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hip

SEPTEMBER - DECEMBER 2026

HALIUZWI

fema

Nancy
anaitibu bahari

STEM

- Science • Technology
- Engineering • Mathematics

FESTO

HUDUMA KITAANI
NA MTANDAONI

KIGOMA

WASILIANA NA FEMINA HIP



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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 0753 003 001
kuwasiliana nasi!



CODE NDOTO YAKO

The wait is over, Fema 71 is here, and full of mambo matamu matamu! Our theme, Code Ndototo Yako, is an invitation to think differently. Whether you're writing computer code or finding the code to unlock your dream, every great journey begins with curiosity and the courage to take the first step.

Have you ever looked at an everyday problem and thought, "There must be a better way to do this, right?" That simple question is where STEM begins. Science, Technology, Engineering and Mathematics are not only for laboratories, inventors or astronauts. They are about curiosity, creativity and finding solutions, whether you're protecting our oceans, improving healthcare, solving problems at school or making life easier in your community.

Over the years, we've explored health, entrepreneurship and life skills. In this issue, we're discovering how STEM can help us tackle those same challenges in new and exciting ways. STEM isn't only about inventing the next big thing. It's also about finding practical solutions to the everyday challenges we face at home, in school and in our communities. Na hili halipingiki: STEM is for everyone, girls and boys alike.

Meet Nancy Iraba, a passionate scientist, diver and photographer whose mission to protect our oceans is making waves far beyond our shores. She shares her inspiring journey in the Cover Story and reminds us that every great adventure begins with curiosity and the courage to take the first step.

You'll also discover Afya ya Mtaa, where creativity and technology are bringing health information and services closer to communities. Festo Hamisi, the brain behind this initiative, is no ordinary medical practitioner.

In the Special Feature, Dr Lwidiko Mhamilawa takes us inside the exciting world of STEM, where science, technology, engineering and mathematics are fun, practical and full of possibilities.

Turn the pages to Story Yangu, and hear from a young woman who overcame fear, embraced an unexpected opportunity and found herself stepping into a future she once only dreamed of. Uthubutu mwanzo mwisho!

And there is much more waiting for you inside these pages. We hope this issue inspires you to Code Ndototo Yako. The next great idea doesn't have to come from a distant laboratory or another country. It could begin in your home, your school or your neighbourhood, with someone who simply dared to ask, "There must be a better way to do this, right?"

Mwendo ni ule ule; hakuna kuacha story hata moja!

Enjoy!



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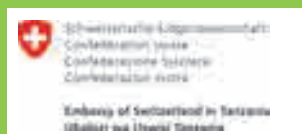
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Nancy

COVERSTORY

anaitibu bahari

NA SUMAIYA KARIM

Mita 20 chini ya uso wa Bahari ya Hindi, utafiti na uhifadhi wa viumbe vya majini unaendelea. Ni timu ya kazi, ikiongozwa na mwanadada mahiri. Yeye na timu yake wamevaa suti za uzamiaji na miwani mikubwa, huku wakinyumbuka mwendo wa samaki. Kazi yao hapo ni sehemu ya jitihada za kurudisha uhai wa miamba ya matumbawe baada ya kuharibiwa na shughuli za kibinadamu, ikiwemo uvuvi haramu.

Kiongozi huyo ni Nancy Iraba; mwanasayansi wa viumbe vya majini, mwalimu wa masuala ya bahari na mwanamke wa kwanza nchini Tanzania kuwa mzamiaji kiongozi. Kimataifa, jina lake linajulikana kupitia shirika lake la Action For Ocean (AFO). Ni mtunukiwa wa tuzo ya heshima ya National Geographic Wayfinder Award 2024, na jina lake limetajwa na kuandikwa kwenye orodha za maana sana kama Forbes.

Lakini mafanikio haya makubwa yanaanzia kwenye ukweli mmoja wa kushangaza: Nancy alihitimu Shahada yake ya Uzamili katika Sayansi ya Bahari akiwa hajawahi hata mara moja kushuhudia ulimwengu wa chini ya maji aliokuwa akiusomea. Dunia aliyosomea kwenye nadharia na makaratasi haikuwa dunia aliyoweza kuifikia kirahisi rahisi ili kuilinda!

BY SUMAIYA KARIM

Twenty metres beneath the surface of the Indian Ocean, marine research and conservation are underway. A team, led by an exceptional young woman, move gracefully like the fish around them, dressed in diving suits and oversized masks. Their mission is part of an effort to restore coral reefs damaged by human activities, including illegal fishing.

That leader is Nancy Iraba, a marine scientist, ocean educator and Tanzania's first female Dive Master. Internationally, she is recognised through her organisation, Action For Ocean (AFO). And she has received the 2024 National Geographic Wayfinder Award and has also been recognised by Forbes for her outstanding work.

Yet this remarkable journey began with one surprising reality: Nancy completed her Master's degree in Marine Science without ever seeing the underwater world she had spent years studying. The world she knew through lectures and textbooks was one she had never had the chance to explore or protect firsthand.



Ndoto ya koti jeupe

Nancy hakuwa na uhusiano wowote na maji ya chumvi hapo awali. Akiwa mtoto, alitamani kuwa daktari wa binadamu. Alisoma kwa bidii, akakesha na vitabu vya sayansi, na kuota siku moja akitembea kwenye korido za hospitali akiwa amevaa koti jeupe na kuokoa maisha ya watu.

Lakini matokeo ya chuo yalipotoka, alipangiwa kusoma Shahada ya Sayansi ya Viumbe vya Majini na Uvuvi katika Chuo Kikuu cha Dar es Salaam (UDSM).

Alilia sana kwa hisia kuwa ndoto yake imepotea. Lakini alipoingia darasani na kuanza kuelewa ukubwa wa rasilimali zetu, mtazamo wake ulibadilika. Aligundua kuwa hata bahari yetu ilikuwa ni "mgonjwa" mwingine wa kipekee sana, mgonjwa aliyekuwa akivuja damu kwa uvuvi wa baruti na mabadiliko ya tabianchi. Aliona bahari inahitaji daktari wake wa kisayansi, na akawa tayari kujitolea kutibu mfumo huo.

The dream of a white coat

Growing up, Nancy had no connection to the ocean. Her childhood dream was to become a medical doctor. She studied hard, spent long nights with her science books, and imagined herself one day walking through hospital corridors in a white coat, saving lives.

But when university placements were announced, she was admitted to study Marine Biology and Fisheries at the University of Dar es Salaam (UDSM).

She was heartbroken, convinced her dream had come to an end. But once classes began and she discovered the importance of Tanzania's marine resources, her perspective changed. She realised the ocean was another patient in need of urgent care, wounded by dynamite fishing and climate change. It, too, needed a scientist to help heal it, and she decided to dedicate herself to that mission.



Kulinda bahari asiyoijua

Hata hivyo, kuingia kwenye utafiti wa chini ya maji kulikuwa na ukuta mrefu. Kwa miongo mingi, sekta hii imetawaliwa na wanaume au wataalamu kutoka nje. Sura ya msichana wa Kitanzania haikuwemo kabisa kwenye picha hiyo.

Mbaya zaidi, hadi Nancy anamaliza Shahada yake ya Uzamili, alikuwa hajawahi kuingia chini ya maji hata mara moja. Elimu yake yote ilikuwa kwenye nadharia na makaratasi. Gharama za vifaa vya kuzamia na kujifunza kuogelea zilitisha kwa ukubwa wake, zikamfanya Nancy kuwa mwanasayansi wa ufukweni.

Ili kufanya tafiti zake kuhusu viumbe wa baharini, alilazimika kuwalipia wavuvi wavue viumbe hivyo ili aweze kuvisoma au kuvitafiti akiwa kwenye mchanga mkavu. Hapo ndipo alipoona pengo kubwa kwani kulinda bahari na vilivyomo bila kujua huko baharini kina kirefu kukoje ni kama kutembea gizani.

Hakuwa anajua kuogelea, lakini hilo halikumzuia kuchukua hatua. Mwaka 2016, akiwa bado mwanafunzi, alishirikiana na wenzake 12 kuanzisha shirika la Action For Ocean (AFO) ili kurudisha uhai wa mifumo ya bahari na kusaidia jamii za pwani. Wakati huo, hakuna hata mmoja wao aliyekuwa anajua kuzama chini ya bahari kwa mitungi ya hewa.

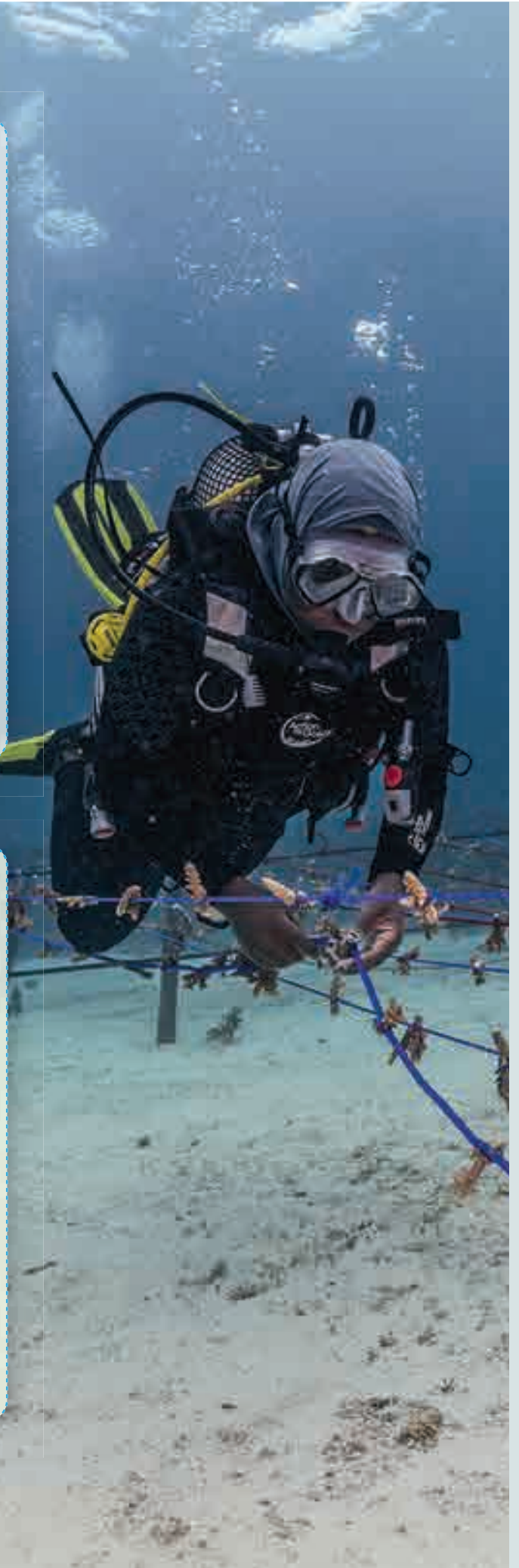
Protecting an ocean she had never seen

Getting into underwater research, however, was no easy task. For decades, the field had been dominated by men and international experts. The image of a young Tanzanian woman simply did not fit the picture.

Even after completing her Master's degree, Nancy had never once gone beneath the surface. Everything she knew came from lectures and research papers. The cost of diving equipment and swimming lessons was far beyond her reach, leaving her to study the ocean from the shoreline.

To carry out her research on marine life, she had to pay local fishers to collect specimens so she could study them back on dry land. It made her realise something important: trying to protect the ocean without ever experiencing its underwater world was like walking through darkness.

Nancy could not swim, but she refused to let that stop her. In 2016, while still a university student, she and twelve friends founded Action For Ocean (AFO) to restore marine ecosystems and support coastal communities. At that time, not one of them knew how to scuba dive.





Safari ya chini ya bahari

Kwa Nancy, safari ya chini ya maji ilianza mwaka 2021 kupitia kikao cha mtandaoni na shirika la kimataifa la Nature Environment Wildlife and Filmmaking (NEWF). Nancy alikuwa akipigania kwa shauku kuwa vijana, hasa wasichana wa Kiafrika, wanapaswa kujua kuogelea, waweze kuilinda na kuitafti bahari yao badala ya kuwa watazamaji wa wataalamu wa nje.

Katikati ya utetezi huo, Noel Kok, Mkurugenzi wa NEWF, alimkatiza na kumuuliza swali la ghaffa: "Je, wewe unajua kuogelea?"

Nancy alitulia, kisha akajibu, "Sijui."

Swali lile likawa mwanzo mpya. Alichaguliwa kujiunga na mpango maalum nchini Afrika Kusini uliowaleta pamoja wanawake kumi wa Kiafrika kwa ajili ya mafunzo makali ya kuwa wazamiaji viongozi wa kisayansi.

Kuzama kwenye bahari kuu kwa mara ya kwanza ukiwa na umri wa miaka 27 haikuwa kazi rahisi. Kwenye kina kirefu cha maji, hofu ya giza na shinikizo kubwa linalosukuma masikio vilimfanya Nancy alie ndani ya mask yake ya uzamiaji. Alikata tamaa akataka kurudi juu. "Siwezi Masta, sitaweza!" Alimwambia mwalimu wake kwa ishara ya mikono. Mwalimu wake alimtazama macho kwa macho na kumjibu: "Utaweza. Fikiria nchi yako." Alilazimika kutuliza mapigo ya moyo na kukabiliana na hofu yake. Akazoea.

Alimaliza mafunzo, akawa mwanamke wa kwanza wa Kitanzania kuwa Mzamiaji Kiongozi. Hapo sasa akawa na uwezo wa kuzama yeye mwenyewe chini ya maji na kufanya utafiti kwa vitendo na kuongoza wengine.

The journey underwater

Nancy's journey underwater finally began in 2021 during an online meeting organised by Nature Environment Wildlife and Filmmaking (NEWF). She passionately argued that young people, especially African girls, should learn to swim so they could explore, study and protect their own oceans instead of depending on foreign experts.

In the middle of her presentation, NEWF Director Noel Kok interrupted with an unexpected question. "Can you swim?"

Nancy paused before quietly replying, "No."

That simple question became the beginning of a new chapter. She was selected to join a special programme in South Africa, where ten African women underwent intensive training to become Lead Scientific Divers.

Taking her first dive into the open ocean at the age of 27 was anything but easy. The darkness below and the pressure squeezing her ears overwhelmed her, and tears filled her diving mask. She wanted to give up and return to the surface. "I can't do this," she signalled to her instructor underwater. Looking straight into her eyes, the instructor replied, "You can. Think about your country." Nancy steadied her breathing, faced her fears and carried on.

She completed the training and became Tanzania's first female Dive Master. For the first time, she could conduct underwater research herself and lead others beneath the surface.



Ulinzi na utafiti chini ya maji

Aliporudi Tanzania sasa akahamishia maabara yake ndani ya maji na sio kusubiri nchi kavu tena. Yeye na timu yake ya AFO sasa wanakuza vipande vidogo vya matumbawe kwenye neti za chuma na kuvipandikiza upya kwenye miamba iliyoharibiwa na uvuvi wa baruti.

Mbali na matumbawe, Nancy anaweka nguvu kulinda misitu ya mikoko na nyasi za baharini. Hii ndiyo mifumo mikuu ya Kaboni ya Bluu yenye uwezo mkubwa wa kufyonza hewa ukaa na kuifungia chini ya udongo wa bahari kwa maelfu ya miaka ili kupambana na mabadiliko ya tabianchi.

Research and conservation beneath the sea

Back in Tanzania, Nancy moved her laboratory underwater instead of waiting for marine life to be brought ashore. Together with her Action For Ocean team, she now grows young coral fragments on steel frames before transplanting them onto reefs damaged by dynamite fishing.

Beyond coral restoration, Nancy is also working to protect mangrove forests and seagrass meadows. These ecosystems form part of the world's Blue Carbon systems, capable of absorbing large amounts of carbon dioxide and storing it beneath the seabed for thousands of years, helping to slow climate change.





Bahari ni zaidi ya samaki

Kupitia kampeni yake ya #TheOceanIsMoreThanFish, Nancy anapambana kubadili mtazamo wa jamii wetu. Wengi wetu tukiitazama bahari, tunaona samaki wa kukaanga tu kwenye sahani, ni sawa na mtu anayeona msitu wa asili kisha akawaza mkaa wa kupikia tu, bila kujua oksijeni inayotoka hapo.

Nancy, anafungua macho ya vijana kuona kuwa bahari ni mfumo mzima wa Uchumi wa Bluu unaozalisha ajira kupitia utalii wa kiiikolojia, uuzaji wa mwani wenye virutubisho kwa binadamu na masoko ya kaboni.

Leo, Nancy hajavaa lile koti jeupe la hospitalini aliloliota utotoni, bali amevaa suti nyeusi ya uzamiaji. Lakini dhumuni lake limebaki lilile, kutibu mifumo inayotupa pumzi juu ya nchi kavu na kulinda kina cha bahari kwa ajili ya kizazi hiki na vizazi vijavyo!

The ocean is more than fish

Through her campaign, #TheOceanIsMoreThanFish, Nancy is challenging the way people think about the sea. Too often, we look at the ocean and see only fish for the dinner table. It is like looking at a natural forest and seeing nothing more than charcoal, without recognising the oxygen it provides.

Nancy is helping young people see the ocean differently. It is the heart of the Blue Economy, creating opportunities through eco-tourism, seaweed farming for nutritious food products and emerging carbon markets.

Today, Nancy never got to wear the white doctor's coat she dreamed about as a little girl. Instead, she wears a black diving suit. But her purpose has never changed: to heal the ecosystems that sustain life above the surface and protect the ocean's depths for this generation and the ones to come.



What's up my people!

NA FEMINA TEAM

Tumezunguka kila pande ya Tanzania kusaka kila habari njema katika club zenu ili tuweze kujidai katika uwanja wetu. Mimi naweza sema huu ni uwanja wetu wa maonyesho ya club. Na la kwetu ni moja tu kuwapa habari nani kafanya nini na wametisha vipi lengo ni kujifunza kutoka kwa wengine ili tuzidi kung'ara katika club zetu. Basi Karibuni katika uwanja wetu wa maonyesho ya club.



Ntare Fema Club

Kule Ntare Fema Club, mambo yalikuwa moto! Sherehe za mahafali ya shule zilikutana na ugawaji wa vyeti vya Fema kwa wahitimu wetu makini. Mambo yalienda vizuri sana, huku kukiwa na mchanganyiko wa burudani na elimu.



Kijani kimenoga Ng'aza Fema club

Wakati wengine wakitumia STEM kubuni suluhisho mbalimbali, wana Fema club wa Ng'anda wao wameamua kuifanya shule yao iwe ya kijani zaidi. Kupitia ubunifu, wameanzisha bustani ya mboga mboga zinazotumika kuongeza lishe shuleni, huku ziada yake ikiuzwa ili kuingiza kipato kwa Club yao. Huu ndio uthibitisho kwamba STEM inaanzia kwenye wazo dogo na kuleta mabadiliko makubwa.



Ubunifu Unalipa

Wale wanaosema shule ni kusoma tu vitabu, waje waone maajabu ya Businde Fema Club kule Kagera! Hawa washkaji wamewasha moto wa ajenda yetu ya Ruka Juu kwa vitendo, wakithibitisha kuwa ubunifu unaweza kurahisisha maisha ya shule na kuingiza mkwanja wa kutosha. Businde wametoboa kwa kuwa na miradi mingi ya kijanja. Ukiingia klabuni kwao sasa hivi, unakutana na mashine za kushona nguo ambazo wanazitumia kupiga suti na sare, huku pembeni kukiwa na midoli maalum ya kujifunzia kusuka nywele!



Juhudi Ubunifu Unawaka

Ni mwendo wa kazi kwa Fema Club ya Shule ya Sekondari Juhudi! Wametengeneza Vyungu vyao vya kupandia maua vimekauka sasa wanaviandaa kuvipaka rangi. Hii ni sehemu ya ubunifu wao wa kuboresha mazingira ya shule na kuleta mandhari yenye mvuto zaidi.!



Wanasema na Kutenda!

Katika kuazimisha siku ya muungano April 26 Paramawe Fema Club wamemeamua kuonyesha kwa vitendo! Wameingia mtaani kwaajili ya kufanya Usafi Ofisi ya Mtendaji Kata Paramawe na Kutoa Elimu kwa jamii kuhusu kujitolea hii sio story, ni action!

Vijana tukiamka, mtaa unabadilika



Ruziba Fema Club

Ruziba fema club wakichangamka shambani, wakishiriki kikamilifu katika shughuli za kilimo wakijenga nidhamu, mshikamano na kujitegemea. Kupitia kazi hii, wanapata ujuzi wa maisha na kuimarisha afya ya akili huku wakikuza kipato chao.



Kemono Fema Club na Smart Area

Hapa ni Fema Club Kemono Smart Area mahali vijana wanapokutana kubadilishana mawazo, kujifunza na kukuza ubunifu. Ni zaidi ya kivuli; ni kituo cha maarifa na maendeleo.

Ndani ya mazingira haya rahisi, mawazo makubwa huzaliwa na viongozi wa kesho hujengwa.



The journey underwater

Kutoka taka hadi hazina hapa vijana wa Burungura Fema Club wamebadilisha chupa za plastiki kuwa ujumbe wa ubunifu na uhamasishaji wa mazingira. Ni ishara ya uwajibikaji, fikra mpya na nguvu ya pamoja.

Kupitia hatua ndogo kama hizi, tunajenga jamii inayojali mazingira na kuthamini rasilimali tulizonazo



Uzalendo Kwa Vitendo

Katika kuonyesha maana halisi ya Uzalendo kwa Vitendo, vijana wetu makini wa Mihuno Secondary Fema Club walichukua hatua ya makusudi kwa kujitolea kusaidia jamii inayowazunguka.

Klabu ilipanga na kutekeleza ziara maalum katika Zahanati ya Turuki iliyopo karibu na mazingira ya shule yao. Lengo kuu la shughuli hii lilikuwa ni kufanya usafi wa kina katika maeneo ya ndani na nje ya kituo hicho cha afya, ili kuhakikisha wagonjwa na wahudumu wanapata mazingira safi, salama, na yenye kurejesha matumaini.



Shout Out ya Jarida

Oyaaa! Hakunaga shangwe kubwa mtaani kama ile siku mzigo mpya wa Jarida la Fema unapoingia shuleni! Wana Fema Club hawafichagi hisia zao kabisa yani ni tabasamu kwa kwenda mbele, magroup ya kutosha chini ya miembe. Jarida limesafiri na kuwafikia Kijeleshi Fema Club.



BARAKA

Wivu wa maendeleo ruksa!

Ta Da!! Aliyepata kapata, aliyekosa amekosa. Baada ya kupewa nondo kabambe za kulisongesha gurudumu la mabadiliko chanya kupitia Fema Club, je, mlchukua hatua au mliziacha zipite?

Siku zikaenda, wanachama wa Fema Club wakahamasika kwa elimu, maarifa na utayari wa kuchukua hatua. Leo tunawasherehekea vinara waliobeba tuzo za Fema Club 2026 kutokana na juhudi zao za kuhakikisha shughuli zao zinaongeza thamani kwenye safari yao ya elimu. Hawakuishia hapo, waliendelea kusimamia kazi zao na kuzipost kwenye majukwaa mbalimbali ya mawasiliano kama WhatsApp na Facebook ya walezi wa Fema Club nchini.

Yote tisa, kumi ni hii hapa – mwisho wa tuzo za mwaka huu ndio mwanzo wa safari ya tuzo za 2027. Msikae kinyonge. Waswahili wanasema, “kuteleza sio kuanguka. Ukianguka unasimama, unakung’uta vumbi, safari inaendelea.”

Kupitia vipindi vyenu vya Fema Club, angalieni mafanikio ya wanachama wenzenu kwenye shule nyingine kisha jiulizeni: Hawa wanawezaje? Kwanini sio sisi tunaopokea maua 2027? Tunajifunza nini kutoka kwa washindi wa 2026? Tunaweza kuboresha nini? Siri ni moja tu – kujiamini na kufanya kazi kwa pamoja. Hiyo ndiyo mbinu muhimu ya kuijenga Fema Club imara shuleni kwenu.

Sayansi na Teknolojia vinaendelea kukua kila siku. Ninyi mnatumiaje fursa hii? Mitandao ya kijamii ni jukwaa kubwa la kuonesha kazi zenu. Kwa kushirikiana na Fema Club mentor wenu, hakikisheni shughuli zenu zinaandikwa kwenye ripoti, kupigwa picha na kurekodiwa kwa video fupi, kisha zionekane kwenye majukwaa ya walezi wa Fema Club. Mnasema mentor wenu si mtaalamu wa mitandao? Isive kisingizio! Kati yenu kuna mwenye ujuzi. Shirikianeni naye, jifunzeni na muoneshe dunia kazi nzuri mnazofanya. Kwa kuonesha uhai wa Fema Club yenu mtatumia vyema Sayansi na Teknolojia, na pia mtapata hamasa kutoka kwa wanachama wengine nchini.

Haya, nimeshawapa nondo za kupeperusha bendera yenu. Nani kuibuka kinara wa 2027?

Mchongo mzima uko hapa!

NA FEMINA TEAM

Karibuni sana kwenye jukwaa la kijanja linaloonyesha jinsi vijana wa Fema Clubs nchini wanavyo burudika hapa utapata habari za matamasha ya kitamaduni, mabonanza ya afya ya akili, na sherehe za graduation zenye vibe la hatari nchini kote



Bassotu kwenye Muungano

Kusheherekea Sikukuu ya Muungano wa Tanzania tarehe 26/04/2026, hawa washkaji hawakuishia kukaa nyumbani tu; waliamua kuliwasha mtaani kwa kushirikiana na washkaji zetu wa TFS (Shirika la Uhifadhi wa Misitu Tanzania) kupiga bonge moja la mchongo wa kijani!

Kwa pamoja, walishusha jumla ya miti 300 ya kishindo! Na mchongo ukawa mtamu zaidi: kila mwana Fema alikabidhiwa mti wake mwenyewe wa aupande, kuulea na kuutunza kama mtoto wake hadi siku anamaliza shule na kuondoka! Huu ndio uendelevu kwa vitendo!

Bonanza la Afya Akili

Nani alisema vijana hawawezi kuongelea mambo mazito? Wanafunzi wajanja kutoka vilabu vya Dar es Salaam ikiwemo Fema club Mpiji Magohe, Bethsaida, na Amosi Makala walikutana uso kwa uso kwenye Fema Club Mental Health Bonanza. Lengo lilikuwa moja tu: Kujifunza, kushirikiana, na kufunguka yaliyopo moyoni bila uoga wowote!

Kupitia michezo ya kuchangamsha akili, sanaa za jukwaani, na soga za kuelimisha, vijana walipiga stori za kutosha kuhusu afya ya akili. Tulichana na unyanyapaa na kupeana mbinu za kuongeza ujasiri wa kukabiliana na changamoto za kisaikolojia. Hili halikuwa tukio la kupitisha muda tu, bali ni mwanzo mpya wa jamii inayotega sikio, inayoelewa, na inayojali hisia za vijana!



Burudani, Vipaji na Elimu Ndani ya Bukoba!

Mkoani Kagera, takribani wanafunzi 665 na walezi wao kutoka shule 22 za sekondari (kama Bukoba SS, Ihungu, na Kemondo) waliteka ukumbi wa Bukoba SS kwenye sherehe kabambe ya mtandao wa Fema Club!

Vijana walikiwasha jukwaani kwa ngoma za asili, shoo za kisasa, na mitindo ya kijanja. Zaidi ya burudani, lilikuwa jukwaa la kuchana na ukimya; tulijadili kwa kina masuala ya Afya ya Hedhi (MHH), kujitambua, na usawa wa kijinsia. Kubwa zaidi, wavulana walijifunza kuwa mstari wa mbele kuwasitiri na kuwaunga mkono wasichana wanapokuwa kwenye siku zao. Kagera mmeonyesha njia!





Ulikosa Dodoma? Usipange kukosa Mwanza!

Ilikuwa shangwe na furaha katika ukumbi wa Chuo cha Biashara (CBE) Dodoma, walipokutana walimu walezi wa Klabu za Fema kutoka mikoa mbalimbali nchini kwenye Mkutano Mkuu wa Nane wa Mtandao wa Walimu Walezi wa Klabu za Fema Tanzania. Mgeni Rasmi kwenye ufunguzi, Khadija Mcheka, kiongozi kutoka Wizara ya Elimu ambaye alimwakilisha Naibu Waziri Wanu Hafidh Ameir, alifurahishwa sana na mkutano huu na akaahidi kusaidia upatikanaji wa ruhusa na usaidizi kwa walimu katika mikutano ijayo.

Mambo yalianza tangu 25 Juni walipowasili washiriki, yakafungwa rasmi tarehe 29 Juni 2026. Washiriki walibadilishana uzoefu, walijifunza mbinu mpya za kuendesha klabu na kujadili namna bora ya kuendelea kuwalea na kuwawezesha vijana katika mazingira yanayobadilika kwa kasi. Ratiba ya mkutano ilijumuisha ziara katika Bunge la Jamhuri ya Muungano wa Tanzania, mafunzo kuhusu ulinzi na usalama wa mtoto, malezi katika dunia ya utandawazi, uwekezaji na uendeshaji wa Klabu za Fema, pamoja na utalii wa ndani katika Hifadhi ya Taifa ya Tarangire.

Kilele cha mkutano kilikuwa ni utoaji wa tuzo za kutambua mchango wa walezi na klabu zilizofanya vizuri mwaka 2026, ambapo Mwl. Benedicto S. James wa Shule ya Sekondari Bassotu alitangazwa Best Fema Mentor, Korogwe Dadaz Fema Club ya Korogwe Girls Secondary School ikashinda tuzo ya Best Fema Club, huku Mkoa wa Tanga ukinyakua kwa mara ya pili mfululizo tuzo ya kuwa na washiriki wengi zaidi katika mkutano huu. Eeeh Tanga wana vibe aisee!

Walezi hawa walipewa tuzo ya Extraordinary Performance ambayo hutolewa kwa walezi waliofanya shughuli nyingi nzuri na kujitolea katika shughuli za Fema na malezi ya vijana. Waliotunukiwa tuzo katika kipengele hiki ni:

1. Abasi Shaba Bakari (Nyerere Memorial Secondary School)
2. Baraka Job. Luambano (Buyuni Secondary School)
3. Seif J. Salim (Kwedizinga Secondary School)
4. Paul Musala Eliasi (Mkula Secondary School)
5. Mary Keneth Ndumukwa (Korogwe Girls Secondary School)
6. Benedicto S. James (Bassotu Secondary School)
7. Eva Daniel Biswata (Regina Mumba Lowassa Secondary School)
8. Frank Patrick Kiza (Kemono Secondary School)
9. Flerentino Mtiti Philipo (Paramawe Secondary School)
10. Sophia Ahmad Juma (Murad Saddiq Secondary School)

Washiriki wote pia walitunukiwa vyeti vya ushiriki, na baadae bango la uenyaji wa mkutano likakabidhiwa kwa Kanda ya Ziwa, ambayo itaandaa mkutano huo jijini Mwanza mwakani. Wenye Mwanza wanasema suala la sato na ubwabwa litazingatiwa na mambo mazuri kama elfu na nusu. Unakosaje sasa?



THABITI

CODE YOUR DREAM

Salamu za upendo na mafanikio ziwafikie vijana wote wa Fema Club popote mlipo! Tunafurahi kuendelea kuwa pamoja katika safari ya kujifunza, kubuni na kuleta mabadiliko chanya katika jamii zetu. Tunatumaini yale mnayojifunza kupitia shughuli za Club yanaendelea kuleta matokeo mazuri katika maisha yenu.

Kila siku vijana hukutana na changamoto mbalimbali, kuanzia vifaa vya kujifunza, mazingira, afya hadi fursa za kujiiajiri. Je, tunaweza kufanya nini? Jibu ni rahisi: tuanze kuona changamoto kama fursa za kutafuta suluhisho.

Habari njema ni kwamba ubunifu hauhitaji vifaa vya gharama kubwa wala teknolojia ya hali ya juu. Mara nyingi huanza kwa kujiuliza swali moja: "Ninawezaje kufanya jambo hili kuwa bora zaidi?" Wabunifu wengi waliotambulika duniani walianza na rasilimali chache lakini walikuwa na ndoto kubwa na uthubutu wa kujaribu.

Wana Fema, ndoto zenu ni muhimu, lakini zinahitaji hatua. Zinahitaji kujifunza, kufanya majaribio, kushirikiana na wengine na kutokata tamaa. Kila mradi mdogo unaofanya leo unaweza kuwa mwanzo wa suluhisho kubwa kesho.

Tunawahamasisha kutumia Fema Club kama sehemu ya kujifunza na kujaribu mawazo mapya. Angalieni changamoto zinazowazunguka na jiulizeni: "Tunawezaje kutumia maarifa tuliyonayo kuboresha hali hii?" Huenda suluhisho lenu likasaidia si shule yenu tu bali hata jamii nzima.

Kumbukeni, kila uvumbuzi mkubwa ulianza kama wazo dogo. Hivyo basi, anza na kile ulichonacho, pale ulipo, na endelea kujifunza kila siku. Tuendelea kuota ndoto kubwa na kutumia ubunifu wetu kujenga maisha na jamii tunayoitamani.

Anza Leo, Jenga Kesho.



Lawi John
Stephano

Karibu Kigoma, ardhi iliyobarikiwa (The Blessed Land)

Urakomeye? Hii ni salamu yetu ya asili kutoka Mkoa wetu uliobarikiwa uitwao Kigoma. Kigoma ni ardhi iliyobarikiwa sisi tunapaita The Blessed Land. Mkoa wetu uko upande wa magharibi mwa Tanzania na umepakana na Jamhuri ya Kidemokrasia ya Kongo, na Burundi. Mkoa wetu una Halmashauri nane: Kigoma MC, Kigoma DC, Kibondo, Kasulu, Kasulu Mji, Kakonko, Uvinza na Buhigwe, ndani ya wilaya sita.

Utamaduni wa hapa Kigoma umebebwa na kabila la Waha ambao tuna utamaduni wetu kama ngoma za asili mfano ngoma ya warumba, vyakula vya asili kama ugali wa lowe na ugali wa muhogo na Samaki migebuga na mafuta yetu ya mawese. Lakini pia wapo Wamanyema. Pia vinywaji vya asili kama "mtobe" unaotengenezwa kwa ndizi na nyasi kavu, togwa inayotengenezwa kwa mahindi na malovu yanayotoka kwenye shina la mchikichi.





Kwa upande wa burudani Kigoma utapenda kwani ni chanzo cha vipaji kwenye muziki. Tunao wafalme wa muziki hapa Tanzania kama Diamond Platinumz (Simba) na Alikiba (The King Kiba) na wengine kama Chege, Linex, Baba Levo, Dulysykes, na last born wa Taifa, Dogo Pattern. Hapa ndio Kigoma mwisho wa Reli ila mwanzo wa vipaji.



Kwa upande wa soka ndio balaa na nusu! Ardhi hii ndipo nyumbani kwa timu ya Mashujaa (Wazee wa mapigo na mwendo). Pia tunao wachezaji wenye viwango vya FIFA kutoka Kigoma kama vile Yusuph Kagoma, (Kiungo wa Simba), Mzamiru Yasini, Kibu Denis (Mkandaji) na Golikipa mastaaafu Juma Kaseja. Hapa ni ball tuu! Wachezeshaji wapo pia kama Ndalo, Brother K na Kidege.



Uchumi wetu wa Kigoma unategemea kilimo hasa cha michikichi ambayo huzalisha mafuta ya mawese na sabuni, uvuvi wa dagaa na samaki maarufu migebuga na kuhe kupitia ziwa Tanganyika. Uchimbaji tunao pia, mfano chumvi pale Uvinza, na hii inainua uchumi wetu Kigoma.



Kwa upande wa utalii Kigoma ni "The Blessed Land" tuna vivutio vingi vya utalii kama Gombe na Mahale ambapo ndio makazi asili ya sokwe duniani, Makumbusho ya Dr. Livingstone na mji mkongwe Ujiji unaoelezea historia ya utumwa. Tunalo ziwa letu Tanganyika, ziwa la pili kwa kina kirefu duniani, lenye fukwe nzuri na za kuvutia. Halafu sasa, tunae samaki wa ajabu mwenye uwezo wa kutengeneza umeme ndani ya mwili wake na kutoa shoti pale anaposhikwa.



Ardhi ya Kigoma imebarikiwa viongozi wengi wakubwa katika nchi yetu hii, ni ishara ya kuwa tumebarikiwa. Viongozi hao ni kama Philip Mpango (aliyekuwa Makamu wa Rais) Emmanuel Totuba (Katibu Mkuu Wizara ya Fedha) Joyce Ndalichako (aliyekuwa Waziri wa Elimu) na Levocatus Chipande (Baba Levo), Mbunge wetu wa sasa Kigoma Mjini.



Kubwa kuliko ni kwamba Kigoma kama The Blessed Land tuna ubunifu na teknolojia mbalimbali zikiwemo za asili na nyingine za kiutamaduni. Ngoja nikupitishe kidogo:

- Utengenezaji wa mafuta ya mawese kwa mfumo wa asili
- Utengenezaji wa vinywaji vya asili kama mtobe (kwa kutumia ndizi na nyasi kavu), togwa (kwa kutumia mahindi) na malovu kutoka kwenye shina la mchikichi.
- Utengenezaji wa majamvi (mikeka) ya asili kwa kutumia matete na misengele.
- Pia tunatengeneza baiskeli na matoroli kwa kutumia miti, baiskeli hizo huitwa ngolongojo.

Ukiachilia mbali hizo za asili, tunao pia ubunifu wa kiteknolojia, kama vile:

- Utengenezaji wa mafuta ya aina ya petroli kutokana na chupa za plastiki.
- Utengenezaji wa mkaa kwa kutumia karatasi na maboksi.
- Ubunifu wa kimasomo kama kengele ya umeme na winchi inayotumia maarifa ya mkandamizo (pressure).

Haya yote yanapatika Kigoma.

Aiseel "Kigoma leka dutigite wi shavu ameneke" Naitwa Lawi John Stephano karibu Kigoma The Blessed Land.



S

T

E

M

ni Nini?

NA FEMINA TEAM

Asha anatengeneza mkaa mbadala kijijini kwao. Hajawahi kujiita mwanasayansi. Lakini kila siku anatumia sayansi, teknolojia, uhandisi na hesabu (STEM) kutatua changamoto za familia yake.

Ukiwatajia vijana wengi neno STEM, picha ya kwanza inayokuja kichwani ni maabara yenye glasi za kemikali, mtu aliyevaa koti jeupe, au kijana aliye mbele ya kompyuta akitengeneza programu tumizi ya simu.

Ni kweli, STEM inajenga fani zenye kuleta mabadiliko makubwa duniani, inatupa wataalamu wenye kufanya maajabu ya kutikisa dunia, lakini pia STEM ipo hapo hapo ulipo na hata wewe unaweza kufanya mambo ya sayansi, teknolojia, uhandisi na hisabati.

Tunakutana na Dkt. Lwidiko Mhamilawa, mtaalamu wa mambo haya na mmiliki wa kituo cha STEM Park, ambaye hapa anadavua namna ambavyo mambo hayo manne yanapatikana katika kuishi kwetu. Anasema, "STEM imeanzia kwenye maisha yetu ya kila siku kabla hata haijaitwa STEM." Usijali, anafanua kama ifuatavyo.

S ni Science (Sayansi)



Sayansi ni udadisi na uchunguzi. Ni ile tabia ya kuangalia kitu kinachotokea kwenye mazingira yako, kujiuliza "kwa nini kipo hivi na sio vile?", kisha kutumia majibu kufanya maamuzi ya akili.

- Katika maisha yetu: Mshikaji anayeanika dagaa wa Kigoma au wa Ziwa Victoria haaniki tu ili mradi kuanika. Anajua upepo ukiwa mkali sana au sio na jua likiwa kali kiasi hiki, unyevu wa hewa unaweza kusababisha dagaa kukauka kwa haraka au la. Akili yake inafanya uchunguzi wa hali ya hewa bila yeye kujua. Anajua pia kuwa dagaa wasipogezwa mapema, unyevu utazalisha bakteria na kuwaharibu.

T ni Technology (Teknolojia)



Wengi wetu tunadhani teknolojia lazima iwe mtandao au mashine. Lakini teknolojia ni zana au mfumo wowote unaozaliwa baada ya kuelewa sayansi, kwa lengo la kurahisisha kazi. Kalamu ni teknolojia, gurudumu ni teknolojia, na hata mkaa ni teknolojia.

- Katika maisha yetu: Fikiria vijana wanaokusanya vumbi la mbao, makapi ya mpunga, au mabaki ya mkaa wa kawaida, wakachanganya na uji wa muhogo kama gundi na kutengeneza mkaa mbadala. Hapa wamechukua Sayansi (kuelewa jinsi vitu vya asili vinavyoshikana na kushika moto) wakaitengenezea zana au bidhaa mpya inayorahisisha maisha; kupika bila moshi mwingi na kwa mkaa unaodumu muda mrefu.



E ni Engineering (Uhandisi)



Uhandisi ni ufumbuzi wa kimuundo na kimfumo. Ni uwezo wa kuchukua vifaa tofauti vilivyotawanyika, ukapiga hesabu za mazingira (kama vile mteremko, uzito, na mkandamizo), kisha ukaviunganisha kutengeneza mfumo thabiti unaotatua tatizo kwa mtiririko sahihi.

- Katika maisha yetu: Mwangelie fundi anayetengeneza guta la kubebea mizigo mikubwa mtaani. Hatengenezi mradi kuunga vyuma tu; anabadilisha chujio la matuta, anaweka spoki nene, na anasogeza chuma cha tairi ili hata mzigo ukiwa mzito vipi, chombo kisipinduke wala kuvunjika kwenye mashimo. Ile akili ya kubadili muundo wa chombo ili kihimili uzito vya mazingira yako, huo ndio uhandisi wenyewe.

M ni Mathematics (Hisabati)



Hesabu sio tu kukokotoa X na Y kwenye makaratasi. Hesabu ni mantiki ya data. Ni uwezo wa kuangalia namba, mwenendo wa vitu, au ratiba, ukaona picha inayojirudia, na kuitumia kufanya maamuzi yasiyo na hasara.

- Katika maisha yetu: Watazame wauza nyanya sokoni, wakisimama sokoni wanaangalia idadi ya wateja wanaoingia (hii ni data), wanaangalia wingi wa mzigo ulioingizwa sokoni asubuhi hiyo, na hapo hapo wanabadilisha bei ya fungu la nyanya ili wasipate hasara na mzigo usiharibike.





STEM na Ubunifu vinaendana vipi?

Wakati mwingine watu hudhani ubunifu ni kitu kikubwa sana kinachohitaji vifaa vya gharama. Lakini ubunifu huanza pale mtu anapoona tatizo na kuamua kutafuta suluhisho.

Mfano, vijana waliobuni sabuni za asili, wanaotengeneza bidhaa kwa kutumia taka zinazoweza kurejelezwa, au wanaotumia mitandao kuelimisha jamii kuhusu afya ya uzazi, wote hao wanatumia STEM.

Ubunifu haumaanishi utengeneze kitu kipya ambacho hakijawahi kuwepo duniani; ubunifu ni kuchukua maarifa ya STEM, kisha unayarekebisha ili yakusaidie kukabiliana na changamoto za sasa kama vile mabadiliko ya tabianchi, uharibifu wa mazingira, au afya mtaani kwenu.

Hii ndiyo maana ya "Code Ndoto Yako." Sio lazima uwe programmer ili ucode ndoto yako. Unaweza kutumia maarifa, ubunifu, na kile kinachokukuzunguka kuleta mabadiliko kwenye maisha yako na jamii yako. Unaweza.

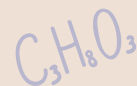


$$E=mc^2$$





STEM Park! Kijiwe cha ugunduzi



Sasa, kama unafanya mambo makubwa hivi mtaani kwako, kwa nini bado unaona sayansi ni kitu kigumu? Dr. Lwidiko na timu yake walichoka kuona vijana wakikosa fursa zitokanazo na STEM na ubunifu, ndio maana wakatengeneza mahali ambapo kijana anaweza kujifunza STEM kwa vitendo. Hapo ndipo pakazaliwa STEM Park. Kijiwe hiki kipo wazi kwa vijana wote.

Kama unataka kuwasogeza washikaji zako, kikundi chenu, au shule yenu mkajionee live bila chenga, kuna njia mbili rahisi za kuingia mjengoni:

• Gundua STEM

Kama unataka kuonja ulimwengu wa STEM kwa mara ya kwanza, hii ni sehemu nzuri ya kuanzia. Kwa Tsh 20,000 kwa mtu mmoja, utatumia masaa mawili ukizunguka STEM Park na kushiriki miradi miwili ya vitendo. Hautakuwa mtazamaji tu, utagusa, utajaribu na kujifunza kwa vitendo. Huenda ndipo ukagundua kipaji au wazo ambalo hukuwahi kujua unalo.

• Chunguza STEM Plus

Kama unataka kujifunza zaidi na kupata uzoefu wa kipekee, chagua hii hapa. Kwa Tsh 25,000 kwa mtu mmoja, utatumia masaa mawili na nusu ukishiriki miradi mitatu ya vitendo, kisha kuhitimisha siku kwa STEM Circus Show. Hapa sayansi hukutana na burudani. Utaona majaribio yakifanyika mbele ya macho yako na kugundua kwamba mambo ambayo huwa unayaona darasani yanaweza kuwa ya kusisimua, ya kufurahisha na ya kukufanya uanze kuuliza maswali mapya.

Kwa sasa vipo vituo hivyo katika mikoa sana, ukipata mwanya fika ujifunze zaidi. Dar es Salaam (Mikocheni), Tanga (Kisosolwa), Kigoma (Buhingwe), Tabora (Ilolanguru), Songwe (Mbozi), Zanzibar (Jangombe), na Pemba (Pujini). Au kama vipi wacheke mtandaoni Instagram na Facebook: @STEMPARK.

2

KUMBUKA

Udadisi na ubunifu unaotumia kutatua changamoto leo unaweza kuwa mwanzo wa taaluma itakayoibadilisha Tanzania kesho, au hata dunia.

CHUKUA

HATUA

Katika kikundi chenu, jadili na muorodheshe mambo matano ambayo kila siku mnayaona na hamkuwahi kudhani kwamba ni STEM. Kisha mjadili mtafanya nayo nini ili kutatua changamoto zinazowazunguka. Mkishea nasi tutafurahi.



Festo kapeleka huduma mtaani na mtandaoni

NA MARY MBAGO

Wakati vijana wengi wanapozungumza kuhusu ndoto, biashara, au maisha ya baadaye, mara chache sana utakuta wanazungumzia afya zao. Wengi huamini hospitali ni sehemu ya watu walioanza kuumwa tayari. Lakini kwa Festo Hamisi, kijana kutoka Kigoma ambaye pia ni mtangazaji wa kipindi cha Afya ya Mtaa, afya inanzia kwenye maamuzi madogo ya kila siku na kuuelewa mwili wako mapema.

Festo ni Clinical Officer aliyesoma Kigoma Clinical Officer Training Centre. Lakini safari yake ya kuanzisha kipindi cha Afya ya Mtaa haikuanzia studio, ilianzia wodini (hospitalini) alipokuwa field.

Simu moja na ndoto kubwa

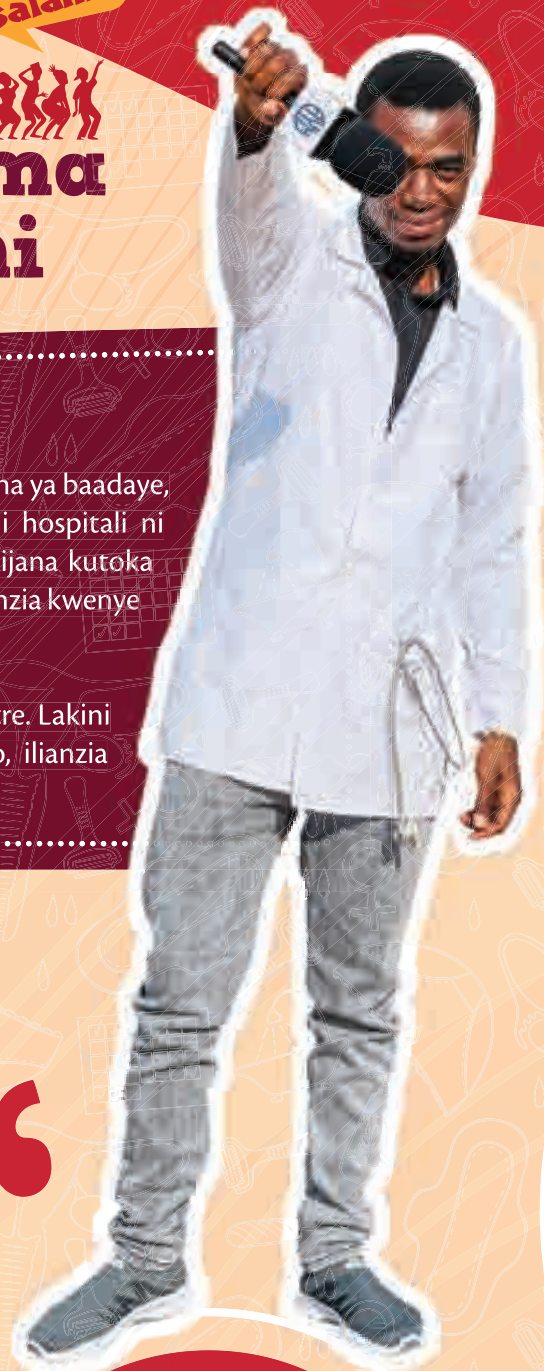
"Mara ya kwanza kabisa kilichonifanya niingie kwenye kazi hii ya utangazaji na uelimishaji mtaani ni field," anasimulia Festo huku akitabasamu. "Nilikuwa nikienda wodini, nakutana na wagonjwa wengi sana wenye magonjwa sugu kama kufeli kwa figo au ini. Siku zote, daktari akianza kuhoji mgonjwa huanza na kupata historia na mtindo wa maisha (lifestyle) ya mgonjwa, majibu huwa ni yale yale, matumizi makubwa ya pombe au uvutaji wa sigara."

Hapo ndipo Festo alipogundua kitu kikubwa kuwa jamii yetu inajaa hospitalini kwa sababu ya kupuuzia vitu vidogo vidogo, kila mtu akiamini "kesho nitaamka mzima."

Basi bwana, akiwa mwaka wa pili chuoni, akasema hapana! Madaktari hawapaswi kukaa hospitali kungojea wagonjwa, ni vyema kuwafuata huko huko mtaani kabla mambo hayajaharibika. Hamasa iliongezeka zaidi alipofika mwaka wa tatu na kukutana hospitalini na Dr. Isaac Maro anayeendesha kipindi cha AfyaCheck kinacho rushwa pale Clouds TV. Dr Maro alikuwa ameenda Kigoma kikazi. Festo alimfuata, akajitambulisha, na kuomba namba yake. Kuanzia hapo, mawasiliano na hamasa zikaongezeka. Festo akatafuta vifaa vyake vya kuanzia, ambavyo kwa wakati huo ilikuwa ni simu yake ya mkononi na maiki, huyoo, mtaani, halafu mtandaoni.

“

Nilikuwa nikienda wodini, nakutana na wagonjwa wengi sana wenye magonjwa sugu kama kufeli kwa figo au ini. Siku zote, daktari akianza kuhoji mgonjwa huanza na kupata historia na mtindo wa maisha (lifestyle) ya mgonjwa, majibu huwa ni yale yale, matumizi makubwa ya pombe au uvutaji wa sigara



Festo akiwa kitaa

Mara nyingi watu ambao Festo anakutana nao kwenye mahojiano ni vijana, maana ndio rika linalopotea zaidi kwenye masuala ya afya na hawajali kabisa miili yao. Wengi wao hawajui kabisa mifumo ya miili yao inavyofanya kazi.

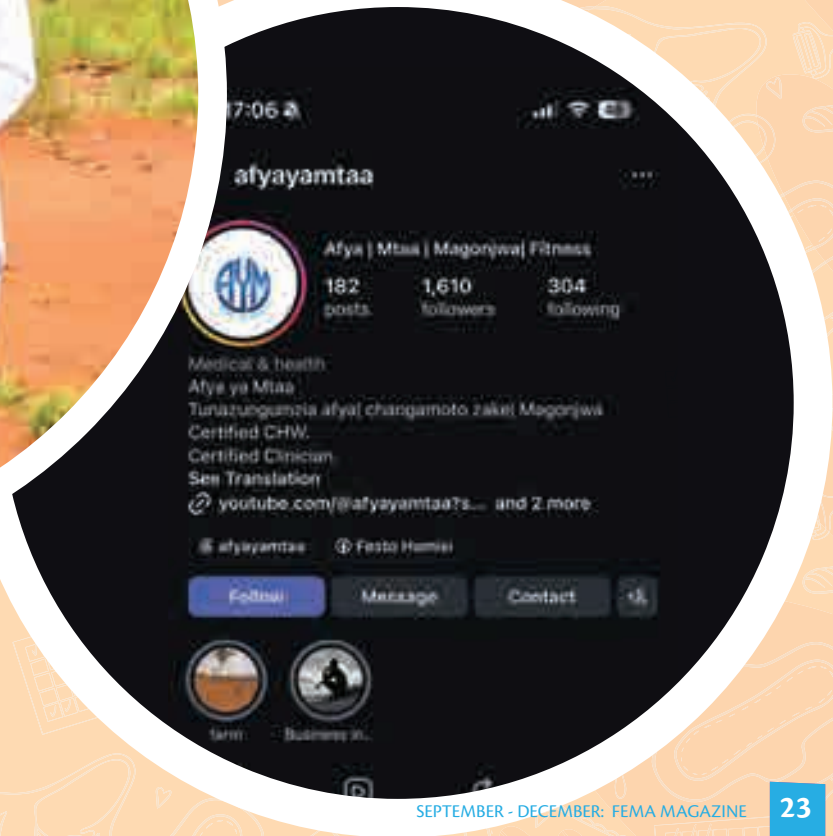
Kuna siku Festo alienda kuhoji vijana mtaani kuhusu tezi dume. Cha kushangaza, wengi walifikiri tezi dume ni jina la ugonjwa! Ilibidi wapewe darasa kuwa tezi dume ni kiungo cha kawaida kabisa

kilichopo ndani ya mwili wa mwanaume, ila kinaweza kupata changamoto kulingana na matunzo ya afya. Au akiwauliza vijana kiungo kikubwa zaidi kwenye mwili wako ni nini? Mtu atakuambia ni kichwa au macho, lakini kiuhalisia, kiungo kikubwa zaidi mwilini ni ngozi! Ni muhimu sana kujua miili yetu ili tujue umuhimu wa kuitunza dhidi ya vitu hatariishi. Sikia hii nukuu kutoka kwa Festo "Huwezi kulinda kitu usichokijua. Ndiyo maana ni muhimu vijana kujifunza kuhusu miili yao na afya zao."

Imani potofu na sayansi ya tiba

Kupitia kipindi cha Afya ya Mtaa, Festo aligundua changamoto nyingine mkoani kwake ni mila, desturi na imani potofu. Vijana wengi hawaamini kabisa kama hospitalini kuna tiba ya uhakika. Mtu akiumwa kidogo, anakimbilia mashambani kuchuma majani na kunywa mitishamba kiholela.

"Ewaaaa, dawa za mitishamba ni nzuri, lakini je, mnajua huwa zinatibu nini hasa na kwa kiwango gani?" anauliza Festo na kuongeza, "Kisayansi, baadhi ya tiba hizo za kienyeji bila vipimo zinamaliza ugonjwa juu juu tu lakini haziendi ndani kurekebisha tatizo. Matokeo yake? Mtu anakuja kupata kiharusi (stroke) au figo kufeli kabisa. Kuna wengine wanaamini kuwa ukiombewa tu unaweza kupona magonjwa kama UKIMWI. Kuna umuhimu wa kwenda hospitali upimwe ipasavyo."





Afya sio 'mambo ya wazee'

Kwa mujibu wa Festo, vijana wengi bado wanaamini kupima afya mara kwa mara ni "mambo ya kizungu" au vitu vya wazee. Lakini anasisitiza kuwa vipimo vya msingi kama presha, sukari, uzito, urefu na kundi la damu ni muhimu sana kwa kila kijana kuvijua mapema. "Leo ukimuuliza kijana group lake la damu hajui. Lakini siku akipata changamoto ya afya ndipo anaanza kuuliza maswali." Anasema kujua afya yako ni kitu cha msingi sana kwasababu siku ukija kuumwa ghafla, inakuwa rahisi kwa daktari kujua changamoto yako ilianza wapi.

Mambo manne ya kuzingatia kutoka kwa Festo:

Festo ametuachia mambo haya manne ya kuzingatia kwenye maisha yetu:

1. Sayansi ipo kwenye sahani yako: Chakula cha sasa kimeshasindikwa na kuchakatwa sana kulinganisha na zamani. Angalia unachokula, epuka kula bila mpangilio wa makundi ya chakula, na chunguza tarehe ya kuharibika (expiry date).
2. Upe mwili muda wa kusaga chakula: Ukila chakula kizito cha wanga (carbohydrates) usiku, kaa kwanza walau lisaa limoja au saa moja na nusu kabla ya kulala. Ukila na kulala hapo hapo, unauzuia mwili kufanya kazi yake na unajitengezea magonjwa wenyewe.
3. Magonjwa hayasubiri uzee: Kansa, kisukari, na magonjwa ya uzazi yanampata mtu yeyote wakati wowote, sio wazee tu. Ukiona mabadiliko yoyote yasiyo ya kawaida kwenye mwili wako, wahi kituoni na usiache kufunguka kwa mtoa huduma wako.
4. Jitengezee tabia ya kupima: Kujua kiwango chako cha sukari, presha, uzito na kundi lako la damu ni ujanja wa kiwango cha juu. Usisubiri mpaka ubebwe kwenye machela ndio ujue afya yako.

Basi hayo ndio ya Festo kutoka Afya ya Mtaa pale Kigoma. Kutana naye hapa @AfyaYaMtaa mitaa ya Instagram na wewe uokote maarifa. Kidigitali zaidi.

KUMBUKA

Mwili na afya yako ndio mtaji wako wa kwanza kabisa.

CHUKUA

HATUA

Kwenye Club zenu, mna mpango gani wa kuanza kuhamasisha wanafunzi wenzenu kupima afya zao mara kwa mara?

TIRIRIKA

Unafanya nini unapohisi mwili wako haupo sawa?



ASHIRAFU SAIDI

Mwananchi Sec

Huwa ninatoa taarifa kwa mtu wangu wa karibu au jamii inayozunguka ili niweze kupata suluhisho la tatizo langu kiwepesi zaidi.



ELESIA ONESMO

Kasimbu Sec

Huwa nawajulisha wazazi au walezi wangu na kwenda kupata huduma za afya.



ALHAMDU SELEMANI

Gungu Sec

Huwa napumzika na kutafuta ushauri wa kitabibu ili kujua chanzo cha tatizo.



Festo takes services to the streets and online

Na Mary Mbago

When young people talk about dreams, business, or the future, they rarely talk about their health. Most believe hospitals are places for people who are already sick. But for Festo Hamisi, a young man from Kigoma and presenter of Afya ya Mtaa, good health begins with the small decisions we make every day and by understanding our bodies early.

Festo is a Clinical Officer who studied at Kigoma Clinical Officer Training Centre. But his journey into health education did not begin in a studio. It began in the hospital wards during his field placement.

One Phone and a Big Dream

"My field placement was what first inspired me to get into broadcasting and community health education," Festo says with a smile.

"I used to work in the wards and meet many patients with chronic illnesses such as kidney failure and liver disease. Whenever doctors asked about a patient's medical history and lifestyle, the answers were almost always the same: heavy alcohol use or smoking."

That was when Festo realised something important. Many people end up in hospital because they ignore small health issues, believing, "I'll wake up fine tomorrow."

So, while he was in his second year at college, he decided something had to change.

"Doctors shouldn't just wait in hospitals for patients. We should go out into the community and reach people before things get worse."

His motivation grew even stronger in his third year when he met Dr Isaac Maro, presenter of the AfyaCheck programme on Clouds TV, who had travelled to Kigoma for work. Festo introduced himself and asked for Dr Maro's phone number. From then on, they stayed in touch, and his motivation continued to grow.

With nothing more than his mobile phone and a microphone, he headed into the streets, and then online, to start educating people.

Festo in the Community

Most of the people Festo interviews are young people because they are the group that pays the least attention to their health. Many do not even understand how their own bodies work.

One day, Festo asked young people about the prostate gland. To his surprise, many thought the prostate

was the name of a disease! He had to explain that the prostate is a normal organ in the male body, although it can develop health problems depending on how well people look after their health.

Sometimes he asks another question:

"What is the largest organ in your body?"

Many confidently answer, "The head," or "The eyes." But the correct answer is the skin.

It is important to understand our bodies so that we know why we must protect them from harmful things.

As Festo says:

"You can't protect something you don't know. That's why it's important for young people to learn about their bodies and their health."

Myths and Medical Science

Through Afya ya Mtaa, Festo also discovered another challenge in Kigoma: traditions, customs, and misconceptions.

Many young people do not believe hospitals provide effective treatment. When they become ill, they often rush to collect herbs and prepare traditional remedies without really knowing what those remedies treat.

"Traditional herbs can be helpful," says Festo. "But do we really know what they treat and how effective they are?"

TAKE

ACTION

What plans does your club have to encourage fellow students to go for regular health check-ups? Discuss and make a plan.

Scientifically, some traditional remedies, when used without proper diagnosis, may only relieve symptoms temporarily without treating the underlying problem. The result? Someone may later suffer a stroke or complete kidney failure.

Some people also believe that prayer alone can cure diseases such as HIV. It is important to visit a health facility and get properly tested.

Health Is Not for "Old People"

According to Festo, many young people still believe regular health check-ups are "a foreign thing" or something only older people need.

But he insists that every young person should know their blood pressure, blood sugar level, weight, height, and blood group.

"Ask a young person their blood group today and many won't know it. But the day they face a health problem, that's when they start asking questions."

He says knowing your health status is important because if you suddenly become ill, it makes it easier for health workers to understand where the problem may have started.

Four things Festo wants you to remember

Festo leaves us with four important reminders:

1. Science is on your plate

The food we eat today is much more processed than it used to be. Pay attention to what you eat. Eat a balanced diet from different food groups and always check the expiry date.

2. Give your body time to digest

If you eat a heavy carbohydrate meal at night, stay awake for at least one to one and a half hours before going to bed. If you eat and go straight to sleep, you make it harder for your body to do its job and increase your risk of health problems.

3. Diseases don't wait for old age

Cancer, diabetes, and reproductive health conditions can affect anyone at any time, not just older people. If you notice any unusual change in your body, visit a health facility as soon as possible and speak openly with your healthcare provider.

4. Make health check-ups a habit

Know your blood pressure, blood sugar level, weight, and blood group. That's being smart. Don't wait until you're being carried on a stretcher before you start taking your health seriously.

That's Festo's message from Afya ya Mtaa in Kigoma. You can also follow @AfyaYaMtaa on Instagram and keep learning online.

REMEMBER

Your body and your health are your first and most important investment.



HISABATI SHAMBANI

BUSWAGINE NI KIJJI KINACHOAMINI KUWA MAFANIKIO SHAMBANI YANATOKANA NA NGUVU NA JASHO. LAKINI JASIRI, KIJANA MWENYE ULEMAVU WA MGUU, ANAAMINI MAFANIKIO YANAANZA NA NAMBA. WAKATI WENGINE WAKIMDHARAU KWA SABABU YA ULEMAVU WAKE NA KUIONA HISABATI HAINA NAFASI SHAMBANI, YEYE ANAAMUA KUJARIBU JAMBO TOFAUTI. JE, MATOKEO YATAKUWAJE? NGOJA TUONE!

KIJJI CHA BUSWAGINE

KAZI NGUMU, JASHO JINGI, LAKINI MIFUKO YETU KILA MWAKA PATUPU!

ACHA TU KAKA, SIJUI KWANINI JASHO LA MKULIMA HALINA THAMANI.

NYUMBANI KWA KINA JASIRI

MOYO UNANIUMA SANA, NA BADO MADENI YANATUNGOJA.

YANI! GUNIA ZOTE ZILE HALAFU HII NDIO HELA TUNAYOAMBULIA?

JASIRI AKIWA AMETOKA SAFARINI

SHIKAMOONI WAZEE WANGU, MBONA KAMA HAMPO SAWA?

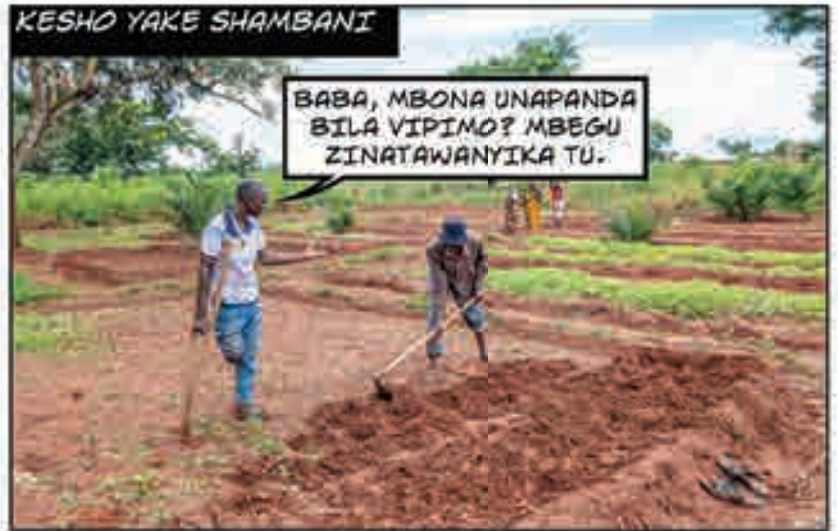
MARAHABA MWANANGU NI MAHESABU YA MAZAO YANATUTESA SANA.

MNAKWAMA SEHEMU GANI?

TUNAUZA SANA...LAKINI HELA INAPOTEA KAMA MOSHI.

HAYA MAZAO MNAUZA KWA BEI GANI SOKONI?

AAH! BEI ZINAPANGWA NA WANUNUZI HATUNA NAMNA.





HUU NI MCHEZO WAKUIGIZA HAUNA UHUSIANO NA MAISHA HALISI NA WAIGIZAJI HAWA.





Tusanuane kuhusu Hisabati!

NA MARY MBAGO

Eeenhee! Bado unaamini hisabati ni somo la darasani tu? Au wewe ni mmoja wa wale wanaosema, "Mimi na hisabati ni kama maji na mafuta?" Kama ndiyo, basi baada ya kusoma photo story ya Mkali wa Hisabati, huenda mtazamo wako umeanza kubadilika kidogo.

Tumemuona Jasiri akitumia maarifa ya hisabati kutatua changamoto ambazo familia yake ilikuwa ikikabiliana nazo kwa muda mrefu. Wazazi wake walikuwa wakifanya kazi kwa bidii shambani, lakini hawakuona matokeo yanayolingana na jasho lao. Kupitia vipimo, mahesabu na uchambuzi wa kawaida tu, Jasiri aliweza kubadili hali hiyo.

Tuangalie kidogo umuhimu wa hisabati katika maisha yetu ya kila siku

01

Kuongeza Mauzo na Uzalishaji

Ukiangalia mfano hai katika familia ya akina Jasiri, maisha yao yalianza kubadilika pale walipoamua kuachana na kilimo cha zamani cha kubahatisha.

Hisabati iliwasaidia kupangilia nafasi za mazao shambani na kupata mavuno mara mbili zaidi kwenye eneo lilelile. Ukipiga hesabu sahihi ya nafasi, unazuia mbegu kupotea na unalinda rutuba ya udongo wako.

02

Vipimo ni Mahesabu

Nani alikuambia vipimo ni kwa ajili ya mafundi ujenzi tu? Kila kitu katika mifumo ya maisha kinahitaji vipimo vya hisabati ili kuleta majibu sahihi. Hata hospitalini, madaktari wanatumia hisabati kupima kiwango cha vijidudu vya malaria au sukari mwilini ili kukupa dozi sahihi ya kulinda afya yako. Ukichukulia poa vipimo, umefeli pakubwa sana!

Hisabati muhimu katika Biashara

Ukiangalia mfano hai katika familia ya akina Jasiri, maisha yao yalianza kubadilika pale walipoamua kuachana na kilimo cha zamani cha kubahatisha.

Hisabati iliwasaidia kupangilia nafasi za mazao shambani na kupata mavuno mara mbili zaidi kwenye eneo lilelile. Ukipiga hesabu sahihi ya nafasi, unazuia mbegu kupotea na unalinda rutuba ya udongo wako.

03

Kwanini Tunaona Hisabati sio muhimu?

Mimi ninaona ni kwa sababu ya uoga. Halafu ngoja niwaulize kitu, huo uoga wa kuogopa namba unatoka wapi wakati masomo menginehatuogopi?

Kinachotuaonesha kuwa hisabati ni ngumu ni ule uoga wa kurithi unaoendelea kizazi hadi kizazi. What if hisabati ingekuwa inatumia maneno matupu bila namba, tungeipenda? Tujitoe kwenye uoga huo! Cha muhimu ni kufanya mazoezi mara kwa mara, kuwa na nidhamu ya namba, na kujua kuwa kila hesabu unayopiga shuleni ina majibu ya maisha yako ya baadae.

Cha mwisho kabisa.....

Hisabati si somo la kufaulu mtihani pekee. Ni ujuzi wa maisha yetu ya kila siku. Inakusaidia kufanya maamuzi sahihi, kulinda fedha zako, kuongeza uzalishaji, na kutambua fursa zinazokuzunguka. Kama Jasiri alivyotumia namba kubadili maisha ya familia yake, na wewe unaweza kutumia maarifa hayo kubadili maisha yako. Ninawaacha na swali: Leo utaanza kutumia hisabati wapi katika maisha yako?

Ujanja wa Kusimamia Fedha

Hapa ndipo robo tatu ya vijana wengi tunapokwama! Sawa, unaweza ukapata hela nyingi kutokana na kilimo au vibarua, lakini je, unajua namna ya kuzigawa ili isipotee kama moshi? Mkali wa hisabati anakupa mchongo wa kuigawa fedha yako katika mfano wa asilimia (100%) hivi:

- 50% Matumizi yako ya lazima ya kila siku (chakula, kodi).
- 10% Wekeza tena ili ikuzalishie hela nyingine (mtaji wa duka la nguo au mbegu).
- 10% Akiba kwa ajili ya baadae.
- 10% Dharura (magonjwa au matatizo ya ghafla).
- 10% Sadaka.
- 10% Kuchangia maendeleo ya jamii inayokuzunguka.

04

Huo ni mpangilio wa mkali wa hisabati Jasiri sasa na wewe unaweza kujipangilia mwenyewe ila kikubwa usisahau kuweka akiba maana ni kitu muhimu sana mtu wangu.



Sungura Mvivu na Kobe Mwenye Bidii

Hapo zamani za kale, katika Msitu wa Kijani uliokuwa umejaa miti mirefu na mito ya maji safi, wanyama wengi waliishi kwa amani na upendo. Kati ya wanyama hao, walikuwepo Sungura na Kobe ambao walikuwa marafiki wa karibu, japo walitofautiana sana tabia.

Sungura alikuwa na kasi ya ajabu katika kukimbia. Hata hivyo, alikuwa na sifa ya kujivunia uwezo wake na mara nyingi aliwacheka wanyama wengine waliotembea polepole. Kwa upande mwingine, Kobe alikuwa mtulivu, mwenye heshima na bidii ya listen. Ingawa hatua zake zilikuwa za kusua-sua, hakuruhusu maneno ya dhihaka yamvunje moyo.

Siku moja, Sungura alijitokeza mbele ya mkusanyiko wa wanyama na kutamba akisema:

"Hakuna mnyama yeyote katika msitu huu anayeweza kushindana nami kwa kasi!"

Kobe akamjibu kwa sauti ya upole: "Rafiki yangu Sungura, kiburi si kizuri. Ni vyema kuwa na heshima kwa wengine, kwani kila mmoja wetu ana zawadi yake ya pekee."

Badala ya kuelewa, Sungura alimcheka Kobe kwa dharau kubwa kutokana na mwendo wake wa taratibu. Wanyama wengine, waliochoshwa na majivuno ya Sungura, waliamua kuandaa mashindano ya mbio kati ya wawili hao ili kukomesha tabia hiyo.

Siku iliyosubiriwa kwa hamu ilipofika, msitu mzima ulikusanyika kwenye mstari wa kuanzia. Filimbi ilipopulizwa, Sungura alifyatuka kama mshale na kutoweka machoni pa wanyama, akimwacha Kobe mbali sana nyuma.

Baada ya kukimbia nusu ya safari, Sungura alitazama nyuma na kutoona hata vumbi la Kobe. Akajisemea moyoni kwa dharau: "Huyu Kobe ni wa polepole mno! Ngoja nijipumzishe chini ya mti huu wenye kivuli mwanana, nina muda mwingi sana." Sungura alijinyoosha na baada ya muda mfupi, akalala usingizi mzito wa fofofu.

Wakati Sungura akiwa amepotea kwenye ulimwengu wa ndoto, Kobe aliendelea kusonga mbele. Hakusimama, hakukata tamaa, wala hakutazama nyuma. Alitembea hatua kwa hatua, kwa msimamo na nia thabiti. Baada ya muda, alimpita Sungura aliyekuwa akikoroma chini ya mti na kuendelea mbele.

Jua lilipoanza kupungua makali, Sungura alizinduka kutoka usingizini. Alishtuka na kuanza kukimbia kwa kasi yake yote kuelekea mstari wa mwisho. Lakini ole wake! Alipofika, alimkuta Kobe akiwa tayari ameshuka mstari wa ushindi, huku wanyama wote wakishangilia kwa vifijo na nderemo.

Sungura alishika kichwa kwa aibu kubwa. Alijifunza somo ambalo hangesahau kamwe maishani mwake. Tangu siku hiyo, alitupa mbali kiburi chake, akaacha kuwacheka wenzake, na kuanza kuheshimu uwezo wa kila mnyama msituni.

Mafunzo ya Hadithi Hii: Kiburi si kizuri

Una
hadithi
uliyotunga
mwenyewe?

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

Hadithi isiyozidi
maneno 350





"Mwajuma! Geuza hiyo gari upande wa pili, betri isiishe! Angalia na huyo mdoli wako anavyoongea ukiminya mgongoni!"



Oooh wajukuu zangu!

Sauti za wajukuu wangu zinasikika sebuleni kwa bibi wakicheza. Mmoja kashika gari dogo ya plastiki inayojiendesha yenyewe kwa rimoti, na mwingine kashika mdoli unaolia na kuongea ukiminya kitufe. Bibi amekaa pembeni kwenye mkeka wake, amegemea mto, huku akitafuna muwa na kuwatazama kwa tabasamu.

"Kizazi cha sasa bwana," bibi anajisemea kimoyo moyo.

"Wajukuu zangu, sogeeni karibu kidogo," bibi akawaita huku anasogeza mkeka. "Acheni hiyo midoli kwanza, kaeni hapa kwenye miguu yangu. Umeona hizi mvi kichwani kwangu? Hizi si alama ya uzee tu, ni ramani ya miaka mingi niliyoyaona duniani. Leo nataka kukutumeni ujumbe mzito sana. Na nikimaliza kuongea nanyi, andikeni maneno ntakayayasema, nitawaambia muanze kuandika kisha mkamkabidhi mama yenu, baba yenu, au mlezi wenu. Waambieni: 'Bibi amesema msome hapa.'"

Unajua, kila nikiwaona ninyi vijana wa sasa mkicheza na hizo gari za rimoti na midoli inayoongea, mkisoma habari za komputa sijui

kumupyuta. "Hahaha ni kompyuta bibi wajukuu" wanamjibu huku wakicheka na kumlalia bibi yao.

"Eeeh, ndo hivyo hivyo". Bibi anajibu kwa kutabasamu

Mnajua, mimi nilikuwa na akili sana darasani, mjukuu wangu, usicheke siwatani.

Nilikuwa naota kuwa daktari au mtu wa kutengeneza mitambo mikubwa. Lakini ndoto zangu zililikwa mapema sana. Umaskini wa nyumbani na desturi za zamani zilizosema "mtoto wa kike akisoma sana ataasi ndoa" zilininyima fursa. Niliishia kuangalia shule kwa mbali huku nikibeba kuni kichwani. Moyo wangu uliumia ukawa mzito kama kuni nilizobeba. Bibi anavuta pumzi kwa nguvu.

Lakini sikiliza nikuambie; kuna wenzangu waliopata mwanya kidogo, wapakambana, na wazazi wao wakawaunga mkono. Leo hii wanatandika njia ambayo ninyi mnaipita.

Kuna bibi anaitwa Profesa Esther Mwaikambo, nakumbuka kumsoma kwenye gazeti mwaka 1969. Kipindi hicho, nchi yetu ndio kwanza inatafuta mwelekeo baada ya Uhuru, yeye alichukua hatua kubwa akawa Daktari wa Kike wa kwanza nchini Tanzania! Nakumbuka machozi yalinitoka siku ile, afadhali kuna mmoja ametimiza ndoto yake. Wazazi wake waliamini kwamba binti yao anaweza kuokoa maisha ya watu kupitia sayansi. Leo hii, yeye ni Profesa anayeheshimika, amefundisha na kulelea vizazi na vizazi vya madaktari bingwa mnaowaona hospitalini leo. Amethibitisha kuwa mikono ya mwanamke haijui kupika tu, inajua pia kushika vifaa vya upasuaji na kuokoa roho za watu.

Mjukuu wangu, natamani na wewe utimize ndoto zako, mbona mambo ya teknolojia yanawezekana.

Kuna bibi mwingine anayetwa Theonestina Mwasha, ninalingana nae miaka kabisa! Yeye ndiye Mhandisi wa Kwanza wa Kike wa Usindikaji Madini nchini Tanzania! Fikiria sekta ya madini, sekta ambayo zamani ilionekana ni ya wanau-me wenye misuli pekee, wanaoingia ardhini na kushika miamba mizito. Theonestina alivunja huo mwiko kwa kutumia akili yake ya hesabu na sayansi. Alisimama kidete kama ishara kwamba hakuna elimu au sekta inayomshinda mtoto wa kike kama akiaminiwa na kupewa nafasi.

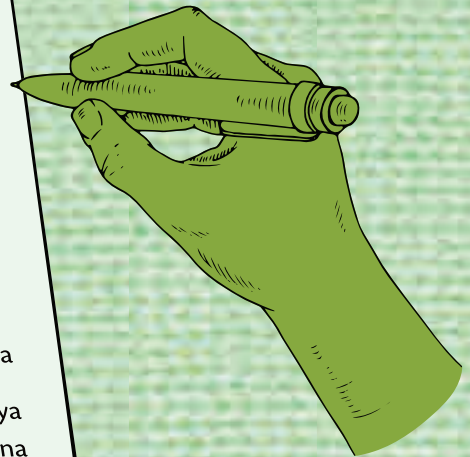


Haya mjukuu wangu, chukua kalamu na karatasi, nisikilize nitakachokisema, andika kisha kimbia umpelekee baba, mama, au mlezi unayekaa naye asome, mwambie; Hii ni barua kutoka kwa bibi:

"Mwanangu unayemlea huyu kijana leo, nakuomba kwa dhati: Usiue ndoto zake. Dunia imebadilika sana. Kama mtoto wako anaonyesha nia ya kupenda hesabu, masuala ya kompyuta, uhandisi, ufundi, au sayansi na ubunifu, mshike mkono.

Usiseme 'hizi kazi ni za kiume' au 'masomo haya ni magumu sana yatakuharibu kichwa' au 'unapoteza muda na mambo ya wazungu'. Nunua vitabu, mshike mkono ajifunze, mpe muda wa kujisomea, na mpe moyo pale anapofeli jaribio lake la kwanza la kisayansi. Elimu ya sayansi, teknolojia, hesabu na uhandisi ndiyo dunia inapoelekea. Kuwa mzazi wa kwanza kuweka mazingira yanayochochea akili yake kufikiri na kubuni. Usifanye makosa yaliyofanyika enzi zetu; kuwa ngazi ya mtoto wako kupanda juu, sio ukuta wa kumzuia."

Mjukuu wangu, nenda sasa. Peleka huu ujumbe kwa wazazi wako. Waambie bibi amesema, siri ya maisha ya baadae ya taifa hili ipo mikononi mwa ninyi vijana mnaothubutu kuingia kwenye ulimwengu wa sayansi na uvumbuzi, lakini ufunguo wa mlango huo upo mikononi mwa wazazi wenu wanaowaunga mkono.



Asante sana mwalimu

Mmesikia hayo? Asante sana mwalimu umenisaidia kazi yangu. Siongezi neno hapo, mimi Bibi na dondoo zangu nasubiri wajukuu zangu mniambie wazazi wenu wamesemaje mlipowapelekea habari hii.



Tangawizi iliyolipa

Vijana watano. Wazo moja. Na ndoto iliyowalazimisha kubeti kila kitu walichokuwa nacho.



NA SUMAIYA KARIM

Katikati ya Mtaa wa Mgewa, Buhanda mjini Kigoma, kuna kiwanda kidogo kinachozalisha kitu kikubwa; Lukundo Ginger Drink, katon 3,000 hadi 5,000 kila mwezi, na mara nyingi huisha kabla mwezi haujamalizika. Safari ya vijana hawa ni kisa halisi cha kupambana, kufeli, na kuchukua hatua pale wengine walipokata tamaa.

Fursa katikati ya janga

Nani anaweza kusahau jinsi ulimwengu ulivyosimama mwaka 2020? Mlipuko wa UVIKO-19 ulitutenda; ulileta hofu, na mitaani kote nchini kila mtu alikuwa anatafuta namna ya kulinda afya yake. Nyumbani, vijiwani, na sokoni, mchanganyiko wa tangawizi na limao ukawa ndio mtindo wa maisha. Watu walikuwa wanapiga nyungu na kunywa michemsho hiyo ya asili asubuhi na jioni.

Katikati ya sintofahamu hiyo, vijana watano kutoka Buhanda, Kigoma: Victor John, Kelvin Kilabila, Alkado Benard, Bahezwa Kahimba na Alfa Anorld, walikaa chini na kutazama taswira kubwa zaidi. Wakaenda kisayansi zaidi.

“Kwa nini tusitengeze bidhaa bora zaidi, iliyosindikwa kitaalamu, ambayo watu watafurahia kuinywa huku wakilinda afya zao?” Walitaka kutengeza kitu cha kipekee. Wazo lilikuwepo lakini hawakuwa na ujuzi. Walifanyaje?

Kwanza walienda mtandaoni, ili kujifunza namna ya kutengza juisi kwa kiwango cha kiwandani. Kisha wakamtuma mmoja wao kwenda Bujumbura, Burundi, kuchukua maujanja kutoka kwa mtu anayefanya kazi katika kiwanda cha kusindika matunda. Halafu wakamtafuta jamaa mmoja kule Zambia, wanafahamiana naye, kwa simu sasa, naye akawa anawapa mawili matatu juu ya namna wanavyoweza kufanikisha jambo lao.



Mtihani wa wakemia na akiba za mwisho



Tofauti na juisi inayotengenezwa nyumbani kwa ajili ya kunywa siku hiyo hiyo, juisi ya viwandani inahitaji baadhi ya kemikali salama ili iweze kukaa muda mrefu bila kuharibika wala kupoteza ubora wake. Kazi hii ni lazima ifanywe na mkemia aliyesajiliwa.

Hapa ndipo changamoto ya kwanza ya kifedha ilipowatandika. Baadhi ya vijana hawa walikuwa wamepunguzwa kazini kutokana na kuyumba kwa makampuni waliyokuwa wakifanya kazi, na fedha pekee walizokuwa wamebaki nazo zilikuwa ni akiba zao za mwisho. Wakapiga moyo konde, ili mradi jambo litimie.

Walitengeneza formula yao ya kipekee. Walitumia tangawizi, asali, aloevera, shubiri, benzoeti ya sodiamu (Sodium Benzoate), na chai ya kijani (green tea), kuunda bidhaa yao mpya: Lukundo Ginger Drink.

Mkemia wa kwanza alikuja, akachanganya vipimo, na juisi ikakamilika lakini haikuwa walivyotarajia. Mkemia wa pili alifeli pia.

Fedha walizochanga zilikuwa zinaisha, presha ikapanda, wasiwasi ukapiga hodi. Je, waache na kupoteza akiba zao zote, au waendele? Waliamua kusonga mbele. Ilipofika mwaka 2023, walimleta mkemia wa tatu. Huyu akafanikiwa kutengeneza walichokuwa wanakitaka. Unaona mambo hayo? Furaha iliyoje!



Jitihada za urasimishaji

Ili biashara yoyote iweze kutambulika na serikali, kukua na kuvuka mipaka ya mji, lazima iwe rasmi. Vijana hawa walijua hilo mapema sana. Kabla hata hawajapeleka bidhaa sokoni kwa mara ya kwanza, walikuwa wameshakamilisha usajili wa biashara na kukamilisha kila kinachohitajika kwa msajili wa makampuni na Mamlaka ya Mapato Tanzania (TRA)

Shughuli kubwa ilibaki kwenye kibali cha ubora kutoka mamlaka ya udhibiti wa ubora, TBS.

Mchakato wa TBS unahitaji vipimo vya maabara ili kuhakikisha usalama wa walaji. Haikuwa kazi ya siku moja; mchakato huo ulichukua takriban mwaka mzima. Mwishoni mwa mwaka 2024, walikabidhiwa kibali chao cha TBS. Hapo sasa milango ya uzalishaji na usambazaji ikafunguka rasmi.



Gharama chungu

Kwa mara ya kwanza, walizalisha katon 100 za Lukundo Ginger Drink. Walifanya uamuzi wa kimkakati wa biashara wakapeleka katon 50 madukani zikaanze kuuzwa, na katon 50 zilizobaki walizigawa bure mtaani kupitia promosheni. Huu ulikuwa ni mkakati wa makusudi wa kupenya sokoni ili kuwatoa watu hofu, waonje bidhaa mpya na wajenge uaminifu nayo.

Mkakati huu uliwalipa! Walipata mrejesho kutoka kwa wateja. Bidhaa ilipendwa na baadhi waliwapa ushauri ili waboshere.

Hata hivyo, walikutana na changamoto; chupa zilianza kupasuka kwa sababu hazikuhimili presha ya juisi hiyo, wakajifunza kutokana na makosa. Basi wakajifunza kutokana na makosa wakabadilisha sehemu ya kununua chupa, wakanunua imara zaidi, na pia wakaongeza matenki makubwa ya kuhifadhi juisi ili kuboresha uzalishaji wao mbeleni.



Milioni 30 zilivyobadilisha mchezo

Pamoja na kuwa na kibali cha TBS, kiwanda kiliendelea kukabiliwa na upungufu wa mtaji kwa sababu faida ya mwanzo ilikuwa ndogo. Baada ya kupata taarifa za Mikopo ya 10% ya Halmashauri, walifuata taratibu chini ya Afisa Vijana na kufanikiwa kupata shilingi milioni 30 mwezi wa Novemba mwaka 2025.

Fedha hizo ziliwasaidia kuhamia eneo kubwa zaidi, kununua vifaa vya kisasa, na kuongeza malighafi.

Sasa hivi wanazalisha katoni 3,000 hadi 5,000 kwa mwezi, na zote zinaisha ndani ya mwezi huo huo kutokana na uhitaji mkubwa unaozidi uzalishaji. Juisi ya Lukundo sasa hivi inaenda hadi imevuka mipaka na kuingia masoko ya Burundi na Jamhuri ya Kidemokrasia ya Kongo (DRC).



Siri ya ushindi

Ni nini kinachowafanya vijana hawa watano wadumu pamoja wakati vikundi vingi vya biashara vikitengeneza pesa kidogo tu vinavunjika au vinashindwa kukua? Siri ni mifumo ya wazi ya uendeshaji. Kila mwanachama anajua wajibu wake, na masuala yote ya gharama, mauzo, na faida yapo wazi kwa wote bila janja-janja.

Ukiangalia wasifu wao, ni wasomi waliohitimu ngazi za Stashahada na Shahada. Waliamua kutumia elimu ya sayansi yao kupambana mtaani, kutatua changamoto, na kujipatia kipato.

KUMBUKA

Wazo zuri bila hatua ni ndoto ya mchana. Usisubiri hadi uwe na kila kitu. Anza na ulicho nacho.

CHUKUA

HATUA

Katika Club yenu, tazama changamoto zinazowazunguka, jiulize na kujadili: Sisi tunaweza kufanya nini kugeuza hizi changamoto kuwa fursa? Mkipata majibu, yafanyie kazi, halafu mtushirikishe.

TIRIRIKA

Vijana wanawezaje kujitengenezea kipato?

GLORY IDDY

Mwananchi Sec

Kwa kujifunza vitu mbalimbali, kufanya uchunguzi katika jamii yao kuweza kutatua tatizo linalosumbua jamii kiuchumi na kimazingira



JENIFER BARNABAS

Gungu Sec

Kwa kutumia vipaji na ujuzi walio nao kuanzisha shughuli ndogo za kujiongezea kipato.



KENNEDY SHEVA

Kasimbu Sec

Kwa kubuni suluhisho za changamoto zilizopo katika jamii na kuzigeuza kuwa fursa.



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



Ginger that Paid Off

Five young people. One idea. And a dream that made them risk everything they had.

BY SUMAIYA KARIM

On Mgewa Street in Buhanda, Kigoma, there is a small factory producing something remarkable: Lukundo Ginger Drink. Every month, it produces 3,000 to 5,000 cartons, and they are often sold out before the month ends. The journey of these young entrepreneurs is a true story of determination, overcoming failure, and taking action when others had given up.

Opportunity in the middle of a crisis

Who can forget how the world came to a standstill in 2020? The COVID-19 outbreak brought fear, and across the country everyone was looking for ways to protect their health. At home, in local hangouts, and in markets, ginger and lemon became part of everyday life. People were inhaling steam and drinking natural herbal brews every morning and evening.

Amid all the uncertainty, five young people from Buhanda, Kigoma, Victor John, Kelvin Kilabila, Alkado Benard, Bahezwa Kahimba, and Alfa Anorld, looked beyond the crisis. They decided to take a more scientific approach. "Why don't we create a better product, professionally processed, that people will enjoy drinking while protecting their health?" They wanted to make something unique. The idea was there, but they lacked the skills. So, what did they do?

First, they went online to learn how to produce juice using factory-level methods. Then they sent one of their team members to Bujumbura, Burundi, to learn from someone working in a fruit processing factory. They also contacted someone they knew in Zambia, who guided them over the phone and shared practical tips on how to turn their idea into reality.

The test of chemists and last savings

Unlike juice made at home to be consumed the same day, commercially produced juice requires safe preservatives so it can last longer without spoiling or losing its quality. This process must be carried out by a registered chemist.

This is where they faced their first financial challenge. Some of the young entrepreneurs had lost their jobs after the companies they worked for struggled during the pandemic. The only money they had left was their personal savings. Even so, they decided to take the risk to make their dream come true.

They developed their own unique formula using ginger, honey, aloe vera, shubiri (bitter aloe), sodium benzoate, and green tea to create Lukundo Ginger Drink.

The first chemist they hired prepared the formula, but the juice was not what they had hoped for. The second chemist also failed.

Their savings were now running out. Pressure mounted, and doubt crept in. Should they stop and lose everything, or keep going? They chose to continue. In 2023, they brought in a third chemist. This time, they got exactly the product they had been working towards. Imagine their excitement!

The journey to formalising

For any business to be recognised by the government, grow, and expand beyond its local area, it must be formally registered. These young entrepreneurs understood that from the very beginning. Before taking their product to market, they had already registered their business and completed all the requirements with the Registrar of Companies and the Tanzania Revenue Authority (TRA).

The only major step left was obtaining quality certification from the Tanzania Bureau of Standards (TBS).

The TBS process requires laboratory testing to ensure consumer safety. It was not a one-day process. It took almost a full year. Towards the end of 2024, they finally received their TBS certification. From that moment, the doors to full-scale production and distribution officially opened.

The price of success

Their first production run was 100 cartons of Lukundo Ginger Drink. That is where they made a smart business decision. They supplied 50 cartons to shops for sale and gave away the remaining 50 cartons through promotional activities. It was a deliberate strategy to introduce the product, help people overcome their doubts, encourage them to try it, and build trust in the brand.

The strategy worked. Customers loved the product and many shared valuable suggestions on how it could be improved.

They still faced challenges. Some bottles began to burst because they could not withstand the pressure from the drink inside. Instead of giving up, they learned from the experience. They changed their bottle suppliers, bought stronger bottles, and invested in larger storage tanks to improve future production.

How the 30 millions changed the game

Even after receiving TBS certification, the factory continued to face shortages of capital because its early profits were still small.

After learning about the council's 10% Youth Loan programme, they followed the required procedures through the Youth Officer and, in November 2025, secured a loan of TZS 30 million. The funding enabled them to move to larger premises, buy modern equipment, and purchase more raw materials.

Today, they produce between 3,000 and 5,000 cartons every month, and all the cartons sell out before the month ends because demand is higher than production. Lukundo Ginger Drink is now sold beyond Tanzania, reaching markets in Burundi and the Democratic Republic of Congo (DRC).

The secret to their success

What has helped these five young entrepreneurs stay together when many business groups fall apart or stop growing after making just a little money?

The answer is clear management systems. Every member understands their responsibilities, and all information about costs, sales, and profits is shared openly with the whole team.

Of the five some are Diploma holders and others have university Degrees. They chose to use their education and scientific knowledge to solve real-world problems and earn a living.

 **REMEMBER**
A good idea without action is a daydream. Don't wait until you have everything. Start with what you have.

TAKE ACTION In your club, look at the challenges around you, ask yourselves and discuss: What can we do to turn these challenges into opportunities? Once you get the answers, work on them, then share them with us.



Tafuta suluhisho!

STEM na Wajanja wetu:

NA MARY MBAGO

Mambo ni aje pande hizo? Karibu katika ukurasa wetu upate ujanja wote wa mabadiliko ya tabianchi na kwa namna gani tunaweza kukabiliana nayo. Mara nyingi akili ya binadamu ina tabia moja ya ajabu sana, tabia ya “kuzoea.” Ukiona dampo la takataka karibu na darasa lenu kila siku, baada ya wiki mbili mtaanza kuzoea na kuliona kama sehemu ya mapambo. Hapo ndipo tunapofeli!

Wajanja wa hali ya hewa hawazoei kero bali wanachunguza na kutatua changamoto ambayo ipo mbele yao. Pia kuna hii nyingine, ulishawahi kukaa na washikaji mkawa mnaongelea jinsi jua linavyowaka hadi akili inachoka? Fikiria tu lile jua la Kigoma linavyowaka au mnalalamika jinsi mvua za Dar zisivyoeleweka siku hizi mara zinachelewa, mara zikija zinakuja kwa fujo na kusomba kila kitu.

Najua wengi wetu najua tunalalamikaga sana katika club zetu za Fema haswa pale mabadiliko ya tabianchi yanapotokea. Badala ya kusema “mvua zimeharibu mradi wetu wa mboga,” anza kujiuliza: “Haya maji ya fujo yanatokea upande gani? Je, tunaweza kuyahifadhi kwenye mashimo au matenki ili yatusaidie wakati wa kiangazi?”

Kiukweli Mimi mjanja wa tabianchi nimetembea sana katika club zenu. Mara zote ukiuliza mnafanya miradi gani wengi wetu lalamiko huwa ni moja tu “udongo wetu sio mzuri au shuleni kwetu mazingira ni makame sana”. Lakini mlishawahi kujiuliza tunatokaje hapa? au nini kifanyike ili tuweze kutatua changamoto hii? Inasikitisha kwa kuwa tumeamua kuchukua mazoea yetu kuwa ndio maisha yetu ya kila siku katika club zetu. Leo naomba niwatoe katika hayo mazoea na tuwe wajanja kidogo. Hatutakiwi kukata tamaa pale mabadiliko ya tabianchi yanapotokea, badala yake tunatakiwa tukae chini na tutumie STEM katika kutatua changamoto hizo.

Wajanja Kutoka Gungu Sekondari

Watu wengi wakisikia neno teknolojia, wanafikiria maroboti au kompyuta kubwa. Lakini kwenye mabadiliko ya tabianchi, teknolojia ni suluhisho lolote la kiubunifu linalorahisisha kazi ya kulinda mazingira.

Nilipata nafasi ya kutembelea Shule ya Sekondari Gungu mkoani Kigoma, ambapo wanatumia ujanja wa STEM (yaani Sayansi, Teknolojia, Uhandisi, na Hisabati) kupitia Vertical Gardening (Kilimo

cha Wima). Walichukua viroba, wakavijaza udongo, na kupanda mbogamboga. Ubunifu huu ni ni maalumu kwaajili ya kuokoa eneo unaoruhusu uzalishaji mkubwa kwenye eneo dogo sana.

Najua mnajiuliza. Je mchongo huu unapambanaje na mabadiliko ya tabianchi? Mbinu hii inatunza unyevu kwa muda mrefu, hivyo inatumia maji kidogo sana. Hii ni suluhisho tosha dhidi ya ukame unaotokana na mabadiliko ya tabianchi. Pia, kutumia viroba vilivyo zagazagaa kunapunguza takataka kwenye mazingira yetu. Sasa Gungu Fema club wamejipata na wamejipanga kuongeza miradi zaidi kwa STEM. Je, na ninyi mnasubiri nini kuanza kwenye club zenu za fema?



Mjanja Gadsan Gamason

Kutana na mjanja mwingine wa nguvu, Gadson Gamason. Huyu jamaa hatumii nguvu nyingi bali anatumia akili nyingi kutatua matatizo mawili makubwa.

Hapa Kigoma tuna michikichi mingi sana. Badala ya kuona yale maganda na mabaki ya mchikichi kama uchafu wa kutupa, Gadson anayatumia kutengeneza mkaa mbadala (briquetting)! Hapa anatumia mazingira yetu kwa kufanya miti yetu isikatwe kwa ajili ya mkaa, na wakati huohuo anasafisha mji. Hiyo ni teknolojia ya kijani!

Gadson pia anafanya kitu kinaitwa kubadi na grafting kwenye miche ya maparachichi. Anachukua mche wa kienyeji au kioteo, kisha anauunganisha kitaalamu na tawi la mche wa kisasa. Matokeo yake? Unapata mti wa parachichi unaostahimili mabadiliko ya tabianchi na unaozalisha matunda kwa muda mfupi sana!



Tuanzie tunapoweza

Kosa kubwa ambalo club nyingi tunafanya ni kusubiri mpaka tupate vifaa vya kisasa. Ukweli ni kwamba, akili ya kibunifu inajengwa kwa kufanya, sio kwa kusubiri. Unapoanza kidogo, unajipa nafasi ya kujifunza kutokana na makosa.

Kama club yenu haina ardhi yenye rutuba kwa sababu shuleni ni pakame, tumieni STEM na ubunifu kutatua hiyo changamoto. Unapoanza kidogo na kile ulicho nacho mkononi iwe ni chupa ya plastiki kufanya umwagiliaji wa matone, kutengeneza mbolea vunde kwa mabaki ya chakula, au kufuata nyayo za Gadson za kutumia mabaki ya mchikichi mnakuwa mmeanza rasmi mbio za kutatua changamoto katika club zenu.

Mwisho kabisa...

Mabadiliko ya tabianchi yasikufanye ujione mnyonge. Badala yake, yaone kama fursa ya wewe kuonyesha ujanja wako na kuleta suluhisho ambalo wengine hawalioni. Kwa kutumia teknolojia mbalimbali unao uwezo wa kuona thamani kwenye vitu ambavyo wengine wanaviona kama uchafu au changamoto.

Kumbuka

Kila mtaalamu unayemwona leo alianza kwa kuwa na udadisi na kuthubutu kujaribu kitu ambacho hakukielewa vizuri mwanzoni. Klabu yenu inaweza kuwa kitovu cha uvumbuzi mtaani kwenu ikiwa mtaamua kukataa kuzoea chenye madhara, mkachukua hatua.





Usichofahamu Kuhusu VETA!

Watu wengi hudhani kuwa kusoma VETA kunakuzuia kufika Chuo Kikuu, lakini ukweli ni tofauti. VETA inalenga kutoa mafunzo ya ufundi na stadi za kazi kwa vitendo, ikitoa vyeti na sifa mbalimbali za kitaaluma kulingana na kozi husika.

Je, unajua kuwa Diploma unayopata kupitia mfumo wa elimu ya ufundi inaweza kuwa daraja la kujiunga na Shahada (Degree) katika Chuo Kikuu? Baada ya kuhitimu Shahada, unaweza kuendelea na masomo ya juu zaidi kama Shahada ya Uzamili (Masters).

Yani ipo hivi ukisoma hadi ngazi ya Diploma (NTA Level 6), unaweza kutumia sifa hiyo kuomba Shahada (Degree) katika vyuo vikuu mbalimbali.

Kiufupi mtiririko wa VETA uko hivi:

NTA Level 4 Basic Technician Certificate

NTA Level 5 Technician Certificate

NTA Level 6 Ordinary Diploma

Degree Hii unaipata Chuo Kikuu na unaweza endelea na madaraja mengine pia kama Masters n.k



Spotlight Person!

Benjamin Fernandes

Je, ulijua kwamba mwanzilishi wa moja ya kampuni za teknolojia zilizofanikiwa sana Afrika, NALA, anatoka Tanzania?

Benjamin Fernandes aliona changamoto ya kutuma na kupokea fedha kwa urahisi, akaamua kutengeneza suluhisho. Leo, NALA inatumika na watu katika nchi mbalimbali duniani kote kama njia moja wapo ya kutuma na kupokea fedha.



Umewahi kutenda kwa msukumo wa umati?

Hiyo inaitwa mob psychology a.k.a saikolojia ya umati. Hii ni nguvu ya kundi inayoweza kubadilisha tabia ya mtu mmoja mmoja kuwa tabia ya pamoja, mara nyingi bila kufikiri kwa kina. Ni jinsi mtu anavyoweza kuanza kufikiri na kutenda kama umati, hata kama angefanya tofauti iwapo angekuwa peke yake.

Mfano, wanafunzi wanaweza kumcheka au kumtenga mtu kwa sababu tu wengine wanafanya hivyo. Mitandaoni, watu wanaweza kusambaza taarifa za uongo au kumshambulia mtu kwa maneno bila hata kujua ukweli. Umewahi kukutana nayo hii? Ukilijua hili jambo vizuri itakusaidia usikurupuke.





Unaijua SYP?

Sema na Femaaa...! Fema imeendelea kuwa sauti ya maarifa, hamasa na fursa kwa maelfu ya vijana nchini Tanzania, na kwa miaka sita mfululizo sasa, jambo hilo limefanikiwa kupitia ushirikiano na programu ya kikanda ya Safeguard Young People (SYP), kwa ufadhili wa UNFPA pamoja na Ubalozi wa Uswisi nchini Tanzania. SYP inatekelezwa katika nchi kadhaa za Kusini mwa Afrika, ikiwemo Tanzania, kwa lengo la kuboresha afya, ustawi na fursa za vijana, hususan katika afya ya uzazi na maendeleo yao kwa ujumla. Kupitia ushirikiano huu, Fema imeendelea kuwafikia vijana kwa taarifa sahihi, simulizi zenye kujenga na maarifa yanayowawezesha kufanya maamuzi bora kwa maisha yao na mustakabali wao. Pia kwa kupitia kauli mbiu yake ya Kijana Acha Alama, SYP inawaalika vijana kuleta mabadiliko chanya.



Elimika na Mwajuma

Je, umewahi kujiuliza namna ya kutambua ukatili wa kijinsia wa kingono au kujifunza kuhusu ridhaa na mahusiano yenye afya?

Elimika na Mwajuma ni mfululizo wa simulizi za maisha halisi ya vijana unaolenga kuwasaidia kuelewa haki zao, usalama wao, na namna ya kupinga ukatili.

Kupitia wahusika wanaofanana na maisha ya vijana wa Kitanzania, mfululizo huu unatoa nafasi ya kujifunza, kujitambua na kupata ujasiri wa kuzungumza.

Zipo mada kedekede za kuelimisha kuhusu rushwa ya ngono, ubakaji, ndoa za utotoni na nyingine kibao. Ukifika YouTube tu itafute Elimika na Mwajuma ujifunze jinsi ya kupambana na tabia na desturi hizo zenye madhara. Ni kazi nzuri ya OVAH Tanzania.



Teknolojia ya Google Lens

Hivi unajua unaweza kupiga picha ya mmea, mdudu, kitabu au hata hesabu na Google Lens ikakusaidia kutambua au kupata taarifa zaidi kuhusu kitu hicho.

Kama una simu janja, tayari unaweza kupakua google lens yako na ukajifunza mambo mapya kila siku!

Tucheke kidogo!

Mwenyeji: Utakunywa soda au chai?

Mgeni: Nitakunywa soda wakati nasubiri chai ichemke!

Mwenyeji: Hapa kuna sprite na coke nikupe ipi?

Mgeni: Nipe coke sprite niwekee kwenye friji iendelee kupoa.

Mwenyeji: Nikupe mkate au maandazi?

Mgeni: Nipe maandazi kwanza mkate ntakula na chai ikichemka.

Na ilipofika jioni:

Mwenyeji: Nikuandalie chips mayai au kuku?

Mgeni: Niandalie chips kuku kwanza, mayai naomba unichemshie matano tu ili nishushie na ile sprite.

Ingekuwa wewe ndio mwenyeji, ungefanyeje?

CHUNGU CHA WENGI

VIJANA NI NGUVU KAZI YA TAIFA, LAKINI NINI HUTOKEA PALE NGUVU HIYO INAPOKOSA FURSA ZA KUCHIWEZESHA NA KUSAJIWA PAMILIA ZAOP? HIKI NI KISA CHA NDAKOZE AMBAYE GAADA YA KUPOTEZA KAZI, ANAOKUTA PASUMU... PASUMU KWELI JE, ATATOSHA? FIATILIA UPATE ISHU NZIWA

Buletika Media Inc. 2019

NOAKOZE MWANANGU, HEBI UMEPUOI. LUKUNDO ALIKUWA ANAKUSUBIRI, ANA SHIDA YA ELFI KUMI YA HARAKA, NA ZILAKINIA HAPA MANA HATA SABUNI YA KUFULIA

HIZI NDOO PESA ZOTE ZILIZOBAKI



USILIE MWANANGU, MILINGU ATAFANYA, VI AKIBA VYAKO VITATUSOGEZA MPAKA UTAPOPATA KAZI NYENSINE

LUKUNDO, SINA HELA YA KUKUPA TENA, NILIKWAMBIA UENDE GEREJI UJIFUNZE HATA UFLINDI HUKWENOA MPAKA LEO

NILIKUWA NAONA MUDA BAOO LIPO

ANAPUNGUA MESEJI ILIYOINGIA KWENYE GROUP LA WHATSAPP LA VIJANA WENZAKE "SENZ GUNGU"

Jesca: Hi guys, msisahau wiki lya ya tuni kutana Baharini kama kawaida yata kila mwezi tujuliane hali msisahau kuja na mchango wa msipa wa mwenzetu aliyefiwa. Kama kuwala vinywaji vitakuwepa tuskushie na mazungumzo

Juma: Tuleni na samaki choma jamaani, kila siku mavinywaji makavuusu 🍷🍷🍷

#hadji: Mambo hayoooo

Hamza: Bei ya samaki choma msiziwezo nyile, labda mifupa 🍷🍷🍷

MAHAHA, NILIKUWA NIKIWABESA WOTE KWA MSHAHARA MDOGO TU AKIBA YENYEWI SINA KABISA

NYUMBANI

LUKUNDO, KESHO ASUBUHI LINAKUJA NA MIMI ZIWANI, KUNA KAZI UTAJUA UKIFIKA

SHKAMOO BABU, TUNAOMBA RUHUSA YA KUCHUKUA MABAKI HAYA YA SAMAKI KILA SIKU, TUKULIPE SHINSAPI?

NDIYO, TUNAHTAJI TENGA ZA KUKALISHA NA PESA ZA KWENDA KUSAGA. HIZO NOO GHARAMA ZA MWANZO ZINAZO HITAJIKA

TUTACHANGISHANA NA WENZETU, JUMA ALISEMA YUMO, JESCA NA KHADIJA PIA TUTAANZA KIDOGO KIDOGO

AAAAH DADA NA WEWE

CHUKUENI TU MWANANGU, MIMI NAYADONA YANAONGEZA NZI TU HAPA



TUPAMBANE
MWANANGU
IFIKE MWISHO
WA MWEZI



MWISHO
WA MWEZI
SANI MAMA,
WKATABA WANGU
UNAISHA MWEZI
UJAO



UNAISHA?
SASA
TUTAFANYAJE?

HATA
SIJUI
MAMA

MESSAGE ZINAENDELEA KUINGIA

Jesca: Hata mifupa hampati
kuna watu wanaokusanyaga sijui
wanaipeleka wapi, watu jamani!

Juma: Naskia wanatengeneza
mbalea wanauza

Ndakoze: Kweli? Kwani
wanafanyaje? Na sisi tufanyeni

Hamza: Kuna mjomba wangu
anafanya kazi kwa watu
wanaofanyu hivyo, nitauiza na
kuwapa mrejesho, tunaweza
kuungalia kwenye mtandao pia

Ndakoze: Mimi naona tulichukulle
hili jambo kwa umuhimu tufanye
sisi ndo vijana, tupo wengi na ndio
wa kulisha jamii.

Juma: Mimi kwenye mchango
wawote wa pesa nimo, tuanzeni
kufuatilia

Ndakoze: Mimi na Hamza
tutafatilia kisha tuwape mrejesho

Jesca: Sawaa



UNAONA
YALE? KILA SIKU
YANABAKI HIVI,
WAVUVI
WANAYASACHA
TU

NA HAYA
NCIYO YANAMWEZA
KISIWA BIASHARA
YETUP

SIKU YA PILI BAADHI YA MABAKI
YAMENGEA KUPATA UKUNELI KUTOKANA
NA LINYEVU WA USIKU



KAMUA
MWENYEWU

ANGALAU
AMEANZA



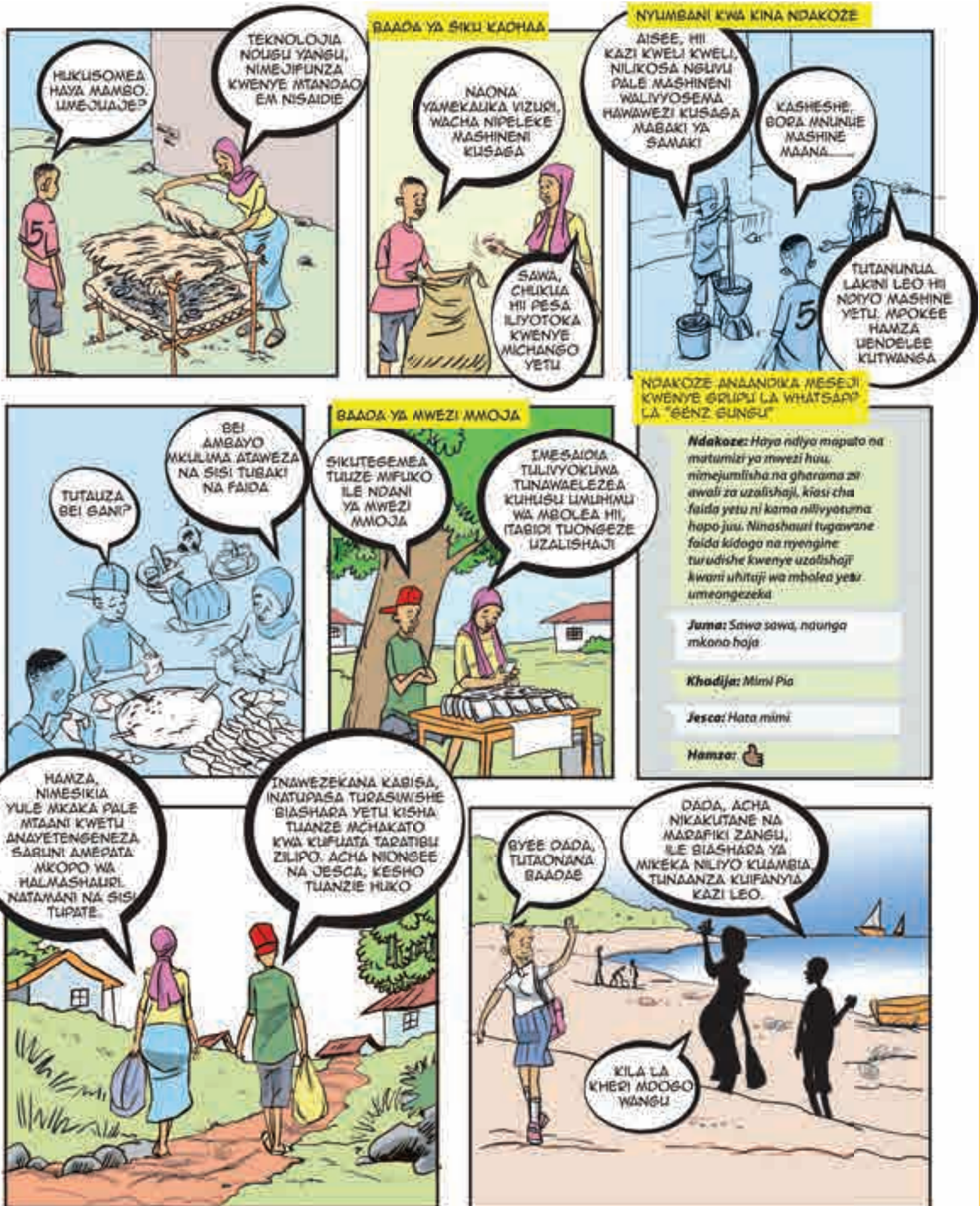
HAMZA,
TUSISAHILI KUWAPA
MREJESHO WENZETU,
HATA KAMA HAWAPO
HAPA. WAMECHANGIA
PESA KUBWA NA
WANASTAHILI KUJUA
KINACHOENDELEA
KWA UNAZI

NI KWELI
KABISA



HAYA
HATUWEZI
KUYATUMIA
TENA

OOOH
JAMANI!!!!





Fursa wakati mwingine zinatengenezwa

NA SUMAIYA KARIM

Eeh! Umeona namna Ndakoze alivyobaki njia panda baada ya mkataba wake wa kazi kuisha? Na familia inamwambia! Kazi kwelikweli. Wakati mwingine tunafikiri changamoto kama hizo zinawakuta watu wachache, lakini ukweli ni kwamba vijana wengi wanapitia hali kama hiyo kila siku. Wanasoma, wanajifunza ujuzi, wanatafuta kazi, lakini nafasi za ajira hazitoshi kwa wote.

Hadithi ya Ndakoze, Hamza na wenzake inatukumbusha jambo moja muhimu sana. Kuwa na vijana wengi nchini ni fursa kubwa, lakini fursa hiyo ina maana pale tu vijana wanapopata nafasi ya kutumia maarifa, nguvu na ubunifu wao kujenga maisha yao na jamii inayowazunguka.

Kwenye hadithi hii, tunaona kwamba baada ya kazi kuisha, Ndakoze hakuamua kukaa na kulalamika. Yeye na wenzake walitazama kilichowazunguka na kuona kitu ambacho wengine walikiona kama taka. Mabaki ya samaki yaliyokuwa yakitupwa yakawa mwanzo wa wazo la biashara. Lakini pia walihitaji msaada wa wengine. Mvuvi mzee aliwafungulia mlango wa kupata malighafi, nao wakatumia muda kujifunza na kujaribu mpaka wakaanza kuona matokeo.

Hapo ndipo ukweli mwingine unapojitokeza. Mafanikio mengi huanza kwa ushirikiano. Wakati mwingine vijana tunafikiri tunapaswa kufanya kila kitu wenyewe, lakini hadithi hii inaonesha nguvu ya kushirikiana, kujifunza kutoka kwa waliotutangulia na kutumia rasilimali zilizopo katika jamii yetu.

Pia kuna somo kuhusu mazingira. Kile ambacho kingeweza kuwa uchafuzi wa mazingira kiligeuzwa kuwa bidhaa yenye thamani. Hii inatuonesha kwamba changamoto moja inaweza kubeba suluhisho la changamoto nyingine. Wakati mwingine fursa za biashara haziko mbali kama tunavyodhani, bali zimejificha kwenye matatizo yanayotuzunguka kila siku.

Mwisho wa hadithi tunaona Ndakoze na wenzake wakifikiria hatua inayofuata ya kukuza biashara yao kupitia mkopo wa halmashauri. Hii inatukumbusha kwamba safari ya ujasiriamali si tukio la siku moja. Inahitaji kujifunza, kuvumilia, kujaribu tena na tena, na kuwa tayari kuboresha mawazo kadri unavyoendelea.

Tujiulize, tujadili, tutoe majibu

1. Je, ni changamoto zipi za ajira ambazo vijana wa eneo lenu wanakutana nazo mara nyingi?
2. Unafikiri ni kwa nini ushirikiano kati ya vijana na watu wenye uzoefu, kama yule mvuvi mzee, ni muhimu?
3. Kama ungekuwa sehemu ya kikundi cha Ndakoze, ungependekeza hatua gani nyingine ya kukuza biashara hiyo?
4. Kuna changamoto gani katika jamii yako ambazo zinaweza kubadilishwa kuwa fursa kama walivyofanya Ndakoze na wenzake?
5. Hivi ni nani anapaswa kuwatengenezea vijana fursa za kipato? Kwa nini?

Tutafurahi kusikia majibu yenu na hatua mlizoanza kuchukua. Huenda wazo lenu likawa suluhisho ambalo vijana wengine wanalitafuta.

Jinsi ya kutengeneza mbolea kutokana na mabaki ya samaki Vifaa vinavyohitajika

- Mabaki ya samaki
- Sufuria kubwa la kuchemshia
- Chujio
- Turubai au bati safi la kukaushia
- Kinu au mashine ya kusagia
- Chombo safi cha kuhifadhi

Hatua kwa ufupi

1. Osha mabaki ya samaki vizuri.
2. Chemsha hadi nyama iachane na mifupa.
3. Chuja na uondoe maji pamoja na mafuta yaliyobaki.
4. Kausha juani kwa siku 3 hadi 7 kutegemea nguvu ya jua.
5. Saga hadi upate unga laini.
6. Hifadhi kwenye chombo kisichoingiza unyevu.

KUMBUKA

Kazi na ajira zipo, lakini hazitoshi kwa wote wanaozihitaji. Ubunifu, ugunduzi na kufikiria nje ya boksi kunaweza kukutengenezea fursa ya kipato.

SEMA. TENDA!



Ukweli ni silaha, **USHAHIDI** ni nguvu

**Sema-
Tenda!**



NA SUMAIYA KARIM

"Jamani, mnamuona Kagore, eti anaenda tena ofisini kwa Mwalimu Mkuu kupeleka chai, mmmh!" anasema Tumaini huku akiwaambia wenzake wanaosoma nae darasa moja.

"Yaani, kila siku yeye tu kupeleka chai, na akienda anakaa muda wote wa mapumziko" akadakisia Neema. Halafu, juzi si nilimuona Kagore amepanda bodaboda ya Mwalimu Mkuu wakati Kagore aligoma kuondoka na sisi akasema anabaki kusoma, ile tumeondoka tu kapitia chap kwa Mama Mihogo, halafu tukamuona yeye na

Mwalimu Mkuu wanapita ile njia ya shambani," akaongezea.

"Weeeh, au tukamwambie mama yake jamani, asije akapata mimba nyieeee," akasema Tumaini.

"Akuu," akadakisia Mwasi, "tukaseme halafu aje kumwambia Mwalimu Mkuu na hatuna ushahidi? Si tutapigwa tufe!"

"Mi nna wazo, mnaonaje twende tukamwambie Mama Mihogo, si ni shoga yake mama Kagore, tumwambie ili yeye ndo amwambie," akasema Tumaini.

Mdo mdo mpaka kwa Mama Mihogo

Wanafunzi hao waliamua kumshirikisha Mama Mihogo, rafiki wa mama yake Kagore. Baada ya kufuatilia kwa siri wakiwa kwenye bajaji, Mama Mihogo alishuhudia Kagore na Mwalimu Mkuu wakiingia gesti. Alipoenda kumtaarifu Mama Kagore, alikataliwa kwa hasira kutokana na ukosefu wa ushahidi thabiti.

"Una ushahidi? Sijawahi kufikiria kwamba ungemsingizia mwanangu mambo kama hayo" aliongea mama Kagore kwa hasira kali mara baada ya shoga yake Mama Mihogo kumpa habari za mwanae Kagore.

"Mama Kagore, wewe ni shoga yangu wa miaka mingi na Kagore ni kama mwanangu. Usije ukasema sikukwambia," alijibu Mama Mihogo na kuondoka



Kagore apotea

Siku chache baadaye, Kagore alitoweka nyumbani. Baada ya kupewa dokezo na Mama Mihogo kuwa wanafunzi wamemuona Kagore nyumbani kwa Mwalimu Mkuu, Mama Kagore, Mama Mihogo, na Mwenyekiti wa Serikali ya Mtaa walielekea huko. Walimkuta Kagore nje akiosha vyombo. Ili kupata ushahidi usiopingika, walivizia wakaigia ndani wakajificha nyuma ya pazia.

Mwalimu Mkuu aliporejea akimwita Kagore "mke wangu," Mwenyekiti alirekodi tukio zima na kupiga picha nguo za Kagore chumbani. Kuna mengi yaliyoendelea baada ya hapo lakini kwa ufupi ushahidi walioupata uliwezesha polisi kumkamata mwalimu na akafungwa jela.

Hata hivyo, Kagore alikuwa ameshapata ujauzito hivyo hakuweza kuendelea na masomo, alibaki nyumbani na baadaye alijifungua.

Kabla ya kuendelea tujiulize: Unadhani ni nini kingetokea kama ushahidi ungepatikana mapema?



Waliona dalili, lakini...

Kagore hakutoweka ghafla tu. Kabla ya hapo, kulikuwa na dalili ndogo ndogo za kuashiria kuwa kuna jambo halikuwa sawa. Marafiki zake waliona mabadiliko. Wakaanza kuhoji baadhi ya mambo. Walihisi kuna tatizo.

Tatizo halikuwa kwamba walishindwa kuona dalili. Tatizo lilikuwa hawakujua wachukue hatua gani. Hapo ndipo umuhimu wa sayansi ya ushahidi unapokuja.

Mwanasayansi anapotaka kugundua ukweli, haanzi na tetesi au hisia. Huanza kwa kutazama kwa makini, kukusanya taarifa, kuhifadhi ushahidi, na kuuchunguza kwa umakini kabla ya kufikia hitimisho. Ushahidi unafuata mchakato huo huo.

Tambua • Kusanya • Hifadhi
• Ripoti • Fuatilia



Tambua: Kuchunguza ukweli kabla ya kufikia hitimisho

"Yeye tu ndiye anayempelekea mwalimu chai kila siku..."
"Nilimwona amepanda bodaboda ya mwalimu mkuu..."

Haya hayakuwa ushahidi kwamba kulikuwa na tatizo, lakini yalikuwa taarifa muhimu zinazoweza kusaidia kuelewa kilichokuwa kinaendelea.

Hatua ya kwanza ni kutambua jambo lisilo la kawaida na kujiuliza: "Nimeona nini hasa?"

Usikimbilie kuamini tetesi au kuhukumu. Anza na mambo ambayo umejionea mwenyewe.

Baadhi ya dalili za tahadhari kwa mhusika zinaweza kuwa:

- Mabadiliko makubwa ya kitabia.
- Utoro wa shule mara kwa mara.
- Kuonekana mwenye hofu anapokuwa karibu na mtu fulani.
- Kujitenga na marafiki.
- Kupokea zawadi au fedha bila maelezo yanayoeleweka.

Dalili za tahadhari peke yake hazithibitishi kuwa kuna tatizo, lakini zinaweza kuonyesha kuwa hali hiyo inahitaji kuchunguzwa kwa karibu zaidi.

Kusanya: Kukusanya taarifa zinazoweza kuthibitishwa

Mwanasayansi huandika kila anachokiona. Wewe pia unaweza kufanya hivyo.

- Andika tarehe, muda na mahali tukio lilipotokea.
- Kumbuka ni nani waliokuwepo.
- Hifadhi ujumbe, picha au taarifa nyingine muhimu.
- Ikiwa ni salama kufanya hivyo, hifadhi taarifa zozote zinazoweza kusaidia kueleza kilichotokea.

Kadiri taarifa zinavyokuwa sahihi, ndivyo zinavyokuwa na manufaa zaidi.

Hifadhi: Kulinda taarifa ili zisipotee

Wakati mwingine ushahidi hupotea, si kwa sababu haukuwapo, bali kwa sababu haukuhifadhiwa vizuri.

- Usifute ujumbe, picha au sauti muhimu.
- Hifadhi nakala zake mahali salama.
- Ikiwa mtu amefanyiwa ukatili wa kimwili au kingono, mpeleke kupata huduma za afya haraka iwezekanavyo.

Kila taarifa inaweza kusaidia kufichua ukweli.

ZINGATIA

Ukifanyiwa ukatili wa kingono, chukua hatua haraka

- Nenda mahali salama.
Ondoka eneo la hatari haraka iwezekanavyo ili kujilinda.
- Hifadhi ushahidi. Epuka kuoga au kuosha mwili. Ikiwa utabadilisha nguo, usizifue. Zihifadhi mahali salama, ikiwezekana kwenye mfuko wa karatasi safi au uzifunge kwa karatasi safi ili kusaidia kuhifadhi ushahidi muhimu.
- Pata huduma za afya ndani ya saa 72. Nenda kwenye One Stop Centre au kituo cha afya kilicho karibu haraka iwezekanavyo. Saa 72 za kwanza ni muhimu kwa uchunguzi wa kitabibu na matibabu ya dharura yanayoweza kusaidia kuzuia maambukizi ya VVU na ujauzito usiokusudiwa.
- Toa taarifa. Wasiliana na Dawati la Jinsia na Watoto katika kituo cha polisi kilicho karibu au toa taarifa kwa wahudumu wa kituo cha Mkono kwa Mkono (One Stop Centre.)
- Jifunze zaidi. Soma ukurasa wa 44 wa toleo la Januari-Aprili 2023 kwa maelezo zaidi.





Kwanini ni muhimu kuwa na Ushahidi au taarifa sahihi wakati wa kuripoti tatizo?



HAWA KABIKA
Mwananchi Sec

Husaidia kutatua tatizo kwa usahihi na kuwa na wakati sahihi bila kuleta mtafaruko wowote.

Toa taarifa: Kuwafikishia ukweli watu wanaoweza kuchukua hatua

Kukusanya ushahidi tu haitoshi. Ni muhimu pia uwaifikishie watu wanaoweza kuchukua hatua. Unaweza kutoa taarifa kwa:

- Dawati la Jinsia na Watoto katika kituo cha polisi kilicho karibu.
- Kiongozi wa serikali ya mtaa, kijiji au kitongoji.
- Afisa Ustawi wa Jamii.
- Mzazi au mlezi unayemwamini.

Kumbuka, hauhitaji kuwa na majibu yote kabla ya kuomba msaada.

Ukiona jambo linaloweza kumweka mtoto au kijana katika hatari, hatua ya kwanza ni kumweleza mtu mzima unayemwamini.

Maneno muhimu hapa ni mtu unayemwamini. Jukumu lako si kufanya uchunguzi wewe mwenyewe. Kwa hatua hii, jukumu lako ni kutoa taarifa kuhusu kile unachokijua.

Fuatilia: Kuhakikisha hatua zinaendelea kuchukuliwa

Baada ya kutoa taarifa, usidhani kazi imekwisha.

- Fuatilia maendeleo ya taarifa uliyotoa.
- Toa taarifa mpya zitakapopatikana.
- Tafuta msaada zaidi ikiwa hatua hazijachukuliwa kwa wakati.

Wakati mwingine, hata kufuatilia mara moja tu kunaweza kuleta matokeo makubwa.

Unaogopa kutoa taarifa? Watu wengi huogopa. Wengine huogopa kwamba hawataaminiwa. Wengine huogopa kulaumiwa. Na wengine hudhani hawana ushahidi wa kutosha. Lakini kumbuka: Hauhitaji kuwa na ushahidi wote kabla ya kuomba msaada.

Mara nyingi, ushahidi huanza pale mtu mmoja anapokuwa na ujasiri wa kusema: "Kuna kitu hakiko sawa hapa."



REBISO ELIYA
Gungu Sec

Ili ukweli ujulikane na hatua sahihi zichukuliwe kutatua tatizo husika.



AMIDA JUMA
Kasimbu Sec

Jibu: Taarifa sahihi husaidia kuepuka lawama kwa watu wasiokuwa na hatia.

KUMBUKA

Ukweli usio na ushahidi unachukuliwa kama shutuma tu.

CHUKUA

HATUA

Jadilini kesi mbalimbali zilizotokea shuleni au nyumbani ambazo haki haikupatikana kwa sababu ya kukosekana wa ushahidi, na nini mnadhani kingefanyika ili haki ipatikane.

Truth is a weapon, evidence is power.

BY SUMAIYA KARIM

"Hey, have you noticed Kagore? She's going to the Headteacher's office again to take him tea... hmm!" Tumaini said to her classmates.

"I mean, she's the only one who takes him tea every single day, and whenever she goes, she stays there for the whole break," Neema chimed in. "And the other day, I saw Kagore riding on

the Headteacher's bodaboda. Remember when she refused to leave with us because she said she was staying behind to study? As soon as we left, she passed by Mama Mihogo's place, and we saw her and the Headteacher walking down the path through the fields," she added.

"Oh my gosh! Shouldn't we tell her mother before she ends up pregnant?" said Tumaini.

"No way!" Mwasi interrupted, "what if we tell her and she goes straight to the Headteacher, and we don't even have any evidence? Won't we be beaten to death!"

"I have an idea. Why don't we tell Mama Mihogo? Isn't she friends with Kagore's mum? Let's tell her so she can be the one to speak to her," Tumaini suggested.

Off they went to Mama Mihogo

The students decided to involve Mama Mihogo, a close friend of Kagore's mother. After secretly following them in a bajaji, Mama Mihogo saw Kagore and the Headteacher enter a guest house. When she later told Kagore's mother what she had seen, she was met with anger because she had no solid evidence.

"Do you have proof? I never thought you would accuse my daughter of something like this," Kagore's mother said angrily after hearing the story.

"Mama Kagore, we've been friends for many years, and Kagore is like my own daughter. Don't say I didn't warn you," Mama Mihogo replied then left.

Kagore disappears

A few days later, Kagore disappeared from home. After the mother received a tip from Mama Mihogo that students had seen Kagore at the Headteacher's house, she, Mama Mihogo, and the Local Government Chairperson went there. They found Kagore outside washing dishes. To get undeniable proof, they sneaked in, hid behind curtains and quietly waited.

When the Headteacher returned and called Kagore, "my wife," the Chairperson recorded the conversation and photographed Kagore's clothes in the bedroom. A lot happened after that, but to make the long story short, the evidence they collected enabled the police to arrest the Headteacher, and he was later jailed.

Sadly, by then Kagore was already pregnant. She could no longer continue with her studies, so she stayed home and later gave birth.

Before we continue, here's a question:

What do you think might have happened if the evidence had been found earlier?

They saw the signs, but...

Kagore didn't disappear overnight. Before that, there had been small warning signs. Her friends noticed changes. They questioned a few things. They felt something wasn't right.

The problem wasn't that they failed to notice. The problem was that they didn't know what steps to take. That's where the science of evidence comes in.

When a scientist wants to discover the truth, they don't begin with rumours or assumptions. They begin by observing, collecting information,

preserving it, and examining it before reaching a conclusion. Evidence follows the same process.

Recognise • Collect • Preserve • Report • Follow up

Recognise: Observing the facts before reaching a conclusion

"She's the only one who takes him tea every day..."
"I saw her riding on the Headteacher's bodaboda..."
These were not proof that something was wrong, but they were important pieces of information. The first step is to notice something unusual and ask yourself: "What exactly have I seen?"

Don't rush to believe rumours or pass judgement. Start with the facts you have seen yourself.

Some warning signs may include:

- Major changes in behaviour.
- Missing school.
- Appearing frightened around a particular person.
- Withdrawing from friends.
- Receiving gifts or money without a clear explanation.

Warning signs alone do not prove that something is wrong, but they may show that a situation needs a closer look.

Collect: Gathering information that can be verified

A scientist writes down what they observe. You can do the same.

- Write down the date, time, and place where something happened.
- Remember who was present.
- Save messages, photos, or other important information.
- If it is safe to do so, keep any information that may help explain what happened.

The more accurate the information, the more useful it can be.

Preserve: Protecting information so it isn't lost

Sometimes evidence is lost, not because it never existed, but because it wasn't preserved.

- Don't delete important messages, photos, or recordings.
- Keep copies in a safe place.
- If someone has experienced physical or sexual violence, seek medical care as soon as possible.

Every piece of information can help uncover the truth.

Report: Sharing the truth with people who can take action

Collecting evidence alone isn't enough. It also needs to reach the right people. You can report your concerns to:

- The Gender and Children's Desk at the nearest police station.
- A local government or village leader.
- A Social Welfare Officer.
- A parent or guardian you trust.

Remember, you don't need to have all the answers before asking for help.

If you see something that could put a child or young person in danger, the first step is to tell a trusted adult. The important words are someone you trust.

Your job is not to investigate the case yourself. At this stage, your role is simply to report what you know.

Follow up: Making sure action continues

After reporting, don't assume the job is finished.

- Follow up on the progress of your report.
- Share any new information that becomes available.
- Seek further help if action is not taken in time.

Sometimes, just one follow-up can make a huge difference.

Are you afraid to speak up? Many people are. Some fear they won't be believed. Others fear being blamed. Some worry they don't have enough evidence.

But remember: You don't need to have all the evidence before asking for help. Often, evidence begins when one person has the courage to say, "Something isn't right here."

REMEMBER

A truth without evidence is considered only an allegation.

TAKE ACTION

Discuss different cases that have happened at school or at home where justice was not achieved because of a lack of evidence. What do you think could have been done to ensure that justice was achieved?



Tabia ndogo zinazoleta mabadiliko makubwa

NA AMABILIS BATAMULA

Ushawahi kuona watu wanalamika kuhusu tatizo, kila siku, kila mwaka, na tatizo liko pale pale? Anhaa, ipo hiyo. Ni tabia inakua hadi inakuwa desturi, yaani watu wanaona matatizo kila siku; shuleni, nyumbani, au katika jamii, lakini hakuna hata mmoja anayechangamkia suala la kuchukua hatua. Hata hapa tunavyoongea inawezekana kabisa kuna suala linakukera, na kila siku unalipiga jicho, unalipaki kama mzigo unaosubiri safari isiyofika.

Lakini unakuta kuna upande mwingine watu wanachangamka kibunifu na mapema kabisa, wanashughulikia changamoto kabla hata hazijageuka kuwa tatizo sugu. Unadhani ni kwa sababu gani? Tofauti siyo kwamba wale wengine ni werevu zaidi, la hashu. Tofauti ni jinsi wanavyofikiri, na tabia walizojenga. Umeona ee? Usijali, hata wewe unaweza kujifunza kufikiri tofauti na kujenga tabia zinazoleta suluhisho.

Hizi hapa ni baadhi ya tabia zinazotumiwa na watu wanaotatua tatizo kwa kubadili mawazo kuwa vitendo.

Kuona kwa umakini na udadisi



Mfano: Wanafunzi wengi wanalamika kuhusu mazingira machafu ya choo. Lakini wachache wanachunguza ni lini na kwa nini hali inakuwa mbaya zaidi.

Akili ya binadamu ina tabia ya "kuzoea". Ukiiona kero kila siku, unaanza kuichukulia kama kawaida. Hapo ndipo matatizo yanapoishi kwa muda mrefu. Watu wanaotatua matatizo huvunja hiyo hali kwa kuangalia kwa umakini na kuichambua. Wanajiuliza, "Inatokea saa ngapi?" "Nani anahusika?" "Nini kinatokea kabla na baada?" "Ninaweza kufanya nini?"

Jaribu hii:

Chagua tatizo moja. Lichunguze kwa siku mbili. Andika mambo matatu unayoyaona yakijirudia. Hapo taratiibu umeanza kufikiri kama mtafiti.

Kuuliza maswali sahihi



Badala ya kusema, "Kwa nini hakuna msaada?" uliza, "Ni nini hasa kinasababisha hali hii?"

Maswali yanaongoza fikra. Ukiuliza swali la juu juu, utapata jibu la juu juu. Lakini ukiuliza swali la kina, akili inaanza kuchimba zaidi. Watu wengi huishia kulaumu, lakini wanaotatua matatizo hutafuta chanzo halisi.

Kwa mfano, biashara haifanyi vizuri. Jiulize, "Wateja wanapungua wakati gani?" "Bei niliyoweka inazingatiaje vigezo vya upangaji wa bei?" "Ninawahudumiaje wateja wangu?"

Jaribu hii:

Tumia mbinu ya "kwa nini mara tatu".

Uliza kwa nini, ukipata jibu uliza tena kwa nini juu ya jibu hilo, na ukipata jibu uliza tena kwa nini juu ya jibu lako, hadi ufike kwenye chanzo halisi. Shughulikia tatizo kutoka kwenye chanzo.



Kuanza padogo

Watu wengi husubiri hadi wawe tayari kabisa, lakini ukweli ni kwamba akili hujifunza kwa kufanya, si kwa kusubiri. Unapoanza kidogo, unapeleka taarifa mpya kwenye ubongo. Hiyo taarifa ndiyo inakusaidia kuboresha hatua inayofuata.

Kwa mfano, kusubiri mtaji mkubwa ni kuchelewesha kujifunza. Kuanza kidogo kunakupata uzoefu mapema.

Jaribu hii:

Chagua hatua ndogo ambayo unaweza kuifanya leo, hata kama si kubwa. Inawezekana ni kufanya utafiti wa soko au kuandika mpango wa biashara. Anza. Utabora baada ya kuona hatua hiyo ya kwanza imezaa nini.



Kutumia kilichopo

Mara nyingi tunafikiri tunahitaji vitu vikubwa ili kuanza. Lakini mara nyingi ubunifu hutokea pale mtu anapotumia kilichoko karibu naye. Ni uwezo wa kuona thamani kwenye vitu vidogo.

Kwa mfano, maarifa ya darasani, simu ya mkononi, au hata watu wanaokuzunguka wanaweza kuwa mwanzo wa suluhisho.

Jaribu hii:

Jiulize maswali haya kwa kuanzia
Nina nini tayari? (muda, ujuzi, watu, vifaa)
Ninaweza kutumiaje hiki kwa njia tofauti?
Anza hapo, badala ya kusubiri zaidi.



Kujifunza kutokana na makosa

Watu wengi wanaogopa kushindwa. Lakini kisayansi, kushindwa ni mrejesho, sio mwisho.

Kila jaribio lisilofanikiwa linakuonesha kitu ambacho hakikufanya kazi. Hilo ni darasa. Wakati wengine wanalionga kosa kama aibu, wengine walichukulia kosa kama funzo. Na hapo ndipo ilipo tofauti. Ukweli ni kwamba, karibu kila mtu aliyefanikiwa aliwahi kufanya majaribio ambayo hayakufanikiwa mwanzoni.

Jaribu hii:

Ukifanya jambo likafeli, chukua karatasi na kalamu, andika mambo mawili na uyapatie majibu:

- Nini kiliniangusha
- Nini nitabadilisha

Ukifanya hivi mara kwa mara na utilie maanani, unajenga akili inayojifunza.



Kuendelea hadi iwe kawaida

Kuendelea hadi iwe kawaida

Akili hubadilika kupitia kurudia rudia.

Unapofanya kitu mara kwa mara, kinageuka kuwa tabia, na tabia ndiyo huleta matokeo ya muda mrefu. Watu wengi huanza kwa nguvu kubwa, lakini huacha mapema. Wanaofanikiwa si lazima waanze kwa nguvu, lakini wanaendelea.

Jaribu hii:

Chagua kitu kimoja kidogo chanya kati ya yale unayotamani kuyafanya. Kifanye kila siku kwa siku saba. Usiruke hata siku moja, huu ni mpango mkakati. Ukimaliza ongeza iwe siku 14, na zaidi na zaidi. Hapo unaanza kujenga mfumo, sio nguvu ya soda.

Kwa ufupi...

Watu wanaotatua matatizo kwa kubadili mawazo kuwa vitendo hawangoji hali iwe kamififu; hudadisi, huchambua, huanza, hujifunza, na huboresha kadri wanavyoendelea. Na zaidi ya yote, wanajenga tabia zinazowawezesha kufanya hivyo kila siku. Wewe pia unaweza kufanya hivyo.



Mitaa ya mtandaoni Kunasemaje?

Mambo vipi wadau? Karibuni tena kwenye sehemu yetu pendwa ya Sema na Fema, ambapo tunakusanya maoni, mijadala, maswali na mambo yaliyotikisa kwenye kurasa zetu za Facebook, Instagram, X, TikTok na YouTube. Kama bado hujatufollow, basi unapishana na mijadala mingi ya kuvutia kutoka kwa vijana kama wewe.

Swali la Wiki

Tuliwauliza:

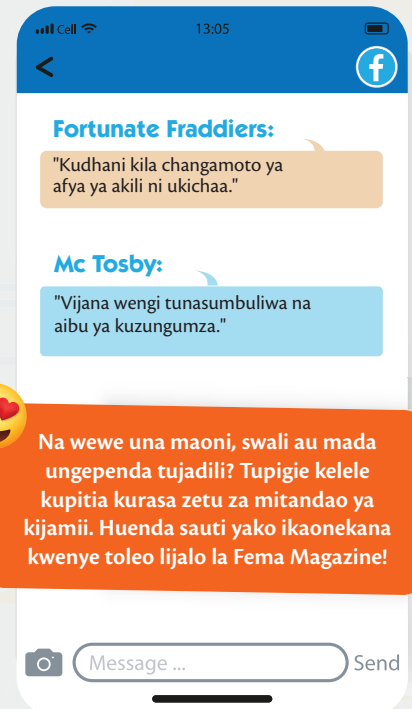
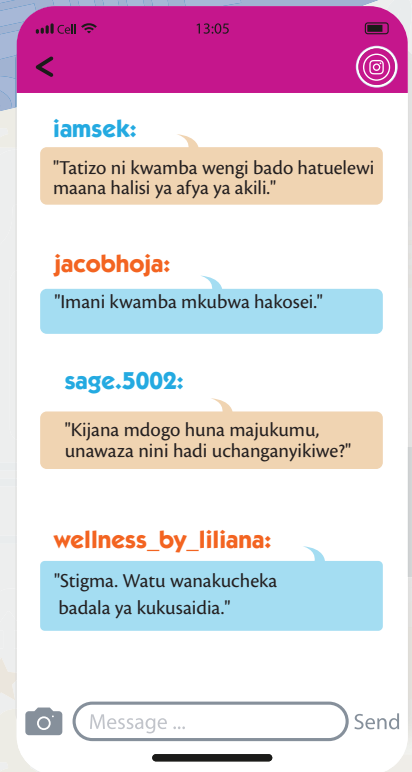
"Ni desturi au imani ipi ya kijamii unayoona inaleta changamoto kubwa kwa vijana kuzungumza waziwazi kuhusu afya ya akili?"

Baadhi ya majibu yenu yalikuwa haya:

#NguvuSioYaMsuli

Mojawapo ya mijadala iliyotikisa wiki za hivi karibuni ilikuwa kupitia katuni yetu ya Nguvu Sio Ya Msuli. Katuni hii iligusia changamoto zinazowakabili watoto wa kiume, hususan wale wanaopitia ukatili lakini wanashindwa kuzungumza kutokana na hofu, aibu au matarajio ya kijamii.

Wadau walifunguka na kushiriki mawazo yao:



Na wewe una maoni, swali au mada ungependa tujadili? Tupigie kelele kupitia kurasa zetu za mitandao ya kijamii. Huenda sauti yako ikaonekana kwenye toleo lijalo la Fema Magazine!

**Sauti
yako ni
muhimu
kwetu!**

Kwenye sayansi, kila ugunduzi huanza kwa kuuliza swali. Nasi tunayo maswali mawili ambayo yatatusaidia kujifunza zaidi kuhusu safari ya Fema na wasomaji wake.

Tunataka kujua Fema limegusa vipi maisha yako. Tafadhali jibu maswali haya mawili kwenye karatasi tofauti, kisha tutumie kupitia barua pepe, posta au ujumbe mfupi.

1

Tangu uanze kusoma Fema, ni jambo gani moja muhimu umebadilisha au umeanza kufanya kutokana na ulichojifunza kwenye jarida hili? Toa mifano halisi.

2

Kama jarida la Fema lisingekuwepo, ni kitu gani ungekikosa zaidi? Kwa nini?

Umri wako:

Jinsi:

Mkoa:

Umekuwa ukisoma Fema kwa miaka mingapi sasa?

Asante sana.



Malkia wa Umeme



Shengelo Elias Kashilila

Queen of Electricity

Nilikuwa na ndoto kubwa sana siku ile nilipokutana na yule dada wa TANESCO. Nilijiona mimi wa baadaye nikiwa juu, nikipanda nguzo za umeme, nikifanya marekebisho na kuunganisha nyaya. Lakini ndoto yangu imepitia mawimbi mengi tangu niingie VETA. Nimekutana na maneno mazito yaliyoliza moyo wangu, nyakati ambazo sikuwa hata na lesa ya kufuta machozi hayo. Pamoja na hayo, sikukata tamaa, sikutikisika, wala sikuwa na hofu. Leo hii nipo mwaka wa mwisho nikiendea ndoto yangu kwa kujiamini.

Naitwa Shengelo Elias Kashilila, nina umri wa miaka 26. Ni mtoto wa nane kati ya watoto kumi katika familia yetu. Najivunia kusema mimi ni Mhandisi (Engineer) kutoka VETA Kigoma, nikichukua masomo ya Ufundi wa Umeme na Ufungaji umeme, au kwa lugha ya kitaalamu, Electronics and Electrical Installation.

Miaka minne nyuma, nilikuwa na ndoto kubwa ambayo hadi leo naishi nayo, ndoto ya kuwa mhandisi wa kike. Mabinti wengi hawaipati nafasi hii kwa sababu ya changamoto wanazokutana nazo njiani. Sio kwamba mimi sipitii kwenye magumu, napita sana! Na ndio maana leo nimekuja kuwaletea stori yangu, ili tuzipeperushe ndoto zenu.

I had a very big dream the day I met that lady from TANESCO. I pictured my future self high up, climbing electricity poles, doing repairs, and connecting wires. But my dream has faced many storms since I joined VETA. I have heard painful words that broke my heart, sometimes when I did not even have a handkerchief to wipe away my tears. Despite all that, I never gave up, I was never shaken, and I had no fear. Today, I am in my final year, moving towards my dream with total confidence.

My name is Shengelo Elias Kashilila, and I am 26 years old. I am the eighth of ten children in our family. I am proud to say that I am an Engineer from VETA Kigoma, specializing in Electronics and Electrical Installation.

Four years ago, I had a big dream that I still live with today, the dream of becoming a female engineer. Many young women do not get this opportunity because of the challenges they face along the way. It is not that I do not go through hard times, I go through a lot! And that is why I came to share my story today, so we can help your dreams take off.

Safari ya Kigoma Mjini

Baada ya kumaliza Kidato cha Nne na matokeo kutoka, familia yangu iliamua nikasome kozi ya Ustawi wa Jamii (Social Work) katika Chuo cha KTC (Kigoma Training College). Nakumbuka siku hiyo, kaka yangu mkubwa alinipigia simu ya maagizo: "Mdogo wangu, kesho panda gari uje Kigoma mjini, na uhakikishe unakuja na vyeti vyako vyote." Kiukweli, taarifa hiyo ilikuwa ya ghafla sana na nilijawa na hofu. Nilivyofika mjini, nikakuta tayari nimeshachukuliwa fomu ya chuo na imeshajazwa. Nikaanza masomo. Lakini moyo wangu haukuwepo pale; ilikuwa ni kozi ambayo binafsi sikuipenda kabisa. Baada ya miezi michache, niliamua kuacha chuo na kurudi kijijini kuendelea na biashara yangu ya kushona nguo. Na hapo ndipo safari yangu kuelekea TANESCO ilipoanzia rasmi.

The Journey to Kigoma Town

After I finished Form Four and the results came out, my family decided that I should study Social Work at KTC (Kigoma Training College). I remember that day clearly, my older brother called me with strict instructions: "My young sister, pack your bags tomorrow and come to Kigoma town, and make sure you bring all your certificates." Honestly, the news was so sudden and it filled me with anxiety. When I arrived in town, I found out they had already paid and filled out the college application form for me. So, I started classes. But my heart was not in it; it was a course I genuinely did not like. After a few months, I decided to drop out and return to the village to continue my tailoring business. And that is exactly where my journey to TANESCO officially began.

Ilikuwa na Yule Dada wa TANESCO?

Niliporudi kijijini na kuendelea na ushonaji, siku moja ilikuja timu ya TANESCO ikifuatana na wanafunzi wa mafunzo kwa vitendo (field) kutoka Kigoma mjini. Walikuja kuchukua takwimu kwa ajili ya mradi wa kuleta umeme kijijini kwetu. Walirudi kama mara tatu hivi, na safari ya tatu walikuja na nguzo.

Ilikuwa siku yenye hali ya hewa tulivu kabisa. Nilipata nafasi ya kutembea mtaani, na ghafla nilimwona dada mmoja wa TANESCO akiwa juu ya paa la nyumba, akiongoza na kunyoosha nyaya za umeme. Kiukweli, macho yangu yalipotazama juu, nilijiona mimi pale! Ilinivutia mno kuona binti kama mimi yuko juu ya paa akipiga kazi, huku wanaume wakiwa chini wanamtazama akifanya matengenezo.

Sikuona hofu wala aibu kumsogelea. Nilikuwa na kiu ya kujua amewezaje kufika pale, na amewezaje kuingia kwenye fani ambayo jamii imezoea kuona ni ya wanaume tu. Tulizungumza kwa kirefu. Alinielimisha vizuri sana kuhusu kazi yake, jinsi alivyopambana kufika hapo, na akanipa mwelekeo kuwa na mimi naweza kupata ujuzi huo kupitia chuo cha VETA. Siku ile ilikuwa ya furaha isiyoyana kifani moyoni mwangu. Nilikwenda kulala nikijua kuwa sasa ujenzi wa ndoto yangu umerudi rasmi.

What Happened with the TANESCO Lady?

While I was back in the village tailoring, a team from TANESCO arrived one day, accompanied by field students from Kigoma town. They came to gather data for a project to bring electricity to our village. They visited about three times, and on the third trip, they brought electricity poles.

It was a very calm and beautiful day. I happened to be walking down the street when I suddenly saw a lady from TANESCO up on a rooftop, guiding and straightening power lines. Honestly, when I looked up, I saw myself in her! It was incredibly inspiring to see a girl like me up on a roof getting things done, while men stood below watching her do the installation.

I did not feel afraid or embarrassed to approach her. I was eager to know how she made it there, and how she managed to enter a field that society usually views as a man's job. We had a long chat. She explained her work so well, told me how she fought to get where she was, and directed me that I could also get those skills through VETA. That day brought unforgettable joy to my heart. I went to bed knowing that the building of my dream was officially back.



Maisha ya VETA

Mwanzoni nilipoingia VETA, nilifikiri naenda kusomea umeme wa kawaida tu, kama ule wa TANESCO. Siku ya kwanza niliporipoti chuo na kupelekwa darasani, nilishangaa! Nilikutana na vifaa na mitambo ya kielektroniki ambayo sijawahi kuiona maishani mwangu. Nilikaa peke yangu nikajiuliza: "Hivi mimi Shengelo, kweli nitaweza?" Kuna wakati nilikata tamaa kabisa. Siku hiyo niliona kama ndio ingekuwa ya mwisho kukanyaga chuoni hapo. Maana hata wanafunzi wenzangu wa madarasa ya juu na fani nyingine walikuwa wakinitazama na kuniambia: "Wewe mtoto wa kike utaweza kweli? Utawezaje kukaa chini na kuanza kufungua simu? Hii fani ina hesabu nyingi mno, utatoboa?"

Cha kushangaza zaidi, kwenye fani yetu tulichaguliwa wasichana watatu, lakini niliyeripoti nilikuwa mimi peke yangu. Hofu ilinitanda kila nilipotazama ile mitambo migumu darasani. Kesho yake alikuja Mwalimu wa fani nyingine darasani kwetu, akanitazama kisha akaniuliza: "Wewe binti, upo humu ndani, utaiweza kweli hii kozi?" Maneno yake yalinichoma sana. Nilijiuliza, kama mwalimu mwenyewe ananitilia shaka, mimi ni nani hata niweze?

Kiukweli nilihisi kama mambo yameanza kuwa magumu mapema sana. Niliamua kwenda kuongea na mwalimu mwingine ambaye alikuwa Msajili wa Wanafunzi. Yeye alikuwa kimbilio langu. Alinitazama na kuniambia maneno ambayo sitayasahau maishani, maneno yaliyobadilisha mtazamo wangu:

"Hii fani utaiweza, na ni fani ambayo itakutoa sana maishani kuliko zile kozi unazozitamani ambazo unazona ni za kike.

Huko kwingine kuna ushindani mkubwa sana, lakini huku utang'aa."

Mwanzoni masomo yalikuwa magumu, mahesabu yalikuwa mengi yakitaka kunivuruga. Kila nikitaka kurudi nyuma, nilikuwa nakumbuka picha ya yule dada wa TANESCO juu ya paa, nikajiambia: "Mimi ninaweza, na nitapambana!" Changamoto hazikuishia hapo. Baadhi ya walimu walikuwa wanasema: "Wewe fundi simu, kwa ulivyo mnene hivyo utaweza kweli kupanda nguzo?" Hata tulipofanya mazoezi ya vitendo darasani, kuna wakati sikuwa napewa nafasi kabisa kwa sababu tu mimi ni mwanamke. Baadaye, wenzangu wengine wawili wa kike waliripoti, tukawa watatu, jambo lililonipa faraja kidogo. Japo mambo yalizidi kuwa magumu. Pamoja na kejeli na manyanyaso yote ya maneno, tulishikana mikono na kujipa moyo kuwa tunaweza.

Kipimo changu cha kwanza kilikuwa kwenye mafunzo kwa vitendo (field) niliyofanyia TANESCO. Nilienda huko nikiwa na hasira ya mafanikio. Niliwashangaza watu wengi waliohisi siwezi kupanda nguzo. Niliipanda ile nguzo kwa ujasiri mkubwa hadi msimamizi wangu alinisimamia, akanipongeza na kuniambia: "Shengelo, wewe unaweza kabisa!"

Nimepitia misukosuko mingi sana, lakini tangu nianze Ngazi ya Kwanza (Level 1) hadi sasa niko Ngazi ya Tatu (Level 3), sijawahi kufeli darasani wala kukata tamaa. Mwaka huu nahitimu masomo yangu, na nina imani kubwa nitatoka na matokeo mazuri yatakayowashangaza wengi.



Binti, Usikate Tamaa!

Simamia ndoto yako. Maneno ya watu yasikurudishe nyuma hata siku moja; tupambane hadi tone la mwisho. Leo hii, mimi Shengelo nina uwezo wa kutengeneza simu, heater, TV, kompyuta, na vifaa vingine vingi vya umeme. Nashukuru sana familia yangu ambayo kwa sasa inanipa hamasa kubwa katika masomo yangu.

Jipe imani na useme: "Mimi ninaweza!" Ukiondoa uoga, utapata ujasiri wa kupita katikati ya miiba. Hakuna kazi iliyoandikwa kuwa hii ni ya wanaume tu. Kama wao wanaweza, sisi pia tunaweza.

Life at VETA

When I first joined VETA, I thought I was just going to learn basic electrical work, like what I saw with TANESCO. On my first day when I reported to college and was taken to the classroom, I was shocked! I saw electronic equipment and machines that I had never seen in my life. I sat on my own and asked myself, "Can I really do this, Shengelo?" There were moments I wanted to give up completely. That day, I felt like it would be my last time setting foot at the college. Even older students from other departments would look at me and say, "Can a girl like you really handle this? How will you sit down and start fixing phones? This course has lots of math, will you even survive?"

To make matters worse, three girls had been selected for our course, but I was the only one who showed up. Fear hit me every time I looked at those complex machines in class. The next day, a teacher from another department came into our classroom, looked at me, and asked, "Young girl, you are in this class, can you really manage this course?" His words stung me. I wondered, if a teacher is doubting me, who am I to think I can make it?

Honestly, I felt like things were getting too hard too soon. I decided to talk to another teacher who was the Student Registrar. He became my safe haven. He looked at me and said words I will never forget, words that completely shifted my mindset:

"You can handle this field, and it is a field that will take you much further in life than those courses you think are meant for women. In those other fields, the

competition is crowded, but here, you will shine."

At first, the studies were tough, and the math was overwhelming enough to drive me crazy. Every time I felt like stepping back, I would remember the image of that TANESCO lady on the roof, and I would tell myself, "I can do this, and I will fight for it!" The challenges did not stop there. Some teachers would say, "You, phone repairer, you are too heavy, can you really climb a pole?" Even during practical sessions in class, there were times when I was not given a chance at all, simply because I was a woman. Later on, the other two girls reported, making us three, which gave me some comfort. Even though things kept getting harder, despite all the mockery and verbal harassment, we held hands and encouraged each other that we could do it.

My first real test came during my practical field training at TANESCO. I went there hungry for success. I surprised many people who assumed I could not climb a pole. I climbed that pole with so much courage that my supervisor stood by me and congratulated me saying, "Shengelo, you can absolutely do this!"

I have faced so many struggles, but from the time I started Level 1 until now in Level 3, I have never failed a class and I have never given up. I am graduating this year, and I have great faith that I will finish with excellent results that will surprise many.



Don't give up girl!

Stand up for your dream. Never let people's words hold you back; let us fight until the very last drop. Today, I, Shengelo, have the skills to fix phones, water heaters, TVs, computers, and many other electrical appliances. I am so grateful to my family, who are now giving me massive support in my studies.

Have faith in yourself and say, "I can do it!" If you cast away fear, you will find the courage to walk through the thorns. No job has a label saying it is only for men. If they can do it, we can do it too.

MPENDWA ANTI



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

FEMA

S.L.P. 2065, Dar es Salaam

e-mail: info@femahip.or.tz

SMS: 0753003001

Dear Aunt, naomba unielekeze nina shida ya kutopata hedhi kwa muda mrefu. Je? hali hii inasababishwa na nini ni mimi Grace.

Habari Grace? Kukosa hedhi kwa muda mrefu ni jambo ambalo linaweza kusababishwa na mambo mbalimbali, ikiwemo matatizo ya homoni, msongo wa mawazo, mabadiliko ya uzito (kupungua sana au kuongezeka sana), mazoezi kupita kiasi kwa muda mrefu au ujauzito.

Matumizi ya njia za uzazi wa mpango kama sindano au kipandikizi pia yanaweza kusababisha hedhi kukata kwa muda mrefu. Kwa vijana balehe, mabadiliko ya mazingira au chakula, mfano wanaokwenda shule za bweni, pia yanaweza kusababisha hedhi kukata kwa muda. Endapo una miaka 40 au zaidi, hii pia inaweza kuwa dalili ya kukaribia ukomo wa hedhi (menopause). Kumbuka kuwa kila mwanamke yuko tofauti, hivyo sababu ya kukosa hedhi kwako inaweza kuwa tofauti kabisa na sababu ya kukosa hedhi kwa mtu mwingine.

Endapo umekosa hedhi kwa zaidi ya miezi sita, tafadhali fika kituo cha afya kwa uchunguzi ili kujua chanzo na kupata ushauri au matibabu sahihi.



Mpendwa Anti, habari za wakati huu? Mimi ni mwanafunzi wa chuo, lakini nimesitisha masomo kutokana na baba yangu kutokuwa tayari kunisomesha akidai hana fedha na kumbe ana nyumba nyingine kwa siri na anaihudumia. Naomba msaada nifanye nini hasa kwa hali kama hii.

Pole sana kwa hali unayopitia. Ni jambo linaloumiza kufahamu maisha ya siri ya wazazi wetu tunaowategemea. Jaribu kuzungumza na baba yako kwa utulivu na heshima kuhusu umuhimu wa kuendelea na masomo yako, bila kuhusisha suala la nyumba nyingine ili kuepusha migogoro zaidi. Ikiwa itakuwa vigumu, tafuta mtu wa familia au kiongozi wa dini awe mpatanishi, huku mjadala ukibaki kwenye elimu yako tu.

Pia hakikisha umeondoka chuoni kwa taarifa rasmi na fika ofisi ya ustawi wa wanafunzi (Dean of Students) kuona kama unaweza kupata msaada wa kifedha, kuahirisha masomo, au utaratibu mwingine. Kama uko elimu ya juu, jaribu pia kuomba mkopo HESLB. Kwa sasa weka nguvu zako kwenye kutafuta namna ya kuendelea na masomo, na usiweke mkazo kwenye maisha ya baba. Endapo itashindikana kupata msaada kwa baba, basi usikate tamaa, unaweza tafuta kazi ya muda, biashara au msaada kutoka taasisi mbalimbali ikiwemo ofisi ya Mkuu wa Wilaya au Mkoa unakotoka.



Habari anti na pole na kazi. Naitwa Adamu kutoka Kilwa, swali langu ni hili mimi kuna msichana ananipenda kimapenzi ila mi simtaki naomba ushauri nini nifanye.



Habari za Kilwa Adam? Hili ni jambo linaloweza kuwakumba vijana wengi wa kike na wa kiume. Usijilazimishe kuwa na mtu usiyempenda kwa sababu ya kumuonea huruma. Tafuta muda mzuri umweleze kwa upole na bila kumshusha thamani yake, kwamba unathamini hisia zake lakini wewe huna hisia za kimapenzi juu yake.

Epuka kumdharau, na kumbeza kwani jambo hilo linaweza kumuongezea maumivu. Usimpe matumaini zaidi kwani itamuimiza zaidi kwa muda mrefu. Ukimweleza ukweli sasa itaepusha maumivu zaidi sasa na baadaye. Kumbuka kuwa hulazimiki kumpenda mtu kama huna hisia naye, pia ni wajibu wetu kukubaliana na hali endapo tunaowapenda hawana hisia hizo juu yetu.

Hello habari za kazi aunt, pole na majukumu. Mimi ni msichana wa miaka 22 kutoka Kahama swali langu ni kwamba aunt ety ukikaa na bikra hadi umri wa miaka 20 hadi 23 kadiri ya siku unavoingia period bikra huisha yenyewe?

Habari za Kahama mwanangu mpendwa, asante sana kwa swali lako zuri na la muhimu. Bikira, au utando mdogo wa ngozi uliopo ndani ya uke kwa baadhi ya wasichana ambao hawajawahi kufanya ngono, hauzibi uke kabisa. Ukeni huwa kuna uwazi ili kuruhusu hedhi na utoko mwingine kutoka. Hivyo hakuna "kuzibwa kwa uke" kwa bikira.

Pia ni muhimu kuelewa kuwa ubikira ni hali ya kutofanya tendo la ndoa, na si suala tu la uke kuwa "umezibwa". Msichana/mwanamke ataendelea kuwa bikira hadi uzeeni, huku akipata hedhi, mradi tu hajafanya tendo la ngono. Kwa hiyo usihofu, kupata hedhi hakubadili ubikira kamwe.

Ni vizuri pia kuendelea kuchagua kujilinda kwa kutofanya ngono mapema ili kuepuka mimba zisizotarajiwa na magonjwa ya ngono, ikiwemo VVU.



ANTI COS ANAJIBU MASWALI YENU

Habari anti pole na kazi. Mimi ni msichana mwenye umri wa miaka 19, Anti nina shida ya kutoingia piriod kabisa mpaka sasa namaliza mwaka na mwezi sioni damu, naomba ushauri wako anti.

Habari mwanangu, asante kwa swali lako. Wasichana wengi wanaopitia changamoto za hedhi huogopa kuuliza au hudhani hali itaisha yenyewe. Kwa kawaida hedhi si suala la kuona damu tu, bali pia ni moja ya ishara muhimu za afya ya mfumo wa uzazi na mwili kwa ujumla. Hivyo kukosa hedhi kwa muda mrefu kama mwaka mzima ni jambo ambalo linahitaji kuangaliwa kwa umakini, ili lisije likaleta athari zaidi baadaye. Sababu zake zinaweza kuwa tofauti kwa kila mtu, ikiwemo mabadiliko ya uzito, lishe duni, msongo wa mawazo, mabadiliko ya mazingira, matumizi ya njia za uzazi wa mpango, au changamoto nyingine za kiafya zinazohitaji uchunguzi zaidi.

Ni vizuri ukafika kituo cha afya na kuwa muwazi kwa daktari, umweleze endapo kuna mabadiliko yoyote ya uzito; kunenepa au kupungua sana, lishe, matumizi ya njia za uzazi wa mpango, msongo wa mawazo, au mabadiliko yoyote katika maisha yako hivi karibuni. Maelezo hayo pamoja na vipimo vitasaidia kujua chanzo cha tatizo ili upate ushauri sahihi. Usipuuzie changamoto za hedhi, lakini pia usiogope, kwani hali nyingi hutibika au kudhibitiwa vizuri zikigundulika mapema.



Sema na Fema, Paza Sauti Yako! Naitwa Catherin, swali langu ni kwamba eti hauruhusiwi kutumia maziwa wakati wa hedhi?

Mwanangu Catherine, huu ni uzushi tu na si jambo lenye ushahidi wa kisayansi. Maziwa na bidhaa zake kama mtindi na jibini vina virutubisho muhimu kama kalsiamu na vitamini D, ambavyo vinaweza kusaidia kupunguza maumivu ya tumbo na kuimarisha afya ya mifupa na misuli. Ni muhimu kuzingatia lishe bora wakati wa hedhi kwa kujumuisha matunda na mboga za majani katika milo ya siku, pamoja na kunywa maji ya kutosha.

Hii ni muhimu sana na hasa kwa vijana balehe, kwani miili yao bado inakua na inahitaji virutubisho vya kutosha kusaidia ukuaji wa mifupa, kuongeza damu mwilini, kuimarisha afya ya homoni, na kuwasaidia kuendelea na masomo pamoja na shughuli za kila siku. Hivyo, maziwa yana faida kubwa kwa mwanamke wakati wa hedhi. Hata hivyo, inashauriwa kupunguza matumizi ya vyakula vyenye mafuta mengi, sukari nyingi, na chumvi kupita kiasi katika kipindi hicho.



Mpendwa anti pole na kazi me naitwa Kefuln, ningependa kukuuliza kwamba ni nini kinachosababisha mtu akinipenda na mi nikampenda tukaahidiana mambo mengi lakini hatimizi hata kimoja atabaki kunilaumu pia kuniacha? Ndo haya mambo yanayonitokea sijui ni nini.

Pole sana Kefuln. Jambo hili linawakuta watu wengi sana. Mwanzoni mwa uhusiano baadhi ya watu hutoa ahadi kubwa ili wakubalike au waonekane wana upendo wa kweli, japokuwa wanajua kabisa kuwa hawatakaa wazitimize. Wengine huahidi wakisukumwa tu na hisia za muda huo bila kufikiria kwa kina ahadi zititimizwaje. Kadri muda unavyoenda wanaposhindwa kutimiza, hukosa kujiamini, kulaumu wenzao, au kukwepa kuwajibika kwa mapungufu yao wenyewe. Hivyo fahamu kuwa tatizo si wewe; tatizo ni wao kushindwa kuwa wakweli na kusimamia yale waliyoahidi.

Jambo muhimu sasa ni kujipenda na kujithamini wewe mwenyewe, ili unapokutana na watu wasiokufaa usiumie kupita kiasi tena. Kamwe usijiadhibu au kuona hupendekezi kwa sababu ya makosa ya wengine. Jipe muda wa kujitambua, tambua aina ya mtu unayehitaji maishani mwako, na usikimbilie kuingia kwenye uhusiano mwingine haraka. Pia jifunze kumuangalia mtu zaidi kwa matendo kuliko maneno, maana anayekupenda kweli ataonyesha kwa vitendo, kujali hisia pamoja na malengo yako. Na ukihisi mambo haya yanakuzonga sana, zungumza mtu unayemuamini ili upate faraja na ushauri. Muhimu zaidi, tambua kuwa wewe una thamani kubwa; huenda bado hujakutana tu na mtu anayekufaa kweli.



Pole na kazi aunt mim ni kijana wa kiume wa umri wa miaka 20, naomba kuuliza eti mwanaume kula kwa wingi chips, mayai na rojorojo kunapunguza nguvu za kiume? Brightson.

Habari Brightson! Kuna mambo mengi yanayoweza kusababisha upungufu wa nguvu za kiume, ikiwemo mitindo hatarishi ya maisha kama kutopata muda wa kutosha wa kupumzika, uvutaji wa sigara, matumizi ya pombe kupita kiasi, lishe duni na msongo wa mawazo. Pia changamoto za kiafya kama kisukari, shinikizo la damu na magonjwa yanayoathiri mzunguko wa damu pamoja na uzalishaji wa homoni. Ulaji wa chipsi mayai na rojorojo mara kwa mara kunaweza kuongeza hatari ya kupata magonjwa hayo kwa sababu mara nyingi vyakula hivi huwa na mafuta na chumvi nyingi. Hali hii inaweza kusababisha kuongezeka kwa uzito, shinikizo la damu na baadaye kuathiri nguvu za kiume. Mwili unahitaji mchanganyiko wa vyakula vyenye virutubisho muhimu, na si kutegemea aina moja tu ya chakula. Ili kujilinda, punguza ulaji wa vyakula vya mafuta mengi, kula mayai na vyanzo vingine vya protini kama nyama ya ngombe, kuku, na nyingine, ongeza mboga za majani, matunda, jamii ya mikunde, nafaka zisizokobolewa, na kunywa maji ya kutosha, pia kufanya mazoezi mara kwa mara.



MUULIZE ANKO PESA!

Karibu Arusha anko. Mimi Khadija, nawezaje kupata mtaji wa kuanzia biashara ikiwa sina akiba wala mtu wa kunidhamini kwa mkopo?

Jibu:

Khadija, asante sana kwa ukarimu. Swali lako ni la muhimu sana, na hiyo tayari ni mtaji wa kwanza kabisa; nia na ujasiri. Ukweli ni kwamba hata bila akiba wala mdhamini wa mkopo, bado unaweza kuanza kujijenga taratibu. Kitu cha kwanza kuelewa ni hiki: mtaji si pesa tu, mtaji pia ni ujuzi, muda na bidii yako.

Kama huna mtaji wa pesa, unaweza kuanza na biashara za huduma moja kwa moja kwa watu wanaokuzunguka. Kwa mfano, unaweza kusaidia watu kufanya kazi ndogo ndogo kama kufua, kupika kwa oda, kusafisha, au kusaidia maduka kupanga bidhaa. Hizi zinaweza kukuingizia kipato kidogo cha kuanzia.

Pia unaweza kuanza kufanya kazi za uunganishaji wa biashara. Kwa mfano, unamtafutia mteja bidhaa anayoitaka kwa mtu mwingine, na unapewa kamisheni. Hapa hauhitaji kununua bidhaa.

Njia nyingine ni kujifunza ujuzi kama kushona, kupika, au kutengeneza vitu vidogo vya mikono. Ujuzi ukikua, unageuka kuwa biashara.

Muhimu zaidi ni kujenga nidhamu ya kuokoa hata kiasi kidogo unachopata. Hata 1,000 au 2,000 kwa siku inaweza kuwa mwanzo wa mtaji wako wa baadaye.

Kumbuka Khadija, hakuna mwanzo mdogo unaodharaulika. Kila hatua unayochukua leo, ndiyo inajenga mafanikio yako ya kesho. Usingoje kila kitu kiwe sawa; anza na kile ulichonacho sasa.



Anko ninatamani kuanzisha biashara katika miaka si mingi ijayo nikimaliza shule. Je, ni ujuzi gani wa msingi ninaapaswa kujifunza mapema ili nifanikiwe katika biashara au kujijari badala ya kutegemea ajira? Halima, Itigi.

Jibu:

Halima, marhaba anko wangu. Hongera sana kwa kufikiria maisha yako mapema hivi, hiyo tayari ni hatua kubwa kuelekea mafanikio. Watu wengi husubiri wamalize shule ndipo waanze kufikiria, lakini wewe unaanza mapema, na hilo linaweza kukupa nafasi kubwa sana ya kufanikiwa.

Kwanza, jifunze stadi za mawasiliano. Kujua kuzungumza vizuri, kuandika mawazo ya biashara, na kueleza wazo lako kwa watu ni silaha kubwa sana kwenye biashara.

Pili, jifunze ujasiriamali wa msingi na usimamizi wa pesa. Hii inamaanisha kujua kuweka akiba, kupanga matumizi, na kuelewa faida na hasara. Hata biashara ndogo inahitaji nidhamu ya fedha.

Tatu, jifunze ujuzi wa kidigitali; leo dunia iko kwenye teknolojia. Kujua kutumia simu au kompyuta kwa biashara, kama kutengeneza matangazo au kuelewa mitandao ya biashara, ni faida kubwa sana.

Nne, jenga tabia ya uthubutu na uvumilivu. Biashara si rahisi kila siku, kuna changamoto, lakini wanaofanikiwa ni wale wasiokata tamaa.

Halima, usisubiri kuwa tayari 100%. Anza kujifunza sasa, hata kwa hatua ndogo. Kila ujuzi unaojifunza leo ni kama mbegu unayoipanda kwa maisha yako ya baadaye. Ukichanganya ujuzi, nidhamu na bidii, utaweza kujijari na hata kuajiri wengine baadaye.



Anko Pesa asante sana kwa ushauri unaotupa vijana. Mi nauliza hivi ni njia zipi salama na halali za kupata kipato mtandaoni ambazo zinaweza kufanywa na kijana bado yuko shuleni? Ni hilo tu anko. Asante.

Jibu:

Asante sana kijana, na hongera kwa kuuliza swali muhimu kama hili. Ukweli ni kwamba mtandaoni kuna fursa nyingi, lakini lazima uchague njia salama na halali, na pia uzingatie hali yako kwa sasa. Kwanza kabisa, kwa kuwa bado uko shule ya sekondari na huruhusiwi kumiliki simu wala kompyuta ukiwa shule, jambo la muhimu zaidi kwako sasa ni kusoma kwa bidii na kulinda masomo yako. Elimu ndiyo msingi wa kila kitu biashara na mafanikio yote ya baadaye hujengwa juu ya hilo. Usikubali kitu chochote kikuvuruge masomo yako, kwa sababu hiyo ndiyo "mtaji wako mkubwa wa kwanza."

Lakini unapofika chuo, ndipo utafunguka zaidi kwenye fursa za mtandaoni. Unaweza kufanya uandishi wa maudhui, kuandika CV au miradi kwa malipo, graphic design, video editing, au social media management. Pia unaweza kufanya udalali wa bidhaa (commission/affiliate) kwa kutafuta wateja na kupata kamisheni bila kumiliki wala kununua bidhaa.

Muhimu sana, epuka njia za mkato au ahadi za pesa rahisi mtandaoni. Jenga ujuzi taratibu, uelewe soko, na usimamie muda wako vizuri.

Kumbuka kijana, mafanikio ya kweli yanahitaji uvumilivu, ujuzi na msingi mzuri wa elimu. Ukilinda masomo yako sasa, baadaye utakuwa na nafasi kubwa zaidi ya kufanikiwa mtandaoni na nje ya mtandao pia.



Anko naomba msaada. Nifanye nini ninapoanza biashara na kukutana na hasara au changamoto zinazonikatisha tamaa?

Jibu:

Mwanangu, kwanza kabisa ujue kuwa hasara si ishara kwamba umefeli ni sehemu ya safari ya biashara. Karibu kila mfanyabiashara mkubwa unayemwona leo aliwahi kupitia kipindi kigumu, lakini kilichowatofautisha ni kwamba hawakukata tamaa.

Unapokutana na hasara, usikimbilie kuacha biashara. Kaa chini na jiulize: Nimekosea wapi? Je, ni bei? Mahali? Huduma? Au usimamizi wa fedha? Hasara ikichambuliwa vizuri hugeuka kuwa somo la bure.

Pia, usiweke nguvu zako zote kwenye tatizo mpaka ukasahau fursa. Leo hii, kupitia teknolojia na mitandao ya kijamii kama TikTok, Instagram na WhatsApp, unaweza kupata wateja wapya, kujifunza mbinu mpya, na kuona wengine walivyoshinda changamoto kama zako.

Ongea na wafanyabiashara wengine, tafuta ushauri, na endelea kuboresha. Biashara ni kama safari ya kujifunza kila siku.

Kumbuka, mafanikio si kutokukutana na changamoto; mafanikio ni uwezo wa kuendelea hata unapopitia kipindi kigumu. Uthabiti wako leo unaweza kuwa hadithi ya ushindi kesho. Usikate tamaa endelea kusonga mbele.



Eti anko ni kwa namna gani naweza kutumia teknolojia na mitandao ya kijamii kukuza biashara yangu kwa ufanisi? Ngwasi Kadole Masanja wa Itilima

Jibu:

Ngwasi, habari za Itilima. Swali lako ni muhimu sana kwa sababu katika dunia ya leo, teknolojia na mitandao ya kijamii si anasa tena, ni zana muhimu za biashara na fursa.

Kwanza, tumia simu yako kutangaza bidhaa au huduma zako kupitia WhatsApp, Facebook, Instagram, na TikTok. Weka picha nzuri, eleza faida za bidhaa, na hakikisha unajibu wateja haraka. Mara nyingi mteja hununua si kwa sababu ya bidhaa pekee, bali kwa sababu ya huduma nzuri.

Pili, tumia teknolojia kuweka kumbukumbu za biashara yako. Unaweza kuandika mauzo, matumizi, na faida kwenye simu au programu maalum kama Levanda Pos au Kuzabusiness. Ukijua fedha zako zinaingia na kutoka wapi, ni rahisi kufanya maamuzi sahihi.

Tatu, jenga uaminifu kwa kutoa maudhui yenye elimu na ushuhuda wa wateja. Watu wanapokuona mara kwa mara mtandaoni, wanakujua na kukuamini.

Ngwasi, teknolojia ni kama mfanyakazi wa ziada anayefanya kazi saa 24 bila kuchoka. Ukiitumia vizuri, biashara yako inaweza kuwafikia watu wengi zaidi kuliko ulivyowahi kufikiria. Anza na kile ulichonacho, jifunze kila siku, na endelea kuboresha.



Anko mimi ninaitwa Mosi, nina changamoto moja, nashindwa kabisa kuweka malengo ya kifedha katika kufukuzia ndoto zangu za kuwa tajiri. Nifanyeje Anko ujana unasumbua.

Jibu:

Mosi, kwanza kabisa ujue hauko peke yako. Vijana wengi wana ndoto kubwa za kuwa na mafanikio, lakini wanashindwa kwa sababu hawajaweka malengo ya kifedha yaliyo wazi. Ndoto bila mpango hubaki kuwa matamania tu.

Anza kwa kujiuliza: Nataka kufanikisha nini, na kwa muda gani? Kwa mfano, unaweza kusema, "Ndani ya miezi sita nataka kuweka akiba shilingi 300,000 za kuanzisha biashara." Lengo likiwa wazi, akili yako inaanza kutafuta njia ya kulifikia, penye nia pana njia.

Kisha lengo lako ligawanye katika hatua ndogo. Kama unahitaji 300,000 ndani ya miezi sita, unahitaji kutunza 50,000 kwa mwezi. Hapo lengo linaonekana linawezekana, si jambo gumu wala la kutisha.

Pia, andika malengo yako kwenye daftari na yapitie kila mara. Unaweza kutumia simu kuweka vikumbusho ili ujikumbushe kwa nini unaweka akiba na kujinyima baadhi ya matumizi ya muda mfuji.

Na muhimu zaidi, epuka kujilinganisha na watu unaowaona mitandaoni. Wengine wanaonekana wamefanikiwa haraka, lakini mafanikio ya kweli hujengwa kwa nidhamu, uthabiti na subira.

Mwanangu Mosi, utajiri hauanzi na mamilioni. Unaaanza na lengo moja lililoandikwa, maamuzi sahihi, na hatua ndogo zinazorudiwa kila siku. Anza leo, na ujenge maisha unayoyatamani.





Washindi wa soma Fema mtandaoni Chalenji

Kwenye toleo lililopita tuliwatupia Chalenji ya kusoma Fema mtandaoni na kuhakikisha vijana wengi zaidi wanapata nafasi ya kujifunza kupitia jarida letu. Bassotu Fema Club hawakutaka kubaki nyuma.

Baada ya kujadiliana kama club, waligundua kuwa wanafunzi wengi hawakuwa na vifaa vya kusomea jarida mtandaoni mmoja mmoja. Badala ya kuona hilo kama kikwazo, waliona fursa ya kutafuta suluhisho.

Wakachanga nguvu zao na kununua projektor. Kupitia projektor hiyo, waliweza kuonesha jarida la Fema mtandaoni na kulisoma kwa pamoja kama club. Ubunifu huo uliwawezesha wanafunzi wengi

kushiriki, kujadili maudhui na kujifunza kwa pamoja bila kumwacha mtu nyuma.

Hiyo ndiyo tunaita kutumia teknolojia kutatua changamoto!

Kwa ubunifu, ushirikiano na uthubutu wao, Bassotu Fema Club wameibuka kuwa Wakali wa toleo hili. Makofi matatu mazito tafadhali!

Paa! Paa! Paa!

Hongereni sana Bassotu Fema Club. Mmeonesha kuwa suluhisho kubwa linaweza kuanza na wazo moja tu na uamuzi wa kuchukua hatua.



CHALENJI NO. 42

Wakali wa STEM ni nyinyi? Tuonesheni!

Kila siku tunakutana na changamoto. Inaweza kuwa shuleni, nyumbani au mtaani. Lakini changamoto ni nafasi ya kuonesha ubunifu.

Baada ya kusoma toleo hili la Fema, sasa ni zamu yenu kuthibitisha kuwa STEM siyo ya darasani tu. STEM inaweza kutatua matatizo halisi.

Mchongo uko hivi:

1. Chagueni changamoto moja mnayoiona shuleni, nyumbani au kwenye jamii yenu.
2. Kama Club, buni suluhisho linalotumia sayansi, teknolojia, uhandisi au hisabati (STEM).
3. Onesheni suluhisho hilo likifanya kazi.
4. Tupigieni picha au video fupi zikionesha tatizo na suluhisho lenu.
5. Tuandikieni kwa maneno yasiyozidi 400:
 - o Tatizo lilikuwa nini?
 - o Suluhisho lenu linafanyaje kazi?
 - o Mmejifunza nini?

Ripoti za
CHALENJI no 42
zitumwe kabla ya
28 Februari 2027
GOOD LUCK!

Tutazingatia nini?

- Ubunifu
- Matumizi ya STEM
- Uwezo wa kutatua tatizo
- Ushirikiano wa Club
- Uwezekano wa suluhisho lenu kutumiwa na wengine

KUMBUKA!

Hauhitaji maabara kubwa wala vifaa vya gharama. Mara nyingi ubunifu huanza kwa wazo zuri, vifaa vinavyopatikana karibu yako na uamuzi wa kujaribu.

Zawadi:

Mshindi wa Kwanza

- Atatangazwa kwenye jarida la Fema.
- Club itapewa T-shirt 20 za Fema.

Nafasi ya Pili hadi ya Tano

- Zitapata nafasi ya kutangazwa kwenye jarida la Fema pia.

KWA MAWASILIANO TAZAMA UKURASA WA
MWANZO KABISA WA TOLEO HILI.

Haya sasa, imekaaje hiyo? Club yenu ndiyo itaibuka kidedea Wakali wa STEM au mtakubali kushindwa? Tunawasubiri!


**Malkia wa
umeme**



femina
hip

SI MCHEZO!