

Welcome... to the UK



Welcome

You are in Dorset which is a county in the South West of England. England is part of the United Kingdom (UK) which includes Wales, Scotland and Northern Ireland.

This book is an introduction to life in the UK and things you might need to know about living here. It will give you the basic information you need, and it is okay to ask questions if you need to know more.

You might be feeling a bit worried and anxious because everything is new, strange, exciting and different. We are here to support and help you.

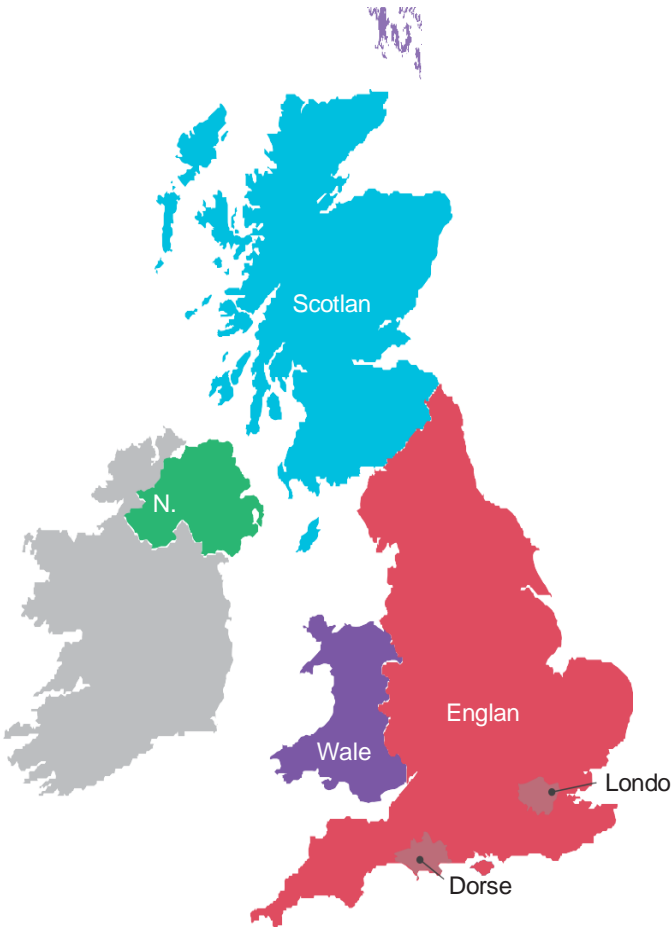
You have come into this country as a child (under 18). Children in the UK who do not have an adult caring for them are cared for by Children Services which are part of local government. As you do not have a responsible adult caring for you, you are being looked after by Children's Services and are called a Child in Care. We want to do our best to help you settle and enjoy life here. Welcome to the UK!



ይህ መጽሐፍ በዩናይትድ ኪንግደም ውስጥ ስላለው ህይወት እና ኑሮ ለማወቅ መሰረታዊ የሆነ ኢንፎርሜሽን እንዲያውቁ ይረዳዎታል። ለማወቅ የሚፈልጉትን ነገር መሰረታዊ ኢንፎርሜሽን የበለጠ ማወቅ ከፈለጉ ጥያቄዎችን መጠየቅ ምንም ችግር የለውም።

ሁሉም ነገር አዲስ፣ እንግዳ፣ አስገራሚ የሚያጨናንቅ ሆኖ ሊሰማዎት ይችላል። እኛ እርስዎን ለመደገፍ እና ለማገዝ ዝግጅ ነን።

ወደዚህ ሀገር የመጡት በልጅነትዎ ነው (ከ18 አመት በታች) እያሉ። በዩናይትድ ኪንግደም የሚንከባከባቸው ቤተሰብ የሌላቸው ልጆች የመንግሥት አካል በሆነው ለልጆች አገልግሎት የሚሰጥ ችልድረን ሰርቪስ (Children Services) በሚባል የመንግስት አካል የሆነ አገልግሎት ሰጪ ነው። አንተን/ኛ የሚንከባከብ ጋላፊነት ቤተሰብ ስላሌለህ/ሽ ፣ አንተን/ኛን የሚንከባከቡት ለልጆች አገልግሎት የሚሰጠው የመንግስት አካል ነው። በመንግስት እንክብካቤ ውስጥ ስላሉ ቻይልድ ኢይን ኬየር (Child in Care) የሚገኝ ልጅ ይባላል። አንተ/ኛ እንድትረጋገጧ እና ባለው ህይወት እንድትደሰት/ኛ ለመርዳት የተቻለንን ሁሉ ማድረግ እንፈልጋለን። ወደ ዩኔ እንኳን በደህና መጣህ/መጣሽ!



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1. Introduction to people and roles

As a Child in Care there will be a few people you get to know well who are responsible for your care.

Your Carer/Support Worker where you live is there to support you on arrival in this country, ensure you have food, clothing, your own room and a safe place to live. They will help you get to know your local area and teach you about how we live in the UK.



Your Social worker is the person who will make sure you are looked after properly and kept safe from harm. They will work with you to put together a Pathway Plan (16 and over) which will make sure you have the right people around you to help care for you, that you have money for your living expenses and clothes, that you have healthcare and education in place and make sure you have a solicitor to help you with your asylum status.



Your CiC (Child in Care) Nurse is the first medical person you will get to know. The Nurse will help you remain healthy, have access to medications you might need and stay well physically and mentally.

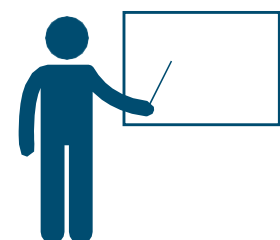


Your QARO (Quality Assurance Reviewing Officer) is an independent person who will hold review meetings. Their job is to listen to you and to make sure your care plan is working for you and all your needs are met. There will be an interpreter at the meetings to make sure that you understand what is being said and can give your views.



Your Virtual School Lead is there to support you in accessing education, training or work experience.

They are also able to suggest clubs and social activities that might help you get to know other young people, make friends, and practice your language learning.



1. መግቢያ ሰዎች እና የስራ ሚናቸው

መንግስት እንክብካቤ ውስጥ ያለህ/ሽ በቻይልድ ኢን ኬር እንዳለ ሰው መጠን ለእንክብካቤህ/ሽ ኃላፊነት ያላቸው ጥቂት ሰዎች ናቸው። የስራ ግንኙነቱም ከነሱ ጋር ይሆናል።

በምትኖርበት ቦታ ያሉት ተንከባካቢ (Carer)/ድጋፍ ሰጪ (Support Worker) ይባላሉ። ወደዚህ ሀገር ስትገቡ/ቢ በምግብ፣ ልብስ፣ መኝታ እና ደህንነቱ የተጠበቀ የመኖሪያ ቦታ እንዳለዎት ያረጋግጡ። አካባቢህን እንዲታወቅ እና በዩኔ ውስጥ እንዴት እንደምንኖር ሳፖርት ወርከሮች (ተደጋጋፊዎች) ያግዙታል።



ሶሻል ወርከር (**Social worker**) የአንተ/ቺ ሶሻል ወርከር በትክክል እንክብካቤ እንዲያገኙ እና ከአደጋ እንዲጠበቁ የሚያረጋግጥ ሰው ነው። አንተን/ቺን ለመንከባከብ የሚረዱዎት ትክክለኛ ሰዎች በአካባቢህ እንዲኖርህ/ሽ፣ ለኑሮ ወጪዎች እና ለልብስ ገንዘብ እንዲኖርህ/ሽ፣ የጤና እንክብካቤ እና ትምህርት እንዲኖርህ/ሽ የሚያስችል ፓዝወይ ፕላን Pathway Plan (16 ዕድሜ በላይ) ለማዘጋጀት ከአንተ/ቺ ጋር አብረው ይሰራሉ። በቦታው ላይ እና በጥንኝነት ጉዳይህ/ሽ ላይ የሚረዱህ/ሽ ጠበቃ እንዳለህ/ሽ አረጋግጡ።



ሲይሲ ነርስ (**CiC Nurse**) ቻይልድ ኢን ኬር (**Child in Care**) ነርስ መጀመሪያው ለህክምና ጉዳይ የምታገኙት ሰው ነው። ነርስ ጤናማ እንድትሆን፣ የምትፈልጋቸውን መድሃኒቶች እንድታገኙ እና በአካል እና በአእምሮ ጥሩ እንድትሆኑ ይረዳሉ።

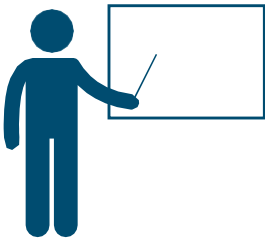


የጥራት ማረጋገጫ ግምገማ አፈሰር (Quality Assurance Reviewing Officer) የእርስዎ QARO የግምገማ ስብሰባዎችን የሚያደርግ ራሱን የቻለ አካል ኢንዱፕንደንት ፐርሰን (independent person) ይባላል። ስራቸው አንተን/አንችን ማዳመጥ እና የእንክብካቤ እቅድ (ፕላን) የሚያስፈልጋቸው እንደተሟሉ ማረጋገጥ ነው። በስብሰባዎች ላይ አስተርጓሚ ይኖራል። እየተባለ ያለውን ነገር መረዳትህን/ሽን ያረጋግጥ/ጩ። እንዲሁም አስተያየት መስጠት ይችላል።



የሽርቹዋል ት/ቤት መሪ **Virtual School Lead**፣ ትምህርትን፣ ስልጠናን ወይም የስራ ልምድን ለማግኘት እርስዎን ለመርዳት የሚሰራ ነው።

እንዲሁም ከሌሎች ወጣቶች ጋር ለመተዋወቅ፣ ጓደኛ ለማፍራት እና የቋንቋ ትምህርትህን ለመለማመድ የሚረዱ ክለቦችን እና ማህበራዊ እንቅስቃሴዎችን ያሉበትን ቦታዎች እንዲያውቁ ይረዳል።



2. Accommodation

While you are a Child in Care, you will be provided with a place to live and you will not have to pay for it. Your new home may look different to your previous home and rooms may be used in another way.

Your carer/ support worker and social worker will help you to feel comfortable in your new home and answer any questions you may have.



Questions about your accommodation

What is the English name of the room where you eat?

What is the English name of the room where you sleep?

What is the English name of the room where you prepare food?

What is the English name of the room where you wash your body?

What is the English name of the room where you wash your clothes?

What is the English name of the room where you relax with your friends/ family?

What can you find out about drinking, bathing, hot and cold water in your home?

What can you find out about fire safety in your home? Ask about alarms, smoking and what to do in an emergency.

Ask about keys and locks to your home – what does a locked door mean?

How can you keep in touch with your friends from home?

2. መኖርያ ቦታ

ንግስት እንክብካቤ ስር ያልህ ወይ ያልሽ ቻይልድ ኢን ኬር (Child in Care) ላይ ያለ ልጅ፣ የመኖሪያ ቦታ ይሰጠዋል ለዚህም የሚከፈል ነገር የለም። አዲሱ መኖርያህ/ሽ ከቀድሞው ቤትህ/ሽ የተለየ ሊሆን ይችላል።



የእርስዎ ተንከባካቢ (carer) /ተጋጋዥ ሰራተኛ እና ሶሻል ወርከር በአዲሱ ቤትህ/ሽ ውስጥ ምችት እንዲሰማህ/ሽ እና ለሚነሱ ጥያቄዎች መልስ እንዲሰጥህ/ሽ ይረዱዎታል።

ስለ መኖርያ/ማረፊያ ቤት ጥያቄዎች

የምትበሉበት ክፍል በእንግሊዘኛ ምን ተብሎ ይጠራል?

የምትተኛበት/የምትተኝበት ክፍል በእንግሊዘኛ ስሙ ምን ይባላል?

ምግብ የም ታዘጋጁበት ክፍል የእንግሊዘኛ ስም ማን ይባላል?

ገላህን/ሽን የምትታጠብበት ክፍል በእንግሊዘኛ ስሙ ምን ይባላል?

ልብስ የሚታጠብበት ክፍል በእንግሊዘኛ ስሙ ምን ይባላል?

ከጓደኞችህ/ሽ/ቤተሰብ ጋር የምትዝናናበት ክፍል የእንግሊዘኛ ስም ምን ይባላል?

በቤት ውስጥ ስለ ሚጠጡ፣ ገላ መታጠብ፣ ሙቅ እና ቀዝቃዛ ውሃ ምን ማወቅ ትችላለህ/ሽ?

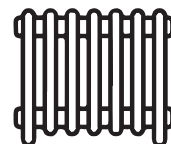
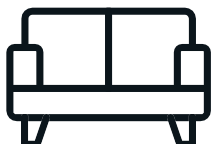
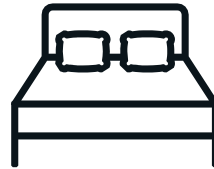
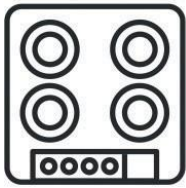
በቤትዎ ውስጥ ስላለው የእሳት ደህንነት ምን ማወቅ ትችላለህ/ሽ? ስለ እሳት አደጋ ማንኛዎቹ (alarms)፣ ጭስ እና በድንገተኛ ጊዜ ምን ማድረግ እንዳለበት ጠይቅ/ቂ።

ስለ ቤት ቁልፎች እና መቆለፍያዎች (locks) ጠይቅ/ቂ - የተቆለፈ በር ምን ማለት ነው?

ከቤት ሆነህ/ሽ ከጓደኞችህ/ሽ ጋር እንዴት መገናኘት ትችላለህ/ሽ?

What is this called and what do I use it for?

ከታች ያሉት ስማቸው ምን ይባላል እና ለምንድነው እምጠቀምበት



3. Money

As an Asylum Seeker you are not allowed to work for money. As a Child in Care you are entitled to money from the UK Government for food, clothing and personal items and your Social Worker will help you open your own bank account which is just for you. This money is called an Allowance.

The currency in the UK is the Pound Sterling (£) £1 (one pound) = 100p (100 pennies, or pence).

Cash is accepted in most places, but most people use debit/credit cards to pay for goods and services.





3. ገንዘብ

ጥገኝነት ጠያቂ (አሳይለም) ሰው በገንዘብ ተቀጥሮ መስራት አይፈቀድልህም/ሽም። በመንግስት እንክብካቤ ስር ያለ ልጅ (Child in Care) ከዩኔ መንግስት ለምግብ፣ ለልብስ እና ለእቃ መግዣ ገንዘብ የማግኘት መብት አለው/አላት። ሰሻል ወርከሩ ለልጁ/ልጅትዋ የግል ባንክ ሂሳብ ለመክፈት ይግዛል። ይህ ገንዘብ አበል (አለዋንስ) ይባላል።

በዩኔ ውስጥ ያለው ገንዘብ ፓውንድ ስተርሊንግ ይባላል፡ £1 (አንድ ፓውንድ = 100 ሳንቲም (ፔንስ) ነው።

ጥሬ ገንዘብ በአብዛኛዎቹ ቦታዎች ተቀባይነት አለው፣ ነገር ግን አብዛኛው ሰው ለዕቃዎች እና አገልግሎቶች ለመክፈል ዴቢት/ክሬዲት ካርዶችን ይጠቀማሉ።



4. Looking after your health

In the UK we have the National Health Service (NHS) and you are entitled to free health care, such as doctors called General Practitioners (GP), hospitals and maternity services.

Register with a Doctor

You will be helped to register with a local doctor (GP) soon after you arrive. GP's do not provide emergency healthcare but can help you with general or non-urgent medical needs.



To see a GP, you need to make an appointment, usually by telephone or online. Appointments are usually 10 minutes long, and it is important to arrive on time and cancel if you cannot attend.

Ask for an interpreter when booking your appointment. This is free. GPs can refer you to specialist health services as needed, like in a hospital. Your GP may want you to take medication and will write you a prescription.

Where to go for medical help

Stay well : Guide to help you choose the right service for you and your NHS

NHS

Self-care	Pharmacy	GP	Minor Injuries	A&E/999
Hangover. Cough. Colds. Grazes. Small cuts. Sore throat.	Diarrhoea. Earache. Painful cough. Sticky eye. Teething. Rashes.	Arthritis. Asthma. Back pain. Vomiting. Stomach ache.	Cuts. Sprains. Strain. Bruises. Itchy rash. Minor burns.	Severe bleeding. Breathing difficulties. Severe chest pain. Loss of consciousness.
Self-care is the best choice to treat minor illnesses and injuries. A large range of common illnesses and injuries can be treated at home simply with over-the-counter medicines and plenty of rest.	Pharmacists advise and treat a range of symptoms. This can avoid unnecessary trips to your GP or A&E department, and save time. No appointment is needed and most pharmacies have private consulting areas.	GPs and nurses have an excellent understanding of general health issues and can deal with a whole range of health problems.	Minor Injuries Units, Walk-in Centres and Urgent Care Centres provide non-urgent services for a range of conditions. They are usually led by nurses and an appointment is not necessary.	A&E or 999 are best used in an emergency for serious or life-threatening situations.
NHS 111	If you're feeling unwell, unsure or if you want health advice and guidance for non-life threatening emergencies call NHS 111 .			24 hours a day 7 days a week
NHS Choices	You can also access health advice and guidance or find your nearest service online through NHS Choices .			Visit www.nhs.uk

Produced by NHS Northern, Eastern and Western Devon Clinical Commissioning Group

4. ጤንነትን መከታተል

በዩኔ ውስጥ ብሔራዊ የጤና አገልግሎት (ኤን ኤች ኤስ) ይባላል። እና ነፃ የጤና አገልግሎት የማግኘት መብት አለህ/ሽ። ለምሳሌ ዶክተሮች - መሰረታዊ የአጠቃላይ ሕክምና (ጂፒ)፣ ሆስፒታሎች እና የወሊድ አገልግሎቶች ያገኛሉ።

ሕክምና መመዘገብ

በመጀመሪያ እንደገባህ/ሽ ወዲያውኑ በአገር ውስጥ ሐኪም (GP) እንዲመዘገብ ተታዝሞለህ/ሽ። GP's ድንገተኛ የጤና ህክምና አይሰጡም ነገር ግን አጠቃላይ ወይም አስቸኳይ ያልሆኑ ሕክምናዎችን ሊሰጡህ/ሽ ይችላሉ።



. GPን ሕክምና፣ በአብዛኛው በስልክ ወይም ኦንላይን (online) ላይ ቀጠሮ መያዝ ያስፈልጋል። ቀጠሮዎች ብዙውን ጊዜ 10 ደቂቃዎችን ናቸው እና በሰዓቱ መድረስ እና መገኘት ካልቻልክ/ሽ መሰረዝ አስፈላጊ ነው።

ቀጠሮ ሲያስይዙ አስተርጓሚ ጠይቅ/ቁ። ይህም በነፃ ነው። GPs እንደ አስፈላጊነቱ ወደ ሆስፒታል ወይ ወደ ልዩ የጤና አገልግሎቶች ሊልክህ/ሽ ይችላል። ሐኪምዎ መድሃኒት እንድትወስድ/ጂ ካስፈልገ ሐኪሙ የመድሃኒት ማዘዣ ይጽፍል።

ለህክምና እርዳታ የት መሄድ እንዳለበህ/ሽ

Stay well

Guide to help you choose the right service for you and your NHS

Self-care	Pharmacy	GP	Minor Injuries	A&E/999
Hangover. Cough. Colds. Grazes. Small cuts. Sore throat.	Diarrhoea. Earache. Painful cough. Sticky eye. Teething. Rashes.	Arthritis. Asthma. Back pain. Vomiting. Stomach ache.	Cuts. Sprains. Strain. Bruises. Itchy rash. Minor burns.	Severe bleeding. Breathing difficulties. Severe chest pain. Loss of consciousness.
<p>Self-care is the best choice to treat minor illnesses and injuries.</p> <p>A large range of common illnesses and injuries can be treated at home simply with over-the-counter medicines and plenty of rest.</p>	<p>Pharmacists advise and treat a range of symptoms. This can avoid unnecessary trips to your GP or A&E department, and save time.</p> <p>No appointment is needed and most pharmacies have private consulting areas.</p>	<p>GPs and nurses have an excellent understanding of general health issues and can deal with a whole range of health problems.</p>	<p>Minor Injuries Units, Walk-in Centres and Urgent Care Centres provide non-urgent services for a range of conditions.</p> <p>They are usually led by nurses and an appointment is not necessary.</p>	<p>A&E or 999 are best used in an emergency for serious or life-threatening situations.</p>
NHS 111	If you're feeling unwell, unsure or if you want health advice and guidance for non-life threatening emergencies call NHS 111 .			24 hours a day 7 days a week
NHS Choices	You can also access health advice and guidance or find your nearest service online through NHS Choices .			Visit www.nhs.uk

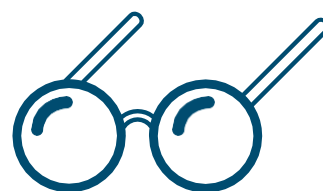
Produced by NHS Northern, Eastern and Western Devon Clinical Commissioning Group

If you have an accident or a sudden serious illness you should go to your nearest hospital with an Accident & Emergency (A&E) department which is free for everyone. If someone's life is at risk you should phone 999 and ask for an Ambulance.

Your health will not affect your immigration status or affect what NHS services are available to you. None of the people who work for the NHS, including doctors, nurses and interpreters will pass on any information about your health to any other person or organisation outside of the NHS without your permission (except in very exceptional circumstances, such as if the doctor believes you may be at risk of harm to yourself or others).

Eye Care

Having regular eye tests is important. An optician will test your eyes for any abnormalities and can prescribe and fit glasses and contact lenses. Opticians will register you as an NHS patient, so eye tests and essential treatment is free of charge. Your Social Worker will help you with this.



Dental Care

A dentist is a doctor for teeth, and regular check-ups will help keep your mouth healthy. In the UK it is recommended you brush your teeth with a toothbrush and toothpaste twice a day. To see a dentist, you need to make an appointment, usually by telephone or online. Dental treatment is free up to age 19. Appointments are usually 20 minutes long, and it is important to arrive on time and cancel if you cannot attend. Ask for an interpreter when booking your appointment – this is free.



Sexual Health

You can get Sexual Health advice from the GP surgery, pharmacy or sexual health clinic. This includes contraception to prevent pregnancy and sexually transmitted diseases. This is free on the NHS. If you have experienced sexual violence there is help and support for you – speak to your GP or Social Worker.

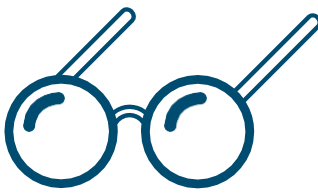


አደጋ ወይም ድንገተኛ ከባድ ህመም ካለብህ/ሽ ለሁሉም ሰው ነፃ የሆነ የአደጋ እና ድንገተኛ አደጋ ሕክምና (A&E) ክፍል በአቅራቢያ ወደሚገኝ ሆስፒታል መሄድ አለብህ/ሽ። የአንድ ሰው ህይወት አደጋ ላይ ከሆነ 999 ደውሎ አምቡላንስ መጥራት ያስፈልጋል።

የጤናህ/ሽ የኢሚግሬሽን ጉዳይ አይነካውም/አይጎዳውም ወይም የኤንኤችኤስ (NHS) አገልግሎቶች ባንተ/ቺ ላይ ተጽዕኖ አይኖረውም። ዶክተሮችን፣ ነርሶችን እና አስተርጓሚዎችን ጨምሮ ለኤንኤችኤስ (NHS) ከሚሰሩ ሰዎች መካከል አንዳቸውም ስለ ጤናህ/ሽ ማንኛውንም መረጃ ከኤንኤችኤስ ውጭ ለሌላ ሰው ወይም ድርጅት ያለ ፍቃድህ/ሽ አያስተላልፏልም በጣም ልዩ በሆኑ ሁኔታዎች በስተቀር ለምሳሌ ዶክተሩ በራስህ/ሽ ወይ በሌሎች ሰዎች ላይ ጉዳት ያደርሳል ብሎ ካመነ ብቻ ያስተላልፋል።

የአይን እንክብካቤ (Eye Care)

መደበኛ የአይን ምርመራ ማድረግ አስፈላጊ ነው። የአይን ሐኪም ለማንኛውም የዓይን ምርመራ ያደርጋል፤ ይፈትሻል እናም መነጽሮችን እና የሌንሶችን ያዘዘል እንዲሁም ያደርግልሃል/ሽ። የዓይን ሐኪሞች እንደ NHS ታካሚ ይመዘግባሉ፤ ስለዚህ የአይን ምርመራዎች እና አስፈላጊ ህክምና ከክፍያ ነጻ ናቸው። ሶሻል ወርከር በዚህ ረገድ ይረድሃል/ይረዳሻል።



የጥርስ ሕክምና (Dental Care)

የጥርስ ሀኪም የጥርስ ሕክምና የሚያደርግ ነው፤ እና መደበኛ ምርመራ የአፍን ጤንነት ለመጠበቅ ይረዳል። በዩኤ ውስጥ በቀን ሁለት ጊዜ ጥርስን በጥርስ ብሩሽ እና በጥርስ ኮልጊት እንዲቦርሽ ይመከራሉ። የጥርስ ሀኪምን ለማየት፣ በአብዛኛው በስልክ ወይም አንላይን ላይ ቀጠሮ መያዝ ያስፈልጋል። የጥርስ ሕክምና እስከ 19 ዓመት እድሜ ድረስ ነፃ ነው። ቀጠሮዎች አብዛኛውን ጊዜ 20 ደቂቃ ይወስዳል። እና በሰዓቱ መድረስ እና መገኘት ካልቻሉ መሰረዝ አስፈላጊ ነው። ቀጠሮዎን ሲያስይዙ ካስፈለገህ/ሽ አስተርጓሚ ጠይቅ/ቺ - ይህም ነፃ ነው።



የወሲብ ሕክምና Sexual Health

የወሲብ ጤና ምክር ከGP፣ ፋርማሲ ወይም የወሲብ ጤና ክሊኒክ (sexual health clinic) ማግኘት ይቻላል። ይህም እርግዝናን እና በግብረ ሥጋ ግንኙነት የሚተላለፉ በሽታዎችን ለመከላከል እንዲሁም የእርግዝና መከላከያዎችን ያጠቃልላል። ይህ በኤንኤችኤስ ነፃ ነው። ወሲባዊ ጥቃት ካጋጠመህ/ሽ እርዳታ እና ድጋፍ አለ - GP ወይም Social Worker ያነጋግሩ።



Staying healthy

Physical activity - Being active can be very good for your physical and emotional well-being and can also reduce the risk of serious illnesses. In the UK the Government recommend about 30 minutes of physical activity per day. You do not have to take part in a sport or join a club. Any activity where your heart rate raises, you breathe faster and feel warmer counts.



Diet - Our diet is important to keep us healthy. Try and eat a variety of food including fresh fruit and vegetables every day. Eating too much sugar, salt and fat is bad for our health. There will be lots of things you haven't seen or tried before, and your Carer/Support Worker will help you discover these.



Smoking - Smoking is bad for your health and smoking inside is not allowed in most places in the UK. If you are a smoker and want to stop you can get help from your GP or Pharmacy.



Alcohol drinking - Too much alcohol is also considered unhealthy and it is against the law in the UK for people under 18 years old to drink alcohol.



Keeping a 'Happy Head' - We understand that you may have been through very difficult experiences in your home country, and on the journey to the UK. It is normal to feel upset and worried about what has happened to you and about the people you have left behind. You may also feel anxious and stressed about being in a new country. You may struggle to sleep, feel angry, lack energy and be sad/tearful. This is natural.



How we feel in our head, whether that is happy or sad is called 'emotional well-being' in the UK. You can get help from your GP if you feel like this.

ጤናማ መሆን (Staying healthy)

የአካል አካላዊ እንቅስቃሴ - ንቁ መሆን ለአካላዊ እና ስሜታዊ ደህንነት በጣም ጥሩ እና ለከባድ በሽታዎች ተጋላጭነትን ሊቀንስ ይችላል። በየኬውስጥ መንግስት በቀን ለ30 ደቂቃ የአካል ብቃት እንቅስቃሴን ይመክራል። በስፖርት ውስጥ መሳተፍ ወይም ክለብ መቀላቀል የግድ አያስፈልግም። የልብ ምት ከፍ ባለበት ማንኛውም እንቅስቃሴ ወይ የትንፋስ በፍጥነት መተንፈስ እና የበለጠ ሙቀት ይሰማሃል/ሽ።



አመጋገብ (Diet) አመጋገባችን ጤናማ እንድንሆን አስፈላጊ ነው። በየቀኑ ፍሪሽ አትክልትና ፍራፍሬን ጨምሮ የተለያዩ ምግቦችን መመገብ። ስኪር፣ ጨውና ቅባት አብዝቶ መመገብ ለጤና ጎጂ ነው። ከዚህ ቀደም ያለይህው/ሽው ወይም ያልሞከሯቸው ብዙ ነገሮች ይኖራሉ፣ እና ተጋጋዥ/ሽ (ተንከባካቢ/ድጋፍ Carer/Support Worker ሰጪ እነዚህን እንድታውቅ/ቂ ይረዳሉ።



ማጨስ (Smoking) ለጤናዎ ጎጂ ነው እናም በየኬውስጥ በአብዛኛዎቹ በታዎች ማጨስ አይፈቀድም። አጫሽ ከሆንክ/ሽ እና ለማቆም ከፈለክ/ሽ ከሐኪም ወይም ከፋርማሲ እርዳታ ማግኘት ይችላሉ።



አልኮል መጠጣት Alcohol drinking - ከመጠን በላይ አልኮሎል መጠጣት ለጤንነት ጥሩ አይደለም። በየደቂቅድ ኪንግደም ውስጥ ከ 18 ዓመት በታች የሆኑ ሰዎች አልኮል መጠጣት በሕግ የተከለከለ ነው።



Keeping a 'Happy Head' የተረጋጋ 'ደስተኛ ሁን' - በአገርህ/ሽ ውስጥ እንዲሁም ወደ እንግሊዝ ባደረከው/ባደረግሽው በነበረው ጉዞ ላይ በጣም አስቸጋሪ ገጠመኞች እንዳሳለፍክ/ሽ እንረዳለን። እዚህ ሆነህ/ሽ ሃላ ስለተውካቸው ሰዎች መበሳጨት እና መጨነቅ የተለመደ ነገር ነው። እንዲሁም በአዲስ ሀገር ውስጥ ስለመሆንህ/ሽ ጭንቀት ሊሰማህ/ሽ ይችላል። ለመተኛት ትቸገር/ሪ ይሆናል፣ ንዴት ሊሰማህ/ሽ፣ ጉልበት ማጣት ማልቀስ ልያጋጥም ይችላል። ይህ ተፈጥሯዊ ነው።



በጭንቅላታችን ውስጥ የሚሰማን ስሜት፣ የደስተኛም ሆነ የሀዘን ስሜት በእንግሊዝ ኢሞሽኔሽንል ዊል ቢንግ 'emotional well-being' ይባላል። እንደዚህ አይነት ስሜት ሲኖር ከ GP ከሐኪም እርዳታ ማግኘት ይችላል።

Things that may help - Connecting to other people - try not to sit in your room alone all the time. Speak with your Carer/Support worker. There may be a community group or local people that would like to meet with you.

Getting involved in activities - some local community groups run a range of activities which can keep you active and you can learn new things. As well as your English lessons, you may be eligible to study other courses for free at a local college. You can volunteer too, which is unpaid but can provide you with experience which will be useful for future employment.

Being active - you can choose! It could be anything you do in your day-to-day life like running, walking, jogging or swimming or you could join a gym or sports or football club or go dancing. Even doing housework can count.



ሊረዱ የሚችሉ ነገሮች - ከሌሎች ሰዎች ጋር መገናኘት - ሁልጊዜ በክፍል ውስጥ ብቻህን/ሽን ላለመቀመጥ መሞከር። ከኬረፍ/ድጋፍ ሰጪ ሰራተኛ (Carer/Support worker) ጋር ተነጋገሩ። ከአንተ/አንቺ ጋር መገናኘት የሚፈልጉ የኮሚኒቲ ወይም የአካባቢ ሰዎች ሊኖሩ ይችላሉ።



በተለያዩ እንቅስቃሴዎች ውስጥ መሳተፍ - አንዳንድ የአካባቢ ማህበረሰቦች የተለያዩ እንቅስቃሴዎችን ያካሂዳሉ ይህም ንቁ እንዲሆኑ እና አዳዲስ ነገሮችን መማር ይችላሉ። እንዲሁም የእንግሊዝኛ ትምህርቶች፣ ሌሎች ኮርሶችን በአካባቢያዊ ኮሚገኝ ኮሌጅ በነጻ ለመማር ብቁ ሊሆኑ ይችላሉ። የማይከፈል ስራ በፈቃደኝነት (ቮለንቲር volunteer) መስራት ይችላሉ። ይህም የማይከፈልበት ስራ ነው ነገር ግን ለወደፊት ስራ ጠቃሚ የሆነ ልምድ ልታገኝ/ኚ ያስችላል።

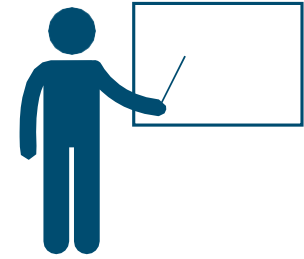


ንቁ መሆን - መምረጥ ይችላሉ! በዕለት ተዕለት ህይወታችሁ ውስጥ የምታደርጉት ማንኛውም ነገር እንደ ፍጫ፣ መራመድ፣ መሮጥ ወይም መዋኘት ወይም ጂም ወይም ስፖርት ወይም የእግር ኳስ ክለብ መቀላቀል ወይም የዳንስ የመሳሉት ልትሄድ/ጂ ይቻላል። የቤት ውስጥ ስራዎችን መስራት እንኳን ንቁ ያደርጋል።



5. Education

Under UK law, children must be in full-time education between the ages of 5 and 16, and children aged 16-18 must be in some form of education or training. Education is free in schools funded by the government. Most are mixed schools, teaching boys and girls together.



All schools teach a range of subjects and textbooks are provided free by the school.

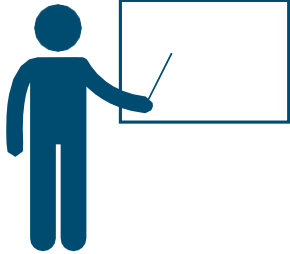
Schools and colleges run from Monday to Friday. The school year runs from September to July, with holidays throughout the year. Every class has a Teacher and sometimes extra adults to help. School is a safe place and staff are not allowed to physically punish students.

Your Virtual School Lead will explain the Education System in the UK and what education is available for you; this could be either academic or practical studies. They will also help you to decide which is the best course for you. Not all learning takes place in a classroom and you will be expected to do some study at home or online by yourself.



5. ትምህርት

በዩኔ ህግ ልጆች ከ 5 እስከ 16 አመት ባለው ጊዜ ውስጥ በሙሉ ጊዜ ትምህርት ውስጥ መሆን አለባቸው። እና ከ16-18 እድሜ ያላቸው ልጆች ደግሞ በትምህርት ወይም በስልጠና ትምህርት መሆን አለባቸው። ትምህርት በነፃ ነው። ትምህርት ቤቶች በመንግስት የገንዘብ ድጋፍ ነው የሚተዳደሩት። በአብዛኛው ወንድ እና ሴት ልጆች አብረው ተቀላቀሉ የሚማሩት።



ሁሉም ትምህርት ቤቶች የተለያዩ አይነት ትምህርቶችን ያስተምራሉ። የመማሪያ መጽሐፍት በትምህርት ቤቱ በነፃ ይሰጣሉ።

ትምህርት ቤቶች እና ኮሌጆች ከሰኞ እስከ አርብ ይሰራሉ። የትምህርት አመቱ ከመስከረም እስከ ጳጉሜ ነው። እያንዳንዱ ክፍል ተጠሪ አስተማሪ እና አንዳንድ ጊዜ ተጨማሪ ተጋጋዥ አሉት። ትምህርት ቤት የተማሪን ደህንነት ያረጋግጣል። ትምህርት ቤቶች አካላዊ ቅጣት ተማሪ ላይ ይፈቀድላቸውም። በአመቱ ውስጥ ትምህርት ቤት የሚዘገቡት በዓላት አሉት።

የሸርቹዋል ት/ቤት መሪዎ በዩኔ ያለውን የትምህርት ስርዓት እና ምን ትምህርት እንደሚሰጥ ያብራራል። ይህ ምናልባት ትምህርታዊ ወይም ተግባራዊ ትምህርት ሊሆን ይችላል። እንዲሁም የትኛው ለአንተ/ቺ የተሻለው ኮርስ እንደሆነ ለመወሰን ይረዳችዋል። ሁሉም ትምህርት የሚሰጠው በክፍል ውስጥ አይደለም ፣ ከቤት ሆኖ ወይም በኢንተርኔት (online) ላይ የተወሰነ ትምህርት እንድትማሩ ይጠበቃል።



6. Language learning

Learning to speak English is very important and will help you to settle into your new life and live more independently.

Your Virtual School Lead is responsible for helping you gain access to English classes. Before you join a class, a teacher will check how much English you already know so that you can join a class with people who are at a similar level as you.

You do not need to know any English to join an English course. Classes are a lot of fun and a good place to meet people and make friends. Some classes also include social activities like football.

There are many free online English Language learning opportunities that will support your class work:

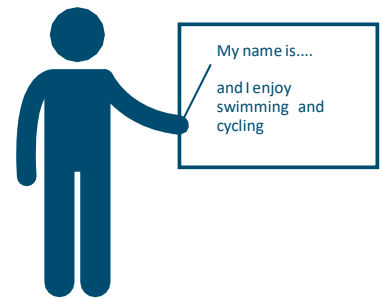
Learn My Way

Skills Workshop

South East Grid for Learning - New

Arrivals Conversation English resources

Conversation English practice





6. የቋንቋ መማር

እንግሊዘኛ ለመናገር መማር በጣም አስፈላጊ ነው። በአዲሱ ህይወትህ/ሽውስጥ ለመኖር እና እራስን ችሎ ለመኖር ጠቃሚ ነው።

የሽርቆዋል ት/ቤት መሪው (Virtual School Lead) የእንግሊዘኛ ትምህርት እንድታገኝ የመርዳት ሃላፊነት አለበት። ክፍል ከመቀላቀል በፊት፣ እንደ አንተ/ች ተመሳሳይ ደረጃ ካላቸው ሰዎች ጋር ክፍል ለመቀላቀል አስተማሪው ምን ያህል እንግሊዘኛ እንደምታውቅ/ቂ ያጣራል።

የእንግሊዘኛ ኮርስ ለመማር ለመጀመር እንግሊዘኛ ማወቅ አያስፈልግም። ክፍሎች በጣም አስደሳች እና ከሰዎች ጋር ለመገናኘት እና ጓደኞችን ለማፍራት ጥሩ ቦታ ናቸው። አንዳንድ ክፍሎች እንደ እግር ኳስ ያሉ ማህበራዊ እንቅስቃሴዎችን ያካትታሉ።

የክፍል ስራዎን የሚደግፉ ብዙ ነጻ 'ኦንላይን' (online) ላይ የእንግሊዘኛ ቋንቋ የመማር እድሎች አሉ።

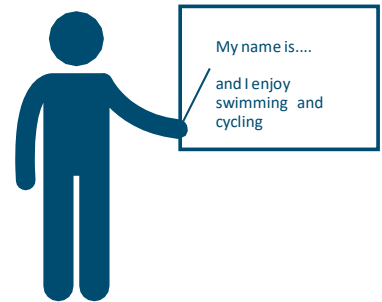
በተማርኩበት መንገድ

የሞያ ዎርክሾፕ

South East Grid for Learning - አዲስ የመጡ

የውይይት እንግሊዘኛ መማርያዎች

የንግግር እንግሊዘኛ መለማመጃዎች



7. Police and law

In the UK, the police are here to help and you can approach them if you need help. They have a duty to uphold the law, prevent crime, bring to justice those who break the law, keep the peace, and protect, help and reassure the community. Police do not routinely carry guns in the UK except in special circumstances.



It is important to understand that some things which are allowed in other countries are not acceptable in the UK and some things which may not be allowed in other countries may be legal in the UK.



If you break the law, the police may want to talk to you at a police station. It is important to tell them that you have a social worker and ask for them to contact him or her. Your social worker will make sure that you have support.

The Police can stop and question you at any time, although it is not common and should not happen regularly. A Police Officer might stop you and ask: What your name is, what you are doing in the area and where you are going.

Police Officers can search you depending on the situation - being searched does not mean you are being arrested. Police Officers need to have 'reasonable grounds' to suspect you're carrying something you shouldn't like illegal drugs, a weapon, stolen property or something which could be used to commit a crime.

If you need the police because of a crime, there are lots of ways to contact them but remember in an emergency always dial 999.



7. ፖሊስና ሕግ

በእንግሊዝ አገር ውስጥ የፖሊስ እርዳታ እርዳታ ከፈለጉ እገዛ መጠየቅ ይቻላል። ፖሊስ ህግን የማስከበር፣ ወንጀልን የመከላከል፣ ህግ የሚጥሱትን ለፍርድ የማቅረብ፣ ሰላሙን የማስጠበቅ እና ማህበረሰቡን የመጠበቅ፣ የመርዳት እና የማረጋገጥ ግዴታ አለባቸው። በልዩ ሁኔታ ካልሆነ በስተቀር ፖሊስ በዩናይትድ ኪንግደም ውስጥ ሽጉጥ አይይዝም።

በሌሎች አገሮች የተፈቀዱ አንዳንድ ነገሮች በዩናይትድ ኪንግደም ተቀባይነት የሌላቸው እና በሌሎች አገሮች የማይፈቀዱ አንዳንድ ነገሮች በእንግሊዝ ውስጥ ህጋዊ ሊሆኑ እንደሚችሉ መረዳት በጣም አስፈላጊ ነው።

ሁን ከጣስክ/ከጣስሽ፣ ፖሊስ በፖሊስ ጣቢያ ተገኝተህ/ሽ ሊያነጋግር ይፈልግ ይሆናል። ሶሻል ወርከር እንዳለህ/ሽ መንገር እና እሱን ወይም እሷን እንዲያገናኙ መጠየቅ አስፈላጊ ነው። ሶሻል ወርከር ድጋፍ እንዳለህ/ሽ ያረጋግጣል።

ምንም እንኳን የተለመደ ባይሆንም እና በመደበኛነት መከሰት ባይገባውም ፖሊስ በማንኛውም ጊዜ ሰዎችን ሊያቆም እና ሊጠይቅ ይችላል። የፖሊስ መኮንን ሊያስቆምህ ይችላል። ስምህ ማን እንደሆነ፣ በአካባቢው ምን እየሰራህ/ሽ እንደሆነ እና ወዴት እንደምትሄድ/ጂ ሊጠይቅ ይችላል።

የፖሊስ እንደ ሁኔታው ሊፈትሽህ/ሽ ይችላሉ - ሲፈተሹ በቁጥጥር ስር ውለዋል ማለት አይደለም። የፖሊስ ህገወጥ እፅ፣ መሰሪያ፣ የተሰረቀ ንብረት ወይም ወንጀል ለመፈጸም የሚያገለግል ነገር እንደያዙ ለመጠርጠር 'ምክንያታዊ ምክንያቶች' ('reasonable grounds') ሊኖራቸው ይገባል።



ከወንጀል በተያያዘ ምክንያት ፖሊስ ከፈለግክ/ሽ፣ እነሱን ለማግኘት ብዙ መንገዶች አሉ። በድንገተኛ ጊዜ ሁል ጊዜ 999 ይደውሉ።



Working in the UK

While you are waiting for your asylum claim to be decided, you are not allowed to work. However, you can still make use of your spare time by being part of your local community, joining in activities, learning English, meeting people and taking up volunteering opportunities.

Be wary of anyone approaching you with offers of work as this is not allowed. If you are concerned that you or someone you know is being exploited in this way you should contact the police and speak to your social worker or support worker.

Laws on Sex in the UK

In the UK, it is against the law to have sexual contact at any time without the other person's consent (this means that both people agree to sexual contact). It is against the law for anyone to have sex with any person who is under the age of 16, even if they consent (agree to this).

Sexual contact includes any unwanted physical touching, kissing or holding on to someone, even if you are in a relationship with them. It also includes someone who is really drunk or high on drugs as they can not give their consent.



መስራት በየኪ

የጥገኝነት ጥያቄ ውሳኔ እስኪያገኝ ድረስ እየጠበቁ ባለበት ጊዜ፣ መስራት አይፈቀድም። ነገር ግን አሁንም የአከባቢ ማህበረሰብ አካል ለመሆን፣ የተለያዩ እንቅስቃሴዎችን በመሳተፍ፣ እንግሊዘኛ በመማር፣ ከሰዎች ጋር በመገናኘት እና የበጎ ፈቃደኝነት እድሎችን በመጠቀም ትርፍ ጊዜ መጠቀም ይችላሉ።

መስራት ስለማይፈቀድ ማንኛውም ሰው ስራ ልያሰራህ/ልያሰራሽ ጥሪ ሲያቀርብልህ/ሽ ይጠንቀቁ። አንተ/ቺ ወይም የሚያውቁት ሰው በዚህ መንገድ እየተበዘበዘ ነው የሚል ስጋት ካለ ፖሊስን አነጋግር/ሪ ወይም የአንተ/ቺ ሰሻል ወርከር ወይም ድጋፍ ሰጪ (ሳፖርት ወርከር) አነጋግር/ሪ።

በየኪ ስለ ወሲብ ህጎች

በእንግሊዝ አገር ውስጥ የሌላኛው ሰው ፈቃድ ሳይኖር የግብረ ሥጋ ግንኙነት ማድረግ በሕግ የተከለከለ ነው (ይህ ማለት ሁለቱም ሰዎች በግብረ ሥጋ ግንኙነት ለመፈጸም መስማማት አለባቸው። ማንኛውም ሰው ከ16 ዓመት በታች ከሆነ ሰው ጋር የግብረ ሥጋ ግንኙነት መፈጸም በሕግ የተከለከለ ነው። ከ16 ዓመት በታች የግብረ ሥጋ ግንኙነት መፈጸም ቢስማሙም ጭምር በሕግ የተከለከለ ነው።

ወሲባዊ ግንኙነት ማንኛውንም ሰው ያልተፈለገ አካላዊ መንካት፣ መሳም ወይም መያዝን ያጠቃልላል፣ ምንም እንኳን እርስዎ ከእነሱ ጋር ግንኙነት ውስጥ ቢሆኑም ጭምር ካለ ፍቃዳቸው የሚፈጸም አካላዊ መንካትና ወሲብ ህገ ወጥ ነው። እንዲሁም በእውነት ሰክረው ወይም በአደገኛ ዕቃዎች ያሉ ሰዎችንም ያካትታል ለምን ፈቃዳቸውን መስጠት ስለማይችሉ ።



Alcohol, Tobacco and Drugs in the UK

The legal age to buy alcohol is 18 years old. It is an offence for an adult to buy any alcoholic drinks for anyone under the age of 18.



The legal age to buy cigarettes or tobacco is 18 years old. It is an offence for an adult to buy cigarettes for anyone under the age of 18. It is illegal to smoke in all public buildings and workplaces and on buses and trains. There is no legal restriction to vaping in the UK however vaping is also usually banned in workplaces, outside hospitals and public buildings.



It is illegal to have in your possession, transport, use or sell drugs which are not available to buy in pharmacies, shops or which have been prescribed for you by your doctor. Punishments can be severe, including going to prison. Cannabis is illegal to use even in your own home in the UK.

Values, Responsibilities, Rights and Freedoms in the UK

The UK wants everyone to feel welcome and valued. It is illegal to treat anyone differently because of their gender, race, religion, age, disability or sexual orientation.



You are free to practice your religion in the UK. You can find churches, mosques, synagogues, or other places of worship in towns and cities. People must respect each other's views, religion, and dress, even if it is different from what they are used to.



Racism is unacceptable in the UK. It is a serious offence to injure, harass, bully or verbally abuse someone because of their race or ethnicity. It is also against the law to stir up racial hatred.





በዩናይትድ ኪንግደም ውስጥ አልኮሆል፣ ትምባሆ እና መድሃኒቶች

አልኮል ለመግዛት ህጋዊው ዕድሜ 18 ዓመት ነው። አንድ አዋቂ ሰው ዕድሜያቸው ከ18 ዓመት በታች ለሆኑ ሰዎች የአልኮል መጠጥ መግዛት በሕግ ያስጠይቃል።



ሲጋራ ወይም ትምባሆ ለመግዛት ህጋዊው ዕድሜ ከ18 ዓመት በላይ ነው። እድሜው ከ18 ዓመት በታች ላለው ሰው ሲጋራ መግዛት በሕግ ያስጠይቃል። . በሁሉም ህዝባዊ አገልግሎት ሰጪ ህንጻዎች እና የስራ ቦታዎች፣ በአውቶቡሶች እና በባቡሮች ውስጥ ማጫስ ህገወጥ ነው። በዩናይትድ ኪንግደም ውስጥ ቫፒንግ (vaping) ላይ ምንም ዓይነት ህጋዊ ገደብ የለም ነገር ግን ቫፒንግ አብዛኛውን ጊዜ በስራ ቦታዎች፣ ከሆስፒታሎች ውጭ እና ህዝባዊ አገልግሎት ሰጪ ህንጻዎች ውስጥ የተከለከለ ነው።

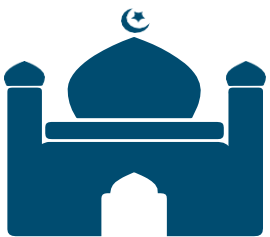


በፋርማሲዎች፣ በሱቆች ለመግዛት የማይችሉ ወይም የማይገኙ ወይም በሐኪምዎ የማይታዘዙ መድኃኒቶችን በእጅህ/ሽ መያዝ፣ ማጓጓዝ፣ መጠቀም ወይም መሸጥ ሕገወጥ ነው። እስር ቤት መግባትን ጨምሮ ቅጣቶች ከባድ ሊሆኑ ይችላሉ። ካናቢስ በ Cannabis በቤትዎ ውስጥ ጭምር እንኳን መጠቀም ሕገ-ወጥ ነው።



በዩኬ ውስጥ እሴቶች፣ ኃላፊነቶች፣ መብቶች እና ነጻነቶች

ዩናይትድ ኪንግደም ሁሉም ሰው በፍቅር መቀበልና ክብሩ እንዲጠበቅለት ትፈልጋለች። በጾታ፣ በዘር፣ በሀይማኖት፣ በእድሜ፣ በአካል ጉዳተኝነት ወይም በፆታዊ ዝንባሌው ምክንያት ማንንም ሰው በተለየ መንገድ ማስተናገድ ህገወጥ ነው።



በዩኬ ውስጥ ሃይማኖትህን/ሽን ለመከተል ነፃ ነዎት። በከተሞች እና በከተሞች ውስጥ አብያተ ክርስቲያናትን፣ መስጊዶችን፣ ምኩራቦችን ወይም ሌሎች የአምልኮ ቦታዎችን ማግኘት ይቻላል። ሰዎች ከለመዱት የተለየ ቢሆንም የሌላውን አመለካከት፣ ሃይማኖት እና አለባበስ ማክበር አለባቸው።



ዘረኝነት በዩኬ ተቀባይነት የለውም። አንድን ሰው በዘሩ ወይም በጎሣው ምክንያት መጉዳት፣ ማዋከብ፣ ማስፈራራት ወይም መሰደብ ከባድ በደል ነው። የዘር ጥላቻ መቀስቀስም ከህግ ውጭ ነው።



You do have a right to defend yourself if needed to get away from a situation, but in the UK, it is illegal to carry weapons for protection.

Female Genital Mutilation (FGM) also known as cutting or female circumcision is illegal in the UK. Practising FGM or taking a girl or woman abroad for FGM is a criminal offence punishable by law. If you are a victim of FGM, you should tell your doctor. There are doctors who specialise in helping FGM victims. You can also ask for advice from one of several national organisations, such as the NSPCC on 0800 028 3550



In the UK it is illegal to abuse or harm anyone for reasons of cultural or family honour, whether they are a member of the same family or not. It is illegal to punish someone for what is considered to be dishonourable behaviour. If you are worried about honour-based violence you can speak to the police. You can also get confidential advice from an organisation called Karma Nirvana on 0800 5999 247.

If you have experienced any of these things, you can report it to the police directly by phoning 101 and they will take it seriously and investigate and support and advise you. You do not have to give your name when reporting a hate crime incident. Your report will be completely confidential.



You can get emotional and practical support if you are a victim of crime from Victim Support. They can also help you report a crime including hate crime. Please visit the website www.victimsupport.org.uk to search for your local victim support team or phone free on 08081689111



ከአስቸጋሪ ሁኔታዎች ለመዳን እራስህን/እራስሽን የመከላከል መብት አለህ/ሽ፣ ነገር ግን በዩኔ ውስጥ ለመከላከያ መሳሪያ መያዝ ህገወጥ ነው።

የሴት ብልት ግርዛት Female Genital Mutilation (FGM) እንዲሁም መቁረጥ ወይም የሴት ግርዛት በእንግሊዝ አገር ህገወጥ ነው። የሴት ልጅ ግርዛትን መፈጸም ወይም ሴት ልጅን ወይም ሴትን ለግርዛት ወደ ውጭ አገር መውሰድ በህግ የሚያስቀጣ ወንጀል ነው። የሴት ልጅ ግርዛት ሰለባ ከሆንሽ ለሀኪምሽ መንገር አለብሽ/አለባቹ። የሴት ልጅ ግርዛት ተጎጂዎችን በመርዳት ረገድ የተካኑ ዶክተሮች አሉ። እንደ NSPCC ለመደወል 0800 028 3550 ደውሉ። እንዲሁም ሌሎችን ብሔራዊ ድርጅቶችን አንዱን ምክር መጠየቅ ይችላሉ።



በዩኔ ውስጥ በባህላዊ ወይም በቤተሰብ ክብር ተነካ በሚል ምክንያት ማንንም ማጎሳቆል ወይም መጉዳት ህገወጥ ነው። የአንድ ቤተሰብ አባል ይሁኑ አይሁኑ ማንንም ማጎሳቆል ወይም መጉዳት ህገወጥ ነው። አንድን ሰው ክብር አጎደለ ብለው መቅጣት ህገወጥ ነው። በአክብሮት አጎደል/ አጎደልሽ በሚል ጥቃት ይደርስብኛል ብልህ/ሽ ከተጨነቀህ/ሽ ማነጋገር ፖሊስ ትችላህ/ሽ። እንዲሁም ካርማ ኒርቫና (Karma Nirvana) የሚባል ድርጅት በ 0800 5999 247 ሚስጥራዊ ምክር ማግኘት ይችላሉ።

ከነዚህ ነገሮች ውስጥ አንዱ ካጋጠመህ/ሽ በቀጥታ ለፖሊስ 101 በመደወል ማሳወቅ ይችላሉ። ፖሊስ በቁም ነገር ጉዳዩን ይዘው ይመረምራሉ። አስፈላጊውን ድጋፍ እና ምክር ይስጡሃል/ሻል። የጥላቻ ወንጀልን ለፖሊስ ስያሳውቁ ስምዎን መስጠት የለብዎትም። ሪፖርትህ ሙሉ በሙሉ ሚስጥራዊ ይያዛል።



ቪኒክተም ሳፖርት (Victim Support) ከሚባል ድጋፍ ሰጪ ድርጅት የወንጀል ሰለባ ከሆኑ የስነ ልቦና እና አገዛ ድጋፍ ማግኘት ይችላሉ። እንዲሁም የጥላቻ ወንጀልን ጨምሮ የተፈጸመውን ሪፖርት ለማድረግም ሊረዱዎት ይችላሉ። ቪኒክተም ሳፖርት (Victim Support) የድህረ ገጹን www.victimsupport.org.uk ተመልከት/ጭ ፣ በአካባቢህ/ሽ የሚገኘውን ጽ/ቤት ይህን ስልክ በነጻ በ 08081689111 ይደውሉ።

8. Immigration Help and Advice

Asylum is the protection granted by a government to someone who has left their home country as a refugee. Someone who applies for asylum in the UK is called an asylum-seeker and if the application is successful, they will be granted refugee status which gives rights and permission to live in the UK.



Unaccompanied children who apply for asylum in the UK are sometimes referred to as 'UASCs', which stands for unaccompanied asylum-seeking children.

The Home Office (part of the UK Government) is responsible for considering asylum claims and applications. The process can be complicated and can take a long time. It is essential you have legal representation and your social worker will help you find a qualified immigration solicitor or adviser for this.

You may need to attend interviews and give information about your journey to the UK and why you think it is not safe for you to return to your home country. Children who claim asylum should have a responsible adult to help them throughout the process and the Home Office has a duty to safeguard and promote the welfare of children in the UK as they carry out their functions. The process is explained in this **UASC Journey map**

There are many organisations who may help people claiming asylum in the UK. It is very important that a legal representative is regulated and qualified to give immigration advice because they must have specialist knowledge of asylum law and policies. Children will normally be eligible for free legal advice and you should not have to pay for this.

You can find more advice and guidance on the asylum process, including some translated information at: Migrant Help: www.migranthehelpuk.org
Tel: **0808 8010 503**

Corom Children's Legal Centre: www.childrenslegalcentre.com/resources/asylum/

Refugee Council Children's Advice Project: children@refugeecouncil.org.uk
Tel: **020 7346 1134**

To find an immigration solicitor or adviser: www.gov.uk/find-an-immigration-adviser

Tracing Family **The British Red Cross | Worldwide Humanitarian Charity**

8. የኢሚግሬሽን ምክርና እገዛ

ጥገኝነት ጠያቂ (አሳይለም) ሀገሩን ጥሎ ለወጣ ሰው በመንግስት የሚሰጠው ጥገኝነት ነው። በዩናይትድ ኪንግደም ለጥገኝነት የሚያመለክት ሰው ጥገኝነት ጠያቂ ይባላል። ጥገኝነት ማመልከቻው የተሳካላቸው ደግሞ የሪፊዩጂ (refugee status) የመኖርያ ፍቃድ በዩኤ ውስጥ የመኖር መብት እና ፍቃድ የሚሰጥ ፍቃድ ይሰጣቸዋል።



በእንግሊዝ ሀገር ውስጥ ለጥገኝነት የሚያመለክቱ ካለ ወላጅ ወይ ቤተሰብ የሌላቸው ጥገኝነት ጠያቂዎች **Unaccompanied** children አንዳንዴ 'UASCs' ተብሎ ይጠራል። ይህ ማለት ወላጅ ወይ ቤተሰብ አብሮት ላልሆኑ ጥገኝነት ጠያቂ ልጆች የተሰጠ አሳጥሮ የተጻፈ ነው።

ሆም ኦፊስ (Home Office) ተብሎ የሚጠራ (የዩኤ መንግሥት አካል) የጥገኝነት ጥያቄዎችን እና ማመልከቻዎችን የሚወስን ኃላፊነት ያለበት መስራ ቤት ነው። የጥገኝነት ወረቀት ውሳኔ ሂደቱ ውስብስብ እና ረጅም ጊዜ ሊወስድ ይችላል። ስለዚህ የህግ ውክልና እንዲኖርህ/ሽ አስፈላጊ ነው። ሶሻል ወርከርህ/ሽ ለዚህ ብቁ የሆነ የኢሚግሬሽን ጠበቃ ወይም አማካሪ እንድታገኝ/እንድታገኝ ይረዳል።

በዩኤ ውስጥ ጥገኝነት የሚጠይቁ ሰዎችን የሚረዱ ብዙ ድርጅቶች አሉ። ፍቃድ ያለው እና የኢሚግሬሽን ምክር ለመስጠት ብቁ መሆኑ የተረጋገጠ መሆን አለበት። ምክንያቱም ስለ ጥገኝነት ህግ እና ፖሊሲዎች (asylum law and policies) ልዩ እውቀት ሊኖራቸው ይገባል። ልጆች ነፃ የሕግ ምክር የማገኘት መብት ስላላቸው መክፈል የለብህም/የለብሽም።

ተጨማሪ ኤንፎርሜሽን ስለ ኢሚግሬሽን ምክር እና መረጃ አገልግሎት ስለ ጥገኝነት ጥያቄ፡ በተለያዩ ቋንቋዎችም ያገኛሉ Migrant Help: www.migranthehelpuk.org
ስልክ: **0808 8010 503**

Corom Children’s Legal Centre: www.childrenslegalcentre.com/resources/asylum/

Refugee Council Children’s Advice Project: children@refugeecouncil.org.uk
Tel: **020 7346 1134**

ጠበቃ ወይ አማካሪ ለማግኘት ደግሞ: www.gov.uk/find-an-immigration-adviser

የቤተሰብ አፈላላጊ (Tracing Family) [The British Red Cross](http://www.britishredcross.org) | [Worldwide Humanitarian Charity](http://www.worldwidehumanitariancharity.org)

9. Local area information and community support

Your local neighbourhood

In your local area there will be lots of shops. Some only sell one type of thing like meat or clothing and others that sell a mixture of things. It is okay to go into shops and look at what they sell without buying anything.

It is likely there will be a leisure centre where you can play sport or exercise, local parks and libraries where you can borrow books and access the internet if you do not have it at home. Libraries and parks are free to everyone and leisure centres are often cheap to use.

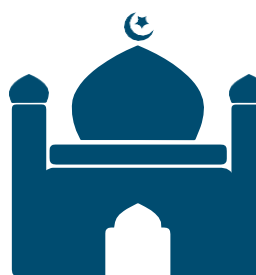
In the UK we drive on the left side of the road. We have crossing points where lights make the vehicles stop so people can cross the road safely. If you are not using a crossing point it is important you look both ways to see if cars are coming because they do not have to stop for you.

On your phone you can access **Google Maps**. These will show you where everything is in your local area and help you get home if you get lost.

Places of worship

The UK is a multi-faith society and there are mosques, churches, synagogues and other places of worship in larger towns or cities. Some contacts are listed below.

Many newcomers to the UK have found that they have had support and help through their place of worship and have also made friends who have helped them to adapt to life here and made them feel welcome.



9. የአካባቢ ኢንፎርሜሽን እና የኮሚኒቲ ድጋፍ

የምትኖርበት አካባቢ ሰፈር

በአካባቢዎ ውስጥ ብዙ ሱቆች ይኖራሉ። አንዳንዶቹ እንደ ስጋ ወይም ልብስ ያሉ አንድ አይነት ነገር ብቻ ይሸጣሉ። ሌሎች ደግሞ ደግሞ የተለያዩ ነገሮችን ይሸጣሉ። ምንም ነገር ሳትገዛ/ሳትገዥ ሱቆች ገብተህ/ሽ የሚሸጡትን መመልከት ችግር የለውም።

ስፖርት ወይም የአካል ብቃት እንቅስቃሴ የምትጫወትበት የመዝናኛ ማዕከል በአካባቢው ሊኖር ይችላል። በመናፈሻዎች እንዲሁም ቤተ መጻሕፍት መጽሐፍት የምትወስድበትና እና ቤት ውስጥ ከሌለህ/ከሌለሽ ኢንተርኔት የምትጠቀምበት ቦታ ነው። ቤተ-መጻሕፍት እና መናፈሻዎች ለሁሉም ሰው ነፃ ናቸው እና የመዝናኛ ማዕከሎች ብዙ ጊዜ ለመጠቀም ርካሽ ናቸው።

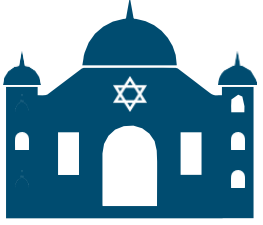
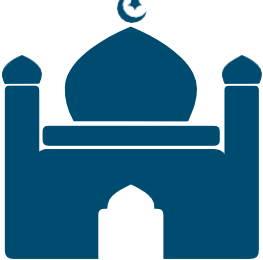
በዩኔ ውስጥ መኪና በግራ በኩል እንነዳለን። ሰዎች መንገዱን በሰላም እንዲያቋርጡ መብራቶች ተሽከርካሪዎች እንዲቆሙ የሚያደርግባቸው የማቋረጫ ቦታዎች አሉ። የማቋረጫ መስመሮችን እየተጠቀሙ ካልሆነ በስተቀር መኪናዎች እየመጡ እንደሆነ ለማየት ሁለቱንም ግራና ቀኝ መንገዶች ማየት አስፈላጊ ነው። ምክንያቱም ለአንተ/ላንቺ በለው ማቆም አያስፈልጋቸውም።

በስልክዎ ላይ ጎግል ካርታዎችን መጠቀም ይችላሉ። እነዚህ በአካባቢው ያሉ ሁሉም ነገሮች የት እንዳሉ ያሳያል። እዲሁም ከጠፉ/ሽ ወደ ቤትህ/ሽ እንድትመለስ/ሽ ይረዳል።

የማምለክያ ቦታዎች

ዩናይትድ ኪንግደም የባለብዙ እምነት ማህበረሰብ አገር ናት መስጊዶች፣ አብያተ ክርስቲያናት፣ ምኩራቦች እና ሌሎች የአምልኮ ቦታዎች በትልልቅ ከተሞች ወይም ከተሞች አሉ። አንዳንድ ቦታዎች ከዚህ በታች ተዘርዝረዋል።

ወደ ዩናይትድ ኪንግደም የሚመጡ ብዙ አዲስ መጮዎች በአምልኮ ቦታቸው ድጋፍ እና እርዳታ እንዳገኙ ይናገራሉ እንዲሁም እዚህ ኑሮውን እንዲለመዱ የረዷቸውን እና ጥሩ አቀባበል አድርገውላቸዋል። ጋደኛም ለማግኘት እና ከአካባቢው እንዲዋሃዱ ያግዛል።



Public transport

here is a large train and bus network across the country. To use public transport, you usually have to buy a ticket before travelling. For national trains or buses, tickets are usually much cheaper if you buy a few weeks before you want to travel. Times and ticket prices are different across the UK; you can find out more information on the national rail website: www.nationalrail.co.uk or in your local train or bus station.

You should also get to know the local transport links and bus stops and learn how to use transport to reach places further away. You may not live very close to a doctor, school or big shop and may need to travel to get there.





የሕዝብ ማመላለሻ

በመላ አገሪቱ የባቡር እና የአውቶቡስ መጓጓዣ ኒትዎርክ መስመር አለ። የህዝብ ማመላለሻ ለመጠቀም፣ ከመጓጓዣ/ሽ በፊት ትኬት መግዛት አለብህ/ሽ። ከከተማ ከተማ ለመጓጓዣ ባቡሮች ወይም አውቶቡሶች፣ መጓዣ ከመፈለግህ/ሽ ጥቂት ሳምንታት በፊት ከተገዛ ቲኬቶች ብዙውን ጊዜ በጣም ርካሽ ናቸው። በዩናይትድ ኪንግደም ውስጥ የጊዜ እና የቲኬት ዋጋዎች የተለያዩ ናቸው። ተጨማሪ መረጃ ለማግኘት በዋናው የባቡር ጣቢያ www.nationalrail.co.uk ወይም በአክባቢህ/ሽ በሚገኝ ባቡር ወይም የአውቶቡስ ጣቢያ ማግኘት ይችላል።



እንዲሁም የአክባቢ የትራንስፖርት መገናኛ እና የአውቶቡስ ማቆሚያዎችን ማወቅ እና ራቅ ያሉ ቦታዎችን ለመድረስ መጓጓዣን እንዴት መጠቀም እንደሚችል ይወቁ። ከይክተር፣ ከትምህርት ቤት ወይም ከስፐር ማርኪቶች ሱቆች ጋር በጣም ተቀራርበህ ላይኖር ይችላል እና ወደዚያ ለመድረስ መጓዣ ያስፈልግህ ይሆናል። ስለዚህ የትራንስፖርት መስመሮችን ማውቅ ያስፈልጋል።



10. Adapting to life in the UK - cultural and social

Adjusting to life in a new culture is difficult and it can take a while before you feel relaxed and confident. The best way to understand UK society is to take part in it by studying, joining in everyday activities, using public transport, watching TV and meeting people.

This short list describes some things that may help you begin to understand behaviour and expectations in UK society:

Greetings: Handshakes are common when two people greet each other in a formal situation. Saying 'hello, or hi' and waving is also common but more informal. Men and women will probably shake hands when meeting in a business situation. You may see public displays of affection such as holding hands or kissing. This is allowed in the UK. It is not acceptable to touch anyone if they do not want to be touched; this could be regarded as sexual harassment which is against the law.



Dress code: In the UK you will see people wearing all kinds of clothing ranging from smart to casual, traditional to modern. You may find the way men or women choose to dress, different from what you are used to, but you must respect their right to choose their clothing. Some jobs may require you to dress in a specific way such as wearing a suit or a uniform, but this varies from job to job.



Politeness: Most people try to be polite, saying 'please' to ask for things and 'thank you' when receiving things. 'Sorry' is also helpful for apologies, but also for minor things such as bumping into someone else by accident, even if it was not your fault.



9. በዩኔ ካሎው ባህልና ሕብረተሰብ ለመላመድ

በዩኔ ውስጥ ካሎው ሕይወት ጋር መላመድ - ባህላዊ እና ማህበራዊ. በአዲስ ቦታ እና ባህል ውስጥ ህይወትን ማስተካከል አስቸጋሪ ነው። እናም ዘና ለማለት እና በራስ የመተማመን ስሜት እንዲኖር ትንሽ ጊዜ ሊወስድ ይችላል። የዩኔን የአናናር ዘይቤ ለመረዳት ምርጡ መንገድ የትምህርት ቦታዎች፣ በእለት ተእለት እንቅስቃሴዎች በመሳተፍ፣ የህዝብ ማመላለሻ በመጠቀም፣ ቲቪ በመመልከት እና ከሰዎች ጋር በመገናኘት እና በመሳተፍ ነው።

ይህ አጭር ዝርዝር በዩኔ ማህበረሰብ ውስጥ ባህሪን እና የምትፈልጉትን ነገሮች ለመረዳት እንዲቻል የሚረዱ አንዳንድ ነገሮችን ያብራራል።

ሰላምታ፡- ሁለት ሰዎች በስራ ምክንያት ሲገናኙ ሰላምታ መጨበበጥ የተለመደ ነው። 'ሄሎ፣ ወይም ሃይ' ማለት እና እጅ ማውለብለብ በሚተዋወቁ ሰዎች የተለመደ ነገር ነው። በጋደኝነት መልክ የሚተዋወቁ ሰዎች ሰላምታ ነው። በስራ ምክንያት ሲገናኙ ወንዶች እና ሴቶች ይጨበበጣሉ። እንደ እጅ መያያዝ ወይም መሳሰሉ ያሉ በአደባባይ ሰዎች ስያደርጉት ይታያሉ። ይህ በዩኔ ውስጥ ይፈቀዳል። ማንም እንዲነካው /እንዲነካት የማይፈልግ ሰው ከሆነ መንካት ተቀባይነት የለውም። ይህ ከህግ ጋር የሚቃረን እንደ ወሲባዊ ትንኮሳ (sexual harassment) ተደርጎ ሊወሰድ ይችላል።



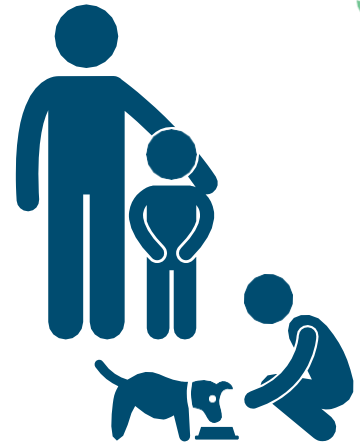
የአለባበስ ኮድ፡ በዩኔ ውስጥ ከምርጥ ልብስ እስከ ተራ ልብስ፣ ባህላዊ እስከ ዘመናዊ ያሉ ሁሉንም አይነት ልብሶች ለብሰው ያያሉ። ወንዶች ወይም ሴቶች የአለባበስ ምርጫን ከለመድከው/ሽው የተለየ ሆኖ ታገኛለህ/ሽ ነገርግን ልብሶቸውን የመምረጥ መብታቸውን ማክበር አለብህ/ሽ። አንዳንድ ስራዎች እንደ ሱፍ ወይም ዩኒፎርም ለብሶ በተለየ መንገድ እንዲለብሱ ሊፈልጉ ይችላሉ፣ ነገር ግን ይህ በተለያዩ ስራ ቦታዎች ሌላይ ይችላል።



ትህትና፡ ብዙ ሰዎች ነገሮችን ለመጠየቅ 'እባክዎ' (please) እና ነገሮችን ሲቀበሉ 'አመሰግናለሁ' (thank you) በማለት ጫዋ ለመሆን ይሞክራሉ። 'ይቅርታ' (Sorry) ይቅርታ ለመጠየቅም ይጠቅማል፣ ለጥቃቅን ነገር ጥፋቱ ባይሆንም እንኳ፣ በአጋጣሚ ከሌላ ሰው ብትገራፈጥ/ጩ ላሉ ጥቃቅን ነገሮችም ጭምር (Sorry) ይቅርታ ይባላል።



Family structure: Family structures vary in the UK. It is acceptable for both men and women to work and arrange childcare between them. It is acceptable to marry someone of the same gender and it is also acceptable, in the UK for two people to live together and have children without getting married and for a single person to raise children alone. In the UK you can only be married to one person at a time. Divorce is acceptable and normal in the UK. You may also find that the relationship between parents and children in the UK is different from what you are used to in your country.



Queues and appointments: If there is a queue to access a service, you should join the queue at the end and wait your turn to be seen. Jumping in front of someone waiting is considered rude in the UK and you may be refused service. In many cases, it is possible to make an appointment to access a service, e.g. at the doctors, the bank or other services. It is important to be on time for your appointment as you may not be able to see someone if you miss the agreed time.



Shopping: Prices are fixed in the UK and it is not usually appropriate to bargain or haggle with the shopkeeper on prices.



Visiting friends: You may receive an invitation to visit someone else's home. It is not necessary, but you may like to bring a small gift like flowers or chocolates when you visit. You may be offered tea or coffee, which is often drunk with milk and/or sugar, depending on personal taste. You may also be offered alcohol, but it is acceptable to ask for another drink instead if you do not drink alcohol.



የቤተሰብ መዋቅር Family structure: የቤተሰብ መዋቅር፡ በዩኔ ውስጥ የቤተሰብ አወቃቀሮች ይለያያሉ። ወንዶችም ሴቶችም ወደ ስራ ይሄዳሉ፡ ልጆችን ደግሞ በጋራ ተስማምተው በጋራ ያሳድጋሉ። ይህ ደግሞ ተቀባይነት አለው። ተመሳሳይ ጾታ ያላቸው ሰው ማግባት ተቀባይነት ያለው ሲሆን፡ በዩናይትድ ኪንግደም ውስጥ ሁለት ሰዎች ሳይጋቡ አብረው እንዲኖሩ እና ልጆች እንዲወልዱ፡ እንዲሁም አንዱ ሰው ብቻውን እንዲያሳድግ ተቀባይነት አለው። በዩኔ ውስጥ በአንድ ጊዜ ከአንድ ሰው ጋር ብቻ ማግባት ይችላሉ። በዩኔ ውስጥ ፍቺ ተቀባይነት ያለው እና የተለመደ ነው። እንዲሁም በእንግሊዝ ሀገር ውስጥ በወላጆች እና በልጆች መካከል ያለው ግንኙነት በአገርሀ/ሽ ውስጥ ከለመዱት የተለየ መሆኑን ሊገነዘቡ ይችላሉ።

ወረፋ እና ቀጠሮ: ወረፋ እና ቀጠሮ፡ አገልግሎት ለማግኘት ወረፋ ካለ፣ መጨረሻ ላይ ወረፋውን በመቀላቀል ተራውን እስኪታይ መጠበቅ አለብህ/ሽ። በእንግሊዝ ሀገር ውስጥ ከሚጠብቀው ሰው ፊት መዝለል እንደ ባለጌ ይቆጠራል እናም አገልግሎት እንዳያገኝ ሊደረግ ይችላል። አገልግሎት ለማግኘት ቀጠሮ መያዝ ይቻላል። ለምሳሌ ሕክምና ባንክ ወይም ሌሎች አገልግሎቶች፡ የተሰጠው ቀጠሮ ሰዓት ካለፈ ምንም ማድረግ አይቻልም በቀጠሮዎ ላይ በሰዓቱ መገኘት አስፈላጊ ነው።

ግብይት (Shopping): ግብይት፡ በዩኔ ውስጥ ዋጋዎች አስቀድመው የተወሰኑ ናቸው እና ብዙውን ጊዜ ከሽያጭ ጋር በዋጋ መደራደር ተገቢ አይደለም።

ጓደኛን መጎብኘት: የሆነ ሰው ቤቱን ለመጎብኘት ግብዣ ሊደርስህ/ሽ ይችላል። አስፈላጊ አይደለም ነገር ግን በሚጎበኙበት ጊዜ ትንሽ ስጦታ እንደ አበባ ወይም ቸኮሌት ይዘህ/ሽ ለመሄድ ይፈልጉ ይሆናል። እንደ ግል ምርጫህ/ሽ ብዙ ጊዜ በወተት እና/ወይም በስኳር የሚጠጥ ሻይ ወይም ቡና ሊሰጥ/ሽ ይችላል። እንዲሁም አልኮል ሊሰጥዎት ይችላል ነገር ግን አልኮል ካልጠጡ በምትኩ ሌላ መጠጥ መጠየቅ ተቀባይነት አለው።



Finally, we appreciate that moving to a new culture will challenge almost everything that you think is 'normal'. All the people that are around you want to help you to begin to feel at home here in the UK. Here are a few things that you can do to increase your sense of belonging in the UK:

- Learn the local language
- Learn about the place where you live, by leaving your house and exploring your neighbourhood
- Meet people and make friends
- Take up an activity, sport or a hobby
- Take up studies and attend classes
- Volunteer to gain experience, meet people and practice English
- Join cultural groups – you will meet people from your country or culture who can help you understand and get to know the new culture
- Support each other where you live by sharing and discussing your feelings





በመጨረሻም፣ በፊት ወደ ማታውቀው አዲስ ባህልና አካባቢ መሄድ ከባድ ነው 'የተለመደ' ብለው የሚያስቡትም ነገር ሁሉንም ነገር ግር የሚያሰኝ የሚፈታተን መሆኑን እንገነዘባለን። እዚህ ዩናይትድ ኪንግደም ውስጥ በቤትህ/ሽ እንዳለህ/ሽ እንዲሰማህ/ሽ በአካባቢ ያሉ ሰዎች ሁሉ ሊረዱህ/ሽ ይፈልጋሉ። በዩኔ ውስጥ ያለዎትን ተቀባይነትና ስሜት ለመጨመር ማድረግ የሚቻሉ ጥቂት ነገሮች እዚህ አሉ።



- የአካባቢውን ቋንቋ መማር
- ከቤት ወጣ በማለት ከአካባቢህ ጋር መተዋወቅ
- ከሰዎች ጋር መተዋወቅ እና ጓደኞች ማፍራት
- እንቅስቃሴ፣ ስፖርት ወይም የትርፍ ጊዜ ማሳለፊያ ላይ መሳተፍ
- ትምህርት ላይ መሳተፍ እና ትምህርቶችን መከታተል
- በጎ ፈቃደኛ ስራ መሳተፍ ልምድ ለመቅሰም ያስችላል፣ ሰዎችን ለመገናኘት እና እንግሊዘኛን ለመለማመድ ያግዛል
- የባህል ቡድኖች ይቀላቀሉ - አዲሱን ባህል ለመረዳት እና ለማወቅ ይረዳል፣ እንዲሁም ከአገርህ/ሽ ወይም ከባህልዎ የመጡ ሰዎችንም ያገኛሉ
- በምትኖሩበት ቦታ ሃሳብና ፍላጎት በመጋራት እና በመወያየት መደገፍ



Useful contacts and information

Emergency Services - Police, Ambulance and Fire Brigade call 999

Police - To report crime and other concerns that do not require an emergency response, please call 101

Website for England: www.police.uk

National Grid

If you smell gas in or near your home, call 0800 111 999

Healthcare

If you urgently need medical help or advice but it's not a life-threatening situation, contact:

NHS England: call 111

Website: www.nhs.uk

National Domestic Violence Helpline: 0808 2000 247

Karma Nirvana: 0800 5999 247

Find a GP websites:

www.nhs.uk/service-search/find-a-gp <https://assets.nhs.uk/prod/documents/how-to-register-with-a-gp-asylum-seekers-and-refugees.pdf>

Find an optician websites:

www.nhs.uk/service-search/find-an-optician

Find a dentist:

Website: www.nhs.uk/service-search/find-a-dentist

Sexual health help:

Website: www.nhs.uk/service-search/sexual-health/find-a-sexual-health-clinic

Staying healthy:

Exercise: www.nhs.uk/live-well/exercise/

Diet: www.nhs.uk/live-well/eat-well/

Smoking: www.nhs.uk/smokefree/help-and-advice/local-support-services-helplines

Alcohol: www.nhs.uk/live-well/alcohol-support/

ጠቃሚ አድራሻዎችና ኢንፎርሜሽን

የአደጋ ጊዜ አገልግሎቶች - ፖሊስ አምቶላንስ እና የእሳት አደጋ ግዜ 999

ለፖሊስ- ወንጀል ሪፖርት ለማድረግ ወይም ሌላ ጉዳይ አስቸካይ ያልሆነ፣ 101 ይደውሉ
ለኢንግላንድ ዊብ ሳይት (Website for England) : www.police.uk

ናሽናል ግሪድ (National Grid)

እቤት ውስጥ ጋዝ ከሸተተ/ሽ ወይ በቤትህ አካባቢ ጋዝ ከሸተተ፡ ይደውሉ 0800 111 999

የጤና እንክብካቤ Healthcare

የሕክምና እርዳታ ወይም ምክር በአስቸኳይ ከፈለጉ ነገር ግን ለሕይወት አስጊ ሁኔታ ካልሆነ ያነጋግሩ፡

NHS England: call 111

Website: www.nhs.uk

ብሔራዊ ቤት ውስጥ የሚያጋጥም ግጭት የእገዛ መስመር: 0808 2000 247

Karma Nirvana: 0800 5999 247

ጂፕ ለማግኘት ይህን ዊፕ ሳይት ይጠቀሙ ለመፈለግ

www.nhs.uk/service-search/find-a-gp <https://assets.nhs.uk/prod/documents/how-to-register-with-a-gp-asylum-seekers-and-refugees.pdf>

የአይን ሃኪም ለማግኘት በዚህ ዊብ ሳይት

www.nhs.uk/service-search/find-an-optician

የጥርስ ሃኪም መፈለግያ

Website: www.nhs.uk/service-search/find-a-dentist

የወሲብ የጤና እርዳታ **Sexual health help:**

Website: www.nhs.uk/service-search/sexual-health/find-a-sexual-health-clinic

Staying healthy: ጤናማ መሆን መረጃ ለማግኘት


እንቅስቃሴ: www.nhs.uk/live-well/exercise/

አመጋገብ : www.nhs.uk/live-well/eat-well/

ማጨስ : www.nhs.uk/smokefree/help-and-advice/local-support-services-helplines **Alcohol:**

www.nhs.uk/live-well/alcohol-support/

አልኮል: www.nhs.uk/live-well/alcohol-support/



For **less urgent health needs**, contact your GP or local pharmacist. Doctors of the World provides help to register with a GP and access healthcare

Website: www.doctorsoftheworld.org.uk

Email: clinic@doctorsoftheworld.org.uk

Tel: 0808 1647 686

Freedom from torture:

Medical and social care, practical assistance and psychological and physical therapy for survivors of torture.

Website: www.freedomfromtorture.org

Helen Bamber Foundation:

Medical and social care, practical assistance and psychological and physical therapy for survivors of torture.

Website: www.helenbamber.org

Broken Rainbow National LGBT domestic abuse helpline: 0300 999 5428

Emotional support

Samaritans Support for those in emotional distress or struggling to cope

Website: www.samaritans.org

Email: jo@samaritans.org

Tel: 116 123

Forced marriage

Karma Nirvana Support for victims and survivors of forced marriage and honour based abuse

Website: www.karmanirvana.org.uk

Tel: 0800 5999 247

Forced Marriage Unit UK government helpline providing advice and support to victims of forced marriage.

Email: fmfco.gov.uk

Tel: 020 7008 0151

Children

National Society for the Prevention of Cruelty to Children

Website: www.nspcc.org.uk

Tel: 0808 800 5000 460 or 0800 028 3550

Childline website: www.childline.org.uk

Tel: 0800 1111

ለአነስተኛ ህመም አስቸኳይ የጤና ሕክምና፣ የእርስዎን GP ወይም የአካባቢ ፋርማሲስት ያነጋግሩ። የዓለም ዶክተሮች በጠቅላላ ሐኪምና ለመመዝገብ እና የጤና እንክብካቤን ለማግኘት እርዳታ ይሰጣሉ።
Website: www.doctorsoftheworld.org.uk **Email:** clinic@doctorsoftheworld.org.uk **Tel:** 0808 1647 686

Freedom from torture (ፍሪደም ፍሮም ቶርቸር):

Medical and social care, practical assistance and psychological and physical therapy for survivors of torture. የሕክምና እና ማህበራዊ እንክብካቤ, ተግባራዊ እርዳታ እና ከሥቃይ የተረፉ ሰዎች የስነ-ልቦና እና የአካል ህክምና
Website: www.freedomfromtorture.org

Helen Bamber Foundation (ሄለን ባምበር ፋውንዴሽን) :

እና ማህበራዊ እንክብካቤ, ተግባራዊ እርዳታ እና ከሥቃይና ግርፍት የተረፉ ሰዎች የስነ-ልቦና እና የአካል ህክምና
Website: www.helenbamber.org

Broken Rainbow National LGBT domestic abuse helpline (ብሮክን ሪይንቦው ብሔራዊ LGBT የአመጽ ለደረሰባቸው) የእርዳታ መስመር: 0300 999 5428

Emotional support (የስነ ልቦና እገዛ)

ሳማርያን በጭንቀት ለሚሰቃዩ ከራሳቸው ጋር ለሚታገሉ ሰዎች የሚረዳ ዊብሳይት ስልክ
Website: www.samaritans.org
Email: jo@samaritans.org
Tel: 116 123

Forced marriage አስገድዶ ጋብቻ

ካርማ ኒርቫና የግዳጅ ጋብቻ ለተፈጸመባቸውና የግዳጅ ሰለባ ለሆኑ የሚረዳ ድርጅት ነው (Karma)
Website: www.karmanirvana.org.uk
Tel: 0800 5999 247

Forced Marriage Unit UK

የግዳጅ ጋብቻ ክፍል የዩናይትድ ኪንግደም መንግስት የግዳጅ ጋብቻ ሰለባ ለሆኑ ሰዎች ምክር እና ድጋፍ ይሰጣል
Email: fmu@fco.gov.uk
Tel: 020 7008 0151

Children

በልጆች ላይ ለሚፈጸም ጭካኔ የሚከላከል አገር አቀፍ ድርጅት
National Society for the Prevention of Cruelty to Children Website: www.nspcc.org.uk
Tel: 0808 800 5000 460 or 0800 028 3550
Childline website: www.childline.org.uk
Tel: 0800 1111

National Centre for Domestic Violence

Website: www.ncdv.org.uk

Tel: 0800 970 2070

Men's Advice Line

Website: www.mensadvice.org.uk

Tel: 0808 801 0327

Sexual violence

Rape Crisis England - Information and advice for those who are experiencing or have experienced sexual violence in the past

Website: www.rapecrisis.org.uk

Tel: 0808 802 9999

Survivors UK

Help for men who have experienced sexual violence

Website: www.survivorsuk.org

Tel: 020 3598 3898

Text: 020 3322 1860

Equality

Equality Advisory Service - Advice and assistance on issues relating to equality and human rights

Website: www.equalityadvisoryservice.com

Tel: 0808 800 0082

Education and employment

National Careers Service

Information, advice and guidance to help you make decisions on learning, training and work opportunities

Website: <https://nationalcareers.service.gov.uk/>

Tel: 0800 100 900

ACAS (Advisory, Conciliation and Arbitration Service) Advice on employment law in Great Britain (Scotland, Wales and England)

Website: www.acas.org.uk

Tel: 0300 123 1100

በቤት ውስጥ የሚፈጸሙ ብጥ-ብጥና አመጽ ለመከላከል የሚሰራ አገር አቀፍ ድርጅት

National Centre for Domestic Violence Website:
www.ncdv.org.uk
Tel: 0800 970 2070

Men’s Advice Line ለአዋቂ ወንዶች የምክር መስመር
Website: www.mensadvice.org.uk
Tel: 0808 801 0327
Sexual violence ወሲባዊ ጥቃት

Rape Crisis England - ረፕ ክራይስስ ዩኤ
ከዚህ ቀደም ወሲባዊ ጥቃት ለደረሰባቸው ኢንፎርሜሽንና መረጃ እና ምክር የሚሰጥ ድርጅት
Website: www.rapecrisis.org.uk
Tel: 0808 802 9999

Survivors UK ሰርቫይሽርስ ዩኤ
ወሲባዊ ጥቃት ለደረሰባቸው ወንዶች እርዳታ የሚያደርግ ድርጅት
Website: www.survivorsuk.org
Tel: 020 3598 3898
Text: 020 3322 1860

Equality እኩልነት

Equality Advisory Service - ከእኩልነት እና ከሰብአዊ መብቶች ጋር በተያያዙ ጉዳዮች ላይ ምክር እና እገዛ የሚያደርግ ድርጅት
Website: www.equalityadvisoryservice.com
Tel: 0808 800 0082

Education and employment የትምህርትና የስራ ጉዳዮች National Careers Service

በመማር፣ በስልጠና እና በስራ እድሎች ላይ ውሳኔዎችን ለማድረግ የሚረዳ ኢንፎርሜሽን፣ ምክር እና መመሪያ
Website: https://nationalcareers.service.gov.uk/
Tel: 0800 100 900

ACAS (Advisory, Conciliation and Arbitration Service)

በታላቋ ብሪታንያ (ስኮትላንድ፣ ዌልስ እና እንግሊዝ) ስለ ሥራ ሕግ ምክር የሚሰጥ ድርጅት)
Website: www.acas.org.uk
Tel: 0300 123 1100

Modern Slavery Helpline

Website: www.modernslaveryhelpline.org/

Tel: 0330 0552 2200

Student finance

Website: www.gov.uk/student-finance

Student Loans Company

Website: www.slc.co.uk

Tel: 0300 100 0622.

Language Learning contacts

For teenagers

British Council – Learn English Teens

Free website from the British Council – Students do the online English test to find out what English level they are – They can then search for content aimed at the right level of English. Videos, games and activities to support language use for both everyday life and study

Website: <https://learnenglishteens.britishcouncil.org/>

Dual Language English/ Arabic

Internet polyglot

This website, for beginners has dual language word lists and tutorials with pictures and sounds

Website: www.internetpolyglot.com/lessons-ar-en

For Conversational English

Oxford English online

Free short English lessons 10 -20 minutes. Mostly for everyday social communication. Video and follow up quiz. A range of topics from football to shopping to relationships etc.

Website: www.oxfordonlineenglish.com/free-english-vocabulary-lessons

ESOL courses

Has English courses for beginners, intermediate and advanced learners

Website: www.esolcourses.com/

Modern Slavery Helpline የዘመናዊ ባርነት ሰለባ ለሆኑ የሚረዳ ድርጅት
Website: www.modernslaveryhelpline.org/
Tel: 0330 0552 2200

Student finance ለከፍተኛ ትምህርት ለተማሪዎች የገንዘብ ብድር አገልግሎት ሰጪ
Website: www.gov.uk/student-finance

Student Loans Company
Website: www.slc.co.uk
Tel: 0300 100 0622.

የቋንቋ ትምህርት የሚሰጡባቸው

For teenagers (ለታዳጊዎች)

British Council – ብሪቲሽ ካውንስል - እንግሊዘኛ ቋንቋ ለወጣቶች ትምህርት

ከብሪቲሽ ካውንስል ዋብሳይት - ተማሪዎች ምን ዓይነት የእንግሊዘኛ ቋንቋ ደረጃ ላይ እንዳሉ ለማወቅ በአንላይን የእንግሊዘኛ ቋንቋ ፈተናን ያደርጋሉ - ከዚያም በትክክለኛው የእንግሊዘኛ ደረጃቸው ላይ ያነጣጠረ ይዘት ያለው ትምህርት መፈለግ ይችላሉ። ለዕለት ተዕለት ኑሮ እና ለጥናት የቋንቋ አጠቃቀምን የሚደግፉ ቪዲዮዎች፣ ጫዋታዎች እና እንቅስቃሴዎች

Website: <https://learnenglishteens.britishcouncil.org/>

Dual Language English/ Arabic ሁለት ቋንቋ እንግሊዘኛ/አረብኛ

Internet polyglot

ይህ ዋብሳይት ለጀማሪዎች ባለሁለት ቋንቋ የቃላት ዝርዝሮች እና መማሪያ ከሥዕሎች እና ድምጾች ጋር አሉት

Website: www.internetpolyglot.com/lessons-ar-en

For Conversational English ለእንግሊዘኛ ንግግር የሚረዱ

Oxford English online

ነጻ አጭር የእንግሊዘኛ ትምህርቶች 10 -20 ደቂቃዎች. በአብዛኛው ለዕለት ተዕለት ማህበራዊ ግንኙነት. ቪዲዮ እና ተከታይ ጥያቄዎች። ከእግር ኳስ እስከ ግብይት እስከ ግንኙነት ወዘተ ያሉ የተለያዩ ርዕሰ ጉዳዮች።

Website: www.oxfordonlineenglish.com/free-english-vocabulary-lessons

ESOL courses

ኢሶል ኮርስ ለጀማሪዎች፣ መካከለኛ እና ከፍተኛ ተማሪዎች የእንግሊዘኛ ኮርሶች አሉት

Website: www.esolcourses.com/

Beginners course

Website: www.esolcourses.com/uk-english/beginners-course/free-english-lessons.html

Alison

Alison has a range of courses from beginner to advanced. Many are available through an app that can be used on a mobile phone

Website: <https://alison.com/courses/english>

Introduction to conversational English 1.5 – 3-hour course

Website: <https://alison.com/course/introduction-to-conversational-english-revised>

British Council MOOCS (Massive Open Online Course)

Open online free courses are available at:

Website: <https://www.britishcouncil.me/en/english/mooc>

British Council Free Courses -through future learn

The British Council offers short English courses for adults some (not all) are free

Website: <https://learnenglish.britishcouncil.org/online-courses/>

Preparing for work or further study

Open Learn

The Open University offer a number of free English courses. These are longer courses, 24-48 hours. Most courses are to develop speaking, listening, reading and writing skills needed for work or study.

Website: www.open.edu/openlearn/languages/free-courses/?filter=date/grid/601/all/

British Council course

English for the workplace – 8 hours over 4 weeks

Website: www.futurelearn.com/courses/workplace-english?utm_source=BC_LE_moocs&utm_medium=moocs-page&utm_campaign=workplace-english

Alison

Alison also has courses aimed at specific workplaces. For example, English for a career in travel and tourism

Website: www.alison.com/courses/english

Beginners course ለጀማሪዎች

Website:

www.esolcourses.com/uk-english/beginners-course/free-english-lessons.html

Alison አሊሰን

አሊሰን ከጀማሪ እስከ ከፍተኛ የተለያዩ ኮርሶች አሉት። ብዙዎቹ በሞባይል ስልክ መጠቀም በሚቻል ይገኛሉ

Website: <https://alison.com/courses/english>

የውይይት በእንግሊዝኛ መግቢያ 1.5 – 3-ሰዓት ኮርስ

Website: <https://alison.com/course/introduction-to-conversational-english-revised>

British Council MOOCS (Massive Open Online Course)

ክፍት የአንላይን ላይ ነፃ ኮርሶች በሚከተሉት ይገኛሉ:-

Website: <https://www.britishcouncil.me/en/english/mooc>

British Council Free Courses -through future learn

የብሪታንያ ካውንስል ለአዋቂዎች አጭጭር የእንግሊዝኛ ኮርሶችን ይሰጣል አንዳንዶቹ

(ሁሉም አይደሉም) ነፃ ናቸው።

Website: <https://learnenglish.britishcouncil.org/online-courses/>

ለስራ ወይም ለተጨማሪ ትምህርት በመዘጋጀት ላይ

Open Learn

አጥን ዩኒቨርሲቲ በርካታ የእንግሊዝኛ ትምህርቶችን ይሰጣል። እነዚህ ረጅም ኮርሶች ናቸው፡

24-48 ሰዓታት የሚወስዱ፡ አብዛኛዎቹ ኮርሶች ለስራ ወይም ለትምህርት የሚያስፈልጉትን

የመናገር፣ የማዳመጥ፣ የማንበብ እና የመጻፍ ችሎታዎችን ማዳበር ናቸው።

Website: www.open.edu/openlearn/languages/free-courses/?filter=date/grid/601/all/

British Council course

እንግሊዝኛ ለስራ ቦታ - ከ 4 ሰዓታት በላይ 8 ሰዓታት

Website: www.futurelearn.com/courses/workplace-english?utm_source=BC_LE_moocs&utm_medium=moocs-page&utm_campaign=workplace-english

Alison

አሊሰን በተወሰኑ የስራ ቦታዎች ላይ ያተኮሩ ኮርሶችም አሉት። ለምሳሌ፣ እንግሊዝኛ ለጉዞ እና ቴሪዝም ሙያ

Website: www.alison.com/courses/english

Future Learn

For students interested in going on to University

Future Learn has free courses aimed at preparing students for using academic English at university

Writing in English – provided by Reading University

Website: www.futurelearn.com/courses/english-for-study

English for Academic Study – provided by Coventry University

Website: www.futurelearn.com/courses/english-academic-study

General information and advice

Migrant Help

Advice and support for migrants in the UK

Website: www.migranthelpuk.org

0808 8010 503

GOV.UK

The UK government website, where you can find further details on topics included within this guide, such as benefits, taxes and your rights and responsibilities:

Website: www.gov.uk

Education UK

Information about the UK's weather, food and drink, language, clothing, religion and more.

Website: www.educationuk.org/global/sub/welcome-to-the-uk/

Citizen Advice

Free, independent, confidential and impartial advice on your rights and responsibilities (England)

Website: www.citizensadvice.org.uk

Tel: 0344 111 444

Future Learn

ወደ ዩኒቨርሲቲ ለመግባት ፍላጎት ላላቸው ተማሪዎች

Future Learn ተማሪዎችን በዩኒቨርሲቲ ውስጥ አካዳሚክ እንግሊዘኛ እንዲጠቀሙ ለማዘጋጀት ያለመ ነፃ ኮርሶች ይሰጣል

በእንግሊዘኛ መጻፍ – በ Reading University ይሰጣል

Website: www.futurelearn.com/courses/english-for-study

English for Academic Study – በ Coventry University ይሰጣል

Website: www.futurelearn.com/courses/english-academic-study

የአጠቃላይ ኢንፎርሜሽን እና ምክር የሚሰጡ ድርጅቶች

Migrant Help

በዩኤ ኣገር ላሉ ስደተኞች ምክር እና ድጋፍ

Website: www.migranthelpuk.org 0808

8010 503

GOV.UK

በዚህ ዌብሳይት ውስጥ በረካታ ጉዳዮች ተካተቱት ርዕሰ ጉዳዮች ላይ እንደ ቤኒፊት፣ ግብር እና መብቶች እና ኃላፊነቶች ያሉ ተጨማሪ ዝርዝሮችን የሚያገኙበት የዩኤ መንግስት ድህረ ገጽ ነው

Website: www.gov.uk

Education UK

ስለ ዩኤ የአዋጅ ሁኔታ፣ ምግብ እና መጠጥ፣ ቋንቋ፣ ልብስ፣ ሃይማኖት እና ሌሎችም መረጃ ለማግኘት

Website: www.educationuk.org/global/sub/welcome-to-the-uk/

Citizen Advice

ነፃ፣ ገለልተኛ፣ ሚስጥርዎን የጠበቀ እና ገለልተኛ ምክር በእርስዎ መብቶች እና ግዴታዎች (ኢንግሊንድ)

Website: www.citizensadvice.org.uk

Tel: 0344 111 444

Asylum process

پناہ غوڻڻت پڻ به ڀڏ

colour key: ● Home Office (UK Government) ● Solicitor ● Charity support services ● Social services ● Interpreter

Refugee Status
5 years Leave to Remain **Humanitarian**

Protection Status
5 years Leave to Remain



Arrival in UK Port/ Croydon/ Region Child Welfare Interview Independent Advice First meeting Immigration Solicitor Evidence collecting SEF delivered to Home office Substantive 'BIG' interview

do you want to stay in the UK?

welfare interview

ID card posted

Refugee Council
Children's Adviser
Tel: 0207 346 1134

Child Refusal
(<17.5 years)
Temporary UASC leave to remain until 17.5 years
Must appeal within 14 days

Adult Refusal
(>17.5yrs) Meet with solicitor to ask to appeal? Must appeal within 14 days

Looked after Children's Services and Post 18 Leaving Care Services

CHIldRen'S SeRviCeS (< aged 18)

PoSt-18 leAvIng CARe SeRviCeS (> aged 18)

Social Worker IRO Pathway Plan Advocate Independent visitor Personal Adviser Pathway Plan Advocate School/College Interpreter

children

college

Evidence collecting

Meet barrister

Personal Education Plan (PEP) School/College Interpreter

college

Money

Housing

If you have an ongoing asylum appeal the

post 18 Team will support you with money and housing and a PA (Personal Advisor).

If you lose all your asylum seeking rights to stay in the UK, the post 18 Team can stop supporting you, but they MUST carry out a Human Rights assessment (HRA) first. Seek independent advice.

If you leave the post 18 Team and still have rights to stay in the UK, then you can always return to ask for their support again until age 25.

