

# Vuk'uzenzele

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into art**

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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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"ZWINO NDI TSHIFHINGA TSHA URI ROTHE RI SHUMISANE HU U HULISA VHO NELSON MANDELA NA U FHAṬA AFRIKA TSHIPEMBE LISWA LA KHWINE LA VHATHU VHOTHE."

Muphuresidennde Vho Cyril Ramaphosa

#SendMe

KHA VHA ITE URI VHUMATSHOLO HAVHO VHU SHUME KHWINE  
RI GUDA KHA VHO MADIBA



# Kha ri tsireledzane

**S**hangi lašu lo ya kha levele ya vhuvhili (2) kha nndwa yashu na dwadze la tshitzhili tsha corona. Hezwi zwo da sa u femuluwa kha vhathu vhothe vha Afrika Tshipembe vhe vha tshila fhasi ha nyiledzo dzo khwaṭhaho kha miwedzi miṭanu yo fhiraho.

Fhedzi hu kha di vha mātheloni kha uri ri pembele.

Ri kha di tou vha vhukati ha dwadze tshifu le la dzhia matshilo a pađaho 11,000 kha la Afrika Tshipembe fhedzi. Kha vhathu vho khwaṭhisedzwaho uri vho kavhiwa, vha pađaho hafu ya milioni, ri kha di vha na tshivhalo tsha vho kavhiwa-ho tshi re nħħesa tshire tsha vha tsha vhuṭanu kha ljhiasi. Nahone hu na khonadzeo ya tshikhala tsha u nga gonya ha tshivhalo itshi.

Arali ri tshi ḥoda tsivhudzo nga ha ḥodea ya u dzula ro fhaṭuwa, ri tea u sedza kha zwithu zwo iteaho zwenezwino fhethu ha vhukule ha kħiżomitha dza zwigididi ngei New Zealand. Kha miwedzi miraru musi shango lo ᬁvhadzwa uri a ji tshe na tshitzhili tsha corona, New Zealand zwa zwino lo vhuyela hafhu kha nyiledzo dza u tshimbila. Naho ḥaho ya vhulwadze ya zwenzwino ho vha hu vhathu vho kavhiwaho vha si gathi, muvhuso nga u ɻavhanya wo vhuisa hafhu mikano ya nyiledzo dza u tshimbila.

Nyiledzo dzi fanaho na dza mathomo dzo dovha dza vhuedzedzwa kha zwipida zwo fhambanaho zwa Europe saizwi vha



tshi khou tshenzhema u kavhiwa hafhu lwa vhuvhili. Tshenzhemo hedzi dzi tou sumbedza uri zwithu zwi nga shanduka hani musi ho sedzwa COVID-19.

Zwi tou vha kharuso kha avho vhane vhukati hashu vha nga fara kuhumbulele ku si kwone kwa uri ri tsini na u vhona magumo a tshimo tsha shishi tshi kondaho tsha mutakalo wa lushaka.

Zwa ngoho ndi zwauri, hu na tsumbo dza fhulufhelo. Tshivhalo tsha vhathu vho khwaṭhisedzwaho uri vho kavhiwa Afrika Tshipembe tshi khou di ya phanda na u tsa. Musi ri kha maṭhakhe a vhulwadze heneħha kha miwedzi wo fhiraho, ro vha ri tshi rekħoda nga ᬁvha heneħha kha vhathu vhaswa vho kavhiwaho vha 12,000. Hezwi zwo tsa nga mbalotshikati ya heneħha kha 5,000 nga ᬁvha kha vhege yo fhiraho. Phimo yashu ya u vusulusa hafhu i kha phe-senthe dza 80.

Musi shango ji tshi khou ya kha levele 2, nyiledzo nnzhi kha mishumo ya ikonomi na ya matshilisano dzo fheliswa. Hezwi zwi da na khonadzeo ya khombo ya u

engedzea ha phiriselo.

Zwa zwino ri khou tea u langa khonadzeo ya khombo iyi na u khwaṭhisedza uri mbuelo dze ra dzi swikela u swika zwino ri tshi langa u phađalala ha dwadze a dzi khou humela murahu. Tshutshedzo khulwane kha mutakalo wa lushaka zwa zwino ndi vhuḍigedi. Zwi nga vha zwi tshi khou itwa ngauri zwa zwino ri vho tendelwa u ɻangana na khonani na muṭa, u dalela fhethu ha vhuḍimvumvusi, u enda ho vhofholawaho na u nwa zwikambi fhethu hune ha rengiswa zwiliwa, barani na thaveni.

Sa zwine murero wa ambauri, zwauri ni a kona, a zwi ambi uri ni tea u zwi ita.

Vhathu vhanzhi vhane vha vha na tshitzhili tsha corona a vha na tsumbadwadze naħone a vha zwi ᬁvhi zwauri vho kavhiwa. Hei ndi ngoho ino vhavha nga maandha ngauri zwi ambauri muñwe na muñwe washu a nga kavhiwa zwa zwino nahone ri nga pfukisela tshitzhili kha vhañwe ri sa zwi limuwi.

Hezwi zwi fana na maħfungo a musi u tshi dalela mashaka, nga maandha

u mona na nđowetshumo dzothe – na u shuma u itela u lugisa tshinyalelo yo iteaho – ri na vhuḍifhinduleli ha u sa laṭa fhulufhelo sa vhathu, vhatholi, tshitshavha, miṭa, vhashumi vha phurofesheni, vhashumi na vhadzulapo.

A hu na na muthihi washu ane a ḥoda u humela kha mađuvha ala a u thoma a mikan i shushaho ya nyiledzo dza u tshimbila. Ri tama u ya phanda na vhutshilo. Ri tama khonani na vħafunwa vhashu vha tshi dzula vhe na mutakalo nahone vho tsireledzea.

Sa lushaka, kha ri ise phanda na u shumisana u khwaṭhisedza uri ri vhe na mvelaphanda. U ya kha levele 2 ya nyiledzo dza u tshimbila a zwi ambi 'mbo-fholowo kha vhothe.' Milayo ya zwa u sia tshikhala vhukati ha muthu na muñwe, u ambara masiki, magu-vhangano a vhathu na ya u endela mashangoqavha i tshe yo dzula yo tou ralo.

U bvelela hashu hu bva kha vhukoni hashu ha u tevhedza milayo iyi na u khwaṭhisedza uri rothe ri qifara zwavħuġi nahone ri na vhuḍifhinduleli.

Tshifhinga tshothe ri tshi humbula u ita mushumo muñwe na muñwe u si wa ndeme, ri tea u vhudzisa uri: khonadzeo ya khombo ya u nga kavhiwa kha riñe na kha vhañwe ndi nngafhani? Hune ha vha na khonadzeo ya khombo, naho i ḥukħuṭħukħu, ndi zwa ndeme uri mushumo uyo vha songo vhuya vha u ita.

Kha ri ise phanda, u fira na mathomoni, na vhulondi. Kha ri tsireledzane.

# NSFAS yo wedza miłoro yanga

## More Matshediso

**T**shikimu tsha Ndambedzo ya Masheleni tsha Matshudeni tsha Lushaka (NSFAS) tsho vala tshikhala tsha masheleni vhukati ha Karabo Mashego (21) na maano awe a u bveledza miłoro yawe

Mashego wa Sebokeng vhuponi ha Vaal kha la Gauteng uri o vha a si nga kone u swikelela mbadelo dza pfunzo na dzinwe thodea dza pfunzo nga murahu ha matiriki arali o vha a songo wana ndambedzo ya masheleni a u guda ya NSFAS.

"Zwinwe hafhu, tshelede ya nwedzi nga nwedzi ine ya bva kha NSFAS i ita uri ndi eđele na u vhala thumbu yo fura," o ralo.

Mashego ndi mutshudeni wa n̄waha wa vhularu ane a khou gudela digirii ya vhuiñziniara ha sivilu Yuni-vesithi ya Pretoria.

"Mbadelo dza pfundzo dzi dura nga maanda. Kha khoso ye nda ḥanga, ndo vha ndi si nga kone u badela simesha, ndi sa tsha amba n̄waha wa pfundo muthihi zwawo," o ḥalutshedza.

Mashego o phasa matiriki ng 2016 nahone o vha e mugudiswa a konesaho u fhira vhothe kha murole wawe, fhedzi o vha a si na ndila ya u badela pfundzo dzawe. O kona u ita khumbelo dza ndambedzo kha NSFAS u itela n̄waha wa 2018.

"Izwi zwe mpha tshikhala tsha uri mułoro wanga wa u gudela vhuiñziniara u wedze. Pfunzo i shela mulenzhe zwihiwlwane kha u ḥibveledzisa hanga nahone i nthusa uri ndi bvele phandha kha zwe the zwine ndo ḥiimisela u zwi swikela. Zwinwe hafhu, yo maandafhadza nne uri ndi kone u maandafhadza vhatu kha tshitshavha tsha hashu zwine zwa shela mulenzhe kha ikonomi ya shango," Mashego u a ḥalutshedza.

"Ndi ḥułuwedza vhaswa uri vha ite khumbelo ya ndambedzo ya NSFAS ngauri u tevhela miłoro yau



Karabo Mashego u khou gudela digirii ya vhuiñziniara, u livhuwa NSFAS.

a zwi ḥi mahala, zwi ḥoda

ndambedzo, nahone NSFAS i do ni valela tshikhala," u ralo.

Minist̄awa Pfundzodza N̄ha, Saints na Vhutumbuli, Vho

Dokotela Blade Nzimande, vho vula tshikhala tsha u ita khumbelo dza NSFAS dza 2021 lwa miñwedzi miña, u thoma nga la 3 Thangule u swika 30 Lara 2020.

Matshudeni vha no bva miñani i shayaho na miñani ya vhane vha shuma vhane vha tama u bveledza phandha pfundzo dzavho kha magudedzi a pfundzo ya mishumo

ya zwanda na vhupfumbudi (TVET) a muvhuso kana yunivesithi vha nga ita khumbelo.

U tewa nga ndambedzo ya NSFAS, muthu a itaho khumbelo u tea u vha a mudzulapo wa Afrika Tshipembe nahone a tshi bva kha muña une miholo ya muña yo ḥanganyiswa yothe i si swike R350 000 nga n̄waha. Mbuelo ya n̄waha ya muña wa mutshudeni ane a vha na vhuholefhalu a yo ngo tea u fhira R600 000.

"Kha uno n̄waha wa pfundzo, NSFAS yo lambedza matshudeni vha no fhira 700 000, vha 248 242 kha magudedzi a TVET na 481 339 kha dzyunivesithi (data dza matshudeni vho n̄waliswaho). Hei ndi nyaluwo ya phesenthe dza 20 u bva kha n̄waha wo fhelaho musi hu tshi vhambedza data dza matshudeni o n̄waliswaho) dzo ḥanganedzwaho nga tshifhinga tshi fanaho tsha n̄waha wa 2019 u tshi vhambedza na 2020," Minist̄a Vho Nzimande vha ralo.

Tshikwama tsha NSFAS tshi badela phesenthe dza 40 dza matshudeni vha sa athu fhedza digiri yunivesithi na phesenthe dza 70 kha magudedzi a TVET.

## U ita khumbelo

- Vha itaho khumbelo vha tea u dalela [www.nsfas.org.za](http://www.nsfas.org.za) vha putedze kha myNSFAS. Vha tea u vula akhaunthu ya myNSFAS, vha pułedze sia la APPLY, vha fhindule mbudziso dici re kha sikirini vha rumele marwalo ane a thodea. Musi vho no ita nga u ralo, vha tea u pułedza SUBMIT.
- Nga murahu ha u pułedza SUBMIT, nomboro ya referensi ya khumbelo i do bvelela. Nomboro ya referensi i do dovha ya rumelwa kha luñgokhwalwa na kha ḥiresi ya imeili ye vha i netshedza.
- Vha itaho khumbelo vha nga shumisa luñgokhwalwa, thebulethe kana khomphwutha u ita khumbelo. Hu na zwe khwinisiwaho nyana kha phothala ya NSFAS u itela uri i shumisee nga u leluwa na u vha yo tsireledzeaho.
- Vhane vha khou ita khumbelo lwa u thoma vha tea u vha na khophi ya basa kana ḥanzielia ya mabebo u ḥiñwalisa kana u ita phurofañli kha phothala ya myNSFAS. Matshudeni vhane vho