LAMLAK THU KIKUPNA

A Cidam Innkuan leh, A Nuam Innkuan Kilam Zia



SSI For equality of life.



Thu Kikupna Lamlak Thu

Hih laibu in, kiim leh paam sungah, Inn kuan nuam lamzia, hong huh thei ding in, a kibawl ahi hi. Innkuan sung buaina, a pian ma, kidal kholna in, mikim sep ding ahi hi.

Hih lamlak thu kikupna in, SSI (Settlement Service International) makaih na tawh Australia gam Coffs Harbour khuapi sunga teng Zomi nu leh pa te tawh kikum in, sep khop na tungtawn in hong piangkhia ahi hi. Hih thu kikupna lamlak in, NSW Primary Prevention Multi-Year Parnerships (MYP) Grants Program tungtawn in Deparment of Communites and Justice te huhna tawh kibawl ahi hi.

Hih thu kikupna lamlak in innkuan cidam nading, khat leh khat kizahtak in, innkuan manphat lam tel in, na’sepkhop diamdiam theih nading deihna tawh kibawl ahi hi.

A cidam innkuan leh, a nuam innkuan, a suah nadingin, buaina khat peuh a pian ma in semkhawm in, i kikem thei hi.

Thu Kikum ding Kigin kholhna

01

Hih laibu zangin, na kiim,na pam huh thei hi teh.

Mi te theih ding launa leh zum nate hangin, mimal sungthu te kuamah kigen nuamlo thei hi.

Hih laibu in, na it lawm te leh na innkuan sung, kilemna ding thu kikup theih nadingin hong huh thei ding hi.

Buaina, khat peuh a pianma, kikepkholhna in, a mun, a hun, cih omlo, mipi leh mimal kimuhna cih te ah, mikim septheih ahi hi.

Na thu ki hopih nu/pa in nang tawh thu kikup ding nuam asa hiam? A suakta hiam? Ahih kei leh midang khat tawh kikum nuamzaw hiam? cih dong masa in.

Hih thute na muan khat leh suakta tak in na kikup pih theih khat tawh kikum in.

Suakta, na kisak kei leh, na thu kikupna khawl thei hi teh.

Na gen thute leh na kikup uh thute in mimal theih ding bek hi in, phalna omlopi in innkuan thu midang khat peuh kiangah gen kik ding hilo hi. Mi khatpeuh in siatna lianpi tuak ding hi cih na theih leh thunei zum te ah pello in na zaksak kul ding hi.

Mi khat peuh in, innkuan sung, buaina thuak kha, (a hih kei leh) inn sung ahlungmuanna omlo hi cih thu a hong gen leh upsak inla, lim tak in ngaih sak in. Huhna kinget theihna munte gen in.

Hih laibu,a tawp na ah, huhna kinget theihna Zum, tuamtuam, te kigelh hi.



Kikepkholhna I-cih in bang ahi hiam?

Kikepkholhna icih in asia khatpeuh apianma kidalkholhna hi in,
tui sung ih kiat ma in tui tawh kisai thute kihilhna tawh ki bang hi.

Kidalkholhna

A siat semsem loh nadingin kidalna

A siat khitteh bangci ki huh ding



A Kikhel Nuntak Khuasakzia Leptuahna

02

Nuntak khuasakzia kilamdanna gam ah, ih tun ciangin, hong linglawng sak haksatna, tuamtuam, a kiphulto, ngeina ahi hi.

Tua bang nuntakzia, kilamdanna sungah, nuntakzia ding kikupna hangin, khat veivei ciang in, innkuan sungah buaina piangthei kha ding hi.

A hun zui in, nuntak theih nading kipuah phatnate hangin, haksatna om ding hi. Ahi zongin, khat leh khat ih kihuh thei hi.

Mi khat peuh in, a kilamdang kipuah phatna hangin haksatna, aneih leh amaute in khat leh khat kizahtakna leh, lung muan nate, angah nadingun innkuan sungah sepkhop diamdiam dingin a thupi pen ahih lam, phawk sak in.

Australia gam ah, ka pilna leh siam
nate hong ki sang lo hi. Tua in ko innkuan
sungah, lungkham na, piangsak hi.
Nasep tampi ka siauh hangin ngah zo keng.

Tua haksat na te pen mi khempeuh tuah
thu hi. Nungkik hetlo in khat leh khat thu
kikum in, tha kipia a, kal khat khit kal khat
ih suantoh ding ahi hi. Na ngak kul ding a,
Hun tampi ongla to ding hi.
Innkuan sungah khat leh khat tha kipiak
ding ahi hi.



Australia ahih leh ih pianna gam tawh na khempeuh phial kilamdang hi.
Khat veivei lungsim vangik tam luatna leh lungsim thanem luat ciangin ka nupa un kiseel thei zel ung.



Kei zong kalawm te Australia a tunkhit uh teh tua bang dan nupa kal buaina nei uh hi. Ahi zongin, a nupa un thu kikum in, sepkhop diamdiam ding khentatna nei uh hi. Gentehna in, a zi in, ann a huan leh a pasal in kuang sawp hi. Tua bangin kitelsiamna tawh a sepkhop uh ciangin, a innkuan sunguh nuamzaw semsem hi.

Maa, pang khawm in puahkhawm khawm leng mailam ah hong khang to ding, naupang te in, a ki it/a lung nuam/a kizahtak innkuan hong suak in innkuan manphatna hong thei dinguh hi.

Australia gam ah tengta ihih manin ih inn sunga ih sep ibawlzia, ih khuasakdan te kikhel kul ding hi. Hi bang in innkuan sung nop nadingin, innkuan sung buai nate kikum in, a hoih pen dingin ki thutuak tak a khentatna neihtheih nading kikupna ih neihtheih pen lungdam leh manpha sa mahmah ing.

Hi lua hi, hih bang in, a pian theihnadingin hun piak kul hi. Ahi zong in, inn sung nasem khawm in, ei thu kikup nate hang in, khat leh khat kizahtakna leh kitelsiam nate hangin innkuan sungah ih kisap innkuan kilemna angah thei ih hi hi.



A ki patlam in bel mipih te in ngeina zahtaklo, thusimlo, nusia ta uh hi ci in hong mawhsak dinguh ki patau hi.
Ka lawmnu nasem kuan in, ken inn ngak, tate kem, ann huan a ka om pen mite hong neumuh ding patau mahmah hi hang.

Tun bel ei innkuan lungnuam peuh lehang, mipih te in hong bangci muh ding cih, patau nawn kei hang. Kei ka khankhiatna inn sung ahih leh bel, ka nu leh pa, ann huan kikhel lel uh hi. Tua in nupa in innsung lung kituak in na kisemkhawm thei hi cih hong hilh hi.



Nu leh pa te hangin ki paak mahmah ing.
Na a sepkhop diamdiam nate uh ka muh ciangin ka lungmuang leh ka lungdam mahmah hi.
Innkuan sung nop nadingin a thupi pen hi cih hong musak hi.



Hampha hong sa mahmah ingei. Kei zong ka nu leh pa te kiangah hi bangin na semkhawm in, a kihuh diamdiam na dingun gen ning. Banghang hiam cih leh kei zong innkuan sungah lungmuang leh nuamtak in om nuam ing.

A Hoihlam Ngaihsut Ding Thapiakna

03

Nangma sungthu mi dang khat tawh nakikup ding haksa kha ding hi.

Khat leh khat thukikum in tha kipia leng, khat leh khat kihuh thei ding hi hang.

Mi dang te in nang hong bangci muh ding cih lunghimawh kei in.

Nang leh na innkuan pih te nopsak ding leh cidam nading, nasep ding thupi pen hi.

A nuam innkuan leh a cidam innkuan in hi bang dan-in a hoihzaw ding, a nuamzaw ding ngaihsutna tawh thakipia in a kipan ahi hi.

Ka innkuan pih te tawh haksatna tuamtuam phu kha ung. Ahi zongin ka haksat nate uh ka kikuppih dinguh omlo hi.

I theih ngeilohna gam ih tun ciangin, sum leh paai haksatna, inn leh lo, nasep leh kampau theihloh nate hangin, lunggimna tampi kibehlap hi. Khat kia in lungkham haksatna khempeuh bup puak ding cih bang hi theilo hi.

Kei ahih kei leh na muan mi khatpeuh tawh kikum thei hi teh.

Ka theih tawp in hanciam in, hong huh ding hing.



Mite neu muh ding leh simmawh ding bel utlo hing.

Nuntakna a susia thei ding siatna ahih kei buang leh ih kiho nate in nang leh kei theih ding bek hi.



Ka zi in nasem in, ken inn ngak a, tate ka kep ding pen ka mipih ten hong neu muh ding ka lungnuam lo hi.



Mi dangte neu muh ding leh zahpih ding lunghimawh kei in.

No innkuan sung nopna dingin no nupa leh innkuan khentatna thupizaw hi.

Innkuan nop nading leh nupa kilem nading in, thukim tak in na khentat uh ahih nak leh a hoihpen hi.

Mi dangte adingin lamdang kha ding hi. Ahi zongin gam dangah ih tun ciangin a thak nuntakna kipan hi cih ih phawk theih ding kisam hi.

A hoih thei pen in thu kikup ding lunggulh ing. Ahi zongin ka ki patkhiat ding haksa hi.

Khat leh khat ituah khak thu te kikum khawp na tawh zong ki huh thei hi hang. Huhna ki nget theih nading munte zong hong gen thei ing. Ahi zongin nang zong huhna kinget theihna munte zuan in na kihuhsak kul ding hi.



Sum leh Paai

04

Australia gam ih tun ciangin innkuan sungah sum leh paai ngahna, kepzia leh zekdan te hong kikhel hi. Innkuan pawlkhat te ahih leh Australia a tun uh ciangin numeite nasem in kuankhia uh hi.

Sum leh paai ngahzia leh zeekdan kilamzia kilamdang hi. Tua ahih manin ih mipih te sungah sum leh paai bangci zeek ding cih pilna neite huhna a kisam tampi om ding hi.

Mun dang, gam dang pan in Australia gam a tung innkuan leh nupa tampitak te in sum leh paai hangin buaina tampi kiphulkha hi.

A thupipen in, nangim na uh khahsuahlo in sepkhop ding ahi hi. A hak sat pen hun in zong, khat leh khat kitheihsiam tawntung ding kisam hi.

Sum leh paai buaina hangin ka lung gim mahmah hi. Hong huh thei ding khat zong omlo. Ka nupa un sum leh paai hangin ki tawng zel hi ung.



Sum leh paai ngahna, kepzia leh zeekdan kilamdang pha mahmah ahih manin nupa tampi in sum leh paai hangin buaina tampi nei uh hi. Numei ten zong pasal te zonsa ngak nawnlo, amau zong bankat a tuam in nei in, nasem in sumlut hong neih uh ciang in, pasal te zahtakna kiam ahih manin, zi te ki taisuah ta hi cih lungsim hong om hi. Ih innkuan in ngimna nei in, sum leh paai vai khempeuh ah ki kup ding nakpi in thupi hi.

Sum leh paai buaina tawh kisai kua in hong huh thei ding cih na thei kha hiam?

Hong huh thei ding om mah hi. Innkuan sung sumlut bangci geel ding leh zeek ding cih hong kuppih thei financial counsellor te om hi.



Thukikup nate aman khit teh

05

Hih thukikup nate khit ciangin, hih lamlak thukikupna in na mipih te adingin kizang thei maw, kizang theilo? puahphat huailai maw, puahphat kul nawnlo hi cih na mipih khatpeuh tawh kikup ding na geel in. Kipatkhiat ding haksa kha ding ahih manin, huhna kisam ding hi teh.

Huhna Piakna

Huhna kinget theihna munte...



Mi khat a nuntakna lauhuai (ahih kei leh) a lauhuai thute tuakpah kha ding cihna theih leh (Ph:000) sam in.

Palik te leh thuphamawh huhna nget theihna (Ph:000).

Nai (24) ni (7) sung, a kiho thei innkuan sung buaina tawh kisai huhna nget theihna Warrina (Ph:02 66524000).

Innkuan sung lungmuan nading leh numeite a ding huhna nget theihna, Adira: NSW Multicultural Centre (Ph:02 81117077).

1800 RESPECT, Gambup Innkuan sung buaina tawh kisai nai 24/7 sung huhna nget theihna mun, (Ph:1800 737 732), lai khak theihna (Ph:0458 737 732).

Nai 24/7 sung a ki hong Innkuan sung buaina tawh kisai a tuak kha numeite huh nget theihna mun, NSW Domestic Violence Line Crisis Counselling (Ph:1800 656 463).

A tunga huhna kinget theihna zum te in sum piak kullo in, kamlek zong kingen thei hi.

Innkuan Siavuan GP te leh Caseworker (ahih kei leh) nang hong huh zum te tawh zong kiho thei hi teh.

A bukim in et theihna

QR code (ahih kei le) anuai a kigit laigual mek in (link).
Hi mun panin lamlak thukikupna a bukim in ki en thei hi.

ssi.org.au/conversations-for-prevention-myanmar

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