# 1

# HLAHISA LIJO LAPENG

## TLHAHISO EA LIJO MALAPENG BAKENG SA KANETSO EA LIJO LESOTHO

*Liratsoana tsa malapeng li ka sebelisoa ho lema meroho, lijo thollo tse seng kae le lifate tsa litholoana. Mekhoa ea temo e kang 'mantloane /lentloane le temo ea liforo (cheka-cheka) li re thusa ho phahamisa boleng le bongata ba lijo tse hlahisoang malapeng.*

## SERATSOANA SA LENTLOANE

Lentloane ke seratsoana se senyenyane se sechitja 'me se lumella motho hore a fihle hare ho sona ha a sebetsa. Se na le lesoba hare ho sona le entsoeng ka mahlaka, se na le lerako le pota-potileng 'me kahare se entsoe ka mekato ea mobu le makhasi kapa joang. Mobu o nonneng o atlehisa tlhahiso selemo ho pota hape o boloka mongobo.

### Tse hlokahalang:

Majoe: a maholo le a manyenyane empa a se be manyenyane ho feta feisi ea letsoho

Makhala, makala a lifate, makhasi a lijalo, joang, mabokose, makoti-koti, joang ba mohlomo

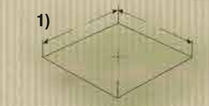
Mobu:
Likiribae tse leshome ho isa ho tse mashome a mabeli

Moiteli:
Likiribae tse leshome ho isa ho tse mashome a mabeli

Sebelisa molora oa patsi/khapane/lisu (qoba ho sebelisa molora oa mashala):
Likiribae tse tharo ho isa ho tse 'ne

### Mokhoa oa ho haha lentloane

1)



Metha sebaka se bophara le bolelele ba limithara tse peli moo seratsoana se tla etsoa teng.

2)

Etsa selika-likoe ka khoele e bolelele ba mithara e le 'ngoe e faselelitsoeng thupeng ka qetellong e 'ngoe ea eona.

3)

Loha moseme ka joang kapa lintho tse masobana ho lumella metsi ho feta 'me o etse basekete. Mohlala: mekotla e tšelang lijo-thollo, majoe, mahlaka a poone, a mabele le a koro. Basekete e tla hlongoa hare ho selika-likoe pele ho tšeloa letho kahare ho eona.

4)

Phethola mobu kahar'a selika-likoe 'me o behe majoe ho se pota-pota.

5)

Beha basekete hare ho selika-likoe se entsoeng 'me basekete e tšoaroe ka lithupa tse tharo ho isa ho tse 'ne. Tlatsa basekete ka mosuela joalokaha ho bontšitsoe tlas'a sehlooho se reng "Tlhokomelo ea Lentloane".

6)

Beha makhala, likotoana tsa makala a lifate, makotikoti le likotoana tsa mabokose ho etsa mokato oa pele.

7)

Ala mobu kaholimo ho mokato oa pele. Mobu o lateloe ke joang le makhasi a ommeng ebe o tšela molora hanyenyane.

8)

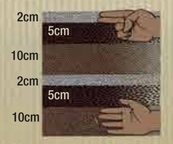
Ala mobu kaholimo ho molora 'me o ale mokato o motenya oa moiteli.

9)

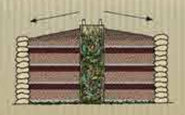
Haha lerako ho potapota serapa ha bophahamo ba mekato ea mobu le moiteli bo ntse bo eketseha ka har'a selika-likoe.

10)

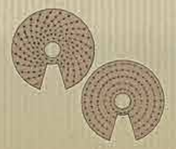
Mekato ea mobu, moiteli le molora li hahoa ho fihlela bophahamo ba mithara e le 'ngoe.




Mokato oa mobu o be bophahamo ba linoko tse leshome (bophara ba menoana e tšeletseng ); moiteli o be bophahamo ba linoko tse hlano 'me molora o be linoko tse peli le halofo.



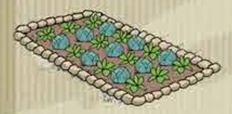
Kaholimo ho serapa ala mokato o entsoeng ka motsoako oa mobu le moiteli kapa mosuela. Netefatsa hore serapa se phahame bohareng 'me se sekame ho thusa phallo ea metsi.



Arola mela ea meroho ka linoko tse mashome a mahlano. Bonyane mefuta e mene ea meroho e ka lengoa ho laola mafu (meroho e behang ka mobung – lihoete le bête pela meroho e mahaba e kang sepinichi, jj).

Meroho e lengoe ka masakana ho pota serapa kapa e tšoekame ho tloha bohareng; joaloka setšoantšong se kaholimo.

## CHEKA-CHEKA



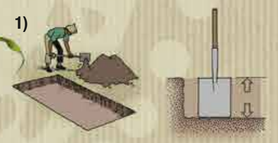
Lirapa tsa cheka-cheka li batla li tšoana le lirapa tsa mantloane ka tse sebelisoang ho haha serapa le melemo e fumanoang. Se matlafatsa mobu ka hore se tšeloa mosuela le moiteli empa mekato ea sona e mesesanyane ho feta mekato ea 'mantloane.

### Tse hlokahalang:

Majoe, makhala, makala a lifate, makhasi a lijalo, joang, moiteli, mosuela

### Mokhoa oa ho etsa cheka-cheka

1)

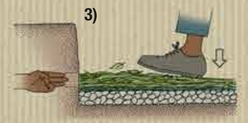


Cheka mobu botebo ba li-centimithara tse mashome a mararo (botebo ba kharafu). Bokella mobu oo ka thoko.

2)

Tšela majoe, a lateloe ke makala a lifate a ponngoeng kapa makhala ho etsa linoko tse hlano/menoana e meraro. Li hatelle ka maoto.

3)



Tšela morumo o linoko li hlano oa makhasi le joang. Li hatelle ka maoto.

4)

Tšela mosuela kapa moiteli o etsang botebo ba linoko tse leshome le metso e mehlano ho isa ho tse mashome a mabeli. Se ke ua li hatella.

5)

Tšela mobu o ileng oa behelloa ka thoko hore serapa se phahame hanyenyane ho feta moo mobu o neng o le teng pele. Tšela mosuela kaholimo ho serapa ho thibela tahlehelo ea metsi le matsoai.

6)

Lika-liketsa serapa ka majoe ho thibela mobu hore o hoholehe. Haeba majoe a le sieo, lithupa li ka sebelisoa ho pota-pota serapa ho thibela khoholeho ea mobu.

## Tšireletso ea seratsoana serameng

Ho koahela lijalo tse nyenyane ka joang kapa makhasi ho tšireletsa lijalo serameng. Joang kapa makhasi a sebetsa joaloka kobo ho boloka mofuthu o tsoang mobung.

Hona ho boetse ho tšireletsa lijalo khahlanong le moea o batang 'moho le moea o tlosang mongobo mobung.

Ho hloma lithupa ho tšoara ntho e sebelisitsoeng ho koahela serapa e kang mekotlana ho sireletsa lijalo serameng. Tšebeliso ea polasitiki ha e khothaletsoe kaha e bokella rothe e ka fetohang serame se bolaeang lijalo.

Ho koahela mobu lipakeng tsa lijalo ho thusa ho boloka mongobo le ho sireletsa lijalo ka ho thibela hore mobu o se lale qhoqhoane.

Ha ho chesa, noesetsa lijalo, kaha mobu o mongobo o boloka mocheso hantle ho feta mobu o omelletseng.

## Tlhokomelo ea Lentloane

Seratsoana sa lentloane se ka ba le tlhahiso e phahameng nako ea lilemo tse hlano, kamorao ho moo, hoba le tahlehelo ea matsoai a lijalo 'me tlhahiso ea lijalo e ea fokotseha. Ha seratsoana se hlokometsoe hantle tlhahiso ea lijalo e ka tsoelapele nako e telele.

Seratsoana sa lentloane se ka bolokoa se nonne ka ho tšela moiteli, likhaketla tsa mahe, makhapetla a meroho le litholoana a sa pheoang le mosuela kahar'a basekete ea seratsoana khafetsa. Moiteli le mosuela tsona li tšeloe serapeng hang ha li se li sa bonahale kaholimo ho mobu.

Basekete e bola kamor'a lilemo tse peli haeba e entsoe ka lintho tse putang. Ha basekete e se e putile, lebota la serapa le haufi le basekete le ka qhaqhoa. Basekete eo e bolileng e phetholelloe serapeng 'me ho hlonngoe/kennngoe basekete e ncha.

Lerako la seratsoana sa lentloane le tlameha ho lokisoa khafetsa kaha metso ea lijalo le pula li baka hore lerako le sisinyehe.

Meroho e mahaba le e behang ka mobung e ka kotuloa hang ha e lokile 'me hoa jaloa e meng. Ka linako tsohle ho hlokomeloe ho hlakahlakanya lijalo le ho jala lijalo tse phelisanang kapa tse thusanang. Tlhakiso ea litaba tsena e ka fumanoa postareng ea bobeli.

Ho arola lijalo tse teteaneng kamor'a hore li hlahe le ho hlaola khafetsa ho etsa hore matsoai le mongobo li lekane lijalo hantle.

Ho apesa/koahela mobu lipakeng tsa mela ea lijalo ho thusa hore o se lahleheloe ke mongobo.

Humanitarian Aid and Civil Protection
USAID FROM THE AMERICAN PEOPLE
UKaid from the British people

Lingolilloeng tsena li lokisitsoe ke Mokhatlo oa Lefatše oa Lijo le Temo (FAO) 'moho le Lekala la Temo le Kanetso ea Lijo (MAFS) ka thuso ea lichelete ho tsoa ho Komisi ea Linaha Tsa Europa, 'Muso oa Manyesemane le oa Maamerika.
Lingolilloeng tsena li hlahisitsoe ka kopanelo 'me tsa ananeloa/tšoa ke Sehlopha Sa Tšebetso sa Temo ea Lirapa le Phepo e Nepahetseng (HGNWG) Lesotho 'me li ka atisoa ntle ho tefiso ea letho hafeela li sa rekisoe, empa ho tsebahatsoe hore ke mosebetsi oa MAFS, FAO le HGNWG. Lihlahisoa tsa mosebetsi ona li tšoanetse ho lumelloa ke FAO le Lekala la Temo (MAFS).
Litho tsa Sehlopha Sa Tšebetso sa Temo ea Lirapa le Phepo e Nepahetseng ke tse latelang: Action Aid, Apostolic Faith Mission, CARE Lesotho, Caritas, Catholic Relief Services (CRS), Food and Agriculture Organization (FAO), Food and Nutrition Coordination Office (FNCO), Growing Nations, Lesotho Agricultural College, Lesotho College of Education, Lesotho Council of NGOs (LCN), Lesotho Red Cross Society, Machobane Foundation, Ministry of Agriculture and Food Security, Ministry of Forestry and Land Reclamation, National University of Lesotho (NUL), Rehobothe Church, Rural Self Help Development Association (RSDA), Send a Cow Lesotho, UNICEF, World Food Programme, World Vision Lesotho.
Liteboho tse khethehileng ho Catholic Relief Services (CRS) ka tataiso ea eona ho hlophisoeng hoa temo ea serapa sa lentloane le UNICEF ka tlatsetso litabeng tsa phepo e nepahetseng.