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](http://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](http://www.refugees.org).


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

Author and Production Manager - Amanda Gonzales, MSW
Illustrator—Amy Adams
Translation, Audio, and Multimedia Production—CTS LanguageLink
Co-Editors—Amanda Gonzales and Rachel M. O’Hara
Graphic Design (print materials)—Koula Papanicolas

Special thanks to the International Institute of Manchester, International Institute of St. Louis, Vermont Refugee Resettlement Program, YMCA of Greater Houston, Refugee and Immigrant Relief Center in Phoenix, Mercy Housing, USCRI’s health team, Jean de Dieu Uwimana, and all of the Burundian refugees that contributed to the development of these materials.

Visit [www.refugees.org](http://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@uscridc.org.

© U.S. Committee for Refugees and Immigrants 2008
Living in the United States: Life Skills for Burundian Refugees
Volume 1

A Guide for Facilitators

DRAFT COPY

U.S. Committee for Refugees and Immigrants
Supporting the Successful Integration of Burundian Refugees
2231 Crystal Drive, Suite 350
Arlington, VA 22202-3711
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@uscridc.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

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

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

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

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

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?
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.

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. Iyo 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.
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 kwivuza, 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.
Imenyerezwa
Ibiro bifasha impunzi bizoguha kandi bitegerezwa kumenya neza ko ufise:
• Gufasha kurondera akazi nko mu kukwereka ingene buzuza impapuro zo gusaba akazi.
• Hariho n’ibindi vyinshi bashobora gufasha vyerekeye kurondera inzu, kumenya uburyo bwo kwiyunguruza, kwiga, kwivuza, 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 tugije 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 kuniha 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.
Ivyigwa vy’icongereza
Kwiga Icongereza. Ibiro bifasha impunzi birashobora gufasha mukurondera amashule afise amasaha yo kwiga icongereza ajanye n’umwanya wave. 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, ukihihira amafagitire yose, ukagura ibifungurwa n’impuzu. Imfashanyo yi’ibiro vy’impunzi ni nke uravye ivyo ukeneye n’umuryango wave. 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**

**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**

**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.
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.

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.
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.
Isuku
Kwifata neza mu gusukura umubiri wawe birakenewe cane muverekeye akazi, kw’ishule no kutaja uragwaragunika n’umuryango wawe. Hariho ibintu winshi bikoreshwa mu gufata neza umubiri mugwiri 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

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.
Imigera y’ingwara
Ibikoresha 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.

Germs
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 ntoke:
• 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 ntoke
• Koresha isabuni kandi unyukure intoke nk’amasegonda mirongo ine n’itanu
• Iyoze neza hagati y’intoke no munsi y’inzara
• Irongore n’amazi meza atemba uce wumisha intoke 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” bidukingira 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.
Isabune yo koza umushatsi


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

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. Lyugumure kandi woze amenyo gatatu ku munsi ukoresheje umuti w’ameno. 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 utugozi
Koresha udukoresho two kwihaganyura mu menyo ugakurayo ibisigarira vy’imfungurwa zasigaye hagati y’ameno. Genda kwa muganga w’ameno 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.
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.

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.
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.

Ivyamarwa Mu Bihe vy’Imbeho
Iyo hanze hakanye, ukwiye kwambara impuzu zisurutsa kandi zigukingira umuyaga w’imbeho. Ni ukugerekeranya impuzu nyinshi hako wambara imwe gusa. Ambara uduhuzu two munsi 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 ivyamborwa 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 wyawe 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.
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 inguvi 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!
Ivyamwa n’Imboga
Ni ngombwa kurya ivyamwa n’imboga nka getanu ku munsi. 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 uzetetse mu mazi abize canke uzetetse 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 zirimwo 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.
**Ibiribwa bitafise ibinure vyinshi**
Hitamwo imfungurwa zisanzwe zifise ibinure bikeyi. Imboga zigisoromwa nizo nziza kuruta izabitswe igihe kinini. Uturorero tw’imfungurwa zirimwo ibiwyibusha cane ni ibisate w’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’ukuwyibuha 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**

**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.
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.

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.

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.
TOPIC 3—NUTRITION

Abana b’Amagara meza
Utegerezwa kumenya ko banywa amata akwiye kugira amagufo n’ameno 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 wave 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 kwinonora imitsi nk’isaha ku munsi 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.
Itwararike Uburemere Bwawe
Birakenewe cane kwirinda kuwyibuha 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

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.
Ivyerekeye kwivuza no Kubungabunga Amagara muri Leta zunze

Ubumwe z’Amerika

Birakenewe cane kubungabunga amagara yawe hamwe n’ukumenya ingene ubuvuzi buringanijwe 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.

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.
Medicaid

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.

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”**

**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”**
U rashobora konkana imfashanyo ya Medicaid mu kiringo gishika ku myaka indwi. Iyo myaka iheze, ivyo 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.
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.
Asiransi yo Kwivuza y’Abikorera Utwabo
Iyo rero umuntu agwaye, iryo shirahamwe rya asiransi riraheza rikamufasha kuriha ibice bitari bike vy’amaheira 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 azimyye cane. Iyo utabitegekanije ngo urondere asiransi ikurihira, amahera yo mu bitaro canke ya muganga uraheza ukayirihira yose. Arika ama Leta amwe amwe arafise wa mugambi wa Medicaid ufasha iyo umuntu agwaye giturumbuka; ivyo uzobisiguza 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.
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. Uтурорero ni nk’iyo 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.
**Kwama Wisuzumisha**

**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 iyo akubira. Iyo utumva neza icongereza, umuganga canke ibitaro baraha mu bakakuronderera uwusobanura mu rurimi wumva. Urafise uburenganzira bwo gusaba ko bakakuronderera 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 arabujije kuyaga hanze canke kwararaza ivyo mwavuganye na muganga wawe. Ibikuraba 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 bagusubiniramwo 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!
**Imiti**
Birakenewe cane gutegera:
- Igituma uriko ufata umuti
- Ingene ukoresha umuti muganga yakwandikiye
- Ingene n’incuro ufata umuti ku munsi n’igihe co guhagarika kwufata
- 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**

**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.
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.
Amagara Yawe
Hari uburyo bwinshi bwo kwamana amagara meza mwe n’umuryango wawe. Hariho gufungura imfungurwa nziza, kunonora imitsi, kubonana na muganga no kwiydikisha muni asiransi y’ukwivuza. Kubungabunga amagara yawe harimwo n’ivyerekeye 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

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.
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.

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.
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.

- **Depo-Provera injections**are injected like a shot. Women get the injections every three months.

---

**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.

- **Depo-Provera injections** are injected like a shot. Women get the injections every three months.
**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.

**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.
Kuronka imiti yo kuringaniza uruvyaro

Ushobora kuronka ivyo vyose bifasha gukingira gusama inda ubisavye kwa muganga, kw’ivuriro rikwegereye, kuri faramasi canke mu zindi mangazini. Rimwe rimwe urakenera urwandiko rwa muganga kugira ugure ivyo bifasha kuvyara ku rugero. Ivyo bifasha kuvyara ku rugero bifise ibiciro bitandukanye. Iyo ufise asiransi y’ukwivuza, 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 kuvyara.

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.
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 wumwikane 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’ighugu 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?**
Uturorero:
- Guhura n’abantu bashasha
- Kwiga ururimi rushasha
- Gukora ibikorwa udasanzwe 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 muwoy bavuga canke bakora. Kwiga akaranga gashasha biri muvyo uziga kugira ube mu gihug 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 abantu biratandukanye ku muntu wese ariko hari iyo abantu bahurizako iyo batanguye ubuzima mu gihug gishasha. Ibuka ko abantu batamererwa kumwe ku vyerekeye iki 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.
Igice ca mbere – Ugushika

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

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 Umuggero

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 umwan’ya. Ni ibisanzwe kwumva unaniwe canke ufise umubabaroro.

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.
Ukwiye gukora iki?

- Fata akanya ukore ibikunezereza.
- Ntiwinyeze mu nzu. Ubahuka gukorana n’abantu bashasha kandi ugerageze kurondera ivyo wokora bindi.
- Rondera abagenzi b’abanyamerika.
- Gerageza kwiga ighugu 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.
Kuremerwa ku mutima n’ukuvuga iki?

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 kwinshi: 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 kuminya ibituma umutima wawe uremerwa kugira uvyirinde. Kwirinda uburemerwe bw’umutima ubushora gutuzura imitsi mu kwiyegeira ukaguma hamwe wiyumvira ibintu vyiza, kuganira n’umuryango hamwe n’abagenzi, gusinzira neza umwanya ukwiye, gufungura neza, gutwenga, gutembera ku maguru canke kumonora 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**

**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.
**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’umuvye yi 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 kugera 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.
Umutekano w’inzu
Umutekano w’inzu
Umutekano w’inzu
Umutekano w’inzu
Umutekano w’inzu

**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.

**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.
**Umutekano mu gikoni**

**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.
**Kwirinda umuriro**
Abakotesha inzu bategerazwa gutanga icuma gipima umwotsi munzu. Icuma gipima umwotsi gitegerezwa kwama gikora kuko umuriro utanguye mu nzu nico kigutabariza kikarokora 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**

**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.
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

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.
Kwirinda umuriro
Umuriro ni waba ari mwinshi cane, ntugire ngo wowuzimya nico cuma, WEWE N’ABAWE 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
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.

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.
Igihe udahamagara 911
Hamagara 911 mugihe hariho ingorane ikomeye cane. NTUHAMAGARE 911 mugihe ATARI ibintu bikomeye. NTUHAMAGARE 911 nk’iyo 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.
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.
Urugo Rwawe
Birakenewe kugira inzu yawe n’abawe, ikomeye, isa neza, itekanye kandi itazimwe. 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.
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 nz u 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 arsha uwukotesha. Aya mahera akoreshwa mugihe hagize ikintu cononekara mu nz u mugihe uwukota akiri mu nz u. Arashobora kandi gukoreshewa mugihe uwukota yimutse atanisho 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.
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.

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.
Kubika Ibikoresha vy’Isuku
Shingura kure y’ibiribwa ibintu vyose bikoreshwa mu koza. Kandi gerageza ubike ivyo bintu yvo 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.
Imeza, Intebe, Uburiri be n’Akabati
Ibikoresho vyo mu nzu nk’intebe n’imeza n’ivyiwire, 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.
Amashiga yawe
Mu nzu yawe, igikoni n’ahantu hahambaye hakwiye kwama hasa neza. Mu gikoni hariho ibikoresho vyinshi, bimwe murivyo 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.
Aho kokereza (Ifuru)
Shira umuríro waho kokereza ku bipímo vy’ubushuhe 350 canke 400 mu guteka canke kwotsa inyama canke imikate. Ushize kuri “broil” uba uríko 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

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.
**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**


**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.
Ibibanza vyo/Imeza zo
gukorerako mu mashiga yawe
Ntushire isafuriya ishushe aho utegurira.
Shira munsi 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 iyo 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.
Gutunga Umuryango Wawe mu Magara Meza
Niyo wagumiza ivyokurya hanze utabibitse, 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.
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.
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.

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.
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.
**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**

**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.
Ingorane z’icobo

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 asesetse
Gumiza igitambara gitangira amazi yo koga aho wogera kandi uhanagure ayasesetse 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.
Kumesa Impuzu
- Shira impuzu n’isabuni mu mashini yo kumesa.
- Atsa imashini. Ntushire impuzi nyinshi mu mashini y’ukumesa canke yumisha.
- Igihe cose ugire wumishe, 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

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.
**Ibisabwa**
Abakotesha basaba ko wandika ikete ryo gusaba imbere y’uko bakora ivyononekaye mu nzu. Koresha urupapuro wahawe n’uwukotesha mu gusaba ko iyyapfuye 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.
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.
**Kuriha ivyakoreshejwe**

**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.
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.

Conserving Energy and Saving Money
Turn off the lights when you leave your apartment to save money on electricity.

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.

Kugabanya umuyagankuba no kuziganya amahera
Usohotse hanze, siga umuimira amatara kugira ngo umuyagankuba amahera y’umuyagankuba.
TOPIC 7—HOUSING

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

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.
**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.
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
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.
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 aniko 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

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.
Ivyotuma Uronka Akazi

- Ubuzi bwinshi buraboneka bivanye n’abantu uzi. Baza abagenzi, abavukanyi hamwe n’abandi aho uba kugira ngo umenye ahoba hari ubuzi.
- Kwiga 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**

Kuvyerekeye uwo mubonano w’akazi, birakenewe ko:

- Witegura kuganira kuvyerekereye 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
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 kwivuza, 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
**Guhembwa**


**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’uburo bwo kwiyunguruza. Umuntu wese aba muri Amerika kandi akora asabwa n’amategeko kwuzuza 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.
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.

<table>
<thead>
<tr>
<th>Gross</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Federal</td>
<td>Withholding</td>
</tr>
<tr>
<td>$1,100.00</td>
<td></td>
</tr>
<tr>
<td>FICA</td>
<td>$275.00</td>
</tr>
<tr>
<td>State</td>
<td>$82.50</td>
</tr>
<tr>
<td>Local</td>
<td>$55.00</td>
</tr>
<tr>
<td>$13.20</td>
<td></td>
</tr>
<tr>
<td><strong>Net</strong></td>
<td><strong>$674.30</strong></td>
</tr>
</tbody>
</table>

**Umushahara Muke Ushobora Guhembwa**

Muri Amerika, umushahara muke umukoresha ashobora kuguhemba uvana na leta ubamwo. Birabujijwe n’amategeko ko umukoresha aguhemba umushahara uri musi 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.
**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**

**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.
**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.

**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.
**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.
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 kuvuganira 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.
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

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.
Gishiraho Intumbero
Ganira n’uwugufasha kuvyerekeye 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