

Galz & Goals – ETAMEKO LOSHIKAKO - Epekepeko lovadanauki

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PRE

Epekepeko eli otali tu kwafele tu ude ko ngehene oproyeka yoGalz & Goals tai wanifa po eemhumbwe doye di na ko nasha noundjolowele woye. Kembadala wu nyamukule paushili. Ngeenge opu na epulo ito dulu oku li nyamukula, oto dulu oku li fiya po.
Omanyamukulo aeshe okwa amenwa. (Oshiholekwa)



Efiku (efiku/omwedi/odula)													Oshitopolwa omu u li														
Edina lofikola yeni													Ou li mongapi?														
Edina longudu yeni													Oho dana molihla ili pi?	U13	U15	U17	U20										

Owa shiiva shike? *Lesha nawa omatumbulo taa landula. Oshi li mondjila ile osha puka? Didilika enyamukulo loye* ☒.

- Ngeenge owu na ashike omulumenhu wumwe, ito kwatwa koHIV ile omikifi dilili domomilele. EHENO AHAWE
- Ovakainhu/oukadona ove li moshiponga sha kula shokukwatwa koHIV ngeenge ova yi momilele inava longifa okondoma, shi dulife ovalumenhu/ovamati. EHENO AHAWE
- Ito ningi eteelelo ngeenge owa nangala nomulumenhu oshikando shimwe ashike. EHENO AHAWE
- Oto dulu okukala noHIV eedula dihapu ito vele. EHENO AHAWE
- Kape na eshi omukainhu e na oHIV ta dulu okuninga a amene okahanana kaye ka ha kwatwe kombuto. EHENO AHAWE
- Ngeenge ou na eedula 16 oto dulu okukonakonwa oHIV pe he na ovakulunhu voye. EHENO AHAWE
- Ngeenge tashi ya koHIV, okunangala nomulumenhu e ku dule osha nika oshiponga shi dulife okunangala nomulumenhu wepipi loye. EHENO AHAWE
- Ohandi dulu okumona omauyeleele kombinga yoHIV, nomauyeleele a wedwa po e na ko nasha noundjolowele wange nokukeelela omateelelo inaa longekidwa. EHENO AHAWE

Kala u na eshiivo leendunge doye! *Oto dulu okudimbulula imwe yomwaai tai landula? Lesha etumbulo keshe nawa ndee to didilike enyamukulo loye noka* ☒.

- Ngeenge oto lipula naashi sha fimana monghalamwenyo yoye paife, oshixolelwa sho...
 OKULONGIFA ONDAKA YOYE OKUTULA PO OILALAKANENWA OKUKALA WE LI LONGEKIDA
- Ngeenge oto lipula noshilanduli omanga ino ninga etokolo, oshixolelwa sho...
 OKUKALA WU SHI OMUDINGONOKO WOYE OKULIKONDOLOLA NOKUKALA U NA OMUKUMO OKUKALA NOVANHU AVA TAVE KU YAMBIDIDA
- Okukalela po eshi wa itavela musho oshixolelwa sho...
 OKUKALA WE LI LONGEKIDA OKULONGIFA ONDAKA YOYE OKULIKONDOLOLA NOKUKALA U NA OMUKUMO
- Okutula po omulandu wokulihonga opo u kale komesho moilongwa yoye yofikola oshixolelwa sho...
 OKULONGIFA ONDAKA YOYE OKUTULA PO OILALAKANENWA OKUKALA WE LI LONGEKIDA
- Okukala peumbo to li deulile oudano nande vakweni va ya koshivilo, oshixolelwa sho....
 OKUKALA WU SHI OMUDINGONOKO WOYE OMUKUMO OKULONGIFA ONDAKA YOYE
- Okukala u na omunhu umwe monghalamwenyo yoye he ku yambidida ngeenge u na omaudjuu, oshixolelwa sho...
 OKULONGIFA ONDAKA YOYE OKULIKONDOLOLA NOKUKALA U NA OMUKUMO OKUKALA NOVANHU AVA TAVE KU YAMBIDIDA

Galz & Goals – ETAMEKO LOSHIKAKO – Epekepeko lovadanauki – Tali twikile

Oto ti ngeipi? *Lesha nawa omatumbulo taa landula. Oto tu kumwe nao ilo ito tu kumwe? Didilika enyamukulo loye noka* .

15. Mekwatafano pokati komulumenhu nomukainhu, aveshe vavali otava dulu okuninga omatokolo a fimana pamwe. OSHO HASHO KANDI SHI SHI
16. Efimbo limwe omulumenhu oku na oufemba okudenga omukainhu waye. OSHO HASHO KANDI SHI SHI
17. Okaadona otaka dulu okukala nomumati ihaka nangala naye. OSHO HASHO KANDI SHI SHI
18. Kandi na naanaa oudjuu okukala mokati kovanhu ve na oHIV. OSHO HASHO KANDI SHI SHI
19. Ngeenge ondi li mokangudu navakwetu, ohandi mono shi li nawa ndi ninge eshi navo tava ningi. OSHO HASHO KANDI SHI SHI
20. Ngeenge onda ningi etokolo, ohandi li shikula. OSHO HASHO KANDI SHI SHI
21. Ohandi dulu okulitulila po oilalakanenwa ndee handii hange. OSHO HASHO KANDI SHI SHI
22. Kandi na naanaa oudjuu okupula ekwafo ngeenge kandi shii kutya nandi ninge ngeipi. OSHO HASHO KANDI SHI SHI
23. Ohandi fi ohoni okupula omumati wange a longife okondoma. OSHO HASHO KANDI SHI SHI
24. Ohandi tila okukundafana nomupangi kombinga yokukeelela eteelelo. OSHO HASHO KANDI SHI SHI
25. Ngeenge onda monika oHIV, ohandi dulu okulombwela ovakwanedimo vange. OSHO HASHO KANDI SHI SHI
26. Ngeenge ndi li nookaume kange, ohandi dulu okutyapula inandi nwa omalodu. OSHO HASHO KANDI SHI SHI

Lwaxuuninwa... *Otwa hala tu ku pule omapulo kombinga yoye mwene noproyeka yoGalz & Goals.Kape na nande ou ta dulu okumona ngeenge oove wa nyamukula, onghene manguluka mokuyandja omanyamukulo. Didilika enyamukulo loye noka* .

27. Owa dana nale oudano wokatanga kokeemhadi moshikako sha dja ko? EHENO AHAWE Itandi dulu okunyamukula
28. Ongudu yeni oya kufa ombinga moudano wo Galz & Goals oshikako sha dja ko? EHENO AHAWE KANDI SHI SHI
29. Omudeuli weni wo Galz & Goals oha yandje oshixolelwa shi li nawa kovadanauki? EHENO AHAWE Itandi dulu okunyamukula
30. Ope na umwe meumbo leni he ku tu omukumo u kufe ombinga moudano? EHENO AHAWE Itandi dulu okunyamukula
31. Ou na omumati? EHENO AHAWE Itandi dulu okunyamukula
32. Ope na umwe e ku pulile u nangale naye? EHENO AHAWE Itandi dulu okunyamukula
33. Owa konakonwa oHIV? EHENO AHAWE Itandi dulu okunyamukula
34. Owa nangala nomulumenhu moule weemwedi 12 da pita? EHENO AHAWE Itandi dulu okunyamukula
35. *Ngeenge owa nangala nomumati: Omwa longifa okondoma oshikando shaxuuninwa mwa nangala pamwe?* EHENO AHAWE Itandi dulu okunyamukula/
Inandi nangala nomumati
36. Ookaume koye ohava nu omalodu? EHENO AHAWE Itandi dulu okunyamukula
37. Owa nwa omalodu momwedi wa dja ko (momafiku 30)? EHENO AHAWE Itandi dulu okunyamukula