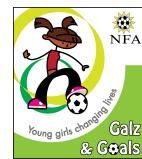


## Galz & Goals – EXULILO LOSHIKAKO - Epekaapeko lovadanauki

**2**  
POST

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



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

**Ou shi shike?** Lesha nawa omatumbulo taa landula. Oshi li mondjila ile osha puka? Didilika enyamukulo loye .

1. Ngeenge ou na ashike omulumenhu umwe, ito kватва koHIV ile omikifi dilili domomilele. ....  EHENO  AHAWE
2. Ovakainhu/oukadona ove li moshiponga sha kula shokukwatwa koHIV ngeenge ova yi momilele inava longifa okondoma, shi dulife ovalumenhu/ovamatii.  EHENO  AHAWE
3. Ito ningi eteelelo ngeenge owa nangala nomulumenhu oshikando shotete ashike. .....  EHENO  AHAWE
4. Oto dulu okukala noHIV eedula dihapu ito vele. .....  EHENO  AHAWE
5. Kape na eshi omukainhu e na oHIV ta dulu okuninga a amene okahanana kaye ka ha kватве kombuto.  EHENO  AHAWE
6. Ngeenge ou na eedula 16 oto dulu okukonakonwa oHIV pe he na ovakulunhu voye. .....  EHENO  AHAWE
7. Ngeenge tashi ya koHIV, okunangala nomulumenhu e ku dule osha nyika oshiponga shi dulife okunangala nomulumenhu wepipi loye.  EHENO  AHAWE
8. Ohandi dulu okumona omauyelele kombinga yoHIV, nomauyelele a wedwa po e na ko nasha noundjolowele wange nokukelela omateelelo inaa longekidwa.  EHENO  AHAWE

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

9. Ngeenge oto lipula naashi sha fimana monghalamwenyo yoye paife, oshixolelwa sho...

OKULONGIFA ONDAKA YOYE  P-G-P  ILA TU DANE

10. Ngeenge oto lipula noshilanduli omanga ino ninga etokolo, oshixolelwa sho...

KEUKA NDEE TO TOTOMONA  KALA MOUDANO  TUNGA ONGUDU YOYE

11. Okukalela po eshi wa itavela musho oshiholelwa sho...

ILA U DANE  LONGIFA ONDAKA YOYE  KALA MOUDANO

12. Okutula po omulandu wokulihonga opo u kale komesho moilongwa yoye yofikola oshiholelwa sho...

LONGIFA ONDAKA YOYE  P-G-P  ILA U DANE

13. Okukala peumbo to li deulile oudano nande vakweni va ya koshivilo, oshixolelwa sho....

KEUKA NDEE TO TOMONA  KALA MOUDANO  LONGIFA ONDAKA YOYE

14. Okukala u na omunhu umwe monghalamwenyo yoye he ku yambidida ngeenge u na omaudjuu, oshiholelwa sho...

LONGIFA ONDAKA YOYE  KALA MOUDANO  TUNGA ONGUDU YOYE

## Galz & Goals – EXULILO LOSHIKAKO – Epekaapeko lovadanauki – Tali twikile

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

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

**Lwaxuuninwa...** Otwa hala tu ku pule omapulo kombinga yoye mwene noprojekyo yo Galz & Goals. Kape na nande olye ta dulu okumona ngeenge oove wa nyamukula, onghene manguluka mokuyandja omanyamukula. Didilika enyamukulo loye noka .

27. Owa mona omauyelele kombinga yokumona omakwafo ngeenge opa ningwa sha pefimbo loudano wo Galz & Goals (oshiholelwa. oshiponga, oudjuu novadanauki vakweni ile nomudeuli)? ....  EHENO  AHAWE  Itandi dulu okunyamukula
28. Okukufa ombinga mo proyeka yo Galz & Goals oshe ku kwafela nande opamukalo umwe monghalamwenyo yoye? ....  EHENO  AHAWE  KANDI SHI SHI
29. Omudeuli weni wo Galz & Goals oha yandje oshirolelwa shi li nawa kovadanauki? ....  EHENO  AHAWE  Itandi dulu okunyamukula
30. Ope na umwe meumbo leni he ku tu omukumo u kufe ombinga moudano? ....  EHENO  AHAWE  Itandi dulu okunyamukula
31. Ou na omumati? ....  EHENO  AHAWE  Itandi dulu okunyamukula
32. Ope na umwe e ku pulile u nangale naye? ....  EHENO  AHAWE  Itandi dulu okunyamukula
33. Owa konakonwa oHIV? ....  EHENO  AHAWE  Itandi dulu okunyamukula
34. Owa nangala nomulumenhu moule weemwedi 12 da pita? ....  EHENO  AHAWE  Itandi dulu okunyamukula
35. *Ngeenge owa nangala nomumati:* Omwa longifa okondoma oshikando shaxuuninwa mwa nangala pamwe? ....  EHENO  AHAWE  Itandi dulu okunyamukula/ Inandi nangala nomumati
36. Ookaume koye ohava nu omalodu? ....  EHENO  AHAWE  Itandi dulu okunyamukula
37. Owa nwa omalodu momwedi wa dja ko (ile moule wo mafiku 30)? ....  EHENO  AHAWE  Itandi dulu okunyamukula