

The Spark

FIRST EDITION

August 2021

Education
abroad by
Edvicon

Business: A
testimonial

~~King~~
King
Lusanda Nyembe

UNEMPLOYMENT:
A STORY OF HOPE

See how you can
be part!

A guide to
a better
eSwatini

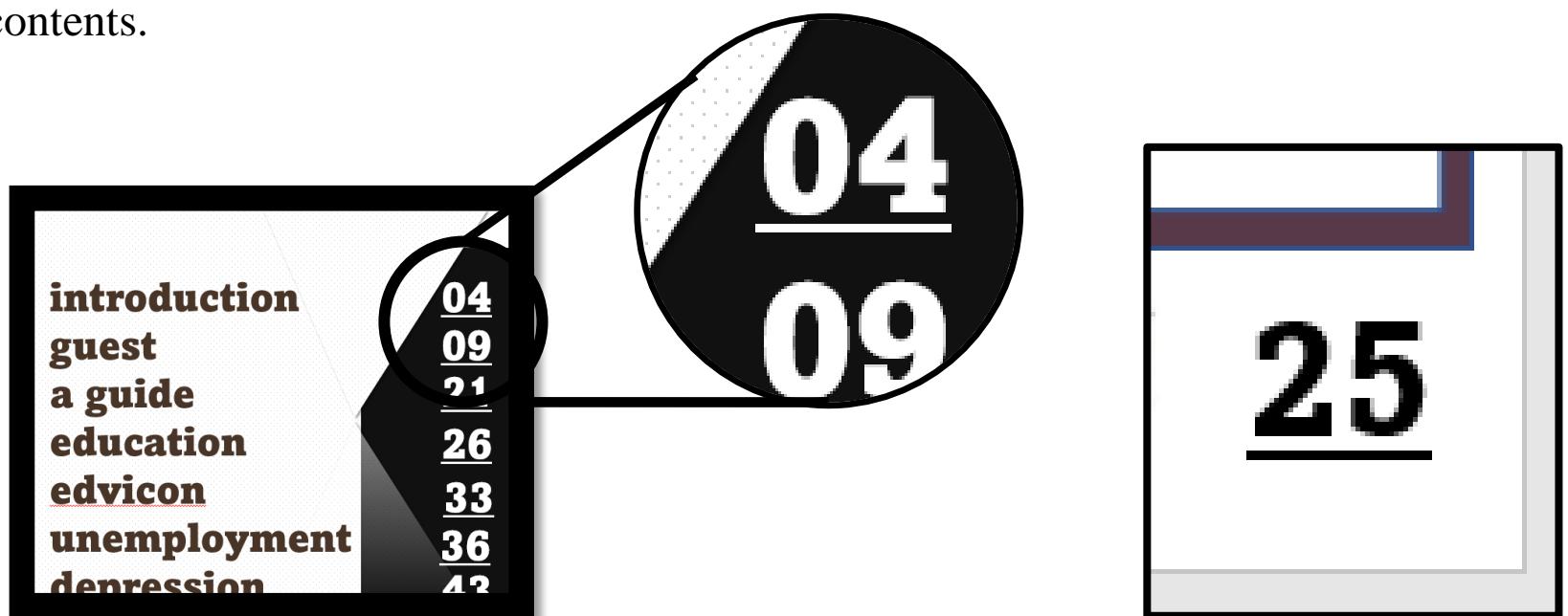
Depression?
Expert
advice

Instructions

Curl up with this magazine and the comfort of your phone or computer!

This magazine is mildly interactive, some gadgets will respond to all the commands, but some will allow some.

For easy navigation between different articles click on the page number to just straight to your desired pages. At the end of each article click on the bottom number to go back to the contents.



Most underlined text is a hyperlink to social media handles and other information on the internet. Icons and picture are hyperlinks too leading to websites and social platforms.



[Cotton Sway](#)

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Introduction



“...in bringing back all lost hope in the Swati nation in rebuilding and making eSwatini a better country for all...”

Finding a good explanation that could suffice to justify why this magazine is integral in bringing back all lost hope in the Swati nation in rebuilding and making eSwatini a better country for all, has not been an easy task. This is since, to most emaSwati, eSwatini becoming a free country where the people are liberated from all the social, political and economic problems has become nothing more than just a dream that has and will never see the light of day. Over the years, all hopes, and dreams of our people have been shattered and reduced to nothing but just that; hopes and dreams.

People are struggling and are barely coping to make ends meet. People are crying blood. Eswatini is and has remained a low-income country because of many reasons which include; politics, diseases, illiteracy, greed, ignorance and last but not least: the **mindset** that was cultivated in the nation in yesteryears.

This has added fuel to the fire in being some of the factors that are pushing and pulling fellow Swati people out of this struggling country. It has come to the point where the only solution most Swati people have, especially the youth, is to look for greener pastures in neighboring countries.



The assumption is, things are better on the other side and I must admit, just like the saying goes; the grass is greener on the other side! But as I wrap my mind around this, I find no peace. It triggers serious uncertainties about this solution. Is the grass really greener for foreigners living in a foreign country which has built its economy for its people by the people? If yes, for how long? And for how many foreigners? Truth is, the resources of a foreign country would never be enough for all foreigners.

Even if that could be a reality, the native people of that particular country would not entirely open up to this which would then incite violence and unrest like xenophobia in the long run. Now, is it really wise to neglect our native land, land that our forefathers fought for, that still has massive potential to grow for one that is not ours? Are we really not capable of finding sustainable ways of making it productive and a conducive space to live in? The justification of the necessity of this magazine lies on, but not limited, to the realization of the answers of these highlighted questions.

This is not to imply that emaSwati are dumb and deserve the poverty and disadvantaged economy they currently live under, but it is to enlighten and emphasize the note that eSwatini could do so much better if we as a people would have an open-minded approach in solving the problems at hand than opting for the easy way out, which is giving up. All we need is a little spark of love towards the country and its future. It is that spark of love that will then drive us all into the right channels which hold the breakthrough in the minds of emaSwati and the country as a whole for the betterment of the current and future generation.

The bigger picture

Everyone should be aware that the magazine is not the end goal but a beginning of an ongoing investigation that asks two important questions: what is there to love about eSwatini and how can we collectively build it into being the country we desperately desire it to be?



“We are born in the most creative, constructive

,

technological and innovative times in history.”

Yes, they sound like utopian inquiries, but they are what we need to challenge ourselves in taking the necessary steps towards making a difference. Politics, the economy and other factors may be limiting factors for us, but we are a more than capable youth.

We are born in the most creative, constructive, technological and innovative times in history. We have the immaculate power of education. We should take advantage of that in whirling the winds of change to the direction we want our precious country to be.



FEAR

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MATERIAL



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09



LUSANDA

Hello Lusanda.

We are so happy to have you here, for you to share your story.

Before we start, can you briefly introduce yourself.

My name is Nyembe Nomhle Lusanda, stage name Lusanda King. I am 20 years old. I was born on the 23rd of May 2001

I did my primary education in Bahai, well I did my grade 1 in Bahai and then moved to St Francis, yeah from grade 2 to grade 7. And then for my high school education, I went to Ka-Boyce high school and I completed in 2019. And currently, I am doing my second year BA in Humanities at Kwaluseni university.

My hobbies, I love making a mess 😂. I paint, most of the time I paint, I write and draw. So, basically, anything which is art I do. Photography, you know, you also find me there. I am like a person who is like all over when it comes to art. I don't want to not do anything, if that makes sense.

So, well, businesses, I have tried selling tie dye tee and all of that. At first it was going alright but because of all of that whole pandemic and all, business is slow, yeah business is slow.

Great sounds good,

What were your initial reactions when you heard we are working on a magazine? What did you understand it was going to be about?



LUSANDA

My initial reactions on the magazine, honestly, I was excited, really, really, excited but nervous at the same time. I did not think that I was that exciting that you want to cover me and my journey and all of that, but then as time went on, after I had digested everything, I was like happy that you gonna tell my story and project it for me. Because, honestly, I am a shy person and I feel like I cannot express myself fully, you know. Yeah, I was excited that y'all will be my voice. I understand that the magazine is for young people, Swazi people, young Swazi people who are trying to build something for themselves. Because, honestly, in the entertainment industry, here in eSwatini, we don't have that thing. No one pays 100% attention to the entertainment sector. So I believe y'all want to be our voice. Also for the Unemployed people there are a lot of talented people out there or educated but they don't have that voice.

I understand that you want to be the voice of the youth. I do get that you want to unpack the beauty of eSwatini because a lot of people aren't education about how amazing eSwatini is. I, myself, believe that I have little knowledge about what we have in store. We are really not exposed to a lot of things. People don't talk about the country and what we really have and what it has to offer us, people pay less attention to all of that.

It's good that you talked about the entertainment industry, because that is the main reason we thought you would be suitable for this magazine.

You have released songs, can you explain what those songs were about. How did you make it possible?

Well, I have released like only three song. So, the first song which I released Last year (2020) late December is Ngifuna wena – I have been working alongside Thasco LePara musiq, he's my producer. He produces all my beats. It so funny how



Well, I have released like only three song. So, the first song which I released Last year (2020) late December is Ngifuna wena – I have been working alongside Thasco LePara music, he's my producer. He produces all my beats. It so funny how we met; so, I was scrolling through Instagram, just a normal lazy day. I see my friend who is a dancer, so she was dancing to some song and she had tagged Thasco LePara and I said lemme just check this guy's profile and on his bio he was like, “I am looking for a female vocalist.” I was like, should I or should I not? I decide to DM him and from there we started working. I feel like if it weren't for him I wouldn't have been like this driven about music. Yes, I loved music but there was that something that lacked for like me to go to the studio and all of that.

So, we worked on Ngifuna Wena, It is a typical love song. It is about finding true love; it is like this person has found their true love and they are getting married. I am expressing how I feel about them and how nobody else matter but them, since nowadays relationships are ruined by friends and family and all of those things, busy comparing your partner to social media. So, in the song I am just like Ngifuna Wena (I want you) only nobody else matters whatever people say, whatever people do. It just does not matter because it's you that I want. And then we have Kundzima (it is hard) is like the second song , (wooooo) I love that one. It is my favourite. It is so deep that a lot people can relate to it, unlike love songs, not everybody is in love. So, Kundzima, It is about the hardships we have been going through, um, since like this whole covid 19 pandemic and all of that. It's been hard, just to keep your faith. Our faith has been tested, our faith has been tested, and we have been questioning God. So, basically, in the song I'm just like, “We shouldn't give up, we shouldn't give up. Life has obstacles there and there but at the end of the day we have to rise and take our crown because we are kings and queens!”



LUSANDA

My latest release Inkanyezi NeLanga (Stars and the sun), it is also a love song , its about how beautiful love is. You know, love is a beautiful thing if it is done right for like both parties. You know when you look at stars you know how beautiful stars are and how beautiful the night sky is? Have you seen the sun rise? You know, so me comparing love to sun and stars it's like me build that image of how pure and amazing love is like me trying to build an image of how beautiful life is 😊.

What are your aims with music?

So well my main aim with music is for people to see the world in like a different perspective. Like our everyday life, we may think that in our everyday like is basic but there is depth in it 😊. To try and project it in a different angle for people to see. I feel like amapiano I enjoy singing them but I haven't started making the music I wanna make. Right now, I am just building a base for myself, for people to know me and get used to my voice. Honestly, I HAVENT STARTED THE REAL PROJECT 😊.

What are your thoughts on music or entertainment in eSwatini?

What are my thoughts on music and entertainment industry in eSwatini? A big Fail, that's what I think. I feel like the entertainment industry in eSwatini is neglected. If you want to make a name for yourself you do not have to have a fan base consisting of emaSwati because, honestly, we do not take the music industry seriously. Most artist who make it are the ones who rely on south African producers.



LUSANDA

I feel like We really, really need to do something about the entertainment industry in eSwatini because we have a lot of talent here and not everyone is taken seriously 😞. It is sad 😞. It is really, really sad. I was once invited in a birthday party or whatever, lemme tell you something, I was there on stage performing my songs, happy but no one was paying attention. No one was paying attention, NOONE WAS PAYING ATTENTION 😞, even to all of those people I was with, the poets and stuff. But play a South African song, they dance on top of the tables and that is what I mean by them not taking us seriously, and all of that. Something has to be done, honestly.

Yeah true the entertainment industry is so poor we hardly have art exhibitions, concerts that only have Swazi artists or contemporary Swazi writers or anything like that. To make things worse, it is close to impossible to go commercial in eSwatini. I think the best way to survive is to have a side hustle. I also think that this issue needs to be addressed.

I've been working with the Mic'd motions so the Mic'd motions is like a group where Artist come together and share their art. We have been trying to host events where we have Swazi artists in all sectors in which we educate each other about the different types of art and all of that. But like, just like you said, not so many people attend these events because they feel like Swazi artists alone cant hold an event, we really, really need to change that mindset.

We are excited to know more about your Tie dye business...

What was your inspiration, and if things would go accordingly, Would you upgrade it to a clothing brand if it isn't already?

Tie dye, well, like I said before, I love making a mess I love making a mess and, well, I think you've seen nowadays, tie dyes are trending. I saw a lot of people wearing these colourful t-shirts and me being myself, I like researching about anything that I see. I went on YouTube and watched some tutorials and



LUANDA

Tie dye, well, like I said before, I love making a mess I love making a mess and, well, I think you've seen nowadays, tie dyes are trending. I saw a lot of people wearing these colourful t-shirts and me being myself, I like researching about anything that I see. I went on YouTube and watched some tutorials and I was like let me try this, it seemed simple 😊😊😊. So, I went a bought a few tees and it turned out good and then I fell in love with it. But there came a point where I tried different designs and things weren't turning out the way I thought they would turn out. I got really frustrated just told people I am done, I am not going to do this anymore. And I was I was like, "No! I am not gonna let one mistake push me away from this." I went back again.

Well, I have been thinking building a clothing brand for myself: Luanda King. I have seen a lot of artists here in SD have their own clothing brands: TOS (touch of soul), Twins of a kind, Reggae. It's a thing, I guess, It's a way of promoting yourself because when you are wearing that tee, people will be familiar with your name. When they come across it in social media, "Oh I saw someone wearing that tee, oh so that's like an artist." Probably I would incorporate tie dye because its fun, its funky and youthful 😊.

Do you have pictures? How can one get a product?

I do have pictures. I have an Instagram account actually, its [tiedyeking](#) yeah so people can follow me there. To place an order you just DM me and send me a WhatsApp text like the details are all there in my bio on Instagram.

Now off the serious side, lets go to fun facts!



Favourite food, restaurant?

Favourite food is fries, I would die for fries. Specifically those from Superspar Mbabane, Omg they hit the right spot 😊. My favourite restaurant, umm honestly I don't have any because I have not been to a lot of places But usually like the first thing I think about when I am hungry is KFC.

Your favourite beverage?

It depends on the setting but when I am at home, chilled, it has to be coffee and then when I am out HAVING FUN 😊. ⚡ Izingane zigcwele, iziSkeem zami ziphelele, cela ningitselele, Noma yiSavannah nyana ⚡⚡ (when all my friends are there, at least pour me a Savannah). And when I am out having fun, Savannah is my go to bev!

Pnp, shoprite, spar or other?

My go to shop is Superspar Mbabane, I use that the most.

Favourite Colour.

My favourite colour is blue but most of the time I am wearing black, I do not know why. 90% of the time I am always like dressed in all black, and like people think I am a goth or whatever. Of which I have no problem with because I think goths are cool, they are like fire.

International clothing brand, Swazi clothing brand?



LUSANDA

International clothing brand, honestly, I am not like a big fan of like clothing brand, like, “I wear Nike, I wear adidas.” No. I am not a fan of that. Locally, its Cotton Sway but given the opportunity to wear with an international brand, it would be like Adidas.

Manzini or Mbabane?

My most used town is Mbabane I've been schooling there since like preschool. Manzini, OMG 😱 I am so afraid of Manzini. When I am in Manzini, I do not feel comfortable. I grew with like stories that Manzini is thuggish and there is thugs everywhere. So I still have like that mentality which probably is wrong. 🤦 Its so complicated and everything is like so crowded, yooohhh 🤦 but in Mbabane everything is just here I am way comfortable with Mbabane. 😊

Favourite Swazi artist?

My favourite Swazi artist, omg. I really do not know like a lot of them. But There's this girl, its Jojo, I think I like her voice and obviously my producer – The person behind mixing and mastering my song: King Kanga. For him it's his personality and also, his music. Because I know him in a personal level.

Best friend(s)?

Best friends? What you tryan do? what you tryna do? You tryna get me in trouble or something? Well my best friends are Nandipha Dlamini and Lwethu Lukhele those have been my day ones 🙏💯🙏💯!



LUSANDA

Time you were embarrassed?

Ahhh time I was embarrassed ahaha, I can't think of any suitable for, you know, now 😊. So I'll skip that. 😊

Dream car?

My dream car, it has to be a BMW i8, omg, OMG. I would die, I would give up anything for that car! It's like E2 million minimum! With the grace of God well make it there 🙏.

An artist you would like to work with, in eSwatini?

An artist I would like to work with in eSwatini? Kangaroo, yeah! I would like to feature him like a few songs. It's just that now I cant afford him because he charges like 2K (2 thousand), my God: 2K for like a feature song. Mmmh child 😂! I should be embarrassed that I do not know a lot of artist.

Food, or sleep?

Food or sleep? Both, both, but mostly sleep, 90% of the time I am sleeping.

Before we come to an end,

What three words have kept you going?



LUSANDA

Three words, OMG, I have never actually thought about that. But I think it's, "YOU ARE ENOUGH." Because there are times I doubted myself. I wanted to stop this whole music and writing thing because sometimes its frustrating. Having to constantly tell myself that "you are enough, you are enough." I think that has actually kept me going because I've also struggled here at home. My mom, yoh, my mom doesn't really like me doing music and like a lot of people have been giving me negative feedback. Me telling myself, you are enough has kept me going and it will continue keep me going. 💯

Please give piece of advice to an aspiring youth.

Piece of advice, I would advice just to stand up and do what they like. I know a lot of people do not take art seriously. But if it's what you want, just go ahead and do it because its better to fail having tried than to live with regret saying, "what if it had worked?" Just do not do that to yourself, 'what ifs' are like the saddest things. And do a lot of research about the field you want to go into because a lot of people start things without doing any research. They find themselves failing, thinking that it isn't what they are meant to do but it's that they lack the knowledge and guidance. Find mentors and follow those people.

Thank you very much for being part of this project and we wish you all the best.

Thank you very much for having me I'm super, super excited for the article and everything.

People can follow me on Instagram, and on Facebook and twitter

*“And I
was like,
‘No, I am
not gonna
let one
mistake
push me
away
from this.’
I went
back
again.”*



tiedyeking_



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Lusanda King



@iamLusandaKing

"A nation is not a nation without its people, and a nation has no future without its youth!"

I would have loved to spend my time telling you of all the beauty that this country has, from available resources to various opportunities where we as a nation could feed off but unfortunately it would go in vain. This is solely because it would need a great and open mind to see and appreciate, for a mind that can not see can not appreciate anything.



I have since realized that our precious future, which is the youth of course, has a problem with tuning their mindsets to positivity and optimism and it needs to be addressed before our country lands on its knees.

It is through the change of mentality that one is then able to appreciate and make the most of anything in life. Having a defeatist mentality derails any progression, it creates a huge cocoon in which one rolls himself in and feeds on nothing but emotions and failure. It is like that friend of yours who always tends to pay more attention to negativity than positivity hence he or she complains about everything as nothing is ever good enough for them. From complaining about men being cheats, women supposedly being gold diggers, the economy being bad, to "we are just wasting our time here", "who in that one's family has ever succeeded *akahlalephansi ayekel kusiphaphela* (let him/her seat settle and stop wasting our time)", the list is endless.

This is not to refute the veracity of the claims of this particular individual but it is about what he or she makes of these "challenges" that then categorizes them as an unstable, unproductive emotional being, who opts to complain rather than trying to solve a situation. Yes, things might not be going well but the constructive questions one should have been worrying oneself with are: what role do I play or need to play in bettering the situation at hand and how does the future look for me? This right here is being a visionary. **VISION**. Only one who has a clear and conscious vision can ask such questions, for that individual knows exactly what they want and does not waste time complaining but finds ways to tackle and defeat challenges. Visions pave the way and keep the ball rolling towards the end goal; change. What vision do you fellow compatriots have about Eswatini for her to be the change we so much desire?

One great man once said, "what we love determines what we seek. What we seek determines what we think and do, and what we think and do determines what we become." We indeed attract what we are carrying inside of us and we become what we allow to influence us. In a nutshell, we become what we repeatedly do. If we as a nation have a beautiful and delicate vision about ourselves, our country, we should not let anything mess it up. How about tirelessly working together in uplifting ourselves for the betterment of ourselves and our country?



Instead of always complaining, how about we start forums in which we advocate for change in all sectors we see a need to? Why won't we join hands and be proactive in rediscovering ourselves as the youth and coming up with sustainable solutions to our problems? Why won't we create avenues where we develop and nurture our skills, our hidden talents? Create opportunities and support each other, surely this country could be able to stand and walk again. As youth, we have huge potential to make things possible for ourselves. We should not let ourselves down by allowing bad habits to derail our progress in life. There is more this precious land can offer if only we could change our negative mentality and actually take charge. Yes, we might be broken, come from disadvantaged backgrounds, have had tragic experiences whilst growing up such that we were forced to live in a box but where we come from should not determine where we are going. We can not continue living in the past.

Back to the example of this friend with a critical spirit, there are a number of reasons why she turned out this way. It could be past egregious behaviour towards them, betrayals, excruciating pain from old gaping wounds, possibly raised by bitter parents in a dysfunctional environment, influences of a wayward society and more. Now, for her to lead a normal life that knows peace and advancement, it all lies solely on how she deals with her bitter and pessimistic attitude.

She ought to be conscious of the fact that she has a problem and undergo an immense change of mentality and attitude which would then change her behaviour and attitude towards certain instances. This could even make her more aware of the beauty of the things around her she never gave herself the chance to appreciate.

It could even unearth and unleash hidden talents she never knew she had or was too self conscious to even try to work on, which is what we need as the Swati youth. Until someone stands up and shakes off all the cynicism, bitterness, anger he or she has been conformed to and taps to some positivity within oneself; change will remain just an illusion. Each one of us has a role to play with whatever we have.



Everyone has a certain skill or talent, let us use them. We need not be born from a first world country to have talents. If you are worried that you do not have a gift, look a little bit closer, there is definitely something there. Even if you are a known gossiper and you know everybody's business, that is a gift right there! It is just that it has been manifested wrongly. Work on yourself, you have the potential to be a socialite, an influencer, a journalist, a researcher, to name just a few. You are a person who can naturally gather information, that is a talent!

A better Eswatini to me is one where each individual stands up to work and improves oneself. It is where individuals see themselves in a new and better light, why? Look at your leaders, look at the people who made it in your neighbourhood, who sat next to you in class and are now successful. People you were better and smarter than, but have entered universities and business ventures whilst you are stuck, how did that happen, you ask yourself.

For now let's try these answers: they took a leap of faith, they worked on themselves when no one was looking, they ignored all the voices that told them that they could not do it and kept their eyes on the prize. They had a vision about themselves and they worked for it and did not allow anything to mess it all up for them. Can't we do that as well for ourselves, for our country?

Look into the future, the future looks promising. The only thing we need is to change our mindset. The only way one could ever be progressive and heedful in life is when he or she is more aware of his surroundings. That way you will be able to see greatness in the place you live. Let us cultivate a fighting spirit to make Eswatini a better country for all whilst carefully not destroying the beautiful soul of this treasured land. If as an individual you do not have any vision about yourself nor the country, make one now. It is not too late.



**“Let us fix our
minds for us to be
the change we
want to see.”**

Let us break out from the patterns of our predecessors who always reminisce about how great the past was and refuse change. We grew up in Eswatini, we can attest that the biggest problem we have is not inadequate resources but resistance to change. Time waits for no one, these seats that our elders are on today will be ours tomorrow, we need to prepare ourselves.

“If we as a nation have a beautiful and delicate vision about ourselves, our country, we should not let anything mess it up”

They too were once young and thought that they were going to make a change but conformed to their environment instead. I, the one who writes this to you, am a work in progress, in the same Eswatini that you see nothing in. I am here writing to you, taking a step to do what I can with what I have. I suggest you start doing the same. Let us fix our minds for us to be the change we want to see.

Pearl S.



EDUCATION

r e a d
B O O K S



Our education system: A need for renovation?



INTRODUCTION

Eswatini's pre-university education is fairly reasonable but after being part of a different curriculum, I have realized that it definitely needs not just a revision but a total upgrade in order to broaden and impact considerable mental agility on emaSwati. This is because what is currently being taught is too shallow compared to that of international schools hence it is not recognized in many international universities and colleges. This is saddening because most of emaSwati then face difficulties in being accepted into the international community where qualifications and jobs are concerned. If they wish to broaden their knowledge and study in these universities that do not recognize eSwatini's EGCSE (Eswatini General Certificate of Secondary Education), they ought to take additional pre-university studies which usually take two to three years.



This is disadvantageous because by the time emaSwati complete their pre-university studies, they are already getting past their teenage years and these additional years derail them even further. On top of that, they are costly. This is a serious problem that needs to be addressed. With my exposure to these both worlds of study, I am more convinced that our curriculum strongly needs a holistic approach of restructuring and incorporation of new subjects or courses.

POTENTIAL REASONS

Even though this is the case, I want to believe that the eSwatini government is not oblivious of this drawback, that they have tried to take calculated decisions in dealing with it but unfortunately, the country being a low-income country, has been the limiting factor in them successfully doing so. This means our economy as a whole is still inclined largely on primary (farming), secondary (factory processes) and tertiary services at best. This limits the diversity of the kind of courses the country has to offer because of the demand and the population.

Logically, it makes sense to offer a teaching course rather than a course on actuarial science because it is cheaper, and more attainable. Furthermore, it is easier to provide jobs for a thousand teachers than a thousand actuaries as their salary can be afforded by the government. All in all, I truly think the government has done what it could for the country under the present economical climate.

THERE IS STILL MORE

However, I do think that there is still more that can be done to solve this predicament.

As a country, we are so focussed on academic careers such that we are neglecting and overlooking vocational careers. Education is there to make us more knowledgeable, help us gain the necessary skills to improve our social and economic stance, develop our environment and more.

In our communities, whenever the conversation about success is brought up, the only thing that comes to mind in most individuals is having a 9a.m to 5p.m day to day job in a formal set up. It is being a doctor, a teacher, a policeman to name just a few. One would say it is the government's fault, but I would rather say it is a culmination of the state of affairs of our country's economy because it has only been able to create these kind of jobs thus far. This has therefore created a one-sided view of success such that the populace is not mindful or rather not taking other possible opportunities or avenues which would generate income for them seriously.

Possible opportunities in the arts and crafts industry for instance, could bring about great success and revenue.



These include, but are not limited to, music, theatre, sports, painting, sculpting and writing. These domains are also valuable and could inject substantial amounts of money into the economy. I think it is time we stop discriminating these, and actually start taking them seriously

Explanation

My demands are very complex. Partaking in the International Baccalaureate (IB) in the United World College (UWC) school, I realized that there are things the country's education system could adopt, especially for high school education in order to have more capable scholars and better citizens in eSwatini. There are two main elements I got: the importance of extracurricular activities and an increase or diversification of our subjects. I truly believe this is feasible, and may have a positive impact in the country.

DIVERSIFICATION

I think the diversification of subject choices in schools will open up new industries. I think art, music and writing could be incorporated.

For example, almost everyone listens to music in the country and a vast majority of it is from other countries. Why not capitalize on this demand and actually give the arts a chance to shine here at home? There is no market in eSwatini for this all because there is limited promotion and recognition of these industries. Art captures the culture of a country, deals with the emotional part of a human being which is also of great significance and other very important aspects of the society.

The entertainment industry in the United states of America is worth over 703 billion US dollars ("U.S. Entertainment and Media Industry 2011-2020").



This is not to imply that eSwatini needs to be an entertainment-based economy but I am arguing the fact that art, music and film can move us a step forward economically too. I can also imagine an increase in job opportunities for artistic people.

EXTRACURRICULAR

The IB also has a concept of CAS, which stands for creativity, activity and service respectively. For each student, there is an expectation for them to engage in creative things such as dancing or programming. Under activity, it could be rock climbing or cricket. For the service part, it could be any service to the community. These are organised by students or teachers and they are collectively considered as extracurricular activities. These kind of engagements enforce meaningful social gatherings and have collective and individual benefits which range from mental down to physical health. Physical education helps counterattack health issues that are starting to cause havoc in the world, like obesity and obesity related problems. There has been an abundance of processed and sugary food (Al Jazeera English) in the world which leaves the human race in trouble health wise:

The reasons include the introduction of fast-food restaurants and the sedentary lifestyle (Al Jazeera English). Asisayidli imicweba njengabogogo betfu (we are not eating foods such as biltong like our grandparents) which were significantly healthier. Aljazeera has reported that processed and sugary foods in developing countries, since the 1980s, have gone up to 900 million compared to 570 million in developed countries (Al Jazeera English).

The CAS concept helps deal with such problems. It would also help alleviate the inability for emaSwati to socialize and understand social responsibilities. Because of the gradual cheapening of data in the country, more and more people are joining the world wide world and all the social platforms it provides. They are spending most of their time on their phones which will cause a massive drop in productivity, a rise in depression and a decrease in the concentration span of emaSwati. Adopting this CAS learning approach could help avoid these serious problems the country could face.



CONCLUSION

We can assist the development of the country if we could improve our education system as we prepare students to take charge of the workforce. I am hopeful that the government may consider these issues as important in the country. Wouldn't you like the upcoming youth to be ready and capable to take on the task of making the country a better place?

I would like to continue this conversation, I would appreciate all comments, criticisms and feedback.

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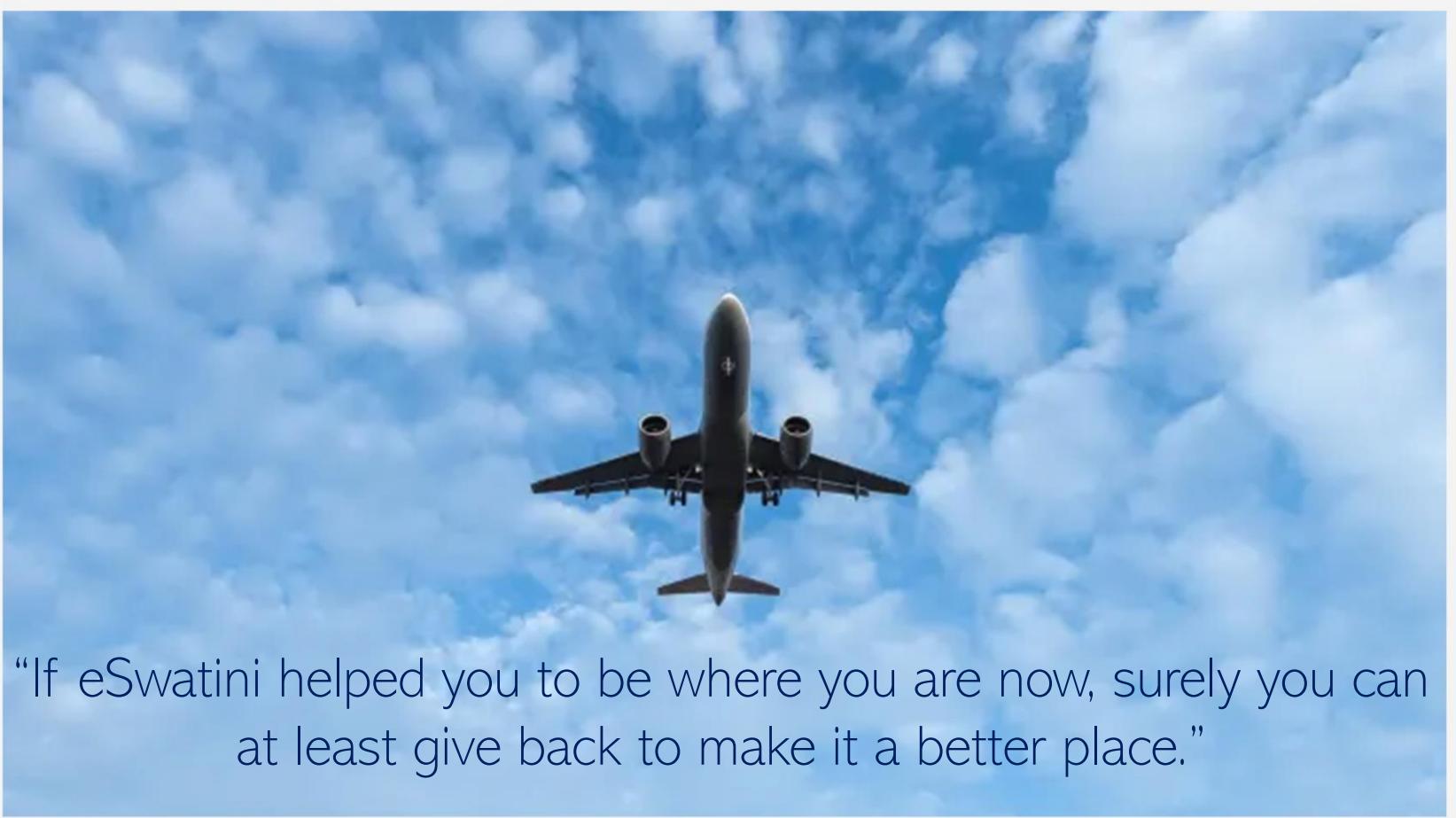
“The name of the company is Edvicon. Our main purpose is to help everyone with their educational needs and visa consultancy services. What we do is, once a student walks into our office and they have a course that they want to pursue abroad in mind,

- ***we ask them where they want to study, and that is the country.*** After we have gathered that information from them,
- ***we then look at the mocks*** which are the requirements that open doors for students where they want to study. It's the institutions that we work with, the universities we have partnered with all over the world that decide on the type of scholarship to offer a certain student based on the mocks and the availability of spaces in that particular institution. So, after deliberations, If your mocks are okay, you get a 100% scholarship.

Sometimes you do not get a 100% scholarship, but you still do not pay for certain things such as accommodation, food, and only pay for reduced tuition fees. We help them with admissions and application processes abroad.

- Once the student has been accepted and is ready to go to school, ***we help them with visa applications and appointments*** in all the countries they want to go to.
- ***We also help them with the cheapest flight bookings*** with our in-house company, DH travels. DH travels is a company that offers low, low, low flight prices to students labafuna kuyofundza (who want to study) in universities abroad.”





“If eSwatini helped you to be where you are now, surely you can at least give back to make it a better place.”

Edvicon is a powerful tool for emaSwati because it has done the necessary research in finding universities abroad that consider EGCSE curriculum. It is reliable and can be used by every liSwati. We are aware that there is an expectation that “smart” students should be the only ones travelling to learn abroad – that is not true. If your target course is not found in eSwatini or you would like to learn abroad, you can consult the founder, Hugues Hakizimana, who will assist you in that.

However, learning abroad should not be an excuse to detach yourself from eSwatini. Even if you are given permission to stay in your target country, remember your roots. Hugues says that one should send remittances to their family and the country should benefit from one's new acquired intellect. If eSwatini helped you to be where you are now, surely you can at least give back to make it a better place.



UNEMPLOYMENT: *the story of hope*

“Examples of an upward trajectory could be acquiring a language, sharpening a skill, becoming a better labourer, citizen, or letting go of a sleeping habit, drug or social media addiction and actually taking life more seriously.”



"The unfortunate part about all this is that most of these professionals are no longer employed on a permanent basis but on contracts".

It is no secret that the employment rate is very low in eSwatini. One would expect that this high rate of unemployment is a result of illiteracy or lack of skill amongst other things but that is not the case since even graduates are sitting at home with their qualifications. The huge problem is limited job opportunities in this country. Evidence has shown that stagnant economic growth has been unable to provide the necessary job opportunities thus resulting in the ever-skyrocketing unemployment rate over the years.

The available ones cannot cater for everyone. The only ministry that has tried over the years to expand employment for graduates has been the education sector. This sector has managed to employ professionals and it is known to be the first and last hope for any graduates of any field of profession. The unfortunate part about all this is that most of these professionals are no longer employed on a permanent basis but on contracts. The reason behind this decision is hard to ascertain as the facts presented to the nation do not go hand in hand with what is on the ground.



The government is adamant that there are no more posts to fill in schools whilst the schools say the complete opposite. This has badly affected the teachers' populace on contracts as these come with a lot of challenges in their workplace.

Some are underpaid, suffer some form of abuse, do not get to enjoy certain privileges enjoyed by their fellow colleagues employed on a permanent basis, amongst other things. One who was recently interviewed by some publication has come out and testified about the harsh experiences of contract teachers.

He said: *"Contract teachers are always treading on thin lines in the teaching profession. How? That is one simple question one could ask. The answer is simple, a contract teacher cannot easily challenge the headteacher even if he or she feels that his or her rights in the line of duty are somehow overlooked. This is because when the contract ends, headteachers are expected to fill forms that will determine that a certain contract teacher can get a renewal."*

This teacher expresses the fact that contract teachers often have to suffer a great deal in that they cannot speak their minds nor challenge those in power because if they did, chances of their contracts not being renewed would be high.

And since there are a number of unemployed qualified individuals out there knocking on the door for the same position, firing them would not be a problem. He goes on to make a very disturbing revelation of one of his experiences as a contract teacher in his previous workplace.

"A certain organisation once donated fruit trees and my previous school was one of the beneficiaries. I had to assist learners to dig the hard ground for planting to take place."



“My colleagues, who were permanent, just told the headteacher in no uncertain terms that they cannot spoil their dress code with dust. I, on the other hand, was obliged to spoil my smart dress code because I had to impress the headteacher so that when my contract elapsed, the impression I created would push her to recommend me to get another contract renewal.

Nowadays teachers are hired on contract basis, yet they are professionals. They are doing the same duties in schools but are shamefully paid half.”

Unfortunately, this teacher's contract was not renewed at that school regardless of his massive efforts and dedication, which also proves how harsh and inconsiderate the system is on these professionals. Even though teaching was his passion, he was forced to look for other means of sustaining himself as now he was a qualified teacher with no job. He mentioned that he did think of using his writing skill which he had been nurturing over some time but was discouraged by the fact that art in this country is not given much respect and attention it deserves.

It is more of an underrated talent and lacks support from the government and general populace. This therefore meant that he had to start searching for other means of survival.

The plight of this man is very inspiring and enlightening. It is very instructive in the sense that even though life had dealt him this devastating blow, he did not give up. Two key points I want us to appreciate about this man are the beautiful mindset he had when tackling his circumstances and his formidable courage.



His mindset: This individual is very industrious and optimistic about his life. He did not let the fact that he is a graduate get into his head and way of creating a better life for himself. This is evident in that he was found in the town of Manzini working as a Mobile Money agent. It proves that he is innovative and will-powered. This man chose not to let his predicament destroy him or shun his light and passion for life which is why he became a mobile money agent. Most unemployed graduates would never stoop "so low". Why? Because to them, someone who is educated cannot be found on the streets hustling in this manner. The stereotype around this is that, only those who failed academically are expected to fill such positions, that these kinds of jobs are designed especially for them. One old saying says, when life gives you lemons, make lemonades out of those sour lemons. That is just how life goes, and this man did just that. Wallowing in self-pity does not solve or make any situation better, instead it drowns you deep into depression and toxic behaviours. Self-pity does not pay the bills. It does not put food on the table. Yes, we cannot shy away from the fact that investing all those years of hard

work and no sleep-in school, going through training for a job that in the end you do not get is extremely traumatic. As traumatic as this is, this man did not allow it to be the end of him. He picked himself up and made a plan. He took this positively such that he got to realize that losing his job actually freed him from a state of mind that most people who are working have. He described it as a routine or a vicious cycle that these employed individuals have fallen into. He highlighted that most working people are totally clueless about their future, are not doing anything to improve and last – but most daunting – they do not have any touch of passion for what they are doing. He asserts that being unemployed gave him a chance to look at the bigger picture and saved him from falling into this dark hole. He further stated that when he gets home, instead of "resting", like most 9am to 5pm employees, he takes time to ponder on his future and gets an opportunity to sharpen his writing skills. This is astonishing because with such aggressiveness towards life, not only will one be able to improve his finances, but the country also stands to benefit.



"He did not let the end of his career be the end of his life nor his intelligence because regardless of the inequitable system, life must go on"

Courage: This man's courage is so exceptional and beautiful to watch. It is so moving that, in as much as it was painful for him to lose a job, he was so passionate about, he was wise enough to take it all in, and came up with a constructive plan to make his life less complicated. He did not let the end of his career be the end of his life nor his intelligence because regardless of the inequitable system, life must go on. There are needs to be met and they need money. If only each one of us would be so will-powered like this man, a lot could change for us where job creation is concerned. There is a lot one could take away from this man's plight. One significant thing would be to make each and every disappointment, pain, traumatic experiences our fuel in making the impossible possible. To create jobs for ourselves as seemingly the system is failing us.

If we as a nation do not do away with the tendency of spending hours on our phones, on social media, in front of entertainment televisions and thereafter fall into slumber, we are destined for drastic failure. Waiting on the government to provide jobs will not change our lives, instead change will be brought about by us thinking out of the box and refusing to be boxed by stereotypes and social conventions. Let us not complicate our lives even further by these societal restrictions. They will not put food on our table, they will not pay that rent, they will not cater all these other demanding basic needs. As humiliating and painful as it may be to have to start all over again rebuilding your life starting from close to nothing, we just must try. This cannot be easily done but as a collective we could dare the impossible.





Everyone in the country should have a deep conversation with oneself and assess whether they are on an upward trajectory or not. Examples of an upward trajectory could be acquiring a language, sharpening a skill, becoming a better labourer, citizen, or letting go of a sleeping habit, drug or social media addiction and actually taking life more seriously. The enemy here is poverty. Playing the blame game and not actually taking part in creating these opportunities for ourselves will not make this fight a success. To those that have an opportunity to work at retail stores for instance and all the likes should gracefully take those jobs. Start saving up towards establishing those businesses.

Join forces with others, be business partners, uplift each other and this way, more job creation is guaranteed. Let us stop being greedy individuals and actually work collectively to stop this vicious cycle of unemployment and poverty. It is really up to us whether we are willing to fight poverty or succumb to it. Whether we are willing to free ourselves from all the negatives and actually tackle this challenge of unemployment head on. Not to be so picky and discriminating when it comes to choosing jobs and not shaming each other whenever one has been ostracized by the system once again like that man. The time we realize this, getting better is not too far from our reach.



DEPRESSION?

Expert advice

Prepared by: Thabile Mnisi

Clinical Psychologist



WHAT IS DEPRESSION?

How many times have you complained to your friend, “urghh, I’m depressed...I couldn’t find anything to wear today”, or “The weather is so depressing. I didn’t expect it to rain today”. The word Depression is so commonly used, yet so many misconceptions around it exist. None of the used contexts have used the word accordingly.

Major Depressive Disorder (MDD), commonly known as Depression is a mental illness that affects people of all walks of life, world-wide. It interferes with thinking and decision making, and therefore prevents people from conducting activities of daily living, such as self-care activities, and school or work tasks.

Untreated Depression leads to a compromised immune system, making one susceptible to physical ailments and disease. A majority of the patients I have treated have shared stories of suffering from headaches, neck and shoulder tension, back pain, constant fatigue, piercing body pains on parts of their body, amongst many other physical ailments. They have narrated how they have sought help from healthcare facilities and doctors, who have often prescribed pain medication, but the symptoms have remained present. As a result, Depression is notorious for being one of the most misdiagnosed and mistreated disorders. Added to that misfortune is the lack of awareness about mental illnesses, not only by the layperson, but by healthcare providers themselves.



Common societal problems such as alcohol and substance abuse, may also indicate the presence of mental illnesses like Depression, especially in cases where individuals use these as poor coping mechanisms. Moreover, behaviors such as self-mutilation/harm and suicide are often linked with mental illnesses like Depression. Thus, if we are to remain ignorant about the subject of Depression, we are at risk to lose our youth to these common yet preventable social ills.

SYMPTOMS

The following is a questionnaire of criteria and symptoms of Major Depressive Disorder adapted from the DSM 5, which is a diagnostic tools used world-wide to diagnose mental disorders. The individual must be experiencing **five or more** of these symptoms during the same 2-week period and at least one of the symptoms should be either (1) depressed mood or (2) loss of interest or pleasure.

1. Does your mood feel depressed or low most of the day, nearly every day?
2. Do you find that you have a diminished interest or diminished pleasure in all, or almost all, activities most of the day, nearly every day?

1. Has there been a significant change in weight (weight gain or weight loss), even though you were not dieting, or a decrease or increase in appetite nearly every day?
2. Have you noticed a slowing down of thought and a reduction of physical movement, which has even been noticed by those around you?
3. Do you feel unexplained fatigue or loss of energy nearly every day?
4. Do you often have feelings of worthlessness or excessive or inappropriate guilt nearly every day?
5. Have you noticed a diminished ability to think or concentrate, or indecisiveness, nearly every day?
6. Do you experience recurrent thoughts of death, with or without a specific suicide plan?

If you, or anyone close to you responds to the affirmative to 5 or more of these questions, and these symptoms have caused them problems in the social relationships, their occupation, or other areas of functioning, they are likely to be depressed. However, a diagnosis of depression can only be made by a health professional, after a thorough clinical interview and assessment.



In daily life, Depression may not come as neatly packaged as on the above list. It may look like spending all day in bed but not feeling rested, skipping work or school to sleep, overeating or not eating at all, being emotionally distant or being irritable and moody, isolating yourself from family and friends, or losing interest in things that you used to enjoy. Depression is different from sadness in the sense that it is more pervasive and persistent, often lasting for 2 weeks or more. Furthermore, Depression often comes with feelings of worthlessness, hopelessness and unreasonable guilt, whereas in sadness, the individual's self-esteem is often intact. Depression is also often accompanied by physical symptoms such as problems with sleep, appetite, energy and unexplained aches and pains, which are symptoms that are rare or very short-lived in sadness. Depression does not usually go away on its own and requires treatment. It is a real illness, and it is treatable. It is important to seek help if you're concerned about depression.

RISK FACTORS OF DEPRESSION

It is often said that depression results from a chemical imbalance in the brain, however, that statement does not capture the complexity of the disease. Since the causes can never be specifically narrowed down, the risk factors of depression seem to be a more appropriate subject to discuss. Risk factors are the elements that have been found to increase the likelihood of an individual developing depression. These range widely from genetics to trauma and stressful life events, although the list cannot be exhausted in this discussion.

Genetic factors: Depression can run in families. Parents, siblings or children of a depressed individual are two to four times more likely to develop depression compared to the general population. With this disorder being considered a “foreign concept” in our African context, it often passes from generation to generation being untreated.

Stressful Life Events: At some point, nearly everyone experiences stressful life events such as, the death of a loved one, or a failed relationship. Some get to encounter violence and abuse, be it emotional, verbal or physical or are forced to cope with job loss and unemployment.



While not everyone who faces these stresses may develop depression, stress plays an important role in the development of depression, and prolonged stress increases the likelihood of one developing depression. Furthermore, traumatic events can have lasting physical as well as emotional consequences on an individual. A study in the *Journal of the American Medical Association* showed that women who were abused physically or sexually as children had more extreme stress responses than women who had not been abused. These women had higher levels of stress hormones and cortisol, and their hearts beat faster when they performed stressful tasks such as speaking in front of an audience. Such changes in the body are bound to result in physical and mental illness in the long run for these individuals. The issue of trauma (related to grief) is more relevant in such times as the covid-19 era, with the public experiencing the death of loved ones in large numbers. Statistics of mental illnesses such as depression are at an all-time high.

Medical Problems/Physical disability:
Long-term or life-threatening illnesses such as Diabetes, hypertension,

HIV/AIDS, Cancer, and Covid-19 are stress inducing, such that individuals who encounter such illnesses are likely to develop depression. In some instances, an individual may even find themselves in situations where he/she is physically impaired or disabled, take for instance hearing loss, blindness or amputation of limbs. Such situations require major adjustment, not only for the individual, but also for their loved ones and therefore may induce a depressive episode.

WHAT TO DO

There is no single and direct way to prevent depression but taking steps to control stress is important. People cope differently to stressful situations, and there are many strategies that can support overall emotional wellbeing. These include maintaining basic self-care like eating healthy food, engaging in physical activities (walking, hiking, cycling, etc.), maintaining good sleep hygiene, and avoiding tobacco, alcohol and illegal drugs. These are basic self-care activities that we are taught from a young age, and they go a long way in keeping the mind and body healthy. Relaxation and partaking in fun/pleasurable activities goes a long way in improving our mood, and thus reducing depression symptoms.



Practicing soothing actions such as meditation, deep breathing techniques, listening to music, dancing and reading for pleasure can also go a long way in relaxing the body and also bring a spike in those “feel good” hormones. Staying connected to loved ones and nurturing close relationships is another way to curb depression. Connecting to family, friends, mentors, religious leaders, co-workers etc, is helpful in sharing experiences and feelings. Creativity and flexibility in accessing support & maintaining connections with others is vital and one can never run out of options in this digital age of instant messaging and video calls.

For some people, coping mechanisms alone cannot eradicate the symptoms of depression, given the fact that the disorder varies in severity. For such individuals, seeking professional help is warranted. Depression is a treatable illness, with treatment often including medication and psychotherapy, although the process of treatment may vary from one individual to the next. A visit to your nearest healthcare facility can prove to be a life changing decision.



Gil Sander Joseph,

HAITI

ESwatini

by a

Haitian

I know a country called Eswatini

“Where are you from? Switzerland?”

I never made this mistake. I say this so as not to brag or signal some kind of *virtue or raise* International awareness! No. The truth is, I could have easily made this mistake, trust me I would have if my friend Lelo hadn't introduced his country to me as the Kingdom of Eswatini. I remember having so many questions in my head “Where is Eswatini? What kind of music do they make, which language do they speak? Do Swati people have cultural values?” However, I remember being struck by a feeling stronger than all of my questions, a feeling that forced me to abandon myself in absolute silence despite the thousand unanswered questions bustling in my mind

Why had I never heard of Eswatini before? It really had nothing to do with the novelty of the name, I had never heard of Swaziland either. And yet, I could not incriminate myself for my ignorance. I did not want to blame it on the lack of interest or on *du je m'en foutisme*.

There must have been something bigger, something greater than me that predetermined my ignorance. Knowledge is political. I never had to look far to learn about western countries, they were all over the news for good and bad reasons, they successfully colonized the information, the media and the “culture” I was consuming.

I knew about the UK. I could not afford the luxury of not knowing where it was, what language the people spoke and what real British people were like. It was general culture! But Eswatini? Error 404. I did not know about the country, where it was or what its people looked like, I did not know the shape or colors of their flag, I did not know where it was, Why? It all started to make sense when people tried to convince me that it was okay not to know about Eswatini. They went to great lengths to justify my ignorance.





**Eswatini will
not be erased.
Now that I
know of this
beautiful
country,
through me
other people
will know.**

“It’s a very small country. Landlocked”, they said. Yet, I knew of Luxembourg - also landlocked, with a total area 7 times smaller than that of Eswatini and almost half a million people less. What was my excuse?

Knowledge is political. There was a reason I had never heard of Eswatini. Erasure is a powerful political tool, erasing a country from the books and the media gives you great power. You also erase its vibrant people, its unique history, its honorable struggles. You erase its fascinating culture and traditions, its catchy dances and delicious cuisine. You erase the rhythm at which his soul beats. Erasure allows you to discuss the humanity of humans. It enables debates around the authenticity of what is real. It allows you to wash the blood from your hands and gives you the agency to face the other way, ignoring your responsibility in the fate of an entire nation.

Eswatini will not be erased. Now that I know of this beautiful country, through me other people will know.





Business in eSwatini: A testimonial.

Mr Matsebula is a successful businessman in eSwatini and he deals with real estate which means he invests in property. He is here to give us his perspective on business in eSwatini. This is important for upcoming business people and as evidence that business in eSwatini is also possible.

Q: Using one word/or phrase and a given reason, how would you describe business in eSwatini?

A. I find business in eSwatini to be interesting in a sense that it is challenging. With all these ups and down, it is rewarding at the same time.

Q: What things (2 things) do you think has made your business successful in eSwatini

A. Persistence is key, you have to continue long enough no matter the struggles.

Q&A



“Persistence”

Diligence has also made my business flourish, taking time to pay attention to detail has ensured that at the end I was a winner.

Q: What have been your setbacks in your business in eSwatini?

A. Lack of right education or mentorship. That's one biggest setback actually in the business world no matter the location. Not being knowledgeable enough about your business leaves you vulnerable and prone to failure or rather stagnation and unproductivity.

Q: What is your advice to the youth or aspiring business people?

A. I would advice the youth to educate themselves about the business world and the business they would like to venture in. Ignorance contributes in the failure of a business. Secondly, get mentorship! Kutsiwa ngesiSwati indlela ibutwa kulabasembili.

Ask for advice and insight from people who have gone through the journey you are embarking on. This does not mean it will all be smooth. Don't be afraid to fail or fall. If you come across failure, just take it as a lesson and keep going, keep pushing. You will get better with time. Real failure is giving up!

Q: What have been your main motivations (at least 2) to continue in business during hard times?

A. My dreams! I have always had big dreams and they used to scare me, they still do but I just knew I had to accomplish at least some of them.

B. My faith has kept me going. I have always trusted in the good plans that God has for me, so no matter how hard and impossible attaining these big goals might seem at first glance, I always keep my trust in Him and his promises, for they are Yes and Amen!

Q&A



Diligence

C. My family. When life hits you hard out there, you are blessed when you have a family that loves and supports you. And most importantly in this case; believes in your dreams. It always completes the hustle.

Q: I have heard your sermon on the four (if I am not mistaken) things that can help us create wealth, could you please outline these key points – without going into great depth.

A. Tithe, the 10% of your income is not yours but God's, therefore it is important to offer tithes. As a born again Christian I have been faithful to this. I believe it has made all the difference.

B. Save at least 10% of your income (preferable 20%), this will create a very bright financial future for you.

C. Work hard. Diligence will set you apart, as well as yield out great results.

D. Invest, many people fail to invest because they have poor saving skills. Investing enables you to get huge amounts of returns in the long run which will greatly and positively impact your life as well as your business. One could even venture into many business opportunities with this money. These investments include buying income generating properties, you don't need to have all the money in the whole world, the bank could be one avenue that could help you in terms of lending you cash to do starts ups or cover up costs here and there.

Q: Most people are asked this question: with the knowledge you have now, if you were twenty years old, what 4 things would you have done differently.

A. Save at least 20% of your income, no matter the amount of the income I earned

B. Start family early, latest at 30 years.

Q&A



“invest”

C. Put up an **advisory team** that would guide me in taking the right steps and choices towards achieving my goals.

D. Get the right education, especially financial education.

Q: What new avenues do you think will be successful in eSwatini that the youth should look out for?

A. Real estate, with the right background information/education, you just can't go wrong!

Q: Any other encouragement to the youth in business, investment or finance?

A. Dream, and dream big! The sky is NO limit, you can achieve your dreams no matter how big and scary they might seem.

B. The education all around the globe pays no attention to financial education but in order to gain money and to



achieve financial freedom you need to educate yourself. Rich people have written a lot of book on this so you need to read, read, read. That's just about it. The books I suggest you should start reading are: *How to Win Friends and Influence People* by Dale Carnegie, *Rich Dad poor dad* by Robert Kiyosaki, *The Magic of Thinking Big* by David Swartz, *The Parable of Dollar* by Sam Adeyemi, *Think and Grow Rich* by Napoleon Hill, *How to sell yourself* by Ray Grose, *The Richest Man in Babylon* by George Clawson, *You are Accepted by Heaven is A Gift*.

D. Last but very important, Get right with God. As a Christian I get my motivation from God because I have a personal relationship with Him and I know you will always find your worth and greatest motivation in God, if you get right with Him.

“Invest, many people fail to invest because they have poor saving skills. Investing enables you to get huge amounts of returns in the long run which will greatly and positively impact your life as well as your business”

ENTERTAINMENT

Find suggested
songs, swazi
dishes and
other!





Checkout the new Italian restaurant:
Panarotti's restaurant. It is not a Swazi
restaurant, but it was found to offer one of the
best pizzas on the market! It is located at the
Manzini lifestyle.



SONGS



[Rod Wave - Street Runner
\(Official Video\)](#)



[J Cole – Hunger on the
Hillside ft. Bas](#)



[DJ Maphorisa & Tyler ICU
- Izolo \(Official Video\) ft.
Madumane, Mpura,
Daliwonga & Visca](#)



[Lil Baby & Kirk Franklin
- We Win \(Space Jam: A
New Legacy\) \(Official
Video\)](#)

Click to play



MEME CORNER



I am easy like that...

I'm right here trying to make Amarula, guys what do you do after killing the elephant?



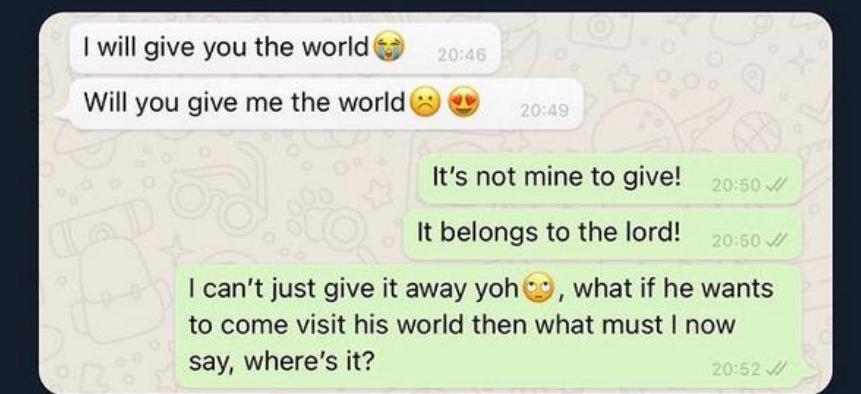
If you know you know



That's us, funny.

Jadon not Jayden
@ImEyeingAikko

Will you cross the ocean for me 😭?
No man yoh leave this, jys groot jy kan swem 😭



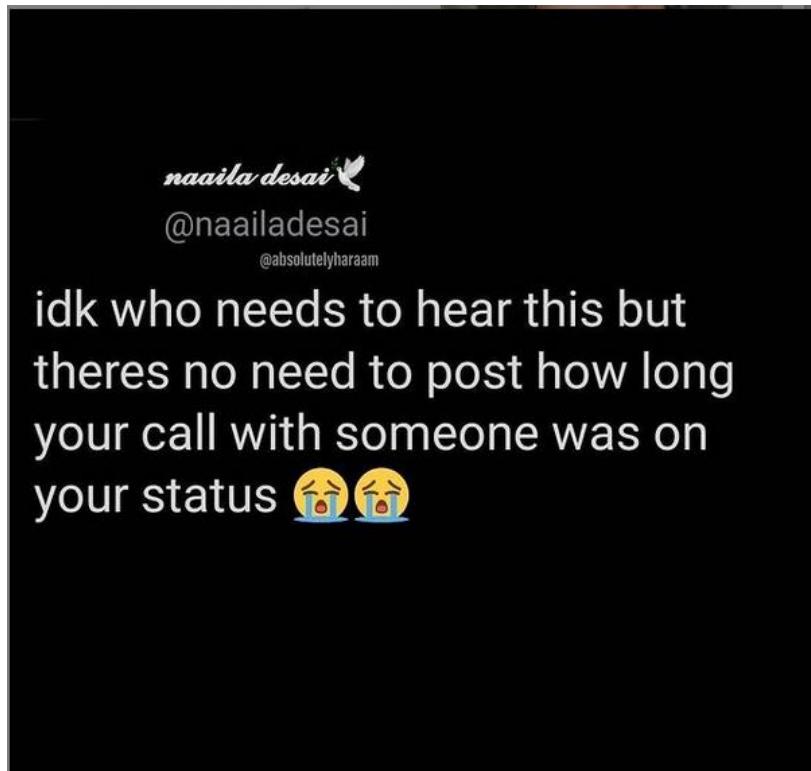
Where would I say it is vele?



After getting 2% in maths then you hear the teacher saying we still need to divide



I am about to collapse



My birthday comes once a year, and I post it. Why cant I post this???

This has got to be the photo of the year.



Family... 💯

My love life is nolonger confusing my enemies alone, I'm also confused as it is



Say what?... Shano futsi



60

I know the devil is a liar. But snapchat 😱



Kirannnnn

@kaafibored

@absolutelyharaam

I study for 30 minutes and take break for next 3 days.



You study???

When you tell yourself that you gona focus ka Term 4 then shoprite decides to Sell 12 Pack Savannah at R4.50



Meme Created By
@Ajsavage_Memes

Meme Made with Atumeme
App. Get it on Google play

Imagine someone pointing a gun to your head and says "name one hockey player"



Asernal, I mean those look like they do... 😂

Hahaha, to those who relate

POEM

Happiness

You can not have happiness without being happy

Happiness is an inside job that reflects on the outside

Be happy while you still can

Smile while you still can

You may be hurt, broken, ditched, belittled

But always be happy because you can not change what other people think of you

You can not undo what they did to you

The best revenge you can give is just... smiling at the people who hate you

It breaks them

Be happy, smile, laugh

Happiness will never kill you

Happiness starts with loving yourself the way you are

Live happily so happiness flows in your life

After all what are we without happiness

Be happy

Temantungwa 



What is this?

The magazine is a platform and catalogue for the youth to be inspired, to showcase our heroes who are working effortlessly in the backgrounds and forefront in making our beloved eSwatini a better place for all. It is the voice for the voiceless. It is a platform where people are given a chance to confidently lay out their souls to fellow emaSwati and the world at large. It is there to reconstruct and unleash the real beauty of this country. It is an empowering vehicle that aims to empower and replenish the lost hope in the entire Swati nation.

It will entail interesting thoughts, mind boggling facts and opportunities for people to get up from their couches and not so comfortable "comfort" zones and actually do something in making our dreams a reality!

Last words

I may not know for sure when exactly this great change will come to pass, but I know for sure that change is inevitable! The winds of change are blowing already. It is up to us as a nation to unite and soldier on in freeing ourselves from ignorance and deprivation. All I am asking is for us to change our mindset towards the challenges we are faced with as a nation. I challenge us, Swati youth, to put it on ourselves to win this attack on our precious land. To break the insidious cycle of inadequacy and deprivation.

Each one of us has to take some responsibility.

Each one of us has to do some introspection and have a conversation with oneself as to what attempts can one do to shape and create the eSwatini generations have been yearning for. No effort is too little at this point. Individualism is not an African trait hence it has destroyed our precious land. We need to stand up eSwatini and fight for our land, for our rights. If we really need those jobs, undegraded education, lucrative income, freedom of expression amongst other things, we need not run away. There is more for each one of us here at home. We must stay and fight intellectually. It is possible, only if we work in solidarity. Now is the time!

Let's ignite The Spark of our love for the country!

Thank you. Siyabonga Maswati akitsi.



Let's improve eSwatini



*Find out how you
can help too...*

This editions was possible because people dedicated their time to help. This project is non profit hence every effort put, there has been a volunteer who thought the country would benefit from their work and I believe they had an impact. At the same time, you might like to help too. There are number of ways each an every Swazi or even if you are not liSwati that you could help with.

Editor

The magazine has been edited by dedicated editors but in order to make it more efficient, we could have more editors. Editors check for grammatical errors and try to make the story more appealing and persuasive. The more editors there can be we can try to reduce the amount of subjectivity in the articles.

Sponsor

Any kind of monetary donations are truly appreciated. There are incurred costs such as data usage, transportation and other. We do need support as we try to make the release of The Spark a regular thing.

Give feedback

Giving critical and constructive feedback is preferred because we believe that we could make faults and potentially offend people. We would appreciate your feed back and suggestions for improvement.

Writer

If you have something to share with the country, we would truly appreciate it if you would write it down so that people can benefit. You can write as many as you want and we shall choose at least one from you.



Advertise/endorse

Even if it's a big business or a startup, we could advertise it for you, free of charge. We would like you to then help us spread this magazine until it reaches the whole country.

Ideas and brainstorming

If you have ideas that relate to the theme of this magazine, you can kindly give them to us so that we could write about them and ensure a counterpoise in the magazine.

Social media/Promoter

If you have a great following on any social platform, you can help spread the news to your following because it will be very useful in reaching great numbers.

Reader and other

The aim is that people can end up reading and that can start with you. If you read this, you will be supporting the work of your fellow emaSwati or even yours. We encourage you not to leave any page unturned.

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