

femina  
hip

SEPTEMBER - DE CEMBER - 2024

HALIUZWI

# femina



Wanapiga hela  
wanalinda dunia

Kijana acha  
alama

Tunaishi nayo  
na hatusemi

SIMIYU

# WASILIANA NA FEMINA



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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!

## Let's explore together

Another edition of Fema magazine means another opportunity to experience edutainment! That's right, and you are in the right place, get ready to hang out with Fema 68, with fresh stories from Simiyu region.

In this edition, we're shining a spotlight on the crucial links between climate change and sexual and reproductive health and rights. Our goal is to share knowledge and inspire action among youth and communities on these crucial issues.

Climate change affects everything, everywhere, including our sexual health. It affects all of us, and that's why **ushirikiano ni muhimu** - we have to work together, each one of us playing a role. This issue highlights the need for strategies to tackle these challenges together and poses questions for reflection on what we ignore. **Tusichukulie poa.**

Our cover story features artist Ben Pol, who together with Phina and Tommy Flavour, are dropping a new anthem for the Safeguard Young People program. This hit song encourages youth to badili matokeo (change the outcome), aiming to inspire young people to take charge and shape the future they desire.

We explore how climate change affects sexual health, discuss green jobs opportunities, and share tips for maintaining sexual health during environmental crises. Plus, we highlight awesome youth-led initiatives where local advocates are making a difference in sustainable practices and reproductive rights. Their efforts show just how important it is to get involved and advocate for change.

As you chill with the magazine and flip through these pages, think about how these challenges affect you and your community. Tuchukue hatua! Let's take action together for a healthier, equal, more sustainable future. Enjoy!



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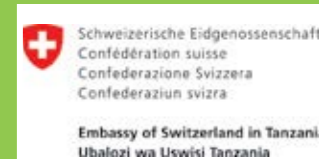
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# BADILI MATOKEO, ACHA ALAMA

NA SUMAIYA KARIM

## CHANGE THE OUTCOME, LEAVE A MARK

Anaitwa Benard Paul lakini ni wachache sana wanaomwita kwa jina hilo. Wengi tunamwita Ben Pol. Ni jina linalomtambulisha katika ulimwengu wa muziki, kijana mahiri kutoka mkoani Dodoma ambaye miongoni mwa sifa zake ni upole na nidhamu ya kazi.

His name is Benard Paul, but very few call him by that name. Most of us know him as Ben Pol. It's the name that introduces in the music industry, this talented youthful musician from Dodoma, known for his calm nature and work ethic.

Nikikupata, milele nitafurahi,  
Nitaimba nakupenda, hadi  
mwisho wa uhai

Naam, ni mashairi kiduchu tu kutoka katika wimbo ambao ulimpatia umaarufu mkubwa kwa wasikilizaji wa muziki nchini Tanzania na kumpatia tuzo yake ya kwanza katika tasnia. Wimbo huu aliutoa mara baada ya kumaliza kidato cha sita, wakati akisubiri kujiunga na chuo "Haikuwa rahisi," hivyo ndivyo Ben Pol anavyotafakari yaliyojiri katika kuanza kwake muziki.

## KUTAFUTA FURSA

"Wakati nimemaliza Form Six, nikiwa nazunguka kwenye ma studio kutafuta fursa na kuonesha kipaji, nilikuwa naweka sauti kwenye nyimbo kisha naondoka bila kulipwa chochote," anatushirikisha.

Siku moja, producer aitwaye Duke alimpigia simu akimwita studio kwake, ilikuwa kwasababu ya kitu ambacho Ben Pol aliwahi kufanya kule. Alipofika, akakuta Duke ametengeneza instrumental. Akamuuliza kama alikuwa amesainiwa na label yoyote au kama alikuwa na meneja. Jibu la Ben Pol halikuhitaji kufikiria, "mara moja tu nikamwambia sina. Akasema ametengeneza biti na ninaweza kufiti. Akaniambia niandike wimbo, niimbe kisha tutagawana faida nusu kwa nusu kwasababu nitarikodi bure. Wimbo wenyewe ni Pata Raha, niliandika ndani ya masaa mawili kisha tukarekodi. Duke aliupenda ule wimbo, akanambia niende tena kesho yake tufanye nyimbo nyingine tisa."

Hiyo kesho yake sasa, ndio akaandika Nikikupata na kumwambia Duke. Aliupenda sana, hadi akamwambia mwenye studio, na mwenye studio akafurahi akaamua kulipia video kwa videographer maarufu, Adam Juma.

Yes, these are just a few lyrics from the song that brought him significant fame among Tanzanian music listeners and earned him his first award in the industry. He released this song after completing his secondary school education, while waiting to join college. "It wasn't easy," Ben Pol reflects on how his music career began.

## SEEKING OPPORTUNITIES

"After completing Form Six, I was going around different music studios, trying to show my talent. I would record vocals on songs without pay," he shares.

Then one day, a producer named Duke called Ben Pol to the studio, recalling something Ben Pol had done earlier. When Ben arrived, Duke had already created an instrumental production. He asked Ben if he had signed with any label or had a manager. Ben Pol's answer needed no pondering, "I promptly told him I had neither. He said he had made the 'beat', and I could fit it. He asked me to write lyrics and record it, and we would share the profits 50/50 because I would record for free. Pata Raha is the song. I wrote it within two hours, then we recorded it. Duke loved the song so much that he asked me to return the next day to record nine more songs."

The next day, Ben wrote Nikikupata and sang it to Duke. He was so impressed that he told the studio owner who was also so impressed that he decided to pay for a video shoot by famous videographer, Adam Juma.

## RESULTS STARTED TO SHOW

The album was then distributed to TV and radio stations, and profit split arrangement stood intact. When contract ended Ben Pol started receiving invitations from other studios to record more songs, like Moyo Mashine. His name gained recognition, and he began performing at various events.

"For the first time, I won the Best RNB Song Award at the Tanzania Music Awards with the song Nikikupata," he says.

After that, things took off. He was now able to produce songs using his own money, pay his school fees, and even support some of his family members with their education.

## MATOKEO YAKAONEKANA

Baada ya hapo, alamu ikasambazwa kwenye TV na Redio kisha tukagawana asilimia kama tulivyokubaliana. Mkataba ulipoisha Ben Pol akaanza kupata mialiko ya studio nyingine kurekodi nyimbo nyingine kama Moyo Mashine. Jina likawa kubwa, akaalikwa matamasha mbalimbali pia.

"Kwa mara ya kwanza, nikashinda tuzo ya Wimbo bora wa RNB" ya Tanzania Music Awards kupitia wimbo wa Nikikupata," anasema.

Baada ya hapo mambo yakawa faya, akawa anaweza kutoa nyimbo kwa kutumia pesa zake mwenyewe, huku akijilipia ada ya chuo na hata kusomesha baadhi ya ndugu katika familia.



"Imejidhihirisha kwangu kwamba haijalishi unatokea mazingira gani, ndoto zako na malengo yako yanaweza kufikiwa. Mimi Ben Pol, nyumbani kwetu kulikuwa hakuna msanii, DJ, hakuna connection, hakuna mtu maarufu wala kiongozi. Nimetoka kwenye familia ndogo sana. Pia, kulikuwa hakuna pesa kusema kwamba ningeomba pesa kwa ajili ya kwenda studio," anasema Ben na kuongeza, "Lakini, nimefukuzia ndoto zangu, nimefanya kwa nafasi yangu kwa kukuza kipaji changu, nimejifunza kuimba, nimeshiriki mashindano mbalimbali ambayo yamenisaidia kuboresha kipaji changu. Baadaye, njiani katika kukuza kipaji changu, nikakutana na watu wenye rasilimali kama studio na pesa. Hakuna sababu ambayo utasema siwezi au sina pa kuanzia. Cha muhimu zaidi ya yote ni mshike elimu, usimuache elimu."

## YOUTH!

"It's become clear to me that it doesn't matter where you come from, your dreams and goals can be achieved. I, Ben Pol, came from a home with no musicians, DJs, connections, famous people, or leaders. I come from a very small family, and we didn't have money that I could ask for to pay studio fees," says Ben, and adds, "but I chased my dreams, nurtured my talent, learned how to sing, and participated in various competitions that helped me improve my skills. Along the way, I met people with resources, like studios and money. There's no reason to say, 'I can't' or 'I have no starting point.' Most importantly, hold on to education—don't let go of it."



## UHAMASISHAJI MAMBO YA KIJAMII

Ni katika kujifunza kwake huko bila kikomo ndipo alipojenga ari ya kupambania mambo mbalimbali ya kijamii, hususan ya vijana. "Wakati nakua, kwa mfano, sikuona kama jamii na mazingira yanayozunguka yanailinda mimi kama mtoto au kijana, licha ya kutamani sana yanilinde na kupelekea kulindwa kwa afya yangu pia. Nilipoweza kufikia watu wengi kwa kutumia kipaji changu, nikaamua kukitumia kwa ajili ya kusaidia kutatua changamoto za mazingira na zile zinazowakumba vijana."

Kwa kupitia mradi na kampeni ya Kijanisha, Ben Pol ameshinda tuzo kadhaa zikitambua mchango wake wa kukijanisha Tanzania na Afrika. Baadhi ya taasisi zilizompa tuzo ni pamoja na Just Dig It na Lead Foundation, pamoja na Serikali ya Tanzania. Ben Pol pia ni championi wa Malengo ya Maendeleo Endelevu chini ya Umoja wa Mataifa tangu mwaka 2019.

Na kwa hakika Ben Pol amekuwa chaguo la kwanza kwa mashirika mengi na Serikali linapokuja suala la uhamasishaji wa masuala ya kijamii kupitia sanaa ya muziki. Na kwasababu hiyo haikuwachukua UNFPA nguvu nyingi kuwaza wafanye kazi na nani pale mpango wa Safeguard Young People ulipochanganya sanaa ya muziki katika kufikisha ujumbe kwa mapana na burudani.

## CHAMPIONING SOCIAL CAUSES

Through his continuous learning, Ben Pol developed a passion for addressing various social issues, especially those affecting young people. "Growing up, I didn't feel like the society and environment around me protected me as a child or young person, even though I longed for that protection, including for my health. Once I gained a platform through my talent, I decided to use it to help address environmental challenges and those facing the youth."

Through the Kijanisha project and campaign, Ben Pol has won several awards recognizing his contributions to greening Tanzania and Africa. Some institutions that have honored him include Just Dig It, Lead Foundation, and the Tanzanian government. Since 2019, Ben Pol has been a champion of the Sustainable Development Goals under the United Nations.

Undoubtedly, Ben Pol has become the go-to choice for many organizations and the government when it comes to advocating for social issues through music. As a result, it didn't take much for UNFPA to consider working with him when the Safeguard Young People program combined music and messaging to reach a wider audience in an entertaining way.

## MMH, KUMBE BEN POL NI MSOMI...

Haswaa. Ben Pol alihitimu Kidato cha Sita katika masomo ya biashara mwaka 2010, na mwaka 2011 akahitimu Diploma katika masuala ya Benki na Fedha kutoka IFM, Tanzania. Na baadae alipata Shahada ya Kwanza katika Taaluma ya Jamii kutoka nchini Afrika ya Kusini mwaka 2017. "Sikuacha kusoma kwa sababu kwangu mimi maarifa au elimu, havina ukomo. Naongeza maarifa kwa namna tofauti tofauti ili niweze kujifunza kuhusu afya, mazingira na masuala ya vijana."

## SO, BEN POL IS THAT EDUCATED?

Indeed. Ben Pol completed Form Six in 2010, with a focus on business studies. In 2011, he earned a Diploma in Banking and Finance from IFM Tanzania. Later, in 2017, he obtained a bachelor's degree in social sciences from South Africa. "I never stopped learning because, to me, knowledge and education have no limits. I keep adding knowledge in different ways so that I can learn about health, the environment, and youth issues."



## VIJANA, WIMBO WENYEWE HUU HAPA

### Wimbo:

Kijana acha alama

### Wasanii:

Ben Pol x Saraphina x Tommy Flavour

### BEN POL

Enjoy, panga maisha yako, shika ndoto zako,  
Linda, jali afya yako ndio mtaji wako.

### Kijana! Simama!

We unaweza, amka changanya mwendo.

Badili matokeo ooo, oooh, vijanaa!

Kijana! Simama! We unaweza,

amka changanya mwendo.



### SARAPHINA

Jamii inakutazama, taifa linakutegemea

Unazo na nguvu nao pia uwezo, anza leo.

### TOMMY FLAVOUR

UKIMWI bado upo, eeh, kuwa makini

Kataa ukatili wa kijinsia,

Ongeza ufahamu, elimu afya na ustawi (ooh)



### WOTE

VIJANA! VIJANA! Eeh, eeh,

VIJANA! VIJANA! VIJANA! Unao uwezo!

### BEN POL

Badili matokeo ooo, oooh, kijanaa!

Kijana! Simama! We unaweza (we unaweza)

amka changanya mwendo

### TOMMY FLAVOUR

Usijichukulie poa, malengo yako yanaweza

kufikika, Usijichukulie poa, kijana acha

alama uwe mfano katika jamii



## AKAWASHIRISHA SARAPHINA NA TOMMY FLAVOUR

Alipoitiwa kazi hiyo akawashirikisha wenzake hawa, wakatunga na kuimba wimbo wa Kijana Acha Alama. "Napenda sana wanavyoimba, vipaji vyao na maadili yao ya kazi, sote ni vijana ambao tulikaa chini kufanya kazi kwa ajili ya vijana wenzetu," anaeleza.

Wimbo huu wenye midundo na vionjo vya kukufanya uimbe na kucheza, umebeba ujumbe unaowaalika vijana 'kubadili matokeo' na 'kutengeneza kesho iliyo bora'.

Katika muongo mmoja uliopita, mpango wa SYP umeibuka kuwa nguvu kubwa, ukipanda mbegu za nguvu na uwezesaji miongoni mwa vijana balehe na vijana wadogo wengi katika Afrika Mashariki na Kusini.

## COLLABORATING WITH SARAPHINA AND TOMMY FLAVOUR

When approached for the project, Ben Pol collaborated with fellow artists Saraphina and Tommy Flavour, and together they composed and performed the song Kijana Acha Alama (Young Person, Leave a Mark). "I love how they sing, their talent, and their work ethic. We're all young people who came together to work for the benefit of our peers," he details.

This song, filled with lively beats that make you want to sing and dance, carries a message encouraging young people to 'change their outcomes' and 'create a better tomorrow'. In the past decade, the SYP program has emerged as a powerful force, planting seeds of empowerment among many adolescents and youth in East and Southern Africa.

“ Nilipoweza kufikia watu wengi kwa kutumia kipaji changu, nikaamua kukitumia kwa ajili ya kusaidia kutatua changamoto za mazingira na zile zinazowakumba vijana.

## CHUKUA HII

Kuna kipaji, kuna elimu, halafu kuna nidhamu ya kazi na kuheshimu wengine. Ben Pol anatudhihirishia kwamba haya yote ni muhimu yaende pamoja. Na bila shaka yalimfungulia milango akafanya kazi na mashirika makubwa kama UN, WildAid, WWF, Justdigg, LEAD Foundation na UNFPA. Ni katika kuacha alama.



## TAKE THIS!

This is how Ben Pol shows us that talent, education, and work ethic are vital, and his journey demonstrates that all of these elements must go hand in hand. Without a doubt, they opened doors for him, allowing him to work with major organizations such as the UN, WildAid, WWF, Justdigg, LEAD Foundation, and UNFPA. It's in the spirit of leaving a mark.



# TULIHO ISHIMIYU SIMIYU



Mimi ni mkazi wa Simiyu, na hapa nitawapa mawili matatu ili mfahamu sababu ya fahari na furaha yangu. Najivunia mkoa wetu huu, mpya mpya flani hivi maana ulianzishwa mwaka 2012. Ni mkoa unaopatikana kanda ya ziwa, ukijulikana kwa shughuli zake nyingi za kilimo na ufugaji na sifa zake nyingine kedekede. Zao letu maarufu la biashara ni pamba ambayo tunailima kwa wingi. Pia, ufugaji wa ng'ombe ni muhimu sana kwetu Wanyantuzu, kwani unapokuwa na ng'ombe wengi, unahesabika kuwa mtu mwenye mafanikio, au kwa lugha yetu tunaita DONI.



## Mkoa wetu umebarikiwa kwa namna ya kipekee,

Ukiwa na vivutio vingi vya thamani. Watu wa ndani na nje ya nchi huja kwa wingi kutembelea hifadhi kama vile Kijereshi Game Reserve, Maswa Game Reserve na Serengeti, ambazo zimebeba utajiri wa wanyamapori na historia ya kipekee. Vivutio hivi husaidia sana kuongeza pato la taifa.



## Tunao utajiri wa madini;

Migodi kibao ambayo inachangia kipato cha wananchi. Migodi ya Dutwa na Gasuma ni fahari kubwa kwetu, inachangia uchumi wetu.

Tamaduni zetu ni fahari yetu, na Simiyu ni miongoni mwa mikoa inayozingatia sana mila za asili, hasa za wasukuma na wanyantuzu. Kuanzia mavazi hadi burudani, tamaduni zetu zinajidhihirisha. Kwa mfano, ngoma maarufu ya Bugobogobo ni burudani ya kipekee ambayo huchezwa wakati wa shughuli za kilimo. Inavutia mno. Kwa kizazi chetu tunajitahidi kutokomeza mila zenye madhara kama ukatili, huku tukiimarisha zile zinazojenga jamii.



## Halafu tunalima aisee.

Wakazi wa mkoa huu tumejikita katika kilimo cha mahindi, pamba, na alizeti, na kwenye ufugaji ng'ombe, mbuzi, na kondoo tunao wa kutosha, na sio utani ni chanzo kikubwa cha kujivunia Simiyu yetu.

Kwa upande wa chakula, hakika misosi ya Simiyu inajulikana kwa vyakula vya asili kama ugali kwa mlenda na ugali kwa sili. Ni misosi yenye ladha ya asili inayopendwa na kila mtu kutokana na umuhimu wa afya.



## Mazingira yetu ni urithi wetu.

Tunajivunia mandhari yetu ya kuvutia na tunajitahidi kukabiliana na mabadiliko ya tabianchi kwa kupanda miti na kutunza misitu kama vile Msitu wa Mageraza.



Zamani tulikuwa tukipita mikoa mingine tunawaonea wivu na stendi zao za mabasi, sasa hivi tunayo ya kwetu mpya nzuri kabisa hapa Bariadi, imeongeza ufanisi kwenye usafiri. Hata wewe ukija unaweza kushukia hapo hapo! Karibuni sana kwetu Simiyu. "Simiyu yetu, fahari yetu!"





# Mchango wetu, mabadiliko yetu!

NA MARY MBAGO

## Nyangwe Fema Club waokoa maisha

Nyangwe Fema Club wameamua kuingia mzigoni na kuokoa maisha ya ndugu, jamaa, na marafiki kwa kushiriki zoezi muhimu la kuchangia damu. Wewe pia unaweza kuwa shujaa wa leo kwa kutoa damu yako na kuleta tofauti! Hili sio tu zoezi la kawaida, bali ni mwito wa kizazi chetu kuchukua hatua na kuleta mabadiliko kwenye jamii. Haya sasa, je, uko tayari kuokoa maisha? Basi fanya kweli.



## Hawa wamepangua ukumbi kwa style

Fema Clubbers wa Magufuli High wanatisha sana! Baada ya kupata mbinu kiboko kutoka kwa mwalimu mlezi, vijana hawa wamegeuza ukumbi wa shule kuwa burudani tupu kwaajili ya kuwakaribisha wale wa kidato cha tano. Ni sherehe ya nguvu inayodhihirisha ubunifu na ujanja wa vijana wa sasa! Je, shule yako inaweza kufikisha level hii? Hatukatai, ila tunataka kuona.



## Tukutane na Machampion wa Kivesa Fema Club

Basi bwana, ilikuwa balaa! Kivesa Fema Club walitia timu pale Hospitali ya Wilaya, wakapata muda wa kukaa na wale wadau wakubwa, muuguzi na mshauri nasaha wa vijana. Ilikuwa time ya maana kujadili ishuzito kama uzazi wa mpango, chanjo, magonjwa na zile tabia za hatari. Hakika, walijifunza mengi na vijana wako tayari kwenda mzigoni kuhamasisha wenzao.



## Wana Fema Mlowa, twende kazi na ujuzi

Sema na Fema! Kutoka Mlowa Sec Fema Club, walipata bonge la bahati hivi karibuni. Ilikuwa hivi, walimkaribisha mgeni mwenye ubunifu viwango virefu sana, akawaonesha mbinu za kutengeneza mapambo kibao. WanaFema hawa wakapagawa na maujanja hayo, ni ujuzi mpya huo wa kuingia nao mtaani maana sasa hivi ni fursa kali mtaani, ukiweza hii, unahesabu maokoto tu! Huwezi kubaki vile, lazima uchukue hatua.



## Hii ni big win Buyuni

Unajua vile Fema Club ya Buyuni Sec. walikua na wazo kali sana? Waliona kuna uhaba wa vifaa vya usafi, hususan fagio, na hawakukaa tu kusubiri msaada. Dogo Idrisa, yuko kidato cha pili na ana skill ya kutengeneza mifagio, akaamua kuwashow wenzake namna ya kubadilisha makuti kuwa mifagio safi. Sasa vijana hawa walipiga mifagio 30 ya nguvu na kumkabidhi mkuu wa shule, ambaye alifurahi ile mbaya! Aliwapongeza na kusema Fema Club inafanya mambo ya maana shuleni. Hii inatufundisha kuwa na attitude ya kutatua shida na kuleta mabadiliko! Huwezi amini, wamebadilisha game ya usafi kwa ubunifu wao!

Wewe je? Una changamoto gani unayoweza kuigeuza kuwa fursa ya kushine kama wao?

## TIRIRIKA



## Hello hello Mentors, mko poa?

Salamu za heri ziwafikie kutoka dawati la uratibu wa shughuli za Fema Club. Kwa kweli tunawamiss kinoma, ila kwa wale ambao mwaka huu tulifanikiwa kuonana face to face, bila shaka salamu kwa wengine mlifikisha. Wale ambao tulionana kwenye school visits, mnasemaje, zile ahadi mmetimiza? Wale ambao tulionana kwenye Active Learning orientation, vipi zile point mlizojifunza zimeanza kuleta matokeo? Mtujuze tafadhali. Na wale ambao tulikutana Chato kwenye tukio matata la Fema Club Mentors' Conference, naamini picha za matukio bado zinatoshwa, na ile elimu, networking, burudani na moyo wa kujitoea na kuwahudumia wengine bado vinaleta furaha na ari mpya ndani ya mioyo. Yote kwa yote, mambo ndani ya familia hii ni faya, na moto wenyewe hauzimwi wala kuzimika. We keep pushing no matter what! Gongwa tano!

Wakati tukijipanga kuingia mwaka mpya wa 2025, kuna mawili matatu hapa ya kukumbukwa. Cha kwanza, suala la vyeti vya wahitimu wa 2025, tunawapongeza wote mliotuma majina ndani ya muda, na muda si muda vitakuwa njiani kuwafikia. Pili, tujiandae kuwapokea Form One. Kuna Club wana utaratibu wa kuwapokea wageni hawa na kuwalika kujiunga na Fema Club, je, hapo kwenu utaratibu huu ukoje? Tatu, ripoti! Je, unawashirikisha vipi wanachama wa Fema Club shuleni kwako katika uandishi wa ripoti ya shule yao? Naam, ni muhimu wanachama wa Fema kushiriki katika kuandaa na kutunza kumbukumbu za ripoti za kazi wanazozifanya kwenye Club yao kwani ni sehemu ya kujifunza, na inawajengea morali ya kuhakikisha kila mmoja anashiriki katika kuleta maendeleo na uhai wa Fema Club shuleni kwako. Halafuuu, umejiunga na App ya Fema? Bado? Aaah, unakosa mambo. Kule ripoti unatuma kirahisi sana. Ongea na mratibu wa kanda yako, au kiongozi wa kanda, upate msaada wa haraka. Vinginevyo ingia Playstore, pakua Fema App, jisajili, utatumiwa nywila a.k.a password. Kumbuka, hii ni kwa Mentors wa Fema Club tu.

Basi tumalize hivyo! Nawatakia kila lenye heri na faida.

Thabiti.



## Mnyawi Fema club na Kazi ya Maendeleo

Mnyawi Fema Club kutoka Nanyamba hawapoi! Wanapiga mzigo kwenye kilimo cha mboga bila kupunguza mwendo, wakitufundisha kuwa vijana tunaweza kubadili maisha yetu kiuchumi na kiafya kwa mikono yetu wenyewe. Je, uko tayari kuchukua hatua na kuzitumia fursa hizi za kilimo au unaachia bahati hiyo ikupite? Hebu tujadili!



## Mlo bila mbogamboga ni pungufu

Katika harakati za kuboresha maisha na afya za vijana, Regina Mumba Lowassa Fema Club wamejizatiti kuvuna mboga walizopanda wenyewe kwa ajili ya chakula cha mchana shuleni. Hii ni zaidi ya kilimo; ni hatua ya kuimarisha lishe bora na kujitegemea. Mboga hizi zinawapa wanafunzi si tu chakula kizuri, bali pia ujuzi muhimu wa kilimo, ambao utaendelea kuwasaidia katika maisha yao ya baadaye.



## Kilimo ndo dili la kileo

Murad Saddiq Fema Club wameanzisha mchakato mpya wa kilimo cha mboga, wakiwashawishi vijana kuchukua hatua na kuingia kwenye kilimo endelevu. Sasa, sio tu kwamba wanavuna, bali pia wanaongeza kipato na wanatunza mazingira! Yaani unapata skills za kujitegemea, unaingiza mkwanja kwenye mfuko wa club, mboga zako fresh za kula wenyewe hazikosekani. Kuna swali?

## Kijana, Tuungane kwa Kazi ya Kij Green

Usa High Fema Club walipata mtoko hivi karibuni. Wanapenda study tour hawaaa! Zamu hii walitembelea shirika la MEGAG wilayani Mwangi, wakapata darasa na darasa. Walijifunza kuhusu maandalizi ya green house, somo likapendwa kwelikweli maana ni hatua ya kufanya miradi yao ya kilimo iwe bora zaidi. Walifurahia kujifunza kuhusu mazingira, kilimo, na utunzaji wa vyanzo vya maji. Kila mmoja alijifunza ukataji wa viriba, kujaza udongo, na kupanda miche ya maparachichi. Baada ya hapo tunawasubiri tupate habari mpya vitalu na green-house vimefikia wapi. Uko tayari kujiunga na harakati hizi? Gongga tano kama na nyinyi Club yenu ina amsha amsha za hivi.



## Ujenzi rafiki wa mazingira, Kilimatembo.

Kilimatembo Sekondari mitaa ya Karatu, Arusha, walipata mgeni hivi karibuni, mgeni kutoka mbali, mhandisi msanifu wa majengo, Sigi Koko, kutoka Marekani. Alikuwa na mchongo ambao tunaufahamu, tunauchukulia poa, lakini ni mchongo wenye faida kwa mazingira na maisha yetu. Hapo wanaFema si unajua hawachezi mbali? Wakasogea eneo la tukio kuchukua mawili matatu. Basi bwana msanifu huyu wa mijengo akashirikiana kwa vitendo na wenyeji wake kutumia vitu vya asili vinavyopatikana hapo hapo kujenga mjengo unaovutia kwa kutumia fito na udongo mfinyanzi, halafu wakaboresha kwa rangi ambayo inatokana na vitu asili vile vile. Cheki hiki kimjengo kinavyovutia! Ni imara na maridadi, na ujenzi wake hausumbui ekolojia ya mahali husika. Bila shaka wanaFema kwingineko tutawatafuta Kilimatembo Fema Club watuongeze maarifa, au sio?



# TIRIRIKA



## Je, tunayaishi maneno yetu?

Wapendwa Mentors, nitangulie kusema nisipigwe mawe tafadhali, ni mawazo tu! Kama tumekubaliana tuendelee. Nasemaje, siku zote kazi nzuri ya Mentors wa Fema Club inaonekana kwenye maisha ya vijana tunaowalea; wanakuwa na mtzamo chanya juu ya maisha, wanasimama imara zaidi kukabiliana na changamoto zao, uhusiano wao na mazingira na watu wengine unakuwa na afya, na si waoga wa kujifunza. Lakini pia mwaka baada ya mwaka ripoti zinaonesha vijana hawa wanafaulu vizuri zaidi kwenye masomo, wanajipanga vizuri kusimamia ndoto zao, na wanapoanguka wanajua kuna kusimama tena. Yote haya ni kazi nzuri ambayo Mentors mnaifanya, na kwa hakika hapa makofi matatu mara tatu lazima yapigwe.

Kuna mentors kadhaa waliwahi kusema, yale mafunzo waliyopewa yakawasaidie kuwasaidia vijana wao yalianza kuwasaidia wao wenyewe. Waliona ile elimu imejaa vitu practical ambavyo vinawafaa hata wao katika maisha yao. Mmoja alitathmini uhusiano wake na familia yake akaona anaweza kuwa mzazi na mwenza bora zaidi. Mwingine aliona biashara yake inaweza kuwa bora zaidi kwa kuzingatia mafunzo aliyopewa, na ikawa kweli. Mwingine aligundua kwamba kumbe ndoto yake ya utotoni ilikuwa haijapotea, anaweza kujipanga upya akaifanikisha huku akiendelea kuwa mwali na mentor wa nguvu. Inawezekana.

Sasa swali langu kwenu ni hili, je, yale ambayo mnawahimiza vijana wenu kuyazingatia na nyinyi huwa mnayazingatia? Twende na agenda zetu zile zile tupitie moja moja; kwenye Chezasalama? Kwenye Sema Tenda? Kwenye Ruka Juu?

Hilo nawaacha nalo, bila shaka mrejesho utakuja.

Byeee!  
Baraka



## FEMINA FAMILY FESTIVAL



### Kuleta furaha kwa jamii ya Tosamaganga

Katika kuadhimisha siku ya Nanenane, Fema Club Dimitrios walipata nafasi kuwatembelea watoto yatima wa Tosamaganga - Iringa! Wanachama wa Club hiyo walijifunza vitu vingi, kubwa zaidi ni ku-appreciate wazazi wao baada ya life stories kutoka kwa mlezi wa kituo, Sr. Hellen. Ilikuwa day ya kugusa moyo, kuleta smiles na kuona maisha kwa lens mpya kabisa.



### Mwisho wa Shamba Fema Club

Tamasha la maadhimisho ya Hedhi Salama lililofanyika shuleni Mwisho wa Shamba SS tarehe 28/5 liliwaka moto haswaa! Vijana wa Fema Club walipiga hatua za kipekee, wakionesha nguvu na uthubutu zaidi ya moto wenyewe. Kila kijana alitoa mchango wake kuhakikisha elimu ya afya ya hedhi inasambaa kwa kishindo!



### Fema Club Mentors kibunifu zaidi

Ni kawaida ya walimu walezi wa Fema Clubs nchini kukutana kila mwaka, na ni kawaida yao pia kuhakikisha kukutana kwao ni full dose ya entertainment education. Mwaka huu pia mambo yalikuwa hivyo hivyo, lakini kivingine.

Mkutano huu hufanyika kwa mfumo wa kanda za Fema Clubs kubadilishana uenyeji, na mwaka hii ilikuwa zamu ya Kanda ya Magharibi kuwa wenyeji. Hapo tunazungumzia mikoa ya Geita, Kigoma, Katavi, Rukwa na Kagera. Mwishoni wa Juni 2024, ukumbi maridadi wa Shule ya Sekondari Mapambano pale mjini Chato mkoani Geita ukawa kitovu cha shughuli nyingi za maana sana ambazo walimu hawa walizifanya. Kwanza walimwalika Mkuu wa Wilaya kuwa Mgeni Rasmi kwenye ufunguzi, na mheshimiwa huyo hakuwaangusha, kwanza anazijua Fema Clubs vizuri mno, anapenda vijana, na anathamini sana kazi ya walezi wa Club hizo - akawapa maua yao. Halafu walialika watoa mada makini wakawasilisha na kuchambua mambo pamoja na washiriki. Baadhi ya mada zilizowasilishwa zilihusu njia bora za kuwalinda watoto, mabadiliko ya tabia nchi na namna yanavyoathiri afya ya uzazi, dawa za kulevya na madhara yake kwa vijana, pamoja na mada ya usafirishaji haramu wa binadamu. Vionjo vya amsha amsha navyo vilikuwa vingi, mashindano ya kuchangamsha mwili na akili, zawadi za hapa na pale, yote kwa yote, ilikuwa fayaa!

Kipengele cha tour kilivunja rekodi. Kwanza washiriki wakaenda kuona mahali alipozikwa Hayati John Pombe Magufuli, wakajifunza historia ya mahali pale pia. Ikafuata tour ya Rubondo Island, huko sasa ilikuwa balaa, maana ilibidi watu wapande feri ili wakaone tembo na wanyama wengine. Lakini pia washiriki walienda kusalimia wagonjwa pale hospitali kubwa ya mjini Chato, wakapeleka na zawadi. Jambo la maana sana hili.

Basi bwana, kila lenye mwanzo halikosi kuwa na mwisho, mkutano ukamalizika kwa Kanda maalum ya Dar es Salaam na Zanzibar kukabidhiwa kijiti cha kuwa wenyeji wa mkutano wa mwaka kesho, na habari zilizotufikia hivi punde zinasema kuna watu washatoa mchango wa kushiriki 2025!

### Bassotu na mwenge Hanang

Fema Bassotu hawataki mchezo! Waliivunja mitaa pale Hanang' kwenye kufunga mbio za mwenge Kiwilaya. Banda lao la Fema lilipendeza hadi kiongozi wa mbio za mwenge Kitaifa, Godfrey Mzava, akatupia jicho. Ilikuwa nafasi ya kipekee sana kwao kutambulisha ajenda zetu kali za Fema Club, yaani Sema Tenda, Cheza Salama, na Ruka juu! Bassotu wanasema sasa ni muda wako kuchukua hatua na kusapoti harakati za kijamii. Usikubali kusimuliwa, be part of the movement!



## Kutoka mlimani hadi mafanikio



### Na sasa, Cedrina anaongezea.

"Hello Fema Clubbers, hope mpo freshi kabisa! Mi naitwa Cedrina, mhitimu wa Chuo Kikuu cha Dar es Salaam. Safari yangu haikuwa lelemama, ilihitaji uvumilivu na maombi, lakini leo najivunia kuwa hapa. Nawapa moyo sana wadogo zangu, someni kwa bidii, pambana na ndoto zako – siku moja utavuna matunda ya kazi yako!"

### Old Tanga wamewasha moto wa mabadiliko

Maisha Fema Club - Old Tanga Sekondari katika picha ya kujipongeza baada ya kupiga show ya ukweli kwenye Siku ya Vijana Duniani! Ujumbe wao ulikuwa ni kuhamasisha vijana kuamka na kuleta mabadiliko.





# Tunaishi nayo na hatusemi

NA AMABILIS BATAMULA

Hebu fikiria, kila kukicha unakutana na watu wakilalamika na kuulizana, "Jua kali sana siku hizi." "Mbona mafuriko kila mwaka?" "Eeh, na hili joto jamani, mbona liko hivi siku hizi, tutapona?" "Halafu unaona jinsi misimu imevurugika, tutalimaje sasa?" We hapo unapata picha gani? Halafu ukichunguza unagundua kwamba mambo hayo yamekuwepo kwa muda, si jambo la hali ya hewa kubadilika tu, ni mambo yanakuja, yanakaa na kukua. Kitaalam hii ndio huitwa mabadiliko ya tabia nchi.

Hata hivyo, si wengi wanafahamu kwamba madhara ya mabadiliko haya ya tabia nchi yanagusa afya ya uzazi na ujinsia wetu. Miezi kadhaa iliyopita nikiwa naendesha mjadala mahali, nilichokoza mada, nikawaomba washiriki wapaze sauti zao kuhusu jambo hilo kupitia visa mkasa ambavyo niliwasomea. Aisee huwezi amini, wengi walisema kweli haya mambo tunaishi nayo lakini hatuyatupii jicho. Unakonaje tukalidada vua hilo suala hapa, tujifunze pamoja? Twende pamoja.

## Ni kwa namna gani mabadiliko ya tabia nchi yanaathiri afya ya uzazi na ujinsia?

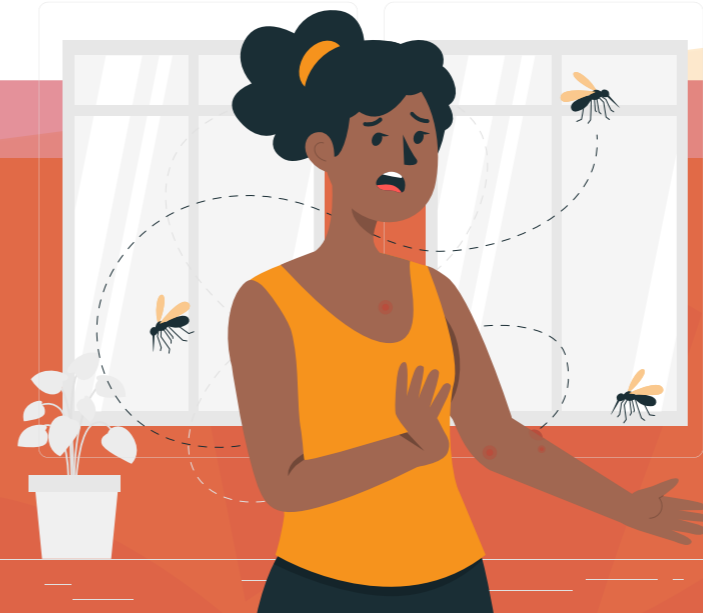


### Upatikanaji wa huduma za afya

ni miongoni mwa mambo yanayoguswa sana. Yanapotokea matukio ya hali ya hewa yaliyokithiri, kama vile mafuriko au vimbunga, shughuli husimama, huduma za afya zinakuwa ngumu kufikika. Hii inazuia ufikiaji wa huduma muhimu za afya ya uzazi ikiwemo kliniki za mama na mtoto, uzazi wa mpango na zile za kujifungua salama. Vituo vya huduma rafiki kwa vijana navyo vinaweza kukumbwa katika kadhia hiyo.

### Ukosefu wa lishe bora unaweza kutokea.

Ukame una tabia ya kuleta matokeo yaliyo kinyume na matarajio ya wakulima. Kinachofuata ni kukosekana kwa chakula cha kutosha, watu wanaanza kula wanachokipata na sio walichopanga au kutamani kula, au wengine hawapati chakula kabisa. Matokeo yake ni kupungua kwa virutubisho mwilini. Kwa mama mjamzito hii si salama kwasababu inaongeza hatari ya vifo vya uzazi na watoto wachanga. Na kwa watoto na vijana balehe, hii inaweza kusababisha udumavu au kuchelewa kupiga hatua sahihi za ukuaji. Na si unajua vijana balehe na misosi? Mwili unakuwa unapitia mabadiliko ambayo yanataka shibe yenye lishe bora. Ukiikosa hiyo mambo yanakuwa sio.



### Magonjwa yanaongezeka.

Ongezeko la joto na mafuriko huathiri makazi na maisha ya wadudu mbalimbali kama vile mbu, panya na wengineo. Hiyo inamaanisha wanasambaa katika mazingira mapya, kwa misimu tofauti na kufanya magonjwa wanayoyasambaza kuwa hatari zaidi kwa binadamu. Magonjwa kama Zika na Malaria yanaweza kusababisha shida kubwa za kiafya kwa mama na mtoto kabla ya kujifungua, wakati wa kujifungua na hata baada ya kujifungua.



### Afya ya akili nayo inaguswa.

Kwa mfano, majanga ya tabia nchi yamemkuta mtu, anahaha kutafuta msaada, kuna uwezekano akashindwa kufanya maamuzi sahihi juu ya mwili wake na afya yake ya uzazi. Inawezekana pia baadae akajikuta akijutia maamuzi aliyoyafanya, akajiongezea msongo wa mawazo. Hii inaweza kutokea hasa katika dharura ya kutafuta hifadhi na chakula.

### Ukatili wa kijinsia unashamiri.

Pale ambapo majanga yanawalazimisha watu kuishi katika mazingira tofauti, usiri hupungua, na matumizi ya nguvu na madaraka pia hujidhihirisha. Idadi kubwa ya watu hulazimika kuishi katika eneo dogo na kutumia rasilimali zinazopatikana; maji, chakula, malazi, usafiri na mengineyo. Na kama tunavyofahamu ni kawaida ya binadamu kuingia katika migogoro pale kunapotokea upungufu wa mahitaji muhimu. Wenye nia ova nao hutumia migogoro hiyo kufanya ukatili kwa kuwa utaratibu wa jamii unakuwa uko nje ya mfumo wa kawaida. Mbaya zaidi ni kwamba hata huduma za kuwasaidia manusura nazo zinakuwa zimeathirika, wanabaki bila msaada.



**Hedhi salama inaathirika.**

Iwe katika mafuriko au ukame, iwe ni vimbunga au kukauka kwa vyanzo vya maji, chochote kati ya hayo kinaweza kuwafanya wanawake na wasichana kukosa maji safi na salama kwa ajili ya kuitunza afya yao wakati wa hedhi. Maji ni miongoni mwa mahitaji ya msingi kabisa yanayomwezesha mwanamke kupata hedhi salama.



**Mhudumu na wateja wake**

Nilipotembelea Simiyu hivi karibuni Mhudumu wa afya kwenye Kituo cha Afya Muungano alinipa simulizi kadhaa, nyingi zikiwa zinahusu mambo anayoyaona kila siku katika kazi yake. Akanisimulia mengi kuhusu mimba za utotoni, magonjwa ya ngono na huduma rafiki kwa vijana. Nilivutiwa sana na namna ambavyo alikuwa anatambua changamoto za wateja wake. Nilipomuuliza athari za mabadiliko ya tabia nchi kwenye afya ya uzazi, nikaona ameguswa zaidi, alinitizama machoni, akageuka kama anataka kusimama halafu akaketi vizuri kwenye kiti chake, halafu akasema, “unaweza kuona kama vile jambo hilo halina athari, lakini mito inapojaa maji na kufurika ndio utaelewa,” akajiegemeza, halafu akaendelea, “mwaka juzi huo mto hapo nyuma ulifurika kiasi ambacho haijawahi kutokea. Siku zaidi ya tatu watu hawakuweza kuvuka. Wamama walijifungulia majumbani, tena wengine kwa shida sana. Tulijitahidi lakini ilikuwa ngumu. Mpaka njia ilipofunguka wengi walikwishateseka kwa kweli.

**We live with it but don't talk about it**

BY AMABILIS BATAMULA

Think about it: every day, you hear people saying, “The sun's too hot lately.” “Why do we get floods every year?” “What's with this heat? Will we survive?” “And look how the seasons are all messed up; how will we grow food now?” What do you think when you hear this? If you look closer, you'll see these issues have been around for ages. It's not just a weather change; things are happening and getting worse. This is climate change.

However, not many realise that climate change affects our sexual and reproductive health. A few months ago, I led a discussion where I asked people to share their thoughts on this topic based on real-life stories that I read out. You wouldn't believe it, many admitted that these issues are real but often get ignored. How about we dig into this together?

**How does climate change affect sexual and reproductive health?**

**Access to healthcare is a big deal.**

When extreme weather hits, like floods or storms, services can shut down, making it hard to get health care. This means fewer options for essential reproductive health services like maternity clinics, family planning, and safe childbirth. Even youth-friendly services can be affected.

**Safe menstruation is impacted too.**

Whether it's floods or droughts, hurricanes or drying water sources, any of these can make it hard for women and girls to find clean water for their menstrual health. Water is crucial for managing periods safely.

**Poor nutrition is another problem.**

Droughts often lead to farmers not getting the harvest they expected. This can create food shortages, forcing people to eat whatever they can find, or worse, go without food. This lack of nutrients is dangerous for pregnant women, raising the risk of deaths for both mothers and babies. For kids and teens, it can lead to stunted growth or delays in development. And you know how teens love their food - growing bodies need good nutrition! Without it, things can get rough.

There are studies and researches looking into the possibility that high temperatures reduce the ability to conceive a healthy pregnancy. Scientists are investigating how extreme heat affects sperm quality. Let's wait for answers; when we get the facts, we'll know more.

All this remind us how important it is to find solutions that appreciate the link between climate change and sexual and reproductive health.

**Diseases are also on the rise.**

Increased heat and floods change habitats for bugs like mosquitoes and rats, which means they spread diseases more easily. Illnesses like Zika and Malaria can cause serious health issues for mothers and babies before, during, and after childbirth.

**Mental health takes a hit too.**

Imagine facing a climate disaster and struggling to find help; you might not make the best choices for your health. Later on, you could regret what you did and feel even more stressed. This is especially true in emergencies when people need shelter and food.

**Gender-based violence can spike as well.**

When disasters force people into crowded spaces, privacy goes out the window, and power imbalances can rise. Many people have to share limited resources - water, food, shelter, and more. As we know, when basic needs are scarce conflicts often happen. Those with bad intentions might take advantage of these situations to commit violence, especially when social structures break down. Even support services for survivors can be affected, leaving them without help.

**A Health Worker's Story**

Recently, when I visited Simiyu, a health worker at Muungano Health Centre shared with me stories about issues she sees every day. She talked about teenage pregnancies, STIs, and youth-friendly services. I was really impressed by her understanding of her clients' challenges. When I asked her about climate change's impact on reproductive health, she seemed really affected. She looked me in the eye, sat up straight, and said, “It might seem like it doesn't matter, but when rivers overflow, you'll understand.” She leaned in and continued, “Two years ago, that river flooded like never before. For over three days, people couldn't cross. Women gave birth at home, some in terrible conditions. We did our best, but it was tough. By the time the roads were clear, many had already suffered.”

**TAKE ACTION**

As a club or group, have a talk about what effects of climate change you see in your area and how they impact sexual and reproductive health. Once you've discussed it, make sure other community members get this awareness too!

**REMEMBER**

Climate change is mostly caused by human activities, like pollution from greenhouse gases, shifting agriculture, and cutting down forests.



# Salamu kutoka kwa babu, mtaalamu wa lishe!



Hamjambo wajukuu zangu?

Na wazazi wenu hawajambo?

Hivi mbona hata huwa hamniandikii hata tumeseji hivi au barua na mimi nifurahi, nijue salamu zangu mnafikisha kwa wazazi wenu au la? Aah sio vizuri hivyo. Lakini najua mtajitahidi, zamu hii mtaniandikia.

Sasa, bibi yenu nilikuwa safari, Simiyuuu! Nikakutana na mambo mazuri huko, na watu wazuri. Miongoni mwa watu hao ni Raphael Gabriel Mtaho, yeye ni Afisa Lishe katika Halmashauri ya Bariadi Vijijini, mtaalamu kwelikweli wa mambo hayo. Akanipa salamu zenu, nikamwambia nitazifikisha, nitasema babu yenu anawasalimia. Salamu zenyewe ni ujumbe unaosema hivi, kula sio kula tu kushiba; kula ni muhimu ili tuishi na ni muhimu kula mlo kamili.

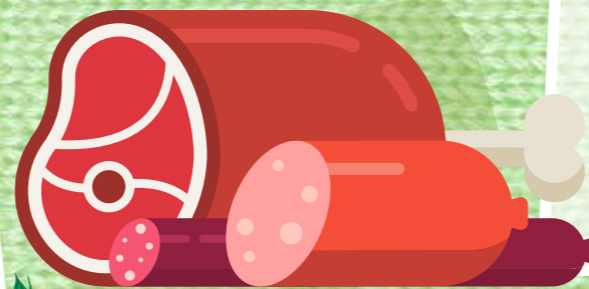
Sasa mtulie, nawaona wapenda biskuti na soda mnaanza kutizamana! Bibi yenu nawapa nondo za kupeleka nyumbani kwa wazazi, ili mlo ukae vizuri, ni darasa hili kutoka kwa Babu Raphael. Anajali sana afya zenu.

## Makundi 6 ya chakula

Babu amesisitiza umuhimu wa makundi sita ya chakula ambayo ni muhimu sana kwa ustawi wa mwili wa mtu. Hebu tuyarudie ili kila mmoja wetu awe na uelewa mzuri, na mweze kuwafundisha wajukuu kwa ufasaha.

### 1. Nafaka, mizizi na ndizi mbichi (za kupika)

Hiki ni chakula chenye wanga, kama vile ugali, wali, viazi, na mikate. Babu anasema kwamba vyakula hivi ni muhimu sana kwa kutoa nishati inayohitajika katika shughuli zetu za kila siku. Wazazi na walezi hakikisha watoto wanapata kiasi kinachofaa ili wapate nguvu na akili za kucheza na kujifunza.



### 2. Mazao ya asili ya wanyama Hapa ni mambo ya protini.

Nyama, kwa mfano ni chanzo kikuu cha protini. Hizi protini ni muhimu kwa ukuaji wa watoto na utengenezaji wa tishu mwilini. Samaki, maziwa, mayai nayo pia yamo humu.



### 3. Jamii ya mikunde

Mikunde kama maharagwe, njegere, choroko, na kunde ni hazina ya afya. Ina protini na madini muhimu kwa ukuaji na afya ya watoto. Hakikisheni mnaweka mikunde katika milo ya kila siku ya familia ili kuboresha afya yao.



### 4. Mbogamboga

Babu anasisitiza kwamba mboga za majani kama vile mchicha, sukuma wiki, na matembele, lazima ziwepo katika mlo wa kila siku. Zinasaidia kuboresha kinga ya mwili na mfumo wa usagaji chakula. Watoto wafundishwe umuhimu wa kula mbogamboga kila siku.



### 5. Matunda

Matunda kama ndizi, embe, machungwa, na tikitimaji yanaboresha kinga ya mwili na afya ya ngozi. Babu anasema ni vyema watoto wapate matunda kila siku ili kuimarisha afya yao na kuwapa nishati ya haraka.



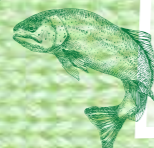
### 6. Mafuta

Mafuta yanatoka kwenye mimea kama alizeti, au wanyama kama samaki na nyama. Ni muhimu kwa ajili ya nguvu na kudumisha joto mwilini. Babu anasema ni lazima matumizi ya mafuta yawe kwa kiasi, hasa kwa watoto wadogo wanaoanza kujifunza kula peke yao.

Je, wajua tano za babu Raphael kuhusu lishe?

1. Ni muhimu kula milo mitatu kamili wakati wa balehe ili kusaidia mabadiliko ya kimwili.
2. Mama mjamzito anatakiwa kupata mlo kamili ili kuwa na mimba yenye afya.
3. Ili kuwa na afya bora, ni muhimu kula kulingana na uzito wako.
4. Mazoezi ni muhimu kusaidia mwili kutumia mafuta ipasavyo.
5. Kula chakula kutoka kwenye makundi yote sita, na uzingatie zaidi matunda na mboga za majani ili kupata afya bora na kuepukana na magonjwa.

Kabla sijawaaga, niwaambie hili. Mkitengeneza kabustani ka matuta mawili matatu ya mbogamboga, tupia na mikunde kadhaa, itasaidia kupunguza gharama.





# JANGA LA NJAA, UKATILI WA TAJIRI.

KIJIZI CHA MWAKUNGU NI MIONGONI MWA VIJIZI VILIVYOSIFIKA KWA KILIMO; YAANI KILA MWAKA WALIVUNA MAGUNIA YA MPUNGA, MAHINDI, MAHARAGE, KILA KITU. MIACA YA HVI KARUBUNI MAMBO YAMEHARIBIKA, MVUA YA MASIKA INAKUJA NA MAFURIKO, KIANGAZI KIMEKUWA KIKALI UKAME UMETAWALA. NJAA IMEINGIA KIJIZINI. NYUMBANI KWA KINA NYANGOTO, TIBA YA NJAA INAANZA TA HARUKI NA MAJUTO. ILIKUWAJE? SOMA UJIONEE..



NYANGOTO NA FAMILIA YAKE

BABA NYANGOTO, GUNIA LA MPUNGA LINEBAKI NUSU SASA, NA GHLANI TUMEMALIZA.

HALI HII INAZIDI KUWA NGUMU



KULE TULIKOENDA KUHMEA NAKO WAMEISHIWA.

LABDA TUJARIBU TENA ZIWANI LANADI, LABDA TUTAPATA TUSAMAKI.



SAWA, KESHO NITADANKA

SAWA NA MIMI NITAPITA SHAMBANI NIONE KAMA KUNA CHOCHOTE.



SHAMBANI

HAPA HAKUNA KITU, NJAA TUTAIFANYAJE?



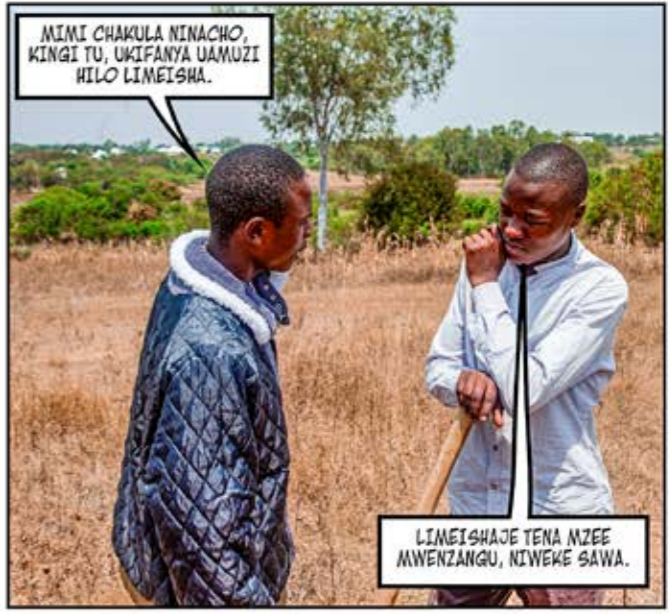
MZEE MWENZANGU, MBO NA UNA MAWAZO HIVYO?

NDUGU YANGU, NALIANGALIA SHAMBA SIONI MATUMAINI.



NJAA ILIYOPO NYUMBANI KWANGU, JANA HATUKULA KABISA.

BABA NYANGOTO UNASUMBUKA NA SULUHISHO UNALO!



MIMI CHAKULA NINACHO, KINGI TU, UKIFANYA UAMUZI HILO LIMEISHA.

LIMEISHAJE TENA MZEE MWENZANGU, NIWEKE SAWA.



YULE BINTI YAKO MKUBWA, MTUME TU AJE ACHUKUE CHAKULA, USIJE WEWE

NISIJE MIMI, KWANINI?



AAH MZEE MWENZANGU, JIONGEZE.

EHEH!



NYUMBANI

UNA NINI?

ACHA TU, ETI JEMBEULAYA ANATAKA TUMTUME NYANGOTO AKACHUKUE CHAKULA, NJAA YETU ITAISHA.



HILO TU? SI NEEMA HIYO? AENDE TU.

NAOGOPA, KASEMA NISIENDE MIMI AENDE PEKE YAKE.



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





# Hee! Tumefikaje huku?

NA MARY MBAGO



Katika photostory yetu, tunashuhudia jinsi familia ya Nyangoto inavyoanza kukabiliana na uhaba wa chakula. Mama na baba wanayajenga hayajengeki, mazao yote yamekauka hakuna mavuno. Na njaa kama kawaida yake haijuagi shida na haina ustaarabu, yenyewe ni hodi mpaka ndani kila siku.

Njaa ikapiga kolabo na Jembeulaya; mzee mwenye tabia zake za kijanja, chafu na zilizokosa utu. Kolabo hii haimwachi mtu salama, madhara yake ni makubwa. Badala ya kutoa msaada, Jembeulaya anaongeza chumvi kwenye kidonda. Tuwalaumu wazazi wa Nyangoto au tumlaumu nani? Na je, ni sawa kwa wazazi kuwaweka watoto wao hatarini ili kukidhi mahitaji ya familia?

Ukweli uko hivi, majanga mengi huziacha familia katika hali ngumu, kama hivi ambavyo

mabadiliko ya tabia nchi yalivyoleta ukame na kuiweka familia Nyangoto njiapanda. Hata hivyo, ni haki ya kila binadamu kulindwa na kuepushwa na hatari kama mawindo ya Jembeulaya. Tunamwona Nyangoto akienda kwa mzee Jembeulaya kwa furaha akiamini atarudi na chakula cha kumwaga. Lakini anaporudi, akibubujikwa na machozi, chakula chenye alichopewa ni kidogo na rohani anajiskia mwenye aibu kubwa. Hili si sawa, na halikupaswa kutokea. Tena, ni kosa la jinai.

Siku si nadra kuona mazao yakikauka shambani, kusombwa na mafuriko au kuharibiwa na wadudu kama nzige na wengine. Tuko katika kukabiliana na madhara ya mabadiliko ya tabia nchi. Pengine familia ya Nyangoto ingefanya kilimo cha umwagiliaji wasingekuwa na uhaba wa chakula. Pengine wangetumia mbinu nyingine za kilimo mambo yangukuwa tofauti.

Tetesi za zinatwambia baadae Nyangoto aliugua ugua, kumcheki hospitali kumbe alikuwa ameambukizwa VVU na pia alikuwa mjamzito. Unaona sasa! Aibu ikaiingia kwenye familia baada na Nyangoto anazidi kuwa mgonjwa, na uchunguzi unafichua ukweli mchungu, amepata ujauzito na maambukizi.

Sisi jamii, familia na mtu mmoja mmoja, tuna wajibu wa kuwalinda watoto kama Nyangoto. Tunapaswa kuwajengea uwezo wa kusema 'hapana' kwa masharti yanayovunja heshima, utu na ndoto zao. Serikali, mashirika ya kijamii, na hata viongozi wa dini, wana jukumu kubwa la kuhakikisha familia maskini zinapata msaada wa chakula bila masharti yenye madhara. Hii inahusisha kutengeneza mazingira bora ya kiuchumi ili familia zisiwe tegemezi kwa watu binafsi wenye nia mbaya.

## Tupate mambo matano ambayo tunajifunza kutoka kwenye photostory yetu, ambayo pia tunayaona moja kwa moja katika jamii zetu.

1. Mabadiliko ya tabianchi yanaathiri uwezo wetu wa kupata chakula kwa uhakika. Stori hii ya picha inaonesha jinsi mabadiliko ya tabianchi, kama vile mafuriko na ukame, yanavyopelekea uhaba wa chakula. Kilimo kikikwama familia nyingi huteseka, na kama tulivyoona, wapo wachache ambao wamegundua wanaweza kutumia mbinu tofauti za kilimo, wanakuwa na chakula mwaka mzima. Hapo tujifunze kitu.
2. Kukata tamaa kunaweza kupelekea maamuzi yenye madhara. Kadri familia zinavyojikuta kwenye majanga kama njaa, zinaweza kuamua kufanya maamuzi yenye matokeo hasi, kama vile kuwategemea watu wenye nia mbaya. Hii inaonesha umuhimu wa kuwa na mipango endelevu ya uhifadhi wa chakula na mifumo imara ya chakula cha msaada kutoka katika mamlaka husika.
3. Mabadiliko ya tabianchi yanaweza kuchangia ongezeko la ukatili wa kijinsia. Hadithi ya Nyangoto inalidhihirisha hili wazi kabisa. Hii inatukumbusha kwamba, kunapotokea majanga kama haya, mifumo na hatua maalum za mahitaji maalum ya kijinsia ichukuliwe.
4. Mifumo ya msaada ndani ya jamii ni muhimu. Kushindwa kwa wanajamii kusaidiana wakati wa mizozo na majanga kunatukumbusha umuhimu wa kujenga mitandao imara ya msaada ndani ya jamii.
5. Elimu na uelewa ni muhimu: Stori hii ya picha inasisitiza umuhimu wa kuelimisha wanajamii kuhusu haki na ulinzi wa watoto, hasa kwa wasichana. Watu wakielewa wanakuwa na wepesi wa kuchukua hatua za kukataa, kupinga na kutokomeza vitendo vya ukatili na unyanyasaji.



# Ina maana gani?

NA FEMINA HIP TEAM

Kuna msamiati na misemo kibao inayohusu mabadiliko ya tabia nchi na afya ya uzazi. Kwa kuwa katika toleo hili tunadadavua uhusiano kati ya mambo haya mawili tunataka tujifunze hapa. Lakini kwasababu orodha ni ndefu, hebu tupate darasa jepesi hapa kuhusu baadhi tu ambayo tumeyapa kipaumbele.

01



02

## Tabianchi:

Ni hali ya kawaida ya hewa katika eneo fulani kwa kipindi kirefu, ikiwa ni pamoja na wastani wa joto, mvua, upepo, na vigezo vingine vya hali ya hewa. Kwa mfano utaskia Dar es Salaam ni mji wa joto, au Njombe ni mahali penye baridi. Ni tabia ya mahali pale kwa miaka, miongo, au hata karne.

## Mabadiliko ya Tabianchi:

Mabadiliko ya tabianchi ni mabadiliko makubwa katika vipimo vya tabianchi vinavyodumu kwa muda mrefu. Kwa maneno mengine, mabadiliko ya tabianchi yanajumuisha mabadiliko makubwa katika joto, mvua, au mifumo ya upepo, miongoni mwa mengine, yanayotokea katika miongo kadhaa au zaidi. Mabadiliko haya huathiri mazingira, maisha ya binadamu na viumbe wengine. Wanasayansi wanahusisha mabadiliko ya tabia nchi na shughuli za binadamu kama vile ukataji miti na ufyekaji wa misitu kwa matumizi mbalimbali, kemikali na hewa chafu (hewa ukaa) kutoka viwandani, na matumizi makubwa ya nishati isiyo rafiki hasa katika vyombo vya usafiri, kwa kuwa mambo haya huvuruga mifumo asili ya dunia kujiendesha na kutulinda sisi binadamu na viumbe wengine.



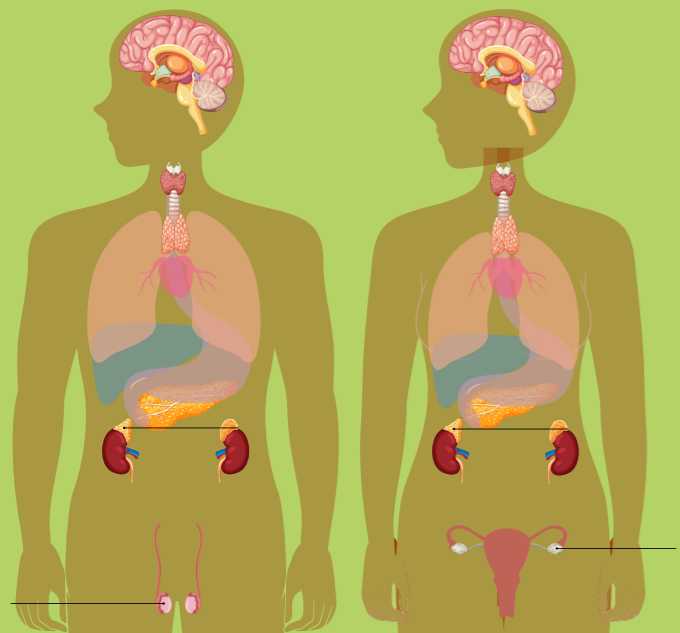


03



**Hali ya hewa:**

Ni hali ya kila siku ya angahewa katika eneo maalum, inaweza kuwa wilaya, mkoa au mahali tu fulani. Inajumuisha mambo kama vile halijoto (joto au baridi kiasi gani), unyevunyevu (kiasi cha unyevunyevu hewani), mvua (kama vile mvua au theluji), kasi ya upepo na shinikizo la angahewa. Hali ya hewa inaweza kubadilika haraka ukajuta kwanini umeacha mwavuli nyumbani kwa kuliadini jua lililokuwa linawaka kama limetumwa.



04

**Afya ya Uzazi na Ujinsia:**

Ni hali ya ustawi wa kimwili, kihisia, na kijamii kuhusiana na mfumo wa uzazi wa mtu, ikiwa ni pamoja na kupata huduma kama vile uzazi wa mpango, utunzaji wa ujauzito, na kuzuia magonjwa ya ngono (STIs).

**Haki za Afya ya Uzazi:**

Haki za kufanya maamuzi kuhusu afya yako ya uzazi bila shuruti au ubaguzi, ikijumuisha kupata taarifa, huduma na elimu. Kwa mfano, ni haki yako ya afya ya uzazi kukataa kuoa au kuolewa katika umri mdogo.

05



**Wakimbizi wa Tabianchi:**

Ni neno linalotumiwa kuelezea watu wanaolazimika kuhama kutoka kwenye makazi yao kutokana na mabadiliko ya tabianchi. Hii ni pamoja na majanga kama vile mafuriko, ukame, na mabadiliko ya hali ya hewa ambayo yanayosababisha kushindwa kwa mazao au kuathiri vyanzo vya maji.

06



07

**Matukio ya Hali ya Hewa Iliyokithiri:**

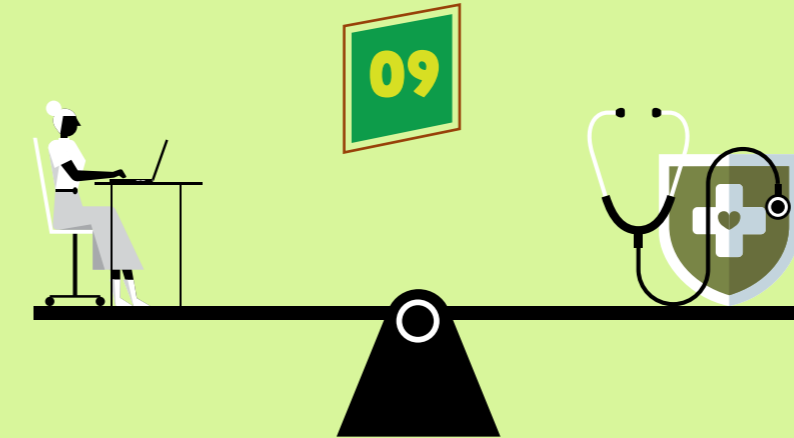
Hali mbaya ya hewa kama vile dhoruba, mafuriko, na ukame ambao unaweza kutatiza huduma kwa binadamu na viumbe wengine.



08

**Magonjwa yanayoenezwa na wadudu/vimelea:**

Magonjwa yanayoambukizwa na wadudu (kama mbu) ambayo yanaweza kuenea kwa urahisi zaidi katika mazingira yaliyoathiriwa na mabadiliko ya hali ya hewa au ya tabianchi.



09

**Ustahimilivu wa Mfumo wa Afya:**

Katika muktadha wa mabadiliko ya tabia nchi, hapa tunazungumzia uwezo wa mfumo wa afya kuhimili kuwa na mwikio sahihi pale zinapotokea changamoto au majanga yaliyosababishwa na athari za mabadiliko ya tabia nchi. Kwa mfano, ikitokea mafuriko yakaifunika zahanati, au miundombinu ya kufikia huduma za afya inapokatika, huduma bado zinaweza kuwafikia wahitaji? Au itachukua muda gani kwa huduma hizo kurejea?

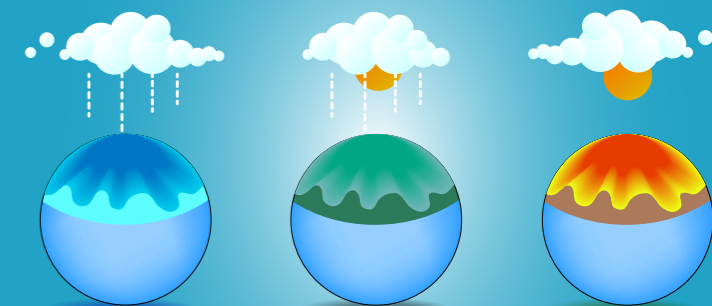
**El Niño na La Niña**

Ni kama wahusika wawili wanaoshirikiana kubadilisha hali ya hewa duniani, wakipeana zamu, na mabadiliko ya tabia nchi yanawasaidia kufanya mambo yao.

El Niño (ikimaanisha 'mvulana' kwa Kihispaniola) hutokea pale joto la maji katika bahari ya Pasifiki linapongezeka na kuwa kali sana. Hali hii inaweza kuleta mvua nyingi na mafuriko katika maeneo kama Amerika ya Kusini, lakini pia inaathiri Afrika. Hii inaweza kumaanisha kubadilika kwa msimu wa mvua na kuathiri kilimo, miundombinu ya kufikia huduma za afya na shughuli nyingine za kila siku.

La Niña (ikimaanisha 'msichana' kwa Kihispaniola) ni kinyume cha El Niño; hutokea pale joto la maji katika bahari ya Pacific linapokuwa baridi zaidi. Hali hii inaweza kuleta mvua nyingi katika maeneo kama Asia na Australia, lakini inaweza kusababisha ukame katika sehemu nyingine, ikiwemo maeneo fulani barani Afrika. La Niña pia inaweza kuathiri kilimo na miundombinu ya kufikia huduma za afya.

10



LA NINA

NEUTRAL

EL NINO





## Wanapiga hela huku wakiitunza Dunia

NA MARY MBAGO

Kuna stori ukiziskia unajjuliza, daaah, hivi ilikuwaje yaani hadi ikatokea hivi? Kama hizi hapa stori mbili kutoka kijiji cha Kwinde B, wilayani Bariadi katika mkoa wa Simiyu, ambazo ukiziskia utafurahi, utahamasika na utajifunza kitu.



### Stori ya Mzee Gunje na vijana watano

Mzee Gunje ni mwalimu mstaafu. Enzi zile akifundisha masomo kadhaa sekondari, alikuwa pia mwalimu wa mazingira. Mapenzi yake ya kuotesha miti yalikuwa miongoni mwa vigezo vya kupewa kazi hiyo. Alipostaafu alinunua eneo kubwa tu, akapanda miti ambayo sasa imekuwa msitu mkubwa.

Ni msitu huo uliomkutanisha na vijana hawa watano; Maloria, Paulo, Nshela, Mabula na Yohana. Alipoamua kufuga nyuki alijua kazi hii itahitaji wasaidizi, na kwa miaka kadhaa vijana hawa walifika kwake kumsaidia kazi za ufugaji nyuki na kuutunza msitu. Yeye tayari alikuwa na utaalim wa kufuga nyuki na elimu juu ya umuhimu wa nyuki katika kutunza mazingira na kuulinda uendelevu wa mama Dunia. Kadri miaka ilivyosogea aliona ni jambo jema ujuzi huo na elimu asibaki navyo peke yake, akaiona nyota ing'ayo ndani ya vijana wake watano, akakaribisha katika ekari tano za msitu ili nao wafuge nyuki. Unaona mambo hayo? Yaani mfugaji mzoefu mwenye mafanikio anawafungua mlango kwa kizazi kingine kujenga maisha yao kutokana na alichokianzisha lakini pia fursa ya kuendeleza ulinzi wa mazingira. Iliyozungukwa na miti aliyopanda miaka mingi iliyopita. Sasa ni mfugaji wa nyuki mwenye mafanikio makubwa. Mzee Gunje aliona shauku na bidii ya vijana hawa, akaiongezea mwendo.

### Vijana wakajiongeza

Kina Maloria nao hawakupoteza muda, maana walikuwa na ndoto kubwa. Wakaanzisha rasmi kikundi chao, wakaomba mkopo wa Halmashauri, wakapata, na biashara yao biashara ya ufugaji wa nyuki ikaanza rasmi. Furaha yao ilikuwa kubwa sana kwasababu "ufugaji nyuki ni shughuli inayozingatia mazingira na inayoweza kuleta faida kubwa kiuchumi," anasema Maloria.

Kwa msaada wa Mzee Gunje na Afisa Nyuki Wilaya, vijana hawa walijifunza mbinu bora za ufugaji wa nyuki. Wakaenda mkoani Tabora kununua mizinga bora ya nyuki, huku wakifuatilia kwa karibu mafunzo ya Mzee Gunje. Aliwapa moyo na kuwaelekeza hatua kwa hatua, akiwafundisha kama watoto wake na kuwa mshauri wao wa karibu.

### Mambo ya kuzingatia katika ufugaji wa nyuki

Kama unavyoweza kuona, ufugaji wa nyuki ni fursa nzuri, lakini pia unahitaji kujituma na kufuata mbinu sahihi. Mwenyekiti wa kikundi, Maloria Maduhu, anasema kuwa ili kufanikiwa katika ufugaji wa nyuki, vijana wanapaswa kuzingatia mambo kadhaa:

1. Elimu ya juu ya ufugaji nyuki: Kabla ya kuanza, ni muhimu kuwa na ujuzi wa kutosha juu ya mbinu bora za ufugaji nyuki. Hii inajumuisha kujua aina za nyuki, jinsi ya kushughulika nao kwa usalama, na njia bora za kuvuna asali.
2. Eneo lenye mazingira salama: Nyuki wanaweza kuwa hatari kwa wanadamu ikiwa mizinga itawekwa karibu sana na makazi ya watu. Ni muhimu kuchagua eneo lililo mbali na maeneo yenye shughuli nyingi za kibinadamu.
3. Mtaji wa kutosha: Ili kuanza, unahitaji mtaji wa kununua mizinga, mavazi ya kinga, na vifaa vingine muhimu. Ni muhimu pia kuwa na bajeti nzuri ili mradi usikwame.
4. Usajili na utambuzi wa serikali: Ufugaji wa nyuki unahitaji usajili rasmi kutoka serikalini ili kuhakikisha unafuata sheria na taratibu zote.
5. Eneo lenye maua mengi na maji: Nyuki wanahitaji maua mengi kwa ajili ya nekta na poleni. Eneo lenye mimea inayotoa maua wakati wote ni muhimu, pamoja na kuwa na vyanzo vya maji karibu na mizinga.



## TIRIRIKA

Vijana wanawezaje kushiriki katika fursa mbalimbali zinazohusiana na utunzaji wa mazingira.



Antony Emmanuel Abdallah

Moja ya fursa ambayo vijana wanaweza kufanya katika utunzaji mazingira ni kuanzisha kampeni za upandaji miti. Miti ni muhimu kwa kupunguza mabadiliko ya tabianchi na kutoa hewa safi. Vijana wanaweza kujitolea katika miradi ya upandaji miti katika shule na jamii, wakichangia kuimarisha mazingira na kutoa mfano mzuri.



Sayi Boniphace Kwilasa

Kujitolea katika miradi ya usafi wa mazingira. Vijana wanaweza kuandaa na kushiriki katika shughuli za kusafisha maziwa, mtaa, au hifadhi za taifa. Kwa kushiriki katika miradi hii, wanachangia katika kuondoa taka na kuboresha mazingira ya karibu yao.



Benedicto Thomas Jikalile

Vijana wanaweza kujihusisha na mbinu za kilimo rafiki wa mazingira, kama vile kilimo cha organic, ambacho kinatumia mbolea za asili na mbinu za kuzuia wadudu bila kemikali hatari



**SMS: Andika FEMA acha nafasi andika maoni yako kisha tuma kwenda 0753 003 001. SMS tu, usipige!**



Mwenzao mmoja kasafiri!

### Stori ya vijana watano

Kwanza kabisa ni hii stori ya vijana watano. Hawa vijana bwana, walikuwa wanapiga zao vibarua, wanapata cha kupata, siku zinasogea. Siku ya siku ikafika wakajikuta wanasimulia stori tofauti kabisa kuhusu maisha yao, kwakuwa sasa walikuwa wamepata kitu chao; wameunda kikundi ambacho kinachofanya mambo kimkakati. Kutana na Maloria Maduhu, yeye ni Mwenyekiti wa kikundi, Paulo Ngurinja ni Mhasibu wa kikundi, Nshela Luzwanja ni Katibu, Mabula Mbunta na Yohana Musa ni wajumbe.

Kabla ya kuifikia hatua hiyo walikuwa na hofu. Walikuwa wanaogopa kwamba shauku yao ya kufanya maisha yao kuwa bora ingewalazimisha kupakimbia nyumbani ili kufuata fursa za maendeleo mjini. Lakini sasa hofu hiyo imeondoka, wameiona fursa pale pale. Na zaidi ni fursa yenye milango mingi; inawawezesha kutengeneza kipato, kutunza mazingira, kukuza maarifa na hata kukutana na watu wa maeneo mbalimbali. Kikundi hiki kinaendesha biashara ya ufugaji nyuki. Unauliza ilikuwaje? Soma kwanza na hii stori ya pili.



# They make money protecting the planet

BY MARY MBAGO

There are stories you hear, and they make you go, "Wow, how did that happen?" Case in point; these two stories from Kwinde B village, Bariadi District in Simiyu Region. When you hear them, you'll feel happy, inspired, and learn something new.

## The young people took action

Maloria and his team didn't waste any time; they had big dreams. They formed an official group, applied for a loan from the District Council and were successful, and their beekeeping business got underway. Their joy was immense because, as Maloria says, "Beekeeping is an environmentally friendly activity that can bring great economic benefits."

With the help of Mr. Gunje and the District Beekeeping Officer, the five learned the best beekeeping techniques. They traveled to Tabora region to buy modern beehives while observing the close guidance of Mr. Gunje, who supported and trained them step by step. He treated them like his own children and became their close advisor.

## The story of five young people

First, the story of five young people. The five were getting by doing casual jobs here and there. Then one day, they stood and shared a very different story about their lives. They had started something for themselves, they had formed a group and began working strategically. Meet Maloria Maduhu, the group's Chairperson, Paulo Ngurinja, the Treasurer, Nshela Luzwanja, the Secretary and Mabula Mbunta and Yohana Musa, the ordinary members.

Before reaching this achievement, they were scared. They feared that their desire for a better life would force them to leave home and chase opportunities in the city. But now, that fear is gone. They found opportunity right where they are. And it's not just any opportunity, it is one that allows them to make money, protect the environment, gain knowledge, and meet people from different areas. This group runs a beekeeping business. Wondering how? Read this second story first.

## An example of success and sustainable development

Today, these five young people own over 150 beehives, and their business has grown to become one of the best examples of green jobs in their district. They are proud that beekeeping not only increases their income but also helps protect the environment by supporting plant pollination. "It's a great example of a job that brings sustainable development, and economic benefits, without harming the environment," says Nshela. These young people have been able to improve their lives, and now are helping their families and even other youth in their village.

## Important tips for beekeeping

As you can see, beekeeping is a great opportunity, but it also requires effort and following the right steps. The group's Chairperson, Maloria, says that to succeed in beekeeping, young people should consider the following:

1. Knowledge of beekeeping: Before starting, it's important to have enough skills in the best beekeeping methods. This includes knowing the types of bees, how to handle them safely, and the best ways to harvest honey.
2. A safe environment: Bees can be dangerous to humans if the hives are placed too close to people's homes. It's important to choose a location far from busy human activity.
3. Enough capital: To start, you need capital to buy beehives, protective clothing, and other essential equipment. It's also important to have a good budget to ensure the project doesn't stall.
4. Registration and Government identification: Beekeeping requires formal registration from the government to ensure you follow all the rules and regulations.
5. A flower-rich area with water: Bees need plenty of flowers for nectar and pollen. It's important to choose an area with flowering plants year-round, and there should also be water sources close to the hives.

### Na sisi tumefikiwa!

Tunaweza kugeuza changamoto za mabadiliko ya tabianchi kuwa fursa za kutengeneza kipato na kuboresha maisha yetu. Tukifanya kazi kwa bidii na ubunifu tutavuna mafanikio kama vijana hawa wa Kwinde B.

Ajira za kijani zipo nyingi, ufugaji wa nyuki ni moja tu. Ni muda wetu sasa kuchukua hatua na kuwa sehemu ya kizazi kinachoibadilisha dunia na kuacha alama. Tufanye maamuzi leo, kwa ajili ya kesho iliyo bora!

#### TAKE

**ACTION** Gather as a group, make a list of green jobs that can be done in your area, and then educate other young people using the list and this story from Maloria's group.

#### CHUKUA

#### HATUA

Jikusanye katika kikundi mtengeneze orodha ya ajira za kijani ambazo zinaweza kufanyika katika eneo lenu, kisha mfanye uelimishaji kwa vijana wenzenu mkitumia orodha hiyo na makala hii ya akina Maloria.

#### KUMBUKA

Ukijikita kwenye ajira za kijani unatengeneza kipato na unalinda mazingira pia.

#### REMEMBER

When you focus on green jobs, you earn money and protect the environment at the same time.

## The story of Mr. Gunje and the five young people

Mr. Gunje is a retired teacher. Back then, he was teaching several subjects in secondary school, but he was also the teacher in charge of environment. His love for planting trees was one of the reasons he got that appointment. When he retired, he bought a large piece of land and planted trees that have now grown into a forest.

It's this forest that connected him with the five young people: Maloria, Paulo, Nshela, Mabula, and Yohana. When he decided to start beekeeping, he knew he would need help, and for several years, these young people came to assist him with beekeeping and forest maintenance. He already had the knowledge of beekeeping and the importance of bees in protecting the environment and sustaining our planet. As time passed, he realized that it wouldn't be right to keep all this knowledge to himself. He saw the potential in the five young people and welcomed them to use five acres of his forest for beekeeping. See how that works? An experienced, successful beekeeper opens doors for the next generation to build their lives from what he started, while also helping protect the environment. Mr. Gunje saw the passion and hard work of these young people and helped them move forward.

## Our turn!

We can turn the challenges of climate change into opportunities to earn income and improve our lives. With hard work and creativity, we can achieve success like these young people from Kwinde B.

There are many green jobs, and beekeeping is just one of them. It's time for us to take action and be part of the generation that changes the world and leaves a mark. Let's make decisions today for a better tomorrow!



**anahojiwa! Patamu hapoo! Ongoana na Mary Mbago akimweka Olary Tomito kwenye kiti moto.**

**Mary:** Olary, unafanya kazi Nipe Fagio kwa muda sasa, najua mnaifanya kazi za kutunza na kulinda mazingira, lakini hebu nikumbushe tena.

**Olary:** Hakuna tatizo Mary. Iko hivi, Nipe Fagio ni taasisi iliyojikita katika kuleta mabadiliko ya kimfumo nchini Tanzania na Afrika Mashariki katika sekta ya mazingira. Tunafanya kazi kimkakati kwa kutumia nguzo tatu; kukusanya na kupatanisha data (taarifa), utetezi wa sera, na kuchochea utekelezaji wa vitendo ili kufikia mabadiliko ya kimfumo.

**Mary:** Mmh, kazi muhimu hiyo. Ila napenda pia kufahamu, kwa kupitia kazi yako hiyo na watu unaokutana nao, ni kwa namna gani umeona mabadiliko ya tabianchi yakiathiri afya ya uzazi na ujinsia?

**Olary:** Mabadiliko ya tabianchi yanaathiri afya ya uzazi na ujinsia kwa njia kadhaa. Kupanda kwa joto na mabadiliko ya hali ya hewa kunaweza kuongeza magonjwa kama malaria na dengue, ambayo yanaathiri afya ya wajawazito. Ukame na mafuriko vinavuruga upatikanaji wa huduma za afya, ikiwa ni pamoja na huduma za uzazi na uzazi wa mpango. Pia, migogoro ya rasilimali kutokana na mabadiliko ya tabianchi inaweza kusababisha ukosefu wa usalama wa kijinsia, ikiwemo unyanyasaji wa kijinsia, hasa kwa wanawake na wasichana katika jamii zilizo hatarini zaidi.

**Mary:** Tufocus kwa vijana sasa, unaona mabadiliko hayo yakiathiri vipi afya yao ya uzazi, na nini wanaweza kufanya kuepusha athari hizo?

**Olary:** Aaah, yaani vijana wanakabiliwa na changamoto kubwa kutokana na mabadiliko ya tabianchi. Wanaweza kukosa fursa za elimu ya afya ya uzazi kutokana na kuyumba kwa miundombinu ya elimu na afya. Halafu, wanaweza kuingia katika ndoa za utotoni au kazi za kulazimishwa, kutokana na changamoto za kiuchumi zinazochochewa na mabadiliko haya.

Kwenye kuepuka sasa, vijana wanahitaji elimu ya afya ya uzazi, upatikanaji wa huduma bora za afya, na mikakati ya kiuchumi inayolenga kuwajengea uwezo wa kukabiliana na changamoto hizo. Lakini pia wanahitaji kujielimisha na kuelimisha wengine.



**Mary:** Nimekusoma! Next question... Kwanini ni muhimu kuhakikisha afya ya uzazi na ujinsia havisahauliki wakati tunapojipanga kukabiliana na majanga yanayotokana mabadiliko ya tabianchi?

**Olary:** Mbona kama hilo nimelijibu Mary?

**Mary:** Jazia jazia nyama, tunataka kuelewa zaidi.

**Olary:** Haya acha nijazie. Unajua, haya majanga yanayoletwa na mabadiliko ya tabianchi huathiri moja kwa moja upatikanaji wa huduma za afya, usalama wa wanawake na vijana, kuongezeka kwa magonjwa, na unyanyasaji wa kijinsia. Kwa hiyo tunapojipanga tuisahau ukweli huo, ili tuimarisha afya ya uzazi, ustawi, na kuweka msingi bora wa maendeleo endelevu wakati wa hali ngumu.

**Mary:** Hiyo nyama umejazia kweli kweli. Sasaa, wewe umeshiriki katika matukio mengi ya utoaji elimu kwenye hili suala la utunzaji wa mazingira na kukabiliana na mabadiliko ya tabianchi, ni tabia gani watu wanafanya ambazo mpaka leo ukiziona zinakushangaza?

**Olary:** Aisee, hili suala la utupaji holela wa taka bado linanishangaza sana. Licha ya jitihada nyingi za kutoa elimu kuhusu utunzaji wa mazingira, watu wengi bado hawazingatii. Wanatupa plastiki, chupa, na taka nyingine ovyo mitaani, kwenye mito, na kwenye fukwe. Tabia hii inaendelea kuchafua mazingira na kuchangia mabadiliko ya tabianchi.



**Mary:** Tuwafanyeje hawa watu na tabia zao?

**Olary:** Tunahitaji kuweka sera na sheria kali zinazoshughulikia utupaji holela wa taka. Lakini pia elimu zaidi itolewe kuhusu athari za utupaji holela wa taka, kwa kutumia kampeni za habari kupitia shule, mitandao ya kijamii, na matukio muhimu ya kijamii. Kingine ni kuhakikisha watu wanafikiwa na mifumo bora ya ukusanyaji na uthibiti wa taka, mifumo kama vile zero waste, husaidia sana uthibiti wa taka kutoka kwenye chanzo. Kila mtu anahusika.

**Mary:** Unaamini kwamba mabadiliko ya tabianchi yanamhusu kila mtu, nchini, duniani? Hebu dadavua hapo.

**Olary:** Ndiyo! Mabadiliko ya tabianchi yanamhusu kila mtu duniani kwa sababu yanahusisha masuala yanayoathiri maisha ya kila mmoja, kama vile hali ya hewa, chakula, na usalama wa maji na mazingira yetu kwa ujumla. Mabadiliko haya yanatokana na shughuli za binadamu kama vile uchafuzi wa mazingira na matumizi yasiyo endelevu ya rasilimali. Kila nchi, jamii, na mtu binafsi wana jukumu la kushiriki katika kukabiliana na changamoto hizi, kwasababu athari zake hazitambui mipaka ya kitaifa. Hivyo, ni muhimu kwa watu wote kuwa na ufahamu na kuchukua hatua za pamoja ili kulinda mazingira na kuhakikisha maisha bora kwa kizazi hiki na vizazi vijavyo.



**Mary:** Umeongea kwa hisia Olary

**Olary:** Ni kweli, naguswa sana na haya mambo.

**Mary:** Toa ujumbe mnene wa kufungia mazungumzo yetu

**Olary:** Katika mazungumzo yetu, tumegusia umuhimu wa juhudi za pamoja katika kutunza mazingira na kuboresha jamii zetu. Kazi kama za Nipe Fagio na taasisi zingine za mazingira, zinazolenga kuchangia katika elimu, sera, na hatua za vitendo, ni muhimu katika kujenga mustakabali bora. Tuendeleo kushirikiana na kuhamasisha wengine ili kuhakikisha mabadiliko chanya yanafanyika katika mazingira yetu na jamii zetu.

**Mary:** Asante sana Olary, umeninenepesha sana kwenye hii mada. Naamini hata wasomaji wa Fema wameongeza kilo ya faida.

**Olary:** Ha haaa! Karibu!

## Ten things

Someone said, if you give up these 10 things, you will see a positive difference in your life. You want to try?

1. Excuses
2. Gossiping
3. Self-doubt
4. Fear of failure
5. Procrastination
6. Negative self-talk
7. Destructive relationships
8. Trying to please everyone
9. Staying in your comfort zone
10. Saying YES when you want to say NO.

## ONESHA KIPAJI CHAKO KISAYANSI

Umeshawahi kuyasikia mashindano ya Young Scientists Tanzania? Shule kadhaa zenye Fema Club zimewahi kushiriki na kuchukua tuzo. Hata nyinyi mnaweza. Ni shindano ambalo linatoa fursa kwa wanafunzi wa shule za sekondari kuonesha utafiti wao bunifu kupitia maonesho ya kila mwaka ya YST. Mahindano haya yanawakaribisha washiriki katika timu za wanafunzi wawili kutoka shule moja, kwa ngazi zote yaani O level na A level, kuwasilisha miradi yao.

Ili kushiriki, wanafunzi wanahimizwa kuunda wazo la kisayansi na kuzingatia utafiti. Mwalimu wa sayansi au teknolojia anakaribishwa kuwapa vijana wake mwongozo katika mchakato. Hii ni fursa nzuri ya kuonesha ubunifu wenu na maujanja yenu ya kisayansi. Tunasema hivi, hatuachi fursa zitupite, tunapiga hodi kila penye fursa, au sio? Nenda hapa upate maelezo zaidi [www.youngscientists.co.tz](http://www.youngscientists.co.tz)

## HEBU tujabili

Mwadhani ni mambo gani yanaweza kutokea katika maisha ya wahusika wa visa hivi hapa baada ya matukio haya?

## Kisa 1

Msichana aitwaye Zawadi, kila siku hufuata maji mtoni yeye na rafiki zake. Maji hayo ndiyo hutumika kwa shughuli zote za nyumbani. Mwaka jana mvua ilichelewa kunyesha, mto ulioko jirani ukakauka.

## Kisa 2

Familia moja, ya mke na mume ambao walifunga ndoa hivi karibuni, wanajiandaa kupokea mtoto wao wa kwanza. Wamejipanga namna ambavyo watakwenda kliniki pamoja na kufuatilia maelekezo yote ya wataalam. Mara ikanyesha mvua kubwa, Kituo cha Afya kikafurika na baadhi ya vitu vikasombwa na maji.

## Quotables

"You can't always have a good day, but you can always face a bad day with good attitude."

"If you don't know where you are going, you will go anywhere."

"In life, if you can be anything, be kind."

Choose people who will say your name in a room full of opportunities. Choose people who celebrate your accomplishments as if they were their own. #FriendshipGoals

## Kilimo wima

Umewahi kusikia habari za kilimo wima? Ni aina ya kilimo inayotumika hasa kwa ajili ya bustani, ambapo mimea inakuzwa kwa kutunua nafasi ya wima badala ya chini ardhini. Unaweza kutunua magunia, magari, au hata mabanda, ambayo yanaruhusu mimea kuongezeka au kupangana kwa kwenda juu. Mbinu hii inasaidia kuokoa nafasi, hata kama una kanafasi kaduchu tu, unaweza kupanda mimea mingi. Na kwa kuwa ni mimea, basi moja kwa moja inachangia kupunguza gesi chafu na kuboresha hewa. Pia inapendezesha mandhari ya mahali husika, na kutoa chakula karibu na maeneo ya matumizi, yaani unatoka tu nje unachuma nyanya au viazi, maisha yanaendelea.

## JE, WAJUA?

Tumezungumza sana hapa kuhusu jinsi mabadiliko ya tabia nchi yanavyoathiri afya ya uzazi na ujinsia, lakini je, unajua kwamba afya ya uzazi pia inachangia mabadiliko hayo? Hapa kwetu, kama sehemu nyingine duniani, mara nyingi tunafikiri mabadiliko ya tabianchi yanawahusu wengine, 'wale kule' au 'nchi ile' mbali na sisi. Hata hivyo, ukweli ni kwamba yanatuhusu sote.

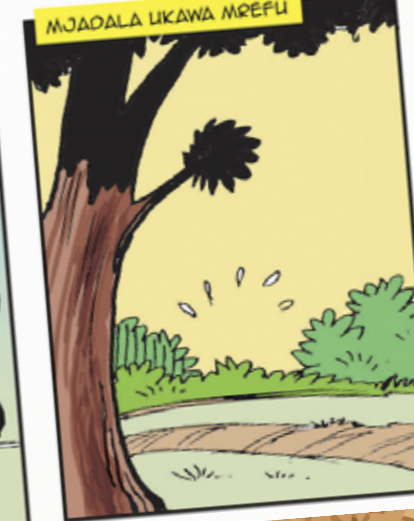
Miongoni mwa mambo ambayo hayajadiliwa sana ni jinsi kuongezeka kwa idadi ya watu kunavyochangia mabadiliko haya. Kadri idadi ya watu inavyoongezeka, ndivyo mahitaji ya rasilimali asili yanavyoongezeka. Hii inamaanisha kuwa mahitaji ya vitu mbalimbali ikiwemo chakula, maji, na nishati yanaongezeka. Katika mazingira ambapo watu tayari wanahangaika kupata mahitaji haya, matumizi ya rasilimali hizo yanaweza kupita kiasi. Kwa mfano, ili chakula kipatikane kwa wingi, inahitajika kuongezeka kwa kilimo, na tunashuhudia misitu ikifyekwa na kuchomwa ili kutengeneza mashamba au malisho ya wanyama. Umuhimu wa misitu katika kupambana na tabianchi tunaujua, lakini katika kushughulikia mahitaji ya leo tunaiharibu misitu na kuvuruga chanzo cha mahitaji ya kesho na keshokutwa. Tunaweza kujipanga vizuri zaidi, tunao uwezo wa kuamua familia ziwe kubwa kiasi gani.



Everyone can achieve their dreams

"I will try" is a phrase that Nipael starts with when she sets her mind to something. And most of the times it ends with "I have done it!" This talented pianist and activist, has done it again, launching the NIPA Foundation with a vision to empower children, youth, and women facing similar challenges as hers. Inspired by her own journey of overcoming isolation because of a disability, Nipael has created a platform where individuals with disabilities can recognize their potential and build confidence. Through her performances at notable events such as the Sauti za Busara Festival, the Internationale Tanzmesse NRW, and hundreds of other places with her colleagues in the Bahati Female Band, she exemplifies resilience and serves as a role model for those the Foundation supports.

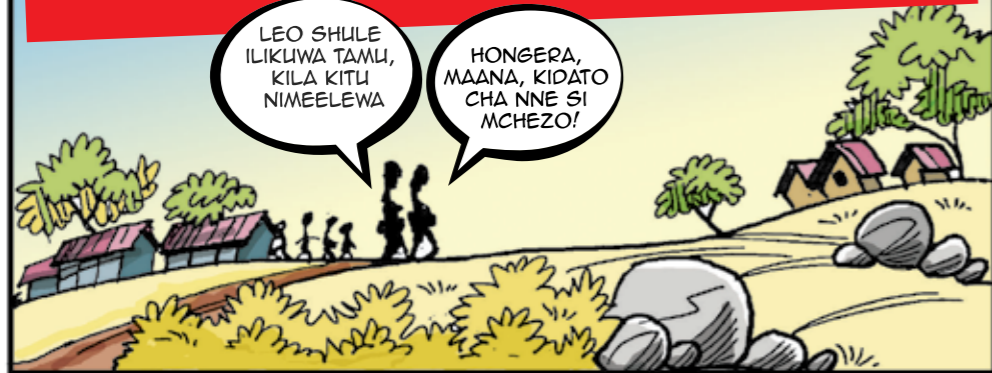
NIPA Foundation focuses on breaking down barriers through key projects. Wote Sawa project promotes equality and combats discrimination, while Walemavu na Talent project fosters artistic and entrepreneurial skills to enhance independence. "Everyone can achieve their dreams," she says. For more information, contact them at [nipaelfoundation@gmail.com](mailto:nipaelfoundation@gmail.com) or follow them on Instagram @nipa\_foundation.



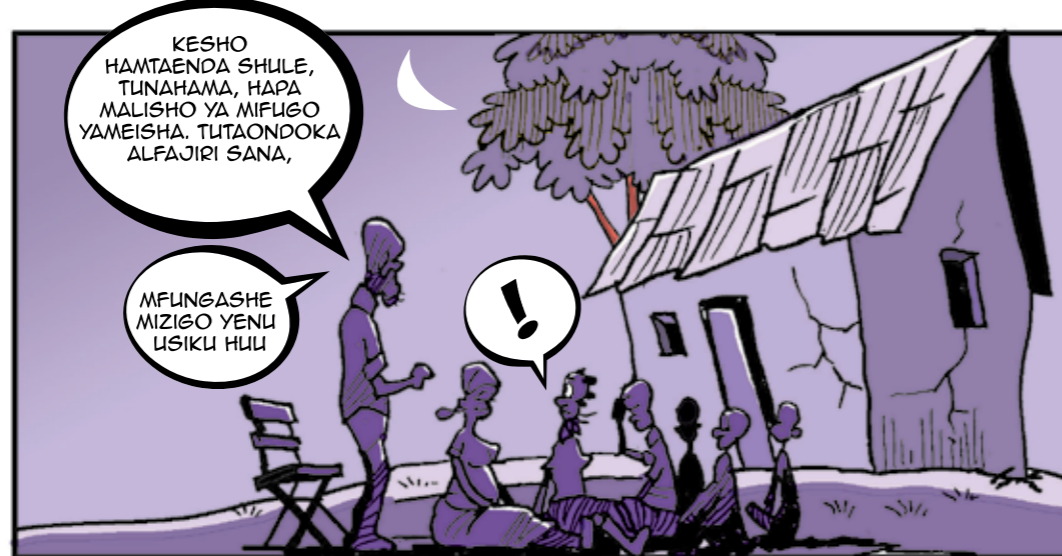
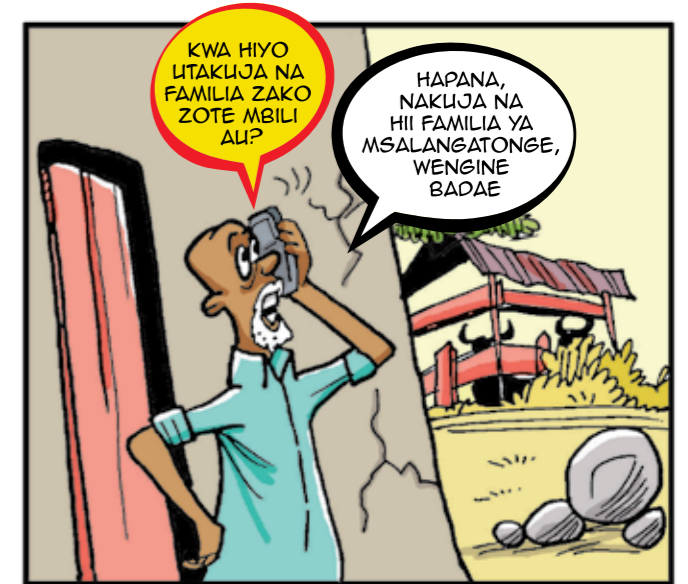


# MWISHO WA MWANZO MPYA

BAHATI NA NG'WANDU NI DADA NA KAKA WA FAMILIA MOJA. WAZAZI WAO NI WAFUGAJI, WANAO NG'OMBE WENGI. HUU NI MWAKA WA PILI TANGU WAHAMIE KIJUJI CHA MSALANGATONGE. WALIHAMIA KUFUATA MALISHO BORA YA MIFUGO, LAKINI ILICHUKUA MUDA KWA BAHATI NA NG'WANDU KURUDI SHULE. NA HATA ILIPOTOKEA, ILIKUWA NI KWA AMRI YA AFISA MTENDAJI NA MKUU WA KITUO. SIKU MOJA WALIPOTOKA SHULE WAKAKUTANA NA HABARI NZITO. NI HABARI GANI HIZO? FUATILIA.



Babatau Media Inc. 2024





# Malisho yakiisha, tunahama

## TITLE CREDITS

Eeh! Umejiskiaje pale Bahati na Ng'wandu walipokuwa wananyata, mara, lahaulaaa! Wakadakwa! Umeskia hisia gani zinapita kwenye mwili wako? Hadithi hii ya picha imetokana na mijadala mingi ambayo tumekuwa nayo na vijana wa maeneo mbalimbali ya nchi, lakini zaidi vijana wa Mwamlapa Secondary School wakiongozwa na Fema Club ya shuleni hapo. Ni mitaa ya Bariadi Vijijini hiyo. Haya mambo yamewatokea watu, sehemu kibao.



## Sikia hii kwanza;

wakati mjadala umepamba moto pale assembly ya Mwamlapa, ulipita upepo hatari sana, radi nayo ikamwelumwelu na ngurumo yake, mara likashuka bongela mvua, kila mtu akakimbia kwa staili yake, watu wakaulizana, "au kwasababu tumejadili mabadiliko ya tabia nchi ndio maana hali ya hewa imetugeuka ghafila?" Tukacheka sana. Lakini hiyo haikuzuia kazi kuendelea. Tukajisogeza bwaloni, tukaendelea kuyajenga.

## Baada ya hili, lile

Simulizi hii imebeba mambo mengi, na kila moja lina umuhimu wake kwa nafasi yake. Bila shaka kinachokuja haraka ni kwamba Bahati na Ng'wandu walikatishwa masomo, tena si mara ya kwanza. Na tunaona namna wanavyopenda kusoma, walivyo na ndoto, wanavyotia bidii, na wanavyotiana moyo ili wafanikishe jambo lao. Inasikitisha kwamba matarajio yao yanakutana na kigingi kinene cha baba asiyesikia la mtu, na mama asiye na sauti ya kutetea. Huu ni ukatili kwa watoto

## Pili,

tunaona namna mkakati wa kutafuta malisho ya mifugo unavyokwenda sambamba na ukataji wa misitu ili kujenga makazi na pia kutengeneza mashamba. Hii ni familia moja tu tumeona, sasa pata picha ni familia ngapi za wafugaji wa kuhamahama zinafanya zoezi hilo? Mwisho wa siku inakuwaje? Tujifunze kitu hapo. Bila kupepesa macho, hesabu miaka mitano ijayo, miaka kumi au ishirini, itakuwaje? Na kwa kuwa mambo haya yalianza zamani, sisi sasa ndio tunaishi matokeo ya kile kilichofanyika miaka kumi au ishirini iliyopita. Unafahamu kwamba kupotea kwa misitu sio tu huchangia mabadiliko ya tabia nchi, bali pia huathiri mifumo muhimu ya ikolojia.

## Tatu,

tabia ya baba inaonyesha viwango vya ukatili wa kijinsia (GBV). Vipigo, vurugu, maamuzi yake hayapingwi wala kuhojiwa. Hata mama hathubutu kuwatetea watoto kuhusu masomo yao. Anachojali ni kwamba mifugo yake ipate malisho, mengine yafuate mkondo. Hii inatunyesha pia kwamba katika kushughulika na mabadiliko ya tabia nchi, ukatili huchachamaa.

Hadithi hii inatufundisha kwamba wakati tunapofanya maamuzi kuhusu rasilimali zetu, ni muhimu kuzingatia athari zake kwa mazingira na jamii kwa ujumla. Tumeona mambo kadhaa ambayo yamesukana, yanahusiana kwa namna tofauti, na yote yanamwathiri kijana.

## Tujadili

### Walipohamia

kijiji cha Msalangatonge na kufanikiwa kuendelea na shule, Bahati na Ng'wandu waliamini wamepata mwanzo mpya. Hata hivyo tumeona yaliyotokea, mwanzo huo mpya ukaingia dosari. Unadhani huko walikokwenda mambo yatakuwaje? Hebu tujadili kidogo kama kikundi.

1. Narudia tena, unadhani huko walikohamia familia ya Bahati na Ng'wandu mambo yatakuwaje?
2. Ni nini ambacho jamii inaweza kufanya ili Bahati na Ng'wandu wapate haki yao ya elimu?
3. Na tukigeuka upande wa pili ni mambo gani tunaweza kufanya sisi vijana ili kuhamasisha jamii zetu kuhusu umuhimu wa kuhifadhi misitu na mazingira?
4. Mmadhuni ni kwanini mama yao kina Bahati na Ng'wandu alitoa jibu lile?
5. Ni mambo gani mengine ya ziada mmeyaona kwenye hadithi hii ya katuni?

Sasa tufanye hivi, mkimaliza kujadili tafadhali mtutumie mlíchokijadili na hatua mlizochukua, ili nasi tujifunze kutoka kwenu. Cheers!



## UBORESHAJI WA DAFTARI LA KUDUMU LA WAPIGA KURA

### UTARATIBU WA UANDIKISHAJI KITUONI

Mwananchi mwenye nia ya kuandikishwa, anayehamisha taarifa zake au mpiga kura anayeboresha taarifa zake atazingatia yafuatayo:

1. Atafika katika kituo cha kuandikisha wapiga kura na kuonana na mwandishi msaidizi na kueleza dhamira yake ya kutaka kuandikishwa kuwa mpiga kura au kuboresha taarifa zake.
2. Baada ya mwandishi msaidizi kuridhia kuwa mwananchi anayetaka kuandikishwa ana sifa, atajaza fomu namba 1 kwa taratibu zilizowekwa.
3. Mpiga kura anayeboresha taarifa zake, atjaza fomu namba 5A ili kufanya maboresho au kuhamisha taarifa zake au fomu namba 5B iwapo anahitaji kufuta taarifa za mpiga kura aliyekosa au kupoteza sifa.
4. Ataonana na mwendesha vifaa vya bayometriki atakayeingiza taarifa zake kwenye mfumo, kuchukua picha, alama za vidole na saini yake kulingana na ombi alilowasilisha.
5. Akishamaliza hatua zote, atapatiwa kadi yake ya mpiga kura.



### UTARATIBU WA KUENZISHA MCHAKATO WA KUBOresha TAARIFA KWA NJIA YA MTANDAO

Mpiga kura anaweza kuanzisha mchakato wa awali kwa njia ya mtandao ili kurekebisha au kubadilisha taarifa zake, kuhamisha taarifa zake kutoka kituo cha awali kwenda. kingine kwa kufuata hatua zifuatazo:

1. Ataingia kwenye tovuti ya Tume Huru ya Taifa ya Uchaguzi [www.inec.go.tz](http://www.inec.go.tz) kwa kutumia kompyuta au simu janja kisha.
2. Atabonyeza kiunganishi (link) kilichoandikwa "Boresha Taarifa za Mpiga Kura" au atatumia anwani ya [ovrs.inec.go.tz](http://ovrs.inec.go.tz) itakayompeleka moja kwa moja kuanzisha mchakato.
3. Baada ya kufuata utaratibu huo, mfumo utamletea ukurasa wenye vipengele vitatu;
4. Baada ya kumaliza mchakato mmojawapo kati ya hiyo, mfumo utamjulisha mpiga kura kuwa ombi lake limepokelewa;
5. Baada ya ombi hilo kufanyiwa kazi na Tume, mpiga kura atapokea ujumbe mfupi wenye kumbukumbu namba kupitia namba yake ya simu aliyotumia wakati wa kuboresha taarifa zake.
6. Kumbukumbu namba hiyo atakwenda nayo kwenye kituo cha kuandikisha wapiga kura kwa ajili ya hatua zilizobaki na kupatiwa kadi.

#### ANGALIZO

Mpiga kura aliyepoteza kadi au kadi yake kuharibika hatahusika na utaratibu huu, hivyo atalazimika kufika kituo cha kuandikisha wapiga kura na kufuata taratibu zote zilizowekwa.

**"KUJIANDIKISHA KUWA MPIGA KURA NI MSINGI WA UCHAGUZI BORA"**

## UTAM KOLEA

### Zumo shujaa wa kijiji

Katika kijiji kidogo kilichozungukwa na milima, aliishi babu aitwaye Zumo. Zumo alikuwa maskini sana, aliishi peke yake kwenye nyumba duni, na hakuwa na shamba la kumtoshia. Watu wa kijiji walimdhiki kwa mavazi yake yaliyochanika, na wengine walidiriki kumwita mchawi na kumtenga, yote ni kwasababu tu ya hali yake.

Siku moja, mvua kubwa ilianza kunyesha, na mitaa ya kijiji ilianza kujaa mafuriko. Watu walikimbilia kwenye nyumba zao, wakihofia maisha yao. Lakini Zumo katika kutengwa kwake alikuwa amejifunza mambo ambayo wengine waliyadharau, aliweza kuiona shida kubwa zaidi ikikaribia kijiji. Wakati wengine wakikimbilia kwenye nyumba zao yeye alikimbilia kwenye huruma yake, aliona watu wakihitaji msaada. Alijua jinsi ya kuogelea vizuri na alikumbuka maeneo salama ya mtaa.

Bila kusita, Zumo alikimbia kwenye nyumba za jirani, akiwataka watu wamfuata. Alianza kuhamasisha jamii kusaidiana. Aliwaonyesha njia ya kutoka kwenye mafuriko, akiwachukua watoto mmoja baada ya mwingine, na kuwapeleka maeneo salama. Wengi walimshangaa —huyu aliyekuwa dhihaka sasa alikuwa shujaa.

Baada ya mvua kupungua, jirani yake, aliyekuwa na mali na ambaye mara nyingi alikuwa akimdhiki Zumo, alimfuata kwake. Alikuwa akilia kwa furaha na huzuni, akamshukuru Zumo. "Asante kwa kuwaokoa watoto wangu," alilia. "Samahani kwa miaka yote ya dharau niliyokuwekea." Watu wengine wa kijiji walijitokeza pia, wakimshukuru Zumo kwa ujasiri na huruma yake.

Watu wakagundua kwamba umaskini wa Zumo haukumaanisha kwamba hakuwa na thamani. Kwa ujasiri wake na huruma, Zumo alionesha kwamba mtu yeyote anaweza kuwa msaada mkubwa, hata katika hali ngumu zaidi.

#### Fundisho:

Usihukumu mtu kwa hali yake ya maisha, uwezo wake na roho yake huvijui.



Una hadithi uliyotunga mwenyewe?

email: [info@femahip.or.tz](mailto:info@femahip.or.tz)  
(kwenye subject andika UTAM KOLEA)

Hadithi isiyozidi maneno 350

# Nani kasema haituhusu?

NA AMABILIS BATAMULA

Kuna manesi na madaktari, kuna wahudumu wa afya ngazi ya jamii, halafu kuna vijana wahudumu wa afya ngazi ya jamii ambao pia ni waelimisha rika kwenye vituo vya huduma rafiki kwa vijana - saluti kwao! Yaani hawa ni kazi kazi, iwe kituoni kwao, au mtaani kwenye stori na michapo wanapokuwa na vijana wenzao.

Siku ukipata bahati ya kukutana nao utaelewa ninachomaanisha, wako maeneo kibao nchini, ila kwa sasa ngoja nikusimulie kidogo kwa mifano michache. Ukifika Kituo cha Afya cha Muungano katikati ya mji wa Bariadi, pale geitini ukiingia kata kushoto, utaona mahali pana happen hivi, na kibao kimeandikwa Kituo cha Huduma Rafiki kwa Vijana, jengo dogo kuta zake rangi ya chungwa. Ingia. Utakutana na Badi James na Moses Joseph pale. Hawa ni miongoni mwa vijana waliopata mafunzo kutoka serikalini lakini pia kutoka kwa mashirika yasiyo ya Kiserikali.

Wakiamka asubuhi na kutembea kilometa kadhaa kuelekea kituo cha kazi, mawazo yao hubeba ndoto na matamano ya vijana wenzao ambao wanauhitaji msaada wao. Hapo kama siku hiyo usafiri ni bodaboda, dereva anaambiwa "kwa usalama na haraka, fanya tuwahi."

Kwa miaka zaidi ya mitatu wamefanya kazi hii, wakitoa elimu na ushauri na pia kujijenga zaidi kama tegemeo la jamii. "Tunashukuru kazi yetu inazaa matunda, tumepunguza sana magonjwa ya ngono miongoni mwa vijana, lakini pia tunaona kwamba kuna changamoto nyingine ambazo zinawanyima vijana fursa ya kupata huduma," anadokeza Moses.



Kilometa kadhaa kutoka kituo cha Muungano, kwenye kituo cha Afya Ngulyati, yupo kijana mwingine. Anaitwa Sung'wa Pesa. Yeye hajawahi kupata mafunzo rasmi ya kazi anayoifanya, lakini mahaba yake ya kuhudumia vijana yalimtoa kwenye kupokea tu huduma kama mteja na kuwa mtoa huduma. Alipokuwa mpokea huduma alichukulia kama darasa pia, akanasa mbinu na taarifa kibao. Siku moja aligundua kwamba waelimishaji rika wa Ngulyati walikuwa hawafiki kituoni kuhudumia, akaiona fursa, akaidaka. Sasa anaimarika, anahudumia vijana wenzake hadi sita kwa siku.

"Naipenda sana hii kazi, japo ni ya kujitolea. Natamani kujifunza zaidi ili niwe rasmi, nijifunze na mbinu za kutatua changamoto nyingine za vijana. Zipo nyingi, siku hizi kipindi cha mvua kunakuwa na mito kufurika, vijana wanashindwa kuvuka kuja kupata huduma," ni maneno yake Sung'wa.

Maneno hayo hayatofautiana sana na ya Badi, "Kwa kuwa tumepewa mafunzo ya mbinu bora za kuzungumza na vijana wenzetu ili kutengeneza mabadiliko chanya, huwa tunatumia nafasi hiyo kuelimisha pia juu ya mambo mengine ambayo tunaona yanawaathiri vijana kama vile mabadiliko ya tabianchi na athari zake."

Badi, Moses na Sung'wa wanaona umuhimu wa kupewa mafunzo juu ya mabadiliko ya tabia nchi kwa sababu wanaona madhara na wanatamani vijana wenzao wanapofika kwenye vituo hivyo vya huduma rafiki kwa vijana au wanapokutana nao katika pilika za maisha, wawape elimu ili nao wachukue hatua.

Kwa hakika kushughulikia changamoto za mabadiliko ya tabia nchi si suala la mtu mmoja. Linahitaji juhudi za watu wote katika ngazi tofauti, duniani kote. Kwa maana hiyo, hatua yoyote utakayochukua inabeba kipande cha suluhisho ambacho kikikosekana suluhisho halitaimia. Tayari Badi, Moses na Sung'wa wamechukua nafasi zao kama sehemu ya suluhisho, hata wewe unaweza.

**Yapo mengi ambayo kijana unaweza kuyafanya ili mchango wako katika kuzuia au kukabiliana na madhara ya mabadiliko ya tabianchi kwenye afya ya uzazi na ujinsia, inategemea uko wapi na ni athari zipi unazishuhudia au zinagusa zaidi hisia zako. Yote kwa yote, haya hapa yanawezekana kwa yeyote.**

Badi James



## Tumia teknolojia

Kama uko mtandaoni, tumia jukwaa lako kufikisha ujumbe, vijana wenzako watakukubali na kukuunga mkono, wape elimu kidigitali zaidi, posti moja watu kibao wanafikiwa. Magroup ya WhatsApp, Telegram na app nyingine nyingi ni mwanzo mzuri.

## Kutoa elimu

Zungumza na rafiki zako na familia kuhusu jinsi ambavyo mabadiliko ya tabianchi, kama ukame au mafuriko, yanaweza kuathiri upatikanaji wa huduma za afya ya uzazi na ujinsia, na hatua gani za kuchukua yanapotokea majanga. Ni muhimu kila mtu akielewa. Tuanzie hapa.

Moses Joseph



# TIRIRIKA

Tiririka swali  
Vijana wafanye nini kukabiliana na mabadiliko ya tabia nchi?



KUSEKWA KAMLI MSANGWA:

Jamii ipatiwe elimu kuhusu utunzaji wa mazingira, ikijumuisha mbinu za kupanda miti, kulinda vyanzo vya maji, na kupunguza matumizi ya nishati zinazochafua hewa kama kuni. Hii itasaidia kuimarisha uelewa wa umuhimu wa kuhifadhi mazingira kwa kizazi cha sasa na kijacho.



EPIFANIA FIDELIS LYIMO:

Kuhamasisha watu kuweka kipaumbele katika utunzaji wa mazingira kwa kuzingatia mikakati bora kama kupanda miti na kuhifadhi vyanzo vya maji.



MELUZI MSHIGWA BUPILIPILI:

Kushiriki katika upandaji wa miti inayofyonza gesi chafu, pamoja na kuhamasisha matumizi ya nishati safi kama umeme na gesi ili kupunguza uchafuzi wa mazingira na kuimarisha afya ya sayari.





## Who said it doesn't concern us?

BY AMABILIS BATAMULA

There are nurses and doctors, community health workers, and then there are youth community health workers who also serve as peer educators at youth-friendly service centers - shoutout to them! These folks are all about the grind, whether at their centers or chatting it up on the streets with fellow youths.

If you ever get lucky enough to meet them, you'll see what I mean. They're all over the country, but let me share a few examples. At the Muungano Health Center in the heart of Bariadi town, through the gate to your left, you'll spot a vibrant little building labeled Youth-Friendly Services Centre, painted bright orange. Step inside and you'll meet Badi James and Moses Joseph. These guys have been trained by the government and NGOs to help their peers.

Every morning, they walk kilometers to the centre, carrying the dreams and needs of the youth who rely on them. If they're taking a bodaboda that day, the driver will be told "safe and fast buddy, get us there."

For over three years, they've been educating and advising youth, becoming community pillars. "We're grateful our work is making a difference. We've significantly reduced STIs among young people, but we see other challenges blocking youth from accessing services," Moses shares.

A few kilometers away, at Ngulyati Health Center, there's another youth worker named Sung'wa Pesa. She hasn't had formal training, but her passion for helping young people transformed her from a service recipient to a provider as a volunteer. Every time she went for service she would keenly observe and learn. One day she realised that the usual peer educators weren't showing up, she seized the opportunity and now assists up to six youth daily.

"I love this work, even though it's voluntary. I wish to learn more to become official and tackle other challenges youths face. When it rains, for example, rivers overflow, making it hard for youth to reach services," Sung'wa says.

Her thoughts echo Badi's: "Since we've been trained in effective ways to engage our peers and create positive change, we also use that chance to educate on issues like climate change and its effects."

Badi, Moses, and Sung'wa recognize the need for training on climate change because they see its impacts and want to empower their peers with knowledge when they visit these youth-friendly centres or meet them on the street.

Addressing climate change challenges isn't a solo act; it requires everyone's effort at all levels, globally. Every action you take contributes to a piece of the solution, without which the solution won't be complete. Badi, Moses, and Sung'wa are already stepping up; you can too!

There's so much you can do to help mitigate the impacts of climate change on sexual and reproductive health. It all depends on where you are and what issues resonate with you. Here's what's possible for anyone:

### Share knowledge

Talk to your friends and family about how climate change impact, like droughts or floods, can affect access to reproductive health services and what actions to take during crises. It's crucial for everyone to understand. Let's start there!

### Use technology

If you're online, use your platform to spread the word. Your peers will support you - education through digital platforms can reach a lot of people with just one post. WhatsApp groups, Telegram, and other apps are great starting points!

### Join discussions

Get involved in forums and gatherings to share your thoughts on the link between reproductive health and climate change. Invite experts for deeper insights when needed. This will enhance your understanding and strengthen your determination.

### Advocate and influence

Create opportunities to speak with local leaders or government representatives who act on behalf of your community, encourage them to create supportive environment for efforts aiming to tackle climate change, like proper water management or sustainable forest practices. It's your responsibility, and it's your right!

### Engage in research

If groups, organizations, or schools are conducting research on health and climate change, jump in! You'll learn how to collect data and contribute to a vital cause. If no research is happening, brainstorm with peers and seek expert help. It doesn't have to be a massive study; even exploring how drought affects nutrition access can lead to important findings. The key is to take action!

### Stay informed

All of this hinges on your commitment to learning and seeking accurate information. Read books, journals, and reliable websites - knowledge will build you up. Ask questions and voice your concerns when you meet experts in the field.

## Shiriki midahalo na mijadala

Jiunge kwenye majukwaa na mikusanyiko mbalimbali ili uweke mchango wako wa mawazo katika kujadili uhusiano wa afya ya uzazi na mabadiliko ya tabia nchi. Unaweza kuwaalika wataalam kutoa ufafanuzi wa kina inapohitajika. Hii itakusaidia wewe pia kukuza uelewa wako na kuimarisha nia yako.



## Shiriki katika tafiti

Ikiwa kuna vikundi, mashirika, au shule zinazofanya utafiti kuhusu masuala ya afya na mabadiliko ya tabianchi, jihusishe! Utakuwa umefanya mambo mawili kwa mpigo; kwanza utajifunza jinsi ya kukusanya data na pili utakuwa umesaidia kufanya jambo muhimu katika kuelewa tatizo na hivyo kuwa sehemu ya utatuzi. Na kama hakuna wanaofanya utafiti, jadili na wenzako mtafute msaada kwa wataalamu. Sio lazima uwe ni utafiti mkuuubwaa, la hasha, mnaaweza hata mkaangazia ni kwa namna gani ukame umeathiri upatikanaji wa lishe bora, familia ngapi zinahitaji msaada, na baada ya hapo mkawasilisha matokeo kwa ngazi tofauti zinazoweza kutoa suluhisho. Cha muhimu ni kuchukua hatua.

## Jielimishe

Haya yote hayawezi kufanikiwa kama hauna tabia ya kujifunza na kutafuta taarifa sahihi mara kwa mara. Soma vitabu, majarida, tovuti za mashirika yanayoshughulikia mada hizi, hautokosa mawili matatu ya kukujenga. Uliza maswali, toa madukuduku yako unapokutana na wakali wa mada hizi.

## Ushawishi na utetezi

Unaweza kutengeneza nafasi ya kuzungumza na viongozi wa kijiji au ngazi nyingine ya serikali inayotoa maamuzi kwa niaba ya wananchi, na ukahimiza kuwekwa kwa mazingira wezeshi kwa juhudi za kukabiliana na mabadiliko ya tabianchi, kama vile kusimamia matumizi bora ya vyanzo vya maji au uvunaji endelevu wa mazao ya misitu. Unao wajibu huo na ni haki yako.

### KUMBUKA

Kila mmoja wetu ana wajibu wa kushiriki kutengeneza suluhisho.

### CHUKUA HATUA

Tengenezeni nafasi ya kuzungumza na wataalamu wa mazingira na afya ya uzazi katika eneo lenu, mpate elimu kulingana na mazingira mliyopo, kisha mtengeneze mkakati wa namna ambavyo na ninyi mtakuwa sehemu ya kutengeneza suluhisho. Halafu mtushirikishe.

### REMEMBER

Each of us has a role in creating solutions.

### TAKE ACTION

Create opportunities to connect with environmental and reproductive health experts in your area, gain insights relevant to your setting, and strategize on how you can contribute to solutions. Then, share with us your process!



# JIPANGE, FANYA KITU

Vidokezo 10 vya kujenga stadi za kukabiliana na mabadiliko ya tabianchi

NA MARY MBAGO

Sasa watu wangu wa nguvu, tuwe wakali kidogo! Hapa kuna ukweli nataka niwape. Hivi unajua mabadiliko ya tabianchi ni kitu ambacho kikishafika hatuwezi kukiepuka hata iweje! Lakini kwa kujiandaa na stadi sahihi za maisha, tunaweza kupambana na athari zake. Hebu tuangalie vidokezo vinavyoweza kutusaidia vijana kuwa mashujaa dhidi ya mabadiliko haya!



## 1. Fikiri kwa kina

Usikubali tu kila kitu unachokisikia, ni lazima kwanza uchunguzi ufanyike kabla ya yote! Kwa kila taarifa ya mabadiliko ya tabianchi, jilize, hii imekuwaje, imetokeaje? Je, ni kweli au si kweli? Ninaweza kufanya nini kilicho salama? Kujiuliza maswali humsaidia mtu kuchanganua tatizo. Fanya utafiti, fahamu ukweli, na uelewe ni vipi inaathiri maisha yako.

**Kwa nini ni muhimu:**

Kufikiri kwa kina kunaweza kukusaidia kuelewa mazingira yako na kuwa na nguvu ya kufanya maamuzi sahihi.

## 2. Fanya utatuzi wa matatizo

Unajua ile sherehe ya kuunda suluhisho? Wakati matatizo yanapojitokeza, jaribu kutafuta njia za kusaidia. Kwa mfano, jamii yako inakabiliwa na uchafuzi wa mazingira? Anzisha kampeni ya usafi na kutunza mazingira!

**Kwa nini ni muhimu:**

Kutatua matatizo kunaweza kukufanya uonekane kama mfalme au malkia wa mabadiliko! Watu wataanza kukutafuta kwa mawazo yako ya kushangaza.

## 3. Jenga uelewa wa hisia

Aibu, hasira, na huzuni ni hisia za kawaida katika maisha yetu. Ni muhimu kujifunza jinsi ya kuzidhibiti ili zisituathiri vibaya. Ikiwa kuna jambo linalokufanya ujisikie vibaya, usiweke ndani peke yako – zungumza na mtu unayemwamini na shirikisha hisia zako. Kufunguka kunasaidia kupunguza mzigo wa kihisia na pia kujenga njia bora ya kukabiliana na changamoto hizi kwa pamoja.

**Kwa nini ni muhimu:**

Uelewa wa hisia unakusaidia kubaki mtulivu na kufanya maamuzi yenye tija.

## 4. Wasiliana vizuri

Usijifungie ndani! Shiriki mawazo yako. Pitia mitandao ya kijamii, andika makala au fanya video za kuhamasisha jamii yako kuhusu mabadiliko ya tabianchi.

**Kwa nini ni muhimu:**

Mawasiliano ni ufunguo wa kuhamasisha wengine.

## 5. Kuwa na ubunifu

Tembea kama msanii! Ukiona tatizo, fikiria jinsi ya kutumia ubunifu wako kukabiliana nalo. Kuwa na mawazo mapya ya kuleta mabadiliko ya mazingira.

**Kwa nini ni muhimu:**

Uwezo wa kubuni unakuwezesha kuleta suluhisho za kipekee na kufikia mafanikio ya ajabu. "Wazo zuri linaweza kubadilisha dunia!" Usilifungie kichwani.

## 6. Kuwa na uwezo wa kurekebisha

Usiwe kama mwamba usiobadilika! Kama mpango wako haukufaulu, jaribu kubadilisha njia. Usikate tamaa, kila jaribio lina thamani.

**Kwa nini ni muhimu:**

Uwezo wa kurekebisha ni muhimu katika mazingira yanayobadilika kila wakati.



## 7. Chukua hatua

Usiwe na hofu ya kuchukua hatua. Anza na jambo dogo. Unataka kubadilisha mazingira yako? Fanya kitu, washirikishe na wengine. Panga siku ya usafi katika eneo lako.

**Kwa nini ni muhimu:**

Kuchukua hatua ni muhimu. Utaanza kuhamasisha wengine waungane nawe.



## 8. Fanya kazi kwa pamoja

Ushirikiano ni mzuri! Fanya kazi na marafiki na watu wa jamii yako. Panga matukio ya pamoja ili kuleta mabadiliko. Kila mmoja anamhitaji kila mmoja. Mabadiliko ya tabia nchi ni kwa kila mmoja, kote duniani.

**Kwa nini ni muhimu:**

Ushirikiano uliojengwa vizuri huongeza ubunifu, nguvu na ufanisi.

## 9. Endelea kujifunza

Usiache kujifunza. Tafuta taarifa kuhusu mabadiliko ya tabianchi na namna ambavyo wengine wameshughulika nazo. Jifunze kutoka kwa wenzako na wataalamu.

**Kwa nini ni muhimu:**

Ujuzi na maarifa ni kama taa inayoangaza njia, ni kama silaha inayopambania hoja zetu.

## 10. Jenga mtazamo chanya

Wazungumza Kiingereza wanasema attitude is everything. Mtazamo wako ndio ufunguo wa kwanza kwenye njia ya kutafuta suluhisho. Amini kwamba inawezekana, amini kwamba unaweza. Shereheka mafanikio yako, hata kama ni madogo.

**Kwa nini ni muhimu:**

Mtazamo chanya unakupata motisha na kukufanya uendeleo kupambana.

## Nawaacha na hii sasa

Basi kijana mwenzangu, story ni simple tu, unachotakiwa ni kuwa na hizi life skills. Ukiwa nazo utakuwa mwepesi kufanya kilicho bora kwako na jamii yako katika mabadiliko ya tabia nchi. Utakuwa na uwezo wa kupambana na kujipanga upya kila siku. Zitakuwezesha kujipambana na kushine mbele ya changamoto, na siyo tu kubadilisha maisha yako, bali pia maisha ya watu wengine. Kaza buti, jifunze, jipange, chukua hatua.

# Umwagiliaji ndio mpango mzima



## Nilizaliwa hapa

## I was born here

My name is Kweja Kazi Maduhu, a resident of Nkindwabiye village, Bariadi District, Simiyu Region. I am a horticultural farmer, but I also raise cattle, goats, and pigs. I was born in 1988 right here in Nkindwabiye, I love my home very much. I studied here, got a wife here, and now we have three children. The friends I grew up with here in the village, along with other young people from this area, have been an important part of my life.

My name is Kweja Kazi Maduhu, a resident of Nkindwabiye village, Bariadi District, Simiyu Region. I am a horticultural farmer, but I also raise cattle, goats, and pigs. I was born in 1988 right here in Nkindwabiye, I love my home very much. I studied here, got a wife here, and now we have three children. The friends I grew up with here in the village, along with other young people from this area, have been an important part of my life.

So when we started experiencing water problems in farming, I went back to my friends and gave them an idea. The idea came from information I had heard that there were loans for youth at the District Council, but the youth had to be in a group. My aim at that point was that we should form a group to create a strategy for horticultural farming that relies on irrigation, because climate change had set in and we could no longer rely on rain alone.

So when we started experiencing water problems in farming, I went back to my friends and gave them an idea. The idea came from information I had heard that there were loans for youth at the District Council, but the youth had to be in a group. My aim at that point was that we should form a group to create a strategy for horticultural farming that relies on irrigation, because climate change had set in and we could no longer rely on rain alone.



## Farming is one of the things I love very much.

Farming is one of the things I love very much. I grew up in a family of farmers and herders; my parents taught us farming and the importance of the produce from that farming. They also taught us how to identify seasons and plan farming according to those seasons. Each season had its own activities and its own celebrations!

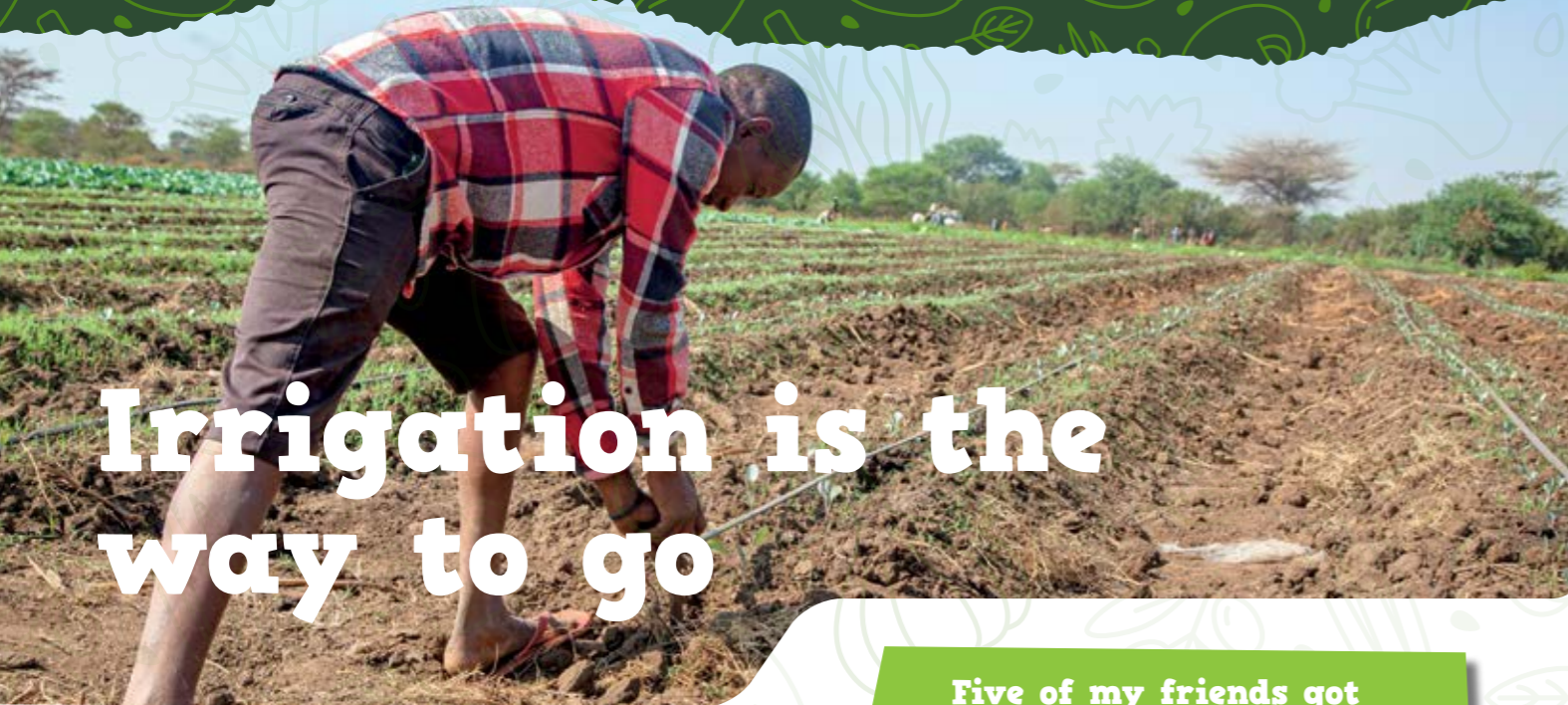
As I grew up, I started preparing to establish my own life and stop relying on my parents, and farming remained the mainstay and an important part of my plans. However, there was one major problem; the rains stopped coming in the seasons I was used to. I could see crops drying up in the fields, I tried watering them with cans and buckets, but it didn't help much. I had to take different measures. Don't worry, I will tell you all about it, but let me first introduce myself properly.



## Kilimo ni miongoni mwa mambo ninayoyapenda sana.

Kilimo ni miongoni mwa mambo ninayoyapenda sana. Nimekulia katika familia ya wakulima na wafugaji, wazazi walitufundisha kilimo na umuhimu wa mazao yaliyotokana na kilimo hicho. Walitufundisha pia jinsi ya kutambua misimu na kupanga kilimo kulingana na misimu hiyo. Kila msimu ulikuwa na shughuli yake na sherehe yake!

Nilipofika muda wa ujana nikaanza kujiandaa kuanzisha maisha yangu bila kuwategemea wazazi, na kilimo kikabaki kuwa mhimili mkuu na sehemu muhimu ya mipango yangu. Hata hivyo kulikuwa na tatizo moja kubwa; mvua ziliacha kuja katika misimu niliyoizoea. Nikaanza kuona mazao yanakauka shambani, nikajaribu kumwagilia kwa vikopo na ndoo, lakini haikusaidia sana. Ikabidi nichukue hatua tofauti. Usijali, nitakusimulia yote hayo, lakini ngoja kwanza nijitambulishe vizuri.



# Irrigation is the way to go

Five of my friends got my point;

Wenzangu watano walinielewa,

Mwaka 2021 tukaunda kikundi cha watu sita na kukipa jina Mkombozi Nkindwabiye. Tuko wanaume watatu na wanawake watatu, ingawa kwa sasa wawili wamesafiri. Tuliomba mkopo tukakidhi vigezo, tukapata. Ndoto yetu ya kuondokana na kilimo cha kusubiri mvua ikatimia, maana haraka sana tulitafuta mtaalam akatufundisha, tukafunga mfumo wa matone. Tulikuwa na kisima kidogo tukakiboresha na kukiwekea mashine ya kusukuma maji, tukajenga na tenki ili maji yatoke kwa urahisi.

Tunazo ekari tisa za ardhi ambayo tuliipata kwenye kijiji hapa, na zote zina mabomba ya matone. Kwa sasa ekari tatu zina matikiti maji, tatu nyingine zina kabichi na nyingine tatu zina bilinganya. Pembeni hapo tumeweka matuta machache kwa ajili ya mbogamboga za kula wenyewe nyumbani.

In 2021 we formed a group of six people and named it Mkombozi Nkindwabiye. We are three men and three women, although currently two have traveled. We applied for a loan, met the requirements, and received it. Our dream of moving away from rain-dependent farming was realised because we quickly sought an expert to teach us, and we installed a drip irrigation system. We had a small well which we improved and equipped with a water pump, and we built a tank so that water could be easily accessed.

We have nine acres of land which we acquired here in the village, and all of it has the drip irrigation pipes. Currently, three acres have watermelons, another three have cabbages, and the remaining three have aubergine. Besides that, we have set up a few beds for vegetables to eat at home.



Tulichukua mkopo wa shilingi milioni nane,

Na kila mwezi tulitakiwa kurejesha laki sita na sitini elfu. Nafurahi kwamba juzi juzi tu tumemaliza mkopo, hatudaiwi, sasa tunakula faida. Tunalima bidhaa ambazo zina soko kubwa, mara nyingi wateja wanakuja hapa hapa shambani.

Tofauti na wengine ambao wanalima bustani kwa kusubiri mvua au kumwagilia kwa ndoo, sisi tunalima kwa tija zaidi, tunapata faida zaidi. Na miongoni mwa mambo ambayo ninajivunia mpaka sasa ni kwamba nimeweza kuingiza maji nyumbani kwangu kwa kutumia kisima hicho hicho kama chanzo cha maji, na wenzangu wana mpango wa kujenga hapa hapa jirani ili nao wanufaika, lakini pia ili sote tuishi jirani na shamba letu. Tunao pia mpango wa kufanya utafiti tuanzishe kiwanda cha kuzalisha mbegu, yaani tunauziwa mbegu hatujui zinatoka wapi au nani anazalisha. Tunataka kuzalisha wenyewe.

Zaidi ya hayo nawatia moyo vijana, kwanza msitegemee sana kilimo cha mvua, kwa sasa lazima twende kitofauti. Pili, mikopo ya vijana kwenye Halmashauri ina faida sana, ili mradi tu mjipange na muwe waaminifu.

Karibuni sana Nkindwabiye, mje kula matikiti yapo mengi sana.

I welcome you all to Nkindwabiye, come and enjoy the watermelons, there are so many!

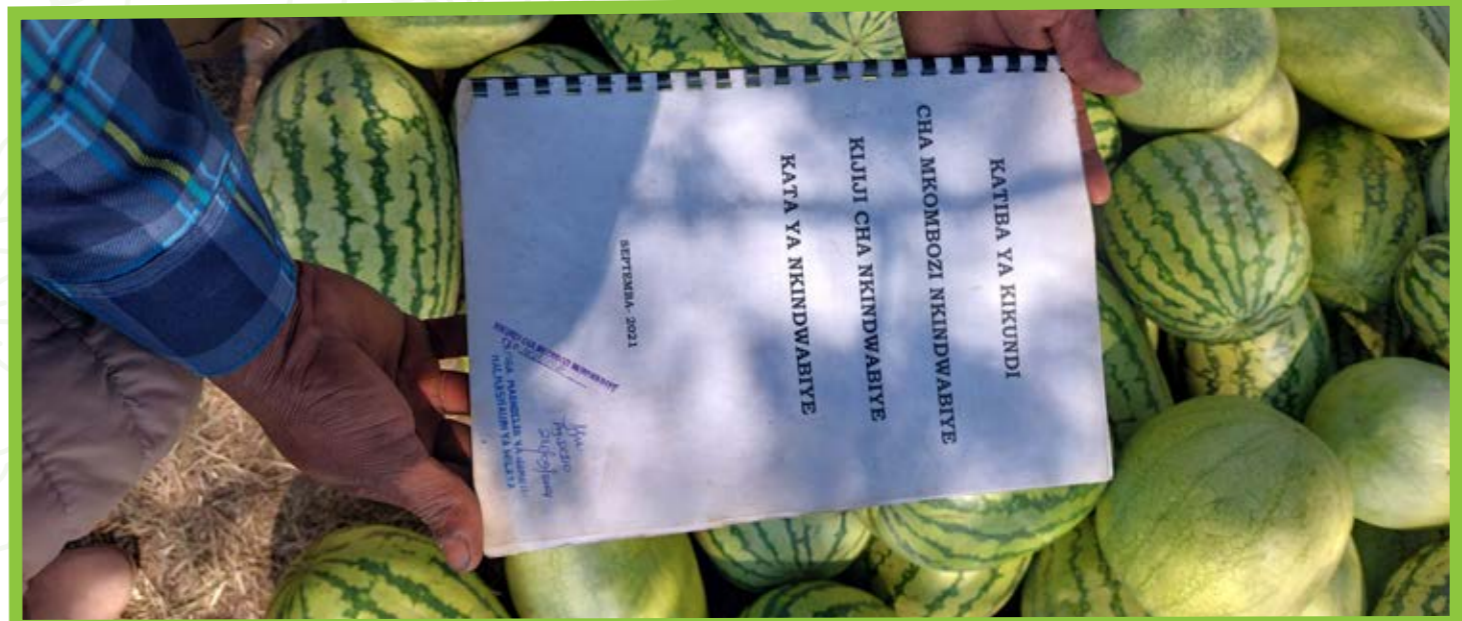


We took a loan of eight million shillings,

We took a loan of eight million shillings, and we were required to repay six hundred and sixty thousand every month. I am happy that just recently we finished repaying the loan, we are no longer in debt! We are now making a profit. We grow products that have a large market; often, customers come to collect the harvest right here at the farm.

Unlike others whose horticulture is rain-dependent or use buckets for irrigation, we farm more efficiently and make more profit. Among the things I am proud of is that I have been able to bring water to my home using the same the well as the source of water, and my colleagues have plans to build houses nearby so that they too can benefit, and so we can all live close to our farm. We also have plans to conduct research and establish a seed production factory. We buy seeds but do not know where they come from or who produces them. We want to produce them ourselves.

Moreover, I encourage the youth: first, do not rely too much on rain-fed farming; we must adopt different methods now. Secondly, youth loans at the Local Council are very beneficial, provided that you are well-organized and trustworthy.



# 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@femahip.or.tz SMS: 0753003001**

Halo shangazi Cos, mimi nilikuwa na mchumba, lakini tukapotezana kwa kukosa mawasiliano. Wazazi waliniipatia mme na nikaolewa, lakini si kwa mapenzi yangu. Nimezaa naye watoto wawili. Sasa nimekutana na yule mchumba wangu wa kwanza, niliyempenda, ambaye hajaoa na amerejea kunitafuta anitaka kunioa. Nmempa mazingira yote niliyopitia, ila yuko tayari kunioa. Ikiwa nitamuacha huyu niliyenae sasa, nampenda huyu wa zamani, lakini huyu niliyenae alitafutwa na wazazi. Je, nifanyeje? Naomba ushauri wako, shangazi. Pia, nisaidie mawasiliano ya anko pesa.



Pole kwa changamoto unazopitia. Ni muhimu kwanza kujiuliza maswali muhimu kuhusu ndoa yako ya sasa. Je, kuna changamoto zozote? Kuna mazuri ambayo yanakufanya uone thamani ya ndoa hii? Mume wako anakujali na kuonesha upendo? Pia, fikiria kuhusu hatma ya watoto wako na jinsi uamuzi wowote utakavyowaathiri. Ikiwa unahisi huwezi kupata furaha ya kudumu katika ndoa yako, ni muhimu kujadiliana na mume wako kwa uwazi ili muelewane na kuona namna ya kuboresha hali. Kumbuka kuwa si kila ndoa inayoanza kwa mapenzi inafanikiwa, na si kila ndoa iliyoanza bila mapenzi haina furaha. Inawezekana kabisa ndoa yako ya sasa ikawa na uwezekano wa kuwa bora zaidi kwa muda. Wakati mwingine ni rahisi kuboresha ulichonacho, kuliko kuanza upya. Tafakari kwa kina juu ya kile unachotarajia na kile unachopitia, kisha pata ushauri kutoka kwa watu wa karibu au mshauri wa ndoa. Uamuzi wako unapaswa kufanywa kwa umakini ili kuhakikisha maisha yako na watoto wako yanakuwa na utulivu na furaha ya muda mrefu.

Mpendwa Anti samahan kwa usumbufu mimi swali langu ni siku za hatari ni zipi?



Habari? Japokuwa hujatoa maelezo kwa kina, nitakujibu kuhusu mzunguko wa hedhi na uwezekano wa kupata ujauzito. Kwa wanawake walio wengi siku za hatari ni nyingi zaidi kuliko siku salama, kwa kuwa njia ya uzazi wa mpango ya kuhesabu siku haina uhakika na inaweza kuathiriwa na vitu vingi. Pia ni vigumu sana kwangu kujua siku zako za hatari ni zipi bila kujua mzunguko wako wa hedhi kwani wanawake pia hutofautiana kwenye jambo hili. Njia ya uhakika ya kuzuia mimba ni kuacha kufanya ngono hadi utakapokuwa tayari, kwa mwanafunzi angalau uwe umemaliza masomo na kuanza kujitegemea. Lakini pia ni vizuri kufika kituo cha afya kilicho karibu nawe na kupata ushauri wa mtaalamu kuhusu njia za kisasa za uzazi wa mpango zenye uhakika zaidi kama vile vidonge, sindano, kitanzi na nyinginezo. Mtaalamu huyo pia atakushauri kuhusu mzunguko wako wa hedhi pamoja na njia inayokufaa kuzuia mimba. Usisahau pia kujilinda na magonjwa ya ngono, ikiwemo VVU.

Shikamoo Anti Cos nifanyeje ili niwe muelimishaji rika kama wafanyakazi wa Femina Hip ili nielimishe jamii yangu kuondoa unyanyasaji, natamani kuwa kama wewe Ant Cos.

Habari. Hongera sana kwa kuwa na kiu ya kuelimisha jamii yako. Hii ni hatua muhimu sana. Unachohitaji kwa kuanzia ni kupata elimu zaidi juu ya ukatili; aina zake, unatokeaje, kwanini, na wewe unawezaje kutoa mchango wa kuutokomeza. Jifunze pia kuhusu ulinzi wa watoto, wanawake, na jamii kwa ujumla. Unaweza kujiunga na chuo kinachotoa mafunzo ya maendeleo ya jamii, au kujisomea na kujifunza kwa watoa huduma katika jamii yako, na kutembelea vituo vya polisi, hasa Dawati la Jinsia na Watoto. Maofisa Ustawi wa Jamii na Maendeleo ya Jamii kwenye Kata yako wanaweza kukupa elimu zaidi kuhusu sheria na hatua za kutoa taarifa ili kusaidia manusura wa ukatili. Jenga mtandao na watu ambao wana malengo sawa na wewe. Tembelea tovuti ya SMAUJATA (Shujaa wa Maendeleo na Ustawi wa Jamii Tanzania) ambao ni mtandao wa vijana wanaojitolea kupinga ukatili katika jamii zetu. Hapo unaweza kujiunga na huu mtandao na kujifunza zaidi. Kuwa tayari kujitolea. Uwe msikilizaji mzuri na anza kuongea na walio karibu nawe kuhusu athari za ukatili katika jamii. Endapo una swali zaidi usisite kuuliza. Tunakutakia kila la heri.



# ANTI COS ANAJIBU MASWALI YENU

Mpendwa Anty pole na kaz za kutwa nzima naitwa Mayner nina umri wa miaka 20. Anty nilikuwa naomba ushauri wako mimi wazazi wangu wanabana sana na haya maisha ni magumu natamani kwenda kufanya kazi sehemu yoyote tatizo wazazi wangu wanabana je, nitoroke nyumbani niende nikafanye kazi au???



Habari Mayner, pole kwa changamoto. Ni jambo la kawaida kabisa kuwa na hamu ya kujitegemea na kutamani kuwa na kazi au kipato binafsi, hasa kwa kuzingatia umri wako. Lakini pia wazazi wanaweza kuwa wanakubana kwa nia nzuri tu ya kukulinda usikumbane na mabaya mitaani. Hivyo kutoroka nyumbani siyo suluhisho linalofaa, kwani inaweza kuleta matatizo zaidi na kuvunja uhusiano wako na familia. Jaribu kuzungumza na wazazi wako kwa utulivu, kueleza hisia zako na nia yako ya kutaka kujitegemea, kujifunza na kupata uzoefu wa maisha kwa ujumla. Je, mkakati wako ni upi? Waoneshe umejipangaje katika hizo jitihada za kujitegemea. Jaribu pia kupata mawazo yao kuhusu mazingira ya aina gani wangependa ufanye kazi au biashara ili uone endapo unaweza kupata fursa huko. Wasisitize kuwa japokuwa wanaweza kukuhudumia, ni vema kukuandaa pia kuweza kuishi mwenyewe hta kama wao hawatakuwepo. Unaweza pia kuomba ushauri wa mtu aliye karibu na wazazi wako ili akusaidie kuongea ushawishi. Usikate tamaa, endelea kuwashawishi, watakuwelewa tu. Nakutakia kila la heri.



Mpendwa Anti mimi nina shida! Nilimaliza kidato cha nne mwaka juzi, nikafaulu vizuri sana hasa kwenye masomo ya sayansi. Bahati mbaya, mzazi wangu hataki kuniendeleza tena kwa chochote baada ya kugundua hilo mapema, kwani hata kidato cha nne sikusoma sana, miezi mingi nilikuwa nyumbani, nikaenda kufanya mihani baada ya kuhitajika na shule kuripoti. Mpendwa Anti, baada ya matokeo kutoka, nilifurahi sana kuona nimefaulu na kuanza kufanya vibarua kujiandaa na advance. Lakini mwishowe nikaja kubaini kwamba nilipewa deni kubwa sana na shule, hivyo hawangeweza kunipa cheti. Nilihisi kukatishwa tamaa na bado nahisi hivyo.

Hongera kwa kufaulu vema masomo yako, hasa hayo ya sayansi. Ulichaguliwa kwenda kidato cha tano? Jaribu kuongea na wazazi wako bila kuchoka, kwa heshima, waoneshe jinsi ambavyo umekuwa na juhudi katika masomo yako na kuwa na ufaulu mzuri, pia waeleze kuhusu ndoto na malengo yako. Waeleze umekuwa pia na bidii ya kuwasaidia ili uweze kumaliza masomo kwa kutafuta pesa pia. Naamini wazazi watakusaidia.

Endapo ulichaguliwa Kwenda kidato cha tano, nenda Ofisi ya Elimu Kata au Wilaya, ongea na Afisa Elimu kuhusu changamoto unazopitia, anaweza kukusaidia kupata nafasi ya kuendelea na masomo japo kwa kuchelewa. Pia anaweza kukusaidia kuongea na wazazi wako ili waone wanawezaje kukusaidia umalize shule. Usikate tamaa. Utafikia ndoto zako. Endelea pia kufanya kazi ambazo zinakupata pesa ili zikusaidie kuanza.

Dear Anti mzuri! Pole sana kwa kazi ngumu ya kuelimisha watu aunt mpendwa. Mimi ni mwanafunzi ninayetarajia kuanza kidato cha tano mwaka huu. Pia nina mpenzi wangu ambaye nampenda sana na siwezi kumuacha. Je, ni njia gani naweza kutumia ili kufanikisha malengo yangu bila ya kumuacha huyu ninaempenda? Naitwa Happyness.

Habari Happyness. Hongera sana kwa kuchaguliwa kujiunga na kidato cha tano! Najua juhudi zako na malengo thabiti ndiyo yamekufikisha hapa. Pole sana kwa changamoto unazokutana nazo katika uhusiano. Ni muhimu kufahamu kwamba mtu anayekupenda kwa dhati atataka wewe pia ufanikiwe na kufikia malengo yako. Atafurahia kukushuhudia ukikua na kujifunza zaidi.

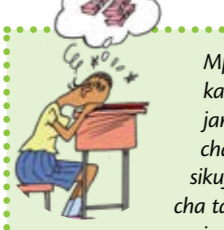
Hii ni fursa nzuri ya kuelewa thamani ya uhusiano wenu. Ongea naye kuhusu malengo yako na safari yako ya masomo, na pia umuhimu wa kuyapa masomo umakini kwa miaka utakayokuwa shuleni.

Ikiwa anakupenda kwa dhati, atakutia moyo na kukusubiri hadi umalize masomo yako. Ikiwa hatakuwelewa, basi ni wakati wa wewe kuangalia nini kipaumbele chako katika maisha. Nakutakia kila la heri katika hatua hii mpya, na usiogope kukabiliana na changamoto.



Shikamo Anti Cos! Naomba nisaidie kitu kimoja mimi nasumbuliwa na muwasho sehemu zangu za sili na pia kuna wakati nikijikuna na kuwa na uchafu unaganda kabisa kwenye kucha zangu, je, shida itakuwa nini ili nijisaidie mapema?

Kuna sababu nyingi zinazoweza kuleta muwasho sehemu za siri. Mojawapo ni mzio au allergy ya vitu kama sabuni na nguzo za ndani. Sababu nyingine ni maambukizi ya fangasi au bacteria sehemu za siri, pamoja na magonjwa ya ngono. Hivyo nakushauri kufika hospitalini ili uweze kujua tatizo ulilionalo ni lipi na kupata tiba sahihi. Pia jaribu kubadilisha sabuni unayotumia, vaa nguzo za ndani za pamba, zilizokauka vizuri, jisafishe na kubadilisha nguo za ndani kila siku kama inawezekana. Kumbuka, maambukizi kwenye via vya uzazi yasipotibiwa mapema, yanaweza kusababisha athari za kudumu. Fika hospitalini mapema iwezekanavyo.



Mpendwa Anti poleh, hongera kwa kazi na majukumu ya kuelimisha jamii. Mimi nimehitimu kidato cha nne mwaka jana, lakini sikufanikiwa kuendelea na kidato cha tano. Hata hivyo, matokeo yangu yanaruhusu kwenda chuo. Ninavyoona, wazazi wangu ni kama hawataki kuniendeleza, ingawa wana uwezo wa kunilipia ada. Natamani sana kuendelea na masomo, lakini nashindwa kwa sababu sina fedha za kujilipia ada. Naomba ushauri na msaada wako. Beatrice.

Habari Beatrice? Pole kwa changamoto. Jaribu kuongea na wazazi wako ili ujue ni kwa nini wameamua kutokukusomesha zaidi, wana hofu gani? Ili kuwaonesha kuwa una nia hasa ya kusoma zaidi ni vema kutafuta kabisa taarifa za kozi, gharama na chuo unachotaka kusoma, kisha uongee kwa heshima na wazazi wako kuhusu malengo yako ya maisha na kwa nini unadhani ukisoma katika chuo husika utafikia malengo yako. Ukiwa na taarifa za chuo pia unaweza kuomba ufadhili katika ofisi mbalimbali zilizoko katika eneo lenu. Tafuta ushauri zaidi toka kwa ndugu wa karibu na kuomba msaada wao pia ili wakusaidie kuwashawishi wazazi wako. Kama unaweza waeleze ni kwa namna gani kuendelea kwako na masomo kutawasaidia wao pia. Unaweza kujishughulisha na kilimo, biashara au kazi mbalimbali ili uweze kupata ada na kujilipia chuo mwenyewe. Penye nia pana njia. Nakutakia kila la heri.

# MUULIZE ANKO PESA!

**Shikamoo Anko Pesa, naomba ushauri wako. Nataka kuanza biashara ya kutengeneza na kuuza mkaa lakini sitaki kuharibu mazingira. Naweza kufanya nini ili kulinda mazingira? Razack kutoka Lindi.**



**Marahaba Razack!** Hongera kwa kutambua umuhimu wa kulinda mazingira. Ili kulinda mazingira katika biashara ya mkaa, unaweza kutumia mbinu za kutengeneza mkaa kutoka kwenye mabaki ya mazao, na pia unaweza kutumia vumbi la mbao, badala ya kukata miti mingine. Wapo vijana kama wewe ambao wanakusanya vifuu vya nazi wanavitumia kutengeneza mkaa. Tafuta taarifa zaidi kutoka kwa wataalamu wa misitu wa serikali au mashirika, au jifunze kwa wengine ambao tayari wanafanya. Ukiingia mtandaoni pia unaweza kujifunza. Nakutakia kila heri katika shughuli hiyo inayojali mazingira.

**Habari Anko Pesa! Naitwa K.M.B kutoka Kabuku, Tanga. Nina laki mbili na ninahitaji kuanzisha biashara ya kuuza body spray na nguo za ndani. Je, kwa pesa niliyonayo, nitaweza kuanzisha biashara hiyo na nitapata faida?**



Habari ni njema K.M.B! Habari za Kabuku? Kwa laki mbili, unaweza kuanzisha biashara ya kuuza body spray na nguo za ndani, lakini itahitaji mpango mzuri. Jifunze kuhusu soko, chagua majina ya bidhaa zinazouzwa vizuri, kuna watu wananunua kitu kwa brand yake tu. Tengeneza mtandao wa wateja, hakikisha kila unayemuuzia unampa huduma nzuri na uchukue mawasiliano yake kama atakubali, ukiwa na bidhaa tena unamtafuta. Anza kidogo, kisha ongeza bidhaa kulingana na mahitaji na jinsi unavyofanikiwa kutengeneza mtandao.

**Anko Pesa, pole na kazi na hongera kwa kutusaidia sisi vijana. Mimi ni kijana niliyekamilisha elimu ya sekondari yaani kidato cha nne. Swali langu ni kwamba, ningependa kuanza biashara ya kuchora picha lakini sina mtaji wa kununua vifaa vya kuchorea. Je, nifanyeje ili niweze kufikia malengo yangu? By Mwiny.**



**Hongera Mwiny** kwa kukamilisha elimu ya sekondari! Unaweza kuanzisha biashara ya kuchora picha bila mtaji mkubwa. Anza kwa kutumia vifaa vya kuchora ambavyo unavyo, kama karatasi na penseli. Kwa kuwa hiki ndio kipaji chako na ndoto yako, weka fedha kidogo kidogo, na ununue vitu kidogo kidogo, sio lazima vyote ununue mara moja. Kumbuka, ziko pia picha nzuri kabisa ambazo zimechorwa kwa penseli au peni, ni wewe kujiongeza tu ukawaonesha watu kwamba unaweza.

**Shikamo, Anko pesa. Mimi naitwa Goodness kutoka Kigoma. Nimehitimu kidato cha nne mwaka jana 2023 katika shule ya sekondari Kigodya, na nimefaulu ingawa nimepitia changamoto nyingi, lakini lengo langu ni kutaka kujiunga na chuo cha afya lakini sina wakuniendeleza maana mama yangu ameshafariki na baba yangu ni mgonjwa wa akili tangu nikiwa mdogo sana na kwasasa naishi na bibi yangu hapa kijijini natamani kufikia malengo yangu ila naona kama kuna gingi mbele yangu, tafadhari naomba ushauri jamani nifanyeje maana bibi na baba yangu wananitegemea ni msichana aliyezaliwa peke yake, hapa niko njia panda. Kazi njema.**



**Habari Goodness!** Hongera kwa kuwa na ndoto. Kwa kweli suala la ada ni changamoto kubwa, lakini unaweza kujifunza kwa wengine waliopitia changamoto kama za kwako, walitoboaje? Kuna mambo kadhaa unaweza kufanya. Cha kwanza kubaliana na ukweli kwamba ndoto yako inahitaji muda na mikakati ili ifikiwe. Unahitaji kujipanga, unahitaji muda na unahitaji nidhamu katika kuweka na kusimamia malengo utakayojiweka. Cha pili, tafiti uone kama vyuo vya afya ambavyo vinasomesha vijana kwa kuwalipia ada, ukipata peleka maombi yako. Lakini pia kaongee na Afisa Maendeleo ya Jamii, ulizia fursa za masomo. Tatu, unaweza kuanzisha biashara ndogo ya mazao ya kilimo kama vile matunda, chakula, au chochote ambacho utaona kinawezekana. Hakikisha unatenga fedha na kuhifadhi ili ukuze mtaji, lakini uweke akiba kwa lengo la kutafuta ada. Pia, angalia fursa za kujitolea, kama vile wahudumu wa afya ngazi ya jamii, ili upate uzoefu na kujenga mtandao.

**Pole na kazi Anko Pesa, shikamoo. Kwa majina naitwa Damali Maduka Sitta, ni mwanafunzi niliyemaliza elimu ya sekondari kutoka Shule ya Sekondari Mwasamba, iliyopo wilaya ya Busega, mkoani Simiyu. Tangu nikiwa shuleni, nimekuwa napenda sana kuchora picha kwa njia ya kunakili. Kutokana na hali ya familia yetu, baba na mama waligombana na baadaye wakatengana. Baada ya kuachana, sisi watoto tulienda kuishi na bibi mzaa mama. Hivyo basi, ningependa kuuliza kama inawezekana kujiunga na Fema Club ili niweze kuendeleza kipaji changu. Naomba msaada wako kwa hili.**



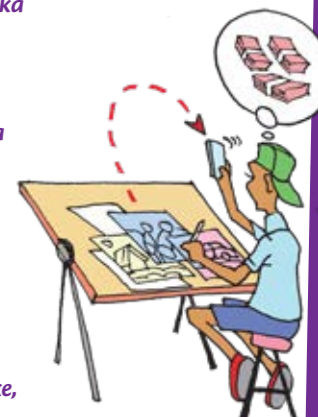
**Habari Damali!** Ni vizuri unavyopenda kuchora. Unaweza kujiunga na Fema Club ili upate mafunzo na msaada zaidi. Tafuta taarifa kwenye shule zako za zamani au jamii yako. Pia, unaweza kuanzisha kundi la wasanii wenzako na kushirikiana ili kuendeleza vipaji vyenu.

**Shikamo, Anko pesa. Mimi naitwa Goodness kutoka Kigoma. Nimehitimu kidato cha nne mwaka jana 2023 katika shule ya sekondari Kigodya, na nimefaulu ingawa nimepitia changamoto nyingi, lakini lengo langu ni kutaka kujiunga na chuo cha afya lakini sina wakuniendeleza maana mama yangu ameshafariki na baba yangu ni mgonjwa wa akili tangu nikiwa mdogo sana na kwasasa naishi na bibi yangu hapa kijijini natamani kufikia malengo yangu ila naona kama kuna gingi mbele yangu, tafadhari naomba ushauri jamani nifanyeje maana bibi na baba yangu wananitegemea ni msichana aliyezaliwa peke yake, hapa niko njia panda. Kazi njema.**

**Habari Goodness!** Hongera kwa kuwa na ndoto. Kwa kweli suala la ada ni changamoto kubwa, lakini unaweza kujifunza kwa wengine waliopitia changamoto kama za kwako, walitoboaje? Kuna mambo kadhaa unaweza kufanya. Cha kwanza kubaliana na ukweli kwamba ndoto yako inahitaji muda na mikakati ili ifikiwe. Unahitaji kujipanga, unahitaji muda na unahitaji nidhamu katika kuweka na kusimamia malengo utakayojiweka. Cha pili, tafiti uone kama vyuo vya afya ambavyo vinasomesha vijana kwa kuwalipia ada, ukipata peleka maombi yako. Lakini pia kaongee na Afisa Maendeleo ya Jamii, ulizia fursa za masomo. Tatu, unaweza kuanzisha biashara ndogo ya mazao ya kilimo kama vile matunda, chakula, au chochote ambacho utaona kinawezekana. Hakikisha unatenga fedha na kuhifadhi ili ukuze mtaji, lakini uweke akiba kwa lengo la kutafuta ada. Pia, angalia fursa za kujitolea, kama vile wahudumu wa afya ngazi ya jamii, ili upate uzoefu na kujenga mtandao.



**Shikamo, Anko pesa. Mimi naitwa Goodness kutoka Kigoma. Nimehitimu kidato cha nne mwaka jana 2023 katika shule ya sekondari Kigodya, na nimefaulu ingawa nimepitia changamoto nyingi, lakini lengo langu ni kutaka kujiunga na chuo cha afya lakini sina wakuniendeleza maana mama yangu ameshafariki na baba yangu ni mgonjwa wa akili tangu nikiwa mdogo sana na kwasasa naishi na bibi yangu hapa kijijini natamani kufikia malengo yangu ila naona kama kuna gingi mbele yangu, tafadhari naomba ushauri jamani nifanyeje maana bibi na baba yangu wananitegemea ni msichana aliyezaliwa peke yake, hapa niko njia panda. Kazi njema.**



**Habari Goodness!** Hongera kwa kuwa na ndoto. Kwa kweli suala la ada ni changamoto kubwa, lakini unaweza kujifunza kwa wengine waliopitia changamoto kama za kwako, walitoboaje? Kuna mambo kadhaa unaweza kufanya. Cha kwanza kubaliana na ukweli kwamba ndoto yako inahitaji muda na mikakati ili ifikiwe. Unahitaji kujipanga, unahitaji muda na unahitaji nidhamu katika kuweka na kusimamia malengo utakayojiweka. Cha pili, tafiti uone kama vyuo vya afya ambavyo vinasomesha vijana kwa kuwalipia ada, ukipata peleka maombi yako. Lakini pia kaongee na Afisa Maendeleo ya Jamii, ulizia fursa za masomo. Tatu, unaweza kuanzisha biashara ndogo ya mazao ya kilimo kama vile matunda, chakula, au chochote ambacho utaona kinawezekana. Hakikisha unatenga fedha na kuhifadhi ili ukuze mtaji, lakini uweke akiba kwa lengo la kutafuta ada. Pia, angalia fursa za kujitolea, kama vile wahudumu wa afya ngazi ya jamii, ili upate uzoefu na kujenga mtandao.

**Shikamo Uncle pesa! Naitwa Yusta David kutokea Songwe nilikuwa na swali Uncle angu hivi nawezaje kuwekeza angali ni mdogo nipo kidato cha pili sasa.**

**Marahaba Yusta!** Unaweza kuwekeza katika maarifa na ujuzi. Fikiria kujifunza ujuzi wa ufundi kama uchoraji au upishi. Pia, unaweza kuanzisha biashara ndogo kama ya kuuza vinywaji au snacks shuleni. Hii itakupa uzoefu wa biashara na pesa kidogo. Wapo vijana wengi walioko shule wanapanga vizuri ratiba zao, wanafanya biashara ndogo ndogo na wanasoma. Kumbuka, kuwa mjanja kwenye kupanga ratiba, ni muhimu kuhakikisha mambo haya mawili hayaibiani muda. Mpaka ukimaliza shule utakuwa ushajenga uzoefu.





Mambo vipi?? Hii ndo ile sehemu yetu pendwa ya kupaza sauti na kujiachia tependavyo! Tunafanya hivyo kupitia mitandao yetu ya kijamii ya Facebook, Instagram, X, na Tiktok kwa kutumia @feminahip. Pia tunapatikana kwa SMS kupitia 0753003001 na wadau wetu makini kabisa wa Posta, sanduku letu ni 2065 Dar es salaam. Pamoja na yote hayo, unaachaje kutufatilia kupitia tovuti yetu ya www.feminahip.or.tz !!

Unajua mwaka huu wa 2024 Femina Hip tumetimiza miaka 25? Naam, shamrashamra mwaka mzima. Kitu kinaitwa #RoboKarneYaMafanikio, wadau wetu mbalimbali walitupongeza kwa salamu nzuri na zenye kutufanya tuendelee gurudumu la miaka 25 ijayo tena. Zawadi bado tunapokea jamani!



Wenzetu wa Instagram pia wakaona isiwe kinyonge sana

@Zuhura\_lives.

We celebrate you! Happy to have been part of the 25 years.

@morganmonica735

Happy birthday femina family. I wish to work with you guys one day

@Victory\_cleaners2020

25 years of impact we celebrate Femina Hip

@paskalijs

Pongezi kwenu @feminahip kwa kutimiza miaka 25 mkiendelea kuwa on



Emmanuel Msemakweli

Ni muhimu sana vijana kuandaliwa vyema kwa ajili ya fursa za Kidigitali. Kuna fursa nyingi mno upande huo na zinaweza kusaidia sana kupunguza KILIO cha ukosefu wa ajira mtaani na kutengeneza fursa za ajira kwa vijana zaidi. Hongereni sana Femina Hip kwa kazi njema ya kuendelea kutengeneza jukwaa kwa ajili ya vijana kujifunza na kustawi.

Tuanze na Facebook wadau wetu walisemaje

Duncan Masha

Hongereni sana Femina mmekua chachu kubwa ya mabadiliko kwa vijana wetu hasa walio mashuleni

Baraka Mwakatobe

Misozwe sek. Fema Club Kutoka Muheza Tanga tunasema "Hakika mnaupiga mwingi"

Jafary Nassoro

Mungu hawabariki sana mmefanya kazi kubwa sana... Hongereni sana... Mimi nasubilia mufikishe miaka 50 ili nilete zawadi yangu ya shukrani

Mary Fadei

Ukisikia ua lisilosinyaa...ua lenye uthubutu...ukakamavu...lenye kicheko...linaloruhusu kilio...lenye nguvu lakini linaloheshimu maumivu na kuyasikiliza...na linaloamini katika nguvu...huyo ndo Femina Hip

...wa Nzega TBR Hongera Wana familia ya Femina Hip Mmetujengea ujasiri wa kulea vijana wetu mashuleni...mmetujengea ujasiri na uthubutu ktk kukabiliana na changamoto za maisha ya Karne hii, Heko kwenu waasisi Club yetu kubwa Tz

Shedrack Chikwankala

Salamu za pongezi zilikuwa nyingi sana na tunawashukuru wote, hakika haikuwa rahisi kutoboa miaka 25 ila kwa mapenzi yenu nyie wadau wetu tumeweza sana

Mwaka huu pia tukajadili masuala ya hedhi na tukawapa wadau uwanja wa kuelezea mambo haya



Je, Unadhani kuna umuhimu gani wa kuzungumzia masuala ya hedhi katika jamii zetu?

Mc Sachu

Yeah, hedhi ya kwanza huleta fadhaa na maudhi kwa binti ni vizuri akijua na kujiandaa kisaikolojia kukubali matokeo ya mabadiliko ya mwili wake, pia kuna mila potofu kwenye baadhi ya makabila kuwa mwanamke mwenye hedhi haruhisiwi kupika hata chakula cha familia jamii zijue hedhi sio laana ni sehemu ya maumbile ya kike isiwe tangazo binti Asaidiwe kupata vifaa vya kujitiri asidhalilike hedhini

Amiri Kijazi

Nimuhimu kabisa kwani itasaidia jamii kuondokana naimani potofu pia itawapa mabinti uhuru hususan wale wanao enda shule itawaacha huru pindi elim hii itawafikia Kwa ukubwa

Mambo yakazidi kuwa bambam mara paaap WIKI YA VIJANA mkoani Mwanza, Femina Hip hatukuwa nyuma tukatuma vijana wetu na wao wakatuwakilisha vyema

Laurent Kimath

Inategemea ni nyanja ipi linaongelewa na mtazamo wa jamii husika,kikubwa tuanze kupata elimu lakini hata katika imani au kidini.



Je, Unafikiri elimu juu ya hedhi inapaswa kufundishwa kuanzia umri gani?

Shauku Samuel

7 years siku hizi watoto wanawahi sana kupevuka..nanifundishwe kwa watoto wote wa kike na kiume

Miaka 9 na 14

Flerentino Philipo

Is Lucie Swai

Umri sahihi ni kuanzia darasa la nne bila kuwepo na ukomo wa muda

Kwa maoni yangu pindi tu mtoto wa kike anapoanza kuelew zuri na baya, maana tukisema tuangalie umri sio sawa maan ypo mavyakul yanayo kuza wtoto harka haraka, wengi huanza kubalehe hta n miaka 9/10 sikuizi

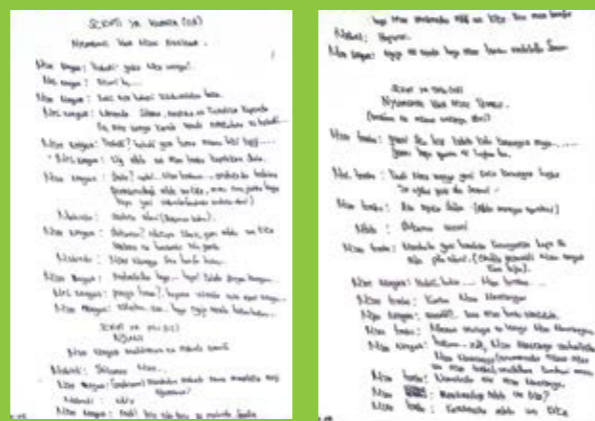
@magnolia01\_

Yes! Hao ni baadhi ya wadau waliopaza sauti na kujiachia nasi katika kurasa zetu pendwa. Toleo lijalo ni zamu yakoooooooo. See you next time!



### Hawa hapa Matai!!!

Akili mingi imetumika kuwaibua kifua mbele vijana wa Matai Secondary school kwenye chalenji namba 37 ndani ya jarida namba 66.



### Gia waliyoingilia

Kama Chalenji yetu ilivyokuwa ikitutaka; kutengeneza igizo lenye ujumbe unaonesha faida za usawa wa kinjisia kwa wavulana na wanaume katika jamii, yaani kwamba ni faida zipi wavulana na wanaume wanazipata kutokana na usawa wa kijinsia. Chalenji ilitaka mchezo uandikwe kwa mswada (script) kamili ukionesha wahusika, mahali na matukio yanayoigizwa, pia uwe wa kuelimisha. Bila kupoteza muda vijana Matai wakaingia mzigoni kupiga kazi, na matokeo yake wakatuletea igizo lenye hadhi ya nyota tano, baada ya kutuonesha umuhimu wa kutoa elimu sawa kwa jinsia zote. Bila shaka ujumbe wenu utaifikia jamii jirani na mbali. Pongezi kwenu vijana wa Matai kwa vipaji mliyvo navyo. Tunawaona mbali, mna kitu!

## CHALENJI NO. 39

Buni, shirikiana, shinda!

Changamoto iko mbele yetu sasa, tunataka kuwaona mabingwa wa ubunifu! Ni rahisi tu, mkifanya kwa ushirikiano na kuwekeza nguvu pamoja kama timu moja. Unajua, changamoto ya maji ni kitu ambacho hatuwezi kukwepa, sasa, hebu tuchangamshe bongo kidogo, kama Club, tengenezeni sehemu ya kuhifadhi maji ili mnapokutana na shida ya maji, msisumbuke! Nnajua wengine tayari mna sehemu hizo, basi ziboresheni zaidi. Na tusisahau, tupeni zile picha kali za huo ubunifu wenu tuone!

KWA MAWASILIANO TAZAMA UKURASA WA MWANZO KABISA WA TOLEO HILI.

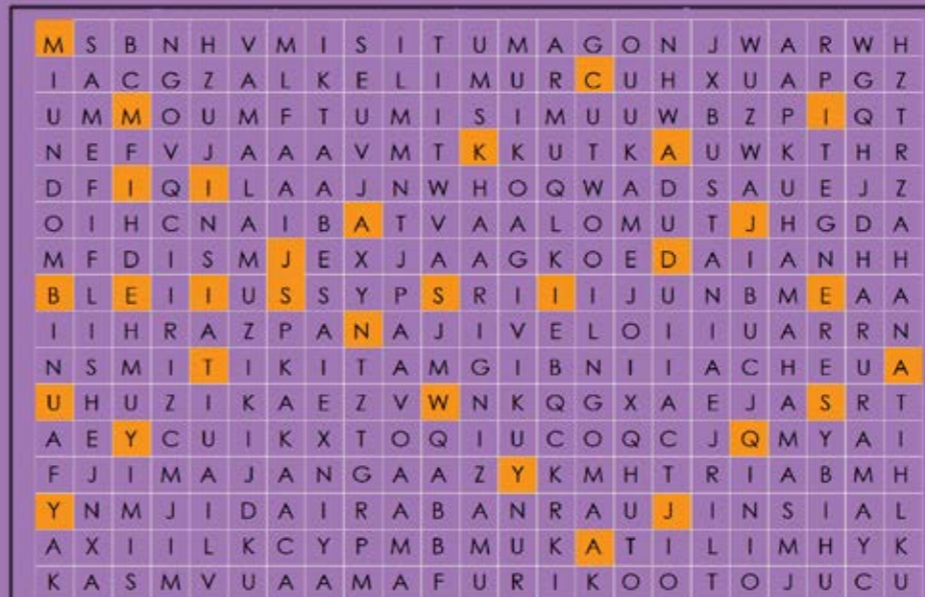
### Zawadi:

- Nafasi ya Kwanza: Kutambulika kwa mashamsham kwenye jarida la Fema, picha yao kuoneshwa kwenye mitandao ya kijamii ya Femina Hip, na T-shirt 20.
- Nafasi ya Pili mpaka Tano: Kutambulika kwenye jarida la Fema.

Ripoti za CHALENJI no39 zitumwe kablaya APRILI 15, 2025. GOOD LUCK!

**KUMBUKA**  
Ubunifu na utunzaji wa mazingira ndiyo vigezo vikuu vya ushindi!

### Compete and Win Fema 68



### MAZAWADI:

Ni muda mwingine wa kujishindia zawadi, na kuwafahamu washindi wa toleo lililopita. Kaa mkao wa kula maana hapa kuna bidii yako halafu kuna bahati yako! Lakini si unajua usipojaribu ndio umekosa tayari? Twende kazi, fuata tu maelekezo na mambo yataenda sawa kabisa.

Kumbuka, hili ni shindano la mtu mmoja mmoja, na mtu yeyote anaweza kushiriki. Jumla ya washindi ni 20, na kila mmoja anaondoka na t-shirt yake moja.

**COMPETE & WIN**

### Tuwatambue Washindi Kutoka Toleo Lililopita.

- Regina James Thomas  
*Uyovu Sec School*
- Lucy Pascal Damianus  
*Bukura Sec School*
- Sharifa Abdallah Hamis  
*Ntuntu Sec School*
- Abedinego Mathias Linga  
*J.m.kikwete Sec School*
- Mwashum Kamena Swaleh  
*Kasimbu Sec School*
- Queen Onesmo Mshana  
*Mdabula Sec School*
- Joseph George John  
*Businde Sec School*
- Aisha Abdi Mahogwa  
*Kasimbu Sec School*
- Hatibu Omary  
*Kasimbu Sec School*
- Misheck Charles Sikanyika  
*J.m.kikwete Sec School*
- Tertula G Vicent  
*Mdabalo Sec School*
- Aneth Augustino Mgina  
*Msalato Sec School*
- Veronica Ayoub Mfugale  
*Mlowa Sec School*
- George Eva Peter  
*Kasimbu Sec School*
- Balibanga Mzaliwa  
*Kasimbu Sec School*
- Vanessa Jackson Lukosi  
*Mlowa Sec School*
- Kenes Amos Leonidas  
*Businde Sec School*
- Suzana Joel Nguze  
*Kasimbu Sec School*
- Bailon Malcialy Martin  
*Businde Sec School*
- Rihana Hongoli  
*Mlowa Sec School*

### Iko hivi:

Umesoma jarida mwanzo mwisho eeh? Sasa una nafasi ya kujishindia T-shirt maridadi kutoka Femina Hip, ikiwa utashinda hili fumbo maneno. Kuna maneno 40 yamefichwa kwenye hili fumbo maneno, yametoka ndani ya toleo hili hili. Yatafute yote, tutumie.

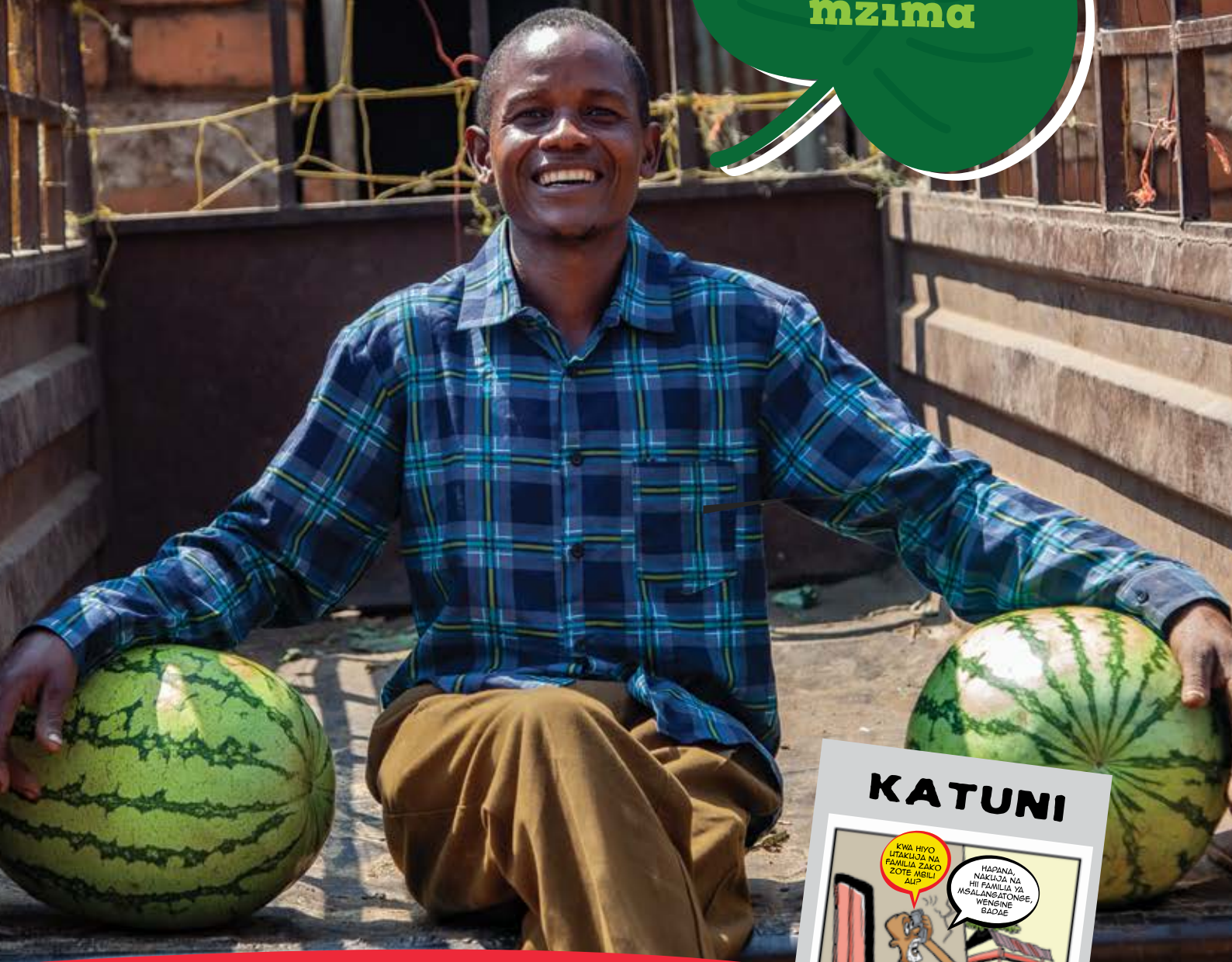
### Fanya hivi:

Pitia hili fumbo maneno, chora pembeni kwenye karatasi nyingine, au toa photocopy, zungushia duara kila neno ulilopata. Usichore kwenye jarida, tumia karatasi tofauti, andika kichwa cha habari COMPETE & WIN, tutumie. Usisahau kuandika jina lako na anuani, na namba ya simu kama ipo, ili ukishinda tukutumie zawadi yako.

**MAJIBU YATUMWE KABLA YA FEBRUARY 28, 2025.**  
Angalia mawasiliano yetu kwenye ukurasa wa WASILIANA NA FEMINA HIP ndani ya toleo hili. Washindi watatanzwa kwenye toleo namba 69. HAYA TUCHANGAMSHE AKILI KIDOGO.



Umwagiliaji  
ndio mpango  
mzima



**KATUNI**



**femina**  
hip

**SI MCHEZO!**