

LIVING IN THE UNITED STATES

LIFE SKILLS FOR BURUNDIAN REFUGEES

VOLUME 1



U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS
SUPPORTING THE SUCCESSFUL INTEGRATION OF BURUNDIAN REFUGEES

INTRODUCTION

Supporting the Successful Integration of Burundian Refugees is a program of the U.S. Committee for Refugees and Immigrants (USCRI). Through funding from the Office of Refugee Resettlement U.S. Department of Health and Human Services, USCRI provides support and resources to Burundian refugees and resettlement communities to assist in overcoming barriers to integration and obtaining self-sufficiency.

Living in the United States: Life Skills for Burundian Refugees is available in a multimedia format in Kirundi and in print format in both Kirundi and English. The multimedia format is available on the USCRI website, www.refugees.org, and on DVD. USCRI worked closely with Burundian refugees and service providers to develop these materials. This first volume contains eight life skills topics and an additional two volumes will follow in 2009 and 2010. For service providers, USCRI recommends following each topic with individual and/or group discussions in order to enhance the learning experience and address refugees' questions and concerns. To help facilitate discussion and workshops on any of the life skills topics, *A Guide for Facilitators* is also available for download at www.refugees.org.

Please note, some of the information in Topic 6 "Safety and Emergencies" and Topic 7 "Housing" is adapted from Mercy Housing's book, *Welcome to Your New Home*, available at www.refugeehouse.org.

Funded by the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Refugee Resettlement

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Visit www.refugees.org for additional information on Burundian refugees and resources. Please contact Amanda Gonzales, USCRI Program Officer, with questions, comments, or suggestions for future life skills topics at agonzales@uscriddc.org.

*Living in the United States:
Life Skills for Burundian Refugees
Volume 1*

A Guide for Facilitators

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Introduction

Welcome to *Living in the United States: Life Skills for Burundian Refugees - Volume 1, A Guide for Facilitators*. The U.S. Committee for Refugees and Immigrants (USCRI) created the life skills materials for Burundian refugees to use as they adjust to their resettlement communities in the United States. USCRI designed these materials for use individually or in groups, and with or without a facilitator. Using the materials in groups with a facilitator, however, enhances the learning experience for participants and encourages further discussion, questions, and participatory activities. The purpose of *A Guide for Facilitators* is to assist you, the facilitator, to use the life skills materials as effectively as possible whether you work at a refugee resettlement agency, another service provider, or you are a volunteer. Thank you for taking the time to use the life skills materials and help Burundian refugees in their adjustment to living in the United States.

How to Use this Guide

This guide will assist you in explaining and expanding upon the eight life skills topics in Volume 1. The materials are flexible and we encourage you to modify the lesson plans, as well as add your own questions and activities to fit the needs of the participants. In this guide, each topic has a set of objectives, discussion questions, suggestions for further review, and evaluation questions. These are further explained below.

Objectives are listed at the beginning of each chapter outlining ideas participants should be familiar with after completing the topic. To best achieve these objectives, we suggest using the *Life Skills* video in combination with the corresponding print materials, group discussion, and other activities.

Further Review helps to explain issues in the life skills topics in greater detail and/or cover areas that were not addressed. Facilitators may want to cover these points after watching the video.

Discussion Questions are suggested in each chapter to encourage critical thinking and problem-solving, and to help clients relate and apply the topic to their personal lives. Some questions are more useful to ask before watching the video, while some are better suited for discussions during or after watching the video.

Activities encourage participants to apply or further explore the topic. Many activities bring lessons into practice through role-play, site visits, or guest speakers. Furthermore, they help participants practice skills that are important to living in the United States. Activities will be most effective when carried out after watching the *Life Skills* video. This is your chance to be creative!

Evaluation Questions check participants' understanding of the topic, as well as serve as a checklist for facilitators to rate the effectiveness of the lesson plan. After facilitating each topic, please fill out a Life Skills Evaluation included on the following page to help USCRI evaluate the materials' effectiveness and improve on future resources.

Life Skills for Burundian Refugees, Volume 1 Evaluation

Questionnaire for Facilitators

Please answer the following questions after facilitating a life skills topic. Your responses will assist us in developing future life skills topics to support the successful integration of Burundian refugees. The completed questionnaire can be emailed to Amanda Gonzales at agonzales@uscrdc.org, or mailed to USCRI, 2231 Crystal Drive, Suite 350, Arlington, VA 22202-3711. Evaluation forms can also be downloaded at www.refugees.org. Thank you!

Topic: _____

1. The number of Burundian refugees who attended this workshop: _____
2. The approximate number of Burundian refugees our agency assists: _____
3. How enthusiastic were Burundian refugees about attending today's workshop?

Not at all	Somewhat	Very
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4. Do you believe participants left the workshop today knowing and understanding more about the lesson topic than when they arrived?

Not at all	Somewhat	Very
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5. How engaged were class participants?

Not at all	Somewhat	Very
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6. To what extent were the goals of the topic achieved?

Not at all	Somewhat	Very
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7. Overall, how effective do you find these materials?

Not at all	Somewhat	Very
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8. What were the outcomes of today's topic lesson (intended and unintended)?
9. How would you improve these materials?
10. Did you find the facilitator's guide useful in presenting this topic?
11. Additional comments or suggestions for future topics:

TOPIC 1 - THE ROLE OF THE RESETTLEMENT AGENCY

Objectives

- Identify the resettlement agency's roles and responsibilities
- Understand personal responsibilities
- Explain importance of punctuality, school attendance, repaying IOM travel loan, and self-sufficiency
- Increase awareness of other community resources

Further Review

- How to get to the resettlement agency and public benefits office using public transportation
- Resettlement agency hours and phone number
- Discuss other community resources that are available, such as extended case management services, local service providers, and religious organizations
- Who qualifies for public benefits
- How to apply for benefits
- When/why public benefits may end
- What to do if you lose your job

Discussion Topics

- What services do you expect to receive in the United States?
- What concerns do you have about providing for your family in the United States?
- What is self-sufficiency/independence?
- Is independence valued in your community? In communities in the United States?
- What are your five-year goals? What do you need to do to make them happen?

Activities

- Reading clocks: Use a large, adjustable clock to teach participants about time and punctuality.
- How to notify DHS if you move: Fill out AR-11 form.
- Chart community resources: Use pictures to illustrate who to contact for different needs and how to access them through public transportation.

Evaluation Questions

- What types of things does the resettlement agency help refugees with?
- If you need assistance, who can you go to for help?
- Why is being self-sufficient important?

TOPIC 2 – PERSONAL CARE IN THE UNITED STATES

Objectives

- Identify different personal care products and their use, such as shampoo, deodorant, and toothpaste
- Understand how and when to wash hands
- Learn how to dress appropriately for different weather conditions

Further Review

- Doing laundry: Separating whites and darks, using laundry detergent (powder vs. liquid)

Discussion Topics

- How often should you wash your clothes? Where do you wash them?
- When should you wash your hands? Why is washing your hands so important?
- What would you wear on a very cold day? A rainy day? A warm, sunny day?
- How can you remember which cleaning supplies have which functions (discuss different container shapes, scents, graphics)?

Activities

- Bring in examples of shampoo, deodorant, toothpaste, floss, and laundry detergent. Have the group correctly identify the use of each.
- Laundry demonstration.

Evaluation Questions

- When should you wash your hands?
- How do you use shampoo? Laundry detergent?

TOPIC 3 - NUTRITION

Objectives

- Identify healthy foods and develop skills to incorporate them into daily cooking
- Understand the importance of daily activity
- Recognize which foods to limit for adults and children

Further Review

- Food stamps and WIC – eligibility and how to use them
- Obesity and other health problems
- Ways a family can be more active
- Importance of breastfeeding
- How to safely store foods – use of refrigerators, freezers, and shelves

Discussion Topics

- What are your favorite foods/meals?
- What foods do you think are healthy and important to eat?
- What ways can you reduce fat in meals?
- What are “sales” and food store discount cards?

Activities

- Discuss different examples of fruit, vegetables, and grains in daily meals.
- Bring in new and healthy foods to try.
- Translate healthy recipes into Kirundi.
- Work together to create healthy meal ideas for breakfast, lunch, and dinner.
- Demonstrate ways to cook/prepare healthy food.
- Field trip: Grocery store.

Evaluation Questions

- What are some healthy foods that you like to eat?
- What are your favorite healthy activities? What are your children’s favorite healthy activities?
- What are some ways you and your family are going to eat and live healthier?

TOPIC 4 - HEALTH

Objectives

- Identify different ways to stay healthy
- Differentiate between when to go to a clinic and when to go to the hospital
- Understand the importance of taking medicine as directed

Further Review

- Setting up appointments for medical care
- Insurance, Medicaid, Refugee Medical Assistance
- How to use a pharmacy or buy non-prescription medicine
- Family planning
- Using interpreters in a medical setting
- The dangers of combining some medications with alcohol or taking some medicines when pregnant

Discussion Topics

- What can you do after Refugee Medical Assistance coverage expires?
- What can you do to stay healthy (discuss hygiene, healthy eating, check-ups, appropriate clothing, taking medicine)?
- Have you or someone you know experienced problems getting an interpreter at a doctor's office, clinic, or hospital?
- If you determine you need to go to a hospital, how would you get there?

Activities

- Role-play illnesses. Group can identify symptoms and determine whether to go to a doctor's office or hospital.
- Role-play a visit to the doctor's office.
- Identify nearby clinics or doctor's offices participants can easily get to.
- Go over the different options of birth control and how they are used.
- Guest speakers: Nurse, doctor, employee from Medicaid office.
- Field trip: Pharmacy.

Evaluation Questions

- What are some things you can do every day to stay healthy? Every year?
- When should you go to the hospital?
- How will you pay for medical bills?
- What do you do if a doctor's office or hospital refuses to provide an interpreter?
- Why is family planning important?

TOPIC 5 – ADJUSTING TO A NEW HOME

Objectives

- Understand phases of adjustment
- Identify and practice methods for dealing with stress

Further Review

- Burundians may not be familiar with many U.S. laws. For example, spousal abuse, child abuse, and neglect laws.
- Discuss how important equality is in the United States. Men and women are equal, as are people of different ethnicities, origins, and religions.

Discussion Topics

- What are some important aspects of your culture? What makes you proud to be Burundian?
- What are some examples of American culture?
- How can you preserve parts of your culture in the United States?
- What is the role of each family member in your community? Do you think the social structure of families in the United States might be different?
- How are you dealing with stress and adjusting to life in America?
- How are your children adjusting to life in the United States? (This might be an opportunity to discuss parental frustrations with children's behavior and discuss how to help children adjust and deal with stress.)

Activities

- Talk about ways to adjust to life in America.
- List causes and signs of stress, then list various ways to deal with stress.
- Locate appropriate religious organizations, community centers, public parks, and other venues for meeting new people, relieving stress, and sharing culture. Some suggestions are starting a drumming, dancing, or a woman's group, or walking with a friend every day.

Evaluation Questions

- What are the different phases of adjustment? How would you feel during each phase?
- What methods would you use to relieve stress?

TOPIC 6 – SAFETY AND EMERGENCIES

Objectives

- Understand ways to keep children safe
- Understand how to keep the home safe
- Understand what to do in case of a fire
- Identify when to call 911 and when not to

Further Review

- Crossing streets: red lights, green lights, using crosswalks, and checking for traffic
- Fire safety skills: crawl on ground, do not touch door knobs, use of fire extinguisher, and covering mouth and nose when there is smoke
- Do not let children play with fire, matches, or lighters

Discussion Topics

- What are some potential dangers in the home? Outside the home?
- What are ways to protect your family from those dangers?
- If you woke up in the middle of the night and smelled smoke, what would you do?

Activities

- Demonstrate how to lock windows and doors.
- Demonstrate how to test and change batteries in a smoke detector.
- Identify who to contact in case of an issue with the smoke detector.
- Discuss when to call 911 and when not to.
- Role-play an emergency and calling 911.
- Guest speaker: Police officer, fireman.

Evaluation Questions

- If you want to cross the street, what should you do?
- What should you do if a fire starts in your home?
- When should you call 911?

TOPIC 7 - HOUSING

Objectives

- Understand tenant and landlord responsibilities
- Identify appropriate cleaning tools and how often to clean
- Understand ways to prevent and deal with housing problems (pests, plumbing, electricity outage, etc.)
- Know how and where to dispose of trash
- Identify methods of energy conservation

Further Review

- Review a lease
- What to do about pests, such as rodents and roaches, and how to prevent them
- Who to call for issues with electricity, plumbing, heat, or air conditioning
- Location, use, and danger of electrical outlets
- Location and use of smoke alarms and fire extinguishers
- Discuss noises they may hear in their neighborhoods, such as emergency vehicles and smoke alarms

Discussion Topics

- What can you do if your landlord does not fulfill his/her obligations?
- Where should you go if you need new furniture?
- What are some problems that might happen in a house? How can you fix them?
- How can you save money on utility bills?
- What are some ways you can be a good neighbor?

Activities

- Demonstrate using a stove, oven, washing machine, and clothes dryer.
- Demonstrate using a mop and vacuum, how to clean windows, counters, oven, refrigerator, and bathroom.
- Develop weekly check list of ways to keep the house/apartment clean.
- Prepare a meal demonstrating hygienic food preparation, clean-up, and storage.
- Identify different cleaning products, how to use them, and where to store them safely.
- Help participants identify trash cans and dumpsters, and address recycling if available.
- Separate junk mail from mail. Highlight indicators of important mail – red letters, bills, notices, and recognizing the sender.
- Guest speaker: Landlord.

Evaluation Questions

- Why is having a clean home important?
- What is your plan to keep your home clean?
- Can you tell me how to use this cleaning product?
- What kind of problems should you talk to your landlord about?
- What are things you should do when you are planning to move out of your home?

Topic 8 - EMPLOYMENT

Objectives

- Understand the importance of employment
- Identify applicable job skills and what jobs you can expect
- Be familiar with the job application process
- Describe employers' expectations
- Identify ways to find a job

Further Review

- Examples of jobs currently available to you
- Your state's minimum wage
- What to do if you are fired or decide to quit your job
- Applying for unemployment benefits
- Understanding tax forms – saving pay stubs, filling out W-4s at work, saving W-2s for tax time.
*Note to facilitators: Volunteer Income Tax Assistance (VITA) provides free tax help to low-income individuals (under \$35,000). The IRS also provides an online training course on how to help low-income earners fill out 1040, 1040A, and 1040 EZ forms.
- Employment rights and responsibilities
- Sexual harassment in the workplace

Discussion Topics

- Why is having a job important?
- How can you find a job?
- If you are offered a job, what questions should you ask your employer?
- How would you react if your boss was a man or a woman? Someone younger than you?
- If you are having problems at work, who should you talk to?
- What are your personal/professional goals? What are some ways to achieve them?
- What are some barriers to satisfactory employment? How can you overcome them?

Activities

- Make a list of participants' skills and identify corresponding jobs.
- Practice filling out job application forms.
- Role-play job interviews.
- Map out a career plan. Use this to illustrate the importance of good work skills, reliability, creating job history, and giving two weeks' notice to your employer.
- Guest Speaker: Manager of a company that employs refugees. The speaker may want to cover a typical work day, employee rights and responsibilities, tips for finding a job, doing well in the interview, and being a good employee.

Evaluation Questions

- Why is having a job important?
- How can you find a job?
- What are characteristics that make you a good employee?

TOPIC 1—THE ROLE OF THE RESETTLEMENT AGENCY

Ibiro bifasha impunzi n'iki?

Ibiro bifasha impunzi ni ibiro bikorana na Leta ya Amerika mu gufasha a mu kiringo c'umwaka ibihumbi vyinshi vy'impunzi aho ziva hose kw'isi. Ibiro bifasha impunzi bitegerezwa kubona ko waronse ivyo ukeneye vyose aho hantu hashasha ugiye kuba.



What Is A Resettlement Agency?

Resettlement agencies work with the United States government to resettle thousands of refugees a year from all over the world. Resettlement agencies make sure you receive the services you need to live and join your new community.

Ibiro bifasha impunzi

Birakenewe cane ko umenya ico ibiro bifasha impunzi bikwegereye bijejwe hamwe n'ico nawe utegerezwa gukora aho hantu hashasha ugiye kuba. Ugishika muri Amerika (Leta zunze ubumwe bwa Amerika), umukozi wo mu biro bifasha impunzi wenyene canke ari kumwe n'incuti yawe azokwakira ku kibuga c'indege.

The Resettlement Agency

It is important for you to understand what your local resettlement agency is responsible for and what you are responsible for in your resettlement. Upon arriving in the United States, a staff person from the resettlement agency and/or your family member will pick you up at the airport.



TOPIC 1—THE ROLE OF THE RESETTLEMENT AGENCY

Uburaro

Ibiro bifasha impunzi bizoguha kandi bitegerezwa kumenya neza ko ufise:

- Umutekano n'uburaro bwiza mu kiringo kidashika iminsi mirongo itatu ushitse muri Amerika. Aho hantu bagushikije ushobora kuhaba igihe gitoyi; ukabana n'umuryango w'abagira neza canke incuti yawe. Ushobora kuhaba igihe kire kire wibana mu nzu yawe wenyene.

Housing

The resettlement agency will provide or make sure you have:

- Safe and clean housing for no less than thirty days after you arrive in the United States. This may be a short-term situation, such as living with a volunteer family or a relative, or long-term, such as your own apartment.



Ibikoresho vyo munzu

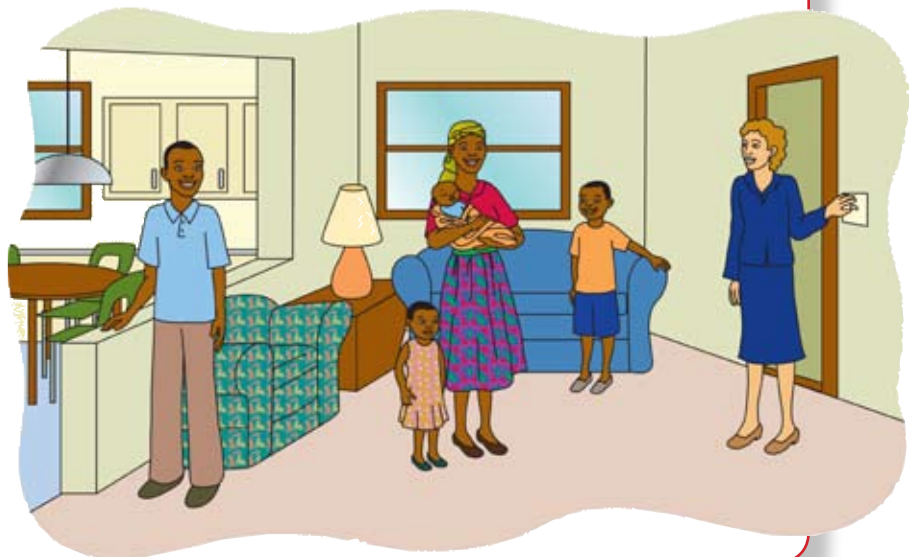
Ibiro bifasha impunzi bizoguha kandi bitegerezwa kumenya neza ko ufise:

- Ibikoresho vyo mu nzu nkenerwa. Aha harimwo amadiva yo kwicarako, imeza, intebe, n'ibitanda. Ivyo aba ari bishasha canke vyarakoze.

Furniture

The resettlement agency will provide or make sure you have:

- Essential furniture. This includes a couch, table, chairs, and beds. Furniture may be either new or used.



TOPIC 1—THE ROLE OF THE RESETTLEMENT AGENCY

Ibiribwa

Ibiro bifasha impunzi bizoguha kandi bitegerezwa kumenya neza ko ufise:

- Ibifungurwa iminsi ya mbere ushitse.
- Bazogufasha kuronka impapuro n'amakarata nkenerwa kugira uronke udutike two guhabwa ibifungurwa.

Food

The resettlement agency will provide or make sure you have:

- Food when you first arrive.
- Assistance applying for the Food Stamps program and your social security card.



Umuranzi

Ibiro bifasha impunzi bizoguha kandi bitegerezwa kumenya neza ko ufise:

- Gufashwa mu kwivuzza, kubonana na muganga hamwe no kwicandagisha.
- Gufashwa kwandikisha abana mw'ishule.



Referrals

The resettlement agency will provide or make sure you have:

- Assistance getting health care, seeing a doctor, and getting immunizations.
- Help enrolling your children in school.



TOPIC 1—THE ROLE OF THE RESETTLEMENT AGENCY

Imenyerezwa

Ibiro bifasha impunzi bizoguha kandi bitegerezwa kumenya neza ko ufise:

- Gufasha kurondera akazi nko mu kukwerekana ingene buzuzwa impapuro zo gusaba akazi.
- Hariho n'ibindi vyinshi bashobora gufasha vyerekeye kurondera inzu, kumenya uburyo bwo kwiyunguruzwa, kwiga, kwivuzwa, gukoresha neza amafaranga, kumenya amategeko n'imico mishasha.

Orientation

The resettlement agency will provide or make sure you have:

- Employment orientation and support, such as helping you fill out job applications.
- Additional orientation on housing, transportation, education, health, money management, rights, and cultural adjustment.



Ivyo ujejwe kandi utegerezwa gukora

Ko wamaze kumenya ingene ibiro vy'impunzi bishobora gufasha, ubu tugiye kuvuga ivyo wewe n'umuryango wawe utegerezwa gukora kugira mubeho neza muri Amerika. Ibi n'ibintu bihambaye vyo kwama mwibuka. Kuriha inzu mupanze n'ibindi vyose birihwa ku kwezi ku kwezi. Amafaranga yo gupanga ategerezwa kuriha inzu ubamwo. Ibindi vyo kuriha ni nk'umuyagankuba, amazi, itelefone na gazi (umwuka wo gushusha no gucana mu guteka mu mazu).

Your Responsibilities

As you are now familiar with what your resettlement agency will help you with, we will talk about what is important for you and your family to do to succeed in the United States. These are very important things to remember. Pay your rent and bills every month. Your rent pays for your housing. Your bills may include paying for electricity, water, telephone, and gas.



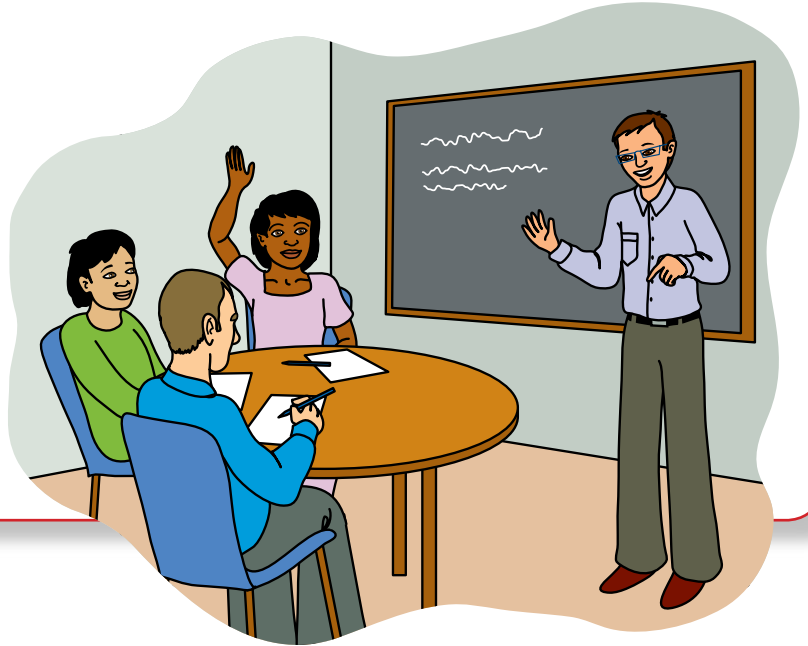
TOPIC 1—THE ROLE OF THE RESETTLEMENT AGENCY

Ivyigwa vy'icongereza

Kwiga Icongereza. Ibiro bifasha impunzi birashobora gufasha mukurondera amashure afise amasaha yo kwiga icongereza ajanye n'umwanya wawe. Kwiga icongereza birakenewe cane kuko bizogufasha kurondera akazi keza no kumenyera kuvugana n'abantu mubana.

English Classes

Take English classes. The resettlement agency can help you find classes that fit your schedule. Learning English is important because it will help you get a better job and communicate more easily with people in your community.



Akazi

Gukora birakenewe cane kuko uca ushobora kwipangira inzu, ukirihira amafagitire yose, ukagura ibifungurwa n'impuzu. Imfashanyo y'ibiro vy'impunzi ni nke uravye ivyo ukeneye n'umuryango wawe. Kuronka akazi biragufasha kwigenga, kungura ubumenyi no kumenyera.

Employment

You will need to work. Working is necessary so you can pay your rent and bills, and buy food and clothes. Assistance from the resettlement agency is limited and public benefits may not provide enough for what you and your family need. Having a job will help you be independent and gain skills and experience.

TOPIC 1—THE ROLE OF THE RESETTLEMENT AGENCY



Kudacegwa

Gutonda no gukora gihe utegerejwe canke baguhaye. Muri Amerika, gushika kw'isaha n'ibintu bihambaye. Ucerewe ku kazi, umukoresha arashavura kandi birashobora gutuma uva mu kazi. Iyo ucerewe aho wategerezwa kuja, umwanya bari baguhaye barawufuta kandi biragora kuronka uwundi.

Being on Time

Arrive to appointments and work ON TIME. In the United States, being on time is very important. If you arrive late to work, your boss will not be happy and it could cause you to lose your job. If you are late to appointments, your appointment will be canceled and it may be hard to reschedule it.

Inyigisho

Utegerezwa gushira abana mw'ishule. Muri Amerika amategeko asaba ko abana bose b'abakobwa n'abahungu baja kw'ishule. Abana bategerezwa gushika kw'ishule kw'isaha. Usabwe gutelefona kw'ishule gusigura iyo umwana aza guceregwa canke yasiye.

Education

Make sure your children attend school. In the United States, all girls and boys are required by law to go to school. Children must arrive at school on time. Call the school to explain if your children are going to be late or absent.



TOPIC 1—THE ROLE OF THE RESETTLEMENT AGENCY

Kwibeshaho/kwishobora

Gukora kugira wigenge kandi witunge. Kwitunga ni ukubaho utazeye infashanyo y'abandi bantu. Akarorero, iyo ufise akazi urashobora kwigurira infungurwa n'impuzu.

Self-Sufficiency

Work towards being independent and providing for yourself. Being independent means not relying on other people for assistance. For example, when you have a job, you can buy your own food and clothing.



“IOM” Ideni ry’urugendo

Gusubiza ideni ry’urugendo kuri “IOM.” Umaze amezi muri Amerika, uzoronka urupapuro gwishuza ideni ry’amafaranga y’urugendo rwawe. Utegerezwa kuyishura kira kwezi gushika uyarihe yose. Usubije iryo deni bizogufasha mu kukwizigira ushaka izindi ngurane.



IOM Travel Loan

Pay back your IOM travel loan. A few months after you arrive in the United States you will receive a bill for your travel loan. You need to make a payment each month until it is repaid. Paying the loan back will help you by building your credit history.

TOPIC 1—THE ROLE OF THE RESETTLEMENT AGENCY

Guhindura aderesi

Igihe wimutse aho wahora uba ukaja kuba ahandi, utegerezwa kubimenyesha Ubuyobozi bukuru bujewe umutekano wo hagati mu gihugu ca Leta ya Amerika koresha Form AR-11, “Change of Address.” Igihe cose wimutse, utegerezwa kubibamenyesha mu kiringo c’iminsi itarenga cumi, gushika aho uzobera umwene gihugu.

Change of Address

If you move, you are required to tell the U.S. Department of Homeland Security that your address has changed using Form AR-11, “Change of Address.” You must notify them within ten days each time you change your address until you become a U.S. citizen.



Guhindura impapuro z’ubuhungiro

Kuringaniza impapuro z’ubuhungiro zikugenga muri Amerika. Umaze umwaka uba muri Amerika, utegerezwa guhindura impapuro zikugenga ugasaba iziguha uruhusha rwo kubaho nk’invukira. Iyo ubisaba mu Buyobozi bukuru bujewe umutekano wo hagati mu gihugu ca Leta ya Amerika. Iryo hindugwa ni intambwe ikomeye izogufasha kuronka ubwene gihugu bw’Amerika.

Adjustment of Status

Adjust your immigration status. After you have lived in the United States for one year, you need to apply for an adjustment of status to legal permanent resident (or “green card”) with the Department of Homeland Security. Adjusting your immigration status is an important step to becoming a U.S. citizen in the future.



TOPIC 1—THE ROLE OF THE RESETTLEMENT AGENCY

Amakori

Kuriha amatagisi y'aho uba, y'intara n'ayo igihugu. Amatagisi n'amahera abantu bose baba muri Amerika bariha agacimbiri babamwo, intara bakukira canke y'igihugu. Ayo matagisi afasha mugukingira umutekano w'abanyagihugu, mu vyerekeye indero n'amashure, kubaka amabarabara n'ibindi. Amategeko a saba ko iyo ufise umushahara utegerezwa kuriha amatagisi. Ufise ibibazo vyerekeye amatagisi ni ukubaza umuntu ajejwe kugufasha aho uba.

Taxes

Pay local, state, and federal taxes. Taxes are money paid to the local, state, and federal governments by people living in the United States. Taxes pay for services such as keeping our country safe, education, and roads and highways. If you earn an income, you will need to file a tax return and pay any taxes you owe. This is required by law. Ask your caseworker for more information on any of these topics and possible credits you can earn.



Turagukeje ko washoboye kumenyera ubuzima bushasha!

Naho bigoye kenshi na kenshi kumenyera kuba muri Amerika, iyo uri impunzi, turagukeje kuba waremeye kuza kuba muri iki gihugu. Urafise ubushobozi n'inguvu zo kuzobaho neza muri Amerika. Tukwifurije umugisha no gutera imbere aho hantu hashasha, uzogire ubuzima bwiza n'umuryango wawe.

Congratulations on your resettlement!

As hard as it may be at times to adjust to living in the United States, as a refugee you have already come far and shown a lot of courage to move to a new country. You have the resilience and strength to succeed in the United States. We wish you the best of luck in moving forward and making a life for you and your family in your new community.



TOPIC 2—PERSONAL CARE IN THE UNITED STATES

Isuku

Kwifata neza mu gusukura umubiri wawe birakenewe cane muvuyerekeye akazi, kw'ishule no kutaja uragwaragurika n'umuryango wawe. Hariho ibintu vyinshi bikoreshwa mu gufata neza umubiri mubiri wawe.

Personal Care

Taking care of your body is important for work, school, and to keep you and your family from getting sick. There are many different products to take care of your body.



Ibikoresho

Muri ivyo bikoreshwa harimwo ibikinga akamato kabi k'icuya, isabuni zica kandi zikinga imikorobi zitwa “antibacterial,” isabuni ikinga akamato k'icuya zitwa “deodorant,” umuti w’amenyo, isabuni y’imishatsi, amavuta yo kwisiga, n’ibindi vyinshi. Birashobora kugora gutahura neza mu gucagura ivyo bintu ukoresha n’akamaro kavyo.

Products

Products include deodorant, antibacterial soap, deodorant soap, toothpaste, shampoo, lotion, and many more. It can be confusing what products to use for what purposes.



TOPIC 2—PERSONAL CARE IN THE UNITED STATES

Imigera y'ingwara

Ibikoreshwa mw'isuku ry'umubiri biradukingira imigera y'ingwara. Imigera n'udukoko dutoya cane dushobora kudutera ingwara. Imigera ni mito mito cane ntidushobora kuyibona n'amaso.



Germ

Some of these products are used to protect us from germs. Germs are tiny, living things that can make us sick. Germs are too small for our eyes to see.

Gukaraba

Gukoresha isabuni zica imikorobi “antibacterial” canke zirinda umwuka w'icuya ku mubiri “deodorant” ni uburyo bwiza bwo kwica imigera yandukiza ingwara. Gukaraba birakinga ikwiragira ry'imigera ishobora gutera nk'ingwara za giripe canke inyonko.

Washing Your Hands

Using antibacterial or deodorant soap is the best way to kill germs that spread disease. Washing your hands prevents the spread of germs that also cause illnesses like colds and flu.



TOPIC 2—PERSONAL CARE IN THE UNITED STATES

Ni ryari Ukwiye Gukaraba

Kugira wikingire kugwara, karaba mu ntoki:

- Imbere yo gufungura, guteka no gukora ku mfungurwa
- Uvuye mu kazu kasurwumwe
- Uhejeje gusukura canke kwoza umwana yitumye
- Uhejeje gukina hanze

When to Wash Your Hands

In order to prevent getting sick, wash your hands:

- Before eating, cooking, and touching food
- After using the bathroom
- After cleaning a child or changing a child's diaper
- After playing outside



Ingene Ukwiye Gukaraba

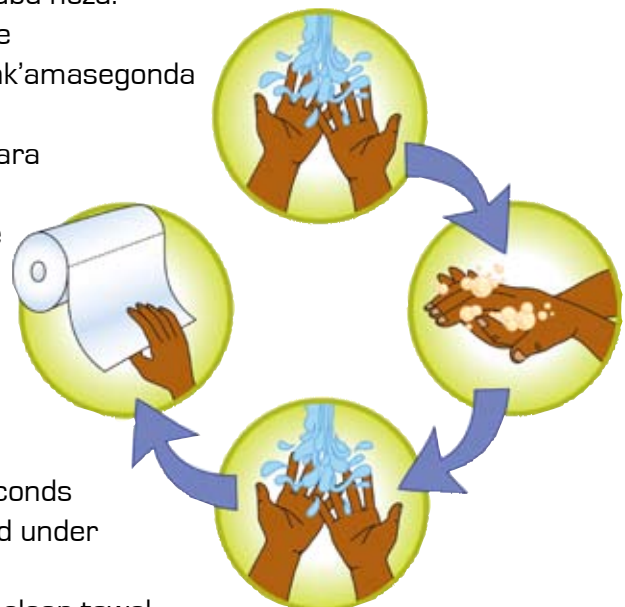
Igisha abana n'umuryango wawe ingene bakaraba neza.

- Iyugururireko amazi asusurutse ku ntoki
- Koresha isabuni kandi unyukure intoki nk'amasegonda mirongo ine n'itanu
- Iyoze neza hagati y'intoki no munsu y'inzara
- Irongorore n'amazi meza atemba uce wumisha intoki n'agatambara kameshe

How to Wash Your Hands

Teach your children and family how to wash their hands correctly.

- Wet your hands under warm water
- Use soap and rub your hands for 45 seconds
- Wash carefully between your fingers and under your fingernails
- Rinse with running water and dry with a clean towel



TOPIC 2—PERSONAL CARE IN THE UNITED STATES

Umubiri w'Isuku

Umubiri ufise isuku ugufasha kwamana amagara meza. Kwiyoga hose n'amasabuni akinga canke yica imikorobi bita “antibacterial” canke “deodorant” bidukungira ya migera ishobora gutuma umubiri unuka canke umota nabi.

Clean Body

A clean body keeps you healthy. Taking a bath with deodorant or antibacterial soap helps kill the germs that can make us smell bad.



Kwoza Umushatsi Wawe

Isabuni y'umushatsi yitwa “shampoo” igufasha gukura imicafu n'amavuta mu mishatsi. Irakingira imba mu mutwe. Ukwiriye koza umushatsi wawe n'isabuni shampoo nka kabiri mu ndwi.

Washing Your Hair

Shampoo gets rid of the dirt and oil in your hair. It also keeps the skin on your scalp from flaking. You should wash your hair at least two times a week with shampoo.



TOPIC 2—PERSONAL CARE IN THE UNITED STATES

Isabune yo koza umushatsi

Ibintu bikoreshwa mu mushatsi bita “conditioner” bimeze nk’amavuta bituma umushatsi woroha uhejeje kuwoza. Ukwiye gukoresha “conditioner” uhejeje gukuramwo “shampoo” mu kwoga. Hari aho usanga ivyo bikoresho vya “shampoo” na “conditioner” bivanze mw’icupa rimwe biraheza bikazimbuka ukaziganya amahera.



Shampoo and Conditioner

Conditioner keeps your hair from becoming too dry after washing. You should use conditioner after shampoo in the shower. Some products combine shampoo and conditioner in one bottle which can help you save money.

Ibikinga akamoto k’umubiri “deodorant”

“Deodorant” ikoreshwa mu kwaha kugira igabanye akamoto k’umubiri. Iyo bita “deodorant” ishobora kuba imeze nk’amavuta yoroshe, arenduka, canke amavuta upompa ku mubiri. Hari ubwoko bwa “deodorant” bwera bushobora gusiga udufu ku mpuzu zawe. Kugira impuzu nticafulire, koresha “deodorant” irenduka kandi ibonerana. Izo bita “deodorants” hari iz’abagore n’izabagabo ariko nyinshi zikozwe kugira zikoreshwe n’abagore canke abagabo atagutandukanya.

Deodorant

Deodorant is applied under your armpits to reduce body odor. Deodorants are available in liquid, gel, or spray. Some deodorants are white and leave white powder on your clothing. Using a clear gel can help avoid this problem. Deodorants are used by both men and women and most are made specifically for either a man or woman.



TOPIC 2—PERSONAL CARE IN THE UNITED STATES

Kwama ufise Amenyo Akomeye

Kwitwararika isuku ry'amenyo n'ibinyigishi birakinga ivunguka n'ububabare mu menyo. Iyugumure kandi woze amenyo gatatu ku munsu ukoresheje umuti w'amenyo. Gura umujigiti mushasha uko amezi atatu aheze.

Keeping Teeth Healthy

Taking care of your teeth and gums prevents tooth decay and toothaches. Brush your teeth three times a day with toothpaste. Buy a new toothbrush every three months.

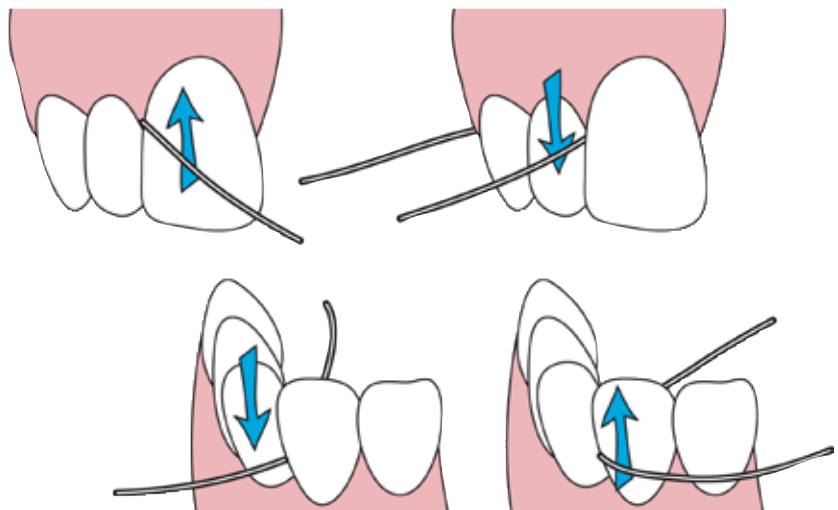


Koza amenyo ukoresheje utuguzi

Koresha udukoresho twa kwihaganyura mu menyo ugakurayo ibisigarira vy'imfungurwa zasigaye hagati y'amenyo. Genda kwa muganga w'amenyo kabiri mu mwaka kugira amenyo yozwe neza n'abahinga.

Flossing Teeth

Use dental floss to remove food remains in your teeth. Visit the dentist two times a year to have your teeth professionally cleaned.



TOPIC 2—PERSONAL CARE IN THE UNITED STATES

Reka ibiribwa birimwo isukari

Irinde imfungurwa zirimwo isukari. Irinde kunywa ibintu bisosa cane nk'ama soda canke ibindi binyobwa bitakanywe mu vyamwa ijana kwijana (100%). Nywa amazi menshi. Iyugumure iyo uhejeje kunywa ikawa, icayi canke isoda.

Avoid Foods with Sugar

Avoid foods with sugar. Avoid sugary drinks, like soda and juices with less than 100% fruit juice. Drink lots of water. Rinse your mouth with water after drinking coffee, tea, and soda.



Kumesura Ivyambarwa

Kumesura canke gufura impuzu wambaye gatatu bituma zigumana isuku kandi zimota neza. Kumesura ibisaswa bikwiye gukorwa nka rimwe mundwi kugira ntibigutere kwiya gaza ku mubiri.

Clean Laundry

Washing your clothes after wearing them three times keeps them clean and smelling good. Washing your bedding should be done at least once a week to prevent skin rashes.



TOPIC 2—PERSONAL CARE IN THE UNITED STATES

Isabune yo kumesa

Isabuni yo kumesa yagenewe gufura impuzu n'ibisaswa. Isabuni yo kumesa iratandukanye n'amasabuni yo kwiyoga canke kwoza umushatsi.

Laundry Soap

Laundry soap is used to wash your clothes and bedding. Laundry soap is different than the soap you use to wash your body and hair.



Ivyambarwa Mu Bihe vy'Imbeho

Iyo hanze hakanye, ukwiye kwambara impuzu zisusurutsa kandi zigukingira umuyaga w'imbeho. Ni ukugerekeranya impuzu nyinshi hako wambara imwe gusa. Ambara uduhuzu two muni ture ture kugira ugume ususurutse.

Dressing for Cold Weather

When it is cold outside, you should wear clothes that are thick and protect you from the cold wind. Wear several layers of clothing instead of one. This is called layering. Wear long underwear underneath your clothes to keep you warmer.



TOPIC 2—PERSONAL CARE IN THE UNITED STATES

Ivyambarwa Mu Bihe vy'Imbeho

Ambara amashesheti n'ibirato kugira amaguru yawe agume asusurutse. Ambara inkofero ifuka umutwe n'amatwi kandi wizingireko igisikafu gisusurutsa mw'izosi. Ambara ivyambarwa vy'intoke kugira ntizikongatazwe n'imbeho. Imbere yo gusohoka hanze, umviriza kw'iradiyo uko ibihe bimeze n'ingene imbeho iza kuba ingana.

Dressing for Cold Weather

Wear socks and shoes that will keep your feet warm. Cover your head and ears with a hat and your neck with a warm scarf. Avoid getting frostbite by covering your hands with gloves. Before you go outside, listen to the weather report to find out how cold it will be.



Ifate neza hamwe numuryango wawe

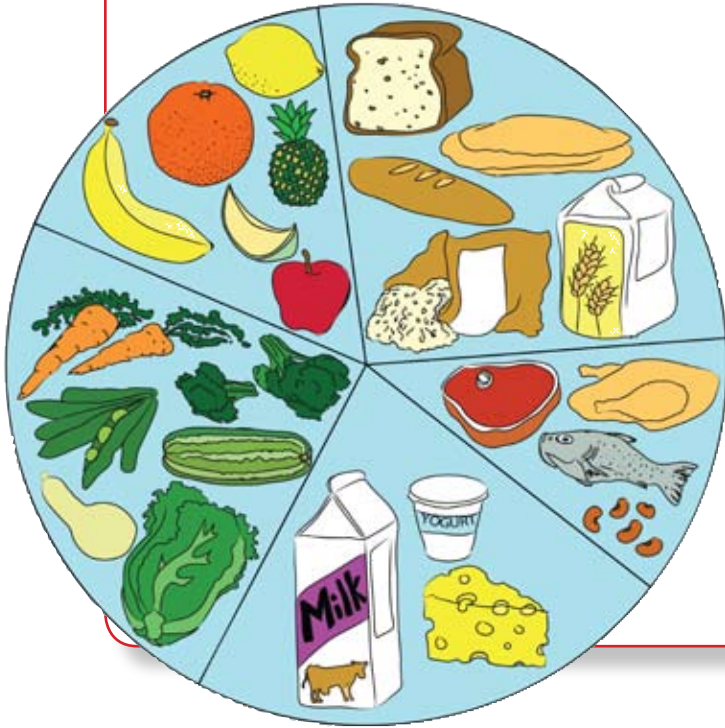
Kwifata neza no kwitwararika isuku biri mu bintu bituma umuntu agira ubuzima bumeze neza. Isuku ry'umubiri ni nkenerwa ku kazi. Iryo naryo rigizwe n'ukwoga umubiri wose, gukoresha deodorant n'ukwama wameshe impuzu. Kwambara neza, kwama ugira isuku ry'umubiri ni iry'ivyambarwa vyawe hamwe n'umuryango, bizotuma mugira amagara meza kandi mumererwe neza.

Taking Care of You and Your Family

Personal care is part of maintaining a healthy lifestyle. Personal care is also very important in the workplace and should include showering every day, using deodorant, and washing your clothes regularly. Dressing correctly and keeping your body and clothes clean will help you and your family stay healthy and feeling good.



TOPIC 3—NUTRITION



Gufungura Neza

Gufungura neza bisigura kwihereza imfungurwa z'ubwoko bwinshi imisi yose. Izo mfungurwa zigizwe n'intete, ivyamwa, imboga, inyama, amafi n'ibindi vyose birobwa mu mazi, ibiharage, amata, n'izindi mfungurwa zikomoka ku mata. Iyo ufungura indya zituma umuntu agira amagara meza, wumva umerewe neza.

Eating Healthy

Eating healthy means eating a balanced variety of food every day. This includes eating whole grains, fruit, vegetables, meat, seafood, beans, milk, and other dairy products. When you eat food that is good for your body, you feel better.

Kugira amagara meza

Gufungura indya nziza biragufasha n'umuryango wawe kugumana amagara meza mu mubiri no mu mutwe. Birabafasha kandi mwese mu kugira inguvu zo gukora, zo kwiga mw'ishule no gukina!

Being Healthy

Eating healthy food keeps you and your family physically and mentally healthy. It also gives you and your family more strength for work, school, and play!



TOPIC 3—NUTRITION

Ivyamwa n'Imboga

Ni ngombwa kurya ivyamwa n'imboga nka gatanu ku munsu. Gufungura ivyamwa n'imboga biraguha amavitamine nyakuri umubiri wawe ukeneye kugira ngo umererwe neza. Kugira ngo umubiri uronke ayo mavitamine nkenerwa, fungura ivyamwa n'imboga z'amabara atandukanye.

Fruit and Vegetables

It is important to eat fruit and vegetables at least five times a day. Eating fruit and vegetables provides you with many natural vitamins that your body needs to be healthy. To get the vitamins your body needs, eat different colored fruit and vegetables.

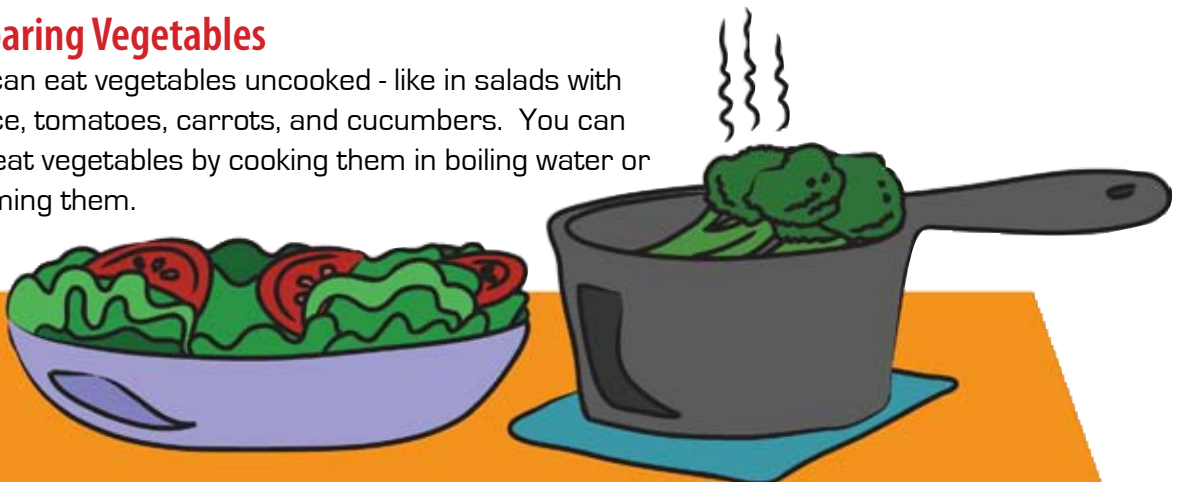


Gutegura imboga

Urashobora kurya imboga zidatetse, nk'imboga z'amababi zigenewe kuribwa ari mbisi, inyanya, amakaroti n'imyungu mito mito yoroshe. Urashobora kandi kurya imboga uzitetse mu mazi abize canke uzitetse nyuru y'amazi abira n'umuhisha.

Preparing Vegetables

You can eat vegetables uncooked - like in salads with lettuce, tomatoes, carrots, and cucumbers. You can also eat vegetables by cooking them in boiling water or steaming them.



TOPIC 3—NUTRITION

Intete Nkomezamubiri

Intete nkomezamubiri ni isoko rihambaye ry'inkomezamitsi. Inkomezamitsi ituma imfungurwa zoroherwa mu kuzunguruka mu mara, ikingira ingwara zimwe zimwe kandi irafasha kuguma ufise uburemere bugereranye. Uturorero mu mfungurwa z'intete nkomezamubiri ni umuceri usan'umugina, umukate w'ingano, n'izindi mfungurwa zikozwe mw'ifu y'ingano; nk'ubuyi canke umusururu. Ukwiye kurya imfungurwa z'intete nka kabiri ku munsi.



Whole Grains

Whole grains are an important source of fiber. Fiber can help keep your digestive system regular, prevent certain diseases, and control your weight. Some examples of whole grains are brown rice, whole wheat bread, whole wheat pasta, and cereals such as oatmeal. You should eat whole grains at least twice every day.

Gabanya Uburemere bw'umubiri

Itwararike kutarya ibinure vyinshi ku munsi. Iyo uteka, koresha amavuta atemba nk'ayahinguwe mu biterwa bimwe bimwe nk'amavuta y'ivyema, y'ibigori, aya kanola n'aya oliva, wirinde gukoresha amavuta y'inka n'amamesa. Kugabanya canke kwirinda kurya imfungurwa zirimo ibinure vyinshi bizogufasha kugumya uburemere buhagije kandi birashobora kugukingira indwara y'umutima hamwe na kanseri zimwe zimwe.

Lower the Amount of Fat

Limit the amount of fat you eat every day. When you cook, choose liquid vegetable oils, such as peanut oil, corn oil, canola oil, and olive oil, instead of butter and palm oil. Limiting the amount of fat you eat will help you maintain your weight and may help lower your risk of heart disease and certain cancers.



TOPIC 3—NUTRITION

Ibiribwa bitafise ibinure vyinshi

Hitamwo imfungurwa zisanzwe zifise ibinure bikeyi. Imboga zigisoromwa nizo nziza kuruta izabitswe igihe kinini. Uturorero tw'imfungurwa zirimwo ibivyibusha cane ni ibisate vy'ibiraya bikaranze, ibisuguti, imikate isosa cane, amafiriti, inkoko zikaranze n'amapiza. Imfungurwa zirimwo ibinure vyinshi ni mbi ku magara yawe kuko zishobora kugutera ingwara y'igisukari, ingwara y'umutima n'ukuyibuha cane.

Foods Low in Fat

Chose foods that are naturally low in fat, like chicken, fish, fruit, and vegetables. Fresh food is better than packaged food. Examples of foods that have high fat are chips, cookies, cakes, french fries, fried chicken, and pizza. Foods with high fat are bad for your health because they can cause diabetes, heart disease, and weight gain.



Gabanya Urugero rw'Umunyu

Umunyu mwinshi urashobora kukwononera amagara. Gabanya urugero rw'umunyu ukoresha uriko urateka. Gufungura imfungurwa zirimwo umunyu muke bituma umutima utera neza n'amaraso atembera neza. Sodiyumu ni irindi jambo bita umunyu.

Reduce the Amount of Salt

Too much salt can be bad for your health. Reduce the amount of salt you use when cooking. Eating foods low in salt helps to control your blood pressure. Sodium is another word for salt.



TOPIC 3—NUTRITION

Pima Urugero rw'Isukari

Isukari nyinshi ni mbi ku magara yawe. Itwararike kunywa ku rugero ibinyobwa birimwo isukari nyinshi; nk'ama soda, n'ibindi binyobwa bisosa, cane cane ku bana. Wewe n'umuryango wawe mwirinde kurya ibisosa nk'imbombo canke ibindi mwongerako muhejeje gufungura. Gufungura ibirimwo isukari nkeyi biragufasha kugumya uburemere bukwiye kandi bituma amenyo atabora kandi birafasha amenyo gukomera.

Limit the Amount of Sugar

Too much sugar is harmful to your health. Limit drinks that contain a lot of sugar, such as soda and fruit drinks, especially for children. Limit sweets, such as candy and dessert, that you and your family eat. Eating less sugar will help you maintain your weight and control tooth decay.



Abana b'Amagara meza

Ni ngombwa kugaburira abana bawe imfungurwa nziza kandi ngira kamaro (nkomezamagara). Abana bakeneye imfungurwa z'ingirakamaro kimwe n'abakuze, ariko ku rugero rw'uko bangana n'imyaka bafise.



Healthy Children

It is important to give your children healthy food. Children need the same healthy food as adults, but in amounts appropriate to their size and age.

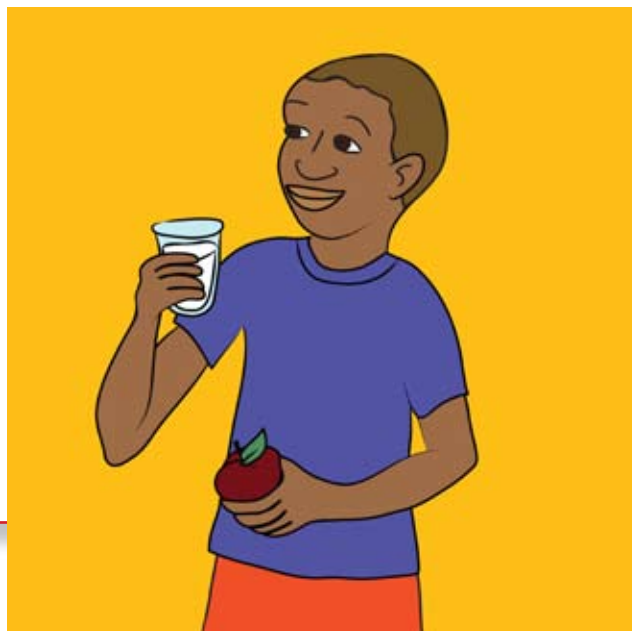
TOPIC 3—NUTRITION

Abana b'Amagara meza

Utegerezwa kumenya ko banywa amata akwiye kugira amagufa n'amenyo yabo akomere. Ntibakwiye kurya imfungurwa nyinshi zirimwo ibinure vyinshi nk'udukate dusosa cane, inkarange z'ibiraya n'ibindi bihinguwe ngo biribwe vuba. Abana bafunguye neza barakurikira mw'ishule kandi bibafasha kutarenza urugero mu bunini.

Healthy Children

Make sure children drink enough milk to build strong bones and teeth. Children should not eat a lot of high fat foods, such as cookies, chips, and fast food. When children eat healthy, they do better in school and avoid becoming overweight.



Reka Kurera Amaboko

Kugira ico ukora biragufasha n'umuryango wawe kugira amagara meza, kugira inguvu nyinshi, kumera neza mu mubiri no kugumana uburemere bugereranye. Abantu bakuze bakwiye kugira imyimenyerezo yo kunonora imitsi nk'iminota mirongo itatu ku munsi.

Stay Active

Being active helps you and your family stay healthy, have more energy, feel better, and maintain a healthy weight. Adults should get at least thirty minutes of activity every day.



TOPIC 3—NUTRITION

Uburyo bwo

Rungika abana gukina canke kwononora imitsi nk'isaha ku muni kandi ugabanye umwanya baraba televiziyo. Ibintu bifasha abana n'abakuze kunonora imitsi ni nko gutembera ku maguru, gutamba, gukina inkino, kugendera kw'ikinga n'ugusimba umugozi.

Ways to be Active

Encourage children to get at least one hour of physical activity every day and limit the amount of television they watch. Activities for adults and children can include walking, dancing, playing sports, riding bicycles, and jumping rope.



Umwanya Ngirakamaro wo Gufungura

Koresha umwanya wo gufungurira hamwe n'umuryango kugira muganire n'abana ivyerekeye imico n'imigenzo ngendegwako mu buzima. Abana basangira n'abavyeyi iminsi yose barusha abandi amagara meza kandi bakora neza gusumba mw'ishule. Gufungurira hamwe bikomeza ubumwe n'umwumvikano mu miryango.

Healthy Meal Time

Use family meal time to find out about your children's day and to share your culture and values with them. Children who eat with their family on a regular basis are healthier and do better in school. Eating together also helps families stay more connected to each other.



TOPIC 3—NUTRITION

Itwararike Uburemere Bwawe

Birakenewe cane kwirinda kuvyibuha birenze urugero. Kuvyibuha birenze urugero bishobora gutera:

- Ingorane mu ngingo z'amagufa
- Ingorane z'amaraso yiruka anyaruka
- Ingwara y'igisukari
- Ingwara y'umutima
- Kugwara ubwoko butandukanye bwa kanseri

Control Your Weight

It is important to prevent being overweight.

Being overweight may cause:

- Joint problems
- High blood pressure
- Diabetes
- Heart disease
- Some cancers



Gusuma Imfungurwa Ngirakamaro

Ringaniza neza ivyo ugomba gufungura hanyuma ubishire ku rutonde imbere yo kuja gusuma. Ubonye ko ivyamwa canke imboga bahejeje gusoroma bizimvye, gura ibikanye cane, canke ibiri mu bigopo. Gereranya neza ivyakoze n'amahinguriro azimbutse abe arivyo ucagura kugira uziganye. Kumenya neza imangazini usumiramwo birafasha mu kuziganya amahera no kugura imfungurwa zibereye umuryango wawe. Guma ucungana nuko ibiciro vy'ibifungurwa ukeneye vyagabanijwe. Baza uwujewe ku gufasha ibindi woba wifuza kumenya kuri ibi bintu vyose vyasiguwe.



Shop for Healthy Foods

Plan your meals and make a list before going food shopping. If fresh fruit and vegetables cost too much, buy frozen or canned ones. Compare brands and buy the lowest cost brand to save money. Look for sales or discounts on food you need. By knowing your food store, you can save money and buy healthy foods for you and your family.

TOPIC 4—HEALTH

Ivyerekeye kwivuzza no Kubungabunga Amagara muri Leta zunze

Ubumwe z’Amerika

Birakenewe cane kubungabunga amagara yawe hamwe n’ukumenya ingene ubuvuzi burunganijwe muri Amerika.

Health Services in the United States

It is important to take care of your health and understand how the health care system works in the United States.



Itegekanywa ryo Kuriha mu Kwivuzza

Muri Amerika ntibavura ku buntu kandi ukwivuzza kurashobora kuzimba cane. Impunzi barashobora kuzifasha kuriha amahera yo kwivuzza babicishije mu migambi bita “Medicaid” hamwe na “Refugee Medical Assistance.”

Health Coverage

Health services in the United States are not free and can be very expensive. Refugees can receive help paying for health care through programs called Medicaid and Refugee Medical Assistance.



TOPIC 4—HEALTH

Medicaid

Medicaid ni umugambi wishinze gufasha abantu bafise uburyo buke mu kubarihira amahera makeyi canke yose muvyekeye kwivuzwa. Imiryango y'impunzi n'abana babo barashobora kuronka imfashanyo ya Medicaid iyo baje muri Amerika. Urashobora kandi gufashwa n'uwo mugambi wa Medicaid iyo usanzwe uronka imfashanyo ihabwa abantu bita ntahonikora ari yo "Supplemental Security Income" SSI.

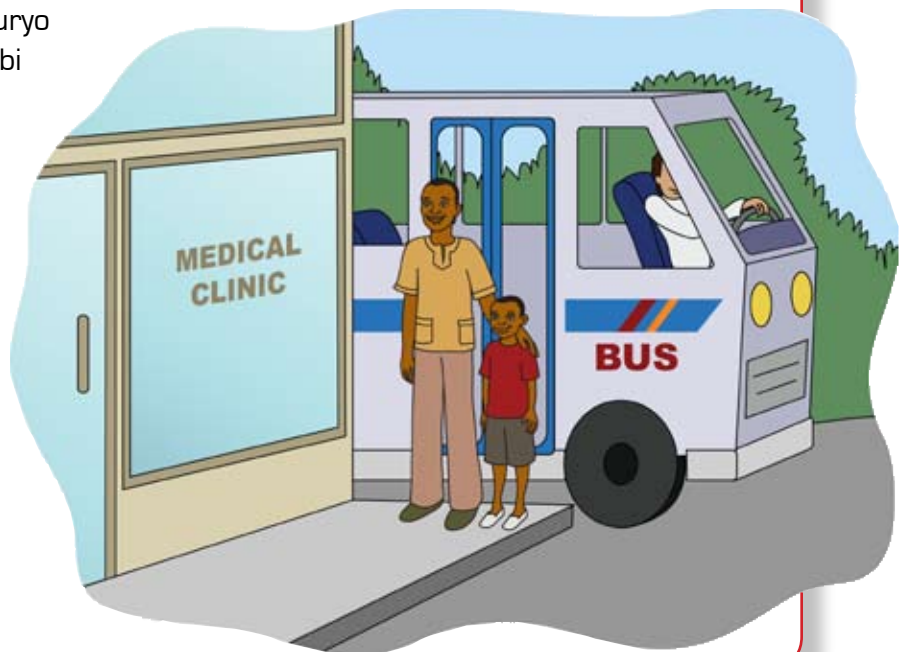


Medicaid is a medical assistance program that helps families with little money pay for some or all of their medical bills. Refugee families with children can get Medicaid when they come to the United States. You can also get Medicaid if you are receiving Supplemental Security Income or SSI.

Medicaid

Leta imwe imwe mu zigize Amerika irafise ingene iringaniza iyerekeye abaronka imfashanyo ya Medicaid. Hari uburyo bwinshi muvyekeye uyo mugambi wa Medicaid. Uraheza ugatora uburyo bukwohoheye n'abaganga bakorera hafi y'aho uba.

Every state has different requirements for who can get Medicaid. There are different Medicaid plans. You need to pick a plan that works best for you and that has doctors who work near you.



TOPIC 4—HEALTH

Gukoresha “Medicaid”

Uwujewe ku gufasha mu kwezi kwa mbere ushitse muri Amerika arashobora kukwerekana ingene woronka iyo mfashanyo ya Medicaid. Bazokurungikira muri posita agakarata ko kwivurizako mu bitaro canke kwa muganga. Hari ibitaro n’abaganga batemera Medicaid. Imbere yo gusaba kubonana na muganga, banza uhamagare ubaze ko bemere Medicaid.

Using Medicaid

Your caseworker can help you apply for Medicaid during your first month in the United States. You will receive a card in the mail that you can use at the hospital or doctor’s office. Some hospitals and doctors do not accept Medicaid. Call to find out if they accept it before your appointment.



Ibituma uronka canke utaronka “Medicaid”

Urashobora kuronka imfashanyo ya Medicaid mu kiringo gishika ku myaka indwi. Iyo myaka iheze, iyo kubandanya uronka imfashanyo, biva ingene imigambi ya Medicaid iringanijwe muri Leta imwe imwe. Impunzi zidafise abana kandi zikorera amahera menshi ntizishobora gufashwa na Medicaid.

Limits on Receiving Medicaid

You can receive Medicaid for up to seven years after you arrive to the United States. It is optional for states’ Medicaid programs to cover you more than seven years. Refugees who do not have children and make too much money may not qualify for Medicaid.



TOPIC 4—HEALTH

Gufasha Impunzi mu Kwivuza

Iyo udakwije vya ngombwa kugira ufashwe na Medicaid, mukwivuza urashobora kuronka imfashanyo yagenewe impunzi mu kiringo c’amezi umunani ugishika muri Amerika. Hacye ayo mezi umunani yambere, ntuba ugishobora kuronka iyo mfashanyo yo kwivuza igenewe impunzi.

Refugee Medical Assistance

If you are not eligible for Medicaid, you may get Refugee Medical Assistance for the first eight months after you arrive in the United States. After the first eight months, you will no longer be eligible for Refugee Medical Assistance.



Asiransi yo Kwivuza y’Abikorera Utwabo

Hari abantu canke imiryango bigurira asiransi yo kwivuza babicishije ku babakoresha canke bakayigurira bonyene. Iyo asiransi irafasha mu kurihira umugwayi amahera yo kwa muganga. Ni ukuvuga ko umuntu aza arariha buri kwezi amahera makeyi muri iryo shirahamwe rya asiransi canke bakayamukata ku mushahara.

Private Health Insurance

Some individuals and families buy private health insurance through their job or on their own. Private health insurance helps cover a person’s medical care costs. A person pays an amount of money each month to the insurance company or has it deducted from a paycheck.



TOPIC 4—HEALTH

Asiransi yo Kwivuza y'Abikorera Utwabo

Iyo rero umuntu agwaye, iryo shirahamwe rya asiransi riraheza rikamufasha kuriha ibice bitari bike vy'amahera yo kwivuza. Hari ibitaro bitemera amashirahamwe ya asiransi yose, ku buryo ukwiye kwama ubaza imbere yo kugendayo. Ni vyiza kwama ugendana agakarata ka asiransi hamwe n'ikarata ndangamuntu yawe iriko ifoto.

Private Health Insurance

If the person becomes sick, the insurance company covers a part of the medical bill. Some hospitals do not accept certain insurance plans so always ask if they accept your insurance before going. It is a good idea to carry your insurance card and picture identification with you at all times.



Itegekanywa ryo Kuriha mu Kwivuza

Birakenewe gutegekanya uburyo bwo kuriha iyo umuntu agwaye kuko muri Amerika amahera yo kwivuza azimye cane. Iyo utabitegekaniye ngo urondere asiransi ikurihira, amahera yo mu bitaro canke ya muganga uraheza ukayirihira yose. Ariko ama Leta amwe amwe arafise wa mugambi wa Medicaid ufasha iyo umuntu agwaye giturumbuka; ivyo uzobisiguzwa ku muntu ajejwe ku gufasha.

Health Coverage

Health coverage is important to have because health care is very expensive in the United States. If you do not have it and you need to go to the hospital or see a doctor, you will have to pay for all the bills yourself. However, some states have emergency Medicaid which your caseworker can give you more information about.



TOPIC 4—HEALTH

Abaganga n'Amavuriro Mato mato

Ibiro vya muganga canke ivuriro ritoyi niho wogenda kwivuza iyo wumva ugwaye canke ukeneye kwisuzumisha nk'ukwicandagisha canke gupimisha amaraso. Abaganga benshi kugira bakwakire basaba ko uba ufise isaha utegerezwa gushikirako. Ariko, hariho abashobora kukwakira isaha yose ushikiyeko.

Doctors and Health Clinics

A doctor's office or health clinic is where you go if you feel sick, or if you need health services like vaccinations or blood tests. Most doctor's offices and clinics ask that you call to make an appointment. However, some clinics may have walk-in services.



Ibitaro

Ibitaro n'ahantu wivuriza ugwaye cane, iyo umuganga wawe akurungitse kwisuzumisha, iyo bakubaga canke iyo wafashwe n'ingwara giturumbuka. Urashobora kuja mu bitaro iyo wafashwe n'ingwara giturumbuka. Uturorero ni nk'iyi waravye ugata ubwenge, ufashwe n'ingwara y'umutima canke ufise ububabare bwinshi bwa giturumbuka.

Hospitals

A hospital is where you go if you feel very sick, if your doctor sends you there for tests or surgery, or if you have a medical emergency. A medical emergency is an extreme and sudden health problem. For example, losing consciousness, having signs of a heart attack, or experiencing sudden and severe pain.



TOPIC 4—HEALTH

Kwama Wisuzumisha

Birakenewe cane ko mwe n'umuryango wawe mubonana na muganga rimwe mu mwaka kugira abasuzume. Ivyo bavyita “check-up.” Umuganga azoheza agusuzume naho woba utagwaye. Hari ingwara canke amakanseri bashobora gutora zitarakomera ngo zigusinzikaze.

Routine Medical Exams

It is important that you and your family go to the doctor once a year for a routine medical exam or check-up. The doctor will examine you even if you feel healthy. Some diseases or cancers may be found before they become serious.



Kubonana na Muganga

Iyo ugiye kubonana na muganga ni ngombwa kumwiganira ingene umerewe kandi gutegera ivyo akubarira. Iyo utumva neza icongereza, umuganga canke ibitaro baraha za bakukuronderera uwusobanura mu rurimi wumva. Urafise uburenganzira bwo gusaba ko bakuronderera umusobanuzi kugira mwumvikane na muganga.

Seeing the Doctor

When you visit the doctor, it is very important to tell the doctor how you feel and that you understand what the doctor is saying. If you have limited English skills, the doctor, clinic, or hospital should provide interpretation services. It is your right to ask for an interpreter to help you communicate with the doctor.



TOPIC 4—HEALTH

Gukoresha umusobanuzi

Umusobanuzi arabujijwe kuyaga hanze canke kwararaza ivyo mwavuganye na muganga wawe. Ibicuraba vyose vyo kwa muganga n'ibanga. Nturondere abana ngo bagusobanurire kwa muganga kuko hariho ibintu usanga bibarengeye kandi badakwiye kwumva.

Using an Interpreter

The interpreter is not allowed to share the information you and your doctor discuss with anyone else. This information is confidential. Avoid using children as interpreters as some information may be inappropriate for them to hear.



Kubonana na Muganga

Iyo udatahura neza ivyo muganga avuga n'ugusaba ko muganga canke uwusobanu bagusubiriramwo ivyo bavuze. Ntutinye kubaza ibibazo woba ufise!

Seeing the Doctor

If you do not understand the doctor, you should ask the doctor or interpreter to repeat what they are saying. Do not be afraid to ask questions!

TOPIC 4—HEALTH

Imiti

Birakenewe cane gutegera:

- Igituma uriko ufata umuti
- Ingene ukoresha umuti muganga yakwandikiye
- Ingene n'incuro ufata umuti ku munsu n'igihe co guhagarika kuwufata
- Ko utegerezwa gufata umuti uriko urafungura
- Ko umuti ufata ufise izindi ngaruka mbi

Medicine

It is very important that you understand:

- Why you are taking medicine
- What to do with the medicine the doctor prescribes
- How many times a day you need to take the medicine and when to stop taking it
- If you need to take the medicine with food
- If the medicine has any side effects



Imiti

Uzokenera ko muganga akwandikira umuti kugira uwugure mu mangazini y'imiti bita faramasi. Hari aho utegerezwa gutanga amahera ku muti naho woba ufise asiransi canke Medicaid. Ayo mahera bayita “co-pay.”

Prescriptions

You will need a doctor's prescription to get your medicine filled at a pharmacy. You might have to pay a fee for the medicine even if you have insurance or Medicaid. This fee is called a co-pay.



TOPIC 4—HEALTH

Gufata imiti

Ni ngombwa kubandanya ufata umuti uko muganga yabikwandikiye naho woba wumva ko wagize mitende canke ubabara cane. Iyo wumvise uguma uremba cane, ububabare bukaba umurengera, telefona muganga wawe. Umuti ntukora neza iyo utawufashe uko babigutegetse kandi birashobora gutuma indwara igaruka.

Taking Medicine

It is important to continue taking your medicine as instructed by your doctor even if you start to feel better or if you feel worse. If you continue to feel worse, call your doctor. Medicine is not effective if you do not follow the directions correctly and it may cause your illness to return.



Kubika imiti

Utegerezwa kubika imiti yose aho abana badashikira. Ni ukuyishingura mu kabati kugazwa n'urufunguzo canke ahantu abana badashobora kuyishikira.

Storing Medicine

Make sure you store any medicine away from children. Keep it in a locked cabinet or in a place where children cannot get to it.

TOPIC 4—HEALTH

Amagara Yawe

Hari uburyo bwinshi bwo kwamana amagara meza mwe n'umuryango wawe. Hariho gufungura imfungurwa nziza, kunonora imitsi, kubonana na muganga no kwiwandikisha muri asiransi y'ukwivuzza. Kubungabunga amagara yawe harimwo n'iyerekeye kuvyara ku rugero.

Your Health

There are many ways to keep you and your family healthy. These include eating food that is good for you, exercising, visiting the doctor, and having health coverage. Taking care of your health also means thinking about family planning.

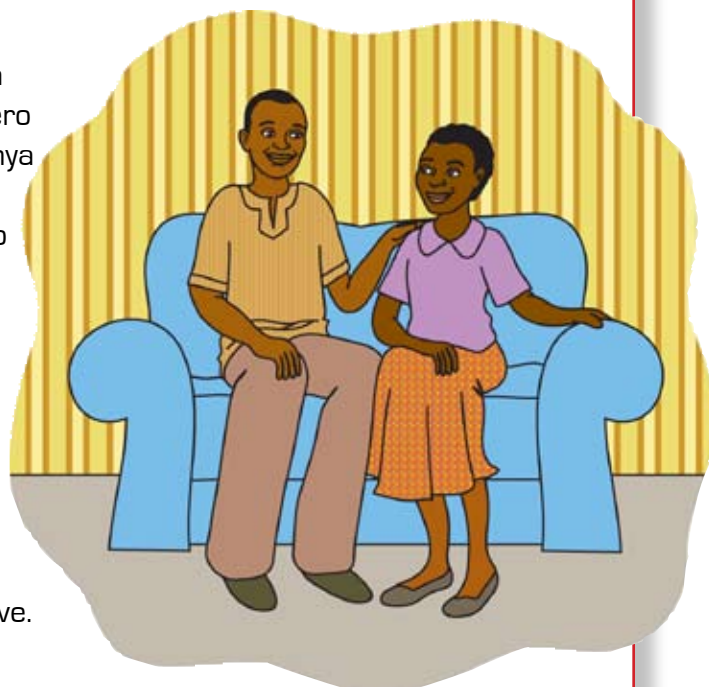


Kuvyara ku Rugero

Abubatse hamwe barategekanya igihe bipfuzza kurondoka bakaronka abana. Abandi bagashima kubana ariko ntibigere bavyara. Kuvyara ku rugero arivyo bita “family planning” ni uburyo bwo kumenya no kuringaniza igihe kibereye gusama inda n'ugutegekanya abana wifuza kuvyara. Umugabo n'umugore bategerezwa kubivugana hanyuma bakumvikana ico bashitseko.

Family Planning

Some couples plan when they want to start a family and have children. Some couples may decide they do not want to have any children. Family planning is a way to control when you get pregnant and how many children you want to have. The man and woman should decide after talking about it together.



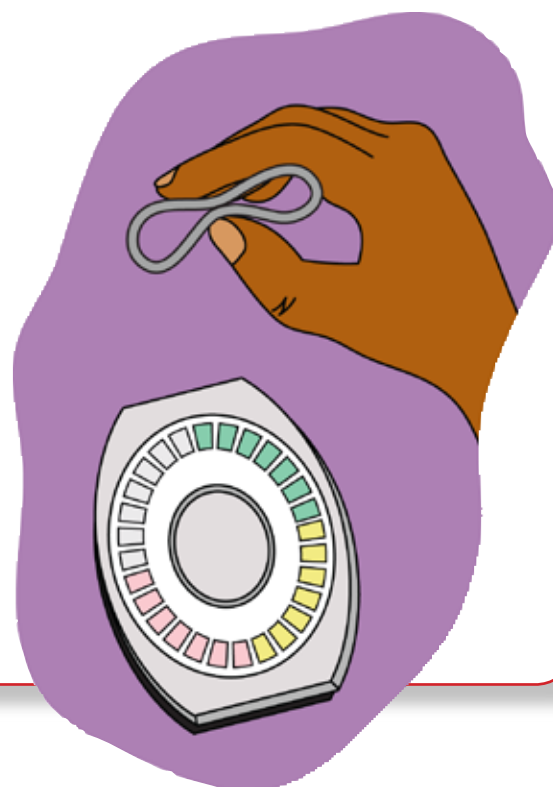
TOPIC 4—HEALTH

Kuringaniza iruvyaro

Muri Amerika, urashobora gushinga igihe wifuza kuzoronka abana mugukoresha uburyo bwinshi bwo kuyara ku rugero. Gukoresha ivyagenewe kugera uruvyaro ntibituma umuntu aba ingumba canke intavyara, ahubwo bifasha kudasama inda utavyiteguriye

Birth Control

In the United States, you can decide when you want to have children by using certain products called birth control. The use of birth control does not make you infertile or barren, it just controls when you get pregnant.



Kuringaniza iruvyaro

Ni ngombwa kuvugana na muganga wawe uburyo bubereye gukoresha kugira ntusame utavyiteguriye. Ariko ni ukumenya ko ubwo buryo bwose budakinga gutwara inda igihe cose.

Birth Control

It is important to talk to your doctor about the type of birth control that is right for you. However, no method of birth control is completely guaranteed to prevent pregnancy.



TOPIC 4—HEALTH

Uburyo butandukanye bwo kuringaniza uruvyaro

Hari uburyo bwinshi bwo gukinga gutwara inda. **Udufuko** nibwo buryo bwo nyene bukingira gutwara inda kandi bugakingira ingwara zifatira mu bihimba vy'irondoka nka SIDA. Hariho ubwoko bubiri; udufuko tw'abagore n'udufuko tw'abagabo.

Birth Control Options

There are many birth control options. **Condoms** are the only type of birth control that help to protect against sexually transmitted diseases, such as HIV/AIDS. There are two types of condoms, one for females and one for males.



Uburyo butandukanye bwo kuringaniza uruvyaro

Ibinini vyo kumira ni ikinini canke umugwi w'ibinini banywa bacishije mu kanwa kandi bakabifata iminsi yose. Inshinge bita "**Depo-Provera injections**" bazitera nk'urushinge rusanze. Abagore baziteza uko amezi atatu aheze.

Birth Control Options

Oral contraceptive is a pill or tablet that is swallowed through the mouth and should be taken daily. **Depo-Provera** is injected like a shot. Women get the injections every three months.



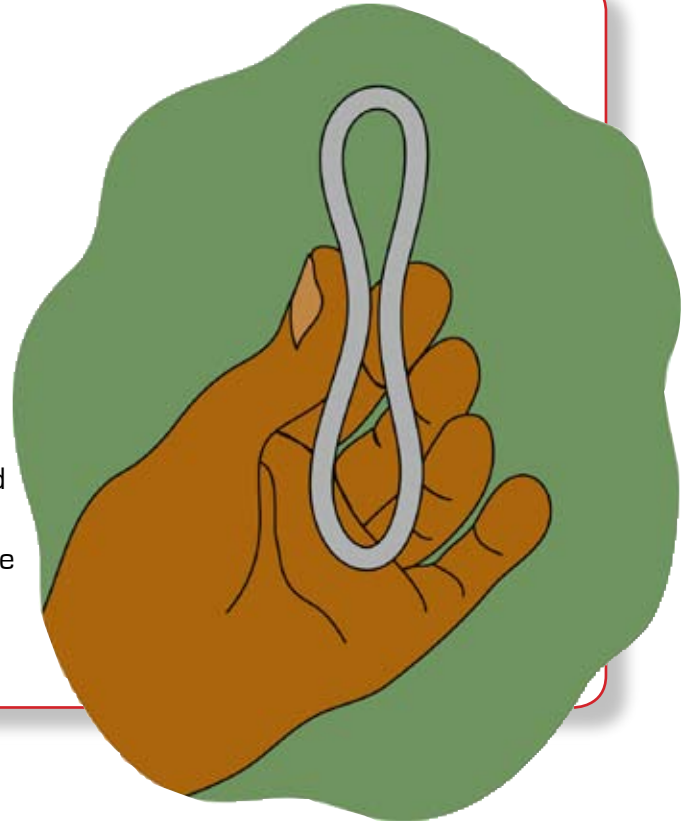
TOPIC 4—HEALTH

Uburyo butandukanye bwo kuringaniza uruvyaro

Ivyo bita “**Nuvaring**” ni akantu kameze nk’impeta umugore yiyinjizamwo mu gihimba c’irondoka. Ako kantu akigumizamwo amayinga atatu hanyuma akagakurayo mu kiringo c’yinga ari mu butinyanka. Araheza avuye mu butinyanka (mu kwezi) agakoresha akandi gashasha.

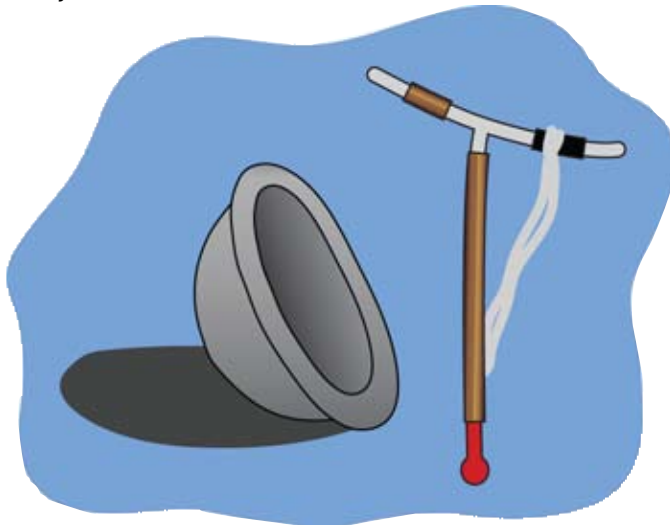
Birth Control Options

Nuvaring is in the shape of a ring and is inserted by the woman into her vagina. It is worn for three weeks and taken out for one week while the woman is menstruating. After each menstrual cycle, a new ring is used.



Uburyo butandukanye bwo kuringaniza uruvyaro

Ivyo bita “**Intrauterine Device (IUD)**” ni akantu gateye nk’indome T umuganga ashira mu gitereko c’umugore. Ivyo bita “**diaphragm or cervical cap**” ni akantu kameze nk’agakombe umugore yinjiza mu gihimba c’irondoka imbere yo kurangura amabanga y’abubatse.



Birth Control Options

Intrauterine Device (IUD) is a T-shaped device that is placed inside a woman’s womb by a doctor. A **diaphragm or cervical cap** is in the shape of a cup and placed inside the vagina before sexual intercourse.

TOPIC 4—HEALTH

Kuronka imiti yo kuringaniza uruvyaro

Ushobora kuronka ivyo vyose bifasha gukingira gusama inda ubisavye kwa muganga, kw'ivuriro rikwegereye, kuri faramasi canke mu zindi magazini. Rimwe rimwe urakenera urwandiko rwa muganga kugira ugure ivyo bifasha kuyara ku rugero. Iyo bifasha kuyara ku rugero bifise ibiciro bitandukanye. Iyo ufise asiransi y'ukwivuzza, irashobora gufasha mu kuriha. Ni ukubiganira na muganga kugira akurangire uburyo buzimbutse.

Getting Birth Control

You can get birth control from the doctor's office, pharmacy, clinic, or store. Sometimes you need a prescription to buy birth control. Each birth control has a different price. If you have medical insurance, it might cover the expenses. Talk to your doctor about finding assistance for the costs.



Kuringaniza iruvyaro

Hari abagore batinya iyo ari ubwambere bafata canke bakoresha ubwo buryo bwo kugera uruvyaro, bakishiramwo ko batazoshobora kuronka umwana canke ko umugabo aca aba ingumba. Iyo si vyo namba. Muri Amerika ubwo buryo barabukoresha cane kandi nta nkurikizi mbi ziriho. Urashobora guhagarika gukoresha ivyo bintu iyo ugomba kuyara.

Birth Control

Some women are afraid of taking birth control for the first time because they believe that birth control will permanently prevent a woman from getting pregnant or a man from being able to get a woman pregnant. This is not true. In the United States, birth control is widely used and very safe. You can stop using birth control if you want to have children.

TOPIC 4—HEALTH

Amagara meza yawe nay'umuryango wawe

Gutahura ingene ivy'ubuvuzi biringanijwe muri Amerika birakenewe cane kugira wivuze neza. Gerageza ubonane na muganga rimwe mu mwaka kugira agusuzume, ni ugusaba umusobanuzi kugira wumvikane na muganga kandi usabwe gukurikiza neza ivyo yakubariye mu gufata imiti. Kuvugwa neza hamwe n'ukwihereza imfungugwa z'ingira kamaro ufatanije n'ukunonora imitsi, bizobafasha n'umuryango wawe kugira amagara meza.

Good Health for You and Your Family

Understanding the health care system in the United States is necessary for you to access good health care. See a doctor for a routine medical exam once a year, ask for an interpreter if you do not understand the doctor, and follow instructions for taking medicine. Receiving good health care combined with a good diet and exercise will keep you and your family healthy.



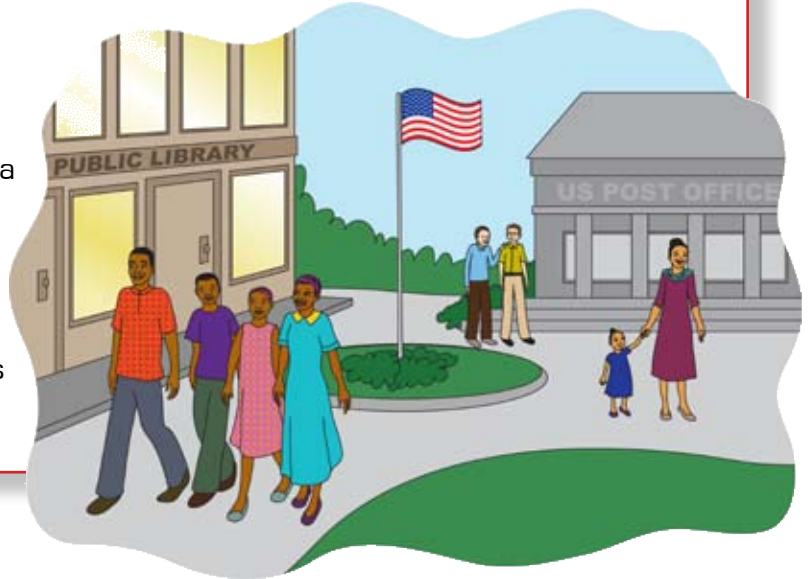
TOPIC 5—ADJUSTING TO A NEW HOME

Kumenyera Umugerero

Kuza kuba muri Amerika biratera akanyamuneza kuko n'igihugu kirimwo ibintu vyinshi bishobora kuguteza imbere. Ariko kandi ntivyoroshe cane kuko wewe n'umuryango wawe mutegerezwa kwiga kuba no gukora mu gihugu gishasha gifise n'imico yaco. Muri iki kigabane tuza kuvugamwo ibintu bishobora kugushikira n'ingene uzobitorera inyishu uriko uramenyera.

Adjustment

Coming to the United States is an exciting time with many possible opportunities available to you. It is also a challenging time for you and your family as you must learn to live and work in a new country and new culture. This section will talk about what you can expect and ways to overcome problems as you adjust.



Kumenyera Umugerero bisigura iki?

Kumenyera kuba ahantu hashasha (umugerero) ni uburyo bwo kwiga kubaho n'ugukora mu gihugu gishasha. Bisaba kwiga ingene ibintu bishasha bimeze n'ingene bikorwa.

Uturorero:

- Guhura n'abantu bashasha
- Kwiga ururimi rushasha
- Gukora ibikorwa udasanze ukora mu muryango
- Kwiga kubaho utabona ahantu canke abantu wari usanzwe umenyereye

What Is Adjustment?

Adjustment is the process of learning to live and work in a new country. It involves making changes and learning new things. For example:

- Meeting new people
- Learning a new language
- Taking on different family roles
- Learning to live without familiar places and people



TOPIC 5—ADJUSTING TO A NEW HOME

Akaranga n'iki?

Akaranga n'ukuvuga imico n'imigenzo umugwi w'abantu baba hamwe basangiye. Mu karanga harimwo ururimi abantu bavuga, ubuhinga n'imyifato yabo. Imico n'imigenzo niyo iranga abantu muvuyo bavuga canke bakora. Kwiga akaranga gashasha biri muvuyo uziga kugira ube mu gihugu gishasha. Ntutegerezwa guhinduka rwose ngo ube nk'umunyamerika ariko n'ukwiga ingene wobaho ugakora muri iyo mico mishasha.

What Is Culture?

Culture is a set of beliefs and values that a group of people share. Culture can include a group's language, art, and attitudes. These beliefs and values influence what people say and do. Learning a new culture is part of learning to live in your new country. You do not have to change completely and follow American culture, you just have to learn to live and work within it.



Ibice vyo Kumenyera Umugerero

Kumenyera ahantu biratandukanye ku muntu wese ariko hari ivyo abantu bahurizako iyo batanguye ubuzima mu gihugu gishasha. Ibuka ko abantu batamererwa kumwe ku vyerekeye iri hinduka ry'ukubaho kandi bibafata umwanya utandukanye tutibagiye n'abana.



The Stages of Adjustment

Not everyone's experience is exactly the same, but there is a general pattern most people follow as they adjust to a new country and culture. Remember that different people may feel these things more or less intensely and for different lengths of time, including children.

TOPIC 5—ADJUSTING TO A NEW HOME

Igice ca mbere – Ugushika

Ucururuka indege hamwe no mu mayinga yambere, ubona ko vyose bimeze neza. Ubona abantu bameze neza, hari ibintu vyinshi kandi vyiza vyo gukora, kuburyo wiyumvira ko ingorane zawe zose zigiyeye guhera. Uzokwumva umunezero, umutekano, eka wumve uruhutse.

Stage One – Arrival

When you get off the plane and several weeks after that everything seems wonderful and exciting. The people seem kind, opportunities are endless, and you feel like all of your problems are over. You may feel happy, safe, and relieved.



Igice ca Kabiri – Ukuri kw'ibintu

Haciye amayinga atari make uri muri Amerika, uko umenyera utangura kugira ibintu vyiyumviro. Utangura kubona muvy'ukuri ingene ibintu bimeze muri Amerika. Urashobora kwipfuzza gusubira iwanyu. Hari aho ubona ibintu bitoroshe. Ukagira umubabaro, ishavu, ugatangara, ukumva bikurengeye.

Stage Two – Reality

After several weeks in the United States, your feelings may begin to change as reality starts to sink in. You see how different things are in the United States. You may wish to go home. You may feel like things are too hard. You may feel sad, angry, disappointed, and overwhelmed.



TOPIC 5—ADJUSTING TO A NEW HOME

Igice ca Gatatu – Kumenyera Umugerero

Ivyo vyiyumviro ni ibisanzwe kandi igihe kigeze bizokuvamwo. Imenyera ry'umugerero n'ibintu biza buke buke, ariko hari naho wosanga bidataye ubwoba canke ngo bigore uko uvyibaza. Uzoronka abagenzi bashasha kandi uzoronka n'ivyo ukora. Ntuzokumbura igihugu cawe rwose. Uzotangura kwishiramwo ko Amerika arico gihugu cawe.

Stage Three – Adjustment

These feelings are normal and in time, they will go away. Adjusting is a slow process, but eventually things will not feel as strange and difficult. You will find new friends and things to do. You will not miss your home country as much. You will start to think of the United States as your home.



Ukwiye gukora iki?

Kugira umenyere neza utegerezwa kugira akigoro mu gukora ibintu bitari bike.

- Rondera ibintu vyiza bigukikije. Ibikugoye ubone ko ari uburyo bwo gukura no kwiga.
- Emera ko kwiga no kumenyera bifata umwanya. Ni ibisanzwe kwumva unaniwe canke ufise umubabaro.

What Can You Do?

Adjusting requires some important efforts on your part.

- Look for the good around you. See challenges as a way to grow and learn.
- Accept that it takes time to learn and adapt. It is okay to feel overwhelmed and sad sometimes.



TOPIC 5—ADJUSTING TO A NEW HOME

Ukwiye gukora iki?

- Fata akanya ukore ibikunzezeza.
- Ntiwinyegeze mu nzu. Ubahuka gukorana n'abantu bashasha kandi ugerageze kurondera ivyo wokora bindi.
- Rondera abagenzi b'abanyamerika.
- Gerageza kwiga igihugu cawe gishasha. Uko ukimenya niko utahura abantu mubana mu micungararo.
- Rondera umwanya wo kuganira n'umuryango hamwe n'abagenzi. Muganire ibintu bishasha muriko murabona.



What Can You Do?

- Take time to do things you enjoy.
- Do not hide at home. Find the courage to do things with new people and to try new things.
- Make friends with Americans.
- Learn about your new country. The more you learn, the better you will understand the people around you.
- Spend time with your family and friends. Share your experience with them.



TOPIC 5—ADJUSTING TO A NEW HOME

Kuremerwa ku mutima n'ukuvuga iki?

Kuremerwa n'ingene wifata iyo ingorane zigushikiye. Kuremerwa ni ibintu bisanzwe bishika mu buzima ariko birashobora gusinzikaza amagara yawe. Hari ibishobora kuremera umuntu ariko uwundi ntibimuremere. Ibintu vyinshi rero birashobora kuremera; nk'urupfu rw'umukunzi, ubugeni, kwibungenga, gukora akazi gashasha, kwinjira inzu nshasha, indwara canke ingorane z'amafaranga.



What Is Stress?

Stress is how you react to difficult situations. Stress is a natural part of life, but it can be harmful to your health. What is stressful for one person may not be for another. Many things can cause stress, such as death of a loved one, marriage, pregnancy, a new job, moving to a new home, illness, and money problems.

Ibimenyetso vy'Uburemere bw'umutima

Uburemerwe bw'umutima bwiyerekana kw'inshi: hari mu mutwe, mu mubiri, mu guhababuka, canke mu mibano n'abandi. Ibimenyetso vy'uburemere bw'umutima ni nk'ibi: kumeneka umutwe, kubura itiro, kunywa inzoga nyinshi, kwumva udashaka gukora ikintu na kimwe, kurira, kumva ushavuye canke guhunga abagenzi n'umuryango.

Signs of Stress

People feel stress in many ways, including mentally, physically, emotionally, or socially. Some of the signs of stress are: headaches, trouble sleeping, drinking alcohol, not feeling like doing anything, crying, feeling angry, or avoiding friends and family.



TOPIC 5—ADJUSTING TO A NEW HOME

Uburyo bwo kurinda Uburemere bw'umutima

Ni ngombwa cane kumenya ibituma umutima wawe uremerwa kugira uvirinde. Kwirinda uburemerwe bw'umutima ushobora gutezura imitsi mu kwiyegegeranya ukaguma hamwe wiyumvira ibintu vyiza, kuganira n'umuryango hamwe n'abagenzi, gusinzira neza umwanya ukwiye, gufungura neza, gutwenga, gutembera ku maguru canke kunonora imitsi, kurondera abantu bogufasha.

Ways to Manage Stress

It is important to learn what makes you stressed and how to manage stress. To manage stress you can meditate, talk to family and friends, get enough sleep, eat healthy, laugh, take a walk, exercise, or ask for help.



Ihe umwanya wo kumenyera

Amerika irafise ibintu vyinshi bishobora kuguteza imbere. Ariko rero mu ntango birashobora kugora. Impunzi zishikirwa n'ingorane nyinshi nshasha zishobora gutuma baremerwa ku mutima. Birakenewe cane kumenya ingene wirinda uburemerwe bw'umutima, n'ingene wumenyera imico y'igihugu gishasha. Ntugatinye kuvuga ingene umerewe muri ubwo buzima bushasha.

Give Yourself Time to Adjust

The United States offers many new opportunities. However, initial adjustment can be difficult. Refugees face many new challenges that can cause stress. It is important to understand how to deal with stress and how to adjust to a new culture. Do not be afraid to talk about how you are feeling and to ask for help.



TOPIC 6—SAFETY AND EMERGENCIES

Kubaho mu Mutekano

Hariho ibintu vyinshi wokora kugirango wewe n'abawe hamwe n'inzu yawe mugume mutekanye.

Staying Safe

There are many things you can do to keep you, your family, and your home safe.



Umutekano w'abana

Mugihe abana bariko barakina hanze, bategerezwa kuba bariko bararabwa n'abantu bakuze. Gukinira mw'ibarabara canke aho imodoka zihagarara si vyiza bishobora gutuma bagongwa n'imodoka bagakomereka.



Child Safety

Children should always be supervised by adults when playing outside. Playing in the street or parking lot is not safe for children because they can be hit by a car and hurt.

TOPIC 6—SAFETY AND EMERGENCIES

Umutekano w'abana

Abana ntibategerezwa kwijabukana ibarabara. Bategerezwa kuba barikumwe n'umuyeyi canke uwundi muntu akuze kugira ntibagongwe n'imodoka. Igisha abana bisumbuye kujabuka ibarabara. Koresha ahagenewe kujabuka abagenda n'amaguru hamwe n'ibimenyetso vy'ibarabara vyerekana kugenda kugira umenye nimba ushobora kujabuka. Raba hirya no hino imbere yo kujabuka kugirango urabe ko atamodoka ziriko ziraza.

Child Safety

Young children should not cross the street by themselves. They should cross with a parent or another adult to avoid getting hurt by a car. Teach older children how to safely cross the street. Use crosswalks and walk signals to tell you when it is safe to cross. Before crossing, always look left and right to make sure no cars are coming.



Umutekano w'abana

Ntusige umwana wenyene mu mazi canke impande y'amazi kugirango ntamunige. Umwana arashobora kunigwa n'amazi make cane. Koresha ibitangirizo kugira ngo ugumize abana kure y'ingazi canke mukazu ka sugumwe.

Child Safety

Never leave a child alone in or near water to prevent drowning. A child can drown in less than two inches of water. Use safety gates to keep small children away from stairs and out of bathrooms.



TOPIC 6—SAFETY AND EMERGENCIES

Umutekano w'inzu

Iminsi yose wame wugaye umuryango n'urufunguruzo, naho woba uri muhira. Ugara amadirisha imbere yuko usohoka kugirango wirinde ubusuma n'ubundi bugizi bwa nabi.

Home Safety

Always keep your door locked, even when you are home. Shut and lock your windows before you leave to prevent theft and other crimes.



Umutekano w'inzu

Ntiwugururire umuntu utazi. Baza ivyangombwa abantu utazi imbere yuko ubugururira naho boba bambaye umwambaro ubaranga. Igisha abana kutugururira umuryango abantu batazi.

Home Safety

Do not unlock or open your door for anyone you do not know. Ask strangers, including people in uniform, to first show you their identification. Teach children not to open the door to strangers.

TOPIC 6—SAFETY AND EMERGENCIES

Umutekano mu gikoni

Igikoni cawe gikoresha umuyagankuba canke umwuka bita gazi. Mugihe uriko urateka, guma mu gikoni. Uhejeje guteka, zimya amashiga n'iziko.

Kitchen Safety

Your kitchen has either a gas or electric stove. When using the stove to cook, do not leave the kitchen. When you are done using the stove or oven, make sure to turn it off.



Kwirinda umuriro

Igipimo c'umwotsi mu nzu kikumenyesha iyo umwotsi ubaye mwishi canke umuriro utanguye. Kizovuga cane kugira ngo kikumenyeshe ko hariho umwotsi canke umuriro mwinshi. Ibipimo vy'umwotsi biba kuruhome canke hejuru kw'idari y'inzu.

Fire Safety

A smoke alarm is a device that detects smoke and a possible fire in your home. It will beep loudly to alert you and your family if there is smoke or fire. Smoke alarms are usually mounted on a wall or ceiling.



TOPIC 6—SAFETY AND EMERGENCIES

Kwirinda umuriro

Abakotesha inzu bategerazwa gutanga icuma gipima umwotsi munzu. Icuma gipima umwotsi gitegerezwa kwama gikora kuko umuriro utanguye mu nzu nico kigutabariza kitarokora ubuzima bwawe. Utegerezwa guhindura amabateri muri ico cuma gipima umwotsi iyo bikenewe.

Fire Safety

Landlords must provide a smoke alarm in your apartment. The smoke alarm must always be working because if there is a fire, it can alert you and save your life. You are responsible for replacing batteries in your smoke alarm when needed.



Kwirinda umuriro

Utwuma dupima umwotsi mu nzu dutegerezwa gupimwa buri kwezi. Mu gupima, kora ahanditse “test.” Nikatavuga, amabateri canke icuma gitegerezwa guhindurwa ubwo nyene. Ntumanure aka kuma canke ngo ukuremwo amabateri.

Fire Safety

All smoke alarms should be tested once a month. To test it, touch the small “test” button on the front. If it does not make a beep or alarm sound, the batteries or alarm should be replaced immediately. Never take the smoke alarm down permanently or leave the battery out of it.



TOPIC 6—SAFETY AND EMERGENCIES

Kwirinda umuriro

Icuma kizimya umuriro gikoreshwa mu kuzimya canke kugabanya umuriro. Baza uwukotesha akwereke ingene wokoreshwa icuma kizimya umuriro. Utegerezwa kumenya aho ibizimya umuriro biri mu nzu yawe.



Fire Safety

A fire extinguisher is a device used to put out or control fires. Ask your landlord to show you how to use a fire extinguisher. Know where the fire extinguishers are in your apartment or building.



Kwirinda umuriro

Ubone umuriro wadutse mu gikoni cawe kuvyo uriko urateka, ntuzw wigere usukako amazi canke ifu mu kuwuzimya. Nimba umuriro ari muke, koresha umurumyo w'isafuriya mukugabanya urubeya rw'amavuta ariko araka. Zimya iziko ariko ugumizeko umurumyo gushika aho isafuriya ihora. Raba neza ntiwiturire. Vyanse canke umuriro ukaba mwinshi cane, koresha icuma kizimya umuriro.

Fire Safety

If a fire starts in your kitchen, never use water or flour to put out cooking fires. If the fire is small, put a pan lid over the flames to smother a grease or oil fire. Turn off the heat and leave the lid in place until the pan cools. Be careful not to burn yourself. If that does not work or the fire is too big to get close enough, use the fire extinguisher.



TOPIC 6—SAFETY AND EMERGENCIES

Kwirinda umuriro

Umuriro ni waba ari mwinshi cane, ntugire ngo wowuzimya nico cuma, WEWE N'ABAWA MUTEGEREZWA GUSOHOKA HANZE HANYUMA UGAHAMAGARA 911. Ubuzima bwawe burakenewe cane gusumba ibintu vyawe.



Fire Safety

If the fire is too big and you do not think you can put it out with a fire extinguisher, **YOU AND YOUR FAMILY NEED TO GET OUT OF THE BUILDING AND CALL 911!** Your life is more important than your things.

911 niki?

Muri Amerika, 911 ni inomero za telefone uhamagara kugira ngo ufashwe vyihutirwa. Hamagara 911:

- Guhamagara abafasha abarwayi bakomerewe
- Kuvuga ko hariho umuriro
- Kuvuga ko habaye ubugizi bwa nabi
- Kurondera inyishu y'ikibazo gikeneye umupolisi, nk'uwuguteye, umusuma canke amatati mu nzu

What Is 911?

In the United States, 911 is the phone number you dial to get emergency help. Call 911 to:

- Call an ambulance for emergency medical help
- Report a fire
- Report a crime
- Report a situation that requires a police officer on the scene, such as an assault, burglary, or a potentially violent situation



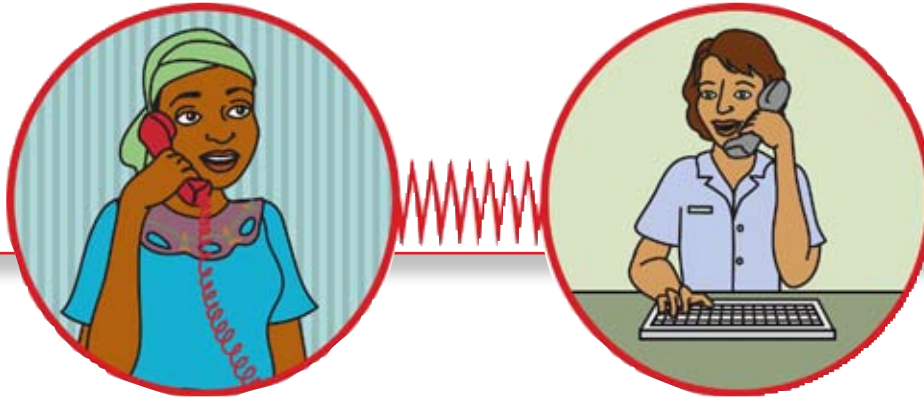
TOPIC 6—SAFETY AND EMERGENCIES

Guhamagara 911

Iyo uhamagaye 911, haracamwo akanya kimisegonda itanu canke itandatu hanyuma umuntu akitaba. Rindira umuntu yitabe. Ntuzimye telefone. Barira uwitavye ururimi uvuga nimba utavuga icongereza. Uwitaba ararondera uwumusigurira.

Calling 911

When you call 911, there will be silence for five to six seconds and then your call will be answered by an operator. Wait for the operator to answer. Do not hang up. Tell the operator what language you speak if you do not speak English. The operator will use an interpreter.



Guhamagara 911

Utegerezwa kubarira uwitavye ivyo ategazwa kumenya ngo agufashe. Mubarire impamvu uhamagaye hamwe naho uri. Guma kuri telefone kugeza wishuye ibibazo vyose ubajijwe. Ugume witonze kandi wihanganye.

Calling 911

You will need to provide the operator with as much information as you can. Tell the operator why you are calling, and where and what the emergency is. Stay on the phone until you answer all of the operator's questions. Remember to stay calm.



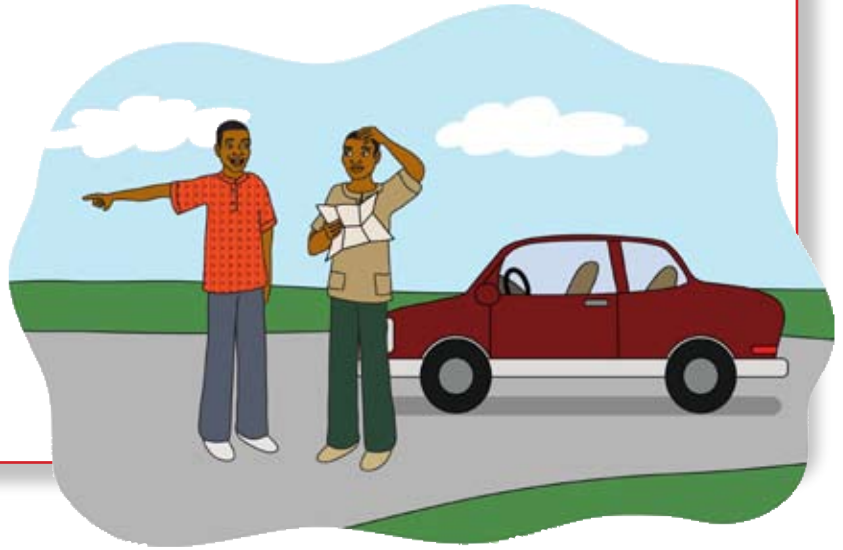
TOPIC 6—SAFETY AND EMERGENCIES

Igihe udahamagara 911

Hamagara 911 mugihe hariho ingorane ikomeye cane. NTUHAMAGARE 911 mugihe ATARI ibintu bikomeye. NTUHAMAGARE 911 nk'iyi ushaka kubaza inzira canke wiyugaranye mu nzu.

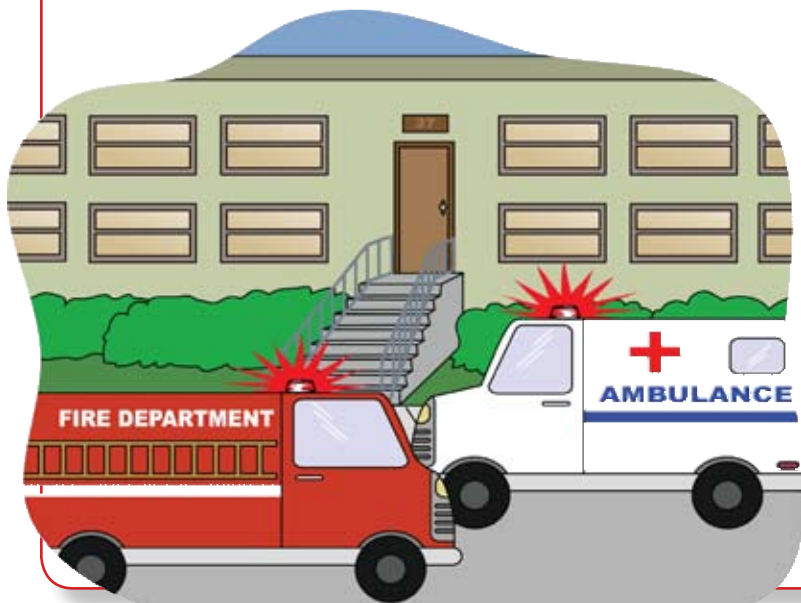
When Not To Call 911

Calling 911 is only for serious, life-threatening emergencies. Do NOT call 911 if there is NOT an emergency. Do NOT use 911 for things like asking for directions or if you are locked out of your home.



Ibintu bitihutirwa/bidakomeye cane

Urashobora gucibwa amande uhamagaye 911 hanyuma bakaza kugufasha kandi atangorane yihutirwa ihari. Nimba ufise ibibazo ugomba kubaza abapolisi, hariho inomero z'ibintu bitihutirwa ushobora kuronka mugitabo c'inomero.



Non-Emergencies

You can be fined if you call 911 and an emergency vehicle arrives when there is no emergency. If you have questions for the police, there is a non-emergency number for the police department that you can find in a phone book.

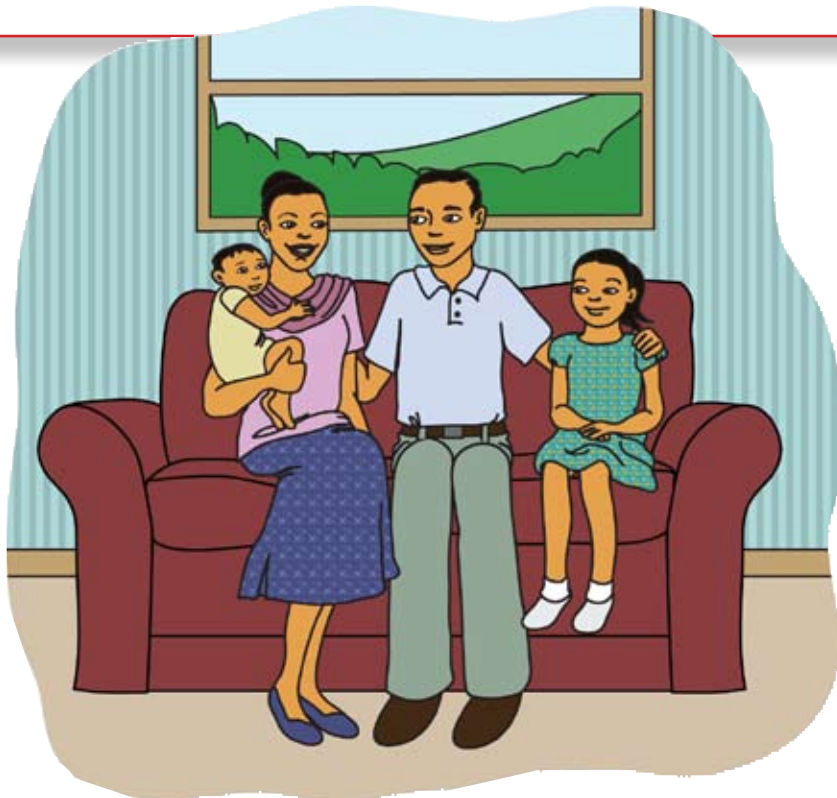
TOPIC 6—SAFETY AND EMERGENCIES

Mu ncamake

Irinde urinde n'umuryango wawe mu kugara imiryango n'amadirisha. Raba neza ibintu uriko urateka mu gikoni. Iga gukurikirana ingorane zihutirwa z'impanuka. Kandi iga guhamagara 911 kugirango bagufashe.

Summary

Keep you and your family safe by locking your doors and windows, watch all cooking items closely in the kitchen, learn how to deal with emergencies, and learn when to call 911 for help.



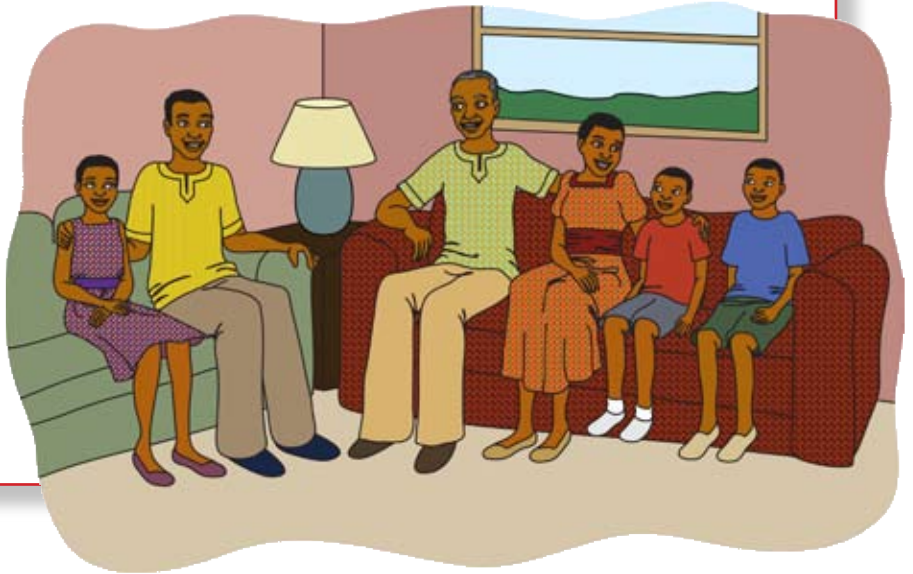
TOPIC 7—HOUSING

Urugo Rwawe

Birakenewe kugira inzu yawe n'abawe, ikomeye, isa neza, itekanye kandi itazimvye. Utegerezwa kuyigirira isuku kandi ukayifata neza. Ibi bikurikira bizogufasha mu kuyifata neza.

Your Home

A safe, clean, and affordable home for you and your family is very important. It is your responsibility to keep your apartment clean and in good condition. This information will help you do that.



Amajambo nkenerwa mu vy'uburaro

Uwukota n'umuntu canke abantu bariha amahera buri kwezi kugirango babe mu nzu. Wewe uri uwukota. **Uwukotesha** ni nyene iyo nzu kandi niwe ayubakisha canke ayisubiramwo hagize icononekara.

Housing Terms

A **tenant** is the person or persons paying money to live in the apartment or house. You are a tenant. A **landlord** is the person who owns the apartment or house, rents the space to you, and is in charge of the building.



TOPIC 7—HOUSING

Amajambo nkenerwa mu vy'uburaro

Urupapu rwo gukota ni urupapuro rwemewe n'amategeko, rwemeza ko habaye umwumvikano hagati y'uwukota n'uwukotesha. Iyo uwukota asinye uru rupapuro rwo gukota aba yemeye ko azoriha amahera buri kwezi kandi ko azoguma aba muri iyo nzu mukiringo cemeranijwe.

Housing Terms

A **lease** is a legal document between a tenant and a landlord. When the tenant signs a lease he or she agrees to pay a monthly rent and live in the apartment for a certain period of time.



Amajambo nkenerwa mu vy'uburaro

Amahera y'imfata kibanza n'amahera uwukota ariha uwukotesha. Aya mahera akoreshwa mugihe hagize ikintu cononekara mu nzu mugihe uwukota akiri mu nzu. Arashobora kandi gukoreshwa mugihe uwukota yimutse atarishe amahera yose.



Housing Terms

A **security deposit** is money the tenant pays the landlord. This money covers damages that may occur while the tenant is renting or covers any unpaid rent the tenant owes the landlord.

TOPIC 7—HOUSING

Inzu yawe

Imbere yuko wimukira mu nzu, wewe canke uwuriko aragufasha mutegerezwa kuraba neza mu nzu mukaraba ko ata kintu cononekaye canke ko ata kintu gitegerezwa gusubirwamwo. Ibi bizogufasha kuronka amahera watanze y'imfata kibanza mugihe wimutse.

Your Apartment

Before you move in, you or your case manager should walk through the apartment with your landlord to identify any damage or things that need fixing. This will help you get your security deposit back when you move out.



Kugirira isuku inzu yawe

Kubura mu nzu yawe n'imiburiburi rimwe mw'iyinga ukoresheje ikintu bita "vacuum cleaner" gikwega uducafu. Koresha umukubuzo canke igikoropesho ahantu hari imbaho canke hadashashe amatapi. Hagize igiseseka hasi, hanaguza amazi n'isabune ubwo nyene.

Maintaining Your Apartment

At least once a week, clean your apartment with a vacuum cleaner. Use a broom and mop to clean floors that do not have carpet. Clean up spills with soap and water immediately.



TOPIC 7—HOUSING

Kubika Ibikoreshwa vy'Isuku

Shingura kure y'ibiribwa ibintu vyose bikoreshwa mu koza. Kandi gerageza ubike ivyo bintu vyo koza, aho abana badashobora kubishikira kuko babimize birashobora kubagwaza.

Storing Cleaning Products

Store cleaning products away from food. Make sure cleaning products are stored in a place where children cannot get to them as they can make children sick if ingested.



Amatapi be no hasi mu nzu

Kura ibirato imbere yo kwinjira mu nzu kugira ngo hasi hagume hasa neza. Ugumije inzu isa neza bituma imbeba n'utundi dukoko bitaza mu nzu. Bituma umuryango wawe ugira amagara meza kandi birafasha mu gusubizwa amahera y'imfata kibanza mu gihe wimutse.

Carpets and Floors

Remove shoes when you enter your apartment to help keep the carpets and floors clean. Keeping your apartment clean will help prevent attracting bugs and mice. It will also help your family stay healthy and help you get your security deposit back when you move out.



TOPIC 7—HOUSING

Imeza, Intebe, Uburiri be n'Akabati

Ibikoresho vyo mu nzu nk'intebe n'imeza n'ivyiwawe, ushobora kubigumya uramutse wimutse. Ubifashe neza birashobora kuramba. Igisha abana gufata neza ibintu vyo munzu. Ntiburire canke ngo basimbire ku ntebe no kumeza.

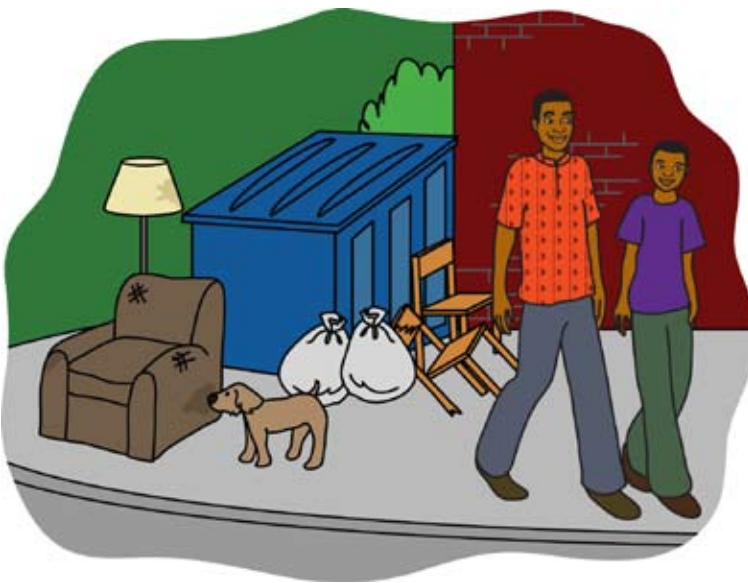
Furniture

Furniture is your property to keep when you move out. It will last a long time if you keep it nice. Teach children to be careful of the things in the apartment. Do not climb or jump on the furniture!



Imeza, Intebe, Uburiri be n'Akabati

Ntutore ngo uzane mu nzu ibikoresho usanze bataye hanze kw'iyarara. Birashobora kuzana udukoko n'izindi ngorane munzu, naho vyoba bisa nk'ibikomeye.



Furniture

Do not bring furniture that you find outside near the trash into your apartment. Even if it looks like it is in good condition, it may have bugs or other problems.

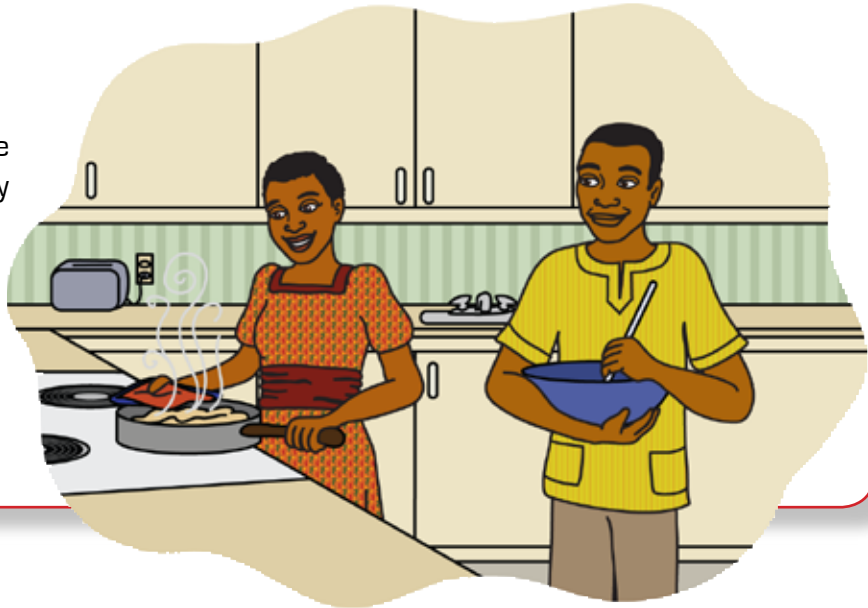
TOPIC 7—HOUSING

Amashiga yawe

Mu nzu yawe, igikoni n'ahantu hahambaye hakwiye kwama hasa neza. Mu gikoni hariho ibikoresho vyinshi, bimwe muriyvo utari bwabone.

Your Kitchen

An important area of your apartment to keep clean is the kitchen. The kitchen has many appliances, some that may be new to you.



Iziko ryatswa n'umuyagankuba canke umwuka bita gazi

Iyo mu guteka ushize isafuriya hejuru ku mashiga y'iziko, koresha umuriro mukeyi uwongereze bikenewe. Iyo utanguye guteka n'umuriro mwinshi bishobora gutuma uzigiza ivyokurya canke ico utetsemwo.

The Stove

When cooking food on top of the stove, always begin on low or medium heat and then adjust. If you begin on high heat, you may burn the food or pan.



TOPIC 7—HOUSING

Aho kokereza (Ifuru)

Shira umuriro waho kokereza ku bipimo vy'ubushuhe 350 canke 400 mu guteka canke kwotsa inyama canke imikate. Ushize kuri “broil” uba uriko urakoresha urubeya. Iziko rica rishuha cane bigatuma ivyo kurya bizigira n'ingoga.

The Oven

To use the oven to cook food, or bake meat or bread, place the dial on 350 to 400 degrees Fahrenheit. The “broil” setting uses flames to cook food. It becomes very hot and can quickly burn your food.



Kwoza Aho Kokereza (Ifuru) hamwe n'iziko

Hanagura ibisesetse mw'ifuru no kuziko ubwo nyene bigihora. Oza iziko ryawe buri musi. Iyo kurya vyasesetse canke vyazigiriye kuziko hamwe n'amavuta birashobora gutera ingorane. Binuka nabi bikazana imbeba n'utundi dukoko.

Cleaning the Oven and Stove

Clean any spilled food in the oven and on the stove as soon as they have cooled. Clean your stove daily. Spilled or burned food and grease are dangerous. They smell bad and attract bugs, rats, and mice.



TOPIC 7—HOUSING

Amavuta canke Ibinure

Amavuta yasesetse ashobora gutuma abantu banyerera kandi agatuma inzu isha. Ntusuke amavuta aho kwogereza ibintu. Yasuke mugikopo kigaragara uyate hamwe n'uwundi mwavu.

Grease

Spilled grease can also cause falls and fires. Do not put grease down the sink. Pour it into an empty can and throw it away in the trash.



Gutegura ivyo kurya

Mu gukata ivyokurya n'imbugita, koresha ikibaho co gukatirako kugirango ntiwonone aho utegurira. Ntukatire ibintu aho utegurira ata rubaho. Ntukatire ivyokurya hasi. Uhejeje gutegura ivyo kurya, oza ibikoresho vyose ukoresheje isabuni n'amazi kugira ngo wirinde udukoko dutera indwara.



Food Preparation

When chopping or slicing food with a knife, use a cutting board to prevent damaging the countertop. Never cut directly on the counter top. Never cut food on the floor. After preparing food, wash the counters and cutting boards with soap and water to keep counters clean and to prevent bacteria.

TOPIC 7—HOUSING

Ibibanza vyo/Imeza zo gukorerako mu mashiga yawe

Ntushire isafuriya ishushhe aho utegurira. Shira muni y'isafuriya agatambara karinda ubushuhe canke isume ihanagura amasahani kugirango ntuturire aho utegurira.

Your Counter Tops

Never put a hot pan directly on a counter top. Use a hot pad or dish towel under the hot pan to avoid burning the counter.



Kubika ivyokurya neza

Ntiwigere narimwe usiga hanze imfungurwa zidafundikiye n'akamwanya canke agatambara keza ko kwumisha amasahani. Ni vyiza gupfundikira ivyo kurya ukabibika mu bubiko bukanyisha canke hakongataza nk'urubura. Hanagura ububiko bukanyisha ukoresheje amazi n'isabune.

Keeping Food Safe

Never leave food out on the counter without covering it with plastic wrap, foil, or a dish towel. It is better to cover food and keep it in the refrigerator or freezer. Clean the shelves of the refrigerator regularly with soap and water.



TOPIC 7—HOUSING

Gutunga Umuryango Wawe mu Magara Meza

Niyo wagumiza ivyokurya hanze utabitse, bizotuma mu nzu yawe haza udukoko twinshi nk'inyenzi, ubunyegeri, imbeba n'ibindi. Isuku mu gutegura hamwe no gushingura neza ivyokurya birinda umuryango wawe kutarwara bivuye ku vyokurya vyaboze.

Keeping Your Family Healthy

If you leave food out, it will attract bugs, rats, and mice into your home. Good hygiene in food preparation and storing your food correctly helps keep your family from getting sick from spoiled food.



Gutunga Umuryango Wawe mu Magara Meza

Wame ukaraba imbere yo guteka no kurya kugira ngo wirinde udukoko twotuma umuryango wawe urwara.

Keeping Your Family Healthy

Always wash your hands with soap before you cook or eat food to kill germs that can make you and your family sick.



TOPIC 7—HOUSING

Gutunga Umuryango Wawe mu Magara Meza

Oza n'amazi ivyamwa n'imboga imbere yo kubirya, kubikata canke kubiteka kugira ngo udukoko twotera indwara tuvemwo.

Keeping Your Family Healthy

Rinse fruit and vegetables with water just before eating, cutting, or cooking them to get rid of possible bacteria that could cause illness.

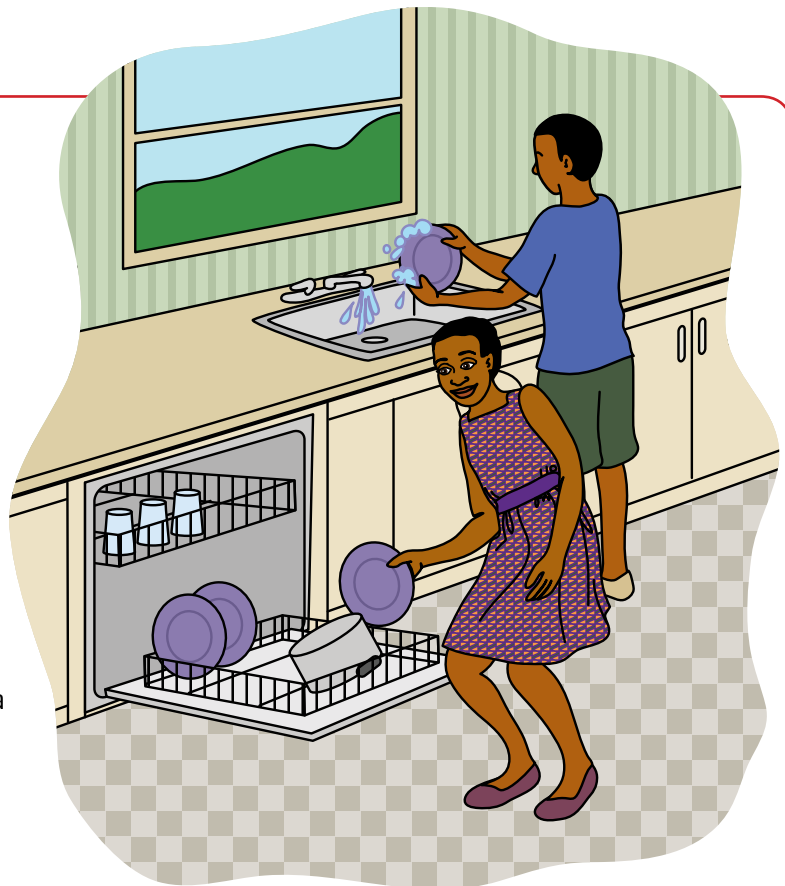


Gukoresha imashini yoza amasahani

Imashini yoza amasahani irica udukoko twoba turi ku bikoresho. Ntihanagura ibiribwa biri ku masahani canke ngo gisubirire aho gushira umwavu.

Using the Dishwasher

A dishwasher kills germs on dishes and silverware. It does not scrub dishes or take the place of a garbage disposal.



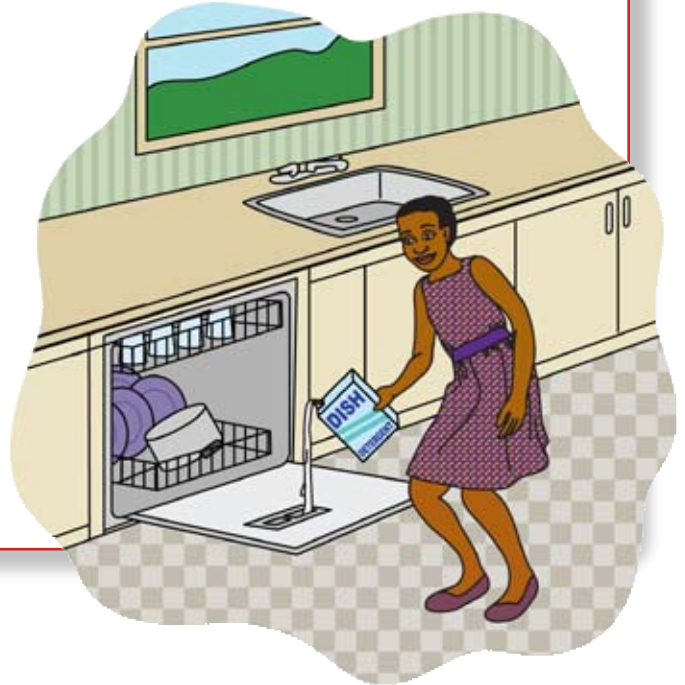
TOPIC 7—HOUSING

Gukoresha imashini yoza amasahani

Shira ivyo kurya vyasigaye ku masahani ahabwa umwavu, hanyuma uyoze imbere y'uko uyashira mucuma coza amasahani. Utegerezwa gukoresha isabune yakorewe icuma coza amasahani. Ntukoreshe isabuni y'amazi yo gukaraba canke iyo kumesa.

Using the Dishwasher

Always put food scraps into the garbage and rinse the dishes before putting them into the dishwasher. You must use a special soap designed for the dishwasher. Never use liquid hand soap or laundry detergent in the dishwasher.



Aho kwogereza n'aho guta umwavu

Aho kwogereza mu gikoni hamwe hamwe hafise inzira yo gucishamwo ivyo kurya vyasigaye biseye. Hariho ahanditse "on/off" impande yaho kwogereza. Atsa icuma gisya umwavu mu gihe amazi ariko aramanuka.

Sink and Garbage Disposal

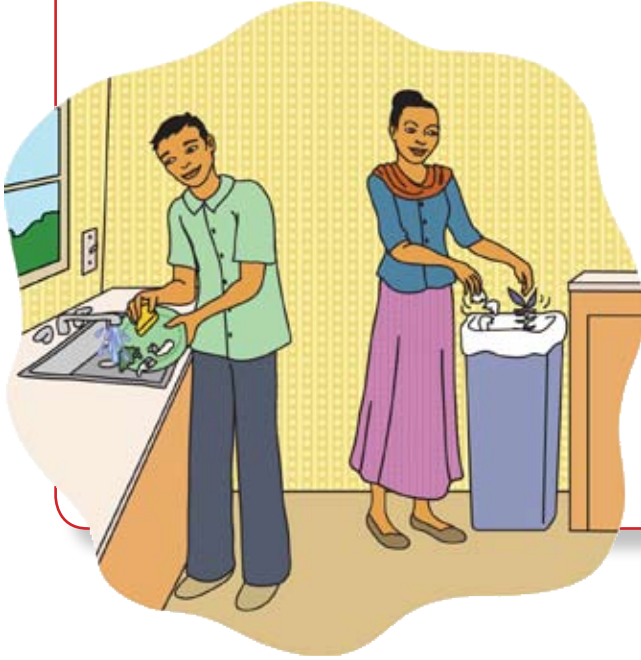
Some kitchen sinks have garbage disposals that shred food waste so it can pass through the plumbing. There is an on/off switch next to the sink. You should only turn the garbage disposal on when the water is on.



TOPIC 7—HOUSING

Aho kwogereza n'aho guta umwavu

Ntushire ivyuma, amagufa, ibisigazwa vy'amagi amenye, inzuzi z'ivyamwa, ibitunguru, iseleri n' ibindi bintu bitari indya bikomeye mu Cuma gitwara umucafu useye uciye aho kwogereza. Aho haca umwavu hafunganye, amazi aca aduga akuzura aho kogereza. Ntushire intoke mu mwobo w'aho umwavu uca woshobora kwikomeretsa.



Sink and Garbage Disposal

Never put metal, bones, egg shells, fruit pits, onions, celery, or non-food items down the garbage disposal. If your garbage disposal becomes stuck, water may back up in the sink. Never put your hands inside the disposal or you may injure yourself.

Umwavu

Shira umwavu mu bikoresho vyawo mu nzu yawe. Shiramwo ubumwanya imbere yuko ushiramwo umwavu.

Garbage

Place garbage in the garbage bins in your apartment. Line garbage bins with plastic garbage bags.



TOPIC 7—HOUSING

Umwavu

Sohora umwavu buri musi kugira ngo wirinde imbeba n’utundi dukoko. Ntushire umwavu mu nzira imbere y’inzu yawe.

Garbage

Take the garbage out of your apartment every day to a garbage can or dumpster to prevent attracting bugs and mice. Never leave garbage in the hallway of the apartment building.



Kwoza mu kazu ka Surwumwe

Oza akazu ka surwumwe buri yinga. Oza hasi, imbere no hanze y’icobo, aho gukarabira mu ntoke hamwe naho kwogera. Ntukorokerezemwo imishatsi canke ibindi bintu kugira ngo imiringoti itwara amazi ntizibe.

Cleaning the Bathroom

The bathroom must be cleaned weekly. This includes the floor, the inside and outside of the toilet, sink, and bathtub and/or shower. Do not allow hair or other items to go down the drain or the drain may get clogged.



TOPIC 7—HOUSING

Ingorane z'icobo

Koresha akaroso k'isuku mu kwoza icobo. Ntukoreshe ako karoso ahandi hantu na hamwe. Ntumanure n'amazi vya bindi abagore bakoresha vy'isuku, indya, canke ibintu binini binini mu cobo. Icobo cuzuriwe, hamagara uwukotesha ubwo nyene.

Toilet Problems

Use a brush to clean inside the toilet. Do not use the toilet brush for anything else. Never flush female sanitary products, food, or large amounts of toilet paper down the toilet. If the toilet overflows, call your landlord immediately.



Amazi aresetse

Gumiza igitambara gitangira amazi yo koga aho wogera kandi uhanagure ayasetse hasi. Ntureke amazi ngo atembe hasi kuko arashobora gutera ingorane canke akuzurana.

Water Leaks and Spills

Keep the shower curtain inside the bathtub and always clean up water on the floor. Do not allow water to escape onto the floor because it can cause flooding and water damage.

TOPIC 7—HOUSING

Kumesa Impuzu

- Shira impuzu n'isabuni mu mashini yo kumesa.
- Atsa imashini. Ntushire impuzi nyinshi mu mashini y'ukumesa canke yumisha.
- Igihe cose ugire wumisha, kura umucafu uri mu mashini yo kwumisha kugira ngo wirinde guturira inzu.

Doing Laundry

- Put clothing and laundry detergent into the machine.
- Start the machine. Do not over pack clothes into the washing machine or dryer.
- Always clean out the lint filter in the dryer before using the dryer to avoid causing a fire.



Amakete

Ugurura usome amakete yawe. Shira impapuro nkenerwa mu bubiko. Shira amakete adakenewe aho uta umwavu. Ntiwigere usinya ibintu udatahura.



Mail

Open and read your mail and put important papers in a safe place. Dispose of junk mail in a trash can in your home. Never sign something you do not understand.

TOPIC 7—HOUSING

Ibisabwa

Abakotesha basaba ko wandika ikete ryo gusaba imbere y'uko bakora ivyononekaye mu nzu. Koresha urupapuro wahawe n'uwukotesha mu gusaba ko ivyapfuye mu nzu yawe bikorwa. Menyesha uwukotesha mu maguru masha mugihe ufise ingorane z'imbeba n'utundi dukoko two mu nzu.

Requests

Landlords often require a written request before they will make repairs in your apartment. Use a repair request form from your landlord to write this request. Inform your landlord immediately if you are having problems with bugs, rats, mice, or plumbing.



Amategeko y'inzu

Hariho amategeko agenga igitigiri c'abantu bategerezwa kuba mu nzu. Ni wewe utegerezwa kumenyesha uwukotesha igitigiri c'abantu baba mu nzu yawe. Uwukotesha arashobora kukwirukana mu nzu ubamwo mugihe udakurikije ayo mategeko ngenderwako.

Occupancy Rule

There are rules on how many people are allowed to live in an apartment. It is your responsibility to follow the rules and let your landlord know how many people are living in your home. The landlord can tell you to leave your home if you do not follow this rule.



TOPIC 7—HOUSING

Kuba umubanyi mwiza

Abantu benshi baba mu mazu rusangi baryama isaha zine z'ijoro. Abana bagume bahoze, ntimutere induru muganira canke ngo muvuze umuziki cane hagati y'isaha zine z'ijoro n'isaha zibiri zo mu gitondo.

Being a Good Neighbor

Most people living in apartments go to sleep around 10 p.m. Please keep children quiet, keep conversations at a low level, and do not play loud music between 10 p.m. and 8 a.m.



Kuba umubanyi mwiza

Hagize ingorane ziba hagati yawe n'ababanyi bawe, zironderere umuti hamwe. Niwaba utabishoboye, baza uwukotesha agufashe.

Being a Good Neighbor

If you have disagreements with your neighbors, try to resolve them together. If you cannot, ask your landlord to help.



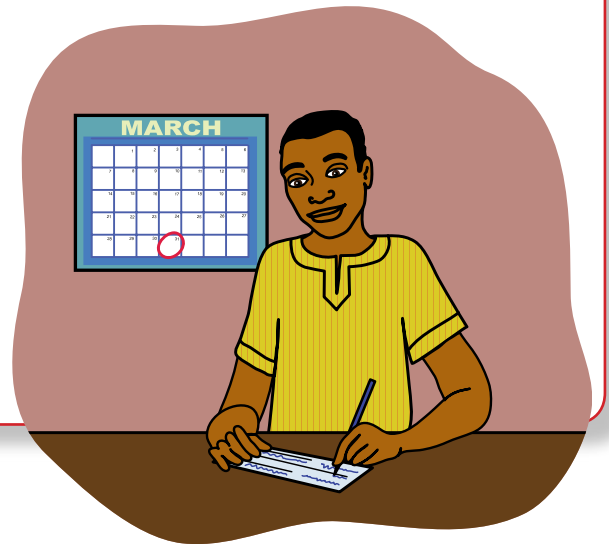
TOPIC 7—HOUSING

Kuriha ivyakoreshejwe

Utegerezwa kuriha inzu, umuyagankuba ukoresha hamwe n'ibintu BURI KWEZI. Ibiharurwa mu kuriha umuyagankuba ni amatara, icuma gishuhisha hamwe n'igikanyisha. Uwukotesha ategerezwa kuriha aya mahera. Umuyagankuba urashobora kuzimba. Koresha ubu buryo kugira ngo nturihe amahera arengeje.

Paying Your Bills

You must pay your rent, utilities, and other bills on time EACH MONTH. Utilities usually include heat, electricity, and air conditioning. The tenant is responsible for paying these utilities. Utilities can be very expensive. Follow these tips to keep your utility bills low.



Kugabanya umuyagankuba no kuziganya amahera

Mugihe icuma gishusha canke gikanyisha kiriko kiraka, ugara amadirisha hamwe n'imiryango.



Conserving Energy and Saving Money

If the furnace, heater, or air conditioner is running, keep the windows and doors closed.

TOPIC 7—HOUSING

Kugabanya umuyagankuba no kuziganya amahera

Hariho igipimo kiringaniza ubushuhe mu nzu yawe. Mugihe hakanye cane, iki gipimo gitegerezwa kuba kuri 65 canke 75. Muci, gishire kuri 70 canke 75 niwaba ufise icuma gikanyisha.

Conserving Energy and Saving Money

The thermostat controls the temperature in your apartment. In the winter, the thermostat should be set between 65 and 70 degrees. In the summer, if you have air conditioning, it should be set between 70 and 75 degrees.



Kugabanya umuyagankuba no kuziganya amahera

Usohotse hanze, siga uzimije amatara kugira ngo ugabanye amahera y'umuyagankuba.

Conserving Energy and Saving Money

Turn off the lights when you leave your apartment to save money on electricity.



TOPIC 7—HOUSING

Kugabanya umuyagankuba no kuziganya amahera

Gumiza umuryango w'icuma gikanyisha ivyo kurya wugaye. Ugumije uyu muryango wuguruye uba uriko uronona umuyagankuba kandi bituma ivyo kurya bibora.

Conserving Energy and Saving Money

Keep the refrigerator door closed as much as possible. Leaving the refrigerator door open wastes electricity and can cause food to spoil.



Kwimuka

Birakenewe ko usinya impapuro zemeza ko uba mu nzu. Kenshi zisaba ko wemera kuba muri iyo nzu n'imiburiburi amezi cumi n'abiri. Menyesha uwukotesha mu rwandiko ko ugomba kwimuke hasigaye ukwezi ngo uve mu nzu.



Moving Out

It is important to complete your lease. Most leases ask that you agree to live in the apartment or house for twelve months. Give your landlord a month's notice in writing before moving out.

TOPIC 7—HOUSING

Kwimuka

Nimba inzu warayifashe neza
kandi wararishe buri kwezi,
uwukotesha azogusubiza
amahera y'imfata kibanza
watanze.



Moving Out

At the end of the lease, the landlord
will return the security deposit only
if the apartment is in good condition
and if the rental payments are
current.

TOPIC 7—HOUSING

Mu ncamake

Wibuke:

- Kuriha buri kwezi udacerewe
- Kugira isuku
- Kutonona ibintu
- Gukurikirana amakete yawe
- Kutonona amashanyarazi
- Kuba umubanyi mwiza

Summary

Remember to:

- Pay your bills on time
- Keep things clean
- Take care of property
- Pay attention to your mail
- Do not waste energy, and
- Be a good neighbor and tenant



TOPIC 8—EMPLOYMENT

Kwitegurira Akazi

Umaze gushika muri Amerika ugatangura kumenyera igihugu cawe gishasha, haba hageze ko witegurira gukora akazi. Kugira akazi muri Amerika birakenewe cane kuko bituma ushobora kwibeshaho hamwe n'umuryango wawe utarinze gusaba imfashanyo ya leta.

Ready for Work

After you arrive in the United States and start to adjust to your new home, it is time for you to get ready to go to work. Having a job in the United States is very important because it allows you to take care of yourself and your family without having to rely on assistance from the government.



TOPIC 8—EMPLOYMENT

Akamaro ko Gukora

Gukora akazi biguha amahera yokuriha inzu hamwe n'ibindi, no kugura ivyokurya n'impuzu. Ibi vyitwa kwibeshaho. Muri Amerika, ntamuntu acagura gukora ariko birakenewe kuri buri muntu.

Importance of Working

Having a job provides you with money to pay your rent and bills, and buy food and clothes. This is called being self-sufficient. Working is not a choice in the United States, but a necessity for almost everyone.



Kurondera Akazi

Iburo bifasha impunzi bizogufasha mukurondera akazi. Babarire kahise kawe, ubuzi wahora ukora, imyuga woba uzi hamwe n'ibintu wumva ukunda gukora. Babarire ubuzi udashobora gukora kubera idini ryawe. Bazogufasha gutahura akazi ushobora kuronka.

Finding a Job

Your resettlement agency or an employment agency will work with you to help you find a job. Talk to them about your background, work experience, skills, and interests. Mention any jobs you cannot take because of religious beliefs. They will help you understand what type of job you can find.



TOPIC 8—EMPLOYMENT

Ivyotuma Uronka Akazi

- Ubuzi bwinshi buraboneka bivanye n'abantu uzi. Baza abagenzi, abavukanyi hamwe n'abandi aho uba kugira ngo umenye ahoba hari ubuzi.
- Kwigira icongereza no kumenya ivyerekeye imico ya Amerika bizogufasha mukumenyera gukora muri Leta Zunze Ubumwe z'Amerika.
- Kuronka akazi ukimaze ukwezi kumwe muri Amerika ntivyoroshe. Bandanya urondera kandi ntiwihebure.



Tips to Finding a Job

- Many jobs are found through people you know. Talk with friends, relatives, and others in the community about job openings and opportunities.
- Taking English classes and learning about American culture will help you to prepare for working in the United States.
- Finding a job in your first months in the United States is not always easy. Be persistent and do not give up.



TOPIC 8—EMPLOYMENT

Umubonano w'Akazi

Ninama iba hagati yawe n'umukoresha kugira ngo arabe ko uko kazi kagukwiriye. Abakoresha benshi basaba ko mubonana imbere yuko baguha akazi.

Job Interview

A job interview is a meeting between you and an employer to see if you are a good fit for the job. Most employers require a job interview before they decide to hire you.



Umubonano w'Akazi

Kuyerekeye uwo mubonano w'akazi, birakenewe ko:

- Witegura kuganira kuyerekereye ubuzi woba warigeze gukora
- Wambara neza kandi ukagira isuku
- Ushika kuruwo mubonano kugihe
- Uraba mu maso uwo muvugana, umwenyura kandi ukaramutsa umukoresha muntoke

Job Interview

For the job interview, it is important that you:

- Prepare to talk about your work experience and skills
- Dress appropriately and practice good hygiene
- Arrive to the job interview on time
- Make eye contact, smile, and shake hands with the employer



TOPIC 8—EMPLOYMENT

Gutangura Akazi

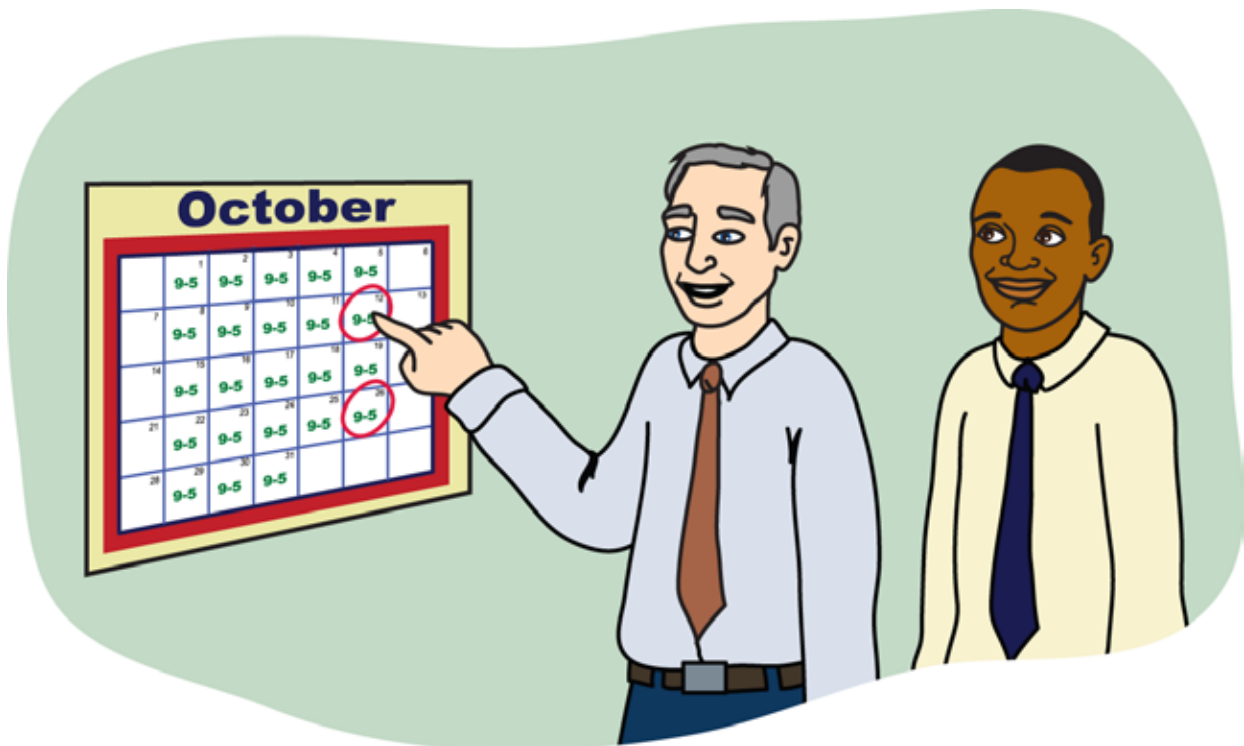
Iyo umukoresha aguhaye akazi, akumenyesha:

- Umushahara uzoronka
- Igihe uzohemberwa
- Igihe uzoza urakora
- Amasaha uzokora kw'iyinga
- Nimba uzoronka izindi nyungu, nk'amahera yo kwivuzza, imisi yo kuruhuka hamwe no gusiba kumisi ugwaye

Starting A Job

When an employer offers you a job, they should tell you:

- How much the wage or salary will be
- When you will be paid
- Your work schedule
- How many hours a week you will need to work
- If you will receive benefits, like health coverage, vacation days, and sick days



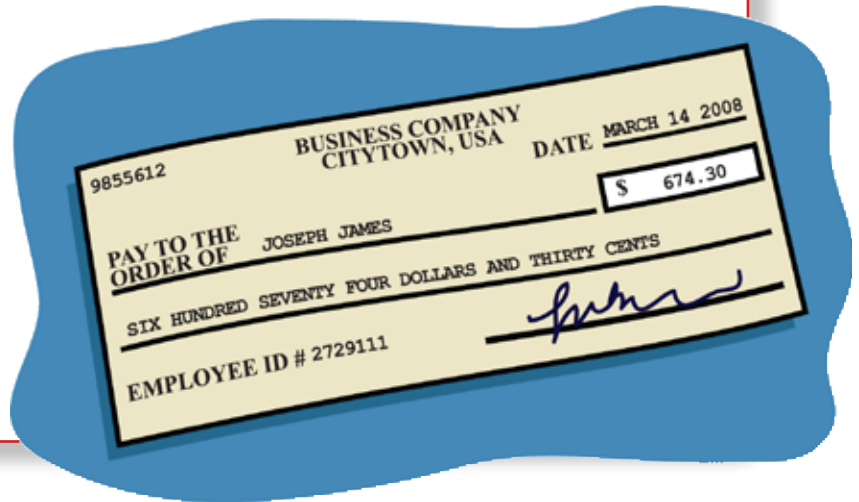
TOPIC 8—EMPLOYMENT

Guhembwa

“Income” n’amahera uronka iyo ukora. Hariho amahera y’ikori bita “taxes” canke “withholding” bakura muyo ukorera. Ikori n’amahera uriha leta. Amahera uha leta avana n’ayo ukorera hamwe n’ingene umuryango wawe ungana.

Getting Paid

Income is the money you receive when you work. Income usually has a certain amount subtracted from it called taxes or withholding. Income tax is money you pay to the government. The amount of money you pay depends on how much you earn and your family size.



Ikori

Leta ya Amerika ikoresha amahera y’ikori mukuriha ibintu bijanye n’umutekano, amashure hamwe n’uburyo bwo kwiunguruza. Umuntu wese aba muri Amerika kandi akora asabwa n’amategako kwuzuzwa impapuro z’ikori kandi akariha amakori yose yoba atarishwe.

Taxes

The U.S. government uses taxes to help pay for things such as social security, law enforcement, education, and public transportation. Anyone who lives in the United

States and earns an income is required by law to file a tax return and pay any taxes they owe.



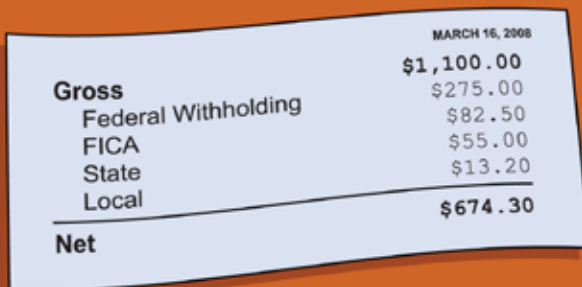
TOPIC 8—EMPLOYMENT

Amahera uronka

Gross income n'amahera ufise imbere yuko bakuramwo ayikori. **Net income** n'amahera ufise hanyuma yuko bakuyemwo ayikori hamwe nayo bakoresha mukuriha kwamuganga. Aya mahera niwo mushahara wawe.

Income

Gross income is your income before any deductions have been subtracted from it. **Net income** is your income after deductions have been subtracted from it, such as taxes and health insurance. This is the amount you will receive on your paycheck.



MARCH 16, 2008	
Gross	\$1,100.00
Federal Withholding	\$275.00
FICA	\$82.50
State	\$55.00
Local	\$13.20
Net	\$674.30



Umushahara Muke Ushobora Guhembwa

Muri Amerika, umushahara muke umukoresha ashobora kuguhemba uvana na leta ubamwo. Birabujijwe n'amategeko ko umukoresha aguhemba umushahara uri musu yuwemewe n'amategeko.

Minimum Wage

In the United States, the minimum wage an employer can pay you depends on the state where you work. It is against the law for your employer to pay you less than the minimum wage.

TOPIC 8—EMPLOYMENT

Amasaha y’Akazi

Mubisanzwe, umuntu akora amasaha mirongo ine kw’iyinga. Ukoze amasaha arenga mirongo ine kw’iyinga, urashobora kuronka amahera asumba ayo wahora uronka.

Work Schedule

A normal work week is forty hours a week. If you work more than forty hours a week, you may be entitled to receive overtime pay.



Abashingantahe n’Abapfasoni Mukazi

Muri Amerika, kenshi abavyeyi bose babiri barakora kuko kuronka imishahara ibiri birafasha umuryango. Nibisanzwe kandi ko abapfasoni bakora ubuzi bumwe n’abashingantahe canke abapfasoni bagategeka abakozi babashingantahe.

Men and Women in the Workplace

In the United States, both parents often work because having two incomes helps families become self-sufficient. It is also common for women to do the same jobs as men and for women to supervise male employees.



TOPIC 8—EMPLOYMENT

Uburenganzira bw'Umukozi

Ufise uburenganzira bumwe n'ubwumenegihugu wa Amerika. Abakoresha ntibashobora kurenganya abakozi kubera ubuhunzi, imyaka, ubwoko, idini, igitsina canke ubumuga. Hariho kandi amategeko ya Amerika akurinda mugihe ukorera ahantu hatameze neza.



Employee Rights

You have the same rights in the workplace as a U.S. citizen. Employers cannot discriminate against employees based on refugee status, age, race, religion, ethnicity, sex, or disability. There are also employment laws in the United States that protect you from unsafe working conditions.

Ivyogufahsa Mugukora muri Amerika

- Kurikiza amasaha yakazi umukoresha yaguhaye.
- Wame ushika kukazi kugihe.
- Niwaba uza guceregwa, hamagara uwugukoresha.

Tips on Working in the United States

- Follow the work schedule your employer gives you.
- Always arrive to work on time.
- If you are going to be late, call your supervisor.



TOPIC 8—EMPLOYMENT

Ivyogufahsa Mugukora muri Amerika

- Gerageza kudasiba kukazi. Niwaba uza gusiba kubera ugwaye canke ufise ikibazo c'ihutirwa m'umuryango, hamagara uwugukoresha umumenyeshe.
- Gira kwiyorosha, kwubaha hamwe no kwitaho ivyo ushinzwe gukora.
- Kurikiza amategeko y'ivyambagwa kandi ugire isuku.
- Kurikiza amategeko yo kwirinda kugira ngo ntiwikomeretse.
- Kora ibikorwa bishasha. Gukora cane kandi neza birashobora kugufasha kuduza umushahara wawe.

Tips on Working in the United States

- Try not to miss a day of work. If you have to miss a day of work because you are sick or you have a family emergency, call your supervisor to let them know.
- Be reliable, respectful, responsible, and friendly.
- Follow the dress code and maintain good hygiene.
- Follow safety guidelines so you do not get hurt.
- Take on new responsibilities and tasks. Working hard may help you get a promotion or pay increase.



TOPIC 8—EMPLOYMENT

Ivyogufahsa Mugukora muri Amerika

- Niwaba ugomba guheba akazi kawe, barira uwugukoresha amayinga abiri imbere yuko uheba.
- Gira imigenderanire myiza n'uwugukoresha. Ugiye kukandi kazi, uwugukoresha arashobora kukuvuganira kuwundi mukoresha.

Tips on Working in the United States

- If you decide to quit your job, tell your supervisor at least two weeks before you are going to leave.
- Keep a good relationship with your supervisor. When you move to another job, the supervisor can say nice things about you to your next employer.



Guhindura Akazi

Akazi kambere uronse muri Amerika gashobora kuba kadahuye nako wahora ukora canke kadahemba amahera menshi ariko kazoguha ubumenyi bwo kuronka akandi kazi keza. Birakenewe kwemera akazi nubwo koba atariko wagomba.

Job Upgrading

Your first job in the United States may not be related to your former profession or pay a lot of money, but it will give you experience and skills to find a better job. It is important to accept a job offer even if it is not what you expected.



TOPIC 8—EMPLOYMENT

Iyumvire Kuri Kazoza Kawe

Ubuzi bwawe bwambere muri Amerika buzogufasha:

- Kwibeshaho
- Kongera ubumenyi bwawe
- Kwiga imyuga mishasha
- Kumenyera icongereza

Think About Your Future

Your first jobs in the United States will help you:

- Become self-sufficient
- Increase your work experience
- Learn new skills
- Improve your English



Iyumvire Kuri Kazoza Kawe

Gerageza ukore akazi kawe kambere nimiburiburi azezi atandatu kugira ngo ugire kahise keza. Ibi bizotuma uronka akazi keza kandi ukorera amahera menshi muri kazoza.

Think About Your Future

Try to stay with your first job at least six months to establish a work history. Doing these things will help you get a better job and earn more money in the future.



TOPIC 8—EMPLOYMENT

Gishiraho Intumbero

Ganira n'uwugufasha kuyerekeye intumbero z'akazi hamwe n'ukuntu uzozishikako.

**Akazi keza + amahera menshi =
umutekano + uburyo bwawe hamwe n'umuryango wawe**

Setting Goals

Talk with your caseworker about setting realistic employment goals and making a plan to achieve your goals.

**A better job + more money =
security + more opportunities for you and your family**

