



RISE

YOUNG WOMEN'S CLUBS

Your first edition

ISSUE 1
December 2014



Be money Smart

Choosing your
contraception

What's your
study style?

Nuru
We interview Soul City's Riri
Khumalo

Sisonke Mom

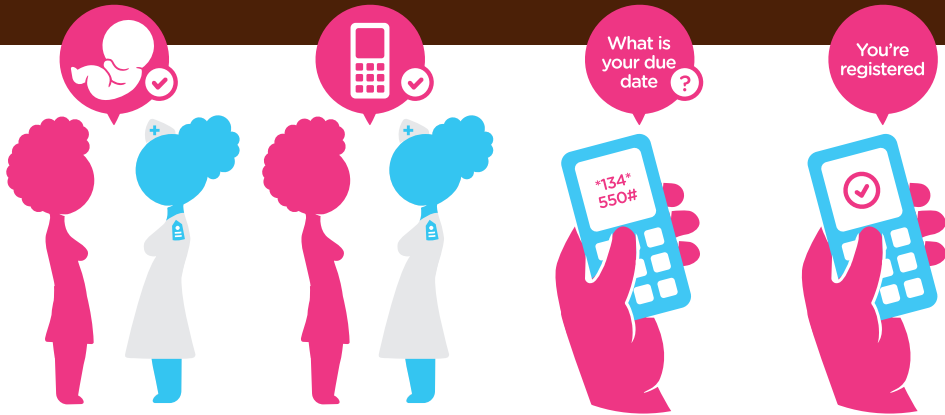


Pregnant?
momconnect
is here to help!

You'll get weekly messages to help with your pregnancy, and answers to all your questions. Join our community - it's completely free and we're here to support you.

It is my dream to register all pregnant women in the country - and help you have the healthiest possible pregnancy.

MINISTER OF HEALTH
AARON MOTSOALEDI



1 Ask a nurse to confirm you are pregnant.

2 We will help you register on a cellphone.

3 Answer a few simple questions about your pregnancy.

4 And you're registered - welcome to the family!

momconnect

health
Department:
Health
REPUBLIC OF SOUTH AFRICA



Welcome to your magazine!

Welcome to Rise! We hope you'll love the articles, and use ideas in them to help build your clubs. Clubs from the Eastern Cape are already on the move, as you can see on the cover. Read about their launches on page 6. And more clubs are shining in Mpumalanga - check out the back page.

We took a trip to Sundra, Mpumalanga to meet the Enkambini Club. They reminded me of playing netball when I was still at school. It took commitment, self-discipline and courage to face the strongest opposition. Our team spirit was high. We worked hard and had fun at the same time. I felt the same about the young women we met in Sundra. With all their energy and positive vibes, we left knowing they too will have fun and achieve their goals.

Sizakele Nhlapo is a tertiary student at Wits. On page 10 she talks about how she benefited from being a Soul Buddyz Club member when she was younger. Use the article to discuss what your club's goals are.

Rise is your magazine, and we want you to be part of it. With your help, we will bring you news from clubs around the country. Let's share club experiences - both success stories and lessons learned - so that we can make a real difference to our lives as young women. We will publish the most interesting letter we receive from a club.

Please tell us what you think of what we are doing! Have the articles been useful to you and your club? Tell us what you'd like to read about in Rise. You don't have to wait for the next issue. Connect with us on Mxit Reach and the Rise Young Women's App.

Enter the exciting competitions coming your way in the next issues!

Keep rising!

Mapula

on behalf of Rise team



Let Rise hear what you have to say:

Contact us on Mxit Reach or download our app for Android phone. It is called: Rise young women's clubs



Meet the team

Above from left to right: Gillian Anstey (commissioning editor); Louise Carmichael (art director); Mapula Tloubatla (photojournalist and editor of Rise); Rochelle Mawona (project manager) and Joyce Musi (translations project manager).



Mapula getting up close and personal with some of the members of the Enkambini Club in Sandra, Mpumalanga

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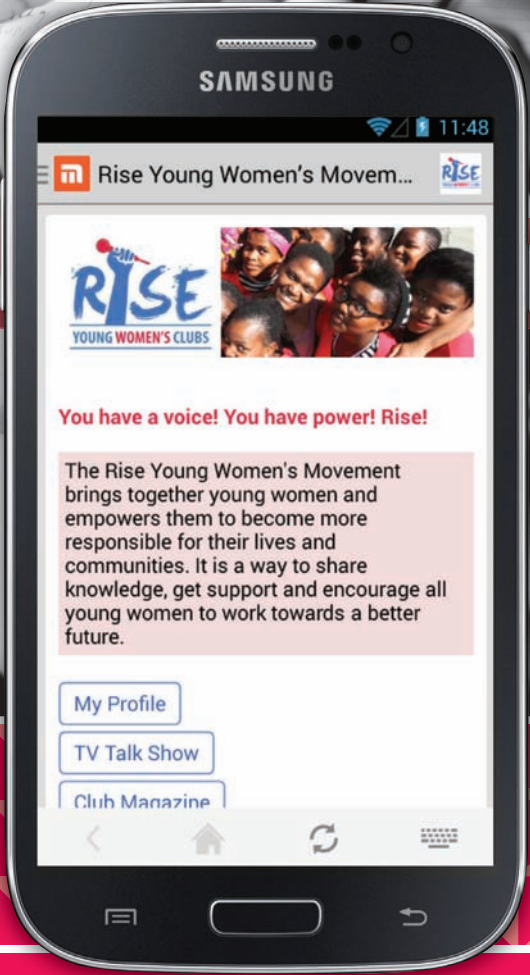
10

20





DOWNLOAD



Your club, your App!

The Rise Young Women's Club app is your platform to communicate with the Rise team. You can share photo's, chat to each other and the team, and even record your club meetings. Look out for the # symbol in each article to use as your reference when contacting us.



CHAT



SHARE





Top row, from left to right:

Councillor ND Mgezi: Portfolio Head: Human Settlements, Rise YWC members from Buffalo City Municipality, Ncebakazi Ganyaza from King Williams Town singing, Rise YWC members from King William's Town, Chairpersons of different YWC clubs having a word with Lebo Letsela from Soul City, Sipiwo Khonzaphi from Buffalo City Municipality Special Programmes Unit making his closing remarks.

Second row, from left to right: Nomfezeko Ntentele and Nomthetho Qinga of West Bank High School, Matebogo Mampane from Soul City telling us about the Rise YWC programme, Members of Rise YWC from Buffalo City Municipality.

Bottom row, from left to right: Rise YWC members from Kwanda Rise Club in Pefferville, East London, Rise YWC members with Thoko Budaza in the middle from Soul City, Rise YWC members from Buffalo City Municipality, Avile Sibozo and Anelisa Sauli from Sisters of Strength Club in Dimbaza King William's Town.



We have a voice! We have power!

#ourclub

On Saturday, 13 September, 400 young women from Eastern Cape gathered in East London for the launch of 20 clubs. The executive mayor of Buffalo City Municipality addressed the gathering. It was a fun-filled day with lots of singing and dancing. Anelisa Sauli from the Sisters of Strength Club in Dimbaza King William's Town spoke about young women's issues. Avile Sibozo wrote to *Rise* about her experience.

Dear Rise,

What a vibrant, wonderful and fantastic launch! It was indeed powerful as the slogan 'You have a voice! You have power! Rise!' boosted our self-esteem and confidence. The speakers emphasised that regardless of your age you have a power and a voice that you must use to rise.

When I heard about the YWC, I became interested. Being involved with people with a motive of helping the community has always been my strength. I was a Soul Buddyz Club member at Nobuntu Senior Primary School in the Eastern Cape. I also knew that the club will give me a lifetime opportunity to help my community and to develop myself.

From being a Soul Buddy to being part of a women's club, I am expecting more projects and more competitions. I am also expecting conferences where we will get to mingle with other clubs more often. In the magazine I am expecting pictures and stories of our occasions and motivational messages from older women that will correspond with our slogan. Competitions will keep us busy because 'it is only the minds that are kept busy that are productive'.

Yours sincerely,
Avile Sibozo

#runningaclub

How to run a successful club

Electing office bearers

One of your first tasks is to choose club members who will take on different roles and responsibilities to build their skills and empower them. These are called the office bearers.



Here are the four office bearers that you need:

The chairperson

The chairperson leads discussions, and makes sure that meetings follow the plan and are orderly. She also makes sure that all members take part in discussions, activities and projects.

The treasurer

The treasurer helps the chairperson with fundraising events and keeps a record of all the money that comes in and goes out.

The secretary

The secretary takes minutes at meetings and records all decisions made. She can also assist with the monthly reports.

The timekeeper


The timekeeper keeps the meetings running on time, and makes sure that the discussions don't run over time.

How to nominate office bearers

To start with, the whole group should put forward names of people who could be good in those roles. Then the members vote for each role if more than one name comes up. The next time you choose office bearers, think about who is developing certain skills and could take on new roles. The club must choose different people for

these roles every three months. This allows different members to learn and practise new skills, and it also allows members to build their self-esteem and leadership abilities.





What do you want for the future of your club?
How can you help each other reach your dreams?
What do you want to call yourselves?

Brainstorming

1. Choose a facilitator. Her job is to make sure that:
 - everyone has a chance to contribute,
 - fights don't develop
 - the discussion stays on topic
 - the discussion is kept within the time
2. Next, choose a note taker, she should write notes up where everyone can see them. She doesn't need to write down everything. The most important to record is what people need to do.
3. Give the group time to think about or write down their own ideas.
4. Decide what you want to achieve in your meeting. For example, you may want to come up with a sentence that summarises your group style.
5. Ask group members to share their ideas. The facilitator should encourage everyone to have a turn to talk.
6. Have a group discussion to develop your ideas.

You can record your discussions and take pictures on your RISE app!

encourage everyone to have a turn to talk

A club in Mpumalanga calls themselves ENKAMBINI.

A club in the Eastern Cape is called SISTERS OF STRENGTH.





A moment of pain should never determine how your future will unfold.

Join the club!

Sizakele Nhlapo is a 21-year-old Wits University law student. She tells RISE how belonging to a club helped her get through a childhood trauma.

#sizakele

I was born in Soweto, where I lived with my mom, dad and little sister in our small four-roomed house. When I was 10, my mom was diagnosed with tuberculosis. Her condition worsened and my father's abusive nature got out of hand. It was agreed that I should move to Mpumalanga.

Death

But I was confused and questioned why I was being separated from my parents. It was stressful adjusting to living in a rural area, where we had to fetch water from a well. A few months later, my mom passed away. We later learned that she had Aids.

I was torn apart. I spent nights crying and wanted the world to swallow me up. It affected me and my schoolwork badly. I bottled it up, but people around me could see the pain in my very forced smile. I even started to question God's existence.

Soul Buddyz

Then the Soul Buddyz programme was introduced in our primary school and I became a member. Through our club I was able to open up and share my pain. I received tremendous support, which helped me get through that grieving period.



Support

Being part of a club can help curb social ills. I come from a conservative community where people are not comfortable talking about issues such as sex. Our club allowed us as young people to talk freely about sex. It has also helped get a number of teenagers off the streets through sport, drama and debating.

Our club allowed us as young people to talk freely

Reading

In our club we were encouraged to read. Reading books opened my mind. It influenced me to dream bigger and I knew that our mountains, rivers and red-soil streets wouldn't limit my success. Through clubs, you are able to discover your strengths. I've also learned the importance of giving back and helping improve your area.

Listening

When we go through hardships, we tend to shut out our loved ones. There is absolutely nothing wrong with having a shoulder to cry on. It's not about someone solving your problems, but simply listening.

Forgive yourself


A moment of pain should never determine how your future will unfold. No matter how hard you fall, dust yourself off, find your feet and get on with the race. Learn to forgive yourself and find peace within yourself.





*Trust
yourself
more*

says Nunu Khumalo



“... know it’s OK to be independent and determined, and to strive for your goals.”

#nunukhumalo

When RISE visited Sundra Young Women’s Club in Mpumalanga, members told us how much they admire Relebogile “Riri” Diholo in Soul City. We chatted to actress Nunu Khumalo (22) about what makes her – and Riri – tick.

Question: Where did you grow up?

Answer: I’m Swati, born in Mpumalanga. But I did my schooling at St Mary’s DSG in Pretoria. That’s where I decided to become a performer.

Q: Tell us about Riri.

A: Riri is a community health worker who is very ambitious. She wants to get into medical school and become a doctor. But she gets caught in a very vulnerable place, and is not strong enough for everything. People, things that happen break her down.

Q: What other challenges does she face?

A: Her mother, who is educated, well known and respected, tells Riri that she’s throwing her life away – also by dating someone who’s not going to get anywhere. We had a strong response to that episode: people thought that grown-up children should be allowed to make their own decisions, instead of their parents doing so for them.

Q: How does Riri respond to these problems?

A: After Sister Bettina’s stroke, a new community health worker manager, Sister Judith, arrives at the clinic. Riri is sceptical and they clash at first. But Sister Judith notices Riri has healing hands and introduces to her the idea of becoming an occupational therapist. She realises that she’s never going to be a doctor – that it’s her mother’s dream, not hers. Her challenge now is not knowing what to do with her future.



Q: Are you anything like your character?

A: Riri is on a huge mission. She has an idea of what she wants, and she wants it to happen NOW. But of course there are speed humps. I realised that's something we share: I also want things to happen now. But life is not like that. It's a journey, like climbing stairs. You need to appreciate every step. There is a process, so trust it and learn patience.

Q: Who inspires you?

A: My mother. She owns a recruitment company and manages gospel artists. I admire her for the person she is, not for what she does for a living. She is the strongest person I know.

Q: What is your message to other young South African women?

A: I would love them to be more confident and in control. I would say: 'Trust yourself more, and go after what you want.' They should know it's OK to be independent and determined, and to strive for your goals. **R**

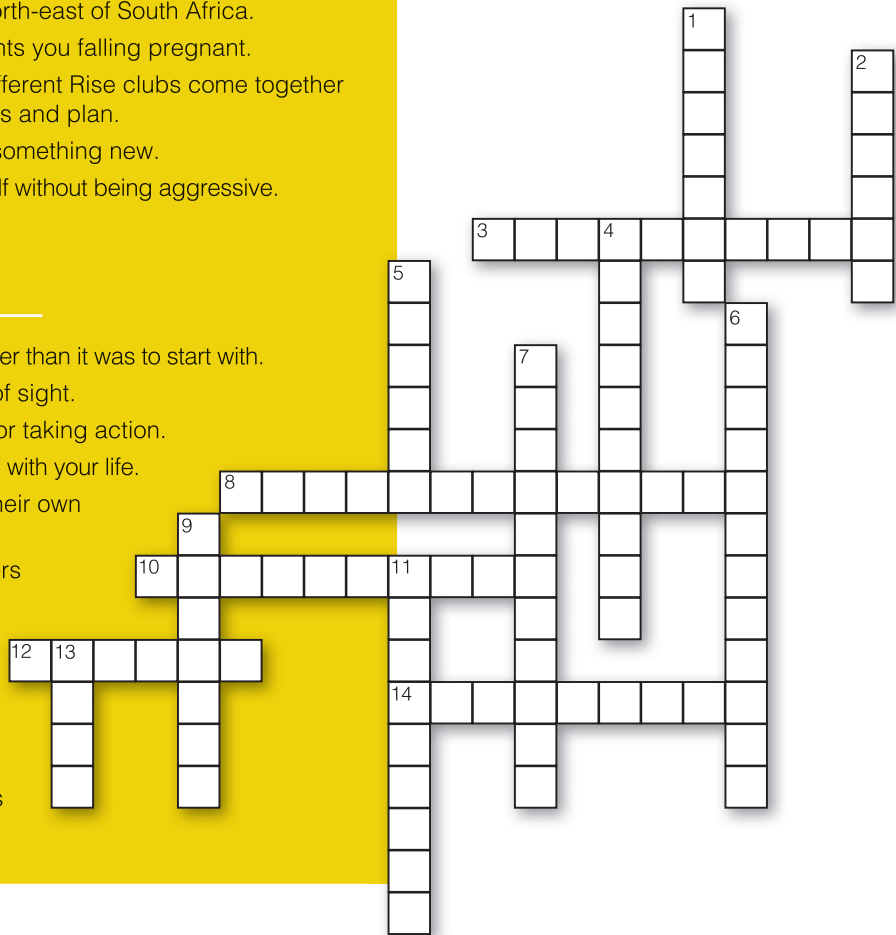
Across

- 3. The province in the north-east of South Africa.
- 8. Something that prevents you falling pregnant.
- 10. Where members of different Rise clubs come together in one place to discuss and plan.
- 12. To design and make something new.
- 14. Standing up for yourself without being aggressive.

Down

- 1. Making something better than it was to start with.
- 2. Related to the sense of sight.
- 4. Your reason or drive for taking action.
- 5. What you choose to do with your life.
- 6. A person who starts their own business.
- 7. Not controlled by others or needing others.
- 9. The power to make decisions.
- 11. The name of the Rise YWC in Sundra.
- 13. Soul City Institute's Young Women's Clubs are called this.

Crossword



Who's the baby?

The baby in this picture is one of the women featured in *Rise*, guess who it is!

Send us your answer on the Rise Magazine App; use the hastag;

#whosthebaby



Express yourself

Writing a poem can give you a wonderful sense of achievement. Try this: Write a poem about your favourite place.

- Think about the place, describe what you hear, smell, see, and feel.
- Write down any words that come into your head. Choose words that make you feel a certain way.
- You've found the centre of your poem when you hit on an idea that gives you strong feelings. It may not be what you expect.
- Use the words to write down your poem.
- Read it out loud and see if you want to change words to make it sound better.

Send us your poem on the Rise magazine app. It could get published in Rise!

#expressyourself

Look at Lerato's example:

worried about school and where my life is going

the worries are heavy and my school bag is heavy

there's a place I feel safe and not so alone

that tree that I love

rough feeling of bark against my cheek, the branches look like arms

The tree is a person!

protecting me?

The lonely tree

Burdened with worries in my school bag
I slouch towards you after school.
You stand alone, outside the fence.
You are tall above me
your skin rough against my cheek.
I am a little child, crawling close.
Strong arms held high, defending me!
The lonely tree, outside the school yard
standing tall.

Design

a club T-shirt

Club activity: Design your own club t-shirt, by painting it, cutting it up, adding beads or embroidering it.

Here is an example of how to upcycle an old t-shirt. You will need an old t-shirt and a pair of scissors.

Send us picture of your creation!
#clubtshirt



1

Step one: Cut off sleeves, collar and the bottom of an old shirt. Cut a deeper neckline in the front.



2

Step two: Turn the shirt around and cut a triangle down the back of the neck.



3

Step three: Take the piece that you cut from the bottom of the shirt and wrap it around the back sleeves, tying the last two strands together.

Upcycling means making something better than it was to start with!



4

Step four: Send us a picture of your new club t-shirt on Mxit, Facebook or send us an SMS on [SMS number]

Word on the street

#wordonthestreet

Rise went to the Johannesburg city centre and asked women: Would you rather work for someone else or for yourself? If you want to work for yourself, what kind of business would you want to run?

This is what they said:



Ira Mthuli, 24, Marshalltown, Johannesburg

For now I would rather work for someone else. Once I've collected enough cash I would open up my own salon or a beauty parlour and start making my own money.

Ayanda Zwane, 16, Turffontein

I would rather work for myself because I want to have own my money. Working for someone would cause conflicts because of salary issues. I want my money to belong to me. I would like to start an undertaking business.



Nthabiseng Maake, 24, Johannesburg city centre

I would rather work for myself. I recently opened my own cleaning company but it is not yet up and running. I've worked for someone before, but because my dream is to be an entrepreneur, I've realised working for someone does not work for me.

★ Project

- Have a debate in your club where you discuss the advantages and disadvantages of starting your own business.
- Invite a local entrepreneur to talk to your club about running your own business.
- Think of three business ideas to raise money for your club

Nonkululeko Ngwenya, 21, Lenasia

I would rather work for myself because I think it's empowering for women. It proves to the world that women are strong and women are career-driven and we can take over the world.

**Lindokuhle Kheswa, 20, Rosettenville**

I would rather work for someone else because it is less responsibility for me. You have less to handle. There is more paper work if you have your own business. And more responsibilities. If you work for someone else you know you get home and your work is done. If you work for yourself you end up taking work home and you never get time to rest.

Palesa Molapo, 20, Rosettenville

I would rather work for myself because I think making your own money is being independent. You know that you don't depend on anyone for income.



If, like Lydia, you are studying, or you want to study, see page 22 to find out your study style.

**Lydia Mofokeng, 21, Turffontein**

I would rather work for myself because it's simpler than being managed by someone else. With the business administration course I'm studying, I think it will open my mind and help me get a clearer picture of what I want to do in the future, rather than working for someone who will boss me around.

What about you? Who would you rather work for?

- If you have a job, someone else takes the business risk. Not everyone has what it takes to run a business!
- To work for yourself means running a business. You need enough money for start-up costs and to make sure you can keep going before you make a profit. You have to be very careful. Lots of businesses fail because the money management goes wrong.
- A big advantage of running your own business is that you are creating an opportunity where there was none before. The government has some ways of encouraging and helping people to do this.
- Running your own business can be very rewarding and develops you as a person.

#contraception

Choosing your contraception



Every woman has the right to **choose when to have a baby**, and the right to get contraception. Planning when to have children is called **contraception**. Check out the different types you can choose from.

Your right

If you do get pregnant by mistake, it's your right to have an abortion up until you are 20 weeks pregnant.

✓ This means you that you can get the contraceptive at a public health clinic.



This means the contraceptive protects you from pregnancy and sexually transmitted infections (STIs), like HIV.

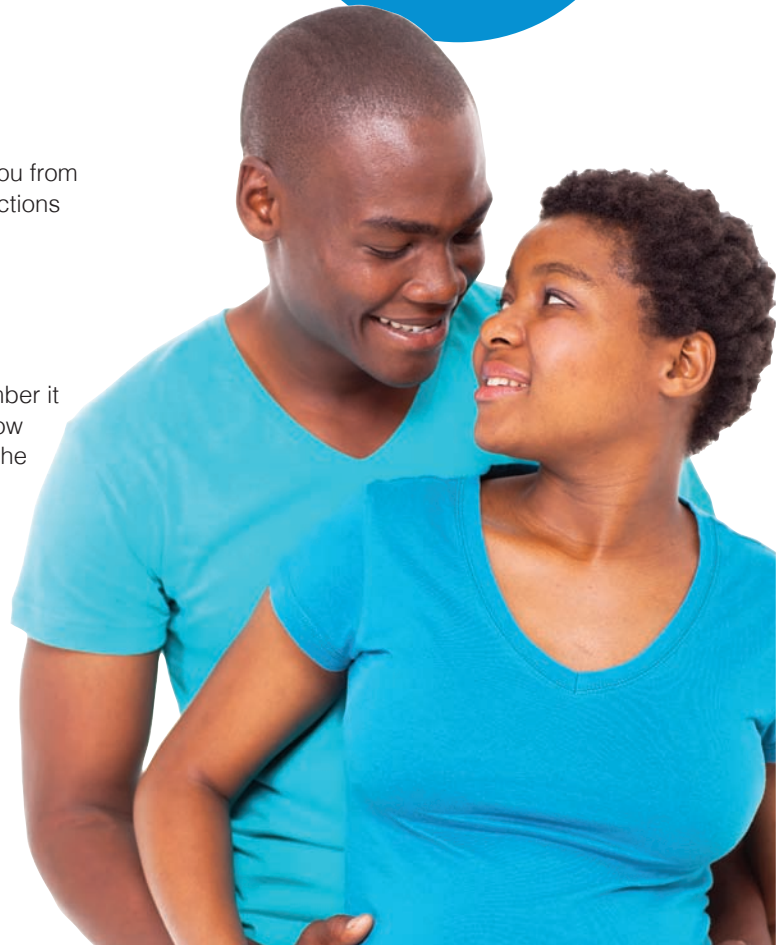
Take him along



Involve your partner in making the decision. (Remember it takes two to make a baby.) But even if you don't, show him this article, talk about it, and invite him along to the family planning clinic with you.

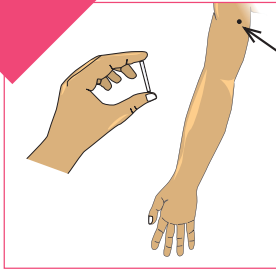
Know before you choose

Some contraceptives are more reliable than others. They have different side effects, advantages and disadvantages. You need to find a contraception that suits you. Only condoms **prevent sexually transmitted infections (STIs)** like HIV **and** pregnancy. So, dual contraception is the way to go. Use a condom plus another one.



Club chat

Have a club chat about contraception. Share stories about planned and unplanned pregnancies and about the contraceptives you have tried.



Hormonal methods ✓

There are different kinds of hormonal contraceptives, like the Injection, the Pill or an implant. You:

- must take the pill, every day (remember to do so!), or
- have the injection every two or three months depending on the type, or
- get an implant which can prevent pregnancy for five years.

The implant ✓

The subdermal implant is a small rod that a health worker places under your skin. The implant can last between 3 and 5 years depending which type of implant you get.

Emergency contraception ✓

There are two methods to prevent pregnancy after unplanned, unsafe sex:

- take the morning after pill within 5 days after sex, or
- the copper IUD can be inserted.

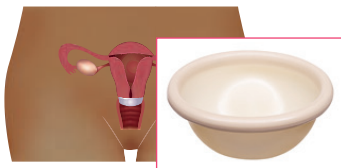
Remember you also need to check for STIs and to take post exposure prophylaxis (PEP) for HIV. ANY unprotected sex puts you at risk to get STIs like HIV.

Barrier methods



Condoms 😊😊

Barrier methods stop ejaculate (that includes sperm) from going into the woman's vagina during sex. Male and female condoms prevent pregnancy and STIs like HIV if you use them correctly every time you have sex.

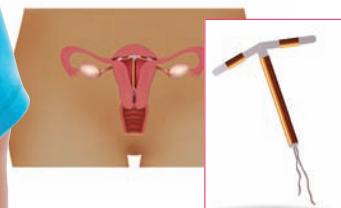


Diaphragms

You put a diaphragm into your vagina to prevent pregnancy. Diaphragms do not prevent HIV. They are not available in public health clinics.

Sterilisation ✓

Sterilisation is a small operation that both women and men can have. After you have had a sterilisation you can no longer have babies. It is very hard to reverse this operation if you want a baby later. So you have to be very sure.



The copper IUD

IUD stands for 'intrauterine device'. People also call it 'the Loop'. A health worker at a clinic puts it into a woman's uterus (womb). If you have an STI, you must treat it before you can have an IUD inserted. The IUD works for 10 years.

IUS stands for intrauterine system. It is an IUD that releases hormones. It is also inserted into your womb, and can last 5 years. You can only get this at public hospitals after a specialist, like a gynaecologist, gives you a referral letter.

Your health questions

Send your questions to our health team on the Rise app, if you need some advice.
#yourhealth

"My friend is making it her business to spread rumours about me. I am now having serious tension with my boyfriend because of it and my name is being dragged into the mud. How can I stop this person ruining my life?"

- Khanyi, 15



Nontsikelelo "Ntiski" Masilo is a psychologist who works with children and teenagers who have been exposed to traumatic events.

Dear Khanyi,

Rumours can be very upsetting. It is worse if they are spread by someone you trust. When rumours spread, you might feel as though the whole world is crumbling around you. However, remember that people sometimes use rumours to feel better about themselves.

Although what your friend did to you is hurtful, stand up for yourself and be confident. Rumours do not make you who you are. Tell your boyfriend how you feel about these rumours. Do it calmly and just give him the facts. Do the same with your other friends. Then you can talk to your friend about what she is doing. Avoid a fight with her by being assertive not aggressive. You will earn respect for being who you are and for standing up during stormy times.

Sis Ntsiki

We will have articles about assertiveness (standing up for yourself without threatening other people) in future editions.





Dr Kirsten Bischof is a medical doctor and a mother of two. She is specialising as a general surgeon.

"Whenever my periods are about to come, I experience a lot of cramps and I feel tired. The blood is too much and my sanitary pad cannot hold it. Is there anything wrong with me?"

- Portia, 17

Dear Portia,

It is not unusual to have heavy bleeding and painful periods. Many of your friends might have the same problem.

It is important to make sure that the bleeding is not due to pregnancy. Then try some things to make yourself more comfortable.

Cramps before and during your period are normal. Try holding a heated cloth or a hot water bottle close to your tummy or lower back to ease the pain. Pain pills like Disprin, Grandpa, aspirin or brufen also help. Always take pills with food so that you don't damage your stomach. Don't take pills more than 4 times per day, or for more than 5 days. If this is happening, you must see a doctor.

If you have heavy periods (8 days instead of 4 days), you lose iron in your blood. Iron is needed for blood to carry oxygen to different parts of our bodies. When our body doesn't get enough oxygen we feel very tired. Meat and green leafy vegetables like spinach are good sources of iron. You can also get iron tablets from your local clinic or the shops.

Always be safe, Portia. If you are very worried, see a sister at your local clinic or make an appointment with a doctor.

Dr Kirsten



Look out for future articles about periods, how to manage them and how to keep healthy.

Show me the money!

#finance

When you start earning some money, what should you do with it? You should make a plan for your money, and not just spend it.

Budgeting

Write down a list of what you need. Be realistic. The things that you need must come first. Things that you want, but don't need, might need to be left off your budget.

It is a very good idea to start putting aside some of the money for the future as soon as you can. Even if it is just a small amount.

Then: **stick to the budget**. See where it doesn't work for you and what you can do to adjust it.



| | |
|------------|------|
| Transport | R200 |
| Food | R600 |
| Stationery | R50 |
| Savings | R40 |
| <hr/> | |
| TOTAL: | R890 |



OR



?

Don't be tempted by store accounts that get you to buy things on an 'interest free' basis. You end up paying much for an item. Even worse, you get stuck in a debt trap.

Managing your money well will make you secure in the long term!



Informal saving

- You can save money through a stokvel even if you can't get a bank account.
- It can be an efficient way of investing money if your stokvel has ways to make money, such as raising funds.
- Stokvels usually run on trust, and they sometimes fall victim to scams and theft.
- The power of a stokvel is that each member contributes a small amount, but the stokvel itself will have a larger amount of money to invest.
- Stokvels are a team effort, and it is encouraging to be part of a group who have similar aims to yours.



Formal saving

- If you earn a salary, your employer may have to pay it into a bank account.
- It is convenient to use the bank to pay bills, buy airtime, transfer money, and so on.
- It is safer to have your money in a bank account, as criminals often target people who carry cash.
- The amount of interest (money that you earn from the bank or Post Office by saving) is small unless you can save for a longer time and add money to your savings often.
- Watch out for bank charges. You often need to pay for each time you use the account for something.

What do I need to open a bank account?

If you are under 16

A parent or legal guardian must go to the bank with you. They must bring along their green barcoded ID book and proof of address, such as a water and lights bill. If you do not have this type of proof of address, ask the bank what to do. Some banks will still let you open an account, as long as you are a SA citizen or permanent resident.

If you are over 16

You must take your ID book or birth certificate and proof of address.



Stay away from informal moneylenders. These are loan sharks who get much more money from you than the law says they can!

★ Project

- As a club, decide on a community project and then work out a budget for it.
- Identify people in your community who can come to your club to give you advice

What's your personal

study style?

Take this fun quiz in your club to work out your own study styles. Find a partner who has a similar style to work with.

1

If you need to find your way to a new place, what helps you the most?

- A. A map showing you the directions
- B. Asking someone how to get there
- C. Going there with someone else so that you will know the next time

2

What do you find the most distracting when you are trying to concentrate?

- A. People walking past you
- B. Loud noises
- C. If you are too hot or too cold

3

What do you do when you're standing in a queue?

- A. Look at everything around you
- B. Talk to the people around you
- C. Move around and find it difficult to keep still

4

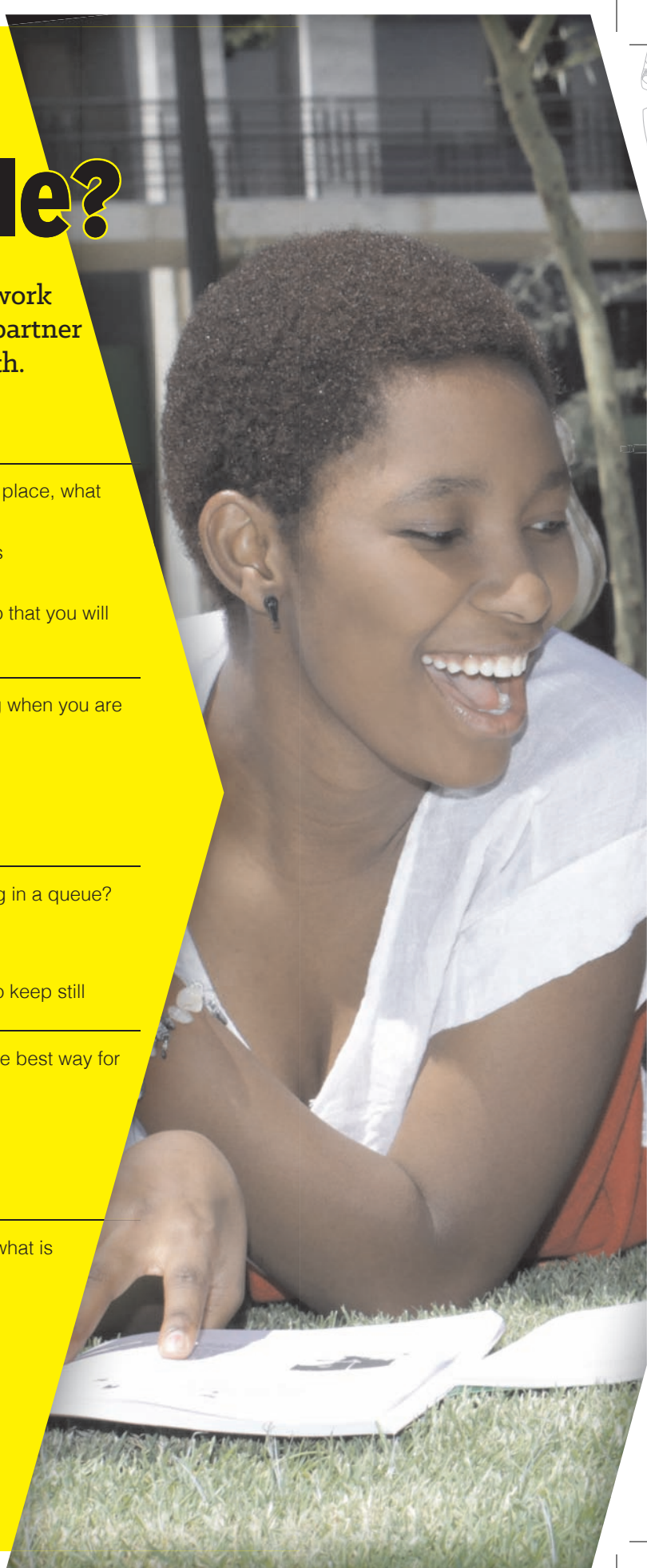
If you get a new cell phone, what's the best way for you to find out how it works?

- A. Read the instruction booklet
- B. Get someone to show you
- C. Try it out for yourself

5

When you hear a song on the radio, what is your response?

- A. You imagine the music video
- B. You sing along
- C. You start moving with the music



If you got...

Mostly As:

You're a visual (seeing) learner. A visual learner remembers information in words and diagrams. It helps you to read more about a topic, take notes, write down keywords and make pictures.

Mostly Bs:

You're an auditory (hearing) learner. You learn best from hearing information. Sit where you can hear clearly in class. Try downloading podcasts about your subjects from the internet. Or even record your own voice reading about the topic and then play it back.

Mostly Cs:

You're a tactile (feeling) learner. You understand and remember things by physically moving. It helps you to experience real objects that you are learning about. Trace words with your finger to learn them. Make models of things you are studying. Don't force yourself to keep still for too long.

You may find that you are a mix of all of the styles. Try some of the tips from each one.

It is important to understand and value your own unique way of doing things.

Share your results on the Rise app!
#studystyle



One Rise Club Mpumalanga club

Enkambini

*When one falls we all fall,
when one wins we all win*

#enkambini



Your Charter

The Rise Young Women's Club is aimed at supporting and mobilising young women to take action to shape their lives and their communities.

The clubs will build social unity by creating an opportunity for young women to work as a group to do projects, supporting each other and enabling safer choices.

The clubs will run themselves with the back-up of skilled field support. They will meet twice a month to plan their own projects to fit into a curriculum.

Each member should be loyal and honest towards the club, its members and leadership committee.

Active and successful clubs could receive prizes through competitions, appear in local media, or they may be profiled on the Rise television talk show.

Clubs can raise funds for specific projects that are matched by an equal contribution from the Soul City Institute.

Each province will host a provincial congress where all the best performing clubs in a province will get an opportunity to network and learn from other clubs.

