

Vuk'uzenzele

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recycles
waste
into art**

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survivor
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of hope**

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R100 million to fight GBVF



Silusapho Nyanda

For four years, Ntombobolo Mrubata (38) did not know that she was in an emotionally abusive relationship.

She was involved with a man who continuously hurled insults at her and made her feel worthless.

"The emotional abuse I was subjected to made me feel small and belittled. I felt like I was nothing and could not do anything for myself. This man would even restrict my movement, he basically owned me. My self-confidence had reached rock bottom, I never thought that I could get out of that dark hole," said Mrubata.

Mrubata who originates from Eden

in Western Cape, eventually gained the courage to leave the abusive relationship after attending an information session facilitated by the Bitou Women of Change NGO.

"This information session really opened my eyes. I was not aware of the other forms of abuse, especially those that did not involve physical harm. I realised that I too was being abused." I spoke to the coordinator after the session and she invited me to get counselling and life skills training that would help me leave the relationship for good," says Mrubata.

Mrubata received skills on how to start a business, computer skills and currently working towards obtaining a driver's license with the assistance of the Bitou Women of Change.

"With the information I received from Bitou Women for Change, I managed to start a small business to sustain myself. I sell chips and fat cakes. This business has given me the

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Vuk'uzenzele



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"JWALE KE NAKO YA HORE BOHLE RE SEBETSENG MMOHO, TLOTLONG YA NELSON MANDELA, HO AHA AFORIKA BORWA E NTJHA, E BETERE BAKENG SA BOHLE."

MOPRESIDENTE CYRIL RAMAPHOSA

#SendMe

RE O AHOLA BOKAMOSO BO BETERE
RE ITHUTA HO TSWA HO MADIBA



Ha re bolokaneng

Naha ya bo rona e se e fetetse mo-hatong wa bobedi wa tlhokomediso karabellong ya rona ho sewa sa kokwanahloko ya *corona*.

Sena se tlie e le kimollo ho maAfrika Borwa ka-ofela a neng a tshwanela ho phela tlasa dithibelo tse matla bakeng sa dikgwedi tse tsheletseng tse fetileng.

Ke letshwao la kgatelopele eo re e etsang mabapi le ho fokotsa ditshwaetso tse ntjha le boima hodima ditsha tsa rona tsa kalafo. E boetse ke ntshetsopele ya bohlokwa jwaloka ha re tsitlallela ho qala botjha moruo wa rona.

Feel e sa le hoseng hore re ka keteka.

Re ntse re le mahareng haholo a sewa sena se bolayang se seng se fetile ka maphelo a fetang 11 000 ka hara Afrika Borwa feela.

Re iphumana re na le ditlaleho tse etsang halofo ya milione tse tiiseditsweng, re ntse re na le ditshwaetso tse maemong a bohlano tse phahameng ka ho fetisisa lefatsheng. Ho ntse ho na le monyetla wa hore lefu lena le ropohe botjha.

Haeba re batla se re hopotsang ka bottalo hore re lokele ho fadimeha, ke hore re shebe se etsahetseng dikilomithara tse dikete hole le rona e leng naheng ya New Zealand. Dikgwedi tse tharo esale naha eo e tsebahatsa hore ha e sa na kokwanahloko ya *corona*, New Zealand e boetse e hlasetswa ke ho kgina ha ditshebeletso hape. Leha ho ropoha ha moraorao e ne e le ha ditlaleho tse mmalwa,



mmuso oo o ile wa potlakela ho kenya dithibelo tshebe-tseng hape.

Dithibelo tse tshwanang le tseo di ile tsa lokela ho kenngwa tshebetsong hape dikarolong tse mmalwa tsa Yuropa kaha di ile tsa hlaselwa ke 'leqhubu la bobedi' la ditshwaetso.

Diketsahalo tsena di bo-ntha feela kamoo dirintho di ka fetohang ka potlako ha re tla tabeng ya COVID-19.

Sena ke tlhokomediso ho rona ba ntseng ba ithetsa ka hore re se re le haufi le ho bona pheletso ya bothata bona ba maemo a hlobae-tsang bophelong ba setjhaba.

Ehlide ho na le matshwao a tlisang tshepo. Palo ya ditlaleho tse ntjha tse tiiseditsweng ka hara Afrika Borwa e ntse e tswella ho theoha. Sehloholong sa lefu lena kgwedding e le nngwe feela e fetileng, re ne re ba le ditlaleho tse ntjha tse ka fihlang ho 12 000 ka letsatsi. Sena se theohetse ho palohare ya bonyane

5 000 ka letsatsi bekeng ena e fetileng. Sekgahla sa rona sa ho hlaphohelwa se eme ho 80%.

Jwaloka ha naha e fetela mohatong wa bobedi wa tlhokomediso, dithibelo tse ngata tsa diketsahalo tsa kahisano le tsa moruo di nyehlisitswe. Sena se tla tla ka kotsi ya ho eketseha ha ditshwaetso.

Jwale re lokela ho laola kotsi ena le ho netefatsa hore seo re se fihletseng ho fihlela mona mabapi le ho laola ho ata ha sewa sena ha se re kgutlisetse morao. Tshoso e matla ka ho fetisisa bophelong ba setjhaba hajwale ke ho itebala. E ka nna ya ba re dumelletswe ho etela metswalle le ba malapa, ho ya dibakeng tsa boithabiso, ho tsamaela monate le ho nwa tahi le ho ya direstjhurenteng, dibareng le ditame-neng.

Feel a maele a kgale a re, ho kcona, ha ho bolele ho tlameha.

Batho ba bangata ba nang le

kokwanahloko ya *corona* ha ba na matshwao mme ha ba tsebe le hore ba na le tshwaetso. Sena ke nneta e tshosang hobane se bolela hore mang le mang e ka nna ya ba o na le tshwaetso mme a ka tshwaetsa ba bang ntle le maikemisetso.

Sena e ka ba ntho e etsa-halang ha motho a etela ba leloko, haholo-holo ba seng ba hodile le ba ntseng ba tshwerwe ke mafu a mang a ka etsang hore ba tshwaetse-ha bonolo. Ho boetse ho jwalo ka ho ya ditshebe-letsong tsa bodumedi kapa mesebetsing ya botjhaba.

'Leqhubu la bobedi' la ditshwaetso leo dinaha tse ding tse mmalwa di bileng le lona ke kgonahalo e dulang e le teng ya hore le rona le ka re fihlela. Leha ho nyehlisitswe dithibelo tse ngata, ha ho bolele hore di keke tsa kgutla haeba ho ka ba le ho phahama ho matla ha ditshwaetso. Sewa sena ke taba ya bophelo le lefu.

Re lokela ho se tlwaela le

ho dula re fadimehile.

Matsatsing a tlang, dibekeng le dikgweding tse tlang, re lokela ho tsepamisa maikutlo ka matla maite-kong a ho hlaphohelwa.

Moruo wa rona le setjhaba di thefulehile haholo. Jwaloka ha re kgutlela mesebe-tsing ya moruo ho phatlalla le diindasteri kaofela – mme re ilo sebetsa le ho lokisa moo ho senyehileng – re na le boikarabelo ba hore re se itebale jwaloka batho ka bo mong, bahiri, badudi, malapa, ditsebi, basebetsi le baahi.

Ha ho le ya mong wa rona ya batlang ho kgutlela matsatsing a pele a ho kgina ho matla ha ditshebeletso le metsamao ya batho. Re batla ho tswela pele ka maphelo a rona. Re batla ho bona metswalle le baratuwa ba phe-tse hantle le ho bolokeha.

Jwaloka setjhaba, ha re tswe-leng ho sebetsa mmoho ho netefatsa hore re hatela pele. Ho fetela mohatong wa bobedi wa ho kgina ha ditshebeletso 'ha se matlwane.' Melawana ya ho sielana sebaka, ho kenya di-maske, dikopano tsa setjhaba le maeto a matjhabeng e ntse e dutse e le jwalo.

Katleho ya rona e itshetle-hile hodima bokgoni ba rona ba ho ikobela melawana ena le ho netefatsa hore bohle re itshwara ka hloko le ka boikarabelo.

Kamehla ha re nahana ka ho etsa mosebetsi o sa hlokeheng, re lokela ho ipo-tsa hore: kgonahalo e ka ba efe ya ho tshwaetsa ba bang kapa ho tshwaetswa? Moo ho ka bang kotsi, leha e ka ba e nyane, ho molemo hore o se be moo.

Ha re tswelleng, jwaloka kamehla, re fadimehe. Ha re bolokaneng.

NSFAS e tilisetsa ditoro tsa ka

More Matshediso

Sekema sa Dithuso tsa Ditjhelete tsa Baithuti (NSFAS) se ngotile sekgeo sa mathata a ditjhelete pakeng tsa Karabo Mashego (21) le morero wa hae wa ho ntshetsa dithuto tsa hae pele.

Mashego wa Sebokeng ho la Gauteng tulong ya Lekoa o re o ne a sa tlo kgona ho fihlella ditefello tsa dithuto le ditjeo tse ding tse tsamaelanang le thuto ya kamora materiki hoja a ne a sa thola basari ya NSFAS.

"Hodima moo, ditsiane tsa kgwedi ka nngwe tseo ke di fumanang ho tswa ho NSFAS di nthusa ho robala le ho bala ka mpa e tletseng," o rialo.

Mashego ke moithuti wa selemo sa boraro ya ithutelang kgerata ya boenjinere ba kaho Yunivesithing ya Pretoria.

"Ditefello tsa dithuto di bitsa haholo. Bakeng sa lekala leo ke le kgethileng, ke ne ke sa tlo kgona ho lefella le kgwedi-tshelela, re sa bue ka selemo se le seng," o a hlalosa.

Mashego o qetile lengolo la materiki ka selemo sa 2016 mme e le moithuti ya ka seholohong seholopheng sa hae, empa a se na mogwya wa ho lefella dithuto tsa hae. O ile a atleha ho etsa kopo ya matlolle ho tswa NSFAS bakeng sa selemo sa dithuto sa 2018.

"Sena se mphile monyetla wa ho phethahatsa toro ya ka ya ho ithutela boenjinere.

Thuto e bapala karolo e kgolo ntshetsopeleng ya ka mme e nthusa ho hatela pele ho tsohle tseo ke labalabelang ho di fihlella.

Ho feta moo, empha matla a ho matlafatsa ba bang ka hara motse wa heso mme kahoo ba nyehlele moruong wa na ha ya rona," Mashego o a hlalosa.

"Ke kgothaletsa batjha ho etsa dikopo tsa matlolle a NSFAS hobane ho latella toro ya hao ha se mahala, ho



Karabo Mashego o ithutela kgerata ya boenjinere, ka diteboho ho NSFAS.

batla tjhelete, mme NSFAS e tla o ngotile sekgeo seo," o rialo.

Letona la Thuto e Phahameng, Saense le Ntjhafatso, Ngaka Blade Nzimande, o

butse sehla sa dikopo sa NSFAS 2021 bakeng sa dikgwedi tse nne, ho tloha ka la 3 Phato ho isa ka la 30 Pudungwana 2020.

Baithuti ba tswang mala-

peng a neng a tinngwe menyetla le a basebetsi ba lakatsang ho ntshetsa dithuto pele koletjheng leha e le efe ya mmuso ya thuto le thupello ya mosebetsi

(TVET) kapa yunivesithing ba ka etsa dikopo.

Ho tshwaneleha bakeng sa ditjhelete tsa NSFAS, moikopedi o lokela ho ba moahi wa Afrika Borwa ya tswang lelapeng le nang le lekeno le kopanetsweng la selemo le sa feteng R350 000.

Lekeno la selemo la lelapa la moithuti ya qhwadileng ha le a lokela ho feta R600 000.

"Selemong sa hajwale sa dithuto, NSFAS e thusitse baithuti ba fetang 700 000 ka ditjhelete, 248 242 ke ba dikoletjheng tsa TVET ha 481 339 e le ba diyunivesithing (tlhahisoleding ya baithuti ba ingodisitseng). Sena ke keketseho ya 20% ho tloha selemong se fetileng ha re ne re bapisa tlhahisoleding ya nako e tshwanang le ena ya selemo sa 2019 kgahlanong le sa 2020," ho rialo Letona Nzimande.

NSFAS e ikarabella baking sa 40% ya baithuti ba so ka ba phethela dithuto diyunivesithing le 70% dikoletjheng tsa TVET. 

Tsela ya ho etsa kopo

- Baikopedi ba lokela ho etela www.nsfas.org.za mme ba tobetsa ho myNSFAS. Ba lokela ho theha akhaonte ya myNSFAS, ka ho tobetsa konopo ya APPLY, ba arabe dipotso tse sekirining mme ba kenyé ditokomane tse batlehang. Hang ha ba entse sena, ba lokela ho tobetsa *SUBMIT*.
 - Kamora ho tobetsa *SUBMIT*, ho tla hlaha nomoro ya tshupiso sekirining. Nomoro ya tshupiso e tla boela e romelwa nomorong ya selefounu le imeileng eo moikopedi a fanneng ka yona.
 - Baikopedi ba ka sebedisa selefounu, thabolete kapa khompyutha bakeng sa ho etsa kopo. Photale ya NSFAS e bile le diphethoho tse seng kae bakeng sa ho nolofatsa tshebediso le mabaka a tshireletso.
 - Baikopedi ba qalang ba tla hloka khopi ya ID kapa ya lengolo la tswalo mme ba
- thehe porofaele photaleng ya *myNSFAS*. Baikopedi ba ntseng ba na le diakhaonte ba lokela ho kena diakhaonteng tsa bona - hopola, ho dumelletswe porofaele e le nngwe bakeng sa moikopedi ka mong.
- Moikopedi o lokela ho fana ka tumello ya hore tlhahisoleding ya hae e lekolve ke motho wa boraro mme ha a sa dumellane le seo, a keke a dumellwa ho tswela pele ka motjha wa boikopedi.
 - Ka lebaka la sewa sa kokwanahloko ya *corona*, baikopedi ha ba a lokela ho kenyá foromo ya tumello. Empa feela ba tla koptjwa ho amohela dipehelo ka mogwya wa foromo ya elektroniki, hammoh le dipallo le dipehelo tsa ho thuswa ka matlolle.
 - Baithuti ba ntse ba lokela ho fana ka ditokomane tsa tshehetso (khopi ya ID, bopaki ba lekeno la motswadi/mohlokamedi, khopi ya ID ya motswadi/mohlokamedi, le/kapa Tlatsetso A bakeng sa baikopedi ba qhwadileng).