

KAHWA NANI ASLATAKANKA RA WAITNA MARIN WAL KÛMI BÂKU KAIKANKA



UNIÓN EUROPEA



FECONORI



EUSKAL
FONDOA

ASB
Arbeiter-Samariter-Bund



Naha bukka ba paskankan, wark bapanka (proyecto) ku upla kahwa nanira"aihka sâkaia apia, bâku sin, raitka kum brikaia Nicaragua bara Honduras kuntrika nani bîlara," wark daukisa Aslatakanka kum Nicaragua uplika kahwa nanira tâbaiki ba (FECONORI), aslatakanka wâla upla kahwa nanira tâbaiki aula ba Honduras ra (FENOPDIH), Bluefields Indian & Caribbean University (BICU), Arbeiter-Samariter-Bund Deutschland e.v(ASB),Euskal Fondoa bara Fundación Pro-Desarrollo Integral de Somoto Yûrup Kuntrika nani Aslatakanka lahlaka tâbaiki aula ba wal.

Naha bukka ba,Yûrup Kuntrika nani Aslatakanka lahlaka hilpka ba wal paskan sa.

Naha bukka bîlara ulbanka nani ba aulbra ba bisniska pali sa, bara asla takanka lûkanka aslika ba sin bara nâtka kûmira kra lûkaia apia sa, naha na Yûrup Kuntrika Aslatakanka bapanka kum baku.

Âdarka yâbisa wahya ailal sâkaia bara pâram sâkaia naha bukka bîlara dîa bâraba, bâku sin dîa bîlara ba smâlkanka bapanka kum nâtka kaia; naha wina lahla daukaia lûkanka luha kaia- asla takanka wina âdar kum  pu wal diara daukaia apia, kan aulbra ba, bara tâ bîla nani aulbra raitka kulkan ba, kulkanka yâbaia sa baku sin, ulbanka nani pârampsâkaia sa kaka, aulbra nina ba mangkaia sa.

Nina: Kahwa nani Aslatakanka bîlara upla sâtka kumi bâku kaikanka.

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RA UPLA SÂTKA KÛMI BÂKU
KAIKANKA**

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Mârikanka

Wapnira mangkan sa bara sipsa yamni tanka briaia, naha tanka na sipsa upla kahwa aslatakankara yamnika tara kum kaia.

Bapanka tara baku brisa: kahwa aslatakanka bânira maisapâkaia nâtka kum pâskaia nahki muni yaka kau rîa yamni daukaia mairin nani sin aslatakanka nani tîlara dimi ai warkka daukaia dukiara.

Mâkabanka nani tanka param saki ba naha nani sa:

- ✓ Aslatakanka nanira nahki sip kabia tabaikanka yâbaia sins lâkara; naku nâtbara wal baku kaia laka ba brikaia?
- ✓ Nahki yaka kaibia ki upla Sutra, wal baku laka bâraba tanka??
- ✓ Nahki yaka asla laka kaikanka ba iwbia, aslatakanka bânira, baku sin daukanka nanira?

Aslatakanka nani wal aisanka nani ailal brin FENOPDIH (Federación Nacional de Organismos de Personas con Discapacidad de Honduras) bara FECONORI (Federación Nicaragüense de Asociaciones de Personas con Discapacidad) bahara mâkabanka param saki ba ulbi sâkan kan, bapanka tara ba bara bîlara dîa ulban ba sut. Baku sin Honduras bara Nicaragua aslatakanka taupla nani sut aikuki kli naha wauhkataya na yamni pali turbikaikan kan.

Yawan tingki yâbisa upla sutra, aslatakanka nanira bara tâbabaike nanira sin naha warkka nani sip kan naku takaia.

Asla laka kulkanka kahwa nanira yâbiba nâtka walra baiki sâkan sa: taura tanka param aisia asla laka kulkanka dukiara baku sin, nahki nâtbara pâwanka nani dauki waia ba dukiara. Tani walra aisi ba; dîa ba asla kumi laka kaikanka ba bara dîa ba nâtka kûmira kaikanka bri kaia ba. Baha ninkara wan mârikisa nahki kûmira kaikanka aslatakanka nanira bara kahwa nani laka wauhkataya nani tîlara mangkaia ba, baha wina prâkaiara, tanka wal mârikan kan, nahki daukbia bara wark daukaia wauhkataya tîlara kûmira kaikanka ba upla kahwa nani aslatakanka tlara mangkaia ba.

PISKA KUM (I)

Upla nani aihwa pali ba tanka

Upla nani ba dîa sa?

Apla kum aisuban minitkara taura mäka banka kum daukisa: dîa sät kan?, dia muni yawan tänka plîkisa waitna lupia apia kaka mairin lupia sapa. Yawan upla ba dukiara diara kumi briwa râyaka kum aisuban ba dîa sätka ba bâman: müsa apia kaka ratka brîsa kaka mairin bara kaiura brîsa kaka waitna.

Bâku nätkara, baha tuktika waitna apia kaka waitna ba pûrara lûkanka sät ailal ba kahbisa, upla ai nätkara baraiwanka ba kat bâku sin, nahki nätkara aisuban bara pâwi bakat. Waitna ba, kualka, an briwa kat bara dîa sät patâ pî kabia ba sut kainara lûki sâkisa, mairin apia kaka waitna nätkara bakat aisubuya ba wina; bâku nätkara witin dîa sät lâka nani brihwaia ba sin yâbisa “mairin kaia” apia kaka “waitna kaia ba”. Wibia sa kaka, baha kuntrikara, nätkara nani bâraba, bâku sin iwanka nani ba sin lûkisa “mairin bâku” dîa bîla kaikan ba kat mairin nani bâku apia kaka “waitna” dîa waitna nani lûkikaikan ba kat.

Bâku, waitna kra mairin kra upla ba ai kainara auya dîa daukiaia bri nani ba wal, sins lâka brîsa bâku sin ai nätkara sät wâla nani sin dîa ai brinka ba kat.

Tuktan mairin nani ba näku diara wâli tâkrikisa: “plît siks”, “kasak iws”, “sapsma ba kau yamni sa” “Man sip latara pulras”, bansakuna waitna nanira lika näku wisa: “Inpara”, “Man waitna sma” “Mînam wal karna pruks waitna bâku!”, “Wih brît atki bal”, ban ban,..Bâku nätkara naha sinska lâka na brih auya ai tänka ba kat “mairin” apia kaka “waitna bâku”.



Waitna/ Mairin

Aisanka na mairin apia kaka waitna dukiara aisiaisuban yûa ba wina pat kaikisa mairin apia kaka waitna sapa

Marikanka kum:

Mairin kaka müsa/ratka bara kaiura mahbra waitna nanira.

Bara, mäkisa mairin/waitna tänka aiska bâku nätkara tänka brîsa, nahki upla bâniba ai ïwanka brîba mairin sapa waitna sapa nahki aisubi taki ba kat.

Upla dukiara aisi ba, ïwanka paski auya ba dukiara aisia, wibia sa kaka, dîa wan ïwanka ba mita paski aula ba, naha na ban wina takras. Yawan ban wina takras dukiara aisia pyuara nätkä kum märikisa, mairin nani ba ai karnika aiska brîsa luhpia mairin bara waitna baikaia, apia kaka yaka aisubaia, kuna witin nanira bâman yâban sa mainkaiki pakbia, baha ba wan ïwanka sa kan waitna nani ba sin sipsa bâku sin ai bisniska pali sa ai luhpia mairin bara waitna nani pâkaia.

- ✓ Sturi kau pâram ra sipsa aisaia yawan dîa nätkara aisubi ba mairin, apia kaka waitna baha wal wan warkka nani ba takaskisa wan ïwanka aiskara.

Naha mita lâ âpu ra wan brihwisa, kan yawan upla ba wan bisniska pali bâku brî kaia sa wan yaprisauhkanka nani blîki alkaia, wan kupia lûkraskira waitna sma, apia kaka mairin kama ni sin. Märikanka kum, mairin kum truk pâskaia warkka kum tâkrikaia brinka sa kaka, apia kaka tât wal diara pâskaia plîska kum apia kaka lait âwa nani wilkaia kra; utlara kaina prâkanka ailal wal luwaia, kan yawan bâku lântakan sa sika, waitna almuk karnakira nani ai warkka daukikan kaiki nara. Naha trabilka wal upla nani ba, kasak lukbia apia sika, mairin kum dîa sât karnika briwa, bara tabaikanka bankra yâbia apia, ai pâmaliqa pali kabia sin.

Yawan mairin –waitna dukiara aisia pyuara, lûkanka yamni sika waitna tîlara âpusa, tänka kum, asnsa pyuara tasba na wina laihura takuma ba bâku. Waitna nani tîlara kau karna sa witin nani latuan lâka uplara märikaia, tanka briaia kan kau tuktan pyuara naha dukia nani ba märikas ba mita, kuna ban ai kupia lâka märikaia lûki daukbia kaka, naha na ai swapnika bâkura kulkansa. Waitna nani mäpara wan karnika luha kaia bara sâri kaia ba upla mâwanra yamni apiasa. Kuna tâni wâlara, kaikbia sa kaka;  ni yuara waitna nani ba ai ikupia baiwanka saura brîsa pyuara upla ba aisia: Baha waitnika ba kupia baiwanka “saura” sa, baku nätkara aisi aula tanka wâla ba, mairin nanira raumuni aula ba sin.

4 Baku sin, ani pyuara waitna nanira ai latuanka ba marikras pyuara bara utla warkka nani ba yaban daukras taim yawan marikisa ai pâmaliqa yamni laka apu kaia ba, ai luhpia waitna bara mairin nanira, naha sika yaban waitna ailal ba ai watla swih plapisa. Naha mita yaban taim mairin bapûrara diara sut ba kahbisa.

Bâku nâtka la âpu lâka ba pâwi auya, wark wirhka aiska ba kumi pûrara, kulkanka lâka âpu, bara mairin nani raitka âpu lâka. Diara wâla ba, rausauhkanka lâka ba sahwi auya, swira pâskanka lâka, bâku sin waitna ai warkka ba pali ba swih lâkas takisa.

Naha diara nani na kasak apiasa, bâku sin upla raitka nanira sauhkisa, sipsa nâtka wâla takaia yawan traumunbia kaka, yawan sipsa mâkaia diara saura, âni wina taki aula ba nûsa kaka bâku sin sât wâlara lakaia lûkbia kaka.

UPLA NANI

Lûkanka nani sa, kasak ka, wan lûkankara bârasa, yawan dîa daukaia ba wan ïwanka ra nahki pâwi auya ba wan nâtka kat mairin bâku apia kaka waitna bâku.

Baha mita, mairin nani pâwankara yamnika ûya âpusa nahki skul dimaia ra, warktakaia ra, pulanka nanira. Nahara wal bâku lâka âpusa wan winatara dîa mâkabi ba kat, naha na wan ïwanka apia sika.

Upla daukanka sât ailal briba.

Upla daukanka sât ailal briba naha daukanka nani ba, ban brîsa, karna sa upla wina sâkaia, ai nâtka nani ba, ai wapanka nani bara diara sut dauki nani ba wan nâtka nahkira wan daknika wan kahban ba kat.

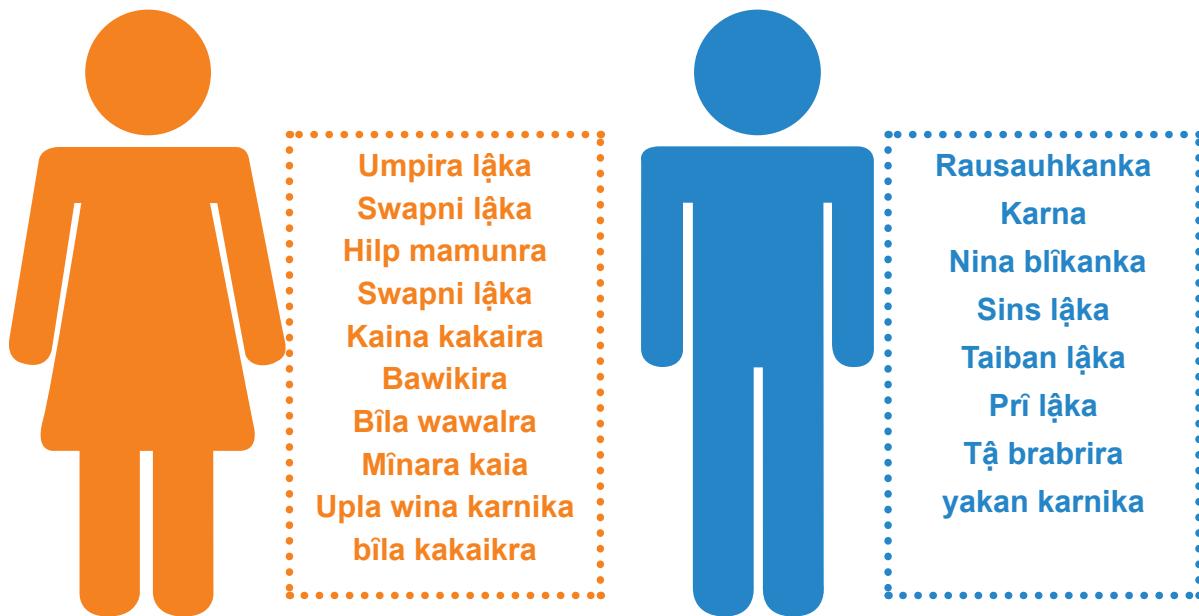
Ba mita, upla daukanka sât ailal brîba sika wan nâtka, wan kasakka lûkanka bara dîa praiska kat upla ba ai dahrawali ba waitna bâku ai warkka ba, bara mairin bâku dîa ai bisniska ba, bâku sin nahki praiska ai pâmalira kainasunaia ba, ai warkkara baku sin ai tnayakir ra.

Upla daukanka sât ailal brîba kasak yamni apia sa, mairin nani mâpara bâku sin waitna nani mâpara, kan aim aila karnika aiska yâbras sa, nahki praiska kat ai râyaka ba yamnira yûsmunaia ba.

Ai pâwanka, kan upla daukanka sât sât nani wal aiblakwan ba mita mairin nani ba ûba yamni apia sa upla nani mâtwanra

Upla daukanka sât sât nani ba mita nâtka kumra lakan sa, mairin nani ba damni kaia, sap kaia, wapni kaia bara yapti bâku kaia; waitna tânira lika tîla dadimra, lâkas, karna bara waitna bâku, ban nâtka wâla nani sin kahbansa sa upla nani ba bui. Mârikanka nani kum kum nâra pâram sâkisa:

Tâura ulbanka nanira mârikansa nâtka sât sât ba mita mairin nanira nahki kaina dakbi ba; ai warkka dukaia nanira mârikanka kum: wark kum dukaia pyuara, kampani kum paskaiara apia kaka aslatakanka kum tîlara kaia sut ba wina.



Mairin nani dukiara, nâtka sât sât nani ba bui, mairin utla warkka briwa pûrara kau diara wâla nani kahbisa pûrara yapti bâku ai warkka ba sin “Mairin”; bâku sin diara wâla nani sin pûra prâkan sa, lâtuan kakaikra bara upla sut ra yamni kaia ai wâtla bîla uplika nanira.

**Yawan mairin sut ba
aisubi takan sa, wan
maia briaia bara luhpa
baikaia**



**Bara man ka
ahkia?**

Yâpti kum kaia ba wan bisniska kum bâku mangkan sa, upla nani ba nâtkrara ai karnika aiska ba wal, nahamita yâban mairin nani ba sip nahki kaia ba lûki sâkras sa, kan mairin kaia ba wina sip dakwi takras sa.

Daukanka sât st nani waitna nani tîlara lika bapi sa lahla daukaia tânira kaina sasunra bâku. Bâku sin, tawan lâtka tîlara sin bara yamnika nani sut bara tîlara. Bâku sin dîa dîa warkka bara nani sut ba waitna bâku kaikansa kan waitna nani ba ai taimka aiska brîsa diara sut daukaia.

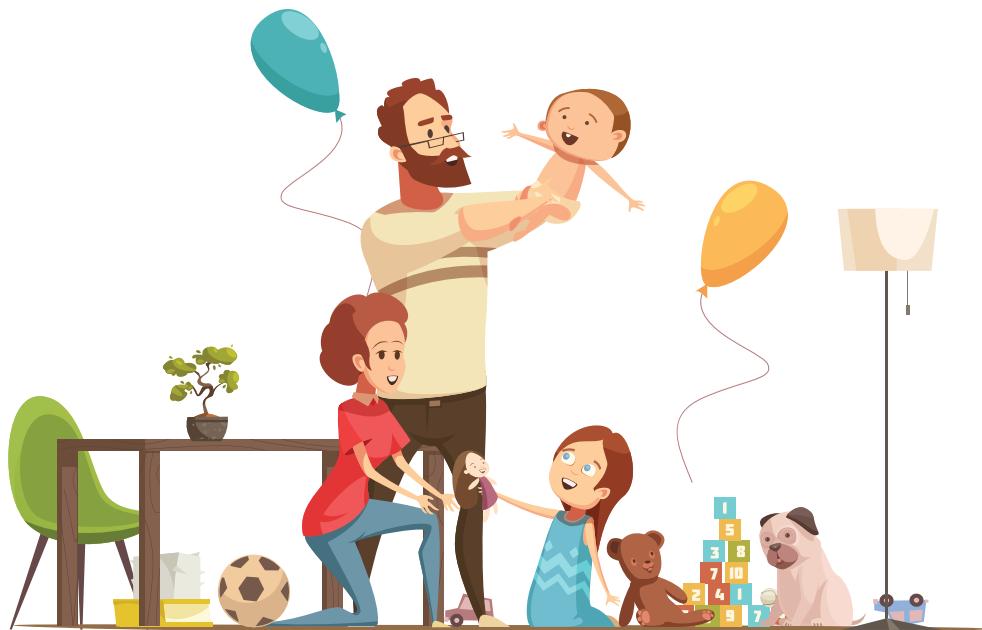
Nahki muni upla ba lât sât sat ba ai ïwankara brîsa? Upla ba nahki nâtkara ai wîna ba mairin apia kaka waitna takisa?

Upla ai daukanka sât sât ai ïwankara brîba nâtka nani bara sa baha wina ai tânka plîki lâtakisa naha nani dukia ba wina:

- ✓ Pâmali wina.
- ✓ Skul wina.
- ✓ Sturi yayura nani.
- ✓ Prias watla wina.
- ✓ Ai pânika mairin nani, pânika waitna nani wina.



Naha aslatakanka ba, bâku sin diara papaskra nani ba, mâtikanka kum mâtikisa âni uplika ba mairin kaia ba, bâku sin waitna kaia ba. Naha “smalkanka ba” **upla asla daukankasa**.



Pâmali kum ba tawan uplika tîlara upla kum târa pali sa, upla nani nahki kaia smalkisa, bâku sin mairin apia kaka waitna kaia tîlara. Bara ban kan, kau aisubras pyuara, pâmali nani kaikanka ba diara wâla sa, kûmi bâni aisubankara. Ai kualka nani, ai pliska takaski ba, bara pulaia dukia nani yûsmuni ba sin sât wâla sa, bara naha sut asla daukuya bara dîa sât pliska ûtlara yabi ba sin.

Skul nani ba wan daukanka sât sât nanira karnika yâbisa kan tâski, klîn daukaia dukia nani bara pulaia dukia nani sut ba sât sat yâbisa. Tuktan mairin nani mâtpara kasak yâban bawisa bara yâban sin bâku takaskisa. Buk nanira mâtpla sât sât nani ba sin ai daukankara tâbaikisa. Tântka kum ba, mâtpla tihmu bara puputni ba, waitna nani yûsmunisa bara binka kau swapni ba mairin nani. Bâku sin waitna lilka nani baltakisa waitna warkka nani bâku bara wark wâla nani sin baltakisa mairin warkka bâku.

Bâku nâtakara tuktan waitna bara mairin ba aisikaikaia smalki ba tîla wina, witin nani mairin bara waitna bisniska ba lâtakisa.

Sturi wan aisi dukia nani tilibisan bâku, ridiu apia kaka intatirnit ba, aisanka nani ailal sâkisa mairin/waitna lilka nani. Tâtka kum, mairin lilka nani kau takisa, utla warkka nani tânira, bâku sin wark mâyara nani, lahla sîrpi sâki warkka nani bâku. Ânsa pyuara diara kum pâram sâkaia dukia nanira mairin nani brih yûsmunisa utla dukia nani tânira bara waitna tânira lika sins lâka târa nani dukia bâkura, misin târa nani taura sa bâku sin truk târa nani bâku tîlara waitna nani bârasa.

Bâku sin, mairin nani winatara ba brih yûsmunisa diara âtkaia plîska nanira apia kaka mairin nani dukiara diara kum aisai dukia bârasa pyuara, wâru atkaia plîska nanira bâku sin upla almuk nani lilya briaia plîska nanira. Naha tâka mita, upla ailal ba lükisa mairin nani ba bahkira brih yûsmunaia ânira kabia sin, sakuna naha ba bâku apia sika.

Prias wâtla nanira sin aimâ ailalra sturi nani aisia mairin nani dukiara, witin nani ba umpira bâku bara bîlas lâka wal prâkisa.

Waitna nani yamnikara diara ailal aisia; sinskira, lal yari sipsa gabamint warkka nanira sin tâbriaia praiska kat.

Pâna mairin bara pâna waitna nani ba kupia bûkanka yâbisa ai daknika tîlara bribia. Kuna aimâ ailalra, naha dakni tîlara aimakaia ba, winatara mâpara trabil nani ailal bribal sa waitna mâpara. Kau pali ba wahma tyara nanira. Mairin nani mâpara, aimâ ailalra pânika nani bui saura munisa dîa want bakat daukras taim, tâtka kum; ai wîna skahkanka daukaia taim waitna nani kupia alkaia dukiara.



Mairin/Waitna kumi bậni warkka baiki sâkanka

Lilkara diara kaikisma ba aima an takisa? Dîa muni nâku takisa lükisma?

Naha mâkabanka nani na sip kabia yûstakaia, tâtikrikanca kum bâku, upla bâniba ai nâtka kat aisubitanan sika, kuna  ni yuara **wark nani ba baiki sâki mairinra bara waitnara yâban** bara dîa takisa?

Wark aslika nani, daukanka nani, nâtka nani bara bisniska nani sut yan ba waitna bara

Mairin nanira tasba kum ra bara sturi almuk aisanka nani sutra.



Waitna/Mairin warkka mâkisa. Naha warkka nani ba ai bisniska kum brîsa diara t ra pali bâku, mairin bara waitna warkka baiki sâkankara; aisabia kaka nahki nâtka mairin bara waitna warkka baiki sâkan, "mairin ba mairin" bara" waitna ba "waitna".

Mairin nani wina bîlakaikisa, utla bîla warkka daukbia m na luha ban sakuna, waitna nani wina bîla kaiki ba, lata warkka t ra kum. Ban sakuna, wark k mira mairin ba sipsa aimâ yumpah prais wark daukaia, naha ba nina mâkansa: p wanka warkka, p wanka warkka upla sut dukiara.

P wanka warkka: p kaia warkka asla daukansa, kainakaikaia tuktan mairin bara waitnara smalkaia, utla

warkka nani bara y ka ai uplika sut auyapah kaia l ka briaia, upla almuk nanira mainkaikaia, upla siknis nani bara kahwa nanira sin.

P wanka warkka ba, upla bui ban t ra kulkras baha mita m na sin luha sa, baha warkka m na diara kum pan maikras sa bara wisa "bahki m na" mairin nanira yas warkka ba daukbia kan witin nani t nka bri ba mita, bara daukras yuara witin nanira surka s kisa.

Naha warkkara kasak kaka wark kum bâku kaikaia sa, kan nahara taim nani n tsa, karnika, bara wark dukia nani mangki ba p mali ba yamni kabia dukiara. Kau yamni kabia naha warkka nanira n ku m kbia kaka: m na luha warkka. Naha warkka nani ba utla b lara daukisa bara utla b la ba silp wan warkka sa.



Pâwanka warkka: wark kum wina mamna briaia ba, naha tîlara mangkansa. Yawan lûkisa kau yamni kabia naha warkka nani ba waitna nani daukbia, kan witin nani sika utla lahlaka brîsa. Mairin nani ba naha warkka daukisa kaka upla mâtwanra yamni kaikras, mâtâna sîrpi yâbisa apia kaka wisa “hilpka sirpi kum” utla nîtsa dukiara. Bâku sin, mairin nani ba wark takisa kaka mâtâna tâtara mâtâna, witin nani ba utla warkka wina tnâyara lika apia sa, utla warkka sut ban daukisa. Pâwanka warkka ba utla bîlara daukisa tânka kum aisamna kaka, bisnis kum (negocio) utlara daukisa, apia kaka latara kampani kum apia kaka aslatakanka kum ra warktakisa kaka. Âni plîska kumra warktakisa kaka baha ba mâtakan sa lata, bara na na kulkanka yâbisa kan lahla mâtâna sa bamna.

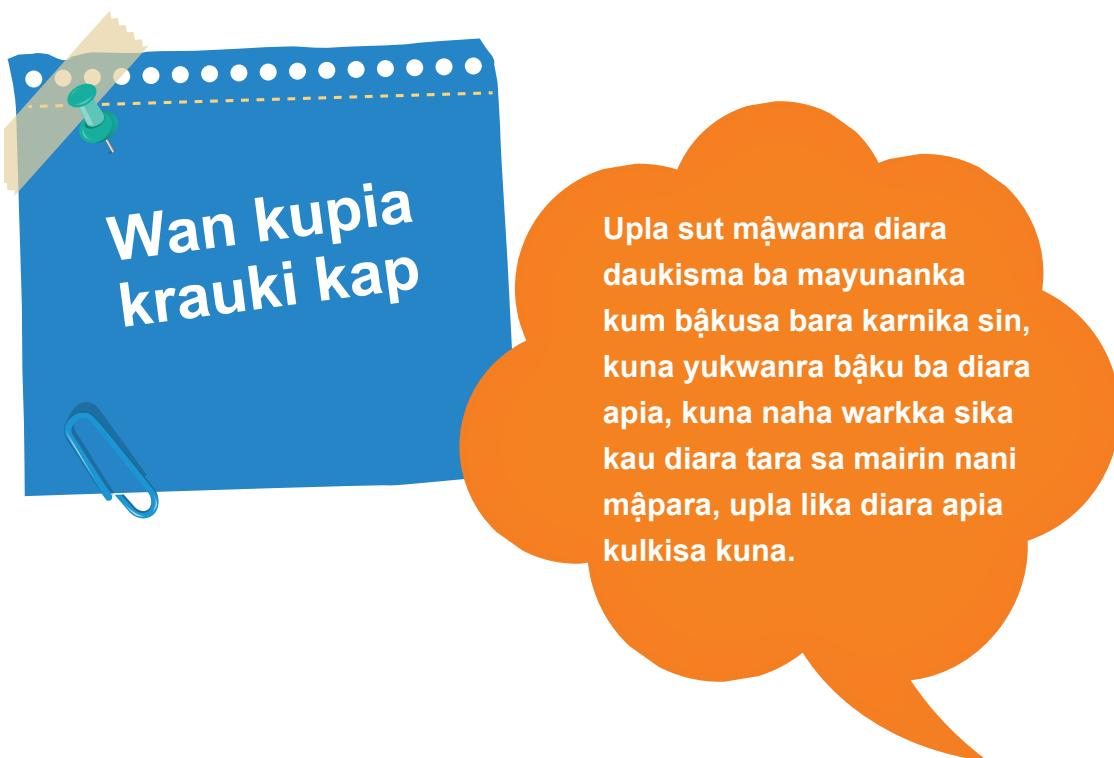


Tawan yamnika plîkaia bara asla daukaia: aikuki wark nani daukaia tânka tawanra yamnika ba mita, nahara lûkanka kumi sâkaia ba, yû nani ailal nîtsa wark nani daukaia ba. Naha sât warkka nanira nîtsa upla sut aikuki kumira wark nani dauki waia kupia kumi lâka wal.

Naha pyuara mairin nani sin tîlara wark daukisa sipsa aima yumpha praiska kat wark daukaia kan nahara kau wark karna ba witin nani daukisa. Ban sakuna; witin nani kau sânska sîrpi brîsa skul dimaiara bara pulaiara sin, bâku mita ai karnika nani bara ai dahra wâlanka nani sin swapni pali takisa.

Tânka kum, mairin kum ba FECONORI (Federación Nicaragüense de Asociaciones de Personas con Discapacidad) uplika kum sa kaka ai taimka aiska mangki aula sa pâwanka warkka ba dukiara, ai warkka ba kau yamni daukisa kan witin ai luhpia kahwa kum brîsa. Witin lahla plîkisa ai watla bîla dukiara, kan witin sin sip wark kum kau sâkras sa, bara blistusa lahla warkka kum daukaiasa plun atkaia bâku prâna dadaukra warkka bâku kum, ban ban... Bâku sin, naha asla takanka na tîlara sma pyuara taimkam ailal tikisma, karnikam paiwanka nani daukisa aisikaikanka dukiara, ai sinska lâka plîkisa, bara aslatakanka ba kau karna daukaia ba dukiara.

Bâku sin, mairin kum ba kahwa pûrkara siknis wâla brîsa bara witin ba FENOPDIH (Federación Nacional de Organismos de Personas con Discapacidad de Honduras) daknika uplika kum luhpia sirpi wal brîsa mainkaikaia. Witinka ba utla warkka takisa, wîktnatara witin plun piaki atkisa ai watla bîlara tâbaikaia dukiara ban sakuna; naha sut tîlara kahwa nani dukiara wark karna pali takisa.



Mairin nani mainkaikaia warkka břiba pürara kau wark yâbi ba

Mairin bara waitna warkka baikisaki ba tarbaiwan lâka brihbalsa, taiban lâka bara kulkras lâka mairin nanira, kan mairin win nara, kuna witin nani kau utla warkka karna ba daukisa pürkara ai wâtla uplika nani kainakahbisa mâna luha.

Mâna aibapaia pan lûkras tawan uplika nani sin kulkras. Wark bâku sin kulkras bâku sin kaikras munisa.

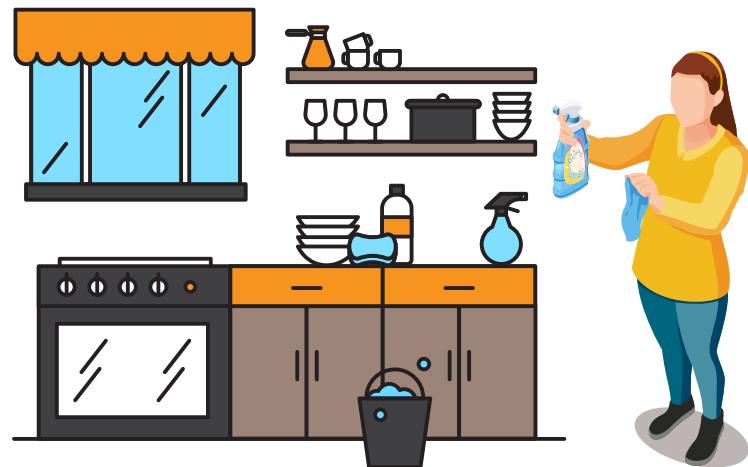
Wark mâtisa main kakairara utla bîlara wark dauki nanira upla wâla yamnika nahki utla klîn daukaia, piakaia, tuskaia, upla hilpkas nanira hilp munaia, upla almuk nanira bara kahwa nanira. Naha warkka dauki mairka nanira **mainkakaira mâtisa**.

Aima ailal nanira mairin nani ai watlara wark dauki ba, upla ba nahki praiska kaikaia ba kat pali kaikrsa sa, wark sirpi kum bâku bâman lûkisa "luha" mairin nani ba ai bisniska bâku; bara waitna nani utla bîla warkka kum daukan pyuara, apia kaka mainkaikan kaka na "hilp kum"; daukan bâku kaikisa, aisabia kaka, utla bîla warkka ba waitna nani ai bisniska apia bâku kaikisa.

Âni yuara mairin nani ba ai watla wina laihura wark takisa pyuara utla warkka ba witin nani purara ban sa, kan baha ba witin pali ai warkka bâku kulkan sa bamna bara ai pâmalika mainkaikaia ba sin. Baha praiska wark târa briwa mita witin nanira yâban sip diara wâla daukras sa bâku sin ai karnika ba swapni takisa bara ai râyaka sin kau mâyara îwisa.

Baha mita yawan mâtabi wâlan kaia sa: M kakaira mairka nani ba, dia pyua brîsa ki ai winatara mâtara? Dîa sanska brîsa ki ai bapanka nani mâtara?

Mairin nani pürara wark kahban ba bara mainkakaira warkka ba sut witin nanira kasak pali taibisa ai taimka nanira bâku sin taim âpusa wark wâla daukaia, kan witin nani sip apia sa.



Ai lahlaka silp daukaia ai dukiara bâkura sip ai dahra wâlaia ai lahlaka briwa wal, naha wal witin nani kau swapni ai dahra wâlisa bâku sin ai raitka mâtpara rausauhkan ka nani pyuara tauki ba wal.

Naha na mairin kum ai luhpia mairin kahwa kum main kaiki ba sturka sa, witin ai râyaka aiskara bâkusa. Witin bâku mairin ailal palisa, ai râyaka aiskara wark ailal bri nani sa, wîk aiskara sin ai daukanka kahwa ba nâtka ïwikan, bâku sin ai kyamka dîa bâkat ban kan, umpira lâtka, warkkas kan aihka kaikanka nâtka brîkan.

“Shonayra ra tâwi kaikaiasa kaka nîtsa taim ailal briaia kan witin nîtsa pyu ailal pali bâku sin tahbaia hilpka, kualka dingkaia apia kaka klasitra brihwaia, bâku sin, ai pata sitkaia nînkara bîlara yâbaia tawa lâtka wal yârka katwaia apia. Bâku sin, biara swapni daukaia saika dîsa bara pils sin pîsa ai wînara aubanka yâbaia apia dukiara.

“Estela ba yu bâni Shonayra lâmara sa, ïwaika kumra sap pali ai taimka mangkisa ai kûkika wâtla pîska kumra. Mama loves you (Yâptikam mai lâtua), aimâ ailalra Estela kli ai luhpiara wisa; tuktan ba witinra kat kaiki pyuara. Witin aisubanka yua kikka bâman bui angkisa atkaia dukiara, kuna ai bapanka lika ai wâtla ba kau rîa târa daukaia atkaia pliska lupia kum mangkaia, baha wina dîa kum saki ai luhpiara hilpka kum yâbaia.”

Global Communities” Wan kaina prâki dukia nani pûra lûwi auya. Kahwa bara “mainkakaira Mairin nani sturka.”

Mainkaki bará kahwa nani

Upla kahwa nani bârasa nîtka sa upla bui kasak yamni mainkakai kaia, bâku sin ai râyaka aiskara Shonayra bâku ba. Upla kahwa nani ba mairin nani wina hilpka ailal brîsa utlara. Mairin nani naha warkka dauki ba nina mainkakaira mairka nani mâtksa.

Mairin nani upla kahwa nani mainkakaira ai warkkara ban bangwiba ai râyakara trabil kum brihbalsa Gretchen dukiara kaisa rîa kaikaia (51 mânî bri ba) Bluefields, Nicaragua wina: “yû nani 22 Yarisma aisuban ba wina, diara kum takikan witin ayauras kan. Ba mita haspital Mascotara brihwari Managua tasbayara bahara ai win lal sinskara wâkyâ lâwan sikniska brîsa, baha ba daktar pâtka kûmi kan....Dario ai bûkan awar 5 bara 6, ra tîtan pata daukri, ba wina bûkri, klasitra brih wari, tâwa aubri, tahbi muni pata yâri. Plît sikbi, utla yamni dîki bara dinar pata daukri; Tûtni pyuara witin wal atkaia taki auna. Tuktan pali ba wina twilki kapri, ba wina ïwaika wilwi bawal brih tauki kapri. Yang aimâ kûmi sin yukukras kapri, kan witin sika

yabalra taukaia ulihki sa, sâkrasna pyuara mahka inisa. Witin laihura apia kan, ai wîna ba praktisra aima bânira brîkan ba mita witin ai wîna ba kruskras sa. Witin sin skulra wan 18 mäni praiska ra kat. Gretchen ai luhpia kahwara mainkaiki kan 20 mäni bâku prais, witinra brih taukikan plîs kum wina plîs wâla ra kat, taim nani ailalra sip kan trabil ailal bâra kaia bâku sin mairin wâla hilpka sin nît kaia.

Bâku sin, mairin kahwa nani bârasa, witin nani ba mainkakaira sa, Otilia bâku ba, witin mäni 2 brîkan ba wina näkras takaskan kan miningitis sikniska ba wina bâku takan kan. Yû bâni ai warkka ba tâkrikan kan 4 wina bakriki tîtan pyuara wark nani daukaia dukiara ai luhpia mäni matsip briba ridi daukaia dukiara. Yu bânira Otilia laihura pali wapisa truk târa ba alkaia dukiara. Aima bânira ai luhpia wal taukisa, ban sakuna; ai lâma uplika nani lî auhwi sa pyuara tabaikisa aubra sîrpi ba pûrak luaia mata.

Global Communities” wan kaina prâki sut wina laihura taki. Kahwa bara mainkakaira mairka nani ai sturka aisi ba”

Kahwa nani mainkakaira kau ailal ba sika mairin nani, nahara sika trabil nani ailal bârasa nahki muni mahka upla ailal tîlara dimi witin nani sin upla wâla bâku kaia (warktakaia, aslatakanka nanira taukaia, ban ban). Naha trabilka na sipsa wapni takeia waitna nani sin mainkakaira takbia sa kaka.

Mairin/waitna bara kahwa nani yabalka prâkiba

Naha yabalka prâkanka taki ba kaikanka kumra dimaia sa, nûtakaia asla lâka âpu ba mairin bara waitna tîlara skul dimaia sanska nanira, wark cum takaiara, wark plîska kumra tâbriaiera sin. Lahla kum brih wark takeia wan pâmalika dukiara bara pâwaia prapati kum briaia, tasba pîs kum, lahla lin takaiara, ban ban.

Kaina prâkanka ba yamni sa lakikaikaia dîa pali warkka ba wal upla kahwa nani sin upla ba tânka märikaia. Bapanka na sika traumunania naha trabilka kaiki na bara yabalka kum kwâkaia bâku nätkara upla kahwa nani ba sin ai yamnika kaikaia upla wâla yamnika kaiki ba bâku.

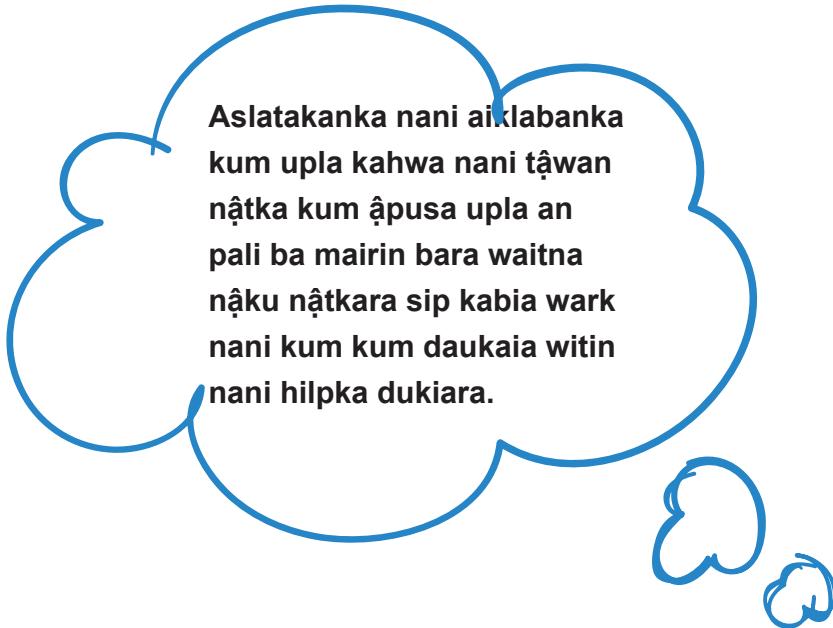
Dîa muni yamnisa upla kahwa nanira kaina prâki dukia nani ba nûtakaia?

Upla kahwa nani kaina prâki dukia nani ba sika yamnisa nûtakaia, kan naha na wark kum karna palisa kan naha dukiara sturi  pusa mairin nani bara waitna nani t lara sin.

Pulitik n tka bara n tka w lara sin pl ki sip s kraas sa, naha trabilka na. FECONORI wauhkataya p ram s kanra bara aslatakanka w la nanira sin aisisa: "Kahwa mairin nani bara mainkakaira nani yawan raitka br sa."

"Nahki naha taimka nanira wan trabilka dukiara sturi  pusa, yawan turbikaikanka nani daukaia sa wan trabilka ailal briba t lara hilp wan takbia saura wan munisa wan r yaka nanira, yawan brinkasa naha sut wina yamnika kumra waia bara n tka yamni kum nina bl kaia." Wan brinkasa aslatakanka nani turbikaikbia, utla b nira m kabanka daukbria, t lara sin kahwa nani trabilka ba sin t lara dingki turbikaikbia, n ku n tka b man sip kabia kuntri Gabamintka, municipio ra b ku sin aslatakanka w la nani an b raba sut aikuki l kanka kum s kaia wan trabilka kahwa b ku br ba rispik munaia dukiara."

Yawan t nka br sa kahwa mairin nani ba trabil s t s t t lara aiklabisa sa, wark kum briaia t nira bara skul dimaia t nira sin; b ku sin ai n tka daukanka nani t nira sin, naha nani sut na kaina pr kanka kum sa, kan upla w la ai raitka br ba b ku apia mita, b ku sin upla ba sip kaikras ba witin nani sin upla w la ai w na brinka dauki ba s m b ku ba.



Aslatakanka nani aiklabanka
kum upla kahwa nani t wan
n tka kum  pusa upla an
pali ba mairin bara waitna
n ku n tka sip kabia wark
nani kum kum daukaia witin
nani hilpka dukiara.

Marin kahwa nani kaina prâkanka kum kum wal aiblawan ba a¹:

Aisikaikras, tîlara âpu bara skul dimras swiaia

Skul dimi sânska kum brih ban kaia ba kaina prâkanka ailal wal trabil takisa, naha tîlara skul nani paskanka ailalra yamni apiasa wan mâtpara bâku sin bankra dukia bara nâtka nani sin âpusa nahki daukaia. Bankra trabil taki skulra dimbia kaka sin, smalkanka nani ba sât wâlara sa, wan nâtka kat apia bara naha wal yawan sip wan kainar^{1a} wâras munisa.

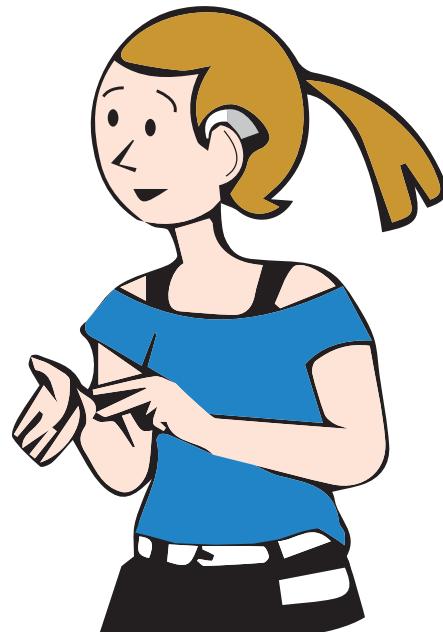
Naha sturka kum wal wan tânka brîsa:

Diana mâtpara, mairin kyama para kum skulka ba diara târa pailisa. "Skul mâtka ulanka kumra stadi takri, kuna painika mairin kum hilp ai muni ba apia kata, sip apia takaia kapri, ûba karna kan."(....) upla kyama para bâku yang mâtabisna sânska kum skul dimaia. Yangna sânska kum brikatna skul dimaia, sip kapri diara ailal tânka brîri kaia kan."

Zelideth, ba mairin kyama para wâla kum, witin sin skul ria diman diara rîa bâman lâtakan, kan smalkanka nâtka ba yamni apia kan ba mita. Witin bila yamni kabia wisa kyamaprapara nani skulka bara kabia kaka: "bâku nâtka sip kabia kaina prâki nani ba pâram takaia, bâkura tânka bribia yawan sin wan raitka brîba. Yang brinki kabia gabamint ba kau skul watla pasbia upla kahwa nani ai nâtka sât sât bri ba sut dukiara bâku nâtka sip kabia yawan ridi takaia bâku sin yamni sa. Kau smasmalkra nani ridi daukaia sain dadaukra smasmalkrika nani".

Kahwa smalkanka wauhkataya nani yamni âpu tâka mita kahwa nani ba mahka ai skulka swih plapisa.

"Trabilka kum briba sika tuktan kyamapara nani skulka âpu bâku sin upla almuk nani sin ai brinka sa, kuna âpu. Yawan nûsa INATEC (Instituto Tecnológico Nacional) ra upla kum kum skul dimisa, kuna upla ailal tîlara sa, wâwalra, bara karna sa warktakaia tuktan bara almuk



¹ Global Communities" wan kaina prâki sut wina laihura taki. Kahwa bara main kakaira mairka nani ai sturka aisi ba"

tîlara. Tuktan ailal sa skul wâla wina, bahara wih skul dimisa bara ai nâkrara diara aihkakira bâku kaikansa na ha ba wan brinka apia sa”.

Nina blîkanka bara tâski kaikanka nani tuktan mairin bara waitna nani skulra pât wauhwi ba, na ha wal aitani sa witin nani ai skulka swih ai plapanka brîras takaskaia.

Laura ba mârikanka kum witin nanira: “*Skul wâtłara tuktan nani bâra kan, kîwa wilikan ai yabalka nanira kauhwuia taim lawaska kikaia dukiara. Smasmalkra nani ba lawi palikan sakuna bâku sin traikaikan nahki muni trabilka na wapni daukaia dukiara, sakuna sip diara daukras kan, bara skul mânka ulanka kum ba danhtakan taim, ai yâptika kli blîkras kan, ûba pât wauhikan ba mita. Bara witin nurs kum kaia yaprika sauhan ba alkras kan*”.

Trabilka taura ba mârikan, kau umpira lâka, kan sip ai brinka ba alkras kan, bara baha wina wark kum briaia kan ba sin sip blîki alkras kan.



Utla warkka pûra luan mâna luha

Kahwa mairin nanira sin utla warkka witin nani pûrara kahban sa, ai yamnika nani ba kaina prâkan sa, ba pûrkara yâban ai auyapah lâka âpusa ai wînatara ba kainakaikaia

“*Âni yuara wan kahwika nani ba saura pali apia pyuara, aimâ bânira kau wan bisniska ba târa sa wan utla warkka nani tîlara, utla warkka nani daukisma, upla wâlara mainkaikisna, bara wark nani sut ba lakikaikisa âni nani ba mäna luha diara sirpi kum pan yâras warkka nani.*”

Los Pipitos skulka smalkanka aisanka kum sâkan ba kahwa 100 tuktan waitna, mairin, wahma taki/tyara taki bara wahma tyara nanira smalkan, na ha pas taura smalkanka yâban ba 2017,98 ba mainkaikan bara smalkan, na ha na mairin nani bâman wark tâtakan kan.

Kau pali trabil munan ba ai râyaka, wînatara sinska, ai wîna brinka mäpara kaina prâkan kan.

Mairin kahwa nani ba kau trabil nani wal ailkabi sa, ai râyakara bara ai sinska nanira, kan kahwa ba mita bâku sin upla nani bui aihka kaiki ba wal. Ai mânka pûrara brî ba sin, sipsa trabilka kum kaia siknis sin ailal bri kaia ai râyaka aiskara.

Mairin kahwa nanira ūba kaina kahbanka yâbisa kahwa lâka ra, baha mita ai brinka ba sip briras bara ai luhpia sin sip baikras bâku sin ai raitka aiska dia want ba kat ai auyapah lâka âpusa.

Ai brinka raitka aiska bara ai kyamka briaiara sin kaina prâkanka bâra sa, kan lûkanka nampa nampa ūba ailal bâra ba mita, bâku sin upla lûkankara brîsa kahwa nani ba ai brinka  pu, sip pri lâka wal bâku lâka wal bâku sin tawan bîlara mairin kahwa r yakara n tka w la  pu sa mairin –waitna t lara.

Swapnika kau t ra bâra sa rausauhkana m para

Aima ailalra, wan tnaya kir ba bui wankan karna wan dahra w lisa dahra s kaia rausauhkanka nani p tka bri ba m para: “(...) *kuihra kan pyuara, yang laikra wan w natara kankahbanka ra wark taki ba, kulki wapikan, kuna upla sut baha yamnika  pu. Yawan wan w natara yamnika pliki bara d a daukaia sipsa, dahra s kanka kum daukaia pulisra...nahki dahra s kaia?*”

Mairin, bara tuktan mairin kahwa nani, ai sinskara kahwa nani ba, aima matawalsip pura praiska rausauhkan m para tniwan sa. Witin nani ba kau swapni sa rausauhkan kaia waitna nani bui, kan nahe nani saurka dauki nani ba ai n kra ni kaikisa kau swapnira rausauhkaia kan l kisa ai m para sip b ibia apia p rkara ai kahwika ba bui y ka sip ai tabaikbia apia.

FECONORI, ADIFIM, ANSNIC, Los Pipitos, A.P.P.D.J., et Al. (s.f.).

Mairin anra  kan b ni rausauhkan t ka mita, mairin matawalsip praiska ba pat wauhwansa, bâku sin ailal ba ai w nara diara yamni apia dukia kum wal takaskan sa. B ku sin mairin nani bâra tuktan mairin kahwa nani ba sipsa rausauhkanka s t w la aslatakanka nani t la wina sin sipsa raumunaia; p mali t la wina, mainkaiki uplika nani wina apia kaka upla trinsar nani.

Estela, w natara ba kahwa, aisia: “*yang r yaki aihkakira kum briri witin wal. Aikan skul dimras kapri ai wilki kan, bah aman sin apia kuna mairin ailal pali brikan, yang ba witin nina blikri kata, sipkan taim nani b  wal ai  kaia kan pas taim l   puukan kuna yang tainka briras kapri baha ba l  p ra luwi ba. Ba mita yang mairin w la nanira wisna nahamuna t la wina takbia, baha s t waitnika nani ba swibia.*”

Warktakaia mânkara sânska âpu

Kainara impakanka nani sut brinba tîlara, mairin kahwa nani ba ban kaina prakansa wark kum yâban kaia ba mäpara, naha tîlara skul dimaia nanira, kan ailal ba sip skul mânka ulanka kûmira pan wâras munisa.

Mairin kahwa nani ban wark lupia kum sâki ba, apia kaka witin nani silp ai lahlaka lupia dauki ba, aiklabanka târa tîla bak ai yamnika kaikisa bara ailal ba silp ai wîna ba wina kau ai karnika mangki ayawisa.

Wark sirpi nani baman yâban sa naha sât uplika nanira bâku sin mäna sîrpi. Lûkanka kum sâki ba, mairin kahwa nani ba sip wark târa kum ai mihtara brih impakbia apia.

Mairin kahwa nani bara aihka kaikanka

Upla ba dia sât aihka kaikanka nani wal mairin kahwa nanira munisa?

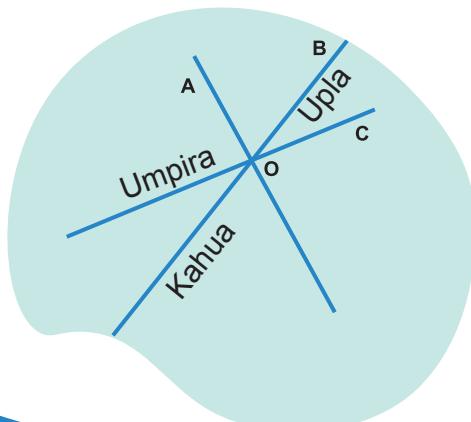
Mairin kahwa nanira sât aihka kaikanka upla mitai kaiki ba, mairin ba mita, lahla apu ba mita, kyamkara, mankara baku sin ai daukakanka nanira sin.

Aihka kaikanka nâtka ailal sa kahwa mairin nanira, nâku nâtkara kahwa mairin nanira yâban diara kumi sin daukras tnâyara laki swisa ai yamnika silp ai wînara yâbaia ba kat sin sip apiara lâki swisa.

Naha tânka ba sîm naha taki na minitkara diara wâla sin takisa

sipsa nâtka ailalra kaikaia aihka kaikanka. Âni taim asla takanka ailal ba naha trabilka nani tîlara taim; tânka

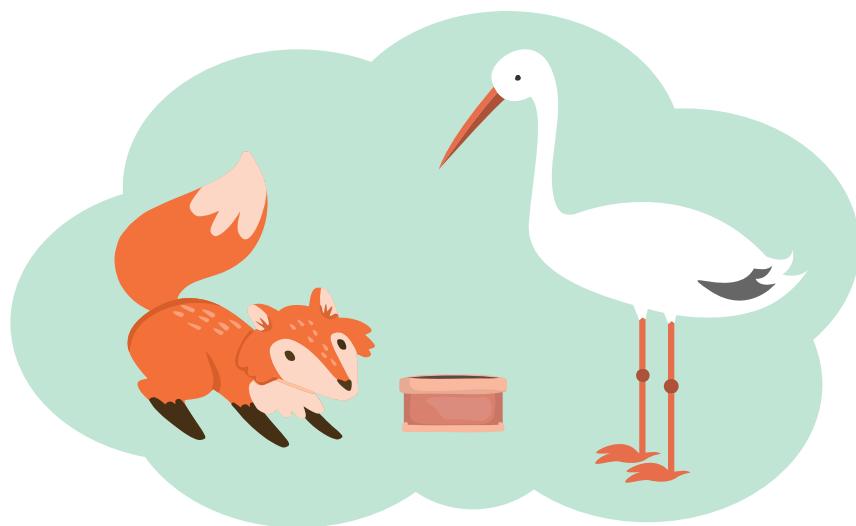
kum: kahwa mairin kum, umpira, siksa, ban, ban., kau karna sa mairin nani ba pâwaia. Yamni kum briaia ai râyaka aiskara, skul diman kaia bara lahla sin bri kaia.



PURALUI
SAT AIHKA KAIKANKA
UPLA + KAHWA

Wibia sa kaka, mairin ailal ba prâkanka nani ailal brîsa, sipsa nâku nâtakara sât aihka kaikanka nani ailal bâra kaia sin. Rausauhkan lâkara bara ai lalka bui taibimuni brih yapaia lâka, ai swapnika lâka; ba dukia kûmika sa: kahwa mairin umpira.

Walbaku lâka upla nanira²



Taura lilkara yawan kaikan kîski kum yâmi kum wal aikuki sîm pata brîsa, sîm plîtkara, kuna yawan wan bisniska ba yawan brinka sa wal bâku pata ba pîbia, pata wâtlika sin sîm ai tâlyâ sa, wan brinka ba, wal sut ai pata ba pîbia; mâtakanka: mâtaki wâlisa yâ ba kau ai auya pah pîbia?

Yawan sipsa ki wiaia, yawan **walbaku lâka** daukisa, kan yawan sîm pata sutra yâbisa, bara yawan sîm plîtka wal pîsa. Bâku nâtakara yawan wisa wal bâku lâka ba brih impakisa.

Ban sakuna, lîlka nani ba yawan kasak pali kaikbia kaka, tânka bribia; kîski ba kau plun pîbia kan plîtka bara pata tânira sin witinra kau yamni takisa ba mita. Yâmi ba, lika rîa lupia bâman sip kan dâbaia kan plîtka ba tanhta bara yâban sip ai auyapah plun ba pîras sa.

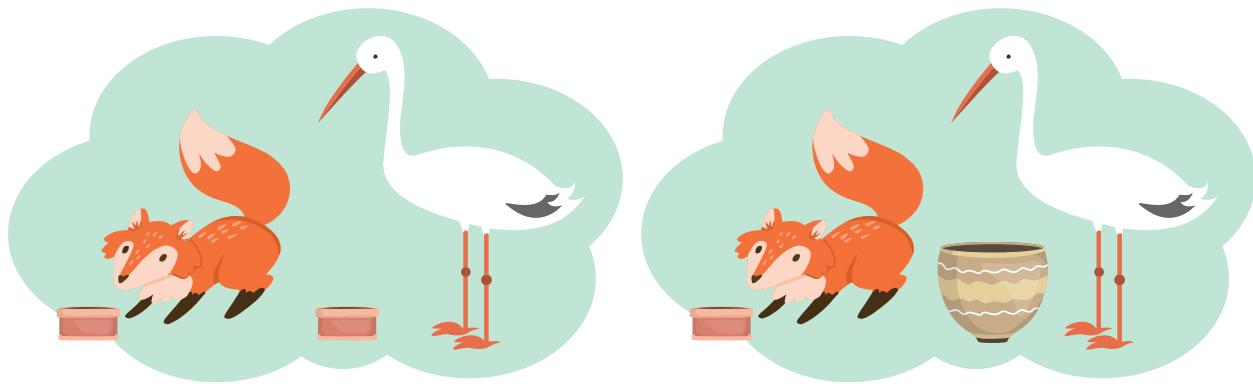
² Sinska laka ani wina brinba: UICN (Unión mundial para la naturaleza) Wal dakbi sakan kan kumi bani ba wina. Upla aikuki kumi kaikankara triwi ba wina upla pawanka nanira tabaiki brih waia laka.

Sîm bâku takisa mairin nanira, bâku sin waitna nanira sin, pâwanka dukiara lüki pyuara. Kau ba waitna nani ba kau taim brisa naha warkka nani tîlara kaia silp ai pâwanka dukiara, wark kum briaia bara sinska lâka briaia dukiara wark yamni kum briaia dukiara, skul pain dimaia, riditakanka yamni kan pâwanka nani ba waitna nani bâman dukia bâku kaiki ba tâwan.

Taura lilka kata ba yamni sa yawanra upla kahwa nanira tnayara lakanka ba wan tânka briaia sa kaka; sins lâka nâtka kum âpusa kaka smalkanka kumra mangkaia apia kaka wark yamni nanira mangkaia, karna kabia silp ai pâwankara waia ba.

Yawan brinka sa kaka naha yamnika lâka ba upla kahwa nani sutra wabia, yawan ai daukanka nanira mahka lûkaia sa, ai nîtka nanira, bara ai brinka nanira sin, purkara dia sât uplika ba.

Walbaku tânka ba, nûtakaia sa kaka, yamni kaia kan kaikaia lilka wâla na:



Naha mäpara sipkan walbaku lâka ba daukan kaia, kan kîski yâmi wal ba yamni ai pata ba pin kan, pata wâtlika ai nâtka ba kat mangki yan ba mita.

Walbaku lâka ba sika lâ; wibia sa kaka, kûmi bânira yâbaia dîa ai dukia ba, nâtka sutra lakikaiki bâku sin dîa ai nîtka briba kat, kyamka, (mairin sapa waitna sapa, mânska, prîaska bara kahwika nâtka sin).

Walbaku lâka ba tnayara lakanka nâtka âpu bara taibi mai munisa uplara saura munaia, apia ya uplika kabia sin; wibia sa kaka, upla raitka kasak ba yâbaia ya uplika kabia sin. Bâku sin ai wînara bribal sa la tânka nani uplara saura munras daukanka wal tâ bri nanira.

Ba mita, asla lâka dukiara aisi pyuara mirin bara waitna dukiara aisia bâku sin, ai sinska laka yus munaia prîsa, ai aisanka nani sut sin bapaia. Waitna mairin lâka yamnira briaia kaka yabal kûmisa, yabalka ba; asla lâka, tânka kumi wan tânka bri ba sika mairin bara waitna ai nâtka bara brinka kat ai râyakara ïwiba.

Gabamint wauhkataya briba, Asla lâka, kupia kumi, swakwanka swih tikanka lâka (GRUN) (2012, wahya. 4) mâtikisa: “Kahwa ba kaina prâkanka wal aiblakwan sa, upla ïwanka tîlara, baha mita uplara karna munisa, upla kahwa nani ba ai râyaka aiska ba upla bâku tîlara ïwi wark daukaia upla wâla nani bâku.”

Bâku nâtkara winanka kum daukisa:

“Kaina prâkanka ba krîki tikaia, upla kahwa nani râyaka ra sauksi auya ba ai pâmali sut aikuki. Naha kaina prâkanka na sipsa kaia wînatara mâtara, ai daukanka, ai warkka dauki ba nâtkara sin” GRUN (2012, págs. 9).

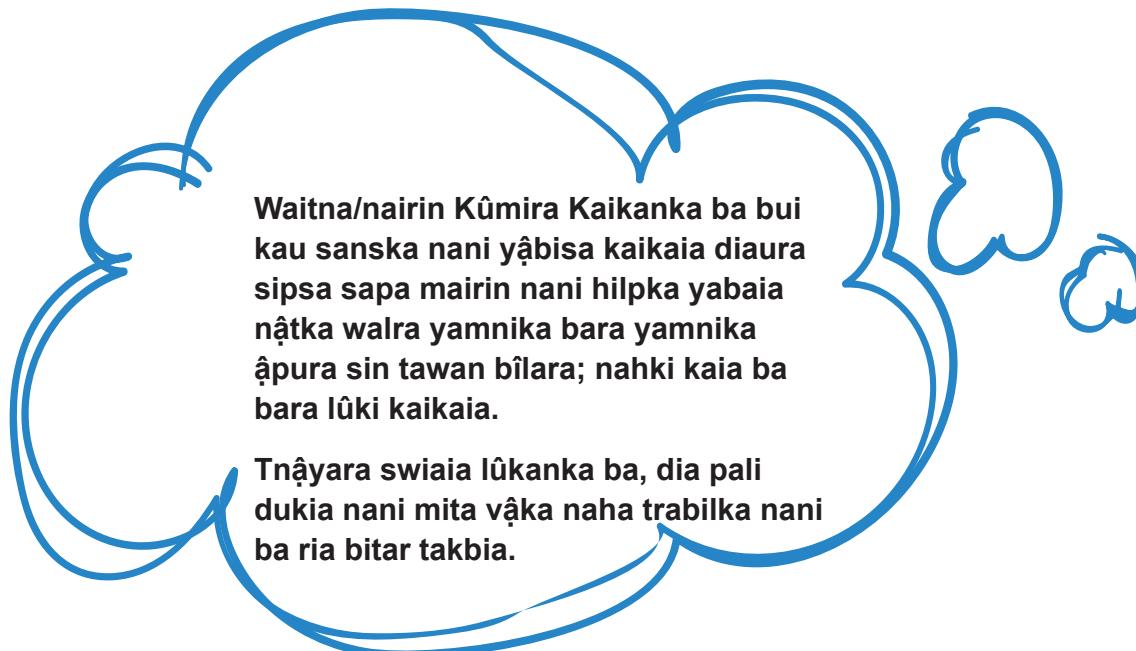
Wal baku raitka ba mairin bara waitna wal kumira kulkansa. Ta bri nani bani ai daukanka ba wark nani daukaia sa baku sin la kum kasak dauki naha swapnika nani sut na yaka kasak diara yamni daukaia

PISKA II

Asla daukanka kahwa nanira upla sâtkâ kûmi bâku kaikanka

Upla nanira kaikanka, bâku sin mâtksa” uplara kaikanka”, tânka briaia nâtka kumsa, mairin nani ba dîa sât trabilkara bangwi ba waitna nani wal prâkikaikanra, mairin nani ai nâtka bara lûkikira. Waitna bara mairin nani wal dukiara aisabia sa kaka, karnika dukiara aisia, bahara waitna nani ba tâura sa diara sut ba ai mihtara brisa.

Waitna karnika mairin nani pûrara ba, nâtka sât satra sipsa aisai, kau diara pâram ba mairin nani mâtpara rausauhkan ba. Bâku sin, mairin nani ba kau umpira lâkara drîwisa bâku sin, upla tîlara kau ai karnika luha sa dîa kum daukaia tânira.



Waitna mairin wal raitka dukiara wark takaia ba na ha nîtsa:

- ➡ Nû kaia uplara sât wâla bâku kaikanka ba, ban wina takras ba, ban sakuna upla bui paski ba bara sipsa yamni daukaia.
- ➡ Tânka briaia, warkka nani kahban ba bara nâtka sât sât nani upla tîlara nani ba yâban mairin nani bâku sin waitna nani sin yâban sanska kûmi sin brîras ba ai râyakara bâku sin, Yaka au takaia wark tara nani tîlara ban sip kaia diara tara kum pan aisai, tanka kum aslatakanka nani baraba tîlara, bara nâtka nani sin plîkaia.

- ◆ Karna wark takia diara aihkakira nani bâraba yamnira mangkaia upla raitka bara aiklabanka daukaia walbaku laka ba yaka mairin nani tîlara baku sin waitna tîlara sin kaia.
- ◆ Nîtka nani ba tîlara dingkaia, brinka nani ba sin baku sin mairin nani sinska laka, Bara waitna nani sin, ai nâtka nani ba sut.

Upla nanira aihgwa kaikanka kum

Aihwa kaikanka ba dîa?

Upla nanira aihwa kaikanka tânka ba, daukanka kum sip kaia, yâka walbaku laka mairin nani waitna wal, walbaku kaia ai mana tanira, upla mâwanra bara wark wala nanira sin.

Yawan upla nanira aihwa kaikanka dukiara aisisa pyuara, yawan lakikaikanka kum yabalka dukiara aisisa, dîa pali ba munan waitna bara mairin wal ba sip kasak aihwa walbaku lâkara sip iwras ba kaikaia, gabamint pliska nanira, baku sin aslatakanka nani ailalra sin, lâ nani ailal ba tîlara sin kasak apia sa.

Naha na nâtka kum dukiara aisisa nahki wan sinska lâka ba yûsmunaia dukiara, nîtka nani apia kaka waitna nani ai brinka karna ba wal wark kum dukiara aisi bara, alki daukisa bara lakikaikisa sut ba aikuki walbakubriaia dukiara bâku nâtka tarbaiwan lâka ba tikaia. Bapanka târa ba walbaku lâka ba uplara kaia (Consejo Económico y Social de Naciones Unidas, 1997).

Upla nanira aihwa kaikanka tanka ba nâtka kum sa baku nâtka:

- ◆ Waitna bara mairin nani ba wark nani sut tîlara mangkan kaia  ni yuara aisanka târa bri pyuara aslatakanka kum ra, bara naha diara nani sut ba diara tara kabia aimâ bânira lakikaikan kabia.

Upla nanira aihwa kaikanka ba dîa muni târa sa?

- ◆ Tâbaikanka yâbisa kaina prâkanka nani ba tikaia dukiara kan aimâ bânira waitna mairin wal ba kau laihura takisa.
- ◆ Sipsa diara kum kum wapnika mangkaia diara sât sât upla nani lûkankara ba bara waitna –mairin nani ba yamni kabia.

- ◆ Kasak nûsa waitna bara mairin ba sîm raitka brîsa bara sânska nani sin.
- ◆ Tabaiki sa tasba kum kau yamni bara walbaku laka brisa.
- ◆ Dakni nani ba dîa dauki ba sut aikuki ai nîtka nani dukiara kaia, mairin bara waitna baku.
- ◆ Mairin nani sinska lâka ra tâbaikisa, baha sinska wal sipsa diara ailal daukaia Ban sakuna, upla ailal nani ba ai kaikankara kaikisa yâpti kum apia kaka aisa kum bâman.
- ◆ Tâbaikanka yâbisa mairin nani pûrara wark ailal kahbi ba, baku sin wark nani ailal dauki ba mâtua luha ba.

Aihwa kaikanka uplara kaiki ba waitna bara mairin nanira lâ kum bapan âpusa tawa tawa waia, kuna kasak nûsa diara tanka kum kum bârasa, baku sin nâtka nani sin baha nani ba wan yabalka kum bâku wal sipsa daukaia. Naha dukia nani ba yûsmunan sa minit bânira,  ni yua diara kum daukaia pyuara, dîa kabia sin turbi kaikanka ra, pâwanka warkka apia kaka lakikaikanka nani ra sin.

Upla nanira aihwa kaikanka yâbiba, kahwa nani aslatakanka tîlara.

Upla kahwa nani ba, ai râyaka aiskara pât wauhwi aula sa, nâtka sât ailalra. Ban sakuna, mairin kahwa nani ba râyakaia dukiara, bâku sin nahe minit wan iwkara waitnara kau raitka yâbiba, witin nani ai sinska lâka ba wal kaiki ba witin nani kau pât nani wauhwisa.

Mairin bara waitna sinska mâtara nahki ba kaikuma taim, param kaikisma, mairin nani ba kau wauhtaya aisikaikras ailal sa, bâkura yawan nûsa mairin nani ba kau sins lâka mâtara mâtara ba,

Wark briaia tânira sin sânska âpusa, upla nani ailal wina sin kau laihura, ai dahra walanka sin mâtara bara ai winatara pâwanka mâtara sin kau mâtara; upla wina bâman râyakaia lâka, kupia krîwanka lâka, kau sânska brîsa upla bui raumuni kaia nâtka sutra; bâku sin ai brinka wina sin laihura.

**Aihwa kaikanka upla
nanira natka kum ai
bapanka brisa, diara sut
dauki ba, anira kabia kra
trai munaia yabal kum
kwakaia mairin bara
waitna raitka dukiara,
baku sin, waitna bara
mairin nani ba walbaku
laka brin kaia.**

Ba mita, yamni sa sturi aiska ba bri kaia waitna bara mairin kahwa nani ba ai wîna yamnika mâpara, ai skulka, wark yamni kum, sânska nani, raumunanka, ai brinka briba mairin bâku, ban ban. Bâku nâtka sip kaia ai yabalka kum bapaia upla kahwa nani aslatakanka bara nani ba wal.

Yawan lûki kaikaia sa naха nani dukiara:

Âni kaina prâkanka nani mâpara mairin kahwa nani ba aiklabisa ai raitka nani briaia bara ai mihta warkka nani daukaia dukiara?

Mairin kahwa nani ba nahki ai bapanka nani ba kaikisa, lûkanka bara ai yaprisauhkanka nani ba?

Waitna kahwa nani ba nahki ai dahra wâlisa mairin kahwa nani tîlara walbaku ra smalki brih auya ba, kan witin nani ba sika kainara waitna bâku bâman smalkan kan ai nâtka almuk ba kat?

Mairin bara waitna lâka ba, nahki kaikisa upla kahwa nani wâtla bîlara dîa ba?

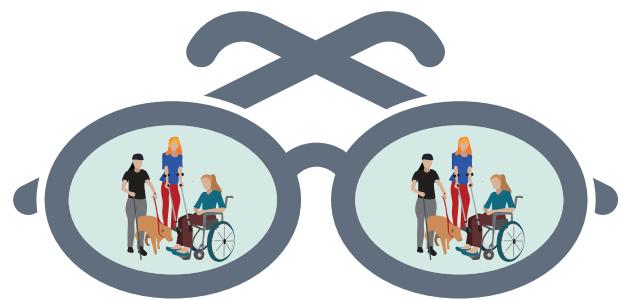
Dîa trabilka nani brîsa upla ba, tânka kum, mairin kaia, umpira bara kahwa kaia ba?

WAN KUPIA KRAUKPI

Upla nani îwanka ba mita yâban waitna bara mairin pana, pana ai raitka bara ai daukanka ba yuisa, ailalka ba karnika bara swapnika, bâku sin yâban nâtka ailalra takisa: pmali, tawan uplika, îwanka, mâyunkanka, nâtka bara warkka nani.

Upla nani ba kasak pali îwanka kumra îwaia kahwa nani aslatakanka daukanka nanira bâku sin diara wâla nanira sin, wan tâbaikisa:

- ◆ Waitna bara mairin kahwa nani trabilka ba lakikaikaia, ânira kainaprâkanka bara sa sapa.
- ◆ Aisanka aiska kum daukaia mairin kahwa nani tnâyara sâkan lâkara îwiba bara wâla nani sîm baha trabilkara waia bangwiba sin.



- ◆ Kupia kraukanka yâbaia mairin kahwa nani raitka dukiara, bâku sin diara apia sâkanka trabilkara ïwi bangwi ba sin.
- ◆ Mairin kahwa nani aslatakanka warkka ba yamni daukaia sa.
- ◆ Mairin kahwa bara tuktan mairinra rausauhkanka, alki sauramunan lâka wina kainakahbaia.
- ◆ Smalkanka nani daukaia mairin kahwa nani sinska ba tâbaikakaia dukiara bara silp ai wîna kulkanka ba karna daukaia.
- ◆ Wauhtaya nani, wark nani bara daukanka nani paskaia waitna bara mairin kahwa nani ai trabilka nanira lûki.

Diara sîrpi nani kum kum kaikanka kahwa nani aslatakanka dukiara.

Diara sirpi nani kum kum kaikanka ba wankbia **nahki muni** upla kahwa nani aslatakanka tilara mangkaia.

1. Yamni sa wan lûkankara brikaia diara aihwa pali ba warkka daukaia nîtsa upla nanira:

- ✓ Lûkanka yamni kum ba yâka takbia aslatakanka pramiska kumra, nâtka pâramra bara **upla nani** aisankara yâka na ha sut na kasak pali takaia.
- ✓ **Daukanka kasak nani kum kum daukaia**, baha nani ba nîtsa diara yamni daukanka kum kum bâra kabia sin upla nani dukiara.

Daukanka kasak nani ba sika daukansa, aslatakanka nanira kupia kûmi lâkara ïwaia ba kau yamni kabia ba mata, samplika kum: nâtka kum bakriki bakriki yâban ba mairin warkkara bara waitna nani warkkara sin. Sîm bâku, sipsa pyua kum mangkaia mairin bara waitna kahwa nani ba sin aisanka nani tilara dimaia upla wâla bâku.

- ✓ Lahla bara warkka dauki uplika nani aitani yâban kaia sa, walbaku lâka nanira kasak yamni tabaikaia dukiara.
 - ✓ Ridi daukanka bara kopiakrakanka warkka dukaia aslatakanka tîlara upla warktaki nani, bâku sin tâbri nani sutra.
 - ✓ Turbikaikanka warkka dukaia tarbaiwan nani upla kahwa tîlara bâraba, nutakaia dukiara.
2. Kaikanka nâtka bara dukia nani ailal bârasa, upla raitka nani ba yâka kasak briaia dukiara, nahki wark nani dukaia, lâmara impakaia bara wark nani lakikaikanka nani dukaia (piska wâlara kais).
3. Upla raitka nani dukiara warktaki pyuara, sip lûkanka bâman dukiara aisaras, wibia sa kaka, lûkaia apia sa mairin kahwa nani ba silp yamnika nani bribia wiaia, wauhtaya kum dukan ba wal, apia kaka aslatakanka nani nîtka nani mangkan ba aitani sa wiaia; yamnika nani waitna kahwa nani dukiara dukan ba, sîm bâku mairin kahwa nani ba sin yamnika kaikbia, ba mita yamni sa upla an bâraba sut nahe tîlara warktakaia.
- ✓ **Wauhtaya paskanka nani pyuara** yamni sa nutakaia dîa dukia mairin bara waitna kahwa nani nûba, aisi pâramra sâkbia.
 - ✓ **Alki dukaia pyuara** nahe tânka ba waitna bara mairin kahwa nani asla lâkara warktaki sa, aisanka nani sut tîlara bâku sin rispik lâka wal yamni munan sa.
 - ✓ **Tabaikaknka yâbaia pyua** nahe tânka lukikaikaia, nahki waitna bara mairin kahwa nani ba ai dahrawalisa sapa, diara nani duki aula ba wal.
 - ✓ **Lakikaikanka pyua** nahe tânka ba, waitna bara mairin kahwa nani ba upla tîlara dimi ai tânka bri dukia nani ba wal warktakaia.



Diara sîrpi nani kum kum upla ïwanka ba dukiara märikanka

Warkdaukaia lükanka pyuara wan lükankara naha dukia nani bri kaia sa:

Upla tnka kaikanka, baha wal tkriki impakan kabia

Naha na, waitna bara mairin warkka tnka ntakaia, bara wan tnka briaia sa, kmi bara wla nani ba sut sm yamnika briras ba, wark yamni kum briaia, bku sin yamnika nani taki ba, wan ryaka sut tlara, srinwanra bara risbriaia lkara, tasba kum briaia ra, tawan blara warktakaia bara karnika kum tilara kaia.

Ntsa lakikaikaia waitna bara mairin nani ai ntka bara brinka ba pram sa sapa, wark daukaia nani sut tlara sa sapa, bku sin kainaprkanka nani braba, sip kabia sapa myara ikaia.

Upla ntka ba dia sa?



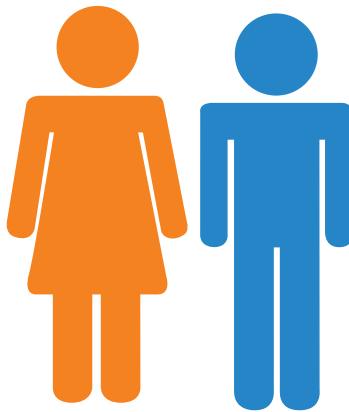
Upla ntka ba ys munisa ntakaia
bara tnka briaia, waitna bara mairin
nani dukiara, ai ryaka ra suara
muniba diara nani dauki aula ba wal.

Diara nani sut dauki ba tlara
sauhkanka kum bara sa, mairin bara
waitna nanira, bamna ntsa ntka kum
wal laki kaikaia, dia dukia nani ba
yamni, apia kaka saura ba.

Upla nätka nani kaikaia dukia nani³

Naha dukia nani kum kum na, yüsmunan sa, turbikaikanka nani daukaia, lükikaiki bara lakikaikanka nani sin daukaia, nahki wark nani dauki aula ba, upla nani dukiara, bâku sin na ha dukia nani na, aslatakanka nani sut ba daukan kaia.

Wark daukaia nätka nani (upla warkka pûrara wâla)



Waitna bara mairin nani warkka tîlara tarbaiwan lîka taki ba, nûtakaia nätka kum ba, nahki waitna warkka bara Mairin warkka tîlara nätka wâlara laki wark dauki aula ba kaikaia.

Mâtakabanka nani ba na ha sa:

Yâ ba dîa daukisa?

Yâ kasak diara daukisa, dîa daukisa, pâmâlira bara tawan bîlara?

Yamnika, dukia nani bara daukaia plîska kum



Upla nani kaikanka ba, tîlara dimi warktakaia ba, sât wâla daukisa.

Mairin nani upla minamunhtara ba sipsa kaina prâkaia warkkara dîa yamnika briwa, bara ai impakankara.

Tîladimanka tânka ba, sipsa diara nani bara ba tîlara dimaia âdarka âpu kra.

Wakaia tânka ba, karnika aiska brikaia, dîa daukaia ba, diara nani bâraba wal.

³ Murgialday, C. (s.f.).

Nahara samplika kum klir ba, mairin nani ba sipsa tasba kum briaia, kuna baha tasbayara karnika kum brih yûsmunaia sip apia; sipsa lahla kum briaia, kuna yûsmunaia lika apia.

Upla nani nîtka pali bara brinka wâla nani

Upla nîtka pali nani ba tâkrikisa mairin nani nahkira ai ïwanka briba wina, ai pâwanka nahkira briba nâtvara. Yû bânira ai nîtka ba: lî brikaia, plun, utla yamni kum, taukaika dukia kum.

- ✓ Naha nîtka ba sipsa aitani kaia, kuna ai ïwanka nâtka nani briba waitna bâku bara mairin bâku, naha lika sât wâla takras bansa.

Upla ai brinka pali ba naha sika aslatakanka nani trabil takiba, tawan kum bîlara asla lâtara ïwanka kum bara kaia dukiara. Sampla kum, pâram kaikisa, mairin nani ba nahki bârasa waitna nani ba wal; wark târa nani tâpalira aimaki ba, waitna bâman; aslatakanka nani bara wark wâla nanira sin.

Sipsa prâkikaikanka kum daukaia nahki prais târa sa rausauhkan lâtka mairin bara tuktan mairinra, bâku sin yawan kaikisa nahki prais wark târa pali purapraki yâban dauki ba.

- ✓ Upla nani ai brinka nani ba briaia kaka, ai nâtka almuk nani ba sât wâlara laki mangkaia sa.

Wark daukaia mäpara tîlara kaia

Mâkabanka ba naha sa: Yâ daukisa bara nahki?

Mairin nani warkka ba tâbaikankaia sa diara sutra yâka mairi nani ba wark nani tîlara kaia bâku sin ai bîla baikra bri kaia aslatakanka ba tîlara.

Wâla ba, nahki praiska ai warkka dauki ba lakikaikisa nâtka sutra (ulanka nani kum bâku) mairin nani ba plîki sâkaia ba mâtâ.

- ✓ Ulanka kum: mairin nani ba tîlara âpu kabia sin yamnika nani bâman brîsa, nuapia sa nahki baldimi ba, bara nahki aisawi ba.

- ✓ Ulanka wal: mairin nani ba upla diara paskan tîlara dimisa, dîa wiba daukisa, kuna diara kumi sin ai kupia brinka kat daukras.
- ✓ Ulanka yumpha: mairin nanira makabanka daukisa trabil nani dukiara, nîtka nani bara yamnika kra kuna pana aisanka ba, sipsa diara bahki kum baku kaia, ai bapankanka nani bara ai aisanka nani ba bahkira takaskaia.
- ✓ Úlanka lâs ba: mairin nani ba aslatakisa, diara kum daukaia dukiara, bara lakikaikisa diara kumra waia. Klauna ai bapanka bapisa bara ai karnika brisa ânsa yuara ai warkka dukiara trabil kum takisa pyuara.

✓ **Úlanka walhwal:** lâs ba: mairin nani ba aslatakisa, diara kum daukaia dukiara, bara lakikaikisa diara kumra waia. Klauna ai bapanka bapisa bara ai karnika brisa ansa yuara ai warkka dukiara trabil kum taki sa pyuara.

✓ **Ulanka yumhpa:** mairin nanira mâtakanka daukisa trabil nani dukiara, nîtka nani bara yamnika kra. kuna pana aisanka ba, sipsa diara bahki kum baku kaia, ai bapankanka nani bara ai aisanka nani ba bahkira takaskaia.

✓ **Ulanka wal:** mairin nani ba upla diara paskan tîlara dimisa, dîa wiba daukisa, kuna diara kumi sin ai kupia brinka kat daukras

✓ **Ulanka kum:** mairin nani ba tîlara âpu kabia sin yamnika nani bâman brîsa, nuapia sa nahki baldimi ba, bara nahki aisawi ba.

Upla kahwa aslatakanka warkka tîlara upla raitka kaikanka bârasa



Upla nani yamni kaikanka mangkaia dukiara lûkanka bârasa wark bapanka bara brih impakanka nani sut tîlara.

Yamnika nâtka pali

Naha yamnikara kupia kraukisa upla yamnika ba mangkbia aslatakanka wauhkatayara sin. Naha warkka nani ba wark bapanka nani, lâ nani, daukanka ulbanka (manual de funciones) ban ban., naha wauhkataya nani tîlara mangkisa upla yamnika ba, tâbila nanira lâki kopiakraukanka nani kum bâku; bâku sin, diara nani sut aslatakanka nanira bapi ba daukaia mâtä. Nînkara samplika kum mâtikisa:

Nânara warkka ba

Yawan aslatakanka kum mâtâ luha, kahwa nani aslatakankara tâbaiki aula sa, aslatakanka ailal aikuki wan klahkla mangki tâbaikanka yâbisa wan uplika kahwa nani ba daukanka ailal tîlara mangkbia dukiara bâku sin, witin nanira sin upla wâlara dîa dauki bangwi ba bâku daukbia kan nîtsa yamni munania ai râyaka aiskara.

Âni yuara wark daukaia awarka taim, blistu lûkanka kum wal takaskaia, kan upla nani wal bâku lâka ba kasak yamni uplara yâka ai tânka briaia dukiara. Sipsa kau diara târa ba wiaia wal bâku lâka upla sut tîlara, mairin nani umpirka, waitna bara mairin nani upla bâku ai raitka, pâmali yamni îwanka, ban ban. Naha na upla nani ailal ba wina lûkanka kabia kûmi bâni ya naha tîlara ba brinka ba kat.

Upla nani yamnika wakka daukanka

Yawan ba aslatakanka kum kahwa nanira tâbaikisa, yawan wark ailal takisa tâbaikanka yâbisa, bâku sin, upla kahwa nani raitka dukiara sin, sauramunanka sâtka ailal bâraba wina dakbi sâkaia, mairin kahwa nani trabilka ba lakikaikisa, wan brinka sa, naha mairin nani ba upla wala nahki yamnika kaiki ba baku, witin nani sin aslatakanka nani sât sât bara nani sut tîlara dimi yamnika kaikbia.

Naha dukia nani yawan dauki na, sip diara takras kabia, kuna ban brinka sa kaka wauhtaya kum paskaia, naha wauhkataya na wahya 7 wina 10 kat bâku sin tîlara mangkansa:

Nâtka kum brîsa upla sut dukiara:

- ◆ Tâtakanka kum nahki daukan ba sin, ulbanka prahnira kumra mangkansa bara nahkira yûsmunaia ba dukiara sin.
- ◆ Tâtiba, samplika kum, FECONORI warkka nâtka sin.
- ◆ Ai warkka bara aslatakanka bapanka nani âni praiska kat wark dauki waia ba sut.
- ◆ Lata tâni karnika ba wal ulbi mâtikansa yamni ai tânka briba witin nani yakan apia ba bâku sin aslatakanka gabamint tîla wina sin tabaiki ba, naha nani sa: a) mairin asla aisanka, pâwanka bankaia nîsan asla takanka târa (ONU) bâku sin wan kuntri nâtka kat upla walbaku lâka tâbaiki ba bâku.
- ◆ Ulbanka sirpi kum daukanka aslatakanka ba nahkira ai tanka briba upla raitka ba dukiara, aisanka kum daukaia nahki târa pali sa kahwa aslatakanka ba tîlara mangkaia bara dîa yamnika briaia ba dukiara sin lûkaia.
- ◆ Tânka sîrpira ulbanka kum daukaia nahkira naha aisanka na tîlara mangkaia ba (estrategia) upla raitka ba, bara dîa daukbia bara sip kabia sapa yamnika ba briaia.

Aslatakanka nani tâbaikaia dukiara bapisa, upla yamnika ba diara sut dauki ba tîlara mangkbia

Aslatakanka nani ba sât aihka kaikanka lâka ba ailal sa, mairin kahwa nani ba pât wauhwisa

Wark daukanka karnika

Naha nâtvara warkka nani ba nârasa, wark daukaia yabalka ba, bâku sin wark daukaia nâtka nani ba bârasa kaka.

Nâtka nani wina wark daukanka nani ba, paskan sa mârikanka nani ba wal, împakanka nani ba kulkan sa, nahki walbaku lâka ba upla nani tîlara mangkan kaia ba dukiara, wark daukaia bapanka nani ba kat. Bâku sin lahla kum sâkan sa, warkka nani ba nahkira lûki daukan bakat daukaia dukiara.



**Ejemplo N°. 1 de plan de acción para incorporar
la perspectiva de género en el trabajo de las organizaciones
de personas con discapacidad**

Wark yabalka: Kasak ainawa upla nanira warkka dukaia lûkanka bara wark dukaia yabalka nanira

Bapanka: Traimunanaia upla yamnika lûkanka nani ba wark dukaia aslatakanka nanira mangkaia.

DAUKAIA NANI	YABALKA	MARIKANKA	KAIKANKA YABALKA	UPLIKA
Yabalka kum ulbaia upla kahwa nani ba nahkira ai împakanka nani brih auya ba nûtakaia dukiara (waitna bara mairin mâñka) bakura warkka nani yabaia	1 LB	Pâskanka nani Ulbi sâkanka mairin bara waitna bâku sin âni wina ba	Ulbanka sirpi nani dahra ulbanka	Ya warkka ba tâbri ba.
Upla nanira smâlkaia tâuplika nanira, warkka dauki nanira kahwa nani aslatakankara	Upla 20	Mairin waitna piska nani	Upla an bârakan ba Ulbanka kum kopiakrawanka dukiara	Tâupla nani
Traimunaia wark nani sut tîlara upla yamnika dukiara ba mangkan kaia	3 Aslatakankara	Wark dukaia pâskanka nani apia kaka upla yamnika lakikaikanka wauhkataya Pûrakaikaia dukia nani upla yamnika warkka tabaikaia	Upla an ba kaikaia (chek list) Wauhtaya wal pûrakaikaia	Pliska bani pûrakakaira
Smâlanka nani dukaia Upla yamnika dukiara kopiakraukaia aslatakanka bânira	4 manira	Mairin bara waitna an piskara kaikaia smalkan ba	Upla an kan ba ulbanka bara lilka nani	Wark tabrabrira nani

Samplika N°. 2 warkka wina tîlara mangkaia
Upla nani yamnika kaikanka wark nanira bara upla kahwa
nani aslatakankara

Wark yabalka: Kasak ainhwa upla nanira warkka daukaia lûkanka bara wark daukaia yabalka nanira

Bapanka: Traimunanaia upla yamnika lûkanka nani ba wark daukaia aslatakanka nanira mangkaia.

DAUKAIA NANI	YABALKA	YUA	TABRABRIRA	KUPIAKRA UKANKA
Traimunaia nahe pyua wark nani raya dauki tîlara baku sin wauhtaya pâskanka nani sutra upla yamnika dukiara aslatakanka nanira mangkan kaia	Daukaia dukia, Yaprisauh kanka bara wark nani sutra upla yamnika kaikanka ba tîlara mangkan kaia	I kati matlakahbi 2020	Tâbrabrina	Wauhtaya sâtka bani paski ba tîlara upla yamnika dukiara luki kaia baku sin tîlara mangkaia. Warktakaia dukiara ridi takanka dukia aisi bâniba upla yamnika ba tîlara mangkan kaia sa.
Mârikanka kum daukaia walbaku laka upla yamnika bara warkka nani sut nina blianka bara lakikaikanka daukaia	Bapanka pali ba baku sin daukanka nani sut tîlara lûki kaia upla yamnika tila dingkaia ba	2020	Bapanka tabrabrina	Marikanka an ba bara an tabaiki aula ba kaikaia Lakikaikanka daukan nani ba mârikaia
Paskaia apia kaka wapni daukaia lâ Upla yamnika nani ba aslatakanka sutra	Upla yamnika aslatakanka sutra paskan	II Kati matlakahbira 2019	Tâuplika	Upla yamnika nani nâtka an ra paskan, apia kaka wâpnika mangkan ba.
Aisanka nani sutra bila kum yûsmunanka bûkaia Aslatakanka nani bânira sturi baman apia kasak kaia, mairin nani ba kahwa bâku kaikan kaia apia.	Aslatakanka wauhataya bânira bîla kumi yûsmunan kaia kunin laka wal apia Wauhtaya kum pâskaiia kunin lâka ba swih kasak aisaias dukiara.	I kati yumphâ, 2020	Aisanka watla kuna sturi paramsâkanka watla apia	Diara an baku sin dîa sat dukia nani paramsakan ba upla yamnika dukiara Daukanka nani an paramra sâkan ba upla nani dukiara Nina blianka kum nahki aisanka daukaia ba, kunin lâka wal apia

Mâkabanka nâtka kum pâskiai sinska nani ailal dukiara, daukanka nani bara daukanka upla nani dukiara, aslatakanka tâbri nani sutra.	Mâkabanka CAP daukan, dîa daukan ba dukiara aisai, baha wal sip kabia smâlkanka nan daukaia	II Kati matlalkahbi ra 2019	Wark tâbrabrina	Upla kahwa an pali aisanka nanira bârakan ba, waitna bara mairin, ani wina balan bara, kûmi bani mânka
Paski brih daukaia smâlkanka nani kum kum, upla kupia bukaia Aslatakanka bânira upla raitka dukiara aisikaia ba dukiara	Wauhkataya 3 smâlkai dukiara ridi daukan yûsmunaia baman sa Aima 3 ra aisanka brinkan mairin kahwa nani dukiara lûkikaikanka bara tnatamangkan ba	2019	Wark tâbrabrina	Buk nani an yûsmunan ba Wauhtaya bânira upla an bara kan ba, piska sirpi nanira sakan Upla yamnika dukiara dîa dukia nani yûsmunan ba Aslatakan bânira mairin an bârakan ba Tâbila an yûsmunan ba nâtka bânira.
Yûsmunaia dukia nani kau swapnira yûs munaia, kuna aimâ bânira nûkaia aslatakanka sutra upla yamnika dukiara mangkaia	Buk nani bara yabal nani smâlkanka dauki dükia nani upla raitka lûkanka ba mangkaia	2020	Tâbrabrina	An diara nani yûsmunan ba, wapnika mangki daukan ba.
Wauhtaya kum pâskiai muni upla sutra param sâkaia, na ha wal sip kabia lûkanka nampa nampa nani bara aihka kaikanka ba sut tiwaia upla lûkanka bûkaia waitna bara mairin kahwa nanira	Aslatakanka ba sturi sâkanka brisa mani bânira upla raitka bara kopiakrakanka nani yâbisa upla kahwa bara mairin nani ai trabilka sut dukiara	mânira	Tâbrabrina	Dîa daukan ba aisisa, daukanka bâniba Mairin kahwa nani lilka param sâkisa wark banira dîa daukan ba Sturi param sasakra nani bara dîa sâtka kan ba sut mârikansa

Lâ kum bâku pâskiaia rausauhkan, aihka kaikanka nani sut ba kainakahbaia dukiara bâku �ni uplika upla kahwa bara tuktan mairin nani l�ka sauhbia kaka l� dingkan kaia ba dukiara	Upla kahwa nani aslatakanka ba wauhtaya kum brisa baku sin tabaikisa na ha aisi na sut dukiara.	I k�ti matlalkahbi, 2019	T�brabrirra	T�baikanka wauhkataya kum y�ban sa, tuktan mairin nani bara upla kahwara l�ka kriki ba, dukiara, b�ku sin l� kumra mangkaia dukiara. An d�sa kuuhbanka daukanba, m�nkara, l�ka krikanka tawan, nina blikanka, taibi muni brih yapanka l�ka, uplara aihka kaikanka, upla an l� mihtara sa bara nina bl�kankara nani sut
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Upla an ba lakikaikisa upla nani yamnika kaikankara lüki aslatakanka nani tilara mangkaia dukiara

Upla “an pali kaikanka” ba diara karna kumsa upla yamnika dukiara pâskanka kumsa wark daukaia nâtka nani, wark nâtka nani sut bara yabalka nani kum kum brisa mâtakanka daukaia dukiara sin. Ai bapanka ba sika nûtakaia, upla yamnikara karna daukaia nâtka nani ba, na ha wal tâkrikanka kum daukaia wark an taki ba lakikaikanka daukaia dîa ai nîtka ba kat.

NÛTAKAIA DUKIA NANI KUM KUM

Daukaia, yaprisauhkanka bara wark yabalka sut na upla yamnikara lüki paskan sa?

Aslatakankana upla yamnika raitka dukiara lüki palisa?

Lâ wauhkataya kum bârasa ki upla yamnika nanira rausauhkan nani ba mâpara?

Wauhkataya nani ba kasak pali aisia ki, upla yamnika brih impakaia ba tâwan?

Sturka nani na upla sut mânka bara mairin sapa waitna sapa pâram sa ki?

Aisanka sât wâla kum yûsmunisa na ha wauhkatayara, mairin kahwa nani dukiara aisi dukia nani?

Kulma împakanka kum paskan sâki upla yamnika dukia bara lakikaikanka daukaia?

Lâmara aikuki kaia dukiara bara lakikaikanka nani daukaia warkka ba yabal kum sa ki?

Aslatakanka uplika nanira kupia bûkanka daukanki na ha diara târa kum upla yamnika dukiara aisia ki?

Kasak lûkisa ki dîa want dukiara aisi ba bâku pali kat takisa, warkka daukanka bara lûkanka nani sut tilara, bâku sin daukanka wâla nani dauki aula ba, ban ban, wark wauhkataya nani bâku ba tilara diara sut ba mangkansa?

Wirika pamanka ba aitani sa ki, mairin bara waitna warkka tilara, apia kaka wark daknikara baku sin, ai bisniska nani bara aisanka nani sut tilara sin?

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