

femina  
hip  
20 years



JANUARY - MARCH 2019

HALIUZWI

# femina



Tunu

Bernard

Amabilis

Minou

Lydia

Celebrating  
20 years

TANZANIA

# Meet the team

Jennifer

Majuka

Geoffrey

Anti Cos

Asha



Harriet

Issa

Lesley

Hindo

Vero

Bahati





Pendo



Olarip

Steve



Ruth



Thabiti



Nash



Mathias



Sakina



Inno



Pushpa



Martha



Sekela

# WASILIANA NA FEMINA

Hi there!  
Ni Girl Power na  
Boy Power teams.  
Hapa tunawakilisha Fema,  
yaani Female and Male.  
Umetupata fresh?



**WEBSITE**  
[www.feminahip.or.tz](http://www.feminahip.or.tz)



**FACEBOOK**  
Femina Hip



**TWITTER**  
@feminahip



**INSTAGRAM**  
@feminahip



**YOUTUBE**  
@feminahip



**ANUANI YA POSTA**  
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Una maswali, mrejesho au mapendekezo  
kuhusu kazi zetu?  
Au kuna tatizo lolote la ufikaji wa  
Fema katika shule yako?  
Tuma SMS kwenda **0753003001**  
kuwasiliana nasi!

**5** GENDER  
EQUALITY



# Femina is 20 years!

We are thrilled and excited! This is our celebration issue of Fema magazine! We invite you dear readers to join us as we highlight the journey of Fema and other Femina products, since our creation.

In the chezasalama article you will hear about how we started-up, how Mama Minou got the inspiration and together with Amabilis and others, organized the amazing Femina team.

In this issue you get to meet everyone, as they chezasalama and have fun in the Femina style. You will learn more about our vision to change the lives of a whole generation of Tanzanian youth, providing them with lifeskills and knowledge on how to protect and build their lives! In the photostory we take you behind the scenes and share the process of how we put Fema magazine together. Here you get a closer look at the work we do, both in our office as well as while visiting youth and other Femina Family members in the field. What sort of skill sets and professions are needed? It's a chance for you to understand a bit more about the Femina business.

The highlight of this issue is that you get to read the winning stories in our essay competition, our readers testimonials about how Femina has changed their lives!!! We are moved and humbled by your words!

On the 26<sup>th</sup> of January 2019 we have the big Femina Hip birthday party! It is going to be a wonderful event, with entertainment, award giving and 350 guests who will join us from all over Tanzania. Our Femina Hip annual youth conference takes place just before, with Fema clubbers, teacher mentors and essay competition winners - all will join in the fun at the party.

We also have a special anniversary Fema TV season that will air in January about our journey and the issues we are passionate about. Tune in and help us celebrate!!!

Happy anniversary to all of us in the Femina Family!



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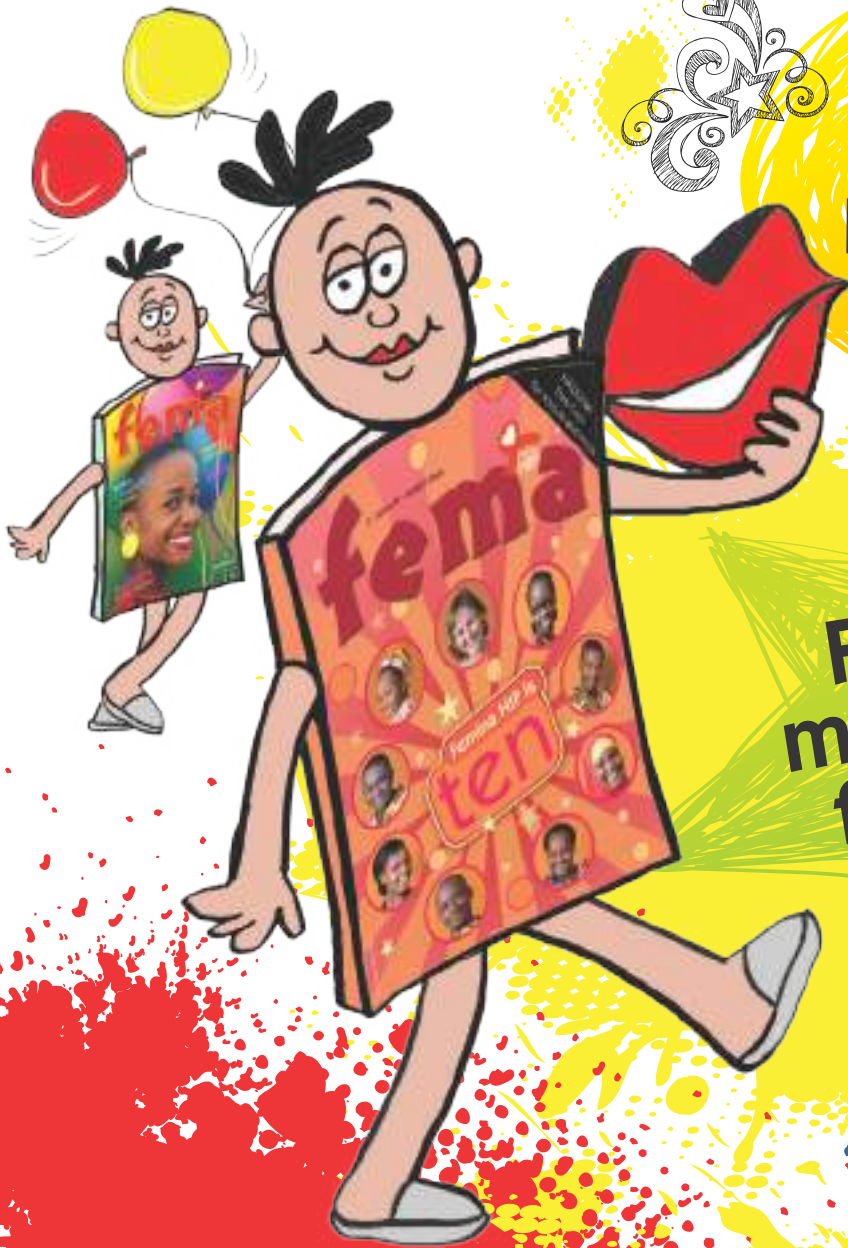
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**DANIDA** | INTERNATIONAL  
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# Fema rafiki yangu mpendwa

Fema  
my best  
friend



## NA FEMINA TAMBI

Fema na vijana wa Tanzania walianza urafiki miaka 20 iliyopita! Ni wakati huo ndipo tulipoanzisha jarida la Fema na kulipeleka kwa wasomaji wetu, wasichana (Fe) pamoja na wavulana (Ma) = Fema. Tangu wakati huo mmekuwa mkikua sambamba na Fema. Vizazi kadhaa vya vijana wa Tanzania wamesoma jarida hili, wamekuwa wanachama hai wa Fema Clubs na wanafamilia wa Femina wenye mapenzi makubwa.

Fema and the youth of Tanzania became friends 20 years ago! That's when we introduced Fema magazine to our readers, female (Fe) as well as male (Ma) = Fema. Since then, you have been growing up together. Several generations of Tanzanian youth have read the magazine, become engaged Fema clubbers and loving members of a growing Femina Family!

BEST  
FRIENDS

Miaka ya mwanzo ya jarida la Fema, kulikuwa na mambo mengi yaliyokuwa yakiwasibu watu na kuwaletea msongo wa mawazo. Magonjwa ya kuambukiza kama VVU yalikuwa yakienea kupitia ngono, na hata kupelekea vifo. Idadi ya wasichana waliokuwa hawafahamu namna ya kujiepusha na mimba zisizotarajiwa ilikuwa ni tatizo wakati ule na hata leo bado ni tatizo. Ilikuwa ni wazi kwamba vijana walihitaji mlezi na rafiki wa kuwasaidia.

Jarida la Fema lilikuwa tayari kuifanya kazi hiyo. Fema alitaka kuwa rafiki ambaye watu wote wangeweza kumwamini, muwazi na mkweli, rafiki msikivu ambaye alisikiliza kila aina ya maoni. Fema alidhamiria kuwa msemakweli, muwazi, mwenye kuwasilisha taarifa sahihi na mwenye kuwafundisha vijana mienendo myema na jinsi ya kujilinda, kuwasaidia vijana kufuata mitindo bora ya maisha ili waweze 'kubaki salama' na kutimiza ndoto zao.

Hadi leo hii, Fema inawawezesha wasomaji kuchangia mawazo kupitia ushiriki wao katika kuandaa maudhui ya bidhaa mbalimbali za Femina. Mpendwa Anti anajibu maswali ya wasomaji, barua zao na insha zao zinachapishwa na kusambazwa, na hadithi ya picha miaka yote imekuwa ikitengenezwa na wanachama wa Fema Club mbalimbali. Watu maarufu ambao ni mifano ya kuigwa wamekuwa wakipewa nafasi ya kusimulia stori mbalimbali za maisha yao. Kuna simulizi nyingi sana za kukumbukwa kwenye makala mbalimbali zilizowahi kuchapishwa ndani ya jarida na katika cover stories za Fema. Kujifunza kupitia stori za watu wengine kunagusa nyoyo zetu. Matokeo yake, wasomaji hawa vijana siku zote wamekuwa wakisaidiwa kupaza sauti zao na wanapenda kusoma Fema, kuchangia mawazo na maoni.

Miaka yote hii wasomaji mmekuwa mkipata mambo mengi ya kufurahisha, mmecheka na kulia na Fema na mmeweza kukabiliana na baadhi ya changamoto za ukuaji kuelekea utu uzima katika jamii ya Tanzania. Fema alifahamu kwamba, ili akubalike anapaswa kuwa mcheshi, mwenye mvuto, mchangamfu, mwenye kuburudisha na azungumze lugha ya vijana. Siku zote, elimu-burudani imekuwa ndio mtindo wa Fema na kwa kutumia mfumo huo amejenga urafiki wa karibu nanyi nyote!

In the early days of Fema magazine, there were a lot of stressful things happening to people. Infectious diseases like HIV were spreading through sexual contact and many were suffering, even dying. The numbers of girls unable to protect themselves against unwanted, unplanned pregnancies, was a problem then as now. It was clear that youth were in desperate need of a guardian, a friendly supporter, a mentor.

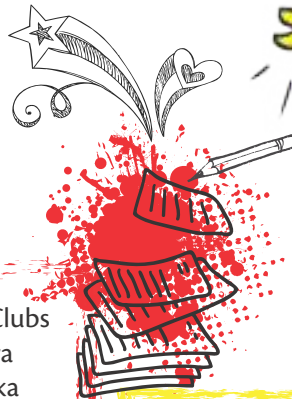
Fema magazine was ready to take on the challenge.

S-He wanted to be a friend that everyone could trust, who was open and honest, a friend who listened to different points of view. Fema aimed to be truthful, providing clear and factual information, teaching youth good values and how to protect themselves, assisting them to develop healthy lifestyles so that they could achieve their dreams and 'stay safe'.



Until today, Fema enables its readers to contribute through participation and co-creation of content. Dear Auntie answers their questions and letters and essays are printed and shared, whilst the photostory has always been produced together with Fema clubbers. Celebrities and other popular role models are invited to share their testimonials. There are many memorable stories in magazine articles and on the covers of Fema, learning through the experiences of others touches the heart. As a result, youth readers have always been supported to find their voice and they want to hang out with Fema, sharing their inner thoughts and concerns.

Through the years readers have had lots of fun. They have laughed and cried with Fema and together overcome some of the challenges of becoming an adult in Tanzanian society. Fema knew that to be really accepted, s-he had to be fun, colorful, 'hip', entertaining and speak the 'youth language'. Entertainment - education has always been the personality of Fema and with it, s-he has created strong bonds with all of you!



Kusoma na kujihusisha na jarida la Fema na Fema Clubs imekuwa ni sehemu muhimu ya kupata elimu nje ya mtaala wa kawaida wa shule (extra-curricular) katika shule za sekondari, mahali ambapo ndipo maskani ya Fema. Fema anaziba pengo na amepokelewa vizuri na wanafunzi, walimu na maafisa wa mamlaka za elimu. Agenda ya 'linda maisha yako', yenye kila unachohitaji kujua kuhusu afya ya uzazi, ujinsia, hedhi na balehe, pamoja na 'jenga maisha yako', uwezeshaji kiuchumi na jinsi ya kuanzisha biashara, unapata taarifa katika namna ambayo inatekelezeka na agenda hizi zimeifanya Fema ipendwe na wasomaji wake.

Jambo muhimu katika kuelewa Fema kwa kadri inavyokua mwaka hadi mwaka ni mtazamo wake kwenye suala la kujifunza na imani yake kwamba vijana ili wakue na wabadilike, wanahitaji zaidi ya elimu, wanahitaji kupewa stadi za maisha kupitia jarida na kupitia walezi viongozi. Stadi ni muhimu kwa ajili ya kujiendeleza, kwa mfano stadi za namna ya kutatua matatizo, kufikiri kwa kina (critical thinking), nidhamu, kufanya kazi kama timu, uongozi pamoja na kujitolea. Stadi hizo zinagusa masomo ambayo wanafunzi wanafundishwa shuleni, kama sayansi, hesabu, biology au lugha na ni muhimu sana katika kukuza uwezo wa mwanafunzi kusoma na kuelewa anachofundishwa darasani.

Reading and engaging with Fema magazine and Fema Clubs has become well established as an extra-curricular education activity in secondary schools, that is where s-he has her home. Fema fills a need and has been welcomed by students, teachers, headmasters and education authorities. The focus on 'protect your life' - all you need to know about sexual and reproductive health, menstruation and puberty as well as on 'build your life', - economic empowerment and how to start-up businesses, is very practical and has made Fema popular.

Key to understanding Fema as s-he has matured with the years is the view on learning and the belief that youth need more than knowledge to grow and change, they need to be equipped with lifeskills through the magazine and through mentoring. Skills essential for personal development, are problem solving, critical thinking and self-discipline, teamwork, leadership as well as volunteerism. Such skills cut across any content subject that youth are taught in school, such as science, maths, biology or languages and are also important for developing study skills.



Swali la kujiuliza ni, je, tunasaidaje katika kuhakikisha stadi hizi za maisha zinafundishwa katika shule zetu nchini Tanzania? Tunatamani kuona vijana wanafundishwa elimu ya kiada na elimu ya ziada ambayo hutolewa nje ya madarasa. Femina inaamini kwamba kufundisha masomo ya kiada, kulea wanafunzi (mentoring) na kuwasaidia wanafunzi (supporting) kunawawezesha kuwa watu wazima waliopikwa wakapikika vizuri.

Walimu wa sekondari ambao wamekuwa walezi wa Club za Fema pia wanahitaji wasaidiwe kuendeleza stadi zao za kutoa ushauri nasaha. Femina Hip huandaa mafunzo juu ya 'kujifunza kwa kushiriki', mafunzo ya siku moja kwa walimu na wadau wa elimu, mafunzo ambayo yamejikita katika mada mbalimbali za Fema, wakipigwa msasa juu ya mbinu mbalimbali za ufundishaji na namna ya kuendesha shughuli za club. Mafunzo haya pia yanatoa aina nyingine za support kwa walimu na motisha nyinginezo.

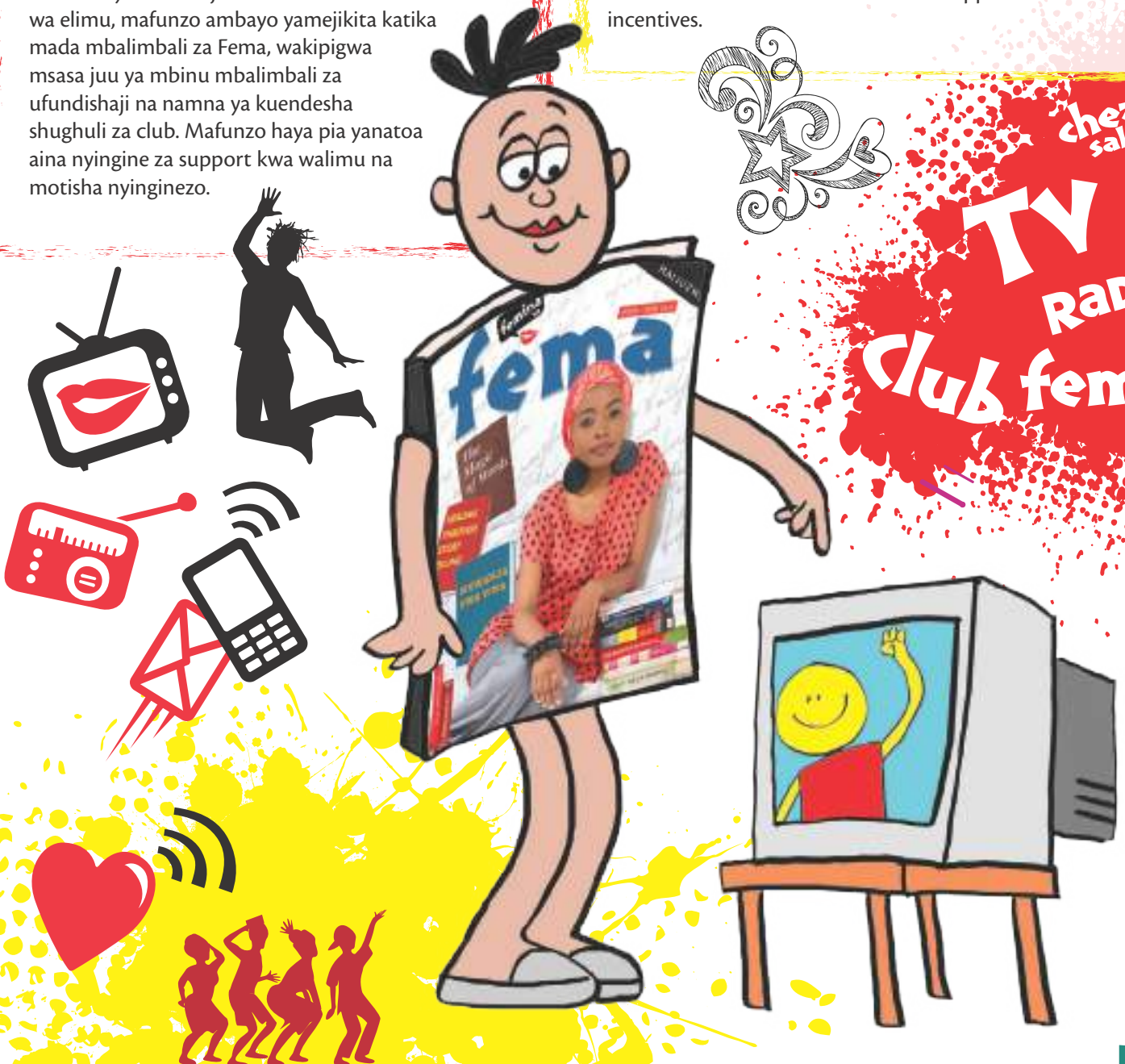
The question is how do we support such lifeskills development in our Tanzanian schools today? We encourage balancing black board teaching with more hands on and 'learning by doing' which can be conducted during extracurricular activities after school. Femina believes that in addition to teaching a subject, mentoring and supporting the students enables them to become well rounded adults.

Teachers in secondary schools who have become Fema Club mentors need support to develop their counselling skills. Femina Hip organizes 'active learning' trainings, a one-day orientation in Fema's favorite topics, teaching methodologies and how to organize club work for mentors. It also offers other forms of support and incentives.



cheza  
salama

TV  
Radio  
Club fema





Fema inahimiza walezi viongozi wa Club kuona kwamba ni chaguo lao ama kutumia mamlaka yao kudhibiti wanafunzi kupitia adhabu kali au kuwasaidia na kuwalea/kuwaongoza ili wawe watu wazima waliopikika vyema, wenye stadi muhimu na raia wema. Mlezi kiongozi wa Fema Club anapaswa kuwa rafiki wa wanafunzi, akiwapitisha kwenye mambo nyeti na magumu ambayo wakati mwingine hayana majibu ya moja kwa moja wala majibu mepesi. Wanafunzi wanapaswa kujengewa uwezo wa kufikiri na kuchanganua mambo ili waweze kuhoji mambo mbalimbali. Wanapaswa kuhimizwa kusimamia kile wanachokiamini. Kwa msaada wa Fema, walezi viongozi wa club wanaweza kuwasaidia kujifunza katika namna ambazo zinawajengea uwezo.

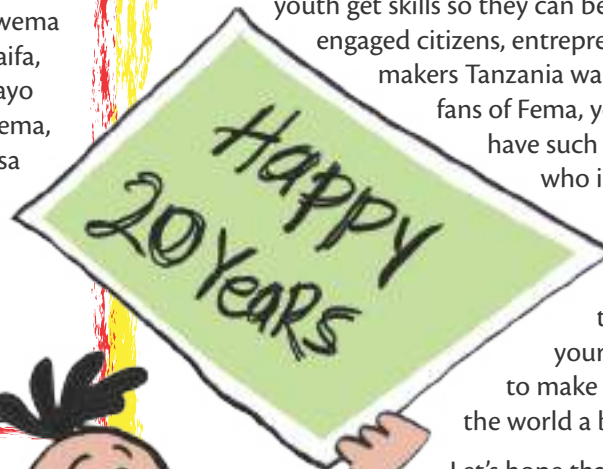
Elimu, kwa mujibu wa Fema, inapaswa kuwasaidia vijana kupata stadi zitakazowawezesha kuwa raia wema na wanaoshiriki katika mambo ya kijamii na ya kitaifa, wawe wajasiriamali na chachu ya mabadiliko ambayo Tanzania inatamani kuyaona. Hivyo, wapenzi wa Fema, mna bahati kuwa na rafiki ambaye anawapa hamasa na kuwaongoza kuwa imara zaidi maishani, akiwasaidia nyinyi na wengine kuifanya nchi yetu na dunia kuwa sehemu bora zaidi ya kuishi!

Hebu tuwe na matumaini kwamba jarida la Fema litaendelea kuwepo liendeleo kuwapa mwongozo kwa miaka mingi ijayo!

Fema supports club mentors to open their minds and acknowledge that it is their choice to either use their authority to control students through tough discipline, or to support and mentor the students as they foster them to grow and become well rounded personalities and skilled citizens. A Fema club mentor, should be friendly with the students, exposing them to sensitive and difficult issues that do not have simple, straight answers. Students need to gain critical thinking skills so that they can question assumptions, beliefs and values. They should be encouraged to stand up for what they think and believe. With the help of Fema, mentors can assist them to learn in ways that are more engaging and empowering.

Education, according to Fema, should be about helping youth get skills so they can become the engaged citizens, entrepreneurs and change makers Tanzania wants to see. So, fans of Fema, you are lucky to have such a good friend who inspires, motivates and guides you to go into the world stronger than ever, helping yourselves and others to make our country and the world a better place!

Let's hope that Fema magazine stays around to guide you for many years to come!



**Tunawatakia mafanikio katika safari yenu ya maisha!**

**Wishing you the best on your life journey!**

# TUNAFURAHI KULONGA NANYI TENA

NA PENDO MASHULANO

## Hello!

Mnatukumbuka? Enzi hizo!

Wengi wenu huwenda mkawa wadogo sana kuweza kutukumbuka. Jina langu ni Bwana Sox, mwenzangu anaitwa Bi Hip.

Sisi ni katuni. Tulikuwa bize enzi zetu tukiwafundisha vijana kupitia jarida la Si Mchezo! wakati huo wengi wenu mlikuwa bado mko shule za msingi!



## SI MCHEZO NI NANI!?

Si Mchezo! alikuwa ni kaka mdogo wa jarida la Fema! Geuza nyuma nakala yako ya Fema na utaona mwonekano wa jarida la Si Mchezo! ulivyokuwa!

Si Mchezo! ilikuwa ikichapishwa kila baada ya miezi miwili. Kaka mdogo huyu alikuwa ni mwembamba ukimlinganisha na dada yake, alikuwa na kurasa 32 tu lakini alikuwa amesheheni taarifa na mambo kibao ya kufundisha na kuburudisha. Si Mchezo! na Fema walikuwa wanafanana kwa mambo mengi, tunaweza kusema walikuwa ni mapacha. Wote walikuwa wakipambwa kwa rangi zinazovutia, walikuwa wakitolewa bure kwa wasomaji, walisheheni shuhuda mbalimbali za maisha ya watu, hadithi ya picha na katuni na wote walikuwa wakiandaliwa kwa kuwashirikisha vijana katika maeneo mbalimbali ya nchi. Kama ilivyo kwa dada yake, Si Mchezo! alibeba mada kama mitindo bora ya maisha, ujinsia, stadi za maisha, VVU/UKIMWI, ujasiriamali na maisha kwa ujumla wake.

Tofauti kubwa baina ya majarida haya mawili ilikuwa ni kwamba Si Mchezo! 'alizingumza' Kiswahili pekee na alikuwa ni maalum kwa vijana ambao wako nje ya shule, ambao pengine uwezo wao wa kusoma na kuelewa haukuwa mkubwa sana, wenye miaka 15-30. Nakala nyingi zilisambazwa kwa vijana kupitia wadau zaidi ya 600 ambao walikuwa ni asasi za kiraia katika maeneo ya vijijini nchini Tanzania. Si Mchezo! alisambazwa, pamoja na maeneo mengine, katika kliniki za tiba, kampuni zenye wafanyakazi wengi pamoja na baadhi ya ofisi za serikali katika ngazi za serikali za mitaa.

Mimi na Bi Hip tulikuwa ndio alama ya Si Mchezo! Tulipamba kurasa kibao za jarida, mwanzo-mwisho! Tulichomoza hapa na pale katika kurasa tofauti tukitoa maoni na ushauri. Ilikuwa raha tupu na kwakweli tulikuwa bize! Kazi tuliyoifanya ilikuwa muhimu sana. Watu wengi walihitaji elimu ya afya ya uzazi na ujinsia wakati ule na ilikuwa ni wakati ambapo janga la UKIMWI lilikuwa linaangamiza jamii zetu. Tulipiga kazi nzuri na tukawa maarufu sana kipindi hicho.

## KAKA NA DADA PAMOJA

Mwaka 2014 Femina Hip haikuwa na fedha za kutosha kuendelea kuchapisha Si Mchezo! Lakini pia janga la VVU/UKIMWI likaingia kwenye awamu mpya kwasababu sasa kulikuwa na dawa za kupunguza makali ya mashambulizi ya VVU, tatizo hilo likawa sio tishio la kifo tena bali ikawa ni tatizo ambalo mtu anaweza kuishi nalo maisha yake yote. Hivyo ikaamuliwa kwamba kaka (Si Mchezo!) na dada (Fema) waungane ili Si Mchezo! aendelee 'kuwepo' lakini kwa mgongo wa Fema. Hata hivyo walikuwa wanafanana kwa mengi, hivyo wakaungana. Tangu wakati huo wamekuwa pamoja.

Hivyo, mimi na Bi Hip tukapumzika. Lakini, tuko hapa tena kwasababu tungependa kuwa sehemu ya maadhimisho ya miaka 20 ya Femina Hip! Maadhimisho haya si ya kukosa! Tunafurahi kupata fursa ya kulonga nanyi tena leo!



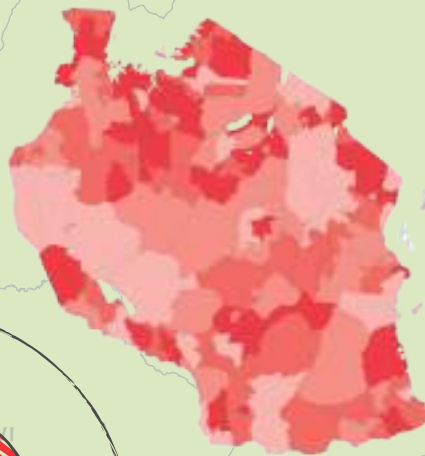


# TANZANIA NZIMA



## 15 million

Estimated reach  
of Femina's media  
products



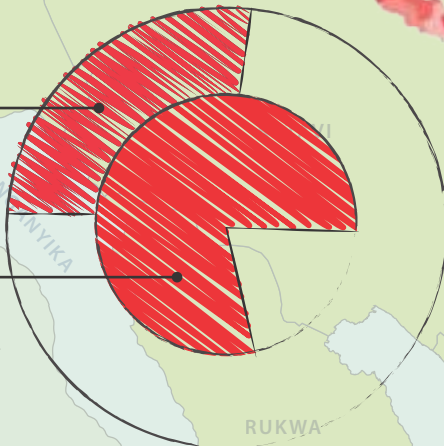
## 2,330

### Fema Clubs

compared to 600 in 2009  
(first one started in 2000)

26%  
of the total  
population

79%  
of the youth  
population aged  
13-30



## 2,960

Fema Club Mentors

## 25

Networks  
incorporating around  
828 Fema Clubs

**5.8 million**  
reach

**5 million**  
reach

**4 million**  
reached in 2017



22,715



4,680



5,664

Number of  
followers on our  
social media channels

**13,000**  
is the average number of snail  
mails, emails and sms that we  
receive on quarterly basis

Around **10 million** Fema copies printed since 1999



**10 million** Si Mchezo! copies printed 2002-2014

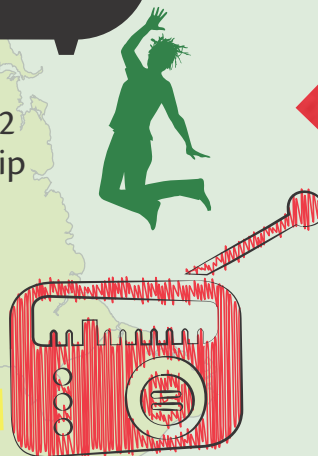
Si Mchezo! magazine for out of school youth, started in 2002 and was merged with Fema magazine in 2014

In 2017, nearly 100,000 messages were received and responded to, making an estimated total of 500,000 SMS since the service started in 2014. Fema has an SMS service which enables students and teacher/mentors in Fema Clubs to interact by asking questions and getting answers.



Fema TV started in 2003 with Fema TV Talk show and expanded in 2011/12 to include Ruka Juu – the TV entrepreneurship competition show

Fema Radio Show – started in 2013 and has mostly promoted Ruka Juu on entrepreneurship and business startup



**40,065** certificates printed from 2016 to 2018 for Fema Club graduates



fema  
Club



# Fema Clubs Katika Historia

Historia ya Fema Clubs inaanzia mbali sana! Miaka ya 2000, huko Liwale, Lindi, kulikuwa na kikundi cha vijana wa nje ya shule waliojiita Upendo Boxing Club. Kama lilivyo jina lao walikuwa ni wanamasumbwi. Vijana hawa walikuwa wakipata jarida la Fema, wakati huo likiitwa Femina na kila mmoja alilisoma kwa wakati wake.

How?  
huh? • NO!



## Wakaamua kufanya kweli

Baadaye wakaamua kwamba, ndani ya kikundi hicho cha masumbwi, waanzishe kikundi rasmi cha kusoma na kujadili Fema kwa pamoja kwakuwa walishaona kwamba mnaposoma kwa kujadiliana mnaelewa zaidi. Ikawa wakishazipiga ngumi, wanakaa kama kikundi wanajadili mada mbalimbali zilizomo ndani ya Femina.

## Si tukawabamba!

Basi bwana, katika pitapita zetu mitaa ile tukiwa kwenye pilika zetu za kuzalisha jarida, tukawabamba vijana hawa. Tukapiga nao stori, wakatueleza kuhusu kikundi cha usomaji wa Fema walichokianzisha, tukavutiwa na stori yao, tukaichapisha kwenye jarida.

WHO? Where? WHAT! • Yop.  
When? Seriously? • Yeah! • Wow  
QUESTION?



Smart Area, Smart People! Hao ni Arusha Sec Fema Club! cheki agenda za Femina zilivyotulia hapo!



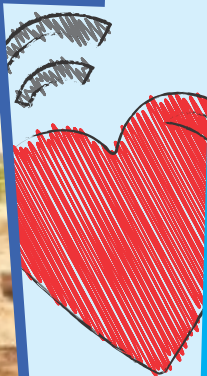
Mwamba Fema Club ya Mwamashimba Sec Jijini Mwanza. Ubunifu umefika mahala pake!



Msalato Fema Club ya Dodoma na kona yao matata iliyouambwa Ki-FemaFema. Utawapenda tu!



Mnyuzi Je? Wako Korogwe. Tanga hawa. Cheki "economic zone" yao.



### Ikawa tumewasha moto!

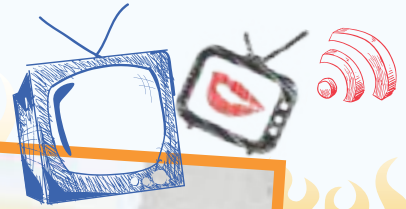
Habari za kikundi hiki zikaenea kila kona nchini. Ikawa kama moto umewashwa nyikani msimu wa kiangazi! Vikundi vya usomaji wa Fema vikaanza kuundwa kwa fujo! Kibasila, Kisutu, Azania (Dar es Salaam) na Sabasaba Sec ya Mtwara ni miongoni mwa shule za mwanzomwanzo kuunda vikundi vya usomaji wa Fema, na walikuwa moto kwelikweli! Wakati huo tulikuwa pia tukichapisha Jarida la Si Mchezo!, hivyo vikaibuka na vikundi kadhaa vya usomaji wa Si Mchezo! ambalo lenyewe lilikuwa linasambazwa kwa makundi ya vijana wa nje ya shule tu.

### Tukaamua kurasmisha

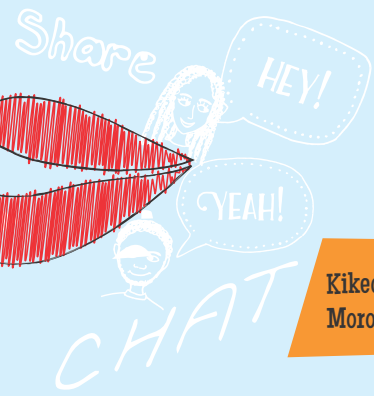
Naam. Tukasema kwa kasi hii, itakuwa vyema kama tutarasmisha vikundi hivi kwa kuvisajili na kuviwekea mwongozo ili tujue wako wapi, wanafanya nini. Tukafanya hivyo na huo ukawa ndio mwanzo wa Fema Clubs na Si Mchezo! reading groups.

### Ni miaka 20 sasa...

Leo hii kuna Fema Club hai zipatazo 2,331. Club hizi zimeenea kila kona ya nchi. Nyingi ziko katika shule za sekondari, chache ziko katika Vyuo vya Maendeleo ya Jamii (FDC). Ilipofika mwaka 2014 uwezo wetu wa kifedha haukuturuhusu kuendelea kuchapisha Jarida la Si Mchezo!, hivyo tukaliunganisha na Fema. Kwahiyo, tangu wakati huo, vikundi vya usomaji wa Si Mchezo! ambavyo vilikuwa vimeundwa na vijana wa nje ya shule tumeendelea kuvifikia kupitia Fema Radio Show na Fema TV Show. Fema Clubs huanzishwa na vijana na kuendeshwa na wao wenyewe kwa usimamizi wa walimu walezi. Jukumu letu ni kuwatumia majarida, na jukumu la club kwetu ni kututumia ripoti ya kazi zao angalau mara mbili kila mwaka.



Kikeo Fema Club, hawa nao wanapatikana Mvomero, Morogoro. Wakasema isiwe tabu, tutachora ukutani.





Hawa ni Chang'ombe Secondary School ya Dar es Salaam wakifurahia toleo jipya la Fema lilipotua shuleni kwao.



Ni Guta Fema Club, wanapatikana Bunda, Mara hawa. Hapo ni baada ya kupokea msaada wa pedi kutoka kwa wanaFema Club wenzao wa Chan'gombe Sec School ya Dar es Salaam. Inapendeza sana clubbers wanaposaidiana.

## Wakaenda mbali zaidi



Yes. Kadri siku zilivyokwenda, Fema Clubs zikaona haitoshi kufanya kazi kama club mojamoja. Wakagundua Umoja ni Nguvu, Utengano ni Udhaifu. Wakakumbuka msemu wa kimombo usemao if you want to walk fast, walk alone, but if you want to go far walk together. Ndipo Fema Clubs zilipoanza kushirikiana na kufanya baadhi ya shughuli kwa pamoja.

Tukaanza kupata mialiko ya club kadhaa zilizojiipanga kufanya mahafali ya Fema kwa pamoja au hata kutembelea kituo cha watoto yatima kwa pamoja na shughuli nyingine kama hizo.

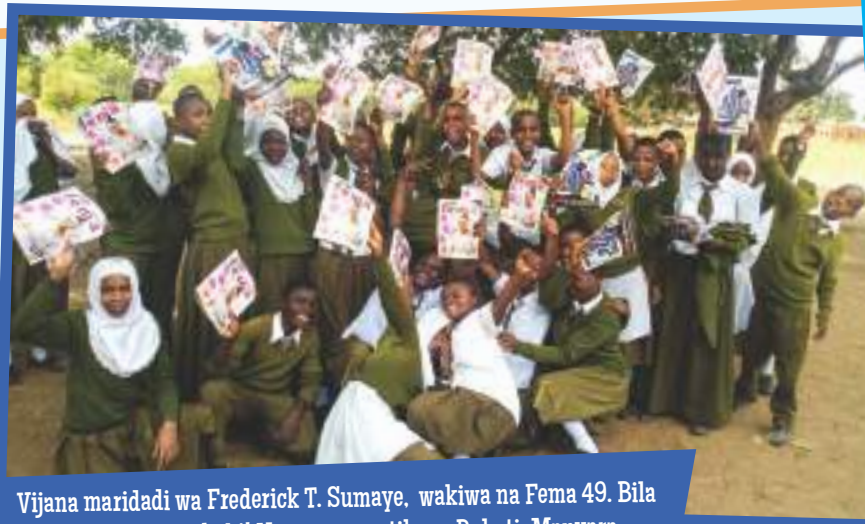


## Ukawa mwanzo wa Networks



Naam. Networks, yaani mitandao ya Fema Clubs. Historia ya Network nayo inaanzia Mkoani Ruvuma, ambapo club za shule tatu: Kigonsele, Songera Girls na Songea Boys ziliungana na kutengeneza Mbinga and Songea Fema Club Network.

Hapo napo moto mwingine ukawa umewashwa na kushika kasi. Kuanzia hapo zikaundwa network nyingine kibao. Leo hii tuna network zipatazo 25 kati ya hizo 11 ni za Mkoa na 14 ni za Wilaya. Wanafanya activities kibao pamoja na wanatutumia taarifa. Inapendeza!



Vijana maridadi wa Frederick T. Sumaye, wakiwa na Fema 49. Bila shaka walilitendea hakil! Hawa wanapatikana Babati, Manyara.



Nzondahaki Fema Club, hawa wako Mbeya mjini. cheki kitu cha organic kilivyokubali hapo!



# fema club





Londoni Fema Club ya Songea waliwakumbuka wazee, wakaamua kuwajulia hali, kama hivo.



Londoni Fema Club ya Londoni Sec School, Songea, wakitengeneza sabuni ya maji. Inafaa kwa kufua, kudeki, kunawa mikono na kuosha vyombo.



## Kubwa kuliko!

Walimu walezi wa Fema Clubs Tanzania nzima wameungana! Hapa tunazungumzia network ya kitaifa. Walimu hawa wanaunganishwa na mitandao ya kijamii, wana whatsapp groups na facebook group ambapo wanabadilishana taarifa, wanapeana maujanja, wanataniana na kufahamiana zaidi. Wako 2,962 na wote hawa wamekuwa marafiki.

Kila mwaka wanajipanga na kukutana live katika mkoa wanaouchagua. Gharama za mkutano huu zinatoka mifukoni mwao – kuanzia nauli, chakula hadi malazi. Wanathamini kazi wanayoifanya, wanaipenda, wanajituma, wanajitolea.

Lakini, kubwa zaidi ni kwamba, walimu na wanafunzi wanathamini mchango wa Fema Clubs katika kuboresha uwezo wa wanafunzi kuelewa hata wanapofundishwa darasani. Mtindo wa kusoma kwa kujadiliana, pamoja na utamaduni wa kufanya kazi kama team ambao Fema Clubs zimekuwa zikiutumia, unawajenga wanafunzi uwezo wa kujiamini, kujituma na hata kuboresha viwango vya ufaulu.

## Hii yote ni Familia ya Femina

Maadhimisho ya miaka 20 ya Femina hayawezi kutimika bila kutambua mtandao huu mkubwa wa Familia ya Femina unaowakilisha kila kona ya nchi. Ofisi kuu ya Femina iko Dar es Salaam, lakini Femina iko Tanzania nzima. Long live Fema Clubs, Long live Fema Club Networks, Long live Fema Club Mentors. You are why we exist! Hongera!



Mkutano wa kwanza wa mtandao wa kitaifa wa Fema Club mentors uliofanyika Jijini Dodoma. Ilikuwa ni fayaaaa!

Ni Misungwi Secondary School ya Jijini Mwanza. Wao wamejenga ofisi ya Club kwa kutumia chupa za plastiki. Ni imara, ni nzuri na ni kivutio. Watu kibao wanakwenda pale kwa ajili ya kupiga selfies. Kubwa zaidi, wameokoa mazingira.

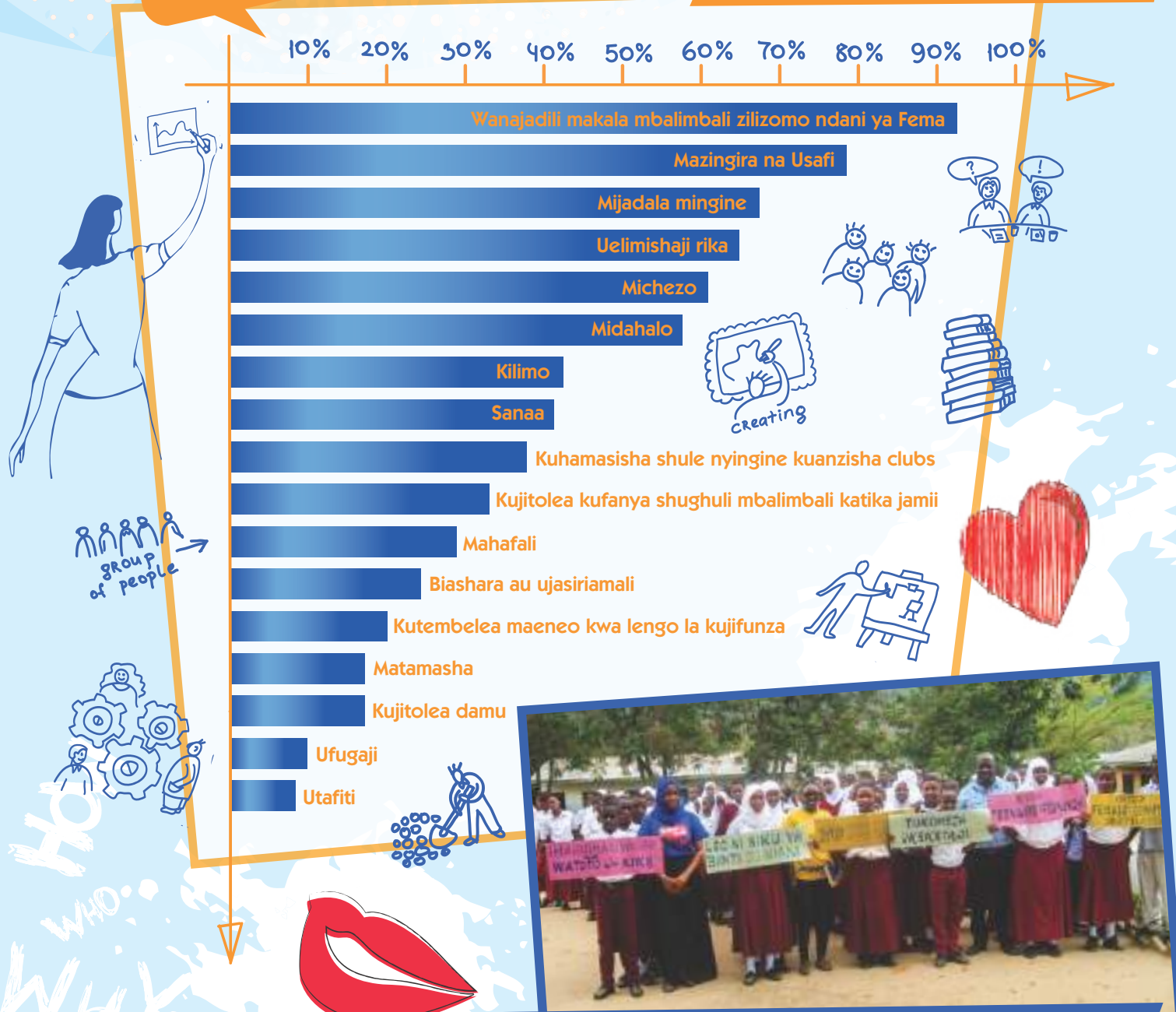
## Wanafanya mengi mazuri

Lengo la msingi la Fema Clubs ni kusoma na kujadiliana makala mbalimbali zilizomo katika jarida la Fema na kuzifanyia kazi. Lakini, kutokana na hamasa wanayoipata katika matoleo mbalimbali ya Fema pamoja na ubunifu wao, club hizi zinafanya shughuli nyingine kibao! Kama hivi:

### Asilimia ya Fema Clubs

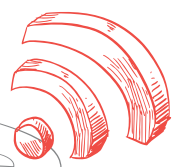


Parakuyo Fema Club ya Kilosa, Morogoro wakasema isiwe tabu! Tunaweza kubuni bangol Cheki walivyotoka kiaina.



Hawa si wengine, ni Murad Sadiq wakiwa katika shughuli za uhamasishaji jamii. Kikosi kimetimia, wako vizuri. Hawa nao wanapatikana Mvomero, Morogoro.

# Femina



## NASH & GLORY



Wakati mwingine Fema Clubs hujumuika na kufanya shughuli kwa pamoja. Hii ni Mara Fema Club Federation. Ziko nyingine kibaol!



Mkutano wa pili wa Mtandao wa Kitaifa wa Fema Club Mentors uliofanyika Jijini Mwanza. Palikuwa hapatoshil!



Nashivai Mollé wa Femina akilonga na vyombo vya habari wakati wa Mkutano wa Walezi wa Fema Clubs uliofanyika Jijini Dodoma.

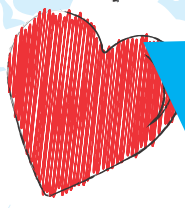
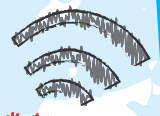
Hello Femina Family!  
 Ni Gloria na Nash tukilonga nanyi kwa pamoja leo. Lengo ni kuwashukuru, kuwapongeza na kuwatakia kheri tunapoadhimisha miaka 20 ya Femina. Familia ya Femina inajumuisha Fema Clubbers, Fema Club Mentors, wakuu wa shule za sekondari, maafisa elimu, wafanyakazi wa Femina wa kuajiriwa na hata volunteers na yeyote aliyewahi kuwa mwanachama wa Club ya Fema. Sote tunafahamu kwamba miaka 20 sio jambo dogo. Kama ni mtoto, sasa amekua! Tumepitia changamoto mbalimbali ila mafanikio ni makubwa kuliko changamoto. **SOTE TUJIPONGEZE!**

Wanachama wa Club za Fema, walezi na wakuu wa shule wamekuwa mstari wa mbele kuhakikisha Fema Clubs zinafanya vyema. Vijana wengi ambao walikuwa Fema Clubbers wakiwa wanafunzi sasa ni walezi wa club hizo. Fema Clubbers wamekuwa mstari wa mbele kuleta mabadiliko chanya katika jamii zinazowazunguka na walezi wamekuwa wakihakikisha ripoti za club zinafika Femina kwa wakati. **HONGERA!**

Miaka 20 ya Femina iwe chachu kwetu kufanya vizuri zaidi. Kila mmojawetu awajibike kwa ajili ya Taifa letu. Mabadiliko yaanze na sisi vijana wa Fema club na yawafikie vijana wengine, tuwe nuru, tuangaze kila mahali.

Happy 20th anniversary!

*Glory & Nash*





# Mama Femina na Familia ya Femina



Minou na Amabilis wako mjengoni Femina, Minou ndo kwanza karejea kutoka katika mkutano wa kimataifa.

**Amabilis:** Karibu. Vipi, mkutano ulikwendaje?

**Minou:** Vizuri sana. Niliwasilisha mada kuhusu mtindo wetu wa ElimuBurudishi (edutainment) na pia nikazungumzia miaka 20 ya Femina Hip.

**Amabilis:** Safi sana! Kulijenga shirika hili kumetokana na kujitoa na kujituma.

**Minou:** True. Femina inajengwa kwa kufanya kazi kama timu aka teamwork. Ingawa nilikuwa na dira ya kuanzisha shirika, mafanikio yasingepatikana bila timu nzima ya Femina.

**Amabilis:** Kweli kabisa!

**Minou:** Sisi ni kikundi cha watu wenye ari, mwamko na wenye vipaji na ujuzi mbalimbali ambao tumejitolea kutekeleza dhamira yetu. Napenda kufanya kazi na Femina na bila timu hii nisingefanikiwa!

**Amabilis:** Pongezi kwa teaaaam!

Ukweli ni kwamba, sisi ni kama familia yenye furaha. Tunatumia muda mwingi pamoja na tunasaidiana. Tumepitia mengi, tumejenga utamaduni wetu hapa kazini, tumepanga mikakati pamoja, tumejaribu shughuli na mawazo mbalimbali kwa pamoja...

**Minou:** ... na kadri ambavyo Fema Clubs zimekua Tanzania nzima, ndivyo ambavyo Familia ya Femina imekua.



**Amabilis:** Miaka yote hii tumefanya kazi pamoja sijawahi kukuuliza hili swali.

**Minou:** Swali gani?

**Amabilis:** Unatokea Sweden/Norway, lakini umekulia katika maeneo mbalimbali barani Afrika, ilikuwaje ukaamua kufanya kazi na kuwekeza nguvu zako nchini Tanzania?

**Minou:** Baba yangu alikuwa akifanya kazi katika mashirika ya Kimataifa. Nilipokuja Tanzania nikajikuta nimewapenda Watanzania na Tanzania yenyewe. Kisha likaja janga la UKIMWI, nikajisikia nawiwa kutoa mchango wangu.

**Amabilis:** Ndiyo, nakumbuka wakati ule.

**Minou:** Lakini pia, Sweden imekuwa miongoni mwa wafadhili wakubwa kwa Tanzania, na kwa miongo kadhaa sasa imekuwa ikisaidia maendeleo ya elimu na afya, hivyo kuna ushirikiano imara sana baina ya nchi hizi mbili.



**Amabilis:** Na kwakweli uongozi wako umewezesha shirika hili kukua....

**Minou:** Yes, nadhani ili ufanikiwe, uvumilivu ni jambo la lazima. Ni lazima ukae kwenye mstari na kutengeneza msingi imara na mifumo imara, pia uwajibikaji na uwezo wa kufanya kile ulichodhamiria kufanya ili kupata matokeo uliyoyakusudia.

**Amabilis:** Umefanikiwa kuzingatia hili, pamoja na timu ya Femina Hip.

**Minou:** Naamini kwamba ushirikiano wa muda mrefu na wafadhili kama Sweden ni jambo muhimu sana. Bila msaada wao na utashi wa kuwekeza katika vijana wa Tanzania, Femina tusingekuwa hapa tulipo.

**Amabilis:** Leo hii tuko miongoni mwa asasi zinazoaminika sana nchini.

**Minou:** Ubunifu, utayari wa kukubali mabadiliko na kufahamu vizuri mahitaji ya hadhira yetu yamekuwa ni mambo muhimu katika kufanikiwa kwetu.



**Amabilis:** Hakika. Vizazi viwili vya vijana wa Tanzania vimekuwa na Fema. Inanipa furaha kuona kwamba walimu wengi ambao ni walezi wa Fema Clubs leo hii, wao pia walikuwa wanachama wa Club za Fema walipokuwa wanafunzi. Ni jambo la kufurahisha sana.

**Minou:** Hakika! Ni heshima kubwa tunapokutana na watu wengi kila kona ya Tanzania ambao wanatupa simulizi za namna ambavyo jarida la Fema, Fema TV Show au ushiriki wao katika Club za Fema ulivyobadilisha maisha yao. Simulizi za namna ambavyo stadi za maisha na elimu waliyoipata kutoka Femina Hip imewahamasisha kujiamini, kuelewa kwamba wanaweza kubadilika na kwamba kesho yao imo mikononi mwao.

**Amabilis:** Kabisa, sababu tosha ya kusherehekea! Nilikuwa napitia Facebook page ya walezi wa club za Fema kabla hujaja.

**Minou:** Wow! Naipenda hiyo page!





**Amabilis:** Hata mimi. Inaonyesha vijana wenye mwamko na waliojengewa uwezo wakifanya mambo! Wanapost mara kwa mara, tena wanatuma na picha wakionyesha vijana na walezi wao wanavyoleta mabadiliko katika jamii zao.

**Minou:** Hii ndiyo maana halisi ya kujitolea.

**Amabilis:** Ni wazi kwamba Tanzania itanufaika sana na vijana wa namna hii wachapakazi ambao wako tayari kujitolea kufanya mambo mazuri kwa ajili ya jamii. Unaitazamaje Femina Hip katika miaka ijayo Minou?

**Minou:** Femina inastawi na kazi yetu ni muhimu sasa kuliko wakati wowote. Tunashuhudia Fema Clubs zikiunda mitandao inayoleta pamoja shule kibao za sekondari na walimu/walezi, na pia sekta ya elimu inajihusisha zaidi na club zetu na kuna uhitaji mkubwa wa stadi za maisha leo hii. Inakubalika kwamba elimu ya afya ya uzazi na ujinsia na uwezesaji kiuchumi ni mambo muhimu sana kwa kizazi hiki. Kwakuwa sasa tuna idadi kubwa ya vijana nchini Tanzania (na Afrika) kuliko wakati mwingine wowote, ikiwa tunataka kukuza uchumi wa viwanda tunapaswa kusaidia kutengeneza ajira na kuwasaidia wasichana kupanga maisha yao, kuwekeza muda wao na nguvu zao katika elimu na stadi za maisha wanazozihitaji.

**Amabilis:** Elimu na kuhakikisha wanahitimu masomo ni muhimu sana. Je, passion (shauku) bado ni jambo muhimu kwako katika kuendeleza Femina Hip huko mbeleni?

**Minou:** Sana. Lakini unafahamu, Femina sasa hivi ni kijana, muda si mrefu haitanihitaji. Huko mbeleni, nitaendelea kujihusisha na Femina, lakini nadhani sio kwa karibu sana kama nifanyavyo sasa hivi.



**Minou:**

Amabilis, umekuwa ukifanya kazi Femina kwa miaka mingi sasa, hii imekuwa na maana gani kwako?

**Amabilis:** Nafarijika. Hakuna kitu kizuri kama kuona kazi yako ikileta matokeo chanya kwa watu. Nafurahi kupata nafasi ya kuwatumikia vijana wa Tanzania katika namna shirikishi na isiyochosha.

Tena, nadhani ni wakati muafaka sasa Femina iwe na mjengo wake, The Femina Hip House!

**Minou:** Ni jambo ambalo umelitamani kwa muda mrefu, hebu tulifanyie mpango sasa.

**Amabilis:** Pia nadhani ni vizuri stori ya Femina Hip iandikiwe kitabu kwa ajili ya kumbukumbu! Ndoto zangu juu ya Femina Hip ni kubwa.

**Minou:** Uko sahihi. Tunapaswa kusimulia stori yetu kila tunapopata fursa ya kufanya hivyo, kama kwenye mkutano ambao nimetoka kuhudhuria.

**Amabilis:** Nakubaliana nawe kabisa. Tugonge cheers kidogo!



# Mama Femina and the Femina Family

Minou and Amabilis are home at Femina Hip office, Minou has just returned from an international conference.

**Amabilis:** Welcome back. How was the conference?

**Minou:** Great. I did a presentation on our Entertainment Education approach and of course talked about 20 years of Femina Hip.

**Amabilis:** Amazing! Building this organization has taken dedication and commitment.

**Minou:** Femina is all about team work and co-creation. I may have had the vision to start, but the success is down to the team.

**Amabilis:** Absolutely!

**Minou:** We are a group of passionate and engaged individuals with different talents and skills, who have devoted ourselves to our mission. I love working with our Femina team and I could not have done it without them!

**Amabilis:** Shout out to the teaaaam!

Seriously, we are like a happy family. We spend a lot of time together and support each other. We have gone through a lot, developed a work culture, strategized, tested activities and ideas...

**Minou:** ... and as the Fema Clubs across the country have grown, so has our extended Femina Family!

**Amabilis:** All these years we have worked together I never asked you this question.

**Minou:** Which one?

**Amabilis:** You come from Sweden/Norway, but you grew up in several parts of Africa, how come you decided to work and invest your career in Tanzania?

**Minou:** My father was working for international organizations. When I came to Tanzania I fell in love with the people and the country. Then the HIV epidemic broke out, and I felt I had to contribute.

**Amabilis:** Yes, I remember that time.

**Minou:** Also, Sweden has been a big supporter of Tanzania, and has for decades assisted with the development of education and health primarily, so there is a strong partnership between our two countries.

**Amabilis:** And you have provided leadership for this organization to grow....

**Minou:** Yes, I think perseverance is necessary for success. You have to stay focused and create a stable base backed up with solid systems, accountability and the ability to deliver.

**Amabilis:** You have done that, together with the Femina Hip team.

**Minou:** I firmly believe that long-term partnerships with donors such as Sweden, is key. Without their support and willingness to invest in the youth of Tanzania, Femina would not be where we are today.

**Amabilis:** Now we are one of the most credible NGOs in the country.

**Minou:** Creativity, flexibility and sensitivity to our audience needs have been key for the success.

**Amabilis:** Indeed. Two generations of Tanzanian youth have grown up with Fema. It gives me joy that most of the teachers mentoring Fema Clubs today were themselves Fema Clubbers during their school years. Isn't that awesome?

**Minou:** It certainly is! It is an honor to encounter so many people across Tanzania who tell stories of how Fema magazine, the TV show or their participation in Fema clubs, changed their lives. Stories of how the life skills and insights they gained from engaging with Femina Hip inspired them to believe in themselves, understand that change is possible and that they are the agents of their own future.

**Amabilis:** Totally worthy celebrating! I was looking at the Fema Club mentors page on Facebook before you arrived.

**Minou:** I looove that page!

**Amabilis:** Me too. It demonstrates empowered motivated youth doing things! They post so frequently with pictures too, showing youth and their mentors changing their communities.

**Minou:** A true display of volunteerism

**Amabilis:** Tanzania will definitely benefit from such productive youth who are willing to volunteer to create something positive. What will be the future of Femina Hip Minou?

**Minou:** Femina is thriving and our work is more important than ever. With our Fema Clubs organizing networks of secondary schools across Tanzania and teacher/mentors and the education sector becoming more engaged in our club and life skills work there is greater interest now. It's acknowledged that sexual and reproductive health and economic empowerment education is vital for this generation. With more young people in Tanzania (and Africa) than ever before, if we want the country to industrialize we need to help create jobs and support young women planning their lives, investing their time and energy in education and gaining the skills they need.

**Amabilis:** Education and staying in school are key. Are you still passionate about Femina Hip's future?

**Minou:** Absolutely. But you know Femina is now a young adult, soon it won't need me. I will always be involved but probably at more of a distance in the future.

**Minou:** Amabilis, you have been working with Femina for many years now, what has it meant to you?

**Amabilis:** It has been very rewarding. There is nothing better than seeing your work positively impacting others. It has been an honour to serve the youth of Tanzania in an engaging and rejuvenating way.

I also feel it's time for Femina Hip to have its own home, The Femina Hip House!

**Minou:** It has been your desire for some time, let's pursue that.

**Amabilis:** I also think the story of Femina Hip should be documented in a book! My dreams for Femina Hip are big.

**Minou:** You are right. We should share our story on all possible platforms, like the conference I have just been to.

**Amabilis:** I totally agree. Let's raise our glasses to that!



**WE CELEBRATE  
OUR DONOR PARTNERS  
PAST & PRESENT**





# BEHIND THE SCENES

JARIDA LA FEMA HUWA LINAKUFIKIA MIKONONI MWAKO, UMESHAWAHI KUJIULIZA MCHAKATO MZIMA UNAOFANYWA MPAKA HATUA YA JARIDA KUKUFIKIA? KUNA VITENGO KADHAA AMBAVYO HUFANYA KAZI PAMOJA KUKULETEA UHONDO HUU. NGOJA LEO TUKUONJESHE KIDOGO TU.



...NINSEPENDA NANI ANE KWENYE COVER?

NADHANI JOKATE ANAFAA,

NA ANA MWITO DWA KINELI

ATANA - INSPIRE WENDI



EDITORIAL MEETING...

DIARY INESHAKAMILIKA...

TUMESHA-CONFIRM TUNAKWENDA MBEYA...



NITAMU-INTERVIEW JOKATE NA KUANDKA STORI YAKE



TUNU ANAWASILIANA NA JOKATE

VIJANA WAMEKUPENDEKEZA KUNA KWENYE COVER YA FEMA

NNAPURAHIA SANA HII KAFASI...



SHULE NGAPI ZINA MRADI WA NGUVU YA BINTI TUZITAMBELER?

KWENYE DATABASE TUNA SHULE 15...



MRADI WA NGUVU YA BINTI UMESHIWA NA MATOKO GANI JIJINI MBEYA?

IDADI YA WASICHANA WANAOACHA SHULE IMESHUKA SANA. MBNONS MTAJONGA HUKO



KWA SAFARI YA MBEYA TUNAHITAJI T-SHIRT 20 NA BOKSI 2 ZA FEMA ILIYOPTA

NTAWAONGEZEA KHANGA NA MACHAPISHO MENGINE KWA AJILI YA MAKTABA ZAO



HII NI BAJETI YA FIELD, NA HIKI NDIO KIASI AMBACHO TUNAOMBA

OK, TUTAWATUMIA HELA KWA NJIA YA MPESA KWA SABABU ZA USALAMA.

HAPA KAZI TU! HATA VIDEO ZIKAREKODIWA PIA



UTAANZA KUTAJA JINA LAKO HALAFU UNAELEZA STORI YAKO...



...WAVULANA TUWASAIDIE DADA ZETU WAMALIZE SHULE PIA. NI JUKUMU LETU SOTE

MARA GHAFILA UPEPO UKABADILIKA



NIMEONA KWENYE SOCIAL MEDIA KUNA JOKATE AMETULWA KUNA DC



STYS UNO SERIOUS?

WHAT,

IS THAT TRUP?

UNA UHAKA?

**BAADA YA SAFARI NDEFU**



**ZIARA ZA MASHULENI KUKUSANYA STORIES ZIKAANZA**



**TIMU IKARAJEA OFISINI**





**BAADA YA KUMALIZA PHOTOSHOOT**



KARIBINI TENA JAMANI, NGOJA NIFIKE MAANA NJAA NAJIMA, HATA SINASINDIKIZI

**MCHORA KATUNI NAYE AKIFANYA YAKE**



NADHAN HI KATUNI WATAIPENDA ZADI!



...NA DESIGN YA KAMA IMTOKOLEZEA

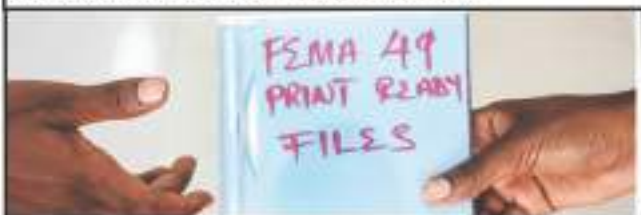
NILIPENDA PHOTOSHOOT VA JOKATE, PICHA ZAKE ZINE DAMSHI

...NAPENDA MUONEKANO WAKE WA ASILI



TUJITAHADI GUYS TUSIVUKE DRAGLINE VA KWENDA PRINT

**JARIDA LA FEMINA LIKIPELEKWA KIWANDANI**



**SIKU TATU BAADA PE PENDO AKIFANYA COLOR PROOF**



...SINA MUONEKANO HUU HAPA

WAOO! MKIMALIZA KU-PRINT SIJUI ITA DAMSHI YINI YAANI

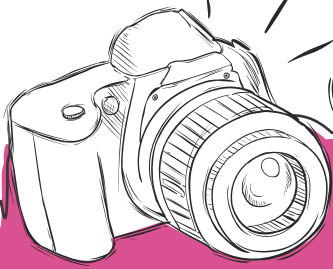
**JARIDA LIKATOKA**



...SILI LAZIMA LIBAMBI!

YESSU! JARIDA LINSIPENDAZAJI?

\*PICHA: AMABILIS BATAMLLA, RAPHAEL NYONI NA KIS PHOTOS  
 \*UONGOZAJI: FEMINA TEAM  
 \*WAIGIZAJI: FEMINA TEAM  
 \*SHUKURANI: JOKATE MWESELO NA WASOMAJI WOTE



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# Mapishi ya jarida la

# femina

Kama ulivyoona, maandalizi ya jarida la Fema yanachukua muda na nguvu nyingi! Kila baada ya miezi mitatu toleo jipya linaingia mtaani. Uzalishaji wa Fema umekuwa ukifuata mchakato ulule kwa miaka 20 sasa.

Hadithi hii ya picha inakuonyesha namna ambavyo Fema inaandaliwa. Ni kazi ya timu! Mchakato unahusisha watu kibao wenye ujuzi, vipaji na taaluma tofauti. Kuandaa jarida kunahitaji ubunifu wa kiwango cha juu, vikao chungu mzima vya kupanga mipango na shughuli nyingine kibao.

Je, ni 'taaluma' gani zinazohusika? Wacha tukudokeze kidogo huenda ikakusaidia kuamua usome nini ili uwe nani. Inawezekana ukajikuta unafanya kazi nasi hapa Femina Hip one day, nani ajuaye?!



Stories in the making



Mpigapicha anapigwa picha akipiga picha!

Graphic designers  
wakifanya vitu  
vyao



## Kitengo cha Uhamasishaji Jamii

Kitengo hiki ndicho kinachoiunganisha Femina Hip nanyi wasomaji wetu popote mlipo nchini Tanzania!

**Social workers/ Walimu:** Timu hii inawasiliana na Fema Clubs mara kwa mara. Wanahakikisha jarida linafika shuleni kwa kuweka mipango mizuri ya usambazaji. Kanzi data (Database) yetu inahifadhi orodha ya shule ambazo zinapokea jarida na tunafanya ufuatiliaji kwa kuwasiliana na shule husika kupitia mfumo wetu wa SMS. Wafanyakazi wa kitengo hiki pia wanatembelea shule na clubs na kufanya mafunzo ya 'Kujifunza kwa Kushiriki' kwa walimu walezi wa Fema Clubs.

Kama tulivyotangulia kusema kwamba kazi ya uzalishaji wa Fema inafanywa na timu nzima, kitengo hiki pia huchangia kwa kuleta stories kuhusu shughuli za Fema Clubs, matamasha na mikutano ya Fema Club Networks. Pia wanahusika na kurasa za Dear Auntie Cos na Anko Pesa.

## Kitengo cha habari

Hapa ndipo 'jikon' ambapo jarida la Fema 'linapikwa'.

**Mameneja wa kitengo/Wahariri:** Hawa ndio 'wapishi wakuu', wasuka mipango na ndio ambao hutoa mwelekeo wa jarida. Kwanza, tunaandika mwongozo wa maudhui, wenyewe tunaita 'diary', tukielezea ujumbe tunaotaka kuuwasilisha katika kila section. Kisha tunatengeneza ramani ya jarida, nini kinakwenda ukurasa gani, tunaita 'pagination'. Kinachofuata ni kupeana majukumu, nani ashughulikie section gani katika jarida halafu tunapeana 'deadlines'. Mameneja wa kitengo hiki ni wahariri pia. Wanahariri makala zilizoandikwa na kuziweka fresh na pia kuhakikisha ujumbe unaeleweka vizuri kabisa.

**Waandishi wa habari:** Hawa ni wataalam wa kusimulia stori. Wanasaka watu wenye stori zinazovutia na zenye mafundisho, wanafanya mahojiano nao. Wanatafiti na kuchambua mada mbalimbali. Wanashughulika na makala za Kiswahili na za Kiingereza na wako vizuri katika mitindo ya uandishi na sarufi.

**Wapigapicha:** Hawa wamesomea kupiga picha nzuri, picha yenye habari. Kwa mfano picha za cover na za hadithi ya picha, wakati mwingine hupigwa studio kwa vifaa maalum vya ku-balance mwanga. Pia tunapokea picha nyingi sana kutoka kwenu nyinyi wasomaji, nyingine zinakuwa zimepigwa kwa simu na zikiwa vizuri huwa tunazitumia.

**Wachoraji:** Tunatumia wachoraji kutengeneza michoro yenye mvuto katika jarida. Kuna vitu vingi nyeti ambavyo hatuwezi kuviwasilisha kwa picha, badala yake tunatumia katuni. Katuni zinafikisha ujumbe bila kuleta usumbufu.

**Wasanifu kurasa:** Wataalam hawa husanifu kurasa za jarida letu; ndio wanaopendezesha mwonekano wa jarida kwa kupanga makala, picha na michoro. Kwa ufupi, ndio wanaosababisha mwonekano huo mzuri wa jarida! Kama ni chakula, hawa ndio wanaotia chumvi na viungo! Stori zinanoga zaidi zinaposanifiwa vizuri na kunakshiwa kwa rangi, picha, michoro na vikorombwezo vingine.



Cartoons in  
the making

## Uongozi wa Juu a.k.a Senior Management

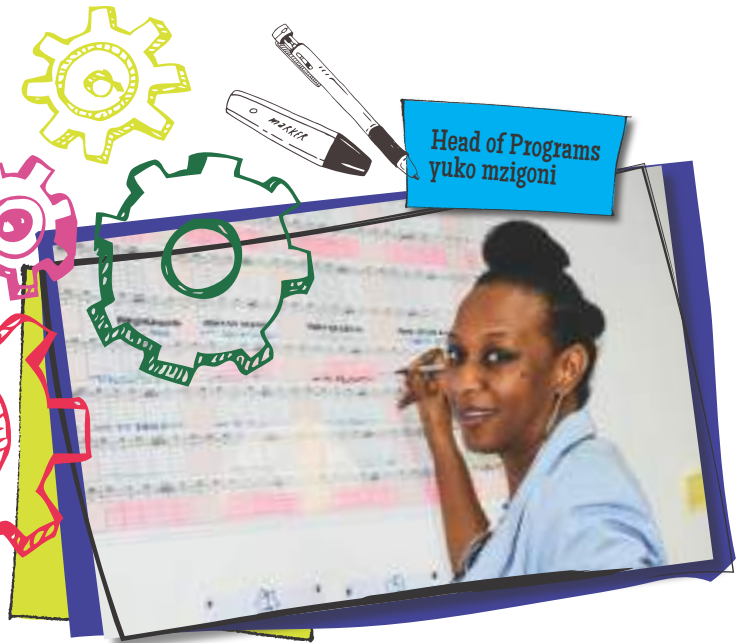
Hawa husimamia utekelezwaji wa mipango yote na kusimamia timu zote za Femina ili jarida litoke.

**Meneja wa Program:** Huyu anahakikisha kila kilichopangwa kinafanyika kwa wakati na kwamba kila mfanyakazi anatekeleza majukumu yake. Usimamizi ni muhimu ili kujua nani anasafiri, nani anakwenda likizo, nani anaumwa nk. Hapa Femina pia tunatumia consultants na wafanyakazi wa muda mfupi.

**Mkurugenzi wa Kitengo cha Habari na Msemaji wa Shirika:** Femina inafanya kazi na washirika wengi tu pamoja na wafadhili. Tunapaswa kuwapa taarifa kuhusu shughuli zetu na mipango tuliyonayo. Mara nyingi huwa tuna wadau tunaoshirikiana nao katika kuzalisha jarida, ambao wangependa kuzungumzia kazi wanazozifanya kupitia jarida la Fema. Pia anahakikisha kwamba maudhui yamekaa katika misingi muhimu ya uandishi na elimu burudishi, katika lugha zote mbili Kiswahili na Kiingereza.

**Meneja wa Kitengo cha Fedha/Wahasibu:** Kazi ya kuzalisha jarida inaweza tu kufanikiwa kama kuna pesa ya kuwezesha watu kusafiri, kuchapisha jarida, kusambaza nk. Tunapaswa kusimamia matumizi ya fedha, kuhakikisha zinatumiwa kwa namna ilivyokusudiwa!

**Mkurugenzi Mkuu:** Uzalishaji wa jarida la Fema unasimamiwa na Mkurugenzi Mkuu ambaye ndiye kiongozi wa juu wa Femina na ndiye anayeongoza kazi ya kutafuta fedha za uendeshaji na uzalishaji na kila kitu. Mkurugenzi Mkuu 'anadhibiti ubora' wa makala na picha, kuhakikisha kila kinachoingia katika jarida kiko bomba! Bila 'idhini yake' jarida haliwezi kwenda kiwandani.



## Kitengo cha Tathmini na Ufuatiliaji

Femina pia inafuatilia matokeo ya kazi yake. Je, tunabadilisha tabia za watu kama tulivyokusudia? Tuna wataalam wa takwimu na utafiti ambao wamesomea namna ya kutafsiri na kupima matokeo.

## Wafanyakazi wa kujitolea

Femina inatoa nafasi kwa vijana kupata uzoefu kwa kufanya kazi katika jarida la Fema na katika vitengo vingine. Kila mwaka tunachukua vijana 15. Kigezo kikubwa cha kupata nafasi hii ni kuwa mwanachama hai wa Fema Club ulipokuwa shuleni.

## Board ya Ushauri ya Vijana (Youth Advisory Board-YAB)

Hawa huteuliwa kutoka katika shule za sekondari na vijana wa nje ya shule jijini Dar es Salaam. Kikundi hiki cha YAB ni muhimu sana kwetu. Hawa ndio wanaopendekeza stories, picha na michoro ya kuingia katika jarida la Fema. Bila ushauri wao mzuri, pengine makala zetu zisingekuwa tamu kama zilivyo sasa.

**Kama unavyoona, uzalishaji wa jarida la Fema ni kazi ya team na inahitaji ujuzi na vipaji vya kila namna!!!**



# NDANI YA FEMA, ZAMANI NA SASA

Unapoikamata Fema, lazima macho yako yatamwona fasta mtu aliye kwenye cover. Katika kipindi cha miaka ishirini, vijana wengi, Watanzania, walio mfano wa kuigwa na wenye stori za kuisimua wamepamba matoleo mbalimbali ya jarida hili, wakitusimulia stori zao, mafanikio na changamoto walizopitia. Tumekuwa na wanamuziki, wanasiasa, madaktari, wanaharakati, wanamitindo na hata wachekechaji!

Ni wakati wa kutazama nyuma...wenzetu wanasema THROW BACK! Tumechagua watu wanne ambao cover zao zilibamba vikali, tukawasaka na kupiga nao stori ili tujikumbushe ENZI HIZO na SASA!

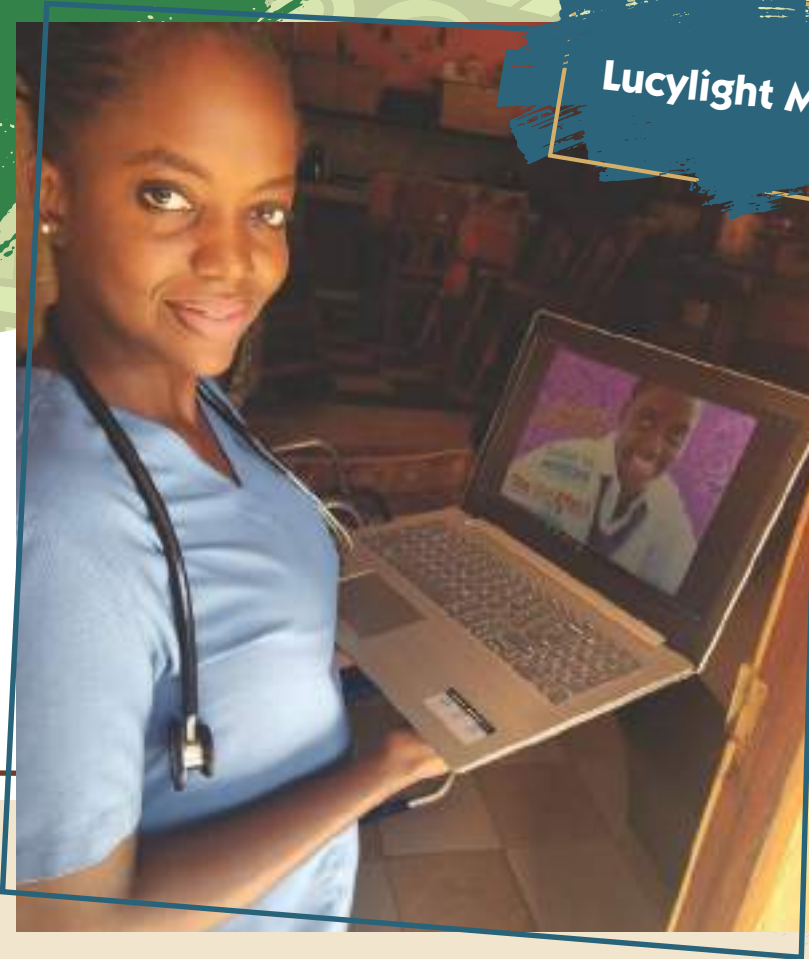
Walikuwa wapi wakati stori zao zilipochapishwa katika Fema? Je, kuwa kwao kwenye cover ya Fema kumekuwa na mchango gani katika maisha yao? Je, wamefanikisha malengo na mipango ya kimaisha waliyokuwa nayo wakati ule?

Pata stori zao, cheki walivyoruka juu, na uruke juu zaidi yao!





Lucylight Malya



## Enzi hizo

Lucylight Malya aliibuka mwanafunzi bora katika mtihani wa Taifa wa kidato cha nne mwaka 2010! Tabasamu lake tamu lilipamba cover ya Fema, toleo la 23.

Alipoulizwa aliwezaje kutusua kiasi hicho katika mitihani alisema hakumbuki kufanya chochote ambacho si cha kawaida, "Nilikuwa makini darasani, nikahakikisha nafuata ratiba yangu ya siku kama nilivyoipanga".

Ingawa alikuwa amefiwa na wazazi wake wote wawili miaka michache tu, alikuwa amedhamiria kufanya jambo zuri, kubwa katika maisha yake. Ndoto yake ilikuwa ni kuingia chuo kikuu na kusoma sayansi. Binti huyu ni ushahidi kwamba unaweza kupata chochote unachotaka ikiwa umedhamiria na umeweka nidhamu ya hali ya juu katika jambo unalolifanya!

Lucylight alifurahi kupata nafasi ya kuwa katika cover ya Fema. Ilimfanya aone kwamba tayari amefanya jambo fulani ambalo si la kawaida katika maisha "kufahamu kwamba stori yangu ilikuwa ni hamasa kwa wasichana wenzangu ni jambo lililonipa faraja". Stori yake ilibamba na hadi leo hii iko katika kumbukumbu za wasomaji wengi wa Fema.

Jambo hilo lilimsukuma kuendelea kujituma zaidi na zaidi. Alipohitimu kidato cha sita mwaka 2013 alikuwa miongoni mwa wanafunzi kumi bora. Kwakuwa alipasua, alipata nafasi ya kwenda kusomea udaktari nchini Cuba kwa ufadhili wa serikali ya nchi hiyo!

## Sasa

Ni mwaka wa sita sasa Lucylight yuko nchini Cuba na anatarajia kuhitimu mwaka 2020. Kuwa daktari imekuwa ni ndoto yake ya muda mrefu. Ni kazi ambayo anaamini itaboresha maisha yake na maisha ya watu wengi katika jamii yake.

Tangu toleo namba 23, miaka minane sasa, Lucylight amekua kwa namna nyingi. Kuishi na kusoma nchini Cuba kumemfungulia milango mingi, "nakutana na watu kutoka kona zote za dunia, jambo ambalo limenisaidia. Nimejifunza lugha mpya, nimepanuka kimawazo, nafahamu na kuheshimu kwamba duniani kuna watu wa aina tofauti na mtazamo wangu kuhusu maisha umebadilika. Nashukuru kupata fursa hii na naishukuru Fema kwa kuchapisha stori yangu na kwa kuona kwamba naweza kuwa hamasa kwa watu wengine!"





## Zitto Kabwe



### Enzi hizo

Mwaka 2006 wakati Zitto alipopamba cover ya Fema toleo namba 2, alikuwa ni kijana mdogo na ndo kwanza alikuwa ameingia katika ulingo wa siasa. Wakati anakua, mama yake, Shida Salum, alikuwa ndiye mwanamke muhimu kuliko wote katika maisha yake. Ni kutokana na kazi ya mama yake kama Mwenyekiti wa CHAWATA (Chama cha Walemavu Tanzania) Zitto alijifunza kupigania haki za watu wengine na kupaza sauti kuhusu mambo ambayo anaona umuhimu wa kuyasemea.

Tulipozungumza na Zitto Kabwe mwaka 2007, alikuwa ameshika nafasi kadhaa Chadema. Siku zote ilikuwa ni ndoto yake kuwa mbunge na alikuwa na matumaini kwamba ipo siku ataweza kufanya ushawishi katika sera za nchi ambazo zinagusa maisha ya vijana wa Tanzania.

Katika toleo hilo la Fema, Zitto anaonekana akiwa amepozi katika picha na Mheshimiwa John Pombe Magufuli ambaye wakati huo alikuwa akimshauri namna ya kukua kiasiasa.

Zitto anaamini kwamba jarida la Fema lilichangia pakubwa katika umaarufu wake. "Nilifanikiwa kueleza mimi ni nani na nataka kuwa nani. Nilikuwa kijana mdogo tu wakati huo," anasema, "lakini kila nilipokwenda baada ya hapo, watu walinitambua. Femina inachapisha stories, inapaza sauti za watu wengi na inaelimisha vijana, jambo ambalo nchi hii inalihitaji sana. Vijana wanapaswa kupaza sauti," Zitto anahitimisha, "ili mradi unachokisema kiwe sahihi na kweli, ipo siku sauti yako itasikika."

### Sasa

Ndoto ya Zitto ilitimia. Leo hii, Zitto ni Mbunge wa Kigoma Mjini, na ni kiongozi wa ACT Wazalendo! Anapiga kazi bila kuchoka akipigania maisha ya wananchi wa kawaida, kuhakikisha sheria na sera zinasimamia maslahi ya wananchi na kuboresha maisha ya wananchi. Zitto ameoa.





## Rebeca Gyumi

### Enzi hizo

Mwanafamilia wetu huyu, Rebeca Gyumi, alipamba cover ya Fema toleo la 31 la mwaka 2014. Wakati huo tayari alishakuwa binti mwenye kujiamini, asiye na woga na mwenye malengo, ambaye tulijua kwa hakika kwamba atapata mafanikio makubwa! Wakati huo alikuwa amepata ajira Femina Hip baada ya miaka minne ya kujitolea na alikuwa amepewa nafasi ya kutangaza msimu mpya wa Fema TV Show.

Utayari wake wa kujitolea ulifahamika katika ofisi za Femina. 'Tulimzungua' akiwa katika Mkutano wa Mwaka wa Vijana wa Femina ambapo alisimama kwa kujiamini na kuzungumza kwa niaba ya washiriki wenzake. Akapewa nafasi ya kujitolea Femina na akafit vizuri sana katika timu. Rebeca akawa mfano mzuri tunapozungumza kuhusu kujitolea!

Kuwa katika cover ya Fema ilikuwa ni ndoto ya Rebeca. "Watu walisoma stori yangu na kila mmoja akanifahamu. Milango ikafunguka na fursa mpya zikajitokeza. Nilipokuwa mtangazaji wa Fema TV Show ndipo fursa zilipofunguka zaidi."

### Hivi sasa

Alipohitimu masomo yake ya sheria aliamua kutekeleza ndoto yake ya kushughulikia masuala yanayohusu haki za wasichana kwa kuanzisha asasi ijulikanayo kama Msichana Initiative na hapo ilikuwa ni mwaka 2016. Akajitolea kupambana na tatizo la ndoa katika umri mdogo, ukeketaji na mila nyingine hatarishi ambazo zinakwamisha wasichana kuendelea na masomo na kufikia ndoto zao. Rebeca amekwishashinda tuzo mbalimbali za kimataifa za utetezi wa haki za wasichana. Hivi karibuni ameshinda Tuzo ya Umoja wa Mataifa ya Haki za Binadamu 2018. "Femina ni familia yangu, na ni familia ambayo inasaidia vijana wote." Rebeca, ambaye ana miaka 32, alifunga ndoa hivi karibuni.

## Humphrey Polepole



### Enzi hizo

Stori yake ilipochapishwa katika jarida la Fema, toleo namba 14 la mwaka 2009, Polepole alikwisha kuwa kiongozi, wakati huo alikuwa Mkurugenzi wa TYC. Baba yake alikuwa ni mtumishi wa umma na mama yake alikuwa ni mama wa nyumbani. Alilelewa katika malezi ya baba yake yenye misingi imara. Polepole aliapa kufanya kazi kwa bidii na katika umri mdogo alijitolea maisha yake kutumikia vijana na nchi. Siku zote alifarijika kuwasikiliza wananchi wakitoa mawazo yao, wakielezea mahitaji yao na kueleza Tanzania wanayoitaka. Anasema kwamba Femina imekuwa na mchango mkubwa katika maisha yake. Anaipongeza Femina kwa kuelimisha vijana kuhusu afya na masuala mengine yanayohusu mitindo ya maisha na kwa kuwajenga vijana katika nyanja mbalimbali za maisha yao.

### Hivi sasa

Alipokuwa akifanya kazi na asasi za kiraia (AZAKI), Polepole aliteuliwa kuwakilisha AZAKI katika Tume ya Marekebisha ya Katiba. Alikuwa kijana pekee kwenye Tume. Polepole amekuwa mwana CCM tangu mwaka 2000 na alipata kadi yake ya chama mwaka 2005. Leo hii, uzoefu wa Polepole katika uongozi na kujitua kwake kumemuvingiza katika siasa. Hivi sasa ni Katibu wa Itikadi na Uenezi ndani ya Chama cha Mapinduzi (CCM), anasema "neni woga halipo kabisa katika kamusi yangu". Polepole anasema, ingawa uongozi ni jambo gumu, amedhamiria kwa dhati kumsaidia Rais wetu mwenye ari ya kuleta maendeleo pamoja na kuwasaidia wananchi wa Tanzania.





**Wakati tukiadhimisha miaka 20 ya Femina Hip, auntie yenu nimeona ni vema nijibu maswali ambayo hujirudiarudia juu ya kazi ambazo shirika linazifanya. Bila shaka mtafurahi kupata majibu haya.**

Hivi mtu anatakiwa kufanya nini ili atokee kwenye kurasa za jarida la Fema?

◆ Habari, tunapenda kuonesha habari za vijana ambao wana jambo linalofaa kuigwa na vijana wengine. Watazungumza jinsi ambavyo wamefanikiwa kubadili tabia zao, kujifunza mambo au stadi mpya na kutatua changamoto zao. Tunaandika simulizi zao na kuweka picha zao. Lakini pia tunaweka picha tulizotumiwa na wanachama wa Fema Club wakiwa kwenye shughuli mbalimbali za club zao. Na wale wanaoshiriki mashindano mbalimbali yanayotangazwa kwenye jarida la Fema, Compete and Win, Paza Sauti Yako na Utam Kolea – nao wakishinda, basi majina yao na hadithi au insha hutokea kwenye jarida. Shiriki mara nyingi zaidi kwa nafasi zaidi za kushinda.



Femina Hip inafanyia kazi matatizo ya wasichana na wanawake peke yao?

◆ Hapana. Lengo la Femina Hip ni kuwa na jamii iliyoelimika kwa kuwaelimisha wote wasichana na wavulana kupitia vyombo vyetu vya habari. Fema ni kifupi cha maneno Female and Male, ndiyo maana kazi zetu zinaitwa Fema magazine, Fema TV Show na Fema Radio Show. Kwenye jarida la Fema cover story anaweza kuwa jinsi ya kike au ya kiume na ni lengo letu kuzingatia usawa wa jinsia katika kuchagua nani akae kwenye cover. Tunawasilisha agenda nyingi za wasichana kwa sababu wasichana hupitia changamoto nyingi zaidi na tunaona ni wakati muafaka wa kuelimisha jamii nzima, wavulana wakiwemo ili jamii ichukue hatua madhubuti katika kutokomeza changamoto hizi. Changamoto kama hedhi salama, kupoteza sifa za kubaki shuleni kutokana na kupata mimba au kuwa waathirika wa unyanyasaji wa kijinsia ni baadhi tu. Yote kwa yote, tunaamini vijana wote wanahitaji kuelimishwa kwa usawa, bila kujali ma ni wa kike au wa kiume.

Mimi nataka kufahamu mnatumia vigezo gani kugawa matishirt yenu?

◆ Habari. Ili kupata T shirt, khanga au zawadi yoyote toka Femina Hip, ni lazima uwe umeshiriki mashindano mbalimbali ndani ya jarida la Fema, Fema Radio, Ruka Juu, Fema TV Show au umeshiriki katika mchakato kuzalisha kazi hizi. Unaweza kushiriki binafsi kama mashindano ya insha, uandishi wa hadithi na Compete and Win au kwa kufanya Club Challenge kwenye kundi. Karibu sana ushiriki mara nyingi uwezavyo kujiongezea nafasi ya kushinda na pia kuna faida ya kushiriki mara kwa mara utakikuza kipaji chako cha uandishi hasa kwenye uandishi wa insha na hadithi.



Anti Cos, walemavu katika Fema magazine wanachafua? Katika vitabu vyote hakuna mlemavu hata mmoja, ahsante kwa kututenga.

◆ Femina Hip ni shirika linalotoa fursa sawa kwa watu wote, hatubagui. Tulishawahi kutoa toleo maalum kwa ajili ya walemavu, ukilitafuta kwenye maktaba utalipata. Pia tuna club kwenye shule za vijana wenye ulemavu kama Viziwi Njombe na nyingine. Tuna club pia kwenye shule za mchanganyiko ambapo mtu yeyote anaruhusiwa kujiunga. Kama imetokea mtu mwenye ulemavu ana story inayoendana na mada ya jarida itachapishwa kama kawaida. Tunakuhakikishia kuwa bidhaa zote za Femina Hip zipo kwa ajili ya watu wote.



# ANTI COS ANAJIBU MASWALI YENU

Kwanini hamuanzishi club za mitaani na mnafanya kazi kwenye shule za sekondari tu?

◆ Ni kweli tunafanya kazi na Fema Club za wanafunzi wa sekondari na vyuo vya maendeleo ya jamii, na hii ni kwasababu asilimia kubwa ya vijana walio na mahitaji ya elimu tunayoitoa wako kwenye shule za sekondari. Pia ni rahisi kufanya ufuatiliaji wa matumizi ya jarida la Fema kwa wanafunzi walio mashuleni ambao pia husoma na kufanya shughuli mbalimbali kwa kuongozwa na walezi wao wa club. Pamoja na hayo, vijana hawa ambao wako kwenye club za Fema ni waelimishaji rika na wanapokuwa nyumbani wanasambaza elimu hiyo kwa wale ambao hawako shule. Lakini pia, vijana walio mitaani, walio kwenye level nyingine za elimu na jamii yote kwa ujumla, tunawafikia kwa kupitia Fema radio, Fema TV show na mitandao ya kijamii. Zingatia kuwa jaarida la Fema tu ndiyo linalopelekwa kwa wanafunzi wa sekondari pekee, vijana wengine na jamii wanaweza kulipata kwa njia ya electronic kwenye ukurasa wetu wa facebook (Femina Hip) na kwenye tovuti yetu ([www.feminahip.ortz](http://www.feminahip.ortz))



**Femina na Fema zina tofauti gani?**

◆ Habari. Asante sana kwa swali lako, zamani jina mama la bidhaa zetu lilikuwa Femina, lakini mwaka 2006, tukabadilisha jina la bidhaa toka Femina kwenda Fema, ambacho ni kifupi cha maneno FEMALE (jinsi ya kike) na MALE (jinsi ya kiume), hivyo neno Fema ni jina mama la bidhaa za shirika letu kama jarida la Fema, Fema TV Show, Fema Radio Show na pia tuna vikundi vya vijana yaani Fema Clubs. Femina Hip ni jina la shirika lenyewe. Hivyo Fema ni bidhaa na Femina Hip ni shirika.

Mambo vipi Femina, mimi ninawakubali sana sana. Ningependa siku nifanye kazi na nyinyi, ila nina swali moja, ni kweli inabidi uwe mwathirika wa VVU ili uweze kufanya kazi kwenye ofisi zenu?

◆ Kwenye ofisi za Femina Hip masuala ya afya ya mtu ni siri yake na huheshimiwa kama siri. Kuwa au kutokuwa na virusi vya UKIMWI sio kigezo cha kupata au kukosa ajira kwenye ofisi zetu. Ujuzi, uwezo, ubunifu na uzoefu wa kazi ndivyo vigezo vinavyotumika kupata ajira Femina Hip inapotokea nafasi ya kuajiri. Pamoja na hayo Femina Hip inawahamasisha watu wote wakiwemo wafanyakazi wake kupima na kuzijua hali zao, majibu ya matokeo ya vipimo ni siri ya mtu binafsi.



**Jirani yetu ameniona na jarida la Fema akaniambia mnafundisha watu kuhusu ngono. Je ni kweli?**

◆ Lengo la jarida la Fema ni kumuandaa kijana kwa kumpa taarifa zote muhimu zitakazomsadia kufanya maamuzi sahihi kwenye maisha yake. Ili kufanya hivi kijana anapaswa kuelewa juu ya masuala ya uzazi na ujinsia ili aweze kujilinda na kupangilia vyema maisha yake. Kufichaficha masuala haya ya muhimu kwenye maisha ya binadamu hakumsaidii mtu yeyote. Elimu na habari tunazozitua kwa vijana zinawasaidia vijana kufanya maamuzi sahihi juu ya muda sahihi wa kujihusisha na mahusiano ya kimapenzi. Tunawahamasisha vijana kupuuzia shinikizo rika, waone umuhimu wa kuchelewa kujihusisha na ngono na kuwekeza nguvu zao kwenye kuhakikisha wanamaliza shule. Hakutakiwi kuwa na haraka ya kujihusisha na ngono. Ujumbe wetu kwa vijana ni KUSUBIRI mpaka pale atakapokuwa tayari kiakili, kimwili na kiuchumi ili kuweza kukabiliana na majukumu yanayoweza kutokana na ngono. Ngono zembe si salama na mara nyingi inaweza kupelekea mimba zisizotarajiwa na maambukizi ya magonjwa ya ngono ikiwemo UKIMWI. Ngono si kitu cha majaribio

**Big up kwa kazi nzuri mnayofanya, majarida tunayapata na tunayapenda sana. Mnavyoyagawa bure mnapata faida gani? Hampati hasara kweli?**

◆ Ndiyo, mchakato wa kutengeneza jarida la Fema una gharama, kuanzia kwenye utayarishaji, uchaphishaji mpaka usambazaji. Shule za sekondari hupokea nakala za Fema kwa ajili ya wanafunzi kama chombo cha kujifunzia, bila kulipia gharama yoyote, gharama zote zinalipwa na wafadhili wetu kwasababu ni mradi wa elimu. Hata hivyo shule zinazofanya vizuri kwenye vitu kama kutuma ripoti, na kulitumia ipasavyo jarida kwenye club zao hai za Fema ndizo zinazopokea jarida la Fema. Tunataka shule zithamini jarida hili, kulisoma na kulijadili, na kisha vijana kutumia ujuzi wanaoupata kufanya mabadiliko chanya kwenye maisha yao na jamii kwa ujumla. Faida yetu ni pale vijana wanapofaidika na jarida; wanapolisoma likawahamasisha na kuwasaidia kuacha tabia hatarishi, au wanapoanza kuwa wajasiriamali wakatengeneza kipato na ajira kwa wengine, au wanaposhiriki kwenye mambo ya kijamii kama kujitolea, kupiga kura au kuwania nafasi za uongozi na mambo mengine mengi yenye umuhimu kwenye maisha yao. Hiyo ni faida kubwa sana kwetu, kwa vijana na Taifa kwa ujumla.



# Ushirikiano unaoweza kuboresha mambo!

NA AMABILIS BATAMULA PICHA STEVE MAKOGA

Miaka

kadhaa iliyopita, Fema TV Show ilipata fursa ya kufanya mahojiano na Mheshimiwa Samia Suluhu, wakati huo akiwa mgombea mwenza wa Urais wa mheshimiwa John Pombe Magufuli. Katika mahojiano hayo alisema yeye hufurahishwa sana na namna ambavyo Femina huwafikia vijana, kwa kutumia mifano ya kuigwa, kwa kutoa simulizi za watu waliopitia changamoto wakapambana nazo na baadae kupata suluhisho la changamoto zao. "Ni mbinu nzuri, na vijana wetu hawa wanapenda kufikiwa kwa njia ambazo zinaburudisha, halafu ujumbe unawafikia, nawapongeza Femina. Nimewafahamu siku nyingi." Maneno yake yaliwafikia wengi, na hamasa yake iliwagusa wengi. Bila shaka atafurahi kufahamu kwamba kwa kugombea nafasi hiyo na kushinda, wasichana wengi wamevutiwa kuwa viongozi wa namna mbalimbali na wameamini kwamba wanaweza. Yeye pia ni mfano wa kuigwa.





“Niliipenda sana Femina kabla sijaifahamu vizuri, sasa nadhani nitaipenda zaidi,” alisema Afisa Elimu wa Wilaya ya Misungwi, Diana Kuboja, baada ya kuhudhuria mafunzo ya walimu walezi wa Club za Fema za wilaya hiyo hivi karibuni. “Nimeelewa zaidi namna ambavyo uelimishaji wa Femina hufanyika, na sasa najua ni kwa namna gani jarida la Fema litatusaidia kupambana na mimba za utotoni na changamoto nyingine ya vijana katika wilaya yetu.”

Ushirikiano wa namna hii ambao unakutanisha serikali na asasi za kiraia kama Femina Hip, unaruhusu mbinu mbalimbali kutumika katika kuleta maendeleo na kutatua changamoto za wananchi. Andrew Komba ni Mkurugenzi wa Usimamizi wa Sekta katika wizara inayosimamia Tawala za Mikoa na Serikali za Mitaa (TAMISEMI). Hivi karibuni katika maadhimisho ya Wiki ya Azaki alisema serikali inatambua na kuthamini mchango mkubwa unaotolewa na asasi za kiraia na kwamba inapendeza pale azaki zinapozingatia mahitaji ya walengwa wake na kubuni miradi inayoangalia vipaumbele vya Taifa.

Miongoni mwa mambo ambayo yameipatia Femina Hip umaarufu ni mbinu ya utendaji kazi ambayo inahakikisha mahitaji ya walengwa yanazingatiwa, na vijana wenyewe

wanashiriki na kushirikishwa katika kazi ambazo baadae zinarudi kwao zikiwa na taarifa zenye elimu kulingana na mapendekezo, maswali yao na changamoto wanazokabiliana nazo. Hii imekuwa na mchango mkubwa pia katika kukua na kufanikiwa kwa Club za Fema.

Katika kuhitimisha Wiki ya Vijana mwaka huu, ndani ya Jiji la Tanga, mtandao wa Club za Fema katika mkoa huo walifanya yao makubwa; wanachama wa Club mbalimbali pamoja na walezi viongozi wao ambao ni walimu waliandaa tamasha la kufunga mtaa. Na kama hiyo haitoshi wakamualika mgeni rasmi mpenda vijana, mwana wa nyumbani, Mheshimiwa Ummu Mwalimu. Walimchangamsha kwa mengi, akalisakata dansi pamoja nao akashiriki katika jadi ya Familia ya Femina – elimu na burudani, halafu akaacha ujumbe. Kwa kufahamu nafasi ambayo Club za Fema zinayo katika kuwajenga vijana kwa kuwapa elimu ya nje ya darasa na stadi za maisha, akasena ni vema shule zote nchini zianzishe Club za Fema.

“Naongea kama waziri ambaye nina dhamana, na kusimamia afya ya vijana, ninawataka wakuu wa shule zote nchini kuruhusu kuanzishwa kwa Fema Clubs.”



Dogo kateka show! Waziri Ummu Mwalimu na dada Nash wa Femina wakiwa na wadau wengine siku ya tamasha la Tanga



# SEMA. TENDA!



Haikuwa mara ya kwanza kumsikia Mheshimiwa Umy akisisitiza umuhimu wa vijana kupata elimu ya afya ya uzazi na ujinsia ili kulinda afya zao, ni jambo linalomgusa sana. Hata siku kadhaa kabla ya hapo alipofungua mdahalo wa Kitaifa kujadili namna ya kupambana na ukeketaji, mimba na ndoa za utotoni nchini aliwaambia washiriki kuna kila sababu ya kuhakikisha vijana wanapata elimu ya afya ya uzazi ili walinde afya zao waweze kujenga Taifa na maisha yao. "Kama Taifa hatuwezi kufikia uchumi wa viwanda ikiwa asilimia 27 ya wasichana wanapata ujauzito kabla ya kufikisha umri wa miaka 18," alisisitiza, na akaongeza kwamba serikali iko tayari kushirikiana na wadau mbalimbali kupambana na changamoto hiyo pamoja na nyingine zinazowakabili vijana.

Hilo ni sambamba na kauli nyingine aliyowaachia wanaFema wa Tanga, "Kwa sababu nasimamia sera ya afya ya vijana, kama unampata mtu anakusaidia katika kutekeleza sera, kwa nini usimuunge mkono?", aliongeza.

Na waswahili husema ushikwapo shikamana, kwa miaka yote ambayo Femina Hip inafanya kazi, tunajivunia ushirikiano wa karibu na wadau wetu ikiwemo Serikali Kuu na Serikali za Mitaa. Siku zote lengo limekuwa ni kuhakikisha vijana wa Tanzania wanapata elimu ya kuwawezesha kujitambua, kulinda na kujenga maisha yao.



Eliakim Mtawa, Afisa anayeshughulikia vijana katika Ofisi ya Waziri Mkuu, akawagawia vijana nakala ya Sera ya Maendeleo ya Vijana.



Christopher Mavunde, Mwenyekiti wa Tanzania Fema Club Mentors Network akiwa na wadau wengine wa Femina.

Kwa hakika kazi ya kuwajengea vijana uwezo inahitaji mbinu tofauti tofauti na ushirikiano wa wadau kwa ngazi tofauti. Ni kazi nzuri na muhimu, ikipigiwa makofi watendaji wanaongeza bidii.

Huko Kahama kundi la walimu walezi wa Club za Fema lililipuka kwa makofi katika mkutano wa kufunga mafunzo ya usimamizi wa Club, baada ya kuwaambia kwamba kazi yao ya kulea vikundi hivi inapongezwa na maofisa wa serikali ngazi ya wizara na kwamba inatambulika kiofisi kwa kibali maalum. Mmoja akasema baada ya mkutano, "inapendeza sana kwamba tunayo hiyo support, kazi ya kulea vijana inahitaji mikono mingi."



It was sooo much fun katika maadhimisho ya Wiki ya Vijana yaliyofanyika Tanga

**Ukisikia Paza Sauti Yako,**  
**itikia Semu na Fema,**  
**maana hapa si kusema tu,**  
**ni kusema na kutenda.**





# Partnerships that make a difference!

BY AMABILIS BATAMULA

A few years ago, Fema TV Show had the opportunity to interview mama Samia Suluhu, she was then the running mate of President John Pombe Magufuli. In the interview she said she was very pleased with how Femina reaches young people, using role models, sharing stories of people who have experienced challenges and triumphs. "It's an effective approach, and we know young people like to be reached in ways that are entertaining, as the message comes straight through. I congratulate Femina! I have known your work for a long time." Her words travelled far, and her passion touched many. She will definitely be glad to know that by contesting in the 2015 elections and the eventual victory, her spirit attracted many girls into leadership; she gave them inspiration and confidence to dare and believe in themselves. She is a true role model!

"I liked Femina a lot even before I got to know the organization well, and now that I do, I love the work that you accomplish!", explains Misungwi District Education Officer, Diana Kuboja, after attending a training of Misungwi Fema Club mentors recently. "Now I understand better how Femina works to help provide education and how Fema magazine can help us combat teenage pregnancy and other youth challenges in our district."

Partnerships like this, that bring the government and civil society organizations like Femina Hip together, allow for different methods to be used to develop and solve the challenges of citizens. Andrew Komba is the Director of Sector Coordination at Prime Minister's Office – Regional Administration and Local Government (PM-RALG). Recently, during the Civil Society Organizations (CSO) week celebrations in Dodoma, he underlined that the government recognizes and appreciates the great contribution made by many civil society organizations. He added that it is very important the CSOs address the needs of their beneficiaries and design projects focusing on national priorities.

Among the things that have made Femina Hip popular is a really good approach that makes sure that the needs of our target audience – the young people themselves, share and participate in the work we do - their voices, opinions, questions are in focus and we always address the challenges they face. This has also played a major role in the growth and success of Fema Clubs.

During the final days of the Youth Week this year in Tanga, the Fema Club network in the region organized a big festival bringing together members and mentors from various Fema Clubs. They then invited a guest of honor who is a huge youth supporter, honourable Umyy Mwalimu, Minister of Health. They thrilled her with so much on the festival agenda, she danced with them and experienced the Femina Family tradition that we call entertainment-education. She then delivered a message. Recognizing the role that Fema Clubs play in empowering youth by providing them with extracurricular education and lifeskills learning, she said it is important for all schools in the country to establish Fema Clubs.



It was not the first time that Hon. Umyy has emphasized the importance of young people to access sexual and reproductive health education to protect their health. Even a few days before, in her speech opening a national dialogue on female genital mutilation, teenage pregnancy and child marriages in the country, she told the participants that we must ensure that young people get reproductive health education in order to protect their health so that they can build their lives. "As a nation we cannot achieve an industrial economy if 27 per cent of girls get pregnant before they turn 18," she added, saying the government is ready to collaborate with various stakeholders to deal with this problem and other challenges facing young people.

That is in line with the other statement she delivered in Tanga at the Fema Club event, "I am overseeing the youth policy, so why would I not support someone who comes along to help me to implement this policy?", she added.

And as the Swahili saying goes, Ukishikwa Shikamana, meaning 'when someone shows friendship hold on to it!' For all the years that Femina Hip has been around, we are proud of strong relationships and cooperation with our stakeholders including the Central as well as the Local Governments. Our goal has always been to ensure that Tanzanian youth gain education enabling them to develop self-awareness, to 'protect' and 'build' their lives.

Empowering young people certainly requires different approaches and stakeholder collaboration at different levels. It's a wonderful and important job, if celebrated, those doing it feel valued and work even harder.

Recently in Kahama district, a group of Fema Club mentors burst into a round of applause during a Fema Club management training, when they were told their work in supporting youth groups was appreciated by government officials at the level of the ministry and that it was officially recognized with a special endorsement. One of the mentors said after the meeting, "It is so wonderful when we get that kind of support, the work of raising young people requires a joint effort."

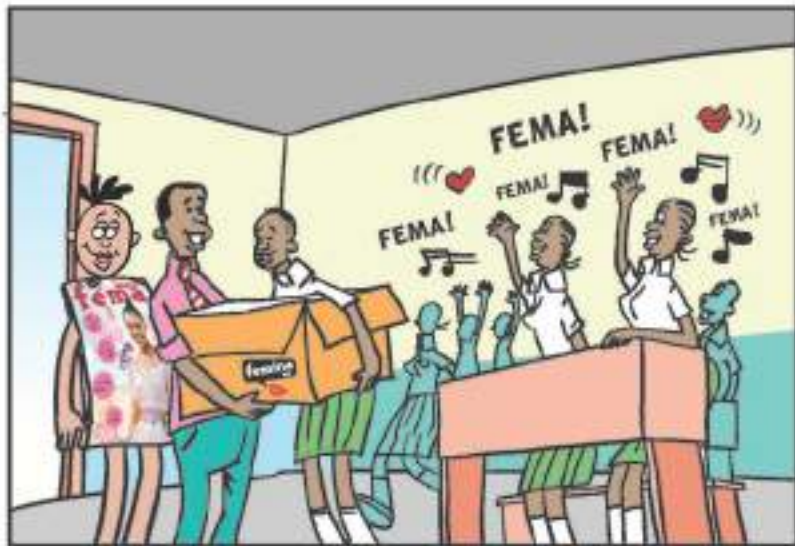


"I speak as a Minister who is entrusted with the health of young people, I want all Heads of all schools in the country to allow the establishment of Fema Clubs."

**When you hear 'Paza Suti Yako', respond with 'Sema na Fema', for here in the Femina Family we don't just speak, we take action!!**









# Misele ya Fema

**Fema inatembea bwana. Si mchezo. Safari ilianza mdogo mdogo huwezi amini. Vijana ndio waliotoa hamasa haswaa, tukaona hataa isiwe tabu, tuwawashie moto wa stadi za maisha, elimu ya afya ya uzazi, ujasiriamali na elimu ya uraia kabisa.**

Miaka inazidi kukatika sasa, Fema inazidi kuwa zaidi ya dada/kaka/shangazi/mjomba au rafiki wa vijana katika kuelimisha na kuburudisha kuhusiana na changamoto mbalimbali za maisha ya kila siku.

Jarida la Fema limekuwa ni nuru ya vijana katikati ya kiza kinene wanachopitia na kuhakikisha kwamba hawapotei na wala hawapotezi malengo yao katika maisha, bali wanavuka salama ujana.

Fema husambazwa shule za sekondari na huko ndiko linakopatikana kwa wingi. Wanafunzi hilitumia jarida hili kupata elimu ambayo ni tofauti na ile ya kiada. Lakini, wanafunzi walio wengi hulibeba na kwenda nalo nyumbani ili kuendeleza mijadala ambako huko hukutana na wazazi katika ngazi mbalimbali, cha kufurahisha nao pia huwa sehemu ya hii mijadala na kuibua mawazo mapya katika jamii.

Kuna watu wa nyadhifa mbalimbali hapa nchini ambao wameelewa na kazi za Femina, kuanzia viongozi, watu maarufu, na hata ndugu zetu katika familia, mmojawapo ni wewe mwenyewe.

Fema inawavuta wengi kwa sababu ya mtindo wa kuwasilisha ujumbe, hauboi na wala hauchoshi kusoma tena na tena, burudani kama zote. Picha kalikali, katuni za kuvunja mbavu kwa afya, na ujumbe uliojitosheleza unafika.

Unajua nini, kufikisha elimu kwa njia ya burudani ni kama kushuka Kilimanjaro kwa ganda la ndizi. Femina tunaipenda staili hii zaidi kwa sababu inawavutia wengi, na ni vigumu kusahau ujumbe unaowasilishwa. Ukitaka kuthibitisha we anangalia tu vijana wa Fema Clubs jinsi wanavyokimbiza shuleni na hata wakimaliza shule.

Akili iliyochangamka ndio yenye uwezo wa kushika mambo na kuyakumbuka kwa haraka. Huwezi kusoma jarida la Fema na akili yako ikabaki imelala. Kuna kitu lazima kibandilike katika maisha yako, kuanzia fikra, tabia na hata muonekano.



Kwa mfano kaulimbiu ya “Sema na Fema, Paza Sauti Yako” inawataka wanaFema popote walipo kuwa vinara wa mabadiliko katika jamii wanazoisishi. Mabadiliko hayaji kwa kuwaambia watu wengine ‘tubadilike’ bila wewe mwenyewe kuwa kielelezo hai.

Kuna maeneo mengi ambako Fema imeacha alama, eneo muhimu zaidi ni katika maisha ya vijana walioamua kuwa serious na ishuru zinazokuwa presented katika section mbali mbali za jarida, kama vile Ruka Juu, Sema. Tenda! na Chezasalama.

Huu mchakamchaka sio wa kitoto. Kama anavyosema Fema mtembezi kwenye katuni stori, tukumbuke daima kuwashirikisha wengine kila chema tunachojifunza, tufanye ziara tuwafikishie wengine ujumbe.

Vijana tusilale lale lale vijana tusilale....

Enhe twende kazi....



## Going back in time...

As we are celebrating 20 years of educating and empowering youth in Tanzania, Femina's one-off publications are also important to remember. Such publications have always complemented Femina magazine and other media products. They have been used extensively for education and copies are still being reproduced. Here you see some of them.

1999



## Soul City booklets

Femina Hip collaborated for many years with Soul City Institute for Health and Development Communication, a South African organisation. Four booklets, originally designed for the South African communities, were adapted to the Tanzanian context, in simple Kiswahili, and distributed free of charge. They contributed to reducing stigma against people living with HIV and were a great resource for many Tanzanians living with family members that were HIV positive. The booklets are Ukimwi Katika Jamii Yetu (AIDS in Our Society), Kuishi Kwa Matumaini na VVU (Living Positively with HIV/AIDS), VVU na UKIMWI Huathiri Watoto Pia and VVU, UKIMWI na Tiba.



## Chagua Maisha and Watoto Bomba

These books were produced for secondary and primary school children. They are full of information that help youth and children understand what to expect as they approach puberty and adolescence and how to make informed choices in their lives. They are about lifeskills.

## Sema Naye and a booklet for truck drivers

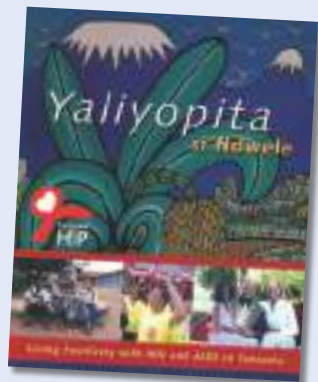
Sema Naye - speak to your partner - (part of the One Love Campaign) encourages communication among intimate partners 18 years and above, and the benefits of having an open, understanding relationship. And Kuzuia Maambukuzi ya Virusi vya Ukimwi kwa Maderawa wa Malori (Preventing HIV infection among truck drivers) is a booklet dedicated to truck drivers to prevent HIV infection among them and along the routes they operate.



2009

## ABC-Z Poster and ABC Leaflet

Do you remember Femina's popular 'ABC of sexual health?' It encouraged youth to look beyond ABC - Abstain, Be faithful and use a Condom - and understand how they can protect themselves against HIV infection as well as unwanted pregnancies.



## Yaliyopita Si Ndwele

Do you remember this book? A collection of real-life stories of people living with HIV/AIDS. Their stories inspired people to talk openly about their status and fight stigma which was so high at that time. In collaboration with UNAIDS and TACAIDS, Femina Hip compiled those stories and empowered people to live positively with HIV/AIDS.

2019

## The Femina khanga! Safi sana

At Femina Hip we have made a new fresh khanga for our 20 year anniversary! It is decorated with all our favorite symbols and logos!

**Lips** – for talk talk talk! Femina gives young people a platform to be heard! Paza Sauti Yako, Sema Tenda!, the Sema na Fema pages, are all about Voice, speaking up - having your views aired and heard. A kiss to you!

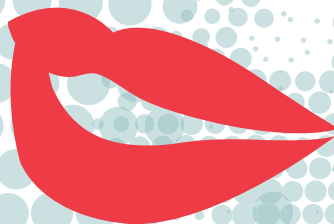
**Hearts** – dear to us are our Fema Clubs across Tanzania and other followers. Clubs are at the center of everything we do. Clubs are our homes, they are in our hearts. We LOVE the Fema Clubs and so, they get to frame our khanga!

**Dancers** - we believe in the power of music and fun. Chezasalama - dance and enjoy but always make sure it's a safe dance!

The yellow circle is the sun that shines bright in the universe and fuels our lives. Happy 20 years Femina Hip! We love you!!



# Fema ya majukwaa kibao



Ulikuwa wapi mwaka 2003? Inawezekana ulikuwa hujazaliwa! Lakini wacha nikwambie, 2003 ndio mwaka ambao Fema TV Show iliruka hewani kwa mara ya kwanza. Tangu wakati huo, show hii tamu imekuwa ikipasua anga. Ilianza ikiwa ni talk show inayofanyika studio, lakini taratibu tuliitoa nje, tukaipoleka barabarani, tukitembelea vijana na jamii zao karibu Tanzania nzima. Mpaka sasa, Femina Hip imezalisha misimu 12 ya miezi mitatu-mitatu ya Fema TV Show.

Show za mwanzo ziliendeshwa na Lydia Igarabuza, miongoni mwa mabinti wa mwanzomwanzo ku-host vipindi vya TV nchini Tanzania. Lydia alifanya kazi nzuri sana na kwa miaka mitano akawa na jina kubwa. Kisha akaja Iddi Ligongo, akaendelea kuungurumisha show na baadaye akapokea kijiti mtoto wetu tuliyemlea wenyewe, ambaye alikuwa ni Fema clubber, Rebeca Gyumi. Hivi sasa watangazaji wa Fema TV Show ni Lydia Charles na Geoffrey Machemba.

Kila msimu wa Fema TV Show unahusisha vijana, wataalam, watu maarufu, wachekeshaji na viongozi wengine wa kijamii wakijadili masuala muhimu – yanayohusu mitindo ya maisha ya vijana wa Tanzania. Kila show inatupatia stori za vijana na shuhuda za maisha na inakuwa na kipengele cha comedy ambacho kinasaidia kutia uzito katika ujumbe tulioukusudia. Youth Reporters kutoka katika Club za Fema wanashiriki katika kila kipengele kwa kufanya mahojiano na watu katika jamii zao na kupata stori zenye mvuto.

Fema TV Show ina pacha wake, Ruka Juu TV Show, ambayo imejikita katika kutekeleza ajenda ya Femina ya uwezeshaji kiuchumi. Ni shindano la wajasiriamali ambalo kwa mara ya kwanza liliruka hewani mwaka 2011 na kwa kawaida huzalishwa kila baada ya miaka miwili. Washiriki sita kutoka mikoa tofauti nchini hushindania kitita cha fedha milioni kadhaa. Katika shindano hili, majaji na hadhira wanahusika katika kupiga kura na kuamua mshindi, inawezekana hata wewe ni mmoja wa watu waliopiga kura? Vipindi hivi vya TV vimekuwa vikirushwa katika channel mbalimbali za TV hapa nchini kama EATV, ITV, TBC na hata Channel TEN katika miaka ya mwanzomwanzo.

Sekela Yona na Khalid Issa



Sasa tumekukumbusha kuhusu vipindi vya TV, je, unafahamu nini kuhusu Fema Radio Show? Kwa mara ya kwanza, Fema Radio Show iliunguruma hewani mwaka 2013, na inazalishwa kwa misimu ya miezi mitatu mitatu. Fema Radio Show hurushwa katika vituo vya radio vinavyofikia nchi nzima lakini pia vile ambavyo ni vya maeneo fulani tu. Show hii pia inakuwa na mtaalam, shuhuda, comedy na muziki kidogo, na inatangazwa na vijana mahiri wenye vipaji ambao kwa kushirikiana na Fema Youth Reporters kutoka Fema Clubs mbalimbali wanahakikisha show inabamba! Kwa sasa, wanaokamata mic na kukuletea show hii ni Khalid Issa na Sekela Yona kutoka katika timu za Femina za Boy Power na Girl Power. Wote hawa walikuwa Fema Clubbers walipokuwa shuleni na wamepewa nafasi ya kukuza vipaji vyao kupitia kitengo chetu cha habari.

Jarida la Fema, vipindi vyetu vya radio na TV pamoja na social media; Facebook, Twitter, Instagram, YouTube, Whatsapp na SMS, vyote hivi vinasaidia kuwasiliana nanyi na kuwaletia ujumbe muhimu. Kwa kutumia teknolojia tunawafikia vijana mbali na kwa wingi nchini Tanzania. Hivyo ndivyo tunavyofanikiwa kuiweka pamoja Familia ya Femina!!





# ★ Miaka 20, Washindi 20, Zawadi 20! ★

Tulitangaza shindano kabambe la miaka 20 ya Femina Hip kwenye toleo la Fema namba 47, kwenye ukurasa wa Facebook wa Fema Club Mentors, WhatsApp groups, na taarifa zikaenda pia kwa mentors moja kwa moja kwa SMS.

Maswali yalikuwa hivi: Kwa wanafunzi - Je, jarida la Fema limekuwa na mchango gani katika maisha yako? Kwa walimu - Je, Femina Hip imekuwa na mchango gani katika maisha yako na katika kazi yako kama mwalimu au mlezi wa Fema Club?

## Mafungu matatu ya zawadi nono!

Zawadi tele zilitangazwa! Wanafunzi baiskeli saba mpyaaaa kabisa! Walimu nao fungu lao, tablet computers saba mpyaaa! Na Fema Clubs nazo zawadi zao nono, laptop computers sita mpya kabisa, wenzetu wanasema brand new!

Tulipokea essays zipatazo 601. Essay 443 kutoka kwa wanafunzi, 136 kutoka kwa walimu na 22 kutoka kwa Fema Clubs, umeona??!

Tunatoa pongezi kwa kila aliyeshiriki. Nyinyi nyote ni washindi!! Tunaamini mmejifunza mengi kwa kufanya zoezi hili, sisi pia tumejifunza mambo kibao na kila essay iliyotumwa kwetu na hata ripoti za Club zitatumika kama sehemu ya kuhifadhi kumbukumbu za maadhimisho ya miaka 20 ya Femina. Endelea kushiriki mashindano mbalimbali, zamu yako itafika tu!!

## Kwa heshima na taadhima, sasa tunatangaza washindi!!!!!!

### WANAFUNZI AMBAO WAMEJINYAKULIA BAISKELI

|                      |                                |
|----------------------|--------------------------------|
| Saumu Ally Ramadhani | Kisasa Sec, Dodoma             |
| Marium Shabani       | Mnyuzi Sec, Korogwe, Tanga     |
| Annastazia Augustino | Bumaswa Sec, Butiama, Mara     |
| Kelezia Kija Negele  | Same Sec, Kilimanjaro          |
| Nerbat A Ndambo      | Malangali Sec, Mufindi, Iringa |
| Elisha G Mwakipesile | Kyimo Sec, Rungwe, Mbeya       |
| Harun M Hayoel       | Kambarage Sec, Serengeti, Mara |

### WALIMU AMBAO WAMENYAKUA TABLET

|                        |                                       |
|------------------------|---------------------------------------|
| Kahwa Anacleth Mpunani | Misungwi Sec, Misungwi, Mwanza        |
| Upendo V Msungu        | Ipogolo Sec, Iringa                   |
| Amoni S Mujuni         | Mwemage Sec, Bukoba, Kagera           |
| Kalisto Vitus Mapunda  | Kipili Sec, Nkasi, Rukwa              |
| Imani B Anthony        | Rwemondo Sec, Missenyi, Kagera        |
| Renatus Sangi          | Iringo Sec, Musoma, Mara              |
| Sifa Samson Sizya      | Chang'ombe Sec, Temeke, Dar es Salaam |

### FEMA CLUBS AMBAO ZINAJIBEBEA LAPTOPS

|                    |                            |
|--------------------|----------------------------|
| Jitambue Fema Club | Mnacho Sec, Ruangwa, Lindi |
| BF Fema Club       | Rwemondo, Missenyi, Kagera |
| Misungwi Fema Club | Misungwi, Mwanza           |
| Nkome Fema Club    | Nkome Sec, Geita           |
| Usangi Fema Club   | Mwanga, Kilimanjaro        |
| Upendo Fema Club   | Iringo Sec, Musoma, Mara   |

Zawadi zote hizi zitakabidhiwa kwa washindi katika Mkutano wa Mwaka wa Vijana wa Femina 2019 utakaofanyika Jijini Dar es Salaam!! See you there! Hongera!!



1999

2000

2000

2000

2000



## Annastazia Augustino ★ Bumaswa Sec, Mara

**N**aitwa Annastazia Augustino. Nina miaka 18. Nasoma kidato cha nne, Bumaswa Sekondari. Nimejiunga na Fema tangu nikiwa kidato cha kwanza mwaka 2015. Fema imenisaidia kupata matunda mazuri yanayonisaidia katika maisha yangu ya kila siku.

Fema Club imekuwa na mchango mkubwa katika maisha ya Watanzania na watu wengine lakini yafuatayo ni mafanikio niliyoyapata kutokana na jarida la Fema:

Fema imenifundisha jinsi ya kuishi na watu. Mchango wa Fema umeniwezesha kuishi na watu na kuwasaidia wenye kuhitaji msaada wangu. Nakumbuka siku moja nikiwa barabarani kuelekea nyumbani nilimkuta mtoto wa kike akilia. Kutokana na huruma niliamua kumsaidia. Nilipomuuliza tatizo nini akaniambia anaumwa tumbo na kiuno. Kwakuwa nimepitia matoleo mengi ya Fema nilihisi yuko hedhi, nikampeleka kwao.

Fema imenipa uwezo wa kujitambua. Kupitia elimu tunayoipata katika Fema nimeweza kutambua mwili wangu na kuhisi vichocheo mbalimbali wakati wa hedhi kwani nikiwa shule ya msingi sikujua maana ya hedhi na nilihangaika sana kwani niliwaza sana siku za hedhi zinapokaribia. Sikujichanganya na watu kwani niliona aibu na kuogopa kugundulika kwa wasichana wengine. Na nilihisi ni mtu tofauti na wengine, hivyo siwezi kushea nao chochote. Lakini sasa naona ni kawaida, naweza kushiriki michezo, midahalo na matamasha nikiwa hedhi kwani nakuwa nimejisitiri vizuri.

Fema imenisaidia kutambua fursa mbalimbali za ajira. Mchango wa Fema umenipa uwezo wa kutambua aina mbalimbali za kazi katika jamii ninayoishi na kujipatia kipato. Kupitia maswali na majibu ya Anko Pesa nilijifunza vitu vingi sana nikaamua kuanzisha biashara na kilimo cha bustani. Pesa ninazopata nanunua nguo za ndani na kutoa michango ya Fema Club. Na nimetenga muda wa kuihudumia (biashara) bila kuathiri masomo yangu.

Jarida la Fema limenipa mchango katika elimu yangu. Fema imeniwezesha kutambua masuala mbalimbali

yanayolenga masomo hasa somo la civics, geography na Kiswahili, kwani nimepata ujuzi katika uandishi wa essay na vitu vingine vitakavyosaidia katika masomo yangu.

Fema imenipa hamasa kubwa katika kutambua haki za binadamu. Fema imenisaidia kutambua haki zangu mimi kama raia, msichana na mwanajamii. Kujikinga na imani zenye madhara hasa ukeketaji, kwani bado jamii yetu inafuata mila hiyo. Kupitia elimu ya Fema nimewasaidia wasichana wenzangu wawili (majina yamehifadhiwa) kutimiza ndoto zao kwani wazazi wao walitaka wakeketwe na waolewe wasiendeleo na masomo. Wakati huo tulikuwa kidato cha pili mwaka 2016 na ilinichukua muda ili waelewe. Sikukata tamaa kwa majibu niliyopewa. Mwishowe walielewa na bado tunaendelea na masomo wote.

Fema imenipa uwezo wa kutambua matatizo mbalimbali yanayonikumba pamoja na familia yangu kupitia elimu ya Anti Cos kwani siku moja wazazi wangu walikosana nikachukua nafasi hiyo kama mtoto kuwapatanisha, na bado wako pamoja.

Fema imenisaidia katika utunzaji wa mazingira. Kupitia Fema huwa tunakwenda zahanati ya kijiji kila baada ya mwezi mmoja kufanya usafi na kuwatia moyo wagonjwa. Baada ya hapo tunapewa elimu na wauguzi wa zahanati na ushauri nasaha. Hivyo kwa njia hiyo tunatunza mazingira na kuyaweka nadhifu. Pia nimechimba dampo la taka nyumbani kwa ajili ya kutupa taka. Na nimepanda miti mitatu ambayo ni mchungwa, mchongoma na mkaratusi.

Fema imenisaidia kujitengeneza pedi. Kupitia chalenji no 43 nimeweza kutengeneza pedi kwa ajili yangu na wanafamilia wengine. Na pedi hizo nimezipa jina la *ndoto*, kwani kabla ya hapo nilikuwa nachana godoro na kutumia. Baada ya nyumbani kuwa wanalalamika nilianza kutumia vitambaa. Lakini sasa niko huru, natumia *ndoto* pedi.

Napenda kuwashukuru members na viongozi wote wa Fema kwa kutupatia nuru kwani mnafanya kazi nzuri sana ya kutuelimisha na kuelimisha jamii kwa ujumla. Asante sana. ★

2001

2001

2001

2001

2002



# Elisha G. Mwakipesile ★ Kyimo Sec, Mbeya

**F**ema Magazine is published by Femina Hip, covering different aspects including individual life, community, national and world issues. The magazine educates people on different issues including environmental conservation, entrepreneurship, leadership, gender based violence, self awareness, volunteering and many others.

The magazine which is produced and distributed to different parts of Tanzania targeting schools and communities have had genuine contribution in my life as follows:

**Academically:** The magazine has helped me to master foreign language; some stories and information in Fema Magazine are presented in English. Having the habit of reading different stories, written in English has positively enabled me to master different English language vocabularies and enhanced my ability to use the language appropriately in different contexts. Due to that I am able to read and write English properly. And being able to read and write in English has helped me to pass different examinations, for example, during national exam in the year 2017 I managed to score division one points 12. And in English language subject I scored grade one.

**Leadership:** The magazine has given me a desire to be a leader. Through reading different magazines containing leadership stories about different people, I have got a desire to be a leader. Because when I was reading those magazines I got to know how to lead other people, how a leader should look like and what defines a good leader. For example, I got to know that a good leader is the one who involves others. Demonstrates others, solve other people's problems and teach others by doing and has a vision. Due to that I contested to be a school leader, and up to

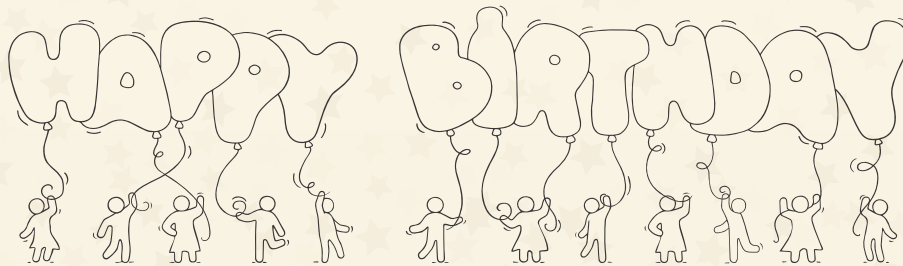
this moment I am a discipline leader in school and secretary of Kyimo Sec Fema Club. Being a leader in school I lead people transparently and I involve them to give their opinions.

**Talents:** Magazine has helped me to develop my talents. After reading Fema Magazine my singing talent has improved. Through reading and singing different poems in the magazine I have developed a singing talent.

**Entrepreneurship:** The magazine has helped me to learn about entrepreneurship; after reading Fema I have learnt that for my business to be successful I should do it from my heart and use modern ways of doing business. Due to knowledge from the magazine, I am doing poultry projects which help me and my family to meet basic needs.

**Self awareness:** Through reading different Fema magazines I have got knowledge about different changes that occur during adolescence. I have learnt on how to control the change. For example, during adolescence I was aware about the changes that are taking place during puberty. I became aware after reading, asked questions by different people about the body change. Through Anti Cos and Anti Marie answers and advice given in different magazines about body changes, I was able to control myself and currently I am still using the knowledge to keep myself safe.

After reading many magazines I am educated in many issues as discussed. I advise people to prefer reading Fema Magazine produced and distributed by Femina Hip so as to be educated as well. Because the magazine presents positive issues about personal life, community life and cover different world issues. ★



2002

2002

2002

2003

2003



# Kelezia Kija Negele ★ Same Sec, Kilimanjaro

**F**irst of all, I would like to be thankful to Femina Hip for giving us an important and priceless education through Fema Magazines. I am proud of you because you are not only educating me but also laying a strong foundation by offering me knowledge with which I can attain my full heights.

I have been a good reader of Fema Magazine for almost five years and through tremendous messages I acquire from it my life has changed positively as follows.

**Making good decisions during my puberty:** In this stage many youth get involved in unacceptable behaviours, but for me it was quite different. It was that time that Fema Magazine had inserted in me their messages and lessons about puberty. With Fema Magazine I was able to know what was right and what was wrong. And up to now I am aware of reproductive health issues and I live safely with much knowledge about sexually transmitted infections. It is in the articles of Mpendwa Anti Cos and lifeskills in the Fema Magazine where I get all skills about reproductive health.

**Improving my academic performance:** In Fema Magazine there are some topics that are relevant to our current secondary school syllabus. Through reading Fema I found myself smatter in academic issues. Furthermore, Fema Magazine has articles written in both Kiswahili and English. As I pass through such articles I improve my English which is also a medium of teaching in secondary schools. Up to now I am a form six student because I was nourished well by Fema Magazine.

**Learning entrepreneurship:** As a result of Anko Pesa, Ruka Juu and Sema Tenda articles in the Fema Magazine I am now interested in entrepreneurship and self reliance than ever before. Fema Magazine is full of inspirational true stories of some successful people and I consider them as my inspirers and my motivators. I am on the way to practice entrepreneurship after my form six. I am saving money for future use as start up capital for my planned agrobussines through irrigation.

**Exposing my talent:** I got a passion to expose my talents when I attended Fema Clubs congregations and saw youth showing their talents. Again through reading Fema Magazine, particularly issue no 47, I am glad to recognize my talent. I am talented in writing books and composing poems. Now I am preparing articles and assembling them to make a book in order to use my talents to earn a living.

**Participating in leadership issues:** Fema Magazine has revealed to me the advantage of good governance. It has also explained how good leadership is obtained. Because Fema has educated me, I am ready to participate in voting for a good leader. I have participated well in our school election to obtain good leaders we have today. In fact we need good leadership for sustainable development.

**Learning new lessons:** Fema Magazine is full of different lessons which are on my side new. I had little knowledge about menstruation but Fema Magazine has explained deeply. I knew little about business issues but Fema Magazine has detailed me with it. I know issues such as stock exchange and online trade which I didn't know before. Fema Magazine also entertains the reader.

As a matter of fact, Fema Magazine gives more important lessons in the society. I believe if we use it well we will solve our problems such as ignorance, diseases and poverty. ★



2003

2003

2004

2004

2004



## Marium Shaban ★ Mnyuzi Sec, Korogwe, Tanga

**N**ianze kwa kulipongeza Shirika la Femina Hip kwa kuanzisha club za Fema mashuleni ili kutusaidia vijana kujitambua, kujua haki zetu, kutujengea moyo wa kujitolea na kushiriki katika shughuli mbalimbali za kuleta maendeleo katika Taifa letu.

Jarida la Fema na ushiriki wa club yetu katika Mkutano wa Vijana na walimu walezi wa club za Fema kitaifa umekuwa na mchango mkubwa sana kwangu katika nyanja mbalimbali.

**Jarida la Fema limenijengea uwezo wa kujiamini na kufanya maamuzi sahihi wakati wa balehe.** Katika kipindi cha balehe zipo changamoto mbalimbali, mfano kupata ushawishi wa kufanya mapenzi, hata kufikiria kuolewa kwa mazingira yetu ya vijijini. Lakini kupitia jarida la Fema, hasa agenda ya chezasalama, limekuwa na msaada kwangu kutambua mabadiliko ninayoyapitia pasipo kuathiri masomo yangu. Mfano, huwa nasoma sana na kuuliza maswali kwa "mpendwa anti". Majibu yake yamekuwa na msaada mkubwa kwangu pamoja na stori za vijana mbalimbali katika jarida la Fema ambazo zimenifundisha kufanya maamuzi sahihi wakati wa balehe.

**Kuwa msafi wakati wa hedhi;** Kiukweli sikuwahi kuelimishwa juu ya hedhi salama na wazazi wangu. Nafikiri hii inatokana na misingi ya dini na tamaduni zetu kuona kumwelekeza mtoto/kijana juu ya hedhi salama ni kinyume cha maadili. Lakini kupitia majarida ya Fema, hasa toleo namba 43 nimepata maarifa ya kutengeneza pedi na namna ya kujitunza katika hali ya usafi ninapokuwa hedhi. Maana kabla ya kupata elimu hii ilikuwa nikiwa hedhi nahofia kwenda shule, lakini sasa sina shaka kabisa baada ya kupata uelewa kupitia kusoma jarida na kupata ushauri kutoka kwa baba yetu mlezi Mayombo.

**Kujifunza misingi ya uongozi bora:** Sikuwahi kufikiria kuwa kiongozi maana nilikuwa na aibu sana. Hata shule ya msingi sikuwahi kuongoza. Lakini nilipojiunga na Fema Club baada ya kujiunga kidato cha kwanza, club yetu tulipata mwaliko wa kushiriki mkutano wa Femina 2016. Kwakweli mkutano

huu ulinijenga sana kuzungumza mbele ya wenzangu pamoja na kusoma baadhi ya majarida yanawayoelezea viongozi, njia walizopitia mpaka kufanikiwa. Mfano, Dada Mkuu wa Tabora Girls na Rais Mstaafu wa Chuo Kikuu cha Dar es Salaam 2016/17, Leon. Kupitia hawa nilithubutu kuchukua fomu ya kugombea nafasi ya kiongozi wa taaluma hapa shuleni, kwa lengo la kusaidia wanafunzi wenzangu na kushirikiana nao katika kujenga taaluma ya shule yetu. Namshukuru Mungu nilishinda kwa kishindo kikubwa. Najivunia kutajwa na walimu na wenzangu kuwa kiongozi wa taaluma niliyeleta mabadiliko shuleni, mfano kuanzisha clubs debate competition. Pamoja na uongozi wa shule niliona bado haitoshi nikagombea Uenyekiti wa Mnyuzi Fema Club. Namshukuru Mungu wanachama waliniona natosha katika nafasi hiyo.

**Jarida la Fema limenisaidia kujua ujasiriamali:** Jarida la Fema limetujenga sana katika club yetu kufanya shughuli za kijasiriamali, kujenga uhai wa club. Mfano, tunalima sana, hii binafsi imenijenga kupenda kilimo. Natarajia kuwa mkulima bora katika maisha yangu. Pamoja na kufanya ujasiriamali kwa vitendo, lakini pia huwa nikisoma kipengere cha Anko Pesa, kinanijenga sana katika masuala ya kiuchumi na kuwa na nidhamu katika matumizi ya fedha.

**Jarida la Fema limenisaidia kujua umuhimu wa kutunza mazingira kwa faida ya kizazi cha sasa na kizazi cha baadaye:** Mfano kupitia Fema namba 48, nimejua umuhimu wa mazingira, hasa kupanda miti ambayo ina faida nyingi sana. Pamoja na hayo, shughuli mbalimbali za club juu ya utunzaji wa mazingira zimekuwa na mchango mkubwa kwangu kupata maarifa katika utunzaji wa mazingira, na hii ilisababisha nikamshauri mwalimu mlezi wa club yetu kuanzisha kitengo maalum cha mazingira.

Mwisho, nashukuru sana kwa kazi nzuri mnayoifanya kutusaidia vijana katika makuzi yetu. Karibuni Tanga, tunawapenda sana. ★

2004

2005

2005

2005

2006



## Nerbat Ndambo ★ Malangali Sec, Mufindi, Iringa

**F**emina ni shirika lisilo la kiserikali linalofanya kazi na vijana kati ya umri wa miaka 13 mpaka 30. Fema ilianzishwa mwaka 1999 lakini kipindi hicho ilijulikana kama Femina. Awali lilikuwa jarida la mitindo, baadaye likabadilishwa likawa linaandika habari za afya ya uzazi. Baadae likabadilishwa jina likaitwa Fema, yaani Female and Male. Likafungua fursa kwa vijana wa kiume na wa kike katika kupata elimu ya afya, uchumi na ushirikishwaji na linafikisha ujumbe kwa njia ya elimu na burudani, jambo ambalo limepelekea kupata wasomaji wengi wa rika zote.

Fema imekuwa na mchango mkubwa kwangu hasa katika maisha yangu ya kila siku. Maelezo yafuatayo yanaeleza jinsi gani Fema ilivyonisaidia katika nyanja tofauti:

Nikianza na kufanya maamuzi bora wakati wa ukuaji hasa balehe: Fema limenifanya niwe na maamuzi sahihi, hasa kipindi nilipobalehe na kutambua kwamba nimeingia katika ukubwa. Liliniepushia mambo ambayo yangeharibu afya yangu na kupelekea kufuta ndoto za maisha yangu. Mfano wa mambo hayo ni kama ngono isiyo salama, makundi yasiyo sahihi, mfano makundi ya wavuta bangi, walevi nk. Shukrani Fema kwa kupitia Mpendwa Anti kutoa elimu ya afya na mabadiliko ya kimwili kwani nimefanikisha kufikia malengo yangu hasa katika elimu.

Nikifuatia katika taaluma na namna ambavyo imenijengea uwezo wa kuonyesha vipaji vyangu na kujifunza mambo mapya, jarida la Fema limenifanya niwe kijana mpya kila leo katika nyanja mbalimbali, hasa katika elimu kutokana na kuepuka mambo ambayo yangeweza kuharibu ndoto zangu, mfano ngono zembe, matumizi ya dawa za kulevya. Mbali na mambo hayo, jarida la Fema limeweza kunipa ujasiri wa kupambana katika elimu kupitia hadithi za wanachama wa Fema. Mfano Leon Erasmi ambaye alisoma Same Boys pamoja na Jeniffer Kayombo ambaye alikuwa mwanafunzi wa Jangwani Sec katika toleo la Oktoba hadi Desemba 2016. Yamenifanya nami niweze kuamini kwamba naweza kufikia malengo yangu. Pamoja

na hayo Fema imeweza kunifanya nirudie mthani wa Kidato cha Nne pindi nilipofeli. Yote niliyapata kupitia Mpendwa Anti. Asante Fema kwani ni safari ndogo imebakia kufika chuo kikuu.

Pia katika suala zima la ujasiriamali na uongozi, bado jarida la Fema limekuwa na msaada mkubwa kwangu kwani kupitia Anko Pesa nimeweza kujifunza ujasiriamali. Kwani mnamo 2016 kipindi nasubiri matokeo ya kidato cha nne nilifanya biashara ya viatu katika soko la Karume. Yote haya ni sababu ya Fema kwani muda mwingi hupenda kuyasoma na kupata ujuzi. Mfano nilipata hamasa kutoka kwa Rashid Kiruke aliyemaliza elimu na kuanza kuuza nafaka na kumuingizia kipato pindi anaposubiri matokeo, bila kumsahau dada mmoja aliyeuza ice cream aliyetwa Mercy Kitomari. Yote niliyapata katika jarida la Fema na yamenisaidia.

Katika suala la uongozi, Fema imenipa mawazo mbalimbali pamoja na ujasiri kwamba naweza kuongoza kwani nilishawahi kuchukua fomu ya uongozi wa chama kimoja kilichopo shule cha kuzuia rushwa, yaani Malangali Against Corruption. Ujasiri huu wote niliupata kupitia majarida ya Fema japo sikushinda ila leo hii naweza kuongoza darasa langu la kidato cha sita kwa kufanya maamuzi yasiyokuwa na upendeleo, yaani ni kiongozi wa darasa. Asante Fema kwa elimu mnayotoa.

Mwisho napenda kutoa pongezi kwa uongozi wa Fema Club kuanzia ngazi ya mkoa hadi Taifa, bila kusahau ngazi ya uongozi wa shule kwani mara ya mwisho tulipata elimu ya ukatili wa kijinsia pamoja na madhara ya punyeto kwa kijana. Ila bado Fema mmekuwa mstari wa mbele kwa kujenga jamii mpya kwa kuhamasisha elimu ya afya, kuzuia ukatili wa kijinsia pamoja na kuhamasisha usawa. Naamini inaweza kuifikisha jamii ya Tanzania katika uchumi wa viwanda kupitia elimu kwa vijana kwani ndio taifa la sasa. Hongera nyingi kwenu Fema, Mungu aibariki kazi yenu.

Asante sana. ★

2006

2006

2006

2007

2007



## Harun M. Hayoel ★ Kambarage Sec, Mara

**C**hallenge hii imekuja kwa wakati wake tena nina furaha sana hasa pale ninapoyaelezea mafanikio yangu kwa msaada wa jarida la Fema ambalo kwangu nalithamini sana.

Nimelelewa katika familia ya watoto sita. Mara ya kwanza mimi kulifahamu jarida la Fema nilikuwa darasa la tano (5). Nilikuwa naishi mbali na wazazi wangu ambao waliniunganisha na vijana watatu wa kijijini kwetu tukawa tunaishi nao pamoja katika nyumba ya kupanga jirani na shule niliyokuwa nasoma. Vijana hao walikuwa wanasoma sekondari na hao ndio chanzo cha mimi kulifahamu jarida la Fema.

Kwa mara ya kwanza nilisoma Fema ambalo lilimtaja kijana wa kijijini kwetu kuwa ni balozi wa Femina. Kijana huyo alikuwa anaitwa Marwa Kerato aliyekuwa anasoma Shule ya Sekondari Machochwe. Hakika nilivutiwa na jarida hili sikupenda kamwe litoweke mikononi mwangu. Lilikuwa toleo la nyuma, January-March 2006.

Nilikuwa mpenzi wa kusoma fotostory, cartoon, Mpendwa Anti pamoja na Ruka Juu. Hakika niliburudika sana na vijistory pamoja na vimichoro vya katuni nilivyokuwa naviona ndani ya Fema. Sikuacha kamwe kusoma Fema kila nilipolipata. Nilipojiunga na Shule ya Sekondari Kambarage mwaka 2016 niliikuta club ya Fema. Hakika nilifurahi sana maana nilikuwa napata majarida kwa urahisi sana na walipotangaza kujiunga na club hiyo nilikuwa wa kwanza kujiunga tena kwa furaha kubwa.

Zifuatazo ni faida ambazo nimezipata na bado nazipata kutokana na jarida la Fema.

**Uongozi:** Kabla sijawa mwana club wa Fema sikuwahi kuwa kiongozi wala kusimama mbele ya watu au wanafunzi wenzangu kuomba nafasi ya kuwa kiongozi. Ila baada ya kujiunga na club ya Fema kwa mara ya kwanza niliteuliwa kuwa katibu wa Fema katika club yetu. Nilikubaliana na uteuzi huo japo kwa wasiwasi na kutokujiamini ila kadri tulivyozidi kukutana katika mijadala ya jarida la Fema ndivyo uimara wangu ulivyozidi kujengeka katika uongozi. Nilianza kujiamini, kutokuogopa, nikawa na uwezo wa kusimama mbele ya

wanafunzi wote na walimu na kuongea mbele yao hasa pale nilipochaguliwa kuwasilisha mada za Fema. Na uwezo huo wa kujiamini ndio ulioifanya ofisi ya Mkuu wa Shule yetu kunitewa kuwa kiongozi wa mazingira.

**Ujasiriamali:** Baada ya kulifahamu jarida la Fema na kulisoma kwa makini hasa ukurasa wa Ruka Juu pamoja na Anko Pesa nimefanikiwa kupata njia nyingi za kuanzisha biashara. Mfano, nimefanikiwa kuanzisha mradi wa kutengeneza viongo vya chai kwa kutumia mtama pamoja na viungo vya chai kama hiliki, karafuu, tangawizi, mchaichai pamoja na mdalasin.

Ujuzi huu niliugundua baada ya kuiona familia yangu kuwa haitumii majani ya chai ya dukani, na hapo ndipo nilipoanzisha kazi hiyo na kuipa jina Maisha ni Afya. Niliamua kuwafundisha wanafema wenzangu jinsi ya kutengeneza na mpaka sasa ni mradi endelevu wa Kambarage Fema Club.

**Kitaaluma:** Pia katika taaluma jarida la Fema limenipa msaada mkubwa kwani nina njia nyingi za kutumia katika kusoma na kutokana na jarida la April hadi Juni 2018, neno Nguvu ya Kalamu hakika limenitia moyo sana katika kufanya vyema shuleni.

Namalizia kwa kusema kwamba popote ambapo Fema inafika hapako kama palivyokuwa. Giza linaondoka, nuru inatia nanga. Mungu awe nanyi nyote. Amen. ★



2007

2007

2008

2008

2008



## Saumu Ally Ramadhani ★ Kisasa Sec, Dodoma

**J**arida la Fema linaelimisha jamii hasa vijana kuhusu ujasiriamali, kukuza na kuendeleza vipaji vyao, elimu rika hasa wakati wa balehe, ukatili na unyanyasaji wa kijinsia hasa kwa watoto wa kike (ukeketaji, mimba za utotoni na ndoa za utotoni).

Pia Fema limefanikiwa kuhamasisha watu kupenda kujitolea katika nyanja mbalimbali. Halikuishia hapo, limeendelea kutoa elimu kuhusu mazingira (utunzaji wa mazingira na athari za uharibifu wa mazingira).

Kwa upande wangu jarida la Fema limenisaidia katika nyanja zifuatazo:

**Taaluma:** Nimepata uthubutu wa kusoma vitabu mbalimbali vya kiada na ziada, ambavyo vimenisaidia kuwa na uwezo mpana wa kuelewa na kuchanganua mambo na changamoto mbalimbali zinazotokana katika masomo yangu. Sio hivyo tu bali nimeweza kutambua nafasi yangu katika jamii kama mwanafunzi na hivyo kusoma kwa bidii ili kutimiza malengo yangu na nimejua nataka kuwa nani na kwanini ili niweze kuisaidia jamii yangu, vijana waliokosa fursa ya elimu pamoja na wazazi wangu.

**Kufanya maamuzi bora wakati wa ukuaji (balehe):** Japo ni kipindi kifupi na cha mpito, vijana wengi wakiwa katika balehe wanashindwa kufanya maamuzi sahihi. Lakini kupitia jarida la Fema nimeweza kufanya maamuzi sahihi katika maisha yangu ya ujana na kutambua kuwa kila kitu kinakwenda kwa hatua na kila jambo lina wakati wake. Vilevile nimeweza kuyakabili mabadiliko mbalimbali yanayotokea katika kipindi hiki cha balehe kwa kufuata ushauri wa wazazi, walimu, vitabu vya dini bila kumsahau Anti Cos kwa ushauri wake mzuri. Kupitia jarida la Fema nimetambua kwamba mabadiliko na changamoto hizo ni za kawaida tu, naweza kuzishinda.

**Uongozi:** Nimedumu katika uongozi katika shule yangu ya Kisasa Sekondari kwa takriban miaka minne (kuanzia kidato cha kwanza hadi cha nne). Kuwa kiongozi si jambo la mchezo, lakini nilipata uthubutu huo baada ya kusoma jarida la Fema na kujiona mimi ni kipepeo ninayepaswa kupaa, kueneza elimu kwa wanafunzi wenzangu na kuwasaidia wasichana wenzangu shuleni, hasa wakiwa katika kipindi cha hedhi.

Nikiwa Katibu Mkuu wa serikali ya wanafunzi, nimehakikisha vyoo ni safi wakati wote, upatikanaji wa maji chooni ili wasichana waweze kujisafisha na kujisitiri wakiwa hedhi. Nisingeweza kupata ujasiri huo bali tu nilipopata elimu kuhusu hedhi ndipo nilipopata nguvu ya kufanya hivyo.

**Kutambua vipaji:** Mbali na ndoto yangu ya kuwa daktari, napenda kuwa mtangazaji. Kupitia jarida la Fema linaloamasisha watu kuwa na uthubutu wa kuonyesha vipaji vyao kwani vipaji ni ajira, nimeweza kuonyesha kipaji changu kwa kushiriki katika midahalo hapa shuleni. Vilevile nilishiriki katika kurekodi kipindi cha Fema Radio Show mwaka 2017, ambacho kiliongezea uwezo wa kujiamini na kutambua kuwa ninaweza kufanikiwa kama nitathubutu. Mbali na kipaji cha utangazaji pia nina kipaji cha kuigiza, ambapo huwa naigiza katika sherehe na matukio mbalimbali hapa shuleni. Mfano katika mahafali ya kidato cha nne, huwa tunaandaa igizo na hivyo nahisi naweza kuwa mwigizaji mkubwa hapo baadaye.

Maigizo yanayokuwemo katika majarida ya Fema yananifanya nihisi kuwa nami pia ninaweza na ipo siku club yangu itaigiza katika kurasa za Fema.

**Ujasiriamali:** Nimetambua mchango wa jarida la Fema katika kutufunza ujasiriamali. Nimekuwa nikifuatilia hadithi za picha na mafunzo mbalimbali yanayohusu ujasiriamali hasa kutoka kwa Anko Pesa na kuwapatia ujuzi ninaoupata vijana waliopo mtaani pamoja na wale ambao wanasubiri ajira ili waweze kujishughulisha na shughuli mbalimbali zitakazoleta maendeleo kwa mtu binafsi na jamii kwa ujumla. Mfano, kilimo cha mbogamboga na matunda, uuzaji wa karanga, maji na kadhali. Natumaini nitakapohitimu masomo yangu nitapenda kujishughulisha na ujasiriamali kwani napenda zaidi kujijajiri kuliko kuajiriwa.

Hivyo basi, vijana na jamii tunapaswa kutambua tuna nafasi gani katika nchi yetu na katika jamii zetu ili kuleta maendeleo na kuandaa kizazi bora. Jarida la Fema ni fursa pekee kwa vijana wa Kitanzania kuweza kujitambua na kujijajiri. ★

2008

2009

2009

2009

2009





## Mwl. Amoni S. Mujuni ★ Mwemage Sec, Kagera

**N**aitwa Mwalimu Amoni S. Mujuni. Nafundisha Shule ya Sekondari Mwemage, Bukoba, Kagera. Nina miaka 42, nasaidiana na mwalimu mlezi wa Fema Club.

Nimekuwa msomaji na mshiriki wa shughuli za Fema tangu mwaka 2005 nilipoanza kufundisha Shule ya Sekondari Mugoma, Ngara. Nilishirikiana na uongozi wakati huo kuhakikisha jarida la Femina linafika shuleni Mugoma. Na mwaka 2007 jarida lilifika shuleni. Mwaka 2010 nilipohamia shule ya Sekondari Karambi, Wilayani Muleba, nilikuta jarida la Fema linaletwa ila wanafunzi hawalipati. Nilianzisha utaratibu wa kuwaazimisha wanafunzi kwa mtindo wa maktaba nikiwa mwalimu wa taaluma.

Kwa muda huo wote suala la walimu walezi na usajili wa club za Fema halikuwepo, hivyo sikujishughulisha zaidi na wanafunzi zaidi ya kujitahidi kuhakikisha wanafunzi wanapata jarida na mimi napata maarifa zaidi kutokana na matoleo mbalimbali, hivyo kila mara nilijitahidi kuhakikisha jarida likitoka nalisoma. Ni kutokana na jitihada za kulisoma mara kwa mara Jarida la Femina na hatimaye Fema, nimeweza kupata haya yafuatayo:

- a) Jarida la kwanza kunivutia lilikuwa na habari, jinsi gani unaweza kuandika curriculum vitae. Kwangu lilikuwa ni somo la kwanza kujifunza kupitia jarida na kazi za Fema.
- b) Kupitia jarida la Fema niliweza pia kufahamu maandalizi ya kufanya kabla, wakati na baada ya mahojiano (interview).
- c) Kupitia jarida la Fema nakumbuka mwaka 2004 nilisoma maelezo yake nikawa na ujasiri wa kupima VVU kwa hiyari kupitia ushawishi wa habari na ushauri niliousoma.
- d) Kupitia makala za Ruka Juu niliweza kukopa fedha na kuanzisha stationery. Fema bado naishukuru kwa kunifanya nisitegemee mshahara tu.
- e) Kama mwalimu wa somo la uraia, Fema na shughuli za Femina Hip zimenisaidia kufahamu mambo mbalimbali kisiasa, kiuchumi, na kijinsia. Hasa katika mada za stadi za maisha, haki za binadamu na ujinsia. Kwa kupitia majarida

napata mifano hai na halisi ya kufundishia hivyo kunirahisishia ufundishaji unaoendana na mazingira halisi ya mwanafunzi.

f) Wakati naanza kazi ya ualimu nilidhani mwalimu bora ni yule anayetumia kiboko zaidi, mkali na mtoa adhabu kali. Tena katili asiyesikiliza mawazo ya wanafunzi. Kupitia Fema nimejifunza kuwa karibu na wanafunzi, kuwasikiliza na kutambua matatizo yao, kuyatatua kadri inavyowezezana. Pia nimejifunza kujitolea zaidi kuwatumikia vijana. Hii imenifanya kujikuta natumia muda mwingi kujitolea kulea makundi mbalimbali.

- 1) Mfano, nilipokuwa shule ya Sekondari Mugoma, nilikuwa mlezi wa UKWATA ngazi ya shule na wilaya nzima, nilikuwa mlezi wa club ya wapinga rushwa, nilikuwa nasaidiana na mashirika ya kusaidia watoto wanaotoka katika familia duni yaliyokuwa chini ya kanisa la Anglikana.
- 2) Nilipohamia shule ya sekondari Kalambi, Muleba, nilifanya kazi ya kulea club ya kupinga rushwa, mlezi wa kundi la UKWATA pamoja na kikundi cha kuelimisha vijana juu ya masuala ya VVU/UKIMWI chini ya Kolping iliyokuwa inasimamiwa na Kanisa Katoliki.
- 3) Hapa Shule ya Sekondari Mwemage ni mlezi wa UKWATA shuleni na kiwilaya. Ninashirikiana na mashirika mawili yanayohudumia watoto wanaotoka katika familia masikini na katika mazingira magumu. Fema nimekuwa nikimsaidia mwalimu mlezi kuendesha shughuli za club na kufanya mawasiliano mara kwa mara ya ndani na nje.
- g) Kupitia uzoefu wa shughuli na mafunzo mbalimbali ya Femina Hip nimejikuta najifunza mambo mengi na napenda kujifunza ili nipate ujuzi.

Nimenufaika na elimu ya bure kutoka Femina Hip na mimi naamini nisipotumikia kizazi hiki kikipotea nami nitalaumiwa. Kunyamaza wakati jamii inanyanyasika na wengine wanaangamia kwa kukosa maarifa, sitanyamaza. ★

2010

2010

2010

2010

2011



**N**imekuwa msomaji na mshiriki mzuri wa jarida la Fema na kazi nyingine za Femina Hip tangu nikiwa mwanafunzi wa sekondari mwaka 2005.

Ushiriki wangu tangu maisha ya uanafunzi hadi utumishi, umekuwa na mchango mkubwa sana katika maisha yangu. Nikiwa mwanafunzi, Femina Hip ilinisaidia kama ifuatavyo:

Kusoma kwa bidii. Nilipokuwa kidato cha kwanza mwaka 2005, shule yetu ya sekondari, Nyabiyonza, ilipata mwaliko wa kuhudhuria mkutano mkuu wa mwaka kwa vijana wa Femina. Ili kuwapata wanafunzi watakaowakilisha club/shule, mwalimu mlezi, Rafael Felician, alitumia kigezo cha lugha ya Kiingereza, yaani umahiri katika kuzungumza. Kwakuwa nilikuwa sijajua vizuri kuzungumza Kiingereza, aliniacha. Jambo hilo liliniumiza sana nikaanza kuweka bidii kwenye somo la Kiingereza na hatimaye nikaanza kuongoza darasani katika somo hilo. Niliendelea vizuri, mpaka sasa mimi ni mwalimu wa Kiingereza. Na nimeanzisha Fema Club shuleni kwetu bila kuamuliwa na mtu.

Pia, Femina ilinisaidia kuepuka makundi yasiyo salama katika ujana. Hii ni kupitia kusoma matoleo mbalimbali ya Fema hususan kwenye ukurasa wa Chezasalama na Mpendwa Anti.

Baada ya kuingia kwenye ualimu, Femina Hip imekuwa na michango mbalimbali katika maisha yangu, ambayo ni pamoja na:

Nimeelewa njia bora zaidi ya ufundishaji iitwayo kujifunza kwa kushiriki (Active Learning). Njia hii nimeipata kutokana na kuhudhuria semina na mafunzo ambayo yamekuwa yakiratibiwa na Femina Hip na kuwa njia bora zaidi itakayonifaa katika kazi yangu ya ufundishaji niwapo darasani na kwenye shughuli za Fema Club.

Hii ni kwa sababu, kwa mujibu wa Active Learning, niliyohudhuria mwezi Septemba, 2015 katika Chuo cha Kibondo FDC, Kigoma, iliweka bayana kwamba baada ya majuma mawili, binadamu hukumbuka:

10% ya alichosoma; 20% ya alichokisikia; 30 ya alichoonza; 50 ya alichoonza na kusikia; 70 ya alichojadili na wengine na kuandika; 80 ya alichofanya kwa vitendo; 95% ya alichofundisha kwa mtu mwingine

Pia, Femina Hip imenifanya niwe kiongozi bora. Hili limetokana na usomaji wa makala mbalimbali za Fema ambazo zinaeleza misingi ya uongozi. Hususan ukurasa wa Sema, Tenda! Ukurasa huu umenifanya nisimamie club ya Fema kwa namna nzuri na kufikia mafanikio makubwa mpaka nikachaguliwa kuwa Mwenyekiti wa Kagera Fema Club Mentors kwa Wilaya ya Misenyi.

Katika shughuli za ujasiriamali, usomaji wangu wa kazi mbalimbali zinazozalishwa na Femina Hip, hasa jarida la Fema kwenye kurasa za Ruka Juu na Anko Pesa, nimejifunza uzalishaji mali ambapo nimeanzisha miradi midogomidogo ya kwangu binafsi pamoja na kuhamasisha wanafunzi nao pia kufanya hivyo.

Mpaka sasa club imenzisha biashara ya uuzaji wa vifaa kama vile daftari, rula, kalamu nk pamoja na kilimo cha mbogamboga.

Pia Femina Hip imenihamasisha kuheshimu maadili ya kazi. Hili limepatikana kwa kusoma Fema katika kurasa za Sema, Tenda! ambapo wanazungumzia wajibu wa watumishi na raia kwa ujumla. Pia nimefahamu zaidi kupitia mazungumzo na walimu walezi wenzangu kutoka shule nyingine.

Nimepata uzoefu katika uongozi. Wahenga walisema “penye wengi pana mengi”. Hivyo, katika kuongoza club nimebaini wanafunzi wenye tabia tofautitofauti na changamoto nyingine kama vile za kinidhamu na za kiuchumi. Katika kutatua changamoto hizi nimejikuta nakuwa mzoefu, hivyo mpaka sasa naweza kuongoza kikundi kikubwa zaidi.

Pia, Femina Hip imeniwezesha kufahamiana na watu mbalimbali. Hii ni kutokana na vikao au mafunzo (Active learning) ambayo yamekuwa yakitolewa na Femina Hip. Hili limefanyika pia kwenye mitandao ya kijamii ambapo tarehe 28/7/2018, Mkoa wa Kagera ulizindua, Kagera Fema Club Network ambayo inawawezesha walimu walezi wa mkoa mzima kufahamiana na kushirikiana.

Femina Hip imesaidia mambo mengi, si rahisi kuelezea yote, lakini kwa ufupi imeniwezesha kupanuka kimawazo, kujua historia ya mikoa mbalimbali katika nchi yangu, kuishi vizuri na mwenzi wangu, kujua haki za akinamama na watoto, kutokukata tamaa, kuthubutu, kujiamini na namna ya kuwa mlezi bora.

Nawashukuru na naomba muendeleo bila kukata tamaa na Mungu awabariki. ★

2011

2011

2011

2012

2012



## Mwl. Upendo V. Msungu ★ Ipogolo Sec, Iringa

**F**emina Hip ni jarida lililoanzishwa mwaka 1999, kama jarida lililongelea mitindo. Lakini baadaye walianza kuzungumza juu ya ujinsia, mahusiano na UKIMWI. Wakaongeza masuala ya ajira, ujasiriamali, ushiriki wa kijana katika mambo yanayogusa maisha yake, kama raia mwenye haki na wajibu. Lengo kuu la Fema ni kuona Taifa la vijana ambao wanashiriki katika kuleta maendeleo na kujenga ustawi wa nchi yao. Kwa kiasi kikubwa sana wamefanikiwa.

Mimi kama mwalimu jarida la Fema limesaidia sana. Katika ufundishaji wangu darasani pia kama mwalimu mlezi wa Club ya Fema shuleni kwangu.

Kama mwalimu wa somo la Kiingereza nimeweza kuwajengea uwezo wanafunzi kujifunza kwa kushiriki, kwa kuanzisha mijadala mbalimbali katika usomaji wa vitabu vya Kiingereza ili kujitana katika misamiati ya Lugha ya Kiingereza. Mbinu hii ya ufundishaji niliona umuhimu wake baada ya kuwa mwanachama na kuwa mwalimu mlezi wa Fema baada ya kuhudhuria semina iliyofanyika Iringa katika Chuo Kikuu Huria. Hakika nilitoka katika semina hii na mengi.

Jarida la Fema limenisaidia kuweza kuwafundisha wanafunzi wangu mambo muhimu yanayohusiana na ujinsia, namna ya kujitunza na kutojijuhisha katika makundi rika yatakayohatarisha maisha yao na masomo yao kwa ujumla. Kwa mfano kuunda makundi kwa ajili ya kujadili masomo pia kusaidiana pale wengine wanapokwama, vilevile kupitia vikundi hivyo kuibua mijadala mbalimbali kuhusu namna ya kujiepusha na mazingira hatarishi yatakayopelekea wao kujiunga na makundi mabaya mfano kuvuta bangi, madawa ya kulevya, kunywa pombe na kujihusisha katika ngono wakiwa na umri mdogo. Wanafunzi hao wamejua kuwa wakiepuka hayo hawatakatisha masomo yao au kufanya vibaya na hatimaye kutofikia ndoto zao.

Jarida la Fema limenisaidia mimi kama mwalimu mlezi kuweza kuwafundisha wanafunzi wangu juu ya elimu ya uzazi. Kupitia jarida la Fema toleo la Oktoba – Desemba 2007, hadithi

ya Pendo aliyepata fistula kutokana na kupata mimba katika umri mdogo. Kupitia hadithi hii wanafunzi wameweza kujifunza madhara ya kujihusisha na ngono katika umri mdogo.

Jarida la Fema limenisaidia kuwapa wanafunzi wangu elimu kuhusu masuala ya unyanyapaa dhidi ya watu wanaoishi na VVU. Kutokana na jamii tunayotoka kuwa imeshambuliwa sana na UKIMWI, watu wengi wamekuwa wakiishi kwa kujificha kutokana na jamii inavyowachukulia kama waathirika na hivyo kujitenga nao. Kupitia majarida ya Fema, wanafunzi wangu wamejua kwamba kuwa na VVU sio mwisho wa maisha hivyo wanapaswa kuishi na watu wenye maambukizi ya VVU kama wanajamii wenzao na kufanya nao shughuli za maendeleo za kila siku pasipo kuwanyanyapaa.

Jarida la Fema limenisaidia kuwafundisha wanafunzi umuhimu wa kulipa kodi kukuza uchumi wa nchi yetu. Kupitia toleo la July – September 2017 lililokuwa na hadithi ya Dula yenye kichwa cha habari “Ujanja ni kujisajili na siyo kukwepa kodi”. Hadithi hii ilinifunza mimi kama mwalimu pia wanafunzi faida za kusajili biashara. Pia walijifunza umuhimu wa kuelimisha jamii zao kuhusu umuhimu wa kusajili biashara na kulipa kodi ili kuinua uchumi wa nchi yetu.

Mwisho, kama mwalimu mlezi nimeweza kuwajengea wanafunzi wangu kujiamini na kuwa mfano kwa wanafunzi wengine katika ushiriki na kuwa kipaumbele katika shughuli mbalimbali mfano katika utunzaji wa mazingira kama upandaji wa miti ya maua na utoaji taka katika mazingira yanayoizunguka shule. Nimejifunza kuheshimu hisia za wengine na kuchukua hatua pale ninapona jambo linakosewa. Klab yetu ni changa lakini naona matunda haya kwa wanafunzi wangu tofauti na hapo awali. Nalishukuru sana jarida la Fema kwa hatua hii. ★



2012

2012

2013

2013

2013



## Mwl. Kalisto Vitus Mapunda ★ Kipili Sec, Rukwa

**J**arida na kazi nyingine zinazozalishwa na Femina pamoja na shughuli za nje za Femina zimekuwa na michango mbalimbali katika maisha yangu. Nikiwa mwanafunzi, shuleni kwetu Ruanda Sekondari, Wilayani Mbinga, jarida lilikuwa haliletwi (1999 – 2002).

Nimeanza kulijua na kulisoma jarida la Femina mwaka 2003, nikiwa Wilaya ya Mufindi kwa kupewa na watu wa mtaani na nikalipenda sana. Jarida la Fema limenisaidia katika uhusiano na wanafunzi katika utekelezaji wa majukumu yangu ya ualimu/ulezi wa club kama ifuatavyo:

Katika majukumu ya ualimu nimepata elimu ya kutosha ya namna ya kuishi na wanafunzi, hasa wanafunzi wa kike, na namna ya kutatua matatizo mbalimbali yanayowasibu. Nimejengewa moyo wa kuwasikiliza na kuwajengea uwezo wanafunzi kuwa wawazi kwangu hasa pale wanapopata changamoto zinazoweza kuharibu malengo yao.

Kupitia semina ya Fema iliyofanyika Dar es Salaam 2017 Januari, Dk Katanta Simwanza alifundisha kwamba wanafunzi wa kike wanapenda kuwa karibu na walimu wa kiume kwasababu wanakosa nafasi ya kuwa karibu na wazazi wao wa kiume, lakini sio kimapenzi, kitu ambacho sikuwahi kujua kabla ya hapo. Kufuatia semina hiyo, nimewajengea wanafunzi wangu mazingira ya kuniona mimi kama mama yao. Wanafunzi wa kiume na wa kike wananiletea matatizo hata yale wanayotakiwa kuyapeleka kwa patron au matron. Kwa mfano, wananipa taarifa za unyanyasaji wa kijinsia wanaofanyiwa. Kwa mfano, kwa sasa namsimamia binti mmoja, mwanachama wa Fema Club (sitaji jina kwa sababu za kumlinda), ambaye alitelekezwa na baba yake shuleni. Mimi nimemtafutia muhisani na sasa anasomeshwa chini ya usimamizi wangu kama mlezi wake wa Fema.

Pia nimejifunza kufanya vitu vizuri kwa wanafunzi bila kusubiri shukrani. Imenisaidia kuwajengea vijana uwezo wa kufanya maamuzi sahihi. Nimefanikiwa kusimama imara kuhakikisha mwanafunzi mmoja (jina limehifadhiwa), ambaye alilazimika kuacha shule baada ya wazazi wake kutengana kwa

kumwomba kwa mhisani, na sasa binti kamaliza kidato cha sita kwa kupata division one. Mwezi wa kumi anajiunga na chuo kikuu. Ni moyo na mafunzo ninayoyapata baada ya kujiunga na Fema.

Jarida la Fema limekuwa na mchango katika kazi yangu kama mwalimu kama ifuatavyo: Wanafunzi wamekuwa wawazi sana kwangu. Kupitia mikutano mbalimbali ninayoifanya hapa shuleni, wanachama wa Fema Club na wasio wanachama wamekuwa wakinipa taarifa nyingine za siri sana. Hali inayopelekea niwe na uwezo wa kumsaidia mkuu wa shule na mwalimu wa malezi kupata taarifa na kupanga mipango ya kudhibiti tabia hizo.

Fema imenisaidia kujua mbinu mbalimbali za kuwafundisha wanafunzi wangu, kutambua wao ni akina nani na njia za kujua vipaji vyao kupitia kazi mbalimbali ninazowapangia kufanya. Kwa mfano siku tunayofanya maonyesho ya vipaji kuna wanaotunga mashairi na kuyaimba, kuna wanaofanya mashindano ya kula na wale wanaofanya maonyesho ya kucheza muziki. Hivyo huwajengea wanafunzi uwezo wa kujua wanapenda nini na namna ya kuendeleza vipaji vyao.

Kwa kifupi kujiunga na kuanzisha Fema Club shuleni kwangu kumenisaidia sana kupanua uwezo wangu wa kufikiri na kujajiri nje ya kazi ya ualimu hasa baada ya kupewa semina na mtaalam wa uchumi, Dk Goodluck nilipohudhuria Youth Conference 2017.

Sasa najishughulisha na ufugaji na bustani ya nyanya. Nimeachana na kufuatilia siasa za mitandaoni, badala yake nawasiliana sana na wajasiriamali na wachumi mbalimbali ili kupata utaalum wa namna ya kufanikiwa kiuchumi.

Shukrani ziende kwenu Femina Hip mlionifungua. Karibuni mtutembelee Kipili Sec. ★

2013

2014

2014

2014

2014



# Mwl. Renatus Sangi ★ Iringo Sec, Musoma

**F**emina Hip ni taasisi isiyo ya kiserikali iliyoanzishwa mwaka 1999 ikiwa na malengo ya kusaidia kutoa elimu kwa vijana ili kuwaandaa kujitegemea katika maisha yao. Ilianzishwa chini ya Mkurugenzi Dk Minou Fulgesang, makao makuu yakiwa Dar es Salaam. Femina ina agenda kuu tatu ambazo ni Cheza salama, Sema, Tenda! na Ruka Juu.

Femina hutumia njia kadha wa kadha kuwafikia wadau/jamii kama vile, majarida, runinga, redio, mitandao ya kijamii kama vile Facebook, Instagram, twitter nk.

Lakini jarida limekuwa na mchango mkubwa kwani huwafikia watu wengi mathalani wanafunzi wa sekondari na vyuo vya Maendeleo ya Jamii. Binafsi nimeanza kulisoma jarida la Fema ningali mwanafunzi hadi nikiwa mwalimu mlezi Ngoreme Sekondari, Mshikamano Sekondari na sasa Iringo Sekondari.

Jarida limekuwa na matokeo chanya kwangu. Nikirejea machapicho kadhaa mfano; "CHAGUA MAISHA" na "SEMA NAYE" mahusiano na mawasiliano katika mapenzi, Ubunifu Wa Kizalendo No 25, Nguvu Ya Vijana No 28, Balehe Na Makuzi No 29, Nguvu Ya Pesa Na Unyanyasaji No 30, Kujitolea No 31, Nidhamu Ya Kazi No 32, Afya Ya Uzazi Wa Mpango No 33, Kazi Na Uwajibikaji No 35, Afya Na Uzazi Wa Mpango {Mwili Wako Haki Yako} No 36, Vita Dhidi Ya Ujangili Wa Tembo No 38, Kazi Ya Mikono No 40, Mazingira {Uchafu Ni Fedha} No 42, Nguvu Ya Binti {Hedhi Salama} No 43, Kuongeza Thamani Ya Mazao {Ujasiriamali} No 45, Ukutili Wa Kijinsia No 46 na machapicho ya hivi karibuni, faida nilizozipata ni kama ifuatavyo:

**Kujitolea:** Kupitia kazi za Femina nimetambua kwamba kujitolea ni mtaji na sasa nimetenga sehemu ya muda wangu pia sehemu ya kipato changu ili kuwasaidia vijana na jamii yangu.

**Elimu ya afya:** Kupitia jarida la Fema nimepanua fikra na utambuzi juu ya umuhimu wa afya na nimekuwa tayari muda wote kufuatilia afya yangu na kutoa ushauri kwa watu wanaonizunguka ikiwemo kupanga familia.

**Wajibu:** Jarida la Fema limenijenga kutambua kuwa ninayo haki na wajibu wa kutimiza majukumu yangu na kuwafunza wanafunzi na jamii inayonizunguka kutambua wajibu wao katika maisha yao ya kila siku ili kujitelea maendeleo.

**Uongozi:** Jarida la Fema limenijenga kuwa na ushawishi chanya, hivyo mbali na kuwa kiongozi wa familia, mlezi wa vijana na mwalimu pia mimi ni mwanzilishi wa network ya klabu za Fema Mkoa wa Mara (Mara Fema Clubs Federation) na hii imesaidia Femina Hip kutambua mchango wangu na kunitunuku cheti na trophy (tuzo) kama Best Fema Club Network Mentor 2017.

**Uhamasishaji na Ubunifu:** Mbali ya kuwa kiongozi na mlezi wa klab za Fema shule za sekondari maeneo mbalimbali nchini pia jarida la Fema limeniwezesha kuunda jumuiya ya walimu walezi ngazi ya mkoa, hivyo kwa sasa tunafanya kazi kama timu moja.

**Ujasiriamali:** Kupitia semina, vipindi vya redio, runinga na majarida ya Fema nimeweza kuanzisha shamba darasa kwa wanafunzi wangu na kuanzisha pia duka langu binafsi la kuuza nafaka ili kujiongezea kipato na nimetoa ajira kwa watu wawili hadi sasa.

**Uthubutu:** Mara zote nilihofu kufanya jambo au kutoa mawazo mbele ya watu, pengine hata kujitambulisha katika ofisi za umma kuwa nina wazo fulani, lakini kupitia kazi za Femina, nimejifunza, nimethubutu, na sasa nimepewa fursa na ushirikiano wa kutosha na viongozi mbalimbali akiwemo mkuu wangu wa shule, Afisa Elimu, Mkurugenzi pamoja na jamii kwa ujumla. Kwa sasa nikiingia baadhi ya ofisi wananiita mwalimu wa Fema, na hata mtaani pia.

Kwa kuhitimisha, kazi zitolewazo na Femina zimeniwezesha kuongeza ujuzi wa kufundisha kwa kuwashirikisha vijana ndani na nje ya darasa, kufundisha mambo mtambuka hasa yale ambayo hayajainishwa kwenye mtaala, mfano, mila zenye madhara, ujinsia na kuwa karibu zaidi na wanafunzi, viongozi na jamii kwa ujumla. ★

2015

2015

2015

2016

2016



# Mwl. Sifa Samson Sizya ★ Chang'ombe Sec, Dar es Salaam

**F**emina hip is a non-governmental organization which operates in Tanzania focusing on, among other agendas; Citizen Engagement, Economic empowerment and Reproductive health, through its different programs that are aired through Television and Radio specifically *Ruka juu* and magazines.

My journey towards familiarizing with Fema started during my studenthood at Umoja Secondary School, all the way back to 2001. I was thrilled by fellow students who had been bringing and reading Fema magazines by then, taking them from Dar es Salaam to Umoja Secondary School in Nzega. My passion towards learning and reading Fema magazines grew from there, and I developed my interest in reading them, since most of the topics presented are inspirational and I really love them particularly reproductive health due to its importance to human development and students and, actually Reproductive health topics opened my eyes to see issues that I was not aware of before.

Firstly, Fema magazine helped me in broadening the scope of topics, when teaching civics subject, in the areas on constitutions for form two in support of Fema magazines of October-December 2011 clearly explained on the issues of constitutions, magazine no 37, similarly it stressed on general elections and ways in which people may participate peacefully. Under the same note, I educated my students on the importance of voting and registering for voting, which was successful, where in 2015 students were able to get registered from Chang'ombe Secondary School and effectively participated in voting.

Secondly, Fema magazine exposed me on reproductive lessons, such as safe menstruation. One of the troubling moment was the time when one of my students had signs of endometriosis, but with the assistance of Fema magazines No 44 page 57, and (magazine no 24 &33), counseling and guidance, I was able to assist the student, guided her to see the Doctor, eventually, she was diagnosed with simple fibroids and chronic UTI, hence, I was able to rescue her.

Thirdly, learning about economic empowerment, through magazine and a book of *Jenga Maisha Yako* in 2017, as a club, we managed to start a small garden in our school through the Girl Power DREAMS Project. This inspired other students who later initiated their home gardens and was a big surprise to some parents for such huge personal transformation. For example Elizabeth Hydrom was the icon on this, together with other students who started their own businesses like Farida Ayoub and Florian Mapera, this was due to the exposure from Fema magazine no 27, 44

Appreciating and recognizing individual differences and their talents is important, not only to a teacher, but as a mentor, counselor. As a guardian, I was able to identify students' abilities and talents like dancing, poem writing, drawing and fashion designers as well as public speakers. It is my duties and my passion to see my students prosper and promote their talents, I managed to link some talented students with prominent fashion designer and TV show hosts, for example Mwanaidi Gora a student was connected with the biggest fashionist Kulwa Mkwandule. On the other hand, I was able to connect with Vanessa Mbinga (Talented Public speaker) with Lillian Kamazima, who also recognized her potentials and made an interview with her, on Sat August 11, 2018 and was broadcast through Clouds Television. This was a new chapter for Vanessa to be interviewed by Tanzanian star, and Miss Tanzania, on her TV (magazine no 21, 25, 28, 29, 34, 35, 45, 47).

Conclusively, with Femina Hip products, I can easily and confidently address issues and transformed my life completely. Thank you to Femina Hip you are amazing!! ★



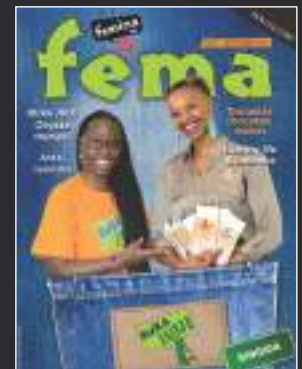
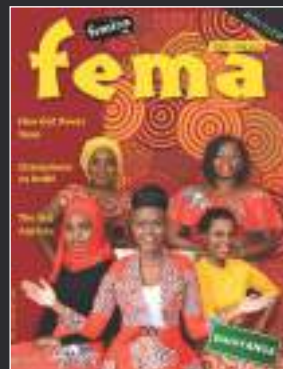
2016

2016

2017

2017

2017



**N**itumie nafasi hii kumshukuru Mwenyezi Mungu kwani amekuwa msaada mkubwa kwangu kwa kila jambo ninalolifanya. Pia nishukuru timu nzima ya Femina Hip kwa kazi nzuri mnazozifanya kwa jamii ya Kitanzania. "MUNGU aibariki kazi ya mikono yenu."

Kitu kikubwa ambacho najivunia kutoka Femina Hip ni ile "Nguvu ya Motisha". Siyo ukosefu wa maarifa ndiyo unaoweza kumfanya mtu asifanikiwe bali ni ukosefu wa nguvu ya hamasa (Power of motivation). Mafanikio huja kwa kupenda unachokifanya. (Big up Femina Hip)

Bidhaa za Femina Hip ambazo nimekutana nazo tangu niwe mdau na mkereketwa wa FEMINA ni nyingi, kwa uchache naweza kuzitaja kama ifutavyo: Majarida ya Fema, vipindi vya Fema radio, vipindi vya televesheni maarufu kama (Ruka Juu TV Talk Show) mitandao ya kijamii na machapisho ambayo hutolewa mara chache sambamba na jarida la Fema kwa malengo maalum. Machapisho hayo ni kama; Chagua maisha, Si Mchezo!, Sema Naye, Jenga Maisha Yako, Linda Maisha Yako na mwongozo wa kujifunza kwa kushiriki.

Ileweke kuwa bidhaa zote hizo zimekuwa dira, mwongozo, heshima, mahusiano mazuri na yenye tija kati yangu na kazi ya ualimu, ulezi na ushauri kwa vijana wangu na jamii kwa ujumla.

Femina Hip imenifanya niwe na marafiki na kujulikana ndani na nje ya nchi, mathalani, ubalozi wa Irish, wabunge wa Irish (wawakilishi), viongozi wa wilaya, mkoa, waandishi wa habari, walimu walezi wenzangu kupitia matamasha, mkutano wa walimu walezi, na mkutano wa vijana kitaifa (Youth Conference). Hii imetokana na nguvu ya hamasa ya kutaka kujitolea zaidi bila kujali malipo. Nilipopewa heshima ya kuwezesha mada ya kuandika andiko la mradi (Proposal writing) sijawahi juta tangia 2005 kwa mara ya kwanza kuanzisha klabu ya Fema katika shule ya Sekondari Sogesca iliyoko wilaya ya Busega kwa sasa mkoa wa Simiyu.

Nilijifunza kuthubutu, ushindani, udadisi na kujitolea. Kwa mfano, 2015 nilikuwa shule ya sekondari ya wasichana Kagunguli iliyoko wilaya ya Ukerewe, Mwanza, nilianzisha wazo la kuwa na bustani ya viazi lishe, wazo hilo lilizaa wazo jingine la ubunifu la kuongeza mnyororo wa thamani (value addition chain), ambapo waliongeza thamani ya viazi lishe kwa kuzalisha bidhaa kama, unga wa lishe, kupika maandazi, uji na crisps za viazi. Najivunia kuwa mjasiriamali kwani, niliongeza thamani ya kazi yangu ya ulezi na kuaminika katika shule hiyo ya masista wa kikatoliki.

Vilevile, kupitia jarida la Jan-March 2017 lenye maudhui "Uchafu ni Pesa", binafsi nilijifunza kuwa mwanaharakati kwa kuchukua hatua ya kukusanya taka laini na ngumu mitaani kwa kushirikisha vijana wangu, na kuifanya wilaya yetu bila uchafu inawezekana. Baadhi ya taka ngumu ilikuwa ni chupa za plastiki tupu ambazo hutupwa ovyo na kuwa uchafu, hivyo kwetu ilikuwa dili, baada ya kuzikusanya tulizitumia kujengea ofisi ya kisasa ya klabu ya Fema Misungwi ambayo imekuwa kivutio kikubwa kwa Tanzania na nje ya Tanzania. Ni furaha kwangu na motisha tosha kusema kupitia Femina Hip na bidhaa zake nimeweza kuleta mabadiliko chanya kwangu.

Mwisho, naomba niseme kupitia mikono yangu ya ulezi wa klab za Fema mahali nilipopita nimeweza kuwatoa vijana wengi ambao wengine ni viongozi, lakini hawa wafuatao wamenifanya nizidi kufarijika zaidi; George Dickson ambaye alikuwa balozi wa Fema Shule ya Sekondari Misungwi 2016-17, amepata udhamini wa kwenda China kusomea kozi ya mavazi na mitindo kwa miezi sita, na William Chusi ambaye alikuwa mwenyekiti wa klab na kipaji cha muziki kiliibuliwa, kwa sasa anashiriki kwenye mashindano ya kutafuta vijana wenye vipaji liitwalo, Imba na Mimi Dar es Saalam.

Haya yote ni mafanikio makubwa yaliyotokana na mahusiano mazuri kati yangu na wanafunzi wangu, jamii inayozunguka na ushirikiano mkubwa uliopo wa kutaka kuona mabadiliko chanya yanatokea. Waswahili wanasema "Hakuna heshima isiyokuwa na gharama, kujitolea nako ni gharama." ★

2017

2018

2018

2018

2018



# Miaka 20 ya Femina Hip



Raphael

Victor

Julie

Gloria

Baraka

femina  
hip

# SI MCHEZO!