

# FREE EXPRESSION

15

Edition 1 March 11th 200

Students / Teachers / Administrators Express Yourself For A Safer World!



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### **Supported by:**

Nampula Secondary School  
Mutiny Arts, London  
Voluntary Service Overseas (VSO)  
English Resource Centre



# POVERTY IN AFRICA

## Malnutrition

Africa is the poorest continent in the world. This is shown by the presence of many problems like poverty, war, epidemics and so on.

Poverty is the main problem which is associated with malnutrition, infant death, homeless children and so on.

### Malnutrition

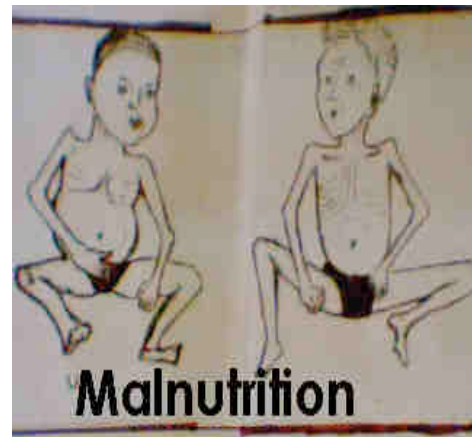
Malnutrition is the lack of food for the body's development and it causes many diseases like kwashiorkor, anemia, diarrhea and many others.

Malnutrition in Africa is causing infant death day after day and it is always increasing because many African people are on the line of poverty.

In the last years the governments of countries made laws about health to overcome these several problems.

There are many steps to overcome this issue. Some of them are:

- To give a good food enriched in proteins and vitamins. These are found in fruits, vegetables, meat, eggs, milk and other foods.
- Training the population on how to use their food for the balanced diet.
- Train the population on the feeding issues.



# DANGEROUS DISEASE (HIV/AIDS)

**A**ids is a disease, which kills too many people in the world and Africa has been the most affected continent in the world. Nowadays it is infecting probably about hundred people.

The people are being infected because they have no a good access of getting the information about it however there are some people who know about it but they don't want to follow it.

Consequently a lot of people die increasing the number of orphan children. So to protect ourselves against this disease we must use condom in occasional sexual relation, people should not use needles or some sharp metal objects, which may cut and are not sterilized.

To over come these problems people should be advised to enable them be aware in understanding what kind of disease this is and how much it is dangerous. It is also important to make people believe in the existince of this virus, which is killing people day after day.



# STOP CORRUPTION

Corruption is a way to acquire something through illegal means. It happens in many schools.

Sometimes, students are the reason of corruption because in many cases, there are students who don't like to study. Some students never worried about their lessons. When they don't get a good result at the end of the school term, they are supposed to pay some money to the teacher to pass. Furthermore, the teachers never say "no", they only receive the money because their salaries are not enough to support them and their family. Those who have no money to pay for the marks remain without any way to pass.

To solve the problem of "school corruption" it is necessary to put an end to it by spreading the message to ourselves and to encourage all students to study as hard as possible. Another solution is for the government to increase the teachers' salaries.

There are consequences of corruption too. We can find people in some offices who don't know anything about the job they are supposed to do. For instance, there are teachers who have certificates but without none basic training course.



# WOMEN'S RIGHTS

## Women's problems

In general women in Mozambique have not the same rights than men. They are discriminated in many sectors such as in family by their husbands, at work by their bosses and partners.

This problem makes the woman feel an inferiority complex to the man at work.

To solve this problem they must recourse to the Human Rights Commission.

Some women are suffering from the sexual abuse and violence by their partners and by the strange men. Many of them do not have permission to go to schools to be educated because their families asked them to do domestic works and this can cause the women illiteracy and psychological disturbance.

To solve this problem the women must study, implement democracy and participate in the tasks of the new decade to eliminate underdevelopment.

They must create a culture to say no to the violence against women.



## A TRUE STORY

Last year, on October 21, Marta\* suffered domestic violence at her own home.

She was waiting with the kids for her husband and one of them was ill, who was on her back.

Her husband arrived at midnight, too drunk, with a bottle in his hand and broke into the house. Then he beat up his wife with a bottle that caused a bruise on her head.

After that, she did not have any reaction, because that was a habit of her husband, and she was afraid to talk about this with other persons.

To solve the problem about this case because she cannot hide the situation any longer the woman resorted the police station or a women organization against the violence.

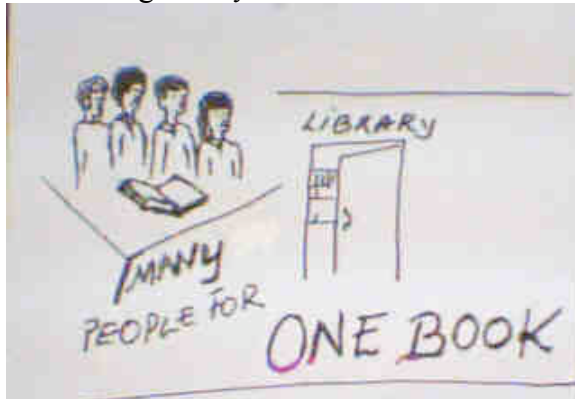
\*The name was changed.



# Lack of Resources

## Many people for 1 book!

We need more and good books in our library because sometimes the students have to share one book with many people and also the students have to go to others library which are very far to do the homework which are given by the teachers.



## Uniform

Why they changed the uniform? We paid for it and they "eat" our money. They stole our money. We paid much money for it.

We want back our money or if they have the uniform ready, please give to the students.



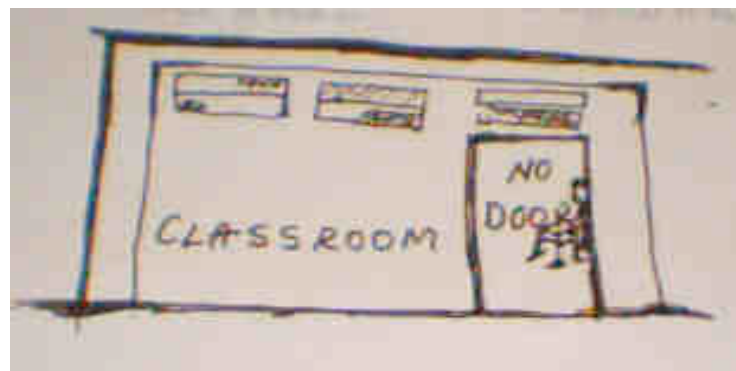
## No Windows!! No Doors!!

We must have doors because it is very important to school, it will be easier to the guard man to protect the school in the night. And to protect as from the cold.

We must have window screen to protect ourselves from the pollution, dust. And to make our school became more beautiful. We have the right to have good conditions in school. It also can protect us from the insects.

We need windows but we do not have it. We must also be protected during the cold times. We can close and when it is hot we can open it. It helps the people. So we must have it.

We need a duster to clean, it is very important because when we have not, it will be difficult to the teachers to teach us.



# Lack of Resources

## No chairs! No desks!!

We need more and good chairs, because it is very important to the students to sit comfortably. It helps on the concentration of the students in the classroom. We need more desks because it will be helpful to us. It can protect our health. Sometimes it can be dangerous for us because it can cause back's hurts. So we must have the desks, not only the chairs.

Sometimes we have to share desks/chairs with two people and at times we need to fight to have a chair to sit on.



## If we have, why don't we use it?

We need computers to do some works. It helps us find information that we want about the subjects and this is possible if we have internet. With computer online, we can communicate with other people from another country. That's why the school should allow the students to use the computer without paying anything. The teachers should teach the students how to use a computer free of charge.



## Smelling Bad

Why do we have dirty and smelly bathrooms if the school has janitors to clean it?

We have the right to have good conditions in the school. And also the school needs to buy new materials that must change the old materials in the bathroom. It must be clean!





**STUDENTS | TEACHERS | ADMINISTRATORS  
EXPRESS YOUR SELF FOR A SAFER**