



Nzo ya masonga lunga kunungisa nge.



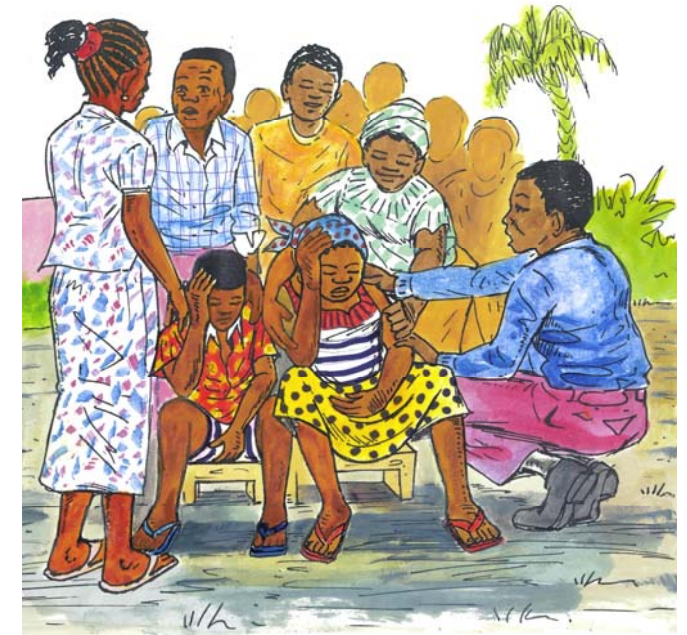
Banzila ya kulanda kana bau me lala nge Ne kingolongolo



Beno binga na Bureau Conjoint des Nations Unies aux Droits de l'Homme (MONUSCO-HCDH):

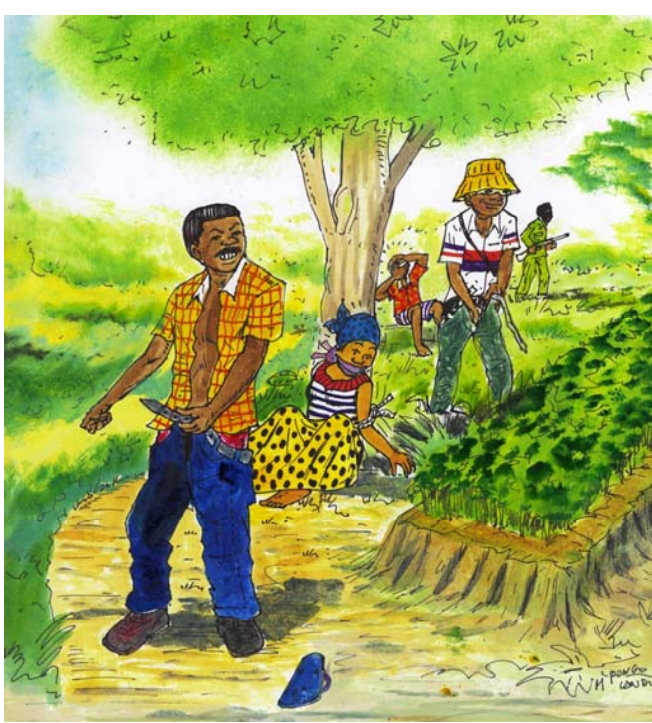
- Kinshasa: 0818907715
- Bandundu: 0997068081
- Kananga: 0818907820
- Lubumbashi: 0818907999
- Matadi: 0997068683
- Mbuji-Mayi: 0818907841

Inki nge lenda na nima ya kulala nge na kin- golongolo?

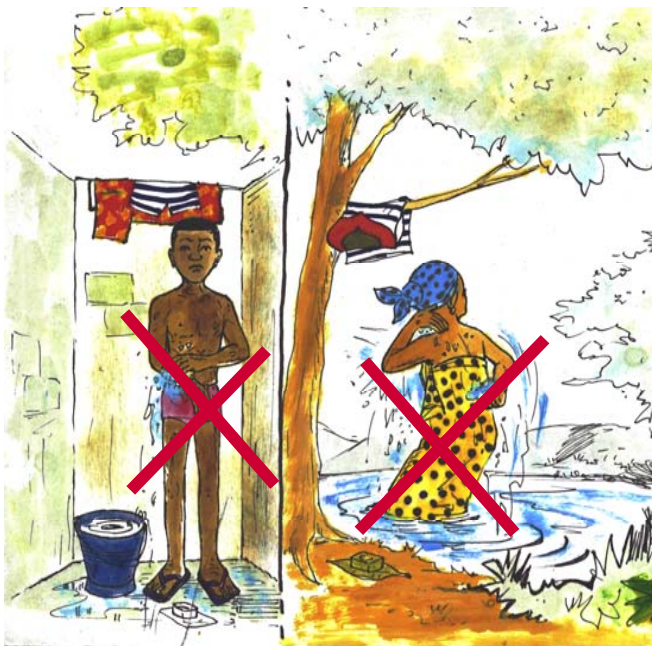


Kwenda kufunda na nzo ya in-
zonzi ya mbulamatadi!





Ata inki mpila ya makambu yina ya kulala nge na kingolongolo, nge ndimaka yo ve.



Kuyobila ve na nima ya kulala nge na kingolongolo.



Bumba bilele yina ya nge luataka na tangu ya bo lalaka nge na kingolongolo..



Kwenda ntinu-ntinu na lupitalu to na nzo ya munganga ya penepene sambu bo sansa nge. Songa bo na kusadila nge mukanda yina ke songa nde bo me lala nge kingolongolo. Sambu na kibika kuyindula mingi, beno lenda lenda malongi na inzo yina ke waka bantu ya bo me lala na kingolongolo.



Nge fwete kubuya na kumanisa makambu yina na nsiku ya bambuta.



Kwenda na kimvuka mosi yina kele na kisika yina ke pesaka lusadisus na yina me tala kuzitisa ban-siku ti ba inswa ya muntu.



Funda mambu yina nswalu nswalu na leta.