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DOEN JOU DEEL OM KRAG TE SPAAR

- Ons daaglikse lewens word voortdurend deur kragonderbrekings omvergewerp, en die Staat verstaan Suid-Afrikaners se frustrasie terwyl ons sukkel om ons daaglikse take te verrig.
- Die Staat werk hard daarvan om die verskaffing van elektrisiteit stabiel te hou.
- Met 'n beperkte elektrisiteitsvoorraad is dit belangrik dat ons almal saamwerk om ons elektrisiteitsverbruik fyn te beplan en net dít gebruik wat ons regtig nodig het.
- As ons krag spaar, kan dit help om beurtkrag korter en minder gereeld te maak deur die vraag na elektrisiteitsvoorraad te verlaag.
- Jy kan krag bespaar deur nie toestelle in die "standby"-stelling te los nie, aangesien dit steeds tot 15% van die krag wat dit gebruik as die toestel aan is, trek. Ontprop elektroniese toestelle wanneer dit nie in gebruik is nie.
- Moenie jou stoof vir klein dinge, soos om water vir tee in 'n ketel te kook, gebruik nie.
- Moenie jou yskas of vrieskas oorvol pak nie – gebruik slegs 90% van die kapasiteit. Stort eerder as bad.
- Deur hierdie wenke gereeld te volg, sal ons net dít wat ons nog het, gebruik.

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PLAY YOUR PART IN SAVING ENERGY

- Our daily lives have been interrupted by constant electricity disruptions, and the government understands the frustrations of all South Africans as they struggle to go about their daily lives.
- The government is working hard to keep the electricity supply stable .
- With a limited supply of electricity, it is important for us to work together to manage our consumption and to use only what we really need.
- Saving energy helps to reduce the extent and duration of load-shedding by lightening the demand on the electricity supply.
- You can save by not leaving your appliances on standby mode, as they still use up to 15% of their operating power. Unplug electronics when not in use.
- Avoid using your stove for small tasks- like boiling water for tea.
- Don't overfill your fridge or freezer – only use 90% of its capacity. Use a shower instead of bathing.
- By practicing these tips and adopting this behaviour regularly, we will be able to use only what we need.



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LIMA YAKHO INDIMA EKULONDENI IGEZI

- Ipilwethu yangamalanga seyihlala iliywa kuqinteliswa kwegezi okuhlala kusenzeka, norhulumende-ke naye uyalimuka bona woke amaSewula Afrika aliyeka kangangani epilwenawo yaqobe lilanga ngalokhu.
- Urhulumende wenza koke angakghona ukukwenza ukwenza ukuthi igezi ihlale ikhona, ingahlaleli ukuqinteliseka.
- Njengoba igezi esinayo iyincani nje, kuqakathekile ukuthi sisebenzisane ukulawula ukusetjenziswa kwegezi, siyisebenzise kwaphela lapho kufuneka khona mbala.
- Ukulonda igezi kusiza ngokuthi kuphungula umthamo nesikhathi sokuqinteliseka kwegezi ngoba kuphungula umthamo wegezi ofunekako.
- Ungalonda igezi ngokuthi unga tjhiyi iinsetjenziswa zakho zegezi zilindele ukusebenza (*ku-stand-by mode*), ngoba nazilindele ukusebenza zisebenzisa igezi engabe ifike ku-15%. Iinsetjenziswa zegezi nazingasebenziko zitsomule emthonjeni wokudosa igezi lapho zihlonyelwe khona.
- Balekela ukusebenzisa isitofu nawufuna ukusebenzisa umlidlwana omncani, njengokubilisa amanzi wetiye.
- Amafriji wakho ungawazalisi ngokweqileko – sebenzisa kwaphela ama-90% womthamo wawo, ngayinye. Hlamba ngetjhawara kunokududela ngebhadeni.
- Ngokuyeleta lezikiyeleliso, sizakukghona ukusebenzisa kwaphela lokho esikudingileko.

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DLALA INDIMA YAKHO EKUGCINENI UMBANE

- Ubomi bethu besiqhelo buye baphazanyiswa kukuphazamiseka kombane okokoko, kwaye urhulumente uyakuqonda ukudakumba kwabo bonke abemi boMzantsi Afrika njengoko bezama ukuqhube ka nobomi babo bemihla ngemihla.
- Urhulumente usebenza nzima ukugcina umbane uzinzile.
- Ngenxa yokunqongophala kombane, kubalulekile ukuba sisebenzisane ukulawula indlela esiwusebenzisa ngawo kwaye sisebenzise kuphela oko sikufunayo ngokwenene.
- Ukonga umbane kunceda ekunciphiseni ubungakanani kunye nobude bexesha lokucinywa kombane ngokwenza lula ibango kubonelelo lombane.
- Ungawugcina umbane ngokungashiyi izixhobo zakho zombane zikwiplagi, njengoko zisasebenzisa ukuya kuthi ga kwi-15% amandla azo okusebenza. Khupha izixhobo zombane kwiplagi xa ungazisebenzisi.
- Kuphephe ukusebenzisa isitovu sakho kwimisebenzi emincinci - efana nokubilisa amanzi eti.
- Musa ukuzalisa kakhulu ifriji okanye isikhenkcisi sakho - sebenzisa kuphela ama-90% omthamo wayo. Sebenzisa ishawa endaweni yebhafu xa uvasa.
- Ngokuziqhelanisa nezingcebiso kwaye wamkele le ndlela yokuziphatha, siya kukwazi ukusebenzisa kuphela oko sikudingayo.

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DLALA INDIMA YAKHO EKONGENI AMANDLA KAGESI

- Izimpilo zethu zansuku zonke zithikamezeke kakhulu ngukucinywa kukagesi njalo, futhi uhulumeni ukuqonda kamhlophe ukucasuka kwabantu baseNingizimu Afrika njengoba bekuthola kunzima ukuthi baqhubeke nezimpilo zabo zansuku zonke.
- Uhulumeni usebenza ngokuzikhanda ukugcina uzinzo ekuphakelweni kukagesi.
- Ngenxa yokuphakelwa kukagesi okunomkhawulo, kubalulekile ukuthi sisebenze ngokubambisana ukuze silawule kahle indlela yokusetshenziswa kukagesi futhi siwusebenzise kuphela kulokho esikudinga ngempela.
- Ukongiwa kwamandla kagesi kusiza ukunciphisa ubungako kanye nesikhathi sokucishwa kukagesi ngenhloso yokuwonga ngokunciphisa isidingo sokuphakelwa kukagesi.
- Ungawonga ugesi ngokungashiyi izinto zakho ezisebenza ngogesi zixhunyiwe, njengoba zisuke ziqhube ka nokusebenzisa amandla kagesi angafinyelela kuma-15%. Zikhipe izinto zikagesi ezingasebenzi emaplakini.
- Gwema ukusebenzisa isitofu ukwenza izinto emincane – njengokubilisa amanzi etiye.
- Ungasigwalisi ngokwedlulele isiqandisi noma ifriji yakho – sebenzisa kuphela umthamo waso olinganiselwa kuma- 90%. Geza eshaweni esikhundleni sebhavu.
- Ngokuzijwayeza ukulandela lawa mathiphu futhi semukela le ndlela yokuziphatha, sizokwazi ukusebenzisa lokho esikudingayo kuphela.

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BAPALA KAROLO YA GAGO GO BOLOKA MOHLAGASE

- Maphelo a rena a letšatši ka letšatši a tsenwa gare ke dikgaotšo tša mohlagase tše di tšwelago pele, gomme mmušo o kwešiša dikgakanego tša Maafrika Borwa ka moka ka ge a goga boima go dira mešomo ya ona ya letšatši ka letšatši.
- Mmušo o šoma ka thata go dira gore kabo ya mohlagase e emiše go kgaotšakgaotša.
- Ka kabo ya mohlagase ye e lekantšwego, go bohlokwa gore re šomišane mo go bolokeng mohlagase wo re o šomišago le go šomiša fela wo re o hlokago.
- Go boloka mohlagase go thuša go fokotša go kgaotšakgaotša ga mohlagase le sebaka se e se tšeago ge mohlagase o se gona e lego seo se diragalago go fokotša go imelwa ga mohlagase ge o šomišwa ka bontši.
- O ka boloka mohlagase ka go se tlogele didirišwa tša gago tša mohlagase di itokišeditše go tšhungwa, ka ge di sa ntše di šomiša go fihla go 15% ya mohlagase. Hlomola didirišwa tša gago tša mohlagase mo dipolakeng ge di sa šomišwe.
- Tlogela go šomišetša setofo sa gago mešongwana ye mennyane – go swana le go bediša meetse a teye.
- O se tlatše frisa goba setšidifatši sa gago go fetiša – lokela dilo tše di lekanago gabotse mo go yona. Šomiša šawara sebakeng sa go hlapela ka pafong.
- Ka go latela dintlha tše le go phethagatša mokgwa wo kgafetša, re tla kgona go šomiša fela mohlagase wo re o hlokago.

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THUSA HO BABALLA MOTLAKASE

- Maphelo a rona a letsatsi ka leng a sitiswa ke motlakase o dulang o kgaoha kgafetsa, mme mmuso o utlwisia ho nyahama ha maAfrika Borwa ohle ha a sokola ho etsa tseo a di tlwaetseng maphelong a bona a letsatsi ka leng.
- Mmuso o sebetsa ka thata bakeng sa ho boloka phepelo ya motlakase e tsitsitse.
- Ka phepelo e haellang ya motlakase, ho bohlokwa ho rona hore re sebetse mmoho ho laola tshebediso ya rona le ho sebedisa feela seo re se hlokang e le ka nnete.
- Ho boloka motlakase ho thusa ho fokotsa ho ipheta hangata ha kgaho ya motlakase le nako eo o e nkang ha o kgaohile jwaloka ha sena se etsahala ka lebaka la ho fokotsa ho imelwa ha motlakase ha o sebediswa ka bongata.
- O ka boloka motlakase ka ho se siye disebediswa o di tjhehetse nako ya ho sebetsa, kaha di ntse di sebedisa se ka etsang 15% ya motlakase. Di ntshe polakeng ha o sa di sebedise.
- O seke wa sebedisa setofo bakeng sa dintho tse nyane- jwaloka ho bedisa metsi a teye.
- O seke wa tlatsa foritjhi kapa forizara ho feta tekano – kenya dintho tse lekanang hantle ka hara yona. Sebedisa shawara ho e na le ho hlapela ka bateng.
- Ka ho sebedisa maele ana le ho itlwaetsa boitshwaro bona kgafetsa, re tla kgona ho sebedisa feela motlakase oo re o hlokang.

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NNA LE SEABE MO GO SOMARELENG MOTLAKASE

- Botshelo jwa rona bo kgorelediwa ke go tshaba ga motlakase gangwe le gape, e bile puso e tlhaloganya tshakgalo ya baagi bothle ba Aforika Borwa jaaka ba palelwa ke go tshela jaaka ba tlwaetse.
- Puso e tshwere ka natla go dira gore re tswelele go nna le motlakase.
- Jaaka motlakase o sa re lekane botlhe, go botlhokwa gore re tshwarisane joko eno ka go ela tlhoko ka fao re dirisang motlakase ka teng le go o dirisa mo re o tlhokang thata.
- Go somarela motlakase go thusa go fokotsa go tshaba gantsintsi ga motlakase le sebaka se motlakase o se tsayang fa o tshabile jaaka seno se diragala ka maitlhomo a go fokotsa go imediwa ga motlakase fa o dirisiwa ka bontsi.
- O ka somarela motlakase ka go tima gotlhelele didirisiwa tsa gago tsa motlakase gonno fa o di setetse gore di itshume go raya gore di tswelela go dirisa 15% ya motlakase. Somola didirisiwa tsa gago tsa motlakase mo dipolakeng.
- Se dirise didirisiwa tse di jang motlakase thata tse di jaaka ditofo go dira tiro e nnye ya go tshwana le go bedisa metsi a tee.
- O se tlatse peepee setsidifatsi sa gago, netefatsa gore dilo tse di leng ka fa teng ga setsidifatsi sa gago ga di a tlala go feta tekano. Tlhapela mo ſawareng go na le gore o tlhapele mo bateng e kgolo ya go tlhapela.
- Ka go sekegela tseba dikakanyo tseno le go itlwaetsa go dira seno, re tla kgonka go dirisa motlakase o re o tlhokang fela.

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DLALA INDZIMA YAKHO EKONGENI EMANDLA AGEZI

- Timphilo tetfu temihla ngemihla titsikametwe kucima njalo kwagezi, kantsi hulumende uyakuvisisa kucansuka kwabo bonkhe bantfu baseNingizimu Afrika njengaloku basiphalata ekuchubekeni netimphilo tabo temihla ngemihla.
- Hulumende usebenta kamatima ekugcineni kutsi kuphakelwa kwagezi kuhlale kusimeme.
- Njengaloku kuneckuphakelwa lokunemkhawulo kwagezi, kubalulekile kutsi sisebentisane ekulawuleni kuwusebentisa kwetfu nekutsi sisebentise kuphela lowo lesiwudzinga mbamba.
- Konga emandla kusita kunciphisa bungako nesikhatsi sekucishelwa gezi ngenhoso yekuwonga ngekwehlisa kufuneka kweckuphakelwa kwagezi.
- Ungawonga ngekutsi ungashiyi tisetjentiswa takho tagezi tilindze kusebenta, ngobe loko kutatenta kutsi tisebentise 15% emandla ato ekusebenta. Tikhipe emapulakini tisetjentiswa te-elektroniki nangabe awutisebentisi.
- Gwema kusebentisa sitofu nawenta lokuncane- njengekubilisa emanti ekwenta litiya.
- Ungayigcwalisi ngalokwecile ifriji nome sicandzisi sakho – sebentisa kuphela umtsamo we-90%. Sebentisa intjintjawozi esikhundleni selibhavu.
- Ngekugcina lamathiphi kanye nekwemukela lendlela yekutiphatsa njalo, utawukhona kutsi usebentise kuphela loko lokudzingako.

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Kha Vha Tambe Ndima Yavho Kha u Vhulunga Muđagasi

- Matshilo ashu a ḋuvha na ḋuvha o thithiswa nga u dzulela u ṭuwa ha muđagasi, nahone muvhuso u a pfectesa nđado ya vhadzulapo vha Afrika Tshipembe vhothe musi vhe kha muombano wa u lwela u bvelaphanda na matshilo avho ḋuvha na ḋuvha.
- Muvhuso u khou shuma wo ḋifunga u ita uri nđisedzo ya muđagasi i vhe i pfadzaho.
- Musi hu na nđisedzo ya muđagasi yo fhimiwaho, ndi zwa ndeme uri ri shumisane u langa kushumisele kwashu kwa muđagasi ra shumisa fhedzi uyo une ra u ḥoda.
- U vhulunga fulufulu zwi thusa u fhungudza tshifhinga na phimo ya u shumisa muđagasi nga u sielisana nga u leludza ḥodea kha nđisedzo ya muđagasi.
- Vha nga vhulunga nga u sa sia zwishumiswa zwavho two fungiwa kha pułaka, saizwi zwi tshi shumisa u swika kha 15% ya muđagasi wavho. Kha vha bvise zwishumiswa kha pułaka musi vha sa khou zwi shumisa.
- Vha songo shumisa tshiṭofu kha mishumo miṭuku – sa u vhilisa mađi a tiye.
- Vha songo ḋadzesza firidzhi kana tshixwatudzi – zwi swike fhedzi kha 90% ya nđadzo. Vha shumise shawara musi vha tshi ḥamba.
- Nga u shumisa ngeletshedzo idzi na u ḋowela vhuđifari uvhu misi yothe, ri ḋo kona u shumisa fhedzi zwine ra zwi ḥoda.

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TLANGA XIPHEMU XA WENA EKA KU HLAYISA GEZI

- Vutomi bya hina bya siku na siku byi kavanyetiwile hi mikavanyeto ya gezi ya nkarhi hinkwawo, naswona mfumo wa ku twisisa ku hela ntamu ka vanhu va Afrika-Dzonga hinkwavo loko va ri karhi va kayakaya ku ya emahlweni na vutomi bya vona bya siku na siku.
- Mfumo wu le ku tirheni hi matimba ku tshamisekisa mphakelo wa gezi.
- Hi mphakelo lowo tsongahala wa gezi, i swa nkoka eka hina ku tirhisana ku lawula matirhiselo ya hina na ku tirhisa ntsena leri hi ri dingaka hakunene.
- Ku hlayisa eneji swi pfuna ku hunguta mpimo na nkarhivunavi wa ku famba ka gezi hi ku vevukisa ku laviwa ka mphakelo wa gezi.
- U nga hlayisa hi ku nga tshiki switirhisiwa swa wena swi tshama swi lumekile, tanihileswi swi tamaka swa ha tirhisa kufika eka 15% ta gezi ro tirha. Susa etipulageni switirhisiwa swa xielekitironiki loko swi nga ri eku tirhisiweni.
- Papalata ku tirhisa xitofu eka swintirhwana leswitsongotsongo – ku fana ku virisa mati ya tiya.
- U nga tati firiji kumbe xigwitsirisi xa wena kutlula mpimo – tirhisa ntsena 90% ta vundzeni bya xona. Tirhisa xawara ematshan'weni yo hlambela ebavhini.
- Hi ku tirhisa switsunduxo leswi na ku tekelela matikhomelo lama nkarhi na nkarhi, hi ta kota ku tirhisa ntsena leri hi ri dingaka.