

Translated participant information sheet (Amakuru ku bushakashatsi)

Mutumirwa,

Mutumiwe gutanga ibitekerezo mu mushinga w'ubushakashatsi ugamije gusuzuma uburyo gahunda Imenye Wigire (Community-Based Social Healing intervention) yongera kugira Ubuntu mu bagenerwakorwa mu Rwanda rwa nyuma ya Jenocide. Twizerako umusanzu wanyu mu gusubiza Ibibazo bizadufasha gusobanukirwa neza umusaruro wa Community-based social healing bityo hakavamo ibitekerezo byafasha abayobozi guteza imbere iyi gahunda n'abandi banyarwanda bayikeneye ikabageraho.

Uyu mushinga w'ubushakashatsi wahawe na kaminuza y'u Rwanda icyemezo cy'uko bwubahirije amahame mbwirizamuco agenga ubushakashatsi muri uru rwego. Bukurikiza kandi amahame mbwirizamuco mpuzamahanga agenga ubushakashatsi bukorerwa mu Rwanda.

Mbere yo kwitabira ubu bushakashatsi, ni ngombwa gusobanukirwa ibijyanye nabwo bikagufasha gufata icyemezo cyo kugira uruhare muri ubu bushakashatsi. Ndagirango nshimangire ko amakuru yose aya muri iki kiganiro ari ibanga, kwitabira bikaba ari kubushake ndetse ni uburenganzira bwawe kuvamo igihe icyaricyo cyose ku mpamvu izarizo zose nta ngaruka bikugizeho. Isanzure ubaze ikibazo cyose waba ufite ku bushakashatsi no kuri iyi nyandiko.

Amakuru ku bushakashatsi

1. Kugira uruhare mu bushakashatsi ni ubushake

Aya makuru aragufasha mu gufata icyemezo cyo kwitabira ubushakashatsi, turagusaba kuyasoma neza. Ni amahitamo yawe kwemera kugira cyangwa kutagira uruhare mu bushakashatsi, kandi ufite uburenganzira kuvamo igihe icyaricyo cyose ku mpamvu izarizo zose nta ngaruka bikugizeho. Ushobora kubaza ibibazo ibyo aribyo byose mbere ndetse na nyuma y'ikiganiro. Niwemera kwitabira ubushakashatsi, urahabwa fotocopi y'iyi nyandiko isigne.

2. Intego y'ubushakashatsi

Ubu bushakashatsi bugamije gusuzuma uburyo gahunda ya Imenye Wigire (Community-Based Social Healing intervention) yongera kugira Ubuntu.

Ibikubiye mu kwitabira ubushakashatsi

Nuramuka wemeye kwitabira ubu bushakashatsi, turagusaba kwitabira ibiganiro bibiri. Ibibazo bibanza biba ari amakuru rusange: imyaka yawe, irangamimerere yawe, amashuri wize, akazi ukora, naho utuye. Hagakurikiraho, ibibazo tukubaza bijyanye n’ubuntu ndetse nibyo ubuzima bwo mu mutwe. Ibibazo turi bukubaze biri mu bikoresho by’ikoranabuhanga byabugenewe bikora nka mudasobwa byitwa tabulete (tablet) n’ibisubizo utanga niho tubibika. Iki kiganiro kiramara nk’iminota 40. Turagirana ikiganiro none tuzagira tuzongere kukigirana bwa kabiri nyuma y’amezi ane. Ubu bushakashatsi bwitwa “ Randomized Control Trial”, bisobanura ko iyo witabiriye, hari amahirwe 50% yuko uzitabira itsinda rya gahunda ya Imenye Wigire vuba aha, ariko nanone hari amahirwe 50% yuko uzatumirwa kwinjira mu matsinda ya gahunda ya imenye Wigire mugihe cyizakurikiraho nyuma yikiganiro cya kabiri.

3. Inyungu zituruka mu kwitabira ubushakashatsi

Nuramuka wemeye kwitabira ubu bushakashatsi, ntabwo tukwizeza inyungu ya vuba iturutse ku bushakashatsi. Cyakora, ibisubizo utanga biragira akamaro mu gutuma tumenya neza ingaruka za CBSH ku buntu, ubuzima bwo mu mtwe n’ibindi, mu banyarwanda. Umusaruro w’ubu bushakashatsi uzafasha abayobozi b’inzego z’ubuzima gukwirakwiza iyi gahunda mu Rwanda. Bityo hagatangwa serivisi z’ubuzima zikenewe mu baturage.

4. Ingorane nzava mu kwitabira ubushakashatsi

Nta kibazo tubona mushobora kugira mu kwitabira ubu bushakashatsi, gusa ushobora kumva ubangamiwe n’ibibazo by’ubuzima bwawe bwite tukubaza.

5. Kurinda ubwiru bw’amakuru

Ibyo tuganira byose hano ni ibanga. Amazina y’abitabiriye ubushakashatsi yose ni ubwiru kuko tuzifashisha imibare y’ibanga yihariye kugirango amazina yabo atamenyekana. Nta numwe uzafata tabulete cyangwa se amakaye yanditsemo ibyo twaganiriye usibye abo dukorana mu mushinga w’ubu bushakashatsi. Amakuru yose azabikwa mu mudasobwa irinzwe n’umubare w’ibanga. Itsinda ry’abashakashatsi niryo ryonyine rifite uburenganzira ku makuru.

6. Umubare w’abazitabira ubushakashatsi

Ubushakashatsi buzitabirwa n’abantu igihumbi na mirongo inani bo mu karere ya Kirehe.

7. Ubundi buryo wakwitabiramo ubushakashatsi

Nta bundi buryo buhari bwo kwitabira cyeretse guhitamo kutitabira ubushakashatsi.

8. Ubwishyu buhabwa uwitabiriye

Nta bwishyu buzatangwa kubitabira ubushakashatsi

9. Ikiguzi cyo kwitabira ubushakashatsi

Nta mafaranga cyangwa ikindi kiguzi cyakwa uwitabira ubushakashatsi. Kwitabira ni ubuntu.

10. Guhagarika ubwitabire mu bushakashatsi

Nufata umwanzuro wo kureka kwitabira ubushakashatsi ku bw'impamvu izariza zose, nta ngaruka bizakugiraho.

Aho wabariza ufite ibibazo, impungenge, cyangwa ibikubangamiye byerekeranye n'ubu bushakashatsi

Niba ufite ibibazo, impungenge cyangwa se ibirego; niba wifuza kuva mu bushakashatsi cyangwa wifuza kuvugisha abashakashatsi, ushobora kubikora igihe icyo aricyo cyose uduhamagara aho turi kuri Kaminuza y'urwanda unyuze kuri telefoni ngendanwa ya Nsengiyumva Alice 0783885906.

Naho uramutse ufite ikibazo kijyanye n'uburenganzira bwawe nk'uwagize uruhare muri ubu bushakashatsi ushobora guhamagara umuyobozi wa komite ishinze imyitwarire muri kaminuza y'urwanda kuri 0788 490 522 cyangwa umwungirije kuri 0783 340 040

Na none, mu gihe icyo aricyo cyose mu kiganiro wifuje guhagarara, cyangwa nu gihe hari ibibazo utifuza gusubiza, wabimenyesha, nta kibazo. Ushobora kandi gufata akaruhuko igihe icyo aricyo cyose wumva ugakeneye.