

# Guhangayika

Bimwe mu bitera abantu guhangayika harimo \*

- kwimukira mu kindi gihugu
- kubura akazi
- guhangayikira amafaranga
- kwiga ururimi rushya cyangwa umuco
- kubeshwaho n'aband



# Guhangayika

Bumwe mu buryo bwo kugabanya guhangayika burimo \*

- imyitozo ngororamubiri
- kuganira n'incuti cyangwa umuyobozi w'idini
- gukora ikintu kikuruhura mu mutwe
- koga amazi ashyushye
- kwirinda ibinyobwa ibirimo kafeyine nk'ikawa, icyayi na fanta

