

UJWAZI

ISSUE 4 - OCTOBER/NOVEMBER 2023

magazine

WORK
HARD
DREAM
BIG

EDUCATE | INSPIRE | MOTIVATE

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MEDIA DEVELOPMENT & DIVERSITY AGENCY



**Welcome to
ULWAZI MAGAZINE
ISSUE 4:**



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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@Ulwazi Magazine



065 847 7466

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Proudly funded by the
Media Development and Diversity Agency(MDDA).

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development agency for promoting and ensuring
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HAMBANI KAHLE, BAFUNDI BAKAMATIKULETSHENI

Njengoba ningena esigabeni sokugcina sonyaka wenu kamatikuletsheni, kuzoba noshintsho olukhulu ezimpilweni zenu. Le nyanga yokugcina izogoqa yonke iminyaka yokusebenza kanzima futhi izoba yisiqalo sesigaba esisha. Njengoba nillungiselela izivivinyo zenu zokugcina, kubalulekile ukucabanga ngekusasa nokuhlelela okuzayo.

Yamukela Amathuba Amasha

Uma uthola ithuba lokuyofunda enyuvesi engaphandle kwesifundazwe sakho, ungangabazi ukulithatha. Ukuya kwesinye isifundazwe kungayinto enhle. Kuvula umhlaba wakho, kukuhlanganise nabantu abahlukahlukene, uthole nokwenza izinto ezihlukile. Ungavumeli ukwesaba kukuvimbe ekuhloleni amathuba amasha. Yamukela ushintsho, ushintshe nawe, futhi ukhule kulesi sigaba esisha.

Qhubekela Phambili

Ukuthola isikole esifanele noma izifundo ozithandayo kungaba nzima, kodwa ungaliphonsi ithawula. Cwalisela amaphepha okufaka isicelo sokufunda ngendlela, ngesikhathi, uphinde uqinisekise ukuthi uhambisa wonke amaphepha adingekayo.

Uma bekuchitha, khumbula ukuthi akusikho ukuphela komhlaba. Qhubeka ufake izicelo kwezinye izindawo. Uma ungakutholi lokhu okufunayo, zama uhlelo lwezifundo oluzokusondeza kulokhu ofuna ukukufunda (phecelezi i-bridging course), ukufunda ingxenye yesikhathi, noma wenze izifundo kwi-internet.

Ungakusabi Ukuphinda Uzame

Uma ungaphasanga ngendlela obuyifisa, ungalilahli ithemba. Ungazama futhi ukuphucula amamaki akho ngokubhalisela uhlelo lokubhala kabusha izifundo zakho. Uma uzinikela futhi usebenza kanzima ungewathola amamaki owadingayo ukuze ulandele amaphupho akho. Ungangabazi ukucela usizo, othisha, abasizi bezifundo kanye nezikhungo zemfundo zikhona ukukusiza.

Sebenzisa Kahle Unyaka Ozowuhlala Ekhaya

Uma ugcina uthatha unyaka wokuphumula ngaphambi kokuba uqhube izifundo zakho, sebenzisa lesi sikhathi ngobuhlakani. Thola umsebenzi emkhakheni owuthandayo, lokhu kuzokusiza uthole isipiliyoni futhi ukwazi ukubeka imali yezifundo zakho. Ungavolontiya, okungakusiza

ufunde amakhono abalulekile, noma ufunde nge-internet, noma uchithe isizungu ngezinto ozithandayo. Lokhu kukhula kuzosiza ikusasa lakho.

Phikelela

Impilo emva kukamatikuletsheni ngeke ihlale ilula, kodwa ungaliphonsi ithawula. Bhekana nezinsalelo ngamandla. Funda emaphutheni akho, uphikelele phambili. Umndeni wakho, abangani, othisha kanye nabeluleki bakhona. Ungasabi ukucela usizo ezikhathini ezinzima.

Ikusasa lakho lisezandleni zakho futhi ungaba yinoma yini ofisa ukuba yiyo uma uzimisela. Hambani kahle bafundi bakamatikuletsheni - ikusasa lenu elihlabahlosile linilindele.

IZITAYELA ZEZINWELE EZINHLE ZAMAHOLIDI NOKUZINAKEKELA:

Amaholidi ayisikhathi esihle kakhulu sokuzama izitayela ezahlukahlukene zezinwele, noma ngabe uzohambela imicimbi noma ufuna nje ukushintsha indlela obukeka ngayo. Nokho kubalulekile ukukhumbula ukuthi izitayela zezinwele ezahlukene zidinga ukunakekelwa ngezindlela ezithile ukuze ugcine izinwele zakho zizinhle kuze kuphele isikhathi samaholidi.



1. Amasingili

Amasingili ayisitayela seminyaka futhi esihamba nanoma yini. Gcina isikhumba sekhandla lakho namasingili kuhlazekile ngokukuhlaza ngensipho ewuketshezi engenawo ama-sulfate. Gcoba umkhiqizo owenziwe ngamafutha futhi ongasindi ezinweleni zakho ukuze ugweme ukoma. Gwema ukuqinisa kakhulu ngoba kungaholela ekuphukeni kwezinywele.

2. Amawigi (Amawivu)

Amawigi namawivu ayindlela esheshayo nenestayela yokushintsha indlela obukeka ngayo ngaphandle kokushintsha izinwele zakho zemvelo. Khumula iwigi njalo ekupheleni kosuku ukuze izinwele zakho zemvelo ziphefumule. Hlanza isikhumba sekhandla lakho ngensipho ewuketshezi engenabo utshwala nama-sulfate. Ungakhohlwa ukuhlaza iwigi yakho ngoba nayo ingangcola ngokuhamba kwesikhathi.

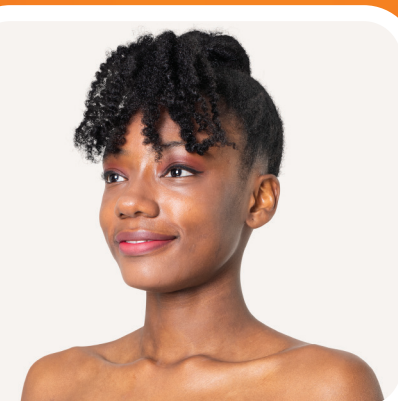


3. Izinwele ezidayiwe

Ukudaya izinwele yindlela emnandi yokubungaza amaholidi kodwa zidinga ukunakekelwa okwedlulele ukuze zihlale zinempilo futhi zigcine umbala wazo. Sebenzisa insipho ewuketshezi nomkhiqizo wokuthambisa ophephile ezinweleni ezinombala nengenawo ama-sulfate. Hlanza izinwele njalo emva kwezinsuku ezimbalwa ukuze ugweme ukuphupha kombala. Gcoba amafutha okuvikela umbala noma isifutho sokuvikela izinwele emisebeni yelanga. Cabanga ukusebenzisa imikhiqizo yokuthambisa izinwele ukuze ugweme ukoma nokulimala kwazo. Kukho konke, ungazidayi uphinde uzilule izinwele ngesikhathi esisodwa!

4. I-Snoopy

I-snoopy yisitayela esidala futhi esihle sokweluka. Gcina i-snoopy sakho sihlazekile ngokuhlaza isikhumba sekhandla lakho ngensipho ewuketshezi engenawo ama-sulfate. Gcoba umkhiqizo owenziwe ngamafutha, ongasindi, ukugwema ukoma. Gwema ukudonsekwa kwezinywele ngesikhathi uluka ukuze zingaphuki. Shuqula ngeduku le-silk noma le-satin noma i-bonnet ngesikhathi ulala ukuze uvikele umluko wakho.



5. Ukugcina izinwele zakho zemvelo

Izinwele zemvelo zihlukile, zinhle futhi zingezinye zezitayela zamaholide ezinhle kakhulu. Gcina izinwele zakho zinempilo ngokuzihlanza ngensipho ewuketshezi engenawo ama-sulfate. Sebenzisa umkhiqizo wokuthambisa izinwele noma imaski yezinwele ezozenza zithambe futhi zibukeke kahle. Sebenzisa iminwe yakho noma ikama elinamazinyo agqagqene ukuhlukanisa izinwele zakho, uqale ekugcineni kwazo wehle.

TOP 10 HITS OF 2023



Get ready to groove and move because 2023 has served up some seriously sizzling hits! The music scene has been on fire, and the airwaves have been buzzing with tunes that could even clinch the title of "Song of the Year." So, let's have a look at some of the hottest hits of 2023,

1. IPLAN - DLALA THUKZIN, ZABA, SYKES
2. PARIS - MKTHANDENI SK, LWAH NDLUNKULU
3. MNIKE - TYLER ICU, TUMELO_ZA, DJ MAPHORISA, NANDIPHA 808, CEEKA RSA, TYRONDEE
4. DALIE - KAMO MPHELE, TYLER ICU, KHALIL HARRINSON, BABY SON
5. NGILELE E HOTELA - KILLORBEEZBEATZ
6. EYAMI - LWA NDLUNKULU
7. SGUDI SNYC - DE MTHUDADA MUZIQAAL CHEF, EEMOH
8. HABIBI (QUANTUM SOUND) - SIZWE NINETEEN, R-BEE, TUMI SDOMANE, DRUMONADE, DE'VINE
9. IMPUMELELO - SAM DEEP, EEMOH, DA MUZICAL CHEF
10. NKOSAZANA DAUGHTER, MASTER KG, LOWSHEEN - RING RING RING

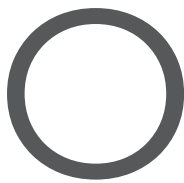
So, get ready to turn up the volume, unleash your inner dance-floor diva, and celebrate the electrifying beats and heartfelt lyrics that define 2023's hottest hits. Whether they become summer anthems, chart-toppers, or simply the tunes that make you smile, the music of this year has elevated our vibes and created unforgettable memories. What has been your favourite tune for 2023?

Drop us a WhatsApp on 065 847 7466.



UMUHLE, ZAMUKELE, ZITHANDE

Siphila esikhathini sezinkundla zokuxhumana, ama-reality show, ama-influencer, ama-BBL nama-waist trainer. Imizimba yabantu besifazane kudala yaba undabuzekwayo, kodwa esikhathini sanamhlanje kwedlulele. Wonke umuntu unombono ngemizimba yabantu besifazane, kanti nemigomo yobuhle esiyibona ezinkundleni zokuxhumana nakuma-reality shows iya ngokuya iyanyuka.



saziwayo nama-influencer “bathenga imizimba emisha” emazweni aphesheya afana ne-Turkey ngoba kulezi zinsuku umzimba womuntu wesifazane “owamukelekile” ilowo ome ngendlela eyodwa: amabele amile, ifiga yomnyovu, nezinqe ezinkulu. Uma ungamile ngale ndlela, ungazithola usuyisihloko esihamba phambili ezinkundleni zokuxhumana, ubizwa ngawo wonke amagama ngenxa nje yomzimba wakho ozalwe nawo.

Ngakho-ke akuthusi ukuthi abantu besifazane bakhokha izimali ezishisiwe kodokotela bemizimba ukuthi babenze babukeke ngale ndlela. Okuyinkinga ngezizathu eziningi:

Abantu abasoze bafana:

Abantu bahluke ngezindlela eziningi kodwa ikakhulukazi ngemizimba. Asidalwanga safana, kungani ke abantu besifazane kulindeleke ukuba babe nemizimba eme ngokufana?

Kubhehethekisa ubuqhwaya ezinkundleni zokuxhumana:

Ukwamukela le ndlela yokucabanga ngabantu besifazane kubhehethekisa ukuhlukumezeka abantu bhesifazane ababhekana nabo ngenxa yendlela ababukeka ngayo uma bephanyeka izithombe zabo ezinkundleni zokuxhumana.

Ukuphazamiseka kwengqondo:

Ukuhlukunyezwa ezinkundleni zokuxhumana kungashiya umuntu enezinkinga zokuphazamiseka kwengqondo ezifana nokhwantalala, ukukhathazeka ngokweqile, ukugqilazeka kwengqondo, nokunye. Ukuphazamiseka kwengqondo kungaholela ekuzibulaleni uma umuntu engalutholi usizo, njengoba sesike sabona ngaphambilini. Izinkinga zokuphazakiseka kwengqondo zidla lubi esikhathini samanje, ikhakhulukazi kubantu abasha.

Kwehlisa ukuzethemba:

Ukuba sezinkundleni zokuxhumana kusho ukuthi awudingi ukulandela abantu abathile ukuze ubone bona nezinto nezindaba ezibathintayo. Kulula ukuthi umuntu omusha alahlekelwe ukuzethemba ngenxa yemigomo yobuhle ebekwe abantu ezinkundleni zokuxhumana. U-Instagram ugcwele izithombe zosaziwayo nama-influencer nemizimba yabo eme ngokufana, u-Twitter wona ugcwele izithombe zabantu besifazane abanemizimba yabo yemvelo beqhathaniswa nama-influencer nosaziwayo. Kulula ukubona konke lokhu, uqale uwuzonde umzimba wakho, ungazethembi ngoba akusikho nje ukuthi awumile ngendlela ethandwa yiwo wonke umuntu, usemncane, uwumfundi, awunayo imali yokushintsha indlela umzimba wakho ome ngayo.

Akugcini nje ezinkundleni zokuxhumana:

Le ndlela yokucabanga nokubheka imizimba yabantu besifazane ayigcini ezinkundleni zokuxhumana, ikapakela nasezimpilweni zethu zangempela, okuletha le nkinga eduze kakhulu nathi. Amantombazane agcina ebhekana nokuqhathaniswa kwemizimba yabo nabanye abantu besifazane emakhaya, emiphakathini nasezikoleni. Lokhu kusho nokuthi amantombanzane asemasha angazithola esegxile kakhulu ekutheni bona nontanga yabo bame kanjani nokuthi kwamukelekile yini, kunokugxila ezifundweni zabo.

Kodwa zikhona izindaba ezimnandi!

Awudingi ukuba nomzimba ofana nowosaziwayo, ama-influencer, nanoma ubani omunye futhi. Umuhle unje, okubalulekile ukuthi uzithande futhi uzamukele.

Abantu besifazane bame negzindlela, ezinhle ezahlukene. Ukuba kwakufanale sime ngokufana sonke, sasiyodalwa sifane.

SOUTH AFRICAN SPORTING ACHIEVEMENTS AND INTERESTING FACTS

FOR EACH STATEMENT, DECIDE WHETHER IT'S A FACT (TRUE) OR FICTION (FALSE).

1. Fact or Fiction: South African sprinter Wayde van Niekerk holds the world record for the men's 400 meters.

2. Fact or Fiction: The South African national rugby team is known as the "Proteas."

3. Fact or Fiction: Penny Heyns, a South African swimmer, won two Olympic gold medals in the 100m and 200m breaststroke events at the 1996 Atlanta Olympics.

4. Fact or Fiction: South Africa has hosted the FIFA World Cup twice in the past.

5. Fact or Fiction: Gary Player, a legendary South African golfer, has won all four major championships in golf during his career.

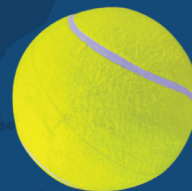
6. Fact or Fiction: The Comrades Marathon is a prestigious cycling race held annually in South Africa.

7. Fact or Fiction: Chad le Clos, a South African swimmer, won multiple Olympic gold medals in the 200m butterfly event.

8. Fact or Fiction: The South African women's national cricket team is often referred to as the "Proteas."

9. Fact or Fiction: Siya Kolisi, the captain of the South African national rugby team, led the Springboks to victory in the 2019 Rugby World Cup.

10. Fact or Fiction: South Africa is the only country to have won both the Rugby World Cup and the FIFA World Cup.



****Answers:****

1. Fact (True) | 2. Fiction (False) | 3. Fact (True) | 4. Fiction (False) | 5. Fact (True) | 6. Fiction (False) | 7. Fact (True) | 8. Fact (True) | 9. Fact (True) | 10. Fiction (False)

Honoring Our Heroes: Celebrating Our Extraordinary Teachers



Teachers are our guiding stars, our mentors, and our heroes. Everyday, they step into classrooms with a mission - to ignite our minds, shape our futures, and help us become the best versions of ourselves. But there are those special teachers who go above and beyond, leaving an indelible mark on our lives. Let's celebrate these extraordinary educators and encourage you to show your love and appreciation for the teachers who make a difference.

Teachers are more than just instructors; they are champions of knowledge and wisdom. They provide a safe space for you to learn, make mistakes, and grow. They encourage your dreams and support you through challenges. They are there to celebrate your victories and offer comfort during difficult times. Teachers are the unsung heroes of your education journey.

While all teachers play an essential role, there are those who stand out. They bring innovation to their teaching, making learning fun and engaging. They offer extra help when you struggle, staying late to ensure you grasp the material. They inspire you with their passion, making you excited to come to class each day. These extraordinary teachers change lives, one lesson at a time.

Teachers are indeed a force that extends well beyond the classroom. They often become more than just educators; they become mentors, friends, and even second parents. Their caring and support go above and beyond their job descriptions. They listen to our worries, provide advice, and stand by us during personal challenges. Their role in our lives transcends academics, as they instill values, ethics, and life skills that stay with us long after we leave school. Teachers don't have to become our second parents, but their willingness to do so is a testament to their dedication to our growth and well-being.

It's super important for you to say thank you to those amazing teachers, especially as the year is winding down. Just a simple "thank you" can mean the world to them. You can write a heartfelt note, say thanks in class, or do something small to show you appreciate them. And don't forget to show some love and say thank you to your favorite teacher as the year ends. You can write them a sweet thank-you letter or even get a small gift to show your gratitude. These little acts of appreciation can mean a lot and let them know how much you value what they've done for you.

Let's celebrate our exceptional educators, showing them love and appreciation.

Dear Sis Yoli



Isikole siyagqilaza. Ngikhathela Mina. Sikephi isidingo sayoyonke lento?

Zikhona izinsuku la uthola ukuthi uyagqilazeka eskoleni, kodwa kwenzinye izinsuku uthola ukuthi kumnandi futhi eskoleni. Impilo as a whole injalo, ezinye insuku ziyagqilaza, ezinye zibamnandi. Isidingo sesikole ukuthi uqeqesheke kwezemfundo, uqeqesheke ube ilomuntu ofisa ukuba uyena nokufunda ukuphilisana nabanye abantu kanye nokusebenzisana nabo ngoba impilo iphilwa nabantu ngisho usuphumile esikoleni.

Ngifunda uGrade 9 and ngine boyfriend efunda ugrade 11. Ekhaya bangibambile ukuthi mina ngiyajola manje sengisenkingeni. Ikephi vele inkinga? Angi understandi why abazali bengi bangela ukushisa.

Kungabukeka sengathi ayikho inkinga kodwa abazali babuka ukuthi ungazithola usesimweni sokuzimbadakanya kucansi usafunda isikole. Abazali bafisa engathi ingane ingazigcina isikhathi eside ingazimbadakanyi ngoba kunobungozi bokuthola izifo zocansi, kube nobungozi bokukhulelwa usafunda, kube nobungozi bokuphazamiseka ezifundweni zakho ngezindlela eziningi ezahlukahlukene.

Ekhaya angiyithandi indlela abakhuluma nami ngayo. Bayangihhafa futhi basho amazwi angemnandi kimina. How do I make them understand that they hurt my feelings when they do that?

Ungaqala ngokuyibeka indaba yakho kukuhle nje ekhaya amaphaphu engekho phezulu. Usho indlela ozizwa ngayo. Uma usukhulumile kodwa bangayinaki into obuyisho noma ungakwazi ukukhuluma nabo umlomo nomlomo ungabhala incwadi bese unika umuntu omthembayo umndenini ongayidlulisele kwabanye.

I-phone ayibekeki phansi. Angisakwazi nokufunda kodwa futhi ngiyafuna ukuphasa. Ngenzenjani?

Zikalele isikhathi sokuba efonini ngosuku. Akumele ukuthi isikhathi sokufunda sibangiswe ifoni. Isikhathi sokufunda isona ekumele sibe siningi kunesefoni. Empeleni, ifoni akumele kuphele amaminithi awu 15 ukuyona ngaphandle uma wenza ucwaningo lwesikole.

Ngiyasaba ukucela usizo uma uthisha efundisa. Ngingasithathaphi sibindi sokukhuluma ngicele usizo

Isikhathi esiningi ukusaba kuye kuhambisane nokungazithembi, uzitshela ukuthi umbuzo wakho uzoba nobuphukuphuku bese beyakuhleka. Kumele ukhumbule ukuthi ukuya esikoleni kungokokufunda lokhu ongakwazi. Okusho ukuthi uthisha uyena ongakunika lololwazi. Futhi khumbula awukho umbuzo ongabalulekile ngoba impendulo yawo ingasiza nomunye umfundi obengakaqondi kahle lokhu nawe okubuzayo.

Amaholidi ayeza. Akuve ngizofa ukubhoreka. Yini nje engingaba busy ngayo?

Ungahlela izinto ongazenza nomdeni wakho noma nomakhelwane nibe busy ngemidlalo, imisebenzi yezandla noma ukuvolontiya ezinkampanini ezisemphakathini usize ngezindlela ezahlukahlukene. Ungaya e-library uyoboleka izincwadi ongazifunda zezihloko ezithandayo. Ungasiza ekhaya kulezizinto ezingenzeki usafunda ngoba isikhathi singekho. Kubalulekile ukuthi amaholidi uwasebenzise ngendlela efanele. Kungabi nje isikhathi la ongenzi lutho khona.

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.



Careers in Broadcasting

Broadcasting is the art of sharing information, entertainment, and stories with the world through various media channels such as television, radio, and the internet. It's not just about being in front of the camera; there's a whole world of behind-the-scenes action that brings the magic of television and radio to life. Let's have a look at various careers within broadcasting.

Broadcast Journalists: These are the storytellers who research, investigate, and present news and current affairs to the world. They strive to deliver information in a fair, balanced, and accurate manner through various mediums, including television, radio, and the internet. Roles in this field go beyond what you see on screen and encompass editing, reporting, producing, and more.

Broadcast Engineers: These unsung heroes ensure that all the technical aspects of broadcasting run smoothly. From operating and maintaining equipment to troubleshooting issues, they play a crucial role in bringing the show to your screen.

Film or Video Editors: Ever wonder how hours of footage are turned into a polished production? Film and video editors take on this challenge, meticulously assembling raw material into a finished product that captivates audiences.

Media Planners/Strategists: Behind every successful broadcast is a well-thought-out plan. Media planners determine the best platforms, timing, and strategies to reach the target audience effectively.

Sound Technicians: High-quality sound is a must in broadcasting.

Sound technicians ensure that all audio aspects, from recording to production, meet the highest standards.

Television Camera Operators: shoots to tell the story effectively.

Television Floor Managers: These multitasking experts coordinate on-set activities, ensuring equipment safety, timely cues to presenters, and smooth communication between the director and production team.

Vision Mixers: The magic of live broadcasting happens through the eyes of vision mixers. They make split-second decisions on transitions, camera angles, and visual effects to deliver a seamless broadcast.

Archivists: Preserving historical records

If you're intrigued by the world of broadcasting and wish to explore it further, there are various courses and educational paths you can pursue:

Media Studies: This field provides a broad understanding of media, including its history, theory, and practical applications.

Film and Video Production: These programs focus on the technical

and creative aspects of filmmaking, including editing, cinematography, and directing.

Communication and Media Studies: These courses delve into the broader field of communication, covering topics like media theory, ethics, and media production.

Broadcast Engineering/Technology: If you're interested in the technical side of broadcasting, a degree in broadcast engineering or technology can provide the necessary skills.

Sound Engineering: For those passionate about audio, sound engineering programs teach you the ins and outs of recording and sound production.

A career in broadcasting is not just a job; it's an opportunity to be part of an industry that thrives on creativity, technology, and storytelling. Whether you're in front of the camera or behind it, there's a role for everyone who wants to contribute to the captivating world of media and communication. So, if you've ever been curious about this dynamic field, there's a place for you in the exciting realm of broadcasting.

SIZWE'S CINEMATIC JOURNEY

Meet Sizwe Ndimma: Durban's Visionary Videographer and Cinematographer



2. What equipment and software do you find essential for your work, and why?

In my industry, all software and equipment can vary depending on the project, but you need to have a good camera and good lenses. My favorite pieces of equipment are the ARRI Alexa LF and ARRI Master Prime Lenses. Essential software includes DaVinci Resolve 18 for editing and color effects, as well as Adobe Premiere Pro.

3. Many young readers of Ulwazi Magazine might aspire to become videographers or cinematographers. What advice would you give to someone starting in this field?

You need to have a passion for the field, so the advice I can give to the readers of Ulwazi Magazine is that with passion, discipline, and the ability to work hard, you will go far in the industry. This is a very challenging profession, and we face many obstacles.

4. Can you share some tips for young videographers who want to create impactful and visually stunning content?

The first thing is to stick to the story. They should understand that videography is about telling a story and not just capturing moments. Each moment and motion picture captured should depict a story and convey a message to whoever is watching.

5. What projects are you currently working on, and what can we expect from you in the future?

I am currently dedicated to the development of NationPath Media Academy, an accredited institution offering an NQF Level 5 qualification

Sizwe Ndimma, a 30-year-old Durban resident, is a rising star in the world of videography and cinematography. His journey into this captivating field is a testament to the power of inspiration and dedication. In this exclusive Q&A magazine profile, Sizwe shares his experiences, insights, and advice for aspiring filmmakers.

1. How did you first become interested in videography and cinematography? What inspired you to pursue this career?

I was initially inspired by watching movies at home and at school during our Friday Movie Nights, which cost 50 cents at the time. This interest and fascination grew as I became intrigued by the filmmaking process in the movies I watched, featuring stars like Jet Li, Jackie Chan, and Van Damme. I used to watch SABC News at home, and every day when the credits rolled, I saw the production team and the camera crew working behind the scenes. This was a validation of the possibility of what I wanted to do.



Facebook and Instagram:
[@SizweNdimma](#)
[@NationPath_Media](#)

Jabula Ngokuphepha Ngalesi Sikhathi

Samaholidi: Amasu Okubungaza

Okunenjabulo Nokuphephile



Isikhathi samaholidi yisikhathi senjabulo, ukuhleka, nokubungaza. Njengoba unyaka usuphela, kuyimvelo ukufuna ukukhululeka uzijabulise nabangani nomnden. Kodwa kubalulekile ukukhumbula ukuthi ukuphepha kufanele kuhambe phambili, ikakhulukazi uma ungaphandle uzijabulisa. Noma ngabe usemimbini wamaholidi, umcimbi wokuphela konyaka, noma uzihlalele nabantu obathandayo, nawa amsu abalulekile okuhlala uphephilele uma uzijabulisa ngalesi sikhathi.

1. Yazisa Umuntu Ngezinhlelo Zakho

Ngaphambi kokuphuma uye kunoma yimuphi umcimbi, yazisa umuntu omethembayo ukuthi uyaphi futhi uzobe unobani. Bathumelele indawo okuyo futhi ugcine umakhalekhukhwini wakho ushajiwe ukuze ukwazi ukuxhumana nabo ubusuku bonke. Ukuba nomuntu owaziyo ukuthi ukuphi kwenza wena nabantu obathandayo nikhululeke.

2. Ungabuphuzi Utshwala Uma Ungaphansi Kweminyaka Egunyaziwe

Kulula ukulingeka ukuba uphuze uma ubona abanye bekwenza, ikakhulukazi ngemigubho yesikhathi samaholidi. Kodwa kubalulekile ukukhumbula ukuthi ukuphuza ungakafiki eminyakeni egunyaziwe akukho semthethweni futhi akuphephile. Umthelela wotshwala kubantu abasha awufani nakubantu abadala futhi bungaholela ekwenzeni izinqumo ezingaphephile nokuziphatha okunobungozi. Phuza iziphuzo ezingenabo utshwala noma uhambele imicimbi enemithetho eqinile ngokuphuza kwabantu abangaphansi kweminyaka.

3. Gwema Abantu Ongabazi Nezindawo Ongazijwayele

Yize ukwenza abangani abasha kumnandi, kubalulekile ukuqaphela uma utholene nabantu ongabazi. Ungavumi ukuhamba nabantu

ongabazi futhi ugweme ukuya ezindaweni ongazazi wedwa. Uma umenywe ephathini noma emcimbini, qinisekisa ukuthi usingethwe umuntu omethembayo noma usendaweni edume kahle.

4. Hlala Unabantu

Uyaphepha uma unabantu abaningi. Uma uhambele amaphathi noma uhlanganyele nabanye abantu, zama ukuhlala uneqembu labangani noma amalungu omnden. Lokhu akugcini nje ngokunyusa ukuphepha kwakho kodwa kunyusa nezinga lobumnandi bombungazo. Gadanani, uma kukhona odinga usizo, nimsiz.

5. Ungazifaki Ebungozini Obungenasidingo

Yize inhloso kuwukujabula, khumbula ukuthi obunye ubungozi abunasidingo. Gwema ukududwa ukuba wenze izinto eziwubungozi, ukuphuza kakhulu, nezinto ezingaholela ekutheni ulimale. Ukuziphatha kahle nokwenza izinqumo eziphusile kuzoqinisekisa ukuthi uyajabula ngaphandle kokuzifaka engcupheni.

Ukulandela la masu alula okujabula ngokuphepha, ungajabulela isikhathi samaholidi ngokuphelele ube uzivikela wena nalabo abaseduze nawe.

Ukuhlala Uphephile Olwandle

1. Bhukuda ezindaweni ezigunyaziwe:

Bhukuda ezindaweni ezigunyazwe ngabatakuli. Bheka amafulegi nezimpawu ezikhomba lezi zindawo. Inhloso yabatakuli ukukugcina uphephile, ngakho qinisekisa ukuthi uyayilalela imiyalelo yabo.

2. Isexwayiso nge-rip current:

I-Rip current ingaba yingozi kakhulu kodwa ukukwazi ukuyibona nokuthi wenzeni uma uyibona kungasindisa impilo yakho. I-rip current ingamanzi anamandla ahamba ngesivinini esikhulu esuka osebeni lolwandle. Uma uzithola ubambeka kuyo, ungathuki. Bhukuda ngendlela efanayo ukuze ingakudonsi, bese ubhukuda ubuyele emuva.

3. Ukugadana:

Ukubhukuda nomngani noma ilungu lomndeni kuyicebo elihle. Gadanani, ungabhukudi wedwa, ikakhulukazi uma ungaletsembi ikhono lakho lokubhukuda. Ababhukudi abasebancane kufanele bahlale begadiwe.

4. Ukuvikeleka kwilanga:

Vikela isikhumba sakho emisebeni yelanga. Gcoba i-sunscreen njalo, ugqoke izingubo ezivikelayo, futhi ungakhohlwa ukugqoka isigqoko ukuze uzigcine upholile futhi uzivikele ekushishweni yilanga. Phuza amanzi amaningi.

5. Utshwala Abuvumelekile:

Kubalulekile ukuqaphela ukuthi utshwala abuvumelekile emabhishi omphakathi futhi intsha akufanele iphuze utshwala. Ungaphuzi bese uyabhukuda. Utshwala bukhubaza indlela obona ngayo izinto nokukwazi ukubona, ukuma nokuhamba kahle, okukubeka engcupheni yezingozi ezifana nokuminza.



HA
HA



LOL

Jokes

What do you get when you cross a computer and a lifeguard?

- A screensaver!

What do you call a tree that fits in your hand?

- Palm tree!

What do you get when you mix a chemist and a biologist?

- "A chemical reaction!"

What do you get when you cross a physicist and an engineer?

- "A solution to a complex problem!"

What do you call a mathematician on a roller coaster?

- "A thrilling derivative!"

What do you call a bear with no teeth?

- A gummy bear!

Why don't scientists trust atoms?

- Because they make up everything!

What did one wall say to the other wall?

- "I'll meet you at the corner!"

Why was the math book sad?

- Because it had too many problems.



Zulu Tongue Twisters

Amaxoxo ayaxokozela exoxa ngoxamu exhibeni.

Ingqeqebulane yaqaqela uqhoqhoqho, uqhoqhoqho waqaqela iqaqqa, iqaqqa laqalaza.

UShabalala washabalala neshumi losheleni emshinini kashukela eshashalazini laseShowe.

UCele ucambalele ocansini ucabanga ngecebo lokuciba ucilo ngomcibisholo





TAKE A HIKE: EXPLORING DURBAN'S BEST HIKING SPOTS

Hiking isn't just about walking in the bushes; it's an experience that can teach you plenty. It's a chance to break free from your daily routine, breathe in fresh air, and witness the beauty of nature up close. Hiking is like a journey of self-discovery, as it challenges your limits, boosts your physical fitness, and allows you to appreciate the world in all its natural glory. Hiking during the holidays can be an unforgettable adventure, and Durban offers a range of beautiful trails to explore. So, grab your friends, family, or even venture out on your own, and discover the wonders of nature that await just beyond your doorstep.

Whether you're a novice or an experienced hiker, these trails are your ticket to the wonders of nature and the great outdoors. Get ready to make lasting memories and embrace the beauty of nature. Happy hiking!

TOP 5 HIKING SPOTS IN DURBAN:



Kenneth Stainbank Nature Reserve: Located in Yellowwood Park, this reserve is a hiker's dream. With various trails to choose from, you can explore grasslands, forests, and hills, and even spot wildlife like zebra and impala.



Paradise Valley Nature Reserve: Just outside Durban, this reserve is known for its pristine hiking trails. The Yellowwood Trail, in particular, is a must-try, leading you to a waterfall and rock pools.



Krantzkloof Nature Reserve: Located in Kloof, Krantzkloof Nature Reserve offers a variety of hiking trails that wind through lush forests and along the cliffs of the Krantzkloof Gorge. The viewpoints provide stunning vistas of the gorge and the Umgeni River.



Inanda Heritage Route: The Inanda Heritage Route offers a unique hiking experience along trails that pass through rural villages, historic sites, and beautiful landscapes. It's a chance to explore the cultural and natural heritage of the Inanda area.



Shongweni Nature Reserve: Shongweni Nature Reserve is a haven for outdoor enthusiasts. With various trails, you can explore the diverse landscapes, from grasslands to forests, and enjoy views of the Shongweni Dam. Keep an eye out for wildlife like zebra, giraffe, and an array of bird species.

Tips for Hiking

- Always let someone know where you're going and when you'll be back.
- Wear comfortable clothing and proper hiking shoes.
- Stay hydrated and carry snacks for energy.
- Respect nature: don't litter, and don't disturb wildlife.
- Follow trail markers and maps, and stay on designated paths.
- Take a fully charged phone for emergencies but use it sparingly.

Are **ROBOTS** Really **TAKING OVER THE WORLD** and Taking Away Jobs?



Robots and machines seem to be everywhere these days, making some folks wonder if they're taking over the world and snatching up our jobs. But is it really as scary as it sounds? Okay, so robots are pretty cool and super handy for doing tasks that are repetitive or dangerous. But are they gobbling up all the jobs? Well, not exactly. They're changing the job scene, for sure, but it's not all bad news.

The thing is, when robots step in, they can also bring along some new job buddies. Yep, it's true. While some jobs might go the way of the dodo because of automation, others pop up in different places. Think about the folks who make, fix, and program those robots – those jobs are in demand! Now, here's the real scoop: humans and robots can team up and be the dream team. You see, machines are great at doing stuff that's repetitive and precise, while us humans bring creativity, critical thinking, and those warm, fuzzy

feelings to the table. What's super important is getting ready for this robot-filled future. That means learning new skills and staying curious. Jobs that require things like creativity, empathy, and problem-solving are harder for robots to steal. With all this tech around, we'll need tech wizards who can code, design, and create amazing digital stuff. Websites, apps, games – you name it. We also can't forget the healthcare heroes, like doctors, nurses, and healthcare workers. Even with robots, we need caring humans to look after our health and well-being.

So, are robots taking over the world and stealing jobs? Nah, not really. They're just changing the job market, making some tasks easier and others more complex. South Africans, like people everywhere, are finding ways to adapt, learn, and keep moving forward in this brave new world of technology. Just remember, we're all in this together – humans and machines, making the future bright!

Crypto, Blockchain, and Trading

Your Guide to the Digital Money Revolution



Crypto, blockchain, trading - these terms have been making quite the buzz lately. But what's the deal with them, and can you really make money from this digital revolution? We're here to break it down for you in a way that's easier to understand.

What is Cryptocurrency?

Imagine a secret, digital coin that you can't hold in your hand, but you can use it to buy stuff online. That's cryptocurrency! Bitcoin, Ethereum, and others are examples. They're not controlled by a bank or government; instead, they use super-secure technology called blockchain.

Blockchain - What's That?

Think of blockchain as a super-locked diary for all crypto transactions. It records who sends money to whom, and it's spread across lots of computers, so it's tough to tamper with. This makes crypto more secure and trustworthy.

Is It a Scam?

Crypto can be legit, but watch out for scams. Some people promise quick riches but then disappear with your money. Stick to well-known and trusted platforms for buying and trading.

Can You Make Money?

Yes, but it's not a guaranteed path to riches. Crypto prices can swing wildly, like a rollercoaster. You might make a lot or lose some. So, it's important to be careful and invest only what you can afford to lose.

Trading - The Risky Game

Yes, Trading crypto is like playing the stock market. You buy low and hope to sell high. But, it's risky! Prices change fast, and you need to keep your cool. Don't let emotions rule your choices.

Cryptocurrency and blockchain tech are exciting, but they're not a guaranteed way to get rich quick. It's essential to be cautious, learn as much as you can, and only invest what you can afford to lose. It's like exploring new territory, and while there are opportunities, there are also risks.

While the world of trading and cryptocurrency might seem enticing, it's crucial to remember the importance of education and the value of going to school. Learning is a superpower, and it can open doors to exciting careers and opportunities you may not even know exist yet. So, don't get swept up in the hype of quick riches. Instead, focus on your studies, because knowledge is an investment that will always pay off. Stay curious, keep learning, and you'll be better equipped to navigate the digital world and make informed decisions about your financial future.

Dr Bonga Gwala

Owazalelwa eMlazi usenguChwepheshe Wezempilo: Uhambo lukaDkt Bonga Gwala Oluhlabahlosile. UDkt Bonga Gwala uyisibonelo esihle sokuzimisela nokubekezela, ukhulelele elokishini laseMlazi esigcemeni sakwa-G kanti manje usengudokotela ohlonishwayo emkhakheni wezempilo. Impilo kaDkt Gwala ibe nezingqinamba kodwa ukuzinikela kwakhe emaphusheni akhe kanye noxhaso aluthola emndenini wakhe nabeluleki yikho okwamqhuba.



UDkt Gwala wafunda eNcophelole Combined School, eSikhwelo Senior Primary School kanye naseMbizweni High School.

Kungesikhathi efunda emabangeni aphezulu lapho athola khona intshisekelo yakhe yomkhakha wezempilo. Uthi: “Ngangifuna nje ukungena emkhakheni wezempilo, okuyisinqumo engasheshe ngasenza.”

Okwamgqugquzela kakhulu ngalesi sikhathi esibalulekile kwaba yizingxoxo aba nazo nababengabafundi esikoleni sakhe samabanga aphezulu abase bephumelele emikhakheni eyahlukahlukene. Bamfundisa ukuthi naye angaphumelela ngaphandle kokulahla imuva lakhe laseMlazi.

Ukusuka esikoleni samabanga aphezulu aye enyuvesi kwakuyinselelo enkulu kuDkt Gwala. Uthi kwakunzima futhi kuhlukile kakhulu kunokwesekwa ayekuthola esikoleni. Yize kunjalo, walwamukela ushintsho waphinde wathola induduzo ekuzibandakenyeni

emisebenzini yasenyuvesi, ikakhululazi ukuhlanganyela nabanye abafundi abanemuva elifana nelakhe. Lokhu kwesekana kwabamba iqhaza elikhulu ekujwayeleni kwakhe enyuvesi. Ukukhetha inyuvesi eseduze kwakubaluleke kakhulu, njengoba kwanciphisa izingqinamba zezimali nokunye okwakungenzeka kuphazamise inqubekela-phambili yakhe. UDkt Gwala wayeziqonda izingqinamba abafundi basemanyuvesi ababhekana nazo uma befunda kude nasemakhaya kanye nokubaluleka kokukhetha umkhakha owuthandayo.

Izinkinga zemali zaziyenye inselelo kodwa uDkt Gwala wayezimisele. Abazali bakhe babengenayo imali yokumkhokhela enyuvesi, ngaphandle kuka-R4000 wokubhalisa. Wabhalisela uhlelo losizo lwezimali wathola nokwesekwa abafundi ababesimweni esifana nesakhe. Namhlanje uDkt Gwala ungumnikazi we-Dr BC Gwala Medical Centre eMlazi kwa-V futhi uyaqhubeka nokukhula emkhakheni wakhe ngokufundela iziqu ze-Post Graduate Diploma ezifundweni ze-Occupational Health. Ngaphandle

komsebenzi wakhe, ushade noNkk Zanele Gwala, oyi-Animal Health Technician futhi ungubaba wabafana ababili.

Uthi impumelelo yakhe ingenxa yothisha ababemeluleka eminyakeni yakhe yamabanga aphezulu abafana noMnuz Nyawo, Mnuz Thusi kanye noNkz Myeza, ababamba iqhaza elibalulekile ekwakheni imuva lakhe nokumeseka.

Kubantu abasha abafisa ukungena emkhakheni wobudokotela, uDkt Gwala uneseluleko esisodwa: “Uma ukuthanda, kwenze. Kuwumkhakha omuhle kakhulu futhi onomvuzo.”

Landela u-@DrBongaGwala ezinkundleni zokuxhumana ukuze uthole kabanzi ngohambo lwakhe olukhuthazayo kanye nendawo yakhe yokwelapha.

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Join Us at the Ikusasa Lakho Top Achievers Awards 2024
Date: January 2024
Venue:Umlazi Mega City

The Ikusasa Lakho Top Achievers Awards are dedicated to recognizing exceptional schools in and around Umlazi. These are schools that, despite not reaching a 100% matric pass rate, have produced outstanding individuals and students with remarkable achievements.

Our mission is to support schools and learners who have not been fortunate enough to receive funding or sponsors, and to honour their dedication and success.

Prizes to be awarded to deserving schools and their high-achieving students.

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- **School Principals: Submit your school's 2022 pass rate.**
- **Once the results for Matric 2023 are available, send us the names of your top achievers for consideration.**

Let's come together to celebrate the triumph of education and the spirit of achievement.

For more information and inquiries, please contact 031 902 8202 or Thembalihle Ngcobo: tngcobo@broll.com , Zama Malunga: ZamaM@primediainmalls.co.za ; Mpume Gumede : ngumede@broll.com .

Follow us on all socials [FB: Umlazi Mega City, Insta: [umlazi.megacity](https://www.instagram.com/umlazi.megacity)] for updates and inspiration!
#AzidleKhaya #UmlaziMegaCity

Smoothie Recipes

Summer is here, and you know what that means - school's almost out. Whether you will be chilling on the beach, hanging with friends, or just kicking back at home, these smoothies are the ultimate summer refresher.



Orange

Banana Berry Blast

- 1 ripe banana
- 1/2 cup of mixed berries (strawberries, blueberries, raspberries)
- 1/2 cup of yogurt or ice cream
- 1/2 cup of milk
- 1 tablespoon of honey or sugar

Tropical Sunshine Smoothie:

- 1/2 cup of pineapple chunks (fresh or frozen)
- 1/2 cup of mango chunks (fresh or frozen)
- 1/2 cup of milk or ice cream
- 1/2 cup of orange juice
- 1 small ripe banana

Green Goodness Smoothie

- 1 cup of fresh spinach leaves
- 1/2 cucumber
- 1 small banana
- 1/2 cup of apple juice
- 1/2 cup of plain yogurt
- 1 tablespoon of honey/sugar

Peanut Butter Banana Smoothie:

- 2 ripe bananas
- 2 tablespoons of peanut butter (smooth or crunchy, as per preference)
- 1/2 cup of plain or vanilla yogurt
- 1/2 cup of milk (dairy or non-dairy)
- 1 tablespoon of honey (adjust to taste)
- Ice cubes

Instructions for All Smoothies:

1. Add all the ingredients into a blender.
2. Blend until smooth and creamy. If the smoothie is too thick, you can add more liquid (milk, juice, or water) to reach your desired consistency.
3. Taste the smoothie and adjust the sweetness by adding honey if needed.
4. Pour the smoothie into a glass and enjoy!



Plum



Banana



Cherry



Watermelon



Blueberry

Navigating Teenage Acne: *The Do's and Don'ts for Healthy Skin*



Acne and adolescence often go hand in hand, and it's a common part of growing up. This skin condition occurs when hair follicles get clogged with a mix of oil and dead skin cells, leading to the formation of various blemishes, such as pimples, blackheads, and whiteheads. Acne's emergence is linked to the hormonal changes that come with puberty, particularly the increase in oil production. It's entirely normal, but it can be quite frustrating. In more severe or persistent cases, it's a good idea to seek out a doctor for professional advice and potential treatment options.

The Do's

1. **Gentle Cleansing:** Use a mild, fragrance-free cleanser or facewash to wash your face twice a day, avoiding harsh scrubs that can irritate the skin.
2. **Hydration Moisturize** with an oil-free, non-comedogenic moisturizer, even if your skin is oily.
3. **Spot Treatment:** Apply over-the-counter acne treatments containing benzoyl peroxide or salicylic acid directly to affected areas.
4. **Clean Hands:** Wash your hands before touching your face to prevent the transfer of dirt and bacteria.
5. **Diet and Hydration:** Maintain a balanced diet with fruits, vegetables, and water for healthier skin.
6. **Change Bedding Regularly:** change pillowcases and beddings to reduce contact with acne-aggravating bacteria and oils.

The Don'ts:

1. **Avoid Popping Pimples:** Resist the urge to pick or squeeze pimples to prevent infections, scarring, and more breakouts.
2. **Skip Harsh Scrubs:** Avoid rough exfoliants that can harm your skin's barrier. Gentle exfoliation is acceptable, but not excessive.
3. **Say No to Heavy Makeup:** Choose oil-free, non-comedogenic makeup, and always remove it before bedtime.
4. **Don't Overwhelm with Products:** Avoid using too many skincare products at once to prevent skin irritation.
5. **Hands Off Your Face:** Refrain from touching your face to prevent the transfer of bacteria and oils.
6. **Manage Stress:** Find healthy ways to manage stress, as stress can exacerbate acne.

Remember, your self-worth is not defined by your skin. It's just a part of you, and with the right care and patience, it can become clear and healthy once more. In the meantime, focus on your unique qualities, your passions, and building a positive self-image. You're amazing just the way you are!

UKUSEBENZISA AMAHOLIDI ASEHLOBO UKUZE UPHUMELELE KWEZEMFUNDO



Amaholidi kaZibandlela isikhathi esijatshulelwa ngabafundi nemindeni ezweni lonke. Kulula ukugxila ebumnandini bamaholidi kodwa kubalulekile ukukhumbula ukuthi leli khofu elide liyithuba lokuqhuba izifundo zakho ngaphambi kokuqala konyaka omusha. Lesi sikhathi esevile kwinyanga, sikunika isikhathi esanele sokuhlolisisa izifundo, ukubuyekeza ezinye nokulungiselela unyaka ozayo.

Siphila ezinsukwini zobuchwepheshe lapho kunenqwaba yezinsiza zokufunda kwi-internet. U-YouTube, ikakhulukazi, uqukethe amavidiyo amaningi afundisa ngezifundo nezihloko ezahlukene. Ungabuka amavidiyo afundisayo kanye nezifundo zothisha abadumile ukwengeza ulwazi lwakho.

Abafundi abaningi basemanyuvesi nabo basuke beseholidini ngalesi sikhathi. Lokhu kukunika ithuba lokuxhumana nabantu abadala kunawe asebedlulile ezinkingeni zezemfundo obhekene nazo nosazobhekana nazo. Abafundi basemanyuvesi bangakunika amasu okufunda, baphinde bakukhombise ukuthi ungalindelani kwimfundo ephakeme.

Ukusebenzisa amaholidi asehlobo ukuthuthukisa izifundo zakho kungaba nezinzuzo eziningi. Ukuqala unyaka omusha uqondisisa kahle izifundo zangonyaka odlule kuzokunika ukuzethemba. Uzozizwa ukulungele kakhulu ukubhekana nezinsalelo ezintsha futhi mancane amathuba okuba uzizwe ukhungathekile.

Abafundi abafunda ngezikhathi zamaholidi bavame ukwenza kangcono esikoleni. Baziqonda kangcono izifundo futhi bazilungiselela kahle izivivinyo. Uma wenza kangcono kunontanga bakho, ukhwantalala nokukhathazeka ngokweqile okuhlangene nezifundo kuzokwehla. Uzojabulela ukuba sesikoleni ngaphandle kwengcindezi.

Ukusungula imikhuba yokufunda esebenzayo ngesikhathi samaholidi kuyisandulelo esihle sakusasa. Ungafunda ukubaluleka kwemfundiso, ukuhlela isikhathi nokuhlale ufunda, amakhono azokusiza ezifundweni nasemsebenzini.

Yize kubalulekile ukujabulela inkululeko yamaholidi, kubalulekile nokuthatha leli thuba ulisebenzisele ukukhula kwezemfundo.

2023 HAS BEEN A BLAST!

Thank you to our amazing readers
and our Ulwazi team for an amazing year.
Looking forward to more awesomeness in 2024.



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Your words matter, and together, We can create something truly special.



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