



*a nyolwa ku **Salma Hegga**, nekwatho lya **Gina Ziervogel** na **Margaret Angula***

**Opoloyeka ya odheka okuhwepopeka oonkalo dhaakalimo yomiitopolwa hayi mono omvula ya nkundipala tayi fupipikwa nedhina (ASSAR). Shika otashi ningwa mokuuvithako aantu ya taambe ko yo ya igilile omalunduluko gonkalo yombepo, ya tseye omikalo dha yoolokathana dhoka taa vulu okulongitha moonkalo dhi ili nodhi ili opo kaaya ye moluhepo.**

Iitopolwa yuukututu wopokati moNamibia ohayi mono omvula tayi tengauka noya taalelwa komashongo omanene ngaashi oshikukuta shembwengelela, efundja nopoopito odhindji otashi vulika iitopolwa mbika yi kale ya pupyala noonkondo. Elelo lya nkundipala nokukala pwaa na uuthikepamwe pomithika dhi ili nodhi ili oyo yimwe yomwaambyoka ya ningi aantu iihakanwa yoonkalo dhika dha nika oshiponga. Onkalonawa nuuhupilo waantu oyendji miitopolwahogololo ngaashi moMusati ohawu uthwa komuloka gomumvo kehe oshoka aakalimo mbaka ohaa hupu miimeno mbyoka haa kunu momapya osho wo mokutekula iimuna noyendji yomuyo kaye na naanaa iilonga yomupondo okwiimonene iiyemo pashimaliwa. Nonando shi li ngaaka, onkalo yombepo oyo owala hayi utha iizemo nenge eteyo lyaashoka taa kambadhala unene tuu sho epangelo poopito odhindji lya ndopa okugandja omakwathelo mpoka sha pumbiwa. Onkalo ndjika oya tula aakalimo moluhepo olunene, tayi eta etaandelo lyomukithi gwaa na epango (HIV/AIDS) li ye pombanda. Ehwata lyomaupyakadhi ngaka otali eta oluhepo moshilongo unene tuu ngele tashi ya kiipalutha oshoka olundji aanamapya otaa kunu momavi gaa na uuho niikumomwa yawo ohayi pele.

## EFALOMO

- ❖ MuMaalitsa gwomumvo 2016 okangundu kaaningi yomapekaapeko gena sha nomamakonaakono gonkalo yemona lyiishuna nonkalo yoluhepo muumbangalantu wAfrica (ASSAR) oka ningile oshigongiilonga uule womasiku gaali moshitopolwahogololo shaOmusati moNamibia.
- ❖ Moshigongiilonga omwa li aanambelewa yepangelo, iilyo yokangundu kehumokomeho miikandjohogololo (CDC), aakwashwana, iilyo ya za komahangano gaanafaalama, endiki lya tulwapo okukwathela aanamikunda, omahangano ga yama kepangelo osho wo aalongwantu yi ili noyi ili.
- ❖ Elalakano lyoshigongiilonga olya li okuuvithako aantu kombinga yoonkalo dhoka hadhi etele/fala aantu moluhepo uunene tuu ngele tashi ya konkalo yevi ongonzo pawutshitwe hayi longithwa okwiimonena iikulya. Shika osha ningwa opo ku talike komikalo dhoka tadhi vulu okulongithwa opo ku hwepopalekwe omaupyakadhi ga palamena aakalimo yomiitopolwa mbika.
- ❖ Muule womasiku gaali, aapekaapki oya longitha omukalo gokukonaakona nkene mboka kaayena oonkondo yeli moshiponga gwehangano lyo [Oxfam](#) mokulandula oonkantu dhi li ne ngaashi:
  - ❖ Omakoonaakono gopetameko kaantu mboka kayena oonkondo/nenge yeli ihakanwa,
  - ❖ Omakakonaakono gomuule gondjila ndjoka ya kwatakanaitha omashongo,
  - ❖ Omakonaakono gomuule gomikalo nkene aantu yena okuhupa,
  - ❖ Ekwatakanitho lyaashoka sha monikwapo momapekaapeka noompito dhoka dhilipo.

# IIZEMO YEKONAKONO SHI NA SHA NONKALO YOLUHEPO NOONKALO DHA NIKI OSHIPONGA MOSHIGWANA

Omapulaapulo gopakana ngoka ga li ga ningwa manga aantu inaya ya moshigongiilonga oga kwathele okangundu kokuninga omapekaapeko mokutothamo oonkalo dha nika oshiponga osho wo omaupyakadhi ga guma aantu yopomithika dha yoolokathana moshigwana osho wo shoka haa ningi opo yi imonene omahupilo. Oshitopolwa shotango, okangundu konaakoni (KG) oka ngundupike aakuthimbanga muungundu omulongo (10) pamithika dhawo.

Okangundu oka totha mo wo omaupyakadhi (iikumungu) noonkalo dha nika oshiponga dhi li omulongo nandatu dhoka ka li ke wete dha vuka uunene moshigwana nodha pumbwa eyidhopo mo lyomeendelelo. Konima yaashika, okangundu oka ningi omakonaakono kombinga yankene aantu yopomithika dhayoolokathana ye na owino/uunongo wokwiigamena kiinima ya nika oshiponga momidhingoloko dhawon nankene taa vulu oku yi dhimbulula. Shika osho sha wilike mokudhimbulula aantu mboka ya pumbwa omayambidhidho gi ili nogi ili nomolwashike. Engundupiko ndika olya li lya ningwa shi ikwatelela konkalo yomuntu yesiku kehe nomayooloko gopankalathano moshikandjohogololo shaOnesi moshitopolwahogololo shaOmusati. Konima yomapekaapeko, okangundu komakonaakono gomuule oka ningi engongo lyomathanekodhilaadhilo ge na sha noonkalo yoluhepo noonkalo dha nika oshiponga pomithika dha yoolokadhana moshigwana.

## Okutaalela nokuningwa oshihakanwa koonkalo dha nika oshiponga

- Oshikukuta nomvula ya nkundip:** Aanafalama yokomikunda mboka haa kambadhala okumuna iimuna osho wo okukuna iiyimati niikwamboga opo ya gwepopaleke onkalo yawo yopamahupilo oyo ye li ya ninga po omwaalu omunene gwaamboka ya ningi iihakanwa yonkalo ya nkundipala pamahupilo. Shika oshe etwa konkalo yomoloka gwa nkundipala uule woomvula omulongo nantano dha ka pita noshe eta aanafalama mbaka ya kanithe omiyalu ominene dhiinamwenyo yawo neteyo lya nkundipala. Omolweteyo lya nkundipala aanafalama mbaka oyendji koshikogo ohaa thiki ko nomagadhi/omashisha taga inyengithwa nokoshipepe.
- Efundja nomvula yoshikungulu:** Aanafaalama yokomikunda oya ninga wo iihakanwa ngele tashi ya kekanitho lyiilikolonwa yawo omolwefundja noyendji oye na uunongo uushona lela kombinga yaashoka ye na okuninga uuna efundja lya holoka. Iimeno yawo ohayi kala kofi yomeya notashi eta eteyo lyomumvo ngoka li kale lya nkundipala nenge nokuli ya kale inaa kutha mo nande osha momapya gawo. Aaniikunino yiyumati niikwamboga okwa konekwa ihaa gumwa naanaa uunene konkalo yefundja oshoka oyendji yomuyo oye na uunongo kombinga yaashoka ye na opo iimeno yawo yaa kungululwe komeya ngaashi okuninga ominkanka dhokutondoka omeya ga ye noondjila dhago, okutunga omakuma gokukeelela omeya gaa ye miikunino yawo okuza komahala galwe, ohaa yanda wo okuninga iikunima yawo pomahala mpoka hapu talama omeya.
- Uuyeleele kombinga yonkalo yombepo waa po:** shika oshimwe shomomikundu ominene dha taalelwa kaanafaalama yopetameko/yomomikunda mboka yi kolelela ashike koonzo dhopawushitwe oshoka olundji ihaa kala ye na shoka ye shi kombinga yonkalo yombepo omumvo ngoka. Shika oshe eta ya kale yi ilongekidha ya mana mo (mokwiilongekidha muka otashi vulika ya longitha nokuli omiyalu dhiimaliwa oyindji) yaa na owino ngele onkalo yombepo itayi ka pika kulongwe iipalutha omumvo ngoka nenge iinamwenyo yi hupe.
- Ompumbwe yoombeleva dhuunamapya nuuniimuna miitopolwa:** aakwashigwana mboka haa mono oshimaliwa okupitila moshiketha shepangelo nenge momahangano goohandinwe sha nuninwa okukwathela mboka ye li moluhepo osho wo aantu mboka taa lumbu nombuto/nomukithi go-HIV/AIDS otaya lumbudhwa omayeleele ge na sha nuunamapya nuuniimuna oshoka poompito odhindji itaa vulu okweenda iinano iile okuya koombelewa dhuunamapya nuuniimuna miitopolwa yawo. Ompumbwe yiilongitho osho wo omwaalu gwaanambeleva omushona moombelewa dhuunamapya nuunimuna miitopolwa opo ku andjagakanekwe omauyeleele oyo yimwe yomomashongo omanene ga palamena aakwashigwana. Aakwashigwana mbaka kaye na wo iiyenditho oku ka tala aanambeleva noku ya shuna ko uuna ya pumbwa omayakulo gawo.
- Omayitaalo gopamuthigululwakalo nehumokomeho (nomikalo omipe):** Konyala aantu oyendji oya taamba ko omikalo omipe dhokumuna iimeno niinamwenyo osho wo elongitho lyiinima yopaungomba. Nonando ongawo yamwe yomuyo unene tuu aakokele uuna yi iyadha mengwangwano ohaa shuna komikalo dhawo dhopamuthigululwakalo.
- Omalanditho gangambekwa:** Molwonkalo yomayambidhidho ga nkundipala okuza kepangelo okukwathela aanafalama yomomikunda opo ya landitha iilikolonwa yawo yomomapya osho wo iimuna yawo koondando dhi li nawa. Shika oshi li omukundu omunene kaanafaalama mbaka.
- Elongitho lyomikalo niilongitho iipe noyopaungomba lyankundipala:** Okangundu ko-KG oka dhidhiliike kutya omwaalu omunene gwaanafalama ogwa taamba ko omikalo omipe noye dhi tula miilonga nale nokuli. Aaniikunino oya ulike eyitulemo li li pombanda moshinima shika.
- Onkalo yuupyuu wu li pombanda:** Okwa konekwa onkalo yomutenya/yuupyuu wu li pombanda ohayi gumu nayi aanafaalama osho wo aalikoli yomagungu/omayenkowe moshitopolwa. Uuna kwa pyupyala noonkondo ohashi vulika ku kale omamvu nuupuka wiimuna nowiimeno. Uuna kwa pupyala omayi gomayenkowe/gungu ohaga topa manga inaga tendulwa. Uuna kwa pupyala aakuluntu naamboka yaa na naanaa omaukolele gi ihwa po itaa vulu okulonga oowili odhindji momapya. Mboka wo haa landitha iiyimati niikwamboga uuna ku na uupyuu iilikolonwa yawo ohayi ningi nayi manga inaye yi landitha po.





# Ekonaakono lyomuule komikalo adhihe nkene aantu yena okuhupa

Oshitopolwa oshititatu moshinyangadhalwa shika osha li sha tala komikalo tadhi opalele mokukondjitha omikundu dhika nokukwathela aakwashigwana moku ya pukulula noku ya longa kombinga yomikalo dhopamadhilaadhilo tadhi opalele mokwiigilila oonkalo oombwinayi paliko nopankalathano.

## Okangundu kotango (iiholelwa): shoka omuntu ta vulu okuninga kombinga yoshikukuta nomutenya gwamemaakukwe

### 1. Omikalo nkene tatu kandula po ompumbwe yiikulya

- Naku ningwe oompungulilo dhiikulya momikunda oshihuelwal.omunamukunda kehe na gandje olata yiilya kaandjamwene gomukunda yi pungulwe. Opo ku kwathelwe mboka ihaa thiki ko koshikogo nuupu.
- Naku longithe omikalo dhingi dhomakwatathano pokati kaakwanezimo nayalwe nkene taa vulu okwiimonena iipalutha noshowo okupingakanitha (okukumana) iimunaa (ngasshi oongombe) niikulya.
- Nakukongwe omakwatho okuza kaakwanezimo osho wo kepangelo uuna omililo tadhi dhimmi momagumbo.

### 2. Eyindjipaleko lyiilikolomwa yomomapyo neshunitho pevi lyoshipele

- Naku hwahwamekwe aantu ya kune iimeno mbyoka ihayi tila omutenya nenge hayi pumbwa omeya omashona.
- Aantu naa kune iimeno (niilya) /oombuto mbyoka hayi imi nokupya mbala.
- Aakwashigwa ya hwahwamekwe ya kune oombuto ngaashi "okashana" hoka haka koko nokwiima muule wethimbo ehupi.
- Nakulongithwe omikalo dhuunamapyo dhoka tadhi kalekepo evi
- Etekelo lyiimeno.



### 3. Omikalo tadhi kwathele mokuninga omuniimuna dhingi

- Okutekela iimeno shi indjipaleke iikulya yiimuna.
- Topola uunapelo woye miitopolwa opo iimuna yoye yi nape owala moshitopolwa shimwe pethimbo.
- Kambadhala wu landithe po iimuna yoye yimwe uuna wa mono tayi indjipala notashi vulika uunapelo tawu shonopala.

### 4. Omikalo tadhi vulu okulongithwa opo ku hwepopekwe ompumbwe yomeya pethimbo lyokwenye/lyoshikukuta

- Ondama ya-Etaka nayi thewe yi ye muule opo omvula ngele tayi loko opo kuteywe omeya ga gwana okulongithwa pethimbo lyokwenye.











Hugunina ongundu yaakwashigongi oya tala kushoka tashi vulu okuningwa mokukandeka nenge mokuhwepopeka oonkalo dha zi nokuhokololwa. Shika osha ningwa mokugandja omathaneko nankene aakwashigwana ye na okukala yi ilongekidhila omashongo gopawushitwe nogopankalathano pamithika dha yooloka ngaashi pomukunda, pashikandjohololo nosho tuu. Ongundu oya tala kiinima ngaashi: 1) kugandjwa emwethemo lya gwana kombinga yomikalo dhokuhwepopeka nenge okuya okukuta moshipala, 2) ku longithwe oondama dhomevi opo ku hwepepekwa onkalo yefundja moshitolwa, 3) eyandjagakaneko lyomayebele ge na sha nonkalo yombepo ya adha kehe gumwe.

litopolwa	(1) Omikalo dhokuya oshikukuta moshipala	(2) Elongitho lyoondama dhomevi mokukeelega	(3) Eyandjagakaneko lyomayebele kombinga yonkalo
<b>Shiikwatelela komaliko</b> <i>Shoka shi na okuningwa opo ku adhike oondungethano?</i>	<ul style="list-style-type: none"> <li>◆ Okwiindjipaleka omiyalu dhiilongitho yuunafaalama.</li> <li>◆ Okukonga nokukalekapo oonzo dhopashimaliwa.</li> <li>◆ Okulonga pamuhanga / pamukalo goshihangakana hol.Okakungungu (aantu taa longo yo taa pewa okulya) Ondjambi (aantu otaa longo opo ya new iikunwa wopamuthigululwakalo).</li> <li>◆ Okulongitha omeya gomokanaala nondama yOlushandja muunamapya nuuniimuna.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Omakwatho gopashimaliwa.</li> <li>◆ lilongitho niikwamashina.</li> <li>◆ lilonga ngaashi aaniilonga neeindjiniya</li> <li>◆ Evi lya gwana.</li> <li>◆ Aatseyinawa/aanawino miinyangadhalwa yo odheka okweeta po iiyemo.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Okwiindjipaleka omuyalu gwaanambeleva yuunamapya nuuniimuna.</li> <li>◆ Epangelo nali gandje oshimaliwa sha gwana koombeleva dhuunamapya nuuniimuna omumvo kehe.</li> <li>◆ Okuulika nokufatululila aakwashigwana omalalakano gaanambeleva yuunamapya nuuniimuna miitopolwa/miikandjohogololo.</li> <li>◆ Okuninga iigongiilonga momikunda.</li> </ul>
<b>Omahangano omayambidhidhi</b> <i>Omakwatho/omayambidhidho geni ga pumbiwa opo shika shi ningwe?</i>	<ul style="list-style-type: none"> <li>◆ Omahangano omayambidhidhi opo ge li na aga pumbwa ashike eyambidhidho opo ga omalalakana gago hol. VDC, ookomitiye dhaanafaalama, MAWF no-DRMC).</li> <li>◆ Naku kwashilipalekwe kutya aanambeleva yuunamapya nuuniimuna oye na iilongitho niikwathitho ayihe taa pumbwa ya gwana ethimbo kehe.</li> <li>◆ Namwater na gandje wo omayambidhidho.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Epangelo.</li> <li>◆ Omahangano ga yama kepangelo naagandja yooshali.</li> <li>◆ Aanangeshefa</li> <li>◆ Omalelo gopamuthigululwakalo naakwashigwa koonono.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Ku kwashipalekwe kutya aakulupe naanuulema oya mona wo omayakulo nomayebele ngaashi yalwe.</li> <li>◆ Okumwethano aanenentu miitopolwa ngaashi ookansela nooyeni yomikunda ya kuthe ombinga mokwaandjaganeke omauyebele ge na sha nonkalo yombepo.</li> <li>◆ Omikalo dheyandjaganeke lyomayebele ge na sha nonkalo yombepo.</li> </ul>
<b>(Omauyebele nuunongo)</b> <i>Omauyebele geni geli po noga pumbiwa?</i>	<ul style="list-style-type: none"> <li>◆ Aanafalama oya pumbwa omauyebele taga endeleva pamwe nethimbo.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Okuhogolola ehala nokuninga omakonaakono lyomudhingololoko.</li> <li>◆ Owino mokutunga nokukalekapo ondama.</li> <li>◆ Omikalo tadhi ka longithwa okweetapo iiyemo.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Aanambeleva yuunampya nuunimuna ya gandje omauyebele ge na sha nonkalo yombepo kaanafalama.</li> <li>◆ Etengeneke lyonkalo yompebo lyi kale lyo odheka iitopolwa.</li> </ul>
<b>(okweetapo omikalo omipe)</b> <i>Oowino nomaunongo geni gopaungomba ga pumbiwa okulonga iilonga mbika?</i>	<ul style="list-style-type: none"> <li>◆ Uunongo kombinga yomikalo omipe dhokumuna iimuna niimeno.</li> <li>◆ Elongitho lyiimeno omaludhi gi ili nogi ili.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Oondama nandhi tungwe momukalo ngoka tadhi vulu okukaleka omeya ga yela.</li> <li>◆ Okuningila oondama olugumbo.</li> <li>◆ Oopoloyeka dhokukonga iimaliwa.</li> </ul>	
<b>Okwiilongekidhila omashongo</b> <i>Omilandu dhini dhaa pumbiwa okukandulapo omikundu tadhi tsakanekwa?</i>	<ul style="list-style-type: none"> <li>◆ Naku totwe po omahangano gopamuhanga ga kwathele melanditho lyiilikolomwa.</li> <li>◆ Aanamapya yi iyuthe kethimbomunvo tali opalele iimeno mbyoka ya hala okukuna.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Okangundukalekipo (aakwashigwana yomoshitolwa, kansela ,MAWF, omugandjimayebele,no-RWS).</li> </ul>	



## Ehulitho niitsa yamonikwapo momapekaapeko yina oshilonga

Aapekaapeki yo-VRA oya kwathele aantu yopamithika dha yoolokathana kombinga yoonkalo dha yoolokathana tadhi hepeke aakalimo yomoshitopolwa shokOmusati nankene taa kwathele mboka ya pumbwa omakwatho gopankalathana. Shika oshe ya kwathele ya kale ye na omukumo mokukutha ombinga nokuninga omatopolo ge li muuwanawa waantu mboka ya pumbwa ekwatho. Aapekaapeki mbaka oya kwathele aatotiveta naanngi yomatokolo pamithika ngaashi miikandjohogololo, miitopolwa moshilongo kombinga yaashoka shi li nenge tashi holoka kwaamboka ye li kuushayi nohaa longitha oonzo dhopaushitwe mokwiimonena iipalutha. Aakwashigwana ya kale ye na uunongo wu na sha nelunduluko lyonkalo yombepo nankene omalunduluko ngaka taga vulu okunkundipaleka iizemo muunamapya nuunimuna. Iikandjohogololo oyi na okangundu ke na sha nehumokomeho moshikandjohololo. Okangundu oke eta po omikalo dhokukundathana nokutala kiinima ya pamba oshigwana moka kehe guni ta kutha ombinga.

Omauyeleele ga gongelwa kaapekaapeki yo-ASSAR kombinga yonkalo yoluhepo nomashongo ga taalela oshigwana ohaga longithwa mokugandja euveko kaakwashigwana miinima ya nika onkalo yonkalo yombepo naashoka tashi vulu okuningwa monakwiiwa okuhwepopeka oonkalo dhaakwashigwana. Omashonga ga kundathanwa otaga ka talululwa mule moshigongiilonga kwa dhilaadhilwa shi ka kale ko muMay nomuSeptember omumvo ogo tuu ngula (2016).



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