

femina
hip

HALIUZWI

MAY - AUGUST - 2025

fema

DORA
Juakali

**Changamoto
zilinipa motisha**

VUMA
yaonesha njia

**Bila elimu
maisha yatakuwa
magumu zaidi**

KATAVI

WASILIANA NA FEMINA HIP



ANUANI YA POSTA



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Una maswali, mrejesho au mapendekezo
kuhusu kazi zetu?
Au una tatizo lolote la ufikaji wa
Fema katika shule yako?
Tuma SMS kwenda **0753003001**
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Dreams. Resilience. Partnerships.

Hello and karibu sana! Here is another edition of Fema magazine na kama kawaida we deliver what we promised - edutainment in the form of inspiring stories, hard lessons brought to you in a simpler way, and experiences that will touch your emotions, for a good reason.

This issue focuses on VUMA - a project whose name stands for Vijana na Ubora, Afya na Malengo, inspiring a positive mindset all the way. It is all about empowering adolescent girls and young women with the knowledge and awareness they need about their sexual and reproductive health and rights. And as you may have noticed from the cover, we set camp in Katavi region to make sure we are getting these stories from the source.

So, read on to experience stories of resilience, courage, and the power of community. You will meet young people who refuse to let challenges define their futures. They dare to dream, take bold steps, and pursue their ambitions with determination. These are stories of courage, friendship, and the unbreakable spirit of youth.

Beyond individual stories, we also highlight the strong partnerships that make change possible. You will read about the remarkable collaboration between local government, the Police, schools, NGOs, and communities - all working together to create a safer, more supportive environment for young people, especially adolescent girls and young women.

This issue is filled with inspiration and hope. We invite you to read, reflect, and share the stories, ensuring the message reaches even further - change for youth will happen when communities take ownership, and youth-led actions step up to hold institutions accountable and advocate for lasting impact.

Enjoy the read!



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Changamoto Zilinipa Motisha

NA SUMAIYA KARIM



“

Mimi ni wa kipekee na nitatumia upekee wangu kufanikiwa, na kama wao wananiita mimi ni laana, basi nitakuwa baraka.

Changamoto zilinipa motisha

Wengi wanamfahamu kwa jina la Dora. Lakini si wengi wanaolifahamu jina lake halisi, wala safari yake ya maisha. Na Dora tunayemwona leo ni mfano wa ushindi dhidi ya vikwazo vikubwa. Ni msanii mashuhuri na mwanamke jasiri ambaye safari yake ya maisha ni somo la uvumilivu na matumaini kwa kila mmoja wetu.

Majirani, jamaa na hata ndugu walimtaazama binti huyu kwa dharau na kebehi. Walisema mengi juu yake na wazazi wake.

“Tazama kafara hii, mtoto gani huyu?”

“Usicheze na mwanangu, utamuambukiza madude yako!”

“Huyu ni laana, si kama watoto wengine!”

“Mimi nilizaliwa mwaka 1995, na nilizaliwa na ugonjwa wa selimundu, kwa hiyo, ukiachana na kwamba nilikuwa mdogo mdogo kuliko wenzangu, ugonjwa ulinifanya nizidi kuwa mdogo na mwembamba, hali iliyowafanya ndugu waanze kuongea walivyokuwa wakiongea,” anasema Wanswekula Zakaria, muigizaji maarufu hapa nchini, ambaye wengi walianza kumwona katika tamthiliya ya Kapuni akiitwa Dora, na jina hilo sasa limekuwa kama jina lake tu.

“Katika ukuaji wangu, sikuwahi kucheza na wenzangu wala kuwa na marafiki, maana hakuna mzazi aliyekuwa anataka nicheze na mwanae, kwa hiyo nikawa tu nakaa ndani peke yangu,” anaongeza.

Mabadiliko yalikuja pale masista wa kanisani walipomwona Dora na kuamua kumfadhili masomo na matibabu. Hakuwa ameanza shule hadi alipofikisha miaka tisa, kwani kila alipojaribu kuandikishwa, alikataliwa kwa sababu ya umbo lake dogo. Wazazi wake walimfundisha kusoma na kuandika nyumbani.

Challenges motivated me

Many people know her as Dora, but few know her real name or her life story. And the Dora we see today is a testimony of triumph after overcoming many challenges. She is a famous actress and a brave woman whose story teaches us about hope and resilience.

Her neighbours, relatives, and even family, looked down on her. They mocked her and said hurtful things about and her parents.

“Look at this sacrificial offering. What kind of child is this?”

“Don’t play with my child; you will infect them!”

“She’s a curse, she is not like other children!”

“I was born in 1995, and I was born with sickle cell anemia, so despite being smaller than my peers,

the disease made me even smaller and thinner, which caused my relatives to start talking the way they did,” says Wanswekula Zakaria, a famous actress in the country, who many first saw in the drama series Kapuni as Dora—a name that has now become synonymous with her.

“Growing up, I did not have friends because no parents wanted me to play with their children. So, I stayed inside, alone,” she adds.

Change came when nuns at the church saw Dora and decided to sponsor her education and medical care. She was nine years old and had not started school, because she was rejected everywhere due to her small stature. Her parents taught her how to read and write at home.

“

“I am unique, and I will use my uniqueness to succeed. If they call me a curse, then I will become a blessing.”

Safari yake ya elimu

Basi kwa msaada wa masista, Dora alianza shule, na alisoma huku akipatiwa uangalizi maalum chini ya masista hao kwasababu ya ugonjwa aliokuwa nao. Kwa bahati nzuri, huko hakunyanyapaliwa na walimu wala wanafunzi wenzake, na katika shule ya msingi Katesh A, Dora alifanikiwa kumaliza elimu yake ya msingi.

Baada ya kumaliza darasa la saba, aliona kuwa safari yake ya elimu imefika mwisho kutokana na uwezo wa wazazi kifedha. Alikaa nyumbani akawa anamuomba Mungu tu.

Kaka yake aliyekuwa anaishi Dar es Salaam alipokuja nyumbani alitoa wazo la kumpeleka mjini. Alikuwa anamfahamu mtu mwenye kituo cha watoto yatima ambaye aliwalea vizuri na kuwatafutia wafadhili wa masomo. Aliposikia hilo, hakujali kuwa ni kituo cha watoto yatima—alichojali ni nafasi ya kusoma. Anawashukuru wazazi wake kwa kumuamini na kumruhusu aende naye.

“Kwa kweli yule mwenye kituo ni mmoja wa watu muhimu sana katika maisha yangu. Nilipofika kituoni nilipokelewa vizuri sana, watu walinishangaa tu waliponiona lakini baada ya hapo tuliishi kwa amani na furaha, tuliishi kama ndugu na wale watoto. Baada ya muda nilipata mfadhili akawa anasaidia kwenye ada ya sekondari, matibabu na mahitaji mengine.”

Anamshukuru Mungu kwamba hakuwahi kufanyiwa ukatili wowote wa kimwili, lakini alifanyiwa ukatili mbaya sana wa kisaikolojia shuleni; alinyanyapaliwa, kubaguliwa na kudharauliwa, na hiyo ikamfanya kuwa mtu wa hisia kali sana dhidi ya kitu chochote, hata kikiwa kidogo tu.

Anakumbuka alipokuwa kidato cha tatu, kuna mwalimu mpya alikuja shuleni, alipoingia darasani akasema, “ni kitoto gani hichi kipo darasani na kimevaa sare za shule?” Alisimama kwa uchungu akamjibu, “mimi sio kitoto, na sipo hapa kwa bahati mbaya, nipo hapa kwa ajili ya kusoma, na mimi ni wa kipekee.” Kuanzia siku hiyo, yule mwalimu hakuwahi tena kumwambia kitu cha namna ile.

Tangu zamani alikuwa anajiambia kwamba yeye ni wa kipekee na kujipa moyo kwamba upekee wake ndio utampa fursa kama ya kupata wafadhili na kuonekana na watu. Siku hiyo darasani ilimwongezea nguvu akajiambia kwamba, “Mimi ni wa kipekee na nitatumia upekee wangu kufanikiwa, na kama wao wananiita mimi ni laana, basi nitakuwa baraka.” Dora alisoma kwa bidii na kuhitimu kidato cha nne katika shule hiyo.

Her education journey

So, with the support of the nuns, Dora started school, under their special care because of her sickle cell condition. Fortunately, she was not discriminated against by her teachers or fellow students, and she successfully completed her primary education at Katesh A Primary School.

After completing standard seven, she believed that would be the end of her educational journey, because her parents did not have the financial means. She stayed home, praying to God.

Her brother, who was living in Dar es Salaam, came home and suggested taking her to the city. He said he knew someone who ran an orphanage that provided good care and helped find sponsors for children's education. When Dora heard this, she didn't mind that it was an orphanage—what mattered to her was the chance to study. She is grateful to her parents for trusting her and allowing her to go with him.

“Truly, the person who ran the orphanage is one of the most important people in my life to date. When I arrived at the orphanage, I was welcomed warmly. People were initially surprised when they saw me, but after that, I lived in peace and happiness

with the other children, like siblings. Over time, I got a sponsor who helped with school fees, medical care, and other needs.”

She thanks God that she never experienced physical abuse, but at school she went through severe psychological abuse. She was stigmatised, discriminated against, and looked down upon, which made her extremely sensitive to any form of mistreatment.

She recalls when she was in form three, and a new teacher came to class and asked, “What is this little child in the classroom wearing a school uniform?” Hurt, she stood up and replied, “I am not a little child, and I am not here by accident. I am here to study, and I am unique.” From that day, the teacher never spoke to her in such a manner again.

From a young age, she always reminded herself that she was unique and believed that her uniqueness would bring her opportunities like sponsorships and recognition. That day in class gave her even more strength, and she told herself, “I am unique, and I will use my uniqueness to succeed. If they call me a curse, then I will become a blessing.” Dora studied hard and completed secondary education at that school.

Njia ya ndoto yake

Kama ilivyo kwa wengi wetu, Dora alikuwa na ndoto nyingi tangu akiwa mdogo. Kwanza alitaka kuwa nesi, lakini baadaye aligundua kuwa ndoto yake ilikuwa ni kuwa muigizaji.

Swali alilojiuliza mwenyewe lilikuwa, “nitakuwaje muigizaji?” Akiwa amesikia mengi kuhusu changamoto zinazowakumba mabinti katika tasnia ya sanaa ya uigizaji, kama vile unyanyasaji na rushwa ya ngono, Dora alijua kuwa lazima atafute njia mbadala. Uandishi wa habari! Ndiyo. Uandishi wa habari! Dora alijua kwamba, kwa kuzingatia umbo lake na ucheshi wake, ikiwa angejifunza uandishi wa habari na kupata kazi katika televisheni, akaonekana na watu, hiyo ingekuwa ni tiketi yake ya kufika katika ulimwengu wa sanaa ya uigizaji.

The path to her dream

Like most of us, Dora had many dreams as a child. At first, she wanted to become a nurse, but later she realised her true dream was to become an actress.

The question though was, “how will I become an actress?” Having heard about the challenges young women face in the acting industry, such as harassment and sexual exploitation, Dora knew she had to find an alternative way in. Journalism! Yes, journalism! Dora believed that with her petite stature and charming personality, learning journalism and getting a job on television would make her visible to people, and that would be her ticket to entering the world of acting.



Shule ya Uandishi wa Habari Dar es Salaam

Baada ya kumaliza kidato cha nne, Dora akajiunga na Shule ya Uandishi wa Habari Dar es Salaam, ngazi ya cheti. Akawa anafuatilia masuala ya tasnia ya sanaa huku akiamini kwamba ataweza kufanikiwa katika sanaa kama akipata nafasi ya kufanya kazi na mkurugenzi mwanamke, kwani mwanamke hatomnyanyapaa wala kumkatili. Aliposikia kuhusu Lamata, akaanza kufuatilia kazi zake huku akiendelea kusoma na kumuomba Mungu.

Dar es Salaam School of Journalism

After completing secondary education, Dora joined the Dar es Salaam School of Journalism at the certificate level. She kept an eye on the arts industry, believing she could succeed if given a chance to work with a female director, as she thought a woman would neither discriminate against nor mistreat her. When she heard about Lamata, she started following her work while continuing her studies and praying for an opportunity.



Lamata Leah

Dora

Ufanisi na mafanikio

Leo Wanswekula Zacharia, mzaliwa wa Mkalama, Singida, ameweza kuwasaidia wazazi wake na kuendeleza maisha yake kwa juhudi na maarifa. Anamshukuru Lamata Leah, "Sikukosea kumwamini Lamata, kwani amekuwa zaidi ya bosi kwangu. Lamata ni meneja, ni bosi, ni rafiki na ni mama. Namuheshimu sana na kumpenda kwa moyo wangu wote."

Akakutana na Lamata Leah

"Kuna kaka mmoja nilikuwa nasoma nae chuoni alitokea kuamini uwezo wangu wa kuigiza," anasema Dora. "Siku moja akanambia 'Lamata atakupenda sana.' Nilifurahi kusikia hivyo, basi akasema kwamba kesho yake twende."

"Nilipokutana na Lamata, alinipokea kwa mikono miwili, akaniambia maneno mazuri, na kwa mara ya kwanza nikaona nafasi ya kweli. Siku hiyo hiyo nilifanya usaili na kupita. Lamata aliniambia, 'kesho utaanza kazi.' Hapo ndipo nilipojua kwamba safari yangu ya uigizaji ilikuwa imeanza rasmi."

"Filamu yangu ya kwanza, Kapuni, iliruka mwaka 2018 kupitia DSTV. Lakini safari yangu ya chuoni ilifika kikomo. Mfadhili wangu alipoona naonekana kwenye televisheni, akadhani kwamba nimeshafanikiwa, akasitisha ufadhili. Hivyo, nikaamua kusitisha masomo yangu na kuwekeza kila kitu kwenye uigizaji. Hali hii ilinilazimu kusitisha masomo na kuwekeza kikamilifu kwenye uigizaji."

Then she met Lamata Leah

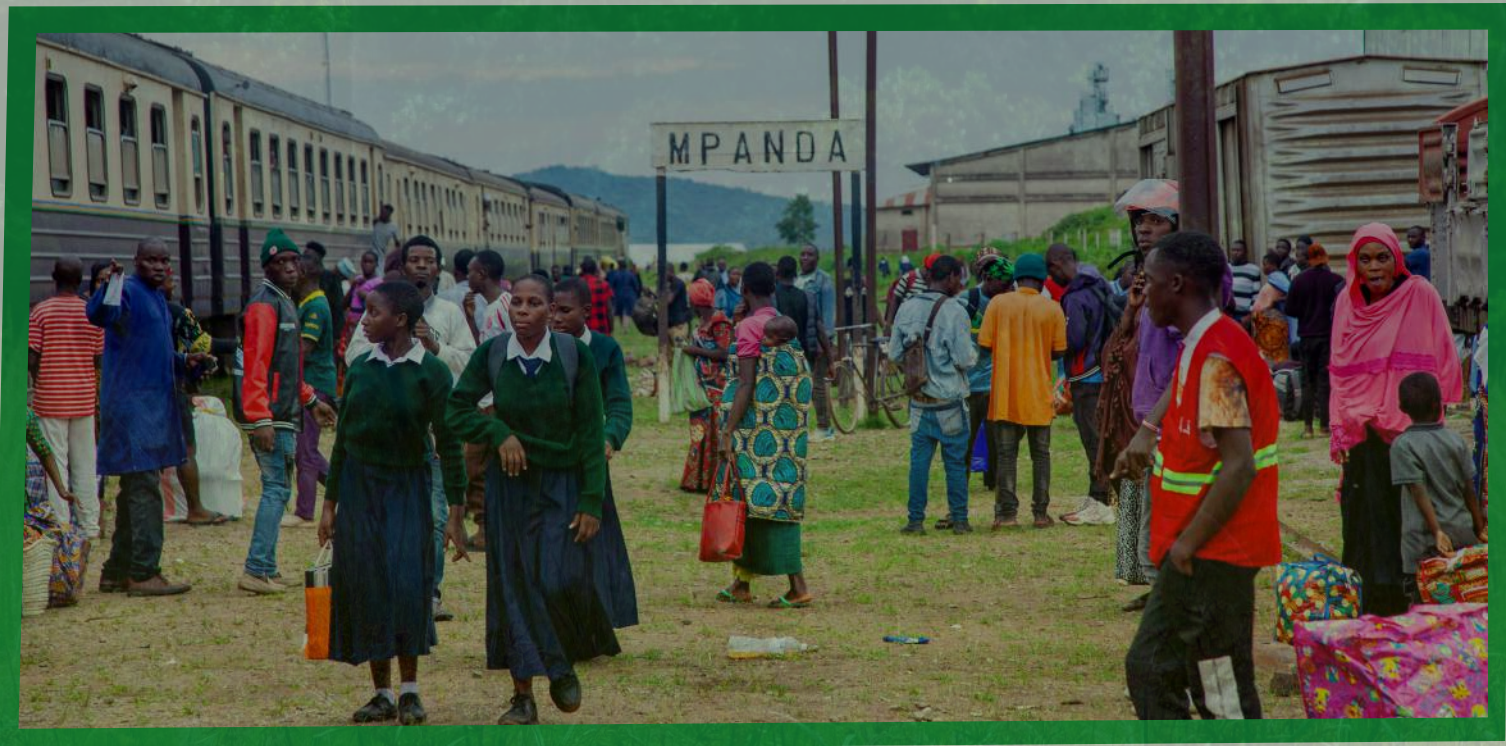
"One of my college friends believed in my talent," Dora says. "He told me, 'Lamata will love you.' I was happy to hear that, and he said that we could go together to meet her the next day."

"When I met Lamata, she welcomed me with open arms, and spoke to me kindly so that for the first time, I saw a real opportunity. That same day, I auditioned and passed. Lamata told me, 'you start tomorrow.' That's when I knew that my acting journey had officially begun."

"My first film, Kapuni, aired in 2018 on DSTV. But my college journey came to an end. When my sponsor saw me on television, he believed I was already successful, so he ended the sponsorship. I therefore decided to suspend my studies and invest everything into acting. This situation forced me to put my education on hold and commit myself fully to acting."

Success and achievements

Today, Wanswekula Zakaria, born in Mkalama, Singida, supports her parents and has built her life through hard work. She is grateful to Lamata Leah. "I was not mistaken to trust Lamata, because she has been more than a boss to me. Lamata is my boss, my friend, and a mother. I respect and love her with all my heart."



Nestory Peter

01

Katavi ya kuvutia, sifayo inayo kubwa,
Kwa wasiopajua, naimba ilivyo kubwa,
Sichoki kujivunia, kwa mkoa wa kuigwa,
Katavi ya kupendeza, daima najivunia.

03

Ziwa la kina kirefu, namaanisha Tanganyika,
Samaki si kwa uzuri, si kwa utamu huu,
Sijaona wakumzidi, kuhe Samaki pekee,
Katavi yakupenda, daima Najivunia

02

Mkoa wa wilaya tatu, ambazo zafahamika,
Mpanda nayo Mlele, ipo pia Tanganyika,
Huu utangulizi wake, kiini tutafikia,
Katavi yakupenda, daima Najivunia

04

Jiografia halisi, Majimoto kutokea,
Siyo kwa kuyachemsha, jikoni hutoyakuta,
Yapo tu sehemu moja, Mpimbwe yatambulika,
Katavi yakupenda, daima Najivunia.

05

Maajabu kemukemu, mapacha kupatikana,
Maji mithiri ya baraka, hayo ya mto mapacha,
Tanganyika wapatikani, mto huo wa kushangaza
Katavi yakupenda, daima Najivunia.

06

Sichoki kujivunia, Wanyama wakupendeza,
Katavi Najivunia, hifadhi ya kupendeza,
Wanyama wa kuvutia, mbugani wajipenyeza,
Katika hifadhi yake, kubwa na tano nchini.



07

Twiga mweupe porini, yupo mkoa mmoja,
Ni Katavi yapekee, fahari yetu Katavi,
Anaipamba hifadhi, hutomkuta popote,
Katavi yakupenda, daima Najivunia.

08

Mizengo Pinda asika, kwa uongozi ulio bora,
Wanakatavi kutuwakilisha, kwa uchapakazi nchini,
Hakuna kama yeye, wanakatavi twajivunia,
Katavi yakupenda, daima Najivunia.

09

Pole kwa msiopajua, mazuri hamtoyajua,
Bado hamjachelewa, kidogo nimewajuza,
Ukitaka kutambua, karibu kwetu Katavi,
Katavi yakupenda, daima Najivunia.

10

Tamati nimefika, naweka chini kalamu,
Machache nimewajuza, usiache kukimbilia,
Na mwisho nakueleza, utambau umuhimu,
Mkoa wetu wa kupendeza, fahari ya Taifa letu.





Kumechangamka

Mambo njaa! Hongereni sana kwa kazi mnazofanya kwenye club zenu, popote ulipo pata soda baridi ya kujipongeza. Unajua, kujitolea sio adhabu! Kujitolea ni fursa ya kuleta mabadiliko! Washiriki wa Fema Club kutoka shule mbalimbali za Tanzania wanapambana kuhakikisha jamii zao zinapata mabadiliko chanya. Swali kwako ni je, shule yako inatoa fursa gani kuleta mabadiliko kwenye jamii? Hebu tuwacheki hawa wenzetu na waliyoyafanya, tutajifunza kitu.

NA MARY MBAGO

Kilinda waonesha mfano



Pale Kilinda Sekondari, Fema Club walikubaliana na kutekeleza, kwamba ile hamsini kwa hamsini kwenye uongozi ianzie shuleni. Uchaguzi wa Fema Club ulipowadia na Mwenyekiti akachaguliwa msichana, Makamu Mwenyekiti akachaguliwa mvulana. Katibu akachaguliwa mvulana, na Katibu Msaidizi akachaguliwa msichana. Wanasema hii inasaidia sana kuhakikisha jinsi zote mbili zinawakilishwa ipasavyo kwenye uongozi. Kilinda wameonesha mfano, inawezekana.

Buyuni wasambaza upendo



Katika siku ya wapendanao, Buyuni Fema Club walifanikiwa kutembelea kituo cha watoto yatima cha UDO kilichopo Kidete, Chanika. Waliandaa kuni, mboga, chakula na vinywaji, wakapika na kula pamoja na watu takribani 80. Watoto walifurahi, msosi ulikuwa wa kutosha sana hadi ulibaki, ikiwa ni ishara ya furaha upendo waliowapatia.

Likongowele Sekondari wakiongoza kilimo hai



Washiriki wa Klabu ya Fema kutoka Likongowele Sekondari wapo kazini, wakihakikisha bustani yao inadumu, wanafanya kilimo hai! Kama ilivyo kawaida ndani ya Fema Club kila mwanachama anajitolea kufanikisha jambo la Club, na lengo ni kufanya mazingira yao yapendeze, lakini pia ni nafasi ya na kujifunza ujuzi wa kilimo hai.



Wanaokoa maisha



Wana Kemoramba Fema Club hawajalala hata kidogo! Wamejitokeza kwa wingi kuchangia damu na kurudisha fadhila kwa jamii. Walipata wageni kutoka Mfuko wa Damu Salama, Bugando, na ndani ya saa 6 tu, chupa 84 za damu zilipatikana. Kama unavyojua kuchangia damu ni kuokoa maisha. Hongereni sana Kemoramba Fema Club. Kuchangia damu ni miongoni mwa majukumu muhimu sana ya Fema Clubs.

Tunathamini lishe, tunatunza mazingira!



Wana Upendo Fema Club wako kwenye mission mbili kali sana. Moja ni mradi wa bustani ya mbogamboga unaolenga kutoa mlo kamili, kwa kauli mbiu "mbogamboga, mlo wetu, afya yetu" na mbili mradi wa upandaji miti kwa kushirikiana na Idara ya utunzaji mazingira, ambapo kila mwanafunzi analea mti wake hadi anapohitimu! Hii nzuri sana. Wenyewe wanasema "soma na mti, tunza mazingira yako" Aisee! Huu ni uthibitisho kwamba mazingira bora na afya njema huanza na sisi wenyewe.

Utu kwanza, na upendo kwa wote!



Hakuna kitu kizuri kama kuwa faraja kwa mwanajamii mwenye mahitaji maalum. Dimitrios Fema Club wameonesha utu wa hali ya juu kwa kutembelea Shule ya Msingi Kipera Mchanganyiko, wakafanya matendo ya huruma kwa wanafunzi wenye mahitaji maalum, wakiwemo wenye ulemavu wa ngozi. Big up sana Dimitrios.

Shamba kubwa



Maandalizi ya shamba la viazi na bustani ya mbogamboga yanaendelea pale Usililo. Ni sehemu ya mpango wa wana Fema shuleni hapo kuwa na shamba kubwa ambalo litatumika kuwajengea vijana stadi za kiuchumi kupitia kilimo. Hii si tu njia ya kujifunza kilimo hai, bali pia ni fursa ya kujipatia kipato na kujenga maisha endelevu! Vijana hawa wanaonesha kuwa elimu ya darasani inakamilika kwa vitendo!

Kivuli leo, mazingira bora kesho!



Wanaklabu wa Regina Mumba Lowassa Fema Club kutoka Kondoa wameamua kuweka historia kwa kuwa mstari wa mbele kupanda miti ya kivuli shuleni! Wanajua kuwa kivuli cha leo ni baraka kwa vizazi vijavyo. Kupitia jitihada hizi, wanahakikisha mazingira ya shule yanakuwa rafiki kwa kujifunza huku wakipambana na mabadiliko ya tabianchi!



Shout Out ya Toleo

Tongani Fema Club wamefurahi sana kupata Jarida la Fema! Huu ni mwanzo mzuri wa kuendelea kutangaza masuala ya jamii, elimu, na haki za vijana. Jarida pia limefika Linda Secondary School, na wamehamasika sana kuona vijana wenzao ndani ya jarida. Wanajivunia kujua zaidi kuhusu masuala ya kijamii na kufunguka kwenye fursa za kujifunza. Je, wewe umelisoma? Kitu gani kilikuvutia zaidi?



BARAKA

Mentors, hili ni lenu

Mwaka unaenda mbio sana, kesho tu nusu mwaka! Basi tunapokaribia kufikia nusu ya 2025, tunatambua na kuthamini juhudi zenu kubwa katika kulea na kuongoza Fema Clubs mashuleni. Asanteni kwa kazi hii muhimu ya kuwawezesha vijana kujifunza, kushiriki na kuchukua hatua za maendeleo binafsi na ya kijamii. Pamoja sana! Sasa ni wakati wa kutathmini hatua tulizopiga, kwani mwezi Juni ni kipindi mahsusi cha kukusanya ripoti za utekelezaji wa shughuli za Fema Clubs. Kupitia ripoti hizi, tunaweza kuelewa mafanikio na changamoto mnazokutana nazo, ili kuwezesha mchakato wa kutafuta suluhisho, na kusaidia Clubs kuwa na ufanisi zaidi.

Ombi langu kwenu, tafadhali hakikisheni kuwa ripoti za Club zinaandaliwa kwa ushirikiano wa wanachama Club, uongozi wa Club na Mentor. Ushiriki wao katika mchakato huu siyo tu utawafanya kujiskia fahari ya kuwa sehemu ya Club, bali pia utawajengea ujuzi wa kufuatilia maendeleo yao, kutafakari kwa kina, na kuwasilisha taarifa kwa njia rasmi. Tunawasihi mtume ripoti hizo kwa kutumia mfumo uliopangwa na ndani ya muda uliowekwa, ili kuhakikisha taarifa zinawafikia wahusika kwa wakati.

Kwa mara nyingine, shukrani na pongezi za dhati ziwafikie kwa juhudi na moyo wenu wa kujituma katika kulea na kuendelea kizazi cha vijana wenye maarifa, stadi na msukumo wa kubadili maisha yao na jamii zao. Tunatazamia kwa hamu kusikia mrejesho wenu na kuona jinsi Fema Clubs zinavyoendelea kung'ara!

Ni muda wa kuparty

NA MARY MBAGO

Hellooooo Femina Family? Kila kona ya nchi ni shangwe tu; kama si pilau, basi ni vyeti, na kama si vyeti basi ni burudani ya kufa mtu. Wanangu, mnatisha sana! Maana sherehe zenu hazijawahi kuwa za kinyonge vibe liko kama lote.

Sasa, ni wakati wa kuona nani ameliambia dude vizuri. Mnataka kujua mastaa wa sherehe hii? Usiwaze! Sogeza jicho lako hapo chini tusome kwa pamoja namna hiyo.



Youth Bonanza

Katavi kulichangamka haswaa! Youth Bonanza la nguvu kupitia mradi wa VUMA lilifanyika katika Halmashauri zote tano za Mkoa wa Katavi. Bonanza hilo lilikuwa linahamasisha vijana kuhusu afya, lishe, afya ya akili, usafi wa mazingira, na kupinga ukatili wa kijinsia kupitia michezo, vipaji, na majadiliano. Washiriki walijumuisha wataalamu wa afya, maafisa wa jamii, walimu, na wanafunzi. Shughuli zilikusisha mashindano ya mpira, maonesho ya vipaji, mijadala ya haki za afya ya uzazi, na kampeni za afya zikiwemo vipimo bila malipo na elimu ya kujikinga na magonjwa kama kipindupindu. Yaani mambo yalikuwa mengi, yaliyopangwa vizuri, na yote yalienda vizuri kabisa. Shout out kwenu Katavi!

Wahitimu wanaweka Historia

Dodoma Jiji bwana hawatakagi kuchelewa! Kama kawaida yao pale Bihawana Secondary, kituo cha shughuli za Fema Club za mtandao huo, mambo yalinoga katika sherehe ya kuwaaga wanaFema wanaohitimu kidato cha sita mwezi Mei. Wahitimu kutoka Bihawana na Dr. Samia-Dodoma Sec walisherhekea hatua hii muhimu wakisindikizwa na umati mkubwa kutoka shule zao na shule za O-Level za Lukundo, Kizota, Mbabala, Wella, Nzuguni, na Mlimwa! Hilo vibe lake sasa! Hongera kwa wahitimu wote, hakika kesho ni yenu itakuwa njema kama mtasimamia na kutumia vizuri mliyoyavuna kwenye Fema Club.



THABITI

Baada ya graduation, uchaguzi

Msimu wa graduation huu, na hii inatwambia pia kwamba msimu wa uchaguzi unakaribia. Huo ni wakati wa kuchagua viongozi wapya wa Fema Clubs. Tuanze maandalizi kwa kufahamu na kuzingatia mambo kadhaa. Kwanza uongozi ni mojawapo ya stadi muhimu za maisha, na uchaguzi wa viongozi wa Club ni fursa adhimu kwa vijana kujifunza, kujenga ujasiri, na kukuza uwajibikaji. Tunawahimiza walezi kushirikiana na viongozi waliopo ili kuhakikisha mchakato huu unafanyika kwa haki, uwazi, na ushirikishwaji wa kila mmoja.

Pili, ili kuhakikisha uwakilishi mzuri, ni muhimu kuwa na viongozi kutoka vidato vyote, ili kuweka uwakilishi mzuri na kujenga uendelevu ili Club isilale, maana, kama viongozi wote wako kidato kimoja au viwili, wakihitimu Club inaweza kudorora. Jambo hili linatoa fursa kwa wanachama wengi zaidi kuwania nafasi na kujifunza uongozi.

Jambo jingine hapo kwenye uchaguzi tuhimize usawa wa kijinsia katika nafasi za uongozi; wasichana na wavulana wote wanapaswa kuwa na nafasi sawa ya kugombea, kushinda, na kuongoza. Kupitia uchaguzi huu, tunawajenga viongozi wa sasa na wa baadaye wenye weledi na maadili bora.

Vilevile, tunawakumbusha walezi kuwa mchakato wa uongozi hauishii katika shule pekee. Walezi pia wana nafasi ya kugombea nafasi za uongozi ngazi ya wilaya, mkoa, na Taifa kupitia Mkutano Mkuu wa Walezi wa Fema Clubs 2025. Tunawahamasisha mjitayarisha na kushiriki kikamilifu, kwani mchango wenu ni muhimu katika kuimarisha mtandao wa Fema Clubs na kuleta mabadiliko chanya katika jamii zetu.

Tuendelee kuwajenga viongozi wenye msukumo wa kubadili maisha yao na jamii zao!

Iringa iliwaka moto

Mahafali ya kidato cha sita ya Fema Clubs Iringa ilikuwa faya sana. Zilikusanyika shule saba kusherehekea pamoja. Si unalijua vibe la wanaFema wakikutana! Basi ilikuwa ni moto, mdundo wa ukweli, michezo kibao, vipaji vya kumwaga. Kuimba, kudance na wale wakali wa mavazi (fashion show) walionesha mavazi ya aina mbalimbali - ushawahi kuona vazi la kuchungia ng'ombe wewe? Nenda Iringa watakupa ujuzi. Yote kwa yote, mambo yalimalizika kwa kukumbushana kwamba ni muhimu kulinda na kujenga maisha, kuwa makini katika kila jambo. Fema Clubs ni moto!





Hedhi bila hofu

NA MARY MBAGO

Nilisafiri kwenda mkoani Katavi hivi karibuni, nikakutana na wasichana wawili wenye simulizi za kipekee, Lucy na Edina. Binafsi naweza kuwaita wasichana jasiri. Kila mmoja ana stori yake inayofundisha, yenye changamoto, lakini pia matumaini ya kutosha. Hebu tuanze na Edina, kisha tutamsikiliza Lucy.



Edina John

Maumivu ya hedhi hayaponywi kwa ngono

Edina ni msichana mwenye tabasamu wakati wote lakini mwenye kumbukumbu nzito kuhusu hedhi yake ya kwanza alipokuwa shule ya msingi - Waingereza wanasemaga way back!

Jina lake kamili ni Edina John, binti mwenye miaka 17, anasoma Shule ya Sekondari Mlele. Mara ya kwanza kusikia kuhusu hedhi alikuwa darasa la tano, mwalimu alikuwa anafundisha akasema msichana akianza kupata hedhi anaweza kupata mimba akijihusisha na ngono. Hata hivyo, Edina

hakulipa uzito somo lile. "Niliona kama ni kitu kisichonihusu kwa wakati huo, kwa hiyo hata sikutaka kujua zaidi," anasema Edina.

Siku zikapita na siku yake ikafika! Siku moja akiwa darasa la saba akapata hedhi yake ya kwanza. Alihisi maumivu makali ya tumbo na alipokwenda chooni akashangaa kuona damu. Alirudi nyumbani haraka na kumwambia mama yake, "ninaumwa sana tumbo, na sijui ni kwa nini nimechafuka kwenye nguo yangu ya ndani!"

Mama yake alicheka, na kicheko kile kikamchanganya zaidi Edina. "Nilitaka kulia," anasema Edina! "Mama hakusema lolote, zaidi ya kuniambia nikaoge, kisha alinunua pedi na kunionyesha jinsi ya kuivaa, hilo likawa limeisha." Tatizo likaja baadae, maumivu makali ya tumbo yalizidi kila mwezi.



Edina John

Suluhisho la kupotosha

Siku moja akiwa darasani, maumivu yalizidi, akamnong'oneza rafiki yake wa kike kuuliza kama kuna njia ya kupunguza maumivu. Bila kujua, mvulana aliyekuwa nyuma yao alisikia. Baada ya muda mvulana hiyo alimkaribia Edina na kumwambia "Ili maumivu yapungue, unapaswa kushiriki ngono. Ndugu yangu alifanya hivyo na maumivu yote yaliisha!"

Edina alishtuka. Kwa bahati nzuri, alikumbuka kile alichokisema mwalimu wake wa darasa la tano! Akaelewa fika huu ulikuwa mtego ambao ungeharibu ndoto yake! Unaona sasa? Ngoja kwanza tuweke pause hapa tujiulize, ni mara ngapi ulishawahi kudanganywa namna hii halafu ukajisemea moyoni "naujua hiyooo!" Haya tuendelee...

Uelewa wa Edina kuhusu hedhi umeongezeka sana kupitia mradi wa VUMA ambao unatekeleza shuleni kwake. Amejifunza kwamba maumivu ya hedhi si ugonjwa na unaweza kuyapunguza kwa njia salama ikiwemo mazoezi mepesi, kunywa maji ya moto na kula chakula bora, au ikibidi, kumeza dawa za maumivu. Na pia akajifunza kwamba kama maumivu yanapitiliza basi ni vizuri kumuona daktari kujiridhisha kwamba hakuna tatizo la kiafya.

Ndoto yangu ni kumuona mama akiwa na afya njema



Matron, Mwl. Lucy Masawe na wajina wake Lucy Charles

Lucy Charles ni mwanafunzi wa kidato cha nne katika Shule ya Sekondari Kakoso, wilaya ya Tanganyika. Alichelewa sana kwenda shule, lakini hilo halikumpunguzia ari ya kusoma kwa bidii. "Ndoto yangu kubwa ni kumsaidia mama apone," anasema Lucy kwa sauti yenye msisitizo akionesha nia yake ya dhati kabisa katika maisha yake. Kwani ilikuwaje?

"Baba yangu alifariki nikiwa mdogo, na tangu hapo mambo yalibadilika kabisa. Maisha yakawa magumu kwa mama, akapata matatizo ya afya ya akili, naupande wangu, ndoto zangu zote zikajipanga upya, nikabaki na moja tu, ya kuhakikisha mama anapona," anasema Lucy.

Wakati mama yake alipoanza kuumwa, Lucy alipata bahati ya kulelewa na ndugu ambaye aliamini katika elimu. "Huyo ndiye aliyenisaidia kujiunga na shule, vinginevyo nisingekuwa shuleni sasa hivi," anasema Lucy, huku akisisitiza kwamba anaamini kwamba elimu itamsaidia kufanikisha ndoto yake, na pengine kuamsha ndoto yake nyingine ya kuwa mwandishi.



Siku yangu ya aibu

Lakini hata akiwa shuleni, changamoto hazikukoma. Hakuwahi kufikiria kwamba hedhi ingeingia katika orodha ya mambo yaliyomuumiza roho, lakini hedhi yake ya kwanza iliwasili kwa tukio la kuumiza ambalo hatalisahau. Ilikuwa siku ya kawaida darasani, hadi alipohisi hali isiyo ya kawaida. Aliposimama kujirekebisha, aligundua kwamba sketi yake ya kijivu ilikuwa na doa kubwa la damu. Alishtuka sana! Kilichomjia kichwani sekunde ile ni kutoka nje haraka na kwenda kwa matron.

Wanafunzi wengine walimcheka. Vicheko vile vilizidi kumvuruga, akahisi dunia imesimama. Alitamani ardhi ipasuke immeze. Alitamani asirudi darasani tena! Lakini kabla hajafika mlangoni, rafiki yake alimkimbilia na kumnong'oneza, "Lucy, umechafuka!" Kisha akamfunika kwa sweta lake.

Matron, ambaye pia ni mwalimu mlezi wa Fema Club akampatia pedi na nguo ya kubadili, lakini pia alimpa elimu na ahadi, "ukiingia kwenye darasa la mradi wa VUMA utajifunza zaidi kuhusu hedhi."

Na kwa hakika baada ya mafunzo hayo Lucy amelewa hedhi kwa kina. Ametambua kwamba si jambo la aibu, bali hali ya kawaida kwa msichana, na sasa anajivunia kuwa sehemu ya mabadiliko hayo. Cha kufurahisha zaidi ni kwamba hata wale waliomcheka nao wameelimishwa, na hiyo tabia ya kucheka watu imekoma shuleni kwao. Sasa wanasaidiana kutengeneza mazingira yanayomwezesha msichana kuwa na furaha anapokuwa hedhi.

Hedhi si kikwazo!

Zamani, Lucy na Edina waliona hedhi kama tatizo, lakini sasa wanaelewa kuwa ni sehemu ya ukuaji wa msichana na afya ya mwanamke.

Edina, kwa upande wake, amepata ujasiri wa kukabiliana na maumivu yake kwa njia sahihi na hata kuwashauri wenzake. "Nataka kila msichana ajue kuwa hedhi si kikwazo cha kufanikisha ndoto zake, na kamwe usidanganyike ng'ooo."

Lucy sasa yupo moto! na anaweza kuwasaidia wasichana wengine kujua kuwa hedhi si kitu cha kuaibika. Anasema kwa msisitizo, "sitaogopa tena. Nimekuwa sehemu ya kubadilisha mtazamo wa jamii yangu kuhusu hedhi!"

Kitu kimoja...

Kama kuna jambo moja tunaloweza kujifunza kupitia changamoto za Lucy na Edina, ni kwamba jamii inapaswa kuweka kipaumbele katika kuhakikisha kila binti anapata hedhi salama. Na hii sio tu kwa kumpatia taalo za kujisitiri, bali pia kwa kutoa elimu ya kina kwa wasichana na wavulana kuhusu hedhi na afya ya uzazi. Elimu hii itawawezesha wasichana kufikia ndoto zao bila vikwazo visivyo vya lazima, huku ikibadili mtazamo wa jamii kwa ujumla.

KUMBUKA

Hedhi ni sehemu ya asili ya ukuaji wa msichana na afya ya mwanamke. Kamwe si jambo la aibu na wala haipaswi kuwa sababu ya kuweka vikwazo katika maisha yake.

CHUKUA

HATUA

Katika Club yenu, baada ya kusoma makala hii, andaeni uelimishaji katika jamii, lengo likiwa ni kubadili mtazamo potofu kuhusu hedhi, na kuhakikisha msichana anapata taarifa sahihi na msaada inapotokea changamoto.

TIRIRIKA

Ungependa kuona mabadiliko gani katika jamii yako kuhusu afya ya hedhi?



MARIANA EVARIST

Kasanya kidato cha nne shule ya Sekondari Lyamba

Napenda mabadiliko hayo, na ninatamani elimu ya afya ya hedhi itolewe kwa wanawake kwa ajili ya kutunza afya zao wakati wa hedhi, pia watumie vifaa vya ajili ya kujilinda kwa mfano, pads na vitambaa.



BARAKA GEORGE SANGIJA

Vyoo viwe safi na viwe na maji ili wasichana wajisikie huru kubadilisha pedi zao shuleni.



JENIPHER HAMIS DONARD

Ningependa elimu ya hedhi salama itolewe kwa jinsia zote hasa wavulana, kwani wavulana wengi huwanyanyapaa wasichana wakati wa hedhi.

Period without fear

BY MARY MBAGO

Recently, I traveled to Katavi region and met two remarkable girls, Lucy and Edina. I would personally describe them as brave girls. Each has her own inspiring story, filled with challenges but also abundant hope. Let's start with Edina, and then hear from Lucy.

Menstrual pain isn't cured by sex

Edina is a girl who is always smiling but carries heavy memories of her first period, which happened when she was still in primary school – as the English say, way back!

Her full name is Edina John, a 17-year-old student at Mlele Secondary School. The first time she heard about menstruation, she was in fifth grade. The teacher mentioned in class that once a girl starts menstruating, she can get pregnant if she engages in sexual activity. However, Edina didn't take the lesson seriously. "I felt it didn't concern me at that time, so I didn't bother to learn more," Edina says.

Days passed, and her time came! One day, while in seventh grade, she got her first period. She experienced severe abdominal pain and, upon going to the bathroom, was shocked to see blood. She rushed home and told her mother, "I'm in so much pain, and I don't understand why my underwear is stained!"

Her mother laughed; a reaction that left Edina even more confused. "I felt like crying," Edina says. "My mother didn't explain much; she just told me to bathe, then bought me sanitary pads, and showed me how to use them. And that was that." However, the real problem came later, as the intense pain persisted every month.

A misleading solution

One day, while in class, the pain became unbearable. She asked her female friend in a whisper, asking if there was a way to reduce the pain. Without her knowing, a boy sitting behind overheard. Later, the boy approached Edina and told her, "To relieve the pain, you need to have sex. My sister did that, and all her pain disappeared!"

Edina was shocked. Fortunately, she remembered what her fifth-grade teacher had said! She understood that this was a trap that could ruin her dreams! You see? Now, let's pause here and ask ourselves: how many times have you been deceived like this and thought, "I've heard this one before!" Anyway, let's continue...

Edina's understanding of menstruation has greatly improved through the VUMA project implemented at her school. She's learned that menstrual pain isn't a disease and can be reduced safely, including through light exercise, drinking warm water, eating healthy foods, or, if necessary, taking painkillers. She also learned that if the pain is excessive, it's advisable to see a doctor to rule out any health issues.

My Dream is to see my mother healthy

Lucy is a form four student at Kakoso Secondary School in Tanganyika district. She started school very late, but that didn't diminish her determination to study hard. "My biggest dream is to help my mother get better," Lucy says with emphasis, showing her sincere commitment to this goal in her life. What happened?

"My father passed away when I was young, and everything changed. Life became very difficult for my mother, and she developed mental health problems. From that point on, my dreams got realigned, and the most important one was to ensure my mother recovers," Lucy explains.

When her mother fell ill, Lucy was fortunate to be cared for by a relative who believed in education. "That's the person who helped me go to school; otherwise, I wouldn't be here now," Lucy says, emphasizing her belief that education will help her achieve her dream and possibly awaken her other dream of becoming a writer.

Embarrassing day

Even in school, challenges didn't stop. Lucy never imagined menstruation would be on the list of things that could hurt her emotionally, but her first period arrived with an unforgettable, painful incident. It was a regular day in class until she felt something unusual. When she stood up, she realized her gray skirt had a large blood stain. She panicked! The first thing that came to her mind was to leave quickly and go see the matron.

Other students laughed at her. Their laughter distressed her even more, making her feel as though the world had stopped. She wished the ground would open up and swallow her. She wished never to return to class! But before she reached the door, a friend ran to her and whispered, "Lucy, you've a stain on your skirt!" Then she covered her with her sweater.

The matron, who is also the Fema Club's mentor, provided Lucy with a menstrual pad and a change of clothes. She also gave her information and a promise: "When you join the VUMA project sessions, you will learn more about menstruation."

Indeed, after attending those lessons, Lucy became more knowledgeable about menstruation. She's realised menstruation is not something to be ashamed of, rather a natural occurrence for girls. Now, she proudly embraces the change.

The most exciting part is that even those who laughed at her have been educated, and the behavior of mocking others has stopped at their school. Now, they help create an environment where girls feel happy during their periods.

Menstruation isn't a barrier!

In the past, Lucy and Edina viewed menstruation as a problem. But now, they understand it's part of a girl's growth and a woman's health.

Lucy is now on fire! She can help other girls understand that menstruation isn't something to be ashamed of. She says emphatically, "I'll never be afraid again. I've become part of changing my community's perspective on menstruation!"

Edina, on her part, has gained the courage to manage her pain in the right way and even advise her peers. "I want every girl to know that menstruation isn't a barrier to achieving her dreams, and never, ever be deceived."

One thing...

If there's one lesson we can learn from Lucy and Edina's challenges, it's that society should prioritise ensuring every girl has a safe menstruation experience. And this doesn't just mean providing sanitary pads, but also offering comprehensive education to both girls and boys about menstruation and reproductive health. This education will enable girls to pursue their dreams without unnecessary obstacles, while changing society's overall perspective.

REMEMBER

Menstruation is a natural part of a girl's growth and a woman's health. It's never something to be ashamed of and should never be a reason to place barriers in her life.

TAKE

ACTION

In your Club, after reading this article, organize community outreach to change misconceptions about menstruation and ensure girls have access to accurate information, and support when facing challenges.

DONDOO ZA BIBI

Bila elimu maisha yatakuwa magumu zaidi!

NA MARY MBAGO

Wajukuu zangu na wanangu, hebu sikilizeni, hamjambo? Mimi ni Bibi Joyce, na ninawapenda nyote. Ngoja niwape historia yangu kidogo. Nilizaliwa Tabora mwaka 1975, na safari yangu ya elimu ilikuwa kama kupanda mlima mrefu bila viatu! Kutoka Azimio Primary, nikapambana hadi Iringa Girls, hatimaye nikawa mwalimu wa hisabati hapa Lyamba, Katavi. Lakini jamani, haikuwa rahisi! Nililazimika kupigania elimu yangu kwa nguvu zote, licha ya changamoto nilizopitia. Ndiyo maana naongea na nyinyi leo.

Sasa, kama bibi yenu, ninawaambia kwa msisitizo
"Elimu ni msingi wa kila kitu!"

Leo elimu ni fursa kwenu

Enzi zetu, elimu ilikuwa kama bahati nasibu, si kila mtu alipata! Wazazi wangu waliniambia nikimaliza kidato cha nne nisipopata nafasi ya kuendelea, basi ndo basi, nikaandaliwe mchumba! Ningebacki nyumbani nikikata mboga na kulima

shamba, lakini moyo wangu ulinisukuma zaidi. Nikapambana, nikaonesha wazazi wangu kuwa naweza!

Lakini sasa, mambo yamebadilika! Leo hii, serikali inatoa elimu bure, na wazazi mnachangia kidogo tu. Bado naona baadhi

ya wazazi wanawapuuza watoto wao, wanadhani elimu si kitu cha maana. Jamani, wajukuu zangu, mnayo bahati! Hii dunia ya leo inahitaji maarifa. Fanyeni bidii, msirudi nyuma!



Elimu siyo tu kusoma na kuandika!

Wazazi, na hata ninyi wajukuu zangu, elimu si tu kujua kusoma na kuandika! Mtoto anapokwenda shule, anajifunza mambo makubwa zaidi:

- Kujitambua na kujiamini.
- Kupambana na changamoto za maisha.
- Kujua haki zake na jinsi ya kuzilinda.

Fikirieni mtoto asiyeenda shule, atawezaje kushindana na dunia yenye ushindani huu mkali na machawa kama wote? Mtaani kuna changamoto, lakini darasani kuna maarifa na mwangaza wa maisha bora. Lakini pia shuleni ni mahali pa kujenga stadi za kuishi na watu wengine, kufahamiana na watu, na ni sehemu ya kukua. Shule ni sehemu ya kukuza vipaji.



Wazazi acheni visingizio! Mtoto asome!

Siku hizi nasikia wazazi wengine wanawazuia watoto wao kwenda shule eti wanataka walime tu. Hii si sawa. Dunia imebadilika, mtoto wako anahitaji sana elimu, sio jembe tu!

Wapo wanaosema hakuna ajira, serikali yenyewe inahimiza vijana wajajiri. Sasa, bila elimu utawezaje kufanya biashara? Utasoma vipi mikataba? Utajua vipi haki zako? Au kama ni kilimo, utalimaje kisasa? Jamani, elimu ni silaha yenu ya kesho!

Elimu ni kinga dhidi ya mimba za utotoni na uhalifu

Miaka ya nyuma, wasichana wengi walikuwa wanaozeshwa wakiwa wadogo, kwasababu hawakuwa na elimu. Lakini sasa mtoto akijua haki yake anafahamu pia kwamba shuleni ni mahali pa kumlinda dhidi ya ukatili huo, ukimwambia aolewe badala ya kusoma, anakushitaki!

Na wavulana wengi waliopotea vijiwani wakijiingiza kwenye uhalifu, leo hii wanajifunza stadi za maisha darasani. Mzazi mwenye hekima hawezi kumzuia mtoto wake kwenda shule akishika jembe badala ya kalamu!

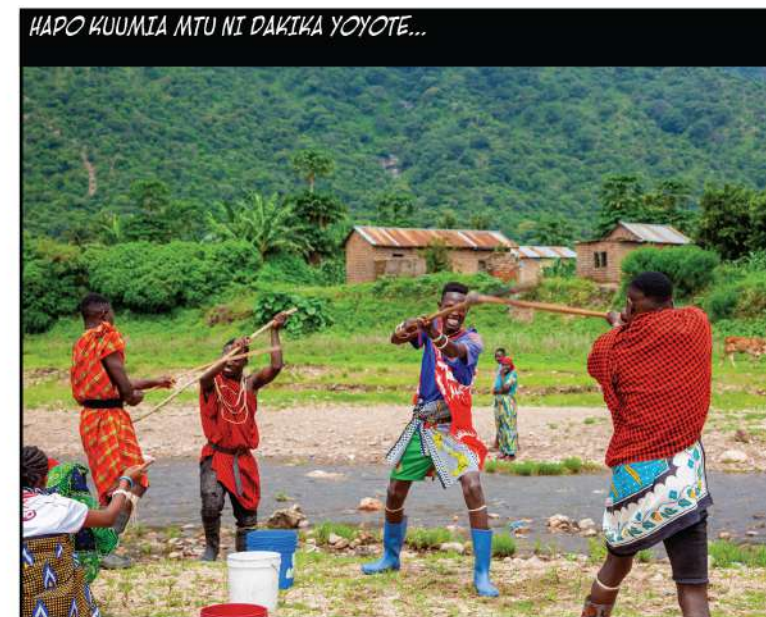
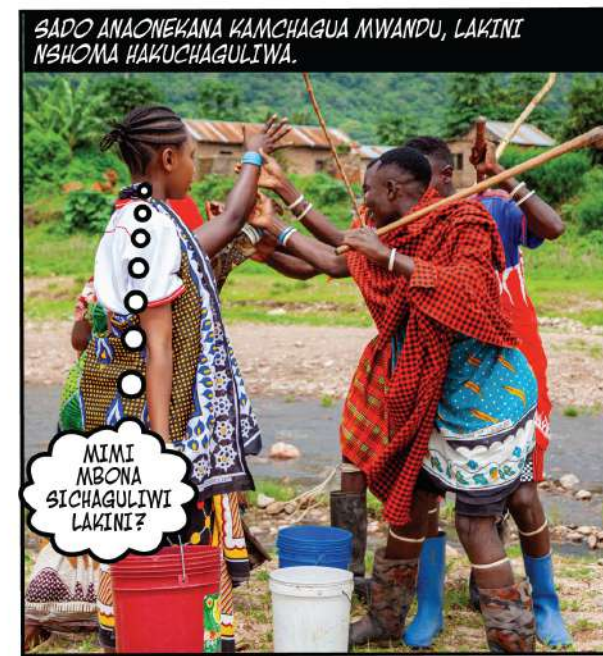
Wazazi, simameni imara!

Kama mzazi, unapaswa kuchagua njia sahihi kwa mtoto wako. Elimu ni uwekezaji wa maisha! Msidanganywe na dhana potofu eti elimu haina maana. Bila elimu, maisha yatakuwa magumu zaidi.

Sasa, kama bibi yenu, ninawaambia kwa msisitizo
"Elimu ni msingi wa kila kitu!"

CHAGULAGA

PICHA LINAANZIA MTONI. NI KATIKA KIJIKI KIMOJA AMBAPO MILA FULANI IMEKUMBATIWA BILA KUJALI MADHARA YAKE. WASICHANA WANAOGOPA, LAKINI HAWANA LA KUFANYA. ITAKUWAJE SASA? FUATILIA UPATE ELIMU NA BURUDANI HUMO HUMO.





TUFUFUE ULE MKAKATI WETU WA KUELIMISHA NA KUSHAWISHI WAZEE WA MILA.

KWELI. TUWAONESHE FAIDA YA KUACHA HII MILA, INA MADHARA.



TUNAWASHUKURU SANA KWA KUSIKILIZA MAWAZO YETU.

NA NIYNYI ASANTENI KWA KURUDI TENA, SASA TUMEWAELEWA.

SIS TUNAFURAH, MAANA HATUA MTAKAYOICHUKUA ITALETA MABADILIKO CHANYA.



MGANGA NIMEKULETEA MTEJA ANA SHIDA

NDIO NDIO NIMESHAJUA NATAKA AKIRI MWENYEWU.

MGANGA KILA SIKU SICHAGULIWI WANACHAGULIWA WENZANGU.



BAADA YA UGOMVI, MWANDU AKAONDOKA NA SADO. SHIJA AKABAKI NA MASWALI...

MWANDU, HIVI KWANINI MIMI HUWA SICHAGULIWI?

HILO TATIZO DOGO SANA, TAFUTA HELA NIKUPELEKE KWA MGANGA WEWE!



KWELI, EEH?

SIKUTANII, NTAKUPELEKA.



WAMECHUKUA NYOTA EENN, BRUHUUU HAHAA

EENN, SASA NAFANYAJE?



LETA MBUZI MWEUSI, KUKU MWEUPE NA MIGUU YA MENDE TUMALIZE JAMBO.



WIKI MBILI BAADAE, KIKAO KATI YA WAZEE WA MILA, WASHAURI NA JAMII.

NIKIRI KUSEMA KWAMBA CHAGULAGA IMELETA MADHARA MENGI KWA JAMII YETU, INATISHA.

LAKINI KWELI!



NYUMBANI KWAO NASHOMA...

BABA, YAANI HII CHAGULAGA SIJUI YA NGAPI, LAKINI MIMI SIPATI BAHATI?

HILO NI TATIZO, LAZIMA TWENDE KWA MTAALAMU ASAFISHE NYOTA YAKO!



KWELI BABA?

SIWEZI KUKOSA NG'OMBE HIVI HIVI, TUTAENDA ASUBUHI, WATAKUFUATA TU.

SI AMUACHE TU MTOTO ANGALAU AMALIZE SHULE KWANZA?



VIJANA WETU WENGI WAMEPOTEZA UHAI, MIMBA ZA UTOTONI ZIMEZIDI NA USHIRIKINA KIJIJINI KWETU UMEZIDI TABIA HII IFE KUANZIA LEO.



KWA KUSHIRIKIANA NA JAMII, TUNaweza KUVUNJA MINYORORO YA MILA NA KUFUNGUA MILANGO YA MABADILIKO YA KWELI KWA VIJANA WETU.

NI KWELI!

*PICHA: CASTORY MUTAGABWA. *UONGOZAJI: MARY MBAGO
*WAIGIZAJI: MAMBA COC GROUP

*SHUKRANI: UONGOZI WA COC GROUP
*IGIZO HILI HALINA UHUSIANO NA MAISHA HALISI YA WAIGIZAJI

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

Chagulaga inaumiza!

Umewaona wavulana na fimbo zao? Wanapita na kuwalazimisha wasichana wawachague. Ukimchagua shida, usipomchagua shida! Naam hiyo inaitwa chagulaga, au kwa asili yake kabisa wanakwambia chagujaga. Vijana hawa wa kikundi cha *Vijana Tunaweza* ambao wameshiriki katika photostory yetu, wengi wao ni Wasukuma, na hii ni mila ya kabila lao. Wanatembea nayo hata wakihamia mikoa mingine. Hapa ni Kijijii cha Mamba B, Mpimbwe, Katavi.

Wanakikundi wanasema tukio la chagujaga linaweza kutokea kwenye sherehe maalum iliyoandaliwa rasmi kama chakujaga, ambapo vijana wa kiume husogea kwa vijana wa kike na kutaka wawachague, lengo likiwa ni kila mvulana aondoke na ‘wa kwake’. Lakini pia, kwa mujibu wa vijana hawa wa Mamba B, Mpimbwe, chagujaga inaweza kutokea mahali popote, siku yoyote; baada ya mavuno, gulio, au hata siku ya kawaida, ili mradi tu kundi la wavulana wawaone wasichana, au hata msichana mmoja. Atafuatwa huyo, ataambiwa achague, kama kabeba mzigo ataweka chini, kama ana haraka itabidi atulie, kama ana mipango yoyote itabidi aiache, hadi ‘achague’. Na baada ya hapo chochote pia kinaweza kutokea; anaweza akaitwa pembeni

akasemeshwa tu, au akabakwa, au akaambiwa “sasa wewe ni mke wangu nakuja kwenu kuleta ng’ombe.” Kama alikuwa anasoma shule itabidi aache, kama alikuwa na mpango mwingine wa maisha itabidi auweke pembeni.

Kwa miaka mingi mila hii ilichukuliwa poa sana, walioumizwa walikaa kimya, lakini madhara yake hayakukaa kimya, yaliendelea kuvunja ndoto za wengi, na kuumiza roho za wengi. Miongoni mwa mambo wanayoyafanya vijana hawa wa kikundi hiki pale Mamba B, ni kuelimisha jamii juu ya madhara ya wazi na yaliyojificha ya mila hii.

Madhara kwa wasichana

- Kufanyiwa ubabe - wanafuatwa na kundi kubwa la wavulana ambao kila mmoja analazimisha achaguliwe.
- Ndoa za lazima - wenyewe wanasema msichana akimchagua mvulana, basi mvulana huyo anaweza kwenda nyumbani kwao msichana muda ule ule na kuwaambia kwamba yeye anamuoa binti yao, halafu ndio inakuwa ndoa hiyo.
- Ukatili - wanasema katika matukio ya chagujaga, wasichana hufanyiwa ukatili wa aina tofauti kuanzia unyanyasaji kama

vile kushikwashikwa hata mahali ambapo hawataki, hadi kulazimishwa kufanya ngono.

- Mimba zisizopangwa - Hapo kwani panahitaji maelezo? Kwa wasichana wadogo hii ni hatari zaidi maana kuna hatari za kiafya na suala la kuvurugiwa masomo.

Madhara kwa wavulana

- Kujeruhiwa - Kunapotokea mmoja au baadhi ya wavulana kutochaguliwa, basi uwezekano wa kutokea ugomvi ni mkubwa sana, na unaambiwa sio ugomvi wa kitoto, ni fimbo za maana zinatembea.
- Kujenga tabia ya ubabe na ukatili ambayo inaweza kupelekea adhabu za kisheria ikiwemo kufungwa jela kwa kujeruhi, kubaka na matokeo mengine.

Madhara kwa wote

- Maambukizi ya magonjwa - kwa mujibu wa vijana hawa, ngono zembe ni nje nje kwenye chagujaga, na tunajua kwamba ngono zembe ni kiwanda cha maambukizi kibao ikiwemo VVU.

Kikundi cha *Vijana Tunaweza* ni nguvu ya watu 120, vijana matata sana ambao wanajihusisha na shughuli mbalimbali za kutengeneza kipato, lakini wakikutana wanafanya sanaa za uelimishaji na kuweka na kukopa. Kilianzishwa mwaka 2024 kama sehemu ya mradi wa VUMA wakisimamiwa moja kwa moja na shirika la Plan International. Vijana hawa wa kike 60 na wa kiume 60, ni Champions of Change - ukipenda waite mashujaa wa mabadiliko.



Kwa nini tunakula?

Chakula ni chanzo cha nishati; tunakula ili kutengeneza nguvu inayouwezesha mwili kufanya kazi zake. Lakini pia chakula ni msingi wa ukuaji wa mwili na maendeleo ya akili. Wanafunzi wanaohudumiwa chakula shuleni wanapata nafasi bora ya kujifunza kwa umakini zaidi, kushiriki katika vipindi vya ziada, na kuwa na afya bora. Tafiti zinaonyesha kuwa watoto wanaopata lishe bora huwa na uwezo mkubwa wa kukumbuka na kuelewa masomo kuliko wale wanaokabiliwa na njaa.

Barua ya furaha na ombi kwa wazazi

Wazazi wapendwa, shikamooni.

Sisi watoto wenu tunawasalimia sana. Lengo la barua hii ni kutaka kuwafahamisha kwamba tunaendelea vizuri na masomo, na kwamba tunafanya kila jitihada kufaulu vizuri na pia kujijenga vizuri kama vijana tegemeo la familia zetu.

Lakini pia tunataka kuwashirikisha habari za kufurahisha ambazo tumezisikia kutoka huko Katuma, Wilaya ya Tanganyika, Mkoa wa Katavi. Tumesikia kwamba Mratibu Elimu Kata wa Kata ya Katuma, Edom Paul Brown, ameongoza mabadiliko ya kufurahisha sana. Kwa kushirikiana na wazazi na shule wameanzisha utaratibu wa wanafunzi wote wa shule ya Msingi Kayenze kupata chakula shuleni. Mratibu huyu anasimamia shule nane, saba za msingi na moja ya sekondari. Ukiondoa shule ya Msingi Kayenze, shule hizo nyingine tayari zilikuwa na utaratibu wa wanafunzi kupata chakula shuleni kutokana na mradi wa hewa ukaa.

Ni jambo zuri sana hili wazazi wetu. Kiukweli tumefurahi, wametuonesha njia. Yaani pale sasa hivi ikifika saa ya kula ni wanafunzi wote wanapata chakula, sio kama baadhi ya shule ambako baadhi ya wanafunzi wanaenda kula huku wengine wakisubiri wenzao wamalize kula ili ratiba nyingine ziendelee.

Wazazi wetu wapendwa, si mnaelewa njaa inavyouma? Aaah, ikiuma hata masomo hayaingii kichwani, tumbo linaunguruma hadi unaona aibu. Njaa imesababisha utozo shuleni, njaa inatunyima ukuaji bora, njaa inatunyima fursa ya kushiriki programu za jioni kama vile michezo, sanaa, na hata vipindi vya ziada.

Kiukweli, wazazi wetu wapendwa, tunaamini mnatuelewa tunapowaambia kwamba tumefurahi kupata huu mfano wa Kayenze. Tunawashukuru sana wazazi wetu, tunawapenda, tunawaomba mchukue huu mfano mfanye jambo.

Kilichotokea Kayenze ni kwamba baada ya kuona athari za njaa kwa wanafunzi, Mratibu alipata wazo, akafanya mashauriano na Mwalimu Mkuu na kamati ya shule, kisha wakaandaa kikao na uongozi wa kijiji, wazazi, na wadau mbalimbali. Kwa pamoja wakakubaliana kwamba suluhisho la kudumu ni kulima shamba la shule kwa ushirikiano wa jamii nzima.

Hiyo ilikuwa mwaka 2023. Wazazi wakatoa pembejeo, wengine wakashiriki kulima shamba hilo. Tumeambiwa ushirikiano huu bado upo, huu ni mwaka wa tatu sasa zinalimwa hekari tano, mavuno yanatosha kulisha wanafunzi wote, na kinachobaki kinauzwa. Matumizi ya mapato ni kwa faida ya wanafunzi, na yanawekwa wazi, wazazi bado wanaendelea kushiriki kulima kila mwaka, au kuchangia chochote cha ziada kinachohitajika ili shamba liendelee kufikia lengo lake.

Kuna mzazi mmoja anaitwa Fikiri Charles, hata mnaweza mkampigia simu mzungumze naye zaidi, maana yeye anaamini kwamba, “ushirikishwaji ndio hivi imekuwa ni nguzo imara ya kufanikisha watoto wetu kupata chakula shuleni. Kuitwa kwenye vikao na kujadili kwa pamoja ilituzindua sisi kuunga mkono juhudi hii kwani watoto wetu ndio waliokuwa wanaoumia.” Asante sana mzazi wetu.

Tunaona matokeo ya ufaulu, tunaona kutoweka kwa utozo, tunaona nyuso za furaha, na tunaona jinsi pale Kayenze Shule ya Msingi mambo yalivyobadilika na kuwa mazuri, kwasababu ya wanafunzi kuwa na uhakika wa kupata chakula.

Ombi letu kwenu wazazi wa shule nyingine, na waratibu wengine, pamoja na uongozi wa shule, mfanye jambo la ushirikiano, ili watoto wenu tupate chakula shuleni. Tunaambatisha picha ya Mratibu akiwa na baadhi ya wenzetu wa Kayenze.

Zetu ni shukrani, huku tukiwaombea afya njema.
Watoto wenu.



Tukiunganisha nguvu tunafanikiwa VUMA YAONESHA NJIA

NA AMABILIS BATAMULA

Kidole kimoja hakivunji chawa, ni moja ya methali maarufu sana za Kiswahili. Nyingine ni *Penye wengi hapaharibiki neno*, na unaweza pia kuongeza hii, *Umoja ni nguvu, utengano ni udhaifu*. Kwa yoyote utakayoichagua kati ya hizi utakuwa uko ndani ya maelezo yanayofaa kuuelezea mradi ambao unabamba sana sasa hivi Mkoani Katavi, unaitwa mradi wa Vijana na Ubora, Malengo na Afya, kwa kifupi VUMA.

Wazo ambalo lilianza kwa mashirika matatu yasiyo ya kiserikali kutambua changamoto za vijana, hasa wa kike, wa Mkoa wa

Katavi, na kuamua kufanya jambo kutengeneza suluhisho lenye tija, limeleta mwanga mpya mkoani humo. Wakati huo takwimu zikionesha changamoto nyingi zinazowakabili vijana balehe, hasa wasichana, ikiwemo, ukatili wa kijinsia, mimba na ndoa za utotoni. Plan International, Femina Hip na UMATI walipiga hodi kwenye ngazi tofauti za Serikali, wakapokelewa kwa mikono miwili, na kwa pamoja wadau mbalimbali wameungana kuhakikisha mkoa una vijana wenye ubora, malengo na afya. Hizi hapa sauti za baadhi ya wadau wakitushirikisha mawili matatu ya muhimu waliyoyabaini.



Afiba Tarimo, Mwezeshaji, Mradi wa VUMA

Afiba anaujua vizuri sana mradi. Ni miongoni mwa watu ambao kila kukicha anakimbizana na muda kuona kwamba haipotei hata dakika moja kwenye muda wa mradi. Anatupatia picha pana ya mradi.

“Lengo la mradi wetu huu ni kuwawezesha wasichana na wanawake vijana (AGYW) kuongeza ufahamu na utambuzi wa afya za uzazi na ujinsia. Unalenga kuimarisha utoaji wa huduma jumuishi za afya ya uzazi, ujinsia na ulinzi kwa vijana balehe na wanawake ili waweze kufanya mamuzi bora kuhusu maisha yao. Pia unalenga kuongeza uwajibikaji wa taasisi zinazofanya kazi na vijana na wanawake kwa kuimarisha uwezo wa taasisi hizo. Tupo hapa Mkoani Katavi na tunafanya kazi katika Halmashauri zote, yaani Mpanda, Nsimbo, Mlele, Tanganyika, na Mpimbwe.

Tunatoa elimu ya afya ya uzazi na haki za kijinsia (SRHR) shuleni na katika jamii, kwa kupitia klabu za shule kwa wasichana wenye umri wa 10-19, na nje ya shule kupitia programu ya Champions of Change kwa wanawake vijana 15-24. Wakati huo huo tunaboresha huduma rafiki kwa vijana na kuwajengea watoa huduma uwezo kwenye vituo mbalimbali vya afya. Mradi pia unahamasisha jamii kuhusu afya ya uzazi.

Kwa kuzingatia ukubwa wa tatizo la ukatili wa kijinsia na ukatili

kwa watoto, VUMA pia inaimarisha mifumo ya msaada kwa wale ambao wanathiriwa na tatizo hili, kwa kutoa mafunzo kwa maafisa wa Dawati la Jinsia na Watoto la polisi, kamati za ulinzi ndani ya jamii, na viongozi wa kijamii. Kampeni za uhamasishaji zinasaidia jamii kuelewa mifumo ya rufaa inayopatikana kwa manusura.

Kwa upande wa kiuchumi, VUMA inatoa mafunzo ya ufundi na inasaidia vikundi vya Vicoba vya vijana (Y-VSLA) ili kuwawezesha vijana kupata ujuzi wa kifedha na kuboresha maisha yao. Utafiti wa soko pia unawasaidia kupata fursa za kiuchumi.

VUMA inatekeleza programu hizi kwa kushirikiana na shule 100 za msingi na 55 za sekondari, ikilenga wanafunzi wa darasa la IV-VII na kidato cha I & III. Programu hizi zinahakikisha wanafunzi, walimu, na walezi wanapata maarifa kuhusu afya ya uzazi, usawa wa kijinsia, na stadi za maisha.

Tuko mashirika matatu ambayo tunatekeleza huu mradi, na tunafanya hivyo kwa kushirikiana na wadau mbalimbali ikiwemo Serikali na taasisi zake. Mashirika haya ni Plan International, ambayo imejikita kwenye jamii na vijana nje ya shule, Femina Hip, ambayo imejikita kwenye shule za msingi na sekondari, na UMATI ambayo imejikita kwenye eneo la afya ikiwemo vituo vya afya, watoa huduma na waelimisha rika.”



Inspekta Judith M. Mbukwa, Mkuu wa Dawati la Jinsia na Watoto, Polisi Mkoa wa Katavi

Unapokutana na Inspekta Mbukwa, unagundua kwamba kuwa polisi ni kazi inayohitaji kufahamu mambo mengi sana, na inayomfanya mtu awe mpole na mkali kwa wakati mmoja. Katika kazi zake za kusimamia Dawati la Jinsia na Watoto Mkoani Katavi, Inspekta Mbukwa anapambana na mengi; ya kutisha, ya kuumiza, ya kuelimisha na hata ya kuchekeka. Lakini rohoni mwake anaamini mwanzo mwisho, kwamba ushirikiano kati ya wadau mbalimbali pamoja na Jeshi la Polisi ndio njia sahihi ya kuwalinda wote wanaofanyiwa ukatili, na katika hili anaupigia makofi mradi wa VUMA.

“Huu ni mradi wa kwanza hapa mkoani kwetu kufanya kazi na Jeshi la Polisi. Umetusaidia sana katika mambo mengi, kwa kweli umetubeba,” anasema, na kufafanua. “Tumepata mafunzo ya namna mbalimbali ambayo yametujengea uwezo wa kuihudumia jamii vizuri zaidi. Lakini pia tumewezeshwa kuhudhuria matukio muhimu kama mikutano ya kipolisi ya dunia na kitaifa, na ya ujirani mwema na mikoa mingine.”

“Mafunzo ya Polisi Kata pamoja na kuimarishwa kwa kamati za MTAKUWWA ni miongoni mwa mambo ambayo tunajivunia kama Jeshi la Polisi kwasababu matokeo yake yameongeza urahisi wa kutoa taarifa za ukatili wa kijinsia na ukatili kwa watoto, imewasaidia wazazi kuzungumza na watoto wao. Na pia, mradi kupitia mbinu zake za kuwapa vijana mafunzo, umefungua milango ya polisi jamii kufanikiwa, sasa ni rahisi zaidi kwetu kufanya kazi na shule. Pia mfumo wa Champions of Change kuelimisha vijana wenzao nje ya shule umepunguza uhalifu mtaani. Elimu ya afya ya uzazi imepunguza kuzaa sana, unajua huku si nadra kukuta baba anakimbia na kumwachia mama watoto 12, kesi inakuja polisi.”

“Jambo lingine muhimu sana ni kwamba VUMA imewaleta wadau wa watoto na vijana pamoja, tunapokutana kwenye vikao tunapanga pamoja na hivyo kila mmoja anajua mwenzake anafanya nini na yeye anaweka nini, kwa mfano polisi, madaktari, ustawi wa jamii, mahakama. Kwa mradi huu kwa kweli naona miaka saba haitoshi, tutengeneze uendelevu.”

William Anthony Pigangoma, Mwelimishaji Rika

William Anthony Pigangoma, a.k.a Manara, mwenye umri wa miaka 24, ni mmoja wa vijana waliobahatika kushiriki katika mradi wa VUMA akiwa mwelimishaji rika mahiri. Ujanja wa kuzungumza na kushawishi alijifunza kwanza kwenye mradi wa Wish for Action ambao ulikuwepo Katavi siku za nyuma. Aliposikia habari ya VUMA alipata furaha sana maana aliona fursa nyingine ya kuongeza ufahamu na ujuzi, na kuchangia mabadiliko chanya katika jamii yake. Kazi yake ni kuwapa vijana elimu kuhusu afya ya uzazi na haki za kijinsia, pamoja na kuwaelekeza kwenye huduma za hospitali.

“Mwanzoni ilikuwa ni ngumu kuwafikia vijana, si unajua vijana tuna mambo mengi, lakini kwa kutumia mbinu za uhamasishaji, sasa hivi nafanikiwa kuwaelimisha na kuwashawishi kuona umuhimu wa kufuatilia huduma na kuipa kipaumbele afya ya uzazi,” anasema William, “Tumepiga hatua kwenye huu mradi wa VUMA, vijana wengi wana ufahamu wa afya ya uzazi na wanajiamini kutumia huduma za uzazi wa mpango. Wanawake pia wamepata ujasiri wa kuripoti matukio ya ukatili wa kijinsia.”

Hata hivyo William anakiri kwamba kazi bado haijamalizika, anasema changamoto kama mimba za utotoni ni kipingamizi cha mafanikio ya wasichana wengi. “Tumefanikiwa kwa eneo kubwa lakini tunahitaji kuwafikia vijana wengi zaidi.”



Honoratha Kasanzana, Mhudumu wa Afya Ngazi ya Jamii

Ukimkuta Honoratha Kasanzana kazini utatulia upate elimu. Kazi yake humpeleka kwenye makazi ya watu ambapo familia nzima hujumuika kumsikiliza na kuelimika kutokana na ujumbe aliokuja nao. Naam, dada mwenye umri wa miaka 26, Honoratha ni Mhudumu wa Afya Ngazi ya Jamii (CHW), anayefanya kazi katika Kituo cha Afya cha Town Clinic na ni mmoja wa vijana wengi wanaojitolea katika mradi wa VUMA.

Pamoja na kuwafikia watu majumbani, ndani ya mradi wa VUMA Honoratha ana jukumu la kuendesha kliniki za vijana kila wiki kwa kushirikiana na waelimishaji rika, lengo likiwa ni kuwahamasisha vijana kujenga tabia ya kufuata huduma za afya ya uzazi. “Tunawapa elimu kuhusu afya ya uzazi, ujinsia, na uzazi wa mpango. Pia tunawasaidia

kukabiliana na ukatili wa kijinsia,” anaeleza Honoratha.

Mafanikio makubwa yameonekana tangu kuanza kwa VUMA, ikiwa ni pamoja na ongezeko la idadi ya vijana wanaotumia huduma za uzazi wa mpango na wanawake wanaojiamini kuripoti matukio ya ukatili wa kijinsia. Honoratha anasisitiza kuwa mradi umebadilisha maisha ya vijana kwa kuwapa huduma rafiki na kuwajengea uwezo wa kufanya maamuzi sahihi kuhusu afya yao. “Tunajivunia hilo sana. Na ujumbe huu sisi CHW tunaupoleka majumbani pia, tupo wengi na tunatoa huduma kwenye mitaa tofauti, kwa hiyo ujumbe unafika sehemu kubwa.”



Hawa A. Ngailo, Afisa Elimu Kata, Sitalike



Suala la mradi huu kuanzia shule za msingi ni jambo ambalo linamfurahisha sana Hawa Ngailo. Anasema, “kwa mradi huu kuwepo shule za msingi imekuwa jambo zuri sana kwa sababu unazingatia jina lake kama lilivyo - Vijana na Ubora, Malengo na Afya. Tukiwafundisha, tunahakikisha wanakuwa bora na wenye malengo. Na kwa madarasa husika ya shule ya msingi, huu ndio

muda mzuri wa mradi kuwafikia maana ndio wanaingia kwenye balehe. Lakini pia tukiangalia upande mwingine, dunia imeharibika, wahalifu wanaharibu watoto wadogo, sasa kama watoto wamefundishwa namna ya kuripoti vitendo viovu hawatakubali kufanyiwa hivyo, watatoa taarifa.”

Suala la vijana kujitambua linarudi tena hapa kama moja ya mafanikio ya mradi. “Wasichana wamejifunza mbinu bora za kujistiri wakati wa hedhi, hatua ambayo imepunguza utoro na kuongeza ufaulu shuleni.” “Lakini pia hii elimu ya kujilinda dhidi ya wadanganyifu imechangia kupungua kwa mimba za utotoni. Mfano hai ni mtoto wa darasa la tatu aliyeripoti jaribio la unyanyasaji. Kuna mwanaume alitaka kumlaghai kwa vizawadi, akakumbuka mafunzo. Aliporipoti, hatua za haraka zikachukuliwa akasalimika.” Afisa huyu anasema mbali na wanafunzi, walimu pia wamenufaika sana; mbinu mpya za kuwahudumia watoto ambazo wamejifunza zinawasaidia sio tu shuleni bali hata kwenye jamii zao. “Mimi mwenyewe ni mnufaika, na natamani shule zangu zote zipate huu mradi.”

Anasisitiza kwamba kwa kuwafundisha watoto mapema, tunawaandaa kuwa watu bora, wenye malengo thabiti na ujasiri wa kujilinda dhidi ya changamoto za dunia ya sasa.



Ubunifu wa kijani kutoka shuleni

NA AMABILIS BATAMULA



Uchafu unakera aisee! Halafu sasa, mjikute mnatunza mazingira yenu vizuri, waje majirani na utaratibu wao wa kutupa taka popote na kila mahali, kisha hilo vurugu lao liingie hadi kwenye eneo lenu, aaaah, hasira yake ina kilo nyingi. Swali ni je, utatumia hasira hiyo kuongeza vurugu au kuleta mabadiliko?

Hicho ndicho kilichowakuta Lyamba Sekondari, mitaa ya kati kabisa mwa mji wa Mpanda, Mkoani Katavi. Pembani ya shule kuliaza kidogokidogo kama kajijalala hivi, wananchi wakaongeza spidi kila siku, mwisho wa siku uchafu ukaanza kuingia shuleni. Hapo wanaFema wakakaa wakayajenga, wakamshirikisha mlezi wao. Mjadala huo ukazaa matunda yenye ladha mbili.

Ladha ya kwanza ilikuwa ni kwamba tufanye kitu kuhusu huu uchafu, tuuondoe, tuoneshe mfano. Na kwa kuwa sehemu kubwa ya uchafu ule zilikuwa ni chupa za plastiki, ladha ya pili ikawa tuzitumie hizi chupa kujenga ukuta kuzunguka shule yetu, ambapo pia ukuta huo utasaidia kulinda usalama wa shule yetu, lakini pia itakuwa ni urejelezi wa chupa zile.



Wazo likapita. Kazi ikaanza.

Hata hivyo chupa hazikutosha. Ikabidi utaratibu wa kukusanya chupa kutoka kila mahali utangazwe, na wanafunzi hawakuwa na ajizi. Wakati huo pia ndio ukawa umeingia mradi wa VUMA ambao ulihusisha madarasa yasiyo na mtihani wa Taifa, yaani Form One na Form Three. Likapita tena wazo kwamba huu mradi wa ukuta uhusishe shule nzima, na hawa walioko kwenye VUMA waongoze kwakuwa wanapewa mafunzo ya kutambua fursa na kuzitumia.

Katika mchakato wa kujenga, vijana wakagundua kwamba kulikuwa na faida ya ziada, yaani kwamba pamoja na kuweka mazingira masafi na kurejeleza chupa, walikuwa wamepata ujuzi ambao hawakuwahi kufikiria watakuwa nao. Mlezi wa Fema CLub aliwaongoza kujenga ujuzi kwa kuwatafutia mifano

ya mahali pengine ambapo kitu kama hiki kiliwahi kufanyika. "Sasa hivi sisi ndio tumekuwa mfano hapa mjini, shule nyingine wanakuja kujifunza kwetu.

Sasa hivi wanajivunia ukuta wao wa takriban mita 150 upande mmoja na 150 upande mwingine, wanaona kuna kila sababu ya kuongeza nguvu ili ukuta huu uzunguke shule nzima pande zote nne. "Kuna faida tano ambazo tunazona kwenye huu mradi, anasema Sifa Soni, mmoja wa vinara wa mradi, "Kwanza tumeondoa uchafu, pili tumeimarisha ulinzi na mipaka ya shule yetu, tatu shule imependeza, nne tumejifunza ujuzi wa ujenzi ambao hatukuwa nao, na tano, shule yetu imekuwa kivutio, watu wanakuja kupiga picha au kuona na kujifunza. Tunajivunia hatua hii."



Tumaini na tumaini jipya

Kilometa si nyingi kutoka Lyamba Sec wapo watoto machachari sana wa Shule ya Msingi Tumaini. Hapo ni katika Halmashauri ya Wilaya ya Nsimbo. Ni chupa hizihizi za plastiki ziliwakera sana, lakini wao staili yao ya kupambana nazo ni tofauti; wanachoshughulika nacho kutengeneza ubunifu na kuingiza kipato ni kisehemu cha kifuniko tu. Unajua ukifungua chupa ya plastiki kifuniko huwa kina kile kiringi cha kuthibitisha kama chupa ishafunguliwa au la? Enhee, hicho hichooo! Wanachukua hicho tu na kukihifadhi. Chupa na mfuniko wanavipeleka kwenye sehemu ya kukusanyia taka za plastiki.

Basi bwana hivi viringi vikishakuwa vingi vya rangi tofauti tofauti, wanaviunganisha na kutengeneza bidhaa maridadi sana ambazo wanaziua. Mwenyekiti wa Club yao ya Fema Msingi ambayo inaamshaamsha sana kuhusu mradi wa VUMA, anaitwa Witness Sese, mwanafunzi wa darasa la saba. Anasema kupitia shughuli hii wamejifunza ujuzi ambao utawafaa sana wakiwa nje ya shule. “Tunajijenga, maana hata nyumbani mtu anaweza kuamua akafanya peke yake au na ndugu zake.”

Kiongozi mwingine wa Club hiyo ni Baraka Emmanuel, anayesoma darasa la sita, anasema mradi wa VUMA umewapa ujasiri wa kujaribu vitu na kuonesha vipaji, na kutokana na hayo wanajenga ujuzi na stadi muhimu katika maisha. “Kuna mwenzetu mmoja alikuja na wazo, na mwalimu alitusaidia, sasa umekuwa mradi wa Club, tunaupenda sana.”

Tangu kuanza kwa mradi wao huu mwaka jana, tayari wameuza vikapu viwili na kamba moja. Pesa walizozipata wamezitemia kununua mbegu ili kuanza rasmi mradi wao mwingine - bustani ya mbogamboga.

Kumbe?

Kumbe unaweza kuifanya changamoto kuwa mtaji au rasilimali, ukatengeneza kipato au ukaongeza ujuzi. Hapa tunaona namna ambavyo kero ya uchafu imekuwa chanzo cha kipato kwa vijana wa Shule ya Msingi Tumaini, na pia imekuwa akiba ya ujuzi kwa vijana wa Shule ya Sekondari Lyamba. Ukiamua inawezekana bwana.

TIRIRIKA

Nini kinakuhamasisha kuchukua hatua za kulinda mazingira?

CONSOLATHA JOSEPH
MADALE

*Kujikinga na magonjwa
na kuikinga jamii
inayonizunguka wawe
salama*



JENIFER H. DONALD

*Kitu pekee kinachofanya
niweze kulinda mazingira
ni kuepusha au kuinga
jamii yangu dhidi ya
magonjwa ya mlipuko,
mfano kipindupindu*



AMANI URIO

*Kitu kinachonifanya
nitunze mazingira ni
mazingira hutupa hewa
safi, maji, chakula, vifaa
na nafasi kwa ajili ya
burudani, pia shughuli
kama vile kilimo, ufugaji
na kuleta mvua.*



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



Green creativity from schools

BY AMABILIS BATAMULA



Trash is annoying! Imagine keeping your environment clean, only for neighbors to dump garbage everywhere, even in your area. This can be very frustrating. The question is, will you use this frustration to create more problems or to make a change?

This is what happened at Lyamba Secondary School in Mpanda town, Katavi region. Near the school, a small trash pile started growing. Over time, locals dumped more garbage, and it started spreading into the school. The Fema Club members decided to act. They talked to their mentor and came up with two ideas. First, they decided to clean up the trash and set a good example. Second, since most of the trash was plastic bottles, they decided to use the bottles to build a wall around the school. This wall would improve security and recycle the waste.

The idea was approved. Work began.

However, there weren't enough bottles to achieve that. The students started collecting bottles from everywhere, and everyone joined in. It was around that same time that the VUMA project was introduced to the school, focusing on classes not sitting for National Exams, meaning Form One and Form Three students. Then another idea came up: involve the whole school, led by students in VUMA, as the project was teaching them how to find and use opportunities.

While building the wall, students discovered other benefits. Besides cleaning up and recycling, they gained new skills. The Fema Club mentor helped them by sharing examples of similar projects from other

places. “Now, we are a role model in town. Other schools come here to learn from us,” said one of the students.

The students are proud of their wall, which is about 150 metres long on one side of the school and another 150 metres on another side. They plan to continue until the wall surrounds the entire school. “We see five benefits from this project,” says Sifa Soni, a project leader. “First, we cleaned up the trash. Second, we improved the school's security. Third, the school looks nice. Fourth, we learned construction skills. Fifth, our school has become famous; people visit to see and learn from us. We are very proud.”

Tumaini's new hope

Not far from Lyamba Secondary, there are very energetic students at Tumaini Primary School, located in Nsimbo District Council. It is the same problem for them - plastic bottles. But their approach to tackling this problem is different from most. They only focus on one part of the bottle cap to get creative and generate income - the tamper seal rings. They collect and store those rings, but the bottles and the caps are taken to a plastic waste collection point.

Once they have collected many of these rings in different colors, they connect them and make beautiful products which they sell. The

chairperson of their Fema Msingi Club, which is very active in the VUMA project, is Witness Sese, a standard seven student. She says that, through this activity, they have learned skills that will be very useful outside of school. “We are doing it ourselves, because even at home, someone can decide to do it alone or with their relatives.”

Another leader of the Club, Baraka Emmanuel, a standard six student, says that the VUMA project has given them the courage to try new things and showcase their talents, and through that, they are developing essential life skills. “One of our friends came up with this idea, and the teacher helped us, now it's become a club project, and we really love it.”

Since the start of their project last year, they have already sold two baskets and one rope, and with the money they earned, they bought seeds to officially start their next project—a vegetable garden.

...turns out

Turns out you can turn a challenge into capital or a resource, generate income, or develop skills. Here, we see how waste has become a source of income for the students of Tumaini Primary School, and also a skill-building opportunity for the students of Lyamba Secondary School. If you decide, it's possible, indeed.

REMEMBER

A problem can block you or help you grow. Choose to let it help you grow.

TAKE

ACTION

Use the examples in this article to create something new to solve a problem in your area. It can also help you learn a new skill. Working as a group can make it even better.

Kijani ni nzuri, kahawia ni hatari!

NA MARY MBAGO

Tuanze na swali; ni nini kinaweza kutokea ikiwa miti yote katika mkoa mzima fulani itakatwa? Unapata picha? Yaani we fikiria kama Katavi nzima hivi, hakuna miti. Daah! Mito itakauka. Wanyama wa porini watapotea. Binadamu hakuna rangi tutaacha kuona. Ni kama utani vile lakini hili jambo ni serious sana. Uharibifu wa mazingira ni tatizo linaloongezeka mwaka hadi mwaka katika maeneo kibao, ukiwemo mkoa wa Katavi.

Ukataji wa miti kwa matumizi mbalimbali ya miti na ardhi umepamba moto. Hili linatugusa sote, maana ni shughuli hizi hizi za kibinadamu zinazoleta uharibifu huu wa mazingira, na madhara yatokanayo yatatufika sote bila kuchagua.

Kwa bahati nzuri kuna suluhisho, na tunaweza kushirikiana ili kupunguza athari za uharibifu wa mazingira.

Kwa nini kuna uharibifu wa mazingira?

Katavi ni miongoni mwa mikoa ambayo inailisha nchi yetu; mpunga, mahindi, mihogo, maharage, karanga, yaani hakuna unachokikosa Katavi. Ongeza hapo ng'ombe na mbuzi, wapo wa kutosha. Takriban 85% ya watu mkoani Katavi wanaishi vijijini na hutegemea kilimo kwa maisha yao, kwa hiyo wanajua jinsi ilivyo muhimu kulinda mazingira ya asili yao. Hata hivyo, kama ilivyo katika mikoa mingine ya nchi yetu, kilimo na ufugaji vikikutana lazima ardhi ipate taarifa wababe wake wamefika.

1. Ukataji miti

Watu hukata miti kwa lengo la kuitumia kwenye matumizi mbalimbali, mkaa, mbao, ujenzi na kadhalika. Miti inakatwa aisee. Lakini jambo ambalo watu wanasahau au hawafahamu, ni kwamba vitendo hivi vinavuruga mzunguko wa maji, na bioanuai. Miti husaidia kudhibiti viwango vya maji, na ukataji wake husababisha ukame na mafuriko. Pia, husababisha mmomonyoko wa udongo, uharibifu wa ardhi, na kuathiri makazi ya spishi za mimea na wanyama. Haya yote yanachangia mabadiliko ya tabianchi; mafuriko, ukame, baridi kali, joto kali.

2. Mbinu zisizo endelevu katika kilimo

Kilimo cha kuhamahama, hasa kile ambacho kinaongezewa nguvu na ufugaji wa kuhamahama, limekuwa tishio kubwa kwa afya ya ardhi. Unakuta familia inalima hapa mwaka mmoja, wanakata miti ili kutengeneza mashamba na makazi, mwaka mwingine wanaona malisho ya wanyama yamepungua, wanahamia kwingine, huko nako wanakata tena miti, mzunguko unaanza upya. Ni shida. Haya, wengine wanatumia mbinu zisizo endelevu, kama vile kilimo cha zao moja tu bila kupumzisha ardhi. Matokeo yake, ardhi inachoka na kupoteza rutuba. Haya ni miongoni mwa mambo yanayosababisha kutokea kwa jangwa, kwa kimombo tunasema desertification.

Nini kifanyike?

Hii ni changamoto ambayo haiwezi kusubiri! Tunahitaji kuungana sasa, kama timu flani matata sana ya wachapakazi, tujipe Superheroes wa Mazingira, imekaaje hiyo? Tuhimiza na kufanya kilimo chenye akili, tusimamie matumizi bora ya ardhi kama mfalme wa shamba, na tupige kampeni za

Kama kikundi tunaweza kufanya yafuatayo kwa pamoja:

- “Panda Miti Tuilinde Kesho Yetu” – bonge la jina la kampeni! Mko tayari kuibeba hadi kieleweke? Tunasubiri kuona mbinu zenu na matokeo yake.
- Afisa Mazingira Karibu Utupe Ujanja - hapa ikiwapendeza mnampikia kabisa na ubwabwa Afisa Mazingira, mnakaa mduara mnakula huku mkipewa somo, baadae mnasoma kwa vitendo. Hii pia tunasubiri taarifa zake.
- Mtaa kwa Mtaa, Kila Mtu Aelewe - Hapa hapahitaji maelezo mengi, ni kupeleka elimu nyumba kwa nyumba, mtaa kwa mtaa. Hili nalo mtushirikishe tujue na tuwaoneshe wengine.

Jangwa

linatokea pale ardhi inapokuwa kame na isiyo na rutuba, hasa kutokana na ukataji miti na kilimo kisicho endelevu. Miti inapoondolewa, hakuna mizizi ya kushikilia udongo, hivyo mvua ikinyesha, udongo unasombwa na maji, unyevunyevu unapotea, na ardhi inabaki kavu. Pia, kilimo kisichozingatia uendelevu, kama kulima muda mrefu bila kuipumzisha ardhi au kutotumia mbinu za kuhifadhi udongo, huchangia hali hii. Matokeo yake mimea inakufa, mazingira yanadhoofika, na hatimaye eneo linageuka kuwa jangwa. Tukihifadhi miti na kufanya kilimo bora, tunaweza kulizuia hili!

upandaji miti na kuhimiza kwamba ikibidi kukata mti basi tuzingatie uendelevu. Mnaonaje hapo? Tunaweza kabisa kulizuia jangwa. Kutumia mbinu endelevu kwenye kilimo kama vile kilimo cha mazao mchanganyiko, kupanda miti na mazao pamoja, na kupunguza kemikali zenye sumu, tunaweza kuifanya ardhi yetu kuwa bora zaidi kuliko ilivyokuwa!

Vijana tunahusika! Tuna jukumu muhimu katika kuhamasisha kuhusu uharibifu wa ardhi ambao unaweza kuleta jangwa. Tunaweza kuongoza juhudi za utunzaji mazingira, kuanzisha shughuli za utunzaji wa mazingira zinazosimamiwa na jamii, na kuelimisha wenzetu kuhusu umuhimu wa kulinda mazingira.



Kuvuna maji ya mvua



Kupanda miti



Matuta ya mkingamo



Moyo wa mwanadamu hudunda karibu mara 100,000 kwa siku! Yaani, kwa mwaka mzima, moyo wako unapiga kazi bila likizo kwa kudunda mara milioni 36.5! Wacha tu Happy New Year tupige vigelegele!

Spotlight person!

Nelson Mandela alipigania haki za watu weusi Afrika Kusini dhidi ya ubaguzi wa rangi (Apartheid) na alifungwa jela kwa miaka 27 kwa msimamo wake! Baada ya kufoka, alikuja kuwa Rais wa kwaanza mweusi wa nchi hiyo mwaka 1994, akikubiri amani na umoja.

Fuizo kwa vijana? Usikate fama katika kupigania haki na amani.



Wi-Fi ya miayo

Unapopiga miayo, kuna uwezekano mkubwa mtu aliyekaa karibu yako naye akapiga miayo pia! Yaani, ni kama Wi-Fi ya bure ya miayo inasambaa. Ha haaa! Inashangaza, hadi watafiti wanalifanyia kazi kwa muda sasa. Wapo wanaosema kupiga kwako mwayo unapooni mtu akipiga mwayo kunaashiria kwamba kwa muda ule unahisi kile anachokihisi, yaani ubongo na roho yako vinaconnect na ubongo wake na roho yake, kutokana na ubinadamu wenu.

A JOURNEY
OF 1000
MILES
BEGINS
WITH
A
SINGLE
STEP

Health Fact

Kula paracitichi mara kwa mara huimarisha ngozi na nywele zako. Kwa nini? Kwa sababu ina mafuta mazuri yanayofanya ngozi ing'ae na nywele kuwa na afya. Watu wa "team glow up," hii ni ya kwenye.

Don't wait for Opportunity. Create it.

GROWTH

- M** I CAN LEARN FROM MY MISTAKES
- I** I CAN IMPROVE BY WORKING HARD
- N** I WILL NEVER GIVE UP
- D** I'M DETERMINED TO DO MY BEST
- S** SELF REFLECTION WILL HELP ME SUCCEED
- E** I CAN OVERCOME CHALLENGES WITH EFFORT
- T** I CAN TRAIN MY BRAIN

Maswali chokozi

1. Mtu fulani kakuomba ufanye kitu fulani, au vunde mahali fulani, lakini unajua kabisa kwamba hicho kitu ni kin'yume na misingi yako ya maadili, au kwa muda huo hauko tayari. Ni haki yako kukafaa. Ufajibuje?

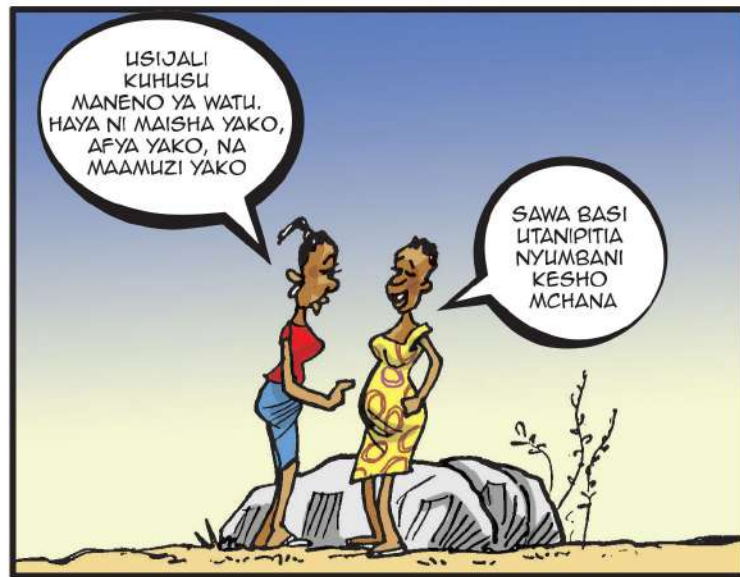
2. Rafiki yako anauywa sana amelazwa hospitali, unafamani kwenenda kumwona, lakini muda huo huo wa kuona wagonjwa kuna mechi, na wewe ni mmoja wa wachezaji. Ufafanyaje?

RAFIKI NA HUDUMA RAFIKI

MANDI NA ZENA NI MARAFIKI, KILA MMOJA ANAPITIA CHANGAMOTO, LAKINI KAMA WANAVYOSEMA WASWAHILI, VIDOLE HAVILINGANI, NA PENYE WENGI HAPAHARIBIKI JAMBO. NI NINI KILITOKEA? FUATILIA.

Babatau Media Inc. 2025





Huduma rafiki kwa vijana zipo, zitumie.

"Wakiona ninaenda pale, watadhani nina matatizo gani?"



Daah, pole sana Zena, lakini shukuru sana unaye rafiki mzuri. Unajua, kinachowakuta Zena na Mandi katika hadithi hii ya katuni, kinawakuta vijana wengi. Hivi vituo vya huduma rafiki vimeanzishwa maeneo mengi nchini mwetu, ili kusaidia vijana kupata taarifa sahihi kuhusu afya ya uzazi, ushauri nasaha, na msaada wa kijamii bila hukumu. Sasa swali tunajiuliza ni je, kwa nini vijana hawavitumii ipasavyo? Tuliliuliza hili swali, tukapata majibu mengi tofauti tofauti, ikiwemo yale ya kwamba kuna watu hawavijui kabisa vituo hivi, na wengine wanajua hadi vilipo lakini wanahofia kwenda! Aisee!

Hofu, aibu, na mitazamo potofu vimekuwa vikwazo vinavyowazuia wengi kufika kwenye vituo hivi na kupata msaada wanaouhitaji.

Moja ya sababu kubwa ya hofu hii ni woga wa kuhukumiwa na jamii. Vijana wengi huogopa kuonekana na watu wanaowajua wakiingia kwenye vituo vya huduma rafiki, wakihihi kuwa wakubwa zao, walimu, au hata wenzao wataanza kuwaona tofauti. Wanajiuliza, "Wakiona nikienda pale, watadhani nina matatizo gani?" Hofu hii ya maneno ya watu huwafanya baadhi yao kuchagua kubaki kimya badala ya kutafuta msaada wa kitaalamu.

Aibu nayo ni kikwazo kingine kinachowafanya vijana wasitafute huduma hizi. Masuala ya afya ya uzazi, mahusiano, na changamoto za utu uzima mara nyingi ni mada zinazozungumzwa kwa usiri mkubwa. Vijana wengi hawajazoea kuyazungumzia waziwazi, hasa na watu wazima. Hii huwafanya wahisi wasiwasi wanapopaswa kueleza matatizo yao kwa mshauri au daktari, hata kama ni kwa faragha.

Pia, kuna dhana potofu kuhusu huduma hizi. Baadhi ya vijana huamini kuwa vituo vya huduma rafiki ni kwa wale waliokwisha "haribika" au wale tu walio katika matatizo makubwa. Uelewa mdogo huwafanya wengine kudhani kuwa kwenda kwenye kituo cha huduma rafiki ni ishara ya kuwa na tabia zisizokubalika kijamii, jambo linalowafanya waogope hata kufikiria kupata msaada.

Ukweli uko hivi - huduma rafiki kwa vijana zimewekwa maalum kabisa kuwapa vijana huduma kwa faragha wanayostahili, na kuwapa msaada bila ubaguzi. Ni sehemu ambapo kijana anaweza kupata taarifa sahihi, ushauri wa kitaalamu, na hata msaada wa kisaikolojia ili kujijenga upya. Lakini pia, muundo wa vituo hivi unatoa fursa kwa vijana kushiriki shughuli mbalimbali za burudani na michezo.

Kule mtaani wanasema woga ndio akili, ila ukitafakari kwa kina utaona kuna mahali woga ndio ujinga. Sasa hapa tumeona ukweli, utafanya nini na ukweli huu? Hebu tuzame zaidi kwa kujiuliza na kujadili swali hili; ni mambo gani yanayofanya huduma hizi kuwa rafiki kwa vijana? Na ukilijadili swali hili na rafiki zako itakuwa poa sana; kama ungepewa nafasi ya kuboresha huduma kwa vijana katika jamii yako ili ziwe rafiki zaidi kwao, ungefanya nini? La mwisho kabisa, je, wewe ni Zena, Mandi au Kasongo? Kwa nini?

Tukutane kwenye mjadala.

Shukrani kwa wanafunzi wa Mlele Sekondari, kwa kutuanzishia mjadala ambao ulizaa cartoon story hii. Mmetisha sana!



Usipothubutu utabaki kama ulivyo

NA AMABILIS BATAMULA

Habiba Hussein (17) na Maria Lupunza (17) hawajawahi kukutana, lakini maisha yao yanafanana kwa namna moja kubwa; waligundua kwamba kusimama kidete kwa ajili ya haki zao ndio njia pekee ya kufungua milango ya ndoto zao.



Habiba na kilio cha kazi za nyumbani

Hisabati a.k.a Math ndilo somo linalompagawisha Habiba. Sio kwamba hapendi masomo mengine, la hashi, anayapenda yote, na shule anaipenda sana, lakini Math, aah, inampa raha sana, na anaiweza. Anataka siku moja aje kuwa mtu mmoja muhimu sana kwenye benki maarufu.

Sio siri kwamba ili ufanye vizuri kwenye Math ni lazima ufanye mazoezi mengi, na muda wa kuyafanya upatikane. Lakini kwa Habiba, hiyo haikuwa rahisi hata kidogo. Ilikuwa kila siku akirudi nyumbani kutoka shule, kazi zote zinamsubiri. Kaka zake wawili? Wao walikuwa wakifanya mambo yao tu, na mara nyingi ungewakuta sebuleni wakitazama runinga huku wakipiga stori za hapa na pale au kwenda mpirani jioni. Wakirudi wanakuta chakula tayari, nyumba safi — kila kitu kimeshaandaliwa na nani? Habiba!

Baada ya mradi wa VUMA kutua shuleni kwao Inyonga Sekondari, mkoani Katavi, Habiba alilichukulia jambo hili kwa umakini mkubwa sana. Akapata maarifa mapya, akajenga ujasiri. Mwenyewe anasema “nikajitambua na kutambua haki zangu.” Akajifunza mbinu za kujenga hoja kwa akili na nidhamu, na hapo akaamua kuchukua hatua. Alimfuata mama yake na kumweleza kwa upole lakini kwa msimamo, kwamba haikuwa haki kwake kufanya kila kazi nyumbani huku kaka zake wakipumzika tu. Aliweka wazi haja yake ya kupata muda wa kujisomea, na akamwomba mama abadilishe utaratibu ili wote wasaidiane kazi, ziishe haraka na kila mmoja apate nafasi ya kufanya mambo mengine ayapendayo.

Mama aliposikia hivyo mara ya kwanza, alikataa. Lakini Habiba hakukata tamaa. Akajipanga, akarudi tena na hoja madhubuti. Safari hii mambo yakawa tofauti, mama alimsikiliza kwa makini na kugundua kwamba kweli hakukuwa na usawa. “Alinifundisha vilevile kama yeye alivyofundishwa kule shuleni, akanipa hiyo elimu,” anasema mama Habiba. “Hapo nikaamua kubadilisha utaratibu wa nyumbani.”

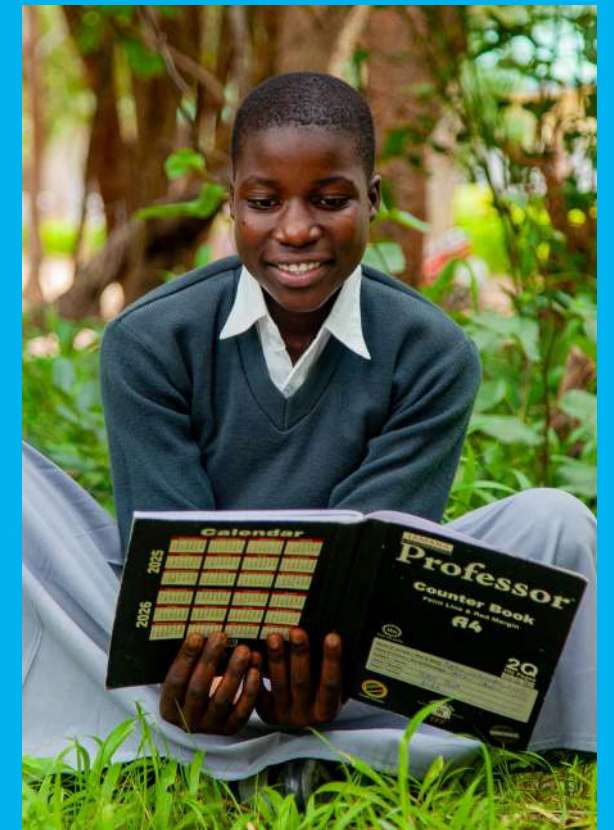
“Sasa nina furaha,” anasema Habiba, “Nimegundua kwamba kumbe kaka zangu nao kazi wanaziweza, ni kwamba tu walikuwa tu hawajazoeshwa! Sasa ninapata muda wa kujisomea na hata kupumzika, lakini haikuwa rahisi hadi kufika hapa.”

Baba yake anaona fahari kwa ujasiri wa binti yake: “Huu mradi umetusaidia kulea. Mtoto wetu anajitambua vizuri, jasiri. Hata alipokwenda Dar es Salaam, sisi tunashukuru binti yetu ameonekana miongoni mwa wengi.”

Kwa hakika Habiba alionekana miongoni mwa wengi maana kutokana na jitihada zake za kujisimamia, alichaguliwa kuwa mmoja wa wasichana wachache walioingia kwenye programu ya Girls Take Over ya mwaka 2024, ambapo alipata fursa ya kufanya kazi na Balozi wa Canada nchini kwa siku nzima. “Ilikuwa siku nzuri sana, hata sasa ninayo namba yake Balozi, naweza kumpigia nikamsalimia nikamshirikisha wazo lolote nikiwa nalo, anasema Habiba.



Maria na vita ya kuendelea na masomo



Maria alianza kidato cha kwanza akiwa na msimko mkubwa. Ndoto yake ya kwenda sekondari ilikuwa imetimia, na alidhamiria kupambana na lolote ili awe msichana wa kwanza kijijini kwao kumaliza kidato cha nne. Alifurahi zaidi alipojua kwamba rafiki yake, Aneth, naye alikuwa amejiunga shule ile ile ya Kakoso Sekondari, mkoani Katavi, si mbali sana na nyumbani, mwenyewe anakwambia nauli elfu tano.

Miezi sita ya kwanza ilikuwa poa kabisa, darasani kulinoga, na somo lake la Biology alipendalo sana lilianza kukolea, ikawa ni miongoni mwa masomo matano ambayo alipata A walipofanya mtihani wa kumaliza muhula wa kwanza. Akajipongeza, kwa kujua safari yake ya kwenda UDOM kusomea udaktari ilikuwa imeanza vizuri.

Jambo ambalo hakulijua ni kwamba wazazi wake walikuwa na mpango tofauti na wa kwake. Mpango wao ulikuwa ni kumzuia asirudi shule asaidie kazi za shamba, na baadae aolewe. Na kwa hakika kuanzia muhula wa pili mahudhurio ya Maria yalilegalega, matokeo yakashuka, ikawa si yule Maria wa A tano na B za kumwaga, na mpaka kufikia kuingia kidato cha pili, yeye hakuwa miongoni mwa wanafunzi waliorudi shule. Wazazi waliazimia kutimiza lengo lao.



"Basi siku moja Aneth alikuwa likizo, akaja nyumbani," anasema Maria, "alinambia neno ambalo sitakaa nilisahau, alisema, mafanikio ya mtu huja kwa kupambaniwa, sio kwa kusubiri tu, na akanambia kuna mradi mpya umekuja shuleni, nikiweza nihudhurie nitapata mwanga. Maneno yake yalikuwa hamasa tosha."

"Shule ilipofunguliwa nikawa natoroka nyumbani naenda shule, naingia kwenye mafunzo ya mradi huo unaoitwa VUMA. Nilikuta wako kwenye mada ya Ukatili wa Kijinsia, tukafundishwa haki ya kupata elimu, pia namna ya kuripoti ukatili, kwamba unaweza kumwambia mwalimu wako unayemwamini. Basi baada ya somo lile nilimfuata madam mwalimu wetu wa mradi na mlezi wa Fema Club, nikamweleza. Alinipongeza kwa kuripoti hali yangu, na akachukua hatua mara moja kwa kuwaita wazazi shuleni."

"Kwanza walikuwa na hasira, maana walikuwa hawajui kama natoroka naenda shule. Lakini baada ya mazungumzo marefu na mwalimu, ambapo walielimishwa kuhusu haki ya mtoto wa kike kupata elimu na wajibu wa wazazi, walielewa na hapo ndipo nikarudi shule rasmi."

Aliporudi, mambo hayakuwa rahisi. Alikuwa amekosa miezi mingi ya masomo, na alifeli sana. Lakini alijiahidi atapambana mpaka kieleweke. Polepole alirudisha makali yake darasani, na A zake zikaanza kurejea.

Sasa, akiwa kidato cha nne, Maria anasema kwa furaha, "sasa hivi nakaa bweni, na kunako majaliwa mwisho wa mwaka tukimaliza shule, mimi na Aneth tutakuwa wasichana wa kwanza kijijini kwetu kumaliza kidato cha nne. Wazazi wangu wameamka, na ndoto yangu haijafa!"

Paza sauti, chukua hatua

Hivi visa viwili ni hadithi za kweli za maisha ya wasichana wawili, lakini pia ni hadithi ya kila msichana anayegundua kwamba ana sauti, na akiitumia vizuri, inaweza kufungua njia Ambayo pengine hakuwahi kuiona. Kwa Habiba na Maria, kujisimamia wenyewe ndiko kulikowapatia nafasi ya kufuata ndoto zao. Tuongeze hapo na kitu kinaitwa marafiki wa kweli. Hawa wanajali mafanikio yetu, na ni muhimu katika maisha yetu.

KUMBUKA

Wasichana wana haki ya kupata elimu, katika mazingira salama na wezeshi

CHUKUA

HATUA

Kwa kuzingatia mafunzo yaliyomo katika hadithi za Habiba na Maria, andaeni shindano la insha shuleni, muwe wabunifu katika kuwapata washindi na zawadi gani watapewa. Tunasubiri matokeo tuwapongeze.

TIRIRIKA

Tiririka swali
Ungefanya nini ikiwa mtu angesema "msichana, hawezi kufanya hivyo" au "wasichana hawawezi kufanikisha ndoto kubwa?"



JULIUS JUSTINE WILLIAM

Ningempa ushauri juu ya jambo hilo, kwa kuwa wasichana wana uwezo na ndoto za kutenda mambo makubwa



EVA ALFRED MTATA

Kwa mimi ningempa elimu kwamba msichana ana haki ya kupewa kipaumbele katika jamii kwasababu anaweza kufikia malengo yake ikiwa ataweka juhudi na malengo katika ndoto zake



GASPER ZACHARIA MPENBA

Ningempinga na kumwambia wanawake wakiwezesha wanaweza

Without courage, nothing changes

BY: AMABILIS BATAMULA

Habiba Hussein (17) and Maria Lupunza (17) have never met, but they share one major similarity; they both discovered that standing up for their rights was the only way to unlock the doors to their dreams.

Habiba and the struggle over household chores

Mathematics, a.k.a Math, is Habiba's favorite subject. It's not that she dislikes other subjects—far from it—she loves them all and enjoys school immensely. But Math? Ah, it brings her such joy, and she excels in it. She dreams of one day becoming someone important in a prestigious bank.

It's no secret that doing well in Math requires lots of practice, and that takes time. But for Habiba, finding that time wasn't easy at all. Every day after school, all the household chores awaited her. Her two brothers? They would be doing their own things, often lounging in the living room, watching TV, chatting, or heading out to play soccer in the evening. When they returned, everything—food, a clean house—was already prepared by none other than Habiba.

When the VUMA project reached her school, Inyonga Secondary School in Katavi Region, Habiba took it very seriously. She gained new knowledge and built her confidence. She says, "I came to know myself and my rights." She learned how to present arguments wisely and respectfully, and she decided to take action. She approached her mother and explained calmly yet firmly that it wasn't fair for her to handle all the chores while her brothers simply relaxed. She expressed her need for study time and requested a change in the routine so everyone could share responsibilities, finish the tasks faster, and have time for other activities.

At first, her mother dismissed the idea. But Habiba didn't give up. She approached her mother again with stronger arguments. This time, her mother listened carefully and realized there truly was an imbalance. "She educated me just as she had been educated at school, giving me the same knowledge," says Habiba's mother. "That's when I decided to change our household routine." "Now I am happy," says Habiba. "I've realised that my brothers are capable of doing chores too; they

just weren't conditioned to! Now I have time to study and even rest, but getting here wasn't easy."

Her father is proud of his daughter's courage: "This project has helped us in parenting. Our child knows herself well and is confident. Even when she went to Dar es Salaam, we were grateful that our daughter stood out among many."

Indeed, Habiba stood out, as her efforts earned her a spot in the 2024 Girls Take Over program, where she got to work with the Canadian High Commissioner in Tanzania for a whole day. "It was such a great day. I even have the ambassador's number; I can call and share any ideas I have," says Habiba.

Maria's battle to return to school

Maria started Form One with great excitement. Her dream of attending secondary school had come true, and she was determined to overcome any challenge to become the first girl in her village to complete Form Four. She was even happier when she found out her friend, Aneth, had also joined Kakoso Secondary School in Katavi Region, not far from home, with just a five-thousand-shilling fare.

The first six months went well—class was enjoyable, and Biology, her favorite subject, became one of the five subjects in which she scored an A in the first-term exam. She was proud, knowing her journey to study medicine at the University of Dodoma (UDOM) had begun well.

What she didn't know was that her parents had a different plan for her: to stop her from returning to school so that they could get her to help with farm work, and eventually get her married. Indeed, from the second term, Maria's school attendance faltered, her grades dropped, it was no longer the same Maria who scored As and Bs. When it was time for her class to advance to Form Two, Maria was not among the students who returned to school. Her parents were determined.

"One day, Aneth visited during a school break," says Maria. "She told me something I will never forget: she said 'Success comes from fighting for it, not just waiting for it to happen,' and then she informed me about a new project at school saying it would help me if I could attend. Her words were enough motivation."

"When school reopened, I began sneaking out of home to attend classes and participate in the VUMA project sessions. My first session was on Gender-Based Violence, where we were taught about the right to education and how to report abuse. After the lesson, I approached Madam, our project teacher and Fema Club mentor, and disclosed my situation. She praised me for speaking up, and immediately took action by calling my parents to school."

"At first, they were furious, not knowing I had been sneaking off to school. But after a long conversation with the teacher, where they were educated about a girl's right to education and the responsibilities of parents, they understood, and I was officially allowed to return to school."

Returning wasn't easy. Maria had missed many months of classes, and initially performed poorly. But she promised herself she would fight until she succeeded. Gradually, she caught up with the others in class, and her As started returning.

Now, in Form Four, Maria says joyfully, "I now live at school in the dormitory, and God willing, by the end of the year, Aneth and I will be the first girls in our village to complete Form Four. My parents have changed, and my dream is alive!"

Raise your voice, take action

These two stories are true accounts of the lives of two girls, but they also reflect the journey of every girl who discovers she has a voice that, when used well, can open doors she never thought possible. For Habiba and Maria, self-advocacy granted them the chance to pursue their dreams. Let's also acknowledge something called true friendship—these are friends who care about our success and are crucial in our lives.

REMEMBER

Girls have the right to education in safe and empowering environments.

TAKE

ACTION

Based on the lessons from Habiba and Maria's stories, organize an essay competition at your school. Be creative in selecting winners and the prizes to be awarded. We look forward to celebrating the results!



Jifunze, pata maarifa, jenga stadi

NA FEMINA TEAM



Fatuma ni mwanafunzi wa kidato cha nne pale Shule ya Sekondari Mwongozo. Siku moja Fatuma alitembelea kituo cha sanaa, akakuta wanatengeneza bidhaa za shanga, na kuziua. Badala ya kuziangalia na kuzifurahia tu, aliamua kuuliza maswali; zinatengenezwaje, zinazwa wapi, shanga na nyuzi za kutengenezea wanapata wapi? Akaomba kujaribu, akafundishwa. Baada ya pale akatumia ujuzi huo kutengeneza bidhaa za shanga na mapambo kwa ajili ya kuuza shuleni na mitandaoni.

Kumbe bwana, Fatuma alikuwa mjanja siku nyingi, akipewa mia tano ya shule, anatumia nusu, nusu anaweka akiba. Basi kimtaji chake hichohicho ndicho kilichomfaa alipoamua kuanza hii biashara ya bidhaa za shanga. Akaanza kutengeneza bidhaa zenye ubunifu na kuzitangaza kwa marafiki na jamaa. Ilikuwa ni muhimu pia ajipange aweze kubalance muda, ili masomo na biashara visigombane. Akajifunza kuwasiliana na wateja wake vizuri, na hata kujadiliana bei nzuri na wasambazaji

wa malighafi. Leo hii, Fatuma ana akiba anayopanga kuitumia kwa ajili ya masomo yake ya elimu ya juu, na kukuza mtaji. Amehamasisha wanafunzi wenzake kuanza miradi midogo kama alivyofanya yeye. Stori ya Fatuma inatuonesha kwamba, kwa bidii na maarifa sahihi, kijana yeyote anaweza kuanza safari ya kujitegemea kifedha taratibu, mapema, kwa kuchukua hatua ndogondogo.

Safari ianze mapema

Unajua nini, kijana uliyeko shuleni hii ni muhimu sana kwako, kwasababu haijalishi uko la ngapi, ni kwamba hapo ulipo unajiandaa kwa maisha baada ya kuhitimu shule, au uongo? Sio siri kwamba katika dunia ya leo vijana wanahitaji elimu ya darasani, na elimu ya ziada.

Kujitegemea kifedha ni safari inayoweza kuanza mapema, hata kabla ya kumaliza shule. Kwa kujifunza na kutumia stadi sahihi, vijana wanaweza kujenga misingi thabiti ya kuwafanikishia mambo mazuri. Bidii, ubunifu, uvumilivu, na hamu ya kujifunza ni muhimu. Kuna raha ya kuwa na hela yako bwana, asikwambie mtu!

Chukua haya hapa chini yakufae katika kujipanga, ili siku nyingine tuweke simulizi yako kama tulivyoweka ya Fatuma hapo juu. Ni stadi gani nyingine unaweza kuongeza hapa?

Jifunze kufikiri kwa kina unapojaribu kutatua tatizo.

Jiulize maswali kichambuzi, liangalie jambo kwa sura nyingi, usiridhike na jibu moja. Itakusaidia kugundua vitu ambavyo hukuwahi kuvifikiria.

Jipe changamoto. Wanasema ukikishinda kikwazo unakuwa umepanda ngazi moja juu.

Jifunze kufanya maamuzi

Tengeneza orodha ya vipaumbele vyako, itakusaidia kujua wapi uweke nguvu zaidi.

Tathmini faida na hasara za uamuzi kabla ya kutekeleza.

Tafuta taarifa sahihi, jifunze kwa waliotangulia, walifanyaje na ikawaje?

Jifunze kuwasiliana na wengine kwa ufanisi

Wanasema mawasiliano yetu ndio mahusiano yetu. Fanya mazoezi ya kuzungumza hadharani au kushiriki midahalo shuleni ujenge uwezo wa kujieleza.

Shiriki mashindano ya kuandika ujenge uwezo wa kuwasilisha mawazo yako kwa maandishi. Usiogope, practice makes perfect.



Jifunze kuwa mdadisi

Ukivutiwa na kitu usiogope kuuliza maswali. Usipouliza, hautapata taarifa zozote kuhusu kitu hicho. Lakini ukiuliza, kuna uwezekano mkubwa kwamba utajibiwa kwa maelezo ya kutosha.

Uliza zaidi na zaidi, na kumbuka kuandika ili usisahau. Penda kujifunza.

Jifunze usimamizi wa fedha

Waswahili wanasema akiba ni akiba, hakuna akiba ndogo. Jiwekee lengo kwa muda fulani na ujitahidi kulitimiza. Ukisema kila hela nitakayopata robo nitaiweka akiba basi jitimizie ahadi hiyo.

Weka lengo, akiba hiyo unaiweka ili ije kufanya nini, baada ya muda gani? Zungumza na wataalam wa masuala ya fedha ujifunze zaidi

Mikopo ni mizuri lakini si kila mkopo ni wa heri, mingine kausha damu, kuwa makini.

Panga bajeti, ili matumizi yako ya fedha yaendane na mahitaji na uwezo wako.



Jifunze usimamizi wa muda

Tengeneza ratiba na ujitahidi kuifuata. Mambo ni mengi, muda mchache, lakini hata waliofanikiwa walikuwa na saa 24 kwa kila siku moja.

Kufanya jambo dakika za mwisho kunaweza kutoa kazi mbovu, anza mapema.

Heshimu muda wa wengine pia, hata wao wana mambo mengi, keep time.

Jifunze kujihamasisha, na hata kuhamasisha wengine

Anza na ulicho nacho, jengea kidogo kidogo

Jitengenezee timu ya washauri, wape sababu ya kukusaidia na kuona thamani ya kukupa muda wao.

Siku zote fahamu kwamba hakuna kinachomalizika au kukamilika kama hakikuanzwa. Anza ndio utamaliza.

Kukatishwa tamaa ni sehemu ya changamoto unapojaribu kujijenga na kujisimamia. Amini kwamba unaweza, jaribu na simamia unachokiamini, ili mradi haumdhuru mtu.

Kuwa mshauri kwa wengine, ili nao wasogee.



Barua iliyobadilisha maisha yangu

Baba yangu alikuwa mtu mkali na hakuona nafasi kubwa ya elimu, hasa kwa watoto wa kike. Dada yangu wa pili aliacha shule tangu akiwa darasa la pili, kwa uamuzi wake binafsi, na wazazi wangu hawakutaka kumshurutisha kuendelea kusoma. Lakini mimi sikuwa tayari kuona ndoto yangu ya kuwa mwanasheria ikianguka; ninapenda sana siku moja nisimame mahakamani na kusimamia haki za watu.

Naitwa Paulina Thomas. Nina umri wa miaka 17, kwetu ni kijiji cha Songambebe katika wilaya ya Mlele, Mkoani Katavi. Mimi ni mtoto wa tatu kati ya watoto saba, nikitanguliwa na kaka mmoja na dada mmoja. Ninao wadogo zangu wawili wa kike na wawili wa kiume. Ninaishi na baba na mama yangu. Ingawa stori yangu ya maisha imejaa changamoto lakini siku zote nina amani na furaha moyoni.

Katika utoto wangu, maisha yalikuwa magumu sana. Familia yangu inategemea kilimo cha kujikimu, na mara nyingi tulikosa mahitaji ya msingi kama chakula na ada za shule. Ni kitu ambacho binafsi kinaniumiza sana hata sasa.

Mimi ni mkimya sana, mara nyingi huwa siongei sana, napenda kufanya vitendo zaidi. Ndoto yangu kubwa ni kuwa mwanasheria. Ninasoma kidato cha pili katika Shule ya Sekondari Kilinda, iliyopo wilayani Mlele. Mbali na elimu napenda sana kucheza mpira wa miguu na kila nikipata nafasi shuleni huwa napenda kucheza nafasi zile za kati na mbele za kufunga magoli.

The letter that changed my life

My father was a strict man who didn't see much value in education, especially for girls. My second eldest sister dropped out of school in standard two by her own choice, and my parents never pressured her to continue. But I wasn't ready to let my dream of becoming a lawyer slip away. I long to stand in court one day and fight for justice.

My name is Paulina Thomas. I am 17 years old, from Songambebe village in Mlele District, Katavi Region. I am the third of seven children, following an older brother and sister. I also have two younger sisters and two younger brothers. I live with both my parents, and while my life has been full of challenges, I have always carried peace and joy in my heart.

Growing up, life was extremely difficult. My family relies on subsistence farming, and we often struggled to meet basic needs like food and school fees. This is something that still pains me deeply. I am a quiet person who rarely speaks much - I prefer actions over words. My biggest dream is to become a lawyer. I am in Form Two at Kilinda Secondary School in Mlele. Besides studying, I love playing football and always take the opportunity to play either midfield or forward positions whenever I get the chance at school.



Tatizo

Kila kitu kilianza pale baba aliposema siwezi kurudi shule. Hali ya kiuchumi ya familia yetu ilikuwa mbaya, na baba yangu aliamini kuwa elimu yangu haikuwa kipaumbele kwa muda ule.

Nilijihisi kuvunjika moyo na kutengwa kifamilia. Niliona ndoto zangu zikififia, lakini sikutaka kukata tamaa.

Nakumbuka ilikuwa ni likizo ya mwezi wa nne mwaka jana, 2024, wakati tumetoka kusherehekea sikukuu ya Pasaka. Sikujua kama hiyo ilikuwa ndiyo likizo ambayo ingeunganishwa na kutokurudi kwangu shule.

Baba yangu aliona elimu yangu kama mzigo usioweza kubebeka, akihofia gharama za ada ya shule na mahitaji mengine. Akaniambia sitoweza kurudi shule. Ilikuwa vigumu sana kwangu kuelewa kwa nini baba yangu aliyenizaa mwenyewe hakuweza kuona jinsi elimu ingeweza kubadili maisha yetu ya nyumbani, haswa ukiangalia hali yetu ni mbaya. Kiukweli niliumia sana kwasababu kaka na wadogo zangu waliendelea na shule lakini mimi nikazuiwa.

Wakati huo mama alikuwa ameenda Tabora kwenye msiba, hakuweza kunisaidia chochote, pia kutokana na mila zetu na desturi baba ndiye anayefanya maamuzi. Hivyo mama yangu hakuwa na la kufanya kwa wakati huo, na wala hakuwa na pesa za kunipeleka shuleni.



The problem

It started the day my father said I could not return to school. Our family's financial situation was dire, and my father believed that my education was not a priority at that time. I felt heartbroken and isolated within my own family. I saw my dreams fading away, but I refused to give up.

I remember it was during the April holiday last year, 2024, just after we had celebrated Easter. I had no idea that this holiday would be connected to my being stopped from going to school.

To my father, my education was an unbearable financial burden. He worried about school fees and other expenses and told me I wouldn't be going back. It was incredibly difficult to understand why my own father couldn't see how education could transform our family's future, especially given our struggles. It hurt even more because my brothers were allowed to continue with school while I was not.

At that time, my mother had travelled to Tabora for a funeral and couldn't help me, also due to our traditions, my father's word was final, and my mother had no power to intervene. She didn't have the money to send me back to school either.

Uamuzi wa kuandika barua

Sikuweza kukaa kimya. Katika siku moja ambayo ilibadilisha kila kitu, niliamua kuandika barua kwa Mkuu wa Shule. Nilihitaji msaada. Nilihitaji mtu wa kusimama nami na kunisaidia kurejea shuleni.

Japo nilipata wazo la kuandika barua, nilipata hofu pia kwamba huenda barua hiyo isifanyiwe chochote cha msaada. Lakini rohani nilijipa matumaini, nikaandika maana nilitamani kutimiza ndoto yangu ya elimu.

Niliandika barua hiyo kwa huzuni, nikieleza kwa kina changamoto nilizopitia na jinsi nilivyotamani kurudi shuleni. Niliandika kuomba msaada kutoka kwa Mkuu wa Shule anisaidie kurudi shuleni.

Baada ya kuandika nikaikabidhi barua hiyo kwa rafiki zangu, Furaha, Neema na Zainabu, ambao walikuwa tayari kunisaidia kufikisha ujumbe wangu kwa Mkuu wa Shule.

My decision to write a letter

I couldn't stay silent. One day, in a moment that changed everything, I decided to write a letter to the Head of School. I needed help. I needed someone to stand by me and support my return to school.

Even though I had the idea to write the letter, I was also afraid - what if nothing came of it? But deep inside, I held onto hope and wrote the letter because I wanted to achieve my education dream.

With a heavy heart, I poured out my struggles in the letter, explaining how desperately I wanted to continue my studies. I asked the Head of School for help in getting me back to school.

After writing it, I gave it to my friends, Furaha, Neema, and Zainabu, to deliver the letter to the Head of School. They were more than willing to help me get my message across.

Majibu na matokeo

Katika kuishughulikia barua hiyo, Mkuu wa Shule alishirikiana na viongozi wengine wa Serikali pamoja na mradi wa VUMA kutafuta suluhisho. Mkuu wa Shule, viongozi wa Serikali za Mitaa pamoja na Mkurugenzi wa Wilaya walitembelea familia yetu. Hapo ndipo hatua zilipochukuliwa za kuniwezesha kurudi shule.

Sasa nimerudi shuleni, nina furaha sana, na naendelea vizuri na masomo yangu. Masomo ya uraia ndiyo ninayoyapenda zaidi, kwani natamani kuwa mwanasheria nipigania haki za watoto wa kike.

Lakini pia uhusiano wangu na baba umeimarika kwa kiasi fulani. Sasa anaona umuhimu wa elimu yangu na hata ya wadogo zangu. Tukio hili lilibadilisha mtazamo wa familia yangu kuhusu elimu ya watoto wa kike.



Paulina na Mwalimu Philemon Lisias Mahombo

The response and outcome

Upon receiving my letter, the Head of School collaborated with local government leaders and the VUMA project to find a solution. The school administration, local government officials, and the District Executive Director visited my family. That's when action was taken, and I was able to return to school.

Now, I am back in school, I am very happy and doing well in my studies. My favourite subject is Civics, because I dream of becoming a lawyer who fights for girls' rights.

My relationship with my father has also improved. He now sees the importance of education for me and for my younger siblings. This experience changed my family's perspective on girls' education.

Msichana anaweza

Naamini kuwa, kupitia stori yangu wasichana wengine katika kijiji changu, na hata Tanzania nzima, watahamasika. Changamoto kubwa kwa wasichana ni mitazamo potofu kwamba hawana nafasi ya kufanikiwa kupitia elimu. Hii ni lazima ibadilike.

Ujumbe wangu kwa wasichana ni huu: tujitambue, tujilinde, na tuwe na msimamo binafsi. Msimamo huu ndio ulionipa ujasiri wa kufuata ndoto zangu. Pia, nawahimiza wazazi kuwaruwahusu watoto wa kike kusoma. Watoto hawa wanaweza kuwa msaada mkubwa kwa familia na jamii kwa ujumla.

Kitu cha mwisho kabisa natamani kumwambia mtoto wa kike wakati unakabiliana na changamoto usikate tamaa, kwani kila juhudi ina matunda yake.

Kwa wazazi, walimu, na viongozi, nawasihii muwekeze kwenye elimu ya watoto wa kike, kwani wanayo nafasi ya kubadili maisha yao na jamii kwa ujumla.

"Baada ya kupokea barua ile kutoka kwa Neema ambaye ni rafiki wa Paulina, jambo hili liliumiza sana. Mimi pia ni mzazi, na ninajua umuhimu wa shule lakini nafahamu sana jamii anayotokea Paulina mtoto wa kike katika umri wake hukatishwa masomo na kuoreshwa." Mwalimu Philemon Lisias Mahombo, Mkuu wa Shule

A girl can!

I believe that through my story, other girls in my village and across Tanzania will be inspired. The major challenge for girls is the wrong perception that girls have no future through education. This must change.

My message to girls is this: know your worth, protect yourself, and stand firm in your decisions. This resolve gave me the courage to pursue my dreams. I also urge parents to allow their daughters to study - these girls can become a great asset to their families and society.

Lastly, I want to tell every girl facing challenges: never give up - every effort you make will bear fruit.

To parents, teachers, and leaders, I plead with you to invest in girls' education. They have the power to change their lives and communities.

When I received the letter from Neema, Paulina's friend, it deeply moved me. As a parent myself, I understand the value of education. But I also know the community Paulina comes from, where girls her age are often forced out of school and married off." Mwalimu Philemon Lisias Mahombo — Head of School

MPENDWA ANTI

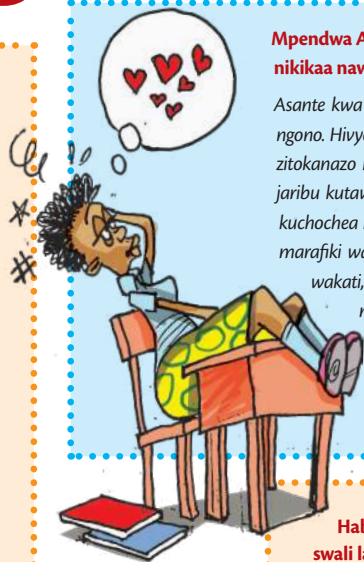


Iwapo una tatizo lolote kuhusu mabadiliko ya mwili wako, afya yako, matatizo ya kifamilia, shule na hata marafiki, tafadhali tuma kwa Mpendwa Anti: **FEMA S.L.P. 2065, Dar es Salaam**
e-mail: info@feminahip.or.tz
SMS: 0753003001



Mpendwa Anti pole na kazi. Naomba kuuliza, mwanamke akimaliza hedhi ikawa imeisha na uchafu wote umeisha alafu akakutana na mwanaume kimwili baada ya tendo damu zinaanza kutoka tena, shida inakuwa nini?

Asante kwa swali lako. Damu kutoka baada ya hedhi na baada ya tendo la ndoa inaweza kusababisha na mambo mbalimbali, kama vile michubuko kwenye uke, mabadiliko ya homoni, maambukizi, au vidonda kwenye uke au shingo ya kizazi. Pia, inaweza kuwa ni damu iliyobaki inamaliziika kutoka. Endapo hali hii itaendelea, au inaambatana na maumivu makali, tafadhali onana na daktari kwa uchunguzi wa kina na ushauri sahihi. Tafadhali usite kutafuta msaada wa kitaalamu mapema ili kuepuka madhara.



Mpendwa Aunt shikamoo. Mimi naitwa Sarah mwenye umri wa miaka 18, mimi kila nikikaa nawaza kufanya ngono na cjuu nifanyeje ili kujizuia?

Asante kwa swali lako Sarah. Ni hali ya kawaida kwa kijana wa umri wako kusikia hamu ya ngono. Hivyo ni muhimu sana kujifunza na kujenga stadi za kujizuia ili usijiingize kwenye hatari zitokanazo na ngono katika umri mdogo. Kumbuka kuwa kila jambo huanza na wazo, hivyo jaribu kutawala mawazo yako yasielekee kwenye ngono kwa kuepuka vitu vyote vinavyoweza kuchochea hamu ya ngono. Hakikisha mawazo yako yanajaa mambo tofauti na ngono. Epuka marafiki wanaozungumzia masuala ya ngono au punguza kuongelea masuala ya ngono kila wakati, usisome vitabu au kuangalia picha/filamu/tamthilia zinazochochea ngono. Fanya mazoezi, tumia muda mwingi kutengeneza malengo na kushughulikia mipango ya kutimiza malengo makubwa uliyo nayo maishani. Shiriki shughuli mbalimbali za kijamii. Unaweza kujizuia kufanya ngono kwa muda mrefu na usipate madhara yoyote. Jiwekee lengo la kutekeleza ushauri huu, angalia baada ya wiki umefanikiwaje, mwezi, na kadhalika.

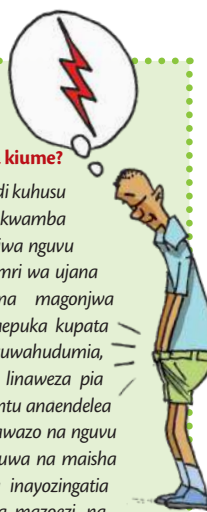
Habari Aunt pole na kazi. Mimi ni msichana mwenye umri wa miaka 22, swali langu ni kwamba kwa nini sipati ujauzito, hata nikiwa siku hatari?

Asante kwa swali lako. Yapo mambo mengi ambayo yanaweza kusababisha mwanamke asipate ujauzito hata anapokuwa siku za hatari. Mzunguko wako wa hedhi unaweza kuwa sababu, kwamba unaweza kudhani uko siku za hatari kumbe unahesabu tofauti. Fahamu kwanza mzunguko wako wa hedhi ni wa siku ngapi. Wanawake wengi hupata mzunguko wa siku 28, lakini pia wapo wanaopata mzunguko wa siku 21 na wengine hadi siku 35, inasababisha siku za hatari kutofautiana miongoni mwa wanawake. Matatizo ya homoni yanaweza kuathiri mzunguko wa hedhi, uchavushaji na utoaji wa mayai, pia inaweza kuathiri hali ya mji wa mimba na kusababisha mimba isitungwe. Maambukizi ya magonjwa ya ngono au katika via vya uzazi yanaweza kusababisha mirija ya kupitishia mayai kuziba. Hii ni kwa upande wa mwanamke, wakati mwingine matatizo hayo ya homoni na mirija kuziba pia yanaweza kuwa ni kwa upande wa mwanaume, na kusababisha uzalishaji haffu wa mbegu za kiume au kushindwa kusafirisha mbegu. Sababu nyingine zinazoweza kuwa chanzo kwa wote mwanamke, na mwanaume ni pamoja na kuwa na msongo wa mawazo, lisho duni, au mtindo wa maisha. Ni vema ufike kituo cha afya uonane daktari wa masuala ya akina mama ili ufanyiwe uchunguzi wa kina ili kubaini chanzo, kupata ushauri, taarifa zaidi na matibabu ikiwa ni lazima.



Helo Anti habari za kazi? Mimi ni mwanafunzi wa kidato cha kwanza naomba kuuliza eti kukaa muda mrefu bila kufanya mapenzi unaweza kukosa nguvu za kiume?

Hongera sana kwa kuchukua hatua na kutafuta uelewa zaidi kuhusu mwili wako, hasa katika kipindi hiki cha ujana. Si kweli kwamba kijana akikaa muda mrefu bila kufanya ngono atapungukiwa nguvu za kiume, huu ni uvumi tu. Kujiipusha na ngono katika umri wa ujana kuna faida zaidi, kwani utaepuka madhara kama magonjwa yanayoambukizwa kupitia ngono, ikiwemo VVU, pia utaepuka kupata watoto katika kipindi ambacho hujawa na uwezo wa kuwahudumia, yaani wewe mwenyewe bado ni mtoto, jambo ambalo linaweza pia kukatiza ndoto zako. Kumbuka, katika kipindi cha ujana, mtu anaendelea kukua kimwili na kihisia, hivyo ni vema kuelekeza zaidi mawazo na nguvu zako katika masomo na malengo yako, na mikakati ya kuwa na maisha bora zaidi baadaye. Tunza mwili wako kwa lisho bora inayozingatia virutubisho muhimu vinavyohitajika kujenga mwili, fanya mazoezi, na kuwa na marafiki wanaokusaidia kujijenga na sio kujiweka kwenye mitego.



Pole na kazi ya kuelimisha jamii, mimi ni Josbeth kutokea Kigoma nina umri wa miaka 17 nina tatizo katika sehemu yangu ya uzazi ila sijajua kama ni tatizo kweli ni kwamba katika umri wangu huu uume wangu ni mdogo sana uko kama wa mtoto wa miaka 5 naomba unishauri nifanyeje ili uume wangu uwe kama wa rika yangu naomba ushauri wako asante.

Asante kwa swali lako Joseph. Kwa vijana uume na maumbile mengine hukua zaidi katika kipindi cha balehe. Na ukomo wa kuongezeka ni kati ya miaka 18 - 21, hivyo inawezekana bado unaendelea kukua. Pia wastani wa urefu wa uume ni inchi 4 - 6 na mzunguko wa inchi 3 - 5 wakati umejaa damu (erect). Lakini wapo walio na ukubwa chini ya vipimo hivyo vya wastani au zaidi. Kama ilivyo katika viungo vingine vya mwili, kuwa na uume mdogo au mkubwa ni maumbile tu ya mtu kama ambavyo kuna watu wengine warefu wengine wafupi, wengine wanene na wembamba, ni maumbile tu na sio tatizo. Tembelea kituo cha afya kwa ushauri zaidi. Kumbuka pia hata kama uume ni mdogo, bado unaweza kuendesha maisha yako na kuwa na mchango kwenye jamii yako. Kumbuka kuwa kila mmoja ana kasi yake ya ukuaji, na maumbile tofauti.

Mpendwa Aunt me naitwa Julius kutoka Mwanza nina mpenzi wangu nampenda sana nataka kumuoa lakini itachukua mda mimi kuingia katika ndoa, je nifanyeje ili anisubiri?

Habari Julius? Hongera kwa kujitambua na kujua kuwa wakati huu kwako haujafaa kuingia katika ndoa. Ongea naye, mweleze ukweli ni kwa nini kwa sasa hamtaweza kuingia kwenye ndoa, mshirikishe kuhusu mipango yako na mweleze ni kwa jinsi gani kusubiri kunaweza kuwa na faida zaidi kwenye nyote na maisha yenu ya baadaye. Ni vema pia kudumisha mawasiliano wakati wote unapojipanga ili kulinda uhai wa mahusiano yenu. Pia ni vema kuhakikisha mnajiweka salama ili msilazimike kuoana kwa kuwa tu mmepata mtoto kabla wakati wako haujafika. Kuweka mambo wazi kwake kutakusaidia kukaa kwenye mstari bila kupoteza dira ya unachokitafuta. Ikiwa naye anakupenda kwa dhati atakusubiri na atakutia moyo kufanikisha mipango yako. Nawe kama unampenda kwa dhati utataka kuwa naye muda ukifika. Nakutakia kila la heri.



Aunt shikamoo, mimi ni Joyce kutoka Iringa, nna miaka 18. Aunt nina shida, kila nikijaribu kuacha uhusiano na mpenzi wangu anayenidhulumu, ananitishia atanidhuru. Nifanyeje nini?

Pole sana kwa hali unayopitia. Kutishwa na mpenzi ni jambo hatari sana, na unapaswa kuchukua tahadhari kwa ajili ya usalama wako. Usichukulie poa kabisa. Tafuta msaada kutoka kwa mtu mzima unayemwamini, kama mzazi au mlezi. Pia toa taarifa polisi ikiwezekana. Hifadhi ushahidi wa vitisho vyake, kama vile ujumbe au simu, ili iwe rahisi kuchukua hatua za kisheria ikiwa italazimu. Jitahidi usikutane naye ukiwa peke yako. Na ikibidi kuonana naye, basi hakikisha kuna watu wengine wanaojua uko wapi na uko na nani. Uhusiano wa aina hii unaweza kukuathiri kisaikolojia, tafuta msaada wa mshauri au mtu salama wa kukutia moyo ili usijisikie mpweke. Tembelea ofisi ya Kata ukutane na Afisa Ustawi wa Jamii au Maendeleo ya Jamii kwa ushauri zaidi. Kituo cha Polisi unaweza kuonana na afisa wa Dawati la Jinsia na Watoto. Usite kutafuta msaada pindi unapoona usalama wako na wa mali zako unazidi kuwa hatarini. Nakutakia kila la heri.

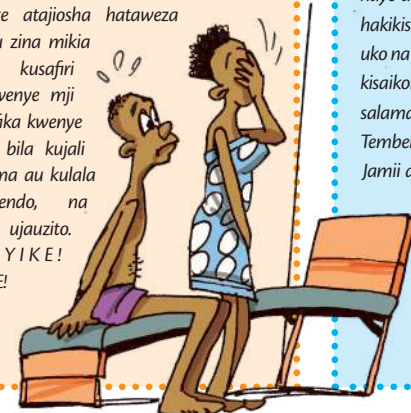
Mpendwa Anti, nawezaje kujua kama nina maambukizi ya magonjwa ya ngono kama sioni dalili zozote?

Habari? Si kila mtu aliyeambukizwa magonjwa ya ngono huonesha dalili kama kuwashwa, kutoa majimaji yenye harufu, maumivu, vidonda sehemu za siri na dalili nyingine zinazowapata watu wengi. Endapo unahisi kuwa una maambukizi, hasa kama ulikutana na mtu mwenye maambukizi, au unataka tu kujua hali yako kiasia, na kuwa na uhakika kama umeambukizwa magonjwa au la, tafadhali fika zahanati au kituo cha afya kilichoko karibu nawe ili kufanyiwa uchunguzi na kupata ushauri tiba.



Mpendwa Aunt, mimi ni Emmanuel kutoka Morogoro. Je, ni kweli kwamba mwanamke hawezi kupata mimba ikiwa atasimama baada ya kufanya mapenzi au akijioha mara moja?

Mpendwa Emmanuel, hii si kweli, ni uvumi na uzushi tu ambao unawaweka wanawake, hasa wasichana, katika hatari kubwa ya kupata mimba zisizotarajiwa. Wakati mwanaume anapofikia mshindo, mbegu zinaweza kurushwa kwenda ndani zaidi ukeni, ambako hata kama mwanamke atajioha hataweza kufikia. Pia mbegu zina mikia inayozizewesha kusafiri haraka kuelea kwenye mji wa mimba na kufika kwenye mirija ya mayai, bila kujali msichana alisimama au kulala wakati wa tendo, na kusababisha ujauzito. **MSIDANGANYIKE! MSIDANGANYANE!**



Mpendwa Aunt, ninaitwa Dennis wa Nachingwea, nasoma kidato cha tatu. Aunt kweli mimba za utotoni ni tatizo kubwa huku kwetu. Nawezaje kumsaidia rafiki yangu asijikute kwenye hali hiyo?

Mpendwa Dennis, hongera sana kwa kuwa rafiki mwema na kujali maisha ya rafiki yako. Kila mmoja wetu anahitaji rafiki kama wewe. Ni kweli mimba za utotoni ni changamoto kubwa kwenye jamii zetu. Ili kujiipusha nazo mhamasisha rafiki yako kutambua malengo yake ya maisha na kuweka mikakati ya kufikia malengo hayo. Pia mnaweza kujadili ni kwa namna gani mimba inaweza kuathiri safari yake ya masomo na kufikia malengo yake. Pia jadili naye kuhusu afya ya uzazi, mabadiliko ya miili yenu wakati wa ujana, changamoto mazonia na namna bora zaidi ya kukabiliana na changamoto hizi kwa njia salama. Jadili naye kuhusu mimba za utotoni, madhara yake kwa kuangalia mifano halisi kwenye kwenye jamii yenu kama ipo, na njia za kuepuka mimba. Mnaweza nyote wawili kutembelea kituo cha afya na kujifunza zaidi. Unapoongea naye hakikisha unaanzisha mjadala na mnajadili pamoja na kutafuta majibu sahihi pamoja. Endapo unahisi rafiki yako yuko hatarini, tafuta msaada kwa mwalimu wa malezi, mlezi wa Fema Club au mtu ambaye yeye na wewe mnawamini ili kuwasaidia kujiweka salama. Lakini unaweza pia kuendesha kampeni za uelimishaji ndani ya jamii ili kuwasaidia na wengine. Endelea kuwa rafiki mwema na mfano bora!



MUULIZE ANKO PESA!



Eti Anko kuna umuhimu gani wa kuwa na akiba, na nitaanzaje kuweka akiba?

Asante. Akiba ni muhimu sana kwa ustawi wako wa kifedha na ukuaji wa biashara. Hapa ni baadhi ya faida za kuwa na akiba na jinsi ya kuanza kuweka akiba:

Umuhimu wa Akiba:

Inakusaidia kuwa na kinga dhidi ya dharura, kama vile matibabu au kupoteza kazi. Pia, akiba inakupa uwezo wa kuwekeza katika malengo yako ya baadaye, kama vile kuanzisha biashara yako, kununua nyumba, au kusoma.

Jinsi ya Kuweka Akiba:

Kuweka akiba kunaweza kuanza na hatua ndogo. Hata kama unaanza na kiasi kidogo, jambo muhimu ni kuendelea na tabia ya kuweka akiba mara kwa mara.

Jambo la kwanza ni kutenga fedha maalumu ya akiba, badala ya kuchanganya na matumizi yako ya kila siku. Fungua akaunti ya akiba ambayo itakusaidia kudhibiti fedha zako kwa ufanisi.

Pia, ni muhimu kupanga bajeti yako ya siku, wiki au mwezi. Hakikisha kuwa unaweka sehemu ya mapato yako kwa ajili ya akiba kabla ya kuyatumia kwa mahitaji mengine. Hii itakusaidia kuwa na udhibiti mzuri wa fedha zako. Kumbuka, kila kidogo unachoweka kinaongeza thamani, na akiba yako itakua taratibu hadi itakapokuwezesha kufikia malengo yako. Kwa hivyo, hakikisha unaanza leo. Akiba ni nguzo muhimu ya uhuru na kujenga ustawi wa kifedha ili kufikia mafanikio yako ya baadaye!

Mpendwa Anko Pesa, asante sana kwa kutupa elimu. Swali langu ni jinsi gani naweza kujua kama biashara fulani ni ya kuaminika kabla ya kuwekeza pesa zangu?

Asante sana kwa shukrani za dhiti! Ni furaha yangu kutoa elimu kwako na vijana wengine kama wewe. Naamini hapa ulimaanisha kwamba biashara tayari ipo na wewe unataka kuwekeza humo fedha zako. Ni muhimu sana ujue kama biashara yenyewe ni ya kuaminika au la. Hapa ni baadhi ya njia za kuhakikisha biashara ni ya kuaminika:

Kwanza, fanya utafiti wa kina kuhusu biashara hiyo. Hakikisha ina leseni, vibali vya kisheria, na inafuata taratibu za kisheria. Biashara inayoheshimu sheria ni ishara ya uaminifu. Pili, angalia historia ya biashara; biashara yenye uzoefu na mafanikio ya muda mrefu ina nafasi nzuri ya kuwa ya kuaminika. Tafuta maoni na mapitio kutoka kwa wateja na watu waliowahi kujihusisha nayo.

Tatu, fahamu hali ya kifedha ya biashara. Angalia kama ina usimamizi mzuri wa fedha na je, inajiendesha kwa faida au hasara. Pia, tathmini timu ya uongozi; viongozi wenye uaminifu, maadili, na uzoefu wa kutosha ni sehemu muhimu ya mafanikio ya biashara.

Mwisho, usisite kushauriana na wataalamu wa kifedha au biashara ili kupata mtazamo wa ziada. Hii itakusaidia kuepuka hatari na kufanya maamuzi yenye tija.



Naitwa Jaffary, naishi Iringa. Anko nina swali. Teknolojia inabadilika haraka sana. Unadhani kuna biashara gani zinazowafaa vijana wa sasa na za baadaye?

Asante Jaffary! Ni kweli teknolojia inabadilika kwa kasi, na ni fursa kubwa kwa vijana ambao wako tayari kuendana na mabadiliko chanya. Hapa ni baadhi ya biashara zinazowafaa vijana kwa sasa na za baadaye:

1. Biashara za nishati mbadala: Biashara zinazohusiana na nishati ya jua, upepo, na suluhisho endelevu pasipo kuharibu mazingira.
2. Biashara za kidijitali: Kama vile uundaji wa maudhui (content creation) za vichekesho, michezo na burudani.
3. Programu za Simu na mtandao wa kielektroniki: Utengenezaji wa programu na Apps zitakazosaidia kutatua matatizo ya kila siku au kuboresha huduma.
4. Biashara za kielektroniki: Uuzaji wa bidhaa mtandaoni kama vile mavazi, vifaa vya elektroniki, programu za afya kama kupunguza uzito, kupitia mitandao ya kijamii kama Facebook, Tiktok, Instagram n.k.
5. Huduma za usimamizi wa mtandao (IT Support): Utoaji wa huduma za usaidizi wa teknolojia kwa watu binafsi, biashara ndogo na usimamizi wa akaunti za biashara za wafanya biashara, wasanii na kampuni.

Unaweza kupata mafunzo na ujuzi wa fursa hizi kupitia Youtube pamoja na kozi fupi kwa malipo rahisi au hata za bure, zinazopatikana kwenye majukwaa ya mtandaoni yenye kuaminika kama UDEMY. Endelea kujifunza, dunia ipo kiganjani mwako.



Anko mimi nina biashara ya duka la nguo, kuna mtu kanambia nikitaka kufanikiwa nitafute mshauri wa biashara, je kuna umuhimu gani wa kuwa na mtu kama huyo?

Naam! Nimefurahi sana kujua kwamba una biashara ya duka la nguo. Ni kweli, kuwa na mshauri wa biashara ni jambo lenye manufaa makubwa, hasa unapojitahidi kufanikiwa katika ujasiriamali. Hapa ni baadhi ya faida za kuwa na mshauri wa biashara:

Kwanza, mshauri atakusaidia kutambua fursa na changamoto zinazoweza kujitokeza katika biashara yako. Anaweza kukupa mtazamo mpya na mikakati ya kuboresha utendaji wa biashara yako. Pili, mshauri ana uzoefu wa kutosha katika sekta yako, hivyo atakuongoza kutatua matatizo na kuepuka makosa ambayo wajasiriamali wengi huyafanya.

Tatu, mshauri anaweza kukusaidia katika kupanga mikakati ya muda mrefu. Atakuwezesha kujenga mikakati bora ya kukuza biashara yako na kuongeza faida. Kwa kuongeza, mshauri anaweza kukusaidia kufanya maamuzi sahihi kuhusu masuala ya kifedha, uongozi, na uuzaji, ambayo ni muhimu katika kufanikisha biashara.

Mwisho, mshauri anaweza kuwa chanzo cha uhusiano muhimu na watu wengine katika sekta yako, kama wauzaji, wateja, na washirika wa biashara.

Kwa hiyo, kuwa na mshauri wa biashara ni hatua nzuri ya kuhakikisha biashara yako inafanikiwa na kukua kwa haraka. Endelea kusimamia biashara yako iwe kubwa na hatimaye izee biashara zingine uweze kutoa ajira kwa wenzako kwenye jamii yako.



Shikamoo Anko Pesa. Mimi nimegundua kwamba biashara nyingi za vijana hufa ndani ya mwaka wa kwanza. Naweza kuhakikisha yangu inadumu na kukua?

Marhaba! Hii ni swali muhimu sana na linaonyesha uelewa wa hali halisi ya biashara. Biashara nyingi za vijana zinakufa ndani ya muda mfupi kwasababu ya changamoto mbalimbali, kama vile kukosa uzoefu, kukosa uongozi mzuri, kushindwa kuelewa soko, au kukosa mtaji wa kutosha.

Kama unataka biashara yako idumu na kukua, jambo la kwanza tengeneza mpango madhubuti wa biashara yako wenye malengo, mikakati ya upatikanaji wa wateja, na mbinu za kupambana na ushindani. Fanya utafiti wa soko kabla ya kuanzisha biashara ili ujue ni nini kinahitajika na wateja wako. Hii itakusaidia kubuni bidhaa au huduma zinazohitajika, na sio tu kile unachotaka kuuza.

Fuata mabadiliko; dunia inabadilika haraka, hivyo jenga uwezo wa kubadilika kulingana na wakati na utumie fursa zinazokuja na mabadiliko hayo. Pia ni muhimu kupokea maoni ya wateja.

Jambo lingine muhimu, uwepo wa mtandao wa msaada. Jenga uhusiano mzuri na watu katika sekta yako ya biashara na hata wateja. Watu wanaweza kukusaidia kwa ushauri, rasilimali, na ushirikiano.

Usisahau kuepuka madeni yasiyohitajika na hakikisha kuwa unapanga matumizi ya fedha zako kwa uangalifu, biashara nyingi zinakufa kwasababu wafanyabiashara wengi wanashindwa kutofautisha matumizi binafsi na matumizi ya biashara. Dumisha nidhamu kwenye utoaji wa huduma au bidhaa zako, wateja wanapenda bidhaa bora na huduma ya kipekee.

Mwisho, kuwa na uthubutu wa kufanya kazi kwa bidii na kuwa na maono ya muda mrefu. Usikate tamaa kwenye changamoto, hizo ni fursa za kujifunza na kukua zaidi. Endelea kujifunza na kuboresha kila wakati.

Anko Pesa, shikamoo. Naitwa Hadija, naishi Tabora. Naomba kufahamu nifanye nini ili niweze kujenga mtandao mzuri wa watu wanaoweza kunisaidia katika ujasiriamali wangu.



Marhaba Hadija, habari za Tabora? Ni furaha isiyio kifani kujibu swali lako sambamba na kukupongeza kwa kutambua umuhimu wa watu katika kufanikisha ndoto zako. Kujenga mtandao mzuri wa watu wenye uwezo wa kukusaidia ni hatua muhimu katika safari yako ya ujasiriamali.

Kwanza, jiunge na makundi ya ujasiriamali kama vile vikundi vya biashara, mitandao ya kijamii ya biashara, au mashirika yanayosaidia wajasiriamali. Hii itakupa fursa ya kukutana na watu wenye mawazo sawa na wewe. Pili, tumia mitandao ya kijamii kama LinkedIn, Facebook, au Instagram, ili kujenga uhusiano na wajasiriamali na wataalamu wa sekta yako.

Tatu, hudhuria mikutano, warsha, na semina za biashara na ujasiriamali. Hii itakupa nafasi ya kuonana na watu wenye uzoefu na kujifunza kutoka kwao. Pia, kuwa na moyo wa kuwasaidia wengine; kujenga uhusiano wa kibiashara ni zaidi ya kupokea. Kuwa mtu wa kusaidia na kutoa thamani kwa wengine kutakufungulia milango ya kupata msaada wakati unahitaji kutoka kwao pia.

Mwisho, kuwa na uaminifu na oneshu juhudi. Watu wanapojua unafanya kazi kwa bidii na kwa uaminifu, inawavuta kukuunga mkono. Kila la heri.





Niajeeeeeee!!!!!!

Hii ndio sehemu yetu pendwa ya kujidai na kujiachia! Tunapaza sauti zetu na kuhakikisha zinasikika kupitia mitandao yetu ya kijamii Facebook, Instagram, X, na TikTok, kwa jina lilelile @feminahip. Ukiwa likizo usiache kutufollow ili upate maupdates ya Fema na taarifa mbalimbali.

Lakini bado haijaishia hapo! Tunapatikana pia kwa SMS kupitia 0753 003 001. Maswali yote ya Mpendwa Anti, Anko Pesa, unayarusha hapo na sisi tutakupa majibu, bila kusahau wadau wetu makini wa Posta! Unaweza kutuandikia kupitia Sanduku la Posta 2065, Dar es Salaam. Kwa maelezo zaidi tembelea tovuti yetu ya www.feminahip.or.tz

Si unajua ule utaratibu wetu wa kupitapita mitandaoni na kuibuka na majibu yenu kwenye mada moja? Hapa sasa, kwenye Siku 16 za Kupinga Ukatili wa Kijinsia mlisomeka vizuri! Kwa msisitizo kabisa mkahakikisha sauti zinapazwa kwa nguvu zaidi. Pamoja tumeonesha kuwa ukatili wa kijinsia hauna nafasi katika jamii yetu!



Send Message



Tuanze na Facebook wadau wetu walisemaje



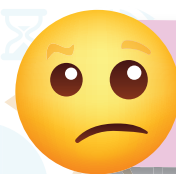
Familia ya Instagram wakasemaje?

John Paul
Anaekataaukatilinishujaa

Florian Kakulima
Kataa ukatiri simama imara

Baraka Mwakatobe
Ukatili hauna nafasi kwenye jamii zetu.

Mary Ernesmo
Siku 16 za kupinga ukatili hazitoshi inabidi iwe kila siku watu kukemea ukatili ndani ya familia na jamii kwa ujumla.



@official_nurujoseph. Matendo ya ukatili yanaumiza sana, naungana nanyi kupinga ukatili.

@morganmonica735 Hongereni Femina Hip kwa kuendelea kuwa mstari wa mbele kuhakikisha jamii inapata usawa kwa watu wote



@Victory_riry2020 Ukatili sasa basi

Toleo namba 68

Umeliona lile toleo la Fema ambalo Ben Pol amekaa pale mbele? Ndio namba 68 hilo. Kama ilivyo kawaida yetu, hili nalo tulilipandisha mtandaoni. Unajua wadau walilipokea vipi???

Fanuel Joel

Wooooow Femina Hip sina cha kuwalipa Mimi nawapenda sana Mungu azidi kuwalinda na kuwapa nguvu... Si mchezoo.

Sophia Hamad

Murad Saddiq Fema Club limetufikia na tumejiona kwenye jarida UK wa 12.

Nerbat Adam Ndambo

Msanii wangu pendwa tangu yupo kwa duke anagoma lake linaitwa JIKUBALI

Nasibu Kakululu

Mali moya hiyo imeingia

Daines Willium

Nawapenda sana watu wote wa Fema Club mnajua kufungua watu sana Mungu wa Mbinguni wajaalie kheri na mema na kuwakinga na shari zote zaidi ya yote akawainue Zaid na Zaid ili mtumike kwenye jamii kwa viwango vya juu zaidi Nawapenda sana Hapo sisi tunasemaje? Amina!

Kajichalenji

Tukaona haitoshi, tukawapa watu kajichalenji kidogo kabla ya kutoa toleo hili.

Na swali likawa hivi:

Unafikiri timu ya uzalishaji wa jarida la Fema wapo mkoa gani? Watu wakajibu...

@mangi. brian__ Katavi🔥🔥

@bajolu2230 🔥🔥Tanga

@deus.lyakisi Mimi nahisi wapo Mkoa wa Katavi

@Costantino Costantino Dar es salaam Tanzania

@Jane Mwambandile Mbeya

Naamini wewe unayesoma hapa jibu unalo tayari ni mkoa gani tumezalisha toleo hili.

Rashid na elimu

Rashid wa Bagamoyo yeye aliona isiwe tabu, akaja mwenyewe ofisini na shairi lake, hili hapa:

Elimu Mwanga wa Maisha

Elimu si karatasi, si daraja la ajira, Ni taa ya maarifa, mwanga safari kusonga. Si mtihamu pekee, si alama darasani, Bali ni mbegu kichwani, ikikuza kufikiri kwa kina.

Elimu ni ufunguo, si mlango wa mshahara, Ni daraja la ndoto, la kuunda kesho bora. Vijana itumieni, si kwa cheti tu mkononi, Bali kwa kubadili dunia, kwa ujasiri na hekima!

Jifunze kujitegemea, kujua thamani yako, Si kungoja ajira, bali kubuni fursa zako. Dunia inabadilika, mawazo yakue pia, Elimu ni nyenzo, tuitumie kwa nia.

Uwe mkulima wa maarifa, panda mbegu njema, Jasho likidondoka, mavuno yatakuwa mema. Si darasani tu, bali maishani kote, Elimu ikikushiba, utaangaza jamii yote!

Rashid Mdigo, Bagamoyo

Shoutout kwa kila mmoja aliyechukua time yake kuhakikisha ametufollow, akatupia comment na akatupatia like za kutosha kwenye posts zetu tunazozisambaza kwenye mitandao ya kijamii. Upendo huo basi uendelee na mwaka huu inaweza kuwa zamu yako wewe kutokolezea kwenye jarida letu la Fema... See you next time.

TURUDI NYUMA KIDUCHU!

Kama wewe ni msomaji mzuri wa jarida la Fema, basi lazima unakumbuka vizuri chalenji ya toleo namba 65. Mchongo ulikuwa rahisi lakini wa maana sana kutafuta zawadi ya kipekee kwa mwalimu wetu wa Fema Club kwa kazi nzuri anayojitolea.

Lakini si zawadi ya kawaida! Tulitaka kutumia vitu ambavyo wengi hudhani ni taka, lakini kumbe vinaweza kuwa na thamani kubwa kwa mtu mwingine. Tukabadili uchafu kuwa dhahabu.

Sasa, vigelegele na makofi tafadhali tunapotangaza washindi wetu wa chalenji hii... Na mshindi ni Mkula Fema Club, ya Simiyu! Walichokifanya Mkula ni kukusanya vyuma vya samani ambazo zilikuwa zimetupwa na hazirekebishiki tena, wakavisafisha na kuviungaunga, kisha wakatengeneza makabati safi kabisa. Moja ya makabati hayo walimpatia zawadi Mkuu wa Shule. Mkuu naye hakuchelewa, akaanza kuitumia ofisini kwake.



CHALENJI NO. 40

Mchoro Unaoongea

Kama Fema Club, tengenezeni mchoro mkubwa wa pamoja wenye ujumbe wenye nguvu kwa jamii yenu. Chagua mada inayolenga kuleta mabadiliko chanya (mfano: afya, elimu, haki za watoto, usawa wa kijinsia, au amani). Kila mshiriki achangie sehemu ya mchoro huo kwa ubunifu wake.

Ripoti za
CHALENJI no 40
zitumwe kablaya
XXXXXXX
GOOD LUCK!

Zawadi:

1. Mchoro bora utaoneshwa kwenye jarida la Fema na Club itapewa T-shirt 20.
2. Nafasi ya pili hadi tano, kazi zao zitawekwa mitandaoni na kutambuliwa kwenye jarida.

KWA MAWASILIANO TAZAMA UKURASA WA
MWANZO KABISA WA TOLEO HILI.

Jinsi ya Kushiriki:

1. Fanyeni utaratibu mpate nafasi shuleni, mfano ukuta, au bango kubwa ili kufanya kazi ya pamoja.
2. Weka kauli mbiu ya mchoro wenu.
3. Pigeni picha kabla, wakati wa uchoraji, na baada ya kukamilisha.
4. Ubunifu wenu ndio ushindi wenu.
5. Msisahau kututumia kwenye barua pepe yetu ili tuwatambue washindi kwenye jarida lijalo.

Vigezo vya Ushindi:

1. Ubunifu – Uchoraji uwe wa kuvutia na wa kisasa.
2. Ujumbe – Uwe na maana kubwa kwa jamii.
3. Ushirikiano – Kila mwana Fema ashiriki kwa namna moja au nyingine.

COMPETE & WIN

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.

TAFUTA MAJINA YA WATU NA MAENEO

O K D T M Y S I T A L I K E A T F N
H A E A P A H M K A L A M A K B D R
Y K X N I Q T O K A T A V I H M K D
Y O N G M B Q U N S A Q C C U W I J
J S P A B T A O M O Y M H U S A L A
U O A N W M I R X A R V Z X S N I S
L I U Y E A E U A P I A F R E G N T
I Z L I U N D Q E K C N T H I A D U
U E I K X A I M D V A D I H N Z A S
S B N A R R N A Z F Q E E V A A H V
M M A M B A A O P B R O W N Y W V J
D L O R D W B N E S T O R Y K Y I B

Iko hivi:

Umesoma jarida mwanzo mwisho eeh? Sasa una nafasi ya kujishindia T-shirt maridadi kutoka Femina Hip, ikiwa utashinda hili fumbo majina ya watu na maeneo. Kuna majina 20 yamefichwa kwenye hili fumbo, 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 jina 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
JULY 31, 2025.
Angalia mawasiliano yetu
kwenye ukurasa wa
WASILIANA NA FEMINA HIP
ndani ya toleo hili.
Washindi watatangazwa
kwenye toleo namba 69.
HAYA TUCHANGAMSHE
AKILI KIDOGO.

Tuwatambue Washindi Kutoka Toleo Lililopita.

1. Farida Karimu Hamisi
Buyuni Sec School
2. Rebeka Elias Mhoja
Uyovu Sec School
3. Paul Kasanzu Gubi
Igaga Sec School
4. Nusra Hamisi
Ntuntu Sec School
5. Gambo Nestory Nuvye
Kasimbu Sec School
6. Enjo Eddi Mwalyego
Kasimbu Sec School
7. Taini Okero Owigo
Bukura Sec School
8. Josephine M Munishi
Kisam Sec School
9. Monica Christopher Hakili
Uyovu Sec School
10. Renifrida Philipo Mtiki
Mdabulo Sec School
11. Frolian Josephat Alphonse
Businde Sec School
12. Ruth Cossam Siwale
J.M. Kikwete Sec School
13. Amos Samwel Masali
Igaga Sec School
14. Josephina Francis
Ntuntu Sec School
15. Diana Chrismass King
Mdabulo Sec School
16. Peace Enock Lunyungu
Mlowa Sec School
17. Twalib Swedi Husseni
Kasimbu Sec School
18. Sesilia Michael Mwaigonela
J.M. Kikwete Sec School
19. Akulaiti Selemani Khamis
Kasimbu Sec School
20. Allesta S. Sebastian
Businde Sec School

 Barua
iliyobadili
maisha
yangu



SI MCHEZO!

