

KUKULIRA LIMODZI: KUFESA MIPAMBA YOKHUDZA NGODYA ZONSE MWA ACHINYAMATA M'MALAWI

NDONDOMEKO YOYENERA KUTSATA
POFOTOKOZERA NDI KUPHUNZITSA



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KUTHOKOZA

“Kukulira Limodzi: Kufesa Mipamba Yangodya Zotukulira Achinyamata m'Malawi” ndi chipangizo chofalitsira uthenga osiyanasiyana chomwe chidakonzedwa ndi bungwe la Health Policy Plus (HP+) ndi thandizo lochokera ku bungwe la United States Agency for International Development (USAID). Uthenga muchidachi adalemba ndi a Smita Gaith, katswiri wozukuta ndondomeko zaboma, komanso a Marissa Pine Yeakey, wapampando ku bungwe la Population Reference Bureau (PRB). Chida chauthengachi chidawunikidwa ndi a Nancy Matuszak, mkonzi, komanso a Heidi Worley, mkonzi wamkulu ku PRB. Chinayalidwa komanso kujambulidwa ndi a Pamela Mathieson, wojambula kanema, komanso a N'Namdi Washington, woyala zithunzi komanso mkonzi wazithunzi ku PRB.

Chidachi chidakonzedwa ndi upangiri wochokera kwa gulu la akatswiri akafukufuku, ofalitsa nkhanu ndi kuphunzitsa anthu pazinthu zosiyanasiyana, komanso akuluakulu oyimilira boma. Iye tikuthokoza anthu omwe adali m'gulu limeneli chifukwa chanthawi ndi kudzipereka. Anthu mugululi akuphatikizapo: Alice Chikhoswe, Alinafe Machinyama, Dezio Macheso, Esnart Jere, Foster Mafiala, George Jim, Hastings Banda, Hester M. Nyasulu, Isaac Dambula, Jesman Chintsanya, Jimmy Kachale, Julius Chingwalu, Kondwani Mwendo, Lemani Makina, Martin Kalima, Nini B. Sulamoyo, Pester Siraha, Peter Laston, Precious Phiri, and Rose Khonje

Kuonjezera apo, chithokoza chipite kwa a Sandra Mapemba, wachiwiri kwa wotsogolera bungwe la HP+ ku dziko la Malawi, komanso a Olive Mtema, wotsogolera bungwe la HP+ ku dziko la Malawi, chifukwa cha upangiri ndi maganizo awo anzeru kuntchito yonse. Tikuthokozanso a bungwe la USAID pozukutanso ndi kuthandizaranawo ndi ndalama kuntchitoyi.

HP+ ndi ndondomeko ya mgwirizano wazaka zisanu omwe ukuthandizidwa ndi bungwe la USAID mu mgwirizano wa Agreement No. AID-OAA-A-15-00051, kuyambira pa Aug. 28, 2015. Ntchito ya HP+ imachitidwa ndi bungwe la Palladium, mothandizana ndi mabungwe a Avenir Health, Futures Group Global Outreach, Plan International USA, Population Reference Bureau, RTI International, ThinkWell, komanso the White Ribbon Alliance for Safe Motherhood.

Chida chauthengachi chidakonzedwa kuti chizukutidwe ndi bungwe la USAID. Chida chauthengachi chidalembedwa ndi bungwe la HP+. Mfundo zomwe zalembedwa mu chidachi si mfundo za boma la United States ndipo sizikuimilira mwanjira ina iliyonse maganizo a bungwe la USAID kapena boma la U. S.

ENGAGE ndi dzina lapamsika la bungwe la Population Reference Bureau.

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Komwe Tatenga Zithunzi komanso zojambulajambula zina:

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Mawu Oyamba

Liwu ili lakonzedwa n'cholinga chothandiza iwo oligwiritsa ntchito kupindula ndi mfundo za Liwu la Engage “Kukulira Limodzi: Kufesa Mipamba Yokhudza Ngodya Zonse mwa Achinyamata m'Malawi.” Liwuli lilindi magawo osiyanasiyana, monga Liwu la ENGAGE, mabuku ena, mfundo zikuluzikulu, mafunso ofunsiidwa kawirikawiri, komanso mafunso otsogolera zokambirana omwe angagwiritsidwe ntchito pofuna kulimbikitsa kukambirana pakati pa owonerera..

Mukawerenga liwuli, mudziwa mmene:

- Mungapezere mwayi wogwiritsa ntchito Liwu la ENGAGE ndi anthu omvera osiyanasiyana.
- Mungayankhire mafunso ofunsiidwa kawirikawiri okhudza liwuli.
- Mungalimbikitsire kukambirana ndi omvera anu zokhudza mfundo zikuluzikulu m'liwuli.

Zolinga za Liwuli

Cholingacha “Kukulira Limodzi: Kufesa Mipamba Yokhudza Ngodya Zonse mwa Achinyamata m'Malawi” ndi kudziwitsa za zosowa komanso zokhumba zamagawo osiyanasiyana komanso kuonjezerathandizo lamipamba yofesedwa mofikira magawo onse kwa achinyamata m'Malawi muno.

Pofuna kukwaniritsa masophenyawa, liwuli lakonzedwa kuti lithandize aliyense kumvetsetsa za ubale omwe ulipo molukana m'magawo a zaumoyo, maphunziro, kulembedwa ntchito, ndi kutengapo mbali kwanzero kwa achinyamata mu ulamuliro, komanso za mmene mipamba yofesedwam'gawolilionse lingapindulire kukula komanso chitukuko chadzikola Malawi.

Anthu oyenera kufikiridwa ndi monga akuluakulu okonza ndondomeko zoyendetsera maboma komanso dziko lonse; atsogoleriamagawo a zaumoyo, maphunziro, kulemba anthu ntchito, komanso magawo a achinyamata; akuluakulu ofalitsa nkhani zosiyanasiyana; atolankhani; ndi ena otero.

Zolinga zapaderadera za liwuli ndi monga:

- Kudziwitsa ndi kuzukuta mmene chiwerengero cha anthu m'Malawi muno chilili ndi mmene chasinthira, komansomagawo zaumoyo, maphunziro, kulembedwa ntchito, ndi kutengapo mbali kwa achinyamata.
- Kufotokoza mmene magawo komansomadera amenewa ali okhudzanirana ndiponso mmene maubale amenewaamathandizira chitukuko chadziko la Malawi.
- Kulimbikitsa kukambirana pakati pa anthu omvera zokhudza kufunika kochulukitsa mpamba yofesedwa moluka ngodya zonse.

Opindula ndi Liwuli

Liwu ili la ENGAGE komanso zipangizo zothandizira zili ngati zida za akatswiri ogwira ntchito za uchembere wabwino, umoyo, maphunziro, kulembedwa ntchito, komanso chitukuko cha achinyamata m'magawo onse—maphunziro, ndondomeko, komanso m'madera okhalamo. Anthu oyenera kufikiridwa ndi liwuli ndi monga:

- **Oyambilira:** Okonza ndondomeko zoyendetsera maboma komanso dziko lonse omwe ali ndi mphamvu yogawa zipangizo komanso kukweza mipamba yofesedwa m'ngodya zonse m'Malawi muno komanso mafumu ndi atsogolera azipembedzo omwe ali ndi mphamvu yolimbikitsa kakhazikitsidwe kandondomekozi m'madera osiyanasiyana okhalamo anthu.
 - **Achiwiri:** Onse amene amalimbikitsa akuluakulu okonza ndondomeko zaboma—atolankhani, atsogolera azipembedzo ndi ophunzitsa anthu pazinthu zosiyanasiyana, ofalitsa nkhani zosiyanasiyana, komanso atsogolera ena am'madera.

Kugwiritsa Ntchito Liwuli ndi Omvera Osiyanasiyana

Liwu la ENGAGE lakonzedwa kuti ligwiritsidwe ntchito m'malo ndi m'madera osiyanasiyana, makamaka pamene dziko la Malawi lili pakalikiliki wokhazikitsa mfundo zachitukuko zaThird Malawi Growth and Development Strategy (MGDS III),ndi Sustainable Development Goals, ndiponso likupitirira kutsatira mfundo za Vision 2020 komanso mfundo zina. Liwuli litha kugwiritsidwa m'njira zosiyanasiyana pofuna kufikira anthu osiyanasiyana, kuphatikizapo:

OKONZA NDONDOMEKO ZABOMA

- Kuphunzitsa okonza ndondomeko zaboma pa zakufunika kofesa mipamba mwa achinyamata tsopano kuti tilimbikitse chitukuko chadziko lathu.
- Kuwunikira zaubale omwe ulipo pakati pa mipamba yofesedwa mu zaumoyo, maphunziro, komanso kulembedwa ntchito.
- Kufotokozera njira zothandizira achinyamata kutengapo mbali pantchito yokonza ndondomeko zaboma m'Malawi muno kuti dziko lathu lipindule.
- Kudziwitsa mafumu ndi atsogoleri azipembedzo za udindo omwe ali nawo wophunzitsa achinyamata, kupereka mphamvu kwa achinyamata m'madera mwawo, komanso kuthandiza kukhazikitsa malamulo monga Lamulo Lokhudza Ukwati, Kutha kwa Banja Komanso Maubale Am'banja la m'chaka cha 2015 lotchedwa Marriage, Divorce and Family Relations Act (Marriage Act) komanso ndondomeko zokhudza kubweleranso kusukulu kwa atsikana.
- Kusonyeza phindu losiyanasiyana lomwe lingapezeke kudzera ku mipamba yofesedwa m'ngodya zaumoyo, maphunziro, ndi kulembedwa ntchito, komanso mwa kutengapo gawo koyenera kwa achinyamata pokonza ndi kukhazikitsa ndondomeko zoyendetsera boma.

ANANKUNGWI A NJIRA ZA KULERA NDI UCHEMBERE WABWINO

- Kuphunzitsa anankungwi zaubale wothandizana omwe ulipo m'magawo a uchembere wabwino, zaumoyo, maphunziro, kutengapo mbali pogwira ntchito, komanso kutengapo mbali kwatanthauzo kwa achinyamata.
- Kufikira anthu omwe amapita kumwambo wazaumoyo, misonkhano, kapena kumikumano ya magulu onse okhudzidwa ndintchitoyi powadziwitsa njira zofesera mipamba yokhudza ngodya zosiyanasiyana.

MAFUMU KOMANSO ATSOGOLERI AZIPEMBEDZO

- Kuphunzitsa mafumu komanso atsogoleri azipembedzo za kufunika kophunzitsa achinyamata, kuonetsetsa kuti maganizo awo anzeru akutsatidwa m'madera mwawo, komanso kulimbikitsa mabanja ndi madera kuti atsatire ndi kukhazikitsa ndondomeko zopindulitsa.
- Kulimbikitsa kukambirana za ndondomeko zaboma ndi atsogoleri a m'madera, kuphatikizapo mafumu komanso atsogoleri azipembedzo m'misonkhano yosiyanasiyana komanso m'zochitika zosiyanasiyana zam'madera.

ATOLANKHANI

- Kuphunzitsa atolankhani pa zaubale omwe ulipo pakati pa zaumoyo, maphunziro, mwayi wakulembedwa ntchito, ndi kutengapo mbali kwa achinyamata, pogwiritsa ntchito Liwu la ENGAGE ngati chipangizo chophunzitsira.
- Kupereka maziko azokambirana pawalesi zakanema komanso zowulutsira mawu, motsatizana ndi zokambirana zam'madera ndi mafunso okhudza ngodya zikuluzikulu zimenezi, ubale wawo, komanso mipamba yoyenera kufesedwa kuchokera ku gawo lililonse pofuna kuwonetsa kuti chuma chadziko la Malawi chikukula komanso kutukuka.

Zoyenera Kuganizira Zina

Mutha kukometsa liwuli kwa omvera anu pophatikizanso zomwe anthu amakumana nazo komanso kuchita m'zigawo zosiyanasiyana m'Malawi, makamaka zomwezilizokhudza omvera anu. Zina mwa zoyenera kuganizira musadaphunzitse liwuli ndi monga:

- **Kuchuluka** kwa omvera. Ndi magulu ocheperapo, mutha kupereka chizukuto chozama chokhudza nkhani zenizeni kapena zinthu zenizeni zomwe anthu amakumananazo chifukwakawirikawiri mumathakudziwa zambiri za munthu wina aliyensepayekhapayekha m'gululo. Akakhala magulu okulirapo, mutha kufunikira kuti mutenge nthawi yochulukirapo pomwe mukuphunzitsa liwuli kuti mutanthauzire mawu ovutirapo komanso muonetsetse kuti liwuli ndi logwirizana ndi msinkhu wa omvera onse.
- **Mlingo** wanzeru zawo. Nthawi zonse m'poyenera kukhala ndi lingaliro lakuti mwina omvera sakudziwa tanthauzo lamawuozama omwe mutha kugwiritsa ntchito m'liwuli. Ngati mukuphunzitsa pamaso m'pamaso, muyenera kutsatira ndondomekoya liwuli komanso kupereka matanthauzo amawuomwe akhoza kukhala achilendo kwa ena mwa omvera anu.

LIWU LA ENGAGE

Kukulira Limodzi:

Kufesa Mipamba Yokhudza Ngodya Zonse mwa Achinyamata m'Malawi

ENGAGE: Kufotokozerana ndikuphunzitsa pogwiritsa ntchito njira zambari zofalitsira mauthenga

Chidutswa 1

“Kukulira Limodzi: Kufesa Mipamba Yangodya Zotukulira Achinyamata m'Malawi”

→ Chidutswa 2

Ndife achinyamata a ku Malawi, tikukula ndipo tikulingalira za tsogolo lomwe achinyamata tonse m'dziko lathu tili nalo ndi zipangizo zonse zomwe tikufunikira kukhala nazo kuti tikhale athanzi, osangalala komanso mzika zodalirika.

→ Chidutswa 3

Dziko la Malawi labzyala mbeu zomwe zidzachititse masomphenyawa kutulukira poyera, kudzera m'ndondomeko zaboma monga; Ndondomeko za Chiwerengerocha Anthum'Dziko (National Population Policy), Masomphenya 2020 (Vision 2020), ndi Agenda 2063, komanso m'fundo zina monga; Sustainable Development Goals. Koma ambiri a ife lero sitikutha kupeza mwayi omwe ndondomekozi zikulonjeza.

→ Chidutswa 4

Ndife tsogolo la Malawi. Monga achinyamata, tikudziwa zomwe tikuyenera kuchita kuti tikwaniritse maloto athu ndi kupititsa patsogolo chitukuko cha dziko la Malawi. Koma sitingachite izi mwa ife tokha. Tikufunikira inu—omwe mumatipangira ziganizo zokhudza dziko ndi maboma athu, mafumu athu komanso atsogoleri athu azipembedzo—kuti muchitepo kanthu. Kufesa ndondomeko zachitukuko chokhazikika mwa achinyamata kutha kubweretsa mwayi wa nzama wachuma komanso chitukuko m'Malawi.

Koma, tiyenera kuyambapo lero.

→ Chidutswa 5

Tsopano anthu alipo okwana 17.5 miliyoni m'Malawi muno, ndipo ngati chiwerengerochi chipitilire kukwera pa liwiro lomwe lilipo tsopano, tidzakhalala ndi chiwerengero cha anthu chochuluka moposera kawiri pofika m'chaka cha 2050.¹ Izi zikutanthauza anthu opitilira 42 miliyoni.

→ Chidutswa 6

M'chiwerengero chatu muli ana komanso achinyamata, akuluakulu azaka zogwira ntchito, komanso anthu okalamba. Ntchito yachitukuko ya anthu a zaka zogwira ntchito imabweretsa zipangizo zothandizira boma pantchito yolimbikitsa zaumoyo ndi maphunziroz omwe ife tonse timadalira.

→ Chidutswa 7

Poyang'ana kuti; kodi ndi anthu angati omwe ali m'gulu lililonse mwa magulu azakawa? Titha kumvetsetsa bwino za mmene chuma chikuyendera tikayerekezera pakati pa chuma chomwe tikuchipeza ndi chomwe chikugwiritsidwa ntchito.

Chojambula ichi chikutisonyeza kuchuluka kwa chiwerengero cha anthu m'magawo a zaka zisanu.

→ **Chidutswa 8**

Dziko la Malawi tsopano lili ndi chiwerengero chochulukitsitsa cha achinyamata mu mbiri yathu: Pafupifupi 6 miliyoni mwa achinyamatafe ali ndi zaka zapakati pa 10 ndi 24, ndipo 8.4 miliyoni mwa ife ali ndi zaka zapakati pa 10 mpaka 34.²

→ **Chidutswa 9**

Kuti titukuke, tikufunikira kufesa mipamba yochuluka mu zaumoyo, maphunziro, ntchito za chuma, ndi ntchito zachitukuko molingalira bwino mmene zingapindulire achinyamata.

→ **Chidutswa 10**

Ngati achinyamata apitilire kukhala ndi ana ang'onoang'ono, monga adachitira makolo athu, chiwerengero chathu cha achinyamata chikhalabe chochuluka, ndipo boma lathu lipitilira kuvutika pofuna kukwaniritsa zosowa zomwe timaziwona lero zokhudza sukulu zokwanira, aphunzitsi, ogwira ntchito komanso zipangizo zaumoyo, ndi kusowa kwa ntchito.

→ **Chidutswa 11**

Koma ngati tifeseratu mipamba tsopanoDkuwapatsa achinyamata mwayi wochuluka komanso kutithandiza kukwaniritsa mlingo woyenerera wachiwerengero cha mabanja athuDdziko la Malawi lidzaonjezera anthu achinyamata ocheperapo ku chiwerengero chake cha m'tsogolo, ndi kuchepetsa ntolo pamutu pa anthu a zaka zogwira ntchito wakuti azithandiza kupereka zipangizo zochulukirachulukirabe. Tikachitapo kanthu pano, titha kubweretsa kukula kwakukulu kwachuma komwe kungakweze chitukuko cha dziko.

→ **Chidutswa 12**

Komabe, lero achinyamata akukumana ndi zikhomo zomwe zidzajejemetsabe dziko la Malawi pantchito yokwaniritsa masomphenyawa.

→ **Chidutswa 13**

Pamene chiwerengero chathu chikuchulukira, mavuto adzachulukanso okhudza zaumoyo, maphunziro, kusowa kwa ntchito komanso kutengapo gawo pa ntchito yoyendetsa boma.

→ **Chidutswa 14**

Ntchito zaumoyo zapamwamba komanso zopezekeratu zimathandizira kwambiri powongolera kuchuluka kwa chiwerengero cha anthu m'dziko lathu ndi kuwonetsetsa kuti anthu ogwira ntchito ali ndi thanzi labwino.

→ **Chidutswa 15**

[Kanema wa kucheza ndi wachinyamata, Chisomo Kamwendo] *“Tilibe malo abwino komwe achinyamata atha kukapeza upangiri, makamaka okhudza zogonana ndi uchembere wabwino. Komanso, nthawi zina pamene [achinyamatawa] apita kumeneko, ogwira ntchito omwe amakumana nawo, iwowo [achinyamata] amawapeza kuti ndi..., kodi ndingati chani, amawapeza kuti ndi... okulirapo. Ndiye kenako amamangika kufotokoza mavuto awo. Ndiye zovuta ndithu.”*

→ **Chidutswa 16**

Gawo la zaumoyo m'Malawi likukumana ndi mavuto ambiri: Ndongomeko yachiwiri yaluso lolongosola zaumoyo ya Second Health Sector Strategic Plan (2017-2022), idapeza kuti pali kupelewera kwa anthu ogwira ntchito zaumoyo kokwanira anthu 45 pa 100 alionse ndipo munthu m'modzi pa anayi alionse (24 pa 100 alionse) amakhala kumadera otalika pafupifupi makilomita 8 kuchokera ku chipatala.³

→ **Chidutswa 17**

Kupelewera uku kumabweretsa mavuto omwe amalepheretsa achinyamata kufikiridwa ndi ntchito zaumoyo zomwe amasowa, makamaka zokhudza kulera.

→ **Chidutswa 18**

Pafupifupi mtsikana mmodzi mwa atsikana atatu azaka za pakati pa 15 ndi 19 ayamba kale kubereka ana.⁴

Pakadali pano timadalirabe kwambiri thandizo lakunja polipira ogwira ntchito zaumoyo wathu, kugula makina a kompyuta osungira mbiri yofunikira komanso zipangizo zomangamanga.

Mimba zanthete komanso zosakonzekerazi zimaonjezera chiwerengero chokwera cha achinyamata m'Malawi muno, ndipo zotsatira zake n'zakuti zimaonjezera mtolo waukulu omwe ulipo kale ku zaumoyo, maphunziro, kulembedwa ntchito, komanso magawo ena.

→ **Chidutswa 19**

Akazi ambiri akukhala ndi ana oposera mmene iwo adakonzekera. M'madera akumidzi, akazi ali ndi pafupifupi mwana m'modzi woonjezereka poyerekeza ndi mmene ankafunira.⁵

→ **Chidutswa 20**

Mimba zosakonzekerazi zimaika umoyo wa akazi achicheperewa pachiopsezo. Imfa za amayi oyembekezera zachuluka kufika pafupifupi 15 pa 100 zilizonse pakati pa akazi achichepere a zaka za pakati pa 15 mpaka 19 komanso pafupifupi imfa zokwana 17 pa 100 zilizonse pakati pa akazi achichepere a zaka zapakati pa 20 mpaka 24.⁶

Kuzukuta kwa chaka cha 2014 kudapeza kuti ngati akazi omwe amafuna kuchedwetsa kapena kupumira kutenga mimba adakagwiritsa ntchito njira zamakono zakulera, dziko la Malawi bwezi litachepetsa imfa za akazi pauchembere pafupifupi imfa 40 pa 100 zilizonse.⁷ Kuchulukitsa kupezekeratu kwa thandizo la zaumoyo lokomera achinyamata komanso lokhudza kulera kutha kuchepetsa imfa zauchembere polola akazi achichepere kuchedwetsa kapena kupumira uchembere, kukwaniritsa chiwerengero chofunikira cha anthu m'banja komanso kukonza thanzi la moyo wawo ndi miyoyo ya ana awonso.

→ **Chidutswa 21**

Ngakhale kulera kuli ndi ubwino onsewu, mzimayi m'modzi mwa akazi asanu omwe ali okwatiwa komanso akazi awiri mwa akazi asanu omwe thupi lawo ndi lotantha koma ngosakwatiwa omwe amafuna kupewa kutenga mimba mu zaka ziwiri kapena kupitilira apo sakugwiritsa ntchito njira iliyonse yolera yamakono.⁸ Nthenya imeneyi ikuyenera kutsekedwa.

→ **Chidutswa 22**

Kukonzanso umoyo wathu ndi muuni wofunikira wotithandizira ife kukhala athanzi, osangalala, komanso mzika zodalirika, komabe tsogolo lathu limadaliranso mpamba omwe timafesa m'maphunziro.

→ **Chidutswa 23**

[Kanema wa kucheza ndi wachinyamata, Pilirani Masaiti] *M'sukulu zambiri m'Malawi muno muli zipangizo zophunzilirira zochepe, choncho ndizosakwanira kuti zithandize ophunzira onse m'sukuluzi. Komanso, mwina zipangizo zophunzilirazi, zikumatha kukhala zokwanira anthu khumi, koteru sizokwanira. Nchifukwa chake maphunziro ali otsika kwambiri. Ndiponso, ngakhale zophunzitsidwazo, chapompano zophunzitsidwazo zangosinthidwa kumene, komabe mpaka pano mabuku sakupezeka m'sukuluzi ndiye n'zovuta kuti ophunzira azitolerebwinobwino.*

→ **Chidutswa 24**

Achinyamata amafuna maphunziro apamwamba omwe amatikonzeke retsa kudzagwira ntchito komanso kudzakhala ndi ntchito zaluso zomwe zimalipira malipiro abwino. Komabe, tikuvutika kukwaniritsa maloto athu chifukwa cha nthenya zambiri.

→ **Chidutswa 25**

Tithokoze ndondomeko zomwe zimapereka mwayi wa maphunziro apulayimale aulere, chifukwa ambiri mwa ife tili ndi mwayi wa maphunziro.

→ **Chidutswa 26**

Koma tikufunikira aphunzitsi osolidwamokwanira kuti awunikire atsogoleri athu amawa: Mu chaka cha 2015, tidali ndi mphunzitsi m'modzi wosulidwa bwino pa ophunzira 75 alionse apulayimale, ndiponso mphunzitsi m'modzi wosulidwa moyenera pa ophunzira 64 alionse asekondale.⁹

→ **Chidutswa 27**

Kupelewera kwa aphunzitsi kukusonyeza nthenya yaikulu m'gawo la maphunziro. Ngati pafupifupi azimayi onse apitirize kukhala ndi ana anayi kapena asanu, ndiye kuti chiwerengero cha ana olowa m'sukulu zapulayimale chidzakwera, ndipo chidzakakamiza Unduna wa Zamaphunziro, Sayansi ndi Luso Lamakono kuonjezera ndalama zoyenera kugwiritsidwa ntchito pachaka za ophunzira apulayimale mpaka US\$351 miliyoni [zomwe ndi Makwacha okwana 255 thiriliyoni] pakati pa zaka za 2015 ndi 2050.¹⁰

→ **Chidutswa 28**

Koma, ngati tipewa mimba zanthete komanso zosakonzekera, komanso ngati akazi akhale ndi pafupifupi ana awiri kapena atatu, titha kupulumutsa ndalama zokwana \$US1.2 biliyoni [Makwacha 873 thiriliyoni] ndipo titha kugwiritsa ntchito ndalama zopulumutsidwazi posula aphunzitsi, kumanga sukulu zatsopano komanso kukonzetsa nyumba zomwe zilipo.¹¹

→ **Chidutswa 29**

Kuphatikiza apo, sukulu zambiri zimasowa makalasi okwanira ophunziliramo ndipo sizipereka zipangizo zaukhondo kwa atsikana, kotero izi zimawachititsa kusiya sukulu.

Mimba zimalepheretsanso atsikana kubwerera ku sukulu, ngakhale tikuyenera kumawalimbikitsa atsikana kuti abwerere ndi kumalizitsa maphunziro awo asekondale.

→ **Chidutswa 30**

Moposera maphunziro apulayimale, tikufunikira kusunga ophunzira—makamaka atsikana—m'sukulu kuti amalizitse maphunziro asekondale kuti apindule ndimaluso ofunikira kuti adzagwire ntchito zapamwamba. Kafukufuku ukusonyeza kuti achinyamata, makamaka atsikana, akakhala ku sukulu nthawi yotakirapo, amakhala akudikilirabe kuti adzakhale ndi ana.¹²

M'Malawi muno, ophunzira 35 okha mwa ophunzira 100 alionse m'sukulu zapulayimale amatsiriza maphunziro onse a zaka zisanu ndi zitanu zasukulu, ndipo ophunzira 18 okha mwa ophunzira 100 alionse amalembetsa m'sukulu zasekondale.¹³

Kuphatikiza apo, atsikana ochepera 20 mwa atsikana 100 alionse omwe amamalizitsa maphunziro apulayimale amapitiriza maphunziro awo asekondale, komanso ndi ocheperapo mwa iwo amene amamalizitsa maphunziro awa asekondale. Ndipo, kwadziwika kuti mtsikana wa ku Malawi ali ndi kuthekera kochulukamokwaniraka 50 kuti akwatiwe asadafike zaka 18 poyerekeza ndi kuthekera kwake kuti akalembetse maphunziro a ukachenjede.¹⁴

→ **Chidutswa 31**

Boma lathu lafika kale pamlingo wokonzanso malamulo ndi ndondomeko zothetsera ukwati wa ana ang'onoang'ono. Kuyamba kugwiritsa ntchito lamuloli mu ndondomeko zonse zoyendetsera boma kuli ngati kufesa mpamba wasasakawa m'maphunziro.

→ **Chidutswa 32**

Pofuna kuchulukitsaubwino wa gawo lamaphunziro ku chitukukuko cha dziko la Malawi, tikufunikiranso maphunziro okonzedwanso bwino kuti alunjike pa maluso omwe m'badwo uno ukufunikira: maphunziro okhudza mchitidwe wogonana pakati pa achinyamata, mwayi wa luso lodziwitsira komanso kulumikizanira lamakono komanso maphunziro okhudza kasamalidwe kachuma.

→ **Chidutswa 33**

Mfundo zachitatu za Malawi Growth and Development Strategy zimalimbikitsa kuti zophunzitsidwazo ziphatikizeponso maphunziro ogwirizana ndi msinkhu ndi chikhalidwe cha ophunzira, n'cholinga chakuti achinyamata amvetsetse matupi ndi umoyo wawo, komanso makhalidwe owayenera. Izi zitha kuthandizira pochedwetsa mchitidwe wogononana, ndi kuwapatsa atsikana mwayi wopitiriza maphunziro awo mosasokonezedwa.¹⁵

→ **Chidutswa 34**

Kuikanso mwayi wa luso lodziwitsira ndi kulumikizanira lamakono komanso maphunziro okhudza kasamalidwe kachuma m'maphunziro athu kudzatikonzekepetsa ife kukhala akatswiri pa malonda. Luso lodziwitsira ndi kulumikizanira lamakono lidzatithandiza ife kuyenda limodzi ndi dziko lonse lapansi ndiponso lidzatithandiza ife kubweretsa maganizo amakono opindulira dziko la Malawi. Komanso maphunziro okhudza kasamalidwe kachuma adzatithandiza ife kumvetsetsa za mmene tingapezere komanso kugwiritsira ntchito mabungwe okongoza ndalama ndi cholinga chakuti tikhale akatswiri pa malonda.

→ **Chidutswa 35**

Achinyamata alero akufunikira aphunzitsi osulidwa bwino komanso makalasi ophunziliramo, zipangizo zaukhondo kwa atsikana, komanso maphunziro olimbikitsa luso. Mipamba yofesedwayi idzathandiza aMalawi achinyamata kuyenda limodzi ndi kutsogola komwe kulipo mu luso lamakono ndiponso idzathandizakukonzekeretsa ogwira ntchito kuti alimbikitse kutukula chuma.

→ **Chidutswa 36**

[Kanema wa kucheza ndi wachinyamata, Harry Juma] *“Umaona mnyamata woti ali ndi maphunziro a ukachenjede, komano akungokhala kunyumba, osapeza ntchito. Zili ngati kulibe ntchito za achinyamata kunjako.”*

→ **Chidutswa 37**

Boma lili ndi ndondomeko zophunzitsira komanso kulemba ntchito zomwe zidaikidwa kuti zitha kupezetsa mwayi wochepe wantchito zam'boma. Komano kuti achinyamata ambiri apeze mwayi wantchito, tikufunikira gawo lamangolomera lomwe si labomakomanso ndondomeko zothyakuka zolembera ntchito achinyamata zomwezidzabweretsampemera wa kaganizidwe katsopano ndiponso kuchulukitsa mwayi wantchito zosiyanasiyana.

→ **Chidutswa 38**

Lero, mwa aMalawi100 alionse omwe ali pantchito, aMalawi85 akugwira ntchito zokhudza gawo la ulimi.¹⁶

→ **Chidutswa 39**

Kunena mwatchutchutchu, ulimi ndi mpamba wamphamvuwopezetsera ntchito kwa achinyamata akumidzi komanso am'mizinda.

→ **Chidutswa 40**

Ngakhale ndondomeko yadziko yolembera anthu ntchito ya NationalEmploymentandLabourPolicy ili yotsogola, yomwe imazindikira ubwino wantchito popititsa patsogolo chuma chathu, Mmalawi mmodzi mwa asanu alionse sali pantchito.

→ **Chidutswa 41**

Kusowa kwa ntchito nkochuluka kwambiri ngakhale pakati pa achinyamata: Pafupifupi wachinyamata mmodzi mwa atatu alionse (achinyamata 28 mwa 100 alionse) omwe ali ndi zaka za pakati pa 15 ndi 34 sali pantchito.¹⁷

→ **Chidutswa 42**

Chaka chilichonse, pafupifupi achinyamata okwana 130, 000 amayamba kusaka mwayi wantchito, koma gawo la ntchito zamuofesi pakadali pano limapezetsa mwayi wantchito kwa achinyamata 30,000 okha, omwe ndi kachidutswa chabe kachiwerengero cha mwayi wantchito wofunikirawo.¹⁸

Achinyamata, makamaka akazi, kenako amakakamizika kugwira ntchito zomwe n'zachuma chosakhazikika, komwe amakakumana ndi kusowa kwa chitetezo pankhani ya maufulu a ogwirantchito komanso yazolowa zawo, mwayi wantchito zosakhazikika ndi zopereka chiopsezo, komanso malipiro osadziwika bwino.

→ **Chidutswa 43**

Ulimi pawokha sungakwaniritse kupezetsa mwayi wantchito zokhazikika ku chiwerengero chonse cha achinyamata ofunika kulembedwa ntchito. Choncho tiyenera kuyamba kuchitapo kanthu kuti tithane ndi vutoli.

Tiyenera kubweretsa ntchito zosiyanasiyana m'gawo lachuma chathu ndi kuchulukitsa mwayi wamisika kudzera m'njira yopereka mpata wamalondawolimbikitsakomanso wamalamulo ovomerezeka ndi boma.

→ **Chidutswa 44**

Kudzera m'njira yochulukitsa mwayi wamalonda wambiri komanso lusolamakono lamphamvu lodziwitsirandilolumikiziranikomanso nyumba zosungira mphamvuyamagetsi, dziko la Malawi litha kuchulukitsa magawo achuma chathu, kuthandiza mabizinezi kutukuka, komanso kuchulukitsa mwayiwantchito.

Ndi maphunziro otsogola akasamalidwe kachuma—omwe tingawayambe ngati gawo la maphunziro athu—achinyamata akhoza kuthandiza bwino pa kukula kwa chuma cha dziko la Malawi kudzera m'kuchita malonda.

→ **Chidutswa 45**

Komanso pokwaniritsa kupereka njira zakulera n'cholinga chokhala ndi mabanja ocheperapo, zoomwe achinyamata achichepere ku Malawi amafuna, titha kuchepetsa kachulukidwe ka ana ang'onoang'ono muchi chiwerengero chathu.

→ **Chidutswa 46**

Anthu ambiri akalembedwa ntchito zolozeka, anthu omwe ali ndi zaka zogwira ntchito adzathandiza kuchulukitsa chitukuko chachuma cha dziko lathu, mabanja ndi madera athu adzakhazikika koposa, ndipo boma litha kufesa mpamba wowirikiza m'gawo la zosowa zathu zatsiku ndi tsiku ndi magawo ena omwe angatukule chuma chadziko lathu.

→ **Chidutswa 47**

Pofuna kulunjika ku masomphenyawa, achinyamata ayenera kutengapo mbali m'magawo onse.

→ **Chidutswa 48**

Ndondomeko yadziko ya achinyamata ya National Youth Policy imalimbikitsa kuti achinyamata 30 mwa anthu 100 alionse aziyimilidwa m'mabungwe opanga ziganizo komanso azipatsidwa mpata wokhala m'maudindo olamulira.¹⁹ Tiyenera kuonetsetsa kuti achinyamata atengepo gawo mawatunthu, monga momwe zimayenera kukhalira.

→ **Chidutswa 49**

[Kanema wa kucheza ndi wachinyama, Foster Mafiala] *Akangokhala ndi wachinyamatayo pamaso pawo, iwo amaganiza kuti basi, ndi zokwanira. Akhoza kukhala ndi wachinyamatayo pamaso pawo, komano osamupatsa mwayi woperekapo maganizo ake kapena madandaulo ake.*

→ **Chidutswa 50**

Ambiri a ife tili, kapena pompano tidzakhala, ndi zaka zokwanira kuvota, kupereka misonkho komanso kukhala ndi maufulu onse ogwirizana ndi malamulo oyendetsera dziko.

→ **Chidutswa 51**

Achinyamata ambiri tsopano akuchitapo kanthu pa kuthekera kwathu kowongolera tsogolo la ndale ladziko la Malawi: Achinyamata anali opitilira theka, (54 mwa 100 iliyonse) mwa anthu onse omwe analembetsa kudzavota pa chisankho cha chapatatu mu chaka cha 2019. Achinyamata 70 mwa 100 ili yonse adali kalikaliki m'madera mwathu kutengapo gawo pankhani za chitikuko m'chaka cha 2015, ndipo 71 mwa achinyamata 100 alionse adavota pa zisankho za m'chaka cha 2014. Ndipo kutakataka kwathu kwam'maderakukomanso kwam'mabungwekukumachulukapamene ambiri a ife tikumaliza sukulu yapulayimale, kusonyeza ubwino wamaphunziro powazindikiritsa ndi kuwapatsa gawo achinyamata.²⁰

Popanda mwayi wosiyanasiyana kuti uthandize paziganizo zofunika, tidzakhala okhumudwa kapena osachitapo kanthu, mapeto ake tidzaika pa chiopsezo chitikuko, bata ndi mtendere wa dziko la Malawi.²¹

→ **Chidutswa 52**

Malo ambiri okhudza ulamuliro wadzikopakadali pano samalola kuti achinyamata ayikepo maganizo pokonza ndi kukhazikitsa ndondomeko zoyendetsera boma.

Dziko la Malawi liyenera kupereka mphamvu ku maudindo a achinyamata m'ngodya iliyonse n'cholinga chakuti titha kumvetsetsa ntchito ndi maudindo athupopanga ziganizo zokhudza boma ndiponso titha kupeza mwayi osiyanasiyana wogwira ntchito yotumikira dziko kapena m'maboma monga mzika.

→ **Chidutswa 53**

Komabe, kawirikawiri maganizo athu samveka kwenikweni panthawi yopanga ziganizo zosiyanasiyana. Kafukufuku wina yemwe adachitidwa ndi bungwe lowona za mgwirizano wachuma ndi chitikuko la Organisation for Economic Co-operation and Development (OECD) adapeza kuti theka lokha mwa ife timakhulupilira mabungwe aboma ndi zochitika zake.²²

→ **Chidutswa 54**

Komabe, ambiri a ife (75 mwa 100 alionse) sitikhulupiliramafumu komanso atsogoleri athu azipembedzo.²³ Atsogoleri awa ndi omwe ali khomo lokafikira kwa achinyamata ndi mauthenga komanso ntchito zofunikira. Iwo akhoza kuthandizira kupezetsa achinyamata mwayi wachidziwitso komanso kuthekera kochitapo kanthu m'maudindo osiyanasiya a mzika.

→ **Chidutswa 55**

Tithanso kuyamba kukhazikitsa ndondomeko zamphamvu zomwe tili nazo, mongandondomekoyadzikoya achinyamata ya National Youth Policy, ndondomeko yantchito zaumoyo yokomera achinyamata ya Youth-Friendly Health Services Policy, ndiponso mfundo zadziko lonse za atsikanotha msinkhundi akazi achinyamata za National Strategy of Adolescent Girls and Young Women, zomwe zimalimbikitsa chilungamo komanso kutengapo gawo kwa achinyamata.

→ **Chidutswa 56**

Mavuto alipo, komabe mayankho aliponso. Tiyeni tikumbukire kuti achinyamata ayamba kale kupanga ziganizo zofunikira zomwe zidzawongolere miyoyo yathu komanso dziko lathu.

→ **Chidutswa 57**

Kuti tidzakhale mzika zodalirika tikufunikira kupatsidwanso mphamvu, powongoleredwa ndi zaumoyo, maphunziro, ndi mwayi wachuma, komanso kutengapo gawo kwathu popanga ziganizo zosiyanasiyana.

→ **Chidutswa 58**

Dziko la Malawi layesetsa kuyambapo molimba mtima m'ndondomeko zathu zosiyanasiyana komanso malamulo n'cholinga chofuna kupeza njira zomwe ziwutse ndi kuthandiza achinyamata. Kukhazikitsa ndondomeko zimenezo kudzapereka mwayi wanzama wachitikuko chathu.

→ **Chidutswa 59**

Nthawi yochitapo kanthu ndi inoyi. Sitikuyenera kusemphana ndi mwayi uwu n'cholinga chakuti titukule chuma cha dziko la Malawi.

Akuluakulu opanga ziganizo zosiyanasiyana m'maunduna aboma komanso m'maofesi a bwanankubwa ayenera kuganiziranso chiwerengero cha achinyamata a ku Malawi komanso ayenera kuzindikira kuti kufesa mpamba mwa ife, komanso achinyamata amtsogolo, ndi nsanamira yotukulira chuma ndi chitukuko cha dziko lino. Mafumu athu komanso atsogoleri athu azipembedzo ndi mabungwe ali ndi mphamvu yothandiza kulimbikitsa makhalidwe abwino okhudza kusasiyana pantchito pakati pa akazi ndi amuna, kufunika kwa achinyamata, komanso mmene timaonedwera.

→ **Chidutswa 60**

Mogwirizana, atsogoleriwa akhoza kulimbikitsa ngodya zinayi, zokhala ndi mipamba yachindunji pazokhapazokha motere:

Poyamba, alimbikitse ntchito zaumoyo zokomera achinyamata ndi kuonjezera ntchitozi kuti zikafikirensa ku mabungwe a achinyamata ndi m'mikumano yawo yapakachere, pamodzi ndi othandizira komanso ophunzitsa omwe ali osulidwa bwino kuti apereke chidziwitso cholondola kwa achinyamata n'cholinga chakuti apange zisankho zamzeru.

→ **Chidutswa 61**

Kachiwiri, akonzetse nyumbazathu zamaphunziro pomanga makalasi ophunziliramo ndi nyumba zosungira zipangizo za sayansi komanso makompyuta, nyumba zogonamo atsikana, komanso zipangizo zaukhondo. Ayikemo zipangizo zoyenelera mnyumba zimenezi komanso alembe ntchito aphunzitsi osulidwa bwino kuti apereke maphunziro okhala ndi kaganizidwekamakono ndi kugwiritsa ntchito zipangizo zamakono zomwe zidzatikonzekeretse ife kukhala oganiza mwamakono komanso atsogoleri amawa.

→ **Chidutswa 62**

Kachitatu, akonzetsenso mwayi wantchito pothandiza magawo omwe si aboma kukhala ndi mpata wa malonda osiyanasiyana komanso malamulo ovomerezeka, omwe adzapititsa patsogolo ntchito zamagawo omwe si aboma potukula achinyamata. Alimbikitse achinyamata oganiza mwamakono komanso amalonda powapatsamwayiwa malonda ndi lusolodziwitsirakomansokulumikiziranialamakono, ndi kulimbikitsa maphunziro athu a kasamalidwe ka chuma.

→ **Chidutswa 63**

Kachinayi, akhazikitse ndondomeko yadziko ya achinyamata ya National Youth Policypophatikizanso mpando wachinyamata wokhala ndi mphamvu zovoterredwa m'maudindo onse olumikizitsaunduna wamaboma ang'onoang'onondimabungwe opanga ziganizo zokhudza dziko. Athandize magulu omwe alipo a achinyamata, mikumano yapakachere komanso mabungwe powapatsa maphunziro okhudza utsogoleri, kufalitsa uthenga, udindo wamzika n'cholinga chowonjezera kutengapo mbali kwa achinyamatakutindondomekozoyendetseraboma zithandize kuthana ndi zosowa zathu, zomwe timakumana nazo, komanso zomwe timakonda.

→ **Chidutswa 64**

Chitukuko chimakhudza ngodya zonse ndipo palibe unduna omwe ungatitukule mwa iwo wokha. Tiyeni tigwirane manja kuti timvere kuchokera kwa achinyamata, tifese mipamba mwa achinyamata, ndiponso pamodzi tipititse patsogolo chitukuko.

→ **Chidutswa 65**

Kufesa mipamba mwa achinyamata m'Malawi kuli ngati kuwongola mtengo kuyambira uli wanthete. Monga momwe muzu umodzi umathandizira kudyetseramtengo onse, kufesa mipamba m'magawo alionse kudzathandiza komanso kulimbikitsachitukuko chofikira magawo onse a dziko lathu.

Pogwira ntchito ndi cholinga chimodzi, komanso maloto amodzi, magawo onse akhoza kufesa mipamba mwa achinyamata athu, kupititsa patsogolo chitukuko, komanso kubzuala Malawi wamphamvu kwa mibadwo ikubwerayo.

Mabuku, kafukufuku, komanso zotsindikizidwa

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Mfundo Zikuluzikulu

Gawo la Mfundo Zikuluzikulu ndi kaphukusi kochepe chabe komwe kali ndi zithunzi za mawu ochokera ku liwu la ENGAGE. Kaphukusika kakonzedwa kuti kaombe mkota, kuti kagwire ntchito ngati chipangizo chophunzitsira chowoneka ndi maso komanso ngati mpukutu wowerengeka. Tikukulimbikitsani kuti mugwiritse ntchito kaphukusika pamene mukufotokozero liwuli kwa omvera.

KUKULIRA LIMODZI: KUFESA MIPAMBA YOKHUDZA NGODYA ZONSE MWA ACHINYAMATA M'MALAWI

MFUNDO ZIKULUZIKULU

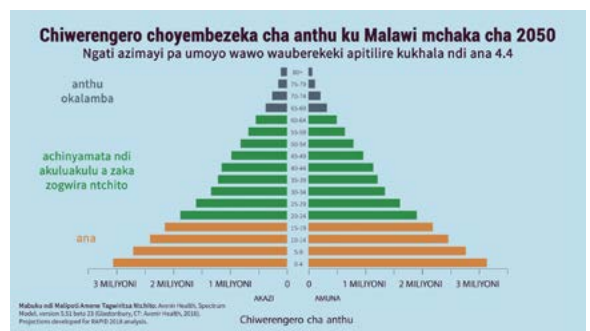
Ndife achinyamata a ku Malawi, ndipo tikulingalira za tsogolo lomwe achinyamata tonse m'dziko lathu tikukula ndi zipangizo zonse zomwe tikufunikira kukhala nazo kuti tikhale athanzi, osangalala komanso mzika zodalirika.

Dziko la Malawi labzyala mbeu zomwe zidzachititse masomphenyawa kutulukira poyera, kudzera m'ndondomeko zabomamonga Ndongomeko za Chiwerengerocha Anthum'Dziko (National Population Policy), Masomphenya 2020 (Vision 2020), ndi Agenda 2063, komanso m'fundo zina mongaza Sustainable Development Goals. Koma ambiri mwa ife lero sitikutha kupeza mwayi omwe ndondomekozi zikulonjeza.

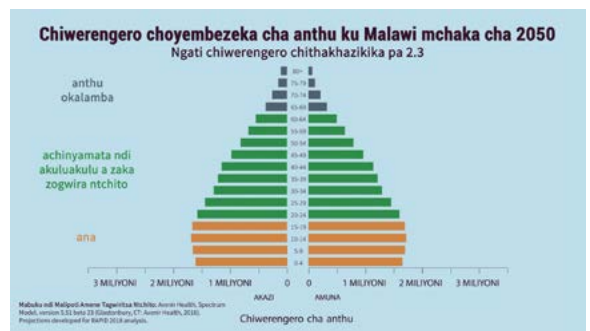


Dziko la Malawi tsopano lili ndi chiwerengero chochulukitsitsa ndiponso cha achinyamata ambiri mu mbiri yathu: Pafupifupi 6 miliyoni mwa achinyamatafe tili ndi zaka zapakati pa 10 ndi 24, ndipo 8.4 miliyoni mwa ife ali ndi zaka zapakati pa 10 mpaka 34.¹ Kuti titukuke, tikufunikira kufesa mipamba mu zaumoyo ndi maphunziro.

Ngati achinyamata apitilire kukhala ndi ana ang'onoang'ono, monga adachitira makolo athu, chiwerengero chatu cha achinyamata chikhalabe chochuluka, ndipo boma lathu lipitilira kuvutika pofuna kukwaniritsa zosowa zomwe timaziwona lero zokhudza sukulu zosakwanira, aphunzitsi, ogwira ntchito komanso zipangizo zaumoyo, ndi kusowa kwa ntchito.



Koma ngati tifeseratu mipamba tsopano dkuwapatsa achinyamata mwayi wochuluka komanso kutithandiza kukwaniritsa mlingowoyenerera wachiwerengero cha mabanja athu. Dziko la Malawi lidzaonjezera anthu achinyamata ocheperapo ku chiwerengero chake cha m'tsogolo, ndi kuchepetsa ntolo pamutu pa anthu a zaka zogwira ntchito wakuti azithandiza kupereka zipangizo zochulukirachulukirabe. Pogwiritsa ntchito mipamba yofesedwa ndi kubala maphunziro komanso mwayi wochuluka wantchito, tikhoza kutumba mgodi wachuma chochuluka chomwe chingatukule dziko lathu kuti likhale loyenderera mkaka ndi uchi.



Pafupifupi mtsikana mmodzi mwa atsikana atatu azaka za pakati pa 15 ndi 19 ayamba kale kubereka ana.²

Pakadali pano timadalirabe kwambiri thandizo lakunja polipira ogwira ntchito zaumoyo wathu, kugula makina a kompyuta osungira mbiri yofunikira komanso zipangizo zomangamanga.

Mimba zanthete komanso zosakonzekerazi zimaonjezera chiwerengero chokwera cha achinyamata m'Malawi muno, ndipo zotsatira zake n'zakuti zimaonjezera mtolo waukulu omwe ulipo kale ku zaumoyo, maphunziro, kulembedwa ntchito, komanso magawo ena.



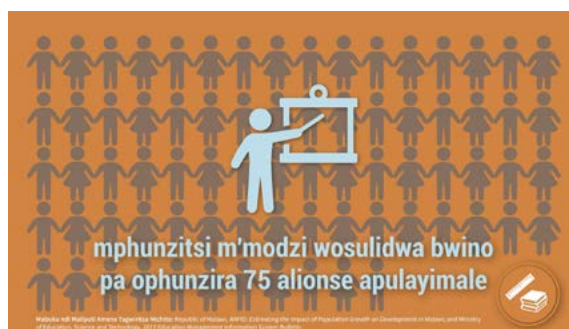
Mimba zosakonzekerazi zimaika umoyo wa akazi achicheperewa pachiposezo. Imfa za amayi oyembekezera zachuluka kufika pafupifupi 15 pa 100 zilionse pakati pa akazi achichepere a zaka za pakati pa 15 mpaka 19 komanso pafupifupi imfa zokwana 17 pa 100 zilionse pakati pa akazi achichepere a zaka zapakati pa 20 mpaka.³

Kuzukuta kwa chaka cha 2014 kudapeza kuti ngati akazi omwe amafuna kuchedwetsa kapena kupumira kutenga mimba adakagwiritsa ntchito njira zamakono zakulera, dziko la Malawi bwezi litachepetsa imfa za akazi pauchembere pafupifupi imfa 40 pa 100 zilionse.⁴ Kuchulukitsa kupezekeratu kwa thandizo la zaumoyo lokomera achinyamata komanso lokhudza kulera kutha kuthandizira pochepetsa imfa zauchembere polola akazi achichepere kuchedwetsa kapena kupumira uchembere, kukwaniritsa chiwerengero chofunikira cha anthu m'banja komanso kukonza thanzi la moyo wawo ndi miyoyo ya ana awonso.



Achinyamata amafuna maphunziro apamwamba omwe amatikonzekeza kudzagwira ntchito komanso kudzakhalala ndi ntchito zaluso zomwe zimapira malipiro abwino. Komabe, tikuvutika kukwaniritsa maloto athu chifukwa cha nthenya zambiri.

Koma tikufunikira aphunzitsi osulidwa mokwanira kuti awunikire atsogoleri athu amawa: Mu chaka cha 2015, tidali ndi mphunzitsi m'modzi wosulidwa bwino pa ophunzira 75 alionse apulayimale, ndiponso mphunzitsi m'modzi wosulidwa moyenera pa ophunzira 64 alionse asekondale.⁵



Kuphatikiza apo, sukulu zambiri zimasowa makalasi okwanira ophunziliramo ndipo sizipereka zipangizo zaukhondo kwa atsikana, kotero izi zimawachititsa kusiya sukulu.

Mimba zimalepheretsanso atsikana kubwerera ku sukulu, ngakhale tikuyenera kumawalimbikitsa atsikana kuti abwerere ndi kumalizitsa maphunziro awo asekondale.

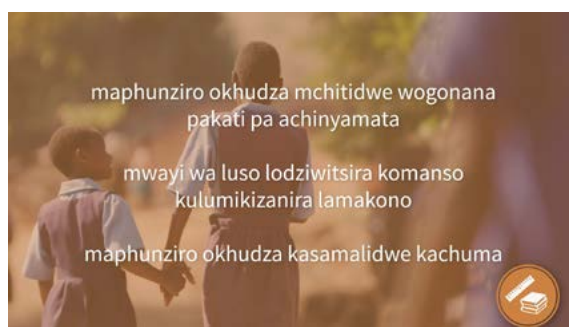


M'Malawi muno, ophunzira 35 okha mwa ophunzira 100 alionse m'sukulu zapulayimale amatsiriza maphunziro onse a zaka zisanu ndi zitanu zasukulu, ndipo ophunzira 18 okha mwa ophunzira 100 alionse amalembetsa m'sukulu zasekondale.⁶

Kuphatikiza apo, atsikana ochepera 20 mwa atsikana 100 alionse omwe amamalizitsa maphunziro apulayimale amapitiriza maphunziro awo asekondale, komanso ndi ochepera mwa iwo amene amamalizitsa maphunziro awa asekondale. Ndipo, kwadziwika kuti mtsikana wa ku Malawi ali ndi kuthekera kochulukamokwaniraka 50 kuti akwatiwe asadafike zaka 18 poyerekeza ndi kuthekera kwake kuti akalembetse maphunziro a ukachenjede.⁷



Pofuna kuchulukitsa ubwino wa gawo lamaphunziro ku chitukukuko cha dziko la Malawi, tikufunikiranso maphunziro okonzedwanso bwino kuti alunjike pa maluso omwe m'badwo uno ukufunikira: maphunziro okhudza mchitidwe wogonana pakati pa achinyamata, mwayi wa luso lodziwitsira komanso kulumikizanira lamakono komanso maphunziro okhudza kasamalidwe kachuma.



Mipamba yofesedwayi idzathandiza a Malawi achinyamata kuyenda limodzi ndi kutsogola komwe kulipo mu luso lamakono ndiponso idzathandiza kukonzekeretsa ogwira ntchito kuti alimbikitse kutukula chuma.

Boma lili ndi ndondomeko zophunzitsira komanso kulemba ntchito zomwe zidaikidwa kuti zitha kupezetsa mwayi wochepea wantchito zam'boma. Komano kuti achinyamata ambiri apezere mwayi wantchito, tikufunikira gawo lamangolomera lomwe si labomakomanso ndondomeko zothyakuka zolemba ntchito achinyamata zomwezidzabweretsampemera wa kaganizidwe katsopano ndiponso kuchulukitsa mwayi wantchito zosiyanasiyana.



Lero, anthu 85 mwa aMalawi 100 alionse olembedwa ntchito akugwira ntchito m'gawo la zaulimi.⁸

Kunena mwatchutchu, ulimi ndi ntchito yoyambira yosasangalatsa kwa achinyamata akumidzi komanso am'matauni.

Ulimi pawokha sungakwaniritse kupezetsa mwayi wantchito zokhazikika ku chiwerengero chonse cha achinyamata ofunika kulembedwa ntchito. Choncho tiyenera kuyamba kuchitapo kanthu kuti tithane ndi vutoli.



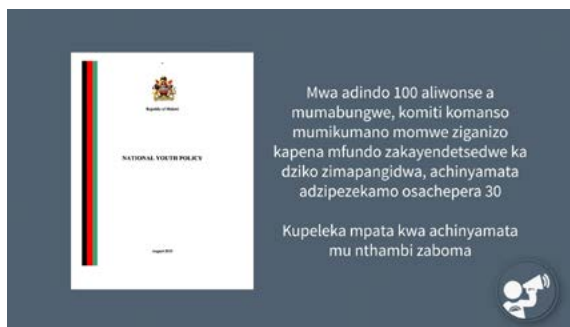
Ngakhale ndondomeko yadziko yolemba anthu ntchito ya National Employment and Labour Policy ili yotsogola, yomwe imazindikira ubwino wantchito popititsa patsogolo chuma chathu, Mmalawi mmodzi mwa asanu alionse sali pantchito.

Kusowa kwa ntchito n'kochuluka kwambiri ngakhale pakati pa achinyamata: Pafupifupi wachinyamata mmodzi mwa atatu alionse (achinyamata 28 mwa 100 alionse) omwe ali ndi zaka za pakati pa 15 ndi 34 sali pantchito.⁹



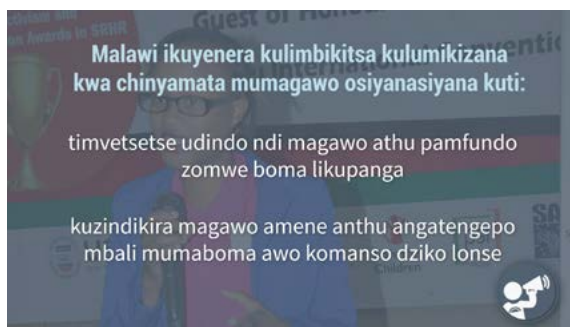
Kuti tisunthire chifupi ndi masomphenya achitukuko, achinyamata ayenera kutengapo mbali m'magawo onse.

Ndondomeko yadziko ya achinyamata ya National Youth Policy imalimbikitsa kuti achinyamata 30 mwa anthu 100 alionse aziyimilidwa m'mabungwe opanga ziganizo komanso azipatsidwa mpata wokhala m'maudindo olamulira.¹⁰ Tiyenera kuonetsetsa kuti achinyamata atengepo gawo mwatunthu, monga momwe zimayenera kukhalira.



Malo ambiri okhudza ulamuliro wadziko pakadali pano samalola kuti achinyamata ayikepo maganizo pokonza ndi kukhazikitsa ndondomeko zoyendetsera boma.

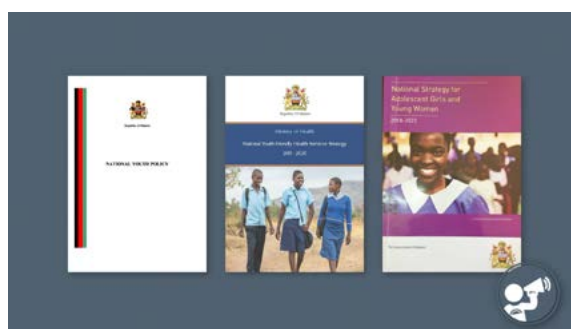
Dziko la Malawi liyenera kupereka mphamvu ku maudindo a achinyamata m'ngodya iliyonse n'cholinga chakuti titha kumvetsetsa ntchito ndi maudindo athupopanga ziganizo zokhudza boma ndiponso titha kupeza mwayi osiyanasiyana wogwira ntchito yotumikira dziko kapena m'maboma monga mzika. Potsatira ndandanda umenewu, tikhala kuti tikutengulira m'badwo wa atsogoleri ukubwerawo.



Ambiri a ife (75 mwa 100 alionse) sitikhulupilira mafumu komanso atsogoleri athu azipembedzo.¹¹ Atsogoleri awa ndi omwe ali khomo lokafikira kwa achinyamata ndi mauthenga komanso ntchito zofunikira. Iwo akhoza kuthandizira kupezetsa achinyamata mwayi wachidziwitso komanso kuthekerera kochitapo kanthu m'maudindo osiyanasiya a mzika.



Tithanso kuyamba kukhazikitsa ndondomeko zamphamvu zomwe tili nazo, monga ndondomeko yadziko ya achinyamata ya National Youth Policy, ndondomeko yantchito zaumoyo yokomera achinyamata ya Youth Friendly Health Services Policy, ndiponso mfundo zadziko lonse za atsikana otha msinkhu ndi akazi achinyamata za National Strategy of Adolescent Girls and Young Women, zomwe zimalimbikitsa chilungamo komanso kutengapo gawo kwa achinyamata.



Dziko la Malawi layesetsa kuyambapo molimba mtima m'ndondomeko zathu zosiyanasiyana komanso malamulo n'cholinga chofuna kupeza njira zomwe ziwutse ndi kuthandiza achinyamata. Kukhazikitsa ndondomeko zimenezo kudzapereka mwayi wanzama wachitukuko chathu.



Nthawi yochitapo kanthu ndi inoyi.

Akuluakulu opanga ziganizo zosiyanasiyana m'maunduna aboma komanso m'maofesi a bwanankubwa ayenera kuganiziranso chiwerengero cha achinyamata a ku Malawi komanso ayenera kuzindikira kuti kufesa mipamba mwa ife, komanso achinyamata amtsogolo, ndi nsanamira yotukulira chuma ndi chitukuko cha dziko lino. Mafumu athu komanso atsogoleri athu azipembedzo ndi mabungwe ali ndi mphamvu yothandiza kulimbikitsa makhalidwe abwino okhudza kusasiyana pantchito pakati pa akazi ndi amuna, kufunika kwa achinyamata, komanso mmene timaonedwera.




Mogwirizana, atsogoleriwa akhoza kulimbikitsa ngodya zinayi, zokhala ndi mipamba yachindunji pazokhapazokha motere:

Poyamba, alimbikitse ntchito zaumoyo zokomera achinyamata ndi kuonjezera ntchitozi kuti zikafikirensa ku mabungwe a achinyamata ndi m'mikumano yawo yapakachere, pamodzi ndi othandizira komanso ophunzitsa omwe ali osulidwa bwino kuti apereke chidziwitso cholondola kwa achinyamata n'cholinga chakuti iwo apange zisankho zamzeru.




Kachiwiri, akonzetse nyumbazathu zamaphunziro pomanga makalasi ophunziliramo ndi nyumba zosungira zipangizo za sayansi komanso makompyuta, nyumba zogonamo atsikana, komanso zipangizo zaukhondo. Ayikemo zipangizo zoyenelera mnyumba zimenezi komanso alembe ntchito aphunzitsi osulidwa bwino kuti apereke maphunziro okhala ndi kaganizidwekamakono ndi kugwiritsa ntchito zipangizo zamakono zomwe zidzatikonzekeretse ife kukhala oganiza mwamakono komanso atsogoleri amawa.

- ➔ Akonzetse nyumbazathu zamaphunziro pomanga makalasi ophunziliramo ndi nyumba zosungira zipangizo za sayansi komanso makompyuta, nyumba zogonamo atsikana, komanso zipangizo zaukhondo
- ➔ Ayikemo zipangizo zoyenelera mnyumba zimenezi komanso alembe ntchito aphunzitsi osulidwa bwino kuti apereke maphunziro okhala ndi kaganizidwekamakono ndi kugwiritsa ntchito zipangizo zamakono zomwe zidzatikonzekeretse ife kukhala oganiza mwamakono komanso atsogoleri amawa




Kachitatu, akonzetsenso mwayi wantchito pothandiza magawo omwe si aboma kukhala ndi mpata wa malonda osiyanasiyana komanso malamulo ovomerezeka, omwe adzapititsa patsogolo ntchito zamagawo omwe si aboma potukula achinyamata. Alimbikitse achinyamata oganiza mwamakono komanso amalonda powapatsamwayiwa malonda ndi luso lodziwitsira komanso kulumikizanira lamakono, ndi kulimbikitsa maphunziro athu a kasamalidwe ka chuma.

- ➔ Akonzetsenso mwayi wantchito pothandiza magawo omwe si aboma kukhala ndi mpata wa malonda osiyanasiyana komanso malamulo ovomerezeka, omwe adzapititsa patsogolo ntchito zamagawo omwe si aboma potukula achinyamata
- ➔ Alimbikitse achinyamata oganiza mwamakono komanso amalonda powapatsamwayiwa malonda ndi luso lodziwitsira komanso kulumikizanira lamakono, ndi kulimbikitsa maphunziro athu a kasamalidwe ka chuma



Kachinayi, akhazikitse ndondomeko yadziko ya achinyamata ya National Youth Policy pophatikizanso mpando wachinyamata wokhala ndi mphamvu zovoterredwa m'maudindo onse olumikizitsa unduna wamaboma ang'onoang'ono ndi mabungwe opanga ziganizo zokhudza dziko. Athandize magulu omwe alipo a achinyamata, mikumano yapakachere komanso mabungwe powapatsa maphunziro okhudza utsogoleri, kufalitsa uthenga, udindo wamzika n'cholinga chowonjezera kutengapo mbali kwa achinyamata kuti ndondomeko zoyendetsera boma zithandize kuthana ndi zosowa zathu, zomwe timakumana nazo, komanso zomwe timakonda.

- ➔ Akhazikitse ndondomeko yadziko ya achinyamata ya National Youth Policy pophatikizanso mpando wachinyamata wokhala ndi mphamvu zovoterredwa m'maudindo onse olumikizitsa unduna wamaboma ang'onoang'ono ndi mabungwe opanga ziganizo zokhudza dziko
- ➔ Athandize magulu omwe alipo a achinyamata, mikumano yapakachere komanso mabungwe powapatsa maphunziro okhudza utsogoleri, kufalitsa uthenga, udindo wamzika n'cholinga chowonjezera kutengapo mbali kwa achinyamata kuti ndondomeko zoyendetsera boma zithandize kuthana ndi zosowa zathu, zomwe timakumana nazo, komanso zomwe timakonda



Kufesa mipamba mwa achinyamata m'Malawi kuli ngati kuwongola mtengo kuyambira uli wanthete. Monga momwe muzu umodzi umathandizira kudyetseramtengo onse, kufesa mipamba m'magawo alionse kudzathandiza komanso kulimbikitsachitukuko chofikira magawo onse a dziko lathu.



Mabuku, kafukufuku, komanso zotsindikizidwa

- 1 Projections developed for RAPID 2017 analysis using Spectrum model.
- 2 National Statistical Office (NSO) [Malawi] and ICF, Malawi Demographic and Health Survey 2015-16 (Zomba, Malawi, and Rockville, MD: NSO and ICF, 2017).
- 3 NSO and ICF, Malawi Demographic and Health Survey 2015-16.
- 4 Vlassof M. and Tsoka, M. 2014. "Benefits of Meeting the Contraceptive Needs of Malawian Women." Accessed at https://www.gutmacher.org/sites/default/files/report_pdf/ib-malawi.pdf
- 5 Ministry of Finance, Economic Planning, and Development, *RAPID: Estimating the Impact of Population Growth on Development in Malawi* (Lilongwe: Ministry of Finance, Economic Planning, and Development, 2017).
- 6 Organisation for Economic Co-operation and Development (OECD) Development Centre, *Youth Well-being Policy Review of Malawi* (Paris: European Union-OECD Youth Inclusion Project, 2018).
- 7 Nine percent of girls complete secondary school; Government of Malawi, National Strategy of Adolescent Girls and Young Women, 2018; and Janet Fleischman and Katey Peck, *Addressing HIV in Adolescent Girls and Young Women in Malawi: The DREAMS Partnership* (Washington, DC: Center for Strategic and International Studies, 2017).
- 8 International Labour Organization, ILOSTAT database, <https://data.worldbank.org/indicator/SL.AGR.EMPL.ZS?locations=MW>, accessed on Sept. 10, 2018.
- 9 NSO, *Malawi Labour Force Survey 2013* (Zomba, Malawi: NSO, 2014).
- 10 Ministry of Youth and Sports, *National Youth Policy* (Lilongwe: Ministry of Youth and Sports, 2013).
- 11 OECD Development Centre, *Youth Well-being Policy Review of Malawi*.

Mafunso Otsogolera Pokambirana

Mukamaliza kufotokozero liwu la ENGAGE, “Kukulira Limodzi: Kufesa Mipamba Yokhudza Ngodya Zonse mwa Achinyamata m’Malawi,” mutha kukhala ndi mwayi wothandizira kukambirana pakati pa omvera. Tikukulimbikitsani kuti zokambirana zanu zikhale zolunjika ku mfundo zoyenera kutsatira zomwe zakambidwa m’liwuli ndipo mufunse omvera anu zomwe angachite pothandizira kapena kuchulukitsa mipamba yofesedwa m’magawo a zaumoyo, maphunziro, kulembedwa ntchito komanso kutengapo mbali pakati pa achinyamata.

Ena mwa mafunso okuthandizirani ndi awa:

1. Kodi liwu ili lasintha mmene mumawaonera achinyamata m’Malawi muno?
2. Kodi kugawo lanu kuli ndondomeko ziti zomwe zili zokhudza achinyamata? Nanga ndi ndi ndondomeko ziti zomwe zili ndi mfundo zoyenera kutsatira zolunjika kwa achinyamata?
3. Kodi mumadziwa kale mbuyomu za ubale womwe ulipo pakati pa kuchulukana mwaliwiro kwa chiwerengero cha anthu, zaumoyo, mwayi wamaphunziro, mwayi wolembedwa ntchito, komanso kutengapo mbali kwa achinyamata? Kodi lero mwaphunzirapo chiyani zokhudza ubale umenewu?

ZOKAMBIRANA ZOKHUDZA ZAUMOYO NDI ACHINYAMATA

4. Anthu ali ndi maganizo oaiyanasiyana okhudza kupereka mwayi kwa achinyamata wantchito zaupangiri wauchembere wabwino. Kodi liwuli lasintha mwanjira ina iliyonse mmene inu mumaganizira pankhaniyi kapena zokhudza achinyamata omwe amapeza mwayi waupangiri wauchembere wabwino?
5. Kodi ndi ubwino wanji womwe ungapezeke titachotsa ntchito zaumoyo zaupangiri wokomera achinyamata kenako nkuika maphunziro okhudza moyo wogonana pakati pa achinyamata m’sukulu zathu? Kodi ndi mavuto anji omwe tingakumane nawo?
6. Kodi ndi ntchito zaumoyo ngati ziti zomwe tsopano tingapereke kwa achinyamata m’Malawi muno? Kodi nanga tingakonze bwanji magawo omwe alipo kale?
7. Kodi miyambo yoopsa yosiyanyitsa ntchito zapakati pa amuna ndi akazi imakhudza bwanji kuthekera kobereka komanso kusintha kwa chiwerengero cha anthu? Kodi nanga ndi miyambo yoopsa yosiyanyitsa ntchito zapakati pa amuna ndi akazi monga iti yomwe achinyamata amayiona m’Malawi muno lero?

ZOKAMBIRANA ZOKHUDZA MAPHUNZIRO NDI ACHINYAMATA

8. Anthu ali ndi maganizo oaiyanasiyana okhudza kupereka mwayi kwa achinyamata wantchito zaupangiri wauchembere wabwino. Kodi liwuli lasintha mwanjira ina iliyonse mmene inu mumaganizira pankhaniyi kapena zokhudza achinyamata omwe amapeza mwayi waupangiri wauchembere wabwino?
9. Kodi ndi ubwino wanji womwe ungapezeke titachotsa ntchito zaumoyo zaupangiri wokomera achinyamata kenako nkuika maphunziro okhudza moyo wogonana pakati pa achinyamata m’sukulu zathu? Kodi ndi mavuto anji omwe tingakumane nawo?
10. Kodi ndi ntchito zaumoyo ngati ziti zomwe tsopano tingapereke kwa achinyamata m’Malawi muno? Kodi nanga tingakonze bwanji magawo omwe alipo kale?
11. Kodi miyambo yoopsa yosiyanyitsa ntchito zapakati pa amuna ndi akazi imakhudza bwanji kuthekera kobereka komanso kusintha kwa chiwerengero cha anthu? Kodi nanga ndi miyambo yoopsa yosiyanyitsa ntchito zapakati pa amuna ndi akazi monga iti yomwe achinyamata amayiona m’Malawi muno lero?

ZOKAMBIRANA ZOKHUDZA KULEMBEDWA NTCHITO KOMANSO ACHINYAMATA

12. Anthu ena atha kukhulupulira kuti anthu akachulukana m’dziko mumakhala chuma champhamvu popeza kumakhala kuti anthu ogwira ntchito achulukanso. Pamene mwawerenga liwuli, kodi mukugwirizana ndi maganizo amenewa?

13. Kodi poyamba mumadziwa kale za mlingo wakuchuluka kwa achinyamata omwe amayamba kusaka ntchito chaka chilichonse poyerekeza ndi ntchito zomwe zilipo?
14. Kodi okonza ndondomeko zoyendetsera maboma komanso dziko la Malawi angatani powonetsetsa kuti achinyamata ndi okonzeka kuyamba kusakasaka ntchito ali ndi nzeru komanso luso lofunikira kuti apite patsogolo?
15. Kodi kulembedwa ntchito kwa achinyamata kumakhudza bwanji kukula komanso chitukuko chadziko la Malawi? Nanga kumakhudza bwanji mtendere komanso chitetezo chathu?

ZOKAMBIRANA ZOKHUDZA KUTENGAPO MBALI KWA ACHINYAMATA

16. Anthu ena atha kukhulupulira kuti anthu akachuluka m'dziko mumakhala chuma champhamvu popeza kumakhala kuti anthu ogwira ntchito achulukanso. Pamene mwawerenga liwuli, kodi mukugwirizana ndi maganizo amenewa?
17. Kodi poyamba mumadziwa kale za mlingo wakuchuluka kwa achinyamata omwe amayamba kusaka ntchito chaka chilichonse poyerekeza ndi ntchito zomwe zilipo?
18. Kodi okonza ndondomeko zoyendetsera maboma komanso dziko la Malawi angatani powonetsetsa kuti achinyamata ndi okonzeka kuyamba kusakasaka ntchito ali ndi nzeru komanso luso lofunikira kuti apite patsogolo?
19. Kodi kulembedwa ntchito kwa achinyamata kumakhudza bwanji kukula komanso chitukuko chadziko la Malawi? Nanga kumakhudza bwanji mtendere komanso chitetezo chathu?

ZOKAMBIRANA ZOKHUDZA KUSINTHA KWACHIWERENGERO NDI CHITUKUKO

20. Kodi poyamba mumadziwapo kanthu kalikonse kukhudza ubale omwe ulipo pakati pa mwayi wanjira zolera ndi kukula kwachiwerengero cha anthu komanso kusintha kwa zaka?
21. Anthu ambiri ali ndi maganizo osiyanasiyana okhudza kulera komanso mpata wauchembere. Kodi liwuli lakhudza kaganizidwe kanu pankhaniyi? Kodi mwaphunzirapo chani chomwe chasintha kaganizidwe kanu kokhudza kulera komanso mpata wauchembere, makamaka kokhudza mmene zinthu ziwirizi zimakhudzira umoyo wa anthu komanso mwayi wam'tsogolo wamunthu payekha?
22. Kodi malo, mwachitsanzo ngati kukhala pakati pa kudera lakumudzi kapena dera lamtauni, angakhudze bwanji kuthekera kwamunthu kopeza mwayi waupangiri wantchito zaumoyo, kuphatikizapo thandizo lauchembere wabwino?

ZOKAMBIRANA ZOKHUDZA ZOYENERA KUTSATIDWA

23. Kodi n'chifukwa chiyani kuli kofunika kufesa mipamba yokhudza ngodya zonse mwa achinyamata m'Malawi muno?
24. Kodi tingachite chani pochulukitsa mipamba m'magawo akuluakulu omwe atchulidwa m'liwuli pofuna kukwaniritsa zoyenera kutsatidwa zomwe zatchulidwa lero?
25. Kodi mabungwe angachite chiyani polimbikitsa umoyo ndi chitukuko cha achinyamata? Kodi kwenikweni ndi okonza ndondomeko ati omwe ali ndi udindo owonetsetsa kuti pali thandizo landalama lokhudza ndi lolumikizitsa magawo onse?
26. Kodi nanga mafumu ndi atsogoleri azipembedzo angatani kuti akhale anankungwi amphanvu a achinyamata
27. Liwuli lafotokozanso zoyenera kutsatidwa ndi boma komanso mafumu ndi atsogoleri azipembedzo. Kuonjezera pa zochita zimenezo, kodi mukuganiza kuti mutha kuchitanso chiyani? M'moyo wanu kapena pantchito yanu? Kodi muthandizire mipamba yamphamvu yochokera ku gawo lanu pofuna kusintha miyoyo ya achinyamata kuti dziko la Malawi likule komanso litukuke?

Mafunso Ofunsidwa Kawirikawiri

Kawirikawiri, omvera athu amakhala ndi mafunso okhudza liwuli. Ena mwa mafunsowa amalunjika ku mfundo zomwe zafotokozedwa m'liwuli (monga; zotsatira za kafukufuku, zithunzi, chiwerengero, komwe zofotokozedwazi zatengedwa), ndipo mafunso ena akhoza kukhudza zomwe zakambidwa m'liwuli.

Ena mwafunso ofunsidwa kawirikawiri komanso mayankho ake okonzedwa ndi awa:

MAFUNSO OKHUDZA LIWULI

F. Kodi zithunzi ndi makanema omwe ali m'liwuli ndi ochokeradi ku Malawi?

Y. Zidutswa zonse za kanema m'liwuli ndi zithunzi zojambulidwa ku Malawi kapena zikuchokera ku ntchito komanso anthu a ku Malawi omwe adapereka chilolezo chakuti titha kugwiritsa ntchito zithunzi zimenezi.

F. Kodi nanga anthu omwe ali m'zithunzi komanso makanema omwe ali m'liwu lanuli adapereka chilolezo chawo?

Y. Tili ndi ufulu komanso mphamvu zogwirizana ndi malamulo adziko kuti titha kugwiritsa ntchito chithunzi komanso kanema aliyense yemwe ali m'liwuli.

F. Kodi zotsatira za kafukufuku wosiyanasiyana zomwe zakambidwazi ndi zolondola motani?

Y. Zotsatira zosiyanasiya zomwe tafotokoza m'liwuli ndi zochokera ku zolembedwa zatchutchutchu zomwe zilipo. Zolembedwazi ndi monga kafukufuku komanso zosindikizidwa zaboma, mabungwe ogwira ntchito ndi boma, kafukufuku wosiyanasiyana wokhudza chiwerengero cha anthu ndi umoyo wa anthu komanso zidziwitso zoyerekeza ndi ziwerengero zoyerekeza zochokera ku mabungwe ogwira ntchito zachitukuko mothandizana ndi boma. Ngati muli ndi mafunso olunjika ku ziwerengero zomwe zatchulidwa, chonde werengani mabuku kapena zolembedwa zomwe zatchulidwa m'liwuli

MAFUNSO OKHUDZA ZAUMOYO NDI MAPHUNZIRO

F. Kuwapatsa achinyamata chidziwitso chokhudza umoyo wogonana komanso njira za kulera kutha kuwasokoneza. Kodi iwo ali pa msinkhu wochepe kwambiri kupanga zisankho za mtundu umenewu?

Y. Umboni wadziko lonse lapansi ukusonyeza kuti maphunziro okhudza kugonana pakati pa achinyamata amapereka mphamvu kwa achinyamata kuti apange zisankho zabwino zokhudza makhalidwe awo. Maphunzirowa amachepetsa chiwerengero cha kugonana mosadziteteza, kuchuluka kwa anthu oganana nawo, komanso amaonjezera kagwiritsidwe ntchito ka njira zakulera. Maphunziro okhudza kugonana pakati pa achinyamata ndi ofunika kwambiri ngati tikufuna kuchepetsa chiwerengero cha mimba zosakonzekera, kupewetsa kufala kwa kachiroboma ka HIV ndi Edzi, komanso kuonetsetsa kuti m'badwo wa achinyamata a ku Malawi ndi wathanzi. Kuonjezera apo, maphunziro okhudza kugonana pakati pa achinyamata amathandiza achinyamata athu kukhala ndi luso la kuganiza mozama komanso la kulumikizana lomwe adzaligwiritse ntchito m'miyoyo yawo yonse polumikizana ndi anzawo zokhudza kulera ndi kupanga limodzi zisankho zabwino.

F. Ngati achinyamata adziwa za uchembere wabwino komanso njira za kulera, kodi zimenezi sizilimbikitsa mchitidwe wogonana ndi anthu ambiri? Kodi sizilimbikitsa achinyamata kuchita zogonana asadalowe m'banja?

Y. Si zachilendo kuti anthu m'madera ambiri amaletsa kugonana anthu asadalowe m'banja komanso amada nkhwana kuti maphunziro ndi ntchito za uchembere wabwino zitha kukhala zosayenera komanso zosafunikira kwa achinyamata. Komabe, kafukufuku akuonetsa kuti maphunziro olimbikitsa za kudziletsa kokha si okwanira popewetsa mchitidwe wogonana pakati pa achinyamata.¹ Pamene akuphunzitsidwa ndi mphunzitsi wosulidwa bwino, maphunziro okhudza kugonana pakati pa achinyamata amapereka kwa achinyamata chidziwitso chogwirizana ndi msinkhu wawo chokhudza matupi awo komanso umoyo wawo, ndi kuwathandiza iwo kupewa mimba zosakonzekera, kachilombo ka HIV ndi matenda opatsirana pogonana, komanso mavuto okhudza uchembere. Pamene ndondomeko zoyendetsera boma zapamwamba komanso zokomera achinyamata zakhazikitsidwa komanso zikugwira ntchito yake, akazi komanso amuna achichepere akhoza kuwomboka mwathanzi kufika ku ukulu ndiponso kusangalala potenga nawo gawo

mwathunthu pa moyo waumzika. Pomaliza, ngati tikufuna kuwapatsa achinyamata chiyambi chabwino komanso chathanzi pa miyoyo yawo, chofunikira kwambiri ndi kupezeka kwa chidziwitso komanso ntchito zokhudza moyo wogonana komanso uchembere wabwino.

F. Ngati akazi achichepere akufuna kukwatiwa kapena kukhala ndi ana ndipo asiya sukulu, n'chifukwa chiyani ife tiyenera kuletsa zimenezo? Izi ndi zochitika zofunikira kwa munthu aliyense komanso ndi mapwando osonyeza kuwomboka kuchoka pamsinkhu wina kupita pena.

Y. Ukwati komanso kubereka mwana ndi zochitika zofunika kwambiri zosonyeza chiwomboko. Tikufuna kulimbikitsa madera komanso atsogoleri kuti poyambilira aganizirepo za umoyo wa achinyamata komanso kakhalidwe kabwino, ndiponso mmene iwo angathandizire dziko lathu. Pamene atsikana ayamba kubereka, iwo amakhala pa chiopsezo cha ulumali ndi imfa. Mimba zobwera iwo asadakhwime zithanso kuwakakamiza atsikanawa kusiya sukulu, zomwe zingabweretse kwa iwo mavuto a zachuma ndiponso okhudza kulembedwa ntchito m'moyo wawo wamtsogolo. Ngati atsikana aphunzire ndi kukhala ndi luso lofunikira, iwo adzakhala okonzeka kulembedwa ntchito zamufesi, kutenga nawo gawo pobweretsa maganizo atsopano ndi kutukula dziko, komanso kupanga zisankho zanzeru zokhudza kukhala ndi ana pamene adzakhala okonzeka kuchita izi molingana ndi matupi awo, mmene iwo amakhudzidwira ndi zinthu zosiyanasiyana m'moyo komanso molingana ndi chuma chawo.

F. N'chifukwa chiyani chidwi chili pa maphunziro a atsikana okha? Bwanji osaikanso chidwi pa maphunziro a anyamata?

Y. Chidwi chokhudza maphunziro abwino komanso maluso ena chikulunjika kwa atsikana ndi anyamata omwe. Ngakhale chidwi chimenechi chikunka patsogolo, atsikana m'mayiko ambiri kuphatikizaponso dziko la Malawi amakumana ndi zokhoma zoonjezera zokhudzana ndi kuti iwo ndi akazi. Kusowa kwa zipangizo zothandizira ukhondo, maukwati a ana achichepere komanso mimba za ana achisodzera zimakhudza kwambiri atsikana. Zokhomazi ndi zowawa kwambiri kwa atsikana akumidzi.² Choncho, zoyenera kuchita zomwe tikufotokozazi zikulimbana ndi zokhoma zomwe anyamata komanso atsikana amakumana nazo pamodzi, kuphatikizanso zokhoma zomwe zimangokhudza atsikana okha.

MAFUNSO OKHUDZA KULEMBEDWA NTCHITO KOMANSO KULAMULIRA

F. Kodi tingagwiritse ntchito ndandanda wamfundo ziti kuti tichepetse mavuto a kusowa kwa ntchito kapena a kulembedwa ntchito zoperewera, omwe ali mitolo yolemetsa pachuma chathu?

Y. Mayiko ambiri a mu Africa omwe ali kumwera kwa chipululu cha Sahara akukumana ndi mavuto a kusowa kwantchito komanso kulembedwa ntchito zoperewera. Mavuto amenewa amakhudza kwambiri mayiko omwe ali ndi chiwerengero chokwera cha achinyamata omwe akulowa m'gulu loyenera kulembedwa ntchito. Pachifukwa ichi, kufesa mpamba m'magawo achuma olemba antchito ochuluka komwe kukhoza kubweretsa mwayi wantchito wochuluka ndi kofunika pachitukuko chadziko. Owona zamaphunziro nawonso ayenera kuonetsetsa kuti akuphatikizanso zosowa zamagawo amenewa powonetsetsa kuti ogwira ntchito ali ndi luso loyenerera kuti atukuke pantchito.

F. Kodi n'chifukwa chiyani achinyamata ayenera kutenga nawo mbali popanga ziganizo zonse zakayendetsedwe kaboma? Achinyamata alibetu luntha komanso chidziwitso cha akuluakulu awo.

Y. Achinyamata ndi akadaulo a luntha lomwe akhala nalo m'miyoyo yawo. Iwo ndi amene angafotokoze bwino mmene kagwiridwe ntchito ka ndondomeko zaboma (kapena ku perewera kwake) kumakhudzira miyoyo yawo. Ngakhale iwo alibe maphunziro kapena luntha lofanana ndi ena mwa opanga ndondomeko zoyendetsera boma kapena atsogoleri ena, iwo amabweretsa mfundo komanso nzeru zapaderadera ku mikumano komwe ziganizo zofunika zimapangidwa. Chidziwitso cha achinyamata padongosolo landondomeko zaboma komanso chitukuko zimakula pamene iwo akuonjezera maphunziro awo, ndi kutha kudziwa mgwirizano womwe ulipo pakati pa maphunziro, kutengapo mbali pantchito zaboma komanso kutengapo gawo kwa achinyamata.

F. Mukunena kuti ulamuliro wabwino ndi wofunika kuti chitukuko chadziko chikule mwamphamvu, koma chonsecho mayiko ambiri olemera si a demokalase, machitsanzo dziko la Saudi Arabia.

Y. Ulamuliro wabwino umathandiza komanso kulimbikitsa kukula kwa chitukuko. Ngakhale mayiko ena akhoza kutukuka popanda ulamuliro wabwino, kukhazikika pa mfundo zabwino za ulamuliro monga kuchita zinthu mowonetsera komanso kulimbana ndi katangale kumachulukitsa mwayi komanso kumalimbitsa kukula ndi kutukuka kwa chuma.

F. Liwuli likukamba kuti achinyamata nthawi zina amatenga nawo mbali mongoyerekeza chabe, opanda kupatsidwa mwayi wopereka maganizo awo. Kodi tingalimbikitse bwanji kuthekera kwa achinyamata kuti azipereka maganizo abwino pazinthu zofunikira?

Y. Kutengapo mbali kwa achinyamata pa kayendetsedwe kaboma kumakula pamodzi ndi misinkhu ya maphunziro awo. Choncho kukonza maphunziro ndi njira imodzi yofunika powonetsetsa kuti achinyamata akumvetsetsa bwino za zinthu ndi kuzifotokozera kwake. Kuwonjezera apo, atsogoleri m'maderaD kuphatikizapo mafumu, atsogoleri azipembedzo, opanga ndondomeko zoyendetsera maboma komanso zadziko, ndi enaDakhoza kuphunzitsa achinyamata. Bungwe lowona za achinyamata lotchedwa National Youth Council of Malawi, lomwe lidakhazikitsidwa ndi cholinga cholimbikitsa ndi kulumikizitsa chitukuko cha achinyamata komanso mphamvu kwa achinyamata, lithanso kutengapo gawo lofunikira powonetsetsa kuti achinyamata ali ndi chidziwitso komanso luso kuti atengepo gawo mwathunthu pa chitukuko chawo, cham'dera komanso chadziko.

MAFUNSO OKHUDZA KUTHEKERA KOBEREKA, KUKULA KWA CHIWERENGERO CHA ANTHU KOMANSO CHITUKUKO

F. M'mayiko ena, monga South Africa, kuthekera kobereka kudachepa koma sikudayambitse kukula kwa chitukuko. Mungafotokozere bwanji zimenezi?

Y. Ngakhale kuthekera kobereka kochepetsedwa ndi gawo loyambilira lofunika potukula chuma, sikumabweretseratu chitukuko chadziko. Dziko la South Africa ndi chitsanzo chabwino: Ngakhale liwiro la kuthekera kobereka lidatsika, dzikoli silidafesebe mpamba wake m'magawo ena a ndondomeko zaboma kapena kukhazikitsa ndondomeko zoyenera kuti akuze chuma ndi kukwaniritsa phindu lake. Zidutswa zonse—kuthekera kobereka kochepetsedwa, kufesa mpamba mu zaumoyo ndi maphunziro, ndondomeko zachuma, komanso ulamuliro wabwino—ziyenera kukhazikitsidwa kuti chitukuko chadziko chitheke.

F. Kodi sizoonza kuti mayiko ena akuluakulu, monga China, India, ndi Brazil, akuchita bwino pachuma chifukwa cha chiwerengero chochuluka cha anthu awo? Kodi nanga kukhala ndi chiwerengero chochuluka cha achinyamata si kokwanira pothandiza kukula kwa chitukuko?

Y. Ngakhale zili zoonza kuti mayiko ngati China ndi Brazil ali ndi chuma chochuluka komanso chiwerengero cha anthu chochuluka, liwiro lawo lokhudza kuthekera kobereka (kapena kuchuluka kwa ana pafupifupi mwa mzimayi aliyense) ndi lochepa kwambiri ndipo latsika n'kupita kwa nthawi. Pamene kuthekera kobereka m'mayikowa kudatsika komanso mipamba yoyenera idafesedwa, chuma chawo chidakwera. Panthawi yomweyi, mayiko ambiri omwe ali ndi chiwerengero cha anthu chochepa kwambiri, monga South Korea, Singapore, ndi Rwanda, adafesa mipamba ngati yomweyi ndipo iwo adakwanitsanso kutukula chuma chawo pomwe kuthekera kobereka kudatsika. Monga mmene tikufotokozera m'liwuli, achinyamata ochuluka amapindula kuchokera ku magawo a zaumoyo komanso maphunziro amphamvu, ndondomeko zaboma zopititsa patsogolo, komanso ulamuliro wapoyera. Tikafesa mipamba yokhudza ngodya zonse, magawo amenewa amagwirana manja posomphola chitukuko chadziko kusiyana ndi kuchuluka kwa chiwerengero cha achinyamata kokha.

F. Kodi pali muyeso wa kukwera kwa chiwerengero cha anthu wovomerezeka padziko lonse? Ngati mukunena kuti kukwera kwa chiwerengero cha dziko la Malawi n'kopyola muyezo kwambiri, kodi kukweraku kuyenera kukhala kotani kwenikweni?

Y. Palibe kukwera kwa chiwerengero cha anthu kovomerezeka padziko lonse komwe kuli koyikidwiratu. Chofunika kwambiri n'chakuti kukwera kwa chiwerengero cha anthu kuyenera kugwirizana ndi zomangamanga komanso chuma chadziko. Pamene kukwera kwa chiwerengero cha anthu kwapayola muyeso, kutha kubwezera mbuyo kukwera kwa chuma chadziko lonse chikagawidwa ndi chiwerengero cha anthu onse ndiponso kumabwezeretsa mbuyo umoyo wa anthu.

F. Kodi n'chifukwa chiyani kukwera kwa chiwerengero cha anthu m'dziko la Malawi kuli kofunikira pamene tikuganizira za mphamvu zachuma chake?

Y. Unyamata wa chiwerengero cha anthu m'dziko la Malawi—Amalawi 78 pa 100 alionse ngosakwanitsa zaka 35—uli ndi zotsatira zambiri pokonza komanso kukhazikitsa ndondomeko zachitukuko zomwe cholinga chake n'kuchepetsa umphawi, makamaka popereka ntchito zosiyanasiyana zotumikira anthu, kusamalira zachilengedwe, komanso kulimbikitsa chitukuko cha chuma. Chotsatira choopsa chokhudzana ndi unyamata wa chiwerengero cha anthu m'dziko la Malawi n'chakuti chiwerengero cha anthu oyenera kugwira ntchito chidzakwera mofulumillirapo poyerekeza ndi mmene ntchito zolembedwa zikupangidwira ndi chuma chathu. Kulephera kuthetsa vuto lakusowa kwa ntchito kutha kubweretsa mavuto okhudza kukhazikika komanso kusamalika kwa chitukuko cha chuma chadziko. Achinyamata si mphamvu ya chiwerengero yokha—iwo ndi mphamvu yobweretsa chitukuko. Kuthekera uko kobweretsa chitukuko n'komwe kukuchititsa kuti kupereka mphamvu kwa achinyamata kukhale bwalo lalikulu lachitukuko m'zaka zikubwerazi.

MAFUNSO OKHUDZA KULERA

F. Anthu ena amati kulera kapena banja la anthu ochepa ndi ganizo la mayiko a azungu lomwe likukakamizidwa ndi anthu akunja ku mayiko omwe chuma chawo chikukwera kumene. Kodi maganizo anu ndi otani pa mfundo imeneyi?

Y. Akazi komanso mabanja ali ndi ufulu wosankha mosakakamizidwa za kuchuluka kwa ana omwe iwo akufuna kukhala nawo ndiponso za mpata wobereka ana awo. Komabe, akazi okwatiwa 21 mwa 100 alionse m'chigawo chakumwera kwa chipululu cha Sahara mu Africa komanso akazi okwatiwa 19 mwa 100 alionse m'Malawi muno ali nako kusowa kosakwaniritsidwa kofuna kugwiritsa ntchito njira zakulera, zomwe zikutanthauza kuti iwo amafunitsitsa atachedwerapo pauchembere wotsatira kapena atasiya kubereka kumene koma iwo sakugwiritsa ntchito njira yakulera iliyonse.³ Kusowa kosakwaniritsidwa kofuna kugwiritsa ntchito njira zakuleraku kutha kubweretsa vuto lokhala ndi mimba zosakonzekera, zomwe zimaperereka ziopsezo kwa azimayi, mabanja awo, komanso madera. Zofooka zimenezi zitha kusokoneza kukwera kwa chuma ndi chitukuko m'mayiko ambiri, kuphatikizapo dziko la Malawi. Gawo 14 la malamulo otchedwa Maputo Protocol, omwe adakonzedwa ndi mayiko a mu Africa kudzera mu mgwirizano wa mayiko a mu Africa wotchedwa African Union, limalimbikitsa ufulu wa azimayi, ponena kuti “mayiko onse mumgwirizanowu adzaonetsetsa kuti ufulu wa umoyo wathanzi wa akazi, kuphatikizaponso umoyo wogonana ndi uchembere wabwino, ukulemekezedwa komanso kulimbikitsidwa.” Molingana ndi gawo 14 ufulu umenewu ndi monga: ufulu wa akazi polamulira kuthekera kwawo kobereka; ufulu wa akazi popanga chisankho chokhala ndi ana; chiwerengero cha ana komanso mpata wa kaberekedwe ka ana; ufulu wosankha njira iliyonse yakulera; ufulu wa maphunziro okhudza kulera; komanso wotumikiridwa ndi ntchito zaumoyo zokwanira, zopezekeratu, komanso zomwe akhoza kukwanitsa kuphatikizapo ndondomeko zodziwitsa, zophunzitsa ndi zolumikizana kwa akazi, makamaka m'madera akumidzi.⁴

F. Anthu ena amati kulera ndi chida cholamulira chiwerengero cha anthu polepheretsa anthu osauka kukhala ndi ana ochuluka kwambiri. Kodi Ndamanga yanu ndi yotani pa ganizo limeneli?

Y. Ife timatsutsana ndi kulamulira chiwerengero cha anthu, ndiponso sitigwirizana ndi kugwiritsa ntchito njira ya kuopseza kokakamiza pazinthu zokhudza uchembere wabwino. Tikufuna kuchepetsa chiwerengero cha mimba zosakonzekera chifukwa chakuti mimba zosakonzekera zimabweretsa ziopsezo zokwelerapo zokhudza mavuto azaumoyo wa ntchembere komanso makanda. Kudzera m'kulimbikitsa kulera, tikukhulupilira kuti akazi komanso mabanja akhoza kusankha nthawi yobereka, mpata wakaberekedwe komanso chiwerengero cha mabanja awo, zomwe zingalimbikitse umoyo wathanzi komanso ubwino ku mabanja, madera, komanso dziko lonse.

F. Munakambapo za ntchito zaupangiri zokomera achinyamata. Kodi n'chiyani kwenikweni chomwe chimapangitsa ntchito zaupangiri wokhudza kugonana komanso uchembere wabwino kukhala zokomera achinyamata? Kodi zosowa za achinyamata si zofanana ndi za akulu?

Y. Iwo akamaomboka kuchokera ku ana kufikira kukhala akulu, achinyamata amakumana ndi mavuto osiyanasiyana ndipo alonso ndi zosowa zawozawo, makamaka zokhudza umoyo wogonana komanso uchembere. Ngodya zofunikira kwambiri zantchito zaupangiri zokomera achinyamata ndi monga antchito osulidwa mwaukadaulo, kufikirika, ofesi kapena maola ongothandiza achinyamata okha basi pachipatala, kugulika, kusunga chinsisi komanso kubisika, kutumikira ntchito zambiri, komanso thandizo lokwanira losiyanasiyana. Ntchito zaupangiri wokomera achinyamata wokhudza kugonana komanso uchembere

wabwino zimaperekedwa ngati gawo limodzi lantchito zambiri zaupangiri wothandiza, m'madera osiyanasiyana komanso ndi maganizo ochokera kwa achinyamatanso. Kupereka mwayi wantchito zaupangiri zokomera achinyamata kumathandiza achinyamata kukwaniritsa zosowa zawozo komanso, pomaliza, kutambasula kuthekera kwawo konse.

F. Mukunena kuti achinyamata ayenera kupatsidwa mwayi wothandizidwa ndi ntchito zaupangiri komanso chidziwitso chokhudza kugonana ndi uchembere wabwino kuyambira adakali achichepere. N'chifukwa chiyani mukutero?

Y. Mu mbiri yake, dziko la Malawi silingayiwale dala zosowa pauchembere wabwino za chinamtindi cha achinyamata. M'miyoyo yawo, achinyamata ali pamsinkhu womwe akukhazikitsa machitidwe olongosoka, mmene amakhudzidwira ndi zinthu zina, komanso zikhulupiliro zomwe zidzaumbe makhalidwe awo m'miyoyo yawo yonse. Tikakwanitsa kuwafikira aliyense payekhapayekha adakali achichepere, tikhoza kuwapatsa malingaliro komanso makhalidwe omwe atha kuchulukitsa mwayi wakuti achinyamata athu akhale ndi moyo wathanzi komanso wodalirika. Mipamba yofesedwa mu ndondomeko zokhudza umoyo wogonana ndi uchembere wabwino wa achinyamata idzawapatsa iwo maluso komanso nzeru zofunikira pamsinkhu wawo, ndiponso idzalimbikitsa iwo kukhala ndi malingaliro abwino okhudza zibwenzi komanso makhalidwe oyenera

MAFUNSO OKHUDZA THANDIZO LA NDALAMA KOMANSO MABUNGWE OGWIRA NAWO

F. Kodi ndani yemwe adakonza liwuli?

Y. Liwu ili lidakonzedwa ndi ntchito yokhudza ndondomeko ya zaumoyo wathanzi yotchedwa Health Policy Plus (HP+) project ndi upangiri wagulu la akatswiri, anankungwi, akadaulo pamaphunziro ndi ena. Achinyamata adayimilira pafupifupi anthu 25 pa 100 alionse m'gululo.

F. Kodi HP+ Project ndi chiyani kwenikweni?

Y. HP+ ndi mgwirizano wazaka zisanu wamabungwe womwe umathandizidwa ndi bungwe la United States Agency for International Development (USAID). Gawo lokhudza kachilombo koyambitsa matenda a Edzi ka HIV lantchitoyi limathandizidwa ndi U.S. President's Emergency Plan for AIDS Relief (PEPFAR).

HP+ imalimbitsa komanso kulimbikitsa ndondomeko zaumoyo zokhudza dziko lonse lapansi, mayiko, kapena zigawo zamayiko. Cholinga cha ntchitoyi ndi kukonza bwalo labwino lantchito zaumoyo wathanzi losasiyanitsa pantchito pakati pa amuna ndi akazi komanso lokhazikika, thandizo losiyanasiyana, komanso magawo ofalitsa uthenga kudzera munjira yokonza ndondomeko, kukhazikitsa kwake komanso malonda ake. HP+ ndi mgwirizano wapakati pa mabungwe awa: Palladium Group, Avenir Health, Futures Group Global Outreach, Plan International USA, Population Reference Bureau (PRB), RTI International, the White Ribbon Alliance for Safe Motherhood, komanso ThinkWell.

F. Kodi PRB kapena Palladium ndi mabungwe olalikira zakayendetsedwe kaboma? Kodi ntchito ya HP+ ili ngati ntchito yolalikira?

Y. PRB ndi bungwe losafuna phindu, loima palokha komanso lophunzitsa lomwe lili ndi chidwi pa chiwerengero cholondola komanso mfundo zoonza. Palladium ndi bungwe lomwe ntchito zake zimakhudza dziko lapansi lonse, ndipo limagwira ntchito yopititsa patsogolo umoyo wa anthu komanso kutukuka kwachuma. Iwo salalikira mwachindunji kapena kudandaulira mothandizira zotsatira zapaderadera kapena zoyenera kuchitidwa m'mayiko. Komabe, iwo amathandiza mabungwe ogwira ntchito ndi boma m'mayiko osiyanasiyana kuti alumikizane powonetsetsa kuti mauthenga awo ndi ogwirizana ndi chidziwitso ndi zotsatira za kafukufuku zapamwamba komanso zakupisa

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