

# Uburyo bwo Kwirinda Igihe Ukora mu Nzuki



**Salome wo muri Kenya, yambaye umwambaro yikoreye wambarwa mu gihe cyo guhakura**

Andi mafoto yatanzwe na Paul Latham

## Uruyuki rurarumana

Inzuki zirarumana kandi imbori zishobora kuba mbi cyane. Itondere inzuki kandi uzubahe igihe cyose.



### IBUKE

Buri rukora imirimo yo mu mutiba rugira urubori

Buri rubori rufite impumuro iburira izindi nzuki ko hari ikibazo

Impumuro ireshya izindi nzuki, zikaruma aho urundi rwarumye

Shyira umwotsi aho rwakurumye kugirango izindi zidahumurirwa

Hita ushinguza urubori mu mubiri wawe

## Imyambaro yo kwirinda

Buri gihe ambara imyambaro myiza yo kwirinda igutwikiriye umubiri wose. Iyi myambaro yambarwa mu gihe cyo guhakura, ikorwa mu bikoresho bidahenze biboneka mu buryo bworoshye:



**Niba udashoboye gukora uyu mwambaro, kora agatimba gacikiriritse, nkuko bigaragara mu gice gikurikira.**

**Ga zambarwa mu ntoki zikozwe muri kawucu**

**Ipantalo ifashe**

**Inkweto zikomeye**



**Ambara imyenda itakwegereye cyane.**

**Girira isuku imyambaro wambara uhakura kugirango impumuro y'imbori itumvikanamo.**

## **Uburyo bwo guturisha inzuki kugirango zitakurya**

**Umwotsi ni uw'ingenzi kuko utuma inzuki zituza. Hariho uburyo bwinshi bwo gufuhhera inzuki umwotsi kandi hari n'ubwoko bwinshi bw'amafumba:**

**Umutekano mbere na mbere. Koresha umwotsi mwinshi kugirango uturisha inzuki.**





## Ntugakore wenyine

Igihe cyose ugiye gukora mu nzuki gira undi muntu mujyana. Banza ugenzure ko imyambaro yawe iteguye.



## IBUKA

- Ntugapfe gupfundura umutiba nta mpamvu yumvikana
- Pfundura umutiba witonze
- Kora vuba vuba kandi nta rusaku
- Koresha umwotsi mwinshi
- Pfundura imitiba igihe hari ikirere gihehereye
- Akenshi bikorwa mu gitondo kare cyangwa nimugoroba
- Gufungura umutiba nimugoroba, bifasha inzuki kongera kwikusanya ijoro ryose
- Mbere na mbere umutekano