MADIBAZNews

News for the students, by the students

CAPS OFF TO NEW BEGINNINGS!



Image Source: inkhappi.com

By Mhlongo Surprise

The air is charged with anticipation and the scent of achievement as Nelson Mandela University ushers in the Graduation Season 2024, commencing with a flourish at George Campus. Over 5600 graduates are set to embark on a new chapter, with the ceremonial caps flying high starting Friday, 5 April.

George Campus kicks off the celebration, spotlighting the academic achievements of 372 graduates, setting the stage for a marathon of 16 more sessions in Gqeberha. Dr Geraldine Fraser-Moleketi, the University Chancellor, will preside over the sessions, marking only the second occurrence of graduation celebrations at George Campus.

Two doctoral degrees in nature conservation will headline the event, speaking to sustainability and the campus's unique emphasis on environmental stewardship, one of the university's values. The groundbreaking research of Werner Conradie on the flora of South-Eastern Angola and Noxolo Ndlovu's pivotal studies on sustainable forestry practices underscores the university's commitment to nurturing guardians of our planet.

The morning session will honour over 200 graduates from Engineering, Built Environment and Technology (EBET), and Science faculties. This includes the first cohort from the new Bachelor of Honours in Natural Resource Management program, with eight students achieving first-class honours. In the afternoon, 170 Faculty of Business and Economic Science students will take their proud walk.

The spotlight shifts to Gqeberha from 12 to April, promising a series of 16 sessions celebrating academic excellence across various disciplines. Each graduate, adorned in their regalia, will share this pivotal moment with loved ones, armed with tickets for guests, a token of appreciation, and their graduation certificate.

Embrace this significant milestone's spirit by participating in the festivities, whether in person or virtually, as all sessions will be streamed live. Nelson Mandela University's Graduation Season is more than a ceremony; it's a testament to hard work, dreams realized, and endless possibilities. Let's cheer on the future leaders, innovators, and change-makers as they take their first steps into a world ripe with opportunity.

Caps off to the class of 2024 – the future is yours to shape!

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THREE, TWO, ONE, GO!

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THREE, TWO, ONE GO!

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LETTER FROM THE **EDITOR**

Welcome to our very first edition of MadibazNews for 2024!

With the first term's dust settling, and the local wind beginning to stir again, we hope that you have had a wonderful recess rested- mentally, physically and emotionally prepared for your second half of the first semester.

With the university returning to full on-campus activities, this has been guite an adjustment for returning students, but to our first-year students, make use of all the facilities and spaces that you can. This experience is like no other - having a full taste of your first year, we wish you the best of luck for the rest.

With a jam-packed year ahead, full of assignments, tests, exams, and events - remember, keep it simple. Hydrate, rest and focus. This workload is unlike no other. You will be tried and tested, but you will also triumph!

A huge congratulations to all our graduates! Your hard work has paid off, and it is your time to don your black gown and cap, and walk across the stage. Those few seconds of success is nothing compared to the academic journey you have endured, or for what is to come in future, so savour it, celebrate it, and most importantly, take pictures and make memories!

Welcome to a new year everyone! Be on the lookout for our upcoming editions, and our new team members with a zest for life.

Remember to look after yourselves, and hydrate. See you soon!

Leigh-Nakeetah Jason



By Mhlongo Suprise

As the pages of the calendar continue to turn, encouraging prospective students to confirm Nelson Mandela University has embarked on their acceptance, the university has efficiently its annual academic exploration and personal managedits admissions, ensuring opportunities growth journey. The Vice Chancellor's welcoming for many applicants. Ceremony – a pivotal moment for returning The Learning and Teaching Collab-First students and newcomers from around the globe, Year Success Team, comprising 236 senior has set the stage for the year ahead. This year's students, was instrumental in guiding new ceremony, began an exciting and transformative students through the orientation process. experience for approximately 7000 students. Their expertise and personal experiences contributed immensely to introducing new Prof Sibongile Muthwa, the esteemed Vice students to the vibrant Madibaz culture.

Chancellor, extended a warm welcome to the Madibaz family during the ceremony. Her As the academic year progresses, Nelson message, resonating with encouragement Mandela University remains a beacon of support and guidance, emphasized the university's for its students, offering many resources for commitment to fostering an environment of their well-being, including protection services, learning and personal development. The event, and medical and mental health support. a blend of official proceedings, and engaging This comprehensive approach underscores activities, took place at the Indoor Sports Centre the university's commitment to academic on South Campus, with the day's schedule excellence and the holistic well-being of its seamlessly transititoning to faculty-specific community. sessions across various campuses.

As we reflect on the commencement of Following the warm welcome, the faculty break- this academic journey, its clear that Nelson away sessions allowed students and their parents Mandela University is poised for another year to connect with faculty members and fellow of remarkable achievements and inspiring students. The sessions, starting at 10h30 am, stories. The journey may have begun, but the facilitated discussions and interactions crucial promise of what lies ahead is boundless. Best for a smooth transition into university life. wishes!

Nelson Mandela University's proactive approach to enrollment has been commendable. By

CAST YOUR VOTE AND SHAPE YOUR FUTURE

By Mhlongo Surprise

In an unprecedented call to action, Madibaz News is rallying the youth of Nelson Mandela University and beyond as South Africa marks its 30th year of democracy in 2024. The message is clear and compelling with the national elections fast approaching time for the youth to step up, participate, and wield their power to drive the change they wish to see in their country.

Historically, South Africa's youth have played pivotal roles in fighting against injustices, notably through the formation of the ANC Youth League and the impactful #FeesMutFall movement. These events have underscored the significant influence that young people possess in steering the nation's destiny towards a brighter future.

The upcoming elections, therefore, stand as a critical juncture for the youth, offering a platform to voice their concerns and actively contribute to shaping South Africa's future. Voting transcends a mere civic duty; it embodies a powerful tool for advocacy and change, enabling the youth to lay down the foundations for a society that aligns with their aspirations and values.



Image Source: University Memo

As South Africa stands on the precipice of a pivotal movement in its democratic journey, the youth are reminded of their power and responsibility to forge a future that reflects their vision of justice, equality and prosperity. Madibaz News invites every student and young citizen, to rise to the occasion, to engage actively in the democratic process, and to vote with a sense of a purpose and conviction.

The message is clear: Unleash your vote and change the world. The time is now for the youth to stand in solidarity, embrace their potential as changemakers, and participate in a democratic act that has the power to redefine the course of their nation. Your vote is your voice, let it be heard loud and clear in the 2024 national elections.

THE BEAUTY HIDDEN IN THE SHADOWS

THE DREARY REALITY

By Leigh-Nakeetah Jason

When one thinks of Ggeberha, they think: the coast, the harbour, the Boardwalk Mall, and many other tourist attractions. Aside from when the city is packed to capacity in December, hundreds of thousands traverse the busy streets and sidewalks, on an ordinary day, unbeknownst to the historical entities they walk alongside.

The hub of these entities? The Central Business District, known as "Central". Home to the Campanile, Route 67 and many local businesses, Central was once perfectly crafted in the eyes, and by the hands of many international tourists and local patriots.

When stroll through the busy streets, you rarely note how long certain buildings have been standing there – older than our grandparents and probably even our great-grandparents combined! Aside from the beautiful, ancient architecture and beautiful statues, we know very little of them, but luckily for us, there are local citizens dedicated to sharing with us! One of these patriots, is Tony Neveling.

Dedicated to sharing the Bay's history, Mr Neveling dedicates his time and personal resources monthly, on short guided tours, to local and international citizens and tourists, and takes them on well-secured strolls throughout the district, sharing details about places you usually would not think twice about.

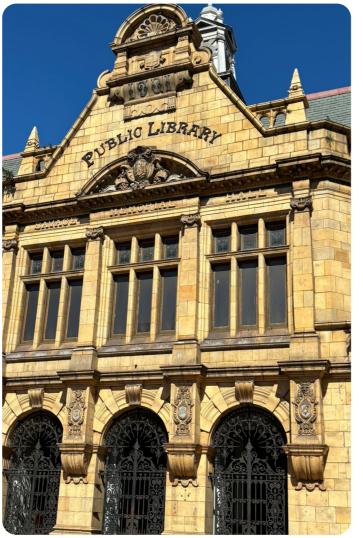


Image Source: Tracey-Lee Messiahs

His most recent tour was on 30 March 2024. He took a group of tourists from the Donkin Memorial, through Route 67, to The Cathedral of St Mary The Virgin, through which he granted the tour access and interesting facts and information through the church building itself, while exposing small and hidden treasures. After that, he guided the tour past the Port Elizabeth Public/Main Library, unfortunately closed at the time, and finished the tour at the St Augustine's Cathedral, and as a bonus, entered the Prince Alfred Guard - home to various art and culture occasions, now memorial and home to the current Army.

These tours never follow the same path or monuments, so going more than once is within your best interest. Join Tony monthly by keeping an eye on the "Central SRA" page on Facebook, and make sure to take a bottle of water and a sunhat with you!

By Mfundo Ndima

There's a bitter reality confronting students in South African universities, a depressing reality evident at the beginning of every academic year. Students seem to be demobilised and unsolidified in their attempts to resolve the bleak reality – Nelson Mandela University is no exception.

It is almost cultural that we anticipate strikes, unaccommodated and unfunded students, or students who are unable to receive their results or register due to debt. This administrative problem has been constant for many years, and in the midst thereof, here seems to be innovative effort from national government to solve this predicament. In 2023, the National Student Financial Aid Scheme defunded students without warning.

This is not the only stumbling block. Alongside accommodation and safety, students face a simple demand and supply issue. Annually, students who struggle to find accommodation are forced to stay home. Further, the prerequisite for a funded student to be offered a bed is unresponsible due to administrative issues.

Safety is another national crisis that affects everyone and must be resolved. Many have experienced traumatic crime and lost their valuable gadgets.

This is the reality many first-years are confronted with through the academic year. It has remained with seniors for years, and made their journey dreadful. Some universities deal with these issues better than others, but there is definitely a systematic administration challenge.

Nelson Mandela University students face additional challenges to the national challenges every year. There are also shuttles, a resource shortage problem. Students hold their breath to find one before/after class, and the inefficiency of the shuttle system has held up academic responsibilities, which has a spill-over effect on class attendance.

This is the reality students face. There seems to be a hole somewhere. Students trust in people who make their university experience something to remember. They should not have to be silent while being subjected to this experience.

Constructive channels of communication, mobilization, demonstration and commitment to transform is what should happen and be strengthened. Radically transforming the current status guo is for the students, to ensure their future. With that, the dreary reality will be transformed to an antithetical reality.



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21 YEARS OF SOUTH AFRICAN FASHION WEEK

By Hlengiwe Phiri

Fashion has always been a popular way people use to express themselves, and tell their stories - and for the past two decades, the South African Fashion Week (SAFW) has been a platform for local designers to share their works with the world.

This season, the South African Fashion Week has strengthened its network, making way for new growth of the African fashion ecosystem that embraces many facets of the fasion industry. It gives local designers the platform to showcase their seasonal collection of garments.

In addition, local designers are given roles in design, production, consumption, and are equipped with business acumen and education.

Known for connecting brands with crafters and artisans from across the country, the South African Fashion Week has partnered with giants such as Loreal Paris, Mr Price, Cruz New York, Mall of Africa, and Isuzu, to bring you an epic three days of breath-taking fashion and beauty looks, fit for the spring/summer season.

Models will be dressed by the likes of Beachcult, Black Coffee, Ezokheto, Fikile Sokhulu, GugubyGugu, and many more. This coming April, Mall of Africa is the place to be. From the 18th, when Day 1 of the first show takes place, until the last day – the 20th of April.

South African Fashion week is a great platform for you to draw inspiration from the runway looks, and incorporate them with your day-to-day looks to have stylish outfits for the spring/summer season.

To take a look at their previous collections, please visit their website - www.safashionweek.co.za, and social media pages, to stay up to date with South African Fashion trends.

GOEBERHA IS THE HOSTING CITY!

By Bantu Ndiki

The brand new "Mr Heritage South Africa" campaign had launched, and embarked on a journey of cultural diversity, celebrating tourism and preserving South Africa's heritage.

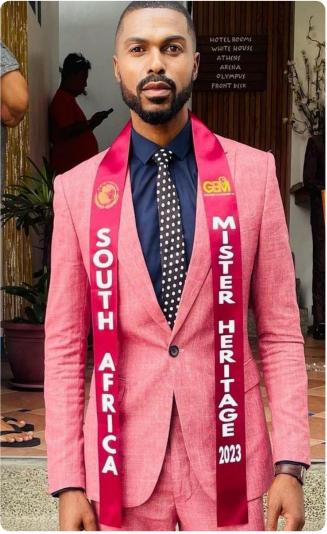
"Mr Heritage SA" is the biggest male pageant, aimed at developing individuals from young, to teen, to youth. It also promotes the heritage of individuals and tourism through the host city, Ggeberha, Eastern Cape - best known for its rich tapestry of tourism destinations, making it the perfect location to host this prestigious event. This is alongside the breathtaking beaches, landscapes, and historical sites, that highlight the crux of Mr Heritage South Africa's mission.

This was the first ever male pageant of this calibre hosted by the Windy City. The Boardwalk has always been one of the city's most famous landmarks, now home to a shopping section, live entertainment, a hotel and convention centre - which is where the event was hosted. The pageant welcomed males from any South African province.

Mr Heritage South Africa Teen was crowned on the same day. This competition highlighted the exceptional talents and personalities of men who exemplify the ideals of Mr Heritage SA. The platform serves to evaluate the discourse on the

Image source: Luthando Siveni This broadcasted competition gave the crowning of Mr Heritage South Africa 2024. The celebration of beauty and culture does not only end here in the country, but Mr Heritage 2024 will be given an opportunity to represent South Africa in Manila, the Philippines. Stay tuned!

critical nexus between cultural preservation and tourism to both locals and internationals. The crowned Mr Heritage SA 2024, carries the nation an opportunity to watch the first ever responsibilities of being the brand ambassador, advocating for South Africa's culture and tourism, and plays the 'role' of role model, to others, on preserving culture and embracing the cultural diversity. "We had contestants that came from across the nine South African provinces" - an organizer from the pageant.



Term 2 2024

YOUR VISION IS GREATER THAN YOUR CHALLENGES



By Viwe Kambule

For most students, the month of January can be a rollercoaster ride of emotions and challenges. With the end of winter break, the start of the new semester, and the looming threat of midterms, it's no wonder many students can feel overwhelmed and stressed. However, it is important, to remember that you can survive this rough time. Here are some tips to help you through the first term of the year:

- 1. Stay organized by making sure you have a clear understanding of your schedule, deadlines and priorities. Having a planner or updated calendar helps you to keep track of important dates and assignments, and helps keep you up to date. Get enough sleep, exercise regularly, and eat healthy – this is premium selfcare. Take breaks when necessary, and don't be afraid to ask for help if you are struggling. Stay motivated by setting goals for yourself and focusing on the bigger picture. Remember why you're in school, and what you hope to achieve. Most importantly, celebrate small victories along the way because they lead to bigger victories.
- 2. Stay connected, and reach out to friends, family and classmates for support. Join a study group or get involved in extracurricular activities. Don't isolate yourself, go out and meet new people. Manage stress by finding healthy ways to manage stress, like mindfulness, meditation, yoga or deep breathing exercises. Avoid unhealthy coping mechanisms like excessive drinking, or drug use, as they lead to destruction.

The first term may be daunting, challenging, and a bit overwhelming, but it will eventually pass. You can get through this difficult time by staying motivated, staying connected, and managing stress.

Do not be too hard on yourself, and remember, it is okay to ask for help when needed. Relax, and breathe. You've got this!

NAVIGATING UNIVERSITY: A SOCIAL MEDIA

By Phuthego Precious Nthoke

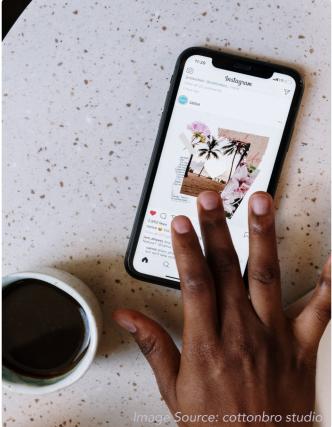
The Corona Virus pandemic fast-tracked the 4th Industrial Revolutions, and we quickly found ourselves connected by a screen. Socializing became a foreign concept, as people quarantined themselves, effectively shutting out society.

What started as a tool for communication, slowly became an example of how quickly bad apples can spread. "Troll" behaviour, cyberbullying and misinformation started making rounds paranoia and anxiety brazed the population.

As we welcome more students, it is important to familiarize oneself with the ins and outs of the university social media policies, and it must be known that the institution has its own set of guidelines on how students should use their social media profiles and how to use technological devices responsibly.

Nelson Mandela University developed a set of social media guidelines that "have been set up and are maintained for the purpose of disseminating information and connecting people to the university and its services." Here are some tips that can help protect you when social networking:

Although freedom of expression is encouraged, 1. Use caution when clicking links on social you will be held accountable for the content media you put out. The University social media policiy 2. Type the address of your social networking has outlined general recommendations, which site directly into your browser states: Do not use hateful speech, abstain from using derogatory epiphets (slurs), do not defame 3. Pick your social network friends wisely others and always respect each other's privacy, 4. Assume everything you post is permanent. additionally, "do not use any university logos or images on your personal sites for any reason, and 5. Avoid installing extra applications especially not to promote any products, causes, 6. Restrict third party applications from or political parties, or candidates." You are legally accessing your information. liable for what you post and could be indicted for libel, defamation, obscenity, copyright Familiarize yourself with the guidelines of infringement and breach of confidentiality. Failure the institution, and take precautions to to adhere to these rules will result in disciplinary protect yourself to create a safe and healthy enviroment for every student. proceedings.



TOP UP LAPTOP

By Phuthego Precious Nthoke

As we move forth into the new academic year, the scramble for the "proper" gadgets begins, as students eagerly look for laptops to aid them in their academic careers.

Students tend to buy the first "cheap" laptop they encounter, unaware of better and still budgetfriendly options available to them. Taking the initiative and conducting proper research on the type of laptop that would suit your needs as a student, could possibly make navigating the rest of the year slightly easier.

Here are some tips and factors to consider when buying a new laptop:

- 1. When you are a student, you may have to transport your laptop often, and find yourself in situations where a charging port is unavailable, therefore consider the size and battery life of the laptop.
- 2. Make sure your laptop does not have 8 gigabytes of RAM, as this will drastically affect the speed at which your laptop will function, and determine the most appropriate operating system for you, as this may also affect that programmes and updates that you can run in the future.

These factors, however, should vary, based on what the use of the laptop will be - for schoolwork, gaming, entertainment etc. Buying a laptop should be treated as an investment in your studies, and a tool that makes learning easier. Fortunately, there is a plethora of options for students with a limited budget, like the HP 255 G8, the Dell Inspiron 3511, or the Lenovo IdeaPad 3, which all adhere to these factors.

Most of these devices can be found online through reputable stores, and as prices may vary, it is important to do proper research to find the best possible deal for you. Alternatively, Nelson Mandela University does offer FTEN laptops (first time entering) to first year students, where the amount is deducted from your book allowance over two years.

After a term of university, please do take all these options into account, and best of luck with your search!



THE UNFORTUNATE TRUTH ABOUT SLEEP **DEPRIVATION**

By Sonia Van Der Linde

As we kick off a new term, a rare few may feel excited, prepared, and even well-rested after a long summer vacation. However, the rest of us might be overcome with a feeling of intense dread and the odd feeling that, even though we haven't even started, we are already too far behind to catch up. This could lead you to feel that you have to work longer and harder, just to be on the same level as rest of your class. You won't sleep or relax, because who has the time? You will become a zombie, determined to make will be at a much greater risk for depression. it through the day.

Depriving yourself of one of your most basic as your body uses the excess energy that is needs will, however, be your downfall. Not only available in the period that you are asleep, to will your mental health be severely impacted, but repair and maintain your tissue and cells. your brain will function at a much lower capacity, and eventually your physical health will take a It may be appealing, blowing off sleep to just toll. The average human body needs about 7-9 go through those chapters again, but next time, think about what you are really putting yourself hours of sleep in order to maintain itself, and not sticking to a regular sleep schedule could through and ask yourself it the risk is worth the have several noticeable consequences. reward.



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When we sleep, our brain forms new connections between our neurons, which is essential for transporting and retaining information. You will suffer from lack of concentration, the inability to properly retain new information and most likely a loss of proper coordination, which could put you at a safety risk.

Lack of sleep could also put you into a manic state, where your moods will be unpredictable, you will experience paranoia and anxiety as a result of the smallest inconveniences, and you Long-term, physical affects could include cardiovascular and immune system damage,

Image Source: pexels.com

PREMIER LEAGUE BATTLE ROYALE INTENSIFIES

By Josh Matthews

The tail end of the 23/24 Premier League season is set for a picturesque conclusion. It has been nearly a decade since Premier League enthusiasts across the globe have seen such an enthralling title race, with the possibilities of a definite winner hanging in the balance with only three months of the season left. We would have to go back to Leicester City's 5000-to-one title win back in 2016 to find a tighter contest at this stage.

Just two points separate Liverpool, Manchester City and Arsenal at the summit of the table preceding game week 24. However, history shows us that regardless of the situation in the new year, standings rarely remain the same when May comes. How do odds favour each of the Big Three?. Liverpool have been tasked with finding buoyancy in a sea of fixtures this February. It is not likely that they will experience a dip in form after putting in high-flying performances all season. However, the club needs to register more victories against the traditional Big Six if they are to pose a threat to Manchester City. Following news of this being Jurgen Klopp's last season with the club, the Anfield faithful will be looking to have something to celebrate at the end of the season. The return of the Citizens' formidable duo of Erling Haaland and Kevin De Bruyne has boosted the already established attacking prowess of the City camp. However, Pep Guardiola remains focused on the task at hand, mentioning how one slip-up can alter the outcome of the title. "We have to win as many games as possible, one at a time, and at the end, we'll see what happens," said Guardiola in the City/Burnley post-match conference.

One cannot underestimate the lack of creativity and goalscoring in the Arsenal attack heading into a grueling six weeks. But Arsenal under Mikel Arteta have proven to be an exciting and unpredictable squad to watch. However, The Spaniard's odds of doing the unthinkable come the end of the season may be stacked against him – as a history of bottling crucial fixtures haunts the Gunners.



MADIBAZ RELISH 'GOLDEN OPPORTUNITY' TO IMPRESS AT USSA REGATTA

By Fullstop Communications

The Madibaz are primed to take on the top student rowing teams in the country at the University Sports South Africa sprints regatta in the Western Cape this weekend. Maties will host the competition on Friday and Saturday at the Misverstand Dam on the Berg River near Porterville. Much in line with the USSA boat race in Port Alfred each September, this is a premier event that sees the cream of the crop compete in all classes from sculls to eight-man crews in 1 000m sprints. The difference between the two is that the Eastern Cape race caters for eight-man boats that compete over distances ranging from three to five kilometres. Madibaz Sport rowing manager Melinda Goosen said the club has entered a small team of 12 and she anticipated that it would be a rather steep learning curve.

They will compete in the men's and women's individual races from the A to novice divisions across all classes bar the eight-man boats."It is naturally tough to compete with our numbers, but this is a fantastic opportunity to gain exposure against the country's top rowers and we are ready to challenge ourselves." She added that it was essential that the Ggeberha rowers, several of whom were relatively new to the sport, competed in these events given the lack of regular competition back home. Some of the big local events, such as the Buffalo regatta in East London, took place too early in the year for the Madibaz to be involved, she explained.Due to the nature of the sport, it is also costly to travel to regattas outside the province. "So this provides us with a golden opportunity," she said.

They have been working extremely hard to be race-ready, splitting their time between the ergo machines at the Madibaz High Performance Complex on campus during the week and the river at Redhouse on weekends. Goosen said the team's goal was to secure as many points as possible as the overall winners were decided based on their total points haul in all the men's and women's races in the various categories. The top contenders usually include Tuks, UCT and UJ and she expected 2024 to be no different. Selection for the USSA national squad was the incentive of racing against the best the land had to offer, she said.



Image Source: Supplied

MANUEL URGES MADIBAZ 'TO BE WARRIORS' IN TUKS SHOWDOWN

By Fullstop Communications Manuel, who is in his third year as Madibaz coach, said it had taken some time to build the Madibaz rugby coach David Manuel has called systems they needed to perform effectively for an undiluted 80-minute effort when his team at this level. Nevertheless, they are always in take on UP-Tuks in their final round-robin match pursuit of excellence and have identified some of the FNB Varsity Shield competition on Friday. The imminent showdown in Pretoria is building areas to work on. "For example, I think we up to be an epic between the competition's did well to handle the onslaught from Varsity only two unbeaten sides. Tuks, who previously College last Friday, but I still feel we lacked a competed in the top-tier Varsity Cup, have swept bit of the killer instinct," he said. After going to all before them this season and will obviously the break 18-5 to the good, the Madibaz had to be looking to continue the trend against the repel a strong charge from their opponents in Madibaz to defend their two-point lead at the top of the log. The Mandela University outfit have the second half to win 25-19. "But that's the sort also been impressive, combining a watertight of thing that happens with a relatively young defensive system with attacking qualities to win side. I am blessed with the efforts the players six games on the trot. Yet, Manuel knows that have delivered this season," Manuel said. they will go into the contest as underdogs. "We are ready to embrace this ultimate test," the "We have built our defensive and attacking Madibaz mentor said. "At the same time, we systems, and [know] when to kick strategically, are excited about the challenge ahead."

and now it's a matter of trying to play within The team began their preparations for the those systems for as long as possible." The important clash with their usual Sunday practice coach said he was also pleased with their on-field session and Manuel said it quickly became discipline, which stemmed from their attention clear that his charges were looking forward to to detail in all facets of the game. "That has measuring themselves against the best. He felt been very encouraging," Manuel said. "Every it was a further opportunity for the development of a relatively young team and said all he had Friday afternoon there are glimpses of what asked for was full commitment for the duration they are capable of achieving." Irrespective of of the game. "We will focus on the things that the result on Friday, the Madibaz have earned a we can control and not get worried about the home semifinal. It is not yet clear who they will externals that we can't. face in the first knockout game.

It will be a case of each player trying to lift his The match against UP-Tuks will be televised live game by one or two per cent and I just want them to be warriors for 80 minutes." on SuperSport. Kick-off is at 3pm.



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Term 2 2024