

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.

Higher 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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Faka Isibawo Sokuthola Indawo Yokufunda Esikolweni Kusesenesikhathi

ABABELETHI ABENZE iqiniso lokuthi batholela abantwababo isikolo kusasele umnyaka ngaphambi kobana abantwanabo bayokungena esikolweni.

Ekuthomeni komnyaka abantwana abathakaseleko elizweni lokeli bathoma ilanga labo lokuthoma lesikolo. Nokho-ke banengi abangakghoniko ukuhlanga-

eenkolweni abazakufunda kizo ngomnyaka wee-2019. Umkhulumeli womNyango wezeFundo esi-Sekelo u-Elijah Mhlanga uthi soke isikhathi ababelethi kufuze bafake iimbawo zokufunda ngomnyaka ongaphambi komnyaka wokungena kwabantwababo esikolweni.

“Ababelethi kufuze benze iimbawo zendawo yokufunda ngethemu yokuthoma yesikolo; ilanga lokugcina lokwamukela iimbawo zokufunda kuvamise ukuba kuphela kwethemu. Ihlelo lokwamukela abafundi abafakelwe iimbawo zokufunda lithoma ekuthomeni kwethemu yesibili ngenyanga kaSihlabantangana, beliyokuphela ekupheleni kwaka-Rhoboyi. Umnyaka nomnyaka ukwamukelwa kwabafundi abazakufunda eenkolweni ngomnyaka olandelako kufanele kuqedelelwe hlangana kwenyanga kaSewula nekaSinyikhaba.”

Kuqakathekile nokuthi ababelethi benze iimbawo eenkolweni eziimbadiwana, ngaleyindlela babe bandisa amathuba wokuthi abantwababo bathole isikolo abazakufunda kiso. “Ababelethi kufuze bahlale nokuthi siphela nini isikhathi sokutlolisa eemfundeni zangemakhabo, ngoba iinkhathi lezo zingahlukahluke keziye iimfunda.”

nyela nalabo abathakasele uku-thoma isikolo, ngoba ababelethi babo babatlolise isikhathi sesikhambile, ngaleyindlela-ke iinkolo zibajikise ngoba sezi-gcwele.

Njenganje sewuphelile umsebenzi wokufaka abantwana



lezo zingahlukahluke keziye iimfunda,” kuyelelisa uMhlanga. Ungezelela ngokuthi umThethosisekelo weSewula Afrika uthi boke abantwana beminyaka ehlangana kelikhomba ne-15 kufanele babe sesikolweni; lokho-ke kuthwesa umnyango isibopho sokuqinisekisa ukuthi boke abafundi abaseminyakeni yokuba sesikolweni batlolisiwe eenkolweni.

UMhlanga uthi ababelethi babafundi abangakatholi indawo yokufunda esikolweni kufuze bathintane nama-ofisi wezefundo wesifunda newesiyingi ngokurhabekileko.

“Ababelethi bakhuthazwa ukuthi bathintane nama-ofisi weeyingi kobanyana azobasiza ukutholela abantwababo indawo yokufunda.

Leligadango lizabanikela ithuba lokutlolisa abafundi keziye iinkolo ezingaphasi kwesiyingi esinendawo eyaneleko yokuthatha abafundi.” Njenganje angaphezulu kwama-70 ama-ofisi weeyingi kizo zolithoba iimfunda. Naka amaphepha afunekako nawenza isibawo sokutholela umntwanakho indawo yokufunda:

- Isitifikethi sokubelethwa
- Ikarada lemtholapilo
- Ikarada lokudluliselwa ke-sinye isikolo namkha iripoti yesikolo yokugcina emfundini obesele avele afunda kodwana akesinye isikolo.

Ukuthola elinye isizo, ababelethi bangathintana nabalungeleli bokwamukelwa kwabafundi eemfundeni ngeemfunda. **V**

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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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Ukudla Kwesintu Kunepilo

ISAZI SOKUDLA ESIFUNDELE umsebenzi wokudla okunepilo nezakhamzimba, uMpho Tshukudu, ukholwa ukuthi imiraro yokuthela umzimba khulu ingazirarulula ngokwayo nange abantu bangathemba ukuhlakanipha kwabokhokho babo, bapheke ukudla kwabo kabuthaka, bese bakudla nemindenabo.

Allison Cooper

Ngemva kweminyaka eminengi aphethwe sisifo sendeni azondwa nanga mihlobo yokudla embadlwana, uTshukudu wathoma waqalisisa ukudla kwesikhuwa akudlako.

“Ngalimuka ukuthi ubunengi bamatlayenti wami babantu abanzima abarhola imirholo engcono, njengami, begodu ba-

thi ukudla kwesintu kunepilo, kunezakhamzimba, kumnandi begodu neempendulo ebesolo sizifuna siziphethe ngezandla zethu.

“Kwekadeni, solo kwathi ndi, abantu besikhethu sasidla ukudla kwemvelo esasizilimela khona, okungakaqarhwa ngamakhemikhali, sidla ukudla kommango, sidle imirorho, sidla ukudla okungana-*gluten*, sidla ukudla okuphasi nge-*GI*, okuphasi nge-*GL*, okuphekwa kabuthaka, okukhamba neenkhati zomnyaka, okubambelelako, inyama yeenyamazana ezidla utjani nezingakhuliswa ngemithi nomtjhini,” utjho ahlathulula.

W a t h i
n a -

thi ukudla kwesintu kunepilo, kuphasi nge-*GI*, kukhuliswe yimvelo, akunamakhemikhali wokukuhlumelelisa nokukukhuliswa, akuna-*gluten* begodu kungasetjenziselwa ukulawula nokuphila ipilo ehle,” kuraga u-Tshukudu.

Ukubuyela ekudleni kwesintu umuntu adle ngendlela yepilo ehle kunobuhle obunengi, hlangana nakho ekubalwa nokuthi ukudla ukuthola lula ngaphandle kokusebenzisa imali enengi nawudla isintu.

“Ukudla kumila lula eendaweni zemakhaya ngoba ngokwemvelo, ngalokho-ke kubujaye ubujamo bezulu balapho nomhlobo wehlathulula okumila kiyi,” kunaba u-Tshukudu.

“Ukudla okumila ehlabathini ohlezi kiyi kunepilo ehle, begodu kesinye isikhathi kunezakhamzimba bekumnandi nokuba mnandi ukudlula ukudla okuthenga eentolo, okunengi kwakho esele kulahlekelwe makariya, namavithamini kunye namaminerali, okugcwele itjhukela, itswayi kunye namafutha angakalungeli umzimba.

Zilawulele Ukudla Okudlako

U-Tshukudu uhlathulula ukuthi iinzathu ezenza amaSewula Afrika athele umzimba kube kwande nezifo ezibangwa yindlela umuntu aphila ngayo, kukuthi bayanda abantu abakhetha ukudla kokuthengwa okwenziwa msinyazana kuthengiswe sekuvuthiwe eentolo, bakhethe nokudla ukudla kokuthengwa, ukube kanti bayancipha nangekusebenziseni umzimba, kanti banjalo nje bakhambela kude nokukhiqizwa kokudla, ngaleyindlela-ke bagcine balahlekelwe nanga lilwazi lokukhiqiza ukudla nelokupheka.

“Ukudla okubuya emakhaya si-kuhlobanisa nobuchaka. Kodwana ngoba ukudla ‘okutjha’ akusikudla kwendalo yethu begodu kutlhayela nangezakhazimzimba,

nasidla khona sikudla khulu ukuthi sizozizwa sisuthi,” utjho angezelele. Ukulawula ukudla-
okudlako nokubuyela ekudleni okunotho ngezakhazimzimba, u-Tshukudu uwaphathele nanzi iiyeleliso amaSewula Afrika:

- Ziphekele ukudla okudlako
- Kuzwisise ukuthande ukudla kwalapha ekhethu

- Fundisa abantwana ngelifa lokudla abalitjhiyelwe bokhokho kunye namasiko akhambisana nokudla

- Lima isivande sakho uzitjalele okudliwako ongakutjale kiso.

“Ukudla okulinywe ekhaya kufretjhi kunokudla okuthengwe esitolo; isivande sakho ekhaya sisebenzisa amakhemikhali amancani, njengeembulali inunwana nje; ngaphezu kwalokho-ke ukusebenza esivandeni kuyawuqaqulula umzimba nehloko, begodu kungenye indlela yokwelula umzimba, bekuyasiza nokuhlanganisa umkhaya kukhuthaze nabantwana ukufunda ngokuthi ukudla kubuyaphi,” kwelula yena u-Tshukudu.

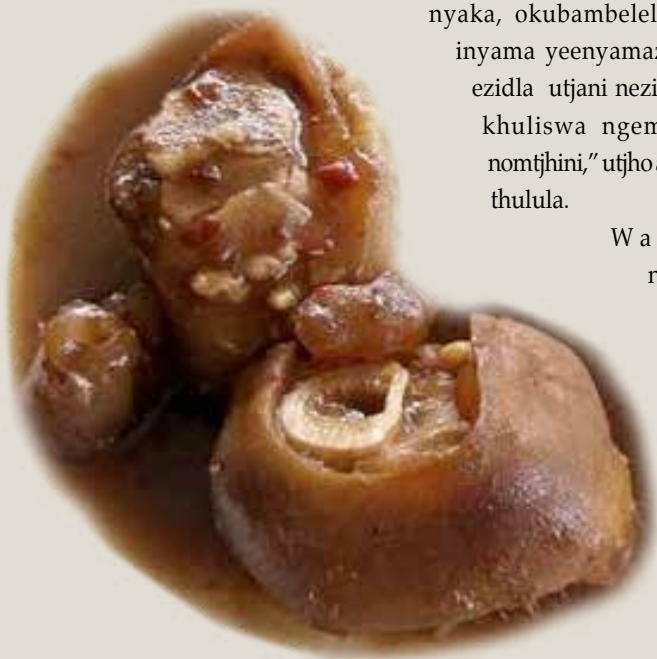
Imibono Yomphako Wedina

U-Tshukudu uphakamisa ukuthi nawenza umphako wokudla kwedina faka nemirorho, khulu khulu umrorho wesintu, ngoba wona unezakhamzimba ukudlula isipinitjhi, kanti godu umila lula eendaweni zemakhaya.

Ungangezelela nangesithelo, khulu khulu iinthelo zendabuko njengomuribheyi namafeya; neenthelo ezihlaza ezisambumbulwana ezinjengomrula namkha ama-*cashew*. Ngokudla okusambumbulwana uyapheka nokupheka. Isibonelo, umdoko wamabele, umrorho orhatjelwe ngamantongomani namkha nge-*peanut butter*; isitampa, iimbhontjisi kunye namantongomani ungarhabela ngazo ikhabetjhi.

Kudliwani Ntambama?

U-Tshukudu ukukhuthaza ukuthi khewulinge nokudla imirorho efana neembhontjisi nama-*lentils* ngoba zenza isobho emnandi khulu ebusika, kanti ungazifaka nesaladini namkha uzihlanganise namabele namkha iinkobe. Zingafakwa nakuma-*burger* kanti ziphethwe amaphrotheyini, amakariya kunye namaminerali weentjalo amahle. Uyazibuka neenredlo (amathunjana, ihliziyo, iingingila, iinredlo neenqatha) njengoba zinamaphrotheyini azizakhazimzimba nje begodu zingaduri nje; ulimukisa nangokuthi ufake amazambana, amabhatata, amadumbe, amaselwa, abosolozu kunye nemigade ekudleni kwakho. “Unganungi amabhatata nabosolozu ngetjhukela begodu nakukghonakalako uzidle namakhasi wazo ungakazikeli,” watjho ayelelisa. **V**



sizukulwani sokuthoma sezifo ezibangelwa yindlela yokuphila (indlela umuntu aphila ngayo). Ngalimuka ukuthi sithoma ukuthela umzimba nasibalekela isikopilo yesintu sabokhokho bethu, sithatheke ngesikopilo yesikhuwa neyedorobheni, ekubalwa hlangana nakho nokudla esikuphekako nesikudlako.” Uthi amanengi wamatlayenti wakhe anezifo ezibangwa yindlela yokuphila ezinjengesifo setjhukela, somfutho ophezulu weengazi kunye nomkhaba.

“Kwafika kimi. Nakube singilokho esikudlako, nakube siweqisa amehlo umnambitho wekhaya esosolozu nawo kusukela kwekadeni, sigcina sesingabanye abantu,” utjho ahlathulula.

U-Tshukudu wafunda uku-

kafunda ngezemithi yokwelapha wafikelwa mummoya wokutlola incwadi yesihloko esithi, *Eat Ting*, eveza abonobangele bezifo, isebenzise imivango yezakhazimzimba ukwelapha namkha ukulawula amagulo.

“Ubunengi bokudla okukhulunywa ngakho lapho ngokwe-America, ne-China kunye ne-Europe. Ngangifuna ukusebenzisa amaqhinga lawo nangelapha iingulani zami, ngase ngibona ukuthi angirhubhulule ngokudla kwekhethu okunepilo nezakhazimzimba kwamazwe we-Afrika ngeSewula.

Ngafunda litho likhulu eengulaneni zami ezindala nemindenini yabantu abakhulu ngokudla kwesintu namahlelo wokudla, ngabe ngafunda uku-

