

Welcome

A guide for new refugees



መርሐባ

ንሓደሰቲ ዕቕባት ሰደተኛታት

ዘገልግሉ መምርሒታት ዝሓዘ ጸሑፍ



The purpose of this guide

This guide is for adults who have recently been granted refugee or Humanitarian Protection status after claiming asylum. This guide is relevant to new refugees living in England. Refugees in Scotland can find information at www.gov.scot/publications/new-scots-refugee-integration-strategy-2018-2022/ and refugees in Wales can find information at www.gov.wales/sanctuary.

The Government published an Integrated Communities Strategy action plan in February 2019. This recognised that integration is a two-way process and everyone has a part to play in upholding our shared values, both people already here and those looking to make the UK their home. Information about life in the UK is important in helping refugees and other new migrants to take advantage of the opportunities that the UK offers, and to understand the responsibilities we all have to other groups in our society.

We hope this guide will help you find your way more easily. It contains useful information about how to make contact with the services that can help you after you have been granted refugee or Humanitarian Protection status. This information is intended as a helpful starting point. More detailed information about specific services in your local area will be available through local authorities and charities.



ዕላማ ናይዚ ጽሑፋዊ መምርሒ እዚ


እዚ ጽሑፋዊ መምርሒ እዚ፡ ሕቶ ዕቕዓዊ ድሕሪ ምቕራብም፡ ከም ዕቕባት ስደተኛታት ተቐባልነት ንዝረኽቡ ወይ ሰብኣዊ ዕቕዓዊ ንዝተዋህቦም - ንዓቕሚ ኣዳም ዝኣኸሉ ሰባት ዘገልግል እዩ። እዚ ጽሑፋዊ መምርሒ እዚ፡ ኣብ ዓዲ-እንግሊዝ ንዝነብሩ ሓደስቲ ዕቕባት ስደተኛታት ዝምልከት እዩ። ኣብ ስኩትላንድ ዝርከቡ ዕቕባት ስደተኛታት ኣብ www.gov.scot/publications/new-scots-refugee-integration-strategy-2018-2022/ ሓበሬታ ክረኽቡ ይኸእሉ፤ እቶም ኣብ ወይልስ ዝርከቡ ድማ ኣብ www.gov.wales/sanctuary ብምእታው ሓበሬታ ክፍትሹ ይኸእሉ።

መንግስቲ ኣብ ለካቲት 2019 ዓ.ም. ውሁድ ኮማዊ ውጥን ትግባረ ኣውጺኡ ነይሩ። እዚ ውጥን እዚ፡ መስርሕ ውህደት ክልተ-ሸነኻዊ ምዃኑ፡ ከምኡውን ነፍሲወከፍ ሰብ ኣብ ምዕቃብ ናይ ሓባር ክብርታት ዝጸወቶ ናይ ገዛእ-ርእሱ ተራ ዘረጋግጽ ኮይኑ፡ ነቶም ድሮ ከብዲ እግሮም ኣብዛ ሃገር ኣንቢሮም ዘለዉን ነቶም ብሕጂ ኣብዚ ንኸነብሩ ዝሓሰቡን ኣብ ግምት ዘእተወ እዩ። ንመነባብሮ ዓዲ-እንግሊዝ ዝምልከት ሓበሬታ፡ ዕቕባት ይኹኑ ካልኣት ሓደስቲ ስደተኛታት ተጠቀምቲ ናይቶም ኣብ ዓዲ-እንግሊዝ ዝርከቡ ዕድላት ንኸኹኑ፡ ከምኡውን ብዛዕባቶም ኣብ ማእከል ጉጅለታት ሕብረተ-ሰብና ክነብሩ እንክለዉ ዝምልከትዎም ግዴታታት ግንዛቤ ንኸህልዎም ዝሕግዝዎም እዮም።

እዚ ጽሑፋዊ መምርሒ እዚ መገድኹም ብቐሊሉ ንኸተቃንዑ ክሕግዘኩም ተስፋና ኣሎና። ብዛዕባ እቶም ከም ዕቕባት ስደተኛታት ተቐባልነት ምስረኽብኩም ወይ ሰብኣዊ ዕቕዓዊ ምስተዋህቦኩም ንዓኹም ክሕግዙ ዝኸእሉ ትካላት ኣገልግሎት ምሉእ ሓበሬታ ዘስንቑ ጠቓሚ ትሕዝቶ ኣለዎ። እዚ ሓበሬታ እዚ ከም ጠቓሚ መበገሲ ትሕዝቶ ንኸገልግል ተባሂሉ እተዳለወ እዩ። ብዛዕባ እቶም ኣብ ከባቢኹም ዝወሃቡ ፍሉይት ኣገልግሎታት፡ ብመገዲ ትካላት ከባቢያዊ ምምሕዳርን ግብረ-ሰናይን ዝርዝራዊ ሓበሬታ ኪወሃቦኩም ዝከኣል እዩ።



In this booklet you will find sections on:

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| A general introduction to the UK including things you may find helpful such as what money is used, how transport works and what the weather is like |  |
| Relevant information once you've been recognised as a refugee |  |
| Preparing you for the move on period: what you should do and how to access support, employment and housing |  |
| Employment: how to find a job and apply for support while you search |  |
| Finding accommodation |  |
| Accessing education |  |
| What rights and responsibilities you have, what is legal and illegal, and how to get help from the police |  |
| How to see a doctor and other healthcare needs |  |

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| ምድረ-ነገስት ዝምልከት ሓፈሻዊ መእተዊ ትሕዝቶ፡ ማለት እንተላይ ነቶም ኣገደስቲ ኮይኖም ክትረኽቡዎም እትኸእሉ ጉዳያት ኣጠቓቕማ ገንዘብ፡ ኣካይዳ ስርዓተ-መጓጓዣያ ይኹን ንሓፈሻዊ ስእሊ ኮነታት ኣየር ብዝምልከት |  |
| ከም ዕቑባት ስደተኛታት ተቐባልነት ምስረኽብኩም፡ ንዓኹም ክምልከት ዝኸእል ሓበሬታ |  |
| ምስ ግዜ ናብ ካልእ መንበሪ ንምግባዝ ምድላውኩም፡- ክትገብርዎ ዝግባእ፡ ከምኡውን ደገፍ፡ ዕድል ስራሕን መንበሪ ገዛን እትረኽቡሉ መገዲ |  |
| ዕድል ስራሕ፡- ስራሕ እትረኽቡሉ መገዲ፡ ከምኡውን ኣብ መስርሕ ምድላይ ስራሕ ደገፍ ንምርካብ ብዛዕባ እተመልከቱሉ መገዲ |  |
| መንበሪ ቦታ ምርካብ |  |
| ተጠቓሚ ዕድል ትምህርቲ ምዃን |  |
| ከመይ ዝኣመሰሉ መሰላትን ግዴታታትን ከምዘለዉኹም፣ ሕጋውን ዘይሕጋውን ነገር ከመይ ዝኣመሰለ ምዃኑ፣ ካብ ፖሊስ ሓገዝ ብዛዕባ እትረኽቡሉ መገዲ |  |
| ናብ ዶክተር ብዛዕባ እትቐርቡሉ መገዲ፡ ከምኡውን ንኻልኣት መሰረታውያን ጠለባት ኣገልግሎት ክንክን ጥዕና ብዝምልከት |  |

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Chapter 1

Introduction to the UK

In this chapter you will learn about:

- ✓ The people, language and culture in the UK
- ✓ The political system

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ብዛዕባ ምድረ-ነገሶት

ኣብዚ ምዕራፍ እዚ ብዛዕባ እዞም ቀጺሎም ዝጥቀሱ ትሕዝቶታት ክትመሃሩ ኢኹም፡-



ህዝቢ፡ ቋንቋን ባህልን ናይ ምድረ-ነገሶት



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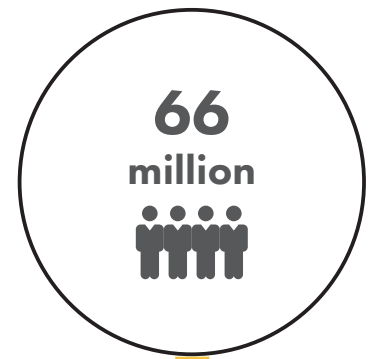
Population, culture and religion

Around 66 million people live in the UK. 55 million people live in England, while around 5.4 million people live in Scotland, 3 million in Wales and 1.9 million in Northern Ireland.

The UK is ethnically diverse with a multi-cultural and multi-faith society. Some areas of the UK are more diverse than others, especially larger cities. In 2011, over 14% of the population identified themselves as being part of an ethnic group other than white. This includes mixed ethnic groups, Asian, African and Arab people. The largest religion in the UK is Christianity, with 33.2 million people (59% of the population). The second largest religion is Islam, with 2.7 million people (5% of the population). Around a quarter of the UK population practise no religion.



UK population



England



Scotland



5.4 million

Wales



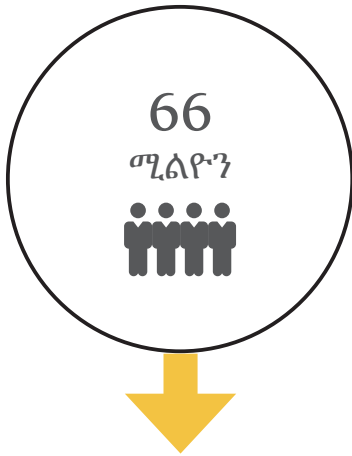
3 million

Northern Ireland



1.9 million

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ዓዲ-እንግሊዝ



ስኮትላንድ



5.4 ሚሊዮን

ወይልስ



3 ሚሊዮን

ሰሜን አየርላንድ

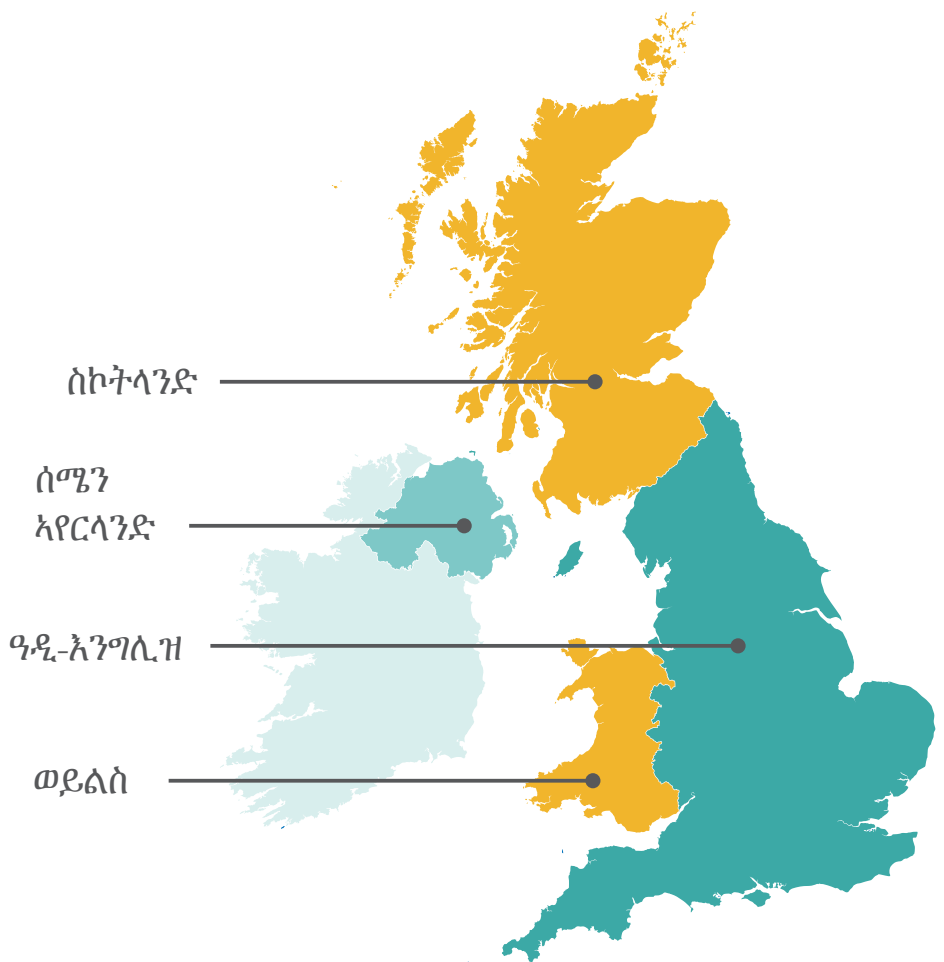


1.9 ሚሊዮን

ብዝሒ ህዝቢ፡ ባህልን ሃይማኖትን

አስታት 66 ሚሊዮን ዝብዝሒ ህዝቢ ኣብ ዓዲ-እንግሊዝ ይነበር። ካብዚኣቶም እቶም 55 ሚሊዮን ኣብ ኢንግላንድ ዝቐመጡ ክኹኑ እንከለዉ፡ እቶም ኣስታት 5.4 ሚሊዮን ዝኹኑ ኣብ ስኮትላንድ፡ እቶም 3 ሚሊዮን ኣብ ወይልስ፡ እቶም ዝተረፉ 1.9 ሚሊዮን ድማ ኣብ ሰሜን አየርላንድ ዝነበሩ እዮም።

ምድረ-ነገስት ብባህልን ሃይማኖታትን ሃብታም ዝኹኑት፡ ዓሌታዊ ብዙሕነት ድማ እትውንን ሃገር እያ። ገለ ከባቢታት ናይ ምድረ-ነገስት ካብ ካልኣት ዝያዳ ብዙሕነት ዘለዎም እዮም፤ ብፍላይ ድማ እተን ዓባይቲ ከተማታት። ኣብ ዓመተ-2011፡ ልዕሊ 14% ናይ ህዝቢ ምድረ-ነገስት ካብ ዘይጸዓዱ ዓሌታት ምዃኖም ክፍለጥ ተኸእሉ። እዚኣቶም እተሓናፈሩ ዓሌታት፡ ኤስያውያን፡ አፍሪቃውያንን ኣዕራብን እንተላይ ዘጠቓለሉ እዮም። እቲ ዝበዝሒ ሰዓብቲ ዘለውዎ እምነት ናይ ምድረ-ነገስት ክርስትና ኮይኑ፡ 33.2 ሚሊዮን (59% ካብ መላእ ህዝቢ) ዜጋታት ይሓቀሩ። እቲ ብብዝሒ ሰዓብቲ ኣብ ካልኣይ ደረጃ ዝሰራዕ ሃይማኖት ድማ ምስልምና ኮይኑ፡ 2.7 ሚሊዮን (5% ካብ መላእ ህዝቢ) ሰባት ይሓቀሩ። ኣስታት ርብዒ ካብ መላእ ህዝቢ ምድረ-ነገስት ንዝኹኑ ይኹን እምነት ዘይስዕብ እዩ።



Cultural and religious differences, tolerance and fairness are important values. People are allowed to practise or celebrate their beliefs or identity, provided they respect the belief or identity of others and are not in conflict with UK laws.

You are free to practise your religion. You can find churches, mosques, synagogues or other places of worship in many towns and cities, though there are fewer in rural areas. Christianity is the official religion and festivals such as Christmas and Easter are widely celebrated.

People must respect each other's views, religion and dress, even if it is different from what they are used to. It is illegal to treat people in a bad or different way because of where they come from, their gender, sexuality, religion, political views, age, disability or other characteristics.

Languages

The main language in the UK is English. The UK uses British spelling, which differs slightly to American English. There are many different regional accents across the UK.

Welsh is also widely used and taught in Wales and there are other recognised regional languages such as Scots Gaelic, Scots, Irish/Gaelic and Cornish.



**Main language:
English**



Regional dialects

People must respect each other's views, religion and dress, even if it is different from what they are used to. It is illegal to treat people in a bad or different way because of where they come from, their gender, sexuality, religion, political views, age, disability or other characteristics.



ባህላውን ሃይማኖታውን ፍልልያት፣ ምጽውዋር፣ ከምኡውን ርትዓውነት አገደስቲ ክብርታት ሕብረተሰብ ዓዲ-እንግሊዝ እዮም። ሰባት፡ ንእምነትን መንነትን ናይ ካልኣት ሰባት ክሳብ ዘኸበሩን ንሕጋዊት ምድረ-ነገስት ኣኸቢሮም ክሳብ ዝኸዱን፡ ንእምነቶም ይኹን ንመንነቶም ክስዕቡ ከፊ ከምልኹ ይኸእሉ እዮም።



ቀንዲ ቋንቋ፡- እንግሊዝኛ

ብዘደለኻዮ ዓይነት ሃይማኖት ክትመላለስ ናጽነት ኣለካ። ኣብ ገጠራዊ ከባቢታት ውሕድ ዝበሉ እኳ እንተኹኑ ኣብያተ-ክርስትያን፡ መሳጊድ፡ ኣብያተ-ጸሎት ኣይሁድ ወይ ካልኣት ቦታታት ኣምልኹ ኣብ ዝተፈላለያ ከተማታትን ንኡሳን-ከተማታትን ኣለዉ። ክርስትና ወግዓዊ ሃይማኖት ናይዛ ሃገር ክኸውን እንከሎ፡ ከም ልደትን ፋስጋን ዝኣመሰሉ ሃይማኖታውያን በዓላት ብሰፊሑ ይጽንበሉ።

ዋላ ካብቲ ዝለመድዎ ፍልይ ዝበለ ይኹን፡ ሰባት ኣብ ልዕሊ ርእይቶ፡ ሃይማኖትን ኣለባብሳን ናይ ካልኣት ኣኸብሮት ከርእዩ ይግባእ። ካብ መበቆሎም፡ ጾታኣም፡ ጾታዊ ዝንባሌኣም፡ ሃይማኖቶም፡ ፖለቲካዊ ርእይቶኣም፡ ዕድሚኣም፡ ኮነታት ስንክልናኣም ድዩስ ካብ ካልእ ረጅሒ ተበጊስካ ኣብ ልዕሊ ሰባት ሕማቕ ወይ ፍልይ ዝበለ ኣተሓሕዛ ምርኣይ ንገዛእ ርእሱ ጥሕሰት ሕጊ እዩ።

ቋንቋታት

ቀንዲ ቋንቋ ናይ ምድረ-ነገስት እንግሊዝኛ እዩ። ኣብ ምድረ-ነገስት ካብ ናይ ኣመሪካ ፍልይ ዝበለ ስርዓተ-ኣጠቓቕማ ፊደላት ናይ እንግሊዝኛ ይዝውተር። ኣብ መላእ ምድረ-ነገስት ብዙሓት ዘባውያን ኣደማምጻ ቃላት ኣለዉ።

ዌልሽ ከኣ ኣብ ወይልስ ከም መበሃሃሊ ይኹን ኣብ መዳይ ትምህርቲ ዝዝውተር ቋንቋ ኮይኑ፡ ከም ስኮትስ ጋይልክ፡ ስኮትስ፡ ኣይሪሽ/ጋይልክ ከምኡውን ኮርኒሽ ዝኣመሰሉ ተቐባልነት ዝረኸቡ ዘባውያንን ቋንቋታት እውን ኣለዉ።



ዘባውያን ላሃጃታት

ዋላ ካብቲ ዝለመድዎ ፍልይ ዝበለ ይኹን፡ ሰባት ኣብ ልዕሊ ርእይቶ፡ ሃይማኖትን ኣለባብሳን ናይ ካልኣት ኣኸብሮት ከርእዩ ይግባእ። ካብ መበቆሎም፡ ጾታኣም፡ ጾታዊ ዝንባሌኣም፡ ሃይማኖቶም፡ ፖለቲካዊ ርእይቶኣም፡ ዕድሚኣም፡ ኮነታት ስንክልናኣም ድዩስ ካብ ካልእ ረጅሒ ተበጊስካ ኣብ ልዕሊ ሰባት ሕማቕ ወይ ፍልይ ዝበለ ኣተሓሕዛ ምርኣይ ንገዛእ ርእሱ ጥሕሰት ሕጊ እዩ።



Political system and law

The UK is a constitutional monarchy and a parliamentary democracy. This means that the monarch is the head of state, but power rests in the democratically elected parliament.

The Prime Minister leads the government. The government is usually formed by the largest political party who are elected through free and fair elections.

The power to make laws rests in the two Houses of Parliament: the House of Commons and House of Lords. The House of Commons is made up of 650 representatives (Members of Parliament or MPs) from geographical constituencies, elected every five years by the general public. The House of Lords is made up of appointed members.

Scotland, Wales and Northern Ireland also each have their own government, and while their responsibilities differ, typically they have responsibility for issues such as healthcare and education. Scotland and Northern Ireland also have responsibility for policing. Local councils (also called local authorities) are elected by the local population and are responsible for local services such as social services, libraries and sports centres, rubbish collection, roads and other local issues.

The legal system is independent of the government and parliament. See Chapter 7 – Rights and Responsibilities for more details.

ፖለቲካዊ ስርዓት ከምኡ'ውን ሕጊ

ዓዲ-እንግሊዝ ብቐዋም እትመሓደርን ንግስነታዊ ቅርጺ ዘለዋን ሃገር ኩይና፡ ፓርላማዊ ዲሞክራሲያዊ ስርዓት ፖለቲካ ኣለዋ። እዚ ድማ እቲ ንግስነታዊ ኣካል ርእሰ-ብሄር ክኸውን እንከሎ፡ ስልጣን ግን ኣብ ኢድ እቲ ኣባላቱ ብዲሞክራሲያዊ ኣገባብ ዝምረጹ ፓርላማ ሃገር እዩ።

ቀዳማይ ሚኒስትር ንመንግስቲ ይመርሕ። ከም ንቡር፡ መንግስቲ ቦቲ ዝዓበዩ ፖለቲካዊ ስርዓት ዝቐመ ኩይኑ፡ ኣባላቱ ናጻን ርትዓውን ብዝኸኑ ኣገባብ ይምረጹ።

ስልጣን ሓጋጊ ኣካል ኣብ ኢድ'ቶም ክልተ ኣብያተ-ጽሕፈት ፓርላማ እዩ፡- ቤት-ጽሕፈት ኮምንሰ ከምኡ'ውን ቤት-ጽሕፈት ሎርድስ። ቤት-ጽሕፈት ኮምንሰ 650 ብዝቐጽሮም ወከልቲ (ኣባላት ፓርላማ ወይ ኤም.ፒ./MP) ዝቐመ ኩይኑ፡ እዞም ኣባላት እዚኣቶም ኣብ ነፍሲ ወከፍ ሓሙሽተ ዓመታት፡ ካብ ኩላተን ጂኦግራፊካዊ ምምሕዳራት ናይታ ሃገር ብሓፋሽ ህዝቢ ዝምረጹ እዮም። ቤት-ጽሕፈት ሎርድስ ብምዳባት ኣባላት ዝቐመ እዩ።

ስኮትላንድ፡ ወይልስ፡ ከምኡ'ውን ሰሜን ኣየርላንድ፡ ነፍሲ ወከፊን፡ እውን ናይ ዝእ-ርእሰን መንግስቲ ዘለወን እዮን። ሓላፍነት ናይ'ዞም መንግስታት ካብ ሓደ ናብ ካልእ ዝፈላለ እኳ እንተኸኑ፡ ከም ኣገልግሎት ክንክን ጥዕናን ትምህርትን ኣብ ዝኣመሰሉ ጉዳያት ሓላፍነት ይስከሙ። ስኮትላንድን ሰሜን ኣየርላንድን፡ ኣብ መዳይ ስርዓት ፖሊስ እውን ሓላፍነት ይወስዳ እዮን። ኣባላት ከባብያውያን ኣብያተ-ምክሪ/ councils (ከምኡ'ውን “ከባብያውያን ትካላት-መዚ” ተባሂለን ዝጽዋዓ) ኣብ ከባቢኦም ብዝነበር ህዝቢ ዝምረጹ ኩይኖም፡ ኣብ መዳያት ናይ'ቶም ከም ማሕበራዊ ኣገልግሎታት፡ ኣብያተ-ንባብን ማእከላት ስፖርትን፡ ምእካብ ጓሓፍ፡ ጽርግያ፡ ከምኡ'ውን ካልኦት ከባብያውያን ጉዳያት ዘጠቓለሉ ኣገልግሎታት ሓላፍነት ይወስዱ።

ሕጋዊ ስርዓት ኣብ መንግስቲ ኩነ ፓርላማ ዝምርኮስ ኣይኩነን። ዝርዝራዊ ሓበሬታ ንምርካብ ምዕራፍ 7 ተመልከቱ – መሰላትን ግዴታታትን።



The law is enforced by the police, who treat everyone fairly and ensure the safety of all citizens. If you are the victim of a crime or suspect a crime, you should contact the police immediately. The police are required to perform their duties in line with standards of professional behaviour for police officers. If you are not satisfied with the service you have received from the police, you can complain.



Queen Elizabeth II and the Monarchy

The UK has a royal family and Queen Elizabeth II has been the head of state since 1952, which makes her the longest-reigning monarch in the history of the UK. She is married to Prince Philip, who is also known as the Duke of Edinburgh.



Her son Prince Charles, Prince of Wales, is next in line to the throne, followed by Prince William, the son of Prince Charles. Prince William and his wife Catherine hold the title of the Duke and Duchess of Cambridge.





ትግባረ ሕገ ብወገን ፖሊስ ይረጋገጽ። አባላት ፖሊስ ንነፍሲወክፍ ሰብ ብርትዓዊ አገባብ ይቐርብዎን ድሕነት ናይ ኩሉ ዜጋ የውሕሱን። ግዳይ ገበናዊ ተግባር ምስእትኹኑ ወይ ብዛዕባ ገበናዊ ፍጻሜ ምስእትጥርጥሩ። ብቐጥታ ንፖሊስ ክትሕብሩ ይግባእ። አባላት ፖሊስ፡ ብዕያራውያን መምርሒታት ሞያዊ ፖሊሳዊ አካይዳ ተቐዩዶም ስርሒም ንኸሰላሰሉ ግዴታ አለዎም። በቲ ካብ ፖሊስ እትረኽብዎ አገልግሎት ዕጉባት ምስዘይትኹኑ፡ ጥርግን ከተቐርቡ ትኽእሉ ኢኹም።

ዳግማዊት ንግስቲ ኤልሳቤጥ ከምኡ'ውን ንጉሳዊ አካል



ምድረ-ነገስት ንጉሳዊ ቤተ-ሰብ ዘለዎ ከወይና፡ ንግስቲ ኤልሳቤጥ ካልአይቲ ካብ 1952 ኣትሒዛ ርእሰ-ብሄር ከወይና ትቐጽል ኣላ። እዚ ድማ እዛ ንግስቲ እዚአ ኣብ ታሪኽ ናይ ዓዲ-እንግሊዝ ዝነውሐ ዕምሪ ናይ ንጉሳዊ አካይዳ ንኸትሕዝ ኣኽኢሉዋ ኣሎ። ንሳ ነቲ “መስፍን ኤደንብራ” ተባሂሉ ዝፍለጥ ልኡል ፊሊፕ እያ ተመርዕያ።

ወዳ ልኡል ቻርለስ፡ ማለት ልኡል ናይ ወይልስ፡ ወራሲ ዝፋን ክኸውን እንከሎ፡ ድሕሪኡ ዝሰራዕ ድማ ወዳ ንልኡል ቻርለስ - ልኡል ዊልያም እዩ። ልኡል ዊልያምን በዓልቲ-ቤቱ ካተሪንን መግርግ መስፍን/መስፍነት ናይ ካምብሪጅ ዘለዎም እዮም።



Other important information

Money

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

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



Public transport

There is an extensive 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 bought in advance. Times and ticket prices vary 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.



ካልኦ ኣገዳሲ ሓበሬታ

ገንዘብ

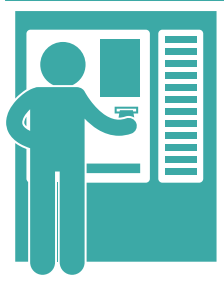
ባጤራ ናይ ዓዲ-እንግሊዝ ፓውንድ ስተርሊንግ (£) እዩ።

£1 (ሓንቲ ፓውንድ) = 100p (100 ፔኒ)።

ጥረ-ገንዘብ ኣብ ብዙሓት ቦታታት ቅቡል እኳ እንተኹን፡ ሰባት ኣቕሑ ንምዕዳግ ይኹን ኣገልግሎታት ንምርካብ፡ ብዝያዳ ካርድታት ደቢት/ ክረዲት ይጥቀሙ።



TICKET 429



ህዝባዊ መጓዳዝያ

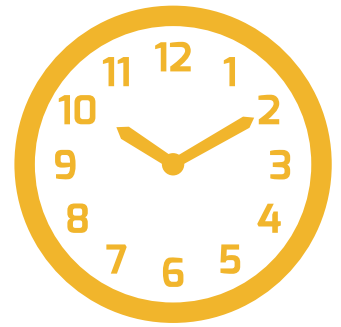
ኣብ መላእ እዛ ሃገር ሰፊሕ ዝርግሐ ዘለዎ መርበብ መጓዳዝያ ኣውቶቡስን ባቡርን ይርከብ።

ከም ንቡር፡ ህዝባዊ መጓዳዝያ ንምጥቃም፡ ቅድሚ ጉዕዞ ትኬት ምዕዳግ ንቡር እዩ። ቦተን ኣብ ውሽጢ ሃገር ዝመላለሳ ባቡራት ይኹና ኣውቶቡሳት ንምጉዳዝ ትኬታት ኣቐዲምካ ምስዝዕደጉ፡ ኩሉ ሳዕ ዝሓሰሩ እዮም። ግዜን ዋጋታት ትኬትን ካብ ሓደ ካባቢ ናይ ምድረ-ነገስት ናብ ካልኦ ዝተፈላለዩ እዮም። ነዚ ብዝምልከት፡ ኣብ ነቕጣ መርበብ ሓበሬታ ኣገልግሎት ባቡር ብምእታው፡ ተወሳኺ ሓበሬታ ክትረኽቡ ትኽእሉ ኢኹም።

www.nationalrail.co.uk ወይ ድማ ኣብ ከባቢኹም ካብ ዝርከብ መደበር ባቡር ወይ ነቕጣ ኣውቶቡሳት።

Timezone and daylight saving

The UK time zone is Greenwich Mean Time (GMT) during winter months and GMT +1 (also called British Summer Time or BST) during the summer. In order to make the most of sunlight hours, the UK (along with the rest of Europe) moves its clocks forward by one hour in late March, and then moves them back in late October.

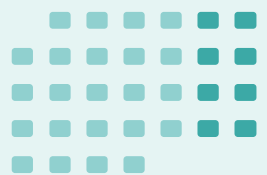


Weekends and bank holidays

The UK weekend falls on Saturday and Sunday, when most offices close. Banks and post offices are usually open Monday-Friday and on Saturday morning, but close on Saturday afternoon and Sunday. However, most shops and restaurants remain open on Saturday and for much of Sunday.

There are a number of public holidays throughout the year. Some apply across the entire UK and some are specific to England and Wales, Scotland or Northern Ireland. Most businesses close, but shops, restaurants and leisure facilities usually remain open.

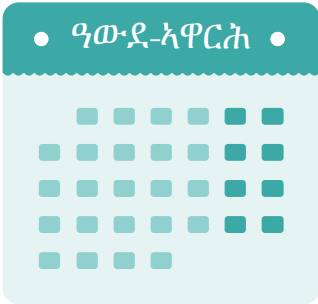
• Calendar •





አቆጻጽራ ሰዓት/ጊዜ ከምኡውን ሰዓታት ብርሃን መዓልቲ

ናይ ምድረ-ነገስት አቆጻጽራ ጊዜ፡ ኣብ ኣዋርሕ ሓጋይ ምስ 'ግሪንዊች ሚን ታይም' (GMT) ዝኸይድ ክኸውን እንከሎ፡ ኣብ እዋን ክረምቲ ድማ ምስ GMT +1 (አቆጻጽራ ጊዜ ክረምቲ ናይ ዓዲ-እንግሊዝ ወይ ቢ.ኤስ.ቲ. ተባሂሉ እውን ይጽዋዕ) እዩ። ዝበዝሑ ሰዓታት ብርሃን ንምህላው ዝክክል፡ ኣብ መወዳእታ መጋቢት፡ ምድረ-ነገስት (ከምኡውን ሃገራት ናይ ዝተረፈ ክፋል ኤውሮጳ) አቆጻጽራ ጊዜኡን ብሓደ ሰዓት የቐድማ፤ ኣብ መወዳእታ ጥቅምቲ ድማ ብሓደ ሰዓት የደንጉያ ማለት እዩ።



ቀዳመ-ሰንበትን ባንክ ዝዕጸወሎም መዓልታት ዕረፍትን

መወዳእታ መዓልታት ሰሙን ናይ ምድረ-ነገስት ቀዳምን ሰንበትን ኩይነን፡ ኣብ ዘን መዓልታት እዚኣተን ዝበዝሑ ኣብያተ-ጽሕፈት ዕጹዎት እዮም። ከም ልሙድ ባንክታት ይኹኑ ኣብያተ-ጽሕፈት ፖስታ ካብ ሰኑይ ክሳብ ዓርቢ ኣብ ዘለዉ መዓልታትን ኣብ ቀዳም ንጉሆን ይኸፈቱ፤ ኣብ ድሕሪ ቀትሪ ናይ ቀዳምን ኣብ ሰንበትን ግን ዕጹዎት እዮም። ይኹን-ምበር፡ ዝበዝሑ ኣብያተ-መሸጣን ኣብያተ-ብልዒን ኣብ ቀዳምን ዝበዝሑ ሰዓታት ናይ ሰንበትን ክፉታት እዮም።

ኣብ መላእ ዓመት ሓያለይ ህዝባውያን በዓላት ኣለዉ። ገሊኦቶም ኣብ መላእ ምድረ-ነገስት ዝበዓሉ ክኹኑ እንከለዉ፡ ገሊኦቶም ግን ጽንብላቶም ኣብ ዓዲ-እንግሊዝ ወይልስ፡ ስኮትላንድ ወይ ሰሜን ኣየርላንድ ጥራይ ዝተሓጽሩ እዮም። ዝበዝሑ ትካላት ዕጹዎት ክኹኑ እንከለዉ፡ ኣብያተ-መሸጣ፡ ኣብያተ-ብልዒን መዘናግዒ ማእከላትን ግን ክፉታት እዮም።

Summary

The UK is a constitutional monarchy and a parliamentary democracy



English is the main language in the UK



The UK is multi-cultural and multi-faith. You must respect other people's views and beliefs and abide by UK law



ጽማቅኑ ትሕዝቶ

ምድረ-ነገስት ብቕዋም እትመሓደርን ንግስነታዊ ቅርጺ ዘለዎን ሃገር ኩይና፡ ፓርላማዊ ዲሞክራሲያዊ ስርዓት ፖለቲካ ኣለዎ።



እንግሊዝኛ እቲ ቀንዲ ቋንቋ ናይ ምድረ-ነገስት እዩ



ምድረ-ነገስት ብብዙሕነት ባህልን ሃይማኖታትን ሃብታም ዝኾነት ሃገር እያ። ኣረኣኣያ ኩነ እምነት ናይ ካልኣት ሰባት ምክባርን ንሕጊ ተማእዚዝካ ምክኛድን ግዴታዊ እዩ



Chapter 2

Once you have been recognised as a refugee

In this chapter you will learn about:

- ✓ Your immigration status and if your family can join you in the UK
- ✓ Your biometric residence permit and travelling outside the UK
- ✓ Opening a bank account
- ✓ Learning English

ምዕራፍ 2

ሐንሳብ ከም

ዕቅድ ስደተኛ ተቆጣልነት

ምስ ረኽብኩም

አብዚ ምዕራፍ እዚ ብዛዕባ እዞም ቀጺሎም ዝጥቀሱ ትሕዝቶታት ክትመሃሩ ኢኹም፡-



ናይ ኢሚግሬሽን ኮነተ-ሃለባትኩምን ኣባላት ስድራ-ቤትኩም ኣብ ዓዲ-እንግሊዝ ክጽንበሩኹም ዝኸእሉ እንተኹይኖምን



ባዮሜትሪካዊ ወረቆት ፍቓድ ነባሪነትኩምን ካብ ምድረ-ነገስት ወጻኢ ምጋሽን



ናይ ባንክ ሕሳብ ምክፋት



ቋንቋ እንግሊዝ ምጽናዕ

Your status

If you have refugee or Humanitarian Protection status in the UK, it means that:

- You may legally remain in the UK for five years from the date you are recognised as a refugee or in need of Humanitarian Protection
- You can access public services e.g. healthcare and schools
- You can apply to stay permanently in the UK (known as 'indefinite leave to remain') after five years
- You may work
- You may apply for social-welfare benefits to support you to live and find work

People granted Humanitarian Protection or refugee status have a number of the same entitlements. However, refugee status has some differences to Humanitarian Protection, for example in relation to university applications and education support (see further information on page 118) and travelling to other countries (see further information on page 34).



You may work



**You may apply
for benefits until you
are able to work**



ክትሰርሑ ትክክሉ ኢኹም

ኩነተ-ሃለባትኩም

ኣብ ምድረ-ነገስት ናይ ዕቑብ ስደተኛ ድዩስ ሰብኣውነታዊ ኩነተ-ሃለባት ውሕስነት/ዕቑባ ምስዝህልወኩም፡ ጉዳይኩም ከምዚ ዚስዕብ ትርጉም ይወሃቦ፡-

- ❖ ከም ዕቑባት ስደተኛታት ወግዓዊ ተቐባልነት ካብ ዝረከብኩሙላ ዕለት ወይ ሰብኣውነታዊ ውሕስነት/ዕቑባ እናኣናዴኹም፡ ኣብ ዓዲ-እንግሊዝ ብሕጋዊ መገዲ ንሓሙሽተ ዓመታት ክትጸንሑ ትክክሉ ኢኹም
- ❖ ተጠቀምቲ ህዝባውያን ኣገልግሎታት ናይ ምዃን ዕድል ኣለኩም፤ ንኣብነት ኣገልግሎት ክንክን ጥዕናን ትምህርትን
- ❖ እዞም ሓሙሽተ ዓመታት ምስተዛዘሙ፡ ኣብ ዓዲ-እንግሊዝ ብቐዋምነት ንክትጸንሑ ከተመልከቱ ትክክሉ ኢኹም (ክቐየር ዝክእል ናይ ምጽናሕ ፍቓድ)
- ❖ ክትሰርሑ ትክክሉ ኢኹም
- ❖ ኣብ መነባብሮ ኩነት ስራሕ ኣብ ምርካብ ሓገዝ ምእንቲ ክኸኑኩም፡ ናይ ማሕበራዊ ድሕነት ጠቐማዊ ክፍሊታት ንክወሃቡኹም ከተመልከቱ ትክክሉ ኢኹም



ስራሕ ክሳብ እትጅምሩ ሓገዝት ንክወሃቡኹም መመልከቲ ከተቐርቡ ትክክሉ ኢኹም

ሰብኣዊ ዕቑባ ወይ ኩነተ-ሃለባት ናይ ዕቑብ ስደተኛ ዝረኽቡ ሰባት፡ ዝተፈላለዩ ናይ ሓባር መሰላት ኣለውዎም። ይኹን እምበር ኩነተ-ሃለባት ናይ ዕቑብ ስደተኛ ምርካብ፡ ሰብኣውነታዊ ዕቑባ ካብ ምርካብ ፍልይ ዝበለ እዩ። ንኣብነት፡ ኣብ መዳይ ናይ ዩኒቨርሲቲ መመልከቲ ምቕራብን ትምህርታዊ ደገፍን (ኣብ ገጽ 118 ተወሳኺ ሓበሬታ ተወከሱ)፡ ናብ ካልኣት ሃገራት ምጋሽ (ኣብ ገጽ 34 ተወሳኺ ሓበሬታ ተወከሱ)።

Family links

Where possible, the aim is for refugees to be resettled as a family group but sometimes families can become separated. Opportunities for other family members to join you in the UK may be very limited and there is no guarantee that they will be able to join you. These opportunities may include family reunion under the immigration rules, Family Migration routes and resettlement.

If you have family based in one of the UK's resettlement host countries and they wish to join you in the UK, this may be possible but there is no guarantee. Resettlement is only available to a very small number of refugees and places are therefore reserved for the most vulnerable cases only.

You should advise them:

- To register with UNHCR in one of the UK's resettlement host countries
- To tell UNHCR that they wish to be reunited with you in the UK, providing your UNHCR reference number if you know this
- UNHCR may assess if resettlement is the appropriate solution for your family and whether they can be prioritised for resettlement based on their needs
- Even if UNHCR refer your family members to the UK under the resettlement scheme, the UK might reject the application or not be able to find suitable accommodation
- If the UK accepts them, we will try our best to locate families close to each other, but this is not always possible and they may be resettled in a different area of the UK



**Register with
UNHCR**



UNHCR will decide



**Family may be
resettled in a
different area**



ኣብ UNHCR ተመዝገቡ



UNHCR ውሳኔ ከሕልፍ እዩ



ኣባላት ስድራ-ቤት ኣብ ዝተፈላለዩ ቦታታት ናይ ዓዲ-እንግሊዝ ኮይኖም ክጣየሱ ተኸእሎ ኣሎ

ዝምድናታት ስድራ-ቤት

ኣብ ዝተኸለለሉ፡ እቲ ዕላማ፡ ዕቑባት ስደተኛታት ምስ ኣባላት ስድራ-ቤታቶም ዳግማይ ተራኪቦም ጥጡሕ ናብራ ክጅምሩ እዩ። ይኹንምበር፡ ኣብ ገሊኡ፡ ኣባላት ስድራ-ቤት ክፈላለዩ ዝከኣል እዩ። ካልኣት ኣባላት ስድራ-ቤትኩም ኣብ ምድረ-ነገስት ምሳኹም ዳግማይ ተራኪቦም ንኸነብሩ ዘሎ ዕድል ኣዝዩ ድሩት ክኸውን ይኸእል እዩ፤ ከምኡውን ንኸጽንበሩኹም እውን ትሑዝ እዩ ማለት ኣይኮነን። እዞም ዕድላት እዚኣቶም ነዞም ቀጺሎም ዝጥቀሱ ተኸእሎታት ዘጠቓለሉ ክኸውኑ ይኸእሉ፡- ብመሰረት ሕጋጋት ኢሚግሬሽን ዝተግበሩ ዳግመ-ምርኻብ ኣባላት ስድራ-ቤታት፡ መስመራት ስደት ስድራ-ቤት፡ ከምኡውን ዳግመ-ምጥያስ።

ኣብ ሓንቲ ካብተን መስርሕ ዳግመ-ምጥያስ ናይ ምድረ-ነገስት ዘኣንግዳ ሃገራት ዝነብሩ ኣባላት ስድራ-ቤት ምስዝህልዉኹምም ኣብ ምድረ-ነገስት ክጽንበሩኹም ምስዝደልዩ፡ እዚ ክኸውን ዝከኣል እኳ እንተኹን ትሑዝ ግን ኣይኮነን። ዕድል ዳግመ-ምጥያስ ንውሑዳት ክፋል ናይ ዕቑባት ስደተኛታት ጥራይ እተሓዘአ ስለዝኸነ፡ ዝርካቦም ዕድላት ኣብቶም ዝያዳ ህሱያት ዝኸውኑ ሰባት ጥራይ ዘተኮሩ እዮም።

ንኣባላት ስድራ-ቤትኩም ከምዚ ዚስዕብ ንኸነብሩ ክትመኽርዎም ይግባእ፡-

- ❖ ኣብ ሓንቲ ካብተን መስርሕ ዳግመ-ምጥያስ ናይ ምድረ-ነገስት ዘኣንግዳ ሃገራት ኣብ ዝርከብ ቤት-ጽሕፈት ስደተኛታት ናይ ውድብ ሕቡራት ሃገራት (UNHCR) ንኸምዝገቡ
- ❖ ናይ UNHCR መለሌቶ ቀጽርኹም ብምሃብ፡ ማለት ንስኹም ትፈልጥዎ እንተኹንኩም፡ ኣብ ምድረ-ነገስት ክጽንበሩኹም ከምዝደልዩ ን UNHCR ክሕብሩ
- ❖ ዳግመ-ምጥያስ እቲ ንስድራ-ቤትኩም ዝሓይሽ ፍታሕ ምዃኑን ዘይምዃኑን፡ UNHCR ክግምግም እዩ፤ ከምኡውን ስድራ-ቤትኩም ብመሰረት ዘለዎ መሰረታዊ ጠለባት ኣብ ቅድሚት ክትስራዕ ከምእትኸእልን ከምዘይትኸእልን
- ❖ ዋላ እውን UNHCR ንመደብ ዳግመ-ምጥያስ መሰረት ብምግባት ንጉዳይ ኣባላት ስድራ-ቤትኩም ናብ ዓዲ-እንግሊዝ ብገፈራል መልክዕ እንተለኣኹ፡ መንግስቲ ምድረ-ነገስት ንመመልከቲኹም ክነጽጎ ኮነ ቦታ ክስእነሉ ዝከኣል እዩ
- ❖ መንግስቲ ምድረ-ነገስት ንጉዳይ ኣባላት ስድራ-ቤትኩም ምስዝቐበሎ፡ ኣባላት ስድራ-ቤትኩም ኣብ ዝተቐራረበ ቦታ እናነበሩ ንኸጣየሱ ዝከኣልና ክንገብር ኢና። ይኹንምበር እዚ ኩሉ ሳዕ ዝከኣል ስለዘይኮነ፡ ኣብ ዝተፈላለዩ ቦታታት ናይ ምድረ-ነገስት ኮይኖም ክጣየሱ ተኸእሎ ኣሎ

If you are married or have a partner and/or children under the age of 18, the leave you have been granted entitles your spouse or partner and minor children to join you in the UK, providing they were part of your family unit before you left your country of origin to seek asylum. They will need to meet certain conditions which are set out in the Home Office policy on Family Reunion and the Immigration Rules. You can find the policy on GOV.UK at: <http://www.gov.uk/government/collections/asylum-decision-making-guidance-asylum-instructions>

Family Reunion visas are free of charge. Your family must apply online at www.gov.uk/settlement-refugee-or-humanitarian-protection/family-reunion and make an appointment at a UK Visa Application Centre overseas to enrol their biometrics. The visa will be issued if the Visa Officer is satisfied, from the evidence presented, that the applicant is related as claimed to the person they are applying to join in the UK. This may lead to a review of your entitlement to refugee or Humanitarian Protection status in the UK.

If your spouse or partner and minor children are not in the UK and want to apply for family reunion, they will need to make an application for entry clearance to the UK before they travel. Details on how to apply are available on GOV.UK at: <http://www.gov.uk/settlement-refugee-or-humanitarian-protection/family-reunion>

If your family members wish to visit you in the UK for a shorter period of time, they may be able to apply for a visit visa although this may not be successful. More information can be found on GOV.UK

ምርዕ-ዋት ምስእትኹኑ ወይ ናይ ሕጻ መጻምድቲ ድዩስ ትሕቲ 18 ዓመት ዝዕድሚኦም ደቂ ምስዝህልዉኹም፡ እቲ ዝተሞህበኩም ኣብ ዓዲ-እንግሊዝ ናይ ምጽናሕ ዕድል፡ ሕጋዊ ድዩስ ዘይሕጋዊ መጻምድትኹም ከምኡውን ትሕቲ-ዕድመ ደቅኹም ኣብ ዓዲ-እንግሊዝ ንክጽንበሩኹም ዕድል ዝፈጥር እዩ፤ ማለት ንሳቶም ኣብቲ ፖለቲካዊ ዕቕዑን ንምሕታት ካብ ናይ መበቆል ሃገርኩም ዝወጸእኩሙሉ እዋን ኣካል ስድራ-ቤትኩም ክሳብ ዝነበሩ። ብመንጽር እቲ ንዳግመ-ምርኻብ ስድራ-ቤትን ኢሚግሬሽንን ዝምልከት ፖሊሲ ቤት-ጽሕፈት ውሽጣዊ ጉዳያት፡ ገለ ቅድመ-ኮነታት ከማልኡ ከድልዮም እዩ። ንትሕዝቶ ናይዚ ፖሊሲ እዚ ኣብ GOV.UK ብምእታው ወይ በዚ ዚስዕብ መኻፈቲ መስመር ገጽ መርበብ ክትረኽቡዎ ትክእሉ ኢኹም፡- <http://www.gov.uk/government/collections/asylum-decision-making-guidance-asylum-instructions>

ቪዛታት ዳግመ-ምርኻብ ስድራ-ቤት ዝኹነ ይኹን ገንዘብ ኣይክፈሎምን እዩ። ስድራ-ቤት ኣብ መርበብ ሓበሬታ ብምእታው በዚ ዚስዕብ መስመር ብቐጥታ መመልከቲ ከተቐርብ ይግባእ፡- www.gov.uk/settlement-refugee-or-humanitarian-protection/family-reunion ከምኡውን ባዮሜትሪካዊ ሓበሬታ ንኸተመዝግብ፡ ኣብ ወጻኢ ኣብ ዝርከብ ናይ ዓዲ-እንግሊዝ ማእከል ናይ ቪዛ መመልከቲ፡ ቁጻራ ክትሕዝ። እቲ ኣቐዳሽ ሕቶ ቪዛ ዝኹነ ሰራሕተኛ ቦቲ ዝቐረበ ጭብጢ ምስዝግብ፡ ማለት ኣመልካቲ ልክዕ ከምቲ ኣብ መመልከቲ ዝተጠቐሰ ምስቲ ኣብ ምድረ-ነገስት ንክጽንበሩ ዝሓተሉ ዘሎ ሰብ ናይ ሓቂ ቀረባ ዝምድና ዘለዎ ኮይኑ ምስዝርከብ፡ ቪዛ ክወሃብ እዩ። እዚ ድማ እቲ ከም ቐባት ስደተኛታት ወይ ከም ተጠቀምቲ ሰብኣዊ ዕቕዑን ዝረከብኩም ተቐባልነት፡ ዳግማይ ንክግምገም ምክንያት ክኸውን ይክእል እዩ።

ወግዓዊ ይኹን ዘይወግዓዊ መጻምድትኹም ወይ ትሕቲ ዕድመ ደቅኹም ካብ ምድረ-ነገስት ወጻኢ ምስዝህልዉኹም ንዳግመ-ምርኻብ ስድራ-ቤት ብዝምልከት መመልከቲ ክቐርቡ ምስዝደልዩ፡ ቅድሚ ናብ ጉዕዞ ምብጋሶም፡ ናብ ዓዲ-እንግሊዝ ንክኣትዉ ኣድላዩ ዘበለ ምጽራይ (ክሊራንስ) ክገብሩ ከድልዮም እዩ። ንመስርሕ ምቕራብ መመልከቲ ብዝምልከት ኣብ GOV.UK ብምእታው ወይ ነዚ ዚስዕብ መኻፈቲ መስመር ገጽ መርበብ ተጠቐምኩም ዝርዝራዊ ሓበሬታ ክትረኽቡ ትክእሉ ኢኹም፡- <http://www.gov.uk/settlement-refugee-or-humanitarian-protection/family-reunion>

ኣባላት ስድራ-ቤትኩም ናብ ምድረ-ነገስት መጻኢም ንሕጽር ዝበለ ግዜ ክርእዩኹም ምስዝደልዩ፡ ብዙሕ ተስፋ ዝግበረሉ ውጽኢት ዘለዎ እኳ እንተኹን፡ ናይ በጻሒ ቪዛ ንምርኻብ ከመልከቱ ዝከኣል እዩ። ዝርዝራዊ ሓበሬታ ኣብ GOV.UK ክርከብ ዝከኣል እዩ

Biometric Residence Permit

Once you have been recognised as a refugee you will receive a Biometric Residence Permit (BRP) in the post which will have your national insurance number on the reverse of the card.

Please keep this important document safe as it is evidence of your legal status in the UK and shows how long you may stay in the UK for.

It will also say that you are allowed to work in the UK. This document is required to access benefits, healthcare, apply for jobs, and so on (see Chapter 4 – Employment and Benefits).

You do not need to pay for the BRP.

This is what your BRP will look like.



ባዮሜትሪካዊ ፍቻድ ነባሪነት

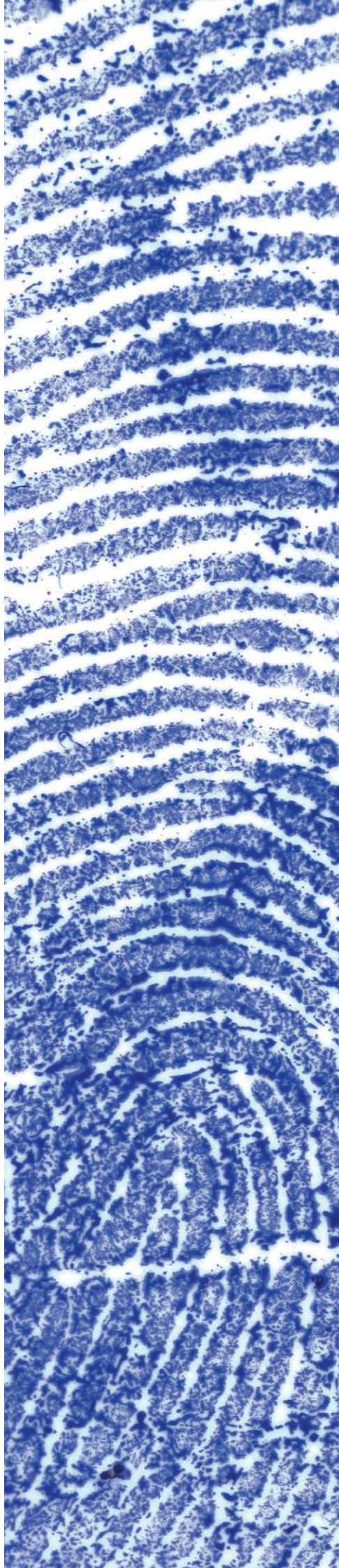
ሓንሳብ ከም ዕቕባት ስደተኛታት ተቐባልነት ምስረኽብኩም፡ ባዮሜትሪካዊ ፍቻድ ነባሪነት (BRP) ክወሃብኩም እዩ። እዚ ካርድ እዚ ኣብ ዳሕረዋይ ገጹ ናይ ሃገራዊ መድሕን ቍጽርኹም ኣለዎ።

ብዛዕባ ኣብ ዓዲ-እንግሊዝ ንዘለኩም ኮነተ-ሃለዎት ዝሕብር ከምኡውን ኣብ ምድረ-ነገስት ንኸንደይ ዝኣክል እዎን ክትጸንሑ ከምዝተፈቐደልኩም ዘፍልጥ ስለዝኹኑ፡ ብኸብረትኩም ነዚ ኣገዳሲ ሰነድ እዚ ብጥንቃቄ ሓዘዎ ኢኹም።

እዚ ካርድ እዚ ኣብ ምድረ-ነገስት ንኸትሰርሑ ከምዝተፈቐደልኩም እውን ይሕብር እዩ። እዚ ሰነድ እዚ ጠቕማዊ ሓገዝ ኣብ እትቐበሉሉ፡ ኣገልግሎት ጥዕና ንምርካብ ኣብ እትሓቱሉ፡ ስራሕ ንምርካብ ኣብ እትመልከቱሉ ወዘተ ክድልየኩም እዩ (“ምዕራፍ 4 – ዕድል ስራሕን ሓገዝን” ተመልከቱ)።

ካርድ BRP ንምርካብ ገንዘብ ክትከፍሉ ኣደድልየኩምን እዩ።

ካርድ BRP ከምዚ ይመስል።



Travelling outside the UK

You can travel outside the UK. However, you should not travel to your country of origin and/or the country from which you sought refuge as this could result in the withdrawal of your refugee or Humanitarian Protection status when you return to the UK. The rules relating to travelling outside the UK depend on whether you have Humanitarian Protection or refugee status.



Humanitarian Protection

If you have Humanitarian Protection you:

- Can travel on your national passport if you still hold a valid national passport
- Must take your BRP with you if you travel, as you will need to show this to an immigration officer to demonstrate that you have the right to enter and stay in the UK
- If you don't have a passport you should apply for a Home Office Travel Document (see below)



Refugee Status

If you have refugee status you:

- Cannot travel on your national passport, even if you still hold a valid passport, as this may impact your refugee status
- Will need to apply to the Home Office for a travel document



ካብ ዓዲ-እንግሊዝ ወጻኢ ምጋሽ

ካብ ዓዲ-እንግሊዝ ወጻኢ ክትገሹ ትኽእሉ ኢኹም። ይኹንምበር፡ ናብ ናይ መበቆል ሃገርኩም ኮነ ናብታ ኣብኣ ካንኩም ሕቶ ዕቕዓብ ስደተኛ ዘቐረብኩሙላ ሃገር ክትገሹ ኣይግባእን። ከምኡ ምስእትገብሩ፡ ናብ ምድረ-ነገስት ኣብ ዝተመለስኩሙሉ፡ እቲ ተዋሂቡኩም ዝጸንሐ ናይ ዕቕብ ስደተኛ ድዩስ ሰብኣውነታዊ ኩነተ-ሃለዎት ክትሕደጉ ተኽእሎ ኣሎ። እቶም ካብ ምድረ-ነገስት ወጻኢ ንምጋሽ ዝምልከቱ ሕጋዊት/ መምርሒታት ኣብቲ ተዋሂቡኩም ዘሎ ኩነተ-ሃለዎት ዝምርኮስ እዩ፤ ማለት ዕቕባት ስደተኛታት ዲኹም ወይስ ሰብኣውነታዊ ዕቕዓብ ዝተዋህበኩም።



ሰብኣውነታዊ ዕቕዓብ

ሰብኣውነታዊ ዕቕዓብ እንተተዋሂቡኩም፡-

- ❖ ናይ መበቆል ሃገርኩም ፓስፖርት ተጠቂምኩም ክትገሹ ትኽእሉ ኢኹም፤ ማለት ግዜ ኣገልግሎቱ ዘዩብቕዕ ሃገራዊ ፓስፖርት እንተ ሃልዩኩም
- ❖ እንተገሸኩም ነታ ናይ BRP ካርድኹም ምሳኹም ክትማልእዎ ይግባእ፤ ምክንያቱ ናብ ምድረ-ነገስት ንክትኣትዉ ኮነ ኣብኡ ንክትጸንሑ ሕጋዊ መሰል ከምዘለኩም ንክተረጋግጹ ንስራሕተኛታት ኢሚግሬሽን ነዛ ካርድ እዚኣ ከተርእይዎም ከድልዩኩም እዩ
- ❖ ፓስፖርት ምስዘይህልዉኩም፡ መመልከቲ ብምቕራብ ናይ ቤት-ጽሕፈት ውሽጣዊ ጉዳያት ሰነድ መገሻ (ትራቭል ዶክሜንት) ንክወሃበኩም ክትሓቱ ትኽእሉ ኢኹም (ኣብ ታሕቲ ተመልከቱ)



ኩነተ-ሃለዎት ዕቕብ ስደተኛ

ኩነተ-ሃለዎት ዕቕብ ስደተኛ ምስዝጸድቀልኩም፡-

- ❖ ናይ መበቆል ሃገርኩም ፓስፖርት ተጠቂምኩም ክትገሹ ኣይትኽእሉን ኢኹም፤ ማለት ዋላ እውን ግዜ ኣገልግሎቱ ዘዩብቕዕ ሃገራዊ ፓስፖርት እንተ ሃለዉኩም፤ ምክንያቱ ከምኡ ምግባር ነቲ ዝጸደቐልኩም ኩነተ-ሃለዎት ዕቕብ ስደተኛ ዝጸሉ እዩ
- ❖ ናብ ቤት-ጽሕፈት ውሽጣዊ ጉዳያት መመልከቲ ብምቕራብ፡ ሰነድ መገሻ (ትራቭል ዶክሜንት) ንክወሃበኩም ክትሓቱ ከድልዩኩም እዩ

Applying for travel documents

If you are issued with a Home Office Travel Document, this will not be valid for travel back to your home country.

Details of how to apply and the cost of a Home Office travel document can be found at:

www.gov.uk/apply-home-office-travel-document/overview

You may need a visa to travel to other countries. Please check the visa and other entry requirements of the country you wish to visit via the relevant embassy for that country in London before buying a ticket or attempting to travel.

ሰነድ መገኛ ንክወሃበካ መመልከቲ ምቕራብ

ናይ ቤት-ጽሕፈት ውሽጣዊ ጉዳያት ሰነድ መገኛ ምስዝወሃበኩም፡ እቲ ሰነድ እቲ ናብ ናይ መበቆል ሃገርኩም ተመሊሰኩም ንክትገኙ ዘክእለኩም ኣይክኸውንን እዩ።

ንመስርሕ ምቕራብ መመልከቲ ከምኡውን ንክፍሊታት ናይ ቤት-ጽሕፈት ውሽጣዊ ጉዳያት ሰነድ መገኛ ብዝምልከት፡ ኣብ'ዚ ዚሰዕብ መክፈቲ መሰመር ገጽ መርበብ፡ ዝርዝራዊ ሓበሬታ ክትረኽቡ ትክእሉ፡-

www.gov.uk/apply-home-office-travel-document/overview

ናብ ካልኣት ሃገራት ንምጋሽ ቪዛ ከድልዩኩም ይክእል እዩ። ብክብረትኩም፡ ቅድሚ ትኬት ምግዛእኩም ወይ ናብ መገኛ ንምቃልኩም፡ ብዛዕባ ናብ'ታ ክትገኙላ እትደልዩዎ ዘለኹም ሃገር ንክትኣትዉ ዘድልዩኹም ናይ ቪዛ ይኹን ካልኣት ቅድመ-ኮነታት ንምጽራይ፡ ነቲ ኣብ ዓዲ-እንግሊዝ ዝርከብ ኤምባሲ ናይ'ታ ሃገር ተወከሱ።

Opening a bank account

Opening a bank account is important when you are recognised as a refugee: to keep your money safe and to enable you to receive payments. Benefit payments will usually be paid directly into your bank account and it is also the easiest way for employers to pay you when you get a job.

There are a range of banks and you can choose one that suits you best. There are also online-only providers which you can use.

In order to open a bank account you will usually need to show a form of identification such as your passport or BRP as well as proof of your address, such as your tenancy agreement (see Chapter 5 – Housing and Services) or a gas, electric or phone bill. Some banks will accept sight of your Universal Credit account as proof of identification.

You should ask about any charges when you open a bank account. Depending on the terms and conditions of your account, you may be charged if you spend more money than you have or for other services that may be included.

Once you open your account, you will usually be issued with a debit card which can be used to pay for things in most shops. You can also arrange for bills to be paid directly from your account using 'direct debit'.





ናይ ባንክ ሕሳብ ምኽፋት

ከም ዕቑባት ስደተኛታት ተቐባልነት ምስረኽብኩም፡ ሕሳብ ናይ ባንክ ክትከፍቱ ኣዘዩ ኣገዳሲ እዩ፤ ማለት ገንዘብኩም ውሑስ ብዝኾነ መገዲ ንኽትዕቅብዎ፡ ከምኡውን ዝምልከቱኹም ክፍሊታት ክትቅበሉ ምእንቲ ክትክእሉ። ናይ ሓገዝ ገንዘባዊ ክፍሊታትኩም ኩሉ ሳዕ ናብ ናይ ባንክ ሕሳብኩም እዮም ብቐጥታ ኣታዊ ዝኹኑ። ስራሕ ምስረኽብኩም ኣስራሕትኹም ደምዝኩም ንክኸፍሉኹም ዝቐሎም ኣገባብ ኣክፋፍላ እውን ናብ ናይ ባንክ ሕሳብኩም ኣታዊ ምግባሩ እዩ።



ብዙሓት ኣማራጺታት ናይ ባንክ ስለዘለዉ፡ ብዝያዳ ንዓኹም ዝሰማማዕ ባንክ ክትመርጹ ትኽእሉ ኢኹም። ክትጥቀሙሎም እትኽእሉ፡ ብመገዲ መርበብ ሓበሬታ ጥራይ ዝነጥፉ ባንክታት እውን ኣለዉ።



ናይ ባንክ ሕሳብ ንምኽፋት፡ ከም ልሙድ፡ ከም ፓስፖርት ወይ ካርድ BRP ዝኣመሰለ መለለዩ ሰነድ፡ ከምኡውን ከም ውዕል ክራይ ዝሃ (“ምዕራፍ 5 – መንበሪ ዝሃን ኣገልግሎታትን” ተመልከቱ) ወይ ሰነድ-ዕዳ/ ቢል ናይ ጋዝ፡ ናይ ኤሌክትሪክ ድዩስ ናይ ተሌፎን ዝኣመሰለ መረጋገጺ ሰነድ ነባሪነት ከተርእዩ የድልየኩም። ገሊኤን ባንክታት ነቲ ዓለማዊ ናይ ክረዲት ኣካውንትኻ ከም መረጋገጺ መለለዩኻ ክቕበልኦ እየን።



ናይ ባንክ ሕሳብ ኣብ እትኸፍቱሉ እዋን፡ ብዛዕባ ዝኹነ ይኹን እትኸፍልዎ ገንዘብ ክትሓቱ ይግባእ። ብመሰረት እቶም ነቲ እትኸፍትዎ ናይ ባንክ ሕሳብ ዝምልከቱ ቅድመ-ኩነታት ስምምዕ፡ ካብ ዘለኩም መጠን ገንዘብ ንላዕሊ ምስእትጥቀሙ ወይ ምስ ካልኦት ኣገልግሎታት ብዝተኣሳሰር፡ ተወሳኺ ገንዘብ ንኽትከፍሉ ክትግድዱ ተኽእሎ ኣሎ።

ሓንሳብ ናትኩም ናይ ባንክ ሕሳብ ምስክፈትኩም፡ ከም ንቡር፡ መኽፈሊ ወይ “ደቢት” ካርድ ኪወሃበኩም እዩ። እዚ ካርድ እዚ ኣብ ዝበዝሑ ኣብያተ-መሸጣ ሕሳብ ንኽትከፍሉ ዘኽእለኩም እዩ። ‘ቐጥታዊ ኣገባብ ኣክፋፍላ ሕሳብ’ ብምጥቃም ድማ ሰነዳት-ዕዳኹም ብቐጥታ ካብ ናይ ባንክ ሕሳብኩም ከምዝኸፈሉ ክትገብሩ ትኽእሉ ኢኹም።



Learning English

Learning to speak English is very important and will help you to settle into your new life and live independently, enable you to go to the doctor on your own, help your children at school and help you get a job or study further.

You are entitled to free English language tuition if you are unemployed and looking for work. If you are attending appointments at the Jobcentre (see chapter 4 on Employment and Benefits), your work coach may refer you to an English language class.

You can also find information about English classes by contacting the local council where you live. Before you join a class, a teacher will check your level and find out more about you, so that you can join a class with people who are at a similar level as you, and which is suitable for your needs. If you have a baby or young children, you may need to arrange for someone to care for them while you attend classes, or find a class with a creche.

You do not need to know any English to join an English course. Classes can be a lot of fun and are a good place to meet people and make friends.

ቋንቋ እንግሊዝ ምጽናዕ

ቋንቋ እንግሊዝ ምጽናዕ አዝዩ አገዳሲ ጉዳይ ከወይኑ፡ ብሓድሽ ናብራ ንኸትጣየሱ ከግር ርእሰኹም ክኢልኩም ንኸትነብሩ ሓጋዚ እዩ። ንኣብነት፡ ናብ ዶክተር ባዕልኹም ክትቀርቡ፡ ንደቅኹም ብጉዳይ ትምህርቶም ዝመጸ ባዕልኹም ክትሕግዝዎም፡ ስራሕ ክትረኽቡ ወይ ትምህርትኹም ክትቅጽሉ ትኽእሉ።

ስራሕ ምስዘይህልወኩም እሞ ስራሕ ኣብ ምርካብ ተዋፊርኩም ምስእትህልወ፡ ብዘይ ክፍሊት ቋንቋ እንግሊዝ ንኸትመሃሩ መሰል ኣለኩም። ኣብ ጆብሰንተር/Jobcentre (ንዕድል ስራሕን ሓገዛትን ንዝምልከት ምዕራፍ 4 ተመልከት)፡ እቲ ኣብ መዳይ ስራሕ ዝቐልሰኩም ኣሰልጣኒኹም (ኮች) ናብ ትምህርቲ ቋንቋ እንግሊዝ ገጹ ክመርሓኩም ተኽእሎ ኣሎ።

ነቲ ኣብ እትነብሩሉ ከባቢ ዝርከብ ቤት-ምኽሪ እውን ብዛዕባ ስልጠናታት ቋንቋ እንግሊዝ ዝመጸ ክትውከስዎ ትኽእሉ ኢኹም። ስልጠና ቋንቋ እንግሊዝ ቅድሚ ምጅማርኩም፡ መምህርኩም ንዘለኩም ደረጃ ምልከት ቋንቋ ክፍትሽን ብዛዕባኹም ብዝያዳ ክጽንዕን እዩ። እዚ ድማ ምስ ደረጃኹም ዝመጣጠን ብቐዓት ምስ ዘለዎም ብጾት ተመዲብኩም ንኸትመሃሩ ዝሕግዝ መስርሕ ከወይኑ፡ ጠለባት ቋንቋኣዊ ትምህርትኹም ኣብ ምምላእ ሓጋዚ እዩ። ኣደ ቁልዑ እንተጅንክን፡ ናብ ትምህርቲ ኣብ እትኸዳሉ እዋን ቁልዓ/ዑ ዘጽንፋልክን ሰብ ከምዝህሉ ክትገብሩ ወይ መእለዩ ህጻናት ዘለዎ ቤት-ትምህርቲ ክትረኽቡ ከድልዩክን እዩ።

ስልጠና ቋንቋ እንግሊዝ ንምጅማር፡ ኣሰር እንግሊዝኛ ክህልወኩም ግዴታዊ ኣይኮነን። እቶም ቦታታት ስልጠና ኣዘናጋዕቲ ከምኡውን ምስ ብዙሓት ሰባት ተላሊኹም ዓርኪ-መሓዛ ከተጥርዩሎም እትኽእሉ እዮም።



Summary

You can access public services, work and claim benefits



Family links



You will receive a Biometric Residence Permit (BRP), which allows you to remain in the UK and find work – please keep this safe








You should open a bank account as soon as possible to help manage your money



Learning to speak English is very important and you should find out about classes available in your local area as soon as possible



ጽግቶች ትሕዝቶ

| | | |
|--|--|--|
| | ተጠቀምቲ ህዝባዊ አገልግሎታት ክትኩኑ፡ ክትሰርሑ፡ ክምኡ'ውን ሓዝዝ ንክወሃቡኩም ጠለብ ከተቐርቡ ትክእሉ ኢኹም |  |
| | ዝምድናታት ስድራ-ቤት |  |
| | ባዮሜትሪካዊ ፍቓድ ነባሪነት (BRP) ክወሃቡኩም እዩ። እዚ ካርድ እዚ ኣብ ዓዲ-እንግሊዝ ንክትጸንሑ ኩነ ንክትሰርሑ ዘክእሉኩም እዩ - ብክብረትኩም ብጥንቃቄ ሓዝዎ |  |
| | ገንዘብኩም ብዝግባእ ንክተመሓድሩ፡ ኣብ ዝሓጸረ እዋን ናይ ባንክ ሕሳብ ክትከፍቱ ይግባእ |  |
| | ቋንቋ እንግሊዝ ምጽናዕ ኣዝዩ ኣገዳሲ ጉዳይ ኩይኑ፡ ኣብ ዝሓጸረ እዋን ብዛዕባ እቶም ኣብ ከባቢኹም ዝወሃቡ ናይ ቋንቋ ስልጠናታት ብዝምልከት ሓበሬታ ክትረክቡ ይግባእ |  |

Chapter 3

The First Month

In this chapter you will learn about:

- ✓ Moving from asylum support to other services
- ✓ Migrant Help services
- ✓ Finding accommodation
- ✓ Integration loans

ምዕራፍ 3

ቀዳመይቲ ወርሒ

ኣብ'ዚ ምዕራፍ እዚ ብዛዕባ እዞም ቀጺሎም ዝጥቀሱ ትሕዝቶታት ክትመሃሩ ኢኹም:-



ካብ ማእከል ደገፍ ሓተትቲ ዕቕዓባ ናብ ካልእ ናይ ኣገልግሎት መዕቁቢ ምግባዝ



ክፍሊ ኣገልግሎት ሓገዝ ስደተኛታት (Migrant Help)



መንበሪ ቦታ ምርካብ



ልቓሓት ማሕበራዊ ውህደት

Successful Claims

Once you are recognised as a refugee by the Home Office you should read your decision letter carefully. It contains important information about the support you are entitled to, and what you need to do next.



Home Office support stops

You will receive your Biometric Residence Permit within 5 to 7 working days from when you have been granted refugee or Humanitarian Protection status. If you have been receiving support from the Home Office this will stop 28 days after your BRP has been sent to you. This means that you will need to make an appointment with the Department for Work and Pensions (DWP) at your local Jobcentre to ask for help in finding employment, and to claim the benefits you are entitled to. You will also need to arrange your own housing.



It is very important that you make an appointment with DWP quickly, so that your benefits can be paid to you as soon as possible



ዕውታት ጠለባት

ብመገዲ ቤት-ጽሕፈት ውሽጣዊ ጉዳያት - ሓንሳብ ከም ዕቕባት ስደተኛታት ተፈላጥነት ምስረኽብኩም፡ ነቲ ንውሳኔ ብዝምልከት ዝለኣኸልኩም ደብዳቤ ብጥንቃቄ ከተንብብዎ ይግባእ። ብዛዕባ እቶም ክትጥቀሙሎም መሰል ዘለኩም ኣገልግሎታት ደገፍ፡ ከምኡውን ኣብ መጻኢ ብዛዕባ ክትገብርዎም ዝግባእ ነገራት ብዝምልከት ሓበሬታ ዝሓዘ እዩ።



ብመገዲ ቤት-ጽሕፈት ውሽጣዊ ጉዳያት ክግበር ዝጸንሐ ደገፍ ደውይብል

ናይ ዕቕብ ስደተኛ ወይ ሰብኣውነታዊ ኮነተ-ሃለዎት ውሕስነት/ዕቕባ ካብ ዝረኽብኩሙሉ እዋን፡ ኣብ ውሽጢ ካብ 5 ክሳብ 7 መዓልታት ስራሕ ዘጠቓልል ግዜ፡ ባዮሜትሪካዊ ወረቆት ፍቓድ ነባሪነትኩም ኪወሃብኩም እዩ። ብመገዲ ቤት-ጽሕፈት ውሽጣዊ ጉዳያት ደገፍ ክግበረልኩም እንተጸኒሑ፡ እቲ ሓገዝ፡ ባዮሜትሪካዊ ወረቆት ፍቓድ ነባሪነትኩም ናባኹም ካብ ዝተላእከሉ ግዜ፡ 28 መዓልታት ጸኒሑ ክቋረጽ እዩ። እዚ ድማ ምስቲ ኣብ ናይ ከባቢኹም ቤት-ጽሕፈት ጆብሰንተር/ Jobcentre ዝርከብ ክፍሊ ዕዮን መልዕኦን (DWP) ቁጸራ ብምሓዝ፡ ስራሕ ኣብ ምርካብ ሓገዝ ክግበረልኩም ክትሓቱን እቶም ዝምልከቱኹም ጠቕማዊ ክፍሊታት ንክኸፈሉኹም ጠለብ ከተቕርቡን ከድልየኩም ምጃኑ ማለት እዩ። ናይ ገዛእ-ርእሰኹም መንበሪ ገዛ ክትረኽቡ እውን ከድልየኩም እዩ።

እቶም ዝምልከቱኹም ሓገዊ ክፍሊታት ኣብ ዝሓጸረ እዋን ክኸፈሉኹም ምእንቲ፡ ተቓላጢፍኩም ምስ DWP ቁጸራ ክትገብሩ ኣዝዩ ኣገዳሲ እዩ።

Support from Migrant Help

If you have received asylum support from the Home Office, Migrant Help can provide advice about accessing benefits, housing and other services before the end of the 28 day period when your asylum support will end. They can help you book an appointment at your local Jobcentre to access benefits and receive advice on employment.

The Home Office will notify Migrant Help about the outcome of your asylum claim and Migrant Help will contact you within one working day. They will advise of the support they can provide and if you wish to receive their assistance, they will schedule a follow-on appointment.

Appointments will be provided either via telephone or face to face:

Tel: 0808 8010 503

Website: <https://www.migranthelpuk.org/contact>





ካብ ክፍሊ ሓገዝ ስደተኛታት (Migrant Help) ዝወሃብ ደገፍ

ካብቲ ዘቤታዊ ቤት ጽሕፈት ናይ ዕቕባ ተቐባልነት እንተረኺብካ፡ እቲ ናይ ስደተኛታት ክፍሊ ወሃብ ሓገዝ ናይ ረብሓ ደገፍ፡ ናይ መንበሪ፡ ከምኡውን ካልኣት ኣገልግሎታት ቅድሚ እታ ዝወሃበካ ናይ ዕቕባ ደገፍካ ዘብቅዓል ዕለት 28 ምእካላ ምኽሪ ይህበካ። ንሳቶም ኣብቲ ናይ ስራሕካ ማእከል ቆጸራታት ንክትገብርን ዝግበአካ ረብሓታት ንክትረክብን ከምኡውን ብዛዕባ ስራሕ ኣድላዩ ምኽሪ ንክትረክብን ይሕግዙ።

እቲ ዘቤታዊ ቤት ጽሕፈት ነቶም ክፍሊ ሓገዝ ስደተኛታት ብዛዕባ ውጽኢት ሕቶ ዕቕባኻ ከምኡውን ብዛዕባ ናይ ስደተኛታት ሓገዝ ነቶም ክፍሊ ሓገዝ ስደተኛታት ኣፍሊጦም ኣብ ውሽጢ ሓደ ናይ ስራሕ መዓልቲ ክረኽቡኻ እዮም። ንሳቶም ብዛዕባ እቲ ዝህቡኻ ደገፍ ንዓኻ ይመኹሩኻን ከምኡውን እንተድኣ ነዚ ደገፍ ክትቅበሎ ድሌት ኣልዩካ፡ ቆጸራታት ናይ ግዜ ሰሌዳ ክሕዙልካ እዮም።

ቆጸራታት ብኣካል ወይ ድማ ብተሌፎ ክፍጸሙ እዮም።

ተሌ.፡- 0808 8010 503

ነቕጥ መርበብ ሓበሬታ፡- <https://www.migranthehelpuk.org/contact>

Leaving your accommodation

If you have been in government asylum accommodation while you have been waiting for your asylum decision this support will come to an end. You will need to find somewhere else to live. This could be private rented accommodation, a live-in job, hostel, flat, or house-share. You can also ask your Local Authority's Housing Department for advice and help.

Whichever option you choose, finding a new home once you leave your asylum accommodation is likely to take time. We strongly advise you to think about this as soon as possible, and to contact your Housing Officer who can advise you.

On the day you leave, you must take all your belongings with you, and leave your accommodation in the same condition as it was when you first moved in; clean and tidy.

If you have any problems or questions about your accommodation, you should contact Migrant Help. Your letter from the Home Office tells you the name of your accommodation provider and gives details of your support.

You can also discuss this at your appointment with DWP, who may be able to advise you further.

ምፍናው ካብ መንበሪ ቦታኹም

ውሳኔ ሕቶ ዕቕዓታዎም እናተጸበኹም እዋን ኣብ መንግስታዊ መዕቆቢ ሓተትቲ ዕቕዓታ እንተጸኒሕኩም፡ እዚ ደገፍ እዚ ከቋርጽ እዩ። ክትግዕዙሉ እትክእሉ ካልእ ቦታ ሃሰው ክትብሉ ከድልየኩም እዩ። እዚ ቦታ እዚ ባዕልኹም ዝተኻረኹም ክኸውን ይክእል ወይ ድማ ኣብ ቦታ ስራሕ ዝርከብ መደቀሲ፡ ሆስታል፡ ናይ ሓዳ ሰብ ኣፓርታማ ድዩስ ናይ ሓባር ገዛ። ኣብ ምምሕዳር ከባቢኹም ንዝርከብ ክፍሊ ኣባይቲ እውን ምክርን ሓገዝን ንምርካብ ክትውከስዎ ትክእሉ ኢኹም።

ኣየናይ ኣማራጺ ትጥቀሙ ብዘየገድስ፡ ካብ ናይ ሓተትቲ ዕቕዓታ መዕቆቢ ቦታ ምስተፋነኻ ሓድሽ ገዛ ምርካብ ግዜ ክወስድ ዝክእል መስርሕ እዩ። ብዛዕባ እዚ ጉዳይ እዚ ብዝተኻለ መጠን ኣብ ዝቐልጠፈ እዋን ንክትሓሰቡ፡ ከምኡውን ምክሪ ክልግሰልኩም ንዝክእል ናይ ጉዳይ ኣባይቲ ሰራሕተኛኹም ንክትውከሱ ክንመክረኩም ንደሊ።

ኣብ ቦታ እትወጹላ መዓልቲ፡ ንኹሉ ንብረትኩም ምሳኹም ክትማልእዎ፡ ከምኡውን ንዝሃኹም ልክዕ ኣብ ከምቲ ክትኣትውዎ እንከለኹም ግዜ ዝነበሮ ኩነታት - ጽሩይን ጽፉፍን ጌርኩም ክትሓድግዎ ይግባእ።

ብዛዕባ ዝተዋህበካ ናይ መንበሪ ቦታ ዝኾነ ጸገም ወይ ሕቶ ምስ ዝህልወካ፡ ምስቲ ክፍሊ ወሃብ ሓገዝ ስደተኛታት ክትራኽብ ይግብኣካ። እቲ ካብ ቤት-ጽሕፈት ውሽጣዊ ጉዳያት ዝለኣኸልኩም ደብዳቤ ብዛዕባ ስም ናይቲ መንበሪ ቦታ ዝህበኩም ኣካል ሓበሬታ ዝህበኩም፡ ከምኡውን ዝርዝራት ናይ ዝግበሩልኩም ደገፋት ዘሰፈረ እዩ።

ነዚ ጉዳይ እዚ ኣብ ናይ እዋን ናይ DWP ቁጸራኹም እውን ኣልዒልኩም ክትዘራረቡሉ ትክእሉ ኢኹም። ተወሳኺ ምክሪ ክልግሰልኩም ተክእሎ ኣሎ።

Integration loans

You are entitled to apply for an integration loan if you are 18 years of age or over. Integration loans have to be paid back but they are interest free. Loan applications can be made for items or activities that will help your integration into society. This could be help with housing, getting a job or education.

Information on the loan and an application form can be found on GOV.UK at

www.gov.uk/government/publications/application-for-an-integration-loan or you can request a form from the contact details provided in the accompanying paperwork with your decision letter.



Receive loans

Don't forget to read the following chapter – Employment & Benefits.



ምቕባል ልቓሕ

ልቓሕ ማሕበራዊ ውህደት

ዕድሜዎ 18 ዓመት ወይ ልዕሊኡ እንተኾይኑ፣ ልቓሕ ማሕበራዊ ውህደት ንኸወሃቡኩም ከተመልከቱ መሰል አለኩም። ልቓሕ ማሕበራዊ ውህደት ግድን ከምለሱ ዘለዎም ኮይኖም፣ ካብ ወለድ ግን ናጻ እዮም። ምስ ሕብረተሰብ ዓዲ-እንግሊዝ ብዝግባእ ንኸትወሃሃዱ ዝሕግዘኩም ዘበለ ነገር ክትዕድጉ ድዩስ ከምኡ ኣብ ዝኣመሰለ ንጥፈት ክትሳተፉ ምስእትደልዩ፣ ንልቓሕ ዝምልከት መመልከቲ ከተቐርቡ ትኸእሉ ኢኹም። እዚ ድማ መንበሪ ገዛ፣ ስራሕ ድዩስ ዕድል ትምህርቲ ኣብ ምርካብ ዘተኮረ ሓገዝ ክኸውን ይኸእል።

ኣብ GOV.UK ብምእታው ወይ ነዚ ዚስዕብ መኽፈቲ መስመር ገጽ መርበብ ብምጥቃም፣ ንልቓሕን ኣቀራርባ መመልከቲን ዝምልከት ሓበሬታ ክትረኽቡ ትኸእሉ ኢኹም፡-

www.gov.uk/government/publications/application-for-an-integration-loan ወይ ድማ ካብ'ቲ ከም መስነይታ ናይ ውሳኔአዊ ደብዳቤ ዝተላእከልኩም ወረቓቓቲ ኣድራሻ ብምውሳድ፣ ቅጥዒ ንኸለኣኸልኩም ክትሓቱ ትኸእሉ ኢኹም።

Summary

Jobcentre Plus can help you find employment and access benefits



Home Office support stops







Migrant Help can help you make an appointment at the Jobcentre



If you have been in Government asylum accommodation, you will need to find somewhere else to live and your local authority can help



ድምጻችሁ ትሕዝቶ

| | | |
|--|---|---|
| | <p>ትካል ጅብሰንተር ፕላስ (Jobcentre Plus) ዕድል ሰራሕ ንክትረክቡን ተጠቀምቲ ሓገዛት ንክትከቡን ክሕግዘኩም ይኸእል እዩ</p> |  |
| | <p>ብመገዲ ቤት-ጽሕፈት ውሽጣዊ ጉዳያት ክግበር ዝጸንሐ ደገፍ ደው ይብል</p> |  |
| | <p>እዚ ክፍሊ ሓገዝ ሰደተኛታት ምስቲ ማእከል ሰራሕ ንዝግበር ቆጶራ ክሕግዘካ እዩ</p> |  |
| | <p>ኣብ መንግስታዊ መዕቁቢ ሓተትቲ ዕቕዓባ እንተጸኒሕኩም፡ ካልእ ክትነብሩሉ እትኸእሉ ቦታ ከተናድዩ ክድልዩኩም እዩ፤ ኣብ'ዚ ድማ ከባብያዊ ምምሕዳር ክተሓጋገኩም ይኸእል እዩ።</p> |  |

Chapter 4

Employment and Benefits

In this chapter you will learn about:

- Work in the UK
- How to find a job
- Paying taxes
- Financial support while you are not working or you are on a low income
- Your employment rights and how the law protects you at work

ምዕራፍ 4

ዕድል ስራሕን ሐገዛትን

ኣብ'ዚ ምዕራፍ እዚ ብዛዕባ እዞም ቀጺሎም ዝጥቀሱ ትሕዝቶታት ክትመሃሩ ኢኹም፡-

- ኣብ ዓዲ-እንግሊዝ ምስራሕ
- ከመይ ጌርኩም ስራሕ ከምእትረኽቡ
- ግብርታት ምኽፋል
- ስራሕ-ኣልቦ ወይ ሰብ-ትሑት-ኣታዊ ኣብ ዝኹንኩሙሉ እዋን ዝግበር ገንዘባዊ ደገፍ
- ንዕድል ስራሕ ብዝምልከት ዘለዉኹም መሰላትን ሕጊ ኣብ ቦታ ስራሕኩም ከመይ ገይሩ ከምዝከላኸለልኩምን

Employment opportunities

Finding a job will not only increase your income but will help you settle into your new life. There are many different kinds of jobs. Major industries in the UK include agriculture, production and services.

Some jobs will require qualifications or skills including speaking English. It may take time to build your skills and gain experience until you find a suitable job.

Many jobs require you to work 'normal working hours', often 9am to 5pm Monday to Friday. Your normal working hours will be fixed by your employment contract. For some jobs you may be expected to work in the evenings, weekends or at night.

Part-time jobs are also available. Some people may choose to work part-time in order to look after children, support themselves while studying or alongside another part-time job to increase their earnings.

Most people between 18 and 65 years old are expected to find work unless they are studying, caring for children or other family members or unable to work due to health issues. From the age of 16, it is possible to start to work for a few hours alongside studies, or take on an apprenticeship.

You have the right to work as soon as you have been granted refugee or Humanitarian Protection status in the UK. However, you will not automatically be given a job.

16 – 65 years old
Working age



9:00am to 5:00pm
Normal working hours



16 – 65 ዓመት ዕድሜ
ናይ ስራ ስራ ዕድሜ



ዕድላት ስራ

ስራ ምርካብ ንመጠን ኣታዊኹም ክብ ብብሎ ጥራይ ዘይኮነስ ሓድሽ ናብራ ጀሚርኩም ንክትጣዩሉ እውን ሓጋዚ እዩ። ኣዝዮም ብዙሓት ዓይነት ዕድላት ስራ ኣለዉ። እቶም ዓበይቲ ዝበሃሉ ኢንዱስትሪታት ናይ ምድረ-ነገስት ናይ ሕርሻ፣ መፍረን ኣገልግሎታትን የጠቓልሉ።

ገለ ዓይነታት ዕድል ስራ ወረቓት ትምህርትን ሞያን ይጠልቡ። ማለት እንተላይ ክእለት ዘረባ እንግሊዝኛ። ሞያን ተመክሮን ደሊብኩም ዝሰማምዓኩም ዓይነት ስራ ክሳብ እትረኽቡ ግዜ ክወስደልኩም ዝከኣል እዩ።

9:00 ቅ.ቀ. ክሳብ 5:00
ድ.ቀ.
ንቡራት ሰዓታት ስራ



ብዙሓት ዓይነት ስራ ኣብ 'ንቡራት ሰዓታት ስራ' ዝግበር ወፍሪ ዝጠልቡ ክኹኑ እንከለዉ፣ ንቡራት ሰዓታት ስራ ካብ ሰዓት 9:00 ቅ.ቀ. ክሳብ ሰዓት 5:00 ድ.ቀ. ኩይኖም ካብ ሰነይ ክሳብ ዓርቢ ኣብ ዘለዉ መዓልታት ዘጠቓልሉ እዮም። እቶም እትወፍሩሎም ንቡራት ሰዓታት ስራ ብቲ ምስ ኣሰራሒኹም እትክትምዎ ውዕል ስራ ዝጸድቁ እዮም። ኣብ ገለ ዓይነታት ስራ፣ ኣብ ምሽት፣ ቀዳሙ-ሰንበት ወይ ለይቲ ክትወፍሩ ክትግደዱ ትክእሉ ኢኹም።

ኣብ ተረፍ ግዜኹም ክትዓምዎም እትክእሉ ዓይነታት ስራ እውን ኣለዉ። ገለ ሰባት ደቆም ንምእላይ ምእንቲ ክጥዕሙም፣ እናተማህሩ ርእሶም ንክክእሉ ወይ መጠን ኣታዊኩም ክብ ንክብሉ፣ ኣብ ተረፍ ግዜኩም ክሰርሑ ክመርጹ ይክእሉ እዮም።

ዝበዝሑ ዕድሚኦም ካብ 18 ክሳብ 65 ዓመት ዝኹኑ ሰባት፣ ኣብ ትምህርቲ ድዩስ ኣብ ምእላይ ህጻናት ክሳብ ዘይሃለዉ ወይ ድማ ጥዕና ዘይብሉ ኣባል ስድራ-ቤት ናይ ምልዓል ሓላፍነት ክሳብ ዘይሃለዎም፣ ስራ ክረኽቡ ትጽቢት ይግበረሎም። ዕድሜ 16 ዓመት ካብ ዝመልኣሉ እዋን ንዳሓር፣ እናተማሃርካ ንሒደት ሰዓታት ምስራሕ ወይ ኣብ ናይ ልምድ ስራ ምጽማድ ዝከኣል ነገር እዩ።

ኣብ ዓዲ-እንግሊዝ ናይ ዕቑብ ስደተኛ ወይ ሰብኣውነታዊ ኩነተ-ሃለዎት ውሕስነት/ዕቑባ ካብ ዝተዋህበትኩም ሰዓት ኣትሒዙ ናይ ምስራሕ መሰል ኣለኩም። ይኹንምበር፣ ስራ ብቐጥታ ክወሃበኩም እዩ ማለት ኣይኮነን።



Getting a job

In order to work in the UK, you will need your National Insurance number (NINO or NI number), which will be printed on your BRP. This is a unique set of letters and numbers for each person. It records the tax and National Insurance contributions you make, which pay for your healthcare and other public services. You cannot work or receive benefits without your NI number.

To get help to find a job, you should:

- Visit your local Jobcentre Plus – the Jobcentre can help you find jobs or direct you to training to help you get a job
- Look in local and national newspapers or recruitment websites where jobs are advertised
- Register with a recruitment agency who can find jobs for you
- Ask friends and relatives if they know of any available jobs where they work
- Visit local companies to enquire about job vacancies



Visit Jobcentre Plus



**Look in newspapers
or recruitment
websites**



**Register with
recruitment agency**





ናብ ቤት-ጽሕፈት ጀብሰንተር ፕላስ ኪዳ



ኣብ ጋዜጣታት ኩነ ኣብ ናይ ምቕዳር ስራሕ ነቕጣታት መርብብ ሓበሬታ፡ ዕድል ስራሕ እንተሎ ሃሰው ባሉ



ኣብ ናይ ምቕዳር ስራሕ ትካል ብምኻድ ተመዝገቡ

ስራሕ ምርካብ

ኣብ ምድረ-ነገስት ስራሕ ክትረኽቡ እንተኾንኩም፡ ናይ ውልቕኹም ቍጽሪ ሃገራዊ መድሕን (ናይ NINO ወይ ናይ NI ቍጽሪ) ክህልወኩም ግዴታዊ እዩ። እዚ ቍጽሪ እዚ ኣብ ዳሕረዋይ ገጽ ናይ BRP ካርድኹም ተሓቲሙ ይርከብ። እዚ ቍጽሪ እዚ ንነፍሲወከፍ ሰብ ብፍሉይ መልክዕ ዝወሃቦ ፊደላትን ቍጽርታትን ዝሓዘ መለሌዩ እዩ። ኣብ መዳይ ግብርን ሃገራዊ መድሕንን ንዝኸፈልኩም መጠን ገንዘብ ዝሰነድ እዩ። እዚ ገንዘባዊ ኣበርክቶኹም ድማ ናይ ኣገልግሎት ክንክን ጥዕና ኩነ ናይ ህዝባዊ ኣገልግሎት ወጻኢታትኩም ኣብ ምሸፋን እዩ ዝውዕል። ብዘይ ናይ NI ካርድኹም ክትሰርሑ ኩነ ሓገዝ ክትቅበሉ ኣይትኽእሉን ኢኹም።

ስራሕ ኣብ ምርካብ ንክትሕገዙ ክትገብርዎም ዝግባእ ነገራት፡-

- ኣብ ከባቢኹም ናብ ዝርከብ ቤት-ጽሕፈት ጀብሰንተር ፕላስ (Jobcentre Plus) ምኻድ። እቲ ቤት-ጽሕፈት ጀብሰንተር ስራሕ ኣብ ምርካብ ክተሓገዝኩም ወይ ስራሕ ኣብ ምርካብ ክሕግዘኩም ኣብ ዝኽእል ስልጠና ንክትሓትዉ ክቕልሱኩም ይኽእል።
- ኣብ ናይ ከባቢን ሃገራዊ-ያንን ጋዜጣታት ወይ ኣብ ናይ ምቕዳር ስራሕ ነቕጣታት መርብብ ሓበሬታ፡ መወግዳ-ዊታት ናይ ስራሕ ተኸታተሉ።
- ስራሕ ክረኽቡልኩም ኣብ ዝኽእል ትካል ናይ ምቕዳር ስራሕ ተመዝገቡ።
- ኣብ ዝሰርሑሎም ትካላት ክፉት ናይ ስራሕ ቦታ ክምዘሎ ክፈልጡ ስለዝኽእሉ፡ ንፊተውትኹምን ኣባላት ቤተ-ሰብኩምን እውን ሕተቱ።
- ኣብ ከባቢኹም ናብ ዝርከባ ኩባንያታት ብምኻድ፡ ክፉት ናይ ስራሕ ቦታ እንተሃልደዎን ተወክስዎን።



Applying for a job

Once you have identified a job you want to do, you must submit an application. You must carefully read what information the employer has asked for. Usually this is either an application form, or a CV (curriculum vitae) and a covering letter.

A CV is a formal list of your qualifications and experience. A covering letter is a short description that states why you are applying for the job and why you think you meet the requirements in the job description advertised. Your Jobcentre Plus work coach can arrange help for you to prepare these if required.

Once the application is submitted, you may be invited to an interview. The format of interviews can vary. For example, you may be asked a series of questions in a face-to-face meeting or you may be given a trial shift where you do the job for a day or part of a day. You should pay close attention to the instructions for any interview you are offered.

Employers may also ask to see your documentation. It will help if you can bring your original documents such as your BRP which is evidence of your right to work in the UK, college diplomas and any other proof of your qualifications and experience to show to employers. Employers may also ask for references from people who can verify your suitability for employment (such as a former manager, teacher or colleague). You can also go online onto <https://www.gov.uk/prove-right-to-work> which allows you to authorise an employer to access your data to prove that you have the right to work in the UK.



ስራሕ ንምርካብ መመልከቲ ምቕራብ

ክፉት ቦታ ናይ እትደልዎ ዓይነት ስራሕ ከምዘሎ ምስፈለጥኩም፡ መመልከቲ ከተቐርቡ ይግባእ። ብዛዕባቶም ኣስራሒ ዝጠልቦም ዓይነት ሓበሬታታት ብጥንቃቄ ከተንበቡ ይግባእ። ዝበዝሕ ግዜ፡ እዚ፡ ንመመልከቲ ቅጥዒ ወይ ንሰነድ ሞያዊ ድሕረ-ባይታ (ሲ.ቪ.): ከምኡውን ንሰኹም ንእትጽሕፍዎ መሰነይታዊ ደብዳቤ ዝምልከት እዩ።

ሲ.ቪ.: ድሕረ-ባይታ ትምህርትኹምን ናይ ስራሕ ተመኰሮኹምን ዘስፈረ ወግዓዊ ዝርዝራዊ ሰነድ እዩ። እቲ እትጽሕፍዎ መሰነይታዊ ደብዳቤ፡ ስለምንታይ ነቲ ስራሕ እቲ ንምርካብ ተመልከቱ ከምዘለኹም፡ ከምኡውን ከመይ ኢልኩም ነቶም መምዘኒታት ናይቲ ስራሕ ከምእተማልእዎም ዘብርህ ሓጺር ገላጺ ጽሑፍ ዘስፈረ እዩ። ኣብ ጅብሰንተር ፕላን ዝነጥፍ ናይ ስራሕ ኣሰልጣኒኹም፡ ኣድላዩ እንተኹይኑ ነዞም ሰነዳት ኣብ ምድላው ንኸሕግዘኩም ግዜ ከምድብ ይኸእል እዩ።

መመልከቲኹም ምስኣረኩብኩም፡ ንቃለ-መሕትት ክትዕደሙ ተኸእሎ ኣሎ። ቅዲ ኣቀራርባ ናይ ቃለ-መሕትት ዝተፈላለዩ ክኸውን ይኸእል እዩ። ንኣብነት፡ ሓታቲኹም ዝተፈላለዩ ሕቶታት ገጽ-ንገጽ ከቐርበልኩም ይኸእል ወይ ድማ ንምሉእ መዓልቲ ድዩስ ብኸፊል ኣብ ቦታ ስራሕ ኣቲኹም ብተግባር ክትፍተኑ ተኸእሎ ኣሎ። ነቶም ንእተካይዱዎ ቃለ-መሕትት ብዝምልከት ዝወሃቡኹም መምርሒታት ኣዚኹም ከተቐልቡሎም ይግባእ።

ኣስራሕቲ ሰነዳትኩም ንኸተቐርቡሎም እውን ክሓቱኹም ይኸእሉ እዮም። መበቆላውያን ቅዳሓት ናይ ሰነዳትኩም እንተኣቐረብኩም ሓጋዚ ክኸውን ይኸእል እዩ። ንኣብነት፡ እቲ ናይ ምስራሕ መሰል ከምዘለኩም ዘረጋግጽ ናይ BRP ካርድኹም፡ ናይ ኮለጅ ዲፕሎማኹም፡ ከምኡውን ካልእ ብዛዕባ ትምህርትኹም ወይ ተመኰሮ ስራሕኩም ዘረጋግጽ ሰነድ። ኣስራሕቲ፡ ኣድራሻ ናይቶም ብዛዕባኹም ንምጽራይ ክውከስዎም ዝኸእሉ ንዓኹም ዝፈልጡ ሰባት ክትህቡ እውን ሕቶ ከቐርቡልኩም ይኸእሉ እዮም (ንኣብነት፡ ኣድራሻ ናይ ቀደም ሓላፊኹም፡ መምህርኩም ወይ መሳርሕትኹም)። ብቐጥታ ኣብ መርበብ ሓበሬታ ናብ www.gov.uk/prove-the-right-to-work ንምእታው እውን፡ ኣብ ዓዲ-እንግሊዝ ምስራሕ ከምዝተፈቐደልኩም ንኸረጋግጽ፡ ነቲ ንዓኹም ዝምልከት ሓበሬታ ንኸርኢ ከተፍቅዱሉ ትኸእሉ ኢኹም።



Skills and language

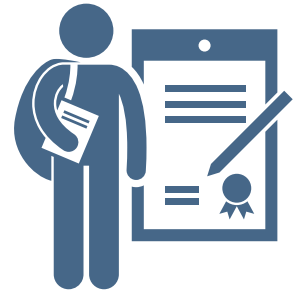
Many newcomers face challenges in finding employment. There are other people in your area also looking for jobs, and you will face competition for jobs you apply for.

Any skills and experience you have will help you to apply for jobs. Restrictions will apply to certain professions such as medicine, law and engineering. You may have to take exams to obtain the required licence to practise. If you are already trained or have qualifications in a profession, you may be able to practise in the UK as long as your qualifications are recognised in the UK.

Diplomas from your country are not automatically recognised in the UK. So you should contact a potential employer or seek advice from your Jobcentre Plus work coach to ask if your qualifications will be accepted.

English is the usual working language in England. Most jobs will need employees to speak a minimum level of English. Learning and improving your English will increase job opportunities for you and will also help you to settle into your new life.

Your Jobcentre Plus work coach can help arrange specific skills training to help you find a job.



Some qualifications may be recognised in the UK



Speak to Jobcentre Plus advisor



Receive English classes or training for specific skills



Learn and improve your English



ገለ ወረቆችቲ ምስክር ትምህርቲ፡ ኣብ ዓዲ-እንግሊዝ ተቐባልነት ክረኽቡ ይኽእሉ እዮም

ሞያታትን ቋንቋን

ብዙሓት መጻእተኛታት ዕድል ስራሕ ኣብ ምርካብ ይጽገሙ እዮም። ከምዚ ከማኹም ስራሕ ኣብ ምርካብ ዝተዋፈሩ ካልኣት ሰባት እውን ኣብ ከባቢኹም ስለዘለዉ፡ እቲ እተመልክቱሉ ስራሕ ብብዙሕ ውድድር ዝርከብ ምዃኑ ኣይትረስዑ።

ዝኹነ ይኹን ሞያ ወይ ተመክሮ ስራሕ ኣብ ምድላይ ሓጋዚ እዩ። ከም ሕክምና፡ ሕጊ ምህንድስናን ኣብ ዝኣመሰሉ ዓውደ-ሞያታት፡ ገለ ቀይድታት ክህልዉ ይኽእሉ እዮም። ወረቆት ፍቓድ ናይ ስራሕ ንክወሃቡም ፈተና ምውሳድ ግዴታዊ ቅድመ-ኩነት ክኸውን ይኽእል እዩ። ኣብ ሓደ ዓይነት ሞያ ድሮ ዝሰልጠንኩም ወይ ወረቆት ምስክር ትምህርቲ ዘለኩም እንተኾንኩም፡ ወረቆችቲኹም ኣብ ምድረ-ነገስት ተቐባልነት ዘለዎም ክሳብ ዝኹኑ፡ ኣብ'ዛ ሃገር ክትሰርሑ ተኽእሎ ኣሎ።



ኣዘራርብዎ ንኣብ ኣብ ጅብሰንተር ፕላስ ዝርከብ ኣማኻሪ

ኣብ ሃገርኩም ዝተዋህቡኹም ዲፕሎማታት ትምህርቲ፡ ኣብ ምድረ-ነገስት ብቐጥታ ተቐባልነት ይወሃቦም ማለት ኣይከብን። ክንዲ ዝኹነ፡ ወረቆችቲ ትምህርትኹም ቅቡላት ምዃናምን ዘይምዃናምን ንምርግጋጽ፡ ስራሕ ክቐጽረኩም ተኽእሎ ንዘለዎ ኣስራሒ ተወከሱ፤ ወይ ድማ ነቲ ኣብ ጅብሰንተር ፕላስ ዝነጥፍ ናይ ጉዳይ ስራሕ ኣሰልጣኒኹም።

እንግሊዝኛ እቲ ዓዲ-እንግሊዝ ዝዘውተር ናይ ስራሕ ቋንቋ እዩ። ዝበዝሑ ዓይነት ስራሕ፡ ስራሕተኛታት እንተወሓደ ዝተሓተ መጠን ምልክት ቋንቋ እንግሊዝ ንክህልዎም ዝጠልቡ እዮም። ቋንቋ እንግሊዝ ምጽንፍዎን ምምሕያሽን ስራሕ ኣብ ምርካብ ዝሓሸ ዕድል ዝፈጥር ኩይኑ፡ ኣብ'ቲ ኣብ'ዛ ሃገር ዳግማይ ንምጥያስ እተካይድዎ ጻዕሪ እውን ሓጋዚ እዩ።



ናይ ቋንቋ እንግሊዝ ወይ ኣብ ፍሉይ ሞያ ዘተኩረ ስልጠና ውሰዱ

እቲ ኣብ ጅብሰንተር ፕላስ ዝነጥፍ ናይ ጉዳይ ስራሕ ኣሰልጣኒኹም፡ ዕድል ስራሕ ኣብ ምርካብ ዝሕግዝ - ኣብ ፍሉይ ሞያ ዘተኩረ ስልጠና ንክህበኩም ግዜ ክምድብ ይኽእል እዩ።



ተማሂርኩም ኣብ ቋንቋ እንግሊዝ ንዘለኩም ምልክት ኣመሓይሹ

Benefits – supporting you to find work

When you have been recognised as a refugee, you can apply for benefits. You should do this straightaway, do not delay.

‘Benefits’ are monetary payments from the government to help you and your family live in the UK.

You can contact your local Citizens Advice Centre at <https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/search-for-your-local-citizens-advice/> for guidance on how to apply and for a better idea of whether you’re eligible.

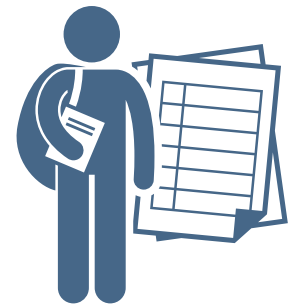
Universal Credit

From 1st February 2019, all new claims will be for Universal Credit. Universal Credit is a payment from the UK government to help you and your family live in the UK. Universal Credit is paid monthly, and you apply for it online. You might also need to phone the Universal Credit helpline to book an interview with a work coach at a Jobcentre. You’ll be told if you need to do this after you apply.

To receive Universal Credit, you’ll make an agreement called a ‘Claimant Commitment’ with your Jobcentre work coach. What you do depends on your situation, whether you are looking for work, or whether you have a caring responsibility or a health condition that prevent you from working. You might need to do activities such as: write a CV; look and apply for jobs; or go on training courses.

Your Universal Credit payment is made up of a standard allowance and any extra amounts that apply to you, for example if you: have children; have a disability or health condition which prevents you from working; or need help paying your rent.

Age 18 – 65



Actively looking for work



Approved



Receive support



Receive benefits

ሓገዛት – ስራሕ ኣብ ምርካብ ዝግበረልኩም ደገፍ



ኣብ ንጡፍ መስርሕ ምድላይ ስራሕ



ጸዲቕ/ተፈቕዱ



ደገፍ ምቕባል



ሓገዝ ምቕባል

ሓንሳብ ከም ዕቕባት ስደተኛታት ተቐባልነት ምስዝረኹብኩም፡ ጠቕሚ ሓገዝ ንኸወሃቡኩም መመልከቲ ከተቐርቡ ትክክሉ ኢኹም። እዚ፡ ተቓላጢፍኩም ክትገብርዎ ዘለኩም እዩ፤ ኣይትደናገቡዩ።

‘ሓገዝ’ ክበሃል እንከሎ፡ ንስኹምን ኣባላት ስድራ-ቤትኩምን ኣብ ምድራ-ነገስት ንኸትነብሩ ዝሕግዝ ሓደ ዓይነት ገንዘባዊ ክፍሊት እዩ። ጅብሰንተር ብዛዕባ እቶም ዝምልከቱኹም ዝተፈላለዩ ዓይነት ጠቕሚ ሓገዛት መብርሂ ክህበኩምን፤ ብዛዕባኦም መመልከቲ ኣብ ምቕራብ ክተሓጋገዙምን እዩ።

ኣብ መስርሕ ምቕራብ መመልከቲ ቀላሲ ምኽሪ ንኸትረኽቡ ኩነ ተቐባልነት ከምዘለኩምን ከምዘይበልኩምን ንምርግጋጽ፡ ብመገዲ እዚ መኽፈቲ መስመር ናይ ገጽ መርበብ ኣቢልኩም፡ ኣብ ከባቢኹም ንዝርከብ ቤት-ጽሕፈት ምኽሪ ማዕኸል ክትውከሱ ትክክሉ ኢኹም፡-

<https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/search-for-your-local-citizens-advice/> ::

ሓፈሻዊ ልቓሕ

ካብ 01 ለካቲት 2019 ኣትሒዞም፡ ኩላቶም ሓደስቲ ጠለባት ናብ ሓፈሻዊ ልቓሕ ዝቐንዑ ክኹኑ እዮም። ‘ሓፈሻዊ ልቓሕ’፡ ንስኹምን ኣባላት ስድራ-ቤትኩምን ኣብ ንኸትነብሩ ዝሕግዝ ሓደ ዓይነት ገንዘባዊ ክፍሊት እዩ። ወርሓዊ ዝኸፈል ኩይኑ፡ እቲ ንዕኡ ንምርካብ ዝግበር መመልከቲ ብቐጥታ ብመገዲ መርበብ ኣብገገታ እዩ ዝለኣኹ።

ኣብ ጅብ-ሰንተር/jobcentre ምስ ዝነጥፍ ኣሰልጣኒ ናይ ዕዮ ንቃለ-መሕትት ዝምልከት ቁጽራ ንኸትሕዙ፡ ብመገዲ ናጻ መስመር ተሌፎን ሓገዝ ዩኒቨርሳል-ክረዲት ክትድውሉ ከድልየኩም እውን ተክእሎ ኣሎ። መመልከቲኹም ድሕሪ ምቕራብኩም ከምዚ ክትገብሩ ዘድልየኩም እንተኹይኑ፡ ክሕበረኩም እዩ።

ወርሓዊ ልቓሕ ንኸወሃብና፡ ምስቲ ኣብ ጅብ-ሰንተር ዝነጥፍ ናይ ጉዳይ ስራሕ ኣሰልጣኒና ብምዃን ‘መረጋገጺ ቃል ድሉውነት ናይ ሓታቲ ክፍሊት’ ኣብ ዝተሰምዩ ስምምዕ ክታምና ክነንብር ይግባእ። እንታይ ኢኹም ተግብሩ፡ ኣብ ኩነታትኩም ዝምርኮስ ጉዳይ እዩ፤ ማለት ስራሕ ዲኹም ተናድዩ ዘለኹም፡ ወይ ስራሕ ካብ ምውፋር ዝዕንቅጸኩም ምስ ክንክን ሰብ ወይ ምስ ጥዕናኹም ዝተኣኣሰር ጉዳይ እንተሃልዩኩም። ኣብዞም ቀጺሎም ዝጥቀሱ ንጥፈታት ክትጽመዱ ከድልየኩም ይኸእል እዩ፡- ምድላው ሲ.ቪ.፡ ስራሕ ምድላይን መመልከቲ ምቕራብን፡ ወይ ድማ ስልጠናታት ምውሳድ።

ክፍሊት ሓፈሻዊ ልቓሕኩም ሓደ ፍሉጥ ዝኹነ ዕያራዊ መጠንን ንዓኹም ዝምልከት ተወሳኺ ገንዘብን ዘጠቓለለ እዩ። እቲ ንዓኹም ዝምልከት ተወሳኺ ክፋል ናይቲ ክፍሊት ነዞም ዚስዕቡ ኩነታት ኣብ ግምት ዘእተወ ክኸውን ይኸእል፡- ደቂ ምህላው፡ ስንክልና ምውላው፡ ካብ ስራሕ ዝኸልከል ኩነታት ጥዕና ምህላው፡ ወይ ክራይ ዝ ናይ ምክፋል ጸገም ምህላው።

Universal Credit can be used to pay for your living expenses such as food, clothing, transport, household bills (See Chapter 5 – Housing and Services) and anything you want to buy.

You will also be eligible to apply for housing benefit (see Chapter 5 – Housing and Services).

Contact the Universal Credit helpline if:

- You cannot use digital services at all, this might be due to disability or your circumstances
- You have a question about your claim and cannot access your online claim

Universal Credit helpline:

Telephone: 0800 328 5644

Welsh language: 0800 328 1744

NGT text relay – if you cannot hear or speak on the phone: 18001 then 0800 328 5644

Textphone: 0800 328 1344

Monday to Friday, 8am to 6pm

Help to Claim

Help to Claim can support you in the early stages of your Universal Credit claim, from the online application, through to support with your application before your first full payment. It's a free, independent, confidential and impartial service provided by trained advisers from Citizens Advice. They can help with things like how to gather evidence for your application or how to prepare for your first Jobcentre appointment.

Pensions

Persons who have reached state pension age

The state pension age is currently 65 years old. The age at which you may become entitled to both State Pension and Pension Credit is determined by your date of birth. You can check the date at which you may qualify at GOV.UK. If you are of state pension age you do not have to look for work. You can contact the Pension Service for information and advice about entitlement to benefits.

ሓፈሻዊ ልቆስ ከም ወጻኢታት ናይ መግቢ፡ ክዳን፡ መጓጓዣያን ኣገልግሎታት መብራህቲ፡ ማይ ከብ ተሌፎን ናይ ገዛኹም፡ ይኹን ወጻኢታት ናይ ካልእ ክትዕድግዎ እትደልዩ ነገር ኣብ ምሽፋን ክትጥቀሙሉ ትክእሉ ኢኹም ('ምዕራፍ 5 – መንበሪ ገዛን ኣገልግሎታትን ተመልከቱ)።

ክፍሊት ናይ መንበሪ ገዛ ንክትወሃቡ እውን መሰል ክህልወኩም እዩ ('ምዕራፍ 5 – መንበሪ ገዛን ኣገልግሎታትን ተመልከቱ)።

ብምክንያት እዞም ቀጺሎም ዝጥቀሱ ጉዳያት፡ ንናጻ መስመር ተሌፎን ሓገዝ ዩኒቨርሳል-ክረዲት ተወከሱ፡-

- ንዲጂታላዊ ኣገልግሎት ብፍጹም ክትጥቀሙሉ ዘይትክእሉ እንተኾንኩም። እዚ ድማ ብምክንያት ስንክልናኹም ድዩስ ካልእ ኮነታትኩም እዩ ክኸውን ዝክእል
- ንጠለብኩም ብዝምልከት ዝኹን ይኹን ሕቶ ምስዝህልወኩም እም ንጠለብኩም ብቐጥታ ብመገዲ መርብብ ሓበሬታ ክትከታተልዎ ዘይትክእሉ ምስእትኹኑ

ናጻ መስመር ተሌፎን ሓገዝ ዩኒቨርሳል-ክረዲት፡

ቊ. ተሌፎን፡- 0800 328 5644

ብቑንቋ ወይሊሽ፡- 0800 328 1744

ምቅብባል ጽሑፋዊ መልእኽቲ ኤን.ቲ.ጂ./NGT- ብተሌፎን ክትሰምዑ ድዩስ ክትዛረቡ ዘይትክእሉ እንተኾንኩም፡-

18001 ድሕሪኡ 0800 328 5644

ጽሑፋዊ መልእኽቲ ተሌፎን፡- 0800 328 1344

ሰኔይ ክሳብ ዓርቢ፤ ካብ ሰዓት 8ቅ.ቀ. ክሳብ ሰዓት 6ድ.ቀ.

ሄልፕ ቱ ክለይም (Help to Claim)

‘ሄልፕ ቱ ክለይም’ ኣብ ፈላጊ ደረጃታት ናይ’ቲ ንዩኒቨርሳል ክረዲት ብዝምልከት እተቐርብዎ ጠለብ፡ ደገፍ ክገብረልኩም ይክእል እዩ፤ ማለት ካብ’ቲ ብቐጥታ ብመገዲ መርብብ ሓበሬታ እተቐርብዎ መመልከቲ፡ ክሳብ እቲ ምሉእ ክፍሊት ክትቅበሉ ቅድሚ ምጅማርኩም ዘድሊ ምክትታል መስርሕ መመልከቲኹም። እዚ፡ ስልጠና ብዝወሰዱ ኣማኸርቲ ናይ ትካል ሲቲዘንስ-ኣድቫይስ ዝወሃብ ናጻ፡ ኣብ ካልእ ኣካል ዘይምርኮስ፡ ስቲር/ምስጢራውን ዘይሻርነታውን ኣገልግሎት እዩ። ኣብ ጉዳይ ናይ’ቲ ምስ ምቕራብ መመልከቲ ዝተኣሳሰር መስርሕ ምእካብ ጭብጢ ወይ ኣብ መዳይ ምድላው ንናይ ፈላጊ ናይ ጅብ-ሰንተር ቁጻራ ሓገዝ ክገብሩ ይክእሉ እዮም።

መልዕሎ/ጥሮታ

ኣብ ሃገራዊ ክሊ ዕድመ ናይ ጥሮታ ንዝኣተዉ ሰባት

ኣብ’ዚ እዋን እዚ፡ ሃገራዊ ክሊ ዕድመ ጥሮታ ካብ 65 ዓመት ዝጅምር እዩ። እቲ ክፍሊት ይኹን ልቆስ ናይ ጥሮታ ንክትወስዱ ቅቡላት ክገብረኩም ዝክእል ዕድመ፡ ኣብ ዕለት ልደትኩም ዝምርኮስ እዩ። ኣብ GOV.UK ብምእታው፡ ነቲ ተቐባልነት እትረኽቡሉ ዕለት ክትፍትሽዎ ትክእሉ ኢኹም። ዕድሜኹም ንሃገራዊ ዕድመ ናይ ጥሮታ ምስኣኸለ፡ ስራሕ ከተናድዩ ኣዩድልዩኩምን እዩ። ንመሰላት ጠቐማዊ ክፍሊታት ጥሮታ ብዝምልከት ሓበሬታ ወይ ምክሪ ምስእትደልዩ፡ ንትካል ኣገልግሎት ጥሮታ ተወከሱ።

Paying tax

If you work you have a responsibility to pay the right amount of income tax. Income tax is a set percentage of your yearly income. If you are employed by someone else, it is often deducted directly from your monthly salary through a system called Pay As You Earn (PAYE).

If you are not employed by a company or another person but earn an income, you have a responsibility to declare that income and pay the right amount of tax.

The amount of tax you pay depends on how much you earn. You can check this at

www.gov.uk/estimate-income-tax

Voluntary work

Voluntary work is working for any organisation without being paid a wage. This could be a charity, voluntary organisation or associated fund-raising body or statutory body.



Voluntary work can be very useful for a person who is looking to develop skills and experience in order to increase their chance of getting a job. It is particularly useful for someone who has not worked in the UK and is looking to build up their confidence and skills at the same time.



ግብሪ ምክፋል

ትሰርሑ እንተኾንኩም፡ ግብረ መጠን ግብሪ ኣታዊ ንክትከፍሉ ግዴታ ኣለኩም። ግብሪ ኣታዊ፡ ሓደ ፍሉጥ ሚኒስቴር ናይ ጠቕላላ ዓመታዊ ኣታዊኹም እዩ። ኣሰራሒ ምስዝህልዎኩም፡ ግብሪ ኣታዊ ብመገዲ 'ፕይ ኣዝ ዩ ኤርን' (PAYE) ዝተባህለ ምእኩል ስርዓተ-ኣሰራርሓ ካብ ወርሓዊ ደሞዝኩም ተቐሪጹ እዩ ዝጎድል።

ኣብ ትሕቲ ትካል ድዩስ ካልእ ኣካል ተቋሚርኩም እትሰርሑ እንተዘይኮንኩም እሞ ናይ ዝኣ-ርእሰኹም ኣታዊ ምስዝህልዎኩም፡ መጠን ኣታዊኹም ብልክዕ ንክተፍልጡን ግብረ ግብሪ ንክትከፍሉኩን ግዴታ ኣለኩም።

መጠን ናይ እትክፍልዎ ግብሪ ኣብ መጠን ኣታዊኹም እዩ ዝምርኮስ። ነዚ ኣብ www.gov.uk/estimate-income-tax ብምእታው ክትፍትሽዎ ትክእሉ ኢኹም።

ወለንታዊ ስራሕ

'ወለንታዊ ስራሕ' ክበሃል እንከሎ፡ ኣብ ዝኹነ ይኹን ትካል ደሞዝ ከይተኸፈልካ ምስራሕ ማለት እዩ። እዚ ትካል እዚ ግብረ-ሰናዖዊ፡ ወለንተኛዊ ወይ ገንዘብ ዘዋጽእ ድዩስ ብመሰረት ሕጊ ዝቐመ ካልእ ዓይነት ኣካል ክኸውን ይክእል እዩ።

ወለንታዊ ስራሕ፡ ስራሕ ናይ ምርካብ ዕድል ክብ ስለዘብል፡ ንሓደ ሞያን ተመኰሮን ከማዕብል ዝደሊ ሰብ ኣዝዩ ሓጋዚ ክኸውን ይክእል እዩ። ብፍላይ ኣብ ምድረ-ነገሰት ኣብ ስራሕ ተዋፊሩ ንዘይፈልጥ፣ ርእሰ-ምትእምማኑን ደረጃ ሞያኡን ክብ ክብል ንዘደሊ ሰብ ጠቓሚ እዩ።



Your rights and protection at work

When you go to work, you have the right to be treated fairly and work in a safe environment. You also have the right to be able to work without fear or harassment from your employer, colleagues or customers.

Workers over the age of 18 are usually entitled to three types of break – rest breaks at work, daily rest and weekly rest.

If you work more than six hours in a day, you have the right to one uninterrupted 20 minute rest break during your working day. The break doesn't have to be paid – it depends on your employment contract.

You also have the right to 11 hours rest between working days (e.g. if you finish work at 8pm, you shouldn't start work again until 7am the next day) and the right to either:

- An uninterrupted 24 hours without any work each week
- An uninterrupted 48 hours without any work each fortnight

Almost all workers are legally entitled to 5.6 weeks paid holiday per year (known as statutory leave entitlement or annual leave). An employer can include bank holidays (also known as public holidays) as part of statutory annual leave.

ኣብ ቦታ ስራሕ ዘለዉኹም መሰላትን ውሕስነታትን

ኣብ ስራሕ ኣብ እትዋራሩሉ፡ ኣስራሒኩም ከኣ ካልእ ክጸልወኩም ዝኸእል ኣካል ርትዓዊ ኣተሓሕዞ ንኸገብረልኩምን ውሑስ ኣብ ዝኹነ ሃዋህው ንኸትሰርሑን መሰል ኣለኩም። ካብ ኣስራሒኹም፡ መሳርሕትኹም ድዩስ ካብ ዓማዊል ትካል ዝኹነ ይኹን ምፍርራሕ ወይ ተግባር ግህሰት ከየጋጠመኩም ንኸትሰርሑ እውን መሰል ኣለኩም።

ዕድሚኡም ልዕሊ 18 ዓመት ዝኹነ ሰራሕተኛት፡ ከም ልሙድ፡ ሰለስተ ዓይነት ዕረፍቲ ንኸወስዱ መሰል ኣለዎም፡- ናይ ቦታ ስራሕ ሓጺር ዕረፍቲ፡ መዓልታዊ ዕረፍቲ፡ ከምኡውን ሰሙናዊ ዕረፍቲ።

ንልዕሊ ሽዱሽተ ሰዓታት ኣብ መዓልቲ ትሰርሑ እንተኼንኩም፡ ኣብ ሞንጎ ስራሕ ን 20 ደቓይቓ ብዘይምቀራጽ ንኸተዕርፉ መሰል ኣለኩም። እዚ ናይ ዕረፍቲ ግዜ ደሞዝ ክኸፈሎ ግዴታዊ ኣይኮነን - ኣብቲ እትኸትሙሉ ውዕል ስራሕ ዝምርኮስ እዩ።

ኣብ ሞንጎ ተኸታተልቲ ናይ ስራሕ መዓልታት ን 11 ሰዓታት ንኸተዕርፉ እውን መሰል ኣክኡም (ንኣብነት፡ ስራሕኩም ሰዓት 8 ድ.ቀ. እንተወዲእኩም፡ ክሳብ ንጽብሓይቱ ሰዓት 7 ቅ.ቀ. ወይ ንጉህ ስራሕ ክትቅጽሉ የብልኩምን)። ወይ ድማ፡-

- * ሰሙናዊ፡ ዘየቋርጽ ናይ 24 ሰዓታት ዕረፍቲ
- * ኣብ ክልተ-ቅነ ወይ ክልተ ሰሙን፡ ዘየቋርጽ ናይ 48 ሰዓታት ዕረፍቲ

ዳርጋ ኩላቶም ሰራሕተኛታት፡ ብመሰረት ሕገ፡ ደሞዝ ናይ 5.6 ሰሙናት ናይ ዓመት ዝቑጽርም መዓልታት ንኸወስዱ መሰል ኣለዎም (እዚ ድማ 'ብሕገ ዝጸደቐ መሰል ዕረፍቲ ወይ ዓመታዊ ዕረፍቲ' ተባሂሉ ይጽዋዕ)። ኣስራሒ ንመዓልታት ዕረፍቲ ናይ ባንክ ('ህዝባውያን በዓላት እውን ተባሂሎም ዝጽውዑ) ከም ኣካል ናይቲ ብሕገ ዝጸደቐ ዓመታዊ ዕረፍቲ ናይ ሰራሕተኛ ገይሩ ክርእዮም ዝከኣል እዩ።



Every employer in the country must pay their employees a minimum amount per hour. How much this is depends on how old you are.

The rates in place until 31 st March 2021 are shown below. After this date, some rates may change. Please check www.gov.uk/national-minimum-wage-rates for the most up-to-date information.

| Age | Rate per hour |
|-------------|---------------|
| 25 and over | £8.72 |
| 21 to 24 | £8.20 |
| 18 to 20 | £6.45 |
| Under 18 | £4.55 |
| Apprentice | £4.15 |

The terms and conditions of your work will be outlined in your contract. Make sure you read this carefully, with an interpreter if necessary, before you sign.

You can get further advice about your rights and Employer's responsibilities by contacting ACAS on 0300 123 1100.

Minimum wage:

25 and over



£8.72

21-24



£8.20

18-20



£6.45

Under 18



£4.55

Apprentice



£4.15

ዝተሓተ መጠን ሕጋዊ ደምዝ፡-

25 ዓመትን ልዕሊኡን



£8.72

21-24



£8.20

18-20



£6.45

ትሕቲ 18 ዓመት



£4.55

ናይ ስራሕ ልምምድ



£4.15

ነፍሲወከፍ ኣብዛ ሃገር ዝርከብ ኣስራሒ፡ ንስራሕተኛኡ እንተወሓደ እቲ ሕጊ ዝደረቶ ዝተሓተ መጠን ደምዝ ናይ ሰዓት ክኸፍል ግዴታ ኣለዎ። እዚ መጠን ክፍሊት እዚ ድማ ኣብ ዕድሜኹም ዝምርኮስ እዩ።

እቶም ክሳብ ዕለት 31 መጋቢት 2021 ተወሲኖም ዘለዉ ናይ ሚኒስትራት/ናይ ሰዓት ኣከፋፍላታት ቀጺሎም ቀሪቦም ኣለዉ። ድሕርዚ ዕለት እዚ ገለ ካብዞም ናይ ሚኒስትራት ኣከፋፍላታት ክቐየሩ ዝከኣል እዩ። ዝሓደሰ ሓበሬታ ንምርካብ፡ ብክብረትኩም ኣብ www.gov.uk/national-minimum-wage-rates ፈትኹ።

| ዕድመ | ክፍሊት ንሰዓት |
|---------------|-----------|
| 25 ዓመትን ልዕሊኡን | £8.72 |
| 21 ክሳብ 24 ዓመት | £8.20 |
| 18 ክሳብ 20 ዓመት | £6.45 |
| ትሕቲ 18 ዓመት | £4.55 |
| ናይ ስራሕ ልምምድ | £4.15 |

እቶም ንቕድመ-ኩነት ኣቋጻጽራኹም ዝምልከቱ ስምምዓት ስራሕ ኣብ ውዕል ስራሕኩም ክሰፍሩ እዮም። ኣብዚ ውዕል እዚ ክታምኩም ቅድሚ ምንባርኩም ንትሕዝቶኡ ብጥንቃቄ ከምዘንብብኩም ርግጻኛታት ኩኑ፤ ማለት ኣድላዩ እንተኹይኑ ብተርጓሚ እናተሓገዘኩም።

ንመሰላትኩምን ግዴታታት ኣስራሕትን ብዝምልከት፡ ናብ ACAS ብቕጽጽ ተሌፎን 0300 123 1100 ብምድዋል ክትውከሱ ትክእሉ ኢኹም።



Equality and discrimination in the workplace

Organisations and businesses have a legal duty to treat everyone fairly in the workplace and in the way they recruit people for jobs. Men and women have the right to work. Men and Women have equal rights and duties in employment.

You have the right to be safe at work and be free from threat or violence. You should also keep your passport or ID – your employer does not have the right to keep them.

It is illegal to discriminate against anyone applying for a job or in the workplace or in applying for a job on the basis of gender, race, religion, being married or in a civil partnership, disability, age, sexual orientation or if they are pregnant.

Employers must therefore respect the needs of an employee as long as it does not interfere with the work they are employed to do. For example, Muslim women will be allowed to wear a hijab and employers must make reasonable adjustments to accommodate disabled people.

ማዕርነትን አድልዎን አብ ቦታ ስራሕ

ውድባትን ንግዳውያን ትካላትን፡ ነፍሲወከፍ ስራሕተኛ ርትዓዊ ብዝኸኑን መገድን ብመሰረት እቲ ልሙድ ዝኸኑን ኣገባብ ኣቋጻጽራን ከምዝተሓዘ ክገብራ ሕጋዊ ሓላፍነት ኣለወን። ደቂ-ተባዕትዮን ደቀ'ንስትዮን ሓደ ዓይነት ናይ ስራሕ መሰል ሃልይዎም። ደቂ-ተባዕትዮን ደቀ'ንስትዮን ኣብ ስራሕ ቦታ መዓረ ዝሆነ መሰልን ግደታትን ኣለዎም።

ኣብ ቦታ ስራሕ ውሕስነት ንኸህልወኩም፡ ከምኡ'ውን ካብ ስግኣት ከኑ ካብ ጐነጻዊ ተግባራት ናጻ ንኸትኩኑ መሰል ኣለኩም። ንፓስፖርትኹም ወይ መለለዩ ወረቐት መንነትኩም ድማ ባዕልኹም ክትሕዝዎ ይግባእ - ኣስራሒኹም ነዚ ሰነድ እዚ ምስኡ ናይ ምቕማጥ መሰል የብሉን።

ኣብ ቦታ ስራሕ ከኑ ኣብ መስርሕ ምቕራብ መመልከቲ ናይ ስራሕ ኣብ ልዕሊ ዝኸኑን ይኹን ሰብ ተግባር ኣድልዎ ምፍጻም ዘይሕጋዊ እዩ፤ ማለት ብምክንያት ጾታ፡ ዓሌት፡ ሃይማኖት፡ በዓል-ሓዳር ምዃን፡ ስንክልና፡ ዕድመ፡ ጾታዊ ዝንባላ ድዩስ ነፍሰጾርነት።

እምበኣርከስ፡ ኣስራሕቲ፡ ምስ ስራሕ ዘይገራጮ ክሳብ ዝኸኑን ንጠለባት ናይ ስራሕተኛታቶም ኣብ ግምት ዘእትዉ ክኸኑኑ ይግባእ። ንኣብነት፡ ተኸተልቲ እምነት ምስልምና ዝኸኑና ደቀ'ንስትዮ ሕጃብ ንኸዕመማ፤ ኣስራሕቲ ንኣካለ-ስንኩላን ዕድል ስራሕ ኣብ ምሃብ እውን ርትዓዊ ዝኸኑን ለውጢ ናይ ኣተሓሕዛ ክገብሩ ይግባእ።



If you think you have been unfairly discriminated against you can:

- Complain directly to the person or organisation
- Use someone else to help you sort it out (called mediation or alternative dispute resolution)
- Make a claim in a court or tribunal

You can get further advice and support from the Equality Advisory Service: www.equalityadvisoryservice.com

If you are being forced to work or your employer isn't willing to respect your rights, you can also get advice from the Modern Slavery Helpline by calling **0800 0121 700**.



ኣብ ልዕሌኹም ዘይርትዓዊ ተግባር ኣድልዎ ዝተፈጸመ ኩይት ምስዝሰምዓኩም፡ ከምዚ ክትገብሩ ትክእሉ ኢኹም፡-

- ❖ ኣብ ልዕሊ ዝምልከቶ ውልቀ-ሰብ ወይ ትካል ብቐጥታ ጥርግጥ ምቕራብ
- ❖ እቲ ጉዳይ ብመገዲ ዕርቂ ንኸተደቓቕስዎ ክሕግዘኩም ዝክእል ገለ ሰብ ከምዝተሓዘ ምግባር ('ሽምግልና' ወይ 'ካልእ ኣማራጺ ናይ ኣፈታትሓ ግርጭት' ተባሂሉ ዝፍለጥ)
- ❖ ኣብ ኩባያዊ ድዩስ ካብኡ ልዕል ኣብ ዝበለ ቤት-ፍርዲ ክሲ ምቕራብ

ኣብዚ ዚስዕብ ነቕጣ መርበብ ሓበሬታ፡ ብትካል ኣገልግሎት ምክሪ ኣብ ጉዳይ ማዕርነት ዝተዳለወ ምክሪ ከምኡውን ደገፍ ክትረኽቡ ትክእሉ ኢኹም፡- www.equalityadvisoryservice.com

ብግዴታ ትሰርሑ እንተሃሊኹም ሞ ኣስራሒኹም መሰላትኩም ንክሕልወልኩም ፍቓደኛ ምስዘይከውን፡ ብቕጽጎ ተሌፎን 0800 0121 700 ብምድዋል፡ ንዘበናዊ ጊልያነት ብዝምልከት - ብመገዲ ተሌፎን ቀጥታዊ ምክሪ ካብ ዝህብ ትካል ሓገዝ ርኽቡ።



Summary

Finding a job will raise your income to help support you and your family



You must have a National Insurance number to work



You can visit your Jobcentre Plus for advice and support to find a job, as well as to apply for benefits



Improving your skills, particularly your English, will increase the opportunities available to you









If you are earning a salary, you must make sure you pay any tax you owe



You are protected by law in the workplace – employers have a responsibility towards you, and you should not experience discrimination in the workplace



ድማቸው ትሕዝቶ

| | | |
|--|--|--|
| | ስራህ ምርካብ ንመጠን ኣታዊኹም ክብ ከምዝብል ይገብርን ገዛእ-ርእሰኹም ከብ ስድራ-ቤትኩም ንክትናብዩ የክእለኩምን |  |
| | ስራህ ንክትጅምሩ ናይ ውልቅኹም ቍጽሪ ሃገራዊ መድሕን ክህልወኩም ይግባእ |  |
| | ናብ ዝምልከተኩም ቤት-ጽሕፈት ጅብሰንተር ፕላስ ብምኻድ፡ ንምርካብ ዕድል ስራህ ብዝምልከት ምክርን ደገፍን ክትሓቱ፡ ከምኡውን ሓገዝ ንክክፈለኩም መመልከቲ ከተቐርቡ ትክእሉ ኢኹም። |  |
| | ደረጃ ሞያኻ ክብ ምባል፡ ብፍላይ ድማ ምልክት ቋንቋ እንግሊዝኛ ምምሕያሽ፡ ዝያዳ ዕድላት ዝፈጥር እዩ |  |
| | ደምዝ እንተሃልዩኩም፡ ዝግብኣኩም ግብሪ ክትከፍሉ ይግባእ |  |
| | ኣብ ቦታ ስራህ ሕጋዊ ውሕስነት ኣለኩም – ኣስራሕቲ ብዛዕባኹም ዝመጸ ዝስከምዎም ሓላፍነታት ኣለዉ፤ ኣብ ቦታ ስራህ ኣድልዎ ከጋጥመኩም ድማ ኣይግባእን። |  |

Chapter 5

Housing and Services

In this chapter you will learn about:

- Types of housing
- Your tenancy agreement
- Paying your rent
- How to access utilities and services
- Your local area

ምዕራፍ 5

መንበሪ ገዛን

አገልግሎታትን

አብዚ ምዕራፍ እዚ ብዛዕባ እዞም ቀጺሎም ዝጥቀሱ ትሕዝቶታት ክትመሃሩ ኢኹም፡-



ዓይነታት መንበሪ ገዛ



እትኣትውዎ ውዕል ክራይ ገዛ



ክራይ ገዛ ምክፋል



ከመይ ጌርኩም አገልግሎታት ኤሌክትሪቲ፣ ማይን ተሌፎንን፣ ከምኡውን ካልኣት አገልግሎታት ከምእትኹኑ



አብ ጥቓኹም ዝርከብ ክባቢ

In Chapter 3 you read about having 28 days to secure your own accommodation once you are recognised as a refugee. There are different ways you can do this. Two of the main options are social housing provided by the local authority or privately rented housing. Depending on which path you take different people can help you with this. If you have received asylum support, Migrant Help can direct you to the relevant local authority housing team, in the area in which you live.



Housing in the UK varies greatly depending on where you live – from individual houses for a single family that are more common in rural areas or the outskirts of cities, to large apartment blocks close to the centre of towns and cities.



አብ ምዕራፍ 3፡ ከም ስደተኛ ዝተቆጠሩ ማዓልቲ ጀሚሩ አብ 28 መዓልታት ውሽጢ ናይ መንበሪ ገዛ ምርካብ ከምዘለዎም አንቢብልዮን። ነዚ ከተተግብሩሎም እትኸእሉ ዝተፈላለዩ መገድታት አለዉ። ክልተ ካብ'ቶም ቀንዲ አማራጺታት፡ ብመገዲ ከባብያዊ ምምሕዳር ዝወሃብ ማሕበራዊ መንበሪ ገዛ፡ ከምኡ'ውን ብውልቂ ዝካረ መንበሪ ገዛ እዮም። ምስ'ቲ እትወስድዎ አማራጺ ክሕግዩኩም ዝኸእሉ ዝተፈላለዩ ሰባት አለዉ። ናይ ተቐባልነት ዕቑባ ደገፍ እቲ ክፍሊ ሓገዝ ስደተኛታት ናብቲ ናይ ከባብያዊ ምምሕዳር ጉጅለ አባይቲ፡ ናይቲ እትነብረሉ ቦታ መሓበሪ ክህበካ እዮ።

ዓይነት መንበሪ አባይቲ ናይ ምድረ-ነገስት ምስ'ቲ እትነብሩሉ ቦታ አጸቢቓም ዝፈላለዩ እዮም – ንሓንቲ ስድራ-ቤት ካብ ዘስፍሩ ናይ ገጠራዊ ከባቢታት ወይ ናይ ወሰናስን ከተማ ውልቀ-አባይቲ ክሳብ ዓባይቲ ኣፓርታማታት ዝሓዙ ርሻናት ናይ ማእከላት ዓባይትን ነኣሽቱን ከተማታት።

Types of housing

Private housing

Privately rented housing is an alternative to social housing. You can find it through local lettings agents and on property listings websites. The types of privately rented housing available is different across the country.

When you find a house or flat you will probably need to pay a deposit. You will then need to sign a 'tenancy agreement'. This is a legal contract between you and the landlord.

Your tenancy agreement will state;

- The date you can move in
- How long the contract is for
- How much the rent is
- When you must pay the rent

Social housing

Social housing is provided by local councils and housing associations.

To access social housing you will need to apply to the council (local housing authority) where you wish to live in order to go onto their housing waiting list. You will usually need to fill in an application form, and you may be able to do this online.

Many housing associations let some or all of their properties through the council waiting list. However, in some areas you may also be able to apply to housing associations directly, and the council should be able to inform you if this is the case.

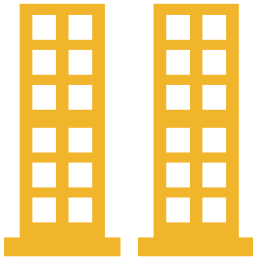




ዓይነታት መንበሪ ገዛ

ውልቃዊ በሪ ገዛ

ብውልቁ ዝካረ ገዛ፡ ኣማራጺ ናይ ማሕበራዊ መንበሪ ገዛ ኩይኑ፡ ብመገዲ ኣብ ከባቢ ዝነጥፉ ደለልቲ ከምኡ'ውን ብመገዲ ዝርዝር ቀወምቲ ንብረት ዘሰፍራ ነቕጣታት መርበብ ሓበሬታታትን ክርከብ ይከኣል። ዓይነት ናይቶም ብውልቁ ክትካረይዎም እትክእሉ ገዛውቲ/ኣባይቲ ካብ ሓደ ከባቢ ናይ'ዛ ሃገር ናብ ካልእ ዝፈላለዩ እዮም።



መንበሪ ገዛ ወይ ናይ ውልቁ ኣፓርታማ (ፍላት) ምስረጅብኩም ትሕጃ ገንዘብ መቅመጥ የድልዎኩም። ውዕል ክራይ ምፍጻምኩም - እዚ ሰነድ እዚ ንሰኹምን ኣካራዩኹምን እትፍጽምዎ ውዕል እዩ።

ናይ ኪራይ ውዕሊ ስምምዕነት ዝግልጽ

- ❖ ገዛ ክትኣትዉሉ እትክእሉ ዕለት
- ❖ ገደብ ግዜ ውዕል ክንደይ ምዃኑ
- ❖ መጠን ናይ ክፍሊት ክራይ ገዛ ክንደይ ምዃኑ
- ❖ ከምኡ'ውን መዓስ ክክፈል ከምዝግባእ



ማሕበራዊ መንበሪ ገዛ

ማሕበራዊ መንበሪ ገዛ ብከባብያውያን ኣብያተ-ምክሪን ማሕበራት ኣባይትን ዝወሃቡ እዮም።



ማሕበራዊ መንበሪ ገዛ ንክወሃቡኩም፡ ናብ ከባብያዊ ቤት-ምክሪ ናይ'ቲ ክትነብሩሉ እትደልዩ ከባቢ (ከባብያዊ በዓል-መዚ ኣባይቲ) ኣመልኪትኩም ስምኩም ኣብ ዝርዝር ኣሰማት ተጸባይቲ ከምዝጸንሑ ክትገብሩ ይግባእ። ከም ንቡር፡ መመልከቲ ቅጥዒ ክትመልኡ ከድልዎኩም እዩ። ነዚ ድማ ብቐጥታ ኣብ መርበብ ሓበሬታ ብምእታው ክትገብርዎ ትክእሉ ኢኹም።



ብዙሓት ማሕበራት ኣባይቲ፡ ንገለ ክፋል ወይ ንብሙሉኦም ቀወምቲ ንብረታቶም ብመገዲ ናይ ቤት-ምክሪ ዝርዝር ኣሰማት ተጸባይቲ እዮም ዝዕድልዎም። ይኹንምበር፡ ኣብ ገለ ከባቢታት ብቐጥታ ናብ ማሕበራት ኣባይቲ ከተመልክቱ ትክእሉ ኢኹም። እዚ ዝከኣል ምስዝኸውን ድማ ዝምልከቶ ቤት-ምክሪ ብዛዕባ እዚ ክትብረኩም ይግባእ።

People who have been granted refugee status are eligible to be considered for social housing. However, to get onto the council waiting list, a person must also qualify under rules set by the local council itself. Local councils must have a scheme (their allocation scheme) setting out their policies and procedures for allocating social housing and most councils publish it on line. This should explain who qualifies to go onto the waiting list, and how the council prioritise applicants.

Most councils in England apply a residency test, or wider local connection test, as part of their qualification criteria to go on the waiting list. A 'local connection' may usually be established through living or working in an area, or through have close family living in an area.

Councils can also set their own local priorities which must be set out in their allocation scheme.

Your length of time on the waiting list will depend on the area you wish to live in, the type and size of house you require, as well as any priority you may have. In many areas there is not enough social housing to meet demand. The local council will be able to give you advice on the possible waiting time.

ከም ዕቕባት ስደተኛታት ተቐባልነት ዝረኸቡ ሰባት፡ ማሕበራዊ መንበሪ ገዛ ናይ ምርካብ ዕድል ኣለዎም። ይኹንምበር፡ ሓደ ሰብ ስሙ ኣብ'ቲ ናይ ቤት-ምኽሪ ናይ ሪጋ መዝገብ ክሰፍር እንተኹይኑ ግን፡ ነቶም ከባብያዊ ምምሕዳር ባዕሉ ዘውጽኦም መምዘኒታት እውን ዘማልኦ ክኸውን ኣለዎ። ከባብያውያን ኣብያተ-ምኽሪ ናይ ገዛእ-ርእሰን መደብ ክህልወን ይግባእ (መደብ ምቕርሖ) - ንምቕርሖ ማሕበራዊ ኣባይቲ ብዝምልከት ፖሊሲታትን ኩነ መምርሒታትን ዘጽድቑሉ። ዝበዝሖ ኣብያተ-ምኽሪ ድማ ነዚ ብቐጥታ ኣብ ነፍተን ነቕጣታት መርበብ ሓበሬታ ኣሕቲመን ንህዝቢ ፍኑው ይሓድጋኦ እዮን። እዚ ሓበሬታ እዚ ከመይ ዝኣመሰለ ሰብ ናብ መዝገብ ሪጋ ስሙ ክሰፍር ከምዝኸእል፡ ከምኡ'ውን ዝምልከቶ ቤት-ምኽሪ ከመይ ገይሩ ንመመልከቲታት ቀዳምነታት ከምዝሰርዓሎም ዘብርህ ክኸውን ይግባእ።

ዝበዝሖ ናይ ምድረ-ነገስት ኣብያተ-ምኽሪ፡ ከም መገምገሚ ናይ ቀዳምነታዊ ረቛሒ፡ ናይ ነባሪነት ፈተና ወይ ስፍሕ ዝበለ ፈተና ናይ ከባብያዊ ምትእስሳር ይጥቀሙ። 'ከባብያዊ ምትእስሳር' ኩሉ ሳዕ ኣብ'ቲ ከባቢ ብምንባር ድዩስ ብምስራሕ፡ ወይ ድማ ኣብኡ ዝነብሩ ኣባላት ቤተ-ሰብ ምስ ምህላው ዝጥረ ረቛሒ እዩ።

ኣብያተ-ምኽሪ ናይ ገዛእ-ርእሰን ቀዳምነታት ክሰርዓ እውን ዝከኣል ኩይኑ፡ እዚ ኣብ መደበን ብስርዓት ክሰፍር ይግባእ።

እቲ ስምኩም ኣብ መዝገብ ሪጋ ዝጸንሖሉ እዋን ኣብ'ቲ ክትነብሩሉ እትደልዩ ከባቢ፡ ዓይነትን መጠንን ናይ ዘድልዩኩም ገዛ፡ ከምኡ'ውን ክህልወኩም ኣብ ዝኸእል ተወሳኺ ቀዳምነት ዝምርኮስ እዩ። ኣብ ዝበዝሖ ከባቢታት፡ ምስ ዘሎ ጠለባት ኣዳረግ እኹል ቍጽሪ ማሕበራዊ መንበሪ ኣባይቲ የልቦን። ከባብያዊ ኣብያተ-ምኽሪ ብዛዕባ እቲ ኣብ መዝገብ ትጽቢት ክትጸንሑሉ እትኸእሉ ንውሓት ግዜ ምኽሪ ክልግሰልኩም ክኸእል እዩ።

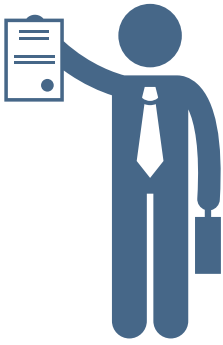
Your tenancy agreement

For private accommodation, there will be a landlord who owns the property – this may be a private individual, the local authority or a housing association. You will need to sign a written agreement in the form of a document known as a tenancy agreement.

The tenancy agreement is a legally binding document which sets out the rights and responsibilities of both landlord and tenant. It is important to read any tenancy agreement carefully – use an interpreter if you have any doubts. You should check:

- The amount you must pay in your deposit and rent, and when this must be paid
- What date your tenancy will run from and to
- Whether you can cancel your tenancy agreement early or change the terms
- A list of repairs and maintenance that are your responsibility, and which are the landlord's responsibility
- Any other rules or restrictions, e.g. having pets or smoking restrictions





ውዕል ክራይ ገዛኹም

ብዛዕባ ናይ ውልቂ መንበሪ ገዛ ዝመጸ፡ ዋና ገዛ ዝኾነ ኣካራዩ ክህሉ እዩ - ዋና ገዛ ድማ ውልቀ-ሰብ፡ ከባብያዊ ምምሕዳር ወይ ማሕበር መንበሪ ኣባይቲ ክኸውን ይኸእል። 'ውዕል ክራይ ገዛ' ተባሂሉ ኣብ ዝፍለጥ ወግዓዊ ጽሑፋዊ ሰነድ ስምምዕ ክታምኩም ከተንብሩ ከድልየኩም እዩ።

ውዕል ክራይ ገዛ፡ ንመሰላትን ግዴታታትን ናይ ኣካራዩን ተኻራዩን ብማዕረ ዘብርህ ቀያዲ ሕጋዊ ሰነድ እዩ። ንዝኾነ ይኹን ውዕል ክራይ ገዛ ብጥንቃቄ ምንባብ ኣገዳሲ እዩ - ዝኾነ ይኹን ሕቶ ምስዝህልወኩም፡ ብቻል መብርሂ ብዝህበኩም ተርጓሚ ተሓጊዝኩም ኣንብብዎ። ብዛዕባዚ ክትፍትሹ ይግባእ፡-

- ❖ መጠን ናይ'ቲ ኣቐዲምኩም ኣታዊ እትገብርዎ ገንዘብ፡ ከምኡ'ውን ዝኸፈል ክራይን ግዜ ክፍሊቱን፡
- ❖ ገደብ ግዜ ክራይ ካብ መዓስ ክሳብ መዓስ ምዃኑ፡
- ❖ ንዝኣተኹም ውዕል ክራይ ገዛ ኣቐዲምኩም ክትሰርዝዎ ከምእትኸእሉን ከምዘይትኸእሉን፡ ከምኡ'ውን ክትቅይርዎ ከምእትኸእሉን ከምዘይትኸእሉን፡
- ❖ ዝርዝራት ናይ'ቶም ከም ናትኩምን ከም ናይ ኣካያዩን ዝውሰዱ ሓላፍነታት ጽገናን ምሕዳስን፡
- ❖ ካልኣይ ቀየድቲ ሕጋጋት ወይ ገደባት እንተሃልዩም፤ ንኣብነት፡ ክልበ-ድሙ ንምጥራይ ወይ ሽጋራ ንምትካኽ ብዝምልከት



You can find out about your responsibilities and rights as a tenant in the Government's 'How to Rent Guide', which is at www.gov.uk/government/collections/housing-how-to-guides

In general, a landlord and tenant have the following responsibilities:

| Landlord | Tenant |
|---|---|
| Collecting rent | Paying your rent in full and on time |
| Keeping your building safe and in good condition | Keeping the house clean and not mis-using it or any furniture included |
| Providing everything set out in your tenancy agreement (including furniture if agreed) | Contacting the landlord if there are any repairs needed or any issues with the house |
| Handling or paying for repairs to the house and appliances covered by the tenancy agreement | Allowing the landlord to enter to repair your home or to do an inspection at a time and frequency agreed in the tenancy agreement |

Paying your rent

Your tenancy agreement will set out how much rent needs to be paid and how often – this will usually be monthly. When you are first recognised as a refugee, it is likely you will have no income, so you will be entitled to claim benefits to help pay all or part of your rent and to cover expenses such as food and bills (see Chapter 4 – Employment and Benefits).

The amount of benefits you will receive is dependent on your personal circumstances. You should go to your local Jobcentre Plus to claim benefits (see Chapter 4 – Employment and Benefits). Welfare benefits will usually be paid directly to you and you are responsible for paying your housing and living costs with the money you receive.

ከም ተኸረይቲ መጠን ንዘለዉኹም ግዴታታትን መሰላትን ብዝምልከት፡ ነቲ ‘መምርሒ መስርሕ ምክራይ ገዛ’ ዝብል ናይ መንግስታዊ ማዕከን ሓበሬታ ክትውከሱ ትክእሉ ኢኹም። እዚ ድማ ኣብ www.gov.uk/government/collections/housing-how-to-guides ዝርከብ እዩ።

ብሓፈሻኡ፡ ኣካራዩን ተኸራዩን እዞም ቀጺሎም ዝጥቀሱ ሓላፍነታት ኣለውዎም፡-

| ኣካራዩ | ተኸራዩ |
|--|---|
| ክፍሊት ክራይ ገዛ ምእካብ | ክራይ ገዛ ብምልኣትን ኣብ ግዚኡን ምኽፋል |
| ንእትነብሩሉ ህንጻ ውሑስ ጌርኩም ብጽቡቕ ንክትሕዝዎ | ንእትካረይዎ ገዛ ይኹን ኣብኡ ንዝጸንሓኩም ንብረት፡ ብጽርዖትን ብዘይ ዝኹነ ይኹን ግጉይ ኣጠቓቕማን ክትዕቅብዎ |
| ውዕል ክራይ ገዛኹም ዘገድዶ ዘበለ ነገር ምቕራብ (ኣብ ስምምዕ ተበጺሑሉ እንተኹይኑ፡ እንተላይ ንብረት ገዛ) | ክትግበር ዝግባእ ዝኹነ ይኹን ጽገና ድዩስ ካልእ ጸገም ናይቲ ገዛ ምስዝህሉ፡ ንኣካራዩ ምውካስ |
| ኣብ ውዕል ክራይ ገዛ ተጠቒሶም ንዘለዉ ዕማማት ጽገና ናይ ገዛ ድዩስ ኣቕሑ ምስልሳልን ምስኡ ንዝተኣሳሰሩ ገንዘባዊ ወጻኢታት ምሸፋንን | ብመሰረት እቶም ኣብ ውዕል ክራይ ገዛ ተጠቒሶም ዘለዉ እዋናት፡ ኣካራዩ ናብ ገዛኹም ብምእታው ጽገናዊ ወይ ተፍትሻዊ ስራሕ ንክካይዱ ምፍቃድ |

ክራይ ገዛ ምኽፋል

እቲ ክታምኩም እተንበሩሉ ውዕል ክራይ ገዛ፡ መጠን ክራይ ገዛ ክንደይ ምዃኑን ኣብ ናይ ክንደይ ምርሕሓቕ ናይ ግዜ ክኸፈል ከምዝግባእን ዝሕብር ትሕዝቶ ክህልዎ እዩ። እቲ ልሙድ ኣከፋፍላ ወርሓዊ እዩ። ከም ዕቕባት ስደተኛታት ተቐባልነት ርኽብ ምስኣበልኩም፡ ኣታዊ ዘይብልኩም ክትኩኑ ዝለግላ ተክእሎ ኣሎ። ስለዚ ክራይ ገዛኹም ብምሉኡ ድዩስ ብኸፈል ንክትከፍሉ፡ ከምኡውን ናይ መግቢ ድዩስ ከም ናይ ኤሌክትሪሲቲ፡ ማይን ተሌፎንን ኣገልግሎታት ዝኣመሰሉ ወጻኢታትኩም ንክትሸፍኑ፡ ናይ ሓገዝ መመልከቲ ንክትቐርቡ መሰል ኣለኩም (‘ምዕራፍ 4 – ዕድል ስራሕን ሓገዝትን ተመልከቱ)።

መጠን ናይቲ ዝወሃበኩም ሓገዝ ኣብ ውልቃዊ ኮነታትኩም ዝምርኮስ እዩ። ጠለብ ሓገዝ ንምቕራብ ናብ ትካል ጅብሰንተር ፕላስ ክትቐርቡ የድልየኩም (‘ምዕራፍ 4 – ዕድል ስራሕን ሓገዝትን ተመልከቱ)። ምስ ሰብኣዊ ድሕነት ዝተኣሳሰሩ ሓገዝት፡ ኩሉ ሳዕ፡ ብቐጥታ ንዓኹም ዝኸፈሉኹም ኩይኖም፡ ንስኹም ድማ ነዚ ገንዘብ እዚ ተቐባልኩም ወጻኢታት ክራይ ገዛኹምን መነባብሮኹምን ንክትሸፍኑ ግዴታ ኣለኩም።

Gas, electricity, water and other services

When you move in, your water and electricity should already be working. There won't necessarily be gas in all properties, but where there are gas appliances landlords are required to provide you with a gas safety certificate. If you have a problem you should contact the supplier stated in your tenancy agreement who will make necessary arrangements to set up how you will pay for your energy and water.

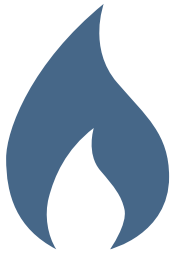
Gas and electricity can be expensive, so doing things like turning the heating off when you leave the house or keeping windows closed when you have the heating on can save you money. Make sure that you turn off lights and do not leave electrical appliances on. This also helps to protect the environment, as it creates less waste and pollution.

If you smell gas, this could be a sign of a dangerous gas leak. You should call **0800 111 999** immediately if you suspect there is a gas leak in your building.

Smoke and Carbon Monoxide detectors:

All properties must have working smoke alarms (on every floor used as living accommodation) and a carbon monoxide alarm (in rooms using solid fuels – such as a coal fire or wood burning stove).





ጋዝ፡ ኤሌክትሪሲቲ፡ ማይ፡ ከምኡ'ውን ካልአት አገልግሎታት

ናብ'ቲ ገዛ ኣብ እትአትዉሉ እዋን፡ አገልግሎት ኤሌትሪሲቲን ማይን ዝረከብ ኩይኑ ክጸንሓኩም ይግባእ። ኣብ ኩላቶም ኣባይቲ ናይ ጋዝ መስመር ክህሉ ግዴታዊ ኣይኮነን። ይኹንምበር፡ ብጋዝ ዝሰርሕ ንብረት ምስዝህልወኩም፡ ኣካረይቲ ወረቐት ምስክር ውሕስነት ናይ ጋዝ ከውህቡኹም ይግባእ። ኣብ'ዚ ጸገም ምስዝህልወኩም፡ ነቲ ኣብ ውዕል ክራይ ገዛኹም ተጠቂሱ ዝርከብ ወሃቢ ኣገልግሎት ተወከስዎ እሞ ኣገልግሎት ጸዓትን ማይን ንምርካብ ብዛዕባ እትኸፍሉሉ ኣገባብ ባይታ ንምጥጣሕ ኣድላዩ ዘበለ ስጉምቲ ኪወስድ እዩ።



ዋጋ ኣገልግሎት ጋዝን ኤሌክትሪሲቲን ክቡር ክኸውን ይኸእል እዩ። ክንዲ ዝኸነ፡ ካብ ገዛ ኣብ እትወጽኡሉ ኣብ እትወጽኡሉ እዋን መሞቂ ገዛ ምስእተጥፍኡ፡ ከምኡ'ውን መሞቂ ገዛ ኣብ እትውልዑሉ እዋን መሳኹቲ ገዛ ምስእትጻጽዉ፡ ገንዘባዊ ወጻኢታት ኣብ ምንካይ ሓጋዚ ክኸው ይኸእል እዩ። መብራህትታት ኣብ ዘድልዩሉ እዋን ኣጥፍእዎም፤ ብኤሌክትሪክ ዝሰርሑ ናውቲ ድማ ወሊዕኩም ኣይትሕደጉ። እዚ ምግባር፡ መጠን ጓሓፍን ብከላን ስለዝንኪ፡ ኣከባቢ ኣብ ምዕቃብ እውን ሓጋዚ እዩ።



ጋዝ ምስዝጨንወኩም፡ ሓደገኛ ምልክት ናይ ላሕኩ ጋዝ ክኸውን ይኸእል እዩ። ኣብ እትነብሩሉ ህንጻ ላሕኩ ጋዝ ኣጋጢሙ ከይከውን ምስእትጥርጥሩ፡ ተቓላጢፍኩም ብቑጽሪ ተሌፎን 0800 111 999 ክትድውሉ ይግባእ።

ትኪን ካርቦን-ምኖክሳይድን ዝፍትሹ ናውቲ

ኩላቶም ኣባይቲ ትኪ ፈቲሾም ደወል ዘስምዑ መሳርሒታት እተገጥሙሎም ክኹኑ ይግባእ (ኣብ ነፍሲወከፍ ከም መንበሪ ዝዝውተር ደርቢ) ከምኡ'ውን ካርቦን-ምኖክሳይድን ዝፍትሹ ኣጠንቃቂ ደወል (ነደድቲ ምንጭታት ጸዓት ኣብ ዝዝውተረሎም ክፍልታት – ንኣብነት፡ ፋሓም ወይ ሞጎጎ ዕንጨይቲ)።

Getting a telephone and the internet

You can arrange to have a land line (fixed phone) installed at your home and pay a monthly fee to use it, known as line rental. A land line is usually needed in order to receive internet access. Depending on the deal you choose, the provider will either send you the equipment to set up yourself or somebody will visit to help you install it. There are a wide range of deals, so you should check with a number of providers before buying.

Most people will also have their own personal mobile phone. Mobile phones will vary in cost, but basic mobile phones are available for as little as £10. Smartphones, which can access the internet, are more expensive.

You can get a contract where you pay monthly to use a mobile, or a pay as you go deal where you pay for what you use.

- Pay monthly contracts are where you can make calls on your phone for a fixed number of minutes, send a number of texts and use a certain amount of internet data. You will pay a fixed amount each month unless you exceed the number of minutes, texts or data set out in your contract, in which case you must pay for what you use. These can be very expensive, so it is important to be careful and check that you have not exceeded your allowance. It is necessary to have a bank account and provide proof of address (for example a copy of your tenancy agreement) to take out a contract. Contracts can vary greatly in cost, from as little as £5 per month for a SIM card only to £60+ for contracts with the latest and most expensive phones included.





አገልግሎት ተሌፎንን ኢንተርኔትን ምርካብ

አብ መንበሪ ገዢኹም ቀዋሚ መስመር ተሌፎን ከምዝኣትወኩም ብምግባር ንወርሓዊ ክፍሊቱ ክትሸፍንዎ ትኽእሉ ኢኹም። እዚ ክፍሊት እዚ 'ክራይ መስመር ተሌፎን' ተባሂሉ እዩ ዝፍለጥ። ተጠቃሚ ኣገልግሎት ኢንተርኔት ንምኽን ቀዋሚ መስመር ተሌፎን ምህላው ኣገዳሲ እዩ። ብመሰረት እቲ ምስ ወሃቢ ኣገልግሎት ኢንተርኔት ዝኹነ ትካል እትገብርዎ ምርድዳእ፡ ነቲ መሳርሒ ባዕልኹም ንኸተዋድድዎ ክሰዱልኩም ወይ ድማ ንዕኡ ከዋድደልኩም ዝኽእል ሰብ ክልእኩልኩም እዮም። ዝተፈላለዩ ዓይነት ኣገልግሎታዊ ስምምዓት ኣለዉ። ስለዚ ኣገልግሎት ኢንተርኔት ቅድሚ ምዕዳግኩም፡ ዝተፈላለዩ ዓይነት ወሃብቲ ኣገልግሎት ከተወዳድሩ ይግባእ።



ብዙሓት ሰባት ከኣ ውልቃዊት ተንቀሳቓሲት ተሌፎን ክውንኑ ይመርጹ። ዋጋታት ተንቀሳቓሲቲ ተሌፎን ካብ ሓድሕዶም ኣዝዮም ዝተፈላለዩ እዮም። ይኹንምበር ዋግኣን ካብ 10 ዘይሓልፍ ተራ ተንቀሳቓሲቲ ተሌፎናት እውን ኣለዉ። እተን ኣገልግሎት ኢንተርኔት ንምርካብ ዝሕግዝ 'ስማርትፎን' ዝዓይነተን ተሌፎናት ክብር ዝበላ እዮን።



ወርሓዊ ውዕል ክፍሊት ብምግባር ተንቀሳቓሲት ተሌፎን ክትጥቀሙ ትኽእሉ ኢኹም፤ ወይ ድማ ብመሰረት መጠን ኣጠቓቕማኹም ክትከፍሉ።

- እቲ ወርሓዊ እናኸፈልካ እትጥቀሙሉ ኣገባብ፡ ንድሩታት ደቓይቕ ካብ ተሌፎንኩም ንኸትድውሉ፡ ከምኡ'ውን ሓያለይ ናይ ጽሑፍ መልእኽትታት ንኸትሰዱን ዝተወሰነ ክፋል ናይ መርበብ ሓበሬታ (ኢንተርኔት) ንኸትጥቀሙ ዝኽእል እዩ። ካብ'ቲ ኣብ ውዕልኩም ዝተወሰነ ብዝሒ ደቓይቕ ድዩስ ገደብ መጠን ጽሑፋዊ መልእኽቲ ወይ መርበባዊ ሓበሬታ ንላዕሊ ክሳብ ዘይተጠቐምኩም፡ ቀዋሚ መጠን ገንዘብ ኢኹም ወርሓዊ እትኸፍሉ። በዚ ኩይኑ ቡቲ፡ ከም መጠን ኣጠቓቕማኹም ኢኹም እትኸፍሉ። እዚ ክቡር ክኸውን ስለዝኽእል፡ ምጥንቓቕን ካብ'ቲ ዝተደረተ መጠን ንኸይትሓልፍ ምስትብሃልን ኣገዳሲ እዩ። ውዕል ንምእታው፡ ናይ ባንክ ሕሳብ ምውናንን መረጋገጺ ስነድ ነባሪነት ምቕራብን ኣገዳሲ እዩ (ንኣብነት፡ ቅዳሕ ውዕል ክራይ ዝዛ)። ውዕላት ብዋጋ ዝመጸ ካብ ሓድሕዶም ኣዝዮም ዝፈላለዩ ክኹኑ ይኽእሉ እዮም። እቲ ዝተሓተ ጠለብ ክፍሊት ሲም-ካርድ ዘለዎ 15 ንወርሒ ጥራይ ክኸውን እንከሎ፡ ልዕሊ 60 ዝበጽሕ ዋጋ ሓደስቲ ዝዓይነተን ክቡራት ተሌፎናት ዘጠቓለሉ ውዕል እውን ኣሎ።

- You can also buy a pay as you go SIM card which means you pay for the minutes, texts or data you use. This means you can control how much you spend more easily. In some cases, a phone company will offer a deal where if you top-up, or add a minimum amount of money each month, they will give you a certain amount of minutes, texts and data to use. You can top-up whatever amount you want but to get a good deal from a phone company you usually need to top up around £10 each month.



Council Tax

You are liable for paying Council Tax for your property. This is a set amount for the financial year which runs from April to March, and you can pay this monthly. Council Tax is a tax which goes to your local authority for local services such as care, social services, police and local facilities.

If you are on a low income or out of work you may be eligible for financial help towards your Council Tax bill – this is called Council Tax Reduction. Each local authority has its own scheme and you need to apply to your local authority.

COUNCIL TAX

Homelessness/Crisis support

If you are concerned that you may become homeless the following services can advise you on what to do:

- Your local authority, you can find this at **www.gov.uk/find-local-council**
- Shelter Tel: 0808 800 4444
- Crisis Tel: 0800 038 4838
- Refugee Council **www.refugeecouncil.org.uk**



COUNCIL TAX

❖ ንእግረ-መገደኹም ካርድ እናአኦተኹም ከትጥቀሙ እትክእሉሊ ሲም-ካርድ እውን ከትዕድጉ ትክእሉ ኢኹም። እዚ ድማ ንወጻኢታት ናይ'ቲ እትጥቀሙሉ ብዝሒ ደቓይቕ ድዩስ ገደብ መጠን ጽሑፋዊ መልእክቲ ወይ መርበባዊ ሓበሬታ፡ ባዕልኹም ብቐጥታ እናሸፈንኩም ትኸዱ ማለት እዩ። እዚ ድማ ከሳብ ከንደይ ዝሓከል ገንዘብ ከምእተጥፍኡ ብቐሊሉ ከትቆጻጸሩ ትክእሉ ማለት እዩ። ኣብ ገለ ኣጋጣሚታት፡ ኩባንያ ኣገልግሎት ተሌፎን፡ ወርሓዊ እንተገደደ ዝወሓደ መጠን ገንዘብ ናብ ተሌፎንኩም እንተኣእቲኹም፡ ገለ ብዝሒ ደቓይቕ፡ ጽሑፋዊ መልእክትን መርበባዊ ሓበሬታን ብናጻ ንክትጥቀሙ ዕድል ክህበኩም እዩ። ዝደለኹም መጠን ገንዘብ ናብ ተሌፎንኩም ከተእትዉ ትክእሉ እኳ እንተኹንኩም፡ ካብ ኩባንያ ኣገልግሎት ተሌፎን ዝያዳ ረብሓ ንምርካብ ግን፡ ወርሓዊ ኣስታት £10 እንተኣእተኹም ተመራጺ እዩ።

ናይ ቤት-ምክሪ ግብሪ

ብዛዕባ ቀዋሚ ንብርትኩም ዝመጸ ናይ ቤት-ምክሪ ግብሪ ከትከፍሉ ግዴታ ኣለኩም። እዚ ክፍሊት እዚ ካብ ወርሒ ሚያዝያ ክሳብ ወርሒ መጋቢት ናይ ዝቐጽል ዓመት ንዝዘርጋሕ ፊስካላዊ ዓመት ንዘሎ ግዜ ዝሸፍን ቀዋሚ መጠን ገንዘብ እዩ። ወርሓዊ ከትከፍልዎ እውን ዝከኣል እዩ። ናይ ቤት-ምክሪ ግብሪ ናብ ከባብያዊ ምምሕዳርኩም ኣታዊ ዝኸውን ኩይኑ፡ ኣብ'ቶም ብከባቢ ደረጃ ዝካየዱ ኣገልግሎታት ክንክን፡ ማሕበራዊ ኣገልግሎታት፡ ፖሊሳዊ ኣገልግሎታትን ኣብ ምንቅስቓስ ከባብያዊ መሳላጥያታትን ዝውዕል እዩ።

ትሑት መጠን ኣታዊ ምስዝህልወኩም ወይ ስራሕ ምስዘይህልወኩም፡ ብመንጽር ሰነድ ዕዳ ናይ ቤት-ምክሪ ግብሪ ገንዘባዊ ሓገዝ ንክትረኽቡ ተክእሎ ኣሎ። እዚ ድማ 'ምንካይ ናይ ቤት-ምክሪ ግብሪ' ተባሂሉ ይጽዋዕ። ንፍሲወከፍ ከባብያዊ ምምሕዳር ብናይ ገዛእ-ርእሱ መደባት ዝንቀሳቐስ ስለዝኹን፡ ናብ ከባብያዊ ምምሕዳርኩም መመልከቲ ከተቐርቡ ይግባእ።

ናይ ቤት-ኣልቦነት/እዋን ጸገም ደገፍ

ቤት-ኣልቦ ኩንኩም ከይትተርፉ ስክፍታ ምስዝህልወኩም፡ እዞም ቀጺሉ ተጠቐሶም ዘለዉ ወሃብቲ-ኣገልግሎት ዝኹኑ ኣካላት እንታይ ከትገብሩ ከምዘለኩም ክመክሩኹም እዮም።

- ❖ ከባብያዊ ምምሕዳርኩም፤ ሓበሬታ ኣብ'ዚ ይርከብ:- www.gov.uk/find-local-council
- ❖ ሽልተር/መጽለሊ - ተሌ:- 0808 800 4444
- ❖ እዋን ጸገም/ክራይሲስ - ተሌ:- 0800 038 4838
- ❖ ቤት-ምክሪ ዕቑባት ስደተኛታት www.refugeecouncil.org.uk

Your local neighbourhood

Your local area will likely have 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.

You should also familiarise yourself with 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 Jobcentre Plus and may need to travel to get there.



እትነብሩሉ ከባቢ/ገዛውቲ

እቲ እትነብሩሉ ከባቢ፡ ስፖርታዊ ንጥፊታት ድዩስ ምንቅስቃስ ኣካላት ከተካይዱሉ እትኸእሉ ቦታ፡ ከባቢያዊ ፓርክን ኣብያተ-ንባብን ዘጠቓለለ መዘናግዒ ማእከል ክህልዎ ዝለዓለ ተኸእሎ ኣሎ። ካብ'ዞም ኣብያተ-ንባብ መጻሕፍቲ ክትልቅሑን ኣብ ገዛ እንተዘይብልኩም ኢንተርነት ክትጥቀሙን ትኸእሉ። ኣብያተ-ንባብን ፓርክታትን ንዝኸነ ይኹን ውልቀ-ሰብ ብዘይ ገንዘባዊ ክፍሊት ክፋታት ክኹኑ እንከለዉ፡ መዘናግዒ ማእከላት ድማ ብሕሱር ዋጋ ክትጥቀሙሎም እትኸእል እዮም።

ምስቶም ዘለዉ ከባቢያውያን መስመራት ህዝባዊ መጓዳዝያን ፊርማታታት ኣውቶቡስን ክትላለዩ፡ ከምኡውን ከመይ ጌርኩም መጓዳዝያ ተጠቂምኩም ናብ ርሑቓት ቦታታት ክትበጽሑ ትኸእሉ እውን ከተጽንዑ ይግባእ። እትነብሩሉ ቦታ ኣብ ጥቓ ዶክተር/ሓኪም፡ ቤት-ትምህርቲ፡ ቤት-ጽሕፈት ጅብሰንተር ወዘተ ዘይኸኸውን ስለዝኸእል፡ ህዝባዊ መጓዳዝያ ንኸትጥቀሙ ክትግደዱ ተኸእሎ ኣሎ።



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.

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 and made them feel welcome.



ቦታታት ኣምልኾ

ሕብረተ-ሰብ ምድረ-ነገስት ብዙሕ ንዝዳይነቶም እምነታት ዝኸተል እዩ። ክንዲ ዝኸነ ኣብ'ተን ዕብይ ዝበላ ከተማታትን ንኡሳን-ከተማታትን - መሳጊድ፡ ኣብያተ-ክርስትያን፡ ኣብያተ-ጸሎት ኣይሁድ፡ ከምኡ'ውን ካልኣት ቦታታት ኣምልኾ ኣለዉ።

ብዙሓት ንምድረ-ነገስት ሓደስቲ መጻእተኛታት ዝኸኑ ሰባት ብመገዲ እቶም ዝመለሰሎም ቦታታት ኣምልኾ ሓገዝን ደገፍን ከምዝረኸቡ፡ ከምኡ'ውን ንኸይጋየኹ ኩነ ብዝገባእ ንኸጣየሱ ዝሕግዝዎም ፈተውቲ ኣብ'ዞም ቦታታት እዚኣቶም ከምዝረኸቡ ይምስክሩ።



Summary

You are eligible to receive benefits which can pay for your rent and other essential living costs



If you are renting a house or a flat, you will have a tenancy agreement with your landlord that sets out the rights and responsibilities for both landlord and you, the tenant







You must manage your money with care and ensure you pay for all bills and living expenses – you should open a bank account



Look out for local services and places of worship in your local area



ጽዕና ትሕዝቶ

| | | |
|--|--|---|
| | ወጻኢታት ክራይ ገዛኹምን መሰረታውያን ወጻኢታት መነባብሮኹምን ንክትሸፍኑ ዘክእለኩም ሓገዝ ንክትረኽቡ መሰል ኣለኩም |  |
| | ገዛ ወይ ናይ ውልቂ ኣፓርታማ ትካረዩ እንተሃሊኹም፡ ምስ ኣካራዪኹም እትኣትውዎ ውዕል ክራይ ገዛ ክህሉ እዩ። እዚ ሰነድ ውዕል እዚ፡ ንመሰላትን ግዴታታትን ናይ ኣካራዪን ተኻራዪን ብማዕረ ዘብርህ ቀያዲ ሕጋዊ ሰነድ እዩ። |  |
| | ንገንዘብኩም ብጥንቃቄ ብምምሕዳር፡ ወጻኢታት ናይ ኩላቶም ዝመጽኡኹም ሰነዳት ዕዳ ይኹን ናይ መነባብሮ ክትከፍሉ ይግባእ። ናይ ባንክ ሕሳብ ክትከፍሉ እውን ይግባእ |  |
| | ኣብ ከባቢኹም፡ ትካላት ከባብያውያን ኣገልግሎታትን ቦታታት ኣምልኹን ሃሰው ቦሉ |  |

Chapter 6

Education

In this chapter you will learn about:

- The education system
- Types of school
- The subjects that you can study

ምዕራፍ 6

ትምህርት

አብዚ ምዕራፍ እዚ ብዛዕባ እዞም ቀጺሎም ዝጥቀሱ ትሕዝቶታት ክትመሃሩ ኢኹም፡-



ስርዓተ-ትምህርት



ዓይነታት ኣብያተ-ትምህርት



ክትመሃርዎም እትኸእሉ ዓውድታት ትምህርት

Overview of education

If you have children, they may already be attending school and you may have some existing knowledge of the education system. This chapter is intended to give a helpful overview of the education system, including adult learning.

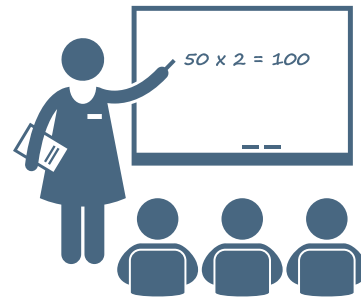
Education is important in the UK and there is a strong culture of lifelong learning. This means that education does not finish at school but continues throughout a person's working life through professional or personal development.

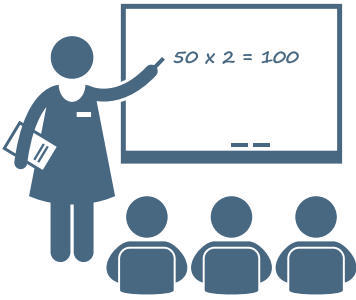
The school system encourages children to question and think for themselves rather than simply learning facts and figures. Parents are expected to take a prominent and supportive role in their children's education, meeting with teachers regularly for a progress report, helping children with their homework and ensuring they arrive at school clothed, fed and ready to learn.

As a parent you are responsible for ensuring that your children of compulsory school age receive a full-time education. Local authorities have powers to enforce school attendance, including the power to prosecute parents who fail to ensure their child's regular attendance at school. This guidance sets out how schools, local authorities and the police can deal with poor attendance and behaviour in school.

Education for children is free and compulsory. In England, the statutory school age is from 5 years to 16 years and individuals aged 16 to 18 must be in either full-time education or work (with an educational component).

The UK has some of the world's finest and oldest universities and is a world leader in research and innovation.





ሓፈሻዊ ስእሊ ትምህርቲ

ደቂ እንተልዮሙኹም፡ ምልባሽ ድሮ ትምህርቶም ጀሚሮም ክኹኑ ስለዝኸእሉ፡ ብዛዕባ ህሉው ኣካይዳ ናይ ስርዓተ-ትምህርቲ ኣፍልጦ ረኺብኩም ክትኩኑ ተኸእሎ ኣሎ። እዚ ምዕራፍ እዚ ብዛዕባ ስርዓተ-ትምህርቲ ሓጋዚ ስእሊ ንምሃብ ተባሂሉ ዝተዳለወ እዩ፤ ማለት እንተላይ ንስርዓተ-ትምህርቲ ናይ ቶም ንዓቕሚ-ኣዳም ዝኣኸሉ ሰባት እውን ብዝምልከት።



ኣብ ምድረ-ነገስት ትምህርቲ ኣገዳሲ ረቛሒ ክኸውን እንከሎ፡ ንምሉእ ህይወትካ ኣብ ትምህርቲ ናይ ምጽማድ ሓያል ባህሊ እውን ኣሎ። እዚ ማለት ድማ ትምህርቲ ኣብ መዋእል ወዲ ሰብ ብመልክዕ ሞያውን ውልቀ-ተባባሶኡን ምዕባላ ዝቐጽል ደኣምበር፡ ኣብ ኣብያተ-ትምህርቲ ዘብቕዕ ጉዕዞ ዘይምጻኑ እዩ።

ቤት-ትምህርታዊ ኣካይዳ፡ ህጻናት፡ ጭብጥታት/ሓቕታትን ኣሃዛትን ስኒቕም ጥራይ ኣብ ክንዲ ዝኸዱ፡ ንገዛእ-ርእሶም ሕቶ ንኸሓቱዎን ንኸሓሰቡን ዘተባብዕ እዩ። ወለዲ፡ ንጉዳይ ትምህርቲ ናይ ደቆም ዝመጸ፡ ዕዙዝን ደጋፊን ተራ ክጻወቱ ትጽብት ይግባረሎም፤ ማለት ብዛዕባ ገሲጋላዊ ጸብጻብ ናይ ደቆም ንምስማዕ ብስሩዕ ምስ መማህራን ክራኸቡ፡ ንደቆም ኣብ ምዕማም ዕዮ ገዛ ክተሓጋገዝዎም፡ ከምኡውን ናብ ቤት-ትምህርቲ ግቡእ ልብሲ ትምህርቲ ከዲኖም፡ ከም ዝግባእ መጊባምን ንመስርሕ ምምሃር ድሉዎት ገይሮምን ክሰድዎም ይግባእ።

ከም ወለዲ መጠን፡ ውላድኩም ኣብተን ዓመታት ናይ ግዴታዊ ትምህርቲ ምሉእ ግዚኡ ኣብ ትምህርቲ ከምዝጸመድ ናይ ምግባር ሓላፍነት ኣለኩም። ከባብያዊ ምምሕዳር፡ ህጻናት ብግዲ ኣብ መኣዲ ትምህርቲ ከምዝሳተፉ ናይ ምግባር ስልጣን ኣለዎም። እዚ ድማ ኣብ ልዕሊ እቶም ውላዶም ኣብ መኣዲ ትምህርቲ ብስሩዕ ከምዝሳተፉ ዘይገበሩ ወለዲ ክሲ ንናይ ምምስራት ስልጣን ዝምልከት እውን እዩ። እዚ መምርሒ እዚ፡ ብወገን ተማሃራይ ትሑት መጠን ተሳታፍነት ናይ መኣዲ ትምህርቲ ኩነት ስነ-ምግባራዊ ጉድለት ምስዝረኣ፡ ብወገን ቤት-ትምህርቲ፡ ከባብያዊ ምምሕዳርን ፖሊስን እንታይ ክግበር ከምዝከኣል ዘነጽር እዩ።

ኣገልግሎት ትምህርቲ፡ ንህጻናት፡ ካብ ዝኹነ ይኹን ክፍሊት ናጻን ግዴታውን እዩ። ኣብ ዓዲ-እንግሊዝ፡ ህጻናት ንኸመሃሩ ሕጊ ዘገድድሉ ዕድመ ካብ 5 ክሳብ 16 ዓመት ኩይኑ፡ እቶም ካብ 16 ክሳብ 18 ዓመት ዝዕድሚኦም ሰባት ድማ ምሉእ-ብሙሉእ ኣብ ትምህርቲ ክጽመዱ ወይ ክሰርሑ (ትምህርታዊ ምትእስሳር ብዘለዎ መልክዕ) ይግባእ።

ምድረ-ነገስት ወናኒት ናይ ገለ ካብቶም ብዓለም ደረጃ ዝበለጹን ጥንታውያንን ዝበሃሉ ዩኒቨርሲቲታት ኩይኑ፡ ኣብ መዳይ ስነ-ፍልጠታዊ መጽናዕትን ምህዛዊ ምትእትታው ነገራትን ድማ ቀዳማይ ደረጃ ትሕዝ።

A young girl with blonde hair, wearing a light blue school polo shirt, is sitting in a classroom. Her right hand is raised high in the air, and she is looking towards the right of the frame with a slight smile. Another child's hand is visible in the foreground, also raised. The background is dark, suggesting a classroom setting.

Joining the education system

You should get in touch with your local authority to ensure your children are registered in an age appropriate school. Your local authority will have more information about schools in your area. We recommend you review this GOV.UK webpage (www.gov.uk/schools-admissions) which provides general information for parents about school admissions and how to apply for a school place. If you don't know your local authority, you can find out through this website: www.gov.uk/find-local-council. You should enrol your child at school and familiarise yourself with what support is expected from parents. These include taking an active part in your child's education such as ensuring that they attend school, complete their homework and get enough sleep.

If you have a child of nursery age (under 5 years old) the local authority Family Information Service can help you find a nursery place for them. Once you know your local authority, you can check your Family Information Service here: findyourfis.familyandchildcaretrust.org. Similarly, if your child has additional learning needs, you should liaise with your local authority to ensure that their needs are met.

Your child will be given additional support to meet the requirements of education, such as additional English language support. These opportunities will not only enable them to re-engage with their education as quickly as possible, but also help the whole family to adjust.

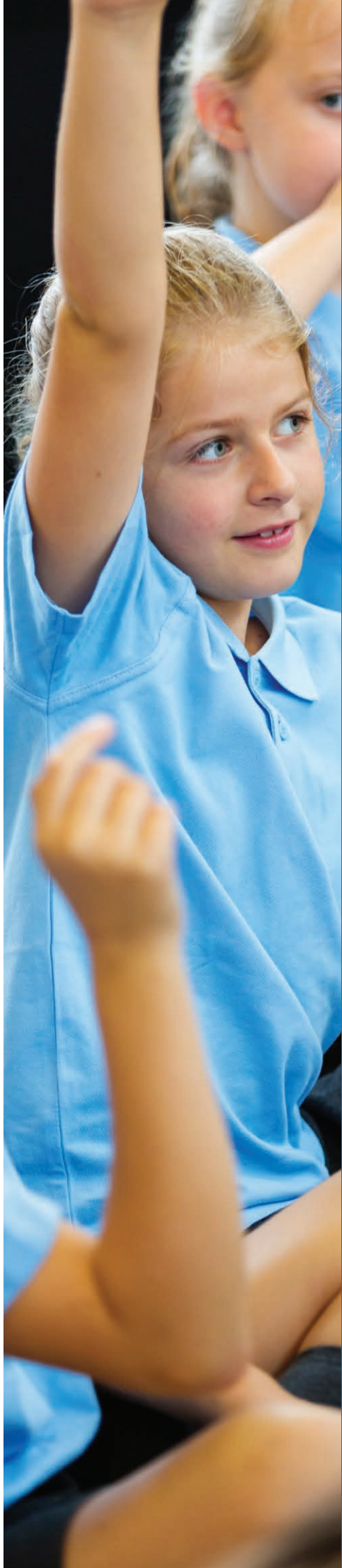
ናብ

ስርዓተ-ትምህርቲ ምጽንባር

ደቅኹም ምስ ዕድሚኡም ኣብ ዝኸይድ ቤት-ትምህርቲ ከምዝምዘገቡ ንምግባር፡ ንከባብያዊ ምምሕዳርኩም ክትውከሱ ይግባእ። ከባብያዊ ምምሕዳርኩም ብዛዕባ እተን ኣብ ከባቢኹም ዝርከባ ኣብያተ-ትምህርቲ ዝያዳ ሓበሬታ ክህልዎ ናይ ግድን እዩ። ኣብ ነቕኡጣ መርበብ ሓበሬታ GOV. UK ንዝርከብ ገጽ (www.gov.uk/schools-admissions) ደጋጊምኩም ንኸትርእይዎ ክንመክር ንደሊ። እዚ ገጽ እዚ፡ ብዛዕባ ኣገባባት ኣቀባብላ ሓደስቲ ተማሃሮ ከምኡውን ቦታ ዝደሊ ሓድሽ ተማሃራይ ከመይ ገይሩ ከመልክት ከምዝግባእ ብዝምልከት፡ ንወለዲ ሓፈሻዊ ሓበሬታ ዝህብ እዩ። ብዛዕባ ከባብያዊ ምምሕዳርኩም ዝኸነ ይኹን ኣፍልጦ ምስዘይህልወኩም፡ ብመገዲ እዚ ነቕኡጣ መርበብ ሓበሬታ እዚ ክትፈልጡ ትኸእሉ ኢኹም፡- www.gov.uk/find-local-council ። ንውላድኩም ኣብ ቤት-ትምህርቲ ከተመዘገቡን ብዛዕባ እቶም ምስኡ ብዝተኣሳሰር ካብ ወለዲ ዝጥለቡ ዘበሉ ደገፋት ክትፈልጡን ይግባእ። እዚ ድማ ብሓፈሻኡ ኣብ መስርሕ ምምሃር ናይ ውላድኩም ንጡፍ ዝኸነ ተራ ምጽዋት ዝጠልብ እዩ፤ ንኣብነት፡ ኣብ መኣዲ ትምህርቲ ከምዝሳተፍ፡ ዕዮ ገዛ ብግቡእ ከምዝገዳምም፡ ከምኡውን እኹል ድቃስ ከምዝረከብ ምግባር።

ኣብ ዕድመ ናይ ቅድመ-ትምህርቲ ዝርከብ ውላድ (ትሕቲ 5 ዓመት ዝዕድሚኡ) ምስዝህልወኩም፡ ስድራ-ቤታዊ ኣገልግሎት ሓበሬታ ናይ ከባብያዊ ምምሕዳር ንዕኡም ዝኸውን መውዓሊ ኣብ ምርካብ ክተሓጋገዝኩም እዩ። ብዛዕባ ከባብያዊ ምምሕዳርኩም ምስፈለጥኩም፡ ኣብዚ ገጽ እዚ ብምእታው ብዛዕባ እቲ ናይ ከባቢኹም ስድራ-ቤታዊ ኣገልግሎት ሓበሬታ ኣመልኪትኩም ሓበሬታ ክትፍትሹ ትኸእሉ ኢኹም፡- findyourfis.familyandchildcaretrust.org ብተመሳሳሊ፡ ውላድኩም ተወሳኺ ትምህርታዊ መሰረታዊ ጠለብ ዘለዎ ምስዝኸውን፡ እዞም ጠለባት ናይ ውላድኩም ንኸማልኡ ብመንጎኻነት ናይ ከባብያዊ ምምሕዳርኩም ኣቢልኩም ክትሕገዙ ይግባእ።

ውላድኩም፡ እዞም ከም ተወሳኺ ትምህርቲ ቋንቋ እንግሊዝ ዝኣመሰሉ ተወሰኸቲ ቅድመ-ኩነታት ትምህርቲ ንኸማልኡሉ፡ ተወሳኺ ደገፍ ክግበረሉ እዩ። እዞም ዕድላት እዚኣቶም፡ ደቅኹም ኣብ ዝሓጸረ ግዜ ዓቕሚ ደሊቦም ኣብ ትምህርቶም ንኸጽመዱ ጥራይ ዘይከኰስ፡ ምልእቲ ስድራ-ቤት እውን ምስ ሓድሽ ኣካይዳ ንኸትወሃሃድ ሓጋዚ እዩ።



Nursery education

Between the ages of 3 and 4, children can get free early education. Some 2-year-olds are also eligible. The local authority Family Information Service will be able to provide advice about local childcare providers and how many hours of free early education you may be entitled to.

At nursery children will learn through play, giving children the broad range of knowledge and skills that provide the foundation for good future progress through school and life.



Nursery education

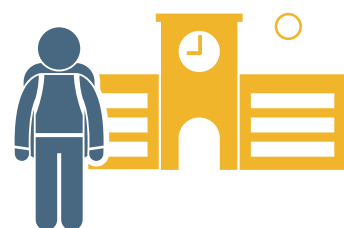


Primary education

Primary education

Primary education is taught at primary schools. These teach the fundamental basics of reading, writing, arithmetic and science. They are attended by children aged 5 to 11 years old.

Primary schools are sometimes separated into infant schools (ages 4 to 6) and junior schools (ages 7 to 11), and you may be told that your child is attending one of these types of school (although some children might start when they're 4 years old).



Secondary education



Further education



Higher education



ኣብ መእለዩ ህጻናት ዝወሃብ ትምህርቲ

ኣብ መእለዩ ህጻናት ዝወሃብ ትምህርቲ

ካብ 3 ክሳብ 4 ዓመት ዝዕድሚኦም ህጻናት፡ ነዚ ኣብ ናይ ቅድሚያ ምጅማር ትምህርቲ ዕድመ ዝወሃብ ዓይነት ትምህርቲ ብናጻ ክረኽቡዎ ይኽእሉ እዮም። ገለ ዕድሚኦም 2 ዓመት ዝኾነ ህጻናት እውን ተቐባልነት ይረኽቡ እዮም። ስድራ-ቤታዊ ኣገልግሎት ሓበሬታ ናይ ከባብያዊ ምምሕዳር ብዛዕባ ኣብ ከባቢኡ ዝርከቡ ወሃብቲ ኣገልግሎት ክንክን ህጻናት፡ ከምኡውን ደቅኹም ክንደይ ዝኣኸሉ ሰዓታት ናጻ ኣገልግሎት ቅድመ-ትምህርቲ ክረኽቡ መሰል ከምዘለዎም ኣመልኪቱ ምኽሪ ክህበኩም ይኽእል እዩ።



መባእታዊ ትምህርቲ

ኣብ'ዞም መእለዩ ቦታታት፡ ህጻናት እናተጻወቱ ይመሃሩ፤ ስፍሕ ዝበለ ፍልጠት ንክቐስሙን ክእለት ንኸጥርቡን ዕድል ይረኽቡ'ም ኣብ ዝቐጽል ናይ ትምህርቲ ህይወቶምን ናብራኦምን ዝሓሸ ዕድል ንኸጋጥሙም መሰረት ይሕዙ።



ናይ ካልኣይ ደረጃ ትምህርቲ

መባእታዊ ትምህርቲ

መባእታዊ ትምህርቲ ኣብ መባእታዊ-ትምህርቲ ይወሃብ። እዞን ኣብያተ-ትምህርቲ እዚኣተን መሰረታዊ-ትምህርቲ ኣምራት ንባብን ምጽሓፍን፡ ከምኡውን ስነ-ቍጽርን ስነ-ፍልጠትን ይምህራ። ዕድሚኦም ካብ 5 ክሳብ 11 ዓመት ዝኾነ ህጻናት ድማ ይመሃሩለን።



ተወሳኺ ትምህርቲ

መባእታዊ-ትምህርቲ ኣብ ገሊኡ ኣብ ክልተ ክፋላት ይምቀላ እየን፡- ኣብያተ-ትምህርቲ ህጻናት (ዕድሚኦም ካብ 4 ክሳብ 6 ዓመት ናይ ዝኾነ) ከምኡውን ናይ ማእከላይ ደረጃ ኣብያተ-ትምህርቲ (ዕድሚኦም ካብ 7 ክሳብ 11 ዓመት ናይ ዝኾነ)። ውላድኩም ኣብ ሓንቲ ካብ'ዞን ከም'ዚ ዝኣመሰላ ኣብያተ-ትምህርቲ ይመሃር ከምዘሎ ክሕበረኩም ይኽእል እዩ (ዋላ'ኳ ገለ ህጻናት ዕድሚኦም 4 ዓመት ምስመልኦ ክጅምሩ ዝኽእሉ እኳ እንተኾኑ)።



ላዕለዋይ ትምህርቲ



Secondary education

Secondary education is taught at secondary schools. These build on the primary curriculum and teach a more academic curriculum across a range of subjects (such as the sciences, mathematics, English language and literature and foreign languages), alongside practical subjects (such as music, design and technology, physical education and information technology). These schools are attended by children aged 11 to 16.

Secondary schools vary across local authorities and the type of school your child may attend could be a comprehensive school, an academy or a grammar school.

At the age of 16 students in England sit public examinations in all their subjects known as the General Certificates of Secondary Education (GCSEs). These qualifications will be used to apply for jobs, further education and higher education.

School leaving ages

You can leave school on the last Friday in June if you will be 16 by the end of the summer holidays.

You must then do one of the following until you are 18:

- Stay in full-time education e.g. at a college or secondary school
- Start an apprenticeship or traineeship. An apprenticeship is a genuine job, where you spend at least 20% of your time in off the job training. For more information, visit www.apprenticeships.gov.uk
- Volunteer (for 20 hours or more a week) while in part-time education or training

ናይ ካልኣይ ደረጃ ትምህርቲ

ናይ ካልኣይ ደረጃ ትምህርቲ ብናይ ካልኣይ ደረጃ ኣብያተ-ትምህርቲ ይወሃብ። እዚ ትምህርቲ እዚ ኣብ ልዕሊ ናይ መባእታ ካሪክለም ቀጺሉ ዝውሰኽ ክኸውን እንክሎ፡ ኣብ ዝተፈላለዩ ዓውድታት ትምህርቲ ዝያዳ ኣካዳምያዊ ካሪክለም ተወሲኹ ይመሃረሉ (ንኣብነት፡- ስነ-ፍልጠት፡ ስነ-ቋንቋ፡ ቋንቋ እንግሊዝን ስነ-ጽሑፍን፡ ከምኡ-ውን ቋንቋታት ወጻኢ)፤ ኣብ ርእሲ እዚ ተግባራዊ ዓውድታት ትምህርቲ ይውሰኽዎ (ንኣብነት፡- ሙዚቃ፡ ንድፊን ቴክኖሎጂን፡ ትምህርቲ ኣካላዊ ምንቅስቃስ፡ ከምኡ-ውን ቴክኖሎጂ ሓበሬታ)። እዞን ኣብያተ-ትምህርቲ እዚኣተን ዕድሚኦም ካብ 11 ክሳብ 16 ዓመት ዝኸኑ ህጻናት ይመሃሩለን።

ዓይነት/ኣሰራርሓ ናይ ካልኣይ ደረጃ ኣብያተ-ትምህርቲ ካብ ሓደ ከባብያዊ ምምሕዳር ናብ ካልእ ዘፈላለ እዩ። ውላድኩም ዝመሃረሉ ቤት-ትምህርቲ፡ ሓፈሻዊ ቤት-ትምህርቲ፡ ኣካዳምያዊ ወይ ድማ ቤት-ትምህርቲ ሰብሎ ክኸውን ይኸእል።

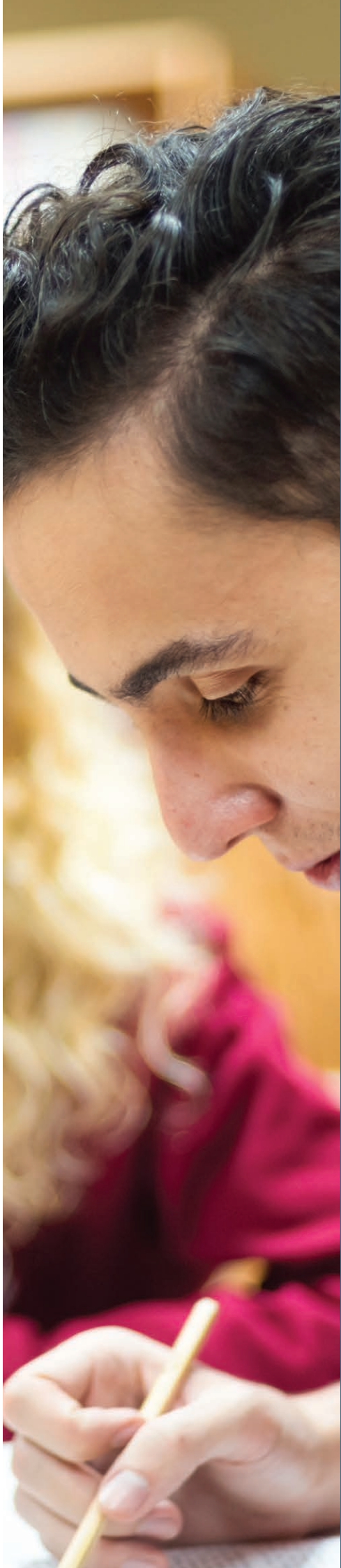
ኣብ ዓዲ-እንግሊዝ፡ ተማሃሮ ዕድሚኦም 16 ዓመት ምስኣኸለ፡ ንኹላቶም ዓውድታት ትምህርቲ ዝውክል ሓፈሻዊ ናይ ካልኣይ ደረጃ ትምህርቲ ፈተና (GCSEs) ይወስዱ። ድሕሪ ምውሳድ እዚ ፈተና እዚ ዝወሃብ ምስክር ወረቐት ድማ ስራሕ ንምርካብ ድዩስ ናብ ላዕለዎይ ወይ ካልእ ዓይነት ትምህርቲ ንምቕጻል መመልከቲ ኣብ ዝቐርበሉ ኣዋን ኣብ ጠቕሚ ክውዕል ይኸእል እዩ።

ካብ ትምህርቲ ምውጻእ ዝከኣለሉ ዕድመ

ዕድሜኹም ምስ ምዝዛም ናይ ክረምታዊ ዕረፍቲ 16 ዓመት ዝመልእ እንተኸኑይኑ፡ ካብ ናይ መወዳእታ ዓርቢ ናይ ወርሒ ሰነ ኣትሒዝኩም ካብ ትምህርቲ ክትወጹ/ክትፋነዉ ትኸእሉ ኢኹም።

ድሕርዚ፡ ዕድሜኹም 18 ዓመት ክሳብ ዝመልእ ሓደ ካብዞም ቀጺሎም ዝጥቀሱ ኣማራጺታት ትወስዱ ማለት እዩ፡-

- ❖ ኣብ ናይ-ምሉእ-ግዜ ትምህርቲ ክትጽመዱ፤ ንኣብነት፡ ኣብ ኮለጅ ወይ ናይ ካልኣይ ደረጃ ቤት-ትምህርቲ
- ❖ ልምምዳዊ ወይ ስልጠናዊ ስራሕ ክትጅምሩ። ልምምዳዊ ስራሕ ሓቀኛ ዓይነት ስራሕ ኩይኑ፡ 20% ናይ ግዜኹም ድማ ካብ ቦታ ስራሕ ወጻኢ ኣብ ዝወሃብ ስልጠና ተሕልፍዎ ማለት እዩ። ተወሳኺ ሓበሬታ ንምርካብ ኣብዚ ክፈቱ፡- www.apprenticeships.gov.uk
- ❖ ወለንታዊ ስራሕ ክትሰርሑ (ኣብ ስሙን ን20 ሰዓታት ወይ ልዕሊ)፤ ማለት ኣብ ተረፍ ግዜኹም ትምህርቲ እናቐጸልኩም ወይ ስልጠና እናወሰድኩም



Further education

In England, after taking GCSEs young people normally choose between a practical route or an academic route. Further education for young people aged 16-18 can be provided in schools (often as part of a continuous educational journey from the age of 11 to 18), sixth form or FE colleges, or independent training providers.

The most common academic qualifications are called A-Levels and these are often required to go on to university. Students will typically study three or four subjects at A-Level often related to what they want to study at university.

Technical qualifications come in a number of forms, the most common of which are Business and Technician Education Council qualifications (BTECs) and National Vocational Qualifications (NVQs). These develop practical skills such as management, hairdressing or carpentry. Often these are taken in conjunction with, or as a precursor to, apprenticeships (see Chapter 4 – Employment and Benefits).

Further Education is also open to adults. Adult provision is funded through a combination of government funds, employer contributions, learner contributions and learner loans, depending on the type/level of course and learner circumstances. To find out what opportunities are available in your local area, and whether you are eligible for government funding, please contact your local authority, college or training provider, or find out more information at www.nationalcareersservice.direct.gov.uk

ተወሳኺ ትምህርት

ኣብ ዓዲ-እንግሊዝ፡ ነኣሽቱ መንእሰያት፡ ናይ GCSEs ፈተና ድሕሪ ምውሳድ፡ ከም ንቡር፡ ተግባራዊ ወይ ኣካዳምያዊ ዓይነት ትምህርቲ ይመርጹ። ዕድሚኦም ካብ 16 ክሳብ 18 ዓመት ንዝኹነ ነኣሽቱ መንእሰያት ዝኸውን ተወሳኺ ትምህርቲ ኣብ ኣብያተ-ትምህርቲ (ኩሉ ሳዕ፡ ከም ኣካል ናይቲ ካብ መበል 11 ክሳብ 18 ዓመት ዕድሜ ዚወሃብ ቀጻሊ ዓይነት ትምህርቲ)፡ ከምኡውን ኣብ 'ሲክስዝ ፎርም' ወይ ናይ ኤፍ.ኢ./FE ኮለጃት፡ ወይ ድማ ኣብ ናይ ውልቂ ትካላት ስልጠና።

እቶም ልሙዳት ኣካዳምያውያን ወረቓቓቲ ምስክር 'ኤ-ለቨል' (A-Levels) ተባሂሎም ዝፍለጡ ኮይኖም፡ ኣብ ዩኒቨርሲቲ ትምህርቲ ንምቕጻል ዝሕተቱ እዮም። ኣብ ኤ-ለቨል፡ ተማሃሮ፡ ከም ንቡር፡ ኣብ ሰለስተ ወይ ኣርባዕተ ዓይነት ዓውድታት ትምህርቲ ይጽመዱ። እዞም ዓውድታት ትምህርቲ እዚኣቶም ድማ ምስቲ ተማሃሮ ኣብ ዩኒቨርሲቲ ከጽንዕዎ ዝደልዩ ዓይነት ዓውዲ ዝተኣሳሰሩ እዮም።

ቴክኒካውያን ወረቓቓቲ ምስክር ትምህርቲ ብዝተፈላለዩ መልክዕ ይወሃቡ። እቶም ልሙዳት ዝኹኑ - ወረቓቓታቲ ምስክር ቁንስል ንግዳውን ቴክኒካውን ትምህርቲ (BTECs) ከምኡውን ሃገራዊ ወረቓት ምስክር ስነ-ኪነታዊ ትምህርቲ (NVQs) እዮም። እዚኣቶም፡ ከም ናይ ስነ-ምጕዳራ፡ ክንክን ጸጉሪ ወይ ጽርብት ዕንጻይቲ ዝኣመሰሉ ሞያታት ንምምዕባል ዝሕግዙ እዮም። እዞም ሞያታት እዚኣቶም፡ ኩሉ ሳዕ፡ ማዕረ-ማዕረኦም ወይ ድሒሩ ዝትግበር ልምምዳዊ ስራሕ ኣለዎም ('ምዕራፍ 4 - ዕድል ስራሕን ጠቕማዊ ክፍሊትን' ተመልከቱ)።

ተወሳኺ ትምህርቲ፡ ዕድሚኦም ንዓቕሚ ሰብ ንዝኣኸለ ሰባት እውን ክፉት እዩ። ዕድሚኦም ንዓቕሚ ሰብ ናብ ዝኣኸለ ሰባት ዝቐንዕ ገንዘባዊ ሓገዝ ብድምር ማዕከናት ናይ መንግስታዊ እጃም፡ ኣበርክቶ ናይ ኣስራሒ፡ ከምኡውን ኣበርክቶን ልቓሕን ናይ ተማሃራይ ዝምወል ኮይኑ፡ ምስ ደረጃ ትምህርትን ኩነታት ተማሃራይን ዝፈላለ እዩ። ብዛዕባ ኣብ ከባቢኹም ዘለዉ ዕድላት፡ ከምኡውን ብደረጃ መንግስቲ ምወላ ናይ ትምህርቲ ክትረኽቡ ከምእትኸእሉን ከምዘይትኸእሉን ንምፍላጥ፡ ብኸብረትኩም ንከባባዩዎ ምምሕዳርኩም፡ ንኮለጅ ድዩስ ካልእ ወሃቢ ስልጠና ዝኹነ ትካል ተወከሱ ወይ ድማ ኣብ'ዚ ነቕጣ መርበብ ሓበሬታ እዚ ተወሳኺ ሓበሬታ ኣናድዩ፡- www.nationalcareersservice.direct.gov.uk



Higher education

Higher education is taught at universities and individuals will usually begin applying between the ages of 17 and 18. Different universities will offer different subjects and requirements needed to confirm a place (usually certain grades at A-Level sometimes in certain subjects).

Students will receive guidance from their school teachers and careers advisers about where to apply and what to apply for. Applications are submitted through an online system.

University education is not free in all parts of the UK, and individual universities set the level of their fees. These are currently capped at up to £9,250 per year in England. You may be able to apply for a student loan to cover the costs of these fees, and an additional loan to contribute to the costs of living as a student. A careers adviser at your school will provide you with more information.

If you have refugee status you are eligible for home fee status for tuition fees and you are eligible to apply for student loans to help with tuition fees and living costs. If you have Humanitarian Protection status, you will need to satisfy a three year ordinary residency requirement to qualify for home fee status and to be eligible to apply for student loans.

For more information on student finance visit:
www.gov.uk/student-finance

Student Loans Company – **www.slc.co.uk**.
Telephone no: 0300 100 0622.

ላዕለዋይ ትምህርቲ

ላዕለዋይ ትምህርቲ ብዩኒቨርሲቲታት ዝወሃብ ኩይኑ ውልቀ-ሰባት፡ ከም ልሙድ፡ ኣብ መበል 17ን 18ን ዓመት ዕድሜኦም እዮም መመልከቲ ዘቐርቡ። ዝተፈላለዩ ዓይነት ዩኒቨርሲቲታት ብዝተፈላለዩ ዓይነት ዓውድታት ከምዝምህሩ ዝፍለጥ ኩይኑ፡ ከም መእተዊ ዝሓታኦም መለክዒታት ኣለውዎን (ከም ንቡር ኣብ ኡለቭል ዝምዝገብ ውጽኢት፤ ኣብ ገሊኡ ድማ ኣብ ፍሉይት ዓውድታት ትምህርቲ)።

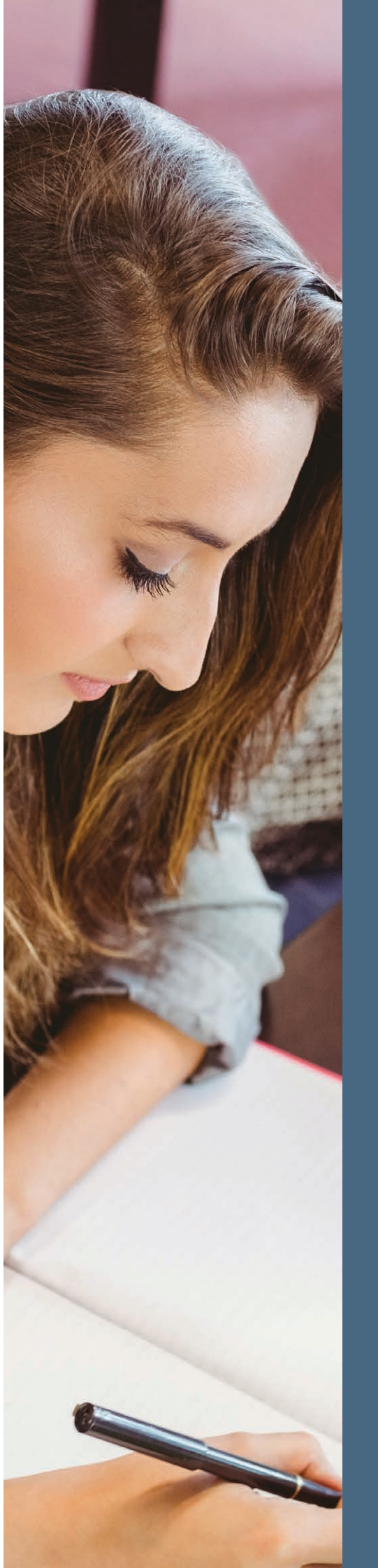
ተማሃሮ፡ ብዛዕባ ኣበይን ከመይ ዝኣመሰለ ዓይነት ትምህርቲ ንክቐጽሉን ከመልከቱ ከምዘለዎም ዝመጸ፡ ካብ መማህራኖምን ናይ ሞያ ኣማኸርቶምን ቅለሳዊ ምኽሪ ይረኽቡ። መመልከቲታት በመገዲ ብቐጥታ ብመገዲ ብመርቡ ብሓበሬታ ዝሰርሕ ኣገባብ እዮም ዝቐርቡ።

ናይ ዩኒቨርሲቲ ትምህርቲ ኣብ ኩላቶም ሸነኻት ዓዲ-እንግሊዝ ናጻ ኣይኮነን። ነፍሲወከፍ ዩኒቨርሲቲ ድማ ናይ ዝእ-ርእሳ ስልጲታት ክፍሊት ኣለውዎ። ኣብ'ዚ እዋን እዚ ክፍሊት ትምህርቲ ዩኒቨርሲቲ ክሳብ £9,250 ንዓመት ከምዝበጽሕ ይግመት። ነዚ ወጻኢታት እዚ ንምሸፋን ናይ ተማሃራይ ልቓሕ ንክወሃቡኩም ከተመልከቱ ትክእሉ ኢኹም፤ ከምኡውን ከም ተማሃሮ መጠን ወጻኢታት መነባብሮኹም ንምሸፋን። ኣብ ቤት-ትምህርትኹም ዝርከብ ኣማኻሪ ናይ ሞያ፡ ተወሳኺ ሓበሬታ ክህበኩም እዩ።

ከም ዕቑባት ስደተኛታት ተቐባልነት ዝረኽቡኩም ምስእትኹኑ፡ ናይ ክፍሊታዊ ትምህርቲ መሰል ስለዘለኩም፡ ናይ ትምህርቲ ክፍሊት ኩነ ወጻኢታት መነባብሮኹም ንምሸፋን፡ ናይ ተማሃራይ ልቓሕ ንክወሃቡኩም ከተመልከቱ ትክእሉ ኢኹም። ናይ ሰብኣዊ ዕቕባ ተቐባልነት ዝረኽቡኩም እንተኹን፡ ናይ ክፍሊታዊ ትምህርቲ መሰል ንክክበረልኩም ናይ ተማሃራይ ልቓሕ ንክወሃቡኩም ከተመልከቱ እንተኹን፡ ሰለስተ ዓመታት ዝወስድ ተራ ቅድመ-ኩነት ናይ ነባርነት ከተማልኡ ከድልየኩም እዩ።

ንገንዘባዊ ሓገዝ ናይ ተማሃሮ ብዝምልከት፡ ተወሳኺ ሓበሬታ ኣብ'ዚ ክፈቱ፡- www.gov.uk/student-finance

ንተማሃሮ ልቓሕ ዝህባ ኩባንያታት – www.slc.co.uk ።
ቀጻጽ ተሌፎን፡- 0300 100 0622።





Adult learning

Adult learning is strongly encouraged and many different courses are available. Colleges, adult education services and other educational institutions in your local area may offer full and part-time adult learning opportunities. These could include taught courses, workshops and online learning on a wide range of subjects including job training and courses for personal development such as IT, gardening, arts and crafts, and well-being. Some courses are specifically designed to support parents and their families. These courses are likely to be available in the daytime, evening and weekends. Some courses, including literacy and numeracy, are free of charge and some courses are fee-paying so adults may be asked to contribute fully or partially towards the cost. To find out what opportunities are available in your local area, and whether you are eligible for government funding, then please try:

- Looking at the website or prospectus of your local authority adult education service, further education college and/or Workers' Educational Association (WEA) branch
- Using the National Careers Service website, <https://nationalcareersservice.direct.gov.uk>, which offers advice on choosing courses and a post code search to help you find a suitable class
- Reading notices in local newspapers or on notice boards in schools, children's centres, doctors' surgeries, community centres, libraries or voluntary groups
- Speaking to friends, neighbours and colleagues to find out what's happening locally and what courses are on offer

ትምህርቲ ዓቢይቲ

ትምህርቲ ዓቢይቲ ብዙሕ ምትብባዕ ዝግበረሉ ሸነኽ ኩይኑ፡ ምስኡ ዝተኣሳሰሩ ኣዘዮም ብዙሓት ስልጠናታት ኣለዉ። ኣብ ከባቢኹም ዝርከባ ኮለጃት፡ ትካላት ኣገልግሎት ትምህርቲ ንዓቢይቲ፡ ከምኡውን ካልኣት ትካላት ትምህርቲ፡ ንምሉእ ሰዓታት ወይ ኣብ ከፊላውያን ሰዓታት ዝሰላሰሉ ዕድላት ትምህርቲ ናይ ዓቢይቲ ዝህባ ክኹን ይኸእላ እየን። እዚኣቶም ድማ ብመልክዕ ምስትምህርቲ ዝወሃቡ ስልጠናታት፡ ዓውደ-መጽናዕትታት፡ ከምኡውን ብቐጥታ ብመገዲ መርበብ ሓበሬታ ዝወሃቡ ትምህርትታት ክኹን ይኸእሉ፡- ንኣብነት፡ ናይ ስራሕ ስልጠና፡ ከምኡውን ውልቃዊ ብቐዓት ክብ ዘብሉ ትምህርታት ናይ ቴክኖሎጂ ሓበሬታ፡ ስነ-ጅርዲን፡ ስነ-ጥበብን ኢደ-ስራሓትን፡ ሓፈሻዊ ጥዕና/ድሕነት። ገለ ዓይነት ስልጠናታት፡ ብፍላይ ንወለዲን ንስድራ-ቤቶምን ንክሕግዙ ተባሂሎም ብፍሉይ ዝተዳለዉ እዮም። እዞም ስልጠናታት እዚኣቶም ኣብ ግዜ መዓልቲ፡ ምሽትን ቀዳመ-ሰንበትን ዝወሃቡ ክኹን ተኸእሎ ኣሎ። እንተላይ ምጥፋእ መሃይምነት ፊደላትን ቍጽርን ዘጠቓለሉ ገለ ስልጠናዊ ትምህርትታት ካብ ዝኹን ይኹን ክፍሊት ናጻ ክኹን እንከለዉ፡ ገሊኣቶም ግን ንዓቕሚ-ሰብ ዝኣከሉ ሰባት ምሉእ ድዩስ ከፊላዊ ገንዘብ እናኸፈሉ ዝወስድዎም እዮም። ብዛዕባ ኣብ ከባቢኹም ዘለዉ ዕድላት፡ ከምኡውን ብደረጃ መንግስቲ ምወላ ናይ ትምህርቲ ክትረኽቡ ከምእትኸእሉን ከምዘይትኸእሉን እንተደልዩም፡ ከምዚ ግበሩ፡-

- ❖ ነቕጥታ መርበብ ሓበሬታ፡ ንኣገልግሎት ትምህርቲ ንዓቢይቲ ናይ ከባብያዊ ምምሕዳርኩም፡ ተወሳኺ ትምህርቲ ንዝወሃቡ ኮለጅ፡ ወይ ንጨንፈር ትምህርቲ ናይ ማሕበር ስራሕተኛታት (WEA) ምውካስ
- ❖ ነቕጥታ መርበብ ሓበሬታ ናይቲ ዓይነት ስልጠና ኣብ ምምራጽ ምኽሪ ዝልግስ፡ ከምኡውን ምሳኹም ዝኸይድ ክፍሊ ንክትረኽቡ ኮድ ፖስት ኣብ ምድላይ ደገፍ ክገብር ዝኸእል - ትካል ሃገራዊ ሞያዊ ኣገልግሎት ምጥቃም፡- <https://nationalcareersservice.direct.gov.uk> :
- ❖ ኣብ ከባብያዊያን ግዜጣታት ወይ ኣብ መለጠፊ ቦታታት ናይ ኣብያተ-ትምህርቲ፡ መእለዩ ማእከላት ህጻናት፡ ቦታታት ሕክምናዊ መጥባሕቲ፡ ኮማዊ ማእከላት፡ ኣብያተ-ንባብ ይኹኑ ኣብ መካነ ጉጅለ ወለንተኛታት ንዝወጹ ምልክታታት ምንባብ
- ❖ ብዛዕባ ኣብ ከባቢኹም ዘለዉ ዕድላትን ዝወሃቡ ዘለዉ ስልጠናታትን ንምፍላጥ ምስ ፈተውቲ፡ ጐረባብትን መሳርሕትን ምዝርራብ



Summary

Education is important, and all children must attend school from the age of 5 until they turn 16



There are opportunities for adults to undertake further learning



ጽዕና ትሕዝቶ

ትምህርቲ ኣገዳሲ ረጅሒ ክኸውን እንከሎ፡ ኩላቶም ዕድሚኦም 5 ዓመት ዝመልእ ህጻናት፡ ክሳብ ደቂ-16 ዓመት ዝኸኑ፡ ንኸመሃሩ ግዴታ ኣለዎም



ንዓቢይቲ ዝምልከት ናይ ተወሳኺ ትምህርቲ ዕድላት ውን ኣሎ



Chapter 7

Legal Rights and Responsibilities

In this chapter you will learn about:

- ✓ Your rights and responsibilities
- ✓ What is legal and illegal
- ✓ Protecting and caring for your children
- ✓ Gender-based laws
- ✓ Discrimination

ምዕራፍ 7

ሕጋዊ መሰላትን

ግዴታታትን

ኣብ'ዚ ምዕራፍ እዚ ብዛዕባ እዞም ቀጺሎም ዝጥቀሱ ትሕዝቶታት ክትመሃሩ ኢኹም፡-



መሰላትኩምን ግዴታታትኩምን



ሕጋውን ዘይሕጋውን ዝበሃል ከመይ እዩ



ንደቅኹም ምክልኻልን ምክንኻንን



ምስ ጾታ/ጀንደር ዝተኣሳሰሩ ሕጋታት



ኣድልዎ

Rights and freedoms

Every person in the UK has the same basic human rights and freedoms, which are protected in law. These underpin how people live in the UK. For example:

- Every person has a right to liberty, which means you cannot be unlawfully detained. You also have a right to a fair trial. Everyone must be treated fairly and equally under the law.
- Every person has freedom of thought and the right to practise their religion. However it is illegal if, as part of this, you take part in activities which break UK laws. It is against the law to discriminate against or persecute someone because of their beliefs.
- Every individual has a right to marry whomever they want, regardless of race, or religion. However there are exceptions, for example you cannot be married to more than one person at one time, or marry certain relatives.



Right to equality



Right to education



Right to work

Values and responsibilities in the UK

Based on the rights and freedoms protected in law, everyone living in or visiting the UK is expected to adhere to a set of shared values and responsibilities. Core values include:

- Respect and obey the law
- Respect the rights of others, including their right to their own opinions
- Treat others with fairness



Right to marry



ናይ ማዕርነት መሰል

መሰላትን ናጽነታትን

ነፍሲወከፍ ኣብ ምድረ-ነገስት ዝነበር ሰብ፡ ሓደ ዝዓይነቶም እሞ ብሕጊ ዝጽደቑ መሰላትን ናጽነታትን ኣለውዎ። እዞም መሰላትን ናጽነታትን ከኣ ሰባት ኣብ ምድረ-ነገስት ከመይ ኢሎም ከምዝነብሩ ዝውሰኑ እዮም። ንኣብነት፡-

- ነፍሲወከፍ ሰብ ናይ ናጽነት መሰል ኣለዎ። እዚ ማለት ድማ ብዘይሕጋዊ ኣገባብ ክትእሰሩ ኣይትክእሉን ኢኹም ማለት እዩ። ጉዳያትኩም ብርትዓዊ መስርሕ ፍርዲ ንክሓልፉ እውን መሰል ኣለኩም። ነፍሲወከፍ ሰብ ብመሰረት ሕጊ ርትዓውን ማዕርነት ዘረጋግጽን ኣተሓሕዞ ክግበረሉ ይግባእ።
- ነፍሲወከፍ ሰብ ከም ዝድላዩ ናይ ምሕሳብን ዝድላዩ ዓይነት እምነት ናይ ምስዓብን ናጽነት ኣለዎ። ይኹንምበር ነዚ ናጽነት እዚ ተጠቂምካ ሕጋዊት ዓዲ-እንግሊዝ ኣብ ዘፍርሱ ተግባራት ኢድካ ምእታው ዘይሕጋዊ እዩ። ንሰብ ብምክንያት እምነቱ ምስዓድ ይኹን ኣብ ልዕሊኡ ኣድልዎ ምፍጻም ምስ ምፍራስ ሕጊ ዝቐጻጸር እዩ።
- ነፍሲወከፍ ሰብ፡ ዓሌት ይኹን እምነት ናይ መጻምድቲ ብዘየገድስ፡ ንዝደለዩ ሰብ ናይ ምምርጫው መሰል ኣለዎ። ይኹንምበር፡ ኣብዚ ገለ ቀይድታት ክህልዉ ይክእሉ እዮም። ንኣብነት፡ ኣብ ሓደ እዋን ካብ ንሓደ ሰብ ንላዕሊ ወይ ካብ ኣዘማድካ ምምርጫው ዝከኣል ኣይኮነን።



ናይ ትምህርቲ መሰል



ናይ ምስራሕ መሰል

ኣብ ምድረ-ነገስት ዝዝውተሩ

ክብርታትን ግዴታታትን

ብመሰረት እቶም ኣብ ሕጊ ዝሰፈሩ መሰላትን ግዴታታትን፡ ነፍሲወከፍ ኣብ ምድረ-ነገስት ዝነበር ይኹን ናብዛ ሃገር ንክበጽሕ ዝመጽእ ውልቀ-ሰብ፡ ብመሰረት እዞም ናይ ሓባር ክብርታትን ግዴታታትን ንክቐየድ ግዴታ ኣለዎ። እቶም ቀንዲ ዝበሃሉ ክብርታት ነዞም ዚሰዕቡ ዘጠቓለሉ እዮም፡-

- ሕጊ ምክባርን ብእኡ ተማእዚዝካ ምንባርን
- ንመሰላት ናይ ካልኣት ሰባት ምክባር፤ እንተላይ ንርእይቶታቶም ብዝምልከት
- ንካልኣት ሰባት ርትዓዊ ብዝኹነ ኣገባብ ምቕራብ



ናይ መርዓ መሰል



The law in the UK

The law applies to everyone in the UK. Cases are decided by judges in a court of law. In every case both sides are treated fairly. Every person can be represented by a lawyer.

Respect for the law is very important in the UK and everyone must obey the law. If you break the law, there are consequences. You could receive a fine or you could go to prison.

It is important to know that some things which may be allowed in other countries are not acceptable in the UK and it is your responsibility to live within the law of the UK. It is also important to understand some things which may not be allowed in other countries may be legal in the UK.

What is legal and illegal?

There are two types of law in the UK:

- Civil Law, which settles disputes between people
- Criminal Law, which covers crime and punishment

Both govern what you can and cannot do in the UK.

Some specific laws vary between England, Wales, Scotland and Northern Ireland.

The table below applies to England.

ሓጋጋት ናይ ምድረ-ነገስት

እዚ ሕጊ እዚ ንነፍሲወከፍ ኣብ ምድረ-ነገስት ዝርከብ ሰብ ዝምልከት እዩ። ሕጋዊ ጉዳያት ብመገዲ ዳያኑ ኣብ ሕጋዊ ቤት-ፍርዲ ውሳኔ ይወሃቡሎም። ኣብ ነፍሲወከፍ ሕጋዊ ጉዳይ፡ ክልተኣቶም ወገናት ብርትዓዊ ኣገባብ ይተሓዙ። ዝኹነ ይኹን ሰብ ኣብ ቤት-ፍርዲ ብጠበቓ ተወኪሉ ንክቐርብ መሰል ኣለዎ።

ኣብ ምድረ-ነገስት ሕጊ ምክባር ኣዝዩ ኣገዳሲ ጉዳይ ኩይኑ፡ ነፍሲወከፍ ሰብ ብሕጊ ተማእዚዝካ ናይ ምክድ ግዴታ ኣለዎ። ሕጊ ምፍራስ ሳዕቤናት ኣለውዎ። ገንዘባዊ መቐጻዕቲ ወይ ማእሰርቲ ከስዕብ ይኸእል።

ኣብ ካልኣት ሃገራት ፍቕዳት ዝኹኑ ነገራት ወይ ተግባራት ኣብ ዓባይ-ብሪጣንያ ግን ክልኩላት ክኹኑ ከምዝኸእሉ፡ ከምኡውን ብሕጋጋት ዓባይ-ብሪጣንያ ተቐዩድካ ናይ ምንባር ሓላፍነት ንዓኹም ዝምልከት ጉዳይ ምጵኑ ምግንዛብ ኣገዳሲ እዩ። ብኣንጻሩ ኣብ ካልኣት ሃገራት ክልኩል ዝኹኑ ነገር ወይ ተግባር ኣብ ምድረ-ነገስት ግን ሕጋዊ ክኹውን ከምዝኸእል ምግንዛብ ድማ ርእሱ ዝኸኣለ ኣገዳሲ ጉዳይ እዩ።

ሕጋውን ዘይሕጋውን ዝበሃል ከመይ እዩ?

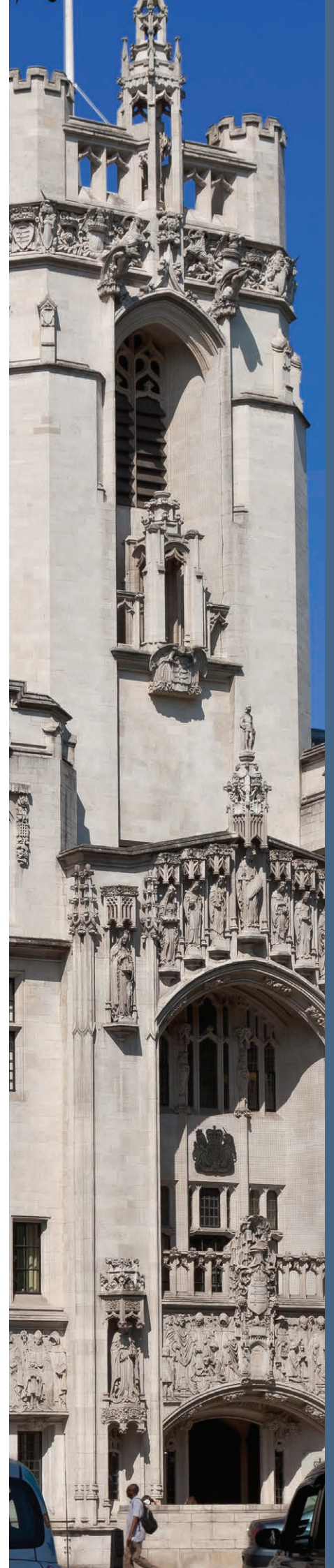
ኣብ ምድረ-ነገስት ክልተ ዓይነት ሕጋጋት ኣለዉ፡-

- ❖ ሲቪላዊ ሕጊ፡ ማለት ኣብ ሞንጎ ሰባት ንዘጋጥሙ ግርጭታት ምፍታሕ ዘኸእል
- ❖ ገበናዊ ሕጊ፡ ማለት ንጉዳይ ገበንን መቐጻዕትን ዝምልከት

ክልተኣቶም ዓይነት ሕጋጋት፡ ብዛዕባ ኣብ ምድረ-ነገስት ክትገብርዎም እትኸእሉን ዘይትኸእሉን ተግባራት ዝድህስሱ እዮም።

ንሕጋጋት ናይ ዓዲ-እንግሊዝ ወይልስ፡ ስኮትላንድን ሰሜን ኣየርላንድን ምስእነገናዝቦም፡ ካብ ሓድሕዶም ዝፈላለዩ ገለ ሓጋጋት ኣለዉ።

እዚ ኣብ ታሕቲ ዘሎ ሰንጠረዥ ንሕጋጋት ዓዲ-እንግሊዝ ዝምልከት እዩ።



Below are some examples of issues that are decided in law, and their consequences:

Civil Law

Marriage and divorce

Anyone can marry whomever they want unless they are closely related (e.g. sibling, half sibling or aunt/uncle) or are already married. People of the same gender can marry each other. Either partner can apply for a divorce. If the couple is unable to agree the terms of the divorce, the courts will decide them.

Employment

The law protects both employers and employees. If an employer asks you to do things you did not agree to in a contract, you can challenge this.

Consumer rights

If a company does not provide the service or product you paid for, you can challenge this.

Housing

Any dispute between a tenant and landlord will be settled through Civil Law. As a tenant you should be fully aware of your rights, please look at chapter 5.

Discrimination and harassment

Discriminating against or harassing another person on the grounds of gender reassignment, colour, national or ethnic origin, religion or belief, age, disability or sexual orientation is prohibited under the equalities legislation. Any conduct that can reasonably be expected to cause harassment, alarm or distress to another person on any grounds is also prohibited under harassment legislation. Anyone who suffers this kind of discrimination or harassment can claim damages or seek an injunction against the perpetrator. This includes verbal insults based on religion.

ቀጸሎም፡ ኣብነታት ናይ ገለ ሕጋዊ ውሳኔ ዝተዋህበሎም ጉዳያት - ምስ ናይ ሳዕቤናቶም - ቀሪቦም ኣለዉ፡-

| ሲቪላዊ ሕጊ | |
|-------------------|--|
| መርዓ ከምኡ'ውን ፍትሕ | ዝኹነ ይኹን ሰብ ካብ ኣባላት ቤተ-ሰቡ (ንኣብነት - ምሉእ ዝምድና ወይ ፍርቂ ዝምድና ዘለዎ ሰብ ወይ ኣሞ/ሓትኖ/ሓወቦ/ኣኮ) ወጻኢ ንዝኹነ፡ ወይ ድማ ቅድሚ ሕጂ ተመርዕዮ ንዝነበረ፡ ዝኹነ ይኹን ሰብ ክምርፖ ይኸእል እዩ። ሓደ ዝጻታኦም ሰባት ክማራጻዉ ይኸእሉ እዮም። ዝኹነ ይኹን ካብ ተጻመድቲ ወገን ንኸፋታሕ ሕቶ ከቕርብ ይኸእል እዩ። መጻምድቲ ብስምምዕ ክፈላለዩ ምስዘይክእሉ፡ ቤት-ፍርዲ ኣብ ጉዳዮም ውሳኔ ይህብ። |
| ስራሕ | ሕጊ ንኣስራሒን ንስራሕተኛን ውሕስነት ዝህብ እዩ። ኣስራሒ ኣብ ውዕል ስራሕኩም ዘይከተምኩሙሉ ነገር ንኸትፍጽሙ ምስዝሓተኩም፡ ነዚ ጉዳይ እዚ ብመሰረት ሕጊ ክትብድህዎ ትኸእሉ ኢኹም። |
| መሰላት ተጠቓሚ/ ኣህላኺ | ሓደ ኩባንያ ኣምሳያ ገንዘብ ምኸፋልኩም ግቡእ ንብረት ድዩስ ኣገልግሎት ምስዘየቐርበልኩም፡ ነዚ ጉዳይ እዚ ብመሰረት ሕጊ ክትብድህዎ ትኸእሉ ኢኹም። |
| መንበሪ ዝዛ | ዝኹነ ይኹን ኣብ ሞንጎ ኣካራዪን ተኻራዪን ዝኸሰት ግርጭት ብመሰረት ሲቪላዊ ሕጊ ይፍታሕ። ከም ተኻሪይቲ መጠን ብዛዕባ ዘለዉኹም መሰላት ምሉእ ኣፍልጦ ክህልወኩም ይግባእ። ብኸብረትኩም ኣብ ምዕራፍ-5 ንዝርከብ ሓበሬታ ርክብ። |
| ተግባራት ኣድልዎን ግህሰትን | ካብ ምቕያር ጻታ፡ ሕብሪ ቁርበት፡ ዜግነታዊ ድዩስ ዓሌታዊ መበቆል፡ ሃይማኖት ወይ እምነት፡ ዕድሜ፡ ስንክልና ይኹን ጻታ ዝንባላ ተበጊሰካ፡ ኣብ ልዕሊ ሰብ ናይ ኣድልዎ ወይ ግህሰት ተግባር ምፍጻም - ብመሰረት ንምዕርነት ዝምልከት ሕጋዊ ድንጋጌ ዝተኸልከለ እዩ። ዝኹነ ይኹን ኣብ ልዕሊ ካልእ ሰብ ምዒት ግህሰት፡ ምሽቕራር ድዩስ ጓሂ ከስዕብ ከምዝኸእል ዝእመነሉ ጠባይ ወይ ኣካይዳ እውን ብመሰረት ንምዕርነት ዝምልከት ሕጋዊ ድንጋጌ ዝተኸልከለ እዩ። ዝኹነ ይኹን ከምዚ ዓይነት ተግባር ኣድልዎ ወይ ግህሰት ዘጋጠሞ ሰብ፡ ካብ ቡዳሊኡ ካሕሳ ክሓትት ይኸእል እዩ። እዚ፡ ኣብ ሃይማኖት ዝተመርኩስ ናይ ቃል ጸርፊ እውን ክኸውን ይኸእል እዩ። |

Criminal Law

Violence

It is illegal to kill or injure another person or group of people, and this can be punished severely. Violent offences which are against UK law include forced sexual contact or behaviour and domestic violence between family members in the home.

Racist and religious hate crime

Criminal behaviour such as violence, verbal abuse, bullying or damage to property is hate crime if it is carried out because of race or religion. This can include where the victim is believed to be of a particular religion or race, or where their partner or friend is. It is also illegal to encourage religious or racial hatred.

Harassment

Any conduct that can reasonably be expected to cause harassment, alarm or distress to another person on any grounds is a criminal offence. The perpetrator can face criminal charges as well as or instead of damages or an injunction under civil law.

Sex

The age of consent (when it is legal) for two people to have sex is 16, regardless of gender or sexual orientation.

ገበያዊ ሕገ

ገንደዊ ተግባር
ንካልእ ሰብ ይኹን ጉጅለ ምቕታል ወይ ምጉዳእ ዘይሕጋዊ ተግባር እዩ፤ ከቢድ መቐደድ እውን የስዕብ። ብመሰረት ሕጋዊት ዓዲ-እንግሊዝ ምስ ገንደዊ ግህሰት ዝቐጥሩ ተግባራት፡ ኣገዳዲ ጾታዊ ምትንኻፍ ወይ ኣመል፡ ከምኡ'ውን ስድራ-ቤታዊ ዘቤታዊ ገንደ ዘጠቓለሉ እዮም።

ምስ ዓሌታውን ሃይማኖታውን ጽልኢ ዝተኣሳሰር ገበን ይቐጥሩ። እዚ ድማ እቲ ግዳይ ባዕሉ ወይ መጻምድቱ ኣባል ናይ ሓዳ ሃይማኖታዊ ጉጅለ ድዩስ ዓሌት ምጻኢ ምስዝእመን ከጋጥም ዝኸእል እዩ። ሃይማኖታዊ ይኹን ዓሌታዊ ጽልኢ ምጉህሃር እውን ዘይሕጋዊ ተግባር እዩ።

ተግባር ግህሰት
ዝኹን ይኹን ኣብ ልዕሊ ካልእ ሰብ ምዒት ግህሰት፡ ምሽቕራር ድዩስ ጓሂ ከስዕብ ከምዝኸእል ዝእመነሉ ጠባይ ወይ ኣካይዳ፡ ኣብ ትሕቲ ዝኹን ይኹን ኩነታት ምስ ገበን ዝቐጥሩ እዩ። ከምዚ ኣብ ዝኣመሰለ ተግባር ዝርከብ ሰብ ተኸሲሱ ኣብ ቅድሚ ሕገ ክቐርብ፡ ወይ ድማ ብመሰረት ሲቪላዊ ሕገ ንተባዳሊ ንክኸሕስ ክግደድ ተኸእሎ ኣሎ።

ወሲብ/ጾታዊ ርክብ
ጾታዊ ርክብ ምፍጻም ዝከኣለሉ (ሕጋዊ) ዕድመ 16 ዓመት ከወይኡ፡ እዚ ሕገ እዚ ንፍልልይ ጾታ ይኹን ንጾታዊ ዝንባላ ፈላልዩ ኣብ ግምት ዘእተወ ኣይከውንን።

Criminal Law

Drugs

It is illegal to possess, transport or distribute certain controlled drugs. Punishments can be severe, including custodial sentences.

Alcohol

It is legal for adults over 18 to purchase and consume alcohol.

It is illegal to drive under the influence of alcohol.

Smoking

It is illegal to smoke indoors in most public areas, e.g. shops, restaurants, bars. It is illegal to sell tobacco to anyone under the age of 18. In England it is also illegal to smoke in vehicles with passengers under 18. Breaking these laws could lead to a fine.

Driving

It is illegal to drive without a driving licence. You can begin learning to drive from 17 years of age and you must pass a driving test in order to obtain a driving licence.

Weapons

You cannot buy or possess a firearm without a licence. Carrying a knife in public is also punishable.

ገበናዊ ሕጊ

ኣደንዘዘቲ ባእታታት
(ዕጹ-ፋርስ)

ነቶም ብሕጊ ዝተኸልከሉ ኣደንዘዘቲ ባእታታት ምሓዝ፡ ምጉዕዓዝን ምዝርጋሕን ዘይሕጋዊ እዩ። መቐጻዕታዊ ሳዕቤን ናይ ከምዚኣቶም ዝኣመሰሉ ጉዳያት ከቢድ ከብይኑ፡ ክሳብ ናብ ማእሰርቲ ዘቃልዕ ክኸውን ይኸእል።

ኣልኮላዊ መስተ

ልዕሊ 18 ዓመት ዝዕድሚኦም ሰባት ኣልኮላዊ መስተ ገዚኦም ክሰትዩ ሕጋዊ እዩ።
ኣልኮላዊ መስተ ሰቲኻ ምዝዋር ሕጋዊ ተግባር ኣይከብን።

ምትካኽ ሽጋራ

ኣብ ዝበዘሉ ህዝባውያን ቦታታት፡ ኣብ ዕጹዎት ቦታታት (indoors) ኳንካ ሽጋራ ምትካኽ ዘይሕጋዊ እዩ፤ ንኣብነት፡ ኣብ ኣብያተ-መሸጣ፡ ኣብያተ-ብልዒን ባራትን። ትሕቲ 18 ዓመት ንዘዕድሚኦ ሰብ ትንባኽ ምሻጥ ዘይሕጋዊ እዩ። ኣብ ዓዲ-እንግሊዝ ትሕዝቲ 18 ዘዕድሚኦም ተጓዓዝቲ ኣብ ዝተጻዕኑላ ተሸከርካሪት ኳንካ ሽጋራ ምትካኽ እውን ዘይሕጋዊ እዩ። ነዞም ሓጋጋት እዚኣቶም ምጥሓስ ግንዘባዊ መቐጻዕቲ ከስዕብ ዝኸእል እዩ።

ተሸከርካሪት ምምራሕ

ግቡእ ፍቓድ ወረቐት ምምራሕ ተሸከርካሪት ከይሓዘካ፡ ተሸከርካሪት ምምራሕ ዘይሕጋዊ እዩ። ዕድሜኹም 17 ዓመት ምስመልኦ ትምህርቲ ምምራሕ ማኪና ክትጅምሩ ዝከኣል ከብይኑ፡ ፍቓድ ምምራሕ ተሸከርካሪት ንኸትወሃቡ ፈተና ክትሓልፉ ግዴታዊ እዩ።

ብረት/መከላኸሊ ዕጥቂ

ወረቐት ፍቓድ ከይረኽቡኩም ተተኳሲ ብረት ክትገዝኡ ኣይትኸእሉን ኢኹም። ኣብ ህዝባዊ ቦታ ካራ ምሓዝ እውን ዘቐጻዕ ተግባር እዩ።

Protecting and caring for your children

The UK has signed the UN Convention on the Rights of the Child and other international laws promoting children's rights. The UK takes children's rights seriously and is always trying to improve the situation of all children. For this reason the UK has passed a number of laws that help protect children.

Children have a right to have their views listened to and considered. There are official Children's Commissioners that help make sure that the rights and views of children are considered.

In some circumstances in the UK, children aged 14 and older have a right to make certain decisions for themselves, such as medical decisions.

As a parent you are legally responsible for the protection, care and well-being of your children.

- It is a parent's responsibility to make sure their children attend school. If you do not there can be legal action such as: a Parenting Order, an Education Supervision Order, a School Attendance Order or a fine.
- It is an offence to leave children alone if this will put them at risk. Babies, toddlers and very young children should never be left alone.

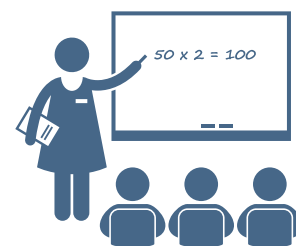
Going to school is very important for the welfare of a child. Helping out with tasks at home must not stop a child from going to school.

When parents are having difficulties caring for their children, the government social services may be able to offer some help or advice. UK laws require social services to investigate allegations of child neglect or abuse.

If you beat, harm or neglect your children social services can intervene. In some severe cases courts can ask social services to take the child to a foster home to make sure they are safe from harm.



Responsible parents



Going to school

If you are worried about your child or another child you can contact:

**National Society for the Prevention of Cruelty to Children (NSPCC) on
0808 800 5000**

**Childline on
0800 1111**



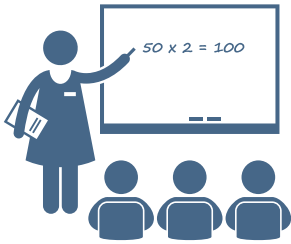
ሐላፍነታውያን ወለዲ



ንደቅኹም ምክልካልን ምክንኻንን

ምድረ-ነገስት ነቶም ንመሰላት ህጻናት ኣብ ዝምልከቱ ስምምዓት ውድብ ሕቡራት ሃገራት፡ ከምኡውን ንኻልኣት መሰላት ህጻናት ንምውሓስ ተባሂሎም እተሓገጉ ዓለም-ለኻውያን ሕጋዊ ከተማትሎም እያ። ምድረ-ነገስት ንጉዳይ መሰላት ህጻናት ብወታብ እትጥምት ሃገር ከም ምዃና መጠን፡ ኮነታት ኮላቶም ህጻናት ንኸተመሓይሽ እያ ትጋደል። በዚ ምክንያት እዚ፡ ምድረ-ነገስት ሓያለይ ንህጻናት ውሕስነት ዝህቡ ሓጋጋት ተግባራውያን ገይራ ኣላ።

ህጻናት ርእይቶታቶም ንክስምዑሎም ከብ ኣብ ግምት ንክኣትዉሎም መሰል ኣለዎም። መሰላትን ኣረኣይታትን ናይ ህጻናት ከምዝኸበሩ ኣብምግባር ዝነጥፉ ወግዓውያን ኮሚሽናት ኣለዉ።



ናብ ቤት-ትምህርቲ ምኻድ/ ምምልላስ



ኣብ ገለ ተርእዮታት ናይ ምድረ-ነገስት ካብ 14 ዓመት ንላዕሊ ዝዕድሚኦም ህጻናት፡ ንዕኡም ዝምልከት ውሳኔ ናይ ምውሳድ መሰል ኣለዎም፤ ንኣብነት ኣብ ሕክምናዊ መዳይ።

ከም ወለዲ፡ ብዛዕባ ውሕስነትን ዝሕነትን ናይ ደቅኹም ዝመጸ ሕጋዊ ሐላፍነት ክትስከሙ ንቡር እዩ።

- * ህጻናት ከም ዝመሃሩ ናይ ምግባር ሐላፍነት፡ ንወለዲ ዝምልከት እዩ። ከምኡ-ምስዘይትገብሩ፡ ሕጋዊ ስጉምቲ ክውሰደልኩም ተኸእሎ ኣሎ። ንኣብነት - ንወለዲ ዝወሃብ ሕጋዊ ትእዛዝ፡ ናይ ጉዳይ ትምህርቲ ተቋጻጻሪ ንክምደብ ዝድርኽ ትእዛዝ፡ ንተሳታፊነት ናይ መኡዲ ትምህርቲ ዝምልከት ትእዛዝ ወይ ድማ ገንዘባዊ መቐጻዕቲ።
- * ንህጻናት ኣብ ሓደጋ ብዘእተዎም ኣገባብ ንበይኖም ምሕዳግ ንገዛ-ርእሱ ጥሕሰት ሕጊ እዩ። ህጻናት፡ እግራ-ተኸልታትን ኣዝዮም ነኣሽቱ ህጻናትን ንበይኖም ንሕደጉ ኣይግባእን።

ብዛዕባ ህጻን ውላድኩም ይኹን ካልእ ህጻን ሻቕሎት/ስክፍታ ምስዝህልዉኩም፡ ነዚ ቀጺሉ ተጠቂሱ ዘሎ ኣካል ተወከሱ ኢኹም፡-

ንሃገራዊ ማሕበረ-ሰብ ምክልኻል ግባራት ጭካነ ኣብ ልዕሊ ህጻናት (NSPCC)፤ ማለት ብቑጽጋ ተሌፎን 0808 800 5000

መስመር ተሌፎን ሓገዝ ናይ ህጻናት፡- 0800 1111

ናብ ቤት-ትምህርቲ ምኻድ፡ ኣብ መዳይ ሰብኣዊ-ድሕነት ናይ ህጻን ኣዝዮ ኣገዳሲ ረቕቲ እዩ። ህጻን ኣብ ስራሓት ገዛ ክሕግዝ ዝከኣል እኳ እንተኹነ፡ ካብ ትምህርቲ ዝዕንቅጹ ክኸውን ግን ኣይግባእን።

ወለዲ ደቆም ኣብ ምእላይ ምስዝሸገሩ፡ መንግስታውያን ትካላት ማሕበራዊ ኣገልግሎት ገለ ምክሪ ድዩስ ሓገዝ ንክህቡኦም ተኸእሎ ኣሎ። ሓደ ህጻን ግዳይ ተነጽሎ ወይ ግህሰት ከምዝኸነ ዝጠቕስ ክሲ ምስዝምስረትኩም ሓጋጋት ዓዲ-እንግሊዝ ተተግበርቲ ክኸቡኩ እንተኹይኖም፡ እቲ ጉዳይ ኣቐዲሙ ብመገዲ ትካላት ማሕበራዊ ኣገልግሎት ኪጻረ ኣገዳሲ ይኸውን።

ንደቅኹም ምስእትሃርምዎም፡ ኣብ ልዕሊኦም ሃስያ ምስእተውርዱ ወይ ምስእትንጽልዎም፡ ትካል ማሕበራዊ ኣገልግሎት ኣብ'ቲ ጉዳይ ኢዱ ክእቱ ይኸእል እዩ። ኣብ ገለ ክብድ ዝበሉ ጉዳያት፡ ዝምልከቶ ህጻን ድሕነቱ ምእንቲ ክረጋገጽ ኣብ ቤት-መዕበያ ንክጸንሕ፡ ቤት-ፍርዲ ናብ ትካል ማሕበራዊ ኣገልግሎት ሕቶ ከቕርብ ይኸእል እዩ።

Gender and sex in law

Issues related to gender and sex are taken very seriously in the UK. The law says that you cannot be discriminated against because of your sex or your gender. This means:

- Organisations, including companies and individuals in the UK have a legal duty to treat men and women equally
- Men and women have equal rights and duties in employment and in marriage and in all aspects of private and public life in the UK
- Transgender people have equal rights too

You can also contact the police if you are worried about crime.



ጾታን ወሲብን ብመንጽር ሕጊ

ኣብ ምድረ-ነገስት ምስ ጾታን ወሲብን ዝተኣሳሰሩ ጉዳያት ብዕቅድ እዮም ዝጥመቱ። ብምኽንያት ጾታኹም ወይ ጾታዊ ባህርያትኩም ኣድልዎ ከጋጥመኩም ከምዘይግባእ እዩ - ሕጊ ዝጠቅስ። ነዚ ድማ ከምዚ ዚስዕብ መብርሂ ኪወሃበሉ ይኽእል፡-

- ❖ ኣብ ምድረ-ነገስት ዝርከቡ ትካላት፡ ማለት እንተላይ ኩባንያታት፡ ከምኡውን ውልቀ-ሰባት፡ ንደቀ'ንስትዮን ደቂ-ተባዕትዮን ብምዕሩይ ኣረኣእያ ናይ ምጥማት ግዴታ ኣለዎም
- ❖ ደቀ'ንስትዮን ደቂ-ተባዕትዮን፡ ኣብ ጉዳይ ስራሕ ኩነ መርዓ/ሓዳር፡ ከምኡውን ኣብ ኩላቶም መዳያት ውልቃውን ህዝባውን ህይወት ናይ ምድረ-ነገስት ሓደ ዓይነት መሰላትን ግዴታታትን ኣለውዎም
- ❖ ጾታኡም ዝቐየሩ ሰባት እውን ምዕሩይ መሰል ኣለዎም

ኣብ ልዕሌኹም ገበን ከይፍጸም እንተተሻቂልኩም እውን ንፖሊስ ክትሕብሩ ትኽእሉ ኢኹም።



Domestic abuse

Domestic abuse usually occurs in the home and can take many forms:

- It can be physical abuse like hitting, kicking or hair pulling
- It can include emotional abuse like blackmail, mental torture and threats to disown a person or harm those they care about
- It can also be controlling, for example, restricting a person's movements or access to or contact with family or friends or preventing access to money or a chosen career
- It can be coercive behaviour for example threats, humiliation or intimidation that is used to harm, punish or frighten
- It can be rape – being married doesn't mean that a partner has the right to force sex against the will of the other

Anybody, regardless of gender, nationality or any other distinguishing factor, can find themselves at risk of domestic abuse.

Domestic abuse is a serious crime in the UK. Anyone who is violent towards their partner, spouse or another family member, whether they are a man or a woman, married or living together, can be prosecuted. If children witness domestic abuse this could be considered child abuse and social services will investigate.



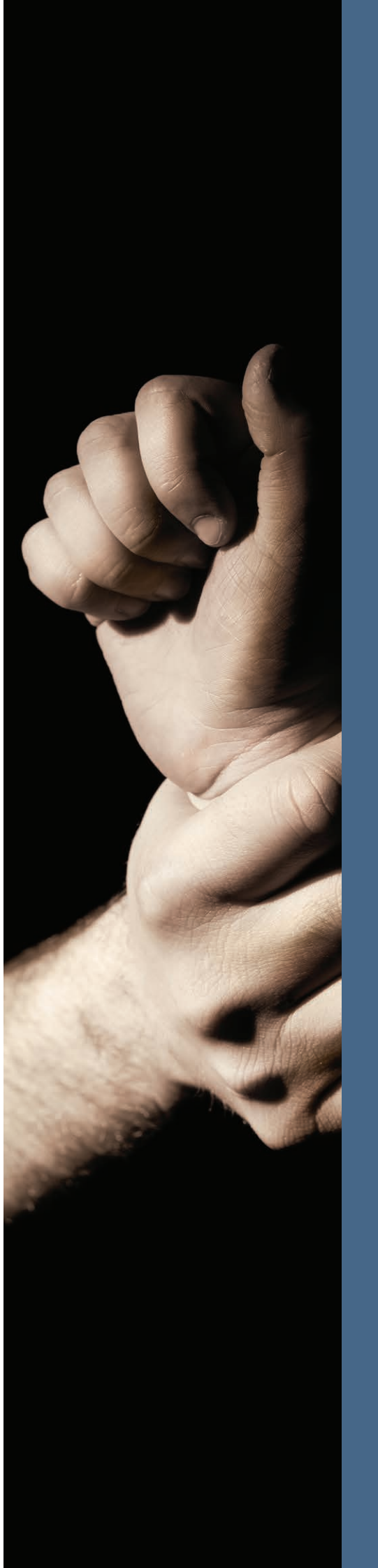
ዘቤታዊ ጎነጽ

ዘቤታዊ ጎነጽ ኣብ ማእከል ቤት ዘጋጥም ተመኩሮ ኩይኑ፡ ብዝተፈላለዩ መልካዓት ክኸሰት ይኽእል፡-

- ❖ መውቃዕቲ፡ ብእግሪ ምቕላዕ ወይ ጸጉሪ ምምንጫጭ ዝኣመሰሉ ተግባራት ኣካላዊ ግህሰት ክኸውን ይኽእል
- ❖ መኸሻሕታዊ ምፍርራሕ፡ ኣእምሮኣዊ መግረፍቲ፡ ከምኡውን ናይ ምርሕራሕ ምፍርራሕ ድዩስ ኣብ ልዕሊ ፈተውቲ እቲ ሰብ መጥቃዕቲ ከምእትፍጽም ብምጥቃስ ዝግበር ምፍርራሕ ዘጠቓለለ ስምዒታዊ ግህሰት ክኸውን ይኽእል
- ❖ ዘይግቡእ ቍጽጽር እውን ክኸውን ይኽእል። ንኣብነት፡ ደረት ምንቅስቓስ ናይ ሰብ ምቕያድ ወይ ምስ ቤተ-ሰቡን ፈተውቱን ንዘለዎ ርክብ ይኹን ኣብ መዳይ ገንዘብን ስራሕን ንዘለዎ ዕድል ተጠቓምነት ምድራት ክኸውን ይኽእል
- ❖ ጸቕጢ ዝተሓወሰ ተግባር ክኸውን ይኽእል። ንኣብነት - ምፍርራሕ፡ ምውራድ ወይ ምጉብዕባዕ፡ መቕጻዕቲ ወይ ኣሰናቢድካ ምቍጽጻር
- ❖ ጸታዊ ዓመጽ ክኸውን ይኽእል - በዓል(ቲ)-ሓዳር ምዃን፡ መጻምድትኻ/ኺ ኣብ ልዕሌኻ ግዱድ ጸታዊ ርክብ ክፍጽም መሰል ኣለዎ ማለት ኣይከውንን

ጸታኡ፡ ዜግነቱ ይኹን ካልእ ዘለዎ ፍሉይ ረጃሒ ብዘየገድስ፡ ዝኹነ ይኹን ሰብ፡ ንገዛእ-ርእሱ ኣብ ጸገም ናይ ዘቤታዊ ጎነጽ ወዲቓ ክረኽባ ዝከኣል እዩ።

ኣብ ምድረ-ነገስት ዘቤታዊ ጎነጽ ከም ከቢድ ገበናዊ ተግባር እዩ ዝቐጽር። ዝኹነ ይኹን ኣብ ልዕሊ ሕጋዊ ድዩስ ዘይሕጋዊ መጻምድቱ ወይ ካልኣት ኣባላት ስድራ-ቤት ጎነጻዊ ተግባር ዝፍጽም ሰብ፡ ማለት ሰብኣይ ይኹን ሰበይቲ፡ ምርዑው ድዩስ ብሓባር ጥራይ ዝነብር፡ ብዘየገድስ፡ ኣብ ቅድሚ ሕገ ክቐርብ ተኸእሎ ኣሎ። ኣብ ልዕሊ ህጻናት ተግባር ዘቤታዊ ጎነጽ ምስዝረከ፡ እቲ ጉዳይ ከም 'ተግባር ግህሰት ህጻን' ተራእዩ፡ ብመገዲ ትካል ማሕበራዊ ኣገልግሎታት ይምርመር እዩ።



Anyone, including neighbours, can report domestic abuse and violence. Police will respond to reports and may make arrests or ask one partner to leave the home.

Conviction of a crime related to domestic abuse can negatively affect your immigration status and your ability to apply to live long term in the UK.

In some cases courts can order the perpetrators of domestic abuse to stay away from the victim, from the family home and from places where the victim and children normally go, such as school. Violating this order can result in police action.

It is important for anyone facing domestic abuse to get help as soon as possible. There are safe places to go and stay in, called refuges or shelters.

If you experience domestic abuse, you should report it to the police. They can help you find a safe place to stay. You can also phone the 24 hour national Domestic Violence Freephone Helpline on **0808 2000 247** at any time.

Emergency numbers and Domestic Violence Helpline

- The police, ambulance and fire brigade: **999** (freephone, 24 hours)
- National Domestic Violence Helpline: **0808 2000 247** (freephone, 24 hours) Run in partnership between Women's Aid and Refuge
- Broken Rainbow National LGBT domestic abuse helpline: **0300 999 5428** (not 24 hour freephone line)
- Worldwide: visit **International Directory of Domestic Violence Agencies** for a global list of helplines and crisis centres



Reporting abuse



Police may make arrests



Police, ambulance and fire brigade:
999

National Domestic Violence Helpline:
0808 2000 247

Broken Rainbow National LGBT domestic abuse helpline:
0300 999 5428



ብዛዕባ ተግባራት ግህሰት ምሕባር

ጎረባብቲ ይኹኑ ካልኦት ሰባት፡ ንዝምልከቶ ኣካል ብዛዕባ ዘቤታዊ ጎነጽ ክሕብሩ ይኸእሉ እዮም። ፖሊስ ንዝበጽሖ ሓበሬታ መልሱ-ግብሪ ብምሃብ ንዝምልከቶ ሰብ ክኣስር ወይ እቲ ባዳሊ ዝኸነ መጻምድቲ ካብ ቤቱ ከምዝወጽእ ክገብር ይኸእል።

ምስ ዘቤታዊ ጎነጽ ዝተኣሳሰር ገበናዊ ተግባር ከምዝፈጸምኩም ምስዝረጋገጽ፡ ንናይ ኢሚግሬሽን ጉዳይኩም ኮነ ኣብ ዓዲ-እንግሊዝ ንነዊሕ እዋን ንኸትጸንኩ ንዝለኩም ተኸእሎ ብኣሉታ ክጸሉ ዝከኣል እዩ።

ኣብ ገለ ጉዳያት፡ ቤት-ፍርዲ፡ ንባዳሊ ካብ ተባዳሊ፡ ካብ መንበሪ ገዛ ናይ ስድራ-ቤት ኮነ ኣባላት ስድራ-ቤት ከም ንቡር ካብ ዝንቀሳቐሱሎም ከም ቤት-ትምህርቲ ዝኣመሰሉ ክባቢታት፡ ተገሊሉ ንኸጸንኹ ትእዛዝ ከመሓላልፊሉ ተኸእሎ ኣሎ። ነዚ ትእዛዝ ቤት-ፍርዲ እዚ ምጥሓስ ናብ ፖሊሳዊ ስጉምቲ ዘምርሕ እዩ።



ፖሊስ ናይ ምእሳር ስጉምቲ ክወስድ ተኸእሎ ኣሎ

ዝኸነ ይኹን ዘቤታዊ ጎነጽ ዘጋጥሞ ሰብ፡ ኣብ ዝሓጸረ ግዜ ሓገዝ ከምዝረከብ ክገብር ኣገዳሲ እዩ። “መዕቆቢታት” ተባሂሎም ዝጽውዑ - ሃዲምኩም ከተዕቀኑሎም እትኸእሉ ውሑሳት ቦታታት ኣለዉ።

ዘቤታዊ ጎነጽ ምስዘጋጥመኩም፡ ብዛዕባኡ ንፖሊስ ክትሕብሩ ይግባእ። ተዓቕኑብኩም ክትጸንኩሎም እትኸእሉ ውሑሳት ቦታታት ኣብ ምርካብ ክተሓጋገዝኩም ይኸእሉ እዮም። ናብ'ቲ ን 24 ሰዓታት ኣብ መዓልቲ ዝሰርሕ፡ ሃገራዊ ናጻ መስመር ተሌፎን ናይ ሓገዛት ዘቤታዊ ጎነጽ፡ ማለት ናብ 0808 2000 247 እውን ኣብ ዝኸነ ይኹን ግዜ ክትድውሉ ትኸእሉ ኢኹም።



ፖሊስ፡ ኣምቡላንስ፡ ከምኡውን ኣሃዱ መጥፋእቲ ሓዊ፡-

999

ሃገራዊ መስመር ተሌፎን ሓገዝ ኣብ መዳይ ዘቤታዊ ጎነጽ፡-

0808 2000 247

ናጻ መስመር ተሌፎን ናይ ሓገዛት ዘቤታዊ ጎነጽ - ብሮክን ረይንቦው ናሽናል LGBT፡-

0300 999 5428

ናይ ህጹጽ ኩነት ቍጽርታት ተሌፎን፡ ከምኡውን ናጻ መስመር ተሌፎን ናይ ሓገዛት ዘቤታዊ ጎነጽ

- ❖ ፖሊስ፡ ኣምቡላንስ፡ መጥፋእቲ ሓዊ፡- 999 (ካብ ክፍሊት ናጻ ዝኸነት ተሌፎን፡ ን24 ሰዓታት)
- ❖ ሃገራዊ መስመር ተሌፎን ሓገዝ ኣብ መዳይ ዘቤታዊ ጎነጽ፡- 0808 2000 247 (ካብ ክፍሊት ናጻ ዝኸነት ተሌፎን፡ ን24 ሰዓታት) ብምትሕብባር ናይ ትካላት ሓገዝ ደቐ'ንስትዮን ዕቕባት ስደተኛታትን ዝካየድ
- ❖ ናጻ መስመር ተሌፎን ናይ ሓገዛት ዘቤታዊ ጎነጽ - ብሮክን ረይንቦው ናሽናል LGBT፡- 0300 999 5428 (ን 24 ሰዓታት ክፉት ዘይኮነ ናጻ መስመር ተሌፎን)
- ❖ ዓለም-ለኻዊ፡- ናብ ዓለም-ለኻዊ መዝገብ ትካላት ምክልኻል ዘቤታዊ ጎነጽ ብምእታው፡ ዝርዝራት ዓለም-ለኻዊ መስመራት ተሌፎን ናይ ሓገዝን ማእከላት መዕቆቢ ናይ ግዜ ጸገምን ርኽቡ

Honour based violence

In the UK it is illegal to abuse or harm anyone for cultural reasons or reasons of family honour, whether they are a member of the same family or not. For example, it is illegal to punish another family member for what someone considers to be dishonourable behaviour. There are men and women in the UK who have been convicted and sent to prison for harming family members for reasons of honour.

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**.



Karma Nirvana:
0800 5999 247

Female Genital Mutilation

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 need to speak with 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**.

Children who are worried that they are in danger of FGM can speak to police, teachers, social workers, or Childline on **0800 1111**.



NSPCC:
0800 028 3550

Childline:
0800 1111



ካርማ ኒርቫና፡-

0800 5999 247

ምስ ምፍኽናን ዝተኣሳሰር ጎነጻዊ ተግባር

ኣብ ምድረ-ነገስት ካብ ባህላዊ ምርኡይነት ድዩስ ስድራ-ቤታዊ ክብሪ ብምብጋስ፡ ኣብ ልዕሊ ኣባል ስድራ-ቤት ይኹን ካልእ ሰብ ጎነጻዊ ተግባር ምፍጻም ዘይሕጋዊ እዩ። ንኣብነት - 'ዘይውርዘይ ተግባር' ፈጺሙ ካብ ዝብል ኣተኣሳሰባ ተበጊስካ፡ ንኸልኣ ኣባል ስድራ-ቤትካ ምቕጻዕ ዘይሕጋዊ እዩ። ኣብ ምድረ-ነገስት ምስ ክብሪ ስድራ-ቤት ብዝተኣሳሰር ኣብ ልዕሊ ኣባላ ስድራ-ቤቶም በደል ብምፍጻምም ኣብ ቅድሚ ሕግ ቀሪቦም ናብ ቤት-ማእሰርቲ ዝኣተዉ ደቂ-ተባዕትዮን ደቀ'ንስትዮን ኣለዉ።

ምስ ክብሪ ሰብ/ስድራ-ቤት ብዝተኣሳሰር ኣብ ልዕሊኹም በደል ከይፍጸም ትሰግኡ እንተደኣ ኩንኩም፡ ምስ ፖሊስ ክትዘራረቡ ትኽእሉ ኢኹም። ብቑድጽ ተሌፎን 0800 5999 247. ብምድዋል እውን 'ካርማ ኒርቫና' ካብ ዝተባህለ ትካል ስቱር ምኽሪ ክትረኽቡ ትኽእሉ ኢኹም።



ሃገራዊ ማሕበረ-ሰብ ምክልኻል ጨካንነት ኣብ ልዕሊ ህጻናት (NSPCC)፡-

0800 028 3550

መስመር ተሌፎን ሓገዝ ናይ ህጻናት፡-

0800 1111

ምኽንኻብ ጓለ'ንስተይቲ

ምኽንኻብ ጓለ'ንስተይቲ (FGM) ወይ 'ምቕራጽ ጉድብ' ተባሂሉ ዝጽዋዕ ተግባር እውን ኣብ ዓዲ-እንግሊዝ ዘይሕጋዊ እዩ። ጓለ'ንስተይቲ ምኽንኻብ ወይ ንስለ ምኽንኻብ ናብ ወጻኢ ሃገር ከምእትገይሽ ምግባር፡ ብሕጊ ዝቕጸዕ ገበናዊ ተግባር እዩ።

ግዳይት ምኽንኻብ እንተኾንኩን፡ ምስ ዶክተርኩን ክትዘራረብ ይግባእ። ግዳይት ምኽንኻብ ንዝኹና ደቀ'ንስትዮ ኣብ ምሕጋዝ ፍሉይ ክእለት ዘለዎም ዶክተራት ኣለዉ። ንሓደ ካብተን ብደረጃ ሃገር ዝነጥፋ ዝምከተን ትካላት እውን ክትውከሳ ትኽእላ ኢኹን፤ ንኣብነት ብቑድጽ ተሌፎን 0800 028 3550 ዝርከብ ትካል NSPCC።

ግዳይት ምኽንኻብ ከይኮና ዝሰግኣ ህጻናት ንኣባል ፖሊስ፡ መምህር ይኹን ኣሳላጢ ማሕበራዊ ጉዳይ ከዘራርባ ወይ ብመስመር ሓገዝ ህጻናት 0800 1111 ደዊለን ክትብራ ይኽእላ እየን።

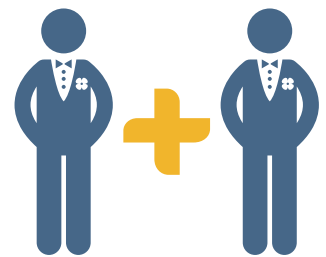
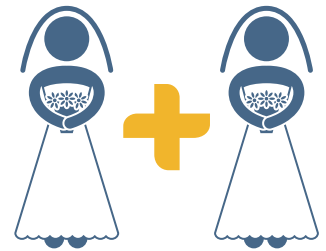
Marriage

There is a distinction between civil and religious marriages. Religious marriages are not recognised unless they are registered by the state. Some religious marriages are not recognised in the UK and couples entering into them must have a civil marriage as well.

The legal minimum age to marry in the UK is 16. In England you need parental consent to marry between the ages of 16 and 18.

In England it is legal and accepted for men and women to marry, for women and women to marry and for men and men to marry. All of these marriages are protected by law.

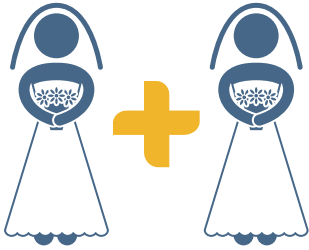
A marriage should be entered into with the full and free consent of both people involved.





መርዓ

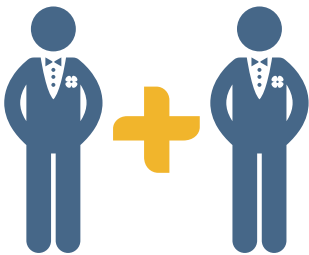
ኣብ ሞንጎ ሲቪላውን ሃይማኖታውን ኣገባባት መርዓ ፍልልይ ኣሎ። ሃይማኖታውን ኣገባባት መርዓ ኣብ ቤት-ጽሕፈት መንግስቲ ክሳብ ዘይተመዘገቡ ተቐባልነት የብሎምን። ገለ ሃይማኖታውን ኣገባባት መርዓ ኣብ ምድረ-ነገስት ተቐባልነት ዘይብሎም ብምዃናም፡ ተጻመድቲ ብሲቪላዊ ኣገባብ እውን ኣገባብ መርዓ ክፍጽሙ ይግደዱ።



እቲ ኣደ ሰብ ክምርዓወሉ ዝኸእል ዝተሓተ ገደብ ዕድመ፡ 16 ዓመት እዩ። ኣብ ዓዲ-እንግሊዝ ዕድሚኡም ካብ 16 ክሳብ 18 ዓመት ዝኸነ መንእሰያት ክምርዓዉ እንተኹይኖም፡ ፍቓድ ወላዲ የድልዮም።

ኣብ ዓዲ-እንግሊዝ ሰብኣይ ምስ ሰበይቲ፡ ሰበይቲ ምስ ሰበይቲ፡ ከምኡውን ሰብኣይ ምስ ሰብኣይ ክምርዓዉ ቅቡልን ሕጋውን እዩ። ኩላቶም እዞም ዓይነት መውሰቦ እዚኣቶም ሕጊ ዘፍቅዶም እዮም።

መርዓ ብምሉእ ድልየትን ናጻ ፍቓድን ናይ ተጻመድቲ ዝፍጸም ክኸውን ይግባእ።



Arranged marriages, where both parties agree to the marriage, are acceptable in the UK.

Forced marriage is where one or both parties do not or cannot give their consent or where duress is a factor. Forcing another person to marry is a criminal offence. Parents cannot force their children to marry. It is also an offence to take someone overseas to force them to marry.

For advice on forced marriage, contact Karma Nirvana on **0800 5999 247** or The Forced Marriage Unit on **020 7008 0151**.



Karma Nirvana:
0800 5999 247

**The Forced
Marriage Unit:**
020 7008 0151

Racism and discrimination

In the UK it is illegal to treat anyone differently because of their gender, race, religion, age, disability or sexual orientation.

Racism is unacceptable in the UK. It is a serious offence to injure, harass or verbally abuse someone because of their race or to damage their property for that reason. It is also against the law to stir up racial hatred. It is unacceptable to discriminate against another person because of their race, ethnicity or where they came from. You should not be treated any differently because of your race when applying for a job, looking for somewhere to live, using the National Health Service (NHS) or just buying something in a shop.



ካርማ ኒርቫና፡-

0800 5999 247

አሃዱ ግዱድ

መርዳ፡-

020 7008 0151

ክልተኣቶም ተጻመድቲ ዝሰማምዑሉ ብኣማጻኢ ዝተማእከለ ዓይነት መርዳ፡ ኣብ ምድረ-ነገስት ቅቡል እዩ።

‘ግዱድ መርዳ’ ዝበሃል፡ ክልተኣቶም ተጻመድቲ ፍቓደኛታት ዘይከኑሉ ወይ ክኸኑሉ ዘይክእሉ ወይ ድማ ጸቕጢ ዝተሓወሰ ዓይነት መርዳ እዩ። ካልእ ሰብ ንኸምርዶ ምግዳድ ገበናዊ ተግባር እዩ። ወለዲ ደቆም ንኸምርዳዉ ከገድድዎም ኣይክእሉን እዮም። ንሓደ ሰብ ናብ ወጻኢ ሃገር ብምውሳድ ብኣስገዳድ ከምዝምርዶ ምግባር እውን ገበን እዩ።

ንግዱድ መርዳ ብዝምልከት ምኽሪ ንምርካብ፡ ብቑጽሪ ተሌፎን 0800 5999 247 ብምድዋል ንትካል ካርማ ኒርቫና፡ ወይ ድማ ብቑጽሪ ተሌፎን 020 7008 0151 ደዊልኩም ንአሃዱ ግዱድ መርዳ ተወከሱ ኢኹም።

ዓሌታዊነትን ኣድልዎን

ኣብ ምድረ-ነገስት ንዝኸኑ ይኹን ሰብ ብምኽንያት ጸታኡ፡ ዓሌቱ፡ ሃይማኖቱ፡ ዕድሜኡ፡ ኩነታት ስንክልናኡ ድዩስ ጸታዊ ዝንባሌኡ፡ ካብ ካልኣት ሰባት ኣዳሊኻ ምርኣይ ዘይሕጋዊ እዩ።

ኣብ ምድረ-ነገስት ዓሌታዊነት ዘይቅቡል ዝንባሌ/ተግባር እዩ። ንዝኸኑ ይኹን ሰብ ካብ ዓሌታዊ ጽልኢ ተበጊስካ ኣብ ልዕሊኡ ኣካላዊ ማህሰይቲ ምውራድ፡ ናይ ቃል ድዩስ ካልእ ዓይነት ግህሰት ምፍጻም፡ ከምኡውን ኣብ ልዕሊ ንብረቱ ዕንወት ምውራድ፡ ምስ ከበድቲ ገበናት ዝስራዕ ተግባር እዩ። ዓሌታዊ ጽልኢ ምጽሃሃር እውን ኣንጻር ሕጊ ዝቐንዐ ተግባር እዩ። ካብ ዓሌት፡ ብሄር ይኹን ቦታ መበቐል ተበጊስካ ኣብ ልዕሊ ካልእ ሰብ ኣድልዎ ምፍጻም ዘይቅቡል ተግባር እዩ። ስራሕ ንምርካብ መመልከቲ ኣብ እተቐርቡሉ፡ መንበሪ ቦታ ኣብ እተናድዩሉ፡ ሃገራዊ ኣገልግሎት ጥዕና (NHS) ኣብ እትጥቀሙሉ ድዩስ ኣብ ቤት-መሸጣ ገለ ነገር ኣብ እትዕድጉሉ እዋን፡ ሰባት ብምኽንያት ዓሌትኩም ብዓይኒ እድልዎ ክርእዩኹም ኣይግባእን።

You should not experience racial harassment at work, school or in public (where other people make comments about your race or where you come from that are offensive or make you uncomfortable). If you or someone you know is the victim of racism:

Do tell the authorities about it.

- You can go to the police. If you don't want to walk into a police station there are many ways you can report a racist crime; for example you can do it online at www.report-it.org.uk/home

Do not try to deal with racism or racist attackers on your own. Get the authorities involved. If you try to resolve it on your own you could get hurt or even get into trouble with the police yourself.



Harassment



Talk to the police



Report crime online



ግህሰታዊ ተግባር

አብ ቦታ ስራሕ፡ አብ ቤት-ትምህርቲ ወይ አብ ህዝባዊ ቦታ (ሰባት ብዛዕባ ዓሌትኩምን ዝመጸእኩሙሉ ሃገርን ብምጥቃስ ንዓኹም ባህ ብዘየብልን ምቹእነት ብዘይህብን አገባብ ርእይቶኦም ክህቡሉ ዝኸእሉ) ዓሌታዊ ግህሰት ከጋጥመኩም ኣይግባእን። ንስኻትኩም ባዕልኹም ወይ ንስኹም እትፈልጥዎ ሰብ ግዳይ ዓሌታውነት ምስዝኸውን፡-

ንዝምልከቶም ኣካላት ብዛዕባኡ ሓብሩ ።

❖ ናብ ፖሊስ ክትከዱ ትኸእሉ ኢኹም። ናብ መደበር ፖሊስ ብኣካል ክትከዱ ምስዘይትደልዩ፡ ብዛዕባ ዓሌታውነታዊ ገበን ክትሕብሩሎም እትኸእሉ ካልኣት መገድታት ኣለዉ፤ ንኣብነት፡ ብቐጥታ ብመገዲ መርበብ ሓበሬታ www.report-it.org.uk/home ክትሕብሩ ትኸእሉ ኢኹም።

ንዘጋጥሙኹም ተግባራት ዓሌታውነት ወይ ዓሌታዊ መጥቃዕትታት ባዕልኻትኩም ክትፈትሑም ኣይትፈትኑ ። ዝምልከቶም ትካላት ኣብ ጉዳይኩም ኢዶም ከምዘእትዉ ግበሩ። ባዕልኻትኩም ክትፈትሑም ምስእትፍትኑ፡ ክትጉድኡ ወይ ምስ ፖሊስ ኣብ ጸገም ክትኣትዉ ዝከኣል እዩ።



ንፖሊስ ሓብሩ



ብመርበብ ሓበሬታ፡
ገበናዊ ፍጻሜ ኣመልክቱ

The police and their duties

The police in the UK will:

- Protect life and property
- Prevent disturbances
- Prevent and detect crime

The police exist to protect the public, their rights and the law. The police are there to help and assist you and you should not be afraid to approach them if you are the victim of a crime, see a crime happening, or for general assistance for example if you are lost.

If you need the police because of a crime then you should call the following telephone numbers:

999 – This is the number to call if you have an emergency, for example if you are the victim of an assault or see a crime taking place. When you call, say you need 'police', as this is also the number to call an ambulance or if there is a fire.

101 – This is the number to call for less urgent situations, for example if your property has been damaged, to give police information about a crime, or any general enquiries.





ፖሊስን ዕማማቱን

አባላት ፖሊስ ናይ ምድረ-ነገስት፡-

- ❖ ህይወትን ንብረትን ናይ ሰባት ይሕልዉ
- ❖ ተርእዮታት ዕግርግር ይከላኸሉ
- ❖ ገበን ይከላኸሉን ንዝተፈጸመ ገበን ይከሸሉን

ፖሊስ ምእንቲ ውሕስነት ህዝቢ፡ መሰላት ህዝቢን ሕገን ዝቐመ እዩ አባላት ፖሊስ ንክሕግዙኹምን ንክድግፉኹምን ኩሉ ሳዕ ድሉዎት ስለዝኸኑ፡ ግዳይ ገበናዊ ተግባር ከምዝኸኑኩም፡ ገበናዊ ተግባር እናተፈጸመ ብዓይንኹም ከምዝረኣኹም ወይ ሓፈሻዊ ሓገዝ ንምሕታት (ንኡብነት እንተጠፊእኩም) ንክትሕብርዎም ክትስከፉ ኣይግባእን።

ምስ ተርእዮ ገበን ብዝተኣሳሰር ሓገዝ ፖሊስ ምስዘድልዩኩም፡ በዞም ቀጺሎም ተጠቐሶም ዝርከቡ ቍጽርታት ተሌፎን ክትድውሉ ይግባእ፡-



999 – ህጹጽ ሓገዝ ኣብ እትደልዩሉ ኩነት ኩንኩም ክትድውሉሉ ዝግባእ። ንኡብነት፡ ግዳይ ኣካላዊ መጥቃዕቲ ምስእትኸኑ ወይ ኣብ ልዕሊ ካልእ ሰብ ገበናዊ ተግባር ክፍጸም ብኣዲንትኹም ምስእትርእዩ። እዚ መስመር እዚ እንተላይ ብዛዕባ ሓዲጋ ሓዊን ጠለብ ኣምቡላንስን ዝሕበረሉ ስለዝኸኑ፡ ምስ ደወልኩም ን 'ፖሊስ' ከምዝደለኹም ጥቐሱ።

101 – ብዙሕ ህጹጽ ዝኸኑ ሓገዝ ብዛዕባ ዘደድልዩ ኩነታት ዝሕበረሉ ቍጽሪ እዩ፤ ንኡብነት፡ ኣብ ልዕሊ ጥሪትኩም ሃስያ ምስዝወርድ፡ ንፖሊስ ብዛዕባ እተፈጸመ ገበናዊ ተግባር ክትሕብሩ ምስእትደልዩ፡ ወይ ድማ ሓፈሻውያን ሕቶታት ክተቐርቡ እንተደሊኹም።

Summary

Everyone in the UK has rights that are protected in law – everyone also has a responsibility to respect the law



The law may be different from where you came from, so you should make sure you understand what is legal and illegal in the UK



If you have children, you have a responsibility for their health and well-being



Issues related to gender are taken very seriously in the UK – domestic violence, FGM, forced marriages, and discrimination based on sex are illegal



Discrimination is illegal in the UK – if you experience racism, you should report it



The police exist to enforce the law, and protect and assist you if needed – you should call 999 in an emergency



ጽማቅቶ ትሕዝቶ

| | |
|---|--|
| <p>ነፍሲወከፍ ኣብ ምድረ-ነገስት ዝርከብ ሰብ፡ ሕጊ ዘጽደቆም መሰላት ኣለውዎ – ነፍሲወከፍ ሰብ ድማ ብሕጊ ተማእዚዝካ ናይ ምኻድ ሓላፍነት ኣለዎ</p> | |
| <p>ስርዓተ-ሕጊ ናይ ሃገር ካብ ናይ እታ ዝመጸእኩሙላ ሃገር ፍልይ ዝበለ ክኸውን ስለዝኸእል፡ ኣብ ምድረ-ነገስት ሕጋውያንን ዘይሕጋውያንን ብዛዕባ ዝኸኑ ነገራት ወይ ተግባራት ርዳኣት ክትኩኑ ይግባእ</p> | |
| <p>ደቂ እንተሃልዮሙኹም፡ ብዛዕባ ጉዳይ ጥዕናኻምን ሓፈሻዊ ድሕነቶምን ሓላፍነት ክትወስዱሎም ኢኹም</p> | |
| <p>ኣብ ምድረ-ነገስት ምስ ጾታ ዝተኣሳሰሩ ጉዳያት ብዕቱብ እዮም ዝጥመቱ – ዘቤታዊ ጉነጽ፡ ምኽንሻብ ጓሉንስተይቲ፡ ግዳድ መርዓ፡ ከምኡውን ጾታ ዝምኽንያቶም ተግባራት ኣድልዎ፡ ዘይሕጋውያን እዮም።</p> | |
| <p>ኣብ ምድረ-ነገስት ኣድልዎ ዘይሕጋዊ ተግባር እዩ – ኣብ ልዕሌኹም ናይ ዓሌታውነት ተግባር ምስዝፍጸም፡ ብዛዕባኡ ክትሕብሩ ይግባእ</p> | |
| <p>ፖሊስ፡ ግዝኣት-ሕጊ ንምርግጋጽ፡ ኣብ ዘድልዩኩም እዋን ድማ ውሕስነትን ሓገዝን ንክህበኩም ዝቐመ ኣካል እዩ – ህጹጽ ሓገዝ ኣብ ዘድልዩ እዋን ብቐጽጎሪ ተሌፎን 999 ክትድውሉ ይግባእ</p> | |

Chapter 8

Healthcare

In this chapter you will learn about:



Accessing health services



The National Health Service



What other health services are available and how you can access them

ምዕራፍ 8

አገልግሎት ክንክን ጥዕና

አብዚ ምዕራፍ እዚ ብዛዕባ እዞም ቀጺሎም ዝጥቀሱ ትሕዝቶታት ክትመሃሩ ኢኹም፡-



ተጠቓሚ አገልግሎታት ክንክን ጥዕና ምዃን?



ሃገራዊ አገልግሎት ጥዕና



ከመይ ዝኣመሰሉ ካልኣት አገልግሎት ጥዕና ከምዘለዉን ከመይ ጌርኩም ተጠቀምቲ ናይዞም ዕድላት ከምእትኹኑን



A General Practitioner

A General Practitioner (GP) is the first doctor you will usually visit when accessing healthcare in the UK. You may have registered with a GP before you were granted status.

If someone is seriously ill or injured and their life is at risk call 999.

You can also visit your nearest hospital with an Accident and Emergency (A&E) Department if there is a genuine life-threatening emergency. If you have phoned 999 an ambulance may take you to the hospital. Do not use A&E for minor medical problems.

If you urgently need medical help or advice but it's not a life threatening situation call NHS 111 if you are living in England.

A General Practitioner (GP) is the first doctor you will usually visit when accessing healthcare in the UK

ሓፈሻዊ ሓኪም ዝኹን ዶክተር

ሓፈሻዊ ሓኪም ዝኹን ዶክተር (GP/ጂ.ፒ.): እቲ ከም ልሙድ፡ መጀመርታ ናብ ናይ ምድረ-ነገስት ትካል ኣገልግሎት ክንክን ጥዕና ተጠቀምቲ ኩነት-ም ምስመጻእኩም ዝርእየኩም ሞያዊ እዩ። ምናልባሽ ቅድሚኡ ከም ስደተኛታት ተቐባልነት ምርካብኩም ኣብ ጂ.ፒ. ተመዝጊብኩም ኔርኩም ክትኩኑ ዝከኣል እዩ።

ዝኹን ዶክተር ሱብ ብዕቱም ምስዝሓምም ወይ ከቢድ ኣካላዊ ማህሰይቲ ወራድዎስ ህይወቱ ኣብ ሓዲጋ ምስእትኣቱ፡ ብቑድሪ ተሌፎን 999 ደውሉ።

ናይ ሓቂ ንህይወት ኣብ ሓዲጋ ዘእቱ ጥዕናዊ ኩነታት ኣብ ዝኸሰተሉ፡ ናብ ክፍሊ ሓዲጋን ህጹጽ ረድኤትን (A&E) ናይቲ ኣብ ጥቓኹም ዝርከብ ሆስፒታል ክትቀርቡ ትክእሉ ኢኹም። ብቑድሪ ተሌፎን 999 እንተደዊልኩም፡ ኣምቡላንስ ናብ ሆስፒታል ክትወስደኩም ተክእሎ ኣሎ። ብምክንያት ነሓሽቱ ጥዕናዊ ጸገማት ናብ A&E ኣይትኪዱ ኢኹም።

ንህይወትኩም ኣብ ሓዲጋ ዘእቱ ጥዕናዊ ጸገም ዘይብልኩም ክነሰኹም ህጹጽ ሕክምናዊ ሓገዝን ምክርን ምስእትደልዩኖም ኣብ ዓዲ-እንግሊዝ እንተሃሊኹም፡ ናብ ኤን.ኤች.ኤስ. 111/NHS 111 ደውሉ ኢኹም።



ሓፈሻዊ ሓኪም ዝኹን ዶክተር (GP/ጂ.ፒ.): እቲ ከም ልሙድ፡ መጀመርታ ናብ ናይ ምድረ-ነገስት ትካል ኣገልግሎት ክንክን ጥዕና ተጠቀምቲ ኩነት-ም ምስመጻእኩም ዝርእየኩም ሞያዊ እዩ።



What is the National Health Service?

As a person granted humanitarian protection or refugee status, you are entitled to access the health services provided by the National Health Service (NHS) if you are living in Great Britain.

You can access the following services for free:

- General Practitioners (GPs), also known as family doctors
- Hospitals
- Maternity services

The NHS provides services to those who need medical treatment and can also help with - contraception, family planning, healthy eating and mental health.

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 of harm to yourself or others).



Visit a GP



Visit A&E



Call 999 or 111



ናብ ጂ.ፒ. ቅረቡ

ሃገራዊ አገልግሎት ጥዕና ከመይ ዝኣመሰለ እዩ?

ናይ ዕቕብ ስደተኛ ድዩስ ሰብአውነታዊ ኮነተ-ሃለባት ውሕስነት/ዕቕባ ከም ዝተዋህበኩም ሰባት መጠን፡ ኣብ ዓባይ-ብሪጣንያ ትነብሩ እንተሃሊኹም፡ ተጠቀምቲ ናይቶም ብመገዲ ሃገራዊ አገልግሎት ጥዕና (NHS) ዝወሃቡ አገልግሎታት ጥዕና ናይ ምዃን መሰል ኣለኩም።



ናብ A&E ቅረቡ

ነዞም ቀጺሎም ዝጥቀሱ ዓይነት አገልግሎታት ብዘይ ዝኹን ይኹን ክፍሊት ክትጥቀሙሎም ትክእሉ ኢኹም፡-

- ❖ ኢላታት ሓፈሻዊ ሕክምና ዝኹን ዶክተራት (ጂ.ፒ.ታት)፤ 'ናይ ስድራ-ቤት ሓካይም' ተባሂሎም እውን ዝፍለጡ
- ❖ ሆስፒታላት
- ❖ ናይ መወልዳን አገልግሎታት



ብቑጽሪ ተሌፎን 999 ወይ 111 ደውሉ

ኤን.ኤች.ኤስ.፡ ነቶም ሕክምና ዘድልዩም ዝምልከቶም ሰባት አገልግሎታት ዝህብ ኣካል እንዲሁም- ከም መከላኸሊ ጥንሲ፡ ውጥን ስድራ-ቤት፡ ምርግጋጽ ጥዕና ዝመልኡ ኣመጋግባም ኣእምሮኣዊ ጥዕናን ኣብ ዝኣመሰሉ መዳያት እውን ሓገዛት ክገብር ይክእል።

ኮነታት ጥዕናኹም ንናይ ኢሚግሬሽን ጉዳይኩም ዝጸሉ ረቕሒ ኣይኮንን፤ ነቶም ካብ ኤን.ኤች.ኤስ. ክትረኽቡዎም እትክእሉ አገልግሎታት እውን ክጸሉ ኣይክእልን። ዝኹን ይኹን ካብቶም ኣብ ኤን.ኤች.ኤስ. ዝሰርሑ ሞያውያን፡ ማለት እንተላይ ዶክተራት፡ ነርሳትን ናይ-ቃል ተርጎምትን፡ ፍቓድኩም ከይሓተቱ ነቲ ንኮነታት ጥዕናኹም ብዝምልከት ዝእኩብ ሓበሬታ፡ ካብ ኤን.ኤች.ኤስ. ወጻኢ ናብ ዝኹን ውልቀ-ሰብ ድዩስ ትካል ኣይከመሓላልፍዎን እዮም (ብዘይካ ኣብ ኣዝዮም ፍሉያት ዝኹን ኮነታት፤ ንኣብነት፡ ሓኪም ኣብ ልዕሊ ገዛእ-ርእሰኹም ወይ ኣብ ልዕሊ ካልኣት ሓደጋ ከተውርዱ ትክእሉ ኢኹም ኢሉ ምስዝኣምን)።



Seeing a General Practitioner (GP)

What are GP services?

Visit a GP if it is not an emergency and you need to see a doctor or nurse about your health. GPs are highly skilled doctors who are trained in all aspects of general medicine e.g. child health, adult medicine and mental health. Practice nurses are qualified and registered nurses who usually run clinics for long-term conditions e.g. diabetes.

GPs also provide services such as:

- Antenatal care (care for pregnant women and their unborn children)
- Vaccinations
- Advice on smoking and diet

You will not be charged for the majority of GP services.

ሓፈሻዊ ሓኪም (GP/ጂ.ፒ.) ናብ ዝኹነ ሓኪም ምቕራብ

ኣገልግሎታት ጂ.ፒ. ከመይ ዝኣመሰሉ እዮም?

ህጹጽ ዝኹነ ሓገዝ ዘድልዮ ጥዕናዊ ጸገም ምስዝህልወኩም እሞ ናብ ሓኪም ወይ ነርስ ክትቀርቡ ምስዘድልዩኩም፡ ኣብ ጂ.ፒ. ተራኣዩ። ጂ.ፒ.ታት ኣብ ኩላቶም ሸነኻት ሓፈሻዊ ሕክምና ዝሰልጠኑ - ልዑል ሞያዊ ብቕዓት ዘለዎም ሓካይም እዮም፤ ንኣብነት፡ ኣብ መዳይ ጥዕና ህጻናት፡ ሕክምና ናይቶም ንዓቕሚ ኣዳም ዝኣኸሉ ሰባት፡ ከምኡውን ሕክምና ኣእምሮ። ተግባራውያን ነርሳት፡ ብቑዕ ወረቓት ምስክር ዘለዎምን ምዝጉባትን ከይኖሩም፡ ናይ ነዊሕ እዋን ክትትል ኣብ ዘድልዩም ክለኒካዊ ጉዳያት ይጽመዱ፤ ንኣብነት ኣብ ምክትታል ሕሙማት ሸኮር

ጂ.ፒ.ታት እዞም ቀጺሎም ዝጥቀሱ ዓይነት ኣገልግሎታት እውን ይህቡ እዮም፡-

- ❖ ክንክን ቅድመ-ሕርሲ (ክንክን ነፍሰ-ጸራትን እተጠንሱ ዕሸላትን)
- ❖ ክታቦታት
- ❖ ኣብ ጉዳይ ምትካኽ ሽጋራን ኣመጋግባን ዘተኩረ ምኽሪ

ዝበዘሉ ካብ'ዞም ብጂ.ፒ.ታት ዝወሃቡ ኣገልግሎታት ንምርካብ ገንዘብ ንኸትከፍሉ ኣይክትግደዱን ኢኹም።



How do I register with a GP?

You will need to register at a GP surgery, also called a practice, near where you are living as soon as possible, even if you are not currently ill.

The NHS Choices website has a list of all GP surgeries in the UK: www.nhs.uk/Service-Search/GP/LocationSearch/4. You should check online to see where your nearest surgery is and how you can register there.

GP surgeries are generally open Monday to Friday between 8.30am and 6.30pm, and some surgeries are also open on Saturdays.

To register with a GP you will need to give your name, date of birth, address and telephone number if you have one. GP surgeries may ask to see proof of identity with your name and date of birth (such as your Biometric Residence Permit) and proof of address (such as your tenancy agreement). However, they cannot refuse to register you if these are not available. More information about registering with a GP can be found here:

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

After you have registered with your new GP you might be asked to have a health check. This will usually be carried out by a nurse. It is important that you go to this appointment even if you are well.

If you move to a different part of the UK you will need to register with a new GP.



Biometric Residence Permit



Proof of address



Health check

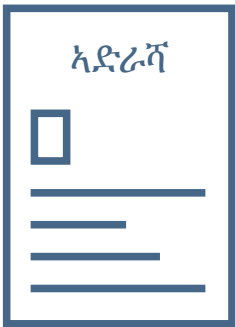


ባዮሜትሪካዊ ሰነድ ፍቻድ ነባሪነት

ከመይ ገይረ ኣብ ጂ.ፒ. ይምዝገብ?

ኣብ ዝሕሕጸረ እዋን ኣብ ከባቢኹም ናብ ዝርከብ ናይ ጂ.ፒ. ቦታ መጥባሕታዊ ኣገልግሎት ብምኻድ ክትምዝገቡ ከድልየኩም እዩ፤ እዚ ቦታ ልምምድ ተባሂሉ እውን ይጽዋዕ እዩ።

ነቑጣ መርብብ ሓበሬታ 'ኤን.ኤች.ኤስ. ቾይዘስ' ዝርዝር ናይ ኩላቶም ኣብ ምድረ-ነገስት ዝነጥፉ ናይ ጂ.ፒ. ቦታታት መጥባሕታዊ ኣገልግሎት ይርከቡ፡- www.nhs.uk/Service-Search/GP/LocationSearch/4 ። እቲ ናባኹም ዝቐረበ ቦታ መጥባሕታዊ ኣገልግሎት ናይ ጂ.ፒ. ኣበይ ከምዝርከብ ንክትፈልጡ፡ ኣብ መርብብ ሓበሬታ ክትፍትሹ ይግባእ።



መረጋገጺ ኣድራሻ ነባሪነት

ናይ ጂ.ፒ. ቦታታት መጥባሕታዊ ኣገልግሎት፡ ከም ልሙድ፡ ካብ ሰነይ ክሳብ ዓርቢ ኣብ ዘለዉ መዓልታታት- ካብ ሰዓት 8.30 ቅ.ቀ. ክሳብ ሰዓት 6.30 ድ.ቀ. ኣብ ዘሎ እዋን ዝኸፈቱ ክኹኑ እንከለዉ፡ ገሊኣቶም ድማ ኣብ ቀዳም እውን ክፉታት እዮም።

ኣብ ጂ.ፒ. ንክትምዝገቡ ስምኩም፡ ዕለት ልደትኩም፡ ኣድራሻኹምን ቍጽሪ ተሌፎንኩምን (እንተ ሃልዩኩም) ክትህቡ ከድልየኩም እዩ። ናይ ጂ.ፒ. ቦታታት መጥባሕታዊ ኣገልግሎት፡ ስምኩምን ዕለት ልደትኩምን ዘለዎ መለለዩ ወረቐት (ንኣብነት፡ ባዮሜትሪካዊ ሰነድ ፍቻድ ነባሪነት) ከተርእይዎም ክሓቱኹም ዝከኣል እዩ፤ ከምኡውን መረጋገጺ ኣድራሻኹም (ከም ሰነድ ውዕል ክራይ ዝዛ ዝኣመሰለ)። ይኹንምበር፡ እዞም ሰነዳት እዚኣቶም ስለዘይብልኩም ኣይክምዝግቡኹምን እዮም ማለት ኣይከብን። ኣብ ጂ.ፒ. ንምምዝጋብ ብዝምልከት ተወሳኺ ሓበሬታ ኣብ'ዚ ገጽ እዚ ክርከብ ይከኣል፡- <https://assets.nhs.uk/prod/documents/how-to-register-with-a-gp-asylum-seekers-and-refugees.pdf>



ጥዕናዊ መርመራ

ኣብ ናትኩም ሓድሽ ጂ.ፒ. ምስተመዝገብኩም፡ ጥዕናዊ መርመራ ንክትገብሩ ክትሕተቱ ተኸእሎ ኣሎ። እዚ፡ ከም ልሙድ፡ ብነርስ ዝሰላሰል ዕማም እዩ። ዋላ እውን ጽቡቕ ይስምዓኩም ይሃሉ፡ ኣብ'ዚ መዓልቲ ቁጸራ እዚ ክትከዱ ኣገዳሲ እዩ።

ናብ ካልእ ከባቢ ናይ ምድረ-ነገስት እንተግዲዝኩም፡ እንደገና ኣብ ሓድሽ ጂ.ፒ. ክትምዝገቡ ከድልየኩም እዩ።



What if a GP refuses to register me?

A GP surgery can refuse your application to register if they have reasonable grounds for doing so, but a surgery cannot refuse an application on the grounds of race, gender, social class, age, religion, sexual orientation, appearance, disability or medical condition. A GP surgery cannot refuse to register a patient because they do not have identification or proof of address.

If a GP refuses to register you, they must provide, free of charge, any immediately necessary treatment that is requested for a period of up to 14 days (this can vary according to circumstances).

If a GP surgery refuses to register you the surgery must notify you, in writing, of the refusal and the reason for it, within 14 days of its decision.

A GP surgery may not be able to register you if they have no space, but you will always be able to find another surgery near to your home that can register you.

If you have difficulty registering with a GP you can contact your local NHS England area team:

www.nhs.uk/Service-Search/Area-Team/LocationSearch/1839

ሓደ ጂ.ፒ. ምምዘጋብ እንተአበዩኝ?

ቦታ መጥባሕታዊ አገልግሎት ናይ ጂ.ፒ. ምምዘጋብ ንክኣብዩኩም ብቐዕ ምክንያት ምስዝህልዎ፡ ንናይ ምዝገባ መመልከቲኹም ክነጽጎ ተኸእሎ ኣሎ። ይኹን እምበር፡ እዚ ትካል እዚ፡ ምስ ዓሌት፡ ጾታ፡ ማሕበራዊ ደርቢ፡ ዕድሙ፡ ሃይማኖት፡ ጾታዊ ዝንባላ፡ ቊመና፡ ኩነተ-ስንክልና ድዩስ ምስ ኩነታት ጥዕና ብዝተኣሳሰር ምክንያት፡ ንመመልከቲ ምዝገባ ክነጽግ ኣይክእልን እዩ። ቦታ መጥባሕታዊ አገልግሎት ናይ ጂ.ፒ.፡ ‘መለለዩ ወረቐት ወይ መረጋገጺ ነባርነታዊ ኣድራሻ የብልካን ካብ ዝብል ምክንያት ተበጊሱ፡ ንሓደ ተሓካሚ ምምዘጋብ ክኸልከሎ ኣይክእልን እዩ።

ሓደ ጂ.ፒ. ምምዘጋብ ምስዝኣብዩኩም፡ ክሳብ 14 መዓልታት ንዝኣክል እዋንን ብዘይ ዝኹነ ይኹን ክፍሊትን፡ ኣድላዩ ዘበለ ህጹጽ ሕክምና ንክህብ ግዴታ ኣለዎ (እዚ ምስ ኩነታት ዝፈላለ ክኸውን ይኸእል)።

ቦታ መጥባሕታዊ አገልግሎት ናይ ጂ.ፒ. ምምዘጋብ ምስዝኣብዩኩም፡ ዝምልከቶ ጂ.ፒ. ናይ ምዝገባ ተቐባልነት ከምዘይረኽቡኩም ዝሕብር ጽሑፍ - ምስ ናይ ምክንያቱ ገይሩ - ብምልኣኽ ክፍልጠኩም ይግባእ። እዚ ድማ ውሳኔ ካብ ዝተዋህበሉ ግዜ ኣብ ውሽጢ 14 መዓልታት ክኸውን ዘለዎ እዩ።

ቦታ መጥባሕታዊ አገልግሎት ናይ ጂ.ፒ.፡ ቦታ ምስዝመልእ እውን ዘይክምዘገብኩም ይእኸል እዩ። ይኹን እምበር ኣብ ከባቢኹም ካልእ ክምዘገብኩም ዝኸእል ከምኡ ዝኣመሰለ ቦታ መጥባሕታዊ አገልግሎት ክትረኽቡ ናይ ግድን እዩ።

ምስ ጂ.ፒ. ኣብ ምምዘጋብ ጸገም ምስዘጋጥመኩም፡ ኣብ ከባቢኹም ንዝርከብ ቤት-ጽሕፈት ኤን.ኤች.ኤስ ናይ ጉጅለ ክሊ ዓዲ-እንግሊዝ ክትውከሱ ትኸእሉ ኢኹም፡-

www.nhs.uk/Service-Search/Area-Team/LocationSearch/1839



- Your local Patient Liaison Service: [www.nhs.uk/Service-Search/Patient-advice-and-liaison-services-\(PALS\)/LocationSearch/363](http://www.nhs.uk/Service-Search/Patient-advice-and-liaison-services-(PALS)/LocationSearch/363)
- Doctors of the World: www.doctorsoftheworld.org.uk/pages/UK-Programme



Male or female GP

How do I make an appointment?

To see a GP or nurse, you must make an appointment in person in the GP surgery or by telephone or online.

You can ask to see a male or female GP or nurse and your GP surgery will do their best to accommodate this.

You may have to wait a few days for a non-urgent appointment. If you think you need to see the doctor urgently tell the receptionist when you make the appointment that you need an emergency appointment. You will be seen that day if appropriate.

If the GP thinks you are too ill to come to the surgery, they may visit you at home.

GP appointments are usually 10 minutes long and occasionally longer if appropriate.

You must make a separate appointment for each family member as the GP or nurse will only be able to see one patient in each appointment.

Please make sure you arrive on time for your appointment or cancel it if you are unable to attend.



**Appointments
are usually
10 minutes long**



ወዲ-ተባዕታይ ወይ ጓለ'ንስተይቲ ጂ.ፒ.

- ❖ ኣብ ከባቢኹም ዝርከብ ኣራኻቢ ከባብያዊ ቤት-ጽሕፈት ተሓክምቲ፡- [www.nhs.uk/Service-Search/Patient-advice-and-liaison-services-\(PALS\)/LocationSearch/363](http://www.nhs.uk/Service-Search/Patient-advice-and-liaison-services-(PALS)/LocationSearch/363)
- ❖ ትካል ሓካይም ናይ ዓለም/ዶክተርስ ኦፍ ኦፍ ዘ ዎርልድ፡- www.doctorsoftheworld.org.uk/pages/UK-Programme

ከመይ ገይረ ቁጻራ ክሕዝ እኽእል?

ኣብ ጂ.ፒ. ድዩስ ናብ ነርስ ንምቕራብ፡ ብኣካል ናብ ቦታ መጥባሕታዊ ኣገልግሎት ናይ ጂ.ፒ. ቀሪብኩም ድዩስ ብመገዲ ተሌፎን ወይ መርበብ ሓበሬታ ቁጻራ ክትሕዙ ይግባእ።

ኣብ ቦታ መጥባሕታዊ ኣገልግሎት ናይ ጂ.ፒ. ንሕክምና ኣብ እትቐርቡሉ፡ ብወዲ-ተባዕታይ ወይ ብጓለ'ንስተይቲ ጂ.ፒ. ወይ ነርስ ንኸትረኣዩ ሕቶ ከተቐርቡ ትኽእሉ ኢኹም። እቲ ትካል ድማ ንድልየትኩም ከማልእ ዝከኣሎ ክገብር እዩ።

ህጹጻት ኣብ ዘይኮኑ ቁጻራታት ንሒደት መዓልታት ክትጽብዩ ተኸእሎ ኣሎ። ናብ ሓኪም ብህጹጽ ክትቐርቡ ዘለኩም ከወይኑ ምስዝስምዓኩም፡ ቁጻራ ኣብ እትሕዙሉ እዋን ንተቐባሊት ኣጋይሽ ብዛዕባኡ ሓብርዎ ኢኹም። ምኽንያትኩም ቅቡል እንተኹይኑ ኣብ'ታ መዓልቲ እቲኣ ናብ ሓኪም ክትቐርቡ ኢኹም።

ጂ.ፒ. ብምኽንያት ጥዕናዊ ወጽኣኹም ናብ ቦታ መጥባሕታዊ ኣገልግሎት ናይ ጂ.ፒ. ንኸትመጹ ከምዘጸግመኩም ምስዝኣምን፡ ናብ ገዛኹም ብምምጻእ ክሕክመኩም ተኸእሎ ኣሎ።

ናብ ጂ.ፒ. ቀሪብኩም እትረእዩሉ እዋን፡ ሳሕቲ ከም ኣገደስነቱ እንተዘይከውይኑ ካብ 10 ደቓይቓ ዘይነውሕ እዩ።

ጂ.ፒ. ወይ ነርስ ኣብ ነፍሲወከፍ ናይ ቁጻራ ግዜ ንሓደ ሰብ ጥራይ ስለዝርኢ፡ ንነፍሲወከፍ ኣባል ሰድራ-ቤት ናይ ገዛእ-ርእሱ ናይ ቁጻራ ግዜ ፍለዩሉ።

ብኸብረትኩም፡ ኣብ ግዜ ቁጻራኹም ሰዓትኩም ኣኸቢርኩም ከምእትቐርቡ ግበሩ፤ ክትመጹ ዘይትኸእሉ እንተኹንኩም ድማ ኣቐዲምኩም ስርዝዎ።



ኣብ ግዜ ቁጻራ እትጸንሑሉ እዋን ከም ንቡር ካብ 10 ደቓይቓ ዝሓልፍ ኣይኮነን



What if I do not speak English?

If you need an interpreter you must tell the receptionist when you make the appointment. Tell the staff which language you speak and they will book an interpreter for you or get an interpreter on the phone.

It is important that you and the doctor understand each other so that he/she can make an accurate diagnosis of your problem.

You will not be charged if you require an interpreter. Everything discussed in the consultation is confidential including anything discussed in the presence of an interpreter.

What do I do if my GP surgery is closed?

If your GP surgery is closed:

- For minor illness or injury (cuts, sprains, or rashes), you can visit a walk-in centre, minor injuries unit or urgent care centre. Visit NHS Choices online (www.nhs.uk/pages/home.aspx) to find your nearest centre.
- You can also get medical help for problems that cannot wait by calling the NHS non-emergency number, 111. This number is free to call and the service is available 24 hours a day. You will be asked for some details, such as your name and address. If you do not speak English, you will need to either request an interpreter in English at the beginning of the call or ask a friend or relative to make the call for you to ask for an interpreter.

ብቋንቋ እንግሊዝ ዘይዛረብ እንተኾይነኸ?

ዘሰንየኩም ናይ ቃል ተርጓሚ ክምደበልኩም እንተደሊኹም፡ ቁጻራ ኣብ እትሕዙሉ እዋን ንተቐባሊት ኣጋይሽ ብዛዕባኡ ሓብርዎ ኢኹም። ንሰራሕተኛታትና ብኣየናይ ቋንቋ ክምእትዛረቡ ሓብርዎም፡ ዘሰንየኩም ናይ ቃል ተርጓሚ ክምዘምደበልኩም ወይ ብመገዲ ተሌፎን ኣገልግሎት ትርጉም ቃል ክምእትረኽቡ ክገብሩ እዮም።

ኣብ ኩነታት ሕማምኩም ልክዕ ነጻርታ ምእንቲ ክገብር፡ ንስኹምን ዶክተርኩምን ብዝግባእ ክትረዳድኡ ኣገዳሲ እዩ።

ኣገልግሎት ናይ ቃል ትርጉም ዘድልየኩም እንተኾይኑ፡ ገንዘብ ኣይትኸፍሉን ኢኹም። ኩሉ እቲ ኣብ ቅድሚ ሓኪም ዝግበር ዝርርብ ምስጢራውነቱ ስቱር እዩ፤ ዋላ እውን እቲ ኣብ ቅድሚ ተርጓሚ ዝዘረብ።

ዝተመዘገብኩሉ ቦታ መጥባሕታዊ ኣገልግሎት ናይ ጂ.ፒ. ምስዝዕጸኸ?

ዝተመዘገብኩምሉ ቦታ መጥባሕታዊ ኣገልግሎት ናይ ጂ.ፒ. ምስዝዕጸ፡-

- ❖ ቅልል ዝበሉ ሕማማት ወይ ኣካላዊ መጎዳእታት (ምሕራድ፡ መቐጻይቲ ወይ ሽፍ ዝበለ ዕንፍሩር ቁርበት)፡ ብእግሪ ናብ ዝኸየድ ማእከል ሕክምና፡ ኣሃዱ ፈኩስቲ ኣካላዊ ማህሰይታት፡ ወይ ናብ ማእከል ህጹጽ ሕክምናዊ ክንክን ክትከዱ ትክእሉ ኢኹም። ነቲ ናባኹም ዝቐረበ ማእከል ንክትረኽብዎ፡ ናብ 'ኤን.ኤች.ኤስ. ቆይዝስ' ብቐጥታ ብመገዲ መርበብ ሓበሬታ እተዉ፡- (www.nhs.uk/pages/home.aspx)
- ❖ ናብ ናይ ኤን.ኤች.ኤስ. ናይ ዘይህጹጽ ቍጽሪ ተሌፎን፡ ማለት III፡ ብምድዋል እውን፡ ይውዳለለይ-ይሕደረለይ ብዛዕባ ዘይበሃሉ ጥዕናዊ ጸገማት ዝመጸ ሓገዝ ክትረኽቡ ትክእሉ ኢኹም። እዚ ቍጽሪ ተሌፎን እዚ ብናጻ ዝድወሎ ኣብ ርእሲ ምዃኑ፡ ን 24 ኣብ መዓልቲ ክፉት እዩ። ገለ ንዓኹም ዝምልከቱ ሓበሬታታት ንክትህቡ ክትሕተቱ ኢኹም፤ ንኣብነት ስምኩምን ኣድራሻኹምን። ብቋንቋ እንግሊዝ ዘይትዛረቡ እንተኾይኩም፡ ኣብ ምጅማር ናይ ዝርርብ ተሌፎንኩም ብቋንቋ እንግሊዝ ብምዝራብ፡ ተርጓሚ ንክሕግዝኩም ክትሓቱ ወይ ድማ ፈታዊኹም ድዩስ ኣባል ቤተ-ሰብኩም ኣብ ክንዳኹም ደዊሉ ተርጓሚ ክምዘድልየኩም ክሕብረልኩም ከድልየኩም እዩ።



How do I access specialist services?

Your GP will decide if you need to see specialist services (for example, a specialist doctor in a hospital). A specialist doctor can also be called a consultant.

Everyone has to wait to see a specialist; the waiting time can vary from two weeks to a number of months.

The hospital will write to you with details of your appointment.

If you need an interpreter, contact the hospital and let them know.

It is very important that you tell your doctor that you have either Humanitarian Protection or refugee status so that you do not get charged for any part of your hospital stay and treatment.



Specialist





በዓል-ፍሉይ ሞያ ሓኪም

ከመይ ገይረ ተጠቃሚ ናይ ሰብ-ፍሉይ-ሞያ ሕክምናዊ ኣገልግሎት ክኸውን እኽእል?

ናይ በዓል-ፍሉይ-ሞያ ሕክምናዊ ኣገልግሎት (ንኣብነት - ኣብ ሆስፒታል ዝነጥፍ በዓል-ፍሉይ-ሞያ ሓኪም) ዘድልዮኩም እንተኹይኑ፡ ናትኩም ጂ.ፒ. ነዚ ኣመልኪቱ ውሳኔ ኪህብ እዩ። በዓል-ፍሉይ-ሞያ ሓኪም 'ኣማኻሪ' ተባሂሉ እውን ክጽዋዕ ዝከኣል እዩ።

ዝኸነ፣ ይኸን ናብ በዓል-ፍሉይ-ሞያ ሓኪም ዝቐርብ ዘለዎ ሰብ ክጽበ ይግደድ። እቲ ናይ ትጽቢት ግዜ ካብ ናይ ክልተ-ቅን እዋን ክሳብ ኣዳለይ ኣዋርሕ ዝፈላለ ክኸውን ዝከኣል እዩ።

ዝምልከቶ ሆስፒታል ዝርዝር ሓበሬታ ናይ ቁጻራኹም ዘስፈረ ጽሑፍ ክሰደልኩም እዩ።

ናይ ቃል ተርጓሚ ዘድልዮኩም እንተኹይኑ፡ ንዝምልከቶ ሆስፒታል ረኪብኩም ኣፍልጥዎ ኢኹም።

ኣምሳያ ኣብ ሆስፒታል እትጸንሑዎ እዋን ድዩስ ኣብኡ ዝግበረልኩም ሕክምና ዝኸነ፣ ይኸን ገንዘብ ምእንቲ ከይትኸፍሉ፡ ከም ዕቑባት ስደተኛታት ተቐባልነት ዘለኩም ወይ ድማ ሰብኣዊ ዕቕዓን ዝተዋህበኩም ሰባት ምዃንኩም ንኣኪም ክትሕብሩ ኣዝዩ ኣገዳሲ ጉዳይ እዩ።



Mental Health Services

Mental health problems range from the worries we all experience as part of everyday life to serious long-term conditions. Anxiety, post-traumatic stress disorder and depression are the most common problems. If you have been feeling depressed for more than a few weeks or your anxiety is affecting your daily life, make an appointment to speak to your doctor.

Advice is also available on the NHS website to support you on your way to feeling better. The NHS website also gives details of support organisations and their helplines that you can contact for help and advice.

The helplines are staffed by specially trained volunteers who will listen to you, understand what you are going through and help you through your immediate crisis.

Please visit www.nhs.uk/livewell/mentalhealth/Pages/Mentalhealthhome.aspx

How to access these services:

Help is also available from the Samaritans, a charitable organisation operating a 24-hour service available every day of the year. www.samaritans.org/how-we-can-help/contact-samaritan/. You can telephone them on 116 123 or email them at jo@samaritans.org.

You can check on the Directory of Mental Health and Wellbeing Services at to see what your local area offers.

Further advice can be found at:

www.nhs.uk/conditions/Suicide/Pages/Getting-help.aspx

Migrant Health

Website: <https://migrant.health/>



አገልግሎታት አእምሮአዊ ጥዕና



ጸገማት ጥዕና አእምሮ ካብቶም ኣብ'ቲ ኣብ መዓልታዊ ህይወትና ከጋጥመና ዝኸለል ጭንቀት ክሳብ ንህይወት ኣብ ሓደጋ ከእቱ ዝኸለል ናይ ነዊሕ እዋን ጸገም ዝፈላለዩ እዮም። ራዕዲ፣ ድሕሪ ኣሰቃቂ ተመኲሮ ዝኸሰት አእምሮአዊ ጸቕጢ-ዝጠንቁ ምምዝባል፣ ከምኡውን ቅዛነት - እቶም ልሙዳት ዝኸኑት ቀንዲ ጸገማት እዮም። ንልዕሊ ገለ ሰሙናት ኣብ ቅዛነት ኣቲኹም ምስእትጸንሑ ወይ ኮነተ-ራዕድኹም ንመዓልታዊ ህይወትኩም ይጸልዎ እንተሃልዩ፣ ብዛዕባ ኮነታትኩም ምስ ሓኪምኩም ንምዝርራብ ቁጸራ ሓዙ።



ናብ ዝሓሸ ስምዒት ክመርሓኩም ዝኸለል ምኽሪ ዝሓዘ ትሕዝቶ እውን ኣብ ነቕጣ መርበብ ሓበሬታ ኤን.ኤች.ኤስ. ይርከብ እዩ። ነቕጣ መርበብ ሓበሬታ ኤን.ኤች.ኤስ. ዝርዝራዊ ሓበሬታ ናይተን ደገፍ ዝገብራ ትካላት ምስ ናይ ናጻ ቊጽርታት ተሌፎን ሓገዛትን ምኽርን ዘስፈረ እዩ።

ሰራሕተኛታት ናይዞም ናጻ ቊጽርታት ተሌፎን ሓገዝን ምኽርን ብፍሉይ ዝሰልጠኑ ወለንተኛታት ከወይኖም፣ ብዝግባእ ሰሚዖምን ብዛዕባ እትሓልፍዎ ዘለኹም ተመኲሮ ብምግንዛብን ህጹጽ ሓገዝ ምስዘድልዩኩም ከምእትሕገዙ ክገብሩ ዝኸለሉ እዮም።

ብኸብረትኩም ኣብ'ዚ ክፈቱ፡- www.nhs.uk/livewell/mentalhealth/Pages/Mentalhealthhome.aspx

ነዞም አገልግሎታት እዚአቶም ክትጥቀሙሎም እትኸእሉሉ መገዲ፡-

አገልግሎታቱ ኣብ መላእ ዓመት ን 24 ሰዓታት ናይ መዓልቲ ክፉት ብምግባር ካብ ዝነጥፍ ግብረ-ሰናይዊ ትካል ሳማሪታንስ እውን ሓገዝ ክትረኽቡ ትእኸሉ ኢኹም። www.samaritans.org/how-we-can-help/contact-samaritan/ ብቕጽሪ ተሌፎን 116 123 ክትድውሉሎም ወይ ብ jo@samaritans.org ናይ ኢ-መይል መልእኽቲ ክትሰዱሎም ትኸእሉ ኢኹም።

ኣብ ውሽጢ ከባብያዊ ምምሕዳርኩም ከመይ ዝኣመሰሉ አገልግሎታት ከምዝወሃቡ ንምፍላጥ፣ መዝገብ ዝርዝር አገልግሎታት አእምሮአዊ ጥዕናን ኮለንትናዊ ድሕነትን ክትፍትኹ ትኸእሉ ኢኹም።

ተወሳኺ ምኽሪ ኣብ'ዚ ክርከብ ይከኣል፡-

www.nhs.uk/conditions/Suicide/Pages/Getting-help.aspx

ትካል ጥዕና ስደተኛታት (Migrant Health)
ነቕጣ መርበብ ሓበሬታ፡- <https://migrant.health/>

Mind

Tel: 0300 123 3993

Website: <https://www.mind.org.uk/>

Priory Group

Tel: 0800 6911552

Website: <https://www.priorygroup.com/>

Psychiatry – UK

Tel: 0330 1241980

Website: <https://www.psychiatry-uk.com/>

Refugee Council

Website: <https://www.refugeecouncil.org.uk/>

Traumatic Stress Service – South London and Maudsley

NHS Foundation Trust

Tel: 020 322829 69

Kooth (for children and young people)

Tel: 0845 3307090

ማይንድ/Mind

ተሌ.:- 0300 123 3993

ነቅጥ መርበብ ሓበሬታ:- <https://www.mind.org.uk/>

ጉጅለ ፕራዮሪ

ተሌ.:- 0800 6911552

ነቅጥ መርበብ ሓበሬታ:- <https://www.priorygroup.com/>

ሕክምና አእምሮ – ምድረ-ነገስት

ተሌ.:- 0330 1241980

ነቅጥ መርበብ ሓበሬታ:- <https://www.psychiatry-uk.com/>

ቤት-ምክሪ ዕቅድ ስደተኛታት

ነቅጥ መርበብ ሓበሬታ:- <https://www.refugeecouncil.org.uk/>

አገልግሎት ሕክምና ናይ አሰቃቂ ተመኮሮ-ዝጠንቁ ጸቕጢ አእምሮ – ማዕከን
ውድብ ኤን.ኤች.ኤስ. ደቡባዊ ለንደንን ማውድስሊን

ተሌ.:- 020 322829 69

ኮዝ/Kooth (ንህጻናትን ነኣሽቱ መንእሰያትን)

ተሌ.:- 0845 3307090



What services do I access in an emergency?

If you or a family member has an accident or a sudden serious illness you should go to your nearest hospital with an A&E department which is free for everyone.

If it is an extreme emergency call 999 and ask for an ambulance to transport you to a hospital. This service is free of charge and should only be used in an emergency.

If you are able to, you may also make your own way to the A&E department.

Do not use A&E for minor medical problems.

Once your medical situation has been stabilised in the Accident and Emergency department you may need to stay in a specialist department of the hospital until you have fully recovered and can return home.

If you are admitted to hospital it is very important that you tell your doctor that you have either Humanitarian Protection or refugee status so that you do not get charged for any part of your hospital stay and treatment.

ኣብ እዋን ህጹጽ ረድኤት ዝጠልብ ኩነት፡ ዕድል ተጠቓሚነት ናይ ከመይ ዝኣመሰሉ ኣገልግሎታት እዩ ዘለኒ?

ንስኻትኩም ወይ ሓደ ካብ ኣባላት ስድራ-ቤትኩም ሓደጋ ምስዘጋጥም ወይ ሃንደበት ብዕቲኡ ምስዝሓምም፡ ክፍሊ A&E ናብ ዘለዎ ኣብ ጥቓኹም ዝርከብ ሆስፒታል ክትከዱ ይግባእ። እዚ ክፍሊ እዚ ንዝኹነ ይኹን ሰብ ሕክምናዊ ኣገልግሎት ብዘይ ክፍሊት ዝህብ እዩ።

ኣዝዩ ከቢድ ዝኹነ ጥዕናዊ ጸገም ኣብ ዘጋጥመሉ ብቑዳሪ ተሌፎን 999 ብምድዋል ናብ ሆስፒታል እተብጽሓኩም ኣምቡላንስ ንኸትለኣኸልኩም ሕተቱ። እዚ ኣገልግሎት እዚ ካብ ዝኹነ ይኹን ክፍሊት ናጻ ኩይኑ፡ ህጹጽ ጥዕናዊ ጸገም ኣብ ዘጋጥመሉ ጥራይ ኣብ ጠቕሚ ክውዕል ዘለዎ እዩ።

እንተኸኢልኩም ብናትኩም መገዲ ናብ ክፍሊ A&E ክትከዱ ትክእሉ ኢኹም።

ብምክንያት ነኣሸቱ ጥዕናዊ ጸገማት ናብ A&E ኣይትኪዱ ኢኹም።

ኣብ ክፍሊ ሓደጋን ህጹጽ ሕክምናዊ ረድኤትን ክንኩም ኩነታት ጥዕናኹም ምስተረጋገአ፡ ምሉእ-ብሙሉእ ሓዊኹም ናብ ቤትኩም ክሳብ እትምለሱ፡ ኣብ ናይ ሆስፒታል ክፍሊ ፍሉይ ሕክምና ክትጸንሑ ክድልዩኩም ተክእሎ ኣሎ።

ኣብ ሆስፒታል ከምእትድቅሱ ምስዝግበር፡ ኣምሳያ ኣብ ሆስፒታል እትጸንሕዎ እዋን ድዩስ ኣብኡ ዝግበረልኩም ሕክምና ዝኹነ ይኹን ገንዘብ ምእንቲ ከይትኸፍሉ፡ ከም ዕቑባት ስደተኛታት ተቐባልነት ዘለኩም ወይ ድማ ሰብኣዊ ዕቑባ ዝተዋህበኩም ሰባት ምዃንኩም ንሓኪም ክትሕብሩ ኣዝዩ ኣገዳሲ ጉዳይ እዩ።



How do I access medication from the pharmacy?



Pharmacy

Your GP may want you to take medicines and will write you a prescription. Take your prescription to the pharmacy or chemist.

You can visit NHS Choices to find your local pharmacy: www.nhs.uk/Service-Search/Pharmacy/LocationSearch/10 or ask for advice at your GP surgery.

The pharmacist can also give free advice on treating minor health problems, such as colds and coughs.

You can buy some medicines from the pharmacy without a prescription, including some painkillers and cough medicines however you will have to pay for these medicines.

You may be charged for prescription medicines (see next section).





ቤት-መሸጣ መድሃኒት

ከመይ ገይረ መድሃኒት ካብ ቤት-መሸጣ መድሃኒት ክወስድ እኽእል?

ናትኩም ጂ.ፒ. መድሃኒት ክእዘዘልኩም ስለዝኽእል፡ ናይ መድሃኒት መዘዘዚ ወረቓት ክጽሕፈልኩም እዩ። ነዚ ናይ መድሃኒት መዘዘዚ ወረቓት ናብ ቤት-መሸጣ መድሃኒት ወይ ክኢላ ስነ-ቀመም ውሰድዎ።

እቲ ናባኹም ዝቐረበ ቤት- መሸጣ መድሃኒት ኣበይ ከምዝርከብ ንምርኣይ፡ ኣብ ኤን.ኤች.ኤስ. ጃይዝስ ኣቲኹም ክትፍትሹ ትኽእሉ ኢኹም፡- www.nhs.uk/Service-Search/Pharmacy/LocationSearch/10 ወይ ድማ ናብ ቦታ መጥባሕታዊ ኣገልግሎት ናይ ጂ.ፒ. ብምኻድ ምኽሪ ክትሓቱ ዝከኣል እዩ።

ክኢላ ዓውዲ ምቅማም መድሃኒት እውን ንገለ ፍቲስ ዝበሉ ጥዕናዊ ጸገማት ብዝምልከት ናጻ ሞያዊ ምኽሪ ክልግሰልኩም ይኽእል እዩ። ንኣብነት ብዛዕባ ሳዓል።

ንገለ መድሃኒታት ብዘይ ወረቓት ትእዛዝ ናይ ሓኪም ካብ ቤት- መሸጣ መድሃኒት ክትገዝእዎም ትኽእሉ ኢኹም፤ ንኣብነት፡ ዝተወሰኑ ዓይነት ናይ ቃንዛን ናይ ሰዓል ኣፋውስ። ይኹንምበር፡ ነዞም መድሃኒታት እዚኣቶም ክትከፍሉሎም ክትግደዱ ኢኹም።

ንገለ ብመሰረት ወረቓት ትእዛዝ ሓኪም እትወስድዎም መድሃኒታት እውን ገንዘብ ክትከፍሉሎም ክትግደዱ ተኽእሎ ኣሎ (ንዝቐጽል ክፋል ተመልከቱ)።



How do I access financial support for health costs?

Although treatment on the NHS is free at the point of delivery, prescriptions, dental treatment, sight tests, wigs and fabric supports are not free to everyone in some parts of the UK.

Some people are automatically entitled to free prescriptions and dental care including children, pregnant women and people receiving certain benefits. NHS eye tests are also free for some people (for example children or those aged 60 or over).

If you are no longer receiving benefits but have a low income, you can get financial help by filling in an HC1 form. You will be asked to explain your current sources of income and to provide payslips if you have a job. You will then get an HC2 certificate which is normally valid for one year. The HC2 certificate covers:

- Prescription costs
- Dental costs
- Eye care costs
- Healthcare travel costs
- Wig and fabric supports

HC1 forms are available from your GP surgery, Jobcentre Plus, most NHS hospitals and may be available from your dentist or optician. You can also get an HC1 form by calling 0300 123 0849.

Visit NHS Choices for more information: www.nhs.uk/NHSEngland/Healthcosts/Pages/nhs-low-income-scheme.aspx



Prescription costs



Dental costs



Eye care costs



Travel costs



Wig and fabric supports



ወጻኢታት መድሃኒታዊ ትእዛዝ ሓኪም

ከመይ ገይረ ምስ ጥዕና ዝተኣሳሰሩ ወጻኢታት ንምሸፋን ገንዘባዊ ሓገዝ እረክብ?

ኣብ ኤን.ኤች.ኤስ. ዝወሃብ ሕክምና ካብ ክፍሊት ናጻ እኳ እንተኾነ፡ ኣብ ገለ ከባቢታት ናይ ምድረ-ነገስት ግን ዝእዘዙ መድሃኒታት፡ ሕክምና ስነ፡ መርመራ ርእየት ናይ ዓይይይ፡ ከምኡውን ምስ ሰብ-ሰርሖ ጸጉርን ጨርቅን ዝተኣሳሰሩ ወጻኢታት ግን ንኹሉ ሰብ ኣይኮነን ዝሕደጉሉ።



ወጻኢታት ሕክምና ስነ

ከም ህጻናት፡ ነፍሰ-ጸራትን ገለ ዓይነት ጠቕማዊ ሓገዝት ዝቐበሉ ሰባት ዝርከብዎም ገለ ተሓክምቲ፡ ትእዛዝ መድሃኒት ናይ ሓኪም ኮነ ሕክምና ስነ ንኸወሃቦም ብቐጥታ ተቐባልነት ይረኽቡ። ኣብ ኤን.ኤች.ኤስ. ዝካየዱ መርመራታት ዓይይይ እውን ንገለ ሰባት ብናጻ እዮም ዝወሃብዎም (ንኣብነት - ህጻናትን ዕድሚኦም 60 ዓመትን ልዕሊኡን ዝኾኑ ሰባት)።



ወጻኢታት ክንክን ዓይይ

ሓገዝት ምቕባል ኣቋራጽኩም እናሃለኹም መጠን ኣታዊኹም ትሑት ምስዝኾውን፡ ናይ HCl ቅጥዒ ብምምላእ ገንዘባዊ ሓገዝ ክትረኽቡ ትኽእሉ ኣለኩም። ኣብዚ እዋን እዚ ብዛዕባ ዘለዉኹም ምንጭታት ኣታዊ መብርሂ ክትህቡ፡ ስራሕ እንተሃልዩኩም ድማ ደምዝኩም ዝወሰድኩሙሉ መኽፈሊ ወረቓት ከተቐርቡ ክትሕተቱ ኢኹም። ድሕርዚ፡ ከም ንቡር ንኣደ ዓመት ዘገልግል ናይ HC2 ወረቓት ምስክር ክትወሃቡ ኢኹም። ናይ HC2 ወረቓት ምስክር ዝሸፍኖም ወጻኢታት፡-

- ❖ ወጻኢታት መድሃኒታዊ ትእዛዝ ሓኪም
- ❖ ወጻኢታት ሕክምና ስነ
- ❖ ወጻኢታት ክንክን ዓይይ
- ❖ ወጻኢታት መጓዓዝያ ናብ ትካል ክንክን ጥዕና
- ❖ ምስ ሰብ-ሰርሖ ጸጉርን ጨርቅን ዝተኣሳሰሩ ወጻኢታት



ወጻኢታት መጓዓዝያ ናብ ትካል ክንክን ጥዕና

ናይ HCl ቅጥዒታት ካብቲ ዝተመዝገብኩሙሉ ቦታ መጥባሕታዊ ኣገልግሎት ናይ ጂ.ፒ.፡ ካብ ትካል ጅብሰንተር ፕላስ፡ ካብ ዝበዝሑ ሆስፒታላት ናይ ኤን.ኤች.ኤስ.፡ ከምኡውን ካብ ናይ ስነ ይኹን ናይ ዓይይ ሓኪምኩም ክትረኽቡዎም እትኽእሉ እዮም። ብቑጽጺ ተሌፎን 0300 123 0849 ብምድዋል እውን ቅጥዒ ናይ HCl ክትረኽቡ ትኽእሉ ኢኹም።



ምስ ሰብ-ሰርሖ ጸጉርን ጨርቅን ዝተኣሳሰሩ ወጻኢታት

ተወሳኺ ሓበሬታ ንምርካብ ናብ ኤን.ኤች.ኤስ. ጃይዝስ እተወ፡- www.nhs.uk/NHSEngland/Healthcosts/Pages/nhs-low-income-scheme.aspx

| Service | Description of service | How to access |
|--------------------------|---|--|
| Dental care | <p>Regular check-ups allow your dentist to see if you have any dental problems and help to keep your mouth healthy. Your dentist will suggest how frequently you should have your next check-up based on how good your oral health is.</p> <p>Dental surgeries provide both private care and care under the NHS. If you are not entitled to a HC2 certificate you will have to pay for NHS dental care.</p> | <p>You can register at a dental surgery as an NHS patient. You can find your nearest dental surgery at www.nhs.uk/pages/home.aspx or ask the organisation supporting you for advice.</p> <p>If you require urgent dental care either:</p> <ol style="list-style-type: none"> 1) Call your dentist 2) Call NHS 111 3) If it is an emergency go to your nearest hospital with an A&E department |
| Eye care services | <p>If you need your eyes tested or need new glasses, make an appointment to see an optician.</p> <p>If you are not entitled to a HC2 certificate you will have to pay for eye sight tests and services.</p> | <p>There are opticians in most town centres.</p> <p>If you require urgent eye care either:</p> <ol style="list-style-type: none"> 1) Call NHS 111 2) If it is an emergency go to your nearest hospital with an Accident and Emergency department. |

| አገልግሎታት | መግለጺ ብዛዕባ አገልግሎት | ዕድል ተጠቃሚነት ከመይ ጌርካ ከምዝርከብ |
|-------------------------|--|---|
| <p>ክንክን ስኒ</p> | <p>ስሩዕ መርመራ ምክያድ፡ ሓኪም ስንኹም ጸገም ከምዘለኩምን ከምዘይብልኩምን ንክፈልጥ፡ ከምኡውን ሓፊሻዊ ጥዕና ኣፍኩም ሕሉው ንክኸውን ይሕግዝ። ጥዕና ኣስናንኩም ብምፍታሽ፡ ናትና ሓኪም ስኒ፡ ኣብ ከክንደይ እዋን ስሩዕ መርመራ ስኒ ከተካይዱ ከምዝግባእ ብዝምልከት ርእይቶ ክህብ እዩ።</p> <p>መጥባሕታዊ ማእከላት ናይ ጂ.ፒ.፡ ናይ ውልቂ ክንክናዊ አገልግሎት ዝህባ ኩይነን፡ ኣብ ትሕቲ ኤን.ኤች.ኤስ.ን እውን አገልግሎት ይህባ። ናይ HC2 ወረቆት ምስክር ንክትወስዱ መሰል ምስዘይህልወኩም፡ ከፊልኩም ኢኹም - ካብ ኤን.ኤች.ኤስ. አገልግሎት ሕክምና ስኒ ክትረኽቡ።</p> | <p>ከም ናይ ኤን.ኤች.ኤስ. ተሓከምቲ መጠን ኣብ ናይ ሕክምና ስኒ መጥባሕታዊ ማእከል ክትምዝገቡ ትክእሉ ኢኹም። ነቲ ናባኹም ዝቐረበ ከባብያዊ ናይ ሕክምና ስኒ መጥባሕታዊ ማእከል፡ ኣብ'ዚ ገጽ ክትረኽቡዎ ትክእሉ፡- www.nhs.uk/pages/home.aspx ወይ ድማ ነቲ ምክሪ ብምሃብ ዝድግፊኩም ትካል ብምሕታት።</p> <p>ህጹጽ ሕክምና ስኒ ምስዘድልየኩም፡ ሓዲ ካብ'ዞም ዚስዕቡ ክልተ ኣማራጺታት ውሰዱ፡-</p> <ol style="list-style-type: none"> 1) ናብ ናይ ስኒ ሓኪምኩም ደውሉ 2) ናብ ኤን.ኤች.ኤስ. III ደውሉ 3) ኮነታትኩም ህጹጽ ሓገዝ ዝጠልብ ምስዝኸውን፡ ክፍሊ A&E ናብ ዘለዎ ኣብ ጥቓኹም ዝርከብ ሆስፒታል ኪዱ |
| <p>አገልግሎታት ክንክን ዓይኒ</p> | <p>ኣዲንትኹም ክትምርመሩ ወይ ሓድሽ መነጽር/መረጺን እንተደሊኹም፡ ናብ ሓኪም ዓይኒ ንምቕራብ ቁጸራ ሓዙ።</p> <p>ናይ HC2 ወረቆት ምስክር ንክትወስዱ መሰል ምስዘይህልወኩም፡ ከፊልኩም ኢኹም - ካብ ኤን.ኤች.ኤስ. አገልግሎት ሕክምና ዓይኒ ክትረኽቡ፤ ማለት እንተላይ ንመርመራ ርእየት ናይ ኣዲንቲ ብዝምልከት እውን።</p> | <p>ኣብ መብዛሕትኣን ማእከላት ናይ ንኡሳን-ከተማ ሓካይም ዓይኒ ኣለዉ።</p> <p>ህጹጽ ሕክምና ዓይኒ ምስዘድልየኩም፡ ሓዲ ካብ'ዞም ዚስዕቡ ክልተ ኣማራጺታት ውሰዱ፡-</p> <ol style="list-style-type: none"> 1) ናብ ኤን.ኤች.ኤስ. III ደውሉ 2) ኮነታትኩም ህጹጽ ሓገዝ ዝጠልብ ምስዝኸውን፡ ክፍሊ ሓዲጋታትን ህጹጽ ረድኤትን ናብ ዘለዎ - ኣብ ጥቓኹም ዝርከብ ሆስፒታል ኪዱ |

Sexual health services

Sexual health services are free and available to everyone regardless of sex, age, ethnic origin and sexual orientation.

Sexual health services are provided by GPs and specialised sexual health clinics. You can visit any sexual health clinic; it doesn't have to be one in your local area. For sexual health services, you do not have to give your real name or tell staff who your GP is if you do not want to.

You can find your nearest sexual health service at www.nhs.uk/pages/home.aspx

Maternity services

You can access maternity services for free care including during pregnancy, childbirth and postnatal care.

It is very important that you tell your midwife or doctor that you have either Humanitarian Protection or refugee status so that you do not get charged.

After the birth of your child extra support will be given in the form of child health visitors. These are qualified nurses who provide free support and advice to new mothers. They may come to visit you and your baby at your home.

When you first learn that you are pregnant book an appointment to see your GP as soon as possible and your GP will give you the details of NHS help and services available.

| | | |
|------------------------|---|---|
| <p>አገልግሎታት ጸታዊ ጥዕና</p> | <p>አገልግሎታት ጸታዊ ጥዕና - ጸታ: ዕድመ: መበቆልን ጸታዊ ዝንባላን ብዘየገድስ: ንኹሉ ሰብ ብናጻ ዝውሃብ እዩ።</p> <p>አገልግሎታት ጸታዊ ጥዕና ብመገዲ ጂ.ፒ.ታትን ፍሉይት ክሊኒካት ጸታዊ ጥዕናን ዝወሃቡ እዮም። ናብ ዝኹነ ይኹን ክሊኒክ ጸታዊ ጥዕና ክትቀርቡ ትክእሉ ኢኹም፤ ኣብ ከባቢኹም ዝርከብ ክኸውን ግዴታዊ ኣይከዕንን። አገልግሎታት ጸታዊ ጥዕና ንምርካብ: ሓቀኛ ስምኩም ንክትነግሩ ኩነ ናትኩም ጂ.ፒ. መን ምጳኑ ንክትሕብሩ ኣይትግደዱን ኢኹም።</p> | <p>ነቲ ኣብ ከባቢኹም ንዝርከብ ክሊኒካት ጸታዊ ጥዕና ኣብ'ዚ ገጽ እዚ ብምእታው ክትረኽቡዎ ትክእሉ ኢኹም፡- www.nhs.uk/pages/home.aspx</p> |
| <p>አገልግሎታት መወልዳን</p> | <p>ኣብ እዋን ጥንሲ ይኹን ኣብ ግዜ ሕርሲ ወይ ድሕሪኡ: አገልግሎታት መወልዳን ካብ ክፍሊት ናጻ ብዝኹነ መልክዕ ኪወሃበክን ዝከኣል እዩ።</p> <p>ዝኹነ ይኹን ገንዘብ ምእንቲ ከይትኸፍሉ: ከም ዕቕባት ስደተኛታት ተቐባልነት ዘለኩም ወይ ድማ ሰብኣዊ ዕቕዓብ ዝተዋህበኩም ሰባት ምጳንኩም ንመሕረሲ/ት ወይ ንሓኪም ክትሕብሩ ኣዝዩ ኣገዳሲ ጉዳይ እዩ።</p> <p>ምስተጋላገልግክን ብመገዲ ኣብ ጥዕና ህጻን ዘተኩሩ በጻሕቲ ኣቢሉ ተወሳኺ ደገፍ ክግበረልክን እዩ። እዞም በጻሕቲ እዚኣቶም ወረቓቕቲ ምስክር ዘለዎም ነርሳት ኩይኖም: ብናጻ ደገፍ ዝገብሩን ንበኳራት ኣዴታት ምኽሪ ዝልግሱን እዮም። ንዓኸንን ንዕሸልክንን ንኸርእዩኸን ናብ ገዛኸን ክበጽሑ ተክእሎ ኣሎ።</p> | <p>ድቂ ከምዝሓዝክን ምስፈለጥክን: ብዝተኸለለ መጠን ኣብ ዝሓጸረ እዋን ናብ ናትክን ጂ.ፒ. ንምቕራብ ቁጻራ ሓዛ ኢኸን። ናትክን ጂ.ፒ. ዝርዝር ሓበሬታ ናይቶም ካብ ኤን.ኤች.ኤስ. ክርከቡ ዝክእሉ ሓገዛትን ኣገልግሎታትን ክህበክን እዩ።</p> |

Mental health

Mental health services in England deal with a wide range of issues including depression, anxiety and post traumatic stress disorder. There are services for children, young people and adults including older adults.

How and what services are available in each area may differ.

Your GP will be able to provide information on what services are available in your area. You can also look on NHS Choices: <https://www.nhs.uk/pages/home.aspx>

You can access NHS mental health services for free.

There are a number of ways to access support for mental health problems.

You can make an appointment with your GP and ask them to refer you or a child to a mental health service.

There may be local mental health services provided by the voluntary sector, either ask your GP or look on NHS Choices for what is available in your area.

If you are an adult with depression or anxiety, your local Improving Access to Psychological Therapies services may allow you to refer yourself without seeing your GP. Look on NHS Choices to see what is available in your area:

www.nhs.uk/pages/home.aspx

If you are dealing with a mental health crisis, you can:

- 1) Look on NHS Choices for crisis services in your area
- 2) Contact NHS 111
- 3) You could go to your nearest hospital with an A&E department

አእምሮአዊ ጥዕና

ኣብ ዓዲ-እንግሊዝ፡ ኣገልግሎታት ኣእምሮአዊ ጥዕና፡ ከም ራዕዲ፡ ድሕሪ ኣሰቃቂ ተመኰሮ ዝኸሰት ኣእምሮአዊ ጸቕጢ-ዝጠንቁ ምምዝባል፡ ከምኡ'ውን ከም ቅዛነት ምስ ዝኣመሰሉ ዝተፈላለዩ ጸገማት ዝተኣሳሰሩ እዮም። እንተላይ ብዕድመ ንዝደፍኡ ሰባት ኣብ ግምት ዘእተዉ ኣገልግሎታት ናይ ህጻናት፡ ከምኡ'ውን ነኣሽቱን ዓበይትን መንእሰያት ኣለዉ።

ኣገባባትን ዓይነትን ናይ ዝወሃቡ ኣገልግሎታት ካብ ሓደ ካባቢ ናብ ካልእ ዝፈላለዩ ክኹኑ ይኸእሉ እዮም።

ናትኩም ጂ.ፒ. ኣብ ከባቢኹም ከመይ ዝኣመሰሉ ኣገልግሎታት ክርከቡ ከምዝኸእሉ ክሕብረኩም እዩ። ኣብ ኤን.ኤች.ኤስ. ቾይዝስ ብምእታው እውን ሓበሬታ ሃሰው ክትብሉ ትኸእሉ ኢኹም፡-

<https://www.nhs.uk/pages/home.aspx>

ንኣገልግሎት ኣእምሮአዊ ጥዕና ናይ ኤን.ኤች.ኤስ. ብናጻ ክትጥቀሙሉ ትኸእሉ ኢኹም።

ንጸገም ጥዕና ኣእምሮ ብዝምልከት ደገፍ ክትረኽቡሎም እትኸእሉ ሓያለይ መገድታት ኣለዉ።

ምስ ናትኩም ጂ.ፒ. ቁጻራ ብምሓዝ ንዓኹም ወይ ትሕዝቲ-ዕድመ ንዝኹነ ውላድኩም ናብ ኣገልግሎት ኣእምሮአዊ ጥዕና ብሪፊራል መልክዕ ንኸሰደኩም ሕቶ ክተቕርቡ ትኸእሉ ኢኹም።

ብጽላት ወለንተኛታት ዝወሃብ ከባቢያዊ ኣገልግሎት ኣእምሮአዊ ጥዕና ክህሉ ይኸእል እዩ። ነዚ ብዝምልከት ንናትኩም ጂ.ፒ. ተወከሱ ወይ ድማ ኣብ ኤን.ኤች.ኤስ. ቾይዝስ ብምእታው ኣብ ከባቢኹም ከምኡ ዝኣመሰለ ኣገልግሎት ምህላወን ዘይምህላወን ፈትኹ።

ኩነተ-ቅዛነት ወይ ኩነተ-ጸቕጢ ኣእምሮ ዘለኩም'ዎ ዕድሜኹም ንዓቕሚ ሰብ ዝኣኸለ ምስእትኹኑ፡ ኣብ ከባቢኹም ዝርከብ ትካል 'ምሕያል ዕድል ተጠቓምነት ኣብ መዳይ ኣገልግሎት ስነ-ልቦናዊ ፍውሳ' ንናትኩም ጂ.ፒ. ከይተወከስኩም ባዕልኹም ብሪፊራል መልክዕ ንኸትመጽዎ ከፍቅደልኩም ተኸእሎ ኣሎ። ኣብ ኤን.ኤች.ኤስ. ቾይዝስ ብምእታው ብዛዕባ ኣብ ከባቢኹም ዘለዉ ዕድላት ፈትኹ፡-

www.nhs.uk/pages/home.aspx

ብዛዕባ ኩነታት ኣእምሮአዊ ጥዕናኹም ትጽገሙ እንተሃሊኹም፡-

- 1) ብዛዕባ ኣብ ከባቢኹም ዝወሃብ ናይ ግዜ ጸገም ኣገልግሎት ንምፍታሽ፡ ኣብ ኤን.ኤች.ኤስ. ቾይዝስ ርኣዩ
- 2) ን ኤን.ኤች.ኤስ. III ተወከሱ
- 3) ናብ'ቲ ክፍሊ A&E ዘለዎ ኣብ ጥቓኹም ዝርከብ ሆስፒታል ክትከዱ ትኸእሉ ኢኹም

Drugs, alcohol and smoking

It is illegal to:

- Buy alcohol when under 18, or sell alcohol to anyone under 18
- Sell tobacco products to anyone under 18
- Smoke in an indoors public place or workplace
- Drive or sit in the driving seat of a vehicle when you have been drinking alcohol or taking illegal drugs and some prescribed medicines
- Possess or sell some drugs

There are many organisations that can give you confidential, non-judgemental advice on reducing or stopping the use of alcohol, nicotine or drugs.

You can visit your GP or pharmacy for further support and information.

አደንዘዝቲ ባእታታት፡ አልኮልን ምትካኽ ሽጋራን

ከምዚ ዚስዕብ ምግባር ዘይሕጋዊ እዩ፡-

- ❖ ዕድሜኻ ትሕቲ 18 ዓመት ክነሱ ኣልኮላዊ መስተ ምዕዳግ፡ ወይ ድማ ዕድሜኡ ትሕቲ 18 ዓመት ዝኾነ ሰብ ኣልኮላዊ መስተ ምሻጥ
- ❖ ትሕቲ 18 ዓመት ንዝዕድሚኡ ዝኾነ ይኹን ሰብ ትንባኽ ምሻጥ
- ❖ ኣብ ዕጹዋት ህዝባውያን ቦታታት ወይ ኣብ ቦታ ስራሕ ብምኽን ሽጋራ ምትካኽ
- ❖ ኣልኮላዊ መስተ ሰቲኻ ድዩስ ክልኩላት ኣደንዘዝቲ ነገራት ወይ ብሓኪም ዝተኣዘዙ ገለ ኣደንዘዝቲ መድሃኒታት ድሕሪ ምውሳድ፡ ኣብ ሰዲለ ናይ መራሒ ማኪና ኮፍ ኢልካ ምጽናሕ
- ❖ ዘይሕጋውያን ኣደንዘዝቲ ባእታታት

ንምቀራጽ ወይ ምንካይ መጠን ሃልኪ ኣልኮል፡ ኒኮቲን ድዩስ ኣደንዘዝቲ ባእታታት ብዝምልከት፡ ብዙሓት ስቱርን ዘይኣብናጸቢን ምኽሪ ክልግሳ ዝኸእላ ትካላት ኣለዎ።

ተወሳኺ ደገፍን ሓበሬታን ንምርካብ ናብ ናትኩም ጂ.ፒ. ወይ ናብ ፋርማሲ ክትከዱ ትኸእሉ ኢኹም።

Summary

A General Practitioner (GP) is the first doctor you will usually visit when accessing healthcare – you should register with a GP as soon as possible



If someone is seriously ill or injured and their life is at risk call 999







If you urgently need medical help or advice but it's not a life threatening situation call NHS 111



As a refugee, you will be able to access National Health Services including GPs, hospitals and maternity services without charge



ጽማቕ ትሕዝቶ

| | | |
|--|--|---|
| | <p>ሓፈሻዊ ሓኪም ዝኸነ ሓኪም (GP/ጂ.ፒ.) እቲ ከም ልሙድ፡ መጀመርታ ናብ ናይ ትካል ኣገልግሎት ክንክን ጥዕና ተጠቀምቲ ኩነት-ም ምስመጻእኩም ዝርእየኩም ሞያዊ እዩ - ኣብ ዝሓጸረ እዋን ናትኩም ጂ.ፒ. ንምሓዝ ክትምዝገቡ ይግባእ።</p> |  |
| | <p>ዝኸነ ይኹን ሰብ ዕቲብ ምስዝሓምም ወይ ከቢድ ኣካላዊ ማህሰይቲ ወሪድዎስ ህይወቱ ኣብ ሓዲጋ ምስእትኣቱ፡ ብቕጽጽ ተሌፎን 999 ደውሉ።</p> |  |
| | <p>ንህይወትኩም ኣብ ሓዲጋ ዘእቱ ጥዕናዊ ጸገም ዘይብልኩም ክነሰኹም ህጹጽ ሕክምናዊ ሓገዝን ምኽርን ምስእትደልዩ'ም ኣብ ኢንግላንድ እንተሃሊኹም፡ ናብ ኤን.ኤች.ኤስ. III ደውሉ ኢኹም።</p> |  |
| | <p>ከም ዕቕባት ሰደተኛታት መጠን፡ ብዘይ ዝኸነ ይኹን ክፍሊት፡ ተጠቀምቲ ናይ ጂ.ፒ.፡ ሆስፒታላትን መወልዳንን ዘተቓለሉ ኣገልግሎታት ናይ ትካል ሃገራዊ ኣገልግሎት ጥዕና ንምዃን ክትበቐዱ ኢኹም።</p> |  |

Chapter 9

Contacts and Further Information



ምዕራፍ 9

አድራሻዎ ላብራታን

ተወሳኙ ላብራታን





Emergency contact details

Emergency services

Call **999** and ask for the police, an ambulance or the fire service

National Grid

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

Other useful contacts and information

Police

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

Website for England: www.police.uk

Healthcare

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

- **NHS England**
Website: www.nhs.uk
Tel: **111**

ህጹጽ ሓገዝ ኣብ ዘድልዮሎም እዋናት ዘገልግሉ ኣድራሻታት

ኣገልግሎታት ህጹጽ ሓገዝ

ኣገልግሎት ፖሊስ: ኣምቡላንስ ወይ መጥፋእቲ ሓዊ ንምርካብ: ብቑጽሪ ተሌፎን 999 ደዊልኩም ሕተቱ።

ሃገራዊ ትካል ምሕደራ መስመራት ጋዝ

ኣብ ውሽጢ ወይ ከባቢ ገዛኹም ጨና ጋዝ ምስዝሸተተኩም: ብቑጽሪ ተሌፎን 0800 111 999 ደውሉ።

ካልኣት ጠቐምቲ ኣድራሻታትን ሓበሬታታትን

ፖሊስ

ብዙሕ ህጹጽ ዝኾነ መልሰ-ግብሪ ብዛዕባ ዘደድልዮም ተግባራት ገበን ንምሕባር: ብኽብረትኩም በዚ ቍጽሪ ተሌፎን እዚ ደውሉ:- 101

ነቑጣ መርበብ ሓበሬታ ናይ ዓዲ-እንግሊዝ:- www.police.uk

ኣገልግሎት ክንክን ጥዕና

ህጹጽ ሕክምናዊ ሓገዝ ወይ ምኽሪ ምስዘድልዮኩም ግን ከኣ ንህይወትኩም ኣብ እትሰግኡሉ ኩነታት ምስዘይትህልዉ: ነዚ ቍጽሊ ዝጥቀስ ኣካል ክትውከሱ ትእኽሉ ኢኹም:-

- ◆ ኤን.ኤች.ኤስ. ዓዲ-እንግሊዝ ነቑጣ መርበብ ሓበሬታ:- www.nhs.uk ተሌ:- 111





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

Emotional support

- **Samaritans**

Support for those in emotional distress or struggling to cope

Website: www.samaritans.org

Email: jo@samaritans.org

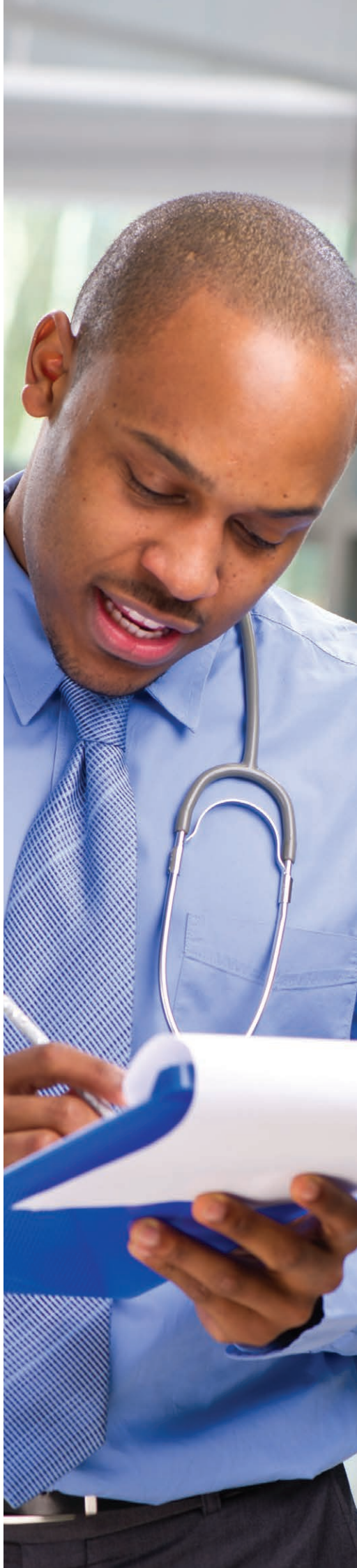
Tel: 116 123

ብዙሕ ህጹጽነት ዘይብሉ ሕክምናዊ ሓገዝ ንምርካብ ሓፊሻዊ ሓኪም ንዝኹነ ዶክተርኩም ወይ ኣብ ከባቢኹም ንዝርከብ በዓል-ሞያ ፋርማሲ ተወከሱ።

- ❖ ትካል ሓካይም ዓለም ሓፊሻዊ ሓኪም ዝኹነ ሓኪም ንክትሕዙን ተጠቀምቲ ኣገልግሎት ክንክን ጥዕና ንክትኩኑን ዝሕግዝ ትካል እዩ፤ ነቕጻጣ መርበብ ሓበሬታ፡- www.doctorsoftheworld.org.uk ኢ-መይል፡- clinic@doctorsoftheworld.org.uk ተሌ፡- 0808 1647 686
- ❖ ትካላት ናጽነት ካብ መግረፍቲ፡ ሕክምናውን ማሕበራውን ክንክን፡ ከምኡውን ተግባራዊ ሓገዝ፡ ስነ-ኣእምሮኣውን ኣካላውን ፍወሳ ንውጻኣት-መዓት ናይ መግረፍቲ፤ ነቕጻጣ መርበብ ሓበሬታ፡- www.freedomfromtorture.org
- ❖ ውድብ ሂሊን ባምበር ሕክምናውን ማሕበራውን ክንክን፡ ከምኡውን ተግባራዊ ሓገዝ፡ ስነ-ኣእምሮኣውን ኣካላውን ፍወሳ ንውጻኣት-መዓት ናይ መግረፍቲ፤ ነቕጻጣ መርበብ ሓበሬታ፡- www.helenbamber.org

ስምዒታዊ ደገፍ

- ❖ ሳምራውያን ደገፍ ነቶም ኣብ ትሕቲ ስምዒታዊ ጸቕጢ ዝርከቡ ወይ ንኩነታቶም ንክብድሁ ዝጋደሉ፤ ነቕጻጣ መርበብ ሓበሬታ፡- www.samaritans.org ኢ-መይል፡- jo@samaritans.org ተሌ፡- 116 123





Refugee agencies and charities

- **UNHCR UK**

Website: www.unhcr.org.uk

Tel: **0203 761 9500**

Email: gbrlo@unhcr.org

- **Refugee Action**

Website: www.refugee-action.org.uk

- **Refugee Council**

Website: www.refugeecouncil.org.uk

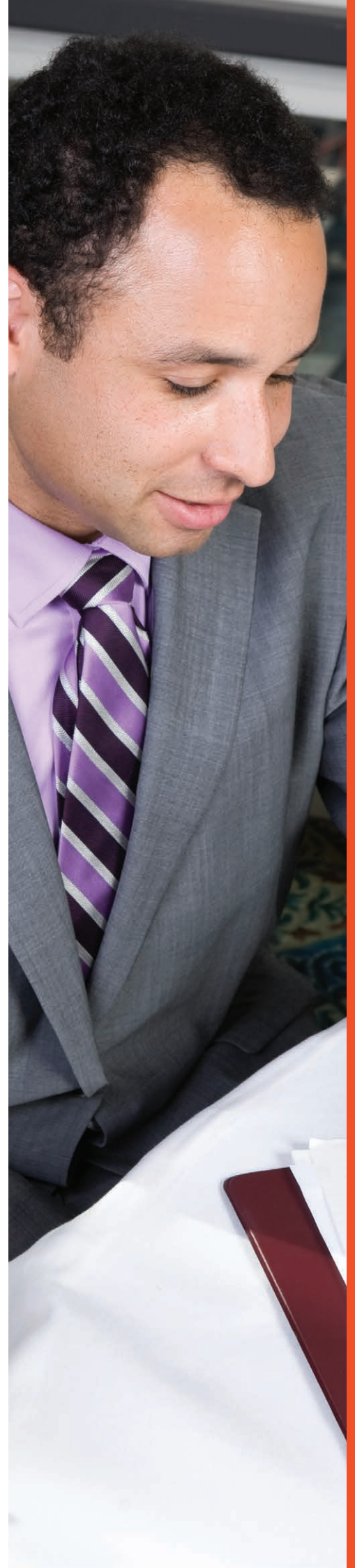
- **British Red Cross**

Advice and support for family tracing and reunion

Website: www.redcross.org.uk/What-we-do/Refugee-support/Our-services-for-refugees

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- ❖ ኮሚሽን ጉዳይ ስደተኛታት ውድብ ሕቡራት ሃገራት (UNHCR) ጨንፈር ምድረ-ነገስት
ነቕጣ መርበብ ሓበሬታ:- www.unhcr.org.uk
ተሌ:- 0203 761 9500
ኢ-መይል:- gbrlo@unhcr.org
- ❖ ትካል ረፍዮጂ አክሽን:
ነቕጣ መርበብ ሓበሬታ:- www.refugee-action.org.uk
- ❖ ቤት-ምክሪ ዕቅዳት ስደተኛታት:
ነቕጣ መርበብ ሓበሬታ:- www.refugeecouncil.org.uk
- ❖ ማሕበር ቀይሕ መስቀል ብሪጣንያ
አገልግሎት ምክርን ደገፍን ነቕም ደሃይ ኣባላት ስድራ-ቤቶም
ንምርካብ ድዩስ ምስኦም ዳግማይ ንምርካብ ዝጽዕሩ:
ነቕጣ መርበብ ሓበሬታ:- www.redcross.org.uk/What-we-do/Refugee-support/Our-services-for-refugees





Education and employment

- **National Careers Service**

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

Website:

www.nationalcareersservice.direct.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**

- **Modern Slavery Helpline**

Website: www.modernslaveryhelpline.org

Tel: 0330 0552 2200

Equality

- **Equality Advisory Service**

Advice and assistance on issues relating to equality and human rights

Website: www.equalityadvisoryservice.com Tel:

0808 800 0082

ትምህርትን ስራሕን

- ❖ ሃገራዊ ትካል ሓበሬታ ኣብ ጉዳይ ስራሕ
: ብዛዕባ ትምህርቲ፣ ስልጠናን ዕድል ስራሕን ዝመጽ፡ ምኽርን ቅለሳዊ
ኣገልግሎትን ክህበኩም ዝኸእል ትካል፤
ነቕጥ መርበብ ሓበሬታ፡-

www.nationalcareersservice.direct.gov.uk

ተሌ.፡- 0800 100 900

- ❖ ትካል ኣካስ (ኣገልግሎት ምኽሪ፡ ምትህድዳእን ዕርቅን)፡
ምኽሪ ኣብ ሕጊ ዕዮ ናይ ዓባይ-ብሪጣንያ (ስኩትላንድ፡ ወይልስን ዓዲ-
እንግሊዝ)፡

ነቕጥ መርበብ ሓበሬታ፡- www.acas.org.uk

ተሌ.፡- 0300 123 1100

- ❖ መስመር ተሌፎን ሓገዝ ኣብ መዳይ ዘበናዊ ጊልያነት
ነቕጥ መርበብ ሓበሬታ፡-

www.modernslaveryhelpline.org

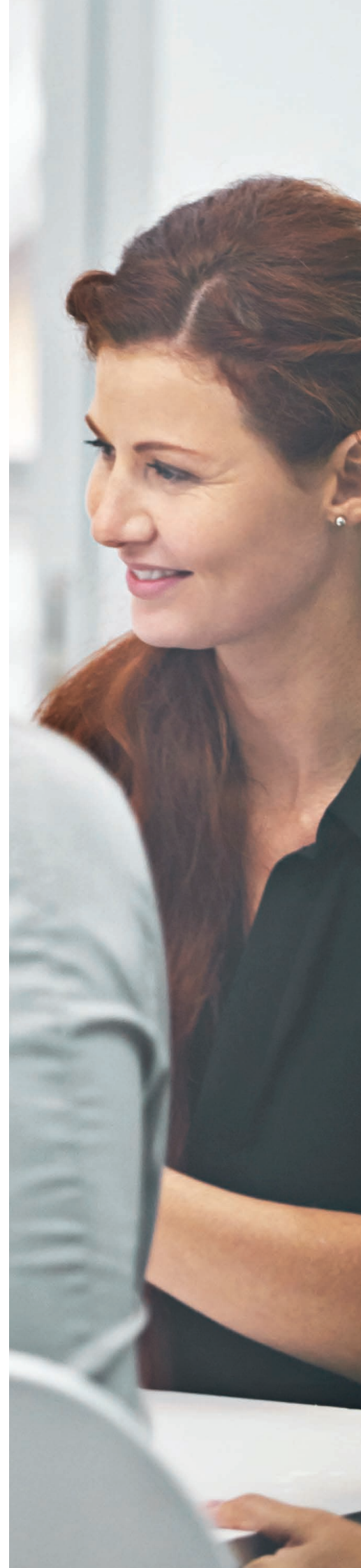
ተሌ.፡- 0330 0552 2200

ማዕርነት

- ❖ ኣገልግሎት ምኽሪ ኣብ ጉዳይ ማዕርነት፡
ምኽርን ሓገዝን ኣብ ቶም ምስ ማዕርነትን ሰብኣዊ መሰላትን ዝተኣሳሰሩ
ጉዳያት፡

ነቕጥ መርበብ ሓበሬታ፡- www.equalityadvisoryservice.com

ተሌ.፡- 0808 800 0082





Domestic violence

- **England Domestic Violence Helpline**
Website: www.nationaldomesticviolencehelpline.org.uk
Tel: **0808 2000 247**
- **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

ዘቤታዊ ጎነጽ

- ❖ ናይ ኢንግላንድ መስመር ተሌፎን ሓገዝ ኣብ መዳይ ዘቤታዊ ጎነጽ፡ ነቕጻጣ መርበብ ሓበሬታ፡- www.nationaldomesticviolencehelpline.org.uk
ተሌ፡- 0808 2000 247
- ❖ ሃገራዊ ማእከል ሓገዝ ናይ ዘቤታዊ ጎነጽ፡ ነቕጻጣ መርበብ ሓበሬታ፡- www.ncdv.org.uk
ተሌ፡- 0800 970 2070
- ❖ መስመር ኣገልግሎት ምኽሪ ንደቂ-ተባዕትዮ፡ ነቕጻጣ መርበብ ሓበሬታ፡- www.mensadviceline.org.uk
ተሌ፡- 0808 801 0327

ጾታዊ ጎነጽ

- ❖ ናይ ዓዲ-እንግሊዝ ትካል ሓገዝ ኣብ መዳይ ጸገማት ጾታዊ ዓመጽ፡ ሓበሬታን ምኽርን ነቐም ኣብ ዝሓለፈ እዋን ድዩስ ሕጂ ተግባራት ጾታዊ ጎነጽ ዘጋጥሞም ሰባት፡ ነቕጻጣ መርበብ ሓበሬታ፡- www.rapecrisis.org.uk
ተሌ፡- 0808 802 9999
- ❖ ናይ ምድረ-ነገስት ትካል ሓገዝ ንውጻኣት-መዓት (Survivors UK) ሓገዝ ነቐም ተግባራት ጾታዊ ግህስት ዘጋጠሞም ደቂ-ተባዕትዮ፡ ነቕጻጣ መርበብ ሓበሬታ፡- www.survivorsuk.org
ተሌ፡- 020 3598 3898
ጽሑፋዊ መልእኽቲ፡- 020 3322 1860





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: fmufco.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**

- **Childline**

Website: www.childline.org.uk

Tel: **0800 1111**

LGBT

- **Broken Rainbow (for lesbian, gay, bisexual and transgender people)**

Website: www.brokenrainbow.org.uk

Tel: **0845 2604 460**

ግዳድ መርዓ

- ❖ ካርማ ኒርቫና
ደገፍ ነቶም ግዳያት ግዳድ መርዓን ምስ ክብሪ ስድራ-ቤት ዝተኣሳሰር ግህሰታዊ ተግባርን ዝኹኑ ሰባት፡
ነቕጥ መርበብ ሓበሬታ፡- www.karmanirvana.org.uk
ተሌ፡- 0800 5999 247
- ❖ ኣሃዱ ግዳድ መርዓ
ንግዳያት ግዳድ መርዓ ደገፍ ዝግበረሉ መስመር ተሌፎን ሓገዝ ናይ መንግስቲ ምድረ-ነገስት
ኢ-መይል፡- fmfu@fco.gov.uk
ተሌ፡- 020 7008 0151

ህጻናት

- ❖ ሃገራዊ ማሕበረ-ሰብ ምክልኻል ተግባራት ጭካኒ ኣብ ልዕሊ ህጻናት፡
ነቕጥ መርበብ ሓበሬታ፡- www.nspcc.org.uk
ተሌ፡- 0808 800 5000
- ❖ መስመር ሓገዝ ንህጻናት
ነቕጥ መርበብ ሓበሬታ፡- www.childline.org.uk
ተሌ፡- 0800 1111

LGBT

- ❖ ብሮክን ረይንቦው (ወሲባዊ ዝንባሌኣም ናብ ተመሳሳሊ ጾታ ንዝኹኑ ደቀንስትዮን ደቂ-ተባዕትዮን፡ ድርብ ጾታዊ ዝንባሌ ንዘለዎም፡ ከምኡውን ጾታኣም ንዝቐየሩ ሰባት)
ነቕጥ መርበብ ሓበሬታ፡- www.brokenrainbow.org.uk
ተሌ፡- 0845 2604 460



General information and advice

- **Migrant Help**

Advice and support for migrants in the UK

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:

www.gov.uk

- **Education UK**

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

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

- **Expatriate Arrivals**

Information on life in the UK for global expats

www.expatriatearrivals.com/the-united-kingdom/culture-shock-in-the-united-kingdom

- **Citizen Advice**

Free, independent, confidential and impartial advice on your rights and responsibilities

Website for England:

www.citizensadvice.org.uk

Tel for England: **0344 111 444**

ሓፈሻዊ ሓበሬታን ምክርን

- ❖ አገልግሎት ሓገዝ ንስደተኛታት፡
ምክርን ደገፍን - ኣብ ምድረ-ነገስት ንዝርከቡ ሰባት፡
www.migranthehelpuk.org
0808 8010 503
- ❖ ኣብ GOV.UK -
ወግዓዊ ነቕጻጣ መርበብ ሓበሬታ ናይ ዓዲ-እንግሊዝ፡ ኣብ ዘም ኣብ ዚ ሰነድ መምርሒ ተጠቂሶም ዝርከቡ ኣርእስትታት ኣመልኪትኩም ተወሳኺ ዝርዝራዊ ሓበሬታ ክትረኽቡ ትክእሉ። ንኣብነት፡ ንጠቕማዊ ሓገዛት፡ ክፍሊታት ግብሪ፡ ከምኡውን ንግቡኣትን ግዴታታትን ብዝምልከት፡- www.gov.uk
- ❖ ኤዲኬሽን ዩ.ኪ.ዩ.፡
ሓበሬታ ብዛዕባ ናይ ምድረ-ነገስት ኮነታት ኣየር፡ መግቢታትን መስተታትን፡ ቋንቋ፡ ኣለባብሳ፡ ሃይማኖታትን ካልእን፡-
www.educationuk.org/global/sub/welcome-to-the-uk/
- ❖ ኤክስፓት ኣራይቫልስ (Expats Arrivals)፡
ንመላእ ዓለም ዝውክሉ መጻእተኛታት ኣብ ምድረ-ነገስት ንዝሕልፍዎ መነባብሮ ዝምልከት ሓበሬታ፡
www.expatarrivals.com/the-united-kingdom/culture-shock-in-the-united-kingdom
- ❖ አገልግሎት ምክሪ ንዜጋታት
ናጻ፡ ዘይሻርነታዊ፡ ስቱርን ኣድልዎ ዘይብሉን ምክሪ ኣብ ጉዳይ መሰላትኩምን ግዴታታትኩምን፡

ነቕጻጣ መርበብ ሓበሬታ ናይ ኢንግላንድ፡-

www.citizensadvice.org.uk

: ቊ. ተሌ. ናይ ኢንግላንድ፡- 0344 111 444

