

TOPIC 5—ADJUSTING TO A NEW HOME

Kumenyera Umugerero

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

Adjustment

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



Kumenyera Umugerero bisigura iki?

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

Uturorero:

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

What Is Adjustment?

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

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



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Akaranga n'iki?

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

What Is Culture?

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



Ibice vyo Kumenyera Umugerero

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



The Stages of Adjustment

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

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Igice ca mbere – Ugushika

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

Stage One – Arrival

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



Igice ca Kabiri – Ukuri kw'ibintu

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

Stage Two – Reality

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



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Igice ca Gatatu – Kumenyera Umugerero

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

Stage Three – Adjustment

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



Ukwiye gukora iki?

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

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

What Can You Do?

Adjusting requires some important efforts on your part.

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



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Ukwiye gukora iki?

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



What Can You Do?

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



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Kuremerwa ku mutima n'ukuvuga iki?

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



What Is Stress?

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

Ibimenyetso vy'Uburemere bw'umutima

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

Signs of Stress

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



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Uburyo bwo kurinda Uburemere bw'umutima

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

Ways to Manage Stress

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



Ihe umwanya wo kumenyera

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

Give Yourself Time to Adjust

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

