

## MANLO RIANTTUANNAK CU ZEIDAH A SI?

Manlo rianttuannak cu miphun hlawknak caah minung nih thil pakhat khat va tuah khi a si. Manlo rianttuan mi hna nih pumpak, mibuu, asilole a miak ruah ah tuah asi lomi buu pawl va bawmh khawh a si. Manlo rianttuanmi hna nihcun man loin an caan kha an pek.

Manlo in rianttuantu pawl cu an nun a sau i an ngan a damdeuh tiah hlathlainak nih a kan chimh

## MANLO RIANTTUANNAK PHUN PAWL:

Manlo in rianttuanmi na si khawhnak ding lam tampi a um. A tlangpi in manlo in ttuanmi rian pawl cu:

- Tarpawl va bawmh
- Mi tlamtlinglo va bawmh
- Lentecelhnak le hrimhthannak cawlcanghnak ah i tel ve
- Pawngkam zohkhenh
- Zung le i thithruainak rian
- Lakhruak in mi va bawmhna tuah
- Tlunkalnak caah mi va bawmh
- Mino pawl he rianttuanti
- Tirawl timhtuah le pek
- Ca chimh
- Phaisa kawlnak



## MIZEI PAWL DAH MANLO IN RIANTTUAN KHAWH A SI?

Meizei paoh nih ttuan khawh a si!

A tanglei pawl na si zongah a poi lo:

- Mino asilole tar na si
  - Rian a kawliomi asilole caantling in rian a ttuan mi na si
  - Ca a cawng liomi na si
  - Mirang holh a tlawmte lawng na thiam
- Manlo in ttuanawknak rian na caah a um ko!

## ZEI CAAH DAH MANLO IN RIAN KA TTUAN LAI?

Manlo rianttuannak nih hlawknak tampi a chuahpi. Cu pawl cu:

- Minung thar pawl he i ton le hawikom thar ngeihnak
- Midang va bawmh
- Thiamnak thar cawn
- Nagmahte naa zumhnak a um ter
- Australia ram rianttuannak leiah hmuhtonnak na ngei
- Holh na thiamning a tthangcho
- Rian na hmuh khawhnak a tamter deuh
- Naa nuam lai

## Manlo rianttuannak cu:

- Miphun bawmhna rian
- Minung hna nih ttuanding ah an i thim mi rian
- Man pek loin ttuanmi rian



Manlo rianttuan hi Australia ram rianttuannak kong hngalhnak caah lam tthabik a si

# MANLO IN RIANTTUAN KA DUH! KHUAZEI AHDAH KA THAWK LAI?

**Nangmah he aa tlakmi manlo rian internet in na kawlkhawh nak lai:**

- Adot 1** ▶ [www.volunteer.vic.gov.au](http://www.volunteer.vic.gov.au) (Victoria's Volunteering Portal) ah hin zoh.
- Adot 2** ▶ 'find volunteer opportunities' timi tangah na duhmi (abianaah. Music (Ringawn), Politics (Ramkhel rian), Health(Ngandamnak), tbk) kha i thim.
- Adot 3** ▶ Tuan caan na duhmi kha i thim (abianaah. One-off(voikhat ah ttuandih mi), Ongoing or Both(pehzulh in ttuan lengmang mi asilole a pahnih in), timi).
- Adot 4** ▶ Postcode asilole suburb(sang min) na umnak sang asilole ttuan na duhnak (abianaah. 3128 asilole Box Hill) kha thim law 'Find' timi hi hmet.
- Adot 5** ▶ A hung chuakmi ah khan a tanglei ah vun zoh thluahmah law manlo in ttuan na duhmi rian phun a um ahcun hmet law a konglam tamdeuh in na hmuh lai.

**Na pawngkam ah a um mi manlo in ttuanding rian na hmuh khawhnaq lai:**  
[www.govolunteer.com.au](http://www.govolunteer.com.au)  
[www.volunteeringvictoria.org.au](http://www.volunteeringvictoria.org.au)

Atamdeuh theih na duh ahcun, a tanglei ah hin cawhna:

Migrant Information Centre (Eastern Melbourne)

☎ 9285 4888

[www.miceastmelb.com.au](http://www.miceastmelb.com.au)



# MANLO IN RIANTTUAN KA DUH! KHUAZEI AHDAH KA THAWK LAI?

**Nangmah he aa tlakmi manlo rian na hmuhnak lai na pawngkam ah a um mi Manlo Rianttuannak Bawmtu pawl kha chawn hna:**

Manlo Rianttuannak Bawmhtu pawl nih manlo rianttuanni hna caah bawmhnak an tuahpiak hna. Na pawngkam ah a um mi Manlo Rianttuannak Bawm sinah va kal, fawn chawnh asilole email na kuat khawh hna.

**Boroondara Volunteer Resource Centre**  
Telhchih mi: Ashburton, Camberwell, Hawthorn  
☎ 9278 4550 [www.bvrc.org.au](http://www.bvrc.org.au)

**Bridges Connecting Communities**  
Telhchih mi: Bayswater, Knoxfield, Wantirna  
☎ 9729 9499 [www.bridgescc.com.au](http://www.bridgescc.com.au)

**Eastern Volunteers**  
Telhchih mi: Box Hill, Ringwood, Lilydale  
☎ 9870 7822 [www.easternvolunteers.org.au](http://www.easternvolunteers.org.au)

**Monash Volunteer Resource Centre**  
Telhchih mi: Chadstone, Clayton, Glen Waverley  
☎ 9562 0414 [www.mvrcvolunteer.org.au](http://www.mvrcvolunteer.org.au)

**Volunteering in Manningham**  
Telhchih mi: Bulleen, Doncaster, Warrandyte  
☎ 9841 4215 [www.vim.org.au](http://www.vim.org.au)

# MANLO RIANTTUANNAK VOLUNTEERING



Phaisalei bawmtu:

