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| Izina ry’umwitozo | **Kugira uburenganzira bwo gukoresha no gucunga umutungo w’urugo.** |
| Intego y’umwitozo | * Kwisuzuma tukareba imicungire y’imitungo y’urugo. |
| Abagenewe uyu mwitozo | Abaturage, abakozi ba koperative n’abahinzi. |
| Ingano y’itsinda rigenewe uyu mwitozo | Itsinda ry’abantu bari hagati ya 20 na 25 abagore n’abagabo bavanze. |
| Igihe giteganyijwe umwitozo ugomba kumara | Isaha 1 kugera ku isaha n’igice |
| Ibikoresho | Impapuro nini na marikeri cyangwa urubaho n’ingwa. |
| Infashanyigisho | * Kopi [y’imbonerahamwe yo “gukoresha no gucunga umutungo”kuri buri tsinda](https://www.threemountains.academy/wp-content/uploads/2018/06/Imbonerahamwe-igaragaza-ufite-uburenganzira-bwo-gukoresha-no-gucunga-umutungo-wurugo-R-by-Marie-Fidele.docx). * [Amashusho](https://www.threemountains.academy/wp-content/uploads/2018/04/family-unhappy-woman-working-man-selling-Kinyarwanda-small.jpg) |
| Aho byavuye | Byateguwe hifashishijwe [Care](http://119.82.251.165:8080/xmlui/bitstream/handle/123456789/61/3day%20Gender%20Awareness%20Training%28pilot%29.pdf?sequence=1) |

1. **Uko bikorwa:**

Iriburiro (iminota 20)

* Umufashamyumvire atangira asobanura ko abagore n’abagabo bakora imirimo n’inshingano zitandukanye yaba muri sosiyete no mu ngo. Muri uyu mwitozo tugiye kurebera hamwe uko izo nshingano n’imirimo bigira ingaruka mu kugira uburenganzira bwo gukoresha no gucunga imitungo yo mu ngo.
* Reba amashusho noneho ubaze itsinda ry’abahugurwa icyo babona kuri ayo mashusho. Bafashe kugera ku musozo w’icyo kiganiro ubabwire ko umugore n’ umugabo bombi bakora cyane ariko umugabo ariwe ucunga amafaranga..
* Baza itsinda ry’abahugurwa icyo bumva ” kugira uburenganzira bwo gukoresha no gucunga umutungo “bivuze.
* Andika ibitekerezo by’itsinda ry’abahugurwa ku rupapuro runini cyangwa ku kibaho.
* Tanga ubusobanuro bw’aya magambo”gukoresha no gucunga nkuko bisobanurwa mu *mabwiriza y’umufashamyumvire* hano munsi.
* Baza abahugurwa izina ry’igikoresho gikoreshwa mu rugo cyangwa hanze yarwo. Zimwe mu ngero bashobora gutanga harimo: ubutaka, inzu, inka n’ibindi. Byandike ku rupapuro runini cyangwa ku kibaho aho buri wese ashobora kubisoma.

Umukoro wo ma matsinda(iminota 20)

* Gabanya abahugurwa mo amatsinda: itsinda ry’abahore n’iry’abagabo.
* Ha buri tsinda urupapuro runini, marikeri na kopi *y’imbonerahamwe yo kugira uburenganzira bwo gukoresha no gucunga umutungo*. Bahe kandi nanone urugero rw’imbonerahamwe yujujwe kugira ngo bayifashishe buzuza izabo.
* Bwira buri tsinda kuganira ku bibazo bikurikira:
  + Ninde ukoresha buri gikoresho? Ninde ucunga imikoreshereze yacyo? (Urugero:Umugabo, umugorecyangwa umwana).
  + Ninde nyiri buri gikoresho? Muyandi magambo, Ninde ushobora gufata umwanzuro wo kukigurisha?
  + Kuberiki uwo muntu ariwe nyir’icyo gikoresho? Niki kimuha iburenganzira bwo kwitwa nyiracyo?
  + Ni iki cyaba mu gihe nyir’icyo gikoresho atariwe nyiracyo? Bishatse kuvuga , igihe ububasha bwo kugurisha buramutse buhawe undi muntu wo mu muryango?
* Erekana ufite uburenganzira n’ucunga umutungo ushyira X ahabugenewe mu mbonerahamwe.

Umukoro w’itsinda ry’abahugurwa bose (iminota 30 kugeza ku minota 40)

* Nyuma y’umukoro wo mu matsinda, umwe muri buri tsinda ajya imbere akavuga akanerekana ibitekerezo byavuye mu itsinda rye.
* Gereranya ibitekerezo byavuye mu matsinda yombi kandi mu naganire ku itandukaniro riri hagati y’ibitekerezo byavuye mu matsinda yombi.
* Amatsinda yombi amaze kwerekana ibitekerezo byayo, yobora abahugurwa bose mu kiganiro kandi ubafashe ni kwishakamo umwanzuro.

**2. Ibibazo wakwifashisha uyobora ikiganiro:**

* + - * + Ese abagabo n’abagore bafite uburenganzira bungana bwo gukoresha no gucunga umutungo wo mu rugo cyangwa itsinda rimwe niryo rifite ubwo bubasha kurusha irindi? Irihe tsinda? kuki?
        + Ese abagore n’abagabo bishimiye ibitekerezo byavuye mu matsinda? kuki?
        + Ni ubuhe buryo bwiza bwakoreshwa mu bijyanye no kugira uburenganzira bwo gukoresha no gutunga ibikoresho byo mu rugo n’uko byagerwaho?

**3. Ubutumwa nyamukuru**:

Urugo rutera imbere vuba iyo umugabo n’umugore bemeye ko bafite uburenganzira bungana kubijyanye n’umutungo wo mu rugo rwabo, n’iyo bafatiye hamwe imyanzuro mu buryo bwo kugenga iyo mintungo.

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| **Ubusobanuro by’amagambo ‘uburenganzira bwo gukoresha no gucunga’**  **Uburenganzira bwo gukoresha** bivuga kugira uburenganzira n’amahirwe byo gukoresha ikintu runaka (urugero: ubutaka).  **Gucunga** bivuga kuba utunze ikintu uri nyiracyo, bivuze ko ufite n’uburenganzira bwo gufata umwanzuro wo guhitamo undi muntu wagikoresha cyangwa ukaba wafata icyemezo cyo kukigurisha.  Huza iki kiganiro n’uyu mukoro *imirimo yo mu rugo*. Garagaza ukuntu abagore bakora imirimo itandukanye bita ku rugo, ariko akenshi bakaba badahabwa ububasha busesuye ku mitungo. Abagabo akenshi baba bafite ububasha ku mitungo ifitiye akamaro kanini urugo, aha twavuga nko gufata umwanzuro mu kugurisha ubutaka cyangwa kugurisha umusaruro w’ubuhinzi bw’urugo. Akenshi ntabwo duha agaciro imirimo abagore bakora, nyamara ariko twakagombye kubiha agaciro. Abagore n’abagabo bombi bafite uburenganzira bungana mu gukora kugira ngo bateze imbere urugo rwabo.  Soma birambuye ibijyanye no kugira uburenganzira bwo gukoresha no gucunga umutungo kuri Paji ya.41 [Hano](http://119.82.251.165:8080/xmlui/bitstream/handle/123456789/61/3day%20Gender%20Awareness%20Training%28pilot%29.pdf?sequence=1). |

**4. Amabwiriza agenewe umufashamyumvire**: