

Yenyo onyo miyo dwon odoco ki kelo aloka loka ikin paci i Kitgum: Kweda me Lok Ber Bedo



Lapwony ma aa ki i kweda 2026



Kwene onyo lok ango ki peki ango ma oweko wa keme ki Lok Ber Bedo

Gure karacel pa ludito ki lutino iyi otieno iyi wang mac ki lwongo ni 'wang oo' en aye ka ma yam Acoli gi pwonye iye. Kwai ododo ma pat pat kiboko pi gwoko ter kwaro, ngec iyi ngo matime anged ki jami mogo ma pigi tego ma Acoli neno enuni aye ber bedo ki kwo maber.

Pi mwaki pyerariyo adui ma pat pat obedo tye, calo lweny ikin olum olum ki gamente me Uganda oweko lutino mapol kimako gi, tim gero ki kope ogengo lutini magi bedo i wang oo. Ber bedo pe ononge i kare me lweny, man dong obedo gin awinya bot jo matino ma gu keng dongo ikit matir, pien gin gudongo i can ma lamal ki aun paka wa iyi kareni.

Ocake ma kare me lweny ogik, dul ma pat pat ma pe jenge i kum gamente gucako lok me roco lobo ki miyo kony ma kero pa Acoli pe obedo tek iie. Enoni oweko lok me yubo wang oo maber pe obedo tye matek. Enoni oweko kit me yubo wang oo obedo tek bot Acoli. Ki tung kucel ber bedo gin ma lumii kony gibedo ka tiyo kede pi tic ma megii kit ma gin nyang kwede pi roco lobo Acoli ento pe kit ma Acoli neno kwede te lok pa ber bedo i kit pa Acoli [1]. I kweda man ma kwako kom Lok Ber Bedo kweda man omako kom lok ma calo gwoko ngom kwaro, ngol matir, ki loc ki doru lobo [2-4]; nywako kacel kit me nongo jami ma pi gi tego pi gwoko man konyo kwo [5]; onyo tic kacel me yubu kin paci [6].

2 Lapwony ma aa ki i kweda

Lok ber bedo

Ikareni inge lweny, kweda me Lok Ber Bedo okeme ki medo ngec i kit me boko lok ikin jo matino i kingi kengi miyo yoo me medo ngec megi i kom kit me yenyo ber bedo man nongo magoba me ber bedo. Kitgum district obedo ikin district ma pud peya ki timo kweda man iiye, ci ki yero macalo kama gec magi romo nonge iiye calo kabedo acel iyi kumalo me uganda ma lweny obedo iiye. Man oweko gitamo ni kitamo ni romo bedo ka ma kweda man romo time iiye pi winyo dwan bulu ma gubedo kama lweny okato ki iiye.



Lumemba me gurup Tam Pi
Waa ikare me bol
icup gi me cabit ki
cabit

Ngo ma Lok Ber Bedo otimo?

Kweda me Lok Ber Bedo ni nyutu alokaloka i kit me tic kacel i kwedo ngec, winye ki keto yub me tic kacel ki kwedo ngec marwate ikin dul pa bulu ki wan, dul ma kweda ma a ki Liverpool School of Tropical Medicine, kacelo ki Refugee Law Project me dul gang kwan cik madit ma tye i Makerere University ki National Memory and Peace Documentation Centre ma tye i Kitgum.

Kwanyo dul me tic kwede

I acaki, wa neno dul pa bulu ma i Kitgum district. Man bene warwate ki lutela ma i district mapatpat. Warwate ki dul ma neno lok me dongo pa lwak ma i gin gang, dul me tiyo ki lwak, ki lutela me kabedo meno, ki dong mukene bene. I kum dul 39 ma ki cimo, mogo onongo kin gi oket woko, mukene mwaka gi okato mwaka pa bulu woko, ma jo madongo onyo NGOs aye telo wii gi, ma peke ki miti me boko lok, onyo ma pe ki gure kacoke kare ki kare, kun mukene wa nongo ngec madok ma gwako gin. Wa yero dul angwen (4) ma tye ki lumemba matye bulu me mwaka apa wiye aboro oceto wa i mwaka pyera adek, medo ki jo ma gu dwogo cen ki i lum, lutini ma ki nywalo i lweny, jo matino ma tye ki goro me ngolo, ki jo ma gi onyome ma gi tino, ma gu nyutu miti gi ikom boko lok ki ber bedo kun gi tye ki keru me miyo yeyo gi. Bulu ni kono gi tye gin miya acel ki apar wii aryo (112) ka ki keto gi kacel, kun nongo awobe tye 55, mon matino tye 57 ki i but ker 4 ma tye i kitgum district.



Lumemba
me gurup
Namukora
Integrated kacel
ki lukweda

Namukora Integrated Youth Association

Dul pa bulu me Namukora Intergrated ocake i mwaka 2011 i Ladwogi Cell i boma me Namokora, me konyo dongo pa lutela pa bulu i kabedo enoni. Dul ma tye ki lumemba 28 kun mon matino tye 17, ki awobe 11, gi bino kacel iyub me boli cub ma ka megi me gwoko cente, pur ki pwonye me tic cing. Gin mapol i dul man kono gi tiyo calo lutela pa bulu ma gi cwalo dwon gi ikom peko ma mako lwak ki bulu i kacoke pa lutela i council.

Ribe Aye Teko Youth Group

Dul pa bulu me Ribe Aye Teko ki yabo i mwaka 2022 calo dul me miyo kony igin dano ma con jo me LRA omako gi. Lacen gu yabo dogola donyo bot bulu mukene ci gu donyo ikweda eni ki lumemba 26 (Awobe 19, mon amtino 7) kun gio a ki parishes me Melong ki Pella i Omiya Nyima Sub County. Gin gure cabit ki cabit i Pella i gang me rwate pa bulu pe yub me gwoko cente, nywako lok, ki yubo kit me tic pur ki miyo kony i gin gang.



Tam Pi Waa Youth Group

Dul pa bulu me Tam Pi Waa ki cako i mwaka 2021 me miyo kony i kin gi ma wok ki ipur ki gwoko cente. Lumemba 30 (mon matino 19, awobe 11) gi a ki i caro angwen ma i Okuti Parish, gi cakoe cabit ki cabit iceng abic weng i Akilok North i Orom East Sub County. Gin tye kawok ki i ayela yela pa kaki ma orumu gin. Tam Pi Waa gu moko tam gi me loko kwo pa dano ki poko ngec bot lwak.



Wan Acel Youth Group

Wan Acel dul pa bulu ma tye i Pandwong division i Kitgum Municipality ocake i mwaka 2014 i te yub pa Radio Tembo, ma gi tye ki yub pa bulu i radio cabit ki cabit. Lacen gu cako lwonge ni Wan Acel me nyutu dongo gi ki gwoko cente, tic pi lwak, ki tuku goga. Lumember 28 (mon matino 14, awobe 14) mapol tye jo ma gin donyo inyome con ma kun ki cuko cwiny gi me donyo i dul ki mon gi onyo cog gi.

Tic kacel ikweda

Kwan/kikweda man ocake ki kube ki dul ma pat pat, tic kacel ki dul pa bulu me yubu kit yoo me tic kacel ma ki keto iwaraga me winye (MOU). Wa keto kacel kit yoo ango ma romo nywako kweda man kacel-calororo, gwoko mung ki mine me tic. Tic kacelu pe obedo mere tic ki leb maber kiken, lukweda gucoyo kamaleng yoo acel acel me kikweda man.

Tic matye iter kweda man

Bulu aye gubedo ka tic matek me timo kweda-calororo coko ngec, pwonye ma kinongo ki nywako tam kacel.

Coko ngec ocake ki bedo i **Kacoke me Ber Bedo** pi nino adek i dwe me aryo mwaka ma okato 2025 ki i kitgum kama bulu ma cung pi luwot gi ma a ki gurup angwen rwate kacel pi acakine, gu nywako kit ma giboko kwede lok, gu kwede tyen lok me ber beda ki yoo me tic ki buk me ber beda, waraga me coyo report, tic ki gin lamak dwan, ki dong yoo ma pat pat me lubo cik me kweda. Kwan man ki tyero kamaleng kacel ki ludite gamente, jo ma jenge kom gamente ki lutela ma pat pat iyi agiki me kacoke man.

Bulu gubedo ka kacoko ngec pigi ken gi i kare me **boko lok** cabit ki cabit ma en aye odoko guti madit me kweda man (ocake i dwe ma adek mwaka ma okato nio dwe me aryo mwaka eni) gurup memba gucako boko lok ki leyo tam, nywako kit ma kwo gi obedo kwede i kare mukato ki peki ma guwok ki iyiye, yero wii lok anywaka, boko koc. Ingeye gurup gucako nywako lok me niang tyen lok ki yoo me jwiko. Gurup gunywako tela me boko lok anywaka/pe ngat acel kiken, mako dwon ki coyo coc

piny, gutimo tek ni dano weng telo ki nywako lok marom. Lukony kor ki kweda pol kare gubedo kacoko dwan ma kimako ki igin lamak dwan wek ki lok dwon magi odok lok acoya ma kwane.

Ki yubu gure kare ki kare me medo kor boko lok wek ki nywak lok me ngino gin maber ki gin marac. Man okwako gure me nywako lok kacel (FGD) ma obedo i dwe me abic, aboro ki apa wiye aryo mwaka ma okato, yako kacoke me ber beda kacel ki lucung pi gurup memba obedo idwe me abicel mwaka ma okato ki dwe me adek mwaka ni. Gure meno neno bene wii lok ma dongo i lok aboka, pwonye, ki yeyo ingo ma omyero ki tim.

Ikine ka nucu mwaka me kikweda, gurup acel acel **gutiyo ikom peko acel ma guyero ni diyo gi maloyo ikin gang** - Tam pi wa oyoer lok madok ikum lutino maweko kwan iko yoo, Namukora Integrated guyero kit me neno lok tic cing, Ribe Aye Teko gin ki Wan Acel guyero tic ikom gero ikin coo ki mon. Gu **miyo ngec ki lwak iyoo** me tuko goga, lwod, wer, ki coc onyo goyo cal kita gitimo iyi boko lok. Gu nywako lok ikin paci kun gi weko lukin gang bene gunyut ngo ma gi ngeyo wek ki nen yoo me jwiko peki man paci. Gin oyubu bene tuku odilo me miyo ngec ikin paci.

Kare ki kare i kwed man, wa bedo **kamiyo kony me pwonye me konyo dongo gi ki pwonye**. Lukony kikweda man gubedo ka goyo cim ki lugurup memba cabit ki cabit, dok gulimo gurup acel acel kare ki kare me neno kit ma gin tye kwede ki miyo kony bot gi. grurup memba bene gulimo pwonye me yot wic ikare me kacoke me ber beda wek omi ngec ki medo kor ngec

4 Lapwony ma aa ki i kweda

Lok ber bedo



Lumemba
me gurup
Ribe Aye Teko
kacel ki
lukweda

ma gi tye kwede wek gunge kit me dok onyo konyo ngat ma cwinye otu ikare me boko lok. Pe enuni keken lapwony me yoto wic bene obedo ka konyo me miyo ngec ki icim ma en goyo bot ngat ma mito konyo meno onyo kare mogo en bino ki kome ka rwate ki ngat ma mito konyo. Bulu weng gunongo pwonye ki botwa ilok kom tic ikom kuku ikin mon ki coo ki dok pwoye ikit me tuku goga ma kelo dano weng iyi tuku pe gurup memba keken meno otime ma pud peya bulu gucako tic me miyo ngec ikin paci iyi dwe me apaa mwaka ma okato. Kweda man obedo ki kare me miyo konyo me gin amata mo matitidi bot bulu icawa me boko lok cabit ki cabit weng ki konyo me lim pi konyo gi miyo ngec ikin paci ki dok kare mogo ma walwongi i kacoke calo kacoke me ber bedo ki nywako tam kacel kikweda okonyo dwoko

acara ma gin gunongo me giwot me aa ki iyi paci gi me oo kama kitimo kacoke iyiye, ki miyo lim me nongo kabutu ma opore wek gubut kama ber.

Bulu magi gutiyo ki kareni weng wek kube onyo tic ki **lwak obed yot**. Lugurup wan acel kare ki kare gubedo kalwongo lumemba me gurup mukeneni me gitor cing gulok kacel i yub me Tembo **youth radio talkshow**, pol kare gi nywako ngo ma ginongo manyen onyo gupwonyo i kare ma guloko i radio. Gurup weng gubedo ki kare me nyuto keru onyo dire me boko lok gi iyub me yaro boko lok atyee kamaleng ki lupaci mamegi, ikin gi been tye jo ma gugoyo wer ki coyo lwod wek lok me ber bedo oo ogud kom lwak mapol.

Kwayi lok ma ononge i kweda man

Kweda me **Lok Ber Bedo** ki yubu me miyo ngec ki yubu jami kacel ikin dul pa bulu ki ikin bulu ki dul pa lukwed ki lwak weng. Gin ma ki nongo kacel nyuti ni:

Boko lok kelo ni cango, winye ki kube, ki pwonye inge lweny.

Lok ber bedo onyutu tic mapol me tito lok ki medo tek cwiny ki ribe ikin bulu i nge lweny ma okato. Kwed man onyutu ni boko lok obedo gin ma pire tek me kelo kuc ki ber bedo, obedo yoo ma bulu gi niang nga ma gin gu bedo, kama tyen lok ki neno, ki yenyo yoo kit ma kwo pa dano ki yubu kwede.

Apokapoka me ngec ikin lutino kacelo ki lunyodo onyo kwari gi: Ni wok ki i boko lok, bulu gu niang ikom peko ikin rwom me ngec ki diro ma ki cwalo woko ikin yalwak, ma a ki irwenyo woko pa kabebo me boko lok macon pa kwari waa inge lweny.

Ber pa tekwaro: Ki moko ni boko lok tye yoo me kweda me tekwaro maber, kun tiyo ki tekwaro pa Acholi me boko lok kun konyo ikit me nywako tam, kelo gen, ki niang ikom jami matut, tutwale ikin bulu, kun nongo konye ikit me lweny ikom ariya me kit me kweda macon.

Kube i tam ki ni cango: boko lok okonyo ikit me kube, ni cango, ki winye ki note ikin gi. En bene okelo ni cango ki kweyo cwiny kun konyo gin ikit me tic ikom two me cwiny, lworu, ki ajiji, onyo two me wic.

Pwonye ki tic: boko lok okonyo pwonye ki tic ni wok ki nywako tam ikin lumemba igurup, tam matut, ki yenyo yoo me lweny ikom peko. Boko lok okonyo bulu me niang ki neno pi anyim ki yub pi gin ki dul me ka meg.



Gin mako dwon
me lok ber bedo
ma tye ka mako
dwon icawa me boko
lok kacel ki canduk
me gwoko jami pa
gurup.

Gin ma tiro ber bedo aye obedo kit me kwo pa ngat acel acel, onyo dano me kin paci, ki yoo me tekwaro

Lok be bedo ikin jo matino ma lweny oyelo gi nyuto tyen lok madit ma kelo ber bedo ikin gi. Jami magi nyuto yoo ki miti madit ma bulu me Acoli gimito me nongo kwo ma opore pi anyim gi.

Ber bedo lwite tye ma tut in kin paci ki kubo wat: jo matino gi neno ber bedo calo yoo me kwo calo dano adana, ki deyo, kuc, tic kacel ki bedo ki jami mamegi. Gi waco bene ber pa gang, lurem, ki kin paci me nongo ber bedo manyuto kit ma Acoli iter kwaro gi gitimo jami karacel.

Niang matut ilok kom ber bedo ikit ter kwaro ki onyo mukene ma woko: I ter dero ki ter kwaro apoka apoka matidi konyo matek mada me niang ter lok man me ber bedo ki kit ma nen kwede. Acoli neno jami magi calo jami mapire tek; lok adaa, tero jami weng maro aroma, kube me cwiny, winye alwak, gwok, woro jo ma otegi tiro wii jo matino ikit me niang lok ber bedo. Apoka apoka ikin miti me ter kwaro ki jami mukeneni yenyo yoo weng me nongo ber bedo.

Ber bedo obedo yoo me neno ni ki yenyo kit me kwo ki bedo dano ma anyim ne tye: Jo matino ki neno ber bedo calo okube ki lok me pwonye, ki yoo kwo, kacel ki bedo ki ngom calo jami dong pire tek loyo weng pi tyen lok me dongo. Ngec ki diro bene pire tek pi dongo pa ngat acel acel ki kacel ki lwak. Bulu gubedo ki kare nyuto miti me tic ikom peki, gwoko gang ki dong konyo pac ikin gang.

Kero me kwo ki gen pi gi tek iyo me neno kit me ber bedo: Kadi bed peki tye, bulu onyuto kero me ciro, ngeyo tic ki keroni, ikin paci ki ter kwaro me yenyo yoo me ber bedo, winye ki boko lok, kacel ki boko lok ingo ma ngat acel okato ki iyiye ki tam pa luwotgi onen calo gin mapire tek me lweny ikom peki. Nwako lok oweko moko tam yot ki gen pi anyim.

Yoto wic ki kanyo kiniga iyoo maber obedo lanyut me ber bedo: Ber Bedo okwako yoo weng me bedo maber. bulu gineno ni ber bedo mako jami macalo yoto wic ki jwiko kiniga, weng gukube kacel ki bedo agonya ki cwiny ma pye. Bulu guloko matek i lok kom ber pa bedo ikuc, yomcwiny ki dong bedo agonya piri keni ki lwak mukeneni eni gunenoni weng ber bedo.

Bulu ma i Acholi inge lweny gi tye ka kato ki i jami mapol ma yelo ber bedo

Bulu ma i Acholi gu kato ki i peki ma gengo gin limo ber bedo. Tekwaro, jami ki tic ma kelo lim. Kit kwo pa dano, ki kit me tam in wic oloko kit me kwoi ma bulu i kit yoo me yenyo ber bedo ikin mede me rweny pa kero ki teko.

Ajiji ki rwenyo dano: Bulu gu tute ki rweny pa lunyodo gi, Lu megi gi ki omegi gi, onyi wadi gi i kare me lweng ki rwenyo pa kwan ki gen ikare me Corona. Tute ki ajiji, arem me cwiny ki peko me lim ogengo bulu woko ki kero me limo ber bedo, kun balo kit me kwo.

Rwenyo yoo me kwo ki kony: Agenga genga ikit me limo kwan, yoo kwo, ki ngom ogengo yoo me nongo jami mu romo pi ngat acel acel kit bedo ki tam me cobo jami. Kube ma goro i gin lwak oweko bulu labongo kony ki ma pire tek. Bulu mogo ki waco ni gi tuku karata onyo pool ki bene gi tiyo ki kongo onyo jami mogo me cwalo kare ki winyo agonya.

Yele me yoto wic: Bulu gu nyutu ni gi kato ki two cwiny ki tam ni wok ki lok calo "tam mapol," onyo "cwinya pek", nyutu niang me tekwaro ikom yoto me wic. Kwaiy peko ni pe ki niang iyi maber ma twero kelo kit me lwo, me cimo tok, lingo ki bedo ken ken ci be weko peko ma bulu kato iyi bedo marac tutwal.

Bulu me Wan Acel ikare ma gitye ka tuku Goga i lok kom tim gero ikin coo ki mon.



Tekwaro ki kit me wat ikin dano: Miti ikit me tekwaro ki jami ma woko okelo lanywen ikit dano, wat ikin dano. Tele eni omede ni wok ki inyom con ki bedo lunyodo ma pwod dano tino, ki wleny ma ikine tye tim gero ikom mon ki coo ki tele pe ngom.

Tic ma bulu aye telo me miyo ngec ikin paci ma rwate ki lapeny ki pwoc

Bulu guyabo gurup ki tyen lok me cobo peki kacel ki luwotgi. Kadi bedi tic pa bulu man miyo mural matek, yomcwiny ki awaka, tic pa lutino eni ki tela gi gucomo ki lapeny madwong jemo ikom tic gi.

Loc ikin paci: Lukin gang gi tye ki neno ma lapiny ikom bulu, weko pol kare kineno gi cal joo ma pigi pe tego ki cac dwong ikom jami ma gitimo. Lutela mukene gipeny wigi ngo ma bulu eni twero timone onyo ikare ma bulu gulwongo kacoke ikin paci onyo me miyo kero boti wek gi nywak lok ikin paci onyo bene penyo wigi ni nga ma omiyo tero ki bulu man me cako poko kado, cabun ikin gang. Mukene tye ki awaka ikom lutinogi dok bene gukonyo kor gi cuko cwiny, miyo kero, pwoyo gi ki rweyo lwak.

Boko lok ki nywako tam: Tuku goga ma kelo pwony ki yoo mukene me yomo cwiny dano oweko nywako tam ikin paci odoko yot ento mito diro me dorone ki ngiyo kore maber. Lukin gang gupwoyo gurup pa bulu pi tic ki nyuto goga oweko nywako lok odoko yot dok kelo lok kamaleng weko nongo yoo me tic ikom peki yot. I ngeye, lugurup kibedo kalwongogi me miyo kony me pwoyo bulu luwotgi, ribo lwak ma ongo wnye pe ki dok yubu tuku pi anyim.

Timo tic kikomi: Macalo lukweda, wanyuto yoo madwong ki bulu ma giromo tic kwede calo yoo me boko lok ma megi, weko niang ter lok doko yot. Ki bot lutela ma ikin gang ki lumemba mukene guneno kweda man calo pwony ma pe tiro bulu atii dok guneno calo aloka loka ki lelo obi bedo bot lukweda aye mapat ki bulu ci man nongo weko bulu pe obi niang kero mameg gi ki anyim gi. Gurup gucwako yoo man me boko lok kun nongo inyuto anyuta dok gutiyo kwede bene ikin paci me yaro ngec. Man omiyo kero botgi ki bedo ngat ma romo timo jami pire kene calo gin mamege.

Kit ma aloka loka obedo kwede i Lok ber Bedo

Adwogi ma rii pi kare malac me kwan onyo kwed me Lok Ber Bedo ma otime pi mwaka aceli pwod ki bi nongo anonga maber macalo pwod tic atima mogo tye ka mede anyim, ki gurup pa bulu gin tye ki miti me mede ki boko lok ingee kwed eni. Adwogi ma obino cut cut nyutu adwogi maber ma konyo ikit me kelo alokaloka in yoo mapol.

Lok Ber Bedo omedo kero me tek cwiny ikin bulu, boko lok ki tela

Tek cwiny: Bulu gu nyutu ni boko lok, jami ma gukato ki iye ki neno gi ikom yub me boko lok omedo woko kero me neni ki woro, tek cwiny ki kero me lok in ikin dano onyo inyim lwak mapol.

Ngec ki Diro: Bulu gu medo diro gi me tito ki boko lok, ki bene gu tiyo kwede ikare me kwed kun gu nyutu ikare me boko lok weng, gure me dok cen itam ikom jami ma ki loko onyo ki tiyo, ki poko pwonye yit lwak.

Par pi dano onyo Neno dano kit ma inene keni: Boko lok eni ma ki doro ni ono mito keto cwiny. Bulu gu nongo ni yub me boko lok eni okonyo gin ki diro me winyo lok maber ki paro pi dano, kit ma nongo gi bene keto kom gi irwom pa jo mukene.

Diro me tela: Doro yub me boko lok ma ki leyo aleya ni oweko lumemba me gurup gu nongo diro me tela, tutwale mon matino ma onongo con ki neno calo pe gi twero timo kodi tic ma kamenu.

Lamemba me Namukora Integrated iyi radio Tembo FM ikare ma gitye kanywako lok ma kwako bulu.



Lok Ber Bedo oyubu kit, okelo ngec, ki niango

Boko onyo tito lok: Lok Ber Bedo okelo woko tam maber ikom boko lok ikin bulu ki lwak pe me galo wang kiken ento bene me pwonye, kube, ki limo ni cango.

Yilo malo kero pa bulu: Wot me kweda eni ma kitimo

kacel, nyutu ni yilo malo kero pa bulu pe obedo kubo diro onyo jami ma mite, ento obedo medo cwiny me bedo agonya, woro, ki tic kacel ikin jo matino/bulu.

Ber Bedo: Kweda me Lok Ber Bedo onyutu ni ber bedo tye gin me tam me ryeko me wic ki yoo ma konyo kit me kwo pa bulu, ki keto woko yoo a lobo ki yub.

Peko: Keto miti ikom tim gero ikom mon ki coo oyubu kit ki ngec ikin bulu ki lwak ma gu moko mede pa niang ikom yoo mapol me gero ikom mon ki coo ki dok piny pa peko eni ikin gangi.

Lok Ber Bedo oyubu kit, okelo ngec, ki niango

Boko onyo tito lok: Lok Ber Bedo okelo woko tam maber ikom boko lok ikin bulu ki lwak pe me galo wang kiken ento bene me pwonye, kube, ki limo ni cango.

Yilo malo kero pa bulu: Wot me kweda eni ma kitimo kacel, nyutu ni yilo malo kero pa bulu pe obedo kubo diro onyo jami ma mite, ento obedo medo cwiny me bedo agonya, woro, ki tic kacel ikin jo matino/bulu.

Ber Bedo: Kweda me Lok Ber Bedo onyutu ni ber bedo tye gin me tam me ryeko me wic ki yoo ma konyo kit me kwo pa bulu, ki keto woko yoo a lobo ki yub.

Peko: keto miti ikom tim gero ikom mon ki coo oyubu kit ki ngec ikin bulu ki lwak ma gu moko mede pa niang ikom yoo mapol me gero ikom mon ki coo ki dok piny pa peko eni ikin gangi.

Lok Ber Bedo onyutu kero /teko me yub me kwed ma bulu aye telo

Bedo ki twero ki teko: Ki keto bulu calo lukweda ki luyub ngec, lok ber bedo obalo woko twero ki teko macon me ikin dano ci miyo bulu twero ikom kweda ki adwongo ma kelo iwer, lwod ki yub ma pat pat.

Yub ki yoo me tic: Gurup pa bulu gu yubu ki bene gu timo yub mapol me cobo onyo lweny onyo ikom peko ma bulu kato iye in gin paci. Yub eni ki romo tic kwede me gwoko adwogi me kwed ki lweny ikom peko mukene ma bino anyim.

Alokaloka: Lok Ber Bedo onyutu teko me alokaloka ma bino ki iyub ma bulu aye doro, kama bulu gi nongo teko ki kero me bedo jo ma kelo alokalokame ber bedo, kuc, ki riyo tal ikin dano.

Bulu gutiyo ki lok ber bedo me jingo wat ki konye ikin gi

Kube ikin gurup memba: Yoo me boko lok okonyo moko gen ikin gurup memba, note kacel ki konye ikin gi, keto kero matek pi med pa gurup iyi anyim kitic mamegi, konyo gurup memba wa ki kilwak ma ikin paci.

Kube ki lwak ma ikin paci: Tic pa bulu ikin paci imiyo

Lamemba me Tam Pi Waa ikare ma tye ka wero wer me lok ber bedo.



ngec ki kony omedo mako wat matek ikin gurup ki lwak ma ikin gang. Bulu gucako nen dong ikin gang, gen odugo ikom gi ki woro bedong odugo ikom gi.

Kube ki jo ma otegi ki lutela: Bulu gucako nongo woro ki bot jo ma otegi ki lutela ma ikin paci waa i sub county ki distrik ma bene dong weko bulu romo cako nongo kony, diro ki dong rwako gi yub pa gamente, moko cik ki miyo tam bedong ki yer miyone botgi.

Lok ber bedo obedo calo yoo acel me kikweda,yub ki kwo me kare ducu

Yoo acel me kikweda ki yub: Lok ber bedo kita giyubu kwede kigin tice giromo medone dugu malac- manongo ribo boko lok, nywako lok, ki tam matut pi wii lok mukene ikin paci ma iyi uganda onyo makato.

Boko lok pi kare weng: macalo adugi me boko lok ma nyako nyige, gutine cung ikom kit ma kitimo kwede, boko lok ki tam matut odoko kit pa bulu kare weng ikit me dok ikom peki ma okemo bulu.

Medone pi anyim ki tam ma beco



Lok ber bedo omedo kero pa bulu iyi kitgum distrik, oketo gidi matek pi medo dongo pi anyim. Bulu gumede ki tic gi majwi calo pur, bol icup, lok iyi radio, boko lok ki nywako lok ikin paci ki dong tuko tuko me rwenyo tam ma raco ki ajiji. Magi aye tam mabeco ma obikonyo weko tic pa buluni mede cito anyim, kelo adugi, ki dong neno ber bedo makato kweda man:

Gangi, gurup,jo ma otegi lutela ter kwaro ki dong lwak ma ikin paci weng

- Keto bokolok ikin tic wa ikare ducu,neno aloak loka ma kelo pi kube, moko gen, neno lawoti calo inene keni,pwonye, niang ki nywako neno.
- Medo kero me timo tic ki kom, gwoko tam wa ki dong bedo ki diro me cwako tic pa bulu, tela ki ber bedo pi dongo kacel

Lutic me sub county ki distrik

- Miyo kony iyi yub pa bulu ki miyo lim,purojek, ki yoo mapat pat me moko tam bot bulu, dongo kin paci,kelo kuc ki ber bedo.
- Rwako boko lok ikin yub me yot kom, tic me kelo kuc ki ber bedo, cwako yub pa bulu ki loc icing lukin paci

Dul ma pe jenge kom gamente

- Tic ki yoo weng, diro, kube ki tic kacel me konyo mede ki boko lok anyim
- Konyo miyo lim bot bulu, meto kero, konyo kube and ki pwoye ikin gin bulu pi medo ngec, dongo ki bedo ki gen

Lumok cik

- Neno boko lok calo gin mapire tek makonyo tic kacel, neno cik ki yub pi konyo yubu kwo inge lweny ki neo yoto kom.
- Keto medo kero pa bulu calo gin mapire tek, medo ngeyo piny ki dong medo kero me miyo kony bot lwak mameggi.

Omii kony ki lukwan

- Miyo kony me medo kero pa lok ber bedo yoo ma okwanyo weng kelo bulu kacel ki lwak me iyi kin paci, neno wii lok, yoo mene me dongo diro, maro tic ki dong yaro kamaleng kikweda man.
- Keto kikweda ki medo kkero bot lukweda kacel ki lwak me ter dero yoo weng boko lok iyi tic me kelo kuc, yoto kom ki dongo lobo iyoo mapat pat

Agiki ne

Purojek me Lok Ber Bedo onyuto kero ribe iyi kikweda kacel ki bulu, kun nyuto kamaleng ber pa tic kacel, bedo ki gen, nyayo boko lok, lwodo kor tic ki tic kacel. Wa tye ki gen ka kiketo itic yoo ma yam Acoli nywako kede ngec me kwedo ber bedo, ikit pa Acoli, ci wa bi twero keto guti matek pi neno adugi pakikweda man ma nyuto adaa kamaleng, miti ki neno pa bulu ma guwok ki lweny ilobo pa Acoli.



Miyo Pwoc

WWa cwalo pwoc madit but lumemba me dul pa bulu me Namokora Integrated Youth Association ki Ribe Aye Teko, Tam Pi Waa ki gurup pa bulu me Wan Acel ma gi obedo iyub me kwan onyo kwed me Lok Ber Bedo. Wapwoyo miti gi ki bedo agonya ki miyo cawa ki kare gi i nywako jami ma gu kato iye, peko ki gen ki luwot gi ki wan ki keto cwiny me loko kwo gi ki pa lwak.

Pwoc madit cito bot lutela me district ki sub county, lutela gin gang, lutela tekwero ki Lutela dini ki lwak weng me jolo tam eni me Lok Ber Bedo ki konyo dul pa bulu eni. Wa pwoyo bene jo maloyo ki kweda i Uganda (Uganda National Council for Science and Technology, Lacor Hospital Institutional Research Ethics Committee and Liverpool School of Tropical Medicine), me neno ki yer kit yoo me tic wa.

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