

THE MICTSETA

BROADCAST

Issue No. 8 • www.mict.org.za

NEWSLETTER

In conversation
with Miss Universe

Zozibini Tunzi

MICT SETA bursar
and WIL programme
beneficiary

INSIDE THIS ISSUE

Celebrating our success stories
PAGE 8

MICT SETA's new corporate identity
PAGE 14

Graduations
PAGE 15

Focus on diabetes
PAGE 23



MICT SETA bursar
Luyolo Yiba does us
proud – winner of
Idols 2019!



MICTSETA

Media, Information And
Communication Technologies
Sector Education And Training Authority

SHAPING SKILLS, PIONEERING INDUSTRIES, EMPOWERING FUTURES

Editor's Note

Welcome to the last edition of the *Broadcast* Newsletter of 2019... in fact, of this decade! In each edition we enjoy sharing with you our successes and what is new in the Media, Information and Communications Technologies sector. However, in this *Broadcast*, we take our celebrations up a few notches.

We celebrate the rise to stardom of *Idols* 2019 winner, Luyolo Yiba. A talented young man from the Eastern Cape and an MICT SETA bursar. Zozibini Tunzi graces our pages with her beauty and panache. This new Miss Universe was an MICT SETA bursar as well as a beneficiary of our Work Integrated Learning Programme.

Staying on the topic of gearing for the future and looking the part – MICT SETA boasts a new look and slogan to carry us into 2020. The new logo gives a sense of constant motion, evolution and transformation, much like the sector we work in. As the necessity and relevance of the MICT SETA become ever more apparent, our new slogan challenges us to persist in *shaping skills, pioneering industries and empowering futures* for a better South Africa. May we all enjoy the fruit of our labour towards this goal! The celebrations continue as we share

highlights ranging from the second Annual Software Development Competition targeting Technical and Vocational Education and Training colleges in the Eastern Cape, to the Visual Impact Academy's amazing feat of opening the doors to employment for nearly 40 interns, among many regional highlights.

What really makes this an extraordinary newsletter, though, is the occurrence of the Fourth Industrial Revolution (4IR) on nearly every page. We have been writing about the "prospects [for the MICT SETA] in meeting the demands of the 4IR" (July 2018) and the "4IR being a game changer for our organisation" (May 2019).

To now see our partners and beneficiaries rising to the 4IR occasion on these pages as we too set out to put the necessary platforms in place to upskill, re-skill and leverage, in collaboration with others, the many opportunities offered by the 4IR, testifies to the truth that nothing can stop an idea whose time has come.

Join us as we celebrate 2019 and as we look forward to a new decade where all of us revel in our work that has so much potential to change the course of millions of lives for the better.



Rest well this festive season, drive safely if you are going away, and come back in 2020 with renewed vision and vigour.

Xabiso Matshikiza



SETAs re-established for another 10 years (1 April 2020 – 31 March 2030)

Following the public consultation process, under section 9(1) of the Skills Development Act (Act No. 97 of 1998), as amended, the Minister of Higher Education, Science and Technology, Dr Blade Nzimande, has re-established the Sector Education and Training Authorities (SETAs) within a new SETA landscape from 1 April 2020 to 31 March 2030, with the jurisdictions as indicated in Schedule 2 of the *Government Gazette* of 22 July 2019.

"The new SETA landscape will be implemented from 1 April 2020. The aim of the new landscape is to strengthen, realign and repurpose the SETA system to support our skills development and human resource development plans," the Minister said during his address at the 2019 SONA debate.

Contents

02	Editor's Note Xabiso Matshikiza
04	In conversation with Miss Universe, Zozibini Tunzi
06	Programme launches <ul style="list-style-type: none"> ■ 3D printing and software development launch ■ 4IR Skills Programme
08	Success stories <ul style="list-style-type: none"> ■ RedPanda software recognised by Western Cape government ■ Visual Impact Academy interns excel
10	Special features <ul style="list-style-type: none"> ■ We chat to Luyolo Yiba, winner of the 2019 <i>Idols</i> competition ■ Eastern Cape TVET College Software Competition ■ GirlCode ■ Introducing our new corporate identity
15	iLAB graduation
16	Thought leadership <ul style="list-style-type: none"> ■ 4IR Research Colloquium ■ Cyber Cerebral celebrates Cyber Security month
18	Events <ul style="list-style-type: none"> ■ District Development Model Presidential launch ■ National Heritage Council high school programme ■ Presentation of the Annual Report ■ Drone Technology Conference
22	New appointments
23	Focus on Health <ul style="list-style-type: none"> ■ Diabetes

Editor: Xabiso Matshikiza
Assistant Editor: Bellinda Mabunda
Production Coordinator: Kgothatso Molefe
Address: Block 2, Level 3 West
 Gallagher House
 Gallagher Convention
 Centre, 19 Richards
 Drive, Halfway House
 MIDRAND, JHB, 1685
Website: www.mict.org.za
Email: info@mict.org.za

Copyright © MICT SETA. All rights reserved. No part of this publication may be reproduced or distributed in any form or by any means, or stored in a database or retrieval system, without the prior written permission of the publisher. Opinions expressed in this publication are not necessarily those of the editors, publisher or advertisers.



In conversation with the reigning Miss Universe, Zozibini Tunzi

04



We chat to Luyolo Yiba, winner of the 2019 *Idols* competition

10



MICT SETA's new corporate identity symbolises the future of the organisation

14



Presentation of the 2018/2019 Annual Report

20



Assistant Editor:
 Bellinda Mabunda



Production Coordinator:
 Kgothatso Molefe

In conversation with the reigning Miss Universe, Zozibini Tunzi

South Africa's Zozibini Tunzi was crowned Miss Universe in Atlanta, Georgia, USA on December 8. She wowed the judges and her growing number of fans to win the coveted new 'Power of Unity' crown, which is said to be worth R73 million.

Zozibini wore the Miss South Africa crown for four months before being crowned Miss Universe, and in that time, she established herself as a force to be reckoned with in her home country and abroad.

Always charming, humble, elegant and poised, she has shown herself to be a fearless and eloquent speaker, a role model for young people across South Africa, a voice for South African women and fiercely outspoken on social justice issues such as gender-based violence and femicide.

The public relations graduate is also a proud ambassador for the MICT SETA's vocational training and Work Integrated Learning programmes.

The Broadcast Newsletter Editor, Xabiso Matshikiza, caught up with Zozi before she left for the Miss Universe pageant in Atlanta and asked her 12 questions.



▲ Miss Universe, Zozibini Tunzi, is an MICT SETA bursar and Work Integrated Learning Programme beneficiary.

Q. Who is Zozibini, where does she hail from and what are her interests?

- A. I was born in uTsoho in the Eastern Cape 26 years ago and raised in the nearby village of Eswadweni. I can describe growing up in a village as 'humble beginnings'. I moved to Cape Town to attend the Cape Peninsula

University of Technology as an MICT SETA bursar, where I graduated with a Bachelor's Degree in Public Relations and Image Management in 2018. Prior to winning Miss South Africa, I was completing a Bachelor of Technology Degree in Public Relations Management and working as a graduate intern in the Public Relations department of a well-known integrated communications agency in Cape Town.

Q. Why did you enter the Miss South Africa competition?

- A. I wanted to challenge beauty stereotypes. In pageantry, people have a certain expectation of what they think beauty queens should look like. I've made many people uncomfortable because I'm not a conventional candidate; in fact, there's nothing conventional about me. Yet many people in our country have embraced me in the most incredible way, saying that finally we have a contestant who really reflects what South African beauty looks like. Winning Miss South Africa has been everything I hoped it

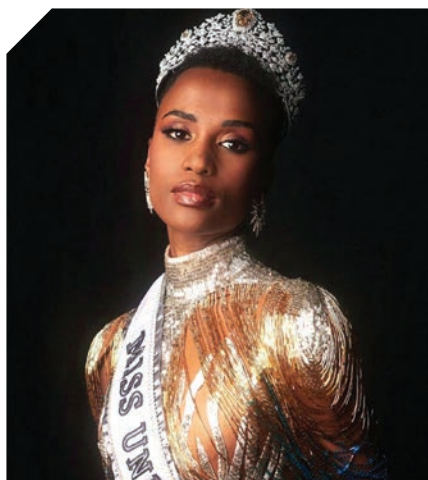
would be. In fact, it was MORE than I hoped it would be. It's a platform where I can be heard, where I can voice what I feel.

Q. What are the principles that Zozibini stands for?

- A. My mother has taught me the importance of remaining kind and humble and always being helpful to those around me. My father has taught me the importance of education, hard work and discipline, and to chase my dreams. My dad inspired me to be strong and resilient. These qualities are evident in everything I do.

Q. In many of your media interviews you've mentioned that you stand for education and that you believe in an educated society. Why do you think it's important for a nation to invest in education?

- A. I come from an academic family, which is why I'm a firm believer in education. My mother is a school principal at Bangweni JSS, a school in a village called Bolotwa. My well-educated



▲ Zozibini certainly flew the South African flag high in Atlanta. The 'Power of Unity' crown she is now wearing might have been made especially for her. The MICT SETA joins Mzansi in congratulating our new Miss Universe.

father also works in the education space. Education has given me so many opportunities and opened so many doors for me. If I didn't have a proper education, I wouldn't be able to express myself and communicate in the way I'm doing now. I feel strongly that every South African child should have a good education. I stand for the education of the South African youth, for equality and representation. As a Miss South Africa, I see it as my duty to contribute to these important social causes. Education is one certain way to get out of poverty. Education is a way to build our country; to build ourselves.

Q. The government plays an important role in making vocational education platforms available over and above conventional colleges and universities. Sector education and training authorities, such as the MICT SETA, are assisting our youth to make informed decisions in terms of a future career. Learners need to understand exactly where their skills and interests lie. They need to understand that they do not necessarily need to become doctors, teachers, or enter any of the conventional professions. They can move into another sector that is flourishing, such as media, broadcasting or IT. What are your thoughts on this issue?

A. Often young people are hesitant to try new things. They prefer to opt for conventional careers. I think what the MICT SETA is doing is brilliant. Through the organisation I have been exposed to public relations, media and communications. There are so many exciting opportunities that learners are unaware of. The SETAs need to speak to learners in high school, like the MICT SETA is doing, because all learners don't necessarily fit into the conventional mould.

Q. Please take us through your journey from having studied public relations to acquiring work experience as an intern at an established agency. Was it an easy journey? Did you find any challenges along the way?

A. Although public relations and image management have definitely been the right career choice for me, there are so many graduates in PR and communications that it is not easy for everyone to get a job or an internship, despite their best efforts. I was lucky that I was able to be accepted into the

internship through the MICT SETA, who submitted my CV to the agency. Sometimes interns just get thrown in at the deep end and need to learn as they go along, but with the MICT SETA's Work Integrating Learning Programme I was equipped with the necessary skills during the internship. It was an amazing experience for me as a novice to work in a professional space like that.

Q. Yours has not been a conventional education via university, yet you were equipped with the necessary skills that were integrated even within your working environment. The government is setting out to demonstrate that vocational training where youth are encouraged to take up qualifications in training institutions like TVET colleges, equip them to get taken up into the workspace as fully qualified individuals. Would you agree with that?

A. I don't know why people assume that TVET colleges are a second option when they are right up there with conventional universities. I think people need to know more about TVET colleges and the high quality of practical training they offer.

Q. On a lighter note, what does Zozibini like doing on weekends when she does not have the responsibility of public appearances and interviews?

A. I love being at home, just sitting around and relaxing in my pyjamas. Reading is one of my favourite pastimes. I also like going to the movies and I love to explore new destinations.

Q. Did you make any friends during your Miss SA journey?

A. I did. With so many girls together, people assume there would be catfights and jealousy, but we were all very close and get together whenever we can.

Q. How do you feel about the Miss Universe pageant in Atlanta?

A. I'm very excited about that and I intend to fly the South African flag very high. I'm interested to see how they'll be reacting to the fact that I'm not the conventional contestant they're used to.

Q. There is no journey without experiencing challenges. In your reign as Miss South Africa so far, what challenges have you come up against and how do you manage to cope with these?

A. One of the toughest things for me is not being able to spend quality time with the people I love. Another challenge is social media – people who don't know anything about you but seem to enjoy voicing their opinions about you – your beauty, or lack of it, your intelligence, etc. It is very important to be able to adjust. I'm drawing on what my father taught me about being strong and resilient.

Q. If you have one message for the young girls of South Africa, what would it be?

A. Be ambitious. Follow your dreams and your passions; don't be influenced by negative and critical people. Try to work towards your goal every day. If you win in your mind, you win in your life.



▲ Zozibini is flanked by Xabiso Matshikiza, Manager: Marketing and Communications (right) and Bellinda Mabunda, Officer: Marketing and Communications.

Programme Launches

MICT SETA launches 3D Printing & Software Skills Development Programme for learners

Skills development is one of the key pathways to sustainable employment. In partnership with the Department of Communications and Digital Technologies, the MICT SETA launched a Skills Development Programme at the University of Johannesburg's Bunting Road Campus on 7 October. Approximately 200 learners are expected to be trained in skills related to the Fourth Industrial Revolution (4IR), which will include 3D printing and software development.

The Skills Development Programme presents a prestigious opportunity for learners to acquire core technical skills and to be exposed to work readiness programmes and entrepreneurship skills. The programme is fully funded by the MICT SETA.

"Young people require skills for the 4IR. It is therefore our role as a leader in skills development in the media and ICT sector to ensure that we fund programmes that will assist young people to acquire skills required by this revolution and be competitive," says the MICT SETA's Learning Programme Advisor, Thandanani Manyathi.

The fact that the real impact of the 4IR will be felt at a human development level by the people who are not skilled in this digital age, cannot be ignored. "The reality is that young people and employees who are not equipped with the relevant skills they need to thrive in the digital age will be excluded from these opportunities," he added.

Other partners in the Skills Development Programme include Firtech, the University of Johannesburg and Boston City Campus.

▼ The MICT SETA launched a Skills Development Programme at the University of Johannesburg's Bunting Road Campus on 7 October.





16 Days

of Activism for no Violence
Against Women and Children

The MICT SETA unites against any form of gender-based violence. It ends with me, there is no excuse for gender-based violence, be the change.
It's the actions we take today that define the world tomorrow.

15 November - 10 December

4IR Skills Programme offers training in key digital technology domains

The purpose of the 4IR Skills Programme is to harness the skills for Africa's digital future.

The initiative is led by the Department of Communications and Digital Technologies through the MICT SETA and in partnership with Deviare, Microsoft, Cisco and Leaders in Motion Academy.

The 4IR Skills Programme provides skills training in key Fourth Industrial Revolution (4IR) domains – data science, 3D printing, cloud computing, drone piloting, software development, cyber security and digital content production.


Expanding access to 4IR opportunities

Deviare developed an online platform, *4IRSkills.Africa*, to initiate recruitment of learners for the programme targeted to historically disadvantaged communities. *4IRSkills.Africa* is an active platform for building the capability and capacity for future digital skills that can be applied across sectors on the African continent.

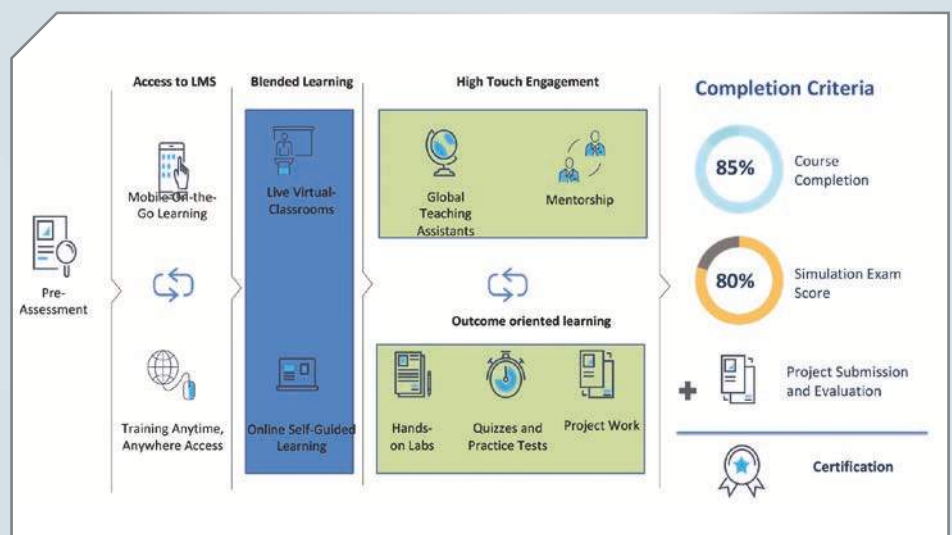
Over 1 000 learners have been enrolled in the programme across the country. The first in-take of learners in Data Science, Digital Content Production, Cyber Security and Drone Piloting commenced in July

2019 in Gauteng, KwaZulu-Natal, the Eastern Cape and Limpopo. Programmes in the remaining skills areas commenced in August, September and October respectively. All programmes are expected to be completed by the end of April 2020.

The learning methodology promotes blended, high-touch and outcome-oriented learning, providing learners the opportunity to access training anywhere anytime through virtual classrooms. It also provides learners access to global teaching assistants and mentorship programmes, with continuous assessments conducted throughout the programme.

						
Data Science	Software Development	Digital Content production	Cyber Security	Cloud	3D Printing	Drone Piloting
<ul style="list-style-type: none"> • 228 learners • GP, KZN, EC, LMP • Start: 1/07/19 • End: 30/03/20 	<ul style="list-style-type: none"> • 200 learners • GP, MP • Start: 1/10/19 • End: 28/02/20 	<ul style="list-style-type: none"> • 97 learners • Gauteng, NW, LMP, MP • Start: 1/07/19 • End: 30/04/20 	<ul style="list-style-type: none"> • 147 learners • EC, GP, WC, KZN • Start: 1/07/19 • End: 30/11/19 	<ul style="list-style-type: none"> • 138 learners • GP, LMP • Start: 1/09/19 • End: 30/03/20 	<ul style="list-style-type: none"> • 100 learners • GP • Start: 1/10/19 • End: 30/03/20 	<ul style="list-style-type: none"> • 100 learners • GP, WC • Start: 1/08/19 • End: 30/03/20

▲ Overview of 1 000 learners enrolled in the programme.



▲ The learning methodology promotes blended, high-touch and outcome-oriented learning.

Success Stories

Investing in our youth – redPanda Software recognised by Western Cape Government

With South Africa's unemployment rate hovering around 27% (among the highest in the world), job creation and skills development have arguably become critical to the country's economic and social stability. Fortunately, many business leaders and decision-makers are heeding the call.

Earlier this year, redPanda Software scooped an Employer's Recognition Award when it was recognised by the Western Cape Government as having "played an influencing role in opening up gainful workplace-based training opportunities" as well as effectively leveraging funds to promote skills development.

"We have been fully committed to skills development over the past several years. It has been intensely rewarding to see the very positive and tangible results of our efforts and it is a great honour to have received this acknowledgement," says Gareth Hawkey, Group CEO, redPanda

Software. The MICT SETA has found that while software development is the skill that is highest in demand, it is also the most difficult to secure in the South African market. It is thus one of the SETA's priorities to develop interventions and forge partnerships to address the scarcity of the skill. The redPanda partnership plays an important role in achieving this goal.

Since 2010, redPanda Software, with support from the MICT SETA, has implemented an internship programme whereby the company takes on 10 learners (unemployed graduates) for 12-month internships. To date, the company has taken on over 70 interns, and remarkably, 99% of these interns have remained at the company. According to Hawkey, some of the company's top developers started out as interns.

"This uniquely high retention rate can be attributed to our recruitment process,"

notes Hawkey. "We select our interns with very specific skills and roles with the intention of them becoming an integral part of the company – in other words, with the vision of a long-term commitment and prosperous working relationship."

redPanda Software prepares its selected mentors by sending them on mentor-training courses that are National Qualifications Framework aligned. In addition, the company has partnered with experts to spearhead training initiatives and one-on-one coaching sessions.

"We moreover place great emphasis on networking and forming key partnerships, and we are, for example, affiliated to the Apprenticeship Game Changer programme with the Department of Economic Development and Tourism at the Western Cape Government. We are also immensely grateful to MICT SETA for their consistent support throughout the years," says Hawkey.



▲ Gareth Hawkey, Group CEO of redPanda Software (centre), with this year's interns.

"Fundamentally, any success within skills development and job creation requires vision and buy-in from leadership," he adds. "It has to start at the top, with leaders acknowledging the immense value that youngsters can bring – and the many long-term benefits of actively investing in our youth."

Visual Impact Academy and MICT SETA equip interns with world-class broadcast skills

The Visual Impact Academy's partnership with the MICT SETA has yielded extraordinary results this year. The intensive exposure to and training in broadcast skills have opened doors for nearly 40 interns.

At the top of the list of achievements is the placement of three interns in permanent positions at the South African Heritage Resource Agency (SAHRA). Linda Nkone, Azola Lumbe and Luxolo Mdingi have been selected to be part of a content generating unit that will assist in documenting South Africa's incredible heritage. The interns have been trained in camerawork, sound recording, social media analysis and editing. The Academy will provide equipment, support and mentorship even beyond the end date of their internship. This ongoing support will assist the interns to find their feet and be successful in providing world-class content to SAHRA. This is part of the Academy's supportive philosophy of "Once a part of us, always a part of us".

In addition, an international Netflix production, *Wandering Spirits*, employed three interns – Giovanni Campher, Loren Lee Engle and Siyabulela Mvulana. The producers were so impressed with the interns' performance that they have requested to employ the same interns for the 2020 season of the production.

In the largest utilisation of our interns, the reality TV show *Survivor-Samoa* employed 22 interns to assist with the grand finale of this production in Cape Town. Interns were responsible for camera setup and assisting with grips, make-up and production duties.

Another team of four interns produced a training video for *Bowler Plastics*, one of the Western Cape's biggest producers of moulded plastic units. Based on the good results, they have been employed to produce more training videos for the company in 2020.

Two interns, Jaydine Webb and Linda Nkone, were employed by international reality TV company Afrokaans on a Kyknet Reality TV show called *Style Squad*. Both interns received high praise and are standing in line to be employed on the next Kyknet Reality TV show.

One of the Academy's strategic partners, Visual Impact, will take on three interns in permanent positions to work in the Broadcast Equipment Rentals department. This will enable them in time to train as senior broadcast assistants, travel the world and work in awesome locations.

The Academy partnered with Home Brew productions and Atlantic Studios. This allowed the interns to participate in intensive studio production training. Interns were working in all studio production areas from floor management to control-room duties.

The Visual Impact Academy will be employing two interns to assist with next year's intern intake. These selected high performing interns will become part of the Academy's planning and teaching team, with an opportunity to find employment in other units within Visual Impact or the Media Hive building.

A big thank you to the MICT SETA for enabling the Academy to realise these successes.



▲ Kamohelo and Luxolo shooting Boyz corner.



▲ Kamohelo and Azola shooting a training video.



▲ Lindokuhle, Linda and Luxolo doing the Bowler setup.



▲ Siyabulela and Okuhle shooting a test.



Special Features

We chat to Luyolo Yiba, winner of the 2019 *Idols* competition

The MICT SETA has great pleasure in congratulating Luyolo Yiba on his *Idols* 2019 victory. This singer was an MICT SETA bursar who completed his internship at information technology company, Little Pig. We also extend our gratitude to Little Pig for its role in preparing Luyolo to pursue his dream.

Q. You must have watched *Idols* many times, what made you enter the competition this year?

A. I felt it was time for me to focus on my music. I am thankful that my parents encouraged me to first get a solid foundation in the form of a qualification and a job; you know as our parents say, 'something to fall back on'. I studied information technology (IT) and got my BTech degree and work experience. But this year the time was right to follow my craft. The *Idols* competition was the perfect platform to start off with.

Q. You have been called the 'dark horse' and the 'underdog' of the competition, but you have excelled and have also been called the competition's 'John Legend'. How did that make you feel?

A. (Laughs) It has been great. And it is fantastic to see how people feel about your performance. I feel that I sang the same way from the start, but my performance improved every time and that has had a great influence on the viewers' experience.

Q. Will you keep in contact with the stars you performed with – Sneziey (Snenhlanhla) Msomi for example?

A. Yes, definitely! I made good friends and we will keep in touch. In fact, I even did a video call today to catch up. You must understand that we made friends; we did not view *Idols* as a competition in the end, we saw it as an opportunity to grow and support one another.

Q. Tell us about your first single, 'Sunshine through the rain'.

A. I was a bit sceptical about the song at first. I didn't know how people would receive the song because there were so many genres that the viewers were 'vibing' to. I was amazed at the reception, though.

It made the second place on the iTunes charts. It is a song of hope, of people getting their hope back. No matter what happens, how much 'rain' one must endure, there is always sunshine again.

Q. To be propelled into stardom by the age of 25 is quite a feat and a responsibility, what advice has your family given you?

A. They gave me a valuable piece of advice that carried me through the competition: to believe in myself and my dream and to focus on improving myself. They encouraged me not to feel intimidated but to see each new performance as an opportunity to do better.

Q. What is the biggest lesson you've learnt through the *Idols* journey?

A. I think what I said previously – it doesn't matter if you are among great people, and I performed with a lot of great artists during the competition, you must focus on what you can offer and on developing your own gift. Also, not to take things personally. It was so weird to find people write nasty things about you after one show where they did not like your performance, only to find those same people write good things about you after the next performance.



▲ 25-year-old Luyolo Yiba on the road to stardom and realising his dreams.

Q. What would you tell other aspiring young people with dreams of working in the performing arts?

- A. Believe in yourself and go get it! Think of ways to pursue your dreams, and think carefully about how to go about it. You don't need a clear plan, but at least make a start.

Q. You call the Eastern Cape home, what do you think your victory means for the community?

- A. Yes, I was born and bred there. I was the first person from the Eastern Cape to be in the Top 2 of *Idols*. To the younger people especially, that means a lot. They saw that if you want something enough, it does not matter where you come from, you can reach it.

Q. One of your many prizes is a recording deal with Gallo; have the wheels already been set in motion? What happens now?

- A. I start recording in January 2020 and hope to release my first CD with Gallo later next year. For now, I am still busy with gigs.

Q. You've worked as an IT graduate in East London, how did your colleagues feel about your participation in the competition?

- A. They were happy and some even went with me to motivate me. I needed time and they understood that and supported that, they were very accommodating and I appreciate that so much.

Q. Will you now say goodbye to the information technology field or will you stay involved in some way?

- A. You can't say goodbye to technology! I would love to multitask; even doing the music involves technology. It will always be a part of my life.

Q. You joined Little Pig, a computer and consulting firm established in 2011 to address the high level of unemployment in the Eastern Cape, after completing an MICT SETA-funded bursary and internship and being absorbed by the company. How did receiving the bursary and your growth at Little Pig prepare you to take the leap and pursue your dream?

- A. Oh, it helped a lot! I got the bursary and part of the bursary was to become an intern once the qualification was complete. That helped with gaining experience in a much shorter time frame. It shortened the period that I had to wait before I could focus on my music and helped me make a quicker break in the industry.

Q. Regarding your mentors at Little Pig; what lessons from them will you take with you as you move to Johannesburg to focus on your singing career?

- A. I must single out Siviwe Kwatsha! He is a great guy and a great mentor. He helped me a lot, but the biggest lesson I learnt from him was how to work with money! He gave me lots of books to read and practical advice. It is as if he knew I would need that skill soon.

Q. Little Pig's mantra is "a dream realised". It seems poetic that that is exactly where you are at. What message would you like to give the company as it continues to help others realise their dreams?

- A. Man, you know, you have no idea how much I love all of those people. And what the company stands for is just amazing. That is also why I was so happy to be part of the company, I did not see them as a short-term plan. What they do through the learnerships and internships is great. I would tell them to continue to do what they do, it is a brilliant initiative.

Q. Any message to your fans?

- A. Thank you for the support and love and for being there. If you really want something, don't worry where you are from, just go for it. God placed your talents in you, so just work with them!



▲ Luyolo entertaining fans and honing his skill during the *Idols* 2019 competition.

Special Features (continued)

Eastern Cape TVET College Software Competition – *Towards a skilled new generation*

The Eastcape Midlands TVET College in Uitenhage was a hive of activity on 10 October this year. Eight Technical and Vocational Education and Training (TVET) Colleges in the Eastern Cape gathered in Uitenhage to host the second Eastern Cape TVET College Annual Software Development Competition through the Regional Information Technology and Computer Science (ITCS) Forum.

As the flagship event of the ITCS Forum, the competition presents a great opportunity for TVET College students to demonstrate applied competence by developing software from given specifications to solve a business problem. Simulating the real world, students are expected to demonstrate critical and creative thinking as they apply their theoretical knowledge of software development.

One of the aims of this competition is for the Eastern Cape TVET Colleges to play a leading role in the Fourth Industrial Revolution (4IR) in the Eastern Cape province and internationally. Each of the Regional TVET Colleges is represented by four competitors, with prizes awarded to first, second and third place.

The MICT SETA, in partnership with Deviare (Pty) Ltd, sponsored this year's prizes. The prizes consist of a fully funded two-month Microsoft Azure Fundamentals training course for four students. This course provides students with an in-depth knowledge of the concepts of Microsoft Azure cloud to effectively perform various tasks in the capacity of a Cloud Administrator, Systems Developer or Database Administrator.

"These are high-level skills that are in demand in the cloud and technology ecosystem," says Lubabalo Dyantyi, Director of Deviare (Pty) Ltd. "We are delighted to be associated with this programme to help develop a skilled new generation."

"The sponsorship presents a wonderful opportunity to support our youth in this skills development initiative," says Andile Nene, Regional Manager: Eastern Cape. "These are skills that will help our country prepare for 4IR."



▲ The winners receive their prizes, sponsored by the MICT SETA in partnership with Deviare (Pty) Ltd.

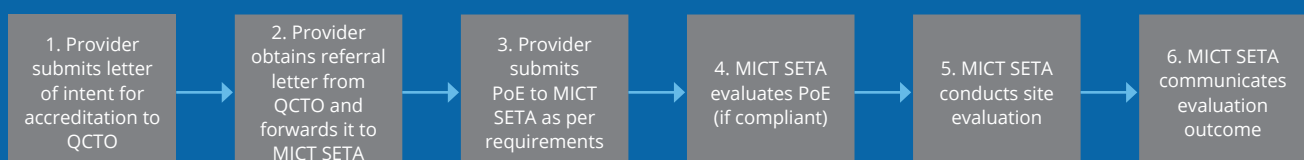
Education and Training Quality Assurance Update

New accreditation process flow

The new accreditation process prescribed by the Quality Council for Trades and Occupations (QCTO) requires Skills Development Providers intending to apply for accreditation to submit their letter of intent to the QCTO and no longer to the MICT SETA.

Upon receipt of the letter, the QCTO will assess the Skills Development Provider's submission and provide consent to proceed with the accreditation process as per the MICT SETA requirements.

The diagram below summarises the accreditation process flow:



GirlCode – teaching girl learners to flex their tech ‘muscles’

Africa Code Week 2019 (7-18 October 2019)

In the era of the Fourth Industrial Revolution, coding is a basic literacy, an important tool for kids to understand and be able to work with the technology around them. Having children learn coding at a young age prepares them for the future.

Africa Code Week continues to contribute to coding programmes and initiatives across the continent, helping children develop communication, creativity, maths and writing skills, and even self-confidence and self-esteem.

The year 2019 marks the fifth edition of Africa Code Week, which is aimed at empowering young African learners with the digital skills and coding they need to navigate the digital age. Since its launch in 2015, Africa Code Week has seen an increase in the number of countries that have shown interest; as it stands, approximately 37 countries are participating.

Africa Code Week seeks to also address gender inequality in terms of skills development. To date, 50 percent of the 1.8 million participating learners are young women.

Girl and women empowerment through technology

In response to the mandate of Africa Code Week and to bridge gender inequality, three passionate South African women registered a non-profit organisation,

GirlCode, that puts girl and women empowerment through technology first.

GirlCode believes that the more women get involved with technology, design, development and leadership, the more successful and diverse companies and their products will be in the future. GirlCode aims to empower women to work collaboratively in creating new innovative and sustainable solutions.

The biggest challenge is that most tech companies are still predominantly male-dominated, and so with no role models to look up to, females tend to shy away from getting into the industry. The reality of the IT space is that the number of females joining the industry is declining at an alarming rate, which further impacts the motivation of women already involved in ICT.

Secondly, from a cultural perspective, women are not encouraged to do STEM-related subjects and that negative perception is what deters them from pursuing STEM (Science, Technology, Engineering and Mathematics) careers in the first place.

“So, we decided to host a women-only hackathon. The objective was not only to provide a more inclusive platform, but also a space for young women that gives them exposure to learning opportunities and the chance to flex their tech ‘muscles’,” says GirlCode managing partner, Zandile Keebine.

GirlCode has several successful projects under its belt. Contributing to its success are strategic partnerships with the public sector, strengthening collaboration with similar organisations and leveraging corporate assets in the development of ICT facilities, infrastructure and networks within schools in disadvantaged communities.

For this year’s Africa Code Week, the MICT SETA collaborated with GirlCode on their outreach programme where they visited schools, encouraging girl learners to consider IT/coding as a career choice and informing them how they can apply for possible learning programmes at the SETA. Approximately 1 000 girl learners were introduced to their first line of code.

Keebine remarks, “We know that it cannot stop at just a one-day event, which is why we will be introducing our Girl Coder Club programme at the schools, a technology space that will enable these learners to thrive in technology.”



▲ The MICT SETA collaborated with GirlCode on its outreach programme at schools, encouraging girl learners to consider IT/coding as a career choice. Approximately 1 000 girl learners were introduced to their first line of code.



Special Features (continued)

MICT SETA's new corporate identity symbolises the future of the organisation

The MICT SETA is proud to announce its refined new logo and corporate identity which were launched at the presentation of the Annual Report on 25 October 2019.

Our organisation has grown and evolved over the years, and we felt it was time for a change. We have refreshed our logo to reflect who we are today and to symbolise our future.

The MICT SETA is the true centre of the Advertising, Film and Electronic Media, Electronics, Information Technology and Telecommunications sectors. We connect businesses, stakeholders, government and learners alike, to share wisdom, skills and knowledge and to collaborate to improve the sectors and impact on our future.

“Our brand is more than a logo, it is how our stakeholders, learners and partners experience us and our business.”

After careful consideration, a logo was designed that reflects a more modern look; one that is imbued with great aesthetics and new techniques that represent the 4IR and portrays our flexibility. The logo was moreover designed to echo the organisation's strategic intent of transformation and growth, with the prime focus on developing relationships and collaboration with learners, stakeholders and government.

The MICT SETA's colours say we're bold, we're optimistic, we're confident and we're a trustworthy organisation. The primary colours are blue and grey. Blue symbolises stability, trust, loyalty, wisdom, confidence, truth and tranquillity, while

the grey symbolises neutrality, balance and contributes to the timeless theme of the logo. The new tagline is *“Shaping skills, pioneering industries, empowering futures”*, which is the core of our brand proposition and promise. It is rooted in our brand platform and ties together all MICT SETA communications.

What the tagline symbolises:

- *Shaping skills* represents the lives we change daily by mentoring, upskilling, collaborating, listening and participating.
- *Pioneering industries* represents our thought leadership, drive, motivation and determination to bring change to the sectors we serve.
- *Empowering futures* positions the MICT SETA as the backbone of the sectors it serves.

Launching the new corporate identity, the MICT SETA Chief Executive Officer, Mdu Zakwe, said, “The new look speaks to

▲ The spherical icon was created using globules that are complementary in shape and size, bound within one concentric circle, giving a sense of constant motion, evolution and transformation.

what we do as a SETA and is in line with our revised vision, mission and values.” Accordingly, the SETA endeavours to be recognised as *‘a global leader in the development and delivery of revolutionary ICT skills’* that *‘provides opportunities for our stakeholders to participate in the economy, through meaningful employment and entrepreneurship, in building a capable, creative and developmental state’*.

“As the MICT SETA we stand for honesty, integrity, excellence, meritocracy, accountability and responsiveness,” he added.

If you have used the MICT SETA logo in any of your marketing materials, please assist us in updating them. We appreciate your kind support.



OUR VISION:

A global leader in the development and delivery of revolutionary ICT skills.

OUR MISSION:

We provide opportunities for our stakeholders to participate in the economy, through meaningful employment and entrepreneurship, in building a capable, creative and developmental state.



MICTSETA

Media, Information And
Communication Technologies
Sector Education And Training Authority

SHAPING SKILLS, PIONEERING INDUSTRIES, EMPOWERING FUTURES



Graduation

iLAB – empowering the youth to become ICT professionals and stay ahead of 4IR trends

▲ Proud graduates of iLAB's successful 2018/2019 internship programme, equipped for the onset of 4IR.

iLAB recently celebrated its sixth successful internship programme where 20 beneficiaries graduated with an internationally recognised certificate in Software Quality Assurance. All these beneficiaries are now permanently employed by iLAB.

In September, iLAB, in partnership with the MICT SETA, recognised the interns who successfully completed their 12-month internship, which comprised theory, practical and work-base placement training in various industries. The internship provides 'real world' exposure to the field of software quality assurance testing, strengthens their skills and allows them to examine the 'ins and outs' of a professional work environment with exposure to the industry.

A proud graduate and 2018/2019 intern, Doctor Dlamini, said: "I will forever be grateful to iLAB for taking me in as a graduate fresh from varsity; with commitment I successfully completed the internship and I am now consulting at Vodacom South Africa as an Associate SQA Engineer. The training offered by the

company was world-class and we had to write international exams to be certified."

With the onset of the Fourth Industrial Revolution (4IR) and market leaders stating that by the year 2030 the world could lose up to 800 million jobs to automation, employees are being replaced by machines at grocery stores, fast food restaurants, manufacturing plants, etc. The change is inevitable, but there are careers that have a built-in safeguard – software quality assurance engineers ensure that these machines are able to do their job.

iLAB is passionate about developing, mentoring and providing guidance to the enthusiastic young graduates to be the best software engineers out there and to be able to compete at a global level.

The unique and challenging 12-month programme shapes them for the rapid changes that take place in the industry daily. This internship helps empower the youth to gain the necessary skills to evolve into ICT professionals and stay ahead of the 4IR trends.

"I can tell you that this is one of the best parts of my job – to participate in joyful, momentous programmes such as this one. Firstly, I would like to thank our amazing team for their dedication and commitment to this journey over the last year, as well as our interns who participated in this challenging yet rewarding programme," said Michelle Roberts, General Manager, HR and Talent Management at iLAB.

"Thank you, MICT SETA, for being an incredible partner and supporting us throughout this journey; I am proud to partner with such an amazing organisation that is making a difference in so many people's lives and uplifting this country," she added.

Thought Leadership

2019 Research Colloquium zooms in on 4IR

The Research Colloquium is spearheaded by the Department of Higher Education, Science and Technology (DHET). The department, in collaboration with its entities – those are the 21 Sector Education and Training Authorities (SETAs), the three Quality Councils, the South African Qualifications Authority and the National Student Financial Aid Scheme – jointly host an annual Research Colloquium on Post-School Education and Training (PSET).

This year's Colloquium was hosted under the theme "The Fourth Industrial Revolution (4IR): Implications for Post-School Education and Training" on 18 and 19 September 2019 at the Birchwood Hotel and Conference Centre in the east of Johannesburg.

The Colloquium was officially opened by Dr Daniel Adams of the Department of Science and Innovation. In his opening speech, Dr Adams highlighted that "the government needs to develop coordination structures, mechanisms, frameworks, guidelines and principles across all sectors (including industry) and relevant departments to ensure

economies of scale, efficiency and effectiveness, and high impact. For example, DHET could coordinate the course offerings and programmes related to the 4IR and form conglomerates, instead of individual universities offering similar courses."

The Research Colloquium provides a platform for researchers to engage and deepen the conversation around new and emerging research on the 4IR and its implications for PSET, promoting research utilisation and dissemination. Furthermore, the Colloquium considers the state of research on PSET, proposes ways of advancing research and innovation to address priority needs of the PSET system and serves as an interface between research practitioners and users.

The speakers at the Colloquium shared new and cutting-edge research on key dimensions of 4IR. In his keynote address, Prof. Tshilidzi Marwala, Vice Chancellor and Principal of the University of Johannesburg and Chairperson of the 4IR Presidential Task Team, noted that "it is important for South Africa to be ready for 4IR by improving our education system,

otherwise we are not going to succeed in the 4IR and compete globally."

The Colloquium attracted participants representing the South African public and private higher education sectors, delegates from various research institutions and researchers.

The MICT SETA's research department has over the years played a critical role in identifying scarce and critical skills in the industry, which now includes the 4IR. Mr Thabang Motsoeneng, Researcher: Sector Skills Planning of the MICT SETA, presented on "Balancing Skills Supply and Demand from the MICT SETA's Perspective per Subsector".

He noted that "there is a need to improve access to and take-up of training for priority skills, SMME support, particularly with regard to 4IR, and to forge cross-sectoral partnerships and projects in the delivery of learning interventions by recognising skills programmes in the National Qualifications Framework, as this is viewed as an immediate solution to the demand."



▲ Prof. Tshilidzi Marwala, Vice Chancellor and Principal of the University of Johannesburg and Chairperson of the 4IR Presidential Task Team, delivered the keynote address.



▲ The Colloquium attracted participants representing the South African public and private higher education sectors, delegates from various research institutions and researchers.

Cyber Cerebral SA Summit highlights the risks posed by the digital economy

As technology advances and countries globally adopt the digital economy, unusual systemic security risks and threats are emerging that are destabilising trust and growth.

The second Cyber Cerebral South Africa Summit took place from 9 to 10 October at Emperors Palace in Johannesburg. The Summit provided a platform for leading business leaders and key stakeholders in the cyber security space to discuss strategy, application, education and opportunities surrounding cyber security in South Africa and the rest of the African continent.

Alongside these leaders, the MICT SETA joined the discussions to contribute towards mapping radical solutions for the

global topical issue of cyber security. In her opening address, the Deputy Minister of Communication and Digital Technologies, Ms Pinky Kekana, stressed the significance of creating a culture of safe and responsible practices. "In the past decade cybercrime has moved from being a specialist and niche crime to one of the most significant strategic risks facing the world today," she said.

It is apparent that the technologies brought forth by the emergence of the Fourth Industrial Revolution bring with them an array of opportunities. However, the Deputy Minister alluded to the fact that it is these same technologies that empower a new era of cybercrimes.

These emerging technologies have necessitated the introduction of the next generation of wireless data networks (5G), which potentially pose a challenge in terms of cybersecurity. "As government, part of our deliberations about 5G has

been about what the impact will be on cyber security," the Deputy Minister said.

It is anticipated that from 2020 onwards, more new devices will be connecting to the internet each year, running critical applications and infrastructure at nearly 1 000 times the speed of the current internet once the 5G is rolled-out.

Mdu Zakwe, MICT SETA Chief Executive Officer (CEO), introduced the audience to the topic of 'Smarter with Cyber' as part of a panel which consisted of Ricky Muloweni, Group CEO of Kanzam International and Lucien Pierce, Director at PPM Attorneys.

International Cyber Security Awareness Month occurs in October every year. This year South Africa joined forces with the international community to make South Africans aware of the dangers of cyber space, and of safe and responsible practices to protect themselves.



▲ MICT SETA CEO Mdu Zakwe (left) formed part of a panel which included Lucien Pierce, Director at PPM Attorneys (right).



▲ The Deputy Minister of Communication and Digital Technologies, Ms Pinky Kekana, stressed the significance of creating a culture of safe and responsible practices.

Events

MICT SETA showcases job opportunities at Presidential District Development Launch

The government's District Development Model (DDM), which President Cyril Ramaphosa is launching across the country, seeks to improve the coherence and impact of government service delivery and is a proactive response to the issues that have hampered our society. The DDM will be fleshed out in 44 districts and eight metros around the country as development spaces that can be used as centres of service delivery and economic development, including job creation.

Speaking during the launch at Princess Magogo Stadium in KwaMashu, north of Durban, where MICT SETA was in attendance, President Ramaphosa described the DDM as the best strategy to support the National Development Plan.

He said the district model, which was formed through the combination of successful development programmes of various provinces, will see district, provincial and national governments pulling together and combining their budgets for any form of development.

Investment will be positioned towards key economic sectors in each district. Each district plan will ensure that national priorities such as economic growth and employment, improvements to living conditions, the fight against crime and better education outcomes are attended to in the locality concerned.

The district model aims to make South Africans identify the challenges within their communities and provide better solutions. From a skills perspective, it will address unemployment by driving a skills revolution and it will also provide insight into what educational interventions are needed.

The MICT SETA exhibited alongside the Coastal TVET College, showcasing available opportunities to the youth and community

of KwaMashu. The learners from the TVET College showcased electronic components, assembling and disassembling these from scratch. These displays set out to provide the community with tangible evidence and practical examples of the various occupations and opportunities

that exist in the Media, Information and Communications sector.

Staff from the MICT SETA also attended the Presidential District Development launch in Lephalale, Limpopo, on 26 November 2019.



▲ The learners from the TVET College showcased electronic components, assembling and disassembling these from scratch.



▲ The MICT SETA exhibited alongside the Coastal TVET College, showcasing available opportunities to the youth and community of KwaMashu.



▲ The displays set out to provide the community with tangible evidence and practical examples of the various occupations and opportunities that exist in the sector.



Heritage Education School Outreach Project – Inspiring learners to pursue a career in the cultural arts

▲ The Heritage Education School Outreach Project is a week-long camp hosted at a national heritage site where learners are taken through an educational exchange experience.

The National Heritage Council hosts an annual national schools project for grade 8 to 11 learners. It aims to encourage the youth to know their heritage better as well as exploring traditions of other cultures. The Heritage Education School Outreach Project (HESOP) is a week-long camp hosted at a national heritage site where learners are taken through an educational exchange experience. Nine schools participate in the HESOP, each representing a province.

This year's HESOP took place on 26 September at Forever Resorts, Bela-Bela. The MICT SETA partnered with the National Heritage Council with the aim of introducing the learners to Film or Media-related studies that also play a role in the Arts and Heritage sector. Storytelling and filming our heritage through technology help preserve the important aspects of our cultural heritage through documenting these historical sites and archiving, writing articles, etc.

The safeguarding and preservation of cultural heritage has increasingly become associated with the process of making cultural heritage assets available online, or virtually. The Fourth Industrial Revolution is changing the status quo in that, now, the process of digitisation of cultural assets, while playing a key role in sharing knowledge, still represents a challenge for South Africa. Imagine an instance where you are able to pay a virtual visit to a museum or heritage site from another part of the world; this could spark interest among viewers to do a physical tour.

Learners who wish to pursue a career in cultural arts and have a passion for film production can do both while learning about their respective cultures and those of others.

It is our mandate as a SETA to promote the creative and cultural industries through our partnerships, as they all contribute immensely to our economy. The development of film is an avenue that provides skills and expertise to the youth of our country.

The project not only helps the learners to get to know their culture but is also aimed at inculcating a culture of self-appreciation, national identity and a sense of direction in all aspects of their lives, including career choices.



▲ The MICT SETA partnered with the National Heritage Council with the aim of introducing the learners to Film or Media-related studies that also play a role in the Arts and Heritage sector.

Events (continued)

Presentation of the 2018/2019 Annual Report – MICT SETA celebrates unqualified audit opinion

On 25 October 2019, stakeholders within the Media, Information and Communications Technology (MICT) sector attended the presentation of the Annual Report for the 2018/19 financial year at The Capital on the Park in Sandton, Johannesburg. The event was hosted in accordance with clause 15(1)(c) of the MICT SETA constitution.

Those in attendance eagerly anticipated hearing about the MICT SETA performance outcomes. Despite many challenges, the MICT SETA has again received an unqualified audit opinion from the Auditor General, with the organisation fully achieving five of the seven strategic goals as per the Strategic Plan and Annual Performance Plan.

While taking the stakeholders into great confidence, the Board chairperson, Mr Sihle Ngubane, emphasised the need for the MICT SETA to maintain a deliberate effort to achieve excellence as well as compliance with applicable legislation to deliver on its mandate.

Remarkably, more than 6 600 learners benefited from the MICT SETA learning programmes in the 2018/2019 financial year. It is apparent that there is a dire need for the MICT SETA to strategically align itself to the needs of the Fourth Industrial Revolution. Mr Mdu Zakwe, MICT SETA Chief Executive Officer, conceded that the SETA needs to play an active role in ensuring that the learning programmes offered are current and progressive. He announced to the stakeholders that the programmes offered will now include Fourth Industrial Revolution learner programmes.

Following the presentation, the MICT SETA launched its new corporate identity to the esteemed stakeholders, while also welcoming the new MICT SETA Chief Financial Officer, Ms Tiny Mokhabuki, who presented the audited Annual Financial Statements for the year 2018/2019. Stakeholders applauded the appointment of Ms Mokhabuki and the decision of the MICT SETA to insource the finance department as part of a concerted effort



▲ Cover of Annual Report

to improve process efficiencies and optimally respond to stakeholder needs.

Valuing the contribution that the stakeholders provide to ensure that the SETA achieves its mandate, some of the stakeholders from the media and ICT sector were given a platform to showcase some of their innovations through an exhibition to coincide with the Annual Report presentation.



▲ Mr Mdu Zakwe, MICT SETA Chief Executive Officer, announced to the stakeholders that the programmes offered will now include Fourth Industrial Revolution learner programmes.



▲ The Board chairperson, Mr Sihle Ngubane, stressed the need for the MICT SETA to maintain a deliberate effort to achieve excellence.



▲ The new MICT SETA Chief Financial Officer, Ms Tiny Mokhabuki, presented the audited Annual Financial Statements for the year 2018/2019.



Drone Technology Conference (DroneCon 2019) – Redefining the future of work

Drone Con is one of Africa's largest drone conferences, with a focus on African solutions for commercial drone industries. Hosted at the Durban ICC in October this year, the theme 'Redefining the future of work', centred on the skills and jobs that the drone industry promises to deliver.

Drone technology is being adopted at an increasing rate in sectors like agriculture, mining, construction and security. Drone technology will have a huge impact on the nature of jobs in the future and this conference sought to guide how the nation responds to this.

The Minister of Communications and Digital Technologies, Ms Stella Ndabeni-Abrahams, and the KZN MEC for Economic Development, Tourism and Environmental Affairs, Ms Nomusa Dube-Ncube, were among the keynote speakers.

MICT SETA Chief Executive Officer, Mr Mdu Zakwe, participated in a panel discussion on the topic 'Funding the skills revolution in the industry'. The discussion highlighted the skills and government interventions required to facilitate, support and drive revolutionary skills development.

The conference targeted emerging young companies and people in the drone industry.



▲ Exhibition with drones on display.



▲ MICT SETA's Mdu Zakwe (left) participated in a panel discussion on the topic 'Funding the skills revolution in the industry'.



▲ Peter Ndoro (left) interviewed Mdu Zakwe on Aerospace Africa TV on how the drone technology sector can address the lack of skills in the industry and boost the country's employment rate.

New Appointments



Mthenjwa Mseleku
Finance
Manager



Busisiwe Phukubje
Financial
Accountant



Tiny Mokhabuki
Chief Financial
Officer



Vuyiswa Manentsa
Manager: Supply Chain
Management



Goodness Nyathi
Officer:
Payroll



Thandanani Manyathi
Advisor:
Learning Programmes



Luleka Jaco
Temporary Finance
Assistant



Dunyiswa Ngudle
KwaZulu-Natal:
Temporary Receptionist



Nontlantla Tshabalala
Trainee: Learning Programmes



Ditiro Molehane
Trainee: Learning Programmes



Sandile Mchunu
Trainee: Learning Programmes



Pearl Ngoben
Trainee: Learning Programmes



Khensani Baloyi
Trainee: Learning Programmes



Motheo Makitla
Trainee: Information
Technology



Timothy Chuene
Trainee: Information
Technology



Yondela Mpela
Trainee: Information
Technology

Focus on Health

Spotlight on diabetes

World Diabetes Day occurs annually on 14 November. This year the theme was 'Family and Diabetes'. Research in 2018 by the International Diabetes Federation showed that parents – as many as four in five – miss this serious condition in their children. While the signs of diabetes might be milder in type 2 diabetes, this type is more prevalent than type 1, accounting for about 90% of all diabetes cases. Imagine the strain this puts on a society and the health services!

Diabetes South Africa emphasises that "There is no such thing as 'mild' diabetes.

Diabetes is always serious. Left untreated or mismanaged, high levels of blood glucose can slowly damage both the fine nerves and the small and large blood vessels in the body, resulting in a variety of complications, such as heart disease, blindness, amputation, kidney disease and erectile dysfunction or impotence."

Fortunately, diabetes can be managed, and the earlier one is diagnosed, the better.

Diabetes-friendly food tips

- Wholegrain breads and cereals, pulses (beans, lentils and peas)
- Vegetables – non-starchy veggies are low in carbs but high in fibre as well as rich in minerals and vitamins, examples are artichoke, asparagus, baby corn, beans, beans sprouts, beets, brussels sprouts, broccoli, cabbage, carrots, cauliflower, celery, cucumber, eggplant, kale, leeks, mushrooms, onions, peppers, radishes, salad greens, tomato, turnips, etc.
- Eat fruit and limit fat intake. Eat regular but small portions and remember to drink plenty of water. Limit your salt intake – processed foods are big culprits.
- Remember primary school biology? Include a food from each main food group at each meal, i.e. fruit and veg; starchy foods like bread, pasta and rice (opt for wholegrain); proteins like beans and pulses, nuts, eggs, meat and fish (monitor your portion sizes); dairy and alternatives (avoid high saturated fat content but also check for added sugar in lower fat yoghurts); and oils and spreads – unsaturated, like olive oil and other alternatives.

And, in combination with eating right ... get moving!

Type 1 or type 2?

Actually, there are three types of diabetes.

Type 1

- Pancreas stops producing insulin
- Sudden onset
- Starts in young people, children and infants
- Necessitates insulin injections, balanced with food intake and exercise

Type 2 (aka 'lifestyle' diabetes)

- Insulin not enough/does not work properly
- Gradual onset – seen as more dangerous than type 1
- Most type 2s are over 40, usually overweight & inactive
- Often weight loss will reduce glucose levels
- If detected early, can be managed without medication. However, many type 2s eventually use insulin
- Correct eating & exercise vital

Type 3

- Gestational diabetes
- Temporary condition that occurs during pregnancy
- Mother and child have an increased risk of developing diabetes in the future

High or low blood sugar?

Controlling blood sugar (glucose) levels is key to treating diabetes.

High blood sugar

- Blood sugar levels are too high – hyperglycemia
- Typically result when food intake, activity and insulin (or other medication) are not balanced, can also occur when ill, pregnant or under stress
- Symptoms include thirst, dry mouth, large urine volumes and urinating more often, lethargy, blurred vision

Low blood sugar

- Abnormally low presence of sugar in the blood – hypoglycemia
- Symptoms include being hungry, irritable, shaky, confused, sweaty, dizzy, sleepy
- Causes include not eating enough or missing a meal, taking too much diabetes medication, drinking alcohol, exercising without taking precautions



Need support or more information?

Diabetes South Africa lists more than 30 support groups across the country at www.diabetessa.org.za/support-groups-network.
www.diabetessa.org.za | www.worlddiabetesday.org | www.diabetes.org | www.diabetes.org.uk



Head Office, Midrand

Address: Block 2, Level 3 West,
Gallagher House,
Gallagher Convention Centre,
19 Richards Drive,
Halfway House, Midrand,
JHB, 1685
Tel: (011) 207 2600
Fax: (011) 805 6833
Website: www.mict.org.za
Email: info@mict.org.za

Regional Office, Durban

Address:
DBN Bay House, 333 Anton Lembede
(Smith Street), 4th Floor, Durban, 4001

Tel: (031) 307 7248
Fax: (031) 307 5842

Regional Office, Cape Town

Address:
The Boulevard Office Park, Block F, Ground Floor, Searle
Street, Woodstock, 7925

Tel: (021) 461 3926
Fax: (021) 461 3939

Regional Office, East London

Address:
Phase 2A, Waverley Office Park, Phillip Frame Road,
Chiselhurst, East London, 5205

Tel: (043) 726 0763
Fax: (043) 726 0790

Satellite Office, Klerksdorp

Address:
Vuselela TVET College Jourberton Centre For Engineering
Studies, 11900 5th Street, Jourberton Township

Tel: (010) 003 5506

Follow us on:



MICTSETA

Media, Information And
Communication Technologies
Sector Education And Training Authority

SHAPING SKILLS, PIONEERING INDUSTRIES, EMPOWERING FUTURES