

# Vuk'uzenzele



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## NSFAS ready to fund students in 2019



■ NSFAS will communicate with qualifying students, once 2018 academic results have been made available.

**THE NATIONAL STUDENT** Financial Aid Scheme (NSFAS) received over 400 000 applications for 2019.

**H**igher Education and Training Minister Naledi Pandor says the National Student Financial Aid Scheme (NSFAS) is ready to fund qualifying students for the 2019 academic year.

Minister Pandor made the announcement during a media briefing held in Cape Town recently.

In 2018, NSFAS disbursed loans and bursaries to the tune of R22 billion for 659 000 beneficiaries which included 371 368 university students and 288 341 TVET colleges.

"This amount is expect-

ed to increase [in 2019] to approximately R32 billion, which is estimated to fund about 400 920 TVET colleges students and 377 050 University students," said Minister Pandor.

She said NSFAS will communicate to students who meet the financial eligibility criteria and have received an academic offer via SMS and email at the beginning of this month. This will be done once academic results have been made available to NSFAS.

Pandor said the scheme was in the process of evaluating all applications received. The evaluations

process checks whether applicants are eligible for funding by verifying all data received by students with third parties like the SA Revenue Service and Home Affairs.

"To qualify for funding a student must meet the financial eligibility criteria and register at an institution for an approved programme. Successful students will receive bursary funding to cover their tuition fee for their registered programme and an allowance for learning materials. They may also qualify for subsidised accommodation and transport allowances

where applicable," she said.

She said funding is only confirmed once a student has met the financial eligibility criteria and is formally registered at a public TVET college or university for an approved funded programme.

### Smooth application process

Pandor added that the 2019 application cycle has proceeded relatively smoothly with more than 400 000 applications received between the opening of applications on the 3 September and the

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# Etsa kopo ya ho batlela ngwana sekolo ka nako

**BATSWADI BA LOKELA** ho netefatsa hore ba fumana sekolo bakeng sa bana ba bona selemo pele bana ba lokela ho qala sekolong.

**M**aqalong a selemo, baithuti ba thabileng naheng ka bophara ba qala letsatsi la bona la pele la selemo sa sekolo.

**“Batswadi ba boetse ba lokela ho lekola matsatsi a pheletso a dingodiso tsa diprofense tsa bona, kaha di ka fapana hanyane ho tsa diprofense tse ding.”**

Leha ho le jwalo, hona le ba bangata ba sa kgoneng ho arolelana thabo ena hobane batswadi ba ngodisa bana ba bona kamora nako ebe jwale ha ba amohelwe dikolong tse tletseng. Mosebetsi wa ho kenya bana dikolong ba-

keng sa 2019 o se o phethetswe.

Mmuelli wa Lefapha la Thuto ya Motheo Elijah Mhlanga o re kamehla batswadi ba hloka ho etsa dikopo tsa ho kengwa sekolong selemo pele bana ba bona ba lokela ho qala sekolong.

“Batswadi ba lokela ho etsa dikopo tsa ho kena sekolong kotareng ya pele, ha letsatsi la ho qetela la dikopo hangata ele mafelo a kotara.

Tshebetso ya kamohelo e qala maqalong kotara ya bobedi ka Mmesa e ye e lo fihla mafelong a Phato. Selemo le selemo, peho yabaithuti bakeng sa selemo se latelang e tlameha ya be e phethetswe pakeng tsa Mphalane le Pudungwana.”

Ho boetse ho bohlokwa hore batswadi ba etse dikopo dikolong tse mmalwa, ho eketse menyetla ya hore bana ba fuwe sebaka.

“Hape batswadi ba boetse ba lokela ho lekola matsatsi a pheletso a dingodiso tsa diprofense tsa bona, kaha di ka fapana hanyane ho tsa diprofense tse ding,” ho eletsa Mhlanga.

O boletse le hore Molaotheo wa Aforika Borwa o bolela hore bana bohle ba dipakeng tsa dilemo tse 7 le 15 ba hloka ho



kena sekolo, e leng ho behang boikarabello ho lefapha ho netefatsa hore baithuti bohle ba ngodisitswe.

Mhlanga o re batswadi ba bana ba so kang ba fumana dibaka ba lokela ho iteanya ka potlako le diofisi tsa bona tsa thuto tsa porofense le tsa setereke.

“Batswadi ba kgothalletswa ho iteanya le diofisi tsa bona tsa setereke bakeng sa thuso ya ho fumanela baithuti sebaka. Ho ba dumella ho ngodisa baithuti dikolong tse ding kahara setereke tse nang le sebaka se lekaneng bakeng sa

baithuti.”

Hajwale hona le diofisi tse fetang 70 tsa ditereke diporofenseng tsohle tse robong.

Ditokomane tse hlokwang ha o etsa kopo ya ho batlela ngwana sekolo di kenyeletsa:

- Lengolo la tswalo.
- Karete ya diente.
- Karete ya phetiso kapa karete ya ho qetela ya tlaleho ya sekolo bakeng sa baithuti ba seng ba tswa dikolong.

Ha ba hloka thuso e nngwe, batswadi ba ka iteanya le bahlophisi ba bona ba dikamohelo tsa baithuti ba porofense. **V**

Batho bao o ka iteanyang le bona porofenseng  
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closing of applications on the 3 December 2018.

She said on average, NSFAS received more than 3 200 applications a day over the period from September to December, with the number reaching as high as 30 000 on one of the days.

Out of all the applications, 63 percent were females while males made up 37

percent of the applications.

A total of 34 413 applications were received from social grant beneficiaries. Students who are beneficiaries of the South Africa Social Security Agency (SASSA) grant, automatically qualify in terms of the financial qualification criteria and will be funded if admitted and registered at a TVET college or university.

“However, it is a concern

that only 24 percent of the applications are from learners who wish to enrol at TVET colleges, with the balance of 88 percent being applications for universities,” the Minister said.

Pandor said of all the applications, the highest number, 95 523, was received from the KwaZulu-Natal province. The number represents 45 percent of the total number

of learners that wrote their National Senior Certificate in the province, while the lowest number was from the Northern Cape with 2 573 applications.

She said the success of the current application process can be attributed to a number of factors – including the revised and easy-to-complete online application system, which allowed

applicants to complete an application within five minutes; the simplicity of the on-line and manual form with fewer fields to fill; and the accessibility of NSFAS where applicants have been able to apply at the National Youth Development Agency (NYDA) as a result of the scheme’s long-standing partnership with the agency. **V SAnews.gov.za**



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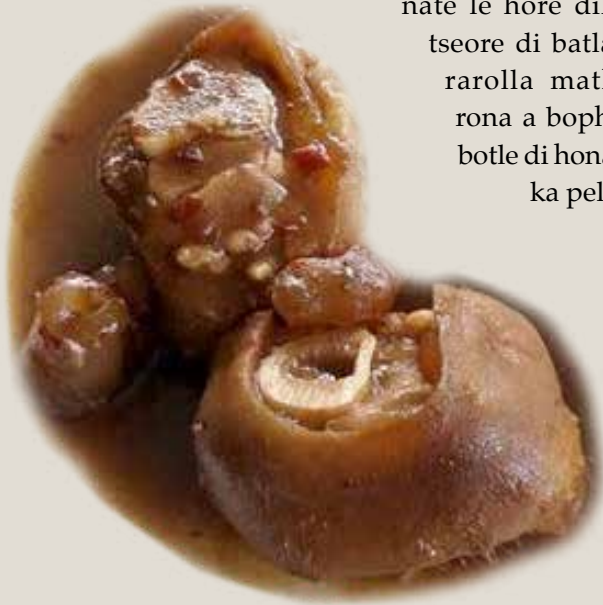


# Bophelo bo botle ka dijo tse lemiwang ka lapeng

**SETSEBI SA TSA PHEPO** se ngodisitsweng Mpho Tshukudu o dumela hore mathata a botenya a batho ba nang le ona a tla itharolla ha ba ka tshepa tsebo ya baholoholo, ba phehe dijo tsa bona butle mme ba di je le batho bao ba ba ratang.

Allison Cooper

**K**amora dilemo tsa ho tshwenywa ke lefu la mpa e dutlang le dialeji tse ngata tsa dijo Tshukudu o ile a nka qeto ya ho hlahlobisisa dijo tse a di-



jang tse bongata ba tsona e leng tsa Manyesemane le Mayuropa.

“Ke ile ka hlokomela hore, jwalo ka nna, boholo ba basebeletsuwa ba ka ke maAfrika Borwa a batho ba batsho ba tholang mepu-tso e betere mme ke bona ba pele malapeng a bona ho ba le mafu a amanang le ka moo ba phelang ka teng. Jwalo ka ha re ntse re tlohela ho phela jwalo ka ha re ne tlwaetse ho phela mehleng e fetileng, mme re itlwaetsa ho phela sekgowa le ho phela maphelo a teropong, ho kenyetswa le dintho tse re di phehang le tse re di jang, re ile ra qala ho nona.”

O itse boholo ba basebeletsuwa ba hae ba fumanwa ba na le mafu a amanang le mokgwa wa bophelo a jwalo ka lefu la tsewerekere, kगतello e phahameng

ya madi le mafura a mpa (mkhaba).

“Yaba ke lemoha ho hong. Haeba re seo re se jang, haeba re sa natse boteng ba ditatso tsa rona, re fetoha batho ba bang,” o boletse jwalo.

Tshukudu o ithutile hore dijo tsa Aforika di na le phepo e ntle hape di monate le hore dikarabo tseore di batlang ho rarolla mathata a rona a bophelo bo botle di hona mona ka pela rona.

“Re ntse re

ja dijo tse lengweng, tsa tlhaho, tsa bohoholo, tse se nang gluten, tsa meroho, tsa GI e tlase, GL e tlase, tse phehwang butle, tsa dihla, tsa nako e telele, tsa diphoofole tse fetjwang mohlwa, tse senang dihomoune ka meloko le meloko,” o boletse jwalo.

Ha a ntse a ithuta meriana ya tshebetso, o ile a ba le tjhantjello ya ho ngola buka, Eat Ting, e hlwayang sesosa sa mafu le ho sebedisa ditswaka tsa phepo ho alafa le ho laola bokudi.

“Dijo tse ho ne ho buuoahaholo ka tsona ene e le tsa Amerika, tsa China le tsa Yuropa. Ke ne ke batla ho kenya meralo tshebetso ha ke alafa bakudi ba ka mme ka nka qeto ya ho batlisisa dijo tse phepo e ntle, tse nang le diaha-mmele tse tswang dinaheng tse borwa ba Aforika. Ke ithutile ha-

holo ho bakudi ba batho ba baholo le malapa ka dijo tsa setso le tsa bonaha le disistimi tsa dijo mme ka lemoha hore dijo tsa seAforika di phepo e ntle, GI e tlase, ke tsa tlhaho, diphoofole tsa teng di fula feela mme ha di na *gluten* mme di ka sebediswa ho laola le ho boloka mokgwa o phetseng hantle wa bophelo,” o boletse jwalo.

Ho ja dijo tse re neng re di ja mehleng ya kgale tse nang le phepo e ntle hona le melemo e fapaneng, ho kenyetswa hore dijo di hola habonolo dibakeng tsa mahaeng hobane ke tsa tlhaho ya sebaka seo mme kahoo di tlwaetse maemo a le sebopeho sa mobu,” ho boletse Tshukudu.

“Dijo tse o potileng di phepo e ntle mme ka nako tse ding di maemo a phahameng ka tatso le phepo, ha di bapiswa le dihlahiswa tse rekwang mabenkeleng tse kannang ya ba di tlositwe faeba, divithamini le diminerale mme di tletse tsewerekere, letswai le mafura a phepo e mpe.”

## Hlokomela se o se jang

Tshukudu o hlalosa hore mabaka a etsang hore maAforika Borwa ba be batenya le hore ho be le keketseho ya mafu a amanang le mokgwa wa bophelo ke hobane batho ba bangata ba kgetha ho ja dijo tsa di-*takeaway* le tse rekiswang mabenkeleng.

Ba ikwetlisa hanyane mme ha ba nke karolothahisong ya dijo mme kahoo ha ba sa utlwisisa mosebetsi o etswang ho lokisa dijo.

“Re amanya dijo tse tswang mahaeng le bofuma. Empa, hobane dijo tse-

na tse ‘ntjha’ ha di na tatso e re e kgethang mme ha di na phepo, re di ja haholo ho feta ele hore re ikutlwe re kgotse,” o boletse jwalo.

Hlokomela se o se jang le ho boela ho dijo tse tletseng phepo e ngata, Tshukudi o eletsa maAforika Borwa tjena:

- Hlokomela se o se jang.
- Thabela dijo tsa lehae.
- Ruta bana ka nalane ya dijo tsa bo bona le meetlo e amanang le dijo.
- Qala tshimo e nyane ho itemela dijo tsa hao.

“Dijo tse lenngweng lapeng di foreshe ho feta dintho tse rekiswang lebenkeleng; temo ya lapeng e sebedisa dikhemikhale tse nyane, tse jwalo ka dibolayakokonyana; hape ho lema ho thapolla kelello, ke mofuta wa boikwetliso, ho ka thusa ditho tsa malapa hore di tlwaelane hape ho kgothaletsa bana ho ithuta hore na dijo tsa bona di tswa kae,” o boletse jwalo.

## Maqheka a sekha-fthini

Ha o kenya dintho sekha-fthining sa hao, Tshukudu o kgothaletsa hore meroho, haholo moroho, o phepo e ntle ho feta sepina-tjhe hobane o hola habonolo dibakeng tsa mahaeng.

Hape o ka tswakatholwana, haholo tsa tlhaho ya sebaka seo le tsa setso

tse jwalo ka maloberi le fiyige; le makotomane a tala, a jwalo ka makotomane a sitsweng, marula kapa di-*cashew*. O boletse o ka pheha ka makotomane.

Ka mohlala, lesheleshela la mabele, moroho o nang le makotomane kapa boto-ro ya makotomane; le setampo, dinawa le makotomane a sitsweng le khabetje.

## Re ja eng man-tsibuya?

Tshukudu o kgothaletsa hore o hopole dijothollo (dinawa le dierekisi) hobane di etsa ditjhu tse monate mariha mme di ka kopanngwa le salate kapa tsa tswakwa le mabele a felletseng kapa poone (dikgobe). Di boletse di ka sebediswa ho etsa diphethi tsa di-*burger* mme ke sesosa se setle sa diprotheine tsa dimela, faeba le diminerale.

Hape o kgothaletsa le dikahare (malana, dipe-lwana, dikitsana, malamohodu le ditlhakwana), jwalo ka sesosa sa protheine se phepo e ntle se theko e tlase; le hore o kenye ditapole, dipatata, madumbe, tjoto le mekopu e meng dijong tsa hao.

“O seke wa tshela dipatata le tjoto tsewerekere mme o je letlalo ha o kgona,” o buile jwalo. ■

