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OCTOBER - DECEMBER 2018

HALIUZWI

Linda &
Jenga
Maisha
Yako

Dare
to Dream
- Jokate

Mabinti
Wathubutu

Boy
Power!

MBEYA

WASILIANA NA FEMINA



Ndoto zetu
zimetimia

Mnazitambua sura hizi?



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Una maswali, mrejesho au mapendekezo
kuhusu kazi zetu?
Au kuna tatizo lolote la ufkaji wa Fema katika
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kuwasiliana nasi!

Dreams!

Ndoto!, we all have them, the visionary fantasies of how our lives could be, our hopes and ambitions...usually happy, pleasant thoughts. So welcome to the Fema DREAMS issue where we explore how our dreams can come true!

First of all, we must Dare to Dream, and no one is better at that than Jokate Mwegelo, our cover personality and the woman behind the Kidoti brand. Jokate opens up about who she really is, her ambitious dreams, her ups and downs, her disappointments, and the hurts and pains she has gone through to get to where she is today. She is a girl who dares to dream and set goals, and she isn't done yet!

We travelled to Mbeya for this issue to speak to secondary school girls who have completed the Fema DREAMS Girl Power training. We have crafted this program to assist girls to 'protect and build' their lives and their dreams. Read the Cheza Salama article and learn about the Linda Maisha Yako and Jenga Maisha Yako program which has been delivered to Fema mentors and thousands of clubbers across the country to make sure the girls stay in school.

We met so many inspiring girls, busy balancing school, starting small scale businesses, and saving money. These girls know what they are doing and nothing will stop them from finishing school and achieving their goals and dreams. Read their testimonies, get inspired, learn from their daring spirit and challenge yourself to start chasing yours.

But hey, it is not all about the girls! We have a surprise for you! We have launched the Boy Power Team - so now the Girl Power Team has its match. Hebu geuza copy yako nyuma! That is the team! Five boys with different backgrounds and experiences are all role models in their own right - read Stori Yangu to get to know them and meet them at their kijiwe and hear all about their HIV testing experiences.

So, girls and boys, don't be afraid to dream! Set goals and work hard, seek out mentorship through someone you trust and resist peer pressure. Volunteer and become an active member of your Fema Club. Don't let obstacles along the way discourage you, keep moving. Believe in yourself and your dreams. You are unique and precious, you have something special in you, different from the rest. Bring it out, let it blossom.

Chase your DREAMS! The sky is the limit!



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Thubutu Kuwa na Ndoto - Jokate

NA TUNU YONGOLO PICTA K15

Dare to Dream - Jokate

BY TUNU YONGOLO PHOTOS K15

Jokate a.k.a Kidoti ni maarufu. Ni mtu mashuhuri mwenye followers zaidi ya milioni 3 instagam. Ana mvuto, anaendesha biashara yake mwenyewe na ana malengo ya kufika mbali kisiasa. Amewahi kuwa na uhusiano wa kimapenzi na watu maarufu kadhaa. Lakini pia, amekuwa mhanga wa mashambulizi kwenye mitandao ya kijamii. Kikubwa ni kwamba, ni msichana aliyethubutu kuwa na ndoto, na anafukuzia ndoto zake.

Jokate a.k.a Kidoti is famous. She is a celebrity with over 3 million followers on Instagram. Her image is glamorous, she runs her own business, she has political ambitions. She has dated a few well-known people. But, she is also a victim of cyber gossip/bullying! In any case, here is a girl that has dared to dream. She is unstoppable!

Alinialika, nikamtembelea. Nilishangaa kukuta kwamba bado anaishi kwa wazazi wake. Nilipoingia nilitarajia kungekuwa na kamera kila kona, taa za nguvu na picha kibao ukutani. Nilidhani chumbani kwake kuna bonge moja la kitanda, lililonakshiwa kwa dhahabu na mapambo ya kufa mtu, lakini badala yake nilichokiona ni kitanda cha kawaida, meza, vitabu kadhaa na CD! Palikuwa ni mahali pa kawaida sana. Ni kuta za rangi ya kijani mpauko zilizorembwa kwa wallpaper yenye maua. Pia kulikuwa na sofa za pinki. Yes! Pinki ndiyo rangi aipendayo.

Alivaa fulana, nywele zake zikiwa zimebanwa 'mchicha', simpo kabisa. Tulilainisha koo kwa glass ya juisi, akajiegemeza tena kwenye sofa kisha akaniruhusu kuuliza chochote ambacho ningependa kujua. Nikauliza, akafunguka.



TASWIRA MBILI, MTU MMOJA

Jina langu kamili ni Jokate Urban Mwegelo, nina miaka 30. Linapokuja suala la mimi ni nani, Jokate au Kidoti, najua si rahisi kwa watu wengi kuelewa kwamba hawa ni 'watu' wawili tofauti. Naweza kusema Kidoti ni brand yangu, yaani ni Jokate wa pili.

Ninapokuwa Kidoti aibu naweka pembeni kidogo. Nathubutu. Kidoti anapenda vipodozi na nguo nzuri. Jamani! Nani hapendi kuva vizuri? Napata ujasiri ninapokuwa nimetinga viwalo vya maana. Nazungumza zaidi. Najiamini, na najaribu vitu ambavyo pengine ningegopa kuvijaribu, kama biashara. Ninapokuwa Jokate naogopa biashara, nahisi kama sijui chochote kuhusu biashara, lakini ninapokuwa Kidoti, nina ujasiri wa kujaribu, na hata ninaposhindwa nakusanya nguvu tena, naendelea.

Ninapokuwa Jokate, ni mpole, tena ni mwenye aibu kwelikweli. Inashangaza eenh? Lakini, katika haiba zangu zote mbili, mimi ni mpenda watu na napenda kupiga stori.

I was invited to visit Jokate and was surprised to find that she still lives in her parent's house. When I walked in I expected cameras and lights and a million pictures hanging on the wall. I imagined a big bed made of gold and glitter in her room, but instead what I saw was a table with stacks of books and videos. It was nothing out of the ordinary. It had light green walls with flower wallpaper. Then there were the pink sofas. Pink – her favorite color!

She is dressed in a t-shirt with her hair tied up in a simple bun. We get cozy with glasses of juice, she leans back on her couch and tells me I can ask her anything I wanted. And so I asked and she shared.

MY DOUBLE IDENTITY

My full name is Jokate Urban Mwegelo and I'm 30 years old now. When it comes to who I am, Jokate or Kidoti, I know it's not easy for many people to understand that these are two different people. I can say Kidoti is my brand, my alter ego.

When I am Kidoti I am a lot less shy. I am daring. Kidoti loves make-up and nice clothes. Jamani! Who doesn't? I get courage when I am all dressed up. I talk a lot more. I am confident, and I try out things that I would otherwise be scared of. Like business. Oh my! When I am Jokate I am scared of business, I feel I don't know anything about it, but when I am Kidoti, I have the courage to explore and try and even fail, then I pick myself up again.

When I'm Jokate, I am very humble in fact I am quite shy. Strange, isn't it? However, I'm very friendly in both personalities and I like talking to people.



FAMILIA YANGU

Nimekulia katika nyumba ya familia Jijini Dar es Salaam. Mama na baba mara nyangi walikuwa bize na kazi na walikuwa wakisafiri sana. Nililelewa zaidi na kaka yangu Constantine na dada yangu Desidera. Constantine, ambaye ni mkubwa kwangu kwa miaka 9, alikuwa mkali. Alikuwa akinifundisha kusoma na kuandika, na pia alinizuua kutoka ovyo. Nina Shahada ya Sayansi ya Siasa na Utawala kutoka Chuo Kikuu cha Dar es Salaam.

Ingawa nimekuwa mkubwa sasa, bado naishi katika nyumba ya wazazi wangu. Napapenda. Ni sehemu salama kwangu, najisikia huru. Hapa chumbani kwangu nina uhuru wa kukaa mwenyewe nikitafakari na kutuliza mawazo. Kaka yangu pia anaamini kwamba ni salama kwangu kuishi nyumbani na ninakubaliana naye. Pananipa hifadhi wakati ninapoelemewa na mashambulizi kwenye mitandao ya kijamii kwa sababu nina uwezo wa kuamua nani aingie nyumbani kwetu.

MY FAMILY

I grew up in my family home in Dar es Salaam. My mom and dad were always busy with work and travelled a lot. I was raised mostly by my brother Constantine and my sister Desidera. Constantine, who is 9 years older than me, was very strict. He used to tutor me and would teach me to spell, read and write, and he even gave me curfews! I completed my degree in Political Science and Public Administration at the University of Dar es Salaam.

Even though I am older now, I still live in my parents' house. I really love it. It is my sanctuary, my free space - here, I can be on my own with my thoughts and feelings. My brother also thinks it is safer and I totally agree. It allows me privacy when the world of three million followers gets too much to handle. I can control who comes and goes.

NDOTO YANGU YA BIASHARA

Naipenda biashara yangu, bidhaa zangu, na zaidi ya yote, wateja wangu. Kuanzisha brand yangu ya Kidoti imekuwa ni ndoto yangu kubwa zaidi.

Lakini kutimiza ndoto sio jambo rahisi. Biashara si rahisi kama Facebook inavyowaaminisha watu! Nimepitia changamoto nyingi lakini ninajifunza kadri ninavyosonga mbele. Wakati fulani mzalishaji wa bidhaa zangu za nywele alisitisha kutengeneza bidhaa yangu. Nilitamani kulia. Lakini nilikusanya nguvu na kutafuta mzalishaji mwingine. Unajua kilichotokea? Mzalishaji mpya hakuwa analipa kodi hivyo serikali ilimfungia biashara. Nikakaa benchi tena!

Nilitafuta tena mzalishaji mwingine, na taratibu nimerejea sokoni. Mchakato wa kuanzisha biashara sio rahisi. Unapaswa kubuni bidhaa, kutathmini ubora wake, kuipeleka sokoni kwa majoribio kama watu wataipenda, kisha kuagiza izalishwe kwa wingi.

Kidoti tunasema 'Nywele moja staili kibao!' na hii ni kwa sababu nataka wateja wangu wawe na uwezo wa kubuni mitindo tofauti kwa kutumia pakiti moja tu ya nywele.

Kwa sasa Kidoti inazo pia bidhaa za shule kama penseli, peni, mikebe, mabegi na kandambili. Bidhaa zangu nyingi zinapatikana Kariakoo. Ndoto yangu ni kuongeza bidhaa zaidi na ipo siku Afrika Masharini na dunia nzima itakuwa inanunua bidhaa za Kidoti.



MY BUSINESS DREAM

I love my business, my products and most of all, my customers. Starting the Kidoti brand has been my biggest dream.

But dreams don't come easy. Business is definitely not as easy as Facebook makes it seem! I've had so many challenges but I am learning as I go. One time the producer of my hair extensions just stopped making my products, I wanted to cry. But I picked myself up and I looked for another supplier. Can you imagine what happened? That second supplier didn't pay his taxes and the government shut him down. So, there I was again, with no supplier.

I looked for another supplier and am slowly starting production again. The process isn't easy. You have to design the product, assess its quality, try it in the market to see if people will like it, then place the order for them to be made in bulk.

The slogan for our Kidoti hair products is 'Nywele moja staili kibao!' and that is because I want my customers to be able to do many different hairstyles with just one packet of hair extensions.

Now Kidoti also makes accessories for school, like pencils, pens, pencil cases, bags and slippers. Most of my products are found in Kariakoo. I dream of adding more products to my brand, and one day, the whole of East Africa and the world will be buying Kidoti items. That's my dream.



NDOTO YANGU KWENYE MAPENZI

Kama msichana mwengine yeyote, natamani kupata mtu atakayenipenda kwa dhati. Nimepitia changamoto na furaha katika mahusiano. Nimetendwa zaidi ya mara moja. Inaumiza, lakini kwakuwa ni mtu mashuhuri, mwenye mamilioni ya followers, si rahisi kwangu kuwa na mahusiano ya siri. Fikiria maisha bila siri! Pia, kila mmoja anadhani ana haki ya kusema chocotete juu yangu, hata maneno yanayoumiza. Wakati mwengine wanazusha mambo kibao, utashangaa jinsi wanavyoandika stori za uongo kuhusu mimi. Kwa hakika hawamfahamu Jokate. Nadhani hayo ni matokeo ya umaarufu. Ndiyo maana huwa naamua kupotea mitandaoni kwa wiki kadhaa na kamwe sijishughulishi kujibu mashambulizi ya mitandaoni.

Kwahiy, bado nina ndoto kwamba ipo siku nitapata mtu anayenipenda kweli, tutaishi pamoja na kuzaa watoto. Na wakati nikisubiri ndoto hii itimie naendelea kuitumikia jamii.

NDOTO YANGU JUU YA TANZANIA

Nina ndoto nyingine. Ndoto fulani kuhusu Tanzania yetu. Tuna rasilimali nyingi na nataka kuifanya Tanzania kuwa mahali bora kwa wananchi wote, hususan wasichana. Tuna changamoto nyingi kama ndoa za utotoni, ukeketaji na mimba zisizotarajiwa. Wasichana wana ndoto na nataka kuwasaidia waamini kwamba wanaweza kutimiza ndoto zao. Nimepata heshima ya kuteuliwa kushika nyadhifa mbalimbali katika ulingo wa siasa, ambazo zinanipa nguvu ya ushawishi. Napenda kushughulikia masuala ambayo naamini kwamba ni ya msingi. Nikipata nafasi kubwa zaidi, nitafanya mambo makubwa zaidi.

Hongera
Jokate kwa
kuteuliwa kuwa
Mkuu wa Wilaya
ya Kisarawe.

MY LOVE DREAM

Like any other girl, I long to find true love. I too have had both good and bad relationships. I have had my heart broken more than once. It is painful, but being a celebrity with millions of followers, it's hard for me to keep my affairs private. Can you imagine a life with no secrets? Also, everyone seems to think they have a right to comment and say very hurtful things. They also make up a lot of stuff, it's unbelievable all the fake stories they write about me. They certainly don't know Jokate. I guess that's some of the sacrifices that come with fame. That's why I often go offline for weeks at a time and don't bother answering cyber bullies.

So, in the meantime, I continue to dream of one day finding true love. I long to build a home and a family and have babies of my own. And while I continue waiting for this dream, I will go on with my journey of being of service to others.

MY DREAM FOR TANZANIA

I have another dream. One for our beautiful country Tanzania. We have so many resources here and I want to make this country a better place for all citizens, but especially for young girls. We have too many challenges with early marriage, female genital mutilation and unwanted pregnancies. Girls have dreams and I want to help them believe that their dreams can come true. I have been honored to be selected to various posts within the political arena, where I have been able to have some influence. I love driving issues that are close to my heart. I want to do more of that in the future, if I get an opportunity.

PHOTO
BERNARD ATILIO

Congratulations
Jokate on your
recent appointment
as District
Commissioner of
Kisarawe.

JESHI KUBWAAA!

NA SEKELA YONA MWAIPAJA **PICHA FEMINA HIP**

Wahitimu wa mafunzo ya Femina DREAMS IC Girl Power wamekonga nyoyo za timu ya Nguvu ya Binti! Ni furaha isiyi kifani kwetu sisi timu ya Nguvu ya Binti kuona wasichana wakifanya vizuri. Ni sawa na kushuhudia miti ulioupanda ukizaa matunda. Furaha yetu hailezeki! Ndoto yetu kubwa ni kuona kijana, hasa msichana akiitambua nafasi yake katika jamii, akijilinda na kupambana na changamoto zinazomkabili. Na wahitimu hawa wameifanikisha ndoto yetu hii.

Jeshi la mabinti

Kila msichana aliyehitimu mafunzo amekuwa mwanafamilia wa timu ya Nguvu ya Binti. Wahitimu hawa wamekuwa mabalazi wa kuelimisha na kufundisha wenzao shulenii na kwenye jamii wanazotoka. Jeshi hili kubwa la mabinti lipo kwa ajili ya kuinua mabinti na vijana wote kwa ujumla. Wako kamili gado kuanzia kwenye Kulinda Maisha mpaka Kujenga Maisha. Walipikika, wakaiva vizuri kabisa.



Yunice
Fidelly Simfukwe-
mwanafunzi
wa Nzondahaki Sec,
Kyela akiwashirikisha
wasichana mafunzo
aliyopata

Bendera ya Girl Power yapeperushwa!!

Si kuhitimtu na kusherehekeea mahafali, bali wasichana hawa wametekeleza kwa vitendo mambo mengi waliofundishwa. Wengi wameanzisha biashara ndogondogo ili wajipatieto kipato na kuijepusha na vishawishi. Mabinti hawa wamejiwekea malengo ya kimasomo na sasa wanasona kwa bidii ili wazifikie ndoto zao. Kikubwa zaidi, wanawaelimisha wenza ambao hawakufanikiwa kupata mafunzo ya DREAMS.

Kwetu rahaaaaa!!

Msichana anayejitambua, anayejiamini na kujithamini anavutia kuliko vito vya thamani, nuru yake ni zaidi ya jua la katikati ya siku, ujasiri wake unachoma kama pasi.



NGUVU YAONGEZAKA!

Timu ya vijana watano
wa kiume kama ilivyo timu
ya Nguvu ya Binti imeanza kazi
rasmi. Wanaitwa Boy Power au
Nguvu ya Kaka. Timu hizi
mbili ni kiboko ya changamoto
zinazowakabili vijana:
Boy Power ikishambulia kushoto,
Girl Power inashambulia kulia.
Tutafanya kazi bega kwa bega.
Karibu kazini Boy Power Team.
UMOJA NI NGUVU!

Karibu!

Hata wewe unaweza kuwa mwanafamilia wa timu ya Nguvu ya Binti hapohapo ulipo; ni rahisi sana! Anza kwa kuifahamu nafasi yako katika jamii na kamwe usikae kimya pale unapoona kijana mwenzako anapotea. Hakikisha unasimamia na kutetea haki za vijana, ukifanya haya wewe ni bonge la balozi! Pia usisahau kushiriki mijadala ya Nguvu ya Binti (Nguvu ya Binti Forum) inayofanyika kila Jumatano ya mwisho wa mwezi katika mitando ya kijamii. Juunge nasi katika kurasa zetu za facebook, twitter na instagram @feminahip. Mambo ni moto!



TWABHALA WI IBHEYA



Najua umebaki unatoa macho! Nimekuacha! Twabhalala wi Ibheya ni maneno ya Kisafwa, maana yake "nakwenda kwenye chumvi". Inasemekana enzi hizo babu zetu walikuwa wakienda mlimani kuchimba chumvi na walikuwa wakiaga hivyo. Basi ikawa wakoloni wakiuliza 'fulani kaenda wapi' wanaambiwa "wi Ibheya", lakini neno hilo likawa gumu kwao, wakaishia kusema "Mbeya" na huo ukawa mwanzo wa ardhi yetu hii kuitwa Mbeya.

This is Mbeya!

Mbeya ina wilaya saba ambazo ni Kyela, Rungwe, Busokelo, Mbarali, Chunya, Mbeya Vijijini na Mbeya Mjini. Mkoa wetu ni mmoja kati ya mikoa mitano (big five) inayozalisha chakula kwa wingi na kulisha nchi nzima na baadhi ya nchi jirani.

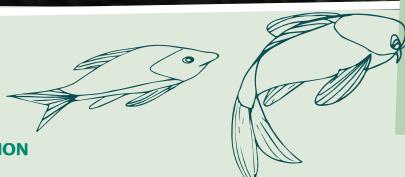
Wengi mlion jne ya Mbeya kabilo kubwa mnalolifahamu huku ni Wanyakyusa. Ukweli ni kwamba wenyeji hasa wa hapa Mbeya Mjini ni Wasafwa, ingawa kuna makabilo mengine kama Wanyakyusa, Wasangu, Wabungu na Wamalila. Na kwa pilika zilizoko Mbeya leo hii, si ajabu kuna watu kutoka makabilo yote 120 ya Tanzania! Sitashangaa.



Ziwa Ngozi

Wamepita wengi wakubwa

Kiongozi wa zamani wa Msumbiji, Hayati Samora Machel amewahi kuishi Majengo Jijini Mbeya, hadi leo kuna shule ya sekondari iliyopewa jina lake. Rais wa Jamhuri ya Kidemokrasi ya Kongo, Joseph Kabila, pia amesoma na kuhitimu kidato cha nne Sangu Sec Jijini hapa. Nataja hao wachache kwa ufinyu wa nafasi, ila wako kibao.



Kwenye soka pia tuko gado

Mbeya bana! Utaipenda! Ukiacha watani wa jadi Simba na Yanga, timu nyingine yenyenye mashabiki wengi na mizuka ya kufa mtu ni Mbeya City. Hata baadhi ya wachezaji wanaotamba kwa sasa kwenye timu mbalimbali wametoka Mbeya City; majina kama Deus Kaseke, Eliuta Mpepo, Kenny Aly, yanavuma mpaka watu wanatugwaya!



Posho Mills in Kyela



View matata ya Jiji la Mbeya

Vijana tunasaka mshiko



Kama ulidhani vijana wa Mbeya ni masela na masista du, uko wrong. Tuko bize kuitafuta shilingi. Chunya wako kwenye machimbo ya dhahabu, Mbarali wako bize na kilimo cha mpunga, Kyela vijana wameamka, wanalima kakao, mpunga kwa sana na kuvua samaki na 'usipa' (daga). Wenzetu wa Mbeya Vijijini nao wamejikita katika kilimo cha viazi mviringo, mahindi, maharagwe na pareto wakati vijana wa Rungwe na Busokelo wako bize na kilimo cha mahindi, ndizi, parachichi na chai. Vijana wa Jiji nasi tuko bize na mishe za town, tunauza matunda, mitumba, urembo, tunaendesha bajaj na bodaboda zetu wenywewe. Kwa ufupi, tunachakarika!



Daraja la Mungu

Almanusura nijisahau!

Naitwa Abdushakul Rajab, maarufu kama Jirani Mtembezi. Ni kijana maarufu sana hapa Mbeya ingawa mimi ni wa kuja. Asili yangu ni Tabora, baba yangu ni Mnyamwezi, mama ni Mzanzibari. Hii ndio raha ya Tanzania!

Nilipita hapa Mbeya kwa lengo la kwenda Sumbawanga kuisaka shilingi. Nilipoona Mbeya kinaeleweka nikavuta handbreak nikaweka kambi! Mimi ni mtundu na mdadisi mno! Na kwa kuwa napenda sana kujisomea na kuongea na watu, naifahamu Mbeya nje ndani!

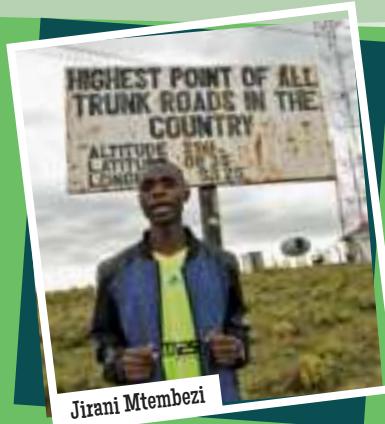
Karibu nikutembeze, ila usisahau kuja na sweta. Tuna baridi usipime! Kipupwe kinapuliza kama kimetumwa! Jiandae kupauka, ingawa hutojuta kuja. Karibu!



Soko la ndizi Tukuyu

Vivutio vya utalii pia tunavyo

Kuna Daraja la Mungu, hili ni daraja katika mto Kiwira, halikujengwa na mtu bali maji yalipasua mwamba, yanapita hadi leo. Tuna maporomoko ya maji huko Rungwe, chemchem za maji moto na barabara iliyo juu kuliko zote nchini kutoka usawa wa Bahari. Njoo tu aisee, kuna mengi ya kuona.



Jirani Mtembezi

Kulihappen kisomisomi!

NA SEKELA YONA MWAIPAJA

Ushawahi kusubiri shughuli halafu ukaona siku haziendi? Acha kabisa. Yaani hiyo inakuwa ni subiri subiri ya tukio la nguvu! Unahesabu wiki, siku, saa na hatimaye hiyooooo, shughuli inafika. Hayawi hayawi, mara yakawa kwa wahitimu mafunzo ya mradi wa Femina DREAMS IC Girl Power. Ee bana kumbi zilipambwa, na wanafunzi wenyewe. Chakula kikaandaliwa. Wageni kutoka sehemu mbalimbali ikiwemo Femina Hip wakawasili. Chereko zikafika mahali pake!!



Mradi wa DREAMS? Tujikumbushe kidogo

Ni mradi wenye lengo la kupunguza maambukizi mapya ya VVU pamoja na kumwepusha mtoto wa kike dhidi ya mimba za utotonii na kuhakikisha anabaki shule. Chini ya mradi huu, Femina Hip ilitoa mafunzo kwa wanafunzi wa kike wa kidato cha kwanza zaidi ya 5,000 katika shule mbalimbali za Shinyanga, Mbeya na Dar es Salaam. Lengo lilikuwa ni kumwezesha mtoto wa kike kiuchumi, kulinda maisha yake na kumwezesha kuzikabili changamoto zinazomzunguka.

Ilikuwa ni wiki 16 za mafunzo yaliyojaa maujanja. Walifundishwa juu ya miili yao, mabadiliko ya ukuaji na jinsi ya kuepuka vishawishi. Pia walifundishwa jinsi ya kuzitambua fursa zinazowazunguka na kubuni biashara nyepesi zitakazoweza kuwaingizia kipato kidogo bila kuingilia ratiba zao za masomo.

Ilikuwa ni kama mashindano!

Mahafali yalifana kila kona! Kuna shule zilizounganisha nguvu na kufanya kwa pamoja. Wapo pia walioamua kufanya peke yao, nayo ilikuwa mswano kabisa. Wanafunzi walipendeza na walichangamka hakuna mfano! Wawakilishi kutoka serikalini walihudhuria na kwakweli walijiona tofauti kubwa sana kati ya wanafunzi waliopitia mafunzo haya na wale ambao hawakuyapata.



TIRIRIKA



Burudani za kisomi

Kwenye graduation zote kulikuwa na burudani kama maigizo, ngonjera, mashairi, dansi, fashion show na vipaji nya kila aina. Kila kilichofanya kilifanyika kisomisomi! Hapana chezea wasichana waliopikwa wakapikika.



Ajenda nyekundu haikusahaulika

Timu ya Nguvu ya Binti ambao walikuwa wageni rasmi kwenye baadhi ya sherehe hizi hawakulaza damu. Walitupia tupia mawili matatu yenye mafunzo. Ajenda nyekundu, ambayo ni mambo muhimu kuhusu hedhi, ilichambuliwa kwa kushirikiana na wahitimu na baadhi ya wanachama wengine wa Fema Club. Kila mtu alitamani muda ugande.



Naitwa Witness Matembo:

Cheti changu nilifikanyia lamination, nikampatia baba, amekiweka kwenye kimaktaba chake flani nyumbani.



Naitwa Lucia Obadia Mwasunga:

Cheti changu nimekichimbia chimbo fulani hivi salama kabisa, kwenye sanduku langu la nguo. Nakitunza kama lulu.

Walimu wansemaje??

Walimu wa wahitimu walieleza kwa furaha mabadiliko wanayoyaona kwa wanafunzi na kuomba mafunzo yafanyike kwa wanafunzi wote kuanzia kidato cha kwanza mpaka cha sita.



Kutoka kwa wanafunzi...

Wahitimu walitoa shukrani zao na ushuhuda wa walichokiongeza katika kulinda na kujenga maisha yao. Walifurahia pia uwepo wa timu ya Nguvu ya Binti ambao ni role models wao, hata wao sasa ni mabinti wa nguvu.



Naitwa Mother Mwambuli:

Mie cheti changu nimekiweka kwenye faili. Kila nikitazama nafurahi. Najua ipo siku kitanisaidia, tena sana.

Wavulana hawakuachwa nyuma

Waliteuliwa mabalozi wa kusimamia haki za watoto wa kike, yaani He4She, ili watoe elimu kwa wavulana wenzao na jamii.



JIWE MOJA, NDEGE WAWILI

NA PENDO MASHULANO. PICA RAPHAEL NYONI



Ukisikia jiwe moja limeua ndege wawili, basi hivyo ndivyo ilivyokuwa kwa mafunzo ya Femina DREAMS IC Girl Power!

Mafunzo haya yalilenga wasichana wa kidato cha kwanza, lakini ili kufanikisha program hii, kila shule ilitoa walimu wawili, wakawekwa chimbo kwa wiki mbili, wakapigwa msasa, wakapata nondo zilizoshiba, kisha wakarudi shulenii kwenda kuwafundisha wasichana. Walipiga kazi!

Walimu waliopitia mchakato huo wa kujifunza na kufundisha, wanassema program hii imekuwa na manufaa makubwa si tu kwa wasichana, bali hata kwao binafsi. Hebu cheki hapa walivyofunguka!



Erick Chatanda – Nkuyu Sec

Kwanza, sikuwahi kufikiria kwamba mshahara wa mwali mu unatosha kusevu na kuanzisha biashara! Ni katika mafunzo ya DREAMS ndipo nilipofunguka macho! Baada tu ya mafunzo haya, nilifungua duka, sasa hivi napiga hela!

Kila nikilitazama hilo duka, sioni kama ni langu, akili yangu inaniambia hili ni dula la Femina. Kuna wakati nilitaka kuliandika Femina, lakini nikaona watu hawatolewa, nikaacha, ila kwenye akili yangu, hili ni dula la Femina. Kabisa!

Nina vipaji kibao lakini sikuwahi kufikiria kwamba naweza kuvitumia kutengeneza pesa. Nikiwa katika mafunzo ya DREAMS ndipo nilipogundua kwamba mimi mwenyewe ni pesa! Mimi ni MC mzuri, ni mwimbaji wa nyimbo za injili. Nina nyimbo karibu 40 lakini nimekuwa naziweka tu nasikiliza chumbani. DREAMS imenisaidia kugundua kwamba kumbe hata nyimbo hizi napaswa kuziingiza sokoni.

Nimekuwa mwali mu kwa zaidi ya miaka kumi, lakini nikiwa kwenye semina ya DREAMS niligundua kwamba pamoja na taaluma yangu, nilikuwa mjinga! Nilidhani ni kinyume cha utamaduni kwa mwanamume kukaa na mtoto wa kike kuanza kuzungumzia mambo kama hedhi. Nilirudi kituo cha kazi nikiwa na mtazamo mpya. Sasa hivi msichana akinifuata kuomba ruhusa, kabla sijamruhusu kwenda nyumbani, namwelekeza kwamba hata hapa shulenii anaweza kupata pedi ili kama haumwi akae darasani, asome.



Anyes Alphonse Magambo, Kyela Sec School

DREAMS sitakaa niisahau, imenibadilisha sana. Hata katika ufundishaji wangu, imenifanya kuwa mwalimu bora. Natumia mbinu mpya, nawashirikisha wanafunzi zaidi. Somo langu limekuwa tamu, wanafunzi wanafanya vizuri zaidi.



Watoto wamekuwa marafiki zangu, wanafunguka. Hata wakitongozwa na wanafunzi wenzao wananiambia, nawashauri na nafanya hivyo kwa kujiamini.

Lakini pia nimejifunza ujasiriamali. Zamani nilikuwa nadhani kuna watu fulani ambao 'wemeumbiwa' biashara, sio kila mtu. Wala sikufikiria kwamba naweza kufanya biashara na bado nikaendelea vizuri tu na kazi yangu ya msingi ya kufundisha! Mbaya zaidi,

sikuwahi kufikiria kwamba mshahara wa mwalimu unatosha kufanya kingine chochote.

Sasa hivi naagiza dagaa kutoka Mwanza, napaki, nauza. Naagiza mtindi Tukuyu, nauza kwa rejareja. Nauza ice cream kwa kutumia friji ambalo nimekuwa nalo miaka yote lakini sikuwahi kuiona hii fursa.

Hata walimu wenzangu hapa shulenii nimekuwa nikiwaeleza umuhimu wa kuwa na kijimradi pembeni ili kujiongezea kipato.



Locas Richard – Ipinda Sec

ufundishaji ambazo ziliikuwa zikitumiwa na Master Trainers wa Mradi wa DREAMS! Sasa nazitumia mbinu hizi hata ninapofundisha masomo yangu darasani, hakuna mwanafunzi anayekubali kukosa kipindi changu! Ahsante DREAMS!

Lakini pia, mimi ni baba wa watoto wawili. Nimekuwa baba bora tangu nilipopata mafunzo haya. Sasa hivi naweza hata kumbadilisha mtoto nepi na najua nawajibika kufanya hivyo.

Vijana niliowafundisha ambao sasa wako kidato cha pili wamekuwa mabalozi wangu wazuri hapa shulenii. Hakuna kesi ya mimba wala utoro. Kama ni vita naweza kusema hakuna mwanajeshi wangu hata mmoja aliyejeruhiwa mpaka sasa.

Nimekuwa mfano wa kuigwa kwa walimu wenzangu. Nazungumza nao na kuwashauri watumie njia mbadala za kuwarekebisha wanafunzi badala ya kuwachapa. Nimekuwa daraja kati ya wanafunzi na walimu. Hapa shulenii hata walimu wenzangu wananiita Kaka Mkubwa.



NASH

HELLO FEMA CLUBBERS

Hongereni kwa kazi nzuri mnazozifanya katika clubs. Walimu wenu wana-share katika group la Facebook la walezi wa Fema Clubs na tunaona jinsi mlivyokaza buti. Niwakumbushe tu kuwa tumekuwa tukipokea usajili wa clubs kupitia SMS ambazo zinatoka kwa wanafunzi. Kiutaratibu sio sahihi. Mlezi wa club ambaye ni mwalimu ndiye anayetakiwa kusajili club na hii ni kwa shule ambazo hazijasajiliwa tu. Shule ambazo tayari zina mawasiliano ya moja kwa moja na Femina hazitakiwi kusajili.

Pia, katika account ya Facebook ya walimu, wanafunzi pia wamekuwa wakiomba kuingia. Hili nalo sio sahihi kwa sababu ile ni kwa ajili wa walezi wa Club za Fema tu. Hii inatupa nafasi ya kufanya kazi vizuri.

Tunaomba wanafunzi mfuate taratibu kama inavyoelekezwa katika jarida lenu la Fema. Tunatumia muda mwingu kukagua maombi ya usajili wa Club na maombi ya kuingia katika Facebook ya walezi na hivyo kufanya tushindwe kuwa na muda wa kutosha kufanya kazi nydingine ambazo ni muhimu zaidi kwa maendeleo ya Club. Tunategemea sana ushirikiano wenu ili kuboresha kazi za usimamizi wa Fema Clubs.

Ahsanteni sana, tuonane toleo lijalo.

-Nash



fema
club

MENTORS WAUWASHA TENA MWANZA

NA PENDO MASHULANO



Lini hiyo?

Ilikuwa ni Juni 6 hadi 9, yaani siku nne za bandika bandua. Walezi wapatao 124 walipiga kambi moja matata pale Mkolani Sec School, wakabadilishana uzoefu namna wanavyozilea Fema Clubs, pia wakapat dozi nzito ya mada zilizoshiba kutoka kwa wataalamu waliobobe. Kila mada ilikuwa na mvuto kiasi kwamba hakuna aliyesughulika na simu wala kuinuka alipoketi mwanzo hadi mwisho!



Moto umewaka tena! Enhee, safari hii ni Mwanza, Mkolani Sec! Walezi wa Fema Clubs kutoka kona mbalimbali za Tanzania wamekutana kwa mara nyingine na kufanya yao! Si unakumbuka ule mkutano wao wa kwanza Dodoma? Sasa ule ulikuwa chamtoto! Wa Mwanza umefunika!



Sio hiyo tu...

Kulikuwa na mada nyingine kama utandawazi na athari zake, ukatili wa kijinsia, afya ya uzazi na ujinsia, ugonjwa wa kiharusi (kupoza) na nyingine kibwena! Zote hizi ziliwasilishwa na wataalamu mbalimbali, wengine kutoka Femina Hip, wengine kutoka serikalini na wengine ni marafiki wa Fema Clubs network ya Mwanza.



Serikali iliwalishwa vilivyo

Kwa kutambua umuhimu wa Club za Fema mashulenii na katika jamii, Katibu Tawala wa Wilaya ya Maswa, Beda Kamala, aliacha shughuli zake zote, akapiga kambi pamoja na walimu na hata akawasilisha mada kuhusu kujitolea. Big up sana kwake! Mjengoni alitinga pia Afisa Taaluma wa Mkoa wa Mwanza, Gerevare Sezulu, akimwakilisha Katibu Tawala katika ufunguzi wa mkutano huo. Shukrani za pekee ziufikie uongozi wa Serikali Jijini Mwanza kwa ushirikiano wa hali ya juu.

Ilikuwa ni kazi na dawa!

Yes! Hadi mwisho wa 'shughuli' kila mwalimu aliondoka pale anasema "sijajuta!" Mwingine alisema "mafunzo niliyoyapata kwa siku tatu, kama sio mukutano huu pengine ingenichukua miaka kuyapata". Yupo pia aliyesema "Looh, zaidi ya mafunzo, nimepata bonge moja ya tour ndani ya Rock City!, ningeiona lini?", na mwingine akasema "sijutii mchango nilioutoa wala nauli niliyolipa kuhudhuria mukutano huu". Na yupo aliyekwenda mbali zaidi na kusema "Nakwenda kuanzisha kibubu, hii mikutano si ya kukosa!" Yote haya yanatuonyesha jinsi washiriki wa mukutano walivyopata zaidi ya kile walichotaraja.



Yajayo yanafurahisha!

Eeh bana kwa utamu wa mukutano wa kwanza uleee wa Dodoma, walimu wakasema zege hili lisilale! Wakutane kila baada ya mwaka, na kila Kanda ipate nafasi ya kuwa mwenyeji. Hivyo basi moto mwingine utawashwa tena Jijini Mbeya, Juni mwakani na huenda ukawa mkali kuliko!

"Juni 2019 sio mbali na itapendeza zaidi kama kila mlezi wa Fema Club atahudhuria. Tuanze sasa kudunduliza mchango na nauli kwa faida yetu na vijana tunaowalea, tukutane Mbeya tuyajenge!" anasema Christopher Mavunde, Mwenyekiti wa Mtandao wa Walezi wa Fema Clubs Tanzania na anahitimisha kwa kusema, "TWENDE KAZI!"



Kubwa kuliko!

Naam! Big up sana kwa Kamati ndogo ya maandalizi ya mukutano wa Mwanza iliyoongozwa na Mwalimu Kahwa A. Mpunami na wajumbe wake watano. Eeh bwana mmetisha kama radi!



Hallo watu wangu wa nguvu
Tutete kidogo hapa 'chemba' kuhusu
mashindano ya Mr&Miss Fema.

Mashindano haya yamekuwa
yakijikita kwenye mavazi,
mwonekano wa mwili (maungo) na
cat walks, lakini nadhani tunaweza
kubadili mwelekeo kidogo ili
mtazamo wa jamii kuhusu msichana
au mvulana mzuri usiwe kwenye
maumbile ya mwili, bali "yuko smart
kiasi gani upstairs", au vipi?

Kwa mfano, tukifanya hivi: msichana
au mvulana, anavaa mavazi yake
ya staha, smart kabisa na yenye
ubunifu matata, anapanda jukwaani,
anapigwa maswali kadhaa ya general
knowledge au ya somo lolote
atakalolichagua: Biology, Kiswahili
au hata haya ya Fema kama stadi za
maisha!

Mwisho wa siku anapatikana
mshindi kwa ubunifu wa vazi lake,
confidence yake jukwaani pamoja
na 'utanashati' wa mwili na bongo...
nadhani itapendeza zaidi.

Uzuri wa hii ni kwamba mashindano
yatakuwa ni edutainment yaani mix
ya burudani na elimu kama lilivyo
jarida la Fema, lakini kubwa zaidi
itiatondolea kale kamtindo ka kuвая
mavazi yasiyo na staha kwa lengo la
kuonyesha maungo yetu, na kudansi
kwa namna isiyopendeza, badala
yake tutajipanga na kunoa bongo
tuonekane kisomi zaidi, au vipi?

Ciao

JENGA NA LINDA MAISHA YAKO

NA LESLEY READER PICHA: RAPHAEL NYONI

Ni baada ya kupata
mafunzo kuhusu haki zake
za afya ya uzazi na ujinsia
ndipo Lilian (17) wa
Mbeya alipobaini kwamba
ana haki ya kusema
HAPANA anapotakwa
kimapenzi.

**cheza
salama**



Binti huyu alipitia mengi kabla ya kupata elimu hiyo! Akiwa kijijini kwao aliwahi kutongozwa na mwanamume ambaye alikuwa akimwona kama baba yake! Lilian pia alikuwa akisumbuliwa sana na mvulana mmoja kijijini hapo. Kila walipoomba jibu, aliwapiga chenga kwa kusema, "bado nafikiria".

Wakati fulani alinusurika kubakwa na kijana fulani katika familia ambayo ni marafiki wa wazazi wa Lilian. Alipambana naye, akamshinda, akakimbia fasta kurudi nyumbani kwa wazazi wake.

Baada ya kushiriki katika mafunzo ya Femina DREAMS IC Girl Power yaliyotolewa shulenii kwake, hatimaye akafahamu kwamba anaweza kusema HAPANA. Alimfuata yule kijana aliyekuwa akimsisitiza wafanye ngono, akamwambia HAPANA. Huo ukawa mwisho wa kijana huyo kumsumbuu.

Lilian amebadilika kwa namna nyingine pia. Baba yake anasema, kabla ya mafunzo ya DREAMS, wakati mwagine alikuwa akichelewa kurudi nyumbani anapotoka shule. "Tulimuonya lakini hakusikia. Lakini, baada ya mafunzo ya DREAMS amebadilika, ameachana na tabia harishi na sasa ameweke nguvu zake zote katika masomo."

Mama yake Lilian naye anasema, "siku hizi anapokuwa na jambo linalomtatiza ananishirikisha, tunashauriana. Hata akitongozwa anasema HAPANA kisha anakuja kunieleza."



TIRIRIKA

Unadhani nini kinasababisha wanafunzi kuijingiza katika mahusiano ya kimapenzi?

Binti mwagine, Upendo (15), mkazi wa Kyela, kujifunza kuhusu ujasiriamali na namna ya kuanzisha biashara ndiko kulikomwezesha kufahamu kwamba anaweza kujitegemea. Wakati mwagine hali ya kifedha huwa ngumu katika familia yake. Hii ni changamoto ambayo huwaweka baadhi ya wasichana katika hatari ya kurubuniwa kwa fedha na vijana wa bodaboda au hata wanaume wengine.

Tangu alipopata mafunzo ya DREAMS, Upendo ameanzisha biashara yake ndogo ambayo anaifanya katika muda wake wa ziada na inamwingizia pesa. Anaokota kokwa za chikichi (wenyewe wanaita mbosa) ambazo wakulima wengi huzitupa baada ya kuwa wamekamua mafuta ya mawese, anaziponda, anapata ile nyeupe ya anauza kwa wafanyabiashara ambao wao huzikamua kutoa mafuta.

Mafuta hayo ya 'mbosa' hutumika kutengeneza sabuni.

Upendo anasema, kuponda mbosa ni biashara isiyohitaji mtaji hata senti. "Ni jiwe tu la kupondea na muda wa kwenda kuokota mbosa" anasema na kuongeza kwamba pesa anazopata kwa kuuza mbosa zinamwezesha kununua sare za shule, kunyoa nywele na kujinunulia mahitaji yake madogomadogo.

"Sihitaji kufanya ngono na mwanamume kwa ajili ya pesa, nina kipato changu mwenyewe", anasema kwa kujiamini, kisha anaongeza: "Ndoto yangu ni kuwa mwalimu. Nasoma kwa bidii kutimiza ndoto hii."

- Upendo



**ZUHURA HAMIS
MKAMBA, 15,
Ipinda Sec, Kyela**

Nadhani sababu kubwa ni umaskini katika familia nyingi na tamaa za wasichana kwa vitu vidogo kama nguo na saa.



**EDWARD H.
MWAMOTO, 16,
Nkuyu Sec, Kyela**

Makundi rika, hii nayo inapelekea wanafunzi kuijingiza kwenye mahusiano ya kimapenzi ili kwenda na fasheni au kufuata mkumbo wa marafiki.



**FAUSTINA S.
SWILLA 15, Mbeya**

Vishawishi. Wanafunzi wengi wamekuwa wakishawishiwa na marafiki zao wa karibu. Vishawishi hivyo ni kama pesa, chipsi, lift za bure.

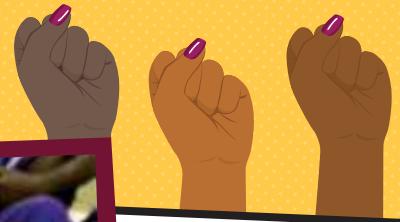


**CONSOLATA
LUSUMEN
SONGA, 15,
Mbugani, Kyela**

Umbali mrefu kutoka nyumbani hadi shulenii. Wanafunzi anapokuwa anatembea umbali mrefu, njiani anakutana na bodaboda, anamwambia twende, kutohana na kuchoka wanafunzi anakubali.

GIRL POWER

Mafunzo ya Girl Power yalibuniwa na Femina Hip kwa kushirikiana na wataalamu wengine, na yalijaribiwa kisayansi ili kuhakikisha kwamba yanachochea mabadiliko chanya ya tabia. Ni mafunzo katika nyanja mbili: afya ya uzazi na ujinsia (Linda Maisha Yako) pamoja na elimu ya uwezeshaji kiuchumi (Jenga Maisha Yako).



Lengo la mafunzo ya DREAMS ni kuboresha afya kwa wasichana wa shule za sekondari kwa kuwaelimisha kuhusu afya ya uzazi na ujinsia na jinsi ya kuwa na uhuru wa kiuchumi. Ni muhimu kwa wasichana ambao wanajilingiza katika tabia hatarishi kujilinda dhidi ya mimba zisizotarajiwa na magonjwa ya ngono kama VVU. Pia ni vizuri kuibua changamoto zinazowasukuma wasichana kujitumbukiza katika tabia hatarishi. Hii ndio sababu ni muhimu kuwawezesha wasichana kiuchumi, ili wasiwategemee wanaume kwa ajili ya kupata fedha za mahitaji yao. Kwa kuwapatia mafunzo katika nyanja zote mbili, tunaweza kuzuia sababu za wasichana hawa kukatisha masomo yao, hivyo tutawawezesha kumaliza shule na kutimiza ndoto zao.

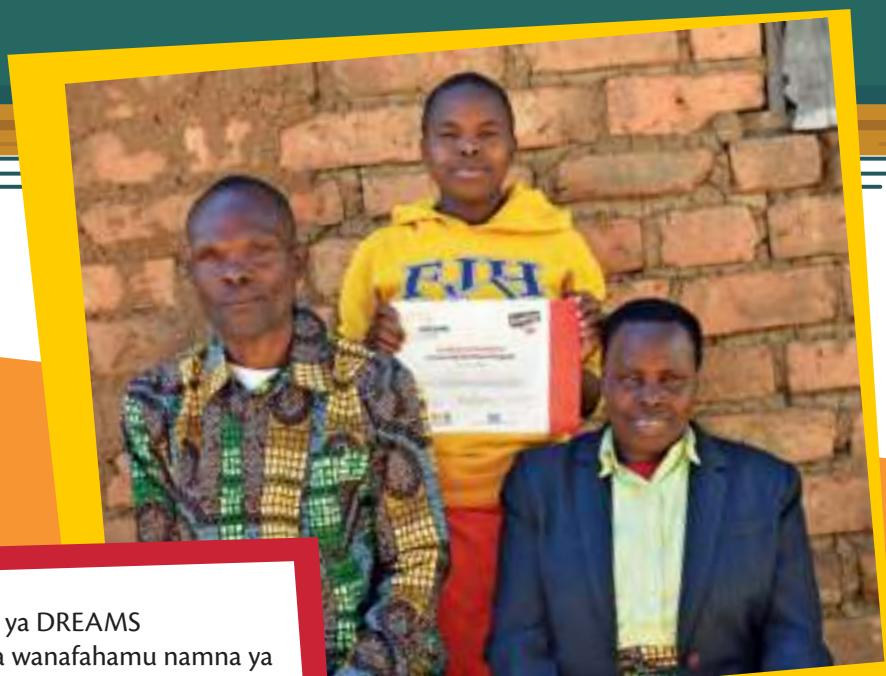
Walezi wa Fema Clubs mashulenii waliofundishwa juu ya DREAMS wanapewa fursa ya kuwafundisha wasichana mafunzo haya baada ya muda wa masomo kwa kipindi cha wiki 16. Moduli za Linda Maisha Yako zinazungumzia juu ya mada kama vile mgawanyo wa majukumu kwa misingi ya jinsia, balehe, uzazi na ujinsia, magonjwa ya ngono pamoja na VVU na UKIMWI na ukatili wa kijinsia. Moduli za Jenga Maisha Yako zinazungumzia mada kama vile ujasiriamali, kuanzisha biashara, usimamizi wa fedha na kuweka akiba, utafiti wa masoko na huduma kwa mteja.

Kwa ushirikiano kati ya Femina na DREAMS Innovation Challenge, karibu wasichana 6,000 wa Kidato cha Kwanza katika shule za sekondari za Kahama na Ushetu Mkoani Shinyanga, Mbeya na Kyela Mkoani Mbeya na Temeke Jijini Dar es Salaam, wamepitia na kuhitimu mafunzo ya Femina Girl Power.

Walimu 200 ambao ni walezi wa Fema Clubs pia wamefundishwa mada hizi. Lengo lilikuwa ni kupata njia za kibunifu za kuwawezesha wasichana kubaki shulen, hivyo wazo la kutoa mafunzo katika mada hizi mbili kwa pamoja: afya ya uzazi na ujinsia na uwezeshaji kiuchumi likaonekana linafaa.

Getrude, ambaye tutamsoma katika makala ya Ruka Juu, na Corodina tutakayemsoma katika makala ya Sema. Tenda! wote ni wahitimu wa mafunzo haya ya Girl Power. Mafunzo haya yamependwa sana na wengi wamepaza sauti wakiomba yawafikiie wanachama wengi wa Fema Clubs na ikiwezekana wanafunzi wote.

Kwa ufadhili zaidi kutoka Ubalozi wa Ireland, Femina Hip imefanikiwa kutoa mafunzo haya ya Femina Girl Power kwa wasichana wengine wapatao 1,800 wilayani Misungwi na Sengerema mkoani Mwanza.



Kwa Upendo na Lilian, faida za mafunzo ya DREAMS zinajidhihirisha. Wamewezeshwa na sasa wanafahamu namna ya kufukuzia ndoto zao – kuhakikisha wanamaliza shule, wanaweka nguvu katika masomo. Lilian anasoma kwa bidii ili atimize ndoto yake ya kuwa mfamasia. Upendo naye anafukuzia ndoto yake ya kuwa mwali mu. Kila mmoja anasema, tena kwa kujiamini, "sioni kitakachonizua!"

**SIONI
KITAKACHONIZUA!**

CHUKUA

HATUA

Baada ya kusoma makala hii na kwa kuwa nyinyi ni waelimishaji rika, andaeni wasilisho fupi, misahau kuhusisha stori ya Lilian na Upendo. Chagueni mmoja wenu ambaye anaweza kuiwasilisha vizuri (sio kiongozi). Ombeni nafasi assembly, hata dakika tano tu asubuhi, wasilisheni kwa faida ya wengine.

PROTECT & BUILD YOUR LIFE

BY LESLEY READER PICA RAPHAEL NYONI

It was learning about her sexual and reproductive health rights that made 17-year-old Lilian from Mbeya realise she could say NO to sexual harassment.

She had lots of experiences, she had been asked for sex by a man in her community she regarded as a father figure as well as by a teenage boy in her neighbourhood. She put them off by saying "I will think about it." Then she was almost raped by the elder son of family friends that she went to stay with, but she managed to fight him off and ran back home.

When Lilian participated in the Femina DREAMS IC Girl Power training in her school, she finally understood that she could boldly resist and say NO. She went back to the boy who was always insisting on having sex with her and said NO. Since then, the boy has left her alone.

She's changed in other ways too. Her father says that before the DREAMS training, she would sometimes come home late at night after school. "We warned her about the dangers but she never listened. However, after the DREAMS training, she left all her 'bad' habits and is now taking her studies seriously."

Lilian's mother says, "she shares a lot with me these days. Whenever an issue is troubling her or if she is seduced, she says no and she comes home to tell me about it."

For 15-year old Upendo, also from Kyela, it was learning about business start-ups that made her realise she could be independent. Often times money is tight in her family. It's a challenge that can put some girls in danger of trading sex for money with bodaboda drivers and other men. Since taking part in the DREAMS training, Upendo has started her own small business in her spare time, and she is earning money. She crushes discarded palm oil nuts, mbosa as they are popularly known locally, retrieves the inner flesh and sells her collection on the weekends. Her customers then squeeze the flesh to make oil that is usually used to make soap.

Upendo says crushing the nuts doesn't need a single cent for capital. "All I need is a stone and time to collect the nuts." She adds that the money she has earned has enabled her to buy school uniforms, get her hair cut and can now afford simple needs.

"I don't need to have sex for money, I have my own income," she proudly states. "My dream is to become a teacher. I am studying hard to be able to achieve this."
- Upendo

The Girl Power training was developed by Femina Hip in partnership with other experts, it was even scientifically tested to make sure it can achieve behavior change. It is a two-part training, on sexual and reproductive health and rights (Protect Your Life) and economic empowerment (Build Your Life).



The goal of the training is to improve health for secondary school girls, by providing them with knowledge about their sexual and reproductive health and how to become more economically independent. It is important for girls who are engaging in risky behaviors and having sex, to protect themselves from unwanted pregnancy and sexually transmitted infections (STIs) such as HIV and AIDS. It is also essential to address what causes girls to engage in these practices in the first place. This is why it is important to empower girls economically, so they do not feel dependent on men for money or their livelihoods. By combining these two themes in the training, we can tackle the underlying reasons which lead to girls dropping out of secondary school and therefore, keep them in school.

Trained teacher mentors of Fema clubs, are given the opportunity to implement the training after school hours in 16 weekly modules. The modules on sexual and reproductive health (protect your life) cover such topics as gender roles and responsibilities, puberty, sexuality and reproduction, STIs including HIV and AIDS and gender-based violence (GBV). The modules on economic empowerment (build your life) cover such topics as entrepreneurship, business start-up, financial planning and saving, market research and customer service.

Through Femina's partnership with DREAMS Innovation Challenge, around 6,000 Form One girls from secondary schools in Kahama and Ushetu Districts in Shinyanga Region; Mbeya and Kyela Districts in Mbeya Region and Temeke District in Dar es Salaam have taken part and graduated from the Girl Power training. Two hundred Fema Club teacher/mentors have been trained on the topics. The aim was to find innovative ways of keeping girls in school and the approach of combining training on sexual and reproductive health with economic empowerment was effective. Getrude who features in the Ruka Juu story and Corodina, whose story is in the Sema, Tenda! article, are both graduates of this Girl Power training. The training has been so popular and the request to roll it out to more Fema clubbers has been loud!

With a grant from the Irish Embassy, we are including an additional 1800 girls in Misungwi and Sengerema Districts in Mwanza Region in the Femina Girl Power training.

For Upendo and Lilian the benefits of the DREAMS training are clear. They have been empowered and now understand how to channel their dreams and ambitions - staying in school and focusing on their studies is paving the way. Lilian is studying hard to fulfil her dream of becoming a pharmacist. Upendo is focused on becoming a teacher. They both confidently say, "I DON'T SEE ANYTHING THAT WILL STOP ME."

TAKE ACTION

After reading this article, as you are peer educators, prepare a short presentation, don't forget to refer to Lilian and Upendo's stories. Select one club member who can present on behalf of you all (not one of the club leaders). Request for a chance to make the presentation to the entire school during a morning assembly, even if for only five minutes.

Femina Hip partnered with the DREAMS Innovation Challenge (IC) in rolling out its Femina Girl Power program. The DREAMS IC was funded by a grant from the United States Department of State and managed by the JSI, Research and Training Institute, Inc. The opinions, findings, and conclusions stated herein are those of the author[s] and do not necessarily reflect those of the US Department of State or JSI.

Mafunzo ya Femina DREAMS IC Girl Power yameacha alama kila yalikopita! Kwa Mwigo Sec huko Kyela, yaliwezesha kugundulika kwa walimu watano wa kiume ambao walikuwa wakiwanyanya wanafunzi kijinsia; walikuwa wakiwatongoza, waliokubali walijamiihana nao, waliokataa walipewa adhabu kali! Shadrack Michael ni Mwalimu Mlezi wa Fema Club shulenii hapo na pia ni Mwalimu aliyejukwa akifundisha mafunzo ya DREAMS. Shadrack anatusimulia kisa kizima kiliviyokuwa.

WASICHANA WAFUNGUKA, WALIMU WAFUKUZWA

Mwalimu
Shadrack na
Fema Clubbers



Mambo yalianzia darasani

"Ilikuwa ni mwaka jana, muda mfupi tu baada ya kuanza mafunzo ya DREAMS hapa shulenii. Unajua, kadri mafunzo haya yalivyochanganya ndivyo wasichana walivyofunguka. Woga ukawatoka, wakawa na ujasiri unaofurahisha. Hata darasani wakawa wanajitolea kusimulia mikasa inayowakumba," anasema. "Siku moja nikiwa ofisini wasichana waliniufata, wakaniambia mwalimu umetufundisha kuhusu unyanyasaji wa kijinsia, kuhusu haki zetu, kuhusu kujitambua na kujiilinda kama wasichana, sasa kuna walimu wa kiume wanatusumbua sana hapa shulenii, wanatutaka kimpenzi, mnatusaidiaje kumaliza tatizo hili?"

Sio siri, nilistuka

"Nilistuka, lakini nikafurahi limefikishwa kwangu. Kwa kushirikiana na mlezi mwenzangu wa Fema Club, Madam Mwanjala, tukalifikisha kwa uongozi wa shule. Wasichana walikuwa wamewataja walimu husika, lakini tulihitaji ushahidi zaidi". "Uongozi wa shule ukaniwa jukumu la kufanya kikao na wavulana na mlezi mwenzangu akapewa jukumu la kukutana na wasichana. Tukaongea nao ili kupata ukweli zaidi kabla ya kuchukua hatua," anasema. "Wasichana walitaja walimu waliokuwa wakiwasumbua na wavulana walitaja walimu wanaowasumbua dada zao, wazi bila kificho, wanawajua." "Pamoja na hilo bado tuliona tunahitaji ushahidi wa kutosha, hivyo tulienendelea na uchunguzi".

Ikabidi simu zihusike

"Tukawaruhusu baadhi ya wasichana waliota ushahidi ambao wana simu nyumbani wawe huru kutumia simu zao hata shulenii na tukawaambia kwamba kama walimu hawa wanaowatongoza watawaomba namba wawapatie, lakini wasikubali kupigiwa bali wasisitize kuwasiliana kwa sms ili tupate ushahidi. Tulifanya hili kwa siri sana bila watuhumiwa kujua kwamba wanachunguzwa. Tukapata ushahidi wa kutosha," anasema na kuongeza "uongozi wa shule ukakaa na kuamua kuafukuza kazi walimu hawa, tukapata baraka za ofisini ya Mkurugenzi wa Wilaya".

Watano wakafukuzwa

"Walimu hawa watano wakawa wamefukuzwa kazi. Tukio hili limeleta nidhamu ya hali ya juu sana mionganii mwa walimu hapa shulenii. Baadaye ndipo tulipogundua kwamba hata zile adhabu kali walizokuwa wakipewa watoto zimekwisha. Kumbe walikuwa wakiwaadhibu vikali wale wanaowakataa" anasema. Diana Katimbo ni Makamu Mwenyekiti wa Wanafunzi Waliokuwa katika Program ya DREAMS. "Tumekuwa huru sasa. Tunafurahia masomo, tunaelewa, tunafanya vizuri darasani. Hata mahudhurio ya wasichana yamekuwa mazuri sasa. Tulikuwa tunaogopa hata kuja shule. Tulinyanyasika sana," anasema na kuongeza:

"Hawa walimu walikuwa wakitusumbua kwa muda mrefu, lakini, hatukuwa na ujasiri wa kufikisha suala hili kwenye uongozi wa shule mpaka tulipojengewa uwezo".

Mkuu wa shule hiyo, Enock A. Scott anasema: "Inasikitisha kuona kwamba mwalimu ambaye ndiye aliyejukwa jukumu la kulea wanafunzi, anakuwa wa kwanza kuwaharibu! Sitavumilia matendo haya. Nitafukuza bila kujali ni walimu wangapi," anasema.

"Hapa kwetu Fema tunaithamini sana. Program ya DREAMS nyinyi mnasema imekwisha, sisi hapa shulenii kwetu inaendelea. Vitabu tunavyo, walimu tunao, hivyo tunaendelea na mafunzo katika madarasa yote. Imetusaidia sana kupandisha ufaulu, kupunguza utoro na kesi za mimba," anahitimisha Mkuu huyo wa Mwigo, shule iliyochini ya Kanisa la Moravian.

Tukiwaacha Wasome, Itapendeza Sana

NA PENDO MASHULANO **PICHA** RAPHAEL NYONI

"Ukinikuta nimekaa na wanafunzi huwezi kujua kwamba mimi ni mkuu wa shule. Najishusha, tena wakati mwagine huwa natoa hata hiki kiti, tunakaa chini, tunatambaliza miguu, tunapiga stori. Ikibidi hata mlango tunajifungia, tuongee kwa uhuru." Haya ni maneno ya Rita Gregory Kimaro, Mkuu wa Shule ya Sekondari Kafundo, wilayani Kyela.

Mkuu huyo anasema, kuwaweka wanafunzi karibu kunamsaidia kupata stori nyingi kuhusu Mbeya, hususan Kyela. "Ndiyo maana ninasema mradi kama DREAMS ulipaswa kuwa endelevu, uwafikie wanafunzi wote, wa kike na wa kiume, ili utusaidie sisi walimu katika malezi ya watoto, kwani watoto wanakabiliwa na changamoto nyingi sana, tunaelemewa," anasema.

"Nawahurumia zaidi wasichana. Wanakosa fursa nyingi. Wana changamoto nyingi zaidi. Mradi wa DREAMS uliwhamasisha sana. Magesa, mwalimu wa DREAMS, alipata shida. Walitakiwa wasichana 50 lakini darasani walikuwa wakiingia 90 na kitu, walifurika. Hata siku ya mahafali watoto wangu walikuwa wanalia sana. Walitaka yeti. Nakumbuka sisi walimu tulivua hadi fulana zetu tukawapa watoto ili kuwapoza," anasema.

Mkuu huyo wa shule anasema, "Watoto waliokuwa kwenye mradi wa DREAMS wako tofauti sana na wale ambao hawakupata fursa hiyo. Wanafanya vizuri darasani, tabia zao ni nzuri, mahudhurio yao shuleni ni mazuri, wanajitolea sana pia. Wamepata kitu, kimekaa ndani ya moyo, wanakitendea kazi."

"Ila kinachonifurahisha ni kwamba, wanaambukiza wenzao," anasema na kuongeza. "Mabinti wote wa kidato cha pili wako shule. Hatuna hata kesi moja ya utoro wala mimba. Tatizo la kuacha shule sasa limebaki kwa wavulana."

Mwalimu Rita anasema, kwa kuwa shule yake ina wanafunzi zaidi ya 700, wanafunzi waliopata mafunzo ya Femina DREAMS IC Girl Power ni kama tone la maji baharini. "Kwahijyo nilichoamua kukianzisha hapa shuleni, ni kuwatumia wanafunzi hawa waliopata mafunzo, ambao sasa wako kidato cha pili, wawafundishe wadogo zao, kidato cha kwanza. Nimewapa hiyo kazi, nawapa muda, wanafundishana. Huu ni mkakati endelevu. Tuna msemo wetu sisi wasichana hapa shuleni, tunasema Uki ni cha Nisome, Itapendeza Sana," anaongeza.

Mkuu huyo anaainisha changamoto kubwa zinazowakibili wasichana kwa wilayani Kyela kwamba ni pamoa na umaskini, jamii kutokujali elimu na wazazi kukwepa majukumu yao ya kulea watoto.



"Watoto wengi wanakaa na ndugu, jamaa na hata marafiki. Hapa shuleni kwangu kwa mfano, watoto wanaoishi na wazazi hawafiki hata 100 kati ya watoto 700, na ninawafahamu. Huko wanakoishi changamoto ni nyingi sana," anasema na kuongeza kuwa, "Tena huku wana mila ambayo mtoto wa kiume akifikia umri wa balehe, anapewa eneo anajenga kijumba chake, wanaita kilumiana, anakaa huko bila uangalizi. Humo kwenye kilumiana anafanya chochote anachotaka. Hii nayo ni hatari."

Mwalimu Rita anamalizia kwa kusema, "Kuna mambo mawili natamani yatokee na nimeshaanza mchakato. Kwanza, natamani tupate high school kwa ajili ya wasichana hapa shuleni Kafundo. Hatuna high school ya wasichana Kyela nzima. Pili, natamani kuona tunafanikiwa kujenga hostel hapa shuleni kwa ajili ya wasichana ili tuwaweke mahali salama, tuwaepushe na changamoto za huko wanakotokea, wasome, wafaulu, watimize ndoto zao. Sitastaafu mpaka nifanikishe haya."



...TUGANGE YAJAYO



MWL. MAGESA NI MIONGONI MWA WALIMU WACHACHE WENYE SIFA YA KUCHAPA WANAFUNZI-PALE SHULENI KWAKE WALIMU WENGINE WAKICHEMKA KUADHIBU KWA BAKORA WANAKATA RUFAA KWAKE. SIFA YAKE IMEJENGEKA KIASI KWAMBA WANAFUNZI WAMEMPACHIKI JINA LA KOMANDOO. HEBU TUKAJIONEE VISANGA VYA KOMANDOO



PHOTOSTORY



MWALIMU ALIPOTOKA DARASANI

MZEE BABA EENH
ILIKUWAJE
KWANI!?

JIBU NALIJUA SANAILA
UKALI WA TICHA
UKAFANYA LINITOKE
GHAFLA

HAHACHA
KUZINGUA WEW
HUJUI TUU!

BAADA YA MIEZI KADHAA...OFISINI KWA MKUU

MAGESA KWA KUJA
WEEWE UMEMALIZA
ZAMU JUZI, NIMEONA
UNA NAFASI...

SAWA
MKUU

... KUHUDHURIA
TRAINING HII
PAMOJA NA
MLEZI WA FEMA

...NAJUTA MIMI WALE
WANAFUNZI WATATU
WALIACHA SHULE KWA
BAKORA ZANGU...

NAWACHAPA HADI
WANASHINDWA
KUANDIKA!

WIKI MOJA BAADA YA MAFUNZO

PIGA MAGOTI,
UNALETA UHUNI
SHULE!

MCHAPE NA
VYANGU VIWILI
HAJAVAA SOKSI

MUONGEZE
KIMOJA
HAJACHOMEKEA



PHOTOSTORY



#PICHA : RAPHAEL NYONI
 #UONGOZAJI : PENDO MASHULANO
 #WAIGIZAJI : KAFUNDO SEC FEMA CLUB
 #SHUKRANI : UONGOZI NA WALIMU WA KAFUNDO SEC SCHOOL

HII STORI NI YA KWELI YA MWALIMU NA MWALIMU HUYU AMEIGIZA KAMA MKUU WA SHULE



MAGESA, WEWE NI JEMBE!

Hii ni makala ya shukrani kwako Mwalimu Magesa Stanslaus wa Kafundo Sec, Kyela kwa kusimulia stori yako ya kweli ambayo ndiyo imetumika kutengeneza mchezo huu unaopeleka ujumbe muhimu kwa wenye tabia hii ambayo wewe umeachana nayo.

Kwa kuwa unatamani kuona walimu wote wanabadilika na kuachana na adhabu ya viboko, hukusita kusimulia kwamba wewe mwenyewe, Magesa, mtoto wa tatu katika familia ya watoto 12, umekulia katika mazingira ambayo umeshuhudia ukatili hadi ukadhani ukatili ni sehemu ya maisha!

Hukusita kutuambia kwamba ulipakwa matope, ukapelekwa porini na kutahiriwa bila ganzi huku umati ukishangilia, kwa jina la mila na desturi, ingawa wakati huo hukujua kwamba hata huo ni ukatili! Hukusita kusema kwamba umekulia katika familia ya wafugaji, ambapo ilikuwa ni lazima uchunge ng'ombe ndipo usome, usipochunga hutosoma na wala hutokula!

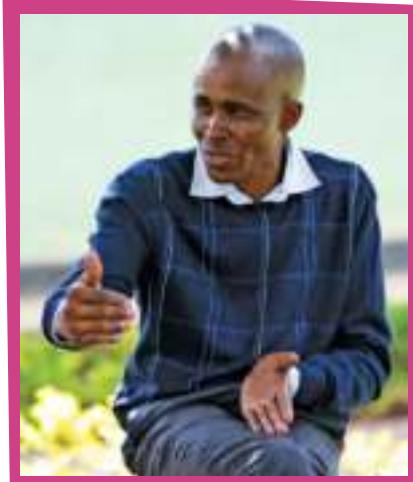
Hukusita kutuambia kwamba mkiwa porini ng'ombe ilikuwa ni lazima wapigwe, watembee, wasitembee, wale, wasile, walipigwa tu!
Hakuwa na sababu maalumu ya kupiga ng'ombe hivyo ulidhani hata binadamu ni lazima apigwe!

Hukusita pia kusema kwamba, hata ulipoajiriwa kufundisha Kafundo Sec mwaka 2015 uliamini sasa ni wakati wa kwenda kuwatandika watoto kwa kuwa wasipotandikwa hawataelewa, hawataandika, hawatafaulu, hawatawahi shule, hawatotii maagizo!

Hukusita kukiri kwamba, ingawa ulifundishwa njia mbadala za kumrekebisha mwanafunzi anapokosea, ulijisemea moyoni "aargh, haya ni ya darasani tu kwa ajili ya kujibia mitihani, mwanafunzi bila fimbo haendi!"

Hukusita kukiri pia kwamba ingawa unafahamu mwongozo wa serikali unaosema kwamba adhabu ya viboko kwa mwanafunzi isizidi viboko vinne na kwa ruhusa ya Mkuu wa Shule, bado hukutilia maanani suala hilo, ultandika viboko visivyo na idadi, wakati mwingine watoto walipata majeraha, kesi zilimiminika shulenii kila uchao!

Hukusita pia kueleza kwamba unafahamu wanafunzi watatu, tena kwa majina, ambao sasa hivi wangkuwa kidato cha tatu lakini waliacha shule kwa sababu ya kuogopa fimbo zako!
Na hakika tangu ulipoachana na fimbo umekuwa ukifanya juhudii za kuwapelekea ujumbe watoto hawa ili warudi shule, ingawa hawajarudi!



Mwalimu Magesa, hukusita kueleza kwamba ni baada ya kupata nafasi ya kuhudhuria semina ya Femina DREAMS IC Girl Power na kuitia moduli ya ukatili, ndipo ulipogundua kwamba umekuwa ukifanya ukatili mkubwa kwa wanafunzi!

Hukusita kueleza kwamba ni katika moduli hiyo ndipo ulipotafakari na kukumbuka watoto walioacha shule kwa ajili yako, ukakumbuka watoto uliowahi kuwasababishia majeraha, ukakumbuka jinsi unavyotandika mpaka mtoto akashindwa kukaa kwenye dawati kutokana na maumivu, ukakumbuka jinsi wengine wanavyoshindwa kuandika kutokana na maumivu, ukakumbuka kesi zinazoletwa shulenii na wazazi – ukaamua kwamba **VIBOKO SASA BASI!**

Hukusita kueleza kwamba baada ya semina hiyo ya DREAMS ulirudi shulenii ukiwa umeamua kuwa mpya kabisa! Mwanafunzi akifanya makosa, anarekebishwa kwa kupewa kazi ya kuandika insha au kufanya kazi yoyote itakayokujia akilini haraka, kama ambavyo tulishuhudia wanafunzi waliochelewa kufika shulenii siku ya mchezo wa kuigiza, ulivyowaamuru kubeba baiskeli zao na kwenda kuegesha, badala ya kuendesha!

Hukusita kusema kwamba tangu baada ya semina ya DREAMS, umekuwa mwalimu rafiki wa wanafunzi, wanakufuata kutaka ushauri kwako kuhusu jambo lolote, mwenyewe unasema "likipigwa sebene hapa shulenii nalisakata na wanafunzi kirafiki kabisa, utashanga".

Lakini pia hukusita kusema kwamba hata katika ndoa yako, ulikuwa "ngumi mkononi". Mama watoto alitandikwa, tena kwa sababu nyepesi kabisa, lakini sasa hivi imebaki historia, hata ndoa yako imekuwa yenye furaha na amani. HONGERA!

Shukrani pia zimfikie Mkuu wa Shule ya Kafundo Sec, Rita Gregory Kimaro, ambaye naye alikiri kwamba kubadilika kwako na kuacha kuchapa wanafunzi, pamoja na uchapakazi wako, ndivyo viliviyomsukuma akakupendekeza kuwa Makamu Mkuu wa Shule na tayari anashuhudia ukiwa chachu ya mabadiliko kwa walimu wengine.

Pongezi nyingi kwako Magesa. WEWE NI JEMBE!



Sema-Tenda!



KUTHUBUTU NA KUTENDA

NA AMABILIS BATAMULA
PICHA CHRISTOPHER MYOMBO



Ni wakati wa uchaguzi katika Shule ya Sekondari Sekee, kila mwaka wanachagua viranja wapya. Taratibu zote zimefuatwa, kampeni zimepigwa na sasa matokeo yametangazwa.

Inawezekana? Ndiyo, inawezekana! Binti wa miaka 14, Corodina John, anasimama mbele ya wanafunzi wote, yuko Kidato cha Kwanza, lakini ndiye mshindi! Kwa mara ya kwanza katika historia ya shule hiyo wamepata Dada Mkuu kutoka Kidato cha Kwanza. Akiwa amejawa na bashasha, anaeleza furaha yake na shukrani zake kwa umati uliomwamini na kumkabidhi jukumu hili kubwa. "Asanteni kwa kuniamini, kwa kuangalia uwezo wangu badala ya kidato ninachosoma. Naweza, sitowaangusha." Rekodi mpya imewekwa shulen Sekee, sasa wasichana wanathubutu kugombea nafasi za juu za uongozi.



Kilichomhamasisha



Katika mahojiano, Corodina ananieleza, "Mambo ni safi kabisa." Yote haya yalianzia katika mafunzo ya Femina DREAMS IC Girl Power. "Nilikuwa nikiwahusudu wasichana na wanawake walio katika nafasi za uongozi, lakini sikuhu kufikiria kwamba hata mimi naweza kuwa kiongozi." Hadi siku ya siku ilipotimu!

"Sitaishau siku hiyo," ananiambia. "Mwalimu wetu madam Shirima alitutonya wakati wa mapumziko asubuhi kwamba kutakuwa na program maalumu kwa wasichana, akasema tukutane saa saba kwa maeleo zaidi. Nilisubiri kwa hamu mshale wa saa ugonge kwenye saba! Nilifurahi zaidi madam Shirima aliposema kwamba program hiyo ililenga kutujengea uwezo, kujiamini na kutusaidia kukabiliana na changamoto za kimaisha. Natoka katika familia ambayo imepitia misukosuko,

wazazi wangu walitengana. Nilijiona mwenye uhitaji mkubwa wa program hii, ingawa nashukuru kwamba pamoja na yote, niko kama nilivyo. Kwa sasa naishi na anti yangu na maisha ni mazuri tu, lakini haikuwa hivyo nilipokuwa mdogo."

Madam Shirima alikuwa akizungumzia program ya DREAMS ambayo ililenga kutoa mafunzo kwa wasichana wa kidato cha kwanza. Iliendeshwa kwa wiki 16 na kila wiki kulikuwa na mada kuhusu elimu ya uzazi na ujinsia na uwezeshejai kiuchumi, ikiambatana na stadi za maisha. Program hiyo inaanza kwa kuwatia moyo wasichana kujitambua na kujithamini – Sisi ni Wasichana, Tunaweza. Corodina anasema, mada hii ilimvutia na kuleta mabadiliko makubwa katika namna alivyokuwa akijichukulia.





TIRIRIKA

Unadhanini umri gani ni sahihi
kwa mwanafunzi kushika nafasi
za uongozi?

Shauku ya uongozi

Kadri mafunzo yalivyoendelea, ndivyo kiwango cha kujiamini cha Corodina kilivyoongezeka na ndivyo upeo wake ulivyopanuka. Haikuchukua muda akaona fursa ya uongozi. Kwa mara ya kwanza katika maisha yake, alipata shauku ya kuongoza wengine, kushughulikia changamoto na kuleta mabadiliko.

"Niliwaambia rafiki zangu tuliokuwa tukipata mafunzo pamoja kwamba nataka kuwa Dada Mkuu. Nilitaka waniunge mkono, na walinisapoti. Hofu yangu pekee ilikuwa ni kwamba nitachuana na wanafunzi wenye uzoefu, wa vidato vya juu zaidi, lakini hilo halikunizua kujitosa na kujaribu. Nilitaka shule yangu ionje ladha ya kuwa na dada mkuu wa kidato cha kwanza na nilitaka kuthibitisha kwamba naweza! Usaili haukuwa wa kitoto, lakini nilishapania ushindi. Nilifanya kila lililo ndani ya uwezo

wangu," anasema. "Naamini walimu walivutiwa nami na kunichagua kuwa mionganoni mwa wagombea watatu waliopitishwa, hivyo nilianza kujinadi kwa wanafunzi wenzangu."

Mwalimu Baraza Fadhili, ambaye alikuwa akitufundisha program ya DREAMS hakushangaa alipoambiwa na walimu wenzake kwamba Corodina amewasilisha fomu ya kugombea nafasi hiyo ya uongozi.

"Nilifurahi kwamba amethubutu, na nilikuwa na imani kubwa na mwanafunzi wangu", Mwalimu Baraza anasema.



**JOSEPH A. MWAKAGILE
(16), Nkuyu Sec, Mbeya**

Kuanzia miaka 18 na kuendelea. Kwa sababu kuanzia umri huo mwanafunzi anajitambua, anawajibika na ni muwazi. Anaweza.



**SALOME ANDALWISYE
MWAFULILWA
(14), Isuba, Kyela**

Mwanafunzi anatakiwa awe amefikisha angalau kuanzia miaka 15 na kuendelea.



**YUSTA BENSON
MWANKENJA
(15), Ipinda Sec**

Angalau awe na umri wa kuanzia miaka 16 na awe tayari kuwa mfano kwa kuwaongoza wenzake katika mambo mbalimbali.



Corodina katika pozi na Mlezi wa Fema Club.
Tumaini Shirima na Kiranja wa Michezo, Auleria Mtaule.

Kilichofuata ni utekelezaji

Shauku ya Corodina kuleta mabadiliko katika shule yake ilionekana bayana katika kampeni zake. Agenda yake kubwa ilikuwa ni kushirikiana na wenzake kushughulikia changamoto za wasichana wanapokuwa hedhi. La pili ilikuwa ni kujenga mwamko wa wanafunzi kujisomea ili kuinua kiwango cha taaluma, na tatu ilikuwa ni kujenga uhusiano imara na wa karibu baina ya wanafunzi na viongozi wao. Wanapaswa kufanya kazi pamoja kutatua matatizo badala ya kuwa na makundi yanayotawaliwa na minong'ono na lawama.

Nilimuuliza anaendeleaje katika utekelezaji wa ahadi hizi? "Tumefikia pazuri, hasa katika kushughulikia changamoto za hedhi. Unajua, tangu tulipokuwa katika mafunzo ya DREAMS nilianzisha biashara ndogo, na wasichana wengine wengi waliokuwa katika program walifanya hivyo. Tulichanga, tukawaomba pia walimu na utawala wa shule watusaidie ili tuanzishe mfuko maalumu. Tulinunua pedi na kuzihifadhi hapa shulenii kisha tukauomba uongozi wa shule waruhusu wasichana wanaohitaji pedi watumie pedi hizo wanapopatwa na dharura na pia waruhusiwe kutumia mabweni wanapohitaji faragha kwa ajili ya kubadili pedi, kujisafisha na hata kupumzika inapobidi. Uhusiano baina ya wanafunzi na viongozi umeimarika. Viongozi tumepeana majukumu ya kushughulikia maendeleo ya kitaaluma. Bado tuna miezi kadhaa mbele yetu, tutafanikisha tu."

Kulikuwa na changamoto mwanzoni, lakini kama anavyosema, "Hakuna kilichonishinda." Kulikuwa na hali ya kunyimwa ushirikiano na wanafunzi wachache tu amba walitaka kumthibitishia kwamba ni mdogo mno kushika nafasi hiyo. "Wengine walidhani kaka mkuu ndiye mwenye mamlaka zaidi, lakini hii si kweli, sote wawili tuna mamlaka sawa na tunafanya kazi pamoja. Kunapokuwa na masuala yanayowahusu wasichana pekee au wavulana pekee ndipo tunapogawanyika, lakini hata katika mazingira hayo huwa tunazungumza na kuweka mipango pamoja. Tuko sawa.



Hakuna cha kumzuia

Huko mbeleni Corodina anataka kuwa mwalimu ili asaidie katika malezi ya vizazi vijavyo. Lakini ndoto yake kubwa ni kuwa Rais ili 'awaonjeshe Watanzania ladha ya kuwa na Rais mwanamke'. "Sitaki wasichana waogope kuchangamkia fursa zinazowajengea uwezo. Jaribu, na utakapajaribu ndipo utakapojua hali halisi. Huko mbeleni tuwe na fursa sawa kwa jinsi zote, tufuate nyayo za Mama Samia Suluhu."

Hiyo ndio huwa tunaita kuonyesha uwezo uliomo ndani mwako.

**CHUKUA
HATUA**

Baada ya kusoma stori ya Corodina, fanyeni ka mchezo haka hapa kenyé faida: Kwa mfano, Club yenu ni Tanzania, wanachama wa Club ni Watanzania, yaani wapiga kura. Kila mwanachama apate dakika tano hivi, asimame mbele ya wenzake, anadi sera zake tatu kubwa na kuwashawishi 'Watanzania' kwanini wamchague kuwa Rais wa 'nchi'. – mkishamaliza mzunguko, jadilini mlicho jifunza kutokana na zoezi hilo.



STEPPING UP

BY AMABILIS BATAMULA

PHOTOS: CHRISTOPHER MYOMBO

It's election time at Sekee Secondary School, every year they vote in a new group of prefects. All procedures have been observed, campaigns have been conducted and now results are out.

Can it be? Yes, it can! Fourteen-year-old Corodina John stands in front of the school assembly, she is in Form 1, but she is a winner! For the first time in the history of the school they have a Head Girl from Form One. Beaming and glowing in the lime-light, she expresses her joy and gratitude to the crowd that has entrusted her with this big responsibility. "Thank you for having faith in me, for looking beyond my class level. I can, and I will meet your expectations." A new trend is set at Sekee Secondary School in Kahama, Shinyanga, younger girls are stepping up to leadership.

Getting inspired

In an interview Corodina explains to me, "It has been wonderful." It all started with a Femina DREAMS IC Girl Power training session. "I used to look at other girls and women leaders and admire them, but it never occurred to me that I too could become one." Then came the day that released the hero in her.

"I will never forget that day," she tells me. "Our teacher madam Shirima hinted during the morning break that there would be a special program for girls, she said we should meet her at one o'clock for more information. I waited anxiously for the clock to strike one. I was so happy when madam Shirima finally told us that the program aimed to empower us, build our confidence and help us deal with our life challenges. I come from a family that has gone through disruptions, my parents are separated. I really felt I needed the program, although I am grateful that despite everything, I am who I am. I live with my auntie now and life is good, but it wasn't when I was younger."

Madam Shirima was referring to the DREAMS training program for girls in Form One. It runs for 16 weeks with weekly sessions on sexual reproductive health and economic empowerment topics, embedded in lifeskills. It starts by encouraging girls to develop self-awareness and self-worth – We Are Girls, We Can. This topic, she says, captured her attention and made a significant change in her self-assessment.

Wish to lead others

As the training progressed, Corodina's confidence grew, and her horizon expanded. She soon saw an opportunity for leadership right in front of her. For the first time in her life, she felt she wanted to lead others, to address issues and ignite change.

"I told my friends undergoing the training with me that I wanted to become a Head Girl. I wanted to gain their support, and they gave it to me. My only worry then was that I was going to contest against more experienced students from higher classes, but that didn't stop me from trying. I wanted my school to experience the leadership of a Form One Head Girl," she says, and I wanted to prove that I

could do it! The interview wasn't easy, but I was determined to win. I gave it my all," she says. "I believe the teachers were impressed and placed me in the top three, so I could start campaigning among my fellow students."

Mwalimu Baraza Fadhili, who was teaching the DREAMS program wasn't surprised when she was told by other teachers that Corodina had submitted the forms to contest for leadership. "I was happy she dared, and I had total confidence in my student", says Mwalimu Baraza.

Walking the talk

Corodina's ambition to lead change in her school was reflected in the objectives of her election campaign. Top one was to address menstrual hygiene issues and work together with others to find or create a solution. Two, was to promote seriousness of studying and motivate students to embrace academic excellence, and third was to promote closer and stronger relationships between students and their leaders. They need to work together to solve problems instead of working separately in groups clouded with gossip and blame.

I ask her how these goals are coming through so far. "We have made some good progress, especially with the issue of menstrual hygiene. You know since the DREAMS training I started a small business, and so did a lot of other girls from the program. We made contributions, asked our teachers and the school administration to support us so we could start up a special fund. We bought disposable pads that we could keep in storage, then asked the school authority to allow all girls in need to use them and the boarding facilities for emergencies like changing pads, cleaning, and even resting if they have to. Student-leadership relationship has improved, and specific tasks have been assigned to other prefects to oversee the academic development activity. We have a few more months, we will get the job done."

There were challenges in the beginning, but as she puts it, "nothing I couldn't handle." It was mostly resistance from a few who wanted to prove she was too young to fit the post. "Others believed the Head Boy is superior, but that's not true, the two of us are equal and we work hand in hand. It is only when there are specific issues to do with girls or boys that we take different directions, but even then, we talk and plan together. We are equal."

The sky is the limit

In the future she wants to be a teacher to help nurture a new generation of Tanzanians, but that's only on her way up. Her ultimate goal is to give Tanzania 'the taste of a female president' by becoming one. "I don't want girls to be afraid to take positive, empowering challenges. You have to try, and you can only know what it's like when you do. The future is gender equal, we should follow the footsteps of Mama Samia Suluhi."

That's what we call releasing your inner power.

MPENDWA ANTI



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

FEMA

S.L.P. 2065, Dar es Salaam

e-mail: info@feminahip.or.tz

SMS: 0753003001

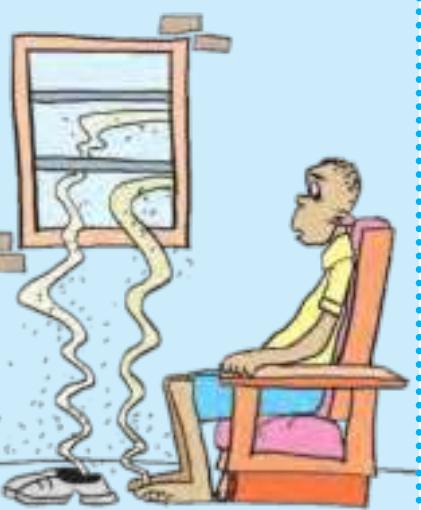
Hello Auntie, mvulana anaweza kumpa mimba msichana akiwa na umri gani? Salama kutoka Morogoro.

◆ Mpendwa Salama, mvulana ye yeyote aliyebolehe anaweza kumpa mimba msichana kwani anakuwa ameshaanza kuzalisha mbegu. Wastani wa umri wa kubalehe kwa wavulana ni miaka 13 – 16. Lakini hata wa miaka 12 kama amebalehe mapema anaweza kumpa msichana mimba. Ii kuzuia mimba ni vyema kijana, hasa kama ni mwanafunzi, aache kujamiiiana badala yake aweke mkazo kwenye masomo.



Mpendwa Anti, harufu ya miguu inasababishwa na nini?

◆ Habari. Harufu ya miguu husababishwa na kutokwa na jasho miguuni, na pale jasho hili linapokutana na bakteria kwenye soksi na viatu husababisha bakteria hao kuzaliana. Hivyo, watu wanaotokwa zaidi na jasho miguuni wanakuwa na hatari kubwa zaidi ya kutoa harufu mbaya. Ili kuzuia harufu miguuni, kwanza hakikisha unaosha miguu kila siku na kukausha vizuri, hasa katikati ya vidole. Vaa viatu vya ngozi na si vya plastiki ili kuzuia joto jingi miguuni. Pia jitahidi kubadilisha viatu kila siku, angalau viatu vipumue kwa siku moja kabla ya kuvaliwa tena. Siku zote vaa viatu vikiwa vikavu. Vaa soksi safi na kavu. Tibu magonjwa kama fangasi mapema iwezekanavyo.



Samahani Mpendwa Aunt. Mimi ni mwanafunzi wa kidato cha tano, naitwa Yusra Muhammed. Nauliza, inatokeaje mwanamke anapata mimba wakati alipojamiiiana na mpenzi wake walitumia kondomu?

◆ Habari. Kondomu ikitumika kwa usahihi inazuia mimba pamoja na maambukizi ya magonjwa ya ngono. Isipotumika kwa usahihi, hasa kama muda wake wa matumizi umekwishapita (ime-expire), inaweza kupasuka. Kuongeza vilainishi visivyo sahihi katika kondomu pamoja na kutumia kondomu mbili au zaidi kwa wakati mmoja nako kunaweweza kusababisha kondomu zisuguane na kupasuka. Kwa mwanafunzi, njia salama na ya uhakika ya kuepuka mimba ni kuacha kujamiiiana.



Habari? Mimi ni Leyla Daima. Hivi usipopata hedhi ni dalili ya mimba peke yake au kuna tatizo jingine?

◆ Kukosa hedhi kunaweweza kusababishwa na mambo mengi. Kwa mtu ambaye ameshaanza kufanya ngono, ujauzito huangaliwa kama sababu ya mwanzo kabisa. Hivyo, kama msichana amekosa hedhi basi anashauriwa kupima ujauzito ili kuhakikisha. Kukosa hedhi kunaweweza kusababishwa na masuala mengine kama matatizo ya homoni, matatizo katika tezi mbalimbali hasa zinazoongoza suala la hedhi. Matumizi ya baadhi ya dawa, kubadilisha mazingira, hasa kwa wasichana walioanza tu kupata hedhi. Wasichana wanaofanya sana mazoezi au wanaojikondesha kwa kuacha kula kwa muda mrefu wanaweza kukosa hedhi pia. Kama una tatizo la kukosa hedhi nakushauri nenda kituo cha afya kilicho jirani nawe ili upate ushauri wa daktari.

ANTI COS ANAJIBU MASWALI YENU

Shule yetu ina tatizo la wanafunzi kuchapwa viboko, na hii inasababisha kutokujiamini katika mitihani na kufeli kupita kiasi. Tunaomba msaada. Pia tungependa kujua, je mwanafunzi kuchapwa viboko zaidi ya 10 hadi zaidi ya 30 ni halali? Na je, haiwezi kumuathiri kisaikoloja? Je, fimbo ni nyenzo sahihi ya kurekebisha tabia?

◆ Habari. Poleni sana. Adhabu ya viboko hasa viliviyokthiri inaweza kuwa na madhara kimwili kwa kuleta maumivu, kuumiza hisia za anayeadhibiwa, kuondoa imani katika uhusiano baina ya mwalimu na mwanafunzi kwani inaweza kujenga uadui, pia inaweza kumjengea mwanafunzi hali ya kutokujiamini na kuondoa mazingira salama ya kujifunzia. Vilevile, adhabu zikizidi humjengea mtu usugu. Mwongozo wa Serikali unasema adhabu ya viboko kwa mwanafunzi kama ikibidi kutolewa (kwa sababu ya uzito wa kosa) itolewe na mkuu wa shule au mwalimu aliyepewa idhini na mkuu wa shule na inaelekeza idadi ya viboko isizidi vinne. Kama shulenii kwenu kuna tatizo hilo ni vyema muwasiliane na uongozi wa shule ili uongozi ulifanyie kazi. Pia ni vizuri kufuata sheria za shule; kufanya kazi za masomo zinazotolewa kwa wakati, kuvaa sare zinazotakiwa na sheria nyingine ili kujiepusha na adhabu.

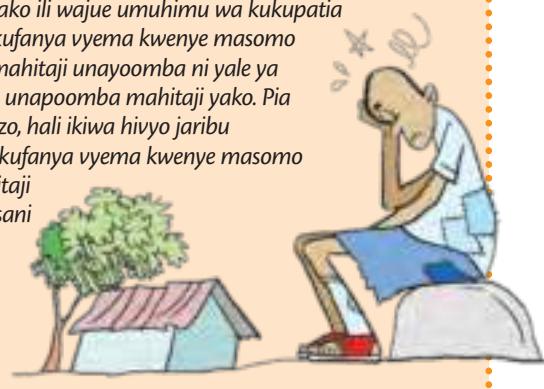


Ni kwa namna gani fangasi zinaweza kuathiri mzunguko wa hedhi? Hususan fangasi za ukeni?

◆ Habari. Fangasi zinaleta maudhi na mwasho kwenye via vya uzazi. Lakini haziathiri mzunguko wa hedhi wala uzazi. Kuwa na fangasi ukeni kunaweza kuwa ni mlango wa kupata maambukizi ya VVU na magonjwa mengine ya ngono kwa urahisi zaidi. Hivyo, ni vyema kufika kituo cha afya mara tu unapohisi una dallili za fangasi au matatizo yoyote ukeni ili upate tiba sahihi. Lakini pia hakikisha unavaa nguo safi na kavu kila siku, hasa za ndani, ili kupunguza kasi ya maambukizi.

Mpendwa Anti, mimi ni mwanafunzi wa kidato cha tatu. Wazazi wangu hawanitimidii mahitaji muhimu ya shule, na si kwa umaskini. Hali hii inanisababishia matatizo kama vile kuchapwa bakora na walimu n.k. Anti nisaide, nifanyeje?

◆ Jaribu kuwaelewesha wazazi wako ili wajue umuhimu wa kukupatia mahitaji yako ili hatimaye uweze kufanya vyema kwenye masomo yako. Hakikisha pia ni mkweli na mahitaji unayoomba ni yale ya muhimu. Tumia lugha ya heshima unapoomba mahitaji yako. Pia inawezekana wazazi hawana uwezo, hali ikiwa hivyo jaribu kuwaelewesha. Jambo jingine, jitahidi kufanya vyema kwenye masomo yako pia, kwani unapoomba mahitaji ya shule kama hufanyi vizuri darasani wazazi wasiolewa watashindwa kuona kama elimu ina faida. Unaweza pia kuongea na ndugu mwininge kwenye familia asaside kuwaelewesha wazazi wako.



Hivi kwa wanamume kutahiriwa haina madhara kama mwanamke anavyokeketwa?

◆ Habari. Hakuna madhara kiafya kwa mwanamume kutahiriwa, isipokuwa kuna faida zaidi hasa kuhusiana na kuzuia maambukizi ya magonjwa ya ngono na VVU. Vijidudu vya magonjwa hujihifadhi na kuzaliana kwenye ngozi ya kichwa cha uume na kuweza kusababisha maambukizi kwa mwanamume mwenyewe pamoja na mweni wake. Hivyo, kutahiri kunapunguza hatari ya maambukizi. Lakini, mwanamke akikeketwa anapata kovu ambalo linaweza kumpletea athari nyingi kiafya na kisaikoloja.



Habari. Mimi ni msichana wa miaka 18. Natamani kuzaa lakini bado niko shule. Sasa nifanyeje na nina hamu kweli?

◆ Habari. Ni jambo la kawaida kwa vijana, wasichana na wavulana kuwa na hamu ya kuwa na watoto. Lakini hamu pekee haitoshi. Kama unapenda sana mtoto ni vyema kumuandalia mazingira mazuri. Ungependa mtoto wako aishi mazingira gani? Awe na vitu gani? Avae vizuri, ale chakula bora na apate huduma za afya za uhakika? Akianza shule ungependa awe na mahitaji yote muhimu? Kama jibu ni ndio, basi sasa hivi ni wakati wako wa kuandaa mazingira mazuri, kwa kufanya vyema kwenye masomo yako pamoja na kujianaa vyema kiuchumi ili ukipata mtoto iwe ni kwa wakati sahihi na uweze kumlea katika mazingira sahihi.

MABINTI WATHUBUTU!

NA PENDO MASHULANO
PICHA RAPHAEL NYONI



RUKA
JUU



Getrude Akili Mwakabuka (15) ni binti wa kidato cha pili, Itiji Sekondari, Jijini Mbeya. Anapoanza kusimulia stori yake si rahisi kutabiri iwapo itaisha vizuri au vibaya! Dakika moja ni furaha, dakika inayofuata ni huzuni!

Binti huyu anatokea katika familia ya kipato cha chini. Mahudhurio yake shulenii yalitegemea mfuko wa mama umekaaje siku hiyo.

"Kwakuwa naishi mbali na shule, huwa naamka saa 10. Safari yangu huanza kwa kutembea umbali mrefu, kilomita kadhaa kwenye njia yenye giza totoro! Kitu pekee ninachokiona ni mashamba manene ya mahindi kulia na kushoto, hapo naitafuta barabara kuu ambapo ndipo ninapopata daladala itakayonifikisha jirani na shule, kisha namalizia hatua zilizobaki kwa mguu," anasema.

"Mama alipokuwa hana nauli, nilivua uniform na kukaa nyumbani, sikuwa na namna. Nauli ilipopatikana nilikwenda shulenii huku nikijua kwamba nikifika nitachapwa kwa kukosa shule jana, na kweli nilichezea mikwaju! Wanafunzi wenzangu walinisemu! Wapo waliosema sipendi shule na wapo walioniambia mimi mvivu," anasema na kunyamaza kwa sekunde kadhaa, kisha anaendelea.

"Wengine waliniambia eti mwili wangu ni 'mtaji' tosha. Walisema 'unaweza kulala na wanaume na kutengeneza fedha'. Sikushawishika kufanya hivyo. Niliendelea kukomaa, ingawa sijui ningekomaa mpaka lini, maana nilihitaji fedha na sikujua nazipata wapi." Hapa Getrude anavuta pumzi ndefu, kisha anaendelea.

MWANGA WA MATUMAINI

Waswahili wanasema, kunapokaribia kupambazuka, giza huwa nene zaidi. Wakati Getrude anaelekea kukata tamaa, jambo jema likatokea! Naam! Ukaja mradi wa Femina DREAMS IC Girl Power shulenii kwake. Mradi huu ulilenga wasichana wa kidato cha kwanza na walikuwa wakibaki jioni kujifunza. Getrude ni mmoja wa wasichana waliobahatika kuhudhuria mafunzo haya, ingawa kwa kipindi hicho alilazimika kucheleva zaidi kufika nyumbani.

HAJUTII!

"Tulikuwa na vitabu viwili, 'Linda Maisha Yako' na 'Jenga Maisha Yako'. Tulipofika kitabu cha Jenga Maisha Yako, katika kila hatua niliona kama vile mwalimu alikuwa anazungumza na mimi peke yangu! Kadri tulivyofunua ukurasa mpya wa kitabu kile, ndivyo ubongo wangu ulivyochemka na kupata nguvu na akili mpya."



TIRIRIKA

Njia gani zitumike
kuwashawishi vijana
watuze pesa?

GIFT M. ALLY (18)
Nkuyu Sec, Kyela

Kuepukana na makundi
mabaya kama vile uvutaji
bangi, kuhonga ambapo hii
inapelekea kutumia pesa nydingi
kuliko kufanya ujasiriamali na pia
kutoa elimu ya matumizi ya pesa.

AMINA FADHILI
JUMA (14),
Mbeya

Kwa kuanzisha miradi
yao wenye. Mfano,
kuu ufuta, kulima bustani
za mbogamboga ambazo
zitawawezesha kununua mahitaji yao
madogomadogo..

SEKELA EPHRAIM
MWAMBETA (14),
Kyela

Njia zinazoweza
kuwashawishi vijana ili
waweze kutunza pesa ni kama
vile wajue kujituma kwenye kazi, na
waweze kutunza pesa vizuri.

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





"Nilianza kujiona nakuwa 'tajiri',
nikasema sasa ni wakati wa 'kutengeneza pesa
yangu mwenyewe'. Nilipata ujasiri wa ajabu nikajiona
naweza, tena naweza sana! Niligundua kwamba akili
yangu imechelewa kufunguka, lakini nikasema
better late than never."



Jioni moja nilirudi nyumbani nikamwambia mama naomba Tsh 3,000. Nilishapiga hesabu na kuona inatosha. Nilikwenda straight dukani, nikanunua unga wa ngano wa 1,000, mafuta ya kupikia ya 1,000 na buku iliyobaki nikanunua sukari na hamira, kazi ikaanza!"

"Dada yangu ana biashara ya mama lishe, anauza chakula na chai. Lakini, hakuwa akiuza vitafunwa! Niliona fursa! Kwamba wateja wake hawatasita kununua andazi kusindikizia kikombe cha chai. Nikachangamka fasta!"

"Nilichoma maandazi na kumwomba dada aniu zie katika kibanda chake. Ikawa hivyo kila siku, jioni tunapeana mahesabu. Nikitoka shule nakanda maandazi, nachoma, nahesabu, kisha nakwenda zangu home kufanya homework. Siku zinakwenda!"

"Sasa hivi mtaji wangu umekua na kufikia Tsh 100,000, hivyo nanunua kiroba cha unga badala ya rejareja, ni nafuu zaidi. Sina tena sababu ya kushindwa kwenda shule mama anapokuwa hana nauli ya kunipatia."

"Ili kudunduliza hela yangu, nimeingia katika kikundi cha watu 15 hapa mtaani kwetu, tunaweka hela, kila mwezi imoja wetu anapokea. Zamu yangu imekaribia, hivyo nina mpango wa kushona sketi mbili za shule, kununua viatu vipyta na kununua balskeli inirahisishie safari ya shulenii."

"Sina maneno yanayofaa kuelezea shukrani zangu kwa mradi wa DREAMS. Naikumbuka DREAMS kila ninapokanda maandazi, kila ninapoichungulia akiba yangu na kila ninaponunua mahitaji yangu! Hakuna mwanamume anayeweza kunirubuni kwa fedha, natengeneza pesa yangu mwenyewe. Nitasoma, nitamaliza shule na nitakuwa daktari bingwa wa magonjwa ya wanawake. Hii ndiyo kazi ya ndoto yangu na hakuna kitakachonizua."



WAPo WENGI KAMA GETRUDE

Mafunzo ya DREAMS yaliyotolewa na Femina yametengeneza wasichana wengi mfano wa Getrude. Unapokutanisha kundi la wasichana wa kidato cha pili ambao walipitia mafunzo haya wakiwa kidato cha kwanza, utapata stori kibao za ujasiriamali. Hii hajjalishi kama wako Temeke, Kahama, Ushetu, Mbeya au Kyela! Wasichana hawa wako bize!

Wapo wanaodunduliza pocket money kwa kutupia japo 200 kwenye kibubu kila siku, wapo wanaonunua na kupaki ubuyu kisha kuwauzia wenzao shulenii au kusambaza vibandani, wapo wanaofuga kuku, nguruwe na hata mbuzi, wapo wanaolima bustani ya mboga na kuuza, wapo wanasauka door mats na mikeka. Wengine wamejifunza ufundi wa kushona nguo, wanashonea wanafunzi wenzao sare za shule na kujipatia mshiko!

Wasichana hawa wamekuwa huru kiuchumi, wanamudu mahitaji yao madogomadogo. Kujenga maisha yao kumewasaidia kulinda maisha yao. Wamegundua kwamba pesa haiko mifukoni mwa wanaume, bali iko katika akili zao wao wenywewe. Wanafukuzia ndoto zao na hakuna kitakachowazua!



CHUKUA
HATUA

Mmesoma stori ya Getrude, imewagusa, mnatamani kuwa Getrude, sasa fanyeni hivi:
Gawanyikeni katika makundi mawili au zaidi kwa kadri mtakavyoona inafaa. Kila kundi lijadili: Je, ni changamoto gani zilizopo hapo shulenii na nyumbani ambazo zinaweza kumkwamisha mwanafunzi anapojaribu kuwa kama Getrude? Mkishamaliza kutaneni kama kundi kubwa, kisha kila kundi liwasilishe nondo zake, kisha mjadala mkubwa ufuate.



TIPS KWAKO WEWE MJASIRIAMALI MDOGO

- Buni biashara ambayo haitaathiri ratiba yako ya masomo.
- Tumia vizuri muda wa jioni, wikiendi, sikukuu na likizo.
- Kama biashara yako ni ya kila siku, pangilia ratiba yako vizuri ili usikose muda wa kujisomea na kufanya homework.
- Tunza pesa zako sehemu salama na hakikisha unaandika mapato na matumizi kila mara.
- Omba msaada na mwongozo kwa wazazi na majirani unapokwama.
- Jiwekee malengo kidogokidogo kadri ya uwezo wako, tathmini maendeleo yako, jifunze kutokana na changamoto na makosa.
- Kumbuka, lengo la msingi ni KUSOMA, KUHITIMU na KUFIKIA NDOTO YAKO.
- Ukishafanikiwa, SAMBAZA UPENDO. Wafumbue macho wenzako, washirikishe stori yako ili nao wajifunze na kufuata nyayo zako.



KUWA CHACHU YA MABADILIKO Kama Getrude!

GIRL POWER COURAGE

BY PENDO MASHULANO
PHOTOS RAPHAEL NYONI

Getrude Akili Mwakabuka (15) is a Form Two student at Itiji Secondary School in Mbeya City. When she begins to tell her story, you can't guess if it is going to have a sad or happy ending! One minute it's pure joy and the next it's all sadness!

Getrude comes from a low-income family. Her attendance at school depended on how thick or thin her mother's pocket was in the morning.

"Every morning I wake up at four, because I live very far from school. My journey begins with a long walk, several kilometers on a dark path. All I see is maize farms on my left and right before I reach the main road. There I get a daladala that takes me closer to school, and then I finish off on foot again," she says.

"When mama did not have daladala fare for me, I would take off my uniform and stay home. If bus fare was available I would go to school, knowing that I would be caned for missing school the day before. I got some serious beating! The other students would say mean things about me like I was just lazy or did not like school," she reveals.

"Some told me that my body is 'capital'. They said 'you can have sex with men and make money'. I was not interested at all. I continued to stand my ground, although I wasn't sure for how long I would be able to stick to my principles, because I needed money and didn't know where to find it." She took a long deep breath, then she went on.

LIGHT AT THE END OF THE TUNNEL

There is a Swahili saying, 'the closer it gets to daylight, the thicker darkness becomes'. As Getrude got closer and closer to giving up, something happened. The Femina DREAMS IC Girl Power programme was introduced in her school. The programme targeted Form one girls, who received a special training after school. Getrude was one of the lucky girls that attended the special training, although it meant getting home later than usual. NO REGRETS!

"We had two books: 'Protect Your Life', and 'Build Your Life'. When we started the Build Your Life modules, it felt like the teacher was speaking directly to me. With each page we turned, my brain became more stimulated and I gained new ideas and courage."

"I started feeling rich. I said to myself, 'now is the time to make my own money'. I found extraordinary courage, I felt I could go beyond what I could imagine! This new knowledge was long overdue. But as they say, better late than never."

"One evening at home, I asked my mother for Tsh 3,000. I had made a budget. With the money I went straight to the shop and bought wheat flour for Tsh 1,000, cooking oil for 1,000 and with the remaining money I bought sugar, and yeast and I was ready to go!"

"My sister has a small business, she sells food and tea, but no bites. I saw a business opportunity - that her customers would be likely to buy bites to go with their cup of tea. I quickly grabbed the chance."

"I made maandazi and asked my sister to sell them for me at her business. That's how it all started. Every evening she would give me my share from the sales. I continued to make maandazi every day after school, before proceeding with my homework."

"My capital has increased to Tsh 100,000 so now I can buy a whole

sack of flour instead of just a few kilos, it is also cheaper that way. I don't have to miss school anymore when mama has no bus fare to give me."

"To start saving my income, I joined a small savings group in my neighborhood. We are 15 people and every month we each deposit an agreed amount of money, which is then collected by one member of the group. My turn is almost here, so with the money, I plan to buy two school skirts, a pair of shoes and a bicycle to make it easier to travel to school and back home."

"I do not have the right words to express my gratitude to the DREAMS program. I think of DREAMS every time I am making maandazi, every time I look at my savings and when I go to the shops! No man can trick me for money, I make my own money. I will finish school and become a women's doctor (gynecologist). This is my dream job, and nothing is going to stop me."

MANY MORE 'GETRUDES'

The DREAMS training program has produced many girls like Getrude. When you bring together the Form Two girls who went through the program while in Form One, you will hear many stories of entrepreneurship from Temeke, Kahama, Ushetu, Mbeya and Kyela. The girls are busy!

Some are saving their pocket money in vibubu boxes, Tsh 200 every day. Some buy baobab seeds, pack them and sell them to their peers and kiosks, some are rearing chickens, pigs, and even goats. Others grow and sell vegetables, and some are making door and floor mats. Others have learned tailoring and now are making uniforms for their fellow students.

These girls have gained some economic independence. Saving money and starting small income generating activities has helped them to 'protect' their lives. They have realized that money is not in the hands of men, but in their own mindset. They are pursuing their dreams and nothing will stop them now!

TIPS FOR YOU, A SMALL ENTREPRENEUR

- Develop a business that will not affect your school schedule.
- Utilize your evenings, weekends, public holidays and school holidays.
- If your business needs attention daily, manage your time well so that your school work does not suffer, do your homework.
- Keep your money in a safe place and make sure you maintain good records of your income and expenditures.
- Seek support and guidance from your parents and neighbors – don't try to do it all alone.
- Set realistic targets for yourself, measure your progress and learn from your challenges and mistakes.
- Remember, the primary goal is to STUDY, FINISH SCHOOL and REALISE YOUR DREAM.
- If you succeed, SPREAD THE LOVE. Help others to open their eyes too, share your story so they can be inspired to learn and follow you.

BE A CHANGE MAKER like Getrude!

MABINTI FULL BUSY!

Wasichana waliopata mafunzo ya
Femina DREAMS IC Girl Power wako bize kila kona!
Hata darasani wako vizuri kinomaaa!
Kila shule tuliyopita walijitokeza kibao kusimulia
stori zao za mafanikio. Kwa ufupi,
PALIKUWA HAPATOSHI!

Rehema Malale-
Anasema Amejifunza
kusema NÓ kwa
kumaanisha.



Mother Mwambuli.
Yeye anajipatia pesa kwa
kuuza parachichi.



Lilian Robert Filangani.
Yeye anafuga sungura na
kujipatia kipato. Ndoto yake
ni kuwa mkulima



Hapa napo walijitokeza
kibao kusimulia stori zao!



Darasa la DREAMS
utalijua tu!



Yunice Fidelly Simfukwe.
Yeye anasuka mikeka, anauza.
Pia anafuga kuku.



Coleta Kamanda Mwandupe.
Yeye anatengeneza sabuni.



Witness Matembo
na 'kibubu' chake.



Farida Omari Mwaikenja.
Yeye anatengeneza mazulia
ya mlangoni.



Hakuna ziada mbovu

NA PENDO MASHULANO **PICHA** RAPHAEL NYONI

Loveness Anosisye Mwaiswelo (18) ni binti wa kidato cha nne, Ndobo Sec Wilayani Kyela. Siku moja shulenii kwa walitangaziwa kwamba kuna mafunzo maalumu kwa ajili ya wasichana wa kidato cha kwanza, lakini ikiwa wasichana wengine wangependa kuingia, wanakaribishwa.

"Hakuna ziada mbovu", Loveness alijisemea kimoyomoyo kisha akasema "Wacha niingie nione, nisipovutiwa nitaishia hapohapo, sina cha kupoteza".

Loveness anasema, ingawa alikuwa kidato cha tatu na alikuwa Dada Mkuu, hakuona tabu kujichanganya na wasichana wa kidato cha kwanza. Ilikuwa ni mafunzo ya DREAMS IC Girl Power yaliyotolewa na Femina. "Kiukweli, siku ya kwanza tu nilipohudhuria darasa lile ikawa ni kama nimeonja asali, nikaamua kuchonga mzinga".

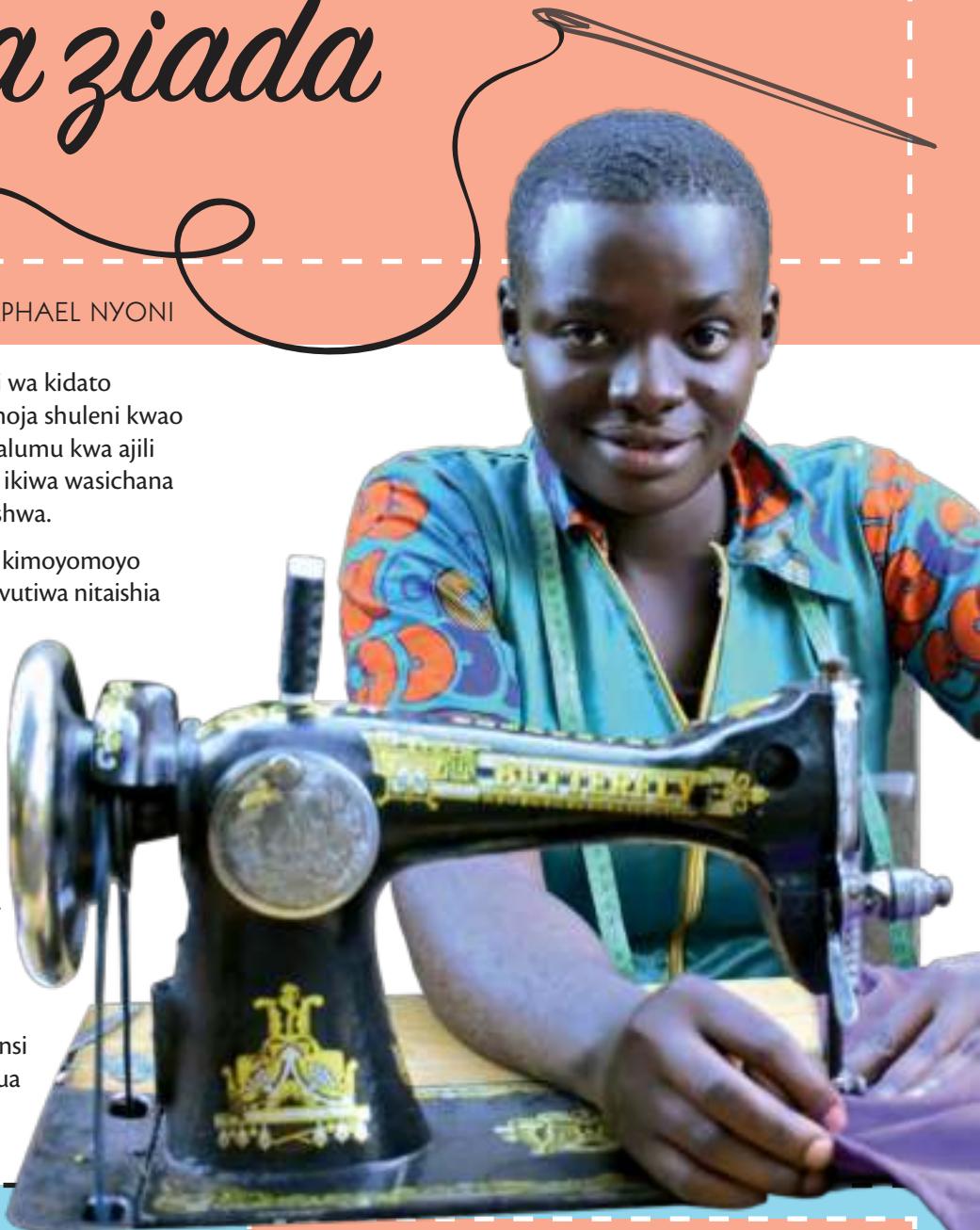
"Tulijifunza mengi lakini yaliyonikuna zaidi na kubadilisha maisha yangu ni kitabu cha pili, Jenga Maisha Yako. Hapa tulifundishwa ujasiriamali, namna ya kutambua fursa na jinsi hata sisi wanafunzi tunavyoweza kujikwamua kiuchumi". Anasema na kuongeza "Nilihakikisha sikosi kipindi".

Akatambua fursa

Kadri somo lilivyokolea, Loveness akakumbuka kwamba nyumbani kwa kuna cherehani. Ni ya mama yake, mara chache mama huitumia, lakini kwakuwa mara nyingi anakuwa bize na kazi za shamba, cherehani ile huwa ipoipo tu.

Loveness anasema mama yake aliyahili kumwambia ajifunze kushona, alijifunza kidogo lakini hakutilia maanani. "Ndipo nikagundua kwamba nilikuwa napoteza fursa! Kumbe naweza kushona, nikaingiza pesa, zikanisaidia kwa mahitaji yangu ya hapa na pale".

Loveness anaendelea kusema "Nilipokwenda nyumbani nikamwambia mama, sasa nataka kujifunza cherehani kwa nguvu zote. Mama alicheka, lakini alinifundisha".



Fundi Loveness

Loveness anasema, ukiacha kuziba viraka, nguo ya kwanza aliyoishona mwanzo mwisho kwa mkono wake mwenyewe ilikuwa ni sketi yake ya shule.

"Nikaivaa shulenii, wenzangu wakaipenda. Nikawaeleza kwamba nimeishona mwenyewe. Walivutiwa, taratibu wakaanza kunipa kazi, sio tu nguo za shule, bali hata nguo za sikukuu nashona", anasema.

"Sketi ya shule nashona kwa sh 5,000, gauni nashona kwa kati ya sh 8000 na 10,000 kutegemea na mshono ambao mteja atauchagua. Nguo za kiume bado sijajifunza, lakini nazo nitajifunza tu", anasema.



Masomo kwanza, kushona baadaye

"Kwa siku za kawaida huwa nakuwa na ratiba ya kujisomea na kufanya kazi za shule, lakini wikiendi na wakati wa likizo ndio wakati hasa wa kushona nguo za wateja wangu na kutengeneza pesa," anasema.

Loveness anafurahi kwamba kwa sasa watu wengi pale kijijini wanafahamu kwamba yeze ni fundi mzuri na anashona haraka. "Tena wengi sasa hivi wakija wanataka nguo zao niwashonee mimi, sio mama," anaongeza.

"Napata hela ya kujikimu. Nanunua mahitaji yangu. Hata hivi mmeleta ndio kwanza tumefungua shule, nimenunua mahitaji, lakini mngekuja wakati wa likizo mnenikuta na kiakiba changu kizuri tu!" anasema na kuongeza "Sasa hivi nimebaki na 80,000/- tu".

Loveness anafurahi kuwa na uwezo wa kutengeneza hela yake mwenyewe. "Unajua, wanaume wanapotutongoza, mara nydingi wanatushawishi kwa fedha. Sasa hivi nina jeuri ya kuwaambia kwamba ninazo za kwangu" anasema huku akitabasamu.

Ana ndoto kubwa

Loveness ana uhakika wa kusoma mpaka chuo kikuu. Ndiye mwanafunzi aliyeongoza Kiwilaya katika mtihani wa Taifa wa Kidato cha Pili akiwa na Div 1 ya point 9. "Ndoto yangu ni kuwa daktari na ndiyo maana nasoma sayansi. Najua nitafaulu, nitakwenda kidato cha tano. Natamani kusoma PCB, na naamini nitafika chuo kikuu na ipo siku nitaitwa Dk Loveness," anasema.

Loveness anasema "Pamoja na ndoto yangu ya udaktari, kazi ya cherehani nitaiendeleza kwa sasa. Nahitaji kudunduliza pesa. Hata nitakapokwenda kidato cha tano sijajua nitapangwa wapi. Bila shaka nitapelekwa mbali na vyovoyote iwayyo nahitaji fedha,"

Barabara ndefu haikosi kona

Naam! Mambo sio mteremko! Changamoto nazo zipo. Loveness anasema kuna wanaokopa huduma yake, wanakuwa wasumbufu kulipa. Pia watu wengi wanajitetea sana wakiomba kupunguziwa bei. "Kila mtu analia, pesa ngumu," anasema.

Loveness anamalizia simulizi yake kwa kusema "Ingawa sikupata cheti cha ushiriki kwakuwa sikuwa mlengwa wa mafunzo ya DREAMS sijajuta. Nilichopata ni zaidi ya cheti. Tena nimeamini kwamba mwenda bure si mkaa bure, huenda akaokota. Nami nimeokota, tena nimeokota dhahabu darasani."



MUULIZE ANKO PESA!



Una maswali lukuki kichwani mwako? Unataka kuwa mjasiriamali lakini hujui pa kuanzia? Unaogopa kujitosa katika biashara? Biashara inakwenda mrاما? Una senti mbili-tatu lakini hujui uwekeze wapi? Una maswali kedekede kuhusu mambo ya mshiko? USITAABIKE! Uliza ujibiwe na ANKO PESA, mtaalamu wetu wa masuala ya ujasiriamali! (angalia mawasiliano ukurasa wa mwanzo wa jarida).

Habari yako Anko Pesa. Hongera kwa kutuelimisha vijana michongo mikali ya pesa. Naomba kufahamu, unawezaje kupiga pesa mtandaoni kwa mtaji mdogo wa laki moja? Raphael, Bagamoyo.

Raphael, habari? Sina uhakika unachomaanisha ukisema "kupiga pesa mtandaoni" lakini kama unamaanisha michezo ya bahati nasibu ujue uwerekano wa kupata ni mdogo, wa kuliwa ni mkubwa. Ni pata potea. Na kama unamaanisha kupiga kwa maana ya kufanya wizi wa mtandaoni, Anko wangu, siwezi kukushauri uende huko, huo ni uhalifu kama uhalifu mwingine. Sasa, kama unamaanisha namna ya kutengeneza kipato mtandaoni, unawenza kuwa wakala wa makampuni ya simu au benki, ukatoa huduma ya mobile money, unawenza kutumia mitandao ya kijamii kutangaza bidhaa zako au kuziuza. Nimeshawahi kuona waandishi wa hadithi wakuza kazi zao kwenye makundi ya WhatsApp. Kama ukiwa na maudhui yanayovutia wengi mtandaoni, watu wengi watakupenda na kukufollow, unawenza kuweka matangazo ya makampuni wakakulipa. Hata hivyo zipo sheria zinazompasa mtu mwenye blog au youtube kulinia leseni.

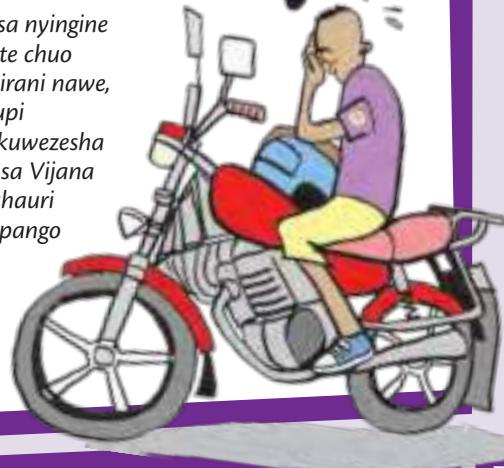


Jamani, naomba msaada Anko Pesa. Mimi ni kijana wa miaka 22. Shida yangu ni kwamba nilimaliza kidato cha nne mwaka jana na matokeo yangu si mazuri sana. Miezi inapita sina chochote wala biashara yoyote. Kadri ninavyozidi kukaa mtaani ndivyo ninavyozidi kupoteza matumaini. Nikifkiria kwamba labda nifanye kazi ya bodaboda naona kama maisha yangu yatakuwa hatarini. Naomba msaada. By Edwin Joseph kutoka Musoma, Mara.

Habari gani kijana wangu Joseph? Kwanza hongera kwa kumaliza kidato cha nne na kwa kutamani kujishughulisha na biashara kuliko kukaa tu. Ni kweli kwamba biashara ya bodaboda imekuwa na mazingira hatarishi ikiwa ni pamoja na ajali zinazosababisha ulemavu, utekwaji nk. Hata hivyo, biashara ya bodaboda inaweza ikafanywa katika mazingira salama ikiwa utapitia mafunzo rasmi ya uendeshaji wa pikipiki, kuchukua tahadhari wakati wa kuendesha na kujisajili kwenye vituo vyataga ili utambuliwe.



Hata hivyo, bado kuna fursa nyiningine za kujiajiri. Nashauri utafute chuo cha ufundi (VETA) kilicho jirani nawe, uchukue kozi ya muda mfupi itakayokupatia ujuzi unaokuwezesha kujiajiri. Pia mtembelee Afisa Vijana na Utamaduni wa Halmashauri ya Musoma atakueleza mipango iliyopo ya kutoa fursa za ajira kwa vijana ikiwamo mafunzo ya kilimo, uvuvi nk.



Anko Pesa pole na hongereni kwa kazi zenu nzuri. Naomba nipate mwongozo. Je, mfanyakibashara mzuri anatakiwa awe na sifa gani ili asipoteze wateja wake?

Habari yangu ni nzuri na ahsante kwa pongezi. Mfanyakibashara mzuri anatakiwa awe anajiamini (yaani "mjasiri wa mali"). Asiwe mwenye kusita wala mwenye hofu, bali anayethubutu kufanya shughuli ambayo anaona ina nafasi nzuri ya mafanikio. Pia, mfanyakibashara anatakiwa atambue kwamba wateja wake ni muhimu sana. Hivyo, awe na uhusiano mzuri na kauli nzuri kwa wateja. Afahamu mahitaji ya wateja wake vizuri na kufanya biashara yake kuwa ndiyo suluhisho la matatizo yao. Kumbuka, biashara zilizofanikiwa ni zile zinazotatua matatizo ya wateja wake. Abuni mbinu za kupenyeza huduma au bidhaa yake katika soko kwa kufanya kazi na mawakala na wasambazaji. Asitumie mtaji kwa matumizi yasiyoendana na biashara husika, bali aweke akiba na kuzungusha kiasi fulani cha faida ili biashara ikue.





Pole kwa majukumu Anko Pesa. Mimi ni kijana wa miaka 18. Natamani sana kuwa na kikundi, tuchange mtaji, tukopeshane pesa kwa riba ili pesa ziwe kwenye mzunguko, zitengeneze faida. Tatizo ni kwamba hakuna anayekubali. Wanahofia utapeli. Je, nifanyeje?

Habari kijana wangu. Hongera sana kwa kuwa na wazo la kuanzisha kikundi cha kuweka na kukopa. Kwanza, tofauti na wengine wanavyodhani, mimi naunga mkono wazo lenu la kuweka riba kwani itawawezesha kumudu gharama za uendeshaji wa kikundi kama vile usafiri, tozo za benki nk. Pia, riba itawawezesha kukuza mtaji na kutoa gawio la faida kwa wanakikundi.

Hofu ya utapeli mara nyigi hutokana na mfumo wa uendeshaji wa kikundi. Ushauri wangu ni kwamba, weka misingi bora kwanza ili kikundi utakachokianzisha kiwe imara. Kikundi kitakachoondoa hofu ya utapeli ni kile chenye katiba, viongozi waliochaguliwa kwa njia ya demokrasia, chenye sharti kwamba kila fedha inayochangwa lazima kwanza iingizwe benki kabla ya kutumika, na kuwepo na watia saini sio chini ya wawili kabla fedha hazijatolewa benki (na masharti mengine kama yatakavyowekwa na wanakikundi). Mtakapofikia hapo, hofu ya utapeli itaondoka na wanakikundi wataweka akiba zao kwa furaha na amani.



Habari za siku Anko Pesa. Naitwa Zablon, niko Kongwa, Dodoma. Naomba ushauri. Mimi ni kijana mwenye umri wa miaka 21. Najituma na kupambana juu ya maisha yangu, lakini ugumu unaonijia ni kwamba kila biashara ninayofikiria kuifanya wazazi wangu wamekuwa chanzo kikubwa cha kunirudisha nyuma kimaendeleo, kwa sababu wanaponieleza juu ya shida fulani nashindwa kujizua kuwasaidia. Nifanye nini?

Habari gani Zablon? Habari za huko Kongwa? Kwanza nakupongeza kwa kupambana na maisha kwa kufkirira biashara mbalimbali. Ushauri wangu, kwanza ni vyema kuishi na wazazi wako kwa maelewano na masikilizano. Hii ina maana kubwa na imesisitizwa na mila, desturi na dini zote. Hata hivyo, inabidi uzungumze na kuwa elimisha wazazi wako kwamba wewe bado ni kijana mdogo, hujapata uwezo wa kubeba mzigo mkubwa, hivyo wapime ni mambo gani unayoweza kuwasaidia katika majukumu ya hapo nyumbani bila kukwama. Inawezekana uliwajengea imani kwamba umefanikiwa sana, kumbe sivyo. Labda ulifanya hili kwa kuwatia moyo na haya ndiyo matokeo yake. Kwa sababu hiyo umewajengea matarajio makubwa kwako kuliko uwezo ulionao. Hivyo, ni bora uonyeshe uhalsia, waambie mambo usiyoweza kuyabeba na uwaeleze kwamba ungependa kuyafanya hali ikitruhusu. Kwa sasa fanya yale yaliyo ndani ya uwezo wako.

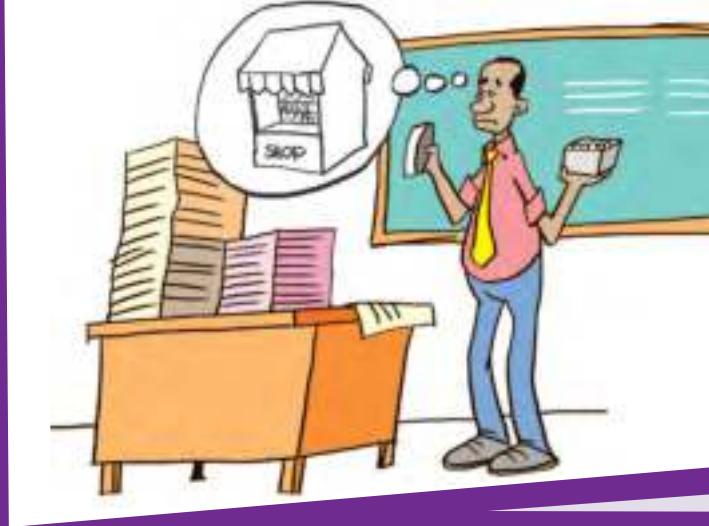
Hongera kwa kuelimisha vijana. Naitwa Baraka Maguta, ni mwalimu (sekondari). Swali ni kwamba, nahitaji kuwa mjasiriamali lakini ratiba ya kazi imenibana sana. Nifanye nini ili niendelee na kazi niliyonayo na wakati huo huo niwe mjasiriamali?

Habari gani Baraka. Kwanza, ukiwa katika ajira una nafasi nzuri zaidi ya kufanya shughuli za ujasiriamali kwa sababu una kipato na unakopesheka. Kuwa mjasiriamali siyo lazima ufanye kazi hiyo wewe mwenyewe. Unaweza kufuatilia mradi wako kwa njia ya simu au mitandao ya kijamii au kwa kupita baada ya kazi au siku za mapumzikio.

Njia nyingine ya kusimamia mradi ukiwa mbali ni kwa kuweka mipango mizuri ya utunzaji wa kumbukumbu ya mali inayoingia na kutoka pamoja na mauzo (bookkeeping).

Unamkabidhi mfanyakazi wako mali zilizopo kwenye biashara yako na kuhakikisha anakukabidhi ripoti, ikibidi na fedha za mauzo. Hii itakuwezesha kuwa mjasiriamali na mtu mwengine kupata ajira kwako. Wakati huo huo utaendelea na kazi yako. Ajira yako itakupa dhamana ya kupata mtaji kwenye vyama vya kuweka na kukopa (SACCOS) na hata benki.

Kama umeshapata mwenzi wako na kama yeye sio mwajiriwa anaweza kusimamia biashara yenu kwani ni vizuri mkishirikiana. Kila la kheri!





SI KILA KING'AACHO...

Sekela ni uwanaanzini mwenezi ndoto ya kusikia ushali kitaaluma. Anasoma kwa bidii ili aifiki ndoto yake. Lakini, kama iliyoe kwa wasichana wengi, safari ya kufukuzia ndoto yake sia rahisi kivule. Ingawa hachuki kupambhaba. Fuanilia...



HAYA WALE WA KITEPU FANTENI FASTA SI MNAJUA MWENDO WETU NI WA KIJESHI



HE..
HEEE!
MKITURCHA
TUSOME
ITAPENDEZA
ZAIID!!



GARDA YA KUTEMBEA UMBALI MREFU...

BADO TU
HAMJAFIKA
WAREMBO!



MREMBO VIPI? WENZAKO
WAMEKUACHA MBALI SANA
UTAFIKA LEO KWELI!

NITAFIKA
TU

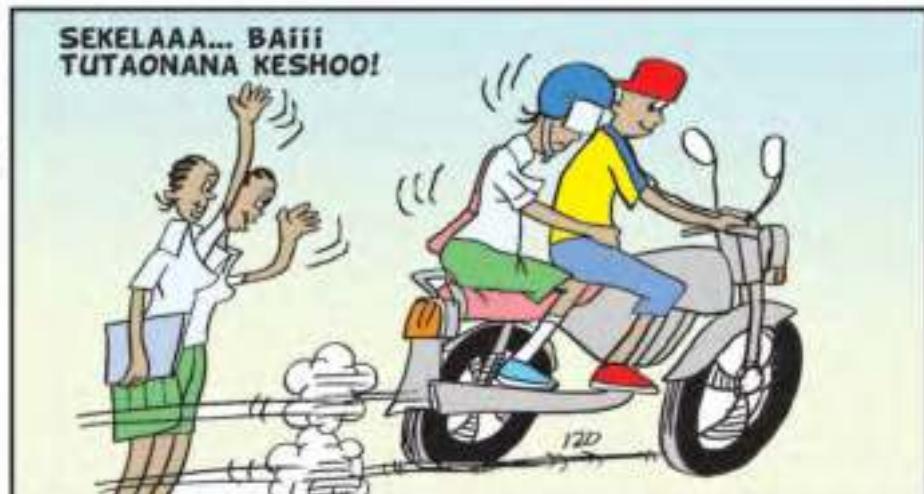
NAKUONA UMECHOKA
HEBU PANDA TWENDE
NIKUSOGEZE...

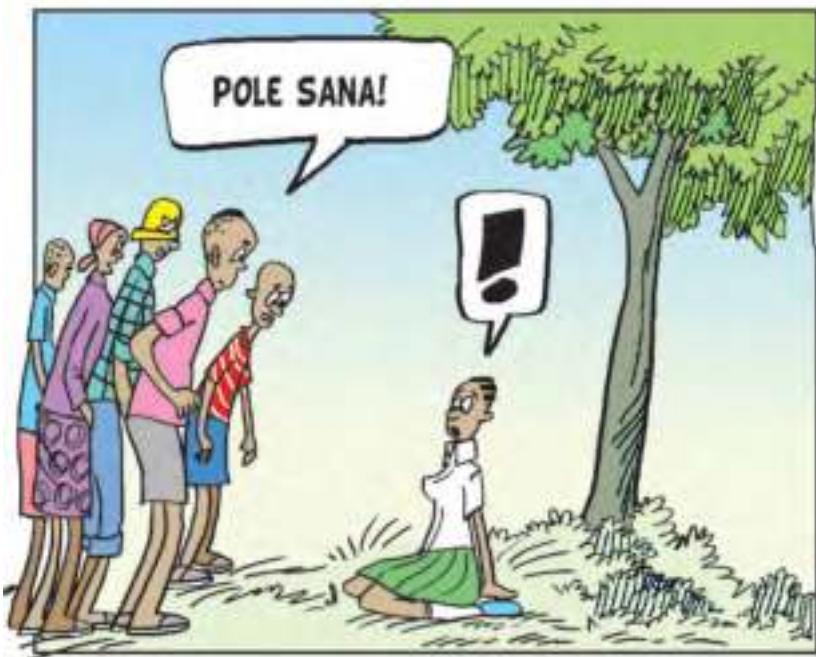
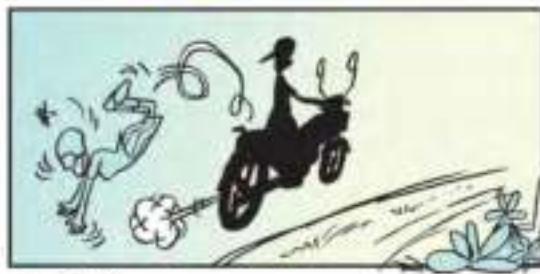
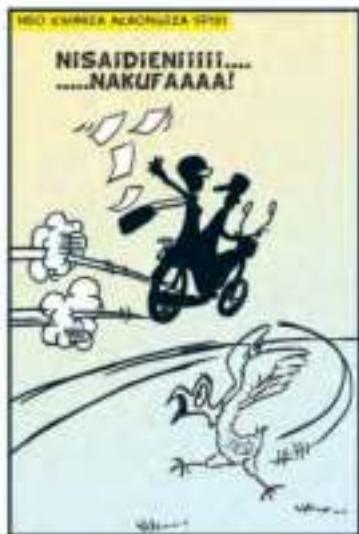
SINA
HELA



AAH, USIWE NA
WASIWASI WE
TWENDE TU!









TUJIPANGE UPYA

NA RAPHAEL NYONI

Sekeseke alilokutana nalo Sekela linatokea kila siku katika jamii zetu. Wanafunzi wengi wanakutana na majanga wanapokuwa njiani kuelekea shule au wakati wa kutoka shule. Ni mara chache sana kwa wanafunzi kutoa taarifa ya visanga wanavyokutana navyo na hata ukisikia kaongea basi ujue limemfika hapa!

Wahenga walisema mchuma janga hula na wa kwao. Tatizo lolote wanalozokumbana nalo wanafunzi wakiwa njiani kwenda au kutoka shulen ni letu sote, linatuathiri kwa namna moja au nyingine. Sisi kama jamii tuna wajibu wa kuwalinda wanafunzi ili wazifkie ndoto zao, lakini mlinzi wa kwanza wa mwanafunzi anaweza kuwa mwanafunzi mwenyewe.

Sekela alimfahamu dereva bodaboda?

Inawezekana kabisa Sekela alikuwa akimuona huyu bodaboda au alikuwa rafiki yake lakini kama mjuavyo, moyo wa mtu kichaka. Hakuwahi kujua lengo haswa la huyu bodaboda lilikuwa nini na hatujui yeze kwa upande wake alikuwa anamchukulaje.

Kuna ka msemo ka kimombo kanakosema "There is no free lunch" (hakuna cha bure). Huyo anayejitolea kukupa msaada unaweza ukajiuliza ana lengo gani hasa? Awe kijana au mzee, usimuamini mtu! Kuwa makini.

Wajibika

Hata pale ambapo unakumbana na mazingira ya watu usiowafahamu kutaka kujenga urafiki na wewe unapokuwa unakwenda shule au kurudi nyumbani, washirikishe walimu na wazazi ili waweze kukushauri na kufahamu ni nini kinaendelea.

Kuwa makini hata na watu ambaa ni marafiki wa wazazi wako.

Inapowezekana:

- * Tembeeni kwenye makundi
- * Wanafunzi wenge usafiri (baiskeli) wawape lifti wenzao
- * Pitianeni majumbani hasa wakati wa kwenda shule
- * Wakati wa kutoka shule peaneni 'kampani' msitembee wasichana peke yao na wavulana peke yao
- * Kila mmoja awajibike kumlinda mwenzake
- * Andika na utunze namba, rangi na aina ya gari au pikipiki unaupoona mwenzako amepewa lifti



Bado ni giza totoro lakini wanalazimika kuwa barabarani

Changamoto wanazokumbana nazo wanafunzi ziko nyingi lakini kubwa ni:

- * Umbali mrefu kufika shule
- * Usafiri: yaani misukosuko ya njia za usafiri wa kwenda shulen na kurudi nyumbani.



MJADALA UENDELEE

Huu mjadala usiishie hapa na wala tusiishie tu kumtupia mtu lawama. Jadilini pamoja katika club na muangalie njia mbadala ambazo zinaweza kutumika ili kutatua changamoto mnazokutana nazo mnapokuwa njiani kwenda na kutoka shulen na namna ya kuzitatuwa.



KUTANA NA TIMU YA NGUVU YA KAKA

NA JACQUELINE NAMFUUA

PICA K15



Femina ina furaha kutambulisha timu yake mpya ya Nguvu ya Kaka! (Boy Power)! Timu hii itaisaidia Femina na timu ya Nguvu ya Binti kusukuma mbele masuala yote yanayowagusa wavulana na wasichana na kukuwezesha kujifunza, kupata taarifa, kujiamini, kufukuzia ndoto zako na kuutumia vema uwezo wako!

Wavulana hawa wamechaguliwa kuunda timu ya Nguvu ya Kaka kwasababu wanawakilisha vijana, wana historia tofautitofauti na wanatoka katika maeneo tofautitofauti ya Tanzania. Vijana hawa wote wamewahi kuwa wanachama wa Fema Clubs, sasa hivi ni wanafunzi wa vyuo vikuu, wakulima, wafanyabiashara na wanafanya mengine mengi.

Tuna imani watafika mbali, na sisi sote tutajivunia mafanikio yao.

BOY POWER MEET THE TEAM!

BY JACQUELINE NAMFUUA

PHOTOS K15



Femina is excited to introduce its new Boy Power Team! They will help Femina and the Girl Power team champion both boys' and girls' issues and support you to learn, be informed, have confidence, realize your dreams and live up to your full potential!

The boys have been selected to join the new Boy Power Team because they represent youth, and come from different backgrounds and parts of Tanzania. They are all former Fema Club members, now university students, farmers, entrepreneurs and so much more.

We are confident they will excel and make us all proud.

HARIDI ISSA

23, LINDI

Hello! Naitwa Haridi Issa, nafahamika zaidi kama Issa. Jina langu linapaswa kuandikwa 'Khalid', lakini lilikosewa mahali fulani likaandikwa Haridi, hiyo nayo ni stori nyingine! Nafurahi kuchaguliwa kuwa kiongozi wa Timu ya Femina ya Nguvu ya Kaka. Ni timu kabambe ya wavulana na nina hakika tutapiga kazi nzuri.

Kwahiyoo, mimi ni nani? Ni kijana mwenye maono, mchapakazi, napambana kutimiza ndoto zangu. Nililelewa na mama yangu baada ya baba kututelekeza na kumwacha mama akiwa na watoto watano. Lilikuwa ni pigo kubwa sana, mama alikuwa ni mama wa nyumbani. Maisha yakawa magumu, lakini nilivumilia.

Nikiwa shule ya msingi nilikuwa miuongoni mwa wanafunzi bora darasani. Kutokana na ugumu wa maisha, nilitamani nikue haraka, nianze kazi ili niisaidie familia yangu. Mwaka 2008 nilipata nakala ya jarida la Fema kwa mara ya kwanza. Nilipenda makala zake lakini kilichonivutia zaidi ni mtindo wa uandishi. Nikavutiwa na taaluma ya uandishi wa habari na nikafikiria kwamba naweza kuwa mwandishi. Bado nina baadhi ya miswada yangu niliyoandika kitambo. Ndoto yangu ilikuwa ni kufanya kazi katika chombo cha habari, katika nafasi yoyote ile, iwe ni mwandishi, mtangazaji wa radio au kazi nyingine inayofanana na hizo.

Baada ya kuijunga na Chuo Kikuu cha Dar es Salaam kusomea mawasiliano ya umma, nilipewa nafasi ya kujitolea katika ofisi za Femina kwenye kitengo cha habari nikiandikia jarida la Fema, kuandaa na kutangaza vipindi vya Fema radio. Sasa naiishi ndoto yangu!



Hello! My name is Haridi Issa, I'm mostly known as Issa. Haridi is a misspelling of the name 'Khalid', but that's another story! I am happy and humbled to have been selected the leader of Femina's Boy Power Team. It's a great team of boys and I am confident we will do impressive work together.

So who am I? I'm a visionary, a hardworking boy who is determined and passionate to accomplish my goals. I was raised by my mother after my father ran away leaving five children behind. It was a major blow when he left, my mother was just a housewife. Life became tough, but I persevered.

In primary school I was one of the outstanding students in my class. Due to the hardships of my life, I wanted to grow up fast and start working so that I could support my family. In 2008 I got a copy of my first Fema magazine. I enjoyed the stories, but the style of writing is what caught my eye. I developed a passion for writing and thought I could be an author. I still have some of my old manuscripts. I would dream of working in the media industry, in any position, be it a writer, radio presenter or any related role.

After joining the University of Dar es salaam to study Mass Communication, I was given the opportunity to volunteer at Femina offices in the Media Unit writing for Fema magazine, producing and presenting Fema radio shows. Now I'm living my dream!



Hello! Mimi ni mtu mwenye mzuka kwa sana, mpenda watu, mwenye kujituma na namwogopa Mungu. Napenda kuona vitu vipyta, kujifunza, ni mdadisi, napenda kutembelea maeneo mbalimbali na kukutana na watu. Siku zote napenda kukutana na changamoto mpya.

Napenda kuongoza watu na wakati wote nilipokuwa sekondari nilifanya hilo. Nilipambana kuhakikisha kunakuwa na usawa kwa wanafunzi wote na niliongoza bila ubaguzi. Nimekuwa mfanyakazi wa kujitolea Femina na najivunia muda niliokaa na watu wa Kitengo cha Uhamasishaji Jamii. Nilipata nafasi ya kutumikia vijana wengi wa sekondari. Kama mvulana, naamini kwamba wasichana wana uwezo wa kufanya mambo mengi vizuri kuliko wavulana. Tuhakikishe kunakuwa na fursa sawa, hatimaye tutashuhudia mabadiliko chanya wanayoweza kuyaleta katika jamii yetu.



GEOFFREY MACHEMBA
22, DAR

Napenda mitindo, napenda kujaribu style mbalimbali za nguo na nywele, nimewahi kufanya kazi kidogo kama mtangazaji, mwigizaji na mwanamitindo. Lakini kwa sasa nasomea mambo ya bima na udhibiti wa majanga katika Chuo cha Usimamizi wa Fedha, wacha tuone huko mbeleni elimu hii itanielekeza wapi. Kama mfanyakazi wa kujitolea wa Femina, nafurahia kazi ya kuwajengea uwezo na kuwaelimisha vijana wenzangu. Napenda kuwasiliana na kuzugumza na watu tofauti pamoja na kuwa mbunifu. Ni matumaini yangu kwamba nitachangia ujuzi na uzoefu wangu katika timu hii ya Nguvu ya Kaka ili hatimaye tulete tofauti katika jamii na tufikie usawa wa kijinsia. Naamini kwamba tunawajibika kuwelimisha jamii, hususan kuhusu umuhimu wa elimu kwa mtoto wa kike.



BARAKA KATO
23, ARUSHA

Hello! I'm an impulsive, loving, self-motivated, and Godfearing young man. I am quite adventurous, I love learning, I like exploring new places, and people. I'm always looking for new challenges.

I enjoy leading others and throughout secondary school I did just that. I would strive to ensure equality for all students and I served without discrimination. I have been a Femina volunteer and appreciate the time I spent with the Femina Community Mobilization team. I got to support many secondary school youth. As a boy, I see girls in a positive light and believe they can do many things better than boys. We should endeavor to always give girls equal opportunities, then we will witness the positive changes that they can bring to our society.

I love design and experimenting with clothes and hairstyles, I have done some work as a presenter, actor and fashion model. But now I'm studying insurance and risk management at the Institute of Finance Management, we shall see where my education takes me. As a Fema volunteer, I enjoy the experience of empowering and educating my fellow youth. I love communicating and interacting with different people as well as being creative. I hope to contribute my skills and experience to the Boy Power Team to help us make a difference in society and achieve gender equality. I believe we need to educate society, particularly on the importance of girls' education.



Kila mtu ananiita Olary, lakini wazazi wangu waliniita Olarip. Mimi ni mwanafunzi, mfanyakazi wa kujitolea, mwanaharakati kijana, muandaaji wa maudhui yanayorushwa katika mitandao ya kijamii, msanifu wa kurasa na mpiga picha, haya ya mwisho ndiyo mambo yaliyonikolea zaidi rohoni.

Nikiwa sekondari nilianzisha Club ya Fema na Club ya Malihai kwa msaada wa wanafunzi wenzangu na walimu. Pia nilipenda kuandika na nilishiriki karibu katika kila shindano lililohusu kuandika ambalo libibandikwa katika ubao wa matangazo. Mwaka jana, nilikuwa nafanya kazi na Femina kama mwanafunzi katika kitengo cha Mitandao ya Kijamii. Baadaye nilijunga na vijana wengine

waliowahi kuwa Fema Clubbers kama mfanyakazi wa Femina wa kujitolea. Kisha nikachaguliwa kuwa mwanamazingira wa Femina pamoja na mwenzangu Sekela wa timu ya Nguvu ya Binti. Nimekuwa nikiongoza shughuli za usafi na urejelezaji taka, na sasa mimi pia ni balozi wa 'Nipe Fagio na kampeni ya Let's Clean the World'. Naiishi ndoto yangu, natoa mchango wangu katika jamii.

OLARIP TOMITO 23, ARUSHA

Everyone calls me Olary, but my parents named me Olarip. I am a student, volunteer, youth activist, social media content developer, graphic designer and photographer, the latter are my biggest passions.

In secondary school I established Fema and Mali Hai Clubs with the help of my fellow students and teachers. I also loved writing and participated in almost every writing competition that was posted on the notice board. Last year, I was working with Femina as a social media intern. I later joined fellow former clubbers as a Fema volunteer. Then I was chosen to be a 'Femina Hip Green Warrior' with my colleague Sekela from the Girl Power Team. Championing waste

management and recycling, I am now also an Ambassador for the 'Nipe Fagio and Let's Clean the World' campaign. I am living my dream, giving back to the community.



Naitwa Hindoo Yusuph, ni mfanyabiashara wa viungo vyatya chakula lakini nina diploma ya ufundi umeme (electrical engineering) kutoka Dar es salaam Institute of Technology.

Mwaka 2014, baada ya kufanya utafiti mtandaoni kuhusu mbinu mbalimbali za kukausha mazao, niliamua kuanza biashara yangu. Nilikusanya mtaji kutoka kwa wazazi, ndugu na marafiki kwa ajili ya biashara hii. Nakusanya viungo kama tangawizi, karafuu, mchaichai, machungwa na maganda ya mapeasi, kisha natengeneza viungo vyatya chai (tea masala). Pia nakausha mboga kama spinachi na majani ya maboga, nafungasha na kuuza. Shughuli zote hizi nafanya nyumbani. Sasa hivi nina mashine yangu ya kukausha lakini ningependa kununua machine ya kusaga pia, hivyo nilijunga na chama cha kuweka na kukopa na natumaini nitapata mkopo ili ninunue mashine. Nafurahi nilifanya uamuvi wa kuwa mjasiriamali, nawashauri vijana wenzangu kuwa wajasiriamali pia ili wajijenge kiuchumi.

HINDOO YUSUPH 26, MTWARA

My name is Hindoo Yusuph, I'm an entrepreneur in the spice business but I have a diploma in electrical engineering from the Dar es salaam Institute of Technology.

In 2014, after conducting research on the internet about different techniques for drying agriculture produce, I decided to start my own business. I accumulated capital to invest in the business from my parents, relatives and friends. I dry spices like ginger, cloves, lemongrass, orange and pear peel and I make a mixed tea masala. I also dry vegetables like spinach and pumpkin leaves, which I package for selling. I do everything from home. I now have my own drying machine but would like to buy a grinding machine so I joined a savings group and hope to get a loan to buy the machine. I am happy I made the decision to become an entrepreneur. I encourage my fellow youth to do the same to build their economic status.

'Boy Talk' kuhusu kupima VVU

Timu ya Nguvu ya Kaka
wako kijiweni, wanacheza draft huku
wakipiga stori na kupoza kiu kwa
vinywaji baridi. Baraka anaonekana
kuwa bize na simu, akichati.



Hindoo: Vipi Baraka? Uko bize sana na simu yako au bebi amekukamata?

Baraka: Hapana! Ni mshkaji wangu, Imani. Ananieleza jambo kuhusu yeye na mpenzi wake, anataka nimshauri.

Issa: Kampa mimba nini?

Baraka: Hapana! Mpenzi wake anataka waende kupima VVU na anakomaa sana. Jamaa hataki.

Geoffrey: Duuh! Hilo sasa ni tatizo.

Olary: Washkaji, kupima si mchezo. Ni shughuli pevu!

Geoffrey: Unamaanisha nini? Ulishawahi kupima?

Olary: Ndiyo, nilipima miaka michache iliyopita kabla ya kuijunga na kidato cha tano. Nilitaka kuwa na mwanzo mpya katika kila nyanja ya maisha yangu.

Issa: Kweli eeh? Mimi sijawahi hata kufikiria kwenda kupima.

Baraka: Mnajua, Imani anataka ushauri kwa sababu anafahamu kwamba nimeshawahi kupima. Nilijaribu kumshawishi twende wote wakati ule, akachomoa.

Olary: Unapata wapi huo ujasiri mwanangu, si unajipa hofu bro?

Baraka: Hapana, ni vizuri kufahamu hali yako. Inakupa amani na uhuru. Hutakiwi kusubiri mpaka uumwe ndipo uende hospitali kupima.

Hindoo: Lakini, kwani Imani na mpenzi wake hawatumii kondomu?

Baraka: Nadhani sio kila mara, labda ndio maana mpenzi wake anatamani kupima.

Geoffrey: Nafikiri kuna sababu nyngi nzuri za kukufanya utumie kondomu, lakini wakati mwingine unaweza kujikuta umepitiva.

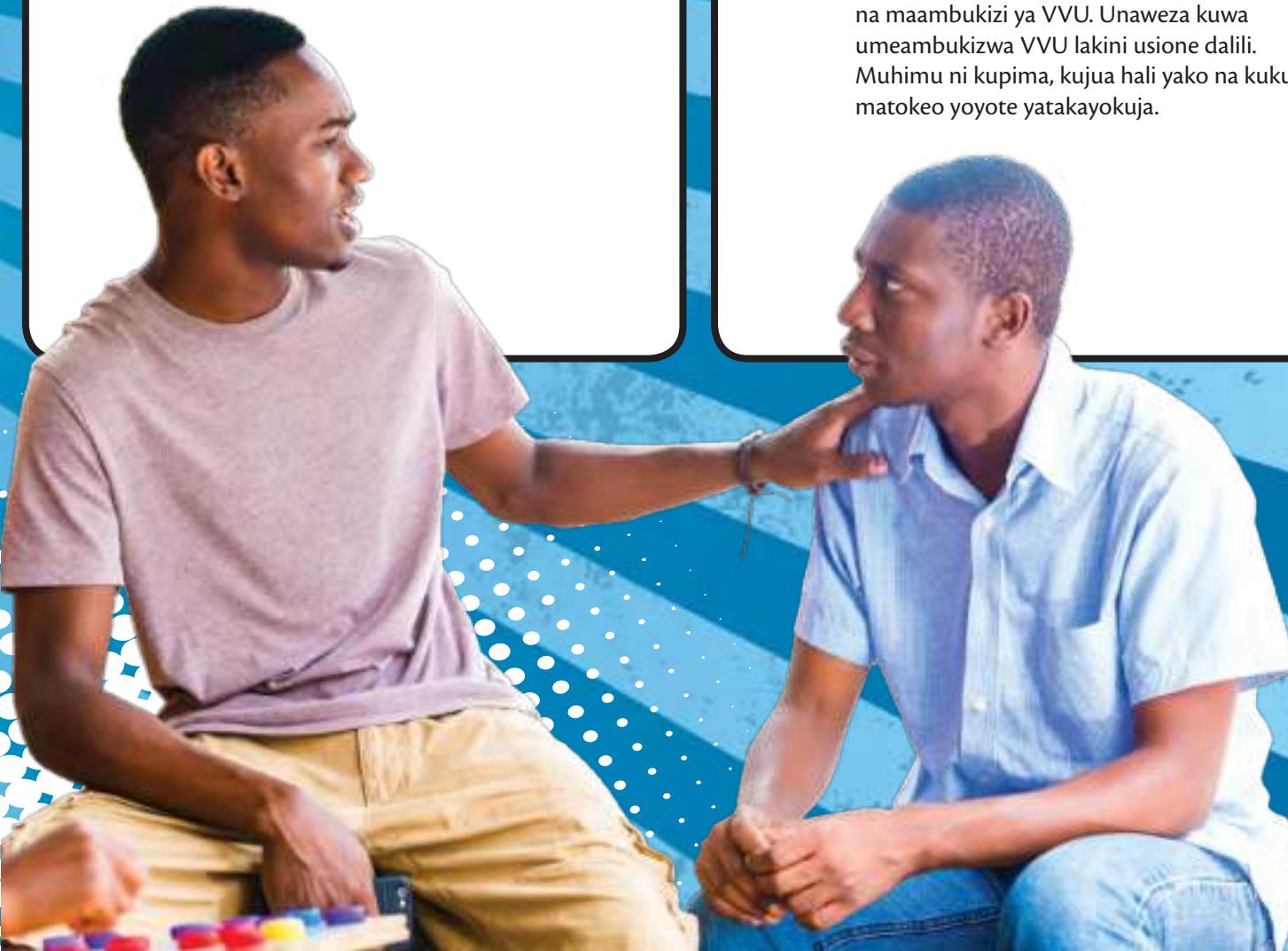
Olary: Ndio maana kupima ni muhimu sana, kunakusaidia kurudi kwenye mstari.

Hindoo: Kwa kweli!

Issa: Lakini washkaji, naomba nikiri kwamba sioni sababu ya kupima kitu ambacho najua sina. Mimi na mpenzi wangu tuna afya njema, tunafanya mazoezi, kwa ufupi tuko vizuri.

Olary: Unafeli kaka! VVU haipimwi kwa macho.

Hindoo: Mwonekano hauna uhusiano wowote na maambukizi ya VVU. Unaweza kuwa umeambukizwa VVU lakini usione dalili. Muhimu ni kupima, kujua hali yako na kukubali matokeo yoyote yatakayokuja.



Baraka: Mnajua, Imani anahofia kupima kwa sababu jamaa ni balaa! Anatembea na msichana yejote anayekatisha mbele yake.

Olary: Huo ni uzembe wa hali ya juu, lazima ajue kwamba kutembea na wasichana wengi na kutokutumia kondomu kunamweka mtu katika hatari ya kupata maambukizi ya VVU.

Baraka: Nakumbuka kipindi Imani alipokuwa na dalili za ugonjwa wa ngono, alikwenda hospitali. Tatizo liliuja aliposhauriwa kupima VVU pia, alipaniki balaa! Na aligoma kabisa.

Olary: Lakini kama alikuwa na ugonjwa wa ngono, alipaswa kujua kwamba yuko katika hatari ya kupata maambukizi ya VVU.

Baraka: Mara ya kwanza nilipokwenda kupima nilikuwa na hofu, lakini mtoe huduma alikuwa bomba mpaka raha. Alinipa ushauri nasaha na akaniandaa kupokea majibu. Majibu yalionesha kuwa sina maambukizi. Huwezi kujua ni kwa kiasi gani nilifurahi!

Issa: Safi sana! Hiyo ni ishara ya ushindi bro, hongera. Hivi, huduma ya kupima VVU hutolewa bure?

Baraka: Huduma ya kupima VVU ni bure na hutolewa kwa usiri mkubwa. Kama ukikutwa umeambukizwa, utaanishiwa ARV mapema ndani ya wiki mbili tu baada ya kushauriwa na mtoe huduma za afya. Ndiyo maana huduma hii inaitwa 'Huduma ya kupima VVU na kuanza ARV mapema'. Kutumia ARV ni sawa tu na kutumia dawa za magonjwa mengine. Unaweza kuwa mwenye afya na kuishi maisha yenye furaha.

Geoffrey: Wanangu eeh! Nafikiri ni vizuri tuwe mfano kwa wengine, tuhakikishe kila mmoja wetu anatambua hali yake. Issa, inabidi ukapime kaka.

Baraka: Mimi nitaongea na Imani. Nitamshawishi akubaliane na mpenzi wake kwenda kupima VVU. Kujua hali yake kutamweka huru na kumwondolea hofu.

Issa: Nimeshawishika kwa kweli, nitakwenda kupima. Nimeshakuwa mtu mzima, na nadhani hili nalo ni muhimu katika kufanikisha ndoto zangu, nataka kuwa mfano kwa kufanya jambo sahihi.

Wote: Ni kweli kaka, tufanye hivyo!



Kisa cha Ndubwi



Alikuwapo mfalme Karigo aliyekuwa akiishi katika Kijiji cha Nongongwe. Mfalme huyo alikuwa na mke mmoja aliyeitwa Kesia na waliishi maisha ya kifahari sana kwa sababu walikuwa na mashamba mengi, mazuri, makubwa. Ingawa mfalme huyo alikuwa tajiri, hakuwahi kumdharaa mtu na wala hakuwahi kumwoneea mtu yeoyote katika himaya yake. Aliheshimu watu wake na aliwapenda.

Basi bwana.....

Siku moja Mfalme Karigo alikuwa na shida ya kuzungumza na watu wake. Akaamuru ipigwe mbiu, wakakusanyika na ndipo akaanza kuzungumza nao.

"Lengo la kuwaiteni hapa ni kuwaomba nyinyi wanakijiji wangu, Jumatatu asubuhi na mapema mje kunisaidia kuvuna mahindi shambani kwangu".

Siku ya siku ikafika

Jumatatu ilipofika wananchi waliacha shughuli zao zote na kuelekea shambani kwa Mfalme. Shamba lilikuwa ni kubwa kwelikweli na mahindi yalikuwa mengi. Hivyo iliwalazimu wapeleke kwanza mahindi kiasi ndipo warudi kumalizia kiasi kilichobaki.

Walipopelea awamu ya kwanza, mfalme akawaambia, mnapokwenda kupakia mahindi mara ya pili, tafadhalii pakieni mengi hadi magunia yajae, ili msilazimike kurudi tena mara ya tatu.

Ndubwi na kiburi chake!

Wananchi wakarudi shambani na kufanya kama Mfalme alivyoagiza. Lakini alikuwepo mwanakijiji mmoja kaidi aliyeitwa Ndubwi, akajisemea moyoni; "Nataka nimkomeshe huyu Mfalme". Basi Ndubwi badala ya kupakia mahindi kwenye gunia, akapakia mawe. Kisha wanakijiji wote wakabeba magunia yao kuelekea kwa Mfalme.

Walipofika nyumbani kwa Mfalme, akawaambia. "Asanteni sana kwa kazi kubwa mliyonifanyia, nami sina cha kuwalipa ila kuwaomba kila mmoja achukue mzigo huu wa pili alioubeba, ukasaidie kwa chakula nyumbani kwake".

Ndubwi kapatikana!

Basi wananchi wote wakashangilia kwa furaha na kumshukuru sana Mfalme wao.

Ndubwi akaondoka pale kwa aibu na kwa maumivu makali maana alikosa chakula lakini pia mzigo alioubeba ni mzito na anajua hauna faida yoyote kwake.

Basi ikawa amejifunza kwamba kweli mwisho wa ubaya ni aibu.

Hadithi hii imetungwa na Zakaria Stanslaus Bankwabo wa Bugamba Sec School, Kigoma na inatufundisha kwamba mwisho wa ubaya ni aibu.

**Stanslaus, umetisha sana mtu wangu!
Stori yako tamu! Umejishindia fulana matata
sana kutoka Femina! - Mhariri.**

**Una
hadithi
uli yotunga
mwenyewe?**

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



Hadithi isiyozidi
maneno 350



NEWS BULLETIN



NA TUNU YONGOLO AND STEPHEN MAKOGA

IDRIS WA MKAA AZIDI KUPAA...

Mnamkumbuka Idris? Ni yule aliyetoka 'Google' hadi Mkaa! Bila shaka mlipokea na mlisoma toleo la 48 juu ya mazingira na upandaji miti. Sasa basi, kwa kushea stori yake katika Fema, Idris amepata fursa nyingi sana! Mojawapo ni watu wengi kumtafuta na kuomba awafundishe namna ya kutengeneza mkaa mbadala! Pia watu kibao wamempa 'oda' za kuwatengenezea mashine. Wiki mbili tu baada ya jarida kutoka, alikuwa amepokea 'oda' tano za mashine na wengine walikuwa wameshamlipa mshiko wake kabisa. Big up sana kwake! Tuige mfano wa Idris!



Girl power wins the Science Award!

Hi Fema clubbers! We have good news and even better news! What would you like to hear first? Good news is that Wilhelmina Martin and Farida Mnyazi from Msalato Girls Secondary School are the 2018 Youth Scientists Tanzania (YST) winners! The Annual YST Exhibition showcases the success of students involved in the Science Outreach Programmes. The girls project was titled "An Exploration of Salt Content in the herb 'Mbigiri' Suitable as Animal Feed." Isn't that amazing? And you know what? The winners are our fellow Girl Power Form One students who have completed the DREAMS training! If they can do it, so can you!



Always remember:
Protect Your Life and Build Your Life!!
Learn more at <http://www.youngscientists.co.tz/home/>

Technology Rocks!

HEDHI APP

We all know how menstruation and sex tend to be taboo topics! But we are working to change that and technology is here to help! Introducing the HEDHI APP, which was created by Flora Christandus Njelekela. The app aims to increase the awareness of women and adolescents about their menstruation cycle and will help them to avoid pregnancy. The App is written in Kiswahili and assists in identifying when the cycle of bleeding will start. This can help young women better plan and manage their days. The App has also set up a forum where young women can share their menstrual cycle experiences and learn from each other too. Make sure you find out more about it!

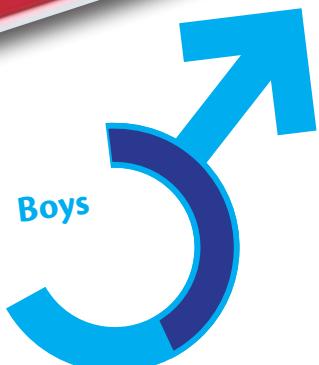
https://play.google.com/store/apps/details?id=tz.ltd.ewallet.hedhi&hl=en_GB



SOMA APP

Your future may be in the palm of your hands! The SOMA APP is a mobile app that provides equal access to quality education and opportunities to people in communities all over Africa. It lists and matches students in Africa with thousands of local and international funding opportunities such as scholarships, conferences, internships, workshops and funds. Students and youth can enter their academic qualifications and the Soma App fetches for instance, a list of scholarships they qualify for. Isn't that amazing? Find out more about it at:

<https://www.somaapps.com/>



Asilimia **80** ya wasichana huhitimu elimu ya msingi. Kati ya hawa, ni asilimia **38.7** tu ndio wanaohitimu elimu ya sekondari.

Asilimia **71** ya wavulana huhitimu elimu ya msingi. Kati ya hawa, ni asilimia **38.5** tu ndio wanaohitimu elimu ya sekondari.

**Je ni kwanini?
Kumbuka! Elimu ndiyo
msingi wa maisha!**





BALEHE BILA BALAA

NA AMABILIS BATAMULA

Bila shaka sote tuna stori kibao kuhusu balehe, au naongopa? Unajua ile tartiiibu vinywele vinajiotea maeneo fulani fulani, mwili unatoa harufu kali huipendi, lakini ipo, sauti inabadilika, hedhi kwa wasichana inawasili, wavulana nao ndoto nyevu zinazingua usiku, yaani ni mtihani! Lakini ni mtihani ambao lazima tuufanye ili tuvuke kutoka utoto kwenda ujanani na kisha utu uzima. Ni kipindi kizuri kiitwacho balehe. Kwa kawaida hutokea kwa kijana umri wa miaka kati ya tisa na 17 wengine hadi 18.



Unajua inakuwaje? Miili yetu hubadilika kwa kadri tunavyokua, inapitia vipindi kadhaa kutoka utoto hadi uzeeni, lakini balehe ni kipindi ambacho miili yetu hupata changamoto zaidi pengine kuliko vipindi vingine vyote. Ukichanganya na kwamba wakati huo hata hatujaweza kupambanua mambo sawasawa, inaweza kuleta changamoto. Full kujikoroga.

Ni kipindi ambacho homoni zinaongezeka mwilini, jambo ambalo mara nyingi huleta mabadiliko katika miili na hisia zetu. Wakati mwagine hali hii inaweza kukuvuruga kabisa ukajisikia mwenye hasira, upweke, huzuni, kupenda mikumbo, marafiki wakawa na maana kuliko hata familia yako, mwili unachemka. Ukiyafahamu yanayokutokea inakuwa rahisi kuyaelewa, kuyakubali, kuyakabili na hata kuwaelimisha wengine.



Mabadiliko Yanakuwaje?

Wavulana

- ✓ Unarefuka zaidi.
- ✓ Sauti inakuwa nzito.
- ✓ Unaanza kutokwa na chunusi usoni, ingawa si kwa kila mvulana, lakini huwapata wengi.
- ✓ Kifua na mabega vinaanza kupanuka, misuli nayo hali kadhalika.
- ✓ Nywele zinaanza kuota makwapani na sehemu za siri.
- ✓ Unaota ndevu; wengine nyingi, wengine kidogo, wengine kidogo sana, kama hazipo vile.
- ✓ Unaweza kupata ndoto nyevu usiku.

Wasichana

- ✓ Unaanza kutokwa na chunusi usoni, ingawa si kwa kila msichana, lakini huwapata wengi.
- ✓ Matiti yanaanza kukua. Wakati mwagine huanza kwa kuwa na ukubwa tofauti.
- ✓ Nyonga inaanza kupanuka.
- ✓ Kuvunja ungo na kuanza kupata hedhi kila mwezi.
- ✓ Nywele zinaanza kuota makwapani na sehemu za siri.

Tambua hili

Balehe ni jambo la kawaida kwa binadamu, sio kwamba linakutokea wewe peke yako. Sio noma kwa msichana matiti yakikua na kuonekana kifuani, wala sio noma mvulana sauti yako ikianza kuwa tofauti, hata wengine walipitia na wengine watapitia hayohayo. Usione aibu wala usijifiche, jisikie fahari manake hayo ni mambo mazuri.

Halafu sasa, mabadiliko haya hayana kanuni. Usione wenzako wamevunja ungo au wameota ndevu, wewe bado, ukajio na mwenye mapungufu, la hasha – kila mtu na spidi yake, kwa style yake na kwa maumbile yake.

Tuko pamoja? Naam.

KUMBUKA

Balehe ni kipindi cha mpito, lakini kina mitego mingi na changamoto kibao. Kuwa mjanja; jitambue, kataa kuburuzwa, epuka vishawishi, pita salama.

HAYA NAYO NI KAWAIDA, LAKINI...

* Mwili wako utatoa jasho zaidi ya kawaida, jitahidi kuwa msafi kwa kadri unavyoweza, kama hupendi kuoga itakula kwako, kuoga ni muhimu.

* Unaweza ukapata chunusi na ngozi yako ikawa na mafuta zaidi, tunashauriwa kufanya mazoezi, lakini pia kwamba tusizitumbue chunusi ili kuepuka maambukizi ya bakteria wabaya. Jitahidi tu usafi. Zikizidi unaweza kumtembelea daktari akupe ushauri zaidi.

* Kwa wasichana, hedhi ndo imewasili, usiogope, hakikisha unavyo vifaa vyta kujisitiru vilivyomo ndani ya uwezo wako. Hapa napo usafi unahusika sana. Kumbuka pia kwamba katika miaka ya mwanzo ya kupata hedhi inaweza isije kila mwezi, lakini itafika muda itajipanga yenye.

* Hisia zako zitabadilika badilika, usikonde, fahamu tu ni sehemu ya mabadiliko haya.

* Unaweza kujisikia mihemko, mwili wako ukakutuma kwamba kufanya ngono ndilo jambo la maana na haraka kwa muda huo – hebu ngoja kwanza, uko tayari kupata mtoto uitwe baba au mama? Magonjwa ya ngono je? Bila shaka majibu yako ni hapana. Basi chill kwanza. Hisia zisikupelekeshe, tambua hayo nayo ni sehemu ya amshaamsha za balehe, kuwa makini tukio la dakika chache lisije likaharibu ndoto zako.

* Katika familia ya Femina huwa tunasema Usikubali Kuburuzwa, Cheza Salama. Kucheza salama ni pamoja na kufanya maamuzi yenyе tija, bila kuburuzwa na mtu mwininge. Ni kawaida wakati wa balehe vijana kuwaambia wenzao fanya hiki au kile, utasikia kijana anaambiwa usipofanya ngono uume wako hautakua haraka, au fanya ngono chunusi zitaisha na wakati mwininge anaambiwa, wewe bwege, sisi wenziwo wote tunafanya, bado wewe tu. Hayo yote yaache yapite, usikubali kuburuzwa, mwenye uamuzi ni wewe, baaasi!

* Ni kawaida pia kuona aibu au kuogopa kuongea na mtu mwininge juu ya mambo yanayokutatiza kwenye mwili wako. Hauko peke yako. Ongea na mtu unayemwamini, uliza maswali hata kwa Dear Auntie kwenye Fema, upate majibu sahihi.





Club chalenji zimerejea!!! Dah! Zilipotea kitambo! Tulisitisha kidogo ili kuwapa nafasi mjipinde na shindano la miaka 20 ya Femina Hip! Na mmelichangamkia hataree! Hapa timu ya majaji iko bize kusoma submissions zenu na kuamua washindi. Patamu! Haya! Wakati tukisubiri washindi wa shindano la miaka 20 ya Femina Hip, turejee kwenye club chalenji zetu zilee za kawaida. Si mnakumbuka tuliishia chalenji namba 23 eenh? Tunaendelea kuanzia hapo, au sio? CHALENJI NO 24 IKO HIVI

CHALENJU NO. 24

Baada ya kusoma toleo hili, sasa tume Fahamu kwamba mtoto wa kike anakabiliwa na changamoto kibao ambazo kama hazikutafutiwa ufumbuzi, zinaweza kumzuia kumaliza shule na hata kutimiza ndoto yake. Bila shaka tunakubaliana kwamba changamoto hizi zitatofautiana katika ya shule moja na nyingine kulingana na mazingira. Haziwezi kufanana.

Halafu mtuandikie

Yes! Mkishamaliza mchakato huo, tuandikieni ripoti isiyozidi kurasa mbili, mkieleza namna mlivyotekeleza chalenji hii. Kumbuka picha ni muhimu. Mengine mtajiongeza!

Ripoti za
CHALENJI no24
zitumwe kablaya
FEBRUARI 15, 2019.
GOOD LUCK!

ZAWADI ZA KUMWAGA!!!

Femina Hip itaamua mshindi, na club itakayoshinda:

- ▶ Itajinyakulia t-shirt 20 bomba za Femina
- ▶ Itahudhuria Youth Conference Jijini Dar es Salaam
- ▶ Itauza sura katika ukurasa huu
- ▶ Shindano hili ni kwa club za Fema zilizoko shulen tu.

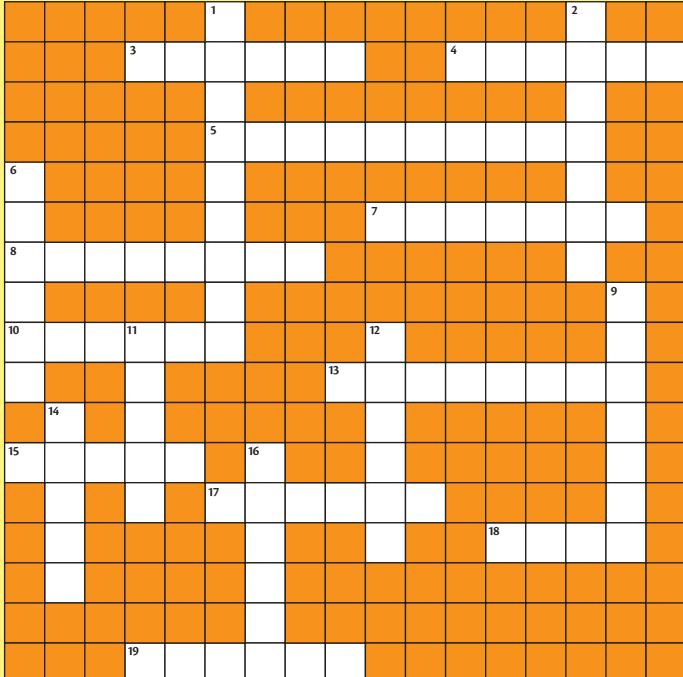
NAMNA YA KUSHINDA

Ushindi wenu utategemea jinsi ripoti yenu itakavyowashawishi majaji kwamba kweli zoezi lilifanyika na mliliongeza, yaani mlikwenda an extra mile!.

KWA MAWASILIANO TAZAMA UKURASA WA
MWANZO KABISA WA TOLEO HILI.



COMPETE & WIN



KULIA

3. Ni mfanyakishara wa viungo vya chakula
4. Amekulia katika familia ya wafugaji
5. Anapenda sana kujisomea na kuongea na watu
7. Alianza biashara kwa mtaji wa shilingi elfu tatu
8. Ana uhakika wa kufika chuo kikuu
10. Ni kiongozi wa Boy Power Team
13. Ana akiba ya shilingi elfu themanini
15. Ni mke wa mfalme Karigo
17. Anapenda vipozozi na nguo nzuri
18. Anasema hatostaafu mpaka afanikishe azma yake
19. Wakati mwagine hali ya kifedha huwa ngumu katika familia yake

CHINI

1. Kabilia la Jirani Mtembezi
2. Ili awahi shule ni lazima aamke saa kumi
6. Ni kitu cha mpito lakini kina changamoto kibao
9. Wenyeji wa Mbeya Mjini
11. Amepata fursa nyingi kwa kushea stori yake katika Fema
12. Ni mpolo na mwene aibu
14. Ni Mhariri Mkuu wa Fema
16. Ndoto yake ni kuwa mfamasia

JINSI YA KUSHIRIKI:

Hili ni shindano na yeote anaweza kushiriki. Andika maswali na majibu yako katika karatasi nyingine, siyo kwenye ukurasa huu. Unaweza kutuma majibu yako kwa barua pepe au kwa njia ya posta. Hakikisha umeweka anwani yako ya barua na ikiwezekana weka namba yako ya simu kwa mawasiliano. Majibu ya maswali yote yanapatikana humuhumu ndani ya jarida. Washindi watajinyakulia fulana bomba ya Femina. Changamka!

Vunjambavu!



Teacher: Tito, how old is your father?

Tito: He is 6 years old sir

Teacher: What!? How is this possible?

Tito: He became a father only when I was born.

Teacher: Sikitu, why are you doing your math multiplication on the floor?

Sikitu: You told me to do it without using tables.

Teacher: Madenge, how do you spell 'crocodile'?

Madenge: K-R-O-K-O-D-I-A-L

Teacher: No, that's wrong.

Madenge: May be it is wrong, but you asked me how I spell it.

Teacher: Aziza, go to the map and find North America.

Aziza: Here it is.

Teacher: Correct! Now, class, who discovered North America?

Class: Aziza!

**MAJIBU YATUMWE
KABLA YA FEBRUARI 15.
JINSI YA KUTUMA:
ANGALIA ANWANI
UKURASA WA MWANZO
WA TOLEO HILI. WASHINDI
WATANGAZWA
TOLEO NO 51.**

BOY POWER!



femina
hip

SI MCHEZO!