2 NTLAFATSA CHAI

Ha re rala mokhoa oo re lemang ka oona re ka eketsa chai hape ra tšireletsa lijalo likokoanyaneng le mafung. Mosuela o matlafatsa mobu 'me o thusa ho eketsa tlhahiso ka tsela e tšoarellang/ea moshoelella.

1. MEKHOA EA HO LEMA

Temo ea moshoelella e ka etsoa ka mekhoa e mengata. Phapanyetsano ea lijalo, tlhakantšutšu, tlhatlhamiso ea lijalo kapa ho jala lijalo tse thusanang ke e meng ea mekhoa e bobebe eo lihoai li ka e lekang majareteng a bona.

A) Phapanyetsano ea lijalo serapeng se tšoanang

Mokhoa oa ho lema moo lijalo tse fapaneng li lengoang ka phapanyetsano seratsoaneng se le seng.

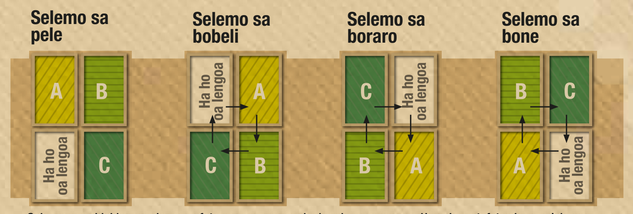
Lijalo tse fapaneng li sebelisa matsoai a fumanehang mobung ka tsela tse fapaneng (kh'abeche e sebelisa matsoai a mangata ha meroho e mahaba e hloka matsoai a seng mangata). Ho hlokahala hore lijalo li feto-fetoloe hore li sebelise matsoai a mobung ka nepo le ho nyolla chai. Phapanyetsano ea lijalo e ntlafatsa boleng ba mobu, ebile e ea o nontša.

Ho feto-fetola lijalo ho thibela likokoanyana le mafu ho ikatisa kaha li (likokoanyana le mafu) hloka lijalo tse tšoanang ho behela ho tsona le ho ikatisa. Ka ho feto-fetola lijalo, likokoanyana li thibeloa ho hahela le ho ngatafala mobung. Mohlala oa phapanyetsano ea lijalo o ka bonoa setšoantšong se latelang:

Serapa se ka aroloa likarolo tse 'ne e leng A, B, C, le D 'me karolo e le 'ngoe e lule e sa lengoa e le ho phomotsa mobu.

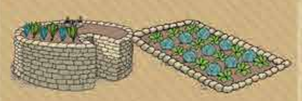
Lihlopha tse latelang tsa meroho li ka lengoa 'moho likarolong tse fapaneng tsa serapa:

1) Hanyanese le konofolo
2) Lihoete, bête, rapa e putsoa
3) Tamati, selae, sepinichi
4) Linaoa, lierekisi



Selemong se hlahlamang lema mofuta o mong oa moroho karolong ea serapa. Hona ho netefatsa hore sejalo se le seng ha se lengoe sebakeng se le seng ka tatellano. Phapanyetsano ena ea lijalo e etsa hore lijalo li sielane matsoai 'me li hole hantle. Selemo le selemo ho ba le karolo ea serapa e phomotsoang.

B) Temo ea tlhakantšutšu



Temo ea tlhakantšutšu ke mokhoa oa ho lema mefuta e fapakaneng ea lijalo serapeng se le seng ka nako e le 'ngoe. E nontša mobu le ho ntlafatsa mokhoa oa mobu oa ho boloka mongobo. E boetse e theola sekhahla sa likokoanyana le mafu (mehlala ea lijalo tse ka jaloang 'moho e fanoe ka tlaase mona). Keletso ke hore ho jaloe meroho e mahaba le ea metso polotong ea lentloane(mohlala, sepinichi, rapa, lihoete, bete) athe poloto ea cheka-cheka e molemo bakeng sa lijalo tse hlokang sebaka se seholo 'me e ka senya poloto ea lentloane(mohlala: kh'abeche, tamati, erekisi, linaoa).

C) Tlhahlamiso ea lijalo

Tlhahlamiso ea lijalo ke ho jala peo ka likhaohano; hangata ho fetisoa nako ea libeke tse itseng lipakeng tsa ho jala. Peo ha e jaloe kaofela ka nako e le 'ngoe. Ke mokhoa o motle ho netefatsa hore meroho e kotuloa nako e telele ho fapana le hore ho kotuloe ka nako e le 'ngoe. Sheba lethathamo la ho jala postareng ea boraro.

D) Lijalo tse thusanang temong ea tlhakantšutšu

Ha lijalo li lengoe 'moho le tse ling li tla ba le kotulo e holimo li be li tsebe ho itšireletsa mafung le likokoanyaneng. Ka lehlakoreng le leng ho na le lijalo tse hananang 'me li sitisana ho hola hantle. Lijalo tse hananang ha li lenngoe 'moho li bonahala ka ho se hole hantle, hoba le chai e fokolang, ho hlaseloa ke mafu le likokoanyana habonolo. Mehlala ea lijalo tse ka lengoang 'moho le tse hananang:

Sejalo sena:	Se hola hantle ha se lenngoe le: ✓	Empa se se lengoe le: ✗

KEKETSO EA TLHAHISO EA TEMO LIRAPENG TSE MALAPENG

2. PHEKOLO EA LIKOKOANYANA KA TŠEBELISO EA LIMELA

Le hoja likokoanyana le mafu li ka phekoloa ka ho sebelisa chefo, e theko e holimo, e kotsi ho batho le liphoofolo ebile e ka senya tikoloho ha e sa sebelisoe ka nepo. Tšebeliso ea metsoako e etsoang ka limela e phekola likokoanyana le mafu hantle ha serapa se hlokometsoe hantle ebile se lekoloa nako le nako ho bona kapele nako eo mathata a hlahang.

Boloka lijalo li matlafetse ka ho li fa menontša le ho noesetsa khafetsa. Likokoanyana le mafu li hlasela habonolo lijalo tse fokolang le tse sa phelang hantle.

Hlaola khafetsa ho tlosa lehola le ho phethola mobu pel'a lijalo ho ntlafatsa phallo ea metsi le ho bolaea likokoanyana tse kotsi. Temo ea tlhakantšutšu e fokotsa lehola (sheba karolo B le karolo C ka letsohong le letšehali).

E ba chatsi. Tlhahlobo ea serapa khafetsa le ho tlosa mahe le liboko lijalong ho thibela ho ngatafala hoa likokoanyana.

Leha ho le joalo, ho na le likokoanyana tse ling tsa bohlokoa bakeng sa serapa sa hau (likho, linotši). Se ke ua li bolaea.

Mekhoa ea ho iketsetsa meriana ea likokoanyana ka lintho tse fumanehang malapeng (lebese, sesepa se hlatsoang lijana, oli e phehang) e bontsitsoe ha u phethola postara ena.

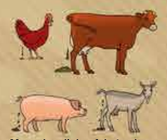
3. HO ETSA MOSUELA

Mosuela ke litlama, moiteli le masalla a lijo tse putileng 'moho. Mosuela o ka sebelisoa o le mong ho matlafatsa lijalo kapa 'moho le moiteli.

Mosuela o nontša mobu ebile o thusa mobu ho boloka metsi. Hape mosuela o fokotsa litšenyehelo tsa tlhahiso le ho eketsa kotulo ea lijalo tse boemo bo phahameng.

Tse hlokahalang:

Mahlaka a lijo-tholo tse kang (poone, mabele le koro). Masalla a lijalo tse kang (linaoa, lensisi) le tse ling.



Manyolo a liphoofolo tse kang likhomo, likhoho, linku, lipoli, likolobe. Molora oa patsi kapa masalla a lijalo.

SE KE ua sebelise masalla a lijalo tse nang le likokoanyana le mafu kapa litlama-tlama tse seng li entse peo. Ho molemo ho li chesa le ho sebelisa molora oa tsona ho qoba ho fetisa mafu le likokoanyana.

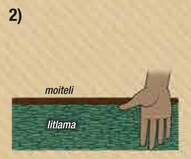
SE KE ua sebelisa khalase, polasetiki, li-beteri tse sebelitseng kapa eng kapa eng a sa boleng/puteng.

Mokhoa oa ho etsa mosuela ka likhoeli tse tharo ho isa ho tse 'ne:

1)

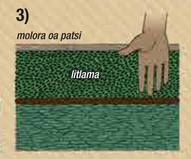
Poma litlama tse tala le tse ommeng hore li be nyenyane (likotoana li se ke tsa ba nyenyane haholo kaha ho hlokahala hore moea o kene mosueleng nakong eo o putang).

2)



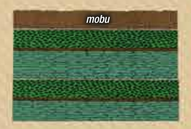
Ala mokato oa litlama tse khabetsoeng hore li be bophahamo ba linoko tse leshome le metso e mehlano ebe kaholimo o ala moiteli o bophahamo ba linoko tse peli.

3)



Beha mokato o bophahamo ba linoko tse leshome le metso e mehlano tsa litlama o lateloe ke molora oa bophahamo ba linoko tse peli. Pheta-pheta moralo ona ho fihla bophahamo ba mithara e le nngoe ho isa ho mithara le halofo.

4)



Koahela kaholimo ka mobu ho thibela ho lahleha ha matsoai. Noesetsa hore ho be mongobo.

5)

Koahela mobu ka joang kapa mekotla ea lesela e rokelletsoeng 'moho ho boloka mongobo.

SE KE ua koahela ka polasetiki kaha e sitisa phallo ea moea kahar'a mosuela. Ho etsa mosuela o nepahetseng ho hlokahala hore moea o tsamaee hantle kahar'a mosuela.

6)

Phethola mosuela kamora khoeli. Phethola hore karolo e neng e le kaholimo le mahlakoreng e ee kahare. Fafatsa ka metsi hore ho se omelle. Phethola mosuela libeke tse ling le tse ling tse peli ho fihlela mosuela o le mothokoa kapa bosootho bo lefifi.

4. NOESETSO

Bakeng sa seratsoana sa lentloane ho sebelisoa metsi a sebelitseng ka lapeng – "a maputsoa". Mohlala, metsi a hlatsoitseng lijana le liphahlo. Metsi ana a seng a sebelitse a tšeloa kahar'a basekete empa metsi a hloekileng ona a ka sebelisoa ka kotlololoho ho noesetsa lijalo.

Sebelisa makoti-koti le libotlolo tsa polasetiki ho etsa noesetso ea marotholi. Etsa masoba a mane a manyenyane katlaase ho botlolo e sa tšelang letho; tsetela botlolo mobung linoko tse hlano ho isa ho tse leshome le metso e mehlano pel'a lijalo. Tlatsa libotlolo kapa makotikoti ka metsi hanngoe ka beke kapa khafetsa kamoo ho hlokahalang.

Hlahloba na mongobo o mokae mobung:

1)

Nka mobu o tletseng seatla 'me o tiise seatla.

2)

Ha metsi a rotha ho tsoa pakeng tsa menoana ke ho bontša hore metsi a mangata mobung.

3)

Haeba ha seatla se buloa mobu o bopehile o sa qhalane, ha ho hlokahale ho noesetsa.

4)

Haeba ha seatla se buloa mobu oa qhalana, ho hlokahala hore ho noesetsoe.

Humanitarian Aid and Civil Protection
USAID FROM THE AMERICAN PEOPLE
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Lingolloeng 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.
Lingolloeng tsena li hlahisitsoe ka kopanelo 'me tsa ananeloa/tlisoa 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.