

Sawa Le Baad

Tahwil Junub Sudan



SAWA
LE BAAD



WEDI SHUKUR

“Sawa le Baad: Kitab ta Tegyr ta Junub al Sudan de” jibu le itakum min kitab ta tegyr ta Africa al asili al kan katibu fi markas ta Johns Hopkins le barnamijat ta malumat wu markas ta ihtisalat le tenmia ta Uganda. Juzu ta kitab de’al kan katibu be Breakthrough ACTION South Sudan kan rahibu be Achom Atem Garang wu Jane Brown hasab kalam al kan wonusu fi warsha ta amal fi Juba, be mumesilin ta Breakthrough ACTION, Momentum (IMA), NWEYRO, MOH, RHASS, Steward Women, SWIGO, RHASS, UNH, CREW, AMALNA, SSWEN, AMDISS wu min mujtamahat ta Munuki, Lologo wu Gurei.

Anina der shukuru nas al kan saidu anina be afkar: Najugi Gloria min Crown the Woman, Theresa Mori min SSWEN, Awizia Zita min AMDISS, Pikyiko Eunice min Men4Women, Keliki Jane min RHASS, Ambayo Richard- rehis ta mujtama ta Gurei, Taban Richard min AMALNA wu Henry Erwa min UNH al kan jibu le anina nasawin, rujal wu Shabab al kan akder shariku ma anina gisa ta haya tomon.

Wu khususatan, anina bi shukuru nas al akder fata le anina buyut tomon wu shariku ma anina gisa ta haya tomon gidam ta Camera, ashan nas tannin bi akder istefit min hisa tomon de - Nyantong Garang, sultan Madelena Ihisa, Angua Night, Abdulwahab Juma, Yar Makuei, Daniel Peter wu Veron-ica Joseph wu Data Gordon.

Kitab de jibu le itakum be musaada min nas ta America be munazama ta America le tenmia al ala-mia (USAID). Ayi haja al katibu hini de musulia ta Breakthrough ACTION wu de ma afkar aw ma katibu be nas ta munazama ta USAID aw hakuma ta America.

Mahal al bi akder ligo fogo malumat ziyada:

Breakthrough ACTION (alfin wa aithnin wa asirin)

Sawa le Baad: tegyr ta Junub al Sudan, kitab ta Muderisin Markas ta Johns Hopkins le barnamijat ta malumat

JADAWL ALMHTAWAYAT

Juzu al awel:

Bidaya ta sawa le baad: tegyir ta Junub al Sudan 4

Juzu al tani:

Be istigdam ta adat al fi mujtama taki 5

- Muqadema (bidaya)
- Sikat al ahma
- Khibra ta muderis

Juzu al talit:

Adat al bi gowi khibra ta muderis 12

- Derisu munakhashat
- Fekiru fi khima ta shokol rajil aw mara

Juzu al rabi:

Kitab ta muderisin le amulu warsha ta amal ta mujtama 24

- Jalsa al awel: Bidaya
- Jalsa al tani: dor ta mujtama
- Jalsa al tallit: adat wu takhalit
- Jalsa al rabi: wanasat ta mara wu rajil/hilu mashakil
- Jalsa al khamis: dug umara aw rajil (GBV)
- Jalsa al sadis: saha ta shokol wilada ta rajil aw mara
- Jalsa al sabi: shokol uma al be saha al kues
- Jalsa al ta'min: WASH (moya, bakhanat wu nadafa ta gisim)

Masrad al mustalah:

Markhub al awel: 94

- Hajat al bi kobi
- Temrin ta arba wu ishirin saah

SAWA LE BAAD: TEGYIR FI JUNUB SUDAN

Sawa le Baad: Tegyir fi Junub Sudan de gi jibu le nasawin wu rujal teriga al umon bi alimu kef shokol mara aw rajil wu haya al ijtimahia gi ishtakhal fi haya tomon be saidu umon be afkar aw hajat al bi akder geru afkar aw hajat al kaab, ligo umon Kaman bi gowi aw shaja hajat al kues fi haya.

Roiya ta tegyir ta Junub al Sudan de o mujtama al fogo rujal wu nasawin al bi ehtaramu baadun tomon, bi fekir kues, wu geru hajat al ma kues ben nas al jouzu, wu shariku fi amulu khathwa al kues wu gesimu shokol be teriga al kues.

Hadaf ta tegyir ta Junub Sudan de yau ashan bi wedi le rujal wu nasawin le shokolat aw tamarin al gi ja jibu le umon hini:

- Wafigu gali o muhim ashan bi fehizu hajat al gi hakimu wazifa ta rujal wu nasawin, musuliat, wu tawakhi tomon.
- Arufu inu mashakil ma mara taki aw rajil taki fi bet o kaab.
- Shukuru wu sawa sawa wedi khima ta ayi zol barau barau.
- Kede itakum shariku afkar wu khathawat ta bet sawa.
- Umin gali umon bi akder amulu tegyir fi haya tomon, usura tomon, aw mujama tomon.
- Shilu khathwa ashan bi tala hajat al kaab wu shaja hajat al kues fi haya.

Adat de indu hajat itnin al muhemin ashan bi wosulu le roiya de. Wahid min umon yau musalsala ta gisas ta nasawin, wu rujal, wu Shabab al akder wegifu mashakilat ta usura ashan umon bi wosulu le hadaf tomon wu geru haya tomon wu ta usura tomon kaman. Gisat ta nas de kutu fi Flash le iitakum be itnin shikil: be shikil ta video (videos) wu Kaman sot barau. gisat ta nas de gi jaa istamilu be shi-kil al tani al huwa, kitab de, al bi jibu nasawin wu rujal le musalsala ta temrinat wu suwalat ashan umon bi ligo wazifa ta haya la ijtimia fi haya tomon. Gisat ta nas de yau bi kowinu muhima ta ayi hja al fi kitab de wu be wedi fursa ta munakhashat fi haya ta nas.

Al inshadat al fi adat de gesimu le itnin hasab akhlak. Kutu gali, one min akhlak de (Paulo Freire's Empowerment-Education) bi weri gali hilim bi jaa min "nas al malimin" lakin min munakhasha fi majmu wu hilim al nas indu jahis fi nafs tomon wu fi mujtama tomon. Akhlak al tani de (Albert Bandura's Social Learning Theory) bi kelim gali nas bi alimu akhlak jedid wu akder arufu gowi tomon kan umon ainu nefa tomon fi nas tanin. Be istakhdimu gisa ta nas de wu kitab de Kaman anina bi akder kutu musharikin resimu hajat al umon murur bo wu wu ligo umon Kaman bi alimu min gisas ta kef umon bi alimu min nas tanin.

Adat ta mashru de:

Sawa le baad: Adat ta tegyir ta Junub Sudan de fogo:

- Kitab ta muderisin
- Video wu sot ta gisas ta nasawin wu ruja wu shabab

Kitab ta warsha amal ta muderisin de indu arba juzu:

- Bidaya
- Be istigdam ta adat al fi mujtama taki
- Adat al bi gowi khibra ta muderisin
- Kitab ta muderisin ta warsha amal fi mujtama

JUZU AL TANI: BE ISTIGDAM ADAT AL FI MUJTAMA

Adat de le munu:

Majmu al deru ashan bi shariku kede umon kun min rujal wu nasawin al min nas ta beled aw medi-na al umur tomon gi bada min umur ta tamantashar le kamsin sena. lakin, ayi munazama o marhab ashan bi istagdim adat de, khususatan kan hadaf tomon yau saidu abinu mujtama al bi geni sawa budun mashakil fi bet.

Wosulu le Roiya de be “talim be musharaka:”

Kitab ta musharkin de salau ashan bi saidu nas shariku afkar, wu akhlak wu amulu tegyir fi haya tomon be istakhdimu teriga isim to “talim be musharaka.” Talim be musharaka gi itakhdimu dirasa ashan bi shaja nas ashan umon bi shariku be niya tomon le talim tomon. Shokol ta muderis de o Muftah le najah ta barnamij wu bi kutu musharikin istagdimu khibra wu hilim tomon le hilu mashakilat. Ashan kida, juzu min kitab de fogo juzu ta derisu muderisin wu gowi khibra tomon ta dirasa.

Teriga ta musharaka de, al Kaman gi istagdimu fi kitab de, salau ashan bi ishtakhal sawa ma majmu ta mujtama de aw nas ta mujtama kulu. Wu ashan kalam de bi hasil, musharikin lazim bi ligo malumat kifaya an musharaka tomon fi mujtama de wu wu dor al asasi al umon bi akder alabu fi najah to.

Sawa le baad: kitab ta Tegyir ta Junub Sudan de salau sawa ma video wu/ sot ta gisas ta nas. Gisas ta nas de, Kaman ma hajat tannin al fi musim ta ayi zol, bi saidu musharikin fikir fi khibra tomon, wu alimu malumat jedid, wu sala khibra ta wonusa tomon, wu akder fahim fursa ta tegyir.

Ishtakulu ma Rujaal wu Nasawin min jins mukhtelif:

Wahid min hadaf al muhim fi tathakhul ta mujtama de yau saidu nasawin wu rujaal bi amulu tegyir fi haya tomon al bi kutu umon fahimu badun tomon wu abinu ilakha al gowi ma badun tomon. Ashan kida fi kulu musim, o muhim ashan ita bi kalagu jow al bi kutu rujaal wu nasawin geni fi “salama” wu murtaah (wahid) fikir fi terigat ta haya tomon, (itnin) inu mashakilat tomon wu ligo hl le mashakilat del, wu (talata) nakhishu wozifa tomon fi mujtama wu kef wozifa de bi geru ashan salau saha ta usura wu mujtama tomon.

Ashan ita bi kalagu jow zede, o muhim ashan ita bi kun indu adat ta rujaal wu nasawin kede kun sawa wu akidu inu rujaal wu nasawin del kulu al shariku afkar tomon de, asumau kalam tomon de wu kutu fi amal. Wu baaden, nas al bi derisu de kede, azilu rajil wahid w umara wahid; de muhim ashan kan fi temrin tani al der rajil w umara kede nakhishu hajat barau gubal lisa umon ma wonusu le majmu kulu.

Limu nasawin wu rujaal sawa fi warsha amal ta mujtama de bi kutu, umon ligo mahal ta sariku afkar wu umon bi akder shaja badun ashan umon bi ishtakhal sawa, bi wedi fursa tamam wu khibra ta talim le nasawin wu rujaal kulu. Wu Kaman bi wedi le muderisin del teriga ashan umon bi arufu hajat al kan umon ma arufu an wozifa ta jin kan umon jaa geni fikir fi hajat ta munakasat de.

Juzu al tallit de bi wedi temrin ashan bi saidu muderisin kef umon bi istagdimu kitab de wu ashan umon Kaman bi fikir fi mashakilat del gubal musim lisa ma bada.

Nazar al’ahm an keif ita l akder istagdimu kitab ta muderisin de

Teriga al ita bi akder istagdimu sawa le baad: tegyir Junub Sudan majmu ta adat gi ligo fi musim min wahid le saba ze ma ayi musim gi abini nefsa to.

Kulu musim salau ashan bi shilu sah ten le talata sahad. Agira masimat del kulu bi akder amulu fi terigat mukhtelif, hasab ihtiyajat ta mujtama al ita gi ishtakhal fogo. masal, musimat de bi akder hasil yomi muda saba ayam; wu bi akder kalasu fi isbohen aw shahar aw aktar min kida.

Ze ma kitab ta muderisin de bi wedi ahsan teriga ta jibu musharikin le munakhasha, bi jaa kun fi za-man al ita bi ihtaj le lukha, suwal wu misalat ashan bi salau temrinat de ashan yi ajibu mujmahat al ita bi ishtakhal ma umon. O Kaman ma muhim ashan ita bi asalu ayi suwal al katibu fi kitab de, lakin asalu suwalat al bi kutu musharikin fahimu khibra tomon wu fetishu kefumon bi geru haya tomon wu haya to usura tomon wu mujtama tomon.



A. Kef ita bi ishtagdimu kitab de?

Musimat al fi kitab de bi akder istagdimu ka:

- Warsha amal al kamil
- Temrin khas fi ayi zaman ta talim
- Juzu min temrin ta abinu mujtama
- Ihtiyajat ta nas aw ta munazama ta mujtama



B. Yatu hajat yau deru (ihtiyajat)?

Hajat al deru ashan amulu ma musimat fi mujtamat de yau:

- Mahal al tamam wu ma fogo izaach al musharikin bi akder ishtakal budun zol bi taabu umon;
- Karas kebir ta resim, sobura (aw hajat ta beled al bi ader saidu majmu shariku afkar);
- Hajat al bi saidu musharikin sejilu afkar tomon ze (galam/galam rasas, waraga, wu hajat tanin.). kan musharikin de ma bi akder katibu, ita bi akder fikir fe turug tannin al umon bi ak-der sejilu afkar tomon ze (i.e., isharat aw resim); wu,
- Terigat tannin ta video aw sot ta nas al sejilu (telephunat laptops al wosilu ma musejil wu shashaat aw projectorat).



C. Ana bi bada kef?

- **Gubal lisa ita ma bada**, o muhim ashan ita bi raji terbeza ta malumat ashan ita bi kun indu ma-luma an suwalat kulu.
- **Gubal lisa ita ma bada ayi musim**, agarau kulu wu aruf kef ita bi akder kalasu. Kutu bala kues le bidaya to de ashan ita bi akidu inu ita indu ayi haja al ita der. Jahizu suwalat wu misalat al tamam le mujtama taki. Asuma gisa ta zol kues wu katibu hajat al muhim tehet ashan ita bi akidu inu itakum nakhish fogo baden.



D. Yatu noh min nasatat yau gi amulu?

Shikil ta temrinat:

- **Ainu video wu munakhasha:** de yau haja al asasi fi musimmat al fi kitab de kulu. videohat de gi hagi gisas hagigi ta nas al gi ish be teriga kues wu Kaman fi kulu musim fi barnamij barau al bi nakhishu. Video de amulu ashan bi shaja munakhashat wu Kaman shaja musharikin ashan b wedi afkar tomon. Kan ita ma indu haja ze telephone al bi shekilu video, ita bi akder shilu gisas al sejilu be sot bes de.
- **Shariku afkar:** de zaman ta shariku afkar al bi kutu musharikin al fi majmu de shariku afkar wu hilim an hisa al wedi le umon de. Wu hadaf to yau ashan umon bi akder wedi afkar aw hilim tomon be teriga seri, wu Kaman ashan bi asumau afkar ketir barau barau fi majmu.
- **Lib al bi alabu fi majmu:** de Kaman fogo istagdimu suwar be sheksiat al fogo wu amulu temrinat ta hilu mashakilat al ayi zol lazim bi sharik fogo be jidia kulu. Baadi kulu temrin, majmu de bi ai-nu umon alimu shunu wu kef umon bi akder istagdimu talim de fi haya tomon ta yomi.
- **Munakhashat ta majmu suker:** temrin de daiman gi gowinu min adad ta nas besit al bi nakhish hisa muhayyan – adad al besit fi kulu majmu de daiman bi kun talata wu adad al ketir ya sita. Ma ze munakhashat tannin de, shikil munakhashat zede bi kutu musharikin fekir taman fi haja al hasil wu sharku afkar al kues ma baad.
- **Munakhashat ta majmu al kebir:** daiman shikil temrin zede gi jaa wara temrinat abu sukerin de. Hadaf to yau jibu musharikin kulu sawa ashan bi shariku hajat aw afkar al talau f zaman ta mu-nakhashat al hasil fi majmuhat abu sukerin.

Khawanin al gi wedi le muderis:

“Anina derin nawsal le shunu?”

De bi weri hadaf ta temrin de fi bidaya ta kulu temrin.



“Sonduk ta malumat”:

Shokol ta sonduk ta malumat de yau bi zekiru muderishajat al muhim al der kede wonusu aw kutu fi temrin aw fi munakhasha.



“Khathwat”:

Ayi temrin gesimu ali itnen khathwa. Khathwat al itnen de salau ashan bi saidu muderis ishtakhal be khawanin ashan o bi akder derisu kitab de le nas kues.





E. De munu yau bi derisu?

- Musimat del kulu lazim bi derisu le nas be itnen shikil ta ans al huwa rajil wu mara fi kulu majmu.
- Fi zaman ta musim ta majmu kubar wahid muderis bi shilu mahal ta rehis ta muderisin, wu tan-nin de bi saidu be gesimu hajat wu kitaba ta hajat al gi wonusu. Ferik de lazim bi istagdimu teri-ga de fi kulu musimat del ashan musharikin de bi arufu gali musulia bi akder shariku shala ben rujal wu nasawin.
- Ligo muderisin tannin de kulu gi inu kefi musim de gi ruwa kefi, wu muderis al ma fi shokol ta rehis ta muderisin kede geni ainu bes kefi munakhashat g ruwa. Mudarisi al bi geni ainu bes de mosul be fahimu hajat wu hafizu hajat al gi hasil fi munakhashat de, ze:
 - o Seii nasawin gi shariku tawali ze ta rujal de?
 - o Seii umur bi alabu dor fi munakhashat de, aw shokol kebir fi mujtama, etc. hal hajat de bi kutu munakhashat de bi ruwa be teriga kues?
 - o Hal fi zol gi wonusu ketir al bi kutu nas tannin de ma bi geni murtaah?
 - o Kef tenzim ta majmu aw khurfaa al nas geni fogo gi asir be mushterikin?
 - o Hal fi haja tani bi kutu musharikin de bi geni ma murtaah bara min munakhashat de?
 - o Hal fi haja rehis ta muderisin de bi akder geru ashan bi kutu munakhashat de ruwa kues?

De bi kutu ferik de amulu tegerat shiwiya fi hajat al muhim al bi jaa sadiu baaden fi zaman ta murajahat.



F. Ana bi akder ishtakhal ma majmua keif?

- Baadi marat, o muhim ashan nasawin w rujal ni geni barau awel wu nakhish hajat muayen gubal lisa ma lakbatu umon sawa fi majmu. Munakhashat rujal aw nasawin al barau barau de bi saidu umon wonusu be haamas ma nefsa tomon gubal lisa umon fi zaman ta munakhashat. De shokol ta muderis ashan o bi hazilu, sawa ma nas ta majmu, fekira al kues ma umon – fi nas tani bi rudu geni fi majmu ab bi lakbatu ma rujal aw tani bi rudu geni nasawin kulu fi zaman ta munakhashat le nihaya.
- Kan ita bi nizamu majmuhat abuu sukerin del, kede ita kutu bala kan fi nas al umur tomon kubar shedid. O muhim ashan nas abu umur tomon gerib ma baad kede ishtakhal sawa fi majmu wahid. Wu de indu itnen istifada: wahid min istifada de yau o bi akder weri le ita kan fi ayi ferik fi afkar ben nas kubar wu suker, wu, Kaman, bi akder wedi le nas abu sukerin fursa ta wedi sot tomon ashan nas kubar de kede ma gofulu umon fi wonusa, aw Kaman aksi to.

Hafizu zaman

- Kede ita geni neshit wu guabu ayi suwal majmu taki asalu. Mata gata ayi suwal al muhim bes ashan zaman biga mafi; wu kaman, mata sibu musharikin al fi majmu de geru nikhish de le haja al ma indu barnamij be haja al itakum bi nakhish fogo.
- O ma muhim ashan ita bi kutu munakhishin nakhish ayi suwal al fi hini. Suwalat de kutu hini ashan bi saidu itakum wosulu le barnamij al deru. Baadi marat ita bi ligo gali bes be asalu suwal wahid wala itnin ita bi akder kutu majmu nakhish kalamata al muhim. Baadi marat, ita bi akder asalu suwalat de kulu kan fi zaman.
- Mata fekir gali de shokol taki ashan ita bi hafisu zaman fi majmu. Fi zaman ta munakhashat fi majmuhat sukerin de, asadu zol wahid min kulu majmu kede geni zol ta hafizu zaman.

Shokol ma nas al ma mutahlimin

Ken felan deru, istagdim suwar aw resimu ashan bi shaja nas abu ma agara kede sharik ketir fi majmu. Aw kaman, kede majmu de yau azilu yatu teriga ta derisa yau kues ma umon. Kan umon ma akder azilu yatu yau kues ma umon, weri le umon tannin wu kede umon azilu.

Arfa khibra:

- Fi nihaya ta musim, muderisin del kede geni fi ijtimaa wu nakhish hajat al kan kues fi zaman ta munakhashat aw fi musim del, aw fi shunu kan ma kues wu kefi bi akder geru.
- Fi zaman ta nihaya ta musim al akirS, ferik al munazim del kede geni fi ijtimaa wu nakhish hajat al kan hasil fi zaman ta munakhashat de wu hal mushrikin del istefit min munakhashat de. De bi akder katibu tehet ashan bi saidu nas fi barnamij al jaii.

KHIBRA TA MUDERISIN

Barnamij de jibu ashan bi shaja talim be musharaka, teriga ta talim bi munakhasha, ma be drasa. Dirasa de gi amulu be istagdimu khibra ta musharaka, talim min tanin, wu istagdimu khibra tomon le ligo hal ta mashakilat tomon. Al gi jaa de juzu min khibrat al muderisin bi akder istagdim fi zaman ta munakhashat fi musimat de.



A. Shokol ma munakhashin

- Shaja musharaka le ayi zol.
- Kede ita kutu bala fi farik ta nas barau barau fi majmu (jins tomon, umur, marhala ta talim, jouza, wu ayi ferik tani).
- Kede ita kutu bala kan fi ayi ferik kan rujal wu nasawin geni sawa fi munakhashat. Kede ita akidu gali rujal ma gi wonusu ketir min nasawin wu nasawin indu fursa ta wonusu.
- Shajja musharaka min tajahat barau barau.
- Kan ita der, ita bi akder Sharaku khibra taki ma majmu kaman, khususan tegerat al ita gi ligo fi zaman al ta biga muderis fi sawa le baaad: tegyir ta Junun Sudan de bi shaja musharikin bada wonusu le ita an gisa ta haya tomon.
- Kede ita kun indu ihtiram le afkar ta musharikin, temrim tomon, wu adat wu takhalit shala kan nas bi kelim gala umon ma “sah” aw ita ma tifagu ma umon.
- Kutu hamas fi ijabat ta musharikin wu asuma le kalamata tomon bi nia wu shuja.
- Sibun musharikin kede hilu aw juwabu suwalat budun ma ita bi juwabu le umon awel.



B. Rakhibu musimat

- Ze ma wonusu gibel, zaman al wedi le kulu temrim kede ihtaramu. Kan fi ayi munakhashat tani al barau min al deru de gi hasil, mata wegifu ashan gali ita indu zaman. Kede istemir la-hadi kan wosulu le kalamata al kues. Kan ita gi ainu kaanu fi temrin ma gi ishtakhal,, kede ita tawali geru le temrin tani. Muhima ta musim de yau o gi wedi le musharikin fursa ashan umon bi shariku khibra tomon ma nas tanin, Kaman bi saidu umon fahim baadun wu ligo hal sawa le mashakilat ta usar fi mujtama tomon.
- Kede ita kun indu tafahum kues an kitab de.
 - o Kede ita kutu bala kan fi majmu abu lakbatu nasawin wu rujal sawa wu munakhasha de ma gi ruwa kues wedi le umon fursa ashan umon bi limu baadun tomon barau awel ka nasawin aw rujal gubal lisa.
 - o Kede ita akdu gali rujal shariku fi munakhashat ta hajat al gi wonusu an “mashakilat ta nasawin” (e.g., mashakilat ta wilada, ainu wara iyal).
- Ihterim musharikin wu kede ihtiram kun fi ben musharikin wu muderisin.
- Kutu bala kan fi ferik ben musharikin wu kan fi ferik Kaman ben musharikin wu muderisin, wu kede geru muderisin de tawali kan fi haja ma gi ruwa kues.
- Hakimu munakhashat de, mata sibun nas tani kede wonusu ketir min tani kan fi nas zede kede ita akidu inu ita wdi fursa le nas al

ma gi wonusu ketir. Akidu inu nas al ma agara de ligo fursa ashan wonusu be hamas. Shukur ayi zol al wedi musharaka to.

- Derisu temrim de, weri hadaf to, wu asharah le umon asbab to.
- Werinle umon kan fi mahal gi lakbat umon.
- Weri le umon be tegsir khibrat al umon bi ligo baadi talim de.
- Kede ita geni zol mahlim, lakin aruf Kaman gali muderis, kan gi derisu o Kaman g alimu min nas, wu kede ita ma kutu fi bal taki gali ita yau indu talim barau, lakin kede ita kun zol al gi asuma wu derisu wu asadu wu ma ta hakimmu nas ta majmu be haja al umon ma der.
- Kede ita hawil fetishu mahalat fi mujtama hini al musharikin bi akder lgo fogo ziyada min malu-mat an hajat ze mashakilat ta bet, saha ta uma ta iyal, mana himil, moya, bakhanat wu nadafa ta gisim.

JUZU AL TALAIT:

HAJAT AL B GOWI Khibra ta MUDERIS

Firkha al majmu ta muderisin de daiman indu kibra min warsha amal al umon amulu gabli kida an umon bi akder istagdim. Wu kaman, fi khibrat tannin muhim shedit le najah ta warsha ashan kida anina Kaman bi katibu le muderisin del hajat al bi gowi umon fi warshat tannin ze de.

Kitaba al gi jah de salau le nas al gi derisu muderisin ta warsha amal zede; wu kaman, b akder istagdimu be ayi zol al gi nasiku barnamij ta sawa le baad: tegyir le Junub Sudan ashan bi gowi umon wu jahizu umon le musimat de. O muhim shedit ashan majmu ta muderisin de kde agara kalam de awl gubal lisa umon ma amulu temrin ta mujtmat de.

Hajat itnin al muhim al katibu fi juzu de:

Derisu munakhashat

- Temrin 1: hakim suwalat ta munakhashat
- Temrin 2: nakhishu afkar ta musharikin

Fekiru fi khima ta jins tanina

- Temrin 1: wezifa ta jins
- Temrin 2: jins wu mumarasa ta jins
- Temrin 3: jins wu mashakilat

Derisu munakhashat

Temrin al itnin al gi jah de bi saidu muderisin hakimu aw juwabu suwalat al musharikin gi asulu fi zaman ta warsha amal de.

Mullaza: kan fi muderis gi hakimu temrin de; ruwa be khawanin al gi jah de. Kan ita gi ishtakhal be taki, agara hajat ta temrin del kulu wu suwalat de kaman. Fikir fi suwalat del wu juwabu umon sah.



Zaman:
sah wu
ishirin degiga

Nasat 1:

Hakimu aw juwabu suwaalat ta munakhashat

Khathwa 1:

Weri le umon temrin de

Aharah le muderisin del: hadaf al rehsisi ta “suwalat ta munakhashat de” wedi ashan bi derisu wu shaja wedi afkar be nas al musharikin. Anina ma gi fetishu ijaba al “sah” le suwalat del lakin ashan bi saidu nas wedi afkar tomon. De bi mana itnnin hajat al muhimin shedid:

- o Awel, suwalat al wedi de salau be teriga al bi akder ruwa ma ayi zol. Ze ma weri gibel, muderisin de kde ma kafu asalu, kan umon der, fetishu teriga tani ashan umon bi bada mo munakhashat fi hajat muhayan, hasa haja al bi derisu wu lukha al bi derisu mo.
- o Nimra itnin, ze ma suwalat de yau bidaya ta munakhashat, ma ta nutu le munakashat tani bes ashan fi nas besitin juwabu suwalat. Shaja musharikin kulu kede shariku afkar tomon fi haja al gi nakhishu de.

Kathwa 2:

Merin takum shokol fi majmu

Ashan itakum bi merino hajat al wonusu fok hini de, **kowinu itnin majmu ta nas abu kulu rujal aw kulu nasawin al adad tomon kede ku min khamisa nafar le sita nafar**. Asadu ayi majmu kede azilu zol wahid ashan bikun muderis tomon wu ashrah le umo gali umon yau bi kun mosulin le munakhashat tomon fi majmuhat tomon abu sukerin de fi suwal muhayan gidam majmuhat tannin de kulu. Wedi le ayi majmu suwal wahid ashan umon bi nakhish min suwalat al tehet hini de.

Mothu:

Nasawin wu rujal gi asuma baadun (min musim ta adat wu takhalit)



Suwalat al bi asalu le nasawin:

- Fi shunu gi kutu ita murtah ashan ita mara?
- De shunu yau ita bi ainu bi geni gowi le ta shedit fi mujtama taki ashan ita mara?
- Fi shunu yau ita bi ainu rujal lazim kede fahim an nasawin?
- Fi shunu yau ita bi ainu gowi ashan ita bi fahim an rujal?
- Rujal bi akder fahimu nasawin kef?
- Fi shunu yau ita ma der asuma tani an nasawin?



Suwalat al bi asalu le rujal:

- Fi shunu gi kutu ita murtah ashan ita rajil?
- De shunu yau ita gi ainu gowi le ita shedit ashan ita rajil fi mujtama taki?
- Fi shunu yau ita gi ainu muhim lazim kede nasawin fahimu an rujal?
- De shunu yau ita gi ainu gowi ashan ita bi fahimu an nasawin?
- Kef nasawin bi akder fahim wu saidu rujal?
- De shunu yau ita ma der asuma tani an rujal?

Khathwa 3:**Ainu wu nakhishu ijabat**

Muderis al awel de kede derisu musharikin to al fi majmu to abu suker de be suwalat fi zaman min ashara degiga le khamistashar degiga , ligo musharikin tannin de geni ainu. Kan majmu de kalasu, nadi musharikin al kan geni ainu de kede wedi afkar tomon Kaman fi derasa ta muderis de kan fi haja kues o geni amulu aw kan haja der kede o geru . le majmuhat ta rujal wu nasawin barau barau de, akidu inu ita amulu le umon musim khas ashan umon bi nakhishu haja tomon fogo.

Khathwa 4:**Kheriru temrin de ma majmu al tani.****Khathwa 5:****Tegsir**

Fi nihaya ta temrin de, mahlim de aw zol al bi derisu de kede katibu hajat al der kede muderisin del geru be tegsir to, be istagdimu misalat katibu teria ta tadakhul al tamam.

Khathwa 6:**Gofulu temrin de be wedi afkar aw talim al kues al umon bi akder shilu fi bet**

Afkar al kues al bi shilu fi bet de:

- Suwalat de kede shaja wedi afkar wu geru teria ta afkar ta nas.
- Mafi ijaba sah le ayi suwal.
- Ayi zol kede shajau ashan bi wedi afkar to.



Nasat 2: Hakimu afkar ta musharikin

Khathwa 1:

Weri temrin de

Ashrah le muderisin gali: umon ka muderisin, lazim kede ita daiman towilu munakhashat ashan bi kutu musharikin fekir tamam afkar al kues wu fi hajat al gi ainu gali de hajat ta beled wu shaja umon be afkar al umon bi akder geru umon le haja al kues. Zaman ita gi geru afkar ta musharikin de, muderisin wu musharikin tani kede ma gofulu nia ta nas al gi wedi afkar tomon wu hajat al umon bi umin be o de. masalan, kede umon ma wonusu hajat ze: "haja al ita wonusu de galat," aw "kalam de ma indu mana kulu kulu." Shokol ta muderis de yau o bi wedi suwalat al bi kutu musharikin del fekir tama fi hajat al gi derisu de.

Khathwa 2:

Merinu shokol

Ashan ita bi menrinu hajat al katibu fok de, kowinu itnin majmu abu lakbatu be rujal wu nasawin al adat tomon min khamsa le sita. Asalu ayi majmu kede azilu muderis wahid . ayi majmu bi wedi le umon barnamij wahid min al gi jah de wu de bi jah kun haja tomon al umon bi shaja.

- "Jujal yau indu hak ashan bi shilu hajat ta abu tomon kan o mutu hasab adat wu ta-khalit."
- "Baadi marat o kues ahsan rajil bi dug umara to, masalan, kan o ma gi ishtakhal sho-kol to fi bet aw kan o bi wonsus ma rajil tani."
- "Fetishu kashab ta nar de shokol ta nasawin bes, jibu moya, wu rakabu ashan mahal ta nasawin yau bet bes."

Khatwa 3:

Haja al bi amulu fi munakhashat ta majmu kubarin.

Nadi wahid min majmuhat del fi nus ta fesil wu asalu umon kede umon nakhish fi haja al wedi le umon. Tannin de kede geni ainu. Mudarisi ta majmu de kede fetishu teriga al o bi shaja ma o afkar ta musharikin de, wu kutu umon fekir fi barnamij de bi teriga barau barau, be istagdimu afkar al wedi fok hini.

Khatwa 4:

Nakhishu ijabat

Baadi ashara le khamistashar deiggia ta munakhasha, nadi musharikin al kan geni ainu min bara kede wedi afkar tomon fi muderis al kan gi derisu de, fi haja al kulu kues wu al der kede o geru.

Khatwa 5:

Kheriru temrin de ma majmu al tani

Khatwa 6:

Tegsir

Fi nihaya ta temrin de, katibu hajat al kues wu hajat al batal fi zaman ta shokol ta muderis de be tegsir, wu ashrah be misalat terigat al kues al bi akder amulu ma o hajat ze de. Fi sunduk al tehet de, fi missal ita bi akder istagdm le tahkit.

Misal:

Kan fi musharik wonusu haja ze, “rujal yau indu hak fi awtan ta abut mon kan o mutu ashan de adat wu tkhalit tanina,” muderis de kede ma kelim gali de khalat lakin kede hawil kutu zol de fekir fi kalam de be teriga tani barau. Khathwat al gi jah de bi saidu itakum:

Khatwa 1:**Asalu le shunu o bi fekir kida**

Ita bi akder weri le aniina le shunu rujal yau indu hak fi awtan kan abu aw uma tomon mutu?

Khatwa 2:**Asalu suwal al bi geru muk to min afkar zede**

Ita gasit weri le anina gali rujal yau bi ishtakal fi watan barau? Seii ita arufu ayi mara al gi zara? Ita gi ainu o sah ashan bi abau watan min nas al gi ishtakhal fogo? Hal ita asuma yom tani mashakil al ra-hadi mara ja shilu watan ta abu tomon aw uma al mutu? Kan kalam de sah, fi shunu hasil?

Khatwa 3:**Asalu musharikin tani kede wedi musharaka tomon fi mothu de**

Musharkin tannin de gi fekir shunu fi kalam de?

Khatwa 4:**Wedi hal aw fikira taki hasab afkar al nas de geni wedi zaman umon gi shaja mowathi bara barau de**

Ze ma juzu min itakum wonusu, o muhim kede nas l gi ishtakhal fi wata de kede ma abau le umon wata de. Kan nasawin bi ishtakhal fi wata de, umon Kaman bi akder kun musulin fogo. Ze ma ketir min itakum arufu, rujal wu nasawin bi akder alimu ishtakhal hajat ketir sawa.

Khathwa 7:**Gofulu temrin de be wedi afkar aw talim al kues al umon bi akder shilu fi bet**

Afkar al kues al bi shilu fi bet de:

- Ma ta weri le mushrik gali o galat.
- Asalu suwalat abu kherib ashan bi kutu msharikin de fekir tamam fi mothu al bi nakhishu de.

Fekiru fi khima ta jins tanina

Ashrah le muderisin de gali: anina kulu indu khima ta jin tanina, wu shala kun baadi marat anina gi hawil ainu kaanu umon ma kifaya, baadi marat , umon yau bi gowi thumohat tanina wu hajat al ani-na bi amulu. O muhim le anina, ka muderisin, nukunu wathhin fi khima ta jins tanina ashan anina bi akder saidu musharikin fi warsha amal al jaii kef umon bi kheyimu jins tomon.

Fi musim de, anina gi jaa aulu temrinat ketir al bi saidu muderisin fekir fi arba mashakilat al muhim an jins al umon yau asas ta mothuhahat ta warsha amal ta mujtama. Wu umon yau kida:

- Wezifa ta jins
- Jins wu mumarasa ta jins
- Jins wu mashakilat
- Jins wu amulu khathwat

Mulahaza: Kan fi muderis gi hakimu temrin de; ruwa be khawanin al gi jah de. Kan ita gi ishtakhal be taki, agara hajat ta temrin del kulu wu suwalat de kaman. Fekir fi suwalat del wu juwabu umon sah



Zaman:
40 deqiqa

Nasat 1:

Wazifa ta Jins

Note: fekira al gali rujal wu nasawin ma bi abau le umon kede umon sharik fi ayi barnamij awu musulia bes ashan kalam ta jins tomom wu ligo nas ketir bi akder amulu ayi haja kan alimu umon haja al bi kun jedid le umon ka musharikin al fi mujtamahat tomon al kitab de bi nefisu fogo wu Kaman bi kun fi nas bi igtelif bi kalam de.

Khathwa 1:

Nakhishu fi majmu kebir

Asalu muderis de awel kede fikir wara fi ajat ta zaman kan seiii gabli kede umon nakhish mawathi zede:

- Kede ma abau rujal sharik fi shokolat aw ayi haja ashan kalam al o rajil besr”
- Rujal wu nasawin bi akder ishtakhal shokol aw musulia kan derisu umon.

Yala asalu umon kede umon fikir fi hajat de:

- De shunu yau kan aw lisa , wazifa, musulia, aw sheksia al gowi le umon ashan umon bi sedek gali nasawin indu?
- De shunu yau kan aw lisa , wazifa, musulia, aw sheksia al gowi le umon ashan umon bi sedek gali rujal indu?

Khathwa 2:

Katibu fi waraga kebir ijabat kulu

Gesimu waraga de le itnin wu katibu hajat an wazifa ta nasawin fi wahid wu hajat an wazifa ta rujal fi tani.

Khathwa 3:

Azilu shuwiya iabat min daja waid ta waraga de (al keriru ketir) wu nakhishu ma majmu kulu le shunu umon wonusu kalamata de

Khathwa 4:

Ba tegsir

Gofulu temrin de be zekiru le muderisin del Afkar al kwes al bi shilu fi bet de.

Afkar al kues al bi shilu fi bet de:

- Ita ka muderis, der kede anina fikir fi mashakilat ta jins wu kede ita amul hisab taki kede ita ma asuru hajat al kaab an jins le umon.
- Zekir gali masawa ta jins fi ayi marhala o muhim shedid ashan kida jibu munakhashat de kalam to.



Zaman:
40 deqiqa

Nasat 2:

Jins wu Mumarasa ta jins

Khathwa 1:

Weri temrin de

Ashrah le muderisin gali:

- Adad ta jins al gi derisu akhlak ta nasawin wu rujal daiman yau asas ta mashakil, ze taab al na-sawin gi ligo kan umon derra wonusu ma rujal tmon an mana himil ashan umon bi kafu gali bi jaa kelimu gali o “ma gi weledu” aw Kaman bi jibu mashakil, wu khuthura al rujal gi shilu fi jouzu nasawin ketir ashan bi weri gali o bi akder num ma nasawin ketir.
- Adad ta jins de gi kutu rujal wu nasawin ketir nesitu saha ta usura tamon be shilu mana himil ashan bi wedi ferik fi zaman ta weledu iyal tomon.
- Ashan sabab de, kitab de aw derisa de jibu le itakum ashan bi saidu musharikin fekir tamam fi adad ta jins al gi asir ma saha tomon wu haya tomon.
- Ashan ia bi saidu musharikin fi mujtama fahimu kalam de, anina ka muderisin, kede anina shilu zaman ashan Kaman fekir fi mothu de taman.

Khathwa 2:

Nakhishu fi majmu sukerin

Gesimu muderisin de ila itnin – majmu ta nasawin wu majmu ta rujal – wu nakhish takum hajat de:



Suwalat al bi jaa nakhishu fi majmu ta Rujal:

- Hal rujal daiman gi kutu fi muk tomon gali nasawin tomon bi rudu num ma umon fi zaman al umon der? Kalam al umon kutu fi muk tomon de gi jaa min wen?
- Kede rujal amulu shunu kan nasawin tomon ma der wonusu ma umon?
- Rujal ketir gi wonusu shunu kan nasawin tomon der istamil mana himil?
- Rujal ketir gi fekir shunu kan umon ainu rujal tannin ma nasawin tomon gi fekir sawa wu amulu khathwa sawa fi hajat al umon der amulu? Ze istamilu mana himil?



Suwalat al bi jaa nakhishu fi majmu a Nasawim:

- Hal nasawin ketir gi fekir aw gi bada der num ma rujal tomon? Le shunu? Le shunu umon ma gi der?
- Nasawin gi fekir shunu fi rujal al der kede nasawin tomon yau fekir num be umon awel? Le shunu?
- Hal seei mara bi akder kun murtah asalu rajil to kede istamil mana himil?
- Nasawin ketir gi fekir shunu kan umon ainu rujal tannin ma nasawin tomon gi fekir sawa wu amulu khathwa sawa fi hajat al umon der amulu? Ze istamilu mana himil?

Khathwa 3:

Weri shokol ta majmu

Nadi majmu kede wedi afkar tomon al muhim al umon nakhish ma nas kulu.

Khathwa 4:**Nakhishu ijabat**

Baadi majmuhat de wedi afkar tomon, asalu muderisin del kede weri mashakilat al kutu umonfekir gali rujal wu nasawin bi akder fekir sawa ka nas wahid.

Khathwa 5:**Tegsir**

Gofulu temrin de be zekiru le muderisin del Afkar al kues al bi shilu fi bet de.

Afkar al kues al bi shilu fi bet de:

- O muhim ashan ita bi ishtakhal fi mashakilat de ashan bi saidu musharikinwedi afkar wu hajat al bi sibu nasawin shariku taman fi khathwat ta jins aw num ma baadun.
- Anina ka mudersin, kede anina amullu hisab tanina ashan kede anina ma wonusu hajat kaab an wazifa ta nasawin aw rujal fi zaman ta warsha amal de.
- Adala ta jins fi kulu marhala, Kaman fi mumarasa ta jins, de yau hajat al muhim al jibu le itakum ma o kitab de.



Zaman:
40 deqiqa

Temrin 3: Jins wu Mashakilat

Khathwa 1:

Weri temrin de

Ashrah le muderisin gali:

- Mashakil ta nasawin ma rujaal tomon, daiman rujaal ma nasawin tomon, gi hasil fi mujtamihat ke-tir w baadi marat gi ainu gali de sah.
- Ashan kida fi zaman ta warsha amal, musharikin, rujaal wu nasawin kulu, bi akder rujaal kalam ta dugu nasawin baadi marat, ze kan nasawin ma kalasu shokol tomon ta bet al kan mufrut umon bi amulu.
- De mushkilat hisas ashan juzu min musharikin de bukun kan muru be hajat zede (ka nas al kan amulu le nas tannin aw hasil le umon).
- Anina ka muderisin, kede anina amulu hasab tanina fi zaman ta wonusuta hajat zede, lakin fi nifsu zaman, anina kede hawil shilu hajat al ma gi rudu barau.

Khathwa 2:

Ishtakhal fi majmu suker al fogo nasawin kulu aw rujaal kulu

Gesimu muderisin del ila itnin majmuhat ta talata nafar le sita nafar wu asalu umon kee umon fikir fi suwalat del:

- Ita gi ainu mashakil ben rajil w umara kues fi marahil tanin?
 - o Kan aii, weri fi yatu marhala wu ashrau le anina.
 - o Kan la, asalu umon kede umon fikir fi marhala al mashakil aw dug umara kan kelimu gali kan kues be nasawin wu rujaal an fi munakhasha de.

Khathwa 3:

Weri shokol ta majmu de

Nadi majmu de kede weri balakhat tomon. Umon bi akder weri balakhat de ka sheksia dramia.

Khathwa 4:

Weri be tegsir akbar balakh ta mashakil al weri fi majmuhat

Baadi umon kulu weri balakhat tomon, rahibu majmu abu kubir kede weri balakhat tomon le majmu suker wu nakhishu le shunu ayi min balakhat de gi ainu gali de haja sah.

Khathwa 5:

Ishtakal fi majmu suker abu fogo nasawin kulu aw rujaal kulu

Gesimu muderisin del ila itnin tani wu naadi umon kede umon fikir fi hulul le nefsu mashakilat al wonusu gibbel, budun mashakil.

Khatwa 6:

Weri shokol ta majmu de

Asalu umon kede umon wedi afkar jedid wu mashahid; bukun umon der wonusu umon ka shek-siat.

Baadi muhathara de, nakhishu ma majmu de: **“Yatu lon ta shuja yau nasawin wu rujaal der ashan umon bi ligo ahsan hal le mashakilat del wu sala haya tomon?”**

Khathwa 7:

Katibu temrin de be tegsir

Gofulu temrin de be zekiru le musharikin del Afkar al kues al bi shilu fi bet de.

Afkar al kues al bi shilu fi baet de:

- Kitab de kan salau be hadaf al gali mashakil o ma yau teriga t hilu ayi noh min marhala.
- Fi ayi munakhasha zede, kede ita shaja musharikin de ashan umon bi fetishu hal bi teriga tani barau wu kede umon fahimu hajat la kaab al mashakil gi amulu le nas, wu usura tomon wu mujtama amatan



Zaman:
40 deqiqa

Nasat 4:

Jins wu Amulu khatwat

Khathwa 1:

Weri temrin de

Shrah le muderisin galit:

- Derisu nas an ihtiyajat ta rujaɓ wu nasawin ashan bi shariku afkar sawa de yau ahama haja al jibu fogo kitab de.
- Fi marahil ketir, mashakilat ketir al gi waja nas al jouzu bes (ze mashakilat ta weledu, mana himil wu istagdimu hajat ta bet) le mashakilat al gi waja mujtama kulu (ze shabakat wu musharakat fi barnamijata wu amulu hajat al bi geru haya ta nas fi mujtama), o sahil ashan ita bi saidu musharik fekir fi muhima ta mara wu rajil fi shariku afkar an amulu khatwat sawat.

Khathwa 2:

Ishtakhalu fi majmu suker al fogo kulu nasawin aw rujaɓ kulu

Gesimu muderisin del ila itnin majmu wu lakbatu rujaɓ ma nasawin wu asalu umon kefi umon gi tifa-gu ma nasawin aw rujaɓ tomon fi amulu hajat ze:

- Mana himil (adad ta iyal wu zaman tomon ta wilada)
- Saha ta wilada
- Talim ta iyal
- Hafizu Hajaɓ ta bet

Le kulu mothu kede umon fekir fi:

- De munu yau indu kalam muhim fi kalam de? Le shunu?
- Yatu sobat yau ita gi ligo kan ita der wonusu ma rajil taki aw mara taki fi kalam ta hajat ta haya takum?
- Sei ita gi ishtakal ashan geru teriga ta haya de le teriga al kues? Ita gi amulu shunu?

Khathwa 3:

Weri shokol ta majmu de

Nadi majmu de kede ashrah le nas kulu hajat al umon geni nakhish.

Khathwa 4:

Summarize

katibu afkar al muhim al majmu de wedi be Tegsir.

Khathwa 5:

Nakhishu suwalat de fi maajmu kebir

Baadi ma ita katibu hajat ta majmu de be tegsir to, nadi majmu de kulu kede nakhish fi kefi rujaɓ wu nasawin gi shariku fi amulu khatwat al gi asir ma mujtama kulu. Asalu suwalat al gi jaa de ashan bi shaja nikhah de

- Kan nas ta mujtama fekir ishtakal sawa le hadaf muhyan , kefi nasawin wu rujaɓ gi itdakhil wu kefi umon sharik?
- De munu yau de alabu dor kebir kan jaa fi wonusu de yatu haja yau itaah? Le shunu?
- De shunu yau bi kutu nasawin wu rujaɓ ma gi sharik sawa fi amulu khatwa ta mujtama?
- Seii ita gi amulu haja ashan bi geiru teriga ta haya fi mujtama de? Ita gi amulu shunu? Kan ita ma gi amulu haja kede amulu shunu?

Afkar al kues al bi shilu fi baed:

- Hu muhim ashan rujaɓ wanasawin bi shariku sawa fi afkar wu amulu khatwat le kues ta usura wu tenmia ta mujtama kulu.

PART IV:

**FACILITATORS GUIDE FOR
LEADING
COMMUNITY-BASED
WORKSHOPS**

SESSION 1

INTRODUCTION TO KEY

CONCEPTS

In this session, we will introduce each other, our expectations, the workshop goals and explore key concepts



Zaman:
hawala 2 saeat
and 30 deqiqa

Musim al awel: bidaya ta warsha amal wu hajat al muhim fogo

Fi musim de, anina bi arif badun, shunu yau anina derr ligo min warsha de, hadaf ta warsha de, roiya tomon, wu hajat al muhimat tanin.

Hadaf tanina:

Musim de bi kutu musharikin kede:

- Arufu baadun
- Weri shunu yau kan shaja umon ashan umon bi jaa
- Kalagu maahal al ayi zol bi geni murtah fogo
- Arufu hadaf ta warsha amal de wu arufu hajat al muhim al gi ja derisu fogo

Temrin:

- Arufu baadun
- Thumuhaf, weri hajat al muhim, wu khawanin ta warsha amal
- Arufu warsha de be kamil wu fahimu hajat al muhim al fogo
 - a. Taarif ta jins: kef rujal wu nasawin bi geni?
 - b. Taarif ta adala ta jins: amulu nadafa sawa
 - c. Taarif ta amulu khathwat sawa: de munu yau bi wonusu shunu
 - d. Taarif ta “haja fahizu tamam”: gadiya ta musawah
- Fekiru fi tegyir fi zaman ta warsha kulu

Hajat al deru:

- Sobura ta waraga aw hajat ta dirasa al bi akder ligo fi mujtama de (i.e. asayat, awrag, adana ta shejera abu kubarin – hajat al gi beinu, wu bi akder kasuru sukerin).
- Tabashir aw ita bi akder istagdimu hajat al fi fi mujtama de ze adana ta shekira, asayat, etc.
- Butakhal al umon bi katibu asami tomon fogo wu lesegu fi gumash tomon
- Computer/laptop wu flash disks aw filat ta sot
- Kutub – abu mutarjamt (kan majmu de mutaalimin)
- Hajat al bi hami ita min Corona (face masks, muthehir ta ideen, teriga al mushrikin bi akder geni beyit beyit)

MULHAZA

Daiman akidu gali mashakilat aw afkar al wonusu be musharikin de algi wonusu an hajat al kaab, hajat al ma hasil, suwata aw hajat al gi ferigu nas kede nakhishu fi majmu abu kubar.



Zaman:
25 deqiqa

Temrin 1: Arufu baadun

Anina derin nawsal le shunu?

Temrin de bi saidu nas bada wonusu ma baadun wu arufu baadun tomon ka musharikin fi warsha amal de. De bikun teriga al nas bi akder arufu umon indu shunu sawa ma baaadun. Kalam nadi zol kede jaa weri isim to de teriga tani al bi sibu nas wonusu ma baadun budun khof.

Mullahaza: Hu muhim asan ita bi bada al jalsa al awil sukun sukun, teriga ta fata wa terihb, asa kulu al mustarikin (nasawin, rujal, alsukar, al kubar, wa akiruon) usur bi rah. Tabqqa ayjabinan, ita kede hafes alnaw min teriga ta akalak de lahdi akir yum ta warsa de.

Yajib ealyk maerifat ama kulu almusharikin fi aqrab waqt mumkin. Wadi le kulu musharik butaqa fogo asmuh/asmuha mumkin bi kutu fi bi aynu fi jisim tu.

Bi teriga tani bardu, mumkin ita bi katifu asma ta nas almustrikin del fi waraga wa lesgu fi fanail welle gumas asan bukun shail na bi arufu badun.

Khatwa 1:

Arif un nefsatak ka muderis

Arif nafsak ka mumasil ta barnamij, mansab, munazama, wa badak, wari haja al ita bi amulu ka musir. Ita bi kelimu haja ze

- Ana bi kun musul min munaqashat tana de, ana bi asalu sual, wabad marat ana bi wari le itakum maelumat.
- Ana ini asan bi saidu itakum keif itakum bi alemu min badun takum wa keif itakum bi aqder hilu masakil takum.
- Min fadla, zekir gali sala ka nana gi jahiz le itakum molumat muhim. Wazifa tai ma bi kun ze ta ustaz al bi wari le ita hajat kulu al ita deru arufu; itakum kulu indakum maerifa mohim wa kibra asan ta sarik mabad wa dawr tai ana bi saeadu asan kede hasil.
- Anina kulu bi alimu min badun tana
- Ana bi tafiq fi lugha al ana bi fahim kulu al bi istakdimu fi zaman ta warshat aleamal de

Khatwa 2:

Gum bialnashat/ kasihat aljalid

Asalu almustarikin kede legu zol fi juwa ini alma qerib aw qarib tu.

Umon kede arufu an zoul de:

- Insm
- Umr
- Hala ijtimaiia
- Makan sakan (al'iiqamati)
- Wasabab hudur twa fi warsha

Aintazir bade daqaiyq le aye zol kede Shariku maluma de le badun tomon. Mumkin almusharikin bi Akhtar haja alomon bi ruwa wanusu anfusa tomon.

Khatwa 3:**Narif badun tana**

Kelimu le nas kede dumu le mujumuat kebir le mara tani. Lefu fi juwa ghurfa wautlub min kulu mushrik ya arif benefsu.

Khatwa 4:**Asalu swalat del le mujmua, baad kan ayi zol arif qism tomon:**

- De yatu hajat al itakum bi sarik bi badun takum (hilla, umr, hala alzwajia)
- De yatu hajat albaru al itakum lego

Khatwa 5:**Gofulu alnasat**

Qasiru al'afkar alrayisia wa raji al'afkar alrayisiat al ita bi selu fi baed.

Alafkar alrayiysia al bi selu baed:

- Indina kulu hajat mushtarakat wa baqi hajat ana iktalif fogo.

Mulahaza: Lo ita deru bada quat ta worsat amal ba riyada ita bi amulu asan almustrikin yushur bi raaha wa murtahin, la tataradid bi amulu. Hu mohim, eala ayi hal, inu mabadi almusawaat bayn aljinsyn al fi delil ma bi karabu bi ayi lon min mumarasa.

Aket inu nas al mwaqin lo ita gi fekiru kasuru jalid badil (icebreaking).



Zaman:
20 deqiqa

Nasat 2: Altawaqeat, Altawdih wa Quanin Alasasiya

Ita deru hahaquq sunu?

Nasat de bi saidu almustarikin alhaji alumon deru haqiqu fi warshat amal wawade qawaeid asassia alqi aleq ma bimusaraka al mujumeat, walaihtiram waasuma kwes.

Khatwa 1:

Wadih altawaqeat?

Ashrah lilmusarikin hajede:

Haja al muhim jidan kede ana wadih alhaja ana bi wasulu fogo min warshat amal wa haja ana bi waqea asan fi nehaya kede aye zol kede ma asheur ba iihbat khayibat alamal fi nehaya.

Bada munaqashatan bisuwaal: “qadumu haja alanine bi wanusu fogo wa alanine bi alemu?”

Mulahaza: Zaman ta munaqasha, akad inu nas kulu arif hajat ketir aktar min’nas warshat amal :

- Taqhyir alqwanin
- Kede qeni makan lilnaas asan bi beyu buda tomon
- Kede qeni makan limunaqashat gadaya alsiyasia
- Wadi le umon buda

Akadu inu almustarikin yafhamun mafhum, “altawaqeat,” ita kede asalu umon ean tawaqeat alumon bi sharaku baynahum- ze hiris.

Wa juab bukun “akulu akil, wastamta bi zaman taki, waziara le ahal wakida.

Kan kulu nas arufu altawaqeat de sunu, ita mumkein badaak bi bada min tawaqeat bita warshat amal

Khatwa 2:

Wari an muhima ta musaraka

- Wari gali hu muhim asan ayiy zol bi sariku wa sarik afkar fi zaman munaqashat
- Asalu lo umon kutu musarak yau muhim walae zatu.
- Baed umon kan wari afkar tomon, murajat almustarikin uwa asasi fi warsha amal de albi sebu bukun najih wa baqder haqiq hadaf toe.

Ita mumkin bikelimu haja ze:

Haja al muhim fi jalsa de uwo musarak takum. Mata kafu asan ita bi asalu sualat, shariku kibra, awu bibasit wansu kalam taki fi ayi modue ma bi kun fi inak tatawar awu hukm. Kulu haja al ita qi kelumuh muhim waraya ta nsa kulu awu muhim Kaman.

Khatwa 3:

Tala qawanin alasasiya albukun qaid

- Asalu nas deil kede azelu rutan albi istamilu fi zaman warsha amal. Na almustrikin bi jada le rutan albi istamilu; welle Kaman mustrikin kede arufu qali muhim asan bi istailu rutanat ba-ru baru fi zaman wahid de saidu umon asan umon bikun bae huriya asan umon bi wanusu kalam ta nefsa tomon, ze kalam alhasaasi awu kalamat albi sebu zol mabi qeni murtah
- Asalu almustriqin kede fikir fi qanun alnas bi istakal mae fi zaman ta warsha amal
- Fi waraqa kebir, katifu afkar tomon de bi teriqa ramz awu kalima asan kulu zol kede fahim. Sebu qawanin de foq fi kulu jalsat asan musarikin bi zekir qawanin tomon de

Akedu qawanin de fogo:

- Asma lo nas tannin qi wanusu. Ayi zol indu hak asan bi wanusu wa bi tala raya
- Mata qatq raya ta nas tannin
- Raya ta nas mabi talu qalat welle sah- kulu rayah bi nakisu fogo.
- Mafi zol bi sharik asrasah alkas ta mustriqin mazol almafi fi mojmuh de
- Lo fi zol mahtram qawanin de almumasil ta warsah amal bi rajih qawanin de tani le nas

Lo fi ayizol ma ihtram qwanin de, muderis bi raji qwanin ba ayi zol.

Khatwa 4:**Iktasir kalamata de waraih kalamata almuhahim albisilu baed**

Alafkar alraysia albi selu baed:

- Kulu nas kede sariku afkar tomon wa sarik fi nasatat ta washa amal de asan bi najah
- Alqawanin alanine tala sawa de bi sahilu siga wa ihtram lebadun tana wa asan Kaman aina bi akder istefit min kibra ta nas tannin.



Zaman:
40 deqiqa

Nasat 3:

Ayinu Warsha Amal Kulu Wafahim Almafhum Alraiysiya

Anihna deru haqiqi sunu?

Nasat de bi wari hadaf ta warsha amal de wa bi qadem wa iktasif shurut alasiya wa mafhum kamil bae amulu warsah amal de wa nasatat albi lemu nas kulu.

Khatwa 1:

Ahsrah hadaf waruya ta warsah amal de

- Bada bi murajat kulu anhadaf ta warsah amal de
- Katifu hadaf de fi waraga kebir qubal mustrikin ma jah
- Kutu waraqa de fi mahal albi ayinu wa asarah kulu min ahdaf de le mustrikin:

Ahdaf ta warsah de:

- Asan ita bi fahim terrigat alrajil wa mara gi limu wa keif bi assiir ba saha tomon wa qwad alkwes
- Iktasif turuq (teriqtat)alnas bi eaysh haya fogo saha ketir wa muntujia ma mushrikin
- Asan bisadu almushrikin asan bi iktasif wa/awu qoi nufush tomon wabi qayru haya tomon wa mujtama.
- Le raba wa alimu silu karar alsah

- Asra hu qali kulu hadaf bi waqif fi ruya “sawa le baad: Tahwil junub alsuwdan” wahu:

Fi mujtama al nas qi asuma badun za arujal wa nasawin qi ihtaram badun tomon, fahsu al haqiqa, wa taghyir eadam muusawat bayn musaraka al jinsayn fi tala karar sawa wa qesimu mawarid.”

Anhina bi iktasifu mafhuma alraysia fi ruya al qi amulu fi kulu tamarin..

Nasat 3.1:

Tahdid Aljins: Keif Mara Warajil Bi Itsaraf?

Khatwa 1:

Arif "aljins"

Asaulu mujumuat kede badilu afkar umon qi fekiru sunu kan umon asma kilima aljins.

- Farik toe sunu ma muqabala ta mara warajil
- Baad mamujumuat nakisu kalam fi fatara besit, qofulu munakasa de bi hadidu le umon tarif alsakal hasi. Albi istamilu kulu zaman fi warsah amal de. Akedu umon fahim almafhum kede umon wari missal anferik tajins fi mujtuma tomon.

Tarrif aljins:

Aljins de kilima albi istamilu leferiqo mara warajil. Alfariq del bi waqif fi almutaqadad walmaeayir almustrik fi dakil mujtama awu sakafa albi ferigo baen qudurat ta mara warajil. Ferik ta jins bi iktalif fi mujtama tana wamumkin bi qeru fi fatara min zaman. Aliktlafat albayulujiat yau "aljins" wade saabit wamata qeiru.

Khatwa 2:

Iktisar ta kalam de. Wanusu haja zee:

Fi nasatat alanin bi amulu sawa de, anina bi ayinu min ayi zawaya, wanin bi iktasif alhaji bikun mufyd litaghyir anfusina wafi mujtamatina.

Mullahaza: Albe thid de taerifan yumkin 'bisaeidu muqadim barnamej.

Tarif ta aljins:

- Aljins uhu biological wa wirathi
- De biwari jisim tana albi bara, anehna nasawin lo indena kush wa sudur; wa anehna rujal lo indena kuka wa galagat. Hazihih aliktlafat albayulujiat sabitat mabi qeiru.

Tarif ta jins:

- "Jins" jins hu almustalah alqi istakdimu asan bi ferigo bayn mara rijal wanasawin
- Wa iktlafat de bikun asasi fi nitaq wasie Walqawaeid dakhil almujtamae awu alsaqafat hawl khasayis waqdurat ta mara warajil.

Takhtalif aliahtilfat bayn aljinsayn dakhil almujtamaeat wafima baynah wamumkin bi qeiru bi-murur zaman.

Nasat 3.2:

Tahdid Eadam Almusawat Bayn Aljinsayn

Khatwa 1: Arif “aljins”

Mulahaza:

Alnashat alqusir de bi saidu mustrikin bi fahim qasidu sunu bieadam almusawaat bayn (furas maqi wadi leumon kafi) min khilal musharakat fi laebat wamunaqasha.

Almawad aldeiru:

Deiru iineikas almukhatat awu ayi mawad mahaliyat mumkin albbi aqder ligo fi mujtama (misahl asaya, waraqa, wawaraqa kebir – minalnaahiat almishliat, alhajat alqi zahir, walakin mumkin bi qa-taw sukir sukir).

Khatwa 1:

Qasimu almajmueat iilaa majmueat 6-8. Lazim adaet ta mujmueat de kede kun sawa.

Kan fi musarikin ziyada, autlub min manjmueat kede azilo hukaam twalli. Kulu msarikin kede aqila jisma tomon lenasat de.

Khatwa 2:

Give each team several sheets of flip chart paper.

Wad lekulu fariq eaidat awraq min awraq allawh alwaraqii. Lazim mujmuaa bikun indu ealaa al’aqal eadad akbar bikhatir min awraq allawh alwarqii min mamujmeat tannin de 1-2.

Khatwa 3:

Amulu alama eala nuqta ta bedaya min kulu qhurfa tadrib

Kutu kursi le kulu mujmea fi nehaya ta jua ta riyada.

Khatwa 4:

Wri laferiq del qali umon bisariku fi sibaq

Umon kede bada min khat ta bidaya kutu waraqa wahid tehid min awraq allawh alwaraqii wawhid mustrik biwaqif fogo. Wa almustrik bikutu waraqa tani tehid fi qidam tomon biharik foqo.yantaqil eudu ta fariq alnimira isnin fi waraqa nimira wahid wakida. Badswahea bikun wadih lemustrikin inu umon bisariku misahat fi sahifat min waraqa.

Mulahaza: Mustrikin mumkin bihillu de bi teriqa ketir (ean teriqa ta hriku waraqa le wara, wa qasimu waraqat de sukar sukar, waketir minu. Wakida mumkin bi istakdimu Kaman katamrin lehilu muskila)

Khatwa 5:

Mujmu al awil kede lefu fi taraf kursi tomon wa kede rija fi mahal al umon bada jere min fogo bi talu zol al naja. Lo fi ayizol min mujmu douru fulatama fok waraqa, mujmu bi rija min bedaya wa bi bada tani.

Khatwa 6:**Asalu majumea ashila del:**

- Sunu hasil?
- Ita bi asheur keif ka majumea alnajah?
- Ita bi asheur keif ka majumea alindu masadir besit bi istakal mae?
- Ita keif bi itsaraf ma musadir besit keif?
- Sei haja zede bi hasil fi haya alhaqiqa?
- Kayf?
- Bi athir bi Munu?

Khatwa 7:**Arif adam musawa le majumea wa iktathir kalam de kulu. Ita mumkin bi kelimu haja zee:**

Qhaaliban, fi haya alwaqi, nafar wahid, jamaeat, awu majumaeat ma indu nafs lewasulu iilla furas, khadamat, haq, Awu mawarid zee nas tannin li'anuhum fugara (ma indu qurus), indak din muktalif, khalifah qebila awu alajitmaeii.

Fi nasatat alanin giruwa amulu sawa de, anhina biayunu lo rujal wa naswin bikun indum teriga le ligo furas, maelumat, wakhidamat, wahuquq, wa mawarid mukhtalif welle sawa. Wa alfarig de bi athir fi haya tomon keif. Na'amin, Kaman fi tamarin al ita amulu qabili qabili zaman de ana bikun bi lego hulul mutbtakara liltaeamul mae alwusul almmadud laa alnaw bishakl eamin.

Mulahaza:

Altehid de yau tarif ta eadam musawa albi saedu muqadim barnamij.

- "Eadam musawaa" tushir iila halat Alinta mumkin kawahid, jamae, awu jamaea, awu mujtamae maindu nafs alwusul lemaeluma, wa kadamat, wahaq, awu mawarid.
- Whid mumkin bi abau lehu nafs alwusul bae asbab ketir mithl aldiyn, qabila alhu tala min foqo, taelim, wa jins.
- "Eadam musawaa" hu kan abau wusul bae sabab jins. Huquq ta malaku hu bimana kan qi wa-di le ita alwusul fi maeluma, furas, wakadamat wazede hu "eadil" teriqa almusawa bayn jinsayn ayinu fi hajjat muktalif, maswuwliat watawaqqeet almujtamaeia le-mara warajil fi qasimu mawarid (mumtalakat).

Nasat 3.3:

Tahdid Eadala Fi Tala Qarar, Munu Indu Raya

Mullahaza:

Yataksih nasat alqusar de bisibu almustrikin bifahimu min tala qarar munasib bae towdi min momasil al barnamij bitala majmueat mueayan fi tala qarar.

Khatwa 1:

Alenu qali majmueat hasi bihadidu jadwal zaman lebaqi nasatat ta yawm de.

Yatu zaman yau ta raha, ilkh. Kaqwad ta afkar.

Khatwa 2:

Asalu swallat de:

“Yatu zaman yau ita qifakir bikun ta raha?”

Khatwa 3:

Azilu nas besit kususan bilawn. Zee missal, ita mumkin bikelimu:

Kede ana asuma min nas almusarkin alqi libisu lawn burtuqliu.

Hasilu le raya tomon wakatifu tahad Asan ayi zoal biayinu.

Khatwa 4:

Bada asalu mustrikin bikusus fikra ta mustrik altani.

Zee Mithal, ita mumkin bikelimu gali:

Hasa kede ana asuma min nas alindi Zeina fi shaer tomon.

Khatwa 5:

Qofulu wa kelimu qali hasa indana karar

Khatwa 6:

Asalu swallet de. Awlaan kelimu lemujmwat::

De teriqa mithalia lefehim tana albi aealiq bisilu karar. Kede ana kalas rija letarif ta silu karar aladil.

Wabaadak asalu,,

- Yatu teriqa alhur alanin bitala bakara lemujmawat?
- Lae la?
- Keif qsilu karar fi baet takum?

Khatwa 7:

Fekir kwes kamujmaeat. Ita qi fakir yatu yau sifat alsa lesilu karar?

Zee mithal:

- Ayi zol indu raya
- Aihtiram wujuhat alnazar almukthtalif
- Karar eadilqadr al'iimkan wfqan lijamie

Khatwa 8:**Katifu bae iktesar**

Fi nasatat alanihine qirwa amulu sawa de, anhina kede admun qali fursa de wasulu leayi zol asan bisarik fi karar albitalu mamujmea. Anihin biayun Kaman kan anihina silu karara alaedil welle la bayn rajil wamara albihasil fi haya tanina alhasi wasunu yau bikun athar lokararat maqasimu maaedala.

Mullahaza:

Al' tehid de "ta"rif tä tala karar sawa al"bi saidu mudaris.

"Sala karar alaedil" ushir iilaa tariqa ta silu karar albisariku mrajil wamara-umon kulu binaqish af-karahum fi mawduealbi timu munaqasahatuh waihtimamhuma binaqisu foqo kanas alkulu sawa waqdir tafiqu fi karar albikun aeadil leumon kulu.

Nasat 3.4:

Tarif “Alfahs Alnaqdii”

Khatwa 1:

Asalu almujmuea kede fikir sunu yau qija fimuq tomon loumon asuma bae “alfahs alnaqdi.”

Khatwa 2:

Bimujarad ‘an naqashat almujmeat kalam de lefatara min zaman, katimu munaqasa de biwadi leumon tarif alarah.

Zekir almustrikin de yau bikun al’adawat alraiysia alhum biistakdemu fi zaman ta warasah amal de.

Mullahaza:

Altahid hina de yau tarif lifahs alnaqdii almumkin bisaidu mumasil ta barnamij.

- “Alfahs alnaqdii” ushir iilaa nazar fi asbab aljidhria lilqadaya wafahmuakbar eadad mumkin min aleawmil alqi shimu dhalik.
- Zae mithal, lae “alfahs alnaqdii” altaqlid, anihina biayinu fi sabab tasis altaqlid fi alawal, wabi istefid munu, wa kan hafezu toe mohim, wakan mazedo, keif mumkin biqeru.

Khatwa 3:

Mae wadih almafahim al’asasia, iktasir kalam alindu ruwya bitariqat baru bar. Ita mumkin bikalimu kalam zae.

Lidthalik, asan taktib kalam de muktasir, alhadaf bita warsha amal asan bisaidu anihina wa’ mujtama tanhina bi raba bae teriqa albi wari qua tamara warajil waaketu talla karar wamawarid qasimu bi tariga eadil lae kulu. Anihin biamulu haja de bae tariqa abirua istaqal hasi fi haya tanhina zae rajil wamara waanihi-na bijarubu teriqa abu anihina wamujtama tanhina biistafit bae taqhyir.

Khatwa 4:

Asrah qali asan biwasulu lehadaf de fi dirasat bija naqesu foqo fi jalasat albaru baru.

- Al’adwar aliajtimaeia
- Al’aeraf altaqlidiat walthaqafia
- Altawasul bayn zawjayn/hilu masakil
- Masakil alqiqum fi alnawe aliajtimaeii
- Ssaha al’ iinjabiat lemara warajil
- Umumat amna
- Qhasl

Wari leumon qali:

- Kulu mawdue de bija nakisu fogo fi jalsa alfi ayamata baru baru.
- Fi kulu mawdue bikun fogo qisa haqiqa fi video ta zol welle nas abu qairu haya toe zae ma indu elaka mawahid mawdue.

Khatwa 5:

iktasir ta kalam t jalsa bae rajih kalamata almmuhim albisilu fi baed

Mufta taafkar alqisilu baed:

- Hahaf alanihin qeni sawa de asan bisaidu badun tana sawa asan anihin biarufu taqhyir iijabi fi haya tanihina wamujtama baeiktesaf msakilat alqi ligo kulu min rajil wamara.
- Anihina binakisu anwa ketir min mawdue alqi ligo rujal ma’nasawin ma’almustrikin fi nasatat wayaekis fi taqhir lae rajil wa’mara albi wari fi qisa alfi video.



Zaman:
10 deqiqa

Nasat 4: Fakir Fi Taqhir Fi Zama Ta Warsha Amal De

Ita deiru haqiq sunu?

Nasat del biwari lemustrikin an “mukhata altaqhyir” liltafkir shakhsi fi zaman ta warsaha amal de.

Khatwa 1:

Asrah lemustrikin qali:

Leanu anihina qiistakal asan biamulu taqhyirat alkhas alindu elaka ma kuu al'mawdue, anihin bimala mukhatat altaqhyir fi nihaya ta jalsa de. Mukhatat altaqhyir Kaman bisaidu mustrikin biiktasif iijra'at almuhtamil almumkin umon biaqder silu albi waqif fi hajat alanhina alimu fi zaman jalsat ta warsaha amal.

- Lenas albi khatifu, biwadi mukhatat altaqhyir bae wara. Qasimu sura min mukhatat altaqhyir wa ashrah qali mustrikin bikatifu fikra tomon leafkar aljedit, kibrat, welle aklak alumon ali-mu. bayinu leumon keif umon bimala fi wahda (juzu) alhum shahrik foqo. Wadi mithal ta hajat aljedit, aklak, wa kibrat alumon bialimu. wadi leumon jusu min afkar hawl keif haja de bisilu anihina leamal. Wari leumon bikatifu wayin.
- Nas ketir fi mujtama bikun mabi aqder katifu fi jua mukhatat, mumkin ita, biasalu swallet min mukhatat wakatifu tehid. Itakum mumkin bibadilu afkar takum mujmea kebir, welle amulu dyira, wa luku kura hawlaha mustrikin albaru baru waasalu swallet alwadi de.

Khatwa 2:

Merin amulu lamukhatat altaqhyir bae asalu swallet altheid bakusu mawdue jalsa al'uwlaa.

Swallet alrayiysia min mukhatat altaqhyir:

- Hal ita alimu haja jedid fi jalsa de? sunu?
- Hal raya taki qeiru min kulu hajat alanhina nakisu foqo de?
- Hal ita alimu ayi keibra jaedid? Sunu?
- Yatu ijrat alita bi silu bae haja al'ita alimu de?

Khatwa 3:

Qofulu bae zakiru mustrikin qali mumkin umon biqader iktasif altaqhir fi afkar tomon fi ayam aljai awu usbue.

Hu muhim asan ita biaekis fi ayi taqhyir almustrikin liqo wa al'umon deiru, sarik bae mujmueat loan-ihina limu tani



Zaman:
15 deqiqa

Nasat 5: Mulakhas

Khatwa 1:

Mulakas ta afkar rahyisia alsariku fi zaman ta jalsa.

Ita mumkin bikalimu qali:

- Fi jalsa de, anihina deiru qadim le itakum hadaf alrayisi tatamarin de bisaidu ita bibada fe-kir hawli doar ta rujal wanaswin fi mujtama tana.
- Anihina bikun indu fursa asan bi iktasifu al'adwar aliajtimaeiat lirujal wanaswin wa ziada min tafasil fi jalsa tani waketir qadaya alindu elaka makalam de.
- Zae ma'anhina nakis qadaya rayisia alqi aliq manaswin warujal fi mujtamea, min almuhim asan anihina bizakiru qawanin alasasi alanihina nakisu foqo mara alfat.
- Ayi zol yindu kalam deiru shariku alkaman muhim Kaman deiru aasumae.
- Deiru kede anihina asuma baintiba lekalam ta kulu nas wa'anhina kede htram raya ta'nas tannin.
- Anihina Kaman bizakir qali anihina bikalaqu mahal albi sibu ayi zol biasheur ba amana asan bisariku afkar tomon budun hukum.
- Akhiran, warsaha amal de kulu an taqhyiyir fi anfusuna wamujtama tannina. Hu muhim asan anihina biraji fi ayi taqhyiyir fi afkar tanina zae ma'anhina qaidin sawa fi jalsa de wa'anhina hdid al'ijra'at almumkin anihina bisilu asan bisala haya tannina ta usra tanina wa mujtama tanina.

Khatwa 2:

Asalu (tatawae) zol wahid albaruw qisim toe kede jahisu mulakas qeyisar an ijtima de asan biqadimu fi jalsa aljayi.



JALSA 2

AL'ADAWR ALAJTIMAEI

Fi jalsa de, anihina biaekis fi munakasa wa'aldowr wa'muhim albarau barau almujtama bialimu mara wa'rajil umon kede amulu sunu. Mustrikin biayinu wa'naqisu qisa ta **Nyantong Garang.**

Nyantong hu mara abu tatahadaa ma al'aeraf aljinsania bae teriqa ta sukul haguh ta mu-handish ta donki mikaniki ta madakha (donki) fi mujtama toe.



Zaman:
hawali 2 saeat

Hadaf tanina:

Jalsa de bi sibu mustrikin bi:

- Fekir fi wanakisu fi adwar mukhtalif wamuhima almujtama qi derisu nasawin wa rujal alhaji alumona bi amulu.
- Fekir fi wanakisu fi adwar muktalif wamuhim nasawin warujal biamulu raqma mujtama qali umon biamulu de wa mabi amulu dak.
- Fahim qali fi feriq biological bayn nasawin warujal wa mabi aqder qairu (mithal., aqderu we-ladu, wa'raadae altabie, waketir minhu)

Nasat:

- Almuqadima
- Yuam musharaka fi mujtama ta' nihina: sunu yau nasawin wa rujal qi amulu?
- Sunu yau rujal wa' nasawin deru amulu? Qisa ta Nyatong
- Mulakas

Mawad aldeiru:

- Gisa (fidyu) video ta Nyantong Garang
- Waraqa rasim albayanii/ sabura
- Qalam tahdid/tabasiir
- Waraqa ta sukul limudat 24 saeat
- Computerjihaz kumbuyutar/kumbuyutar alqi arfau fi kura wa'filash bisawt al'milaf.
- Anihina deiru kutu teriqa le himaya min Covid-19 (face masks (qiane waj), maeaqimant al-yadyn hand sanitizers, kede mustrikin aqder qani bayit bayit min badun)

ZAKIRUU (THADHKIR)

Kede it kutu dayman qadiyat alqi talau ma'mustrikin abli jibu baed almutagadat alsalbia, al'asatir, isaayieat awu alsuwar alnamatia bi nakisu fi mujtama kebir.

Nasat 1: Almuqadima



Zaman:
10 deqiqa

Khatwa 1:

Asalu zol albaryu gism toe de kede raji alniqad almhim min jalsa alfaad de.

Khatwa 2:

Asalu zawijane kede baru qisim tomon asan bi wasu alhaj alumon kutu fi mukatat altaqhyir tomon auw alhaji alumon aeki fogo (loumon ma'mala fi waraqa).

Wamumkin, ita biistamilu "la'aba ta kura," ze it ka'munazim ta barnamij luku kura sambal le'ayi mustrik wa'baad dak asalu hu awu hiya kede sarik alhaji al'umon kutu fi almukatat altaqhyir, loumon qi usheur murta asan umon bi amulu haja de. Loumon ma'murta ba'kalam de, ita mumkin bi asalu umon kede aekis fi hajay alderusu fi baad jalsa alfaad.

Khatwa 3:

Soturu khat tehid mowdu ta yum ta alaela de min alqayimat alraiysia kan amulu fi jalsa alfaad.

Ashra qali alela anihina bi'bada iktasif dwar ta rujal wa nasawin fi sala haya tanina.



Zaman:
50 deqiqa

Nasat 2:

Yum Mushtarak Fi Mujtamaeina: Sunu Yau Rujal Wanasawin Bi Amulu?

Anihina deyrin nahqiqah sunu?

Alnasat de bi saidu mustrikn bi bada aekis fi sukul wa'musuleyat albau baru alnasawin warujal bi amulu kulu dyeman fi haya totomon walqiam albaru baru almurtabitat bihu.

Khatwa 1:

Munaqahat jamaeia

Kelimu almustrikin qali umon qirwa sekilu nufus fi mujmaeat aljinsia ta 4-6 nas kulu hajat alnasawin warujal qi amul fi khilal yum eadi. Asalu kulu min mujmaeat kede itkael yuam al'eadi fi haya ta mara waraji fi mujtama tomon. Wodi lekulu mujmaeat lawha waraqa fogo waraqa eamal 24 saeat fi foqo asan umon bi mala ba'afkar ta mujmaeat. Umon bi katifu nasatata albi amulu ma rujal wanasawin fi baed fi fatara ta 24 saeat wa'ayinu lo'nasat de qi dafawu welle la.

Khatwa 2:

Shariku natyija

















Baad 15 deqiqa, sibu kede mustrikin nashiru sukul tomon fi heta awu fi mahal alayi zol bi ayinu kelimu lemustrikin kede lifu wadirasat sukul tamustrikin de kulu. Kelimu leumon kede umon fi hajat alsawa wahajat alindu ferik min mukatat mujmae tomon. Asalu mustrikin kede wanusu ean haja alumon alimu ean keif yaqd rujal wanasawin yum tomon.

Mullahaza:









Aqtrahu qali mustrikin kede isthkdimu allamat asan nasat de bikun wadi lenas kulu (al'aqara wa al'maaqara). Fi safhat tani ita bikun indu mithal albi wari qali juzu ta alrasm albayanii bikun bi'bayinu ze.

Allamat alqi istakdimu fi almukata de hu mithal beast ma' dururi bi'istakal fi kulu muhtawaa. ita bi fatisu alamat munasib fi mujtamae al'ita sakal foqo. Ita mumkin bi asalu mustrikin kded ja bi alamat almumkin bi istamilu.

Mithal:

NASATAT TA RAJIL ALMITHALY	Dafae Na'am (✓) / La (✗)	NASATAT TA MARA ALMITHALY	Dafae Na'am (✓) / La (✗)
1 sabahan 	✗	1 sabahan 	✗
2 sabahan 	✗	2 sabahan 	✗
3 sabahan 	✗	3 sabahan 	✗
4 sabahan 	✗	4 sabahan 	✗
5 sabahan 	✗	5 sabahan 	✗
6 sabahan 		6 sabahan 	✗
7 sabahan 	✓	7 sabahan 	✗
8 sabahan 	✓	8 sabahan 	✗

Mullahza: Zhar faqat juz min yawm. Wamustrikin bi mala rasim bayanii tawal al 24 saea.

-  Yanam
-  Sukul Albara Min Jua
-  Ta'akul
-  Silu Musuliya Ta Eael
-  Zaman Ta Raha
-  Nadifu Jua/Qasulu Qumasat/Baqi Sukulat Ta Baed
-  Ealaqat Zawjia (Yumarisun Aljins)
-  Rakabu

Khatwa 3:

Munaqahat Eama

Baad kulu zol halil sukul ta mujmaeat tannin dael, kede anihina nakisu ferik bayin nasatat ta rujal wanasawin, waferik ta zaman ta sukul almukhtalif lekulu min umon walqima al taealaq fi sukul de. Ita mumkin bi istadimu swalat del:

- Yatu nasatat al'nasawin bi amulu? Wa rujal?
- It bi kalimu qali rujal wele nasawin biistakal zaman toil? Ita qi fakiru lae kalam de saha? Ita qi fekir sunu fi kalam de
- It bi'kalimu qali rujal awu nasawin bikun indu zaman ta'raha kifaya? Malu ita qi fekir kede kun zede? Ita gi fekir sunu ean kalam de?
- Mujtamaea taki qi kaimu sukul ta rujal qodur sunu? Mujtamaea taki qi kaimu sukul ta'nasawin qodur sunu? Malu?
- Malu rujal dyiman silu sukul alqi dafau huo foqo ma'zae ta'nasawin albi istakal sukulat al'maqi dafau – zae hajat alqi akulu fi baet, limu kasap, wa jibu moeya? De bi athir keif ealaa wadeheim fi mujtamaea? Wa'de athir keif bae teriqa al'umon qi kalasu ma'zaman tomon? Ita qi fakir sunu fi kalam de? Wh
- Ita qi fakir biqairu? Malu? Isthifada toe sunu le rujal wanasawin? Do you think it could change? Why? What would be the benefits for men and women?
- Ita muakid ita bi'tabiqu kala de fi baed taki? Ita bi'amulu de keif?

Mulahaza:

Ita bi kutu bala taki fi alrusum albayania jahisu marujal wanasawin rajih farik tomon, lofi ayi wahid fi tasawuratihim ean saeat ta sukul bayn rujal wa'nasawin.

Altahid de yau niqat alrayisia almuhim, ita lazim biasalu mustrikin kede nakisu fi nigat de:

- Nasawin warujil indu al'adwar baru baru.
- Nasawin warujal bae nahar qi amulu hajat baru baru.
- Nasawin daeyman biistaqal zaman toeil.
- Rujal daeyman indu zaman kifaya leraha.
- Rujal indu sukulat moeyan alqi amulu, la'kin nasawin indu sukulat ketir.
- Ketir min sukul ta'nasawin maqi dafawu umon qi ayinu kanu sukul.

24 saeat fi yawm:

NASATAT TA RAJIL MITHALY	Dafae Naem (☑) / La (✗)	NASATAT TA MARA ALMITHALY	Dafae Naem (☑) / La (✗)
1 sbahan		1 sbahan	
2 sbahan		2 sbahan	
3 sbahan		3 sbahan	
4 sbahan		4 sbahan	
5 sbahan		5 sbahan	
6 sbahan		6 sbahan	
7 sbahan		7 sbahan	
8 sbahan		8 sbahan	
9 sbahan		9 sbahan	
10 sbahan		10 sbahan	
11 sbahan		11 sbahan	
12 zuhran		12 zuhran	
1 msa'an		1 msa'an	
2 msa'an		2 msa'an	
3 msa'an		3 msa'an	
4 msa'an		4 msa'an	
5 msa'an		5 msa'an	
6 msa'an		6 msa'an	
7 msa'an		7 msa'an	
9 msa'an		9 msa'an	
8 msa'an		8 msa'an	
10 msa'an		10 msa'an	
11 msa'an		11 msa'an	
12 muntasaf allay		12 muntasaf allay	

Rail Kam Zaman Al Istakalu	Kam Zaman Aldafaw	Mara Kam Zaman Istakalu	Kam Zaman Dafaw



Zaman:
50 daqiqa

Nasat 3:

Sunu yau raji wa'mara qi amulu?

Qisa ta Nyantong's Story

Anihina deru haquq sunu?

Bae nasat de anihina deyin hadiy almustrikin kede de fakir fi kulu hajat alrujal wamara qi amulu, hataa kulu almahamu wamasuwliat almabiqa tqlydyan wabi sijau mamujtamae. Min tamarin de, anihina mutwawaqae mustrikin kede fahim qali sukulat ta rujal wanasawin biqairu.

Khatwa 1:

Munaqashat alfidyu

Bayinu fidyu ta Nyantong Garang, mara saqer alkariru asan biistakal asab taqalyid kan bi istaqalu marajil. Qadimu (fatah) fidyu de waasalu mustrikin ayinu niqat altaealum alraysia.

Aqara juzu min sawalat ta nikas de yau tehid hina lemustrikin qubal ita ma fatah fidyu asan umon bi taabi fidyu de tamam, Ita lazim bi kalimu le umon qali nas alfi fi fidyu de de nas haqiqa de mamumasilin.

Swallet le nikas:

- ta fekir sunu bae qisa ta Nyantong's de?
- Hal ita faja bae ayi haja fi fidyu de? sunu?
- How different is Nyantong ferik min nasawin tannin keif fi mujtama takum?
- Sunu yau siboe tala ferik?
- Ita qi fekiru fogo uwa sunu bae sukul ta rujal al'uwa qi istakal?
- Sheur taki keif kan rajil toe qiseja uwa fi sukul toe de? Wa'uwa qi saidu a keif?
- Nyantong kelimu qali mujtama toe murtaah ma'uwa? Lakin umon qi asheur uwa bikun indu tahadiat bae amulu sukul de wa muswuliat ta baet toe- raya taki bae haja de? Usura ta Nyantong bisaidu uwa keif?
- Naas alfi mujtama takum qiayinu nasawin alqi istakal sukul ta rujal de keif? Umon qainu rujal alqi istak sukul ta nasawin keif?
- Yatu yau muhima ta rujal wanasawin bi bailu sukul baedihim albaed.
- Ita qi faekir sunu yau Nyantong deiru kede rujal wanasawin tannin fahim sunu min khibra haqu de?
- Ita alimu sunu min khibra ta Nyantong al'ita deiru kede kun fi haya taeki?

Khatwa 2:

Qofulu munaqasha

Katifu baeiktisarkalamat almuhim altalu wadihu alhaqiqa almara warajil kede maferiqo fi amulu hajat asan baes jinsy asan kida ketir min nasawin warujal biamulu hajat ketir kan derusu umon.



Zaman:
10 deqiqa

Nasat 4: Mulakas Qusayir

Khatwa 1:

Raij niqat muhim

- Althaqafat wamujtae bi alimu anihina sukulat ta mar wa rajil
- Rujal wanasawin mumkin bialimu kulu sukulat alrudu taqlidia le rujal wele awu baest le nasawin
- Wele rujal wele nasawin bi feriqo baru min mustrikin fi nasatat baes asan jins tomon
- Sukulat alnasawin warujal qi amulu mumkin biqairu
- Rujal wanasawin mumkin biseja nufus tomon lehaqiqu injaz eazim

Khatwa 2:

Mala mkatat altaqhyir

- Hal ana alimu ayi haja jedid ean rujal wa nasawin alela? Sunu?
- Hal ana alimuayi kibra wa'afkar jedid? Sunu?
- Sai ana bi silu kararat tanin fi hayat ayi al'kas fi hajat al wanusu de? Sunu?
- Hal kararat de bi jibu taqhyir fi haya tayi wa'keif?

Khatwa 3:

Asalu whid zol kede baruhu qisim toe kede jahisu lenina mulakas qusair ean ijtima de asan biwari fi bidaya ta jalsa aljayi.



JALSA 3

AL'AERAF ALTAQLIDIAT WALTHAQAFIA

Anhin biiktasif fi jalsa mumarisat wa aeraf althaqafia albiathir marajil wamara. Mustrikin biayinu wanaqesu an qissa **Sultana Madelina Ihis Tito's.**

Sultana Madalina yau wahid faqat rayiys ta salatin abumara fi sharq aliastiwa wahu mithaly le'mara wa'arajil kulu sawa.



Zaman:
hawl 2 saeat

Hadaf tanina:

Fi jalsa de anihina bi sibu mustrikin ked:

- Fahimu ketir ean aljins alahkar waltaeatuf ma'umon fi nihaya
- Fahim ana almumarasat wa thaqafiat yumkin an takun bikun iijabiatan wasalbiatan
- Fahimu keif aeraf yumkin an tahada rujal wanasawin fi musaraka kamil waleadil fi almu-jtamea wadakil usra tomon
- Arufu qali aearaf yumkin bi qairu wakaman qi hasil lekwes

Nasat:

- Almuqadima
- Rujal wanasawin qi asuma le badun.
- Al'aeraf wamumarasat altaqlidia:
 - Qisa ta Sultana Madalina
 - Iktasif alaeraf walmumarasat almutqhyir.
 - Iktasif alaeraf altaqlid al'iijabia.
- Mullakas mukesiir

Materials Needed:

- waraqat rasm albayanii/sabura
- qalam ealamat/tabashir
- (ita mumkin bi istamilu almawad almahaly alfi fi mujtamaeat ze rusalat ta sejira. Kasabat wa'ketir minu)
- milafu taerif alfidyu
- Computera jihizat alkomputer/wa'komputer albi afau fi kura wa'aqras alfilash mae sawt almilafi.
- nasharat – taqhyir alrasm albayanii (lo kan nas de ma'aqara)
- Anihina biakidu daiman kutu katawat wahimaya dida COVID-19 (istimal ta qofulu kasuma wa anafa, wa'kasulu eidan tanna wa'qeni baeid baeid fi mujtama)

ZAKIRUU

Dairyman akidu qali qadaya altalau ma mustrikin almumkin bizedu hajat alnas kan qi fekir foqo siqa, hajat alqi hasil tabieiu, alshsaayieat awu alsuwar alnamatia qi wanusu bae mujumea kebir tanihina.

Nasat 1: Almuqadima



Zaman:
10 deqiqa

Khatwa 1:

Asalu zol albarhu qisim toe kede raji niqat almuhim fi jalsa alfaad. Asalu Yatu yau kalamat almuhim fi jalsa alfaad?

Khatwa 2:

Asalu zawjan albaru qism tomon kede wanusu ean hajat alumon kutu fi almukatataqhir wele haja alumon bi aekis fogo (lo umon ma'katifu tehid). Badal min de, ita mumkin bi istakdimu (labat kura) abu ita bi luku kura sambal alae ayi whid min mustrikin wa asalu hu awu heya kede sarik haja alumon kutu fi mukatat altaqhyir lo'umon murtah asan bi amulu kalam de. Loumon ma'murtah, ita mumkin bi asalu umon kede aekis fi ayi haja alumon fekir foqo fi jalsa al'futu de.

Khatwa 3:

Wadi khat that mawdue alyam min alqayimat alrayiysia fi jalsa

Asrah alela anihina bi iktasif mumarasat altaqlidya alqi aethir ba rujal wanasawin wakaman bikun fi tamarin albi saidu rujal wanasawin le tuasil afdal le badun tomon.



Zaman:
1 saet wa
15 deqiqa

Nasat 2:

Nasawin Warujal Bi Asuma Le Badun

Ita deiru haqiq sunu?

Tamarin de hadaf toe asan bi saidu nasawin warujal asan bi fahm alfahm altama lejinis alakhir min khilal asuma badun.

Khatwa 1:

Munaqashat eama

Limu kulu mustrikin fi mujmaeat kebir wahid, alkulu jinsa foqo. Asalu nasawin kede qeni दौरا fi nus ta jua wa rujal kded qeni bara दौरا de lakin umon qi ayinu le'jua. Bada munakasa ma'nasawin ba asalu sawalat al tehid de. Sukul ta rujal asnan bi'ayinu wa'asuma. Ma'deiru kede umon wanusu. Lo'nasawin wanusu fi fatara ta 25 deqiqa, qofulu munakasa de. Baad dak asalu rujal kede qeiru ma-hal ma'rujal wa'kede bada munakasa wa'nasawin kede asuma, kede ma'wanusu, fi fatara ta 25 deqiqa.

Mullahaza:

Lo' ita ayinu qali mujmaeat ta mustrikin mabi aqder amulu munaqasa ba'teriqqa al'aiqtarah fok inak de, yumkin anihina bi qasimu mustrikin fi mujmeat sakeir aljins tomon sawa sawa (rujal baru wana-sawin baru), wa'sibu ayi mujmaeat kede nakisu sawallat al'aiqtarahu fok baru baru. Wa'baad dak jibu ayi zol fi mujmaea kebir wa'asalu ayi zol min mujmaea al'sakaer kede qadimu haja al'umon nakisu foqo de.



Sawallat al'ita bi'asalu nasawin:

- Raya taki sunu fi haja al'khab kan ita qeni mara fi mujtamea takum
- Raya taki sunu yau rujal deiru asan bi fahimu nasawin kwes.
- Ita qi ligo sunu yau saab fi fahmih ean rujal.
- Keif yumkin alrujal bi daamu nasawin watamkinunha bisukulu afdal
- Yatu haja al'ita madeira asuma dor tani ean nasawin?
- Yatu min qawaeid althaqafia fi mujtama taki albi wari min almuftarat mara bi itsraf keif.



Sawallat al'ita bi'asalu rujal:

- Raya taki sunu fi haja al'khab kan ita qeni rajil fi mujtamea takum
- Raya taki sunu yau nasawin deiru asan bi fahimu kwes.
- Ita qi ligo sunu yau saab fi fahmih ean nasawin.
- Keif yumkin nasawin bi daamu rujal watamkinunha bisukulu afdal
- Yatu haja al'ita madeira asuma dor tani ean rujal?
- Yatu min qawaeid althaqafia fi mujtama taki albi wari min almuftarat rajil bi itsraf keif.

Khatwa 2:

Qofulu nasat de mulakas muktesiiir min munakasat wa'sariku ayi fikrat nihayi. Ita mumkin bi istamilu swalat ze::

- Rujal al'fi mujmaeat de qi fekir sunu ean kalamat ta nasawin de?
- Nasawin al'fi mujmaeat dqf fekir sunu ean kalamata ta rujal del?
- Keif Ita bi istaqdimu alaiqtirahat min munakasat fi baed taki wa mujtama taki?



Zaman:
1 saet wa
15 deqıqa

Nasat 3: Alaeraf Wamumarasat Altaqlidia

Anihin deyrin nahaqıq sunu?

I nasat de anihina deyrin rujal wanaswin kede bada fekir ean taqalit ba'teriqa naqdia min khilil tahdid waleuyub almutaealigat wamumarasat altqldia.

Nasat 3.1

Khatwa 1:

Munaqashat Alfidyu

Fatah fidyu ta **Sultana Madalina Ihisa Tito**. Asalu mustrikin kede kutu bala tomon alalmuetqadat altaqlidia ean rujal wanasawin al'fi fi qısa de, umon qi aesiir fi haya ta Sultana Madalina wamujtama toe.

Aqara baad min swalat alnakisu am'mustrikin qubal ita ma'fatah fidyu asan hum bi taabi video tamam. Dyman kelimu le umon qali nas al' fi fidyu de de nas haqıqa ma'mumathilin.

Swalat ilmunakasa:

- Ita qi fekir sunu fi qısa ta sultana Madalina?
- Hal fi haja al ita itfaja ba hu? Malu?
- Yatu min shifat tannin alsibu Madalina sultana muhtaram?
- Raya taki sunu fi kalamat ta tasjih alsultan Enrico wanusu ean sultana Madalina? Malu ita qi fekir uwa sibu zede?
- Raya ta sunu fi almadih waltaathir le'sultana Madalina le binia toe?
- Malu u muhim la banat sukar wasabab bi ayinu nasawin fi mansab qadiin?
- Keif sahil welle saeb le mara fi mujtama asan bi silu adwar ta sultan wu adwar ta sultat tannin? Limadha hadhal?
- Keif nasawin bi sawar asan bi silu adwar ta sultat?
- Keif bi sawar rujal ketir asan bi daemu nasawin asan bi silu ketir min manasib sultat?
- Ita qi fekir sultana Madalina deiru rujal tannin wanasawin kede fahimu min kebra toe toe?
- De sunu yau ita alimu sultana Madalina keibraal'ita deiru kede kun jusu min haya tak

Mullahaza:

Akedu inu muetaqadat del, al'fi fi fidyu de, nakisu fogo make:

- Afkar ean munu yau bi qobudu sulta.
- Afkar alnasawin bi wanusu budun ko'of fi mujtama aljins almulakbad.

Nasat 3.2

Khatwa 1:

Almunaqashat aleama

Baed munakasa fi kalam ta sultana Madalina de rahalu munaqashat fi tajarib tomon. Nadi mustrikin kede fikir fi wanakisu fi almuetaqadat walmumarast altaqlidia fi mujtama tanina.

Bada ba asalu umon::

- Yatu taqalid/mummarasat taqlidia albi qhayiru mujtam taki, wele ita qi ayinu taqhyir?
- Sunu yau ita qi fikir umon qayhiru wele qi qayhiruu?
- Hal ita murtaḥ ba taqhyir?
- Lo neam. Qi saidu ita keif? Lo La, qi waja ita keif?

Baed mustrikin nakisu kalas fi qhyiru taqalid. Asalu umon kede fikir ean:

- Yatu taqalid awu mummarasat taqalid al'fadulu wamumkin bikun kaab, awu umon rudu asan umon biqairu?

Kede umon wari taqalid alqi aethir marujal wa alqi aethir manasawin. Katifu kalamata tomon de fi lawh waraqii qasimu iilaa eamudin, whid le mummarasat taqalidya lenasawin wat ani mummarasat taqalidya lerujal.

Min qayima, sibu mustrikin kede hazilu aithnayn min mummarasat: nasawin bi hazilu mummarasat taqalidia alumon qi fikir qi aethir manasawin warujal kede hazilu mummarasat taqalidia alumon qi fikir qi aethir ma'rujal. Almustrikin mumkin baedad bi nakisu fi kulu jawanib ta mummarasat de wa'iimkaniat taqhyir toe. Ita mumkin bi istaqdimu swallet del

- Malu anihina indu mummarasat taqalidia? Munu yau istafit min mummarasat min badri? Munu yau qi istafi hasi? Munu yau darar ma'mummarasat de? Ayi zol tani?
- Hal fi zol mutaqid fi sabab asan bi sibu mummarasat de? Lo naem, lae?
- Hal anihin mumkin nuhaqiq fayida ta mummarasat ba teriqa mukhtalifa, kede anihina ma rudu asan bi istakal ma'hajat al'kaab?

Asalu mustrikin kded fikir ean ayi taqalidia awu mummarasat taqalidia alnasawin waruajl bi'istafit foqo wa'mujtama alumon deiru hafisu.

Khatwa 2:

Qofulu nasat de ba iktisar ta munakasa de

Raji fi afkar alqali taqalid mumkin bi hasinu haya ta rujal wanaswin fi mujtamaeat.



Zaman:
10 deqiqa

Nasat 4: Mulakhas Muktasiir

Khatwa 1:

Khatwamurajaeat alniqat alrayiysia

- Adaad wa taqalid mumkin bi kitu rujal wanasawin ma'bi kun mueamalat al'ma sawa sawa.
- Munu yau bi qairu baqi min mumarasat altaqalidia walmuetaqadat albi jibu eadam musawat aw darar.
- Hu muhim asan mara warajil kulu kede silu musulia ta mansab qiadiun, li'anu mujtama bi istafid minhu.

Khatwa 2:

Amla mukatat altaqhyir

- Yatu mawluma al'ita alimu ean rujal wa nasawin?
- Yatu kibra al'ana alimu?
- Sayi ay min usulub tai qairu?
- Yatu eamal al'ana bi silu fi haya tai lo ja zaman ta taqalid awu tala karar?

Khatwa 3:

Asalu zol wahid albaru qisim toe kede jahisu mulakas muktasiir ta ijtima de asan uwa bi wanusu fi bidaya ta jalsa aljayi.



JALSA 4

ALTAWASUL BAYN ZAWJAYN/HILU MASAKIL

Fi jalsa de, anhina biiktasif qadaya alfi tawasul bayn zawajayn wa'hilu ma-sakil. Mustrikin biayinu wa'nakisu juzu alawl min qisa ta angua **Night Francis Wa'abulwahab Juma Bak**.

Angua wa Abdulwahab sharik keif silu kararat sawa wadaemu badun tomon illa salama fi baed wabi sibu usra toe bikun qeiiis.



Zaman:
hawalya saeatayn
(2) wanisf

Hahdaf tanihina:

Fi jalsa de anihina bisibu mustrikin kede::

- Zekir wa'nakisu eind alhunf dida zawayn fi mujtameat tomon (asbab wa' athar)
- Nakisu keif alferik fi miqdar saytarat alnas indu fi elakat biseja biseja hunf
- Waari teriqa albi hilu wa bihilu hunf bayn zawjayn

Nasatat:

1. Almuqadama
2. Alhunf bayn zawjayin, mithalat min mujtama tanihina tathir alindu fi mujtama tanihina
3. Anihina biamulu sunu asan anihina bi hilu alhunf bayn zawjayin
4. Mulakas

Adawat Aldeiru:

- Waraqat rasm albayanii/sabura
- Qalam ealamat/tabashir
- (Ita mumkin bi istamilu almawad almahaly alfi fi mujtamaeat ze rusalat ta sejira. Kasabat waketir minu)
- Milafu taerif alfidyu
- Computera jihizat alkomputer/wa'komputer albi afau fi kura wa'aqras alfilash mae sawt almilafi
- Nasharat – taqhyir alrasm albayanii (lo kan nas de maaqara)
- Anihina biakidu daiman kutu katawat wahimaya dida COVID-19 (istimal ta qofulu kasuma wa anafa, wa'kasulu eidan tanna wa'qeni baeid baeid fi mujtama)

ZAKIRUU

Daiyman akidu qali qadaya al'talau ma mustrikin almumkin bizedu hajat alnas kan qi fikir foqo ba teriqa al'makwes, hajat al qi hasail min bedri fi mujtama wa'nas qi sediqu fogo, wa wanasat al ma saa awu hajat al'bi wanusu qali nasawin bi amulu wa ma bi amulu de al min bedri nas qi fikir aslan hu zede (alsuwar alnamatia) qi wanusu bae mujumea kebir.

Nasat 1: Almuqadima



Zaman:
10 deqiqa

Khatwa 1:

Asalu zol albarhu qisim toe kede raji niqat almuhim fi jalsa alfaad. Asalu:

Yatu yau kalamat almuhim fi jalsa alfaad?

Khatwa 2:

Asalu zawjan albaru qism tomon kede wanusu ean hajat alumon kutu fi almukatata altaqhir wele haja alumon bi aekis fogo (lo umon ma'katifu tehid).

Badal min de, ita mumkin bi istakdimu (labat kura) abu ita bi luku kura sambal alae ayi whid min mustrikin wa asalu hu awu heya kede sarik haja alumon kutu fi mukatat altaqhyir lo'umon murtaf asan bi amulu kalam de. Loumon ma'murtaf, ita mumkin bi asalu umon kede aekis fi ayi haja alumon fikir foqo fi jalsa al'futu de.

Khatwa 3:

Wadi khat tehat mawdue alyam min alqayimat alrayiysia fi jalsa

Asrah alela anihina bi iktasif mumarasat altaqlidya alqi aethir ba rujal wanasawin wakaman bikun fi tamarin albi saidu rujal wanasawin le tuasil afdal le badun tomon



Zaman:
45 deqiqa

Nasat 2: Tawasul Faeaal Bayn Zawjayn

Ita deiru haqiq sunu?

Nasat de bi sibu mustrikin bi fekir ean wanakish muhima ta tawasul faeaal bayn zawjayn wa hawajiz almumkin bi hamaea hu.

Khatwa 1:

Munaqashat eama

Fi nikas de, twawsul faeaal bi arifu zae munakasa albi sibu kararat bi tafigo fogo bashkl mutabadal awu hilu masakil alkulu tarafayn bi asheur hajat etabiru, ba teriga de kalamata tomon bi asumau wa'uhtramu wa' timu hagi natija wa'ayi zol bi rudu natija de.

Khatwa 2:

Qasimu mustrikin iila mujmaeat nafsu aljins

- Asalu mustrikin kede fekiru awqat al'kan umon qi mata fogo ba kibrat al'umon qi aetabi wnasa al kwes (ma' alzawj, ma'zol ta baed, wa' shoban, wa'ketir min de.)
- Baat ita wadi le umon zaman besiit umon bi fekir fogo, asalu mujmaeat, hadidu eanasir al'mustrik fi tajribat lo'kan wanasa tamam.
 - Juwabat bi kun indu hajat zae: fi fursah le mustrikin asan bi wanusu ba saraha, bi asumau le kulu jjanibayn wahitaramu, munaka de bi istamir lakaa'di tarafayn usheur ba raaha ean karar wa'hal le munakasa de.

Khatwa 3:

Asalu mujmaeat kede nakisu fi swalat de, fekir la haja al'umon nakisu fogo hasi:

- Yatu yau istifada le tawasul faeal?
- De sunu yau tahdiat albi sibu ma'bi haqiqu tawasul faeal?
 - Yatu loan ta tahdiat al'nasawin gi ligo?
 - Yatu loan min tahdiat al'rujal gi ligo?
 - Yatu baat hajat al'mumkin nasawin warujal biqum bihu ze zawjayn le tawasul akthar faealia, asan bi sibu umon kulu ushaeur qali umon sariku fi tala karar de wa'itafago wa'rudu fogo?

Khatwa 4:

Jibu nasawin w'rujal mara tani fi jalsa eamat wa'nakisu fi rudu tomon.

- Keif kan juabat bayn rujal wanasawin kan qi shabihu badun?
- Umon Ferik keif?
- Yatu yau aeraf
- Yatu min aeraf alajitmaeiat awu althaqafiat al'mumukin uathir fi madaa faealiat tawasul bayn nasawin wa'rujal?
 - Keif aeraf de bi kutu tawasul bayn rujal wa'nasawin sahl?
 - Keif aeraf de bi kutu bi'kun saab asan nasawin wa'rujal al'mutazawijin altawasul faeal?
- Keif bi qilibu le umon?
 - Rujal bi amulu sunu le tawasul alfaeal ma'nasawin tomon?
 - Nasawin bi amulu sunu le tawasul faeal le rujal tomon?

Khatwa 5:**Gofulu nasat ba lakisu munakasa de**

Rajih le'umon, gali tawasul faeal bi hasil deiru rajil wa'mara kede sariku afkar tomon, wujhat alnazar, raaya, wa'sheur bayn itakum bi asumau wa'ahtiram kan itakum bi amulu haja de. Fi juzu afkar taqalid, raya wa'kalamt wa'sheur bi asumau wa'htiram kan amulu. Baat min taqalid bi kun saab le'nasawin asan bi wanusu moftwo ma'rujal tomon, aw le'rujal asan bi wari sheur tomon ma'nasawin. Tawasul faeal indu istifada ketir ze mithal mumkin bi wadi kara al'tarafayn min zawjayn bi usheur gali umon sariku sawa wa'murtha ba natija.



Zaman:
30 deqiqa

Nasat 2: Hilu Kalam Ba Teriga Tawasul

Anihina deiru haqiq sunu?

Nasat de bi sibu mustrikin bi fahumu kwes keif tawasul faeal bi saidu hilu masakil.

Khatwa 1:

Asalu mustrikin kede nakisu swallet del ean masakil ka'kulu.

- Malu masakilat qi hasil?
- Bi hilu masakilat de keif keif?
- Sunu bi hasil lo masakilat ma'hilu?
- Kan ayi zol al'tamam tala bara min masakilat?

Katifu ean karar al'rajihu fogo dSummarize. wari niqt almuhim al'ma ta'laoe bara ma'mustrikin de.

- Ita ma'bi aqer qeni budun masakil lenu insan baru baru
- Masakul bi hilu ba turuq ketir; teriga al'kwes kan ayi zol usheur qali hajat al'hu deiru rudu fogo wa'umon ligo haja min hal ta kalam de.
- Lo'masakil ma'hilu, bi kalagu karaba fi baed wa'mujtamaeat. Baat marat masakil deiru asan bi fata muk lo'hilu masakil de.

Khatwa 2:

Wari le'mustrikin al'ita arufu umon kede umon fikir kwes ean masakil al'bi kun hasil bayn nasawin warujal.

- Yatu asbab al'dyman bi jibu masakil bayn nasawin wa'raujal?
- Masakil de bi hilu keif?
 - Hal haja de bi wasulu le'sibu shueur ta'mara warajil ba'rudu natija de? Malu wa'malu la?
 - Sunu yau bi kutu bi kun saab le'mara asan bi'usheur murtha ba netija de? Sunu yau bi kutu rajil bi'usheur murtha ba'netija de?
 - Keif bi qilibu sueubat zaman ta'hilu muskila?
- Malu hu muhim le'tarafayin alzawjayn bi usheur murtha ba natija?
- Keif tawasul faeal bi istamilu le'hilu masakil bayn zawjayn?

Khatwa 3:

Gofulu nasat de ba'katifu munakasa

Rajih le umon. Gali masakil bi'kun jusu min ealaqat lakin hu muhim le hilu masakil asan kulu tara-fayn bi usheur gali umon sariku fi hilu kalam wa'murtha ba natija. Nasawin wa'rujal deiru kede ista-kal sawa le'hilu masakil. Istamilu tawasul faeal. De bi wadi salama fi baed wa'usra bi raba kwes. Al anihin bi asuma fi nasat tani al'jaei.



Zaman:
40 deqiqa

Nasat 3: Tawasul Wa'sariku Tala Karar

Anihina deiru haqiq sunu?

Nasat de bi sibu mustrikin bi fikir ean wanakisu keif tawasul fael wa tala karar sawa bi'sibu usra fi haya kwes

Khatwa 1:

Munakasa fidyu:

Fatah fidyu ta **Angua Night Francis wa'Abdulwab Juma Bakit**. Asalu mutrikin yaekis asna umon qi ayinu fidyu de limaslah ta rujal wa' nasawin tawasul ean wa'tala karar sawa.

Aqara juzu min swallat al tehid de le mustrikin qubal ita ma wari lu umon fidyu de asan umon bi taa'bi fidyu de tamam, ita dyman bi kalimu le umon qali nas al'fi fidyu de umon haqiqa ma' mumasilin.

Swalat le'munakasa ean qisa ta Angua and Abdulwahab::

- Ma'rayak fi qisa ta Angua wa Abdulwahab?
- Hal kan fi hinak haja fajak? De sunu?
- Ma rayak ba teriqa tawasul hadhayn alzawjayn wasilu kararat?
 - Yatu fawaid ta teriqa ta tawassalun wa silu kararat?
- Hal hu shayie le zawjayn fi mujtama takum asan tawasul wa tala kararat sawa zede?
 - Yatu nawe min tahdiyat alnasawin qi ligo kan umon deiru nakisu fi kalamat ma'rujal tomon?
 - Yatu nawe min tahdiyat alrujal qi ligo kan umon deiru nakisu fi kalamat ma'nasawin tomon?
- Keif mumkin bi qilibu tahdiyat?
- Keif zawjayn istamilu altawasul alfaeaaal asan bikun fi salam wa tofhum fi baed?
- Ita qi fikir keif ean Angua wa Abdulwahab ita deiru rujal wanasawin tannin kede fahimu ean khibra tomon?
- Yatu haja al'ita alimu min kibra tomon al' ita deiru kede kun juzu min haya takum?



Zaman:
10 deqiqa

Nasat 4: Summary

Khatwa 1: Rajah fi niqat raysia

- Tawasul alfaeal bayn zawjayn hu teriqa almuhim lilta'akud kulu eudwayn min zawjayn yaesher qali umon sariku fi kararat al'qi athir ma'usra.
- Tala kararat fi mahal alnasawin wa rujal bi sarik ba eadala, mumkin yawadi le tofhum fi baed wa'bi sibu usra bi raba kwes.
- Al'aeraf altaqalidi bi kutu altawasul bayn zawjayn bikun saab, mithal nasawin mabi heys ba huriya asan bi'aebir ean raya toe.

Khatwa 2: Mala mukatat altaqhyir.

- De yatu maeluma al'ana alimu alelaean rujal wanasawin?
- De yatu kibrat al ana alimu?
- Hal fi ayi taqhyir min mawqif tai?
- Yatu iijra al' ana bi silu fi haya tai kan haja de qi ealik ma' taqalid awu silu karar?

Khatwa 3: Asalu zol wahid albaru qism toe kede jahizu mulakas ta ijtima de asan bi qadimu fi jalsa alajayi.



JALSA 5

ALHUNF DID ALJINS

Fi jalsa de, anhin biaekis fi wa'nakis fi hunf bayin shuraka wa'arufu teriqa ta'hal wa'himaya hunf. al'mustrikin be'ayinu wabi nakis fi qisa ta **Yar Makuei**.

Yar Makuei min nas al'naja min hunf alqayim ealaa alnawe alijtimaeiia alhu qayiat fi zawaj musiya min ajil atfaliha, wa'fi nehaya hu aqder qeni bae teriqa toe baru.



Zaman:
hawalya saeatayn
(2) wanisf

Hahdaf tanihina:

Fi jalsa de anihina bisibu mustrikin kede:

- Zekir wa'nakisu eind alhunf dida zawjayn fi mujtameat tomon (asbab wa' athar)
- Nakisu keif alferik fi miqdar saytarat alnas indu fi elakat biseja biseja hunf
- Waari teriqa albi hilu wa bihilu hunf bayn zawjayn

Nasat:

1. Almuqadama
2. Alhunf bayn zawjayin, mithalat min mujtama tanihina tathir alindu fi mujtama tanihina
3. Anihina biamulu sunu asan anihina bi hilu alhunf bayn zawjayin
4. Mulakas

Adawat aldeiru:

- Waraqat rasm albayanii/sabura
- Qalam ealamat/tabashir
- (Ita mumkin bi istamilu almawad almahaly alfi fi mujtamaeat ze rusalat ta sejira. Kasabat waketir minu)
- Milafu taerif alfidyu
- Computera jihizat alkomputer/wa'komputer albi afau fi kura wa'aqras alfilash mae sawt almilafi.
- Nasharat – taqhyir alrasm albayanii (lo kan nas de maaqara)
- Anihina biakidu daiman kutu katawat wahimaya dida covid-19 (istimal ta qofulu kasuma wa anafa, wa'kasulu eidan tanna wa'qeni baeid baeid fi mujtama)

ZAKIRUU

Dieman akidu qali qadaya altalau ma mustrikin almumkin bizedu hajat alnas kan qi fekir foqo siqa, hajat alqi hasil tabieiu, alshsaayieat awu alsuwar alnamatia qi wanusu bae mujumea kebir.

Nasat 1: Muqadima



Zaman:
10 deqiqa

Khatwa 1:

Asalu zol albarahu qisim toe kede rajih fi niqad ta jalsa alfaad. Asalu:

Yatu yau hajat almuhim alnakisu fi jalsa alfaat de?

Khatwa 2:

Asalu zawjayn min nas albarahu jisim tomon haja alumon kutu fi barnamij an mukatat altaqhyiyr wele sunu yau umon qi fakiru foqo (kan umon ma'maluhu)

Bidal min kida, mumkin ita istaqdimu (laebat ta kura) alita biamulu ka zol almasik albarnamij lluku kura le'ayi mustrik wa'asalu uwa kede sharik haja alumon kutu mukatat altaqhyiyr loumon sheaur bialraahat eind qum baekalam de.

Khatwa 3:

Muqadimat mae mawdue alyum.

Mulahaza:

Alhaji alanihina biistakal foqo fi jalsa de hasaas jidayn. Mumkin Baqi min mustrikin alhunf alzede de beut tomon deiru ita kede qobudu munakasa bae teriga ta mswllia alsa, kusus kan nasawin waru-jal geni sawa. Kaman geni jahis lle hawil zol le mawrid mahalyi lo umon taearad lisu almueamal wa ma'arufu umon birwa wayin.



Zaman:
1 saea

Nasat 2:

Masakil Bayn Zawjayn Wa'anihina Gi Ayinu Keif Fi Mujtamaeat Tanina

Anihin deiru haqia sunu?

Hadaf ta nasat de asan bi sibu mustrikin bi fikir fi teriga al'umon bi ayinu masakil wa'teriga al'bi athir mujtma kulu. Alfekra asan kede sibu mustrikin kede nakisu wa'tahadiy afkar al'bi seja usulub ta masakil.

Khatwa 1:

Alsuwa alarshadia

Tamarin al'awal, bi saidu le jahizu afkar ta masakilat fi ealaqat. Usraha le mustrikin gali nasatat alawal fi yum de deiru kede umon gofulu euyun tomon, akudu raha, wa'jerrubu khayal fi qisa al'wanusu de.

- Wanusu ba sawt bira wa'qiafa.
- Asalu mustrikin kede khayaluu le'qia al'ita qi wanusu de.
- Aqara kalam al'tehid de bira wa'waqif baat kulu jumla wasuaal. Waqif fi daqiq besiit zee ma'wadihu.

Asawar gali de saba bedri ze ma'yumi, ita gum fi baed taki. Ayinu munu yau jambo taki. Munu yau gi jahisu futur ta sabah? Munu yau gi amulu sukulat sabah? Munu yau gi akilu eyal wa'jahisu umon le yum? (waqif)

Ita tala min baed taki wa hasi fi sika, wa ita bi ayinu nas tannin. Ita ayinu nasawin gi kasulu malabis bara. Ita gi fikir haya toe keif? Ita gi fikir rajil toe gi eamal ma'heya ba teriga sa? (waqif) ita gi ayinu garib ma'ita gi sala ajila. Ita gi fikir haya toe keif? Hal hu murtah fi baed? (waqif)

Ita ayinu mara tani, abu sukar, fi sika toe le'sukul, heya jiran taki, heya indu dabarat fi wusa toe. Ita asuma duqu, wa'izaaj, wa'kore bilal umbari min taraf heta. Ita qi asuma dyman. Baat marat ita qi asuma rajil toe qi kore kore qali akel toe ma'arakabu kwes. Wa ita ayinu hu jai baed sakaran. (waqif)

Hal mara sukar de wanusu ma'ita al'hasil sunu bilal fi baed toe? Lo ita ayinu heya' ita bi amulu sunu-ita bi Salimu heya wele ita bi mathil ita ayinu heya? Ita qi fikir sunu yau heya qi fikir fi ealaka ta heya de? (waqif)

Ita ayinu jena toe al'sukar, hu bada kafu wa'kaif, qani fi bara baed tomon zaman ketir lo'izaaj bada. Hu qi fikir sunu ba haja al'qi hasil jua hinak? (waqif)

Ita arufu qali rajil toe qi istakal ba nahr ka mikaniki w aba bilal haris amn (qafiir). Hu dyman bi istakal 24 saeat yumi. Lo hu masakal, hu rudu fi mahl bar qerib le ayinu kura. (waqif)

Ita le bi'ja amulu masakil fi baed? Hu qi fikir sunu ean mara toe? Eyal toe? Qisim toe? (waqif)

Lo ita qi aqara bira bira, bira fatah ena taki.

Khatwa 2:

Munakasa mujmaeat

Baat ita kan kalasu qisa de, qasimu mustrikin le mujmaeat nafs aljins wari le'mustrikin anihina euwa nakisu fi muskila de, alfekra le iktsifu rujal wanasawin arufu masakilat bayn zawjayn. Ita mumkin bi istamilu swalat del:

- Ita qi fekir sunu yau qi hasil fi qisa de?
- Malu ita qi fekir haja zede qi hasil?
- Yatu teriqa yau rajil de qu yudhi mara toe?
- Keif maemala ze de qi athir ma'mara? Wa'keif maemala ze de qi athir ma'rajil? Wa'keif qi athir ma'usra?
- Ita qi fekir umon kede amulu sunu?
- Keif muskil ta zawjayn qi athir fi mujtma?

Baat kan umon nakisu fi qisa de, wajah munakasa de fi hajat al'qi hasil fi mujtama tomon:

- Saei halat zede qi hasil fi mujtama takum? Sunu yau anihina ayinu qi hasil?
- Ba kibrat wa'mithalat, kelimu kede umon wari jawanib al'enf (masakil):
 - Badaniun – waja le qisim (wa'baat marat waja le sheueur kaman)
 - Eatifi – waja le sheueur
 - Jinsiana – satarat fi nasatat jinsii (wa'waja le sheueur wa qisam kaman)
 - lisa aqtisadiaeconomic abuse – tahakum le wusulu illa almal, mumtalakat, wa'mawarid.
- Sunu yau sabab ta enf de?
- Ita qi fekir enf yumkin tabriuha min baqi siyaq? Malu? (lo ayi min mustrikin juabu naam, hu muhim asan ita bi bada ba munakasa wa jiribu wari ayi mawqif awu umon qi usheur qali mubarir wa'malu. Asrah le umon qali min kulu siyarywhat almumkin de ma'yau hal eadil wkafyaan le hilu ayi muskila wa'hal munasib le hilu muskila wa akidu min thaathir salbi le mara, zawjayn wa'usra.
- Yatu adwar wele tawaueat al'bi sibu rujal bi saruf ba teriqa zede?
- Yatu adwar wele tawaueat al'bi sibu nasawin bi saruf ba teriqa zede?
- Yatu adwar wele tawaueat al' bi sibu bi rudu eala anaha "sah"?
- Keif enf de athir fi mujtamaeat tanina?
- Anihina bi amulu sunu asan bi qairu hala de?

Lo mujmaea sukar munakasat intaha, kede kulu mujmaea qedimo niqat muhim al tala min mu-nakasa de. Ligo mujmaeat gi qedimo afkar tomon, katifu afkar ta nasawin warujal, baru, fi waraqa kebir ita mumukin bi karinu umon. Ita kede raji fi tashabuh wa'ferik bayn umon.

Mullahaza:

Fi munakasa, rujal mumkin bi fekir qali umon ba nufus tomon yau dahaya aleunf rubama hu hawil bi sibu munaqasa de bi'kun budun jidiya. Ita bi rekis ba haqiqa gali baat marat Kaman rujal gi taearad li'iisa'. Nasawin bi mithal iisa ketir.

Deiru Ita Kaman bi hilu aqdamiat alqadiat ba teriga muraja fi aleawaqib alshadidat al'bi tataratab ma'mara, ean eunf eatifii, wa de mumkin bi sabab adrar nafsiat khatira. Ean eanf jasadii wadaha ana alqat walaintihar mumkin an bikun natija

Khatwa 3:**Qofulu nasat de ba katifu afkar al' tala min mustrikin wa raji niqat ean enf:**

- Enf bayn shuraka hu fi, lakin ma bi hasil le kulu mara wa rajil, dyman rujal ded nasawin
- Enf bi ealaq ba sultat wa saytarat.
- Hunf:
 - Yatahik Karamat ta zol.
 - Bi athir ba wanasa wataaeul bayin zawjan.
 - Bi athir fi alnumuu alfiyulujju la eyal.
 - Bi jibo mumkin waja wahid awu ketir min del: jisim tana alba bara, wa'jua muk, wa'demir tana, wa'ljins, wa'iktisat.
 - Bi kalaqu lakbata fi ursa tanina.
 - Ita mabi aqder tabriruh taht ayi zuruf min zurufat



Zaman:
1 saeat

Nasat 3:

Keif Anihin Bi Hami Wa Eamul Ba Enf Bayn Zawjayn?

Anihin derin haqiq sunu?

Nasat deiru seja mustrikin kede raji fi wa'nakisu fi iastratijiat almumkin bi aeamul ma'enf, wa'kede fekir ean nasawin, warujal wa mujtama bi amulu le himaya.

Khatwa 1:

Munakas fidyu

Bainu fidyu ta Yar Makuei asrah qali umon qi rwa ayinu qadya tabmara al ligo enf jinsy waleatifi fi zawaj toe wa keif heya naja. Aqara juzu min swalat ta munakasa al'tehid de le'mustrikin qubal it ma'fatah fidyu asan umon bi taabi fidyu tamam. Ita dyman wari qali na al'fi fidyu de haqiqa ma'mumasilin.

Swalat le'munakasa::

- Ita qi fekir sunu fi qisa ta yar de?
- Fi aui haja al'ita itfaja behu?
- Keif ta'atharat haya baeunf al'liqo hu de? Keif athara le'eyal toe?
- Malu hu saab asan Yar bi sibu zawaj al'kaab de?
- Ita qi fekir sunu yau Yar deiru rujal wanasawin tannin kede fahimu fi tajarub haqu de?
- Yatu haja al'ita alimu min tajarub ta Yar de wa'ita deiru kede kun juzu fi haya taki?

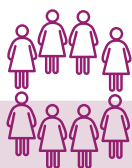
Khatwa 2:

Asalu min mustrikin kede fekir fi teriqa taeamul ma'iisa fi mujtamaea tomon; sibu umon kede fekir fogo:

- Lo'mara amulu le'heya iidha almuhim heya bi amulu sunu?
 - Heya bi ligo musaada min wayn?
 - Heya bi wari sunu?
- Heya bi ligo musaada keif?
- Heya bi amulu sunu?
- Rajil bi amulu sunu lo hu ligo nafsa toe zalan le'daraja hu deiru, awu dugu mara toe?
 - Hu bi wanusu le'munu?
 - Hu bi ligo musaada min wayn asan bi saytarat fi qhadab toe de wa'ligo teriga le'hilu masakil?
- Mujtama tanina bi amulu sunu le zawjayn fi hala zede?
 - Le saidu nasawin asan bi tala bara min wade mudhi?
 - Le saidu rujal fi taealum kayf bi hilu kore kore budun ba teriqa ta eunf?

Aisnakh (ssilu) afkar haw turuq le musaeadat fi mana eunf wa taeamul alqi zakiru ma'mustrikin fi rasm bayani min thalata aemidatin: aemida wahid le hajat alnasawin bi amulu. Wahid le rujal wa wahid le mujtama. Baat umon aebir afkar wa aqtarihu juzu min hu zekiru foak lo la zakiru:

Baad kan umon wanusu kulu afkar tomon aqtarihu fi baqin al al' tehid ini de lo ma talu umon:



Afkar ta nasawin:

1. Fi arufu Fetisu mustasharasan bi saidu heya bi arufu khiarat toe sunu
2. Atlub daem min nas ta baed aw soban aw qadat ddyaniyn
3. Wari le heya qali de ma zam ta heya
4. Talibu bimueamala afdal



Afkar ta rujall:

1. Fatisu mustashar wele, zol mawthuq min usra aw sabi al'bi saidu heya eala taealum altahakum fi zeil
2. Kede ita fahim sabab eunf toe de
3. Alimu keif tawasul zeil toe ligo lisa ma tala min mawqif alsaytara
4. Kutu fi bala gali al'iisa ma rudu le hilu mushkilat



Afkar le mujtam:

1. Tatwir shabakat mujtama le saidu zawjayn wa zol al taearadu le iisa
2. Hafizu ba sajilu kam marat bi hasil fi mujtam taki
3. Hadidu maelum aitisal le qadimu kidmat al mumkin nasawin bi rua fogo lo siu mueamalat wa tabadul muelumat
4. Wasilu wa taeziz qali eunf ma maqbul, ba teriga ta baynat al'eama mulasaqat wa ma-halat aitisal tanin (ukraa)
5. Amulu ailtizam kded kun " mintaqaat khalia mi eunf " waeadam tasamuh le eunf fi mujtama
6. Nazim munaqasahat mujtamaeiat hawl alnawe alijtimaeei, enf, wa huquq lakadi ayi zol bi fahim athar aldarat le enf.
7. Bad' mujmaeat iirshadia abu bi'gum ma'nas kubariin fi sena bi arshidu eayal sukariin fi tawasul wa hilu masakilat

Khatwa 3:

Qofulu nasat de ba katifu afkar al tala min mustrikin de



Zaman:
10 deqiqa

Nasat 4: Mulakas

Khatwa 1:

Raji niqat almuhim

- Enf bayn zawjayn bi kun jsdyan, aw eatfyan, aw malayn aw jinsyan.
- Bi ealaq haja de ba sultat wa'saytarat wa baat marat rujal eunf mumarasat alsultat le na-sawin
- Rujal wa'nasawin ka'afraad, wa mujtama, yumkin bi saidu le qairu hala de (min khilatawthiq halat aleunf, thaqafu mujtama hawl mawarid alkarijia, ba tatwir turuq la mujtama kede sariku kibra ta zawjayn al'alimu teriqa ta hilu masakil ma' ba teriqa eunfy, ba hamy nasawin al rujal tomon eunfy.)
- Eunf ma bi athir faqat ba zawjayn, lakin bardu ba rabau (numua), muk, wa eatifu kwes ta eyal wa mujtama.
- Ma'mumkin tabarir aleunf taht ayi zuruf min zurufaat nasawin dyman qi qeni fi zuruf zaman toil ba sabab tawaqueat thaqafia, haqayiq aiqtisadia, wa daqht min usra wa mujtama tomon.
- Adwar wa tawaqueat ta rujal wanasawin al'bi asma biaistimrar aleunf murtabitant binwe aljins wamumukin asan kede qayru.

Khatwa 2:

Mukatat altaqhyir

- Hal ana alimu ayi mauluma jedid alela ean enf bayn zawjayn? Sunu?
- Hal jalsa de athir usulub tai hawl enf bayn zawjayn? Kef?
- Yatu kibra al talu alela al'ana mumkin bi istamilu le haya tai?

Khatwa 3:

Asalu zol albaru qism toe kede jahizu kalam muktesir fi munakasa de asan bi qadimu fi bidaya ta jalsa al'jail.



JALSA 6

SAHA TA WELEDA LE MARA WARAJIL

Fi jalsa de, anihina bi rajih wanakisu al-fariq bayn hajat ta weleda ta mara wa-rajil waistifada ta silu kararat sawa fi tanzim alusra. Mustrikin biayinu wana-kisu an qisa ta **Peter Daniel wa Veronica Joseph Pasquale**.

Peter wa Veronica sariku keif sibu zaman le weleda, weledu eyaal tomon baat zaman has-inu natyija himl wa fursa kwes le usra toe.



Zaman:
hawala 2 saeat
and 30 deqiqa

Hahdaf ta'nina:

Jalsa bi sibu mustrikin bi:

- Fekir ean wa'nakisu fehim tomon ean saha wa'saha al'iinjabi (RH)
- Iktasifu wa'nakisu ferik (RH) ta rujal wa'nasawin
- Fahimu muhima ta mara wa'rajil fi tala karar ean qadaya ta RH (khasatan, tenzim usra) wa' daemu badun fi amulu toe.

Nasat:

1. Almuqadima
2. Afkar tanina bikun fi saha wa'saha al'iinjabia
3. Aihtiajat al'Saha al'iinjabia le'rujal wa'nasawin
4. Rujal wanasawin qi silu karara ta Tanzim usra sawa
5. Mulakas

Adawat aldeiru:

- Waraqat rasm albayanii/sabura
- Qalam ealamat/tabashir
- (Ita mumkin bi istamilu almawad almahaly alfi fi mujtamaeat ze rusalat ta sejira. Kasabat waketir minu)
- Milafu taerif alfidyu
- Computera jihizat alkomputer/wa'komputer albi afau fi kura wa'aqras alfilash mae sawt almilafi.
- Nasharat – taqhyir alrasm albayanii (lo kan nas de maaqara)
- Anihina biakidu daiman kutu katawat wahimaya dida covid-19 (istimal ta qofulu kasuma wa anafa, wa'kasulu eidan tanna wa'qeni baeid baeid fi mujtama)

ZAKIRU:

Dyman akidu kalamat alwanusu ma'amustrikin bi zidu baed muetaqadat alsalbiat, awu al'asatir, awu iishaeat wele alsuwar alnamatia bi nakisu ma'mujmaeat alkebir.

Nasat 1: Muqadima

Khatwa 1:

Asalu zol albarahu qisim toe kede rajih fi niqad ta jalsa alfaad. Asalu:

Yatu yau hajat almuhim alnakisu fi jalsa alfaat de?

Khatwa 2:

Asalu zawjayn min nas albarahu jisim tomon haja alumon kutu fi barnamij an mukatat altaqhiyr wele sunu yau umon qi fakiru foqo (kan umon ma'maluhu)

Bidal min kida, mumkin ita istaqdimu (laebat ta kura) alita biamulu ka zol almasik albarnamij lluku kura le'ayi mustrik wa'asalu uwa kede sharik haja alumon kutu mukatat altaqhiyr loumon sheaur bialraahat eind qum baekalam de.

Khatwa 3:

Badau mae mawdue a'lela

Asah gali anihina qi wanusu ean saha ta rujal wanasawine kusus fi saha ta weledu.



Zaman:
10 deqiqa



Time:
30 deqiqa

Nasat 2:

Afkar tanina ean saha wa’ Saha al’injabia

Anhina deiru haqiq sunu?

Nasat de mana toe asan bi iktasifu mustrikin fehim ta saha. Bina ealaa afkar de anihina bi tafiqu mu-fum aleama ean saha weledu.

Khatwa 1:

Easf dhihuniu

Iktasifu ma mustrikin afkar tomon ean saha / wa ambir raffia. Asalu umon:

De sunu an takun ba “saha tamam”? de sunu daruri le iinsan asan bikun bas aha tamam?(iktasifu kilimat mahaliya le mana de)

Katifu hajat al umon wanusu de fi warqa kebir.

Zaman umon bi iktasifu afkar ean “saha” / “wa ambir raffia” hawl arufu taqs lo kan wujuhat nazar tomon qi tasir le saha badania. Yade juzu min swalat albi saidu albi lizu aistikshaf baeyt min kida:

- Ita qi fikir indu walaqa kwes ma nas ya usra, habib, sabihat dururi asan yol bikun sihihiy?malu?
- Ita qi fikir maal wa mawarid madiya dururi le zol asan bi kalimu qali hu fi saha tamam? Malu?
- Ita qi fikir qali qeni ba saha tamam indu ealaqa ba taelim? Malu?
- Yatu loan ta shueur / eatif albi rua le bikun le zol salim? Ita qi fikir hub hu muhimasan ita bikun sihi/ malu ma murtah aw seada?
- Ita qi fikir adaraqm ta eyal hu muhim kan ita qi arif ean zol sihi? Malu? Yatu adad mithaly ta eayal zol bikun indu asan bi kun sihi?

Khatwa 2:

Asalu umon:

Asuma le afkar de ean sahad, ma hu “sahah willada” katifu aiqtrahat ta mustrikin wa ahsrah le umon qali saha weledu hu dhalik jusu min saha tanina al indu ealaqa ma weledu wa al bi tatwai ealaqa tan’na mae mara taki aw sharikak, ealaqat aljinsy, karar ean takun inak eiyal wele la, metain ita bikun indu umon, jesim tan’na wa mahalat ta welleda, himil wusul le cliniumumat amn, wa ketir minhu. Ashrah qali qadaya de bija nakisu fogo fi jalsa de.



Time:
30 deqiqa

Nasat 3: Aihtiajat shaha iinjabia le rujal Wa nasawin

Deirin na'haqiq sunu?

Nasat de bi saidu mustrikin wari aihtiajat saha injabia al muktali le rujal wanasawin.

Khatwa 1:

Munaqash jamaei

Ashraha le mustrikin qali anihin berua kun indu munaqash jamaeai hawl rujal aleadu wa nasawin ta mujtama hayaa sihi muntija. Ita bi qasimu umon fi nafsu jins (de muhim leayinu rujal aw nasawin ma'bi murtah asa bi wanusu ean hitiajat saha iinjabia fi mujmaeat mulaqbat) nasawin bi nakisu hawl hitiajat ta nasawin wa rujal bi nakisu hawl hitiajat ta rujal. Umon bi bada ba resumu sura mithaly ta mara aw rajil miyhaly fi mujmaeat tomon, umonbikun indu iihisas munu yau qi rekisu low

Ita mumkin bi istamil swalat del asan bi qadimu munakasa. Ze na ita qi raji fogo swalat de katifu tehid fi waraqa kebir aitiajat alwari ba mustrikin.

- Seyi zol de sabi? Does this person have a partner?
- Sunuya deiru lehu/lehya ealakat yukun sihyi?
- Hal zol de indu ealaqa jinsy? Sunu yau diuru le zol de asan bikun sihi?
- Hal hi wa hu bukun deiru eyal
 - o Kan la: de sunu yau hu wele hi janubu haml qhayr almarqhub.
 - o Lo nam: sunu yay deiru asan hiya bikun indak himl sihyi? Weledu sihyi?
- Sunu yau ta zol de aktar aintisaran masakil
- (Min kulu masakil zakiru. Zol de deiru sunu asan bi hami umon? Le hilu umon? To sol)

Ita qi fikir zol de bi tala kararat ean RH ba shakl mustaqil? Lo la, munu tani yau mumkin bi dakalu fi tala kararat? Ita qi fikir keif qali muhima tathir fi saha ta rajil wele rail?

Mulahaza:

Lo mustrikin ma wari umon, asalu muhima ta qadaya:

- Tawasul al tamam bayn sabi wa usra – ita mumkin bi zakiru umon minmunakasa ta whadad aistisal al'azawaj.
- Muhima ta hub sunu fi saha ta'nihin?
- Yatu athir al ta tala karar indu usra bikun sihi?

Khatwa 2:**Munaqasahat eama**

Lesegu afkar ean rujal wanasawin geribarn fi mahal albi aqder ayinu; aqara juabat tomon bi soat wa-di. Baat de gadimun munaqasa ean keif hajat de mushabi wa keif indu ferik.

- Fi yatu teriqa hitiajat ta rujal wanasawin indu ferik?
- Umon ferik malu?
- Umon mushabi malu?
- Hu muhim asan ita bi raji anawahi al zekiru le whaid jins albi istakal le kulu. Asalu swalat alqi sibu umon bi fakir fogo. (mithal hu best muhim le nasawin asan bi ligo maealum ta Tanzim usra? Malu? Sunu yau bikun mumayizad kan kulu rujal wanasawin rwah sawa fi eiyada asan bi alimu ean Tanzim usra)
- Sayi rujal wanasawin fi mujtama indu kulu hajat al umon deiru asan bikunindu sahat injabia sihiya?
- Sunu anihina bi amulu ze zol wahid awu ze mujtama le hsinu jawanib haya de?

Khatwa 3:**Gofulu nasat de lakisu munakasa de**

Raji keif hu muhim le nasawin wa rujal le htiajat sihat al'injabia tomon wa bi fadulu ba sihat tamam, wa muhima ta silu karar sawa albi sibu kulu tarafayn nas indu kalam ean siha ta usra. Ma'Muhima ta hub fi saha ta'nihina? Ma athir ta tala karar (munu yau qi tala karar, munu yau qi sariku fog) indu usra tanina le usra asan bikun siha tamam?



Zaman:
40 deqiqa

Nasat 4:

Rujal wanasawin bi tala karar ta amulu tenzim usra sawa

Deirin nahaqia sunu?

Nasat de bi sibu mustrikin bi fekir ean wa nakisu muhima ta rujal wanasawin asan silu maeasulia saiha baeduhum albaed wa tala karar sawa ean jawanib rayisia le ssihat al iinjabia ze tenzim usra.

Khatwa 1:

Munakasat fidyu

Wari fidyu ta Peter Daniel Pasquale wa Veronica Joseph Pasquale. Asalu mustrikin kede fekiru ean mumayizat ealaqat ta zawjayn. Aqara juzu min swalat le munakasa tehid de le mustrikin qubal ita ma wari fidyu asan umon bi taabi tamam, ita dyman kede wanusu qali nas al'fi fidyu de nas haqiqa de ma'mumuasilin.

Swalat munakasa ean qisa ta Peter Daniel wa Veronica Joseph Pasquale:

- Ita qi fekir sunu fi qisa ta Veronica?
- Hal fi haja ita itfajat ba hu? De sunu?
- Malu Peter mudafie qawi ta tenzim usra?
- Ita qi fekir sunu fi dwar al laeibu fogo Peter le istamilu tamasil aasan bi alimu wa'sijah usra asan bi istamilu tenzim usra?
- Malu Peter wa Veronica umon ksrer asan bi silu tenzim usra? Ita qi fekir uomon silu karar asan keif?
- Sunu yau sibu bikun saab le zawjayn asan bi silu tenzim usra?
 - Sunu yau bikun saab le nasawin?
 - Sunu yau bikun saab le rujal?
- Keif zawjayn bi sijau kede nakisu itiajat ta tenzim usra wa kulu umon taafiq ba karar ean tenzim usra?
- Ita qi fekir Peter wa Veronica deiru kede rujal wa nasawin tanin min kibra tomon de?
- Yatu haja al ita alimu min umon wa al ita deiru kede kun juzu min haya ta'ki?

Khatwa 2:

Gofulu nasat de ma lakisu niqad raisia ta mustrikin de wa raji muhim ta rujal wanasawin l e ayinu badun tomon wa tala sawa ean siha.



Zaman:
10 deqiqa

Nasat 5: Mullakas

Khatwa 1:

Muraja niqad muhim.

- Asan ita bikun sihi anihina kede silu maesuliat baru baru ta jaw nib ta haya tanina, jisim, muk, wa ealqat ma nas tannin.
- Rujal wanasawin sariku juzu min hitiajat siha welledu wa fi nefsu wak it umon indu hajat tannin al'kas al umon deiru.
- Zawjayn kede silu maeasulia siha le badun tomon wa tala karar sawa ean hitiajat siha wele-du al'qi ealaq ma'umom kulu, ze tenzim usra

Khatwa 2:

Mala tahyir rasim bayani

- Hal ana alimu ayi maeluma jedid alela ean rujal wa nasawin siha weledu? Sunu?
- Hal ana alimu ayi maealuma jedid alela fi tala karar ean siha weledu? Wa tezim usra? Sunu?
- Hal bi jeirubu haja jedid fi mustaqbal aw jeirubu haja jedid? Sunu?

Khatwa 3:

Asalu whid zol albaru jesim toe kede jahizu mullakas muktesir ean ijtima de asan bi qadimu fi jalsa aljayi.



JALSA 7

UMUMAT AMINAH

Fi jalsa de, anihina bi iktasifu hajat hawl al'umumat alamna.
Anihina bi ayinu wanakisu jusu tani min qisa ta **Angua Night**
Francis wa'Abdulwahab Juma Bakit.

Abdulwahab sariku kei hu gi daemu mara toe fi zaman ta
himil wa'ma baest zede hu qi ruwa hya fi mugabal wa'sariku
fi baet wa'muswuwuliat ta ayinu iyal.



Zaman:
hawla 3 saet

Hahdaf tanina:

Fi jalsa de anihina bi sibu mustrikin kede:

- Aerif ean umumat al'amina
- Wasif adwar almumukin rujal wanasawin bi alabu fi umumat amina
- Fahim keif yani umumat amina de qadaya jinsania
- Tahdid qadaya taqalidia wa'thaqafia wa'jinsaniat muhita ba umumat amina fi mujtamaeat ta'nihina
- Nakisu keif mumkin wahid zol wa'mujtama bi silu ijrat le qairu eawayiq almutaealiq ba jins, waghayriha min eawayiq, Limumarasat alamina

Nasatat:

1. Almuqadama
2. Badilu kibrat fi al'umumat alamina
3. 3 taakhirat wakhutat wilada
4. Mara wa'rajil bi istakal sawa le'daman umumat amina.
5. Mulakas.

Adawat aldeiru:

- Waraqat rasm albayanii/sabura
- Qalam ealamat/tabashir
- (Ita mumkin bi istamilu almawad almahaly alfi fi mujtamaeat ze rusalat ta sejira. Kasabat waketir minu)
- Milafu taerif alfidyu
- Computera jihizat alkomputer/wa'komputer albi afau fi kura wa'aqras alfilash mae sawt almilafi.
- Nasharat – taqhyir alrasm albayanii (lo kan nas de maaqara)
- Anihina biakidu daiman kutu katawat wahimaya dida ayan ta korona (istimal ta qofulu kasuma wa anafa, wa'kasulu eidan tanna wa'qeni baeid baeid fi mujtama)

Zakiru

Dyman akidu kalamat alwanusu ma'amustrikin bi zidu baed muetaqadat alsalbiat, awu al'asatir, awu iishaeat wele alsuwar alnamatia bi nakisu ma'mujmaeat alkebir.



Zaman:
10 deqiqa

Nasat 1:

Muqadima

Khatwa 1:

Asalu zol albarahu qisim toe kede rajih fi niqad alraysia ta jalsa alfaad. Asalu:
Yatu yau hajat almuhim alnakisu fi jalsa alfaad de?

Khatwa 2:

Asalu zawjayn min nas albarahu jisim tomon haja alumon kutu fi barnamij an mukatat altaqhiyir wele sunu yau umon qi fakiru foqo (kan umon ma'maluhu)

Bidal min kida, mumkin ita istaqdimu (laebat ta kura) alita biamulu ka zol almasik albarnamij lluku kura le'ayi mustrik wa'asalu uwa kede sharik haja alumon kutu mukatat altaqhiyir loumon usheaur bialraahat eind qum baekalam de. Lo umon ma'usheur ba raahat ean kala de. Mumukin ita bi asalu umon kede fikir fi ayi haja al'umon fekiru baad jalsa al'faat de.

Khatwa 3:

Muqadimat mae mawdue alyum

Mullahaza:

Almaedu al nakisu fogo fi jalsa de hu hisasi. Juzu min mustrikin indu faqadu jina, mudaeafat zaman ta haml aw weledu, gi hawl asan bi hamil. Jalsa bikun eatifiun jidan le umon, asan kede hu muhim mujmaeat kede kun mutaectif le hala tomon de. Ita lazim bi kun jahiz asan bi rasulu zol le mawarid mahliya lo umon kalimun gali umon deiru musaada asan bi uajahat ba kasart tomon aw qadaya mu-taealiq ba umuma, wa marafu hu bi rua wayn.



Zaman:
1 saet

Nasat 2: Sariku afkar ean umum amn

Anihina deiru haqiq sunu?

Nasat qasidu asan bi iktasifu mustrikin, mufuhuma ta umum amin, murtakiz fiafkar, anihin bi tafigo mufuhum eam, wa wari talata Miftah ta taakhir wa ealamat khatar.

Mullahaza:

Sabah ealamat khatar: wajaras almustamir; huma sedid; dom bi kubu ketir gubal ita ma weledu wa kan ita weledu warimu kura, eidan, willada bi silu zaman (aktar min 12 saeat); ifrazat karihat min almihbal; tasumum alhiml-artifae aldam alnajim ean alhiml

Iftah taekir altalata: taekir fi tala karar; taekir fi maeusalat asan it bi ruwa le mustesfa wa qurus le maeusalat taekir mahala.

Khatwa 1:

Fekiru kwes ean mana ta umumat amna: nasawin wa rujal bikun fi mujmaeat baru asan bikun fi kalamata ketir bi talau bara.

Asalu mustrikin kede nakisu swalat de wa rija kalam wara fi jalsa ta nas kulu. Katifu haja al 'umon kelimu de fi waraqa kebir

- Umumat amna de sunu?
- Keif rujal wanasawin istakal sawa bi sejah umumat amna?
- Malu, wele ayi, yau turuq al rujal wanasawin mumkin bi istakal sawa asan bi sejah umumat amna?
- Sunu yau rujal fi mujtama bi amulu asan uwa bikun sawa fi sejah umumat amna?
- Waynu juzu min eadad wa taqalide al'bi waqifu rujal wa nasawinfi sejah umumat amna?
- Yatu daem rujal deiru min mujtama al'bi kun ba mana wadi bi dakalu ean umumat amna fi mujtama tanihina.

Baat munakasat fi musarakat ta mustrikin de qofulu le umon ba wari le umon tarif umumat amna al'bi istakal fi warsah amal kulu.

Mulahaza: Tarif ea umumat amna

Umumat amna mana toe akedu gali kulu nasawin ligo rieay al hum deirun bikun amna wa sihiya wa sihiyi fi zaman himl wa willada <http://www.safemotherhood.org/>

Le umumat amna bikun haqiqa hajjat del yau Muftah muhim:

- Wasulu le wa ja bedri fi muqabala le dector
- Willada eyal almahri
- Indu kutah le jahizu la'willada
- Akedu gali uma aqder liqo akilat al'kwes riyada wa raha.

Khatwa 2:**Nasawin wa rujal sariku afkar fi umumat amna**

Mumasil ta barnamij bi asalu mujmaea kede qasimu le aithnin min mujmaeat, wahid le rujal, wat ani de le nasawin. Mujmaeat aithnin de kede nakisu an afkar fi umumat amna, wa sualat de urshad munakasa tomon:

- Sunu yau ita qi kafu wa tawaqueat taki lo ita wele zawj/sabi hamlan?
- Keif koef taki wa tawaqueat hillu? Ita qi akedu keif koef taki wa tawaqueat yumkin bi hilu muskila taki de ba teriqa saha?
- Kan inak fi jins baru aw aleraf altaqlidia albi hadyi ita wa sabi taki le musada al ita deiru? Asan bi ligo musada al'ita deiru?
- Ita qi fekir keif zawja/usra taki aw mujtama umon saidu ita qodur sunu ka mara al ham'lan aw rajil almara toe hamla?
- Keif mumkin ita bi said una tannin fi mujttama al indu nefsu mukilal?

Khatwa 3:**Jalsat eama**

Asalu kulu min mujmaeat kede katifu hajat al'umon nakisu foqo de. silu swalat wa taeliq lo fi.

Khatwa 4:**Lakisu munakasa de wa katimu ba mufti niqat muhim**

Afkar muhim albi silu baed:

- Kulu min rujal wa nasawin indu koef wa tawaqueat laman mara biqa hamil; umon kulu deiru tasiji min ayi zol wamujtama
- Kulu min rujal wa nasawin bi aqidu qali shah ta uma wa jena Both tamam fi zaman ta willada wa baat willada.
- Aljin wa aeraf taqalidia albi sibu mawdue saab le nasawin kede hadiru ANC dyman aw wil-ladu fi mutasfa aw al haja albi rujal ma'bi rua asan bi hadiru ANC ma'mara toe aw saidu heya ba sukulat ta baed, bi sibu bikun saab le zawjayn asan bi marisu umum amn sihiy.



Zaman:
25 deqiqa

Nasat 3: Talat taekirat wa kutah willed

Anihin deiru haqiq sunu?

Nasat de qaistu arufu an muhima le amulu kutah ta willada wa mumkin min taathir eala zawjayn al'qi istena jena kede amulu kta tomon baru asan kede hu jeli min talata kuta ta taekir almumkin bi kutu haya ta uma wa jena fi kutura.

Khatwa 1:

Raji fi 3 taekir wa kutah le wilada.

Asah le mustrikin gali fi talata noa taekir al'mumkin bi wadi le hala saab fi zaman ta asuru jena aw Kaman bi amulu muskila kaab himl.

- Taekir al'talata hu:
 - Taekir fi tala karar (ean sebil mithal, rua fi eyada lo mara jisim toe ma'kwes, kede willadu fi mustasfa, wa ketir minu.)
 - Taekir le ligo muasalat aw qurus ta muasalat le mustasfa, wa
 - Wa taekir fi eyada.

Wari le mustrikin qali le munakasa aljai de nas qi rakis awl fi aithinin sikil ta taekir al'bi hasil must-wa ta beuit: taekir fi tala karar, taekir fi ligo muasalat aw ligo qurus ta muasalat lo mara qeyrip deiru willado, sariku ma'umon qali kan fi kutah ta willada hu whid hasayn teriga qubal altawari, aw lo waja bada kutu qurus tani baru asan bikun fi lo'mara batna toe bada waja, wari kan munu yau bi ayinu baqi eyal de lo muhim, ita lazim bi fetisu teriqa al ita bi ligo ma hu qurus kan bilal welle nahar

Khatwa 2:

Sukul mujmaeat

Mumasil ta barnamij bi nazimu mustrikin del le kamsaa mujmaeat, ayinu le taakhir al zekiru fok de. Mujmaeat bi:

1. Nakisu sunu hajat taeqlidia al ijtimaeaii mutaealiq ba hawajiz al'bi wadi le kulu min taekirat
2. Nakisu keif hawajis de bi aqder qilibu
 - i. Yau loan min hajat almumukin abu bi amulu?
 - ii. Yatu juzu min hajat almumkin uma bi amulu?
 - iii. Sunu yau nas ta usra (ean sebil mithal) bi amulu?
3. Ita mumkin bi dakalu fi kutah ta willada le taeqid an alhawajiz ma bi mana nasawin asan ma'bi rua le mustasfa fi zaman lo eamalia tawari aw heya bi fi mahal willada?

Step 3: Plenary

Bada ba mujmea wahid kede wori min munakasa fi taakiir tomon. Asalu mujmea al' tani lo umon indu ayi haja al' umon deiru ziidu al' ma wanusu. Silu nefsu teriqa ba taakiirat tanin wa quta ta welada.

Muderis bi lakisu ba raji fi kalamat al'asasya al' talau min munakasa wa raji qali indu quta ta welada fi mahlu al bi kutu jins wa hajjat tanin, ita bi akidu qali mara silu fi mustasfa fi zaman munasib sal kan biqa qodur sunu.

Khatwa 4:

Lakisu munakasa wa kalasu ba neqaad almuhim al bi silu baed

Neqaad muhim al' bi silu baed:

- Al taqirat al'talat de bi kun taqyirat fit ala karar; taqhyirat le ligo gurus ta muasalat awu muasalat le rua fi mustasfa; wa taqhyirat fi mustasfa .
- Asan ita bi sibu taqyirat al talata de, zawjayn lazim bi amulu quta sawa le jena al deiru weladu, wele tawari wa kede kun fi zaman munasib.
- Kulu nasawin al hamil kede weledu fi mahl mustasfa.



Zaman:
45 deqiqa

Nasat 4:

Zawjayn bi istakal sawa le daminu almumumat alamina

Anihina deyrin haqiq sunu?

Nasat de bi sibu mutrikin bi fekir ean wanakisu fi dwar al'nasawin warujal bi alabu le akedu humil shiyun wawilda amina wa'muraqaba ta uma wa'jena baat wilada.

Khatwa 1:

Munakasa alfidyu

Fatah fidyu ta Angua Night Francis wa'Abdulwahab Juma Bakit. Asalu mustrikn kede fekir fi zaman ta ayinu fidyu de faida ta rujal wanasawin fi istakalu sawa min ajl wilada shiya.

Aqara juzu min swalat munakasa de tehid le mustrikin qubal ita wari le umon fidyu de asan umon bi taabi fidyu de tamam. Ita dyman bi kelimu gali nas al'fi fidyu de haqiqa ma'mumasilin.

Swallet munakasa ean qisa ta Angua wa Abdulwahab:

- It gi fekir sunu ean qisa ta Angua wa'Abdulwahab's?
- Fi haja la ita itfaja ba hu? Dw sunu?
- Ita fekir sunu ba teriga Abdulwahab qi ahtam wa' qi deamu ma Angua?
 - Keif dyman fi mujtama takun le rujal anas bi deamu nasawin tomon ba teriga mushabi? Le wa le malu?
- Yatu yau hajat alkways le zawjayn ze Angua wa Abdulwahab sariku sukulat ta baed? Umon kulu qi sariku fi maal ta baed? Umon bi kariru sawa keif umon bi istamilu qurus tomon.
 - Keif saidu umon?
 - Keif bi saidu eyal tomon?
- Yatu loan min tahadiyat alnasawin qi ligo zaman kan umon deiru rua rieaya ma qabl wilada? Hal rujal qi ligo tahdi asan bi saidu nasawin tomon asan bi rua ma umon fi rieaya qabl wilad? Keif an zawjayn bi'sijaw asan bi alimu usulub alkwes le usra toe?
- Rujal de bi saidu nasawin tomon ba teriqa sah keif fi zaman ta himl? wa umon bi sai-du khawf wa tawaqeat an himl?
- Mujtama bi amulu sunu le daman mumarasat ummat amina ma rujal wanasawin?
- Ita qi fekir Angua wa Abdulwahab deru rujal tanin wanasawin kede fahimu ean kibra tomon de?
- De yatu al ita alimu min kibra ta Angua wa Abdulwahab's wa ita deiru kede kun juzu min haya taki?



Zaman:
10 deqiqa

Nasat 5: Mullakas

Khatwa 1:

Raji niqad raysia muhim

- Rujal wanasawin kulu bi istakal sawaa le daman tahqiq ahdaf al'umum alaminat le umhat wa usra.
- Nasawin warujal kariru fi umum amina bi naqisu adad mut ta nasawin wa eyal wa akidu nasawin qi daemu asan bikiun himl, weleda ayinu baat weleda.
- Baad muetaqadat altaqlidiat al bi ealiq b aba jins dara le nasawin mumkin bi sabib mudaeaft alhami alsalbia

Khatwa 2:

Mala taqhyir alnazar mukatata

- Hal ana alimu ayi maeuluma jedid alala ean rujal wanasawin siha wilada? Sunu?
- Hal ana alimu ayi maeaulum jedid ean munakasa ean sha willada wa tenzim usra? Sunu?
- Sayi ana bi amulu haja ferik fi mustaqal awu haja jedid? Sunu?

Khatwa 3:

Asalu mustrikin kede jaizu mullakas muktesir ta munakasa de asan bi qedimu fi bidaya ta jalsa.



JALSA 8

MOYO, SIRF SIHIYU, NAZAFI, (GHSIL)

Fi jalsa de, anihina bi iktasif qadaya alqi aealiq ba osulub qhasil sihiyiwa dwar ta mara wa rajil fi daman hasinu nadafat wa'sirf sihiyu fi mutawaa beyut wa' wa-sat ta mujtamat anihina bi ayinu wa na-kisu qisa ta **Data Emmanuel Gordon**.

Data Gordon yadeu Data Gordon sabab sukar wa'rujal fi arfa mutawa waey binadafat fi dawrat shahria wa bi qadimu la banat wana-sawin ba hajat le nadafa ta dawrat shahria.



Zaman:
hawla 3 saet

Hadaf tanina:

Fi jalas de sibu kede mustrikin kede:

- Nakisu keif doer ta mara warajil qi saidu fi mumarasat qhasil salim (nadafat, sarf shiyu, wa'nadafa dawrat shahria) fi beyut wamujtama.
- Iktasif dwar ta kulu min nasawin warujal bi alabu fi aeqidu tamarin ta qhasl suluk salim.

Nasatat:

1. Almuqadima
2. Tahadiat mumarasat suluk alqhasil
3. Ildarat dawrat shahrat wa'nadafa-ma' baes le nasawin
4. Mulakas
5. Gifla

Adawat aldeiru:

- Waraqat rasm albayanii/sabura
- Qalam ealamat/tabashir
- (Ita mumkin bi istamilu almawad almahaly alfi fi mujtamaeat ze rusalat ta sejira. Kasabat waketir minu)
- Milafu taerif alfidyu
- Computer wa jihazat alkomputer/wa'komputer albi afau fi kura wa'aqras alfilash mae sawt almilafi.
- Nasharat – taqhyir alrasm albayanii (lo kan nas de maaqara)
- Anihina biakidu daiman kutu katawat wahimaya dida ayan ta korona (istimal ta qofulu kasuma wa anafa, wa'kasulu eidan tanna wa'qeni baeid baeid fi mujtama)

ZAKIRUU

Dyman akidu qali qadaya altalau ma mustrikin almumkin bizedu hajat alnas kan qi fekir foqo hajat al ma kwes, hajat al mujtama qi sedaqu foqo, awu hajat al nas qi sedaqu foqo wa qali hu zede (alsuwar alnamatia) qi wanusu bae mujumea kebir.

Nasat 1: Muqadima



Zaman:
10 deqiqa

Khatwa 1:

Asalu zol albarahu qisim toe kede rajih fi niqad ta jalsa alfaat. Asalu:

Yatu yau hajat almuhim alnakisu fi jalsa alfaat de?

Khatwa 2:

Asalu zawjayn min nas albarahu jisim tomon haja alumon kutu fi barnamij an mukatat altaqhyiyr wele sunu yau umon qi fakiru foqo (kan umon ma'maluhu)

Bidal min kida, mumkin ita istaqdimu (laebat ta kura) alita biamulu ka zol almasik albarnamij lluku kura le'ayi mustrik wa'asalu uwa kede sharik haja alumon kutu mukatat altaqhyiyr loumon sheaur bialraahat eind qum baekalam de.

Khatwa 3:

Qadimu mawdue alela

Asah gali anihina qi ruwa wanusu eab qhasil (moyo, wa sirf sihiy, wa nazafa)



Zaman:
50 deqiqa

Nasat 2:

Tahadiat le mumarasat usulub qhasi

Anihina deiru haqiq sunu?

Nasat de amulu asan mustrikin kede bada fikir an adwar jinsy ze ma siltuha ba nazafa, sif sihiy, ad-war shahria.

Khatwa 1:

Akthar min wijhat nazar alqhasil dhat alsilatat alsuluk

Wari le mustrikin gali fi tamarin ketir al muhim le hafizu siha tamam almutaealiqa ba qhasil (wa sirf sihiy wanazafatwa) de bi ashmal:

- Wasulu le moyo alkwas le sirab
- Hafizu moyo fok fi mahal mokfull
- Qofulu mhalat ta bulu wa kara alfadi
- Kasulu eden bi sabun wa moyo qubal aqil wa jahizu aqil, qubl wa ligo lisaita ma qeiru pam-pas ta jena, wa baat istamilu bakana.
- Qofulu mahal aqil asan asarat wa haywanat ma'bi aqder dakalu
- Sibuwata fi baed wa mujtama nedif min wasaka, wa ketir minu.
- Istamilu hufra ta wasaqa le himaya ta nufayat alsulba.
- Ba teriga saha Nadifu wa kutu hajat nazafat aldwar shahria

Wari le mustrikin gali usulub zede deiru usra kulu wa mujtama kulu.

Khatwa 2:

Sukul mujmaea

Tahadiat le alimu siha qhasil wa usulub.

Qasimu mustrikin le mujmaeat jins. War le umon tamarin al jaei umon bi wari juzu min tahadiat al rujal wanasawin qi ligo lo umon fi mumarasat usulub siha qasil.

Ba iidafa fi de qasimu mujmaeat le nefsu jins kulu mujmaea muraeat usulub qasil del de:

1. Wasulu wa istamilu moyo nazif
2. Ba istakdimu mirfaq alsarf sihiya
3. Mumarasat (nasawin) aw daeam (rujal) nazafat shiyalilhayd

Asalu mujmaeat kede fikir an keif bi sahim fi tahadiat lanasawin wa rujal gi ligo:

- Arufu/ toeya ean usulub al qerib ba qasil
- Makhawif abli ealaq ba amni (ze, nasawin bi istamilu bakana)
- Raha (eala sabil mithal, eadam ma murtah istamilu bakana baad zol kebir)
- Qawaeid hawl jins, wa eumar wa alhala was asbab tannin.
- Dwar wa leiba bina, wa siana (eala sebil mithal, salau donki, abinu wa sibuwata bakana nadif)
- Munu indu Maesuliat le saitarat fi tala kara (eala sebil mithaly, abiun bakana, jahizu hajat ta nazafat aldwarat shahria)?

Asalu mujmaeat farei kede raji an 2-3 sohbat al umon war wa qadimu wara fi jalasa eama.

Khatwa 3:

Fi jalsa eama, sibu kede nasawin wa rujal kede qadimu ahama tahadiat tomon

Munakasa eama:

- Umon gi fikir sunu fi tahadiat wari de?
- Keif tahadiat lawari ba nasawin warujal mutshabi? Umon ferik keif?
- Misbar:
 - Munu yau indu qala akhbar ba'kalam ta salama?
 - Munu yau indu eib (taab) fi maswulia?
 - Munu yau indu saytarat fi tala karar?
 - Keif aikhtilafat de bi athir fi mumarasat usulub ta qhasil?
 - Keif mumukin bi bada rujal wanasawin ba'shkl munfasil wamaean fi muealajay baat min ta-hadiyat?

Lakisu niqad muhim fi munakasa de; zekiru niqad muhim de lo'ma zekiru:

1. Jibu moyo de dyman masyuwlia nasawin wa'banat; sukul de qi silu zaman wa deiru jhd bdnyan lo mahl moyo de baeit, bi sibu nasawin wa'banat eurdatan le'hajamat aw ashkal enf tannin. Umon Kaman qi ligo su mueamalat aw aietida fi aidtirar lo istikhdimu fi bakana wa'bakanat al'bara wamusara toe ma rujal wa'sabab bara.
2. Aeraf ajtimaewa waljanariat mumkinkaman bi ma'nae banat wanasawin min istikhdam nafsu sirf sihiya ma'rujal aw mamnue fi ayaam adwar shahria.
3. Ruja alqi rudu qasimu taab ta jibu moyo wa/aw nadifu bakanat wa/aw daem nazafat sihiyat almunasibat mumukin bija wanusu ita ba bagi ruja asna le ita gi amulu kalam de.
4. Hu muhim asan ruja wanasawin bi sariku masuealiat lidaman mumarasat suluk ghasil al'salim al'mumkin bi amulu bi'aman. Deiru umon Kaman bi istakal sawa le tala hajat al'qi siibu sukul de qi qeni saab, asa bi amulu, ruja wanasawin bikun bi sariku sawa sawa fi tala kararat ba mawdue ta moyo wa sarf sihiy asan htiajat tomon bi hilu.

Khatwa 4:

Sukul mujmaeat

Fetisu hulul le masakilat al'dyman de.

Qasimu mustrikin eala talata mujmaeat wa'asalu ayi mujmaea kede istakal fi wahid min adwar al'tehid de. Wadi le umon tegiriban 10 deqiqa le jahizu dwar al hu bi alabu. Sibu kede umon qa-dimu wabaat kulu alabu dwar sibu kede umon nakisu swalat de:

- Ita qi fikir hal de bikun keif aw rudu bi wari fi ayi dwar?
- Sunu tani yau wanusu aw amulu lihilu alhasi?
- Khutuat yatu yau bi silu ma'nasawin, wa'rujal, wa mujtama kebir le akidu mumarasat usulub almiawa'sirf sihiyi wa'nazafat alsihiya almunasib ba shakl faeal wa'amn?
- Mujtama bi amulu sunu asan bi dafie ean mawarid almiah wa'sirf al'sihiyia?

Alabu adwar #1:

Donki fi mujtama kasuru tehid wa mhundish (mechaniky) al musul le sala donki hu mafi silu zaman Mara sukar, musul min silu moyo, hasi biqa bi rua mahal bayiit asan bi rua jibu moyo min donki fi mujtama al'jayrun. Doriya toe de sibu hrya tala taban sedid wamwamala al'ma kwes wa eunf. Fi ma-hal donki, uwa bi usheur kanu kded heya sakila ban as balat tannin de ba sabab ta saf toil, fi baed qi lomu heya gali heya silo zaman asan heya bi jibo moyo, de wadi le mwamala al'ma kwes min nas usra. Ziada min kede, heya sibu budun zaman asnan bi sariku fi ijtima ta mujtama aw le wasulu le mawlumat, ealim wa kadamat wa shariku afkar toe mamujtama.

Muhima jahizu 5-7 deqia masrahia an keif heya bi istaqbilu musaada min nas usra wa mujtama asan bi naqisu taab wa teriqa al heya qi ligo moyo bi salau fi mujtama.

Dwar # 2:

Usra kariru umon abinu bakan wa'umon murtahin ba khatwa al' umon silu asan bi arfau nadafa tomon wa Kaman qiru sarf sihiy ta mujtama toe kulu. Baat zaman rail de lahizu qali wele mara toe wele banat toe qi istamilu bakana de, baat jedia ta usra le amulu bakana de. He wanusu ba zalan le mara asan ma bi istaqdimu qurus toe al hu ligo ba teriga saab asan abinu bakana de.

Muhima jahizu min 5-7 masahia an keif heya bi usra le heya ma'deiru istaqdimu bakana de wa ayinu lo umon bi aqder ja ba hal sawa asan bikun tamam le heya wa nasawin ta'nin fi bewit kded amulu nafsu al heya amulu de

Dwar # 3:

Rajil hadiru ijtima an qasil wa'ja asan bi fahimu gali hu bi amulu dwar kebir fi qairu mumarasat sirf sihi wa nadafa fi usra toe. Hu bada kelimo qali jibu moyo wa nedifu bakan hu ma bi sibu le mara wa banat toe baru lakin weled toe bi saidu fi musulia de. Sala kan umon bi aba, lakin umon fahim ba teriqa al abud fahim ba hu de, umon bada istakal sukul tomon, ma wahid qeirua jibu moyo wa tani gi limo hajat ta nedifu bakana. Laman nas fi mujtama ayinu umon, umon bada swatu wa hezaru umon "sukul ta nasawin"

Muhima: jahizu min 5-7 ean umon qi juabu taaliqat wa satimo min nas tanin fi mujtama wa asrah malu umon murtah asan umon bi saidu le mujtama tomon ba teriqa zede.

Khatwa 5:

Jalsa aleama

Baat kulu min mujmaeat qedimu, nakisu fi swalat de fi jalsa aleama:

- Ita qi fekir keif hal qadimu le adwar al masilu de?
- Sunu tani al wanusu wele amulu le hilu hala de?
- Yatu khatwat yatu al bi silu ma nasawin wa rujal wa mujtama kulu asan bi aeaqidu mumara-sat usulub nadafa ba teriqa saa?

Amulu qayimat ta afkar min mustrikin barau fi waraqa al bi qilibu de afkar nasawin, rujal, wa mu-jtama. Mulhaza lo afkar de katifu le mujmaet aktar min wahid wa qayimat de keif fogo ferik wa sa-bah fi

Lo umon zakiru, asalu mustrikin kede silu niqad de:



Le nasawin:

1. Naumdhaj mumarasat le nadafa shaksiat tamam
2. Asalu musada min nas ta baed le takid hitiajat ean nadafat wa sirf sihiy wa le nas ta usra kulu.
3. Wadi daeam le nasawin tannin ba sariku kibra ean nadafat wa sirf sihiy
4. Sadu banat sukar asan kede arufu ean dawarat shahria wa mumarasat nadafa tamam
5. Wanusu fi zaman ta ijtima ta usra ean mawarid al' bi sibu nadafa wa sirf sihiy tamam



For men:

1. Wanusu ba nasawin fi beut ean htiajat tomon ta nadafa wa sirf sihiy.
2. Wadi hak ta mara asan bikun musul baed fi tala karar qurus al indu ealaqa ma qasil wafugu ma heya tuali.
3. Istaqdimu mawarid asan ita biyu ba hitiajata alkarama ze (sabun, libasat, alwah(always))
4. Shariku fi musaraka al muhima al indu ealaqa ba ba mumarast nadafa wa sirf sihiy faely wa raba jena kede amulu nefsu.
5. Wanusu le eyal tomon teriqa al eadi ean dawara saahriya wa saidu ikwat tomon fo baed ba teriqa saa le mumarasat nadafa dawara saahriy ba



Le mujtama:

1. Kasuru sukut- bada munakasa ean nadafa dawarat saahriy wa aeaqi nasawin indu kulu hajat le mumarasat tomon
2. Istakalu sawa asan itakum bi arufu fi fursa alnasawin bi berdu wa istamilu bakana, wa kun fi aman wa mutah.
3. Sejah ayi zol fi mujtama le mumuarasat usulub qassil
4. Akidu gali nasawin fi amana kan umon qi rua jibu moyo
5. Jibu alkarama al rekis wa lbass al bi istaqdimu

Katifu ba iktisar munakasa de ba raji aniqad raysia al muhim wa zakiru mustrikin qali nasawin wa ru-jal bi istakal sawa asan bi ligo hal le masakilat al gi ligo mumarasat nadaf al indu tathira kwes fi usra wa mujtama tanihina kulu.



Zaman:
40 deqiqa

Nasat 3:

Iidarat nazafat aldawrat alshahria-ma' fagat le' nasawin.

Anihina deiru haqiq sunu?

Nasat de qasidu asan bi sijah mustrikin kede raji wa nakisu fi tutuq le sijah usulub siha dwarat sharia

Khatwa 1:

Munakasa fidyu

Wari fidyu ta **Data Gordon**. Asarah le umon qeirua ayinu qadia ta rajil al'hu batal ta iidara dwar shahria.

Aqara juzu min swalat munakasa al'tehid de le mustrikin qubal ita ma'bayinu fidyu asa umon bi taa-bi fidyu de tamam. Ita dyman bi wari le umon qali nas al'jua fidyu de nas haqiqa de ma'mumathilin.

Munakasa swallet ean qisa ta Data:

- Ita qi fikir sunu ean qisa ta Data?
- Fi ayi haja al'ita itfaja ba hu? De sunu?
- Ita qi fikir sunu ean karar ta Data asan bi tala batal iidarat nazafat dawar shahria?
- Keif athir haja de fi haya toe?
- Keif bi athir iidarat nazafa shahria fi haya ta banat wanasawin?
- Yatu dwar yau rujal bi amulu fi nazafa shahria? De sunu yau mumuki bi waqifu umon min amulu kalam de? Yatu dwar abu nasawin bi amulu?
- Keif mujtmaeat bi istakal sawa le nazafa wa' sirf shyu munasib?
- Ita qi fikir keif Data deru kede baqi rujal wanasawin fahim kibrat tomon?
- Ita alimu sunu min kibrat ta Data al' ita deiru kede kun juzu min haya taki?

Khatwa 2:

Qofulu nasat de ba iktasiru niqat raysia muhim al wari ma'mustrikin.



Zaman:
10 daqiqa

Nasat 4: Mulakas

Khatwa 1: Rajih niqad muhim

- Aleadid min eawamil mutaaliqat ba jins bi manae rujal wanasawin ba istamilu teriga al sah albi aealiq ba qhasil.
- Nasawin warujal bi istakal sawa asan bi qilibu tahdiyat alqi aealiq bahafizu min saha ta usra tomon waqeni baed min ayanat almumkin bi ja ba sabab mumarasa almunasib alqi aealiq ba moyo, nazafat, wasirf sihiyi.
- Kararat alqi aealiq ba keif bi hafizu min saha ta usra wa yatu min mawarid albi istadimu asan anihina bi daminu haja de, bi amulu marajil wamara, wa'ayinu fi hajat ta banat wanasawin fi usra.

Khatwa 2: Mala mukatat altaqhyir

- Yatu mawaluma aljedid al ita alimu alela ean nasawin warujal?
- Yatu kibra al'ana alimu?
- Sayi osulub tayi qeiru?
- Yatu eamal al'ana bi silu fi haya tayi lo kala de aealiq taqalid awu silu karar?



Zaman:
40 deqiqa

Nasat 5: Gofulu nasat

Anhina deru haqiq sunu?

Nasat al'akir de qasidu seja mujmaeat kede fikir fi hajat al'alimu fi zaman warsah amal de wa umon bi kutu fi mumarasat keif. Wa aktar min kida, mustrikin bi asalu kede umon kaimu sukul deta muderis wa nasatat fi warsah amal de.

Khatwa 1:

Laeibat alkarasi

Laeibat de bi sibu mustrikin bi juabu le sual al qaimu. Kutu karasi besit wa mustrikin fi nusf ta jua. Mustrikin bi amulu dyira fi jambu karasi de zaman umon bi asuma quna, wa baat dak budun bi wari le umon qofulu quan de de be wari qali ayi zol kede fetisu wahid kursi asan bi qeni fogo. Mustrik al'ma ligo kursi lazim bi juabu wahid min swalat ta qaimu de, lo zo de juabu uwa bi tala ma kursi wahid nusf ta jua, fatah quna wa amulu nefsu harak asan bi juabu swalat de kulu.

Swalat le'taqyim:

- Sunu yau ita qi rudu sedid fi jalsat de?
- Sunu yau ita ma'rudu ean jalsat de?malu?
- Ita bi aqtarih sunu asan bi hasun jalsat de?
- Ita bi nsahu sunu le'mumasil ta'baramij asan bi hasinu sukul toe?
- Yatu haja yau ajibo it aba teriqa mumasil barnamij masik ba jalsat de?

Baat kulu swalat juabu, asalu mustrikin kede sariku ayi taeliqat adafi.

Khatwa 2:

Akhir tasrihat

Gofulu wasah amal ba sukuru kulu mustrikin le'musaraka tomon wa'raji muhima ta'taealum alnas kulu qeni fogo de. Sajah umon kede umon qeni nakisu afkar al'qeni wanusu fi warsah amal de, wa'kaman seja le iktasifu dwar fih almaeayir aljinsaniat fi haya tomon wa'sukul le qairu lamaeayir alkaab wataeziz al'kwes

Kalamat alkubar wa mana tomon fi kitab de

Wassulu

Qwa asan ita bi istamilu mawarid silu de ka furas

Muraqaba

Qwa le tala karar ean wa ita bi ligo istifada min mawarid wa furush

Tala karar sawa

Mana toe rujal wa nasawin bi sariku fi tala karar trefers to a way of making decisions in which men and women participate – kulu umon bi sariku afkar tomon mawawdi al qeni nakisu fogo wa kulu umon bi nakisu sawa wa bi tafiqu fi karar albikun kwes le umon kulu.

Jins

Kilima de bi rija fi ferik ta hajat al rujal wanasawin al ma indu ealaqa ma bayuloqia lakin deirusu ma mujtama. Mujmaeat ketir bi ferigu, dwar baru, huquq, hajat nefsia, usulub, wa' musuliat le nasawin wa rujal. Jins de kalam alqasid ijtimaeii qi feriqo bayn rujal wa nasawin, kusakan fi eadam wa taqalid alqi ealiq ean rujal wa' nasawin. Ze mithal muzim min mujtamaeat nasawin yau bi sibu fi baed raka-bu wa ayinu wara ta eyal wa rujal yau qi musuliat ta qurus ta baed kulu.

Eunf al'qi qum alnawe ijtimaea

Mumkin anihina bi arufu ean eunf natija min eadam musawa bayn jins. Eunf jinsy Mumkin bi arufu hu ba istiqdamu hajat al ealiq ba jins ze silah asan le satarat eala awu amulu hajat al'qi waja taab, le insan tani, wa eunf tani ded mara yau eunf ta rujal nasawin. Mithal eunf jins yau jozu banat sukarin wa nyakamu binya.

Sihah

Jessim, eatifia, muk, wa qwad al kwes ta nas

Mawarid

Haja almumkin bi istamilu

Huquq

Indu hak de sala kan biqa jins, qebila loa, maal

Jins

Mujmaeat wa iktlaf al bayulujia bayn mara wa rajil fi jisim, murbut ba adwar baru fi willada wa al wadi de, nasawin indu kus wa rujal indu kuka nas qi weledu ba ferik de, wa ma'bi qeiru.

Eunf (masakil)

Aamulu qua mubasir, tahdid, krahia, khwfu. Mumkin bikun mumkinbikun jisim, nafsi, jinsy, maali, aw eatifi.

24 saeat fi yawm:

NASATAT TA RAJIL MITHALY	Dafae Naem (☑) / La (✗)	NASATAT TA MARA ALMITHALY	Dafae Naem (☑) / La (✗)
1 sbahan		1 sbahan	
2 sbahan		2 sbahan	
3 sbahan		3 sbahan	
4 sbahan		4 sbahan	
5 sbahan		5 sbahan	
6 sbahan		6 sbahan	
7 sbahan		7 sbahan	
8 sbahan		8 sbahan	
9 sbahan		9 sbahan	
10 sbahan		10 sbahan	
11 sbahan		11 sbahan	
12 zuhran		12 zuhran	
1 msa'an		1 msa'an	
2 msa'an		2 msa'an	
3 msa'an		3 msa'an	
4 msa'an		4 msa'an	
5 msa'an		5 msa'an	
6 msa'an		6 msa'an	
7 msa'an		7 msa'an	
9 msa'an		9 msa'an	
8 msa'an		8 msa'an	
10 msa'an		10 msa'an	
11 msa'an		11 msa'an	
12 muntasaf allay		12 muntasaf allay	

Rail Kam Zaman Al Istakalu	Kam Zaman Aldafaw	Mara Kam Zaman Istakalu	Kam Zaman Dafaw

ALMIRFAQU:

Rusum albayania linsakh (linaktib)

Taqhyir rasm byanii

Rasm byanii biistamilu lae hafisu hajat alitakum alimu zaman ta warsah amal. Yumkin qasimu bikun mohim zaman kan ita qiqaruru keif ita bihaqiq hadh alateqhyirat.

Alfia (alainqisamat)	Hal ita alimu maelumat jedid? De sunu?	Hal ita qeiru ayi min mawaqif taki? Keif?	Hal ita alimiu ayi kibra jedid?	Hal ita indu niya asan ita bisilu ayi iijra baehaja al ita alimu de?	Hal ita silu ayi fiel (action)?
Afkar min aljilsat 1 Eunwan:					
Afkar min aljilsat 2 Eunwan:					
Afkar min aljilsat 3 Eunwan:					
Afkar min aljilsat 4 Eunwan:					
Afkar min aljilsat 5 Eunwan:					
Afkar min aljilsat 6 Eunwan:					
Afkar min aljilsat 7 Eunwan:					
Afkar min aljilsat 8 Eunwan:					

NOTES:

