

# JLWAZI

ISSUE 1 - MARCH/APRIL 2023

magazine



EDUCATE | INSPIRE | MOTIVATE

**mdda**  
MEDIA DEVELOPMENT & DIVERSITY AGENCY





## Welcome to ULWAZI MAGAZINE:

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.

Our social media handle:



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# March/April Content

Page 4 - **3D Animation: Bringing Animation to Life**

Page 6 - **7 most powerful TED Talks to watch and learn from**

Page 8 - **What is AI?**

Page 10 - **Vukuzakhe Alumni Gives Back His Alma**

Page 15 - **Dealing with Anxiety and Depression**

Page 16 - **Ubuhle bomhlaba, amathafa, nezitshalo zaseNingizimu Afrika**

Page 21 - **Money Matters**

Page 22 - **Imithelela Emibi Yokungcolisa Olwandle Nasempilweni Yasemanzini**



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# Qala unyaka kahle ngoku- funda ku-2023

**“Unyaka uphela ungakaqali”** - Felix Mshololo,  
owayenguthishanhlolo waseMenzi High School.

La mazwi aveza ukubaluleka kokuqala ukuzimisela  
usaqala unyaka, ungalindi ukuphela konyaka ukuze uqale  
ukuzimisela.

**Kusemqoka ukuthi usukume  
manje uqale uphume phambili  
ezifundweni zakho ukuze kushaye  
isikhathi sezivivinyo usuphambili  
futhi usulungele noma yini.**

**Ziqalele unyaka ngendlela  
ehlakaniphile ngokufunda  
uzimisele emsebenzini wakho  
wesikole.**

**Nawa amasu okwenza lokhu:**

## **1. Khetha izifundo ezikulungele.**

Mhlawumbe awukakulungeli ukuthatha isinqumo sokuthi ufuna ukusebenza kumuphi umkhakha uma usumdala. Noma kuthiwa usukulungele, awunaso isiqiniseko sokuthi loyo mkhakha uzokubekaphi. Thatha izifundo obonayo ukuthi zizokusiza ekutholeni umsebenzi futhi nawe ozithandayo.

## **2. Sebenzisana nothisha bakho ngoba yibo abaqeqeshi bakho**

Othisha bafuna abafundi abazimisele ngezifundo zabo, abasebenza kanzima ekilasini futhi abakhombisa inqubekelaphambili.

Thatha uthisha njengomngani wakho ekufundeni, umuntu okhona eduze kwakho ukukusiza. Esikhathini esiningi abafundi abaningi bacabanga ukuthi othisha ‘yizitha’ zabo, bacabanga ukuthi wumuntu obaphoqayo

ukuba bahlale phansi bathule, bese ebanika umsebenzi wesikole okumele bawenze.

Nazi izindlela zokusebenza kangcono nothisha bakho:

- Tshengisa inhlonipho.
- Bamba iqhaza ekilasini.
- Funda indlela uthisha nothisha afundisa ngayo ekilasini.
- Yazithisha bakho kahle njengabantu. Yazithandayo nabangakuthandi.
- Bacabange njengabaqeqeshi ekilasini, wenze izinto ngendlela abakuchazela ngayo

## **3. Ungalovi esikoleni ngoba waqala lokho, uyohlezi ukwenza**

Imibuzo eminingi yezivivinyo ivela ezintweni enizini kwa uthisha wakho ekilasini. Nsuku zonke, othisha bakho bahlanganisa izifundo abacabanga ukuthi zibalulekile ukuba uzazi noma uziqondise, abanye baze batshele abafundi imibuzo eqondile ezoba khona ezivivinyweni.

## **4. Bhala amanothi ekilasini, ukuze ube wumfundi okhuthale!**

Uma uzama ukufunda okuthile

okungathi kuyakudida, kulula kakhulu ukufunda nokukhumbula uma ubhala amanothi. Uyazi ukuthi ukubhala amanothi kahle kungenye yokhiye wokuthola amamaki amahle.

## **5. Lungiselela izivivinyo kusa nesikhathi**

Ukwenza umsebenzi eniwunikwe ekilasini, ukubhala amanothi nokubuyekeza ulwazi ngendlela uthisha wakho akufundise ngayo, kuyasiza kakhulu ukuze leso sifundo singene emqondweni. Nokucabanga imibuzo okungenzeka ivele kwisivivinyo kungakusiza kakhulu.

## **6. Ungayeki ukuzama nokuzimisela**

Akuzona zonke izifundo zakho ozophumelela kuzo kalula. Kwezinye izifundo kuzodinga ukuthi usebenze kakhudlwana. Lapho ongaphumelelanga khona kubalulekile ukuthi ungapheli amandla, uqhubeke uzame. Ungasabi nokucela usizo kothisha nakubangani bakho.

Ngokushesha uqale ukufunda, unyusa amathuba akho okuthi ube nemiphumela emihle ekupheleni konyaka. Ngako-ke sebenza ngokuzikhandla nangokuzimisela usaqala unyaka, ungalindi ukuphela kwawo.

# 3D

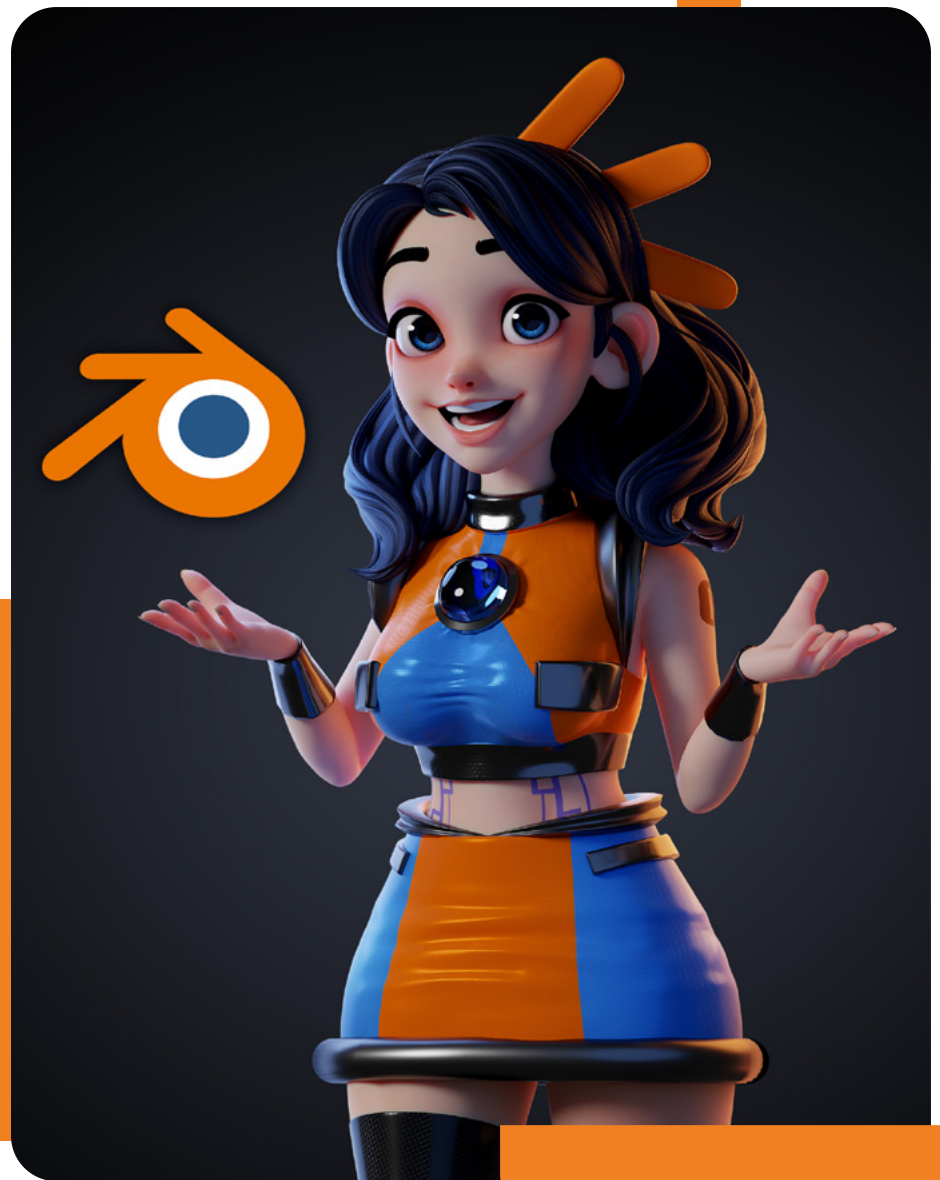
## Animation: Bringing Imagination to Life

3D animation is the art of creating computer-generated imagery (CGI) that can be manipulated and animated in a three-dimensional space. It involves the use of sophisticated software to create digital models of characters, objects, and environments, which can then be brought to life with fluid movements and realistic textures. 3D animation is widely used in film, video games, advertising, and other industries where visual storytelling is essential.

As a 3D animator, you'll need a powerful computer with high-end graphics capabilities, as well as industry-standard software such as Autodesk Maya, Maxon Cinema 4D, or Blender. You may also need additional equipment such as a graphics tablet, a 3D printer, or motion capture technology depending on desired output.

There are various career paths available in the 3D animation industry, including positions such as 3D modeler, character animator, lighting artist, and visual effects supervisor. You can work in a variety of settings, including animation studios, game development companies, advertising agencies, and film production houses. It's also possible to work as a freelancer and collaborate with clients from around the world.

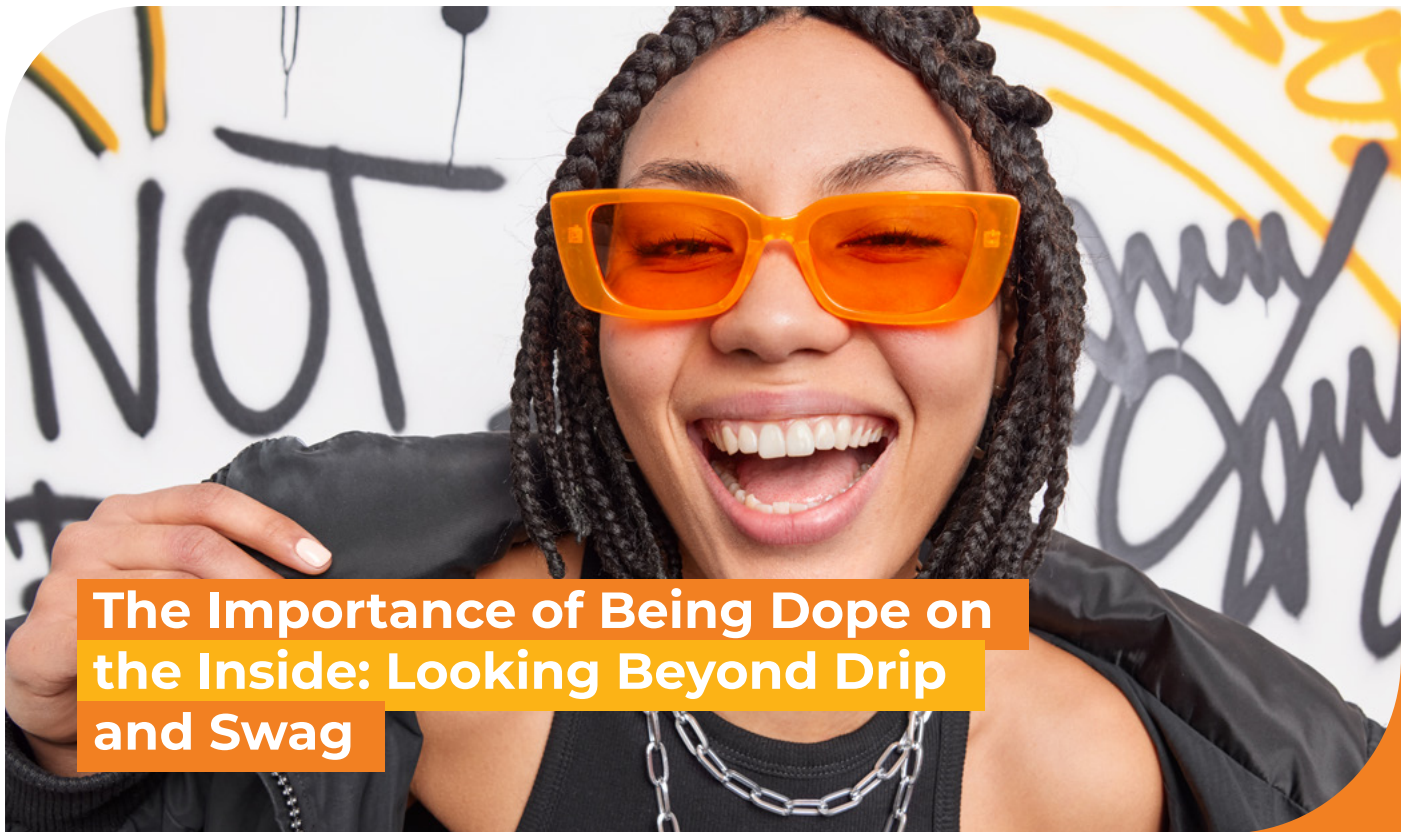
If you're interested in studying 3D animation, there are several institutions that offer courses and



Artwork by: Shin Min Jeong

programs in this field. Some of the top schools include The Animation School, The Open Window Institute, and The Cape Town Creative Academy. These institutions provide students with a strong foundation in 3D animation techniques and software, as well as opportunities to build a portfolio and network with industry professionals.

3D animation is an exciting field that offers many opportunities for creative individuals with a passion for digital art and storytelling. With the right education, equipment, and skills, you can turn your imagination into reality and bring characters and worlds to life in a way that captivates audiences across the globe.



## The Importance of Being Dope on the Inside: Looking Beyond Drip and Swag

It's simple to underestimate the significance of a good character in a culture that frequently values physical appearance. However, building a strong inner character is essential in order to build strong, meaningful relationships, achieve goals, and lead fulfilling lives. Building our character is also one of the ways in which we can make a meaningful contribution to society. In this article, we'll explore the importance of good character and provide some tips on how to cultivate it.

So what does being dope on the inside mean? Beyond physical appearance, having a good character is what makes a person really dope. Kindness, compassion, trustworthiness, empathy, honesty, integrity, and a good outlook are examples of good character traits. Although it cannot be easily measured or described, it is something that can be felt by those around us.

Why is building a good character important? Firstly, it helps us to build strong, meaningful relationships with others. People around us feel connected to and trust us when we are kind, sensitive, and empathic. This can help us form meaningful and lasting friendships.

When we cultivate qualities like honesty, integrity, and a positive attitude, we become better people overall. We are more likely to achieve our goals, overcome obstacles, and lead fulfilling lives. We are also able to peacefully coexist with others and build a good name for ourselves. Building a good character is also something that will be of great value when you start working or start a business. People will always want to hire and work with people who they can trust and depend on. Building a good character opens many doors for opportunities and growth.

**How to develop a good character? A good character is something that may be cultivated over time with effort and awareness and developed with practice and intentionality.**

**Here are some tips for cultivating inner beauty:**

- Be aware of your behaviour. When you are always aware of what you say and do, you can easily correct and discipline yourself when you are not acting in good character.
- Practice honesty and integrity: Be honest with yourself and others and strive to always act with integrity. You can develop

a sense of personal integrity and gain others' trust by doing this.

- Develop an optimistic outlook by making an effort to see the good in everything, even the difficult situations. To be thankful and to show thanks to others, look for opportunities to do so.
- Develop empathy: Try to put yourself in other people's shoes and understand their perspective. This can help you to build stronger relationships and communicate more effectively with others.
- Hang around friends that will influence you positively and encourage good character habits. Bad company can corrupt good character, so be careful who you hang out with.

**In the midst of the chaos and conflict going on in the world, choose to have a meaningful impact through contributing your good character to the world. Trends change, and evolve. Stay truly dope by doing good.**

# 7

## most powerful TED Talks to watch and learn from

# TEDx

Talks are informative and engaging speeches given by experts or people with unique experiences, covering a wide range of topics such as science, technology, art, and social issues. The goal is to inspire listeners to think deeply about the world and expand their knowledge. Many TEDx talks are available on YouTube, and we have gathered 7 of the most powerful talks to watch and learn from.



### 1) The Big lies of Small business

Thembekwayo discusses challenges that limit the potential of small businesses. He advocates that creating an environment that enables businesses of all sizes to thrive is more important than encouraging more people to start small businesses.



### 2) The Art of Choosing

Sheena Iyengar, a business professor at Columbia University, has dedicated herself to understanding why humans make the choices they do in order to explore what defines success.



### 3) African Hair

Lucille narrates how she often struggled to embrace her natural hair but later on she came to love it. Lucille is a student at Brookhouse School, Her Ted talk is about "The beauty of African Hair".



### 4) Fun, Fierce and Fantastical African Art

The TED talk is presented by Wanuri Kihiu, a Kenyan filmmaker and writer, who discusses the stereotypes around African art being about suffering and conflict and argues that African art is also about joy, humour, and creativity.



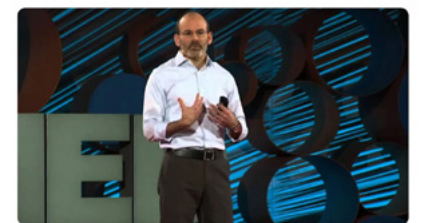
### 5) The Power of Fitness

Vincent Lam, a personal trainer with a degree in kinesiology, dispels the myth that people don't have time to exercise and explains how prioritizing fitness can transform and save your life.



### 6) Why Reading Matters

Rita Carter, a neuroscientist, breaks down the impact of reading on memory imagination, and humor, explaining how just 30 minutes of reading a day can change your life.



### 7) A Simple Way to Break a Bad Habit

Judson Brewer, a psychiatrist who specializes in habit formation, deconstructs the complicated science behind habits in this talk and provides valuable techniques for rewiring your brain.

# Data Science:

## Unlocking the Power of Information

### - A look into the Career of a Data Scientist.

**A**s a teenager you may be wondering what career path to choose that will be intellectually stimulating, financially rewarding, and fascinating. Data science is one career path that meets these requirements. We will discuss what data science is, what a data scientist does, and why it can be a great career choice for you.

So what exactly does a data scientist do? Data scientists are trusted with compiling and analyzing big data sets in order to provide solutions to challenging issues. In data science, knowledge and insights are built from both structured and unstructured data using scientific methods, algorithms, and systems. Complex data sets must be gathered, examined, and interpreted by a data scientist in order to support choices made by big companies and address real-world issues.

Data scientists are employed by a range of sectors, including marketing, finance, healthcare, and education. Data Scientists are important in assisting businesses in understanding the habits of their clients and assist them to make decisions from data to boost profits for companies. For example, a data scientist in the healthcare sector might analyze data to spot disease trends and design more efficient treatment methods.

If you like problem-solving, mathematics, and technology, a career as a data scientist is a fascinating and rewarding option. There has never been a better moment to investigate this area due to the strong demand for qualified data scientists and the fast expanding industry.



**Subjects to take in school:**  
Mathematics

**What to study:**  
A degree in a quantitative field (Physics, Maths, Statistics, Finance, Economics, Computer Science, etc.)

**Years of study:**  
3 - 4 years

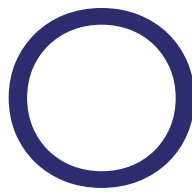
**Where to study:**  
Any south African university such as Wits, UCT, UKZN and Rhodes University  
or  
Completing an internationally accredited and recognized short course in Data Science or Data Analytics from AWS or Microsoft.

**Salary:**  
R35 000 - R92 000 per month

# WHAT IS AI?

**Artificial Intelligence (AI)** is a branch of computer science that involves the creation of intelligent machines that can perform tasks that typically require human intelligence, such as visual perception, speech recognition, decision-making, and natural language processing.

AI has become a prominent technology in recent years, with its applications being used across a range of industries and fields, including healthcare, finance, transportation, and entertainment.



One of the most significant advantages of AI is its ability to automate repetitive and mundane tasks, freeing up humans to focus on more complex and creative work. AI-powered systems can also process vast amounts of data and identify patterns that are difficult or impossible for humans to discern, leading to improved decision-making and problem-solving.

However, AI also raises several concerns, including job displacement, ethical and legal issues, and the potential for bias and discrimination. As AI technologies become more advanced and widespread, it is crucial to address these issues and ensure that they are developed and used in ways that benefit society as a whole.

There are several types of AI, including rule-based systems, machine learning, and deep learning. Rule-based systems use predefined rules and logic to make decisions, while machine learning involves algorithms that can learn from data and improve their performance over time. Deep learning is a type of machine learning that uses artificial neural networks to mimic the way the human brain works.

Some examples of AI in action include virtual assistants like Siri and Alexa, which use natural language processing to understand

and respond to user commands. AI-powered chatbots are also becoming increasingly popular, providing businesses with an efficient and cost-effective way to handle customer queries and support.

In healthcare, AI is being used to improve diagnosis and treatment planning. AI-powered diagnostic tools can analyze medical images and detect abnormalities that might be missed by human radiologists. AI algorithms can also analyze patient data and identify patterns that can help doctors make more informed treatment decisions.

In the finance industry, AI is being used for fraud detection, risk assessment, and portfolio optimization. AI-powered trading algorithms can analyze vast amounts of market data and make investment decisions in real-time, leading to improved performance and returns.

AI is a rapidly advancing technology that has the potential to revolutionize many industries and aspects of our lives. It's important to stay informed about these developments and understand both the benefits and risks of AI. Have you ever interacted with AI-powered virtual assistants like Siri or Alexa? Have you noticed AI being used in other areas of your life, such as healthcare or finance? It's worth keeping an eye out for these technologies and thinking critically about their impact on our world.

# ATTENTION ALL ASPIRING ARTISTS!



**ULWAZI Magazine is proud to announce our very first illustration competition, exclusively for students. Showcase your talent and creativity as we search for the next big thing in youth illustration.**

The competition theme is "Artificial Intelligence". We want to see your interpretation of AI and how it is shaping the future. From robots to machine learning, the possibilities are endless.

To enter, simply create an illustration that reflects the theme, and submit it to ULWAZI Magazine via WhatsApp or email by **May 31st**. The winning illustration will be featured in our next issue and the **artist will receive a R500 voucher**.

Don't miss out on this amazing opportunity to have your work seen by thousands of young people and to be recognized as a rising star in the illustration community. This is the first of many exciting competitions to come, so don't miss your chance to be a part of ULWAZI Magazine's history!

**For any questions or to submit your entry please WhatsApp 0664155098 or email us at [competitions@ulwazimag.co.za](mailto:competitions@ulwazimag.co.za) Good luck!**



## Vukuzakhe Alumni Gives Back His Alma Mater

Businessman and Vukuzakhe High School alumnus, Mr. Thabani Zulu, celebrated his 50th birthday in a big way by giving back to his former high school in Umlazi.

The celebrations included the induction of the 2023 school prefects, whom Zulu has donated blazers to and will be supporting with leadership training throughout their final year of school. Their role is not an easy one, but with the support of their peers and teachers, they can achieve great things and make a lasting impact. As the school year progresses, it will be important that the prefects remain focused on their responsibilities and continue to lead by example.

The generous businessman also handed over a newly-renovated classroom and him and his NGO pledged various cash prizes and incentives for achievements in the school's 2023 academic year, such as 100% matric exemptions, above 80% class averages, teacher and learner excellence in certain subjects and teacher professionalism; academic necessities like bursaries, school renovations, awards ceremonies and support hampers and he will be sponsoring the very first of its kind at this school, a dinner for the

Vukuzakhe High School Alumni Association.

Zulu, who matriculated from Vukuzakhe High School in 1990, said he believes in black excellence and giving back to institutions that allow children to be children, instill discipline and groom them for success.

*"Giving back means ploughing back into and nurturing an environment that contributed to your growth, development and success, so that it can in turn, do the same for the next generations." Thabani Zulu*

Mr Zulu's contribution to Vukuzakhe High School serves as a reminder of the importance of supporting education and investing in the next generation. It is a testament to the power of one person's generosity to make a lasting impact on the lives of others. We can all learn from Mr Zulu's example and find ways to give back to our own communities, no matter how big or small the contribution may be.

# ENZA ISIKHAFTINI ESINOMSOCO

**N**jengomuntu omusha osesikoleni kulula ukubambeka ube matasa ngezinto zesikole ugcina usukhohlwa ngokubaluleka ngokuzenzela umphako onomsoco. Noma kunjalo, ukuzilungiselela umphako iyona ndlela elulayokulawula indlela yokuphila ukuqinisekisa ukuthi uyazithola izakhamzimba ozidingayo ukusebenza ngokukhulu ukuzikhandla esikoleni.

Umphako onomsoco ungakusiza ukunyusa izinga lokucabanga. Uma udlala umphako onempilo, unikeza umzimba wakho amandla owokuhlala uqwashile. Lokhu kubaluleke kakhulu esikhathini lapho ingqondo yakho igxile kakhulu ezifundweni zakho.

Ukungasenzi isikhaftini kungakuholela ekuthengeni ukudla ukungenamsoco ngesikhathi sekhefu esikoleni. Noma kunjalo ukuzijwayeza ukwenza isikhaftini kunciphisa indlela osebenzisa ngayo imali, indlela yokuphila.



**Nawa amasu ongawabheka ukwenza isikhaftini ongasiphatha njengo mfundi wesikole esinempilo esizokunika umfutho futhi esikugcine usuthi usuku lonke, ugxile ekufundeni.**

- Ukuphuza amanzi njalo kubalulekile kakhulu ekugxiliseni ingqondo ekufundeni. Qiniseka ukuthi uphatha amanzi abandayo ngebhodlela azokugcina usuku lonke.
- Lungiselela ebusuku isikhaftini sakho; amasemishi angenziwa ngobusuku bayizolo futhi abe sesimweni esihle ngakusasa kodwa wenze isiqiniseko sokuthi lawo enziwe ngephrotheni ahlala efrijini. Uma uthanda ukuwenza ekuseni kumele ulungise okufakwa kuwona njengenyama yenkukhu, ituna noma amaqanda kusenesikhathi kukhona ungeke ulibaziseke.
- Umphako, qinisekisa ukuthi ufaka izitako nezithako ezifana namawolintshi, ama-apula, ubhanana, amaplamu, umango.
- Iba nekhono: Ukwenza isidlo sasemini akumele kube into ecikayo! Zama ukuhlanganisa isidlo sakho sasemini ngokuhlanganisa izinto ezahlukene ezifana namaqanda, izithelo, no cheese. Ungakwazi ukuzama ukwenza ukudla okuhlukile zonke izinsuku ukuze ukwazi ukudla kamnandi.
- Enza ukudla kubemibalabala: Izithako nezithelo ziyasiza ukuthola umso. Zama ukufaka ukudla okunhlobonhlobo okufana no-red peppers, u-carrot, nesipinashi esiluhlaza.

Ukwenza umphako kungabukeka kungumsebenzi omncane kodwa kungenza umehluko omkhulu kwezempilo. nasezimalini. Ukuthatha isikhathi sakho uzinikele ekwenzeni isidlo sasemini kwenza umqondo nomzimba kube nokuphila.

Ngesikhathi esilandelayo uma kwenzeka uhlangebezana nohlobo lokudla okungenamsoco, cabanga kabili unikeze isikhaftini sakho ithuba. Ikusasa lakho lisezandleni zakho.



# Why Choosing a College or University away from home Could Be the Best Decision You Ever Make

Many students find it difficult to choose a tertiary institution outside of their own province, especially if they have lived in the same area their whole lives. But there are several of advantages to going to a different province for your further studies that might make the experience worthwhile.

## **Personal Development**

Going to college out of province can help you develop personally. You can acquire crucial life skills like independence, flexibility, and resilience by adjusting to a new situation and taking on new tasks. These abilities can help you flourish in a world that is changing quickly, both in your personal and professional life.

## **Exposure to a new environment**

Attending a tertiary institution outside of your province has several advantages, one of which is the chance to explore a different environment. You will be exposed to new cultures, ways of life, and perspectives that you may not have encountered before. Your horizons can be widened, and you can gain a more global viewpoint as a result. You will also get the opportunity to have new experiences that you would have never had the chance to experience in your home

province. This can also be used as an opportunity to be a local tourist in another province.

## **Access to new academic programs**

Another benefit of attending a university outside of your province is the opportunity to access new academic programs. As every province has its unique advantages and specialties, studying in another province may give you access to research opportunities and programs that aren't available in your home province. This may be especially helpful if you want to follow a specific academic or career path.

## **Building a network of diversity**

You can create a diverse network of friends and future work colleagues by enrolling in a institution outside of your province. You will be exposed to fresh ideas and viewpoints by meeting people from various

provinces and backgrounds. You will get an opportunity to make friends with people that are from different racial groups who don't speak the same language as you or share the same culture as you. This will expose you to a different way of thinking and teach you more about life beyond your home province. With a greater range of connections and opportunities, you will have an advantage while looking for employment or internship after graduation thanks to this diverse network of friends.

# Mastering High School- Proven Life Tips from Those Who Have Conquered It.



**Mlando** Nzimande

**I matriculated from Igagasi High School. I attended the University of the Western Cape for my Undergraduate Degree, a Bachelor of Arts degree and completed my Postgraduate Honours Degree in Sociology in 2022. Currently, I am a full time Masters student at the University of KwaZulu-Natal Howard College, Masters in Social Science by dissertation.**

For all students currently in high school, your dreams are all valid, so do not look down on them. Dream big or go home. Furthermore, do not let your results determine your future. For example, I completed my matric in 2015, because my results were not up to university standards I went back to upgrade my results in 2018 and began university in 2019 at the University of Western Cape. Therefore, please do not give up, push until you succeed, success is not objective but subjective, you define your own success, don't let others define it for you.

If I could get a chance to attend high school again, I would be serious about my school work and home work. I realised that most of the time I was busy paying attention to fruitless things that did not matter. Life after high school will humble you, best to do your best while the sun shines to not have any regrets later in life.



**Emma** Mthombeni

**I matriculated from Menzi High School and I am currently studying the Bachelor of Science Stream M majoring in Data Science.**

Work hard, make the best of the time allocated to you. In studying, they must also give themselves time to rest because rest is an important part of recharging. If you do not understand something in class, don't be afraid to ask in class. It is important to study past papers because most questions that are in the exam are from there. Choose good friends that will encourage you to work hard and also encourage you to make the right decisions.

If I could go back to high school; I would give myself more time to rest in between studying. Resting does not mean you are not studying, you are just resting to regain your strength. Learn to be on good speaking terms with everyone because after matric you may need assistance from anybody, so it is important to be able to talk to any kind of person.



**Sanele** Kunene

**I attended high school at Umlazi Commercial High School. I enrolled at North West University, Potchefstroom campus. I am currently doing my 2nd year in Bachelor of Education in Senior and FET with economics for education.**

Advice I would give to learners currently in school is that they shouldn't shy away from their goals no matter the circumstances. They must excel in whatever they do, show passion, affection, and determination to succeed. Lastly, they must not lean in their own understanding but seek wisdom from God.

Finding an institution to study has been one of the most challenging things I have come across after matric. I spent two years looking for an institution that offered the course I wanted to do until I got admitted to the North West University. The distance from KZN to the North West was also an obstacle as I had to travel the whole night to a place I have never been to. However, I do not regret it because education is something that can never be stolen or taken away from me.

If I could go back to high school I would work hard in such a way that I obtain higher marks in order to get a bursary.

# FROM UMLAZI TO THE PSL

Brilliant Khuzwayo(33) is a name that has become synonymous with South African soccer. Born and raised in the township of Umlazi, Durban, Khuzwayo has defied all odds to become a loved and celebrated soccer player in South Africa. With a career spanning over a decade, Khuzwayo has not only proven his talent on the field, but also become a role model and source of inspiration for many young people in his community. Ulwazi Magazine interviewed Mr Brilliant Khuzwayo to find out more about him.



## What drives you to wake up in the morning?

The desire to be better than I was yesterday. Coming from a township where everything is against you pushes me towards success. I push myself and so that others will see that anything is possible.

## Tell us about your experience growing up in the township

Growing up in Umlazi wasn't always easy. I had to navigate a lot of challenges and obstacles to pursue my dream of playing soccer. There were times when I didn't have access to proper training facilities or equipment, and I had to make do with whatever was available. I also had to deal with the dangers of living in a high-crime area, which sometimes made it difficult to focus on my passion for the game. However, playing soccer was my escape from all the negativity around me. It gave me a sense of purpose and a reason to keep pushing forward, despite the odds. Despite the challenges, growing up in the hood also taught



Photo cred: Muzi Ntombela/Backpage-

me resilience, determination, and the importance of hard work. These are qualities that have served me well both on and off the field. Ultimately, I believe that my experiences growing up have made me a better soccer player and a stronger person overall.

## Tell us about your soccer career? Describe how you ended up playing for big teams in the PSL?

It all started as young kids playing in the streets and was inspired by Brian Baloyi who was a Kaizer Chiefs FC goalkeeper. I pushed through the ranks. Didn't have anything else in mind besides becoming the best player that KZN has ever produced. You need a lot of discipline, passion, dedication, perseverance and love for the beautiful football game. Being able to listen, being teachable and coachable. It is very important for a young superstar to have all these fundamental in them so they can make it in top flight football.

## What advice would you give a young kid from Umlazi that wants to be the next Brilliant Khuzwayo?

The advice I would give the next superstars is they must follow their intuition but also focus on their academics so they can balance their lives. Football is a short career and nothing is promised. They need to fall back into something if they don't make it.

## In your opinion, what do you think is the biggest mistake made by young soccer players? What are some of the things that kill their potential?

They focus on wrong things at an early age. Football needs total discipline and focus. Drugs and alcohol had destroyed so many dreams.

## What advice would you give the youth of Umlazi?

The brilliant advice I can give the young of Umlazi is they must find good mentors and try to learn from them. There are so many opportunities out in this world and it is up to them to change the narrative of Umlazi and make Umlazi great again.

Brilliant Khuzwayo is also the founder of Brilliant Khuzwayo, an organization that aims to support and develop the next generation of soccer players. He is also an ambassador for MTN8 and the COSAFA Cup. He also hopes to soon launch the Brilliant Khuzwayo Soccer Academy to provide young aspiring soccer players with access to top-notch training, guidance, and resources that will help them develop their skills and achieve their goals in the sport.

Instagram: @thebrilliant\_\_one  
Facebook: Brilliant Khuzwayo

dealing with

# ANXIETY AND DEPRESSION



**A**nxiety and depression are two common mental health conditions that affect many people, including teenagers.

Anxiety is a feeling of fear, worry, or unease about uncertain situations. Depression, on the other hand, is characterized by a persistent feeling of sadness or loss of interest in activities that were once enjoyable. Anxiety can cause rapid heartbeat, sweating, and shortness of breath, and can interfere with daily activities. Depression can also cause physical symptoms like fatigue, changes in appetite or sleep patterns, and difficulty concentrating. Depression can make it challenging to complete tasks, enjoy life, or connect with others.

While everyone experiences these feelings from time to time, if they persist for several weeks or months and start to affect your daily life, it may be time to seek professional help and support

Anxiety and depression are common mental health issues that many teenagers face. It can be overwhelming to deal with these feelings on your own, but it's important to know that there are ways to cope and seek help. Here are some strategies you can use to manage anxiety and depression.

1. Don't overthink : Thinking excessively about things can lead to unnecessary anxiety. Focus on what you can control. Instead of fixating on the things you can't change,

focus on the things you can do to improve your situation. Take small steps towards a solution.

2. Remove yourself from a stressful situation: It is true that sometimes the conditions we put ourselves in lead to worry and stress. Stay away from unhealthy and toxic situations that make you feel bad all the time..

3. Get enough Sleep: Sleep is crucial for maintaining your mental health. Anxiety and sadness can worsen due to sleep deprivation. Have a regular sleep routine and attempt to obtain at least 8 hours of sleep each night.

4. Exercise Regularly: Frequent exercise might help you feel better and reduce stress. It causes the release of feel-good endorphins. Pick an activity you enjoy and attempt to do it frequently. It might be anything from swimming to dancing to jogging.

5. Reach out to a Trusted Friend or Family Member: Sometimes talking to someone you trust can help you feel better. Reach out to a friend or family member who you feel comfortable talking to. Share your thoughts and feelings with them, and they may be able to provide you with support and comfort.

6. Seek professional help: Talk to a trusted adult, such as a parent, teacher, or school counsellor, about how you're feeling. They can help you find a therapist or mental health professional who specializes in working with teenagers. It's important to remember that seeking help is a sign of strength,

and that you deserve to get the support you need to feel better.

7. Take Care of Yourself: By eating a balanced diet, getting enough water, and engaging in self-care, you can take good care of yourself. Taking a long bath, reading a book, or doing something you like are all examples of self-care.

8. Avoid Alcohol and Drugs: Alcohol and drugs can worsen anxiety and depression. They may provide temporary relief, but they can also lead to addiction and make your mental health worse in the long run.

Remember that it's okay to ask for help when you need it. You are not alone in your struggles, and there are resources available to you. Take care of yourself, and remember that things will get better.

**For professional help contact:  
Cipla Mental Health Helpline  
Call: 0800 456 789  
WhatsApp: 076 882 2775  
SMS 3139**



1

# Ubuhle bomhlaba, amathafa, nezitshalo zaseNingizimu Afrika



2

INingizimu Afrika yizwe elinothe ngomhlaba onezinhlonhlobo zamathafa, izintaba, amasiko nezitshalo ezihlaba umxhwele, ezinye zazo ezingatholakali kumanye amazwe angaphandle kwaseNingizimu Afrika. Asihlole izitshalo ezingu-10 ezizikhulelayo eNingizimu Afrika, isitshalo ngasinye sinezici zaso ezihlukile nokubaluleka kwaso ngokosiko.

**1) Protea (Isiqalaba):** Isiqalaba imbali yezwe laseNingizimu Afrika edume ngobuhle bayo, namakhanda aso aqhakaza abe wumbala o-pink, o-bomvu nosawolintshi. Kunezinhlobo ezingaphezu kuka-80 zeSiqalaba eNingizimu Afrika futhi sijwayele ukutholakala endaweni eyaziwa nge-Fynbos nasezindaweni ezinezintaba.



3

**2) Baobab (isiMuhu):** Isimuhu yisihlahla esazelwa isiqu saso esikhulu kanye nezithelo zaso ezinhle ezimnandi. Sitholakala ezindaweni ezishisayo futhi ezomile eNingizimu Afrika yonke futhi singaphila iminyaka eyizinkulungwane- ngezinkulungwane.

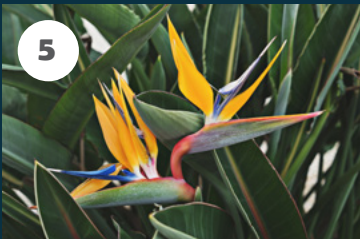
**3) Aloe Vera (Inhlaba):** Inhlaba yisithelo esizikhulelayo eNingizimu Afrika. Idume ngokwelapha futhi ijwayele ukusetshenziselwa ukwelapha ukusha nokuqubuka kwesikhumba.



4

**4) Cape Gooseberry:** I-Cape Gooseberry isithelo esincane esizikhulelayo eNingizimu Afrika. Idume ngokunambitheka kwayo okunoshukela nobumuncu futhi ijwayele ukusetshenziselwa ukwenza izidlo ezinoshukela kanye nojamu.

**5) Strelitzia (Igceba):** Igceba, elibuye laziwe njengenyoni yaseparadesi, yimbali enemibala egqamile ezikhulelayo eNingizimu Afrika. Idume ngendlela engajwayelekile eyakheke ngayo, okufana nenyoni endizayo.



5

**6) Rooibos:** I-Rooibos wuhlobo lwesitshalo esizikhulelayo eNingizimu Afrika. Ijwayele ukusetshenziselwa ukwenza itiye futhi idume ngezinzuzo zayo zezempilo, ezihlanganisa ukugayeka kangcono kokudla kanye nokwehlisa ukuvuvukala..

**7) Cape Chestnut (Umemezi omhlophe):** Umemezi omhlophe yisihlahla esikhulu esihlale siluhlaza esizikhulelayo eNingizimu Afrika. Sidume ngezimbali zaso ezinhle, ezinuka kamnandi futhi ujwayele ukusetshenziswa uma kuhlotshiswa amageke nezindawo ezivulekile.



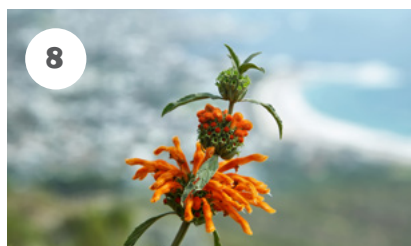
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**8) Wild Dagga (Umunyane):** Umunyane isitshalo esithela izimbali esizikhulelayo eNingizimu Afrika. Udume ngokukwazi ukushintsha ukusebenza kwengqondo futhi ujwayele ukusetshenziswa uma kwenziwa imithi yesintu.

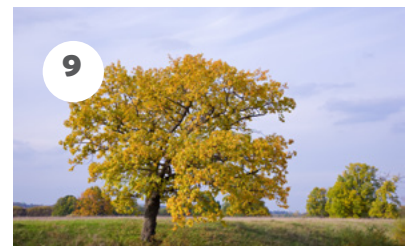
**9) Yellowwood (Umsonti):** Umsonti yisihlahla esikhulu, esikhula kancane futhi esizikhulelayo eNingizimu Afrika. Udume ngezinkuni zaso eziqinile, eziphuzi ngombala futhi ujwayele ukusetshenziselwa ukwenza ifenisha.



7



8



9

# FRUITS AND VEGGIES

Here are some interesting facts about your fruits and veggies to share with your friends and family.



**Bananas:** Bananas are actually berries! They are the world's most popular fruit and are a great source of potassium, vitamin C, and fiber. Bananas also contain natural sugars that give you a quick energy boost.



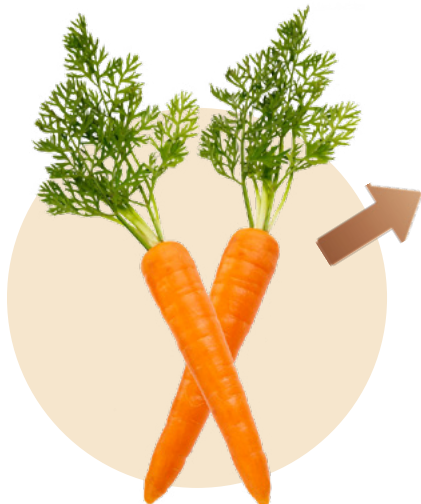
**Pineapples:** Pineapples are the only fruit that contain bromelain, an enzyme that breaks down proteins and can help with digestion. Pineapples also contain high levels of vitamin C and manganese, and are a symbol of hospitality in many cultures.



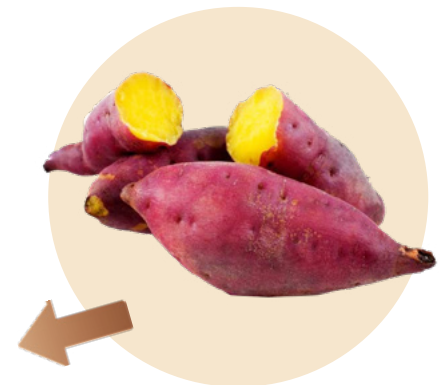
**Blueberries:** Blueberries are one of the few fruits native to North America. They are low in calories but high in antioxidants and vitamin C. Blueberries are also a good source of fiber and can help lower your risk of heart disease and cancer.



**Watermelons:** Watermelons are over 90% water, making them a great way to stay hydrated. They are also low in calories and high in vitamins A and C. Watermelons are a popular summer fruit and are often



**Carrots:** Carrots were originally purple, not orange! The modern orange carrot was developed by Dutch growers in the 16th century. Carrots are a great source of vitamin A, which is important for healthy vision, and they also contain fiber, potassium, and other vitamins and minerals.



**Sweet potatoes:** Sweet potatoes are a great source of vitamins A and C, as well as fiber, potassium, and other nutrients. They are also lower in calories than regular potatoes and have a lower glycemic index, which means they can help regulate blood sugar levels.

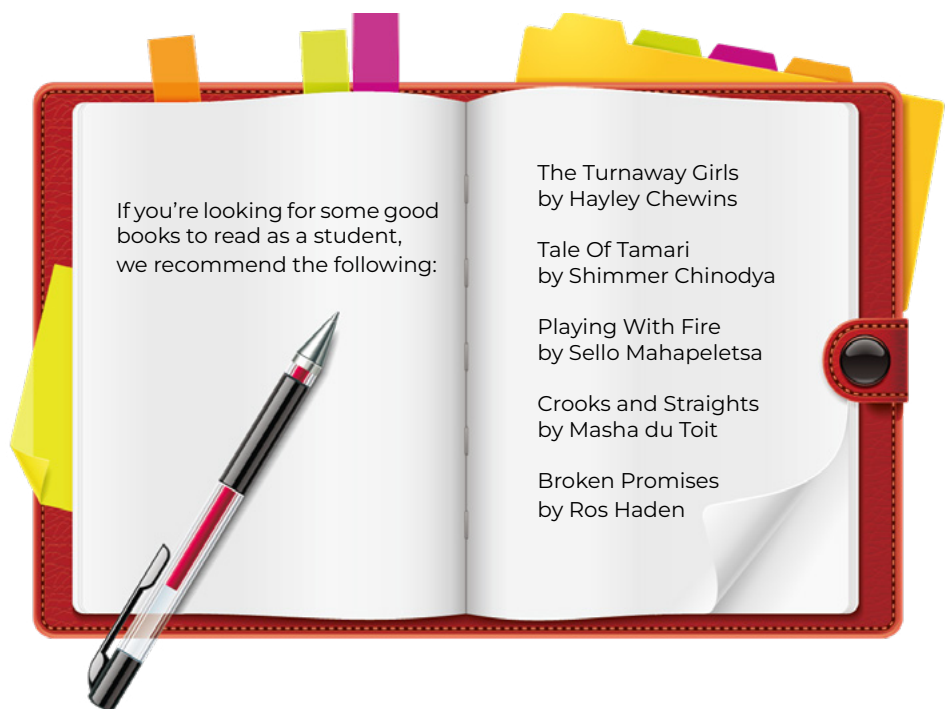
# The Importance of Reading: A Student's Guide

As a student, you know how important it is to develop a wide range of skills to succeed academically and beyond. One of the most essential skills that you can develop is reading. Reading not only enhances your academic performance, but it also broadens your knowledge, sharpens your critical thinking skills, and encourages creativity.

One of the most significant benefits of reading is that it helps improve your language skills. By reading books on a variety of topics, you encounter new words and phrases that expand your vocabulary. This can help you better understand the material you are studying and communicate your thoughts and ideas more effectively.

Reading can also help you develop a better understanding of the world. By reading books on different cultures, historical events, and scientific concepts, you gain a more comprehensive perspective of the world around you. This can help you become a more well-rounded individual and give you a deeper appreciation for the diversity of human experience.

In addition, reading encourages creativity and imagination. When you read books, you are transported to new worlds and introduced to unique characters and situations. This can spark your imagination and inspire you to create your own stories, artwork, or music. Reading also helps you develop critical thinking skills. By reading books that present complex ideas or arguments, you learn to analyze information, evaluate evidence, and form your own opinions. This is an important skill for success in beyond high school.



There are countless books and genres to choose from, so there is always something to suit everyone's interests. Whether you prefer physical books or digital formats, make it a habit to read regularly and see the benefits for yourself.

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# AKE SIFUNDE IZAGA

**Imikhombe iyananana:** Lokhu kusho ukuthi kuyasizwana singabantu sakhelene.

Umkhombe inyama okwakuthi uma kuhlatshiwe ihleshulelwe lowo ongumngani noma umakhelwane ukuba aphiwe ukuze naye adle nomndeni wakhe. Leso sipho kwakuthiwa umkhombe kususelwa esitsheni esiphatha izipho. Uma ungisiza namhlanje kusasa yimina engizobe ngikusiza masuxakekile.

## QEDELA LEZI ZAGA EZILANDELAYO:

Uyoze ubambe.....ngesandla.

Nalapho kungekho.....kuyasa.

Hamba.....bayokuchutha phambili.

Insika isidliwe.....

.....libhekile.

Izimpendulo: Ufalagu, Qhude, Juba, Umuhlwa, Lixhoshwa

Ukuthola izincazelo eziphelele zalezi zaga.  
Ungavakashela i-website ethi [www.iafrika.org](http://www.iafrika.org)



**Ever heard a big word and wondered how to use it? Here are 5 bombastic words and example sentences of how to use them. Enjoy!!**

**Conundrum** - A confusing and difficult problem or question.

"Lungelo was faced with a conundrum - she wanted to hang out with her friends, but also needed to study for her upcoming exams."



**Atrocious** - An extremely bad or unpleasant, often in a shocking way.

"The student's handwriting was atrocious and made it difficult for the teacher to read their essay."

**Anomaly** - Something that deviates from what is standard, normal, or expected.

"The unusually warm weather in June was an anomaly, as the temperature is usually much colder during that time of the year."



**Flabbergasted** - To be surprised or shocked to the point of being unable to speak.

"She was flabbergasted when she learned that she had won the Lotto and would be receiving a huge amount of money."

**Insidious** - Proceeding in a gradual, subtle way, but with harmful effects.

"The insidious spread of the virus throughout the community was difficult to track and led to a widespread outbreak."

# Ukufunda Ikhono Elisha Usasesikoleni Kungakuvulela Amathuba Okwenza Imali

Siphila esikhathini lapho ulwazi nezinsiza kutholakala kalula, kanti kulele kithi ukusebenzisa leli thuba. Esikhathini samanje, awudingi ukuthi uze uqede u-matric ukuze ufunde amakhono amasha, kahle-kahle ngokufunda ikhono nge-internet, ungazithola usukude kakhulu kunozakwenu.

Inzuzo enkulu kakhulu yokufunda ikhono nge-internet ukuthi kungakusiza wenze imali usafund isikole. Ungaqala usebenzise ikhono lakho ukuze wakhe imisebenzi eminingi ebonakala ezinkundleni zokuxhumana, uhlinzeke ngezinsizakalo ezithile, noma uthengise impahla.



Nazi izibonelo zamakhono ongazifundisa wona nge-internet:

- Ukushutha Izithombe: Kule nqwaba yezinsiza ezikhona kwi-internet, ungazifundisa konke okubalulekile ngokushutha izithombe futhi uqale ibhizinisi lakho lokushutha.
- Ukuqopha Ama-vidiyo: Ungafunda ukwenza ama-vidiyo aseqophelweni eliphezulu ngokubuka izifundo zaku-YouTube nezinye izinkundla ezisebenza nge-internet.
- Ukupheka nokuBhaka: Uma ukuthanda ukupheka nokubhaka, ziningi izinsiza ezikhona kwi-internet ezingakufundisa ukupheka izidlo eziconsisa amathe nokubhaka amakhekhe ehla es'phundu.
- Ukusebenzisa Izinkundla Zokuhweba Kwi-internet: Ungafunda ukuhweba ngamasheya, i-cryptocurrency kanye nokunye ngokusebenzisa izinkundla zokuhweba kwi-internet nokulandela izinsiza ezikhona.
- Ukubhala i-Code Nokwakha Ama-App: Ziningi izifundo ezitholakala kwi-internet ezingakufundisa ukubhala i-code nokukwakha ama-app, noma ungakaze ukwenze ngaphambilini.

Ezinye zezinsiza zamahhala ongazisebenzisa ukufunda la makhono zihlanganisa i-YouTube kanye ne-Google Skills for Africa. I-YouTube yinkundla enhle kakhulu yokuthola amavidiyo nezifundo nganoma yisiphi isihloko. I-Google Skills for Africa yinkundla yamahhala ehlinzeka ngezifundo zobuchwepheshe, ibhizinisi/ukuzisebenza, kanye nokuthuthukisa umsebenzi emkhakheni wakho.

Ngakho-ke, noma ngabe ufuna ukufunda into entsha ozochitha ngayo isikhathi noma ufisa ukungena emkhakheni omusha, asikho isizathu sokuba uzincishe ulwazi. Ngale nqwaba yezinsiza ezikhona kwi-internet, ungazifundisa cishe noma yini ofuna ukuyazi.

# MONEY MATTERS

As a high school learner, it's never too early to start learning about finances. Here are some important financial lessons that will help you make smart decisions with your money:

**Budgeting:** Create a budget and track your spending. This will help you understand where your money is going and how you can save more. Budget how you spend pocket money and also money that you may receive as gifts from family. Making a budget as a teenager can be a useful tool for managing your money and achieving your financial goals. Start by listing your income and expenses, then prioritize your spending and identify areas where you can cut back.

**Saving:** Start saving as early as possible. Even small amounts can add up over time. A piggy bank (iskoqokoqo) is a great way to start saving money. When you have loose change or small bills, deposit them into your piggy bank. Over time, your savings will grow, and you'll have a tangible reminder of your progress. Plus, using a piggy bank can make saving fun and rewarding. You can also start a Stokvel with friends and family that you trust. Start by setting a goal and putting aside a specific amount of money each week or month.

**Debt:** Try to avoid getting into the habit of borrowing money from your friends and family. Learn to budget properly and use money that you have to the best of your abilities. Borrowing money and not being able to pay it back can make you have a bad reputation. A bad reputation can make others reluctant to assist you when you genuinely need help because of the lack of trust they have in you. So avoid debt and when you do borrow money, pay it back on time.

**Investing:** You are never too young to start investing. Learn about investing and how it can help you grow your money over time, there are plenty of channels on YouTube that can teach you about investing. You can use platforms such as Easy Equities to invest your money in various companies. You don't have to start with large amounts, small amounts over time can eventually bring huge rewards.

**Financial responsibility:** Take responsibility for your finances and make informed decisions. This includes spending your money wisely. Practice good financial habits such as avoid unnecessary expenses, and be mindful of your spending habits. It's never too early to start learning about financial responsibility. The earlier you start, the better you'll be able to develop good habits and make smart financial decisions as you grow older. Remember, financial education is a lifelong process. By starting early and practicing good habits, you can set yourself up for a financially stable future.

**Bank account:** Opening a bank account can provide a safe place to store and manage money, as well as help develop good financial habits, such as saving regularly and tracking spending. A bank account can also provide access to financial tools and resources, such as online banking and budgeting tools, which can help you manage your money more effectively. Most banks offer special accounts for teenagers that come with lower fees or other perks. It's important to remember that a

bank account comes with certain responsibilities, such as maintaining a minimum balance and avoiding overdraft fees. You will need your parent to accompany you to the bank to open a bank account.

Financial literacy is an essential life skill that can help you make smart decisions about money, both now and in the future. By learning about budgeting, saving, investing, and other financial concepts, you can develop good habits and build a strong financial foundation that will serve you well throughout your life.

# Imithelela Emibi Yokungcolisa Olwandle Nasempilweni Yasemanzini

Ulwandle luyikhaya lwezinhlobonhlobo zezilwane ezinhle kodwa okwenziwa ngabantu kunomthelela omkhulu empilweni yakho konke okuphila ngaphansi kwamanzi. Enye yezingqinamba ezinkulu kakhulu ezibhekene nokuphila ngaphansi kwamanzi ukungcolisa. Ukungcolisa kusho ukulahlwa kwezinto eziyingozi kwimvelo ezingaba nomthelela omubi ezintweni eziphilayo. Ukungcolisa kungaqhamuka ezindaweni eziningi, okuhlanganisa udoti wezimboni, indle kanye noplastiki.

Ukungcolisa kuyingozi enkulu empilweni yasemanzini kanye nezilwane. Kungaphinde kumoshe izindawo okuhlala kuzo izilwane zasemanzini. Isibonelo, ukuchitheka kwamafutha kungamboza ulwandle kuninde namaphiko ezinyoni zasolwandle, okwenza kube nzima ukuba zindize. Kanjalo noplastiki ungagoqana bese wenza izilwane zasolwandle zingakwazi ukuphefumula, noma zingacabanga ukuthi ukudla, okungaholela ekutheni zibindwe futhi zilambe.

Imithelela yokungcolisa mibi kakhulu empilweni yasemanzini futhi sidinga ukuthatha izinyathelo zokulungisa le nkinga. Kukhona esingakwenza ukunciphisa ukungcola okusolwandle. Singanciphisa ukungcola kukaplastiki ngokusebenzisa izikhwama ezisetshenziswa kaningi, izitsha namabhodlela amanzi, nokugwema oplastiki abasetshenziswa kanye kuphela, nokulahlala udoti ngendlela efanele. Singasebenzisa imikhqiqizo engesiyo



ingozi kwimvelo, njengemikhqiqizo yokuhlaza engadingi ukulahlwa nomanyolo wemvelo. Singaphinde sixhase imizamo yokongiwa kwemvelo yolwandle, nokulwela imithetho eqinile yokuvikela impilo yasemanzini isikhathi eside.

Imithelela emibi yokungcolisa olwandle nasempilweni yasemanzini ifinyelela kude kakhulu futhi idinga kuthathwe izinyathelo ngokushesha. Njengabantu, singathatha izinyathelo zokunciphisa ukungcolisa futhi sixhase imizamo yokuvikela ulwandle nakho konke okuhlala kulo. Kungumsebenzi wethu ukuqinisekisa ukuphila nenhlalakahle yolwandle nakho konke okuhlala kulo, senzela izizukulwane eziseza.

# Load-shedding

Izingqinamba zokunqanyulwa kukagesi kubafundi

**INKINGA yokunqanyulwa kukagesi (loadshedding) iba nomthelela omubi kubafundi ngoba izinhlelo zokufunda zabo ziyaphazamiseka. Sibuze abafundi abambalwa baseMlazi sibabuza ukuthi lokunqanyulwa kukagesi kubathinta kanjani. Baphawule kanje:**

## 1-Yolanda Mbotho

Ngiwumfundi wesikole ngithi uma ngithi ngiyaqala ngenza umsebenzi wesikole, angibe ngisakwazi ukuthi ngifunde kahle ngoba ngiyaphazamiseka ngingakwazi ukubona kahle ngoba ugesi usuke usunyamalele. Uma ngithi ngizofika esikoleni ekuseni ngifunde, ngifika kuphithizela ngingakwazi ukufunda ngibe ngingakwazanga nokufunda nasekhaya.

## 2-Annitta Mnomiya

Isikhathi sokufunda asisasitholi kahle esanele ngoba uthola ukuthi ugesi uphelile futhi amakhandlela no-paraffin ayabiza noma akukho ukuze sikhanyise futhi asikwazi ukukhanyisa umakhalekhukhwini ngoba ama-battery asuke engekho. Lokhu imiphumela yako kugcina kuletha ingcindezi, singakwazi ukufunda emakhaya nasezikoleni ebusuku ngoba nakhona ugesi uyaphela futhi akuphephile.

## 3-Olwethu Miya

Ukuphela kwagesi kusiphazamisa ngokuthi uthola ukuthi esikoleni uphuma ngehora lesihlanu ntambama,uma uphuma uthola ukuthi uzothi uyafika ekhaya ugesi awukho kusafanele wenze nomsebenzi wasekhaya, kufanele u-ayine wenze nokunye, ngigcina sengiphazamiseka ngigcine sengingakwazanga ukwenza izinto ebengizihlelile. Uma uvuka ekuseni kuyenzeka uvuke ugesi ungekho futhi ugcine ugqoka ihembe elinga ayiniwe kuphoqeleke ukuthi ufake ijezi kushisa ngenxa yokuthi ufuna ukufihla.

## 4-Siphokazi Shange

Lento yokuphela kwagesi inkinga enkulu ngoba kumele thina njengamantombazane kumele sibuye sipheke nasemakhaya kodwa asikwazi ngoba ugesi uvele uphele ngezikhathi zantambama sibuya ezikoleni.

Nawa amasu okufunda kahle ngesikhathi se-loadshedding: Qinisekisa ukuthi uyalazi uhlu lokuphela kuka-gesi lwansuku zonke. Into yokuqala ukwenza isiqiniseko sokuthi indawo yakho uyayazi inombolo yayo(i-zone), futhi uya-download i-app ekwazisa ngokunqamuka kukagesi. I-app ingakusiza uzilungiselele futhi uhlele nezikhathi zakho zokufunda kusukela kwisigaba 1 kuya ku8 se-load shedding. Ama-app afana ne-Gridwatch, MyEskom, ne EskomsePush angakusiza futhi ayatholakala mahhala kwi-internet.

- Thola noma thenga amalambu elanga noma amalambu ashajwayo(chargable).
- Zama ukuthenga i-power bank ukuze ukwazi uku-charger i-phone ngesikhathi ugesi usanqamukile.
- Gcina ama-device afana nama-laptop enama-battery agcwele ukuze ukwazi ukuwasebenzisa ngesikhathi ugesi unqamukile.
- Zama ukufundela endaweni enelambu lokukhanya kwemvelo (natural light).
- Shesha ulungiselele umfaniswano wakho wesikole kusanesisikhathi, ayina kusekhona isikhathi ungazitholi usuya esikole ushwabene.

Akukho esingakwenza ukuvimba i-loadshedding. Ngakhoke asenze okusemandleni ethu ukwenza isiqiniseko sokuthi asiphazamiseki ezifundweni zethu ngenxa ye-load shedding.

Share your  
Eish-kom!  
moment.

WhatsApp us your Eish-kom moment where you were doing something and load-shedding happened and ruined everything.

WhatsApp number: 06123456789  
Name, School name and Share your story with us.

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At ULWAZI magazine for teenagers, we're more than just a publication - we're a community. A community of young people who are curious, creative, and passionate about making a difference in the world. So, join us on this journey of discovery and growth, and let's make the most of our teenage years together.

We're constantly updating our content, so be sure to check back regularly for the latest articles and features. And if there's something you want to see more of, let us know! We're always open to feedback and suggestions from our readers.

We also encourage you to get involved in our community. Follow us on social media to join the conversation, share your thoughts, and connect with other teenagers who share your interests. And if you have a story to tell or an idea for an article, we'd love to hear from you!

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