

E kamarare me oeon de rabad

Ragaiein wam kamare me rabadam tekeinkor an gagando.



Mon am kamarar nan teikei:

- nan mo imin inimagema
- ma nan gona mweia roei
- nan mo ama daei ian obata



Nan time daein an eo mo wara Kamara. Nan gona meta:

- an eo mo ekenimo
- nongi tawe ian wam me ko dagum
- ogi me roe ian buriom

ouga erun an nuwau derabad. Nan gona ouga dugun tengeien amin bwim, ouwagud magur, ko dangam me nan gona bed meta am ogi tiringin. Tinia metaeau mana iat duom, wonum dorera egame me pwana roiem. Nan gona buog roeieta.

Nganne mana e buog wara kamarar me erun ata mwinen tinia ang teng buok.



Imin awe gona riring ian tsimorum bwe nim mo kor nuwauwun wam Kamara.

Gona buog wara kamara ia ang tagegei dangata, amin bwita, dangata iat te magur me engame no ma meg epo.

DANGANI ME ENGAME MA MEG EPO



Connectey amin bwim bina ma meg epo bwe mam kamwame me ring ouwunon bita guitar me riring erun an kadeiy bwim, tero tamney ami mag me mar nan epo ieiya. Wu gona bed amamo wami kadeiy

bwein bwimieiy no Ami mag kamamo me tjitin ieiya bwein bwiora.

MEGAM INIMAGEN EGAME BWAIN ATON



Anni angan egame bina nan ma meg epo bwe na gona bebe uodam bwe nan gona tidebo me amin bwim. Nan awe

kudoiy wam boss o amin magur lan wam Kauntar o iat Facebook.

KONTAKTEIEN AMIN BWIM



Ma gona ouonon video call me ma gona bed bweida wam dodu Facebook bwain wami mwinen.

KONEKTEIEN DANGAM IAT MAGUR ME AM BINA KOR DANGOM IAN AOTORERIA.



Ma ieyi epo daein lunch, ma kamamwe epo me ma nan dorera kami iat te mo.

KONEKTEIEN DAMENEITAE



Ija awe amin tondak bwim o online, retineien te Bibar gona buogu ananian medenam me wam kenimur. Kepoi mana online ian Aotereria o iat te Pacific ian: <https://bit.ly/3i5prgl>. Nan wugona aea lan YouTube o na kor bwim iat Facebook.

KONEKTEIEM ME WARAEKEKEU



Tinia weo teng dorer, nan awe gona tameg no ko egame me nan awe konekteiu me wam space, tawe dorerau, ko egame tangom nan gona abebe am kamarar



Kamwame me nim mo ogam.

AMWARAMWARI DUOM

Ngea rabadam me wam mind ta eiykon ngea dugun nan moeau wam kamarar tinia wa amwaramwari rabadam kamwamwe. Timine erum Gona buog erun nim "oeo rabadam" na iang.

NIM MO OGAM

Ieyie me eren oeon rabadata. Kwanin iminro me duon me bedjitabar me ebak moeae ken manna ieyi wipio mamoen. Garo nan moeae gata mana ieyi mo.



Tjinia wutengei wunum dorer

DORERA DANGOM AMBINA MA MEG EPO

Wab gona dorera engame ia wutameg ian wam darum. Naga it's me dorera ura ia wu titin, ia awe wau dugudugo me tuwab me ren kaobe.

DORERA AME OIYAW WAM MAGUR O AWE DORERA PACIFIC LABOUR FACILITY

Mwak me roeim lan bwim me egam magur Gona stressei am kamarar. Ia ouga timorum, timine engame gona oiauw timorum. Nan awe gona doera ngaberae ia weo tengei ura (LO) me nan awe gona bed dorera amea iat PALM (EBE) iat supportive line service. (terepon): 1800 51 51 31

DOERERA AMBINA TIMIDU NO MA MEG EPO

Amin iat tonduk o amin ragae karamwon o egame timidu o dagom. KO perrin ia awe nanga egame awe eiki erurae.

TEREPONEI EGAME BINA TIMINE WAERA TEBUOG

Ko Perrin tjinia awe teng doerera amin iat ragae timoruta. Timine E tang no Aotereria ngana gona buogu me ko pumwan. Ar eab tengei egam me again erum. Ko engame gona tidu. Ia eo mo timorum nan awe Gona ringei Beyond Blue iat: 1300 22 4636.

Tjinia wukabed doeren burubur pwana egame ion nim amur ring.

Ringei engat emergency

Emergency services 24/7
(ieiy eaorak me bureitiman) 000

Timorut engame
(engat a timoreien engame me manna ekae 13 11 14 me 1300 659 467

PALM engat buog 24/7
1800 51 51 31

Domestic violence hotline 24/7
1800 737 732

Timorut derabad



Kamwamwe gona buog gata eae. Ma nan tengei 30 Minit E daei dugun eiyimo 5 days o pudu erouwin. Ia ouga am magur bwe awe ta marimwari nan mo. Tjinia eo uga am agur emwi wunim aweida am mwarimari. Eo duku. Aweida ko ngage.

Tamo imin awe riring nim mwarimwari rabadam nan moeau

ERUN NUWAUWAN IBIUN:

- kamwamwe dugodugo me dangom eruwut magur eaen am megada bwim
- badere
- tekeiy mag e magur awe riring tekei am gorotai karowun awe kabur.

Tjinia awe tegeiu wonum oeo ken wonum ouwak am mwarmwari roe.

KAMARAR INOON

- kamwamwe ian bwim – Gona aea touwada apps me YouTube tamneiy ko pumwan.
- kudoiy amea awe magur tangon wonum joineiy rugby team, budbor, volleyball me netball ngana touwada Aotereria.
- ugo ian wami bweit ugo o garra.

Ia awe owunon kamwamwe me egame ebwak Eo dugudug. Anni ko dangom mwaam epoi tubumieiy dugut wami kamwamwe moeae kamiey.



Amwarun ko bwe tjinia wa oeo am kamwamwe nan gona aturay wam muscle me oiyauw emaga ngea dugun wunom stretched duwom is awe ragadan ouwak am kamwamwe.

