



Ukukhula kwamaNtombazana aseziFundweni

Ukuncediswa lokwazisa
ngokungena esikhathini
emanfombazananeni asezifundweni

Annie Kanyemba



Dedication

*Nginika umsebenzi lo njengesipho
kumama wami umuyi uBeauty
Matemayi.*

	Umulobi:	Annie Kanyemba
	Izindaba:	Amankazana aseZimbabwe
	Umtholikeli:	Sikhangezile Dube
	Imifanekiso:	Peter Morgan, Annie Kanyemba
	Abadali :	Peter Morgan, Annie Kanyemba

Ukhubonga

Ngithanda ukubonga abeWater Research Commission yase South Africa, ngosekhelo lwabo oluyenze ugwalo lweZimbabwe mayelana ngokungena kwabesifazana esikhathini lumphumelele (ukutomba). Ngithanda ukubonga kakhulu Ditshego Magoro ngosizo lwakhe lokubalula lokusiza ekulobeni ugwalo lolu.

Ngibonga kanjalo uMadeleine Fodge labeEcoSanRes project eye SEI, Sweden, abanikeza usekelo lokubalula udaba lolu kuGirl Child Program eZimbabwe. Isibongo kakhulu kuPeter Morgan, ngoncedolokungikhuthaza kwakhe. Ngibonge njalo uMarni Sommer ngokunginikeza amadlabuzane okuthi ngilobe ugwalo lolu emantombazaneni asezifundweni eZimbabwe.

Isibongo njalo kuMalaika Mushandu ngokuncedisa lokuba ngumngane olesineke. Ngiyabonga njalo uObedience Matubede loSikhangezile Dube ngokuncedisa ekutholikeni. Ngicina ngokubonga izikolo lezi ngokubamba ndawonye lami — Chisungu Primary School, Domboramwari Secondary School, Marirangwe Primary leSecondary Schools, Nyamutumbu Primary School, Chikarudzo Secondary School.

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Inhloko yendaba ngaamafitshane

Ugwalo lolu lulotshwe lujonge ukunceda amantombazana asakhulayo asezifunndweni, lufundisa ngokutsintsha kwezintho zomzimba (ukuthomba) kusukela emnyakeni elitshumi kusiya kwe litshumi lane. Isikhathi sokuthomba yisikhathi sokukhula kwamantombazana lamajaha lapho kusiba lenguuko eyenzakalayo emzimbeni yabo.



Ukuthomba

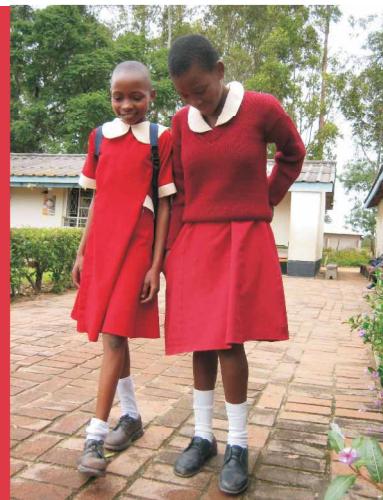


Ukuthomba yikuya esikhathini. Ukuya esikhathini kuyenzakala kowesifazana lapho ayabe ephuma igazi, liphuma esibelethweni lisedhlula esithweni sangaphansi lapho achema ngakho (imbumbu) kanye ngenyanga. Kuyenzakala amalanga amathathu kusiyafika kwayisikhombisa. Inyanga ngenyanga ungena esikhathini ngemva kwamalanga angamatshumi amabili lasitshiyagalo mbili. Kuyenzakala njalo ngeyinye indlela ukuba intombazana ingaya esikhathini okwamalanga angamatshumi amathathu lane kumbe njalo ebuyele emuva ngetshumi lasitshiya galo lunye.

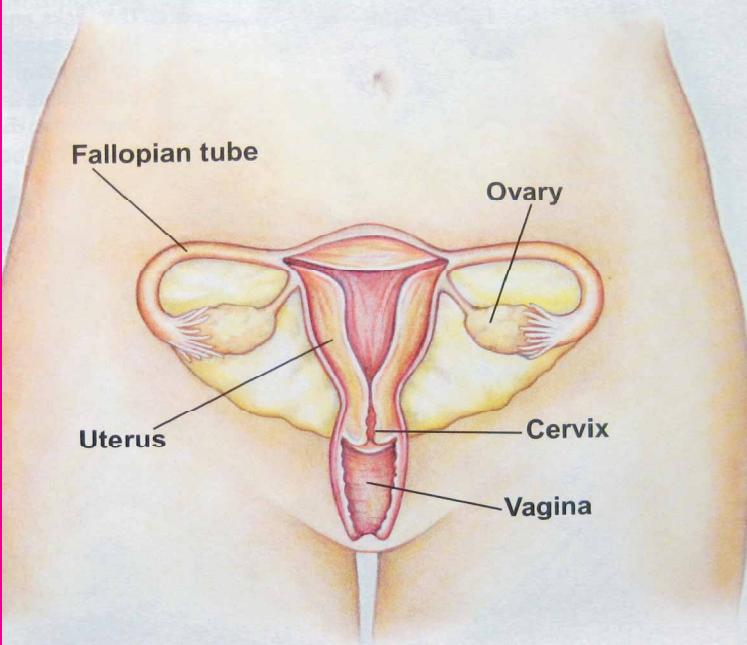
Eminyakeni emibili eyokuqala ukuthomba kungenelisa ukuthi kungenzakali kahle. **Lokhu kuyatholakala**. Amantombazana onke azaba lolwazi njalo lokwemukela, lokufunda ukuziphatha ngalesisikhathi okweminyaka eminengi empilweni zabo. kulezindlela ezinengi ezikwenza ukuthi sibelula leso sikhathi.



*Ukuthomba kuyenza
ukhathazeke,
uzwe ubuhlungu
ubelenhloni,
kodwa kulendalela
ezinengi ongenelisa
ukuba uyamukele
njalo uthakazelele
leso sikhathi.*



**Umfanekiso
wezitho
zabesifazana**



Kuqala nini?

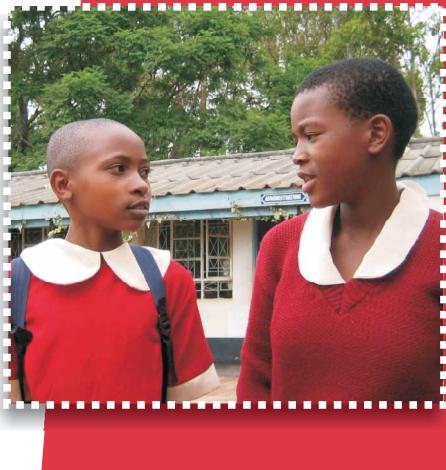
Esikhathini esinengi amantombazana aqala ukuthomba eliminyaka elisitshiy miyakha eyisitshiya gal o lunye kusiya kwelitshumi lanhlanu. Kodwa ke kuyehlukana, abanye njalo bayaphangisa ukuqala abanye njalo bayaphuza ukuqala. Isikhathi leso yikho lapha ophuma khona igazi esithweni sakho sangaphansi, uqala uzwe ubuhlungu esiswini (isaziso) ukuthi ususeduze ukuqala. AmaSanitary pads ayancedisa ukuba ungangcolisi impahla zakho ngegazi. Kulamaphilisi njalo afana lamaAsprin anceda ukuba ungezwa ubuhlungu.

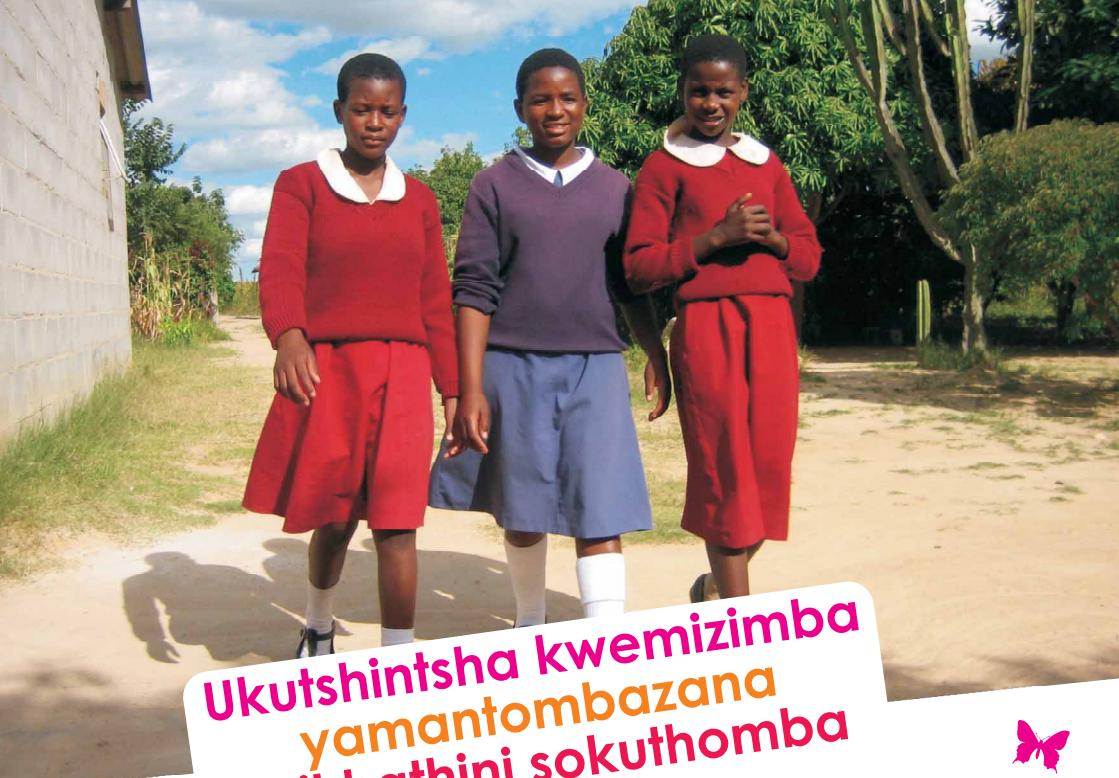


Kuyini okutshengisa ukuthi ususeduze ukuthi uthombe.



Lesi yisikathi lapho igazi eligijima umzimba wonke, lengqondo ezidikeka khona, lapho kuba lenguquko emzimbeni wakho, lokhu kuyenzakala entombazaneni ingakaqali ukuya esikhathini. Eyinye impambaniso ejwayelekileyo yikunhlulukwelwa, ukukhala, lokuthaba okuhlangane lokuzonda sikhathi sinye. Okunye njalo okwenzakalayo yikuphuma amaqhulu ebusweni(okukhula), ukungajabuli, ukungathakazeleli ukudla kumbe ukuzwa uhalela okunye ukudla okwehlukeneyo. Kuyakhathazwa ukuthi ngaleso sikhathi udle ukudla okuyakha umzimba, lokuyenza imidlalo eyehlukeneyo ukuba ungahlanganani laboludubo.





Ukutshintsha kwemizimba yamantombazana esikhathini sokuthomba

- Ukuzimuka lobude
- Ukukhula kwamabele
- Ukuqina kwamathambo
- Ukuphuma inwele emakhwapheni lasemfihlweni yakho (ngaphansi)
- Amaqhubu ebusweni, Amaginquo akho ayatshintsha
- Ukuya esikhathini kuyaqala
- Ukwenza kwakho kuyatshintsha



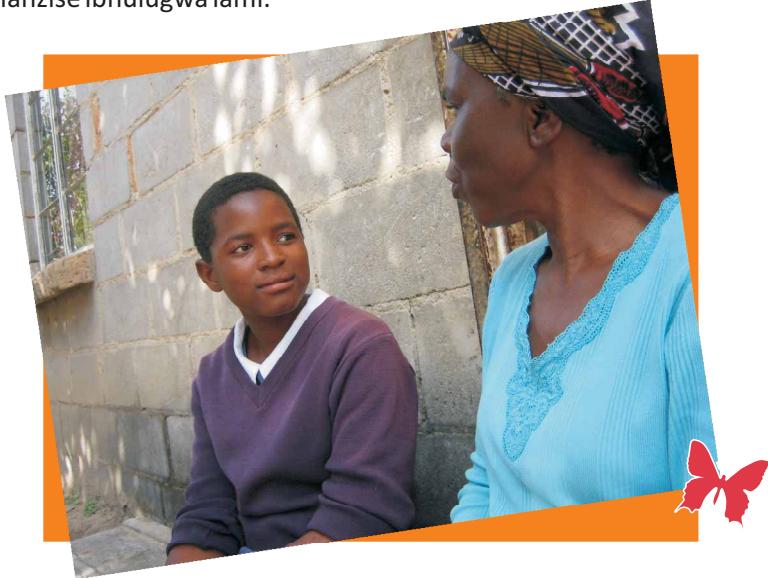
Amantombazana esikolo asixoxela ingxoxo



Ingxoxo yakuqala **1**

Ngathi ngisakhula ngangisizwa ingxoxo mayelana ngokuthomba ngabangane lezhlobo, ngalokho ngangihleli ngilengqondo yokuthi mina ngifisa ukuthi leso sikhathi nxasifika kimi ngibe sengiqedile izifundo zami zaphezulu.

Ngelanga engaqala ngalo ukuya esikhathini kwakumpelaviki lapho ngangileminyakaelitshumi lane. Ngangisengadini lapho engezwa khona kulento ephumayo ngaphansi angani ngumchemo, ngaphangisa ngakhangela ukuthi akula muntu ongibonayo yini ngabona ukuthi kulegazi eselmanzise ibhulugwa lami.



Ngezwa ngifikelwa yikwesaba lapho ngibona lelo gazi. Ngakhala ngokuthula ngafisa ukuba kungenzakalanga kimi. Ngazitshela ukuba ngiphangisile kakhulu ngoba ngangingazilungi selanga. Ngekhaya kwakungela muntu ngaphandle kukumama ngahamba ngayambuza ukuthi igazi lelo litshoni kimi ebhulugweni lami. Ngazenza umuntu ongakaze ezwe lutho ngaloluduba lapho engichasisela. Ngesaba ngacabanga ukuthi uzathi niglihakaniphe kakhulu ngabakwazi njalo lokhu.

Umama wanginikeza itshinda (cotton) wangitshengisa ukuthi lusetshenziswa njani, wangitshengisa njalo indlela yokusebenzisa amalembu ukuthi nxa kungelamali yokuthenga utshinda. Kwathi ngomvulo ekuseni ngaya esikolo ngafika ngahlala phansi ngigqoke utshinda (cotton) iwatshenda iwaya eceleni ngangcolisa isigqoko sesikolo. Angizange ngenanzelele ngoba ngasukuma ngayaphambili ngisiyahala ngifundisa abanye, khonokho nje ngabona umngane wami esizakimi engithatha esithi asambe edhlini yokugezelu ngokuphangisa.



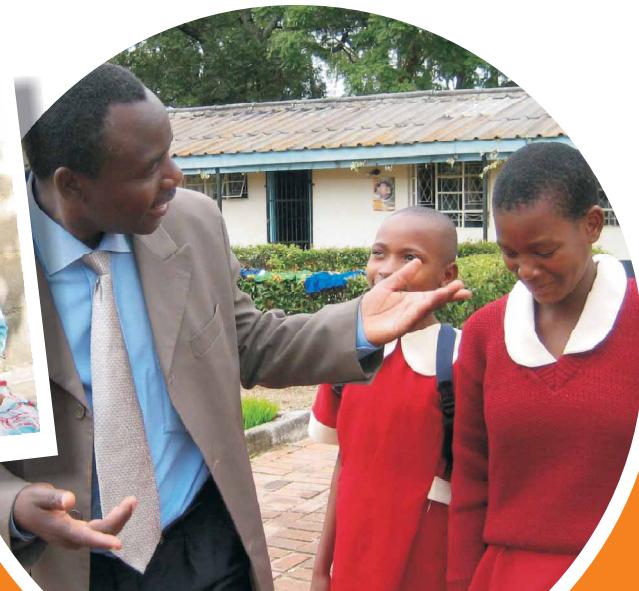
Wafika wanginikeza amapads wangifundisa lokuthi agqokwa njani. Ngezwa amahloni ngehluleka lokuthi ngimlalele. Ngahlulu kelwa kwathi ngesikhatsana ngezwa kusithi dlwe. Sabuyela endlini yokufundela, umbalisi wami kazange atsho lutho, ngibona angani wananelela ukuthi kuyini okwenzakalayo njalo abafundi abanengi ababonanga lutho. Ngahle ngafunda isifundo kusukela mhlalokho esokusinakelela kakhulu nxa ngisensukwini zonezo ukuba ngingangcolisi impahla zami.



Ingxoxo yesibili **2**

Ilanga engaqala ukuya esikhathini (ukuthomba) ngangisesikolo. Kwakuyisikhathi sethu sokudla lokuphumula lapho engaya khona esambuzini ngabona igazi ebulugweni lami. Ngatshaywa luvalo ngaphelelwa yimicabango ngenxa yokuthi ngangingazi lutho ngaleso sikhathi. Ngabuyela endlini yokufundela ngesaba lokubuza abanye ngaba lamahloni. Inhlanhla eyabakhona ngeyokuti igazi lalingaphumi kakhulu, lalithotha nje okungamathonsi okuncane ngalokho ngahlala ngesibunu esisodwa ukuthi ngingangcolisi impahla zami. Ngemva kwesikolo ngahamba ngekhaya ngafika watsha ibhulugwa lami ngaggoka elinye ngingela lembu kumbe olunye ulutho. Angilalwazi ngokuya esikhathini kuze kube lanamhlanje sengile minyaka emibili.

Abazali bami babhubha ngisesemncane ngalokho nglahlala lomnewethu njalo aningeke ngamtshela okwenzakalayo. Kwakuyinto eyangisayo kimi. Ngilenhlanhla ngoba sonke isikhathi ngiphuma igazi kancane njalo angikaze ngilove esikolo, ngihamba nje ngilebhulugwa kuphela ngifike nglahle ngesibunu esisodwa isikolo size siphele. Kвесине isikhathi ngiyangcolisa besengicela kumbalisi ukuya ngekhaya. Namhlanje ngifunde isifundo esihle njalo esiyakhayo. Ngithanda ukwazisa abanye abanga kwaziyo ngalesisifundo ukuthi ababuze kubabalisi fesefizana ngokuthomba bencediswe bengabi lokwesaba.



**Ingxoxo
yesithathu**
3

Ilanga engaqala ukuya esikhathini ngalo ngangi sekhaya, ngadana. Ngacabanga ukuba kulento eqamukileyo esiswini sami. Ngatshela umama othunga impahla, wangitshela ukuthi manje sengikhulile sengilelungelo lokuba ngumama angisafanelanga ukudlala labafana ngizabalesisu. Wasethatha izichibi zakhe ezazisele ethunga, wanginikeza ukuba ngiggqoke ngaphansi ebhulugweni, wanginikeza njalo ezinye ezokutshintsha nxa ngingangcolisa.



Ngithe ngisahamba egumeni isichibi lesiyanasawela phansi inhlanhla engabalayo kwakungelamuntu owangibonayo. Ngagijima ngaya endlini yokuthungela ngayathatha izichibi ngazibopha ngazihlanganisa ukuthi zingawi. Angizange ngatshela umama ngaloludaba ngalokhu ngizizwa ngikhululekile kakhulu nxa ngisesikhathini ngoba ngilendela elula eyokuzivikela. Ngithanda ukuxwayisa amanyeamankazana ukuthi landelani imfundiso elabe liyiphiwe ukuze lingalovi esikolo ngenxa yokungena esikhathini (ukuthomba).

Ingxoxo yesine **4**

Ngaqala ukuya esikhathini ngisesikolo, ngesaba ngadana njalo. Ngacela ukuya ngekhaya. Ngiza esikolo ngebhaskili kodwa langalelo ngahamba ngifuqa ibhasikili ngisesaba ukuthi ngizazithunuka lapho okuphumakhona igazi. Ngathola ubabakazi engekho ngekhaya kulomkakhe, kwakungasela eyinye indlela ngamtshela ukuthi ngiphuma igazi.



Kazange engiphendule wangena endlini yokulala wabuya lamalembu wathi ngiwaggqoke ngaphansi ebulugweni ngimelele umamakazi ephenduke. Ngezwa ngifikelwa ngamahloni amakhulu. Wapenduka umamakazi wangitshela ukuthi sengikhulile sokumele ngiziphathe njengentombazana esikhulile ngingadlala lamajaha. Wangazisa njalo ukuthi ngisebenzise njani amalembu lokuthi ngizakuya esikhathini nyanga zonke ngize ngibe ngumuntu omdala.

Ingxoxo yesihlanu

5

Ngananelela ukuthi sengisesikhathini ngisendleleni ngivelwa esikolo ngisiya ngekhaya. Ngezwa ngisesaba njalo ngibanjwa zihloni ukuthi bengiphuma igazi okwesikhathi eside njalo sengingcolise isiggoko sesikolo. Okwabanzima yikuthi ngehluleka utshela umama ngoba ngangingazi ukuthi ngithini. Ngasebenzeswa impahla zami ezindala okwamalanga amabilis ngitshintsha nighle ngiziwatshe, ngibe sengifihla ukuthi engaboni.

Kwakuyisikhathi sokutshisa, ngaqala ukugula. Yikho lapho umama ananjelela khona izichibi ezimanzi weza kimi wangibuza ukuthi ngaqala nini. Ngamtshela ukuthi ngesikhathi eze engithi ngiyeyegeza ngiggqoke impahla ezihlanzekileyo. Wangitshela ukuthi okwamanje sengikhulilesengingumama sokumele nighlale nighlanzekile njalo ngingasadlali lamajaha. Angitshelanga ngitsho lomngane oyedwa ngamukela engangiyicho khona ngaleso sikhathi.



Ukwemukela ukuthomba



Okokuqala:

Ungesabi ukuya esikhathini, kuyatholakala empilweni njalo kutsho ukuthi uphilile kahle.

Tshela umzali/okugcinayo (isihlobo), kulula nxa ungathsela umuntu oseduze lawe, ukuba akuncedise akubonise ukuthi uyenze njani. Nxa ulenhloni ukutshela omunye umuntu, cabanga, intombazana yonke iyedlula kulesosikhathi.

Cabanga ungaqala ebanganwini bakho bonke ngalokho kutsho ukuthi sukhulile kulabo

Ukhuxoxa njengamaqembu
umbalisi ecebisa





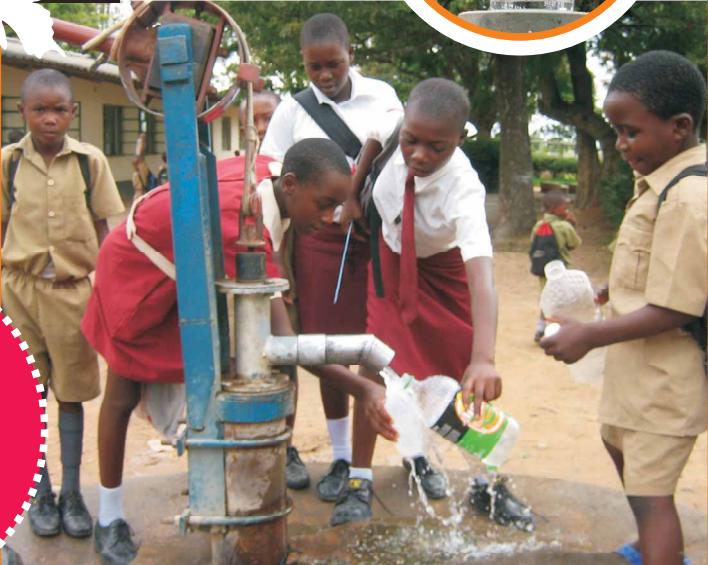
Ukhuhlanzekha emzimbeni wakho

Nxa usesikhathini kumele uhlale uhlanzekile uhlambe kabili ngelanga. Lokhu kuyanceda ukhuthi ungabi lephunga lamagingo lokuba ungabi lamagicikwane. Ukugeza izandla lokugeza umzimba kuyanceda. Ukugcina impahla zihlanzekile kuqakathekile.



Geza izandla
kakhulu

Natha
amanzi
amanengi



Ukuvikela ukuphuma kwegazi.



Pads



Ipad ngokulilenjana okubuthakathaka okugqokwa ngaphansi kwebhulugwa uvalela igazi nxa seliphuma. Amalenjana lawa alokuliphepha okwendlaliweyo phezulu kuvikela ukhuti igazi lingafiki ebhulugweni. Kulalapha okuna mathiselwa ebhulugweni ngemuva ukuthi lingawi.

Lapha eZimbabwe amapads lawa athengisa dollar engu 10. intombazana ifuna 1-3 pads ngelanga okwamalanga ongama thathu kusiya kwayisikhombisa nyanga zonke. Ngalimbadalo amantombazana amanengi lapha eZimbabwe awasebenzisi amapads lawa ngenxa yokuswela imali yakhona kumbe ayabe engatholakali.

Ngalokho kutsho ukuthi amathombazana amanengi asebensisa amapads okuzenzela.



Amaphedzi okuzenzela



Lawa enziwa ngelembu elibuthakathaka elidala eligoqiwayo ngendlela ezehlukeneyo ukuvikela igazi ukuthi lingedluli lisiya ebhulugweni. Ubunzima esihlangana labo kulezi zichibi yikuthi azinamatheli ebhulugweni, kuyenzakala ukuthi liwe phansi. Kungenzakala ukuthi akuhluzule uwze ubuhlungu njalo awaqakathekanga kakhulu kungenzeka ukuthi ugane usungcolise iziggoko. Esikhathini esinengi ayawatshwa, lokhu kubangela amankazana ukuthi abelenhloni ukuchaya amalembu lawa phandle elangeni ukuthi ewome kuhle.





Indlela yokukwenza amapads abambayo

Kulalawa esiwathi ngama Sanitary pad holder alungiswa efakwe amalastic awokubamba isichibi kumbe ipad ngaphansi ebhulugweni. Ingqodo yaqala ukubonwa ngumbhali eMarirangwe Zimbabwe. Kulamalastic amabili owagqoka engaweni zombili njengokugqoka okwenzayo ibhulugwaa. Asincedisa ukuba amalembu esabe siwagqokile engawi phansi. Kusivikela njalo ukuba izichibi lamapads kungawi phansi endleleni sihamba kumbe ezikolweni.



Ilembu elibamba amapads lelembu eligoqiweyo.

AmaSanitary pads ngamalembu athungwayo athengiswa engangedollar kumbe engaphansi kwaley. Alungiswa ngesichibi esibuthakathaka esithungelwe ilastic yokuncedisa ukuthi sibambe. Siyenelisa ukuthi siwatshwe leso sichibi.

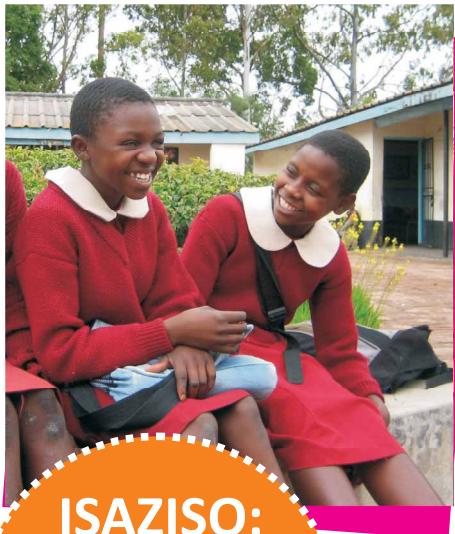
Amapad holder ayizigaba ezehlukeneyo kusiya ngokuthi unganani. Ayancedisa njalo ukuthi ungangcolisi impahla zakho nxa usesikhathini. Kumele igqoke ambhulugwa amkhulu akwenza ukhululeke nxa usesikhathini lokuthi ugqoke amapad holder phakathi. Gcina izichibi zakho zihlanzekile zisemaphepheni.

Gqoka impahla ezikwenza ukhululeke



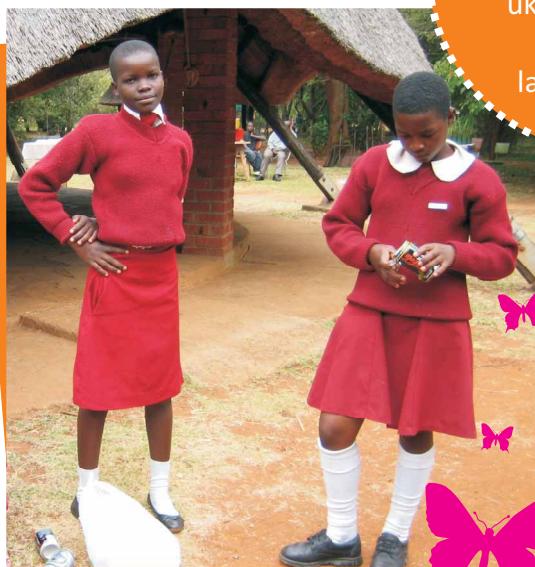
Gqoka ezimphahla ezibambayo ngaphansi kwamphahla zesikolo njalo hlala lejesi yakho eduze ukuze ungangcolisa isiggoko sakho sesikolo. Nxa kungenzeka lokho thatha ijesi yakho uyibophele eqolo.

Nxa usenelisa ukutshintsha iziggoko zemidlalo esikolo gqoka amabhulugwa abomvu, amnyana kumbe aluhlaza, ukuthi abantu bengananjeleli.



ISAZISO:

Hlala lejesi yakho eduze kungenzeka ukuthi ungcilise imphahla lakho yesikolo.



ISAZISO:
Gqoka imhahla
ezikwenza
ukhululeke.





Ibuhlungu nxa usesukhathini lokubuvikela

Nxa uhlaselwa yibuhlungu lobu kumele udle ukudla okuyokha umzimba, uyenze imidlalo eyehlukeneyo kumbe njalo ufake imboldlela elamanzi atshisayo esiswini endaweni ebuhlungu.



Lokugeza ngamanzi atshusayo kuyanceda. Painkillers (aspirin, ibrufen, paracetmol, panados) ayancedisa ukuthi ungezwa ubuhlungu. Kulomuthi wesintu njalo owaziwa ngokuthi 'jeka cheka' uyanceda njalo. Imboldlela zomanzi atshisayo, amaphilisi, izihlahla kuyancedisa.

*Zama ukuyenza imidlalo
eminengi -kuyanceda!*

**Ungakhathazeki
nanzi indlela
zokukwelapha:**

- ❖ amaphilisi
- ❖ izihlahla
- ❖ ukwenza imidlalo
- ❖ imboldlela yamanzi atshisayo

Imbodlela yamanzi atshisayo ingokunceda ukuqeda ubuhlungu.



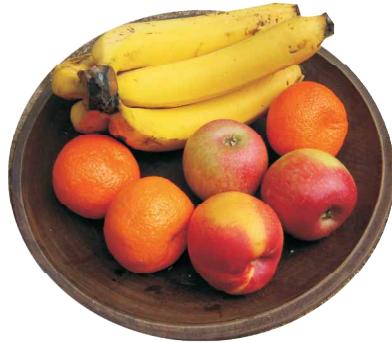
Ukukhudumeza
kangakunceda emathanjeni
emzimbeni wakho ukwehlisa
ubuhlungu obuzwayo
ngalesosikhathi. Llalise
esiswini ukuthi ungezwa
ubuhlungu.





Ukudla okwakha umzimba kuyanceda

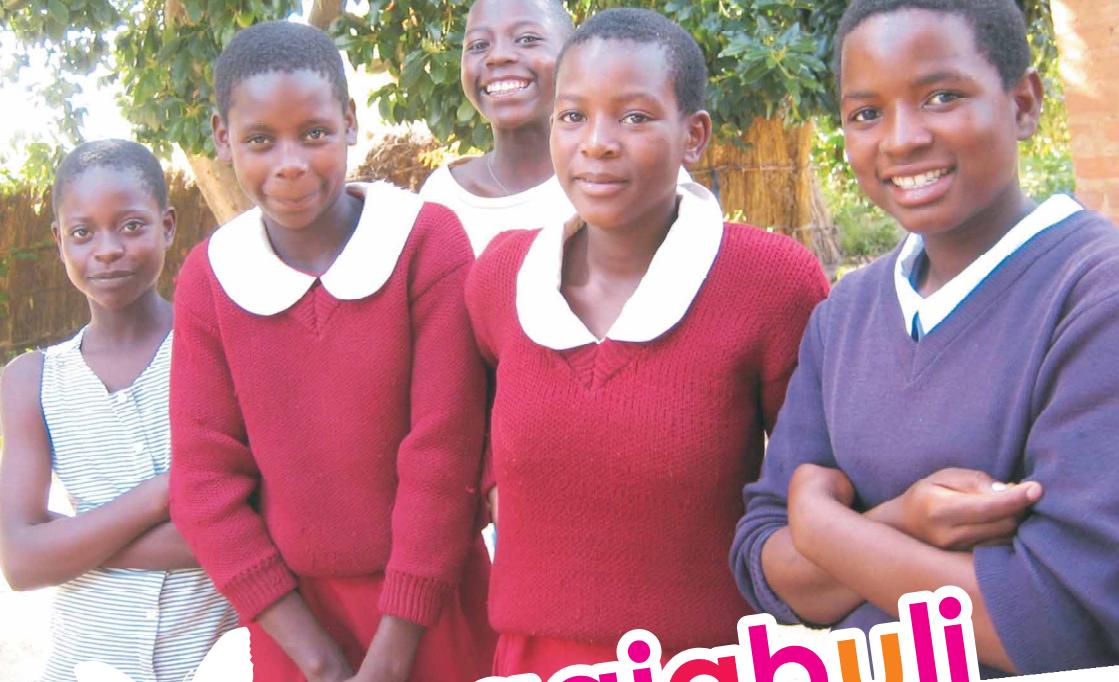
Ukudla okuyakha umzimba kunceda ngokuthi nxa usesikhathini kubalula nje, njalo uyezwa umzimba wakho ukhululekile. Natha amanzi amanengi njalo udle izithelo lezilimo ezinengi. Dlana lamabhanana amanengi.



Ispinach iyanceda yokwengezelela igazi emzimbeni.

Kulezilimo ezifunekayo sikhathi sonke emzimbeni yethu. Njenge Spinach. Asinzima ukusilima njalo iyengezelela igazi. Ingezelela igazi elitsha emzimbeni. Nxa ungachitha igazi usesikhathini, igazi elitsha liyakhiwa endaweni yaleli eliyabe lichithiwe. Yikho izilimo eziluhlaza njenge Spinach zisinceda kangaka .





Ukungajabuli

Yazisa labo oseduze labo nxa ungajabuli ukuze babekwazi okokwenza kuwe. Isigaba sokuthula yikufunda ukwemukela ukungajabuli ngalesosikhathi.

Funda ukukhululeka

Funda ukukhululeka njalo ungakhathazeki ngenxa yokuya esikhatheni, ukungajabuli kubangela ukuthi uhambé esikhathini okwensuku ezinengi uyedlulise njalo uphume igazi elinengi.





Ukuthaba ngumuthi omkhulu.



Xoxa indaba ezimnandi, tshelanani
liphanane imbono lemicijo
eyehlukenyero.



Ukuthaba ngeminye yezihlahla
eyaziwayo.



The world always looks brighter from behind a smile.

~Author Unknown



Imidlalo

(ukuphefumela khatshana lokuzelula)

Siphefumula sonke sikhathi ukuthi siphile. Lokhu yikuphefumula ngeyinye indlela uphefumulela phansi. Kuyasinceda lokhu kuphefumulela phansi ukuthi sikhululeke sizwe ngcono.

Hamba endaweni ethuleyo, uhlale ukhululeke esihlalweni njalo uvale amehlo akho. Lalela umhlaba phandle. Phefumulela ngaphakathi esifubeni sakho uzwe amaphaphu akho asegcwele. Ubusuphefumulela ngaphandle. Qhubeka uphefumelela ngaphakathi uphefumulele ngaphandle njalookomuzuzu. Ukwenze okwemizuzu elitshumi labile. Uqhubeke uphefumula ngaphakathi kodwa mbijana. Qhube usenza kanjalo uphinde kuze kube litshumi. Lokhu kuzakwenza uzwe ukhululekile njalo ujabule. Sonke sikhathi ungenza imidlalo uyaqina. Ukuphefumulela ngaphakhathi lokunatha amanzi amanengi kuyakwenza uzwe ngcono njalo ukhululeke.



**Ukuphefumulela
ngaphakathi
kusinceda ukuba
sikhululeke njalo
sizwe ngcono.**





Imidlalo yokuzelula

Umzimba ukuthi usebenze kuhle,
amathambo ayake efuna ukwelulwa.

Nxa sisenza imidlalo siyazelula
amathambo njalo uzwa usungcono.

Lokhu kunceda imzimba yethu.
Ukuzelula nsuku zonke kusinceda
ukuba sibe ngcono.



Ukuyakha izifiso zakho (isifiso sakho)

Kuyini isifiso sakho?



Lokhu ngokusengqondweni yakho. Ngezinye indlela yisifiso sakho ngempilo yakho kumbe ngekusasa yakho.

- 1** Yemukela lokho oyikho khona.
- 2** Kulomunye onjengawe.
- 3** Hamba kuhle
- 4** Khangelela okuhle sonke isikhathi empilweni yakho.
- 5** Funda ukuziduduza
- 6** Sebenzisa isipho sakho lezifiso zakho ubambane labanye abantu





Hlala ukwazi amalanga akho okuya esikhathini



Hlala ukhumbula ukuthi wagcina nini ukuya esikhathini, waqala nini njalo wagcina nini lokuthi ubunengi begazi bekunjani. Ubala amatshumi amabili layisithupha kuyisa ematshumini amabili layisitshiya galo mbili ngemva kwelanga lokuqala owagcina ngalo ukuya esikhathini. Ngaloko nxa ungaqala ngelanga lokuqala (1)likantulikazi ukhangelela njalo ngamatshumi amabili layisithupa (26) lamatshumi amabili layisitshiya galombili (28) Ungabona ulandelisa amalanga alitshumi, vakatshela udokotela oseduze.



**Hlala ukwazi
ukuthi uzaqala
nini ukuya
esikhathini.
Lokhu kuzakunceda
ukuba uhlale
ulungiselele.**

**Hlala ukwazi ukuthi uzaqala nini ukuya esikhathini.
Lokhu kuzakunceda ukuba uhlale ulungiselele.**

Ukugcina amapads, kumbe ukuwalahlha

Ngamalanga usesikhathini, nanzelela ukuthi uyahla (amapads, izichibi kumbe okunye) oyabe ukusebenzisa esambuzini kumbe endaweni elahlelwa khona izibi. Nxa usesikolo thatha isichibi sakho usifake ephepheni ubophe ufake esikwameni sakho sesikolo ungaffika ngekhaya uthathe amanzi atthisayo lesepa uwatshe, ubone ukuthi uchaye elangeni, njalo uayine.



Kuyatholakala:

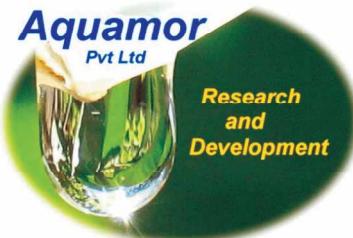


- ❖ Amanye amatombazana aba yiziqholo ngaeso sikhathi
- ❖ Nxa intombazanaingaqala ukuya esikhathi eleminyaka
- ❖ Eyisitshiyagalo lunye (9), elitshumi (10), elitshumi lanye (11) kumbe esekhulile okweminyaka elitshumi lasithuphakusiya (16) elitshumi lasitshiyagalo mbili
- ❖ Ungachitha izinto ezingcolileyo kanye legazi usesikhathini
- ❖ Intombazana engathola amanzi amhlope kodwa ajiyilewo njengo chagongaphansi engakaqali ukuya esikhathini
- ❖ Intombazana ingezwa ubuhlungu esiswini engakaqali
- ❖ Ukuphuma amaqhubu ebusweni
- ❖ Ukungangeni esikhathini zonke inyanga
- ❖ Ukungena esikhathini okwamalanga amabili (2 days)
- ❖ Ungangena esikhathini okwamalanga amathathu, umngane wakho engine okwamalanga amahlanu
- ❖ Ukupuhla
- ❖ Ukuba lenhloni nxa usesikhathini





Annie Kanyemba



Mayelana ngokusebenza ndawonye:

Ngisebenzela iAquamor, indawo esetshenzelwa ndawonye elokuphumelela eseHarare. Yindawo elinywayo izilimo kuahlengene lokwemukela amanzi ahanjiswa endaweni ezelhukenyeyo.

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Lolugwalo luyatholakalaesishoneni lwesingizi



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