

A LUNG DAMHUI & A BIT

Melbourne nisuahna lamah a hong tungthak
pemta khangnote a nuntakzia uh a huh ding a a
tungthak pemta khangnote' gelh hi



MIGRANT INFORMATION CENTRE
eastern melbourne

Hih lai khet na sung ah muhdan leh ngaihsutna ki at te bawl na ding in Commonwealth, Victorian state ukpi te leh Maroondah City Council tung pan huhna sum a kingah hi a, ahih hangin amau i vaikhawm hi khin tuan lo hi. Commonwealth, Victorian State ukpi te, Maroondah City Council, amau i zum nasemte leh nasem dang te a hi zong, huhna sum a pia ki pawlna te vaihawmna sungah tavuan neih na om lo hi.

Hih sung a lai ki at teng pen mimal in zat khiat ma in hoih tak kan tel ding kisam hi. Hih lai sung ah awl mawh loh na tawh ahi zong, a man loh na khat peuh ahi zong a om leh Commonwealth, Victorian state ukpi te leh Maroondah City Council, amau i zum nasemte leh nasem dang khat peuh ahi zong mawhpukna neilo uh hi.

Migrant Information Centre (Eastern Melbourne) Ltd.

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Liim leh mel pongsan a bawl leh lai khen khia pen Migrant Information Centre (Eastern Melbourne) Ltd. Melbourne Australia hi.

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Deihsak na tawh a hong pan pih



Hih ki pawlna te tung ah lungdam



Hih laibu a at khia leh a liim leh mel pongsan a bawl pen (MYLC) 2018



MIC Youth Leadership Commission (MYLC) pen khangno makai kipawlina tentan hi a, Migrant Information Centre (East Melbourne) MIC pan in 2018 kum in akipan khia ahihi. Tua khangno maikai teng pen refugee a tungthak veve leh gamtai veve hi a, MYLC aki bawlkhiatna pen Australia ah hong tungthak khangnote' om dan khawldan ahuh ding ahihi.

MYLC mimal te in hong tungthak khangnote a ding, omna mun tawh kizui in sepkhait ding in a theih huai thu leh kisam asak penpen thu uh laibu in ong gelhkhia uh hi. Tua program pen Maroondah City Council te in deihsakna tak tawh huhna hong piaksak a, Blackburn English Language School, Eastern Community Legal Centre, Youth Support leh Advocacy Service, Foundation House leh AMES Youth Service te in zong hong panpih uh hi.

Hih laibu a at khia leh a liim leh mel pongsan a bawl pen (MYLC) 2018

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Na Pumpi leh Lungsim Ngaihsutna Kem In

Na pumpi leh na ngaihsutna hoih takin kepna pen mimal cidamna ahi hi. Pumpi hoih tak a kep ding thupi mahmah hi. Na pumpi hoih takin na kep leh, ama'n zong hoih takin nang hong kem ding hi.



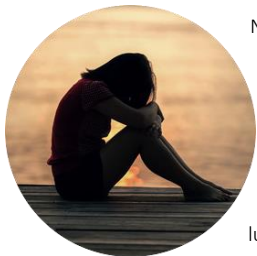
Pumpi cidamna dingin na hih theih ding hiah tawmkhat a om hi:

⇒ Kimawlna nam tuamtuam - bawlungsuih, akkha sat, tuipeek ahih kei leh, na lunglut kimawlna khatpeuh ah kihel in. Na lawmlegualte tawh kimawl theih a, club ah ahih kei leh, MIC kimawlna programte ah zong kihel theih hi. Kimawlna leh hun nuam zatkhopna mun i kiim i kiangah tampi om hi (gentehna, Aquahub Croydon). Hih munteah va pai lecin, tuipeekna, exercise lakkipna ahih kei leh, exercise lakna ding a vanzatte kizang thei hi; ahih hangin, tuate a zat man sum piak kul hi. Na veng-a a om *park* pen lamsiauhna, taina in kizang thei hi – tuate pen a khawnkhang ahih banah, na ut hunhun a na hih theih ahi hi.

Hih laibu a tawpna lamah hun nuam zatkhopna vai a kicingzaw ding kigelh ahih manin, na en in.

- ⇒ Nisim naikal 8 sung peuhmah na ihmud ding hanciam in.
- ⇒ Sun khua-in tui tampi dawn zelzel in.

- ⇒ Na khatpeuh na nek ciangin, mehteh mehghah, ann, bawngnawi tawh a kibawl nektheih, singgah leh khaici-te a kihel kim-in ne in.
- ⇒ Nek ziau theih ding-a a kibawl ann-te (fast food, junk food) ne kei in. Tuat pen a lim hangin na pumpi adingin hoihi lo hi.



Na lungsim ngaihsutna limtakin kep ding thupi hi. Na pumpi leh na lungsim ngaihsutna cidamin a hoihi ciang, nang pen aksi bangin taang thei ding hi teh. Na lungsim ngaihsutna dah thapai ahih kei leh, hehna tawh kidim den leh, na lungsim ngaihsutna pen a damlo hi thei hi. I pumpi mah bangin, i lungsim ngaihsutna zong damlo thei hi.

Na lungsim ngaihsutna a dam kei leh, hih bang teng thuak thei hi teh:

- ⇒ Ihmut haksa sakna
- ⇒ Nasepna leh laisimna ah lunglut zawh lohna
- ⇒ Lawmlegualte leh innkuanpihte in hong nawlkhin banga kingaihsutna
- ⇒ ding khat peuh lawp takin sep ngap lohna
- ⇒ A hang omlopi a om hithiat theihlohna leh hehsuak denna
- ⇒ Kimanna a nei lo leh a kamsia-in kingaihsutna

⇒ Nang le nang kisuksiat nopna leh kithah nopna

Lungsim ngaihsutna a cidam theihna ding a theihhuai thute:

⇒ Na lawmte, nulepate, sangsiate, khangno nasemte ahih kei leh, na kihopih theih zawk deuh mite tawh na ngaihsutna kikuppih in.

⇒ Nitak simin a hun maanin lum in; nai 8 sung peuhmah ihmud ding hanciam in. Ihmut haksa na sak leh, na ihmud theihna dingin hih anuaia thute na sin in:

- Nitak sim a hun maan lianin lum zelzel in
- Na lup hun ma nai khat in ah phone-te, ipad-te leh set vanzat tuamtuan koihkhia in la, screen a vaak a kihellohna (gentehna, laisimna) tawh hun zang in. Tua banah tua set vanzatte na khaan sung panin koihkhia inla, zan tawntungin na kiangah koih kei in.
- Na lupma-in a lum milmial bawngnawi cih dante dawn in.
- Na lup ma minit sawmthum-in: Tui lum ah kidiah in, ahih kei leh kisil in.

⇒ Lawmlegualte leh innkuanpihte tawh hun zang khawm in. *social media* tungtawn a *chat* khawng tawh hun na zatkhop sangin, na lawmlegualte tawh mel kimu ngiat a kithuahkhop hoih zaw tham hi.

⇒ Social media, ahih kei leh, mobile game-te ah na hun zat khiam in, zan hunsung kidek ding thupi diak hi.

Australia tun main, khangnote'n khatveivei ciangin a lauhuai leh a mulkimhuainate thuak thei hi. Tuat pen, innkuanpihte khatpeuh taanna, galkidona panin taikhiatna ahih kei leh, a mulkimhuai nate muhna zong hi thei hi. Hih bang nate i thuak pen 'traumatic experience' kici hi. Tua tawh kibang na tungah hong tun khak leh, na lungsim ngaihsutnaah sawtpi thaamin a hoih lo lamin hong sugawp thei hi. Tua bang thuak kha na hih leh, a guka na thuak ding hi lo hi. MIC youth workerte tungah na thuaknate genin hopih lecin, MIC in hong huh thei dingte, gentehna in *Foundation House* cih bangte tawh hong kizomsak thei hi.

Lunggimna ahih kei leh, hehna tawh na kidim leh, EACH leh Headspace kici kipawl na tampi takin hong huh thei hi. MIC youth worker-te, sangsiate ahih kei leh, lawmlegualte tawh hih vai kikaptheih tawntung hi.

Hih laibu sunga laimai nunung pen ah huhna a plate tawh kisai theihsakna en in.

Sangkahna – Suahtakna lampi

English pen Australia gama taangpi paizat ahih manin sin ding thupi mahmah hi.



English na siam theihna dingin hiah lamlahna tawm om hi.

- ⇒ Lai na sim ciangin na theihloh kammalte a khatna dictionary bu ah na et theihna dingin na sawkbatna ah dictionary bu koih in.
- ⇒ Kammal thakte lotngah sawm in la, tuate thugenna ah zat sawm pah in.
- ⇒ Kammal khat peuh a khatna na theih kei leh, na sangsiate ahih kei leh, lawmlegualte tungah tua kammalte a khatna dot ding lau het kei in

Australia nong tun cilin, kum 17 nuai na hih leh English Language School ah sang hong kikahsak ding hi. Hih sanginn pen Australia kumpi in sumlepai tawh huhna a piak hi a, English a kizat masak lohna gam pan a hong pai sangnaupangte a ding a a kibawl hi.



Nisuahna vengte ah, hih sanginn pen Blackburn English Language School ahih kei leh BELS kici hi. BELS ah, English tawh thugelh, kampau leh laisim hong kisinsak ding hi. Tua banah Australia ah sanginn bang ci bang hiam cih zong sin ding hi teh. Ataangpi thu-in BELS ah kum khat sang kikhah hi. BELS ah sangkah na zawh khit ciangin, sang ngeina sanginn ahih kei leh siamsinna

sanginnte ah na kah thei ta ding hi.

Australia ah sanginn nam nih om hi: primary sang leh secondary sang hi. Kum nga leh kum sawmlenih kikal na phak leh, Primary Sanginnah na kah ding hi. Kum sawmlenih leh sawmlegiat kikal na phak leh, Secondary Sanginnah na kah ding hi.

Australia sanginnte-ah laitaan sawmlethum om hi. A tangpi thuin, sangnaupang kum kibangte laitan kibangah kikoih hi. Primary Sanginnte-ah laitaan sagih om hi – ‘Prep’(hih pen naupang kum 5/6te, tua ciangin laitaan 1, 2, 3, 4, 5 leh 6. Secondary Sanginnte-ah laitaan guk om hi: tuate in laitaan 7, 8, 9, 10, 11 leh 12 hi.

Tan sawm khit ciangin, sangnaupangte in laisin zoptoh theih ding nam nih teel kisam hi. Victorian Certificate of Education, VCE zong a kici, ahih kei leh, Victorian Certificate of Applied Learning, VCAL zong a kici khat zawzaw teel theih hi.

VCAL na teel leh, seplebawl lamsang nasep tam zaw hih ding cihna hi. Gentehna in, mawtaw bawl na sep ut leh, VCAL pen nang a ding in lampi zuih huai zaw ding hi. Bang hang hiam cih leh mawtaw vai leh mawtaw set tawh kisai sanginn ah na sin ding hi. Hih bang sinna hun VCAL program ah na ngah ding hi. VCAL pen nasepna lam leh nasepna khatpeuh ah na sep ding zia a taka sepkhiatna lamsang sinna hi pha diak hi.



VCAL na zawh tak ciangin, Technical and Further Education college, TAFE zong a kici ah sangkah ding in min khum thei ta ding hi teh. TAFE te'n zong seplebawl nasep lamsang lim bawl uh a, 'VCAL' a na siamsinnate TAFE ah na zomto thei ding hi. Hih pen *Vocational Education* kici hi. Australia ah vocational education lampi tampi om hi. TAFE na zawh khit ciangin, nam nih na hih theih ding om hi: nasep na zong thei ta hi, ahih kei leh university ah pilna sangzaw na sin thei ding hi.

VCE na teel leh, na laisin dingte leh na sin dingte pen laipilna lam ahih zawk banah a tak a sepkhiatna tawm zaw hi. Gentehna in, mathematics, science, history, art, IT leh English ahih kei leh pau namdangte na sin ding hi. VCE na sin leh University ah sang na kah thei ding hi. Ahih hangin, taan 11 leh taan 12 a na mat muhzah in sai ding hi.



Theih ding khatah, Australia ah university kah pen pilsinna a ding a a thupi pen hi khin lo hi. Gam khenkhatah, university kah pen kithupi ngaihsutin kizahtak bawl mahmah hi. Ahih hangin, Australia ah ahih leh, siamsinna leh nasep theih ding nam tampi lakah khat hi lel hi. Australia ah nasep tampi om a, a vekpi in nasep thupi hi khin hi. Secondary sanginn ah, sangsia khenkhatte'n mailamah kalsuanzia leh mailam nasep namtuamtuam tawh kisai hong hilh thei uh hi. Hih bang sangsiate pen *Careers Counsellors* kici hi. Amaute pen na

siamsinna leh na mailam nasep ding vai tawh kisai-a khentatna leh deihtelna kician na neih theihna ding a hong huh theite hi. Khentatna khatpeuh na bawl ma-in amaute tawh kimu hamtang in maw.

Australia ah, sangkah ding vai tawh kisai-in kum kiciangtan lo hi. Na kum a tam khit a, bang hiam khat na sin nop leh, deihtel theih ding nam tampi om hi – laisinna dingin zekai lua cih omlo hi!



Australia nong tun-in kum 17 na phak khit leh, Australia kumpi in English na sin theihna dingin program tuam khat *Adult Migrant English Program*, AMEP zong a kici hong pia ding

hi. Nisuahna lam vengte ah AMEP pen Swinburne TAFE leh Box Hill Institute (TAFE) ah kikh thei hi.

Australia ah mi khempeuh in a uk khat peuh uh siamsinna a neih theihna dingin hunlem kipia hi. Na theih gige ding pen, na thak khatpeuh na sin nop leh, MIC Youth Worker, Careers Counsellor ahih kei leh TAFE aihkeh University-te hopih-in deihteel theih tuamtumte kikuppih in. Laisinna dingin zekai lua cih bang omlo hi!

A Cidamhuai Tangpi tangta tawh kizopna



Hih thulu-ah, tangpi tangta tawh a cidam huai kizopna na neih theih na dingin a theihhuai thute hong hilh ding hi ung.

Theihhuai 1 – A cidamhuai lawmlegualte tawh kizopna

Lawm hoih i cih pen a lungsim kihongin, nang leh na dinmun hong telsiam ahih banah nang a dingin mi muanhuai khat hi. Lawm hoih i cih pen nang hong thupi sim leh hong zahtak khat ahi hi.

Sanginn, biakinn leh pawt tuamtumte ah lawm thak na mu ding hi. A cidamhuai lawmlegual kizopna na neih theih na dingin kizahtaktuahna leh kitelsiamtuahna kisam hi. Na lawmlegualte lakah thumaan inla amautetawh hun nuam tampi tak na neih ding hanciam in!

Theihhuai 2 – Kihelna

Kihelna i cih ciangin na kiim na paamte lakah hong kisaang, hong kizahtak leh galmuang a kitheihna ahi hi. Kizopna, galmuanna leh zahtakna na ngah theihna dingin kipawlna tuamtuan ah kihel in. Na kihel theihna dingte pen

- ⇒ Mipi kigawmkhopna biakna pawlpite
- ⇒ Sanginn pan a activity groupte
- ⇒ Kimawlna lamsang clubte
- ⇒ MIC ahih kei leh Council Youth Programte

Midangte huhna zong hong mite'n hong saang hi cih theihna ding-a nasep hoih khat hi. Hih pen i minam sung, i vengsung ahih kei leh kipawlna dang MIC cih bang ah a khawnkhang a nasem dinga kipiakkhiatna zong hi thei hi.

Theihhuai 3 - Social Media



Social media i cih-in online tungtawn a mi tawh kithuzaktuah theihna dingin a kizang *platform* tuamtuan genna ahi hi. (gentehna-in, Facebook, Snap Chat, WhatsApp leh a dangdang). Lawmte tawh kizopna dingin Social media hoih mahmah hi. Social media pilvangtak-a zat siamna dingin:

⇒ Mimal tawh kisai thute: omna mun, phone nambat ahih kei leh sanginn cihte online pan-in kuamah hawmsawn ke'n.

Maan na suan ma-in, “Hih maan ka nulepa leh ka sangsia-te ka lak ngam ding hiam?” cih kidong masa in. “Lak ngam kei ning” na cih leh suang khia kei letih hoih zaw kha ding hi.

⇒ Na lawmte a hoih lam a a zo thei ding thu hoih nono hawmsawn in.

⇒ Social media ah hun tam zang lua ke'n (etsakna-in, ni khat-in naikal xxx sung bek na zat ding hoih sa ing??).

⇒ Internet ah thu leh maan na suankhiat-te om den hi cih phawk in! Kidawm in, mailam-a nasepna pilepute ding, na zi/pasal ding, na siate leh na nulepa in mu kha ding hi!

Nasep Zonna

Victoria ah na om leh, kum sawm-le-nga na phak ciangin nasep na kipan thei ding hi. Nasep na zon ma-in, na hih ding kisam pawlkhat om hi.



Amasa in, Resume na kisam hi. Resume, (khatveivei Curriculum Vitae ahih kei leh CV zong kici) i cih in nasem dinga hong guai thei dingte kiangah kipia lai hi a, amaute in tua lai tungtawn-in na siamna, siamsinna, kizopna ding-a kisamte, na nasep theih hun sung ding leh thu dangdangte theithei ding hi. Nang hong guai thei ding khempuehte tungah hih lai na piak kisam ahih manin, nasep na zon ma-in resume na bawl masak kisam hi.

Tua ciangin, Tax File Number ngetna lai khiat kul hi. Australia gam ah nasep nei khempueh in Tax File Number a neih hamtang ding kisam hi. Tua lo-in thaman sum kisang thei lo ding hi. Superannuation (khatveivei 'Super' zong kici) kici sum kholna zong na ngaihsut kul hi.

Hih pen pensen cianga lakkhiat theih ding sum kholna ahi hi. Australia ah nasep na neih theih ma-in, superannuation account na neih hamtang ding ahi hi. Atawpna ah, thaman sum na saan theih na ding-in bank account hon ding kisam hi. Nang min mahmah tawh bank account neih bangzah-in hoih ahi hiam!

Sepna ding zon zia lampi pawlkhat om hi. Sepna nei lawmte kiangah nasep ding a om leh om loh kan pen sepna zonzia lampi hoih pen ahi hi. Na mipihte hopih in sep ding a zong na hih lam na theih sak hamtang ding ahi hi. Sumbuuk ah na resume tawh lutin sepna awng a om hiam ci-in zong dot theih hi. Sepna pawlkhat ahih leh, online panin ngetna lai gelh-in resume tawh khiat khop kisam ding hi.

MIC youth worker te'n hih tawh kisai hong huh thei ding hi. Tua ahih manin suaktatak-in MIC tawh kizom in (hih laibu nunglamah a hong huh thei ding kipawl na tuamtuan MIC zong kihelin kizopna ding thukicing zaw om hi).

Nasep zon ding haksa kha thei hi. Australia khangno tampite adingin a haksa thu ahi hi. Ahizongin lungkialo-in hanciam in! Siamna hau-a tuahkhak thu tapi a nei mi na hih manin khangno manpha mahmah khat na hi hi.

Kitangsap huna zat theih ding

Hiah kipawlna tuamtuan na kizoppih theih dingte kigual hi. Na kihelkhak ngeilohna kipawlinate hopih ding haksa na sa kha thei hi. Patau kei in, hih kipawlinate in nang hong khual-in, hong huh nuam a, nang hong nawngkai sak lo ding hi.



Kipawlna khat na hopih ciangin,


“Hi, can I talk to a youth worker please?” na ci thei hi.









English na siam kei leh:

“Hi, can you please call me back with Zomi interpreter?”

My number is [na phone numbat English tawh gen in]”

Service	Contact Details	Hong huh theihthe uh
<p>Migrant Information Centre (Eastern Melbourne) (MIC)</p> 	<p> (03) 9285 4888</p> <p>http://miceastmelb.com.au/</p>	<p>MIC pen penta-te tawh kizom a amaute ahuh kipawlna ahi hi. Mimal tuamtuan, innkuan tuamtuan leh Melbourne nisuahna lam khuapi pua-a tengte a panpih kipawlna ahi hi. MIC ah na kisapna tuamtuan ah hong huh dingin youth worker om hi. MIC in na phattuanma dinga nasem tuamtuan tawh hong kizomsak thei in hih phattuanmate hong ngahsak thei hi.</p>
<p>AMES Youth Services</p> 	<p> 13 2637</p> <p>https://www.ames.net.au/find-a-course/youth-services</p>	<p>AMES Australia Youth Services (Australia Khangno Nasepnate) in khangno galtai, penta leh khuatual mite in ahih theih tawp uh suah-in, Australia ah a mannei nuntakna tawh a kilamtoh theihna dingun mapang hi. Tua bang a pianna dingin a kisapna khempeuh uh a ngah kimna dingun amau tawh nasemkhawm hi. Panpihna lam ah a kiva diak nasepnate, siamsinna tawh kisai thute, thutheih kihopsawna, nekozonna lampi genpihna, palai nasepna leh mi kipawlna ah kihelna ding-a mabunna-te tungtawn-in khangnote in haksatna a phutkhakte uh a beisak dingin na ka sem uh hi.</p>

<p>Eastern Access Community Health (EACH)</p> 	 1300 00 3224 http://www.each.com.au	<p>“Whitehorse, Knox, Maroondah, Yarra Ranges leh a kiim-a kuate tawh kizopna a nei naupangte, khangnote leh a innkuanpihte panpihna dingin EACH Youth and Family Counselling Team (Khangno leh Innkuan-te Ngaihsutpia Pawl), Headspace tawh pangkhawmin huh a kisam mite a khawnkhong-in ngaihsutpiakna neihpih hi.</p> <p>Ngaihsutnapiate in hih bangte ah huhna piai hi:</p> <ul style="list-style-type: none"> · Lungsim cidamlo-te (gentehna: Lunggimna leh dahna hanga lungkiatna) · Khat leh khat kikal buaina lemtuah · Kibawlsiatna · Dahna leh supna · Tate pattahna tawh kisai panpihna <p>Ngaihsutnapiate in mun tuamtuan pan-in huhna pia thei hi: Nunawading Ringwood, Headspace Knox</p> <p>Mun gamla ah zong ngetna a om leh pai thei hi. Kipawlna tuamtuan leh zatui zaha zanga damlo kepna tawh kisai kipawlna tuamtuan zong EACH Youth and Family Counselling Team in nei hi.</p>
<p>Headspace</p> 	 (03) 9801 6088 https://headspace.org.au	<p>Khangnote in lam maan a tot kik theihna ding leh mailamah lungsim cidamna dingin kiukzawhna a neihna dingun Headspace in khangnote panpihin amau tawh nasem khawm hi.</p> <p>Ahun zui a kikheel toto khangnote leh amau a huhte' kisapnate ka piak takpi ding uh pen ko nasep thupi pen ahi hi.</p> <p>Tua bangan, kote' nasep thupi pen in khangnote tawh kisai ahih manin amaute in kote' hunzeeknate sai-in encik uh a, nakpi takin mapang uh hi.</p>

<p>Eastern Community Legal Centre (ECLC)</p> 	<p> (03) 9285 4822 https://www.eclc.org.au</p>	<p>Melbourne ni suahna lam ah teng mite huhna dingin ECLC in thukhun tawh kisai panpih kisamte manbel-in panpihna pia hi. Kikhentuamna leh kideidanna a thuak mite zongkhia-in panpihna a kipiak theihna dingin ECLC in khuamite tawh tangtakin nasem khawm hi. Khua mite lak pan olno taka zawhthawh thu tawh bawlsiat theih ding mite ECLC in awlmawh diak hi.</p>
<p>Youth Support and Advocacy Service (YSAS)</p> 	<p> (03) 9890 7855 http://www.ysas.org.au</p>	<p>Victoria ah teng khangno kum 12 pan 25 dong zu leh zatui tawh kibual mite leh lungsim cidamlo-te panpihna dingin YSAS in man ngenlo-in nasem hi.</p>
<p>Victoria's Youth Drug and Alcohol Advice service (YoDAA)</p> 	<p> 1800 458 685 www.yodaa.org.au</p>	<p>Victoria ah om YoDAA (Youth Drug and Alcohol Advice) in zatui leh zu tawh kisai khangnote thuhoih sinsak hi. Khangno na hi a, khangno khat awlmawhna a nei mikhat na hih leh, YoDAA in na kisap thu-le-la leh panpihna na ngah theihna dingin mawl takin lam hong lak thei hi. www.yodaa.org.au</p>
<p>Foundation House</p>  <p>Foundation House The Victorian Foundation for Survivors of Torture Inc.</p>	<p> (03) 9389 8700 http://www.foundationhouse.org.au</p>	<p>Bawlsiatna thuak ahih kei leh hun lauhuai a tuak galtaite in cidamna hoih zaw a neihna ding, nuntakna nuam leh mihing dikna a ngah theihna dingun Foundation House in mapang hi. Foundation House in mimal tuamtuam leh innkuan tuamtuamte' panpihin a haksatnate uh ngaikhia-in, ngaihsutna hoih genpih hi. Australia tun ma-in hun haksaw nawn hanga tate keem-in a khoi thei nawn lo nulepa om hi. Tua banga keem-in khoi ding nulepa a neilo naupangte leh khangmoite Foundation House in panpihna pia hi.</p>

<p>Maroondah Youth Services</p> 	<p> (03) 9294 5704</p> <p>http://www.maroondahyouth.com.au/Home</p>	<p>Maroondah khuapi ah teng, nasem, sangkah ahih kei leh kimawla om kum 10 pan 25 a pha khangnote khempeuh adingin Maroondah Youth Services (Maroondah Khangno Nasepna) kihongsa in om hi. Kilamdanna hoih zaw a piangsak ding, siamna thakte a sin ding, panpihna a ngah ding, nuntakna nuam a lam ding leh mailam ah na tunnopna mun na tun theihna ding-a lampi a sial dingin kote tawh hong kizom in!</p>
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