

Swahili transcript:

Pia nitazungumza kuhusu vazi la kanga. Kanga ni vazi ambalo watanzania wengi tunavaa. Na kanga ina maandishi kwa chini, katika kila kanga, lazima kuwe na maandishi, kwa mfano kanga hii ina maandishi hapa chini, yameandikwa “hongera sana”, “hongera sana”. Kwa hiyo kanga nyingi na kanga zote za kitanzania lazima ziwe na maandishi kwa sababu maandishi haya yana lengo la kuielimisha jamii, na wakati mwingine ni kwa ajili ya kufurahisha, kwa hiyo maandishi ambayo yako katika kanga yanakuwa na maana kwa yule ambaye anavaa. Sasa nitaonyesha jinsi ambavyo tunavaa kanga. Kanga hii kama mnavyoiona tunavaa namna hii, tunazungusha namna hii, halafu tunafanya hivi, halafu tunakuja tunaiweka sawa, inakuwa hivi. Mara nyingi vazi hili wanavaa wakina mama pamoja na mabinti au wasichana. Na tunavaa kanga tukiwa jikoni labda tunapika, kwa sababu kiutamaduni sisi watanzania tunatumia jiko la mafiga. Sasa ukiwa kule jikoni unapopika huwezi ukapika ukiwa umesimama, ni lazima uwe umekaa au umechuchumaa chini, kwa hiyo ukivaa kanga inakusaidia unakuwa umejisitiri vizuri, na unachukua mwiko labda na sufuria, unapika chakula chako vizuri ukiwa umejisitiri. Lakini kama hujavaa kanga, wakati mwingine inakuwa ni vigumu kuweza kujisitiri. Kwa hiyo tunavaa kanga tukiwa jikoni tunapika, au tukiwa tunafanya usafi labda tunadeki, au tunafagia, tunafagia tukiwa tumevaa kanga, na wakati mwingine tunatumia kanga kubeba watoto, tunabeba watoto kwa kutumia pia kanga.

English translation:

I will talk about the *kanga*. *Kanga* is a kind of dress which we Tanzanians normally wear. *Kanga* has proverbs on the bottom; it has to have them. For example, this *kanga* I have here has a proverb that says “*hongera sana*,” which means “*congratulations*.” So it is necessary for all *kangas* to have proverbs, and these proverbs are to educate people and sometimes to please and make people happy. Moreover, these writings have meaning, especially for the one who wears it. Now I will show you how we wear *kanga*. As you see, this *kanga*, we wear it like this. We turn it around and we shape it like this. *Kanga* can always be worn by women and young ladies. We wear a *kanga* when we cook in the kitchen, because, traditionally we Tanzanians use a kitchen known as *mafiga* which has three stones with firewood for cooking. So when you are in the kitchen, you cannot cook while standing. You must sit down, and if you wear a *kanga*, you will sit properly. Then you take a wooden spoon and a pot, and you cook your food while sitting properly. Sometimes it is hard to sit properly if you are not wearing a *kanga*. So we wear a *kanga* when we are in the kitchen cooking, when we do the cleaning, and sometimes we use a *kanga* to wrap our babies in.

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