



Khuasaknak inn

Na tlunnak inn kha Australia na phakka zarh hnihthum chung nai dor chungnak men a si kho. Na riantuanpiaktu, asiloah, an autu nih hihi an in damhkhanpiak ding a si lai. Australia na phak hnu thla ruk chungah um thai nakding, asiloah, caansau um nakding inn kawh le hmuh na hau lai. Inn kong hngaltu, na riantuanpiaktu, autu, asiloah, na hawikom hmangin umnak inn hi na kawh khawh.

Australian khuapi le khua ngan deuh ah cun inn hlan awk phun dangdang an um, ihnak khan pakhat ngei inn hmete in inn nganpi tiang an um. Khuapi ah cun innkhan tampi ngeimi inn sang zengzung pipi le i tlai nulh in a ummi inn ngan pipi an tam. Khuahriang ah a ummi innkhan tampi ngeih inn, inn ngan le inn hme hi khuasaknak ah hman a tammi an si, khuate i a ummi minung tu cu, lo thlam, asiloah, inn terek hoi ah khua an hei sa ko.

Australia inn ah cun coka, mileng khan, tikholhnak khan, hnipuan suknak khan le ihnak khan tampi an um tawn. Tikholh khan ah kholhnak tidong pakhat a um ttheu i, a zeimaw ah cun, tikholhnak kuang pakhat zong a um tawn. Ekinn hi a dangte in khan hmete tuahmi a um i, tikholhnak khan he ai bawmmi ekinn zong a um.

Inn hlannak

Umnak inn hlan na herh lai. Australian khuapi pawl ah inn hlan man hi a fak i cozah bawmhnak semtu (Centrelink) pekmi tangka, asiloah, na thla hlawn tangka in inn hlan man pek hi na tuanvo a si lai. Na umnak inn phun le a hmet ngan kha khuapi le khuapi chung hmunhmai hoih in le na hlan khawh dingmi phun in ai dang lai. Khuapi chung hmunpi he ai hlatnak hmun le khuahriang le ram lak naih khua i inn hlan hi a man a tlawm deuh tawn lengah, inn a ngan deuh fawn.

Innthar i nai thial hlan ah, ahlankan in thla khat ca inn man na pek cia a hau i, **inn hlannak biahren** le inn hlan hnatlaknak min na thut a hau.

Inn hlannak biahren cu, voikhatte ah pek dingmi tangka (thla khat inn hlan man a si tawnmi) a si. Inn hlannak biahren hi inn na hlanmi thilri hrawh sual pingpang, asiloah, hnatlaknak biatiam caan a dih hlan i inn nai thial sual ah, na liam dingmi tangka a si. Hi biahren tangka hi inn nai thial tikah an in khirh than dingmi a si, inn thilri na hrawh lo i, inn hlan hnatlaknak na buar lo ahcun, khirh than ding na si. Inn hlan biahrennak tangka bawmhnak a hmu kho ding na si men kho. Na riantuanpiaktu, asiloah, inn hlannaklei riantuantu sinah ruahnak va hal hna.



Innthar i nai thial hlan ah inn le a chung thilri **dirhmun kong theihter** catial na lim hmasa a hau lai. Hi catial hi inn na luh hlan i inn le thilri dirhmun kong tialnak a si. Inn na hlanmi in nai thial tikah hi inn i na rak um hlan ah a siningte khan inn na chuahtak ding a si ti hi ruahmi a si. Inn a rak sining kelte in a si ko rih ahcun, inn hlannak biahren tangka kha na sinah khirh a si lai.

Inn hlan nakding ah, **inn hlan hnatlaknak catial** ah na min thut hrimhrim awk a si. Inn hlanhnatlaknak ca hi – **aa thialmi, a hlangtu** – nangmah le **inn le thilri ngeitu** karlak ah phunlam lei catlap a si.

Inn hlan hnatlaknak catlap nih hin inn ngeitu le a hlangtu nan pahnih in an humzual veve hna lai, inn hlan man na pek ding zat, na pek ding ni le hi inn ah zei tik tiang dah na um lai ti kha catlap ah ai tial lai. Inn hlan hnatlaknak catlap nih hin, **inn hmanmi thilri** lekthik mei man tehna, ti man tehna, kas man tehna, telephone hman man tehna le a dangdang man a petu ding kong zong a langhter lai.

Na inn hlan man le inn thilri bill man, a caante i pek hi na tuanvo a si – cu lo ahcun, hi pawl hi an in hmanter lai lo, asiloah, inn man pek fel lo cun, inn chuahtak ding tiang dirhmun harsa na phan men lai.

Na inn hlanmi i khua na sak lio ah, inn ngeitu nih inn le thilri hung chekfelnak covo a ngeih. **Chekfelnak** caan hi hnatlaknak catlap ah khan tial chih a si tawn. Inn ngeitu nih hin inn le dum thianghlimte le tlariprepte in na chia hna maw ti le inn ai rawk maw ti kha a chekfel hna lai.

Inn kha thianghlimte in na chiah peng lo ahcun, na innpa pawl an phunzai kho, asiloah, inn ngeitu nih a tthawl hmanh an tthawl men khawh.

Inn hlangtu tuanvo pawl

- A caante ah inn hlan man pek
- Thate in inn zohkhenh
- Inn ngeitu sinah inn thilri rawk paoh thawng thanh
- Inn, asiloah, inndal ah zei bantuk siamremhnak paoh tuah hlan ah onhnak lak hmasa
- Inn chuahtak hlan ah inn ngeitu sinah ahlankan in felte in chim, ahlankan thla li ai duh ah a si tawn
- Inn hlanmi ah a ummi minung zat hi phunglam rikhiahnak chungah a um, ti i fian. Midang sinah mah hlanmi inn/ thilri hlanh chin, asiloah, caan saupi chung khual ngeih hi onh a si lo
- Innpa pawl cungah tlahnihhniate in lungnem
- Inn hlan kong ah i elhniarnak a um kho i cu tikah a herhmi calut an si lai caah, inn hlannak kong he ai pehtlaihmi calut le catlap paoh kilven
- Inn hlan hnatlaknak caan a dih hlan i, inndang i, i thial ruangah dantatnak liam le pal pek.



Inn ngeitu tuanvo pawl

- Inn hlan man kai a hauh sual ahcun, ahlankan in felte in inn hlangtu theihte
- Inn in tthawl a hauh sual ahcun, ahlankan in felte in inn hlangtu theihte
- A herhning in le a caante ah inn remh
- Inn ngeitu, asiloah, an ai-awhtu nih chekfel duh ruang, asiloah, zeidang ruangah na inn chung i luh ai timh ahcun, felte in inn hlangtu theihte ding
- Hnatlaknak zulphung vialte kha zuhl a si dih ahcun, hlannak biahren tangka na pekmi kha khirh.

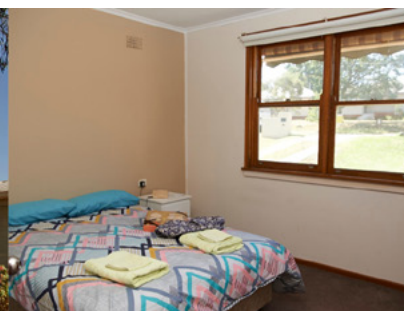
Himbawmnak

- Na innka le thlangawng hrenh zungzal hna
- Rawl na chuan lo caan ah tappi mei kha hmit zungzal
- Meitet zualko seh kha a rawk le rawk lo hngalfiang – a nunnak batthiri kha (thla paruk dang lengmang in) thleng.

UMNAK INN KONG CHEKNAK CAZIN

Hi cheknak cazin hi inn hlannaklei na hmuhtonnak a tha maw ti fianhnak caah hmang tuah

- ☐ Na innpa he i hngal u law na inn kam i a ummi **sianginn, umkalknak le dawr umnak** hmun hngal
- ☐ Inn hlan hnatlaknak ah **hlan chung kum le caan** kha hngal
- ☐ **Inn hlan man na pek** dingmi zat, hlan man pek caan cut kha hngal
- ☐ Inn hlannak **biahren** caah na herh dingmi tangka zat (zarh li ca a si tawnmi) kha hngal
- ☐ Hnatlaknak sermi caan a di hlan ah inn i **tthial** ruangah dantatnak tangka liam a um maw ti kha hngal
- ☐ Inn ngeitu **tuanvo** le inn hlangtu tuanvo kha hngal hna
- ☐ **A herh hrimhrimmi thilri** (lekthik mei, ti, kas, telephone) ngeih ding i timlam
- ☐ Na **fale hngakchia pawl** kha felte in zohkhenh hna
- ☐ Zuatmi **ramsa** na ngeih ahcun zohkhenh hna
- ☐ Na inn le dum kha tlariprepte le **thiangte** in chia peng hna
- ☐ Inn ah na **thawngri** dinter law innpa na nor hna lai lo
- ☐ **Hnawm** khonnak bawm ah hnawm khong hna, hman than awk tha phun thilri kha a bawm ahrawn hna.



Hi ka a lonnak cahmai hi cu nganh ta hramhrammi a si



Australian Government
Department of Social Services

Mipeem Caah Tuantu Ramkip Huap Phu nih
Australian Cozah Zatlant Bawmhnaak Phu
ai-awh in a cawnpiak hna

