

Kabuku Kotsogolera

Ndondomeko zopititsira patsogolo ntchito za
ukhondo motsogozedwa ndi eni dera

Facilitating: Community-Led Total Sanitation CLTS

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KODI CLTS NDI CHIYANI ?

Kusowa kwa ukhondo weniweni kumene kwadza chifukwa cha kunyera paliponse kuli ndi zotsatira zoyipa pa umoyo wa anthu makamaka pa matenda otsegula m'mimba monga kolera. Ndongomeko ya CLTS imakhudza dongosolo lolimbikitsa ndi kuwapatsa mphamvu anthu a ku mudzi kuti asiye kunyera paliponse ndi kumanga komanso kugwiritsa ntchito zimbudzi posalandira thandizo lirilonse la zipangizo kapena ndalama zogulira zipangizo zomangira monga simenti, mapaipi, mitondo yazimbudzi ndi zina zotero. Kudzera mukugwiritsa ntchito njira zokambirana ndi anthu m'magulu, anthu ambiri amazindikira kuipa konyera paliponse ndi kufalikira kwa matenda obwera chifukwa cha uve zimene zimakhudza wina aliyense. Njira ya CLTS imabweretsa kunyansidwa ndi manyazi pakati pa anthu a mdera. Onse limodzi amazindikira kuopsa konyera paliponse: kuti iwo azikhala akudyetsana manyi a wina ndi mzake kudzera mnjira zosiyanasiyana ngati mchitidwewu utapitilira. Kuzindikira kumeneku kumachititsa anthu kufunafuna njira zoti athetsere bvutoli pofuna kutukula ntchito za ukhondo m'dera.

Ikakhazikitsidwa bwino CLTS ingathe kuthetseratu mchitidwe onyera paliponse ndipo anthu amayamba kukumba mayenje kuti amange zimbudzi pogwiritsa ntchito zipangizo zawo. Maanja amayamba kumanga zimbudzi molingana ndi m'mene amapezera ndalama kapena amagwiritsa ntchito limodzi ndi anzawo ndi cholinga chothana ndi mchitidwe wa uvewu kwathunthu. Izi zikakwaniritsidwa anthu a m'mudzi umenewu amkhala onyadira ndipo amayika chikwangwani pa chipata cha mudzi wawo chonena kuti anthu a m'mudzi mwawo samanyera paliponse ndipo sadzalola ena kuchita khalidwe lotero m'mudzimo.

Njira ya CLTS inayambitsidwa mchaka cha 1999 ndi Kamal Kar m'mene ankagwira ntchito ndi bungwe la Village Education Resource Centre (VERC) mothandizidwa ndi bungwe la Water Aid m'dera lina m'boma la Rajshahi m'dziko la Bangladesh. Kuyambira nthawi imeneyo ndondomekoyi yafalikira mu Bangladesh monse komanso yayambitsidwa m'mayiko ambiri a ku Asia ndi ku Africa. Malinga ndi zotsatira zake panyengo yochepa imene ndondomekoyi yakhala ikugwiritsidwa ntchito, zikusonyeza kuti ndondomeko ya CLTS ingathe kudzifalitsa yokha popeza ndi yotsika mtengo komanso siimafuna thandizo lina lirilonse. Kupambana kwa ndondomekoyi kumatengera katsatiridwe ndi kagwiritsidwe ntchito kabwino ka ndondomekoyi.

Cholinga cha kabuku aka ndi kuthandiza atsogoleri ndi alangizi osiyanasiyana monga a zaumoyo kuti amvetse chiphunzitso ndi mfundo za CLTS komanso kuti athe kugwiritsa ntchito njirazi ndi zipangizo moyenera ndi momasuka.

NDIME YOYAMBA : DONGOSOLO LA MSONKHANO (ISANAKWANE NTHAWI YOYATSA MOTO - TRIGGERING)

MFUNDO YAIKULU

M'modzi wa anthu a gulu lanu apite kumudzi kumene mukufuna kupita gulu lonse **lisanafike** kudzakambirana ndi anthu za CLTS. Munthu ameneyu amayitanitsa anthu a muderali kubwera pamsonkhano pamene gulu likufuna kudziwa kuchokera kwa anthu a muderali za mmene ulili ukhondo wawo. Ngati gulu lanu liri kale paubale ndi anthu a muderali, tsiku limodzi likhoza kukhala lokwanira loperekera uthengawu. Ngati palibe ubale wina uli wonse pakati pa gulu lanu ndi anthu a mudera, uthengawu utumizidwe kwa anthu a muderamo sabata imodzi musanakachititse msonkhano ndi cholinga chakuti kudzafike anthu ambiri.

ZOFUNIKA KUCHITA :

KUONETSETSA KUTI ANTHU ASONKHANA MWAUNYINJI

- Ganizirani zinthu zodziwikiratu ngati izi; mu nyengo yoyenera, tsiku labwino musabata, komanso nthawi yabwino yatsiku yoitanitsira msonkhano. Muonetsetse kuti simukuchititsa msonkhano nthawi imene m'mudzimo muli ukwati, maliro ndi zina zotero. (Ndikoyenera kufunsa anthu eni ake za nthawi yoyenererayi.)
- Pangani dongosolo lokumana ndi amfumu a m'mudzimo.
- Mulingalirensa zowadziwitsa anthu ena ofunikira muderalo ngati zitakhala kuti mfumu yam'mudzimo siimapatsidwa ulemu, kapena ngati mfumu siinadziwitse anthu za msonkhanowo.
- "Msonkhano Wophunzira Zaukhondo" simsonkhano wochititsa chidwi ayi. Pamene mukufotokoza cholinga cha ulendo wa gulu lanu yesetsani kuwafotokozerana anthu mwachikoka kuti anthu akopeke mtima ndi kubwera ku msonkhano wanu.

Ngati anthu sianabwere mwaunynji, kapena anthu amene abwera siakuyimilira anthu a m'magawo onse a muderalo, 'kuyambitsa' ntchito yanu mu derali sikungakhale ndi tanthauzo lenileni. Kubwera mwaunynji kwa anthu ndi kofunikira kwambiri pofuna kuwonetsetsa kuti pamene mwayambitsa CLTS, ngati zayenda bwino, zidzakopa anthu ambiri ofunikira amuderalo.

Mwachitsanzo:

- Ngati anthu amene abwera ndi okhawa amene ali ndi zimbudzi kale, mwaphonyana nawo mwayi owafikira anthu amene amanyera paliponse.
- Ngati pabwera amayi ndi ana okha, mwaphonyana nawo mwayi okumana ndi abambo amene ali ndi luso lomanga zimbudzi mudera.
- Ngati mfundo zomangidwa pa msonkhano zimakhudza kapena zimatsogoleledwa ndi atsogoleri odalirika, mfundo zimenezi zikhoza kukhala zamphamvu kwambiri.

MUSAFOTOKOZERE anthu cholinga cha kubweranso kwanu m'mudzimo mtsogolomu monga "tikubwera kudzakusonkhanitsani pamodzi kuti mudzapange CLTS" kapena "tikubwera kudzalimbikitsa anthu kusiya mchitidwe onyera paliponse".

MACHITIDWE ABWINO :

ZOLINGA ZA KULUMIKIZANA KWANU

- Onetsetsani kuti anthu a muderalo akumvetsetsa kuti gulu lanu lidzabwera kudzaphunzira za ndondomeko za ukhondo za m'mudzi mwawo, ndi midzi ina mu deralo. Inu ndinu gulu LOPHUNZIRA.
- Onetsetsani kuti anthu a muderalo akumvetsetsa kuti gulu lanu SILIKUBWERA kudzapereka chithandizo kapena kudzasankhira kapena kuwaphunzitsa za kamangidwe ka zimbudzi ngati njira zothetsera kunyera paliponse muderalo.

NDIME YACHIWIRI : Kuyambitsa - Momwe tingayambitsire CLTS (TRIGGERING)

Maziko a CLTS ali pa kukhala onyansidwa ndi amanyazi kwa anthu onse a m’dera limodzi, pamene akumenya nkondo ndikupeza njira zofuna kugonjetsa mchitidwe onyera paliponse ndizotsatira zake monga matenda otsekula mmimba mdera lonse. Izi zili chonchi pongoganizira kuti palibe munthu amene sangasunthike atadziwa kuti akumadya manyi a anthu ena. Nthawi zambiri anthu a mudera amalimbikitsidwa ndipo nthawi yomweyo amasakasaka njira zosinthira mchitidwe oyipawu modzilimbikira okha.

CLTS siimafuna thandizo lina lirilonse. Chithandizo chimangolimbikitsa mchitidwe oyembekezera kuthathizidwa kuchokera kwa anthu ena. Komanso CLTS siimauza anthu mamangidwe a zimbudzi. CLTS imangolimbikitsa upangiri ndi luntha la anthu a muderalo. Cholinga ndi kuyambitsa ndi kulimbikitsa chikhumbokhumbo chosintha khaliwe mwa munthu wina aliyense pa nkhani za ukhondo.

Magawo ena a anthu a m’dera adzakhala ndi chilimbikitso chofuna kusintha mchitidwe oyipa umene uli panthawi imeneyo.

MWA CHITSANZO :

- Mabanja amene ali ndi zimbudzi amayamba kuzindikira kuti ali pa chiopsezo chodyetsedwa manyi ndi anthu amene ali ndi zimbudzi zopanda zivindikilo komanso alibe zimbudzi.
- Anthu opanda malo amadzudzulidwa ndi kuchitiridwa nkhanza chifukwa chonyera mu malo a anthu ena.
- Amayi ndi asungwana amavutika kwambiri chifukwa chochita manyazi amene amabwera chifukwa chosowa malo obisika odzithandizira.
- Atsogoleri a zipembedzo amazindikira za kupanda tanthauzo kovala zaukhondo zoyera pomwe zikadetsedwa ndi manyi a anthu.

Malingaliro ndi kufunitsitsa kuchitapo kanthu kwa magawo a anthu ali pamwambawa ndi kofunika osakunyozero. Mmalo mwake, angathe kulimbikitsidwa kuti apange magulu omwe angalimbikitse ena kuti asinthe.

CHIDZIWITSO: Kupambana kwa CLTS kuli pa kudekha mtima ndi kafikidwe ka otsogolera zokambirana

Cholinga cha CLTS ndi kuyambitsa kuzindikira mwa anthu a mudera kuti akuyenera kusintha makhalidwe awo, choncho otsogolera zokambirana asaphunzitse kapena kulangiza pa za njira zabwino zaukhondo ndiponso asapereke njira zina zakunja za mamangidwe a zimbudzi zawo. Cholinga cha otsogolera zokambirana ndi kuwathandiza anthu kuti paokha athe kuzindikira kuti kunyera paliponse kuli ndi zotsatira zonyansa komanso kumapangitsa malo kukhala osasangalatsa. Tsopano zili kwa anthu a mudera kugwirizana kuti angalithetse bwanji vutolo ndi kuchitapo kanthu.

NDONDOMEKO YA CLTS

Yotsatirayi ndi ndondomeko ya dongosolo lomwe lingatsidwe komanso zida zomwe zingagwiritsidwe ntchito poyambitsa CLTS m'midzi. Iyi sinjira yokhayo imene mungayambitsire CLTS – komabe pali mfundo zina zimene zitatsindikizidwe. Chonde khalani omasuka kukhonza ndi kusintha molingana ndi mmene zinthu ziliri, koma ZOYENERA KUCHITA ndi ZOSAYENERA KUCHITA ndi mfundo zofunika kwambiri.

Ndondomeko yoti itsatidwe poyambitsa CLTS

1. Kudziwana ndi kupanga ubale wabwino
2. Kulongosola za kutengapo gawo kwa aliyense
3. Nthawi yoyambitsa zinthu
4. Anthu kupangana za zomwe atachite
5. Kalondolondo

1. KUDZIWANA NDI KUPANGA UBALE WABWINO

Poyambilira pa zonse ndi pamene mwafika pamudzi. Mudzayenera kunena cholinga cha ulendo wanu ndipo mupanga ubale wabwino ndi anthu a m'mudzimo. Nthawi yoyamba imene CLTS inayambitsidwa, munali mu midzi imene bungwe lina lomwe silaboma linkagwiramo ntchito ndipo linali litapanga kale ubale wabwino ndi anthu a m'mudzimo. Ngati izi sizili choncho mudera mwafikalo, mukuyenera kutenga nthawi yambiri polongosola mwatsatanetsatane chifukwa chimene mwabwerera m'deralo.

Nthawi zambiri mungathe kuyamba zokambirana ndi anthu ochepa a m'mudzi pamene mukungoyenda mongocheza (modutsa) m'mudzi. Cholinga ndi kulimbikitsa anthu kuti awunike mozama za ndondomeko za ukhondo zokhudza dera lawo lonse. Pali njira zambiri zoyambitsira zokambirana pa zonyera paliponse ndi pa za ukhondo wa m'mudzi. Mungathe kuyamba ndi anthu ochepa amene mwakumana nawo munjira ndi kuwafunsa kuti ayende nanu limodzi kuseli kwa nyumba, mu ntchire, m'mbali mwa mitsinje kapena m'malo ena ambalambanda amene anthu amanyerako. Kansonkhano kakang'ono m'malo osayembekezereka ngati amenewo kadzawakopa anthu ena mu nthawi yochepera. Mukhoza kufunsa mafunso monga: *'manyi awa ndi andani?'* Afunseni anthu kuti ayimike manja ngati anyera pamalo ambalambanda lero ndipo afunseni kuti apite pa malo amene ananyerako kum'mawaku ndi kukawona ngati manyiwo adakali pompo. Ambiri adzakuwuzani kuti manyiwo sialinso pamalo amene ananyerapo. Mukawafunsa kuti chimene chachitika kuti manyiwo asowe ndi chiyani, adzakuwuzani kuti agalu ndi nkumba zadya manyiwo. Afunseni, *'agalu andani?'* Afunseninso kuti agaluwo akabwelera kunyumba amamveka pfungo lotani, ndiponso kuti amanyambita kapena kuseteka anthu m'banjamo, kunyambita ziwiya kapenanso ngati amasewera ndi ana? Pamene chidwi chawo chabweramo mungathe kuwalimbikitsa kuti ayitane anthu ena a muderamo pamodzi. Mudzayeneranso kupeza malo aakulu amene anthu ambiri adzatha kuyimilira kapena kukhala ndi kukambirana.

Ngati mutafunsiidwa cholinga cha ulendo wanu m'mudzimo, mukhoza kuwauza anthu a muderalo kuti inuyo ndi gulu lanu mukuphunzira za ukhondo wa m'midzi ya m'bomalo. Awuzeninso kuti mukufuna kupeza chiwelengero

cha midzi imene anthu ake akunyera paliponse ndi kumadikira chithandizo kuchokera kwa anthu ena kuti asinthe, komanso kuti mukufuna kudziwa ndi midzi ingati imene ikufuna kusiyana nawo mchitidwe wa uvewu modzithandiza okha.

CHOYENERA KUCHITA: Afunseni anthuwo tchutchutchu wa mawu oti *'chimbudzi'* ndi *'kuchita chimbudzi'* monga anthuwo amalankhulira ndipo mugwiritse ntchito mawuwo nthawi zonse mukuchita zokambirana popewa kukhumudwitsa anthu mukagwiritsa mawu omwe iwo samatchula.

CHOSAYENERA KUCHITA: Musakhale ndi lingaliro lakuti muli ku deralo kukaphunzitsa anthu kukasintha khalidwe lawo kapena kuwalonjeza thandizo la mtundu wina uli wonse. Chinthu chokhacho chimene mukuyenera kuchita ndi kuwathandiza anthu a muderalo kuwunika njira zawo za ukhondo.

2. KUTSOGOLERA PA KUWUNIKA NJIRA ZA UKHONDO

Pamene gawo lalikulu la anthu lakhala ndi chidwi, yambani kutsogolera zokambirana pa kuwunika, momveka bwino kwa anthu a muderalo, njira za ukhondo za m'mudzi mwawo pogwiritsa ntchito njira ya Participatory Rural Appraisal (PRA) imene ikutanthauza kuti "kutenga mbali kwa anthu okhudzidwa pofuna kubweretsa chitukuko kapena kusintha kooneka ndi maso".

CHIDZIWITSO: Mukhoza kuyamba CLTS PRA pofunsa mafunso monga "wanyera pambalambanda lero ndi ndani?" "Mwaonapo kapena kumva kununkha manyi m'mudzi mwanu lero?" Anthuwa ayimike manja ngati zili choncho.

Nawa maganizo ena pa zanjira zina ndi mafunso ena amene mungagwiritse ntchito potsogolera zokambirana zowunika njira za ukhondo. Mndandanda wa njira zomwe zingagwiritsidwe ndi wosafunika kwenikweni ngakhale kuti kuyamba ndi kuyenda mopingasa/kudutsa m'mudzi zimathandiza kwambiri. Muli ndi ufulu kuyesa njira zina zatsopano kusiyana ndi zimene zalongosoledwa pano. Kumbukirani kuti cholinga ndi kuthandiza anthu a mudera kuzindikira pa iwo wokha kuti makhalidwe awo ndi a ukhondo kapena ndi a uve bwanji ndikuti okha alingalire ngati afuna kusintha mkhalidwe wao. Sizili kwa inu kuwadziwitsa kapena kuwaphunzitsa.

KUJAMBULA MAPU A MALO AMENE ANTHU AMANYERAKO

CHIDZIWITSO: Magulu ambiri a m'maboma amakonda kuyendera mudzi wonse asanayende mopingasa chifukwa chimawathandiza kulidziwa bwino deralo ndi malo amene angawayendere pamene adzayenda mopingasa.

Muyenera kujambula mapu a dera osavuta, owonetsa nyumba, zinthu zomwe amagwiritsa ntchito komanso pamene mungawonetse mavuto awo kuti pakhale zokambirana zanu. Ichi ndi chida chofunikira kwambiri chopangitsa anthu onse a m'mudzi kutengapo mbali pakuchita kapena kuona bwino lomwe pa za m'mene ukhondo ulili mu dera mwao. Anthuwa adzayenera kupeza malo a bwalo lalikulu bwino pomwe mapuwa angajambulidwe.

CHIDZIWITSO: Simukufuna zinthu zambiri kuti mujambule map. Awuzeni anthu amene akutengapo mbali kuti agwiritse ntchito zinthu monga masamba, njere, mtengo kapena zinthu zina zosavuta kupeza kuti ziimilire zinthu zosiyanasiyana. Muwalangize mwapatalipatali. Alimbikitseni kuti agwiritse nzeru zawo kuti zikhale zosangalatsa.

Pamene mukujambula mapuwa, muyitane anthu onse a mudera kuti adzaloze pamene pali nyumba yawo pa mapuwo, mwachitsanzo, pongolemba pansi, kapena poyika tsamba kapena mwala, ndipo awonetse ngati ali ndi chimbudzi kapena ayi. Malo amene anthu amanyera paliponse akhoza kuonetsedwa ndi kujambula mizere yolumikiza malowa ndi nyumba zimene zimagwiritsa ntchito malowa. Mapuwa akhoza kugwiritsidwa ntchito powunikira zinthu zambiri. Mukhalenso tchelu ndi mtunda umene anthu ena amayenda kuti akanyere ndipo ndi nthawi ziti zatsiku zimene anthuwo amapitira kumalowo. Kodi pali chitetezo? Afunseni anthu kuti alondole njira ya manyi kuchokera ku malo amene amanyerako kupita kumayiwe ndi kumalo ena kumene kuli madzi amene amawonongeka chifukwa cha manyiwa.

CHIDZIWITSO CHOWONJEZERA: Pamene mwayamba kujambula mapu a dera, pezani munthu wina kuti akatsogolere zokambirana ndi ana pawokha. Akhoza kuwaphunzitsa anawo nyimbo yoseketsa ya uthenga wa ukhondo kuti adzayimbe nthawi ina. Akhozanso kuwafunsa anawo Madera amene anthu amapitako kukanyera. Akukuakulu akhoza kubisa zimenezi pamene mapu akujambulidwa ndipo mukhoza kudziwa mfundo zina zobisika zimene anawa angafune kuwulula.

CHOYENERA KUCHITA: ‘Afunseni’ mapu. Izi zikutanthawuza kufunsa mafunso ndi kufufuza mozama tanthauzo ndi zotsatira za zimene zawnetsedwa (onani chitsanzo chimene chili mu bokosi limene liri m’musimu). Mapuwa akuyenera kukhala njira yabwino yakuti anthu a mudera amvetsetse bwino za m’mene ulili ukhondo mu dera lawo, osati mapeto a vutolo ayi.

Kupeza makomo onyansisitsa

Panthawi imene mukujambula mapu, afunseni anthu kuti ayime mumagulu aang’onoang’ono molingana ndi kuyandikana kwa nyumba zawo. Afunseni kuti mwa iwo wokha akambirane kuti kagulu ka makomo onyansisitsa ndi kati, kenako kagulu kachiwiri, mpaka magulu onse atatha. Lembani zimene akambirana pa pepala. Werengani zimene mwalemba papepalazo ndipo nthawi zambiri mupeza kuti magulu onse atchula kagulu kanyumba kamodzi kapena timagulu tiwiri tanyumba ngati tonyansisitsa. Kenako afunseni maguluwo kuti alembe kumene amapita kukanyera. Mukudzera mu njira imeneyi, anthu a mukagulu kanyumba zonyansisitsa amazindikira, mwina kwa nthawi yoyamba, kuti anthu enanso akumadzanyera mumadera awo ndipo akumawaloza iwo ngati a mu kadera konyansisitsa. Zopezeka izi, nthawi zambiri zimapangitsa anthu kuyamba kufunafuna njira zoletsera anthu ena kunyera mudera mwawo. Pambuyo pakuzindikira uku, anthu osauka, onyozedwa komanso opanda malo mu midzi yambiri amapezeka kuti ndi amene ali ojijilika komanso amene amafulumiza kupititsa CLTS patsogolo. Komanso, amapindula kwambiri populumutsa ndalama zimene zimakhala zikugwiritsidwa ntchito pokapeza thandizo la mankhwala a kutsegula m’mimba ndi matenda ena

CHIDZIWITSO: Mapu amene ajambulidwa pansiuwo akhoza kujambulidwa papepala, kuonetsa makomo amene ali ndi zimbudzi ndi omwe alibe. Pepalalo likhoza kukakhomedwa pa nyumba imene anthu ambiri a muderalo amagwiritsa ntchito kapena pa malo amene anthu ambiri amafikapo kuti chikhale ngati chikumbutso kuti anthu akuyenera kuchitapo kanthu. Pamene makomo ayamba kugwiritsa ntchito chimbudzi (chawo kapena cha anzawo) ndipo asiya kunyera paliponse, akhoza kukalemba pa mapu amenewa, mwa chitsanzo, ndi mtundu wina wacholemba. Choncho mapuwa amakhala ngati chida chowunikira ndipo amapangitsa kuti pakhale mtima wa mpikisano pakati pa anthu a mudera kuti amange zimbudzi zawo ndikumazigwiritsa ntchito. Mapuwa akhale akugwira ntchito imeneyi mpaka makomo onse amene ali pa mapuwo atalembedwa kuti akugwiritsa ntchito zimbudzi ndipo mudziwo wadzitsimikiza kuti iwo wathetseratu mchitidwe wonyera paliponse.

KUYENDA MOPINGASA/MODUTSA

Kuyenda mopingasa kumakhala kuyenda ndi anthu a mudera kudzera mkati mwa mudzi kuchokera mbali imodzi ya mudzi kukafika mbali ina ya mudzi, uku mukuyang'anitsitsa, nkumafunsa ndi kumamvetsera. Poyenda mopingasa kumeneku mungathe kupeza malo amene anthu amanyera paliponse komanso mungathe kuyendera mitundu yosiyanasiyana ya zimbudzi zokumba mu njira yonse. Ndi kofunika kuti mudziyima m'malo onse amene anthu amanyera paliponse ndipo mutengeko kanthawi kuwafunsa mafunso ndi kusanthula zotsatira zake (zalongosoledwa m'musimu) m'menemo mukupuma chimpweya choyipa komanso mukuona milu ndi milu ya manyi. Ngati anthu atayesera kukuuzani kuti mupitirize ulendo wanu, inu mukakamire kukhalabe pamalopo ngakhale iwo akuchita manyazi. Powona zochititsa manyazi ngati izi komanso pakumva chifungo chonyansa mu njira imeneyi, akuyenda ndi mulendo amene wafika m'mudzi mwawo, ndi njira yaikuli yoyambitsira kubweretsa anthu onse pamodzi.

CHIDZIWITSO: Pamene mukuyenda mopingasa, funsani mafunso ngati, ndi mabanja ati amene amagwiritsa ntchito derali ponyera, amayi amakanyera kuti, komanso kuti chimachitika ndi chiyani pamene munthu akufuna kunyera usiku kapena anthu ambiri akamatsegula m'mimba.

CHIDZIWITSO: Pamene mukuyenda mopingasa, onetsetsani ntchentche zimene zaunjilira manyi ndiponso nkuku zimene zikujompha ndi kumadya manyiwo. Afunzeni kuti ndi kangati kamene ntchentche zakhala zikutera pa zakudya zawo ndi za ana awo. Afunzeninso ngati amasangalatsidwa kumadya nkuku imene imadya manyi.

Pali njira zambiri zothandizira kuyambitsira mtima ndi maganizo onyansidwa mwa anthu a mudera popanda kuwaphunzitsa kapena kuwauza chilichonse. Mungathe kuganzanso mafunso ena omwe mungawafunse. Mwachitsanzo, onani mu kabokosi kali m'musika.

Mayendedwe opingasa ndi chida chachikulu cholimbikitsira anthu. Manyazi amene amawagwira anthu mu 'ulendo wa manyazi' umenewu, amabweretsa mtima ndi maganizo ofuna kusiya mchitidwe umenewu onyera paliponse komanso kuthana ndi malo onyansawa ndi kuyamba kutsatira njira za ukhondo. Ngakhale aliyense amaona nyansi ndi manyi tsiku lililonse, amagalamuka pa zavutoli pamene anthu ochokera kwina awakamiza kuliyang'ana vutoli ndi kuliwunika mwatsatanetsatane.

CHOSAYENERA KUCHITA: Musalambalale malo amene anthu amanyera paliponse koma tengani nthawi yochulukirapo m'malo amenewo m'mene mungathere uku mukufunsa mafunso, ndi kumawakamiza anthu kuti ayang'anitsitse manyiwo ndipo adzipuma chimpweya cha manyi awo uku akukhala omangika chifukwa chobweretsa mulendo ku malo amenewo. Izi zidzathandiza kubweretsa mtima wamanyazi ndi onyansidwa zimene zidzapangitse iwo kufuna kuchitapo kanthu kuti zinthu zisinthe.

Mmene mungayambitsire mtima/maganizo onyansidwa pa zakudya manyi a wina ndi mzake.

Itanitsani madzi akumwa mu kapu. Kapu ya madziwo ikabwera mufunsi munthu m' modzi ngati angathe kumwa madziwo. Akavomera kuti akhoza kumwa, afunsi anthu ena mpaka onse atavomera kuti akhoza kumwa madziwo. Kenako, zulani tsitsi m' mutu mwanu ndipo muwafunse kuti ndi chiyani chimene chili m' manja mwanu. Afunsi ngati angathe kuliwona tsitsilo. Kenako, kowani manyi amene ali panso pogwiritsa ntchito tsitsilo onse akuwona. Ndiye viikani tsitsilo mu madzi akumwa aja ndipo afunsi ngati angathe kuwona china chili chonse mu madzi akumwawo. Kenako, mufunsi wina aliyense amene mwayandikirana naye kuti amwe madziwo. Nthawi yomweyo adzakana. Aperekenso madziwo kwa wina aliyense amene ali pa malopo ndi kuwafunsa ngati angamwe. Palibe amene adzafuna kumwa madziwo.

Afunsi kuti ndi chifukwa chiyani akuwakana madziwo. Adzakuyankhani kuti muli manyi. Tsopano afunsi kuti ntchentche ili ndi miyendo ingati. Adziwiseni kuti ili ndi miyendo isanu ndi umodzi (6). Afunsi ngati ntchentche ingatenge manyi ambiri kusiyana ndi tsitsi lanu. Yankho lidzakhala kuti 'inde'. Tsopano afunsi chimachitika ndi chiyani pamene ntchentche itera pa chakudya chawo kapena cha ana awo komanso mu mbale zawo: ntchentchezo zikumabwera ndi chani kuchokera kumalo kumene anthu amangonyera paliponse. Pomalizira afunsi kuti ndi chiyani chimene akumadyera pamodzi ndi chakudya chawo. Chodziwikiratu ndi ichi: aliyense akumadya manyi a mzake.

Afunsi kuti awerengere kuchuluka kwa manyi amene amadya tsiku ndi tsiku. Afunsi akumva bwanji mumtima pa zakudya manyi a anzawo chifukwa cha kunyera paliponse. Pa nthawi imeneyi musawauze maganizo anu. Asiyeni akuganiza kwa nthawi imeneyi ndipo mudzawakumbutse pamapeto pa kuwunika za ukhondo wa mderalo.

KUWERENGERA

Kuwerengera kuchuluka kwa manyi amene ali pambalambanda kukhoza kuthandiza kudziwa kukula kwa vuto la ukhondo. Ndi manyi ochuluka bwanji amene akuturuka mwa munthu aliyense patsiku? Makomo akhoza kugwiritsa ntchito njira zawo ndi mayezedwe awo awo powerengera momwe akuthandizira pakupititsa patsogolo vutolo. Zotsatira za makomo onse zikhoza kuphatikizidwa tsopano kuti mupeze kukula kwa vutolo mudera lonse. Zotsatira za tsiku limodzi zikhoza kuchulukitsidwa molingana ndi m' mene mukufunira kuti mupeze ndi manyi ochuluka bwanji amene akunyeredwa pa sabata, pa mwezi kapena pa chaka. Kachulukidweka kakhoza kupezetsa kulemera kwa manyi onse zimene zingadzidzimutse anthu a mudera.

Kuwerengera kwa kuchuluka kwa manyi onyeredwa ndi anthu a muderamo zikubweletsereni mafunso ena komanso kukambirana kwina, mwachitsanzo, manyi onsewa amapita kuti? Ndi zotsatira zansi zodziwikiratu zimene zingabwere chifukwa chokhala ndi manyi ochuluka choncho? Mafunso amenewa adzapangitsa anthu a mudera kuyamba kuganiza pawokha za zotsatira za kunyera paliponse. Palibe chifukwa chakuti muwauzire.

CHOYENERA KUCHITA: Funsani mafunso ndipo muyesetse kuwapangitsa anthu kuganiza pa iwo okha. Funsani mafunso za magulu osiyanasiyana a anthu a m' mudzi – abambo ndi amayi, ana, olemera ndi osauka – kuti onse atengepo mbali.

Pamapeto pa kuwunika, mungathe kuwafunsa kuti ndi ndani amene atakanyere pambalambanda mawa? Kapena, ndani amene atakasambe kudziwe kapena kumtsinje kumene anthu onse a mudera amakanyeramo. Afunsi ayankhe mafunsowa pokweza manja. Ngati palibe amene wakweza dzanja, afunsi kuti tsopano achita chiani m' malo mwake.

Kuyambitsa CLTS kumalo kumene anthu amanyera m'madzi

Ku malo kumene anthu amanyera m'madzi (mu mtsinje, mu nyanja, mu zithaphwi ndi mwina motero) sipadzaoneka zambiri pogwiritsa njira yoyenda mopingasa. Komabe, mudzapeza kuti anthu a muderamo amagwiritsa ntchito madzi amenewo posamba ndi kutsuka mkamwa. Mu nyengo imeneyi, mukhoza kupempha ndowa yodzadza ndi madzi ndipo muwafunse anthuwo ngati angatsuke mkamwa ndi madzi amenewo. Adzakuyankhani kuti akhoza kutero. Tsopano welengerani kuchuluka kwa manyi a makomo onse a muderamo patsiku lirilonse. Funsaninso kuti ndi anthu a m'madera angati amene amanyera m'madzi omwewo (mwachitsanzo, kumtunda kwa mtsinje kapena kuzungulira nyanja). Mukawelengera choncho, afunsemi anthuwo kuti asukusule ku nkhope zawo ndipo achukuchire mkamwa madzi omwewo. Mwina m'modzi akhoza kuvomera kuchita zimenezo. Afunsemi ndi chifukwa chani akukana chonsecho akhala akugwiritsa ntchito madziwo ponyeleramo komanso kusukusulira mpaka pano.

CHOSAYENERA KUCHITA: Musawapangitse ndinu anthuwa kusiya kunyera paliponse ndi kuyamba kumanga zimbudzi. Ntchito yanu ndi kutsogolera kuwunika kwabwino kumene kumayambitsa mtima onyansidwa ndi wamanyazi, ndi kuwapangitsa anthu kusuntha kuchokera kumalo owopsa onyera paliponse ndi kupita kumalo okhazikika omwe ndi dzenje lophimbidwa bwino lomwe limayimitsa njira ya manyi yokaonongera mpweya ndi madzi akumwa.

CHOSAYENERA KUCHITA: Musawalongosolere kapena kuyesera kuwaphunzitsa anthu a m'mudzi za matenda amene amabwera chifukwa cha kunyera paliponse, ntchentche ngati nthumwi za matendawo, kapena kufunika kwa kusamba m'manja panthawi iyi. Mfundo yofunika kwambiri imene imayambitsa CLTS si kudziwa za kuopsa kwa mchitidwe ku umoyo ayi koma mfundo ya kunyansidwa, manyazi ndi mtima ozindikira za uve komanso kusayera mu zipembedzo zambiri.

CHOSAYENERA KUCHITA: Musakambepo olo pang'ono za chithandizo kuchokera kwina kulikonse. Muwauziretu momveka bwino kuti inu simunapite kuderalo kukapereka chithandizo china chilichonse kapena kuwauza mamangidwe a zimbudzi ngati njira yothetsera bvutolo.

CHIDZIWITSO CHOWONJEZERA: Mupange chiwelengero cha manyi muli kuthengo mutazunguliridwa ndi milu yamanyi. Zimathandiza kubweretsa mtima wonyansidwa kwambiri ku chiwelengero cha manyi amene akupezeka mu dera chifukwa cha anthu amene siamagwiritsa ntchito zimbudzi.

3. NTHAWI YOYAMBITSA ZINTHU

Pachimake pa CLTS ndi pamene anthu a mudera, limodzi, afika pozindikira kuti chifukwa cha kunyera paliponse aliyense akudya manyi a mzake ndipo izi zipitilira pokhapokha mchitidwe onyera paliponse utatheratu. Ndi panthawi imeneyi imene otsogolera zokambirana akuyenera kuthokoza anthu a mudera powunikira ndipo amalize. Muwawuze anthu kuti inu simuli kuderako kukawalangiza kuti asiye mchitidwe wawo wakalekale ndi kutinso inu simuli kuderalo kukapeleka chitsanzo cha chimbudzi chabwino kapena kukapereka chithandizo. Awuzeni kuti ali afulu kupitiriza zimene akhala akuchita, zimene zili, kudya manyi a wina ndi mzake, ndi kusamba ndi kutsuka mkamwa mwawo kugwiritsa ntchito madzi amene munthu aliyense amanyeramo. Athokozeni onse ndi kutseka!

Nthawi zambiri pa nthawi iyi mitima imakwera ndipo mikangano yaphokoso imayambika pakati pa anthu a mudera kuti angatani kuti mchitidwe onyera paliponse authetse. Musalowadule kapena kuwalangiza. Mwachangu mvetserani zomwe anthuwo akukambirana. Ngati atakufunsani mafunso, awuzeni kuti, inu monga mlendo odzaphunzira m'mudzimo mukudziwako pang'ono chabe za m'mene zinthu ziliri muderalo, ndi kuti

iwowo ndi amene akudziwa bwino kusiya ndi inu choyenera kuchita mu nyengo imeneyo. Awuzeni kuti ali aufulu kusankha njira ina iliyonse kuphatikizapo kupitiriza mchitidwe onyera paliponse.

Ngati pa nthawi iyi anthu ena anena kuti ali osangalatsidwa ndipo ndi ofunitsitsa kumanga zimbudzi koma ndi zokwera mtengo ndipo siyangakwanitse, muwauze kuti sizokwera mtengo. Mwachangu, ajambulireni chithunzi cha chimbudzi chokumba chosavuta. Afunseni chimbudzi cha mtundu umenewo chingadye ndalama zochuluka bwanji ndiponso kuti ndi kovuta bwanji kumanga chimbudzi chofanana ndi chimenecho. Muwadziwitsenso kuti si ndinu amene mwabwera ndi kamangidwe ka chimbudzi chimene mwajambulacho koma kuti ndi chimbudzi chimene anthu osaukutsitsa mu dziko limodzi la mu mayiko osaukutsitsa adaganiza kuti adzimanga. Mukhozanso kugawana nawo za zimene mukudziwa za m'madera ena amene anatsimikiza zokhala ndi mudzi wa ukhondo opanda manyi pammbalambanda paliponse ndipo anakwaniritsa.

CHOSAYENERA KUCHITA: Musawauze mamangidwe a zimbudzi. Kumbukirani kuti cholinga chenicheni cha CLTS sikuwuzana anthu za zimbudzi zabwino ndi zolimba ayi, koma kulimbikitsa anthu a mudera kuti achitepo kanthu pakuyang'ana njira zina zosiyana ndi mchitidwe onyera paliponse.

CHOSAYENERA KUCHITA: Musadandaule ngati palibe ndi m'modzi yemwe wakamba zochitapo kanthu nthawi yomweyo. Zikaterere, athokozeninso ndipo muwauze kuti muwulemba mudzi wawo ngati mudzi umene anthu ake akufuna kupitiriza mchitidwe onyera paliponse ndi kumadya manyi a wina ndi mzake.

CHIDZIWITSO CHOWONJEZERA: Mwalongosola kuti cholinga cha ulendo wanu ndi kudzapfunzira dongosolo la ukhondo mu deralo. Nthawi yonse yoyambitsira CLTS, mukhale mukuvomereza chimene mukuphunzitsidwa ndi anthu a mu dera. "Zikomo. Ndikuphunzira zambiri kuchokera kwa inu", ndipo mulongosole mwachidule zimene mwaphunzira pa za kuchuluka kwa manyi, ndalama zomwe zawonongeka pa mankhwala a matenda otsegula m'mimba, ndi zina zambiri.

CHIDZIWITSO CHOWONJEZERA: Ikani mbale yachakudya pambali pa manyi. Mwanthawi yochepera, ntchentche ziyamba kuzungulirazungulira pakati pa manyi ndi chakudyacho. Sikofunikanso kufotokozanso zambiri kuti anthu azindikire kuti kunyera paliponse kukutanthawuza kudya manyi a wina ndi mzake. Ngati palibe ntchentche, tengani ka udzu, kagunditseni pa manyi ndi kukagunditsanso pa chakudyacho ndipo muwafunse ngati alipo akufunabe kuchidya chakudyacho. Adzakana. Awuzeni kuti ntchentche ili ndi miyendo isanu ndi umodzi (6) imene ili yakuthwa pakutengera manyi ena owonjezera.

NTHABWALA: Anthu akanyansidwa ndi kuyenda kwa ntchentche kuchoka pa manyi ndi kupita pa mbale ya chakudya, aseketseni ponena kuti ntchentche zimenezo ndi zosiyana ndi zimene zimapezeka m'makomo mwawo.

4. KUPANGANA ZOCHITIKA

Ngati chidwi pa CLTS chayamba kuwoneka, awuzeni mukhoza kuthandizapo komanso mutsogolere zokambirana mosamala. Akopeni anthu powadziwitsa kuti ngati atakhala mudzi wa ukhondo ndi kusiya mchitidwe onyera paliponse, anthu ambiri ochokera kunja komanso m'midzi yozungulira adzibwera ndi kudzapfendera mudzi wawo kuti adzauwone. Awuzeni kuti ndi zotheka kuti mudzi wawo ukhale otchuka chifukwa chokhala mudzi oyamba kukhala ndi anthu osanyera paliponse mu dera lawo, mu kachigawo ka boma, mu boma lonselo kapena mu chigawo chonse.

Dongosolo la kupangana zochitika likuyenera kuyang'ana kwambiri pa zopanganidwa zabwino zimene zingakwaniritsidwe mu nthawi yochepera.

Zochitikazi zikhoza kukhala:

- Kupanga gulu lowona za ukhondo (mukhale anthu ochokera mu timagulu tanyumba tonse tam'mudzimo).
- Kulemba mndandanda kapena kujambula mapu a nyumba ndi m'mene ulili ukhondo panthawiyo.
- Kukhala ndi dongosolo la chomwe banja lirilonse likuchita pofuna kuthetsa mchitidwe onyera paliponse.
- Kukumba mayenje ndi kumagwiritsa ntchito ngati zimbudzi zoyembekezera mwa kanthawi kochepa.
- Kulandira malonjezo kuchokera kwa anthu opezako bwino kuti ayamba kukumba zimbudzi msangamsanga.
- Kufunafuna anthu amene angapezeke ndi zida zomangira zimbudzi zokumba.

Alimbikitseni anthu opezako bwino kuti athandize anthu opeza movutikira kuti apeze njira zothetsera mchitidwe onyera paliponse, chifukwa nawonso adzapindula. Akhoza kuthandizapo, pakupereka mitengo ndi msungwi, kapena kuwalola anthu osauka kuti adzigwiritsa nawo ntchito zimbudzi zawo mwa kanthawi kochepa mmene akumanga zimbudzi zao. Apezeni anthu a chifundo ngati amenewa, abweretseni kutsogolo kwa gulu limene lasonkhana ndi kulengeza za mphatso zawo.

CHOYENERA KUCHITA: Mukhale tchelu ndi anthu amene ali ndi mphatso ya utsogoleri pamene muli pa PRA. Alimbikitseni kuti adzitsogolera ndi kugawana maganizo awo ndi anthu onse a mudera pa zakuipa kwa mchitidwe onyera paliponse ndiponso chimene angachite kuti awazembe mavutowo.

CHOYENERA KUCHITA: Panthawi yokambirana aloreni ana kuti nawonso atengepo mbali ndipo muwafunse chimene angachite pofuna kuthetsa mchitidwe onyera paliponse. Nthawi zambiri ana amayamba kuyenda m'magulu uku akukuwa ndi kuimba zodzudzula mchitidwe onyera paliponse. Limbikitsani machitidwe amenewa. Ana amapezamo chisangalalo.

5. KUCHITAPO KANTHU KWA ANTHU A MUDERA NDI KALONDOLONDO

CLTS ikayambitsidwa bwino, imachitisa anthu kuchitapo kanthu mogwirizana, chinthu chimene chimachepetsa mchitidwe onyera paliponse mwamsanga ndipo zingathe kukwaniritsa kuthetseratu mchitidwe onyera paliponse mu masabata ochepa mwina mpaka mu miyezi itatu potengera ndi m'mena mudzi wakulira. Nthawi zambiri zimakhala zakuti zisintha mu nthawi yochepa kapena sizisinthiratu. Komabe, ngakhale izi zili choncho, kalondolondo ndi ofunika pofuna kuwonetsetsa kuti CLTS yakhazikika komanso kuti zimbudzi zatsopano zayamba kumangidwa patapita nthawi yochulukirapo.

Ndi kofunika kwambiri kupeza anthu amene ali ndi mphatso yautsogoleri ndipo muwalimbikitse kuti ayang'anire anzawo kuti mfundo zimene zagwirizanidwa pa zofunika kuchitidwa, zikutsatidwa bwino lomwe komanso kusintha makhalidwe kwa anthu kwakhazikika. Kumbukirani kuti muli ku deralo kukayambitsa CLTS pofuna kuthetsa mchitidwe onyera paliponse, koma ntchito yanu siyakuti muyigwire nokha.

Pamene ukhondo wafalikira, alimbikitseni anthu kuti akayike chikwangwani pa chipata cholowera m'mudzi chonena zimenezi. Ichi chidzalimbikitsa mtima wonyadira mwa anthu onse komanso chidzagwira ntchito yopereka chidwi mwa alendo obwera m'mudzi amene adzakhala ndi chidwi chokachita chimodzimidzi akabwelerera kumudzi kwawo. Pofuna kuwonetsetsa kuti anthu siakubweleranso ku makhalidwe awo akale

pamene ntchito yobweretsa ukhondo m’udzi monse yakwaniritsidwa, anthu a m’udzi akhoza kugwirizana za chilango chakuti adzipereka kwa anthu amene angapezeke akupitiriza mchitidwe onyera paliponse.

Nthawi ikadutsapo, pamakhala kusintha kwakukulu mu khalidwe la anthu onse a m’udzi. Pamene maanja ayamba kugwiritsa ntchito zimbudzi, amazolowera pa za chitetezo, kusapsinjika pa nthawi yopitira ku chimbudzi komanso kutakasuka ndipo siamayerekeza kufuna kubweleranso ku mchitidwe onyera paliponse. Kusintha kwa mkhalidweku, osati kukumba zimbudzi zamakono, ndiye chinthu chachikulu chofunikira pofuna kuti CLTS ikhazikike. Komabe, zimbudzi zoyambilira zimene zamangidwa ndi zipangizo zotsika mtengo, sizingakhale kwa nthawi yaitali: chaka chisanathe kapena kuposerako pang’ono zikhoza kupezeka kuti zadzadza kapena makoma ndi madenga ake agwa. Nthawi zambiri, banja amapezeka kuti mwanthawi ndi nthawi akumamanga zimbudzi zamakono ndi zolimba izi zikachitika. Nthawi zina, komabe, kalondolondo angafunike, pofuna kuwalimbikitsa anthu a m’udzi kuti azitsatira malonjezano amene adzipangira okha.

ZOYENERA KUCHITA NDI ZOSAYENERA KUCHITA

Zosayenera kuchita	Zoyenera kuchita
Kuphunzitsa Kuwuza anthu chabwino n’chiti choipa n’chiti Kupereka zida zomangira zaulere Kulimbikitsa mamangidwe achimbudzi ena ake Kukhala ngati owalamulira Kuwakamiza kapena kuwalamula kuti agwire ntchito ina yake	Tsogolerani zokambirana Asiyeni anthu azindikire okha Yambitsani mtima odzigwilira ntchito Asiyeni anthu aganize mamangidwe a chimbudzi osavuta Perekani m’manja mwa mafumu a m’udzi Yambitsani mtima wofuna kusonkhana pa iwo wokha potsogolera bwino zokambirana

KUTHANA NDI MAYANKHO OSIYANASIYANA

Ngakhale ndi kutsogolera zokambirana kwabwino, anthu a mudera akhoza kupereka mayankho osiyanasiyana. Adziweni bwino anthu a mudera amene mukuwayendera ndipo muwagawe mu magulu anayi (4):

- **Chibiriti cha machesi pa malo omwetsera mafuta a galimoto?** Pamene dera lonse lasangalatsidwa ndipo onse akhonzekera kuchitapo kanthu ndi kusiya mchitidwe onyera paliponse.
- **Moto oyaka bwino?** Pamene anthu ambiri agwirizana nazo, komabe anthu enanso ochulukirapo sianapange maganizo awo.
- **Kuthetheka kwa apo ndi apo?** Pamene anthu ambiri sianapange maganizo awo ndipo pali anthu ambiri omwe akhoza kupita mbali ina iliyonse. Ochepe okha ndi amene atsimikiza zopita mtsogolo.
- **Chibiriti chamacheso chonyowa?** Pamene anthu onse a mudera alibe chidwi chochitapo kanthu pothetsa mchitidwe onyera paliponse.

Ndi zofunikira kwambiri kutsutsana ndi mayankho amene ali mumtima mwanu kuti mulumikizane bwino ndi anthu a mumadera osiyanasiyana. Muwayenderenso moyambilira madera a m’magulu a ‘Chibiriti cha machesi pa malo omwetsera mafuta a galimoto’ ndi ‘Moto oyaka bwino’. Pakapita sabata imodzi kapena awiri ayendereninsu gulu la ‘Kuthetheka kwa apo ndi apo’. Pa gulu la ‘Chibiriti chonyowa’ musakhonze tsiku pokhapokha ngati anthu ambiri akufuna kudziwa zambiri. Mulingalire zowakhonzera ulendo okayendera madera amene anasiya mchitidwe onyera paliponse kapena amene akuchita bwino pa nkhani yothana ndi mchitidwewu.

KUPITITSA PATSOGOLO CLTS

Matsogoleredwe a zokambirana, kuleza mtima komanso kafikidwe ka otsogolera zokambirana, ndi mfundo yofunikira kwambiri poyambitsa CLTS. Otsogolera zokambirana siakuyenera, mwanjira ina iliyonse, ‘kuphunzitsa’ ndi ‘kulangiza’, ndi cholinga chakuti anthu a mu dera akwaniritse kumvetsetsa pa iwo wokha za mavuto aukhondo a mu dera lawo ndipo akhale ndi umwini pa ntchito yothana ndi vutoli. Njira iyi ndi yovuta kwambiri kwa anthu ‘ophunzira akunja kwa mudzi’ amene amachiwona chanzeru kuwaphunzitsa anthu za ukhondo ndi kuwauza anthu zoti achite. Anthu otsogolera abwino amakhala anthu wamba amene aphunzira CLTS kudzera mukukumana nalo vutolo ndi kulithetsa komanso amene sianaphunzire khalidwe ili ‘lophunzitsa’. Anthu okatsogolera zokambirana m’madera akhoza kupatsidwa maphunziro pa zidziwitso zimene zili mu kabuku aka pofuna kuwatsogolera komanso kuwagawira nzeru zina. Kuposera apo adzafuna zinthu zina zochepa pambali pa mayendedwe okafikira ku madera ena komanso kandalama kapadera chifukwa cha ntchito imene angakagwire.

Chomwecho, CLTS ikhoza kupititsidwa patsogolo mudera pa mtengo wotsika kwambiri. Pamene mabungwe othandiza, magawo a boma komanso mabungwe omwe siaboma akunja ngakhale a m’dziko mommo afuna kutengera CLTS mu ntchito zawo, kapena kugwiritsa ntchito ngati polowera kuti akweze kakhalidwe ka anthu kapena ntchito za umoyo, akuyenera kudziwa kuti anthu okatsogolera zokambirana m’midzi ndi amene angakagwire bwino ntchito.

Popititsa patsogolo CLTS, zikuyenera kudziwika kuti zinthu zina ndi zofunikira kwambiri kuti CLTS iyende bwino. Kukhale kotheka kuti anthu athe kumanga zimbudzi zotsika mtengo, kutanthauza kuti, pakhale malo opezekeratu amene angathe kukumbidwa ndi anthu wamba kapena makina. Mu madera a m’tauni malo ndi ovuta kuwapeza ndiponso kugula malo ndi kovutanso kwambiri. Awa ndi mavuto aakulu amene apezeka ndipo CLTS siidakwaniritsidwebe mu madera a m’tauni. CLTS ikhoza kukwaniritsidwa mopambana mu madera a kumudzi kumene kuli anthu ochuluka, popeza malo okanyera ali pafupi ndi nyumba zokhalamo anthu ndipo ndi zosavuta kuziwona. CLTS imayendanso bwino kumalo amene nyumba zake ndi zomwazikana-mwazikana popeza uthenga oti dera limodzi lakwaniritsa kukhala la ukhondo umafika patali ndipo madera ena amakhala ndi chidwi.

Pomaliza, CLTS ikuwonetsa njira zingapo za mmene anthu amasinthira maganizidwe awo pa ntchito zokhudza ukhondo, kuchokera ku ntchito zopereka thandizo zimene zimalimbikitsa mamangidwe omangira zimbudzi ochokera kunja kufika ku kusonkhana kwa pachiweniweni kuti amange zimbudzi zosavuta komanso zotsika mtengo zomwe ndi zopindulira anthu onse. Kasinthidwe ka maganizo osiyanasiyana kotereka zalembedwa pansipa.

Zotsatira za kusintha kwa maganizo kumeneku kukhoza kukhala kofunikira kwambiri kwa mabungwe amene akufuna kutengera kapena kupititsa patsogolo CLTS. Izi zimatanthauza kusintha maganizo ndi makhalidwe kwa mabungwe ndi anthu amene amangoganiza zoperekeka zithandizo, olimbikitsa makhalidwe ofuna ndalama zambiri ndi okonda kuwononga ndalama zambiri. CLTS, mbali inayi, yakhazikika pa mfundo yosapereka chithandizo cha zipangizo komanso kukambirana kwa anthu wamba motsogoleledwa ndi atsogoleri a zokambirana a mudera, mothandizidwa ndi maphunziro osafuna ndalama zambiri, zomwe zonse pamodzi sizimafuna ndalama zankhaninkhani. Cholinga chake ndi kukhala ntchito yotsogoleredwa ndi anthu wamba a kumudzi komanso ntchitoyi imapititsidwa pasogolo ndi anthu a mu dera eni ake. Isamapititsidwe patsogolo chifukwa chofuna kulandira ndalama zaulere. Mabungwe akunja, kuphatikizapo mabungwe omwe siaboma (NGOs) ali ndi udindo owonetsesa kuti ntchitoyi ikufalikira m’mayiko ena ndi kuthandizira ntchito imene anthu a m’madera ndi m’mayiko akugwira. Boma komanso mabungwe omwe siaboma ali ndi udindo owonetsetsa kuti pali mfundo zabwino zimene zingathandizire kuyamba komanso kufalikira kwa CLTS. Onse ayenera kuzindikira kufunika kwa thandizo lochepa limene lingachititse CLTS kuyambika ndipo pamene yayambika, ifalikire kuchoka mu dera lina kukafika mu dera lina.

	KALE – Ntchito za ukhondo zochita kuwuzidwa	TSOPANO NDI MTSOGOLO – CLTS
Zimayamba ndi	Zinthu	Anthu
Ntchito yeniyeni	Kumanga zimbudzi	Kuyambitsa ndi kutsogolera zokambirana
Opanga mitundu ya zimbudzi	Akatswiri a zomangamanga	Anthu a m'mudzi oganiza mozama.
Kuchuluka kwa mapulani a kamangidwe	Kamodzi kapena kangapo	Ambiri
Zipangizo zogwiritsidwa ntchito	Simenti, mapaipi, njerwa, ndi zina zotero zogulidwa kunja kwa mudzi.	Nsungwi, mitengo, zitini, migolo yakutha, luzi, mapepala a pulasitiki, ndi zina zambiri zimene zingapezeke m'mudzi mosavuta
Kachulukidwe ka ndalama	Zambiri	Kangathe kukhala kosaposera K150
Zizindikiro	Kumangidwa kwa zimbudzi	Kunyera paliponse kwatha
Kupitilizika	Kwa apo ndi apo	Mpaka kalekale
Amene amapindula	Anthu olemera	Onse kuphatikizapo osaukitsitsa
Chilimbikitso	Chithandizo	Kunyansidwa ndi kudzipatsa ulemu
Kafalidwe / kagwiritsidwe ntchito	Kwa apo ndi apo	Dera lonse
Phindu	Lochepa: Kunyera paliponse kumapitilira	Lochuluka: kunyera paliponse kumathetsedwa

NDIME YACHITATU : KALONDOLONDO

Pamene CLTS yayambitsidwa pakhoza kukhala kusintha mwachangu mu ubale wa pakati pa anthu. Kulimbikitsidwa komanso chithandizo chochokera kwa anthu ena ndi kofunika pofuna kulimbikitsa kudzikhulupilira, chisangalalo komanso mangolomera pamene CLTS yayambitsidwa. Ntchito za kalondolondo zikukhudza kukambirana pocheza (kawirikawiri ndi alangizi) komanso maulendo okhonzedwa mwapadera okayendera (kawirikawiri zimakhudza anthu oyang'anira ntchitozi a m'bomalo).

KALONDOLONDO MUNJIRA YONGOCHEZA (Nthito yopitilira)

Oyang'anira ntchito zanu za CLTS akhoza kukuwunikirani pa za zimene mukuyenera kukapeza pamene mukukachita kalondolondo ndiponso kuti mukawathandiza bwanji anthu a kuderako. Nthawi zambiri, mfundo zoyenera kuzitsata ndi zomwe zija za zoyambitsira CLTS.

Zosayenera kuchita	Zoyenera kuchita
Kuphunzitsa Kuwuza anthu chabwino n'chiti choipa n'chiti Kupereka zida zomangira zaulere Kukhala ngati owalamulira Kuwakakamiza kapena kuwalamula kuti agwire ntchito ina yake	Tsogolerani zokambirana Asiyeni anthu azindikire okha Yambitsani mtima odzigwilira ntchito Yambitsani mtima wofuna kusonkhana pa iwo wokha potsogolera bwino zokambirana

Mukhale tchelu pa zinthu zabwino zimene zachitika pamene mukupanga kalondolondo:

- Awo ali ndi zimbudzi ndipo akufuna kuwakopa anthu ena
- Anthu amene amafulimira kuchitapo kanthu
- Anthu opezako bwino amene akufuna kuthandiza ena ovutika (okalamba, amasiya ndi ena otero)
- Atsogoleri ochita kusankhidwa komanso osachita kusankhidwa (mwachitsanzo, atsogoleri a mipingo) amene amayitanitsa msonkhano olimbikitsa zokhala ndi mudzi osanyera paliponse.
- Anthu amene ali ndi zinthu zosagwiritsidwa ntchito ndipo ayamba kuzigwiritsa ntchito pomangira zimbudzi (mwachitsanzo, zida zomangira zimbudzi zimene adalandirapo kuchokera ku mabungwe ena m'mbuyomu)
- Kupezeka kwa anthu ambiri omwe ali ndi mphoto ya utsogoleri
- Zimbudzi zatsopano kapena mamangidwe a zimbudzi atsopano zopangidwa ndi anthu a m'mudzi
- Mfundo zochititsa chidwi zoyikidwa ndi anthu a m'mudzi zoyang'anira, kuperekeramphoto kapena kulangira olakwa zokhudza kumanga kwa zimbudzi ndi mchitidwe onyera paliponse.

Mukhale tchelu ndi zoyipa zimene zachitika pamene mukupanga kalondolondo:

- Atsogoleri amene adakhudziwapo ndi ntchito zolandira chithandizo ndipo akutsutsana ndi mfundo yodzithandiza okha
- Atsogoleri andale ndi ofalitsa mphekesera kuti chithandizo chiyamba kubwera
- Mabungwe ena amene akugwira ntchito zopereka chithandizo ndipo akulowelera kapena kusokoneza CLTS.
- Chikayiko china chilichonse chokhudza kagwiridwe ka ntchito

Gonjetsani zoyipa zimene zachitika pochita izi:

- Khalani a machawi powalimbikitsa anthu amene ali ndi mphatso za utsogoleri kuti agwiritse ntchito mphatso zawo
- Afunseni anthu ngati zithandizo zinagwirapo ntchito pothetsa mchitidwe onyera paliponse
- Awunikireni kuti CLTS ndi ndondomeko ya magawo ambiri ndipo gawo lililonse mu ndondomeko imeneyi ili ndi tanthauzo
- Fufuzani ngati zili zowona za mavuto a kagwiridwe kantchito amene anenedwa ndi mavuto ena
- Itanitsani misonkhano wa pakati pa anthu a m'madera osiyana amene anayambitsa CLTS kuti agawane zimene akukumana nazo, zomwe akupangana kuti achite ndi zomwe akuchita

Panthawi imene mukupanga kalondolondoyi, khalani omasuka kugawana nawo anthu 'nkhani zabwino' za m'midzi imene mwayenderako pofuna kuwalimbikitsa anthu a mudera amene mukugwira nawo ntchito.

Panthawi imene muli pa kalondolondo ndi chachidziwikire kuti anthu a mudera adzakuwuzani mavuto amene akukumana nawo pofuna kulongosola chifukwa chimene CLTS ikuchedwera kupita patsogolo kusiyana ndi m'mene mumaganizira. Yembekezerani mavuto achidziwikire amene anthuwo angakuwuzeni. Nanunso mukhale ndi mafunso akuti mukawafunso anthuwo akamakakuwuzani mavuto awo.

Mwachitsanzo: Pambuyo pa kalondolondo anthu m'madera ena adzikakuwuzani kuti adalibe nthawi yomangira zimbudzi. Otsogolera zokambirana za CLTS wina ku Mzimba adafunsa, "Munthu akamwalira, kodi ntchito yokumba manda imatenga nthawi yocholuka bwanji?" Posachedwetsa m'modzi wa anthu a muderalo anayankha, "Ntchito yake siimatha tsiku kapena masiku awiri. Ndikuganiza kuti tingathe kukumba mayenje a zimbudzi mu nthawi yochepe kusiyana ndi m'mene tikuganizira." **Mukhale ndi nkhani m'maganizo mwanu kuti mukawalongosolere mmene midzi ina yathanirana ndi mavuto ngati omwewo.**

Mwachitsanzo: Pambuyo pa kalondolondo, m'madera ena amadandaula kuti mayenje a zimbudzi akungogumuka chifukwa dothi lake ndi la mchenga. Mutha kugawana nawo anthuwa zimene anthu a m'midzi ina anachitapo pofuna kuthana ndi mavuto a mtundu omwewo:

- Kuluka chinthu ngati nkhekwe ndi kuyika mkati mwa dzenjemo,
- Kuwaka khoma la dzenjelo ndi njerwa zosawotcha.

Mukhonzanso kufunsa nzeru kwa akuluakulu anu oyang'anira CLTS kuti mupititse patsogolo, musinthe kapena kuyesera njira zatsopano pamene mukuchita kalondolondo.

NDIME YACHINAYI : KUTSIMIKIZA KUTI MCHITIDWE ONYERA PALIPONSE WATHA

Pamene CLTS yayamba, anthu a m'madera ena adzatsimikiza kuti akufuna kukhala ndi mudzi wa anthu 'Osanyera Paliponse'. Pamene kalondolondo wanu waunikira kuti cholinga chimenechi chatheka, bungwe lanu lidzafuna kutsimikiza mmene zinthu zilili polingalira zokayendera deralo. Mungafunenso kuwazindikira mwapadera ndi kusangalalira zimene akwaniritsa ndi mwambo wapadera.

KUTSIMIKIZA

Muyenera kupeza nzeru kuchokera kwa okuyang'anirani pa ntchito ya CLTS za mmene mungatsimikizire kuti mchitidwe onyera paliponse watha. Kuyendera deralo kukhoza kuchitika ndi gulu lochokera m'boma lonselo kapena pophatikiza anthu m'midzi yoyandikana, anthu amene ali ndi mphatso yautsogoleri, otsogolera zokambirana za CLTS, aphunzitsi ndiponso ogwira ntchito m'boma.

Pamene mukukhonzekera zokayendera mudzi, ganizirani:

- Zogwiritsa ntchito anthu amene ali ndi mphatso yautsogoleri kuchokera kumidzi ina imene anthu ake anathetseratu mchitidwewu kuti akakhale ngati oyendera mudziwo
- Kugwiritsa ntchito amayi kuti akhale oyendera m'mudzi kuti akafufuze dongosolo laukhondo limene amayi akutsata
- Pangani maulendo ochulukirapo okayendera mudzi

Mfundo zofunika pamene mukukayendera:

- Yenderani malo akale amene anthu ankanyerako.
- Kayang'aneni usanafike m'bandakucha kapena akadutsa madzulo.
- Yenderani zimbudzi zoti zikugwiritsidwa ntchito.
- Onani ngati njira zopitira ku zimbudzi zatsopano zikugwiritsidwa bwino ntchito.
- Chezani ndi okalamba ndiponso ana.
- Funsani mmene derali likuchitira powonetsetsa kuti anthu akusinthadi khalidwe pa nkhani ya ukhondo.
- Mufune zizindikiro zowoneka ndi maso zowonetsa kuti kusintha mu makhalidwe a anthu (mwachitsanzo, sopo woti adzisambira m'manja, ndowa za madzi pafupi ndi zimbudzi, ndi zina zotero).
- Funsani za zosokoneza zina ndi zina zimene zinabwera chifukwa cha kusankha kumene deralo linachita lofuna kuthetsa mchitidwe onyera paliponse. Ndipo funsaninso kuti anthu a muderamo anachita chiyani pofuna kuthana ndi zosokonezazo.

KUSANGALALA CHIFUKWA CHOKHALA MUDZI WA ANTHU OSANYERA PALIPONSE

Ngati dera lidapanga chisankho chokhala dera la anthu amene sianyera paliponse ndipo lakwaniritsa cholinga chimenechi mpaka pamapeto, mungafune kuwazindikira mwapadera pa kupambana kwawo polinganiza zisangalalo zosiyanasiyana kapena mwambo wapadera.

Mfundo zina zofunika kuganizira pamene mukukhonza dongosolo limeneli:

- Khalani ndi satifiketi yosonyeza kukwaniritsa kukhala ndi mudzi osanyera paliponse, yosayinidwa ndi anthu onse amuderalo yowonetsa kudzipereka kwawo ku cholinga chimene chakwaniritsidwa.
- Musawapatse msanga satifiketi imeneyi pokhapokha mutaonetsetsa kuti khalidwe lonyansa lija lasiyidwa kwa miyezi isanu ndi umodzi (6)
- Pamene zatsimikizika kuti anthu asiyadi kunyera paliponse, anthu a mudera akhoza kukayika chikwangwani pa chipata cholowera m'mudzi chonena zimenezi.
- Ngati pakhonzedwa mwambo wapadera, mukhoza kuyitana anthu a ku midzi yoyandikana nayo amene sianakwaniritse zokhumba zawo pa CLTS. Chisangalalo chokhala ndi anthu osanyera paliponse ndikumawona anzawo akuyamikiridwa chikhoza kuwapatsanso chidwi chokalimbikitsa CLTS akabwelera ku mudzi kwawo.

KUYANG'ANIRA NDI KUONETSETSA KUTI CLTS YAKHAZIKIKA

Ngati alangizi awona kuti ukhondo wa anthu a mudera ukupitirapitira mtsogolo, ichi chingakhale chizindikiro chakukhazikika kwa kusintha khalidwe kobwera ndi CLTS.

Anthu amudera ndi amene ali oyenera kuyang'anira pa katsatidwe ka CLTS ndi kusintha kwa makhalidwe awo. Ngati alangizi atawona kuti zilango zikumaperekedwa kwa anthu amene akupitiriza mchitidwe onyera paliponse, ichi chikhoza kukhalanso chisonyezo chakuti anthu adzipereka kwatunthu ku cholinga chawo.

Zimbudzi zomangidwa chifukwa cha CLTS zikhoza kukhala kwa nthawi yochepa makamaka ngati zidamangidwa mwamsangamsanga komanso ndi zipangizo zotsika mtengo kwambiri. Munthawi yochepa zikhoza kupezeka kuti zadzadza kapena zagwa kapena denga lake lagwa. Ngati atazimanganso mwamsangamsanga kapena kumanga zimbudzi zina zolimba, ichinso chikhoza kukhala chizindikiro chakukhazikika.

Kuyang'anira kukhoza kuwonetsanso kuti CLTS ikuyenera kupitirizidwabe mu dera. Funsani nzeru kwa mkulu wa CLTS okuyang'anirani ngati zitawoneka kuti kunyera paliponse kwayambiranso.

As mentioned on page 1 – This guide was prepared with translated material obtained from:

(1) Kar, Kamal and Chambers, Robert (2008) Handbook on Community-Led Total Sanitation. Institute of Development Studies with the support of PLAN International. 99 pp.

<http://www.communityledtotalsanitation.org/resource/handbook-community-led-total-sanitation>

(2) Kar, Kamal (2005) Practical Guide to Triggering Community-Led Total Sanitation. Institute of Development Studies. 14 pp.

<http://www.communityledtotalsanitation.org/resource/practical-guide-triggering-community-led-total-sanitation>