

# ENKONDOPEKO LYAAKWASHI- GWANA OKUUNGAUNGA NOMA- HEPEKATHANO GUUKASHIKE- KO-OKANTU TASHI PITILE MAAKWASHIGWANA



**Gender Research & Advocacy Project**  
**LEGAL ASSISTANCE CENTRE**  
Windhoek, Namibia, 2008



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# EFALOMO

***Natu tye ando ondunda yu udha aantu taya popi. Owa yi mondunda moka ndele e to kambadhala wu popye opo aantu ye ku uve kombanda yekudhilo, ashike kapu na nando ngu e ku uvite.***

Efano otali tongonona oompata kombinga yomahepekathano guukashike-ko-okantu muNamibia. Opu na “ekudhilo” olindji kombinga yehokololo, kehe gumwe ota popi, ashike oshike tashi uvika? Kehe gumwe ota vulu okuhokolola ehokololo kombinga yoshinima shomahepekathano guukashike-ko-okantu, kehe gumwe oku na etompelo kutya omolwashike ta dhiladhila haga holoka, ashike iikolokosha inayi shunithwa pevi. Shino otashi holola kutya omaupyakadhi goshili niyetithi inayi dhimbululwa natango nokupopithwa.

Mo-2008, o*Gender Research noAdvocacy Project* po*Legal Assistance Centre* oya wilike iigongiilonga miitopolwa 13 muNamibia alihe nonkambadhala okuyoolola omidhi dhimwe dhiiyetithi yomahepekathano guukashike-ko-okantu. Elalakano lyiigongiilonga olya li okupititha po uuthitamatsi nekudhilo lyewiliko lya puka kombinga yomahepekathano guukashike-ko-okantu, opo ku hololwe onkalo yolela nokuyambidhidha aanamikunda yu ulike omatokolo gokukelela omahepekathano nga taa vulu okutula miilonga, shi ikwatelela keuvoko lyawo lyo-mikundu ndhi dhi li momikunda dhawo.

Aalumentu naakiintu ayehe oya li ya hiywa kiigongi molwashoka ayehe oye na okulongela kumwe, opo e-kandulopo lyomahepekathano guukashike-ko-okantu li adhike. Eitulomo lyaakiintu otali nkondopaleke eitaalo lyokutya, aalumentu kaye na oshinakugwanithwa shokukwathela ekondjitho lyomahepekathano guukashike-ko-okantu. Paushili, aalumentu naakiintu oye na okulongela kumwe opo ya adhe oshili nomalunduluko ganakupwe gonkalelo moNamibia.

Namibia oku na oompango dhimwe dhokwakola ndhoka tadhi kwandjangele kombinga yomahepekathano guukashike-ko-okantu. Onkene, mbika iitya ashike yi li mombapila, kakele ngele aantu oyi itaala moompango noku dhi tula miilonga. Ontseyo yopamudhingoloko nehala lyokulundululula omukunda pamuthika otaku kala kwa nuka po ngele eshunopevi lyomahepekathano guukashike-ko-okantu lya adhika. Mokulonga naanamikunda, o*Legal Assistance Centre* oya kambadhala okutota po ompango tayi kalelele, okulundulula shoka sha nyolwa mombapila moshinima shilwe shoka sho opalela aanamikunda.

## **Olye a nyanyangidhil wa oshinyanyangidhwa shika?**

Oshinyanyangidhwa shika osha kala sha nyolelwa iilyo yomomikunda mbyoka hayi gongala miigongiilonga ya kwatelwa komeho ko*Gender Research no-Advocacy Project* muulethimbo womumvo 2008. Osho oshinyolwa shomauyelele ga kundathanwa nomadhiladhilondunge ge etwa po. Otashi lalakanene aanamikunda mboka ya li inaya mona ompito yokugongala miigongiilonga, ashike oya hokwa unene okwiilonga mo oshindji kombinga yomahepekathano guukashike-ko-okantu, nonkene omahepekathano guukashike-ko-okantu ge na okukondjithwa. **Otatu taamba ko omayamukulo niizemo yomahokololo ga za kaanamikunda mboka ya tokola okukondjitha omahepekathano guukashike-ko-okantu konima yokulesha oshinyanyangidhwa shika.**

### **Omolwashike wu na okulesha oshinyanyangidhwa shika? Oshike omuntu gumwe e na okuninga opo a kondjithe omahepekathano guukashike-ko-okantu?**

**“Oshipu okudhiladhila”, ‘ashike ngame eta ashike li li mokayemele’. Natango moshilongo shombuga ngaashi Namibia, aantu oye shi nawa nkene ongushu yeta kehe yi li nokuuvako kutya uuna omata ga tulwa kumwe, evi ndika otali ningi eyamba newanawa, tali pe kehe gumwe einekelo lyomonakuyiwa.**

Lucy Y Steinitz naDiane Ashton, *Unravelling Taboos*, pg 230

Eshunithopevi lyondjele yomahepekathano guukashike-ko-okantu moNamibia otashi vulika yi monike ngaashi oshilonga oshidhigu. Ashike elalakano otali vulu okwaadhika. Ehala lyokutameka opopepi negumbo, kutse yene, ooyakwetu, aamwetu, ookuume naaniilongapamwe natse. Tameka oonkundathana kombinga yomahepekathano guukashike-ko-okantu nomuntu hamulongo pamwe, shi faleni kiilyo yongeleka yeni. Popyeni kombinga yomukundu ogwo gu ninge onkatu yotango yoku gu popitha – nando ongawo katu na ashike okukala twa hokwa okupopya, okupopya nokupopya opo tu ndope okuninga omatokolo. Okulesha oshinyanyangidhwa shika oyo onkatu yotango meyokomeho lyokulundulula.

## Nkene iigongi ya li ya longekidhwa

Elalakano lyiigongiilonga olya li okukundathana omuthika gwomahepekathano guukashike-ko-okantu momukunda kehe gwa talelwa po nokukwathela aakuthimbinga yu ulike omapotokonono nenge omatokolo gokupopitha dhimwe dhomomikundu ndhika. Pethimbo lyoshigongiilonga kehe, oongundu odha li dha pulwa dhi hogolole mo ehokololo limwe nenge gaali momusholondondo gu li pevi dhi ga kundathane:

- (1) Omahepekathano gomomagumbo;
- (2) ekwatonkongwa;
- (3) omakwatathano pokati komuvali nokanona;
- (4) omahepeko gaakulupe;
- (5) elongithonayi lyiikolotha;
- (6) nuulodhi.

Okukwathela aakuthimbinga ya hogolole kutya ehokololo lini tali opalele omikunda dhawo, iinyolwa yomiikundaneki nomafano oga li ga longithwa gu ulike iiholelwa ya gamwe gomomikundu ndhika. Aakuthimbinga oya li taa vulu okutala kiiholelwa nokutala ngele iinima ya fa mpoka oya ningwa momikunda dhawo. Gamwe gomomafano ga longithwa oga kwatelwa mo mokambo haka. Ehokololo kehe moshinyanyangidhwa shika olya kwatela mo omapulo gokukundathana opo shi mu kwathele mu longithe uuyejele momikunda dheni yene. Otashi vulika wu kale wa hala okudhiladhila kombinga yomikundu ndhika ngoye mwene nenge wa hala oku dhi longitha opo wu handuluthe oonkundathana nongundu yaantu.



## Oshipatululo kembo ndika

Uupakete womauyelele wambapekwa nawo owa kwatelwa mo moshinyanyangidhwa shika:

**Omanenedhiladhilo ga simana gakwalukehe oge na okundhindhilikwa**

**Omapulo gokukundathana: omikundu ndhi dhi na okudhiladhilwa kaanamikunda nokukundathanwa**

**Omathaneko gokuninga po sha/etokolo**

**Shoka ompango ya ti**

**Ehokololoningomwa kombinga yoongundu dhimwe momukunda**

# OMAHEPEKATHANO GUUKASHIKE-KO-OKANTU OSHIKE NOMOLWASHIKE GA NIKA OSHIPONGA?

Uukashike-ko-okantu owi ikolelela komukalo ngoka aalumentu naakiintu hayi ihumbata pamuthigululwakalo. Shika osha yooloka pokati komukunda nomukunda nohashi vulu okulunduluka konima yethimbo. Oshitya uu-kashike-ko-okantu, oshi na omafatululo ga yooloka komutungilolutu lwomuntu. Omutungilolutu lwomumentu nenge omukiintu otalu ulikwa komitungilolutu dhawo, ngaashi uulumentu nenge uukiintu. Omayooloko ngaka ogaaluhe. Uukashike-ko-okantu owi ikolelela komadhanonkandangala noki-inakugwanithwa mbyoka aalumentu naakiintu ye na. Omayooloko ngaka ihaga lunduluka.

## Omutungilolutu

Omayooloko gomutungilolutu pokati komulumentu nomukiintu, ongaashi uulumentu nuukiintu. Omayooloko ngaka **ogaaluhe**.

## Uukashike-ko-okantu

Omukalo ngoka nkene aalumentu naakiintu hayi **ihumbata pamuthigululwakalo**. Omai-humbato ngaka oga yooloka pokati komihoko nomihoko nohaga vulu **okulunduluka konima yethimbo**.

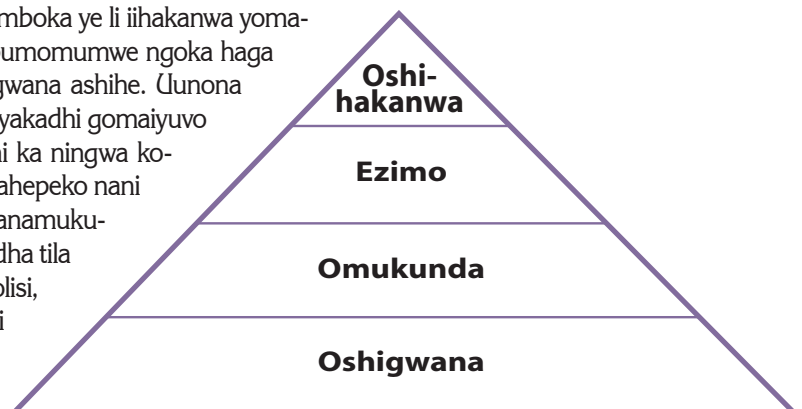
Omahepekathano guukashike-ko-okantu, ogo elongithonkondo ndyoka li ikwatelela komukalo ngoka aalumentu naakiintu ya tegelelwa yi ihumbate. Otashi vulu shi kale nando omukulukadhi a dhengwa sho a ndopa okuteleka uulalelo pethimbo, nenge omusamane tu ulike uulumentu we nokuulika onyati komukulukadhi gwe. Omahepekathano guukashike-ko-okantu otaga vulu okuningilwa uunona, aakuluntu nenge aakulupe. Okanona kokamati otaka vulu okudhengwa uuna ka lili molwashoka aalumentu inaa pumbwa okuulika omaiyuvo gawo. Omukulupe gwomukulukadhi ota vulu okudhengwa ngele okwa ndopa okutonatela oyana naatekulu, molwashoka pamuthigululwakalo aakulupe yaakulukadhi osho ye na okuninga.

Omahepekathano guukashike-ko-okantu ogi indjipala muNamibia. Okwa tengenekwa kutya gumwe gwomaakiintu yatano oku li muupyakadhi womahepekathano gopankalathano. linima ya 'holekwa' ngaashi omaulodhi nago ogi indjipala muNamibia. Nonando uuyelee miinima mbika uudhigu okumonika, ngaashi aantu aashona oya hala okwiitaala kutya omaitaalo ga tya ngawo oko ge li shili. Ulodhi otawu vulu okupamba omahepekathano guukashike-ko-okantu molwashoka omusamane nenge omukulukadhi ota vulu okulongitha omatilitho guulodhi a pangele omuntu omukwawo shi ikolelela komukalo ngoka ye e na okwiihumbata, shi ikolelela komaitaalo guukashike-ko-okantu.

Eyalulo olya lopota omwaalu gu ukilila gwaantu mboka ye li iihakanwa yomahepeko, ashike inaa ulika kondandalunde omaipumomumwe ngoka haga holoka maakwanezimo, momukunda nomoshigwana ashike. Unona hawu ningilwa omahepeko ohawu mono omaupyakadhi gomaiyuvo nomai-humbato, kutya nee ombala nenge otashi ka ningwa konale monkalamwenyo notawu ki itaala kutya omahepeko nani oga taambiwa ko. Aashiinda, aakwanezimo naanamukunda otaa vulu okukala noonkalamwenyo dhawo dha tila omahepeko. Eyopombanda lyelongitho lyopolisi, etonatelo lyopaunamiti nekanitho lyiiyetwapo ohali gumu oshigwana muunene. Aahepeki nayo ohaya gumwa komahepeko nga haya ningi, sho olundji haya kanitha esimaneke kaa-kwanezimo yawo neisimaneke lyawo yene.

Aantu yamwe ohaya dhiladhila kutya

omahepekathano guukashike-ko-okantu ogo oshitopolwa shopamithigululwakalo dhawo. Nonando shika otashi vulu shi kale oshili, omauyelee ga gongelwa miigongiilonga miitopolwa 13 muNamibia otagu ulike kutya omahepeko gomaludhi ga faathana guukashike-ko-okantu oga ningwa pamithigululwakalo odhindji muNamibia. Shika osha gwedhele ko kutya omahepeko guukashike-ko-okantu olundji inagi ikolelela komuthigululwakalo, ashike osho ompumbwe yomuntu gumwe ta pangele omukwawo. Omuthigululwakalo kagu shi oshinima ihashi inyenge, ohagu lunduluka konima yethimbo. Ngele aantu oya yelee kutya omithigululwakalo dhawo odha li ngiini moomvula ethele nenge moomvula omathele gaali dha ka pita, otaya mono kutya opu na omayooloko ogendji pokati konale nonena. Hakutya ashike ngele oshinima shontumba



**Oshilonga kehe shomahepeko ohashi gumu oshihakanwa, ezimo, omukunda noshigwana.**

osha ningwa methimbo lyonale, itashi ti kutya itashi vulu okuningwa methimbo lyonena. Shika otashi ti kutya aantu inaya pumbwa okugandja uusama komithigululwakalo dhawo molwomuthika gwomahepekathano guukashike-ko-okantu momikunda dhawo. Omuthigululwakalo ohagu vulu nohagu lunduluka.

Aalumentu naakiintu ayehe otaya vulu okuninga iihakanwa yomahepekathano guukashike-ko-okantu. Nonando, omatseyithokonakono ogu ulike kutya aakiintu oyo unene ye vule aalumentu mokuninga iihakanwa yomaludhi gomahepekathano ngaka. Opu na omatompele ogendji mwaashika:

- Aalumentu oyo unene haya kala ye na oonkondo dhopamutungilolutu ye vule aakiintu. Shino ohashi ningitha oshipu opo omulumentu a hepeke omukiintu palutu, shi vulithe omukiintu ta hepeke omulumentu palutu.
- Momithigululwakalo odhindji muNamibia, edhanonkandangala lyomukiintu lyopamuthigululwakalo okulongela omulumentu. Ununa omukiintu a ndopa okulonga shoka omulumentu a hala, osha tali ka ko lele kutya omusamane oku na okudhenga omukulukadhi.

## Omapulo gokukundathana

- Kehe gumwe momukunda gweni oku na ngaa euvoko limwe lyomuthigululwakalo gweni? Aasamane naakulukadhi yomomukunda gweni oye na ngaa omadhiladhilo ga yooloka kombinga yomikalo omiwanawa dhokuninga iinima?
- Aantu yomomukunda gweni ohaya gandja uusama komahepekathano guukashike-ko-okantu komuthigululwakalo gweni? Oto dhiladhila ndika olyo eipopilo ewanawa?
- Aantu oto ya lombwele ngiini kutya omuthigululwakalo kagu shi eipopilo lyomahepekathano?





# IINIMA YA SIMANA MOVETA YOKUKEELELA OMAHEPEKA- THANO GOMOMAGUMBO



Gender Research & Advocacy Project  
LEGAL ASSISTANCE CENTRE  
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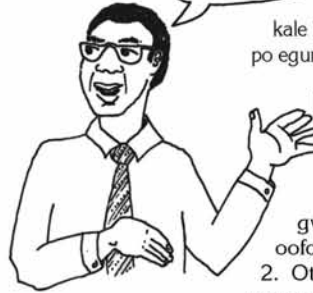
## Omahepekathano gomomagumbo oshike?

Omahepekathano gomomagumbo ogo omahepekathano ngoka haga ningilwa omukwanezimo nenge omuntu gwontumba ngoka e na omakwatathano gopankalathano nomuhepeki. Una uunona owo iihakanwa yomahepeko, nena ohagi ithanwa "omahepeko guunona".

Ngame kandi uviteko efatululo lyo "omahepekathano momagumbo". Ngame onda li ndishi omahepekathano oga kwatelamo owala omahepeko gokolutu, ihe efatululo ndika olya kwatelamo omahepekathano paliko nasho wo pamadhiladhilo.



Efatululo olya tala komikalo odhindji moka aantu haya hepeke yakwawo. Ngele oweshi tala momukalo ngoka oto mono kutya dhoka odho omikalo odhindji dhomahepekathano, ihe kadishi omadhengo gokolutu.



## Oveta yegameno oshike?

Oveta yegameno oyo oveta yomutanekwa yompangu ndjoka tayi utha kutya omuhepeki na hulithe po omaihumbato ge guukolokoshi/gomahepeko, a kale kokule naantu mboka ta hepeka, nenge a thige po egumbo lyawo.

## Eindilo lyegamena lyopaveta oto li indile ngiini?

1. Inda kOmpangu yaMangestrata. Ino pumbwa hahende nOmunambelewa gwOmpangu ote ku kwathele mokuudhitha oofooloma.
2. Oto vulu okufaaalela ombangi ndjoka ya mono omahepeko sho taga ningwa nuumbangi mboka wu na po, ngaashi iinyolwa yopaunamiti.
3. Omupanguli otaka tala keindilo lyouye. Ngele opu na uumbangi wa gwana, egameno lyopaveta lyopakathimbo otali ningwa. Omupanguli otashi vulika a kale a pumbwa omauyebele ga gwedhwa po manga inaa ninga etokolo.
4. Una omutamanekwa a pewa elombwelo lyegameno lyopaveta lyopakathimbo, oku na okutokola ngele ote li taamba ko nenge ote li pataneke.
5. Ngele omutamanekwa ote li pataneke, otapu kala iihokolola, haku tiwa omapulakeno, mompangu yaMangestrata/Omupanguli. Iihokolola mbika otayi kala paumwene. Pethimbo lyiihokolola kehe gumwe otaka gandja ombinga yehokolola lye. Opo ihe Omupanguli taka ninga etokolo kutya ota gandja euthoveta lyelombwelo lyegameno lyopaveta lyahuginina nenge aawe.
6. Ngele omutamanekwa okwa zimine elombwelo lyegameno lyopaveta, elombwelo lyegameno lyopaveta otali kala lyahuginina nopwaa na iihokolola yasha.
7. Ompangu otayi tumu okopi yelombwelo lyegameno lyopaveta koshitaasi shopolisi yopomudhingoloko.

## Omakwatathano gopankalathano oshike?

- Ondjokana
- Okukala pamwe/Aantu mboka haya lumbu pamwe onga omusamane nomukulukadhi ashike inaya hokana
- Omuholikekadhona nenge omuholikemati
- Aantu yaali mboka oyo aavali yokanona
- Aavali noyana
- Aakwanezimo ye na ekwatathano lyuukwazimo, ngaashi mpoka hekulu ta futile uutekulu osikola (ano uunona wa walwa kumumwayina)

## Iiholelwa yomahepekathano gomomagumbo

1. Ehepeko lyokolutu, ngaashi okudhenga, okuthanga nenge okufika.
2. Ehepeko lyopaihulo, ngaashi ekwatankonga nenge okuthiminika omuntu gwontumba u ye naye miihulo.
3. Ehepeko lyopamahupilo, ngaashi okwiindika omuntu a kale niinima nenge iimaliwa mbyoka a pumbwa nenge a tegelela a kale e na (ngaashi iikulya nenge oondjambi dhawo).
4. Omatilitho, ngoka haga mbandameke omuntu pakulongitha omatilitho nenge omaihumbato gu ukila ko.
5. Omahepeko, ngoka tagi iyendulula nenge okukwatathana naantu yontumba pamikalo ndhoka inaaaya hala.
6. Okuyonagula, okuya megumbo nenge okukutha iinima yomuntu gwontumba pwaa na evathano ne ihaamu zi megumbo limwe.
7. Ehepeko lyopamaiyuvu nenge lyopakana, omaihumbato ngoka haga ningi omuntu a kale u uvite a geyithwa noonkondo nenge a sa ohoni. Shika osha kwatela mo okutukagulwa kehe ethimbo nenge omaihumbato gondumbo.
8. Omatilitho, okuninga iinima yimwe yomwaambika osho omahepekathano gomomagumbo.

Oshili wo omahepekathano gomomagumbo ngele okanona oka pitikwa ka tale oshilyo shimwe shomofamili tashi hepeka palutu, paihulo nenge pamwenyo (pamaiyuvu).

## Oshike to vulu okuninga ngele owa tsakaneka omahepeko gomomagumbo?

- (1) Oto vulu okuninga eindilo lyegamemo lyopaveta.
- (2) Oto vulu okuninga oshipotha kopolisi.
- (3) Oto vulu okupula opolisi yi gandje elondodho lyopaveta komuhepeki gwoye.

Oto vulu okuya kopolisi e to ningi eindilo lyegameno lyopaveta pethimbo limwe.



Omolwomauyelele ga gwedhwa po, Elongithwambo lyOveta yOkugamena Omahepekathano gomOmugambo mona oLegal Assistance Centre.



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# OMAHEPEKATHANO GOMOMAGUMBO

**“ Kutse aakiintu, onkambadhala dhokwiigamena moshigwana ihadhi eta eyooloko lyasha molwashoka katu na egameno momagumbo.”**

Aakuthimbinga moshigongiilonga, Okaiti

Omahepekathano gomomagumbo ohaga piyaganeke molwashoka egumbo naanegumbo oye na okulundululilwa mpoka aantu taya kala yu uvite ya gamenwa noye li megameno. Shimwe shomiipotha ya simana yomahepekathano gomomagumbo sha popilwe moonkundana moNamibia, osho omusamane a dhipaga omukulukadhi gwe e ta teleke po olutu lwe mokombitha yawo megumbo. Pehala mpoka omukulukadhi a li u uvite a gamenwa, okwa li opo a ponokelwa pwaa na ohenda nokudhipagwa.



Oyendji yomaakuthimbinga moshigongiilonga oya ti kutya aakiintu olundji ohaya kala ya tila okulopota omahepekathano gomomagumbo. Omukuthimbinga moshigongiilonga mOshomeya okwa gandja oshiholelwa: Omusamane okwe ya megumbo sho a zimbuka e ta dhenge omukulukadhi gwe shaashi okwa teleka nayi. Omukulukadhi gwe okwe mu tilitha kutya ote ke mu lopota kopolisi, ashike kakwa li e na ko nasha shaashi oku shi shi kutya nande oku mu lopote, oku na ashike oku ke ekelahi oshipotha muule womasiku omashona. Omukuthimbinga okwa yelitha kutya aakulukadhi omathimbo gamwe ohaya kala ya tila okweetha po aasamane yawo. Aakulukadhi olundji ohaya hupile maasamane yawo nohaya tila shoka aanamukunda taye ya tile uuna omukulukadhi a thigi po omusamane. Nonando, oshili oyo ndjoka kutya omahepekathano gomomagumbo ogo epogolo kutya nee oga ningilwa megumbo nenge omoshigwana, nopolisi yaNamibia oya dheulwa opo yi tale nomeho omanene omaludhi gomahepekathano ngaka. Aakulukadhi inaya kala ya tila okuya kopolisi uuna taya hepekwa.

## DIVINDU

Moshigongiilonga moDivindu, otwa pula aakuthimbinga omapulo gatatu:

1. Koshiyelekithi sha-1 sigo omu-10, uupyakadhi womahepekathano gomomagumbo momukunda gweni oto wu yekeke ngiini?
2. Uupyakadhi mbuno owa hala oku wu kandula po ngiini? Omalalakano goye ogashike?
3. Omatokolo geni wu na okuninga opo wu adhe omalalakano ngaka?

Aakuthimbinga oya ti kutya koshiyelekitho sha-1 sigo omu-10, uupyakadhi womahepekathano gomomagumbo owu li pu-7. Shika otashi ti kutya omukundu gwa simana lela molwasho hagu holoka olundji. Aakuthimbinga oya kundathana uupyakadhi. Omahepekathano gomomagumbo oga li gu uviwa ko onga omukundu hagu etwa komalovu, ondumbo, iihulo konima yondjokana nomolwashoka aasamane haa kala ya tegelela aakulukadhi ya ninge ashihe shoka ye ya lombwele. Aantu yamwe oyi itaala kutya, omusamane oku na uuthemba wokudhenga omukulukadhi ngele ina longa iilonga ye nawa. Oshiholelwa, ngele omukulukadhi ina longekidha iikulya manga omusamane inee ya megumbo, oku na okudhengwa.

Mokupopitha uupyakadhi mbuka, ongundu oye eta po omalalakano taga landula:

**Okutota po esimaneko nelongelokumwe moonkalathano.**

Oonkatu ntano odha li dhe etwa po opo dhi kwathele mokwaadha elalakano ndika:

1. Longa aanamukunda kombinga yesimaneko moonkalathano.
2. Longa aantu kutya elongitho nayi lyiikolitha ohali eta omahepekathano gomomagumbo.
3. Kwatela mo aaleli yopamuthigululwakalo nooyene yomikunda mokulonga aanamukunda.
4. Longa aantu kutya einikelathano olya simana monkalathano.
5. Lopota iiponga yomahepekathano gomomagumbo kopolisi..

## Omapulo gokukundathana

1. Koshiyelekitho sha-1 sigo omu-10, uupyakadhi womahepekathano gomomagumbo momukunda gweni oto wu yelege ngiini?
2. Uupyakadhi mbuno owa hala oku wu kandula po ngiini?
3. Omatokolo geni wu na okuninga opo wu adhe omalalakano ngaka?

## Omathaneko gokuninga po sha/etokolo

- Aakalimo yomomukunda gweni ohayi idhimbike oonkalo dhomahepekathano gomomagumbo? Longekidha oompata mu kundathane oshinima nokudhiladhila omapotokonono nga taga vulu okukwathela iihakanwa yomehepekathano gomomagumbo.
- Aantu oyu uvite ko ngaa kutya omahepekathano gomomagumbo otaga vulu okukala ge vule omahepeko gokolutu? Ninga po omafano ngoka taga yelitha omaludhi gamwe gomahepekathano gomomagumbo. Dhimbulukwa kutya ino pumbwa ashike okukala wu na omafano ga ningwa nuunkulungu - oto vulu wu ga thaneke ngoye mwene.
- Omahepekathano gomomagumbo inaga taambiwa ko pankalathano nenge mondjokana. Aasita yomomagongalo momikunda dheni ohaya hungu ngaa aanandjokana kombinga yesimaneko moonkalathano? Ngele hasho, lombwela omusita gweni u uvithe kombinga yehokololo.
- Aantu oye shi ngaa nkene ye na okuninga eindilo lyoveta yokugamena? Pula opolisi poshitaasi yomoshitopolwa sheni, Oshitopolwa shEgameni lyAakulukadhi nUunona nenge Ompangu yOmupanguli ngele otaya vulu okupopitha ongundu yaanamukunda kombinga yasho.



# Okwiitula momaitaalo

## BERNAFEY

Ongundu oya li ya pulwa yi ninge omusholondondo gwiilonga ya yooloka hayi ningwa kaalumentu naakiintu momikunda dhawo. Ongundu oye eta po omusholondondo gu li kolulyo. Mbika oyo iiholelwa yomaitaalo guukashike-ko-okantu molwashoka aalumentu naakiintu itaa vulu okukala nuunkulungu wopaunshitwe opo ya ninge iilonga mbika, ashike oya tegelelwa ye yi ninge omolwuukashike-ko-okantu wawo.

### Aalumentu

- Okutunga omagumbo
- Okutonatela iimaliwa
- Okutakamitha iimuna
- Okugamena egumbo
- Okuhinga ohauto

### Aakiintu

- Okusila uunona oshimpwiyu
- Okuteleka iikulya
- Okugondja
- Okuyoga nokukangula oonguyo
- Okwoopaleka egumb

## Omapulo gokukundathana

- Aalumentu naakiintu oye na ngaa iinakugwanithwa tayi tsu kumwe momukunda gweni?
- Osho opala ngaa aalumentu naakiintu ya kale niinakugwanithwa ya faathana?
- lilanduliko yashike ngele omusamane nenge omukulukadhi ina longa iilonga mbi e na okulonga?

## Omathaneko gokuninga po sha/etokolo: Nkene to lundulula omaitaalo

- Moshiwike shimwe, pula aalumentu ya teleke e ta ya opeleke. Moshiwike omo tuu moka, lombwela aakiintu ya longe iilonga mbyoka hayi longwa shito megumbo kaalumentu. Okukutha oshinakugwanithwa shomuntu gulwe ohashi ningitha oshipu okuuvako omashongo ngoka omuntu kehe a taalela.
- Longeni iilonga amuhe. Omusamane ota vulu a kwathele omukulukadhi mokutonatela uunona, nomukulukadhi ota vulu okukwathela omusamane okutunga nenge okupangela iilonga yomegumbo. Okulongela kumwe otashi ti omitenge otadhi vulu topolelwathana.





## OKAITI

Ongundu oya lombwelwa yi ninge omusholondondo gwomaukwatya gomulumentu omwaanawa nenge omukiintu omwaanawa nkene e na okukala e ga na. Aalumentu oye na okutongolola aakiintu yawo aawanawa naakiintu oye na okutongolola aalumentu yawo aawanawa. Ongundu oye eta po omusholondondo gu li kolulyo.

Ashike moshili, aantu oyendji oya fa haya hogolola oonkalathano dhokupindikathana shi vule oonkalathano dhi ikolelela kohole, einekelo nesimaneko. Onkalathano yepindikathano otashi ti kutya omuntu gumwe ta "landa" omuntu omukawo, nomuntu ngu a "landwa" oha ningi eliko. Oonkalathano ndhika dhi li ngawo odha nika oshiponga, molwashoka omahepeko ohaga holoka unene ngele kapu na ohole, einekelo nesimaneko.

### Omulumentu omwaanawa

- E shi shoka a hala naampoka u uka
- Omuholiki nomwiinekelwa
- E na okutsi kokupulakena
- Omwiidhidhimiki
- Ha si oshimpwiyu
- E na omafufu omafupi
- Omwiimemehi omwaanawa
- Omuyogoki
- E na okalutu kokashendjelutu
- Omudhiginini gwiilonga

### Omukiintu omwaanawa

- Omwiinekelwa
- Omudhiginini
- Omwiinekelwa
- E na omwenyo omwaanawa
- Omupu nomuholiki
- Omunashili
- Omwiidhidhimiki
- E na ekwatathano ewanawa
- Omusilishimpwiyu
- Omuholiki nomwiimemehi
- Omupulakeni omwaanawa/ omukonakoni omwaanawa

## Omapulo gokukundathana

- Oshike hashi ningitha omulumentu omwaanawa?
- Oshike hashi ningitha omukiintu omwaanawa?
- Oto dhiladhila kutya oonkalathano dhokupindikathathana odhindji momukunda gweni?
- Oto dhiladhila kutya oonkalathano dhokupindikathathana otadhi vulu okweeta omahepekathano?
- Oshike shi na okuningwa opo ku longwe aasamane naakulukadhi kombinga yiiponga yoonkalathano dhokupindikathathana?

## Omathaneko gokuninga po sha/etokolo

- Longitheni iinyandwa tayi ulike nkene okutaamba omagano kaakulupe yaasamane haku ningitha aakadhona aagundjuka yi iyekelahi.
- Longa aagundjuka kombinga yokukala ye na oonkalathano dhi na ukolele. Uyelele owu na okukwatela mo elongo kombinga yuukashike-ko-okantu, esimaneko, uunongo womakwatathano neitumbaleko/nessimaneko lyopaumwene. Kwashilipaleka kutya aalumentu naakiintu ayehe oyu uvite ko kutya oonkalathano dhi na ukolele inadhi ikwatelela ashike miimaliwa nenge mokwiilandithathana.

# IINIMA YA SIMANA MOVETA YOKUKEELELA OMAHEPEKATHANO GOMOMAGUMBO



Gender Research & Advocacy Project  
LEGAL ASSISTANCE CENTRE  
Windhoek, Namibia, 2008

## Ekwato onkonga oshike?

Ekwato onkonga ohali holoka uuna omuntu "tayi momilalo" pwalongithwa "onkalo yethiminiko."

Kutya nee aalumentu nenge aakiintu ayehe ota ya vulu okukwatwa onkonga

Oku ya momilalo otashi fatululwa kutya osha kwatwamo:

- etulomo lyuulumentu muukiintu, mokana, nenge pokati komatako gomuntu mukwawo
- etulomo oshilyo kehe sholutu lwomuntu nenge shoshinamwenyo muukiintu nenge pokati komatako
- etulomo lyoshinima kehe muukiintu nenge pokati komatako
- elatho nelaka iilyo yopaumwene yomulumentu nenge omukiintu
- kehe omukalo go ku pendula iilyo yopaumwene.



"Onkalo yethiminiko" otayi fatululwa kutya omuntu okwa kondjithwa nenge a thiminikwa ko:

- elongitho lyoonkondo nenge omambandameko
- embandameko lyoku etitha omayehameko galwe
- ita vulu okuzamo monkalo moka eli
- ita vulu okuuvako nenge okukeelela onkalo ndjoka eli muyo molwashoka okwa kolwa/eli koho yiingamithi/a kotha/ena uulema
- omuntu ota idhimbike a fa omuntu gulwe nenge ta idhimbike a fa sho ta ningi kashi shi omulalo
- eholoko po lyaantu yevule pugumwe olya longithwa okumbandameka omuntu opo aye momulalo
- omuntu gumwe oku li koho yoomvula 14 omanga gumwe omukuluntu kuye noomvula 3.

## Omiti dhokukeelela omuntu kukwatwe kombuto yoHIV (PEP)

Otashi vulika u pumbwe okukonaakonwa ombuto yo HIV notashi vulika u pewe omiti dhokukeelela ku kwatwe kombuto yo HIV (PEP). Omiti dhika otadhi kwathele opo ombuto yoHIV kayi ku kwate. Omiti dhika (PEP) ohadhi gandjwa oshali ngele it vulu okufuta.

## Ekwato onkonga moondjokana

Ondjokana itayi kwata moshipala ekwato onkonga. Ngele omusamane okwa thiminike omukulukadhi gwe nenge omukulukadhi a thiminike omusamane gwe, nena otashi talika ko ekwato onkonga. Ekwato onkonga, ekwato owala onkonga ngele omuntu okwa ti ina hala nenge a thiminikwa okuya momulalo.



Ekwato onkonga ekwato owala onkonga...nando omo ndjokana!

## Shoka wu na okuninga ngele owa kwatwa onkonga

**Kaleka uumbangi:**

- Ino iyoga.
- Ino lundulula omuzalo gwoye.
- Ino opaleka ehala mpoka wa kwatwela onkonga.
- Uumbangi kehe wu tula mombapila. Ino wu tula moshinayilona (mefwagalala).

## Inda kopolisi nenge kOshikondo shEgameni lyOomeme nUnona

Ouna okulopota ekwato onkonga kopolisi opo nakukukwata onkonga a kwatwepo. Omauyeleele goye otaga kalekwa paumwene. Epangulo wo nalyo otali kalekwa paumwene, ano itali kala montaneho yaayehe.

## Inda kundohotola, koshipangelo, nenge kokapangelona

Mona ndohotola nenge omupangi meendelelo ngaashi tashi vulika. Ndohotola ota vulu oku ku pa omiti okukeelela ku kwatwe kombuto yoHIV nokomikithi dhilwe ndhoka hadhi taandele okuza momilalo, osho wo omiti dhokukeelela okuninga epunda lya za mekwatonkonga.



## Ngele owa ningi epunda okuza mekwato onkonga

Ngele owa ningi epunda okuza pokukwatwa onkonga oto vulu okukuthamo epunda shi li paveta. Ninga omakonakono ku talikwe ngele owu na epunda ngele omathimbo goye oga kalako, ngoye to lombwele omundohotola goye uuna wa hala okukuthamo epunda.

## Komauyelele gagwedhwapo lesha Omapukululo Genasha Noveta Yoku Ngambeka Ekwato Onkonga.



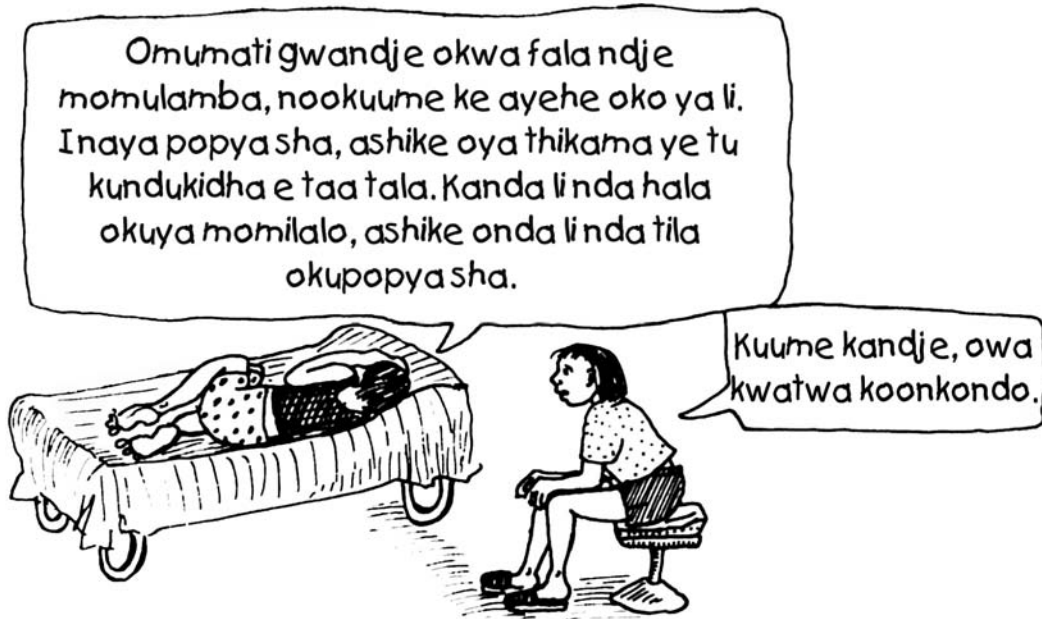
Pakwatho lyopashimaliwa lya za ko Embassy yoRepublic yaFrance



Legal Assistance Centre  
P.O. Box 604, Windhoek, Namibia  
Tel. 061-223356



# EKWATONKONGA



Okwa tengenekwa kutya oopelesenda 40 dhomakwatongka moNamibia ohadhi ningwa komuntu e shi omuhakanwa/kunakukwatwongka. Shino osha hala okutya omulongi gwiikumumuna (omuntu ngoka ta ningi oshikumumuna) ota vulu a kale omukwanezimo, omunamukunda, omuniilonga pamwe noshihakanwa. Yamwe yomaakuthimbinga miigongiilonga oya thaneke kutya onkonga yomushiwikile (onkonga uuna omukwatinkonga e shi oshihakanwa) ohayi holoka shaashi omukwatinkonga ku uvite ko kutya “aawe otashi ti inandi hala”. Aantu yamwe ohaya ti omukiintu iha ti eeno okuya momilalo nomulumentu oku na okutsikila naashoka omukiintu a ti. Shika kashi shi oshili. Omukiintu ota vulu okutya “aawe” lumwe ndele omulumentu e ta mwena. Omiyalu dhomahokololo omakulukulu odhi na sha niipotha yomakwatongka. Okampungu ke li pevi otaku ulike gamwe gomomakuluhokololo gonale nomayamulukulo tago opalele komakuluhokololo ngaka.

Ehokololo ekulu	Eyamukulo
Okuzala ohulukweya otashi ti omukadhona oti ithana aamati ya ye naye miihulo.	Omukiintu ngu ha zala ohulukweya ita pula a kwatwe koonkondo. Kapu na nando omuntu ha pula a kwatwe koonkondo. Ngele etumbulo ndika oli li mondjila, nena osha hala wo okutya uuna aalumentu inaaya za la uumbindja nena otayi ithana aakadhona ya ye nayo miihulo.
Uuna omulumentu a hala okuya miihulo, oku na oku na okuya mo.	Uuna omulumentu e na ehalo lyokuya miihulo ina pumbwa okuya mo. Aalumentu yamwe ngaashi Aasita yaKatoolika, ihaya yi miihulo onkalamwenyo yawo ayihe. Omulumentu ngele inaya momilalo uuna a hala mo, kapu na sha hashi ehamekwa nenge hashi yonagulwa, nando uuluyi nenge iivalitho ye.
Aalumentu ihaya vulu okutonatela omahalo gawo.	Aalumentu ohaya vulu okutonatela omahalo gawo.
Aakadhona oye na okwiisikila nokuzala nawa	Omukiintu ina pumbwa okukala a tila shoka e na okuzala naashoka kee na okuzala.
Omulumentu ngu ha landele omukiintu iikunwa okwa tegelelwa a ye naye miihulo konima yethimbo.	Omilalo inadhi pumbwa okutalika ko onga okwiilanda. Ihe ngele omukiintu okwa hala okuya momilalo nomulumentu konima yokunwa, shika osho opala. Ngele ina hala okuya momilalo, omulumentu ina pumbwa oku mu thiminikwa. Shino otashi kala ekwatongka.

## Ongenga yekwatonkonga lyoshihangekena moKatima ya pewa oomvula 30 mondholongo

WERNER MENGES

**Aagundjukamati yaali mboka ya li taa pangulilwa iipotha yi na sha nongenga yoshihangekena yekwatonkonga mOmpangu yomOshitopolwa moKatima Mulilo oshiwike shika, kehe gumwe okwa pewa egeelo lyoomvula omilongo ndatu (30) mondholongo ohela.**

Ompangu yaMakala Muyamenwa (21) naGeorge Lunyango (21) oya tameke manga nOmupanguli William Kasitomo, mOmpangu yOmoshitopolwa shaKatima Mulilo mOmaandaha naamati mboka tayi ipopile kutya kaye na ondjo momayalulo gatano gekwatonkonga.

Konima sho aamati ayehe yaali inaaya gandja uumbangi wokwiipopila osha landulwa keedhilo lyoshipotha shokutamaneka, Omupanguli okwe ya geele niipotha itatu yekwatonkonga mEtitatu.

Oshipotha shawo osha hulithwa ohela nOmupanguli okwa tokolele Muyamenwa naLunyango ondholongo yoomvula omulongo moshipotha kehe shomwiitatu.

Omupanguli Kasitomo okwa tsikile nokuutha kutya oimageelo ngano oge na okuningwa melandulathano, nomukumo kutya Muyamenwa naLunyango ayehe oya pewa ethimbo lyoomvula omilongo ndatu mondholongo.

Muyamenwa, Lunyango nomufekelwa omutitatu, Mubone Given Chikaziza, oya tamanekwa mokukwata okakadhona komimvo 17 koonkondo mOkomboni Dairy yi li moKatima Mulilo, muNovomba 14, 2005.

Chikaziza okwa mana oondjenda omanga oshipotha she naafekelwa ooyakwawo inaashi tameka.

Nakukwatwa koonkondo moshipotha okwa ti okwa zi megumbo mokati kuusiku wo-14 Novomba 2005 a ye kokandjugo ke li kondje.

“Manga ta shuna megumbo, okwa li a kankamekwa kaalumentu yatatu mboka ye mu hata po nokukutha oompito dhoku mu kwata koonkondo” ta ti ngaaka.

Okwa popi kutya okwa li ta vulu okumona aafekelwa yatatu nokudhimbulula omawi gawo.

Aafekelwa yatatu oya lombwele opolisi konima yokukwatwa po kutya iihulo mbi ya ningwa oya li yu uvathanwa nanakunyenyeta.

Ayehe oya popi wo kutya nando ongawo, kehe gumwe okwi ipopile kutya ye ina kutha oshitopolwa shokuya momilalo, ashike okwa kwathele ashike nakunyenyeta moshinima shoka.

Shoka hasho nakunyenyeta a kwashilipaleke, nosho wo hasho sha li sha adhika kOmupanguli meindilotokolo lye.

### Omapulo goonkundathana

- Longitha oshinyolwa shi li pombanda mu kundathane ngele otamu dhiladhila kutya omuyoni gwoshikoya shino okwa pewa egeelo lyo opala.
- Oto vulu ngaa okulopota omukwatinkonga gwoye?
- Oto vulu ngaa okulopota omushiinda shoye ngele okwa kwata omuntu koonkondo?
- Oto vulu ngaa okulopota mushiinda shoye ngele okwa kwata kuume koye koonkondo?
- Oto vulu ngaa okulopota omushiinda shoye ngele okwa kwata omumoyekadhona koonkondo?
- Oto vulu ngaa okulopota omumoyemati ngele okwa kwata omuntu gwontumba koonkondo?

### Omathaneko gokuninga po sha/etokolo

- Kala wa kwashilipaleka kutya aantu yomomukunda gweni oyu uvite ko omatumbulo ngaka li ge pevi. Shino otashi vulu okuningwa tashi pitile miigongiilonga, momatseyitho, momafano nenge iipopipiwa yokoradio. Nenge oto kala wa hala okudhiladhila omikalo dhimwe ndhoka to vulu okwaandjaganeka edhiladhilo ndika.
  - “Aawe otashi ti aawe.” Omukiintu oku na okukala ta vulu okuuva kutya ota vulu okutya aawe nomulumentu oku na okukala e shi kutya namwene.
  - Mokugwedhela po uthemba wokutya “aawe”, omukiintu ota vulu okutya “eeno” ngele okwa hala okuya momilalo.
  - Aakiintu otaa vulu okutya “eeno” nenge “aawe” okuya momilalo ngaashi ya hala, naalumentu oye na okuuvako nokutegelela aakiintu ya popye shoka ya hala shili okutya.
- Lombwela aakiintu ya dhane oshinyandwa shawo naakiintu ooyakwawo moka taya kutha ombinga taa popi shoka ya hala okupopya yu ukilila.



## OSHIKUKU

Moshigongiilonga mOshikuku, otwa pula aakuthimbinga omapulo gatatu:

1. Koshiyelekithi sha-1 sigo omu-10, uupyakadhi womahepekathano gomomagumbo momukunda gweni oto wu yelege ngiini?
2. Uupyakadhi mbuno owa hala oku wu kandula po ngiini? Omalalakano goye ogashike?
3. Omatokolo geni wu na okuninga opo wu adhe omalalakano ngaka?

Aakuthimbinga oya ti koshiyelekitho sha-1 sigo omu-10, uupyakadhi wekwatonkonga owu li pu-8. Shika otashi ti kutya omukundu gwa simana lela nomolwasho ohagu holoka olundji. Oshiningwanima shekwatonkonga osha guma aanamukunda ayehe.

Ongundu oya dhimbulula iiyetithi yekwatonkonga momikunda dhawo onga okwaahena iilonga, omalovu, iingangamithi, okwaathikapamwe kuukashike-ko-okantu nelongitho lyoonkondo pokati kaalumentu naakiintu. Ekwatonkonga otali vulu okuholoka shaashi omuyoni okwa hala okuulika oonkondo komuntu ngu kee shi gwoludhi/gwomotungilolutu lwe. Omuyoni otashi vulika a kale e shi shi kutya omuyonenwa ita ka lopota oshipotha. Shika ohahi holoka molwaasho kaapu na elongo lya gwana kombinga yaa shi wu na okuninga ngele omuntu okwa kwatwa koonkondo. Omatompelo gamwe sho aantu ihaaya lopota iipotha yekwatonkonga omolwasho ya tila elongitho lyoonkondo li tsikile nenge molwaasho "ya hala oku shi mwenena".

Ongundu oyu uvite kutya elalakano lyawo lyotango okukwashilipaleka kutya aantu oye na uuyelege kwaasho ye na okuninga uuna ya kwatwa onkonga.

Oonkatu ntano odha li dha dhiladhilwa tadhi vulu okukwathela ku adhike omalalaka ngaka:

1. Longitha iikundaneki yi gandje omauyelege.
2. Ninga iinyandwa.
3. Kwatela mo aaleli yopamuthigululwakalo, opolisi nuunona wosikola.
4. Mona aalongi yomomikunda ya fale uuyelege mbuka kaanamikunda.
5. Longa aantu kombinga yomauthemba gaakiintu

Aakuthimbinga oya kwashilipaleke kutya onkatu oya kuthwa sha landula oonkundathana ndhika. Oya pula aanambelewa mombelewa yoLegal Assistance Centre mOngediva ya gandje oshipopiwa komahepekathano guukashike-ko-okantu moshigongi sha li momukunda konima yiiwike ya piti.

## Omahepekathano guukashike-ko-okantu

New Start Centre, Oshikuku  
22 Aguste 2008

Immanuel lita na Tonderai Bhatasata  
Legal Assistance Centre  
Ongwediva Regional Office

## Omapulo gokukundathana

- Aakiintu otaa vulu okutya aawe okuya momilalo?
- Aakiintu otaa vulu okutya oya hala okuya momilalo?
- Aalumentu oyu uvite ko ngaa kutya "aawe otashi ti aawe"?
- Aakiintu momukunda gweni oya longwa okutya "aawe" okuya momilalo naalumentu nando oya hala shili okutya "eeno"? Kundathaneni nkene shika tashi vulu okukala oshidhigu.
- Kundathaneni nkene aakiintu momukunda gweni taa vulu okukala noshili kombinga yangele oya hala okuya momilalo omanga natango taa simaneke iini-ma yawo yopashigwana/yopamithigululwakalo.

Ngiika okwa ti "eeno" kuye omanga ngiika a tya nale "eeno" kaalumentu yalwe, ashike shino otashi kala ngiini ngele okwa li e mu tenteka oshimbele pomunino gwe uusiku mboka?



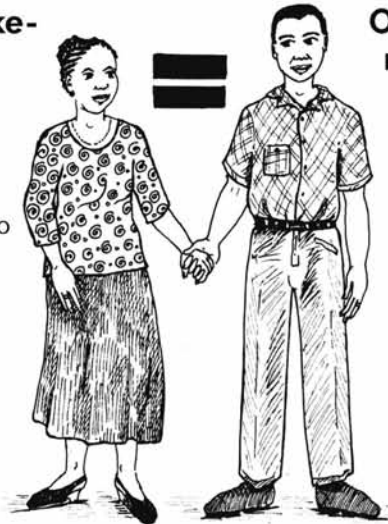
# IINIMA YA SIMANA MOVETA YOONDJOKANA DHUUTHIKEPAMWE



Gender Research & Advocacy Project  
LEGAL ASSISTANCE CENTRE  
Windhoek, Namibia, 2008

## Oveta yoondjokana dhuuthikepamwe oshike (MPEA)?

Oveta yuuthikepamwe moondjokana ohayi kutha po oshipungo shokuya momilalo moondjokana dhopashigwana. Uuthikepamwe moondjokana otashi ti kutya aasamane naakulukadhi ayehe oye na oonkondo dhi thike pamwe mokuninga omatokolo.



## Omulandu guni hagu longithwa meliko lyaanandjokana?

Oondjokana odhindji dhopamuthigululwakalo moNamibia odhi li mondjokana yeliko li li mumwe. Ngele owa hala okuhokanwa mondjokana yeliko lya topoka owu na okuninga euvathano omanga ino hokana/hokanwa nowu na oku li nyolitha kombelewa ylinyolelwamo yUuthiga.

## Omaliko noondjokana

### Eliko li li mumwe:

- Kehe shimwe shoka omusamane nomukulukadhi ye na manga inaaya hokana ohashi ningi oshitopolwa sheliko li li mumwe. Kehe shimwe sha monika nenge sha landwa mondjokana nasho ohashi ningi oshitopolwa sheliko li li mumwe. Omunandjokana kehe oku na mo etata meliko ndyoka. Ngele omunandjokana gumwe oku na oongunga, iimaliwa mbi yi li meliko ndyoka oyo hayi futile po oongunga ndhoka.
- Aanandjokana oye na okuuvathana ya landithe, ya gandje nenge ya hehele iimaliwa nenge eliko. Ayehe oye na okuuvathana ngele oya hala okuninga ehehelo lyiimaliwa oyindji moondjo.
- Ngele aanandjokana oya hengana nenge gumwe a mana oondjenda, eliko oli na okutopolwa pokati.



Ashike ngele oho zi kuumbangalantu handiyaka 'yOmusinda omukulu gwO-polisi' ano momahala ngaashi ga li hagi ithanwa Owambo, Kavango noCaprivi, oondjokana ndhika odhopashigwana pokati 'kAayafrika' ndhoka dha hokanithwa konima yesiku 1 Auguste 1950, oondjokana ndhika odhi na eliko lya topoka. Ngele owa hala okuhokana ondjokana yeliko li li mumwe owu na okuninga etso-kumweuvathano/okontalaka nomunambelewa gwoondjokana manga ino hokana.

## Ondjokana nuunona

Oveta yi na sha nUuthikepamwe wAanandjokana ndjoka tayi ti kutya aavali ayehe oye *thikepamwe* mokutekula nomesiloshimpwiyu lyaanona. Shika otashi ti aavali ayehe otaya vulu okuninga omatokolo gankene ye na okuputudha oyana. Inaa pumbwa okukundathana omatokolo ogendji. Ashike omatokolo gamwe, ngaashi okutokola okugandja po okanona ka ka tekulwe nenge ka ye kondje yaNamibia, oye na oku shi ninga ayehe.

### Eliko lya topoka:

- Kehe shimwe omusamane nenge omukulukadhi e na manga inaaya hokana ohashi kala she mwene. Uuna ya hokana ohaya kala nomaliko gawo yene. Kehe gumwe oku na oshinakugwanithwa shoongunga niimaliwa ye mwene.
- Omusamane nenge omukulukadhi ota vulu okulanda nenge okulanditha po iinima ye ye mwene inaa pula mukwawo. Kehe gumwe ota vulu okukutha iimaliwa moongunga inaa pula mukwawo.
- Hamafutulo agehe ga topoka. Omafutulo goompumbwe dhegumbo itaga topolwa, molwashoka omusamane nomukulukadhi oye na oshinakugwanithwa shokwiikaleka po.
- Ngele aanandjokana oya hala okuhengana, kehe gumwe oha kala neliko lye mwene, nakehe shimwe ya landa pamwe ohashi topolwa pokati. Ngele gumwe okwa si, eliko lyanakusa olyo ashike hali yi naathigululi.



Omolwomauyelele ga gwedhwa po,  
Elongithwambo lyOveta yOoondjokana  
dhUuthikepamwe monathana noLegal  
Assistance Centre



Pakwathelo lyUukalelipo  
wOrepublika yaFrench



Legal Assistance Centre  
P.O. Box 604, Windhoek, Namibia  
Tel. 061-223356



# UUTHIKEPAMWE MOONDJOKANA



**“Ohole oshike? Oshitya ohole kashi ko?”**

Aakuthimbinga moshigongiilonga, Okaiti

Ekotampango otali ti “aantu ayehe oye na okukala ye thike pamwe komeho gompangu” nokutya “kapu na omuntu e na okuliwa oshipungo molwoludhi lwe, omuhoko, olwaala, oohedhi, eitaalo, omahempululo geitaalo nenge onkalathano nomahupilo.” Okampungu ke li pevi otaku ulike omadhiladhilo gamwe ga kundathanwa miigongiilonga nomayamukulo nga taga vulu okugandjwa ga yambidhidhe uuthemba waalumentu naakiintu ya kale ye thike pamwe monkalathano.

Omadhiladhilo	Omayamukulo
Ngame otseni tandi longele, omolwashike wu na okulonga? (Omadhiladhilo lyomulumentu)	lilonga ihayi eta ashike iimaliwa. Ohayi tungu wo esimaneko. Omukulukadhi ota kala u uvite a fa e li mondholongo uuna e li megumbo. Aalumentu oye na okwiipula kutya oshike ya tila ngele omukulukadhi okwa yi niilonga.
Ngele owa landa omukiintu, ogwoye mwene thilu. (omadhiladhilo gomulumentu)	Aakiintu kaye shi iinima mbyoka hayi vulu okulandwa. Nayo aantu ashike ye na uuthemba nomaiyuvu ngaashi aalumentu. Ito vulu okulanda omukiintu. Ngele owa yi mohole owu na okulonga mohole ndjoka, opo yi kale ombwaanawa.
Omukiintu nando okwa valwa omuthigona, ota vulu okuhokanwa puuyamba.	Aakiintu oye na uuthemba wokulikola iimaliwa, ngaashi aalumentu. Aakiintu inaya pumbwa okwiikolela maalumentu opo ya hupe.
Uuna omukiintu ta vulu okwiikwathela oshidhigu okumunkondolola./Uuna omukiintu e li kuye mwene oshidhigu oku mu kondolola.	Omolwashike omukiintu e na okukondololwa? Oonkalathana odhi li kombinga yuuthikepamwe, kayi li kombinga yomuntu gumwe oye ta pangele omuntu omukwawo.
Omukiintu oku na okukala megumbo opo kaanwethwe mo komanyenyeto. Otashi vulika i ilonge omauyeleele ngoka taga vulu oku mu ninga omupiyaganeki.	Ngele omulumentu oku na uuyeleele mbuka, omolwashike omukiintu itaa vulu okukala nawo? Aalumentu naakiintu ayehe oye thike pamwe. Omukiintu ita vulu ningwe ngaashi okanona?
Omukiintu ita vulu okukwata ondjambi oyindji yi vule yomulumentu.	Omolwashike? Ngele omusamane nomukulukadhi oye holathane, omusamane oku na okukala a panda kutya oku na omukiintu e na ondjambi yi li nawa. Molwasho iimaliwa oyo tayi kwatha mokufuta oompumbwe dhomegumbo, nomulumentu ota vulu okumona omauwanawa komukulukadhi gwe ngoka ha mono ondjambi yi li nawa. Uuna omulumentu ta dhiladhila ashike kutya ongushu ye otayi ulikwa kiimaliwa, okutya omalalakano ga simana gomonalathano, ngaashi ohole nesimaneko, oya kana.

Aalumentu yamwe miigongiilonga oya gandja omaiyuvo gawo kombinga yaakiintu yu ulikwa ye na uuthemba wu thike pamwe moonkalathano. Ashike ngele oonkalathano otadhi tungwa po kohole, einekelo nesimaneko, uumbanda waalumentu mboka ye na kombinga yuuthikepamwe otawu shuna pevi. Ngele omukiintu oku uvite kutya oye thikepamwe nokwa simanekwa, ina pumbwa okukonga omulumentu gumwe ngoka ta vulu oku mu ninga nawa. Uuna iilonga iidhigu ya topolelwathanwa, naasamane naakulukadhi taya ningathana nawa nesimaneko, aasamane naakulukadhi ayehe otaya mono mo uuwanawa.

**“Ngele owu hole shili omuntu, opu na okukala uuthikepamwe mondjokana.”**

Aakuthimbinga moshigongiilonga, Ndiyona

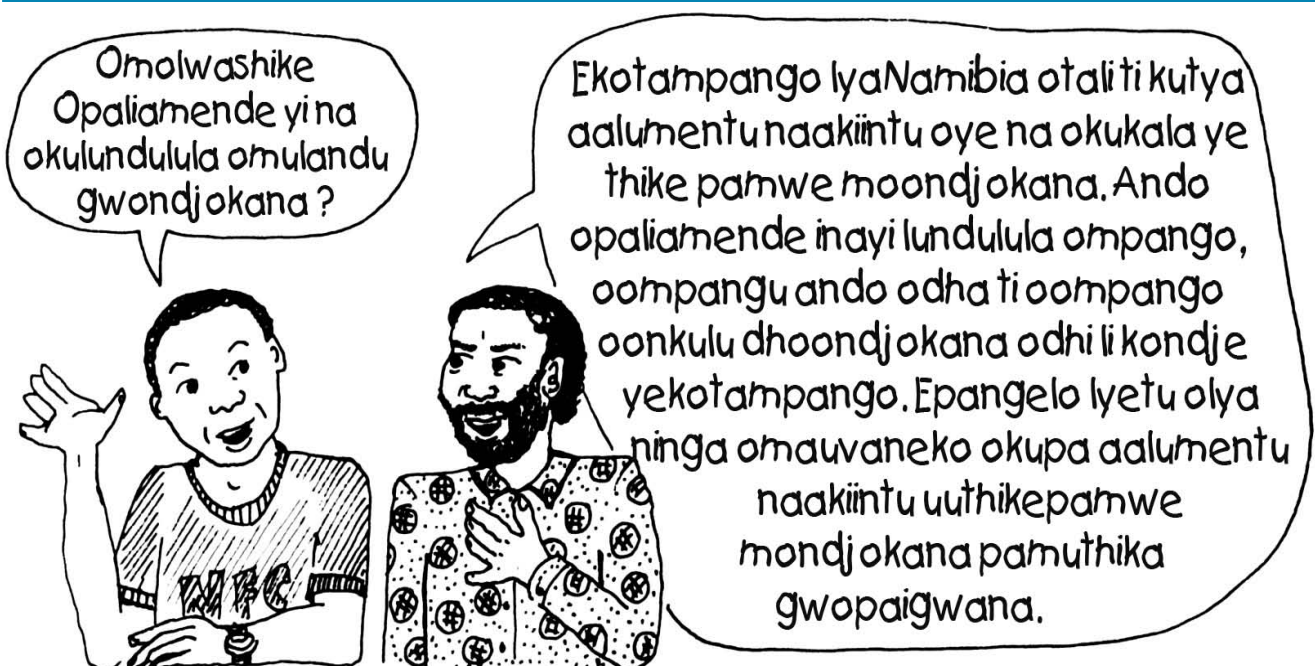


## Omapulo gokukundathana

Ekotampango lyaNamibia otali ti: “Aalumentu naakiintu ... oye na okukala ye na uuthemba wu thikepamwe mondjokana, pethimbo lyondjokana nomaupyakadhi gawo” (Okatendo 14).

Oveta yUuthikepamwe mOondjokana oya kutha omusamane uuthemba wokukala e na oonkondo e vule omukulukadhi gwe nomaliko ge. Shika osha hala okutya aalumentu naakiintu moondjokana ngashingeyi oye thikepamwe komeho gompango.

- Oshinima oshivanawa kutya aalumentu naakiintu ayehe ngashingeyi oye thike pamwe mondjokana?



# Okupanga moonkalathano/ Okupangitha ekothi moonkalathano

***“Ondjokana ohayi monika ya fa oshinima oshipu ashike oya piyagana.”***

Aakuthimbinga moshigongiilonga, Ndiyona

Yamwe yomaakuthimbinga moshigongiilonga oya lopota kutya aalumentu moonkalathano ohaye ya ningile oompango. Aakiintu oye na okupula omapitikilo gokuninga iinima ngaashi oku ka talela po ookuume kawo nenge okuya ya lata kegumbo. MONGwediva, aakuthimbinga oya ti kutya omulumentu olundji ohaa ningi omatokolo taga landula:

- uuna omukulukadhi ta zi mo megumbo (ita vulu okuza mo megumbo uusiku);
- uuna omukulukadhi e na oku ka talela po ookuume ke;
- uunona ungapi aahokanathani taa kala ye na;
- ethimbo lini uulalelo wu na okulongekidhwa;
- nkene omukulukadhi e na okulongitha iimaliwa ye (ote mu kutha ondjambi ye);
- olye e na okuhinga ohauto (omusamane);
- iimuna yini yi na okudhipagwa;
- uunake ye na okuya momilalo..

Miitopolwa oyindji, aakiintu moonkalathano oyu uvite kutya oye na etonatelo eshona kombinga yokuya momilalo. Nando kapu na ethiminiko (ndyoka tali ti kutya ekwatonkonga okuhuna), aakiintu olundji ohaya kala yu uvite itaaya vulu okuvathana kombinga yomilalo. Shino osha hala okutya aakiintu ohaa kala ya tila okupula aalumentu yawo ya longithe okondoma, nando oye shi shi kutya omulumentu oha lala naakiintu oyendji. Nenge osha hala okutya aakiintu itaa vulu okutinda ya ye momilalo, nando oya hala okutinda. Uuthikepamwe wuukashike-ko-okantu owa hala okutya aakiintu mba ye li moonkalathano oye na uuthemba wokutokola naaholike yawo kutya, uunake, openi nongiiini taya yi momilalo.

## **Omathaneko gokuninga po sha/etokolo: Ninga oompata kutya “Oolye ootate noomeme uuthikepamwe wuukashike-ko-okantu?” moondoolopa dheni**

- Ithana aanandjokana yatatu ya ninge ethigathano opo ya sindane oshipalanyolo “shOotate nOomeme Uuthikepamwe wUukashike-ko-okantu.” Oto vulu wu ithane omusitagongalo nomuholike gwe nenge kansela gwomalelo goshitopolwa sheni nomuholike gwe.
- Ithana wo aapulakeni ye ye ya tale oompata.
- Longekidha aapopi yoye nomapulo gamwe yi ilongekidhe yo yene. Oshiholelwa, otaa kala ya hala okukundathana:
  - Uuthikepamwe wuukashike-ko-okantu owa hala okutya ngiini monkalathano?
  - Otaya kwashilipaleke ngiini kutya kehe gumwe oha ningwa nawa?
  - Olye ha teleke/opaleke/ha hingi ohauto moonkalathano dhawo?
  - Ngele otaya vulu okuninga epopilo limwe kaantu yalwe nkene ye na okukala ye na uuthikepamwe moonkalathano, otali kala lini?
  - Oshike haya tyapula unene kombinga yuuthikepamwe mondjokana?
- Pethimbo lyoompata, pula aahokanathani kehe ya popile enyenyeto lyawo kutya omolwashike ye na okupewa oshipalanyolo “shOotate nOomeme uuthikepamwe wuukashike-ko-okantu.”
- Una aanandjokana ayehe ya thikamena po enyenyeto lyawo, pula aapulakeni omagwedhelopo nomapulo.
- Kehulilo lyoshiningwanima, lombwela aatali ya hogolole aahokanathani mba ya sindana.

# OMAKWATATHANO GAAVALI NAANONA

Omahepekathano guukashike-ko-okantu otaga vulu wo okukala uupyakadhi momakwatathano gaavali naanona. Oonkundathana ndhino odha li dhi ikolelela kunkene aavali ye na okutekula oyana. Aantu oyendji oyu uvite kutya ngele uunona inawu dhengwa itawu ihumbata nawa. Oyendji yomaakuthimbinga, egeelo lyokudhenga (okudhenga nokudhepagula) olyo ashike omukalo ya li ye shi gwokutekula okanona. Uunona owa pumbwa okugeelwa ngele owa ningi sha sha puka, ashike egeelo lyokudhenga kali shi egeelo ewanawa lyokutekula okanona, oshoka ihali lombwele uunona shoka wa ninga sha puka. Ngele okanona kaku uviteko kutya omolwashike pwa li uupyakadhi, natango ota ka tsikile ashike nokwihumbata nayi. Egeelo lyokudhenga otali longo wo uunona kutya okulongitha oonkondo oko ashike eyamukulo komaupyakadhi – unene tuu moonkalo moka omuntu gumwe omushona ye kee na oonkondo.

## GOBABIS

Aakuthimbinga moshigongiilonga moGobabis oyu uvite kutya oshitopolwa shuupyakadhi metekulo lyuunona owa li molwendopo lyaavali. Muyimwe yomiinyandwa ya ningi oyu ulike uunona hawu yi kuundingosho, molwashoka aavali yawo ya li kokule. Inashi taambiwa ko kaavali yamwe okupukulula uunona oshoka aavali otaa vulu ya tye: “Iho ya landela ikulya, onkene kashi shi uupyakadhi woye.” Aakuthimbinga oya ti monale aantu oya li ye na esimaneke lyepatudho lyaakulupe nomukunda. Aakulupe ohaya vulu okutalela po omukulukadhi noku mu pa omayeke kombinga yankene ta putudha uunona we, ndele shika monena ihashi ningwa we.

## Omathaneko gokuninga po sha/etokolo

Aakuthimbinga moshigongiilonga moGobabis oye eta po omadhiladhilo gokukutha omatokolo taga landula:

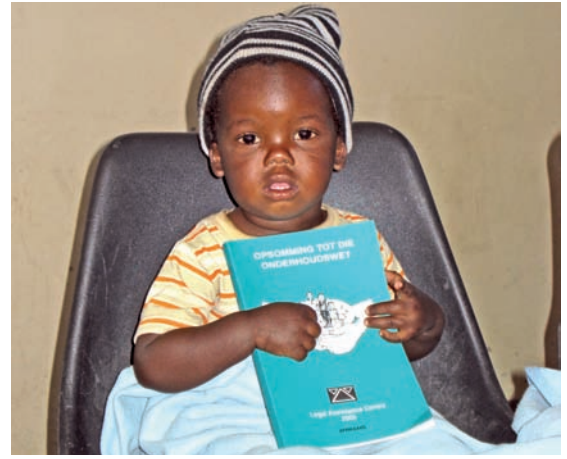
- Aakalimo oye na okuya kumwe ya topelelathane omadhiladhilo gankene ye na okutekula uunona.
- Ningeni iinyandwa yankene mu na okutekula uunona.
- Ninga ombandi, okagongo, nenge okalyenge onga endhindhiliko lyokushunitha pevi omahepekathano guukashike-ko-okantu.
- Tota po ongundu yokukwathela aakiintu mboka taa mono iihuna komahepekathano guukashike-ko-okantu.

Ongundu yomuGobabis oya li ya tila okutula omadhiladhilo gawo miilonga opo ku shunithwe pevi omahepekathano guukashike-ko-okantu momukunda. Onkene, uuna ongundu ya pulwa yi dhiladhile kombinga yuunkulungu mboka ye na, osha kala sha yela kutya oye na iitalenti oyindji okulongitha. Iitalenti ya kwatelwa mo kongundu:

- einekelo
- enyanyu
- okunyanda
- okwiimba
- okudhana uudhano
- okuteleka
- okupopya.

## Omapulo gokukundathana

- Iitalenti yashike aantu yomomukunda gweni ye na mbyoka taya vulu okulongitha mokukutha oonkatu opo ya shunithwe pevi omahepekathano nokuhumitha komeho omakwatathano gaavali noyana?



## ONGWEDIVA

Moshigongiilonga mOngwediva otwa pula aakuthimbinga omapulo gatatu:

1. Koshiyelekitho 1 sigo omu-10, uupyakadhi womahepeko guunona womomukunda gweni oto wu yeleke ngiini?
2. Uupyakadhi mbuno owa hala oku wu kandula po ngiini? Omalalakano goye ogashike?
3. Omatokolo geni wu na okuninga opo wu adhe omalalakano ngaka?

Aakuthimbinga oya ti koshiyelekitho sha-1 sigo omu-10, uupyakadhi womahepeko guunona oge li pu-7. Shika otashi ti kutya omukundu gwa simana lela molwashoka ohagu holoka olundji.

Aakuthimbinga oya kundathana uupyakadhi. Osheetithi shuupyakadhi osho omukalo ngoka aakulupe haya tekula aatekulu yayo. Aakulupe oye na omalalakano omawanawa, ashike ohaya longitha unene oonkondo netekulo ohali yi mokuhepeka.

Aakuthimbinga oya li ya pulwa ya ninge iinyandwa kombinga yuwanawa nuwinayi wokutekula. Oshiholelwa shuwanawa weputudho osha li uuna omuvali ta yelithile okanona mpoka ka ninga epuko, okufatulula iizemo yomatokolo nokukutha po uudhigu wumwe wokuuva nayi kwokanona onga egeelo.

Oonkatu ndatu dheputudho ewanawa odha li dha kundathanwa:

1. Longa uunona okusimaneka aavali yawo. Oshidhigu okuputudha okanona ngele kake na esimaneko.
2. Kala wa mangulukila aamoye. Pulakena komaiyuvo gawo, kaleni mu na ekwatathano nokunyanyukwa pamwe.
3. Gandja uuyebele kaamoye. Ya yelithila iizemo yomatokolo gawo.



# Omikalo dhimwe dhokugandja omageelo

Miigongiilonga omwaalu gu li ompinge negeelopotudho lyokudhenga odha kundathanwa. Omadhiladhilo ge li pevi otagu ulike dhimwe dhomomikalo aavali ye na okulongitha peha lyegeelopotudho lyokudhenga:

Oludhi lwegeelo	Etongonono
Okulombwela nokukundathana	Omuvali ota yelithile okanona epuko ndyoka ka ningi nomolwashike sha puka.
Okwiilongelela	Lombwela okanona ka hulithe po okuninga shoka ka longo e to mwena. Okanona haka oke na okufalwa monduda yi ilile nenge pondje e ta ka lombwelwa ka kuutumbe e taki "ilongelele". Shika oshi na okukala lwopominute ntano uuna okanona haka okashona, nenge ominute omilongo ndatu ngele okanona okanene. Pethimbo ndika, okanona otaka vulu okudhiladhila ko-mbinga yepuko ndyoka ka ningi. Geela aluhe okanona pamukalo nguka uuna taki ihumbata nayi. Naka kale ka kuutumba ki ilongelela e to tegelele ku uve nayi nokuza mpoka otaki ilongo okukala itaaki ihumbata we pamikalo omiwinayi.
Okukutha po enyanyu	Onga egeelo okanona otaki ikeelele okuya ka ka talele po ookuume kako nenge oku ka lala kuyele. Nenge omuvali ota vulu okudhiladhila po egeelo lilwe ndyoka tali vulu okukutha po enyanyu.
Okukandula po omukundu	Ngele opu na sha sha yonagulwa, okanona oke na okulombwelwa ke shi ninge nawa.
Okukutha oshinakugwanithwa shetokolo	Omathimbo gamwe okweetha okanona taka ningi etokolo ko kene otashi kala egeelo enene. Ngele okanona oka yaka sha mositola, ka fala komugandji gwiilonga, fala ko oshinima e to gandja ombili.





## Omathaneko gokuninga po sha/etokolo

- Longa aantu yamwe kombinga yokukandula po egeelopotudho lyokudhenga.
- Lombwela aasita yomagongalo ya ninge euvitho kwaashoka Ombiimbeli tayi popi kondandalunde kombinga yeputudho.
- Longekidha oshiningwanima noosikola dhomoshitopolwa sheni moka aavali naalongi taya vulu okukundathana nkene ye na okuputudha aanona.

## Omathaneko gokuninga po sha/etokolo: Nkene wu na okukwata ethigathano lyetanga lyokoompadhi

Oongundu dhimwe odha thaneke kutya uunona owa pumbwa okupewa etonatelo lya gwana niilongadhalwa. Shika otashi wu kwathele oku wu kutha muupyakadhi. Edhiladhilo limwe lya kundathanwa moshigongiilonga moNdiyona olya li lyokulongekidhila uunona iilongadhalwa yuudhano waanona.

1. Tota ongundu yoye. Oto kala wa hala okukala wu na aantu ya-5 mongundu kehe, aantu ya-8 nenge ongundu ya gwana yaantu omu-11.
2. Konga ehala lyokudhanena. Shika otashi vulu okuningilwa pokapale komaudhano posikola ngele owa pula epitikilo, nenge pehala lyontumba lya andjuka moshitopolwa sheni.
3. Longekidha esiku limwe moshiwike uuna tamu tsakanene e tamu idheula. Shi ningeni olwindji nosha longekidhwa.
4. Kala wa shilipalelwa kutya omwa ninga omadhewo tago opalela noge na oshilonga lela ngele owa hala ongundu yoye yi sindane.
5. Tala ngele omu na oongundu dhimwe moshitopolwa sheni. Ngele osho, kwatathana nadho e to dhi pula ngele odha hala mu ninge omathigathano.

Oto vulu okulongekidha omathigathano guudhano wetanga lyokoompadhi momukunda gweni.

1. Ninga omakalata omanene wu tseyithe uudhano weni.
2. Hiya oongundu adhihe kuudhano. Ngiika futitha iifuta iishona kwaango a hala okukutha ombinga (nando ngiika N\$ 1 sigo N\$ 5 momuntu). Shika otashi kwathele mu mone iimaliwa yokulanda iilongitho iipe nenge shoka ongundu yeni ya pumbwa.
3. Lombwela aantu ye ye ya sapote omathigathano/omaudhano. Li ninga esiku lyomainyanyudho momukunda.
4. Tala ngele kehe gumwe okwa hala okulanditha. Shika otashi kala edhiladhilo ewanawa kiiyemo yokomongula.
5. Tala ngele kehe gumwe okwa hala okulanditha iikunwa. Ngaka omadhiladhilo gamwe omawanawa giiyemo yokomongula.

## Omathigathano getanga lyokoompadhi

**ESIKU:** \_\_\_\_\_

**ETHIMBO:** \_\_\_\_\_

**EHALA:** \_\_\_\_\_

**OOMPANGO:** Tota ongundu yaantu ya-5.



Omuntu kehe ota futu oo-N\$ \_\_\_ opo a dhane.

Ongundu ya sindana otayi pewa \_\_\_\_\_.

# OMAHEPEKO GAAKULUPE

Omahepeko gaakulupe ogi indjipala unene moNamibia. Ongaashi ashike pu na oonkalathano pokati kaalumentu naakiintu moonkalathano, osho wo hashi holoka olundji momakwatathano pokati kaakulupe noyana nenge naatekulu yawo. Oyana nenge aatekulu oya tegelela aakulupe ye ya pe iimaliwa piimaliwa yawo yopenzela, nongele inaye ya pa iimaliwa, omahepeko ohaga landula ko. Oshinima shimwe sha li sha kundathanwa osha li uunkundi waakulupe muuyuni wiipindi. Omahokololo oga hokololwa kombinga yaakulupe ya kala haya landithwa iinima moondjo. Konima aakulupe oya li haya lombwelwa iifundja kutya oye na okufuta iimaliwa yawo ayihe yopenzela tayi landula kumwene gwositola esiku lyopenzela.

## Shoka ompango tayi ti kombinga yomahepeko gaakulupe

- Omahepekathano gomomagumbo ogo omahepeko haga ningwa kaakwanezimo nenge komuntu gwontumba ngoka e na ekwatathano nomuhepeki. Omukulupe oha kala momahepeko gopamakwatathano nokamwana nenge nokatekulu.
- Ngele omukulupe ha ningilwa omahepekathano gomomagumbo, ota vulu okuninga eindilo lyegameno lyopaveta, ta ningi oshipotha nopolisi nenge ta pula opolisi yi gandje elondodho komuhepeki. Okuninga eindilo lyegameno nokuya kopolisi otayi vulu okuningwa pethimbo limwe.
- Uyelele kombinga yankene to ningi eindilo lyoveta yegameno tala pepandja 5 linima yomOmambapila yOmahepekathano gomOmogumbo..

## Omapulo gokukundathana

- Owe shi tseyu tuu kutya omukulupe otaya vulu okuninga eindilo lyoveta yegameno nokatekulu, momukalo gwa fa naanaa ngoka omulumentu nenge omukiintu ta vulu okuninga eindilo lyoveta yegameno nomuholike gwe?
- Oto dhiladhila kutya aakulupe otaya vulu okuninga shika? Omolwashike itaaya vulu oku shi ninga?
- Oshike shi na okunigwa opo ku kwathelwe omukulupe ngele okwa pumbwa okuninga eindilo lyegameno lyopaveta?

Gamwe gomomaupyakadhi omanene gomahepekathano guukashike-ko-okantu moNamibia osho ekanitho lyuumwene kombinga yoshinima. Omahepeko gaakulupe ogo oshiholelwa sha simana mompumbwe yopaumwene. Aantu kaye hole nande omahepekathano ngoka aatekulu haya ningile ooyinakulu, ashike ihaya ningi sha ye wu keelele. Aantu oye shi sha kombinga yiipotha/yiihokolola yomoositola mbyoka hayi ningilwa aakulupe ashike ohaye yi idhimbike. Omahepeko gaakulupe kage shi oshinima shokufuula; aakulupe oye na omawi omatalala nomashona mokutya sha noonzo dhokuninga omawi gawo gu uvice. Ihe shika itashi ti kutya omawi gawo ogi idhimbikwa.



**Aanamibia oya pumbwa okupopya kombinga yuupyakadhi mbuka opoya kaleye shi kutya owu uviwako.**

## OMALINDA

Aakuthimbinga moshigongiilonga mOmalinda oya dhimbulula kutya omahepeko gaakulupe uupyakadhi uunene mondoolopa yawo. Eyeleko lyomahepeko gaakulupe mOmalinda inali yooloka koondoolopa dhimwe moNamibia, ashike opu na aantu yamwe mOmalinda ye na ehalo lyokukondjitha uupyakadhi mbuka. Ongundu oya dhimbulula omukundu oyindji:

- Mesiku lyopenzela, aakulupe ohaya dhengwa nenge ya thiminikwe ya gandje iimaliwa yawo yopenzela kaatekulu.
- Omahepeko ohaga holoka unene momagumbo. Shika osha hala okutya, omukalo gwa holama gwomahepeko ngoka omudhigu nokudhimbulula, nomudhigu oku gu hulitha po.

Ongundu oya thaneke omikalo odhindji dhokukwandjanga nmukundu:

1. Longa uunona kombinga yomakwatathano omawanawa naakulupe.
2. Ninga po uudhano kombinga yuwanawa nuuwinayi womakwaathano pokati kaakulupe, aavali naanona.
3. Yelithila aantu kutya omahepekathano ogendji unene ge vule ehepeko lyopalutu.
4. Longa aantu kutya aakulupe nayo otaya vulu okuninga omaindilo gegameno lyopaveta.
5. Konga omukulupe ngoka i ilongekidha e ta ti "shika onde shi ningilwa" naashoka a ningi opo a hulithe po okuhepekwa

## HAGASEB, USAKOS

Oshigongiilonga muUsakos osha li sha ningwa pamwe nOoyene yOmikunda yomo!Khe!homs. Ndjika ongundu yaakulupe mboka ya tokola okulongela kumwe opo yi humithe komeho omukunda gwawo, kashi shi ashike kuyo yene, ihe naagundjuka wo. Omadhiladhilo ogendji gokuninga omatokolo ngoka taga kwandjangele nomahepekathano guukashike-ko-okantu pamikalo odhindji dha yooloka oga kundathanwa nongundu:

1. Okutota ongundu yaagundjuka moHagaseb opo aagundjuka ya pewe shoka taya longo uuna ye na ethimbo.
2. Okulongekidha iigongi nomalelo gopaitopolwa opo mu kundathane nkene tamu humitha komeho omahala momukunda.
3. Okukwathela aavali ya longele kumwe noosikola opo ya humithe komeho uunkulungu wopankalamwenyo mboka tawu longwa uunona. Oshiholelwa uunona owa pumbwa uuyeleele owundji kombinga yankene tawu kondololo oongewo dhawo nonkene tawu kaleke po omakwathathano gopankalathano nookuume, ooyakwawo, aavali naakulupe.

## OTJIVERO

Aakuthimbinga moshigongiilonga sha ningilwa mOtjivero, aanamukunda mboka ya li ya pewa Ekwathelo lyliyemo yoPashimbu/yoPetameko oye ya po nedhiladhilo lyokunawapaleka oonkalamwenyo dhaakulupe – ya tunge egumbo enene lyaakulupe yawo. Shika otashi monika sha fa ondjodhi itayi vulika, ashike kehe shimwe otashi vulika ngele aanamukunda oye na ehalo nomatokolo. Egumbo inali pumbwa li kale lya fa ombala – otali vulu okutamekwa onga oshinima shanathangwa moka aakulupe taa vulu okukala. Aanamukunda otaya vulu ihe okutota po shiketha nenge ya konge omukwatheli ya ninge egumbo oshinima tashi kalelele.

## Omathaneko gokuninga po sha/etokolo

- Pula aakulupe yomomukunda gweni ngele otaya dhiladhila kutya omahepeko gaakulupe ogo uupyakadhi.
- Eyambidhidho lini aakulupe yomomukunda gweni to dhiladhila ya pumbwa okupewa nokukwandjangelwa nuupyakadhi mboka ya taalela?

# IIKOLITHA

## **“Simaneka omalovu nomalovu otage ku simaneke wo.”**

Aakuthimbinga moshigongiilonga, Bernafey

Oonkundathana moshigongiilonga odhu ulike kutya elongithonayi lyiikolitha omukundu moshigwana. Omanga aantu oyendji yu uvite kutya oalkoholi oyo osheetithi shomahepekathano guukashike-ko-okantu, aantu yamwe oya dhimbulula kutya ogo oshitopolwa shomukundu. Uuna aantu ya nwa iikolitha ohaa thuwa nawa nomahalo gawo ngoka haga tonatele aantu ya hulithe po okuninga omatokolo gontumba ohaga shuna pevi nenge ga kane po agehe. Omukuthimbinga moshigongiilonga moBernafey okwa tongonona shino onga: “oto dhiladhila uuna wa kolulukwa noto dhana uuna wa kolwa”. Shika otashi ti kutya aantu ohaya dhiladhila nenge ya tokole omatokolo gokulongitha oonkondo uuna ya kolwa ashike omahalo gawo ihage shi pitike ya kale aalongithi yoonkondo. Oyata “dhiladhila” nenge ya pungule shoka ya hala okuninga. Shino osha hala okutya uuna ya kolwa nomadhiladhilo/omahalo gawo oge li pevi, ohaya dhimbulukwa shoka ya li taya dhiladhila nenge taya dhiladhila nongashingeyi oyu uvite ye na oonkondo dhoku shi ninga. Shika otashi ti kutya opu na ompumbwe yelongo uuna aantu ya kolulukwa opo ku shonopalekwe omahepeko nenge omadhiladhilo ngoka ye na.

Okampungu ke li pevi otaku ulike omadhiladhilo gamwe ga kundathanwa miigongiilonga, nomayamukulo nga taga vulu okugandjwa opo ku yambidhidhwe opumbwe yokupopitha elongithonayi lyiikolitha momukunda.

Okomenda	Evamukulo
Kayi shi iimaliwa yoye mbika tandi nu.	Omukundu gwelongithonayi lyiikolitha ogwa guma omukunda aguhe. Shika osha hala okutya uupyakadhi itawu vulu okwiidhimbikwa.
Inda kOvenduka e to hulitha po elongithonayi lyomalovu.	Uupyakadhi itawu vulu okukandulwa po okuza kokule, nompango itayi vulu oku shi ninga kuyo yene yi keelele elongithonayi lyiikolitha. Aanamikunda oye na okulongela kumwe ya kambadhale ya mone eyambidhidho kepangelo nokomahangano galwe.

## **Ompango oya ti shike kombinga yelongithonayi lyiikolitha?**

Ompango yiikolitha 6 yo-1998 otayi ti:

- osho eyono enene kukehe omuntu ta landitha nenge ta gandja iikolitha komuntu e li koho yomimvo 18. Shika osha kwatela mo aavali, omulandakanithi nooyene yuundingosho, naanyasha yalwe.
- osho eyono enene okukala wa kolwa mehala lyopashigwana.
- osho eyono enene okuhanga iikolitha (ngaashi ombike) nelalakano lyokulanditha nenge okupa yalwe nopwaa na ombapila yepitikilo.

Epangulo yotango lyomayono ngaka, egeelo lyokufuta oo-N\$ 4000 nenge ondholongo yomvula yimwe. Epangulo etiyali, egeelo lyokufuta oo-N\$ 8000 nenge ondholongo yoomvula mbali.

## WARMBAD

Aakuthimbinga moshigongiilonga moWarmbad oyu uvite kutya iikolitha oyo uupyakadhi wa simana momukunda gwawo. Mokupopitha omukundu nguka, oye e ta po edhiladhilo lyokukwatela po “ino nwa” mehuliloshiwike. Otaya vulu okutsilika po omafano omanene kombinga yoshituthi nokuninga po iilongadhalwa yaakalimo yomehuliloshiwike onga epingakanitho nokunwa. Mokuulukila omukunda kutya itaa nu nande mehuliloshiwike kehe, ongundu oyi inekela kutya aantu otaa uvu ko kutya iikolitha oyi na okulongithwa nawa.

# AANTU YOMOWARMBAD OTAYE MU INDILE KAAMU NWE MEHULILOSHIWIKE LIMWE ALIKE

Okuza Olyomakaya \_\_\_\_\_ sigo Osoondaha \_\_\_\_\_

**UUNA AANTU ITAAYA LONGITHA NAWA IIKUNWA,  
IIKUNWA OTAYI VULU OKWEETA OMIKUNDU NDHI:**

**OMAHEPEKATHANO GOMOMAGUMBO  
EKWATONKONGA  
EHEPEKO LYUUNONA  
IIPONGA YIIHAUTO**

**ALIKANA ULIKA EYAMBIDHIDHO LYOYE  
NOKWAAHA NWA MEHULILOSHIWIKE NDIKA.**

### Omathaneko gokuninga po sha/etokolo

- Lopota oonkalo dhelongithonayi lyiikolitha kopolisi.
- Longekidha eindilonyolwa ngele owu uvite kutya okandingosho nenge omahala galwe gomalandithilo giikolitha oombapila dhawo nadhi kalekwe, mweneke, dhi lundululwe paveta nenge okutalululwa.
- Ooyene yomikunda naaipyakidhili yomomikunda otaya vulu okugandja oshiholelwa. Aantu otaa vulu okuninga ehololomadhiladhilo tali popi kombinga yaashoka okunwa taku ti.
- Ningeni iinyandwa tayi popi kombinga yuuwinayi welongithonayi lyiikolitha pomahala gomanwino ngaashi puundingosho.

# UULODHI

Kaantu yamwe, eitaalo lyomaulodhi nepango lyopamuthigululwakalo omukalo gwonkalamwenyo. Aantu yamwe oyi itaala kutya oonganga otadhi vulu dhi ya lombwele nkene ye na okuninga aayamba. Ando okwa li osho, ando kehe gumwe okwa yi koonganga opo a ninge omuyamba/omukengeli. Okampungu ke li pevi otaku ulike iiholelwa yimwe yuulodhi mbi ya kundathanwa miigongiilonga nomayakulo ngoka taga vulu okugandjwa opo ga fatulule kutya omolwashike mbika kaayi shi iiholelwa yuulodhi.

Uulodhi	Oshili
<p>Omusamane okwa li a thingwa komukulukadhi e ta tameke te ehama unene sigo otayi mokatamba. Onganga yopamuthigululwakalo oya li ya kambadhala okukutha mo ethingo ashike olya li na oonkondo.</p>	<p>Omikithi odhindji otadhi vulu okweetitha omusamane a ye kokatamba. Shino otashi vulu shi kale oshizemo shonkalo yuunamiti kashi shi ethingo.</p>
<p>Ongundu yaalumentu oya kwata okakadhona onkonga. Aavali yamwe yaalumentu oya yi koonganga, oya faalele oonguwo dhoyanamati. Esiku lyotango mompangu, oshipotha oshe ekelwahi shaashi uulodhi owa li wu na oonkondo.</p>	<p>Ompangu oya pumbwa uumbangi wa gwana nomatompelo gefekelo. Shika osha hala okutya ngele kapu na uumbangi wa gwana nokupangula omuntu, omuntu ita vulu okutumwa kondholongo. Moshipotha shika, otashi vulika pu kale kaapu na uumbangi wa gwana opo oshipotha yi ye komeho.</p>

Oshiholelwa tashi landula osha li sha kundathanwa miigongiilonga: Omukulukadhi okwa li a hala a ninge eindilo lyosapota yokamwana. *He yokanona okwa lombwele omukulukadhi kutya ngele okwe shi ningi, okanona ote ka thingi. Okanona oka tameke ihe okweehama.* Shika kashi shi oshiholelwa shuulodhi. Shino oshiholelwa shomuntu ta tilitha nokumbandameka omuntu omukwawo, noshinima shoshinima shi ikalekelwa shokanona take ehama. Omukulukadhi oku shi shi ngiini kutya okanona inaka adhika take ehama nale? Eyamukulo oyo ndyoka kutya ita kala e shi shi. Itashi ulike kutya otaka kala ke na uukolele nenge itaka kala ke na sha pwaa na ethingo. Aantu olundji ohaa dhimbulukwa ashike omathimbo uuna ethingo nuuwehame tawu holoka oshita. Ashike aantu ohaa dhimbulukwa ngaa uuna ethingo inali landulwa kuuwehame? Shino ohashi holoka omalupita, ashike aantu ohaa dhimbwa kombinga yomathimbo ngaka.

## Ompango otayi ti shike kombinga yuulodhi?

Ompango yokusapota 9 yo-2003 otayi ti kutya:

- Kehe omuntu a hala okuthiminika nenge a hala okuholelela omunyenyeti kaa ninge epeko lyenyenyeto kompangu yosapota nenge okuninga oshipotha sheyono komuyoni ngoka andopa okuyambidhidha omuntu gwontumba, momukalo kehe gwokutilitha, mwa kwatelwa elongitho lyuulodhi, okudhipaga, okuponokela, okweehameka omunyenyeti nenge omuntu kehe nenge eyono komunyenyeti nenge komuntu gulwe nenge eliko lyomunyenyeti nenge eliko lyomuntu gulwe, okuninga eyono ohaku futilwa iimaliwa inayi pitilila poo-N\$ 20 000 nenge elongelo lyondholongo lyoomvula inaadhi pitilila pu-5.
- Etseyithompango lyEthiniko lyUulodhi eti-27 lyomu-1933 olya ninga iinima oyindji yi ikolelela komayono guulodhi. Oshiholelwa, eyono ngele omuntu ti itaale kutya oto ka longitha uulodhi wu ehameke omuntu nenge iinima. Shi ikolelela keyono, kutya egeelo otali futilwa po kiimaliwa nenge koomvula 5 mondholongo.

## NYDIYONA

Aantu moshigongiilonga koNdiyona oya ti kutya okuninga eindilo lyosapota omuyo tagu tilitha. Ongundu oya kundathana oompito dhokweeta po ongundu yokukwathela. Ayehe otaya vulu okwiilonga nkene omuyo hagu longo nokwiyambidhidha momaudhigu gawo. Ongundu oya dhiladhila edhina: N4M (Ndiyona 4 yOsapota)

- Oto vulu oku shi ninga moshitopolwa sheni?

## Omathaneko gokuninga po sha/ etokolo

- Ngele uulodhi omukundu moshitopolwa sheni, longekidha oshigongi shomukunda mu kundathane omukundu.
- Pula ompangu yaMangestalata yi ete po oshipopiwa kombinga yaasho Oveta yOsapota tayi popi kombinga yomatilitho.



Monday, June 30, 2008 – Web posted at 9:03:30 AM GMT

## Opolisi mUumbugantu ya katukile oonganga dhopamuthigululwakalo onkatu

LUQMAN CLOETE

**OPOLISI mOkaiti oya kwata po oonganga ntano dhaakwiilongo ndhoka dha li tadhi longele mondoolopa pwaa na oombapila dhepitikilo lyiilonga dhi na onkondo.**

Aazimbabwe yane nOmumalawi oya kwatwa po mEtime sha landulwa kelondodho lya zi maakashigwana, Komanda gwOshitopolwa shaKaras, kOmufalandjayi gwopevi Josophat Abel, ta lombwele *The Namibian*.

Oyo Shame Marasha, Nelson Masavi, Tapiya Mhiyangiwa, Sam Masawi naKingsley Karim.

MEtitano, yane oya holoka mompangu yaMangestalata mOkaiti shi na sha niipotha yokuninga uunangeshefa pwaa na epitikilo lyiilonga.

Ayehe oye li metonatelolo.

Oya tegelelwa ya ka holoke mpangu oshiwike tashi ya.

Sho ya pulwa kukomanda gwOpolisi, gumwe okwa ti omi dha ota vulu okupanga o-AIDS.

“Konima yiwike shampa wa nu omuti, oto aluka lela ko-AIDS,” Omumalawi Kingsley Karim ta lombwele Abel.

Abel, ngoka a nyana nayi omuyo gwoonganga dhopamuthigululwakalo, okwa londodha oshigwana shi hulihe po okulongitha omayakulo gadho.

“Aantu mbano (oonganga dhopamuthigululwakalo) otaya hu aantu mba oohepele nale momikunda sho taye ya pula oofuto dhopombandalela dha tameka pokati koo-

N\$ 600 okuya pombanda muusila uushona wopamuthigululwa kalo,” Abel ta popi nongeyo.

“Oonganga dhopamuthigululwakalo ndhika dhiifundja odhi li ashike muka dha hala okwiyambapaleka moofuto dhaakwashigwana mba ya hepa,” Abel ta ti.

Oonganga ndhika ohadhi pula ofuto yopetameko okuza pokati koo-N\$ 30 sigo oo-N\$ 50.

Opolisi oya kwatwa ko wo iinima mbi hayi longo kolusheno ngaashi ookila, omasiga nookompiuta ndhoka dha adhika dha gandjwa koonganga dhopamuthigululwakalo onga oofuto dhomayakulo gadho. Mbino otayi pungulwa sigo ooyene yawo taa dhimbululwa.

Oonganga odha panga aakalimo yamwe ohole, okwaaniilonga nuupyakadhi wiimaliwa.

“Omolwashike itaamu yi mu ka pange aakwashigwana yeni mboka ndu uvite kutya oya hepekwa kokwaaniilonga nompumbwe yiikulya,” Abel a hala okuuva moonganga dhopamuthigululwakalo.

Pethimbo, Gavena gwaKaras, Dawid Boois ta popi pitha aakalimo yomomukunda gwaBerseba, pethimbo lyokutaamba Okomitiye yEhumithokomeho lyOmukunda gwaBerseba (CDC) mOlyomakaya, okwi indile aakwashigwana ya kale kokule noonganga.

# ENKONDOPALEKO LYAANAMUKUNDA YA KALE OMPINGE NOMAHEPEKATHANO GUUKASHIKE-KO-OKANTU

*“Ngele otu shi uupyakadhi nomakandulopo, otatu vulu oku wu kandula po.”*

Aakuthimbinga moshigongiilonga, Ndiyona

Pevi opu na omadhiladhilo gomikalo dhokutameka okupopitha omahepekathano guukashike-ko-okantu momikunda dheni. Ogendji gomomadhiladhilo oga zi maakuthimbinga yomiigongiilonga:

<p>Ninga oshigongi nooyene yomikunda mu kundathane nkene mu na okukandula po uupyakadhi womahepekathano guukashike-ko-okantu</p>	<p>Longekidha oompata miinima ngaashi onkonga mondjokana nenge aasamane naakulukadhi oye na okukala ye thike pamwe moondjokana.</p>	<p>Ninga iinyandwa kombinga yomahepekathano guukashike-ko-okantu. Oto vulu wu yi ningile momapandaanda nenge puundingosho. Ngele owa ningile oshinyandwa pomahala mpoka aantu inaaya tegelela pu ningilwe oshinyandwa, oho kutha ko ohokwe yawo.</p>
<p>Popya moradio yomoshitopolwa u tseyithile aantu osheetwapo shoye.</p>	<p>Ninga uumbindja noshityadhengo ngaashi “Ondoolopa ndjika oyi li ompinge nomahepekathano guukashike-ko-okantu”.</p>	<p>Longa uunona kombinga yomakwatathano omawanawa. Popya noosikola moshitopolwa sheni wu tale shoka to vulu okuninga wu kwathele.</p>
<p>Tota ongundu yokuyambi-dhidha. Otayi vulu yi kale yaalumentu, yaakiintu, aantu mba ya pumbwa okusapotwa, aakulupe, aantu mba ya gumwa komahepekathano gomomagumbo nenge oongundu dhilwe dhaantu mboka ihaaya vulu okwiikwatha yo yene.</p>	<p>Zala uulapi nenge wu ninge uugondo mbu tawu ulike osheetwapo shoye. Oto vulu okulanditha uulapi nenge uugondo kaanamukunda kiimaliwa iishona wu mone mo sha opo wu vule okukondjitha omukundu. Oto vulu okulongitha iimaliwa wu thithe oshinyanga mu ningile mo oshigongiilonga.</p>	<p>Ninga omapeko nenge wu tsilike omapulakata taga popi kombinga yosheetwapo shoye. Dhimbulukwa kutya ino pumbwa omapeko ga pyokoka – oto vulu oku ga thaneka ngoye mwene.</p>
<p>Lombwela omuhingi gwotaksi a nateke efano enene kotaksi ye tali popi kombinga yomahepekathano gomomagumbo nenge omakwatonkongga miihautu yawo.</p>	<p>Mbapeka okabaki nenge okakalata kokandoongi e to ka hingi momukunda aguhe opo wu hile aanamukunda ya tale osheetwapo shoye, dhana omusika nenge igidha osheetwapo shoye.</p>	<p>Lombwela aakwangeleka yu uvithe euvitho tali popi kombinga yomahepekathano guukashike-ko-okantu mesiku lyomahepekathano.</p>
<p>Mbapeka efano tali popi kombinga yomahepekathano guukashike-ko-okantu li tsilika kekuma pehala lyaayehe. Kala wu shi kutya owa pula epitikilo tango.</p>	<p>Ninga po okaimbilo taka popi kombinga yomahepekathano guukashike-ko-okantu moshigwana.</p>	<p>Tota po okoode yeiyambo yomakwatathano mondoolopa yeni, li na omilanduthaneko nkene aantu ye na okwiihumbatelathana.</p>



## Omathaneko gokuninga po sha/etokolo:

### Omadhiladhilo gokukondjitha omahepekathano nomatumwalaka (SMS)

Opo wu kwatele mo aanamikunda mokukondjitha omahepekathano nomatumwalaka, osha simana opo wu ninge kehe gumwe e li ompinge nomaupyakadhi. Elongitho lyooselefona okugandja uyelele kombinga yomakondjitho gomahepekathano olya nathangwa nolyo omukalo omwaanawa gwokukwatathana nookuume. Okupula aantu ya gandje omatumwalaka, uyelele ohawu andjaganekwa kokule naapehe okuza koKarasburg sigo okoKatima Mulilo nokuza koGobabis sigo okOshaanda. Omatumwalaka ohaga vulu okukala goshali ngele owe ga longitha pethimbo - tala shoka ehanganano lyuutumimbepo lyeni tali gandja. Pevi opu na iholelwa yimwe yomatumwalaka kombinga yomahepekathano guukashike-ko-okantu:

1. Ninga euvaneke lyokuhulitha po omahepekathano. Ulika ehalo lyoye nokutuma etumwalaka kaantu ya-5.
2. Aakiintu oya pumbwa okukala megameno momagumbo gawo. Omahepekathano gomomagumbo osho epogolo. Tuma etumwalaka ndika kaantu yatano.
3. Ekwatankongwa uupyakadhi momukunda gwetu. Otu na okulongelakumwe tu shi lundulule. Ulika ehalo lyoye nokutuma etumwalaka ndika kaantu yatano.
4. Aalumentu naakiintu oye na okulongela kumwe ya ninge Namibia a gamenwa. Ulika ehalo lyoye nokutuma etumwalaka ndika kaantu yatano.
5. Omukulukadhi ke shi ondjato yongonyo. Alikana tuma etumwalaka ndika kaantu yatano.
6. Oopelesenda 6 dhiihakanwa yekwatankongwa aalumentu. Aalumentu oya pumbwa eyambidhidho lyoye mokukondjitha elongithonkondo. Ulika ehalo lyoye nokutuma etumwalaka ndika kaantu yatano.
7. Pa uunona oompito. Hulitha po elongithonkondo moNamibia. Ulika ehalo lyoye nokutuma etumwalaka ndika kaantu yatano.
8. Tse atuhe oyomomukunda gumwe. Tu thikameni pamwe. Tu tuleni uukuni kumwe tu kondjitheni omahepekathano. Ulika ehalo lyoye nokutuma etumwalaka ndika kaantu yatano.
9. Omakwatankongwa ge vulithe pe-1100 oga lopotwa omvula kehe muNamibia. Kutha onkatu wu li ompinge nonkongwa. Alikana tuma etumwalaka ndika kaantu ye vulithe puyatano.
10. Kapu na nando etompelo ewanawa lyokudhenga omukiintu. Omahepekathano hago eyamukulo. Ulika ehalo lyoye nokutuma etumwalaka ndika kaantu yatano.
11. Kapu na ngu e na okukala muumbanda womahepekathano gomomagumbo. Kutha onkatu yi li ompinge nomahepekathano momukunda gweni. Alikana tuma etumwalaka ndika kaantu yatano.
12. lihakanwa yomahepekathano oya pumbwa eyambidhidho, kali shi epangulo. Alikana tuma etumwalaka ndika kaantu yatano.

## Omayamukulo ga za miigongiilonga

- Ondi na euvoko li li hwepo nkene aakiintu hayu uvu kombinga yi iyetwapo yontumba.
- Ondi ilongo oshindji kombinga yonkongwa naashoka kashi shi epuko lyoye ngele osha holoka.
- Nena ondi ilongo kutya aakiintu kaye li pamwe natse mokukondjitha omahepekathano, ashike mokugamena, mokuhola nomokusila oshimpwiyu.
- Ondi ilongo iinima mbi handi uvu ashike kombinga yawo nosha li esimana oku yi tseyu.
- Tangi unene komatsomukummo nomapukululo. Otu uva iinima kaa twa li twa tegelela oku yi uva.
- Ondi ilongo kutya omahepekathano guukashike-ko-okantu ogo omukundu nupu na emweno nekudhilo olindji kombinga yago, ashike kapu na ekandulopo lyu ukilila.
- Onda tyapula oshigongiilonga, oshoka otwa longa mongundu.
- Otandi ka longa nokulombwela aantu kombinga yaashoka ndi ilongo.
- Omolwiigongiilonga, otapu ka kala pu na eshunopevi lyaalumentu taa dhenge aakiintu.





**EWILIKIMBO LYOVETA  
ONTI-4 YOMU-2003  
YOKUKONDJITHA  
OMAHEPEKATHANO  
GOMOMAGUMBO**



Legal Assistance Centre  
2004

**Ewilikimbo lyOveta  
yokukondjitha  
ekwatonkongga**



Legal Assistance Centre  
2001

linyanyangidhwa ine ya-LAC yi na sha nuukashike-ko-okantu. linyolwa yokuulika uyelele (PDFs) owindji wiinyanyangidhwa ya-LAC otayi vulu okukuthwa oshali mowebbsite ya-LAC: [www.lac.org.na](http://www.lac.org.na). Ookopi dho dhene dhomomambo otadhi adhika moombelewa dho-LAC.

**Ewilikimbo lyOveta  
yuuthikepamwe  
moondjokana**



Legal Assistance Centre  
2001

**EWILIKIMBO LYOVETA  
ONTI-9 YOMU-2003  
YOSAPOTA**



Legal Assistance Centre  
2005

**“Ino kala wa limbililwa kutya ongundu onshona yi na omededho, aakwashigwana yi itula mo otaa vulu okulundulula uuyuni. Osho nashi kale ngaaka.”**

Margaret Mead

