

Liwu lakuti kuchokamo
litanthauza ndondomeko
yosintha kuchoka mu
khalidwe limodzi kupita
mu lina kapena kusintha
kachitidwe ka zinthu.

Thangato ya za ulimi lifunika
kuthetsedwa ndipo m'malo
mwache kuikapo njira yomwe
ikhalila kumbuyo ulimi wosamala
chilengedwe, ipititsa patsogolo
thandizo ku ulangizi wa ulimi wosamala
chilengedwe, kafuku-fuku ndi chitukuko
chomwe chiika alimi patsogolo,
kuthandiza ndi kuzindikira dongosolo
yosungila mbeu yokwanilitsidwa ndi alimi,
chitukuko cha miseu ndi madzi-zonsezi
zomwe zipatsa ubwino womwe ukhala
kwa nthawi yaitali.

Kuthangata njira zolola utengako mbali

- ▶ Alimi ndi anyanchito a zaulimi afunika thandizo kupyolera mu maphunziro mu ulimi wosamala chilengedwe.
- ▶ Pali kufunika kwa mgwilizano wosiyana-siyana womwe ukhuzza pa chikhalidwe cha anthu, mabugwe ndi zinichito komanso zamaluso.
- ▶ Pafunika ugawana nzeru pakati pa alimi, azakafuku-fuku, ndi wopanga mfundo.



Kulandanso ulamulilo

Alimi ang'ono-ang'ono afunika:

- ▶ Kufuna mosimikiza kuti agwepo ndi kutengako mbali kwatunthu mu ndondomeko zomwe ziwakhuzza
- ▶ Kuyanganila zotuluka ndi
- ▶ Kugwirizana ndi kuthetsa umbava wa chuma ku anthu a ndalama.

Kuchokamo mu thangato la za ulimi

