwanda. Turashimira cyane kandi Misereor kuko ari yo yateye inkunga uyu mushinga, ikaba idahwema no kudufasha mu bikorwa byacu bya buri muni.

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## **Icyitonderwa**

Aka gatabo kagomba gukoreshwa n'abantu bahuguriwe uburyo bwo kugakoresha.



## Twakora iki kugira ngo imitima yakomeretse ikire ?

### IMITIMA YAKOMERETSE

Hari imitima myinshi ifite ibikomere hirya nohino mu miryango yacu, bitewen'uko yagiriwe ibikorwa by'ubugome bukomeye. Mu by'ukuri ibikorwa by'ubugome ntibigira ingaruka ku mibiri yacu gusa, iyo ibikomere byo ku mubiri byarangije gukira, ibikomere byo mu mutima byo biba bikininda. Akenshi ibyo bikomere ntibigaragara nk'uko biri, ari nayo mpamvu usanga bikomeye kubyumva. Nyamara ariko iyo ushoboye kubyumva no gufasha imitima ibifite ni bwo ibyishimo n'icyizere cyo kubaho bishobora kuyigarukira.

Hari babiri mu bavandimwe bacu basanzwe bafasha imitima ifite ibikomere bagiyeye kudutekerereza inkuru enye z'abantu tubana bahuye n'ibikorwa by'ubugome bikomeye bibasigira ibikomere bikabije badashora kwibagirwa.





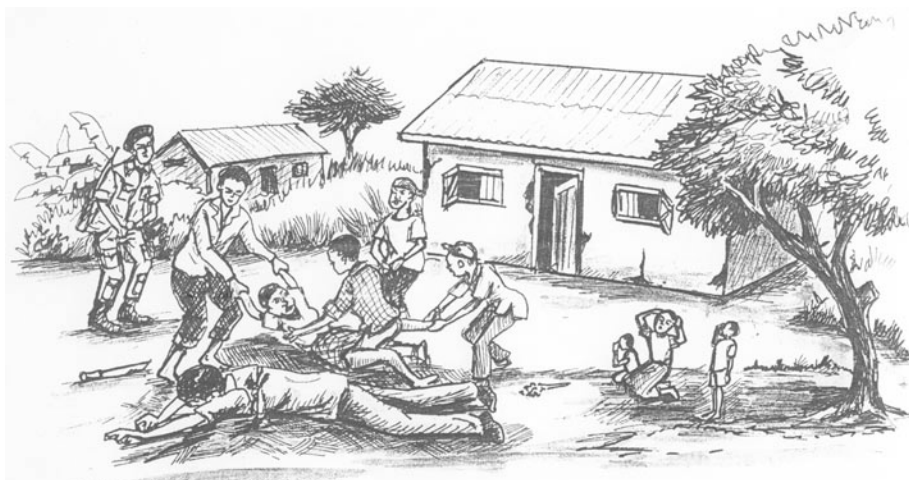
## UWIZEYE

Uyu ni Uwizeye. Mu gihe cya jenocide yo mu 1994, yari umugore ufite umugabo n'abana batatu.

Umunsi umwe, muri Mata 1994, Uwizeye yagiye kubona abona interahamwe ndetse na bamwe mu baturanyi be basakije urugo rwabo n'imihoro. Muri bo harimo n'umuturanyi we witwa Isidori wari usanzwe agenda aho. Nuko abo bagizi ba nabi babanza kwicira umugabo we mu maso ye ndetse n'abana babibona, hanyuma Isidori na bagenzi be bafata Uwizeye bamukorera ibyamfurambi, bamwakuranwaho. Ibyo byose abana barabirebaga, umutima wakutse, babuze aho bakwirwa. Bamaze kumukorera ibya mfura mbi no gusahura inzu yose, baragenda. Uwizeye n'abana be ni ko guhita birukira ku murambo w'umubyeyi wabo bakundaga bihebuje, bawurebana agahinda n'umutima ushengutse. Bihutira kuwushyigura bucece, baja kwihisha mu gishanga. Urebye ni nk'amahirwe yatumye barokoka.



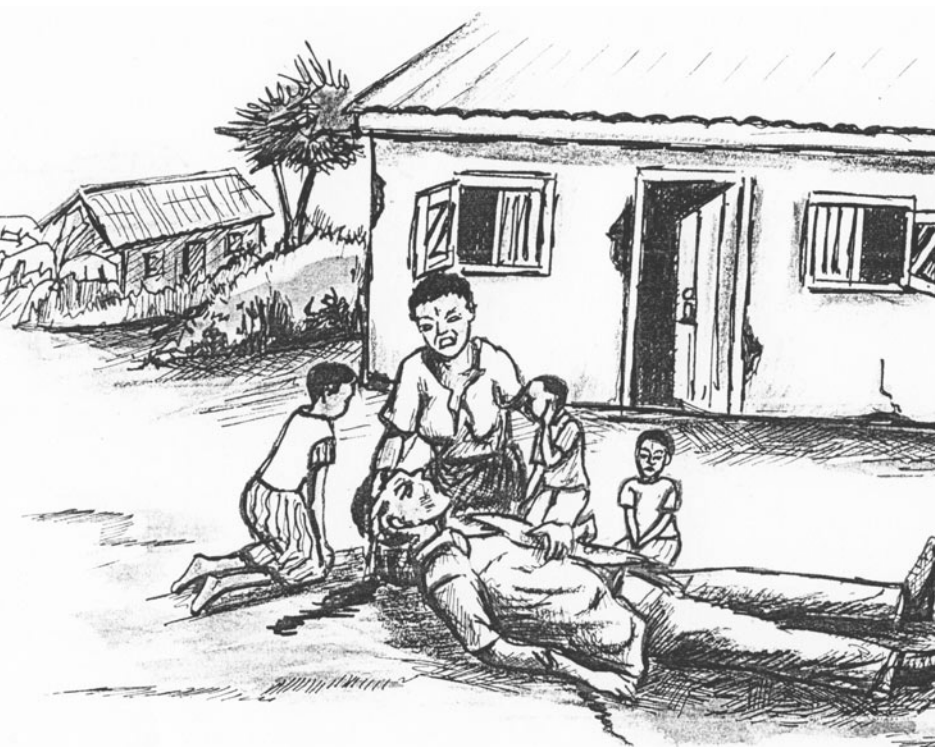
Twakora iki kugira ngo imitima yakomeretse ikire ?

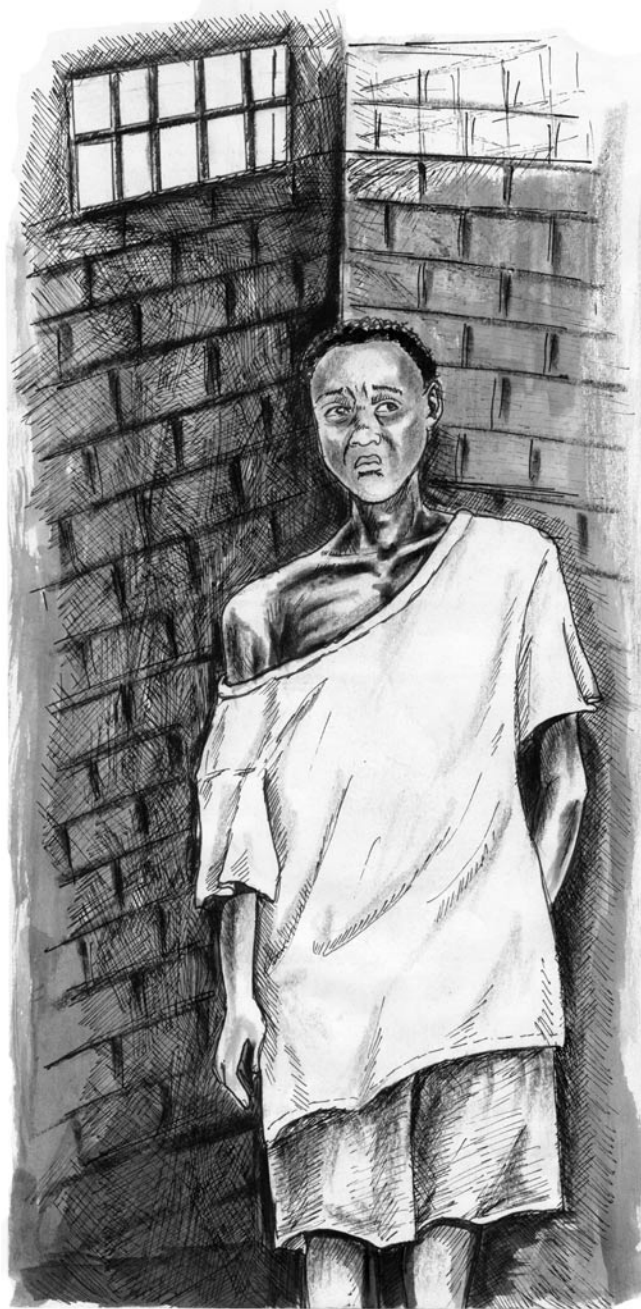


Hashize amezi make jenocide irangiye, Uwi-  
zeye yatangiye kumva atameze neza, akumva  
agahinda kamushengura umutima, ikimwaro ari  
cyose, kandi ari nako aribwa umubiri wose.

We n'abana bagerageza kugarura agatege,  
ariko batorohewe na mba. Abana bakurana  
igikomere gikomeye batewe n'ibyo babonye.  
Buri gihe bakagerageza guhoza nyina bamufasha  
kandi bakirinda kumubuza amahwemo bamu-  
tura ibibazo byabo n'agahinda kabo.

Uwizeye yahoraga arwaragurika. Umunsi  
umwe, umwe mu baturanyi be amugira inama  
yo kujya kwipimisha Sida. Agezeyo muganga  
amubwira ko yanduye agakoko gatera Sida,  
nuko yibuka ko yayanduye igihe yafatwaga ku  
ngufu. Yumva arushijeho kwiheba. Gufatwa ku  
ngufu byangije ubuzima bwe bwose : roho ye,  
umubiri we, agaciro ke, ndetse n'icyizere cy'ejo  
hazaza.





## MANZI

Uyu mubona ni Manzi. Manzi ni umwana w'umuhungu w'imyaka 16. Aha ari ni mu buroko, arazira ko yibye icyo kurya, cyane cyane ko ari umwe muri ba bana b'inzererezi. Nyamara ariko Manzi ntiyamyeye aba mu muhanda. Bamwe mu bo mu muryango we baracyariho.

Se yishwe mu gihe cya jenocide. Manzi yari imfura y'iwabo, akaba yarakundaga se cyane. Jenocide irangiye, nyina yafashe icyemezo cyo kwishakira undi mugabo. Nyamara ariko. Manzi ntiyakundaga uwo mugabo, ndetse no kumubona byamuteraga ubwoba. Koko rero, uwo mugabo yari umugome, agahora atonganya abana igihe n'imburagihe, kandi mu kuba kubita ntababarire, maze yagera kuri Manzi agasya atanzitse. Yahoraga ababwira ko ari we nyir'urugo, ko bagomba kumwumwira. Nyina na we nta bubasha yari afite bwo kurengera abana be, cyane cyane imfura ye. Kuva umugabo we yapfa ahorana agahinda, ariko nibura ntaba wenyine.





Twakora iki kugira ngo imitima yakomeretse ikire ?



Umunsi umwe Manzi yaje gufata icyemezo cyo kwigendera, kuko yari yarambiwe inkoni za buri gihe. Yumvaga kuba mu muhanda biruta kuba mu nzu adafitiyemo amahoro. Nuko ajya i Kigali aba « inzererezi ». icyakora na ho ubuzima ntibwari bumworoheye na gato. Nta zindi nshuti yagiraga usibye inzara n'ubwoba bw'abapolisi. Yatungwaga no gusabiriza, nyamara agakuramo intica ntikize. Yahoraga yigunze, agaterwa agahinda no kuba atari kumwe na nyina. Umunsi umwe inzara yamwishe ahitamo kwiba umugati. Nuko bamuhururiza abapolisi, na bo si ukumukubita barabaga, nta kirengera afite ; mbese nk'uko wa mugabo wa nyina yabigenzaga. Nuko bamaze kumukubita baragenda bamuta mu buroko. Hariya mumubona ni mu kasho ke ka wenyine aho ari mu bwigunge ameze nk'uwatereanywe n'isi yose.





## INGABIRE

Dore umukobwa na we ufite umutima washegeshwe n'intimba kubera ibikomere.

Yitwa Ingabire, afite imyaka 19. Muri jenocide yapfushije umuryango we wose, ababyeyi be, basaza be babira na murummuna we. Yabashije kurokoka kuko yihishe mu muri zeke maze ku bw'amahirwe abicanyi ntibashobora kumubona.

Nyuma ya jenocide, Ingabire yagiye kubana na nyirasenge na we wari warasigaye wenyine.

Nyamara yahoraga yumva yaribasiwe n'abantu bose, ndetse nta n'uwashobora kumuhoza. Afite imyaka 14 ni bwo yajyanye n'inshuti ye i Kigali imubwiye ko yumvise ko haboneka akazi n'imbereho ku buryo bworoshye. Ingabire yizeraga ko agiye kuhagirira ubuzima bushya, akibagirwa ibyamubayeho byose.



## Twakora iki kugira ngo imitima yakomeretse ikire ?

Agezeyo, yahamenyaniye n'abandi bana b'urungano rwe, hafi ya bose ari imfubyi nka we. Bo bari baramutanze gusogongera ku buzima bu-tagira ugira ati « impore ». Nuko asogongera ku biyobyabwenge, ku rumogi no ku nzoga, bagenzi be bamubwira ko ari bwo buryo bwo gutsirika ibibazo n'imihangayiko. Koko rero, iyo yabaga amaze gufata ibiyobyabwenge, yumvaga yibagiwe ibyo yabayemo, akumva atekanye, bityo akabasha gusinzira. Nyamara ariko ubuzima bwarushagaho kuba bubi, kandi n'ibiyobyabwenge bikarushaho guhenda, mu gihe nta n'akazi yari afite, kuko mu mugi nta kazi k'umwana w'umukobwa utarize gakunze kuhaba. Umunsi umwe, imwe mu nshuti ze imubwira ko hari « akazi koroshye » ashobora gukora.



Ingabire atangira inzira y'umusaraba w'uburaya. Nyamara ariko yumvaga ntacyo bimutwaye, kuko yabonaga ntacyo akiramira. Yumvaga ubuzima ntacyo bukimubwiye, kereka iyo yabaga yanyweye ibiyobyabwenge, ni bwo yumvaga ameze neza, bikanamufasha kwiha abakiriya ntacyo yikanga.

Rimwe na rimwe iyow yabaga ari mu mibonano mpuzabitsina yasaga n'uwisohotsemo, maze akitegerereza kure ibiriho biba ku mbiri we, akumva bitamureba. Gusa mu gitondo yakangukanaga intimba itagira urugero, bigatuma arushaho kunywa ibiyobyabwenge byinshi, kugira ngo arebe ko yakwibagirwa ubuzima abamo.



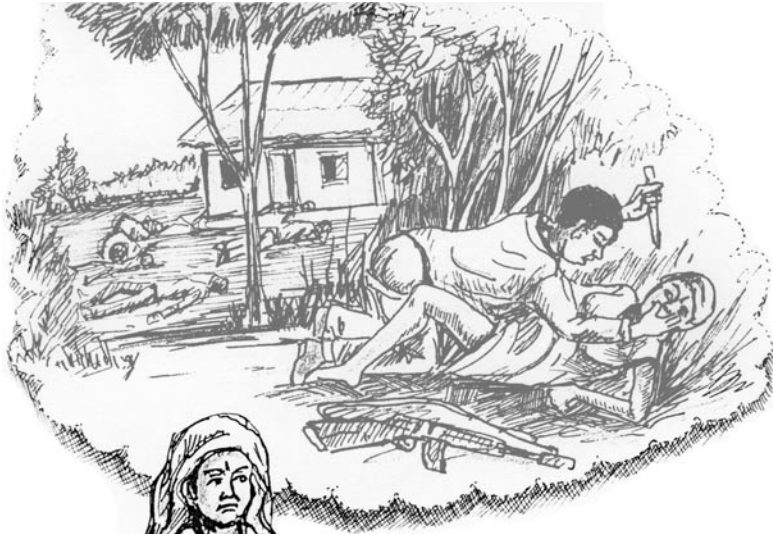
## NKUSI

Nguwo Nkusi, umwana w'imyaka 10 ufite mu maso hakanyaraye nk'aho abantu bakuru. Nkusi nta se agira. Hashize igihe gito amenye ko se ari umwicanyi ruharwa, ko yafashe nyina ku ngufu muri jenocide maze agasamwa atyo. Kuva yavuka yumva atameze nk'abandi bavandimwe be. Nyina ni umupfakazi kuva jenocide yaba. Iyo Nkusi akoze agakosa gato, biba impamvu yo kumwuka inabi no kumutura umujinyi w'ibyamubayeho, maze si ukumukubita akivayo. Ntajya amushyagirira nk'abandi bana cyangwa ngo amuhoberane urugwiro. Nkusi ahora yibaza impamvu nyina atamukunda. Iyo amubona akina n'abo bava inda imwe, yumva umutima umuriye.

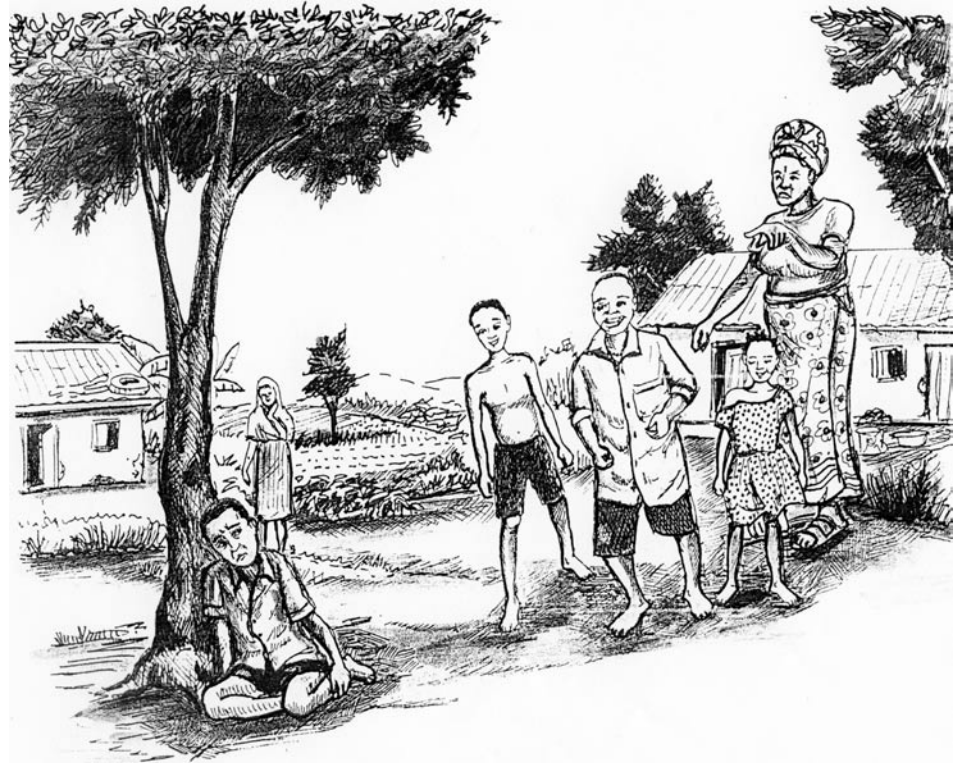




## Twakora iki kugira ngo imitima yakomeretse ikire ?



Umunsi umwe yaje kumva abaturanyi be bongorerana, maze ata mu gutwi ijambo ryamusobanuriye impamvu y'ubuzima bubi abamo : ni umwana w'interahamwe. Se ni we wafakaje nyina. Guhera ubwo Nkusi akabura uko yifata imbere ya nyina ; yamubona akumva agize ikimwaro n'isoni. Yibazaga uburyo yakomeza kuba mu muryango atagira umuntu n'umwe umucira akari urutega, yewe na we ubwe yiyanze.





Twakora iki kugira ngo imitima yakomeretse ikire ?

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## IMITIMA YAKOMERETSE NTIHISHA AKABABARO KAYO



Iyo imitima yacu yakomeretse nk'uwa Uwi-zeye, Manzi, Ingabire na Nkusi, ntibasha guhisha akababaro kayo. Ikagaragaza rero ku buryo bwinshi : Ishobora gukoresha amagambo, akenshi atamenyerewe, ibimenyetso, cyangwa se guceceka. Ni ngombwa rero kubanza tukamenya imvugo y'umutima wakomeretse, kugira ngo tubashe kuwumva. Cyane cyane iyo gucecekesha ari intandaro y'akababaro kayo : gucecekesha n'umuco, n'ibikomere watewe n'icyaha wakorewe udatinyuka kuvuga, gucecekesha n'uko uri umwishi cyangwa se abishe ari bene wanyu.

Iyo twakomeretse, indoro twarebanaga ubuzima ndetse n'abavandimwe irahinduka. Nta muntu n'umwe tuba tukizera, kubera ubwoba buba butwuzuye mu mutima. Hari n'ibihe tugeramo ubwoba bukadutaha, mbe-se ibyatubayeho bigasa nk'aho birimo biba ako kanya. Ndetse rimwe na rimwe twumva n'ubuzima nta cyanga, tukumva kubaho nta-

cyo bimaze, kimwe no kwemera Imana itarigeze iturinda ibikorwa by'urugomo n'ubunyamaswa twakorewe kandi ishobora byose.

Ibikomere byo ku mutima biradushesha cyane kandi bidutwara imbaraga nyinshi, tukumva turwaye. Rimwe na rimwe tukumva tumeze nk'abasazi, cyangwa nk'abahanzeho na roho mbi. Nyamara ku muntu wakomeretse, ni ngombwa ko ibyo byose bimubaho.

Ibikorwa by'urugomo bisiga ibikomere bikomeye mu mitima yacu. Niyo mpamvu imitima yakomeretse isaba kandi ikwiye kwitabwaho. Twihatire gutega amatwi abo bavandimwe bacu, maze twumvane impuhwe ubuzima bubi babamo.

## Twakora iki kugira ngo imitima yakomeretse ikire ?

Tuvuge nka Uwizeye afite kibazo gikomeye cyo kubura ibitotsi. Kuva jenocide yaba, murebe imyaka ishize, abona udutotsi nta nkuru. Ahora hangayikishijwe n'uko abana be bazamera amaze gupfa. Bazabaho gute ? Ahora atekereza ibyamubayeho, akibaza impamvu yabyo. Azi neza ko ntawe yigeze ahemukira na rimwe. Yemera Imana, kandi inshuro nyinshi yagiye asabana n'abaturanyi be mu birori, ndetse na Isidori wamupfakaje. None se kuki Imana yamuhaye igihano kigeze hariya ? Ibyo byose arara abyibaza, ndetse rimwe na rimwe bukanamukeraho. Uko kurara akanuye bihuta cyane ubuzima bwe, bigatuma umubiri we ucika intege.





## Twakora iki kugira ngo imitima yakomeretse ikire ?

Uwizeye ahora yuzuye agahinda k'ibyamubayeho muri 94. Ahora abitekereza igihe n'imburagihe, nubwo hashize imyaka isaga icumi bibaye. Ndetse n'iyi ari mu gikoni atetse, ni byo ahugiramo.



Iyo arimo atembera ntajya ashyitsa umutima hamwe. Umubiri we n'umutima we biba byiteguye guhunga. Koko rero, ubwoba bwo gupfa yagize muri jenoside ntaho bwagiye, ku buryo yumva buri kanya amahano yamubayeho ashobora kongera kumugwirira. Ngiyo impamvu ahorana amakenga. Kuri we ubuzima bwashizemo uburyohe, busigara ari umusaraba yikoreye. Urupfu amaze imyaka irenga icumi acumbikiye rwaramusabye, kandi na we arwiyumvamo, akumva ko amahereze ari ukumujoyana.

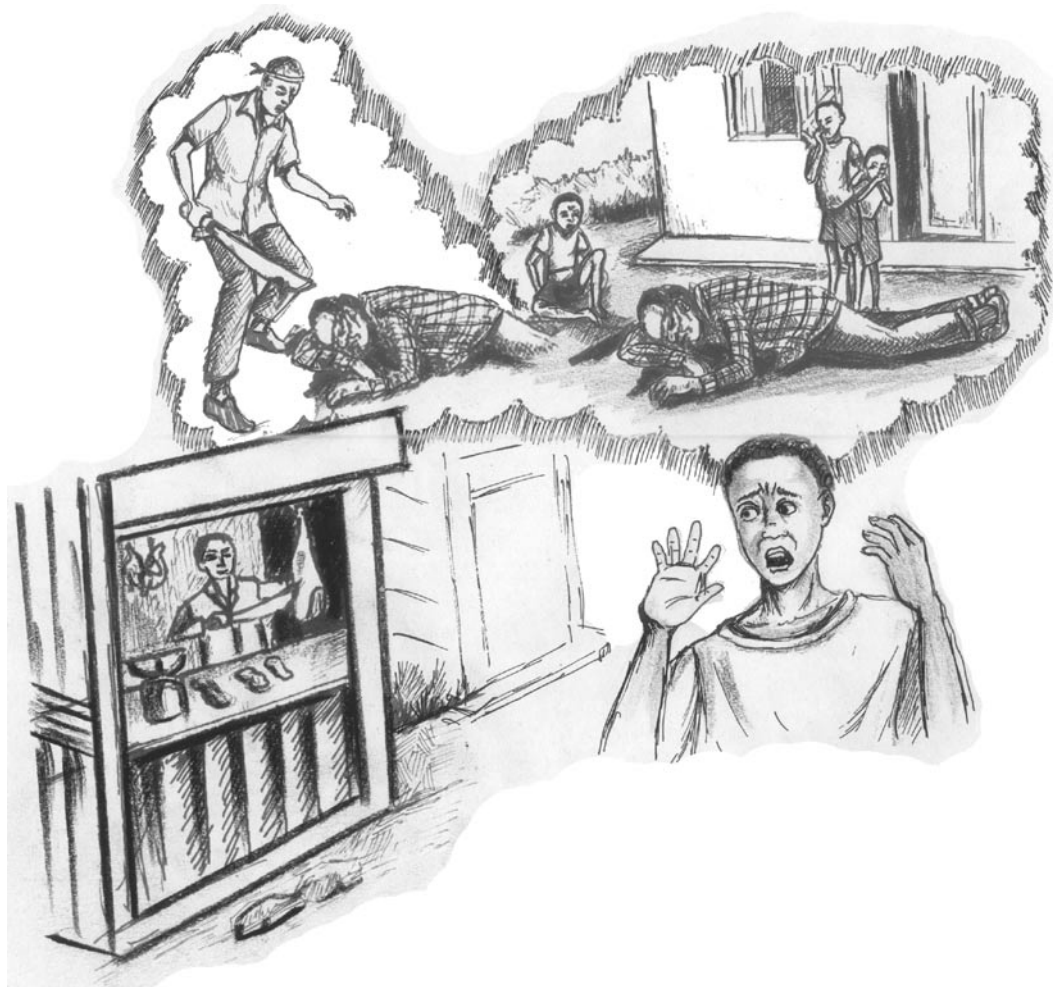


## Twakora iki kugira ngo imitima yakomeretse ikire ?

Manzi na we nta kindi kimutuye uretse ibikomere by'ubugome yagiriwe byamushinzemo imizi. Iyo hari ikintu abonye cyangwa yumvise kimwibutsa urupfu rwa se, ahita abona imbere ye uko byagenze, akongera kubona se avirirana, amupfira mu maso, mbese nk'aho birimo biba ako kanya.

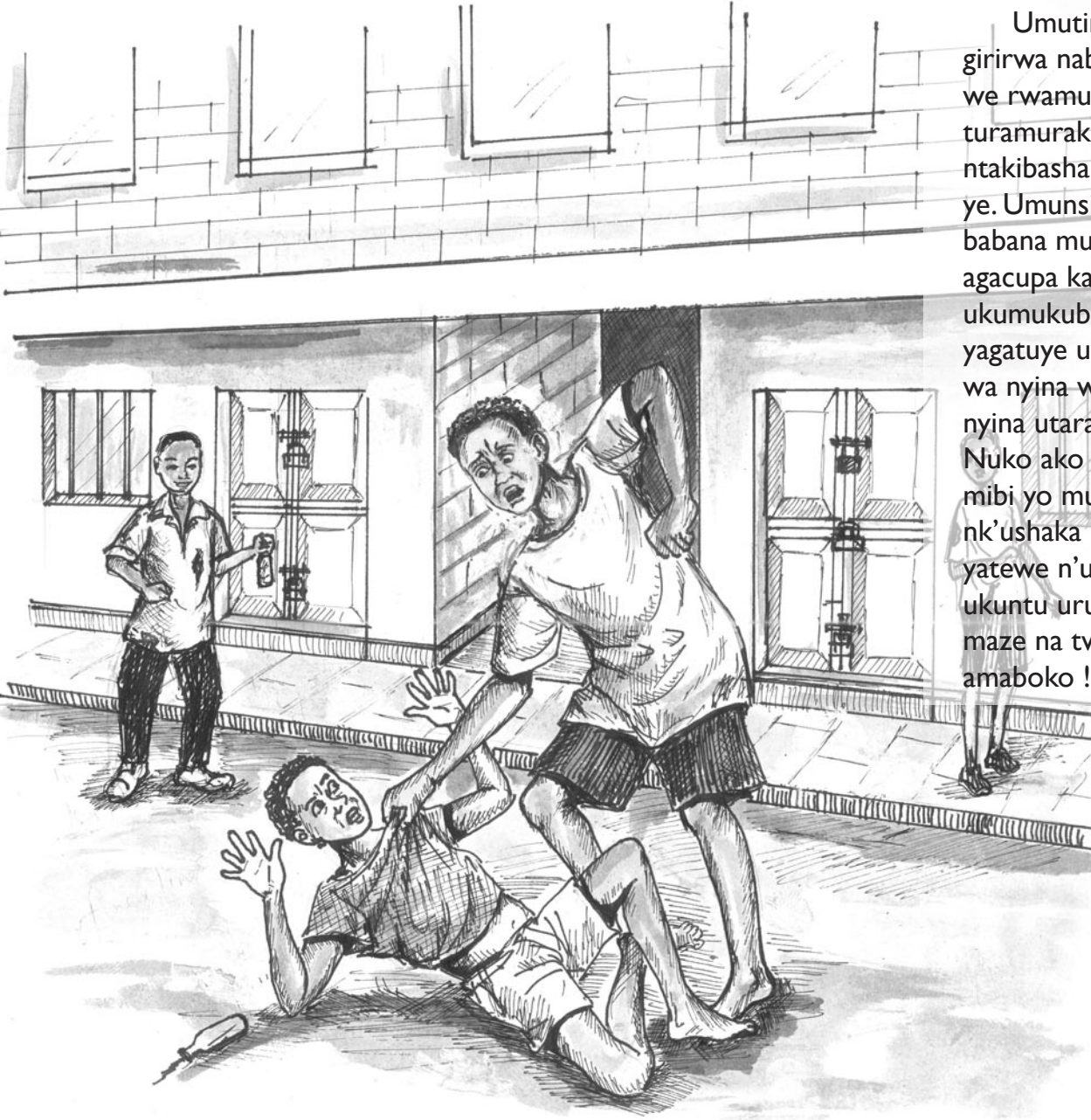
Umunsi umwe yabonye umubazi afite icyuma kinini kimeze nk'icyo bicishije se, maze arataka cyane ; umutima we uratera cyane, icyuya kiramurenga, mbese nk'aho icyo cyuma bagiye kukimwicisha. Nuko akizwa n'amaguru, arahunga. Byamufashe umwanya munini kugira ngo yumve ko atari mu makuba, ko ahubwo yibukaga ibyamubayeho. Nyuma y'uko ibyo bibaye, yumva agahinda n'umubabaro ari byinshi, ku buryo

yumva atakifiteho ijamba. Ndetse yumva ameze nk'umusazi. Nyamara ariko si ubusazi ; ubwo buryo bwo kwibuka ibyatubayeho ni inzira ubwonko bunyuramo bushaka kumva ibintu bikomeye bwanyuzemo. Iyo budashoboye kubyumva, bisa n'ibyisubiyemo, maze bikabyutsa agahinda. Manzi ahora yibaza igihe uwo musaraba azawuturira, maze akumva aruhutse.



## Twakora iki kugira ngo imitima yakomeretse ikire ?

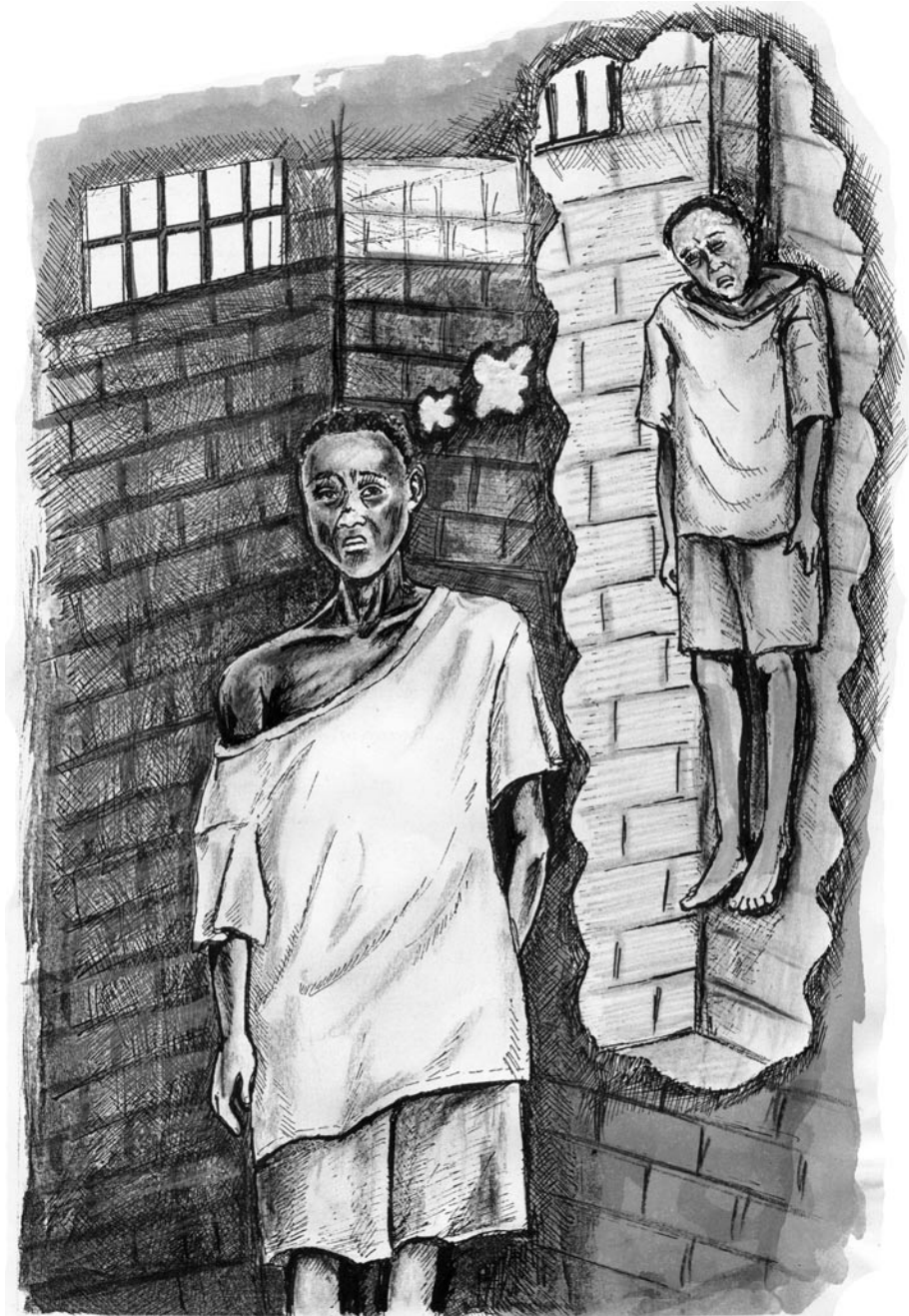
Umutima we uhora witeguye ku- girirwa nabi. Urugomo yagiriwe na we rwamukukiyemo. Utuntu duto turamurakaza birenze urugero, mbese ntakibasha kugenzura amarangamutima ye. Umunsi umwe, umwe muri bagenzi be babana mu muhanda yagerageje kumwiba agacupa ka kole, maze Manzi ararakara, si ukumukubita yivayo- amutura umujinya yagatuye uwishe se, yagatuye umugabo wa nyina wahoraga amukubita, yagatuye nyina utaragize icyo akora ngo amutabare. Nuko ako kagenzi ke basangiye imibereho mibi yo mu muhanda arakaniga, mbese nk'ushaka kukihimuriraho ububabare yatewe n'ubuzima bubi yabayemo. Mbega ukuntu urugomo twagiriwe rudukukiramo, maze na twe tukarugirira abo turusha amaboko !





## Twakora iki kugira ngo imitima yakomeretse ikire ?

Manzi yumva amaherezo y'ubuzima bwe ari mabi. Kuri we gushinga urugo ngo agire umugore n'abana ni ibidashoboka. Rimwe na rimwe ajya atekereza no kwiyahura, kuko areba igihe kiri imbere akabona ntaho gitaniye n'icyashize. Aho ari mu buroko yaribagiranye, yumva nta mwanya we ukiri muri iyi si.





Twakora iki kugira ngo imitima yakomeretse ikire ?

Na Ingabire ni uko bimeze. Kuva aho apfushirije ababyeyi be, yumva isi itakiri ahantu heza haberanye no gutura. Ahora yibaza impamvu abandi bapfuye we agasigara- ndetse akumva yaragize uruhare mu rupfu rwabo.

Iyo nta nzoga yanyweye, ahora afite ubwoba, akirinda ikintu cyose cyatuma yibuka ibihe bitindi yanyuzemo. Iyo atungutse ku matongo y'iwabo, umutima uramukuka, ugatera nk'uwenda kumuca mu kanwa; ubwoba bukamutaha, agafata icyemezo cyo gusubira inyuma.



## Twakora iki kugira ngo imitima yakomeretse ikire ?

Iyo yumvise urusaku atari yiteguye, tuvuge nk'urw'isafuriya yituye hasi, cyangwa se ikindi gikoresho, ubwoba buramutaha, agashaka kwihisha.

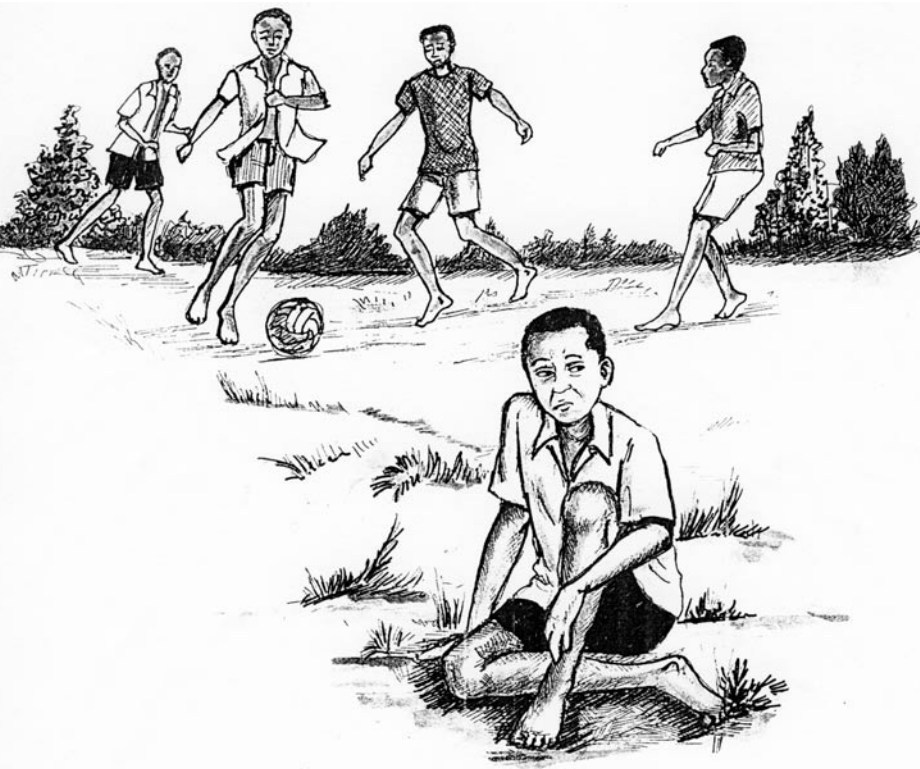


Nijoro iyo aryamye, arara ashikagurika, kubera kurota abona abishe musaza we na we bashaka kumwica. Bityo akavuze induru, ntiyongere no gusinzira kubera ubwoba bw'ibyo yabonye. Nuko akarushaho kunywa inzoga nyinshi kugira ngo abashe gusinzira. Inzoga imufasha guhungira mu yindi si, ahatari icyu-namo n'imibabaro. Nyamara mu gitondo iyo abyutse, ibintu birushaho kuba bibi.



## Twakora iki kugira ngo imitima yakomeretse ikire ?

Nkusi we yumva yigunze. Yumva nta muntu n'umwe ushobora kumukunda, mbese akumva ari wenyine muri iyi si. Umuryango we uhora umuryoza ibikorwa bya se atigeze anamenya, ndetse atanifuza kumenya kubera ukuntu yahemukiye nyina- usibye ko nyine bitamubuza guhora amutekereza. Nyamara yifuza kuba yagira se umwakira, umuha agaciro, kandi umukunda.

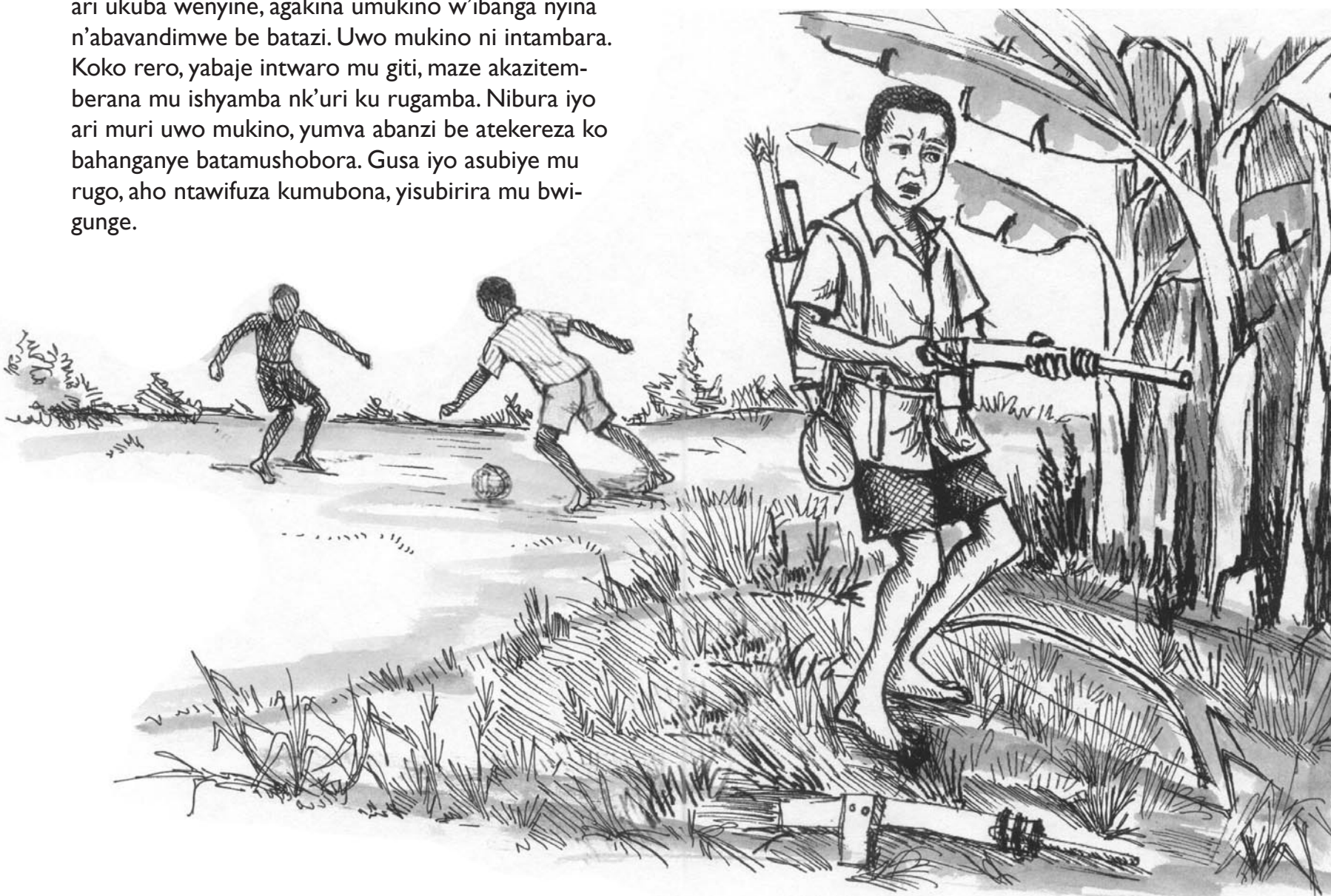


Nkusi we, kubera imibabaro yikoreye mu mutima, ntabasha gukurikira mu ishuri. Mu by'ukuri ntiyumva ibyo abarimu be bamubwira, kuko yumva hagati ye n'abandi bantu harimo urukuta atabasha kurenga. Yumva umutima we warakonje, mbese ari ubutita. Kuba imbamutima ze zarazimye yumva ari byo byiza, kuko bituma atumva umugera w'agahinda. Bityo bikamurinda kumva ububabare aterwa no gutereranwa no kugirirwa nabi n'uwakamugiriye neza. Cyane cyane iyo nyina yamukubise cyangwa se yamututse, ntabasha no gufungura ikaye. Yumva yihebye, akumva kuba ariho ari ikosa rikomeye yakoze.



## Twakora iki kugira ngo imitima yakomeretse ikire ?

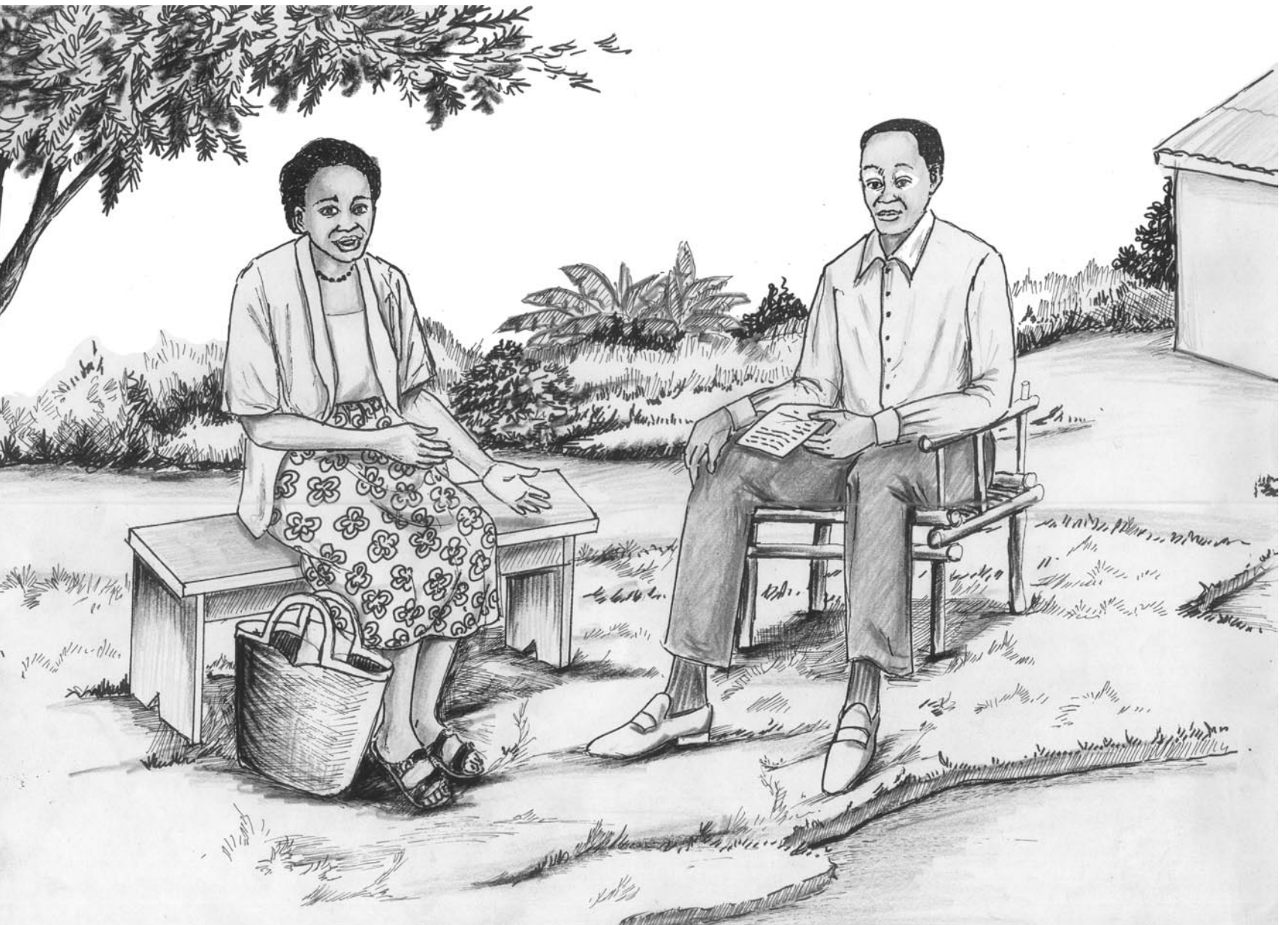
Kubera ko atiyizera, ntatinyuka gukina umupira n'abandi bana, ahubwo usanga yigunze. Yumva ibyiza ari ukuba wenyine, agakina umukino w'ibanga nyina n'abavandimwe be batazi. Uwo mukino ni intambara. Koko rero, yabaje intwaro mu giti, maze akazitemberana mu ishyamba nk'uri ku rugamba. Nibura iyo ari muri uwo mukino, yumva abanzi be atekereza ko bahanganye batamushobora. Gusa iyo asubiye mu rugo, aho ntawifuza kumubona, yisubirira mu bwi-gunge.





Twakora iki kugira ngo imitima yakomeretse ikire ?

**DUSHYZE HAMWE DUSHOBORA KUVURA IMITIMA YAKOMERETSE !**



Nguko uko imitima yakomeretse itubwira akababaro kayo n'icyunamo ihoramo. Ibyo ni ibimenyetso by' « ihungabana » bigaragara inyuma. Nyamara ni ngombwa ko ibyo bimenyetso bibaho, nubwo bitubuza amahoro bikanadutera ubwoba. Nubwo dukomeza kugendana inkovu z'ibikomere mu mutima, ntitugomba kwiheba, kuko dushobora gukira, maze tukongera gusubirana ibyishimo.

Imitima yahungabanye ikeneye ko tuyitaho kugira ngo ishobore gukira, kandi rero buri wese ashobora gusubirana icyizere cyo kubaho n'ibyishimo. Ahari wenda dutekerezwa ko bireba abaganga, inzobere, abapadiri cyangwa se abavuzi, bo bazi uburyo bafasha abantu nk'abo. Nyamara ariko biratureba twese. **DUSHYIZE HAMWE, DUSHOBORA GUKIZA IMITIMA IFITE INTIMBA !** Umuryango wacu ni wo ushobora kuyikiza bitewe n'uburyo uyakira. Dushoboye kubakira no kubafasha kumva ko ntacyabahungabanya turi kumwe, nta kabuza bakira.

Nubwo dutekerezwa ko ntacyo dufite twabaha, nubwo dutekerezwa ko natwe twahungabanye, tukaba dukeneye abatwitaho, iyo ufashije mugenzi wawe, imirasire y'ibyishimo yongera kukurasiraho, maze ukongera kwigiramo uburyohe bw'ubuzima.

Iyo duteze amatwi imitima yakomeretse, bituma urugomo turusezerera, maze tukarusimbuza ubuntu n'urukundo. Turebe uko dushobora gufasha bagenzi bacu bahuye n'ibibazo by'ihungabana mu miryango yacu.

Ikintu gikomeye ku mitima yahungabanye, ni uko ishaka kwibagirwa ibyayibayeho, kandi nanone ikifuza kubyibuka no kubibwira umuntu w'inkoramutima, izi ko yitaye ku kababaro kayo. Niyo mpamvu gutega amatwi bisaba ko twita ku byo uwo duteze amatwi akeneye kutugezaho.

Ni ngombwa rero kwirinda ibintu bibiri :

Kirazira guhatira umuntu kukubwira ibyamubayeho, umubwira uti « mbwira ibyakubayeho, biragufasha » kubera ko iyo umutima wakomeretse uhisemo guceceka, uba ushaka kwirinda akababaro kawuzamukamo iyo uvuga. Koko rero iyo udahutiye, bigezaho uwahungabanye akakugirira icyizere maze akakubwira ikimuri ku mutima.

Gutega amatwi bigira akamaro iyo utegwa amatwi yiteguye kuvuga. Rimwe na rimwe gufatanya na we guceceka, cyangwa se kumwereka ko umwitayeho bigira akamaro bigatuma yumva aruhutse kandi anongeye kugira icyizere. Iyo duteze amatwi uwahungabanye, ni ngombwa gukoresha amagambo atuma arushaho kutwifungurira, mbese nk'aya akurikira :

**« Ndabizi ko bigukomereye kuvuga, ariko ntakinyirukansa. Igihe cyose uzashakira kumbwira ikikuremereye nzakuba bugufi. Itonde rwose, ufate igihe cyose ukeneye. »**





Ikindi kintu kigomba kwirindwa ni ugupfobya cyangwa guhakana ingaruka ubu-  
babare bwagize ku muntu umubwira ngo « Gerageza kubyiyibagiza, bizashira »  
cyangwa ngo « Biroroshye. Hari abandi bagusumbije kubabara. »

Ahubwo tugerageze guha agaciro akababaro ako ari ko kose, kandi tugerageze  
kumva nyirako, kabone n'iyi yaba afite umujinya n'ubushake bwo kwihorera. Tuge-  
rageze kwemera ko abantu bakomeretse ari intwari n'abanyembaraga : Bashoboye  
kurokoka, kandi wenda bashoboye no kurokora abandi.

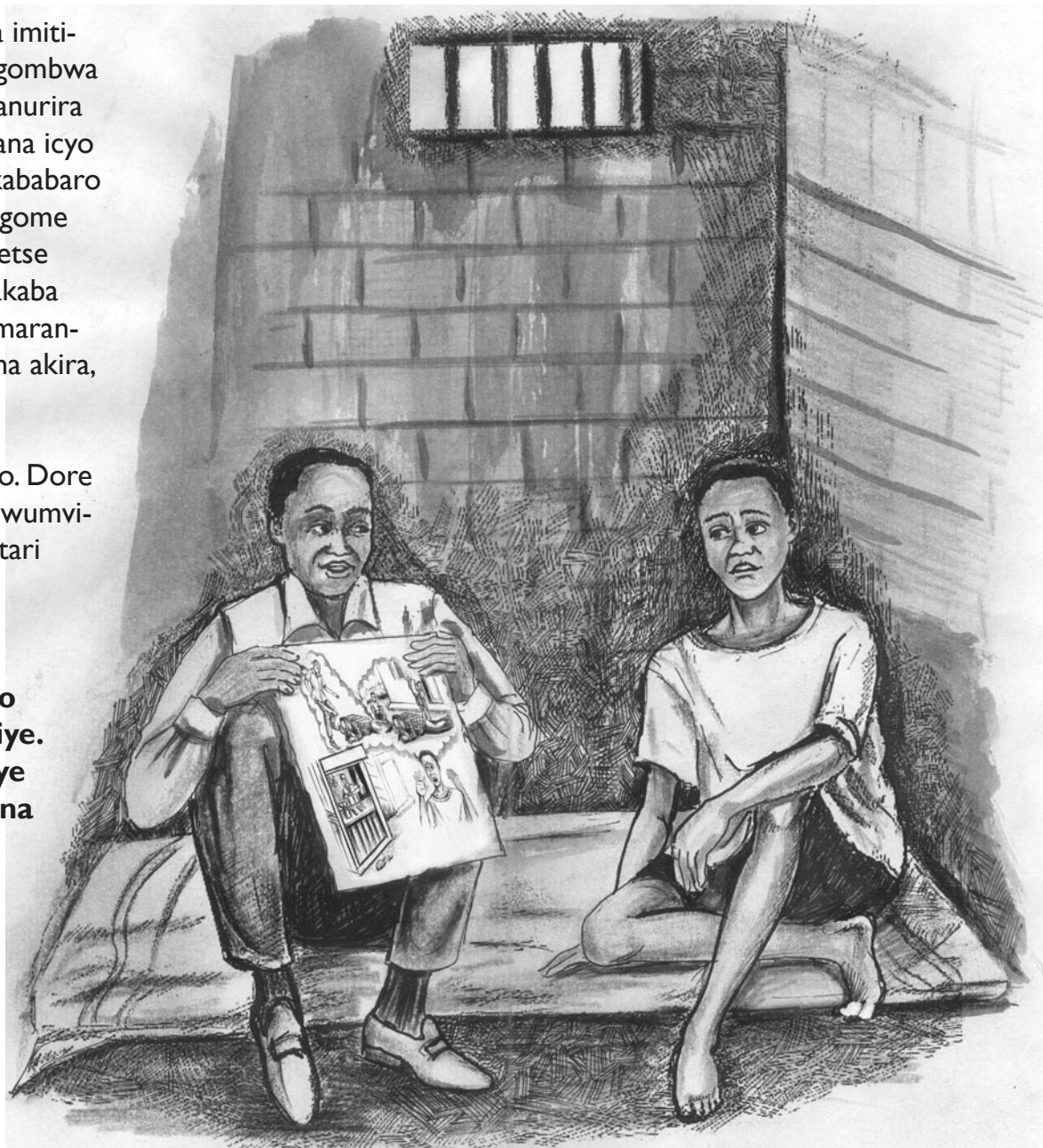
Umutima wakomeretse uba utakibasha kumva neza icyo wari ushoboye n'icyo  
ushoboye uyu muni. Uheranwa no kumva ko ntacyo wishoboreye. Bityo igihe  
duteze amatwi tujye tugerageza kumvisha abo dutenze amatwi ko bagomba kwigirira  
icyizere. Dushakishe impano zabo, aho imbaraga zabo ziri. Kuba umutima warako-

meretse ntibivuga ko wasandaye. Ntabwo muntu wese  
yahonyowe n'ibintu bihamura byamubayeho. Muri  
we nyirizina hari ikintu cyasigaye kidakomeretse.  
Niba bagenzi bacu bararangije kwiheba, nitwizere mu  
mwanya wabo. Turamutse dushyize hamwe, dushobo-  
ra gutuma abandi bagarura icyizere cyo kubaho. Dore  
uburyo dushobora kubahumuriza :

**« Ibintu byakubayeho birakomeye cyane.  
Ndumva rwose ko kubaho bigukomereye  
cyane. Ndetse n'abantu benshi musangiye  
akababaro babaho nkawe. Nifatanyije nawe  
mu kababaro kawe no mu mujinya uterwa  
n'akarengane wagiriwe. Nanone ariko,  
ndemeza ko muri wowe, harimo imbaraga  
zisumbije ububasha ububabare ufite. Imbaraga  
zatumye urokoka ni zo zikubeshejeho. Reka  
dushakire hamwe izo mbaraga zatumye  
urokoka, ndetse n'ubu zikaba zikubeshejeho.  
Nemera ko bitakurangiriyeho. »**

Ni iki gishobora gufasha imitima yakomeretse ? Ni ngombwa mbere na mbere gusobanurira uwakomeretse ihungabana icyo ari cyo. Guha agaciro akababaro aterwa no kwibuka ubugome n'ibibi byamubayeho ndetse no kumva ari umusazi, akaba atakibasha kugenzura amaran-gamutima ye. Ibyo bituma akira, akongera kwigiraho ijambo, ndetse akanagurira icyizere cyo kubaho. Dore uburyo dushobora kumwumvisha ko uko yitekereza atari ko ari :

« Ntabwo uri umusazi, ibyo ukora birasanzwe, nubwo wumva bikubangamiye. Abantu benshi bahuye n'ibibazo nk'ibyawe, na bo niko babaho. Humura uzakira. »



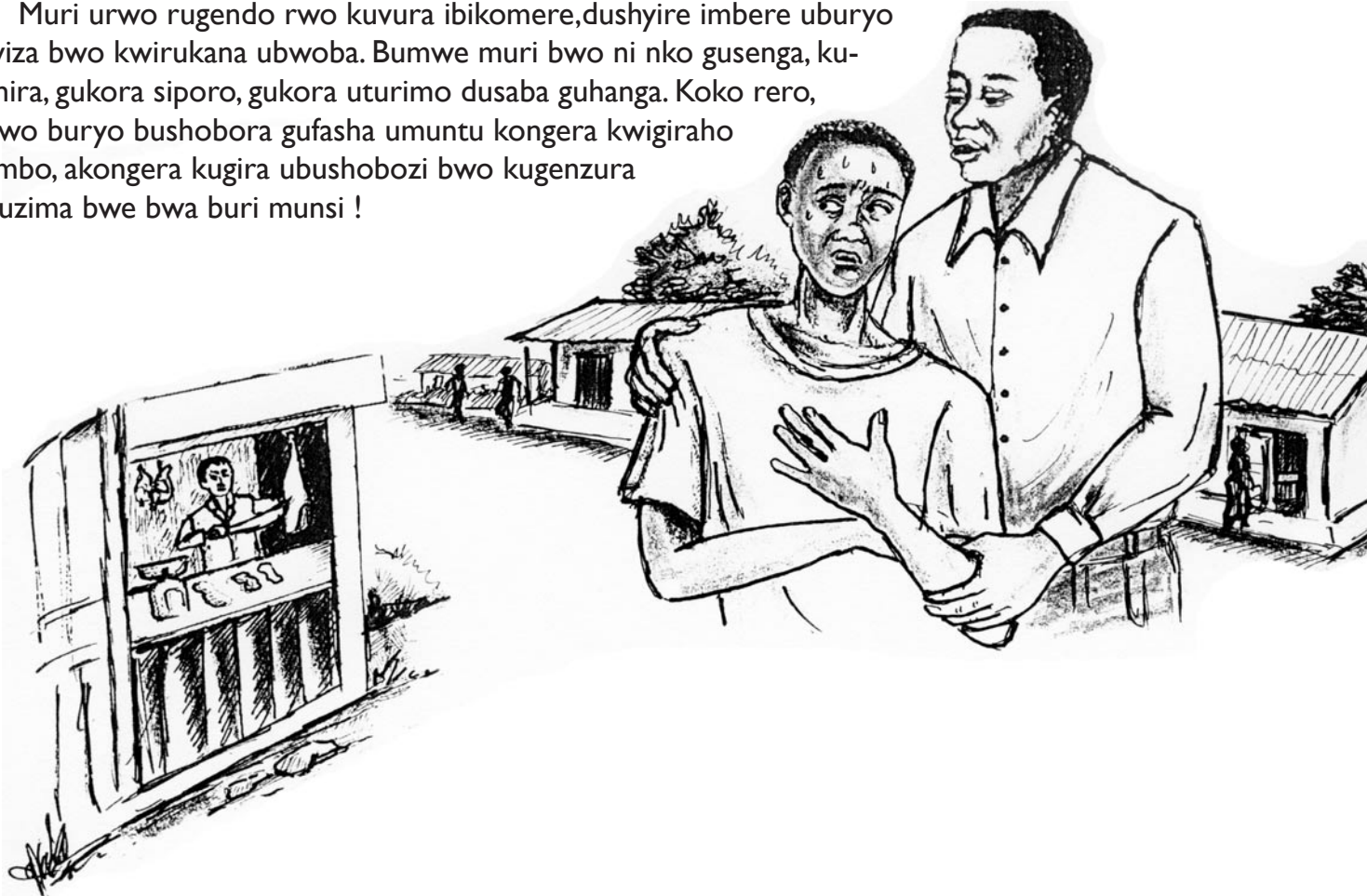


## Twakora iki kugira ngo imitima yakomeretse ikire ?

Reka turebere hamwe umuti wa bimwe mu ibibazo twavuze biterwa n'ihungabana : Ku bijyanye no kubura ibitotsi, umuti ushobora kuba gukora siporo no kwiha gahunda ukurikiza buri muni irimo ibihe bidahinduka byo gufungura no kuruhuka. Akenshi ntibyoroshye, cyane cyane iyo uri mu bihe byo gusubirwa, ariko bifasha kongera kubona amahoro. Dushakishirize hamwe -nubwo bagenzi bacu bashobora kubona ibyo dukora bisa nk'aho bidasanzwe.

Tuvuge ko turi kumwe n'umuntu uhahamuka, agataka avuza induru abona ibyamubayeho birimo byongerera kumubaho. Tugomba kugerageza kumuhumuriza tumubwira tuti « humura wigira ubwoba turi kumwe, kandi umutekano ni wose. » Tugerageze kubimubwira tutamukanga, kugeza ubwo yumva yigarutsemo.

Muri urwo rugendo rwo kuvura ibikomere, dushyire imbere uburyo bwiza bwo kwirukana ubwoba. Bumwe muri bwo ni nko gusenga, kuganira, gukora siporo, gukora uturimo dusaba guhanga. Koko rero, ubwo buryo bushobora gufasha umuntu kongera kwigiraho ijamba, akongera kugira ubushobozi bwo kugenzura ubuzima bwe bwa buri muni !





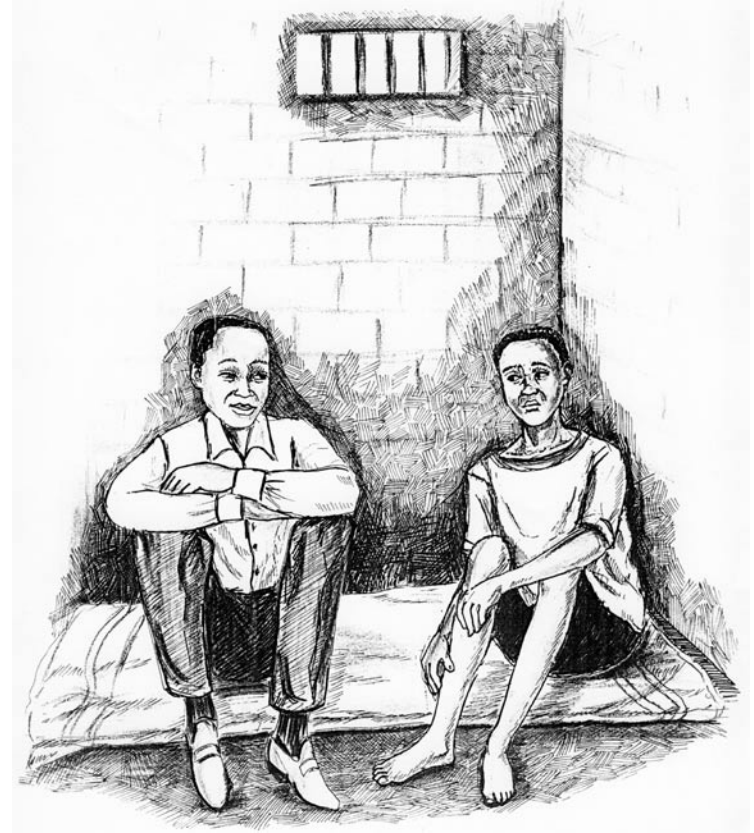
Ni iki cyashobora guhumuriza umutima wa Uwizeye ? Abantu bakorewe ihohoterwa rishingiye ku gitsina ntabwo bababazwa gusa n'ububabare burenze urugero bagize icyo gihe, bukaba budashobora gusibangana mu mibiri yabo. Ahubwo banababazwa no kumva ari bo nyirabayazana wo guhohoterwa. Abo bavandimwe bacu nitubabwire ko nta kintu na kimwe gishobora gusobanura gufatwa ku ngufu. Ibyo baba baravuze cyangwa barakoze mu gihe cyo guhohoterwa, ntacyo bitwaye. icyaha kiri k'uwabahohoteye.

Uwizeye arenda kwipfira ; ni yo mpamvu akeneye ko tumuba bugufi, tukamuherekeza muri urwo rugendo. Rwose ntitugatererane abarwayi ba SIDA. Tugerageze kuganiriza Uwizeye n'abana be ibijyanye n'urupfu, dushake imvugo tubivugamo, nubwo bitoroshye na mba. Dutegurire hamwe ubuzima bwa nyuma y'urupfu, kugira ngo Uwizeye abashe kubona amahoro. Dukangurire abo bana kuvuga ibyo biyumvamo, n'ibyo bateganya, kandi tujye dushaka uburyo twagera abavandimwe bacu umwanya uhagije wuje urukundo, ibyishimo, ubucuti n'impuhwe. Nubwo umuryango wa Uwizeye wagwiririwe n'ibikorwa by'urugomo, wari usanzwe ufite ubutwari, urukundo n'ubushake bwo kubaho. Kandi koko no mu bihe bikomeye waharaniye kurokoka. Ibyo byose tujye tubyibuka igihe tunganira n'abasigaye. Kugira ngo bazabashe gusezera ku mubyeyi wabo, kandi n'urupfu rwe rwoye kuzabazimye ibishashi by'urukundo.



## Twakora iki kugira ngo imitima yakomeretse ikire ?

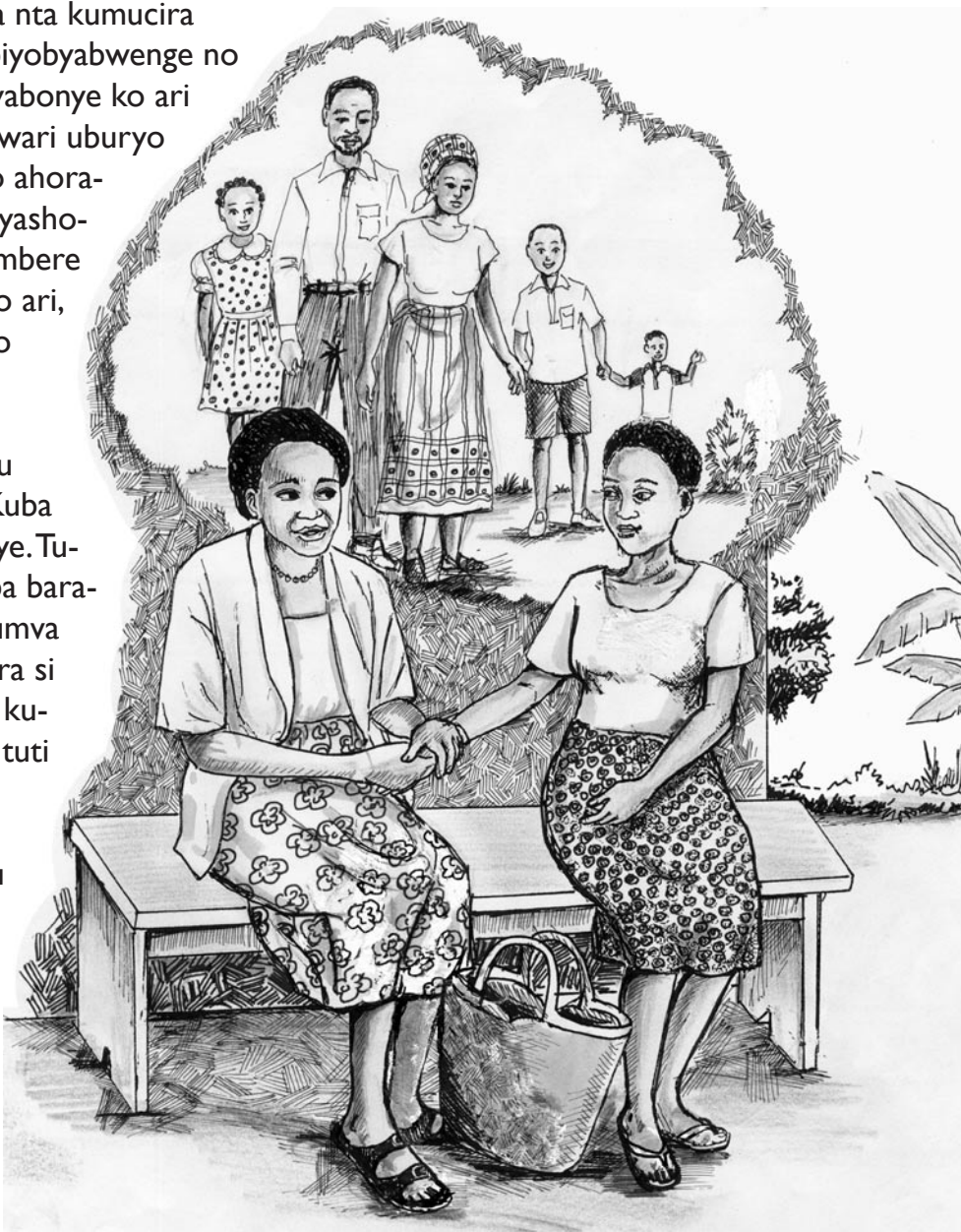
Dusure Manzi mu buroko, kuko akeneye ko tumwakira. Imitima yakomeretse ikenera gutegwa amatwi no kwakirwa- ntabwo ari inyigisho z'uburyo ikwiye kwitwara ziyiruhura.



Tugerageze gusanga nyina tumuganirize, maze dushakire hamwe icyagirira akamaro Manzi. Nyamara ariko tugomba tubikorana ubwitonzi, nta kumushyiraho agahato ! Ibikorwa by'urugomo yagiriwe ni byinshi ku buryo kumugarura mu rugo ku ngufu byaba ari ukurushaho kumukomeretsa. Dushakishe ibyasimbura ubuzima bwo mu muhanda ; kandi rero birahari byinshi, icya ngombwa ni ukugerageza kubishakira hamwe.

Ingabire na we akeneye ko tumwegera nta kumucira urubanza. Kuba yarahisemo kunywa ibiyobyabwenge no kwishora mu buraya, ntabwo ari uko yabonye ko ari cyo gisubizo cy'ibibazo bye, ahubwo bwari uburyo bwo kugerageza kwiyibagiza icyunamo ahoramo. Tugerageze gushimira Ingabire ko yashoboye guharanira kurokoka. Mbere na mbere tubanze tumwereke ko tumwakira uko ari, tubone kumugira inama tumwereka ko hari ibindi yasimbuza ubuzima abamo.

Rimwe na rimwe Ingabire yumva ko kuba ari we wenyine warokotse mu muryango w'iwabo ari ikosa yakoze. Kuba wenyine yumva ari umusaraba ukomeye. Tugerageze kumvisha abarokotse ko kuba bararokotse atari ikosa bakoze. Kuri bo bumva ibyiza kwari ugupfana n'ababo. Nyamara si wo muti, kuko gupfana na bo bitavuga ku-barokora. Ufite icyo kibazo tumubaze tuti « Iyaba ababyeyi bawe n'abavandimwe bawe bariho, bakubwira iki ? Ni iki bakwifuriza mu buzima ? » Tuganire ku muryango wabo. Dufatanye kwibuka imigenzo myiza ya ba se na ba nyina, ndetse n'urukundo babakundaga, maze tubafashe kurushaho kumva ko urwo rukundo rw'ababyeyi babo rukibatuyemo nk'ubukungu bukomeye, kandi ko nta cyashobora kububavutsa, kabone n'iyi cyaba urugomo cyangwa se urupfu.





Twakora iki kugira ngo imitima yakomeretse ikire ?



Ingabire yarashegeshwe. Yasigaye wenyine kandi yashegeshwe n'ibiyobyabwenge. Kugira ngo ashobore kuja muri GACACA, akeneye guherekezwa. Tumuherekeze kandi tumube bugufi. Igihe ananiwe gukomeza gutanga ubuhamya bwe, tumufate, tumwiyegeke.

## Twakora iki kugira ngo imitima yakomeretse ikire ?

Umutima wa Nkusi warakomeretse cyane, kubera ko inkomoko ye idatuma nyina abasha kumwakira. Na we ubwe ntabasha kwiyakira. Biradusaba rero kubafasha bombi : we na nyina.

Tugerageze gusobanurira Nkusi ko agifite Umubyeyi umukunda : Imana yashatse ko abaho. Ko nubwo ubuzima bwe bwatangiriye mu bihe bibi, kuba ariho ari ikimenyetso cy'uko ubuzima n'urukundo byatsinze imibabaro.

Dufashe nyina kumva ko uwo mwana ariho kubera ko ububasha busumbya urupfu amaboko bumurinze. Kandi ko ubugome yagiriwe butagomba kumuherana nk'uko butamuhitanye. Dufashe uwo mubyeyi gusohora uburakari bwe bwose n'agahinda ke. Nta gitangaza ko izo mbamutima zimubamo, abifitiye uburenganzira. Nabasha gushyira ahagaragara ibyo yiyumvamo, azabasha kugarukira umuhungu we. Nitutemera kwakira izo mbamutima ze, azakomeza kugira ibibazo byo kwakira Nkusi. Dushakishirize hamwe icyo ashobora gukora kugira ngo abashe kugaragaza uburakari bwe ku bundi buryo - yirinda gukomeza gukomeretsa umutima w'umuhungu we. Tuvuge, ubwo burakari ashobora kubusohora akora imyitozo ngororangingo, agerageza guhumeka ashyitsa mu nda, cyanga se atembera ahantu heza, cyangwa ashaka umuntu yizeye abwira akababaro ke.

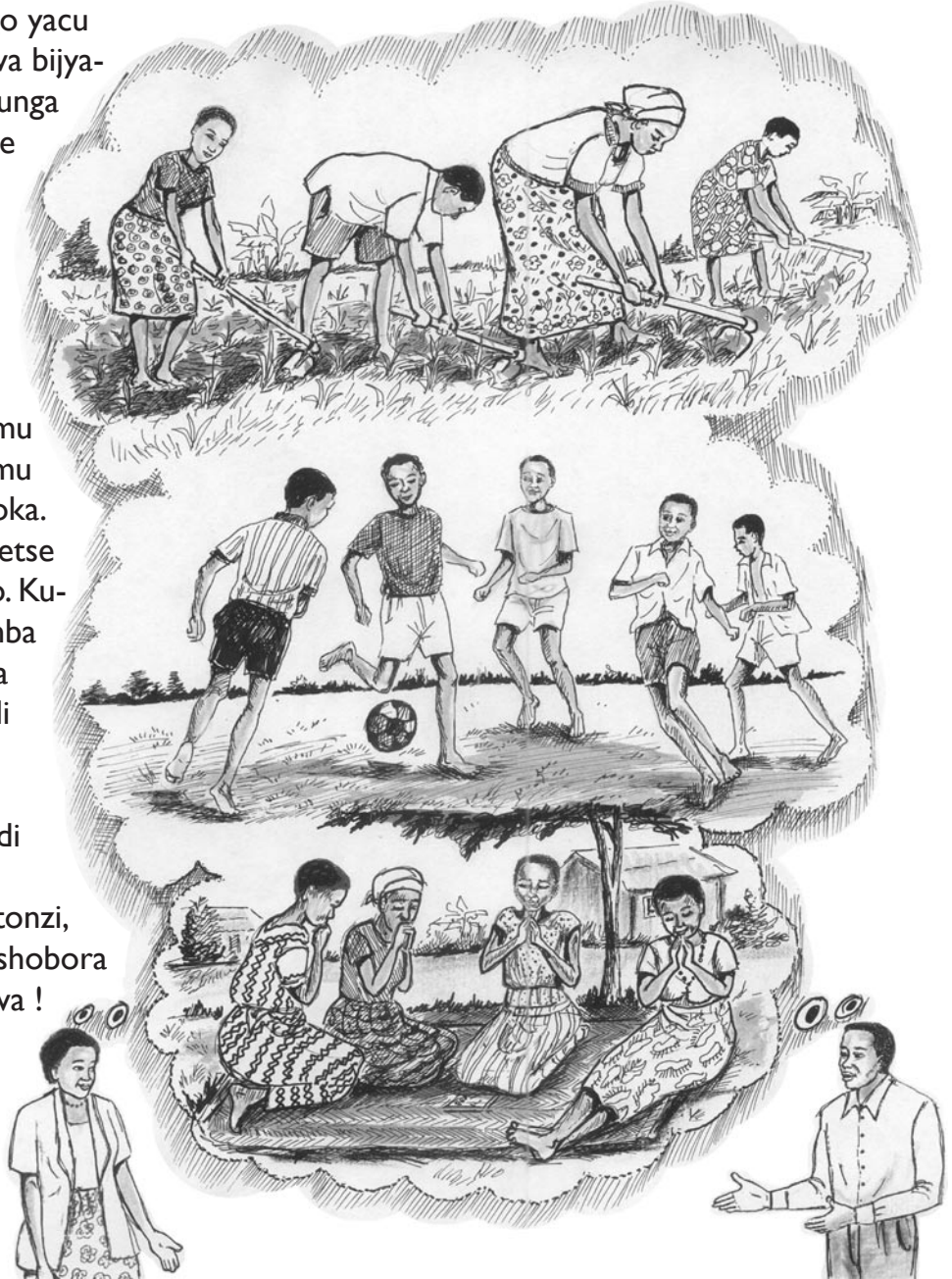




## Twakora iki kugira ngo imitima yakomeretse ikire ?

Hanyuma dukangurire abagize imiryango yacu kwitabira ibikorwa bya rusange, ibikorwa bijyanye n'iyogezabutumwa, no kububungabunga amahoro, ndetse na siporo. Cyane cyane tujye tuba bugufi y'abantu bumva ko batereranywe. Nibagira uruhare mu bikorwa bisaba guhanga, bizabatiza imbaraga kandi bitume bumva ko na bo hari icyo bashoboye, kandi ko bashoboye kugenzura ubuzima bwabo nk'uko bikwiye. Siporo ishobora kugira akamaro mu gutuma umugaga ushira mu mubiri no mu gutuma amarangamutima matindi asohoka.

Ntitwibagirwe ko imitima yakomeretse ikeneye abo yizera ndetse n'umutekano. Kubera iyo mpamvu, ibyo twumvise bigomba kuguma hagati yacu n'ababitubwiye. Nta wundi muntu ugomba kubimenya. Kandi rero tugomba no kurinda imitima yacu. Nta gushidikanya, gutega amatwi imitima yakomeretse bitwara imbaraga, kandi bishobora na twe kudukomeretsa. Ibyo tugomba gukora tujye tubikorana ubwitonzi, nta gutwarwa na byo. Tumenye ko tudashobora gukora byose. Natwe dukeneye gufashwa ! Nuko rero duhurize hamwe imbaraga maze turwane urugamba kugira ngo imitima yakomeretse, iyanyu n'iyacu ibashe gukira ibikesheje ubufatanye n'impuhwe mu miryango yacu !







Hari ukeneye ko tumufasha cyangwa se ibindi bisobanuro, yabariza mu bigo bikurikira :

### **Hôpitaux de référence**

Centre hospitalier universitaire de Butare

Centre hospitalier universitaire de Kigali

Hôpital Militaire de Kanombe (Kigali)

Hôpital neuropsychiatrique de Ndera (Caraes / Ndera)

### **Programme national de santé mentale**

Centre neuropsychiatrique de Butare (Caraes / Butare)

Hôpitaux de district

Service de consultations psychosociales

### **Associations privées nationales et internationales**

Association IBUKA

Association ICYUZUZO

Association Modeste et Innocent (Butare)

Association Rwandaise de conseillers en traumatisme (ARCT) - RUHUKA

Association des veuves du génocide (AVEGA) – AGAHOZO

Association URUNANA / TRAIT D'UNION

Association Uyisenga n'Manzi (Kigali)

Centre de Guérison des Blessures Communautaires (Mbazi)

Centre de Guérison des Blessures de la Vie (Kigali)

Centre psychothérapeutique Icyizere (Kigali)

Commission Diocésaine Justice et Paix de Ruhengeri

Handicap International (Kigali)

Hope and homes for Children / Programme Rwanda

Igiti cy'ubugingo (Butare)

Programme de Sociothérapie / EER – Byumba

World Vision / Programme Rwanda





Centre de guérison des blessures de la vie,  
B.P. 6804, Kigali

Centre psychothérapeutique icyizere,  
B.P. 423, Kigali

Association Modeste et Innocent (AMI),  
B.P. 201, Butare

Commission Diocésaine Justice et Paix (CDJP) de Ruhengeri,  
B.P. 45, Ruhengeri

© Abashinzwe gutanga agatabo

Uyu mushinga watewe inkunga  
na Katholische Zentralstelle für Entwicklung  
na Misereor

**MISEREOR**  
● IHR HILFSWERK