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[ Jaamacadda Folk ]

FATIMA2

Manhajka safiirada  
da'da yar ee  
xuquuqul insaanka  
iyo sinnaanta

[FATIMA2\_Module 3.3 ]



*FATIMA 2: Förebyggande av hedersrelaterat våld och förtryck mot kvinnor genom projekt med social påverkan och ömsesidigt lärande som leds av unga män  
Ref. 101095877*

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## Module 3.3 Mashaariic saameyn bulsho leh

HAGAHA isticmaale

### **Nuxurka:**

Ujeedooyinka waxbarashada, Cutubka 1: Qodobbada muhiimka ah ee mashruuca saameynta bulshada

**Mawduuca 1: Qeexida iyo walxaha muhiimka ah ee mashaariicda saamaynta bulshada**

**Mawduuca 2: Bixi tusaalooyin gaar ah oo ku saabsan mashaariicda saamaynta bulsheed ee ku xidhan da'yarta**

Hawsha 1: Abuurka isbeddelka ka dhanka ah xadgudubka sharafta laxidhiidha, qaybta 1: Hel aqoonta aasaasiga ah ee ku saabsan sida loo qaabeeyo mashruuca saamaynta bulsheed.

Ujeedada waxbarashada, Cutubka 2: Horumarinta mashruuca

**Mawduuca 1: Dejinta mashruuc saamayn bulsho leh**

**Mawduuca 2: Isticmaalka habka ka qaybqaadashada ee horumarinta mashaariicda bulshada**

Hawsha 2: Abuurka isbeddelka ka dhanka ah xadgudubka sharafta laxidhiidha, Qaybta 2: Dalbashada natiijooyinka waxbarasho ee muhiimka ah ee Safiirka da'da yar CV ee mashaariicda saamaynta bulshada.

### **Sharaxaad:**

Habkani wuxuu ujeedadiisu tahay in la siiyo danjirayaasha da'da yar qalab ay ku fahmaan oo ay naqshadeeyaan mashruuca saameynta bulshada. Qaybta kama dambaysta ahi waxay higsanaysaa in lagu dhiirri-geliyo ku-dhaqanka xirfadaha laga helay fadhiiyadii hore ee tababbarka si loo naqshadeeyo mashaariicda kor u qaada isbeddelka bulshooyinka dhexdooda, iyadoo si gaar ah diiradda loo saarayo arrimaha la xidhiidha rabshadaha ku salaysan jinsiga iyo rabshadaha sharafta la xidhiidha.

### **Talooyin:**

- In kasta oo mawduucyada cutubkan ku jira ay la socdaan qaybo kale oo tababar ah, waxa lagu talinayaa in la dhammaystiro cutubkan sidii ka ugu dambeeya. Taladani waxay ka timid ujeeddada cutubka ee ah in lagu dabaqo natiijooyinka barashada muhiimka ah ee cutubyadii hore ee tababbarka ee mashaariicda saamaynta bulshada.
- Si loo baro fikradaha aragtiyeed ee ugu muhiimsan ee ku xiran mashaariicda saameynta bulsheed, waxaan kugula talineynaa inaad isticmaasho iyaga oo isticmaalaya xeeladaha wax barasho ee ku jira cutubka **Eray bixinta** .

- Tababarayaasha waxaa sidoo kale lagula talinayaa in ay ka soo ururiyaan meelaha ay xiiseeyaan ka qaybgalayaasha iyo fikradaha qaybihii hore ee tababarka si ay u hagaan doodaha saamaynta bulshada ee la xidhiidha mawduucyadan. Habkani wuxuu ujeedadiisu tahay in la kordhiyo dhiirigelinta si loo fuliyo hawsha oo loo ekaysiiyo mashaariicda "waaqiciga ah".
- Ugu dambeyntii, tababarayaasha waxaa lagu dhiirigelinayaa inay bixiyaan dulmar ku saabsan sida si firfircoon loogu hirgeliyo mashruuca xaaladdooda, oo ay ku jiraan ururada ama la-hawlgalayaasha mustaqbalka, ilaha maalgelinta iyo soo jeedinta kale.

### Sooyaalka aragtida ugu weyn

- **Saamaynta bulsheed** : Saamaynta bulsheed waxay ujeedadeedu tahay inay abuurto isbeddel wanaagsan oo bulshooyinka heer maxalli ama caalami ah. Kooxaha u ololeeya saamaynta bulsheed waxay tixgeliyaan saamaynta dadaalkoodu ku leeyahay bulshada ku xeeran.
- **Mashruuc** : Mashruuc waa hawlo taxane ah oo loogu talagalay in lagu gaaro yoolal si cad loo cayimay oo lagu gaarayo waqti cayiman iyo miisaaniyad gaar ah <sup>1</sup>.

Mashruuca waxaa ka mid ah:

- a) Si cad loo aqoonsaday daneeyayaasha, oo ay ku jiraan dhagaystayaasha bartilmaameedka koowaad iyo ka faa'iidaystayaasha ugu dambeeya.
  - b) Qabanqaabada si cad loo qeexay ee isku xidhka, maaraynta iyo maalgelinta.
  - c) Nidaam korjoogto ah si loola socdo laguna daba galo fulinta iyo in lagu taageero maamulka mashruuca.
  - d) Mashruucyada sidoo kale waa inay noqdaan kuwo macquul ah, taas oo macnaheedu yahay in ujeedooyinka lagu gaari karo xadka deegaanka shaqada iyo iyada oo la adeegsanayo awoodda ururka fulinta.
  - e) Mashruucyadu waa inay ka jawaabaan dhibaatooyinka dhabta ah ee ka-faa'iideystayaasha waxaana fiican in la helo lammaane ku habboon si loo gaaro ujeedooyinka: **isku xirnaanta gudaha**
- **Maareynta wareegga mashruuca** (PCM, oo ka socota Eng. *Maareynta Wareegga Mashruuca*) waa wadarta guud ee hawlaha maaraynta iyo go'aan qaadashada la isticmaalo inta lagu jiro wareegga nololaha ee mashruuca. PCM waxay gacan ka geysataa hubinta in mashruucyadu ay khuseeyaan istiraatiijiyad lagu heshiiyay iyo dhibaatooyinka kooxaha la beegsanayo.

<sup>1</sup> [https://international-partnerships.ec.europa.eu/funding-and-technical-assistance/guidelines/managing-project\\_en#:~:text=A%20project%20is%20a%20series,group%20and%20the%20final%20ka%20faa'iidaystayaasha](https://international-partnerships.ec.europa.eu/funding-and-technical-assistance/guidelines/managing-project_en#:~:text=A%20project%20is%20a%20series,group%20and%20the%20final%20ka%20faa'iidaystayaasha)

**Qaybaha ugu muhiimsan ee qaabka PCM:**

- 1) Barnaamijaynta
- 2) Aqoonsiga
- 3) Samaynta
- 4) Hirgelinta
- 5) Qiimaynta
  - Qiimaynta ka dib wakhtiga nasashada
  - Qiimaynta kama dambaysta ah

**Waxaad ka heli kartaa macluumaad dheeraad ah oo ku saabsan PCM halkan:**

[https://international-partnerships.ec.europa.eu/system/files/2023-12/methodology-aid-delivery-methods-project-cycle-management-200403\\_en.pdf](https://international-partnerships.ec.europa.eu/system/files/2023-12/methodology-aid-delivery-methods-project-cycle-management-200403_en.pdf)

<https://op.europa.eu/it/publication-detail/-/publication/58c406ab-f247-47df-8d77-a7b003e00faf>

**Tusaalooyinka mashaariicda saamaynta bulsho leh**

- Dhallin-yarada talyaaniga ah ee saamaynta leh <sup>2</sup>waxay ka hadlayaan ragga sunta ah iyagoo isticmaalaya tiyaatarka: <https://www.instagram.com/eterobasiche?igsh=czdhcHoyajNwc3ph>
- Qaabka UNICEF ee Safiirada Dhallinyarada ee Talyaaniga: <https://www.instagram.com/ureportonthemove?igsh=MWZ0dGZyYnZxZncxNg==>  
Dhaqdhaqaaqyada isboorti ee ka soo horjeeda cunsuriyadda ee uu hoggaamiyo Arci Bologna: <https://arcibologna.it/giochi-antirazzisti-2023/>

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<sup>2</sup>Saamaynuhu waa qof caan ah oo isticmaala shabakadooda taageerayaashiisa ee warbaahinta bulshada si ay ula xiriiraan fariin gaar ah, kor u qaadaan badeecad ama calaamad.

## UJEEDOYINKA BARASHADA

	Mashaariic saameyn bulsho leh	Ujeedooyinka waxbarashada		
		Aqoon	Xirfado	Mawqifyada
1	<b>Qalabka lagu horumarinayo mashruuc saameyn bulsho leh</b>	Ka dib marka ay dhameeyaan cutubka, ka qaybgalayaashu waa inay awood u yeeshaan inay...	Ka dib marka ay dhameeyaan cutubka, ka qaybgalayaashu waa inay awood u yeeshaan inay...	Module-ku wuxuu higsanayaa inuu horumariyo dabeecadaha soo socda:
1.1	<b>Qodobbada muhiimka ah ee mashruuca saameyn bulsho leh</b> <ul style="list-style-type: none"> <li>• Qeexida iyo walxaha muhiimka ah ee mashaariicda saamaynta bulsho leh.</li> <li>• Tusaalooyinka mashaariicda lagu guulaystay si wax looga qabto arrimaha xuquuqul insaanka ee la midka ah.</li> <li>• Sii tusaalooyin gaar ah oo ku saabsan mashaariicda saameynta bulsheed ee ku xiran dhalinyarada.</li> </ul>	<ul style="list-style-type: none"> <li>• Baro waxa uu yahay mashruuca saamaynta bulsheed, qodobadiisa muhiimka ah iyo habka uu u shaqeeyo.</li> <li>• Hel aqoonta aasaasiga ah ee dhibaatooyinka iyo caqabadaha ka shaqaynta mashaariicda saamaynta bulsho.</li> <li>• Bixi tusaalooyin mashruucyo guulaystay si wax looga qabto arrimaha la midka ah ee xuquuqul insaanka.</li> </ul>	<ul style="list-style-type: none"> <li>• Horumarinta kartida fekerka muhiimka ah si loo falanqeeyo waxtarka mashaariicda bulshada</li> <li>• Dhibaatooyinka feejignaanta inta lagu jiro horumarinta mashruuca.</li> <li>• Falanqee sida mashaariicda leh saamaynta bulsho ay gacan uga geysan karaan kordhinta wacyiga bulshada ee xadgudubka ku saleysan jinsiga iyo rabshadaha la xiriira sharafta.</li> </ul>	<ul style="list-style-type: none"> <li>• Samee fikirka muhiimka ah ee ku xeeran isbeddelada bulshada ee la xidhiidha rabshadaha sharafta la xidhiidha.</li> <li>• Horumarinta aqbalaadda bulshada ee isbeddelka ka dhanka ah xadgudubka sharafta la xiriira.</li> <li>• U furfurnoow hal-abuurnimada iyo hal-abuurka.</li> <li>• Aqbalaadda caqabada ah in isbedel lagu sameeyo bulshada.</li> <li>• Sii wad dhiirigelinta.</li> </ul>
1.2	<b>Horumarinta mashruuca</b> <ul style="list-style-type: none"> <li>• Qorsheyso mashruuc saameyn bulsho leh.</li> <li>• Isticmaalka habka ka qaybqaadashad a horumarinta mashaariicda bulshada.</li> <li>• Sii tusaalooyin gaar ah oo ku saabsan mashaariicda saameynta bulsheed ee ku xiran dhalinyarada.</li> </ul>	<ul style="list-style-type: none"> <li>• Baro tillaabooyinka aasaasiga ah ee naqshadeynta mashruuca saameynta bulshada.</li> <li>• Faham muhiimadda ay leedahay baahiyaha bulshada oo saldhig u ah mashaariicda.</li> <li>• Aqoonso agabka iyo iskaashiga la heli karo si loo taageero mashaariicda.</li> </ul>	<ul style="list-style-type: none"> <li>• Horumarinta xirfadaha si aad u abuurto, u lafa-gurto ugana dhex gasho mashaariicda saamaynta bulsheed .</li> <li>• Samee qorshe mashruuc ay ku jiraan yoolal, waxqabadyo iyo waqti go'an.</li> <li>• Kobcinta xirfadaha shaqada kooxeed iyo bulshada .</li> <li>• La kaasho ururada maxaliga ah (ururada,</li> </ul>	<ul style="list-style-type: none"> <li>• Xooji hogaamiyaasha dhalinyarada adigoo dhageysanaya fikradahooda.</li> <li>• Samee sawir wanaagsan oo ku saabsan awoodda ay u leeyihiin inay beddelaan bulshada si ay u difaacaan xuquuqda aadanaha.</li> <li>• U fiirso muhiimadda ay leedahay iskaashiga iyo la</li> </ul>

		<ul style="list-style-type: none"> <li>Ku xidh fikradaha muhiimka ah ee la helay intii lagu jiray barnaamijka tababarka qaab dhismeedka mashruuca saameynta bulshada.</li> </ul>	dugsiyada, iwm.) si aad u hesho taageerada lagama maarmaanka u ah horumarinta mashruuca.	wadaaga kheyraadka ururada kale iyo daneeyayaasha.
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## HAWLAHA

### A3.8 Abuurka isbeddelka ka dhanka ah xadgudubka sharafta la xiriira











Magaca hawsha	<b>Abuurka isbeddelka ka dhanka ah xadgudubka sharafta la xiriira</b>
Hadafka	<ol style="list-style-type: none"> <li>Hel aqoonta aasaasiga ah ee sida loo diyaariyo mashruuc saameyn bulsho leh.</li> <li>Ku codso natiijooyinka waxbarashada muhiimka ah ee Danjirayaasha da'da yar CV ee mashaariicda saameynta bulshada.</li> <li>Kor u qaadida abuurista wadajirka ah ee mashaariicda saamaynta bulsheed si looga hortago rabshadaha la xiriira sharafta.</li> </ol>
Sharaxaada	<p>Hawsha waxbarasho waxa si gaar ah loogu talagalay in lagu caawiyo dhalinyarada horumarinta aqoonta, xirfadaha iyo hab-dhaqanka looga baahan yahay si ay u abuuraan mashaariic saamayn bulsheed kuwaas oo wax ku ool u ah kor u qaadida wacyiga rabshadaha la xiriira sharafta. Hawshu waxa loo qaybin doonaa 3 qaybood:</p> <ol style="list-style-type: none"> <li><b>"Dhul-beereed" mashruuc bulsho</b> <b>Waqtiga: 15 daqiiqo</b> 1.1. Sharaxaada qaybaha ugu muhiimsan ee mashruuca bulshada.</li> </ol> <p><b>Nuxurka:</b> Marxaladda naqshadaynta mashruuca bulshada, ka qaybgalayaashu waa inay bartaan inay ka jawaabaan su'aalaha aasaasiga ah si ay u abuuraan waxqabad, tusaale ahaan: <i>Maxaan rabnaa inaan sameyno? Maxaynu rabnaa inaan tan samayno? Maxay yihiin yoolalkayada mustaqbalka dhow iyo kuwa fog? Halkee ayaan ka qaban karnaa? Sideen rabnaa inaan sameyno? Goorma ayaan rabnaa inaan sameyno? Ma agabyo kale ayaa loo baahan yahay (tusaale, dhaqaale, bulsho, iwm.)?</i></p> <p>Waa lagama maarmaan in la sharaxo muhiimadda ay leedahay dhismaha mashruuca muddada dheer iyo dhibaatooyinka ugu muhiimsan, caqabadaha, iyo ilaha la xidhiidha dhiirigelinta iyo dhacdooyinka lama filaanka ah ee ku xiran mashruuca. Waxaa muhiim ah in la tilmaamo in mashruucyadu ay ka soo bixi karaan fikradda asalka ah laakiin ka dib, iyada oo ku saleysan baahida, u kobcin iyo isbeddel ku yimaada macnaha guud.</p>



Tababaruhu waa inuu ku ridaa nuxurka ugu muhiimsan ee la baray intii uu socday tababarku sanduuqyo kala duwan sida nuxurka si loo fuliyo hawsha.

**Sida loo sameeyo :** Markaad sharraxayso qaybaha kala duwan ee aasaasiga ah ee mashaariicda saameynta bulshada, waxaan kuu soo jeedineynaa inaad bixiso tusaalooyin sax ah oo la taaban karo oo ku saabsan waxqabadyada saameynta bulshada ee dhalinyarada ku dhow waayo-aragnimadooda iyo danahooda (tusaale podcasts, TED Talks, macluumaadka laga helo saameynayaasha YouTube, dhacdooyinka dhaqanka iyo ciyaaraha, iwm.).<sup>3</sup>

Waxaan kugula talineynaa inaad dhigto erayada ( *Maxaa? Waayo? Meeday? Sidee ?* Hoos waxaad ka heli doontaa tusaale:

					
					
WHAT DO WE WANT TO DO?	WHY DO WE WANT TO DO IT?	HOW DO WE WANT TO DO IT	WHERE DO WANTO TO DO IT?	WHO IS GOING TO BE INVOLVED?	WHEN ARE WE GOING TO DO IT?
					PHASE 1 
					PHASE 2 
					N... 

**2) Abuuridda abuur mashruuca**

**Waqtiga: 30 daqiiqo**

2.1 Habka loo fuliyo hawsha:

- a) U qaybi ka qaybgalayaasha kooxo 5-6 qof ah.
- b) Si wada jir ah uga fakar mashaariicda isbeddelka suurtagalka ah ee koox kasta halkaas oo ka qaybgalayaashu ay buuxinayaan miiska "Seeds for Change" ee qoraallada ka dambeeya.

<sup>3</sup> Waxaan aaminsanahay in lammaane kastaa uu helo kheyraadka noocan oo kale ah iyadoo ku xiran waddanka. Waxaan bixinay tusaalooyin ku saabsan barnaamijyada dhalinyarada ee saameynta bulshada leh, laakiin dhamaantood waa Talyaani. Tani waa sababta aan u aaminsanahay in lammaane kastaa uu helo tusaalooyin u gaar ah.

	<p>c) Fiiro gaar ah: Waxaa lagula talinayaa in tababaruhu uu ka taageero safiirada da'da yar habka horumarinta hawsha, laakiin ma beddelo ama ma jiheeyo go'aannada kooxaha.</p> <p>d) Abuuritaanka mashruuc yar oo suurtagal ah oo saameyn bulsheed leh si looga hortago rabshadaha la xiriira sharafta.</p> <p><b>3) Horumarinta mashruuceena bulsho</b></p> <p><b>Waqtiga: 30 daqiiqo</b></p> <p>e) Soo bandhigida shaqooyin kala duwan oo ay qabteen koox kasta oo shaqo.</p> <p>f) Dood ku saabsan soo jeedinta kala duwan ee la soo jeediyay.</p> <p>g) U codeynta mashruuca loo arko inuu ku habboon yahay.</p> <p>h) Abuuritaanka jadwalka kulanka ee hirgelinta mashruuc-yar oo mustaqbalka ah oo saameyn bulsho leh.</p>
Nooca dhaqdhaqaaqa	Kooxaha shaqada
Muddada	75 daqiiqo
Meel bannaan iyo agab	<ul style="list-style-type: none"> <li>• Ku dheji qoraal</li> <li>• Boodhka ogeysiiska</li> <li>• Qalimaan calaamadeeye</li> <li>• Qalimaan</li> </ul>
Ujeedooyinka waxbarashada	<ul style="list-style-type: none"> <li>• Ogow habka naqshadaynta mashruuca saamaynta bulshada.</li> <li>• Samee qorshe mashruuc oo ay ku jiraan ujeedooyinka, daneeyayaasha, hawlaha, wakhtiyada iyo goobaha la fulinayo, iyo ilaha dhaqaalaha.</li> <li>• U soo bandhig mashruucaaga si cad oo lagu qanci karo.</li> <li>• Hel jawaab celin oo la kaasho kuwa kale si ay u horumariyaan qorshahooda mashruuca.</li> </ul>
Module	Naqshadeynta iyo horumarinta mashruuca oo leh saameyn bulsho
Xigasho	Hawshan waxa abuuray Arci Kooxda Socdaalka ee Nazionale ee mashruuca Fatima 2.