

# Iindondo zokuSitheka kweLanga: Imiyalelo yokuzisebenzisa



*Ukusitheka Ngokupheleleyo Kwelanga*  
*uMvulo, 8 Epreli 2024*



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- (b) you understand and accept the risks associated with improper use of the Eclipse Glasses;
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## UKUSITHEKA NGOKUPHELELEYO KWELANGA – 8 Epreli 2024

### Wamkelekile emNtla-Melika!

Siyavuya ukuba ukhethe ukutyelela ilizwe lethu ukuzokubona ukusitheka ngokupheleleyo kweLanga , kwaye singathanda ukuba wonke ubani angakwazi ukuwubona lomsitho umkhulu kangaka ngokukhuselekileyo!

*Sikunika le miyalelo ngesiXhosa ukwenzela wena lula. Inguqulelo yesiNgesi yale miyalelo, imikhomba-ndlela kunye nokuzikhusela ebutyaleni (“imiyalelo”), ngumthombo opheleleyo wolwazi kunye nesikhokhelo kwindlela elungileyo nechanekileyo yokusebenzisa iiNdondo zokuSitheka kweLanga. Imiyalelo iyafumaneka kwi-<https://tinyurl.com/2024Instructions>, kwaye kufuneka ufunde, uqonde kwaye uyilandele ukuze ukwazi ukusebenzisa iiNdondo zokuSitheka kweLanga. **Ukungalandeli Imiyalelo kungabangela ukwenzakala okukhulu kuwe.***

Izazi zeenkwenkwezi zikubiza okukusitheka kwelanga ngo-Epreli 8, 2024 “ukusitheka ngokupheleleyo kwelanga”, kodwa ukuze ububone ngokupheleleyo okukusitheka, kufuneka ube uphakathi kwindledlana yomhlaba emxinwa emNtla-Melika (ebizwa ngokuba “Indlela yokuSitheka ngokuPheleleyo”). Ukuba awukho kule ndlela, uya kubona kuphela inxalenye yokusitheka kwelanga! Ngoko ke, kubaluleke kakhulu ukuba wazi ukuba ukuyo na indlela yokusitheka ngokupheleleyo, kwaye indlela ozakuyisebenzisa ukuze wazi iza kucaciswa kwamsinya.



*Indlela yokuSitheka ngokuPheleleyo*

### ISIKHOKHELO ESIXHAWULEZILEYO SOKUQALISA

### IMIYALELO ENEENKCUKACHA

Igama elithi “Iindondo zokuSitheka kweLanga”, njengoko lisetyenziswe kolu xwebhu, liqondwa ukuba limele “Eclipse Glasses” ekubhekiswa kulo kukuzikhusela ebutyaleni okuqalathwe kwiphepha lokuqala, kwaye libhekiswe nakweyiphi indawo kolu xwebu.

Ukusebenzisa kwakho iiNdondo zokuSitheka kweLanga ukujonga iLanga sisivumelwano somthetho. Kufuneka ulandele ngokuchanekileyo kwaye ulandele yonke imiyalelo kunye nesikhokhelo esiqulathwe kwimiyalelo, ukuze usebenzise iiNdondo zokuSitheka kweLanga ukuze ujonge iLanga nanini na. Ukuba awuyiqondi imiyalelo, okanye ukuba awukwazi ukuyilandela ngokupheleleyo nangokuchanekileyo, okanye ukuba awuvumelani nemiqathango yesivumelwano, uyayalelwa kwaye uyacetyiswa ukuba ungazami ukujonga iLanga nanini na, usebenzisa nayiphi indlela.

## **ISIKHOKHELO ESIKHAWULEZILEYO SOKUQALA UKUSEBENZISA IINDONDO ZOKUSITHEKA KWELANGA**

*Okukuqala Kukhawulezileyo sisishwankathelo esisuka [kuluhlu lwemiyalelo eneenkcukacha lwesiXhosa](http://kuluhlu.lwemiyalelo.eneenkukacha.lwesiXhosa), ekufuneka uyifunde, uyiqonde kwaye uyithobele ngokupheleleyo ukuze usebenzise iiNdondo zokuSitheka kweLanga, ukujonga ukusitheka kwelanga.*

- 1) Khangela indawo yakho kwi [eclipse2024.org/find-times](http://eclipse2024.org/find-times) ukuze ubone ukuba ingaba kuzakubonakala ngokupheleleyo ukusitheka kwelanga na okanye hayi, kwanoqikelelo lwamaxesha oqhakamshelwano enxalenye kunye (xa kukhona) nesigaba sokusitheka esipheleleyo salo ndawo.
- 2) Ukusitheka ngokupheleleyo kwelanga sisiganeko esimangalisayo, kodwa ungakonwabela ukusitheka ngokupheleleyo kwelanga xa indawo okuyo “ikwiNdlela yokuSitheka ngokuPheleleyo” eqikelelwa kwi-200km ububanzi. Ukuba ukusitheka ngokupheleleyo akuzubonakala kwindawo oyicebileyo yokujonga, sikecebisa ukuba uye kwenye indawo ephakathi kwiNdlela yokusitheka ngokupheleleyo!
- 3) Ukusebenzisa iiNdondo zokuSitheka kweLanga ukuze ubone ukusitheka kwelanga, beka lendawo yelensi yeendondo zokusitheka kwelanga kanye phezu kwamehlweni akho, ukuze kube kanti akhuselekile ngokupheleleyo ekujongweni ngqo iLanga.
- 4) Uzisebenzisa nini iiNdondo zokuSitheka kweLanga ukujonga ilanga:
  - a. Ukuba ngaba ukusitheka kwelanga **AKUYI** kubonakala ngokupheleleyo kwindawo yakho, ngoko ke kujonge ngeendondo zokusitheka kwelanga ngamaxesha onke. **USESICHENGENI SOKUBANOMONAKALO WAMEHLO OSISIGXINA XA UJONGA ILANGA NGAPHANDLE KWESIKHUSELI ESISISO SAMEHLO!**
  - b. Ukuba ukusitheka kwelanga **KUZA** kubonakala ngokupheleleyo kwindawo yakho, **KUFUNEKA** ujonge ilanga ngeendondo zokusitheka kwelanga xa sukuba nayiphina indawo yelanga eqaqambayo – nokuba incinci kangakanani na – ith e yabonakala. **USESICHENGENI SOKUBANOMONAKALO WAMEHLO OSISIGXINA UKUBA AWUWULANDELI LO MQATHANGO!**
    - i. Nangona kunjalo, **ngexeshana lekhefu elifutshane lokusitheka ngokupheleleyo kwelanga KUPHELA**, xa kungekho nxalenye eqaqambileyo yediski yelanga ebonakalayo, kufuneka ujonge ngqo elangeni elisitheke ngokupheleleyo ngaphandle kokusebenzisa iiNdondo zokuSitheka kweLanga.
    - ii. Enyanisweni, ukuba uzama ukusebenzisa iiNdondo zokuSitheka kweLanga ukujonga iLanga ngeli xesha, awuyi kubona nto!
    - iii. **KUFUNEKA** ubuyele ekusebenziseni iiNdondo zokuSitheka kweLanga ngokukhawuleza ukugqitha kwexesha lokusitheka ngokupheleleyo, kwaye nokuqaqamba kwelanga kubuyile.
- 5) Ngamanye amagama,

**XA NAYIPHI INDAWO YELANGA EQAQAMBAYO IVELA, BUYELA EKUSEBENZISENI  
IINDONDO ZOKUSITHEKA KWELANGA UKUJONGA ILANGA!**

## INKCAZELO ETHE VETSHE NGOKUSEBENZA KOKUSITHEKA KWELANGA

Okokuqala, kunamagama ekufuneka uwazile!

Ngokusitheka kwelanga ngakunye, nakwindawo nganye emhlabeni, kukho amagama anikwe amaxesha neziganeko ezithile ezibalulekileyo. Ezi zaziwa ngokuba:

<i>Igama leSiganeko</i>	<i>Inkcazelo yeSiganeko</i>	<i>Indlela Ebonakala ngayo</i> (UkuSitheka ngokuPheleleyo kweLanga)	<i>Indlela Ebonakala ngayo</i> (Inxalenye yokuSitheka kweLanga)
<b>C1</b>	Ukuqala kwesigaba sokusitheka		
<b>C2</b>	Ukuqala kokusitheka ngokupheleleyo		<b>** Ayenzeki! **</b>
<b>Umbindi wokusitheka kwelanga</b>	Ibakala-elisembindini lokusithwa kwelanga		
<b>C3</b>	Ukuphela kokusitheka ngokupheleleyo		<b>** Ayenzeki! **</b>
<b>C4</b>	Ukuphela kwenxalenye yokusitheka		

## 1) IMIGAQO YOKUSEBENZISA IINDONDO ZOKUSITHEKA KWELANGA

- 1) [Ukuba kufanele] zivule ngocoselelo iiNdondo zokuSitheka kweLanga.
- 2) Gcina iiNdondo zokuSitheka kweLanga zikhuselekile xa zingasetyenziswa.
- 3) Hlola iiNdondo zokuSitheka kweLanga phambi kokuzisebenzisa; ukuba ifilimu yelensi imoshakele okanye ishwabene nangayiphi indlela, zisike iiNdondo zokuSitheka kweLanga uzilahle [ufumane ezinye ezingamoshakalanga](#).
- 4) Ukuba ifilimu yelensi ibonakala imoshakele nangayiphi na indlela, musa ukuzisebenzisa iiNdondo zokuSitheka kweLanga ukujonga iLanga nanini na.
- 5) Musa ukususa imatheriyeli yefilimu yelensi kwiiNdondo zokuSitheka kweLanga kwaye ungasebenzisi ifilimu yelensi esusiweyo ukujonga iLanga nangeyiphi indlela.
- 6) Iilensi ezifakwe kakuhle, nezingamoshakalanga zeeNdondo zokuSitheka kweLanga zizakuthintela ngokukhuselekileyo ukukhanya kwelanga obunobungozi, kunye ne-UV eyingozi nemitha yelanga. Ngoko ke kukhuselekile ngamandla ukusebenzisa iiNdondo zokuSitheka kweLanga, ngokweMiyalelo ngqo emiselweyo ukujonga iLanga nanini na. Akukho “mitha yokusitheka kwelanga” ekhethekileyo eyenza ukujonga iLanga kubenobungozi okanye kungabi nabungozi xa lisithekile ilanga.
- 7) **Kufuneka usebenzise iiNdondo zokusitheka kwelanga, ngendlela echazwe apha, ukujonga iLanga ngokukhuselekileyo nanini na xa ukuqaqamba kwelanga kuvelile. Oku kunjalo nokuba athini na amaxesha oqikelelo okuvela zokusitheka kwelanga (oko kukuthi, “C2” kunye ne “C3” njengoko kuchaziwe ngasentla) owarekhode nakowuphi na umthombo.**
- 8) Musa ukusebenzisa iiNdondo zokusitheka kwelanga uzidibanise nasiphi isixhobo sokujonga izibhakabhaka (itelescope), i-bhanotyhula, ikhamera, ilensi, isipili, okanye nasiphi na isixhobo samehlo, isixhobo okanye into edlulisa okanye eveza ukukhanya (“Isixhoba Samehlo Esikhethekileyo”).
- 9) Ungaze usijongise Isixhobo esinjalo Samehlo ngase okanye eLangeni, kwaye ungaze ujonge ngqo umfanekiso weLanga usebenzisa nasiphi na Isixhoba Samehlo esijonge eLangeni, okanye esithi nangayiphi indlela siqokelela, sigxile okanye sibhekisa ukukhanya kweLanga kwenye indawo.
- 10) Musa ukuvumela iiNdondo zokuSitheka kweLanga ukuba zisetyenziswe zizilwanyana, okanye nabani na ongaboni kakuhle ixeshana, ongakwaziyo ukufunda, ukuqonda kwaye ahambisane neemfuno zokusetyenziswa ngokukhuselekileyo kweendondo zokuSitheka kweLanga, okanye ongakwaziyo ukuvuma ngokusemthethweni iziphumo zezenzo zakhe.
- 11) Ukusebenzisa iiNdondo zokuSitheka kweLanga:
 

Bamba iiNdondo zokusitheka kwelanga phakathi kwamehlo akho neLanga, kwaye ujonge kwilensi engamoshakalanga uyijongise eLangeni, ugcine indawo yelensi kwiiNdondo zokuSitheka kweLanga ngamaxesha onke phakathi kwamehlo akho neLanga. Kwimeko apho iiNdondo zokuSitheka kweLanga zimile kanje ngeendondo zamehlo zekhalibhodi ungalisonga ikhalibhodi uzinxibe ngendlela ubunokwenza ngayo ukuba bekuthiwa ziindondo zamehlo eziqhelekileyo. Ungaze ujonge eLangeni ngqo xa lingasithekanga ngokupheleleyo (oko kukuthi, phakathi kwamaxesha C2 no-C3 oya kuwaphawula kwitshathi engezantsi, ukuba ngaba amaxesha afanelekileyo kwindawo yakho yokubukela), ngaphandle kokuba ubona ngqo kwimatheriyeli yelensi engamoshakalanga yeeNdondo zokuSitheka kweLanga.
- 12) Musa ukusebenzisa nayiphi na imatheriyeli okanye nantoni na, ngaphandle kweelensi zeeNdondo zokuSitheka kweLanga ezifakwe ngaphakathi kwizingxobo zazo njengoko zakhiwe kwasemva, njengokhuseleko lwamehlo ngelixa uzama ukujonga iLanga.
- 13) Ukuba unemibuzo malunga nale miyalelo, nceda uqhakamshelane no-Eclipse2024.org ku <https://tinyurl.com/glasses-questions>.



## 2) FUNDA AMAXESHA ATHE NGQO OKUSITHEKA KWELANGA KWINDAWO YAKHO

Ngokusekelwe kwingcaciso enikeziwe kwi [eclipse2024.org/find-times](https://eclipse2024.org/find-times) kwindawo yakho, gcwalisa le nkcazelo elandelayo:

**Kwindawo yam, ukusitheka kwelanga ku:**



(Khetha ibenye ngesangqa)

<p>Ukuba ukusitheka kwelanga ku <b>NGOKUPHELELEYO</b> kwindawo yakho, landela imiyalelo equlathwe ngaphakathi</p> <p><b>“UKUSITHEKA KWELANGA NGOKUPHELELEYO KWINDAWO YAM”</b></p> <p><u><a href="#">kwicandelo elingezantsi:</a></u></p>	<p>Ukuba ukusitheka kwelanga ku <b>NGOKUNGAPHELELANGA</b> kwindawo yakho, landela imiyalelo equlethwe ngaphakathi</p> <p><b>“UKUSITHEKA KWELANGA NGOKUNGAPHELELANGA KWINDAWO YAM”</b></p> <p><u><a href="#">kwicandelo elingezantsi:</a></u></p>
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**\*\* UKUGQUNYWA KWELANGA *NGOKUPHELELEYO* KWINDAWO YAM \*\***

UseNdleleni yokusitheka ngokuPheleleyo, kwaye uza kusibona esisiganeko esinqabileyo nesimangalisayo! Kubaluleke kakhulu ukuba ukwazi ukuba ukusitheka kwelanga kuphelele na kwindawo yakho. Uzakukwazi ukwenza oku ngokujonga kumaxesha oqikelelo oye wawaphawula ngezantsi, kwaye ngenxa yokuba akuzubakhona kukhanya kugqamileyo kweLanga kubonakalayo ngexesha lokusitheka ngokupheleleyo.

- 1) Ngokusekelwe kwincaciso enikeziwe kwi [eclipse2024.org/find-times](https://eclipse2024.org/find-times) ngendawo yakho, bhala phantsi amaxesha oqikelelo kwisiganeko ngasinye sokugqunywa kwelanga esichazwe apha ngezantsi ([qiniseka ukuba ulungelelanise amaxesha](#) kwixesha lesixeko sakho!):

<b>Ngaphambi ko-C1</b>	* Akukho kusitheka kwelanga*				<b>KUFUNeka</b> usebenzise iiNdondo zokuSitheka kweLanga
<b>C1</b>	Isigaba senxalenye siqala ngo:				<b>KUFUNeka</b> usebenzise iiNdondo zokuSitheka kweLanga kwelanga
<b>C2</b>	Isigaba esipheleleyo siqala ngo:				<b>Emva ko C2</b> Ungajonga ngeliso lenyama
<b>Umbindi wokusitheka kwelanga</b>	Sivela ngo:				<b>Ungajonga ngeliso lenyama!</b>
<b>C3</b>	Isigaba esipheleleyo siphela ngo:				<b>KUFUNeka</b> usebenzise iiNdondo zokuSitheka kweLanga kwakhona
<b>C4</b>	Isigaba senxalenye siphela ngo:				<b>KUFUNeka</b> usebenzise iiNdondo zokuSitheka kweLanga
<b>Emva ko C4</b>	* Akukho kusitheka kwelanga*				<b>KUFUNeka</b> usebenzise iiNdondo zokuSitheka kweLanga

- 2) Nangona UseNdleleni yokusitheka ngokuPheleleyo, kufuneka usebenzise iiNdondo zokuSitheka kweLanga ukujonga iLanga ngamaxesha onke phambi kweC2 okanye emva koC3, xa ukusitheka kungaphelelanga.

- 3) Unokujonga ngqo iLanga ngamehlo akho enyama (ngaphandle kokusebenzisa iiNdondo zokuSitheka kweLanga) KUPHELA:
- ukuba ukusitheka kwelanga kuphelele kwindawo yakho (“usendleleni”), KUNYE
  - nangamaxesha okusitheka ngokupheleleyo (malunga ngamaxesha ukusuka kwiC2 ukuya ku-C3 kwindawo othe wayiqaphela ngentla), KUNYE
  - nanini na ilanga ligqunywe NGOKUPHELELEYO yiNyanga.**
- Amaxesha ngqo okusitheka ngokupheleleyo azokohluka kakhulu ngokokuxhomekeka kwindawo yakho, ngoko ke kuya kufuneka ube kanti uwaqaphele wawabhala phantsi kwangaphambili amaxesha. Amaxesha owabhala ngasentla ngawoqikelelo!
- 4) Kwakhona, kungakhathaliseki ukuba amaxesha abhalwe apha kuluhlu olungasentla, okanye aqokelelwe kuyo nakuwuphi na umthombo, **kufuneka uhlale ujonge iLanga usebenzisa iiNdondo zokujonga ukusitheka kweLanga NANINI na ukugqama kweLanga kubonakala.**
- 5) Le miyalelo ihamba nemizobo ecacisayo ukukuncedisa ukuze uyiqonde lento.

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*Kufuneka ufunde, uqonde, kwaye ulandele le nkcazelo ilandelayo:*

**KUFUNEKA NDILANDELE YONKE IMIYALELO MAYELA NOKUSEBENZISA IINDONDO ZOKUSITHEKA KWELANGA, UKUZE NDIKWAZI UKUZISEBENZISA NGOKUKHUSELEKILEYO.**

**UKUBA KUKHO INDAWANA YELANGA EGQAMILEYO EVELAYO, KUFUNEKA NDISEBENZISE IINDONDO ZOKUSITHEKA KWELANGA XA NDIJONGA ILANGA.**

## **\*\* UKUSITHEKA KWELANGA *NGOKUNGAPHELELANGA* KWINDAWO YAKHO \*\***

Awukho kwiNdllela yokuSitheka ngokuPheleleyo kweLanga, kwaye ngoko awuyi kububona ubuhle bokusitheka ngokupheleleyo kwelanga. (Siyakucebisa uzilungise ubekwindlela yokusitheka ngokupheleleyo ukuze uzokufumana elithuba lokubona lombono umangalisa kangaka!)

- 1) Ngokusekelwe kwingcaciso enikeziwe kwi [eclipse2024.org/find-times](https://eclipse2024.org/find-times) ngendawo yakho, bhala phantsi amaxesha oqikelelo kwisiganeko ngasinye sokugqunywa kwelanga esichazwe apha ngezantsi ([qiniseka ukuba ulungelelanise amaxesha](#) kwixesha lesixeko sakho!):

<b>Ngaphambi ko-C1</b>	* Akukho kusitheka kwelanga*				<b>KUFUNeka</b> usebenzise iiNdondo zokuSitheka kweLanga
<b>C1</b>	Isigaba senxalenye siqala ngo:				<b>KUFUNeka</b> usebenzise iiNdondo zokuSitheka kweLanga
<b>Umbindi wokusitheka kwelanga</b>	Sivela ngo:				<b>KUFUNeka</b> usebenzise iiNdondo zokuSitheka kweLanga
<b>C4</b>	Isigaba senxalenye siphela ngo:				<b>KUFUNeka</b> usebenzise iiNdondo zokuSitheka kweLanga
<b>Emva ko C4</b>	* Akukho kusitheka kwelanga*				<b>KUFUNeka</b> usebenzise iiNdondo zokuSitheka kweLanga

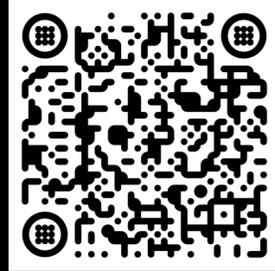
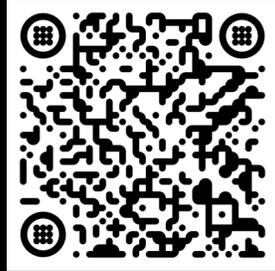
(Qaphela ukuba akukho zihlandlo zamaxesha ze C2 no-C3 ezibhaliweyo, kuba ukusitheka kwelanga akuphelelanga kwindawo yakho!)

- 2) Kuba ukusitheka kwelanga kungaphelelanga apho ukhoyo, kufuneka usebenzise iiNdondo zokusitheka kweLanga **NGAMAXESHA ONKE** ukujonga iLanga. Kwakhona, sicebisa ukuba uhambe uye kwiNdllela yokusitheka ngokupheleleyo kwelanga. Qiniseka ukuba uyazithatha iiNdondo zokuSitheka kwelanga, ukuze ubone inxalenye yokusitheka kwelanga!
- 3) Le miyalelo ihamba nemizobo ecacisayo ukukuncedisa ukuze uyiqonde lento.

***Kufuneka ufunde, uqonde, kwaye ulandele le nkcazelo ilandelayo:***

**KUFUNeka NDILANDELE **YONKE** IMIYALELO MAYELA NOKUSEBENZISA IINDONDO ZOKUSITHEKA KWELANGA, UKUZE NDIKWAZI UKUZISEBENZISA.**

**KUFUNeka **NGAMAXESHA ONKE** NDISEBENZISE IINDONDO ZOKUSITHEKA KWELANGA XA NDIJONGA ILANGA.**



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