

# Vuk'uzenzele

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**Avoid becoming a human trafficking victim**  
Page 5



**STAY SAFE**  
PROTECT SOUTH AFRICA  
TOGETHER WE CAN BEAT CORONAVIRUS



**Lucky leads flourishing gaming business**  
Page 7

## SA rolls up sleeves to recover from COVID-19



**“This is a plan through which all of us as South Africans should work together to build a new economy.”**

in the economy, securing our energy supply, and freeing up digital infrastructure,” he added.

This plan directly responds to

and reliable energy supply within two years;

- Create and support over 800 000 work opportunities in the immediate term to respond to job losses;
- Unlock more than R1 trillion in infrastructure investment over the next four years;
- Reduce data costs for every South African and expand broadband access to low-income households;
- Reverse the decline of the local manufacturing sector and promote reindustrialisation through deeper levels of localisation and exports;
- Resuscitate vulnerable sectors such as tourism, which have been hard hit by the pandemic.

According to the modelling done by National Treasury, the implementation of this plan will raise growth to around three percent on average over the next 10 years.

the immediate economic impact of COVID-19 by driving job creation and expanding support for vulnerable households.

“We aim to do this primarily through a major infrastructure programme and a large-scale employment stimulus, coupled with an intensive localisation drive and industrial expansion,” says President Ramaphosa.

According to the President, the interventions outlined in this plan will:

- Achieve sufficient, secure

### More Matshediso

**P**resident Cyril Ramaphosa recently announced government's Reconstruction and Recovery Plan to help South Africa recover from the devastating economic impact of the COVID-19

pandemic.

The announcement was made at a Joint Hybrid Sitting of Parliament.

The President says it is important to get people back into the jobs they lost during the Coronavirus (COVID-19) pandemic.

“We are determined to create more employment opportuni-


ties for those who were unemployed before the pandemic or who had given up looking for work,” the President says.

“This means unleashing the potential of our economy by, among others, implementing necessary reforms, removing regulatory barriers that increase costs and create inefficiencies

**Cont. page 2**



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## Go tsošološa ikonomi yeo e šomago

**G**o tsebaga-tšwa ga Lesolo la Tsošološo ya Mešomo ka Presidente (beke ya go feta ke seka sa go gatela pele ga mkgwa wa rena wa go lwa le tlhokego ya mešomo.

Re tšea tsela ya boikgafo ge go etla bašoming, gomme mmušo ke wona mohlodi le mokgontšhi wa mešomo. Lesolo la Tsošološo ya Mešomo ka Presidente ke la moswananoši ka bogolo le bophara bja yona, gomme e akaretša peeletšo ya R100 billione mo mengwageng e meraro yeo e tlogo.

Re tla šireletša le go tlhola mešomo yeo re e abelago mašeleng thwii mmogo le dikimollo tša thekgo ya lephelo ge mebaraka e sa tsoga go tšwa tobong ya go hlolwa ke kokwanahloko ya khorona. Tše ka moka di šetše di itokišeditše go tlo phethagatšwa, gomme ke ditlaleletšo go boikgafo bjo re šetšego rebo dirile.

Bjale ka ge tše dingwe tša dikimollo di itheile maatleng a mananeo ao a šetšego a le gona, tsošološo e akaretša le mekgwa ye meswa ya bohلامي.

Se se akaretša nepišo go seo re se bitšago 'mešomo ya leago'. Re šoma go tšwa mokgweng wa gore ga go na tlhokego ya mošomo woo o swanetšego o dirwe go šomana le mathata a leago ka setšhabeng sa borena.

Maikemišetšo ke go thekga mabokgoni a bohلامي, bothomi le a setheo ao a lego gona setšhabeng ka bophara gore go be le go tšea karolo ga batho bakeng sa nepo yeo e swanago. Mošomo wo o kgabaganya makaleng a go fapafapana, go balwa le tšhireletšo ya dijo, go fediša dikgaruru tša mabapi le bong, go kaonafatša mafelo a mekhukhu le tše dingwe tše ntšhi.

Se se tla tlaletša maiteloko a lekala la setšhaba, sa dumelela batho ba bantšhi gape le seabe sa leago mmogo le mekgwa ye meswa ya tšhomišanommogo le maloko a setšhaba a go fapafapana.

Tsošološo e akaretša lenaneo le leswa la bosetšhaba la go thwala bathušabarutisi le bathuši ba ka dikolong.

Dikolo di šetše di thwala ka ye nako, gomme se se tliša menyetla e meswa setšhabeng se sengwe le se sengwe nageng ka bophara.

Go thwala batho go šomela mmušo ga go lebelele feela batho bao ba se nago mabokgoni. Go na gape le go lebelela dialoga tša dithuto fao go nago le menyetla ya baoki, dialoga tša mahlale, ba mešomo ya matsogo le ba bangwe.

Tsošološo e tla šireletša le mešomo ka makaleng ao a amilwego kudu ke leuba.

Thekgo e tla fiwa barutiši ba dikheretše, kudu ba basadi. Balemipotlana ba go feta 74 000 le bona ba tla fiwa mašeleng a gore ba kgone go tšweletša.

Bjalo ka setšhaba, re hloka tša bokgabo le setšo go tsošološa meboya ya rena ka boswa. Tsošološo e tla ka kabo ya mašeleng go thuša lekala le gore le kgone go boela sekeng, go balwa le thekgo ya bohلامي bja dikanegelo tša mararankoding a leago le go oketša dipolatelyfomo tša kgwebo ya inthaneteng.

Se se tla kgontšha borabokgabo go ikamanya le mabaka a maswa a go šoma ao leuba le a gapeletšago go rena ka moka, gape le go tšea menyetla e meswa gore ba gole.

Selo se segolo seo se kgontšhago tlhoko ya mešomo ka boati, gomme se dirilwe go ba se bohlokwa ke leuba, ke kgokaganano. Gore re kgone go fenya taba ya go se lekalekane ge go etla kgokaganong, tsošološo e tla

abela malapa ao a itopelago tša fase kgokaganano ya lebelo ya inthanete, ka mokgwa wa go a lefelela karolo ye nngwe ya inthanete le go oketša *Wi-Fi* ya mahala setšhabeng.

Bjalo ka ge naga e tsoga go tšwa masetlapelong a leuba la kokwanahloko ya khorona, ga re na pelaelo le go tšhošwa ke mošomo o mogolo woo o re emetšego.

Re swanetše re fihlelele tsošološo ya ikonomi ya ka pelapela ebile e akaretšago.

Re swanetše re dire gore batho ba borena ba bantšhi ba boele ba šome gape. Re swanetše gape re boele sekeng ge go etla kabong ya ditirelo tša motheo le mananeongkgoparara a bohlokwa, go bolela ka dihloho tša leago gape le go kaonafatša ditšhaba tša makeišeneng le metsemagaeng.

Go thwala batho go šomela mmušo ke sedirišwa seo se ka kgonago go dira tšohle tše di boletšwego ka mo godimo: go hlolwa batho ba bantšhi mešomo mo nakong ye nnyane ge mebaraka e sa tsoga, gape le go hlola mohola wa leago ge tše di diragala.

Mohlala wo o tsopolwago gantšhi ke wa lenaneo la kgoparara la mešomo ya setšhaba leo le thomilwego ke ba Amerika morago ga *Great Depression* mengwageng ya bo 1930. Se e be e se tsošološo feela, empa e hlohleletše gape le go kgatha tema le go akaretšwa.

Go na le mehlala e mentšhi ya mananeo a moswananoši a go thwala batho go šomela mmušo ka dinageng tše di hlabologago, go balwa le ka India, Ethiopia gape le ka mo Afrika Borwa. Mananeo a a dira dipeeletšothwii ka diikonoming tša selegae, ka go fihlelela mafelo ao a ihlokelago pele, ka go thekga dikgwebopotlana tša selegae, gomme go tloga moo ya tsena ka ikonoming ye kgolo.

Mananeo a gape a hlohleletša le go kgatha tema ga

setšhaba mmogo le kakaretšo, go fa ditšhaba maatlal a go fetola maphelo a tšona ge di thoma mešomo e meswa. Ka go dira bjalo, a tliša tlhabologo maemong a selegae gape le a setšhaba ka bophara.

Peeletšothwii ya mmušo go thekgeng mešomo le go tla ka menyetla ya ikonomi yeo e hlolago mohola wa leago e dira go feta ge go etla tabeng ya go lwa le tlhokego ya mešomo.

E a arabela ka gobane e šomiša didirišwa tša mmušo go arabela dihlokwa tša setšhaba sa ka nageng, e ka ba tabeng ya go hlokomela tlhago, go hlokomela gore ba ba le dijo tse di lekanego, go bula disenthara tše dingwe tša dikheretše, goba bakeng sa ditsela tše kaone tše di fihlelelegago. Ke yeo e gatelago pele ka ge e etla ka tšhireletšo ya leago le tšhireletšo ya letseno go bao ba hlokago ka ge ba sa humane mešomo.

Ke peeletšo ya go fihla le ka moso ka ge e thekga lenaneo la tsošološo ya ikonomi ka bophara ka go phakiša go dira gore batho ba borena ba šome go kaonafatša mananeokgoparara a mmušo wa bosetšhaba le a mebasepala.

Ka dikimollo tše di lego gona ka tsošološong, re hlola mešomo re hlolela bao ba e hlokago, mola ebile re eba le khuetšo yeo e bonalago ditšhabeng ka moka.

Bjalo ka mananeo a go thwala batho go šomela mmušo go kgabaganya lefase, tsošološo ye ya tša mešomo le yona e thekga le go oketša karolo e bohlokwa ya lekala la poraebete ge go etla tlholong ya mešomo. Ga le ipoeletše ka gore ge go tsoga ga ikonomi go tšwela pele, tlhokego ya mešomo ya mmušo e a fokotšega.

Maitemogelo a mošomo le mabokgoni ao a hwetšwago ke bao ba hlogago Lesolo la Tsošološo ya Mešomo ka Presidente a tla kaonafatša dibaka tša bona tša go hwetša mešomo.

Maitemogelo ao ba a humanego a ba bulela gape tsela ya go ba borakgwebo.

Bakgathatema ba tla kaonafatša mabokgoni a bona gore ba kgone go thoma dikgwebo tša bona, gomme ba ka šomisa letseno leo ba le hwetšago go tšwa mošomong wa mmušo go tsenela dibaka tše dingwe tše di tsentšhago letseno.

Ke phela ke gatelela gore bothata bja *COVID-19* ke monyetla wa go aga bokaone ka leswa.

Mo nakong ye ya bothata bjo bogolo, re tla be re iphora ka go dira ditshepišo tše di se nago bonnete gomme di rotošago ditetelo tše kgolo tše re tlo palelwago ke go di phethagatša. Ke ka fao dikimollo tša thekgo ya mešomo le lephelo di abetšwego mašeleng ka botlalo, ka lenaneophethagatšo leo le kwagalago.

Tsošološo ya mešomo ga e ka ga ditshepišo tše di se nago ntlha le thito tša ka moso, efela e ka ga tlhoko ya mešomo gona fa, gonabjale.

Tsošološo ke poelo ya dipoledišano tše di tseneletšego le mafapha a bosetšhaba, diprofense le mebasepala ya setoropo go hlama mananeo a mešomo ka pelapela ao a ka abiwago goba a oketšwa mo nakong yeo e sa fetego kgwedi tše tshela.

Mafapha ao a rwelego maitemogelo a go phethagatša, mmogo le batšeakarolo ba bangwe, ba lekotšwe ka go tsenelela go lebeletšwe bokgoni bja bona bja go phethagatša.

Go lenaneo le lengwe le le lengwe leo le welago ka tlase ga tsošološo, menyetla e tla bapatšwa ka boati gomme go thwalwa e tla ba ga maleba, go bulegilego ebile go senago bofihla.

Dinepo tše re ipeetšego tšona di a kgonega ebile di a fihlelega, gomme di tšea malebiša go tšwa maitemogelong a maloba le mekgwatšhomo ye kaonekaone ya boditšhabatšhaba.

Batho ba borena ba itokišitše ebile ba ikemišeditše go šoma. Boikemišetšo bjo bo swanetše bo kaonafatšwe, mmogo le mabokgoni a rena ka moka ge a le ngatana gomme a šomišwa go aga naga ya borena ka leswa mo nakong ya kokwanahloko ya khorona.

Lesolo la Tsošološo ya Mešomo ka Presidente e tliša kimollo go malapa ao a itemogetšego marega a matelele a go tonya, ka letseno leo le fokotšegilego kudu, gape le bakeng sa batho bao ba feditšego mengwaga e mentšhi ba sa šome.

Mošomo wa nnete wa go tšea gabotse ke tokelo ya motho yo mongwe le yo mongwe. Ke senyakwa sa kgolo ya ikonomi le boitekanelo bja leago.

Ka go fa tokelo ye maatlal, Lesolo la Tsošološo ya Mešomo ka Presidente e tsenya letsogo go kwagala mo tabeng ya go aga setšhaba seo se šomago.

# Efoga go ba motšwasehlabelo wa go utswiwa ga batho



## Silusapho Nyanda

**B**jalo ka ge palo ya melato yeo e begilwego ya go utswiwa ga batho e golela godimo, go bohlokwa gore o tšee magato a go netefatša gore o bolokegile.

Gore o efoge go ba motšwasehlabelo wa go utswiwa ga batho, o

swanetše o lese go sepela o le tee, go sepela bošego goba go sepela mebileng yeo e se nago batho.

Go bohlokwa gore o ntšhe mahlo dinameng ka nako tšohle. Go ntšha mahlo dinameng go tla go thuša go lemoga dilo tšeo di belatšago. Ge o ka lemoga gore go na le motho goba koloi yeo e go šetšego morago, gona hwetša lefelo leo le

tletšego ka batho gomme o letšetše maphodisa goba motho yoo o mo tshepago ka pelapela.

Batho ba go utswa batho gantšhi ba tshepiša batho mešomo gore ba kgone go ba thopa, gomme ba ipatametša go batšwasehlabelo ka go ba tshepiša wona mošomo goba monyetla o itseng. Mohuta wo wa go utswa batho o ka

direga kae goba kae, e ka ba mararankoding a leago, sekolong, ka mmolong le ge e ka ba ka ntle ga legae la gago.

Netefatša gore o dira diphatišišo tšeo di tsenelšetšego ka ga mongmošomo pele o ka yo kopana le yena ka sebele go yo dira diteko tša mošomo. Se se ka dirwa ka go netefatša ge eba khamphani yeo e gona ka go ikopanya le ba Companies and Intellectual Property Commission.

Se sengwe gape ke gore o swanetše o botše motho yo mongwe yoo o mo tshepago ge o eya ditekong tša mošomo gomme o rulaganye le yena gore a go letšetše mogala ka morago ga nakwana ye itseng. Ge go kgonega, eya le motho yo mongwe fao.

O hlokomele ge o šomiša mararankodi a leago, kudu ge motho yo o sa mo tsebego a nyaka go go thuša, go go fa tšhelete, lefelo la bodulo goba mošomo e le ge a araba seo o tla bego o

se phatlaladitše.

Ge o eya go yo kopana le motho la mathomo, dira seo ka lefelong la setšhaba gomme o be o botše le motho yo o mo tshepago gore o mo kae.

Ge o etšwa le bana, eba kgauswi le bona o be o netefatše gore o kgona go ba bona ka nako tšohle.

O se ke wa roma ngwana go se na motho yo mogo- lo yoo a ka hlokomelago mesepelo ya gagwe. Itlwae- tše go phela o hlola bana ba gago, gape o tsebe le gore ba kae.

*\*Tshedimošo ye le e tlišetšwa ke Kgoro ya Toka le Tlhabollo ya Molaotšhe.*

**Go hwetša tshedimošo ka bottlalo mabapi le go utswiwa ga batho, ikgokaganye le ba National Human Trafficking mo mogaleng wa 0800 222 777. Go bega go utswiwa ga batho, letšetša maphodisa mogaleng wa 10111.**

## Healing childhood trauma

### A NON-GOVERNMENTAL

organisation is working hard to help young children deal with past hurts and trauma in the Western Cape

## Silusapho Nyanda

**T**he Community Keepers non-governmental organisation (NGO) is addressing child abuse by providing 28 schools in the Western Cape with trauma counselling services.

The NGO has counsellors and social workers permanently located at schools in Cape Town and the Cape Winelands. The team of professionals assist pupils who have been victims of violence



at home or their local communities.

The NGO's Chief Executive Officer Gerrit Taning says

they treat pupils with different traumatic experiences through group and individual sessions.

"We work in disadvantaged communities where violence is prevalent. We help children who have experienced adverse childhood experiences such as abuse, loss, poverty and other challenges that are faced by children," says Taning.

One of the key topics the NGO seeks to address during sessions with the pupils is the belief that 'men don't cry'. The organisation aims to teach young boys to be in tune with their feelings and emotions. This will encourage young boys to talk about their feelings and experiences.

Taning says that trauma can cause behavioural problems in children.

"When there is a cycle of traumatic experiences that builds up it often affects children negatively. A quiet child will start lashing out and engaging in risky behaviour. A child that was outgoing suddenly becomes withdrawn. Some pupils go from the brightest students to not being able to keep up with their peers."

He says that trauma can be dealt with, but it requires proactive teaching of children before the cycle is repeated.

**Schools looking to partner with Community Keepers can call 072 781 5535 or email [info@community-keepers.org](mailto:info@community-keepers.org).**