

UJWAZI

ISSUE 1 - MARCH/APRIL 2024

magazine

THE SECRET TO GETTING AHEAD IS GETTING STARTED

EDUCATE | INSPIRE | MOTIVATE

mdda
MEDIA DEVELOPMENT & DIVERSITY AGENCY



Welcome to ULWAZI MAGAZINE 2024 | ISSUE 1

Ulwazi magazine is a quarterly publication dedicated to inspiring, educating, and motivating high school learners. We believe that knowledge is power and our aim is to provide you with the tools and information you need to excel in your academic pursuits and beyond. Through engaging articles, interviews with successful individuals, and insightful features, we hope to encourage you to pursue your passions and achieve your goals. Join us on this journey of discovery and learning, and let Ulwazi be your guide to a brighter future.



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UKWENZA U-2024 UNYAKA WAKHO



Njengoba singena ku-2024, yisikhathi sokubheka impumelelo yethu yezemfundo nokwenza lo nyaka kube ngomuhle kunayo yonke. Kusakela ekwenzeni kahle kwizivivinyo kuya ekuhleleni, nawa amasu alula angakusiza wenze kahle ezifundweni ngo-2024.

Beka Izinjongo Ezicacile:

Qala unyaka kahle ngokuzibekela izinjongo zezemfundo ezicacile. Noma ngabe ukuthuthukisa amamaki akho, ukwenza kahle esifundweni esinzima, noma ukuthola imaki elithile kwizivivinyo, ukuba nezinjongo kukunika into ozosebenzela ukufinyelela kuyo futhi kukugcine ukhuthazekile.

Hlala Uhlelekile:

Ukuhleleka yiwona khiye wempumelelo kwezemfundo. Thola ibhuku lokuhlala noma usebenzise amathuluzi obuchwepheshe ukuze ukwazi ukugcina futhi ulandelele izinsuku ezibalulekile, ezomnqam'lajuqu kanye nezimisebenzi. Hlela kahle imisebenzi emikhulu uyihlukanise ibe yimisebenzi emincane ozoyenza ngezigaba kancane kancane. Ngokuhlala uhlelekile, uzogwema ukufunda usuphuthuma nesikhathi singasekho futhi wehlise nokhwantalala.

Sungula Imikhuba Yokufunda Emihle:

Ukusungula imikhuba emihle yokufunda kusemqoka ukuze wenze kahle ezifundweni zakho. Thola indawo ethule yokufunda ozonethekeza kuyo lapho uzofunda khona ngaphandle kweziphazamiso. Zibekele isikhathi sokufunda nokubuyekeza amanothi akho zonke izinsuku ukuze ukuqondisise kahle okufundayo.

Cela Usizo Uma Uludinga:

Ungesabi ukucela usizo uma usokola ngesifundo esithile noma umsebenzi othile. Noma ngabe ukucela usizo kothisha, ukujoyina iqembu lokufunda, noma ukuthola izinsiza nge-internet, kuningi okukhona ukweseka ukufunda kwakho. Khumbula, ukucela usizo uphawu lwamandla, hhayi ubuthaka.

Zinakekele:

Kulula ukungazinakekeli kwisiphithiphithi sempilo yesikole. Khumbula ukubeka phambili impilo yakho yomzimba nengqondo ngokulala ngokwanele, ukudla ukudla okunempilo kanye nokuphumula ngokwanele. Faka izinhlelo zokuzivocavoca nokunethezeka ohlelweni lwakho lwansuku zonke ukuze unciphise ukhwantalala uphinde uthuthukise ukugxila kwengqondo.

Hlala Unethemba futhi Uphikelela

Ukuphumelela kwezemfundo akwenzeki ngosuku olulodwa, hlala unethemba futhi uphikelela emizamweni yakho. Bungaza impumelelo yakho, noma ngabe incane kangakanani, futhi ufunde kwizinsalelo zakho ohlangabezana nazo endloleni. Ngokuzimisela nokubekezela, unganqoba noma yiziphi izingqinamba ohlangana nazo futhi ufeze izinjongo zakho.

Ngokubeka izinjongo ezicacile, ukuhlala uhlelekile, kanye nokusungula imikhuba yokufunda emihle, ukucela usizo uma uludinga, ukuzinakekela kanye nokuhlala unethemba, ungenza lo nyaka kube ngomuhle kunayo yonke. Sibheke unyaka ogcwele ukukhula, ukufunda kanye nempumelelo - asenze u-2024 unyaka wethu!

VUKA, UGEZE, UBANGENE

Ukuqonda ukubaluleka kwemisebenzi yokuhlazeka kubaluleke kakhulu nokuzizwa kahle - kusemqoka ukugcina impilo nenhlalakahle yonkana.



Ukugeza Nsuku Zonke:

Ukugeza kuyasiza ukususa udoti, umjuluko kanye nama-bacteria esikhumbeni, lokhu kugwema iphunga elibi emzimbeni kanye nokutheleleka ngezifo kwesikhumba. Ukugeza njalo kuphinde kugqugquzele ukuhlazeka nje futhi kukwenza uzizwe kahle futhi uzethemba.

Ukungagezi njalo kungaholela ukwakhelekeni komjuluko nama-bacteria esikhumbeni, okungadala iphunga elibi emzimbeni.

Ukungagezi kahle kunganyusa ubungozi bokuba isikhumba sithetheleke ngezifo ezifana ne-fungal infection noma izinduna ngenxa yokwakhelana kwama-bacteria kanye nodoti esikhumbeni. Uzomilwa utwayi!

Ukunakekela Amazinyo:

Ukuxubha nokuvungula kususa izinsalela zokudla nokungcola okwakheleka emazinyweni, lokhu kugwema izimbobo kanye nokubola kwamazinyo. Ukunakekela amazinyo ngendlela kugcina izinsini zakho zinempilo kuphinde kunciphise

ubungozi bezifo zezinsini kanye nokuvuvukala kwazo. Ukuxubha nokuvungula njalo kuyasiza ukususa ama-bacteria nezinsalela zokudla ezingadala iphunga elibi emlonyeni.

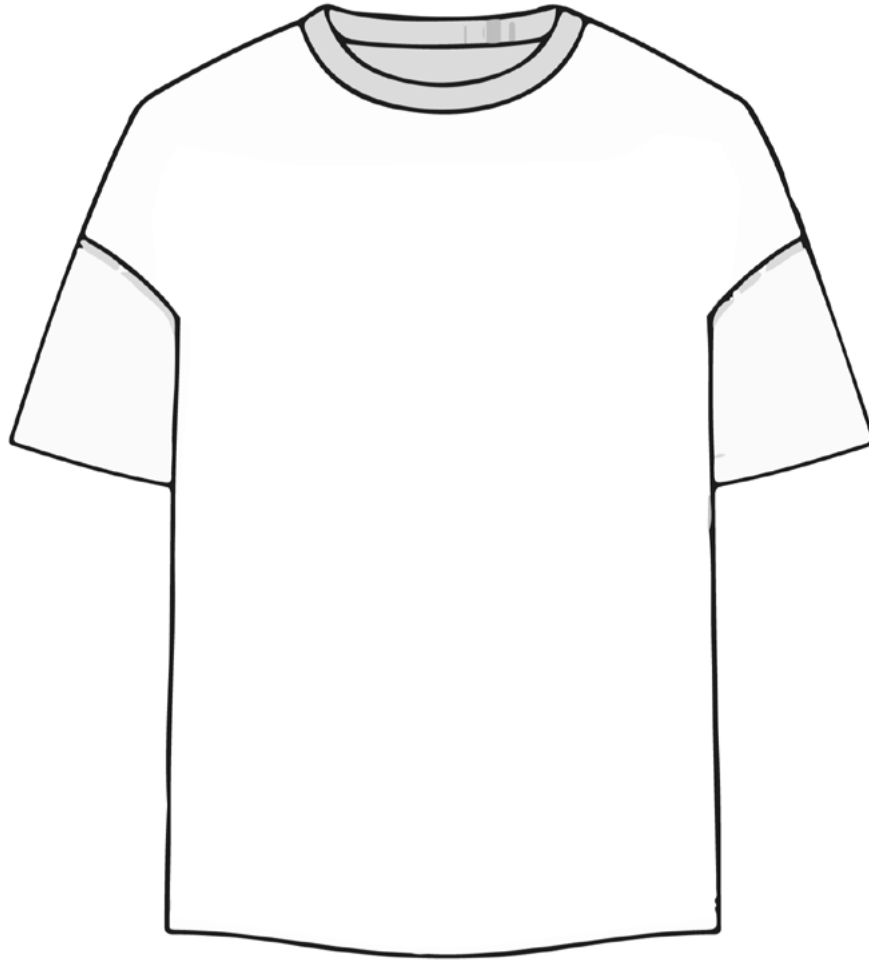
Ukunakekela Isikhumba:

Ukugeza ubuso kususa udoti, amafutha kanye nokungcola, kugweme izinduna kanye nezinye izinkinga zesikhumba. Ukugcoba isikhumba kusigcina singomile futhi sithambile, okunciphisa ukoma nokushoshozela. Ukusebenzisa i-sunscreen zonke izinsuku kuvikela isikhumba emisebeni yelanga engalungile, okunciphisa ubungozi bokushiswa yilanga, ukuguga kwesikhumba ngaphambi kwesikhathi kanye nomdlavuzwa wesikhumba.

Ukungasihlanzi ngendlela isikhumba kungaholela ekubeni nezinduna ngenxa yokwakhelana kwamafutha, udoti kanye nama-bacteria esikhumbeni. Ukungagcobi isikhumba njalo kungaholela ekubeni nesikhumba esomile, esikhuthukayo kanye

nokushoshozela, ikakhulukazi ezinyangeni ezibandayo zonyaka noma ezindaweni ezinesimo sezulu esomile. Ukungayisebenzisi i-sunscreen kungaholela ekushisweni yilanga, ukuguga kwesikhumba ngaphambi kwesikhathi (njengokuba nemibimbi namabala okuguga), kanye nobungozi obengeziwe bokuba nomdlavuzwa wezikhumba ngenxa yemisebe yelanga.

DESIGN YOUR OWN TSHIRT COMPETITION!



Hey there, creative minds! Are you ready to unleash your artistic flair and see your design come to life? Well, we've got just the competition for you! Here's how it works:

- 1. Get your pens, pencils, or colours ready and let your imagination run wild. Create a unique design that you think would look awesome on a t-shirt.*
- 2. Take a snapshot of your design and submit it to us by May 31, 2024. You can send it via email to info@ulwazimag.co.za or tag us on social media using the hashtag #UlwaziDesignYourTee or send your design via WhatsApp to 065 847 7466.*
- 3. Our panel of judges will carefully review all the entries and select the most creative and original design.*

But wait, there's more! The lucky winner will not only receive bragging rights but also their very own t-shirt featuring their winning design!

So, what are you waiting for? Start doodling, sketching, and designing.

Let your creativity shine, and who knows, you might just see your design walking down the street! Don't miss out on this chance to win your own customized t-shirt. Get designing and good luck

Closing date: 01 June 2024



HAIBO!!!



- The Earth's core is as hot as the surface of the sun
- Honey never spoils; archaeologists have found edible honey in ancient Egyptian tombs.
- A single strand of spaghetti is called a "spaghetto."
- There are more trees on Earth than stars in the Milky Way.
- Cows have best friends and get stressed when they are separated.
- Octopuses have three hearts and blue blood.
- A group of flamingos is called a flamboyance.
- The shortest war between two countries was between Britain and Zanzibar in 1896. Zanzibar surrendered after 38 minutes.
- The world's largest desert is Antarctica.
- Bananas are berries, but strawberries are not.
- There is a species of jellyfish that is immortal.
- In Japan, it is considered rude to leave food on your plate, even if you are full.
- The world's oldest piece of chewing gum is over 9,000 years old.



HAIBO!!!





Coding 101: Let's Make Tech Magic Happen!

Are you someone who spends hours on your computer or smartphone? Have you ever wondered how those cool apps and games are made? Well, it's time to unravel the mystery behind them! Welcome to the world of coding— where you can create anything you can imagine with just a few lines of instructions.

What is coding, you ask? Simply put, coding is like giving commands to your computer to make it do what you want. It's the language that computers understand. Just like we speak English or Zulu, computers understand languages like Python, Java, or HTML.

Now, you might think coding is only for geniuses or computer geeks. But guess what? Anyone can learn to code, including you!

So, how do you get started?

1. Find Resources: Lucky for you, there are tons of free resources available online to help you learn to code. Websites like Codecademy, Khan Academy, and freeCodeCamp offer interactive tutorials and exercises to get you started.

2. Choose Your Language: There are many programming languages out there, but for beginners, Python is a great place to start. It's easy to learn, versatile, and widely used.

3. Practice, Practice, Practice: Like any skill, coding requires practice. Start with small projects, like creating a simple website or building a basic game. Don't be afraid to make mistakes that's how you learn!

People who are really good at it often end up as computer programmers. These are the clever people who build the software and apps we use every day, turning lines of code into stuff that actually works!

If you're thinking about becoming a computer programmer, there are different ways you can go about it. One common path is to study a BSc in

Computer Science or Software Engineering at university. There are lots of universities across South Africa where you can do this, like UCT, Wits, UKZN, or Stellenbosch. You can also study the following Qualifications: BEng in Electrical, Computer, and Mechatronics BSc Multimedia BCom informatics B Information Systems (BIS) and Information Technology (BIT) In these programs, you'll learn all sorts of things, like different programming languages, how to make programs work efficiently, and even how computers themselves work. You'll also get chances to practice what you've learned by working on real projects or doing internships. By getting into coding, whether through university or self-teaching, you could set yourself up for a cool career as a computer programmer, shaping the digital world around us.

Let's get Coding!!!

Navigating the Pathways of IT: Insights from a Young Tech Enthusiast



Thobani Mathenjwa, a vibrant presence in the realm of IT, shares his experiences, insights, and advice for Ulwazi readers embarking on a similar journey.

1. Can you tell us about your journey into the field of IT? What inspired or motivated you to pursue a career in this field?

My journey into IT started back in high school when I first learned how to code. As I continued to self-study programming and build small projects, I realized that I didn't just enjoy the technical aspects, I thrived on constantly learning new technologies and languages. The rate at which the field evolves exhilarated me. There were always new frameworks, languages, and possibilities to explore. When it came time to choose a university major, Computer Science was an obvious choice.

2. Tell us more about your educational background. What qualifications and certifications have you obtained?

I am currently in my final year of a Computer Science diploma at the Tshwane University of Technology (TUT). I have obtained certifications like the AZ-900 Microsoft Azure Fundamentals, CompTIA A+ and CompTIA Network+. These provided a strong foundation in cloud computing, networking, systems administration, security, and hardware.

3. Many teenagers might be interested in ethical hacking or cybersecurity. What advice would you give to someone interested in pursuing this path?

Recognize that cybersecurity is a lifelong, ethical commitment. Technology, threats, and solutions continually evolve. So, you'll never stop learning. Start with the fundamentals. Learn basic programming, networking protocols, operating system administration and tools like Wireshark before diving into hacking techniques. Solid foundational knowledge is key as concepts build on each other. Beyond self-study, join communities! Connecting with like-minded peers will accelerate your growth through collaboration.

4. What are some common misconceptions teenagers might have about working in IT, and how would you dispel them?

There's a notion you must be a coding genius or "know everything about computers". Complete myth. A range of skillsets are needed in IT - not just coding. And even developers rely heavily on searching documentation and troubleshooting issues in teams. Being eager and willing to continuously learn matters more. IT means fixing printers and laptops. In truth, technology spans countless exciting career paths from creative design to innovative development in field, be it gaming, social media, or others. Focusing interests through an IT lens multiplies possibilities.

5. In your opinion, what are some of the most promising areas or specialties within IT that teenagers might consider exploring for future career opportunities?

Cybersecurity roles are critical right now with data breaches and hacking attacks in the news on a regular basis. Building skills in encryption, ethical hacking, risk analysis and learning tools like Kali Linux could set you up for an excellent career as a security analyst or penetration tester. Cloud computing, as more companies adopt cloud services, there is a growing need for cloud engineers, cloud architects, and cloud security specialists. Artificial intelligence also stands out, we have more data available than ever before, and the capabilities of AI systems are evolving rapidly.

KUNGANI UKUVOTA KUBALULEKILE: UKUGUBHA IMINYANKA ENGU-30 YENKULULEKO



Asikhulume ngento ebaluleke kakhulu: ukuvota. Yebo, lapho sikhetha khona abantu abahola izwe lethu. Manje kungenzeka uyacabanga ukuthi, “Kungani kumele ngibe nendaba nokuvota?” Yithi ngikutshele ukuthi kungani kubalulekile, ikakhulukazi kulo nyaka.

Okokuqala, asibuyele emuva ku-1994. INingizimu Afrika yayiphuma esikhathini sobandlululo. Kwakufana nokuphila emihlabeni emibili engafanani, eyabantu abamnyama nabamhlophe. Kodwa ke kwase kwenzeka isimanga. Saba nokhetho lokuqala lwentando yeningi. Bonke abantu bahamba bayovota, kwashintsha yonke into.

Manje njengoba sekuwu-2024. Kulo nyaka kuphela iminyaka engu-30 kwaba nalolu khetho. Kubalulekile ngoba akukho mayelana nokukhetha iqembu lezopolitiki noma umengameli nje kuphela, kumayelana nokuhlonipha amaqhawe alwela inkululeko yethu. Kumayelana nokuthi, “Hheyi, sisalapha, futhi sisalwela ikusasa elingcono.”

Uyabona, ukuvota akulona nje ilungelo, yinhlanhla. Kuyindlela yokuba novo ngendlela izwe lethu eliphathwa ngayo futhi lonke ivoti libalulekile. Kufana nokufaka iconsi lamanzi ebhakedeni, iconsi lilodwa aliyona into enkulu kodwa uma emaningi ayaligcwalisa ibhakede enze noshintsho.

Kodwa ukuvota akukho nje mayelana nokuya ezindaweni zokuvota ngosuku lokhetho. Kumayelana nokuba nolwazi nokwazi ukuthi umeleni nokuthi yiziphi izimbangi ezinezimiso ezifana nezakho. Kumayelana nokubuza imibuzo, wenze ucwaningo, nokuzwakalisa izwi lakho.

Kungani kufanele ube nendaba nokuvota? Ngoba kuyithuba lokubumba ikusasa lezwe lethu. Kuyithuba lokuhlonipha labo abalwela amalungelo esinawo namhlanje. Kuyithuba lokuba yingxenye yento enkulu kakhulu kunathi.

Uma uvumelekile ukuvota, zwakalisa izwi lakho. Asimele lokho esikholelwa kukho. Asikhombise umhlaba ukuthi asiyilo ikusasa leNingizimu Afrika, siyimanje layo futhi ngoba uma sivota, sibumba umlando.

Ngakho ke asibungaze iminyaka engu-30 yenkululeko. Ikusasa lezwe lethu lisezandleni zethu futhi uma sihlangele singenza liqhakaze kakhulu kunakuqala! Ungakhohlwa ukubiza abangani nomndeni wakho kulolu hambo! Bagququzele ukuba bavote ngoba uma amazwi emaningi, intando yeningi izoba namandla kakhulu kunakuqala. Asikhombise umhlaba amandla obumbano nentando yeningi esebenza.

Dear sis Yoli



Ngimusha kulesi sikole engifunda kuso. Anginabo abangani. Ngizizwa nginomzwangedwa ngaso sonke isikhathi.

Kuyinto elindelekile ukuthi ingenzeka uma ufika kunoma iyiphi indawo entsha. Into ezokusiza ukuthi uhlanganyele nabo abalingani bakho ezingxoxweni zase klasini. Ungazivimbi ukuthi ube ingxenye yezinto ezenziwayo ukuze abanye abafundi bavuleleke ukuthi bazisondeze nawe.

Umngani wami uhlale ethi ukhathele yena, ufuna ukuzibulala. Ngingamsiza ngani?

Uma ungasazi isizathu salemizwa yakhe, hlala naye phansi ubuze ukuthi kwenzakalani. Kungenzeka nje ukuthi udinga umuntu ozomlalela bese eyamucebisa ngendlela. Kubalulekile ukuthi umgqugquzele ukuthi athole usizo. Kungaba kuthisha amethembayo ukuthi uzomeseka noma aye emtholampilo okuyilapho engathola khona abahlengikazi noma osonhlalakahle abangakwazi ukungenelela ngendlela.

Ngingenzanjeni ukuthi ngenze sure ukuthi ngizoba nemali mase ngimdala?

Kuhle ukufisa ukuphumelela empilweni kepha into ekuyiyona ebalulekile ukuthi wenze uhlobo lomsebenzi ozoluthanda noluzokulethela ugqozi lokuthi uzimisele ngaso sonke isikhathi. Ungabheka futhi imikhakha

yokufunda nokusebenza evelele kulesi khathi esiphila kuso, uthole ukuqeqesheka kuyo.

Sengiqale ukugembula efonini ukuze ngizenzele imali encane eceleni. Khona abalibele ukungitshela ukuthi ngi-wrong. Baqinisile?

Likhona iqiniso kulokhu abakushoyo. Sebebaningi abantu asebezithola sebengakwazi ukuyeka ukugembula, nabo basuke beqale ingekho into ebonakala sengathi izoba nobungozi. Kumanje iningi labantu abagembulayo bacwile ezikweletini eziningi ngenxa yokujobelela ngenhloso yokuthi bazoceba kepha kungenzeki ngaleyo ndlela. Lalela izixwayiso ozitholayo, ukuqala ukugembula akukaze kube nesiphetho esihle.

Ekhaya bangenzisa kakhulu imisebenzi yasendlini uma ngibuya esikoleni. Ngibachazela kanjani ngendlela e-right ukuthi loku kunyangiphazamisa esikoleni. Angilona ivila, ngidinga nje isikhathi nezincwadi zami.

Kubalulekile ukusiza ekhaya ngemisebenzi ethile, kepha akumele uphazamiseke emsebenzini wakho wesikole. Ungahlala phansi nabantu bomndeni wakho uchaze ukuthi unomsebenzi omningi wesikole okwenza ungakwazi ukumelana nayo yonke imisebenzi yasekhaya. Okungcono ungacela ukusiza ngempelasonto. Kuzomele ukwazi ukuhlukanisa isikhathi sakho kahle ukuthi

Yolisa Mgobhozi is a healthcare practitioner who advocates for Mental Health and well-being in Black Communities, including places of worship. She is the founder of Life Pieces Psychological Services, located in Umlazi, V Section. She facilitates Mental Health Care workshops/presentations and talks to various communities in and around Durban. Do you need advice from Sis Yoli?

Drop us a WhatsApp on +27 65 847 7466.

kwanele kahle yonke into okudingeka uyenze (time management).

Hhave ngiyithanda intombi yami. Ngicabanga ukuyicela ukuthi ingivakashele ekhaya sibe ne "private time" ndawonye.

Uma ucabanga abomndeni wakho bangayivuma yini into enjalo yenzeke? Yona intombi yakho ingavuleleka yini ekutheni yenze loku okucabangayo? Okungcono ningahlangana endaweni evulelekile (public space). Lokhu kwenza ukuthi ningagcini senzimbadakanya ezintweni ezingafanele nezinganifanele. Lokhu futhi kwenza nakhe ubudlelwano benu ngendlela efanelekile kunokuthi niphaphalaze nenze izinto okungafanele nizenze ngokuphazima kweso.



FUN-FILLED Holiday Activities to Make the Most of Your Break!

It's that time of year again- the school holidays are almost here! Whether you're planning to chill at home or planning some adventures, there's no shortage of fun things to do during the holidays.

Bake Festive Treats: What's better than the smell of fresh bakes? Get your apron on and whip up some delicious treats like yummy cookies and cakes. Bonus points for sharing with friends and family!

Movie Marathon Madness: Cozy up with a blanket, some popcorn, and dive into a variety of holiday classics. Whether you're in the mood for comedy, fantasy, or romance, there's a genre to suit everyone's taste. A movie marathon is the perfect way to have fun.

Outdoor Adventures: If you're craving some fresh air, why not head outdoors for some holiday fun? Go ice skating at your local rink, go for a hike, or go to the beach with family. Enjoy the sunshine while it lasts.

Game Night Galore: Gather your friends and family for a night of board games, card

games, and maybe even a little friendly competition. Whether you're into Monopoly, Scrabble, or Charades, game night is always a crowd-pleaser.

Volunteer and Give Back: Spread some holiday cheer by giving back to your community. Volunteer at a local soup kitchen, donate toys to a children's charity, or simply reach out to someone who might need a little extra love during the holidays. Remember, it's the season of giving!

Plan a Staycation: Who says you need to travel far to have a good time? Plan a staycation and explore your own city like a tourist. Visit museums, try new restaurants, or simply relax and pamper yourself at home. Sometimes the best adventures are right in your own backyard.

So, there you have it- fun-filled activities to keep you entertained during the holidays. Whether you're celebrating with friends, family, or flying solo, make sure to have fun and make memories that will last a lifetime.

2024 - FASHION INSPO

While school may have you rocking a uniform most of the time, there's plenty of opportunity to express your unique style outside those hallways. Whether you're hitting the mall with friends, chilling at home, or attending weekend hangouts, your fashion choices are your chance to shine. Here are a few trendy and versatile fashion inspirations tailored just for you. So, get ready to unleash your inner fashionista and make 2024 your most stylish year yet!





Pizza Fun!

Get ready to host a pizza party at home! Making your own pizza is easy and fun, and we've got three delicious recipes to inspire you. These flavor combinations are simple and will delight your taste buds.

PIZZA DOUGH

1 packet active dry yeast- 1 teaspoon sugar- 1 cup warm water- 3 cups all-purpose flour- 1 teaspoon salt- 2 tablespoons oil

Instructions:

1. Activate yeast in warm water with sugar.
2. Mix flour, salt, yeast mixture, and olive oil.
3. Knead dough, let rise for 1-2 hours.

**You can also use left over dough from steam bread(ujeqe)

TOPPINGS:

- Chakalaka:- Chakalaka, sauce and cheese
- Meat Lover's Delight:- Russian or, sausage, bacon, mushrooms, peppers and cheese
- Spicy Chicken:- Cubed chicken, chilli sauce, peppers and cheese- Make sure that all your meat is cooked and chopped before adding it to the pizza.

PUTTING YOUR PIZZA TOGETHER :

Pizza dough or store-bought bases- Sauce- Tomato sauce, barbeque sauce or any other sauce- Shredded mozzarella or cheddar cheese- Toppings of choice

Instructions:

1. Preheat oven to (160°C).
2. Roll out dough or prepare store-bought bases.
3. Spread sauce, sprinkle cheese, add toppings.
4. Bake for 13-15 minutes until golden.

Enjoy!



Exploring the Diverse Fields of Engineering



Engineering is a vast and multifaceted field that encompasses a wide range of disciplines, each with its own focus and applications. From designing innovative technologies to optimizing complex systems, engineers play a crucial role in shaping the world we live in. Let's take a closer look at some of the key engineering disciplines and what sets them apart:

Civil Engineering:

Civil engineering revolves around the design, construction, and maintenance of infrastructure and the built environment. Civil engineers are responsible for projects such as bridges, roads, buildings, and water supply systems. They combine technical expertise with considerations for sustainability, safety, and environmental impact to create functional and resilient structures.

Mechanical Engineering:

Mechanical engineering is concerned with the design, analysis, and manufacturing of mechanical systems and components. Mechanical engineers work across various industries, from automotive and aerospace to energy and manufacturing. They develop machines, engines, and thermal systems, applying principles of physics and materials science to solve complex engineering problems.

Electrical Engineering:

Electrical engineering focuses on the study and application of electricity, electronics, and electromagnetism. Electrical engineers design and develop electrical systems, including power generation and distribution, telecommunications, and electronic devices. Their work spans from designing circuits and control systems to developing

renewable energy technologies and advanced electronics.

Chemical Engineering:

Chemical engineering involves the application of chemistry, physics, and mathematics to design processes and systems for converting raw materials into valuable products. Chemical engineers work in industries such as pharmaceuticals, petrochemicals, and food processing, developing processes for manufacturing chemicals, fuels, and consumer goods while minimizing environmental impact.



Computer Engineering:

Computer engineering integrates principles of electrical engineering and computer science to design and develop computer hardware and software systems. Computer engineers work on projects ranging from designing microprocessors and embedded systems to developing software applications and artificial intelligence algorithms. They play a crucial role in advancing technology in areas such as cybersecurity, data science, and robotics.



Mechatronics:

Mechatronics is an interdisciplinary field that combines elements of mechanical engineering, electrical engineering, and computer science to design and control advanced electromechanical systems. Mechatronics engineers develop automated systems, robotics, and smart technologies that integrate mechanical components with sensors, actuators, and computing systems. Their work spans industries such as automotive, manufacturing, and consumer electronics.

Industrial Engineering:

Industrial engineering focuses on optimizing complex systems and processes to improve efficiency, productivity, and quality. Industrial engineers analyze operations, design workflows, and implement solutions to streamline production, reduce costs, and enhance workplace safety. They work in diverse industries, including

manufacturing, healthcare, logistics, and service sectors, applying principles of engineering, mathematics, and management to optimize organizational performance.

Geomatic Engineering

Geomatic Engineering involves acquiring, analyzing, and managing spatial data related to the Earth's surface and built environment. Geomatic engineers use technologies like surveying instruments, remote sensing, GIS, and GPS for mapping terrains, monitoring environmental changes, and supporting urban planning. They play crucial roles in infrastructure development, natural resource management, and disaster response, contributing to informed decision-making across various sectors.

diverse fields within engineering. Each discipline offers unique opportunities for innovation, problem-solving, and making a positive impact on society. Whether you're interested in designing structures, developing new technologies, or optimizing systems, engineering provides a rewarding and challenging career path with endless opportunities

These are just a few examples of the

Fun and interesting facts about sleep

These fun facts about sleep highlight the fascinating nature of this essential aspect of human life. From dreaming to hibernation, sleep plays a vital role in our overall well-being and deserves attention and care for a healthier lifestyle.



1. Sleepwalking, or somnambulism, occurs during deep sleep and is more common in children than adults. It's estimated that around 15% of children experience sleepwalking at least once.



3. The record for the longest period without sleep is 11 days, set by Randy Gardner in 1964 as part of a high school science project. Although he experienced some cognitive and perceptual issues, he made a full recovery after a few nights of sleep.



2. Humans spend approximately one-third of their lives sleeping. That means if you live to be 90 years old, you'll have spent about 30 years asleep!



4. During REM (rapid eye movement) sleep, your brain is as active as it is when you're awake, and dreaming occurs. However, your body is in a state of temporary paralysis, likely to prevent you from acting out your dreams.



The Surprising Benefits of Gaming: How It Could Improve Your Life

For many, spending hours glued to a PlayStation console may seem like a frivolous pastime, but what if I told you that indulging in this “bad habit” could actually be good for you? That’s right gaming, whether it’s battling dragons in a fantasy world or competing in virtual sports, offers a range of unexpected benefits that can positively impact your well-being.

Stress Relief:

After a long day of work or school, there’s nothing quite like immersing yourself in a virtual world to unwind and de-stress. Gaming provides an escape from the pressures of daily life, allowing you to relax and recharge your batteries. Engaging in thrilling adventures or epic battles can release endorphins, the body’s natural stress relievers, leaving you feeling refreshed and rejuvenated.

Cognitive Benefits:

Contrary to popular belief, gaming isn’t just mindless entertainment—it can also sharpen your cognitive skills and improve your mental agility. Many games require strategic thinking, problem-solving, and quick decision-making, challenging your brain in ways that can enhance your cognitive abilities. From improving memory and attention to boosting hand-eye coordination, gaming offers a fun and engaging way to exercise your mind.

Escapism and Creativity Gaming provides an outlet for imagination and creativity, allowing you to explore fantastical worlds and embark on epic adventures. Whether you’re designing your own

virtual realm or role-playing as a legendary hero, gaming encourages creativity and self-expression. It offers a platform where you can unleash your imagination, escape reality for a while, and immerse yourself in limitless possibilities.

Improved Problem-Solving Skills: Many games present players with complex challenges and obstacles that require creative solutions to overcome. Whether it’s navigating treacherous terrain, decoding intricate puzzles, or devising strategies to outsmart opponents, gaming hones your problem-solving skills and encourages critical thinking. By tackling these challenges head-on, you develop resilience, adaptability, and the ability to think outside the box—valuable skills that can be applied to real-life situations.

While diving into the world of PlayStation gaming can be a thrilling adventure, it’s essential to strike a balance between indulging in your favorite pastime and fulfilling your responsibilities.

Here are some guidelines to help you to help you navigate the joys and potential pitfalls of gaming while maintaining a healthy lifestyle:

Prioritize Responsibilities:

Complete important tasks such as your school work before gaming to enjoy it guilt-free..

Practice Moderation:

Limit gaming time each day to prevent negative consequences.

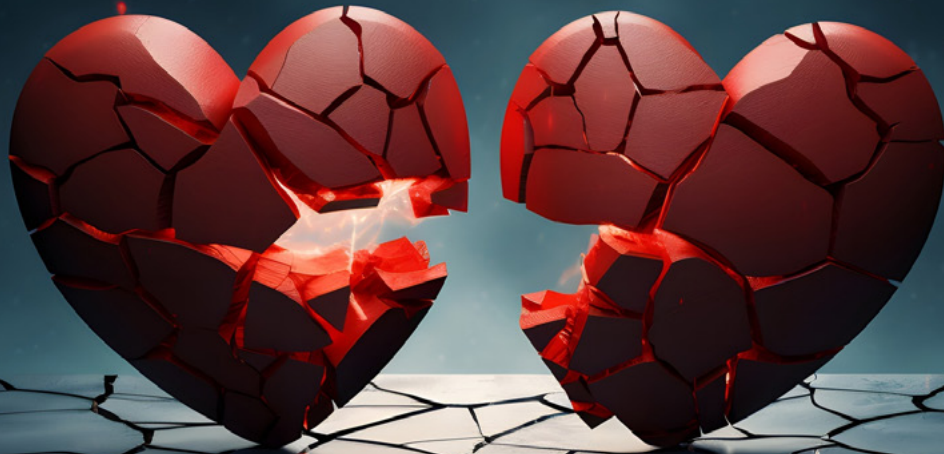
Prioritize Health: Take breaks, exercise, and engage in social activities alongside gaming.

Be Aware of Risks:

Watch for signs of addiction and practice responsible gaming habits.

By following these guidelines and maintaining a balanced approach to gaming, you can enjoy the benefits of PlayStation gaming while prioritizing your responsibilities, health, and well-being. Remember that gaming should enhance your life, not detract from it, so game on responsibly and enjoy the virtual adventures that await!

HEALING A BROKEN HEART



AFTER A BREAK UP

Ukuphuka inhliziyo ngenye kungaba enye yenzinto ezibuhlungu kakhulu ongadlula kuzo empilweni. Kungakushiya uzizwa ukhungathekile, ulahlekile futhi ungenaso isiqiniseko sokuthi uzoqhubekela kanjani phambili. Kodwa yize kubuhlungu, ungakwazi ukululama futhi uphume kulesi sigameko uqine kakhulu kunakuqala. Nawa amasu alula azokusiza ngesikhathi ululama:

Vuma Imizwa Yakho:

Zivumele ukuba uyizwe yonke imizwelo eza nokuhlukana nomuntu - ukudangala, intukuthelo, umzwangedwa kanye nokukhululeka. Ungazami ukucindezela imizwa yakho noma wenze ngathi yonke into ihamba kahle. Kunalokho, zinike imvume yokuzilela ukuphela kobudlelwano.

Zinakekele:

Yenza ukuzinakekela kuhambe phambili njengoba ululama ekupheleni kobudlelwano. Yidla ukudla okunempilo, phumula ngokwanele, zivocavoce njalo, futhi uzibandakanye ezintweni ezikulethela injabulo nokunethezeka. Ukuzinakekela ngokomzimba nemizwelo kuzokusiza kuthuthukise indlela ozizwa ngayo kanye nokuqina kwakho.

Beka Imingcele:

Uma ungakwazi, beka imingcele phakathi kwakho naloyo obuzwana naye ukuze uzinike isikhathi sokuphola. Lokhu kungasho ukunciphisa noma ukuyeka ukuxhumana naye, okungenani okwesikhashana. Kubalulekile ukubeka phambili inhalakahle yakho nokugxila ekululameni kwakho.

Gxila kwimanje:

Kunokugxila kosekudlulile noma ukukhathazeka ngekusasa, zama ukuhlala uzinzile kokwenzeka manje. Zijwayeze ukuqaphelisa ingqondo futhi wenze izinto ezizokulethela injabulo nokugculiseka. Gxila ekuzakheleni impilo egculisayo engahlangene nobudlelwane bakho osebuphelile.

Buyekeza impilo yakho:

Sebenzisa lesi sikhathi ukubhekisisa impilo yakho nezinto ezibalulekile kuwe. Zibuze ukuthi ukujola kunaso yini isidingo kulesi sigaba sempilo yakho. Cabanga ngalokho ofisa ukukuzuza empilweni yakho, ngokwezemfundo kanye nangokomsebenzi. Ngezinye izikhathi, ukuba wedwa kungakunika ithuba lokugxila kuwe nokulandela amaphupho akho ngaphandle kokuphazanyiswa ubudlelwano.

Phezu kwalokhu, kubalulekile ukwazi ukuthi iminyaka yobusha yiminyaka yokukhula nokuthuthuka kwakho njengomuntu. Yize ukujola kungabamnandi, kodwa kubalulekile nokukhumbula ukuthi kungakuphazamisa futhi kukukhungathe ngokwemizwelo, ikakhulukazi uma nihlukana. Le minyaka ibalulekile ukuba ugxile ezifundweni, ubheke izinto onentshisekelo kuzo nokwakha ubungani. Ukujola nokuphuka inhliziyo kungakuphuca injabulo eminyakeni engaba emnandi kunayo yonke empilweni yakho.

Khumbula, ukuphola kwenhliziyo emva kokuhlukana nomuntu kuthatha isikhathi futhi kulungile ukuthatha izinto kancane. Yiba nesineke kuwe futhi uthembe ukuthi ngesikhathi nokuzinakekela, uzophola futhi ube namandla kakhulu kunakuqala emva kwalesi sigameko. Ufanelwe injabulo nothando, futhi uzokuthola futhi ngokuhamba kwesikhathi.



Ukuhlala Uphephile Ezinkundleni Zokuxhamana

Emhlabeni wanamhlanje esiphila kuwo wezobuchwepheshe, izinkundla zokuxhumana ziyingxenywe ebalulekile yezimpilo zethu. Kuyinkundla yokuxhumana nabangani nokuhlala wazi ngezinto ezenzekayo. Kodwa kubalulekile ukukhumbula ukuthi yize izinkundla zokuxhumana ziyithuluzi elinamandla, zinobungozi. Kusukela ezinkingeni zobumfihlo kuya ekuhlukumezekeni, buningi ubungozi okufanele abantu abasebenzisa izinkundla zokuxhumana bazazi. Nawa amasu abalulekile angakusiza uhlale uphephile ezinkundleni zokuxhumana:

1. Vikela Imininingwane Yakho:

Qaphela imininingwane oyifaka ezinkundleni zokuxhumana. Gwema ukufaka imininingwane ebucayi njengekheli lakho lasekhaya, inombolo yocingo, noma ininingwane yakho yezezimali. Ngaphezu kwalokho, buyekeza ama-setting akho obumfihlo njalo ukuze uqinisekise ukuthi imininingwane yakho ibonwa ngabantu obathembayo kuphela.

2. Cabanga Ngaphambi Kokuba Ufake Okuthile Ezinkundleni Zokuxhumana:

Ngaphambi kokuba ufake isithombe noma umbhalo, cabanga ngemiphumela yakho. Uma into usuyifakile enkundleni yokuxhumana, kungaba nzima ukulawula ukuthi ubani oyibonayo noma isabalala kanjani. Gwema ukufaka izinto ezingabonakala zicasula, zingafanelekile noma zingakufaka engcupheni.

3. Qaphela Abantu Ongabazi:

Akusiwo wonke umuntu ezinkundleni zokuxhumana ongulo muntu athi unguye. Qaphela lapho uxoxa nabantu ongabazi futhi ugweme ukubanika imininingwane yakho ebucayi. Khumbula ukuthi kulula ukuthi abantu benze amaphrofayela angombombayi bakhohlise abantu ezinkundleni zokuxhumana.

4. Bika Okusolisayo:

Uma unqwamana n okuthile okusolisayo noma okunobungozi ezinkundleni zokuxhumana, kubike kubaphathi baleyo nkundla ngokushesha. Izinkundla zokuxhumana eziningi zinezinhlelo zokubika ukuziphatha noma izinto ezihlukumezayo noma ezingafanelekile.

5. Qaphela Ubugebengu:

Qaphela ubugebengu lapho izelelesi zisebenzisa amasu okukuyenga ukuba udalule imininingwane yakho ebucayi noma yokungena ezinkundleni zokuxhumana. Gwema ukucofa ama-link noma ukuphendula imiyalezo evela kubantu ongabazi. Uma uthola umyalezo obukeka usolisa, qinisekisa ukuthi lowo muntu ungulo muntu athi unguye

Ngokulandela lamasu, unganciphisa ubungozi obuhlangene nezinkundla zokuxhumana futhi uphephe futhi ujabule uma usezinkundleni zokuxhumana.

IZINTO EZIBALULEKILE NEZINGABALULEKILE...

Njengabantu abasha, kulula ukunaka isiphithiphithi sempilo yansuku zonke ukhohlwe yilokho okubalulekile. Ake sibheke izinto ezizobe zibalulekile nezizobe zingabalulekile eminyakeni embalwa ezayo:



Okuzobe Kubalulekile:

Ukukhula Nokuthuthuka Kwakho:

Ukuzimisela ekukhuleni nentuthuko yakho ngeminyaka yobusha bakho kwakha isisekelo sekusasa lakho. Noma ngabe uhlola izinto ezintsha onentshisekelo kuzo, uthuthukisa amakhono, noma wakha ubuwena, ukugxila ekuzithuthukiseni kuzokwakha lo muntu omdala ozoba nguye.

Ubudlelwano Nokuxhumana:

Ubudlelwano obakha nabangani, umndeni kanye nabeluleki ngeminyaka yakho yobusha buzoqhubeka bube bomthelela empilweni yakho ngezindlela ezibonakalayo. Ukwakha ubudlelwano obuqinile kukunika ukwesekwa, ukuholwa, kanye nomuzwa wokuba ngowabanye. Ubudlelwano bothando bungakubuyisela emuva, njengokukhulelwa nokuhlukumezeka kwemizwelo.

Imfundo Nokufunda:

Ukuthathela phezulu imfundo yakho nokulandela amathuba okufunda nokukhula kuzokusiza ekuhambeni kwesikhathi. Noma ngabe ukuphasa ngamalengiso esikoleni, ukwenza imisebenzi onentshisekelo kuyo ngaphandle kwezifundo, noma ukuhlola kabanzi izinto ozithandayo, ukuzinikela emfundweni kukuvulela iminyango yamathuba amaningi empumelelo esikhathini esizayo.

Inhlalakahle Yengqondo Nemizwelo:

Ukubeka phambili inhlalakahle yengqondo nemizwelo yakho kusemqoka ngeminyaka yakho yobusha. Ukusungula izindlela ezinempilo zokubhekana nezinkinga, ukufuna usizo ngesikhathi uludinga, kanye nokuzinakekela kwakha isisekelo sempilo egculisayo nelingene njengoba ukhula.

Okuzobe Kungabalulekile:

Udumo noma Izinga Okulo Emphakathini:

Yize udumo nezinga okulo emphakathini kubukeka kubalulekile esikoleni samabanga aphezulu, kuzobe kungabalulekile ngokuhamba kwesikhathi. Okubalulekile izinga lobudlelwano bakho kanye nomthelela oba nawo kubantu, hhayi ukuthi unabalandeli abangaki noma uhamba amaphathi amangaki.

Izingqinamba Nokwahluleka Kwesikhashana:

Izingqinamba nokwahluleka kwesikhashana kungazwakala kubalulekile njengamanje kodwa ngeke kulakhe ikusasa lakho. Okubalulekile indlela obuya ngayo kwizingqinamba, ukufunde kuzo futhi uqhubeke nokuphokophelela phambili nezinjongo zakho.

Ukuhambisana noma Ukuvumelana nabantu:

Ukuzama ukuhambisana noma ukuvumelana nokududana kontanga kuzobe kungabalulekile ngokuhamba kwesikhathi. Ukuba wuwe nokuba neqiniso kuwena kubaluleke kakhulu kunokuzama ukujabulisa abanye noma ukuhambisana nalokho okulindelwe umphakathi.

Izingxabano Ezingasho Lutho:

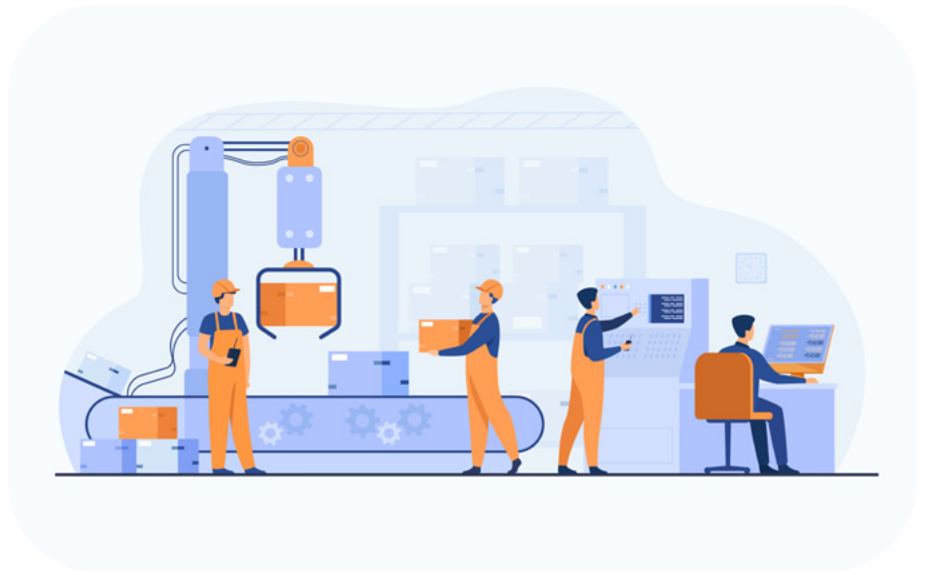
Izingxabano ezingasho lutho nokuhleba kungathatha isikhathi sakho esiningi ngeminyaka yakho yobusha kodwa kuzobe kungabalulekile esikhathini esizayo. Ukudedela izinto ezingakhi nokusingatha lokho okwakhayo nomusa kuzokulethela ukugculiseka nenjabulo eningi esikhathini esizayo.

Ukuhlale uziqathanisa nabanye noma ukuzama ukuhambisana nezinga lempilo elikude kunawe kuzobe kungabalulekile ekuhambeni kwesikhathi. Okubalulekile ukunaka izimo zakho namathalente akho ayingqayizivele, nokugxila ohambweni lwakho nokukhula kwakho nokuzithola.

Ngokubeka phambili lokho okubaluleke kakhulu, abantu abasha bangakha isisekelo sekusasa eligculisayo nelinempumelelo.

HOW THINGS ARE MADE.

Have you ever stopped to wonder how everyday items are made? From the windows we look through to the chocolate we indulge in, the manufacturing process behind these products is a fascinating journey of creativity, innovation, and precision. Let's delve into the intriguing world of manufacturing and uncover the processes behind the creation of some common items, as well as a few modern marvels.



Glass: Glass, a versatile material used in windows, bottles, and various household items, is made primarily from sand, soda ash, and limestone. These raw materials are heated to high temperatures in a furnace until they melt and form a molten liquid. The liquid glass is then shaped into the desired form through processes such as blowing, pressing, or molding. Afterward, the glass is cooled gradually to ensure strength and durability.

Leather: Leather, a durable and versatile material used in clothing, footwear, and upholstery, is made from animal hides or skins. The hides undergo a series of treatments to remove hair, fat, and flesh, before being tanned using chemicals or natural tannins derived from plants. The tanning process transforms the raw hide into a flexible and resilient material that is ready for use in various applications.

Biodegradable Packaging: With growing concerns about plastic pollution and environmental sustainability, the demand for biodegradable packaging materials has surged in recent years. Biodegradable packaging is made from renewable resources such as plant-based polymers, which break down naturally in the environment without causing harm. The manufacturing process for biodegradable packaging prioritizes eco-friendly practices and materials to minimize environmental impact.

Paper: Paper, a staple material for writing, printing, and packaging, is made from wood pulp or recycled paper. The manufacturing process begins with the pulping of wood fibers, which are then mixed with water to form a slurry. The slurry is spread onto a wire mesh screen and pressed to remove excess water, resulting in a thin layer of wet paper. The paper is then dried, pressed, and rolled to produce the final product.

Smartphones: Smartphones are made from a combination of electronic components such as microchips, sensors, and displays, as well as plastics, metals, and glass. The manufacturing process involves assembling these components into a compact and functional device, which undergoes rigorous testing to ensure quality and performance.

So the next time you use or enjoy one of these items, take a moment to appreciate the incredible journey it took to create it.

MAKING A DIFFERENCE, ONE BIN AT A TIME

In today's world, where climate change and environmental degradation are pressing concerns, it's more important than ever for you to understand the significance of recycling. Recycling isn't just a chore; it's a powerful tool in our efforts to preserve the planet for future generations. Let's look into the importance of recycling, why we recycle different types of materials, and explore some simple ways teenagers can incorporate recycling into their daily lives.

Why Do We Recycle?

Recycling plays a crucial role in reducing the strain on our natural resources and minimizing pollution. Here are some key reasons why recycling is important:

1. Conservation of Resources:

Recycling helps conserve valuable natural resources such as timber, water, and minerals by reducing the need for raw materials. For instance, recycling paper saves trees and reduces energy consumption compared to producing paper from virgin pulp.

2. Reduction of Landfill:

By diverting waste from landfills, recycling helps mitigate the environmental impact of overflowing landfills. Decomposing organic waste in landfills produces harmful greenhouse gases like methane, contributing to climate change.

3. Energy Savings: Recycling often requires less energy than manufacturing products from scratch. For example, recycling aluminum saves up to 95% of the energy required to produce aluminum from its raw materials, making it an energy-efficient process.



4. Pollution Reduction: Recycling reduces the need for extracting, refining, and processing raw materials, which can lead to air and water pollution. By reusing materials, we can minimize the environmental footprint associated with resource extraction and manufacturing.

3. Participate in Recycling Programs:

Get involved in local recycling programs or initiatives at school. Many communities offer curbside recycling pickup or drop-off locations for recyclable materials.

Ways to Recycle:

Teenagers can contribute to recycling efforts in various ways, both at home and in their communities:

1. Separate Recyclables: Set up designated recycling bins for different materials such as paper, plastic, glass, and metal. Make it a habit to separate recyclables from non-recyclable waste.

2. Educate Others: Spread awareness about the importance of recycling among your friends, family, and peers. Encourage them to recycle and provide information on how to do it correctly.

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