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Department of Social Services

# Australia ram ah nun hramthoknak (Beginning a Life in Australia)

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**Pehlainak kan ngei lo:** Department of Social Services (Mibu bomhnak bu) le bomhpeknak atuahtu hna nih hi cauk an chuah lio caan ah hin hi chung tialmi thilri hna cu a hmanning tein tial khawhnak ding ah an rak i zuam, cu ti an i zuamnak ah ai thleng chom ding thil kong zong an rak huap chih. Hi cauk in thawngpek mi i hngatchan ruangah achuah mi rawhrainak asilo minung pakhatkhat nih sungnakh a ton sual ahcun bomhpetu hna asilo hi Bu nih hin daithlan ruangah ttuan vo laknak aum lai lo.

Careltu hna siarem deuhnakh dingah tiin alenglei website pawl i zohchih khawh dingmi pawl zong kan rak thil chih i mah cu hna nih cun cu mahka i aum mi bomhnak asilo anmah he ai pehlaimi bu hna i an thilchuak asilo mahkha i thawngpang kong hna kha attan pi tinak asi lo. Department of Social Services nih hin hi cauk nih a hmanmi alenglei website chung i ai telmi thilri konghna ah asilo adikthlir in tlamtlinnak caah ttuanvo laknak hi a co hlanmi asi lo.

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# Biahmaitthi

Australia ram ah Nun Hramthoknak (*Beginning a Life in Australia* (BaLIA)) cauk hi Department of Social Services (DSS) nih an chuahmi asi i [maivan www.dss.gov.au/our-responsibilities/settlement-services/beginning-a-life-in-australia](http://www.dss.gov.au/our-responsibilities/settlement-services/beginning-a-life-in-australia) zongah an thlak chih fawn.

Hi cauk chungah hin website he ai pehtlai mi link (pehtlaihna) tapi ai tel caah computer asilo adang seh pawl in hi cauk hi na zoh khawh hna. Vandum (apia zawng) in airinmi catlang pawl khi na hmeh asi ahcun, mah chung i um mi site asilo link ah kha na on khawh lai. Catlap in chuahmi BaLIA na hman asi zongah web address kha tlamtling tein pek chih asi fawn.

Holhlet na herh asi ahcun, Calet le Holhlet Bomhnak rian ttuantu (TIS National) kha 131 450 ah khan chawn hna. Thawngpang tamdeuh hngalhnak dingah [Dal 3 nak, Mirang Holh](#) timi kha zoh. Kan website ah hin [Translations of BaLIA \(BaLIA holhlehnak\)](#) zong aum [www.dss.gov.au/our-responsibilities/settlement-services/beginning-a-life-in-australia](http://www.dss.gov.au/our-responsibilities/settlement-services/beginning-a-life-in-australia)

Hi cauk nih atanglei tlangtar pawl konglam kha theihternak atuah:

1. [Phanh hnu tlawmpal ah zaidah tuahding](#)
2. [Bomhnak i lak](#)
3. [Mirang Holh](#)
4. [Fimthiamnak le Tintaan kainak](#)
5. [Rianttuannak](#)
6. [Australia zultphung](#)
7. [Innhlannak](#)
8. [Umkalnak](#)
9. [Ngandamnak le nunnuamhnak](#)
10. [Na innchungkhar](#)
11. [Tangka](#)
12. [Mibu sin iteltumnak](#)

Australia ram ah Nun Hramthoknak timi cauk he pehtlai in ruahnak peknak asilo hmuhning ttialnak caah [online feedback form \(online in hmuhning chimnak ca\)](http://www.dss.gov.au/contact/feedback-compliments-complaints-and-enquiries) cu [www.dss.gov.au/contact/feedback-compliments-complaints-and-enquiries](http://www.dss.gov.au/contact/feedback-compliments-complaints-and-enquiries) ah hin phih khawh asi.



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# Biahmaitthi

Australiain kan in don.

Hi cauk hi Australia ramah caan tlawmpal chung a rak pemmi minung le zungzal um ding in arak phanthar mi hna caah kapkip huap in ttialmi asi. Bomhnak peknak rianttuantu hna zongnih hi cauk hi hmantha ah an hmuh ve khawh. Ralzaam asilo miharbomhnak in arak phanmi hna zongnih hi thawngpek mi hi an mah caah Department of Immigration and Border Protection (DIBP) le Department of Social Services (DSS) tthate in a tuahtpiak mi asi kha an theihfian awk asi.

Cozah le mibu dirhmi bu pawl hna nih hin Australia ah khua asami hna cu bomhnak tampi an pek hna. Hi cauk nih hin bomhpeknak hna, bomhnak hmuhkhawhmi pawl khoika ah ruahnak peknak ca'h na kal lai timi pawl kha theihternak an pek lai.

Acheu zungzal umnak nawlpekmi mipeem hna le atam deuh chikhat caan lawng umnak nawl visa ai tlaihmih hna nih cun hi cauk nih arak langhtermi bomhnak hna hi an hmu kho lo men asilo hmuhnak dingah tangka an liam hau kho men.

Hi cauk hi zaangfah tein tha tein rel. Australia ah na nun hram na domh caah rel aherh bak mi asi kha na hmuh lai. [‘Settle in Australia’](#) (Australia khuasaknak) timi web page ah hin hi ca hi na hman awk asi [www.dss.gov.au/our-responsibilities/settlement-services/beginning-a-life-in-australia](http://www.dss.gov.au/our-responsibilities/settlement-services/beginning-a-life-in-australia)

Dal 1-2 nih hin Australia na phanhka zarh hna caah a biapi mi thil hna kha a chim. Dal 3-5 nih hin tluang tein khua na sak khawhnak dingah aherhmi bomhnak zeitin dah na hmuh lai timi pawl a huap – Mirang holh, fimthiamnak le rianttuannak.

Australia ah nun hram na thok tikah na hmuhton mi harsatnak hna hi nan khuaram i na tonmi hna he ai dang lai. Sihmanhsehlaw, Australia mibu chungah asunglawimi pakhat na si khawhnak ding ah le tluang tein na khuah sak atlamtlinnak dingah bomhnak an petu an um, nangmah hlan i Australia ah tingsawm in arak phanmi minung hna zong in an rak tuah ve mi asi.



# 1 Phanh hnu tlawmpal ah zeidah tuahdng

## Hi ka section chungah

Hi ka dal ahhin Australia na phanh hnu ah asi khawh chungin arannak na tuahdngah abiapi mi thil hna kha achiah. Adihlak in cun na caah aherh men lai lo, asinain na ruah hna cu a herh.

- [Zeidah na theih aherh](#)
- [Ngunkhuai peknak numbat kha sawk](#)
- [Medicare ah minkhumhnak](#)
- [Centrelink pehtlaihnak](#)
- [Contact the Health Undertaking Service \(Ngandamnak lei zohkhenhnak\) kha pehtlainak tuah](#)
- [Mirang holh cawnnak caah minpeknak](#)
- [Na fa/fale kha sianginn ah uphna](#)
- [Mawtaw monghnak laisen sawk](#)
- [Bank account onnak tuah](#)
- [Chungkhar siibawi pakhat kawl](#)
- [Pehtlainak tawh](#)
- [Tuahdng thilpawl tialmi cazin](#)

Holhlet asilo ca lehding aherhmi na ngeih asi ahcun, [Dal 3, Mirang Holh](#) timi kha zoh.

## Zeidah na theih aherh

### Australia cozah

Australia nih uknak dot thum angei - commonwealth (asilo federal uknak), pyine asilo ramtthen, le local (khua pakhat i aummi mibu) - cu nih cun khua asa cangmi mibu hna le mipeem hna kha bomhnak apek hna.

Pyine pawl (New South Wales (NSW), Queensland (Qld), South Australia (SA), Tasmania (Tas), Victoria (Vic), le Western Australia (WA)), le Northen Territory (NT) hna cu local nih aukmi hmunhma tapi tthen an si, local kawngsil nih an tolrel hna. Canberra ahcun, Australian Captital Territory (ACT) Government nih local kawngsil bomhpek nak pawl le pyine cozah hna nih an pekmi bomhnak pawl kha a pek.

Australia ah [government \(cozah\)](#) nih zeitin dah rian attuan timi kong tamdeuh cu, [www.australia.gov.au/about-government](http://www.australia.gov.au/about-government) ah hin zoh.

### Telephone pawl- chonh ning

Australia ahcun, thiallomi – line phone (asilo land line), mawbaal phone asilo payphone hna hmangin telephone chonh kawh asi. Phone numbat ai thoknak numbat pawl

- 13/1300 (local manzat)
- 1800 (alakin chonhnak)
- 04 (mawbaal) asilo



- 02, 03, 07, 08 (local asilo khuaram he aipeh tlaimi code (khoh))

Aikhatmi area code hmangin numbat pakhat kha phone na chonh tik ah kha area code kha hman aherh lo. Mawbaal phone hmangin pakhat le pakhat i chonh zongah area code kha hman aherh lo.

Nai thimmi phone chonhnka plen, na hmanmi telephone kampani le zeibantuk phone dah na chonh timi cungah ah chirhchan in phone chonh man kha ai dang cio. Na chonhnak man adih zat kongah na fian lo asi ahcun telephone kampani ah khan hlathlainak na tuah awk asi.

Australia i 13/1300 asilo 1800 numbat kong [call charges \(chonhman laknak\)](http://www.acma.gov.au/Citizen/Consumer-info/All-about-numbers/Special-numbers/charges-for-calls-to-13-1300-and-1800-numbers-i-acma) thawng cu [www.acma.gov.au/Citizen/Consumer-info/All-about-numbers/Special-numbers/charges-for-calls-to-13-1300-and-1800-numbers-i-acma](http://www.acma.gov.au/Citizen/Consumer-info/All-about-numbers/Special-numbers/charges-for-calls-to-13-1300-and-1800-numbers-i-acma) ah zoh.

Telephone numbat 13, 1300 asilo 1800 in ai thok lomi chonh tikah:

- Australia ramchung in chonh asi ahcun, area code ah khan lut, cun numbat kha hmet. Bianabia ah, Melbourne in Sydney chawn law, area code 02 (Sydney caah) kha na hmeh hnga, cun numbat.
- Australia lengin chonh asi ahcun:
  - Len line hman asi ahcun, na rak chonhnak ram nih ramdang chonhnak ah ahmanmi code kha lut, Australia ram chonhnak numbat 61, area code ahkhan 0 telhlo in, cun na chonh duhmi numbat kha ttial.
  - Mawbaal hman ahcun, +61, area code ah khan 0 telhlo in, mah cu hnu cun numbat kha ttial
  - Australia um mawbaal numbat chonhnak caah cun, ramdang phone chonhnak code hmeh chih aherh le herh lo kha na umnak local pawl kha kha hal hna, cun +61 kha hmeh, area code ah khan 0 numbat telh lo in ttial.

Australia in ramdang chonh na duh asi ah cun, Australia nih ramdang chonhnak caah ahman mi code - 0011 kha hmang.

### **Telephone directories (min, numbat tbk khumhnak cauk)**

Australia um telephone directories (telephone lamhmuhsaknak cauk) hi abik in pahnih aum. Yellow Pages ah hin dawr hna le inn ah thil arak petu/phurtu asilo thilri tibantuk chawlehnak numbat pawl kha ai ttial. White Pages ah hin cun chawlehnak hna le aumi minung hna i an min hna kha ai ttial. White Page ah cun local minung, pyine asilo ramtthen le Australia Cozah aiawh rianttuantu hna i pethlaihna pawl kha adikthlir tein ai ttial. Hi cauk chungah hi numbat pawl hi hman an si.

Hi cauk hna cu alak tein tuahmi an si i kum fatin inn kipah pawtzamh an si. Caruuk (Library) hna le cakuat/lak hlamnak zung (post office) hna zong ah lak khawh an si. [Yellow Pages](http://www.yellowpages.com.au) hi online in [www.yellowpages.com.au](http://www.yellowpages.com.au) ah na zoh khawh i [White Pages](http://www.whitepages.com.au) hi [www.whitepages.com.au](http://www.whitepages.com.au) ah na zoh khawh ve asilo Directory Assistance 1223 kha chawn (chonh man alak asi).



## Acaan dannak (Time zones)

Australia ahhin acaan dannak pathum aum- Australia nichuahlei caan (Australian Eastern Standard Time (AEST asilo EST)), Australia alaifang caan (Australian Central Standard Time (ACST)), le Australia nitlak lei caan (Australian Western Standard Time (AWST)).

[Daylight Saving Time \(chun niceu khonnak caan\)](#) cu acheu pyine hna nih October in April thla thiang an stuah- hi kong ah [www.australia.gov.au/about-australia/facts-and-figures/time-zones-and-daylight-saving](http://www.australia.gov.au/about-australia/facts-and-figures/time-zones-and-daylight-saving) kha rak kau.

## Mah tein i rianh (self-service)

Bu tapi nih duhthimkhawhmi lam an ngei hna cucaah an zung hna ah bomhhal ding i minpeknak asilo abuaimi aphikawl awkah na rat ahau lem lo. Mah tein i rianh khawhnak hna ah hin phone line pawl le online account pawl zong an i tel.

Atamdeuh Centrelink, Medicare le Child Support (hngakchia bomhnak) pawl hi mah tein i rianhnak in na tuah khawh mi hna:

- [myGov](#) zohnak cu [www.my.gov.au](http://www.my.gov.au)
- [Express Plus mobile apps \(Expres plus mawbaal ap\)](#) timi cu [www.humanservices.gov.au/expressplus](http://www.humanservices.gov.au/expressplus)
- [self service \(mah tein irianh\)](#) nak caah 136 240 kha chawn asilo
- <http://humanservices.gov.au/selfservice> kha rak leng

## Ngunkhuai peknak numbat kha sawk

Australia ah cun rianttuantu hna nih khan an hmuhmi tangka chungin cozah sin ah ngunkhuai kha an pek. Australia i income (tangka hmuhnak) ahcun ngunkhuai peknak numbat (TFN) na ngeih a herh.

TFN timi cu ngunkhuai a tolrely cozah rianttuantu hna le adang cozah prokem pawl rianttuannak bomhnak dingah chawlehwlnak atuah tu hna le pumpak pakhat cio sin ah pekmi numbat asi. Ngunkhuai kholhnak in hmuhmi tangka hna cu cozah rianttuannak prokem pawl le siizung hna, sianginn hna le lam hna tibantuk sersiamnak caah hman an si.

Income (tangka hmuhmi) ahcun rian pakhat in thlafatin tangka hmuhmi asilo rianttuan man, cozah nih tangka pekmi hna, cun tangka khonmi chungin hmuhmi akarh zong telhin ahlum in tangka hmanchiahnak in hmuhmi tangka hna kha an i tel.

## Zeitindah ngunkhuai numbat sawk asi lai

Australia ah a peemmi na si asilo caan tlawmpal chunglawng umnak nawl angei mi na si zongah Australia ah rianttuannak nawl pekmi nasi asi ahcun, Australia Taxation Office (ATO) website ahkhan kal law TFN kha sawk, ATO kha phone in chawn asilo acheu ATO umnak hmun ah khan kal law TFN kha na sawk khawh. TFN hmuhnak ding ah arangbikmi lam cu [online](#) in [www.ato.gov.au/tfn](http://www.ato.gov.au/tfn) ahkhan tuah- Australia i na umnak hmun le na passport kha na herh te hna lai.

Mirang holh thate in na holh thiam lo asi ahcun, calehnak le holhlehnak bawmtu (TIS National) 131 450 kha rak chawn hna.



Australian Taxation Office	Pehtlainnak pawl
Telephone	132 861
Zung <a href="#">ah kal</a>	<a href="http://www.ato.gov.au/visitus">www.ato.gov.au/visitus</a>
<a href="#">Mirang holh asilomi holhdangin</a> thawngpeknak	<a href="http://www.ato.gov.au/General/Other-languages">www.ato.gov.au/General/Other-languages</a>
<a href="#">ATO Website</a>	<a href="http://www.ato.gov.au">www.ato.gov.au</a>

Hi kong tamdeuh cu [Dal 11 nak, Tangka](#) kha rak zoh.

## Medicare ah minkhumhnak

Medicare hi Australia ram pumpi ahuapmi ngandamnak lei zohkhenhnak thiltuahning lam asi, cunihcun Australia mipun hna le zungzal umnak nawl pekmi hna i an ngandamnak zohkhenhnak bomhnak kha alak tein asilo tangka bomhnak apek hna.

Medicare a hmukho ding asimi na si ve ahcun, ngandamnak lei zohkhennak hna le a prokrem pawl hna ah khan na lut kho colh. Cu hna ahcun alak tein siizung zohkhennak, siizung zohkhenhnak a leng i adihmi bomhnak, le sii man lei bomhnak hna kha an i tel.

[Medicare Service \(Medicare rianttuannak\)](#) theihnak caah, [www.humanservices.gov.au/medicare](http://www.humanservices.gov.au/medicare) ah khan rak zoh asilo na umnak local i aummi Medicare Service Centre ah khan rak kal.

## Medicare ah zeitindah na min na khumh lai

Medicare i minkhumhnak ding ahcun, Medicare Service Centre ah khan na passport le adang na khaulawlnak catlap pawl he khan va kal. Aherh an timi vialte na tlinhdih asi ahcun, caan tlawmpal caah hmankhawhmi Medicare card numbat kha pek na si lai. Na Medicare card taktak cu zarthum hrawng arauh hnu ah cakuatnak in na hmuh te lai. Na umnak hmun asilo na cakuat hlamnak hmun nai thlen sual ahcun Medicare kha na theiher hrimhrim hna lai.

Rakhluah in sii lei thlopbulnak cu nikhat ah nazi 24 chung siizung i Rakhluah lei thlopnak zungah i piah khawh peng asi.

Medicare	Pehtlainnak pawl
<a href="#">Medicare Website</a>	<a href="http://www.humanservices.gov.au/medicare">www.humanservices.gov.au/medicare</a>
<a href="#">Mipeen, ralzaam le khauleng hna caah</a> thawngpeknak	<a href="http://www.humanservices.gov.au/multicultural">www.humanservices.gov.au/multicultural</a>
<a href="#">Mirangholh asilomi holhdangin</a> thawngpeknak	<a href="http://www.humanservices.gov.au/yourlanguage">www.humanservices.gov.au/yourlanguage</a>
Telephone	132 011
Service centre (Bomhpeknak hmun) <a href="#">ah kal</a>	<a href="http://humanservices.gov.au/findus">http://humanservices.gov.au/findus</a>





Medicare nih ahuap lo mi zawtnak thlopnak, bianabia ah, atamdeuh haa lei zohkhenhnak, atamdeuh mit lei zoh khenhnak le atamdeuh ramtthen le pyine ahcun ambulance (siizung mawtaw) hmanna caah pumpak ngandamnak lei insurance (aamah khaannak) tangkabu tapi an um i aamah khaannak kha an pek.

Tamdeuh theihnak dingah [Dal 9 nak, Ngandamnak le nunnuamhnak](#) kha zoh.

## Centrelink pehtlaihna

Department of Human Services nih zaaraan humminak bomhnak tangka le bomhpeknak rian hna cu Centrelink hmangin a pek. Centrelink nihcun arak phantharmi zungzal umnak nawlpekmi hna rian an hmuhna, an sianginn kainak asilo tintaan kainak le ramdang in an rak ngeihmi fimthiamnak theihhngalhi nak tolrelnak hna kha bomhnak apek.

Zaaran humhimnak bomhnak tangka a hmu kho ding na si le silo theihnak dingah cun Centrelink kha pehtlaihna tua. Na visa cungah hngat in, bomhnak tangka na hmuh hlan ah [waiting period \(hngahnak caan\)](#) kha aum kho.

Bomhnak ahmu kho mi na si ahcun, Centrelink ah pehtlaihna na tua ni in bomhnak tangka pek na si lai. Australia na phanh ni in tangka pek na sinak dingah cun, nangmah tein asilo nangmah aiawh in minung pakhat nih- bianabia ah, nangmah Humanitarian Settlement Services (HSS) an petu asilo an tolrelnak tu hna nih khan – Centrelink kha na phanh ni ah pehtlaihna tua hrimhrim aherh cu ticun ni 14 chung ah halnak kha tua.

Humanitarian (minung zaangfahnak-ralzaam tbk) in arak phanmi hna cu adang zaaran humhimnak bomhnak pinah Crisis Payment (awlokchongmi bomhnak) hi ahmu kho mi an si. Humanitarian Prokrem tangin arak phanmi na si ah cun na tua aherh mi:

- Australia na phanhni in ni sarh chungah na hal hna lai, asilo
- Na phanhni in ni sarh chungah cu bomhnak halnak kong ah Centrelink kha pehtlainak natuah lai i cu tiin pehtlaihna na tuahni in ni 14 chungah thalnak kha na tua.

Hngakchia angeimi na si ahcun, Cozah - bomhnak [payments for the cost of raising children \(hngakchia zohkhenhnak ah adihmi tangka bomhpeknak\)](#) kha na hmuh khawh ([www.humanservices.gov.au/ftb](http://www.humanservices.gov.au/ftb) kha zoh) asilo [child care fees \(hngakchia zohkhenh man\)](#) ([www.humanservices.gov.au/childcare](http://www.humanservices.gov.au/childcare) zoh).

Centrelink	Pehtlaihna pawl
<a href="#">Centrelink website</a>	<a href="http://www.humanservices.gov.au/centrelink">www.humanservices.gov.au/centrelink</a>
<a href="#">Mipeen, ralzaam le khualleng hna caah thawngpeknak</a>	<a href="http://www.humanservices.gov.au/multicultural">www.humanservices.gov.au/multicultural</a>
<a href="#">Ramdang holh in</a> thawngpeknak	<a href="http://www.humanservices.gov.au/yourlanguage">www.humanservices.gov.au/yourlanguage</a>
Phone in mah tein chonhnak	136 240
Rian kawltu	132 850



Centrelink	Pehtlaihna pawl
Pum tlamtlinglomi hna le zohkhentu hna	132 717
Australia kum upa hna	132 300
Sianghngakchia le tintaan kaimi hna	132 490
Online account bomhna	132 307
Duhlonak langhternak le hmuhning	1800 132 468
Australian apprenticeships (riantuan cawnnak)	133 633
Chungkhar hna	136 150
Ramdang holhin thawngpeknak	131 202
<a href="#">Service centre (Bomhpeknak hmun)</a> ah kal	<a href="http://humanservices.gov.au/findus">http://humanservices.gov.au/findus</a>
Adang Centrelink <a href="#">phone numbers</a>	<a href="http://www.humanservices.gov.au">www.humanservices.gov.au</a>

[Dal 5 nak, Rianttuannak](#) le [Dal 10 nak, Na Chungkhar](#) kha zoh.

## Contact the Health Undertaking Service (ngandamnak lei zohkhenh nak kha pehtlaihna tua)

Department of Immigration and Border Protection nawlnak in (Health Undertaking (Form 815) ah min na rak thut asi ahcun, [Health Undertaking Service](#) ah na phanh in ni 28 chungah pehtlaihkhaw na sinak kha a dikthlir tein theihternak tua dingah hnatlaknak na rak ngei tinak asi. Hi theihternak tamdeuh cu, [www.bupamvs.com.au/faqs](http://www.bupamvs.com.au/faqs) ah rak kal.

Health Undertaking Bomnak apetu Bupa Medical Visa Service (BUPA) cu ni 28 chungah minkhumhak tuahding le appointment (nicaan khiahnak) tuahnak ding caah pehtlainak na tua hna lai. Phone in 1300 794 919 ah (Nikhatni in Ningani kar 8.00 am in 6.00 pm EST) na chonh hna lai asilo [hus@bupamvs.com.au](mailto:hus@bupamvs.com.au) ah email kua hna. An nih nih khan nangmah he ai naih bikmi Health Authority Clinic ah an in hluai lai, cu hna nihcun appointment tuahpiak ding ah khan an in chonh te lai.

Humanitarian visa hmangin arak phanmi na si ahcun, Nangmah i Humanitarian Settlement Services bomhna an petu kha Health Undertaking (ngandamnak lei zohkhenhna) ding caah min na rak thutnak kong kha chim. An mah nih BUPA he pehtlaihna tua kha an in bomh lai.

## Mirang holh cawnnak caah minpeknak

Tluang tein khuasak khawhnak dingah mirang holh in holhthiam hi aherh mi asi. Mirang holh na thiam lo asi ahcun, asi khawh chungin aran nak in na cawnnak hnga fak piin thapek na si.



Adult Migrant English Program (AMEP) (Mipem Upa hna Caah Mirangca Progkrem) nih arak phan tharmi hna caah mirang holh cawnnak atuah. Mirang holh cawnnak hi alak tein na 510 tiang ahmu kho mi na si. AMEP nih cun ca cawn caan hna le hngakchia zohkhenhna kha aitlak ning in atuah caah rian, chungkhar asilo adang tuah aherhmi na ngeih zongah mirangca na cawng kho.

[Dal 3 nak, \*Mirang Holh\*](#) kha zoh.

## **Na fa/fale hna kha sianginn up hna**

Na fa asilo na fale hna kha asi khawh chungin arannak in siang inn na [enrol \(fup\)](#) hna aherh. Na fale nih kai hna seh ti na duhmi sianginn kha pehlainnak tuah hna lai sianginn upnak form kha la.

Na fa zawtnak khamnak siichunh chinchiahnak cauk le na khualtlawnnak ca hna kha na piah hna ahau lai. Hngakchia nih in sianginn an kai kawhna dingah zawtnak kamnak sii an rak i chunh hrimhrim aherhmi a um. Hawihlan i an sianginn kai nak report pawl le certificate pawl kha i put.

Australia ahcun, hngakchia nih hin kum 5 in sianginn kai an thok i Year 10 (tanghra) an si tiang an kai aherh. Mino Year 10 adih mi hna cu caan-ting fimcawnnak, tintaan asilo rianttuannak, (atlawmbik zarhkhat nazi 25 chung) asilo hi cawlcanghn, øµk njbhvak pawl fonh in kum 17 an phanh tiang an tuah aherh.

Ngakchia pawl mirangholh cawn aherh rihmi hna nih hleice Mirang holh bomhna hmu khawh asi.

[Dal 4 nak, \*Fimthiamnak le Tintaan peknak\*](#) ah zoh.

## **Mawtaw mongh laisen sawk**

Australia ahcun, mawtaw monghna ding caah mawtaw monghna laisen na ngeih aherh i na mawtaw zongah minkhumhmi asi aherh. Mawtaw monghna laisen loin mawtaw na mongh asilo minkhumh lomi mawtaw na mongh asi ahcun, tangka liamter na si lai i na mawtaw monghna laisen zongkha lakpiak tthan na si kho. Mawtaw monghna laisen le mawtaw minkhumhna cu pyine le ramtthen cozah hna nih an pek mi an si.

Zungzal umnak nawl pek mi na si i mirang ca in ai ttialmi ramdang mawtaw monghna laisen ai ken mi na si asilo phung ning tein ca in leh asi mi asi ahcun, pyine tam deuh le ramtthen hna nih na phanh in thla thum chung kha mawtaw monghna nawl pek asi.

[Dal 3 nak, \*Mirang Holh\*](#) timi ah khan ca lehnak kong theihternak kha zoh.

Hi thla thum hnu ah, mawtaw mongh na duh ko ahcun, Australia mawtaw monghna laisen kha na neih aherh. Theihhngalhnak hneksaknak, atak in mawtaw mongh hneksak nak, cun mithmuhnak hneksaknak hna khan a awn a herh lai. Australia ahcun na zulh hrimhrim aherhmi mawtaw lam zulhphung le zudin hnu mawtaw mongh zulhphunh an um.

Na umnak pyine le ramtthen hna ah hlathlainak na tuah zungzal aherhmi hna:



Pyine asilo Ramtthen	Laisen peknak le mawtaw minkhumnak lei rainttuantu	Telephone	Website
ACT	<a href="#">Road Transport Authority</a>	02 6207 7000	<a href="http://www.rego.act.gov.au">www.rego.act.gov.au</a>
NSW	<a href="#">Roads and Maritime Services</a>	13 2213	<a href="http://www.rms.nsw.gov.au">www.rms.nsw.gov.au</a>
NT	<a href="#">Road Transport Authority</a>	1300 654 628	<a href="https://nt.gov.au/driving">https://nt.gov.au/driving</a>
Qld	<a href="#">Department of Transport and Main Roads</a>	13 2380	<a href="http://www.tmr.qld.gov.au/">http://www.tmr.qld.gov.au/</a>
SA	<a href="#">Transport</a>	13 1084	<a href="http://www.transport.sa.gov.au">www.transport.sa.gov.au</a>
Tas.	<a href="#">Transport Tasmania</a>	1300 851 225	<a href="http://www.transport.tas.gov.au">www.transport.tas.gov.au</a>
Vic.	<a href="#">VicRoads</a>	13 1171	<a href="http://www.vicroads.vic.gov.au">www.vicroads.vic.gov.au</a>
WA	<a href="#">Department of Transport</a>	13 1156	<a href="http://www.transport.wa.gov.au/index.asp">www.transport.wa.gov.au/index.asp</a>

Mawtaw monghnak laisen hmuhnak ding ah mipi ca rianttuantu hna kha ziknawknak tangka pek asilo laksawng pek kha zulh phung an si lo.

[Dal 8 nak, \*umkahnak\*](#) kha zoh

## Bank account onnak tuah

Australia ahcun, tangka hi bank, building society (tangka khonnak le cawihnak bu) asilo credit union (abu tangka chiahnak) ah chiah asi. Hmuhmi tangka tamdeuh, rianttuan man asilo thla fatin hmuhmi tangka le cozah bomhnak hna cu nangmah min in aummi account ah khan direct in pek asi. Australia miphun nih cun a tamdeuh thil cawknak caah le an bank account chung tangka chuahnak caah debit card kha an hman.

Asi khawh ahcun, bank, building society asilo credit union account kha Australia na phanh in zarh ruk chungah ong hna. Na passport te lawng kha nangmah kong theihternak caah na herh lai. Zarh ruk hnu ah cun nangmah kong aheli in theihter chapnak zong na herh te lai. Khi tikah nangmah kong ai ttialmi ca tampi na ngeih soal lo ahcun a har kho men. Tangka karh na hmuhmi ah asang deuhin ngunkhuai laknak na hrial khawhnak dingah bank kha na ngunkhuai numbat (TFN) pe hna.

[Dal 11 nak, \*Tangka\*](#) kha zoh

## Chungkhar siibawi kawl

‘Chungkhar siibawi’ nihcun na cungkhar hna le an ngandamnak caah aherhmi kha atheih hna lai, cun sii lei he pehtlami thil kong ah nangmah i na fuhpanh hmasa bikmi asi lai. Hi bantuk



sii bawi hna cu General Practitioners asilo GPs tiah auh an si. Annih nihcun caan inn ah caan suapi kuahin azawmi hna le zawtna tamdeuh hna caah sii lei bomhnak kha an pek hna.

Acheu ramdang bantuk in siibawi ton dingah siizung kal ahreh lo, Australia GPs cu sang hna i clinic (sekhaan) asilo zung pawl (khuaiseihkhaan) ah rian an ttuan. Hi ka mi hna cu an umnak pawng i aum mi siibawi an ton ko hna. An in zohkhenh ning ah na lung atlin lo asilo na siarem lo asi ahcun na siibawi khan a thlen khawh.

[Dal 9 nak, Ngandamnak le Nunnuamhnak](#) zoh.

## **Pehtlainak tawh (Key Links)**

<b>Achung</b>	<b>Website</b>
<a href="#">TIS National website</a>	<a href="http://www.tisnational.gov.au">www.tisnational.gov.au</a>
<a href="#">Emergency in thawngthanhnak</a>	<a href="http://www.triplezero.gov.au">www.triplezero.gov.au</a>
<a href="#">Cozah thawngpeknak le rianttuannak</a>	<a href="http://www.australia.gov.au">www.australia.gov.au</a>
<a href="#">Australia tuanbia, nunphung, mibu cawlcanghnak le sunsakmi</a>	<a href="http://www.border.gov.au/Trav/Life/Aust/Life-in-Australia-book">www.border.gov.au/Trav/Life/Aust/Life-in-Australia-book</a>

## **Tuahding thilpawl tialmi cazin**

- Australia ah nun hramthoknak* ka rel cang
- Ngunkhuai numbat (TFN) ka sawk cang/ mah hi keimah he ai pehtlai lo
- Medicare ah min kai khumh cang/ Mah hi keimah he ai pehtlai lo
- Centrelink ah pehtlainak ka tuah cang/ mah hi kemah he ai pehtlai lo
- Health Undertaking Service ah pehtlainak ka tuah cang/ mah hi keimah he ai pehtlai lo
- Mirang holh cawnnak caah min kai khumh cang/ mah hi keimah he pehtlainak angei lo
- Ka fa/fale hna sianginn ah ka up cang hna/ mah hi keimah he ai pehtlai lo
- Mawtaw monghnak laisen caah ka sawk cang/ mah hi keimah he ai pehtlai lo
- Bank account ka on cang
- Cungkhar siibawi ka hmuh cang



## 2 Bomhnak kawl

### Hi dalcheu chungah

- [Rakhluah bomhpeknak](#)
- [Umkhuasaknak bomhnak](#)
- [Har ton tik bomhnak](#)

### Poipang tonsual bomhpeknak

Emergency tontik ah, **000** kha chawn:

- **Palik**
- **Ambulen**
- **Fire brigade (mi tat kaa)**

Emergency pawl, khuacaan chiat (ramkangh, ti lian, thlichia asilo lihninh tibantuk pawl) asilo khuacaan chiat asilomi (khemikal tuahsualnak, mawtaw eksident asilo apuarhrangmi sualnak nganpi tuahnak tibantuk), hi acanglai timi theiher chungnak um loin khoika bu paoh ah acang kho. Mi pakhat nih rakhluah in bomhnak aherh asi ahcun **000** kha na chonh aherh.

**000** (ziru pathum) hi alak mi chonh khawh asi cun Australia um khoika phone poah in na chonh khawh. Na min, na umnak, le na herhmi bomhnak chim ding ah i tim cia.

Mirang holh na thiam lo asi ahcun, phone arak in lettu sinah zeibantuk bomhnak dah na herh kha chim- **“Police”**, **“Ambulance”** asilo **“Fire”** kha chim- cun na thiammi holh kha chim. Holhlet he khan pehtlainak an in tuah piak lai, cu caah cun **na phone kha phit hlah**. Holhlet nih khan palik, ambulen le mei lei bomhnak petu hna he nan i chonhnak kha an bomh lai.

Inn phone na hman asi ahcun, emergency in bomhnak an petu nih phone na hman lio ah khan na umnak hmun kha a rak kawl khawh, cu caah na phone kha phit lo ding asi.

Smartphone na hman asi ahcun, *Emergency+* app kha alak in [Google Store \(Google Dawr\)](https://play.google.com/store/apps/details?id=com.threesixtyentertainment.nesn) <https://play.google.com/store/apps/details?id=com.threesixtyentertainment.nesn> le [Apple App Store](http://www.triplezero.gov.au/Pages/EmergencySmartphoneApp.aspx) cu <http://www.triplezero.gov.au/Pages/EmergencySmartphoneApp.aspx> ah download (kuu) tuah khawh asi. Mah nih hin emergency in bomhpeknak dingah na umnak hmuh theihernak bomhnak kha a pek.

**000** (ziru pathum) bomhpeknak caah theihernak cu (Mirang holh asilomi holh dang zong telhin) [www.triplezero.gov.au/](http://www.triplezero.gov.au/) ah khan kal.

### Police (Palik)

Emergency ton tikah palik bomh herhmi asi ahcun, **000** kha chawn cun **“Police”** herh ti hna. Chinchiah dingmi cu, Mirang holh na thiam lo zongah na telephone kha phit hlah - na thiammi holh kha chim law holhlet he pehtlainak an in tuah piak lai.



Emergency asilomi thil kong ahcun, 13 1444 asilo nan umnak sang palik sakhaan, [White Pages](#) chungah ai tthial mi ‘Palik sakhaan’ kha chawn. Palik bomhpekhna hna hi alak in asi.

Palik nih an i tinhmi cu mibu nunnak le thilri, sual kawlnak le khamnak, cun daihnak humhak kha an i tinhmi asi. Palik nih cun innchungkhar buainak asilo isik vuaknak, nupa sualnak asilo lungthin hnahnawh pehnak lei namnetnak a umnak innchungkhar nih atonmi harnak pawl kha ado kham khawh. Palik cu ralkap he pehtlainnak angei lo. Palik cu ramkhel lei rianttuannak lei zongah ai tel lo.

Tamdeuh theihnak dingah:

Ahmun	Palik rianttuannak	Website
ACT	<a href="#">ACT Policing</a>	<a href="http://www.police.act.gov.au">www.police.act.gov.au</a>
NSW	<a href="#">New South Wales Police Force</a>	<a href="http://www.police.nsw.gov.au">www.police.nsw.gov.au</a>
NT	<a href="#">Northern Territory Police</a>	<a href="http://www.pfes.nt.gov.au/police.aspx">www.pfes.nt.gov.au/police.aspx</a>
Qld	<a href="#">Queensland Police</a>	<a href="http://www.police.qld.gov.au">www.police.qld.gov.au</a>
SA	<a href="#">South Australia Police</a>	<a href="http://www.sapolice.sa.gov.au">www.sapolice.sa.gov.au</a>
Tas.	<a href="#">Tasmania Police</a>	<a href="http://www.police.tas.gov.au">www.police.tas.gov.au</a>
Vic.	<a href="#">Victoria Police</a>	<a href="http://www.police.vic.gov.au">www.police.vic.gov.au</a>
WA	<a href="#">Western Australia Police</a>	<a href="http://www.police.wa.gov.au">www.police.wa.gov.au</a>
Rampumpi	<a href="#">Australian Federal Police</a>	<a href="http://www.afp.gov.au">www.afp.gov.au</a>

## Ambulen

**Emergency** tontik ah, fakpi zawtnak asilo arannak in siilei thlopbul colh ahaumi ikhawndennak tibantuk pawl cu, **000** kha chawn hna cun “**Ambulance**” kha hal hna. Ambulen nih cun emergency in siizung lei kalnak le arannak in sii lei thlopnak kha atuah. Chinchiah dingmi, mirang holh na thiamlo zongah na telephone kha **phit hlah** - na thiammi holh kha chim cun holhlet he pehtlainnak an in tuahpiak lai.

Na umnak hmunhma, ambulen in zeican dah khual na kal, na zawtnak phun le concession (konseson) ahmu kho na si le silo cungah hngat in ambulen na hman man kha tangka na pek ahau kho men. Medicare nih hin ambulen na hman man kha a cover (huap) lo, sihmanhsehlaw acheu pumpak ngandamnak aamahkhaannak le ambulen member sinak atuahmi cu a cover hna. ([Dal 9 nak, Ngandamnak le Nunnuamnak](#))

Emergency asilomi sii lei kong ahcun, [Dal 9 nak, Ngandamnak le Nunnuamhnak](#)

Tamdeuh theihnak dingah:



Pyine le Ramtthen	Ambulance rianttuannak	Website
ACT	<a href="#">ACT Ambulance Service</a>	<a href="http://www.ambulance.act.gov.au">www.ambulance.act.gov.au</a>
NSW	<a href="#">Ambulance Service of NSW</a>	<a href="http://www.ambulance.nsw.gov.au">www.ambulance.nsw.gov.au</a>
NT	<a href="#">St John Ambulance Australia</a>	<a href="http://www.stjohn.org.au">www.stjohn.org.au</a>
Qld	<a href="#">Queensland Ambulance Service</a>	<a href="http://www.ambulance.qld.gov.au">www.ambulance.qld.gov.au</a>
SA	<a href="#">SA Ambulance Services</a>	<a href="http://www.saambulance.com.au">www.saambulance.com.au</a>
Tas.	<a href="#">Tasmanian Ambulance Service</a>	<a href="http://www.dhhs.tas.gov.au">www.dhhs.tas.gov.au</a>
Vic.	<a href="#">Ambulance Victoria</a>	<a href="http://www.ambulance.vic.gov.au">www.ambulance.vic.gov.au</a>
WA	<a href="#">St John Ambulance Australia</a>	<a href="http://www.stjohn.org.au">www.stjohn.org.au</a>

### Mi tet kaa (Fire brigade)

Mei leiah tti anungmi **emergency**, inn kangh asilo gas zuut tibantuk aum tikah, **000** kha chawn hna cun “**Fire brigade**” timi kha hal hna. Chinchiah dingmi, mirang holh na thiam lo zongah na phone kha **phit hlah** - na thiammi holh kha chim law holhlet he pehtlainak an tuah lai.

Mi tet kaa nih khan mei kha an in hmih piak hna lai, a kaangmi in i minung kha an khamh hna lai cun gas asilo khemikal kha tti anun tikah an bomh hna lai.

Mei khamhnak bomhpeknak hi alak in asi.

Mei lei zeitindah na kham khawh le mei akangh tikah zeidah na tuah lai timi theihternak cu, [Dal 12 nak, Mipi Teltumnak](#) kha zoh cun na pyine asilo ramtthen mei bomhnak website:

Pyine le ramtthen	Meikanghnak lei rianttuannak	Website
ACT	<a href="#">ACT Fire &amp; Rescue</a>	<a href="http://www.esa.act.gov.au/actfr">www.esa.act.gov.au/actfr</a>
NSW	<a href="#">Fire and Rescue NSW</a>	<a href="http://www.fire.nsw.gov.au">www.fire.nsw.gov.au</a>
	<a href="#">NSW Rural Fire Service</a>	<a href="http://www.rfs.nsw.gov.au">www.rfs.nsw.gov.au</a>
NT	<a href="#">NT Police, Fire and Emergency Service</a>	<a href="http://www.pfes.nt.gov.au/Fire-and-Rescue.aspx">www.pfes.nt.gov.au/Fire-and-Rescue.aspx</a>
Qld	<a href="#">Queensland Fire and Emergency Services</a>	<a href="http://www.fire.qld.gov.au">www.fire.qld.gov.au</a>
SA	<a href="#">SA Metropolitan Fire Service</a>	<a href="http://www.mfs.sa.gov.au/site/home.jsp">www.mfs.sa.gov.au/site/home.jsp</a>





Pyine le ramtthen	Meikanghnak lei rianttuannak	Website
	<a href="#">SA Country Fire Service</a>	<a href="http://www.cfs.sa.gov.au">www.cfs.sa.gov.au</a>
Tas.	<a href="#">Tasmania Fire Service</a>	<a href="http://www.fire.tas.gov.au">www.fire.tas.gov.au</a>
Vic.	<a href="#">Metropolitan Fire Board</a>	<a href="http://www.mfb.vic.gov.au">www.mfb.vic.gov.au</a>
	<a href="#">Country Fire Authority</a>	<a href="http://www.cfa.vic.gov.au">www.cfa.vic.gov.au</a>
WA	<a href="#">Department of Fire and Emergency Services</a>	<a href="http://www.fesa.wa.gov.au">www.fesa.wa.gov.au</a>

## Kokek rawhralnak

Kokek rawhralnak aum tikah, meikangh, ti lianh asilo thlichia tibantuk pawl kha, pyine le ramtthen cozah uktu hna nih emergency bomhpeknak kha an tawlrel. Pyine le ramtthen emergency bomhpeknak (SES) le khuate lei meikangh bomhpeknak tibantuk pumpek in bomhpeknak a petu hna nih meikhangh, palik le khamhnak rianttuannak hna kha bomhnak an pek khawh.

Kokek rawhralnak le adang emergency pawl ton lio ah Australia cozah lei rianttuantu hna, Australia ralkap thazang telh in, bomhnak an pek. Australia ralkap hna cu ramkhel rian ah an i tel lo.

[Natural disaster \(Kokek rawhralnak\)](#) in nai hrimhtthannak dingah bomhnak na hmuh khawh; [www.disasterassist.gov.au/](http://www.disasterassist.gov.au/) ah tamdeuh theihnak caah rak kal.

Australia i cozah rianttuantu hna vialte cu kokek rawhralnak asilo emergency tonsualnak caah timhcianak an ngei. Hi kong tamdeuh caah, nan pyine asilo ramtthen website ah zoh:

Emergency centre (Rakhluah tonnak hmun)	Website
<a href="#">ACT</a>	<a href="http://esa.act.gov.au/emergency-management/emergency-arrangements">http://esa.act.gov.au/emergency-management/emergency-arrangements</a>
<a href="#">NSW</a>	<a href="http://www.emergency.nsw.gov.au">www.emergency.nsw.gov.au</a>
<a href="#">NT</a>	<a href="http://www.pfes.nt.gov.au/Emergency-Service/Publications-and-forms.aspx">www.pfes.nt.gov.au/Emergency-Service/Publications-and-forms.aspx</a>
<a href="#">Qld.</a>	<a href="http://www.disaster.qld.gov.au">www.disaster.qld.gov.au</a>
<a href="#">SA</a>	<a href="http://www.safecom.sa.gov.au/site/home.jsp">www.safecom.sa.gov.au/site/home.jsp</a>
<a href="#">Tas.</a>	<a href="http://www.ses.tas.gov.au">www.ses.tas.gov.au</a>
<a href="#">Vic.</a>	<a href="http://www.igem.vic.gov.au">www.igem.vic.gov.au</a>



Emergency centre (Rakhluah tonnakh hmun)	Website
<a href="#">WA</a>	<a href="http://www.fesa.wa.gov.au">www.fesa.wa.gov.au</a>
<a href="#">National Crisis Co-ordination</a>	<a href="http://www.ag.gov.au/EmergencyManagement/About-us-emergency-management/Australian-Government-Crisis-Coordination-Centre/Pages/default.aspx">www.ag.gov.au/EmergencyManagement/About-us-emergency-management/Australian-Government-Crisis-Coordination-Centre/Pages/default.aspx</a>
<a href="#">Information on natural disasters (kokek rawhralnak kong thawngthanhnak)</a>	<a href="http://www.australia.gov.au/about-australia/australian-story/natural-disasters">www.australia.gov.au/about-australia/australian-story/natural-disasters</a>

### Ramkangh

Ramkangh nihcun hramh, burbuk asilo thingram pawl kha akangh hna i nunnak, thilri le pawngkam caah ttihnung asi kho. Ramkangh cu kumkhat chungah zeitik caan paoh ah acang khomi asi asinain burbuk, hramh asilo hnawm an ro deuh caan khuacaan alum deuh thla ah khan acan an fawi deuh. Meikangh hi a lin tuk, atak tuk cun rangtuk in ai thial kho mi asi. Meikhangh i achuakmi meikhu chah pipi nih khua hmuhnakh asilo thawdawpnhakh kha ahar ter. Australia ram hi fakpiin achuakmi meikanghnakh thawngin theih ngai asi.

Meikangh afawinakh hmun ah na um asi ahcun, meikangh tik luatnakh timhlahmhnakh tuah ding asi. Mah nihcun mei akangh lio ah- zeitik ahdah na chuah lai, zaidah nai ken lai cun saram he pehtlai in zaidah na tuah lai tibantuk a biapimi biakhiahnakh tuahding kha an bomh lai.

Meikangh tikah zeitindah timhlahmhnakh na tuah lai tibantuk theihnakh dingah, acunglei ah ttial asimi your [state or territory fire service \(pyine asilo ramtthen meikangh bomhpeknakh\)](#) kha pehtlai hna.

### Adang emergency numbat pawl

[White Pages](#) ah aitemi emergency telephone numbat pawl:

Emergency rianttuannakh	Telephone Nazi 24	Website
<a href="#">Poisons Information Centre</a>	13 1126	<a href="http://www.poisonsinfo.nsw.gov.au">www.poisonsinfo.nsw.gov.au</a>
<a href="#">Child Abuse Prevention Service</a>	1800 688 009	<a href="http://www.childabuseprevention.com.au/reporting-abuse.html">www.childabuseprevention.com.au/reporting-abuse.html</a>

### Ralhrang tthihphaihnakh

Australia nihcun tuklehpek pawl puarhrannakh khamnakh dingah biatak tein an cawl. Tuklehpek puarhrannakh cu zumhnakh, ramkhel lei asilo biaknakh lei ah an itinhmi kawltung an khennakh dingah puarhrannakh kha ttanhnakh asilo hmannakh asi. Mikip nih Australia ram humhimnakh ah an i telkhawhnakh cu iralrinnakh le tuklehpek puarhran tthihphaihmi theihthiamnakh in asi.

Na lunghrinhmi theihthernakh tuahding le tamdeuh theihchapnakh:



Rampumpi	Telephone	Website
<a href="#">National Security Hotline</a>	1800 1234 00	<a href="http://www.nationalsecurity.gov.au/WhatAustraliaisdoing/Pages/TheNationalSecurityHotline.aspx">www.nationalsecurity.gov.au/WhatAustraliaisdoing/Pages/TheNationalSecurityHotline.aspx</a>
<a href="#">Living Safe Together</a>		<a href="http://www.livingsafetogether.gov.au/pages/home.aspx">www.livingsafetogether.gov.au/pages/home.aspx</a>
<a href="#">Report Online Extremism</a>		<a href="https://www.reportextremism.livingsafetogether.gov.au">https://www.reportextremism.livingsafetogether.gov.au</a>

## Umkhuasak bomhnak

Australia cozah nihcun [Australia miphunkip bukhomh](#) sinak hi ttanpi. Hi kong theihchapnak, [www.dss.gov.au/our-responsibilities/settlement-and-multicultural-affairs/programs-policy/a-multicultural-australia](http://www.dss.gov.au/our-responsibilities/settlement-and-multicultural-affairs/programs-policy/a-multicultural-australia) ahkhan rak kal.

Australia mibu ah i telnak dingah le khuasak dingah Australia i a rak phantharmi hna ralzaam sinak in arak lutmi hna le mipeem sinak pekmi hna bomhnak caah Australia Cozah nih bomhpeknak tampi apek hna. An itimhmi cu an phanh in kum nga chungah asi. Bomhpeknak ah ai telmi cu:

- Settlement Service Grants (Khuasaktlamtlinnak rianttuannak bomhnak pawl)
- Adult Migrant English Program (AMEP) (Upa Mipem Mirangca Cawnnak)
- Calehnak le Holhlehnak Rian (TIS National)

Ahle in ralzaam dirhmun in arak lutmi hna caah khuasaknak bomhnak i ai telmi cu:

- Humanitarian Settlement Services
- Complex Case Support Program
- Tthihruaitu ngeilo kumtlinglo ralzaam hna caah bomhnak

Humanitarian Settlement Services le Complex Case Support [providers](#) (apetu hna) hmuhnak dingah, [www.dss.gov.au/our-responsibilities/settlement-and-multicultural-affairs/programs-policy/settlement-services/settlement-services-locator](http://www.dss.gov.au/our-responsibilities/settlement-and-multicultural-affairs/programs-policy/settlement-services/settlement-services-locator) ah khan rak kal.

[Other settlement resources \(Adang umkhuasaknak bomhnak\)](#) cu [www.dss.gov.au/our-responsibilities/settlement-and-multicultural-affairs/programs-policy/taking-the-initiative/resources](http://www.dss.gov.au/our-responsibilities/settlement-and-multicultural-affairs/programs-policy/taking-the-initiative/resources) ah hmuh khawh asi.

TIS National le AMEP kong tamdeuh theihnak caah [Dal 3 nak, Mirang Holh](#) kha zoh.

## Humanitarian Settlement Services (Minung hartong dirhmun in arak phanmi khuasaknak caah rianttuannak)

Humanitarian Settlement Services (HSS) nih arak phantharmi ralzaam hna le hartong bomhnak in arak lutmi hna kha an phanh in khuasak hram an thok caan chung kha fak piin bomhnak apek.



HSS prokem cu pumpak nih aherhmi, abikin mino nih aherh khunmi pawl kha thilchih in tuahmi asi. HSS nihcun Austalia mibu nunnak le chawlehnak i ai telmi hna kha an bomh hna. An mah nihcun pumpak cio in hmailei ah thiamnak hna le theihhngalhnak kha an ngeihnak dingah abomhhna.

HSS prokem tangah ai telmi bomhpeknak chungah aitel khomi cu:

- phanh tikah airport (vanlawngkuun) mi donnak le caan-tawi chung thil hman ning cawnpiaknak
- caan-saupi umnak hmun umnak ding caah bomhnak
- cozah rianttuantu hna, komuniti prokem pawl, ngandamnak le adang khuasaknak bomhpeknak thawngpeknak kong le pehchanhnak
- Onshore (ramchung) thilsining cawnpiaknak prokem.

Client (Zohkhenhmi) hna hi HSS prokem zohkhennak chungah thla 6-12 tiang aum.

Hi kong tamdeuh theihnak caah zohnak:

Humanitarian Settlement Services thawngthanhnak	Website
<a href="#">Humanitarian Settlement Services</a>	<a href="http://www.dss.gov.au/our-responsibilities/settlement-and-multicultural-affairs/programs-policy/settlement-services/humanitarian-settlement-services-hss">www.dss.gov.au/our-responsibilities/settlement-and-multicultural-affairs/programs-policy/settlement-services/humanitarian-settlement-services-hss</a>
List of <a href="#">current HSS service providers</a> (Atu lio HSS bomhnak rian attuantu hna cazin)	<a href="http://www.dss.gov.au/our-responsibilities/settlement-and-multicultural-affairs/programs-policy/settlement-services/settlement-services-locator">www.dss.gov.au/our-responsibilities/settlement-and-multicultural-affairs/programs-policy/settlement-services/settlement-services-locator</a>

### Complex Case Support Program (A hnoksakmi konglam bomhnak prokem)

Complex Case Support (CCS) prokem nih adang khuasak tlamtlinnak rianttuannak lengin herhmi angeimi hna ralzaam dirhmun in arak lutmi hna kha a spesialmi le atak asimi case (konglam) tawlelnak bomhnak apek. CCS prokem hi an phanh hnu in kum nga tiang zohkhenhmi hna nih an hmuh khawh. Hi kong theihnak tam deuh cu, [CSS](#), [www.dss.gov.au/our-responsibilities/settlement-and-multicultural-affairs/programs-policy/settlement-services/complex-case-support-programme](http://www.dss.gov.au/our-responsibilities/settlement-and-multicultural-affairs/programs-policy/settlement-services/complex-case-support-programme) ah rak kal.

Hi bantuk bomhnak phun a herhmi na theihmi pakhatkhat an um asi ahcun, asilo hi bantuk minung an um ahcun, Complex Case Support kha 1300 855 669 ah khan rak chawn.

### Settlement Service Grants (khuasaktlamtlin Rianttuannak caah bomhpeknak)

Hi prokem nih bu rianttuantu pawl kha Australia i arak phantharmi an khuasaktlamtlinak caah bomhnak apek.



An bomhpeknak hna hi Settlement Grants tangah in a hmu kho mi na sinak dingah Australia ah aluanciami kum nga chungah na rak phanh i zungzal umkhawhnak nawlpekmi na si ahcun:

- ralzaam dirhmun in arak lutmi
- Mirang holh thiamnak aniam tukmi chungkhar hmangin arak pemmi
- Kuate lei asilo khua ken deuhah khua asami Mirang holh thiamnak aniammi riantthiam mipem ai bochanmi

Caan tlawmpal umnakpekmi cheukhat pawl (Nupi va angei dingmi le Caantawi chung Partner visa aitlahmi hna le an mah ai hngat chanmi hna) khuate te khua ken deuh ah aum mihna Mirang holh thiamnak aniam deuh i aluancia kum nga chung ah arak phanmi hna pawl zong nih an hmuh khawh. Adang caan tawi ca lawng asimi visa aitlahmi hna cu hi bomhpeknak pawl hi pek an si lo.

Settlement Grants (Khuasaktlamtlin bomhnak pawl) nih arak phantharmi mibu hna an bu chungah minung tampi anrak phanh i bomhpeknak pawl an hmuh khawhnak dingah ifuntonak, timhlanhnak le an herhmi chimpiaknak tuahnak ding zong an bomh hna.

Bomhpeknak riantuantu hna nih innkawlnak, hngachia zohkhenhnak, riakawlnak le siangiinkai bomhnak tibantuk mipi caah atlungin aummi bomhpeknak pawl na hmuh khawh ve nak dingah an in bomh lai. Anmah nih nan mibu chungah tlumtla tein khua na sak khawhnak dingah le caah pe Mirang Holh cawnnak tintaan, fimcawnnak le riankawlnak bomhnak na hmuhnak dingah pehtlaihnak pawl ttanpe dingin an in pehtlaihter khawh.

Theihternak tamdeuh cu:

Settlement services grants thawngthanhnak	Website
<a href="#">Settlement Services grants programme</a> konglam	<a href="http://www.dss.gov.au/grants-funding/grant-programmes/settlement-services-fact-sheet">www.dss.gov.au/grants-funding/grant-programmes/settlement-services-fact-sheet</a>
DSS <a href="#">Grants Service Directory</a>	<a href="http://serviceproviders.dss.gov.au">http://serviceproviders.dss.gov.au</a>

### Zohkhenhtu ngeilo kumtlinglo mino pawl caah bomhnak

Hi prokrem nihcun kumtlinglo pawl (zungzal umkhawhnak nawl ngeihnak, caantlawmpal chung tlaihmi harbomhnak, kilvennak asilo caantlawmpal umkhawhnak visa) kha zohkhenhnak, lamhmuhsaknak le bomhnak a pek hna.

Hi [Unaccompanied Humanitarian Minors \(Zohkhenhtu ngeilo Kumtlinglo Mino\)](#) theih deuhnak dingah, [www.border.gov.au/about/corporate/information/fact-sheets/uhm-programme](http://www.border.gov.au/about/corporate/information/fact-sheets/uhm-programme) ah kal.

### Khuasaktlamtlinnak DVDs

Department of Immigration and Border Protection (Imikreisian le Ramri Kilvennak Zung) nih Australia- Asia le Africa ram in ralzaam sinak in arak phantharmi hna caah *Australia -A New Home* (Australia - Inn Thar) timi DVD arak chuah cang. DVD chungah aitel mi cu innhlannak,



ngandamnak, fimcawnnak, tangka, rian, chungkhar, Australia zulhphung le Australia nunning pawl theihternak kha ai tel.

Africa rammi ralzaam hna caah DVD cu Amharic, Dinka, Kirundi, Sudanese, Arabic, Swahili le Tigrinya holh hna in angah.

Asia rammi hna caah DVD cu Burmese, Chin (Haka), Karen, Nepali le Rohingya holh hna in angah.

DVD an pahnih ning tein duhmi Mirang holh le Mirangca ai ttialmi angei hna. Atthen tete zongin Mirang in angah [Border TV \(Ramri TV\)](https://www.youtube.com/user/ImmiTV) - [www.youtube.com/user/ImmiTV](https://www.youtube.com/user/ImmiTV) ah kal cun 'orientation information' (theihhngalhnak cawnpiaknak) kha rak kaw.

DVD kuunak ding caah, khusaktlamtlinnak an petu kha hal, [DVD.Requests@border.gov.au](mailto:DVD.Requests@border.gov.au) asilo [Department of Immigration and Border Protection](https://www.border.gov.au) kha [www.border.gov.au/about/contact/offices-locations/australia](https://www.border.gov.au/about/contact/offices-locations/australia) ah pehtlai hna.

### **Pyine le ramtthen khusaktlamtlinnak bomhnak**

Pyine le ramtthen cozah dihlak nih mipem le multicultural (nunphung tapi aicawhmi) kongkau caah zung pawl a ngei hna. Local cozah hna nih arak phantharmi hna caah bomhnak apek khawh ve. [Dal 12 nak Mipi teltumnak](#) kha zoh.

Tamdeuh theihnak dingah zoh:

Pyine le Ramtthen	Aiawh rainttuantu	Website
ACT	<a href="#">Office of Multicultural Affairs</a>	<a href="http://www.communityservices.act.gov.au/multicultural">www.communityservices.act.gov.au/multicultural</a>
	<a href="#">Multicultural Services</a>	<a href="http://www.communityservices.act.gov.au/multicultural/services">www.communityservices.act.gov.au/multicultural/services</a>
NSW	<a href="#">Multicultural NSW language services</a>	<a href="http://www.crc.nsw.gov.au/services">www.crc.nsw.gov.au/services</a>
	<a href="#">Multicultural NSW Settlement Portal</a>	<a href="http://multicultural.nsw.gov.au/communities/new_arrivals_to_nsw/">http://multicultural.nsw.gov.au/communities/new_arrivals_to_nsw/</a>
	<a href="#">NSW Community Organisations</a>	<a href="http://multicultural.nsw.gov.au/communities/communities/">http://multicultural.nsw.gov.au/communities/communities/</a>
NT	<a href="#">Office of Multicultural Affairs</a>	<a href="https://dcm.nt.gov.au/strong-community/multicultural-affairs">https://dcm.nt.gov.au/strong-community/multicultural-affairs</a>
	<a href="#">NT Multicultural Information Directory</a>	<a href="https://nt.gov.au/community/multicultural-communities/Contact-a-multicultural-service-or-community-group">https://nt.gov.au/community/multicultural-communities/Contact-a-multicultural-service-or-community-group</a>
Qld	<a href="#">Multicultural Affairs Queensland</a>	<a href="http://www.multicultural.qld.gov.au">www.multicultural.qld.gov.au</a>
	<a href="#">Queensland Multicultural Resource Directory</a>	<a href="http://www.communities.qld.gov.au/multicultural/multicultural-communities/multicultural-resource-directory">www.communities.qld.gov.au/multicultural/multicultural-communities/multicultural-resource-directory</a>
SA	<a href="#">Multicultural SA</a>	<a href="http://www.multicultural.sa.gov.au/new-migrants">www.multicultural.sa.gov.au/new-migrants</a>



Pyine le Ramtthen	Aiawh rainttuantu	Website
	<a href="#">Multicultural Communities Council of SA Directory</a>	<a href="http://www.mccsa.org.au">www.mccsa.org.au</a>
Tas.	<a href="#">Multicultural Tasmania</a>	<a href="http://www.multicultural.tas.gov.au">www.multicultural.tas.gov.au</a>
Vic.	<a href="#">Victorian Multicultural Commission</a>	<a href="http://www.multicultural.vic.gov.au">www.multicultural.vic.gov.au</a>
	<a href="#">Community Directory (Mibu lamhmuhsaknak cauk)</a>	<a href="http://www.multicultural.vic.gov.au/resources/community-directory">www.multicultural.vic.gov.au/resources/community-directory</a>
WA	<a href="#">Office of Multicultural Interests</a>	<a href="http://www.omi.wa.gov.au">www.omi.wa.gov.au</a>
	<a href="#">WA Culturally and Linguistically Diverse (CaLD) community services directory</a>	<a href="http://www.omi.wa.gov.au/omi_db_msd.cfm">www.omi.wa.gov.au/omi_db_msd.cfm</a>

### Local government services (local cozah bomhpeknak pawl)

Na umnak local kawngsil nih na umnak pawngkam kha azohkhenh cun local mibu chungah aummi minung sinah abiapi deuhmi atamdeuh [services \(bomhpeknak rian\)](#) pawl kha apek. Kawngsil hna cu local um thilri ngeitu hna nih an pekmi zatuak in tangka pekmi an si. Local cozah bomhpeknak rian pawl na hmuh khawhnak dingah inn na ngeih ahau lo.

Kawngsil tampi nihcun cauk fa tete asilo arak phantharmi hna tlahtleng he pehtlain local bomhpeknak pawl thawngpang le thiliri pawl (hnawmbawm khawmhsuat caan, mipi ngandamnak le ihrimththannak thilri paw) thawngpeknak kha atuah. Hi pawl cu Kawngsil ah na va lak kawh asilo cakuat dingin na tuah khawh.

Tamdeuh theihnak dingah na local kawngsil asilo [library \(laibrari\)](#) ah khan va kal. Kawngsil telephone numbat le address pawl kha [White Pages](#) i na umnak sang amin tangah khan ttial an si.

Tamdeuh theihnak dingah:

Ahmun	Local cozah thawngthanhnak	Website
ACT	ACT Government – <a href="#">Canberra Connect</a>	<a href="http://www.act.gov.au">www.act.gov.au</a>
NSW	<a href="#">Office of Local Government</a>	<a href="http://www.olg.nsw.gov.au">www.olg.nsw.gov.au</a>
NT	<a href="#">Department of Local Government and Community Services</a>	<a href="http://www.localgovernment.nt.gov.au/council_information">www.localgovernment.nt.gov.au/council_information</a>
Qld	<a href="#">Department of Infrastructure, Local Government and Planning</a>	<a href="http://dilgp.qld.gov.au">http://dilgp.qld.gov.au</a>
SA	<a href="#">Department of Planning and Local Government</a>	<a href="http://www.dpti.sa.gov.au/local_govt">www.dpti.sa.gov.au/local_govt</a>



Ahmun	Local cozah thawngthanhnak	Website
Tas.	<a href="#">Local Government Division</a>	<a href="http://www.dpac.tas.gov.au/divisions/local_government">www.dpac.tas.gov.au/divisions/local_government</a>
Vic	<a href="#">Local Government Victoria</a>	<a href="http://www.delwp.vic.gov.au/local-government/find-your-council">www.delwp.vic.gov.au/local-government/find-your-council</a>
WA	<a href="#">Department of Local Government and Communities</a>	<a href="http://www.dlgc.wa.gov.au/Pages/default.aspx">www.dlgc.wa.gov.au/Pages/default.aspx</a>
Rampumpi	<a href="#">Australian Local Government Association</a> - links (pehtlaihna pawl)	<a href="http://alga.asn.au/?ID=275&amp;Menu=56,199,219">http://alga.asn.au/?ID=275&amp;Menu=56,199,219</a>

## Miphun he aipehtlaimi le komuniti phu pawl

Australia ahcun, ai dang ciomi nunphung, holhphun le biaknak in arami pawl minung hna i an duhmi a aiawhmi le arianhmi komuniti phu pawl le miphun he aipehtlaimi phu tampi an um. Hi phu pawl hna nih nangmah kha an in bomh khawh asilo bomhnak anpe khotu hna kha an hmuhsak khawh. Miphun he aipehtlaimi phu le komuniti club pawl, association (fonhtonhbu) pawl le biaknak lei phu pawl hna kha [Yellow Pages](#) cauk chung i 'Clubs' le 'Organisation' timi tangah khan ttial an si.

Hmun tampi nih migrant resource centre (mipem zohkhennak senta) pawl telh in, khuasaklamtlinnak bomhpeknak apetu pawl angeih hna. Hi phu hna cu cozah nih a hruaimi an si lo, sihmanhsehlaw acheu cu khuasaklamtlinnak bomhpeknak pek dingah bomhnak tangka an hmu. An mah nih bomhnak an in pek khawh asilo nangmah na herhmi le na duhmi he aitlakmi phu pawl hmuhnak dingah an in bomh khawh.

Tamdeuh theihnak ding ah:

Ahmun	Aiawh rianttuantu	Website
Rampumpi	<a href="#">Federation of Ethnic Communities' Councils of Australia (FECCA)</a>	<a href="http://www.fecca.org.au">www.fecca.org.au</a>
Rampumpi	<a href="#">Settlement Council of Australia</a>	<a href="http://www.scoa.org.au">www.scoa.org.au</a>
Rampumpi	<a href="#">Multicultural Youth Advocacy Network</a>	<a href="http://www.myan.org.au/">www.myan.org.au/</a>

## Harsat tonlio bomhnak

Rawl, Thilhrukding, umnak hmun asilo innchung thilri pawl rakhluah in an herh asi ahcun cozah asilomi phu pawl hna sinah bomhnak na hmuh khawh. Bomhnak hal ding ah ttih hlah.

Acheu bomhpeknak hmuhnak dingah aherhmi tlinhdng pawl asilo ahmu khomi sinak angeimi na si hau kho.

Tamdeuh theihnak dingah zoh:





Rampi huap aiawh rianttuantu	Website
<a href="#">The Salvation Army</a>	<a href="http://www.salvos.org.au">www.salvos.org.au</a>
<a href="#">St Vincent de Paul Society</a>	<a href="http://www.vinnies.org.au">www.vinnies.org.au</a>
<a href="#">The Smith Family</a>	<a href="http://www.thesmithfamily.com.au">www.thesmithfamily.com.au</a>
<a href="#">Mission Australia</a>	<a href="http://www.missionaustralia.com.au">www.missionaustralia.com.au</a>
<a href="#">Anglicare Australia</a>	<a href="http://www.anglicare.asn.au">www.anglicare.asn.au</a>
<a href="#">Red Cross</a>	<a href="http://www.redcross.org.au/contact-us.aspx">www.redcross.org.au/contact-us.aspx</a>
<a href="#">Department of Human Services</a>	<a href="http://www.humanservices.gov.au/crisis">www.humanservices.gov.au/crisis</a>

### Telephone in harton lio caan thapeknak

Telephone thapeknak bomhpeknak nih hartong lio thapeknak hi alak tein zarhkhat ah ni sarih, nikhat ah nazi 24 chung pekmi aum.

Lungrawk in na um, minung pakhatkhat chonh na duh asilo thapeknak lei bomhnak biaruahnak riantthiam pawl hman na duh hna asi ahcun chan hna. Bomhnak hal kha OK asi ko.

Rampi huap aiawh rianttuantu	Telephone Nazi 24	Website
<a href="#">Lifeline Helpline</a>	13 1114	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
<a href="#">Kids Helpline</a>	1800 551 800	<a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a>
<a href="#">Child Abuse Prevention Service</a>	1800 688 009	<a href="http://www.childabuseprevention.com.au">www.childabuseprevention.com.au</a>
<a href="#">Relationships Australia Crisis Line</a>	1300 364 277	<a href="http://www.relationships.org.au">www.relationships.org.au</a>
<a href="#">1800 RESPECT</a>	1800 737 732	<a href="http://www.1800respect.org.au">www.1800respect.org.au</a>



### 3 Mirang Holh

#### Hi section (dalcheu) chungah

- [Calehnak le Holhlehnak Rian \(Translating and Interpreting Service \(TIS National\)\)](#)
- [Mirangca cawnnak](#)

#### Calehnak le Holhlehnak Rian (TIS National)

##### Holhletnak

Calehnak le Holhlehnak Rian (TIS National) nih telephone holhle rian kha arannak in atuah. Holhlelet pawl hi holh 160 holhphun le holh tengnge pawlin ah hman an si. Nangmah holh athiam lomi minung pakhat he chonhbiak na duh tikah, TIS National kha bomhnak na hal khawh.

Telephone holhlelet pawl kha nikhat ah nazi 24 chung, zarhkhat ni sarih chung hman khawh ansi cun rakhluah ton caan pawl zongah an in bomh khawh. TIS National kha cozah rianttuantu pawl, komuniti bu pawl le chawlet rianttuantu pawl he i chonhbiak tikah na hman khawh.

Abuaktlak, TIS National hi Mirang holh athiam lomi hna caah alak in asi. Cozah zung pawl he chonhbiaknak na ngeih tikah holhlelet hmannak caah adihmi kha anmah zung nih ttuanvo an ngei. Acheu chawlehnak pawl le komuniti bomhpeknak pawl nih alak in holhlelet bomhnak kha an pek ve.

TIS National holhlelet hmannak dingah 131 450 kha chawn cun phone arak tlaitu khan a thiammi holh kha chim. Phone tlaitu nih holhlelet kha pehtlainak atuah lai. Holhlelet he pehtlainak na ngeih tikah, na min le na chonh duhmi phu i an telephone numbat kha pe hna.

Na chonh duhmi phu kha chawlehlrawl caan ni khat ni ngani ah na chonh aherh lai.

Holhlelet he na siibawi kha ton na duh asi ahcun, na siibawi kha Doctor's Priority Line (Siibawi Usapeknak Line) TIS National in telephone holhlelet caah pehtlainak tuah ding in chim. Siibawi nihcun a hmun ah holhlelet hmannak ding zong a tawlrel khawh. Siizuartu hna nih sii kong he pehtlainak nangmah he i chimhchonhnak ah telephone holhlelet hna kha a hman khawh. Mah hihi alak tein cozahnih bomhnak apekmi asi.

Atanglei phu pawl he i chonhbiaknak dingah telephone holhlelet kha alak in hmuh khawh asi:

- non-profit (miaknak hmulomi), cozah asilomi komuniti-chirhchanmi phu pawl
- Paliment minung pawl
- local cozah nawlgeitu pawl (Khuachung bomhpeknak rian pawl le hnawm khonnak, zaatuak tibantuk kong pawl he pehtlai in)
- trade union (thilri phurhnak bukomh)
- real estate (innhlanh zuarnak) zungpawl



## TIS National caah rianttuannak

TIS National nih [contract interpreters \(kontreck pekmi holhlettu\)](#) sinak in rianttuan ahuammi hna Australia miphun sinak angeimi le zungzal umnak nawl pekmi hna sinin hlathlainak an rak tuah kha aduh. Tamdeuh theihnak dingah, zaangfahnak in [TIS National](#) website kha [www.tisnational.gov.au/en/Interpreters](http://www.tisnational.gov.au/en/Interpreters) ah rak leng.

## Abiapimi na ca pawl calehnak

Mipem sinak cohlanmi hna nih an khuasak tlamlinnak he ai pehtlaimi anmah pumpak kong ttialmi ca pawl (bianabia ah, Chuahkehnak asilo tthitumnak certificate pawl, mawtaw monghnak laisen, le fimcawnnak le rianttuannak catlap pawl) kha Mirangca in lehpiak khawh ansi. Mah hi Australia an phanhnak kum hnih chung asilo zungzal umnak nawl peh an sinak in kum hnih chungah alak tein tuah piak mi asi.

Tamdeuh theihternak cu zoh:

TIS National rianttuannak	Pehtlaihna pawl
Calehnak le holhlehnak rian (TIS National) nazi 24 chung	131 450
<a href="#">TIS National website</a>	<a href="http://www.tisnational.gov.au/en/Non-English-speakers">www.tisnational.gov.au/en/Non-English-speakers</a>
<a href="#">Document translations (calehmi ca kong)</a> thawngthanhnak	<a href="http://www.dss.gov.au/our-responsibilities/settlement-and-multicultural-affairs/programs-policy/settle-in-australia/help-with-english/free-translating-service">www.dss.gov.au/our-responsibilities/settlement-and-multicultural-affairs/programs-policy/settle-in-australia/help-with-english/free-translating-service</a>

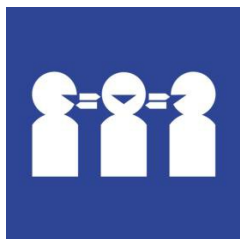
## 'I need an interpreter' (Holhlettu ka herh) timi card

Mirang holh athiam lomi hna nih cozah zungpawl, komuniti phu pawl le chawlehnak bu pawl he ichonhbiak aherh tik i holhlet hal aduh tikah 'I need an interpreter' card a hman khawh. Hi card ah TIS National pehtlaihna numbat pawl le na duhmi holh ttialnak dingah hmun lawng angei. Holhlet na herh tikah kha card kha piah hna.

TIS National nih mah card pawl kha cozah zungpawl le, komuniti phu pawl, cun miaknak rianttuanlo mi zungpawl nih an minung pawl an peknak dingah apek hna.

Na inn ah mah card kha cakuat in kuat piak na duh asi ahcun, TIS National i [tispromo@border.gov.au](mailto:tispromo@border.gov.au) ah email kua hna asilo 1300 655 820 kha phone chawn.

## Holhlehtu hmelchunnak



Holhlettu Hmelchunhna (acung i le hi cauk i cahmai cung kipah aummi) nih Mirang holh athiamtuk rih lomi hna kha cozah lei bomhpekmi pawl an hman tikah holh lei bomhna an hal khawh timi kha a theiher hna.

Hi hmelchunhna hi siizung pawl, palik zung pawl, pyine sianginn pawl, komuniti senta pawl, innhlannak le rianttuannak zung pawl, local kawngsil pawl le khuasaktlamtlinnak lei bomhna petu pawl migrant resource senta pawl ah hmuh khawh asi.

## **Mirang holh cawnnak**

### **Mipem Upa Mirangholh Prokrem (Adult Migrant English Program (AMEP))**

Mirang holh hi Australia nih aram holhah ahmanmi asi. Australia um minung pawl cu holh tampi in an holh hna, sihmanhsehlaw Australia pawl an nunphung ah tlumtlak tein i tel khawhna dingah mirang holh hi na chimthiam i na theithiam aherh. Mirangholh tello in cun, abiapimi bomhpeknak pawl na hmuhna dingah le mahtein aizoh khomi na sinak ding kha ahar ngaimi ah na hmuh khawhmi asi. Australia ah rianttuan aduhmi na si ahcun Mirang holh thiam hi abiapi tukmi asi.

Australia miphun sinak lakding ai timi na si ahcun Mirang holh zeitin dah ka holh lai ti kha na theih aherh.

Adult Migrant English Program (AMEP) hi Australia Cozah nih adirkamhmi asi i Mirang holh cawnnak kha nazi 510 tiang alak tein ralzaam dirhmun in arak lutmi hna le mipem ah cohlanmi hna kha apek hna.

Nangmah zong a upa cangmi mipem asilo ralzaam dirhmun in Australia ah arak lutmi, zungzal umnak nawl visa asilo caan tlawmpal chung lawng umnak nawl visa aitlahmi le mirang holh tlawmpalte asilo mirang holh athiam bak lomi na si ahcun, AMEP a kai kho mi na si kho. Acheu mino mipem kum 15-17 kar pawl zong an kai kho ve men. <https://docs.education.gov.au/node/37165> kha <https://docs.education.gov.au/node/37165> ah aum i cu nihcun tamdeuh in an chimh lai.

AMEP sianginnkhan chungah, Mirang holh thiamnak pawl le Australia mibu kong kha na cawn lai. Arak phan tharmi hna, nangmah he na sining, na tonmi pawl le nai tinhmi pawl he ai khatmi pawl khan a ton hna lai, cun ticun hawithar na ser khawh lai.

AMEP cu Australia Cozah nih hna atlakpimi bomhpeknak a petu pawl hmangin pekmi asi. Sianginnkhaan chungah cun holhdang in aholhmi pawl Mirangholh chimhna dingah tintaan pekmi cawnpiaktu pawl hna nih an cawnpiak hna.

Bomhpeknak an petu nih khan nangmah nih nangmah caah athabikmi aphichuah an petu ding na herhmi hna he ai tlakbikmi sianginnkhaan kha nai thimnak dingah an bomh lai. Caan tling le caan cheu lawng kai dingmi sianginn pawl kha aidangmi caan pawl (ni, zanlei le zarhte zarhpi ni) ah an um cun nangmah he aitlakmi i na cawn khawhna ding ah hmun dangdang ah an um hna. Alangin ca cawnnak, online le inn ah ca cawnnak lei tawlrel piak nak pawl zong an um fawn.



Hngakchia angeimi na si ahcun [AMEP child care \(AMEP hngakchia zohkhenhnak\)](#) zongkha zoh.

### **AMEP caah abiapimi caan serningpawl**

AMEP hmangin Mirang holh tuition na luh khawhnak dingah, Australia i aum cangmi na si ahcun Australia na phanh hnu asilo na visa hmanhram na thok hnu thlaruk chung ah cozah hnatlak pimi AMEP ah min khumhnak na tuah aherh. Australia na phanh hnu asilo na visa ai thok hnu in kum khat chung ah Mirang cacawnnak sianginnkaan khan a thok aherh.

AMEP hmangin Mirang holh na cawnnak dingah na visa aithok bakin asilo na phanhnak ni thla bak in kum nga chung caan na ngei. Hleice in bomh herhmi, sianginn arak kai kho lomi asilo mipem sihlan i hmuhtonnak pawl ruangah harsatnak angeimi na si ahcun ahlei in adang cawnnak pawl ahmu kho mi na si.

Tamdeuh theihternak caah:

AMEP	Pehtlaihnak pawl
Telephone	13 38 73
<a href="#">AMEP Website</a>	<a href="http://www.education.gov.au/amep">www.education.gov.au/amep</a>
Email	<a href="mailto:skilling@education.gov.au">skilling@education.gov.au</a>
<a href="#">Mirangholh asilomi holhdang</a> thawngpeknak	<a href="http://www.education.gov.au/amep-information-other-languages">www.education.gov.au/amep-information-other-languages</a>
Khoika dah Mirangholh ka cawn khawh lai? <a href="#">AMEP cawnpiaaktu le cawnnak hmun</a>	<a href="http://www.education.gov.au/adult-migrant-english-program-service-providers">www.education.gov.au/adult-migrant-english-program-service-providers</a>
<a href="#">AMEP online</a>	<a href="http://amepdl.net.au">http://amepdl.net.au</a>

Khuasaktlamtlinnak bomhpetu nih AMEP na kai hnu cawnnak pehchapnak ding nai timhlannak kha an bomh khawh.

### **Rianttuannak le fimthiamnak caah thiamnak (Skills for Education and Employment (SEE))**

Rian a kawlni na si ahcun, Skills for Education and Employment (SEE) prokrem nih an bomhkhawh. SEE nihcun rianttuan dingah kum atling cangmi hna nih mirangholh asilo ca an thiamnak aniam ruangah rian hmuh ai harhmi hna kha alak in holh, ca le numbat fonhtonh cawnnak le rian he aa pehtlaiimi cawnnak pawl kha nazi 800 apek. Hi prokrem nih kum hnih tiang bomhnak an pek khawh.

Lungtho tein rian a kawlni hna le allowance (tangka bomhnak) asilo tangka hmuhnak atlawm deuhmi bomhnak ahmu mi hna lawng nih SEE bomhnak an hmuh khawh. Acheu cu Adult Migrant English Program (AMEP) an dih hnuah asilo AMEP ah an kai khawh lo caah SEE ah an luh.



Tamdeuh theihternak caah, phone asilo [Centrelink](#) ah kal, Rianttuanak lei Bomhpeknak pawl an petu kha chim, asilo [SEE webpage](#) (achung ca kha ZOH) [www.education.gov.au/skills-education-and-employment](http://www.education.gov.au/skills-education-and-employment) ah khan rak kal.

[Dal 5 nak, Rianttuannak](#) kha rak zoh fawn.



## 4 Fimcawnnak le tintan

### Hi section chungah cun

- [Hngakchia zohkhennak](#)
- [Lentecelhnak pawl](#)
- [Sianginn le Mucusianginn](#)
- [Riancawnnak Fimcawnnak le Tintaan](#)
- [National Training Complaints Hotline \(Ramchung training kainak kong phunzainak line\)](#)
- [Sianghleiruun](#)
- [Fimcawnnak caah thiammi asilo tintaan kainak ruahchannak caah thiammi le ngeihmi thiamnak pawl theihhngalh pinak](#)
- [Sianghngakchia tangkapeknak pawl bomhnak](#)
- [Sianghngakchia konseson card](#)
- [Komuniti caah caantawi cawnnak](#)

Mirangca cawnnak dingah theih hngalhnak na herh asi ahcun, [Dal 3 nak, Mirang Holh](#) ah zoh.

### Hngakchia zohkhennak

Rian na ngei, ca na cawng asilo adang pekchanka rianpawl na ngeih tikah midang nih phungning tein an tuahmi zohkhenhnak – mah cucu, hngachia zohkhenhnak- ah na fa kha na chiah aherh kho. Chungkhar tapi caah athami hngakchia zohkhenhnak le hngakchia cawnnak bomhpeknak timnak tuah hi ahar kho mi asi. Mah hi cu nangmah na chungkhar nih aherhmi le nangmah le na fa nan hngam cemnak cungah ai hngat ko lai. Hngakchia zohkhennak atuahmi vialte cu thiamnak angeihcangmi, asilo cohlanmi fimthiamnak le zohkhenhnak hmu dingah rian attuanmi hna an si hrim aherh.

Hngachia zohkhenhnak nih arak phantharmi nulepa le an fale pawl kha miaknak tapi apek hna. Australia minung tapi nih mah hi bomhnak hi an hman cio.

Hngakchia zohkhenhnak le hngakchia fimcawnnak bomhpeknak pawl nih hngakchia pawl kha hawikomhnak, lungthin lei le zung thiamnakpawl cawnnak an tthanchonak dingah abomh hna. Miphun kip arami hngakchia pawl nih Mirangca kha an cawn lai cun le an umnak pawngkam thar theihhngalhnak kha an ngei lai. Athami hngakchia cawnnak le hngakchia zohkhenhnak prokem pawl nih hngakchia pakhat i atthannak, fimthiamnak le an u pat hnu rianttuannak pawl kha a tthancho ter khawh.

Hngachia zohkhenhnak aum caah tintaan na kai kho, ca na cawngkho asilo rian na kal kho, na innchungkhar a bawntu asi cun na khuasaknak a tlamtlinnak nak dingah lam an sial piak tu zong asi.



Hngakchia zohkhenh bomhpeknak hi phun tapi in aum. Cu hna ahcun long day care (chunnitlak zohkhenhnak), family day care (chungkhar in chunnitlak zohkhenhnak), occasional care (a caan caan zohkhenhnak) le in-home care (innchung zohkhenhnak), cu pin ah khuatlawn caan zohkhenhnak le primary sianginn kai hngakchia an sianginn kailo caan zohkhenhnak pawl kha an i tel.

- Long Day Care (Acaan saumi hngakchia zohkhenhnak) cu achelcaan ah hngakchia zohkhenhnak hrampi tiin theih asi i inn pakhat asilo hngakchia zohkhenhnak ca i hman dingah ahleiin sakmi inn pakhat ah tuah asi.
- Family day care (Chungkhar hngakchia zohkhenhnak) cu cozahnih atheihpimi hngakchia zohkhenhnak pakhat nih midang hngakchia pawl kha a mah ngeihmi inn ah zohkhenhnak apeknak hmun kha asi.
- Occasional care (Acaan caan hngakchia zohkhenhnak) timi cu azungzal in hngakchia zohkhenh piak aherhlo mi hna chungkhar hna caah aitlakmi asi.
- In-home care (Mi innchung hngakchia zohkhenhnak) cu zaa alongmi hngakchia zohkhenhtu nih hngakchia umnak inn ah hngakchia zohkhenhnak an tuahmi asi. Hi bantuan zohkhenhnak cu pawngkam siningpawl aidangmi hngakchia pawl ca lawngah asi.
- Hngakchia pawl nih tangcheu asilo mucu progkrem pawl zong kha hngakchia pawl an sianginn kainak caah timhlanhnak apetu hngakchia zohkhenhnak sentta ah kai kho. [White Pages](#) telephone cauk ah khan ttial an si.

National Child Care Access Hotline kha 1800 670 305 ah phone chawn asilo [MyChild](#) website [www.mychild.gov.au](http://www.mychild.gov.au) ah khan kal law na kawlingmi cu:

- na umnak pawngah cozah nawlpekmi hngakchia zohkhenhnak rianttuannak pawl
- cozah nawlpekmi hngakchia zohkhenhnak phunphun le hmunlawng aum kho mi
- nawlpekmi hngakchia zohkhenhnak chiah man cungah cozah bomhnak
- hleice in zohkhenh aherhmi hngakchia caah bomhpeknak
- nunphung ai dangciomi hna i hngakchia hna caah bomhpeknak

#### Rampi huap hngakchia zohkhenhnak thawngpeknak Website

[Hngakchia zohkhenhnak hmun](#)

kha na umnak pawngah kawlingmi

[www.mychild.gov.au](http://www.mychild.gov.au)

[Assistance with child care fees](#)

Cozah ([hngakchia zohkhenhnak man bomhnak](#)) (hngakchia zohkhenhnak man bomhnak)

[www.humanservices.gov.au/childcare](http://www.humanservices.gov.au/childcare)

[Changes](#) (Thleng) cozah bomhnak ah

[www.education.gov.au/jobsforfamilies](http://www.education.gov.au/jobsforfamilies)

Department of Education and Training,  
[Early Childhood and Child Care](#)  
([Hngakchiat lio le hngakchia zohkhenhnak](#))

[www.education.gov.au/early-childhood-and-child-care](http://www.education.gov.au/early-childhood-and-child-care)

[Na chungkhar caah](#) (Athami zohkhenhnak ithimnak)

<https://docs.education.gov.au/node/29716>





## **AMEP hngakchia bomhnak**

Adult Migrant English Program (AMEP) nih AMEP ah holh acawngmi nu le pa hna cu an sianginn kai lio caan ah an fale kum atling rihlomi hna zohkhenhnak kha alak in atuah piak hna. AMEP ah cawnnak na dih hnu in, adang prokrem pawl nih na fale zohkhenhnak man kha an in pekpiak ti lai lo caah hngakchia zohkhennak kha na zohfel tthan aherh.

## **Hngakchia zohkhennak i rianttuannak**

Australia i hngakchia zohkhenhnak cu hngakchia hna nih athabikmi zohkhenhnak an hmuhnak dingah thatein kilhkamhmi asi. Australia federal cozah le pyine le ramtthen cozah hna cu hngakchia zohkhenhnak caah apehtlai tein ttuanvo alami an si hna.

Hngakchia zohkhenhnak rianttuantu hna le cu ka hmun i hngakchia cawnpiaktu pawl hna cu hngakchia fimcawnnak, humhimnak le nunnuamhnak, cun hngakchia zohkhenhnak man peknaq tibantuk pawl he ai pehtlaimi cozah zulhphung hna le zulhdng pawl he khan ai tlak ning tein rian ttuan an herh.

Phungning tein tuahmi hngakchia zohkhenhnak cawlcanghnak pawl ah i tel ve dingin na fuhpanh ve asi ahcun, hi bantuk pawl le adang aherhmi zulhphung pawl kha i ralring. Ngeih na herh rih dingmi, asilo cawn na herh dingmi cu, cozah theihpi mi fimcawnnak le zohkhenhnak in hmuhmi thiamnak, Certificate III in Children's Services kha, Registered Training Organisation chungin, Technical and Further Education (TAFE) tibantuk cawnnak pawlah na hmuh aherh kho.

Na tangka hmuhmi kha Centrelink le Australia Taxation Office ah theihternak na tuah hrimhrim aherh. Mah bantuk hi phungning tein asimi hngachia zohkhennak kip nih an tuah herhmi asi.

Zulhphung azul lomi hna hngakchia zohkhenhnak bomhpetu hna le cawnpiaktu hna caah dantatnak fakpi an um, tangka liamternak in sualphawtnak le tazacuainka tiang an tong kho.

Hngakchia cawnpiak tu sinak ding kong tamdeuh theihnak dingah, na umnak pyine asilo ramtthen cozah hna i fimcawnnak lei website pawl ah khan rak kal.

## **Lentecelhnak bupawl**

Lentecelhnakbu timi cu hringtu nu pawl, hringtu pa pawl, pi le pu pawl, zohkhenhnak apetu pawl, hngakchia hna le bawhkheuh pawl kha zaang adammi hmuhma pakhat ah hmunkhat te ah tonnak tuahmi asi.

Lentecelhnak bupawl nih hngakchia hna kha adang hngakchia pawl he an i pehtlaihnaq hna le hibantuk i an i telnaq thawngin an hmuhon tharmi hmangin an tthanchonak le an cawnnak ah bomhnak a pek khawh hna. Lentecelhnak bu ah an kalnaq thawngin chungkhar hna caah apikpak umnak kha azor ter, aruangcu lentecelhnak bu nih hin mibu cawlcanghnak pawl le a local mibu pawl he i pehtlaihnaq dingah caantha aser piak hna.



Lentecelhnak bupawl cu ai dangmi hmun tampi ah nu le pa hna le zohkhenhnak apetu pawl hna hmangin tonnak tuahmi asi. An sinah na luh hlan ah alak tein na va len khawh tawn hna. Na va kal tthan tik ah caankarlak eidin tete asilo hmantlak suainak thilri cawknak man pawl caah tangka tlawmpal te a pek a hau kho, lentecelhnak bupawl hna i an tuah cio mi cungah ai hngat lai.

[Playgroup Australia](http://www.playgroupaustralia.com.au/) kha 1800 171 882 ah rak chawn hna asilo lentecelhnakbu hmuhnak dingah [www.playgroupaustralia.com.au/](http://www.playgroupaustralia.com.au/) ah khan rak kal.

## **School and Preschool (sianginn le tualleng)**

Preschool asilo kindergarten (tualleng sianginn) cu sianginn rihlomi hngakchia vialte caah asi. Preschool nih hngakchia kha sianginn an kai hlan ah taksa le, thinsung lei le hawikhomhnak lei ah tthanchonak apek hna.

Hngakchia cu kum nga an si in Year 10 (tang hra) an dih tiang sianginn kai hrimhrim an herh. Year 10 an dih hnu in caantling fimcawnnak, tintaan asilo rianttuannak asilo hi bantuk cawlcanghnak ai fonhmi pawl (zarhkhat ah atlawmbik nazi 25) ah kum 17 an si tiang an i tel hrimhrim aherh.

Abuaktlak, hngakchia cu primary school ah kum 12 asilo 13 an si tiang an kai cun high school (asilo 'secondary school') ah kum 17 asilo 18 tiang an kai. College pawl (secondary schools nak asangdeuh) cu Years 11 le 12 sianghngakchia pawl, high school caminpuai hnudungbik caah timhlanhnak a ngeimi hna ca lawng ah asi.

Na fale kha cozah asilo cozah asilomi sianginn hna ah na chiah khawh hna. [White Pages](#) ah sianginn pawl umnak kha ttial asi.

Cozah sianginn hna nih cu alak tein fimcawnnak kha apek. Sihmanhsehlaw, sianginn tamdeuh ahcun fimcawnnak lei le zaangleknak lei prokrem pawl caah kum khat voikhat in tlawmte tangka an hal tawn. Nu le pa hna nih ahleihluat asimi thilri pawl khedaan, bawlpen, tekbuk pawl le sianginn zunifawm pawl kha an zalh ve ahau kho.

Temporary visa (caantlawmpal umnak visa) aitlahmi sianghngakchia hna nihcun sianginn man pawl kha adihlak in an liam a hau kho- sianginn ah hlathlainak tuah.

Cozah sianginn asilomi hna nihcun sianginn man an lak, cun an nih cu biaknak lei he pehtlaihnik asilo fimthiamnak lei ah an zumhkunmi pawl kha an ngei kho. Privet fimthiamnak kong theihnik ding ahcun, thimkhunmi sianginn kha pehtlaihnik tuah asilo cozah asilomi fimcawnnak lei nawngeitu hna he khan tonnak dingah nawl hal hna.

Sianginn kai hlan asilo kai hnu zohkhenhnak na herh a, asilo sianginn khar lio caan ah zohkhenhnak na herh ahcun, sianginn kha hal.



## Sianginn luhnak

Na fa sianginn na luh tikah, phone chawn asilo sianginn ah va kal. Na visa asilo Austalia luhnak catlap pawl, na fa chuahkehrnak ni le thla tette, cun zeibantuk catlap paoh, sianginn theihternak ca pawl telhin, hawihlan i an fimcawnnak he ai pehtlaimi pawl hna kha kha nai ken aherh lai. Zawt khamnak sii an rak i chunh cangnak catlap pawl zong kha na piak aherh lai. [Dal 9 nak, Ngandamnak le nunnaumhnak](#) ah zoh.

Sianginn thim hi a har ngaimi biakhiahnak asi kho. Nan umnak sang pawl i sianginn kong kha [MySchool](#) website [www.myschool.edu.au/](http://www.myschool.edu.au/) ah tamdeuh na cawn khawh.

## Mirang holh thiamlo mi sianginn hngakchiapawl

Mirang holh cawnnak bomhpeknak rianpawl hi Australia ramchungah ai dang cio. Na pyine asilo ramtthen fimcawnnak nawlungeitu asilo na fa kainak sianginn kha tamdeuh theihnak dingah chawn hna.

Pyine le ramtthen	Thawngthanhnak	Website
ACT	<a href="#">Education and Training Directorate</a>	<a href="http://www.det.act.gov.au/teaching_and_learning/english-as-an-additional-language-or-dialect">www.det.act.gov.au/teaching_and_learning/english-as-an-additional-language-or-dialect</a>
NSW	<a href="#">Department of Education</a>	<a href="http://www.schools.nsw.edu.au/gotoschool/a-z/esl.php">www.schools.nsw.edu.au/gotoschool/a-z/esl.php</a>
NT	<a href="#">Department of Education</a>	<a href="https://nt.gov.au/learning/international-students-and-migrants/english-as-a-second-language-students">https://nt.gov.au/learning/international-students-and-migrants/english-as-a-second-language-students</a>
Qld	<a href="#">Department of Education and Training</a>	<a href="http://education.qld.gov.au/schools/about/support.html">http://education.qld.gov.au/schools/about/support.html</a>
SA	<a href="#">Department for Education and Child Development</a>	<a href="http://www.sa.gov.au/topics/education-skills-and-learning/schools/curriculum-and-learning/student-support-programs/english-as-a-second-language">www.sa.gov.au/topics/education-skills-and-learning/schools/curriculum-and-learning/student-support-programs/english-as-a-second-language</a>
Tas.	<a href="#">Multicultural Access Point</a>	<a href="http://www.multicultural.tas.gov.au/education_and_english">www.multicultural.tas.gov.au/education_and_english</a>
Vic.	<a href="#">Department of Education and Training</a>	<a href="http://www.education.vic.gov.au/school/teachers/teachingresources/diversity/eal/Pages/ealne_wstudent.aspx">www.education.vic.gov.au/school/teachers/teachingresources/diversity/eal/Pages/ealne_wstudent.aspx</a>
WA	<a href="#">Department of Education</a>	<a href="http://det.wa.edu.au/curriculum-support/eald/detcms/navigation/program-information/eal-d-school-programs/">http://det.wa.edu.au/curriculum-support/eald/detcms/navigation/program-information/eal-d-school-programs/</a>



## Sianginn holhlettu hna

Nulepa le zohkhenhtu pawl mirangholh tlawmte lawng asilo aholhthiam bak lomi hna nih sianginn i an fale an i telnak kong biaruahnak caah ah holhlettu a ngei kho. Sianginn ah tonnak na ngeih hlan ah, [TIS National](http://www.tisnational.gov.au) kha 131 450 (nazi 24, zarhkhat ni sarih) kha chawn asilo [www.tisnational.gov.au](http://www.tisnational.gov.au) ah kal.

## Vocational Education and Training (Rianthiamnak lei fimcawnnak le tintaan)

Vocational Education and Training (VET) cawnnak pawl cu seh thilri lei asilo rian tthiamnak, asilo aifiangmi rian pakhat thiamnak hmuh aduhmi hna caah asi. Rianthiamnak lei tintaan cawnnak pawl cu information technology (thawngpang thanhnak lei thiamnak), chawlehtawnnak lei rianttuannak, zuungthiamnak le thawngpeknak, khualtlawnnak lei le khualzohkhenhnak lei, hngakchia zohkhenhnak, thiri phurhnak le tuakthiamnak, innsaknak, vawleitang thiri chuahnak, thilri siamnak le khuate lei sehzungpawl dirhnak tibantuk pawl ahkhan tampi an um.

VET cawnnak pawl ah na luh hlan ah, na cawnduhmi pawl kha zohfelnak na tuah ding asi i Australia ah hin zeibantuk tiamnak dah atu lio ah rian caah an herh timi kha na zoh ding asi. [MySkills website](http://www.myskills.gov.au) nih hi kong hlathlainak bomhnak dingah thawngthanhnak kha [www.myskills.gov.au](http://www.myskills.gov.au) ah apek.

MySkills website nihcun Australia i VET cawnnak dingah tintaan apetu bu pawl kong thawngthanhnak kha atuah. Hi pawl ahcun Technical and Further Education (TAFE) fimcawnnak bu pawl, Adult and Community Education (ACE) bu hna, le Private Registered Training Organisations (RTOs) kha an i tel.

Secondary school (tanghleihnih sianginn) i sianghngakchia pawl nihcun VET cawnnak pawl kha an sianginn kai hnuungbik kum ah an cawn khawh. VET cawnnak caah tangka liam asi, cun sianghngakchia hna nih an mah tein an cauk, thilri asilo hriamhmanmi pawl kha an i cawk a hau kho. Acheu cawnnak pawl an cawn khawhnak dingah sianghngakchia hna nih tang hleihnih sianginn kha an dih hrimhrim aherh.

VET cawnnak in asang deuhmi le diploma-level in aluhmi sianghnakchia hna caah, Australia cozah nih VET FEE-HELP tangka cawinnak atuah. VET FEE-HELP nih cun sianghngakchia hna kha tangka lei bomhnak apek hna caah an sianginn kainak man kha an kai hlanah pek hmasat an hau lo. Sianghngakchia VET FEE-HELP in tangka cawinnak bomhnak ahmumi hna nih an cawimi tangka kha an tangka lutmi nih atlawmbik tangka pek tthannak dingah khiahmi zat aphanh in ngunkhuai peknak lam hmangin an cham tthan. Hi tangka cawinnak na sawk tikah, na minsen na thut hlan ah theih aherhmi pawl le zulh aherhmi pawl vialte nai ralrin dingkha nangmah ttuanvo asi. [VET FEE-HELP](http://studyassist.gov.au/sites/studyassist/help-payingmyfees) kong tamdeuh theihnak caah, <http://studyassist.gov.au/sites/studyassist/help-payingmyfees> ah rak kal.



Ahmun	VET thawngthanhnak	Telephone	Website
Rampumpi	<a href="#">My Skills Training Directory</a>		<a href="http://www.myskills.gov.au">www.myskills.gov.au</a>
ACT	<a href="#">Skilled Capital</a>	02 6205 8555	<a href="http://www.skills.act.gov.au/?q=skills-training-act">www.skills.act.gov.au/?q=skills-training-act</a>
NSW	<a href="#">Smart and Skilled</a>	1300 772 104	<a href="http://www.smartandskilled.nsw.gov.au">www.smartandskilled.nsw.gov.au</a>
NT	<a href="#">Northern Territory Training Entitlement</a>		<a href="https://nt.gov.au/learning/adult-education-and-training/vocational-education-and-training-VET">https://nt.gov.au/learning/adult-education-and-training/vocational-education-and-training-VET</a>
	<a href="#">Department of Business</a>	08 8999 5511	<a href="http://www.vet.nt.gov.au/">http://www.vet.nt.gov.au/</a>
Qld	<a href="#">Skills Gateway</a>	1300 369 935	<a href="http://www.skillsgateway.training.qld.gov.au">www.skillsgateway.training.qld.gov.au</a>
SA	<a href="#">Work Ready</a>	1800 506 266	<a href="http://www.skills.sa.gov.au/training-learning">www.skills.sa.gov.au/training-learning</a>
Tas.	<a href="#">Skills Tasmania</a>		<a href="http://www.skills.tas.gov.au/learners">http://www.skills.tas.gov.au/learners</a>
Vic.	<a href="#">Victorian Training Guarantee</a>	13 1823	<a href="http://www.education.vic.gov.au/training/learners/vet/pages/funding.aspx">www.education.vic.gov.au/training/learners/vet/pages/funding.aspx</a>
WA	<a href="#">Future Skills</a>	08 6551 5000	<a href="http://www.futureskillswa.wa.gov.au/studentsparents/Pages/default.aspx">www.futureskillswa.wa.gov.au/studentsparents/Pages/default.aspx</a>

Thiamnak pawl le thiamcangmi pawl theihpinak theihhngalhnak caah [Dal 5 nak Rianttuannak](#) kha zoh.

## National Training Complaints Hotline (Ramchung training kainak kong phunzainak line)

[National Training Complaints Hotline](#) cu riancawnnak lei fimcawnnak le tintaan pawl he pehtlain lungtlinlonak pawl ttialnak dingah thilh mangtu hna caah tuahmi ramchung bomhpeknak asi. Hi bomhpeknak rian nih thilh mangtu hna kha an lungtlinlonak pawl bomh dingah aitlakmi cozah aiawhtu/nawIngeitu/biaceihnak ah khan pehtlaihternak atuah chin hna.

Riancawnnak lei fimcawnnak le tintaan pawl hi, Australia mipun, pyine le ramtthen cozah pawl telhin ai dangmi bu tampi an i tel caah abuai ngai. Thilh mangtu hna nih ningcang tein tuahmi le theih afawimi lam in lungtlinlonak pawl theihternak tuahnak an ngeih awk asi.

Hotline nih hin lungtlinlonak langhternak kip kha hlathlainak atuah lo sihmanhsehla ruahnak chuahnak caah aitlak bikmi cozah aiawhtu, nawIngeitu asilo biaceihnak hna ah a pekchanh. [Hotline](https://www.education.gov.au/NTCH) kong tamdeuh theihnak dingah <https://www.education.gov.au/NTCH>



Hotline cu Nikhat ni in Ninga ni tiang nazi 8am in 6pm tiang ramchung huapin rian an ttuan. Telephone numbat cu 13 38 73 asi. Lungtlinlonak pawl ca in ttial i email [skilling@education.gov.au](mailto:skilling@education.gov.au) ah kuat khawh asi. Asikhawh chungin tling tein ttial, nangmah pehtlaihna pawl kha telh, mah cucun na lungtlinlonak kha tlenglak in ruahpiak khawh lai.

Holhlettu bomhpeknak cu TIS National kha 131 450 ah khan chawn law na hmuh lai. National Training Complaints Hotline kha hal hna.

## Universities (Sianghleikai pawl)

Australia university pawl hi vawlei chung atha bik ah an i tel. Boih degree pakhat cawnnak ahhin kum thum tiang arau tawn, sihmanhsehlaw degree pahnih le post-graduate (boihlak hnu ah cawncapmi) pawl a tuahmi hna cu caan sau deuh an rau ve. Acheu cawnnak pawl nihcun alangin (online) cawnnak le part-time cawnnak pawl ithim khawhna an ngei. Sianghleiruun sianginn pawlnih caan tawideuh thiamhleikhunnak lei thanchonnak cawnding pawl zong an pek khawhmi asi fawn.

Australia fimcawnnak kong tamdeuh cawnnak dingah:

- Australia ah peem dingin khua na ruahlio asi ahcun asilo [to study in Australia \(Australia ah ca cawn dingin\)](#), [www.studyinaustralia.gov.au](http://www.studyinaustralia.gov.au) ah kal.
- [Domestic student or humanitarian visa holder \(ramchung sianghngakchia asilo ralzaam sinak visa ai tlaihmi\)](#) na si ahcun [www.studyassist.gov.au](http://www.studyassist.gov.au) ah kal.

Australia fimcawnnak siangsang pawl le cawnnak hmun pawl [compare \(tahchunh\)](#) na duh asi ahcun, [www.qilt.edu.au](http://www.qilt.edu.au) ah na tuah khawh.

[Information about entry requirements, admissions and courses \(luhnak caah aherhmi pawl, luhnak man le cawndingmi pawl theihhngalhnak\)](#) caah, kai nai timhnak university asilo na umnak pyine asilo ramtthen i siangsang lei luhnak center ah pehtlaihna na tuah awh asi ([http://studyassist.gov.au/sites/studyassist/mytertiarystudyoptions/courses\\_qualifications/pages/enrolling-in-a-course](http://studyassist.gov.au/sites/studyassist/mytertiarystudyoptions/courses_qualifications/pages/enrolling-in-a-course)).

Sianghngakchia mirangholh a thiamtuk rihlo mi hna nihcun an university kha a chonh hna i an cawnmi cawnnak caah aherhmi mirangholh thiamnak level kha an hlathlai awk asi. Sianghleiruun sianginn na thok hlan ah, khaka hmun i na ca cawnnak dingah na mirangholh thiamnak nih atlinh le tlinhlo hngalhiannak dingah mirangholh cawnnak prokem ahkhan minkhumnak na tuah a herh kho mi asi.

Sianghleiruun sianginn ca cawnnak man hi na kainak university le na cawnmi cungah hngatin ai dang hna. Na luhlan ah, na ca cawnnak dingah adihmi adih lak in zeizat dah asi, zeitin dah na pek lai, cun cauk, umnak le nifatin na herhbau hna kha zeitin dah na pek lai timi kha nai ruah hmasat ding asi.



Rammi sianghngakchia hna university ah cacawnnak ding bomhnak caah, Cozah nih university hmun pawl le bomhnak hmukho sianghngakchia hna caah Higher Education Loan Program (HELP) bomhnak hmuhnak lam apek hna. A hmu kho na si ahcun, na sianghngakchia man pawl kha na kai hlan ah pek hau lo sihmanhseh law HELP i tangka na cawi mi kha rian na ttuan tik i na tangka hmuhmi nih atlawmbik in an khiahmi zat pekding a phanh tikah ngunkhuai tangka peknak lam hmang in na cham khawh. Hi tangka khiahmi zat hi kum khat voikhat in an langhter i [StudyAssist](http://www.studyassist.gov.au) ([www.studyassist.gov.au](http://www.studyassist.gov.au)) ah hmuhkhawh asi.

## Ramdang sianghngakchia bomhnak

Na kainak fimcawnnak le tintaan pawl kha Australia i ca cawnnio i bomhnak na hmuhnak dingah apakhatnak pehtlainnak na tuahnak hmun an si hna. [Settlement information for international students \(ramdang sianghngakchia caah khuasaktlamtlinnak kong theihnak\)](#) cu [www.studyinaustralia.gov.au/global/live-in-australia](http://www.studyinaustralia.gov.au/global/live-in-australia) ah le adang site pawl cu:

Ramdang sianghngakchia thawngthanhnak	Website
<a href="#">Department of Education and Training</a>	<a href="http://www.internationaleducation.gov.au/">www.internationaleducation.gov.au/</a>
<a href="#">Future Unlimited</a>	<a href="http://www.studyinaustralia.gov.au/">www.studyinaustralia.gov.au/</a>
<a href="#">Immigration information</a>	<a href="http://www.border.gov.au/Trav/Stud">www.border.gov.au/Trav/Stud</a>

## Fimcawnnak asilo tintaan kainak ding caah thiamnak pawl le hmuhcangmi thiamnak pawl cohlanak

Australia ah tintaan asilo ca cawnnak tuah na duh asi ahcun, ramdang i na rianttuannak hmuhcangmi le na hmuhcangmi thiamnak pawl kha tintaan apetu, university, asilo thiamnak le a zohfeltu nawlgeitu hna nih phungning tein theihpinak an in ngeih hmasat ahcun na caah san atlai ngai lai. Cu bantuk nihcun na cawn duhmi ca luhnak i aherhmi pawl na tlinhnak dingah, asilo tintaan kainak caan tlawmdueh in ttumhpiak na sinak ding zong ah an bomh khawh.

Thiamnak pawl le hmuhcangmi thimnak pawl theihpinak kong tamdeuh cu [Dal 5 nak, Rianttuannak](#).

## Sianghngakchia tangkapeknak bomhnak

Youth Allowance (kum 16-24 kar lak) le Austudy (kum 25 le acunglei asimi hna) nih Australia i a ummi hna caan-ting tein cozah hnatlakmi ca acawngmi sianghngakchia hna le an tangka hmuhnak le neihchiah hmuhding zat ahmu lo mi pawl kha tangka lei bomhnak a pek hna.

[Waiting period \(hngahnak caan\)](#) timi hi atamdeuh arak phantharmi hna caah asi. Ralzaam hna le minunghumhinnak lei in arak lutmmi hna cu hi hngahnak caan in thleithian an si. Tamdeuh theihnak dingah, [Centrelink](#) kha [www.humanservices.gov.au/customer/subjects/payments-students-and-trainees](http://www.humanservices.gov.au/customer/subjects/payments-students-and-trainees) ah pehtlainnak tuah.



[Dal 10 nak, Na Innchungkhar](#) kha zoh.

## **Sianghngakchia konseson card pawl**

Acheu pyine le ramtthen hna ahcun, sianginn le fimcawnnak asang deuhmi sianghngakchia hna cu sianghngakchia nih an i tlaihmi card ahmu kho i cu card cun cozahnih mipi caah atuahmi kha tangka tlawmdeuh pek in an hman khawh, bianabia ah bus citman pawl. Na kainak sianginn asilo siangsang pawl kha sianghngakchia card kha hal hna.

## **Community pekmi caantawi cawmmi pawl**

Adult and Community Education (ACE) nih local mibu chung i kum 15 cung lei asimi hna caah fimthiamnak lei cawn dingmi pawl kha apek. ACE cawnnak hna cu fawi tein cawn khawh ding in tuahmi asi cun tuahkhawhna ai dangciomi hna le chuahknak hmun aidangciomi hna he aitlakmi asi. Abik in, ca cawnnak caan hi zarhkhatah nazi pa hnih in pa thum tiang arau, zarh ruk in zarh riat cunglei, asilo ni-ting tein tuahmi asi. Achelcaan ca cawnnak pawl cu zanlei caan ah asilo zarhte zarhpi ni ah an tuah tawn.

ACE ca cawnnak pawl hi thiamnakhmuhnak ah a cang tawn lo, sihmanhsehlaw cozah phungning tein tamdeuh fimcawnnak le rian he aa pehtlaimi tintaan kainak lam asialpiak khawh. ACE nih rian he aipehtlaimi thiamnak le thiamnak pawl asilo pumpak hngangamnak, nunningdaan asilo mibu cawlcanghna lei herhmi pawl kha an pek khawh.

Caantawi cawmmi cawnnak pawl hi theihngalhnak le thiamnak, bianabiaah zungthiamnak, thawngthanhnak lei cawnnak, afami chawlehnawhnak, holhdang cawnnak pawl le zangleknak peknak dingah sermi le theihpi mi pawl an si.

Technical and Further Education (TAFE) le Vocational Education Training (VET) bu hna nih caantawi theihpimi ca cawnnak siseh theihpi-lomi caantawi ca cawnnak pawl phungning tein akhingtlainak a um lomi pawl kha a pek khawh.





# 5 Rianttuannak

## Hi ka section ahcun

- [Rian kawlnak](#)
- [Centrelink](#)
- [Thiamnak le cawnnak in hmuhmi thiamnak pawl cohlan theihpinak](#)
- [Rianttuannak hmun i covo pawl le kilvennak pawl](#)
- [Rianttuannak hmun i ngandamnak le humhimnak](#)
- [Superannuation \(rianttuannak nih kan lahkah chungin an kan khonpiak mi tangka\)](#)

## Rian kawlnak

Australia chung rian kawlnak hi ahar kho ngai mi asi. Chawlehwlnak kongpawl, na hmuhcangmi thiamnak pawl, zungthiamnak le mirangholh na thiamnak le na kawlni rian pawlnih khan zeitluk rangin dah rian na hmuh khawh kha ai seng. Australia ah hin hmum khat le hmun khat riam atlawmtam ai dang cio.

Ni fatin chuahmi thawngthanhca nih 'Job Vacancies' (or 'Positions Vacant' ) 'riang alawngmi' pawl kha athanhchih peng. Rian alawngmi pawlhi online zong ah ttial an si. Private riankawlnak aiawktu pawl cazin zong [telephone directory \(telephone lamhmuhsaknak cauk\)](#) ah ttial an si cun online riankhumnak webite tampi zong ttial asi.

Australia chung rian lawngmi pawl cu [jobactive](#), Australia i angan bik pakhat asimi alak in online riankawlnak website [www.jobactive.gov.au/](http://www.jobactive.gov.au/) ah na kawlni khawh.

Volunteering (Lungduhrianttuannak) nih rianhmuhnak lam asial piak khawh hna: [Dal 12 nak, Mipi Teltumnak](#).

## Centrelink

Centrelink nih rian kawltu hna caah bomhpeknak rian le tangka peknak atuah. Rian na kawlni, cozah theihmi ca na cawn asilo cozah hnatlakmi cawlcanghnak rian na tuah asi ahcun tangka lutnak lei bomhnak hmuh khawh na si.

Centrelink	Pehtlaihnak pawl
<a href="#">Centrelink website</a>	<a href="http://www.humanservices.gov.au">www.humanservices.gov.au</a>
<a href="#">Mipeem, Ralzaam le Khualleng hna caah tawngpeknak</a>	<a href="http://www.humanservices.gov.au/multicultural">www.humanservices.gov.au/multicultural</a>
<a href="#">Holhdang in thawngthanhnak</a>	<a href="http://www.humanservices.gov.au/yourlanguage">www.humanservices.gov.au/yourlanguage</a>
Holhdang in thawngpeknak caah	131 202
Telephone rian kawltu	132 850



Rian na hmuhnak bomhnak dingah, Centrelink nih jobactive asilo Disability Employment Services ( Pumtlamtinglo rianttuannak bomhnak petu) tinbantuk Employment Service Provider (Rianttuannak Bomhnak Petu hna) sinah an in pekchanh khawh. Khuapi he aihlatnak ah na um asi ahcun Community Development Program (Mibu Tthanchonak Prokrem) apetu hna sinah khan an in pekchanh lai.

## jobactive

jobactive nih riankawltu hna le rianngaitu hna kha a pehtlaihter hna cun Australia ramchung ah hmun 1700 leng ah mah hi rian peknak hi tuah asi. jobactive rianpetu hna nih an bomhpeknak hna kha an bomhmi hna minung nih an herh ningin an remhpiak hna. Local chungum mi rianngaitu hna, cozah hnatlakpi mi tintaanpeknak bu hna, cozah, mibu le ngandamnak lei bu pawl hna he an minung hna nih rian an hmuhnak dingah an ttuan tti.

Nangmah zong nih tintaan kainak le rianttuannak i hmuhtonmi, hmundang i thialnak bomhnak, ttuanman tangka bomhnak pawl, tintaan, chawlehnawlnak athar thoknak ding bomhnak caah apprenticeship (riancawnpah tangka hmuhnak) asilo New Enterprise Incentive Scheme bomhnak kha na hmuh khawh hna. [Help for jobseeker \(riankawltu bomhnak\)](#) cu [www.employment.gov.au/jobactive-help-job-seekers](http://www.employment.gov.au/jobactive-help-job-seekers) ah zoh khawh asi.

jobactive bomhnak an petu nih khan Job Plan timi tuah kha an in bomhlai, cu nihcun rian pakhat na hmuhnak ding le cu rian na ttuan khawhnak dingah zeidah na herh timi kha an in zohfel piak lai. Cu ahcun resume (mahkongttialnak), rianttuannak hmuhtonmi ngeihnak le thiamnak asilo cawnmithiamnak thar na hmuhnak ding pawl ai tel kho.

Ralzaam asilo humhimnakpekmi sinak in arak lutmi na si ahcun, na phanh bak in riankawlnak lei bomhpeknak vialte kha ahmu kho na si. Adang mipeen pawl hna cu atlawm deuhmi riankawlnak bomhnak pawl lawng an hmu kho. Hi kong theihnak tamdech caah Centrelink kha pehtlaihnak tuah.

Nan umnak sang i [local jobactive provider \(umnak sang jobactive riankawltu\)](#) hmuhnak dingah [www.jobactive.gov.au](http://www.jobactive.gov.au) ah kal.

Aho paoh Australia chungah phungning tein rian ttuannak nawl pekmi hna nih (rianttuannak visa he Australia ah khual arak tlawngmi pawl telhin) rawltuan rian, thingthei le adang tisikanhngah pawl ttawnak te pawl telh in lo rian pawl an ttuan kho. Harvest Labour Services rianttuantu hna nih jobactive hmangin bomhpeknak rian pawl an pek.

jobactive	Pehtlaihnak pawl
Job Seeker Hotline	136 268
<a href="#">jobactive</a> website	<a href="http://www.jobactive.gov.au">www.jobactive.gov.au</a>
jobactive <a href="#">mirangholh asilomi holhdang in thawngpeknak</a>	<a href="http://www.employment.gov.au/translated-jobactive-factsheets">www.employment.gov.au/translated-jobactive-factsheets</a>



jobactive	Pehtlainnak pawl
Australia minung <a href="#">Labour Market Update</a> ca thanhnak	<a href="http://employment.gov.au/australian-labour-market-update-publication">http://employment.gov.au/australian-labour-market-update-publication</a>
<a href="#">Harvest Labour Services</a> Thawnthanhnak	<a href="http://www.harvesttrail.gov.au/">www.harvesttrail.gov.au/</a>

Atanglei bomhnak rianttuantu pawl zongnih an bomhkhawh:

Aiaawhtu le rianttuannak	Telephone	Website
<a href="#">Australian Apprenticeships</a>	13 3873	<a href="http://www.australianapprenticeships.gov.au">www.australianapprenticeships.gov.au</a>
<a href="#">Jobguide</a> – mino rianttuannak caah		<a href="http://www.education.gov.au/job-guide">www.education.gov.au/job-guide</a>
<a href="#">Experience+</a> – kum tling cangmi rianttuannak caah	13 1764	<a href="http://www.employment.gov.au/job-seekers-0">www.employment.gov.au/job-seekers-0</a>
<a href="#">MyFuture</a> – rian-kawlnak lei ruahnak peknak website		<a href="http://myfuture.edu.au">http://myfuture.edu.au</a>
<a href="#">Afami chawlehnak thoknak lei bomhnak</a>	13 62 68	<a href="http://www.employment.gov.au/self-employment-new-enterprise-incentive-scheme-neis">www.employment.gov.au/self-employment-new-enterprise-incentive-scheme-neis</a>
<a href="#">JobAccess</a> – pumtlamtlinglo mi hna he rian attuanmi hna caah	1800 464 800	<a href="http://www.jobaccess.gov.au/people-with-disability">www.jobaccess.gov.au/people-with-disability</a>

## Hmuhcangmi thiamnak le zungthiamnak pawl cohlannak

Hmuhcangmi thiamnak, zungthiamnak asilo rian pakhat hrangah aitlakmi rian lei hmuhtonak angei cangmi na si ahcun, na thiamnak pawl kha Australia i rian na hmuh khawhnak ding an bawntu dingah phungning tein cohlan piak na duh kho. Na theihhngalhnak le na thiamnak pawl cohlan piak na sinak nih hmailei caan i na rianttuannak le nangmah naitinhmi rian ah na tthanchonak ah bomhnak an pek khawh.

Australia ah cacawn asilo tintaan kai dingah nai timh asi ahcun, na cacawn dingmi luhnak caah aherhmi pawl na tlinhnak ding, asilo a herhmi cacawn caan tthumhpiak na sinak ding bomhnak na hmuhnak dingah, na hmuhcangmi thiamnak asilo ramdang i rian arak ttuan balmi na sinak zohfel le cohlan piak kha na duh khawh mi asi.

[Qualifications recognition information \(hmuhcangmi thiamnak cohlanpiaknak theihnak\)](http://internationaleducation.gov.au/services-and-resources/pages/qualifications-recognition.aspx) caah, <http://internationaleducation.gov.au/services-and-resources/pages/qualifications-recognition.aspx> ah khan rak kal.

Na hmuhcangmi thiamnak pawl le zungthiamnak pawl zohfelnak le cohlannak tuahpiak nak ding caah lam tapi an um:



## **Recognition of prior learning (Cawnnak thokhlan ah cohlannak)**

Recognition of Prior Learning (RPL) cu minung pakhatnih fimcawnnak, tintaan, rian le a nunnak nih ahmuhtonmi hna hmangin angeih cangmi theihhngalhnak le thiamnak pawl hneksaknak le cohlannak asi. Cu nihcun tling tein asilo acheuchum in Australia hmuhmi thiamnak kha an pek khawh.

RPL hneksaknak pawl cu Australia i Registered Training Organisations (RTOs). RTOs nih atuahmi asi i fimthiamnak sangdeuh apetu (universities) le rianttuanak lei fimthiamnak tintaan kainak sianginn pawl, cozah ngeihmi asilo private in atuahmi pawl zong an i tel.

A tanglei pawl hi na ngeih hna ahcun nangmah zong RPL hmu kho na si:

- ramdang in hmuhcangmi thiamnak
- aatlakmi fimthiamnak ngeihnak thanhca
- na rian thiamnak le tangka pek asilo tangka pek lomi rian a ttuan balmi na sinak in na hmuhmi theihhngalhnak tette, nunnak in hmuhtonmi asilo mibu rianttuannak.

Australia miphun thiamnak angei cangmi hneksaktu hna RTO pakhat caah rian ttuantu asilo aiawhtu hna nih RPL hneksaknak pawl kha an tuah khawh. Hi hneksaktu pawl nih na thiamnak kongah biaruhnak an in ngeih lai cun na tuah liomi rian pawl kha zohfelnak an tuah khawh. Na tette, na hmuhtonmi le thiamnak pawl (rian lei hmuhtonmi le fimthiamnak pawl telhin) kha Australia miphun fimthiamnak he ralchanh in aitlak le tlak lo khingthlainak an tuah fawn lai. Australia nihcun ramchung huap in hmuhmi fimthiamnak pawl tahnak a ngei cu caah fimthiamnak asilo biakhiahnak hna kha RTOs vialte nih theihpi cohlannak a ngeih te ding an si.

Hneksaknak atuahmi nih zeibantuk tette dah pek na herh- bianabia ah, na hmuhmithiamnak asilo tintaan kainak certificate pawl, rianpetu catial piakmi ca pawl, rian kong langhternak catthanhnak pawl le rian pungsan pawl.

Ai tlakmi tintaan kainak bukomh pakhat khat kha na theihfian bak in, kha bukomh bu kha nangmah i na RPL thimkhawhmi kong le na hmuhtonmi cangmi le na thiamnak pawl cohlannak piak le hneksaknak tuahnak ah tangka adih ding kong he pehtlai in biaruah dingah na chonh lai. RPL hneksaknak pawl caah tangka pek asi tawn.

RTOs a umnak hmun pawl le pehtlainak ding pawl cu atanglei website pawl ah hin na hmuh khawh:

- [MySkills](http://www.myskills.gov.au) – [www.myskills.gov.au](http://www.myskills.gov.au) -na um nak hmu ah hmuh khawhmi rian lei fimcawnnak le tintaan (VET) cawnmi pawl hmuhnak dingah
- [MyFuture](http://www.myfuture.edu.au) – [www.myfuture.edu.au](http://www.myfuture.edu.au) – Australia chung RTOs pehtlainak pawl, university pawl, cun RPL sawknak thilsining kong tamdeuh theihnak.

## **Thiamnak pawl zohfelnak nawlIngeitu hna**

Thiamnak pawl zohfelnak nawlIngeitu hna nih mipeem pakhat kha Australia nih achiahmi ri rian pakhat asilo profession sinak in rianttuan khawhnak dingah hmuhtonmi le thiamnak angeih le ngeih lo biakhiah nak tuah dingah zohfelnak le hneksaknak pawl kha an tuah.



Hi bomhnak rianpawl hi peemnak ruahchannak caah abikin an pekmi asi lio ah, nawlIngeitu tampi hna nih zohfelnak le hneksaknak pawl kha adang dang kong zong ah an tuah, cu nih an bomh khawh mi cu:

- Australian Qualification Framework fimthiamnak hmuhnak
- rian pakhat khat ah laisen ituahnak le min ikhumhnak
- rianthiamnak lei bu pakhat khat ah rianthiamcohlannak ca hmuhnak

Ramdang hmuhmi fimcawnnak pawl, thiamnak pawl le rian pakhat khat ah an rak hmuhtonmi zohfelnak ttuanvongeinak angei mi hi atu lio ah Australia ah 37 nawlIngeitu an um hna.

Na rian asilo profession rian hi nawlIngeitu pakhat nih tuanvo lak le lak lo theihnak dingah, an min [list of authorities \(nawlIngeitu hna min cazin\)](#) kha zoh

[www.border.gov.au/Trav/Work/Work/Skills-assessment-and-assessing-authorities](http://www.border.gov.au/Trav/Work/Work/Skills-assessment-and-assessing-authorities)

## **Trades Recognition Australia – skills recognition (Thil lutchuak pawl Cohlannak Australia – thiamnak cohlannak)**

Trades Recognition Australia (TRA) cu Australia Cozah Department of Education and Training ah a um mi chawlehnak pakhat asi. Mah hi Australian Department of Immigration and Border Protection (DIBP) nih thatein athleithianmi abuahtlak in 130 sehlei thiamnak le chawlehtu rianttuanak pawl caah fimthiamnak pawl zohfelnak nawlIngeihnak asi. TRA nih ai dang ciomi thiamnak pawl zohfelnak bomhnak rian attuan, a nih cu arak sawktu hna le an duhmi thialnak i aphichuak cungah hngatin ai dang.

TRA Trades Recognition Service le TRA Optional Skills Assessment Service nih riankawlnak caah le laisen hmuhnak ding ah thiamnak pawl cohlannak rian kha an ttuan. TRA hnatlaknak in Registered Training Organisations (RTOs) nih Australia ramchung hlan in cu bomhpnak cu apek. Zohfelnak an tuah hnu in, na thiamnak pawl kha phung ning tein theihpimi thiamnak ah cohlan piak asi kho, Offshore Technical Skills Record pakhat asilo Australia rianttuan nak caah chiahmi ri hmuhnak ding ah ahleiin tintaan kai na hau timi cathanhnak ca hmuhnak asilo laisen na hmu kho.

TRA nih thiamnak pawl zohfelnak atuahmi kha na caah ahmanmi asi le silo theihnak dingah [TRA Pathfinder](#) khan rak kal

[www.tradesrecognitionaustralia.gov.au/PathFinder/Pages/default.aspx](http://www.tradesrecognitionaustralia.gov.au/PathFinder/Pages/default.aspx)

Thiamnak pawl zohfelnak tuah na hauh le hauh lo biakhiahnak na tuahnak ah alak tein bomhnak kha [TradeSET](#) ah na zoh duh men kho [www.tradeset.com.au](http://www.tradeset.com.au)

Trade Recognition Australia	Pehtlaihna pawl
Telephone (Australia ramleng)	+61 2 6240 8778 Nikhat ni asilo Ninga ni, nazi 10.00 am in 12.00 pm tiang cun 1.00 pm in 5.00 pm AEST, cozah zungkhar ni telhlo in (GMT +10 hours)



Trade Recognition Australia	Pehtlaihnaq pawl
Telephone (Australia ramchung)	1300 360 992 Acunglei bantuk rianttuan caan
Email	<a href="mailto:traenquiries@education.gov.au">traenquiries@education.gov.au</a>
<a href="http://www.tradesrecognitionaustralia.gov.au/">TRA Website</a>	<a href="http://www.tradesrecognitionaustralia.gov.au/">www.tradesrecognitionaustralia.gov.au/</a>

## Sianghleisang hmuhmi thiamnak cohlanak

Overseas Qualification Units (OQUs) – Australia pyine pawl le ramtthen pawl cungah hngatin- ramdang hmuhmithiamnak pawl cohlanak kha tinhmi tampi (i.e. cacawnnak theng asi lomi, thialpeemnak, asilo riankawlnak herhmi pawl) ruangah apek. OQUs nih na hmuhmi thiamnak le Australia thiamnak he aitulkmhi thiamnak, Australian Qualification Framework hmangin akhingthlainak kha alak in bomhnaq a pek.

Department of Education and Training (DET) nih ramdang in hmuhmi thiamnak pawl akhingthlainak ca i ruahnaq peknak le abuaqtlakin theihternak thawng kha apek. DET kha pehtlaihnaq na tuah hlan ah na umnak pyine le ramtthem i OQU ah khan hlathlainak tuah hmasa. OQU nih aherh ahcun DET ah khan an in pekchanh te lai.

Aiawh rianttuantu	Website
<a href="http://www.education.gov.au">Department of Education and Training</a>	<a href="https://internationaleducation.gov.au/Services-And-Resources/services-for-individuals/Pages/Services-for-individuals.aspx">https://internationaleducation.gov.au/Services-And-Resources/services-for-individuals/Pages/Services-for-individuals.aspx</a>
<a href="http://www.education.gov.au">State and territory Overseas Qualification Units</a>	<a href="https://internationaleducation.gov.au/services-and-resources/pages/qualifications-recognition.aspx">https://internationaleducation.gov.au/services-and-resources/pages/qualifications-recognition.aspx</a>

Ramdang tintaan ah professional asi mi na hmuhmi thiamnak pawl cohlan piaknak dingah bridging study (hleidonh cacawnnak) tuah a herhmi hna cu sianginn kainak bomhnaq ahmu kho. [FEE-HELP](http://www.studyassist.gov.au) kha 1800 020 108 ah chawn asilo <http://studyassist.gov.au/sites/StudyAssist/HELPpayingMyFees/FEE-HELP> ah khan zoh.

## Rianttuannak hmuh ah covo pawl le humhimnak pawl

Australia i rian attuanmi paoh nih rianttuannak i atlangpi asimi covo pawl le humhimnak pawl an hmuh khawh dih.

Cu an hmuh khawhmi ahcun atlawmbik rianttuan man, dinh caan pawl, zawt lio caan rianttuanlonak le riantttuan man laksawng asilo na rian ttuanding ahuapmi hnatlaknak tibantuk atlawmbik in a hmuhkho na sinak lam hna kha an i tel.

[Fair Work Ombudsman](http://www.fairwork.gov.au) nih rianngaitu hna le rianttuantu hna caah Australia rianttuannak zullhphung hna kha alak tein ruahnaq peknak le thawngthanhnak apek [www.fairwork.gov.au](http://www.fairwork.gov.au), mirang holh asilomi holhdang zong an i tel.



## **Atlawmbik rianttuanman**

Australia ramchung rianttuantu hna cu an dihlak in atlawmbik rianttuanman hmu kho dih an si. Atlawmtam cu khoika pyine le ramtthen chungah dah rian na ttuan, na kum, zeibantuk rianttuanman laksawng dah aitel, cun na rianttuannak hnatlak minthutnak i aittialmi pawl cungah ai hngat lai.

Na rianngaitu nih khan caan hman te ah na ttuanman an pek hrimhrim aherh, cun na lahkha (ngunkhuai le superannuation caah telhlo in) chungin tangka zuhnak kha nangmah nawl loin a tuah kho lo. Rian na thok caangka in tangka zuhnak kongah fiang tein an chimh nak dingah na rianngaitu kha hal hna. Tangka na hmuhmi chungin tangka zuhnak pawl kha na tuah khawh.

Pay slip (tangka peknak cazin) kha tangka an in pek ni rianttuanni a nikhat chungah an in pek hrimhrim aherh.

## **Conditions of employment (Rianttuannak ah rikhiahmi pawl)**

Australia rianttuanmi dihlak nih rianttuannak ah atlawmbik in rikhiah piakmi tete an ngei hna. Cu rikhiahmi nihcun rianttuan caan pawl, overtime (caanhlei) caah tangka peknak, dinh caan pawl, zawt caanah rianttuanlonak le holidays (duhmi tuahnak caan) pawl kha a huap dih.

## **Aiawhkhawhnak dingah covo pawl**

Australia i rianttuatu vialte hna cu trade union (rianttuantu fumtombu) timi nih ai rak ka awh seh tiin anmah he pehtlaihna tuahnak nawl an ngei hna. Union (rianttuantu fumtombu) nih an chungtel asimi hna kha rianttuan man an hmuhmi, rianttuannak rikhiahnak pawl le rianttuannak hmun i an covo pawl hna cungah ruahnak cheuhnak kha a tuah. Anmah nihcun rianttuannak hmun i tonmi harsatnak pawl le an chungtel hna i an tangka hmuhnak le rianttuanak i rikhiahnak kong kha rianngaitu hna he i entainak a tuah piak hna.

Nangmah nih na rianngaitu kha union chungtel ka si tiah chimh aherh lo. Na rianngaitu nih union he pehtlaihna angeimi na si caah nangmah kha zeirel lonak asilo remlo phunphai in an tuah awk asi lo.

Union ah pehtlaihna tuah na duh i zeibantuk union dah ka pehtlaih lai ti na theihlo asi ahcun, [Australian Unions](http://www.australianunions.com.au) kha na chonh khawh [www.australianunions.com.au](http://www.australianunions.com.au) Australian Unions cu chungtel sinak le ruahnak peknak bomhnak asi i Australian Council of Trade Unions a khalhmi asi. Rian ah na hmuhkhawmi pawl kong asilo na covo pawl kogah biahalnak na ngeih asi ahcun an bomh khawh.

## **Protection against discrimination (Thleidannak in humhimnak)**

Na miphun sinak, biaknak, pa le nu sinak, naupawinak, pa le nu duhdeuhmi ngeihnak, pum tlamtlinlonak, asilo union cungtel sinak ruang pawl ah rianttuannak chungah thleidannak le 'adverse action' (thilthalo tuahnak) in nangmah cu humhimnak pek na si.

'Adverse action' timi cu minung pakhat kha:

- rian an chuh
- rianttuannak in an thleithian



- tintaan kainak caantha kha an pelo
- rian sang kainak an phih asilo
- rianttuannak thilsining asilo rikhiahnak atha deuh lomi pawl tonter deuhnak.

[Discrimination laws \(thleidannak zultphung pawl\)](http://www.humanrights.gov.au/employers/good-practice-good-business-factsheets/quick-guide-australian-discrimination-laws) tamdeuh theihnak caah,  
[www.humanrights.gov.au/employers/good-practice-good-business-factsheets/quick-guide-australian-discrimination-laws](http://www.humanrights.gov.au/employers/good-practice-good-business-factsheets/quick-guide-australian-discrimination-laws)

[Complaint \(lungtlinlonak\)](http://www.humanrights.gov.au/complaints/complaint-guides/what-you-can-complain-about/complaints-about-discrimination-employment) chimphuannak dingah,  
[www.humanrights.gov.au/complaints/complaint-guides/what-you-can-complain-about/complaints-about-discrimination-employment](http://www.humanrights.gov.au/complaints/complaint-guides/what-you-can-complain-about/complaints-about-discrimination-employment) ah rak kal.

## Adang rianttuannak hmun covu pawl

Na rianngaitu nih na rianttuannak kongah (na rianngaitu asilo aitlakmi nawIngeitu) asilo covu na ngeihmi atlamtlinnak dingah naizumannak ruangah lungtlinlonak asilo hlathlainak na tuah tikah rianphuahnak asilo remlo phunphai in an chawnbia kho lo.

## Tamdeuh theihnak

Na rianttuannan, rikhiahmi pawl le rianttuannak hmunah covu pawl na hmuh ding na hmuh le hmuh lo, asilo na rianngaitu kongah lungtlinlonak chimphuannak na tuahduhnak kongah nai fian lo asi ahcun, tamdeuh in thawntheihnak na hmuh khawhnak dingah:

Rampi huap aiawh rianttuantu	Telephone	Website
Fair Work Ombudsman ( <a href="#">Mirang asilomi holh dangin</a> )	13 1394	<a href="http://www.fairwork.gov.au/contact-us/language-help">www.fairwork.gov.au/contact-us/language-help</a>
<a href="#">Fair Work Ombudsman</a> mipeem le visa aitlahmi hna caah		<a href="http://www.fairwork.gov.au/find-help-for/visa-holders-and-migrants">www.fairwork.gov.au/find-help-for/visa-holders-and-migrants</a>
<a href="#">Australian Unions</a>	1300 486 466	<a href="http://www.australianunions.com.au/">www.australianunions.com.au/</a>
<a href="#">Fair Work Commission</a>	1300 799 675	<a href="http://www.fwa.gov.au/">www.fwa.gov.au/</a>
<a href="#">Australian Cozah</a>		<a href="http://www.australia.gov.au/information-and-services/jobs-and-workplace/working-conditions">www.australia.gov.au/information-and-services/jobs-and-workplace/working-conditions</a>
<a href="#">Department of Immigration and Border Protection</a>		<a href="http://www.border.gov.au/Trav/Work/Work/workplace-rights">http://www.border.gov.au/Trav/Work/Work/workplace-rights</a>

## Rianttuannak i ngandamnak le himnak

Ahimmi le angan dammi rianttuannak hmun ah rian na ttuan khawhnak covu na ngei. Rianttuantu vialte nih rianngaitu nih a chiahmi ngandamnak le himnak lam kha an zultdih aherh.

Rianttuannak ah ikhawdennak na tuar ahcun, rianttuantu hna liamhnak kha na hmuh khawh.

Pyine le ramtthen hna nih Work Health and Safety (WHS) zultphung pawl (Occupational Health and Safety ti zongin auhmi) caah ttuanvo an ngei. Hi zultphung hna nih rianngaitu





hna, cozah aiawh rianttuantu hna le adang rian lei ngandamnak le himnak caah ttuanvo angeimi hna i an rian pawl kha a ser piak hna.

Na rianttuannak hmun kha a him lo tiah na ruah asi ahcun, aitlakmi phungzulh tertu asilo na rian ah ngandamnak le himnak lei aiawh rianttuantu (an um asi ahcun) kha chim hna. Union chimh zong na duh kho.

Pyine le Ramtthen humhimnak phungzulh tertu:

Ahmun	Ngandamnak le humhimnak lei rianttuantu	Telephone	Website
ACT	<a href="#">WorkSafe ACT</a>	02 6207 3000	<a href="http://www.worksafety.act.gov.au">www.worksafety.act.gov.au</a>
NSW	<a href="#">WorkCover NSW</a>	13 1050	<a href="http://www.workcover.nsw.gov.au">www.workcover.nsw.gov.au</a>
NT	<a href="#">NT WorkSafe</a>	1800 019 115	<a href="http://www.worksafe.nt.gov.au">www.worksafe.nt.gov.au</a>
Qld	<a href="#">WorkCover Queensland</a>	1300 362 128	<a href="http://www.worksafe.qld.gov.au">www.worksafe.qld.gov.au</a>
SA	<a href="#">SafeWork SA</a>	1300 365 255	<a href="http://www.safework.sa.gov.au">www.safework.sa.gov.au</a>
Tas.	<a href="#">WorkSafe Tasmania</a>	1300 366 322	<a href="http://www.worksafe.tas.gov.au">www.worksafe.tas.gov.au</a>
Vic.	<a href="#">WorkSafe Victoria</a>	1800 136 089	<a href="http://www.worksafe.vic.gov.au">www.worksafe.vic.gov.au</a>
WA	<a href="#">WorkSafe Western Australia</a>	1300 307 877	<a href="http://www.worksafe.wa.gov.au">www.worksafe.wa.gov.au</a>
Rampumpi	<a href="#">Comcare</a>	1300 366 979	<a href="http://www.comcare.gov.au">www.comcare.gov.au</a>
Rampumpi	<a href="#">Safe Work Australia</a>	1300 551 832	<a href="http://www.safeworkaustralia.gov.au/sites/swa/about/publications/pages/working-safely-in-australia-information-sheet">www.safeworkaustralia.gov.au/sites/swa/about/publications/pages/working-safely-in-australia-information-sheet</a>

Acheu sehzung pawl, vawleitang thilchuahnak le zinaan le gas tibantuk, hna nih adang tein humhimnak lei phungzulh tertu pawl an ngei hna. [full list of regulators \(phungzulhertu pawl min cazin dihlak\)](#) caah, rianttuantu pawl liamhnak kong atawlretu hna zong telh in, [www.safeworkaustralia.gov.au/sites/swa/about/who-we-work-with/regulators/pages/whs-regulators](http://www.safeworkaustralia.gov.au/sites/swa/about/who-we-work-with/regulators/pages/whs-regulators)

## Superannuation (rianttuannak nih kan lahkah chungin an kan khonpiak mi tangka)

Superannuation cu pensen tik caah tangka khonnak lam pakhat asi. Nangmah le/asilo na riangeitu nih superannuation hrangah tangka apek khawh, mah cucu kum sawmruk na si tikah na hman khawh hna.

A tamdeuh kong ahcun, na riangeitu kha zulhphung nih na tangka hmuhmi chungin zaatuak ah pakua he aa tlukmi zat kha nai thimmi superannuation chungah pek hrimhrim dingin nawl apek. Nangmah zongnih tangka kha ahleihluat deuhin na superannuation ah khan na chiah



khawh ve. Na rianngaitu nih na tangka kha ding tein a pek peng le pek lo hmuhnak dingah, na superannuation chiahnak ahkhan zohfelna tuah.

Nangmah caah rianttuanmi na si ahcun, pensen na lak tik hmanding ah na tangka kha superannuation chungah chiah ding kha na ruah awk asi.

Tamdeuh theihnak caah:

Superannuation thawnthanhnak	Telephone	Website
<a href="#">Australian Taxation Office</a>	13 1020	<a href="http://www.ato.gov.au/super">www.ato.gov.au/super</a>
<a href="#">Australian Securities and Investments Commission</a>	1300 300 630	<a href="http://www.moneySMART.gov.au/superannuation-and-retirement">www.moneySMART.gov.au/superannuation-and-retirement</a>



## 6 Australia zulhphung

### Hi section (dalcheu) chungah

Australia ramchung ummi vialte nih Australia mi hna i an zulhphung hna kha zulhdih ding asi. Adang ram hna ah cohlan asimi acheukhat thil hna kha Australia ahcun phungninglo an si i afakmi dantatnak pawl an tong kho.

Australia zulhphung pawl na theihnak nih Australia miphum mibu sinah nun daan na thiamnak dingah an bomh lai i harsatnak pawl kha na hrial khawh lai.

- [Sual tuahnak pawl](#)
- [Zaangentainak/buainak](#)
- [Innchung le innchungkhar buaibainak le nu le pa diriamhnak lei hneknak/hruhrangin namnak](#)
- [Cozah hnatlakmi kum](#)
- [Hngakchia hna i an covo pawl](#)
- [Hngakchia humhimnak](#)
- [Hramhram in nupi/va ngeihternak](#)
- [Nu cithlahnak lei ngandamnak le covo pawl](#)
- [Meithal le nam pawl](#)
- [Saram hna le ramlakthilnung](#)
- [Kuakzuknak, zudinnak le ritnaksii pawl](#)
- [Thingnah asilo saram ramchung luhnak arikhiahnak pawl](#)
- [Adang zulhphung pawl](#)
- [Phungphai lei bomhnak](#)

### Criminal offences (sualtuahnak pawl)

Sualnak timi cu zulhphung he ai kalhmi zeibantuk ziaza asilo cawlcanghnak kha asi i dantatnak kha ahuah tawn.

Azualhmami sualnak pawl ahcun lainawnnak, zaangennak/ivuaknak, nulepa diriamhnak lei hruhrangin namnak, thilri hrawhnak asilo firnak, meithal hmangin thilchuhnak, hngakchia asilo cozah hna tlakmi kum atlingrih lomi mino he nulepa diriamhnak lei petlaihnak ngeih, mawtaw tihnungtuk in mawng, phung onhlomi thil i chiah, phungonh lomi sii zuarnak asilo hman, le hlennak pawl an i tel. Cozah rianttuntu, palik bawi asilo federal pakhat, pyine le local cozah rianttuatu pawl kha ziknawh (tangka pek) asilo ziknawh I zuam kha azualtukmi sualnak asi. Laksawng peknak pawl asilo ziknawhnak pawl hmangin mipi rianttuantu hna i biakhiahnak an tuahmi va khuh dih i timh kha phungninglo asi i reportnak an pek lai.

Hriamnaam, meithal tibantuk laisen angeilo mi iken asilo ngeihkha phungninglo asi. Pyine tamdeuhpi le ramtthen tampi hna nih mipi lak ah namte tibantuk hriamnaam asikhomi thilri i ken kha an kham.

Poipang ton lio caan asilo nangmah nasilo midang pakhat kh tihnungmi dirhmun in nan um asi ahcun, **000** kha telephone chonh ding le “**Police**” auh ding asi. [Dal 2, Bomhnak kaw!](#) kha zoh.



Sualnak atuahmi hna na hmuh asi ahcun asilo police abawm kho ding asilo sualnak akham kho ding na theihmi thawngpang aum asi ahcun, [Crime Stoppers](http://www.crimestoppers.com.au) kha [www.crimestoppers.com.au](http://www.crimestoppers.com.au) pehtlainnak tuah asilo 1800 333 000 kha chawn. Na min na chim ahau lo.

## **Violence (Zaangentainak/buainak)**

Midang pakhat cungah zaangentainak va tuah khi Australia ahcun phungninglo asi i azualhma ngaimi sualnak ah ruah asi. Zaangentainak sualnak atuah tu cu thongthlak khawh asi, nu ansi zong pa an si zong ah.

Sualnak asilo zaangentainak buainak, innchung (inn asilo inchungkhar buainak) buainak zongtelhin a temtuarmi hna bomh bomhnak dingah bomhpeknak rian petu tampi an um.

## **Domestic and Family Violence and Sexual Assault (Innchung le innchungkhar buaibainak le nu le pa diriamhnak lei hneknak/hruhrangin namnak)**

Innchung le innchungkhar buaibainak hna ahcun bawmkeptu asilo adang chungkhar chungtel kha an humhimnak thlerhkhawnnak asilo tthihphaihnak hmangin uk itimhnak tthihpaihnak hna le ziaza pawl kha an i tel. Innchung le innchungkhar buainak cu Australia zulhphung he ai kalh bak mi asi. Hi ah hin aitel khomi cu:

- tuk, hngawngdit asilo chungkhar chungtel asilo bawmkeptu kha fahnak pek
- chungkhar chungtel asilo bawmkeptu kha a herhmi tangka pek lo
- bawmkeptu kha ahawile le achungkhar sinin apikpak in umter
- bawmkeptu kha atluangtluan in nihsawhpeng asilo soisel peng
- innzuat satil hna le fale hna kha tthihphaih/lerhkhawn.

Sexual assault (nupa diriamhnak hramhram in tuah) timi cu minung pakhat nih adang minung pakhat cungah an hnatlaknak telloin nupa diriamhnak tuah atimhmi ziaza kha asi. Sexual assault ah aitelmi cu:

- Midang pakhat kha hramhram in nupa ihtinak tuahpi asilo nupa diriamhnak lei cawlcanghnak tuahter
- minung pakhat kha hramhram in nupa diriamhnak vidio zohter
- [child \(hngakchia\)](#) pakhat kha nupa ihtinak tuahpi asilo nupa diriamhnak lei cawlcanghnak tuahter.

Australia ahcun, minung pakhat kha nupa diriamhnak hramhram in tuah kha zulhphung he aikalhmi asi. Hi bantu hramhram in nupa diriamhnak atuahmi cu thong an tla kho, nu ansi zong pa ansi zongah. Pakhat le pakhat pethlainnak angei cangmi hna, ai umcangmi hna asilo chungkhar karlak ah hramhram in nupa diriamhnak tuah zong hi zulhphung he aikalhmi asi.

Nu nih pa bantu kin aakhatmi covu an ngei. Australia zulhphung nih nu le pa tluk tein a cohlan hna. Mikipnih zalong tein nunnak, a nuammi i pehtlainnak le anuammi mibu chung umnak dingah covu an ngei cio. Nu hna nih atthalomi asilo fahnak pek an sinak kha kan tuar ding asiko tiah an co hlan aherh lo.



Nangmah asilo na theihmi pakhatkhat kha ttihungmi dirhmun ah an um asi ahcun, **000** kha chawn law “**Police**” kha au hna. Australia palik cu an him i zumhawktlak an si.

[Family Safety Pack](#) nih nangmah i na covu pawl le bomhnak na herh tikah bomhnak na hmuh khawh hmun kha na fiannak dingah an bomh lai. Australia ahcun mipun sinak lei in thling aza ngaimi ruahnakpek biaruahnak rianttuantu pawl an um hna i an mah sinah bomhnak hal kha cohlanmi asi. Cu cauk cu holh phunphun in leh asi [www.dss.gov.au/family-safety-pack](http://www.dss.gov.au/family-safety-pack)

[1800 RESPECT](#) nih alak tein, biathli telephone chonhnak le online in ruahnakpek biaruahnak le thawngthanhnak a pek. Ruahnakpek biaruahu hna nih na chimmi kha an in ngaih piak lai, biahalnak hna kha an in leh lai cun nan umnak sang i adang bomhpeknak rianttuantu hna sinah khan an in pekchanh lai. 1800 737 732 kha chawn asilo [www.1800respect.org.au](http://www.1800respect.org.au) ah kal.

[MensLine](#) cu pa pawl nih chungkhar le buainak zong telhin pehtlaihna aharmi pawl an torelnak an anmah bawmtu ruahnak peknak rianttuannak asi. Phone 1300 789 978 asilo [www.mensline.org.au](http://www.mensline.org.au) ah kal.

Holhlet na herh ahcun, [Translating and Interpreting Service \(Holhlehnak le Calehnak lei rianttuannak\)](#) (TIS National) kha alak tein 131 450 ah chawn. TIS National nih ruahnakpek biaruahnak cu an tuah lo sihmanhsehlaw adang rianttuantu hna he nan i chonhbiak khawhnak dingah an bomh khawh.

Ahmun	Innchung le innchungkhar buaibainak	Telephone
Rampumpi	<a href="#">Domestic Violence and Sexual Assault</a> – Nazi 24 chung Bomhpeknak phone line asilo <a href="http://www.1800respect.org.au">www.1800respect.org.au</a>	1800 200 526 asilo 1800 737 732
Rampumpi	<a href="#">Child Abuse Prevention Service</a> – Nazi 24 chung Bomhpeknak phone line asilo <a href="http://www.childabuseprevention.com.au/reporting-abuse.html">www.childabuseprevention.com.au/reporting-abuse.html</a>	1800 688 009
Rampumpi	<a href="#">Mensline Australia</a> - Nazi 24 chung Bomhpeknak phone line asilo <a href="http://www.mensline.org.au">www.mensline.org.au</a>	1300 789 978
Rampumpi	<a href="#">Men’s Referral Service</a> <a href="http://mrs.org.au">http://mrs.org.au</a>	1300 766 491
ACT	<a href="#">Domestic Violence Crisis Line</a> <a href="http://dvcs.org.au">http://dvcs.org.au</a>	02 6280 0900
NSW	<a href="#">Domestic Violence Advocacy Service</a> – Sydney Ruahnak peknak <a href="http://www.wlsnsw.org.au/legal-services/domestic-violence-legal-service">www.wlsnsw.org.au/legal-services/domestic-violence-legal-service</a>	02 8745 6999
	<a href="#">Domestic Violence Advocacy Service</a> – – Sydney leng alak phone chonhnak	1800 810 784



Ahmun	Innung le innchungkhar buaibainak	Telephone
	<a href="http://www.community.nsw.gov.au/parents,-carers-and-families/domestic-and-family-violence/domestic-violence-line">Community Services Domestic Violence Line</a> www.community.nsw.gov.au/parents,-carers-and-families/domestic-and-family-violence/domestic-violence-line	1800 656 463
NT	<a href="http://www.ncsmc.org.au/wsas/resources/res_nt.htm">Crisis Line</a> www.ncsmc.org.au/wsas/resources/res_nt.htm	1800 019 116
	<a href="http://www.dawnhouse.org.au/domestic-violence-counselling-service">Domestic Violence Counselling Service</a> www.dawnhouse.org.au/domestic-violence-counselling-service	08 8945 6200
Qld	<a href="http://www.dvconnect.org/womensline">Women's Help Line</a> www.dvconnect.org/womensline	1800 811 811
	<a href="http://www.dvconnect.org/mensline/">Men's Help Line</a> www.dvconnect.org/mensline/	1800 600 636
SA	<a href="http://www.sa.gov.au/topics/emergencies-and-safety/safety-at-home-and-in-the-community/domestic-violence">Domestic Violence Crisis Services</a> www.sa.gov.au/topics/emergencies-and-safety/safety-at-home-and-in-the-community/domestic-violence	1300 782 200
	<a href="http://www.1800respect.org.au/common-questions/who-can-i-talk-to-about-domestic-family-violence-or-sexual-assault/south-australia-counselling-services/">Domestic Violence Help Line</a> www.1800respect.org.au/common-questions/who-can-i-talk-to-about-domestic-family-violence-or-sexual-assault/south-australia-counselling-services/	1800 800 098
Tas.	<a href="http://www.dpac.tas.gov.au/safehomessafefamilies">Family Violence</a> www.dpac.tas.gov.au/safehomessafefamilies	1800 633 937
	<a href="http://www.dhhs.tas.gov.au/service_information/children_and_families/family_violence_counselling_and_support_service">Response and Referral</a> – Ruahnakpek biaruahnak lei le Bomhpeknak lei rianttuannak www.dhhs.tas.gov.au/service_information/children_and_families/family_violence_counselling_and_support_service	1800 608 122
Vic.	<a href="http://edvos.org.au/what-we-do">Eastern Domestic Violence Service</a> Nikhat ni in Ninga ni tiang, 9am in 5pm tiang http://edvos.org.au/what-we-do	03 9322 3555
	<a href="http://www.iwss.org.au">Immigrant Women's Domestic Violence Service</a> www.iwss.org.au	1800 755 988
	Immigrant Women's Domestic Violence Service Nikhat ni in Ninga ni tiang, 9am in 5pm tiang	03 9898 3145
	<a href="http://www.safesteps.org.au">Counselling and Support</a> www.safesteps.org.au	1800 015 188
	<a href="http://mrs.org.au/about">Men's Referral Service</a> , Richmond, Vic chung alakin chohnak http://mrs.org.au/about	1800 065 973
	Men's Referral Service, Richmond, Nikhat ni in Ninga ni tiang, 9am in 9pm tiang	03 9428 2899



Ahmun	Innung le innchungkhar buaibainak	Telephone
WA	<a href="http://www.dcp.wa.gov.au/CrisisAndEmergency/Pages/Women%27s-Domestic-Violence-Helpline.aspx">Women's Domestic Violence Crisis Service www.dcp.wa.gov.au/CrisisAndEmergency/Pages/Women%27s-Domestic-Violence-Helpline.aspx</a>	1800 007 339
	Women's Domestic Violence Crisis Service Perth leng in chonhnak	08 9223 1188
	<a href="http://www.dcp.wa.gov.au/CrisisAndEmergency/Pages/Men%27s-Domestic-Violence-Helpline.aspx">Men's Domestic Violence Helpline www.dcp.wa.gov.au/CrisisAndEmergency/Pages/Men%27s-Domestic-Violence-Helpline.aspx</a>	1800 000 599

Innung asilo chungkhar buaibainak kong pawl na tolrel tikah phungphai lei bomhnak na herh kho. Tamdeuh theihnak dingah [hi chapter adihnak](#) kha rak zoh.

## The legal age of consent (cozah hnatlakmi kum)

Cozah hnatlakmi kum timi cu midang pakhat he nupa diriamhnak tuah dingah nangmah nih lungtlinnak (hnatlaknak) na ngei kho tiin zultphung nih a khiahmi kum khi asi.

Pyine tamdeuh le ramtthen tamdeuh ah cun cozah hnatlakmi kum hi pa le nu an pahnih tein kum 16 an tlin ah hin asi. South Australia le Tasmania ah cun kum 17 an tlin ah hin asi.

Upa asi cangmi hna caah cozah hnatlakmi kum atling rih lomi hngakchia hna he nupa diriamhnak tuah phung he aikalhmhi asi. Hi bantuk zultphung a zul lomi hna caah afakmi dantatnak aum, hngakchia hnatlaknak he tuahmi asizong silo zongah. Hi zultphung hna nih hin mino hna kha nupa diriamhnak lei ah hrawhral an sinak hnga lo a khamh hna.

Tamdeuh na hmuh khawhnak dingah siibawi, asilo nupa diriamhnak lei ngandamnak sekhaan asilo chungkhar timhlanhnak lei sekhaan, [White Pages](#) i ai ttialmi pawl kha chimhchonhnak ngeih hna.

## Hngakchia hna i an covo pawl

Australia nih hngakchia hna covo pawl kilvennak dingah athawngmi tuahsernak an ngei.

Hngakchia hna cu zultphung nih taksa lei, nupa diriamhnak lei le thinlung lei harsatnak peknak, daithlanhnak le zaangen tainak, inn ah siseh sianginn ah siseh a kilven hna. Hngakcia zohkhenhnak le tthithruainak caah aatlakmi timhlanhnak pawl tuah aherh. Taksa fahnak pek in chimhhrinnak, fungtuk tibantuk hi tha pek asilo, cun cu ti fungtuknak nih afgangmi fahnak achuahpi asi ahcun, mah cucu zultphung ninglo asi. Taksafahnak pekin chimhhrinnak hi sianginn hna ahcun cohlan asi lo.

Australia ahcun, siibawi le sianginn cachimtu hna tibantuk pawl hna nih, hngakchia pakhat kha fahnak pek asi lio ti an theihmi aum asi ahcun pyine le ramtthen hngachia zohkhenhnak nawlungeitu hna sihnak thawngpek ding kha an rian asi.



## Hngakchia kilvennak

Hngakchia asilo mino harsatnak pek asilo faknak tuarternak phunglam azulhna aumnak ah, hngakchia humhinnak le nunnuamhnak dingah hngakchia kilvennak lei rianttuantu hna kha an rak ithlak kho. Nangmah nasilo na thiehmi pakhat khat nih puarhrannak asio namnetnak chungin luatnak a herhmi na theih ahcun, palik asilo hngakchia kilvennak lei rianttuantu khan a chonh hna awk asi.

Tamdeuh theihnak dingah:

Ahmun	Hngakchia kilvennak lei rianttuantu hna le an website pawl	Telephone nazi 24 chung
Rampumpi	<a href="http://www.childabuseprevention.com.au/reporting-abuse.html">Child Abuse Prevention Services</a> <a href="http://www.childabuseprevention.com.au/reporting-abuse.html">www.childabuseprevention.com.au/reporting-abuse.html</a>	1800 688 009
ACT	<a href="http://www.communityservices.act.gov.au/ocyfs">ACT Government Community Services</a> <a href="http://www.communityservices.act.gov.au/ocyfs">www.communityservices.act.gov.au/ocyfs</a>	1300 556 729
NSW	<a href="http://www.community.nsw.gov.au/preventing-child-abuse-and-neglect">Community Services Helpline</a> <a href="http://www.community.nsw.gov.au/preventing-child-abuse-and-neglect">www.community.nsw.gov.au/preventing-child-abuse-and-neglect</a>	132 111
NT	<a href="https://nt.gov.au/law/crime/report-child-abuse">Department of Children and Families</a> <a href="https://nt.gov.au/law/crime/report-child-abuse">https://nt.gov.au/law/crime/report-child-abuse</a>	1800 700 250
Qld	<a href="http://www.communities.qld.gov.au/childsafety/child-safety-services">Department of Communities, Child Safety and Disability Services</a> <a href="http://www.communities.qld.gov.au/childsafety/child-safety-services">www.communities.qld.gov.au/childsafety/child-safety-services</a>	1800 811 810
SA	<a href="http://www.families.sa.gov.au/pages/protectingchildren/HowToNotify">Department for Education and Child Development</a> <a href="http://www.families.sa.gov.au/pages/protectingchildren/HowToNotify">www.families.sa.gov.au/pages/protectingchildren/HowToNotify</a>	131 478
Tas.	<a href="http://www.dhhs.tas.gov.au/children/child_protection_services">Department of Health and Human Services Hotline</a> <a href="http://www.dhhs.tas.gov.au/children/child_protection_services">www.dhhs.tas.gov.au/children/child_protection_services</a>	1300 737 639
Vic.	<a href="http://www.dhs.vic.gov.au/for-individuals/children,-families-and-young-people/child-protection">Department of Human Services – Child Protection</a> <a href="http://www.dhs.vic.gov.au/for-individuals/children,-families-and-young-people/child-protection">www.dhs.vic.gov.au/for-individuals/children,-families-and-young-people/child-protection</a>	131 278
WA	<a href="http://www.dcp.wa.gov.au/pages/home.aspx">Department for Child Protection and Family Support</a> <a href="http://www.dcp.wa.gov.au/pages/home.aspx">www.dcp.wa.gov.au/pages/home.aspx</a>	1800 199 008

## Hramhram in nupi/va ngeihter

Australia i khua asami vialte nih nupi/va angeih le ngeih lo kha an mah nawl asi.

Midang pakhat hramhram in nupi/va ngeihter kha Australia ahcun sual pakhat asi.

Hramhram in nupi/va ngeihternak timi cu minung pakhat nih amah lungtlin cikceknak le zalonnak tel loin, tthihphaih tlerkhawnnak asilo hlenthawinak an ton ruangah nupi/va angeih khi asi.





Mizei hmanh midang pakhat kha nupi/va ngeih dingah taksa, lungthin, asilo ruahnak ah hnekkhawhnak nawl pek an si lo. Mah cucu minung pakhat i abiaknak asilo a miphun sinak ah zeibantuk ansi, nu asi pa asi asilo a diriamhnak duhphun ze i asi asilo kum zeizat an si timi nih kha lai arel lo.

Minung pakhat kha ramdang ah hramhram in nupi/va ngeiher dingah lak asilo kuat, asilo cu bantuk tuahding ah midang riattuanter kha zulhphung he ai kalhmi asi fawn.

Hngachia kum 16 tang asimi cu nupi/va ngeihnak nawl pek an silo. Kum 16 le 18 kar asimi hna cu nu le pa hnatlaknak le Australa biaceihzung pakhat khat i biaceihbawi pakhat khat nih nupi/va ngeihnak nawlpekmi hna lawng an i um kho.

Pehtonhchom nupi/va ngeihnak cu Australia phungnih a co hlan. Chungkhar kap hnih hna nih hnatlaknak an ngeih aherh.

Hramhram nupi/va ngeihernak [forced marriage \(Hramhram nu/va ngeihernak\)](#) kong le nangmah le midang nih bomhnak nan kawl tikah zeitindah nan i kilven khawh lai timi pawl tamdeuh cawnnak dingah, mah hi kau [www.ag.gov.au/forcedmarriage](http://www.ag.gov.au/forcedmarriage)

[Family Safety Pack](#) ([www.dss.gov.au/family-safety-pack](http://www.dss.gov.au/family-safety-pack)) ah ai telmi cu hramhram in le tuantuk i nupi/va ngeihnak pawl an si.

Minung pakhat kha hramhram in nupi/va ngeiher dingmi dirhmun asilo ngeiher ding ah an um tiah na ruah asi ahcun, Australian Federal Police kha 131 237 ah chawn hna.

Atanglei bukomh hna zong nih an bomh khawh ve:

Ahmun	Rianttuantu phu hna le an website	Telephone
Rampumpi	<a href="#">National Sexual Assault, Domestic and Family Violence Counselling Service</a> <a href="http://www.1800respect.org.au">www.1800respect.org.au</a>	1800 737 732
Rampumpi	<a href="#">Family Law Information</a> <a href="http://www.familycourt.gov.au/wps/wcm/connect/fcoaweb/family-law-matters/getting-help/migrants-refugees-language-support">http://www.familycourt.gov.au/wps/wcm/connect/fcoaweb/family-law-matters/getting-help/migrants-refugees-language-support</a>	1300 352 000
Rampumpi / NSW	<a href="#">Anti-Slavery Australia</a> <a href="http://www.antislavery.org.au">www.antislavery.org.au</a>	02 9514 9662
Rampumpi / NSW	<a href="#">My Blue Sky</a> <a href="http://www.mybluesky.org.au">www.mybluesky.org.au</a>	02 9515 8815 asilo 0481 070 844 (text)
Vic.	<a href="#">Australian Muslim Women's Centre for Human Rights</a> <a href="http://www.ausmuslimwomenscentre.org.au">www.ausmuslimwomenscentre.org.au</a>	03 9481 3000

## Nu cithlahnak le ngandamnak pawl

Nu thilri (firfik, ci) tannak asilo (Female Genital Mutilation or Cutting (FGM/C)) tannak phung zulh hi Australia ahcun zulhphung he aikalhmi asi.



FGM/C ah cun nu thilri i alenglei abomi/firfik kha adih lakin asilo acheu in lakpiak/tan piak, asilo sii lei asilomi thil tuahnak ruangah nu thilri hna ah adang khawnnak tibantuk pawl an itel.

Minung pakhat kha ramdang ah amah cungah FGM/C tuahpiak dingah kuat asilo kal pi, asilo cu bantuk tuah dingin midang fial kha phung he ai kalhmi asi fawn.

FGM/C tuah ruangah azualhma ngaimi le caan saupi araumi intuarnak achuak kho. Hi bantuk tuahnak ruangah Australia ah arak phan liomi nutung hna le ngakno hna zongnih ngandamnak lei harsatnak an ngei kho.

Atanglei i langhtermi thiamsang siibawi rianttuannak hna nih an bomh khawh:

Ahmun	Nu cithlahnak covo lei kong rianttuannak	Telephone
Rampumpi	<a href="http://www.netfa.com.au">National Education Toolkit for FGM/C in Australia</a> <a href="http://www.netfa.com.au">www.netfa.com.au</a>	
ACT	<a href="http://www.shfpact.org.au">Sexual Health and Family Planning</a> <a href="http://www.shfpact.org.au">www.shfpact.org.au</a>	02 6247 3077
	<a href="http://www.health.act.gov.au/our-services/women-youth-and-children/womens-health-service">Women's Health Service</a> <a href="http://www.health.act.gov.au/our-services/women-youth-and-children/womens-health-service">www.health.act.gov.au/our-services/women-youth-and-children/womens-health-service</a>	02 6205 1078
NSW	<a href="http://www.women.nsw.gov.au">Women's Information and Referral Service</a> <a href="http://www.women.nsw.gov.au">www.women.nsw.gov.au</a>	1800 817 227
	<a href="http://www.dhi.health.nsw.gov.au/NSW-Education-Program-on-Female-Genital-Mutilation/NSW-Education-Program-on-Female-Genital-Mutilation/default.aspx">Education Program on FGM</a> <a href="http://www.dhi.health.nsw.gov.au/NSW-Education-Program-on-Female-Genital-Mutilation/NSW-Education-Program-on-Female-Genital-Mutilation/default.aspx">http://www.dhi.health.nsw.gov.au/NSW-Education-Program-on-Female-Genital-Mutilation/NSW-Education-Program-on-Female-Genital-Mutilation/default.aspx</a>	02 9840 3877
NT	<a href="http://www.health.nt.gov.au/sexual_assault_services">Sexual Assault Referral Centre</a> <a href="http://www.health.nt.gov.au/sexual_assault_services">www.health.nt.gov.au/sexual_assault_services</a> Darwin Alice Springs	08 8922 6472 08 8955 4500
	<a href="http://www.fpwnt.com.au">Family Planning Welfare Association</a> <a href="http://www.fpwnt.com.au">www.fpwnt.com.au</a>	08 8948 0144
Qld	<a href="http://www.fpq.com.au">Family Planning Queensland (True)</a> <a href="http://www.fpq.com.au">www.fpq.com.au</a> asilo <a href="http://www.true.org.au">www.true.org.au</a>	07 3250 0240
	<a href="http://www.true.org.au/resources/resources-overview/multicultural-womens-health-female-genital-mutilation-fgm">Multicultural Women's Health – FGM</a> <a href="http://www.true.org.au/resources/resources-overview/multicultural-womens-health-female-genital-mutilation-fgm">www.true.org.au/resources/resources-overview/multicultural-womens-health-female-genital-mutilation-fgm</a>	07 3250 0240
SA	<a href="http://www.wis.sa.gov.au">Women's Information Service</a> <a href="http://www.wis.sa.gov.au">www.wis.sa.gov.au</a>	1800 188 158
	<a href="http://www.whs.sa.gov.au">Women's Health Service</a> <a href="http://www.whs.sa.gov.au">www.whs.sa.gov.au</a>	08 8444 0700



Ahmun	Nu cithlahnak covo lei kong rianttuannak	Telephone
Tas.	<a href="http://www.redcross.org.au/bi-cultural-health.aspx">Red Cross - Bicultural Community Health Program</a> <a href="http://www.redcross.org.au/bi-cultural-health.aspx">www.redcross.org.au/bi-cultural-health.aspx</a>	
	<a href="http://www.dhhs.tas.gov.au/children/child_protection_services">Child protection service</a> <a href="http://www.dhhs.tas.gov.au/children/child_protection_services">www.dhhs.tas.gov.au/children/child_protection_services</a>	1300 737 639
	<a href="http://www.police.tas.gov.au">Tasmania police</a> <a href="http://www.police.tas.gov.au">www.police.tas.gov.au</a>	131 444
	<a href="http://crimestopperstas.com.au">Crime stoppers</a> <a href="http://crimestopperstas.com.au">http://crimestopperstas.com.au</a>	1800 333 000
Vic.	<a href="https://www.thewomens.org.au/health-information/">Royal Women's Hospital</a> <a href="https://www.thewomens.org.au/health-information/">https://www.thewomens.org.au/health-information/</a> Alak in khuate lei chonhnak	03 8345 3058 1800 442 007
	<a href="http://www.secasa.com.au">South Eastern Centre Against Sexual Assault</a> <a href="http://www.secasa.com.au">www.secasa.com.au</a> Alakin chonnak – nazi 24 chung rakhluahin	1800 806 292 03 9594 2289
	<a href="http://ausmuslimwomenscentre.org.au/2014/a-guide-for-responsible-reporting-on-female-genital-cutting">Australian Muslim Women's Centre for Human Rights</a> <a href="http://ausmuslimwomenscentre.org.au/2014/a-guide-for-responsible-reporting-on-female-genital-cutting">http://ausmuslimwomenscentre.org.au/2014/a-guide-for-responsible-reporting-on-female-genital-cutting</a>	03 9481 3000
WA.	<a href="http://www.communities.wa.gov.au/communities-in-focus/women/womens-information-service/Pages/default.aspx">Women's Information Service</a> <a href="http://www.communities.wa.gov.au/communities-in-focus/women/womens-information-service/Pages/default.aspx">www.communities.wa.gov.au/communities-in-focus/women/womens-information-service/Pages/default.aspx</a> Alakin chonhnak, Nikhat ni in Ninga ni tiang, 9am in 4pm	1800 199 174
	<a href="http://www.kemh.health.wa.gov.au/health_professionals/WHCSP/gbv.php">WA Health, FGM Program</a> <a href="http://www.kemh.health.wa.gov.au/health_professionals/WHCSP/gbv.php">www.kemh.health.wa.gov.au/health_professionals/WHCSP/gbv.php</a>	08 9340 1557

## Meithal le naamte pawl

Naamte asilo meithal tibantuk pawl hriamnaam iken cu Australia zultphung he ai kalhmi asi. Meithal iken asilo ngeihnak dingah laisen ngeih hrimhrim aherh.

Meithal hmanna le mino sinah meithal asilo naamte tepawl zuarnak cungah kum rikhihna a um. Pyine le ramtthen pakhat cio nih meithal hmanna le ngeihnak ding kongah zultphung hna le aidang ciomi timhlanhnak an ngei cio.



## Saramhna le ramlakthilnung

Hi ramchuak saram thah le National park (ramchung dum) hna asilo adang humhakmi rambua hna ah ramvaih i adang saram thahnak tuahnak nawl pek asi lo.

Ramvaihnak le nga tlaihnak zuluhphung hna cu pyine hna le ramtthen hna karlak ah ai dang cio cucaah nan umnak ah zeibantu zuluhphung dah hman asi tikha na hlathlai aherh. Acheu hmunhna hna ahcun ahrangmi saram pawl hna khan a kah khawh men hna lai. Ramvaihnak dingah laisen asilo nawlpeknak asilo aman na pek a herh kho mi asi, cun nah man dingmi hriamnaam hna caah laisen tuah aherh lai.

Nuamhnak ah rili asilo tiva pawl sio thlknak nuamhnak na ngei kho, laisen asilo nawlpeknak lak ahau tawn. Nga na tlaihmi ah na tlaih zat le afat ngan kongah rikhiahnak an um.

Australia ahcun saram pawl kha hremtuarternak le daithlanhnak in kilvennak dingah zuluhphung hna an ngei. Saram hna le va hna cungah thil tthalo a tuahtu hna cu tangka liamter asilo thongthlak kawh an si. Umnak sang zuluhphung hna nih saram hna kha inn ah zuatnak nawl apek ko sihmanhsehlaw Australia ramchuak saram pawl zuatnak ding ahcun ahleice in laisen ngeih na herh.

Inn hnulei ah saram thah kha khap asi.

[Dal 12 nak, Mipi iteltumnak](#) kha zoh ve.

## Kuakzuknak, zu dinnak le ritnaksii pawl

Kuakzut cu ngandamnak caah ttihnungmi asi, cun Australia chungah zawtnak le thihnak achuahter cemtu lakah pakhat asi.

Kuak kong le [how to quit smoking \(kuakzuk zeitindah ngol ding\)](#) timi theihnak hna cu ngandamnak lei thiamsang hna siibawi le siidawr rianttuantu hna sinah aum. Quitline 13 7848 (13 Quit), asilo [www.quitnow.gov.au](http://www.quitnow.gov.au) tibantuk bomhnak rianttuantu hna sin zongah aum ve.

Hngakchia an umnak mawtaw chung le mipi tamdeuh an umnak hmun pawl zung hna, rianttuannak hmun hna, thilcawknak centre hna, siizung hna, ngandamnak lei sekhaan hna, milomhternak hmun hna le rawldawr hna telh in kuakzuk hi khap asi.

Kum 18 tang asimi minung pakhat sinah sahdah in sermi thilri pek asilo zuarh zong phungninglo asi fawn.

Australia ah phung in a onhmi cu zudin hi asi, sihmanhsehlaw dinnak hmun hna le dinnak caan an tuahmi lawngah asi ve. Zu dinnak caah zuldung an tuahmi nih cun zeibantuk ni hmanhah two standard drinks (ari ankhiahmi pahnih) nak tam in din lo ah atha ati.

Kum tlinglo minung pakhat sinah zu pek asilo zuarh cu zuluhphung he ai kalhmi asi. Kum 18 tang asimi pkhat nih amah umnak hmun, an inn tibantuk te ah dah tilo zu adin asi ahcun zuluhphung he aikalhmi asi. Zu din cu mibu umnak hmun tampi ah khap asi.



Australia nih rihnaksii angeimi hna, azuarmi hna asilo ahmangmi hna khamnak dingah zuluhphung angei. Rihnaksii lei zuluhphung zuluhlo ahcun tangka liamter le thongthlaknak tibantuk afakmi dantatnak tiang aphanter. Australia rihnaksii lei zuluhphung hna nih phungninglo in rihnaksii ahmangmi hna le rihnaksii kha chawlehwainak ah hmangin apechantu, achuah tu asilo azuartu hna tiin atthen hna.

Rihnaksii asilo zu rit buin mawtaw mongh cu phungninglo asi. Zu na din asilo rihnaksii na din hnu ah mawtaw na mongh asi ahcun, na mawtaw laisen na sung kho, tangka na liam kho, thong na tla kho asilo hi dantatnak vialte hi na in khawh. [Dal 8 nak, Umkalnak](#) kha zoh rih.

Nangmah asilo midang pakhat na theihmi nih phungninglo asimi rihnaksii asilo zudinnak ah harsatnak angeih asi ahcun, na siibawi, na umnak sang bukomh ngandamnak rianttuantu asilo na pyine asilo ramtthen um zu asilo rihnaksii helpline (bomhnak phone line) kha chawn hna:

Pyine le Ram tthen	Zu le ritnaksii kong thawngthanh telephone chonhnak
ACT	02 6207 9977
NSW	02 9361 8000 (Sydney) 1800 422 599 (NSW ram)
NT	08 8922 8399 (Darwin) 08 8951 7580 (Central Australia) 1800 131 350 (Ramtthen ahuap)
QLD	1800 177 833
SA	1300 131 340
Vic.	1800 888 236
Tas.	1800 811 994
WA	08 9442 5000 (Perth) 1800 198 024 (WA ram)

Tamdeuh theihnak dingah:

Aiawhrianttuannak zung asilo	Website
<a href="#">National Tobacco Campaign</a>	<a href="http://www.quitnow.gov.au">www.quitnow.gov.au</a>
<a href="#">Department of Health</a>	<a href="http://www.alcohol.gov.au/">www.alcohol.gov.au/</a>
<a href="#">National Drugs Campaign</a>	<a href="http://www.drugs.health.gov.au/">www.drugs.health.gov.au/</a>



Aiawhrianttuannak zung asilo	Website
<a href="#">Australian Drug Information Network</a>	<a href="http://www.adin.com.au/content.asp?Document_ID=38">www.adin.com.au/content.asp?Document_ID=38</a>

## Thingnah asilo saram ramchung luhnak rikhiahnak pawl

Thilri pawl kha online in na cawkw, asilo Australia ah na rak tlawn asilo in na chuah ahcun, nangmah nih zeibantuk saram hna le thingnah kha dah nai ken khawh asilo na cawkkhawh timi khongah [rules \(zulhdng pawl\)](#) an um. [www.environment.gov.au/biodiversity/wildlife-trade/travellers-shoppers](http://www.environment.gov.au/biodiversity/wildlife-trade/travellers-shoppers) ah rak kal.

Na thilchiahnak bawmni [wildlife laws \(ramlakthilnung zulhphung\)](#) abuar le buar lo zohfelnak dingah, mah hihi rak kau [www.environment.gov.au/biodiversity/wildlife-trade/travellers-shoppers/tourist-souvenirs](http://www.environment.gov.au/biodiversity/wildlife-trade/travellers-shoppers/tourist-souvenirs)

Zeibantuk thingnah pawl le saram pawl dah [transported within Australia \(Australia chungah phurh\)](#) khawh ansi timi kong zongah zulhphung an um. Australia chungah khaulawlawn naitimh asi ahcun [www.quarantinedomestic.gov.au/](http://www.quarantinedomestic.gov.au/) kha rak kau law nai tinhnak hmun kalpi dingah aherhmi zulhphung kha rak zohfel.

## Adang zulhphung pawl

Australia ahcun thihdaan dantatnak aum lo.

Hnawmhlonhnak, thlihnawmh ternak asilo hnathlaknak aumlomi hnawm hlonhnak asilo ringawn thangtuk in chuahnak he kalhin zulhphung pawl an um.

## Innpa hna he iralchanhnak

Hmun tampi ah innpa hna he i ralchanhnak kongah zulhphung an um hna. Hi bantuk thilhar pawl biaceihzung tiang phanh ter loin daiher asinak dingah abawm kho tu iralchannak daiternak le remnaksernak bomhpeknak lei rianttuantu hna an um.

Tamdeuh theihnak dingah:

Pyine le ramtthen	Rianttuannak	Website
ACT	<a href="#">Conflict Resolution Service</a>	<a href="http://www.crs.org.au/pdf/Healthy_neighbourhoods_brochure.pdf">www.crs.org.au/pdf/Healthy_neighbourhoods_brochure.pdf</a>
NSW	<a href="#">Information about the law in NSW</a>	<a href="http://www.legalanswers.sl.nsw.gov.au/guides/neighbours/">www.legalanswers.sl.nsw.gov.au/guides/neighbours/</a>
NT	<a href="#">Community Justice Centre</a>	<a href="http://www.cjc.nt.gov.au/">www.cjc.nt.gov.au/</a>
Qld	<a href="#">Queensland Government</a>	<a href="http://www.qld.gov.au/law/housing-and-neighbours/">www.qld.gov.au/law/housing-and-neighbours/</a>
SA	<a href="#">Legal Services Commission of SA</a>	<a href="http://www.lawhandbook.sa.gov.au/ch31s01.php">www.lawhandbook.sa.gov.au/ch31s01.php</a>



Pyine le ramtthen	Rianttuannak	Website
Tas.	<a href="#">Hobart Community Legal Service</a>	<a href="http://www.hobartlegal.org.au/tasmanian-law-handbook/community-and-environment/neighbourhood-disputes/introduction">www.hobartlegal.org.au/tasmanian-law-handbook/community-and-environment/neighbourhood-disputes/introduction</a>
Vic.	<a href="#">Victoria Legal Aid</a>	<a href="http://www.legalaid.vic.gov.au/find-legal-answers/disputes-with-neighbours">www.legalaid.vic.gov.au/find-legal-answers/disputes-with-neighbours</a>
WA	<a href="#">Legal Aid WA</a>	<a href="http://www.legalaid.wa.gov.au/InformationAboutTheLaw/Homes/neighbours/Pages/NeighboursCommonProblems.aspx">www.legalaid.wa.gov.au/InformationAboutTheLaw/Homes/neighbours/Pages/NeighboursCommonProblems.aspx</a>

[Dal 12 nak, Mipi iteltumnak](#) kha rak zoh.

## Legal assistance (Phungning lei bomhnak)

Pyine kip le ramtthen kip nih an mipi kha phunglam kongah an covo pawl le zulherhmi hna, cun biacei daan an hman khawhnak an tthancho nak dingah thawngpeknak atuah tu bukomh bu pawl an gei hna.

Legal Aid cozah aiawhtu hna nih phunglam lei ruahnak peknak rian an ttuan cun bomhknak pekkhawh asimi hna an bomhnak mi hna cu tuahmi sualnak pawl, chungkhar itthenak, chungkhar buaibainak, itthialpemnak, lungthin lei ngandamnak, mibu chung humhimnak, leiba le mawtaw monghnak lei zulhphung buarnak pawl an si:

Pyine le ramtthen	Phunglei bomhnak rianttuantu	Telephone	Website
ACT	<a href="#">Legal Aid ACT</a>	1300 654 314	<a href="http://www.legalaidact.org.au/">www.legalaidact.org.au/</a>
NSW	<a href="#">Legal Aid NSW</a>	1300 888 529	<a href="http://www.legalaid.nsw.gov.au/">www.legalaid.nsw.gov.au/</a>
NT	<a href="#">Northern Territory Legal Aid Commission</a>	1800 019 343	<a href="http://www.nt.gov.au/ntlac">www.nt.gov.au/ntlac</a>
Qld	<a href="#">Legal Aid Queensland</a>	1300 651 188	<a href="http://www.legalaid.qld.gov.au/">www.legalaid.qld.gov.au/</a>
SA	<a href="#">Legal Services Commission of South Australia</a>	1300 366 424	<a href="http://www.lsc.sa.gov.au/">www.lsc.sa.gov.au/</a>
Tas.	<a href="#">Legal Aid Commission of Tasmania</a>	1300 366 611	<a href="http://www.legalaid.tas.gov.au/">www.legalaid.tas.gov.au/</a>
Vic.	<a href="#">Victoria Legal Aid</a>	1300 792 387	<a href="http://www.legalaid.vic.gov.au/">www.legalaid.vic.gov.au/</a>
WA	<a href="#">Legal Aid Western Australia</a>	1300 650 579	<a href="http://www.legalaid.wa.gov.au/">www.legalaid.wa.gov.au/</a>



Community legal centres (mibu ngeihmi phunglam lei tolrelnak centres) nih phunglam lei ruahnak cheuhnak le thil dangdang pawl kha bomhnak a pek. Acheu nihcun mibu ca cawnnak tete zong atuah i cu ka hmun ahcun phunglam leiah na ttuanvo hna le na covo kongkha tamdeuh in na cawn khawh.

Rampi huap phung le rianttuannak phu pawl	Website
<a href="http://www.naclc.org.au/">National Association of Community Legal Centres</a>	<a href="http://www.naclc.org.au/">www.naclc.org.au/</a>
<a href="http://www.lawstuff.org.au/">Children's and Youth Law Centre</a>	<a href="http://www.lawstuff.org.au/">www.lawstuff.org.au/</a>
<a href="http://www.wlsa.org.au/">Women's Legal Services</a>	<a href="http://www.wlsa.org.au/">www.wlsa.org.au/</a>





## 7 Housing (Umnak inn)

### Hi ka section (dalcheu) chungah

Australia i umnak inn kawl hi hmuh ahar ngai kho cun innhlan hi a man afak ngai kho. Innchungkhar anganmi hna caah ahlei in caan saupi an chungkhar nih an herhmi he aitlakmi umnak inn hmuh ahar ngai kho mi asi. Alawngmi umnak inn kha lak i na siaremnak in na tuah aherh kho mi asi.

- [Caantawi umchungnak hmun](#)
- [Pumpak ngeihmi inn asilo inndot innkhaan hlannak](#)
- [Umnak inn kong bomhnak](#)
- [Innhlangtu hna i an covo pawl le ttuanvo pawl](#)
- [Inn pakhat asilo inndot innkhan cawknak](#)
- [Innchungkhar hmanherhmi thilrihna](#)
- [Innchungkhar hmanmi Hnawm khomhsuatnak le atharchuah tthannak](#)
- [Cakuatnak](#)

### Caantawi umchungnak hmun

Na phanh ka i caantawi umchungnak kong ithimdingah ruah na duhding ah aitel mi hna cu:

- Hostels (Riahnak hmun) le aman ttumhmi hotel ah
- Australia ah cacawng ding na si ahcun, sairem tein umnak na hmuh thiang sianghngakchia caan tlawmpal umchungnak inn ah um na duh kho men. Na sianginn i ramdang lei bomhpknak lei rianttuantu kha chawnbia hna asilo an ngeihmi website ah khan zohfelnak tuah. Hi ramdang sianghngakchia umnak hmun thimnak caah [accommodation options for international students \(ramdang sianghngakchia hna caah umnakhmun ithimnak\)](#), [www.studyinaustralia.gov.au/global/live-in-australia/accommodation](http://www.studyinaustralia.gov.au/global/live-in-australia/accommodation)
- Australia ah [costs of student-level living \(sianghnakchia-dirhmun khuasaknak ah adih zat\)](#), hi kong cu [www.studyinaustralia.gov.au/global/live-in-australia/living-costs](http://www.studyinaustralia.gov.au/global/live-in-australia/living-costs)

### Pumpak ngeihmi inn asilo inndot innkhaan hlannak

Inn pakhat asilo inndot innkhaan hlannak hi inn ngeitu hna aiawh in rian attuantu real esate (inn puaisa) hna hmangin tuah asi tawn. Pumpak innngeitu sinin dairect in na hlan khawh ve ko. Hlankhawhmi innpawl hi online le tadinca i 'To let' le 'Accommodation vacant' timi catlap chungah theihternak/kyawngia an tuah hna. Inn lei puaisa pawl kha an zung hna ah na va len kai khawh hna i innhlanh ding alawngmi pawl an cazin khan a zoh khawh.



'Lease' asilo 'residential tenancy agreement' (aummi innhlangtu hnatlaknak) timi cu inn ngeitu le inn hlangtu karlak ah phungning tein ca in ttialmi hnatlaknak ccatlap kha asi. Mahcucu thlaruk asilo thla hleihnih chung caah hrenchihmi asi tawn, minthutnak na tuah hlan ah acaan kongah biaruahnak ngeih ding asi. Hi caan adih tikah hnatlaknak ca kha athar na chuah khawh. Ttialmi hnatlaknak ca ngeihnak nih ca chung i aittialmi pawl, innhlannak man, zeitik ahdah inn man pek aherh, aho nihdah innchung thilhmanmi (mei, ti, gas, hnawm kholhnak le adangdang thilpawl), inn zohnak caan khiahnak, saram zuat khawh asile silo le zeican tiang dah na um khawh tibantuk pawl tuanhlaan in hnatlaknak ngeihnak asi.

Hnatlaknak caan adih hlan ('breaking a lease' tiin theihmi) ah na umnak inn na chuaktaak asi ahcun tangka zeimawzat na liam khawh caah na um khawhnak caan nakin caansau deuhmi hnatlaknak ca in nangmah le nangmah ihreng hlah.

Inn na hlan thok ka ah na inn hlannak thlakhat man kha na pek chung ahau lai, cun innhlannak 'bond' (chiahchung tangka). Bond timi cu innngeitu sinah chiahchungmi tangka asi. Pekmi zat cu aidangmi pyine le ramtthen hna ah an i dang cio. Innngeitu asilo innhlannak puaisa nih na bond pekmi kha pyine asilo ramtthen i inn hlannak lei bond peknak caah nawlpekmi ttuanvongeu hna sinah thanhnak atuah hrimhrim aherh. Inn na chuahtaak tikah innhlannak man na bat lo le inn kha thiang tein le rawklo tein aum asi ahcun na pekmi bond kha na sinah khirh tthan asi lai.

Nai thial hlan ah, na hlanmi inn i thilsining le arawk ciami arak ummi hna kha 'condition report' (thilsining ttialnak) ca ahkhan ca in ttial khumh hna. Mah cucu nangmah le inn ngeitu asilo anmah inn puaisa hna nih an ttial i cu nihcun inn in na chuah tikah lungtlinlonak hrialnak dingah abomh. Thil airawkmi pakhatkhat aum asi ahcun na innngeitu kha chim hna, cun inn ah thlennak pakhatkhat na tuah hlan ah anmah hnatlaknak kha na lak hmasat aherh. Innngeitu hna hi inn i airawkmi remh dingah ttuanvo angei.

*Inn na zohrih lo le catlap chung i thilsining pawl le zulhdang pawl thate in na lung afian lo ahcun hnatlaknak minsen thu hlah, min na thut hnu ahcu phungning tein hrenchih asi cang caah asi.*

Inn kha 'sub-let' (timi cu, hnatlaknak chungah aum lomi midang hlanh chinnak) tuahnak nawl na ngei lo i caan saupi aum ding khual nai um pi kho lo, cu ti tuahnak nih phung nih innchung ah aum ding zat minung rikhiahnak angeihmi na lonh khawh caah asi.

Inn chuahtaak nai timh asi ahcun, na inn ngeitu sinah tawngthan chungnak na pek hrimhri aherh (abuaktlak in atlawmbik zarh li chung asilo hnatlaknak ca i ttial ning tein).

## **Umnak inn kong bomhnak**

Tangka hmuhnak atlawmmi hna nih caan tlawmpal chung umchungnak inn, asilo innhlannak bond le athla khatnak innhlannak man pekchungnak caah cozah sinin tangka lei bomhnak an hmu kho.

[Rent Assistance](http://www.humanservices.gov.au/rentassistance) cu tangka hmuhnak atlawmmi hna nih an innhlannak man peknak bomhnak dingah cozah tangka peknak asi ([www.humanservices.gov.au/rentassistance](http://www.humanservices.gov.au/rentassistance)).



## Mipi umnak inn

Centrelink tangka bomhnak ahmumi asuki tangka hmuhnak atlawmmi na si ahcun cozah ngeihmi mipi umnak inn hlannak dingah na sawk khawh.

Mipi umnak inn ah aummi nasi ahcun aman an ttumhcia mi zat in innhlannak man na pek lai, mahcucu pumpa inn hlannak man nakin a tlawm deuh.

Mipi umnak inn cu khoika hmun ah um na duh, na innchungkhar a fatngan le zeitluk rangin umnak inn na herh timi cungah hngahnak caan kha aidang cio. Hngahnak caan hi saupi arau kho.

Tamdeuh theihnak dingah:

Pyine asilo Ramtthen	Inn kong nawIngeitu	Telephone	Website
ACT	<a href="#">Housing and Community Services</a>	133 427	<a href="http://www.communityservices.act.gov.au/hcs">www.communityservices.act.gov.au/hcs</a>
NSW	<a href="#">Housing NSW</a>	1300 468 746	<a href="http://www.housing.nsw.gov.au">www.housing.nsw.gov.au</a>
NT	<a href="#">Department of Housing</a>	08 8999 8814	<a href="https://nt.gov.au/property/public-housing">https://nt.gov.au/property/public-housing</a>
Qld	<a href="#">Department of Housing and Public Works</a>	13 74 68	<a href="http://www.qld.gov.au/housing/public-community-housing">www.qld.gov.au/housing/public-community-housing</a>
SA	<a href="#">Housing SA</a>	131 299	<a href="http://www.housing.sa.gov.au">www.housing.sa.gov.au</a>
Tas.	<a href="#">Housing Tasmania</a>	1300 135 513	<a href="http://www.dhhs.tas.gov.au/housing">www.dhhs.tas.gov.au/housing</a>
Vic.	<a href="#">Office of Housing</a>	1300 650 172	<a href="http://www.housing.vic.gov.au/public-housing">www.housing.vic.gov.au/public-housing</a>
WA	<a href="#">Department of Housing</a>	1800 093 325	<a href="http://www.housing.wa.gov.au">www.housing.wa.gov.au</a>

## Umnakngeilo caah umnak inn bomhnak

Umnak ngeilomi na si, asilo umnak ngeilo ding dirhmun aphan ding nasi ahcun, atanglei i langhtermi bomhnak rianttuannak pawl nih umnak hmun asilo midang sin pekchannak pawl an in bomh khawh lai.

Ahmun	Rianttuannak le website	Telephone
Rampum pi	<a href="http://www.homelessnessaustralia.org.au/index.php/are-you-homeless">Homelessness Australia www.homelessnessaustralia.org.au/index.php/are-you-homeless</a>	02 6247 7744
ACT	<a href="http://www.firstpoint.org.au">FirstPoint www.firstpoint.org.au</a>	1800 176 468



Ahmun	Rianttuannak le website	Telephone
NSW	<a href="http://www.facs.nsw.gov.au/about_us/news/link2home">Link2Home</a> www.facs.nsw.gov.au/about_us/news/link2home	1800 152 152
NT	<a href="http://www.shelterme.org.au">ShelterMe</a> www.shelterme.org.au	
Qld	<a href="http://www.qld.gov.au/housing/emergency-temporary-accommodation/homeless-persons-information-qld/">Homeless Hotline</a> www.qld.gov.au/housing/emergency-temporary-accommodation/homeless-persons-information-qld/	1800 474 753
SA	<a href="http://www.sa.gov.au/topics/housing-property-and-land/housing/emergency-shelter-and-homelessness/accessing-services">Help in Crisis Situations</a> www.sa.gov.au/topics/housing-property-and-land/housing/emergency-shelter-and-homelessness/accessing-services	1800 003 308
Tas.	<a href="http://www.dhhs.tas.gov.au/housing/housing_connect">Housing Connect</a> www.dhhs.tas.gov.au/housing/housing_connect	1800 800 588
Vic.	<a href="http://www.housing.vic.gov.au/crisis-and-emergency-accommodation">Crisis and emergency accommodation</a> www.housing.vic.gov.au/crisis-and-emergency-accommodation	1800 825 955
WA	<a href="http://www.housing.wa.gov.au/housingoptions/homelessadvisoryservice">Homelessness Advisory Service</a> www.housing.wa.gov.au/housingoptions/homelessadvisoryservice	1800 065 892

## Innhlangtu hna i an covo pawl le ttuanvo pawl

Pyine le ramtthen vialte nih innhlangtu pawl kha an covo hna le ttuanvo pawl ruahnak peknak atuah tu cozah rianttuantu pawl an ngeih hna, holh phun tampi in asi tawn:

Pyine asilo ramtthen	Inn kong le ningcang tein rianttuanni nawIngeitu	Telephone
ACT	<a href="http://www.accesscanberra.act.gov.au/app/answers/service/images/favicon.ico">Access Canberra</a> www.accesscanberra.act.gov.au/app/answers/service/images/favicon.ico	13 22 81
NSW	<a href="http://www.fairtrading.nsw.gov.au/ftw/Tenants_and_home_owners/Renting_a_home.page">NSW Fair Trading</a> www.fairtrading.nsw.gov.au/ftw/Tenants_and_home_owners/Renting_a_home.page	13 32 20
NT	<a href="http://www.consumeraffairs.nt.gov.au/ForConsumers/ResidentialTenancies">Consumer Affairs</a> www.consumeraffairs.nt.gov.au/ForConsumers/ResidentialTenancies	1800 019 319
Qld	<a href="http://www.rta.qld.gov.au/">Residential Tenancies Authority</a> www.rta.qld.gov.au/	1300 366 311



Pyine asilo ramtthen	Inn kong le ningcang tein rianttuanmi nawIngeitu	Telephone
SA	<a href="http://www.sa.gov.au/topics/housing-property-and-land/housing/renting-and-letting/renting-privately">Consumer and Business Services</a> www.sa.gov.au/topics/housing-property-and-land/housing/renting-and-letting/renting-privately	131 882
Tas.	<a href="http://www.consumer.tas.gov.au/renting">Consumer Affairs and Fair Trading</a> www.consumer.tas.gov.au/renting	1300 654 499
Vic.	<a href="http://www.consumer.vic.gov.au/housing-and-accommodation/renting/during-a-lease-or-residency/rent-and-other-payments/rent-receipts">Consumer Affairs Victoria</a> www.consumer.vic.gov.au/housing-and-accommodation/renting/during-a-lease-or-residency/rent-and-other-payments/rent-receipts	1300 558 181
WA	<a href="http://www.commerce.wa.gov.au/publications/tenant-guide-renting-home-wa">Department of Commerce</a> www.commerce.wa.gov.au/publications/tenant-guide-renting-home-wa	1300 304 054

Cozah he pehtlaihna angei lomi bukomh bu pawl hna zong nih innhlangtu pawl kha ruahnak an pek ve hna:

Phine asilo Ramtthen	Innhlangtu hna websites	Telephone	Website
ACT	<a href="http://www.tenantsact.org.au/contactUs/Tenants-Advice-Service">Tenants' Union ACT</a>	02 6247 2011	www.tenantsact.org.au/contactUs/Tenants-Advice-Service
NSW	<a href="http://www.tenants.org.au">Tenants NSW</a>		www.tenants.org.au
NT	<a href="http://www.dcls.org.au/legal-and-advocacy-services/tenants-advice">NT Tenants' Advice Service</a>	1800 812 953	www.dcls.org.au/legal-and-advocacy-services/tenants-advice
Qld	<a href="http://tenantsqld.org.au/info-for-tenants">Tenants Queensland</a>	1300 744 263	http://tenantsqld.org.au/info-for-tenants
SA	<a href="http://www.syc.net.au/tias/overview">Tenants Information and Advisory Service</a>	1800 060 462	www.syc.net.au/tias/overview
Tas.	<a href="http://tutas.org.au/">Tenants Union of Tasmania</a>	1300 652 641	http://tutas.org.au/
Vic.	<a href="http://www.tuv.org.au">Tenants Union of Victoria</a>	03 9416 2577	www.tuv.org.au
WA	<a href="http://www.tenancywa.org.au">Tenancy WA</a> Alak in khuate lei chonhnak	08 9221 0088 1800 621 888	www.tenancywa.org.au
Rampumpi	<a href="https://reia.asn.au/consumers/renting-or-leasing-a-property">Real Estate Institute of Australia</a>		https://reia.asn.au/consumers/renting-or-leasing-a-property



## **Inn asilo inndot innkhaan cawknak**

Zuar dingmi inn hna le inndot innkhaan hna hi online asilo tadinca ah langhter/kyawngia tuah an si. Inn puaisa pawl zongnih zuar dingmi inn cazin an ngeih. Australia ah hawihlancem inn na cawk asi ahcun pyine le ramtthen cozah [first home owner grant \(hawihlancem inn ngeihnak bomhnak\)](#) na hmuh khawh (zohding [www.firsthome.gov.au](http://www.firsthome.gov.au)).

Australia ah zungzal umnak nawlIngei lomi na si ahcun, inn cawknak dingah [foreign investment approval \(ramdang tangka chiahnak hnatlaknak\)](#) na herh kho (zohding [www.firb.gov.au/real-estate](http://www.firb.gov.au/real-estate)).

Inn cawknak dingah tangka cawi na herh asi ahcun, na bank asilo adang tangka lei rianttuannak kha pehtlainnak tuah hna. Australia ahcun, inn cawk tikah, tangka ipek chanhnak ah solicitor or conveyance (phung athiami asilo lamsial athiammi) hna kha an fial tawn hna. Zulhphung hna le thilsining pawl an ttialmi na fian dih lo ahcun hnatlaknak catlap cungah na minsen thu hlah.

Tamdeuh theihnak caah [purchasing property \(thilri cawknak\)](#) kha rak kal [www.australia.gov.au/information-and-services/family-and-community/housing-and-property](http://www.australia.gov.au/information-and-services/family-and-community/housing-and-property)

## **Innchungkhar hmanherhmi thilrihna**

Inn na cawk asilo na hlaan asi zongah, inn he pehtlainnak angeimi innchung hmanherhmi thilri ti, electric mei le gas tibantuk kha na herh hna lai. Cu bantuk innchung thilri apetu pawl cu cozah aiawh rianttuantu hna asilo pumpak company pawl an si kho, na umnak hmunnih angeih lai-[telephone directory \(telephone lamhmuhsaknak cauk\)](#) kha rak zoh.

Umnak hmun thar nai thial hlaan ah inn herh thilri apetu pawl kha ni tlawmpal theihter chungnak na tuah aherh lai.

Innchungkhar hmanding thilri kong ah contract (minsenthutnak) na tuah hlanah kha thil kha na herh taktak mi asi le silo i fiangta. Bianabiaah, caan tlawmpal chung lawng umnak ah na um lio asi ahcun, electric mei hmanna dingah kum thum tiang anguh dingmi minsenthutnak tuah hlah. Minsen na thut hlanah hnatlaknak chung i thilsining hna le zulhdng pawl kha na lungfian hmasa abiapi. Inn mei peknak lei rianttuannak pawl tolrelnak [help guide \(lamhmuhsak bomhnak\)](#) zoh khawh asi [www.accc.gov.au/publications/managing-energy-services-at-home](http://www.accc.gov.au/publications/managing-energy-services-at-home). [Australian Energy Regulator](#) zong nih tamdeuh theihnak ding apek [www.aer.gov.au/consumers/aer-resources](http://www.aer.gov.au/consumers/aer-resources)

Company nih an thilri na hmanmi adihmi zat kha acaan hmaan tein bill an in kuat lai. An in kiahpiakpi ni ah na bill na pek khawhlo, asilo nai timhlanhnak pawl thlen na duh asi ahcun ahcun arannak in chawn hna.

Na bill pek dingah harsatnak na ton asi ahcun an in bomh khawh i service an in pekmi pawl pehtlainnak an phihnak ding kha na hrial khawh.



## Electric mei le Gas

Electric mei le gas supplier (apetu) hna na thimnak ah an bawntu ding video aitelmi thawngpeknak le nan covo theihnak caah, Australian Cozah [Energy Made Easy](#) website kha rak zoh [www.energymadeeasy.gov.au/](http://www.energymadeeasy.gov.au/)

Supplier (Thilpetu) nai thim tikah na zohfel dingmi cu:

- contract kha zeican dah asi
- tuandeuh ah na chuah taak asilo an pekmi service pehtlainak na tuah tikah tangka pek aherh le herh lo
- supplier (thilpetu) nih konseson asilo tangka bomhnak na ngeih le ngeih lo athei maw.

Energy Made Easy website zong ah holh tampi in ttialmi ca [different languages \(holh phunphun\)](#) ([www.energymadeeasy.gov.au/publications-0](http://www.energymadeeasy.gov.au/publications-0)) le [energy ombudsmen \(mei lei kong cozah nawlungeitu hna\)](#) cazin pawl angeih ([www.energymadeeasy.gov.au/useful-contacts](http://www.energymadeeasy.gov.au/useful-contacts)) i na electric mei asilo gas supplier he lungtlin lonak na ngeihmi na tolrel khawh lo ahcun an mah kha na chonh hna lai.

## Centrepay

[Centrepay](#) cu mahthimnak in bill-peknak asi i Centrelink zohkhenhmi hna caah cun alak in asi (zoh nak [www.humanservices.gov.au/customer/services/centrelink/centrepay](http://www.humanservices.gov.au/customer/services/centrelink/centrepay)). Na tangka hmannak le innchung tangka hmannak pawl, innhlaannak, gas, electric mei, ti le phone tibantuk bill pawl na pek tikah na Centrelink tangka hmuhmi chungin acaan hman tein tangka zuhpiak na sinak hnga Centrepay hi na hman khawh. An zuhdingmi azat kha na duh caan poah ah na thok khawh asilo na thlen khawh. Arang bikin tuah khawhnak lam cu online in asi i na Centrelink online account i [myGov](#) i [www.my.gov.au](http://www.my.gov.au) kha hmang.

## Phone le Internet

Australia ahcun, 'cell phone' timi kha 'mobile phones' tiin theih asi cun innchung i chiahmi telephone pawl kha 'landline phones' asilo 'landlines' tiin theih an si.

Hi bantuk service pawl laknak ca i cantract tuahmi pawl kha 'plans' tiah auh asi. Telephone le internet service pawl cuaithlai tikah, online chungah 'mobile plan', 'landline plan' le 'internet plan' tibantuk cabia hmang in na kawh khawh.

Kampani thilsining pawl kha ttha tein zohfelnak tuah cun contract /minsenthutnak na tuah hlan ah *Critical Information Summary* (Abiapimi theihternak biatlangkawp) ca tluan tawi kha rel ta.

Australia telephone le 'internet contract' pawl ah abuaktlak in an tarlanghmi hna cu:

- Service pawl hi 'connection' (pehtlaihternak) tuah tikah tangka pek aherh tawn.
- Kum khat asilo kum hnih contract luh na herh kho.
- Atam deuh 'mobile services' anpekmi ah aitel mi cu mobile broadband caah thla fatin chonhnak caan khiahmi asilo data hmannak caan khiahmi kha an si i an khiahmi na lonh asi ahcun tamdeuh tangka na liam khawh.



- Atampi service an pekmi ah aitemi cu spend management alerts (hmanmi tolrelnak ralrinpeknak)- thlakhat hmanding rikhiahi chungin 50%, 85% asilo 100% na lonh cangnak kha SMS asilo email in theihternak pek khi asi.
- 'Pre-paid services' (na hmanhlan ah pek hmasatnak) pawl asilo post paid service (an petu hna nih acaan hman tein bill an in kuat peng lai) kha nai thim khawh.

Telephone asilo internet bill na hmuh i pekding caan an khiahi chungah na pek khawh lo ding asi ahcun, company kha na chonh ding asi.

Ramdang pawl telephone chonhnak man pawl hi thla fatin phone plan rikhiahi chungah an i tel tawn lo. Hi chonhnak pawl hi a man afak kho. Ramdang an chonhnak hi ttha tein na tolrel aherh asilo pre-paid chonhnak card kha hmang (lampawng dawr tete ah cawkkhawh asi).

Na ummank inn asilo wireless device (hri asilomi thilri) hmangin internet pehtlainnak tuah na duh asi ahcun, internet service apetu hna sinah contract in luhnak tuah na hau lai. Zeibantuk contrat paoh minthutnak na tuah hlaanah, tangka na pek khawh ding asi maw, cun na herhmi atlinh maw timi kha i fiang. Pre-paid wireless internet pehtlainnak zong kha na cawk khawh.

Alak tein asilo pekkhawh ciomi internet luhnak le tintaan apemi prokram pawl an um. Bianabiaah, mipi library le local kawngsil hna nih alak tein internet hmankhawhnak an tuah.

[Telecommunications Industry Ombudsman](http://www.tio.com.au/members/members-listing) (TIO) scheme (min ttial ansinak [www.tio.com.au/members/members-listing](http://www.tio.com.au/members/members-listing)) i chungtel sinak angeimi phone le internet company pawl hna lawng hi na hman hna awk asi.

Na telephone asilo internet service kongah thil pakhatkhat a sining loin aum i a ngeitu company nih a phisin khawh lo asi ahcun, TIO kha chawn 1800 062 058 asilo [www.tio.com.au/making-a-complaint](http://www.tio.com.au/making-a-complaint) ah khan rak kal law alak tein [complaint \(lungtlinlonak\)](#) na tuah kawh.

## **Innchungkhar hmanmi Hnawm khomhsuatnak le atharchuah tthannak**

Umnak sang cozah nih hnawm khomhnak hi a tolrel. Innchung hnawm le palaang, palaang chin, caku le caku bawm tibantuk atharchuah khawhmi thilri pawl chiahnak dingah ai dangmi hnawmbawm pahnih hi aum tawn.

Hnawm laak ni zohnak dingah, nan sang kawngsil asilo na innpa pawl kha hal hna. [Dal 12 nak, Mipi iteltumnak](#) zongkha zoh.

## **Cakuat**

Australia Post bawm hna le zung hna hmangin cakuat hna le thilri hna hna kha na kuat khawh. Milubenh cu Australia chung nakin ramdang cakuatnak caah aman tamdeuh. [Australia Post](#) nih adang hmanthha asimi rianttuannak, bill peknak le passport hmanthlak ithlaknak tibantuk rian zong attuah (zohdig <http://auspost.com.au/>).

Inn nai thial asiahcun, na umnak hmunthar address ah khan [mail redirected \(cakuatnak hmun hmuhsaknak\)](#) na cakuat kuat piak ding ah na tuah khawh (zohding





<http://auspost.com.au/parcels-mail/redirecting-your-mail.html>). Adihmi peknak dingah konseson na hmuh khawh. Australia Post nih adang bukmuh bu pawl sinah na umnak address thar kha achimh khawh ve hna.



## 8 Transport (Umkalnak)

### Hi section chungah cun

Australia cu ram nganmi asi i khuapi hna le khaute hna kha asaumi lam pi nih atthen hna. Ramchung asilo khua pakhat le pakhat tlawnnak dingah transport phunphun tampi an um.

- [Mipi umkalnak](#)
- [Taxi iciitnak](#)
- [Saikel iciitnak](#)
- [Kekalnak](#)
- [Pumpak mawtaw](#)

### Public transport (mipi umkalnak)

Australia ram chung i mipi umkalnak ah ai telmi hna cu, bus, tlaanglawng, tram (lamlawng) le tilawng (ferries) pawl an si. Sianghngakchia, kum upami hna le Health Care Card aitlahmi hna caah konseson hman angah. Zarh fatin asilo thla fatin pekmi ticket pawl cu ni fatin asilo voikhat kalnak ticket nak in an man atlawm deuh.

Thawngthanhnak le timetable (acaan suaimi) hna cu atampi in local cozah kawngsil hna le khaultlawngmi center, online, tlanglawng dinhnak, library hna le mipi thawngpeknak center hna ah lak khawh an si.

Pyine asilo ramtthen	Mipi umkalnak lei rianttuantu	Website
ACT	<a href="#">ACTION</a>	<a href="http://www.action.act.gov.au">www.action.act.gov.au</a>
NSW	<a href="#">Transport NSW</a>	<a href="http://www.transport.nsw.gov.au/">www.transport.nsw.gov.au/</a>
NT	<a href="#">Department of Transport</a>	<a href="https://nt.gov.au/driving/public-transport-cycling">https://nt.gov.au/driving/public-transport-cycling</a>
Qld	<a href="#">Translink</a>	<a href="http://www.translink.com.au">www.translink.com.au</a>
SA	<a href="#">Transport SA</a>	<a href="http://www.sa.gov.au/topics/transport-travel-and-motoring/public-transport-and-travel">www.sa.gov.au/topics/transport-travel-and-motoring/public-transport-and-travel</a>
Tas.	<a href="#">Metro Tasmania</a>	<a href="http://www.metrotas.com.au">www.metrotas.com.au</a>
Vic.	<a href="#">Metlink</a>	<a href="http://www.metlinkmelbourne.com.au">www.metlinkmelbourne.com.au</a>
WA	<a href="#">Public Transport Authority</a> <b>Error! Hyperlink reference not valid.</b>	<a href="http://www.pta.wa.gov.au">www.pta.wa.gov.au</a>

### Taxi services (Taxi iciitnak)

Taxis asilo 'cabs' cu nikhat ah nazi 24 chung Australia hmun tamdeuh ah rian an ttuan. Taxi hmailei i meter tarlanghmi nih ciit man kha apiah. [Yellow Pages](#) cauk chung i 'Taxi cabs'



timi tengah le online chung hna ah taxi company pawl kha ttial an si. Khuapi tamdeuh ahcun pumtlanlinlomi asilo tthutdan leeng ahmang mi hna caah hleice taxi pawl kha an hman. Hngakchia he khual lam na kal asi ahcun, taxi company kha booking na tuahtik ahngakchia ttutdan na herhnak ding kong kha chim hna.

Taxi khuallawnnak asi lomi adang, Uber asilo car-pooling (mawtawmongh ichawnnak) timhlahmnak tibatak pawl hna khi acheu hmunhna ah cu aum kho.

## **Cycling (Saikel iciitnak)**

Saikel ciitmi hna nih lam zulkhung hna le hmelchuhnak pawl kha an zulk hrimhrim aherh, cun na saikel nih rian attuanmi brake le ringawn kha angeih hrimhrim aherh. Saikel nai ciit asi ahcun, nangmah le adang na phurhmi nih khan lukhuh nan i hruk hrimhrim aherh. Zan ah nan iciit asi ahcun, na saikel nih ahmai lei le ahnu lei ah meiceu a ngeih aherh. Na saikel na chiah tikah azungzal in tawhhrenh peng.

Nan sang area asilo khuapi ah, suaipiakmi saikel ciitnak lam pawl (lam cung asilo alengah), asilo saikel ciitnak in mipi umkalknak tiang ai pehmi saikel caah chiahmi hmun tibantuk saikel ciitnak thapeknak dingah ttha tein timhlahmhi hmun pawl an um kho.

Saikel ciitnak dingah lam tuahmi aum asi ahcun cu ka lam cung te cun saikel kha nai ciit awk asi, aruang cu a him deuh, cun acheu pyine le ramtthen hna ahcun zulk hrimhrim aherh. Saikel ciitnak lam aum lo asi ahcun, lam i kehlei kap kha asi khawh chungin na naihtein nai ciit lai aruangcu ahim deuh. Abuaktlak in cun, saikel aiciitmi pahnihnak tam nih pakhat le pakhat aatlang tein nan i kal tti awk asilo.

## **Walking (Kekalnak)**

Kekal hi Australia ahcun alar ngaimi dinhcaan tuahmi cawlcanghnak pakhat asi.

Traffic lights (Miipoint) asilo minung lamkalknak hmuh ah khan lam kha tan. Na kehlei le orhlei kap i mawtaw kha ttha tein zoh. Mawtaw lam cungah asilo tlanglawng lam cungah ke in kal hlah.

Ramlak ah ke in ka kal lai tiah timhlahmnak na ngeih asi ahcun, thilthuam ttha tein in ithuam law khoi minung pakhat khat sinah khoika na kal dingkha chim ta.

## **Private vehicles (pumpak mawtaw pawl)**

Pumpak ngeihmi umkalknak cu nangmah na ngeihmi le na duh tikah na hmanmi asi. Australia tamdeuh nihcun mawtaw asilo mawtaw saikel hi pumpak umkalknak caah an hman hna. Mawtaw ngeih hi sia arem ngai sihmanhsehlaw aman afak ngai ngai. Australia i mawtaw ngeihnak le monghnak ah ttuanvo tapi lakding an um hna.

Hitchhiking (theihlomi mawtaw iciitnak), na theihlo mi mawtaw asilo thilphurhnak mawtaw alak in i ciit cu ahimmi asi lo cun tuahding a si lo.

## **Driver's licenses (mawtawt monghnak laisen)**

Australia chung i mawtaw asilo mawtaw saikel monghnak dingah, mawtaw monghnak laisen na ngeih hrimhrim aherh. Mawtaw na mongh tik ah azungzal in i ken peng.



Ramdang in laisen ai kenmi na si lo asi Learner's Permit na hmuhnak dingah Driver Knowledge Test na awn hmasa aherh. Learner's Permit nihcun laisen angeimi mawtaw mawngtu nih an tthutpi ahcun mawtaw mongh cawnnak nawl na ngei. Mawtaw na mongh tikah na mawtaw ah "L" kha aum aherh.

Aza tawkin thiamnak na ngeih hnu ah, Provisional mawtaw monghnak laisen hmuhnak na sawk khawh. Provisional Licence hmuhnak dingah atlawmbik kum 17 na si aherh, cun Learner's Permit (mongh cawnnak nawl) timi kha atlawmbik thla ruk chung aitlahi cangmi sinak asilo ramchung khua dangah asilo ramleng ah mawtaw monghnak laisen aitlahi cangmi na si herh. Mawtaw na mongh tik ah "P" kha na mawtaw ah aum hrimhrim ahau.

Provisional caan na lonh asi ahcun, laisen caah sawknak na tuah khawh. Na laisen cungah thilsining na zulhherhmi aum ahcun, na zulh hrimhrim awk an si.

[Chapter 1, What to do soon after arrival \(Dal 1 nak, Na phanh khawhin zeidah na tuah lai\)](#) kha zoh ve.

## **Mawtaw monghnak he aitlahi zulhphung**

Mawtaw monghnak he ai tlaimi zulhphung paw kha nai ralrin i na zulh aherh. Bianabia ah:

- Na monghmi mawtaw kha cozah sinah registered (minkhumhmi) asi aherh.
- Seatbelt (tthutnak taisawm) asilo hngakchia hrenkhamhnak kha na mawtaw ai ciitmi hna nih an i velh/sawmh aherh.
- Mawtaw mongh lio ah mobile phone hman cu phung he ai kalhmi asi.
- Lam cungah kawndennak na ton sual asi ahcun arannak in palik sinah theihternak na tuah cawlh aherh.

Australia ahcun, traffic (lamcung) phungna hi an feltak in zulhter asi. Mawtaw monghnak zulhphung hna hi pyine pakhat le pakhat an in dang cio. Nawzulhlonak asilo lamcung zulhphung buarnak nih tampi tangka liamhternak, mawtaw monghnak laisen sunghnak asilo thongthlknak tiang achuahter. Phungning loin mawtaw chiah ruang zong ah tangka tampi liamter khawh asi fawn. Mawtaw mongh tik zulhding ah speed limit (arannak dinhdorhnak) an tuah i an tuahmi lonhin amawngtu hna tlaihnak dingah hmanthlknak pawl zong an hman.

Mawtaw mongh lio ah zuudin asilo zuurit asilo siithalo riit pawl kha phungninglo asi. Thi chungah zuudah zeitluk level tiang aum ah dah cohlan asi timi kha aidang cio, pyine asilo ramtthen le mawtaw mawngtu nih aitlahi laisen phun cungah khan ai hngat. Phung nih acohlanmi zuhdah an lonh le lonh lo theihnak dingah palik nih mawtaw mawngtu kha an duhpaoh in an hneksak khawh hna. [Chapter 6, Australian Law \(Dal 6 nak, Australia zulhphung\)](#) kha zoh ve.

Tamdeuh theihnak dingah:



Pyine asilo ramtthen	Lamcung thilphurnak lei nawngeitu	Telephone	Website
ACT	<a href="#">Road Transport Authority</a>	13 22 81	<a href="http://www.rego.act.gov.au">www.rego.act.gov.au</a>
NSW	<a href="#">Roads and Maritime Services</a>	13 22 13	<a href="http://www.rms.nsw.gov.au">www.rms.nsw.gov.au</a>
NT	<a href="#">Department of Transport</a>	1300 654 628	<a href="https://nt.gov.au/driving">https://nt.gov.au/driving</a>
Qld	<a href="#">Department of Transport and Main Roads</a>	13 23 80	<a href="http://www.tmr.qld.gov.au/">www.tmr.qld.gov.au/</a>
SA	<a href="#">Transport</a>	13 10 84	<a href="http://www.transport.sa.gov.au">www.transport.sa.gov.au</a>
Tas.	<a href="#">Transport Tasmania</a>	1300 135 513	<a href="http://www.transport.tas.gov.au">www.transport.tas.gov.au</a>
Vic.	<a href="#">VicRoads</a>	13 11 71	<a href="http://www.vicroads.vic.gov.au">www.vicroads.vic.gov.au</a>
WA	<a href="#">Department of Transport</a>	13 11 56	<a href="http://www.transport.wa.gov.au/index.asp">www.transport.wa.gov.au/index.asp</a>

## Seatbelts and Child Restraints (Tthutnak taisawm hna le hngakchia hrenkhamhnak hna)

Tthutnak taisawm asilo hngakchia hrenkhamhnak kha na mawtaw ai ciitmi hna nih an i velh/sawmh aherh. Tthutnak taisawm isawmh lo in mawtaw mongh ahcun tangka liamter asi, cun na mawtaw laisen zong na sung kho. Mawtaw ahcun upa le acing deuhmi hngakchia hna caah tthutdan taisawm aum dih.

A hngakchia deuhmi kum sarh tang le bawhkeuh hna caah cozah nih thatein acohanmi hrenkhamhnak tthutdan na herh. Hngakchia hrenkhamhnak tutdan cu Australia sining aphanmi asi aherh, cun mawtaw ah tthate aitulmi le hngakchia kum cungah hngatin thatein siamremh mi asi aherh:

- Hngakchia kum thlaruk tang hna cu hngakchia kha hrenkhumnak ahnulei kapah hmaihoiher in chiahdng, bianabia ah infant capsule (bawhkeuh chiahnak).
- Thlaruk in kum li tiang hngakchia hna cu ahnu lei kap hmaihoiher asilo hmailei kap hmaihoilher bu in himtein nan umter hna lai, bianabia ah hngakchia humhimnak tthutdan
- Kum li in kum sarh tiang hngakchia hna cu hngakchia hrenkhumnak tthutdan ah ahmailei hoiher asilo tha tein in tuahmi le hrenmi thutdan taisawm asilo hngakchia humhimnak tthutdan ah khan him tein na um ter hna lai.

A hngakchia deuhmi hna cu mawtaw tthutnak a hmailei ah tthutnak nawl pek an si lo. Hngachia kum li le kum sarh kar hna cu adang kum sarh tang asimi hna nih ahnu lei tthutnak khat tein an tthut dah ti lo ahcun ahmailei tthutnak nawl an ngei lo.

Hngakchi himnak hrenkhumh tthutdan hlannak dingah [hire child safety restraints \(hngakchia himnak hrenkhumh hlannak\)](#) ah khan kal [www.kidsafe.com.au](http://www.kidsafe.com.au)



## Mawtaw cawknak

Athar le second-hand (mi hmancia) mawtaw pawl hna cu tadinca hna le online hna ah an langhtar hna. Mawtaw thar langhternak hmun le second-hand mawtaw chiahnak hmun pawl zongah cawk khawh an si.

Mawtaw cawknak man ah cozah theihternak tuahnak, stamp duty (zuarnak ngunkhuai bantuk) le chiah hrimhrim dingmi insurance man tpawl an in tel hna. Hi bantuk tangka pek haumi pawl hi adang tete in pek ahau mi an si.

Mawtaw pakhat cawknak dingah tangka cawinak kong theihnak dingah, na bank asilo tangka cawihitu company kha pehtlai hna. Tangka cawinak ding kongah minsenthutnak na tuah hlanah zulhdng pawl le thilsining kha thatein na lung ifian hmasat aherh kha philhhla.

Mawtaw na cawk i hawihlaan mawtaw arak ngeitu nih kha mawtaw caah arak pek dih rih lomi leiba aum rih asi ahcun leiba arak batmi company nih phungning tein kha mawtaw kha alak khawh asilo aco khawh. Hawihlan i mawtaw arak ngeitu nih kha mawtaw cungah tangka a bat mi aum le um lo hlathlainak dingah, [Personal Property Securities Register](#) (PPSR) kha chawn.

PPSR nih mawtaw kha palik sinah firmi asi tiah chimphuan cangmi asi le si lo, lam phung buarnak tangka liamhtermi a pek lo ruangah cozah nih mincazin hnonmi asi le si lo, asilo mawtaw i odometer interference (mawtaw meter tahnak tuaitamnak) ruangah Commissioner for Fair Trading nih an cazin chungah an rak i chinchiahmi asi le silo pawl kha an chimh khawh lai. Tamdeuh theihnak dingah 1300 007 777 kha chawn asilo <http://www.ppsr.com.au/individuals> ah kal.

Pyine le ramtthen hna nih mawtaw lei athiammi bu an ngei hna i second hand mawtaw acaw dingmi hna caah mawtaw zohfelnak, khualtawnnak thawngpang, insurance chiahnak, le lamcung bomhnak (na mawtaw ai rawh سوال) tibantuk bomhnak rianpawl an pek. Chungtel asilo chungtel asilomi hna caah bomhnak tampi aum.

Ahmun	Mawtaw mawngtu phu	Telephone	Website
National	<a href="#">Australian Automobile Association</a>	02 6247 7311	<a href="http://www.aaa.asn.au">www.aaa.asn.au</a>
ACT	<a href="#">National Road Motorists Association</a> (NRMA)	132 132	<a href="http://www.nrma.com.au">www.nrma.com.au</a>
NSW	<a href="#">National Road Motorists Association</a> (NRMA)	132 132	<a href="http://www.nrma.com.au">www.nrma.com.au</a>
NT	<a href="#">Automobile Association of Northern Territory</a> (AANT)	08 8925 5901	<a href="http://www.aant.com.au">www.aant.com.au</a>
Qld	<a href="#">Royal Automobile Club of Queensland</a> (RACQ)	13 1905	<a href="http://www.racq.com.au">www.racq.com.au</a>
SA	<a href="#">Royal Automobile Association</a> (RAA)	08 8202 4600	<a href="http://www.raa.net">www.raa.net</a>
Tas.	<a href="#">Royal Automobile Club of Tasmania</a> (RACT)	132 722	<a href="http://www.ract.com.au">www.ract.com.au</a>
Vic.	<a href="#">Royal Automobile Club of Victoria</a> (RACV)	137 228	<a href="http://www.racv.com.au">www.racv.com.au</a>
WA	<a href="#">Royal Automobile Club</a> (RAC)	131 703	<a href="http://www.rac.com.au">www.rac.com.au</a>



## 9 Health and Well being (Ngandamnak le Nunnuamhnak)

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### Biahmatthi

Australia ahcun, general practitioner (GP) hi zeibantuk ngandamnak lei zohkhenhnak bomhnak kong paohah hawi hlan cem na chonh ding an si, lakhruah in asi lo poah ahcun. GP nihcun na ngandamnak zohkhenhnak caah aherhmi kha a zohfel laic un zeibantuk in dah thlobbul na hauh kha biakhiahnak atuah lai. Cu ti atuahmi ahcun sii din ding ttialpiaknak, pathology or diagnostic centre (zawtnak ahlathlaitu) sinah pekchanhnak, asilo sergeon asilo pumhlaitu hna tibantuk thiamhleisang pawl sinah pekchanhnak tibantuk pawl kha ai tel kho. Thiamhleisang pawl nihcun zawtnak hlathlainak asilo adang hneksaknak pawl kha acah khawh, i siizung um na herh le herh lo kongah biakhiahnak atuah khawh.

Na duhmi GP kha nai thim khawh i GP na hmanna man a adihmi adihlak in asilo acheu kha Medicare nih GP nih tangka peknak ah aitimh ningte in arak in rulh lai.



## Medicare

Australia cozah nih Medicare tiah an auhmi ramchung ngandamnak lei zohkhenhnak hmangin sii lei le siizung lei tangka dihmi peknak dingah bomhnak an pek. Medicare tang ahcun, siizungpi ah zawtnak aitlopmi na si i an mah nih an chiahmi mipi siibawi nih an in tlopbul ahcun thlopbul man le siizung umnak man kha alak in asi. Medicare nih ngandamnak lei thiamsang (siibawi, siibawi thiamhleisang, mit lei siibawi le haa lei siibawi hna le adang pehtlaihnak angeimi ngandamnak lei thiamhleisang pawl) sin ah nai piah tikah tangka adihmi pek kha abomh. Siibawi atu le atu na ton, asilo punghman in hneksaknak nai tuah ahcun siilei tangka na hmanmi kha asang ngai kho. Siibawi tonnak asilo ngandamnak lei hneksaknak tuahnak i na tangka dihmi kha Medicare Safety Net timi na phanh hnu ahcun tlawmdeuh na dih kho.

Mipeem hna, ralzaam hna le hartongmi zaangfahnak in arak lutmi hna cu an itlaihmi visa cungah hngat in Medicare tangah ngandamnak lei zohkhenhnak an hmuh colh. Adang zungzal umloding mipeem hna cu [private health insurance \(pumpak ngandamnak aamahkhaannak\)](#) an itlaih ahau.

Acheu siibawi hna le ngandamnak lei thiamsang hna cu bulk bill in tangka an lak. Bulk bill peknak in siibawi tonnak caah, siibawi nih Medicare kha direct in tangka alak i nangmah nih na phaisa na pek aherh lo. Adang siibawi hna le ngandamnak lei thiamsang hna nih cun an in zohkhenhman kha tangka an in hal khawh. Cu ti asi ahcun, nangmah i ngandamnak lei thiamsang kha chawn asilo, Medicare sinah tangka hal tthannak kong [more information \(tamdeuh theihnak\)](#) dingah [www.humanservices.gov.au/medicare](http://www.humanservices.gov.au/medicare) ah rak kal. Ngandamnak lei thiamsang na ton tik hna ah na Medicare card (le Health Care Card na ngeih asi ahcun) kha iken peng.

Australia cozah nih acheu sii pawl cawknak i adihmi kha the [Pharmaceutical Benefits Scheme](#) (PBS) tangah bomhnak apek. Sii tampi na herh asi ahcun, PBS Safety Net nih sii cawknak man kha an bomh khawh. PBS Safety Net khiahmi zat na phanh i siizuartu nih PBS Safety Net Card an pek asi ahcun, na PBS sii man kha atlawm deuh lai asilo kha kum chung caah alak asi lai. Aman afak deuhmi sii phun na thiam asi ahcun, asilo na siibawi nih dinding in ca an ttial piak asi ahcun, tamdeuh tangka na pek a hau thiamthiam kho. PBS kong tamdeuh cu [www.pbs.gov.au/pbs/home](http://www.pbs.gov.au/pbs/home) ah na hmuh khawh.

Medicare nih ambulance (mizaw phurhnak mawtaw), atamdeuh haa lei le allied health services (atangrualmi ngandamnak lei rianttuannak), asilo mihbenh, asilo private siizung umnak pawl caah adihmi tangka man a liam lo.

Medicare ahmu kho ding na si le si lo theihnak ding caah, Medicare Service Centre ah khan na passport asilo Immicard le aherhmi zung catlap Department of Immigration and Border Protection nih visa pekna catlap asilo Visa Entitlement Verification Online nih theihpi mi na sinak tibantuk pawl kha iken law va kal. Ahmu kho ding nasi ahcun, Medicare numbat kha pek na si lai, i ngandamnak lei zohkhenhnak pawl kha na hman kawh cawlh lai. Na Medicare card, na Medicare numbat, card pakhat ah na chungkhar hna he nan min khumh tti dih asi ahcun na min le an mah min, kha cakuatnak in an in kuat lai.





[Medicare](http://www.humanservices.gov.au/medicare) kong tamdeuh theihnak dingah [www.humanservices.gov.au/medicare](http://www.humanservices.gov.au/medicare) kha rak kal asilo Na umnak sang [local Department of Human Services service centre \(umnak sang Department of Human Services rianttuanak hmun\)](http://www.humanservices.gov.au/medicare) kha rak leng, mah cucu <http://findus.humanservices.gov.au/> ah na hmuh khawh lai.

[Dal 1 nak, Phan hnu tlawmpal ah zeidah tuahding](#) kha zoh.

## Health Care Card

Centrelink tangka bomhnak ahmuh asilo tngka hmuhnak aniam mi na si ahcun, cozah pekmi [Health Care Card](#) na hmuh khawh (zoh ding [www.humanservices.gov.au/concessioncards](http://www.humanservices.gov.au/concessioncards)). Hi card nih nangmah kha sii, siibawi hna, haa siibawi hna le ambulance ca i tangka adihmi pawl telhin ngandamnak lei zohkhenhak caah consession (konseson/ tangka tlawmdeuh apemi) sinak an pek lai.

Health Care Card angei mi na si zongah, siizung le sii lei thlopbulnak kip ah na Medicare card kha Health Care Card he na pek chih hna lai.

Tamdeuh tehinhak dingah [Dal 10 nak, Na Chungkhar](#) kha zoh.

## Private health insurance (Pumpak ngandamnak lei aamahkhaannak)

Australia mi tampi nihcun, private siizung asilo mipi siizung i pumpak mizaw pawl caah thlopbulnak adihmi i acheu asilo adihlak in ahuap dihmi private ngandamnak lei aamahkhaannak hmuhnak dingah tangka pek kha an ithim. Atamdeuh haa lei zohkhenhak, atamdeuh mit lei zohkhenhak le ambulance rianttuannak tibantuk Medicare nih a huap lomi pawl kha a huap khawh hna.

Ahuap khawhmi phun pawl le tangka dih zat kha an idang, cucaah private ngandamnak lei aamahkhaannak tuah dingah biakhiahnak na tuah asi ahcun, an policy na cawk hlanah an sining kha adih lak in hlathlai cun tangka pekding zat kha cuaitlainak na tuahding kha abiapi tukmi asi.

## Incentives (aman tthumhnak)

Australia Cozah nih mipi nih private ngandamnak lei aamahkhaannak an laknak dingah thapeknak ah tiin aman tthumhnak atuah piak hna. Private ngandamnak lei aamahkhaannak lakding in khuaruahnak na ngeih asi ahcun nai ralrin aherhmi cu:

- **Private Health Insurance Rebate** – Medicare angei khomi na si i siizung thlopbulnak, zawtnak phunkip tholpbulnak (ancillary asilo extra) ahuapmi asilo apahnih in apetu ngandamnak lei aamahkhaannak phung he aatlakmi asi ahcun Private Health Insurance Rebate hi na hmuh khawh.
- **Medicare Levy Surcharge** – Medicare Levy Surcharge cu private ngandamnak lei aamahkhaannak angeilo mi le an tangka ka hmuhnak zeimawzat cung asimi hna nih an tangka hmuhmi zakhat ah pakhat tluk ahlei in ngunkhuai an pek mi asi.



- **Lifetime Health Cover** – Hi thiltuahmi nih mipi kha an no lio te ah siizung thopbulnak man chiahpiak dingah thazaang apek hna. Australia ah arak peem tharmi hna caah ahnubik Lifetime Health Cover tuahnak ding ni hna cu atanglei ni thla pahnih hnu ah asi:
  - July ni 1 in kum 31 na tlinni ah; asilo
  - Kum 31 nak in in akum cang deuhmi na si ahcun, Medicare bomhnak adihlak na hmuh khawhnak dingah min napeknak in a kum khat nak ah.

Minung pakhat nih a hospital cover (siizung umnak man a huapmi) Lifetime Health Cover kha deadline (hmancaan adih) hnu ah alaak asi ahcun kum khat ah ahlei in 2% a pek herh, kum 30 atlin hnu ah avoi khatnak acawk asi ahcun tinak asi. Bianabia ah, minung pakhat nih kum 45 asi hnu ah pumpak ngandamnak lei aamahkhaanmi siizung thopbulnak ahuapmi kha avoi khatnak acawk asi ahcun, an siizung umnak man adihmi caah ahlei in 30% kha an pek aherh. Hi bantuk Lifetime Health Cover caah tangka tampi peknak kan hrial khawhnak dingah, Australia cozah theihpimi ngandamnak lei aamahkhaantu sinah na Lifetime Health Cover deadline (hmancaan adih) hlan ah hospital cover kha na cawk aherh.

Tamdeuh theihnak dingah:

Pumpak ngandamnak lei aamahkhaannak kong thawngthanhnak	Website
<a href="#">Pumpak ngandamnak lei aamah khaannak</a>	<a href="http://www.health.gov.au/internet/main/publishing.nsf/content/private-1">www.health.gov.au/internet/main/publishing.nsf/content/private-1</a>
<a href="#">Lifetime Health Cover</a>	<a href="http://www.health.gov.au/internet/main/publishing.nsf/Content/health-privatehealth-lhc-providers-general.htm">www.health.gov.au/internet/main/publishing.nsf/Content/health-privatehealth-lhc-providers-general.htm</a>
<a href="#">Private Health Insurance Ombudsman</a>	<a href="http://www.phio.org.au">www.phio.org.au</a>
<a href="#">Ngandamnak lei tangka bomhnak le pawlisi cuaithlainak</a>	<a href="http://www.privatehealth.gov.au/">www.privatehealth.gov.au/</a>

## Medical assistance (Sii lei bomhnak)

### Chungkhar siibawi kawlnak

Australia um siibawi pakhat sinah na min peknak tuah aherh lem lo. Sihmanhsehlaw, mi tampi cu an chungkhar siibawi – [immunisations \(zawt khamnak siichuhnak\)](#), sii dinding ttialpiaknak, medical certificate (zawtnak lei kong ca ttialpiaknak), ngandamnak lei dothlatnak, lungthin ngandamnak lei zohkhenhnak le ngandamnak lei ruahnak peknak pawl zong telh in ngandamnak a phunphun kongah an fuhtonmi siilei thiamsang an ngei cio hna.

Hi bantuk siibawi pawl hna cu General Practitioners (GPs) tiah auh an si. Siibawi dang pawl hna he mipi asilo pumnak sii inn asilo sekhaan afami tete hna ah rian an ttuan hna. Nangmah nih na duhmi siibawi asilo na duhmi sii inn kal kha nai thim khawh. GP hna cu online ah le ‘Medical practitioners’ timi tang i [telephone directory \(telephone lamhmuhsaknak cauk\)](#)



ah khan ttial an si. Nai piah fatin te ai khatmi siibawi nih zoh na duh le duh lo kha nai thim khawh, asilo sii inn ai khatmi ah adang siibawi hna nih thlobulnak tuah ding na duh le duh lo zong kha nai thim khawh.

Na duhdeuhmi chungkhar siibawi na kawl tikah siibawi pakhatnak tam ton na duh kho. A cheu siibawi hna nih cun mizaw thar in an in cohlang kho lo men.

[Healthdirect](http://www.healthdirect.gov.au/) website i [www.healthdirect.gov.au/](http://www.healthdirect.gov.au/) nih nangmah he ai naih bikmi General Practice na hmuhnak dingah General Practice kawlnak kha atuah.

### **Ngandamnak lei lungsiaherhnak**

Na ngandamnak lei ah lungsiaherhnak na ngeih i khulrangin thopbul herhmi asi lo ahcun, na chungkhar siibawi sinah asilo sii inn ah va kal. Siibawi pakhat na ton hlan ah na hngah aherh kho.

Na phanh hlan ah online asilo telephone chonhnak in caan khiahpiaknak tuah aherh tawn. Caan an in khiahpiak mi ah a caan hman tein in na phanh aherh.

### **Tuberculosis (cuap zawtnak)**

Asia, Africa, Indian ram-cheu, South America asilo Nichuahlei Europe in arak rami na si ahcun tuberculosis zawtnak umnak ah na rak um bal tinak asi i cu zawtnak in azawmi le rak chonh khawhmi mi na si.

Australia na rak phanh hlan ah tuberculosis zawtnak kongah rak check cangmi na si ko zongah, ttang x-ray hmanthlakmi nih ahmuh khawh lomi silent infection (aithupmi zawtnak hrik) angei khomi na si.

Damlo in na um asilo acawlcangmi tuberculosis zawtnak ka ngei tiah nai ruah asi ahcun na chungkhar siibawi kha chim asilo atanglei i ruahnak halnak rianttuantu pawl le telephone in thawngalnak pakhat pakhat kha chawn hna.

### **Specialists (thiamhleisang)**

Sii lei thiamhleisang hna cu na chungkhar siibawi na ton hmasa hna lo ahcun na chawnbia kho hna lai lo. Na siibawi nih kha siilei asilo adang thiamhleisang sinah hmailei i thlobulnak caah an pekchanh lai.

### **Siibawi hna caah holhlehnak chonhnak line**

Siibawi hna nih aherh ahcun TIS National holhlet kha an hman khawh. Mah hihi zungzal umnak nawlpekmi asilo Australia rammi na si ahccun alak tein hman khawhmi asi i sii lei ruahnak peknak caah adihmi kha Medicare nih aliam dih. Na siibawi nih aherh ahcun ahmun ah holhlet ark in timhcia piak khawh. [Dal 3 nak, Mirang holh](#) kha zoh.

### **Medical emergencies (siilei rakhluahtonnak pawl)**

Emergency in sii tlopnak cu ni khat ah nazi 24 chung, zarhkhat ni sarhih tiin mipi siizung pawl i emergency khaan ah a um. Siizung hna cu [White Pages](#) i 'Hospitals' timi tangah aittial. Emergency thlobulnak cu acheu sii lei zohkhenhnak hmu pawl le private siizung pawl ah um kho.



Nangmah na silo midang pakhat faktuk in azawt asi ahcun, **000** kha araknak in chawn law “**Ambulance**” kha hal colh hna. Siizung na kal tikah sii hna le na Medicare, private ngandamnak lei aamahkhaannak chungtel sinak, Health Care asilo Pension Concession card pawl kha iken hna.

Emergency in thopbul colh aherh lomi asi ahcun, na chungkhar siibawi kha chawn.

## Ngandamnak lei thawngthanhnak le ruahnak peknak rianttuantu hna kha telephone chawn hna

Pyine le ramtthen kip nih ni khat ah nazi 24 chung, zarhkhat ah ni sarhi chung telephone in ngandamnak lei rianttuannak kha an ngei. Anmah nihcun lam an in hmuhsak lai i na umnak i ngandamnak lei bomhpeknak hmun kha an in chimh khawh.

Ngandamnak kongah harnak na tonmi aum asi ahcun na chungkhar siibawi kha chonh nai zuam peng awk asi. An i manh lo asi ahcun, hi telephone rianttuannak nih arannak in ruahnak an pe khotu athiami nurse pawl kha a ngeih hna.

Pyine asilo ramtthen	Telephone in Ngandamnak lei ruahnakpeknah rian	Telephone	Website
ACT, NSW, NT, Tas., SA le WA	<a href="http://healthdirect">healthdirect</a>	1800 022 222	<a href="http://www.healthdirect.gov.au">www.healthdirect.gov.au</a>
Qld	<a href="http://13HEALTH">13 HEALTH</a>	13 43 25 84	<a href="http://www.health.qld.gov.au/13health/default.asp">www.health.qld.gov.au/13health/default.asp</a>
Vic.	<a href="http://NURSE-ON-CALL">NURSE-ON-CALL</a>	1300 606 024	<a href="http://www.health.vic.gov.au/nurseoncall">www.health.vic.gov.au/nurseoncall</a>

## Ambulance hmanman

Medicare nih ambulance phurhnak man kha ahuap lo. Ambulance hmanman cu khoikha pyine asilo ramtthen ah dah na um timi cungah aidang.

Queensland le Tasmania ahcun, ambulance rianttuannak kha khuachung ummi hna caah cun alak tein asi. Adang pyine pawl le ramtthen hna ahcun, tangka liamter khawh asi. Tangka liamding zat zat na kalnak lam ai neihhlaat, na zawtnak phun le koseson a hmu kho na si le si lo cungah aihngat.

Ambulance aamahkhaannak na ngeihlo asi ahcun Ambulance hmun neihte caah asi zongah aman fak kho. Queensland asilo Tasmania lengah aum mi na si ahcun, aamahkhaannak na cawh duh men lai. Mah cucu ambulance rianttuannak asilo pumpak ngandamnak lei aamahkhaannak tangka peknak nih chungtel sinak hmangin na tuah khawh.

Hi kong tamdeuh caah [Dal 2 nak, Bomhnak Hal](#) timi kha zoh.



## Medicines (Sii pawl)

Sii na herh asi ahcun, na siibawi nih sii dawr i na cawk ah an ttialpiakmi ca kha an pek lai. Antibiotics tibantuk sii tampi pawl cu siibawi ttialpiakmi ca lo in cawk khawh an si lo. Centrelink pekmi Health Care Card asilo Pension Concession Card na ngeih asi ahcun, acheu siibawi kha a man fawi deuhin na cawk khawh lai. Siidawr ah Medicare card kha n arak i ken aherh.

Sii pawl cungah ai ttialmi ca pawl le sii din ning lam pawl kha felfai tein na rel ding kha abiapi tuk cun na fian lomi aum asi ahcun na siibawi asilo siidawr hngaktu kha hal hna. Sii kong ah bomhnak asilo theihternak caah, siidawr hngaktu kha chawn asilo Medicine Line kha 1300 633 424 ah phone chawn.

Siidawr hngaktu pawl hna zongnih telephone holhlettu pawl kha an hman khawh hna, cozah nih alak tein atuahmi asi.

Sii hna le siibawi ttialpiakmi sii	Telephone	Website
<a href="#">NPS MedicineWise Medicine Line</a> – Sii le ca ttialpiakmi sii kong theihternak	1300 633 424 Nikhatni in Nihngani – 9.00 am in 5.00 pm	<a href="http://www.nps.org.au/contact-us/medicines-line">www.nps.org.au/contact-us/medicines-line</a>
<a href="#">Medicare Australia</a> –PBS cattialpiakmi sii caah tangka haltthannak kong theihternak		<a href="http://www.medicareaustralia.gov.au/public/services/scripts/index.jsp">www.medicareaustralia.gov.au/public/services/scripts/index.jsp</a>

## Pyine le ramtthen ngandamnak lei bomhnak

Pyine le ramtthen lei cozah hna nih siizung, mibu ngandamnak le fahdamnak lei zohkhenhnak rianttuanak pawl kha a pek hna.

## Mibu ngandamnak lei center pawl

Mibu ngandamnak lei center pawl nih mi vialte caah aman niam tein ngandamnak lei zohkhenhnak kha apek hna. Center dihlak nih aa khatmi rian kha an ttuan lo. An rianttuannak ah ai telmi cu nurse zohkhennak, ngandamnak lei fimchimhnak le tthanchoternak, physiotherapy, haa lei zohkhenhnak, sii lei zohkhenhnak, ruahnak cheuh biaruahnak le mibu lei zohkhenhnak pawl an si.

## Hngakchia ngandamnak lei zohkhenhnak

Nau ngeihnak le hngakchia ngandamnak lei zohkhenhnak cu hngakchia hna an chuakka in sianginn an kai kum tiang chungkhar hna caah alak in tuahmi asi. Anman nihcun thawngpeknak, zawtkhamnak siichunhnak, le hngakchia tthanchonak lei ruahnak peknak, nu le pa zohkhenhnak le hngakchia caah atthami eidin pawl kha an pek hna.



## Nutung pawl ngandamnak lei zohkhenhnak rian pawl

Nutung ngandamnak lei zohkhenhnak rianttuannak nih nau ngeihnak ngandamnak lei harsatnak pawl, nau inn le hnuk kensar zawtnak cuanhnak, zuu le sii ttha lo buaibainak pawl, lungthin lei ngandamnak le nupa siinak hramhram in hmannak le chungkhar buaibainak, nu hramhram in thilri tanpiaknak pawl telh in bomhpeknak rian attuan. [Dal 6 nak, Australia Zulhphung](#) kha rak zoh.

## Aidang ciomi dirhmun in arami minung hna caah bomhpeknak rian pawl

Siizung tapi hna le anganmi ngandamnak lei center pawl hna nih sang mipeem mibu hna caah zohkhenhnak rian attuantu ngandamnak lei thiamsang pawl kha an ngei hna. An ttuanmi rian pawl ahcun biachimmi ngeihpiaknak, ruahnak peknak, midang sin pehtlaihternak le ngandamnak lei thawngpeknak pawl kha an i tel.

Nan sang siizung asilo mibu ngandamnak lei center kha chawn law nangmah holh aholhmi hna caah Multicultural Health Worker an ngeih le ngeih lo kha hal hna.

Ngandamnak lei rianttuannak kawlnak dingah:

Pyine asilo ramtthhen	Ngandamnak lei rianttuantu	Website
ACT	<a href="#">ACT Health</a>	<a href="http://health.act.gov.au/our-services/which-health-service-suits-you-best">http://health.act.gov.au/our-services/which-health-service-suits-you-best</a>
NSW	<a href="#">NSW Ministry of Health</a>	<a href="http://www.health.nsw.gov.au/hospitals/pages/default.aspx">www.health.nsw.gov.au/hospitals/pages/default.aspx</a>
NT	<a href="#">Department of Health</a>	<a href="http://www.health.nt.gov.au/Service_Locator/index.aspx">www.health.nt.gov.au/Service_Locator/index.aspx</a>
Qld	<a href="#">Queensland Health</a>	<a href="http://www.health.qld.gov.au">www.health.qld.gov.au</a>
SA	<a href="#">SA Health</a>	<a href="http://www.sahealth.sa.gov.au/wps/wcm/connect/Public+Content/SA+Health+Internet/">www.sahealth.sa.gov.au/wps/wcm/connect/Public+Content/SA+Health+Internet/</a>
Tas.	<a href="#">Department of Health and Human Services</a>	<a href="http://www.dhhs.tas.gov.au">www.dhhs.tas.gov.au</a>
Vic.	<a href="#">Department of Health and Human Services</a>	<a href="https://www2.health.vic.gov.au">https://www2.health.vic.gov.au</a>
WA	<a href="#">Department of Health</a>	<a href="http://ww2.health.wa.gov.au">http://ww2.health.wa.gov.au</a>

## Pumtlamtlinlo bomhpeknak rian

National Disability Insurance Scheme (NDIS) nih adam ti lo dingmi le pumtlamtlinlonak angeimi hna, an chungkhar hna le zohkhenhtu hna kha pumpak bomhnak a pek hna. NDIS bomhnak cu means tested (tangka hmuhmi tlawmtam zohin bomh) asi lo i pumtlamtlinglo bomhnak asilo zohkhenhtu tangka peknak bantuk in tangka hmuhnak bomhnak kha ahnur suang lo.



Atu caan ahcun, NDIS na hmuh khawhnak dingah kum le umnak hmun aherhmi pawl kha na tlinh dih ahau. Hmuhkhawhnak [eligibility](#) kong thawngpeknak cu [www.ndis.gov.au/people-disability/access-requirements](http://www.ndis.gov.au/people-disability/access-requirements) ah zoh khawh asi.

NDIS aumnak hmun ah na um lo asi ahcun, aum ciami pumtamtlin lonak bomhnak pawl tu kha na hmuh khawh. Hi [services \(rianttuannak\)](#) kong theihnak dingah, [www.ndis.gov.au/people-disability/other-services](http://www.ndis.gov.au/people-disability/other-services) ah khan rak kal.

Pyine le ramtthen ngandamnak lei zohkhennak rianttuantu hna nih pumtamtling lomi, an chungkhar hna le azohkhenhtu hna caah bomhnak phunphun an pek hna.

Pyine asilo ramtthen	Pumtamtlinglo aiawh rianttuannak	Telephone	Website
ACT	<a href="#">Disability ACT</a>	133 427	<a href="http://www.communityservices.act.gov.au/disability_act">www.communityservices.act.gov.au/disability_act</a>
NSW	<a href="#">Department of Family and Community Services</a> (Kum upa, Pumtamtlinglo le Innchung zohkhenhnak)		<a href="http://www.adhc.nsw.gov.au/individuals/support">www.adhc.nsw.gov.au/individuals/support</a>
NT	<a href="#">Northern Territory Government Office of Disability</a>	1800 139 656	<a href="http://health.nt.gov.au/Aged_and_Disability/Office_of_Disability/index.aspx">http://health.nt.gov.au/Aged_and_Disability/Office_of_Disability/index.aspx</a>
Qld	<a href="#">Department of Communities, Child Safety and Disability Services</a>	13 QGOV asilo 13 74 68	<a href="http://www.communities.qld.gov.au/ndis">www.communities.qld.gov.au/ndis</a>
SA	<a href="#">Disability Information Service</a>	1300 786 117	<a href="http://www.sa.gov.au/topics/community-support/disability">www.sa.gov.au/topics/community-support/disability</a>
Tas.	<a href="#">Tasmanian Government Disability and Community Services</a>	1300 135 513	<a href="http://www.dhhs.tas.gov.au/disability">www.dhhs.tas.gov.au/disability</a>
Vic.	<a href="#">Department of Health and Human Services</a>	1300 650 172	<a href="http://www.dhhs.vic.gov.au">www.dhhs.vic.gov.au</a>
WA	<a href="#">Disability Services Commission</a>	(08) 9426 9200 Alakin chonnak 1800 998 214	<a href="http://www.disability.wa.gov.au">www.disability.wa.gov.au</a>

Pumtamtlinglo bomhpeknak rian kong tamdeuh theihnak cu:



Rampi huapmi phupawl	Website
<a href="#">Department of Social Services</a> – Prokrem le bomhpeknak	<a href="http://www.dss.gov.au/our-responsibilities/disability-and-carers/programmes-services">www.dss.gov.au/our-responsibilities/disability-and-carers/programmes-services</a>
<a href="#">Department of Human Services</a> – Pumtlamting lo caah bomhnak	<a href="http://www.humanservices.gov.au/disability">www.humanservices.gov.au/disability</a>
<a href="#">Pumtlamtinglo he aipehtalimi rianttuantu hna le site pawl</a>	<a href="http://www.dss.gov.au/our-responsibilities/disability-and-carers/related-agencies-sites">www.dss.gov.au/our-responsibilities/disability-and-carers/related-agencies-sites</a>
Pumtlamtinglo mi hna le anmah azohkhenhtu hna caah <a href="#">cozah bomhnak</a> , <a href="#">bomhnak le tangkapeknak</a> kong theihternak	<a href="http://www.australia.gov.au/information-and-services/benefits-and-payments/people-with-disability">www.australia.gov.au/information-and-services/benefits-and-payments/people-with-disability</a>

## Metal health services (Lungtin ngandamnak lei rianttuannak)

Lungthin ngandamnak lei buainak asilo zawtfahnak kongah bomhnak na herh asi ahcun, na innchungkhar siibawi asilo mibu ngandamnak lei center pawl kha chawn hna.

Rakluah in bomhnak na herh asi ahcun, nan umnak he ai naihbik sizung i psychiatric (mimolh zohkhentu) bu kha chawn hna asilo atanglei bomhnak line hi chawn:

Mental Health Assistance	Telephone	Website
<a href="#">Lifeline</a> – Nazi 24 Bomhnak peknak	13 1114	<a href="http://www.lifeline.org.au/">www.lifeline.org.au/</a>
<a href="#">Kids Helpline</a> – Nazi 24 Bomhnak peknak	1800 55 1800	<a href="http://www.kidshelp.com.au/">www.kidshelp.com.au/</a>
<a href="#">Mens Helpline Australia</a> – Nazi 24 Harton lio peknak	1300 789 978	<a href="http://www.mensline.org.au/">www.mensline.org.au/</a>
<a href="#">Suicide Call Back Service</a> Rampumpi chung alak in ruahnakpekbiaruahnak rian	1300 659 467	<a href="http://www.suicidecallbackservice.org.au">www.suicidecallbackservice.org.au</a>

Mibu chungah lungthin ngandamnak lei bomh dingah Department of Social Service nih apekmi [services and programs \(bomhnak lei rianttuannak le prokrem\)](#) kong tamdeuh theihnak dingah ai telmi hna cu:

- Family Mental Health Support Service (FMHSS)
- Personal Helpers and Mentors (PHaMs)
- Mental Health Respite: Carers Supports (MHR:CS)

[www.dss.gov.au/mental-health](http://www.dss.gov.au/mental-health) ah rak kal.





## Torture and Trauma Counselling (Hremnak le caansaupi temhinnak lei biaruahthapeknak)

Hremnak le caansaupi temhinnak atuarmi minung hna kha thiamnak asangmi bomhpeknak rianttunatu hna nih bomhnak an pek hna:

Pyine asio ramtthen	Torture and Trauma Counselling	Telephone	Website
ACT	<a href="#">Companion House</a> – Hremnak le caansaupi temhinnak atuarmi minung hna bomhnak	02 6251 4550	<a href="http://www.companionhouse.org.au">www.companionhouse.org.au</a>
NSW	<a href="#">Service for the Treatment and Rehabilitation of Torture and Trauma Survivors</a> (Caan saupi temhinnak atuarmi hna nunhrimhnak le thopbulnak lei rianttuannak) (STARTTS)	02 9794 1-900	<a href="http://www.startts.org.au">www.startts.org.au</a>
NT	<a href="#">Melaleuca Refugee Centre</a> – Hremnak le caansaupi temhinnak atuarmi minung hna bomhnak	08 8985 3311	<a href="http://www.melaleuca.org.au">www.melaleuca.org.au</a>
Qld	<a href="#">Queensland Program of Assistance to Survivors of Torture and Trauma</a> (QPASTT)	07 3391 6677	<a href="http://www.qpastt.org.au">www.qpastt.org.au</a>
SA	<a href="#">Survivors of Torture and Trauma Assistance and Rehabilitation Service</a> (STTARS)	08 8206 8900	<a href="http://www.sttars.org.au">www.sttars.org.au</a>
Tas.	<a href="#">Phoenix Centre</a> – Hremnak le caansaupi temhinnak atuarmi minung hna bomhnak	03 6234 9138	<a href="http://mrchobart.org.au/phoenix-centre/">http://mrchobart.org.au/phoenix-centre/</a>
Vic.	<a href="#">Foundation House</a> – Victorian Foundation for Survivors of Torture (VFST)	03 9388 0022	<a href="http://www.foundationhouse.org.au">www.foundationhouse.org.au</a>
WA	<a href="#">Association for Services to Torture and Trauma Survivors</a> (ASeTTS)	08 9227 2700	<a href="http://www.asetts.org.au">www.asetts.org.au</a>



## Hngakchia humhimnak le poipang tonsualnak in khamh chungnak

[Kidsafe](#), Australia i Hngakchia Poipang tonsualnak in Khamhchungnak, cu cozah he pehtlaihnak angei lomi bu an si i nulepa le mibu hna sinah hngakchia humhimnak le poipang tonsualnak in khamhchungnak le bomhnak rianttuannak le thawngthanhnak pawl kha atuah [www.kidsafe.com.au](http://www.kidsafe.com.au). Western Australia le Victioria i aummi website pawl ah cun ca lehmi catluan pawl kha hmuh khawh an si.

## Immunisation (Zawtkhamnak siichunhnak)

Zawtkhamnak siichunhnak nih hngakchia le upa pawl kha tti anungmi zawtnak chonhnak le zawtnak hrik pawl in khan a khamh hna. Zawtkhamnak siichunhnak hi chunh hrimhrim ding ti cu asilo nain hngakchia paohpoah le acheu upa hna nih an i chunh dingah thapekmi asi. Acheu pyine pawl le ramtthen hna ahcun hngachia nih hngachia zohkhenhnak asilo sianginn an kai hlan ah hngachia zawtkhamnak siichunhnak ca kha an herh.

Atamdeuh zawtkhamnak siichunhnak pawl hi nan chungkhar siibawi asilo na umnak mibu ngandamnak lei zohkhenhnak center pawl nih an tuah. Sihmanhsehlaw, acheu zawtkhamnak lei siichunhnak hna cu sianginn ah an tuah. Hi kong tamdeuh theihnak dingah na chungkhar siibawi asilo mibu ngandamnak lei center [family doctor \(chungkhar siibawi\)](#) asilo [community health centre \(mibu ngandamnak lei zohkhenhnak hmun\)](#) kha chawn hna.

[Australian Childhood Immunisation Register](#) (ACIR) i [www.humanservices.gov.au/acir](http://www.humanservices.gov.au/acir) cu kum 20 tang mino hna le hngakchia pawl zawtkham siichunhnak vialte kha rampumpi huap in chinchiahnak cazin atuahmi asi.

Medicare ah min cazin khumh asimi hna hngakchia hna le kum 20 tang mino hna cu ACIR ah telh chih asi colh. Zawtkham siichunh an sinak catlap kha siibawi sinah iken, cuticun ramdang i zawtkham siichunhnak rak tuah cangmi vialte kha minkhumhnak ah chinchiahnak an tuah khawh lai.

Zawtkham siichunhnak hi acheu [government payments \(cozah tangka peknak\)](#) caah aherh ([www.humanservices.gov.au/immunisation](http://www.humanservices.gov.au/immunisation)). Sii lei thlopbul nak ruangah dah tilo ahcun zawtkham siichunhnak tuah loding kha theihthiam piak asi lo.

Zawtkham siichunhnak kong theihternakInformation about Immunisation	Telephone	Website
<a href="#">National Immunisation Information Line</a>	1800 671 811	<a href="http://www.immunise.health.gov.au">www.immunise.health.gov.au</a>
<a href="#">Australian Childhood Immunisation Register</a>	1800 653 809	<a href="http://www.humanservices.gov.au/acir">www.humanservices.gov.au/acir</a>



## Dental services (haa lei zohkhenhnak)

Athami kaa ngandamnak hi abuak tlak in ngandamnak le nunnuamhnak caah abiapi tuk mi asi. Private haa sibawi pawl hi haa lei zohkhenhnak caah abik in rianttuantu an si. Private haa sibawi hna nih cun haa zohkhenhnak an ttuanman kha an lak hna. An min pawl kha [telephone directory \(telephone lamhmuhsaknak cauk\)](#) ah ttial an si. Haa lei zohkhenh rianttuannak man akhuh kho ding bomhnak apetu pumpak ngandamnak lei aamahkhaannak kha ngeih na duh men lai.

[Child Dental Benefits Schedule](#) ([www.humanservices.gov.au/childdental](http://www.humanservices.gov.au/childdental)) nih ngakchia kum hnih in kum 17 kar lak kha ahram asimi haa lei zohkhenhnak an hmuhnak dingah \$1,000 tiang bomhnak apek hna. Mah hi bomhnak an hmuhmi nih kum 2 chung an dihmi kha a huap. A hmu kho na si ahcun, Department of Human Services nih pehtlaihnak an in tuah lai.

Pyine le ramtthen cozah hna nih Centrelink koseson card angeimi hna caah alak in kaa ngandamnak lei an tuahmi aum pah ve (haa deu le haa fah damnak telhin). Adik thlir in an rianttuannak na thiehnak dingah na umnak he ai naihbik sii lei zohkhenhnak center asilo siizung kha pehtlai hna. Hi bomhnak ahmu kho na si le silo theihnak dingah kha [Centrelink](#) chawn.

## Australia kum upa zohkhenhnak lei rianttuannak

Na kum upat deuh tikah, aho nih dah an zohkhenh lai, cun na umnak inn ah maw na um lai asilo kum upa zohkhenhnak inn ah dah nai ttial lai timi kha nai thim khawh. Kum upa zohkhenhnak cu zaalong tein na umnak ding an bawn tu dingah serchuahmi asi, cun na duhmi kong ah thimkhawhnak an pek.

Australia Cozah nih Australia kum upa zohkhenh rianttuannak dingah tangka abomh. Nangmah pumpak sinak nih apek ve asi ahcun, nangmah zohkhenhnak adihmi man kha nai thawh ve dingah duhsak piak asi.

[My Aged Care](#) website i [www.myagedcare.gov.au](http://www.myagedcare.gov.au) ah nai thimmi pawl, cun zeitindah kum upa zohkhenhnak ah na luh lai timi pawl theihherhmi kha aum. Mah nihcun kum upa zohkhenhnak thil sining kha na lung fiannak dingah an bomh lai, cun zeitindah an bomhnak le an rianttuannak pawl na hmuhnak dingah an bomh lai. An website ah ca lehmi thawngpang pawl kha an um. Kum upa zohkhenhnak ah na herhmi pawl biaruah khawhnak dingah My Aged Care kha 1800 200 422 asilo [TIS National](#) hmangin na chonh khawh.

Kum upa zohkhenhnak caah ithim dingmi pahnih cu:

- Na umnak inn ah um na duh ko asi ahcun, nangmah tein na tuah khawh timi lomi ni fatin rian, meiceu thlen, dum thianh, ti kholh le thilhruk asilo eidin dawrkai tibantuk pawl kha bomhnak na hmuh khawh. Lam na kal khawhnak ding ah an bawmtu ding lamkal bomhnak tibantuk thilri pawl zong na hmuh khawh.
- Na ngeihmi inn ah nangmah tein ka um kho tilo tiah nai ruah asi ahcun kum upa zohkhenhna inn ah na ttial kho.



My Aged Care nih na herhmi pawl le na sining kong tamdeuh in biaruah i zohfelnak tuahtiaak ding ah bia an ruah khawh cun cozah nih kum upa zohkhenhnak zokhenhnak bomhnak caah tangka achiahmi ahmuh kho na si le silo an zoh lai- tamdeuh theihnak caah [further information \(tamdeuh thawngpeknak\)](#) [www.myagedcare.gov.au/eligibility-and-assessment](http://www.myagedcare.gov.au/eligibility-and-assessment) ah khan rak kal asilo 1800 200 422 kha chawn.

## Kum upa asilo ngandamnak zohkhenhnak lei lungtlin lonak langhternak

Aged Care Kum Upa Zohkhenhnak inn, inn zohkhenhnak ah aitelmi pawl asilo Commonwealth Home Support Program rianttuannak kongah lungtlin lonak langhternak tuahtiaak aduhmi paoh nih [Aged Care Complaints Commissioner](#) kha pehtlaihnaak tuahtiaak nawl an ngei dih. Alak in tuahtiaak asi. Aged Care Commissioner zong petlaihnaak na tuahtiaak khawh:

- [Online](#) – [www.agedcarecomplaints.gov.au/](http://www.agedcarecomplaints.gov.au/)
- Telephone – 1800 550 552 kha chawn
- Ca in cun- na tialmi lungtlinlonak langhternak ca i address ah:  
Aged Care Complaints Commissioner  
GPO Box 9848 (Na umnak khuapi le pyine/ramtthen)

Na tonmi Kum Upa Zohkhenhnak kong na na siaherhmi aum asi ahcun My Aged Care kha 1800 200 422 asilo [MyAgedCare website](#) ah [www.myagedcare.gov.au/](http://www.myagedcare.gov.au/) pehtlaihnaak na tuahtiaak khawh.

Nangmah asilo midang cungah ngandamnak lei zohkhenhnak an pek ning kong ah na siaherhmi aum asi ahcun, na umnak pyine asilo rianttuannak i aummi ngandamnak lei lungtlinlonak langhternak rianttuantu hna sinah na lungtlin lonak na langhternak khawh.

Pyine asilo rianttuannak	Ngandamnak lei zohkhenhnak ah lungtlinlonak langhternak lei aiawh rianttuantu	Telephone	Website
ACT	<a href="#">Human Rights Commission</a>	02 6205 2222	<a href="http://hrc.act.gov.au/olderpeople">http://hrc.act.gov.au/olderpeople</a>
NSW	<a href="#">Health Care Complaints</a>	1800 043 159	<a href="http://www.hccc.nsw.gov.au">www.hccc.nsw.gov.au</a>
NT	<a href="#">Health and Community Services Complaints Commission</a>	1800 004 474	<a href="http://www.hcsc.nt.gov.au">www.hcsc.nt.gov.au</a>
Qld	<a href="#">Office of the Health Ombudsman</a>	133 646	<a href="http://www.oho.qld.gov.au">www.oho.qld.gov.au</a>
SA	<a href="#">Health and Community Services Complaints Commissioner</a>	1800 232 007	<a href="http://www.hcsc.sa.gov.au">www.hcsc.sa.gov.au</a>
Tas.	<a href="#">Office of the Health Complaints Commissioner</a>	1800 001 170	<a href="http://www.healthcomplaints.tas.gov.au">www.healthcomplaints.tas.gov.au</a>



Pyine asilo ramtthen	Ngandamnak lei zohkhennak ah lungtlinlonak langhternak lei aiawh rianttuantu	Telephone	Website
Vic.	<a href="#">Office of the Health Services Commissioner</a>	1800 136 066	<a href="http://www.health.vic.gov.au/hsc">www.health.vic.gov.au/hsc</a>
WA	<a href="#">Health and Disability Services Complaints Office</a>	1800 813 583	<a href="http://www.hadsco.wa.gov.au">www.hadsco.wa.gov.au</a>

## Following a death (Thihnak nih azulhmi)

Australia ahcun minung pakhat athih tikah, siibawi pakhat nih a thihcangnak kha catlap cung misen athut hrimhrim aherh. Hi bantuk catlap cung minsen thutnak aum hlan paoh cu ruak vuinak tuah khawh asi lo.

Australia rauk vuinak hi a man afak ngai i \$4000 in \$15000 tiang adih kho. Achel caan ahcun aamahkhaannak pawlasi nih ruak vuinak i adihmi le adang thih hnu i adihmi pawl kha an bomh khawh. Achel caan ahcun a thimi nih khan amah ruakvuinak caah pekding in arak timhcia aum kho, asilo Will roca arak ttialmi ah aduhmi kha arak langhter khawh.

Will roca timi cu mi thi nih a ngeihmi thilri pawl kha an thih hnu ah zeitindah pawtzamh ding asi lai, aho nih dah an fale kha azohkhenh hna lai, cun misi fak bomhnak peknak le pum chung thilri peknak tibantuk adangdang lamhmuhsak pawl kha phungning tein ttialmi ca asi. Phungning tein ttialmi asinak dingah, Will roca mah kha Will ro chungin miaknak ahmu lo dingmi minung pahnih kha tette an si hrimhrim aherh. Will nih cu Executor phawtzamhtu kha athim fawn.

Will roca chung i Executor phawtzamhtu cu minung pakhat i angeihchiah pawl kha Will chung i ai ttialmi minung hna sinah phawtzamnak tuah, athimi minung i aumnak caah ngunkhuai kong tolrelnak tuah ding le lamhmuhsak arak sining tein Will ro kha ttuanchuah asinak ding kha attuanvo asi. Phine le ramtthen kip nih Public Trustee mipi zumhmi Executor rian attuan kho tu (atamdeuh cu tangka caah) kha an ngei.

Minung pakhat nih Will kha achiah ta lo asi ahcun, phungnih achiahmi lam zulhnak tangah aumnak hmun kha tthen pawt asi. Amah he ai neihnihammi chungkhar an um lo asi ahcun an innhmun kha pyine le ramtthen cozah sinah pek khawh asi.

Dawtmi minung pakhat atthih tikah le ngaihchiatnak hnemhnak dingah bomhnak a um.

Tamdeuh theihnak dingah:



Ruahnak peknak	Website
<a href="#">Thihnak he pehtlai in zeidah na tuah lai</a>	<a href="http://www.humanservices.gov.au/customer/subjects/what-do-following-death">www.humanservices.gov.au/customer/subjects/what-do-following-death</a>
<a href="#">Will Ro rohning</a>	<a href="http://www.moneysmart.gov.au/life-events-and-you/over-55s/wills-and-power-of-attorney">www.moneysmart.gov.au/life-events-and-you/over-55s/wills-and-power-of-attorney</a>
<a href="#">Ruak phumnak caah tangka peknak</a>	<a href="http://www.moneysmart.gov.au/life-events-and-you/over-55s/paying-for-your-funeral">www.moneysmart.gov.au/life-events-and-you/over-55s/paying-for-your-funeral</a>
<a href="#">Public Trustees</a>	<a href="http://www.australia.gov.au/information-and-services/family-and-community/wills-and-powers-of-attorney/wills">www.australia.gov.au/information-and-services/family-and-community/wills-and-powers-of-attorney/wills</a>
<a href="#">Organ Donation Register</a>	<a href="http://www.humanservices.gov.au/customer/services/medicare/australian-organ-donor-register">www.humanservices.gov.au/customer/services/medicare/australian-organ-donor-register</a>
<a href="#">Mithi chungkhar bomhnak</a>	<a href="http://www.australia.gov.au/information-and-services/family-and-community/death-and-bereavement">www.australia.gov.au/information-and-services/family-and-community/death-and-bereavement</a>



## 10 Na innchungkhar

### Hi ka section ahcun

- [Nupi tthitnak le adang pehtlainnak](#)
- [Mino hna caah bomhpeknak rian](#)
- [Nu le pa](#)
- [Hngakchia Bomhnak](#)
- [Kum upa pawl](#)
- [Chungkhat rualchan kawlnak](#)
- [Nan Inn chungkhar le Centrelink](#)

Australia ahcun, chungkhar ttuanvo pawl hi nan a rak iziak tawnmi he khan ai dang kho. Pa le nu nih kan ngeihmi ttuanvo hna le covo pawl an i khat dih. Pa he nu he tiin rianttuan kal kha cohlanmi asi. Pa le nu cu innchung ttuanvo pawl, hngakchia zohkhenh, rawlchuan le inn thianh tibantuk pawl kha kan ttuan tti.

Acheu chungkhar chungtel hna cu midang nakin rangdeuh in Australia i anunnak athar in remhsiam kha i fawih deuh. Bianabia ah, hngakchia hna nih nu le pa nak in mirang holh rang deuh in an thiam.

Na nunnak athar in na remhsiam tthannak dingah chungkhar pakhat bantukin hmuhkhat rianttuan tti kha abiapi ngai. Bomhnak hal aherh kho mi na si cun hi ka chapter nih hin hmuhkhawhmi bomhpeknak rian pawl kong kha a thanh. Australia ahcun, na chungkhar bomhnak ding ah bomhnak hmuhnak hi tuahtawnmi asi i cohlanmi zong asi. [Government and community support \(cozah le mibu bomhnak\)](#) pehlainnak caah [www.humanservices.gov.au/servicefinder](http://www.humanservices.gov.au/servicefinder)

### Nu le pa tthitumnak le adang pehtlainnak

[1800RESPECT](#) nih biaruahthapeknak, thawngthanhnak le bomhnak akawlmi hna caah pekchanhnak lei rianttuannak asilo chungkhar buaibainak le nu pa sualnak lei entainak kong thawngthanhnak kha atuah. Riantthiam biaruahthapektu hna cu nikhat ah nazi 24 chung, zarhkhat ni sarh in aum. An mah nihcun hawikom, chungkhar, rianttuan hawi asilo client an siaherhmi hna mizeipaoh kha an bomh hna. 1800 737 732 ah phone chawn asilo [www.1800respect.org.au](http://www.1800respect.org.au) ah kal.

[The Family Relationship Advice Line \(Chungkhar Pehtlainnak lei Ruahnak peknak\)](#) nih chungkhar pehtlainnak buainak pawl, nu le va itthen hnu ah hngakchia zohkhennak lei ruahnak peknak le phone chawntu hna kha atha deuhmi chungkhar pethlainnak sernak dingah bomhnak apetu rianttuantu hna sinah pekchanhnak asilo itthennak ding tolrelpiaknak pawl thawngpeknak kha atuah. Ruahnak Peknak Line hi rampumpi zungkhar ni dah tilo ahcun 8.00 am in 8.00pm, Ni khatni in ni Nga ni, cun Zarhte ni 10.00 am in 4.00 pm tiang rian attuan. Phone 1800 050 321 (alakin chonhnak) asilo [www.familyrelationships.gov.au/BrochuresandPublications/Pages/family-relationships-advice-line.aspx](http://www.familyrelationships.gov.au/BrochuresandPublications/Pages/family-relationships-advice-line.aspx) ah rak kal.



[Family Relationships Online](http://www.familyrelationships.gov.au) nih chungkhar ipehtlainnak le itthennak caah thawngpeknak atuah. Chungkhar hna nih ipehtlainnak buaibainak tolrelnak le nuva itthen hnu ah hngakchia caah timhlahmnak pawl bomh dingah bomhpeknak lei rianttuantu pawl kong kha a hmuh khawh. [www.familyrelationships.gov.au](http://www.familyrelationships.gov.au) ah khan kal.

[MensLine Australia](http://www.mensline.org.au) nih biaruahthapeknak, thawngthanhnak le pa pawl an chungkhar asilo an hrampi ipehtlainnak kong buainak angeimi hna bomh dingah pekhanhnak lei rianttuannak kha atuah. Mah nihcun nu pawl le an chungkhar chungtel hna i an umpi hawi, va le an pa le hna kongah thinphannak angeimi hna kha thawngpeknak le bomhnak kha apek ve hna. Ni khat ah nazi 24 chung, zarhkhat ah ni sarhi chung rian attuan. Phone in 1300 789 978 ah chawn asilo [www.mensline.org.au](http://www.mensline.org.au) ah kal.

## Mino hna caah bomhpeknak rian

Mibu aiawh rianttuantu pawl hna nih mino kum 25 tang asimi hna caah prokrem tete an tuah. Mino rianttuantu hna cu thiamnak a ngeimi hna le hmuhtonnak angeimi hna an si i an nih nihcun mino hna kha thawngpeknak, bomhnak le ahimmi pawngkam ah cawlcanghnak kha an tuah piak hna, achel ahcun Mino Center asilo local kawngsil an tuah tawn.

Tamdeuh bomhnak caah:

Ram pumpi mino bomhpeknak	Telephone	Website
<a href="#">Kids Helpline</a> – Nazi 24 chung kum nga in kum 25 kar ruahnakpek biaruahhnak	1800 551 800	<a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a>
<a href="#">Headspace</a> – kum12 in kum 25 mino humhimnak	1800 650 890	<a href="https://headspace.org.au">https://headspace.org.au</a>
<a href="#">YouthBeyondBlue</a> – Nazi 24 chung lungthin lei zawtnak le lungder nak lei atemtuar mi hna mino caah bomhnak	1300 22 4636	<a href="http://www.youthbeyondblue.com">www.youthbeyondblue.com</a>
<a href="#">Department of Education and Training</a>		<a href="https://education.gov.au/youth">https://education.gov.au/youth</a>
<a href="#">Generation Success</a> – mino rianttuantu hna bomhnak phu pawl		<a href="http://www.employment.gov.au/generation-success-youth-employment-initiative">www.employment.gov.au/generation-success-youth-employment-initiative</a>
<a href="#">Youth Employment</a>		<a href="http://www.employment.gov.au/job-seekers-0">www.employment.gov.au/job-seekers-0</a>
<a href="#">Australian Institute of Family Studies</a> he pehtlainnak link pawl		<a href="https://aifs.gov.au/cfca/publications/helplines-and-telephone-counselling-services-children-y">https://aifs.gov.au/cfca/publications/helplines-and-telephone-counselling-services-children-y</a>
<a href="#">Reconnect</a> – umnak inn angeilo mi asilo ngeihlonak dirihmun a phan dingmi mino kum12 in 18 kar bomhnak		<a href="http://www.dss.gov.au/our-responsibilities/housing-support/programmes-services/homelessness/reconnect/reconnect-services">www.dss.gov.au/our-responsibilities/housing-support/programmes-services/homelessness/reconnect/reconnect-services</a>





Ram pumpi mino bomhpeknak	Telephone	Website
<a href="#">Office of the Children's eSafety Commissioner</a> – kum 18 tang hngakchia hna itinh in fakpi cyber in misoiselnak kong chimphuan ding.		<a href="http://www.esafety.gov.au/reportcyberbullying">www.esafety.gov.au/reportcyberbullying</a>

Pyine le ramtthen hna nih mino bomhpeknak rianttuannak kha atuah:

Pyine aslo Ramtthen	Mino bomhpeknak	Website
ACT	<a href="#">Youth InterACT</a>	<a href="http://www.youth.act.gov.au">www.youth.act.gov.au</a>
NSW	<a href="#">Youth NSW</a>	<a href="http://www.youth.nsw.gov.au">www.youth.nsw.gov.au</a>
NT	<a href="#">Office of Youth Affairs</a>	<a href="http://www.youth.nt.gov.au">www.youth.nt.gov.au</a>
Qld	<a href="#">Queensland Youth</a>	<a href="http://www.communityservices.qld.gov.au/youth">www.communityservices.qld.gov.au/youth</a>
SA	<a href="#">South Australia Youth Site</a>	<a href="http://www.officeforyouth.sa.gov.au">www.officeforyouth.sa.gov.au</a>
Tas.	<a href="#">Office of Children and Youth Affairs</a>	<a href="http://www.linkzone.tas.gov.au">www.linkzone.tas.gov.au</a>
Vic.	<a href="#">Youth Central</a>	<a href="http://www.youthcentral.vic.gov.au">www.youthcentral.vic.gov.au</a>
WA	<a href="#">Office for Youth</a>	<a href="http://www.wa.gov.au/information-about/your-community/youth">www.wa.gov.au/information-about/your-community/youth</a>

Na umnak sang [local council](#) kha mino caah an tuahmi nuamnak le adang prokem tete kong ah rak chawn hna.

## Hringtu nu le pa

Australia rammi hna nih nulepa hna i an fale an zohkhenhning hi asunlawih, sihmanhsehlaw azungzal in nule pa 'athami' si hi afawi lo zong kha an theih ko. Bukomh bu tampi sin in bomhnak le theihhngalhnak pawl hmuh khawh asi.

Hringtu nu le pa rian ah hin hngakchia chimhhrinnak hi abiapi mi pakhat asi, sihmanhsehlaw taksa fahnak peknak in chimhhrinnak tuah tu cu Australia phung he ai kalhmi asi. Chimhhrinnak cu phundang in tuah khawh asi ko, bianabia ah hngakchia nih an duhcemmi lakpiak asilo an ihnak khaanah khumh tibantuk. Na fa a ziaza tthatnak caah laksawng peknak kha tuah cun nangmah kha ahmai ah zohchunhtlak in um.

Na fa le na chimhhrinnak kongah buainak na ngeih asi ahcun, chungkhar biaruahthapeknak le hringtu nu le pa bomhpeknak rianttuannak pawl sinah bomhnak hal:



Hringtu nu le pa thawngpeknak	Website
<a href="#">Family and Relationship Advice Line</a> (Phone 1800 050 321)	<a href="http://www.familyrelationships.gov.au">www.familyrelationships.gov.au</a>
<a href="#">MyChild</a>	<a href="http://www.mychild.gov.au/">www.mychild.gov.au/</a>
<a href="#">Raising Children Network</a>	<a href="http://www.raisingchildren.net.au">www.raisingchildren.net.au</a>
<a href="#">Australian Childhood Foundation</a> – calehmi thawngpeknak telhin i	<a href="http://www.kidscount.com.au/en">www.kidscount.com.au/en</a>
<a href="#">Nulepa nih Mino cawnpiaknak</a>	<a href="http://www.abcdparenting.org">www.abcdparenting.org</a>
<a href="#">Kidsafe</a>	<a href="http://www.kidsafe.com.au">www.kidsafe.com.au</a>
<a href="#">Australian Cozah Pehtlainhak</a>	<a href="http://www.australia.gov.au/information-and-services/family-and-community/caring-for-children">www.australia.gov.au/information-and-services/family-and-community/caring-for-children</a>

## Hngakchia Bomhnak

Department of Human Services nih atuahmi Child Support hngachia bomhnak nih nu le va ai tthenmi hna nih an fa le i an co dingmi hngakchia bomhnak tangka peknak tolrel kha abomh hna. Na fa bomhnak ah thimding tete kong biaruah dingah mah hi bu hi pehtlainhak tuah.

Child Support	Pehtlainhak pawl
<a href="#">Child Support website</a>	<a href="http://www.humanservices.gov.au/childsupport">www.humanservices.gov.au/childsupport</a>
Telephone Child Support	131 272
<a href="#">Ramdang holhin thawngpeknak</a>	<a href="http://www.humanservices.gov.au/yourlanguage">www.humanservices.gov.au/yourlanguage</a>
<a href="#">Mipem, ralzaam le Khualleng</a> caah thawngpeknak	<a href="http://www.humanservices.gov.au/multicultural">www.humanservices.gov.au/multicultural</a>

## Ku upa pawl

Kum 50 cunglei asi mi hna caah bomhpeknak rian attuantu cozah, private le mibu bukomhbu tapi an um hna.

Australia Cozah nih apekmi cu:

- [Age Pension](#) – kum upa deuhmi Australia minung hna caah tangka hmuhnak bomhnak le koseson an hmuhnak dingah [www.humanservices.gov.au/agepension](http://www.humanservices.gov.au/agepension)
- [My Aged Care](#) – Na thim duhmi tete kongah thawngthanhnak, cun zeitindah bomhpeknak rian na hmuh lai [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

[Dal 9 nak, Ngandamnak le nunnaumhnak](#) kha rak zoh

Pyine le Ramtthen dihlak nih Seniors Card kha an ngei dih. Hi card cu alak in asi i koseson hmuhnak nawl angei cun pehtlainmi chawlehnawlnak pawl ahkhan aman tthumh a si.



Tamdeuh theihnak dingah:

Kum upa thawngthanhnak	Telephone	Website
<a href="#">Centrelink</a>	132 300	<a href="http://www.humanservices.gov.au/olderaustralians">www.humanservices.gov.au/olderaustralians</a>
<a href="#">My Aged Care</a>	1800 200 422	<a href="http://www.myagedcare.gov.au">www.myagedcare.gov.au</a>
<a href="#">Seniors Card</a> timhlahmnak		<a href="http://www.australia.gov.au/information-and-services/benefits-and-payments/older-australians/seniors-card">www.australia.gov.au/information-and-services/benefits-and-payments/older-australians/seniors-card</a>
<a href="#">AusGov – Older Australians</a> (Australia Kum upa)		<a href="http://www.australia.gov.au/information-and-services/benefits-and-payments/older-australians">www.australia.gov.au/information-and-services/benefits-and-payments/older-australians</a>

## Chungkhat rualchan kawlnak

Australian Red Cross nih ral tuknak, ram buainak le kokek harsatnak ruangah chungkhar he arak itthenmi hna caah nehnu zilh kawlpiaknak le bia thlahpiaknak pawl kha an tuah. Vawilei cung ahuapmi Red Cross mibu pehtlainhnak nih ramdang ah an chungkhar chungtel a tlaumi hna kawlnak kha abomh hna. Ramdang minung hna pawl zong nih atu Australia khua asa mi hna minung pawl kawlnak kha abomh hna.

Red Cross International Tracing le Refugee Service (Red Cross International Mikawlnak le Ralzaam Bomhnak) pehtlainhnak dingah:

Australian Red Cross	Pehtlainhnak pawl
Email	<a href="mailto:natinfo@redcross.org.au">natinfo@redcross.org.au</a>
<a href="#">Red Cross Website</a>	<a href="http://www.redcross.org.au">www.redcross.org.au</a>
Rampumpi	03 9345 1800
ACT	02 6234 7600
NSW	02 9229 4111 asilo alakin chonhnak 1800 812 028
NT	08 8924 3900
Qld	07 3367 7222 asilo alakin chonhnak 1300 554 419
SA	08 8100 4500
Tas.	03 6235 6077
Vic.	03 8327 7700 asilo alakin chonhnak 1800 131 701
WA	08 9225 8888 asilo alakin chonhnak 1800 810 710



## Na Chungkhar le Centrelink

Department of Human Services nih mibu cawlcanghnak, ngandamnak le adang tangka peknak pawl le Centrelink le Medicare hmangin bomhpeknak pawl kha a tuah. Mah bantuk bomhnak cu chungkhar le pumpak nih an herh ning cio hoih in ai dang. Na dirhmun [circumstances \(thilsining pawl\)](#) ai thlenmi aum ahcun, bomhnak na hmuhnak dingah Centrelink kha zokzok in chim, bianabia ah, fa na ngeih, rian nai dinh asilo na zawt tik ah chim colh.

Centrelink nih mipi kha anmah tein an i cawnken khawhnak dingah le midang kha rian an hmuh khawhnak dingah abomh hna, aharsa mi pawl kha bomhnak apek thiamthaim hna. Centrelink nihcun kum upat ruangah rian dinh aitimmi hna asilo a zawmi hna asilo harsatnak fakpi atongmi hna tibantuk ton lio caan i ahlei khun in bomhnak aherhmi hna zong kha abomh fawn hna.

## Hi ka section ahcun

- [Na sining kong fehternak](#)
- [Holh dangdang in bomhpeknak](#)
- [Centrelink he ipehtlaihna lei bomhnak](#)
- [Centrelink hngahnak caan](#)
- [Centrelink tangka peknak halnak](#)
- [Chungkhar hna caah tangka peknak](#)
- [New Zealand mipihun \(Australia mipihun asilomi\)](#)
- [Ralzaam hna le hartonnak in arak lutmi hna caah Crisis Payment \(hartuklio bomhnak\)](#)
- [Adang Centrelink bomhnak pawl](#)
- [Tangka hmuhnak aniammi hna caah koseson](#)
- [Khuasak dirhmun thlennak](#)
- [Partner \(umpi hawi\) timi suallam](#)
- [Review and appeals \(Zohtthannak le nawlnak\)](#)
- [Privacy of your information \(Nangmah kong runvennak\)](#)
- [Mino](#)
- [Bomhnak caah aamahkhaannak](#)

## Confirming your identity (Na sining kong fehternak)

Centrelink ah [confirm your identity \(na sining kong fehternak\)](#) dingah nangmah kong aittialmi ca na pek aherh lai ([www.humanservices.gov.au/customer/enablers/proof-of-identity](http://www.humanservices.gov.au/customer/enablers/proof-of-identity)) - bianabia ah, passport le khaulawlannak catlap pawl, bank account detail asilo umnak hmun.

## Holh dangdang in bomhpeknak

### Holh dangdang in thawngpeknak

Centrelink nih an tangka peknak le bomhpek rianttuannak pawl kha ca in na rel khawh, zoh khawhnak asilo hna in na theihnak dingah [www.humanservices.gov.au/customer/information-in-your-language](http://www.humanservices.gov.au/customer/information-in-your-language) ah hin [translated information \(ca lehmi thawngthanhnak\)](#) an ngei.



Centrelink nih *New to Australia (Australia ara tharmi)* hna caah ai tlakmi tangka peknak, rian kawlnak, Medicare card le Health Care Card ti bantu ahuapmi video kha holh phun 10 zohkhawh asi. Hi [videos](#) pawl cu [www.humanservices.gov.au/yourlanguage](http://www.humanservices.gov.au/yourlanguage) ah na zoh khawh.

## Holh phuphun in Phone chonhnak

Mirang holh asilomi holh dang in na holh asi ahcun kan mah i holh phunphun chonhkhawhnak kha 131 202 (8am – 5pm local caan) ah na chonh khawh cuticun Centrelink tangka peknak pawl le bomhpek rianttuan nak pawl kong ah minung pakhat kha nangmah holh tein na chonh khawh.

## Holhlettu

Mirang holh na holh lo asi ahcun, Centrelink nih alak tein holhlet tu kha na appointment na ngeihmi caah an pek lai. Ca lettu na herh ahcun 131 202 asilo na umnak sang i Centrelink Service Centre kha hal hna.

## Zung ca pawl calehnak

Centrelink nih tangka akan pekmi pawl le bomhnak apekmi pawl i tangka hal nak kan tuahnak ah kan herhmi ca let ding hna kha alak tein a kan tolrel piak. 131 202 kha chawn asilo na umnak sang Centrelink Service Centre kha hal hna.

## Multicultural Service Officers (Miphun nunphung lei tolrelnak lei rianttuantu)

[Multicultural Services Officers \(Miphun nunphung lei tolrelnak lei rianttuantu\)](http://www.humanservices.gov.au/mso)

([www.humanservices.gov.au/mso](http://www.humanservices.gov.au/mso)) nih Centrelink prokem kong thawngthanhnak le mipeem le ralzaam mibu hna bomhpeknak pawl kha an pek hna, cun bomhpeknak rian pawl atthan chonnak bomhnak dingah kaupi in bia an ruah hna.

## Centrelink cakuat pawl

Centrelink nih ca an kuatmi vialte na rel dih hrimhrim aherh i aherh ahcun an ca kha let. Nangmah holhmi biafangin ca ttialmi na duh asi ahcun 131 202 kha chawn.

## Centrelink he ipehtlaihna lei bomhnak

Midang pakhat kha nangmah aiawh in cawlcaang dih ah bu (a [nominee](#), 'minpekmi') asilo midang pakhat kha nai thim khawh. [www.humanservices.gov.au/nominees](http://www.humanservices.gov.au/nominees). kha rak zoh.

Centrelink	Pehtlaihna pawl
<a href="#">Centrelink</a>	<a href="http://www.humanservices.gov.au/centrelink">www.humanservices.gov.au/centrelink</a>
<a href="#">Mipem, ralzaam le Khualleng</a> caah thawngpeknak	<a href="http://www.humanservices.gov.au/multicultural">www.humanservices.gov.au/multicultural</a>
<a href="#">Holhdang in thawngpeknak</a>	<a href="http://www.humanservices.gov.au/yourlanguage">www.humanservices.gov.au/yourlanguage</a>
Holhdang in thawngpeknak caah	131 202



Centrelink	Pehtlainnak pawl
<a href="#">Intent to claim (Hal than ding timhnak)</a>	<a href="http://www.humanservices.gov.au/customer/enablers/intent-to-claim">www.humanservices.gov.au/customer/enablers/intent-to-claim</a>
<a href="#">Confirming your identity (nangmah kong fehternak)</a>	<a href="http://www.humanservices.gov.au/customer/enablers/proof-of-identity">www.humanservices.gov.au/customer/enablers/proof-of-identity</a>
<a href="#">Visit a service centre (bomhpeknak hmun ah kal)</a>	<a href="http://www.humanservices.gov.au/findus">www.humanservices.gov.au/findus</a>

## Centrelink hngahnak caan

Arak phantharmi hna asilo caan tlawmpal chung mipeem vialte (ralzaam asilo hartuarnak in arak lutmi hna tello in) nih 104 zarh (Newly Arrived Resident's Waiting Period) kha atom deuh tangka peknak le miaknak an hmuh nak dingah an hngah hrimhrim aherh. Hngahnak Caan cu chungkhar bomhnak tangka peknak he ai pehtlai lo [Payments for Families \(Chungkhar pawl caah Tangka peknak\)](#). [More information \(tamdeuh theihnak ding\)](#) caah [www.humanservices.gov.au/families](http://www.humanservices.gov.au/families) kha zoh.

Hngahnak caan arauh caan le mizei bantu caah dah asi timi hi Australia an rak phanh ni thla le an hmuhmi bomhnak phun ah ai hngat. Hngahnak caan ah cun Austrlia ram ah Australia rammi bantu in nan nu caan n ahman caan chung caan kha asi.

Hi hngahnak caan chungah hin, rian kawlnak bomhnak hmuhnak dingah jobactive ah min peknak na tuah khawh. Centrelink Service Centres ah hman khawh asimi mah tein riankawlnak thilri pawl kha na hman khawh fawn.

## Newly Arrived Resident's Waiting Period (arak phantharmi hna Hngahnak Caan) in thleithiannak

Newly Arrived Resident's Waiting Period in thleithiannak pekmi hna cu:

- Australia miphun asimi
- Australia miphun asimi hna i an chungkhar chungtel pawl asilo caan saupi aummi hna.
- Hartong bomhnak tangin Australia ah arak phanmi minung asilo an chungkhar chungtel
- Visa subclass phundang te ai tlaihi pawl.

Thilsining fakpi in aitlengmi kongah harsatnak na ton asi ahcun, arannak in bomhnak khan ahmuh khawh colh. Rian sungh asilo rian na hmuh khawh lonak kha thilsining fakpiin aithlengmi ruangah acangmi asi tiah ruahpiak asi lo. Mah hi bomhnak ahmu kho na si le si na theihnak dingah Centrelink ahkhan halnak na tuah khawh.



## Qualifying residence requirement (Rammi nih tlinh herhmi)

Penson le adang bomhnak nihcun arak phantharmi hna hngahnak caan bantuk kha an ngei lo, sihmanhsehlaw 'qualifying residence' (aumkho dingmi sinak) caah hngah caan kha an ngei ve:

- Parenting Payment and Widow Allowance (Hringtu nulepa le Nuhmei Tangka peknak): 104 zarh
- Age Pension and Disability Support Pension (Kum upa Penson le Pumtlamtlinlonak Bomhnak Penson): kum 10.

Acheu thleithiam mi hna cu, bianabiaah, Australia aummi na si hnu ah ralzaam asilo hartongnak in arak lutmi na si ahcun, asilo nu/pa hmei, pumtlamtling lo asilo mah lawng fa azohkhenhmi nu/pa na si hna kha an thleithian hna.

Na halmi tangka peknak ahupmi Australia he [international social security agreement \(vawleicung mibu humhimnak hnatlaknak\)](#) angeimi ram ah na rak um cang asi ahcun penson ahmu kho na si. Australia nih ram 29 he mibu humhimnak hnatlaknak atuah, [www.humanservices.gov.au/issa](http://www.humanservices.gov.au/issa) ah aittial.

[Pensions \(pensen\)](#) kong, ramdang penson halnak asilo ramdang umlio ah Australia penson halnak kong atamdeuh theihnak dingah [www.humanservices.gov.au/international](http://www.humanservices.gov.au/international) kha rak kal.

## Claiming Centrelink payments (Centrelink tangkapeknak halnak)

Mibu humhimnak tangka peknak halnak dingah, 'Intent to Claim' ah minpeknak na tuah aherh. Mah hi nih hin Centrelink kha tangka peknak caah theihternak tuah nai timh kha atheihter. Online zong in tuah khawh asi, mah tein asilo phone nangmah nih asilo nangmah aiawh in midang zong nih tuah khawh asi.

Na halmi kha hnatlakpi asi ahcun, na tangka peknak asilo konseson card kha Intent to Claim (tangka peknak dingah na tlinh asi ahcun asilo kha ni ah konseson card na hmuh i na halnak ca na ttialmi kha ni 14 chungah na up ahcun) minpeknak na tuah ni in ai thok lai.

Atamdeuh Centrelink tangka peknak cu Australia i khua asa i [Australian residents \(Australia aummi hna\)](#) hna caah lawngah asi ([www.humanservices.gov.au/customer/enablers/residence-descriptions](http://www.humanservices.gov.au/customer/enablers/residence-descriptions) ah kal)

Caantlawmpal chung umnak visa phundang te aitlahmi hna zong an tangkapeknak phun cungah hngat in an an hmuh khawh ve. Thleithian lo mi na si ahcun, ramchung ummi nih tlinhnak caan asilo Newly Arrived Resident's Waiting Period kha na tlinh aherh kho. Adang hngahnak caan pawl zong kha aum kho. [Centrelink waiting periods \(Centrelink hngaknak caan\)](#) kha zoh.

Tax file number (TFN) (ngunkhuai halnak numbat) kha tangka lut bomhnak na hmuh nak dingah na herh kho.



Atang i aa suaimi hna nih zeibantuk tangkapeknak dah na hmuh khawh timi kha alanghter, nangmah sining cungah hngat in:

Na dirhmun	Telephone	Centrelink Payment (Tangka peknak)	Hi tangkapeknak nih a bomhmi
Rian ka kawli	132 850	Newstart Allowance le/asilo Youth Allowance	Tangka hmuhnka lei rian na kawli, asilo rian na hmuhnak dingah theihpimi tintaan asilo adang cawlcanghnak na tuahmi aum asi achun.
Tintaan asilo sianginn ka kai lio.	132 490	Youth Allowance	Nangmah cu kum 16-24 kar na si i, caantlingin sianginn na kai asilo Australian riancawnnak lei na tuah asilo adang theihpimi cawlcanghnak na tuah asi ahcun.
		Austudy	Kum 25 asilo kum upa deuh mi, caantling sianginn kaimi asilo caantling in Australian Riancawnnak lei atuahmi na si ahcun.
Hartong bomhnak ka herh.	132 850	Crisis Payment	Mahhi voikhat pekmi tangka asi i nangmah cu: <ul style="list-style-type: none"> <li>• Australia ah ralzaam sinank in asilo hartonnak in arak lutmi sinank in arak phantharmi na si ahcun.</li> <li>• Tilian asilo meikanghnak nih ahrawh dih i na inn ah na um khawhlo ahcun.</li> <li>• Chungkhar buabaina ruangah na inn na kal taak asi ahcun.</li> <li>• Thongchuak ka na si ahcun.</li> </ul>
		Special Benefit	Na tuahkhawhnak lengin na pawngkam thil acangmi ruangah tangka aherhtukmi na si asi ahcun.
Midang ka zohkhenh lio	132 717	Carer Payment	Midang na zohkhenhnak rian ruangah na rianttuannak tangka hmuhmi hmangin nangmah le nangmah ai zohkhenh kho lomi midang zohkhenhtu nasi ahcun.





Na dirhmun	Telephone	Centrelink Payment (Tangka peknak)	Hi tangkapeknak nih a bomhmi
		Carer Allowance (tangka lut ahleiin chapnak)	Nu le pa asilo midang zohkhenhtu na si i ahlei in ni fatin nau umhnak le zohkhenhnak rian: <ul style="list-style-type: none"> <li>- Pumtlamtinglo asilo damlonak angeimi hna upa asilo hngakchia.</li> <li>- Kum upa aderhawmmi asilo upa tukmi</li> </ul>
Ka zaw, kai khawng asilo pumtlamtin lonak ka ngei.	13 2717	Disability Support Pension	Pum, thluak asilo lungthin lei tlamtinlonak nih rianttuannak lei altawmbik kum hnih chung an donh asi ahcun, asilo damhkhawh tilo in na mit acawt asi ahcun.
		Sickness Allowance	Rian na ttuan asilo caantling in ca na cawng sihmanhsehlaw ngandam lonak ruangah caan tlawmpal chung rian na ttuan kho lo asilo ca na cawng kho lo cun na dam deuhin rianttuanding asilo ca cawnding na ngei.
Rian kai din deng cang asilo rian kai din cang.	13 2300	Age Pension	Rian nai dinh tikah nangmah le nangmah izohkhenhnak dingah aza tawkin hmuhmi tangka na ngeih lo asi ahcun.
Midang an thih hnu ah bomh ka herh.	13 2300	Bereavement Payment	Na umpi hawi, na fa asilo na zohkhenmi minung an thih caah le Centrelink bomhpeknak ahmu mi na si caah.
		Bereavement Allowance	Na umpi hawi athih ka te asi caah le Centrelink in tangka ahmu mi na si lo caah.

[Full list of Centrelink payments \(Centrelink tangka peknak cazin dih lak\)](http://www.humanservices.gov.au/centrelink) cu [www.humanservices.gov.au/centrelink](http://www.humanservices.gov.au/centrelink)

## Chungkhar hna caah tangka peknak

Nangmah ai hngatchanmi hngakchia na ngeih ahcun, Centrelink nih chungkhar pawl an rian le an chungkhar ttuanvo pawl bomhnak dingah tangka peknak phunphun atuah.

Tamdeuh theihnak dingah:



Centrelink information	Pehtlainnak pawl
<a href="#">Chungkhar pawl webpage</a>	<a href="http://www.humanservices.gov.au/families">www.humanservices.gov.au/families</a>
<a href="#">Holh dangin thawngpeknak</a>	<a href="http://www.humanservices.gov.au/yourlanguage">www.humanservices.gov.au/yourlanguage</a>
Adang holhin bomhnak	131 202
<a href="#">Bomhpeknak hmun ah kal</a>	<a href="http://www.humanservices.gov.au/findus">www.humanservices.gov.au/findus</a>

Bomhnak na hmuhkhawh dingmi hi na chungkhar sining cungah ai hngat lai, fa pa zeizat na ngeih timi le na fa le an kum cun na chungkhar tangka lutnak pawl kah ai tel.

Abuaktlakim, bomhnak tangka na hmuhnak dingah Australia aum mi sinak le zungzal um khawhnak visa aitlahmi na si aherh, sihmanh sehlaw acheu thleithiannak cu aum ve.

<i>Chungkhar bomhnak tangkapeknak</i>	<i>Hi tangka peknak nih abomhmi cu...</i>
Family Tax Benefit Part A	Hngakchia zohkhenhnak tangka.
Family Tax Benefit Part B	Nu le pa zohkhenhtu pakhat lawng asimi hna, le chungkhar hna tangka hmuhnak hram pakhat lawng angei i adang pakhat cu inn ah um asilo fa le zohkhenh buin adang rian attuan pahmi chungkhar hna caah ahleiin bomhnak pekmi.
Single Income Family Supplement	Nu le pa pakhat lawng asimi chungkhar hna le tangka hmuhnak hram pakhat lawng angei acheu chungkhar pawl.
Child Care Benefit	Cozah theihpimi asilo minpeknak angeimi hngakchia zohkhenhnak caah adihmi
Child Care Rebate	Ahmu kho asimi chungkhar hna i hnatlakpi asimi hngakchia zohkhenhnak caah adihmi
Parental Leave Pay	Ahmu kho asimi nu le pa nih a chuakka an fa zohkhenhnak caah asilo an cawmmi fa caah rian an I dinhcaan
Newborn Upfront Payment and Newborn Supplement	Ahmu kho asimi chungkhar nih fa an ngeih asilo fa an icawm tikah bomhnak caah Family Tax Benefit Part A kha a tthan ter.
Dad and Partner Pay	Hringtu pa hna asilo umpi hawi nih achuakka fa asilo an cawmthar zohkhenhnak caah



<i>Chungkhar bomhnak tangkapeknak</i>	<i>Hi tangka peknak nih abomhmi cu...</i>
Parenting Payment	Hngakchia hna asilo hngakchia abik in a zohkhenhtu na si ahcun
Double Orphan Pension	Kilvengtu asilo ngakttah hna.

## **New Zealand rammi (Australia rammi asi lomi hna)**

New Zealand passport tlaihin Australia ah arak phanmi hna cu an phanh in Special Category Visa (SCV) timi pek an si. Australia mipu humhimnak caah ruahchan in, SCV ai tlaih i Australia ah 26 February 2001 in arak ummi hna cu ‘protected’ (humhimmi) SCV ai tlaihmi ah ruah an si. Australia ah 26 February 2001 hnu in arak phanmi hna cun ‘protected’ asilomi ah ruah an si.

- “Protected” SCV aitlahmi hna cu atu Australia ah um asi i hngahnak caan telh in, tlinh aherhmi an tlinh asi ahcun, Australia ummi sinak angeimi an si caah Centrelink bomhnak vialte an hmuh khawh dih.
- SCV ai tlaihmi hna “protected” asilo mi hna balte cu Australia ram aummi an si lo. Tangka lut bomhnak tangka peknak an hmu kho lo.

SCV aitlahmi hna vialte nih zultphung tete le hngahnak caan kha an lung atlin ko asi ahcun chungkhar bomhnak le koseson card kha an hmuh khawh.

SCV aitlahmi i “protected” asilo mi sihmanhsehlaw 26 February 2001 thokin atlawmbik kum 10 chung pehtlai tein Australia aum mi hna cu voikhat-lawng tangka peknak Newstart Allowance, Sickness Allowance asilo Youth Allowance kha an hmu ko ve. Ahmu kho asimi hna caah tangka peknak cu atambik pehtlai tein thla ruk chung asi.

Australia le New Zealand karlak ah Social Security Agreement (mibu runven hnatlaknak) nih acheu SCV aitlahmi hna cu Age Pension, Disability Support Pension asilo Carer Payment kha ahmuh ter hna, cu hna cu “protected” an si le si lo nak nih khan lai arel ti lo.

[New Zealand citizens \(New Zealand rammi\)](http://www.humanservices.gov.au/paymentsfornewzealanders) kong tamdeuh theihnak dingah cun [www.humanservices.gov.au/paymentsfornewzealanders](http://www.humanservices.gov.au/paymentsfornewzealanders)

## **Ralzaam hna le hartonnak in arak lutmi hna caah Crisis Payment (hartuklio bomhnak)**

Crisis Payment cu voikhat in ahartukmi dirhmun ah aummi hna minung caah pekmi asi. Australia na phanh in ni sarih chungah na hlam aherh asilo ‘[Intent to Claim](#)’ timi in na phanh ka ni sarih chungah Centrelink kha chawn cun na chonh ni in ni 14 chungah tangka hlamnak kha sawk.

Hi kong tamdeuh theihnak dingah [Crisis Payment fact sheet \(Hartuklio tangka peknak catluan\)](#) i [www.humanservices.gov.au/crisispayment](http://www.humanservices.gov.au/crisispayment) ah kal.



## Adang Centrelink bomhpeknak

Centrelink nih bomhnak tampi apek, ai telmi hna cu:

Centrelink Rianttuannak	Telephone	Hmuhkhawhmi bomhnak
Self Service	136 240	<a href="#">Dal 1 nak, Mah tein irianh</a> kha zoh
Online Services Support	132 307	Centrelink's online rianttuannak ah khan bomhnak hal
Centrelink International Services	131 673	Australia ramleng khaulawnnak asilo itthialnak kong, Australia ramleng um lio pekmi tangka halnak, asilo ramdangin pekmi tangka hmuhnak pawl hlathlainak.
Financial Information Service (FIS) rianttuannak iham cianak	132 300	Financial Information Service itonnak kha iham cia
Lungtlinlonak langhternak le lungum chimnak	1800 132 468	Conglomhnak, Lungtlilonak le ruahnak cheuhnak pek (To provide compliments, complaints and suggestions)

## Tangka hmuh aniammi hna caah konseson

Tangka hmuhmi, rianttuannak, kum asilo Centrelink tangka peknak phun, tangka hmuh atlawmmi hna nih federal, pyine/ramtthen le local cozah cubantuk in pumpak chawlehlawnak hna sin in konseson kha an hmuh khawh. Konseson nihcun ngandamnak, innchungkhar tangka hmunnak, fimcawnnak le khuallam kalnak pawl kha a huap. [More information \(tamdeuh theihnak\)](#) cu [www.humanservices.gov.au/](http://www.humanservices.gov.au/) ah khan kal law “low income” tiin kawl.

## Change of circumstances (Siningdirhmun thlennak)

Na innchungkhar, rian asilo na nunning kongah thlennak aum tikah ahman ning tein tangka na hmuhnak dingah asi khawh chungin Centrelink kha na theihter hrimhrim lai. Pekding na simi nak in tamdeuh peksual na si ah cun tlawmpal in na pektthan a hau lai asilo adih lakin na pektthan dih ahau kho.

Centrelink ah thlennak na ngeihmi pawl na chim aherhmi hna:

- nangmah kong le pehtlainak
- bank detail (bank dirhmun)
- ipehtlainak dirhmun
- na fa le zong telhin, nangmah zohkhenhnak in mizeipaoh caah zohkhenh timhlamnak
- rianttuannak dirhmun
- caan tlawmpal asilo zungzal cain, ram chuahtaak
- tangka atomtom in peknak
- tangka lut asilo ngeihmi thil atthannak ding asilo attumnak ding, nan umpi hawi tangka lut le ngeihmi thil
- sianginn kai thoknak asilo kai limnak



## **Partner (kawp) timi suallam**

Nangmah kha amah tein aum mi na si le silo asilo kawp na ngeih le ngeihlo kong ah Centrelink na chimh kha abiapi tuk. Mah hi cu achel caan ahcun 'member of a couple' (kawp pakhat chungtel) tiin an auh tawn. Atamdeuh tangka peknak hi kawp pakhat chungtel hna i an tangka lut le thilri ngeihmi fonhin tuak asi lai. Acheu tangka peknak hna cu nangmah kha amah lawngummi asilo kawp angeimi na si le silo cungah hngat in ai dang. Acheu tangka peknak cu kawp angei lomi hna ca lawng ah asi.

## **Reviews and appeals (Zohthhannak le nawlnak)**

Biakhiahnak an tuahmi kong ah na lung atlin lo asi ahucn, zohfelnak antuah tthannak ding ah [contact Centrelink \(Centrelink chonhnak\)](#) kha chawn [www.humanservices.gov.au/customer/reviews-and-appeals](http://www.humanservices.gov.au/customer/reviews-and-appeals). Zohthhannak le nawlnak tuahnak caah tuahding pawl an um.

## **Privacy of your information (Nangmah kong runvennak)**

Nangmah pumpak kong cu nangmah nih nawl na pek asi lo, phungnih nawl apek asi ahcun Centrelink lawnglawng nih apawtzamh khawh.

## **Mino**

Nangmah nih kum 16 nak in apa deuhmi hngakchia na ngeih asi ahcun, Youth Allowance asilo Family Tax Benefit tibantuk tangka peknak pawl kha an hmu kho cang. [Services for Young People \(Mino caah bomhpeknak pawl\)](#) zong kha rak zoh.

## **Assurance of Support (Bomhnak aamahkhaannak)**

[Assurance of Support \(Bomhnak aamahkhaannak\)](#) (zoh ding [www.border.gov.au/about/corporate/information/fact-sheets/34aos](http://www.border.gov.au/about/corporate/information/fact-sheets/34aos)) cu Australia aummi hna asilo bu (aamahkhaantu – 'assurer') le Australia Cozah karlak ah phungning tein temmi hnatlaknak asi. Amahkhaannak apetu nih Australia i aummi mipeem (aamahkhaan pekmi – 'assuree') bomhnak pekding ah hnatlaknak angeihmi asi i aamahkhaannak pekmi hna nih cozah tangka peknak cungah an i hngatchan aherhlo.

Bomhnak Aamahkhaannak cu kum hnih asilo kum 10 tiang arau kho, zeibantuk visa dah pek na si timi cungah khan ai hngat. Nangmah asilo nangmah ai hngatchanmi hna nih Bomhnak Aamahkhaannak nih bomhnak anpek ko hna lio ah nitin herhmi kongah tangka peknak nan hal asi ahcun, aamahkhaantu han nih Cozah sinah adih lak in an chamttan aherh.



# 11 Tangka

## Hi ka section ahcun

- [Tangka lei bomhpeknak](#)
- [Tangka kong theihfiannak](#)
- [Bank](#)
- [Ngunkhuai peknak](#)
- [Afami chawlehnak](#)
- [Tangka cawinak le cawihnak](#)
- [Aamahkhaannak](#)
- [Tangka kongah ruahnak laknak](#)
- [Tangka lei harsatnak bomhnak](#)
- [Thihmangtu runvennak](#)

## Tangka lei bomhpeknak

Australia ahcun, bank, aamahkhaannak, superannuation le thilri cungah tangka phumnak le rianttuannak pawl tampi an um hna. Chawlehrian atuatu hna cu an thilri an zuarnak le an rianttuannak dingah Cozah nih laisen apek hna aherh. Laisen tello in tuah cu phunghe ai kalhmi asi.

## Tangka kong theihfiannak

[Managing your personal finances \(Na ngeihmi tangka torelnak\)](#) kong tamdeuh theihnak dingah, le calculator le seh pawl pehtlainnak, [www.australia.gov.au/information-and-services/money-and-tax/personal-finance](http://www.australia.gov.au/information-and-services/money-and-tax/personal-finance)

Australian Securities and Investment Commission's [Moneysmart](#) website ([www.moneysmart.gov.au/](http://www.moneysmart.gov.au/)) ah aitemi cu tangka tolrelnak le phumnak, innchungkhar tangka hman ning, bank kong, aamahkhaannak le leiba kong telh in santlaimi thawngthanhnak pawl aum.

Anunziaza atthalomi hna nih cu an mah kha tangka na peknak hna ding ah hlen ding kha an izuam lai. Tangka chiahnak, chawlehnak tangka cawinak, aamahkhaannak, superannuation, tangka khonnak le tangka lei ruahnak peknak asilo tangka phumnak kongah na lunghrin asilo nai fian lo i | [complaint \(lungtlin lonak\)](#) langhter na duh asi ahcun, Australian Securities and Investments Commission (ASIC) kha 1300 300 630 ah chawn asilo [www.moneysmart.gov.au/tools-and-resources/how-to-complain](http://www.moneysmart.gov.au/tools-and-resources/how-to-complain) ah rak kal.

## Bank kong

Bank pawl, sakmi mibu pawl hna le tangka cawihnak funtomnak bu hna nih bank rianttuannak an tuah. Tangka na lakduh tikah, bank ah khan va kal asilo na debit card le na PIN (Personal Identification Number) kha hmang law ATM (Automatic Teller Machine) ah tangka va chuah. Na PIN kha na runven aherh. Na debit card cungah khan PIN kha ttial hlah, asilo mi nih an fir lonak ding, na tangka bawm, nu tangka bawm nganmi asilo mobile phone ah khan chia hlah.



Na debit card kha an in firpiak asilo na thlau ahcun, na banka kha chim colh.

Na bank ah na phisin khawhlo mi buainak nak ngeih asi ahcun, [Financial Services Ombudsman](http://www.fos.org.au/) kha [www.fos.org.au/](http://www.fos.org.au/) ah pehtlaihna rak tuah.

Tamdeuh theihnak dingah:

Bank kong theihternak	Webpage
<a href="#">Australian Bankers Association</a> – bank account dihlak	<a href="http://www.bankers.asn.au/Consumers/Managing-Your-Money">www.bankers.asn.au/Consumers/Managing-Your-Money</a>
<a href="#">Managing your bank accounts</a>	<a href="http://www.moneysmart.gov.au/managing-your-money/banking">www.moneysmart.gov.au/managing-your-money/banking</a>
Australian Competition and Consumer Commission – <a href="#">internet banking</a> (internet bank tuahnak)	<a href="http://www.accc.gov.au/consumers/online-shopping/internet-banking">www.accc.gov.au/consumers/online-shopping/internet-banking</a>
MoneySmart <a href="#">calehmi theihternak</a>	<a href="http://www.moneysmart.gov.au/tools-and-resources/publications">www.moneysmart.gov.au/tools-and-resources/publications</a>
<a href="#">Financial Service Ombudsman</a>	<a href="http://www.fos.org.au/">www.fos.org.au/</a>

## Ngunkhuai peknak

Australia ahcun cozah sinah rian na ttuan i na hmuhmi tangka, chawlehnak rian asilo tangka phumnak in na hmuhmi tangka chungin ngunkhuai na pek. Australian Taxation Office (ATO) nih pumpak pakhat cio le chawlehrian hna sinin ngunkhua khomhsuatnak atuah i siizung, sianginn, mawtaw lam le tlanglawng lam tibantuk mibu caah abiapimi rianttuannak caah ahman.

ATO nih mipi nih Australia ngunkhuaipeknak le superannuation asining kong an cawnnak a bawmhtu dingah [videos](#) atuah <http://tv.ato.gov.au/ato-tv/channel?c=c-b8nuuyo>

## Goods and services tax (Thilri pawl le service peknak lei ngunkhuai)

Australia nih atam deuh thilri man pawl, service peknak pawl le adang thilri zuarmi le cawkmi pawl telhin thilri le service peknak ngunkhuai (GST) zatuak 10 angeih. Acheu thilri pawl, rawl, tamdeuh fimcawnnak le ngandamnak lei rianttuannak, hngakchia zohkhenhnak le inn mi zaw thopbulnak pawl kha cu GST telhlo mi an si hna.

## Tax File number

Tax file number (TFN) timi cu ATO nih minung pakhat cio asilo bukhomhbu pawl kha achuah piakmi hna numbat asi. Mah hi nih nangmah kha ngunkhuai peknak le superannuation peknak caah an hlah. Asi khawh chungin na tax file numbat kha sawk colh te.



TFN arangbik in na hmuh khawh nak ding lam cu [online](#) in [www.ato.gov.au/tfn](http://www.ato.gov.au/tfn) ah asi. Online mikhumhnaq cu nikhat ah nazi 24 chung, zarhkhat ni sarik in asi. Na passport le na Australia umnak address kha na herh lai. Sawknak catlap zong ATO [Publication Ordering Service](#) i [www.ato.gov.au/order-publications](http://www.ato.gov.au/order-publications) ah hmuh khawh asi asilo tax file number Helpline i 132 861 ah chonh khawh asi. Na TFN kha cakuatnak in ATO nih na sawknak ca an hmuh in ni 28 chungah na hmuh lai.

TFN hi pakhat lawng na ngeih awk asi. Na nunnak caah aherhmi asi caah na runven awk asi. Na min asilo na rian nai thlen, khuadang ah nai thial, asilo Australia na chuahtaak i na rak kir thhan tik zongah na TFN cu ai khat peng. Mikip nih an mah ngeihmi TFN an herh cio. Na chungkhar chungtel dang sinah na TFN kha chim hlah.

Na tax file numbat kha minih an fir khawhnaq ding hmuh, na phaisa bawm, nu phaisa bawm asilo mobile phone tibantuk ah khumh hlah.

Midang kha na TFN na hmanter, na zuar asilo midang na pek hna ahcun apoi tukmi buainak achuahpi khawh. Mi thhalo nih an hman khawh nak cu:

- Na ngunkhuai tangka firnak
- Na bank account luhnak
- Nangmah min in bank account ser i leiba tampi an in chiahta lai
- Nangmah min in cozah bomhnaq an sawknak i hlenthawinah tuah

Australian Taxation Office, Centrelink, na superannuation fund, bank asilo tangka lei rianttuannak, le rian an petu hna telhin, na TFN hi mi tlawmte lawngnih halnak nawl an in ngei.

Mitthalo kha nai ralring hna ('mihlenhmang' – 'scammers') rian sawknak ding caah na TFN pek dingah an in hlen khawh. Nangmah na sining firnak dingah adeu asimi rian thawngthanhnak hmangin na TFN hmuhnak ding kha an izuam kho. Na rianngaitu zong kha rian na thok hnu lawng ah an TFN kha na pek lai.

### **Rian na hmuh tikah TFN na ngeih lo ahcun zeidah acang lai**

Rian na thok tikah, na rian ngeitu nih na TFN na ttialnak dingah na herh dingmi tax file number chimphuannak form phihnak ding kha an hal lai.

TFN na ngeihlo asi ahcun, TFN na ngeihnak ding le na sawknak ding ah rian na thokin ni 28 na ngei. Ni 28 hnu ah TFN na ngeih lo asi ahcun, na rianngaitu nih nangmah tangka an pekmi chungin atambik mi ngunkhuai kha alak hrimhrim aherh. TFN ngeih lo buin rian na ttuan khrio ko, sihmanhsehlaw ngunkhuai tamdeuh kha tangka an pekmi le superannuation chungin an lak lai. TFN na ngeih lo asi ahcun, ngunkhuai haltthannak kha sehthilri lei hmangin na sawk kho lai lo, cozah bomhnaq asilo Australian business number (ABN) kha sawk.





## Income tax return (Ngunkhuai khirhtthannak)

Tangka tuaknak lei kum (1 July le 30 June karlak) ah tangka na hmuhmi aum asi ahcun, Mah kha kum i 31 October hlan ah ATO ah tax return (ngunkhuai khirhtthannak) kha na sawk aherh.

Na tax return tuahnak dingah cozah hnatlak pimi ngunkhuai tolreltu puaisa kha na hman asi ahcun na tax return kha 31 October hnu ah na sawk khawh. Cu tiin 31 October hnu ah sawknak atuah kho na si le si lo theihnak dingah na tax return an tuahpiaktu ngunkhuai tolreltu puaisa he khan timhlahmnak nan ngeih cia ahau lai.

Na tax return hi nangmah te zongin [online](#) ah [www.ato.gov.au/Individuals/Lodging-your-tax-return](http://www.ato.gov.au/Individuals/Lodging-your-tax-return) na tuah khawh. Alak tein asi, atluang ngai cun ATO nih humhimnak tthatein apekmi asi fawn. Mah nihcun na rianngaitu nih nangmah kong theihternak an tuahmi, bank, ngandamnak tangka peknak le cozah rianttuantu pawl hna nih nangmah kong thawngpeknak kha hmangin nangmah caah tax return tuah dingah aherhmi pawl ttial dingah ATO lam aser piak.

Na tax return kha online in na sawknak dingah [myGov account](#) khan a herh kho, mah cucu <https://my.gov.au> ah tuah khawh asi.

## Tax Help (Ngunkhuaipek Bomhnak)

Ngunkhuaipek Bomhnak hi alak in ttuanpiakmi rian asi i tangka hmuhnak aniammi hna caah alak in tuahpiak mi asi, kum fatin te July in October tiang hman khawh asi. Ngunkhuaipek Bomhnak center pawl nih ATO i a tintaan apekmi hna bomhnak pektu a ngeih hna i an mah nihcun myTax timi kha hmangin online in na tax return tolrelpiak le sawknak an in bomh khawh.

ATO	Pehtlainnak pawl
Telephone (ngunkhuai lei bomhnak telhin)	13 2861
Chawlehtrawnak le GST kong hlathlainak	13 2866
<a href="#">Tax file number online</a> sawknak	<a href="http://www.ato.gov.au/TFN">www.ato.gov.au/TFN</a>
<a href="#">Zungah kal</a>	<a href="http://www.ato.gov.au/Visitus">www.ato.gov.au/Visitus</a>
ATO <a href="#">calehmi theihternak</a>	<a href="http://www.ato.gov.au/General/Other-languages/">www.ato.gov.au/General/Other-languages/</a>
<a href="#">ATO Website</a>	<a href="http://www.ato.gov.au/">www.ato.gov.au/</a>

## Ramdan thilri ngeihmi, tangka phumnak le tangka hmuhnak

Australia ummi hna cu vawleicung huapin tangka hmuhmi chungin ngunkhuai an pek cun an tangka hmuhnak in tax return an tuah tikah ramdang i an hmuhmi tangka vialte kha theihternak an tuah hrimhrim aherh. Ngunkhuai pekdingah Australia ah aummi na si le si lo kha thilsining a dotdot in aummi cungah biakhiahnak tuah asi.



Australian Taxation Office (ATO) nih na ngunkhuai pek aherhnak kong na theihfiannak dingah an bawmtu ding thawngpeknak website kha angeih, tangka hmunhnak cung i ngunkhuai peknak telhin:

- humhimnak pawl le innhlaanmi pawl tibantuk tangka phumnak
- (interest and royalties) tangka karh le thilngei hmasatu sinak man
- ramdang chawleh cawlcanghank pawl
- ramdang in hmuhmi penson
- vawlei cung ramkip chawleh pehtlainnak, ramkhat le ramkhat thilri thlennak le online rianttuannak pawl

Ramdang in tangka lutmi na ngeih asi ahcun, tangka na hmuhnak ram ah ngunkhuai na pek zongah na tangka lut khan a langhter hrimhrim aherh. Mah ramdang tangka na hmuhmi kha Australia ah akhingthlai khawh asi, mah cungah cun ramdang ngunkhuai kha na pek asi ahcun, ramdang ngunkhuai pekcangnak theihpinak kha na hmuh khawh.

Australia ngunkhuai peknak nih exempt (athleithianmi) ramdang tangka lut kha na langhter hrimhrim aherh. Mah bantuk ramdang tangka lut kha Australia i tangka na hmuhmi cungah ngunkhuai pekding nai baat mi zat an tuah tik ah an rel chih khawhmi asi. Adang ram i tangka na hmuhmi cungah ngunkhuai peknak an tuah aherh lo zongah ramdang tangka na hmuhnak paohpaoh kha na langhter dih aherh.

Kum fatinte ATO nih tangka lut tax return kong i thawngpekmi le ATO sinah third parties (bu thumnak pawl) nih an pekmi ramdang tangka transaction (thlennawnnak) kong thawngpeknak pehtonnak atuah. Cu tikah na tangka lut tax return nih alanghtermi tangka zat le kha thawng peknak kar ah aidannak aum asi ahcun, ATO nih khan an in chonh lai i na tax return kha an in siamremh piak khawh.

Na tangka hmuhnak kong kha abuaimi asi ahcun, cozah nawlpekmi ngunkhuai peknak lei puaisa kha hman ding asilo ATO sinah ruahnak na hal khawh.

## **Small businesses (Afami chawlehnak)**

Afami chawlehnak hi Australia sipuazii ah abiapi ngaimi asi. Nangmah tein chawlehnak tuah na duh asi ahcun bomhnak hmuh khawh mi aum. [Starting a small business \(Afami chawlehnak tuah thok\)](http://www.business.gov.au/business-topics/starting-a-business/Pages/default.aspx) nai timh ahcun [www.business.gov.au/business-topics/starting-a-business/Pages/default.aspx](http://www.business.gov.au/business-topics/starting-a-business/Pages/default.aspx) ah khan rak kal. For information about the offered by the Australian Competition and Consumer Commission nih atuahmi [Small Business Education Program](http://www.accc.gov.au/about-us/tools-resources/small-business-education-program) kong theihnak dingah [www.accc.gov.au/about-us/tools-resources/small-business-education-program](http://www.accc.gov.au/about-us/tools-resources/small-business-education-program) ah rak kal.

Australia ah chawlehnak tuah na duh asi ahcun, Australian business number (ABN). Sawknak dingah TFN na herh lai. Adang minpeknak tuah aherhmi tete zong aum kho, aitel ding cu:

- GST registration (kumkhat nahmuhmi nih AUD 75 000 nak in atam ahcun) le/asilo taxi khualtlawnnak na piah.



- riangeitu pakhat bantukin minpeknak.
- adang cozah puaisa pawl nih aherhmi minpeknak.

Australia business number ngeihnak timi cu nangmah tein chawlehnak na tuah tinak asi. 'chawlehnak' na tuah le tuah lo kha nai fian lo asilo rian na ttuannak dingah ABN ngeih dingah hramhram in fial chih na si ahcun, 132 866 kha chawn. Ngunkhuai na chawlehnak in tangka lutmi cungah khan na pek cun na chawlehnak asilo thilman fakmi na thilri na zuar asi ahcun na hmuhmi tangka hlum chungin ngunkhuai na pek aherh kho. Na chawlehnak tangka lut mi he aipehtlaimi na dihmi tangka zuhpiak dingin halnak zong na tuah kawh.

Rianttuantu na ngeih hna asi ahcun, an mah caah superannuation khan a pek ahau kho cun an hmuhmi tangka in ngunkhai kha na zuh lai i ATO ah na kuat lai. Na chungkhar chungtel an si zongah mah hi hi na tuah hrimhrim aherhmi asi.

Chawlehnak pakhat dirh tikah coza rianttuantu hna sin in hnatlaknak kha na hmuh aherh lai. An biakhiahnak aran deuhnak dingah asilo na duhning in rian na fial khawhnak dingah tiin tangka asilo laksawng pe hna hlah. Cu bantuk thilri pek cu phung he aikalhmi asi i report asi lai. Chawlehnak pawl bomhnak le pumpak pakhat cio nih an zulhding le an tuahdingmi ngunkhuai kong an ifiannak dingah, ATO nih Mirang ca le holhlehmih cathanh thawngpeknak le bomhnak kha angeih. Australian Business License and Information Service (ABLIS) nih adang zulhding ttuanvo pawl na tlinhnak dingah an bomh khawh.

Tamdeuh theihnak dingah:

Akong	Website
<a href="#">Afami chawlehnak thok le tuahnak</a>	<a href="http://www.business.gov.au/small-business/Pages/starting-and-running-your-small-business.aspx">www.business.gov.au/small-business/Pages/starting-and-running-your-small-business.aspx</a>
<a href="#">Chawlehnak caah Cozah thawngpeknak</a>	<a href="http://www.australia.gov.au/information-and-services/business-and-industry">www.australia.gov.au/information-and-services/business-and-industry</a>
<a href="#">Afami chawlehnak caah tangka bomhnak</a>	<a href="https://www.business.gov.au/assistance">https://www.business.gov.au/assistance</a>
<a href="#">Chawlehnak laisen le minpeknak</a>	<a href="https://ablis.business.gov.au/pages/home.aspx">https://ablis.business.gov.au/pages/home.aspx</a>
<a href="#">Afami chawlehnak ngunkhuaipeknak kong</a>	<a href="http://www.ato.gov.au/Business/Starting-your-own-business/">www.ato.gov.au/Business/Starting-your-own-business/</a>
<a href="#">Fair Work</a> Rianttuannak hmun pehtlaihnik sining - Rianttuantu na ngeih asi ahcun	<a href="http://www.fairwork.gov.au/find-help-for/small-business">www.fairwork.gov.au/find-help-for/small-business</a>
<a href="#">Pyine le Ramtthen Bomhnak</a> le thawngpeknak information	<a href="http://www.business.gov.au/business-topics/starting-a-business/Pages/advice-and-support-in-your-state-or-territory.aspx">www.business.gov.au/business-topics/starting-a-business/Pages/advice-and-support-in-your-state-or-territory.aspx</a>
<a href="#">Australian Business License and Information Service</a>	<a href="https://ablis.business.gov.au/pages/home.aspx">https://ablis.business.gov.au/pages/home.aspx</a>



## Loans and credits (Tangka cawinak le cawihnak)

Tangka cawinak tuah asilo tangka cawih hmanna cu nangmah nih tangka na cawi i hnu deuh ah akarh he pektthan dingin hnatlaknak na ngeihmi kha asi. Adang tangka cawinak phun cu pumpak tangka cawinak, inn cawknak tangka cawinak, credit card (tangka cawihnak card) le overdraft (bank chung tangka chiahmi nakin tamdeuh chuah chunghnak) hna asi.

Tangka cawinak ah adihmi cu cawimi phun, acawihtu, chamttannak dingah zeitiang na rauh lai, akarh zat le tuahman le cawihman cungha tampi ai hngat lai. Abiapi mi cu na chamkhawh lo ding asi ahcun tangka kha cawi hlah asilo na credit card kha hmang hlah. [Advice on credit, loans and borrowing \(tangka cawinak, cawinak le hlannak kongah ruahnak peknak\)](#) caah [www.moneysmart.gov.au/borrowing-and-credit](http://www.moneysmart.gov.au/borrowing-and-credit) ah kal.

## Insurance (Aamahkhaannak)

Aamahkhaannak timi cu thilri atlau asilo arawh tikah tangka adihmi runvennak caah kum fatin tein ttangka zeimawzat na pekmi mi kha kha asi. Aamahkhaantu nih na sungmi caah nangmah nih tangka pek nakin kan mah nih kan pek lai tiah hnatlaknak angei.

Hmancemmi aamahkhaannak phun hna cu ngandannak (zohding, [Dal 9 nak, Ngandannak le Nunnuamhnak](#)) umnak inn aamahkhaannak, innchung thilri aamahkhaannak, khualtawnnak, nungnak le mawtaw aamahkhaannak pawl hi an si. Aamahkhaannak pawlasi pawl le hnatlaknak natuah hlanah zeizat dah adih lai timi theihfian ding kha abiapimi asi.

Mawtaw aamahkhaannak cu phun tampi aum. Mawtaw na ngeih asi ahcun third party (compulsory third party - "CTP") aamahkhaannak cu ngeih hrimhrim aherh. Mah hi nih poipang na ton sual i midang na hliamh hna asi ahcun an kilhkamh khawh lai. Comprehensive (tampi ahupmi) mawtaw aamahkhaannak zong na cawk duh men kho, cu nih cun poipang na ton sual tikah na mawtaw (asilo midang mawtaw) arawh i adihmi vialte liamhnak tibantuk, asilo minih an mawtaw an fir ahcun liamh na sinak dingah akau deuhmi aamahkhaannak kha pek na si lai.

[Insurance \(aamahkhaannak\)](#) tamdeuh theihnak dingah theihnak dingah [www.moneysmart.gov.au/insurance](http://www.moneysmart.gov.au/insurance) ah kal.

## Tangka kongah ruahnak laknak

[Financial Information Service](#) (FIS) nih tangka lei buainak kongah thawngpeknak kha atuah. FIS hi alak in hmang khawhmi asi i telephone chungin, minung pumpak in asilo tangka lei fimchawnnak ruahnak ithlennak hmangin bomhnak petu asi. Hi bomhpek ttuannak kong tamdeuh theihnak dingah 132 300 asilo FIS ngeihmi website kha rak leng [www.humanservices.gov.au/fis](http://www.humanservices.gov.au/fis)

Seminar (ruahnak ithlennak) kai na duh asiahcun, 136 357 kha chawn.

## Tangka harsatnak pawl bomhpeknak

Australia ahcun, tangka kongah harsatnak na ngeih asi ahcun bomhnak hal kha aphung asi ko i cohlan khawhmi zong ash.



[Financial counsellors \(Tangka lei ruahnakpetu\)](#) nih tangka lei harsatnak atongmi hna kha an theihherhmi a chimh hna. An mah nihcun pumpak in asilo chungkhar i an dirhmun pawl kha zohfelnak atuah lai i thil tuahding aphunphun cungah tthatnak achuahpi ding le chiatnak achuahpi ding kha a chimh hna lai.

1800 007 007 kha chawn asilo [www.moneysmart.gov.au/managing-your-money/managing-debts/financial-counselling](http://www.moneysmart.gov.au/managing-your-money/managing-debts/financial-counselling) ah kal.

## Thilmangtu runvennak

Australia ah thil na cawk asilo thil na hman tikah, online in thil cawkmi pawl zong telhin, Australian Consumer Law tangah covo na ngeihmi an um. Bianabia ah, Na cawkmi thil le na hmanmi thil kongah ahmanmi le zumhawktlakmi thawngpang theih dingah covo na ngei. Na cawkmi cungah attha lomi asi ruangah thil pakhatkhat acan asi ahcun, remhpiak, thlenpiak asilo tangka khirhtthna na sinak dingah covo na ngei. Thilri kha hman dingah ahimmi asi tiah ruahchannak ngeihkhawhnak covo zong na ngei. Thilzuartu hna nih phone chungin asilo nan inn ah an rat ahcun, chuak uh tiah na ti hna ahcun an in chuahtaak ding tibantuk an zulhdng phung an ngei.

Thil na cawkmi cungah harnak na ton asi ahcun, nangmah i na ngeihmi covo le thimkhawhmi kong theihnak dingah na umnak pyine asilo ramtthen thilmangtu runvennak rianttuantu kha chawn hna. An mah nihcun innhlaannak le umnak inn, inn cawknak asilo zuarnak, innsaknak asilo remhnak, mawtaw cawknak, dawr kalnak, aamahkhaannak, lay-bys (tangka tlawnpal chiah i thilcawknak), tangka haltthannak, credit le thilzuarnek pawl he pehtlain harnak na ton tikah an in bomh khawh. An mah nihcun nangmah le thilzuartu karlak ah buainak aum mi remnaksernak (ceihpinak) kha an tuah khawh.

Australian Competition and Consumer Commission (ACCC) nih Australia minung hna kha aitlak loin thilman sanhnak, anti-competitive (zuamtlak asilomi thil) le aitlakloin thilzuar hmanna, le thilchuahmi pawl humhimnak in a runven hna.

Tamdeuh theihnak dingah:

Ahmun	Thilmangtu aiawh rianttuantu	Website
Rampumpi	<a href="#">Australian Competition and Consumer Commission</a> - telephone 1300 302 502	<a href="http://www.accc.gov.au">www.accc.gov.au</a>
Rampumpi	ACCC <a href="#">Mirangholh asilomi holhdang in thawngpeknak</a>	<a href="http://www.accc.gov.au/about-us/information-for/non-english-speaking-background">www.accc.gov.au/about-us/information-for/non-english-speaking-background</a>
ACT	<a href="#">Office of Regulatory Service (Access Canberra)</a>	<a href="http://www.ors.act.gov.au">www.ors.act.gov.au</a>
NSW	<a href="#">NSW Fair Trading</a>	<a href="http://www.fairtrading.nsw.gov.au">www.fairtrading.nsw.gov.au</a>
NT	<a href="#">Consumer Affairs</a>	<a href="http://www.consumeraffairs.nt.gov.au/ForConsumers/ConsumerRights/Pages/default.aspx">www.consumeraffairs.nt.gov.au/ForConsumers/ConsumerRights/Pages/default.aspx</a>



Ahmun	Thilhmagtu aiawh rianttuantu	Website
Qld	<a href="#">Office of Fair Trading</a>	<a href="http://www.fairtrading.qld.gov.au/consumers.htm">www.fairtrading.qld.gov.au/consumers.htm</a>
SA	<a href="#">Office of Consumer and Business Affairs</a>	<a href="http://www.cbs.sa.gov.au/wcm/consumers/consumer-advice/">www.cbs.sa.gov.au/wcm/consumers/consumer-advice/</a>
Tas.	<a href="#">Consumer Affairs and Fair Trading</a>	<a href="http://www.consumer.tas.gov.au">www.consumer.tas.gov.au</a>
Vic.	<a href="#">Consumer Affairs Victoria</a>	<a href="http://www.consumer.vic.gov.au">www.consumer.vic.gov.au</a>
WA	<a href="#">Consumer Protection</a>	<a href="http://www.commerce.wa.gov.au/ConsumerProtection/">www.commerce.wa.gov.au/ConsumerProtection/</a>

Ombudsman zung hna cu nawlgeihnak zalong tein angeimi an si i cozah bukomh bu hna le acheu sehzung pawl i pumpak kampani pawl kongah lungtlin lonak langhtermin kha ai hlathlaitu an si. Anmah nihcun phungning lo asimi, adinglomi asilo thleidannak in thiltuahnak kha ngol dingah thiltuah khawhnak angei, asilo nangmah caah thilttha deuh hmuh dingah an rak i thlak kho. Phone chawhnak 1300 362 072 asilo pyine, [ombudsman offices \(ramtthen le sehzung pawl pehtlaihna\)](#) cu [www.ombudsman.gov.au](http://www.ombudsman.gov.au) ah kal.

[Australian Communications and Media Authority](#) (ACMA) nih radia le television tibantuk thawngpang thlahnak rianttuannak chungah aitlak lomi thil aitelmi kong lungtlin lonak langhternak kha hlathlainak atuah. Lungtlinlonak langhternak cu hawihlan cem ah thil ngeitu asilo rianttuantu hna sinah na tuah awh asi. Na lungtlinlonak cu tolrel piak asi lo ahcun, [www.acma.gov.au](http://www.acma.gov.au) ah kal. ACMA nih email SPAM cakhuatnak le telephone in thilzuarh phone chonhnak konah ah phunzainak pawl kha ahlathlai fawn, cun “Do Not Call” (rak call hlah) timi kha a kilven.

[Office of the Children’s eSafety Commissioner](#) [www.esafety.gov.au](http://www.esafety.gov.au) nih Australia minung hna kha online ah him tein umnak kongah thawngpeknak atuah. An mah nihcun cyberbullying (online chungin zomhteihnak) le apuarhrangmi le phungninglo asimi online chungtel pawl kong i phunzainak pawl kha hlathlainak atuah.

Nan fa le nih internet in cyberbullied (nehsawh thlanglamhnak) an ton asi ahcun, asilo online in ca ttialmi pawl ah apuarhrangmi bia asilo phungninglo asi mi na hmuh sual asi ahcun, [www.esafety.gov.au/complaints-and-reporting](http://www.esafety.gov.au/complaints-and-reporting) ah [make a complaint \(lungtlinlonak langhternak\)](#) na tuah khawh.



## 12 Civic Participation (Mipi teltumnak)

### Hi section chungah cun

Australia nunphung le zulhphung theihnak le lungfiannak nih Australia mibu chung nundaan nai siamremhnak dingah an bomh lai.

- [Australia kong](#)
- [Responsibilities and values \(Ttuanvo pawl le sunlawhmi\)](#)
- [Tluk ruannak le minung thleidannak-ralchanhnak](#)
- [Pumpek rianttuannak](#)
- [Minung tonnak](#)
- [Ai toidormi ziaza](#)
- [Thilhruk iehnak](#)
- [Australia nih an hman ngaimi biafang pawl](#)
- [Innleng cawlcanghnak le humhimnak](#)
- [Innchung humhimnak](#)
- [Pawngkam sining](#)
- [Ramsa hna le innzuat saram](#)
- [Tadinca, televisio le radio](#)
- [Lawngkas](#)
- [Ahangmi thawngpang](#)
- [Local cozah rianttuannak](#)
- [Visas](#)
- [Australia miphun sinak](#)

### Australia kong

Australia ah arak um hmasa bikmi minung hna cu Aboriginal le Torres Strait Islander timi miphun hna an rak si, atlawmbik aluan ciami kum 40000 ah an rak um cang. Australia kokek minung hna nih thlarau lei ah zumhnak an ingeihmi aum, vawlei he thuk piin pehtlaihnak a ngeimi asi, arum tukmi le aa dang ngaimi nunphung le vawlei cung ahlun bikmi ah aitel vemi atu tiang zongin zulh pengmi kukzung suainak zulhphung an ngei. Kokek minung hna hi an nunphung hi Australia miphun sinak caah abiapi bikmi asi i Aboriginal le Torres Strait Islander minung hna cu kukzung suainak, thawnglaknak, thiamsang cawnnak, lentecelhnak le chawlehnak pawl ah an itel hna. Australia [history, heritage and Indigenous culture \(tuanbia, ro le kokek minung nunphung\)](#) cu [www.australia.gov.au/information-and-services/culture-and-arts](http://www.australia.gov.au/information-and-services/culture-and-arts) ah aum.

Australia cu mi aco hlaangmi, aidangmi nunphung, biaknak le miphung tengnge tapi ai cawhkalhmi mibu asi. Australia minung hna cu vawlei cung ram tapi in ara mi an si. Australia minung zakhat ah 46 cu ramdang ah achuahmi asilo a nu le apa ramdang ah arak chuahmi lawngte an si hna. Mirang holh hi ram pumpi huap in hman mi asi ko nain, Australia ah hmanmi holh hi kokek miphun holh telhin holhphun 300 hrawng aum. Vawleicung biaknak lian vialte zong an um dih.



Australia ahcun, mizei paoh nih Australia zulhphung an buar lo paoh ahcun an mah an nunphung le biaknak zulhphung pawl kha zalong tein zulhnak lepuaituahnak an ngei. Mikip nih Australia miphun bantuk in mibu sin umnak le teltumnak an ngei kho. Avoikhatnak ah, mah batuk in ai cawhkalhmi sinak cu nai ziak kho lo men. Sihmanhsehlaw na lungthin na on i midang cungah ttihzah upatnak na ngeih ahcun, na nunthar na thoknak ah khuaawng na tonglai i na tlumtla ko lai.

Australia Cozah nih aicawhkalhmi Australia mibu sinak kha thazaang apek, cun mivialte an itel khawhnak dingah le mi vialte nih ramchung nunnak i an iteltumnak ah dingah lam angeimi nungphung lei cawhkalhnak thapekmak angeihmi kha afehter cang. [About Australia \(Australia kong\)](#) tamdeuh cawna dingah [www.australia.gov.au/about-australia](http://www.australia.gov.au/about-australia) ah kal.

## **Responsibilities and values (Ttuanvo pawl le sunlawhmi)**

Australia ah luatnak le tlukruannak kan i ngeihmi cu minung pakhat cio nih kan ttuanvo kan tlinh le tlinhlo timi cungah ai hngat. Australia cungah zumhtlakmi na si dingah ruahchan na si, kan mipi duhnak lam zulhin kan nunnak le Australia nih asunlawihmi le zulhphung cohlannak, mivialte caah tlukruannak le teltumnak kha humhmnak lei bomhnak na ngeih ve dingah ruahchan na si.

Kan miphun sinak nih asunlawihmi hna cu Australia luatnak le zauk khuakhaannak in ukmi mibu sinak caah ahrampi asimi kha asi. Cu ahcun aitel mi hna cu:

- parliamentary democracy (palimenh he aipehtlaimi dimokhresi)
- the rule of law (zulhphung zulhding)
- lungdaitein nunnak
- an hnu lei kong zoh loin mi vialte kha ttihzah upat
- harsatnak atongmi hna caah zaangfahnak
- zalong tein biachimnak le zalong tein duhmi langhternak
- zalong tein ifuntomnak
- zalongmi biaknak le vawlei lei cozah
- pumpak pakhat cio itlukruannak, kum le pumtamtlinlonak tibantuk hawihlei sinak zehmanh um loin
- Nu le pa itlukruannak
- Caan tha hmuhnak itlukruannak.

Australia miphun hna nih ttuanvo kan ngeihmi ah aitel mi hna cu:

- Zulhphung zulh
- federal le pyine asilo ramtthen ithimnak ah, le referendum (duhthimnak methlaknak) ah me pek
- Aherh asi ahcun Australia huhphenhnak tuahding
- Jury (biaceihtubu) ah auh na si ahcun biaceihtubu ah ttuan ding.

[Australian Citizenship, \(Australia Miphunsinak\)](#) kong tamdeuh theihnak dingah [www.citizenship.gov.au](http://www.citizenship.gov.au) ah kal cun Australia Miphunsinak Test Resource Cauk i *Australian Citizenship: Our Common Bond* timi kha rel.





## Equality and anti-discrimination (Tlukruannak le minung thleidannak-ralchanhnak)

Ttihzah dingmi na sinak dingah le na herhmi kha midang bantukin tthatein ruah piak na sinak dingah covo na ngei. Cu ve bantuk in, midang zongkha Australia ah achuakmi asilo mipeem an si le silo kha zoh loin na upat ve hna lai. Australia ahcun Miphun thleidannak le zeibantuk thleidannak paohpoah cohlan an si lo.

Theidannak-ralchannak timi phung tangah zeibantuk minung hmanh kha midangnak in an kum, miphun sinak, an ratnak ram, nu maw pa an sinak, nupi va ngei an sinak, naupawi sinak, ramkhel lei asilo biaknak lei zumhnak, pumtlatmlin lonak asilo nupa ihpi an dukhunnak ruang ah remlo ngaiin chonhbiak pehtlaih ding an si lo. Mah hi hi hmun tamdeuh asimi, rianttuannak, fimcawnnak, umnakhmun, thil cawknak, le siibawi tibantuk piak tikah, bank le hotel te pawl telhin hman dih ding asi. Nu le pa cu phung tangah le thildang vialte kongah kan i tluk dih.

Australia nihcun zalong tein biachimnak zultphung an ngei. Sihmanhsehlaw, mi dang asilo mibu cungah an hrampi asimi an chuah kum, miphun, an ratnak ram, nu le pa sinak, nupi va ngeihnak, naupawinak, ramkhel lei asilo biaknak lei zumhnak, pumtlatmlinlonak asilo nupa ihpi an dukhunnak kha nehsawh, ningzahthlahi, thinhunter asilo tthihphaihnak tuah kha phung he aikalhmi asi.

Australian Human Rights Commission (Australia Nuhrin Covo Rianttuantu) nih nuhrin covo rianttuannak, thleidannak-ralchanhnak le mibu biaceihnak hna ah federal phung in biacheihnak atuah.

Australian Nuhrin Covo nak lei Rianttuantu	Pehtlaihna pawl
Abuaktlak in hlathlaimi 9.00 am – 5.00 pm AEST	1300 369 711
Lungtlinlonak langhternak Infoline 9.00 am – 5.00 pm AEST (Ni hnihni 1.00 pm in an khar)	1300 656 419
TTY – hnakhaw theihnak atha lomi le aholh aa mi hna caah	1800 620 241
<a href="#">Ca lehmi thawngpeknak – nuhrin covo pawl</a>	<a href="http://www.humanrights.gov.au/about/translated-information">www.humanrights.gov.au/about/translated-information</a>
<a href="#">Human Rights Website</a>	<a href="http://www.humanrights.gov.au">www.humanrights.gov.au</a>

Pyine le ramtthen kip nih anmah cio in thleidannak he aikalhmi phung le cozah aiawhtu an ngei cio hna:



Pyine asilo Ramtthen	Nuhrin Covo Aiawhtu	Telephone	Website
ACT	<a href="#">ACT Human Rights Commission</a>	02 6205 2222	<a href="http://www.hrc.act.gov.au">www.hrc.act.gov.au</a>
NSW	<a href="#">Anti-Discrimination Board of NSW</a>	02 9268 5544 asilo NSW chung alakin chonhnak 1800 670 812	<a href="http://www.lawlink.nsw.gov.au/adb">www.lawlink.nsw.gov.au/adb</a>
NT	<a href="#">NT Anti-Discrimination Commission</a>	08 8999 1444 asilo NT alakin chonh 1800 813 846	<a href="http://www.adc.nt.gov.au/">www.adc.nt.gov.au/</a>
Qld	<a href="#">Anti-Discrimination Commission Queensland</a>	1300 130 670	<a href="http://www.adcq.qld.gov.au">www.adcq.qld.gov.au</a>
SA	<a href="#">Equal Opportunity Commission</a>	08 8207 1977 asilo SA chung alakin chonhnak 1800 188 163	<a href="http://www.eoc.sa.gov.au">www.eoc.sa.gov.au</a>
Tas.	<a href="#">Office of the Anti-Discrimination Commissioner</a>	03 6165 7515 Tas. Alakin chonhnak 1300 305 062	<a href="http://www.antidiscrimination.tas.gov.au">www.antidiscrimination.tas.gov.au</a>
Vic.	<a href="#">Victorian Equal Opportunity and Human Rights Commission</a>	1300 292 153	<a href="http://www.humanrightscommission.vic.gov.au">www.humanrightscommission.vic.gov.au</a>
WA	<a href="#">Equal Opportunity Commission</a>	08 9216 3900 asilo WA alakin chonhnak 1800 198 149	<a href="http://www.equalopportunity.wa.gov.au">www.equalopportunity.wa.gov.au</a>

## Volunteering (Pumpek rianttuannak)

Pumpek rianttuan hi thiamnak thar cawnnak, nan mibu chungah rian attuanmi hna le khua asami hna tonnak le midang bomhpek ah atthami lam asi. Australia minung tapi cu pumpek in rian an ttuan hna. Pumpek rianttuanmi hna cu tangka pek an si lo, aruangcu mibu le anmah lila nih miaknak an hmuhnak caah an thiamnak le an caan kha an pek caah asi. Pumpek rianttuannak hi azungzal in mah duh tein ithimmi asi i ttuan hrimhrim uh tiah timi asi lo.

Pumpek rianttuannak cu tangka pekmi rian ai ah ttuan dingcu asilo nain, hi rianttuannak nih nangmah kha thiamnak le rianttuan hmuhtonak an pek lai i rian hmuhnak zong an bomh khawh. Pumpek rianttuannak nih na Mirang holh thiamnak zong an bomh lai, mibu he pehtlaihna network zong an ngeihter lai i nangmah le nangmah izumhnak zong an tthan ter lai.



Bukomhbu tampi le website hna hi pumpek rianttuannak caantha pawl an ttialmi tampi an um. Volunteer Resource Centres cu Australia hmun kip ah aum i pumpekrian kong theihternak, pehtlaihternak le rianttuannak i pekchanhnak rian pawl kha an tuah. Pumpek rianttuantu pawl a kawlni hna bukomhbu pawl zong kha an bomh hna.

Tamdeuh theihnak dingah:

Pawngkam	Bu komh	Website
ACT	<a href="#">Volunteering ACT</a>	<a href="http://www.volunteeringact.org.au">www.volunteeringact.org.au</a>
NSW	<a href="#">The Centre for Volunteering</a>	<a href="http://www.volunteering.com.au">www.volunteering.com.au</a>
NT	<a href="#">Volunteering SA-NT</a>	<a href="http://www.volunteeringsa.org.au">www.volunteeringsa.org.au</a>
Qld	<a href="#">Volunteering Queensland</a>	<a href="http://www.volunteeringqld.org.au">www.volunteeringqld.org.au</a>
SA	<a href="#">Volunteering SA-NT</a>	<a href="http://www.volunteeringsa.org.au">www.volunteeringsa.org.au</a>
Tas.	<a href="#">Volunteering Tasmania</a>	<a href="http://www.volunteeringtas.org.au">www.volunteeringtas.org.au</a>
Vic.	<a href="#">Volunteering Victoria</a>	<a href="http://www.volunteeringvictoria.org.au">www.volunteeringvictoria.org.au</a>
WA	<a href="#">Volunteering WA</a>	<a href="http://www.volunteeringwa.org.au">www.volunteeringwa.org.au</a>
Australia ramchung pumpek rianttuannak caanttha	<a href="#">GoVolunteer</a>	<a href="http://www.govolunteer.com.au">www.govolunteer.com.au</a>
Australia pumpek rianttuannak caah rampumpi ahupmi	<a href="#">Volunteering Australia</a>	<a href="http://www.volunteeringaustralia.org">www.volunteeringaustralia.org</a>

## Minung he tonnak

Minung pakhat kha avoikhatnak na ton hna asi ahcun, na orhlei kut in midang an orhlei kut tlaih kha hman ngai mi asi. Pakhat le pakhat ai thei tuk rih lomi hna cu avoikhatnak an itonnak ah an biangah i hnamh asilo ikuhreh tibantuk pawl kha an tuah lo.

Mithar na ton hna tikah, Australia minung tampi cu an kum, biaknak, nupi va ngeihnak, hngakchia asilo tangka kong halnak tuah kha an siarem lo ngai. Rianttuannak chungah le hawikom kar ahcun, Australia minung hna cu an first name (min pakhatnak) in pakhat le pakhat an i au hna.

Australia mi tampi cu pakhat le pakhat bia an iruah tikah an mit kha an izoh, cu tiin mit le mit izohnak nih pakhat le pakhat an i upatnak le bia an i ngaihiak nak kha an langhter.



## **Polite behaviour (Ai toidormi ziaza)**

Australia minung hna cu thil pakhat an hal tik ah “please” (zaangfahnak in) timi bia kha an chim i minung pakhat nih bomhnaq asilo thil pakhat khat an pek tik hna ah “thank you” (kai lawm) timi bia kha an chim. Zaangfahnak in timi le kailawm timi biachim lo kha aitoidor lomi ziaza ah an hmuh khawh.

Australia minung hna cu minung pakhat nih bia ka ngeihpiak seh an ti an duh tikah “excuse me” timi bia le minung pakhat kha an pah sual asi ahcun “sorry” timi bia kha an chim. Aatlaang tein dirnak aum tikah, ahnu bik minung adirmi hnu lei ah va dir ve le a changchang tete in ahmailei kal kha toi ai dormi ziaza asi.

Biaruahnak meeting le adang appointment (caankhiahnak) pawl na ngeih tikah acaan hman tein na phanhnak khawhnak dingah nai zuam awk asi. Na tlai ding asi sual ahcun, na ton dingmi minung kha phone chawn hna law na tlainak ding kong kha theihter hna. Thiamsang pawl he appointment na tuah tikah (bianabiaah, siibawi tonnak) tibantuk ahcun na tlainak ding kong chim lo in appointment na tolh tikah asilo na tlai cang caah tangka na liam khawh. Atlai pengmi minung cu bochan awk atthalo mi ah ruah na si kho.

Minih ca in sawmnak an in tuah tikah an in sawmnak ca chung ah ani thla he “RSVP” timi bia fang ai tel kho. Mah cucu an sawmtu nih an sawmmi ah na kal ding le kal loding kha theih aduh caah asi. Mah kha ni ah na kal ding le kal lo ding theihternak an tuah dingkha ai dawhmi ziaza cu asi.

Acheu minung hna cu an ziaza achiat ngai lawng siloin phug he ai kalh tawn. Cu bantuk pawl cu bianabia ah mipi hmai ah biachia kha in volhpamhnak tuah le cilchak, hnawm holh, cun zunzun asilo mipi asilo pumpak hmanmi zunput ah siloin duhnak paoh ah ekek.

Acunglei i [Equality and Anti-Discrimination \(Tlukruannak le Theidannak-ralchanhnak\)](#) kha zoh ve.

## **Clothing (Thilhruk iehnak)**

Australia cu mipun tampi aicawkm i kan si. Aphunphun in kan thilhruk eihmi ih kan i cawkkalhnak hi alanghter. Mitampi cu an mah siarem ningin casually or informally in thilri kha an ihruk asilo mibu sining asilo khuacaan zohin an ihruk. Midang nihcun an mah mipun thuam, biaknak lei asilo an nunphung kha ni sunglawi an ngeihmi ah an ihruk ve.

Thilhruk eihnak kongah zultphung tlawmpal te aum ve, cun acheu hmun hma hna ah le aidang ciomi rianttuannak hmun hna ah anmah an pekmi thilri hruk eih dingah aherhnak aum. Bianabiaah, ahimmi keden hna le ahakmi lukhuh hna cu humhimnak ruangah innsaknak hmun, le palik, ralkap le acheu chawlehnak uniform (thilthuam) hna i an rianttuantu hna nih an ihruk hrimhrim aherh.



Australia ahcun takvun kensa zawtkhamnak sang piin an ngei. Khuhmi thilthuam le luchin hna nih takvun kensa zawtnak kha azor ter ngai. Sianginn tampi ahcun hngakchia hna nih sianginn thilthuam pakhat ah lukhuh kha an telh chih. [Sun protection information \(Nika runvennak kong\)](#) tamdeuh theihnak cu [www.cancer.org.au/preventing-cancer/sun-protection](http://www.cancer.org.au/preventing-cancer/sun-protection) ah kal.

Club, movie theatre (baisakup) hmun le adang hmun hna ahcun patron (puai kalmi) hna kha thil atthami, athiangmi le aitlakmi keden an ihruk aherh.

Pa le nu hna nihcun an takpum a khuh dih lomi thilthuam kha an ihruk kho. Nitlak lei ram hna ahcun mah hihi phunghman asi ko i midang va suaisawng kha an itimhmi asi lem lo.

## **Common Australian expressions (Australia nih hman ngaimi biafang pawl)**

Australi nih an hman ngaimi biafang tamdeuh pawl asilo biahleng hna hi phundangmpi ahkhin na ruah kho. Australia minung pawl hi cafang tawiter an uar ngai (bianabia ah, 'football' biafang ai ah'footy') An chimmi biafang an theihthiam lo asiahcun, halnak tuah kha an cohlan ko. Acheu an hmanngaimi hna cu:

- Bring a plate – mibu asilo rianttuannak puai pakhat khat ah an in auh ve i “bring a plate” an in ti ahcun midang pek ve dingah rawl rak iken ve tinak asi.
- BYO – nih asawh duhmi cu “bring your own” “na din duhmi rak put”, bianabia ah zuu, thingthei haang, soft drink asilo ti. Acheu rawldawr hna cu BYO an si, an chim duhmi cu na duhmi din ding kha na rak iput khawh tinak asi, na hmanmi hrai le thianhhlhmnak caah tangka an halt awn, mah cucu “corkage” tiah an auh.
- Open door policy (kukka on pawlasi) – rianttuannak chungah, “open door policy” nih asawhduhmi cu nangmah le adang rianttuantu hna nih nan boss rianngaitu kha buainak aummi asilo rianttuannak ah tonmi thil kong tete ah biaruah dingah appointment an tuah aherh lo tinak asi.
- See you later (hnu ah kan itong telai) – mah hi cu awl tezaangin “goodbye” timi bia an chimnak ah hmanmi asi ve ko. Mah hi bia nih mah minung kha hi hnu caan tlawmpal ah arak ra tthan colh lai tinak asi lo.

Mirang holh an chimtu nih khan Australia pawl an hmantawnmi mirang holh kong ah an bomh lai. [Dal 3 nak, Mirang Holh](#) kha zoh.

## **Lenglei cawlcanghnak le humhimnak**

Australia cu lenglei cawlcanghnak pawl, ti lionak, ramlak ichawhnak, camping tuah le lentecelhnak caah attha taktak mi asi. Humhimnak caah philhlo dingmi zulhdngmi an um.

### **Ti lionak le lenglei humhimnak**

- Nangmah asilo na fale nih tilio nan thiamlo asi ahcun tilionak le ti lei humhimnak cawnnak kha kai.
- Rili chung i tilio hi ttih anung ngaimi asi. Rili kam ah himtein le nuamte in caan na hman nakding ah



- Asen mi le aihre zawng puanlaan (alaan) in anchiahnak kar lakah azungzal in ti i lio, cu ka hmun cu lifeguard (nunvengtu) pawlnih an zohkhenh mi hmun asi.
- Ahimmi hmelchunhnak kha ah ngia.
- Harsatnak na ton asi ahcun, dai tein um law, na baan kha thlir cun bomhnak kha hal.
- Puanlang asenmi le aihre zawng na hmuhlo asilo tilio ding an khapnak asilo rilikam kan khar timi hmelchunhnak ca an tarmi aum asi ahcun ti i lio hlah.
- Rili hi zeidah acanglai timi chim awk tthami asilo. Poipang tonsualnak, rili chung lungchung ah naalnak, asilo rili chungah angami tilet asilo asangmi tilet nih an kalpi nak hnga lo tibantuk pawl na hrial khawhnak dingah ralrinpeknak hmelchunhnak kha ngia hna. Lungcung in ngasiao kha iralring aruangcu mitampi kha anganmi tilet nih alak hna i ti ah an pil cang.
- Tiva pawl, tidil le tikhamnak pawl ah ti lio zong kha iralring.
  - Ti chung na luh hlanah athuhnak le alangmi thliri pawl kha azungzal in zohfel peng.
  - Acangsual kho mi langhternak hmelchunhnak kha zohfel (ti sartlam asilo ti hnawm tibantuk) cun zul fawn.
- Ti ai liomi asilo ti kam ah aummi hngakchia, inn hnu lei ti lio nak telhin, zohkhenh penghna. Ti lionak hi kulh dih ding asi.
- Nangmah lawng in tilio, nga siao asilo ram lak kal kha hrial. Midang pakhat kha khoika na kal ding kha chim hna law na lawi tik caan zong kha theihter hna. Ti tampi le rawl tam pi in iken.
- Australia um acheu rul hna le maimonh hna cu an sivai apin ngai. An in seh asi ahcun, an sehnak kut ke kha cawlcaang kho lo in tuah law **000** kha chawn law bomhnak hal
- Spring (Tthal caan phanh lai) ahcun hlasak thiam va tiah auhmi magpies timi va hi an umnak hmunhma kilvennak ah cycle ai ciitmi hna le lam akalmi hna kha a zuahnawh tawn hna. Zawhnawh hmang va timi hmelchunhnak zong aum kho. Hi bantuk va phun hi kilvenmi an si, cu caah an bu an sernak hmun na hrialnak dingah izuam, lukhuh kha ikhuh cun mitbenh ibenh, asilo fung kha iken asilo na lu cungah nithawng kha i chinh.
- Australia ahcun nika hi athawng tuk. Lukhuh ikhun, nika nih na takvun a einak hnga lo ahup dihmi thil ihruk cun ni a tlaan ni ahcun sunscreen kha ithuh. Mah hihi mino hngakchia hna caah cun abiapi khun.
- Khuacaan kong chimphuan chungnak nih zeidah an chim timi khan a hna tung peng. Mei khap ni ahcun mei kau le barbeque tuah tibantuk kha onh asi lo. The [Bureau of Meteorology \(Khuacaan lei atuahaan thiammi bu\)](#) nih khuacaan lei ralrin pek nak kha [www.bom.gov.au/index.php](http://www.bom.gov.au/index.php) ah atuah.
- Australia khuapi hna, vawlei cung khuapi hna bantuk in, ivuaknak achuak tawn, abik in zaan caan ah. Nangmah na pumpak humhimnak kha iralring peng. Dum nganpipi, muihnak hmun pawl le buainak acaan tawn ah theihmi hmun pawl kha hrial hna.

Tamdeuh theihnak dingah:



Thawngpeknak ahrampi	Website
<a href="#">Bureau of Meteorology</a> – khuacaan thanhchungnak le mei khapnak	<a href="http://www.bom.gov.au/weather">www.bom.gov.au/weather</a>
<a href="#">Royal Life Saving Society</a> – Ti lionak le ti in humhimnak	<a href="http://www.royallifesaving.com.au">www.royallifesaving.com.au</a>
<a href="#">Surf Life Saving Australia</a>	<a href="http://www.slsa.asn.au">www.slsa.asn.au</a>
<a href="#">Beach Safety</a> – Ca lehmi thawngpeknak telhin	<a href="http://www.beachsafe.org.au">www.beachsafe.org.au</a>
<a href="#">Rip Current Safety Tips</a> – Mirangholh asilomi holhdang in thawngpeknak telhin	<a href="http://www.ripcurrents.com.au">www.ripcurrents.com.au</a>
<a href="#">Australian Cancer Council</a> – Nika khamnak	<a href="http://www.cancer.org.au">www.cancer.org.au</a>

## Innchung humhimnak

### Innchung kilvannak

Na inn in na chuah tikah, na innka le na thla langawng khar hrenh peng hna. Asi khawh ahcun, alangkho mi kukka asilo ahimmi hri te kha ngei law kukka na on hlanah aho dah aum timi khan a hmuh khawh lai. Na kukka hma ah mei kha vaang peng asilo mi an rat tikah ai vangmi mei kha chia cutincun inn n arak lawi tik ah fawi tein na kukka an on khawh lai i midang an um tik zong ah na hmuh khawh hna lai. Mi luhhnawh ahmangmi hna zong kha na kham khawh lai.

### Medicines and chemicals (Sii pawl le chemical pawl)

Inn chung kiangkhip ah acheu sii pawl le chemical atamdeuh hmuh tawnmi hna nih fahnak asilo fakpiin zawtnak achuahpi tawn.

- Sii vialte kha hngakchia le innzuat saram nih an phanh lonak hmun ah chia hna, asilo hngakchia nih an hmuh lonak hmun ah.
- Sii na din tilo asi ahcun asilo hman caan aluan cangmi an si ahcun, hnawm ah asilo tilu luannak ah chia hna hlah. Siizuartu nih khan atangmi sii pawl kha ahimnak ah alak tein an hlonh piak khawh.
- Athiangmi thilri paoh paoh kha hngakchia le innzuat saram pawl nih an tongtham khawh lonak hmun bizu chungah khan chia hna.

Hngakchia humhimnak thilri (bizu tawh tibantuk) kha dawr tampi ah cawh khawh an si ko.

### Innchung ah mei kilvannak

Inn mei kaangmi nih Australia ah kum fatin tein minung tampi ahliam hna i minung 50 hrawng an nunnak aliam ter hna.



Mei khu ralrinpeknak nih na nunnak kha an khamh khawh i thil tapi ahrawh hlan ah rakluah tonsual bomhnak kha acaan lio teah theihternak atuah khawh. Mah hi ralrin peknak hi zaan caan ah ahleiin abia pi khun. Inn khat nih atlawmbik meikhu ralrinpeknak hi pakhat cio in an in dot pakhat cio ah an ichiah aherh. Thlaruk voikhat in a battery pawl kha zohfel hna law thleng hna.

Inn meikanghnak hi coka asilo electric kalnak hri rawhnak, seh thilri pawl ahman lo ningin hmanna, asilo seh anungmi kha zohfello i kaltaaknak in aithok deuh. Inn meikhanghnak khamchungnak dingah atanglei ralrinpeknak pawl hi zul hna.

### **Inn chungah**

- Electric thilri hna kha luan tukin an linhsatnak hnga lo khamchung nak dingah hmunhna an pawngah hmunhna ser.
- Powerboards (kua tapi ngei plug sawhnak) kha tamtuk in hmanghlah- socket pakhat nih plug pakhat lawng a ngeih awk asi.
- Plug le socket kha leidip um le um lo zohfel asilo arawh asi le ttha tein siamremh hna. Electric he aipehtlaimi siamremhnak paoh cu electric lei athiammi nih siam hna seh.
- Puanzar, thilhrukeih le ihkhun pawl kha phazawngdaan le meilumnak pawl he khan ai hlaatnak ah chia hna.
- Nangmah innchung ah na um lo asi ahcun zeitikhmanh ah phazawngdaan le adang mei alh pawl kha vaang hna in chia ta hna hlah.
- Inn ah na um tikah, poipang tongsual ah rangtein innkha na on khawh nak dingah inn ka kha achung lei in hreh hna hlah (i.e fehtuk in hrenhchih)
- Ihnak khaan ah zeitik hmanhah kuak zu hlah.
- Hngakchia pawl nih meilah asilo mei ttek kha an phanh lo nak dingah chiah kha philh hlah.

### **Coka ah**

- Hngakchia pawl kha coka ah zeitik hmanh ah zohkhenh loin kaltaak hna hlah.
- Na rawlchuan kha zohkhenh lo in zeitik hmanhah kal taak hlah- Coka na chuahtaak asi ahcun, na rak luh hlan tiang na rawlchuannak mei kha phit ta.
- Na fa le kha rawl chuan lio ah rawlchuannak hotplate, stovetop le oven pawl pawngah umter hna hlah.
- Na rawlchuannak bel i atlainnak kha suksual i atletnak hnga lo rawlchuannak stove l aki lei ah khan hoih ter hlah. Ti sa zongnih mi a kangh khawh.
- Akaang khomi thilri hna kha alinmi thilri hna hi ai hlatnak ah chia hna.
- Microwave oven chungah thir asimi thil, thir kheng, aluminium foil asilo thir darkeu pawl kha zeitik hmanhah chia hlah.
- Gas hi acheu coka hna le barbeque tuahnak ah an hman hna. Azungzal in gas in tuahmi oven asilo stovetop kha na hman dihin phit zungzal hna. Gas rim na theih asi ahcun, meittek kha tu hlah aruangcu mei achuahmi nih khan gas kha apuah ter lai. Khoika in dah gas kha azuh timi kha zoh law arannak in phit colh. Na phih khawh lo asi ahcun, zero pathum **000** kha chawn law “Fire Brigade” (mei thahnak) kha hal hna. Phone kha chia ta hlah.





### **Mei kanghnak aum ahcun zeidah tuahding asi:**

- Zero pathum **000** (“Fire Brigade”) kha na inn pawng hna inn, mipi asilo mobile phone in chawn cun fire brigade kha hal hna. Khoika ahdah mei a kangh ti kha chim hna cun achung ah minung an um le um lo kha chim fawn hna. Phone kha chia ta hlah.
- Pyine mei lei bomhpeknak nih mei kangh soal ah zeituah ding dah asi timi kongah ruahnak peknak tlingtein apek. [Dal 2 nak, Bomhnak Hal](#) timi kha zoh.

### **Ramkhangh humhimnak timhcianak**

Acheu Australia ram hmun hna ahcun nan umnak inn humhimnak kha ramkanghnak nih ahnursuan khawh. Ramkhanghnak aum khawhnak hmun ah na um asi ahcun, ramkangh soal nun himnak timhcianak kha tuah. Sang mei kangh bomhnak rianttuannak hna nih ramkangh soal nun himnak timhcianak timhlahmna dingah an bawmtu ding thawngpeknak le lamhmuhsaknak an ngei.

Na timhcianak ah aitel dingmi cu ramkangh nikhua phanflan ah tuahding, ramkangh khua caan lio ah tuahding, mei kanghnak achuak kho mi ni tiang cawlcanghnak le back- up plan (adirhkhantu timhcianak) hna kha an si awk asi. Mah ahcun aitel dingmi hna cu na thilri ngeihmi kilvennak cazin, mei kangh soal ah na thilri timhlahm dingning, mei kangh soal ah pehtlaihna tuahdingmi cazin, rakhlah tontik hmanding mi thilri ah aitelmi pawl, inn chungah aummi vialte hna caah timhcianak (bianabia ah, bawhkeuh le tar upa hna an umkalnak), innzuat saram le/asilo satil hna caah timhcianak, chuah ding ralrinpeknak, chuahtaak timi suallam, back-up plan, le inn rak kir tthannak dingah timhlahmna pawl kha a dihlak in an itel awk asi.

Ramkangh kong thawngpeknak le sang mei kanghnak lei rianttuannak caah pehtlaihna cu, [Dal 2 nak, Bomhnak Hal](#) timi ah khan zoh.

### **Environment (Pawngkam sining)**

Athiangmi pawngkam le khuacaan runvennak hi Australia minung hna caah abiapi tukmi asi. Duh paoh hnawmhlonh, khuvai tivai chuahter asilo nawlpek loin hnawm holhna tuah hi phung ninglo asi. Tamdeuh theihnak dingah [waste disposal \(hnawm hlonhnak\)](#) kha [www.australia.gov.au/information-and-services/environment/pollution-and-waste-management](http://www.australia.gov.au/information-and-services/environment/pollution-and-waste-management) asilo hnawm holh lonak hmun [Clean Up Australia](#) tibantuk ([www.cleanup.org.au/au](http://www.cleanup.org.au/au)) asilo [Keep Australia Beautiful](#) (<http://kab.org.au>) ah kal.

Kokek saram asimi hna, nga, shellfish le thingram pawl kha phung nih a kilven hna. Nawlpeknak lak na herh maw herh lo timi kha na zohfel hlan ah ramvaih, nga tlaih asilo thingram asilo shellfish khomhsuat pawl kha tuah hlah.

National Park chung aummi thilri pawl an hrawh sualna hnga lo kilvennak caah ahleiin tuahmi zulhding tete an um, cun acaancaan ahcun achung va luh man zong an hal tawn.

Tamdeuh theihnak dingah:



Ahmn	Aiawhtu	Website
Rampumpi	Department of Environment – <a href="#">Parks Australia</a>	<a href="http://www.environment.gov.au/topics/national-parks">www.environment.gov.au/topics/national-parks</a>
ACT	<a href="#">Parks and Conservation</a>	<a href="http://www.environment.act.gov.au/parks-conservation/parks-and-reserves">www.environment.act.gov.au/parks-conservation/parks-and-reserves</a>
NSW	<a href="#">NSW National Parks and Wildlife Service</a>	<a href="http://www.environment.nsw.gov.au/nationalparks">www.environment.nsw.gov.au/nationalparks</a>
NT	<a href="#">NT parks and reserves</a>	<a href="https://nt.gov.au/leisure/parks-reserves">https://nt.gov.au/leisure/parks-reserves</a>
Qld	<a href="#">Queensland National Parks, Sport and Racing</a>	<a href="http://www.nprsr.qld.gov.au">www.nprsr.qld.gov.au</a>
SA	<a href="#">National Parks South Australia</a>	<a href="http://www.environment.sa.gov.au/parks">www.environment.sa.gov.au/parks</a>
Tas.	<a href="#">Parks and Wildlife Service Tasmania</a>	<a href="http://www.parks.tas.gov.au">www.parks.tas.gov.au</a>
Vic.	<a href="#">Parks Victoria</a>	<a href="http://www.parkweb.vic.gov.au">www.parkweb.vic.gov.au</a>
WA	<a href="#">Parks and Wildlife</a>	<a href="http://www.dpaw.wa.gov.au">www.dpaw.wa.gov.au</a>

## Ramlak saram le innzuat saram

Pyine le ramtthen cozah hna cu saram nunththatnak le an mah he ai pehtlaimi zulhphung caah ttuanvo an ngei i local cozah nih cun innzuat asilo hawikom sermi saram hna caah ttuanvo angei.

Innzuat saram na ngei ahcun, ttha tein na zohkhenh dingkha na rian bak asi, arawl pek le thiang tein aum nak ding tiangin. A hnawm te pawl zong thiang tein na tuah aherh lai. Innzuat saram hna cu punghman tein zawtkhamnak siichuh kha an hau cun saram siibawi nih an zawt tikah asilo hliamhma an tuar tik ah athlop hna. Innzuat saram ngeihmi an fa angei khawhlo nakd dingah tildit/chulchuah le anpum chungah micro-chip chiah dingah tthapek asi cun phung ning ah tuah hrimhrim ding asi kho. Mah hi cun angeitu hna i an ttuanvo asi. Tamdeuh theihnak dingah nan sang i saram siibawi asilo [Royal Society for the Prevention of Cruelty to Animals](#) (RSPCA) [www.rspca.org.au](http://www.rspca.org.au) hal hna.

Acheu innzuat saram hna cu local kawngsil ah minpeknak tuah an herh. Innzuat saram phun le pa zeizat dah nai chiah khawh timi cung belte ah rikhiahmi aum kho, cun khoika zawn ah le zeitiang dah na chiah khawh timi kong ah zulhdng mi tete an um kho. Atampi hlaanmi inn hna nih innzuat saram zuat nawl an pe lo.

Na zuatmi saram kha na zohkhenh khawh tilo asi ahcun, na hlaw lai lo i na thlah hrimhrim lai lo. Na hawile asilo na innpa kha an in cawm duh le duh lo hal hna, innzuat saram cawmkennak website ahkhan langhternak tuah asilo na saram siibawi kha bomhnak asilo ruahnak hal.

[Keeping animals or animal welfare \(Saram asilo saram zohkhenhnak\)](#) kongah bia hal ding na ngeih asi ahcun, [www.agriculture.gov.au/animal/welfare/state](http://www.agriculture.gov.au/animal/welfare/state) ah rak kal asilo na saram siibawi khaw hal.



[Dal 6 nak, Australia Zulhphung](#) kha zoh.

## **Tadinca, Television le radio**

Atamdeuh thawngthanhnak rianttuantu hna cu tadinca kha holh phunphun in an chuah hna. Na duhmi tadinca asilo holhin chuahmi kha an ngeih lo asi ahcun, an in cah piaknak ding ah hal hna.

Alak tein asimi television channel tampi an um, mipi ca ah thawngthanhnak atuatu pahnih asimi ([Australian Broadcasting Corporation](#) (ABC - [www.abc.net.au](http://www.abc.net.au)) le [Special Broadcasting Service](#) (SBS - [www.sbs.com.au](http://www.sbs.com.au))) zong an itel. Alak tein thlahmi “free to air” zohnak dingah television laisen asilo luhman aherhlo.

Adang dang television anthlahmi pawl zohnak dingah tangka pek an hau (“pay television” asilo “pay TV”). Contract tuah lawngah zoh khawhmi pawl ka lak lai na ti asi ahcun, na lakmi kha na pek khawh dingmi asi le si lo le nangmah na herhmi le na khuasaknak ah ah aitlakmi asi le silo kha zoh. Caan tlawmpal chung lawng inn na hlaan asi ahcun caan saupi caah contract kha minthu hlah. Alak tein zohkhawhmi pawl zohnak dingah man pekmi television zohnak ahkhan sign up (min peknak) tuah hlah.

Atampi TV channel pawl nih “catch up” prokrem angei, cu ahcun online in an piahmi kha na zoh khawh. Sihmanhsehlaw, online in zoh cu data tamtuk a heu, cun data kha na hmandingmi nak in tamdeuh nah man sual ahcun aman afak kho.

Australia ahcun “streaming” timi pawl, Netflix, Presto le Stan tibnatuk pawl kha zoh khawh ansi. Hi bantu tuk zoh ahcun thla fatin tein tangka liam asi. Hi bantu zohnak dingah acun arang ngaimi broadband pehtlainnak tuah ngeih aherh lai. Iralrin dingmi cu hi bantu zoh ah hin data tampi adih kho, abikin mobile phone ah ahin aman fak kho.

[Special Broadcasting Service](#) (SBS) televistion le radio zung nih mibu holh phunphun in prokrem pawl an ngei hna. Zarh fatin te thlahmi prokrem pawl cu tlaanglawng cung tadinca le online ah an ttial hna.

Miphun ttengnge radio zung pawl cu [National Ethnic and Multicultural Broadcasters’ Council](#) ah hmuh khawh an si ([www.nembc.org.au/](http://www.nembc.org.au/) asilo phone 03 9486 9549).

## **Gambling (lawngkasa)**

Acheu cu lawngkasa tuahnak in harsatnak tampi an tong, abikin lawngkasa tuahnak caah caan le/asilo tangka rikhihnanak an iharh tiah asi. Lawngkasa tuahnak nih fakpiin tangka lei harnak le mah lawngkasa atuahmi minung he pehtlainnak angeimi midng hna cungah lungthin lei le taksa ngandam nak lei, rianttuannak le ipehlainnak tibantuk pawl kha ahursuan dih. Lawngkasa tuahnak in achuakmi buainnak nih lawngkasa atuatu minung cung lawngah siloin, achungkhar chungtel asilo ahawikom hna kha ahnursuan hna.

Lawngkasa tuahnaknih ahnursuanmi hna, le an chungkhar le an hawikom hna caah bomhpek rianttuannak ah aitelmi hna cu biarauhthapeknak, tangka lei ruahnak peknak le phung he aipehtlaimi ruahnak cheuhnak pawl an si:



Aiawhtu	Telephone	Website
<a href="#">National Problem Gambling Hotline</a>	1800 858 858	<a href="http://www.gamblinghelponline.org.au">www.gamblinghelponline.org.au</a>
<a href="#">Lifeline</a>	131 114	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
<a href="#">Gamblers Anonymous</a>	02 9726 6625	<a href="http://gaaaustralia.org.au/">http://gaaaustralia.org.au/</a>

## Noise (athangmi thawng)

Atangmi thawng timi cu midang hna ahnawhtu thawng athangmi, uico bonak, asilo innpa pawlnih thang tukin ringawn chuahnak asilo power tools pawl hmanna tibantuk pawl an si.

Australia minung pawl athang tukmi thawng in runvennak caah zulhphung tete an um hna. Zulhphung pawl cu pyine le ramtthen pawl pakhat le pakhat an i khat lo, sihmanhsehlaw athangmi thawng cawlcanghnak vialte cu zingka 7.00 am hlan ah le zan 11.00 pm hnu ahcun hrial awk asi.

Na innpa kha an thawngpang athangmi nih hnahnawhnak an in pek ahcun chim hna. Na innpa nih khan cu tiin athangmi an thawngpang nih hnahnawhnak an pek kha atheih kho lo men. Abuaktakin, Australian pawl hi achel caan tete ah acangmi thawng athangmi hi cu an theihthiam ngai ko cun biaruahnak hmangin thawng athangmi kong kha an tolrel ko. Sihmanhsehlaw, mah bantu athangmi thawngpang kha aum lengmang, hnakhaw celhlo tiangin athangmi asilo zingka tuantuk ah asilo zaantlai tuk ah athangmi, cun chimhko zongah an zulhlo hleilo ahcun, lal kawngsil, pyine asilo ramtthen cozah pawngkam nawlgeitu, asilo palik sinah khan duhlonnak na langhter khawh.

Innah puai tuahnak asilo innremhnak tibantuk thawng athangmi cawlcanghnak tuahding nai timh asi ahcun na innpa kha chim hna. Zeitik ahdah athangmi thawngpang aum lai le adih te lai, cun buainak aum sual ah aho dah kan fuh lai t timi an theihcia ahcun mi hi an thin ahung lo deuh. [Dal 6 nak, Australia phung](#) kha zoh.

## Local cozah bomhpeknak

Local kawngsil nih hngakchia ngandamnak lei center, hngakchia zohkhenhnak center, mino caah rianttuantu, le tar zohkhenhnak le pumtamtlinglo zohkhenhnak tibantuk bomhnak tampi apek. Australia i nunhram na thlaknak ah asunglawimi ruahnak le bomhnak an pe kho tu nunphung aicawhmi asilo mibu rianttuantu tampi an ngei hna. Local kawngsil nih mipi hall, lentecelhnak, mibu bu pawl hman ding caah zaangdamhnak lei le nunphung lei thilri pawl kha apek tawn hna.

Kawngsil nih local lam pawl kha azohkhenh, mipi ekinn kha apek, cun dawr hna le rawldawr hna nih mipi ngandamnak lei ah rikhiahi kha an phanhnak dingah azohfel. An mah nih cun innsaknak lei he ai peh tlaimi poah ah nawl an ngeih. Na umnak innah thlen na duhmi aum asi ahcun, na local kawngsil sinah hnatlaknak kha na zohfel hrimhrim aherh.



Acheu local kawngsil bomhnak caah tangka na pek aherh kho. Pekding zat cu catlap in le kawngsil website ah khan an tar langh. Hnatlaknak asilo biakhiahciami ahimnak dingah mipi ca i rian attuanmi hna kha tangka ahleihluat in asilo laksawngpeknak na tuah awk asi lo. Laksawngpeknak asilo ziknawhnak cu phungninglo in asi i report tuah asi lai.

Local cozah pawl caah pehtlainnak thawngthanhnak caah, [Dal 2 nak, Bomhnak Hal](#) ah kal.

## **Libraries (Laibrari)**

Hmun tampi ah alak tein cauk hlannak dingah pehtlainnak tuahkhawhmi mipi laibrari an um. Laibrari nih acheu cauk hna cu mirang holh asilo mi holh dangdang in an ngeih hna asilo holhdang in ttialmi ca kha an cah khawh. Atam deuh laibrari ahcun internet kha alak tein hman khawhnak an ngeih.

[Library \(Laibrari\)](#) na hmuhnak dingah [www.nla.gov.au/libraries](http://www.nla.gov.au/libraries) ah kal.

## **Hnawm khomhsuatnak le athar chuahtthannak (Garbage collection and recycling)**

Kawngsil pawl hi hnawm khomhsuatnak dingah le atharchuahtthannak dingah ttuanvo angei. Atamdeuh kawngsil ahcun hnawm sawsawh pawl chiahnak hmawnpung le atharchuah khawhmi hnawn (caku, plastic, thlalang le thir) tiin aidangmi hnawm pung, cun acheu nihcun ahringmi hnawm pung (dum hnawm caah) asilo angan deuhmi thil lawmpawng chiamhmi thil khomhsuatnak (tthutdan bizu tibantuk) pawl kha an ngei.

Kawngsil ah asilo na innpa sinah khan hnawm khomhsuat caan le hnawmhlohlnak ah tuah ahermi pawl kha hal hna. Na hnawm kha aummi hnawmpung chung sanh dingah a ngantuk asi ahcun, hnawn holhnak asilo hnawn atharchuhnak centre ah nangmah tein na va kalpi i tangka na liam aherh kho. Mipi asilo private ngeihmi vawlei ah nangmah duh paoh in hnawm hlonh kha phung he ai kalhmi asi.

## **Mipi ekinn**

Australia ahcun mipi ekinn hi ttha tein zohkhenh mi asi lawng silo in, alak tein hman khawhmi asi. Hngakchia ek tthlennak thilri zong aitel kho cun pumtlamtlinglo caah ekinn kal khawhnak kha an i tel, cun to bu in si loin tthut buin zunzun ek eknak pawl an si. Atamdeuh mipi ekinn hna cu adang tein mipa le minu dang tein an ngei hna, acheu nu dok pa dok ek inn zong cu aum ve ko.

Ekinn in na chuah tikah ekinn kha thiang tein chia ta. Acheu Australia ekinn ah cu hnawm kha tiin tlengh loin non ah an ser, cu ruangah cun ekinn chungah zeidah na chiah timi kha iralring.

[Public toilet \(Mipi ekinn\)](#) hmuhnak dingah <https://toiletmap.gov.au> ah kal.

## **Ti hmanna**

Australia i hmanmi ti hna cu a tthami an si. Sihmanhsehlaw, acheu hmunhna hna ahcun, cawhmi ti asilo non-potable (din khawh lomi) ti kha an hman hna. Mah bantuk hmun cu hi hmelchunhnak nak hin alanghter:





Khuachung hmun tampi ah [water restrictions \(ti hmanmi rikhiahnak\)](#) kha aum. Mah hi nih achim mi cu na hmanmi ti kha caan asilo cawlcanghnak pakhatkhat ah rikhiahnak aum kho tinak asi. Bianabiaah, na dum kha ti na toih lo kho, asilo mawtaw asilo thlangawng ttawl. Nana sang local kawngsil asilo [www.bom.gov.au/water/restrictions](http://www.bom.gov.au/water/restrictions) ah khan kal law hlathlainak tuah.

## Visas

[Department of Immigration and Border Protection](#) (DIBP) nih caan tlawmpal chung caah asilo zungzal umkhawhnak caah visa kha achuah hna, cun mipun sinak sawknak biakhiahnak kha atuah ([www.border.gov.au](http://www.border.gov.au))

Nangmah caah aitlakmi visa na hmuhnak dingah [Visa Finder](#) kha hmang [www.border.gov.au/Trav/Visa-1](http://www.border.gov.au/Trav/Visa-1)

Visa tampi [apply online \(online in sawknak\)](#) in [www.border.gov.au/Trav/Visa/Apply](http://www.border.gov.au/Trav/Visa/Apply) ah na sawk khawh.

## Resident Return visas (Ramchungum mi Ankir tthannak visas)

Nangmah cu atu lio ah asilo hawihlan ah zungzal um khawhnak angei mi na si i ramdang kal na duh cun zungzal aum khomi sinak in Australia ah rak kir tthan an duh asi ahcun, [Resident Return](#) visa (RRV) kha na sawk ahau kho.

Nai tlaih lio mi zungzal umnak visa kha acaan adih cang asilo acaan dih ding asi ahcun mah hi visa hi na sawk aherh men lai.

RRV cu zungzal um khawhnak visa asi i ramdang khuaitlawnnak dingah le Australia ah zungzal um dingmi sinak in rak kir tthannak dingah khuaitlawnnak caan chung hmankhawh asi. Mah hi aitlahmi hna cu Australia ah zungzal um khawhnak nawl pekmi an si. Ramdangah khual tlawn nai timh lo asi ahcun RRV sawk hi aherh lo. RRV kong tamdeuh theihnak cu [DIBP website](#) i [www.border.gov.au/Trav/Visa-1/155-](http://www.border.gov.au/Trav/Visa-1/155-) ah hmuh khawh asi.

## Australia tlawnnak dingah visa

[Temporary visitors \(Caan tlawmpal khuaitlawngmi\)](#) hna nih Australia ah um an itimhmi caan vialte ahup tu ding visa kha an sawk aherh. Khuaitlawnnak an itimhmi kongah hngatchan in caan tlawmpal ca i visa phun tampi an um. Visa kipnih ahleiin an ttuankhun mi sinak angei cio. Tamdeuh theihnak dingah [www.border.gov.au/about/corporate/information/factsheets/46temporary-entry](http://www.border.gov.au/about/corporate/information/factsheets/46temporary-entry) ah kal.

## Azungzal in peemnak ding caah visa

Australia ah zungzal in rak peemnak phun thum an um:

- Chungkhar in peemnak - mah hi asawkmi hna nih Australia ah anmah azoh kenh kho tu ding rualchan an ngeih hrimhrim aherh.



- Thiamnak le chawlehnak lei peemnak - Mah hi asawkmi hna cu thiamnak asilo hmundang i Australia miphun nunnak asilo tthanchonak ah ai pe dingmi ahleikhun in cawlcangkhawhnak angei mi.
- Hartonnak ruangah arak peemmi - Mah hi asawkmi hna nih an umnak ram ah hremtuarnak asilo atthang cuahmahmi nu hrin covo buarnak lak ah ahleice in thleidannak atong hrimhrim mi hna le resettlement (umnaktharpektthannak) aherh ko tiah an zohfel asimi kha an si aherh.

Pakhat cio nih strict requirements (siherhnak) kha an ngei cio. [DIBP website](#) nih visa kong ah le nangmha caah aitlakmi visa thimding na hmuhnak ding bomhnak caah “Visa Finder” kha apek [www.border.gov.au](http://www.border.gov.au)

## **Registered migration agents (Cozah theihmpimi Peemthialnak lei aiawh rianttuantu)**

Peemthialnak lei aiawh rianttuantu timi cu tthialpeemnak lei kongah ruahnak apetu, visa sawknak le timhlanhnak tuah ding ah bomhnak apetu, cun asawktu aiawh in DIBP he ai chawnbiami kha asi. Annih cu an rianttuantu kha an lak.

Tthialpeemnak lei aiawh rianttuantu kha na hman aherh lo. Nangmah tein sawknak tuahdingah nai zumh lo asi ahcun asilo nangmah kong kha abuai tuk asi ahcun, cozah theihpimi tthialpeemnak aiawh rianttuantu hman kha na duh deuh kho.

Australia chungah Tthialpeemnak lei aiawh rianttuantu hna nih Office of the Migration Agents Registration Authority (OMARA) ah minpeknak atuah aherh. Cozah theihpimi tthialpeemnak lei aiawh rianttuantu hmuhnak dingah, [OMARA website](#) ah kal [www.mara.gov.au/search-the-register-of-migration-agents/](http://www.mara.gov.au/search-the-register-of-migration-agents/)

## **Online in na visa kong dothlatnak**

[Visa Entitlement Verification Online](#) (VEVO) cu visa aitlahi liomi hna kong dothlatnak tuahnak dingah visa ai tlaihi hna caah le bukhomh bu hna caah alakin tuahmi online rianttuannak asi i online in [www.border.gov.au/vevo](http://www.border.gov.au/vevo) ah zoh khawh asi.

Apple thilri in sermi caah myVEVO timi zong aum i Apple store in alak tein download tuah khawh asi.

## **Australia miphunsinak**

Miphun sinak ah Australia nih ai tlaihi tliahtleng vialte le Australia caah pumpeknak na tuahpeng kha asi. Australia miphun sinak hmuh hi sinak ttha hmuhnak asi i angantukmi ttuanman laksawng hmuhnak le zauk phung in ukmi kan ram ah duhning tein itelnak dingah caanttha taktak apek.

Zungzal umkhawhnak nawl angeimi hna miphun sinak hmuhnak dingah miphun sinak an sawk hlan ah an tuah herhmi thil pawl an um hna. Mah cu ah aitelmi hna cu caan zeimawzat chung Australia ah an um aherh cun an ziaza atthami an si aherh.

[Information about citizenship \(Miphun sinak kong theihternak\)](#) ahmu khomi sinak le sawknak ca hna cu [www.border.gov.au/Trav/Citi](http://www.border.gov.au/Trav/Citi) ah an um.



Mitam deuh Australia mipahun sinak asawkmi hna nih mipahun sinak hneksaknak kha an awn aherh. Mipahun sinak hneksaknak cu Australian minung asi tharmi hna nih mipahun sinak dingah an tuah mi Pledge of Commitment (Pumpek tuah biahrihhrennak) chungin an tlaihtleng pawl cungah tuahmi asi. A huapmi biatlang hna cu Australia zaukphung in uknak nih azumhmi pawl, mipahun sinak an ngeimi hna nih an ngeihmi caanttha pawl le ttuanvo pawl tibantuk, le Australia cozah le Australia zulhphung an si. Hi hneksaknak caah timhlahmhlak caah, [citizenship test resource book \(miphunsinak hneksaknak cauk\)](#) kha [www.border.gov.au/Trav/Citi/pathways-processes/Citizenship-test](http://www.border.gov.au/Trav/Citi/pathways-processes/Citizenship-test) ah rel.

Teinak na hmuh asi ahcun, mipahun sinak puai ah rak ra dingin sawm na si lai. Cu puai ahcun, sawknak atuahmi kum upa deuh hna nih Pledge of Commitment kha an tuah aherh.

Australia mipahun an si hnu ahcun, Australia passport kha na sawk khawh. Australia mipahun sinak lawng si loin ramdang pakhat i mipahun sinak kha itlaih na duh peng rih asi ahcun, Australia passport hmang in Australia ram ah luh chuah khual tlawnnak na tuah awk asi.

Tamdeuh theihnak ding ah asilo [Australian passport](#) sawknak caah [www.passports.gov.au/Pages/home.aspx](http://www.passports.gov.au/Pages/home.aspx) ah rak kal.

### **Hmailei hngakchia le Australia mipahun sinak**

Thil tamdeuh ahcun, nangmah nih Australia ah zungzal umkho mi sinak in na um lio ah na ngeihmi zeibantuk hngakchia paoh nih an chuah caangka in Australia mipahun sinak an ngei colh. Hi hngakchia pawl nih Australia mipahun sinak an herh asi ahcun, Form 119 (Application for evidence of Australian citizenship) - Australia mipahun sinak ttete caah sawknak kha sawknak tuahnak hmangin Australia mipahun an sinak ttette kha na lak aherh lai. Khualtlawn dingah hmuhma nai hamcia hlan ah mah hihi na ruah aherh.

Tamdeuh theihnak dingah le [DIBP website](#) ah hmuh khawh asimi Form 119 na lak khawhnak dingah [www.border.gov.au](http://www.border.gov.au) ah kal.

### **Voting (meethlaknak)**

Australia mipahun kum 18 asilo atam deuhmi hna nih mee thlak dingah mipeknak tuah hrimhirm aherh. Mipahun sinak puai tuahnak ah khan minpeknak na tuah khawh. Kum 18 na si tik i mee na thlaknak ah timhcia na sinak dingah, 17 na si lio ah min khumhnak na tuah khawh.

Meepeknak lei minkhumhnak form ca pawl kha post office pawl, Australian Electoral Commission zung pawl le Australian Electoral Commission website ah lak khawh an si. Federal, pyine le ramtthen lei ithimnak le atamdeuh cozah thimnak caah minkhumhnak tuah dingah form ca pakhat lawng na ttial aherh.

Na umnak address nai thlen fatinte atharmi minkhumhnak form ca kha na ttial hrimhirm aherh.

Tamdeuh theihnak caah, [Australian Electoral Commission](#) kha 13 2326 ah chawn asilo [www.aec.gov.au](http://www.aec.gov.au) ah kal.

