

Ndondomeko zatsopano /zochitira kafukufuku

KODI NDONDOMEKO ZIMENEZI ZIKUTSATIRIDWA PAYUNIVESITE PATHU?

Pochita kafukufuku m'pofunika kuteteza anthu, kungoyambira pachiyambi mpaka pamapeto. Payenera kukhala malamulo olimbikitsa zimenezi.

Kafukufuku sangayende ndendende mmene anakonzedwera poyambirira. Pamafunika kukhala ndi njira yovomerezeka yosinthira zinthu nthawi ndi nthawi / ndicholinga choti anthu atetezedwe.

KODI NDONDOMEKO ZIMENEZI N'ZACHILENDO?

Ndondomeko zimenezi zakhala zisakutsatiridwa kwa zaka zambiri ndi mayunivesite, makamaka ku Europe (Ulaya). Komabe sikuti anthu ambiri angadabwe nazo ndondomeko zimenezi ayi. Ambiri angazikonde chifukwa nzothonthandiza poteteza anthu, kuchita zinthu mogwirizana, kuthandizana maganizo, komanso zimapereka udindo waukulu kwa anthu amene akuchita kafukufuku/woti azikonza zinthu zimene zawonongedwa.

Anthu ochita kafukufuku amafunika kumanena mavuto amene akukumana nawo komanso kupempha anzawo (m'mayunivesite osiyanasiyana) kuti awathandize. Choncho pafunika kukhala njira yolandirira malipoti kuchokera kwa amene akuchita kafukufuku komanso kuwathandiza pa ntchito yawo.

Ndondomeko zimenezi ziyenera kukhala zogwirizana ndi kuderako komanso ziyenera kutsatira malamulo. Pamafunika kuoneratu ngati malamulo enaake sangagwire ntchito malinga ndi mmene zinthu zilili kuderako.

Ndondomeko zobwino zimapereka mwayi kwa ochita kafukufuku kuti azipempha kusintha zinthu zina komanso kukambirana ndi anzawo. Kuti kafukufuku azitetezadi anthu, pafunika kukhala

• munthu wapadera woti aunike mmene ntchito zonse zikuyendera (asakhale wosankhidwa ndi amene amayang'anira kafukufukuyo)

• njira yoperekeri lipoti ndi yokambirana mavuto amene alipo komanso njira yowathetsera (kuti aliyense azidziwa mmene zinthu zikuyendera komanso aziphunzirapo kanthu)

Anthu ochita kafukufuku azifunsira nzeru kwa anthu kapena magulu ena, koma amenewa sayenera kukhala amene akuwayang'anira, mmalomwake ayenera kukhala anzawo kapena magulu ena ochitanso kafukufuku.

Ndondomeko zotetezera anthu popanga kafukufuku padziko lonse

Ndondomeko zabwino, zimathandiza kuti

- pasamakhalo kukondera, kulimbikitsa ulesi, komanso kusokoneza moyo wa anthu
- kafukufuku azikhala woti atha kuchitika mosavuta m'madera osiyanasiyana
- anthu azichitira limodzi zinthu komanso kuthandizana
- ochita kafukufuku aziganizira kuti kodi kafukufukuyo adzakhudza bwani anthu, kuyambira pachiyambi mpaka m'tsogolo
- kafukufuku azichitika mogwirizana ndi malamulo komanso aziteteza anthu
- anthu ochita kafukufuku aziganiza mwakuya komanso azipeza njira zatsopano zochitira zinthu
- kafukufuku azichitika popanda kusokonezedwa ndi akuluakulu audindo pankhani ya mmene malipoti akupekedwera komanso mmene ntchito zina zikuchitikira.
- pakhalo anthu komanso mabungwe amene nthawi zonse amathandiza kuti kafukufukuyo ayende bwino.
- anthu amene akuchita kafukufuku asamayende njira zachidule pochita kafukufuku

ndondomekozi, sizilimbikitsa:

- kutsatira ndendende malamulo ngakhale pamene zinthu zasintha
- kungochita zinthu kamodzi nkuthana nazo (ngati kungolemba fomu kamodzi kapena kuvomereza zinazake kamodzi basi)
- kuyendera maganizo a anthu amene akuthandiza kuti kafukufuku achitike kapena andale
- kukamiza anthu amene sakufuna kuti apange nawo kafukufukuyo kapena kukamuchitira kwina kusiya anthu oyenerera

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Ndondomeko zimenezi zakonzedwa pa yunivesite ya Edinburgh. Koma anayambitsa maganizo okonza ndondomekozi ndi a bungwe la zakafukufuku la FLOURISH (kuphatikizapo anthu ena ochokera ku yunivesite ya Victoria, Melbourne komanso ku Malawi). Mabungwe ena amene anathandizapo ndi a Global Health Academy, Global Academy of Agriculture and Food Security, komanso School of Health in Social Sciences, mogwirizanso ndi Research Support Office. Zonsezi zatheka ndi thandizo lochokera ku GCRF, SFC ODA Global Challenges - yomwe ndi gawo lopereka thandizo pa yunivesite ya Edinburgh.



Ndondomeko zothandiza popanga kafukufuku m'madera mmene anthu ake ndi osauka kapena akukumana ndi mavuto ambiri

Chithunzichi chachoka pa tsamba la presentermedia

Ndondomeko Zothandiza Kuteteza Anthu/Pochita kafukufuku

Nchiyani chingathandize kuti ndondomeko zoteteze anthu pochita kafukufuku padziko lonse zizitsatiridwa?

Kuchita kafukufuku wapadziko lonse nkovuta. Chifukwa kuti ayende bwino pafunika kukhala ndi ndondomeko zothandiza kuti anthu amaphunziro komanso zikhaliidwe zosiyanasiyana azichitira limodzi zinthu, kuphatikizapo magulu amene akuyang'anira anthu omwe moyo wawo uli pa ngozi kapena sawerengeredwa.

Kuthandizana pantchito yochita kafukufuku padziko lonse

Cholinga cha project yathuyi ndi kuthandiza kuti pochita kafukufuku padziko lonse anthu azitetezedwa. Komanso kulimbikitsa anthu amene akuchita kafukufuku kuyesetsa kutsatira mfundo zothandiza, kuunika mavuto amene analipo kale ndi amene akungoyamba kumene ndi kupeza njira zowathetsera. Zimenezi nzofunika kwambiri makamaka panopo pamene pakubuka mavuto ambiri komanso pamene anthu akuyembekezera kuti mfundo zimene zingatsatiridwe zikhale zoti sizikuphwaya ufulu wawo. Tagwira ntchito limodzi ndi mabungwe osiyanasiyana padziko lonse ncholinga chakuti titulukire mavuto ambiri amene amakhapalo pochita kafukufuku wapadziko lonse komanso kupeza njira zothetsera mavutowo.

Pepala lapadera lolembedwa ndi anthu a maphunziro osiyanasiyana padziko lonse

Anthu opasa 200 odziwa ntchito zakafukufuku athandiza nawo polemba pepalali. Iwo ankakumana ndi kumakambirana pa yunivesite ya Edinburgh ndipo anamva maganizo a anthu enanso ochokera m'mayiko okwana 16. Anthu onse omwe analankhulapo pa kukumana kumeneku anali ochokera m'mayiko okwana 30, anali ochokera m'zigawo zamaphunziro zosiyanasiyana zopasa 60, ochokera m'mayunivesite okwana 45 ndi m'mabungwe ena okwana 11. Amenewa sanali makambirano wamba ndipo zimene anamvana kumeneku nzimene zalembedwa m'pepalali.

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Ndondomeko Zothandiza Kuteteza Anthu /Pochita Kafukufuku

Kafukufuku amakhudza moyo wa anthu ambiri. Ndondomeko zochitira kafukufuku padziko lonse ziyenera kukhala zoganzira anthu komanso ziyenera kupereka udindo waukulu kwa amene akuchita kafukufuku.

Nzovuta kudziwiratu mavuto amene anthu ochita kafukufuku angakumane nawo ndipo kupeza njira zothetsera mavutowo ndiye kovutanso kwambiri. Koma ngati anthu ochita kafukufuku atamathandizana mavuto amenewa angachepe.

Nthawi zambiri pamakhala njira zingapo zothetsera vuto. Choncho nthawi zina pangafunikire kungosankha njira imene ingakhale yoganizira anthu panthawiyo, ngakhale kuti ingakhale ndi mavuto ake.

Zinthu zimasintha nthawi zonse. Choncho ndondomeko zothetsera mavuto amene anthu ochita kafukufuku akukumana nawo ziyenera kusinthanso. Nzosatheka kumagwiritsa ntchito njira imodzimodzi nthawi iliyonse.

M'pofunika kukhala tcheru kumamva maganizo atsopano. Nthawi zambiri nzeru zatsopano zimene zimakhala zothandiza kwambiri pakubuka vuto.

Mkati mull: chithunzi chofotokozza njira zimene munthu angadutse pochita kafukufuku

Kunja kuli: njira zatsopano zothandiza pochita kafukufuku padziko lonse



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Ndondomeko Zothandiza Kuteteza Anthu/ Pochita kafukufuku

Ntchito ya kafukufuku ili ngati kuyenda ulendo wautali womwe umakhala ndi zovuta zambiri.

Pochita kafukufuku, nthawi zonse osaiwala kuteteza anthu komanso kutsatira malamulo

KODI INEYO NDINGATHANDIZE BWANJI KUTETEZA ANTHU/POCHITA KAFUKUFUKU?

KODI NDITSATIRA NJIRA ZOTANI?

Mofanana ndi ulendo, pochita kafukufuku simudziwiratu kuti mukumana ndi zotani. Kafukufuku amene mayunivesite ambiri amachita amakhala wofanana ngakhale kuti angasiyane pang'ono zina ndi zina. Kuunikanso njira zimene zimatsatiridwa kale nkothandiza. Chithunzichi chapangidwa kuti chikuthandizeni kuganizira njira zosiyanasiyana zimene mungadutse paulendo wanu wochita kafukufuku, ndi kuganizira zinthu zofunika kwambiri zimene muyenera kuyesetsa kutsatira.

Zoti muganizire pochita katukufuku

Kuyambira pamene vuto lingayambire, n'kufika pamene vuto lingathere. Kafukufuku aliyense amadutsa m'tinjira timeneti. Kuti timvetse pamene vuto layambira ndi pamene lathera tiyenera kuganizira zinthu zinayi izi:

- MALO/DERA**
Malinga ndi mmene zinthu zilili kuderako, kodi kafukufuku ayende bwanj?
- ANTHU**
Kodi tingatani kuti anthu asamatikayikire komanso asamaope kutithandiza?
- MFUNDO**
Poona mmene zinthu zimachitikira m'mayiko ena, kodi mfundo zoyenera kutsatira ndi ziti?
- CHITSANZO**
Kodi pamene pa, titsatire chitsanzo cha zimene zinachitikapo kale kwina, kapena tipeze njira yatsopanoo?



0 Kuunika zotsatira za kafukufuku
Pafunika kumvetsa bwino zinthu zimene zatulukiridwa pochita kafukufuku.
Kodi ndani amene akutsogolera ntchito yowunika zotsatira za kafukufuku?
Kodi tikupanga zinthu zotani kuti tichepetse vuto lokondera mbali inayake pochita kafukufuku?

1 Kulemba Zotsatira za kafukufuku
Polemba zotsatira za kafukufuku, muyeneranso kulemba za njira zimene munatsata popanga kafukufukuyu ndi cholinga chakuti anthu akhulupirire zotsatira zanu.
Kodi polemba zotsatira tikuimira ndani, ndipo akawerenge ndi ndani?
Kodi zimene talembezi anthu akaziona bwanj, ndipo akazigwiritsa ntchito bwanj?

2 Mkatani mwa ntchito yofufuza
Ntchito iliyonse ikamakula imafunika kusintha zinthu zina. Choncho pafunika kuunikanso ndi kupereka chilolezo chatsopano pa zinthu zimene zikusintha n'cholinga chotsimikizira kuti anthu akupitirizabe kutetezedwa.
Kodi ndi zinthu ziti zimene zikusintha ndipo tingatani kuti ntchito yathu ipitirize kuteteza anthu?

3 Kuyamba kwa ntchito yofufuza
Pafunika kuunikanso ndi kuwona kuti palibe chinyengo chimene chikuchitika pankhani yokhudza mayankho amene anthu akupereka komanso ntchito imene ikuchitika m'nyumba zochitira kafukufuku (m'malabotare).
Kodi kafukufuku akuchitika mosamala moti sakuika moyo wa anthu pangazi kapena kuwapangitsa kuchita mantha?

4 Kulemba Mafunso a m'kafukufuku
Muyenera kusankha bwino mafunso amene mukufuna kufunsa: Mafunso anu akhale oti cholinga chake n'kufuna kuteteza anthu.
Kodi funso limeneli lingabweretse vuto lotani? Kodi funso limeneli ndi lothandiza bwanj?

5 Kusankha Anthu ochita kafukufuku
Muyenera kusankha masamala anthu amene angatsogolere ntchito yochita kafukufuku ndi kuwapatsa zipangizo zoyenerera.
Popeza anthu amene tingasankhe ndi amaphunzira osiyanasiyana, kodi tingatani kuti azitsatira ndondomeko zathu zoteteza anthu komanso kuwathandiza kudziwiratu zimene angachite akakumana ndi mavuto?

6 Kulengeza zotsatira za kafukufuku
Muyenera kuyesetsa kufalitsa zimene mwapeza ncholinga chakuti anthu ambiri adziwe zimene mwatulukira pakafukufukuyu.

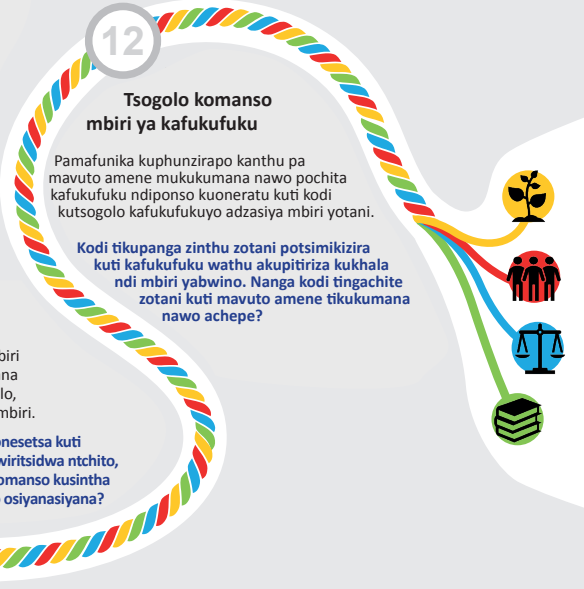
7 Kodi tingafalitse bwanj zotsatira zakafukufukuyu ndi cholinga chakuti anthu azilandire bwino komanso amene anachita nawo kafukufukuyu asakhumudwe?

8 Kugwiritsa ntchito zotsatira za kafukufuku
Zotsatira zakafukufuku zimathandiza kwambiri posintha ntchito za mabungwe osiyanasiyana kuphatikizapo amene amapanga malamulo, akatswiri ofufuza komanso anthu ena ambiri.
Kodi ndani amene angatithandize ponesetsa kuti zimene tapeza m'kafukufuku zikugwiritsidwa ntchito, polimbikitsa anthu kuzitsatira komanso kusintha malamulo m'mayiko osiyanasiyana?

9 Kupempha chilolezo chochitira kafukufuku
Pafunika kukambirana ndi kuunikanso ngati mafunso komanso njira zochitira kafukufuku zikutsatira ndondomeko zoteteza anthu komanso malamulo.
Popempha chilolezo ndi bwino kufotokozza zonse zokhudza kuwoposa kwa kafukufukuyu, zimene mungachite poteteza anthu, komanso phindu lakafukufukuyu?
Kodi ndi malamulo ena ati amene tiyenera kutsatira?

10 Kukhazikitsa Ntchito ya kafukufuku
Apa muyenera kupanga zinthu zosonyeza kuti kafukufuku wanu akuyamba komanso m'pamene mumapempha ndalama zoyendetsera kafukufuku wanu kuchokera ku mabungwe osiyanasiyana.
Kodi tingalephere kutsatira ndondomeko zoteteza anthu ngati titatenga ndalama kapena kugwira ntchito mabungwe kapena anthu amenewa?

11 Kugwira ntchito ndi mabungwe ena
Kugwira ntchito ndi mabungwe ena kumathandiza kuonesetsa kuti anthu akutetezedwa komanso kuti pakapezeka vuto tipemphe nzeru kwa anthu oyenerera.
Kodi ndi mabungwe ati amene tingawire nawo ntchito ndipo tingatani kuti tizilankhulana nawo momasuka?



12 Tsogolo komanso mbiri ya kafukufuku
Pamafunika kuphunzirapo kanthu pa mavuto amene mukukumana nawo pochita kafukufuku ndiponso kuoneratu kuti kodi kutsogolo kafukufukuyo adzasiya mbiri yotani.
Kodi tikupanga zinthu zotani potsimikizira kuti kafukufuku wathu akupitiriza kukhala ndi mbiri yabwino. Nanga kodi tingachite zotani kuti mavuto amene tikukumana nawo achepe?

Mfundo zofunika kutsatira

Ngati mukufuna kudutsa m'tinjira timene simunayambe mwadutsamo, mufunika khala ndi kampasi kuti ikutsogolereni.

- MUSAWONONGE CHILICHONSE**
Zindikirani kuoposa kowononga chinthu chilichonse cha chilengedwe. Zinthu zambiri n'zolumikizana. Kuwononga mitengo, nyama, komanso kulephera kuteteza anthu nkooposa, ngakhale ngati zimenezi zitachitika mwangozi.
- MUZIKHALA TCHERU**
OLIMBA MTIMA
MUZIDZITETEZA
Musamachedwe kutulukira chomwe chapangitsa vuto komanso osachedwa kupeza njira zolithetsera. Nthawi zonse chitetezo chizikhala patsogolo.
- MUZIVOMEREZA KUTI ZINTHU ZISINTHE**
Ngati pafunika kusintha zinazake, sinthani mwamsanga.
- PITIRIZANI KUPHUNZIRA**
Unikani mmene mukuchitira zinthu zanu ndipo phunzirani mmene mungapangire ubale ndi anthu osiyanasiyana.
- MUZIKHALA WOKOMA MTIMA**
Pakabuka vuto, muziganizira kwambiri chimene chachititsa osati amene wachititsa, ndipo muzichita zinthu mokoma mtima.
- KUDZIPEREKA**
Pakabuka vuto, muziganiza mwakuya, muzivomereza zimene mwalakwitsa, ndipo muzidzipereka kutethsa vutolo.

Ngati mukupanga kafukufuku wokhudza nyama, muyenera kutsatira malamulo komanso kuunikiratu kuti mudziwe ubwino ndi kuipa kwake musanayambe kuchita kafukufukuyu. Malamulo amenewa ndi amene boma limakhazikitsa m'dziko lililonse.