

Ennambika y'ekikula kyabantu n'obunannyizibwa bwabwe eri amaka agakolera awamu ku lwobulamu obulungi obwoluberera

Ekitabo ky'okuyigiriza



Vi Agroforestry

VI AGROFORESTRY

Vi Agroforestry kitongole ky'ankulakulana ekiva mu ggwanga lya Sweden, ekirwanyisa obwaavu wamu n'okulongoosa obutonde bw'ensi okuyita mu nnima ey'ekintabuli etabikiriza emiti awamu nebirime ebirara oba ebisolo. Kino tukikolera wamu n'amaka agalima emmere ku ttaka ettono n'ebitongole bya balimi mu luwananda lw'ennyanja Nalubaale(L. Victoria) mu buvanjuba bwa Afirika. Omusingi gwa Vi Agroforestry gwa bulimi obw'omutindo n'obulimi bw'emitu- okukuza/ okulima emiti awamu n'ebirime n'ebisolo. Kyongera ku mmere okufunibwa, okufuna amaanyi agava mu butonde bw'ensi, n'okwongera ku nyingiza ya sente. Eby'obulimi ebitakosa butonde biretawo okukendeeza ku buzibu obw'andireeteddwa enkyuukakyuuka mu mbeera y'obudde. Okuva bw'ekyatandikibwawo mu 1983, ekitongole kino kiyambye okusimba emiti egisoba mu bukadde 100 era kyalongoosa obulamu bwa bantu akakadde 1.8.

OKWEJJAKO OBUVUNANYIZIBWA

Ekitabo kino ky'afulumizibwa aba Vi Agroforestry nga bayambibwako The Swedish Postcode Lottery (PostkodLotteriet). Ebiri mu kiwandiiko kino bivunanyizibwako omuwandiisi yekka era tebirambika biroowozo bya PostkodLotteriet mu ngeri yonna.

OLUKUSA MU MATEEKA OLW'OKUKOZESA EKIWANDIIKO KINO

Ebiri mu kiwandiiko kino byonna biri wansi w'amateeka agatangira okukozesa ebiri mu kiwandiiko kino awatali lukusa lwa Vi Agroforestry. Tekikirizibwa n'akamu kuddamu kukubisa kwona oba kufulumya byonna oba ebimu ku biri mu kiwandiiko kino, okujjako nga Vi Agroforestry ekirizza mu buwandiike okuddamu okufulumya ebiri mu kiwandiiko. Olukusa olulala lwonna tulwesigaliza.

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Byafuluma nga: 2016

Ekisabika ky'omumaaso: Ekifaananyi – Amaka ga ba Masese, Tanzania. Ow'ebifaananyi – Linda Andersson

Okwanjula kwe'ekitabo kino

OBUTALI BWENKANYA BW'EMBEERA Z'OBUNTU N'EBYENFUNA wakati wa bakazi n'abasajja buziyiza enkula mu by'enfuna n'ebyobulimi. Okukakasa nti abakazi n'abasajja batukwibwako kyenkanyi mu byetaagisa mu by'obulimi, mu by'empereza n'emikisa egy'emirimu kireetawo okukubisa mu nfulumya mu by'obulimi, emmere okumala, n'enkulakulana mu by'enfuna n'obulungi bw'amaka n'abantu. N'olwekyo tekisoboka kugoba bwavu nga tewatekeddwawo nkolagana z'abwenkanya wakati wa bakazi n'abasajja.

Enkola y'Ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja kikozezebwa kya musingi nnyo ekitondawo okulaba ekiriwo mu ngeri empya; kisobozesa okulaba kyekubiira w'enkolagana z'obuyinza eziva ku nkolagana y'ekikula ky'ebyobuvunanyizibwa bw'omukazi n'omasajja. Enkolagana zino zibuusibwabuusibwa okusobola okutondawo enkolagana e'zobwekannya nga nungamu wakati wa bakazi n'abasajja.

Mu by'okuyigiriza mulimu ebikola ebinayamba amakka g'abalimi okutwaala emitendera egyananaddalaokuwakannya obuyinza bw'enkolagana okusobola okulakulana n'okukwata empisa ez'okweyongera mu maaso n'enkolagana wakati wa bakazi n'abasajja, abawala n'abalenzi n'emumaka. Kitwalira mu emiramwa n'ebikozesebwa ebinabayamba okutegeera ekikula (omukazi/omusajja) n'ebirala ebigenderako nga bakikwasagannya ku nkulakulana n'okubeezawo obulamu bwabwe. Kikwaasa akikozesa ebikozesebwa ebinareetawo okwekeneenya amaka, okutegeka n'okulaba eby'omumaaso n'okuleetawo okusalawo okwawamu.

Akatabo kano ak'okuyigiriza eby'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja kakubiddwa aba Vi Agroforestry. Elizabeth Mwiyeria asiimibwa olw'okukungaanya akatabo kano. Victoria Nakajumo, Rose Kyundo ne Mathias Masiga ne Theophile Kwiringirimana be bakola ogw'okwongerezako n'okuwanirira era basiimibwa. Twagala okwebaza Linda Anderson ne Wangu Mutua kulw'omulimu gwabwe ku kiwandiiko kino. Tusubira nti ekitabo kinayongera ku bulungi bw'emirimu bwa maka amalimi gasobole okutukiriza "Obutonde obutwetolodde nga bwa luberera obunasobozesa abantu abali mu bwavu okulongoosa embeera y'obulamu bwabwe".

Ekitabo kino kyakolerwa ebibiina by'abalimi ebirina omukago ne Vi awamu n'aba Vi Agroforestry okusobola okukozesbwa n'ekigendererwa eky'okutuuka ku bantu baabwe ku mitendera gy'ekibiina n'amaka. Ekitabo kino kisomoozaenkolagana z'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja wakati wa bawala n'abalenzi, abakazi n'abasajja okusobola okufukirira endowooza ennungi n'okuleetawo okukolera awamu/obwenkanya mukusalawo naddala ku mitendera gw'amaka; okusobozesa okulongoosa obulamu obw'enkalakalira awatali kukosa mirembe gy'omumaaso.

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1. Enkozesa y'ekitabo kino

Ekitabo kino kyakolebwa kukozezebwa abantu abategekebwa mu bibiina okusobola okweyigiriza. Nga abetabyemu, mwandikoze bino:

1. Okuwulira nga muzibwamu amaanyi okuyigira mu bibiina byamwe
2. Okutegeera omugaso gw'okuyigira mu bibiina
3. Okutekewo emitendera gy'okuyiga

1.1 Lwaki njigira mu kibiina?

Enkolagana zeby'ekikula ky'abantu nebyobuvunanyizibwa bw'omukazi/ omusajja ezireetebwawo eby'obuwangwa ze zisinga okuleetawo engeri abakazi n'abasajja gye betaba mu lugendo lw'okulakulana. N'olwekyo, mu katabo kano, enkola y'okwetabamu kwekuleeta abakazi n'abasajja okwanguyirwa okwetaba mu kubangulwa/mitendera gy'okuteesa.

Okuyigirizibwa mu kibiina kukuwa omukisa okuyiga ebintu ebipya, okugabana omuntu byaba ayiseemu, okwongera ko n'okunyweza okukula kwo ng'omuntu. Nga abali mu kibiina ekimu, mwe musalawo emirundi gyemwagala okusisinkana, n'okuteesa ku mulamwa gwe mwandiyagadde okuteesako.



Olukungaana ng'abantu batudde mungeri y'enkulungo

Buli lwe musisinkana okusoma/okuyigirizibwa, mufuneyo omuntu omu anabalungamya mu kibiina kyamwe era anakakasa nti mwena mwetaba mu kusoma. Okwetegereza bino w'amanga kijja kuzaamu amaanyi mu kibiina kyamwe:

1. Okuyayana kwa buli sekinoomu okweyongera okuyiga ku mulamwa
2. Okuwangana ekitiibwa mu bantu b'ekibiina kyamwe
3. Okwagala empisa/enono ez'eddembe n'obwenkanya ezikakasa nti waliwo obwenkanya – mu kikula ky'ebyobuvunanyizibwa bw'omukazi n'omusajja, eggwanga, n'eddiini

4. Okuwuliziganya okulungi
5. Okugabana n'okwekenenya buli omu byayisemu
6. Okukasa nti musoma mu bitabo ebiraga amawulire amatuufu ag'ekwasa ku bulamu bwamwe
7. Okwetaba kwa buli muntu mu kuteekateeka n'okusa munkola emirimu egiri mu katabo k'okusoma.
8. Mikutu ki egy'okuwulizinganya egiri mu kitundu kyamwe? Mukutu ki gwe musinga okwagala?

1.2 Omulimu gwo'omukwasaganya/omusomesa gwe guliwa

Okusomesa oba okukubiriza kitegeeza okwanguyiza abalala. Mulimu gwa musomesa okukakasa nti okusoma kugenda bulungi era n'okukakasa nti abetabyemu bayigira ku banaabwe. Omulimu gwe gwa kuyamba ko so si kufuga n'okuwuliriza ebiva mu beetabyemu. Asobola okuleetawo okukubaganya ebirowoozo okuyita mu:

- Kuwuliriza awamu n'okubuuza ebibuuzo okusobola okuyamba abetabyemu mu kugaziya ku mulamwa gwabwe
- Kuddamu ebyo abetabyemu byebaba bayogedde naye mu ngeri endala
- Okuwa abetabi ki kyebaba badako okukubaganyako ebirowoozo
- Okufunza byebayogedde – akatiriza ensonga enkulu, ebisaliddwawo n'ensonga ezitanamanyika bulungi
- Okubeera nga mwangu okutuukirira
- Nga atereeza obutabanguko – obutakaanya kyabutonde mu kibiina. Bwe kiba nga obutakaanya bwetolodde ensonga ezirimu ensa, busobola okuba kitundutundu eky'okutabagana mu kibiina. Naye bwebiba nga bya kwelumangana, ekyo kiba kikyamu era kyandyewaliddwa.

1.2.1 . Ng'omukwasagannya omulungi:

1. Kakasa nti ekibiina kiri ku mulamwa, omutendera n'okuteesa
2. Kakasa nti waliwo okutegeragana wakati wa betabi n'omukwasaganya
3. Tondawo embeera y'okuyigirizibwa ennungi
4. Wuliriza nnyo era oyogere kitono
5. Sigala nga tewekubira luyi lumu
6. Buli omu muzeemu amaanyi okwetaba n'okwogera biki bye balowooza mu ngeri ey'eddembe
7. Kakasa nti okukubaganya ebirowoozo tekukoma nga obuuza ebibuuzo oba ng'oleetayo ebiteeso ebipya.
8. Saa ekitiibwa mu ndowooza ez'enjawulo
9. Yogera ng'otegerekeka era abantu batunule mu munnye
10. Funzafunza ensonga enkulu n'ebisaliddwawo oba ensonga ezikaanyiziddwako ng'okusoma kuwedde.

OMUKWASAGANYA BYALINA OKWETEGEREZA

Ng'omukwasagannya omulungi, wekaanye nnyo okwetaba kwa b'omukibiina – wetegereze nnyo ani ayogera natayogera. Eri abo abasanga obuzibu okwogerera mu bibiina, gwe ng'omukwasagannya osobola:

- Zimba obwesige n'obwesigwa mu kibiina nga mukolera mu bubiina obutono
- Abantu baletere okweeta ng'okozesa ebibuuzo ebimu
- Bawulemu okusenziira ku – ebibiina by'ekikula ky'obutonde bw'omusajja n'omukazi, bw'ekiba ng'abakazi basirise okusinga abasajja
- Kakasa nti abakazi n'abasajja bonna betaba
- Tewekubira ludda lumu olw'abakazi oba abasajja nga baddamu ebibuuzo
- Teekamu amaanyi mu kukozesa ebikolwa by'omubiri nga mwotadde n'ebisoko mu maloboozi g'abetabi
- Essira ly'okukubaganya ebirowoozo liteekebwe ku nsonga so si ku muntu sekinoomu
- Naye ate, abantu tebalina kukakibwa kwetaba mu bintu ebimu bwebaba nga ddala tebagala.

1.3 Abantu abakulu bayiga/basoma batya?

Eky'okukola mu kibiina

Mu bibiina ebya 3-5 mukubaganye ebirowoozo ku bino wamanga:

1. Okuyiga kutegeeza ki gyoli?
2. Oyiga otya obulungi – biki ebikuyamba okutegeera ebintu obulungi, enkola, ebikuletera okulowooza ennyo n'okwekeneenya gwe kenyini n'ekikuletera okuteeka munkola kyobeera oyize?
3. Mikisa ki egy'okuyiga egiri awaka wo/ mu kitundu w'obeera?
4. Bizibu ki byosanga mu kufuna amawulire ag'etaagisa nga makakafu?
5. Bikozezebwa ki by'olowooza nti wandyetaaze?

Ng'ekibiina ky'okuyiga, ngeri ki ez'okuyiga zemuzudde era mukozese ezo ezibasingidde. Nga bwe mukikaanyako ng'ekibiina, mwekeneenya bino wamanga:

- Mukaanye ku mulamwa gwemwagala okusoma ko
- Bwemuba mulonda ebiseera by'okuyiga, mujukire nti abakazi n'abasajja baba n'obudde bwa njawulo n'ebiremesa ng'obuvunanyizibwa bw'amaka, obutabeera na budde, ebiro
- Tunulira obwangu bw'ekifo – si kyabulabe, kyangu okutukibwako abantu abaliko obulemu, nga kitukibwako emikutu gy'entambula egy'olukale n'omuwendo gw'ensimbi ogwetaagisa okutuuka mu kifo ky'okuyigiramu

- Mukubaganye ebirowoozo ku bikozezebwa bye munetaaga – munabigya wa? Ani anavunanyizibwako okuleeta ebikozezebwa bino?
- Munetaaga omukwasagannya ava ebweru / omukugu anabayamba ku mulamwa?
- Nga buli kuyigirizibwa kuwedde, kyetaagisa buli eyetabyemui okugabana byayize mu lunaku.
- Mukabaganye ebirowoozo era mukaanye ku mulamwa gwe munaddako okukubaganyako ebirowoozo, musale wo ebikozezebwa bye munetaaga.

Wegendereze: Okukuuma ebyaama kyamugaso nnyo eri ekibiina – Ensonga ez’omugaso ezogerwako mu kibiina tezirina kwogerwako wabweru wa kibiina.

OMUKWASAGANYA BYALINA OKWETEGEREZA

- Ng’ofunzafunza enkola z’okuyiga ezisinze okwetanirwa abetabi, lowoozo kubino – waliwo enjawulo mu nkola z’okuyiga
- Wakati w’abetabi abakazi n’abetabi abasajja
- Mu b’emyaka gyonna
- Mu bantu abalina obulemu?
- Lunganya abetabi mu kwetegereza enjawulo ezo n’okuzuula enkola zokuyiga ezisinga eziyamba ebikula by’ebyobuvunanyizibwa bw’omukazi/omusajja, emyaka n’obutasosola ba bulemu ku mubiri.
- Abantu abakulu bazibwamu amaanyi singa amawulire agabaweebwa /agakubaganyizibwako ebirowoozo gatunulirwa nga ag’omugaso era nga gankizo. Webafuna amawulire agogera ku bye bayisemu oba gyebava, kyongera ku ntegeera yabwe n’okuzibwamu amaanyi okugenda mu maaso.

2. Ekikula ky'abantu n'obuvunanyizibwa bw'omukazi/omusajja kye ki?

Omutendera guno wegunaggwerako, ogya kuba osobola oku:

- Okulaba n'okunyonyola enjawulo wakati w'ekikula ky'obutonde bw'omukazi/omusajja n'ekikula ky'ebyobuvunanyizibwa bw'omukazi n'omusajja.
- Okwawula wakati w'embeera zabakazi n'abasajja 'ez'obutonde' ne 'z'obuntu'
- Okwawula wakati we mirimu gy'ekikula ky'obutonde bw'omukazi/omusajja n'emirimu gy'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja
- Okusiima omugaso gw'okukubaganya ebirowoozo n'okuyiga ku kikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja.

EKY'OKUKOLA

Mu bubiina bwababiribabiri mukubaganye ebirowoozo

1. Kiki ekikujjira bw'owulira ekigambo ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja
2. Entegeera yo eye ky'ekikula ky'obutonde bw'omukazi/omusajja

Funzafunza eby'okuddamu kwo mu bubokisi wamanga. Omukwasaganya agya kukungaanya era agatte wamu eby'okuddamu byonna eby'ekibiina mu bu bokisi obulala naye nga bufaanagana.

EMIRIMU GY'EKKULA KY'OBUTONDE BW'OMUKAZI/OMUSAJJA	EKIKULA EKY'EYOBUVUNANYIZIBWA BW'OMUKAZI/OMUSAJJA

EBIBUUSO EBIKULAMBIKA

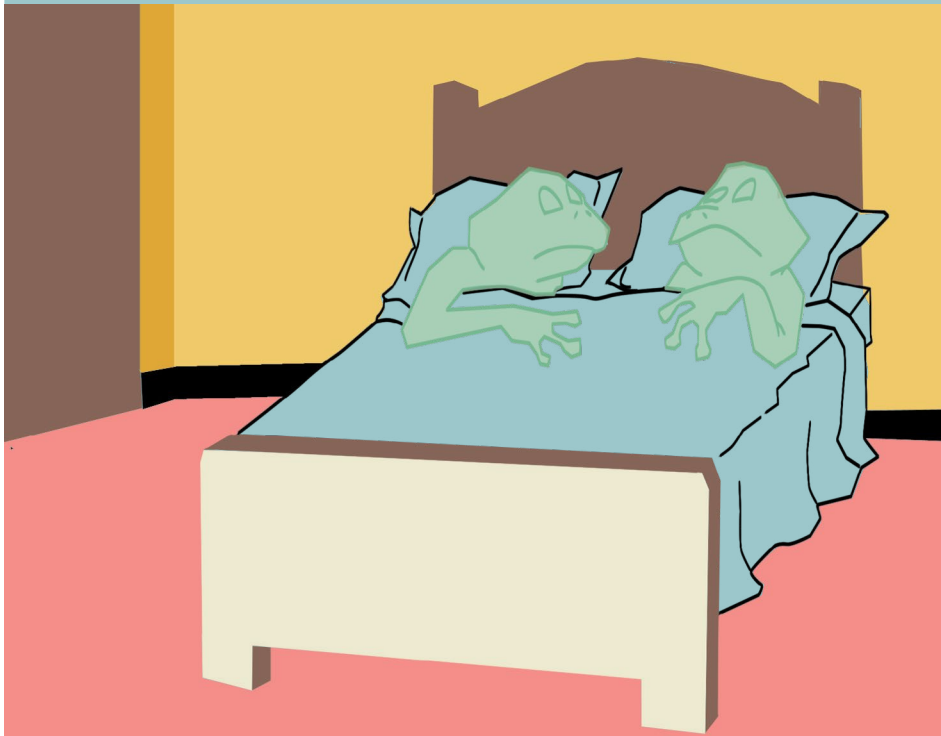
1. Mu kukubaganya ebirowoozo ebya babiri, kyakwanguyira kwenkana wa okutegeera ebigambo ebyo?
2. Waliwo enjawulo mu kunnyonnyola okuweereddwa wansi w'ebigambo ebyo kyebitegeeza? Njawulo ki? Lwaki olowooza nti entegeera yo ey'ebigambi bino eyawukana?

OKWETEGEREZA KW'OMUKWASAGANYA

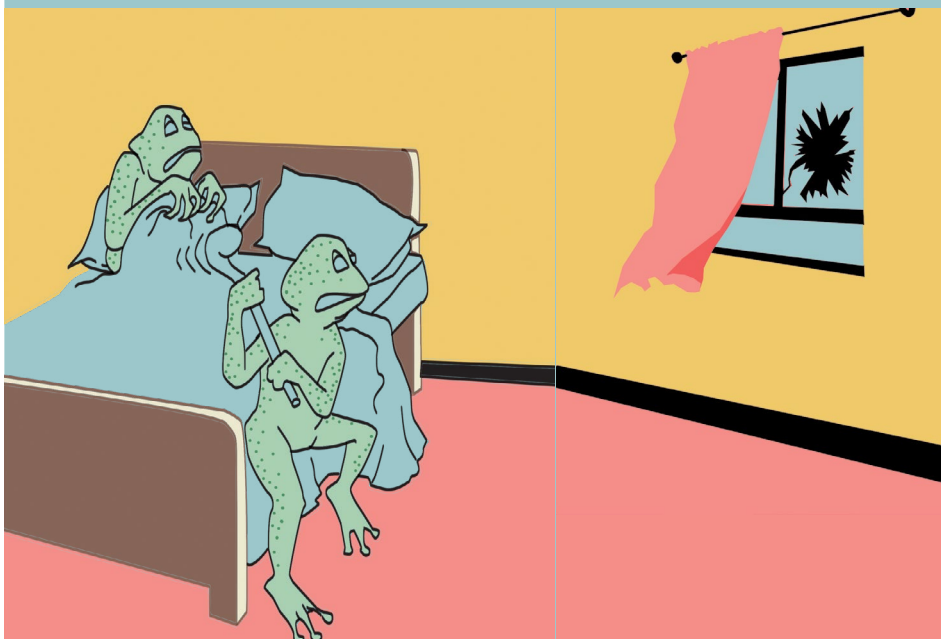
Wetegereze enjawulo mu kunnyonnyola kw'ebigambo ebyo ebibiri.

Singa wabaawo enjawulo ezirabika oba okukwatagana mu bigambo byombi, kakasa abetabi ku mugaso gw'okuyiga n'okulaba engeri gyekikwataganamu n'enkulakulana n'okuyimirizawo obulamu bwabwe nga bulungi.

EKY'OKUKOLA



Ekitundu A



Ekitundu B

EBIBUZO EBIRUNGAMYA

1. Ekikazi / ekisajja kye kiriwa okusinziira ku kitundu A eky'kifaananyi?
2. Ekikazi/ekisajja kye kiriwa okusinziira ku kitundu B eky'ekifaananyi? Wa ensonga zo eri okuddamu kwo.



EKIBUUZO EBIRUNGAMYA

Ani mulenzi/muwala era lwaki?

Funzafunza eky'okuddamu kyo mu kabokisi wansi

Ekitundu A. Ekikere ekikazi kye

Eky'okuddamu	Ensonga
	Kiri nti

Ekiitundu B

EMISOMO GY'OMUKWASAGANYA

Ng'a betabyemu bagabana ebirowoozo byabwe, lowooza ku nsonga lwaki bagamba nti kino ky' ekikazi oba ekisajja. Wandika wansi byebaddamu byonna. Wandika ebyokuddamu ebisikuula okukubagannya ebirowoozo.

Ku kifaananyi eky'ekikere, bulira abetabi nga bwe bekaanyiza ebikere ng'abasinziira ku ngeri abakazi n'abawala, abalenzi n'abasajja gyebasuubirwa okweyisa/oba empisa z'ebasuubira okuba nazo.

Wewabawo omwetabi agamba nti kizibu okwawula ekikere ekikazi ku kisajja, funa ensonga ze lwaki.

Ekikula ky'obutonde bw'omukazi/omusajja

Ekikula ky'obutonde bw'omukazi/omusajja obw'omubiri nebyo ebirabika mubuliwo eby'enjawulo wakati w'ebisajja n'ebikazi. Enjawulo mu kikula ky'obutonde bw'omukazi/omusajja ekwaata ku mibiri gy'ebitonde ebikazi n'ebisajja.

Bwe butonde obw'omubiri obw'ekikazi oba ekisajja – bwetuzaalibwa era tekikyuka.

Ekikula ky'ebyobuvunanyizibwa bw'omukazi/musajja

Ekikula ky'ebyobuvunanyizibwa bw'omukazi/musajja bukwaata ku buvunanyizibwa omuntu bwabeera nabwo n'enkolagana wakati wa bakazi n'abasajja nga bino biyigibwa buyigibwa ate nga bisobola okukyuusibwa.

Ekikula ky'ebyobuvunanyizibwa bw'omukazi/musajja zibeera mbeera z'obuntu, obuvunaanyizibwa n'emirimu bw'omuntu nga bwekuusa ku kubeera mukazi oba musajja mu kitundu ekyo. Kino kikwatagana n'engeri gyetulabibwamu abalala n'engeri gyetusuubirwa okubeera/okweyisa ng'abawala/abakazi oba abalenzi/ abasajja olwengeri ekitundu wetubeera wewategekebamu.

Abantu bazaalibwa nga kitonde kikazi na kitonde kisajja naye nebayiga okubeera abawala n'abalenzi abakula okufuuka abakazi n'abasaajja. Bayigirizibwa engeri ey'okweyisamu n'embeera entuufu, emirimu gyabwe, n'engeri gyebalina okweyisiza ku balala. Eneyisa eno enjigirize yereetawo kyebayita okuzuula emirimu gy'ekikula ky'ebyobuvunanyizibwa bw'omukazi/ musajja.

Emirimu egy'enjawulo n'empisa biweebwa abantu nga sikusenziira ku kikulan'obuvunanyizibwa bw'omukazi/musajja kyoka, wabula n'okusenziira ku mugaso gw'ekibiina mw'ogwa, ekibiina mw'ogwa, eggwanga lyosibukamu, eddini, amawanga n'emyaka. Tetusobola kugamba nti abakazi oba abasajja mu kitundu kyonna basobola okutekebwa mu kabondo akamu olwokuba bafaanagana mu buli kimu.

Lowooza
ku

EKIBUZO EKY'OKULOWOOZAKO MU KIBIINA

Okusenziira mu kutegeera okulabiddwa wagulu, muddemu mwetegereze ebifaananyi; ate era muddemu omulimu. Eby'okuddamu bikyaali by'ebimu? Byawukanye bitya?

Enjawulo wakati w'ekikula ky'obutonde ky'omukazi/omusajja n'ekikula ky'ebyobbuvunanyizibwa bw'omukazi/omusajja mubufunze mu kabokisi wamanga

EKIKULA KY'OBUTONDA KY'OMUKAZI/OMUSAJJA	EKIKULA EKY'EYOBUVUNANYIZIBWA BW'OMUKAZI/OMUSAJJA
Kitonde Kikazi/kisajja	Muwala/mukazi mukulu/mulenzi/musajja mukulu
Enjawulo eziri mu kikula kino zisalibwawo bintu bya butonde (nga obutafaali n'obusimo obuleetebwa enkyuukakyuuka y'okuvubuka)	Kino kitekebwawo ekitundu wetubeera – enjawulo mu mirimu gy'ekikula kino ziyigibwa okuyita mu kwekeneenya, okulagirwa, n'okukopa
Eby'enjawulo mu butonde bikwata ku nsi yonna – abakazi n'abasajja balina ebitundu by'omubiri byebimu nga si nsonga oba buwangwa ki, basibuka wa era basangibwa mu kifo ki	Enjawulo ey'ebitundu/enjawulo wakati w'ebyobuwanga. Byandirabika nga ebikontana okusenziira ku by'obuwangwa, ensibuko n'ebitwetolodde.
Kyakuzaalibwamu/butonde - Eby'enjawulo ebirabwako ku mibiri nga abakazi n'abasajja okubeera n'ebitundu eby'ekyaama nga byanjawulo - Abawala n'abalenzi okumera ebitundu eby'enjawulo mu kuvubuka. Okugeza, abawala bamera amabeere era n'ebagenda mu nsonga z'ekikyaala wabula bo abalenzi bafulumya enkwanso	Biyigirizibwa – emirimu egisuubirwa okukolwa omukazi oba omusajja, enda-ba y'ebintu n'empisa
Kibeera bw'ekityo emirembe n'ennaku/Tekirikyuka	Kyanjawulo nnyo era kikyuuakakyuuka okusenziira ku by'obuwangwa nga ate era n'emuby'obuwangwa kisinziira ku bitundu gyetuva nebyo eby'enfuna

Omulamwa mubufunze:

Nga muli babiri babiri, mugabane ku bintu ebibiri eby'ensonga by'emuyigidde mu ssomo lino

1. _____
2. _____

3. Enzimba y'ekikula ky'ebyobuvunanyizibwa bw'omukazi/musajja

Ekitundu kino wekinagwerako, ogya kuba osobola:

- Okutegeeramu engeri ekikula ky'ebyobuvunanyizibwa bw'omukazi/musajja gye kizimbibwamu
- Okumanya n'okutegeera engeri ebintu ebitwetolodde gy'ebikozesebwamu okuzimba ekikula ky'ebyobuvunanyizibwa bw'omukazi/musajja n'engeri gyebisobola okukozesebwa okuleetawo enkyuukakyuuka ennungi mu nkolagana z'ekikula ky'ebyobuvunanyizibwa bw'omukazi/musajja
- Okumannya engeri okuzimbibwa kw'ekikula ky'ebyobuvunanyizibwa bw'omukazi/musajja wekubakosamu ng'abalimi b'emit.

Mu muko ogusembayo, oyiga nti ekikula ky'ebyobuvunanyizibwa bw'omukazi/musajja kizimbibwa; kizaalibwa engeri abantu gyebalowoozamu so si butonde. N'olwekyo, kino kireetebwaawo kitya? Abawala ko n'abalenzi bayiga batya obuvunanyizibwa bwabwe ate era bitongole ki ebivunanyizibwako kukuyigirizibwa kuno?

Okuva omwaana wazaalibwa paka kufa kwe wabeera wo enkola engenderere 'ey'okuzimba' okuyita mu kusomesebwa, okwekeneenya n'okukoperera emikwaano n'abakyala/abawala/n'abasajja/abalenzi abakuze mu myaaka mu ngeri zonna ez'ebyobuwangwa, amasomero n'eddini.

Ebiseera ebisinga, okuyigiriza/okusomesa kw'bakazi/abasajja, abawala/abalenzi kuba kwawukanira ddala olw'ensonga nti baba bategekebwa emirimu egy'enjawulo n'ebikolwa gy'ebabeera.

Bino wamanga by'ebimu ku bitongole ebirina ky'ebiyamba mu kuzimba ekikula ky'ebyobuvunanyizibwa bw'omukazi/musajja gy'etubeera.

1. Amaka



Emirimu gy'ekikula ky'ebyobuvunanyizibwa bw'omukazi/musajja

- Amaka ke kabondo akasinga obutono gy'etubeera. Era abazadde bakola kinene nnyo – nga bayigiriza ennono z'abantu gy'ebabeera eri abaana
- Bino bibeera ebikolwa by'abazadde, ab'oluganda, ab'engaanda ab'enjawulo nga mwotadde n'empisa, ebikolwa, obuwangwa n'engeri gy'osuubirwa okweyisa okusinziira ku nkola eriwo mu kiseera ekyo
- Abakazi kumpi wona basuubirwa okutuukiriza emirimu gy'ekikula egy'ekuusa ku kukuza abaana, okulabirira ab'omumaka abalala n'okulabirira ennyumba. Naye ate abasajja bo batunulirwa mu kiti ky'abagabirizi, naddala okukola emirimu egisasulwa n'okufulumya eby'amaguzi.

Eby'okulabirako mulimu bino

- Okuyayanira omwana ow'obulenzi kubanga batunulirwa nga abayongerayo ekika mu maaso, ate nga bo babererawo ddala mu maka, basigala baddukanya eby'obugagga era bebasinga okwagalibwa okuba abasika
- Ebikozesebwa ebitekebwa mu baana, okugeza eby'okuzanyisa n'engoye bibeera by'anjawulo. Eby'okuzanyisa eby'abalenzi biraga amaanyi, obuyinza n'okuyiira naye ate eby'abawala biraga obugonvu, okwezigula n'okufaayo.

EKY'OKUKOLA

Mu bubiina bw'abantu ababiri babiri, mukubaganye ebirowoozo ku ngeri emirimu n'obuvunanyizibwa gy'ebigabanwamu mu maka agago? Mirimu ki egiweebwa abawala, era mirimu ki egiweebwa abalenzi? Abasajja n'abakazi abakulu bakola mirimu ki mu nimiro? Kino kitegeezaki eri buli kikula ky'obutonde bw'omukazi/omusajja? Mwe nga abazadde abali eky'okulabirako eri abaana kiki ekyenjawulo kyemusobola okukola?

EMIRIMU EGIWEE- BWA ABAWALA/ ABAKAZI	KYEKIKOLA (KU MITENDERA GY'AMAKA N'EGYETUBEERA)	ABALENZI/ ABASAJJA	OKUKOSEBWA (KU MITENDERA GY'AMAKA/ GY'ETUBEERA)

Biki by'etwandikoze mungeri ey'enjawulo ng'abazadde?

- i. _____
- ii. _____
- iii. _____
- iv. _____

2. Abamawulire

Abamawulire balina amaanyi mangi ku by'obuwangwa. Okulaanga n'eby'empuliziganya birina engeri gy'ebirambika enkola z'ekitonde ekikazi n'ekisajja. Bifuuka ebikozesebwa ebisikiriza abantu okwetaba mu mirimu gy'ekikula.

EKY'OKUKOLA

Eddoboozi eryogerera obulango bw'ebyokulima litera kubeera ly'amusajja. Ebiseera ebisinga mu bulango buno, emirimu egy'ekuusa kuby'obulimi nga empereza, omusawo w'ebisolo abeera musajja. Olowooza kino kiki kye kiba kitegeeza?

Naye ate, abamawulire basobola okukozesebwa okuleetawo enkola empya. Tunulira ekifaananyi wamanga.



Omukazi nga avuga turakita (ekimotoka erima)

EKIBUUZO EBILAMBIKA

- Kiki kyosooka okulowooza ku kifaananyi ekyo?
- Waliwo ekyewuunyisa kukyo? Ekyewuunyisa kye kiriwa era lwaki?

3. Eddiini

Ennono z'eddini zirowoozebwa okuba nga tezivoolwa y'ensonga lwaki eddini y'emu ku nkola ez'awaganyala mu by'enjawulo ebiri mu kikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja kubanga ekozebwa okulaga nti okwawula mu mirimu egisinziira ku kikula.

Okugeza: Abasajja okukulemba ebitongole – nga wadde abasinga okukola babeera bakazi abakiririza mu nsonga y'abasajja okusukuluma era benkanankana n'e Katonda.

Ate mu maddiini agamu, abakazi batunulibwa ng'abatanira kuba bagenda mu nsonga z'ekikyala era tebakirizibwa kwetaba mu mikolo egitali gimu.

Mu ngeri endala, abakazi tebakirizibwa kubuliira njiri oba kukulemba mu ssaala ekitegeeza nti abasajja bebakirizibwa omutonzi.

4. Ekifo awakolebwa/ ku mulimu

Emirimu gy'abakazi n'abasajja egyedda muby'obuwangwa gye giraga omulimu omukazi oba omusajja gw'anakola. Okugeza, awatuukirwako mu wofiisi, omuyambi mu ofiisi, atereeza eby'ononese.

EKY'OKUKOLA

Mu bubiina bw'ababiri mukubaganye ebirowoozo: Mu wofiisi gy'ogenze mu nnaku zino, ani yali akola ki? Ebitongole/ebifo mwetubeera byandikozeewo ki? Mugabane by'emuzudde mu kibiina ekisingawo obunene

5. Amasomero/ebitongole eby'enjigiriza

Ebiseera ebisinga abaana babimalira mu ssomero. Abasomesa be babeera eky'okulabirako ate bawabaye amagezi ku mirimu gy'ebalikola mu maaso. Ebifaananyi ebibeera mu butabo biraga mirimu ki omukazi oba omusajja gyalina okukola okugeza – omulimi ng'akute enkumbi abeera mukazi, ku tulakita (ekimotoka ekirima) abeera musajja, omulimi asuubulira ku kkubo abeera mukazi, omulimi atwalira eby'amaguzi bye ku motoka mu katale.



EKY'OKUKOLA

Mu bubiiina bw'abasatu, mutunulire ekifaananyi ekiri wagulu. Ng'ekisabika ku kitabo ky'eby'obusubuzi kiba kiraga ki:

1. Ku nkula y'omulimu n'obuzito bw'ebyobusubuzi by'abakazi n'abasajja?
2. Olowooza ki ekireetawo enjawulo mu buzito n'ekikula ky'ebyobusubuzi nga bwekiragibwa mu kifaananyi?
3. Kiki kyekinateeka mu ndowooza za bayizi?
4. Olowooza ani ku bayizi abakazi n'abasajja anazibwamu amaanyi okwenyigira mu by'obusubuzi era lwaki?
5. Singa gwe musunsuzi eri abakuba obutabo, kiki kyewandiyagadde okulaba mu kifaananyi era lwaki?

6. Emikwano

EBIBUZO EBIRUNGAMYA

Olowooza emikwano gikola kinene ki oba kitono ki mu kuzimba eby'ekikula ky'ebyobuvunanyizibwa bw'omukazi/musajja?

7. Emikolo egikakasa nti omuntu akuze

EBY'OKUKOLA

Mu bubiiina bw'abantu 3 – 6, mukubaganye ebirowooza ku mitendera gy'obulamu abantu gy'ebayitamu okuva webazalibwa okutuusa okufa.

Mikolo ki egy'obuwangwa egikolebwa ng'abaana ab'obuwala oba ab'obulenzi bazaliddwa?

Emikolo/obuwangwa gino gyamugaso ki eri okulakulanya ebitundu mwetubeera?

Mu mikolo egy'obuwangwa egikakasa okukula kw'omuntu mwe muli okuwongebwayo n'obufumbo. Egisinga ku gino gisa essira ku mirimu/obuvunanyizibwa bw'abakazi n'abasajja. Nti abawala bo batunulirwa ng'abakyala b'omumaka era bamaama kyoka ng'abalenzi bo batunulirwa ng'abakulembeze, abakola okusalawo era abetaba mu by'obufuzi.

8. Engero n'ennimi

Engero zikikirira obulombolombo n'ennono z'abantu, empisa n'eki ky'ealowooza ku bakazi, abasajja, abawala ko n'abalenzi. Engero zikaatiriza era nezikakasa enkolagana z'obuyinza bw'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja.

EBY'OKUKOLA

Mu bubiina bw'ababiri, mulowooze ku ngero ezimanyikiddwa ennyo eyo gyemuva eziraga engeri abakazi n'abasajja gye-beyisamu oba gyebasuubirwa okweyisa. Olugero olwo lwe luli wa? Kiki ekyo ekikusike kyerutegeeza? Era olugero olwo lukosa lutya abakazi n'abasajja mu kitundu kyamwe?

OLUGERO	LUTEGEEZA KI EKIKUSIKE ERA LULEETA WO NJAWULO KI

Eby'okulabirako – Engero:

Ethiopia: Omukazi wafuga, emigga kikulukuta gy'ambuka (Kino no kkwata kubusobozi bw'abakazi obwekusifu mumakka wamu n'emubitundu by'ebabera mu; nti bo tewali kisobola kubalema)

Zimbabwe: Nti buli mukazi abeera mubalagavu nga'tanayogera

Olugero oluva mu Afirika: Nti omukazi abadde yebase kasita azukuka, ensozi zinyegenya

Mozambique: Nti towasa nga omukazi akusinga ebigere ebinene (wano ebigere ebinene bitegeeza talanta/obusobozi/ebitone bw'abakazi. Luno no olugero lulabula abasajja okwewala okuwasa abakazi ababasinza talanta oba abasomako okubasinga)

EBY'OKUKOLA

Okusinziira ku ngero nenzikiriza z'emuwandiise n'ekuby'okulabirako ebibaweereddwa, mukubaganye ebirowoozo ku bino wamanga mu bubiina bw'ababiri babiri:

- **Ziriwa ezo z'ogamba nti zikosa ekibiina kyamwe, ab'omumakka go mu ngeri y'emirimu egiweebwa omuntu/emikisa egittibwa, emirimu n'obuvunanyizibwa? Kiki kyemusobola okukola okutereezamu?**
- **Ate ngero ki z'emugamba nti zo zizimba, nti at'era ziyinzika zitya okukozesebwa okujjawo ziri ezitalina makulu/okusobola okureetawo enkolagana ennungi wakati w'abakazi n'abasajja?**

Omulamwa mu bufunze:

Nga muyita mu mukwasaganya/omusomes, mugabaneeko n'abomukibiina ebintu eby'enkizo bibiri by'emuyigidde okuyita mumulamwa guno.

4. Emirimu gy'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja n'egy'ekikula ky'obutonde bw'omukazi/omusajja

Omuko guno wegunaggwerako ojja kuba omanyi oba oyize ebintu bino:

- Enjawulo wakati w'emirimu gy'ekikula ky'obuvunanyizibwa bw'abakazi/abasajja n'emirimu gy'e kikula ky'obutonde bw'abakazi/abasajja zeziriwa;
- Emirimu gy'ekikula ky'ebyobuvunanyizibwa bw'abakazi/abasajja gikyuuka gitya era lwaki gukyuka;
- Emirimu gy'ekikula ky'ebyobuvunanyizibwa bw'abakazi/abasajja bukosa butya oba buyamba butya mu nkulakulana y'amaka gaffe / ebitundu by'etubeeramu n'eggwanga okutwaliza awamu.



Ab'omumakka g'Odhiambo nga balima mu nimiro yaabwe (Ekifaananyi kya Amunga Eschuchi)

EKIBUUZO EKIRUNGAMYA

Gwe kiki kyolowooza ekinabeerawo singa omwana akaaba era lwaki?

EKY'OKUKOLA

Mu bubiiina bw'ababiri, mu kasanduuko wansi, muwandiikemu emirimu gy'abakazi n'abasajja egisinga okuba egy'omugaso mubusanduuko mwe gigwa. Gino giyinza okuba emirimu gy'emusuubira mu bakazi n'emubasajja. Musobola okukozesa ebigambo ebinnyonnyola ebitonotono. Kati mubiyitiremu omukwasagannya abiwandiike.

OMUKWASAGANNYA WETEGEREZE BINO

- Mu bubiina obwa babiri, kibeere nti abetabi babe basajja boka, bakazi boka n'abakazi nga bali n'abasajja.
- Singa okuzaala abaana n'okuyonsa tebiwandiikiddwa mu kabakosi k'emirimu gy'abakazi, letera abetabi okukyogerako.
- Wetegereze nnyo emirimu egimu abetabi gy'ebatakannyako kuteeka mu kasanduuko ki 'akasaana' era wetegereze ensonga y'obutakannya.

ABAKAZI	ABASAJJA
Ey'okulabirako, Okulabirira awaka	B'amaanyi
Okuzaala abaana	Bagabirizi
Bagabirizi	Bakuumi

Kati mukyuuse emitwe gy'obusanduuko omuli emirimu egikolebwa nga awali abakazi muteekawo 'Abasajja' ng'ate awali abasajja muwandiikawo 'Abakazi'.

EKIBUUZO EKIRUNGAMYA

Biki bye'mulowooza ku mirimu emipya?

Waliwo ekibewuunyisiza – Ky'ekiriwa era lwaki?

OMUKWASAGANNYA BY'ALINA OKWETEGEREZA

- Abetabyemu bonna bakiriza nti emirimu gitereddwa mu kasanduuko 'akatuufu' oba mwegirina 'okubeera'?
- Wetegereze engeri abetabi gy'ebeyiisamu nga kino kiva mu kukyuusa obusanduuko. Leka abetabi bagabane ebirowoozo byabwe/ engeri eky'okukyuusa emirimu mu obusaandduko gy'e kibayisizamu era obuuze lwaki kibayisiza bwekityo.
- Ky'amugaso nnyo abetabi bonna okusalawo ekimu eri buli mulimu; singa abetabi balwaawo okusalawo ekimu amangu ddala, teekawo ekiseera ekimala okukubagannya ebirowoozo paka nga bonna basizza kimu.
- Kyebasazzewo kirina okuba nga esira kiritadde ku 'kuzaala baana' n'okuyoonsa' ekiteereddwa mu kasanduuko k'abasajja.

EKIBUUZO EKIRUNGAMYA

Nga mugoberera ebiri wagulu, muddemu mwetegereze buli mulimu.

Era mirimu ki egisibuka mu buwangwa n'egiriwa egisibuka mu butonde?

Omulumu bweguba nga gusibuka mu butonde, wandiika 'n' ekigambo wekikoma ate bweguba nga gusibuka mu buwangwa, wandiika 'c' bweguba nga guva mu butonde n'obuwangwa, wandiika wo 'c/n'.

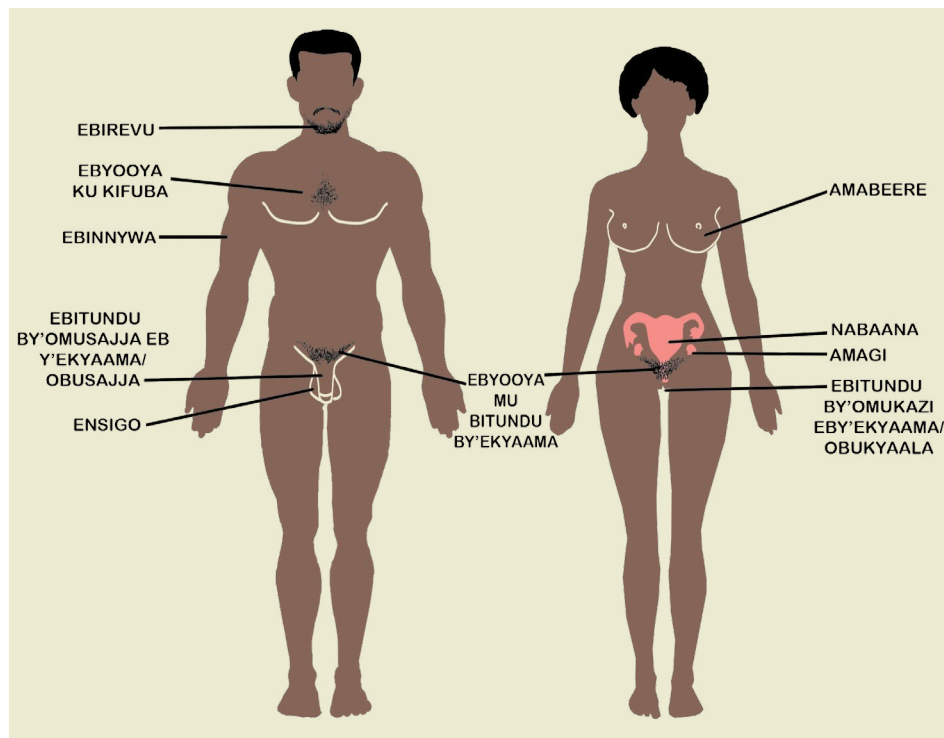
Okugeza

ABAKAZI	ABASAJJA
W'amaanyi – C/N	Alina ebinywa eby'amaanyi – C
Alabirira amaka – C	Aleeta emmere – C
Ayoonsa – N	Taata – N

Emirimu gy'ekikula ky'obutonde bw'omukazi/omusajja

Emirimu gy'ekikula ky'obutonde bw'omukazi/omusajja gyegyo gyakola ng'asinziira ku butonde bwe obw'omubiri. Omulumu gw'ekikula ky'obutonde gukolebwa oyo yekka ow'ekikula ky'obutonde ekyo.

Okugeza: abakazi buli mwezi bagenda munsonga z'ekikyaala, bazaala abaana, bayoonsa ate nga bo abasajja balina (enkwanso) eziwakisa abakazi okusobola okuzaala abaana.



Enkula y'Omubiri ey'abasajja n'abakazi

Emirimu gy'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja

Emirimu gy'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja gyegyo egiweebwa abakazi n'abasajja nga kisinziira ku nnono n'obuwangwa. Bino byebisalawo kiki ekisaanira okukolebwa abakazi n'abasajja gyebabeera, obuvunanyizibwa bwabwe gyebabeera n'engeri emirimu gyegigabanibwamu.

Okusinziira ku buwangwa obwenjawulo emirimu gino gyawukanira ddala era gituuka n'egikyukakyuuka. Gikyuuka okusinziira ku bibinja by'abantu ababeera awamu eby'enjawulo nga bigabana obuwangwa bwebumu.

Ekibiina omuntu mwagwa, eddini, eggwanga, embeera z'ebyenfuna n'emyaaka biretera emirimu gy'ekikula k'yobuvunanyizibwa bw'abakazi/abasajja okukyuuka.

Ebiseera ebisinga, emirimu gy'ekikula k'yobuvunanyizibwa bw'abakazi/abasajja kisinziira kwebyo abantu bye balowooza nti abakazi n'abasajja balina okukola, so si ku kikula ky'obutonde oba omubiri. Emirimu gy'ekikula k'yobuvunanyizibwa bw'abakazi/abasajja gifuuka egy'obulabe singa ebitundu byetubeeramu bikuliriza nnyo emirimu gy'ekikula k'yobuvunanyizibwa bw'abakazi/abasajja ekimu okusinga ekirala. Kino no kireetawo obutali bwenkannya eri ani akola okusalawo oba n'okkumibwa emigannyulo ejivudde mu nkulakulana.



Emirimu gy'ekikula k'yobuvunanyizibwa bw'abakazi/abasajja

EKY'OKUKOLA NG'EKIBIINA

Muwandiike emirimu gyonna egikolebwa okuviira ddala mukuteekateeka ettaka okutuusa ku kuteeka ebirime ku katale. Ani akola ki - omukyaala, omwaami, abawala n'abalenzi? Muwandike emirimu gyonna egikolebwa okuviira ddala mukuteekateeka ettaka okutuusa ku kuteeka ebirime ku katale. Kulwaki omulimu ogwo gukolebwa ekikula ky'obutonde bw'omukazi/omusajja ekyo? Kino okikwasagannya otya okwekuusa ku bulimi obulungi obw'oluberera n'enkola z'okukwasagannya (SAIM) awaka wo oba mu kitundu gy'obeera? Olowooza kiki eky'enjawulo ky'osobola okukola wo?

OMUKWASAGANNYA BYALINA OKWETEGEREZA

1. Mu kukulakulanya ebibiina, mulina okubaamu: ebibiina omuli abakazi boka, ebibiina omuli abasajja boka n'ebyo omuli abakazi wamu n'abasajja.
2. Wetegereze era obanyonyole enjawulo eziriwo mu mirimu egiwedde. Okugeza, waliwo emirimu egiwandiikiddwa abakazi naye ate nga tegiwandiikiddwa basajja oba egiwandiikiddwa abasajja naye nga tegiwandiikiddwa bakazi?
3. Singa waliwo enjawulo endala, leka abetabi bakubaganye ebirowoozo ku lwaki balowoozo kiri bwekityo.

OMULIMU	ANI AGUKOLA	LWAKI OYO YAGUKOLA
Okugeza, okukabala enimiro	Bombi	Bebakozi abaliwo mu kaseera ako
Ensigo/ Okusiga ensigo	Mwaami /Omusajja	Ye yayigirizibwa / y'alina sente
Okwetaba mu kuyigirizibwa	Omwaami	Y'aliwo, ye nannyini ttaka
Okusimba emiti		
Okufukirira		

Biki eby'enjawulo gwe by'osobola okukola mu maka go?

1. _____
2. _____
3. _____

Emirimu gy'ekikukla ky'ebyobuvunannyizibwa bw'omukazi/omusajja gikyuuka gitya?

Emirimu gy'ekikukla ky'ebyobuvunannyizibwa bw'omukazi/omusajja n'enkolagana bisobolera ddala okukyuuka n'okuzibuwalirizibwa.

EKY'OKUKOLA

Mu bubiina obwa 3 – 5 mukubaganye ebirowoozo ku bino wamanga?

- Bive ki eyo gy'obeera ebikwata ku kusimba kw'emiti okugeza, waliyo emiti egitalina kusimbibwa abakazi/ abasajja era lwaki. Kino kyo kikosa kitya okutandika okukozesa enkola ezisingayo obulungi ez'ennima y' emiti?
- Waliyo emirimu/obuvunanyizibwa edda gy'otasobolanga kukola nga naye kati ogikola? Bintu ki ye ebyateekwanga okukolwa abakazi/abasajja boka naye nga kati si bwekiri?
- Kiki ekireesewo enkyuukakyuuka zino?

OMUKWASAGANNYA BYALINA OKWETEGEREZA

Wandiika enkyuukakyyuuka abetabi z'ebagamba nti zibaddewo.
Wekaanye ebiretedde enkyuukakyyuuka mu mirimu/enkwasagannya/
ebisuubirwa mu bakazi n'abasajja.
Enkyuukakyyuuka zino zirina kubeera nga zibaddewo ku mitendera
gya ssekinoomu n'egyetubeera.

Ebintu ebivaako enkyuukakyyuuka mu mirimu gy'ekikula
ky'ebyobuvunannyizibwa bw'omukazi/omusajja mulimu bino:

Okuffa/endwadde Okuffa kw'omukyaala oba omwami nga nolwekyo
asigaddewo alina okukola emirimu affudde gy'abadde akola – amaka
agakulirwa omukazi/omusajja. Okugeza omukyaala agya kugabirira era
afuuke omukuumi oba omusajja akuza abaana, alongoosa era afuumba.

Omulumu guleeta sente: Okugeza, mu bifo ebimu kive nnyo
okusanga omusajja mu fumbiro, naye ate amawoteeri agasinga gayaayanira
nnyo okukozesa abafumbi abasajja

Okusoma n'okutambula mu bifo ne mubantu ab'enjawulo:
Wano abantu bakyuusa engeri gy'ebatunuliramu ebintu era n'ebasalawo
okukola emirimu gy'ebatandikoze okusenziira ku kikula kyabwe eky'obutonde
bw'omukazi/omusajja. Okugeza, okuva edda abakazi be bakolanga emirimu
gy'awofiisi awasokerwa abantu, egy'abawandiisi n'ebakiyambi mu zi wofiisi
naye ate ennaku zino abasajja nabo gino emirimu bagikola – obwenkanya
mu kufuna emirimu.

Eddini: Wano wo eddiini abafumbo ebalaba nga ab'enkanankana
era n'ebazaamu amaanyi okuyambagana nga akabonero ak'omukwano
ogw'enkalakalira n'okwekumira buli omu eri munne.

Amateeka: Gano gaba mateeka agalunganya nga gatunulira engeri
ebitongole gy'ebisengekebamu era nga gatunulira eby'o eby'ennono
ebireeta obutali bwenkanya.

Ebigwa tebiraze okugeza entalo oba ekyeeya: Wano abakazi bafuuka
abagabirizi, abakuumi bamaka oba abasajja bo n'ebakola ogw'okukuza
abaana

Omulamwa mu bufunze

Mu bubina bw'ababiri, mugabane ebintu eby'ensonga bibiri by'emuyigide
mu mulamwa guno. Era musse esira ku mulimu/kintu kimu ky'emugenda
okukola nga kigenda kugasa amaka gamwe bulijjo kye mubadde temukola.

- _____
- _____
- _____
- _____

5. Enkwatagana z'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja

Omuko guno wegunagwerako, ogya kuba nga:

- Wetegereza engeri abakazi n'abasajja gy'ebakwataganamu mu kyaama n'emulujudde.
- Olina ebikozesebwa okwekenenya enkolagana zino n'ebiki byezikola mu kwetaba kw'abakazi n'abasajja mu by'enkulakulana.



Mu lukiiko/kuyigirizibwa, abasajja batudde mu maaso ate bo abakazi batudde mabega nga n'ebbanga eribawula ddene

Enkwatagana z'e kikula ky'ebyobuvunanyizibwa bireetebwawo ebisuubirwa mu bantu eby'ennono, gy'ebabeera n'eby'obufuzi.

Enkolagana zino zibeera wo mumaka (mu kyaama) era n'egyetubeera n'egy'etukolera (mu lujudde).

Era zezimu ezigabanya obuyinza wakati w'abakazi n'abasajja mu bifo eby'ekyaama wamu n'emulujudde.

Enkolagana ez'obuyinza zikola kinene mu ngeri obuggaga gy'ebugabanibwamu, nti era ani afuga eby'obuggaga.

EKY'OKUKOLA

1. Nkolagana ki e'zekikula ky'ebyobuvunanyizibwa bw'abakazi/abasajja eziri gy'obeera? Zikosa zitya enkulakulana n'okubeezawo embeera y'amaka?
2. Ate mumaka go?

Okugeza

ENKOLAGANA	EBIREETEBWA ENKOLAGANA	KI KY'EMWANDYETAAZE OKUKYUUSA OKUKOLA KU KINO
Okwetaba munkungaana z'okuyigirizibwa – abasajja (be banannyini ttaka)		
Abakazi batuula munkungaana zezimu n'abasajja, kyoka nga tebateesa – abakazi tebalina kwogera oba okwesimba ku basajja		

Omulamwa mu bufunze:

Mu bubiiina bw'ababiri, mugabane ebintu eby'enkizo bibiri by'emuyize mu ssomo lino.

- _____
- _____

6. Okutegeera omwenkanonkano ogw'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja n'Obwenkanya bw'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja

Omusomo guno wegungweera, onoba oyize bino wamanga:

- Okutegeera omwenkanonkano ogw'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja
- Okutegeera obwenkanya obw'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja
- Otegedde enkwatagana wakati w'omwenkanonkano gw'ekikula ky'ebyobuvunanyizibwa, n'obwenkanya bw'ekikula ky'obutonde
- Ogya kuba osiimye enkwatagana wakati w' obwenkanya obw'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja n'enkulakulana.

EKY'OKUKOLA

Mu bubiina bw'ababiri, gabana n'egwokwataganye naye biki byotegeera ku bigambo byombi. Mugabane ebyokuddamu byamwe n'ekibiina kyonna. Omukwasagannya olwo ateeke eby'okuddamu byamwe eri ebigambo byombi mubufunze.

6.1 Omwenkanonkano ogw'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja

Omwenkanonkano ogw'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja kwekulaga obwenkanya wakati wa bakazi n'abasajja, abawala n'abalenzi mukugabana ebyobuggaga, emikisa n'emiganyulo ng'embeera eriwo okusobola okuleetawo obwenkanya.

Okusobola okukakasa nti waliwo obwenkanya, Omwenkanonkano ogw'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja guteekawo empenda okuliyirira ebyasoba edda nga biremesa ekibiina ekimu okukolera mumbeera ez'enkanankana n'ezabalala.



Obutali bwenkanya obw'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja



Omwenkanonkano ogw'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja

EBIBUUZO EBIRUNGAMYA

Biki ebimu ku mirimu egy'ekinansi n'enkolagana eby'ekikula ky'ebyobuvunannyizibwa bw'omukazi/omusajja nga byaleetawo ekikula eky'obutonde bw'omukazi/omusajja ekimu okuyisibwa obubi? Bino bikoseza bitya embeera y'obulamu bwaffe mu maka ne gyetubeera? Biki ebisobola okukolebwa okutereeza okusobozesa ekikula ky'obutonde bw'omukazi/omusajja ekiyisibwa obubi okutekeebwa ku mutindo gwegumu ng'ebirala.

Biwandiike wansi awo:

ENSONGA Y'EKIKULA KY'EYOBUVUNANYIZIBWA BW'OMUKAZI/OMUSAJJA	OKUKOSA MU NKULAKULANA	EBY'OKULABIRAKO EBY'EBIKOLWA EBITEREEZA/EMPENDA EZ'OKUNYIRIRWA
Okugeza, obwanannyini ttaka bwa basajja mu maka	Enfulumya y'ebyobulimi ebeera wansi nnyo, okwewola sente kiba kizibu kubanga tewali musingo	Amateeka – obwanannyini bw'ettaka bubeere bwawamu
obukulembeze bwabeeranga bw'abasajja	Abakazi batono nnyo abetaba mub'yobufuzi ku mitendera gy'ebitundu mwe babeera n'emuggwanga lyonna; ebizibu n'ebiruubirirwa mu nkulakulana y'amateeka, ebikwata ku bakazi tebyogerwako nnyo	Okusobozesa abakazi okwesimbawo ku bifo by'obufuzi, okuyigirizibwa kw'abakazi, n'okwetaba kw'abasajja mu mbooji z'abakazi n'obufuzi

6.2 Obwenkanya bw'ekikula ky'ebyobuvunannyizibwa

Obwenkanya bw'ekikula ky'ebyobuvunannyizibwa bw'omukazi/omusajja kitegeeza nti abakazi n'abawala n'abasajja n'abalenzi balina embeera zezimu okubasobozesa okutuukiriza eddembe lyabwe ery'obwange n'omugaso gwabwe mu nsonga z'eggwanga, ebyenfuna, enkulakulana y'embeera z'obuntu n'ebyobuwangwa ate n'okubifunamu mu bwenkanyi.

Eno si nsonga y'abakazi wabula y'abitundu gyetubeera.

Obusobozi bw'abakazi buyinza okulemesebwa omuggugu gw'emirimu emingi gy'ebakola awatali kubongera ku budde oba kwongezebwa amaanyi okusobola okukozesa emikisa gyabwe.

Obuggaga n'emiganyulo gyabwo wamu n'okubufuga buweebwa ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja ekikyamu mu ngeri erabikako. Okugeza, mu bitundu ebimu abakazi tebalina bwanannyini ku ttaka, ate n'okulirimirako emmere kiri eri w'alugaanda omusajja oba omwaami.



Obwenkanya bw'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja kitegeeza okuwa emikisa gyegimu

Omwenkanonkano gw'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja ddaala erituusa ku bwenkanya bw'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja.

Omulamwa mu bufunze:

Okuyita mu mukwasaganya, gabana n'abekibiina ku nsonga emu ey'omugaso gy'oyize mu ssomo lino.

7. Emirimu gy'emirundi essatu egy'abakazi n'abasajja gy'etubeera

Omusomo guno wegunagweera, on'oba:

- Oyize emirimu gyonna essatu egy'abakazi n'abasajja
- Ng'osiimye omulimu gw'abakazi n'abasajja ku mitendera gy'amaka, gy'etubeera n'eggwanga okutwaliza awamu.
- Okufumitiriza ku ngeri emirimu gino gyegikosamu oba gyegiyamba abakazi n'abasajja okwetaba mu mirimu egy'enkulakulana.

7.1 Emirumu gy'awaka



Okuyita mu mukwasaganya, gabana ku biki byolaba mu kifaananyi.

EKIBUUZO EBIRUNGAMYA

Okiriziganya/tokiriziganya n'ebigambo ebyogeddwa mu kifaananyi?

Ebirowoozo byo ku mirimu egikolebwa omukyaala asigala awaka gy' egiriwa?

Obwangu bwagyo ne/oba omugaso gwagyo bwebuli wa? Era owa nsonga ki kulwekyo kyozeemu.

Singa emirimu gikyuusibwa nekiba nti omusajja yakoze emirimu egyo? Engeri gyolabamu emirimu egikoleddwa esigala yemu? Lwaki olowoozeza otyo?

OMUKWASAGANYA BYALINA OKWETEGEREZA

Faayo nti abetabi abakazi n'abasajja bakuwa endowooza zaabwe.

Emirimu bwegikyuusibwa, faayo okumanya abasajja bye bakilowoozako? Endaba yabwe ey'emirimu gy'awaka ekyuuka etya?

Emirimu gy'awaka gyegimu n'egy'omunyumba. Kitwaliramu emirimu gyonna egikolebwa awaka nga sigyakusasulirwa sente. Muberamu emirimu egyetaagibwa okudukanya amaka, gamba nga okulabirira abaana, okufumba emmere, okukima amazzi n'okutyaaba enku wamu n'ebyobulamu. Wadde nga emirimu gino gyetagisibwa okubeezawo obulamu, gitera okunyomebwa/tegitunulirwa nga mirimu. Era abakazi n'abaana bebatara okugikola.

7.2 Emirimu egizaala/egiyingiza

Emirimu egizaala mwe muli ebintu byonna ebikolebwa oluvanyuma n'ebiyingiza sente. Muno mwe muli okulima emmere n'empereza ebiriibwa/ebikozesebwa n'okutundibwa/okugulibwa (obulimi, okuvuba, okukozesa abakozi, wamu n'okwekozesi). Wano abakazi n'abasajja bombi basobola okwenyigira mu mirimu egizaala/egiyingiza. Emirimu n'obuvunanyizibwa byo byawukana okusinzira ku ngeri emirimu gy'ekikula ky'obuvunanyizibwa bw'omukazi/omusajja gy'egigabanyizibwamu. Emirundi egisinga emirimu egikolebwa abakazi tegitwalibwa ng'egyamakulu ng'egyabasajja bwegitwalibwa. Ate mu byaalo eby'omunda ne mu bantu abaavu, emirimu gino gitera okuba nga gimennya, gyetaaga amaanyi mangi n'obudde bungu.

7.3 Omulimu gw'ebitundu gy'etubeera

Omulimu gw'ebitundu gy'etubeera gwamugaso nnyo eri enkulakulana y'ekitundu gy'obeera n'ekibiina. Muno mubeera mu okwetaba munkungaana, emirimu gy'enkulakulana y'ebitundu mwetubeera n'emirimu egyekuusa ku by'obufuzi. Abantu ssekinoomu webatyo webaweebwa ekitiibwa abantu baabwe okuyita mu mirimu gino. Naye ate mu maka agasinga n'emubifo gyetubeera abakazi tebalina budde kwetaba mumirimu gino kubanga babeera bakola mirimu gy'awaka; emirimu gy'ekikula ky'obuvunanyizibwa bw'omukazi/omusajja gyandiba nga giremesa okwetaba kwabwe. Kino kiretawo abakazi okutwalibwa nga abawansi mu bifo gyetubeera. Ate oluusi kyandiba nga engeri abakazi gyebetaba mu mirimu yeretera okuyisibwamu amaaso.

EKY'OKUKOLA ERI EKIBIINA

Mu bubiina bwa 5, mukubaganye ebirowoozo ku mirimu ki egisinga omugaso era lwaki?

Waliwo okusimbibwa emiti okw'abekitundu okutegekeddwa. Abasajja bo bawereddwa omulimu gw'okukabala/okuteekateeka ettaka/okulongoosa ettaka n'ogwokusiimba emiti ate bo abakazi bagya kugabira abasajja emmere n'amazzi.

EKY'OKUKOLA

Mwegabannyemu ebibiina bisatu. Buli kibiina kigenda kulonda-ko omulimu gumu kwebyo byetukubagannyizako ebirowoozo wagulu. Eri buli mulimu, muwandiike emirimu mingi ennyo era mujuze obusanduuko wansi.

OMULIMU	ANI-KIKULA KI EKY'OBUTONDE	WA(EKIFO)	DDI? (OBUDDE)	EMIRUNDI EMEKA	OTYA	LWAKI
Emirimu gy'awaka (Okulabirira abaana, okufumba emmere, amazzi, eby'obulamu, okugenda mu katale)						
Emirimu egizaala sente (okulabirira ebisolo, obulimi, okuweebwa omulimu,okukola sente)						
Emirimu gy'omubitundu mwetubeera (Eby'obufuzi, enkungaana, obukuumi)						

EBIBUZO EBIRUNGAMYA

1. Egy'awaka: Mirimu ki egitera okukolebwa wano, gikolebwa wa, ani atera okugikola? Ate giberawo emirundi emeka?
2. Egizaala: Baani abakola emirimu gino? Njawulo ki eriwo wakati w'egyo egikolebwa abakazi n'egyabasajja?
3. Egy'ebifo mwetubeera: Gino emirimu gitera kukolebwa wa? Ani agyetabamu? Okugyetabamu kukwatagana kutya n'emirimu gy'awaka? Kitegeza ki eri abakazi n'abasajja abagala okwetaba mu by'obufuzi?
4. Endaba yo ey'ebintu ekwatagana etya n'omwenkanonkano gw'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja n'obwetaago obuliwo n'obwenkola bw'abakazi n'abasajja.
5. Emirimu gino essatu gikosa gitya okwetaba kw'abakazi mu bulimi bw'emiti n'okutandika okukozesa enkola ezikyasenze ku mutendera gw'omumaka, okufuna okuyigirizibwa, okubeera munkungaana z'abonna ezibeerayo buli mwaka, n'okulonda abakulembeze b'ebibiina ebikolera awamu?

Omulamwa mu bufunze:

Okutegeera omwenkanonkano ogw'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja n'Obwenkanya bw'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja.

8. Okwekeneenya ekikula ky'ebobuvunanyizibwa bw'omukazi/omusajja

Essomo lino bwerinagwerako, ogyakuba:

- Ng'oyanjuddwa eri okwekeneenya kw' ekikula ky'obuvunaanyizibwa bw'omukazi/omusajja nga kikozezebwa olw'enkulakulana.
- Nga otabaganye n'abantu era ng'ofunye ebikozezebwa ebinakuyamba.



Fenna tuba n'ebyetaago, ebisomooza n'emikisa nga byebimu

EBIBUZO EBIRUNGAMYA

- Olowooza kisolo ki ekinawangula emisinde?
- Olowooza wasobol obutabaawo muwanguzi oba emisinde obut aberawo? Lwaki?
- Emisinde ginaaba gy'abwenkanya – lwaki/lwaki nedda?

OMUKWASAGANYA BYALINA OKWETEGEREZA

Eri ekyokukola kino:

- Abetabi bogere amannya g'ebisolo ebiri mu kifaananyi.
- Tunuliira obusobozi n'ebiremesa ebisobola okukozesebwa mu bulungi oba ebisobola okulemesa ebisolo eby'enjawulo.
- Kwasaganya abetabi okusa esira n'okukubaganya ebirowoozo ku ngeri ebitundu mwe babeera gy'ebifaanaganamu n'ebisolo

Okuyita mu kifaananyi, ebimu ku byetuyiga mulimu:

- Abantu gyetubeera balina obusobozi n'emikisa byanjawulo era balemesebwa mungeri zanjawulo ekisobola okuyamba oba okulemesa okwetaba kwabwe mu nkulakulana. Eby'enjawulo bino byandiba nga biva ku kikula by'obuvunanyizibwa bw'omukazi/omusajja, eggwanga, eddini, obulemu n'emyaaka eby'enjawulo.

- Okukaka ebitundu mwetuva okukola ebintu byebimu tekiraga bwenkanya.
- Okulakulana kwonna, kwetaagisa okutegeera ebibiina eby'enjawulo engeri gy'ebinakosebawamu/gy'ebinayambibwamu okusenziira ku byetaago, obusobozi n'ebiremesa



EBIBUUZO EBIRUNGAMYA

- Ssomo ki lyoyiga mu kifaananyi?

8.1 Okwekeneenya ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja

Okwekebejja ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja kw'ekuzuula wamu n'okwekeneenya emirimu n'ebyetaago eby'abakazi n'abasajja eby'enjawulo okusobola okutegeera wa buli omu wasimbiddwa, ani akola ki, ani alina obusobozi okufuna obuggaga n'emikisa, ani afuna mu mu buggaga n'emikisa, ani yetaaga obuggaga n'emikisa era mbeera ki eziyemesa okwetaba n'okuganyulwa kwa bakazi n'abasajja mubwenkanyi.

Okwekeneenya ekikula ky'obuvunanyizibwa kituyamba okulaba enjawulo wakati w'ebikula by'obuvunanyizibwa bw'omukazi/omusajja. Era kutuyamba okutegeera enjawulo mu busobozi bw'abakazi n'abasajja nga betaba, babako kyebakola era n'okuganyulwa mu buggaga okukulakulana n'emitendera.

Mu kitundu ekiddako, ogenda kwanjulwa eri ebikola ebinakuyamba okumanya enkolagana eziriwo wakati wa bakazi n'abasajja, okuzuula wa obutali bwenkanya webuli, n'okutegeera ensibuko y'obutakaanya mu bitundu gy'etubeera musobole okukubaganya ebirowoozo ku kiki ekisobola okukolebwa okuleetawo obwenkanya mukwetaba kw'abakazi n'abasajja mukukulakulanya amaka gamwe n'ebitundu gyemuva.

8.1.1 Essaawa 24 /ennaku z'omwezi

Ekikola ky'essaawa 24 kisobola okujjuzibwamu abafuumbo ababiri, nga bava mu maka gegamu oba ebibiina.

EKY'OKUKOLA EKY'EKIBIINA

Eri ebibiina

Mwegabannye mu ebibiina bisatu – abakazi boka, abasajja boka n'eky'abakazi nga baliwamu n'abasajja. Muyinza n'okubeeramu enjawulo – abava mu byaalo (nga bombi omukyaala n'omwami balimi, nga tewali akozesebwa n'abava mu bibuga (nga omu kubo oba bombi bakozezebwa).

BAKAZI/BAWALA		BASAJJA/BALENZI	
Obudde	Omulumu	Obudde	Omulumu
XXX	Kuzukuka	XXX	Kuzukuka
XXX	Kwebaka	XXX	Kwebaka

EBIBUZO EBY'OKULONDOOLA

1. Ogerageranya otya ennaku wakati w'ebibiina ebibiri? Byawukanira wa era bitya?
2. Olunaku lw'abakazi n'olw'abasajja lugenda luty'a?
3. Ani kubo eyetaba mu kuyigirizibwa era ani ateeka byayize munkola?
4. Ye emirimu gigabanyizibwamu gitya? Ani afuna obudde okuwumulako?
5. Olowooza ani akola omulumu ogusinga amakulu era lwaki? – Kino kikwatagana kitya n'emirimu giri egy'abakazi n'abasajja bu bitundu mwebabeera egy'emirundi essatu nga essomo mu mulamwa ??
6. Katugambe nti obusanduuko buzeemu okuweebwa amannya, abetabi abakazi n'abasajja kibayisa kitya?
7. Gwe ng'omwetabi njawulo ki gyosobola okukola mumaka go okusobola okukendeeza ku muggugu gw'obudde n'emirimu nga okwekeneenya wekulaze?

Emilimu Egya buli Lunaku

Abakazi/Abawala		Abasajja/Abakenzi	
Essawa Obuddde	Omulumu	Obuddde	Omulumu
11:00 – 11:30	Essaala, Okukuma Omuliro n'Okukama	12:01 – 1:00	Kuzukuka Kulondoola Ekyenkya
5:31 – 6:00	Ekyenkya (kutegeka) Okutegeka abaana Okwoteza Omwami	7:01 – 8:00	Atwala amata Ku Bayale Okutwala abaana Kusomera
6:00 – 7:00	Okulya ekyenkya Okwoza amasubani Okweera	8:01 – 9:00	Okutegeka Emere yebisoto Okulima
7:01 – 8:00	Okuliisa ebisoto n'okubifuyira	9:01 – 10:00	Kyemisana Okuyonja awaka Kuwumutaka
8:01 – 9:00	Okukama Okuliisa ebisoto Okulondamu Obuyana	10:01 – 11:00	Alambuka Ku bisoto
9:01 – 10:00	Okutegeka ekyegulo	11:01 – 12:00	Kuwujjala
10:01 – 12:00	Okweyonja	12:01 – 1:30	Okukebera ebisoto n'okubigalira
		1:30 – 3:00	Ekyegulo Amawulire Kwebaka

Eky'okulabirako essawa 24 mu nnaku z'omwezi

8.1.2 Enambika y'emilimu gy'ekikula ky'obuvunanyizibwa bw'omukazi/omusajja

Mu kasanduuko wamanga, wandiika ebikolebwa byonna mu nkola z'okukwasaganya ettaka ly'eby'obulimi obuberera (SALM) – okuviira ddala ebikola byonna webugulibwa okutuusa mu kutunda ebirime. (Muno nga mwemuli n'emirimu gy'awaka nga okukima amazzi n'okutyaaba enku, okulabirira abalwadde n'abakadde).

OMULIMU	OBUDDE (MU SSAWA OBA ENNAKU)	ABASAJJA	ABAKAZI	ABALENZI	ABAWALA

EBIBUUZO EBIRUNGAMYA

1. Mirimu ki egikolebwa abakazi n'abasajja buli lunaku ku buli mutendera gw'enkola ya sAIM? Bateekamu budde bwenkana wa?
2. Biki ebikolebwa abaleenzi n'ebikolebwa abawala?
3. Waliwo enjawulo mu bifulumizibwa/emitu egisimbibwa abakazi n'abasajja/akatale? Singa wabaawo enjawulo, kiki ekiba kigireese?

8.1.3 Obusobozi bw'okufuna n'okudukanya obuggaga

Abakazi n'abasajja tebalina busobozi bwebumu obw'okufuna obuggaga n'obw'okudukanya ebireeta sente oba emiganyulo gyabyo.

Obusobozi bw'okufuna n'okudukanya obuggaga kuzuula obuggaga obukozesebwa okudukanya emirimu emirambike, n'okusobola okubifuna n'okubiddukannya nga kisinziira ku kikula ky'obuvunanyizibwa bw'omukazi/ omusajja.

OBUGGAGA	ANI NANNYINI BUGGAGA	BUKOZESEB- WA BUTYA	ANI A SALAWO ENKOZESA YABWO	SENTE EZIVA MU MIRIMU ZIKOZESEB- WA ZITYA	ANI ASALAWO EKIKOLEBWA MUNSENTE EZIVUDDE MU MIRIMU

EBIBUUSO EBIRUNGAMYA

Ku by'okubaganya ebirowoozo ku busobozi bw'okufuna n'okudukanya obuggaga

1. Ani nannyini buggaga ki? Abakazi basobola okubeera ba nannyini ttaka, ennyumba oba ebikozesebwa ebirala byonna? Kino kikirizibwa mu maka gaabwe/ basobola okubitunda?
2. Ani asalawo ebimera ki/emititi egy'okusimbibwa?
3. Ani nannyini bisolo? Abakazi n'abasajja babeera ba nannyini ba bisolo kika ki?
4. Abakazi n'abasajja babeera na bikola ki eby'okulima, okukungula, okufulumya n'okutambuza?
5. Abakazi n'abasajja bafuna okumanya n'ebyuuma ebikola emirumu?
6. Kino kikwatagana kitya n'omwenkankanonkano gw'ekikula ky'obuvunanyizibwa bw'omukazi/omusajja n'obwenkanya bw'ekikula ky'obuvunanyizibwa bw'omukazi/omusajja?
7. Wandika ebintu bitano ekibiina kyo (kumutendera gw'ekibiina n'ogwa ssekinoomu) ky'emusobola okutandika okukola okusobola okumalawo obutali bwenkanya eri okufuna n'okufuga obugagga okuleetawo obwenkanya mu kwetaba kw'abakazi n'abasajja mu nnima y'emititi n'okwekulakulannya okulala kwonna.

- i. _____
- ii. _____
- iii. _____
- iv. _____
- v. _____

8.1.4 Enkola y'okusalawo

EKIKOLWA KY'OKUSALAWO	ABASAJJA BETABA BATYA	ABAKAZI BETABA BATYA

EBIBUZO EBIRUNGAMYA

1. Sente ezvudde mu mirimu zigabanizibwa zitya mumaka?
2. Ani kub'omumaka nga yetaba mu kitongole ky'abalimi?
3. Sente eziva mu byamaguzi by'enimiro sikozezebwa zitya?
4. Ani asalawo ebiriibwa/ebitundibwa n'omuwendo ogutundibwa n'akatale gy'ebitundibwa?
5. Enkola y'okusalawo ekosa/eyamba etya enkulakulana n'okubeezawo obulamu obulungi mu maka gamwe?
6. Wandika empenda ezittaka wansi w'essatu zewandikozeseza okuziyiza ebibi ebiva mu kusalawo okuliwo kati.

i. _____

ii. _____

iii. _____

Omulamwa mubufunze

Wandiika eby'omugaso bitaano byoyize mu mulamwa guno.

- _____
- _____
- _____
- _____
- _____

9. Ebikola ebisobola okukozesebwa okutumbula obwenkanya bw'ekikula ky'obuvunanyizibwa kw'omukazi/omusajja ku mutendera gw'Amaka

Essomo lino werinagweerako ogya kuba:

1. Ng'oyanjuddwa eri ebikola ku lw'okwekeneenya ekikula ky'obuvunanyizibwa bw'omukazi/omusajja ku mutendera gwa maka
2. Obeeko n'ekyokolawo okusobola okukola ku nsonga y'ekikula ky'obuvunanyizibwa bw'omukazi/omusajja ku mutendera gwa maka
3. Osomozeddwa okuyamba abo ab'omukitundu gyobeera n'ebyo byoyize okuyita mu miramwa egy'enjawulo mu katabo akayigiriza kano.

Ebikola bino wamanga birowoolezebwa okubako kyebikola ku mutendera gwa maka. Byo bitunulira kukolera mu maka, nga bikwata ku mwaami n'omukyaala n'abomumaka abalala nga biyita mwebyo ebireetawo enkyuukakyuuka mu kikula k'yobuvunanyizibwa bw'omukazi/omusajja.

Enkozesa y'ebikola bino ereetawo emirembe mu maka, ekireetawo emmere okubaawo buli kaseera, n'okubeezawo obulamu obulungi, ebitwetolodde ebirungi awamu n'ebyenkolagana n'obulamu obulungi. Kino era kiyamba mu kukendeeza okulwaana mu maka wamu n'okukendeeza ku bireeta n'ebireetebwa akawuka ka mukenenya.

Ebikola bino ebirwanisa obutali bwenkanya si bya kukangakanga oba okwegobako basajja.

Okuyita ab'omumaka bonna mu nkungaana, kireetera abasajja okwogerezeganyamu n'abakazi ku nsonga z'ekikula kye byobuvunanyizibwa bw'omukazi/omusajja era nekibaletera okuyambako bakyaala baabwe, ab'engaanda zaabwe abakazi wamu n'abakazi mu bitundu gyebabeera.

Enkola zino ziyamba okuleetawo enkola z'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja empya mu maka nga ziyita mu mpenda ezigenderako, zitunulira birooto ebyawamu, n'okuteekateeka n'okufunamu okuva mu kwetaba.

OMUKWASAGANYA BYALINA OKWETEGEREZA

Mukukwasagannya ebikola bino wamanga; teweerabira bino:

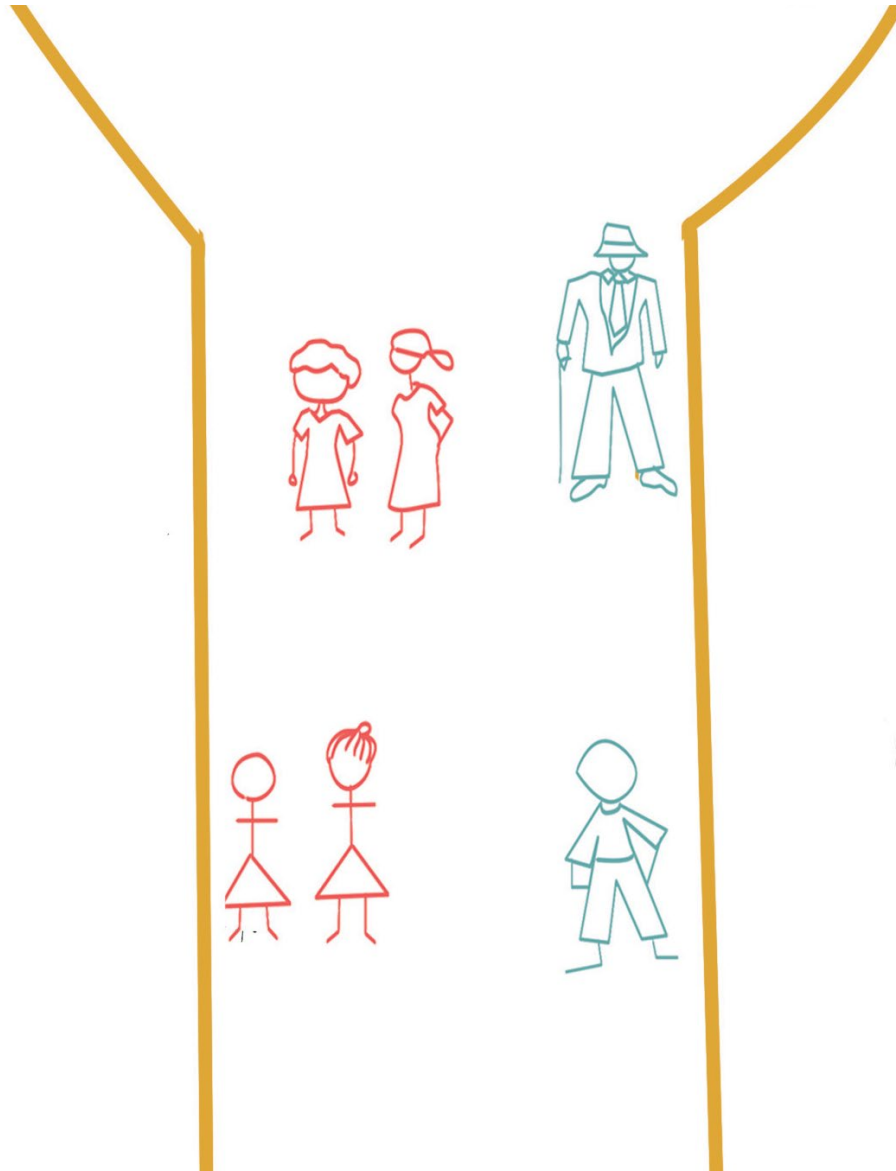
- Esira mu kukubaganya ebirowoozo lisibwe ku nsonga so si ku bantu.
- Wetegereze nnyo kubusambatuko obuyinza okubeerawo ku lwekyo.
- Amaka wegabeera tegakiriziganyiza ku nsonga, leka bagiwandiike, balungamye okukiriza okugirwoozako ate oluvanyuma bagikaanyeko.
- Okukiriziganya kulina kub kwa kyeyagalire; si kukakibwa.

9.1 Ekikola 1: omuti gw'obwenkanya bw'ekikula kye by'obuvunanyizibwa bw'omukazi/omusajja

Mugenda kukuba ekifaananyi ky'omuti gw'obwenkanya bw'ekikula kye by'obuvunanyizibwa bw'omukazi/omusajja ku lupapula olugazi olw'ekitabo. Kuba ekifaananyi ky'omuti nga emirandira giri kulupapula lulala nga n'amatabi gali ku lupapula lulala. Tandika okuba ekifaananyi ng'osooka kukoza kkalaamu ate oluvanyuma okozese langi. Twerabira okuteekako ennaku z'omwezi.

Eddaala 1: Ekikolo: Ani ali mu maka?

Koloboza obusaze bubiri okukikirira ekikolo mumakati g'olupapula. Kati teeka obubonero obukikirira buli muntu ali mumaka kumpi n'obusaze. Abakazi abakola (nga mwotadde n'ebakazi bajja ababeera mumaka gegamu) bateeke ku kasaze ku kkono mu langi yemu (okugeza kiragala), ate bo abasajja abakola basiige langi ey'enjawulo (okugeza bululu), ate ab'engaanda abalala bateeke wakati okusinziira ku ludda okuli ab'ekikula kyabwe ky'obutonde bw'omukazi/omusajja era mu langi eyaabwe.



Ani ali mu maka?

Eddaala 2: emirandira: Ani akola mulimu ki?

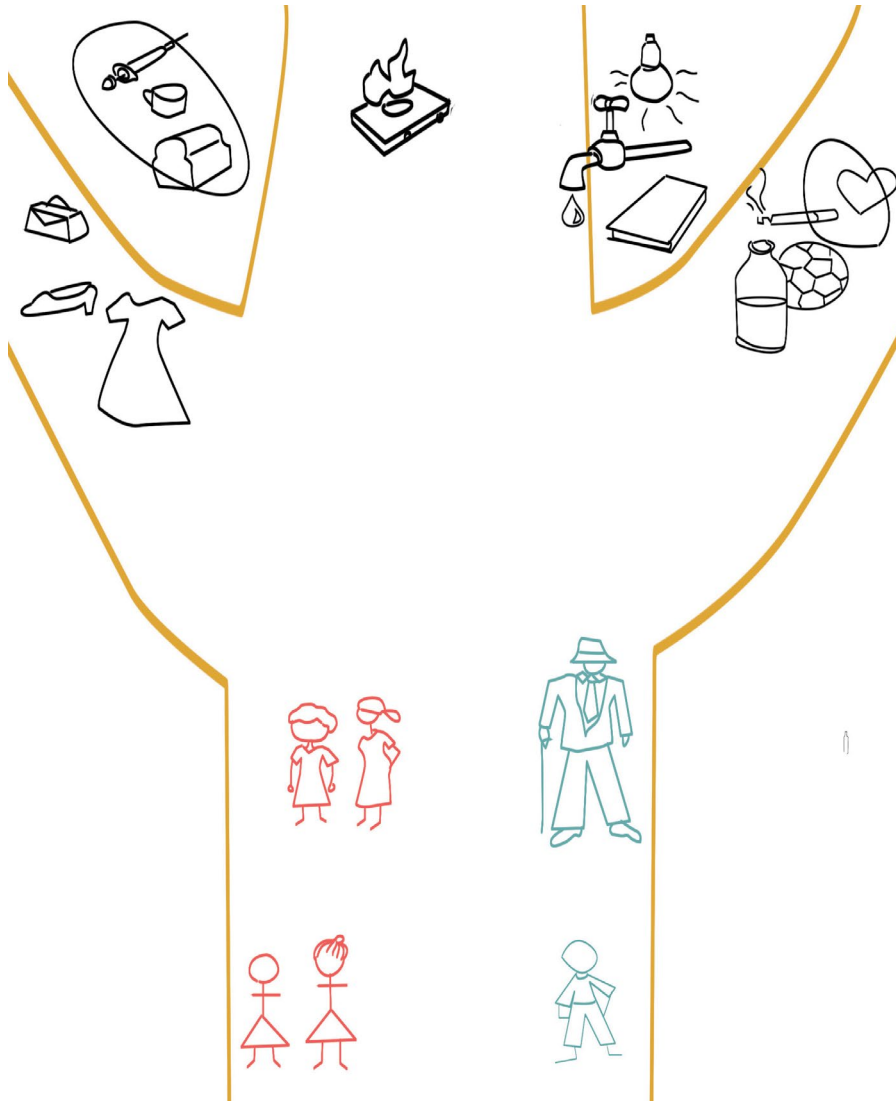
- a) Kuba ekifaananyi ky'emirandira ebiri egy'abakazi n'emirandira ebiri egy'abasajja ku ludda buli omu gy'agwa n'emu langi ye. Omulandira ogw'omumakati gwa mirimu gyabonna naye nga akasaze kali mu langi y'abakazi/abasajja.
- b) Ku buli mulandira ogw'ebweeru tekako ebikolebwa ekikula ekyo eky'obutonde bw'omukazi/omusajja kyoka. Kuba enkulungo mu langi enzirugavu okwetoloola emirimu egitwaala obudde obungi nga gye wandiyagadde okugikyuusa. Kuba enkulungo okwetoloola emirimu egireeta sente ennyingi ne langi ya bululu, langi eya bululu ekutte nnyo kitegeeza ogwo omulimu guyingiza sente nnyingi era wandiyagadde kisigale bwekityo.
- c) Ku mulandira oguli munda teekako emirimu nga gikolwa ab'ekikula ky'obutonde kimu mu maka okugeza emirimu gy'ewaka nga ogeberera enkola y'okuba enkulungo yemu.
- d) Kumulandira ogwawakati teekako emirimu egikolebwa abakazi n'abasajja, nga oteekako akabonero ku ludda olwo okulaga ekikula ky'obutonde bw'omuakazi/omusajja ki ekisinga okukola. Era ng'okozesa sayizi n'enkulungo.



Ani akola ki?

Eddaala 3: Amatabi: Ani afuna ekibala ki?

- Kuba ekifaananyi ky'amatabi anna nga gakwatagana na buli mulandira, abakazi, abasajja n'ekikolo nga kiraga sente ezisasanyizibwa kubomumaka..
- Ku buli tabi eriri ku mabali, kuba ebifaananyi by'obubonero obulaga ensasanya ya ssekinoomu eri buli kikula ky'obutonde bw'omukazi/ omusajja. Ensasanya esinga obunene gyetolooze enkulungo ya langi enzirugavu nga nkwafulu nnyo nga era wandiyagadde ekyo okukikyuusa.
- Sente ezisasanyizibwa ku byomunju nga zireetebwa muntu omu zibeere ku tabi ery'omunda ku buli ludda. Ensasanya ez'amaanyi zetolooze enkulungo enzirugavu, nga enkwafu ennyo yeraga asinga okusasannya nga wandiyagadde kikyusibwe.
- Teeka obubonero obufanagana obwetoloodwa enkulungo oensasannya eyawamu kutabi er'yawakati wagulu – teeka obubonera ku ludda lwe'ekikula ky'obutonde bw'omukazi/omusajja ekisinga okusasannya. Teeka enkulungo y'abululu kubisiinga okusasanyizibwako sente n'ekintu kye wandiyagadde okusigaza.



Ani afuna ekibala era kibala ki?

Eddaala 4: kiki ekivuga omuti?

Ku ludda olutuufu teeka obubonero obutuufu ku:

- Eby'obugagga n'obwanannyini bw'abakazi n'abasajja – okugeza nannyini ttaka yani? Nannyini bisolo yani? Ennyumba yani. Emiti egiwangaala gyaani, ani nannyini miti egitawangaala.
- Okusalawo okukolebwa abakazi n'abasajja:
 - Okusalawo ki okukolebwa abakazi boka??
 - Okusalawo ki okukolebwa abasajja boka?
 - Okusalawo ki okukolebwa awamu abakazi n'abasajja?
 - Oba muntu omu yekka yakola okusalawo kwonna oba batuula bonna n'ebakiriziganya?



Ani avuga omuti?

Omuti gw'abwenkanya? Abakazi bebasinga okukola emirimu ng'abasajja bo be banannyini buggaga obusinga, sente n'okufuna sente ez'okusasanyizibwa? Teekawo akabonero akalaga obwenkanya bw'omuti wagulu w'ekikolo.

Olowooza osobola otya okuletera omuti okuba omwenkanya? Okugeza, mulimu ki ogusobola okukolebwa awamu, nsasanya ki esobola okugibwawo, by'abugagga ki ebisobola okugabanibwa?

Kumirimu egireeta sente osobola okwongeza kunyingiza oba okukendeeza ku budde? Wandiiika ebintu bitaano – Nga ebintu bino byoyagala byeyongere oba bikendeere okusobozesa omuti okuba omwenkanya – ebibala ebikulira kumirandira, emiyembe egikulira ku matabi oba egy'ebinazi ku kikolo. Bino birambe ne langi eyakiragala oba sazaamu obubonero obuliwo n'akasaze akaddugavu ate okube ekifaananyi ekipyaa eky'akabonero mu kifo ekisaanidde – ekibala ekiyengedde olw'akasana kyoyagala kifuuke ekimyuufu.



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9.2 Ekikola 2: Ekirooto ky'amaka n'enteekateeka

Ekikola ky'ekirooto n'enteekateeka kya mugaso nnyo eri enkola y'okutunulira amaka nga eby'obusuubuzi by'obulimi. Kino kitunulira okuyambako amaka mu by'enteekateeka n'enkolagana ezzawamu, nga kyongeza ku mwenkanonkano gw'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajja mu maka wamu n'ebyobusuubuzi ku mutendera gw'amaka.

Kiyamba gwe n'abomumaka go okulaba obulungi ebirooto byamwe bye mwandiyagade okutukiriza nga kinyonyola ekika ky'ekirooto kyamaka ekigatta ab'omumamaka bonna kye mwandiyagade okutukiriza mu maaso.

Kigya kuwanirira amaka gamwe okufuna entegeka y'ebyobusuubuzi okusobola okutukiriza ekirooto kyamwe n'okusalawo okwawamu kubikwata ku miganyulo egiva my'obusuubuzi by'obulimi.

Okuyita mu kuyigirizibwa kw'omulamwa guno, yita ab'omumaka bonna betabe - abakyaala, abaami n'okusomsebwa kw'abantu abakulu.

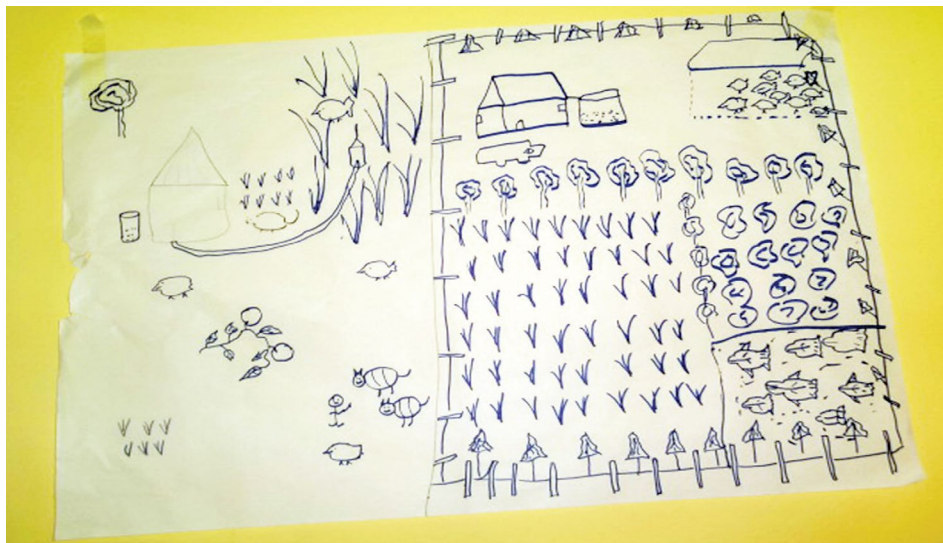
Eddaala 1: Okuzuula obutali bwenkanya mu kikula ky'ebyobuvunanyizibwa bw'omukazi/omusajjamu maka

Nga tonatandika kukino, ng'okozesa essawa ya 24 n'endaga ye nnaku zomwezi wamu n'ebikola byokufuna obuggaga, kubaganyamu ebirowooza n'abomumakago ku butali bwenkanya wakati wa bakazi n'abasajja mu bungi bw'emirimu, okufuga eby'obuggaga n'emiganyulo. Pima obulabe bw'obutali bwenkanya buno mu bulamu bwame era mutunulire engeri ensonga y'ekikula ky'ebyobuvunanyizibwa bw'omukazi/omusajjamu gye kosamu enfulumya n'omutindo bye byamaguzi mu busuubuzi bw'amaka gamwe.

Eddaala 2. Okirooto kyamaka

Buli ali mumaka alowooze ku mbeera yamaka ago gerimu kati. Nga abomumaka ago, mugabane, mukiriziganye ate nukube n'ekifaananyi kyamaka nga wegali kati, nga mukozesa obubonero okulaga obuggaga ng'ebizimbe, ettaka, enkulakulana eziri ku nnimiro, n'abaana.

Buli owomumaka ago alowooze ku maka geyandiyagadde okuba nago mu myaaka 5 egy'omumaaso - kuba ekifaananyi ky'amaka ge wandiyagadde okuba nago. Ebifaananyi byebigya okukola nga ebirooto by'omumaaso, byosobola okusinzirako okola enteekateeka z'okulungiya obulamu bw'amakago wamu n'okukebera ebikyuusemu.



Eky'okukabirako, enteekateeka y'ekirooto ky'amaka²

OMUKWASAGANYA BYALINA OKWETEGEREZA

Kubiriza ab'omumaka okuteeka ebirooto byebakubye ku bisenge by'omumayumba gabwe okubajjukizanga wa webali ne wa webatuuse mu kutukiriza ebirooto byabwe.

Eddaala 3: okusalawo okw'omumaka okwawamu

Ng'okozesa ekipande wamanga, tunulira ebifaananyi ebiri mu maddaala abiri agali wagulu. Jjuza ekipande ng'esira olisa ku kutuukiriza ekirooto kyo eky'omumaaso. Zuula bino wamanga:

- Zuula ebizibu oba ebisomooza ebiremesa amaka gamwe okuva mu mbeera gyegalimu okudda ku gyoyagala (ekirooto)
- Lowooza kuby'okuddamu eri ebizibu bino.
- Eri buli kyakuddamu. Lowooza ku by'okukola okukituukiriza.
- Eri buli eky'okukola, zuula eby'obuggaga ebyetagisa, nga bwolaga ebimu kubyo ebiriwo kati n'ebitaliwo (okugeza: ettaka, ensigo, ebyuuma, ensolo, abantu n'esente ez'okutukiriza ebyetaago by'awaka), avunanyizibwako, eby'etaago ebisinga obukulu n'anateekamu sente mu mulimu.
- Kola embalirira ya sente meka ezikwetagisa okuteka mu nkola emirimu gyonna mu mwaka ogusooka.

Ekipande ky'enteekateeka y'amaka³

EKIZIBU / EKISOMOOZA OKUTUKIRIRA EKIROOTO	EKY'OKUDDAMU	BY'OKOLEBWA NG'ANI ABIKOLA ERA DDI	BY'OBUGAGGA EBYETAGISA OKUKOLA	ENGERI YOKUFUNANAMU OBUGAGGA OBUTALIWO (SENTE ZIVAAWA)

9.3 Ekikola 3: Ebirooto/ kwolesebwa

Ebirooto bizaamu amaanyi n'ebiwa n'ekyokukola mu nteekateeka. Awatali kirooto kirambulukufu kiba kizibu okulaba wa gyolaga ate kyangu nnyo okuggwamu amaanyi olw'ebisomooza.

Ebirooto nga bya' bagalana biyamba ebibiina okutangaaza ku byemulubirira, mubigabane ko n'abalala wamu n'ekibiina okusobola okufuna ekirooto ekiriziganyizibwako awatali kukakibwa buli omu asobole okukyetaamu.

Kino kijja kuyamba okuba n'ekirooto ng'oyambibwako SMART (Ekyo kyenini, kisobola okupimibwa, kitukibwako, kyabuliwo ate nga kirina obudde bwekikolera mu) okwekenenya emikisa n'ebizibu n'okulondoola wa wotuuse nga ekyokuyiga n'omutendera gw'okuyiga.

Eddaala 1: Ekifaananyi ekikubiddwa omuntu omu

Zibiriza olowooze kungeri obulungi bw'ebintu bwebinaaba mu maaso eyo. Kuba ekifaananyi ky'omusana omunene nga akabonero k'ekirooto; kuba ky'olabye.

Eddaala 2: Okuzuula abakwatagana

Mwogerezeganye n'abetabi abalala mu kibiina era mugabane ekirooto kyamwe nabo. Nga oyogera nabo zuula yo omwetabi nga ekirooto kye kifanana ekikyo era mukole ekibiina kyamwe. Ekibiina kimu tekirina kusukka bantu bataano. Singa abalina ekirooto ekifaanagana basukka mw'omu, awo ekibiina mukyawuze mu.

Eddaala 3: Ekifaananyi ekikubiddwa awamu

Mu kibiina ekyo ky'emutonzeewo, mukube ekifaananyi ekyawamu ku kipapula ekinene nga kigata ebyo byonna ebiri mu bifaananyi eby'enjawulo. Okukuba ekifaananyi kinokirina kuba nga buli omu yetabamu, nga buli amu akutte ekkalaamu nabako ekifaananyi kyakuba, guno omulimu sigwakulekera oyo yekka alowoozebwa okuba n'ekitone kyokukuba ebifaananyi ebirungi.



Enkulungo y'ekirooto

Eddaala 4: Okugabana kw'omugatte gw'ebibiina byona

Wano buli kibiina kirondeyo abakikirira babiri. Omu agabane ekifaananyi ekikubiddwa awamu ate omulala awandiike ebiri ku kifaananyi ebikikirira obw'enkanya bw'ekikula ky'obuvunanyizibwa bw'omukazi/omusajja mu (akabokisi 1 ak'obusimba eri buli kibiina). Buli kifaananyi ky'ekirooto kiteekebwe kukisenge wamu n'ebirala bisobole okukozesebwa eyo gyebuja maaso.

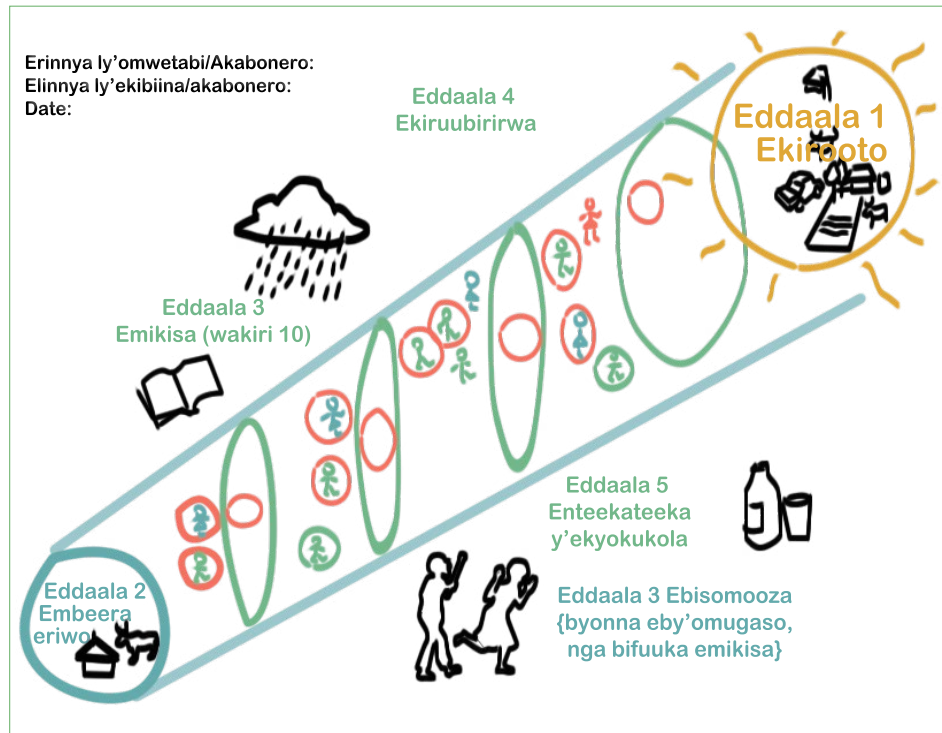
Eddaala 5: Okukubaganya ebirowooza by'omugatte gwe bibiina byona

Waliwo okufaanagana kwonna mu bifaananyi? Birooto ki ebisinze okuba ebingi? Waliwo enjawulo wakati w'abakazi n'abasajja? Oba waliwo enjawulo nnyingi ku buli ssekinoomu?

9.4 Ekikola 4: Olugendo lw'ekirooto

Olugendo lw'ekirooto ly'eddaala erisooka ku lutindo lwa ssekinoomu. Kino kigya kuyamba okuleetawo enteekateeka enakuyamba okutukiriza ekirooto kyo okuyita mu mulimu ogwa kuwereddwa n'oyo gwe wakwataganye naye.

Ogenda kusooka okube ekifaananyi kyakyo nga kiri kyoka ate oluvanyuma okope ebintu eby'omugaso ebiri wagulu ku lutindo olwa ssekinoomu mu nnima y'emiti. Kino kiba kikuwa eky'okulabirako okusobola ekwekeneenya emikisa egiriwo egy'ekuusa ku kikula ky'obuvunanyizibwa bw'omukazi/omusajja n'ebiziyiza okusobola okutuukiriza ekirooto mu nkungaana eziddirira.



Olugendo lw'ekirooto

Eddaala 1: Enkulungo esooka – eby'omumaaso

Kuba enkulungo ennene mu nsonda y'olupapula lwo ku mokono ogwa ddyo. Kino kikikirira eby'omumaaso. Enkulungo eno nnene kubanga eringa omusana ate naawe olubirira kutuuka mubwengula. Ekirooto kyekigya okuzaamu amaanyi, weyongere mumaaso singa oba ogudde ku mayinja mu lugendo lwo.

Eddaala 2: Enkulungo y'okubiri – okukuba ekifaananyi ky'oluguudo

Kuba enkulungo ey'okubiri wansi mu nsonda w'olupapula ku mukono gwa konno. Kino kiraga embeera eriwo kati. Kati kuba obusaze bubiri okugata enkulungo zombi. Kino kikikirira olugendo lwo okuva woli kati (wansi) paka muby'omumaaso (wagulu) Oluguudo luli busimba paka wagulu, kubanga bwoti bwosubiira okutuuka ku kirooto kyo. Mu nkulungo eri wansi kuba ebifaananyi by'embeera yo kati lulw'ebyo eby'enjawulo mukirooto kyo.

Eddaala 3: Emikisa n'ebiziyiza/ ebiremesa

Ku mabali ebweru w'oluguudo ogenda kukuba:

- Emikisa egittaka wansi we 10 wagulu ku luguudo – Ebinakuyamba singa oba ogudde. Gy'eweyongera okuteekako emikisa emingi, ogya kwanguyirwa.
- Ebiziyiza/ebiremesa ebittaka wansi we 10 wansi w'oluguudo kubanga bino by'ebisobola okusika n'ebikkuza wansi. Kyamugaso okubirabirawo osobole okubyewala.

Ebintu byofuga biteeke kumpi n'oluguudo ate ebyo byotalinaako maanyi biteeke wala n'oluguudo.

Eddaala 4: Ebirubirirwa n'ebyo ebifuniddwa

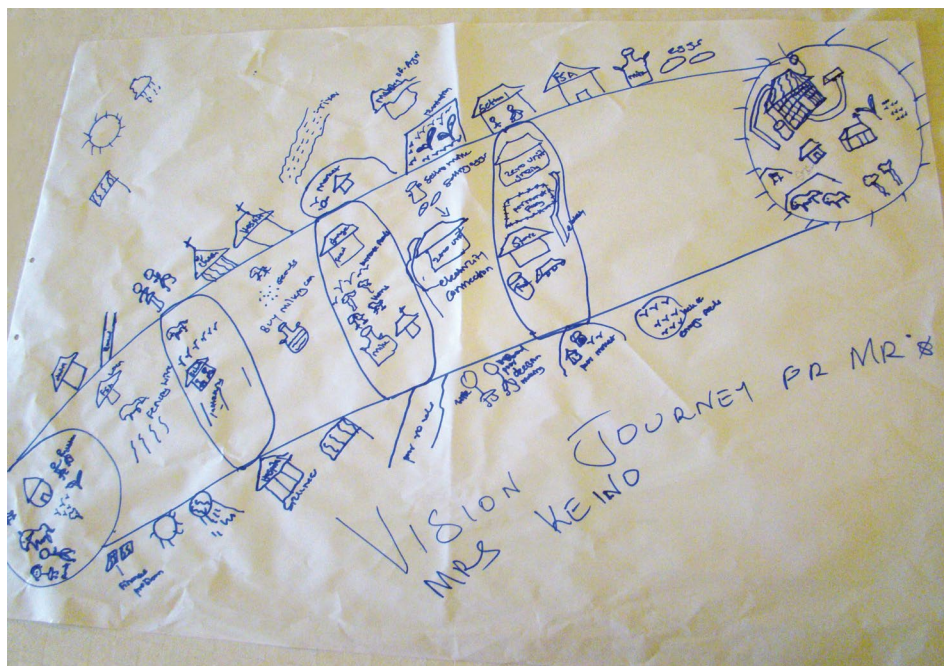
Buli lugendo lutandika n'ebigere bitono. Ekirooto kyo kya banga ddene. Nolwekyo olini oteekateeka obulungi, wamu n'emikisa n'ebiziyiza, awo olyooke otandike okutambula.

Kuba enkulungo okuliraana ekirooto wogenda okuwandiika wa gy'olowooza gyonaaba otuuse mu mwaka 1. Kati ate kuba enkulungo 3 nga zirina amabanga agenkanankana ku luguudo zikikirire byoba ofunnyeko buli myezi 3. Lekawo amabanga agawera wakati w'enkulungo – omwo mwogya okuteeka ebikolwa.

Eddaala 5: Ebikoleddwako ebya SMART ne ntegeka z'enkola

Kati oli mwetegefu okujjuzamu ebifuniddwa – mu buli nkulungo teekamu wa wosuubira okutuuka.

Kati buli wakati w'ekifuniddwa teekawo ekirina okukolebwa okuva ku ddaala okutuuka ku ddaala – Ddamu oyiteyite mu bifuniddwa n'ebiruubirirwa wekiba kisoboka. Ogya kulaba wa wooba otuuse okumala ebbanga, oteereze ekifaananyi kyo wekyetagisa osobole okutuuka okumpi n'ekirooto kyo.



Okugeza; olugendo lw'ekirooto⁴

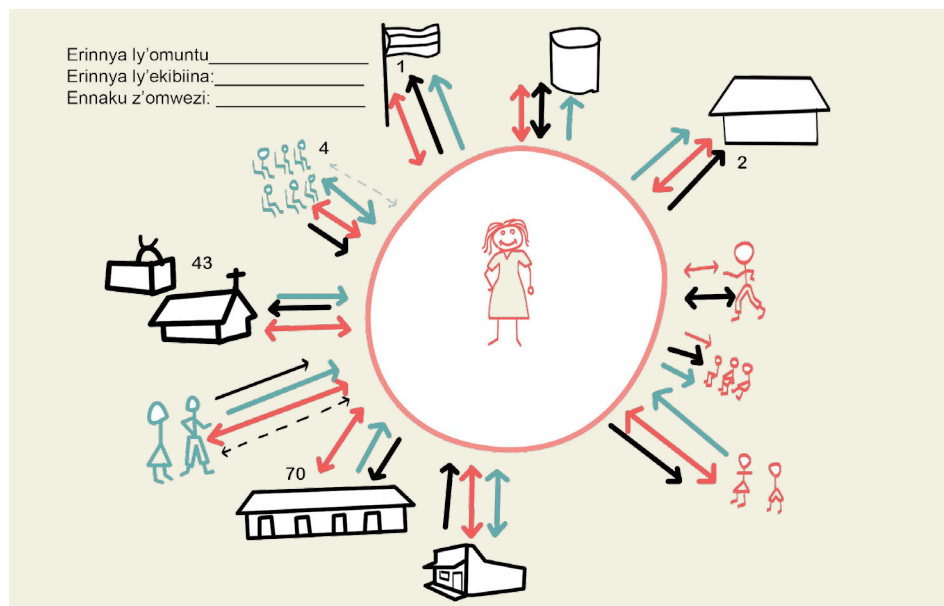
9.5 Ekikola 5: Endaga y'obulembeze bw'okuwa obuyinza

Ekiraga obukulembeze bw'okuwa obuyinza kye kikwasagannya emitendera gy'enkyuukakyuuka wakati w'omuntu ssekinoomu n'eyawamu. Ekigendererwa sigwe kugabanako n'abalala kyokka wabula nabo bogabannye nabo basobole okugabana n'abantu abalala olwo no obubaka n'omulamwa byoba oyize bibuna wonna.

Kikuyamba kitya?

- Okwekebejja enkolagana eza ssekinoomu ne z'ebitongole ezireeta emikisa gy'enkyuukakyuuka nga mwemuli n'enkolagana wakati wa bakazi bajja, mu maka agalimu ab'engaanda abangi, enkolagana z'obutonde n'enkolagana z'ebyobuyinza wakati wa basajja mu maka nga mwe muli mikwano gyaffe byebakola n'ebitusikiriza.
- Okumannya ebizibu mu nkolagana z'abantu ssekinoomu n'ezebitongole ezirina okukolebwako okusobola okutukiriza ekirooto. Teeka esira ku mugaso gw'okugabana okuva wagulu ng'odda wansi ogw'enjigiriza ya GALS n'enkola y'okuyamba abantu okugenda mumaaso.
- Muteekewo enkola y'obukulembeze ey'ennono, okugabana wakati w'abantu abafaanagana n'okutwala maaso obubaka n'enkola eby'ekikula ky'obuvunanyizibwa.

Kikola kitya?



Enkulungo y'okuwa obuyinza

Eddaala 1: Nze ani?

Sooka okube ekifaananyi kyo wakati w'olupapula. Oli musannyufu oba onakuwadde, Olina obuvumu oba otidde, oli mulamu bulungi oba mulwadde, wasoma oba nedda?

Eddaala 2: Ani ow'omugaso mu bulamu bwange?

Kati kuba ebifaananyi by'abantu n'ebitongole eby'enjawulo nga bikwetolodde era nga 'byamugaso' eri obulamu bwo; nga bwoba ovudde ku nkulungo, ab'omugaso ennyo nga bebakudiridde. 'Ab'omugaso' si beebo bokka ab'omumaka go. Muyinza okubeeramu okugeza bbanka, oba oli awo

Eddala 3: Lwaki bamugaso?

Kati kwasaganya enkolagana ez'embeera, enkolagana z'ebyenfuna n'obuyinza nga obusaale obuva kugwe oba obuja gyoli, oba wakati w'abantu abalala ku nkwasaganya yo. Kozesa langi ez'enjawulo ku busaze n'obubonero:

- Enkolagana z'embeera (myuufu): Ani ali okumpi nange? Ani gw'ensinga okwagala, ate ani anjagala?
- Enkolagana z'ebyenfuna (kiragala): Ani alina sente n'obugagga ate byo bapimpa? Oba nze abawa?
- Enkolagana z'obuyinza (bululu oba enzirugavu): Ani asinza amaanyi? Mbatya? Lowoozo ku busaale gy'ebusonze n'amaanyi g'enkolagana – enkolagana ezisinza amaanyi zisigibwe langi nga nkwafuli nnyo. Enkolagana ennafu zisiigibwe obusaze nga sibukwaafu oba n'enyiriri nga zabutonyeze.

Eddaala 4: Nsobola ntya okukikyuusa?

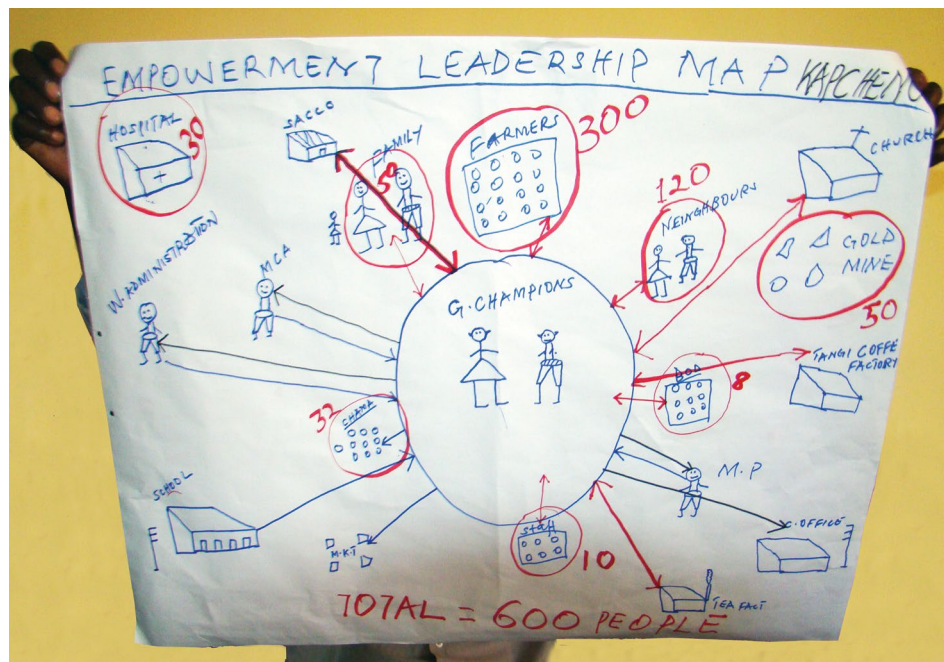
- Ani gwenjagala okuyamba?
- Ani gwenjagala okukyuusa?

Teekawo akabonero ak'okusomesa/oba ekikola okumpi n'abantu 3-5 boyagala okuyamba n'abantu 3-5 b'oyagala okukyuusa mu myezi 3 egiddako, era olondeyo 2 kubo bonagabana nabo amangu ddala ng'ozeeyo ewaka okuva mu kuyigirizibwa kuno, oba kale mu wiiki nga emu.

Awo olyoke ogattegate omuwendo gw'abantu bolina okutukako gwe kennyini oluvannyuma lw'okuyigirizibwa.

Eddaala 5: Okugabana

Gabanana ku kiraga obukulembeze bw'okuwa obuyinza n'ebanno ate era mugatte enteekateeka zamwe mu bibiina byamwe. Wemuba nga muva mu kibiina ky'ekimu, era musobola okwegatta okusobola okukwata ku bantu abangi ng'ekibiina.



Eky'okulabira ko eky'obukulembeze bw'okuwa obuyinza⁵

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