

Ukuxhamla kwiinkonzo  
zempilo eziziselwa  
uluntu

# Ukufikelela lula kulwazi namalungelo empilo

**noqokhathalelwa ngokwasempilweni**

Ukufumana lula  
ulwazi oludingayo  
ngokwasempilweni

Intshukumo  
zolawulo ezizizo,  
nezingenamkhethe

Ukuba ngumnini  
wendlu esemgan-  
gathweni

Ukuhlonipheka,  
ukulingana nobom

Ukuhlala kwindawo  
esempilweni

Imfundo esisiseko

Ukuxhamla  
kwizibonelelo  
zoluntu

Inkululeko yomntu  
nokhuseleko

Inkululeko yokholo,  
unqulo noluvo

Impilo eyiyo  
lilungelo  
lakho

phakama! · Thetha phandle! · Yenza imigushuzozi

# Yintoni ukufikelela lula kulwazi oludingekayo?

Ukufikelela lula kulwazi oludingekayo lilungelo lakho lokuba utyhileke engqondweni ngokuphathelene nezempilo

## **Kutheni lento kufuneka unelungelo lokwazi?**

Xa usazi ngamalungelo akho ungakwazi ukuwalwela  
Xa usazi ngamalungelo akho ungakwazi ukwabelana ngawo nabanye  
Xa sisazi sonke ngamalungelo ethu singakwazi ukudibana sonke siwalwele

## **Kutheni lento kufuneka ufikelele kulwazi?**

Ukufikelela lula kulwazi kwenza ukuba sikwazi ukulwela amalungelo oluntu kwiindawo esihlala kuzo  
Ukuxhoba ngolwazi kwenza ukuba siwasebenzise amalungelo okufumana uncedo kwimithombo yezempilo kuhanjiswa neenkonzo kwiindawo esihlala kuzo  
Ukuxhotyiswa ngolwazi kwenza ukuba sibophelele abasemagunyeni ekubeni bafezekise uxanduva lwabo lokusebenzela abantu besebenzela ekuhlaleni.  
Xa ingekho inyani nokuthembeka, kungakho impixwano nokungathembani

## **Ingaba uMgaqo-siseko waseMzantsi-Afrika uthini ngelungelo lakho lokwazi nokufikelela kulwazi?**

ICandelo lama-32 lithi wonke umntu unelungelo lokufikelela:

- (1) kulo naluphi na ulwazi analo urhulumente;
- (2) kulo naluphi na ulwazi analo omnye umntu olufunekayo ukuba lusetyenziswe okanye lukhusele nawaphi na amalungelo

Umqulu wamalungelo unyanzela urhulumente aphumeze eli lungelo, kwaye unokubonelela imilinganiselo eyiyo ukuphungula umthwalo wolawulo nowemali kurhulumente

### **Ukuthembeka:**

*kuthetha ukwenza izinto ngendlela enyanisekileyo. Kwidemokrasi unelungelo lokubuza imibuzo ngeminye imigaqo-nkqubo okanye izigqibo ezenziwe ngurhulumente*

### **Ukuphendula:**

*umntu ngamnye, imibutho, urhulumente noluntu lunoxanduva lokuphendula ngezenzo zabo kwaye kufuneka lukwazi [kungafunwa] ukucacisa ngazo kwabanye.*



# Ngowuphi umthetho ophakamisa ilungelo lakho lokwazi nelokufikelela kulwazi?



## Ukukhuthaza uMthetho wokufikelela kulwazi (uMthetho onguNombolo 2, ka-2000) ujolise-

- ukukhuthaza ukusebenza ngendlela enyanisekileyo nokuphendula izinto ezifuna ukuqondwa luluntu namacandelo abucala
- ukubonelela ngeendlela zokufikelela kulwazi
- ukwenza ukuba ilungelo lokufikelela kulwazi nokubanelungelo lemfihlelo nokuba wedwa okanye izinto zabucala

## uMthetho wokukhuseleka kwezinto ezibhengeziweyo (uMthetho onguNombolo 26, ka-2000) ukhuthaza abantu

- ukuba bachaze izinto abazikhalazelayo – bahlabe ikhwelo ngezenzo ezingalunganga emsebenzini, ezifana nezenzo ezingalunganga ngezemali, ukuba amayeza, ukucalula izigulane, okanye ukugxothwa ngendlela engeyiyo
- ukunceda ukuqinisekisa ukuba imibutho iza nezisombululo
- ukunceda ukuqinisekisa ukuba imibutho ilwa nohendo lokukhusela izenzo zempatho-mbi.

## UMthetho weSizwe wezempilo (NHA) (uMthetho onguNombolo 61, ka-2006) uchazela urhulumente

- ukuba kufuneka enze ntoni ukwenza ilungelo elililo kwimpilo nokukhathalelwa ngokwasempilweni

# Ingaba ithini iNHA ngelungelo lakho lokwazi nelokufikelela kulwazi?

## I-NHA ichaza ukuba

1. Umboneleli wezempilo kufuneka achazele abasebenzisi beenkonzo, apho kuyimfuneko, ngolwimi nangendlela anokuyiqonda lowo uzisebenzisayo
2. Unelungelo lokwazi ngeenkonzo zempilo
  - lintlobo nokufumaneka kweenkonzo zempilo
  - Umbutho weenkonzo zempilo
  - Amaxesha okusebenza namaxesha okutyelela
  - Imigaqo yokufikelela kwiinkonzo zempilo
  - Imigaqo yokuchaza izikhalazo
  - Amalungelo nemisebenzi yabo basebenzisa nabanikezela ngeenkonzo zempilo
3. Unelungelo lokwazi ngonyango
  - Ulwazi ngempilo yakho neendlela zonyango ezivulelekileyo
  - Ungala ukufumana olo nyango
  - Ukuba kufuneka uchazelwe ngaphambi kokuba ubuzwe ukuba uyavuma na ukunyangwa okanye ukukhathalelwa ngulowo unikezela ngeenkonzo zempilo
  - Ukuba ungathatha inxaxheba kwizigqibo zokunyangwa kwakho
  - Ukuba kufuneka unikwe ingxelo ebhaliweyo xa ukhutshwa kwiziko lempilo
  - Ukuba kufuneka uzifumane iinkcukacha ngengulo yakho
  - Ukuba iingxelo zakho zonyango kufuneka zigcinwe ziyimfihlo



Ukuba ufuna ezinye iinkcukacha nceda uqhagamshelane:

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1. I-lungelo lokubasempilweni
2. Ukubandakanyeka koluntu nelungelo lokubasempilweni
3. Umqulo yamalungelo esigulane
4. amalungelo omntu ngamnye nawomntu wonke kwimpilo kawonke-wonke
5. **Ukufikelela lula kulwazi oludingekayo**
6. Amalungelo nokwabiwa kwemithombo yempilo



People's Health Movement



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