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HALIUZWI

JANUARY - MARCH 2020

femina

UZA, NUNUA,
MTANDAONI

SAFETY IN
CYBERSPACE

SOCIAL MEDIA
INFLUENCERS

TANGA

Jifunze Jipange Wajibika

NMB
WAJIBU
SAVINGS

KWELI NI BORA
KUCHELEWA KULIKO
KUKOSA KABISA! MPANGO
WA ELIMU YA FEDHA YA
WAJIBU UMETUFUGUA
WENGI!

KABISA!
NA SASA KILA
MMOJA WETU
AMEDHAMIRIA
KUWEKA
AKIBA



JAMANI HAWA
WAHAMASISHAJI
WA MASUALA YA FEDHA
KUTOKA HUKO NMB
WAMETUSAIDIA
SANA!

AAAH! TENA
UMENIKUMBUSHA!
YAANI WATOTO WETU
WANAZIDI KUWA MAKINI
NA WANAEPUKA SANA
MATUMIZI MABAYA
YA FEDHA



TAZAMA
NI MWISHO WA
MWAKA, MIMI HAPA
NAENDELEA KUWEKA
AKIBA KWA AJILI YA
MADAFTARI NA SARE
ZA SHULE. JANUARI
SINA PRESHA
KABISAA

MAMA
UHURU!, NMB
WAMETUTOA
GIZANI.



MWAKANI
NAINGIA LA SABA
HIVYO NAENDELA
KUWEKA AKIBA KWA
AJILI YA KUNUNUA
VITABU ZAIDI ILI
NISOME NA KUPAULU
VIZURI MITIHANI
YA MWISHO



NI VIZURI
KUENDELEA NA
UTARATIBU HUU WA
KUJIWEKEA AKIBA
MAANA INATUPA UTAYARI
WA KUKABILIANA NA
MAHITAJI MADOGO
MADOGO PINDI
TUWAPO
SHULENI

NI KWELI
BABA UHURU
HII NI UKUMBUSHO
KWA SISI WAZAZI NA
WALEZI KUWEKA AKIBA
KWA AJILI YA MAISHA
YA WATOTO WETU
YA BAADAE



MWANANGU
JOHARI ALIPOKUJA
NA LENGU LA KUNUNUA
BAISKELI NILIDHANI
HATAWEZA KABISA LAKINI
ALIPOFANIKISHA AZMA
YAKE ALINIFUNGUA AKILI
NA NIMETHIBITISHA
KUWA KWELI HABA
NA HABA HUJAZA
KIBABA

KWANI
KESHO YAO
NI JUKUMU HIVYO
TUMEONA UMUHIMU
MKUBWA WA HII
PROGRAM KWA
WATU WOTE



CHOCHOTE KIDOGO UNACHOKIPATA
UNAPASWA KUWEKA AKIBA, AKIBA
HAIOZI, AKIBA NI MUHIMU KWA
MAISHA YA BAADAE NA NI VEMA
KUTAMBUA MAHALA SAHIHI ZAIDI
PA KUWEKA AKIBA. KWA PAMOJA
TUENDELEE KUJIFUNZA, TUJIPANGE
NA KUWAJIBIKA.



HAPPY NEW YEAR!!!!

Today the Internet and Social Media are transforming the world, we are all connected and live in a global village!

Everyone wants to have a smart phone, with it you open your window to the digitalized world. At a click of your finger you can access oceans of information, entertainment and social networks. It's hard to realize that a few decades ago, there were no computers, no internet, no smartphones! Science and technology have completely changed the way we do things, access information, communicate, send and receive news, take pictures, engage with others and even the way we manage our money!

In this Fema issue we browse the internet and social media and explore when it can help us access information and entertainment or distract and expose us to harm!

Our cover story features two young influencers, Getrude and Sylvia, who are making social media work for them, building their social activism and careers. Getrude is a writer and innovator, who has made a name for herself creating Apps. Sylvia is a 'slay queen', with social engagement. Both of them are passionate about girls' rights and have many followers on their Instagram accounts. Read more and learn how they do it!

There are also careers and money to be made online! You can google your way to knowledge about how to set up a business in a certain sector or make money transactions. In Ruka Juu we look at all the clever tricks Mary used to help start and maintain a successful online clothing business using her Instagram account!

Meet Said Hozza in our back Cover story, an aspiring engineer who while at school became a promising innovator in mobile phone technology! The opportunities in our digitalizing world are so many!

But it is undeniable that social media and the internet can also be an unsafe space. Like any sector, it is regulated by a Cyber Law. You need to be aware of what you can and cannot do, so you don't do something illegal. Who do you talk to and who talks to you? What kind of content do you post and upload? Read more on the Lifeskills pages and in the ChezaSalama section, where we explore the risks you can encounter while navigating the social media territories, and what you need to do to keep safe!

The future for Fema magazine is also online, so make sure you find out more about Femina's website, Facebook account, Instagram and Twitter. We are already out there, part of the World Wide Web!

Happy Reading!



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Follow

Wenye ushawishi mtandaoni

NA SEKELA YONA MWAIPAJA

Getrude na Sylvia ni wanadada wawili amazing ambao wanaitumia mitandao ya kijamii kwa faida. Wamejizolea followers kibao! Wana ndoto nyingi tu, ikiwemo kuwa mfano wa kuigwa. Wanataka kuchochea mabadiliko na wanaamini katika utetezi wa haki za mtoto wa kike. Wanataka wasichana wengine wahamasike na kujifunza kutokana na mafanikio yao. Urafiki wao ulianza kwa 'kubofya', wakawa marafiki kwenye mitandao ya kijamii na kila mmoja akavutiwa na kazi za mwenzake. Siku moja walialikwa kwenye tukio fulani, wakakutana live kwa mara ya kwanza na tangu wakati huo wamekuwa ni marafiki wasioweza kutenganishwa!! Mitandao ya kijamii inakutanisha watu!

Mvumbuzi wa App

Getrude (22) ana akaunti ya *Instagram* yenye *followers* zaidi ya 16,000. Pia amevumbua *Apps* mbili. Anatumia akaunti yake kama jukwaa la kuonesha kazi zake binafsi, maisha yake na mambo anayoyaamini. Anapost mambo mazuri kila siku, hicho ndicho *followers* wake wanachokipenda. Akaunti yake ni uthibitisho kwamba huhitaji kupost picha 'chafu', udaku, wala habari za uongo ili kujipatia *followers* wengi.

Getrude anazungumza kwa kujiamini anapoelezea makuzi yake huko Iringa. Amesoma katika shule za kawaida za umma na alianza kazi yake ya uanaharakati kabla ya kuja Dar es Salaam kuanza chuo. Tangu akiwa mdogo aliamini kwamba wasichana wanaweza kuwa chochote wanachotamani kuwa. Hivyo ndivyo alivyokuwa akiambiwa na mama yake, ambaye pia ndiye hamsa yake. Anapenda simulizi na alianza kuandika vitabu akiwa na miaka 13. Alipotimiza miaka 19 alichapisha kitabu chake cha kwanza, '*A Beautiful Girl from Heaven (Binti Mrembo Kutoka Mbinguni)*', simulizi yenye lengo la kuwatia moyo wasichana na wanawake kufikia mafanikio wanayoyatamani. Hadi sasa amekwishachapisha vitabu vinne na vinapatikana pia katika Soma App.



like



Social media influencers

BY SEKELA YONA MWAIPAJA

Getrude and Sylvia are two amazing young women who are making the internet and social media work for them. Both have big followings on their social media accounts, and have turned that attention into meaningful causes. They aspire to be many things, including role models. They want to influence change and feel strongly about promoting girls' rights. They want other young women to be motivated and learn from their successes. Their friendship started with a 'click', they followed each other on social media and admired each other's work. One day they were invited to the same event, met for the first time and have been inseparable ever since! Social media is a meeting place!

The App innovator

Getrude (22) has an Instagram account with more than 16,000 followers. She has also created her own popular Apps. She uses her social media account as a platform to communicate personal, real life activities; her work and the things she believes in. She posts positive content every day, that's what her followers like and want. Her account proves that you do not need nudes, gossip, fake news or a scandal to have a big following.

Getrude is confident and speaks articulately when she describes growing up in Iringa. She studied in public schools and started her work as an activist before coming to Dar to attend college. From a young age she believed that girls can be anything they want. That's what her mother and role model told her. She loves storytelling and started writing novels when she was 13. At 19 she published her first book, 'A Beautiful Girl from Heaven', a fiction novel that empowers girls and women to unleash their potential. She has now published four books in hard copies. They are also available on her Soma App.



Anapozungumza kuhusu kuwajengea uwezo wanawake, Getrude anamaanisha. Alianzisha Nguvu ya Mwanamke Initiative kwa lengo la kuwafundisha ujasiriamali - kuanzisha na kuendesha biashara. Pia aligombea nafasi ya Rais wa Serikali ya Wanafunzi katika Chuo Kikuu cha Mwalimu Nyerere; akiwa ni msichana wa kwanza kugombea nafasi hiyo. Ingawa mpinzani wake alimzidi kwa kura mbili tu, alijiona ni mshindi kwasababu katika uchaguzi uliofuata zaidi ya wasichana kumi walijitokeza kugombea nafasi hiyo.

Getrude anajivunia kuvumbua Apps mbili kwa kushirikiana na rafiki zake. **Soma Hub App** ambayo aliibuni kwa lengo la kusaidia watu kusoma vitabu mtandaoni na pia ni jukwaa la maandishi kupakia (upload) vitabu vyao au makala. Itembelee @soma.app kwenye Instagram.

App yake ya pili, @Lifemarktz, inawaunganisha watoa huduma na wateja. Inakupa taarifa kuhusu huduma ili ikusaidie kufanya uamuzi iwapo huduma hiyo itakufaa au la. Anatangaza Apps zake zote katika akaunti zake pia. Leo hii, Getrude ni mwanaharakati wa usawa wa kijinsia anayejivunia anachokifanya. *Followers* wake wanajifunza kutoka kwake na wanapata hamasa. "Kama kusingekuwa na mitandao ya kijamii ningekuwa naandika vitabu kama ninavyofanya sasa, ila uwepo wa mitandao ya kijamii unaifikisha mbali zaidi sauti yangu hivyo nawafikia wengi na kugusa maisha ya watu wengi zaidi".

Uvumbuzi wa Getrude, nidhamu na matumizi mazuri ya mitandao ya kijamii ni sababu zilizopelekea blog ya Afropolitanis kumtangaza kuwa miongoni mwa vijana 100 wa Afrika ambao ni hamasa kubwa kwa jamii.

There is fire in her eyes whenever she talks about girls' empowerment. She initiated the Nguvu ya Mwanamke initiative to empower young women by equipping them with entrepreneurial skills enabling them start and run businesses. She also ran for students' government president at Mwalimu Nyerere University; the first female contesting for that post. Although she lost by two votes she considers it a win, because in the following election more than ten young women stepped up to run for Presidency.

Getrude is proud that she has pioneered two applications, designed and developed with techy friends. **Soma Hub App** was created to help people read books online and is a platform for writers to publish their books and articles. Check it out on Instagram @soma.app.

Her other App, @Lifemarktz, connects entrepreneurs with customers and gives you information on a service to help you decide whether or not to use it. She promotes her applications through her social media accounts. Today Getrude is a proud activist for gender equality. Her regular social media followers learn from her and get inspired. "If social media didn't exist I would still be writing stories, but social media amplifies my voice so I can reach out and touch the lives of many more people".

Getrude's innovations, discipline and use of social media is the reason she is considered one of 100 positive youth Influencers in Africa today by a blog called Afropolitanis.

'Slay Queen' na zaidi

Sylvia Mohammed Mkomwa (22) ni tafsiri halisi ya msembo wa Kiingereza, *beauty with brains*, yaani mrembo mwenye akili. Anatembea kwa madaha, kucha zake ni ndefu na zilizopambwa kwa rangi tamu, huku akiwa ameshonea nywele ndefu zinazoangukia mabegani. Anazungumza kwa kujiamini kuhusu kuwa 'slay queen (mrembo)' katika mitandao ya kijamii na ana mengi zaidi ya urembo.

Sylvia amekulia Kurasini, Dar es Salaam. Tangu akiwa mdogo amekuwa akishiriki katika mashindano ya urembo na mitindo na ametangaza vipindi vya TV na kuendesha shughuli mbalimbali. Yote haya yamemfungulia milango na kumwongezea umaarufu.

Sylvia mara kwa mara ana-post shughuli zake za kila siku katika akaunti zake. Akaunti yake ya Instagram inatamba kwa kuwa na *followers* 15,000. Anapost vitu tofauti, mitindo na picha za urembo lakini zikiwa zimeambatana na shughuli za kijamii. "Napenda watu wavutiwe na vitu vya maana, hivyo naepuka kupost picha bila malengo. Ingawa napenda urembo, najali sana masuala ya kijamii. Najitolea kufanya kazi za kusaidia jamii, kama kufanya usafi, nachukia uchafu na uchafuzi wa mazingira. Napenda 'kuwalea' wasichana wengine; uwezeshaji wa wanawake ni jambo ambalo liko moyoni mwangu. Napenda.

Slay Queen Plus

Sylvia Mohammed Mkomwa (22) is a true definition of beauty with brains. She walks with her chin held high, her body swings gracefully when she walks, her colorful long nails glimmer and her long weave drapes her shoulders. She speaks confidently and very passionately, about being a 'slay queen' in social media and much more.

Sylvia grew up at Kurasini, Dar es Salaam. Since she was young she has been a beauty queen, worked as a model and a 'Miss', and has hosted a number of TV shows and events. These experiences have all opened doors for her and added to her popularity.

Sylvia regularly posts on her social media accounts about her daily activities. Her Instagram account now boasts an impressive 15,000 followers. She posts a mix of content, fashion and beauty pictures, with more meaningful activities and social events. "I like to attract attention for the right things, so I avoid posting pictures without a purpose. Even though I adore beauty and elegance, I truly care more about social issues. I volunteer and do charity work like clean ups, I hate dirt and pollution. I love to mentor other girls; women's empowerment is close to my heart".



Ninapotuma picha nikiwa nimepozi na mtu yeyote maarufu, picha hizo zinapata likes na comments kibao lakini ili nipost picha ya namna hiyo ni lazima iwe na uhusiano na kazi ninazozifanya, yaani ziwe kikazi zaidi 'slaying with a purpose' (urembo kwa malengo). Watu wanatarajia kwamba *slay queens* wanajali mwonekano wao, *kuparty*, kupost picha na kuhakikisha simu zao zinakwenda na wakati. Nataka nibadili mtazamo huu. Ujumbe wangu ni kwamba – maisha ni zaidi ya urembo”.

Pia, anapenda kuonesha kwamba mtu anaweza kuonekana mwenye mafanikio, kumbe kuna mengine nyuma ya pazia. Anakumbuka wakati fulani alipoamua kupost picha yake akiwa na michubuko usoni ikiwa imeambatana na stori ya kilichotokea, na kuwataka wanawake kupaza sauti zao kupinga ukatili wa kijinsia. Picha ilisambaa mno na alipokea simu kutoka kila kona, wengi wao walikuwa wamepitia matukio ya namna ile, wengine walimpongeza kwa ujasiri wake. Kupitia post ile alipewa nafasi ya kufanya kazi kwenye shirika moja la kupambana na ukatili wa kijinsia. “Nilipost picha kupaza sauti dhidi ya ukatili kama ule, na ilisaidia. Mitandao ya kijamii ina nguvu sana na ujumbe wako unasambaa haraka! Sylvia ni kiongozi anayeazimia kuleta mabadiliko katika jamii. Umaarufu wake na *followers* wake kwenye mitandao ya kijamii vimemsaidia katika malengo yake. Leo hii anafanya kazi katika shirika la kimataifa, Global Peace Foundation Tanzania kama Afisa Mradi. Yeye ndiye anayeshughulika na akaunti za ofisi za mitandao ya kijamii, anapost kila wanachokifanya.

Sylvia kama Getrude, ni ushahidi kwamba sisi sote tunaweza kuwa chochote tunachotaka kuwa na kwamba mitandao ya kijamii inaweza kutusaidia kufikia malengo yetu.

The pictures I post posing with celebrities and powerful people are popular and get lots of likes and comments but I only post such photos relating to work, so 'slaying with a purpose'. People expect Influencers who 'slay' to only care about their looks, partying, posting and upgrading their smart phones. I want to show that there is more to life than beauty”.

Also, she likes to show that behind the surface of success, there may be other issues. She shares her own experience of when she decided to post a picture of her own bruised face with a caption explaining that women should raise their voices against gender based violence. The photo went viral and she received phone calls from across the country, many had gone through the same experience, some congratulated her courage.

She was also offered an opportunity to work in an organization dealing with gender based violence. “I posted the picture to raise my voice against such violence which worked, social media is very powerful and your message can spread quickly! Sylvia is a leader who wants to work bringing change to society. Her popularity and following on social media have made this possible.

Today she works at Global Peace Foundation Tanzania as a program officer. She manages the office social media accounts, posting everything she does.

Sylvia like Getrude is proof that we can all be anything we want and that social media can help us get there.



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Una maswali, mrejesho au
mapendekezo kuhusu kazi zetu?
Au kuna tatizo lolote la ufikaji
wa Fema katika shule yako?
Tuma SMS kwenda **0753003001**
kuwasiliana nasi!



TANGA

Raha!

NA OMARY MOHAMEDI, MFUNDIA SEC



Je, wafahamu jina la Tanga lilipotokea? Niliongea na Mzee Iddi Ramadhani Manga, mzee maarufu mwenye umri wa miaka 67, mkazi wa Mnyuzi. Nikamuuliza, “Hivi ilikuwaje mkoa wetu ukaitwa Tanga?”

Akasema: “Tanga ni neno la Kisambaa, Kibondei na Kizigua, lenye maana ya SHAMBA. Wakoloni walipokuja waliwauliza watoto, wazazi wenu wako wapi, watoto wakasema ‘Waita Tanga’, hicho ni Kibondei, maana yake ‘wamekwenda shamba’. Basi ndipo wakoloni walipoanza kuliita eneo hili Tanga.”

Wazigua, Wasambaa na Wabondei ndio wenyeji hasa wa Tanga. Wadigo asili yao sio Tanga. Wao inasemekana walitokea Mombasa. Lakini sasa hivi Tanga wanapatikana watu wa kila kabila. Si unajua tena mambo ya kuitafuta shilingi?

Majina makubwa tunayo

Tukianza na marehemu King Majuto na Sharo Millionea, hawa wametangulia mbele za haki lakini hakuna asiyewajua. Tunao wasanii wengine kibao kama Roma, Yusuph Mlela na wengine. Kwenye ulingo wa siasa na uongozi wa nchi hii nisisahau kumtaja Mzee Yusuf Makamba na mwanae January Makamba. Hawa nao ni wetu na tunajivunia kuwa nao, nisimsahau na Waziri Ummy Mwalimu.



Milima ya Usambara na uoto wa asili

Hii inapatikana katika Wilaya ya Lushoto. Tuna uoto wa asili ambao kwakweli unapendeza mno kutazama! Ndani ya uoto wa asili kunapatikana maji safi yanayotiririka kutoka milimani. Panavutia kwakweli.



Unalijua bada? Mlenda je?

Ugali wa muhogo ndio chakula cha asili cha watu wa Tanga. Wenyeve tunaita bada. Mboga zetu za asili ni mlenda. Uwe mlenda pori au mlenda wa bamia, ili mradi mlenda. Ugali unashuka saaafi kabisa. Chakula kingine cha asili ni makande, na wenyeve tunayaita pure. Tunakula pia mboga za majani, hasa mchungu. Tena huu zamani ilikuwa hauungwi, unachemshwa tu na kuwekwa chumvi na magadi. Zamani tulikuwa tukila sana kunde na mbaazi pia. Kuku ilikuwa ni kitoweo che heshima kwa mgeni.



Magoroto je?

Magoroto inapatikana Muheza. Jina lake limetokana na Chifu Goroto ambaye alitawala eneo lile. Ukifika Magoroto utajionea ziwa ambalo limechimbwa na binadamu. Ndani ya ziwa hili kuna samaki na ukipenda utapewa ndoano na chambo ufanye uvuvi kwa raha zako! Utaona msitu mkubwa wa michikichi na maporomoko ya maji. Magoroto, utaipenda tu!

Mila zetu

Enzi hizo Tanga wanaume walikuwa wakienda jando. Msimu wa jando ni jando kwelikweli. Wakirudi ni sherehe, ngoma na misosi. Ambacho sijawahi kukisikia kikifanyika Tanga ni ukeketaji wa wasichana. Nashukuru hii mila kwetu haipo.

Enhee, nisisahau kilimo na viwanda

Tunalima mkonge aisee. Tunaongoza kwa uzalishaji wa zao hili ambalo limechangia sana katika kukua kwa uchumi wetu. Lakini pia tunalima viungo. Ukifika Muheza maeneo ya Amani utajionea mashamba ya chai yanayovutia mno. Hutoondoka eneo hilo bila kuona viungo kama hiliki, pilipili mtama, karafuu na vingine kibao. Kwenye matunda pia tumo; machungwa, ndizi na matufaha. Uzuri wa Tanga tuna maeneo yenye joto na yenye baridi sana. Hii nayo inaleta raha! Tuna viwanda hasa! Vya saruji, chokaa, unga na hata vya maziwa. Watu wanapata ajira, uchumi unakua.

Ukiacha mila, tuna vivutio kibao

Tuna mapango ya Amboni. Bila shaka umeyasoma kwenye historia. Kuingia ndani ya mapango haya ni gharama ndogo tu, haifiki hata shilingi elfu tatu! Humo utajionea miamba ya kila aina unayoisoma kwenye somo la Jiografia. Tuna kijiwe matata kinaitwa Forodhani. Kwa waliowahi kwenda Zanzibar bila shaka mlifika Forodhani. Basi nasi Forodhani kwetu kunapatikana mahanjumati kama yale ya Zanzibar; urojo kwa sana, supu ya pweza ndo usiseme na kila unachotamani kula kinapatikana hapa!



Tanga imepangwa ikapangika

Jiji letu limepangwa likapangika! Utasikia barabara ya 4, ya 5 nk. Ni miongoni mwa miji iliyopangwa vizuri mithili ya draft! Nina mengi ya kukwambia, ila ndo hivyo nafasi haitoshi. Nitafute nikupe tour. Naitwa Omary Hashimu Mohamedi. Nina miaka 17. Natokea Wilaya ya Korogwe, nasoma kidato cha nne, Shule ya Sekondari Mfundia. Wanasema waja leo waondoka leo, mimi nasema waja leo kuondoka majaliwa. Yes. Maana ni kuzuri hataree!



2019: Mwaka wa kibabe zaidi

NA SAID SAID AMAN, FEMINA VOLUNTEER

Mwaka 2019, network za Fema zilifanya matamasha ya kibabe aisee! Nakwambia ilikua bandika bandua. Safari hii tunakuletea baadhi ya network za Fema Clubs ambazo zilifanya matamasha yao kwa next level! Tufanye kama tunajipigia makofi hivi. Naaam! Sasa nisikomalizie uhondo jionee mwenyewe mambo yalivyo happen kinoma.



Femina Vip volunteers 2019 kiboko yao

Ni vijana 15 wanaojitolea hapa mjengoni walioandaa tamasha lililokwenda kwa jina la **Awareness to Success**. Dhamira ya tamasha ilikuwa ni kutoa elimu juu ya ndoa za utotoni, mimba za utotoni, elimu bora, usawa wa kijinsia na kupinga ukatili wa kijinsia. Fema Club 72 na zaidi ya watu 400 walikutana katika ukumbi wa DUCE, yaani Dar es Salaam University College of Education. Mambo yalinoga zaidi pale alipotia timu mgeni rasmi, Mkurugenzi na Mwanzilishi wa Femina Hip, Dr. Minou Fuglesang, si unajua alipo raha ipo? Hivyo yaani. Mambo yalikuwa ni burudani na elimu ili vijana waweze kulinda na kujenga maisha yao. Maonesho ya nje toka shule mbalimbali yalikuwepo, volunteers na wageni waliongea vya kutosha, muziki ukachezwa, chakula kikaliwa, vinywaji vikanyweka. Yaani kulihappen kinomanoma. Pongezi kwenu volunteers 2019 hakika nyie ni kiboko yao.



Femina Hip na wiki ya vijana kisomi somi

Wenyewe wanakwambia kama Mtwara ni kuchele basi Lindi ni luluta. Maadhimisho ya wiki ya vijana 2019 kitaifa yalifanyika mkoani Lindi na kilele chake kilikuwa tarehe 14, Oktoba, na kiliambatana na Mbio za Mwenge na maadhimisho ya siku ya kifo cha Baba wa Taifa, Mwalimu Julius Kambarage Nyerere. Kama ilivyo kawaida yetu timu ya Femina Hip ilishiriki kikamilifu. Viongozi na wananchi walipita katika banda letu na kujionea utamu wa Femina. Fema Clubbers kutoka Lindi Sec. na Angaza Sec. walihudhuria. Tulishiriki bonanza zuri la michezo, tukiongozwa na Waziri wa Nchi, Ofisi ya Waziri Mkuu, Sera, Bunge, Ajira, Vijana na Wenye Ulemavu Mhe. Jenista Mhagama. Midahalo pia ilikuwepo, ila huu uliobeba mada ya Miaka 20 Bila Mwalimu Julius Nyerere ulitia fora. Imekaa poa eee? Kiukweli ilikuwa ni wiki ya kisomisomi.

Juhudi Fema Club watikisa jiji

Hawa jamaa wametikisa jiji zima la Dar es Salaam baada ya kufanya tamasha lao lililoambatana na mahafali ya kidato cha nne mwezi Oktoba. Tamasha hilo liliratibiwa na Madam Laisha na kuhudhuriwa na Mgeni Rasmi, Naibu Meya, Ilala, Ojambi Masaburi. Timu ya Volunteers wa Femina Hip 2019 ilikuwepo pia. Walishusha mada kedekede juu ya ukatili wa kijinsia na wakawahimiza vijana kuzichangamkia fursa kutoka Malengo ya Maendeleo Endelevu ya Umoja wa Mataifa. Mgeni rasmi alisisitiza vijana wawe mabalozi wazuri kwa kusambaza mambo mazuri waliyojifunza ndani ya Fema Club kwa miaka minne. Palinoga.

Lushoto na Bumbuli network wafanya tamasha la saizi yao

Ni kutoka Tanga ambapo Fema Club 13 za wilaya za Lushoto na Bumbuli zilikutana katika viwanja vya Soni High School na kuzindua network yao ya kibabe itakayo jumuisha Fema Club 24. Wageni kama Afisa Elimu wa Halmashauri ya Bumbuli, Mganga kutoka Kituo cha Afya Soni na Katibu wa Mbunge wa Jimbo la Bumbuli walihudhuria. Mada kama utoaji wa elimu ya kupinga mimba za utotoni na kutokomeza ziro zilitawala. Penye shughuli manjonjo huwa hayakosekani; wanaFema Club walionesha vipaji vyao, walikula na kufurahi. Hakika lilikuwa ni tamasha la saizi yao.



Geita wafanya festival ya level za juu

Muunganiko wa Fema Club kutoka mkoani Geita ulifanikiwa kuandaa bonge la festival. Wenyeji walikuwa Nyankumbu Girls' Secondary School. Festival hiyo ilihudhuriwa na Afisa Elimu Wilaya, Plan International na wawakilishi kutoka Femina Hip. Watu walichangia damu ikafuatiwa na elimu juu ya ukatili wa kijinsia na mimba za utotoni. Watu walijifunza na kuburudika kiaina, hususan igizo kutoka Buseresere Sekondari juu ya mimba za utotoni liliwagusa waalikwa na kuleta funzo tosha kwa jamii. Keki nayo ilipigwa harambee ikapatikana laki nne chapchap. Ee bwana ee kumbe keki ni mtaji tosha!



Kagera Network waja na festival kabambe

Wenyewe wanasema "ukitaka raha za Fema clubs karibu Kagera." Wacha wee! Lilikuwa ni bonge la tamasha walilolifanya 28/09/2019. Lilihudhuriwa na Fema club 30, wageni kutoka Femina Hip, waalimu, wazazi na wananchi wengine. Mgeni rasmi alikuwa Katibu Tawala wa Mkoa wa Kagera. Walikuwepo pia wawakilishi kutoka jeshi la Polisi, Jambo Bukoba Organization, na Afisa Vijana wa Bukoba. Washiriki wote walitembea maandamano mafupi ya Km 3 ya kupinga ukatili wa kijinsia, kufuta ziro na mimba za utotoni. Mijadala mbalimbali ya kuwajenga wana Fema Club iliendeshwa, harambee nayo ikafuata na kufanikisha kupata zaidi ya shilingi laki tatu. Jambo Bukoba Organization walitoa mipira 45 kwa ajili ya network. Edutainment ndio jadi yetu – vijana wakamwaga vipaji jukwaani: maigizo, mashairi, skauti, kudance n.k. Ubwabwa, senene na ndizi vililiwa, yaani asikwambie mtu palinoga kinomanoma.





fema
club



Fema Clubs mtandaoni!!!

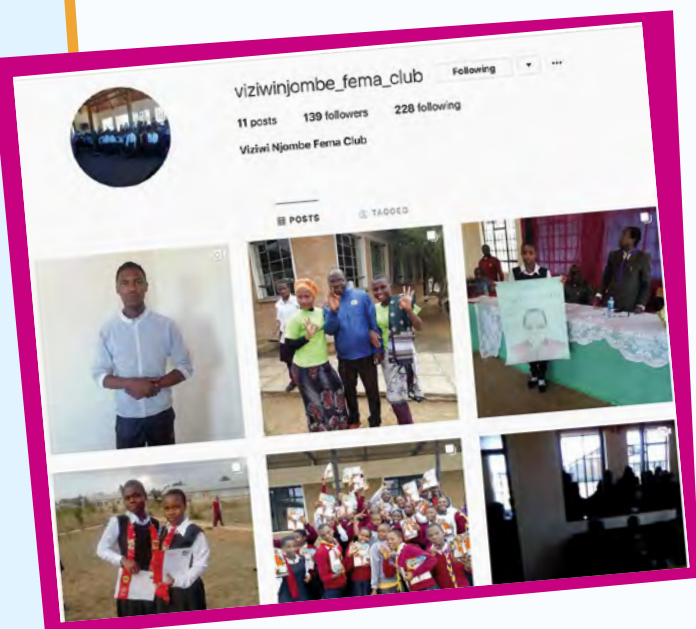
NA RAPHAEL NYONI

Vijana maua popote huchanuaaa, twendeniii tukalijenge Taifa... vijana maua.....
Vijana njooni, njooni, njooni wote, twendeniii, tukalijenge Taifaaaa. Namna hiyo, Fema Clubs
 zipo juu! Kwanza niwatakie wote heri ya mwaka mpya na hongereni kwa kuvuka vidato!
 Tumerudi tena na speed ya 5G! Ndio, ni mambo ya connectivity! Kila kitu connection hata
 Club za Fema ziko connected mpaka kwenye mitandao
 ya kijamii. Twende zetu sasa tukaone nani na nani wapo huko!

Facebook

Londoni Fema Club ni moto faya!

Kutoka pande za Songea, Londoni Fema Club wamekusanya wana Club kutoka kila kona ya nchi wakiwa na marafiki zaidi ya 1,400. Mlezi wao anasema idadi hiyo pia inahusisha wazazi, walezi, wana Fema Club waliokwisha maliza shule na hao wa sasa. Wanajamii wanapenda shughuli zinazofanywa na Club hii. Hawawaiti marafiki bali wanawahesabu kuwa sehemu ya wana Fema Club wa Londoni kwa kuwa huwa wanatoa ushauri na maoni, na maoni hayo yanazingatiwa sana na kufanyiwa kazi pia. Hebu vuta picha mpaka wazazi nao wamo ndani ya Fema, eeh?
 Na mlezi asipo post wao ndio wa kwanza kuulizia, vipi watoto hawajabuni vitu vingine?



Instagram

Njombe Viziwi Fema Club

Njombe Viziwi Fema Club wanasema wao ni wapya kabisa kwenye masuala ya mitandao ya kijamii; account yao ilifunguliwa rasmi mwaka 2018. Zaidi wamejikita Insta katika kuonesha shughuli zao mbalimbali za klubu. Hawana ratiba maalum ya kupost, ila kila wanapokuwa na shughuli mbalimbali za klubu wanazitupia mtandaoni. Mlezi wa Club mwalimu Mathayo J. Pili huwajibika kupost na kuwataarifu vijana wake. Anapo-post anatupia 'tag' kwa akaunti ya Femina Hip ili twende sawa. Changamoto yao kubwa ni shughuli zao kutotokelezea kwenye jarida! Baada ya toleo hili hii sio changamoto tena, si unaona bwana! Kuna nyingine?

Habari za Iringo Fema Club na City High Fema Club

Iringo Upendo Fema Club kutoka pande za Mara wana ukurasa wao wa Facebook na uko moto faya. Mwalimu wao anasema ile kompyuta waliyoshinda kwenye sherehe za miaka 20 ya Femina Hip ndio imewaongezea spidi ya 4G. Kuna mijadala ya kila wiki inapigwa, na wataalam mbalimbali hualikwa. Hata wewe pia wanakualika.

Na pale City High Fema Club kutoka makao makuu ya nchi, pande za Dodoma niaje? Fanyeni amsha amsha basi kule FB tumewamiss.



Twitter

Karatu Fema Club niaje?

Nyinyi mmewahi kuwa moja ya Fema Club kali sana katika mawasiliano ila sasa hivi siwaoni kama awali. Nakumbuka mlikuwa na mikataki ya kuwa na blog, account ya Facebook na Twitter na mlifanya kwa kiasi fulani. Twitter mpo lakini siyo active kwa sasa. Nikaona ngoja nimcheiki mlezi wenu, yeye anasema laptop ipo, camera ipo na hata bando lipo ila wanaclub hamfanyi mambo. Kwahiyo nikaona siyo mbaya kama nikiwakumbusha kurudisha moto wenu na kuendelea kuwa 'connected' na mitandao ya kijamii. Kikubwa zaidi ni kushirikiana na mlezi wenu, nyie fanyeni shughuli, pigeni picha kisha mlezi atakuwa anapost baada ya kuhakikisha kila kitu kipo mwake mwake. Na hii siyo kwa Karatu pekee, ni kwa nyote ambao mlianza na sasa mnasita au hamjaanza kabisa.



Hizo ni baadhi tu ya Club za Fema ambazo zipo kwenye mitandao ya kijamii. Kwa Fema Club zenye account kwenye mitandao ya kijamii tuwakumbushe walezi kupost huko pia, najua wanaposti kule Page ya Mentors. Halafu sikia hii; kumbuka kutumia mitandao ya kijamii kwa mambo yanayokujenga na si kukuharibu.



NASH

Helooo! Heri ya Mwaka Mpya!!

Ni wakati mwingine tena tunakutana kukumbushana yale ambayo yanatufanya tuwe special zaidi kama familia ya Femina. Si mmeona jinsi gani tumejizolea tuzo katika makundi mbalimbali ya tuzo za Azaki? Hii isingewezekana bila nyinyi, pongezi nyingi sana kwenu na familia nzima ya Femina.

Funzo la safari hii ni kwamba; Ulinzi wa mtoto ni jukumu letu sote, hata pale tunapotumia mitandao. Femina tumeamua kuweka nguvu kubwa katika kuwalinda watoto na vijana, na tuanze mjadala wetu kwa swali; Je, mmeshawahi kutafakari ni athari gani zinaweza kutokea kutokana na ku-share picha za watoto waliofanyiwa ukatili.

Sio hivyo tu, wengine wanakwenda mbali zaidi na kuelezea ni kwa namna gani huo ukatili ulifanyika na anayesoma akaweza kujua nani kafanyiwa ukatili. Tumekuwa tukisikia au kushuhudia matukio mbalimbali yanayowahusu watoto waliofanyiwa ukatili, lakini tunachokifanya baada ya hapo, wakati mwingine bila kujua, tunamuumiza mtoto huyo kisaikolojia na kumletea madhara makubwa.

Kupost picha za waathirika wa ukatili katika mitandao ya kijamii kunavunja *confidence* yao. Ni muhimu tukawalinda watoto wetu!

Ni jambo muhimu kabisa kuzungumzia ukatili unaotokea katika jamii zetu, ili kuutokomeza. Hata hivyo, kuzungumza kwetu kusipojali hisia za wahusika walioumizwa, hasa wanapokuwa watoto, tunaharibu nia njema ya kuzungumza kwetu. Ni muhimu kukumbuka kwamba katika kuzungumza kwetu na kuweka ukatili bayana, jukumu letu la kwanza kabisa ni kumlinda mtoto huyo na unyanasaji wowote unaoweza kujitokeza zaidi.

Kila mmoja katika nafasi yake ahakikishe anamlinda mtoto dhidi ya chochote ambacho kinaweza kumletea madhara.

Kwaherini!



'Connect your life' na Femina!

NA KHALID ISSA

What's up! Mambo yanaendaje! Salamu nyingi sana kutokea mjengoni. Hapo nimefikisha tu salamu lakini lipo lililonileta hapa, safari hii bhana tunasimamia ile nguzo yetu ya 'Connect Your Life'!

Sisi kama Familia ya Femina, tunahimiza vijana kutumia vyema mitandao ya kijamii kujiunganisha na wengine, kupata taarifa, kuonekana na kudaka fursa nyingine kedekede. Katika hilo basi, hatuwezi kuhubiri tusichokifanya, na si unajua kuwa sisi ni 'multimedia platform' basi ukiacha magazine, radio na TV, mitandaoni pia tupo! Tunatumia mitandao mbalimbali ili kuwafikia watu na kuwawezesha wao kutufikia. Sasa hapa nataka nikujuze zaidi!

@Femina kwenye Facebook!

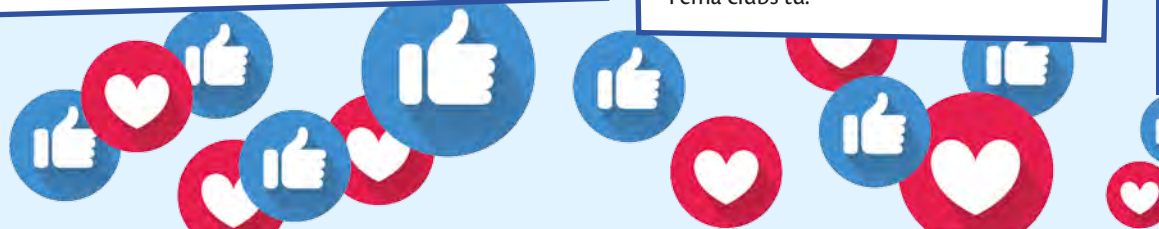
Miaka kadhaa iliyopita Femina Hip ilijitupia Facebook, ukurasa maalum ulifunguliwa na watu wengi wakaanza kuvutiwa nao. Facebook ni miongoni mwa mitandao ya kijamii yenye watumiaji wengi sana nchini Tanzania, hasa vijana, hivyo ni njia nzuri sana ya kuwafikia vijana ambao ndiyo walengwa wetu. Ukurasa ulizidi kukua na mpaka sasa watu zaidi ya 23,000 wanaufuatilia. Kupitia ukurasa huu tunazungumza na vijana kuhusu mambo mbalimbali yawahusuyo ambayo yapo ndani ya ajenda zetu. Si hayo tu, kila toleo jipya la Fema linapotoka, tunalipost huko na watu hulipakua na kulisoma. Tunapata mrejesho kupitia comments na messages. Kwa kifupi, tunawasiliana vyema na watu wetu kupitia Facebook. Kama wewe bado hujalike basi changamka, jina ni Femina Hip.



 23,900 page likes

Siyo ukurasa tu, kuna group la walezi pia

Ngome ya Facebook ni kubwa sana, ukiachana na ukurasa wa Femina Hip, kuna group maalum kwa ajili ya walezi wa Fema clubs litwalo "Fema Club Mentors". Group hili linaunganisha wafanyakazi wa Femina na walezi ambao ni walimu kutoka shule mbalimbali nchini Tanzania ambazo zina Fema Clubs. Katika group hili walezi wanatuma picha, video, matangazo, ripoti na taarifa za matukio mbalimbali yahasuyo club zao. Pia ni sehemu ya wao kujifunza zaidi kwa kuuliza na kuulizana maswali, kupata ushauri na kujadili mada mbalimbali zinazowajenga na kuwawezesha kuendesha clubs vizuri zaidi. Mpaka sasa kuna zaidi ya walezi 1,400 kwenye group hili. Kama wewe ni mlezi wa club ya Fema na bado ujajiunga, unapitwa na mengi. Jinsi ya kujiunga ni rahisi sana, tafuta tu "Fema Club Mentors" kisha omba kujiunga, utaulizwa maswali machache ili kuthibitisha kuwa ni mlezi wa club ya Fema, kisha utaunganishwa. Kumbuka, hii ni kwa walimu tu na siyo wanafunzi, na walimu ni wale walezi wa Fema clubs tu.





 12,900 followers

@Femina kwenye Instagram!

Instagram nako ni kwa moto sana, kupitia jina la @feminahip tunaungana vyema na watu wetu. Kama ilivyo kwa Facebook, tunawasiliana na walengwa wetu, na uzuri wa mitandao ya kijamii ni kwamba tunawafikia hata wale wasio mashuleni. Instagram bhana tuna watu wengi tu wanaotufuatilia, kwa sasa wapo zaidi ya 12,000. Ni watu ambao wameona ni vyema wakatufollow ili wapate madini tunayopost huko kila siku.

YouTube nako tunarahisisha maisha!

Yes! Tunarahisisha maisha, maana kama umekosa kutazama vipindi vya TV au kusikiliza vipindi vya radio basi utavipata kupitia YouTube channel yetu inayokwenda kwa jina la Femina Hip. Huko bhana kuna vipindi vipya na hata vya miaka kadhaa iliyopita. Ukiachana na vipindi, yapo mengi tunayoyaweka huko ili watu watazame, wafurahi na kujifunza. Hata ukitaka kuona ile fashion show yetu ya kusherehekea miaka 20 (makofi tafadhali!!) utaikuta.

@FeminaHip kwenye Twitter!

Walipo vijana na sisi tupo. Twitter tumejikita vizuri kabisa na mpaka sasa tuna followers karibu 6,000. Kama ilivyo kwa mitandao mingine, tunapata nafasi ya kuwasiliana na vijana na wadau wengine kadha wa kadha.



 5,940 followers

Tovuti pia tunayo!

Kwenye ulimwengu wa WWW tupo vizuri sana. Tovuti yetu ya www.feminahip.or.tz imesheheni taarifa zote kuhusu Femina Hip, familia yake na kazi tunazofanya. Kama unataka kuifahamu Femina kiundani zaidi, basi kupitia tovuti hiyo utafahamu mengi sana, kizuri zaidi ni kwamba unaweza kuuliza swali, kutupatia maoni au kutuambia chochote kile kupitia 'contact us', ni rahisi sana. Jarida la Fema pia linapatikana huko, ooh! hata ripoti za mwaka pia zipo, unaweza kusoma ukajua tumefanya nini katika mwaka fulani.

Ni zaidi ya kujikonekt!

Unalifahamu Jukwaa la Nguvu ya Binti? Jukwaa hili hubeba mijadala kuhusu mambo mbalimbali yamhusuyo kijana, na kwa sasa linafanyika 'live' kupitia mitandao yetu ya kijamii yaani Facebook, Twitter na Instagram. Mijadala hii hufanyika kila Jumatano ya mwisho wa mwezi. Ni balaa!

Lakini pia, tunatumia mitandao hii kutangaza masuala mbalimbali, mfano nafasi za kazi au mashindano. Hivi karibuni tulitangaza nafasi ya kazi ya Social Media Coordinator na tulitafuta mtangazaji wa kike wa Fema TV Show kupitia mitandao ya kijamii, mambo yalikwenda fresh kabisa!



GLORY

Mambo watu wangu wa nguvu.

Kama kawaida, kukumbushana ni jambo muhimu sana katika maisha. Toleo hili tutete kidogo kuhusu Sheria ya Makosa ya Mtandao ya mwaka 2015 (Soma zaidi kurasa za Lifeskills). Ni vizuri kuijua ili uweze kuwa salama mitandaoni na ni vema kufahamu na kutafuta taarifa, kwa sababu kutokujua sheria siyo utetezi. Ni vizuri tuwe makini tunapotumia mitandao ya kijamii. Mitandao ya kijamii inatusaidia sana kuweza kuwasiliana na watu mbalimbali na kuwa na mtandao mkubwa na mzuri wa mawasiliano na watu. Inatusaidia pia kujua nini kinachoendelea duniani kote yaani kupata habari au hata kupata nafasi za kazi. Kupitia mitandao tunaweza kujua mambo muhimu kuhusu biashara kama vile taarifa za masoko. Hii itusaidie kujua kwamba mitandao ya kijamii ni muhimu sana kwa maisha yetu. Hivyo basi tusiitumie mitandao ya kijamii kutenda uhalifu, tusiitumie kufanya biashara haramu au kutoa matangazo ya biashara ambazo ni kinyume cha sheria za nchi. Pia kutumia mitandao ya kijamii kutolea lugha za matusi au taarifa ambazo zinaweza kuhatarisha maisha ya watu au mtu, hili nalo ni kinyume cha sheria. Hii itukumbushe sisi sote kuwa wakati tunafanya mazuri tuyafanyayo kusaidia na kuokoa jamii yetu, tuwe wa kwanza kuelekeza wenzetu katika mambo haya muhimu maana sisi ni vinara wa mabadiliko.

Ciao

Sema.
Tenda!

MATUMIZI MAZURI YA MTANDAO

NA FEMA TEAM

Mary Ernest Mbago (22) ni miongoni mwa vijana wanaojituma zaidi kati ya vijana wote wanaojitolea Femina Hip. Pia alikuwa mwanachama wa Fema Club alipokuwa sekondari.

Mary anapenda kuwa *online* na ni mtumiaji mzuri wa mitandao ya kijamii na intaneti.

Anasema ukitumia mtandao vizuri unaweza kufika mbali, kujuana na watu wapya, kujifunza mambo mapya kama vile masuala ya kijamii, utamaduni na kuwa raia muwajibikaji.

Mary ana account mbili za Instagram, moja ni kwa ajili ya kazi zake za kujitolea katika jamii @Mary_hero1, na nyingine @mary_snooper ni kwa ajili ya kuonesha namna anavyopenda mavazi na mitindo. Account hii ya pili ina followers zaidi ya **54,700!** Hapa Mary anatushauri namna mbalimbali ambazo tunaweza kutumia internet na mitandao ya kijamii kwa faida. Hizi ni namna chache tu!



Kujenga mtandao wa marafiki

Unaweza kubadilishana mawazo na marafiki na wapendwa wako popote walipo duniani! Mitandao ya kijamii inakuunganisha na rafiki zako hususan wale ambao huwa ni nadra sana kukutana nao. Unaweza kufunguka kupitia mitandao ya kijamii kwa namna ambayo huwezi katika kadamnasi bila ya kuhofia watu watasema nini. Unaweza pia kutumia WhatsApp, kuchati na kushea picha na rafiki zako pamoja na kuunda makundi mbalimbali. Kupitia Skype, Facetime na Google Duo unaweza kustorika na marafiki live mkiwa mnaonana kwenye screen.

Burudani

Kama unapenda burudani ni ukweli kwamba unaweza kupata karibu kila kitu mtandaoni, hata video mpya na kali za muziki. Unaweza pia kugoogle na kupata tamthilia na filamu uzipendazo. Unaweza kupakua na kucheza gemu za kila aina ili kuchangamsha bongo na kusogeza muda.

Google

Ukiacha mitandao ya kijamii, napenda kutumia Google kupata maarifa. Google ina majibu kwa kila unachotamani kujua- andika swali lako na ubofye! Google inaweza kuwa kamusi yako ukipenda. Muda wowote unaweza kutafuta tafsiri na maana ya neno. Itakusaidia kujua neno linavyoandikwa na linavyotumika. NA, oh! Ulishawahi kusikia au kutumia Google Maps? Hii inasaidia watu kwenda popote wanapotaka hata kama hawapafahamu. Wengi huitumia kuvinjari kutafuta maeneo, namna ya kufika kwenye maeneo hayo na mengine kibao. Google i zaidi ya unavyodhani.

Ushauri

Kuna huduma kibao mtandaoni. Kutana na wataalamu kupitia YouTube au blogs ambao wanaweza kujibu maswali yako kuhusu karibu kila kitu kama vile msongo wa mawazo au sonona, ukatili, afya ya ujinsia na maambukizi ya VVU. Unaweza kujifunza namna ya kuanzisha biashara, kutengeneza jam, ufugaji wa kisasa- yote yanapatikana kwa kubofya tu. Andika unachotaka, bofya, utapata!

Soma vitabu mtandaoni

Kama ni mpenzi wa kusoma unaweza kupata vitabu kibao mtandaoni na hata kujiunga na Club za wasomaji. Unaweza pia kuchapisha kitabu chako kama wewe ni mwandishi wa vitabu, soma Cover Story, kutana na Getrude, mwanzilishi wa Soma Hub ΩApp.

Habari

Mtandao unakupa habari zinazojiri nchini na popote duniani. Unaweza kusoma matukio katika tovuti na blogs mbalimbali, kutazama runinga na kusikiliza redio za hapa nchini na hata za nje. Hata magazeti yanakwenda na wakati, utayapata mtandaoni.



Miamala ya kifedha

Siku hizi huna haja ya kubeba pesa taslimu. Unaweza kulipia au kutuma pesa kwa njia za kieletroniki; ni rahisi, haraka na salama! LUKU, tiketi za boti au ndege unaweza kulipia mtandaoni!

Nunua na uza

Unaweza kuanzisha biashara na kuuza bidhaa na huduma kwa kutumia interneti. Soko la mtandaoni linakua kwa kasi zaidi nchini Tanzania kwa sasa. Soma makala ya Ruka Juu kwa maujuzi zaidi.

Kazi na masomo

Pata matokeo yako ya mthani kwa haraka na kwa urahisi. Hata hapa Tanzania, matokeo yote yanawekwa mtandaoni siku hizi. Tafuta vyo na ufadhili au nafasi za kujitolea. Unaweza kuweka CV yako kwenye mitandao kama LinkedIn kama unahitaji kazi na itakurahisishia mchakato.

Hifadhi mtandaoni

Piga picha zako, jirekodi videos na tunza kumbukumbu za maisha yako. Tunza picha, videos na nyaraka mtandaoni, kwa mfano katika Google Drive, iCloud, Dropbox, OneDrive na nyingine nyingi zenye kuaminika. Unaweza kuzitunza katika mifumo hiyo ya kidigitali na zikawa salama! Kumbukumbu zako hazitapotea!



Smart use of internet!

Mary Ernest Mbago (22) is one of our favorite Femina Hip volunteers and former Fema clubbers. She LOVES being online using social media and the internet. She is a regular user and says that if you use your online time in a positive way you can elevate yourself, get to know new people, learn new things, including social and cultural ideas and get better equipped to be an active citizen!

Mary has two public Instagram accounts, one presents her voluntary social work @Mary_hero1, the other, @Mary_snooper her fashion and love of style! That account has over 54,700 followers!

Mary shares advice with you on the many ways you can use the internet and social media to elevate yourself. Here are a few:

Networking on social media

You can interact with your friends and loved ones anywhere in the country and in the world! Social media helps you connect with your friends, especially those you rarely get to meet.

You can express yourself on social media in a way that you can't in a public place without worrying about what others will say.

You can also use Whatsapp and send text and photos to your friends and create groups. On Skype and Facetime you talk to friends 'live' and even see their pictures.

Google – In addition to social media I love to Google my way to knowledge. Google has answers for almost everything – just type in a question and click! Google search can be your personal dictionary if you want. At any time you can ask Google to define a word for you and it will tell you the meaning. This is a great resource for checking spelling or the correct use of a word. AND, oh, have you ever heard or used Google Maps? This helps people get where they need to go. Many rely on Google Maps to navigate all around the globe and find addresses, points of interest, routes and much more. There is more to Google than you have ever thought!

Entertainment – if you love music you will love the fact that you can find anything online, even the latest music videos. You can also Google and find TV series and the films you love. You can download all sorts of games to challenge your mind and pass the time!

News – You will always be able to find out about what is happening here in Tanzania and current affairs around the globe. You can access news online through websites and blogs and watch and listen to TV and radio programs online, both local and international channels. Even some newspapers can now be accessed online.

Advice – There are plenty of services online. Find experts on YouTube or in text blogs that can answer your questions about everything from depression to violence, from sexual health to HIV infection. Seek out tutorials on how to start a business, make jam, poultry - all is available at the click of a finger. You just type in the word you want and click, there it is.

Read books online – If you love reading you can find books online and join a book club. You can even publish your own if you love to write. Read about Getrude on the cover story and learn about her Soma Hub App.

Ushauri!

Kuwa makini na vyanzo vya taarifa unazozipata mtandaoni kwani kuna taarifa nyingi za uongo na zisizo sahihi. Kumbuka kuwa, intaneti inasimamiwa na sheria za mtandao za nchi husika. Hakikisha huvunji sheria, hapa kwetu tunaongozwa na Sheria ya Makosa ya Mtandao ya mwaka 2015. Soma makala ya Lifeskills uelewe zaidi.

Mitandao ya kijamii ni nini!

Ni Apps au tovuti yoyote inayotuwzesha kuungana kupitia intaneti, kuchat, kusambaziana maudhui mbalimbali au hata kupigiana simu za sauti na video na mambo mengine kadha wa kadha. Kama unataka kuwa mtumiaji wa mtandao wowote, unatakiwa kujiunga na kuingia ili kuweza kupata maudhui, kushea na kuchat na watumiaji wengine wa mtandao huo.

Mobile money transfer – These days you don't have to handle cash. You can pay or send money electronically; it's fast and safe! LUKU or tickets to ferries and flights can be paid online!

Shop and sell – you can set up a business that sells goods via the Internet. It is the fastest growing market in Tanzania right now. Read the Ruka Juu article in this issue and learn more about online businesses.

Career – Get your school or college exam results quickly and easy. Even in Tanzania it's all posted online these days. Find scholarships and places where you can study, volunteer. Post your CV on LinkedIn if you are ready for a job search.

Online Storage – take your own photographs and videos and document your life. Store all your photos in the 'Cloud' online. Use it also for other documents and videos, you will keep them digitalized and protected securely! You can use Google Drive, iCloud, Dropbox, etc. Our memory will not perish!

Advice

Be careful and check the sources of information you find, there is a lot of 'fake news' and false information out there.

Note that the internet is governed by Cyber laws. Make sure you don't break them! (read the Lifeskills article in this issue to understand what the Cyber Law contains)

CHUKUA

HATUA

Hapa tumekupatia mifano michache ya matumizi mazuri ya mitandao ya kijamii na intaneti, mtakapokutana kama club, fanyeni mjadala na muainishe matumizi mengine mazuri ya mitandao ya kijamii na intaneti kwa ujumla wake. Kila la kheri!

Kama una swali lolote kwa Mary kuhusu matumizi yake ya mitandao ya kijamii na intaneti, unaweza kumuuliza kupitia: Instagram @Mary_hero1 au @mary_snooper Simu +255 621 630 880

But what is Social Media?

Social media is any App or website that enables us to connect via the internet, chat, share content, or even video call others, among many other functions. If you want to become a member of any social media, you have to first signup and then sign into access content and be able to share and chat with other users of that social media platform.





KU-FOLLOW NA KUONGOZA!

NA POWER TEAMS

Jennifer yuko chuoni Dodoma na ndio amerudi tu kutoka nchini Misri ambako alikwenda kuhudhuria mkutano wa kimataifa ujulikanao kama 'Conference on Population and Development (Youth Model-ICPD)' akiwakilisha wenzake katika Power Teams na vijana wote wa Tanzania akiwa amewezeshwa na UNFPA. Katika mkutano huo walijadili masuala mengi kuhusu vijana kama vile maono na mchango wa vijana pamoja na watu wazima katika kushirikiana na kusaidia serikali zao ili kuhakikisha utekelezaji kamili wa ajenda za maendeleo ya watu katika misingi ya Ajenda 2030 na Malengo ya Maendeleo Endelevu (SDGs).

Zaidi ya hayo, Jennifer alipata mchongo wa kushiriki katika kampeni ya mtandaoni ya Vodacom ili kutangaza kifurushi chao cha internet #BongelaBando. Sasa basi, wenzake wana hamu kubwa ya kusikia kutoka kwake kuhusu namna alivyopata shavu hilo pamoja na safari yake ya Misri. Wanaona wanachelewa kumsubiri mpaka aje Dar, wanampandia hewani kwa kutumia Skype.

Kwenye Skype sasa

Wote: Mambo Jenny!

Asha: Cheki mambo ya teknolojia! Uko Dodoma lakini tunaweza kuongea na kuonana, ni bomba sana!

Issa: Kwanza, tunataka kukupongeza, unafanya vitu vikubwa sana, tunajivunia kwa kweli.

Asha: Kwa kweli, unanihamasisha sana!

Jennifer: Ahsanteni! Lakini, kwani mnazungumzia jambo gani?

Olary: Acha hizo! Juzi tu ulikuwa Misri na pia ulishiriki katika ile kampeni ya Voda kutangaza 'bando' lao kule Twitter. Umekuwa maarufu!

Jennifer: Maarufu? Mimi?

Asha: Ndiyo! Unatisha sana kwenye mitandao ya kijamii.

Issa: Unatuwakilisha vyema vijana wa kitanzania

Jennifer: Oh, Ahsanteni sana. Kwa kweli ni heshima fulani hivi kushiriki katika ile kampeni, na kuhusu Misri ilikuwa poa sana. Nimejifunza mengi na naangalia namna ya kushea na nyinyi kila nilichojifunza.

Issa: Yaani hapa nataka kufahamu zaidi kuhusu ishu ya Vodacom, kwanza uliipataje?

Olary: Kuna mtu unamfahamu pale Voda nini?

Jennifer: Hahaha! Wala, ni kwasababu tu nafanya vizuri kwenye mitandao ya kijamii hasa Twitter na Instagram, hata Facebook pia.

Asha: Kwahiyo, unataka kuniambia kuwa ulipata ule mchongo kwa sababu ya kutumia sana mitandao ya kijamii?

Issa: Lazima kuna kitu kingine ulifanya, tumegee na sisi.....

Jennifer: Hapana Issa! Ni kwa sababu natumia sana na natumia vizuri kiasi cha kupata followers wengi.

Asha: Una followers wangapi mpaka sasa?

Jennifer: Twitter ni zaidi ya 7,000, Instagram nina kama 8,100 na Facebook nina 882 hivi, na marafiki kibao tu!

Olary: Wow! Ni wengi. Sasa, kama unatumia muda mwingi kwenye mitandao ya kijamii, unawezaje kufanya mambo mengine kama kazi na masomo?

Jennifer: Hapana! Haimaanishi kuwa natumia muda wangu wote huko, natumia mitandao pale ninapopata nafasi, bila ya kuathiri ratiba zangu nyingine. Nahakikisha napost vitu vya msingi. Pia, na-comment kwenye post za watu wengine, hapo najifunza vitu fulani kutoka kwa wengine. Wakati mwingine nashiriki katika harakati na mijadala mbalimbali, hivyo ndivyo ninavyotengeneza mazingira ya kuonekana.

Issa: Sasa ukishapost na kufanya unavyofanya, unafanyaje kupata watu wa kukufollow?

Jennifer: Unapopost mambo mazuri, watu watakufollow tu, lakini haya masuala ni nipe nikupe, mimi pia nafollow watu ambao nina vya kujifunza kutoka kwao, na wao wanafollow. Hivyo yaani!



Asha: Unajua bhana, mi najaribu sana kuwa 'active', lakini wakati mwingine nashindwa kabisa, huwa nakosa vitu vya kupost, naamua kuacha tu.

Jennifer: Hutakiwi kutumia nguvu nyingi. Wewe post kile unachokifanya na unachokifikiria ilimradi tu kiwe *positive*. Asha, unafanya kazi nzuri sana ya kuelimisha vijana mashuleni kuhusu hedhi salama na masuala ya kiuchumi. Hapo ni pazuri kuanzia, post kuhusu masuala hayo, pia unaweza kuzungumzia vitu unavyovipenda.

Issa: Vitu ninavyovipenda? Vipi kama watu hawatovutiwa navyo?

Jennifer: Mitandao ya kijamii inatumiwa na watu wa kila aina duniani. Lazima kutakuwa na watu wanaopendezwa na hayo unayoyazungumzia, na watataka kukufollow. Kikubwa ni kuwa na msimamo, yaani kujikita katika eneo fulani, huwezi kuwa unapost kuhusu kila kitu, na pia kuwa *positive* na kuwa wewe.

Asha: Issa, wewe na mimi inabidi tufanye jambo, lazima tujaribu!

Issa: Kweli kabisa! Kama kiongozi wa timu ya Nguvu ya Kaka, ni lazima niwe mfano mzuri. Pia, kuna mengi tunayoyafanya kama timu, lazima vijana wajue tunafanya nini.

Jennifer: Kabisa kabisa!

Olary: Mimi pia nitafanya hivyo!

Jennifer: Namna hiyo! Wewe na Sekela ni Green Warriors, ni mashujaa wa harakati za kutunza mazingira; zungumzeni na watu, tumieni mitandao kuwapa watu kile mlichonacho, mna maarifa mengi sana.

Olary: Hakika! Nitafanya vizuri zaidi.

Jennifer: Kitu cha kuzingatia ni kwamba, hutakiwi ulenge kwenye kupata followers. Post kwa lengo la kufikisha fikra, mitazamo yako, ukweli na yale unayoamini ni muhimu kwenye jamii, kupata followers ni matokeo ya uzuri wa kile unachokifanya.

Issa: Internet pia ni sehemu nzuri ya kuanza kujifunza namna ya kutumia mitandao vizuri, au naongopa?

Jennifer: Sahihi! Mimi nilijifunza na kutumia mbinu zote nilizojifunza kama vile kupost nyakati za asubuhi na jioni hasa kwa Twitter, kujibu comments za watu na ku-comment kwenye post za wengine.

Asha: Hiyo ni muhimu sana. Nitajaribu hizi mbinu. Na ukweli ni kwamba, watu wanajisikia vizuri wanapooneshwa ushirikiano, hivyo lazima watakupa ushirikiano zaidi.

Jennifer: Ndio hivyo yaani! Sasa, kwanini msiniambie mnamtia majina gani mtandaoni ili niwafollow sasa hivi?



Asha: Twitter: @asha_maneno, Instagram: @ashamaneno_, Facebook: @AshaManeno

Olary: Twitter: @Olary_Tomito, Instagram: @Olary_Tomito Facebook: @OlaryElly

Issa: Twitter: @Issamindset, Instagram: @Issamindset_, Facebook: @KhalidIssa

Jennifer: Na mimi yangu ni, Twitter: @JenniferKayombo, Instagram: @Jennifer_Kayombo, Facebook: @JenniferKayombo. Najua mnayajua ila nimewakumbusha tu, hahaha! Sasa jamani, inabidi tuwe 'connected' zaidi.

Issa: Sawa sawa!

Jennifer: Na kwa sasa naomba niwaache kidogo, namalizia assignment ya chuo hapa. Tunaweza kuongea tena kesho, tutatumia skype kama leo, ni nzuri sana.

Asha: Ndiyo umuhimu wa mitandao tunaouzungumzia. Basi poa, bye!

Jennifer: Bye, tutaonana!





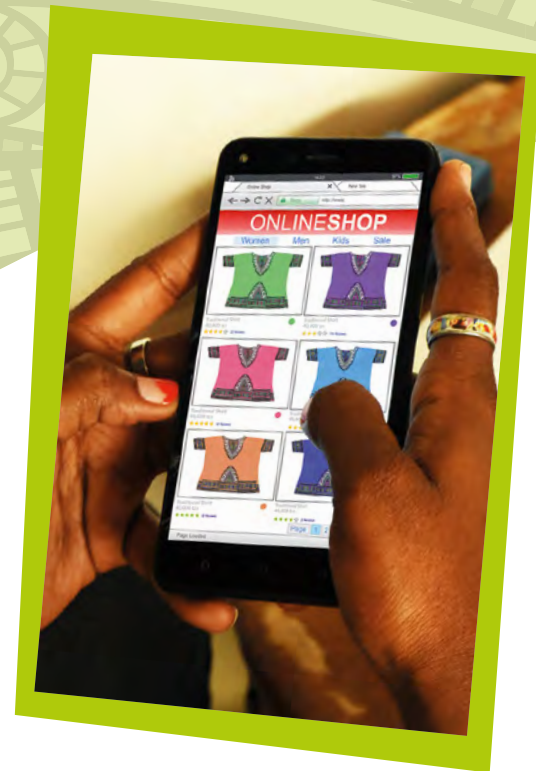
UZA, NUNUA, MTANDAONI

NA JIANG ALIPO

Umeunganishwa! Wow! Sasa unaweza kuwasiliana na marafiki na familia yako, iwe wanaishi jirani au wako upande mwingine wa dunia. Taarifa na takwimu zipo kwenye vidole vyako; shukrani kwa mitandao ya kutafuta taarifa kama vile Google. Unaweza kum-follow mtu wako unayemkubali au mtu mashuhuri kwenye ukurasa wake wa Instagram, Twitter au Facebook. Pia unaweza kucheza gemu.

Katika dunia ya leo, kila kitu kipo kiganjani mwako. Ndio! Unapokuwa na simu janja unaweza kufanya nayo karibu kila kitu! Unafahamu kwamba unaweza kutengeneza mkwanja kwa kutumia simu janja yako?

Ukiwa umeketi nyumbani, unaweza kufungua duka na kuanza kuuza bidhaa fasta! Sawa, labda sio rahisi kiasi hicho, inahitaji uvumulivu na kufanya kazi kwa bidii, lakini inawezekana kama anavyoeleza Mary Kagali:



Marykagalionlineshop mitaa ya Instagram

Nilianza biashara yangu ya mtandaoni kwa kuuza nguo za kike mwaka 2017. Tangu wakati huo, nimepanua biashara yangu na sasa nauza pia mikoba na viatu, kwa sababu kama unavyojua, kina mama wanapenda kununua! Nilipoanza, nilikuwa nanunua nguo Kariakoo kisha nazunguka ofisi moja hadi nyingine, kutafuta wateja. Sikuwa na uwezo wa kufungua duka kwa sababu sikuwa na fedha. Ilikuwa ngumu kwa kuwa nilitumia fedha nyingi kuizunguka Dar es Salaam, na wakati mwingine nilinunua vitu ambavyo wateja walikuwa hawavihitaji.

Siku moja rafiki yangu alinishauri, 'Kwa nini usitumie Instagram,

kutangaza bidhaa zako na wateja wanaweza kuchagua kutoka kwenye ukurasa wako?' Bonge la wazo!

Haikuwa rahisi kiasi hicho na mwanzo ulikuwa na changamoto nyingi. Kwa mfano, nilitakiwa kupeleka mzigo kwa mteja kabla hajanilipa yaani! Mambo mengi yalikuwenda ndivyo sivyote! Wakati mwingine nilifika sehemu ambayo mteja ameniambia nipeleke mzigo nikipiga simu yake haipatikani, au napeleka mzigo, mteja akiuona anabadili mawazo na kukataa kulipa. Kutokana na yote hayo nilijifunza mambo mengi mno. Hivi sasa ninachofanya ni kumtaka mteja kuchagua bidhaa, analipia kabisa na hapo ndo namfikishia mzigo wake!

Bado sina duka mahali fulani na sioni umuhimu wa kuwa nalo kwa sasa. Ninafanya biashara nzuri tu mtandaoni. Jambo muhimu ni kupost bidhaa ulizonazo mtandaoni bila kukosa na kuwa makini na washindani wako. Mtaji mkubwa unaopaswa kuwa nao ni simu nzuri na kifurushi cha data muda wote – duka lako linapokuwa mtandano linakuwa wazi muda wote, halifungwi!



Hizi ni baadhi tu ya dondoo za kuuza mtandaoni!

❶ Chagua jina linalouza!

Kuwa mbunifu! Chagua jina ambalo linajieleza lenyewe – jina ambalo mteja akiliona mara moja anaelewa unachofanya! Pia jina zuri ni lile ambalo litatokea pale mteja anapokuwa anatafuta tafuta vitu mtandaoni.

❷ Tengeneza brand inayoaminika mtandaoni

Wanunuzi wa mtandaoni siku hizi hawanunui bidhaa kutoka ukurasa ambao hawauamini. Unahitaji kufanya bidii ili kujenga uaminifu wa wateja wako - ni ngumu kuupata, lakini ni rahisi kuupoteza. Kauli moja mbaya ya mtu mtandaoni inaweza kuharibu biashara yako yote. Kwa hivyo kuwa mpole. Jibu wateja vizuri na uwe hivyo muda wote!

❸ Tangaza

Matangazo ni muhimu. Tangaza kupitia mitandao mingine ya kijamii, kama Twitter, Facebook, WhatsApp nk. Sio lazima utumie pesa, tumia rafiki zako. Kwenye WhatsApp weka bidhaa zako katika status yako na makundi uliyomo. Waombe rafiki zako waweke kwenye akaunti zao bidhaa zilizopo katika duka lako. Hiyo itakujengea mtandao wako!

❹ Kila simu unayopigiwa ya biashara!

Unapoweka namba yako ya simu kwenye ukurasa wako wa biashara, pokea kila simu kana kwamba unazungumza na mteja wako. Unapokuwa na duka la mtandaoni, namna unavyowachukulia wateja wako kwenye simu ni jambo la muhimu sana.

❺ Tengeneza mfumo mzuri wa usambazaji

Jenga uhusiano na madereva wawili watatu wa bodaboda unaowaamini kwa ajili ya kupeleka bidhaa zako kwa wateja. Ikiwa ndio unaanza, unaweza kupeleka mwenyewe. Mafanikio yako katika usambazaji wa bidhaa yatatokana na bei unazotoza na uharaka wa kuifikisha kwa mteja pamoja na ufungashaji.



TIRIRIKA

Ukisikia biashara ya mtandaoni unaelewa nini?



Ni kutangaza biashara kwa kupitia mitandao ya kijamii. Wafanyabiashara hujitangaza humo ili kuwafikia watu wengi zaidi katika huduma wanazotoa.

JALINA BWANAHINDI (15), NGUVUMALI



Ni biashara inayotangazwa kupitia mitandao ya kijamii au apps za makampuni ya serikali au makampuni binafsi. Bidhaa huuzwa kwa bei ya makubaliano.

GLORY MANGESHO, TANGA



Ni biashara inayofanyika kwenye mitandao ya kijamii ambayo inawekwa wazi kwa kila mtumiaji wa mitandao ya kijamii ili kuweza kununua bidhaa au huduma fulani.

MROGOJO KAWAWA (18), MIKANJUNI



Dondoo za kununua mtandaoni

1 Epuka ofa ambazo uzuri wake umepitiliza kiasi cha kutia hofu

Kuwa mjanja. Kama ofa ina mvuto uliopitiliza kiasi cha mtu kuhofu kuwa labda si kweli, inawezekana kuwa si kweli. Duka lolote la kielektroniki ambalo linatoa bei ya chini mno ni la kutilia shaka. Hivyo, angalia picha zote. Soma na peruzi maelezo na maoni ya wengine.

2 Wajue wafanyabishara na sifa zao

Ikiwa tayari unajua duka, kununua katika maduka yao mtandaoni ni salama zaidi. Lakini ikiwa hujui, unahitaji kuchukua tahadhari kadhaa. Fanya ukaguzi kuangalia maoni ya wateja wengine waliotangulia. Usinunue kwa mfanyabiashara anayezuia *comments*.

3 Angalia vigezo na masharti

Kuna mambo unapaswa kuyafahamu au kuuliza kabla ya kununua:

- Unatakiwa kulipa kabla au baada ya kupokea bidhaa?
- Bidhaa inakufikia ulipo?
- Kama wanakufikishia, nani analipia usafiri?
- Ni lini bidhaa inakufikia?
- Kama bidhaa hukuipenda, je unaruhusiwa kuirudisha? Upate na uthibitisho.

4 Unapojiridhisha unaweza kuendelea na malipo.

Kama umekubaliana na vigezo na masharti hakikisha umechagua saizi na rangi za chaguo lako na utume kwa muuzaji ili kuhakikisha kwamba mnaelewana. Kutuma ujumbe ni vizuri kwa utunzaji wa rekodi.

Nini cha kufanya ikiwa kuna kitakachokwenda vibaya?

Hatua ya kwanza, ikiwa umetumiwa bidhaa mbaya au zenye kasoro, unapaswa kuwasiliana na muuzaji wako. Kama ulilipia kwa simu na hukufurahia majibu ya muuzaji huyo au hukupata majibu, wasiliana na kampuni ya simu uliyotumia.



SELL, BUY, ONLINE

BY JIANG ALIPO

You're connected! Yey!

Now you can keep in touch with your friends and family whether they live next door or on the other side of the world.

You have facts and figures at your fingertips; thanks to search engines such as Google. You can follow your favorite role model or celebrity on their Instagram, Twitter or Facebook pages. You can scroll gossip. You can play games.

In today's world, if you have a smartphone everything is in the palm of your hands. Yes! You can do almost everything with it!

Did you know that you can actually make money with your smart phone?

While seated at home you can open up a shop and start selling your goods in no time! Well, okay, maybe, it is not that easy, it does take patience and hard work, but it can be done! Mary Kagali explains:

Marykagalionlineshop on Instagram

I started my online business of selling women's clothes in 2017. Since then, I have expanded my business, and sell women's handbags and shoes as well, because as you know, women love shopping! When I started, I used to buy clothes from Kariakoo market, then walk around from one office to another, hoping to find a buyer. I couldn't open a physical shop because I didn't have the money. It was difficult because I spent a lot of money walking around Dar es Salaam, sometimes I brought things that no one wanted. Then one day a friend advised me, 'Why don't you use Instagram to display your goods and your customers can select from your page?' That was the best idea ever! It hasn't been easy, and the beginning it had many challenges. For example, when I had to deliver goods before the customer paid. So many things could go wrong! Sometimes I would reach the delivery destination and the customer's phone would be unreachable, or I would get to the customer but on seeing the item they would change their mind and decide not to pay. From all of that I learnt so much. Nowadays what I do is I ask the customer to select and pay, before they receive the goods! I still don't have a physical shop, but I don't see the need of it now. I do good business online. The most important thing is to post on your Instagram account consistently and check for your competitors. The biggest investment you need to do is in good smart phone and internet bundles – when your shop is online, it never closes!



KUMBUKA

Iwe ni kununua au kuuza, mitandao imekuwa njia mpya ya kufanya manunuzi! Haipingiki kwamba ni njia ambayo imeshika kasi na kukua, japokuwa bado haijamfikia kila mtu.

CHUKUA

HATUA

Angalia ikiwa kuna mtu yeyote katika jamii yako ambaye angependa kuanzisha biashara ya mtandaoni. Msaidie kwa kumpatia ushauri juu ya namna ya kufanya hivyo ili afanikiwe. Fuatilia maendeleo na tujulishe inaendeleaje!

Here are a few tips for selling online!

1 Choose a name that sells!

Be creative! Choose a name that is self-explanatory – a name where a customer understands what you sell immediately! Also, a good name is one that comes up when a customer does a random search.

2 Build a trusted online brand

Today's online shoppers won't buy from a page they don't trust. You need to work hard to build the trust of your customers - it's hard to gain, but easy to lose. One bad comment may ruin your whole business. Answer customers politely and be consistent!

3 Advertise

Advertising is crucial. Advertise through other social media platforms, like Twitter, Facebook, WhatsApp etc. You don't have to use money, use your friends. Post your products on your WhatsApp status and in your groups. Ask your friends to post about your shop on their accounts. This will build your network!

4 Every call is a business call!

Once you put up your mobile number on your business page, receive each phone call as if you are talking to your customer. How you treat your customers on the phone is very important.

5 Create a great delivery experience

Build a relationship with two or three bodaboda drivers you can trust for delivery. If you are just starting you can deliver the goods yourself. Your delivery success comes from the price you charge to how quickly the package arrives and what the packaging looks like.



Tips for buying online

1 Avoid offers that seem 'too good to be true'

Be smart. If a deal looks too good to be true, it probably is. Any e-shop that promises too much at too low a price is suspicious. So, look at all the pictures. Read the specifications and browse through the comments.

2 Know the merchant and their reputation

If you already know the shop, shopping in their online store is very safe. But if you don't know the shop you just need to take a few more precautions. Conduct a background check by looking at old comments and reviews from other customers.

3 Check terms and conditions

There are things you should check and ask before purchasing:

- Are you required to pay before or after delivery?
- Do they deliver to where you are?
- If they deliver who pays for the delivery?
- When do you get the goods?
- If you don't like the goods are returns allowed? Is it really true?

4 When you are satisfied you can continue paying.

If you agree with terms and conditions make sure you select the item size and color of your choice and send the request to the seller to make sure that you both understand each other. Sending a text is good for record keeping, it also helps the seller to verify your requested goods.

What to do if something goes wrong?

The first step, if you have been sent the wrong or defective items, should be to contact the seller. If you paid with mobile money and you're not happy with the seller's response, or you have received no response, contact your mobile service provider.

AJENDA YA WATOTO NA VIJANA!

Watoto na vijana ni kundi muhimu linaloongezeka kwa kasi nchini Tanzania. Toleo letu la 52 liliainisha haki za watoto chini ya Mkataba wa Umoja wa Mataifa Juu ya Haki za Watoto (CRC). Na baada ya kusherehekea miaka 30 ya mkataba huo, watoto na vijana wamekuwa katika majadiliano wakitafakari mafanikio yaliyofikiwa pamoja na uwekezaji unaohitajika kuhakikisha kuwa wanaishi, wanastawi na wanafurahia haki zao kikamilifu.

Ajenda ya Watoto na Vijana (YPA) inalenga kuwapa watoto na vijana nafasi ya kuzingatia na kutoa maoni yao. Kwa hili, UNICEF Tanzania ilishirikiana na Femina Hip kuanzisha safu ya mashauriano ili kuelewa mitazamo na maoni ya watoto na vijana kuhusiana na CRC.

Mikutano sita ya mashauriano ilifanyika: minne Tanzania Bara katika mikoa ya Dar es Salaam, Mtwara, Mbeya na Kigoma, na mmoja Zanzibar. Hii ilifuatiwa na kikao cha uthibitishaji jijini Dar es Salaam. Karibu vijana na watoto 400, wa kiume na wa kike, wenye umri kati ya miaka minane na 30, walishiriki mikutano hii.

Mashauriano ya kwanza yalifanyika Januari 2019 katika Mkutano wa Vijana wa Mwaka wa Femina Hip, ambao ulikusanya vijana kutoka shule za sekondari. Ulifuatiwa na mkutano wa mashauriano na wawakilishi wa asasi 14 zinazoongozwa na vijana ambao ni wanachama wa Umoja wa Vijana katika Afya ya Uzazi Tanzania (TAYARH).

Mikutano mingine minne iliyofanyika Julai-Agosti 2019 Mtwara, Mbeya, Kigoma na Zanzibar iliendeshwa na vikundi vya wanafunzi wa shule za msingi na sekondari na wanachama wa mashirika yanayoongozwa na vijana. Walimu, washauri na wawakilishi wa serikali kutoka mikoa na wilaya husika walishiriki katika kila mkutano.

Ukiacha mikutano hii sita, watoto na vijana wengine zaidi ya 35,000 walishiriki na kutoa maoni yao kupitia mikutano ya mashauriano iliyofanywa na Asasi ya Vijana wa Umoja wa Mataifa Tanzania (YUNA), Baraza la Watoto Tanzania (JCURT), na U-Report (Jukwaa linalowakutanisha vijana kupitia SMS na mitandao ya kijamii kufanya mijadala mbalimbali).



Yafuatayo ni mapendekezo ya vijana na watoto

NGUZO 1: KUISHI

1 Afya ya mama na mtoto

Serikali inapaswa

- Kuboresha miundombinu ya afya kwa kujenga hospitali na vituo vya afya.
- Kuhakikisha kuwa kila mama na mtoto anapata huduma ya bure ya afya.
- Kuhakikisha upatikanaji wa wahudumu wa afya wa kutosha hasa katika maeneo ya vijijini.
- Kufungua dawati rafiki la vijana katika vituo vyote vya afya.

Vijana wanapaswa

- Kushiriki katika ujenzi wa vituo vya afya.
- Kutumia madawati rafiki ya vijana yanayosimamiwa na wataalamu wa afya katika vituo vyote vya afya.

WATOTO NA VIJANA WANACHOSEMA

"Vituo vingi vya afya havifanyi kazi Jumamosi, Jumapili na siku za sikukuu na hii mara nyingi husababishwa na ukosefu wa watumishi wa kutosha."
- Rahim Nasser
(miaka 24, Dar es Salaam)



WATOTO NA VIJANA WANACHOSEMA

2 Maji na usafi wa mazingira (WASH)

Serikali inapaswa

- Kuendeleza sheria na kanuni madhubuti ili kuhakikisha vyanzo vya maji vinakuwa salama.
- Kuhakikisha upatikanaji wa majisafi na salama kwa jamii kama kwenye shule, masoko na hospitali.
- Kusimamia mabadiliko ya tabia ili jamii ifuate kanuni bora za afya na usafi wa mazingira.

Vijana wanapaswa

- Kujitolea kuwa watetezi wa WASH katika jamii zao.
- Kuhusika kikamilifu kulinda na kuhifadhi vyanzo vya maji katika jamii.
- Kunzisha kampeni za usafi katika maeneo ya umma kama vile masoko, hospitali na fukwe.

"Mimi katika kata yetu nimekuwa nikiwakusanya vijana wenzangu katika ujenzi wa vyoo shuleni."

- Rahimu Juma
(miaka 23, Mtwara)



3 Kupunguza umaskini

Serikali inapaswa

- Kutoa kipaumbele kwa vijana katika fursa za ajira.
- Kuboresha elimu ya ufundi na ujasiriamali ili kuhakikisha kuwa mtaala wa elimu unaendana na mahitaji ya soko la ajira.
- Kutoa mikopo yenye riba nafuu kwa vijana ili kuwawezesha kiuchumi.

Vijana wanapaswa

- Kutumia rasilimali zilizopo na fursa kwa ajili ya kujiajiri badala ya kusubiri ajira.
- Kuanzisha vikundi vya ujasiriamali ambavyo vitasaidia kuwafanya vijana kuwa na kazi za kufanya.

"Vijana wengi ni wabunifu, tatizo ni mitaji na masoko. Serikali itusaidie vijana hasa katika kupata mitaji na masoko."

- Baraka Gwakisa
(miaka 17, Mbeya)



4 Lishe

Serikali inapaswa

- Kutoa elimu ya lishe na chakula bora katika ngazi za jamii kupitia majukwaa mbalimbali zikiwemo klab za shule.

Vijana wanapaswa

- Kushiriki katika shughuli za kilimo ili kuhakikisha kunakuwa na chakula cha kutosha nchini.

"Serikali ishushie kodi za vyakula ili watu wamudu kununua vyakula maana viko ghali sana."

- Meckrina Mpinga
(miaka 22, Mtwara)



NGUZO 1: KUISHI

5 Haki za Afya ya Uzazi na Ujinsia (SRHR)

Serikali inapaswa

- Kuhakikisha kuna taarifa sahihi za SRHR kwa ajili ya vijana na watoto.

Vijana wanapaswa

- Kubalishana ujuzi kuhusu SRHR na wale ambao hawana ufahamu huo katika rika lao



WATOTO NA VIJANA WANACHOSEMA

"Vijana tukusanye taarifa kuhusu afya ya uzazi, kisha tuvunje ukimya ili taarifa hizo tuziambukize kwa watu wengine"

- Fredy Robert
(miaka 24, Dar es Salaam)

6 Watoto na UKIMWI

Serikali inapaswa

- Kutunga na kutekeleza sheria zinazowalinda vijana dhidi ya vitendo ambavyo vitawaweka katika hatari ya kupata maambukizi ya VVU/UKIMWI.
- Kuboresha miundombinu ya afya: kuimarisha huduma kwa wenye VVU/UKIMWI.
- Kupunguza maambukizi ya VVU kutoka kwa mama kwenda kwa mtoto.

Vijana wanapaswa

- Kupima mara kwa mara ili kujua hali zao.
- Kujiepusha na ngono zembe.

"Kwenye suala la upimaji vijana tuko nyuma."
- Yasry Wess
(miaka 17, Dar es Salaam)



NGUZO 3: ULINZI

Ulinzi wa mtoto

Serikali inapaswa

- Kutekeleza kwa usahihi sheria za kuwalinda watoto.
- Kuandika katika lugha nyepesi Katiba ya Tanzania ili watoto waweze kuelewa haki zao na jinsi ya kujilinda.
- Kuboresha bajeti ya Dawati la Jinsia na Watoto katika vituo vya polisi.

Vijana wanapaswa

- Kuibadilisha jamii kwa kutokuwa waanzilishi wa ukatili wa kijinsia au dhuluma dhidi ya watoto na vijana wengine.
- Wakati wowote wazifahamishe mamlaka husika ikiwa kuna vitendo vya ukatili wa kijinsia au dhuluma dhidi ya watoto.



WATOTO NA VIJANA WANACHOSEMA

"Sheria ndogondogo ziwabane wazazi na viongozi wa serikali za mitaa kwani ukatili unafichwa sana zaidi huko kwenye ngazi ya chini."

-Charles Ruben
(miaka 24, Dodoma)

NGUZO 2: MAENDELEO

WATOTO NA VIJANA WANACHOSEMA

1 Elimu

Serikali inapaswa

- Kuboresha miundombinu ya sekta ya elimu, kama vyumba vya madarasa, maabara na vifaa vingine vya kujifunzia.
- Kuongeza idadi ya walimu hasusan katika maeneo ya vijijini.

Vijana wanapaswa

- Kufanya kazi na walimu ili kuhakikisha kunakuwa na ushirikiano kati ya mwalimu na mwanafunzi shuleni.

"Ningeajiri walimu zaidi mashuleni na kuboresha mfumo wa ufuatiliaji ili kuhakikisha walimu wanafika shule kwa wakati na kufundisha madarasi, kwasababu hili ni tatizo kubwa."
- U-Reporter msichana (miaka 19, Dar es Salaam)



2 Uwezeshaji kiuchumi

Serikali inapaswa

- Kutoa elimu ya ujasiriamali katika ngazi zote
- Kutoa fursa sawa kwa wanafunzi wa elimu ya juu kupata mikopo.

Vijana wanapaswa

- Kufanya kazi za kujitolea ili wapate ujuzi na uzoefu.



"Serikali ipunguze riba kwenye mikopo wanayoitoa kwa wanafunzi wa elimu ya juu kwani mikopo inatolewa ili kuwasaidia na sio kuwakomoa."
- Suzan (miaka 20, Dar es Salaam)

NGUZO 4: USHIRIKI

WATOTO NA VIJANA WANACHOSEMA

Serikali inapaswa

- Kuongeza ushiriki wa wananchi kwa kuwajumuisha vijana kwenye maamuzi katika ngazi ya jamii.
- Kulitoa wazo la kuanzisha Baraza la Taifa la Vijana kwenye makaratasi na kulitekeleza kwa vitendo.

Vijana wanapaswa

- Kushiriki kikamilifu katika mikutano ya hadhara ya jamii.
- Kugombea nafasi za uongozi katika ngazi mbalimbali.

"Ili tupate viongozi bora, vijana wanapaswa kuwezeshwa kushiriki katika kufanya maamuzi."
- Getrude (miaka 17, Mtwara)



CHEZA SALAMA



**cheza
salama**



Usalama mtandaoni!

NA LESLEY READER





WWW

Jane, kama ilivyo kwenu, ana maswali mengi. Intaneti ni nini? Kinafanyaje kazi? Inakuwaje kinajua mambo mengi hivi? Kila mtu anazungumza kuhusu Google, Google inapata wapi taarifa zote hizi? Jane anajaribu kuyang'amua mambo haya.

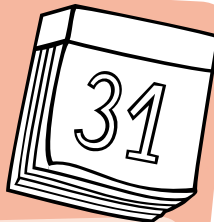
Dada yake mkubwa Margaret, amerudi kijijini, yeye huishi mjini, yuko chuo. Anaipenda sana simu yake janja, na hutumia masaa mengi kwenye simu, usiku na mchana. Anapokuwa nyumbani anataamani sana kumfundisha mdogo wake, Jane, mambo ya mtandaoni. Jane anataka kujiunga Facebook azibambe burudani za mitandaoni, ana maswali mengi.

"Margaret, vipi kuhusu Facebook? Watu wanasema inaweza kukuunganisha na 'marafiki' dunia nzima. Nawafikia vipi? Wanamaanisha nini wanaposema Facebook inaweza kupata taarifa zangu, familia yangu na marafiki zangu? Wanaweza kujua ninapoishi? Ina maana si salama kuwasiliana na watu mtandaoni?"

Margaret anajaribu kumweleza, hususan juu ya mambo yanayohusu usalama. "Ukweli ni kwamba ni kiasi gani uko salama mtandaoni inategemea jinsi wewe unavyojiweka. Inabidi uwe mjanja na makini, ni juu yako kufanya kila uwezalo ili uwe salama. Ngoja nikupe ushauri wa mambo ambayo inabidi uyakumbuke na uyafanye unapokuwa mtandaoni.

Unayoyapost mtandaoni hayafutiki

Kabla ya kupost chochote mtandaoni, fikiria ni nini watu wengine wanaweza kufahamu juu yako, kwa sasa na hata watakaona baadae - walimu, wazazi, vyuo na waajiri watarajiwa. Mtandaoni weka vitu vyako vya maana. Unavyopost mtandaoni havipotei hata kama ukifuta.



Fahamu kinachowekwa mtandaoni

Fahamu kuwa unapotuma picha au video mtandaoni, unaweza pia kuweka taarifa za watu wengine au maelezo yako binafsi kuhusu unapoishi, shuleni au kijiwe chako, jambo ambalo wakati mwingine si salama.

Ukiposti vya wengine basi iwe katika namna nzuri.

Pia, kuna uwezekano mkubwa kwamba watu wabaya na wenye ukatili mtandaoni na wao wamewahi kunyanyaswa na kubughudhiwa. Ikiwa mtu atakutukana usijibu, usilipize kisasi. Wablock fasta. Zungumza na mtu mzima unayemwamini au rafiki ambaye anaweza akakupa ushauri mzuri juu ya jambo la kufanya.

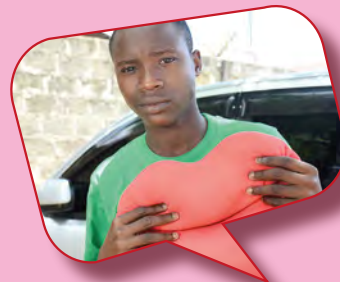


Linda uwepo wako mtandoni

Ni sawa kuweka mipaka, ukachagua nani aone au asione taarifa unazoweka kwenye mitandao ya kijamii. Baki na watu unaowafahamu. Chunguza kuhusu user privacy and security settings kwenye mitandao ya kijamii na gemu unazopenda mtandaoni, apps nyingine na kwenye majukwaa tofauti tofauti mtandaoni.

TIRIRIKA

Nini cha kuzingatia unapotumia mitandao ya kijamii?



Kujiheshimu na kuheshimu watu wengine na kutofanya ukatili mtandaoni, na kupunguza makosa ya kizembe. Muhimu pia kusoma sheria ya mitandao ya kijamii.

NURDIN FYONI (16)
MSAMBWENI



Ni muhimu kutorudia makosa ya watu wengine. Mfano kufoward picha chafu au kutukana watu wengine katika mitandao.

MARY THOMAS (18)
MNYUZI



Kutotafuta vitu ambavyo havitanisaidia kama mwanafunzi, mfano kuangalia au kufuatilia wanamuziki waliotoa nyimbo mpya.

IRAADAT YUSUFU (17)
MAKORORA



Usijimwage kupita kiasi

Kuweka mtandaoni au hata kwenye barua pepe binafsi picha zinazoonesha maungo yako au taarifa zako za siri, kunaweza kukuletea shida baadaye. Hata watu unaowaona kuwa ni marafiki kwa sasa wanaweza kutumia habari hizo dhidi yako, hasa ikiwa urafiki utavunjika.



Kuwa mjanja wakati wa kutumia simu janja

Kuwa mwangalifu unapotoa namba yako kwa mtu na jinsi unavyotumia apps ambazo zinaweza kutambua eneo ulipo. Linda simu yako kwa PIN ambayo ni nambari unayojua wewe tu, nenosiri au alama ya vidole. Pia, jifunze zaidi namna ya kupata simu yako ikiwa itapotea! Kuna apps za mambo hayo!



Fahamu ni taarifa gani zinakusanywa, na nani na zinatumiwa

Ili kuthamini na kulinda taarifa zako binafsi, kuwa makini unapokatiza mitaa ya mtandaoni. Taarifa zinazokuhusu, kama vile gemu unazopenda kucheza, mambo unayotafuta mtandaoni na mahali unapoishi, ni za thamani - kama fedha. Kuwa mwangalifu juu ya nani anapata taarifa hizo na jinsi zinavyokusanywa kupitia apps na tovuti. Tumia bidhaa au huduma ikiwa tu kampuni husika imeweka wazi jinsi itakavyotumia habari zako binafsi. Ikiwa huna uhakika taarifa zako zitatumikaje, waulize wazoefu wa mitandaoni. Kabla hujabofya "YES" tafakari zaidi ikiwa app inakuomba ruhusa ya kutumia taarifa zako binafsi (kama mahali ulipo) na wakati hazihitajiki ili upate huduma.



Safety and the World Wide Web!

BY LESLEY READER

Jane like you, has many questions. What is this complex thing called the Internet! How does it work? How come it knows so much? Everyone talks about Google, where does Google get all its information? Jane is trying to figure out what it means to Google."

Margaret, Jane's older sister is back home in the village, she usually lives in the city as she is at college. She loves her smart phone and she spends hours on it, day and night. While at home she is eager to introduce her little sis, Jane to the Internet - the 'world wide web'. Jane wants to join Facebook and find content online! She has so many questions.

"Margaret, what about Facebook? I've heard it can connect me to 'friends' all over the world. How do I contact them? What does it mean when they say that Facebook can get data about me, my family and friends? They can know where and how I live? Does that mean that it is not safe to interact with people online?"

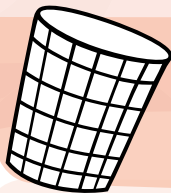
Margaret tries to explain, especially about the things that have to do with safety. "The truth is, on the internet you are as safe as you make yourself! You have to be smart, it's up to you to do as much as you can to keep yourself safe. Let me give you advice about what to remember and what you need to do when you are 'online'."

Your posts last a lifetime: Before you post, think about what other people might get to know about you and who might see it in the future – teachers, parents, colleges and potential employers. Share the best of your self online. What you post online will stay forever.



Nenosiri ni la kwako binafsi

Usisambaze neno siri lako a.k.a nywila, hata kwa marafiki zako. Ni vigumu kufikiria, lakini marafiki hubadilika na hutapenda kuona mtu akijifanya kuwa wewe. Chagua neno siri unaloweza kulikumbuka lakini ambalo hakuna mtu mwingine anayeweza kulibaini. Mbinu moja: Tengeneza sentensi kama, "Nilihitemu Shule ya Mbuyuni mnamo 19" liwe neno siri ("I graduated from Mbuyuni School in 19 = IgfMSi19.")

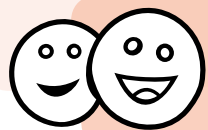


Ikiwa na shaka, achana nacho

Ikiwa utapokea barua pepe au ujumbe kutoka kwa watu ambao huwajui, zikiwa na link, au zinazoonekana kama matangazo ya mtandaoni, mara nyingi hivi ndivyo watu wenye nia mbaya wanavyopata taarifa zako binafsi. Ikiwa unaona kitu kigeni kigeni hivi cha kutia shaka, futa au potezea.

Usizungumzie mambo ya ngono na watu usiowajua

Kuwa mwangalifu wakati wa kuzungumza na watu ambao huwajui, hasa ikiwa mazungumzo yanaelekea katika mambo ya ngono au masuala ya mapenzi. Watu wanaweza kujifanya wa rika lako lakini kumbe wanaweza kuwa wakubwa na wenye nia mbaya. Ikiwa una wasiwasi kuhusu hilo, zungumza na mtu unayemuamini.



Epuka kukutana na watu usiowajua

Njia pekee ambayo mtu anaweza kukudhuru kimwili ni ikiwa mtakutana, kwa hiyo – ili kuwa salama kwa 100% - usikutane na watu uliofahamiana nao mitandaoni. Ikiwa itabidi basi usiende peke yako. Hakikisha mnakutana sehemu ya wazi yenye watu wengine, mwambie mtu unayemwamini na ambatana na marafiki.

Kwa kufuata dondoo hizi, Jane, na hata wewe unaweza kufurahia muda wako mtandaoni ukiwa salama!



Know what's being shared: Be aware that when you post a picture or video online, you may also be sharing information about others (which they may not like) or personal details about yourself like where you live, go to school or hang out.

Only post things about others that you would like them to post about you and you should post with their consent. Also, people who are unkind and rude to others online are more likely to have been bullied or harassed themselves. If someone is nasty to you, try not to react, ignore them and don't retaliate. Block them straight away. Talk to a trusted adult or a friend who can advise you about what to do.

Protect your online presence: It's OK to limit the number of people who can see your information and what you share on social media. Stick to the people you know. Find out about user privacy and security settings on social media apps, and on your favorite online games, apps and platforms.

Don't share too much: Sharing explicit photos or intimate details online, (like naked photos) even in private emails, can cause you problems later on. Even people you consider friends can use this information against you, especially if they stop being your friend.

Be smart when using a smartphone: Be careful who you give your number to and how you use apps that can identify your physical location. Secure your phone with a PIN, a fingerprint or a password, which is a code only you know. Also learn more about how to find your phone if ever it gets lost! There are Apps for that!

Passwords are private: Don't share your password with anybody, even friends. It's hard to imagine, but even friends can go bad and misuse the password, pretending to be you. Pick a password you can remember but no one else can guess. One trick: Create a sentence like "I graduated from Mbuyuni School in 19" for the password = IgfMSi19."

Know what information is being collected, who is collecting it and how it will be used: In order to value and protect your personal information, navigate safely. Information about you, such as the games you like to play, what you search for online and where you live, is valuable – just like money. Be careful about who gets that information and how it's collected through apps and websites. Only use a product or service if the company is open and clearly states how it will use your personal information. If you're not sure what a business will do with your information, ask a more experienced internet user. Think twice if an app wants permission to use personal information (like your location) which it doesn't need, before you click "OK."

When in doubt, throw it out: If you receive emails or messages from people you don't know, and they contain links in them, or seem to be a form of online advertising or sexting, beware! This may be from people with bad intentions who are trying to get access to your personal information. If it looks strange, delete or ignore it.

Don't talk about sex with strangers: Be aware that the internet is not always what it seems. Be careful when communicating with people you don't know in real life, especially if the conversation starts to be about sex or physical details. People can pretend to be your age but may be adults and have 'bad' intentions. If you are worried, speak to someone you trust!

Avoid in-person meetings with strangers: The only way someone can physically harm you is if they meet you, so – to be 100% safe – don't meet strangers you met on the internet in person. If you really must, don't go alone. Have the meeting in a public place, tell someone you trust, and bring some friends along.

By following these tips Jane, and you, can enjoy your time surfing the world wide web, you can be online and be safe!



THERE IS AN ADDICTION TO MOBILE PHONES AND IT IS CALLED NOMOPHOBIA.

What tha fun!

Biashara bila ofisi inawezekana! Pop Up and Shop ni biashara za wajasiriamali wadogowadogo wasio na maduka ama vizimba vya kuuzia bidhaa zao, ambao hufanya biashara kwenye mitandao ya kijamii (online) ikiwemo WhatsApp, Facebook na Instagram.

Wajasiriamali hao huweka utaratibu wa kila baada ya mwezi moja au miwili, kukutana sehemu moja yenye mkusanyiko wa watu ili kuuza bidhaa zao kwa pamoja. Kwa kutumia njia hii, wafanyabiashara wadogowadogo hujulikana na watu zaidi, na pia kila mmoja anaweza kufaidika.

Noreen Mollel, mmoja wa wajasiriamali hawa, alinasua fursa hiyo. Noreen aliyewahi kuwa mwana Fema Club kutoka shule ya sekondari Ashira Girls ya mkoani Kilimanjaro na yeye pia kupitia elimu ya ujasiriamali aliyopata wakati akiwa mwanachub aliamua kuazisha biashara yake na kuuza vitu vidogo vidogo mitandaoni kama mikoba, mikanda, mikufu, vibanio vya nywele pamoja na hereni ambapo kila mwezi hukutana na wajasiriamali wenzake katika Pop Up and Shop iitwayo 'What Tha Fun'.

Big up Noreen!



Shule Direct yapata tuzo!

Mwaka 2013, Faraja Nyalandu alianzisha Shule Direct. Hii ililenga kuwasaidia wanafunzi walioko shule za sekondari kukuza uelewa na kusoma kupitia njia ya mtandao. Wazo hili lilienda sambamba na kutimiza lengo la nne la umoja wa mataifa la upatikanaji elimu bora (Quality Education) ifikapo mwaka 2030.

Wanafunzi kuanzia kidato cha kwanza mpaka cha nne, kupitia Shule Direct, wanaweza kusoma vitabu, mitihani ya taifa iliyopita na majaribio yanayoendana na mtaala wa elimu wa Tanzania.

Pia wanaweza kufanya majadiliano ya kimasomo mtandaoni (Online group discussions), na kuuliza maswali yoyote ya papo kwa papo.

Walimu nao wanaweza kuweka masomo na notes zao.

Kutokana na juhudi hizi, Taasisi ya Elimu Solutions Tanzania wameitunukia Shule Direct ushindi wa tuzo katika kipengele cha 'The best online education platform 2019,' kwa kuonesha matokeo chanya ya matumizi mazuri ya mitandao wakiwa shuleni na hata nyumbani.

"Mbali na masomo ya darasani, tovuti ya Shule Direct ina masomo ya elimu ya ziada kama michezo na stadi mbalimbali za maisha.

Shule Direct pia ina programu ya Ndoto Hub ambayo inatoa masomo ya ujasiriamali kwa wasichana walioko mashuleni na nje ya shule ili kuwasaidia kunufaika na kuweza kujiajiri wenyewe." Asteria Katunzi, Meneja miradi na mawasiliano alifafanua.

Shule Direct wamefunga mtandao wenye mfumo maalum kwaajili ya wanafunzi na walimu kupata masomo yote yanayohitajika bila haja ya mtandao kuwa hewani. Taarifa zaidi zinapatikana kupitia tovuti yao ya www.shuledirect.co.tz

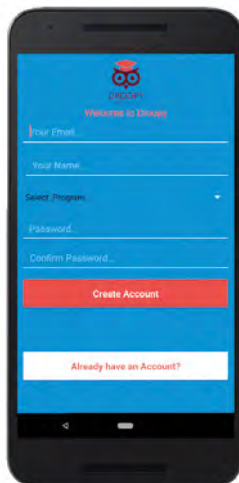
The first call from a mobile phone was made on April 3, 1973 by Martin Cooper, engineer of Motorola, from the streets of New York.

Women at Web being the safe place in town

Women at Web Tanzania is a project funded by DW Akademie that is aimed at bridging the gender digital divide by encouraging and increasing online participation of women in Tanzania through digital literacy and safe online spaces. Women at Web Tanzania has been funded to promote and enhance women's online participation by providing them with the knowledge, safety and legal guidelines. "This is to protect them as we address online harassment, a challenge to gender digital inclusion" explains Asnath Ndosi, project coordinator Women At web Tanzania. "A total of 90 women were trained on digital literacy and digital citizenship in Dar es Salaam, Dodoma and Arusha. Feedback from the surveys showed that online harassment was a serious problem, precisely because there was a lack of awareness on what online harassment constitutes even though the cybercrime law is in place. This calls for advocacy and awareness on safe spaces for women online, awareness of measures and structures in all places, while exposing women to the benefits and opportunities from being online." Asnath says. "Women at Web Tanzania aims at addressing the common barriers to digital inclusion for women."



University smartphone application



Your university in the palm of your hand! Droopy is designed specifically for universities to solve common challenges in information dissemination. It also provides a platform for other functionalities like sharing lecture notes, uploading assignments, finding free venues and offices location, posting programs and fun! Brayson John is a student from The Institute of Finance Management -IFM who created the app. He won 1st place in the Information Technology (IT) category during the 9th Career Day held at the university's compounds recently. Currently used at IFM main campus, it could be also used in different universities to fit their needs.



It is a fact of the internet that every click, every view and every sign-up is recorded somewhere.

NDEGE MJANJA...

TUNU NI MSICHANA MWENYE NDOTO ZA KUFIKA MBALI KIELIMU. ILI AFIKIE NDOTO ZAKE AMEAMUA KUJITOA ZAIDI KATIKA MASOMO. LAKINI KUNA VISHAWISHI VINGINE AMBAVYO ANAKUMBANA NAVYO KATIKA SAFARI YAKE, KIKUBWA ZAIDI NI MARAFIKI. JE, TUNU ATAWEZA KURUKA VIUNZI AMBAVYO VINAJITokeza MBELE YAKE?FUATILIA...





PHOTOSTORY

MAMBO YAKAWA MENGI UMAKINI DARASANI NAO UKAPUNGUA



SIKU NYINGINE DARASANI



HUU NI MCHEZO WA KUIGIZA, HAUNA UHUSIANO WOWOTE NA MAISHA HALISI YA WAIGIZAJI



*PICHA: RAPHAEL NYONI
*UONGOZAJI: PENDO MASHULANO
*WAIGIZAJI: MAGILLA FEMBA CLUB
*SHUKRANI: UONGOZI WA SHULE YA SEKONDARI MAGILLA, TANGA.



Hili ndilo tundu bovu

Dah! Mchezo umeishia patamu kweli! Sijui Tunu alikutwa na masaibu gani baada ya simu yake kuita! Eti? Labda wewe unaweza ukaniambia, kama Tunu angekuwa hapo shuleni kwenu unadhani ni nini kingempata?

Unaweza ukaona kwamba Tunu ishuru yake kubwa ni kukamatwa na simu shuleni, si ndio? Vipi kuhusu kushuka kimasomo? Vipi kuhusu kupoteza muda wake kwa kuwa darasani lakini hajifunzi kitu chochote kwa kuwa akili yake 'imetekwa' na simu? Vipi kuhusu simu ilivyomfanya aingie kwenye mahusiano akiwa ni mwanafunzi? Kuna vitu vingi sana vya kujifunza kutoka kwa Tunu, kwa kuanzia tu na kampani ambazo tunazo. Ngoja labda nikuulize wewe, kampani yako inakujenga au inakubomoa? Ndio nakuuliza wewe unayesoma, ni mara ngapi marafiki zako wamekuacha ukijuta?

Wenyewe wanasemaje?

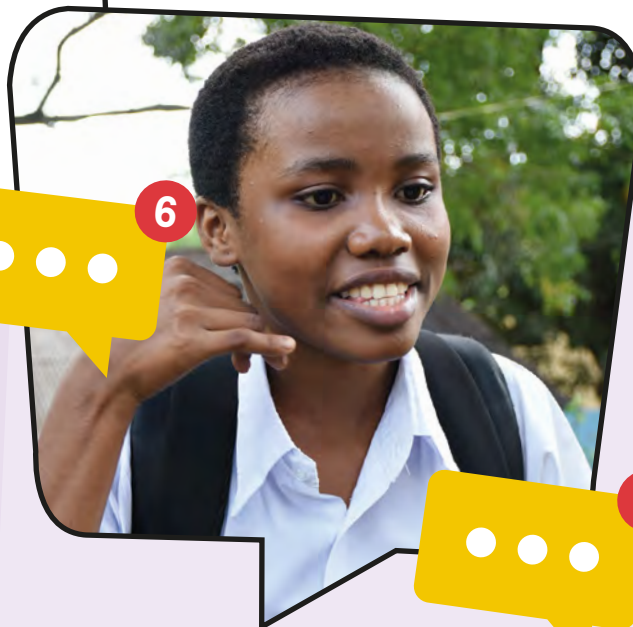
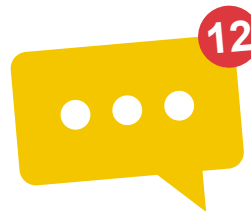
Wakati tunafanya utafiti na wana Fema Club juu ya aina gani ya stori tufanye mchezo wa kuigiza tulisikia mengi sana kuhusiana na wanafunzi kumiliki simu shuleni. Hii ikiwa ni kwa shule zote; za kutwa na bweni.

Ukweli ni kwamba, kuna wanafunzi wanaomiliki simu shuleni. Maswali ya msingi ambayo tuliuliza ni haya:

- * Ni nani anawanunulia hizo simu?
- * Kama mwalimu shuleni hafahamu kwamba mwanafunzi ana simu na mzazi pia nyumbani hafahamu, je, wanazitumia kuwasiliana na nani?
- * Hela ya kununua vocha nani anawapa?
- * Hizo simu zinahifadhiwa mahali gani?

Chemsha bongo yako

Sheria ya Makosa ya Mitandaoni ya mwaka 2015 umeisoma? Unafahamu ni vitu gani vinavyoihusu simu ambavyo vinaweza vikasababisha ukafungwa au kulipishwa faini kubwa? Soma makala ya Lifeskills na Mpendwa Anti uone! Ni noma! Hata hivyo, jambo la kuzingatia ni kujiuliza umekwenda shule kufanya nini? Heshimu sheria za shule, umalize salama.



Hali halisi

Bado tu unataka nikujiibie haya maswali? Rudi tena ukasome mchezo kuanzia mwanzo. *Anyway*, ngoja nikuibie siri kidogo. Wanafunzi wengine wanaacha simu kwenye vibanda vya kuchaji simu mitaani wakiwa wanakwenda shule.

Simu zinatumika darasani, na wakati mwingine hata mwalimu akiwa anafundisha. Simu haitakiwi kuwa mbaya, lakini kuna mambo yakitokea unauona upande mbaya wa simu ya mkononi. Mfano, simu zinatumika ama kwa kucheza gemu au kusikiliza muziki darasani. Kuhusu kutuma meseji ndio kabisaa, hili limekuwa tatizo.

Yote tisa, kumi kuna makundi ya WhatsApp, wapo wanao chat mpaka saa tisa usiku. Haya hebu niambie mwanafunzi unalala saa ngapi, unasoma saa ngapi, unawahi shule vipi? Unafanyaje vizuri kwenye masomo? Tuambiane tu ukweli!

Na wewe msichana uliyepewa simu na mvulana A halafu wavulana B, C na D ndio wanaokupa vivocha, je, huoni kuwa unajiingiza kwenye tabia hatari? Wakishakuharibia maisha hakuna mtu utamuona anataka kuchat tena na wewe.

Kumbuka: Ni marufuku kumiliki au kutumia simu ukiwa shuleni.

Kiburi si Maungwana

Hapo zamani za kale alikuwepo binti mrembo sana aliyeitwa Zuka. Katika kijiji kizima hakuna msichana aliyekuwa akimpata wala kumkaribia Zuka kwa urembo. Lakini, urembo wake ulimfanya ajione bora kuliko wenzake, akawa na kiburi kiasi cha kutokumheshimu mtu yeyote, awe mkubwa au mdogo.



Siku moja...

Zuka alikwenda mstuni akiwa na wasichana wenzake kwa ajili ya kuokota kuni. Walitembea taratibu huku wakipiga stori, wakigonga na kucheka. Ghafila alitokea msichana mwingine aliyekuwa akitoka mbio huku akihema na moyo ukimdunda kwa kasi na kuwakatisha stori zao.

Msichana huyo aliwaambia kwamba kuna hatari mbele yao, hivyo inabidi waondoke haraka sana mahali pale. Wale wasichana wengine waliokuwa pamoja na Zuka walianza safari ya kuondoka pale mbio, lakini walishangaa sana kumwona Zuka akiwa hana hata mpango wa kuondoka, tena kwa dharau, ndo akasimama wima kabisaa. Ndipo walipogeuza na kumuita kwa sauti kubwa "Zukaaaaa, Zukaaaaa, mbona huondoki?" Ndipo Zuka akawajibu kwa dharau "kwani nimewazuieni kuondoka? Si muondoke!" Wenzake walijaribu kumsihi lakini hakuelewa. Wakaamua kumwacha pale peke yake, tena akiwa amesimama tu, wao wakaendelea na mbio.

Yaliyomkuta!

Baada ya muda kupita tangu marafiki zake walipoondoka, Zuka alihisi kusiimkwa na mwili mzima na hata kutokwa na jasho na mwili kukosa nguvu.

Mara alichomoka huko simba mwenye njaa kali na kumvamia Zuka. Zuka alipiga mayowe asipate msaada kwani alikuwa katikati ya pori nene. Simba alimrarua Zuka kwa makucha na meno yake makali.

Japo Zuka alifanikiwa kumchoropoka simba na kukimbilia mtoni, bado alijeruhiwa vibaya sana miguuni na mbavuni. Hapo ndipo alipojua kwamba kiburi si maungwana.

Kwasasa Zuka ni mlemavu wa mguu, na anajuta sana maana ni bora angewasiliza wenzake yasingemkuta yaliyomkuta.

Kisa hiki kinatufundisha methali tatu muhimu: Majuto ni mjukuu, kiburi si maungwana na ile isemayo kabla hujafa hujaumbika.

Hadithi imetungwa na FRIDA L. LIKOMBE (kidato cha tatu)
SHULE YA SEKONDARI MWANIHANA
S.L.P 108, MANG'ULA, KILOMBERO, MOROGORO.

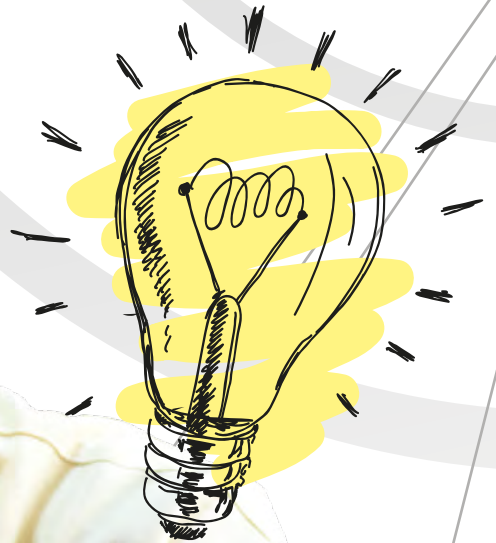
Frida, uko juu kinoma! Umejishindia fulana matata sana kutoka Femina. Hongera!

Una hadithi uliyotunga mwenyewe?

email: info@feminahip.or.tz
(kwenye subject andika
UTAM KOLEA)

Hadithi isiyozi
maneno 350

STORI YANGU



Uvumbuzi wangu

NA PENDO MASHULANO

Tangu nilipokuwa mtoto, nilikuwa na ndoto ya kuwa mvumbuzi; mvumbuzi maarufu nchini na kote duniani!

Said Shaaban Hozza ndio jina langu. Nitatimiza miaka 18 Aprili ya mwaka 2020 na ni mtoto wa kwanza katika familia ya watoto watatu. Mimi ni Msambaa kutoka Lushoto, Tanga, lakini tunaishi Dar es salaam ambako wazazi wangu wanafanya kazi.

Baada ya elimu ya msingi, nilichaguliwa kujiunga na Sekondari ya Azania. Nilikwenda, lakini kwa unyonge. Ndoto yangu ilikuwa kwenda shule ya ufundi kwa sababu huko ndiko ambako ndoto yangu ingetimia. Baba yangu alikuwa mwelewa nilipozungumza naye kuhusu matamanio yangu ya kwenda shule ya ufundi. Kwa hiyo akanitafutia Shule ya Ufundi ya Tanga ambayo nilijiunga nikiwa kidato cha pili.

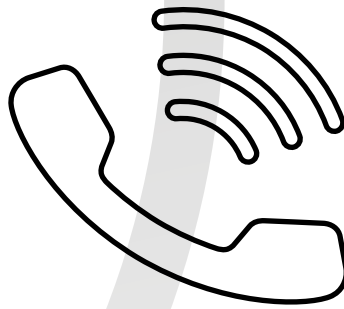
Huko nilijikita katika kutafuta ufumbuzi juu ya changamoto ya mtandao wa simu za mkononi, changamoto ambayo hata mimi imenikuta. Nakumbuka, siku moja, nikiwa Chanika, Dar es Salaam, nilikuwa na mazungumzo muhimu kwenye simu na rafiki yangu, mtandao ulikatika ghafla tukashindwa kumaliza mazungumzo yetu. Ilinisikitisha sana, lakini nakumbuka sauti ndani yangu ikiniambia "changamoto ni fursa". Nilitaka kufahamu sababu kwa nini mtandao ulikuwa dhaifu na nini kingeweza kufanyika kuuboresha.

Mkuu wangu wa shule aliniruhusu kuhudhuria maonesho kadhaa ya teknolojia na kutembelea kampuni zilizoshughulika na masuala kama hayo. Hivyo ndivyo mwanzoni mwa 2018, nilivyokutana na wavumbuzi wa MITZ kwenye maonesho jijini Tanga.

Ni kampuni inayouza vifaa vya kufundishia masomo ya sayansi. Niliyutiwa sana na huduma zao.

Nilizungumza na mkurugenzi wa kampuni hiyo, Bwana Kelvin Paul juu ya dhamira yangu na kuwasiliana na watoa huduma za simu za mkononi ili kuelewa changamoto iliyokuwa ikiwakabili. "Hiyo ndiyo njia pekee ya kutoa mchango katika suluhisho la matatizo ya mtandao," alisema.

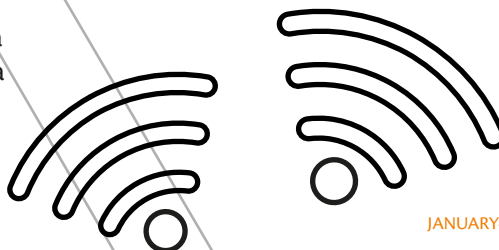
Kwa hivyo nilitembelea Kampuni ya Simu Tanzania (TTCL) na kugundua kuwa walikuwa wakitumia vifaa vya gharama kubwa katika usimikaji wa mnara, na kwamba haikuwa rahisi kusimika vifaa hivyo vijijini kwa sababu watumiaji wa simu za mkononi vijijini siyo wengi.



Kwa ziara hii, nilijua kile ambacho nilitaka kwa ajili ya mradi wangu; kifaa kinachofanya kazi kama mnara. Kingekuwa kikipokea mawimbi dhaifu kutoka kwenye minara michache iliyopo, kuyaongezea nguvu na kuyatuma kwenye simu ya mkononi! Ilibidi pia kiwe cha gharama nafuu kutengeneza na kwa mtumiaji.

Nilihitaaji vifaa fulani kutimiza wazo langu. Kwa hiyo, nilimwendea aliyekuwa mwalimu mlezi wetu wa club ya Fema, Mwalimu Mussa Liku. Aliniunga mkono na kusaidia, na alifurahi sana kuona matunda ya kazi za club! Alizungumza na mkuu wa idara ya umeme ambaye naye alizungumza na Mkuu wa Shule juu ya ombi langu. Walininunulia vifaa vyote nilivyohitaji! Nawashukuru sana.

Nilitumia karakana ya shuleni kwetu kufanyia kazi mradi wangu kila nilipopata muda na wakati wa Fema Club, huku nikiendelea na masomo ya kawaida. Hadi Disemba 2018, nilikuwa nimekamaliza mradi wangu. Mafundi wa TTCL walikuwa washauri wangu, kwa hiyo nilienda kwao na kifaa changu na tukajaribu. Kilifanya kazi vizuri sana! Nikakiita Little BTS (Base Transceiver Station).





Nilianza kutafuta kwenye Google mashindano ya uvumbuzi na nikakutana na yale ya Project Inspire Boot Camp nikatuma maombi mtandaoni kwa kutumia kompyuta ya mwalimu wangu. Kwa bahati nzuri, nilichaguliwa.

Siku tatu kabla ya shindano, kila mshiriki alipata mafunzo ya jinsi ya kuuza wazo lake kwa wanaoweza kuwa wawekezaji na jinsi ya kulibadilisha kuwa biashara. Kwangu, mafunzo haya yalinisaidia sana.

Washindani tulikuwa 63 kutoka mikoa mbalimbali, kila moja akiwa na kifaa chake alichobuni. Niliibuka mshindi wa nne. Lakini ustadi ambao nilijifunza na kuupata wakati wa mashindano, nilienda nyumbani nikijiona mshindi tu!

Mashindano ya pili ambayo nilishiriki yalifanyika Dodoma. Safari hii yalikuwa ni mashindano ya Taifa ya Ubunifu wa Sayansi na Teknolojia. Niliibuka mshindi wa kwanza na nikapewa simu janja! Na heshimu sheria za shule, hivyo simu yangu niliacha nyumbani.

Baada ya mashindano haya, mashirika yakaanza kutambua uwezo wangu. Walinialika kushiriki katika mashindano ya kimataifa

yaliyofanyika China. Gharama zote, isipokuwa nauli, zililipwa na waandaaji. Nilitafuta ufadhili wa Wizara ya Elimu. Ilichukua muda mrefu kupata majibu, uvumilivu ulihitajika, pia niliomba msaada kutoka Chuo Kikuu cha Dar es salaam, Benki ya CRDB, na TTCL. Wote baadae walikubali maombi yangu hivyo nilichagua kufadhiliwa na Wizara.

Katika safari yangu China, niliongozana na ofisa kutoka shirika linaloitwa Tanzania Science Discovery. Kwa bahati mbaya, tulichelewa ndege yetu ya kuunganisha kutoka Mumbai, India. Kwa hiyo nilikosa kupata usajili na hivyo kushindwa kushiriki katika mashindano. Hilo lilikuwa tukio baya zaidi katika maisha yangu!

Sasa niko katika mchakato wa kubadilisha uvumbuzi wangu kuwa biashara. Tayari nimesajili mradi wangu na Chama cha Hakimiliki Tanzania (COSOTA). Ninashughulikia usajili wa nembo yangu katika Wakala wa Usajili wa Biashara na Leseni (BRELA). Hivi sasa, kifaa changu, Little BTS kipo mikononi mwa Tume ya Sayansi na Teknolojia (COSTECH) kwa ajili ya ithibati.



My innovation

BY PENDO MASHULANO

Since I was a child, I have always dreamt of being a great inventor; a famous one, locally and globally! Said Shaaban Hozza is my name. I will be 18 in April 2020 and I am the first born in a family of three. I am a Sambia from Lushoto, Tanga, but we live in Dar es Salaam where my parents work.

After my primary education, I was selected to join Azania Secondary School. I went reluctantly because my dream was to go to a technical school, it was there that I could realize my dream. My dad was understanding and found me a place at Tanga Technical School, which I joined in form two.

There I focused on providing a solution to the erratic reach of the mobile phone network a problem that I had personally encountered. I remember, at one time, in Chanika Dar es Salaam, while having an important phone conversation with my best friend, the network failed, ending our conversation abruptly. It left me upset, but I recall a voice from within saying "challenges are opportunities." I wanted to find out why the network was so poor and uneven, and what could be done to improve it.

My headmaster was encouraging and allowed me to attend several exhibitions on technology, and to pay visits to companies that dealt with mobile technology. In early 2018 I was introduced to MITZ Innovation at one youth exhibition in Tanga. It is a company that sells teaching aids for use by science students. I was so impressed by their services.

I spoke to the company director, Kelvin Paul, about my ambition; and he advised me to connect with mobile providers in order to understand the network and the challenges they were facing. "That is the only way to make a contribution to the network solutions," he explained.



Hapa nilikuwa napokea tuzo kutoka kwa Waziri Joyce Ndalichako



I got a chance to visit the Tanzania Telecommunications Company Limited (TTCL) and discovered that they were using expensive equipment in the tower installation to regulate and receive consistent signals. However, I also found out that it is not feasible to install such equipment in the rural areas because mobile phone users there have little purchasing power.

After this study tour, I knew what I wanted my project to be; the making of a device that could function like a tower. It would receive weak signals from the few available towers and be able to amplify these weak signals and send them to a mobile phone! It also had to be cheap to make and affordable to the users.

I needed some equipment to make my idea reality, so, I approached my then Fema Club mentor, Mwalimu Mussa Liku. He was so supportive and happy to see the fruits of our Fema Club work! He spoke to the head of the electrical department who then spoke to the Headmaster about my request. They purchased all the equipment I needed. I couldn't thank him enough!

I used our school workshop to work on my technology project during my free time and Fema Club time while continuing curricular studies. The TTCL technicians had become my mentors. I went to them for advice and when I had built my device I took it to them and we tried it out in the field. It worked really well! I called my innovation **Little BTS!** (Base Transceiver Station)!

This made me very excited, so I started making Google searches to find innovation competitions. I found the Project Inspire Boot Camp to which I applied online using my teacher's laptop. I was selected to participate. A few days before the competition, each participant had to undergo a short training, on how to pitch one's idea to potential investors, the idea being to turn it into a business. The skills training taught me so much. There were 63 competitors from various regions (in Tanzania). I got the fourth place. With all the skills I gained during the competition, I went home feeling like a winner!

The second competition I participated in was the National Competition on Science, Technology and Innovation in Dodoma. I emerged as the overall winner and was awarded a smartphone! I left it home because I respect school rules.

Kwa sasa, natafuta washirika ili kukuza wazo langu liwe mradi mkubwa ambao unaweza kutengeneza ajira na kutatua changamoto za mtandao duni wa simu za mkononi. Little BTS hufanya kazi ndani ya mita 20, inaweza kuwahudumia watu wanne kwa wakati mmoja na inatumika kwenye mitandao yote ya simu za mkononi.

Mimi ni mhitimu wa kidato cha nne. Ningefurahi kusoma ng'ambo, India au China, kutokana na kiwango cha juu cha mafunzo ya ufundi yanayotolewa na vyuo vya huko, lakini baada ya masomo ningependa kurudi nyumbani na kufanya kazi katika nchi yangu.

Bado ninatamani kushiriki katika mashindano ya kimataifa na kung'ara katika eneo langu kama Mbwana Samatta anavyofanya kwenye mpira wa miguu. Mfano wangu wa kuigwa ni Mark Zuckerberg, mmiliki wa Facebook. Alianza kutengeneza Facebook akiwa bado mwanafunzi. Mimi ni mwanafunzi, nina umri wa miaka 17 na nipo hapa, Said Hozza, muundaji wa Little BTS. Hakuna maneno yanayoweza kuelezea hisia zangu, matumaini na ndoto zangu!

After these competitions, organizations began to recognize my ability. I was for instance invited to take part in an international competition in China. All expenses, except the travel fare, were paid for by the organizers.

I sought support from the Ministry of Education. It took a bit long for them to respond, so impatiently, I also applied for support from the University of Dar es Salaam, CRDB Bank, and TTCL. I was amazed when all of them later responded in support of my application. I opted to accept the Ministry's support.

On my trip to China, I was accompanied by an official from an organization called the Tanzania Science Discovery. Unfortunately, we missed our connecting flight from Mumbai, India. I consequently missed the onsite registration and so I missed the competition. That was the worst experience of my life!

I am now in the process of turning my innovation, my device, Little BTS into a successful business. I have already registered it with the Copyright Society of Tanzania (COSOTA). I am processing my logo registration with the Business Registration and Licensing Authority (BRELA). Right now, my device, is also in the hands of the Commission for Science and Technology (COSTECH) for authentication.

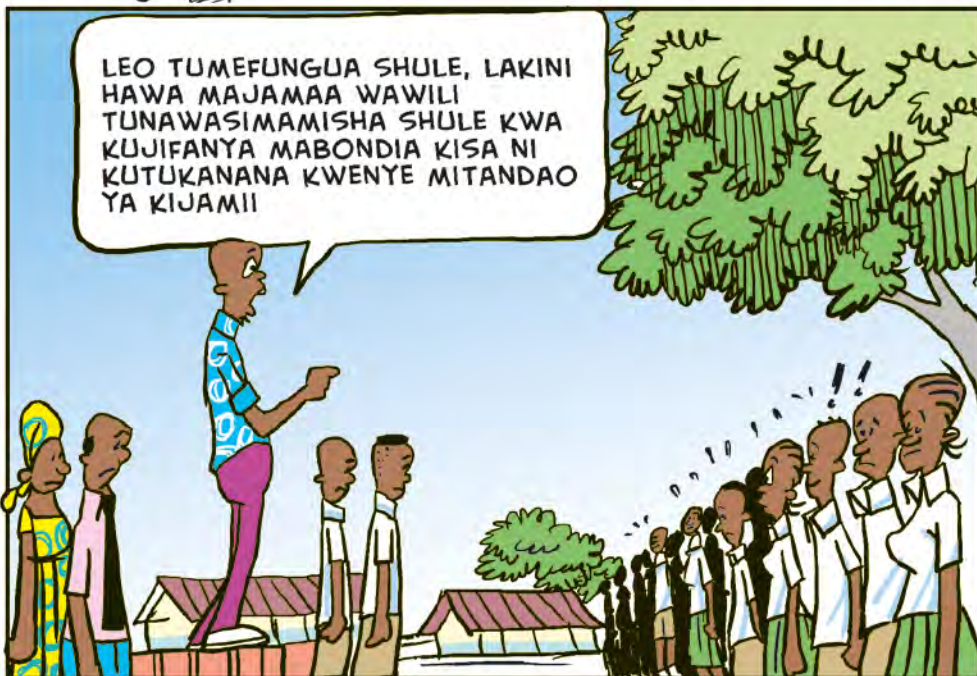
In the meantime, I am looking for partners to develop my idea into a big project that may create jobs and solve the challenges of the poor mobile phone network. Little BTS works within a range of 20 metres, can be accessed by four people at the same time and is applicable on all mobile phone networks.

I am now a Form Four leaver. I want to study abroad in India or China because of the high standard of technical training offered by colleges there, but I would love to come back after studies and work in Tanzania!

I still wish to take part in international competitions and shine in my area. My role model is Mark Zuckerberg, the Facebook owner. He made Facebook while still a student. I am a 17-year old student, and here I am, Said Hozza, the creator of Little BTS. No words can explain my feelings, hopes and dreams!









Unyanyasaji mitandaoni

NA RAPHAEL NYONI

Swali ambalo tumekuwa tukiulizwa mara kwa mara kutoka kwa mama Femina kila tulipokuwa tunaingia kwenye mikutano ya maandalizi ya hili toleo ni, “Je, umeshawahi kukutana na kesi ya unyanyasaji kwa njia ya mtandao?”



Kulikuwa na majibu tofauti tofauti, lakini mifano mingi ilikuwa ni ya watu maarufu ambao wameshuhudiwa wakifanyiwa unyanyasaji kwa njia ya mtandao. Majina kama Jokate Mwegelo, Wema Sepetu, Shilole, Niki wa Pili, Ali Kiba na Diamond ni baadhi tu mifano hai ya watu waliopitia unyanyasaji huu.

Mtazamo wa wanafunzi

Wakati tunafanya utafiti kwa wanafunzi juu ya ‘Bullying na Cyber bullying’ kwa ujumla wanafunzi walionesha kutokuelewa dhana nzima ya unyanyasaji kwa njia ya mtandao. Ila baada ya kuwaelezea baadhi ya mazingira ya aina hii ya unyanyasaji inavyofanyika, wengi wakagundua kwamba kumbe ni tatizo kubwa na baadhi yao ni wahanga na hata wengine wakashea stori zao na jinsi gani waliathirika na aina hii ya unyanyasaji.



Kwa tafsiri isiyo rasmi, unyanyasaji kwa njia ya mtandao ni ukatili wa kihisia dhidi ya mtu kwa njia ya mtandao na ukatili huu huchukua sura zifuatazo;

- Kumdhihaki mtu kutokana na sura yake
- Kumuita mtu majina ya kumdhalilisha
- Kudharau familia ya mtu, makazi au hata kiwango cha maisha
- Kutoa siri za ndani za mtu
- Kudanganya kwa makusudi kabisa
- Kuingia katika akaunti ya mtu bila ruhusa yake
- Kujifanya wewe ni mtu mwingine



Hali halisi

Kama ambavyo tumeona kwa Shelui, vijana wengi wanaofanyiwa ukatili:

- Wanafanyiwa na watu walio karibu nao ambao walia mini ni marafiki zao
- Wanaathirika katika mambo mengi ikiwemo uwezo wao wa kijamii kama vile kujiadini au kushirikiana na watu wengine
- Wanapatwa na tatizo la msongo wa mawazo
- Wengine hukatisha ndoto zao kwa kuvunjika moyo
- Kubwa zaidi huwa na tishio la kukatisha uhai wao

Wengine wenye ujasiri zaidi na kujiadini;

- Huchukulia kama ni utani tu
- Hawaoni madhara yoyote kwa muhanga



Kabla ya kuchangia chochote katika mitandao ya kijamii, hata kwa ku comment katika picha ya mwenzako jiulize kwanza hicho unachotaka kupost, je ungeandikiwa wewe ungejisikiaje? Sisi wanaFema tunasema UKATILI SASA BASI! Ukatili huu sio tu ule wa kuwapiga au kuwaonea wengine, hata wa kuwanyanyasa wengine kwa njia ya mitandao. SASA BASI! Katika vyote ambavyo tumekuja kufanya shuleni pia, tukumbuke jambo la muhimu ambalo linatuweka pamoja ni masomo na sio makundi hasi ya kwenye mitandao ya kijamii. Kuwa makini; unaweza kufanya kitu ukaona ni kidogo tu kwenye mitandao ya kijamii lakini ukajikuta ukichokuliwa hatua. Niwaache na swali; Unadhani Shelui angechukua hatua gani baada ya kukutana na ishuru ya kunyanyaswa kwenye mtandao wakati akiwa likizo?



MPENDWA ANTI



Iwapo una tatizo lolote kuhusu mabadiliko ya mwili wako, afya yako, matatizo ya kifamilia, shule na hata marafiki tafadhali tuma kwa Mpendwa Anti:

FEMA

S.L.P. 2065, Dar es Salaam

e-mail: info@feminahip.or.tz

SMS: 0753003001

Mpendwa Anti, pole kwa kazi ngumu ya uelimishaji jamii. Navutiwa sana na maisha ya wasanii mtandaoni. Wana picha nzuri. Wana mali nyingi. Wanaenda sehemu mbalimbali na wanapendwa sana. Nifanyeje ili niwe kama wao?

◆ Habari. Si kila unachokiona kwenye mitandao ya kijamii kuhusu wasanii ni kweli, mengine si kweli. Wasanii ni binadamu kama binadamu wengine. Wana siku nzuri na siku mbaya kama watu wengine, na mafanikio yoyote hutokana na jitihada. Wako waliofanikiwa na wako ambao hawana mafanikio kabisa. Kumbuka pia kuwa hakuna mtu anayependa kupiga picha na kuonesha ugumu wa maisha yake, hivyo kwenye picha zao tunaoneshwa upande mzuri tu, magumu na mabaya wanayopitia hatuyaoni. Hatuzioni changamoto wanazopitia, wala hatuoni ni kwa kiasi gani wanahangaika ili kupata au kutengezeza hiyo 'goodlife'. Wakati mwingine wanakabiliwa na upweke japo kwenye kurasa zao kuna mashabiki mamilioni. Jambo muhimu ni wewe kujitambua wewe ni nani, unataka nini maishani na ukifanya kazi kwa bidii utafanikiwa. Wewe ni wa pekee hufanani na mtu mwingine na usijilinganishe na wengine. Unaweza kujifunza kutoka kwa mtu mwingine lakini hauwezi kuwa yeye. Nakutakia kila la heri.



Shkamoo Mpendwa Anti.

Je, unawezaje kumshtaki mtu anayekutukana au kukusema vibaya kwenye mitandao ya kijamii kama Facebook au Instagram?

◆ Sheria ya Makosa ya Mitandaoni ya mwaka 2015 inasema: 18.-(1) Mtu hatamtukana au kumfedhehesha mtu mwingine kwa kupitia mfumo wa kompyuta, kutokana na sababu kuwa mtu huyo mwingine ni mmoja kati ya kundi linalotambulika kwa tabaka, rangi, asili, utaiifa, kabila au dini fulani. (2) Mtu atakayekiuka kifungu kidogo cha (1) atakuwa ametenda kosa na akitiwa hatiani, atawajibika kulipa faini isiyopungua shilingi milioni tatu au kutumikia kifungo kwa kipindi kisichopungua mwaka mmoja au vyote kwa pamoja. Hii ina maana kuwa, ndiyo, mtu huyu anaweza kushtakiwa. Kamwe, usimrejeshee matusi au maneno mabaya maana kwa kufanya hivyo na wewe pia utakuwa umetenda kosa kisheria.



Shikamoo Mpendwa Anti. Pole na kazi. Naitwa Eniva Yosephati Mtanga kutoka Mtwara Newala. Natokea Shule ya Sekondari Mpotola, kidato cha tatu. Nina miaka 16. Naomba ushauri au msaada kutoka kwako. Hivi, nikitumia simu kipindi nipo nasoma, inaweza kunipoteza katika suala zima la taaluma?

◆ Hello Eniva. Wataalam wanasema unaposoma ukiwa na simu yako unaweza ukashindwa kusoma kabisa. Simu inaweza kupunguza umakini kwa sababu ya kuwa bize na kufuatilia vilivyomo kwenye simu yako. Pia unaweza kupigiwa simu au kupata SMS zitakazokuletea mawazo na kukutoa kwenye akili ya masomo. Pamoja na haya, tatizo kubwa sana kwa vijana ni matumizi ya hizo simu. Tafti zinaonesha kuwa japo wapo vijana wanaotumia simu kwa ajili ya kutafuta maarifa ya masomo, wengi bado hutumia simu kwa mambo yasiyowajenga, na hivyo kupoteza muda mwingi kwenye simu, au kupanga mipango ya mambo yanayoweza kuwapotezea muda wa masomo au hata kuwaweka hatarini.

Mpendwa Anti, mimi napenda sana kuangalia video za kujifunza na kusoma vitabu kwenye simu, hivyo wakati mwingine hujikuta nalala na simu kitandani. Marafiki zangu wanasema naweza kupata kansa, je ni kweli?

◆ Habari. Hakuna tafti za kutosha za kitaalam zinazoonesha ni madhara yapi yanaweza kutokana na mionzi ya simu za mikononi, kwa matumizi ya muda mrefu au mfupi ama kulala nayo. Pamoja na hayo wataalam wa afya wanashauri kutolala na simu karibu nawe, ni vema kuiweka mbali kadri inavyowezekana, ikibidi kulala nayo chumba kimoja basi iwekwe angalau mita mbili toka kitandani hasa hasa isiwe upande wa kichwani. Pia usomaji wa vitabu kupitia simu usiku, hasa kama taa imezimwa kunaweza kuathiri macho. Ikibidi sana kusoma basi hakikisha mwanga kwenye kioo cha simu haukumizi macho au tumia app zenye blue light filter ili kuhakikisha macho yako hayaathiriki na matumizi ya simu hiyo. Unaweza pia kutumia miwani ya kupunguza mwanga.



ANTI COS ANAJIBU MASWALI YENU



Mpendwa Anti, kuna wanafunzi niliosoma nao O' Level, na mara nyingi wanarusha picha za ngono na mijadala ya kisiasa kwenye group letu la WhatsApp. Naona kama huu ni uchochezi wakati mwingine. Mambo haya siyapendi lakini wenzangu wanayapenda. Je nifanyeje ili nisingie kwenye matatizo?

◆ Habari. Ni muhimu sana kuwa makini na hizi "group" za mitandaoni. Sheria ya Makosa ya Mitandaoni ya mwaka 2015 inasema; 14.-(1) Mtu hatachapisha au kusababisha kuchapishwa kupitia katika mfumo wa kompyuta au simu- (a) ponografia; au (b) ponografia yoyote iliyo ya kiasherati au chafu. (2) Mtu atakayekiuka kifungu kidogo cha (1) atakuwa ametenda kosa na akitiwa hatiani, atawajibika, iwapo ni uchapishaji kuhusiana na- (a) ponografia, kulipa faini isiyopungua shilingi milioni ishirini au kutumikia kifungu kwa kipindi kisichopungua miaka saba au vyote kwa pamoja; au (b) ponografia iliyo ya kiasherati au chafu, kulipa faini isiyopungua shilingi milioni thelathini au kutumikia kifungu kwa kipindi kisichopungua miaka kumi au vyote kwa pamoja.

Hii ina maana kuwa, ikiwa wewe utajihusisha na grupu hili, chochote wanachosambaza, na wewe pia utawajibika. Jitoe katika magrupu yasiyokujenga.

Mpendwa Anti, hivi karibuni nimekuja kugundua kwamba zipo kurasa za 'porn' kwenye internet. Sasa najikuta usiku kucha naangalia tu. Naweza je kuacha kuangalia kwa sababu nashindwa?

◆ Habari. Una nia ya dhati kabisa ya kuacha kuangalia picha za ngono? Maana kitu cha kwanza kabisa unachohitaji kuwa nacho ni nia ya dhati ya kuacha, inayotoka ndani kabisa. Jambo la pili ni kuchukua hatua madhubuti, maana kuamua kichwani kuacha jambo bila kuchukua hatua zozote ni bure. Ni vema pia ukaondoa app au kurasa ulizonazo kwenye simu au computer yako. Futa kabisa. Pia katika vifaa vyako vya kielektroniki unaweza ku block masuala yote ya ngono. Usipende kukaa peke yako ukiwa faragha muda mwingi bila shughuli ya kufanya, tumia muda wako kusaidia kazi nyumbani, kuboresha mazingira, kushiriki kwenye michezo, kujiunga na vikundi mbalimbali vya vijana, kusoma vitabu vya kukujenga, kama si mwanafunzi ongeza juhudi katika kujipatia kipato. Ukishindwa kabisa tafuta msaada wa ushauri nasaha katika kituo cha afya karibu nawe. Lakini yote itaanza na wewe kuwa na nia ya dhati. Ukiwa nayo utaacha.



Mpendwa Anti, nimepata uvimbe mdogo kwenye ngozi ya ndani ya jicho. Wengi wanasema tumia mitandao kujifunza, hivyo baada ya kuGoogle, nimeambiwa kuwa hii ni dalili ya kansa! Nimechanganyikiwa sana! Naomba nisaide ili nipate matibabu.

◆ Habari. Pole sana. Pamoja na kwamba Google na tovuti nyingine zinasaidia sana katika upatikanaji wa taarifa, katika masuala ya afya tunashauri mtu afike hospitalini na kukutana na wataalam. Ugonjwa hujulikana baada ya vipimo na si kwa dalili peke yake, maana dalili moja inaweza kuwa ya magonjwa tofauti. Hivyo basi, kwa kuangalia dalili tu unaweza kushindwa kujua tatizo ni lipi. Pia, kwa ajili ya tiba, ni hospitalini tu ndio kuna tiba ya uhakika ya magonjwa, baada ya kufanyiwa vipimo. Nenda hospitalini kwa uhakika zaidi.

Mpendwa Anti, shikamoo. Swali langu ni kwamba, kuna umuhimu wowote wa kutumia jina lako halisi katika mtandao?

◆ Marahaba mwanangu. Kuna vitu kadhaa muhimu vya kuzingatia. Moja, je, wewe ungependa kuwasiliana na mtu ambaye hatumii jina lake halisi (anakudanganya)? Kama jibu lako ni hapana, kwa nini na wewe uwafanyie watumiaji wengine wa mitandao hivyo? Pili, lengo la kutumia jina lako halisi ni lipi? Naamini kwa kuwa wewe ni mwanaFema, na unatabia njema na malezi mazuri hivyo basi naamini matumizi yako ya mitandao ya kijamii pia ni mazuri. Hivyo, usiogope. Tatu, kazi mojawapo ya mitandao ya kijamii ni kufahamiana na watu, na pia kuwasiliana na marafiki zako popote walipo. Sasa watu watakutambua je ukitumia jina la mwingine? La mwisho ni kuwa, hakuna sheria hasa inayokukataza kutumia jina lolote utakalojamulia wewe, hata hivyo, mitandao ya kijamii inakupa fursa za kuonekana na wengi, kwa mfano na waajiri, hivyo, ukionekana unatumia mitandao vizuri, utatambulika kirahisi.



MUULIZE ANKO PESA!



Una maswali lukuki kichwani mwako? Unataka kuwa mjasiriamali lakini hujui pa kuanzia? Unaogopa kujitosa katika biashara? Biashara inakwenda mrama? Una senti mbili-tatu lakini hujui uwekeze wapi? Una maswali kedekede kuhusu mambo ya mshiko? USITAABIKE! Uliza ujibiwe na ANKO PESA, mtaalamu wetu wa masuala ya ujasiriamali! (angalia mawasiliano ukurasa wa saba wa jarida).



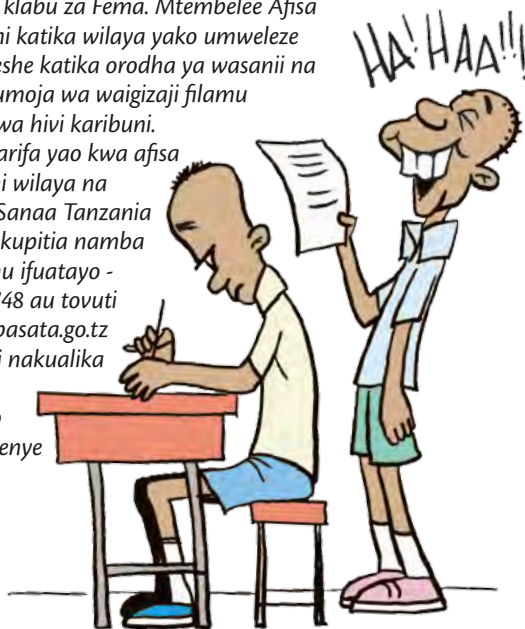
Shikamoo Anko Pesa, jina langu ni Zebedayo Mtasiwa, mwanafunzi wa Mbeyela Sekondari. Sina swali ila naomba ushauri, nataka kuwa mjasiriamali wa ufugaji wa kuku na nguruwe. Lakini wazazi wangu wanakataa wanataka nisome. Je, katika karne hii ya 21, shule itanisaidia nini? Maana wasomi wengi wanarandaranda mitaani bila kazi. Biashara ndo habari ya mjini. Je, niendelea na shule au nizame kitaaa?

Habari gani Zebedayo! Ushauri wangu ni fanya vitu vya kwanza kwanza kisha vingine vitafuatia. Kuwa mjasiriamali wa ufugaji wa kuku au nguruwe au shughuli nyingine yoyote ni jambo zuri sana ila utaweza kufanya shughuli hizo vizuri zaidi ukiwa na elimu zaidi. Biashara siku hizi zina ushindani mkubwa na inabidi zifanywe kwa sayansi na teknolojia. Pia zinahitaji usimamizi mzuri wa fedha. Masoko ni ya kitaifa na kimataifa na mafanikio kwa kiasi kikubwa yanahitaji taarifa kwa kutumia mifumo ya kidigitali. Upanuzi wa biashara unategemea mahusiano na wabia wa nje n.k. Yote haya yanahitaji elimu na ukiwa na elimu zaidi utakuwa na upeo zaidi. Nakubaliana na wazazi wako; endelea na shule kwanza, anza biashara zako hizo kidogokidogo bila kuvuruga ratiba ya shule, kisha uziendeleze kwa "hasira" zaidi utakapo maliza shule.

Hongera kwa kazi ya kuelimisha vijana. Naitwa Razack Haule, nina kipaji cha kutunga vichekesho na napenda sana kuchekeka ila sina mtaji wowote. Naomba ushauri. Nifanyaje?

Habari gani Razack. Kwa maelezo yako naona kipaji cha kutunga vichekesho ndio mtaji wako. Kwa maelezo yako mwenyewe ni kazi unayoipenda, lakini pia ni mtaji uliolala. Pamoja na shughuli nyingine unazoweza kufanya nakushauri uchukue hatua ya "kurasimisha" shughuli yako ya vichekesho. Anza kwa kuandaa maonesho kwenye mikusanyiko ya watu kama mashuleni kwenye mahafali, shughuli za kutangaza bidhaa na klabu za Fema. Mtembelee Afisa Utamaduni katika wilaya yako umweleze akuorodheshe katika orodha ya wasanii na jiunge na umoja wa waigizaji filamu ulioanzishwa hivi karibuni.

Fuatilia taarifa yao kwa afisa utamaduni wilaya na Baraza la Sanaa Tanzania (BASATA) kupitia namba yao ya simu ifuatayo - 022 286 3748 au tovuti yao www.basata.go.tz Kila la heri nakualika kuchangia kichekesho kimoja kwenye toleo lijalo la Fema!



Anko Pesa mimi ni Aman kutoka Mwanza. Hongera kwa kazi kubwa ya kuelimisha jamii. Swali langu ni kwamba, nimesikia masuala ya kufanya kazi online na unalipwa kama kazi nyingine. Lakini mbona sijawahi ona kazi kama hizo zikitangazwa mitandaoni? Je kuna ukweli wowote katika hili. Ahsante

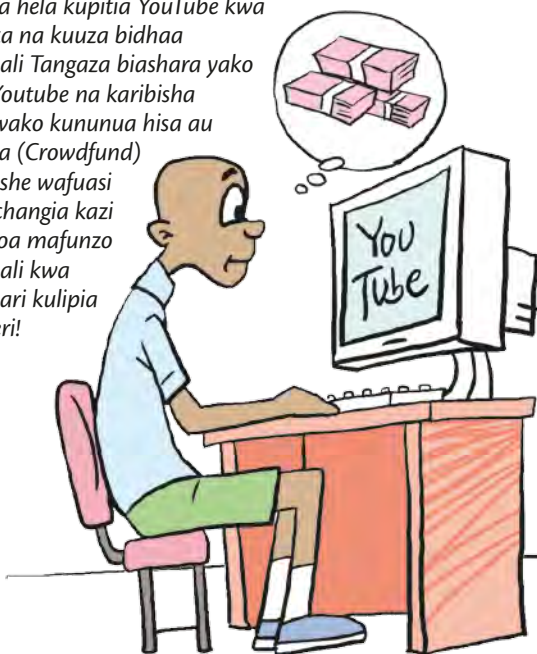
Habari Aman. Inawezekana hapa kwetu jambo hili halijashika kasi, lakini ziponchi ambazo ajira za namna hii zipo. Ninachoweza kukwambia kwa hapa kwetu hakuna ajira za moja kwa moja mtandaoni ila yapo mashirika ya kujitolea msaada ya kitaalam na ushauri. Suala ambalo linakamata chati mtandaoni kwa sasa ni kutangaza kazi zako za kujijiriri mtandaoni pamoja na kazi za ubunifu, miradi na matangazo kama utafanikiwa kuwa na wafuasi wengi kwenye akuanti yako. Tafadhali zingatia majibu niliyotoa kwenye maswali yaliyotangulia.



Je, unawezaje kupata pesa kwa kutumia mtandao wa YouTube?

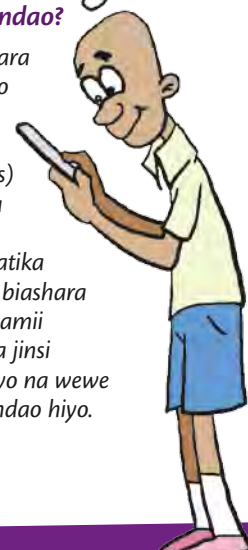
Nianze kwa kuwatahadharisha; mitando ya kijamii sio mkakati mkubwa wa kujijariri, wengi wanaitumia tu kama jambo la pembeni la kujifurahisha (hobby) na kutengeneza hela kidogo. Lakini ukiwa mjanja, ukatia bidii kwa dhamira na ubunifu, teknolojia hii inaweza kukufikisha mahali pazuri. Kwenye YouTube, kwa kifupi unaweza kutengeneza hela kwa njia zifuatazo:

Jiunge na akaunti ya YouTube kwa ajili ya biashara
Itumie kupata hela kupitia matangazo ya kibiashara
Tengeneza hela kupitia YouTube kwa kutangaza na kuuza bidhaa
mbalimbali Tangaza biashara yako kwenye Youtube na karibisha wafuasi wako kununua hisa au kuchangia (Crowdfund)
Wakaribishe wafuasi wako kuchangia kazi zako Kutoa mafunzo mbalimbali kwa walio tayari kulipia Kila la heri!



Naitwa Wiseman, pole na majukumu ya kutuelimisha. Swali langu ni kwamba nimekuwa nikisikia kuhusu kufanya biashara mitandaoni, nimejaribu mara nyingi nyumbani nashindwa. Nawezaje kuanza kufanya biashara kupitia mitandao?

Habari gani Wiseman? Kweli wewe una busara hata kufikia kufikiri kuwa wakala wa mauzo mtandaoni. Hatua ya kwanza nikuanzisha akaunti ya mitandao ya kijamii kama YouTube, Facebook ya baishara (for business) siyo hii ya watumiaji wa kawaida. Baada ya hapo unaanza kurusha taarifa mbalimbali na jinsi watu wanavyoingia na kukufuata katika akaunti yako, wanavyoongezeka, ndivyo na biashara zinazotangazwa kwenye hiyo mitandao ya jamii zinavyozidi kuangaliwa na wafuasi wako, na jinsi wanavyoweza hisia za kukulike ni vivyo hivyo na wewe unaongeza nafasi yako ya kulipwa na mitandao hiyo. Mzunguko huu unaongezeka kwani kadiri akaunti yako inavyotembelewa ndivyo unavyovutia matangazo zaidi.



Je, kuna wizi wowote unaoweza kutokea kwenye mitandao ya kijamii na ni hatua gani zinachukuliwa?

Habari gani ndugu msomaji. Wizi wa mtandaoni ni dhana tofauti labda na unavyofikiria. Wizi wa mtandaoni ni pale watu wanapoweza kupenyeza kanzidata, tovuti, akaunti na soroveya (Server) kwa kuvuka nywila (password) zilizowekwa, na kisha watu hao wasiohusika kuingia na kupakua taarifa. Njia hii inaweza kutumika kuiba fedha kwenye akaunti binafsi na mabenki na hata kazi za ubunifu zenye hakimiliki (copyrights). Wizi mwingine wa mtandaoni ni watu kutuma barua pepe za uongo au picha kwenye mitandao ya jamii wakishawishi watumiaji watume hela ili wapate kazi, waingiziwe fedha kwenye akaunti zao, wawe na urafiki wa kimapenzi n.k. Hawa epukana nao kwani ni matapeli wa mtandaoni.

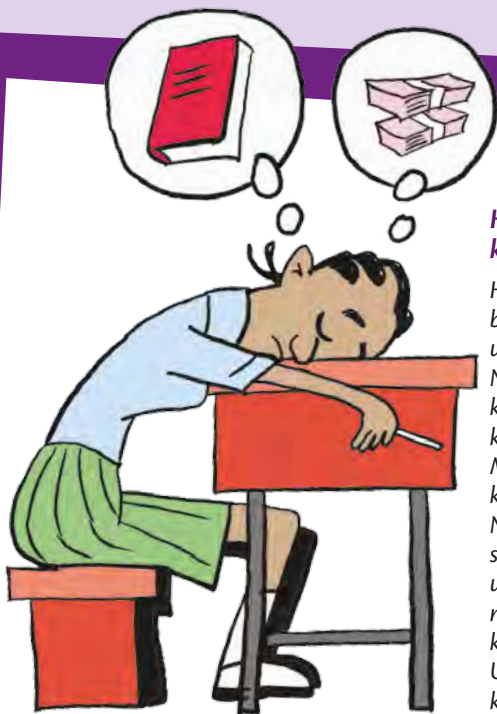


Hello Anko Pesa, naomba ushauri. Nina ndoto ya kuandika kitabu kinachohusu maisha, ila sina pesa ya kukichapa, nifanyaje?

Habari? Kwanza nianze kwa kukupongeza kuwa na wazo la kuandika kitabu ukiwa bado kijana namna hii. Imewahi kusemwa jamii ya Afrika ni jamii ya simulizi isiyo na utamaduni wa kuandika au kusoma.

Ninachoweza kukwambia ni kwamba wala usiumie kichwa eti utatoka na mguu gani katika kuandika hicho kitabu. Sababu kubwa ya kushindwa kuandika kitabu inaweza kuwa ni kukosa mbinu za uandishi. Kuandika kitabu ni hatua ya kwanza, kukichapa ni hatua nyingine. Mwone mwalimu wa fasihi katika shule yako au shule iliyo na klabu ya Fema karibu na wewe kwa mwongozo wa uandishi.

Nakushauri anza kwa kuandika vitabu vidogo vya kurasa 10 hadi 20. Kisha chapisha kwenye steshenari za kawaida mtaani kama nakala 5 tu. Kikiwa na ukubwa wa nusu karatasi ya A4 unaweza uka "photocopy" kwa shilingi 50 kwa karatasi 8 (itakayotoa vitabu 2 vya kurasa 15 na cover ya mbele na nyuma kama utaweka kurasa mbili kwenye karatasi moja ya A4. Hivyo basi gharama ya kuchapisha kitabu kwa black and white (kisichokuwa na rangi) itakuwa ni shingi 400/- tu! Unaweza ukatembeza hizo nakala za sampuli na kuchukua order kisha kuendelea kwenda kuziburuza. Naamini mchanganuo huu utakupa wepesi wa kuanza kazi ya uchapishaji.



Umesikia kuhusu U-Report?

NA SEKELA MWAIPAJA

Vipi wana Fema Club! Kwa kuwa mada yetu ni kuhusu *connectivity*, hususan kidigitali. Je, umewahi kusikia lolote kuhusu jukwaa la U-Report? Basi wacha nikusimulie namna ambavyo mwana Fema Club kama nyinyi alivyopata fursa ya kulifahamu na kufanya kazi na jukwaa hilo.

Simu ikaita...

Mchana mmoja, Peter alipokea simu, "haloo" alijibu kwa uchangamfu kama anavyofanya anapopokea simu nyingine yoyote. Alishika simu kwa mkono mmoja huku mwingine ukiwa umeshikilia sahani ya chips za moto ambazo ndio kwanza zilikuwa zimetoka kwenye kikaango jikoni.

Alidhani simu inatoka kwa mteja, kwa hivyo akaipokea haraka.

Lakini kwa mshangao, mtu huyo aliyempigia alikuwa akizungumza kwa lugha ya kigeni, "ninazungumza na Peter Emmanuel Ally?"

Peter aliishiwa pozi. Neno 'ndio' likamtoka haraka, lakini pamoja na hayo, jamaa kwenye simu aliendelea, "Ninapiga simu kutoka Kitengo

cha Kujitolea cha Umoja wa Mataifa, ninayo furaha

kukujulisha kwamba... "Peter alianza kuhisi mapigo

ya moyo yanakaribia kupasua kifua chake.

Akiwa anatetemeka mikono, taratibu Peter aliweka

chini sahani aliyokuwa ameishikilia na kuvua

aproni yake nyeupe aliyokuwa ameivaa.

Aliangalia pembeni, pale kulikuwa na wateja

watatu waliokuwa wakisubiri oda zao na

walianza kukosa ustahamilivu.

"Shhhhhhhhhhh" Peter aliwaambia huku

akiwaonesha ishara ya kutulia kwa

kupandisha na kushusha mkono wake, "nipeni

dakika moja." Baada ya hapo alirudi hatua tatu

nyuma na kwa unyenyekevu alimuomba yule

aliyekuwa akizungumza naye kwenye simu

kurudia yote aliyosema. Yalikuwa mazungumzo

ya dakika tatu na Peter alikuwa akialikwa

katika usaili huko UNICEF Tanzania katika

kazi aliyokuwa ameiomba miezi sita iliyopita.

"Nimefanikiwa!" Peter alipiga kelele mara tu

baada ya simu kukatwa huku akinyanyua

mikono yake. "Nimefanikiwa!"



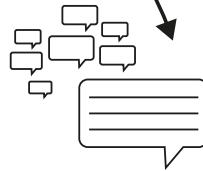
Taarifa kuhusu wasifu

- Umri
- Jinsi
- Mkoa
- Wilaya

HATUA YA 1
andika neno 'Sajili' kwenda 15070 kujiunga



U-REPORT ENGAGEMENT CYCLE



HATUA YA 2
Shiriki katika maoni ya kila wiki

HATUA YA 3
Maoni ya U-Reporter yanapelekwa kwa watoa maamuzi

HATUA YA 4
Hatua zilizochukuliwa zinarejeshwa kwa U-Reporter

75% ya U-Reporter wana umri wa kati ya miaka 15-24
37% ya U-Reporter ni wa kike.



U-Report...

Daima, ndoto ya Peter imekuwa kufanya kazi kwa ajili ya jamii. Kufanya kazi za kujitolea kama kijana katika shirika la UNICEF ilikuwa ni ndoto yake iliyotimia, hivyo alianza kazi katika jukwaa la U-Report. U-Report ilianzishwa mwaka 2017 na inafanya kazi ya kuwaleta pamoja vijana kupitia SMS na mitandao ya kijamii, kujadili masuala, kujifungamanisha na viongozi na kupata habari na maoni juu ya mipango mpya pamoja na kampeni mbalimbali. Hatua ya kwanza inaanza na usajili. Vijana waliosajiliwa huitwa U-Reporter. Wanapokea maswali kila wiki juu ya masuala mbalimbali kama huduma za afya, elimu, kinga, WASH na nyingine zinazopakikana katika jamii zao. Jukwaa linatoa fursa kwa vijana kutoa maoni yao. Majibu ya maswali yao huchambuliwa na kufikishwa kwa wadau, watunga sera na kutangazwa kwenye vyombo vya habari ili kushawishi mabadiliko ya kijamii.

Usaili...

Peter aliingia kwenye chumba cha usaili kwa ujasiri, akaketi kwenye kiti alichooneshwa. Alikuwa na wasiwasi lakini alikuwa amedhamiria kufanya vizuri, kwani hiyo ilikuwa nafasi adimu katika maisha! Katika mahojiano, alijibu maswali yote na akamshangaza kila mtu. Na angeanzaje kushindwa kwa mfano? Alipokuwa shule alikuwa mwenyekiti wa Fema Club ya Azania Sekondari, mwaka 2014, ambapo alijijengea ujasiri na stadi za maisha. Anaamini kwamba Fema Club ni jukwaa linalotoa fursa kwa vijana kujenga misingi ya uongozi na ni nafasi salama kwa vijana kujadili mambo ambayo wasingeweza kuyajadili mahali pengine popote.

Peter alizungumzia uzoefu wake akiwa mwenyekiti, akiwaongoza wanafunzi wenzake kujadili masuala mbalimbali katika jarida la Fema na mada nyingine ambazo walikuwa wanavutiwa nazo. Alizungumza juu ya shughuli zote za kujitolea walizofanya katika Club ikiwamo za usafi na kazi za kujitolea.

Hapo ndipo walipoamua kumuajiri!



Moyo wa kujitolea wa Peter ndio uliomfikisha hapa, ikiwa unajitolea mahali popote, ilimradi ni salama, hupotezi muda wako, huwezi kujua ni wakati gani na ni kwa jinsi gani uzoefu unaopata utakusaidia katika siku zijazo. Ikiwa hujaanza, hujachelewa, anza sasa, unaweza kupokea simu ambayo itabadilisha maisha yako, kama Peter, au kitu kikubwa zaidi.

ureporttanzania @U-Report Tanzania U-Report Tanzania



SIMU YAKO! WAJIBU WAKO!

NA TUNU YONGOLO

Inawezekana unatamani sana kuwa na simu pale utakapokuwa na uwezo na ruhusa ya kumiliki simu. Lakini je, unafahamu kwamba, hata simu yako mwenyewe inadhibitiwa na sheria? Ndiyo, sheria inayosimamia matumizi ya mitandao (Cyber) inaitwa Sheria ya Makosa ya Mtandao. Ni sheria ya mwaka 2015 na inatumika kwa nchi nzima, Bara na Zanzibar.



Sheria ni nini?

Sheria ni masharti yaliyorasmishwa, ili kudumisha utaratibu fulani. Ikiwa utazivunja, unaweza kuadhibiwa na mahakama. Hii ina maana kwamba, zipo sheria zinazoihusu simu yako mwenyewe, na usipozifuata, utaadhibiwa. Je! Unajua baadhi ya vifungu vya sheria hii? Wacha tukwambie vifungu vitano (5) muhimu ambavyo tumevidokoa kutoka katika sheria hii.



Je! Unaweza kujifanya mtu mwingine? Jibu ni hapana...

Mtu hatajifanya kuwa mtu mwingine kwa kutumia mfumo wa kompyuta au simu.

Mtu anayetenda kosa hili atakabiliwa na faini isiyopungua shilingi milioni tano au kufungwa jela kwa muda usiopungua miaka saba au vyote viwili kwa pamoja.

Je! Una uhakika na unachokisambaza? Ni kosa kutuma vitu ambavyo sio vya kweli...

Mtu atakayechapisha taarifa katika picha, maandishi, alama au namna yoyote nyingine kupitia mfumo wa kompyuta au simu, akijua kwamba taarifa hizi ni za uongo, zinapotosha, si sahihi, na kwa lengo la kudhalilisha, kutishia, kutusi au kwa namna nyingine kudanganya, atakuwa ametenda kosa.

Mtu anayetenda kosa hii atakabiliwa na faini isiyopungua shilingi milioni tano au kifungo cha muda usiopungua miaka mitatu au vyote kwa pamoja.

Je, kuhusu maneno ya kufedhehesha? **Hakuna mtu anayepaswa kukutukana, na ni kosa kumtukana mwingine**

Ni kosa kumtukana au kumfedhehesha mtu mwingine kwa kupitia mfumo wa kompyuta au simu, kutokana na sababu kuwa mtu huyo mwingine ni mmoja kati ya kundi linalotambulika kwa tabaka, rangi, asili, utaifa, kabila au dini fulani.

Mtu atakayethibitika kutenda kosa hili atakabiliwa na faini isiyopungua shilingi milioni tatu au kifungo cha muda usiozidi mwaka mmoja au vyote kwa pamoja.

Mateso hayakubaliki...

Ni kosa kuanzisha au kukadimisha mawasiliano yoyote ya kielektroniki kwenda kwa mtu mwingine ukitumia mfumo wa kompyuta au simu, kwa lengo la, kulazimisha, kutisha au kunyanyasa au kusababisha maudhi ya hisia.

Atakayethibitika kufanya kosa hili atakabiliwa na faini isiyopungua shilingi milioni tano au kufungwa gereza kwa muda usiopungua miaka mitatu au vyote kwa pamoja.

Ponografia...

“Ponografia za watoto” ni aina ya picha au filamu za ngono zinazoashiria au kumuonesha: (a) mtoto akiwa anashiriki kwa uwazi matendo ya ngono; (b) mtu anayeonekana kama mtoto akiwa anashiriki kwa uwazi matendo ya ngono; au (c) taswira inayoashiria mtoto akiwa anashiriki kwa uwazi matendo ya ngono; Ni kosa kuchapisha au kusababisha kuchapishwa kwa ponografia yoyote kupitia mfumo wa komputa au simu.

Yeyote anayefanya hivi atakabiliwa na faini isiyopungua shilingi milioni hamsini au kifungo cha muda usiopungua miaka saba au vyote kwa pamoja.



“Mtoto”, chini ya Sheria ya Makosa ya Mtandao, 2015, ni mtu yeyote chini ya miaka kumi na nane

Unatakiwa kukumbuka

Fema Clubbers wengi huangukia katika kundi la “watoto” chini ya Sheria ya Makosa ya Mtandao, 2015. Hii inamaanisha umelindwa vizuri chini ya sheria hiyo. Ikiwa kitu chochote kinatokea kwako, au kimefanywa kwako, kwa kutumia aina yoyote ya elektroniki, unaweza kuripoti.

Lakini, unaona ni miaka mingapi mtu anaweza kwenda jela na kwa sababu zipi?

Au mtu atapaswa alipe pesa kiasi gani? Hii inaonesha wazi kwamba kuna athari zinazoweza kutokana na jinsi unayotumia na kuhusika na simu yako.

Na hivi ni vifungu vichache tu vya Sheria ya Makosa ya Mtandao, 2015.

Kuna mengi zaidi! Hii inamaanisha, simu sio tu burudani na kifaa cha mawasiliano!

UNAWAJIBIKA KWA CHOCHOTE KITAKACHOFANYIKA KWA SIMU

YAKO AU KIFAA CHAKO CHOCHOTE CHA MAWASILIANO!

CHUKUA

HATUA

Muombeni mlezi wa Fema Club yenu apakue (adownload) Sheria ya Makosa ya Mtandao, 2015. Isomeni kwa makini. Kisha ombeni nafasi assembly na muelimishe shule nzima kuhusu sheria hii kupitia morning talks. Kila la kheri.



Mambo vipi? Nikisema Sema na Fema... Mnaitikia Paza Sauti Yako!

Haya twende pamoja sasa, Sema na Fema.... Paza Sauti Yako! Kama ukurasa unavyojionesha, hapa ndio sehemu yakufunguka chochote juu ya Fema. Funguka na sisi kupitia sms kwenda namba 0753003001, barua kwa S.L.P 2065 Dar es salaam, na tovuti yetu ya www.feminahip.ortz au kwenye page zetu za facebook, Instagram na Twitter @femina Hip. Hawa hapa ni baadhi tu ya waliofunguka na safari hii tumekuja kivingine!



WATU WA SMS KWA NAMBA 0753003001

hatujawasahau, kumbuka namba hii ni kwa ajili ya SMS tu, usipigele!

Salamu za pongezi kwa Femina Hip, jumuiya ya Shule ya Sekondari Chanji inapenda kuwapongeza Femina Hip kwa kutimiza miaka 20 ya uelimishaji wa jamii na vijana kwa ujumla. Tumefurahia uwepo wenu mdumu milele. Big up sana Femina, by Chanji Fema Club Sumbawanga.

Hello wanaChanji Fema club! Nimatumaini yetu Sumbawanga mnazidi kukiwasha na Fema! Hongereni sana. Tumepokea pongezeni na tunaahidi kuendelea kuelimisha jamii kwa miaka mingine ijayo. Mhariri!

Habari Fema! Naitwa Amosy Biseco kutoka Bunda Mara. Nawapa pongezi sana kwa kazi nzuri ya kuelimisha jamii, na mimi ni miongoni mwa watu walioelimika kupitia majarida ya Fema. Napenda sana kusoma sehemu ya RUKA JUU, SEMA TENDA, COVER STORY pamoja na STORI YANGU. Napenda sana kuwakaribisha maeneo ya kwetu Bunda katika Shule ya Sekondari Nyamang'uta iliyopo Nyamuswa. Nawapa big up sana na karibuni tule miogo na samaki. Asanteni sana na Mungu awabariki.

Habari Amosy, tutakaribia Bunda pale muda ukifika, pia tunakupongeza sana kwa kusoma jarida la Fema. Tunaamini utazidi kuji



**Watunzi wa mashairi hawakosekani,
Calvin B. Nganga toka Shule ya Sekondari
Bagamoyo anaeleza yake kwa madaha!**

Karibuni karibuni, Femina chama la wana,
Jiungeni klabu hii, klabu kizuri sana,
Iwafae maishani, mnufaike vijana,
Karibuni karibuni, Femina chama la wana.

RUKA JUU ya Femina, ndio mpango mzima,
Unaukamata tena, mkwanja wako mapema,
Mwashangaa nini wana? Mbinu zipo kwenye Fema,
Karibuni karibuni, Femina chama la wana.

Femina CHEZA SALAMA, tuzijali afya zetu,
Afya zetu ziwe njema, tujenge taifa letu,
Soma jarida la Fema, ufahamu kila kitu,
Karibuni karibuni, Femina chama la wana.

Femina SEMA na TENDA, hakuna kulaza damu,
Namna hiyo tunashinda, uvivu kwetu ni sumu,
Manoti tunayawinda, tunawinda kwa awamu,
Karibuni karibuni, Femina chama la wana.

Unataka nini tena! Wakati Fema yatosha,
Burudani kila kona, na mengi yenye bashasha,
Ni mengi utayaona, katika yako maisha,
Karibuni karibuni, Femina chama la wana.

Kamata lako jarida, lililo bure kabisa,
Ulisome kwa kiada, likupatie hamasa,
Zichambue zake mada, zikufae hasahasa,
Karibuni karibuni, Femina chama la wana.



Twitter tuliweka mada ya
 “Unafikiri ni njia gani ambazo unaweza
 ukatumia kuwashawishi vijana waungane na
 kutengeneza kikundi ili wachukue mikopo ambayo
 inatolewa na serikali kwa ajili ya vijana?”
 Walijibu wengi, ila huyu jamaa alifunguka zaidi.

@Godlove Mgoji_

Kuwashawishi kuunda vikundi vidogo vidogo
 vyenye malengo yenye tija. Ikiwezekana katiba
 itengenezwe kufikia malengo yao.



Patricia Emmanuel Sikahanga kutoka Ifunda Girls' Secondary School amefunguka
 na barua yake ya pongezi, ona alivyo teremka kimombo

Dear Femina Hip team,

I am dedicating this note to you as a hand out for my special gratitude to you Femina Hip team because I am amongst the youth that have benefited from Fema activities (Fema magazine etc.). Briefly, I do remember a day when we had visitors from Femina Hip and ABC (Amabilis Batamula) and gave a speech. From her speech I quoted her saying “even girls have ability, just believe in yourselves.” Additionally, the Fema magazine edition no. 52 with Shamira Mshangama touched me even more and made me express my special gratitude for making me more stronger and ambitious.

Wao!!! Imekaa poa sana. Na hapa tumekumegea kiuchache tu barua yenyewe ni ndefu, tamu sana. Tunakupongeza kwa uthubutu wako. Mhariri!



Tunamalizia na waliosema na Fema kwenye Facebook,
 na mada ilikua hivi “Mara nyingi vijana hulalamika kuhusu
 ukosefu wa mtaji ili kusapoti wazo lao la biashara.

Vijana wengine wana pesa lakini hawajui wafanye biashara gani.
 Labda tukuulize kijana, mtaji ni nini?”

Emmanuel Msemakweli

Kwangu mimi mtaji ni rasilimali yoyote unayoweza kuitumia ili kuanzisha na kukuza biashara yako. Inaweza kuwa mahusiano yako chanya na watu wengine, kipaji chako, nguvu, muda, ujuzi na hata pesa.

Violeth Lusapa

Mtaji ni mawazo au wazo lako ulilonalo la kibiashara, mtaji wa pili ni namna utavyoweza kuongea na wanaokuzunguka ambao unaona kabisa wanaweza kukupa mwelekeo. Mtaji wa tatu ni uvumilivu, shauku na kujitoka kutimiza lengo lako. Mtaji wa nne ni kuchukua hatua, baada ya hapo hela zitakuja automatic tu.



Wakali wetu 6 wa nguvu ni!

Hivi mnakumbuka kuwa Novemba 20 ilikuwa siku maalum ya kuadhimisha miaka 30 ya Mkataba wa Haki za Mtoto duniani kote? Enhee, Femina tukaamua kuiadhimisha kwa kuwapa chalenji no. 25. Chalenji hii iliwataka kuandaa 'poster' kuhusu HAKI ZA MTOTO kwa kutumia zana zinazopakikana katika maeneo yenu kisha mtumie hicho mlichokiandaa kuelimisha jamii.

Aisee! Wengi mlishiriki na nyote mlifanya kazi nzuri tukabaki midomo wazi! Tunaamini mmejifunza kitu katikakufanya chalenji hiyo. Tunathubutu kusema nyinyi nyote ni washindi, ila kwakuwa ni lazima wapatikane vinara sita, basi wakali wetu sita wa chalenji no 25 ni hawa hapa!!

Kwedizinga Sec ya Tanga

Hii inaitwa mbili kavu! Jamaa hawa wameibuka washindi wa kwanza mara mbili mfululizo na kuweka rekodi kwenye maktaba ya Femina! Ubunifu wao ni wa viwango vya juu, yaani haupimiki. Kongole kwenu na kila la heri tena kwenye kuchagua watakoawawakilisha katika Femina Hip Youth Conference 2021.

Zawadi kwa Kwedizinga ni

- Kuhudhuria Femina Hip Youth Conference 2021
- Tisheti 20 za Femina
- Khanga za Femina Hip doti moja

Washindi wengine watano ni!!

- ★ Mkula Sec ya Simiyu
- ★ Mengele Sec ya Mbeya
- ★ Mambwe Sec ya Rukwa
- ★ Nkome Sec ya Geita
- ★ Galanos Sec ya Tanga

Washindi hawa watano watajipatia pair moja ya khanga kwa ajili ya shughuli za club. Pongezi nyingi kwenu, tukutane tena chalenji ijayo, nayo si nyingine, ni hii hapa!!



Kwedizinga Sec ya Tanga

CHALENJI NO. 27

Mwombeni mlezi wa Fema Club yenu apakue (download) Sheria ya Makosa ya Mtandao, 2015. Kaeni kwa pamoja kama club, muisome, kisha mtengeneze tafsiri rahisi ya sheria hiyo kwa kutumia njia ambayo ni rahisi kwenu na zana ambazo ni rahisi kwenu kuzipata. Kisha tumieni tafsiri yenu rahisi kuelimisha jamii kuhusu sheria hii.

Halafu mtuandikie ripoti iliyoambatana na picha mkitueleza na kutuonesha kitu mlichokiandaa na namna mliyokitumia kuelimisha jamii yenu.

Vigezo vya ushindi

Kigezo kikubwa cha ushindi ni ubunifu katika kuandaa zana ya kuelimishia.

Lazima kuwe na ushahidi wa picha wa 'material' mliyoiandaa na mkaitumia kuelimishia jamii yenu.

Kazi iwe imefanywa na club, si mtu mmoja.

Ripoti za
CHALENJI no 27
zitumwe kabla ya
MEI 15, 2020.
GOOD LUCK!

WASHINDI KAMA KAWA NI SITA

Mshindi wa kwanza atashinda fulana ishirini (20) za Femina, khanga za Femina doti moja na kuhudhuria Youth Conference 2021. Kutakuwa na washindi wengine watano ambao watajishindia doti moja ya khanga kwa kila club.

Kwenye subject andika chalenji no 27. Unaweza kutuma kwa barua pepe au kwa posta au kuleta kwa mkono.

Angalia mawasiliano yetu ukurasa wa saba. Washindi watatangazwa toleo la 56.

Compete and Win!!! Naam, lile shindano lenu kabambe, linarindima tena kama kawa. Ni namna rahisi kabisa ya kujinyakulia Tshirt bomba kutoka Femina!

This time ni rahiisi kama kunywa maji! Yes! Maana majibu ya maswali yote yanapatikana humuhumu ndani ya toleo hili!

Kingine kipya....

Idadi ya washindi sasa ni ishirini (20) badala ya kumi (10). Hii inaongeza wigo wa ushindi. Haya, twende kazi!

Jinsi ya Kushiriki

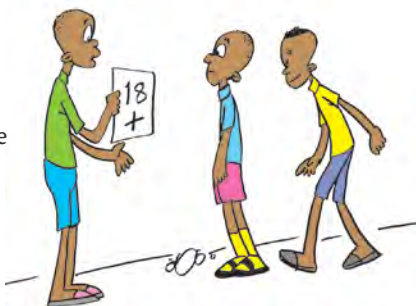
- * Mtu yeyote anaweza kushiriki shindano hili. Ni shindano la mtu mmoja.
- * Andika maswali na majibu yako katika karatasi nyingine, sio kwenye ukurasa huu.
- * Unaweza kutuma majibu yako kwa barua pepe au kwa njia ya posta (angalia mawasiliano yetu ukurasa wa saba). Kwenye subject andika COMPETE & WIN.
- * Hakikisha unaweka anwani yako ya barua na ikiwezekana weka namba yako ya simu.
- * Kila mshindi atajinyakulia fulana kutoka Femina. Changamka!

Washindi wa toleo la 52

- | | |
|---|--|
| 1. Hamisi Mbonde, Mjawa Sec, Kibiti, Pwani | 11. Athumani Ally Chui – Ndolwa Sec, Handeni, Tanga |
| 2. Jalina Ali, Mnyuzi Fema Club, Korogwe, Tanga | 12. Arobogassi Hamisi, Makundusi Sec, Mugumu |
| 3. Nelusigwe Mwambagi, Ukukwe Fema Club, Rungwe, Mbeya | 13. Flora Rogers Vyabandi, Kasimbu Sec, Kigoma |
| 4. Aziza Athuman Rajab, Kisasa Sec, Dodoma | 14. Nyambanane Romati – Robanda Sec, Serengeti, Mara |
| 5. Tumaini Salu, Mnyuzi Fema Club, Korogwe, Tanga | 15. Witness Yohana Mahela – Buyuni Sec, Ilala, Dar es Salaam |
| 6. Memory E. Njole, Wigamba Sec, Mbeya | 16. Shuhuda Y. Kasuku – Galanos Sec, Tanga |
| 7. Madilu Jafary Abeid, Michiga Sec, Nanyumbu | 17. Mashimba Joseph – Magufuli High School, Chato, Geita |
| 8. Johnson Golden, Mtapika Fema Club, Mahenge, Morogoro | 18. Sakina Said – Paul Bomani Sec, Mwanza |
| 9. Diouf M. Kirangaru, Mshikamano Sec, Musoma | 19. Sonia Robert – Kilole Sec, Korogwe, Tanga |
| 10. Mchozi Kilangwa Said – Kasimbu Sec, Kigoma | 20. Laina Elius, Ushilombo Sec, Geita |

Hii nayo kali!

Kuna jamaa anazunguka mtaani anatafuta watu 17 wa kuangalia naye muvi... eti kwa sababu hiyo muvi imeandikwa 18 and above. Kingereza siyo Kizaramo! hahaha.



MAJIBU YATUMWE KABLA YA MEI 15, 2020.

Jinsi ya kutuma: angalia anwani ukurasa wa mwanzo kabisa. Washindi watatangazwa katika toleo no 56.

KULIA

4. Amezaliwa Lushoto, anaishi Dar es Salaam
7. Ilikuwa ni kitoweo cha heshima kwa mgeni
8. Ni masharti yaliyorasmishwa
10. Google Itakusaidia kufika unakotaka
11. Safari ya Said Hozza ya kwenda China ilifadhiliwa na
12. Haoni umuhimu wa kuwa na duka kwa sasa
16. Unaweza kutupia CV yako kwenye mtandao huu
17. Kuna maeneo yenye joto na yenye baridi sana
18. Duka mtandaoni linakuwa muda wote
22. Inapatikana Muheza, jina lake limetokana na Chifu
23. Chama cha Hakimiliki Tanzania
24. Ni mzee maarufu, mkazi wa Mnyuzi
25. Wakala wa Usajili wa Biashara na Leseni

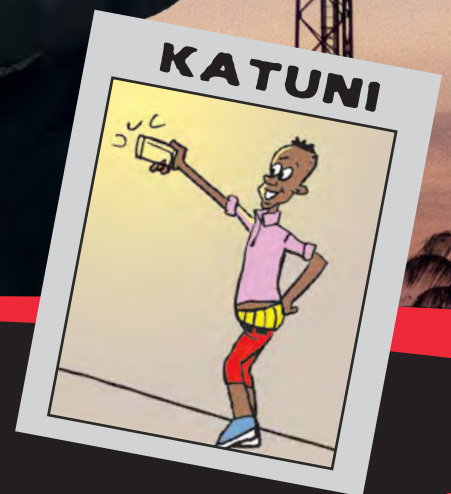
CHINI

1. Miezi michache ijayo atetimiza miaka 18
2. Simu yako inadhibitiwa na
3. Ni kuzuri hataree
5. Changamoto ni
8. Ni muuzaji wa nguo za kike mtandaoni
9. Imekuwa njia mpya ya kufanya manunuzi
13. Ni mtu yeyote chini ya miaka 18
14. Anapenda kutumia Google kupata maarifa
15. Ni mmiliki wa Facebook
19. Sheria ya Makosa ya Mtandao ni ya mwaka
20. Inasemekana walitokea Mombasa
21. Tume ya Sayansi na Teknolojia
24. Little BTS inafanya kazi kama



A smiling man in a black tuxedo and white shirt with a black bow tie is holding a large, complex electronic circuit board. The background is a clear blue sky with a tall communication tower on the right and palm trees at the bottom. A stylized Wi-Fi symbol is in the top left.

Uvumbuzi
wangu



SI MCHEZO!

femina
hip



APRIL - JUNE 2020

HALIUZWI

**Men.
Men.
Men.**

**Mental
Health Talk**

**Maisha lazima
yaendele**

Corona
Protect yourself

WASILIANA NA FEMINA

Sali, fanya meditation

Ukijisikia kulia, lia tu

Shiriki michezo na mazoezi kwa sana

Soma kitabu au imba nyimbo uzipendazo

Sikiliza muziki, inasaidia



WEBSITE
www.feminahip.or.tz



FACEBOOK
Femina Hip



TWITTER
@feminahip



INSTAGRAM
@feminahip



YOUTUBE
@feminahip



ANUANI YA POSTA

Femina Hip
S.L.P 2065, Dar es Salaam,
Tanzania



EMAIL
info@feminahip.or.tz



TELEPHONE
+255 222 700 742
SMS 0753003001

Una maswali, mrejesho au mapendekezo kuhusu kazi zetu?
Au kuna tatizo lolote la ufikaji wa Fema katika shule yako?
Tuma SMS kwenda **0753003001** kuwasiliana nasi!



Let's talk Mental Health!

"A healthy body, a healthy mind!" That's what we should all live by! It is important that every part of our body is healthy and functioning, but did you know that like our bodies our minds can get sick? In this issue of FEMA Magazine, we address Mental Health and feelings such as stress, anxiety and depression which most of us encounter at some time in our lives. We look at how important it is to heal and talk about what we are going through because talking is therapy and talking is treatment!

What makes a man? We all wonder how men learn to be the providers and leaders we expect them to be. But what challenges do they face on the way? In our cover story you meet Michael Baruti, of the radio podcast Men, Men, Men. For a long time he felt uncomfortable talking about all the expectations that triggered his feelings of depression. But that changed and he now talks openly about the mental health challenges he faced and how he managed to heal himself by opening up talking and sharing his experiences.

Money can also be a big cause of mental distress. Max (not his real name) in our Ruka Juu Story, narrates how desperation and depression because of financial poverty triggered a dramatic action that he was later to regret. He managed to overcome and has learnt to handle his emotions.

ChezaSalama and our photostory dives deep into the issue of the emotions surrounding relationships. 'Love' can turn bitter and cause stress and anxiety. If you are a student it can completely derail you from your studies. Always remember! While in school abstinence is your best choice!

We need more social and mental health awareness to understand how to heal and avoid mental health challenges becoming mental illness. Meet Deborah Luambano in our back cover story who is the only female psychologist at Muhimbili Hospital Mloganzila. She is just 28 years old, but her aspiration was always to understand emotions and help do away with the shame and stigma surrounding mental health challenges. Read her story and find out how professionals approach mental health!

So! Read on, learn how you and your friends can talk about your feelings to make sure you secure your Mental Health!

Happy Reading!



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Men. Men. Men.

NA TUNU YONGOLO

Naitwa Michael Paul Baruti. Nilizaliwa Mbeya Oktoba 25, 1985 lakini nimekulia Dar es Salaam. Ni mtoto wa nne katika familia ya watoto watano. Elimu ya msingi na sekondari nilisomea Dar es Salaam.

Wakati nakua wazazi wangu walifanya kazi kwa bidii kuhakikisha mimi na ndugu zangu tunapata kila kitu ambacho walitamani tukipate. Kusema kweli, nimekuwa na bahati kuliko watu wengi. Kwanza nililelewa na wazazi wote wawili – najua wengi hawapati bahati hii. Kwa ujumla, familia yangu ilikuwa ni yenye furaha.

BY TUNU YONGOLO

My name is Michael Paul Baruti. I was born in Mbeya, on the 25th of October 1985 but I grew up in Dar es Salaam. I am the fourth born in a family of five and I studied for both primary and secondary in Dar es Salaam.

Growing up, my parents worked day and night to give my siblings and I, everything they could. To be honest, I was luckier than most. First of all, I was blessed to be raised in a family that had both parents - I know many don't have that privilege, my family was basically a happy one.





Baba alisema 'wanaume huchapa kazi'

Baba yangu ni Paul Baruti, alizaliwa Mkoani Katavi. Aliishi maisha ya furaha na alifariki mwaka 2011. Alikuwa mtu wa misimamo na maadili na alinifundisha mambo mengi kuhusu maisha.

Katika miaka yangu yote ya masomo, sitasahau mwaka nilikuwa kidato cha tatu. Naikumbuka siku ambayo nilikuwa nimekaa karibu na baba wakati anafungua ripoti yangu ya matokeo ya mtihani. Mikono yake haikuwa ikitetemeka; aliamini kwamba miaka yote ambayo amekuwa akinijenga na kunisimamia vizuri kwa hakika ingejidhihirisha katika matokeo yangu shuleni. Uso wake ulibadilika ghafla, tabasamu likaondoka, akakasirika. Sikuwa nimewahi kumwona akiwa vile. Nilikuwa nimepata alama ambazo siwezi hata kuzitaja kwa sauti. Nilikuwa 'nimefeli' na hakika nilimwangusha vibaya mno. Kumbe wakati niko busy nikijaribu 'kumfurahisha kila mtu', kiwango changu kitaaluma kilishuka sana.

Sitasahau alichoniambia. "Mwanangu, sitokuwepo hapa milele kukuongoza. Katika maisha unafanya maamuzi na huna budi kuishi kulingana na maamuzi uliyoyafanya. Uko njiapanda, hivyo uamuzi ni wako; kufanya vizuri au kuendelea 'kufeli'. Michael, hujawahi kuniangusha kiasi hiki, nilikuwa na matarajio makubwa juu yako." Moyo wangu ulipata machungu na usiku ule nililia sana.

Father said 'men work hard'

My father was Paul Baruti, born in Katavi region. He lived a full life and passed on in 2011. He was a man of principles and ethics, and taught me many lessons about life.

My schooling year in form three is a year that I will never forget. I recall sitting across from my father as he opened my report card. His hands didn't tremble, assured that the years of being strict with me would definitely translate into my academic results. His face changed suddenly, his smile became the saddest frown I have ever seen. My academic subjects carried marks that I can't even say out loud. I had failed and let him down. While I had been busy trying to be 'cool', my grades had suffered.

I will never forget what he said to me. "My son, I will not always be here to guide you. In life you make choices and you need to be able to live with the choices you make. You are at a crossroad, so you can either choose to do better or to continue to fail. Michael, I have never been more disappointed, I expected so much more of you." My heart sank and that night, I wept.

Nililia usiku kucha, nikaamka nikiwa nimevimba macho. Kulikuwa na somo jingine linanisubiri. Tulikaa mezani kimya, baba akiwa na ndita za hasira za tangu usiku. Nilikuwa nakula, naye anakula, ni sauti za vijiko vikigonga sahani tu ndizo zilizosikika. Alimaliza kabla yangu lakini kabla ya kuondoka kwenye meza ya chakula alinitazama machoni, akasema, “kulia hakutokusaidia, mwanaume halii.”

Nilibadilika sana, nikapata division 1 kidato cha 4! Nikaendelea kusoma kwa bidii na mwaka 2006, nikaanza shahada ya Sanaa katika Mawasiliano ya Umma, katika Chuo Kikuu cha St Augustine, nikijikita katika TV na Radio. Baadae nikachukua Shahada ya Uzamili katika Chuo Kikuu cha Mzumbe, nikijikita katika masuala ya Masoko. Nilipohitimu tu nikapata ajira. Kisha nikaondoka kwenye nyumba ya familia, nikaanza kujitegemea kwa kupanga chumba kidogo jijini Dar es Salaam. Maisha fulani hivi ya ‘kibachela’.

Miaka kadhaa baadaye baba alipata matatizo ya moyo. Ikabidi mama aache kazi ili amhudumie. Nakumbuka jinsi ambavyo siku moja baba aliniuliza kama anaweza kuja kulala kwangu siku moja. Nilikuwa na wasiwasi nikijiuliza atalala wapi, atakula nini. Nilikosa amani, hofu yangu kubwa ikiwa ni kwamba ataniona kama niliyeshindwa maisha! Lakini kila kitu kilikwenda vizuri, na baadaye nikagundua kumbe alifurahi kuona mahali anapoishi mwanae. Tangu siku hiyo nikajisikia mkamilifu.

I cried the whole night and woke up the next morning with swollen eyes. The next lesson was awaiting me. We sat at the table in silence, my father with the sad frown from the previous night. I ate, and he ate, only the clink of our plates could be heard. He finished first but before he left the room, he looked me in the eyes and said, “crying won’t solve anything, men don’t cry.”

I improved tremendously, and I got Division 1 in form 4! I continued studying, and in 2006, I went on to study a Bachelor of Arts in Mass Communications, specializing in TV and Radio Production at St Augustine University and finished off with a Master’s in Marketing at Mzumbe. My education was complete. Once I graduated, I got a job. I then moved out of the family home and was living on my own in a small apartment, a little bachelor pad in Dar es Salaam.

Years later my father developed a heart condition. My mother left her job to take care of him. I recall how during one of his regular doctor visits, he came to Dar es Salaam and asked if he could come spend a night at my house. I was worried sick about where he would sleep and what he would eat. I was so insecure and worried that he would see me as a failure! But everything turned out fine and I soon came to learn that he was happy to just see where his son lived. From then on, I felt a sense of accomplishment.





Baba alisema “Kuwa kichwa”

Baada ya kupata ajira ya kwanza, muda mfupi baadaye nikapata ya pili. Nilikuwa na lengo la kuishi ‘maisha mazuri’, nilioa, nikatulua. Hata hivyo, mambo yalianza kwenda ndivyo sivyo. Changamoto za kifedha zikaanza. Nilitaka kuwa baba anayehudumia familia, ‘kichwa cha nyumba’ kama ambavyo baba alikuwa akiniambia. Hakuna aliyewahi kunieleza kauli hiyo ilimaanisha nini, na sikujua namna ya kutumia na kutunza fedha. Hali yangu ya kifedha ikawa mbaya, nikaanza kujiona ni mwenye mzigo mzito wa majukumu.

Tangu wakati huo nikaanza kuwa na huzuni, huzuni kwelikweli. Huzuni iliyodumu kwa vipindi virefu. Nilishindwa kufanya kazi. Sikutaka ku-chill na rafiki zangu. Sikutaka kwenda nyumbani. Sikutaka kuwa karibu na mtu yeyote ambaye angenikumbusha majukumu yangu.

Nilikuwa nimechanganyikiwa lakini nikagundua kwamba nilichokuwa nakipitia ni ‘sonona’ na kwamba ninahitaji msaada. Nikaamua kuzungumza na mtu ambaye angenisikiliza, mtu ambaye angeniacha nilie na kuelewa namna ninavyojisikia. Mtu ambaye hatonihukumu. Nilikuwa nimewahi kusikia kwamba kuna mtaalam wa mazungumzo tiba katika hospitali ambayo kwa kawaida nakwenda kutibiwa. Nilikwenda pale moja kwa moja, nikaomba kuonana na mtaalam huyu.

Nilizungumza na kuzungumza, nikalia, nikajisikia kama nimetua mzigo. Kwa muda mrefu nilikuwa nimeyabeba haya mambo moyoni. Sikuwahi kuzungumzia wala kumshirikisha yeyote changamoto zangu. Tena, nilikuwa naficha. Nilijisikia nafuu kubwa baada ya kuzungumza na mtaalam wa mazungumzo tiba.



Father said “Be the head”

After I landed my first job, I soon got a second one. I was aiming for ‘the good life’, got married and settled down. However, by that time things were starting to go downhill. I began to struggle with finances. I wanted to be a provider, ‘the head of the household’ like my father had always projected. No one really explained to me what that meant, and I didn’t have much clue about how to manage and keep money. My finances were soon messy, and I started to feel the burden of responsibility.

From then on, I started feeling sad, really sad. Sad for very long periods of time. I was unable to work. I no longer wanted to hang out with my friends. I didn’t want to go home. I didn’t want to be around anyone who could remind me of my responsibilities.

I was confused but realized I was experiencing feelings of ‘depression’ and that I needed help. I decided to talk to someone who would listen to me, someone who would let me cry and feel everything that I was feeling. Someone who wouldn’t judge me. I had heard that there were therapists at my local clinic. I went straight there and asked for an appointment.

I talked and talked, and I cried, I felt such a release. For a long time, I had been keeping everything to myself. I had not talked nor shared my struggles with anyone. In fact, I was hiding from everyone, I felt I would explode. I felt so much better after talking to the therapist.

Ever since, I have been learning more and more about ‘mental health’. It is so important to talk to somebody, if things are bothering you, you open up your heart and mind. Talking about my problems saved my life! I was able to deal with my life again and I started talking more openly and honestly with my loved ones.

Tangu wakati huo nimekuwa nikijifunza mambo mengi kuhusu 'afya ya akili'. Ni muhimu sana kuzungumza na mtu. Kama mambo yanakusonga fungua moyo wako na akili yako. Kuzungumza kuhusu matatizo yangu kuliokoa maisha yangu! Nilifanikiwa kurudi katika mstari na kuanza kuzungumza kwa uwazi na wapendwa wangu .

Baada ya kupitia hayo niliyoyapitia nikaamua kuanzisha jukwaa la Men. Men. Men. pamoja na podcast, naweza kusema ni kipindi cha radio mtandaoni. Nilitaka podcast hii iwe ni sehemu salama ambapo wanaume kama mimi wanaopitia changamoto kama nilizozipitia wanaweza kuzungumzia changamoto hizo na kueleza hisia zao. Ni mahali ambapo tunaweza kufunguka, kukiri na kukubaliana kwamba kuwa mwanaume si jambo rahisi. Jamii imetutwika mzigo mkubwa. Hii inatokana na mila na desturi na matarajio ya jamii juu ya mwanaume. Mambo haya inabidi yazungumzwe na yanapaswa kubadilika kadiri nyakati zinavyobadilika.

Unaweza kusikiliza Men.Men.Men – the podcast kila baada ya wiki mbili. Katika kipindi hiki tunaalika wanaume kuwa wazungumzaji na kuzungumza kuhusu masuala ya wanaume na matatizo wanayoyapitia. Pia tunamwalika mtaalam wa saikolojia. Zaidi ya kipindi, tunakutana na kufanya 'mazungumzo ya vikundi' hapa jijini Dar es Salaam. Binafsi, nimejifunza mengi kuhusu mimi mwenyewe kupitia Podcast hii. Ni faraja kugundua kwamba hauko peke yako, kumbe wanaume wengine wengi wanapitia mambo kama uliyoyapitia. Tunahitajiana, hivyo tunaweza kusaidiana. Nimeamua kuwatia moyo wanaume kuzungumza kwa uwazi!

After my experience I decided to start the Men. Men. Men. platform and podcast to create a safe space where men like me who have similar experiences can talk about them and air their feelings. A place where we can be open and admit to ourselves and others that it's not easy being a man. We have so many expectations to perform and provide placed on us. It is all about our traditions and our gender roles. Such things really need to be talked about and they also have to change, as the times change.

The podcast – which is like an audio radio recording – can be listened to every two weeks. We invite men to be guest speakers and to talk about men's issues and the problems they are facing. We also have a psychologist on the show. We also meet and have 'talk groups' here in Dar es Salaam. Personally, I have learnt so much about myself from the podcast, it is so rewarding to understand that you are not alone, so many other men are going through the same kind of experience. We need each other and ultimately, we can support each other. I've made it my mission to encourage men's open talk!



Unaweza kusikiliza Men. Men. Men Podcast katika Apple podcast, Boomplay Music, AudioMack na Spotify

You can listen to the Men. Men. Men Podcast on Apple podcast, Boomplay Music, AudioMack and Spotify

Fahamu Baadhi ya Magonjwa ya akili

Hello! Naitwa Kisha Andrew (20) ni mkazi wa Bongo, Dar es Salaam. Kama unavyofahamu, hizi ni kurasa zetu vijana, yaani ni maeneo yetu ya kujidai, watu wanafagilia mikoa yao. So mi nikaona this time badala ya kuzungumzia mkoa wangu Dar es Salaam, wacha nihame kidogo, nizungumzie kitu ambacho kinahusu mikoa yote nchini na kinakwenda na maudhui ya toleo hili – afya ya akili.

Mimi si mtaalam wa afya ya akili, hivyo nilikwenda moja kwa moja hadi Hospitali ya Taifa ya Muhimbili, Kitengo cha Afya na Magonjwa ya Akili, na hapo nikakutana na mtaalam wetu, Isaac Lema. Huyu ni Msaikolojia Tiba, ndo akanipiga hili somo hapa ambalo nawashirikisha. Ni baadhi tu ya magonjwa ya akili.



Sonona

Watu wengi hupitia vipindi vya kuwa na huzuni katika maisha yao, lakini unapokuwa na sonona unajisikia huzuni ya mara kwa mara, inayoambatana na mawazo au fikra hasi na tabia za kutoweza kujumuika na wengine. Hali hii inadumu kwa wiki kadhaa au miezi hata miaka, sio kwa siku chache. Wakati mwingine huambatana na mawazo ya kujiuua. Baadhi ya watu hudhani sonona sio ugonjwa – wanakosea. Sonona ni ugonjwa kama magonjwa mengine na una dalili kama yalivyo magonjwa mengine. Kuwa na sonona sio dalili ya kwamba mtu ni dhaifu na wala sio tatizo ambalo unaweza kulipotezea tu likaisha. Unahitaji kuongea na mtaalam akusaidie.



Wasiwasi/Tashwishi (Anxiety)

Wasiwasi ni neno linalotumika kuelezea hisia ya kawaida ambayo watu huipitia wanapokabiliwa na tishio, hatari au wakiwa na msongo. Kila mmoja anaweza kuwa na wasiwasi wakati wowote katika maisha. Kwa mfano, unaweza kuwa na wasiwasi juu ya mtihani au usaili wa kazi. Katika nyakati kama hizi, wasiwasi unaweza kuwa ni kitu cha kawaida. Hali ya wasiwasi inapozidi kupindukia au unapokuwa na hofu pasipo sababu ya msingi na kuathiri utendaji kazi wa kila siku ni dalili ya magonjwa ya wasiwasi (Anxiety Disorders). Utajikuta unakwepa vitu, watu au hali zinazokufanya uwe na wasiwasi. Hata hivyo kukwepa huzifanya dalili kuwa mbaya zaidi. Katibiwe.



Skizofrenia (Schizophrenia)

Daah neno gumu kutamka hili! Lakini tujaribu (Ski-tso-fre-nia). Skizofrenia ni ugonjwa unaoathiri mchakato wa mawazo ya mtu na mara nyingi uwezo wake wa kiutendaji. Wakati mwingine dalili zinapojitokeza, watu hupata ugumu katika kuelezea tofauti ya uzoefu halisi na ule usio halisi. Kwa mfano kusikia milio au sauti ambazo hazipo, kuona vitu visivyokuwepo, kuwa na imani za ajabu kama vile watu wapo nje wanasubiri kukudhuru wakati kiuhalisia hawapo, tabia zisizo za kawaida au mazungumzo yasiyoeleweka au kukosa mpangilio, na tafsiri potofu ya vitu. Watu wengi wanapozingatia tiba huweza kuudhibiti ugonjwa huu kiasi cha kuweza kuishi maisha yenye tija na utoshelezi.

Baipola (Bipolar)

Mtaalam wetu alinambia jina rasmi la Kiswahili la ugonjwa huu halijapatikana. Kwa sasa tuliache tu hivyo hivyo. Litamke kama lilivyo, huku 'r' ya mwisho ikiwa haisikiki – Bai-po-la. Naam, kama hivyo. Binadamu tuna hisia mbalimbali kama furaha, huzuni, hasira n.k. Hata hivyo tuna vipindi vya mabadiliko ya kihisia ikiwa ni uzoefu wa kawaida katika maisha ya kila siku. Baipola ni tatizo la akili ambalo linaathiri namna unavyojisikia (hisia), kwa kimombo wanasema *mood*, ambapo unaweza kuwa na vipindi vya furaha au / na huzuni kupindukia. Hapa mara unajisikia huzuni sana, mnyonge au mwenye uchovu na hali ya kulia; baada ya dakika chache tu unajisikia mwenye furaha iliyopindukia na mwenye nguvu nyingi.



Msongo Baada ya Janga (Post-Traumatic Stress Disorder)

Yapo matukio yanayotokea katika jamii yetu yenye kuleta majeraha au maumivu ya kisaikolojia. Matukio haya huitwa majanga. Kwa mfano ajali, kifo cha ghafla, unyanyaswaji, ubakwaji, utekwaji, ukatili, vita, ugaidi, tishio la kiusalama, majanga ya asili kama mafuriko nk. Mtu anaweza kuathiriwa na janga kwa kuhusika, kushuhudia au kusimuliwa. Wahanga wa janga mara nyingi huwa na hisia ya kwamba ulimwengu umebadilika na hautakuwa tena kama ulivyokuwa. Mwitikio wake huambatana na kumbukumbu au ndoto zinazojirudiarudia kuhusiana na janga, kujisikia au kutenda ghafla kama vile janga linatokea tena, kushtuka endapo kitu au hali fulani itakukumbusha janga, kuepuka kuwaza kitu chochote kitakachokukumbusha janga pamoja na uwepo wa hisia hasi kama vile woga, hofu, hasira, hatia au aibu.

Ni kawaida hali hii kutokea baada ya janga. Watu wengi hupata nafuu ndani ya wiki chache tu bila kufanya jitihada zozote. Hata hivyo, baadhi ya watu huendelea kupata dalili kwa muda mrefu; mtu anashindwa kupata usingizi, kutulia au kufanya jambo fulani kwa makini, anaweza kujitenga au kujilaumu. Hali hii hutibika na mtu kurejea kwenye hali ya kawaida.



Naam. Mtaalam wetu Isaac anasema, hayo ni baadhi tu ya magonjwa ya akili. Yako mengi. Hata wewe unaweza kujiongeza, chimba mtandaoni, google, kuna taarifa kibao. Jielimishe.

Hapa na pale za Youth Conference 2020

Mko poaaa? Kama nawasikia vile mnavyajibibu kwa bashasha. Basi natumaini kila kitu kipo sawa na harakati za kwenye Club zinaendelea. Sasa basi, si mnajua mwishoni mwa mwezi Januari baadhi yetu tulikusanyika Dar es Salaam kwa ajili ya Femina Hip Youth Conference?

Asikwambie mtu, ilikuwa moto sana! Na japokuwa ratiba ilikuwa 'tight' kidogo, bado tulipata nafasi ya kuwachomoa wachache na kwenda nao sehemu fulani fulani kisha kurudi. Siku ya mwisho kabisa kulikuwa na Youth Summit iliyoandaliwa na UNICEF kwa kushirikiana na Femina Hip. Basi zile kurasa za kuonesha yaliyojiri ndiyo hizi hapa.

NA KHALID ISSA



Tulianza na Mlimani City

Hili ni miongoni mwa maeneo makubwa zaidi na ya kisasa kabisa nchini Tanzania. Kwa kiingereza yanaitwa 'Shopping Malls'. Sambamba na maduka haya kuna huduma kibao zinazotolewa kama vile kumbi za sinema, mikutano na sherehe, ofisi za kampuni za mawasiliano, matawi ya benki, nk. Basi tuliingia na kuanza kutazama uzuri wa eneo hili, kutokana na utaratibu hatukuweza kupiga picha kila mahali, sema tu tulipata eneo la michezo ya watoto na tukaruhusiwa kupiga picha. Basi kama mnavyowaona wenzetu, tukala picha za kutosha kisha tukaamsha. Ilikuwa poa sana.



Tungeachaje Mwendokasi?

Hapa nazungumzia usafiri wa mwendokasi yaani 'Rapid Bus Transit'. Dar ndio mkoa wa kwanza nchini Tanzania kuwa na mradi huu lakini huenda baadaye utaingia mikoa mbalimbali kulingana na uhitaji. Kwa ufupi ni hivi: huu ni mfumo wa usafiri wa mjini ambako kuna njia maalum za mabasi ambazo hazitumiki na chombo kingine chochote kile, iwe magari madogo, mabasi ya kawaida, pikipiki wala baiskeli. Katika mfumo huu mabasi yaendayo haraka hupewa kipaumbele kwenye makutano ya barabara. Pia kuna mbinu za kuwezesha abiria kuingia na kutoka, pamoja na kukata tiketi kwa haraka. Kwa njia hiyo mabasi haya yana uwezo wa kusafirisha abiria wengi na kwa haraka, tofauti na daladala ambazo zinaweza kukwama katika msongamano wa magari. Maelezo ni mengi eeh? Sasa sisi tulikwenda kutalii kidogo kisha tukapata picha ndani ya basi.



Mwendokasi ina miundombinu yake bhana!

Sasa kabla ya kupiga picha ndani ya basi, tulikwenda kutazama miundombinu ya mabasi haya, na tukapiga kambi kidogo sehemu inayoitwa Morocco. Lipo daraja la kuvukia barabara na kituo kikubwa cha mabasi haya ya mwendokasi. Tukasema twende tukaone, basi kama kawa, tukala picha zetu sie, kisha haooo! Kama nilivyosema mwanzo, waliokwenda huku siyo waliokwenda kule.



Makumbusho ya Taifa nako kulihusika.

Nilishakudokeza hapo juu kuwa siku ya kumaliza Youth Conference kulikuwa na Youth Summit ambayo ilifanyika katika Makumbusho ya Taifa. Makumbusho ya Taifa ni miongoni mwa vivutio vikubwa vya utalii wa historia ya Tanzania vilivyopo Dar. Ukiacha utamu wa shughuli nzima, baadhi ya wanafunzi walipata nafasi ya kutazama japo kwa juujuu baadhi ya vivutio vilivyopo.



Ulishawahi kusikia habari za Dinosaurs? Hawa ni viumbe waliokuwa wakiishi zaidi ya miaka milioni 200 iliyopita, kwa sasa hawapo tena. Pale Makumbusho ya Taifa umetengenezwa mfano wa kiumbe huyo kwa kutumia vyuma chakavu, inapendeza.



Makumbusho kuna mambo mengi bhana. Hapa tukala pozi na mzinga wa kivita, wa enzi hizo lakini.

Unicef pamoja nasi

Femina Hip kwa kushirikiana na UNICEF waliandaa kongamano moja la kibabe 'Youth Summit'. Kongamano hili lilihusisha vijana na walimu waliohudhuria mkutano wa vijana wa Femina Hip, wawakilishi wa mashirika mbalimbali yanayofanya kazi na vijana pamoja na wale 'champions' waliokusanya maoni na mapendekezo ya watoto na vijana ili kuandaa ajenda iliyozinduliwa siku ya maadhimisho ya miaka 30 ya Mkataba wa Kimataifa wa Haki za Watoto (CRC30) mwaka jana. Mzuka ulikuwa juu sana hasa pale walipojadiliana kuhusu vipaumbele 11 vilivyopo katika Ajenda hiyo ya vijana na watoto juu ya Tanzania waitakayo. Kwa taarifa zaidi, rudia toleo la 54. Ukiacha mijadala, kulikuwa na burudani za kutosha, watu walicheza, wakaigiza, wakacheka na kuimba pamoja.



Tukiwa Seascope Hotel & Conference Center, tukapata picha na Mama Femina. Dr Minou Fuglesang, mgeni rasmi, Anders Sjöberg ambaye ni balozi wa Sweden nchini na wageni wengine.



Tusisahau kilichotuleta

Kwa miaka kadhaa sasa tumekuwa tukifanyia mkutano wetu wa vijana yaani 'Youth Conference' katika hoteli ya nyota nne itwayo Seascope Hotel & Conference Center. Si haba, mambo huwa ni mazuri na ndiyo maana tunasisitiza clubs kuwa 'active' ili kupata nafasi ya kushiriki. Ili kuweka kumbukumbu, tukaclick picha kadhaa nje ya hoteli. Hakika, tutakumbuka sana tulivyojifunza na ku-enjoy.





Dunia Kiganjani mwako!

Dunia Kiganjani mwako! Cheza salama kigiditali! Naam, hiyo ndio ilikuwa salaam wakati wa 'Femina Hip Youth Conference 2020'. Sasa basi, wacha nikusogezee mchongo mmoja uliotokea. Wenzetu waliofanya 'amazing' zaidi kwa mwaka 2019 walipatiwa tuzo. Ni kweli, sote tunatisha ila kuna wale waliotisha zaidi. Ngoja nikudokeze kidogo.

NA KHALID ISSA

Club Bora

Ni kayanga Fema Club. Hawa jamaa wanatoka kule Kagera. Kiukweli walistahili kuchukua taji maana wamefanya makubwa. Kwanza ni wabunifu, wanatumia mazingira yao na kujiingizia kipato, waligundua pango katika eneo la shule na kulisafisha kisha kulitumia kama 'club corner' yao na kivutio cha utalii. Kupitia FADECO FM na Karagwe FM huwafikia vijana wenzao na uelimishaji wao umewagusa wengi. Wameibeba ajenda ya hedhi salama kwa kujenga jengo lenye choo, sehemu ya kuchomea taka ngumu na kubadilishia pedi na ni club ya kwanza kwa Kagera kufanya hivyo. Ni mabalozi wazuri wa Mkurugenzi wa Halmashauri kwa kuisambaza kampeni yake ya 'Mwache mtoto wa kike asome'. Club hii imekuwa ikiendesha shughuli mbalimbali kama kulima nyanya, migomba na mananasi.



Mlezi Bora wa Club

Anaitwa Madam Flora J Bikombe kutoka Nyabumhanda Fema Club ya Mwanza. Huyu Mwalimu ni noma asikwambie mtu! Ushindi huu haukuja kirahisi. Ameweka mfumo wa kusaidia wasichana wasiojiweza kupata mahitaji madogomadogo kupitia mfuko wa club. Kitaaluma pia yupo, ameinua kiwango cha ufaulu kwa vijana wa club hasa mabinti. Wanachama wa Fema Club hawatomsahau kwa kuwa amewajengea ari ya kujitolea na hata kuthubutu kushika nafasi za uongozi shuleni. Amekuwa mstari wa mbele kutetea vijana hasa wa kike pale wanapokumbana na unyanyasaji wa kijinsia, kuhakikisha wanabaki shuleni na hawaonewi katika mazingira ya shule na nje ya shule. Ukiacha yeye kuwa mfuatiliaji na mchangiaji mzuri katika ukurasa wa Facebook wa Femina Hip, ni mshiriki mzuri katika shughuli mbalimbali za network za wilaya, mkoa, kanda na taifa. Club yake ina miradi ya mboga, utengenezaji wa mafuta ya kupaka na dawa za chooni, pia wanatengeneza mapambo kwa kutumia chupa, nk. Sijamaliza kuelezea sifa zilizompa ushindi ila tuishie hapo maana kuna wengine pia.

Mlezi Bora wa Network sasa!

Walezi wa kike, hasa kutokea Mwanza walifunika. Hapa tunaye Mwl. Rehema K. Awabu ambaye ni mlezi wa Mwanza Fema Clubs Federation. Ni mweka hazina wa network ya Kanda ya Ziwa, mshauri na mhamasishaji wa network ya mkoa. Amekuwa mshiriki mzuri katika shughuli za networks kuanzia wilaya mpaka Taifa. Yeye ndiye aliyehamasisha uanzishwaji wa network ya Sengerema. Yupo busy ila ameshiriki kwenye matamasha ya mkoa ya jirani kama vile Geita. Hii pia ni nzito, amesaidia kupunguza mimba za utotoni ambazo zilikuwa ni tatizo kubwa sana. Hapo bado sijagusa maajabu anayoyafanya kwenye club yake ya Mwabaluhu Sec. Hakika alistahili.



Vipi kuhusu Network bora?

Mara Fema Clubs Federation ndio walionyakua tuzo hii. Kilichowapa tuzo hii ni pamoja na mfumo bora wa matamasha, ambapo kila yanapofanyika, kunakuwa na muunganiko wa walezi kutoka wilaya nyingine ili 'kuwasupport' wenzao. Viongozi wao wana ratiba ya kutembelea Fema Clubs mbalimbali ili kutia hamasa na kuwakumbusha kwamba kila mmoja ni muhimu. Pia, kuna mfumo wa kupeana semina elekezi kwa viongozi na walezi wapya. Wamefanya matamasha matatu ya mkoa lakini wamehakikisha matamasha ya wilaya pia yanafanyika. Naweza nikawa nimesahau mengine, ila siyo hili, wamefanikiwa kusaidia vijana kutambua haki zao kupitia mafunzo mbalimbali kwenye matamasha, hata vijana wao wanajua kutafuta utetezi wanapokumbana na vitendo vya unyanyasaji wa kijinsia. Mshindi wa pili katika nafasi hii ni Arusha Fema Clubs Network, nao habari zao ni kubwa, hawapo mbali na waliowatangulia.



NASH

Hello Fema Club mentors!

Naamini mko fresh kabisa na mnaendelea vyema na majukumu yenu ya kila siku. Leo, nimekumbuka usemi wa wahenga "chanda chema huvikwa pete", nami nikasema nahitaji kufikisha shukrani na pongezi zangu za dhati kwenu walezi ambao mmekuwa mkituma ripoti za shughuli za club kupitia "survey monkey online reporting" mara mbili kwa mwaka. Big up sana!

Ripoti hizi zinatusaidia kujua shughuli ambazo vijana wetu wa Fema Clubs wanazifanya na pia kufahamu namna ambavyo walezi wanawaongoza vijana katika kutekeleza na kuratibu kazi za club. Umuhimu wa ripoti hizi hauishii tu kwetu Femina, la hash! Zinawasaidia hata wadau wetu ambao wanawezesha kazi za Femina kuendelea kufanyika. Hii ni kutokana na kwamba taarifa kwenye ripoti hizi zinatusaidia kufahamu club zinafanya nini, zinapata mafanikio gani na zinapitia changamoto gani.

Kitu ambacho ningependa kususitiza tena ni umuhimu wa vijana kushiriki katika maandalizi ya ripoti hizi ili maoni yao na walezi yote yaonekane katika taarifa tunayoipokea.

Naomba nimalizie kwa kuwadokeza walezi ambao hamjajiunga na Facebook (Fema Club Mentors Group) kwamba mnakosa mambo baabkubwa! Fanyeni hima mjiunge ili muone kazi nzuri zinazofanywa na club nyingine, nanyi mtumie fursa hiyo ku-share kazi zenu, kila mmoja ajifunze kwa mwenzake. Inapendeza sana! Tukutane toleo lijalo. Bye bye!

Nash



10 wa Kipekee

Kama ilivyo ada, walezi 10 walichukua tuzo za utendaji uliotukuka. Hakika, wamefanya maajabu makubwa sana kwa heshima na taadhima, hawa hapa;



ISSACK PETRO
St. Peter J. Seminary, Morogoro



BEATRICE MILINGA
Katumbasongwe, Mbeya



BONARGE WILFRED
Lyusa, Simiyu



ABDALLAH HAMIS
Mbekenyera, Lindi



VICTORIA GEAY PATRISI
Maganjwa, Manyara



AHADI NGIMBUDZI
Luana, Njombe



EDMUND LUBULIRA
Nshamba, Kagera



MARIAM RAMADHAN KIPILLAH
Komnyang'anyo, Tanga



JUMA S. JAPHARY
Kilimamoja, Arusha



ALEX M. MBATYANI
Mpunze, Shinyanga



**Washindi wa
Club challenge zote za mwaka jana
nao walikabidhiwa fulana zao za kutosha
wakati wa Youth Conference.
Kwa ufupi ilikuwa ni
bandika bandua.**

Twenzetu mkoa kwa mkoa

Kila mkoa kuna club ambayo imefanya vizuri zaidi. Kwa kutambua hilo basi hawa hutunukiwa tuzo, na bila ya kupepesa macho, nawaleta kwenu washidi wa kila mkoa.

MKOA	CLUB
Arusha	Endevesi
Kilimanjaro	Msiriwa
Tanga	Komnyang'anyo
Kagera	Kayanga
Rukwa	Kalambo
Geita	Lutozo
Katavi	Mpanda Ndogo
Kigoma	Gungu
Mbeya	Katumbasongwe
Songwe	Nakalulu
Njombe	Luana
Iringa	J.J. Mungai
Ruvuma	Liteambo

MKOA	CLUB
Morogoro	St. Peter J. Seminary
Pwani	Janguo
Mtwara	Ocean
Lindi	Mbekenyeru
Singida	Mtekente
Manyara	Maganjwa
Dodoma	Viwandani
Tabora	Tabora Boys
Mara	Kwiramba
Mwanza	Imalilo
Simiyu	Lyusa
Shinyanga	Mpunze
Dar es Salaam	Buyuni



Hii ni moja tu ya Regional Best Clubs zilizojizolea mizawadi

Ipo wazi, lengo la tuzo ni kupongeza na kutia hamasa kwa wapokeaji na wengine kuendelea kupiga kazi hii maridhawa na adhimu. Basi huu ni mwaka mwingine, 2020, tuingie mzigoni tuone nani atakuwa nani.



GLORY

Dear mentors!

Mimi leo naomba nitete nanyi kuhusu jambo moja tu, *safe spaces*! Tunafahamu kwamba vijana wanapitia changamoto nyingi sana: nyumbani, shuleni na hata njiani! Na hapa nazungumzia changamoto kama vile ukatili wa kijinsia, ukosefu wa mahitaji muhimu, adhabu kali nyumbani au shuleni, kufeli mitihani, kushindwa kufikia malengo, magonjwa, kunyanyaswa na vijana wenzao (bullying), kukosekana kwa upendo katika familia na mengine mengi! Changamoto nyingine ni za makuzi na mabadiliko ya mwili ambazo haijalishi kijana yuko wapi, atazipitia tu! Baadhi ya vijana wanaweza kutatua wenyewe changamoto hizi, lakini wengine zinawaletea msongo wa mawazo! Zinawaacha na maswali mengi yasiyokuwa na majibu! Zinawaletea hasira, chuki, visasi, hofu, kukata tamaa na hata kuwaza kujidhuru au kuwadhuru wengine!

Kutokana na yote haya, vijana wanahitaji mahali salama pa kuzungumza! Wanahitaji mtu watakayeongea naye akawasikiliza. Wanahitaji mtu watakayezungumza naye bila woga na akawasikiliza pasipo kuwahukumu. Wanahitaji mtu atakayewaelewa. Wanahitaji sehemu ya faragha watakapofunguka, wakapata ushauri na mwongozo. Wanahitaji mtu atakayewaonesha upendo; mtu atakayewaambia kwamba wao ni wa thamani. Wanahitaji mtu atakayewatia moyo. Na kubwa zaidi, wanahitaji mtu atakayetunza siri zao. Wanahitaji *a safe space*! Mtu huyu ni nani? Ni wewe Fema Club mentor popote ulipo pamoja na walimu na wafanyakazi wanaomzunguka kijana huyu! Na *safe space* ni ipi? Ni mazingira ambayo wewe mentor utayaweka hapo shuleni ili vijana wawe huru kuzungumza yanayowasibu. Kumbuka, matatizo mengi ya afya ya akili yanatibiwa kwa mazungumzo tu! Ciao!

Glory



Tulong kuhusu Afya ya Akili!

NA TUNU YONGOLO

Jamila alikuwa na sonona. Hatimaye aliandika barua hii na kuituma Femina kwa ajili ya kurasa za Mpendwa Anti. Ilikuwa ni barua aliyoiandika wakati akihitaji msaada sana, wakati alipohisi kwamba kila kitu hakiendi sawa na kwamba hana hata mtu wa kuzungumza naye. Ndipo Femina tukaamua kufanya toleo maalum kuhusu Afya ya Akili na kuzungumzia changamoto ambazo sote tunaweza kukumbana nazo! Tulifanya utafiti kwa mapana, tukazungumza na wataalam na kupata majibu ya maswali mengi.

Mpendwa Mungu,
Unanisikia?

Nimekuwa na huzuni sana. Ilianza kwa mtu mmoja tu kunicheka kwakuwa viatu vyangu vilikuwa vimetoboka, lakini ndani ya dakika chache, darasa zima wakawa wananicheka! Wote wakawa wananiteta na kunikebehi kila ninapokatisha machoni pao.

Nilidhani wangesahau! Lakini hapana, kwasababu siku iliyofuata nilipokwenda shuleni walinicheka tena!

Tangu wakati huo kila mtu amekuwa akinicheka. Wanakumbuka kwamba soksi zangu pia zilikuwa zimetoboka au wakati ule ambapo sare yangu ya shule ilikuwa imechanika. Hata nilipokuwa nikishinda njaa kwakuwa mama hakuwa na uwezo wa kuchangia katika mpango wa chakula shuleni, walinicheka.

Lakini Mungu, hili ni kosa langu? Baba yangu alifariki na mama hana kazi. Tunamudu mlo mmoja tu kwa siku. Wakati mwingine tunalala njaa ili mdogo wangu, Juma, ale ashibe. Kwanini wanafunzi wenzangu wananikebehi? Kwanini wananicheka?

Ee Mungu, sitaki kwenda shule. Sijisikii kutoka nje ya chumba changu. Sijisikii kuzungumza na mtu yeyote. Nataka kuwa peke yangu. Sioni matumaini yoyote mbele yangu.

Mungu tafadhali, nisaide. Tafadhali jibu maombi yangu. Ni mimi Jamila.

**Sema.
Tenda!**



Afya ya Akili ni nini?

Femina: Akili ni hali ya ustawi ambapo mtu anatambua uwezo alionao, anaweza kuendana na msongo wa kawaida wa maisha, ana uwezo wa kufanya kazi na kuchangia katika jamii yake. Afya ya akili ni msingi wa fikra, mawasiliano, kujifunza, ukinzano na utu wa binadamu. Fikiria, ingekuwa ikiwa mwili wako ungekuwa kama baiskeli! Baiskeli ina matairi, usukani, kiti, pedeli nk. Ni sawa na miili yetu. Miili yetu ina sehemu mbalimbali kama kichwa, mikono, miguu, mabega nk. Sasa, wakati wowote, sehemu yoyote ya baiskeli inaweza kupata hitilafu na itahitaji matengenezo.

Hata miili yetu inaweza kupata majeraha au magonjwa katika sehemu yoyote, pamoja na akili. Akili ya mtu inapokuwa haiko sawa, tunasema ama ana ugonjwa wa akili au changamoto za afya ya akili.

Kuna tofauti gani kati ya magonjwa ya akili na changamoto za akili?

Femina: Hili ni swali zuri! Mara nyingi tunachanganya mambo haya mawili. Kila mtu anapitia vipindi vya kuwa na furaha na kutokuwa na furaha. Katika afya ya akili, msongo wa mawazo unaoweza kusababishwa na changamoto kama kupoteza mpendwa wako, ni wazi kwamba unaweza kuathiri namna unavyojisikia, hisia zako na matendo yako. Kwahiyo, msongo wa mawazo ni changamoto ya kiakili na unapokuwa na msongo wa mawazo haimaanishi kwamba una ugonjwa wa akili. Lakini usipopata msaada, changamoto za kiakili zinaweza kukua hadi kuwa ugonjwa wa akili. Magonjwa mengi ya akili dalili zake hudumu kwa muda mrefu, wiki mbili au zaidi.

TIRIRIKA

Ukisikia AFYA YA AKILI, unaelewa nini?



Ni ile hali ya kuwa na akili timamu ambayo inafanya kazi sawasawa kama inavyotakiwa. Kwa maana nyingine afya ya akili ni hali ya mtu kuwa na akili iliyojengeka katika ujasiri wa kutafakari jambo lolote lililo baya na zuri.

EVA NOELI (16) MPANDA NDOGO SEC, KATAVI.



Ninaposikia AFYA YA AKILI naelewa kuwa ni ile hali ya akili ya binadamu kuwa thabiti na imara yaani akili isiyokuwa na msongo wowote wa mawazo ambayo inaweza kufanya maamuzi sahihi kwa wakati sahihi, lakini endapo mtu akapata msongo wa mawazo au hasira inaweza kumpelekea afya yake ya akili kuwa dhaifu au kuwa duni.

AMMANDA ERASTO (19) KAREMA HIGH SCHOOL, KATAVI.



AFYA YA AKILI ni ile hali ya mtu kuwa na uwezo mzuri wa kufikiri, kuwaza na kutenda jambo lolote kwa usahihi. Afya ya akili humsaidia binadamu kuweza kumudu maisha yake ya kila siku vizuri bila hata kutumia mawazo ya mtu mwingine.

AZAM MUSTAPHA (19) NSHAMBA SEC, KAGERA.

Nini kinasababisha magonjwa ya akili?

Femina: Kutokana na stori ya Jamila, tunajifunza kwamba ubabe wa muda mrefu ndio uliomsababisha ugonjwa wa akili. Alihisi kana kwamba kila mtu alikuwa anamcheka! Alifedheheka, aliaibika, na alijisikia vibaya kwamba hakuwa katika mwonekano unaotarajiwa. Lakini mara nyingi kuna sababu kadhaa zinazoelezwa kwanini yeyote miongoni mwetu anaweza kuugua ugonjwa wa akili. Hizi ni pamoja na;

* **Mambo tunayoyapitia maishani.** Matukio yenye kuleta msongo wa mawazo yanaweza kusababisha ugonjwa wa akili. Matukio yenye kuumiza kama kubakwa, ukatili wa kijinsia na ndoa za utotoni zinaweza kusababisha mtu apate sonona, wasiwasi na matatizo mengine ya afya ya akili. Pia, kusambaratika kwa familia, kuachwa/kukataliwa, umasikini na njaa vinaweza kuwa sababu.

* **Vinasaba.** Magonjwa mengi ya akili yapo katika familia zetu. Tunapokuwa na ndugu wenye magonjwa ya akili, sisi pia tunakuwa hatarini kurithi magonjwa hayo.

* **Mazingira tunayokumbana nayo kabla ya kuzaliwa.** Kama mama yako wakati wa ujauzito alikuwa anakunywa pombe, anatumia dawa za kulevya, au alikuwa katika mazingira yenye sumu, unaweza kuwa katika hatari kubwa ya kupata ugonjwa wa akili.



Nitajuaje kama nina matatizo ya akili?

Femina: Jamila alikuwa na sonona lakini hakujua. Kama mama yake au mtu mwingine yeyote angeipata barua yake na kuisoma, wangeiona barua hiyo kuwa ni dalili kwamba anapitia changamoto za afya ya akili. Hata hivyo, bado ingekuwa ni hisia tu. Kufahamu kwa uhakika kwamba ana ugonjwa wa akili, wangehitaji kuzungumza na mtaalam ambaye angewasikiliza kwa makini, akaelewa changamoto ambazo Jamila anazipitia, dalili na matatizo ambayo ugonjwa huo unasababisha. Wanafamilia pia wangepata kutakiwa kushiriki katika hatua ya kwanza ya mazungumzo tiba, ili wachangie kile wanachofahamu na kuelezea dalili zozote walizoziona kwake.



Naweza kutibiwa?

Femina: Ndiyo! Magonjwa mengi ya akili yanatibika, lakini tiba zinatofautiana kulingana na aina za magonjwa. Baadhi ya magonjwa kama sonona na wasiwasi uliokithiri yanatibika zaidi kwa mazungumzo tiba, magonjwa mengine yanaweza kuhitaji dawa. Haya ni pamoja na bipolar na Schizophrenia (rejea kurasa za My Region). Kitu cha kuzingatia hapa ni kwamba magonjwa haya YANATIBIKA!

Wakati mwingine, inawezekana huna ugonjwa wa akili, lakini unapitia changamoto za afya ya akili tu. Hii hutokea unapokuwa unajisikia huna furaha, huna nguvu, unakereka na kuchukia haraka. Hisia hizi zinaweza kudumu kwa muda mfupi na tiba yake ni kuzungumza na mtu unayemwamini, mwelezee kwa undani namna unavyojisikia. Kuna uponyaji katika kuzungumza, tunaita mazungumzo tiba!

Umuhimu wa mazungumzo tiba:

Afya ya akili bado ni mada ambayo jamii ya Tanzania haipendi kuizungumzia. Tunapaswa kubadilika! Kuzungumza kuhusu afya ya akili na kujenga mazingira ambapo wale wanaopitia changamoto mbalimbali wanaweza kuzungumza kile wanachokipitia na namna wanavyojisikia, ni hatua ya kwanza ya uponyaji. Kwa kuzungumza na kuweka wazi hisia zako, kwa kujisikiliza ukiongea, unaanza kuelewa namna unavyojisikia. Kadri unavyozungumza ndivyo utakavyojisikia nafuu, utajisikia kuanza kuzizoea hisia zako, na utagundua kwamba unaweza kuzidhibiti vizuri zaidi.

Kwahiyo, hebu tuzungumze kuhusu afya ya akili!

Let's talk Mental Health!

BY TUNU YONGOLO

Dear God,
Can you hear me?

I've been feeling so sad. It started with just one person laughing at the holes in my shoes, but in a few short minutes, the whole class was laughing! Everyone kept gossiping and giggling every time I passed by. I thought they would forget! But they didn't, because the next day in school, they laughed at me again!

Everyone has been laughing at me ever since. They keep remembering that I have holes in my socks, or that my school uniform had been torn. Even when I couldn't eat because mother couldn't contribute to the school feeding program they would laugh at me.

But Lord, how is this my fault? Father died and mother has no job.

We can only afford to eat one meal a day. Sometimes we just go to sleep hungry so that Juma, my little brother, can eat more.

Why do my fellow students expose all my struggles? Why are they so wicked to laugh?

Oh Lord, I don't want to go to school. I don't feel like leaving my room. I don't feel like talking to anyone. I just want to be alone. I just want to be by myself. I don't see any future for myself.

God please help me. Please answer my prayer,
It's me Jamila.

Jamila was very depressed. She had finally written this letter and gathered the strength to send it to Femina Hip's Dear Anti page. It was a letter written in her deepest time of need, when she felt that everything was going wrong and that she had no one to talk to. At Femina we decided that it was high time we did an issue on Mental Health and the challenges we all face when our mental health suffers! We researched wide and deep, spoke to experts and gained answers to so many questions.

What is Mental Health?

Femina: Mental Health refers to mental conditions that affect the way we think, feel, and behave. It also includes a person's ability to enjoy life – to attain a balance between life activities. Mental health does not mean the absence of a mental illness. Imagine your body as a bicycle. It has wheels, a handle, a seat, some pedals etc. This is the same with our bodies. We have different parts of our body such as the head, the hands, the legs and the shoulders etc. Now, at any time, any of these parts of the bicycle can face a breakdown and will need repair. It is the same with our bodies. We too can suffer injuries or illnesses in any part of our body, including our minds. When your mind is not well, it is referred to as 'mental illness'.



What is the difference between Mental Illnesses and Mental Health challenges?

Femina: That's a great question! Often, many confuse the two. Everyone experiences highs and lows in their mental health. Stress, such as the death of a loved one, might definitely affect the way you think, feel and act. Stress is therefore a mental health issue and being stressed doesn't mean you're mentally ill, but if not dealt with, mental health issues can lead to illness. Most mental illnesses require that the symptoms last for a certain period of time, for two weeks or more.

What causes Mental Illnesses?

Femina: From Jamila's story, we learn that consistent bullying is the cause of her mental health issue. She felt as if everyone was laughing at her! She felt embarrassed, ashamed, sad that she was not seen as good enough.

But there are often several reasons for why any of us suffer from mental illness. These include;

*** Life experiences.** Stressful life events may contribute to the development of mental illness. Traumas such as rape, gender-based violence and early marriage can lead to one developing depression, anxiety and other mental health issues. Additionally, broken families, rejection, poverty and hunger can also be reasons.

*** Genetics.** Many mental illnesses run in our families. When we have relatives with mental illnesses, we too may run a higher risk of developing the same.

*** Environmental exposures before birth.** If your mother during pregnancy consumed alcohol, used drugs or was exposed to harmful toxins, you may have a higher risk of developing mental illness.

How can I know if I have mental problems?

Femina: Jamila was depressed but she did not know that she was depressed. Had her mother or anyone else found her letter and read it, they would have seen it as sign that she was suffering from mental health challenges. However, it would only be a suspicion. To know, without a doubt, that someone is suffering from a mental illness, they need to speak to and be diagnosed by a professional who will listen carefully, understand the challenges that the person is facing, the symptoms they are experiencing, and the problems the illness is causing. Family members may also be asked to participate in the first therapy session, so that they can contribute to understanding and describe any symptom and signs they have seen in the person.

Can I be treated?

Femina: Yes! Many mental illnesses are treatable, but it varies depending on the type of mental illness. Some conditions, like depression and anxiety, may respond best to 'talk therapy', other mental illnesses may need medication. These include bipolar disorders on schizophrenia.

The key thing to note, is that these illnesses CAN be treated!

In some cases, you may not even have a mental illness, but you are just undergoing mental health challenges. This is when you feel sad with low energy, or highly irritable and quickly angered.

These feelings can last for a short time and the key to treating these, is to open up to someone you trust, and express your inner most feelings. There is healing in speaking, we call it 'talk therapy'!

The importance of 'talk therapy'

Mental health is still a taboo subject in Tanzania and that needs to change! Talking about mental health and creating an environment where those who are affected can open up about what they are experiencing and feeling, is the first step to healing. By talking and externalizing what you are feeling inside, by hearing yourself talk, you start to understand how you feel. The more you talk about it, the better you will feel, you grow more and more comfortable with those feelings, and you feel you can control them better.

So, let's talk about Mental Health!

NIKIMBILIE WAPI?

MAHUSIANO MAZURI YA WAZAZI NI MUHIMU SANA KATIKA USTAWI WA MWANAFUNZI KIMASOMO NA HATA KITABIA. ZAWADI ANAKUMBANA NA CHANGAMOTO AMBAYO HAJUI NAMNA YA KUITATUA. CHANGAMOTO HII NI WAZAZI WAKE, HAWAELEWANI, KILA SIKU WAO NI MALUMBANO KAMA SIO UGOMVI. NYUMBANI KWA KINA ZAWADI NI KAMA UWANJA WA VITA. FUATILIA...



DARASANI USIKIVU UNAPUNGUA SIKU BAADA YA SIKU



AKAENDA KUMUONA MWALIMU







HUU NI MCHEZO WA KUIGIZA, HAUNA UHUSIANO WOWOTE NA MAISHA HALISI YA WAIGIZAJI



*PICHA: RAPHAEL NYONI *UONGOZAJI: SAID AMAN. *WAIGIZAJI: MAGOZA FEMBA CLUB
*SHUKRANI: UONGOZI WA SHULE YA SEKONDARI MAGOZA, DSM.



Pengo pango la vijimambo

NA RAPHAEL NYONI

Unaweza ukajiuliza mbona stori ya Zawadi imeishia njiani hivi? Ulitaka uone baada ya jamaa kumpa hela nini kilifuata? Kurasa zisingetosha kwa kweli ila ngoja tuimalizie hapa hapa kwa mtindo mwingine na labda tuanze na swali; Je, hakuna kijana yeyote wa kike au wa kiume unayemfahamu ambaye ana kisa kinachoshabihiana na cha Zawadi?

Au tumeenda mbali sana kwa kumfikiria kijana mwingine? Vipi wewe mwenyewe? Vitu vinavyoendelea kwenye familia vinakupa furaha? Kuna msemu unaosema 'wapiganapo mafahari wawili ziumiazo ni nyasi'. Usemi huu una ukweli ndani yake. Angalia wazazi wanapogombana ni nani anayeumia? Nyumbani ambako kunapaswa kuwa ni viunga vya amani pamegeuka kuwa ni uwanja wa vita. Na waathirika wakubwa ni **watoto**. Kama Zawadi, wengi wanakufa nayo kimya kimya.

Watoto wanapokosa upendo wa wazazi, huenda kuutafuta mahala pengine ili kuziba lile pengo lililoachwa na wazazi. Sikia binti, kukimbilia kwenye mahusiano hakutakusaidia, zaidi kutakuongezea matatizo halafu utaishia kunyanyaswa na uone ni kawaida tu kwasababu hata hali ya nyumbani iko hivyo! Utapotea. Na kama umeshapotea acha, au vunja hayo mahusiano. Inawezekana, asikudanganye mtu kwamba haiwezekani kuacha!

Kwako kijana wa kiume, hapa ndipo ushawishi wa makundi hatarishi huingia na kujikuta wakianza matumizi ya madawa haramu ya kulevyi na vilevi vingine ili kutafuta suluhu ya changamoto za maisha. Hebu waangalie walevi na watumiaji wa madawa ya kulevyi, halafu jiulize kama hayo ndio matokeo unayoyatafuta.

Ni muhimu kuwa na mtu ambaye unamuamini na ukamshirikisha katika changamoto unazozipitia. Kuongea na kusikilizwa na mtu unayemuamini ni sehemu ya tiba ya afya ya akili. Si kila mtu unaweza ukamuamini, wengine unaweza kuwashirikisha na baadae wakatamia hizo taarifa kinyume na matarajio yako. Kuwa makini unapochagua mtu wa kumshirikisha.



Enhee, nimekumbuka kitu! Umeona pale shoga yake Zawadi anamwambia kwamba matatizo ni kitu cha kawaida? Na ndio majibu ambayo huwa tunapeana kujipa moyo, na hata wakati tunafanya utafiti wa huu mchezo tuliona hilo, lakini nataka kukuambia si sawa. Kwa sababu kila mtu ana shida na ikikufika na wewe uone si sawa na utafute suluhisho mapema.

Kama nyumbani kuna matatizo na unaona yanaathiri akili yako kwa namna moja au nyingine ni vyema ukamuona mwalimu wa malezi au mwalimu yeyote unayemuamini ili akusaidie. Usiruhusu pengo hili likawa ni pango la vijimambo flani haribifu!



Madudu Msituni

Hapo zamani za kale palikuwa na mfalme aliyetwa Ndebanga. Mfalme Ndebanga Alikuwa pande la mtu na alijulikana kwa watu wote, wakubwa hadi watoto wadogo. Mfalme Ndebanga alipenda sana kuwinda na aliwinda wanyama wa kila aina kisha kuwatumia kama kitoweo. Kwake kuwinda ilikuwa ni kama hobby.

Alipenda sana!

Mfalme huyu alikuwa na mlinzi wake aliyejulikana kwa jila la Ngenda. Kila alipokwenda kuwinda hakuthubutu kumwacha mlinzi huyu. Alimwamini sana! Siku moja mfalme alimwita mlinzi wake na kumweleza kwamba kesho yake watakwenda msituni, hivyo ajiandae



Hauchi, hauchi, kumekucha!

Asubuhi na mapema kabla ya jua kuchomoza, mfalme akamwita mlinzi wake. Mguu kwa mguu hadi msituni. Haikuwa safari ya kitoto! Walitembea kwelikweli. Walipouanza msitu, Mfalme Ndebanga akamwambia Ngenda atangulie ili asafishe njia.

Ngenda bila kusita akafanya hivyo na safari ya kusaka wanyama ikaendelea. Ghafila simba alitokea alikotokea, akamrukia mfalme na kumg'ata vidole viwili kisha akatokomea! Mfalme na mlinzi wake wakabaki na butwaa huku mfalme akitweta kwa maumivu makali.

Ndipo Ngenda akamwambia mfalme "pole sana, lakini kilichokupata kilipangwa na Mungu kwa maksudi yake". Mfalme hasira zikampanda, akafura kama koboko na safari ikaishia pale.

Kilichofuata!

Watu walihuzunika sana kusikia kwamba mfalme wao kang'atwa vidole. Mfalme alitisha mkutano wa wananchi wote, akasimama jukwaani na kutangaza kwamba mlinzi wake Ngenda afungwe gerezani sababu ikiwa kwamba Ngenda kasema 'kujeruhiwa kwake ni mpango wa Mungu na ilikusudiwa iwe hivyo'. Ngenda hakupewa hata sekunde ya kujitetea. Alitupwa gerezani dakika hiyo hiyo.

Siku kadhaa zikapita

Kwakuwa mfalme alipenda sana kuwinda, ikabidi sasa aanze kwenda msituni bila mlinzi wake aliyemwamini sana, Ngenda. Siku moja akaamka asubuhi na mapema, akaondoka kuelekea msituni akiwa na mkuki wake mkononi.

Alizunguka msituni muda mrefu pasipo mafanikio. Alichoka sana, akaamua kukaa chini kidogo apumzike. Akiwa chini ya kivuli cha mti, ghafila akastukia amezungukwa na watu wa ajabu. Watu wale wakamkamata na kuondoka naye asijue wanakompeleka.

Mfalme alijaribu kupiga kelele lakini haikusaidia kwani ilikuwa ni katikati ya msitu mnene. Walipofika walipokuwa wanampeleka, wakamfunga kamba na kuanza kumwandaa ili wamtoe sadaka kwa mizimu yao. Wakati wakimwandaa wakagundua kwamba kumbe vidole vyake havikuwa vimetimia!

Ndipo walipomfungua kamba na kumwacha huru. Kumbe kwa mila za wale watu, hairuhusiwi kumtoa sadaka mtu ambaye viungo vyake havijatimia. Mfalme akawa ameponea chupuchupu na ndipo akawaza kwamba kumbe kweli haikuwa bahati mbaya yeye kukatwa vidole na simba na haikuwa bahati mbaya yeye kumfunga mlinzi wake gerezani kwani kama angekwenda naye angetwaliwa na kutolewa sadaka kwani yeye vidole vyake viko kamili.

Ndipo mfalme akaamuru mlinzi wake Ngenda atolewe gerezani na ikafanyika sherehe kubwa sana ambayo haitokaa isahaulike katika kumbukumbu za watu wa himaya yake.

Kumbe kweli kila linalotokea lina sababu.

**Hongera Shadrak Moses Mwakalinga,
wa Makiba Sec School, Arusha kwa hadithi yako tamu sana!
Umejishindia fulana maridadi ya Fema!**

**Una
hadithi
uliyotunga
mwenyewe?**

email: info@feminahip.or.tz
(kwenye subject andika
UTAM KOLEA)

Hadithi isiyoziidi
maneno 350



Maisha bwana...!

NA FEMA TEAM

Maisha yana namna yake ya kutufunza! Wakati mwingine tunajifunza kwa njia rahisi, lakini wakati mwingine kwa njia ngumu. Max (si jina halisi) anapotabasamu leo hii na kutushirikisha namna ambavyo ni muhimu kuomba msaada tunapokwama, ni vigumu kuamini mkasa alioupitia. Lakini angalau anatusaidia kufahamu kwamba inawezekana kupata ufumbuzi wa changamoto na kuendelea kuthamini uhai wetu.



Umasikini ndicho kiini cha stori ya Max. Je, unafahamu kwamba umasikini ni mojawapo ya sababu nyingi zinazoweza kuitikisa afya ya akili? Huwenda ikawa pesa si kitu pekee tunachohitaji maishani, lakini ni miongoni mwa vitu muhimu vinavyoendesha maisha yetu. Tunategemea pesa kupata mahitaji yetu ya kila siku kama chakula, nyumba, elimu na mahitaji mengine na hata katika kupambana ili kuhakikisha ndoto zetu zinatimia.

Max ni mfano hai wa namna umasikini wa kipato unavyoweza kumsababishia mtu matatizo ya akili. Max, dada yake na kaka zake walilelewa na mama tu. Max alimshuhudia mama yake akifanya vibarua kwenye mashamba ya watu na hata katika maeneo ya ujenzi. Ndugu zake hawakuwa na kazi. Maisha yalikuwa magumu zaidi pale ambapo baba yao, ambaye ni mwalimu, alipoanza ulevi na kuacha kuhudumia familia, baadaye akaitelekeza kabisa.

Max alisoma kwa bidii akijiandaa kwa mtihani wake wa mwisho wa kidato cha nne mwaka 2013. Alifaulu kwa alama nzuri, ni yeye pekee darasani kwake ndiye aliyepata division 2! Hii ilikuwa ni shule ya kata ambayo ina changamoto nyingi; alitembea umbali mrefu sana kuitafuta elimu, na mara kadhaa alishinda bila kula chochote. Alikuwa amefanya juhudi kubwa na kwakweli juhudi zake ziliza matunda. Alijivunia matokeo yake na alikuwa na ndoto – kufika chuo kikuu. Lakini matumaini yake yalikuwa yamegonga mwamba, iliamuliwa abaki tu nyumbani! Mama yake hakuwa na pesa za kuendelea kumsomesha kwasababu ilibidi kaka yake mkubwa amalize shule kwanza. Ada haikuwa kubwa lakini hakukuwa na mtu mwenye uwezo wa kumsaidia.

Maumivu!

Max aliumia. Alijawa na hisia za kushindwa, wasiwasi na kukata tamaa akiwaza kwamba ndoto zake zimezimika. Hata mama yake hali hii ilimsababishia kuumwa, hakuweza kufanya kazi wala kuhudumia familia kama kawaida. Ilimuumiza pia kuona kwamba ameshindwa kuunga mkono jitihada za mwanae katika masomo. Max alijiona amekosa msaada, alijilaumu, alivunjika moyo na taratibu akaanza kupata sonona. “Nilikata tamaa, niliamini katika elimu, kwamba ni njia pekee ya kujikwamua kutoka katika umasikini. Sikuzumgumza na mtu, nilianza kujitenga, nilijifungia chumbani. Wakati mwingine nilikaa chumbani mchana kutwa na usiku kucha” anaeleza.

Sisi ni viumbe wenye uwezo wa kufanya maamuzi, hivyo kuwa na hisia za msongo wa mawazo na hasira ni kawaida. Hisia hizi zinapodumu kwa muda mrefu na zinaposababisha tupoteze hamu ya kufanya kazi zetu za kila siku au kushindwa kupata usingizi, zinaathiri maisha yetu sana na tunaweza kupatwa na ugonjwa wa sonona. Max alihama kutoka kwenye msongo wa mawazo hadi kwenye sonona. Lakini alikuwa akiishi na msongo wa mawazo kwa miaka mingi. Ilianza utotoni alipogundua kwamba familia yake inaishi maisha magumu na hakukuwa na dalili zozote za mabadiliko.



TIRIRIKA

Ni namna gani tunaweza kukabiliana na changamoto za kifedha ili zisiathiri afya ya akili?



Ni kwa sisi wenyewe vijana kushiriki katika shughuli ndogondogo za uzalishaji mali kama vile kilimo, uvuvi na hata kutumia vipaji tulivyonavyo kuweza kupata kipato. Kwa kufanya yote hayo tunaweza kuondoa msongo wa mawazo unaotokana na kutokuwa na pesa na hatimaye kutoathiri afya ya akili.

IFINATI E. KAMANCHI (17) MKULWE SEC, SONGWE



Tunaweza kukabiliana na changamoto za kifedha ili zisiathiri afya ya akili kwa kuanzisha biashara ndogondogo ili kujipatia kiasi cha fedha ambacho kitatuwezesha kumudu mahitaji yetu ya kila siku.

IRENE EBIFRED (16) DR. ALLY MOHAMED SHEIN SEC, SINGIDA.



Kwa kufanya shughuli mbalimbali kama vile ujasiriamali, hii itatuwezesha kupata fedha za kukidhi mahitaji yetu mbalimbali ambayo itapelekea kupunguza msongo wa mawazo.

LINA MASAWA (14) MSIRIWA SEC, MOSHI VIJIJINI KILIMANJARO.

“Sasa hali ikawa ngumu zaidi, kuamka asubuhi ikawa ni shughuli pevu, nilikuwa nahisi kama kuna mtu ananikandamiza chini. Nimepatwa na nini? Mimi ni nani bila shule? Nilijiuliza. Nilianza kujiona kama nakosa mwelekeo, hapa ndipo nilipoanza kufikiria kwamba kufa ndio suluhisho. Siku moja jioni nilinunua sumu. Nikaenda nayo nyumbani, nikakaa, nikanywa. Nilishakata tamaa, nilitaka tu kuondokana na yote haya. Mpaka wakati huo, niliamini hiyo ndiyo ilikuwa njia sahihi” anaeleza.



MAAMUZI MAGUMU

Ilichukua saa kadhaa kabla Max hajasikia dalili zozote mwilini. Lakini alianza kuhoji uamuzi wake, akakumbuka kwamba alimuahidi mama yake maisha bora. Alijaribu kupata picha jinsi mama yake atakavyomlilia. Mama yake ataishije baada ya hapo, atawezaje kuvumilia maumivu na huzuni? Vipi kuhusu dada yake, kaka zake, marafiki na walimu? “Nilipoanza kusikia maumivu ya tumbo na kizunguzungu, niliingiwa na hofu kubwa, nikagundua nimefanya kosa kubwa! Sikujua cha kufanya. Nilitaka kumwambia mama, nikasita kwakuwa nafahamu ana shinikizo la damu, niliogopa nitamsababishia mshtuko. Hivyo, kwa haraka nilimtumia ujumbe wa simu kaka yangu, wakati huo nikilia kwa maumivu na kudhoofu kadri muda ulivyosogea. Alikuwa haraka kwa kadri alivyoweza. Walinipatia maji yaliyowekwa chumvi nyingi, lakini haikufanya kazi mapema. Walikimbia kwa jirani ambaye alikuwa anafunga ng’ombe wakaomba maziwa fresh, wakanimiminia maziwa mdomoni na kulazimisha yapite kooni. Hapo ndipo nilipoanza kutapika hadi nikapoteza fahamu. Nilipozinduka nilijikuta hospitali”.

CHUKUA

Ni wazi kwamba Max alikosea. Uamuzi aliouchukua haukuwa sahihi. Lakini ni wazi pia kwamba Max si kijana pekee aliyepitia changamoto hii

ya umaskini wa kipato. Wapo wengine katika jamii zetu. Mnapokutana kama club, fanyeni mjadala mzito na muibue ufumbuzi. Je, mnadhani Max na wengine kama yeye, wafanyeje ili kukabiliana na changamoto hii ya umaskini wa kipato?

KUMBUKA

Nchini Tanzania kujaribu kujiua ni kosa na unaweza kushitakiwa na kuhukumiwa. Pia, kuna njia za kutatua matatizo. Zungumza na mtu akusaidie.

Fursa ya kuishi tena

Max anajichukulia kuwa miongoni mwa watu waliopata fursa adimu ya kuishi tena. Anaamini kwamba amepata fundisho muhimu, ingawa amejifunza kwa njia ngumu. Amejifunza kutambua tatizo ili kupata ufumbuzi sahihi. Anasisitiza kwamba umaskini ndio uliomsababishia sonona. Ameanza kuthamini maisha na mambo mengine nje ya maisha haya, uhusiano wake na familia yake na vitu vingine anavyovijali. Amejisamehe kwasababu kuendelea kujuta na kujilaumu kunaweza kumsababishia matatizo mengine pia. Maisha yake ni muhimu zaidi.

Max alianza kuwashirikisha stori yake watu wengine katika jamii, na wengi walimsaidia. Hatimaye alipata msaada wa kusomesha. “Walimu wangu wa O-level walipata taarifa kwamba nilijaribu kujiua na msongo nilioupitia. Wakajitolea kunisomesha. Nawashukuru sana na nitawashukuru maisha yangu yote. Niliingia kidato cha tano nikiwa na mwamko kuliko wakati wowote katika maisha yangu na nilifaulu vizuri sana. Baadaye niliomba mkopo kutoka Bodi ya Mikopo ya Wanafunzi wa Vyuo Vikuu na nikapata mkopo kwa asilimia 100. Nilikwenda chuo kikuu, nikahitimu na sasa nafanya kazi. Sasa naweza kumtunza mama yangu” anasema huku akiwa amejawa na tabasamu. Max sasa anahakikisha anailinda afya yake ya akili. Ameenewa zaidi kuhusu namna ya kushughulikia matatizo ya akili. “Hebu fikiria, kama ningeegea mapema na marafiki na walimu na kuwaelezea jinsi nilivyokuwa najisikia wakati ule, nisingefikia uamuzi ule. Tunapaswa kuzungumza na watu, tunapaswa kuthamini maisha ingawa tunapitia vipindi vigumu wakati mwingine. Tunahitaji msaada tunapokuwa tunapitia wakati mgumu. Kuwa na matumaini, endelea na maisha na thamini uhai ulionao. Pamoja na umaskini, sasa naamini kwamba kuna mambo mengi ya kushukuru. Najitahidi kuishi maisha ya kawaida, changamoto nazichukulia kwamba ni hamasa ya kutafuta suluhisho na napenda kuzungumza na vijana wenzangu kuhusu masuala binafsi. Sisi vijana tunapaswa ‘kukua kiakili’, anaeleza kijana huyu mwenye tabasamu ‘linaloambukiza’.





Life can hurt, but...

BY FEMINA TEAM

Life has a way of teaching us lessons! Some of them come easy, but others can really push us to the edge. When Max (not his real name) smiles today he bears witness to how calling for help is important. It is hard to imagine what he went through, but at least we know we can overcome such difficulties and appreciate life.

Poverty is behind Max's story. Did you know that poverty is one of the many reasons for mental distress? Money may not be everything we need in life, but it is certainly a very important component of our lives. We depend on it for our daily needs of food, housing, education and other desires, even to fulfill our dreams!

Max and his older siblings were raised by a single mother. He had to witness her selling her labor at other people's farms and at building sites. His older siblings didn't have jobs. Life had turned miserable when their father, a school teacher, started drinking and stopped taking care of them, abandoning his family.

Max was smart, worked hard and sat for his form four exams in 2013. He passed with great results, he was the only one in his class to score division two! This was at a ward school with a lot of challenges. Throughout his school years he had walked long distances to and from school, often on an empty stomach. He had made a real effort which had paid off, he was proud and had a dream - to continue to college. But his hopes were shattered, he was forced to stay home as his mother had no money to send him for further education, his older brother would have to finish his schooling first. School fees weren't much, but no one seem to be able to help.

A second chance

Max regards himself as a survivor who got a rare second chance at life. He has learnt important lessons the hard way, he has learnt to define the problem so as to find the right solution. He underlines that it was poverty that triggered his depression and that he has begun to value life and things in a different way, his relation to his family and other things he cares about. Having too many regrets can also cause problems so with time he has decided to forgive himself.

Max started sharing his story with other people in his community and many were helpful. In the end things worked out well for him. "When my O-level teachers heard my story and the distress I had felt, they volunteered to cover the costs of schooling, I am forever grateful to them. I started high school, more motivated than ever and passed well. Later I applied and secured a 100% loan from the Higher Education Students' Loans Board (HESLB). I went to University and graduated and I am now working. Finally, I can take care of my mother," he says smiling.

Max now tries his best to keep his mental health intact. He has understood so much more about ways to handle mental health issues. "Imagine if I had talked to and expressed my frustrated feelings to friends and teachers earlier, I could have prevented the problem. We need to talk to others, we need support when we go through difficult times. It's important to stay positive, keep moving and appreciate life, there are so many things to be grateful for. I try to live a modest life, I now see challenges as motivation and I like discussing various personal issues with my peers. We youth need to 'grow our minds'", he explains, the smile on his face is contagious!

Feeling depressed

Max was hurt and desperate. He was filled with feelings of failure and anxiety, thinking his chance at a better future had escaped him. At this time his mother was sick too, she simply could not work and provide for the basics as usual. She was also hurting, seeing the aspirations of her clever young son go unrewarded. Max felt helpless, guilty, frustrated, and gradually became more and more depressed.

"I was feeling desperate, I believed in education as the only way out of a life in poverty. I didn't talk to anyone and I started isolating myself, locking myself in my room. I would stay there sometimes a whole day and night without getting out of bed", he explains.

We are rational human beings, so feelings of stress and sadness are common. If these feelings persist and come with loss of interest in daily activities and disturbed sleep, they can affect our lives deeply, the diagnosis may be depression. Max moved from feelings of normal stress to depression. But he had felt stressed for years, it had begun in his childhood when he realized that his family was living in very poor conditions with no immediate prospects of change.

"The situation became so intense, even waking up in the morning became tough, it felt like somebody was pushing my head down. What is wrong with me? Who am I now that I have no schooling? I asked myself. I started feeling that I was losing myself, and that is when I started thinking that dying was the solution. One evening I bought some poison. Back home I sat down and drank it. I felt desperate, I just wanted a way out. Up to that moment, I believed that was the way" he explains.

A DESPERATE CHOICE

It took a few hours before Max felt any physical signs. Gradually he started questioning his decision, remembering that he had promised his mother a better life. He pictured how she would mourn him. How would she live after that, how would she manage the pain and the grieving? What about his sister, brothers, friends, and teachers? "As I started feeling a stomachache and dizziness I panicked, realizing I had made a big mistake! I didn't know what to do, I wanted to tell my mother, but I hesitated because she had hypertension, I was afraid to shock her. So, I urgently texted my brother, while I cried and cried and felt weaker and weaker. He came as soon as he could. They gave me a solution of water mixed with a lot of salt to drink, but it didn't work immediately. They rushed to a neighbor who was keeping cows and asked for fresh milk, they forced the milk down my throat. I started vomiting till I passed out, I woke up in the hospital".

MPENDWA ANTI



Iwapo una tatizo lolote kuhusu mabadiliko ya mwili wako, afya yako, matatizo ya kifamilia, shule na hata marafiki tafadhali tuma kwa Mpendwa Anti:

FEMA

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Pole kwa kazi Mpendwa Anti. Nina umri wa miaka 17 na kuna kaka nimetokea kumpenda sana. Yeye pia ananipenda lakini tatizo ni kwamba anataka tufanye tendo la ndoa. Mimi binafsi siko tayari kwa wakati huu. Amesema kama siko tayari tuachane. Nampenda sana, sana na sitaki kumpoteza. Nifanyeje?

◆ Habari. Naamini una sababu zako za msingi za kusubiri, simamia hilo. Kufanya ngono na mtu si kipimo cha upendo. Siku zote jitahidi kuwa muwazi mwanzoni tu katika mahusiano kwamba unaweza kufika mpaka wapi na mipaka yako ni ipi katika mahusiano hayo. Anayekupenda kwa dhati atakusubiri na wala hatakutishia kwa chochote. Fanya maamuzi ambayo hayatakuwa na athari za kudumu kwenye maisha yako.

Dear Anti, kwanini kila nikiwa nakaribia kupata siku zangu au wakati wa siku zangu nakuwa na msongo wa mawazo na hasira kupitiliza? Kuna siku nagombana kabisa na rafiki zangu na napenda kuwa peke yangu. Je, nifanye nini? Sipendi kabisa hali hii.

◆ Habari. Pole sana. Hali hii inatokana zaidi na mabadiliko ya homoni mwilini yanayotokea hasa siku chache kabla ya kuanza hedhi. Hali hii hukoma au kupungua mara tu baada ya kuanza hedhi. Nakushauri nenda hospitali iliyo karibu nawe kupata ushauri wa kitaalam. Lakini pia unaweza kufanya mazoezi angalau nusu saa kwa siku hasa unapokaribia hedhi kwani mazoezi husaidia kuzalisha kemikali ya kukufanya ujisikie vizuri, hivyo utapunguza haya yote. Pia jitahidi kula mlo kamili na kupunguza sana mafuta, sukari na chumvi kwenye mlo wako badala yake pendelea zaidi kula matunda na mboga mboga kwa wingi.

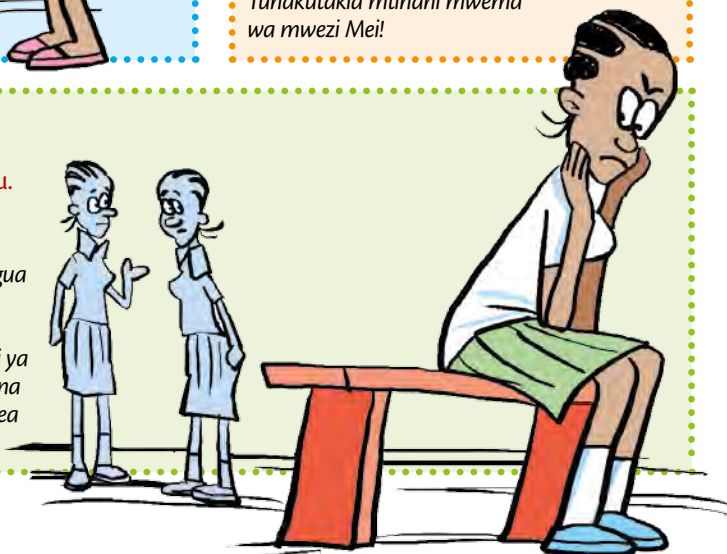
Mpendwa Anti, pole kwa majukumu. Naitwa Wise (16) kutoka Kigoma. Nina ndoto za kuwa daktari lakini katika kusoma kwangu nakutana na changamoto hasa kutoka kwa dada yangu. Dada ananiambia maneno ya kunikatisha tamaa hasa hasa kwenye masomo yangu. Kuna wakati natamani kupigana nae lakini najikaza. Je, nifanye nini ili maneno makali anayoniambia yasijirudie kichwani, nisome vizuri na kuishi na dada yangu vizuri? Maana ninampenda sana.

◆ Habari. Pole sana kwa unayoyapitia. Katika maisha si kila mtu atakusaidia kufikia ndoto zako. Na wakati mwingine upinzani mkubwa zaidi hutoka kwa watu wa karibu zaidi. Jambo la muhimu sasa ni wewe kujua unataka nini na kutoendeshwa na watu wanaokukatisha tamaa. Pia ni vema mipango yako usimshirikishe mtu/watu wanaokukatisha tamaa. Ukijiamini unaweza utafanikiwa tu. Kila mara unapoambiwa "huwezi", wewe jiambie "ninaweza", kwasababu huo ndio ukweli. Kama una nia ya dhati na una mikakati mizuri, maneno ya wengine hayatakusumbua kamwe.



Mpendwa Anti, Shikamoo. Naitwa Chaz kutoka Karatu. Nikiwa A'level nilipoteza rafiki zangu wawili kwa kifo. Niliwapenda sana na walikuwa kampuni yangu ya kusoma. Napata huzuni kila nikiwa nasoma hasa nikifikiria kuwa sitawaona tena maishani mwangu. Naomba ushauri, nifanyaje ili niweze kujiandaa na mthani wangu wa taifa mwezi wa tano. Huzuni na msongo wa mawazo vinanitesa sana.

◆ Habari Chaz, ni kawaida kabisa kusikia uchungu unapompoteza mpendwa wako. Kwa sasa itakuwa vema ukiwakumbuka marafiki zako kwa mambo mazuri. Fikiria zaidi mipango ya maisha mliyokuwa nayo na mikakati ya masomo pia. Rafiki zako hawajapata nafasi ya kuona ndoto zao zinatimia, wewe umepata bahati hiyo, hivyo itakuwa vema sana ukawaenzi kwa kuweka juhudi kwenye masomo yako na kuwa na matokeo mazuri ya mitihani yako. Huwezi kubadilisha lililotokea. Ukiona hali inazidi kuwa mbaya unaweza kuwashirikisha wazazi wako, walimu wako au wataalam wa afya kwa ushauri zaidi. Pia huduma za ushauri nasaha kwa majonzi au msongo wa mawazo zinapatikana katika vituo vya afya. Tunakutakia mthani mwema wa mwezi Mei!



ANTI COS ANAJIBU MASWALI YENU

Mpendwa Anti, nina miaka 20 na naishi Kigoma-Kasulu. Mwaka jana nilihitimu kidato cha nne na kwa bahati nzuri nikachaguliwa kuendelea na masomo. Sasa tatizo liko kwa wazazi. Baada ya kusikia nimefaulu walikasirika sana na kusema kuwa hawana pesa ya kunisomesha. Naomba ushauri maana naona kama wazazi wangu hawanipendi tena. Najisikia mpweke kwasababu napenda sana kusoma. Nifanyeje?

◆ Habari. Pole sana. Naamini wazazi wako wanakupenda sana. Waeleze wazazi kuwa umejitahidi sana kwenye masomo ukitarajia kwamba unawapa sifa na hukutaka kuwaangusha, kwani ulijua kufaulu kwako ni faraja kwao. Pia waeleze kuhusu mipango na mikakati uliyonayo kielimu, na mipango ya baadae ya maisha. Kama wazazi hawana kabisa kipato cha kukupeleka shule, katika muda huu basi hakikisha unaandaa mipango ya kupata pesa kwa mfano fanya vibarua au biashara yoyote itakayokusaidia kupata pesa ya ada na matumizi mengine. Unaweza kufikia ndoto zako. Yote unayopitia yatakufanya uwe na uchungu zaidi wa elimu. Ukishindwa kabisa, fika ofisi ya Afisa Elimu wilayani kwako, kwa Mkuu wa Wilaya au Mbunge wako na uweleze tatizo lako, huenda ukapata msaada. Nakutakia kila la heri.



Shikamoo mpendwa Anti. Naitwa William. Anti, mimi nina mpenzi wangu nampenda sana lakini yeye anapenda sana pesa. Akiniomba pesa kama sina anatishia kuniacha. Wakati mwingine ananitusi au kunitolea maneno makali. Sina raha ya maisha, nashindwa hata kufanya kazi zangu vizuri. Nifanyeje?

◆ Habari William. Huu ni wakati mzuri wa kujitathmini wewe binafsi na kujiuliza unataka nini katika mahusiano. Uko tayari kutoa nini ili kujenga mahusiano hayo? Kwa gharama gani? Je, kiasi cha kupendwa kitapimwa kwa kiwango cha pesa unachotoa? Mapenzi ya kweli hayana masharti wala vitisho. Mahusiano yenye afya hayapimwi na kiasi cha pesa unachotoa au unachopokea. KUMBUKA, mahusiano yasiyo ya furaha yaanathiri sana afya ya akili na utendaji wa kila siku. Kuwa makini gharama isijekuwa ni afya yako.

Mpendwa Anti, mimi ni Ade, mwanafunzi wa kidato cha nne. Shida yangu ni kwamba kuna mwalimu ananitaka kimapenzi. Je, nifanyeje? Sina amani kabisa na mazingira ya shule. Naomba unishauri.

◆ Mpendwa Ade, pole sana. Kulingana na sheria ya makosa ya kujamiiana (SOSPA), suala la mwalimu kumtaka kimapenzi mwanafunzi ni kosa la jinai. Jambo la kwanza, mweleze mwalimu, kwa ustaarabu tu, kuwa unatambua haki zako na anachokufanyia ni unyanyasaji wa kijinsia. Kama ataendelea kukusumbua, na hasa kama inaambatana na unyanyasaji mwingine kama adhabu mbalimbali, tafadhali waeleze wazazi wako na uongozi wa shule. Hapo usipopata msaada, wasiliana na uongozi wa elimu wilaya na ofisi ya TAKUKURU iliyo karibu nawe kwa msaada zaidi wa kisheria. Tuchukue hatua kukomesha unyanyasaji wa kijinsia mashuleni.



Mpendwa Anti, mimi kwa bahati mbaya sikufanya vizuri katika mitihani yangu iliyopita. Roho inaniuma sana. Tatizo ni kwamba huwa mara nyingi nayawaza sana matokeo yangu mpaka nashindwa hata kujiandaa na mitihani yangu inayokuja. Naomba msaada wako.

◆ Pole sana. Mtihani lengo lake ni kukuonesha wapi hujakaa vizuri ili uongeze juhudi. Kama walivyo wacheza mpira, wakifungwa leo, wanaangalia makosa yako wapi, kisha wanaanza mazoezi kwa ajili ya mechi inayofuata, huku wakiongeza mbinu na spidi! Cha kufanya ni; jenga urafiki na wale waliofanya vizuri na kuona ni namna gani wanaweza kukusaidia kuinua kiwango chako cha ufaulu. Pia weka ratiba nzuri ya kujisomea hasa muda wa mchana na kuhakikisha pia unapata usingizi vizuri usiku. Sikiliza kwa makini darasani, andika notes na uliza maswali kwa mwalimu pale ambapo hukuelewa. Usiogope. Kama wengine wanaweza hata wewe unaweza.





Maisha lazima yaendelee

NA AMABILIS BATAMULA

Siku moja katika hizi hizi kazi za Fema, nilitembelea shule moja nikakutana na kisa chenye mikasa. Huwa sichoki kukisimulia, si kwamba nilikifurahia, la hasha! Hii ni kwasababu ya hisia za huzuni ambazo kisa hicho kilimimina ndani yangu.

**cheza
salama**

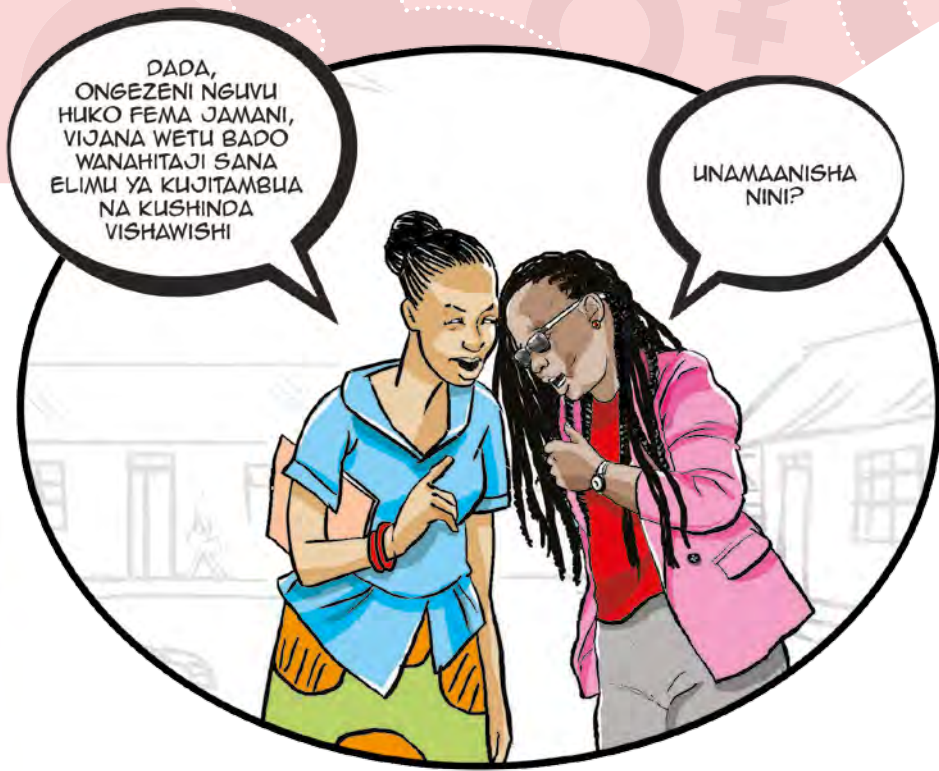


Vijana wawili – wa kike, kidato cha pili, na wa kiume, kidato cha nne – walikuwa wakisubiri kesi yao isikilizwe mbele ya mkuu wa shule na mwalimu wa nidhamu. Wote walikuwa wamenywea haswa, nyuso zikiwa zimewasawajika. Kwa jicho langu la upekuzi niligundua kwamba hata machozi yalikuwa yamehusika, maana si kwa wekundu ule kwenye macho. Picha nyingi zilipita kichwani mwangu, si unajua binadamu tunavyopenda kuhukumu? Nikajikaza nisifikirie yasiyokuwepo, ila wakati uvumilivu wangu unakaribia kufika mwisho, mwenyeji wangu akaninong'oneza...

“Dada, ongezeni nguvu huko Fema jamani, vijana wetu bado wanahitaji sana elimu ya kujitambua na kushinda vishawishi.” Nilihisi nimeelewa, lakini nilitaka kupata uhakika.

“Unamaanisha nini?” Mimi huyo, nikauliza Nikaeleweshwa. Kumbe kesi ile ilikuwa ya mapenzi na yatokanayo. Kilikuwa kimeokotwa kibarua kilichotoka kwa msichana kikienda kwa mvulana, na ujumbe ulikuwa ni “sitaki unisumbue, nimeshakwambia sitaki tena kuendelea na wewe, nataka nifocus kwenye masomo...” Stori yao ni ndefu, lakini kwa ufupi mpaka hapo walishaumia sana. Kulikuwa na kushuka kimasomo, kuundiana vikundi, vitisho, kupigana, kusutwa, kudharauliwa na mengine kadhaa.





DADA,
ONGEZENI NGUVU
HUKO FEMAJAMANI,
VIJANA WETU BADO
WANAHITAJI SANA
ELIMU YA KUJITAMBUA
NA KUSHINDA
VISHAWISHI

UNAMAANISHA
NINI?

Nilipoondoka, kesi ilikuwa inaendelea, na mimi niliibeba rohoni mwangu, ikanisumbua.

Niliheshimu pia heshima ya kuaminiwa katika kuwasaidia wengi zaidi. Nikasema nitamtafuta mshauri mnasihi anipe somo, na kwamba siku moja nitaliweka hili kwenye jarida la Fema, ili wasome wengi. Nikampata, tukaongea.

"Unajua, kipindi cha balehe ni muda muhimu sana katika maisha ya kijana," ndivyo alivyoanza mtaalamu. "Wengi wanapenda kukiita kipindi hicho 'miaka ya mpito' yaani toka utotoni kwenda utu uzima. Ni kweli, lakini sio mpito tu, kwa sababu mambo mengi yanayotengeneza au kuvunja maisha ya kijana hutokea katika umri huu.

Mabadiliko ya mwili yanayotokea katika kipindi hiki huja na mabadiliko ya kihisia pia, zikiwemo hisia za mapenzi, na imani kwamba ikiwa hisia hizo hazitahudumiwa basi kuna jambo baya litatokea. Hii mara nyingi ndiyo huwapeleka vijana katika matukio hatarishi."

TIRIRIKA

Ni kwa namna gani mapenzi/mahusiano yanaweza kuathiri afya ya akili?



Yanaweza kuathiri afya ya akili ikiwa itatokea mtu akawa hana imani na mwenzi wake, pili mwenzi mmoja akifariki, mwisho ikiwa mwenzi mmoja anaumwa au kuwa na shida yoyote ile. Hivyo mapenzi yanaathiri sana afya ya akili.

HEKIMA KISABO (17) MATAI SEC, KALAMBO



Mapenzi yanachangia kuathiri afya ya akili kwa kiasi kikubwa katika jamii yetu ya Tanzania hususan kwa vijana kwa sababu vijana wengi wanajihusisha katika mapenzi hivyo kupelekea muda mwingi kumalizia huko na kusahau shughuli nyingine kama kusoma na kutafuta njia za kujipatia kipato.

FEDRICK PATRICE FIDELIS (19) KILUVYA SEC, DAR ES SALAAM.



Mapenzi yanaathiri afya ya akili ikiwa mtu akimfikiria ampendaye kwa muda mrefu hivyo kushindwa kufanya majukumu mengine.

ESTHER YAKOB (18) TANDIKA SEC, DAR ES SALAAM



KILIKUWA
KIMEOKOTWA KIBARUA
KIKIENDA KWA MSICHANA
UJUMBE ULIKUWA NI "SITAKI
UNISUMBUE, NIMESHAKWAMBIA
SITAKI TENA KUENDELEA NA
WEWE, NATAKA NIFOCUS
KWENYE MASOMO..."

Katika mazungumzo yale nikajifunza kwamba mara nyingi tunapozungumzia matokeo ya matukio hatarishi tunawaza tu vitu vinavyoonekana, mfano mimba na magonjwa. Tunasahau visivyoonekana, kama vile msongo wa mawazo. "Tunafahamu kwamba katika mahusiano ya namna yoyote kuna kugombana. Katika mapenzi kuna kuachwa, wivu, kuna kudanganyana, kukataliwa, na kunaweza kuwa na ukatili pia, ni mambo mengi, haya yote husumbua afya ya akili," akanambia mtaalamu, "hata watu wazima ambao wamekomaa katika kukabiliana na majanga ya namna zote, hupata shida sana kushughulika na purukushani za mapenzi. Kwa vijana wadogo ni ngumu zaidi kwa sababu pia bado hawajafahamu vizuri namna ya kuhimili misukosuko."

Mahusiano ya mapenzi huambatana na mambo mengi. Mapenzi yakikolea utasikia nikinywa maji nakuona kwenye glasi, usiku silali nakuwaza, nikilala nakuota wewe, hizo ndo mbwembwe za mapenzi. Usipokaa sawa unaanza kumuona kwenye madaftari na vitabu vya shule. Mwalimu akiuliza swali unafikiri mtu wako kakukumbusha anavyokupenda. Mara paap, siku mbili kabla ya mtihamu mmegombana, ukiingia kwenye pepa

badala ya kuona maswali ya mtihamu unaona maswali yaliyoko kichwani mwako "Kwa nini kanifanyia hivi?"

Baada ya maongezi yangu na mtaalamu nikabeba mambo kadhaa ya msingi, ambayo ni vizuri ukayafahamu kuhusiana na mahusiano ya namna hii.

* Iheshimu HAPANA ya mtu, fahamu kwamba inamaanisha HAPANA. Fahamu kwamba ndani ya mahusiano ya namna hii unaweza kuwa na matarajio ambayo hayatatimizwa, ni vizuri kuheshimu mipaka, vinginevyo hali inaweza kuchafuka. Maisha yako hivyo, na maisha lazima yaendele.

* Fahamu pia kwamba unachokitaka wewe si lazima kiwe anachokitaka mtu mwingine, ni kawaida. Ukifahamu hili utakuwa tayari zaidi kukabiliana na kukataliwa.

* Halafu, hili nalo muhimu sana. Katika mahusiano ya namna yoyote, iwe ya mapenzi au urafiki wa kawaida, thamani yako ni kubwa sana. Usijidharau wala kujilaumu kama umeona urafiki ulionao na mtu haukujengi na ukaamua kuukatiza. Au kama rafiki yako amekutosa na kupata rafiki mwingine, usijione hufai ikakunyima raha, maisha ndivyo yalivyo. Si kila mtu aingiaye katika maisha yako atakaa humo daima, wengine wataondoka na wengine watakuja.

* Ikiwa uko shule, jitahidi kuepuka mahusiano ambayo yanaweza kusumbua utulivu wako wa akili. Chagua marafiki vizuri, na pia uwe tayari kusimama tena iwapo urafiki wenu utafika mwisho. Penda kuwa na watu ambao wanakuheshimu na kuthamini tofauti mlizonazo katika maoni na katika misimamo.



KUMBUKA

Naongeza moja, hili sikuambiwa na mtaalamu. Fahamu, urafiki wa msichana na mvulana si lazima uende hadi kwenye ngono. Tena, kama uko shule, subiri basi umalize, maana elimu ni tiketi ya maisha yako ya baadae.



Life has to go on

BY AMABILIS BATAMULA

One day, while on one of my Fema assignments, I encountered a delicate situation. I don't get tired of telling this story over and over, not because I enjoy it, No! It is more because of how sad it makes me feel.

Two students – one girl, in form two and a boy in form four – were awaiting the fate of their case to be judged by the head of school and discipline master. Both students were anxious and quite worried. My curious eyes told me tears had flooded from these young fellows. Multiple images of what could have happened raced through my mind, you know how we all like to judge? As I stood there trying not to make too many assumptions, my host whispered in my ear...

"Femina please do more for our students, they still need education on self-awareness and dealing with temptations." I understood what she was saying but wanted to be sure.

"What do you mean?" I asked.

Then I got the story. Apparently, the case was about a love relationship and related incidents. The girl had written a note, to the boy, but it never reached its destination. Somehow the messenger lost it and it was picked up. The message on the note said *"Don't bother me anymore. I don't want to be with you, I need to focus on my studies."*

To make a long story short, the two had gone through some ecstatic but also painful experiences leading to a break up. A lot had happened including quarreling, threats, teasing as well as failing academic performance.

When I left the school, the case was still ongoing, and it didn't sit well with me. I made a mental note to try to deepen my understanding of such relationships and young love. I sought out a specialist, a counselor for advice so that I could share this story in Fema magazine for the benefit of others.

"You know puberty is such an important phase of a young person's life," the counselor elaborates. "Many call it a period of transition, from childhood to adulthood. That's true, but that's not all, a lot of what can make or break a person's future happen during this period. Physical changes that happen in puberty come with emotional changes that include sexual desires. Among peers, this also comes with the myth that if those feelings are not 'serviced' something bad will happen. This is one of the reasons for why many end up engaging in risky behavior."

While talking to the counselor I learnt that often when we talk about the consequences of risky behaviors, we speak mostly of those we can see, like unplanned pregnancies and diseases. We ignore the invisible, like stress. "In most love relationships there will be conflict, in addition to attraction, intimacy and sharing. There will be jealousy, unequal commitment which can lead to rejection, abuse and ultimately break up. These kinds of emotions can all be a burden to our mental health. Such ups and downs of love relationships are of course also common among adults, the difference is that they have more experience in handling such complications."

Once a relationship develops into an emotional and even sexual relationship, the individual becomes vulnerable and the expectations on the other is often unrealistic. When things are good you will hear "I can't sleep because all I do is think about you, or when I sleep I dream about you". Love can create such expectations and such dependency. It can divert your mind, and before you know it, they are not only in your dreams, but in your text books too.

When the teacher asks a question, you think it is your lover talking to you. Suddenly, two days before your exams you get into a fight, you enter your exam and the questions you see are those in your head, not those on the paper. "Why did they do this to me?"

Here are a few key things I picked from my talk with the counselor, for you to learn about such relationships:

Respecting that a NO is a NO. You might have expectations on your boy or girl friend that just can't be met. Everyone has to respect each other's boundaries, if not the situation will get messy. You have to value the other persons view and accept that a NO is a NO.

What you want might not be what the other person wants – it happens. Once you understand this, you will be ready to understand and accept rejection.

In any relationship, love or just friendship, you have to value yourself. Do not feel bad or blame yourself if you feel that the relationships you have don't build you and therefore choose to end them. If your friend deserts or rejects you there is no reason to feel worthless or let it get in the way of your peace, that's just life! Not everyone who comes into your life will stay forever. Some will leave, new ones will come.

If you are in school, try as much as possible to stay away from emotionally and sexually driven relationships that can get in your way. Pick your friends wisely, choose the ones you can trust and talk to and be ready to stand back up on your feet if your friendships end. Choose to be with people who respect and value your differences in opinion and principles.

REMEMBER

Friendship between a girl and a boy doesn't have to lead to sex! In fact, if you are in school, abstain and wait till you have completed your schooling as education is your ticket to the future.



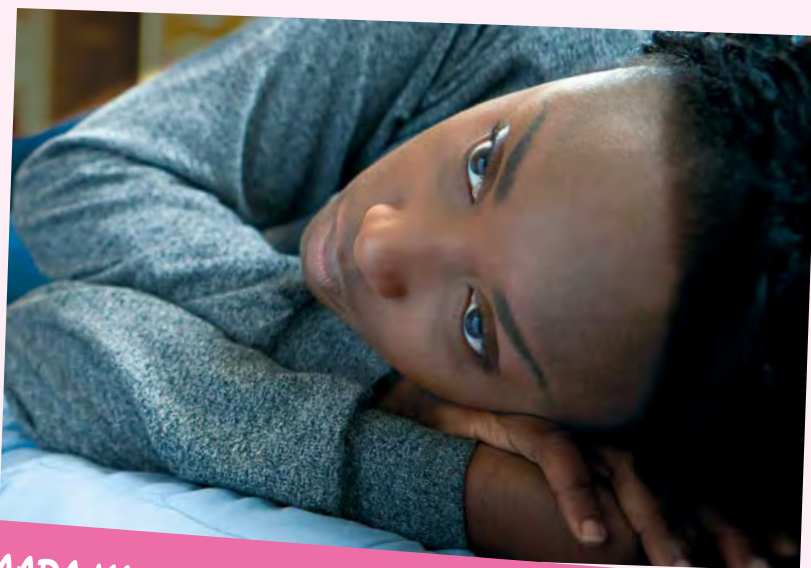
Mental Health Tanzania
Wellbeing of the mind

Mental Health Association of Tanzania (MEHATA)

I can bet you didn't know that there is an organization called MEHATA?! Well, we are here to tell you that there is! MEHATA is a non-governmental organization that caters for mental health in Tanzania! Its aim is to promote the recognition of the importance of this issue in Tanzania. But not only that! Its other goal is to encourage the progress of mental health services! If you would like to learn more about what they do... just Google MEHATA! Happy research!

Inawezekana hukuwa unayafahamu haya

- * Kula vyakula vyenye mafuta mengi kunakuongezea uwezekano wa kupata sonona
- * Mtu mwenye matatizo ya afya ya akili asichukuliwe kwamba ni mvivu au dhaifu. Ni mgonjwa, hivyo anahitaji msaada ili apone.
- * Utafiti unaonyesha kuwa watu wenye matatizo ya afya ya akili hupata nafuu na wengi huona kabisa.
- * Watu wenye matatizo ya afya ya akili kwa kawaida si wagomvi.
- * Kuandamwa na msongo wa mawazo inaweza kuwa ni kitu cha kurithi katika vinasaba.
- * Marafiki na watu wengine wa karibu wanaweza kuwa msaada mkubwa katika kumuondoa mtu kwenye matatizo ya afya ya akili.
- * Kushiriki katika shughuli za kijamii kuna mchango katika kuijenga akili yako kuwa tayari kusimama tena unapoanguka.
- * Watu wengi hawaendi kutibiwa magonjwa ya akili kwa kuogopa unyanyapaa.
- * Magonjwa ya akili yanaweza kumpata mtu yeyote bila kujali umri, kabila, utaifa, dini wala kipato.



KILA BAADA YA SEKUNDE 40 MTU MMOJA DUNIANI ANAPOTEZA MAISHA KWA KUJIUA.

Siku ya Afya ya Akili Duniani - Oktoba 10

Mwaka huu tunatarajia kwamba mambo yatakuwa bambam na kwamba wanaFema wote wataandaa vitu *amazing* kwa ajili ya kuadhimisha Siku ya Afya ya Akili, tarehe 10 Oktoba! Lengo kuu la siku hii ni kuelimisha jamii kuhusu masuala ya afya ya akili na kuongeza nguvu katika juhudi zote zinazofanyika. Siku hii hutoa fursa kwa wadau wote wanaofanya kazi katika sekta ya afya ya akili, kuiongelea kazi yao, na kuainisha juhudi ambazo zinahitajika ili kusaidia watu wanaopitia changamoto za afya ya akili.



Kitengo cha Afya na Magonjwa ya Akili

Je, unafahamu kuwa katika Hospitali Kuu ya Taifa ya Muhimbili, kipo kitengo cha Afya ya Akili? Ewaaaaa. Kitengo hiki kipo bwana! Kinatoa huduma kwa wagonjwa wa akili na wale wanaopitia changamoto za afya ya akili. Wao hupokea wagonjwa watatu hadi kumi kwa siku. Wachache hulazwa, lakini wengi hutibiwa na kurudi nyumbani. Ukiachana na huduma hii ya kulazwa, pia kitengo hiki hutoa huduma ya kuongea na mtaalam (ushauri - kwa mtu binafsi, au akiwa na wanafamilia). Yaani kwa ufupi tuseme wanatoa pia tiba kwa maneno tu kama afanyavyo mtaalam wetu Deborah utakayekutana naye katika Stori Yangu ndani ya toleo hili.

**SONONA NDIO CHANZO KIKUBWA
ZAIDI CHA ULEMAVU DUNIANI**



Je, wewe au rafiki yako amefanyiwa ukatili?

Je, wewe au rafiki yako anahitaji kuzungumzia ukatili kwa watoto?

Piga simu namba **116** bure na umueleze mshauri rafiki.

Mirembe Hospital

Did you know that the Mirembe Hospital, a centre for mental health issues that is located in Dodoma, is over 90 years old?! Yes, it was built in 1927!

In 2018, it was renovated as part of the government's dedication to attend to those suffering from mental illnesses disorders. Currently, Tanzania has over 50 million citizens! Yes, we are so many! Among those, it is estimated that 1% have mental health illnesses. This number is just an estimate because only a few of those affected report to healthcare facilities. Many go to traditional healers. The Cartoon Story in this issue of Fema has more on this!



FEMA RADIO SHOW MTANDAONI

Vipindi motomoto kabisa na vya kijanja vya Fema Radio Show sasa vitakwenda kidigitali zaidi! Msimu wa 13 ambao unaangazia masuala ya afya ya uzazi na ujinsia utaanza kurindima kuanzia April mwaka huu kwa njia ya radio ya mtandaoni iitwayo Boresha Radio.

Pia kama kawaida, vipindi vyote vitapatikana kwenye akaunti yetu ya YouTube, Femina Hip. Kuanzia tarehe hiyo, hakikisha una bando kidogo, kisha tembelea www.boresha.online au www.youtube.com/user/feminahip.

Usikose! Issa atakuwa na mtangazaji mpya, anaitwa Irene, usipange kuwakosa, ni timu kali, na waliyoyaandaa nayo ni hataree. Endelea kufuatilia kwenye mitandao ya kijamii @feminahip, kote, Facebook, Instagram na Twitter. Imekaa vizuri!



SIRI KUBWA!

DITTO NI KIJANA
FULANI HIVI,
UTAMPENOA! MSAFI,
MSTAAARABU,
MCHAPAKAZI NA
ANAZUNGUMZA
VIZURI NA KILA MTU.
SHULENI PIA YUKO
VIZURI, PISA UA
HAKOSEKANI KATIKA
KUMI BORA KWENYE
KILA PEPA.
KINACHOMKUTA
DITTO BAADAYE,
HAKIPENDEZI
MACHONI WALA
MASIKIONI,
KULIKONI? FUATILIA.....



DITTO KABEBA KIREGI ANATAKA KUKIMBIA KABISA...



MAMA DITTO ANAMZUIA ANAMSUKUMIA NDANI ANABAMIZA MLANGO ANAFUNGA KWA KUFULI





JAMANI EEH, IMEBIDI NIWAFATE. MANA HAPA HAKUNA LA KUFICHA. SHEMEJI NA MAMA, HATA NYINYI LINAWAHUSU

VIPI? NILIKWAMBIA MKE WANGU, NA HIVYO VICOBA VYAKO, SASA OLE WAKO VITU VYANGU VICHUKULIWE! OLE WAKO!



SIO VICOBA MUME WANGU! MWANAO, HALI IMEZIDI KUWA MBAYA. YAANI AMEKUWA KICHAA KABASAAA!

JAMANI! SASA HUYU SHULE ATASOMA KWELI?

TARATIBU JAMANI. HII AIBU MJIE.

MMH! HILI MBONA ZITO!



MMH, HII SIO BURE. HAPA KUNA MKONO WA MTU, MTAALAM ANAHITAJIKA

HAKUNA, HUYU ITAKUWA KESHAANZA BANGI TU

HILI WANANGU, SIO LA HOSPITALI. TUMPATE FUNDI TU

MMH! TUSIMUHIKUMU MTOTO, LABDA MALARIA IMEPANDA KICHWANI. TUMPELEKE HOSPITALI JAMANI.



ILA, INAWEZEKANA SHEM NA MAMA WAKO SAHIHI, LABDA

SIWEZI KUBISHA, MTAA HUU NAO SIO MZURI



SHULENI...

KUNA HUYU DITTO BARAKA. SIJUI ANA TATIZO GANI. ANA MWEZI SASA HAONEKANI SHULE NA MAENDELEO YAKE KITAALUMA YALIANZA KUSHUKA.

NA ALIKUWA VIZURI SANA YULE. TUWAITE WAZAZI WAKE TUJUE TATIZO NINI.



WAKO KWA FUNDI. (MGANGA WA KIENYEJI)

HUYU AMETUPIWA MUDU. NA ALIYEFANYA HIVI SIO MTU WA MBALI

MNAONA? NILISEMA MIMI.

HE! BINADAMU! WABAYA SANA

SASA INGEKUWA HOSPITALI TUNGEYAJUA HAYA?



LAKINI, HILI KWANGU DOBO. NITAFUTIENI NG'OMBE MWENYE MATEGE NA MAKENGESA ALIYEWahi KULUGUA KICHAA. NA HILI LIFANYIKE HARAKA.

MKICHELEWA TUTAMPOTEZA.



MMH! HILI MBONA ZITO!

HAPA TUMECHEMKA

MAKUBWA YA JONGO HAYA!

MMH!



ILA....KAMA HAMUWEZI... NITAFUTIENI HIYO LAKI TATU NIINGIE KAZINI, NG'OMBE NITAMPATA TU

OAAH. HAYA FUNDI, WACHA TUKAYAJENGE. TUTAKUJA.



Ukistaajabu ya Mussa...!

NA PENDO MASHULANO

Mhh! Ukimaliza kusoma hadithi ya katuni unavuta pumzi ndeefu halafu unajiuliza... “Hivi Ditto alipona? Ni nini kilikuwa kinamsibu? Hivi wangekomaa na yule ‘fundi’ nini kingetokea? Kwa mfano wangempata huyo ng’ombe mwenye matege au labda wangedunduliza wakapata hiyo pesa laki tatu, nini kingefanyika? Au ndo wangeagizwa na mbu yatima ili mradi tu pesa iendelee kuwatoka?” Ama kweli, walijisemea wahenga, ukistaajabu ya Mussa, utaona ya Firauni!

Ukweli ni kwamba kuna imani nyingi potofu kuhusu magonjwa ya akili. Imani hizi zimeenea kila kona na zinasambaa kama moto wa nyika. Zinarithishwa vizazi hadi vizazi licha ya kwamba hazina ukweli wowote. Baadhi ya imani hizi tumeziona hata kwenye familia ya Ditto! Lakini zipo nyingine kibao:

*** Uchawi/urozi/ushirikina:** Zipo familia nyingi tu ambazo inapotokea mtu wao anaumwa jambo ambalo hawalifahamu, jambo la kwanza wanalofikiria, karogwa! Zaidi wataamini ana mapepo au mashetani. Na kwakuwa wanaamini karogwa hawathubutu kwenda hospitali. Ni ama kwa mganga wa kienyeji, au kwenye maombi. Mganga wa kienyeji naye anautumia mwanya huo kujipatia riziki! Ndipo atakapowaagiza vitu visivyowezekana, kuanzia kuku wa kijani, hadi kunguru mjane! Ili mradi vitu hivyo viwashinde, muombe kutoa pesa! Huo ni mradi wake, hapo yuko kazini, anakula kiulaiini!

*** Aibu/ siri ya familia:** Hili nalo lipo. Tena lipo sana tu. Sio kwa Ditto pekee. Wengi wanafanya hivi. Mtu atakupigia hata simu, kukwambia ndugu yake ana malaria, lakini inapotokea ndugu ana ugonjwa wa akili, inakuwa ni siri kubwa! Wanaambizana wachache, wanaoamini wanahusika sana! Hii nayo si sahihi.

*** Sio ugonjwa, ni vijitabia tu:** Hii nayo ni imani iliyokomaa. Kwamba hakuna ugonjwa wa akili bali ni tabia ya mtu tu. Kwamba mtu anahalalisha tabia mbaya, kwa madai kwamba anaumwa. Jamani! Magonjwa ya akili yapo na ni magonjwa kama magonjwa mengine.

*** Hayatibiki hospitali:** Wapo wengi wanaodhani kwamba magonjwa ya akili hayatibiki hospitali. Tena wengine wanaamini kwamba hata ukipona, ni kwa muda mfupi tu, hali hiyo itajirudia tena. Hii nayo ni imani potofu. Ukweli ni kwamba magonjwa ya akili yanatibika, mengine kwa maneno tu, mengine kwa dawa, mengine kwa maneno na dawa. TWENDE HOSPITALI.



*** Yatapona yenyewe:** Mmmh! Kuna wale wanaosema ‘aaah, mwache. Ugonjwa huu ukiingia mwilini huwa unapona wenyewe. Kwenda hospitali ni kupoteza muda na fedha’. Hii nayo ni imani potofu. Magonjwa ya akili kadri mtu anavyokaa nayo bila kupata tiba ndivyo yanavyozidi kukomaa na kuleta shida kubwa zaidi.

*** Mbona katulia tuli? Haumwi:** Wengi wanaamini kwamba mtu mwenye ugonjwa wa akili ni lazima awe anafanya fujo. Hata Ditto kama asingekimbia na kuanza kufanya fujo ni wazi kwamba asingepolekwa hospitali. Ukweli ni kwamba, magonjwa ya akili yapo ya aina nyingi na wagonjwa huwa na tabia tofauti. Wapo wanaokuwa kimya lakini wakawa na mabadiliko mengine ya tabia.

*** Ni magonjwa ya wanawake tu:** Wapo wanaofikiria hivi. Kwamba wanawake tu ndio wanaougua magonjwa ya akili. La hashi! Si tunamwona Ditto? Matatizo haya yanaweza kumpata mtu yeyote.

*** Mbona anapiga kazi kama kawa?** Basi wengi hukosea kwa kudhani kwamba mtu mwenye ugonjwa wa akili hawezi kufanya kazi yoyote. Hivyo kama hajalala na anasema anaumwa hawamwelewi kabsaaa. Ukweli ni kwamba, kwa watu wengine magonjwa haya huwatumia kupiga mzigo kama kawa.

*** Siwezi kusaidia chochote:** Wengi wetu hukaa pembeni na kudhani kwamba hatuwezi kutoa msaada wowote kwa mtu mwenye matatizo ya akili. Hii si kweli. Kuna mengi tunayoweza kusaidia. Hata kumwambia mgonjwa kwamba unaweza kumsikiliza, kumwelekeza umuhimu wa kwenda hospitali, kumheshimu na kumshirikisha, huo ni msaada mkubwa sana.

SI HAYO TU

Imani potofu ziko nyingi. Hata hapo unapoishi zipo. Hebu fanyeni zoezi moja fupi mnapokutana kama club. Wekeni mjadala fulani wa kibabe, ibueni imani nyingine nyingi potofu zilizopo katika jamii yenu kuhusu magonjwa ya akili. Hata kuziongelea tu ni hatua ya kwanza ya kupambana nazo. Au vipi?



**MAONGEZI
TIBA**



**TALK
THERAPY**

Deborah Luambano ndo jina langu. Ni msaikolojia tiba, nafanya kazi Hospitali ya Taifa ya Muhimbili, tawi la Mloganzila. Nimezaliwa miaka 27 iliyopita na Songea ndo kwetu.

Nikiwa mtoto nilipitia vipindi vilivyoniwa hisia tofautitofauti. Kuna wakati nilijisikia mwenye masikitiko, kutatizwa, wasiwasi na kupoteza matumaini. Nikavutiwa kujua undani wa hisia hizi tofauti na namna nilivyo-‘deal’ nazo. Hii ikanijengea udadisi wa kutaka kufahamu namna ubongo unavyofanya kazi na namna ambavyo changamoto za afya ya akili zinavyotuathiri sisi binadamu. Niliamua kuchimba zaidi, hivyo nikachagua kusomea Saikolojia (Sayansi ya akili/ubongo na tabia).

Nilisoma shahada yangu ya kwanza katika Counseling Psychology katika Chuo Kikuu cha Iringa na baadaye nikafanya shahada ya uzamili ya Saikolojia Tiba (Clinical Psychology) katika Chuo Kikuu cha Afya na Sayansi Shirikishi Muhimbili (MUHAS). Kazi zangu za kila siku ni katika kitengo cha magonjwa ya akili ambapo nakutana na watu wanaosumbuliwa na changamoto mbalimbali za kiakili. Natibu watu kwa kuzungumza nao kuhusu namna wanavyojisikia na mambo waliyoyapitia. Hii tunaita tiba ya mazungumzo.

Familia yangu ilishangaa nilipoamua kuingia katika taaluma hii. Wapo waliosema ‘inakuwaje unaamua kuwa unashinda na watu wenye matatizo ya akili. Tena walihoji kama huu ni uamuzi sahihi kwa mwanamke’.

Nikapata kufahamu kwamba kuna imani nyingi potofu kuhusu magonjwa ya akili na nikafahamu kwamba kuna kazi kubwa ya kuelimisha jamii ya Tanzania na kuwasaidia watu wanaokumbana na changamoto za kiakili. Niliamua kwamba nataka kuwa sehemu ya wataalam wa afya ya akili ili kuisaidia jamii kukabiliana na changamoto hizi, hivyo nilifukuzia ndoto yangu.

Kazi yangu

Ninapoingia kazini asubuhi, huwa sijui nitakutana na nani siku hiyo. Napokea watu wa kila aina, vijana kwa wazee, wanawake kwa wanaume. Hakuna mtu ‘kichaa’, ‘mwendawazimu’ wala ‘mwehu’, mtu ni mtu, na ni muhimu kuelewa kwamba hata akili huugua, kama sehemu nyingine yoyote ya miili yetu.



Deborah Luambano is my name. I am a clinical psychologist working at Muhimbili National Hospital, Mloganzila branch. I was born 27 years ago and Songea is my motherland.

As a child I was confronted with many emotions, there were periods where I felt disappointed, confused, anxious and losing hope. I became very interested in those emotions and how I handled them, and it made me very curious as to how the brain works and how mental health challenges affect us humans. I decided to go deeper and make Psychology, the scientific study of mind and behavior my profession.

I did a degree in Counseling Psychology at Iringa University and later a Master's degree in Clinical Psychology at Muhimbili University of Health and Allied Science. My daily work is in the Department of Psychiatry and Mental Health where I meet people who are suffering from various mental health challenges. I try to heal people through talking to them about their feelings and experiences. We call this talk therapy.

My family was surprised when I went into this profession, they didn't really understand why I chose it. Some challenged me commenting that 'why would you want to spend your days working with the mentally ill', they questioned whether it was a proper choice for a woman.

I understood then that the misconceptions about mental illnesses are huge and there is a lot of work to be done in Tanzania to educate the public and assist those that are challenged. I decided that I wanted to be part of the profession paving the way for better mental health and so I followed my own path.

My work

When I get to work in the morning, I'm never sure who is going to walk into my office that day. There are all sorts of patients, young and old, women and men. People are not 'insane', 'crazy' or 'mad', people are just people, and it is important to understand that even the mind gets sick just like other parts of our body.





Mtu anapoletwa kwangu jambo la kwanza ninalofanya ni kuzungumza naye, kupata taarifa muhimu kutoka kwake. Shida ni nini? Anajisikiaje? Changamoto hiyo imeanza lini nk. Hivi ndivyo ninavyowapa nafasi ya kujieleza na inanisaidia kuelewa namna wanavyojisikia. Kwa kawaida nazungumza na mteja kwa saa moja. Kutokana na tathmini hii nitafahamu naanza wapi kumtibu mgonjwa wangu, na mara nyingi tiba ni ama kwa mazungumzo au kwa dawa na wakati mwingine vyote viwili. Kisha nampangia tarehe ya kuja tena kwani ili tiba ikamilike nahitaji kuonana na mgonjwa angalau mara sita hadi nane.

Afya ya akili inatuhusu sote

Ni kawaida kujisikia mnyonge wakati mwingine. Changamoto kama hofu ya mitihani, msongo wa mawazo unaosababishwa na kazi, kutokuwa na pesa, kujiona huna thamani au hupendwi, au hata kujilaumu, zinaweza kukusababishia sonona, kama ilivyo kwa majanga mengine kama kufukuzwa kazi, kufukuzwa shule au kufiwa na mpendwa wako. Hizi ni changamoto za kiakili lakini zisiposhughulikiwa zinaweza kusababisha magonjwa ya akili.

Watu wengi unaowaona wakitembea barabarani bila mwelekeo huku wakionekana kama wamechanganyikiwa na huwaelewi, huenda ikawa walianza wakiwa na changamoto ndogo tu, msongo wa mawazo na hisia mbalimbali zikawatinga na hawakutafuta msaada wa tiba. Matatizo ya akili yanaweza kutibika, lakini ni muhimu kuyatambua na kuyatibu mapema. Mara nyingi watu huugua kimyakimya.

Moja ya sababu za watu kutokufunguka ni unyanyapaa na imani potofu kuhusu magonjwa ya akili katika jamii zetu. Watu wana uelewa mdogo wa afya ya akili na magonjwa ya akili. Wanaona aibu kutafuta tiba, na wanafamilia wanachelewa kumleta mgonjwa hospitali, mpaka wanapoonana anaumwa sana au anatishia usalama wao, anafanya fujo au anajitenga, haongei na mtu. Nimegundua kwamba wakati mwingine mgonjwa anapoletwa katika kitengo chetu cha magonjwa ya akili na afya ya akili anaona aibu, hii ni kwa sababu ya unyanyapaa unaolizunguka suala zima la magonjwa ya akili. Watu wengi huchanganya magonjwa ya akili na masuala ya mizimu/mapepo au uchawi. Zaidi ya hayo, kuna uhaba wa wataalam nchini Tanzania. Tuko wachache na tumetawanyika sana.

Ni chuo kimoja tu nchi nzima ndicho kinachofundisha saikolojia tiba na ni kwa ngazi ya shahada ya uzamili pekee. Pia ni hospitali chache sana zenye wanasaikolojia tiba, hivyo watu wengi hawapati tiba ya kitaalam.



When someone is brought to me, the first thing I do is talk to them to gather important information from the patient. What's going on? How are they feeling? When did they start feeling challenged, etc. This way I get to hear them express themselves and I can better understand their feelings and emotions. A session is usually one hour. From this analysis I know where to start with treatment which usually requires either talk therapy (talking sessions) or medication and sometimes both. I then set a date for a new session - for therapy to work I need at least six to eight sessions with the patient.

Mental health everyone's concern

It is natural to feel unstable and 'down' at times.

Challenges like exam anxiety, work related stress, guilt, being financially broke, feelings of unworthiness and being unloved, can fling you into depression as can sudden 'traumas' like losing your job, being expelled from school or losing a loved one. These feelings are mental challenges but if left unattended they can lead to mental illness.

Many of the people you see walking the streets without any sense of direction, looking confused and misunderstood are obviously disturbed in some way but they probably started off as normal people. Stress or other emotions piled up in their lives and they didn't seek help. Mental problems can be treated, but it is important to detect and treat them early. Too often people suffer in silence.

One of the reasons for this is the stigma and misconceptions around mental illnesses in our society. People have a limited understanding of mental health and mental illness. They are ashamed of seeking treatment and will delay bringing a patient in their family to the health facility, until the patient is seriously ill and becomes aggressive, violent or withdrawn, no longer communicating with others. I have noted that sometimes when a patient is referred to our department of psychiatry and mental health they feel embarrassed and ashamed. All this is because of the stigma associated with mental illnesses. Many also confuse mental illness with spirit possession and witchcraft. Furthermore, there is a lack of professionals in Tanzania, we are few and far between. Only one university in the whole country teaches clinical psychology and it is only at the level of a Master's Degree.

Few hospitals have a clinical psychologist, so most people can't access professional treatment.



KUMBUKA

Unapokuwa na magonjwa ya akili haimaanishi umefeli maisha. Hakikisha una rafiki au watu katika maisha yako ambao unawaamini. Kuzungumzia hisia zako, haijalishi ni hisia za namna gani, ni jambo zuri – kuzungumza kutakupunguzia maumivu. Jaribu kufanya mambo yatakayokusaidia kupata utulivu au kupumzisha akili, kwa mfano kuvuta pumzi ndefu (deep breathing), kufanya mazoezi na kudhibiti hisia. Tafuta ufumbuji, tafuta msaada. Msongo wa mawazo, sonona pamoja na changamoto nyingine za kiakili zinatibika!

REMEMBER

Mental illness is not a personal failure. Make sure you have friends or people in your life who you can trust and confide in. Expressing your emotions, whatever they are, is good - talking about it will release your emotional blockages. Try and practice relaxation techniques like deep breathing, exercising and control. Seek solutions, seek support. Stress, depression and other mental health challenges can be treated!

?!?

Afyā ya akili ipewe kipaumbele.

Bado kuna kazi kubwa ya kuelimisha jamii kuhusu visababishi na tiba ya magonjwa ya akili. Nimekuwa nikielimisha jamii kupitia vyombo vya habari (televisheni na redio) lakini naona kuna haja ya kufanya zaidi. Natumaini nitapata fursa ya kuwafikia vijana wengi zaidi na hata kuwa na program yangu mwenyewe na kituo ambapo nitatoa huduma za kisaikolojia. Tafiti zinaonesha kwamba magonjwa mengi ya akili yanaanza kujitokeza kuanzia umri wa miaka 14. Mengine yanaweza yasonekane dhahiri lakini haimaanishi hayapo. Unapopata ushauri na kuzungumza na mtaalam changamoto za kimaisha zinatatulika kwa urahisi.

Tunapaswa kutibu msongo wa mawazo na sonona kama tunavyotibu magonjwa mengine. Wanasaikolojia tiba na madaktari wa magonjwa ya akili (psychiatrists) wapo kwa ajili ya kukusaidia. Kama hawapatikani jirani na hapo unapoishi unaweza pia kuzungumza na rafiki unayemwamini ili akusaidie. Kila mtu anahitaji mtu wa kuzungumza naye!!

Mental health must be prioritized.

There is still a lot that needs to be done to educate the public about the causes and treatment of mental illnesses. I have worked on several information initiatives through different media, on television and radio, but I feel there is a need to do more. I hope to get the opportunity to reach more youth in the near future and have my own wellness program and a center where I can provide psychological services. Studies show that most mental illnesses start showing up at the age of 14. Some may be invisible but that does not mean they are not there. With counselling and therapy life challenges flow easier.

Stress and depression should be treated as any illness. Psychologists and psychiatrists are there to help you. If they are not available near you, you can also appeal to a good, trusted friend to support you. Everyone needs someone to talk to!! That is talk therapy!!

MUULIZE ANKO PESA!



Una maswali lukuki kichwani mwako? Unataka kuwa mjasiriamali lakini hujui pa kuanzia? Unaogopa kujitosa katika biashara? Biashara inakwenda mruma? Una senti mbili-tatu lakini hujui uwekeze wapi? Una maswali kedekede kuhusu mambo ya mshiko? USITAABIKE! Uliza ujibiwe na ANKO PESA, mtaalamu wetu wa masuala ya ujasiriamali! (angalia mawasiliano ukurasa wa mwanzo wa jarida).

Habari Anko Pesa. Mimi ni mwanafunzi wa kidato cha 6 na nina ndoto ya kuwa mtangazaji wa bidhaa mbalimbali (balozi wa bidhaa/brand ambassador) kama vile pedi au sabuni lakini sijajua ni wapi pa kuanzia. Naomba unisaidie kwa kuwa napenda sana hiyo kazi na wenzangu wanasema ninaweza.

Hongera kwa kufika kidato cha sita! Ndoto ni dira, ambayo ni mwanzo wa kutaka kuweka mipango na mikakati. Sasa rudi nyuma na kuweka malengo ya muda mfupi na mrefu, na shughuli za kufanya ili kufikia. Kwanza hata mimi nasema unaweza! Mpango wa kwanza, japo unaweza kuanza, panga kusomea masomo ya biashara hasa kozi ya masoko kwenye vyuo mbalimbali. Pili tafuta wafanyabiashara wenye viwanda vidogovidogo vya chakula uwaombe kuwa balozi wa nembo zao. Onana wa makampuni yanayochapa nembo na maelezo ya bidhaa kuweka picha na maelezo yako. Wako wengi Kariakoo au uliza katika ofisi za Shirika la Maendeleo la Viwanda Vidogovidogo wana ofisi kwenye kila Mkoa. Pia tembelea kwenye maonyesho ya Sabasaba na Nanenane utawakuta wengi. Sambaza vipeperushi vyenye wazo lako la ubalozi wa nembo, faida ambazo balozi wa nembo atawapatia watengenezaji na utawasemea maeneo gani tofauti. Anza kwa gharama ndogo na nafuu, au hata kwa kujitolea ili kujenga jina. "Safari ndefu inaaza na hatua moja!" Nikihitaji balozi wa nembo ya Anko Pesa ntakutafuta!



Dear Anko Pesa. Mimi ni mwanafunzi wa chuo na ninafanya biashara ya kuuza nguo za kiume na za kike mtandaoni. Changamoto zimekuwa nyingi kwa mfano, kuna wateja matapeli, mteja alinitumia pesa kwa mobile money, baada ya kupokea mzigo aliirudisha kwake. Napata stress mpaka kichwa kinauma natamani kufunga biashara. Naomba ushauri nifanyeje?

Hongera kwa kuwa chuo na kuanza biashara yako mwenyewe tena kwa kutumia teknolojia. Hongera sana na ni mwanzo mzuri. Jawabu la changamoto yako ni rahisi. Kwanza katika mtandao wako weka sehemu ya vigezo na masharti. Pamoja na vitu vingine andika hapo utakapopata fedha kwa njia ya miamala ya simu bidhaa italetwa baada ya fedha husika kupita kipindi fulani. Pia hakikisha unapakua miamala yote kwenda kwenye akaunti yako ya simu, benki au kutoa fedha taslimu kila siku. Pia mtu asinunue tu bali weka njia za kujitambulisha kama anuani au namba ya kitambulisho cha taifa.



Anko Pesa. Pole kwa kazi na hongera kwa kusongesha gurudumu la vijana! Mimi ni binti wa miaka 23 nahitaji kufanya biashara ila nakosa msimamo wa fikra zangu kutokana na wazazi wangu kunilea katika mazingira ya kutokuwa na uhuru wa kujiamulia. Je nifanyeje nijikomboa kifkra nami niwe na maisha yangu bila kuwa tegemezi?

Habari gani binti? Kama umetambua kwamba huna uhuru wa kujiamulia na hutaki kuwa tegemezi naweza kukutangazia kwamba umeshajitambua! Sasa unahitaji kujiamini na kuanza. Kwanza usiwalaumu wazazi kwani walikuwa wanakulea sasa umefikia umri wa kuwa na shughuli yako ya kujiipatia riziki na kusaidia wazazi. Pili, anza kufuata hatua zilezile za kuanza biashara. Anza kwa kuangalia mazingira yanayokuzunguka na baini nini hitaji la watu. Buni wazo bora la biashara. Tafuta mtaji ikiwa ni pamoja na kujiunga kwenye vyama vya kuweka na kukopa (VICOBA). Unaweza ukaanza kuwa wakala na msambazaji wa biashara ya mtu hivyo kuanza na mtaji mdogo au bila mtaji kwa mkopo wa mali kauli. Au unaweza ukaanza na mtaji mdogo wa kuzungusha kwa siku. Zidi kulisoma soko na mahitaji ya watu na kufanya mapitio ya biashara yako kila miezi mitatu. Tafuta mshauri anayeweza kufanya mapitio na tathmini pamoja na wewe. Fanya uamuzi namna ya kukuza biashara yako pamoja na namna ya kuifanya tofauti au kuanzisha biashara ya aina nyingine. Kila la heri!

ANKO CHRIS ANAJIBU MASWALI YENU

Shikamoo Anko Pesa. Naitwa Nyambuli, niko Morogoro. Anko, mimi nafanya biashara ya duka lakini sioni faida. Kila inapofika siku ya manunuzi najikuta pesa mkononi sina na bidhaa kwenye shelf zimepwaya. Wengine wananiambia labda kuna mtu ananifanyia chuma ulete. Nimechanganyikiwa, naelekea kukata tamaa. Anko nishauri, nawezaje kukabiliana na changamoto hii?

Habari gani Nyambuli? "Hakuna chuma ulete hapa!" Kuna "chuma uweke" "chuma uwekeze" "chuma ule!" "chuma unenepe" Ha! ha! ha! Changamoto ninayoona inakukabili Nyambuli ni kutoweka kumbukumbu sahihi za mapato na matumizi ya biashara yako. Nakushauri anza kuweka kumbukumbu ya idadi ya bidhaa katika biashara yako mwanzo wa mwaka. Kisha andika kila bidhaa unayoiuza na kiasi unachopokea kama mauzo/ mapato. Peleka mapato yanayotokana na mauzo benki kwanza kabla ya kuanza kutumia. Fedha ya mauzo ni mbegu na mbegu mbichi haiwi!

Chukua hela nyingine benki kama fedha za matumizi ya mkononi kama kulipia umeme, usafiri, simu, karatasi n.k. Andika kila hela unayonunulia bidhaa. Ukisha zinunua bidhaa ziingize kwanza kwenye kitabu utakachokiita cha stoo halafu uwe na kitabu kingine utakachokuwa unanakili kila mara unapotoa bidhaa kwenye kitabu cha stoo kupeleka kwenye shelfu tayari kwa mauzo.

Kumbuka zinazotoka shelfu zinatakiwa kwenda kwanza benki. Unaweza kujiandikia posho ya mwezi "kwa ajili ya mboga." Hivi ndivyo biashara za kisasa zinavyoendesha. Ukiiona akiba iliyokuwa benki imekuwa kubwa kuliko hitaji lako la manunuzi ya bidhaa unaweza kujiandikia gawio au ukajipangia mshahara.



Habari Anko Pesa, mimi ni Calnice Tz. Hivi ni kwanini jamii huingilia maamuzi ya vijana? Nina ndoto za kuwa mwanamuziki mkubwa sana hapa nchini, lakini, jamii na wazazi wanavivunja moyo na kusema kuwa muziki ni biashara ya kihuni. Nitawezaje kuwaaminisha kuwa muziki ni biashara kama biashara nyingine? Napata mawazo sana mpaka nashindwa kuconcentrate kwenye muziki wangu na masomo.

Habari gani Calnice?! Nafikiri jambo kubwa linalotia shaka jamii na hasa wazazi sio kuingilia maamuzi ya vijana kivile lakini zaidi ni kutaka kuwashauri vijana kuweka vipaumbele katika mipangilio yao. Waigereza wana usemi kwamba "acha vitu vya kutangulia vitangulie" (Let first things be first).

Kama ambavyo umesema wewe mwenyewe mawazo wanayokusababishia yanakufanya "ushindwe kuconcentrate kwenye muziki wako na masomo." Si unaona changamoto imeshajitokeza? Kumbe una masomo ambayo yanapita na pia una muziki ambao upo siku zote. Lakini kumbe hata kama utataka kuwa na biashara kubwa ya muziki hapo baadaye pia utajikuta unahitaji elimu. Na pia ikiwa utaanza biashara ya muziki baadaye lakini vibao vyako vikawa havijakuwa sana katika soko hivyo ukahitaji mtaji au kulipa madeni; ukiwa na elimu yako unaweza kuajiriwa na kufanya kazi kisha jioni au mwisho wa juma ukawa unaendeleza biashara yako ya muziki. Kimsingi nadhani ushauri wa wazazi ni kwamba unaweza ukawa una elimu na kazi inayotokana na elimu yako na bado ukaimba muziki. Hivyo nafikiri wanasema kwa sasa jihusishe na muziki kwa kiasi tumia muda mwingi kwenye masomo kisha ukimaliza unaweza kujishughulisha na muziki. Pia wahakikishie kwamba unajishughulisha na muziki ukiwa kama mwanaFema unajitambua na una stadi za maisha ikiwa kujiepusha na ngono zembe, mimba zisizotakiwa, za utotoni na kujiepusha na ulevi na utumiaji wa madawa ya kulevya. Ili kurejesha imani waalike wazazi au ndugu zako kukusindikiza kwenye matamasha.

Kila la heri! Tuandikie wimbo wako mmoja kwenye toleo lijalo la Fema.



Habari Anko Pesa. Naitwa R kutoka Manyara. Nina umri wa miaka 22. Nililazimika kuacha shule nikiwa kidato cha pili kutokana na matatizo binafsi. Hivi kweli mtu kama mimi ambaye hana elimu anaweza kufanikiwa kimaisha? Naomba msaada maana nimechanganyikiwa sana.

Habari gani "R" Wahenga walisema kwamba "kila mja na bahati yake." Ni vigumu sana kusema kama utafanikiwa au hutafanikiwa kama utakuwa au hutakuwa na elimu. Je unakumbuka wimbo wa mkulima mwenye shamba aliyechimba viazi akaokota almasi?!

Ila ninachoweza kukuambia ni hiki. Elimu ina mchango wezeshi kwenye kufanikiwa kimaisha. Utafti uliofanywa na ofisi ya Taifa ya Takwimu mwaka 2016 kuhusu Soko la Ajira chini Tanzania unaonyesha idadi ya watu waliopata ajira rasmi hasa katika sekta binafsi inaongezeka sawia na kiwango cha elimu, ujuzi na stadi waliofikia. Hivyo unaweza kujipanga ili kujiongeza. Miaka 22 bado ni kijana. Panga mkakati wa kutatua changamoto zako na kisha ongeza ujuzi hata kupitia vyo vya ufundi ambavyo vinachukua hata wahitimu wa darasa la saba na kujiendeleza kutoka hapo mpaka vyo vya vikuu. Kwa mfano hivi majuzi nilikutana na kijana mmoja wa miaka 22 amefiwa na mama akaacha masomo, anatunza wadogo zake wawili wako shule ya msingi. Akiwa anaendesha bajaji kachukua masomo ya udereva Chuo cha Usafirishaji sasa amepata leseni kubwa ya daraja la C. Ana ndoto ya kuajiriwa kama dereva serikalini. "Kujikwaa si kuangua na kama ukianguka inuka!"





RAFIKI WA KWELI

NA PENDO MASHULANO

Suzy, Suzy, Suziii....

Abee! Dah, umenistua!

Pole sana na samahani. Ulikuwa mbali kweli. Halafu, wiki mbili hizi naona hauko sawa best.

Mbona niko poa tu?

Hapana. Nakufahamu vizuri sana Suzy.

Hii si kawaida yako.

Niko fresh tu.

Si kweli. Najua wewe si mlaji kiviile, lakini siku ya nyama hukosi dining. Siku hizi iwe nyama, iwe maharage, huli!

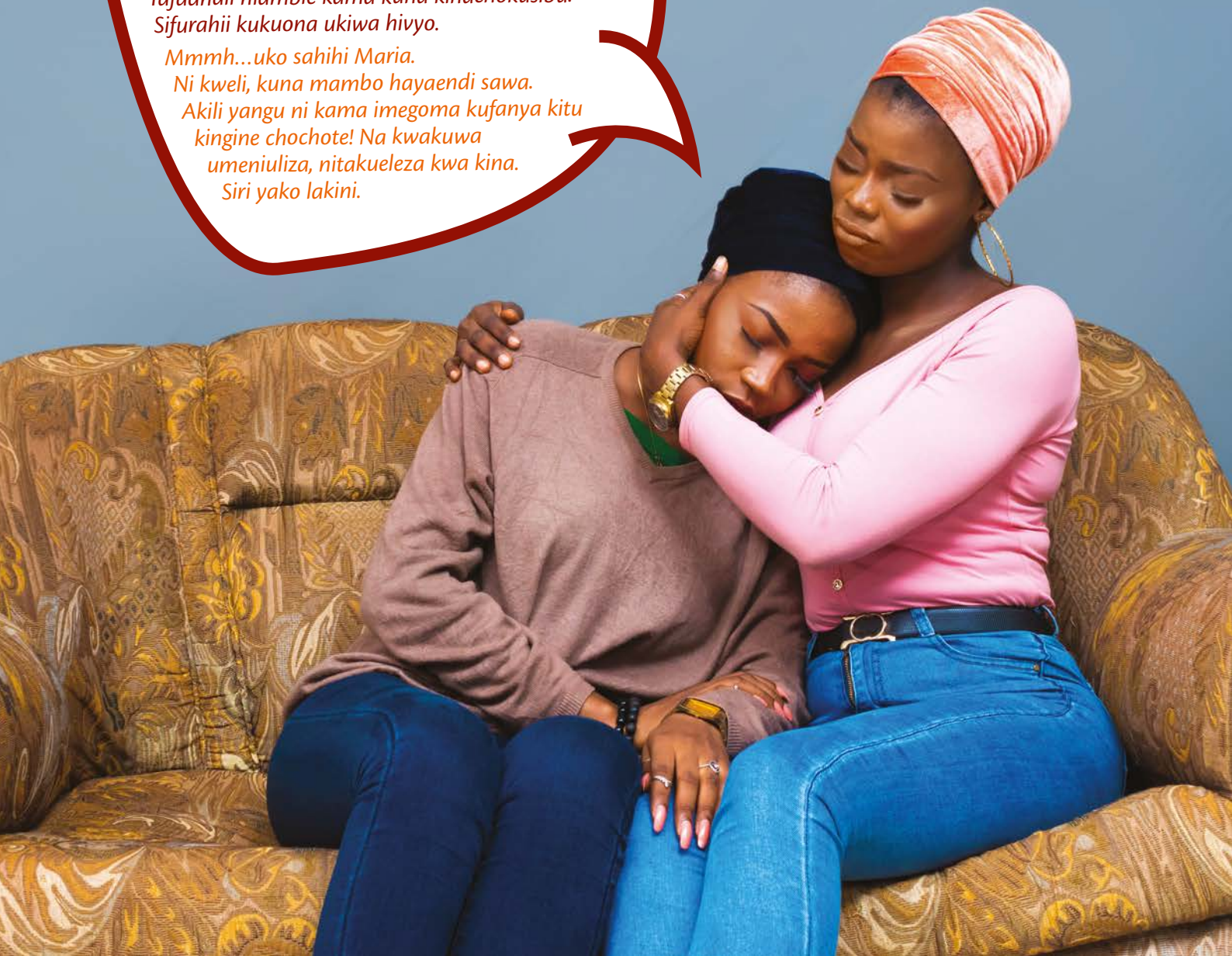
Halafu, nimekumbuka, hata kwenye gemu juzi hukuwepo! Wewe si wa kukosa mpirani. Tafadhali niambie kama kuna kinachokusibu. Sifurahii kukuona ukiwa hivyo.

Mmmh...uko sahihi Maria.

Ni kweli, kuna mambo hayaendi sawa.

Akili yangu ni kama imegoma kufanya kitu kingine chochote! Na kwakuwa umeniuliza, nitakueleza kwa kina.

Siri yako lakini.





Huu ndiyo urafiki

Mnapokuwa rika moja, mna-chill pamoja, labda mko shule, shamba au kita'a ni rahisi kwenu kujenga urafikina kufahamiana vizuri. Kwakuwa mnafahamiana, yanapotokea mabadiliko kidogo tu kwa mwenzako utayagundua haraka. Kama rafiki, unapaswa kuwa msaada wa kwanza kwa mwenzako ambaye unahisi ana matatizo ya akili au ugonjwa wa akili. Bila shaka umekwisha soma makala ya Sema Tenda! na sasa unafahamu maana ya matatizo ya akili au ugonjwa wa akili. Sasa je, utamtambua je rafiki mwenye matatizo ya akili?

Hivi hapa ni baadhi ya viashiria

*** Kujitenga:** Ni kama hataki mtu yeyote ajue kinachoendelea kwenye maisha yake. Hachangamani na wenzake, hasa wale waliokuwa watu wake wa karibu. Hata kama mko naye whatsapp group, utashangaa 'analeft' tu. Kama ni mwanafunzi, anaweza kuanza utoro.

*** Kukata tamaa:** Kwenye mazungumzo utasikia kauli zinazoashiria kukata tamaa. Haoni kama kuna maisha mbele yake. Haweki mipango ya muda mrefu. Ukimuuliza mipango ya mwakani anaweza kusema "aargh, wa kupanga nitakuwa mimi bana? Hata sijui kama mwakani nitafika."

*** Wasiwasi/hofu/woga:** Anaweza kuogopa hata vitu ambavyo kwako na kwa wengine vinaonekana ni vya kawaida tu.

*** Ukimya:** Anakaa kimya na anaonekana kuwa katika lindi la mawazo. Wakati mwingine anaweza kutiririsha machozi tu.

*** Hasira:** Ana hasira za haraka na zisizokuwa na sababu. Hata jambo dogo ambalo kwa kawaida asingekasirika, linaweza kumkasirisha sana.

* Kuacha vitu anavyovipenda

Pengine alikuwa mpenzi wa mpira, ghafla humwoni mpirani. Au alikuwa anapenda mwonekano mzuri, ghafla hataki kuoga, kubadili nguo wala kujiweka nadhifu.

*** Kukosa usingizi:** Anaweza kuchelewa sana kulala, au anaamka katikati ya usiku anashindwa kulala tena.

* Mabadiliko katika ulaji

Anaweza kupoteza hamu ya kula au kula msosi mwingi kuliko kawaida.

*** Tabia hatarishi:** Anaweza kuanza tabia hatarishi kama ulevi wa pombe, bangi au dawa za kulevyu.

* Kuona vitu ambavyo wengine hawavioni

Mfano mmekaa pamoja, anapiga kelele anasema nyoka huyo wakati nyinyi wengine hamwoni nyoka!

*** Maumivu:** Anaweza kulalamika kuumwa kichwa, tumbo au mgongo na wakati mwingine mwili kukosa nguvu.

*** Kuzungumzia kujidhuru au kudhuru wengine.**





Ukihisi rafiki ana tatizo, ufanyeje?

- * Usipuuze viashiria vyovyote vya ugonjwa wa akili au matatizo ya akili kwa rafiki yako. Uwezekano wa kutibu tatizo ni mkubwa sana kama atagundulika na kutibiwa mapema.
- * Mtafute faragha, muulize. Fanya kama Maria alivyomuuliza Suzy. Usimuulize uko poa? Ataona kama unamsanifu. Mwambie siku kadhaa hizi naona hauko sawa. Naweza kukusikiliza kama uko radhi kuzungumza nami.
- * Usiwe mzungumzaji mkuu. Mwache akueleze kinachomsibu na namna anavyojisikia. Msikilize na umwoneshe kwamba unamwelewa.
- * Usitake azungumze kile ambacho hajisikii kukwambia. Pia usimshirikishe mtu mwingine bila ridhaa yake, isipokuwa kama unaona anazungumza maneno yanayoashiria kujidhuru au kumdhuru mtu mwingine.
- * Mkumbushe kwamba unamjali, upo kwa ajili ya kumsikiliza na ikiwezekana kumsaidia. Hana sababu ya kukata tamaa.
- * Mshirikishe katika mambo mbalimbali. Usimwache mnapokwenda kula, michezoni au mnapokutana kama club. Kwakuwa unajua shida yake, hakikisha yupo na anashiriki.
- * Muulize angependa umsaidieje? Kumpeleka hospitali akazungumze na mtaalam au kuwashirikisha watu wengine. Usiwaambie wengine bila ridhaa yake, huwenda wewe ndiye mtu pekee aliyekwambia kinachomsibu.
- * Ikiwa unafahamu mtu mwingine aliyewahi kupitia tatizo analolipitia yeye, muulize kama yuko radhi muunganishe na mtu huyo azungumze naye. Wakati mwingine kuwasikiliza wengine wenye shida kama yako kunakufanya uanze kuona ni ya kawaida na unaweza kupata ufumbuzi.

- * Ikiwa anasema na kurudiarudia maneno yanayoashiria kwamba anataka kujiua au kujidhuru au kumdhuru mtu mwingine, mshirikishe mtu mzima ambaye unajua anaweza kusaidia.
- * Mhakikishie rafiki yako kwamba anaweza kuongea nawe wakati wowote atakapohitaji kufanya hivyo. Msamehe na mvumilie kama wakati mwingine anatumia maneno makali au anasusa.
- * Ikiwa atakataa kuzungumza nawe mara ya kwanza, usikasirike na kumwacha. Muulize kama kuna mtu mwingine ambaye anajisikia huru zaidi kuzungumza naye.
- * Kuna lugha za kuepuka unapoongea na mtu huyo. Usimwambie “mambo madogo bana hayo, potezea”. Yeye kwake ni makubwa na ndiyo maana amefika hapo. Badala yake mwambie “nakuelewa unavyojisikia...”
- * Epuka kutumia lugha ambayo itamfanya ajione mwenye hatia. Katika hatua hii anahitaji kufarijiwa kuliko kulaumiwa kwasababu huwenda tayari hata yeye ameshajilaumu kwa baadhi ya maamuzi, hivyo ukimlaumu ni kama unamtonesha kidonda.



KUMBUKA

Usimshinikize kukwambia kitu ambacho hayuko tayari kukisema. Kumwambia mtu mambo ya ndani inahitaji ujasiri na imani kubwa kwa mtu huyo. Unachopaswa kufanya ni kumtengenezea mazingira yatakayomfanya akuamini na kukueleza kinachomsibu. Kuwa rafiki wa kweli!



NGOMA NZITO!

NA POWER TEAMS

Sekela, Issa, Baraka na Geoffrey ni marafiki wa karibu sana. Lakini kwa muda mrefu marafiki hawa hawajamwona mwenzao Geoffrey. Hakutani na wenzake kama ilivyo kawaida. Wamejaribu mara kadhaa kuwasiliana naye kwa simu lakini hawajafanikiwa.

Sekela: Washkaji, kuna mtu kamuona Geof hivi karibuni?

Issa: Oh Sekela! Bora umemzungumzia huyo mtu! Yani nimemfikiria sana leo asubuhi. Sijaonana naye kitambo sana!

Baraka: Kama vipi tumzukie ghetto kwake!

Issa: Kweli aisee! twendeni!



Sekela, Issa na Baraka wanafika ghetto kwa Geoffrey. Wanakaribishwa na mazingira machafu yanayoashiria hakuna mtu..

Sekela: Huyu mtu kasafiri nini? Hawezi kuwa hapa. Sio kwa uchafu huu.

Baraka: "Geoffrey!"

Sekela: Mmh, mbona kimya?!

Issa: "Geoffrey!"

Geoffrey: "Ondokeni! Naomba mniache."

Sekela: Kumbe yupo bwana!



Geoffrey anatoka nje kiunyonge akionyesha ni mtu mwenye simanzi. Ni mchafu, ni kama hajaoga muda mrefu na nywele timutimu.



Geoffrey: Kuna usalama gani hapa? Mmekuja na Sekela ghetto kwangu! Mjue ni msichana huyu, atanionaje sasa? Si ataniona dhaifu?

Geoffrey: (Akiwa ameangalia chini na sura yenye huzuni) Mnasemaje!?

Sekela: Aaaaah! Geof swali gani hilo? Sisi tulikuwa na wasiwasi na hali yako, uko poa lakini?

Geoffrey: Niko poa tu. Nyie nendeni!

Issa: (Akicheka kiutani) duuuuh! Geof, vipi umeachwa? Tuambizane!

Sekela: Hahahahaha! Ndio maana hata mahaba niue na wifi yetu siku hizi siyaoni mtandaoni.

Baraka: (kwa hasira) Oyaaa! Embu acheni hizo. Mnaona mwenzenu hayuko sawa, bado mnamtania vitu kama hivyo? Geof tuambie, nini kinakunyima amani.

Geoffrey: (Anainamisha kichwa kwa huzuni huku akizuia machozi yasitoke) Ni mambo madogo tu. Nitayamaliza kiume.

Baraka: Geof, sidhani kama ni madogo. Hadi unajifungia ndani, huji chuo na umeporomoka kimasomo! Hapana! Funguka. Hapa ni mahali salama.



Baraka: Geof sisi sote ni binadamu na ni kawaida kupata matatizo. Ni vizuri ku-shea matatizo yako na mtu unayemwamini, haijalishi jinsi yake, na huo ndio mwanzo wa kupata msaada. Usiogope Geof, jiamini. Ok?

Geoffrey: Kuna changamoto ambazo nazipitia, hali si shwari, ila lazima nijikaze mtoto wa kiume.

Issa: Nini tatizo?

Geoffrey: (Huku akilia kwa uchungu) Sijui hata niwaelezeje.

Sekela: Sema tu Geof. Pia nisamehe nilikucheka mwanzoni. Naona sasa kumbe ni ishuru kubwa.

Geoffrey: Najua ni miezi miwili tangu itokee, ila nashindwa kabisa ku-cope. Nammiss bro kichizi. Amefariki ameniacha peke yangu!!!! (akaanza kumwaga machozi.) Ameniaaaaaachaaaa.

Sekela: (Akamkubatia). Oh! pole sana Geof. Jikaze.

Geoffrey: Najitahidi. Lakini, nimeshindwa kukubaliana nalo. Ninajifungia, sijisikii kufanya chochote. Mama na baba walishatangulia, tulibaki wawili tu. Sasa niko peke yangu! Basi! Peke yangu! Siwezi!

Baraka: Pole sana Geof. Ungetushirikisha...usikae kimya.





Issa: Geof, kuomboleza ni mchakato mrefu. Inachukua muda. Unahitaji kukaa na marafiki wakufariji.

Baraka: Kweli Issa, embu mwambie.

Issa: Najua jinsi unavyojisikia. Nilipatwa na hali hiyo hiyo nilipofiwa na binamu yangu. Tulikuwa karibu sana. Tulifanya kila kitu pamoja. Na nilikuwa na majonzi kwa muda mrefu sana. Huwenda ikawa unapitia hali ambayo kitaalam inaitwa Sonona. Toka ndani, kutana na watu, zungumza na wale unaowaamini, itasaidia.

Sekela: Na ikiwezekana nenda hospitali, kaonane na daktari.

Baraka: Tena ikibidi kulia, lia tu.

Geoffrey: Kulia?

Sekela: Ndio. Kulia ni njia nzuri. Inakusaidia kupunguza maumivu.

Baraka: Ni kweli Geof. Nalia mara nyingi tu. Na pia kama alivyosema Issa, kufunguka hufanya ujisikie vizuri. Unajisikiaje sasa baada ya kutueleza?

Geoffrey: Najisikia vizuri! Asanteni sana wana kwa kunisikiliza. Kiukweli nilikuwa naogopa kuwaambia kwasababu nilidhani mngesema mwanaume najidekeza, na muda umepita nipoe tu. Nimeona kwamba kufunguka kuhusu matatizo yangu mbele yenu hasa mbele ya Sekela ni jambo jema.

Issa: Tena, ni muhimu kuelezea matatizo yetu kwa watu wetu wa karibu bila kujali kama ni wasichana au wavulana. Na ikiwezekana nenda hospitali kwa msaada zaidi.

Sekela: (anacheka huku akimwalia Geoffrey) Hahahaha! Geof, kwahiyu ulikuwa unaniogopa eenh?

Geoffrey: (kwa tabasamu la furaha anamkumbatia Sekela) asante sana Sekela, kweli wewe ni binti shujaa.

Geoffrey: Karibuni ndani.

Sekela: Asante sana Geof. Tena, wacha tukusaidie kufanya usafi.

Issa: Kabisaaaa.



Hili ni tukio la kweli ambalo mmoja wa Power team members alipitia. Ila Geoffrey ameigiza tu.

Habari watu wa nguvu! Ni kwa mara nyingine tunakutana katika uwanja wetu wa kujidai na kupaza sauti. Safari hii tunapaza sauti kidigitali zaidi. Yaani wadau wetu wamefunguka kupitia SMS 0753003001, barua pepe info@feminahip.or.tz, barua kwa njia ya posta S.L.P 2065 Dar, bila kusahau page zetu za facebook, Instagram na Twitter @femina Hip.

Pia, si unajua tulikuwa na Femina Youth Conference moja ya kibabe mwaka huu? Basi kulikuwa na kona moja matata ya Social media iliyopambwa kwa 'tv', mic, moyo, simu na vingine kedekede ambavyo vilikuwa vimetengenezwa kwa makaratasi! Yes, makaratasi! Very artistic! Watu walipata fursa ya kupozi na vitu hivi, kupiga picha na kutuandikia ujumbe. Picha unazoziona zikiwa zimepamba kurasa hizi zilipigwa katika social media corner. Cheki wenzetu walivyofunguka



SMS

**WATU WA SMS KWENDA 0753003001
NAO HAWAKUKOSEKANA**

Salamu za pongezi kwa Femina hip. Jumuiya ya sekondari kasololo inapenda kuwapongeza Femina hip kwa uelimishaji wa jamii na vijana kwa ujumla.

Habari wanajumuiya wa Kasolol. Team nzima ya femina Hip tunazipokea pongezi zenu kwa mikono miwili. Hakika nyinyi ni wadau muhimu. Mhariri!

Femina Hip pongezi sana ziwaendee kwa sababu mnaelimisha jamii. Na pia nawapa pongezi kwa kuchapisha mambo ya ubunifu, sanaa n.k. Fema ni moto, yaani ni fire, big up sana Fema! By Ngoko chacha, Bweri Sec Fema Club, Musoma.

Habari Ngoko! Ni faraja kwetu kusikia hivyo. Endelea kusoma Fema huku ukielimisha na vijana wengine - Mhariri!

Kwa jina naitwa Rosemary Yusuf kutoka Shirati Rorya. Nasoma kidato cha pili. Natoa pongezi kwenu Femina Hip na napenda sana kusoma majarida yenu ya Fema hususan makala za Ruka Juu. Zinanifundisha mengi sana. Nawashukuru.

Hello Rosemary, nia yetu ni kuwafikia vijana wote Tanzania mlioko mashuleni ili muweze kuvuka hatua moja mpaka nyingine, kongole kwako na salam tumezipokea. Mhariri!



Twitter nako mambo ni fire! Ni mada juu ya mada. "Ukipata nafasi ya kuwashauri mabinti juu ya matumizi ya mitandao ya kijamii, utawashauri nini?"

@Vanessa Innocent _

The social media is not an area to facilitate cyberbullying rather a door of opportunities.

@Magomola Mdumbwa _

Waache kusambaza picha zisizo na maadili!



Tunamaliza na Instagram. Katika Femina Hip Youth Conference 2020, kila siku kulikuwa na swali la siku ambalo lilijibiwa na vijana waliohudhuria mkutano huu lakini hata wale ambao hawakuhudhuria walikuwa na fursa ya kujibu swali hili. Mojawapo ya maswali tuliyouliza ilikuwa ni “Ni nini cha kuzingatia unapotumia mitandao ya kijamii?”

=>nifferhissah_181

Kikubwa ni kujua nia ya kitu unachokipost, unacho-comment au unachokifuatilia. Angalia kinahusu nini, kwa jamii ipi, je unachotaka kupost kinaendana na sheria? Je, unachokifuatilia kina faida yoyote kwako?



Huko Facebook Femina ilitupia swali moja kali kabisa: “Katika kutimiza ndoto zako, ni muhimu kushinda vishawishi na tamaa ili kutimiza malengo yako. Usikubali zawadi za muda mfupi zikuharibie ndoto zako za muda mrefu. Hebu twende kwenye pointi, hivi ni vishawishi gani ambavyo wanafunzi wanakutana navyo?”

Glory Mihuwa

Vishawishi vya kuchukuliwa na usafiri na kupelekwa popote wanapotaka. Pia wanashawishika sana na smartphones. Siku hizi chips sio sana kama ilivyokuwa enzi zetu wengine.

Naimah Mushi

Ushawishi mkubwa kwa mabinti wa shule kwa sasa ni smartphone, fedha, usafiri (yaani lift wakati wa kwenda shule na kurudi nyumbani), chips-kuku. Yaani hivi vitu kijana asipokuwa makini anajikuta anaingia kwenye huu mtihamu. Pia wazazi wana nafasi kubwa katika kuwaelekeza jinsi ya kukabiliana na hizi changamoto na hali halisi ya dunia inavyokwenda.

Frances Benneth Jackson Jr.

Wanafunzi wanashawishika hasa watoto wa kike kwa kudanganywa na hela na kupewa ahadi feki kama kuolewa, kujengewa nyumba na kununuliwa gari. Hapo wanajikuta ndoto zao zinaishia njiani.

Virusi vya Corona ni nini

Kwa maneno rahisi, virusi vya Corona ni familia ya virusi ambavyo husababisha magonjwa ya njia ya hewa kama vile mafua na homa kali ya mapafu. Aina hii mpya ya virusi vya Corona iliyogunduliwa mwaka 2019 husababisha ugonjwa ambao umepewa jina la COVID-19, lakini wengi mtaani tumezoea kuuwa tu Corona. Ulianzia katika mji mmoja nchini China, lakini tayari umeathiri mamilioni ya watu katika mataifa mengi duniani, ikiwa ni pamoja na maelfu ya watu ambao wamepoteza maisha. Ni ugonjwa unaosambaa kwa kasi. Hapa kwetu Tanzania pia umefika.

COVID 19 inaambukizwaje?

Huambukizwa kutoka kwa mgonjwa kwenda kwa mtu mwingine kwa njia ya matone yatokayo mdomoni, puani na kwenye macho kupitia kukohoa au kupiga chafya. Wadudu hawa wanaweza kubaki kwenye maeneo au vifaa alivyotumia mgonjwa kama vile meza au vitasa, ndio maana tunashauriwa kunawa vizuri mara kwa mara au tutumie viua wadudu (sanitizer) ili kujilinda tusiambukizwe na tusiambukize wengine.

MUDA HADI DALILI KUONEKANA HUCHUKUA SIKU 2 MPAKA 14

(wastani wa siku 5) kwa binadamu kuanza kuonesha dalili baada ya kuambukizwa na virusi vya COVID-19 (incubation period)

Dalili zake



Homa kali



Kupumua kwa shida



Kikohozi kikavu



Maumivu kooni

Tufanye nini kuhakikisha virusi havisambai?

Hadi sasa hakuna chanjo wala tiba ya COVID19, wataalamu wanashughulika, lakini wanasema itachukua muda. Hata hivyo kuna mambo ambayo tunaweza kuyafanya sisi mmoja mmoja kuzuia kusambaa kwa virusi hivi.

- Nawa mikono vizuri, na mara kwa mara, kwa sabuni na maji yanayotiririka.
- Safisha mikono mara mara kwa kutumia vitakasa mikono (hand sanitizer)
- Epuka kugusa uso hasa karibu na mdomo, pua na macho
- Epuka kukaa katika makundi ya watu wengi. Kaa angalau mita moja kati ya mtu na mtu.
- Funika mdomo na pua unapokohoa au kupiga chafya
- Epuka kupeana mikono na kukumbatiana
- Nenda hospitali au kituo cha afya karibu nawe ikiwa unaona dalili zilizotajwa.

KUMBUKA

Ugonjwa huu unampata mtu yeyote, wa jinsi na umri wowote. Tusipuuze mbinu za kujikinga na kuwakinga wengine.

Namna bora ya kunawa mikono

Kunawa mikono ni msingi bora wa usafi na afya ya binadamu. Ni vizuri kunawa mikono hata wakati hakuna COVID19, lakini kwa sasa ni muhimu zaidi.



Lowesha mikono



Paka sabuni



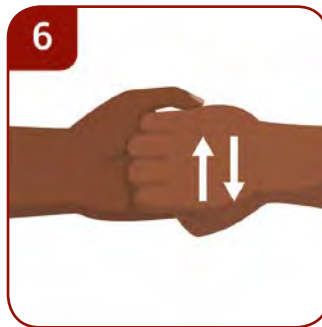
Sugua viganja



Sugua mikono kwa nyuma



Sugua katikati ya vidole



Sugua vidole kwa nyuma kwa kila kiganja



Sugua vidolegumba



Safisha kucha na ncha za vidole



Suuza mikono



Kausha mikono kwa tishu



Tumia tishu kufunga koki, kisha itupe



Mikono yako sasa ni misafi



Unapo mojawapo ya dalili za ugonjwa huu, wahi kituo cha huduma za afya. Vilevile toa taarifa kwenye kituo cha huduma za afya unapo mtu mwenye dalili za ugonjwa wa homa kali ya mapafu.

Kwa maelezo zaidi piga simu 199 bila malipo.



Na wababe wetu wa chalenji namba 26 ni....

Subiri kidogo. Nadhani kabla ya kutangaza mshindi mkuu na washindi wengine watano, kwanza kutukumbushane Chalenji no 26 ilihusu nini. Ilikuwa hivi: Tulizi-challenge Fema Clubs kutengeneza sehemu ya kunawa mikono karibu na choo/vyoo, ili wanafunzi wapate huduma hii muhimu ya kusafisha mikono mara baada ya kutoka chooni. Ubunifu na manjonjo ya kisomi yaliruhusiwa. Ukweli ni kwamba washiriki walikuwa wengi na wote walioshiriki walitu-surprise! Pongezi kwenu nyote mlioshiriki, kwani, hata kama hamkutangazwa washindi, kuna mambo kibao mmejifunza na mmejanya kitu chenye faida kwa shule nzima.

Mshindi wetu wa kwanza ni... Magufuli High School - Geita

Hawa ni wanaFema kutoka Kanda ya Ziwa. Wamekiwasha kwelikweli! Ubunifu wao ni wa viwango, haupimiki. Kama unavyowaona hapo pichani wakiwa wamepozi na Mkuu wao wa Shule. Kongole kwenu Magufuli na kila la kheri kwenye kuchagua watakoawawakilisha katika Femina Hip Youth Conference 2021!!

Zawadi kwa Magufuli High school ni

Kuhudhuria Femina Hip Youth Conference 2021
Tisheti 20 za Femina
Khanga za Femina doti moja

Washindi wengine watano ni:

- Kwedizinga Secondary School - Tanga
- Buyuni Secondary School – Dar es Salaam
- Kinyonga Fema Club - Mwamalele Secondary School – Simiyu
- Malampaka Secondary School - Simiyu
- Soya - Dodoma

Washindi hawa watano wamejishindia doti moja ya khanga kila mmoja kwa ajili ya shughuli za club. Pongezi nyingi kweni nyote mlioshiriki. Tuna imani mtaendelea kushiriki chalenji zote zijazo.



Magufuli High school

**Ripoti za
CHALENJI no 28
zitumwe kabla ya
SEPTEMBER 15, 2020.
GOOD LUCK!**

CHALENJI NO. 28

Kwakuwa toleo hili linahusu afya ya akili, na kwakuwa tumesoma, tukarudia, tukajelimisha vya kutosha kuhusu mada hii, sasa ni muhimu tuifikishe elimu kwa wenzetu ili hatimaye jamii nzima iwe na ufahamu juu ya afya ya akili.

Challenge yetu inakwenda kwa jina Seven Days of Mental Health Education, au kwa lugha yetu wabongo tuseme Siku Saba za Uelimishaji Kuhusu Afya ya Akili. Imetulia hiyo eenh?

Club yenu iweke mkakati wa siku saba kamili – zisipungue wala kuongezeka. Ndani ya siku hizo saba andaeni mkakati wa namna mtakavyoelimisha jamii iliyowazunguka kuhusu Afya ya Akili. Mtatumia mfumo gani? Mtafanya nini siku ya kwanza, ya pili, ta tatu.....hadi ya saba. Mkishaweka mkakati huo, sasa fanyeni hiyo kazi yenyewe ya kuelimisha jamii. Kisha mtutumie ripoti iliyoambatana na picha au video ikieleza na kuonyesha namna mlivyojipanga na kutekeleza siku kwa siku, hadi zitimie hizo saba. Kumbuka kwamba siku saba hizi sio lazima ziwe katika mtiririko unaofuatana. Nyinyi angalieni tu ratiba yenu, muhimu ni kumeeet deadline. Au vipi?

VIGEZO VYA USHINDI

- * Ubunifu.
- * Ripoti iliyoambatana na picha au video kama ushahidi wa kufanyika kwa challenge.
- * Kazi iwe imefanywa na club na si mtu mmoja.

WASHINDI KAMA KAWA NI SITA

Mshindi wa kwanza atashinda fulana ishirini (20) za Femina, khanga za Femina doti moja na kuhudhuria Youth Conference 2021. Kutakuwa na washindi wengine watano ambao watajishindia doti moja ya khanga kwa kila club.

Kwenye subject andika chalenji no 28. Unaweza kutuma kwa barua pepe au kwa posta au kuleta kwa mkono.

Angalia mawasiliano yetu ukurasa wa mwanzo. Washindi watatangazwa toleo la 57.

COMPETE & WIN

Compete and Win!!! Naam, lile shindano lenu kabambe, bado lipo kama kawa. Ni namna rahisi kabisa ya kujinyakulia Tshirt bomba kutoka Femina! Kumbuka, majibu ya maswali yote yanapatikana humu, hivyo ni rahisi mpaka basi!

Kingine cha kukumbuka: Idadi ya washindi pia imeongezeka! Badala ya washindi kumi (10), sasa washindi ni ishirini (20). Hii inaongeza wigo wa ushindi. Sasa kazi kwako!

Jinsi ya Kushiriki

- * Mtu yeyote anaweza kushiriki shindano hili.
- * Ni shindano la mtu mmoja.
- * Andika maswali na majibu yako katika karatasi nyingine, sio kwenye ukurasa huu.
- * Unaweza kutuma majibu yako kwa barua pepe au kwa njia ya posta (angalia mawasiliano yetu ukurasa wa mwanzo wa toleo hili). Kwenye subject andika COMPETE & WIN.
- * Hakikisha unaweka anwani yako ya barua na ikiwezekana weka namba yako ya simu.
- * Washindi watakuwa ishirini (20) na kila mshindi atajinyakulia fulana kutoka Femina. Changamka!

**MAJIBU
YATUMWE KABLA
YA SEPTEMBER 15, 2020.**
Jinsi ya kutuma:
angalia anwani ukurasa wa
mwanzo kabisa.
Washindi watatangazwa
katika toleo no 57.

Washindi wa toleo la 53

- | | |
|---|--|
| 1. Mussa Mustafa Ramadhani
– Kibasila Sec, Dar | 11. Yohana Maige – Ushirombo Sec, Geita |
| 2. Asha Rashid – Ndolwa Sec, Tanga | 12. Stella Mabula – Mwamashale Sec, Kishapu |
| 3. Grace John – Dakawa Sec, Morogoro | 13. Samwel Gordian – Luegu Sec, Songea |
| 4. Daudi Katiya – Kantalamba Sec, Rukwa | 14. Lichald Boaz – Rugunga, Geita |
| 5. Patrick Christopher Litta
– Malangali Sec, Iringa | 15. Gambanana Mabuga Daniel
– Bashai Fema Club, Manyara |
| 6. Alex Samwel – Dr Nchimbi Sec, Mara | 16. Tumain M. Joseph – Malili Sec, Simuyu |
| 7. Mary Kapinga – Litembo Sec, Mbaga | 17. Eleonora Filimon – Dakawa High School,
Morogoro |
| 8. Fatma Ahmad Ulaya
– Nitekelu Sec, Mtwara | 18. Mourine Msingwa – J.J. Mungai Sec,
Mafinga |
| 9. Tusajigwe J Kuchapa – Masonya Sec,
Ruvuma | 19. Patrick Mshana – Folk Development
College, Njombe |
| 10. Mariam Mayengo – Lugunga Sec, Mbogwe | 20. Ajira Mussa – Ruvu Sec, Pwani |

KULIA

4. Waliishi zaidi ya miaka milioni 200 iliyopita
6. Wanatengeneza mapambo kwa kutumia chupa
7. Matatizo mengi ya afya ya akili yanatibiwa kwa
8. Anapenda kuzungumza na vijana kuhusu masuala binafsi
9. Ni miongoni mwa vitu muhimu vinavyoendesha maisha yetu
10. Club Bora ya Mwaka kwa Mkoa wa Ruvuma
14. Dunia kiganjani mwako, chezasalama.....
15. Ndiye aliyehamasisha uundwaji wa network ya Sengerema

CHINI

1. Ni vizuri kushea matatizo yako na mtu
2. Ni mkoa wa kwanza nchini kuwa na mradi wa mabasi yaendayo kasi
3. Ameinua kiwango cha ufaulu kwa vijana wa club hasa mabinti
5. Anakuwa na ujumbe kwa clubs karibu katika kila toleo la Fema
8. Ni miongoni mwa kumi wa kipekee kutoka Tanga
11. Baba yake alimfundisha mambo mengi kuhusu maisha
12. Kufunguka hufanya ujisikie.....
13. Ni mkoa ulioitoa Club Bora ya Mwaka
15. Wanalima nyanya, migomba na nanasi



**MAONGEZI
TIBA**

KATUNI



femina
hip

SI MCHEZO!

femina
hip

HALIUZWI

OCTOBER - DECEMBER 2020

fema

**Host. Stylist.
Entrepreneur.**

BUDGET!

**Unahitimu soon?
Kifuatacho?**

**MAMBO MAGUMU?
PAMBANA!**

KILIMANJARO

WASILIANA NA FEMINA



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ANUANI YA POSTA
Femina Hip
S.L.P 2065, Dar es Salaam,
Tanzania



EMAIL
info@feminahip.or.tz



TELEPHONE +255 222 700 742
SMS 0753003001

Una maswali, mrejesho au mapendekezo
kuhusu kazi zetu?
Au kuna tatizo lolote la ufikaji wa
Fema katika shule yako?
Tuma SMS kwenda **0753003001**
kuwasiliana nasi!

This is an invitation.

Karibu, jiunge nasi tupate uhondo pamoja. We know you have been eagerly waiting for this issue, the one that concludes the year and sets the pace into the new one. Well, 2020 may have challenged us all in various ways but we learned a lot from those challenges and obviously want to step into the new year with fresh plans, au sio? Let's use the next three months thinking about those plans, and this issue will definitely give us a better understanding of something that goes in and out of our plans every day – money. Whether you earn an income, or someone supports you to get your day going, you will find this issue enlightening, it's a show you don't want to miss.

Our host, Irene K Haule styles the entry with a captivating story of her own interesting encounters, and you may be happy to know that she is not the only one who is sharing a piece of their lives that we can relate to; yaani ni kwamba watu wamefunguka, hawataki uachwe nyuma. Upo hapo?

As a Swahili saying goes, mali bila daftari hupotea bila habari, in this issue you will learn how to tell your money where to go so you don't have to wonder where it went when it's all gone. Talk to your money, however small!

There is also more and new on your regular favourite sections, so flip and read, leave no page unturned.

Let's get this party started.

Umetusoma
eenh?

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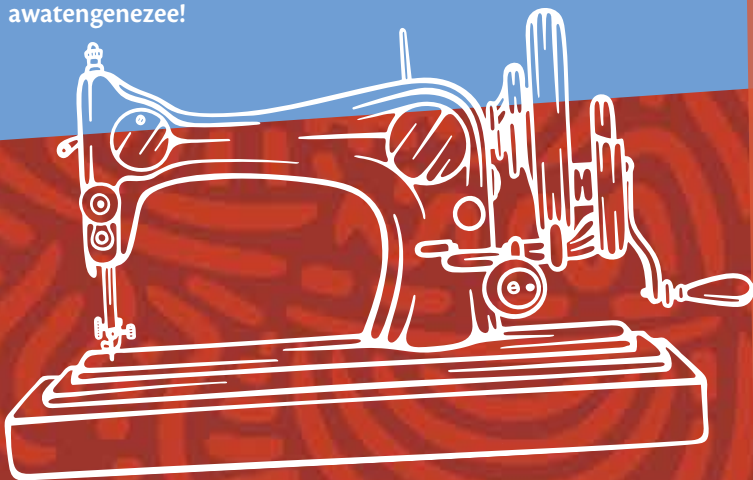
MSHEREHESHAJI. MREMBESHAJI. MJASIRIAMALI.

NA AMABILIS BATAMULA

Unakuwa na mtindo fulani hivi wa nywele, unakufanya utokelezee.

Ukipita watu wanageuka, wananong'onezana, wanauzimia. Mtindo huo unakufanyia maajabu; unakutambulisha katika soko kama mtaalam wa kuwapa watu mwonekano bomba. Utaupa jina gani? Kitegauchumi? Labda.

Irene Haule ni binti pekee katika familia yenye watoto wanne. Ni wa tatu kuzaliwa na ana miaka 29. Mama yake ni mwalimu, baba yake ni mfanyabiashara. Anawapenda sana wazazi wake. Irene ni mama wa watoto wawili; wa kike mwenye miaka miwili na wa kiume mwenye miaka sita. "Nawapenda sana wanangu. Sitaki wakose mahitaji yoyote muhimu, hata siku moja." Irene alichagua kuupa mtindo wake jina la Kingoni; *Nachi*; maana yake kwa Kiswahili ni binti. Alipenda mtindo wake ujulikane hivyo kwasababu alijiskia fahari kuwa msichana, tena binti shupavu mwenye kujiamini na anayeamini katika kujitengenezea kipato japokuwa bado alikuwa chuo. Hivyo, *Nachi* ikawa brand yake ya kwanza katika kazi zake za ubunifu. *Nachi* ilimfungulia milango ya ujasiriamali. Akachagua kuwa model wa mitindo yake mwenyewe. "Unatengeneza wapi nywele zako?" Walimuuliza wenzake wa Chuo cha Elimu ya Biashara. "Natengeneza mwenyewe," alijibu, na papo hapo waliomba awatengeneze wao pia. "Na hereni zako je? Mabegi yako ya kitenge? Bangili zako?" Kila walipogundua kwamba vitu vyote hivi anatengeneza mwenyewe, nao walimwomba awatengenezee!



HOST. STYLIST. ENTREPRENEUR.

BY AMABILIS BATAMULA

You have this hairstyle that makes you dope. People are turning to look at you everywhere you go. They love it! That hairstyle goes on to do you wonders; it introduces you in the market as an expert in giving people spectacular looks! What name will you give it? Money maker? Perhaps.

Irene Haule is the only daughter in a family of four. She was born the third, 29 years ago. Her mother is a teacher and the father a businessman whom she both loves very much. Irene is a mother of two; a two-year old girl and six-year old boy. "I love my kids so much. I never want them to lack any of their necessities, not even for a day."

Irene chose to give her style a Kingoni name; *Nachi*. In Kiswahili it means a girl, and this was important to her because she was proud to be a girl – a brave girl who believed in herself and believed in making an income although she was still in college. Hence *Nachi* became the first brand of her creative work.

Nachi opened the gates to entrepreneurship. Irene chose to model for her own work showcasing her hairstyles. "Where did you get your hair done?" her colleagues at the College of Business Education would ask. "I styled it myself," She would answer, and just then, they would all request that she style their hair too. "And your earrings, your cloth bags and your bangles?" Immediately after they found out that she made them, they asked her to make some for them too!



Lakini, hiyo ilikuwa zamani. Penguin hivi karibuni umeona picha zake mtandaoni @star_ik_the_host au kwenye promo za Fema Radio Show, au huenda ulimwona kwenye Bongo Star Search (BSS) mwaka 2010 ambapo alikuwa mshiriki namba saba. Star I.K the Host hivi sasa ni brand yake maarufu. Anasema ni kifupi cha majina yake, Irene Koku, kisha anaishibisha kwa kutambulisha aina ya kazi anazozifanya; *hosting*. Kama unahitaji mshereheshaji kwenye shughuli yako, atakuja na itabamba! Nilipoongea naye nilijifunza mengi kutoka kwake, lakini kuna mambo matano ambayo niliyabeba kwa uzito mkubwa. Ni sifa tano kati ya nyingi alizonazo.

Ubunifu

Sauti yake ndiyo iliyomfikisha Fema Radio Show, imekaa flani hivi utapenda kuisikiliza. Wakati hayuko hewani unaweza kumkuta viwanja akiendesha Karaoke; anaamshaamsha watu wapande jukwaani, waimbe, wacheke na kufurahi. Mshiko unaingia. "Napenda sana vitu vya culture, na vipo vingi ambavyo naweza kutengeneza," aliniambia, "lakini pia naweza kudesign kitu na kumpa mtu anitengenezee kama mteja wangu anataka. Wakati wa corona niliua barakoa nyingi sana. Hakuna kuachia hela ipite." Darasa. Akifanya kazi akipokea hela anazipangia majukumu maalum; mapato ya juice yatalipia umeme, malipo ya karaoke night yatanunua maziwa ya watoto, rasta vichwa vitatu, kibubu cha kurudi CBE, hivyo yaani. Ubunifu ni kipaji alichozaliwa nacho, lakini kila siku anakipiga msasa ili kisipate kutu.

"Nairobi ilinifundisha mengi. Sio karaoke tu, bali hata sanaa tofauti za shanga za kiafrika, bidhaa za vitenge, mitindo ya rasta hiyo ndo usiseme. Nilijifunza mengi kuhusu maisha."

But that was a long time ago. Perhaps recently you have seen her pictures online @star_ik_the_host or in the promos of Fema Radio Show, or maybe you saw her in Bongo Star Search(BSS) 2010 where she was contestant number 7. Star I.K the Host is now her famous brand. She says it is an acronym of her names Irene Koku then she qualifies it with an introduction of the work she does; hosting. If you want her to host your function, she'll come, she will make it terrific. I learned a lot from her, but here are five things that I gave more weight to. They are just five of the many qualities she possesses.

Creativity

It's her voice that brought her to Fema Radio Show, it is this wonderful voice you will like to listen to. When she is not on air you might find her leading karaoke sessions. She gets people on stage, to sing, laugh and be happy. It pays her. "I really love traditional products and there are a lot that I can make," she told me. "But I can also design something and get someone to make it if my customer wants it. During corona I sold a lot of masks. Can't let money pass me by". Lesson. When she gets paid, she assigns the money to specific duties. Like, earnings from selling juice will pay for electricity, earnings from karaoke nights will buy milk for kids, braids for three clients goes to saving for going back to CBE. Creativity is her inborn talent but every day she polishes it so that it doesn't rust.

“Nairobi taught me a lot. Not just karaoke, but also the art of African jewelry, kitenge products and lots of dreadlocks styles. I learnt a lot about life too.”

Uthubutu

Kuthubutu kwake kujitosa BSS kulimbeka akajikuta yuko Mwanza, baada ya Mkurugenzi wa shindano hilo, Madam Rita, kuvutiwa naye. Akamuunganisha na hoteli moja jijini humo ambapo alipata fursa ya kuwa afisa masoko, na alijifunza mengi kupitia kazi hiyo. Haikuchukua muda mrefu, akajikuta Nairobi, mahali ambapo haikuwa rahisi kwake kushawishi wazazi wake wamruhusu kwenda. Lakini kwakuwa alifahamu kwamba kuna wateja wengi wa *dreads* aliwaomba wazazi wake akakae kwa auntie yake, wakaridhika.

Akiwa Nairobi, *deal* la nywele lilikuwa si la kitoto, haikuchukua muda akafungua saluni. Na alipokuwa huko ndipo alipogundua kwamba anaweza kufanya karaoke.

“Nairobi ilinifundisha mengi,” Irene anasema. “Sio karaoke tu, bali hata sanaa tofauti za shanga za kiafrika, bidhaa za vitenge, mitindo ya rasta hiyo ndo usiseme. Nilijifunza mengi kuhusu maisha. Kulikuwa na changamoto za kuishi ugenini kama vile vibali vya biashara na mambo kama hayo.” Stadi hizo zinamsaidia sana sasa kuendesha maisha yake katika Jiji la Dar es Salaam.

Kuthubutu ni sehemu ya utamaduni wake. Anasema kuijaribu fursa ni nusu ya kuipata.

Unyumbufu

Yapo mengi yaliyokwenda kinyume cha matarajio yake katika maisha, lakini anasema siku zote kuna ‘Plan B’. Alipokuwa sekondari ndoto yake ilikuwa ni kuwa daktari, lakini alifeli somo moja kwenye mtihamu wa kidato cha nne.

Akashuka kwenye basi liendalo kwenye udaktari, akapanda jingine, liendalo CBE. Maisha.

Unyumbufu wake ulimwezesha kufanya mengi na kumpa nafasi nzuri ya kutandaa.



Daresome

Dare to dream they say; and that’s just what Irene did! Her application to BSS landed her in Mwanza, after the competition director, Madam Rita, was impressed by her. There she worked as a marketing officer for a hotel, and it was an experience she learnt so much from.

Not long after, she found herself in Nairobi, a place that had not been easy to convince her parents to let her go. But knowing that there was a large market for dreadlock styling, she resolved to stay with her aunt to bring her family solace. In Nairobi, the hair deal became a big deal, so she soon opened and ran a salon. It was during her stay in that city that she realized she could do karaoke.

“Nairobi taught me a lot,” Irene says, “Not just karaoke, but also the art of African jewelry, kitenge products and lots of dreadlocks styles. I learnt a lot about life too. There were challenges of being in a foreign country, like acquiring business licenses and stuff like that.” Everything she learned there comes in handy now in her business in Dar es Salaam.” Daring is her style. She says trying an opportunity is halfway to getting it.

Flexibility

A lot has gone against her expectations in life, but she says there is always “Plan B”. When she was in secondary school her dream was to become a doctor, but she failed one key subject in her form four exams. She left that route and took the one headed to CBE. Life. Her flexibility helped her do a lot of things and gave her a chance to grow.



Uaminifu

"Mtu anapokuamini kwamba utampatia bidhaa au huduma anayoihitaji, una wajibu wa kufanya hicho hicho anachokitarajia, si vinginevyo," aliniambia. Wapo wanaoamini *choices* zangu. Wananituma niwachagulie vitu – nguo za harusi, viatu, hata makochi ya kuweka nyumbani, chochote! Kwangu hiyo ni kazi pia, siiachii." Uaminifu wake ndio unaowapa imani wateja, wanajua hatawaangusha.

Uchangamfu

Irene anasema, zamani alikuwa mwenye aibu sana, lakini sasa ni miongoni mwa watu ambao katika kundi lazima aongee, achange mada, acheshe. Shughuli zake zimemjengea mtandao mkubwa wa watu na marafiki anao wengi. "Uhusiano mzuri na watu ni jambo la muhimu katika maisha. Tunaishi kwenye jamii, na jamii ni watu," aliniambia. Irene kwa sasa ana ma-bestie wake wanne. Hawa ni sehemu kubwa ya maisha yake, katika shida na raha. Miongoni mwa malengo ambayo amekuwa akiyafanyia kazi ni kuongeza elimu yake katika biashara. Mwaka jana alifanikiwa kuingia tena CBE kutimiza ndoto yake. Anasoma kwa hatua kidogo kidogo huku akiendeleza biashara zake, wakati huo huo anatumia kipaji chake cha michezo. Ni mchezaji wa kutegemewa wa timu za netiboli na kikapu chuoni hapo.

"Kinachofuata sasa ni kukipeleka katika hatua nyingine kipaji changu cha hosting. Nimeshaanza mchakato mkubwa".

"My next move is to take my hosting talent to the next level. I have already set that process in motion."

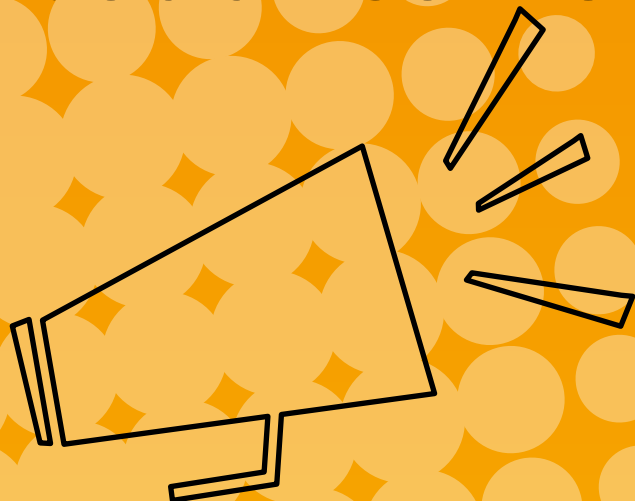
Honesty

"When someone trusts you to give them the product or service, you have the responsibility to do what they expect and not otherwise," she says. "There are those who trust my choice. They send me to choose things for them - wedding outfits, shoes, even couches for their homes, anything. To me it's also work; so I do it. Her honesty is what gives faith to the customers, they know she won't let them down.

Cheerfulness

Irene says she used to be very shy but now she is one of those people who must speak in a group, she contributes and makes jokes. Her engagements have built her a large network of people and even more friends. "Good relationships with people are important in life. We live in a society and the society is people," she told me. Irene now has four best friends. These are a big part of her life, in happiness and in sorrow. One of the goals she has been working on is to further her business education. Last year she went back to CBE to fulfill her dreams. She is studying at her pace as she develops her business, at the same time utilizing her talents in sports. She is a dependable player on the university's netball and basketball teams. "My next move is to take my hosting talent to the next level. I have already set that process in motion."

Kuahirishwa kwa Youth Conference 2021!



Sema na Fema? Paza sauti yako!

Mmmmh, inawezakana ukadhani umekosea kusoma, la hashu, umesoma kichwa cha habari vizuri kabisa na wala hujakosea. Kwa masikitiko makubwa tunapenda kuwafahamisha kuwa kwa mwaka 2021 hakutakuwa na mkutano wa mwaka wa vijana ambao hufanyika mwishoni mwa mwezi wa kwanza kama ilivyo ada (Youth Conference).

Baada ya kukaa na kutafakari, tuliamua kufikia uamuzi huu mzito ambao haukuwa rahisi hata kidogo. Lakini, tulikuwa hatuna jinsi. Na tumefanya hivi kwa kuwajali nyinyi zaidi.

Tunafahamu kwamba mwezi Machi mwaka huu wa 2020 serikali ilifunga shule ili kuwanusuru na mlipuko wa maambukizi ya virusi vya Corona. Sio shule tu zilizofungwa, hata baadhi ya shughuli za kijamii zilisimama, msisitizo ukiwa kuchukua tahadhari zaidi ili kuzuia maambukizi.

Hata sisi Femina pia tulisimamisha baadhi ya shughuli hasa zile za kutembelea shule au vikundi vya vijana. Kazi ikahamia mtandaoni.

Hali hii kwa kiasi kikubwa iliathiri mambo mengi sana. Walimu walitushirikisha changamoto mbalimbali ikiwa ni pamoja na miradi mingi ya Club za Fema kuathirika kwa namna moja au nyingine.



Baadhi ya changamoto hizi ni bustani kukauka, mazao kuozea shambani, bidhaa dukani kuharibika.

Ikumbukwe pia kwamba, kulikuwa na shughuli nyingi ambazo zilikuwa zimepangwa kufanywa kwenye network lakini hazikufanyika. Hata ule mkutano tarajiwa wa walimu walezi wa Fema clubs uliopangwa kufanyika jijini Tanga nao ulipigwa stop. Muda wa club nao pia umekuwa mmmmh, mshikemshike kwa kweli.

Kwa kuyaangalia hayo yote basi, tukaona kuwa mwaka huu tutakosa vigezo vyenye tija ambavyo huzingatiwa wakati wa kuchagua washiriki wa kuhudhuria Youth Conference ya Fema clubs.

Ila tutoe tu angalizo, sio kwamba Youth Conference imefutwa! Mwaka 2022 itaendelea kuwepo kama kawaida, kwa staili ileile ya miaka yote na inawezekana ikaboreshwa zaidi.

Niwatakie shughuli njema za club.



NA MICHAEL ELISHA , UMBWE HIGH SCHOOL

Naitwa Michael Elisha a.k.a Michy. Ni mwanafunzi wa Umbwe High School, moja ya shule kongwe za mkoa wa Kilimanjaro. Nitatumia kurasa hizi 'kukutembeza' katika mkoa huu na nina hakika hadi utakapomaliza kusoma utakuwa umetamani kuanzisha kibubu ili uje Kilimanjaro some day!

Haya, twende kazi!

Mkoa unaitwa Kilimanjaro, ingawa wengi huchanganya madesa wakasema Moshi! Kilimanjaro inapatikana Kaskazini mwa Tanzania na ndipo unapopatikana mlima mrefu kuliko yote barani Afrika. Mkoa wetu unaundwa na Wilaya sita: Moshi Mjini, Moshi Vijijini, Same, Mwanga, Siha na Rombo. Wenyeji wa Mkoa huu wavumao ni Wachagga lakini tuisahau kwamba kuna Wapare pia.

Nikuibie siri!

Neno Kilimanjaro asili yake ni kwa Wachagga wa Kibosho. Inasemekana enzi hizo walikuwa wanaona kitu kirefu kwa mbali. Urefu wa kitu hicho uliwashangaza wakawa wanaulizana 'Kilema Kyaro?!" wakimaanisha "Mlima Ule?!" Basi maneno hayo Kilema – Kyaro ndiyo asili ya neno Kilimanjaro, neno ambalo ni jina la mkoa na mlima.



Hata lugha ni kivutio

Unafahamu kwamba lugha ya Kichagga hubadilika kulingana na maeneo? Mchagga wa Kibosho, hawezi kuelewana na yule wa Machame, na vivyo hivyo kwa yule wa Marangu na kwingineko. Joseph Mtui ni mzee mwenye miaka 69, mzaliwa wa Marangu. Yeye anasema "nafahamu Kichagga, tena cha ndani kabisa, lakini ninapozungumza na Mchagga ambaye si wa Marangu, siwezi kumwelewa hata! Kwenye maneno yake kumi labda nitaambulia mawili tu, na mimi nikimjibu kwa Kichagga, bado hatutaelewana. Nikilazimika kujibu itabidi nijibu kwa Kiswahili! Kwa hiyo bila Kiswahili nadhani sisi Wachagga tungeshindwa kuwasiliana. Ukiona wachagga wanaongea Kichagga, basi ujue kule Kilimanjaro wanatokea eneo moja".

Wako kila mahali...

Ni kawaida sana kusikia mtu akimtania mwenzake kwamba anapenda pesa kama Mchagga! Pengine utani huu umetokana na tabia ya Wachagga ya kuchangamkia fursa popote ambapo zinapatikana! Hata uingapo stendi ya basi hapa Kilimanjaro, unaanza kupata picha ni kiasi gani watu wanaitafuta shilingi! Wake kwa waume, vijana kwa wazee. Si jambo la ajabu hapa mjini kukutana na mwanamama akiwa amebebelea mzigo wa bidhaa mkononi, anatembeza. Wako wengi sana na hakuna anayeshangaa.

Kilimanjaro kunalimwa

Mkoa wa Kilimanjaro una mashamba makubwa ya migomba, kahawa, chai, tena nisisahau kusema kwamba siku hizi tuna kilimo kikubwa cha maua. Uzuri wa Kilimanjaro, ipo ardhi yenye rutuba na mvua za kutosha. Karibu tulime, ingawa ardhi sasa inaanza kuwa finyu sana kutokana na kuongezeka kwa idadi ya watu.

Si vibaya ukiyajua haya

Kwa Mchagga, ardhi ni kitu cha thamani kubwa. Mwanaume wa kichagga lazima amiliki ardhi, iwe kwa kurithi au kwa kununua. Na pia Mchagga kujenga nyumba kijijini ni lazima. Asipokuwa na nyumba anakosa hadhi. Tena akifariki akiwa mjini anapoletwa kijijini hajajenga nyumba, hatuingizwa kwenye nyumba ya wazazi wala ya mtu mwingine. Itakatwa miti fasta, itasimikwa, kisha wataezeka kibanda hicho kwa majani ya mgomba, mwili wake utaingizwa humo, halafu atakwenda kuzikwa. Aibu hiyo hakuna mtu anayeitaka maana itakuwa ni gumzo kijiji kizima! Labda ndiyo sababu Wachagga wanachakarika, wajenge, wajiweke vizuri ili kuepuka aibu.



Eti Desemba kuna 'sensa' ya Wachagga?

Kama unapanga kutembelea Kilimanjaro Desemba aisee jipange! Ni kipindi ambacho watu wa Kilimanjaro hurudi nyumbani kwa wingi. Mabasi ya kuja Moshi hufurika, haijalishi yanatokea mkoa gani. Ni kawaida kusikia watu wakisema Wachagga wanakwenda kwao kuhesabiwa, lakini Mzee Mtui anasema: "Sio kweli kwamba tunakwenda kuhesabiwa. Tunakwenda kujumuika. Koo zinakutana, tunatengeneza pombe za kienyeji, tunachinja, tunapika, tunakula na kunywa pamoja. Ni wakati ambao kama ukoo una mambo ya kimila pia yanafanyika, lakini suala la msingi huwa ni kujumuika tena baada ya kuwa mbali na ardhi yetu kwa muda mrefu".



Misosi kama kawa

Tuna vyakula vingi vya asili. Mfano, mtori, macharali, kitawa, kiburu na ng'ande. Mtori hupikwa kwa ndizi na nyama ila ndizi hizi zinasagwa na kuwa kama uji. Macharali hupikwa kwa ndizi na nyama ila pishi lake sio kama mtori - ndizi hazisagwi. Kitawa na kiburu hupikwa kwa ndizi na maharage. Usishangae kuona kila pishi linahusisha ndizi. Ndivyo ilivyo. Huku chakula kikuu ni ndizi. Ziko nyingi sana. Nyama pia tunapenda sana aisee.

Kwenye mazingira, utafurahi

Moshi ni mji msafi, ingekuwa ni mtu tungenesema mtanashati! Huwezi kutupa taka hovyoyote hata kama una tabia hiyo – nafsi yako mwenyewe itakusuta maana hutoona taka nyingine popote ila kwenye mapipa ya taka ambayo yako kila kona.

Wacha nisimalize uhondo

Hayo ni machache tu, mengine nimeyaacha maksudi ili ujipange uje! Sijazungumzia wingi wa shule mkoa huu, sijataja viongozi wa siasa, wasanii wala watu wengine maarufu ambao asili yao ni huku. Sijanadi vivutio kama maporomoko ya maji ya Marangu na Kinuka Mori yenye historia inayosisimua. Hapo bado bwawa la Nyumba ya Mungu, Hifadhi ya Taifa ya Mkomazi, Mahandaki ya vita vya kikabila huko Usangi, Ziwa Jipe, Kindoroko – msitu wa asili wenye maajabu, sijagusia Makumbusho wala Uwanja wa Ndege! Aisee, dunduliza uje tu!



Hakuna kulala

NA RAPHAEL NYONI

Jamani tumewamisooo! Ngoja kwanza, hivi wote tumerudi salama? Maana dah! Hakuna aliyetarajia kwamba ile likizo ingekuwa ndefu kiasi kile. Shughuli za matamasha zikasimama lakini uzuri ni kwamba mawasiliano hayakukatika, mambo yakawa yanakwenda kidigitali tukipeana *updates* za hapa na pale. Na tukaona mna nguvu mpya kwa kasi ya 5G. Hatuwezi kutembeleana lakini kwa kutumia mitandao ya kijamii tunaweza kujionea nini kilichojiri mara baada ya kurudi shuleni.



Zege halilali

Kule pande za Kusini wana Mbekenyerera wao wakasema hapana. Sisi tunabadili mwonekano kabisa wa *smart area* yetu ili kuonesha kwamba tumekuja kivingine. Japo muda sio rafiki, lakini wana-club kwa moyo wa kujitolea wameamua kuongeza siku ya Jumamosi katika ratiba ya shughuli za club ili kuweka mambo sawa.

Mitambo inatestiwa kwanza

Shughuli za kiuchumi nazo zilikuwa kama zimedorora flani hivi. Lakini wana Fema wakarudi kwa kasi ili kuhakikisha zinarudi kwenye mstari na mambo yanakaa sawa. Wana-club wa Mambwe wakaamua kutikisa mizinga kwanza na kuangalia kama utamu bado upo. Aisee! Mizinga iko vizuri, asali ipo. Kama unahitaji asali cheki nao kabisa, hata mikoani wanatuma!



Hospitali napo tulitia timu

Kule pande za Sengerema, wao wakasema hapana. Sisi hatutaishia kufanya usafi kwenye eneo la Fema na shuleni tu. Wana-club wakajikusanya na kwenda kufanya usafi katika kituo cha afya. Walifyeka majani na kusafisha jengo jipya la upasuaji. Hawakuishia nje tu, wakaingia ndani, wakawapa pole wagonjwa na kuwagawia dawa za meno na sabuni. Wenyewe wanakwambia hakika Fema club hatupoi!



Mchango wetu ulifaa

Moja kati ya vitu vilivyoongeza ari ya vijana wa Bumaswa Fema Club katika zoezi la kujitolea damu ni baada ya kusikia kuwa damu ya wana-club zaidi ya 30 ilikuwa msaada mkubwa sana hospitali miezi michache iliyopita. Kwa staili hii unaachaje kuwa na moyo wa kujitolea? Baada tu ya kufungua shule wamerudi tena kuchangia damu. Wenyewe wanakwambia "Hatuna pesa, wala chochote ila tunadhani msaada huu utakuwa mkubwa katika kuokoa maisha hasa ya mama na mtoto wakati wa kujifungua. Hata hivyo, kabla ya yote walihakikisha kuwa wazazi wao na walezi wao wanafahamu kuhusu zoezi hilo."



Maboresho ya *reception*

Ukifika katika shule ambazo zina Fema Club, hata hauhitaji kuuliza. Unakutana na smart area moja matata sana. Kwa bahati mbaya kipindi ambacho wanafunzi mlikuwa likizo zilikosa matunzo stahiki. Baada ya kurudi shule wapo waliosema hapana, sisi wacha tufanye marekebisho ili sura nzuri ya eneo letu la kujidai irudi kama hapo awali. WanaFema kutoka Buyuni wakaamua kuweka mboji katika smart area yao na kuanza mchakato wa kumwagilia ili kuonesha kwamba bado wako hai.



Hadi saluni!

Igwaseco Fema Club vijana walilipuka na maandalizi ya ufunguzi wa biashara mpya ya club. Otea wanatengeneza nini! Duka? Huyooo umekosea, acha kukariri! Ni saluni, IGWASECO FEMHAIR CUTTING SALON. Halafu kabla hujaingia saluni unauziwa kwanza Tshirt, ni shidaaa!

Aisee, naona naishiwa bando hapa kama vipi tukutane siku nyingine. Ila Big Up sana kwa wanaFema wote. Wakati mwingine tukiwa tunapanga mipango yetu tujipange vizuri ili tukikutana na tusiyoyatarajia tusipigwe na bumbuwazi. Ciao!



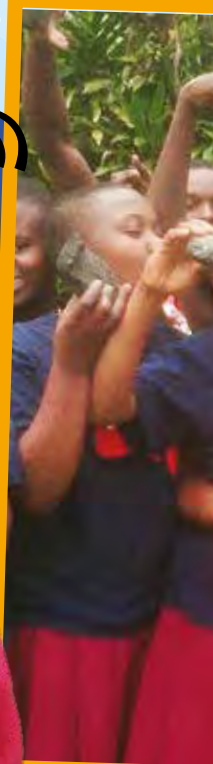
fema
club



Mambo ya fweza ndani ya Club

NA RAPHAEL NYONI

Wajanja wanasema kesho yako itengeneze leo, na msemu huu unabamba sana ndani ya Club za Fema ambapo vijana wanapiga kitabu kwa kwenda mbele lakini pia wanajifunza stadi za kuyajenga maisha ili muda wa kujitegemea ukifika wawe na ujanja wa kutosha. Msiriwa Fema Club wanatuonjesha wanachokifanya kwenye idara ya fedha a.k.a fweza a.k.a mshiko! Wamefanikiwa.



Mikakati ya matunzo ya fedha ikoje?

Ukiachana na viongozi wengine wa club, yupo Mhasibu ambaye kazi yake ni kutunza hesabu na kumbukumbu za mapato na matumizi ya club. Si unajua tena mali bila daftari hupotea bila habari. Sifa za mweka hazina wa Msiriwa Fema Club ni zipi?

- Ni mwaminifu
- Anashiriki shughuli mbalimbali za club
- Sio mtoro darasani wala kwenye club
- Ni mwanachama hai
- Ana nidhamu

Ni muwajibikaji Jenipher Masalo, ambaye kwa sasa yuko kidato cha nne ndiye anayeshikilia nafasi ya uhasibu kwa sasa. Anaeleza kwamba shughuli zake kubwa ni:

- Kusimamia mapato na matumizi ya club
- Kutunza fedha za club

Mhasibu akishapokea hela kutoka kwa mteja, inaingia moja kwa moja kwenye kitabu cha kumbukumbu ya mapato na matumizi. Lakini lazima pawepo na viongozi wengine wa club pamoja na mwalimu mlezi katika kuthibitisha mchakato huo.

Chachu ya mafanikio

Economic empowerment ni moja ya ajenda za Femina Hip ambayo Msiriwa Fema Club wameamua kuichukua kwa uzito wa hali ya juu kabisa. Mbali na kujifunza na kushirikishana mambo mbalimbali ya kuwajenga katika club yao, wameamua pia kuanzisha miradi ya kibiashara. Wana mradi wa kuuza mkaa mbadala na pia wana mradi wa kutengeneza na kuuza taulo za kike.



Hakuna figisu figisu

Wanacub wengine wanafahamu vipi kuhusiana na hela waliyonayo kwenye mfuko wao? Mara mbili kwa mwezi hili swali hujibiwa. Wanapokutana kwa ajili ya shughuli za club, moja ya ajenda ni kusoma mapato na matumizi, na *balance* iliyopo kwenye mfuko kwa kila mwezi. Linapokuja suala la matumizi, ni maamuzi ya wanacub pia kuamua hizo fedha zitumike kwa shughuli gani. “Wanacub huwa tunapendekeza shughuli za kufanya kutokana na vipaumbele vyetu, halafu tunapiga kura. Matokeo ya kura ndio yanaamua pesa tuilekeze wapi,” anaeleza Dina Massawe ambaye ni mwenyekiti.



Maandalizi kwa maisha ya baadaye

Mlezi wa club, Mwalimu Richard Ndimbo, anasema vijana wanapofanya shughuli hizi hupata fursa ya kujifunza mbinu mbalimbali za kuendesha shughuli zinazolingiza kipato, na kwamba jambo hili ni maandalizi mazuri kwao kwa baadaye. “Wazazi pia wanafurahi kuona vitu wanavyovifanya watoto wao, na hata baadhi wamekuwa wakija kujifunza jinsi club ya watoto wao inavyoendesha miradi.” Zaidi vijana wanafurahi kwa kupata nafasi ya kuendesha miradi kwa vitendo.”



NASH

Hello Fema Clubbers! Shwari?

Kwanza niwapongeze kwa kurejea shuleni maana duh 'likizo' ilikuwa ndefu! Nafahamu mko katika mchakamchaka wa maana ili kukamilisha masomo kwa mwaka huu. Pambaneni!

Leo yangu ni matatu tu!

Kwanza: Nafurahi kwamba tumeendelea kuona kazi nzuri ambazo mnazifanya katika Fema Clubs kwa kushirikiana na walezi wenu. Kila uchao tunapokea picha tamu mkiwa katika *Fema Club activities!* Hakika inapendeza!

Wale ambao kidogo wamekuwa wazito kushiriki katika shughuli za club, tuamke. Tufanye mambo. Si mnajua katika clubs tunajifunza mengi na yanatusaidia katika maisha ya kila siku? Basi tuchangamke maana wakati ndio huu.

Pili: Huu ni wakati muafaka wa kuanza kufikiria mchakato wa kupata viongozi wapya wa clubs, ili viongozi wanaomaliza, nao wapate muda wa kuwarithisha maujuzi viongozi wapya.

Wakati tukijipanga kwa mchakato huo, hebu tujiulize: Je kiongozi bora ni yupi? Utamjuaje? Labda niwaibie siri kidogo: Kiongozi bora ana hekima, ni mchapakazi, mbunifu, anatenda haki, anafahamu na kutimiza wajibu wake.

Volume inatosha au niongeze? Hahaha. Hizo ni sifa chache tu. Ziko nyingine tele! Basi mnapochagua viongozi wapya wa Fema Clubs zingatieni sifa za kiongozi bora ili mpate watu watakaolipeleka mbele gurudumu la maendeleo ya club, hata ikavutia wengine ambao hawajajiunga nanyi.

La tatu na la mwisho: Nimesema hili mara kibao na sitachoka kukumbushia: Tunatarajia Fema Clubbers muwe mfano mzuri kwa wenzenu siku zote! Muongoze kwa nidhamu, kujituma, uchapakazi na hata katika masomo. Kila mnapopita msifike, watu wote waseme, naam, huyu si ni mwana-Fema? Yuko vizuri! Basi nisiwachoshe! Tukutane tena next issue! Kwenye kona yetu hii hii. Kama kawa kama dawa!

Nash



Wacha wakuite msongo!

NA PENDO MASHULANO

fema
club



112 tu!

Hizi ndizo siku za masomo tulizokuwa tumebakiwa nazo kwa mwaka huu kuanzia tulipofungua shule, Juni 29. Hii ilikuwa ni baada ya likizo ndefu ya dharura. Leo hii zimebaki siku ngapi? Hakika muda umetutupa mkono! Kwakuwa muda si rafiki, lazima kuna mchakamchaka wa aina yake hapo shule! Ratiba iko *tight*, walimu wanapishana mlangoni, notes ni nyingi, na wakati huo huo UNAHITAJI KUJISOMEA.

Mweee! Utaanzia wapi?

Ujanja si kusubiri usiku wa kuamkia pepa ndipo ukeshe ukisoma rundo la notes huku ukiwa umeweka miguu kwenye karai la maji kujaribu kukabiliana na usingizi, wenyewe mnaita msuli pepa au zimamoto. HAPANA! Ujanja ni kusoma kidogokidogo, kila siku. Sasa basi, hebu tuzitumie kurasa hizi mbili kupeana maujanja ya namna ya kujisomea.



Chagua eneo

Je, unapenda eneo lenye utulivu lililojificha? Au sehemu yenye miti na upepo huku ndege wakitoa milio tofauti? Je, yanapanda zaidi ukiwa *library* huku ukiwa umezungukwa na *shelves* za vitabu? Au sehemu ambayo watu wanakatizakatiza? Tafuta sehemu inayoendana na wewe, ifanye iwe chimbo lako la kujisomea.

Chagua muda

Je, ni wakati gani kwako ukijipinda yanaingia kichwani fresh kabisa? Ni alfajiri kabla ya masomo? Au usiku wa manane wengine wanapokuwa wamelala? Je, ni wakati unapokuwa ndani ya daladala ukielekea shule? Chagua muda wa kusoma na hakikisha muda huo kila siku unakula shule.



Soma kila siku

Usirundike notes ili usome siku chache kabla ya mtihamu. Hapo utakuwa unakariri, wenyewe mnaita kumeza, baada ya mtihamu zitayeyuka! Soma kila siku.

Soma huku unaandika

Yes. Kitu ulichokisoma na kukiandika mahali kinapenya kichwani zaidi kuliko ulichokisoma tu! Kuwa na *rough paper* yako, andika *points* muhimu, zipitie mara kadhaa.



Andaa to-do-list

Hata usomaji unataka maandalizi. Kwa mfano, ainisha *topics* ambazo ni ngumu zaidi kwako ili unapojisomea uzame zaidi katika *topics* hizo. Usiweke orodha ndefu sana ambayo haitekelezeki.

Andika ratiba

Naam. Wenzetu wanasema *if you fail to plan, you are planning to fail*. Weka mipango, tena kwenye karatasi. Panga ratiba ya wiki nzima. Ni vizuri usome zaidi ya somo moja kwa siku. Si unajua kusoma somo moja kwa muda mrefu inaboa flani hivi? Ratiba hiyo ni vizuri kuifuata lakini si msahafu. Ikitokea ratiba inasema *maths* na hauko katika *mood* ya *maths*, ruksa kusoma somo jingine, utalipiza muda wa somo hilo. Tena kuinoggesha ratiba yako, ainisha siku muhimu kama tarehe za mtihamu nk.



Weka alarm

Hapa jamani si hapahitaji maelezo?! Eenh. Ile saa yako ya ile, naam, weka alarm ikukumbushe muda wa kujisomea. Isije stori zikanoga au usingizi ukakupitia. Tena, kuwa mwaminifu kwa alarm hiyo, sio inagonga, unayoosha mkono unazima kisha unavuta blanketi! Hahaha!

Pata mapumziko

Ni muhimu sana kujipa mapumziko wakati unajisomea, hasa unapojisikia kuchoka au unapoona huelewi tena. Jipe hata robo saa, ondoka katika eneo la kusomea, nyoosha viungo kidogo, kisha rejea kitabuni ukiwa fresh tena!



Omba msaada

Umekwama mahali? Kuna kitu huelewi? Muulize mwenzako anayefahamu au kama vipi mfuata ticha kabisa. Walimu wapo kwa ajili ya kukusaidia. Wala usiogope.



Afya ni muhimu

Utajisomea vizuri zaidi kama unalinda afya yako. Usikeshhe! Usingizi ni muhimu kama kusoma kulivyo muhimu. Ukikeshha kuna saa akili itagoma kabisaa! Pata msosi, kama upo *boarding* usiache kwenda *dining*. Pia usisahau kunywa maji.



Sikiliza kwa makini darasani

Ingawa hapa tunapeana mbinu za kujisomea, lakini ukweli ni kwamba ukimsikiliza mwalimu vizuri wakati wa kipindi darasani, ukamwelewa, itasaidia hata usomaji wako baadaye kuwa rahisi. Kuna wale wanaopenda kuwasemesha wenzao wakati somo linaendelea, mara amekupatia kikaratasi umpe jirani yako, achana na watu hawa, watakupoteza. Mwalimu anapokuwa darasani kazi yako ni kusikiliza, kujibu, kuuliza, kuandika *notes* na kushiriki.

Group discussion pia ni poa

Kuwa na marafiki wa kusoma nao. Kuna wakati utahitaji kujipinda peke yako lakini wakati mwingine inasaidia kusoma kwa kujadiliana na wenzako. Peaneni *quiz*, jadilini, *mtaenjoy*.

Chagua kiti cha mbele

Ndiyo. Usipende kuwa *back bencher* kama mbele kuna nafasi. Kukaa mbele kutakusaidia kuona ubaoni vizuri, kumsikia mwalimu vizuri, kupata nafasi ya haraka ya kujibu maswali, na kukuepusha na wale watu wanaokuvurugia usikivu wakati mwalimu anafundisha.

Kuwa 'mwalimu'

Hebu jaribu ku-act kama mwalimu. Fanya kama unafundisha kile ulichokielewa kwa kutumia maneno yako mwenyewe. Hata kama unasoma peke yako unaweza kufanya hii. Kama unasoma pamoja na wenzako, fundisha pia. Ukikwama mahali itakusaidia kujua kwamba kumbe point hiyo hujaipata *fresh*. Unaweza kuanza kwa kutumia *notes* zako, lakini itafika mahali utafundisha bila kuhitaji *notes*, na hapo ndipo utakapojua kwamba yamekuingia hasa!



Tunga wimbo au vifupisho

Kwa mfano, unafahamu ile *Hallo Hellen Lile Beberu Bora Chinja na Ondoa Figo Nene na Mgawie Aliyesimama Pale Shinyanga Club Arudi Kwao Canada*. Unaifahamu hii? Inakusaidia kukumbuka nini? Enhee, kama hivyo. Basi unaweza kutunga zako mwenyewe kadri unavyohitaji.

Waswahili wanasema, kizuri kula na nduguyo. Naam. Basi hata maujanja haya washirikishe wenzako, kisha jichimbie paleee kwenye kona yako, kula shule mwanangu!



GLORY

Hello there!

Clubbers na Mentors tutete kidogo tafadhali.

Ni mwaka mwingine wa Uchaguzi Mkuu wa Rais, Wabunge na Madiwani ambao watatuongoza tena kwa kipindi cha miaka mitano. Hakika hii ni fursa kwetu kutimiza haki yetu ya Kikatiba; haki ya kuchagua na kuchaguliwa. Kwa wale ambao wanapiga kura kwa mara ya kwanza hongera sana.

Katika toleo la 52, tumejifunza kuhusu haki na wajibu, hivyo tuitumie haki hii na wajibu huu vizuri ili tupate viongozi bora. Kama vipi pekua maktaba yako, pitia tena toleo hilo ujikumbushe.

Kama tunavyofahamu, uchaguzi wowote, uwe mdogo au mkubwa, huwa una mambo mengi! Hata hapo shuleni bila shaka mnaona mengi katika kipindi cha uchaguzi wa serikali ya wanafunzi. Si ndio?

Basi katika uchaguzi huu na chaguzi nyingine, tuepuke kutumiwa vibaya na watu mbalimbali ili kufanikisha azma zao. Kwa mfano, tuepuke kutumiwa kuanzisha migomo isiyokuwa na tija kwetu wala kwa taifa; tuepuke kuwa vyanzo vya fujo au kushiriki katika fujo popote tutakapokuwa; tujiopushe na usambazaji wa taarifa ambazo hatuna uhakika nazo, na mengine mengi ambayo yanaweza kutuletea madhara.

Tuwasikilize wagombea, tuwaulize maswali kila tunapopata nafasi, tuwatathmini. Itakapotimu Jumatano, 28 Oktoba, kwa wale ambao tulijiandikisha katika daftari la kudumu la wapiga kura, tusogee katika vituo, tuitumie haki yetu na kutekeleza wajibu wetu kwa Taifa huku tukiwa tumeweka mbele UZALENDU KWA NCHI YETU.

Kila la kheri

Glory

Anna na Joanita walikaa kituoni wakisubiri daladala.
Mara muuza ice cream akakatiza mitaa ile.
Koni, ukwaju, chololate ice-cream. Jero jero! Koni, ukwaju,
chololate ice-cream. Jero tu!

Anna: "Nipatie ice cream moja tafadhali."

Anna akanunua ice-cream.

Hajakaa sawa, akapita maasai akiwa anauza 'sendo' kali hataree!

Rafiki, mama yoyoo, viatu nzuri hapa, ngumu, inadumu sana,
meona? Pendeza mguu... ona....nataka?

Anna: "Naweza kuona hivyo hapo?"

Anna akanunua viatu.

Joanita: "Anna, unanunua kila kinachokatiza machoni pako.
Utabakiza hata nauli kweli?"

Anna: "Nadhani nina hela ya kunifikisha nyumbani. Wacha nione."

Joanita: "Na ya kesho je? Na keshokutwa....?"

Anna: "Keshokutwa? Kwanini nianze kufikiria mbali kote huko?
Hata sijui. Nikiishiwa nitamwomba mama tena."

Joanita: "Kwani, mahitaji yako ya wiki hii au labda tuseme
kwa mwezi huu ni yapi?"

Anna: "Sijui! Vitu huwa vinajitokeza tu!"

Joanita: "Aha! Hapo ndipo unapokosea! Unahitaji kupanga bajeti!"



Siri ni ndogo tu! BAJETI!

NA TUNU YONGOLO

Bajeti ni nini?

Bajeti ni mpango — unaamua utumiaje pesa zako. Ni mpango unaohusisha pesa zinazolingia na zinazotoka; inamaanisha mapato na matumizi. Unapopanga bajeti, unaiwekea pesa yako malengo au tuseme unaipangia kazi. Tena, kilicho muhimu zaidi ni kwamba, unapopanga bajeti unaielekeza pesa yako iende wapi ili usije kubaki umetoa macho bila kuelewa imekwenda wapi!

Nani anapaswa kupanga bajeti?

Kila mtu. Ndiyo. Ulichosoma ni sahihi kabisa; Kila mtu anapaswa kupanga bajeti. Haijalishi una kipato kikubwa au kidogo, unapaswa kupanga bajeti!

Unapangaje bajeti?

Ni rahisi, lakini pia ni suala binafsi. Ni WEWE tu ndiwe unayeweza kuamua bajeti yako iweje. Hata hivyo, kwa ujumla, kupanga bajeti ni kitendo cha kuorodhesha vyanzo vyako vyote vya mapato ambayo unayatarajia kwa kipindi fulani (inaweza kuwa kwa wiki au mwezi) na kisha kuorodhesha matumizi unayotarajia kuyafanya katika kipindi hicho. Matumizi yanapaswa kupangwa kwa kuzingatia umuhimu na vipaumbele. Baada ya zoezi hili unapaswa kufanya tathmini kama mapato unayoyatarajia yatatosheleza matumizi unayoyapanga.

Tarehe:

[illegible]

Maelezo:



Bajeti ya mwezi ya Joanita

Mahitaji	Kiasi
Pedi	2,500
Vifaa vya shule	1,000
Daftari	1,200
Msosi shuleni kwa siku tano	2,500
Jumla	7,200

Pesa iliyoingia	8,000
Pesa iliyotoka	7,200
Pesa iliyosalia	800



Huu ni mfano wa bajeti ya Joanita

1 Chanzo pekee cha mapato ya Joanita ni pesa ya matumizi anayopewa na mama yake kila wiki, sh 2,000/=

2 Hii inamaanisha kwamba mapato yake kwa mwezi ni sh 8,000/= Tutaweka sh 8,000 katika KIBUBU CHA JOANITA

3 Kila mwezi Joanita anahitaji kugharamia vitu vifuatavyo;

- Pedi 2,500/=
- Vifaa vya shule 1,000/=
- Daftari 1,200/=
- Msosi shuleni kwa siku tano 2,500/=

4 Hii inamaanisha kwamba

matumizi ya Joanita kila mwezi ni sh 7,200/= Tutaweka sh 7,200 kama pesa ambayo Joanita anaitumia kutoka kwenye KIBUBU CHAKE.

5 Hii pia inamaanisha kwamba kila mwezi Joanita atakuwa na ziada ya sh 800/=.

Hii TUIBAKIZE KWENYE KIBUBU. Je, aifanyie nini hela hii? Joanita tu ndiye mwenye jibu la swali hili! Tunatamani kuona anahifadhi!

Kwanini ni muhimu kupanga bajeti?

Si rahisi kuwa na pesa inayotosheleza kila kitu tunachotamani kukifanya, ndiyo maana unapaswa kupanga bajeti, ili upange vipaumbele vyako na kuzielekeza pesa zako katika mambo ambayo ni muhimu zaidi. Kutengeneza mpango wa matumizi kunakuwezesha kujua mapema iwapo utakuwa na pesa za kutosha kufanya mambo unayohitaji kuyafanya au ambayo ungependa kuyafanya.

Tunajifunza nini kutokana na kupanga bajeti?

Kupanga bajeti ni mwanzo wa kujifunza namna ya kujipanga kifedha. Kupanga bajeti pia kunakujengea nidhamu ya fedha, na nidhamu hii inakwenda mbali zaidi kutoka kwenye mapato binafsi, hadi kwenye mapato ya familia na hata jamii. Ni namna nzuri ya kuwa na mikakati madhubuti na kuelekeza nguvu zako katika kutimiza malengo yako.

Usisahau, kupanga bajeti ni namna moja nzuri ya kuanza kujiandaa hata kwa baadaye utakapoamua kuanzisha kampuni au biashara yako mwenyewe, kwakuwa utakuwa unafahamu hatua zote muhimu katika biashara kama kuandaa bejete, kutunza rekodi, kuhifadhi fedha na kuwekeza!

Hatimaye basi likafika! Lahaulaa! Anna alidhani yuko vizuri, kumbe pesa aliyobaki nayo haitoshi kwa nauli!
"Joanita, unaweza kuniuzima pesa best angu?"

KUMBUKA

Kupanga bajeti ni kuelekeza pesa yako iende wapi ili huko mbeleni usije kubaki unashangaa imekwenda wapi.

CHUKUA

HATUA

Tengeneza bajeti yako ya kwanza! Toa *photocopy* au chora mfano wa bajeti kama inavyoonekana hapo juu. Ijaze kwa mujibu wa mapato yako ya mwezi na jinsi unavyopanga kuitumia pesa hiyo. Angalia ni kiasi gani umebakiwa nacho... Je, kuna kiasi chochote kilichobakia? Kama hukubakiza hebu pitia tena mahitaji yako uone kama yote ni muhimu. Una hakika kila kitu hapo ni muhimu kwako? Hakuna ambacho si cha lazima? Hakuna unapoweza kupunguza? Enhee, hapo hapo! Si kila tunachopanga kuwa nacho ni cha lazima! Kwahiyo, anzisha kibubu chako leo, anza kuhifadhi. Usisahau kupanga bajeti tena mwezi ujao na siku zote za maisha yako!

The secret is simple! Budget!

BY TUNU YONGOLO

Anna and Joanita sat on the side of the road, waiting for a daladala to arrive. As they waited, an ice cream man passed.

Koni, ukwaju, chololate ice-cream. Only five hundred!

Koni, ukwaju, chololate ice-cream. Only five hundred!

Anna: "Can I have one ice cream please?"

So, Anna bought an ice-cream.

A few minutes later, as they continued to wait for their bus, a Maasai man, selling a wonderful assortment of women's Maasai sandals, passed by.

Hello ladies, hello ladies, all the ladies, wonderful sandals here, very good quality, last a long time, make your feet look beautiful... All the ladies, come and see...

Anna: "Can I please see those sandals?"

So, Anna bought a pair of sandals.

Joanita: "Anna, you seem to be buying everything that you see. Will you have any money for bus fare?"

Anna: "I think I have enough to get me home. Let me check."

Joanita: "And what about tomorrow? Or the rest of the week?"

Anna: "Rest of the week? Why would I think about that far? I don't know, I might have to ask mom again."

Joanita: "Anna, what are your expenses? What do you need, let's say for this week? Or this month?"

Anna: "I don't know! Things just come up!"

Joanita: "Aha! That's where you go wrong! You need to budget!"

What is a Budget?

A budget is a plan — for what you will do with all your money. It's a plan that caters for money that is coming in and money that is going out; which means, money you are earning (Income), and money which you are spending (Expenses). When you budget, you're giving your money purpose. And here is the most important part! Budgeting means you're telling your money where to go so you're not left wondering where it went.

Who should Budget?

Everyone.

Yes. You heard correctly; Everyone should budget. Those who earn high income as well as those who earn low income should both budget!

How is budgeting done?

Budgeting is simple, but it is also very personal. Only YOU can decide what your budget looks like and how it will work for you. However, as a general formula, budgeting is basically the act of listing all the sources of income you will have for a certain time (be it a week or a month) and then also listing all the expenses you will incur for the same period. Expenses should be listed in accordance with priority and urgency. After this, one should then assess to see if the expenses can be covered by the income.

Joanita's Monthly Budget

Expense	Amount	
Pads	2,500	Money in 8,000
School supply	1,000	Money out 7,200
Notebook	1,200	
School meals for five days	2,500	Money left 800
Total	7,200	

Here is an example of Joanita's budget.

1 Joanita's only source of income is the 2,000/= spending money her mother gives her per week.

2 That means, every month, Joanita has 8,000/= We will put 8,000 in Joanita's MONEY IN BOX.

3 Every month Joanita needs to buy the following items;

- Pads 2,500/=
- Stationary 1,000/=
- Exercise books 1,200/=
- School lunch for five days 2,500/=

4 This means that every month, Joanita will spend 7,200/= We will put 7,200 in Joanita's MONEY OUT BOX

5 This also means that every month, Joanita will have an extra 800/=. This will go into her MONEY LEFT BOX. What should she do with it? That's a question only Joanita can answer! We hope she saves it!

Why is budgeting important?

It's not easy to have enough money to do everything you would like to do, and that is why you should budget, so that we can then use this planning process to prioritize our spending and focus our money on the things that are most important to us. Creating this spending plan allows you to determine in advance whether you will have enough money to do the things you need to do or would like to do.

What can we learn from budgeting?

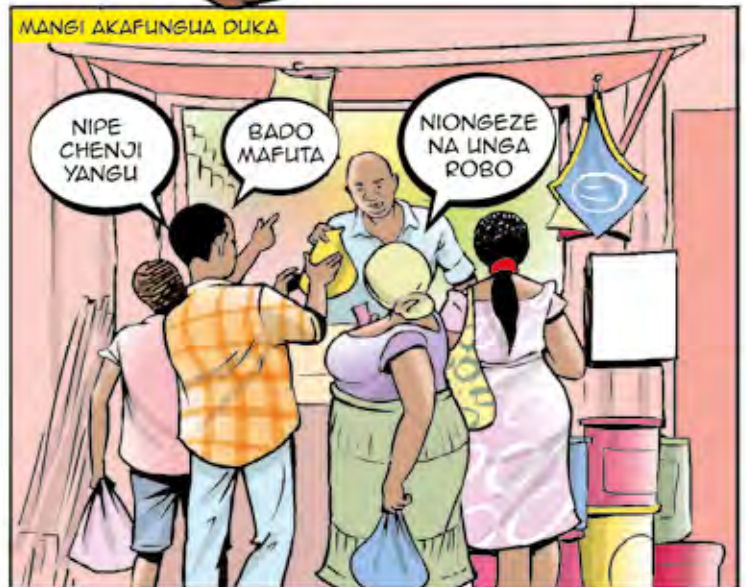
Learning to budget is the starting point for you to learn how to manage your personal finances. Budgeting also builds financial discipline, that extends far beyond just personal, but also into one's family and community.

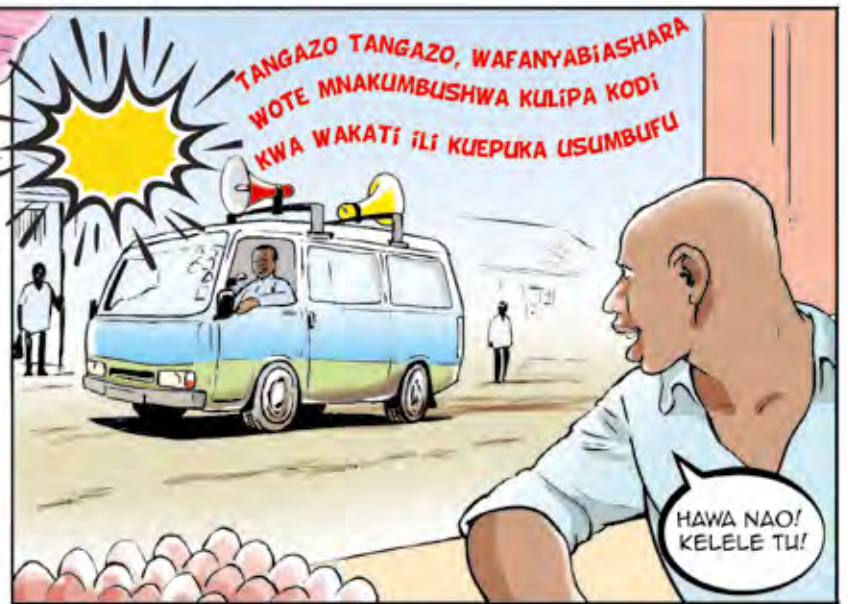
It's a great way to be strategic and work towards all your goals, and one can easily build towards what they want to achieve.

Not forgetting, budgeting is also a great way to start preparing for when you want to start your own company or business, as you would now know all the essentials of record keeping, budgeting, saving and investing!

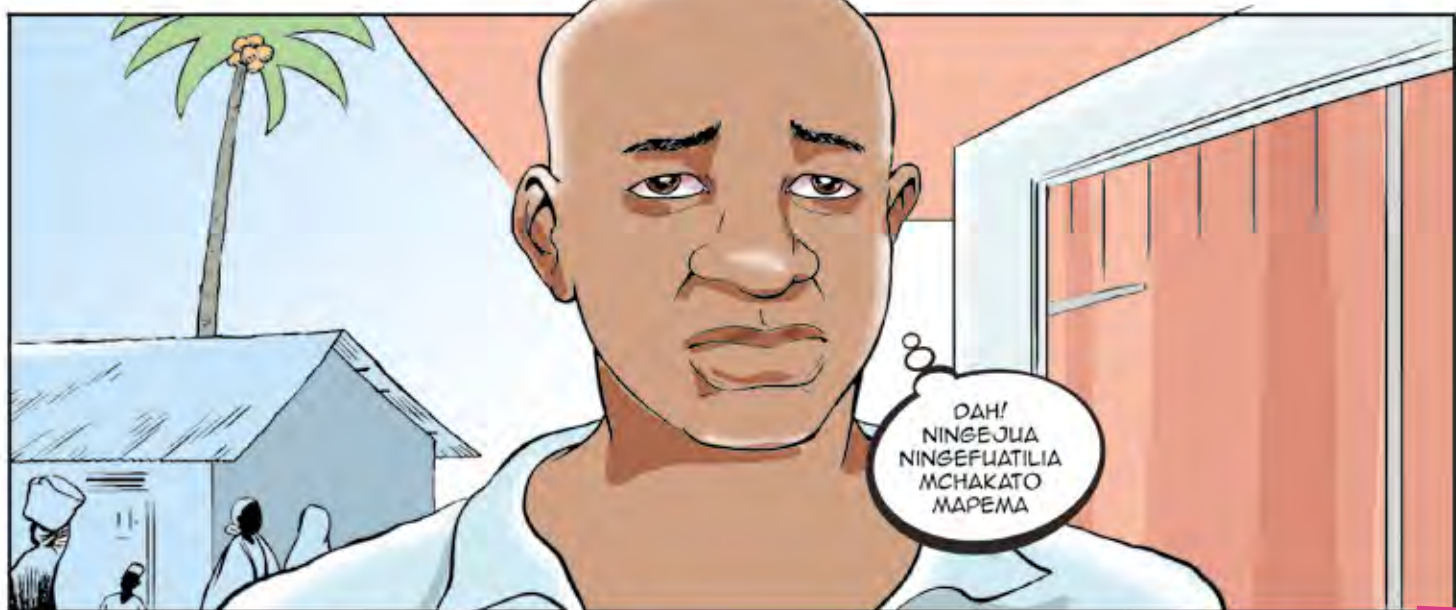
The bus finally arrived, and what Anna thought was enough to get her home, actually wasn't. "Joanita, can you lend me some money please?"

HEKAHEKA ZA MANGI











Majuto ni mjukuu

NA RAPHAEL NYONI

Yaliyomkuta Mangi sio mageni sana si ndio? Sasa basi, umeshawahi kujiuliza ni kwa nini wenye maduka wengi wanakimbia wakisikia tu TRA wanakuja?

Watu wengi wanasikiliza stori za upande mmoja tu, ambazo ni za wenye maduka, bila kusikiliza stori za upande wa pili pia, za TRA. Matokeo yake ni kwamba utakapoanzisha biashara utajikuta katika mkondo uleule wa kukimbia.

Tukirudi kwenye igizo. Tunaona Mangi anaulizwa na Ndenga kama amekata vibali vyote vya biashara lakini haelezi umuhimu wa kukata vibali hivyo. Pia anaambiwa afuatilie mapema bila kuambiwa kwanini. Pengine kama angepata maelezo ya kutosha juu ya hayo maswali mawili asingejikuta matatizoni.

Kuuliza si ujinga

Usione aibu kuuliza jambo kama hulifahamu vizuri hasa pale unapotaka kuanza mradi wowote ule. Inawezekana ukawa unalifahamu kwa upande wako lakini kwa upande wa mamlaka husika hufahamu wao wana mtazamo gani. Tafuta taarifa kutoka:

- * Serikali za mitaa
- * Mamlaka za mji
- * Mamlaka za jiji

Huku unaweza kupata maelezo yaliyojitoshela juu ya biashara yako na eneo unalotaka kuifanyia.

Hakikisha biashara yako ina vibali vyote. Lipa kodi TRA. Kata leseni manisipaa. Na kama unajihusisha na biashara ya chakula TBS nao wanakuhusu.



Faida za kufuata taratibu

- * Unaokoa muda
- * Unaokoa pesa
- * Unajihakikishia usalama wa biashara yako

Muhimu

Hebu fikiria muda ambao umetumia kuijenga biashara yako na kujenga uaminifu kwa wateja wako, halafu uje kuwapoteza hivi hivi? Wanasema biashara imani lakini biashara ni kanuni pia, zina mahesabu pia. Mahesabu yako na mahesabu ya serikali. Muhimu ni kufanya biashara pasipo kuvunja sheria.

KUMBUKA

Usiwe kama Ndenga, ambaye anamwelekeza mwenzake kufuata utaratibu lakini yeye mwenyewe haufuati. Mafanikio kwenye biashara hayana njia ya mkato na wala huwezi kufanikiwa kwa kukwepa sheria na taratibu. Si unakumbuka ule usemi wa mbio za sakafuni huishia ukingoni? Haya, kazi kwako.

IBUA

#NawezaNafanyaNashinda

Je wajua, vijana wenye miaka kati ya 16 na 24 ni zaidi ya asilimia 30 ya watu wote nchini Tanzania na wanakadiriwa kufikia hadi asilimia 42 ifikapo 2030? Acha basi nikudokeze; hii habari ni kweli, na vijana hawa wanahitaji maendeleo ili waweze kuliendeleza taifa. Hata hivyo, zipo changamoto zinazowakwamisha, na mojawapo ni huduma za kifedha.

Takwimu zinaonesha kwamba, vijana wanasahaulika sana katika huduma rasmi za kifedha kama vile huduma za kibenki, mikopo rasmi na bima. Pengine hata wewe kuna wakati unatafakari ni wapi unaweza kupata fedha za kufanyia shughuli mbalimbali. Habari njema ni kwamba, kwa sasa, huduma za kifedha kwa njia ya simu zimewasaidia sana vijana. Matumizi hayo ya teknolojia kwa vijana yanatoa fursa kubwa kwa wadau wa huduma za kifedha kutanua masoko yao. Lakini, bado ni 50% tu ya vijana ndio wanaotumia huduma hizi za kifedha, ikiwemo mikopo kwa njia ya simu.

Changamoto za vijana ni nyingi. Hizi hapa ni baadhi tu:

- * Kutokukopesheka,
- * Hofu za madeni,
- * Kukosekana kwa huduma za kifedha vijijini,
- * Kukosekana kwa mitaji,
- * Kukosa bima,
- * Kukosekana kwa uaminifu baina ya marafiki juu ya masuala ya fedha,
- * Kukatishwa tamaa na marafiki na watu wanaowazunguka vijana,
- * Kutokuwa na ujuzi wa kutunza pesa.

Nyingine ni kushindwa kutumia huduma za kifedha kwa njia ya simu kutokana na kutokuwa na vitambulisho vya kusajili kadi za simu, hasa kwa walio chini ya miaka 18 na takwimu zinaonesha kuwa 17% ya vijana huanza mishemishe wakiwa na miaka 16.

Ibua ni nini?!

'Ibua' ni kampeni iliyozinduliwa na shirika liitwalo Financial Sector Deepening Trust (FSDT) pamoja na wadau wengine ikiwemo Femina Hip, mwezi Septemba mwaka 2019. Kampeni hii ililenga kuleta fikra mpya juu ya njia za kuongeza ujumuishaji wa vijana katika huduma za kifedha. Wow! Hata sisi tulifurahia hili! Njia hizi zilikuwa pamoja na mazungumzo na vijana juu ya haki zao za kiuchumi na namna ya kutatua changamoto wanazozipitia. Mazungumzo hayo yanafanyika kwa njia ya midahalo baina ya wanafunzi wa vyuo vikuu, stori vijiwani na mijadala ya mitandaoni. Sauti za vijana zinakusanywa kisha kupelekwa kwa wadau ili walione soko la vijana, wawekeze katika vijana na hatimaye kupunguza umaskini.

Miongoni mwa mapendekezo yaliyoibuliwa ni kuwa vijana chini ya miaka 18 nao wapate vitambulisho vya Taifa. Pamoja na hii, ni muhimu elimu ya fedha itolewe kwa vijana ili waweze kujikimu kifedha na kufanya maamuzi yenye tija.

Kampeni hii inalenga kuwashawishi watoa huduma za kifedha na watunga sera kuweka mazingira rafiki na kuwahimiza vijana kuzitumia huduma hizo. Pia, kubadili tabia za vijana na kuwapa ueleva juu ya matumizi ya huduma za kifedha zilizopo. Kiukweli imekaa vizuri sana.



Ibua imeibua mengi, si yote yanaweza kuelezewa hapa. Hata nyinyi katika clubs zenu mnaweza kuibua kwa kujadili changamoto mbalimbali juu ya huduma za kifedha kwa vijana na mkafikiria ufumbuzi, kisha mkatutumia ili tupate fikra zenu. Au vipi?



MAMBO MAGUMU? PAMBANA

NA CHRISTOPHER AWINIA A.K.A ANKO PESA

Vijana, wake kwa waume, tumekuwa bize tukiisaka shilingi! Wengi wetu tumethubutu, tukajiajiri kadri tulivyoweza; wenye bucha za nyama hayaaa, mobile money kila kona, saluni za kunyoa na kusuka ndo usiseme, wauza mitumba wa kumwaga, mitungi ya gas iko mpaka mitaani, *car wash* mwake mwake, bodaboda ndo kabisaa, ili mradi maisha yanasonga.



Lakini, nyakati hazifanani hata kidogo! Kuna wakati neema inatawala, biashara zinakwenda vizuri. LAKINI nyakati nyingine huwa ngumu, biashara zinayumba. Inapotokea hivi utasikia malalamiko kila kona, kila mfanyabiashara analia hali ngumu, wengine wanatafuna mtaji, wanafunga biashara!

Ukweli ni kwamba, kulalamika haisaidii, tena kula mitaji ni hatari zaidi! Mambo yanapokuwa magumu ni lazima tufunge mikanda. Tunafanyaje? Hebu tupeane maujanja hapa!

Twende kidigitali

Siku zote wajanja wanasema, sikiliza mdundo, fuata mdundo! Ikipigwa reggae cheza reggae, ukipigwa mdundiko cheza mdundiko! Vivyo hivyo kwa biashara zetu! Duniani kote, biashara zinazoendelea kutamba wakati dunia inapokuwa inapitia kipindi kigumu ni zile za mtandaoni! Leo tunasikia mmiliki wa amazon amekuwa tajiri mkubwa duniani, hii ni kwa sababu anauza mtandaoni.

Kuna kitu tunajifunza hapa! Kumbema hata wewe unaweza kubadili gia! Simu yako hiyo uliyonayo, iwe simu janja au ya tochi, inaweza kukutoa. Kutana na wateja wako mtandaoni kwa kupiga picha bidhaa zako na kupost WhatsApp, Facebook na Instagram, watakuona huko, watatoa order huko! Kama vipi wapigie wateja wako simu au watumie ujumbe mfupi ukiwafahamisha kuhusu bidhaa zako. Anza na wale unaowafahamu na kila mteja mpya anayekuja kwenye biashara yako, chukua namba yake, muongeze katika orodha yako, anza mawasiliano naye taratibu.

Ujanja huu utakusaidia kujenga mtandao mzuri wa wateja. Anza na wachache, ukiwahudumia vizuri hata wao watakusaidia kusambaza taarifa. Ukiwashika mtandaoni utakuwa umewakamata haswa!



Washike hata wasio na smartphone!

Kumbuka pia kwamba hata wasio na smartphone ni wateja wako! Hata wale wasiomudu gharama za intaneti kuna namna unaweza kuwashika! Tuma sms za kawaida kwa wateja wako ukiwahabarisha kuhusu mzigo mpya.

Wakumbuke wateja wako vizuri na ikibidi piga hesabu zako vizuri usipitwe! Kwa mfano, kama unauza sukari, hebu jifahamishe kilo ya sukari inaweza kudumu siku ngapi kwenye familia ya watu watano. Kumbuka mteja wako Mama Dulla amechukua sukari kilo mbili leo, je itakwisha lini? Fanya timing moja matata, mpigie simu siku moja kabla ya sukari kuisha umkumbushe kununua tena sukari! Hahaha. Huo ndo ujanja!



Warahisishie maisha

Mishemishe za maisha zimekuwa nyingi, muda umekuwa mali sana, watu wako bize! Hebu fanya ujanja wa kufikisha bidhaa au huduma pale walipo badala ya wao kuja pale ulipo. Kwa mfano kama wewe ni msusi unawatambua wateja wako, unawasiliana nao kwa simu, kisha unakwenda kuwasuka wakiwa nyumbani. Kama wewe ni fundi mshoni, hebu chukua kabisa vipimo vya mteja wako, ikiwezekana na wanafamilia wake, ili awe anakupatia tu material unashona bila kulazimika kuwapima kila mara. Hapo vipi?



Punguza matumizi

Inapotokea mambo yamekuwa magumu, hata wewe mfanyabiashara inabidi ufunge mkanda! Ili kuepuka kula mtaji, punguza matumizi yasiyo ya lazima wakati ambapo mambo ni magumu. Kwa mfano kama ulikuwa ukisambaza samaki wako kwa teksi au uber mambo yanapokuwa magumu tumia bajaji, bodaboda au basi.

Nunua vyakula vya jumla nyumbani. Washa taa za nje ya nyumba wakati unakwenda kulala tu. Usifanye matumizi yoyote yasiyo ya lazima sana kama ununuzi wa pamba, viatu, mikoba pikipiki mpya ya kutembelea au ujenzi katika kipindi ambapo biashara ni ngumu. Yote haya yatakusaidia kukabiliana na ukata.

TIRIRIKA

Umefungua barbershop moja amazing!
Mwaka wa kwanza inachangamka
hatareeee! Mara ghafla, wateja wamekata!
Kutwa nzima unauza muziki.
Mambo hayaendi kabsaaa! Utafanyaje?



**JOSEPHINE PETER MUSARACHE
(13) MIKOCHE NI A**

Mpaka wateja hawaji kwenye biashara yangu ina maana kuna mapungufu yanayohitaji marekebisha. Nitahakikisha naboresha huduma kwa wateja.



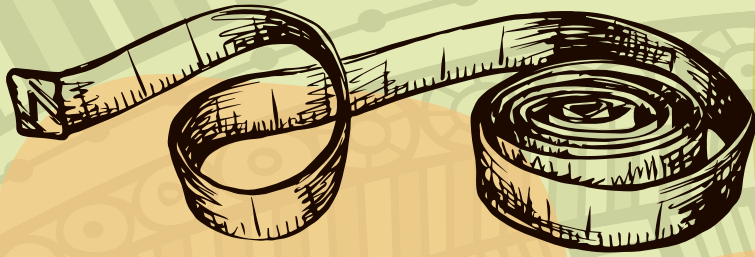
MWAKABU RASHID (30) KIMARA

Unatakiwa usikate tamaa, hakuna biashara inayokosa changamoto. Ni kupambana tu, kufunga ofisi sio suluhisho cha msingi ni kutafuta mbinu ya kuhakikisha wateja wanarudi.



**HAMIS M. CHOWO (26)
MWANANYAMALA**

Biashara imani, la sivyo hautaweza kufikia malengo yako. Unatakiwa usikate tamaa, kila jambo ni kumwomba Mungu akusaidie huku ukizidi kupambana kuhakikisha biashara inasimama.



Hili nalo usisahau

Kuna mamlaka mbalimbali zinazohusiana kwa karibu sana na biashara yako. Mwenye nyumba, benki uliyochukua mkopo, Mamlaka ya Mapato (TRA) na hata halmashauri. Wote hawa hali inapokuwa ngumu wasiliana nao. Waandikie uwaeleze kama kumekuwa na mabadiliko yoyote ya kimapato katika biashara yako, waeleze hali halisi ya kibiashara, mabadiliko katika mauzo nk na ueleze mpango mpya wa awamu za malipo, sidhani kama watakuwa na pingamizi kama utawaeleza mapema.

Weka akiba

Hali inapoonekana ngumu leo, kesho hatujui itakuwaje. Pengine mambo yatanyooka au pengine ndo yatabana zaidi. Weka akiba, jipange kwa lolote.

Maji yakifika shingoni

Hili hatuliombi! Ila ukiona maji yamekufika shingoni na biashara yako imepata hasara kubwa, hebu ifunge kwa muda. Andika barua TRA kuwaeleza kwamba unaifunga kwa muda mfupi kwa hiyo kodi ulizokadiriwa hazitahesabiwa. Tafuta kibarua ili maisha yaendelee. Baadaye utajipanga upya na kufufua biashara yako. Huo ndio ushauri wangu ingawa sitamani hata mmoja wetu afike huko!

CHUKUA

HATUA

Mnapokutana kama Club na baada ya kusoma makala hii, hebu fanyeni zoezi moja fupi, zuri na rahisi kabisa: Ainisheni mambo matatu makubwa ambayo yanaweza kusababisha biashara kuwa ngumu sana. Kisha chagueni jambo moja kati ya hayo mlitungie mchezo wa kuigiza kuonyesha jinsi mfanyabiashara anavyokabiliana na changamoto hiyo ili kuhakikisha biashara yake inaendelea kusimama. Nyinyi pia ni wajasiriamali wa kesho, tena si ajabu wengine ni wajasiriamali hata sasa, hivyo mtajifunza kutokana na zoezi hili. Kila la kheri katika mchezo wenu wa kuigiza.



KAMA UNA SWALI NIULIZE

Naam. Mimi ndiye Anko Pesa. Mtaalam wako wa masuala ya biashara, kazi na mshiko! Naitwa Chris Awinia, niulize chochote kuhusu kazi na pesa kupitia Femina, nitakujibu bila shaka! Ukitaka kunifahamu zaidi soma Stori Yangu katika ukurasa wa 42-45.

IN TOUGH TIMES, TOUGHEN UP

BY CHRISTOPHER AWINIA A.K.A ANKO PESA

We are all busy looking for money! Many of us have dared and started enterprises; there are those with butcher's shops, mobile money services are now in every corner, not to mention hair salons, second hand clothes sellers, gas business is even on the streets nowadays, car wash, bodaboda, as long as life moves on.

But, times are not the same. There are time graces rule and businesses flow well.

BUT at other times it's hard and businesses shake. If this happens you will hear complains from everywhere. Every business person crying of the tough situation. Others eat up the capital and close the business.

But, the truth is, complaining doesn't help, and eating up the capital is more dangerous. When things get tough we must tighten our belts. So what should we do? Here are some survival tips and ideas.



Let's go digital.

They say listen to the beat, follow the beat. If it's reggae playing, do reggae moves. If it's "mdundiko" playing, dance "mdundiko". It's the same with our businesses. All over the world the businesses that thrive and survive tough times are the online businesses. Today we hear the owner of Amazon is among the richest in the world, that is because they trade online.

We learn something here. You too can make changes. That phone you have, whether smart or not, can get you somewhere. Meet with your customers online by taking photos of your products and posting them on WhatsApp, Facebook and Instagram, your customers will see you and order there! You can call your customers or send them a message telling them about your products, start with the ones you know, then every new customer who comes to your business, take their phone numbers and add them to your list, start communicating with them.

This trick will help you build a network of customers. Start with few, if you serve them well, they will help you spread the word. If you catch them online, you will have done a good job.

The ones with no smartphones too.

Remember, even the ones without smartphones are your customers. Even the ones who can't manage internet costs, there is a way to get to them. Send ordinary SMS to your customers to inform them of new products.

Remember your customers well, if necessary make your calculations well, don't get outdone. For example, if you sell sugar, find out how long can a kilo last in a family of five. If Mama Dulla bought two kilos of sugar today, when will it run out? Make a spectacular timing, call her one day before the sugar runs out remind her to buy sugar again! Hahaha, that is smartness!

Simplify their lives.

So much is going on in people's lives, time has become so much of an asset, people are busy. Deliver to them where they are instead of them coming to you. For instance, if you are a hair dresser, identify your customers, contact them through a phone, then go to their homes, plait their hair there. If you are tailor take measurements of your customer, their family members as well so that one will only be giving you the material and you tailor without having to measure them frequently. How about that?

Reduce expenses

When it happens that the situations are tough, even you as a business person you have to tighten your belt. So as to avoid spending your capital, reduce unnecessary expenses at times when the situation is tough. For example if you used to distribute fish using a taxi or uber when the situation is tough use a "bajaji", motorcycle or bus.

Buy wholesale foods for your home. Turn on the lights outside your house only when you go to bed. Do not make any unnecessary expenses such as buying clothes, shoes, handbags or a new motorcycle or doing construction at the time when business is tough. All this will help you deal with hardships.

This one too

There are various authorities on which your business is dependent. The landlord, the bank from which you took your loan, the revenue authority (TRA) even the Council. Contact them. Write to them, inform them of the hardships in your business and the changes these challenges have created in revenue generation. Give them your new plan on how to fulfil your obligations to them. If you do this early, I believe they will understand and support you.

Keep savings.

As we experience a tough situation today, we have no idea how tomorrow will look like. Maybe things will be great or maybe they will get even harder. Keep savings, prepare for the unknown.

When you are neck deep.

We don't pray for this! But when things get tougher and your business is incurring a big loss, close it for sometime. Write a letter to TRA explaining that you will close down temporarily and the taxes you were allocated for won't be put into consideration. Find a job so that life can move on. Later on you can replan and rebuild business. This is my advice, although I don't wish for anyone among us to reach that point.



M-KOBA NDIO HABARI YA MUJINI!

Je, wewe ni mwana-Fema mwenye nia ya kuanza kuhifadhi pesa zako? Je unao marafiki unaowaamini na mmekuwa na wazo la kuanzisha kikundi cha kuweka fedha zenu? Inawezekana mlikuwa na hofujuu ya uaminifu na usalama wa pesa zinazokusanywa....

Sasa basi! Suluhisho ni M-Koba! M-Koba ni huduma mpya ya kuchanga kidigitali inayoleta usalama wa fedha za wanakikundi, uwazi na urahisi wa kuchanga kutoka popote kupitia mtandao wa Vodacom. Unafanyeje? Ni rahisi sana!

JINSI YA KUFUNGUA AKAUNTI YA M-KOBA

1. Piga *150*00 chagua Huduma za Kifedha
2. Chagua M-Koba
3. Chagua Sajili Kikundi
4. Chagua Familia/Marafiki

JINSI YA KUSAJILI KIKUNDI

1. Piga *150*00 chagua Huduma za Kifedha
2. Chagua M-KOBA
3. Chagua Sajili Kikundi
4. Chagua Familia/Marafiki
5. Ingiza jina la kikundi
6. Ingiza kiasi cha kufungua akaunti
7. Chagua 1 kuthibitisha
8. Weka namba ya siri (M-Pesa)

MENGINE NAYO YATAFUATA!

**Cool things to
know about Money
and Savings!**

"Beware of little expenses; a small leak will sink a great ship."

"Stop buying things you don't need just to impress people you don't even like."

You must gain control over your money or the lack of it will forever control you.



The best way
to save money is
not to lose it.

You must learn
to save first then
spend afterwards.



Volunteers wazidi kung'ara!

Said Amani ni volunteer wa Femina Hip kwa mwaka 2019 na amekuwa akiendelea kujitolea katika uzalishaji wa jarida la Fema hata baada ya kumaliza kipindi rasmi cha kujitolea. Moyo wake wa kujituma, hata wenzake chuoni wameuona na akateuliwa kuwa Waziri wa Fedha na Uwekezaji, Shule Kuu ya Biashara katika Chuo Kikuu cha Dar es Salaam. Na kabla ya kuteuliwa kushika nafasi hiyo, alikuwa ni kiongozi wa darasa. Kumbuka, Fema Club ni zaidi ya club. Ni sehemu ya kupata mafunzo ya uongozi na uwajibikaji kwa vitendo. Kuna wana Fema wengi ambao wamepitia kwenye Club za Fema na leo hii wanakiri wazi kuwa kuwepo kwao kwenye Fema Club kumewapatia nafasi za kuchaguliwa kuongoza sehemu mbalimbali. Bado wewe!

It's good to have money and the things that money can buy, but once in a while it's good, too, to check up and make sure that you haven't lost the things that money can't buy.



Hongera Ngonga, Asante Mwakalinga.

Ilianza kama utani, tena Septemba mwaka jana. Ni wazo la watu wawili, walezi wa Fema Club. Leo limezaa matunda, shule nzima inashereheka. Ni shangwe kila kona, madarasani hadi vijijini!

Ni Ngonga Fema Club, ya Kyela kule Mbeya. Club yenye walezi wawili, John Mtafya na Jennifrida Simba. Nasi tukawaendea hewani watusimulie ilivyokuwa. Kwenye 'line' ni John Mtafya, na hivi ndivyo anavyosema:

"Tulikuwa tunajiandaa kwa mahafari ya Fema Club, tukaanza kuwaza mgeni rasmi. Tukaainisha majina ya watu maarufu ambao ni wenyeji wa Kyela. Mmoja wa watu hao ni Katibu Mkuu wa Wizara ya Ujenzi, Injini Elius Mwakalinga, tukasema huyu huyu! Tukamtumia mwaliko".

Mwaliko wetu ulikuwa kama risala. Shida zetu zote tuliziandika humo. Tukamwomba computer, magoli ya chuma, pedi kwa ajili ya wasichana na vioo kwa ajili ya mradi wetu wa saluni ya kunyoa.

Siku ya graduation hakuweza kufika, lakini alituma mwakilishi na akaahidi kutupatia vitu vyote tulivyoomba. Alianza kwa kutupatia pedi, kisha magoli ya chuma na baadaye vioo vikubwa vya saluni, basi ikawa raha juu ya raha!

Kubwa kuliko! Hivi karibuni ametupatia computer tano na printer moja. Siwezi kuelezea furaha iliyoko shuleni sasa! Shule ambayo haikuwahi kuwa na computer hata moja, sasa ina computer room na printer!

"Nakumbuka siku ya kwanza kuwapeleka wanafunzi wa Kidato cha Pili computer room, nilipowaonyesha CPU na kuwauliza ni nini, mmoja alijibu ni subwoofer! Sikucheka, nilisikitika!"

Injini Mwakalinga ameahidi kutuunganisha na mtandao wa simu, wakati wowote watakuja kutufungia internet. Computer zimekuja zikiwa na online library, kuna past papers zote za Form Four na Form Six tangu mwaka 1990 hadi 2018 pamoja na notes za masomo yote. Hakika wanafunzi wanafurahia usomaji!

Zamani tukitaka kuchapa mitihani na kuprint ilikuwa lazima twende mjini. Sasa hivi mambo yote tunamaliza hapa hapa. Hata wanakijiji na wenzetu wa shule jirani wanakuja kupata huduma ya kuchapa na kuprint hapa kwetu, tunawatoza hela kidogo, inaingia kwenye mfuko wa shule.

Nihitamishe kwa kusema, asante sana Injini Mwakalinga.

CRDB SCHOLARS ACCOUNT!

The best way to save your money is in a bank account, and today, we are discussing the CRDB Scholars Account! This is a savings account designed for students to enable them to save their subsistence allowance and pocket money while at university or college.

What are its features?

- Account can be opened and operated in TZS only
- Initial opening amount is TZS 5,000
- No minimum operating balance
- No monthly maintenance fees
- You become eligible for a TemboCard Visa /MasterCard, SimBanking and Internet Banking

And what can you gain from it?

- Account is connected to HESLB
- It helps you save while at university/college or school
- You can earn interest
- You can access a boom advance
- You can access your account all day through ATMs, SimBanking, Internet banking & CRDB Wakala
- You can also purchase books, clothes and other appliances online

So! What do you need?

University/college/school ID or Form Four certificate together with a birth certificate

Admission letter or Introductory letter from the University/College or School with glued photo and signature



A budget is telling your money where to go,
instead of wondering where it went.



MIKONO ISUKAYO

**Tunachojifunza kutokana
na stori ya wanawake
wa WomenCraft**

NA TUNU YONGOLO

Ni saa kumi alfajiri, jogoo la kijiji linawika huku sauti ya majani yanayopeperushwa na upepo mkali ikilijaza anga. 'Kokolikoooooooo!' Jogoo linaashiria kwamba kumekucha! Nje bado giza fulani hivi totoro, lakini mama analazimika kuamka na kuanza pilika za siku. Kazi ya kufagia uwanja inamsubiri. Chakula lazima kipikwe, nguo nazo inabidi azifue ili zianze kukauka mapema jua litakapochomoza.



Muda si mrefu nasi tutaamka.

Mama atapaswa kutuogesha, kutuvisha, kutupatia kifungua kinywa, kisha atusindikize kwa macho tunapoondoka kwenda shule. Baba pia anasubiri kuhudumiwa. Oh...siku ni ndefu, inachosha na ndio kwanza kumekucha!

Sote tunapokuwa tumeondoka, nyumba sasa inakuwa kimya! Angalau mama anaweza kupumzika, walau kidogo. Lakini, sio kwa muda mrefu! Fasta atakwenda shamba kukagua mazao, kumwagilia kidogo na kung'oa magugu. Kisha atarudi nyumbani na kujiandaa kwenda WomenCraft. Ndani mazingira mwanana ya shirika hili linalosaidia mafundi wasusi, mama anamwaga ujuzi wake huku akitengeneza kipato.

Anasuka ndani. Anasuka nje. Anasuka ndani tena. Kisha anasuka nje. Viganja vya mama viko busy kwa mtindo huo! Vinatengeneza maajabu! Vinatengeneza



vikapu, vibaba, mika, kazi nyingine tamu za sanaa ya ususi anavyoamini vitauzika.

"Nikiwa mtoto," mama amekaa, huku mguu mmoja ukiwa juu ya mwingine, akiniwaza mimi, binti yake, wakati huohuo akimsikiliza kwa makini msichana aliyeketi karibu naye, Foibe, mwenye umri wa miaka 25, akisimulia stori yake. "Nilikuwa nakaa kwenye miguu

ya mama, nachunguza mbinu zake za ususi na kukariri vionjo vyake. Nilitaka kuwa kama yeye! Nilitaka mikono yangu iwe na uwezo wa kusuka kama yeye! Siku niliyojaribu kusuka kwa mara ya kwanza," Foibe anaendelea, "ungeshangaa kuona kitu nilichotengeneza! Haikunipa shida! Ufundi ulikuja wenyewe! Nina furaha sana hapa!"

Mama anatabasamu, kisha anageuka kumtazama Asneth ambaye pia ameanza kuwapa stori, "Familia yangu inajivunia uwepo wangu. Nawapa matunzo mazuri kutokana na ususi na namudu kusomesha watoto wangu wote." Asneth ana watoto watano na wote wanaishi kijijini Mwivuzi, Kaskazini-Magharibi mwa Tanzania. Siku ya Asneth inaanza kama ianzavyo siku ya mama. Oh! Anachoka! Wow, mama aliwaza, Asneth alianza ususi katika umri mdogo lakini mwone sasa, ameshajua mitindo mbalimbali ya ususi! Mama akatabasamu tena.



"lyoooo, yo yo yo yo, iyooo, yo yo yo!" mama anaanza kuimba, "chambua kama karanga" wanawake wengine wa WomenCraft wanaitikia huku wakiwa wamekaa pamoja katika makundi kwa mtindo wa duara huku wakisuka vikapu vyao. Wanaupenda huu wimbo wa Said Karoli. Alizaliwa Kagera kama wao!

Mimi ni kipenzi cha mama. Nilikuwa mdogo sana wakati mama alipojiunga na WomenCraft. Anafurahia kuwa WomenCraft kwa sababu ya ususi. Anakaa na wenzake huku wakizungusha na kufunika ama nyasi maalum za kusukia vibaba, kamba za migomba au nyuzi za gunia. Si kazi rahisi, hata vitu vidogo sana vinachukua muda mrefu mno kutengeneza. Lakini mama anaipenda kazi hii kuliko kitu kingine chochote. Bibi yangu ndiye aliyemfundisha kusuka, bibi naye alifundishwa na mama yake. Kwahiyo ni

sanaa ambayo imekuwa kwenye familia yetu kwa miaka mingi. Mama anachanganya na ujuzi wa ziada wa kuongeza vionjo kwenye bidhaa, kuzingatia ubora na kuhakikisha bidhaa zinakamilika kwa wakati, ujuzi ambao WomenCraft huwapatia.

Kila anapomaliza kazi, kikapu chake au mkeka uko tayari, anatanguliziwa malipo. Malipo yake yanazingatia uwepo wetu. Yanazingatia gharama halisi za maisha, na bei inapangwa kuzingatia mahitaji ya kaya, mlo kamili na huduma yoyote ya matibabu ambayo tunaweza kuhitaji. Kinachonivutia zaidi ni jinsi ambavyo WomenCraft wameona namna mama na wenzake walivyo busy! Mara nyingi malipo wanayopewa yanakuwa na kiasi cha ziada kitakachowawezesha kuajiri vibarua mashambani kuwapunguzia mzigo.

Mnunuzi mmoja anakuja. Baadaye mwingine, na mwingine. Na hii yote ni kwasababu ya WomenCraft. WomenCraft inafanya kazi ya kuhakikisha wanapata masoko ya mara kwa mara na ya uhakika ya bidhaa za mama na wanawake

TIRIRIKA

Inaaminika kwamba mwanamke akiwa stable kiuchumi, uwezekano wa kufanyiwa vitendo vya ukatili wa kijinsia unapungua. Nini maoni yako?



REHEMA RAMADHAN KABEREGE, (17) SABASABA

Mwanamke akiwa vizuri kiuchumi huepuka vishawishi vingi ambavyo hupelekea vitendo vya ukatili wa kijinsia na pia huheshimiwa na jamii.



AHMED ABUBAKARY ALLY (17) CHAMAZI

Mwanamke ambaye yupo stable kiuchumi anaweza kujikimu kimaisha na kupata elimu nzuri, hivyo hata mwanaume atakayekuwa naye atamheshimu kwa sababu anajiweza.



SALOME HENRY BUJIKU (16) KIGOGO

Ni kweli, hupunguza utegemezi kwa mume, familia au hata jamii kwa ujumla, mambo ambayo yanamweka kwenye hatari ya kunyanasika zaidi kwa kupata misaada kwa masharti kandamizi.



wenzake, na sasa kwakuwa wamempatia mwongozo wa namna ya kutengeneza vionjo ambavyo ni vya kisasa zaidi, bidhaa zake zitauzika vizuri zaidi.

Nilipokuwa mdogo nilikuwa nasimama mlangoni jioni nikimsubiri mama arudi na pesa za mauzo ya bidhaa zake. Akifika anaketi pamoja na baba, na kwa pamoja wanapanga namna pesa hizo zitakavyotumika. Kusema kweli huko nyuma mambo hayakuwa hivi, lakini WomenCraft imetoa ushauri kwa mama na baba, na kuwafungua macho kuhusu majukumu ya kijinsia. Walitengeneza mazingira ya jambo hilo kujadilika. Tangu wakati huo, baba alianza kuheshimu na kuelewa umuhimu wa sanaa ya mama ya ususi, wakaanza kupanga na kuamua pamoja kika kitu; pamoja. Bado wanafanya hivyo. Nafurahi ninaposimulia stori hii. Nimerejea kutoka shule. WomenCraft wamenifadhili kidogo kwenye masomo kwasababu mimi ni mtoto wa mwanamama msusi. Mimi ni kipenzi cha mama.



KUMBUKA

Wakati mwingine katika maisha, tunapitia maumivu na mahangaiko, lakini somo tunalolipata hapa ni kwamba maisha ni namna utakavyoyajenga. Ni namna utakavyozigeuza changamoto kuwa fursa. Ni namna utakavyoyatumia mazingira yaliyokuzunguka. Kutafuta fursa zilizo karibu yako kama walivyofanya wanawake wa WomenCraft, kutabadili hatma ya stori yako. Unaweza sasa kujitengenezea kipato na kujikwamua kutoka katika lindi la umaskini. WEWE TU ndiye unayeweza kuamua hatma yako!

Kuhusu WomenCraft

WomenCraft ilianzishwa mwaka 2007 na mtu mmoja mwenye maono, Heidi Christ. Awali ilianzishwa kwa lengo la kusaidia wakimbizi kutoka Burundi wapate fursa za kujitengenezea kipato.



Asneth



Foibe

Leo hii, WomenCraft ina wanawake mafundi wasusi zaidi ya 600. Mia nne kati yao wanaishi katika maeneo jirani na Ngara, Kagera. 200 wengine ni wanawake kutoka Burundi, waliowahi kuishi katika Kambi ya Wakimbizi ya Mtendeli, baadhi yao ni wadogo tu wana miaka 20, wakati wengine ni watu wazima wenye miaka 50.

Asneth anajivunia kuwa miongoni mwa mafundi 'bora' watano, akisimamia wenzake zaidi ya 600 kwenye uzalishaji wa bidhaa na kudhibiti ubora wa bidhaa hizo. Mwaka 2015, Foibe alipandishwa cheo na kuwa Mratibu Uzalishaji wa WomenCraft. Katika jukumu lake hili muhimu, anawajibika kuhakikisha wanawake wote wanakamilisha bidhaa kwa wakati kwa mujibu wa oda za wateja kutoka popote duniani. Foibe kwa sasa anasimamia vikundi 29 vya wanawake na kwa ujumla vina wanawake mafundi wa ususi wapatao 604.



WEAVING HANDS

Lessons from the story of the Women at WomenCraft

BY TUNU YONGOLO

It's 4 am in the morning and the village cock can be heard over the noise of bustling leaves in the harsh wind. 'Coocodoodle doo!' crows the cock to signal that its morning. It's dark outside, but my mother has to arise and begin her day. The yard needs cleaning. The food needs cooking and the washing needs to get done so that it can start to dry when the sun comes up.



Soon we wake up. Mother will need to bathe us, dress us, feed us then see us off to school. Father will also need to be tended to. Oh, what a tiresome day and its only just morning!

Once everyone has left, the homestead is now quiet. For a few minutes, mother can get some rest. But oh, not too much! She walks quickly to the fields, to check on the crops, water them and pull the weeds out. Then she dashes back home and gets ready to go to WomenCraft. In the amazing space of this local organization that supports artisans, mother pours out more of her handiness, making money out of it.

Weave in. Weave out. Weave in again. Then weave out. The palms on the hands of mother are busy at work. They are creating magic. They are crafting baskets, mats, and other beautiful crafts that she hopes will sell.

"I was only a child," mother sits, her legs crossed, thinking of me, her daughter, and listens carefully to the girl sitting next to her, Foibe, who is 25 years old, telling her story. *"I would sit at my mother's feet and study her technique and memorize her designs. I wanted to be just like her! I wanted my hands to weave just like hers! When I finally tried it myself one day,"* Foibe continues, *"it was amazing to see what I had made! The craft came so naturally! I'm so happy here!"*

Mother smiles, then turns to look at Asneth who also starts to speak, *"My family is proud of me. I am providing a good livelihood for them through my weaving and I can pay for the education of all my children."* Asneth has five children and they all stay in the rural Mwivuzi village in Northwestern Tanzania. Asneth's day starts just like mother's. Oh! how busy her day must be! Wow, mother thought, Asneth started weaving at a young age but look at her now, here she is and has quickly mastered various techniques and designs! Mother smiled some more.

"Iyoooo, yo yo yo yo, iyooo, yo yo yo!" mother starts singing, *"chambua kama karanga"* the others respond, as the women at WomenCraft

sit together in grouped circles and weave their colorful baskets. They love the Saida Karoli song. She was born in Kagera just like them!

I am mother's daughter. I was very young when mother joined WomenCraft. She loved it because of the weaving. She would sit with the others, and coil and wrap either papyrus grass, dried banana bark, or the threads of upcycled grain sacks. It wasn't easy, and even the smallest items, took long to make. But mother loved this more than anything. She had been taught to weave by grandmother. And grandmother by her mother. So, it is something that has been in our family for years. Mother would then supplement that with additional skills from the coaching on design, product quality and timely delivery that WomenCraft would always give them.

Once mother was done, her basket or mat made, she would then be paid upfront. Her payments always had us in mind. They would reflect our real cost of living and would have been calculated to include our household expenses, our nutrition and balanced diet and any medical treatment that we might need. But what I admired most was that WomenCraft could see how busy mother and others were. So, many times, the money paid also included some extra for them to hire laborers to relieve them of farm work.

One buyer would come. And then another, and another. And all this was because of WomenCraft. WomenCraft would work to provide regular and consistent market for mother's products, and now that they had guided her on how to create designs that are modern and slick, her products would sell very well.

I would wait for mom at the door in the evenings, when mother would return with money from the items she had sold. She would then sit down with father, and together they would plan how they were going to spend the money. To be honest it hadn't always been this way, but WomenCraft had counselled both mother and father, and helped shed light on gender roles. They had created room for dialogues around it. Ever since then, father had started to appreciate and understand the importance of mother's artisan weaving, and it was now that they decided everything together. They still do.

I am happy to tell this story. I have just come from school. WomenCraft gave me a small scholarship because of who I am. I am the child of an artisan household. I am the daughter of a weaving mother. I am my mother's child.

About WomenCraft

WomenCraft was formed in 2007 by a visionary called Heidi Christ. It was initially established to provide income opportunities to refugees fleeing conflict in Burundi. Today, WomenCraft supports over 600 artisans. 400 of these women, live in the nearby area of Ngara Kagera. The other 200 are Burundian women, who once lived in the Mtendeli Camp, some as young as 20, others as old as 50. Asneth is proud to be one of five 'lead artisans' overseeing order production and quality control of over 600 artisans. In 2015, Foibe was promoted and became WomenCraft's Production Coordinator. Today, Foibe oversees the entire production and quality control processes of WomenCraft. In this crucial role, she is responsible for the timely production of all of WomenCraft's orders from customers worldwide. Foibe now supervises 29 artisan groups with a total of 604 women artisans.





UJI NA STORI YA UVUMILIVU

NA POWER TEAMS

Jijini Dar es Salaam, yupo kaka mmoja aliyeanzisha biashara ya uji.
Uji huu sio bora uji, ni uji wa viwango! Tulimtafuta kupiga naye stori mbili tatu.
Issa na Asha walituwakilisha na maongezi yakawa hivi:

Issa: Wengi hata jina lako halisi hatulijui!

Idrisa: Naitwa Idrisa Ayoub Magesa, ni mzaliwa wa Musoma, Mara.

Issa: Anhaa, mzaliwa wa Mara mkazi wa jijini la wote. Ulikuwa lini Dar?

Idrisa: Nilihamia Dar nilipokuja chuo. Nilisoma uandishi wa habari, nikapata ujuzi kwenye masuala ya video, picha na graphics. Nime-hustle kiasi kwenye field hii, kabla ya kuanzisha biashara hii ya uji.

Asha: Enhe, ilikuwaje ukaingia kwenye biashara ya uji?

Idrisa: Huwezi amini, biashara kuu ya familia kwa upande wa mama ni uji! Bibi mwenyewe alikuwa muuza uji.

Issa: Weeeeeeee!

Idrisa: Kabisa. Mama yangu alikuwa anafanya kazi katika kituo cha mafuta. Siku moja nikamuuliza analipwa kiasi gani? Akanijibu 'nikikwambia utajifunza au utaumia?' Sikuelewa alimaanisha nini lakini akafunguka kwamba alikuwa analipwa 140,000/= tu kwa mwezi.

Issa: Aisee, alikuwa anakomaa sana.

Idrisa: Yaani, siwezi hata kuwaelezea... ilinichoma sana.

Nikasema nikipata pesa, nitampa mtaji. Niliwaza. Yaani siku hiyo hiyo niliyopata pesa, napigiwa simu kwamba mama anauywa sana! Daah! Ilinichanganya! Kumuuguza mama kulimaliza pesa yote na madeni juu. Wakati huo huo, mdogo wangu naye akaanza kuumwa. Dah, Kweli ng'ombe wa maskini hazai. Tukawa tunabadili tu hospitali, nilivurugwa hadi nikatamani nisiwepo duniani.

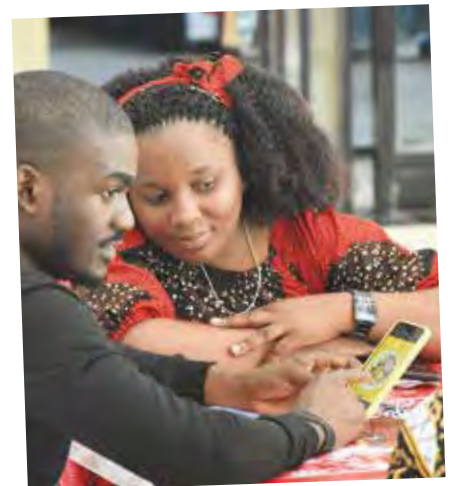
Asha na Issa: Pole sana Idrisa!

Idrisa: Hali ikawa si hali na ikabidi niuze vitu vyangu vyote vya ndani. Baada ya hapo nikahamia kwa rafiki yangu anayeitwa

Fahad. Nilikuwa nalala sebuleni, na ifikapo usiku namuomba Fahad laptop, kisha nafanya vikazi vya hapa na pale ili nipate chochote kitu. Kamwe sitosahau wema alionitendea.

Baada ya muda mama alibainika kuwa na uvimbe kwenye ubongo (*brain tumor*). Pia, kutokana na wingi wa dawa alizokuwa akizitumia, figo zake zote zikaanza kushindwa kufanya kazi. Gharama zilirundikana, lakini tulijikamua na kuamua mama afanyiwe upasuaji. Kuna kampuni nilikuwa naidai, wakawa wananzungusha. Ilibidi niwatumie picha za vipimo ili waone hali ngumu niliyokuwa nayo. Hata hivyo, siku mbili baadaye, mama akafariki.

Asha na Issa: Oh no! Pole sana. Apumzike kwa amani!





Idrisa: Ahsanteni sana. Basi, tukaenda kuzika Musoma. Nilipotoka kwenye mazishi, nilisikia mlio wa simu wakati naoga. Kuangalia ujumbe, nikakuta muamala wa malipo kutoka kampuni niliyokuwa naidai. Dah! ni kweli nilikuwa nahitaji hii pesa, lakini nilihitaji zaidi wakati mama anaumwua.

Baada ya msiba nikaenda kitaa kunywa uji, hapo ndipo wazo likaja. Nikasema nakwenda kuuza uji, lakini, uji ambao hata watu wa hadhi ya juu watanunua. Nikasema, hii pesa niliyolipwa mara baada ya mama kufariki ni mtaji ambao mama amenipa.

Nina rafiki Mjamaica, ni mpishi. Nikamshirikisha akasema inawezekana. Nikamshirikisha na kaka yangu, ambaye huwa anayaamini sana mawazo yangu. Wapo baadhi ya marafiki walisema kuwa nimevurugwa na msiba, nitulize akili. Wengine wakasema Dar kuna joto sana siwezi kuuza uji. Walionikatisha tamaa ndio walionipa msukumo wa kufanya ili kuonesha kuwa inawezekana. Nikamcheiki na mdogo wangu, tukaunda timu. Tukafanya majaribio, watu walikubali saaana.

Asha: Hahah! Tuendeleo!

Idrisa: Mapambano yakaanza, haikuwa rahisi. Ile pesa haikutosha kwa mtaji, nikakopa sana. Nilipambana kuanzia Desemba mpaka Machi, 2018 ndio tukaweza kufungua kituo maalum pale Mwenge, Oilcom. Nikasema lazima nifanye hili suala kwa heshima ya



bibi na mama. Nikawaza niiteje, jina la mama ni Habiba, na uji kwa lugha ya Afrikaans ni Pap, napenda kujifunza lugha tofauti tofauti. Nikaunganisha na kupata 'Habpap', na hata hii logo, ni sura ya mama.

Mwaka mzima nikafanya biashara kwa hasara. Nakumbuka siku tunafungua, tuliua vikombe vitatu tu, wafanyakazi wangu wakaelekea kukata tamaa. Nilifanya ujanja fulani hivi: Nilikwenda kwenye kijiwe cha vijana jirani na pale, kwa siri, nikawapa washkaji pesa niliyokuwa nayo mfukoni, nikawaomba wakanunue uji mpaka uishe. Hii ilisaidia sana kurudisha hamasa ya wenzangu. Tukajitahidi, biashara ikakua, mpaka sasa unaona tumefungua tawi hapa Palm Village.

Issa: Duh! siyo mchezo kaka. Bibi anafahamu?

Idrisa: Yes! Nilimleta mpaka hapa, hakutarajia mpaka alidondosha chozi la furaha.

Unajua nimepitia mengi, lakini nina malengo makubwa, na ndoto yangu ni kusambaza bidhaa zangu Afrika nzima na ziwe bidhaa mbalimbali, ndio maana 'tag line' yetu ni 'Porridge and More'.

Kiukweli, taaluma yangu ya uandishi wa habari ilinisaidia sana, ilinipa ujuzi. Sasa hivi masuala yote ya matangazo, picha, videos nafanya mwenyewe kwa kutumia simu yangu tu. Ngingekuwa namlipa mtu, ningetoa pesa nyingi sana.

Asha: Ni kweli kabisa. Unadhani ni mambo gani yanachangia biashara yako kukua?

Idrisa: Ni ubunifu na kukomaa. Tumepitia kipindi kigumu hapo Machi mpaka Juni, hakukuwa na wateja, lakini sikufunga hata siku moja. Sasa hivi, biashara imeimarika na mpaka sasa timu yangu ina watu 10. Pia, kusajiliwa na kufuata taratibu ni muhimu sana.

Issa: Menu yako imekaaje?

Idrisa: Kwa sasa kuna *Wakanda Mix*, bei ni 4,000/=, *Extravaganza*, 5,000/= na *Sterk* 5,000/= . Vionjo tunavyotumia ni karanga, unga wa biskuti, ndizi, strawberry, chocolate, korosho, siagi ya karanga, almonds, maziwa na maganda ya limao. Pia, kuna chapati zenye baadhi ya vionjo hivyo, pakiti ya chapati tatu kwa 2,000/=.

Asha: Yaani ni ubunifu mkubwa sana. Story yako imenifunza mengi, kuna uvumilivu, malengo na mengine mengi.

Issa: Kaka, nakuona mbali sana!

Story zilinoga mpaka jioni. Hii ndio inaitwa 'a day well spent'.

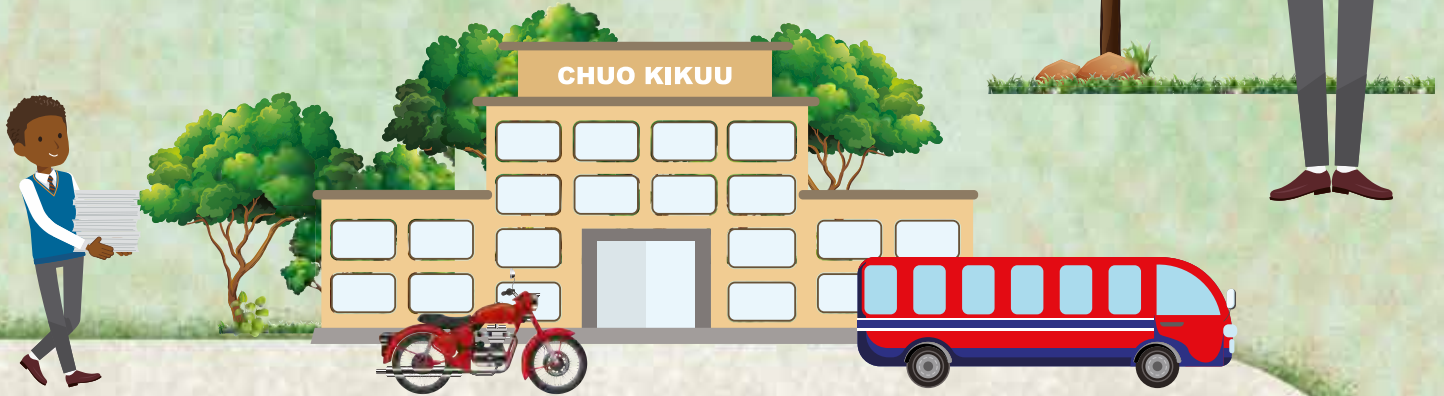




UNAHITIMU SOON?

NA LESLEY READER

Abdul ni mwanafunzi anayesoma kwa bidii. Siku si nyingi ataingia kidato cha nne. Anafahamu kwamba mbele yake kuna mitihani ya kitaifa na kwamba anapaswa kufaulu mitihani hiyo ili apate cheti. Amekwishaanza kutafakari hatua inayofuata. Je, atakwenda wapi? Inawezekana na wewe, kama Abdul, unakaribia kuingia kidato cha nne. Je, unafikiria kufanya nini baada ya kuhitimu? Kuna njia mbalimbali ambazo ziko mbele yako na kila njia ina mahitaji yake na namna yake ya kukufikisha huko unakotaka kwenda.



Njia ya kwanza - Kwenda A' Level

Ndiyo. Kwenda Advanced Level, yaani kidato cha tano na cha sita ni njia mojawapo. Kama unafikiria kufika chuo kikuu, hii ndiyo njia inayokufaa. Unapoingia kidato cha tano unachagua masomo yanayoendana na kazi ambayo ungependa kuisomea/kuifanya huko mbeleni. Kwa mfano, una ndoto ya kuwa mwanasheria? Kama ndiyo basi kwa kawaida tahasusi (combination) itakayokufikisha huko ni History, Geography na English Language (HGL) au History, Kiswahili na English Language (HKL). Mfano mwingine mzuri ni kwa yule mwenye ndoto ya kuwa daktari; atapaswa kuchagua masomo ya sayansi, hasa Physics, Chemistry na Biology (PCB).

Kumbe sasa umeona kwamba ni muhimu kusoma kwa bidii na kufanya vizuri mtihani wa taifa wa kidato cha nne. Si ndio? Tahasusi za kuchukua unapoingia A'Level ni nyingi, hivyo kabla ya kuchagua tafuta taarifa sahihi, ikiwezekana omba ushauri kwa walimu hapo shuleni ili usije ukachagua tahasusi ambayo haitokufikisha kule unakotaka kwenda.

Kumbuka kwamba ukichagua njia hii, utafanya mtihani wa taifa wa kuhitimu kidato cha sita na kama ukifaulu utatunukiwa cheti, na hapo ndipo unapoweza kufanya maombi ya kujiunga na chuo kikuu.

Utakachohitaji

Utahitaji kufaulu kidato cha nne ndipo upate nafasi ya kuendelea na kidato cha tano na hatimaye cha sita! Hii inamaanisha kwamba unawajibika kusoma kwa bidii, kufaulu mitihani kwa kupata daraja la A, B au C katika angalau masomo matatu. Alama hizi zinatokana na mtihani wa taifa lakini asilimia fulani inatokana na mitihani mingine ambayo umekuwa ukiifanya shuleni kabla ya mtihani wa taifa.



KIFUATACHO?



Njia ya pili – Chuo cha Ufundi

Mamlaka ya Elimu na Mafunzo ya Ufundi Stadi (VETA) ni njia nyingine ambayo unaweza kuichagua kama unataka kujifunza ufundi. Kwa mfano useremala, ushonaji, upishi, umeme, ufundi wa magari na fani nyingine nyingi. Hii inamaanisha kwamba una nafasi ya kuchagua ujuzi unaoupenda au kuangalia kipaji ulichonacho na kusomea kitu hicho rasmi. VETA ina kozi za muda mfupi na za muda mrefu. Pia VETA hufanya tafiti kuona ni ujuzi gani unahitajika zaidi kwenye soko la ajira. Kozi ndefu za VETA zinachukua kuanzia mwaka mmoja hadi miaka miwili, wakati kozi fupi zinachukua kati ya mwezi mmoja na miezi mitatu. Kozi fupi na masomo ya jioni zinakupa nafasi ya kusoma huku ukifanya kazi, hivyo unaongeza ujuzi huku ukitengeneza mkwanja.

Utakachohitaji

Sifa za kujiunga na VETA hazifanani. Zinatofautiana kati ya kozi moja na nyingine. Hivyo ni vizuri usome kwa bidii na kufaulu mtihani wa taifa wa kidato cha nne ili uwe huru zaidi kuchagua kozi unayoipenda.





Njia ya Tatu – Ujasiriamali

Idadi ya vijana wanaoingia katika ujasiriamali nchini Tanzania inakua. Je, wewe ni miongoni mwa wanaofikiria kufanya biashara? Je, una wazo la biashara ambalo ungependa kulitekeleza kwa vitendo? Hata hivyo, ujasiriamali pia ni kitu kinachohitaji ujuzi, nidhamu na bidii. Unapaswa kutumia muda kufanya utafiti juu ya bidhaa au huduma unayoifikiria. Lisome na kulielewa soko lako, tathmini kiwango cha ushindani kilichopo, jifahamisha kuhusu bei/gharama na mambo mengine mengi. Soma makala ya Ruka Juu (ukurasa wa 26-29), Photo Story (ukurasa wa 20-23), Cartoon Story (ukurasa wa 46-48) na Sema. Tenda! (ukurasa wa 16-19) ili upate nondo za kutosha kuhusu biashara, zikusaidie kujipanga.

Utakachohitaji

Hatua muhimu katika kujipanga na kufanya utafiti ni kuandaa mpango wa biashara. Haya ni maelezo yaliyowekwa katika maandishi yanayoonesha jinsi unavyotaka biashara yako iwe. Yanaeleza unapanga kufanya nini, kwa namna gani, unaweza kukabiliwa na changamoto gani na utazitatia vipi. Je, ni kaisi gani cha fedha utahitaji kuwekeza kama mtaji mpaka hapo utakapoanza kutengeneza faida? Yote haya yanajibiwa na mpango wa biashara.



Njia ya Nne – Ajira

Hii ni pale ambapo mtu anaangalia kampuni au shirika ambalo angependa kulifanyia kazi, na kutokana na majukumu aliyopangiwa, atatarajia kulipwa mshahara kila baada ya kipindi fulani (kwa kawaida kila mwisho wa mwezi). Kuna fursa za ajira katika mashirika, lakini ni vigumu kupata ajira bila kuwa na uzoefu, ujuzi au vigezo vya kitaaluma.

Utakachohitaji

Ili upate nafasi katika kampuni binafsi au serikali kwa mfano, utahitaji kuwa na vyeti vya kufuzu katika ngazi mbalimbali za masomo kulingana na kazi unayoiomba. Pia utatakiwa kuandika wasifu wako (CV). Hili ni andiko ambalo linaonesha mawasiliano yako, elimu yako (ulisoma wapi, lini, ngazi gani ya elimu na ulitunukiwa nini), ujuzi na uzoefu wowote ulionao katika kazi hiyo unayoiomba (hata kama uliwahi kuifanya kwa kujitolea). Pia utapaswa kuandika maombi ya kazi ambazo zinatangazwa katika magazeti, mitandao, unazotonywa na ndugu au rafiki zako, na utaeleza ni kwanini unadhani wewe ni mtu sahihi kwa nafasi hiyo unayoiomba. Kumbuka kwamba ni vizuri kuwa na stadi za msingi na stadi za ziada (hard skills & soft skills) na hizi zote zitakusaidia kufanya vizuri katika usaili.



Abdul alisoma kwa bidii na kufaulu mtihani wa kuhitimu kidato cha nne, tena alipata alama nzuri tu. Akaamua kuchukua njia ya kwanza ya kujiunga na kidato cha tano na kuchukua PCB, yaani Physics, Chemistry na Biology ili awe na nafasi nzuri ya kwenda chuo kikuu na kusomea udaktari, ndoto ambayo amekuwa nayo tangu utotoni. Wewe je?

Mfalme mchoyo

Alikuwepo mfalme mmoja aliyeitwa Madaba. Mfalme huyo alikuwa na roho mbaya kiasi kwamba alitamani kila kitu kizuri duniani akipate yeye tu. Kutokana na roho yake mbaya, alikuwa amepigana vita na falme zote zilizomzunguka na hakuwa na rafiki hata mmoja.

Bahati moja aliyokuwa nayo ni kwamba msaidizi wake mkuu alikuwa na hekima sana. Ingawa mfalme alikuwa hashauriki, mara zote msaidizi wake alitafuta mbinu za kutekeleza maagizo yake bila kusababisha vita na falme jirani wala kuleta maafa kwa falme ya Madaba.

Siku moja wakiwa matembezini...

Basi siku moja mfalme Madaba alitoka kwenda matembezi akiwa ameongozana na msaidizi wake mkuu. Walitembea hata wakafika kwenye bonde zuri lenye uoto asilia na maua yaliyopambwa kwa vipepeo na nyuki.

Mfalme akasema, "mmmmh, sidhani kama niliwahi kufika mahali hapa". Msaidizi wake akasema "hakika hujawahi. Nimekuwa nawe tangu ulipokalia kiti cha ufalme, sijawahi kukutembeza mahali hapa".

Mfalme alipoendelea kuangaza na kutazama uzuri wa eneo lile, mara akaona mto mkubwa wenye maji meupe ukitiririsha maji yaliyopita kwenye mawe mazuri ya mviringo huku yakidondoka kwa ukelele na kutengeneza mandhari inayovutia.

Ndipo mfalme Madaba akasema, "Looh! Huu mto pia umekuwapo hapa tangu enzi za ufalme wangu"? Msaidizi wake akajibu, "naam mtukufu mfalme, umekuwepo tangu enzi za ufalme wa baba yako."

Mfalme Madaba akauliza, "na unafahamu unatokea wapi?" Ndipo msaidizi wake akamwambia, "mto huu unatokea hapa hapa kwetu mtukufu Mfalme".

Mfalme akang'aka, "inakuwaje mto wangu mzuri unatiririsha maji kwenda mashariki? Si unapeleka maji kwenye falme ya mfalme Gumbo? Na si unafahamu kwamba mfalme Gumbo ni adui yangu? Siwezi kuruhusu mto unaotokea kwangu umpelekee maji yeye na watu wake, tena maji mazuri namna hii. Nakuamuru zuia huu mto kuanzia leo, siwezi kuruhusu adui yangu mkubwa apate maji kutoka kwangu. Umesikia?" Mtumishi akaitikia. "Nimesikia mtukufu mfalme. Nitafanya hivyo kuanzia leo".

Lakini msaidizi mkuu alifahamu kabisa kwamba mfalme Gumbo akikosa maji ataamuru askari wake wapigane vita na askari wa Mfalme Madaba. Na Mfalme Gumbo alikuwa na jeshi kubwa na imara ambalo halijawahi kushindwa na jeshi lolote tangu dunia iumbwe. Hivyo aliona wazi hatari iliyokuwepo mbele yao kama angetekeleza amri ya Mfalme Madaba.

Akili za kuambiwa, changanya na zako

Basi ndani ya himaya ya Mfalme Madaba alikuwepo mtu ambaye kazi yake ni kutunza muda. Mtu huyo alikuwa ndiye anayeendesha mshale wa saa na kila ilipofika saa 12 aligonga kengele ili mfalme ajue kwamba kumekucha, akipenda aamke. Ndipo msaidizi wa mfalme akamwambia "leo tembeza mshale wa saa haraka ili ifikapo saa sita usiku saa isome ni saa 12 asubuhi na kamwe usimwambie yeyote habari hii".

Ilipofika saa sita usiku, saa ikasoma saa 12 na kengele ya kuamka ikagongwa. Mfalme Madaba akaamka huku akiwa haamini anachokiona. Giza totoro! Akaisogelea saa akakuta inasoma saa 12 asubuhi. Ndipo alipomwita msaidizi wake mkuu na kumuuliza, "kulikoni saa 12 asubuhi kuna giza namna hii?"

Msaidizi wake akainama chini kidogo kana kwamba anawaza, kisha akamwambia: "hata mimi hili limenishangaza, ila nadhani, kwakuwa tumezuia mto kwenda kwa mfalme Gumbo, naye amezuia jua kuja kwetu. Si unajua kwake ni Mashariki? Na si unafahamu jua hutokea Mashariki kwenda Magharibi? Basi itakuwa naye kazuia".

Basi tangu siku hiyo ndipo mfalme Madaba akamwamuru msaidizi wake aruhusu mto kwenda falme ya Mfalme Gumbo na huo ukawa mwisho wa uchoyo na uroho wake kwani alihisi kwamba falme nyingine zina vitu vizuri na muhimu zaidi kuliko kwake.

**HADITHI HII IMETUNGWA NA OTTO ELIEZA WA CHUNYA.
INATUFUNDISHA TUSIWE NA ROHO MBAYA.**

**Pongezi nyingi kwako Elieza. Umejishindia fulana
maridadi kabisa kutoka Femina.**

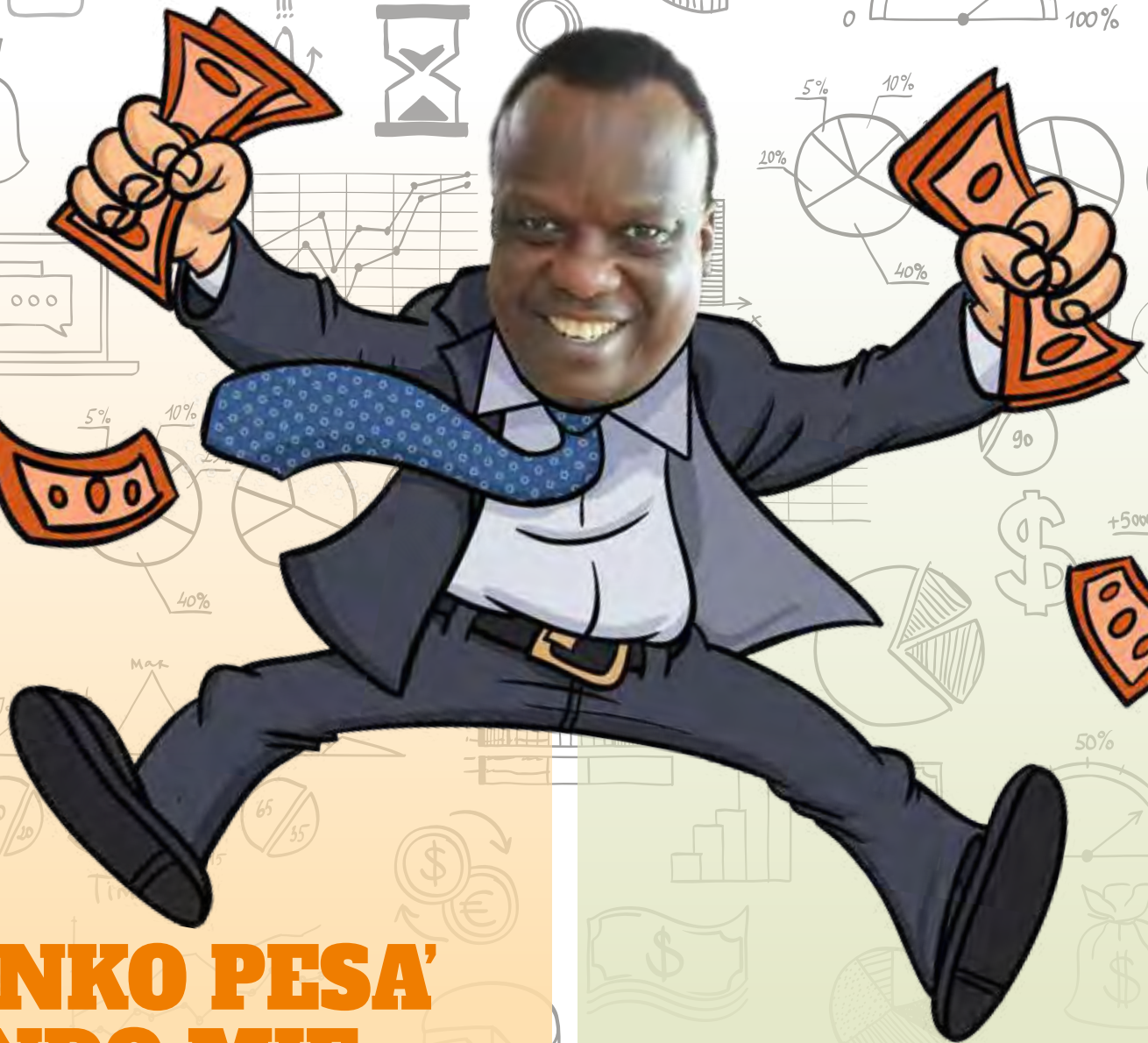


**Una
hadithi
uliyotunga
mwenyewe?**

email: info@feminahip.or.tz
(kwenye subject andika
UTAM KOLEA)

Hadithi isiyozidi
maneno 350





'ANKO PESA' NDO MIE

Najaribu kutafakari ni lini nilianza kuijua pesa, mmmh, kumbukumbu inayonijia ni ya utotoni kabisa! Aha! Nakumbuka! Baba yangu alikuwa na upara. Basi kila siku alikuwa anatuita tu-massage kipara chake. Uki-massage mara mia anakulipa shilingi mia.

Si kwamba alikuwa ana-enjoy, la hasha.

Alitaka kutupa somo: kwamba hakuna pesa ya bure, pesa inatafutwa, pesa lazima uifanyie kazi. Na kwa udogo wetu ule, labda hiyo ilikuwa ndiyo njia rahisi ya kutufundisha hilo.

IT'S ME "ANKO PESA"

My first experience with earning money is from my childhood! My father was bald, so every day he would call us to massage his head. For one hundred massages he paid us one hundred shillings!

I think he wasn't enjoying it. He just wanted to teach us a lesson: that there is no free money, one has to work to earn money.

Naitwa Chris Awinia

Ingawa nilizaliwa na kukulia Dar es Salaam, Kilimanjaro ndiyo asili yangu. Nina miaka 51, na ni baba wa watoto wawili. Ni mtoto wa tatu katika familia iliyokuwa na watoto wanne, sasa hivi tumebaki wawili.

Mimi ndiye Anko Pesa katika jarida hili. Na-enjoy sana ninapopitia maswali yenu na kuyajibu. Naamini mnajifunza kutoka kwangu, nami najifunza kutoka kwenu.

Mwanafunzi kama wewe!

Baba yangu alikuwa mtumishi wa serikali na aliishi Dar es Salaam, hivyo shule ya msingi niliianza Dar. Wakati fulani alikwenda kufanya kazi Lesotho, nikasoma kule darasa la nne hadi kidato cha pili.

Tuliporudi Bongo, nikasoma Ilboru, baadaye Makumira, kisha JKT na baadaye nikajiunga na Chuo Kikuu cha Dar es Salaam.

Safari ya ujasiriamali

Baada ya kuhitimu kidato cha sita wazazi wangu walistaafu, wakahamia Arusha na kufungua duka kubwa (*supermarket*). Humo ndimo nilipojifunza ujasiriamali halisi.

Nilipokuwa nikisubiri matokeo ya kidato cha sita, niliua katika duka hilo. Sikuwa nalipwa mshahara, hapana, lakini nilikuwa nikipewa posho kidogo.

Nilijifunza kununua bidhaa, kuzungumza na wateja, kuandika kila kinachouzwa na hata kutoa risiti. Nilijifunza namna ya kufunga hesabu, kupeleka hundi benki na mambo mengine mengi ya ujasiriamali.

Hata nilipokwenda chuo...

Niliondoka Arusha kwenda chuo lakini huo haukuwa mwisho wa biashara. Baba alinipatia mtaji ili wakati wa likizo niwe nakwenda Mombasa, nanunua bidhaa anazohitaji dukani, naye anazinunua kwangu. Kila baada ya likizo nilirudi chuo na hela ya kutosha hadi rafiki zangu wa chuo wakanibatiza jina bepari!

Nikanunua kiwanja

Nikiwa chuoni nilikuwa pia natumiwa na mashirika kufanya tafiti mbalimbali. Hii nayo ilinipatia pesa, nikanunua kiwanja na kujenga nyumba ya vyumba vinne, nilipohitimu chuo tu nikahamia kwangu, hivyo sikukutana na adha ya kupanga nyumba. Nilifaulu vizuri sana. Nilikuwa miongoni mwa wanafunzi 9 tuliofaulu kwa daraja la kwanza kati ya wanafunzi 950. Tukapewa *scholarship* na chuo tusome *Masters* pale ili tuje kubaki na kufundisha pale.

I am Chris Awinia

Even though I was born in Dar es Salaam and have lived most of my life here, I am from Kilimanjaro. I am 51, a father of two. The third born in a family of four children, now we are only two. I am the ANKO PESA in this magazine. I enjoy reading and answering your questions. I believe you learn from me, and I learn from you.

A student like you!

My father was a civil servant and lived in Dar es Salaam, so I began my primary education there. He went to work in Lesotho, so that's where I studied from standard four to form two. When we returned to Tanzania. I studied at Ilboru, then Makumira, followed by national service and later I enrolled at the University of Dar es Salaam.

My entrepreneurship journey...

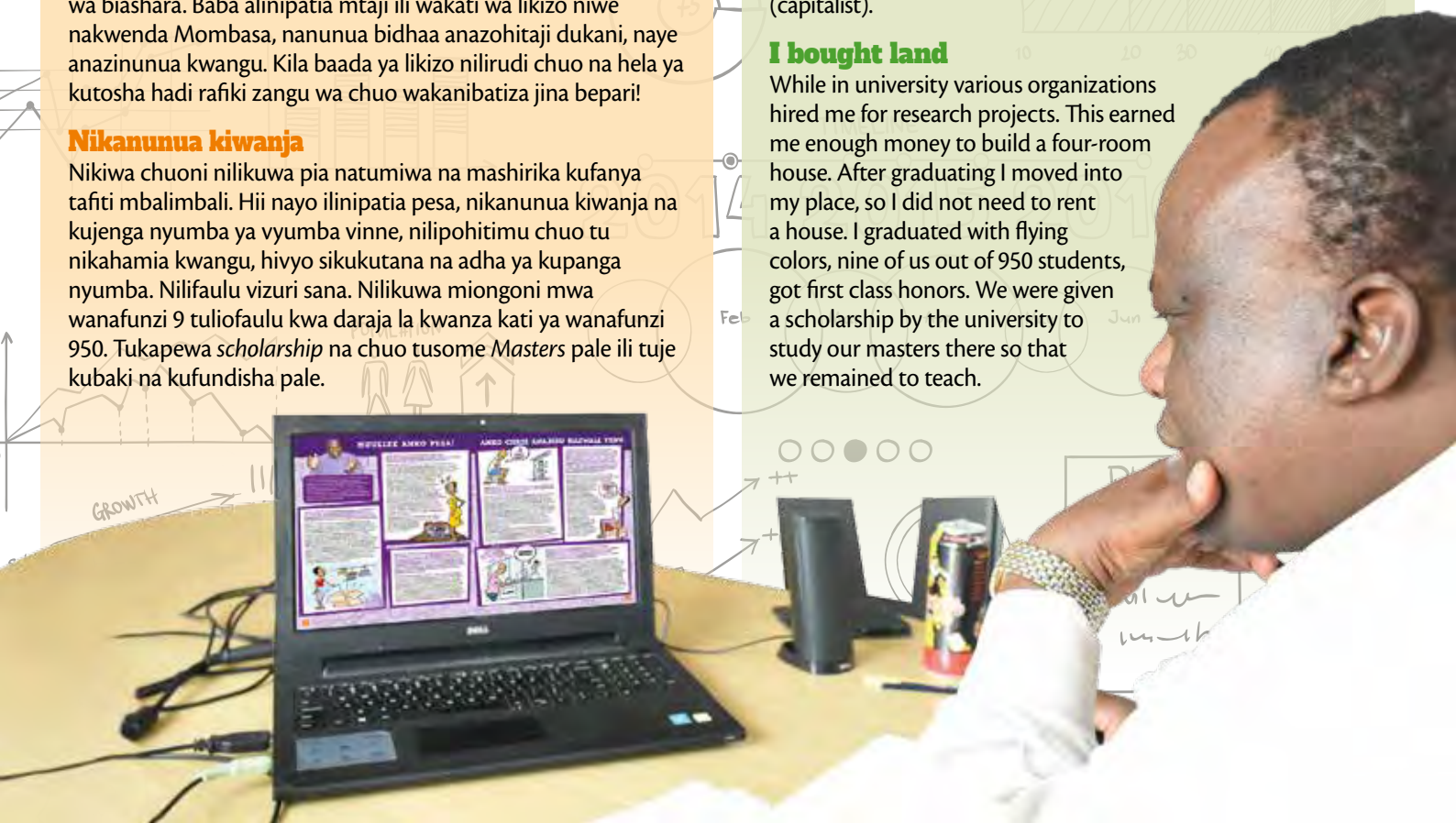
After my form six, my parents retired, moved to Arusha and started a supermarket. That's where I learned real entrepreneurship. Whilst I was waiting for my examination results, I worked there. I received a little allowance instead of a salary. I learnt how to purchase goods, customer care, record keeping, issuing receipts and many other entrepreneurial activities.

Even at University...

I left Arusha for university but carried on doing business during leave. My dad gave me capital so that during the holidays I could buy products he needs in his shop from Mombasa and he would buy them from me. After every holiday I had a lot of money, even my university friends nicknamed me 'Bepari' (capitalist).

I bought land

While in university various organizations hired me for research projects. This earned me enough money to build a four-room house. After graduating I moved into my place, so I did not need to rent a house. I graduated with flying colors, nine of us out of 950 students, got first class honors. We were given a scholarship by the university to study our masters there so that we remained to teach.



Kama hiyo haitoshi...

Nilishakuwa na mtandao mkubwa wa watu, wananipa vijikazi vya hapa na pale. Wakati nakaribia kumaliza chuo, nikanunua gari yangu ya kwanza, Toyota pick-up, hivyo siku ya *graduation ya masters* nilitinga chuo nikiwa naendesha gari yangu mwenyewe.

Nikaanza kusaka ajira

Mwaka tuliohitimu, serikali haikuwa na pesa ya kuajiri. Siku moja nilikuwa na rafiki yangu mmoja hivi, nikamwambia: unajua, tulisomeshwa ili tubaki Mlimani, lakini hebu tazama kuleeee chini. Unauona ule mji mzuri? Kuna fursa kule. Tusibaki tumeganda hapa mlimani. Tukauvamie ule mji, kuna hela nyingi tu, kuna maisha. Tuondoke mlimani, twenzetu.

Nikaanza kwa kutengeneza CV

Sikuwa nimewahi kuajiriwa rasmi, lakini katika kushibisha CV niliandika humo kazi zote nilizowahi kuzifanya nikiwa chuo. Hata vikazi vidogovidogo vya utafiti sikuacha kuandika. Hata warsha nilizohudhuria nikiwa chuo nilizitaja. Nikaweka na shule nilizosoma, kuanzia shule ya msingi hadi masters. Nikawa na CV ya kurasa mbili, na kwakweli ka-CV kalishiba.

Ikawa kila siku natoka nyumbani nakwenda kushinda maktaba. Pale napata magazeti yote ya kila siku. Nasoma. Wakati huo sikuwa nasema sina kazi, la hashu. Nilikuwa nasema nina kazi ya kutafuta kazi. Nikawa nikiona matangazo ya kazi, natuma maombi. Haikuchukua siku nyingi, mambo yakaanza kujibu.

Day one kazini, sitosahau!

Kazi yangu ya kwanza ilikuwa Ubalozi wa Uholanzi. Ilikuwa ni ya muda mfupi sana. Siku ya kwanza niliporipoti kazini, nilikabidhiwa ofisi, *computer* na *printer*. Nikaambiwa kesho kuna mkutano, unatakiwa kundika *minutes*! Wakati huo sijawahi kutumia kompyuta hata siku moja! sijui hata kuiwasha! Kijasho chembamba kilinitoka! Nilichekecha akili, nikaenda *stationery* fulani hivi, nikawakuta vijana, nikawaomba wanifundishe jinsi ya kuwasha kompyuta na kuchapa. Nilijifunza kompyuta kwa masaa manne na kesho yake nikachapa *minutes*! Hadi leo ninayo ile karatasi nilioyochapa! Mwaka 1997 nikapata ajira rasmi katika mradi ulioitwa Tanzania Aids Project. Kabla sijakaa sawa nikapata ajira nyingine Shirika la Maendeleo la Umoja wa Mataifa (UNDP), nikafanya kazi kwa miaka kumi. Baadaye nikafanya kazi tena Wizara ya Mambo ya Nje na baadaye Nigeria.

Nikasema imetoshu

Ilipofika 2005 nikasema imetoshu. Watu wakashangaa. Unaacha kazi? Nikasema nimetosheka. Nimejifunza mengi. Naona sasa hata ninayojifunza yanapungua. Ndoto yangu kubwa ilikuwa ni kujiajiri na kuajiri wengine. Nikathubutu kuacha kazi bila kuwa na kazi nyingine.

**Not only that...**

By then I already had a huge network of people, giving me work here and there. I turned up at my graduation driving my first car, that I had just bought.

Job searching began!

The year I graduated the government had no money to employ us. One day I was chatting with a friend. I told him: we could remain here but down in the city is where the opportunities are. Let us go hit that city, there is money, there is life.

My first strategy was to write a CV

I had never been employed formally, but I included every work engagement I had done whilst at the university, even the small ones. I mentioned all the workshops I participated in at university. I put down all the schools I attended, from primary school to Masters. My CV was packed.

Every day I would spend time at the library, looking through the day's newspapers. At that time I didn't consider myself jobless! Instead my job was searching for a job. Whenever I saw a job advertisement, I would apply. Before long, the responses started coming.

I will never forget!

My first job was at the Dutch Embassy. On the first day I was given an office, with a computer and printer and told that I was supposed to type minutes for a meeting the next day! But I had never used a computer! I didn't even know how to switch it on! I went to a stationery shop and begged some guys to teach me how to use a computer. Within four hours I had learned how to use it and the next day I typed the minutes. I still have those minutes! In 1997 I got employed at the Tanzania Aids Project. Then, I went to the United Nations Development Program (UNDP). I moved to the Ministry of External Affairs as a consultant and later worked in Nigeria.

I said 'enough'!

By 2005 I was done with employment. People were surprised! I said, "My biggest dream is to create employment for myself and others." I dared to quit my job without having another job.

Nilishapata mtaji mzuri

Kutokana na kusevu kidogokidogo kwenye mshahara wangu, nikasema sasa nataka kufungua ofisi yangu mwenyewe. Kaofisi kadogo lakini kenye hadhi. Mwaka 2007 nilikodi nafasi hapa nilipo, *nikanunua furniture, computer, gari na vingine muhimu.*

Nikasajili ofisi. Tena wakati nasajili nikashauriwa ninapotaja ofisi inafanya nini niandike kila kitu. Hivyo kwenye malengo ya ofisi nimeweka vitu vingi sana, hadi kilimo na ufugaji wa kuku. Kampuni ni kampuni, hivyo sio vizuri kujifunga.

Nilihakikisha naiweka ofisi vizuri ili hata ninapoomba tenda mtu awe na imani na mimi. Hii imenisaidia sana.

Nafundisha pia

Nimekwishapata shahada ya tatu ya Udaktari wa Falsafa, hivyo unaweza kuniita Dk Awinia. Nafundisha pia Chuo Kikuu Huria na wakati huo huo naendelea na uendeshaji wa ofisi yangu.

Niliona naweza kufanya yote mawili, nikakubali ombi la kufundisha pale kwasababu na-enjoy kufundisha.

Kampuni yangu inakua

Inaitwa Praxis na kwakweli naiona inakua kwa kasi nzuri. Tunafanya mambo mengi ikiwemo tafti mbalimbali kwa kadri wateja wetu wanavyotaka, tunatoa ushauri wa masuala ya ujasiriamali kama hivi ninavyofanya kupitia Fema, na tuna wigo mpana sana wa kufanya biashara kwakuwa hatukujifunga wakati tunasajili kampuni.

UJUMBE WANGU KWAKO

Nina mengi lakini kwa leo niseme mawili tu. Kwanza: vijana wengi mnapenda kukaa jijini, lakini kwa taarifa yenu fursa ziko kwenye miji midogomidogo. Angalia mji kama Kahama, kuna fursa kibao! Pili: Usitangulize mawazo ya kuajiriwa. Soma ukiwa na lengo la kujiajiri nami nakutakia kila la kheri!

I had savings

In 2007, as a result of saving money from my salary, I rented an office space, furnished it, bought a computer and other important equipment. I registered a company. I was advised to be ambitious when stating the company's functions. Therefore, in the company's goals I put a long list, even farming and poultry.

I made sure that my office would impress my clients. This has helped me a lot.

I also teach

After attaining my third degree as Doctor of Philosophy, I started teaching at the Open University, alongside running my company. I enjoy lecturing and can handle both.

My company is growing

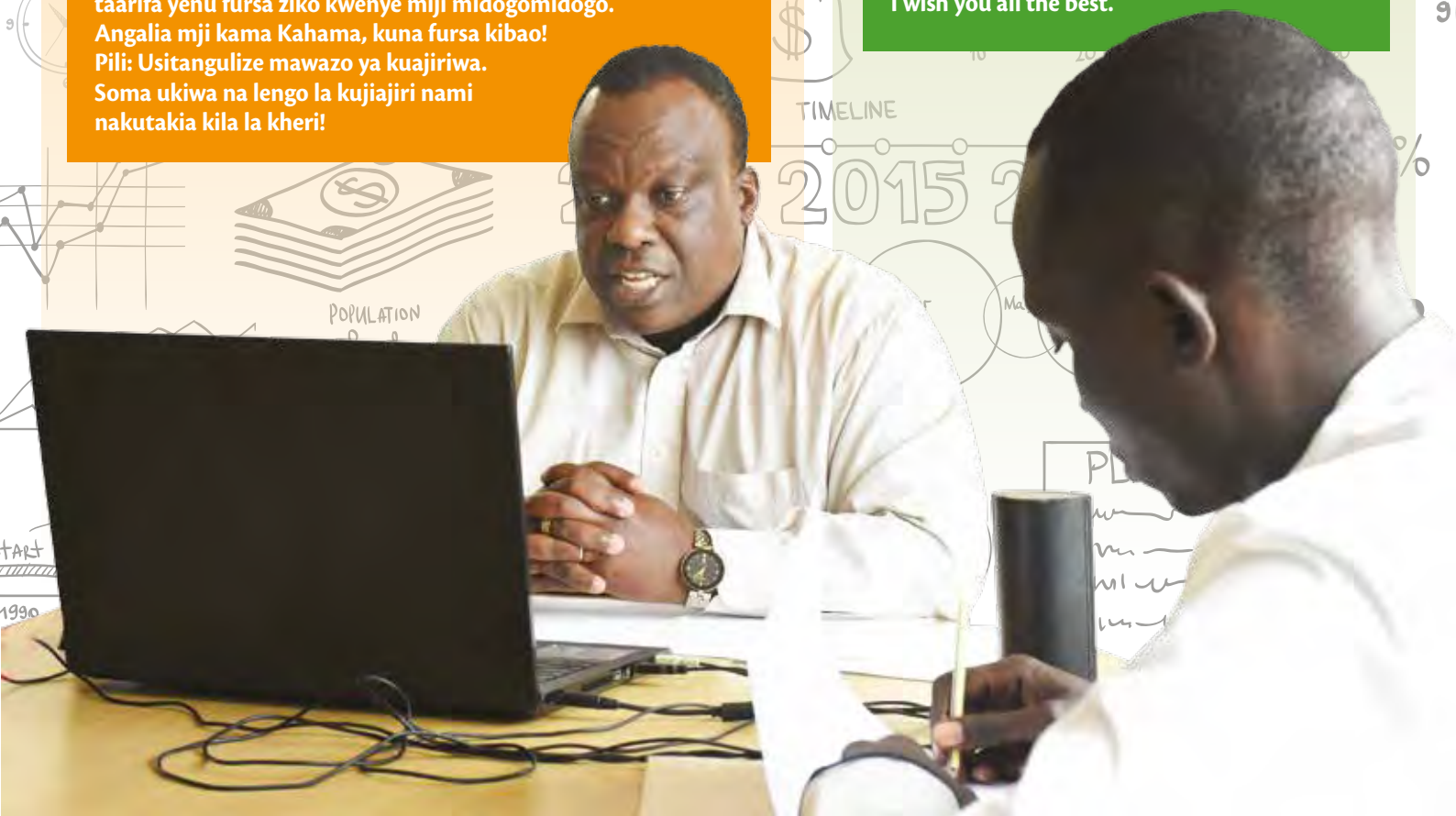
It is called Praxis. We do a lot including research projects according to our customers' needs; we offer entrepreneurship advice just like I do in Fema. We have a broad business scope because we did not limit ourselves when registering the company.

MY MESSAGE TO YOU

First; Many of you like to stay in cities, but opportunities are in small towns too.

Try a town like Kahama!

Second; Do not just focus on being employed. Study with the vision of self-employment, and I wish you all the best.



ATAFUTAYE HACHOKI

BAADA YA KUSHIRIKI TAMASHA LA KANDA LA FEM CLUBS, WANDEWA FEM CLUB WAMEVUTIWA NA SHUGHULI ZINAZOFANYWA NA CLUBS ZINGINE. NA WAO WAMEAMUA KULINGA TELA KWA STAILI YAO ILI KUJIKWAMUA KIUCHUMI. JE, NI RAHISI KAMA WANAVYODHANIP?

JAMANI HAPA TUNA VIPAJI MBALIMBALI, TUVITUMIE ILI KUTUNISHA MFUKO

LABOA TUPATE NA MICHANGO MINGINE YA MAWAZO!

MIMI NAONELEA TUANZE NA KILIMO CHA MBOGAMBOGA, KISHA PESA TUTAKAZOPATA TUONGEZE NA MIRADI MINGINE

WANAKLABU WAKAANZA MAANDALIZI

WAKAPIGA NA MATUTA NA KUMWAGILIA KABLA YA KULINGIA DARASANI

JAMANI TUFANYE HARAKA TUKASHIRIKI NA USAFI WA MAENEO YETU

SAWA

JAMANI HIZI NI CHANGAMOTO ZA KAWAIDA KWENYE KILIMO, TUZUIE WASIRUDI TENA

DAAH! SIJUI KUKU WA NANI ATULIPE FIDIA

MSIKATE TAMAA, NITAMKARIBISHA BWANA SHAMBA AJE KIONGEA NASI ATATUPATIA USHAURI



KUKU WAKAVAMA MATUTA YA MBOGA





Ni sehemu ya mafanikio

NA RAPHAEL NYONI

Ukiwaangalia Wandewa Fema Club kwa haraka unaweza ukasema wana 'gundu'. Na sio hivyo tu, wengine kwenye kuchangia yao mawili matatu ataongeza na imani potofu na kusema, "si bure, hapa kuna mkono wa mtu. Haiwezekani majanga yawaandame wao tu".

Si kweli, sio wao tu. Uliza kila mtu aliyefanikiwa kama hakupitia changamoto za aina yeyote ile. Changamoto ni sehemu ya maisha. Hata kwenye biashara zipo. Tena zipo kibao haswaaa! Ni kama vile kuwa shuleni kisha mwalimu anakuja tu na kuwapa test bila hata kuwatangazia. Hii inawajenga na kuwafanya muwe tayari wakati wote.

Changamoto zipo!

Ni muhimu sana katika ujasiriamali kuangalia kwa jicho chanya kwani hii husaidia mtu

- Kujitathmini mwenendo wake katika biashara
- Kuona mapungufu mbalimbali katika biashara
- Kujirekebisha pale unapooni mapungufu
- Kuwa mbunifu ili kuvutia wateja
- Kukua kiakili na kimawazo katika namna ya kufanya biashara iende vizuri.

KUMBUKA

Safari ni hatua, na hatua moja huzalisha nyingine. Ukijikwaa au ukianguka sio mwisho wa safari. Jikung'ute mavumbi, ondoa vikwazo ili safari iendelee. Usiache ndoto zako zikafa kwa sababu ya imani potofu. Gundu lipo kwa wale wenye uvivu wa kufikiri na ambao hawapo tayari kukabiliana na changamoto ya aina yoyote ile. Ukishindwa, **jaribu tena au badili mbinu!**



Usipanic, jipange!

Mara nyingi changamoto za kwenye ujasiriamali pointi zake ni zilezile za kukomaa nazo kama kwenye somo la history; *social, political, economic* au ukiongezea na *geographical factors*. Hapo kwenye kudadavua sasa, angalia na wewe unapiga mishe gani halafu angalia namna ya kushughulikia hizo changamoto. Unaweza ukajipunguzia msongo wa mawazo kwa kuzingatia yafuatayo.

1 Weka akiba

Akiba hii itakusaidia pale unapokutana na majanga au changamoto ya aina yoyote ile. Badala ya kwenda kukopa au kuomba msaada kwa watu wakupige jeki, unaweza ukawa na kiasi fulani cha kuanzia. Ukitegemea kukopa kwa mtu huwezi jua kama utapata au la! Hata unapoanza biashara, usiweke hela yote katika msingi. Baki na kiasi kwa ajili ya kubusti biashara ikiwa mambo yataenda mramba.

2 Kuwa na plan B

Kuna wakati biashara zinagoma tu, hasa kama unafanya biashara za msimu. Ni vyema kuwa na mpango mkakati wa biashara mbadala pindi tu unapooni biashara unayoifanya inalegalega. Ukiona umejaribu kadri uwezavyo kila njia na mambo hayaendi, sio mbaya kujaribu mlango mwingine.

Muhimu kabla ya kuanza ujasiriamali, ni vyema ukafanya utafiti mdogo kuhusiana na shughuli unayotaka kuifanya na kisha kufanya upembuzi yakinifu kwa kuangalia faida na hasara unazoweza kupata, changamoto za eneo na kimazingira, ushindani na uhitaji wa hiyo huduma.

3 Kata bima

Bima sio ya magari na bodaboda tu, hata biashara yako unaweza ukaikatia bima. Unataka kufahamu zaidi kuhusu bima ya biashara? Tembelea wakala wa Bima aliye karibu nawe. Au kama vipi alikeni mtaalamu wa Bima aje aelimishe Club kwa faida ya wengi.

MPENDWA ANTI



Iwapo una tatizo lolote kuhusu mabadiliko ya mwili wako, afya yako, matatizo ya kifamilia, shule na hata marafiki tafadhali tuma kwa Mpendwa Anti:

FEMA

S.L.P. 2065, Dar es Salaam

e-mail: info@feminahip.or.tz

SMS: 0753003001

Shikamoo Mpendwa Anti. Pole sana kwa kazi. Naitwa Prisca. Anti naomba ushauri. Mfano unaishi na wazazi wako wote wawili lakini hamna kipato kizuri cha fedha na unatamani sana kufanya kazi likizo lakini hawataki na hawanitoshelezi mahitaji ya shule. Nifanyeje? Naomba ushauri.

♦ Habari Prisca, ni vyema kujua ni kwa nini wazazi hawataki ufanye kazi wakati wa likizo. Labda wameona kwamba kunaweza kuwa na athari ambazo mwanafunzi anaweza kukutana nazo anapokwenda kazini. Wapo wale ambao hupoteza mwelekeo na kupunguza umakini kwenye masomo. Pia wazazi wanaweza kuwa wanaguswa na aina ya kazi ambazo msichana akifanya zinaweza kumweka kwenye hatari za kutotimiza ndoto zake. Kwa kuwa wazazi wameweza kukulea katika mazingira hayo kwa miaka hii yote, ni vyema hekima itumike na kuwaheshimu kwa kile ambacho wameweza kukutimiza. Wana wajibu wa kukulinda. Unachopaswa kufanya ni kujitahidi kwenye masomo yako na kuwa na malengo ya muda mrefu ambayo yatasaidia si kwa mahitaji yako tu, bali kwa mahitaji ya familia nzima. Nakutakia kila la heri.

Naitwa Agritious. Mpendwa Anti naomba unipe ushauri. Nina kigugumizi kinachosababisha nishindwa kuongea mbele za watu. Naogopa nitachekwa. Naomba uniambie dawa ya kigugumizi au unipe ushauri.

♦ Pole sana. Ili kuweza kuishi na kigugumizi ni vema kujiamini, kwani waswahili walisema, aso hili ana lile, hakuna aliye mkamilifu. Kigugumizi hakiondoi thamani yako na ni kitu ambacho hukuchagua kuwa nacho. Ni maumbile uliyozaliwa nayo na hakuna anayepaswa kukuhukumu kwa kitu kilicho nje ya uwezo wako. Winston Churchill ni mmoja wa watu waliokuwa na kigugumizi, lakini haikuzuia ndoto yake ya kuwa kiongozi hadi akawa Waziri Mkuu wa Uingereza. Wapo pia waigizaji na wachekeshaji maarufu duniani wenye kigugumizi. Nawe pia unaweza kufanya lolote na ukafikia ndoto zako. Kila jambo ili lifanikiwe linahitaji mazoezi na kujiamini. Amini kuwa unaweza na endapo utakuwa na jambo la kusema utasikilizwa. Jaribu kuangalia ni maneno gani hasa ukiyaongea yanafanya uwe na kigugumizi zaidi. Andaa orodha ya maneno magumu kwako, tafuta mbadala wa maneno hayo kama yapo, kama hakuna mbadala, jaribu kuyafanyia mazoezi ukiwa peke yako. Kama una kawaida ya kuongea haraka, fanya mazoezi ya kuongea taratibu, unaweza kuweka pozi kwenye sentensi ndefu ili kujipa namna ya kutamka maneno yanayofuata. Unapotaka kuongea anza kwa kuchangia mada unazozifahamu zaidi. Kama unajiandaa kutoa hotuba mahali, hakikisha umefanya maandalizi mazuri kuhusu nini cha kuongea. Ukijipanga vyema itasaidia kuondoa wasiwasi kuhusu unachoongea na kupunguza kigugumizi. Unaweza pia kufika kituo cha afya karibu nawe na kuulizia kama kuna daktari anayeweza kukusaidia katika hili. Ongea, unaweza!



Anti, mimi nina mpenzi wangu ila hataki tushiriki tendo la ndoa. Kila ninapomwambia anakataa. Nikimuuliza kwa nini, anasema angependa nimuoe kwanza. Kweli Anti hiyo tu ndo iwe sababu? Pia anasema wanaotarajia kuoana hawashiriki katika tendo kabla ya kuoana. Naomba msaada Anti.

♦ Habari. Mtu akiamua kusubiri na asifanye ngono kabla ya ndoa ni sahihi kabisa. Anayo haki ya kuamua hivyo, kwani mwili ni wake na ana maadili anayoyaheshimu. Uamuzi wake unapaswa kuheshimiwa kabisa. Pia anaweza kuwa na hofu ya kupata mimba nje ya ndoa au maambukizi ya magonjwa ya ngono, kama VVU. Kama una mpango wa kumuoa, na unampenda kwa dhati unatakiwa kuheshimu maamuzi yake na kumsubiri hadi mtakapofunga ndoa. Lakini kama huna mpango wa kumuoa ni vyema umwambie ukweli ili msielelee kupotezeana muda kila mmoja aendelee na maisha yake.

ANTI COS ANAJIBU MASWALI YENU

Shikamoo mpendwa Anti. Naitwa Keneth natoka Kigoma, Kibondo, Kagezi. Nina mpenzi ila yeye kila siku anadai nimpe hela za matumizi. Na nisipompa huwa hataki tuwasiliane au tukutane. Na jinsi ninavyomwona ni kama amenipendea pesa. Anti, mimi nampenda sana! Je, nifanyeje ili niendelee kuwa naye?

♦ Mahusiano si kitegauchumi. Kila mtu anapaswa kuwa na njia za kujiingizia kipato, sio kutegemea fedha kutoka kwa mpenzi wake. Ni vizuri ukapata muda muafaka wa kuongea naye na kuangalia ni jinsi gani unaweza kumshauri kuanzisha mradi ambao utamsaidia kupata fedha za kujikimu. Anaweza kufanya hivyo kwa kufanya kazi halali zitakazompatia mshahara au kwa kufanya biashara. Ni wakati wa kufikiria upya mahusiano yenu na kuangalia kama hii ni tabia ambayo unaweza kuishi nayo au la. Hakuna kitu chochote kinachomzuia msichana au mwanamke kufanya shughuli za kumuingizia kipato. Asante.



Anti, naitwa Adam na swali langu ni je, mtoto ana haki ya kuchagua anapotaka kukaa? Nikiwa kidato cha kwanza, baba alinichukua tukaja Moshi. Mama yangu alibaki Mbeya. Changamoto ninayoipata ni kwamba sipati mahitaji yanayotosheleza na pia baba hapendi niende kwa mama (kipindi cha likizo). Naomba ushauri.

♦ Mtoto ana haki ya kuchagua kuishi na mzazi anayependa, japokuwa kuna taratibu ambazo zinahitajika kufuatwa ili kuhakikisha anapata malezi bora ikiwa ni pamoja na usalama wake. Inawezekana kuna sababu za msingi ambazo zimepelekea baba kushindwa kutimiza mahitaji yako yote, labda kutokana na kipato chake, au pia inawezekana aliamua kuishi na wewe kwa sababu aliamini hiyo ni salama zaidi. Kwa kuwa umepata nafasi ya kuendelea na masomo ni vyema kwa sasa ukajikita katika kusoma kwa bidii ili utimize malengo yako. Kuhusu kukatazwa kuwa karibu na mama yako inawezekana baba ana sababu ya msingi, lakini ni haki ya kila mtoto kuwa na uhuru wa kuwasiliana na wazazi wake wote wawili ili aweze kupata ushauri na malezi kutoka pande zote mbili.



Hellow Anti. Pole na kazi. Mimi ni msichana wa miaka 16 na matarajio yangu ni kwamba, nikimaliza form 4, nitaweza kuingia katika sanaa ya uigizaji, na niisaidie familia yangu. Hata hivyo, mama yangu angependa zaidi nisome pre form 5. Kiukweli natamani kuigiza. Nifanyeje? Naitwa Winifrida.

♦ Habari Winifrida. Wahenga walisema, **subira yavuta heri**. Kipaji na maigizo hayatakwisha. Ushauri wa mama ni wa busara sana maana si kila anayekatisha masomo kwa ajili ya kipaji anafanikiwa. Unaweza kuendelea na masomo huku ukiendelea kukuza kipaji chako kwa kushiriki katika sanaa ukiwa shule na kupanua upeo wako wa mawazo na ukawa ni mwenye kipaji na utaalamu wa sanaa. Pia, kwa sababu unapenda sanaa, basi utakapomaliza kidato cha sita unaweza kusomea sanaa katika chuo Kikuu cha Dar es salaam (UDSM) au Chuo cha Sanaa Bagamoyo. Masomo ya juu yatakusaidia kuwa msanii mwenye taaluma na kuleta mapinduzi katika sanaa yetu. Muunganiko wa kipaji na taaluma ni moto!



Mpendwa Anti, mimi ni msichana mwenye umri wa miaka 18. Nasoma kidato cha nne. Tatizo langu ni kwamba mama yangu amekuwa mkali kupitiliza. Ananinyanasa na hanitimizii mahitaji yangu kama mtoto wa kike. Inafikia hatua natamani nitoroke nyumbani lakini kinachonizuia ni kwamba natamani kutimiza ndoto zangu. Je, nifanye nini?

♦ Kwanza pole kwa hali hiyo. Pili, inaweza kukusaidia ukifahamu kwamba jambo unalopitia si geni hasa kwa vijana. Jaribu kuangalia maelezo haya kwa mtazamo chanya. Wakati mwingine mzazi ni mkali lakini wakati mwingine hutokea kwasababu ya kijana. Katika hatua za kukua, ni kawaida vijana wanapofikia rika la balehe kuona wamekua na hivyo kuona hawapaswi kuonywa wala kurekebishwa. Jaribu kuangalia ni katika maeneo gani mnatofautiana na mama kwa mfano kama una tabia ya kuchelewa kurudi nyumbani au kutomaliza majukumu yako kwa wakati, jirekebishe. Pia kama hufanyi vema kwenye masomo, ongeza bidii, itawasaidia nyote muwe na furaha. Pengine mama ana majukumu mengi na yanamsumbia, jaribu kuwa faraja kwake na kuonyesha kuwa unaelewa mzigo wa majukumu alionao. Kutoroka hakutasaidia, maana haujui utakayokutana nayo huko. Changamoto hii ichukulie kuwa ni fursa ya kufanya vyema zaidi, kuweka mipango na mikakati ya maendeleo. Kama ukali wa mama hautabadilika, basi unaweza kuongea nae kwa upole na kuomba kujua ni kwa namna gani unaweza kumridhisha na kuleta upendo ndani ya familia.

MUULIZE ANKO PESA!



Una maswali lukuki kichwani mwako? Unataka kuwa mjasiriamali lakini hujui pa kuanzia? Unaogopa kujitosa katika biashara? Biashara inakwenda mrama? Una senti mbili-tatu lakini hujui uwekeze wapi? Una maswali kedekede kuhusu mambo ya mshiko? **USITAABIKE!** Uliza ujibiwe na ANKO PESA, mtaalamu wetu wa masuala ya ujasiriamali! (angalia mawasiliano ukurasa wa mwanzo wa jarida).

Habari Anko Pesa. Kunapotokea majanga makampuni na viwanda vingi vinafungwa na watu kusimamishwa kazi. Ningependa kufahamu taratibu zilizopo za usimamishwaji kazi na taratibu na sheria za waajiriwa kupewa likizo zikoje?

Ni kweli kwamba majanga yanapotokea, baadhi ya viwanda hufungwa na ajira za watu husitishwa kabisa au kwa muda fulani. Kuhusu utaratibu wa kufuata unategemea sana mfumo na aina ya kazi na mkataba alionao mhusika. Takwimu zinaonyesha waajiri wengi nchini Tanzania ni biashara ndogondogo na viwanda vidogovidogo. Waajiri wengi wa namna hii hawana uwezo wa kuingia mikataba yenye pensheni hivyo kunakuwa na hiyari ya kila upande kutoa taarifa ya kusitisha ajira pale uwezo unapokosekana. Hata hivyo kwa wale wenye ajira ya muda mrefu kuna vipengele vinavyoruhusu waajiri kusitisha ajira kwa sababu za kiuchumi au kutokana na majanga yanayotokea nje ya uwezo wa mwajiri. Sheria inahitaji mwajiri na waajiriwa kufikia muafaka lakini hata kama waajiriwa hawatafikia muafaka, si rahisi mahakama kuamuru warudi kazini hata kama kiwanda kimeungua na hakizalishi tena na hivyo hakuna mshahara wa kuwalipa.

Hello Anko Pesa, mimi ni Elizabeth kutoka Mara. Biashara zimekuwa ngumu sana. Naomba nishauri cha kufanya ili biashara yangu isife, niendele kufanya biashara?

Habari yako Elizabeth? Habari za huko Mara? Katika swali lako ninaona inawezekana kuna tatizo katika usimamiaji wa mzunguko wa fedha zako. Unahitaji kuhakikisha kwamba unapata faida, ndiyo biashara yako itadumu. Kwa wastani inashauriwa kwa kila fedha unayowekeza kama mtaji upate faida ya angalau 20%. Mfano kama umenunua viatu kwa 10,000/= ili upate bei ya kuuza yenye faida ya 20% unagawanya 20 kwa 100 halafu zidisha kwa 10,000 utapata 2,000 na ukijumlisha hiyo 2,000 na 10,000 utapata 12,000/-. Kwa hiyo usiuzie viatu vyako chini ya 12,000/- kama unataka kupata faida ya asilimia 20. Jambo la pili weka kumbukumbu za hesabu zako za biashara, kiasi gani cha fedha umeingiza kwenye biashara, kiasi gani kimeingia kama mauzo ya biashara, na kiasi gani ni matumizi. Kisha baada ya hapo, utaweza kupata picha kamili kuhusu mwenendo wa biashara yako. Pia kumbuka kwamba si kila faida ni gawio. Nyingine inatakiwa iende kwenye upanuzi nauongezaji ufanisi wa biashara yako. Hii pia inasaidia biashara iwe endelevu.

Cha kuongezea, ili kumudu biashara, pia jiunge na vikundi kama VICOBA vilivyo karibu yako upate mafunzo zaidi. Pia mtembelee Afisa Biashara au Maendeleo ya Jamii kwenye ofisi ya Kata akupe ushauri zaidi.



Shikamoo Anko pesa, mimi naitwa Jesca Lyimo kutoka Dar es Salaam. Mimi ni mfanyabiashara mdogo wa nguo za watoto. Hivi karibuni ndio nimefahamu kwamba kumbe linaweza kutokea janga kwenye nchi hadi mipaka ya nchi ikafungwa. Inapotokea hivyo biashara zinaathirika. Siombi litokee, lakini najiuliza. Je, kwenye mazingira magumu kama hayo, sisi wafanyabiashara tunapaswa kufanya nini ili tuendele kupata bidhaa?

Habari gani Jesca? Habari za Dar es Salaam? Kwanza pongezi sana kwa kuanzisha biashara ya nguo za watoto. Ikiwa mipaka imefungwa kwa muda mrefu kwa sababu yoyote ile unaweza kuagiza bidhaa zako kwa njia ya biashara mtandaoni (E-Commerce). Wasiliana na wahusika unaonunua kwao, muingie mkataba wa manunuzi na usafirishaji na bima zinazohusika kisha wao watafikisha mzigo wako mpaka kituo cha ndege, bandarini au posta kama kifurushi. Unaweza ukazungumza na makampuni ambao ni wakala wa kodi watakushauri namna ya kusafirisha mzigo wako kutoka kiwandani hadi ofisini kwako hapa nchini.

ANKO CHRIS ANAJIBU MASWALI YENU



Shikamoo Anko Pesa, kuna wakati wazazi wangu wanashindwa kabisa kunilipia ada na mahitaji mengine ya shule. Nifanye nini, sina raha kabisa. Stanley John, Arusha.

Marahaba Stanley! Habari za Arusha? Ni kweli tunaishi kwenye changamoto kila leo. Hata hivyo ukisononeka sana na changamoto unazokabiliana nazo utafikia hatua ya kukosa raha na kusumbuka kimawazo. Nimeziita changamoto maana kila tatizo linatuita kutafuta jawabu. Unachohitaji kama kijana ni kukaa karibu na wazazi na kuelewa changamoto zao na kushiriki katika kazi za kiuchumi za hapo nyumbani. Kila kaya iko kama taasisi. Kila kaya ina mapato na matumizi kama vile ilivyo serikali na bajeti yake. Ujue kwamba, kwa hali ya kawaida, hakuna matumizi bila mapato. Matumizi yanatoka kwenye chungu ambacho mapato yanaingia. Huwezi ukawa na mashaka juu ya matumizi bila kuwa na mashaka kuhusu mapato. Kwahiyo ni vyema wewe kama kijana ukae na wazazi utambue kama kaya kuna fursa gani za kupata mapato, kisha suala la matumizi litajijibu lenyewe. Kukishakuwa na mapato pia inabidi kuangalia matumizi yaende kwenye vipaumbele. Vipauumbele vya kwanza havina budi kwenda kwenye mahitaji ya lazima ya msingi ya kibanadamu kama chakula, matibabu na elimu. Pili ni matumizi yanayoenda kwenye uzalishaji mali kama mbegu, mbolea n.k. Na tatu ndio matumizi ya kawaida. Kila la heri katika masomo.

Hongera kwa kazi nzuri ya kuelimisha jamii.

Naitwa Betha Johnson, ni mwanafunzi wa kidato cha sita. Nimekuwa kwenye likizo ndefu sana hivi karibuni, nikawaza kwamba kama ningetumia likizo hii kufanya biashara ndogo ingenisaidia kujinunulia mahitaji madogo na hata kuisaidia familia. Tatizo ni kwamba sikuwa hata na wazo la biashara, hivyo likizo yangu imekwisha bila faida. Je, ni biashara gani ningeweza kuifanya katika kipindi kile kifupi cha miezi mitatu?

Habari gani Bertha? Ni kweli likizo ya miezi mitatu ilitosha kabisa kufanya kitu. Lakini hata sasa bado unayo nafasi. Unaweza kuanzisha biashara ndogo huku ukiendelea na masomo. Ni wazo zuri tu. Biashara nzuri kwa sasa ni ile unayoweza kuifanya kutoka nyumbani na kuisambaza moja kwa moja kwa wateja au kuitangaza kupitia mitandao ya kijamii. Kwa mfano mapishi ya vitafunwa, ushonaji, utengenezaji wa sabuni au mapambo ya nyumbani n.k. Hongera kwa kufikiria hili kwani biashara yako itakusaidia kupata mahitaji madogo lakini pia utakapokuwa umehitimu shule na kuamua kuingia kwenye biashara moja kwa moja, basi mambo mengi utakuwa huna ugeni nayo, hivyo utaiendesha kwa ustadi zaidi. Lakini kumbuka, jukumu lako la msingi ni kusoma, hivyo ukiona biashara uliyoianzisha inagongana na muda wako wa masomo, fikiria wazo jingine. MASOMO KWANZA.



Shkamoso Anko pesa, mimi ni kijana wa miaka 27 kutoka Misungwi Mwanza. Nina mkopo benki wenye masharti ya kupeleka rejesho kila mwisho wa mwezi. Biashara zangu zinazonisaidia kukusanya marejesho zote zimeyumba, sitaweza kufanya majeresho. Je, kuna utaratibu wowote ninaoweza kuifanya?

Habari yako mwanangu na habari ya Misungwi? Jibu la swali lako ni NDIO. Huwa kuna nafasi ya mteja kurudi benki na kupanga nao mikakati ya marejesho kutokana na sababu za msingi zinazomfanya ashindwe kupeleka marejesho. Zipo sababu zinazoweza kuwa za binafsi au za kibiashara / kiuchumi zinazoweza ku-ziua biashara kufanikiwa kwa kipindi husika, na zikaeleweka. Pia ziko sababu nyingine ambazo ziko nje ya uwezo wako kama wanavyosema sababu za kuathiriwa kwa shughuli husika ni kudura za Mwenyezi Mungu kama kimbunga, tetemeko au maafa mengine. Sababu hii inaweza kufanya hata mkopo kufutwa. Kimsingi barua yako kwa benki ieleze sababu za msingi na kuonyesha utaratibu mpya wa kurejesha mkopo husika. Mara nyingi benki zitazipokea, kutathmini, kuhakiki ukweli wake, na kama ikithibitika itafanyia marekebisha awamu za kurejesha mkopo. Kitu ambacho benki huchukua zaidi ni wakopaji kukimbia na fedha zao. Katika kila benki hasa kwenye ngazi ya wilaya kuna mtaalamu wa kushauri mwenendo wa masuala ya kifedha kwa wateja, na huyu bila shaka atakupatia ushauri zaidi.



Tulongge kuhusu kukua na afya njema pamoja!

Toleo hili la Fema linazungumzia masuala ya Uwezeshaji Kiuchumi, lakini wote tunafahamu! **Afya kwanza! Chanjo zinakujengea kinga dhidi ya magonjwa, na hii inakupa fursa ya kufukuzia ndoto zako na hatimaye kutimiza malengo yako!**

Je, unafahamu ya kwamba kuna chanjo inayoweza kukuinga dhidi ya saratani ya mlango wa kizazi utakapokua mtu mzima?

Chanjo ya kuinga saratani ya mlango wa kizazi inaweza kukuinga na inatolewa **bila malipo** kwa wasichana wenye **miaka 14** Tanzania nzima.

Ugonjwa wa saratani ya mlango wa kizazi ni ugonjwa hatari ambao unaweza kusababisha vifo pale unapochelewa kugundulika na kutibiwa mapema.

Chanjo ya kuinga saratani ya mlango wa kizazi haina madhara. Kupata kinga kamili unahitaji chanjo mbili, chanjo ya pili ni **miezi 6** baada ya chanjo ya kwanza.

Unapofikisha miaka 14 unapaswa kupata chanjo mbili, chanjo zinatolewa mashuleni, kwenye vituo vya kutolea huduma za afya na kwenye jamii kupitia huduma za mkoba. Kumbuka chanjo inatolewa **bila malipo**.

Ongea na mzazi, mlezi au dada yako kama una wasiwasi kuhusu kupata chanjo ya kuinga saratani ya mlango wa kizazi.

Tuulize Tujibebe

Je ni salama?

Chanjo ya kuinga saratani ya mlango wa kizazi ni salama sana. Imefanyiwa uchunguzi wa kutosha kwa kuzingatia viwango vya kimataifa, isitoshe mamilioni ya wasichana duniani wameshapata chanjo bila kupata madhara yoyote. Chanjo imethibitishwa na Wizara ya Afya (Tanzania) pamoja na Shirika la Afya Duniani.

Nina wasiwasi chanjo itauma!

Ni kitu cha kawaida kuwa na wasiwasi kuhusu kupata chanjo ya kuinga saratani ya mlango wa kizazi. Chanjo ni kama sindano nyingine za mkononi. Utasikia maumivu kidogo kwa muda mfupi lakini maumivu yataondoka. Unaweza kupata chanjo ya kuinga saratani ya mlango wa kizazi pamoja na marafiki zako, ni njia nzuri ya kusapotiana.

Kwanini chanjo ya kuinga saratani ya mlango wa kizazi inatolewa kwa wasichana wa miaka 14?

Chanjo ya kuinga saratani ya mlango wa kizazi imethibitishwa kuwa na uwezo mkubwa wa kuzuia saratani ya mlango wa kizazi inapotolewa kwa wasichana wenye umri mdogo na ndio maana inatolewa kwa wasichana wanapofikisha umri wa miaka 14. Wanawake wenye umri mkubwa wanaweza kufanya uchunguzi wa mlango wa kizazi kutathmini kama kuna dalili za awali zinazoashiria uwepo wa saratani ya mlango wa kizazi.

Ni muhimu kupata chanjo mbili la sivyo chanjo inaweza isifanye kazi vizuri na kushindwa kukuinga.

Ninawezaje kufahamu zaidi kuhusu kupata chanjo ya kuinga saratani ya mlango wa kizazi?

Unaweza kuongea na mwalimu wako au mhudumu wa afya kuhusu kupata chanjo, watakupa maelekezo ni wapi pakuipata chanjo. Ni vizuri pia kuongea na wazazi kuhusu chanjo, watakusapoti na kukufanya ujisikie haupo peke yako.

Nifanye nini ili nikumbuke kupata chanjo ya pili?

Ni wazo zuri kuhakikisha unaweka kumbukumbu ya kupata chanjo ya pili miezi 6 baada ya kupata chanjo ya kwanza. Unaweza kutumia simu ya mkononi au kalenda kuweka kumbukumbu. Ni vizuri kupata chanjo pamoja na marafiki zako, mnaweza kukumbushana muda wa kupata chanjo ya pili ukifika! Mara nyingi walimu na wahudumu wa afya pia watawakumbusha.

Saratani ya mlango wa kizazi inasababishwa na kirusi kiitwacho Human Papillomavirus.

#Pamoja tunafanikiwa

Wasiliana nasi Facebook @Tujibebe

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Huduma inatolewa bure kwa wateja wa Vodacom tu

Tujibebe



UTT- AMIS ndo mpango mzima!

NA HARIDI ISSA

Pesa hukua! Lakini ili ikue kuna mambo lazima yafanyike. Mojawapo ni kuwekeza katika masoko ya fedha na mitaji, na mfano mzuri ni kununua hisa katika makampuni mbalimbali au kuwekeza kwenye hati fungani.

Twende taratibu!

Tuchukue mfano wa keki. Mama anaweza akarudi kutoka kazini akiwa amenunua keki kama sehemu ya kusheherekea siku yake ya kuzaliwa. Hivyo basi, mama ndiye mmiliki wa ile keki. Ifikapo jioni, mama anaweza akawaita wote mmuimbie Happy Birthday, na kisha akamkatia kila mmoja kipande chake cha keki. Hii inamaanisha kila mwenye kipande cha keki sasa ni mmiliki wa kipande cha ile keki. Hii ni sawasawa na mfumo wa hisa. Hisa ni sehemu au asalimia ya umiliki wa kampuni. Kama kampuni ina hisa 1,000,000 na mtu akamiliki hisa 10,000, hii ina maana kwamba mwekezaji huyu anamiliki 1% ya kampuni hiyo. Stahiki za mwenye hisa ni pamoja na kushiriki katika kutoa maamuzi ya kampuni na kupata gawio la faida. Ana haki pia ya kuuza hisa zake kwa faida pale ambapo kuna ongezeko la thamani ya hisa.

Twende kwenye point sasa!

Serikali ilibaini kuwa si kila anayetamani kuwekeza ana pesa ya kununua hisa au kuwekeza katika hatifungani. Hivyo, iliunda mifuko ya uwekezaji wa pamoja inayoendeshwa na shirika liitwalo UTT Asset Management and Investor Services Plc (UTT AMIS). Si mnajua tena, umoja ni nguvu! Uwekezaji wa pamoja unaweza kufanywa na mtu binafsi, kampuni au taasisi. Upekee wake ni kuwa unatoa fursa ya uwekezaji hata kwa wenye fedha kidogo, kununua vipande. Naingiza tena mfano, ili tuelewane vizuri. Ukinunua vipande vya UTT AMIS, wao wanachukua hiyo pesa, pamoja na pesa za wawekezaji wengine, na kupata mtaji mkubwa ambao wanauwekeza. Faida itakayopatikana itagawanywa kulingana na kiasi ulichowekeza, kama faida ni 10% ya uwekezaji wote, kila mmoja atapata 10% ya pesa yake kama faida. Unaweza kuuza vipande vyako muda wowote lakini, kadri muda unavyokwenda ndio pesa yako hukua zaidi, kwasababu ile faida inayopatikana nayo huwekezwa na kuzaa faida.

Hatifungani ni Hati ya Deni, ambayo kampuni au serikali huwakopa wawekezaji kwa makubaliano maalumu na kuwalipa riba na marejesho baada ya kupevuka kwa hatifungani hiyo. Ili kuelewa vizuri hatifungani, turudi kwenye mfano wetu wa keki. Hatifungani itakuwa pale ambapo, baba akamuomba mama keki yake nzima, akimuahidi kwamba, kila baada ya mwezi, atakuwa anampa kipande kimoja cha keki kwa muda tuseme wa mwaka mmoja, na ifikapo birthday yake nyingine, atamnunulia keki nyingine nzima. Katika mfumo wa hati fungani, mwenye hatifungani anastahili kulipwa riba (kwa kawaida ni kila baada ya miezi sita) na kurudishiwa mtaji wake ikishapevuka. Pale ambapo kampuni inafilisika, wanaomiliki hatifungani wana haki ya kulipwa pesa zao kabla ya wale wanaomiliki hisa.



Mifuko ya Uwekezaji

UTT AMIS inaendesha mifuko sita ambayo inatofautiana katika vigezo na manufaa. Vigezo vikuu ni malengo ya mwekezaji, muda anaotaka kuwekeza, anavyoweza kubeba hatari za uwekezaji (risk), faida anayotarajia, uharaka wa kupata fedha na umri wa mwekezaji.

Mfuko wa Umoja

Huu ni mfuko mzuri kwa uwekezaji wa muda mrefu. Kiwango cha chini cha kuanza kuwekeza ni shilingi 6,500 kwa sasa. Baada ya kukusanya fedha zilizowekezwa kwenye mfuko huu, UTT AMIS wanawekeza kwenye masoko ya mitaji kama vile hisa zilizoorodheshwa kwenye Soko la Hisa la Dar es Salaam kiwango kisichozidi (50%) na masoko mengine ya fedha yenye sifa tofauti, kwa kiwango kisichopungua 50%.

Mfuko wa Ukwasi

Mfuko huu ni mzuri kwa wawekezaji wenye malengo ya muda mfupi hadi mrefu na ambao hupenda hatari ndogo za uwekezaji (low risk). Kiwango cha chini cha uwekezaji wa mwanzo ni shilingi 100,000 na uwekezaji unaofuatia kiwango cha chini ni shilingi 10,000. Dhumuni la mfuko huu ni kutoa faida ya uhakika kutegemeana na hali ya soko. Mfuko huu unawekeza kwenye dhamana zenye kutoa mapato ya kudumu na masoko ya fedha.

Mfuko wa Wekeza Maisha

Je, ulishawahi kusikia kuhusu bima ya maisha? Basi mfuko huu ni mpango wa muda mrefu unaokusudia kukuza mtaji na kwa wakati huo huo kutoa kinga ya bima ya maisha, au bima ya ajali/ulemavu wa kudumu, pamoja na gharama za mazishi. Mpango wa uwekezaji katika mfuko huu ni miaka 10. Mfuko una mipango ya uwekezaji ya aina mbili; mpango wa uwekezaji kwa awamu na uwekezaji wa mkupuo. Kiwango cha chini kwa uwekezaji kwa miaka kumi ni shilingi milioni moja. Kiwango cha chini cha uwekezaji wa awamu ni Sh.8,340/= kwa kila mwezi.

Mfuko wa Jikimu

Mfuko huu unatoa fursa mbili za uwekezaji; gawio kila baada ya robo mwaka, gawio kila mwaka na mpango wa kukuza mtaji. Kiwango cha chini cha kuwekeza ni milioni mbili kwa mpango wa mapato ya robo mwaka, milioni moja kwa mpango wa gawio kwa mwaka na 5,000 kwa mpango wa kukuza mtaji.

Mfuko wa Watoto

WanaFema, mkirudi nyumbani mkawanong'oneze wazazi wenu kuhusu hili; mfuko wa watoto ni uwekezaji unaofanywa kwa jina la mtoto aliye chini ya miaka 18 na ni kwa manufaa ya mtoto huyo. Mfuko huu unatoa fursa mbili ambazo ni; malipo ya ada ya masomo (Scholarship), na ukuzaji wa mtaji. Kiwango cha chini cha kuwekeza ni Sh.10,000 na kiwango cha chini cha uwekezaji wa nyongeza ni Sh.5,000. Uuzaji wa sehemu ya vipande au vyote unaruhusiwa pale mtoto anapotimiza miaka 12 (wastani wa umri wa kujiunga na elimu ya sekondari nchini), iwapo wakati wa kuanza kuwekeza mtoto alikuwa na umri chini ya miaka 12. Mfuko huu unakusudia kukuza mtaji kwa muda mrefu kupitia uwekezaji wa pamoja kwa kuwekeza kwenye hisa zilizoorodheshwa kwenye soko la hisa na dhamana.

Mfuko wa Hati Fungani

Huu ni mfuko unaowekeza katika hati fungani za serikali, makampuni na katika masoko ya fedha. Hivyo faida ni uhakika kulingana na hali ya soko. Kiwango cha chini cha kuanza kuwekeza ni 50,000 kwa mpango wa kukuza mtaji, milioni 10 kwa mpango wa gawio kila mwezi na shilingi milioni 5 kwa mpango wa gawio kila baada ya miezi sita. Nyongeza kwa mipango yote mitatu shilingi 5,000 au zaidi.

MAZURI NI MENGI!

Ni vigumu kuyamaliza yote hapa. Kikubwa ni kwamba, uwekezaji huu ni rahisi sana, na kila mtu anaweza akawekeza. Unaweza kuwekeza kwa kutumia simu kwa kubonyeza namba *150*82# au akaunti ya benki. Kufahamu zaidi, tembelea www.uttamis.co.tz au piga bure; 0754 800 544 255, 0715 800 544 na 0782 800 455. Ukiona tawi lao, zama ndani watakupa taarifa zote.





Habari watu wa nguvu! Ni kwa mara nyingine tunakutana katika uwanja wetu wa kujidai na kupaza sauti. Safari hii tunapaza sauti kidigitali zaidi. Yaani wadau wetu wamefunguka kupitia SMS 0753003001, barua pepe info@feminahip.or.tz, barua kwa njia ya posta S.L.P 2065 Dar, bila kusahau page zetu za facebook, Instagram na Twitter @femina Hip.



Timu ya Nguvu ya Binti wakishirikiana na timu ya Nguvu ya Kaka waliandaa Nguvu ya Binti Online Forum na kujadili mchango wa vijana katika vita dhidi ya Covid 19. Hizi ni baadhi ya comments kutoka kwa washiriki:

TWITTER

Faith Custor @faithCustor

Ninaamini njia kuu ni kutumia vyanzo vya habari sahihi kwa ajili ya kupata elimu. Na unapopata elimu ni muhimu kuisambaza pia.

Psy. Justus August @august_justus

Kuna haja ya kutumia msukumo na nguvu iliyoko kwa vijana katika kupambana na maambukizi ya Covid-19 katika maeneo yao, wakielimika nao watakuwa mabalozi wa wengine na jamii kwa ujumla.

Denis Kasoma

Mchango mkubwa wa vijana katika mapambano dhidi ya Corona ni kutoa elimu kwa makundi mengine ya watu kama wazee na watoto ambao wana dhana potofu kuhusu ugonjwa huu kwani sisi vijana ni kundi linaloaminiwa na watu wengi kwaiyo tusivunje uaminifu wetu tujilinde na tuwalinde.

FACEBOOK

Emmanuel Daniel

Vijana ni nguvu kazi kwahiyo wanaweza kushiriki kazi za kitaalamu kwa wenye utaalamu katika tasnia ya afya na kazi zisizo za kitaalamu kama kupiga dawa maeneo yanayotumika na watu wengi kama kanisani na misikitini.

Joshua Deus

Vijana tunatakiwa kuwa wabunifu kuzalisha bidhaa ambazo zinahitajika katika mapambano ya Covid 19.

INSTAGRAM

Inno_Mwakipesile

Kijana unapaswa kuchukua tahadhali zote za kujikinga kama inavyoelekezwa na mamlaka rasmi za afya na unapaswa kutoa elimu na kuihamasisha jamii inayokuzunguka kufanya hivyo. Jambo lingine kijana unapaswa kuwa mtafutaji wa taarifa zilizo sahihi juu ya Covid-19 na kuepuka kusambaza taarifa za uzushi.

Hadija_k_hassan

Hongereri kwa kazi nzuri na kuwaleta vijana pamoja hasa katika wakati mgumu kama tulionao sasa. Vijana ni vizuri kutambua mchango wetu katika kupambana na gongwa hili hatari, nafikiri tunayo kazi kubwa ya kujifunza zaidi kuhusu ugonjwa huu ili kuujua vizuri, lakini pia sio kuishia hapo tu, tunapaswa kusambaza elimu hii katika jamii zetu ili kupunguza maambukizi.

Ni ukweli usiopingika kuwa bado asilimia kubwa ya watu hawajafahamu na wengine hupuuza ugonjwa huu. Vijana ni jeshi kubwa, tuanze mapambano mapema.

Usiache kushiriki Nguvu Ya Binti Forum kila Jumatano ya mwisho wa mwezi. Fuatilia mitandao yetu ya kijamii kwa taarifa zaidi.

Tuly L Mtulivu
4d · 🌐

Takua sijamtendea haki kijana wangu aliyechora ubao huu wa smart area ya FEMA CLUB. Kama sijamtambulisha kwenu.

Hakika dogo ana kipaji.

Hii ni hazina kubwa klub. Ndio kwanzaa yupo form one.

Twanga like kwa mtoto huyu basi atajisikia amani akiona unamuunga mkono.



SMS

**WATU WA SMS
KWENDA 0753003001
NAO HAWAKUKOSEKANA**

Ahsante sana kwa majarada yenu ya FEMA!
Mimi ni mzazi! Nimefurahishwa sana na gazeti hili linavyoelimisha vijana wetu na kuwafanya wabadirike na kuwa vijana wazuri kimaadili! Hongereni sana na endeleeni na moyo huo wa kuwawezesha vijana kuwa TAIFA lenye nguvu na mshikamano baada ya sisi!!
Naitwa Abdala Kassim wa kijiji cha Nyankende kata ya Nyankende Ushetu.

Ahsante sana, hongera na kwako pia kwa kusoma jarida la Fema, ni kweli lina mambo mengi yenye kusudi la kuwajenga vijana, na wazazi wana mengi ya kujifunza pia. Itapendeza zaidi ukiwahamasisha na wazazi wengine kusoma jarida la Fema ili na wao wawahamasishe vijana wengine wengi zaidi. Wasalimie Ushetu!!

Jacob Chacha

September 2 at 1:33 AM · 🌐

Nasi tumeamua kusuruhisha tatizo la club location...soon tunakamilisha kisha tujidai kivyetu...karibu mugumu sec FEMA club

👍👍👍



Hongereni Femina Hip kwa kuelimisha jamii hasa vijana juu ya ujasiriamali ili tuondokane na umasikini. Big up kwenu timu yote ya Femina Hip Mungu awabariki. By msomaji wa jarida la Fema, Mudida Secondary School.

Big up kwako pia kwa kuwa msomaji wa jarida la Fema, ukisoma jarida la Fema na kufanyia kazi nondo zinazotolewa kuuaga umasikini ni lazima, kujiamaini na kujitambua pia. Usisahau kuwahamasisha na vijana wenzako ili wote mvune faida zinazopatikana kwa kusoma jarida la Fema.

Hello, nitakuwa mchoyo wa fadhila nisipo wapongeza, hongereni sana sana tena sana kwa sababu kupitia ninyi sasa hivi ni balozi wa kuelimisha jamii yangu na ninajiamini. Thank you for your education! Ninaitwa Michael Daniel from Handeni Tanga Tanzania.

Hongera sana kwakuwa balozi kwenye jamii yako, vijana ndio nguvu kazi ya taifa! Kaza buti na usikate tamaa utakuja kuvuna matunda ya kazi zako. Salamu zao Handeni!



Chalenji zimepata Challenge

Likizo ndefu ya ghafla imeleta changamoto! Imepangua ratiba ikavuruga utaratibu. Hata zile Club Challenges ambazo huwa tunapeana katika ukurasa huu, nazo hazikubaki salama! Ukisikia changamoto imepatwa na changamoto, basi hiki ndicho kilichozikuta Club Challenges zetu!

Challenges mbili ziko kwenu

Tulileta kwenu challenge namba 27 kwenye toleo namba 54. Chalenji hii ili wataka m-download Sheria ya Makosa ya Mtandao ya mwaka 2015, na muisome, halafu mtengeneze tafsiri rahisi kwa kutumia zana ambazo ni rahisi kwenu kuzipata. Kisha muitumie tafsiri yenu rahisi kuelimisha jamii kuhusu sheria hii.

*** Deadline ya challenge hii ilikuwa ni Mei 15, 2020, lakini wakati mnaanza kujipanga tu, shule zikafungwa ghafla.**

Tukaleta kwenu challenge namba 28 kwenye toleo namba 55. Chalenji hii ilikwenda kwa jina Seven Days of Mental Health Education/Siku Saba za Uelimishaji Kuhusu Afya ya Akili. Hii nayo ili wataka muandae mkakati wa siku saba wa kuelimisha jamii yenu, muelimishaje jamii kuhusu afya ya akili, kisha mtutumie ripoti.

*** Deadline ya chalenji hii ilikuwa ni Septemba 15, lakini tunafahamu kwamba toleo hilo lilichelewa mno kuwafikia kwakuwa lilitoka katika kipindi ambacho shule zilikuwa zimefungwa.**

**Deadline
mpya ya challenges
zote mbili ni
DESEMBA 10, 2020.
KILA LA KHERI!**

Zawadi kwa washindi

Washindi wa Club Challenge zote mbili (27&28) watatangazwa kwa pamoja katika toleo la mwezi Januari. Tutakuwa na washindi sita (6) kwa kila challenge, yaani mshindi wa kwanza na washindi wengine watano. Kwa hiyo jumla tutakuwa na washindi 12. Mshindi wa kwanza kwa kila challenge atajinyakulia mifuko 20 bomba kabisa ya Femina, kama unavyoiona pichani. Clubs nyingine tano zitakazoshinda kwa kila challenge zitapata mfuko mmoja kwa kila Club, na ndani yake kutakuwa na 'surprise' ya vitabu kwa ajili ya members!

Lakini tusizitie kapuni

Ni wazi kwamba tunapofanya challenges kuna mambo mengi tunajifunza. Tunajifunza kupanga mikakati ya utekelezaji, kupeana majukumu, kufuatilia mambo, teamwork, uongozi, uandishi wa taarifa na mengine mengi. Sasa basi, hata hizi challenges mbili ambazo ziko mezani kwenu, msache kuzifanya. Zifanyeni kwa lengo la kujifunza, hata kama deadline zimepita. Zifanyeni na ripoti mtutumie. Tutachagua washindi na watatangazwa kwenye toleo la Januari 2021.

Kwa sasa tupate break

Hakuna Club Challenge mpya kwenye toleo hili. Lengo ni kuwapa nafasi mfanye challenge hizo mbili zilizotangulia, na pia kuwapa nafasi ya kujikita kwenye masomo. Si mnajua tena, mitihani ndio hiyo... inakaribia! Tutarejea tena kwenye utaratibu wa kuwaleta challenges kwa kila toleo kuanzia Januari mwakani. Kila la kheri katika kufanya challenge no 27 na 28 kwenye toleo namba 54 na 55. Tunasubiri ripoti zenu kwa hamu kubwa.



**KWA MAWASILIANO TAZAMA UKURASA WA
MWANZO KABISA WA TOLEO HILI.**

COMPETE & WIN

Compete and Win!!! Naam, lile shindano lenu kabambe, bado lipo kama kawa. Ni namna rahisi kabisa ya kujinyakulia Tshirt bomba kutoka Femina! Kumbuka, majibu ya maswali yote yanapatikana humu, hivyo ni rahisi mpaka basi!

Kingine cha kukumbuka: Idadi ya washindi pia imeongezeka! Badala ya washindi kumi (10), sasa washindi ni ishirini (20). Hii inaongeza wigo wa ushindi. Sasa kazi kwako!

Jinsi ya Kushiriki

- * Mtu yeyote anaweza kushiriki shindano hili.
- * Ni shindano la mtu mmoja.
- * Andika maswali na majibu yako katika karatasi nyingine, sio kwenye ukurasa huu.
- * Unaweza kutuma majibu yako kwa barua pepe au kwa njia ya posta (angalia mawasiliano yetu ukurasa wa mwanzo wa toleo hili). Kwenye subject andika COMPETE & WIN.
- * Hakikisha unaweka anwani yako ya barua na ikiwezekana weka namba yako ya simu.
- * Washindi watakuwa ishirini (20) na kila mshindi atajinyakulia fulana kutoka Femina. Changamka!

**MAJIBU
YATUMWE KABLA
YA NOVEMBER 15, 2020.**

Jinsi ya kutuma:
angalia anwani ukurasa wa
mwanzo kabisa.
Washindi watatangazwa
katika toleo no 58.

Washindi wa toleo la 54

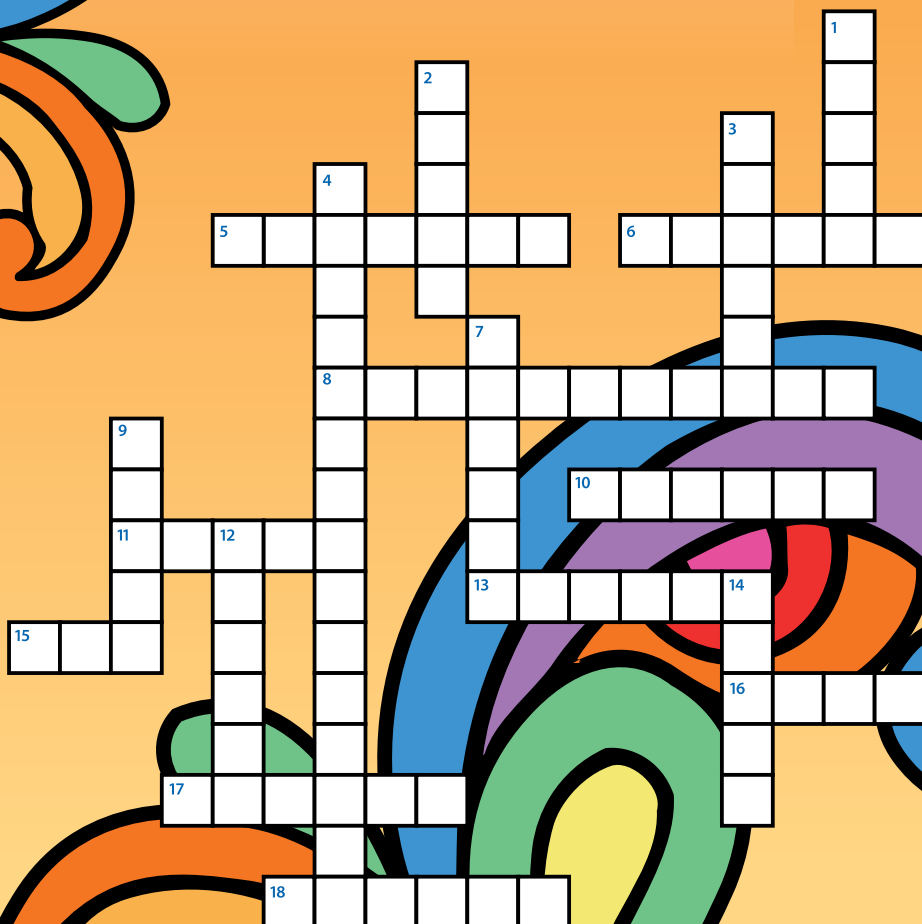
- | | |
|--|--|
| 1. Jeremiah Shango, Kwimba, Mwanza | 12. Iddi Nassoro Nyembo, Waging'ombe Sec, Njombe |
| 2. Hilal Ezaki Mahinja, Muhunga Sec School, Kasulu | 13. Kabadi Rukanyabero Burungute, Makundusi Sec, Mugumu |
| 3. Kibhebhe Nicholas Bloabo, Kigoma | 14. Joseph Ernatus Samila, Mawindi Sec, Mbarali |
| 4. Paulo Machimu Gilihe, Shinyanga Sec, Mwadui | 15. Victoria Richard Kasambala, Magamba Fema Club, Katavi |
| 5. Brenda Protace Wilfred, Buyuni Sec, Dar es Salaam | 16. Patrick Voten Mshana, Folk Development College, Njombe |
| 6. Bihage Shija Budaga, Iparamasa, Sec, Chato, Geita | 17. Aniseth Francis Kilumba, Magamba Fema Club, Katavi |
| 7. Paskal Nyagori, Guta Sec, Mara | 18. Petro Phares Musa, Mshikamano Sec, Mara |
| 8. Elinuru Malange, Sima Sec, Sengerema | 19. Fatuma Yusuph Ally, Chief Ihunyo Sec, Butiama |
| 9. Sadan Mohamed Chunga, Kisasa Sec, Dodoma | 20. Daudi James Katiya, Kantalamba Sec, Rukwa. |
| 11. Tumaini Joseph, Malili Sec, Magu | |

KULIA

- 5- Ni moja ya mambo yaliyochangia biashara ya Idrisa kukua
- 6- Ni jina la ofisi ya Anko Pesa
- 8- Inapatikana Kaskazini mwa Tanzania
- 10- Alisoma uandishi wa habari
- 11- Ni moja ya wilaya za mkoa wa Kilimanjaro
- 13- Ametajirika kwa kuuza mtandaoni
- 15- Unahitaji kibali chao kama unafanya biashara ya chakula
- 16- Imebua mengi
- 17- Ni mpango unaohusisha pesa zinazolingia na zinazotoka
- 18- Wanauza asali

CHINI

- 1- Ng'ombe wa masikini
- 2- Alijifunza kompyuta kwa saa nne
- 3- Ni mlezi wa Ngonga Fema Club
- 4- Ni miongoni mwa changamoto zinazowakabili vijana
- 7- Huanza mishemishe wakiwa na miaka 16
- 9- Ana miaka 51, ni baba wa watoto wawili
- 12- Alitamani kila kitu kizuri duniani akipate yeye
- 14- Ni chakula kikuu cha Wachagga



**'ANKO
PESA'
NDO MIE**



femina
hip

SI MCHezo!