



တၢ်ဆဲးတၢ်လၢအါမံၤအါကလုာ် လၢဟ့ၣ်တၢ်မၤစၢၤ တဖၣ်

အိၣ်စၢၤလၢယုာ် မ့ၢ်လၢသးဖုံလၢ လၢပုၤဒီး ပုၤကလုာ်အါကလုာ်လၢအလီၤဆီလိာ်သး, အိၣ်ယုာ် ဒီးကျိာ်အါကျိာ်, တၢ်ဘူၣ်တၢ်ဘါတဖၣ်ဒီး တၢ်အိၣ်ဖျါအလီၤတဖၣ်လီၤ.

အိၣ်စၢၤလၢယုာ်ပဒိၣ်အံၤ ဟ့ၣ်လီၤအသးမၤတၢ်လၢ ကမၤန့ၢ်စၢၤတၢ်မၤစၢၤတဖၣ်လၢအကြၢး ဝဲဘၣ်ဝဲလၢ ထံဖိကီၢ်ဖိကိးဂၤဒဲးအဂီၢ် လၢအတအိၣ်ဒီးတၢ်ကွၢ်မံၤတၢ်လၢ ပုၤတၢ်စံၣ်စိၤဂံၢ်ထံးအ ဖိခိၣ်ဘၣ်လီၤ.

အဒိ. နမ့ၢ်လိာ်ဘၣ်ပုၤကတိၤကျိာ်ထံတၢ်လၢကမၤစၢၤန့ၢ် လၢနကမၤန့ၢ်ကျိာ်ဝဲၤကွၢ်ဒီးပုၤ—, နသံကွၢ်လၢ ပတၢ်မၤစၢၤအလီၤတခါဂ့ၤတခါဂ့ၤ အဝဲၤလီၤတဖၣ်သ့လီၤ.

မ့ၢ်တမ့ၢ်နကိးသ့စ့ၢ်ကိး **Multilingual Phone Service** ဖဲ **131 202** လၢနကတဲတၢ်ဒီးပုၤတဂၤဂၤ လၢနကျိာ်ဘၣ်သး **Centrelink** တၢ်ဟ့ၣ်ကျိာ်စ့တဖၣ်ဒီး တၢ်မၤစၢၤတဖၣ်သ့လီၤ.

လၢ **Medicare** ဒီး **Child Support** အတၢ်မၤစၢၤတဖၣ်အဂီၢ်နကိး **Translating and Interpreting Service, TIS National**, ဖဲ **131 450**. အဝဲသ့ၣ်ကဆဲးကျၢန့ၢ်န့ၢ်အိၣ်လီၤ.

နမ့ၢ်လိာ်ဘၣ် တၢ်ကွၢ်နီၣ်ကွၢ်းယါလၢ တၢ်ကကွၢ်ကျိာ်က့ၤတၢ် လၢကမၤစၢၤနတၢ်ပတံၣ်တၢ် ဟ့ၣ်ကျိာ်စ့, ပရဲၣ်ကျဲၤန့ၢ်တၢ်ဂ့ၢ်အံၤလၢနဂီၢ်သ့လီၤ. တၢ်မၤစၢၤအံၤတဘၣ်ဟ့ၣ်စ့ဘၣ်.

ပအိၣ်စ့ၢ်ကိးဒီး **Multicultural Service Officers** လၢကမၤစၢၤဆဲးကျၢ ပုၤသး လီၤသးကျဲဒီး ပုၤဘၣ်ကီဘၣ်ခဲ ပုၤတတၢ်တဖၣ်ယုာ်ဒီး အိၣ်စၢၤလၢယုာ်အပဒိၣ်အတၢ်မၤစၢၤတဖၣ် စ့ၢ်ကိးလီၤ.

အဝဲသ့ၣ်မၤသကိးယုာ်တၢ်ဒီး ပုၤတတၢ်, ပုၤလိာ်ဘၣ်တၢ်မၤစၢၤတဖၣ်ဒီး ပုၤမၤတၢ်ဖိတဖၣ်လၢ ကမၤစၢၤ ကမၤဂ့ၤဒိၣ်တီၣ် ပတၢ်မၤစၢၤတဖၣ်လီၤ.

တၢ်ဂ့ၢ်တၢ်ကျိာ်အံၤအိၣ်ဖဲ ပုၤယံၤသးန့ၢ်, ဟံၤယုာ်ဒီးတၢ်ဂ့ၢ်တၢ်ကျိာ် လၢတၢ်ကွၢ်ကျိာ်က့ၤလၢ ကျိာ် ၆၀ လီၤ.

နယုာ်ထၢနကျိာ်ဒီးဖး, ဒိကန့ၢ်ဆူ မ့ၢ်တမ့ၢ် ကွၢ်လၢတၢ်ဂ့ၢ်ဘၣ်သး ပတၢ်ဟ့ၣ်ကျိာ်စ့ဒီး တၢ်မၤစၢၤ တဖၣ်သ့လီၤ.

ထဲလၢလဲၤဆူ **‘Your Language’** ကဘျဲးပၤလၢပုၤယံၤသးန့ၢ် **humanservices.gov.au**

ပုၤသးလီၤသးကျဲ, ပုၤဘၣ်ကီဘၣ်ခဲဒီး ပုၤဟံးတဖၣ် ပုၤယံၤသးန့ၢ် လၢကဒီးန့ၢ်ဘၣ်ဆၢ ဘၣ်ကတီၢ် အတၢ်မၤဂ့ၤတီၣ် တၢ်ဂ့ၢ်တၢ်ကျိာ်လၢခံကတၢ်ဘၣ်သး တၢ်ဆီတလဲတၢ်ဟ့ၣ်ကျိာ်စ့ ဒီးတၢ်မၤစၢၤတဖၣ်လီၤ. စးတီၣ်လၢကဘျဲးပၤအံၤ, နဆဲးလီၤမံၤလၢပ ကိးလိဒဲးပအံၤမ့ၢ် လၢနက ဒီးန့ၢ်တၢ်ကစီၣ်လၢတၢ်မၤဂ့ၤတီၣ်တဖၣ်လီၤ. နပတံၣ် နတၢ်ဆဲးလီၤမံၤအံၤသ့ကိးဆၢကတီၢ် ဒဲးလီၤ.

ဒီး နမ့ၢ်ကတိၤ အၣ်ရဘျဲး, တရုး, ဖရၢရုၣ်, ဖၣ်စံၣ် မ့ၢ်တမ့ၢ် ဘၣ်ယံးန့ၢ်မံၤဒီး အိၣ်ဒီး လီၤတဲစိလၢအပုၤ မ့ၢ်တမ့ၢ် လီၤတဲစိအပိးအလီၤအဂ့ၤအဂၤ, နဟံၤဖျါထီၣ်နတၢ်ဟံးန့ၢ်ဒီး မၤဂ့ၤတီၣ် တၢ်အဂ့ၤအဂၤ လီၤတၢ်လီၤဆဲး ဒီဖျါန့ၢ် **Express Plus Lite** လီၤတဲစိ စိာ်စု အုၣ်ဖံၣ်ဖံၣ် သ့လီၤ.

နမ့ၢ်ပုၤဟံးတုၤသီသီဆူအိၣ်စၢၤလၢယုာ် ဒီဖျါပုၤဘၣ်ကီဘၣ်ခဲ မ့ၢ်တမ့ၢ် ပုၤဂ့ၢ်ဝီဘၣ်ထွဲ အတၢ်လိာ် ဘၣ်လံာ်ဒီကီၢ် မ့ၢ်တမ့ၢ် နဘၣ်တၢ်ဟ့ၣ်လီၤန့ၢ် တၢ်အိၣ်ဂၢ်ဆိးကျၢၤ တၢ်ကဟုကယာ် လံာ်ဒီကီၢ်, ပမၤစၢၤန့ၢ်လၢ တၢ်ထၢၣ်လီၤလီၤတၢ်အိၣ်တၢ်ဆိး လၢတၢ်အိၣ်မူအသီအံၤသ့လီၤ.

ပကမၤစၢၤမၤန့ၢ်န့ၢ်ဒီး တၢ်ဂ့ၢ်တၢ်ကျိာ်ဘၣ်သးတၢ်ဟ့ၣ်ကျိာ်စ့တခါဝဲၤတခါဒီး တၢ်မၤစၢၤတဖၣ်လၢနဒီးန့ၢ်သ့, ဒ်အမ့ၢ်တၢ်ဟ့ၣ်လီၤန့ၢ် တၢ်ဘၣ်စၢၤကတီၢ် **Medicare Card** မ့ၢ်တမ့ၢ် ဆူဒီဆူညါတတီၤဆူ တၢ်ယုာ်ဖံးတၢ်မၤဒီး ပုၤလၢအမၤန့ၢ် ပုၤတတၢ်အတၢ်မၤစၢၤတဖၣ်သ့လီၤ.

လၢနကသ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိာ်အဂီၢ်လဲၤကွၢ်ဆူ -

- **humanservices.gov.au/multicultural**
- ကိး **131 202** လၢနကတဲတၢ်ဒီးပုၤတဂၤဂၤ လၢအတဲနကျိာ် ဘၣ်သး **Centrelink** တၢ်ဟ့ၣ်ကျိာ်စ့ဒီး တၢ်မၤစၢၤတဖၣ်
- ကိး **131 450**— တၢ်လၢအမ့ၢ် **Translating and Interpreting Service, TIS National**— ဘၣ်သး **Medicare** ဒီး **Child Support** တၢ်ဟ့ၣ်ကျိာ်စ့တဖၣ်ဒီး တၢ်မၤစၢၤတဖၣ်သ့လီၤ.

နလဲၤထံၣ်လိာ် တၢ်မၤစၢၤအဝဲၤလီၤတဖၣ် သ့စ့ၢ်ကိးလီၤ.





Multicultural Services

Australia enjoys a rich diversity of people, with many languages, religions and birthplaces.

The Australian Government is committed to providing appropriate services for all its citizens regardless of their backgrounds.

For example, if you need an interpreter to help, you can ask for one at any of our service centres.

Or you can call the Multilingual Phone Service on **131 202** to speak to someone in your language about Centrelink payments and services.

For Medicare and Child Support services you can call the Translating and Interpreting Service, TIS National, on **131 450**. They will connect you with us. Call charges may apply.

If you need documents translated to help you claim a payment, we can arrange that for you. This service is free.

We also have Multicultural Service Officers to help connect migrant and refugee communities with Australian Government services.

They work with the community, customers and our staff to help improve our services.

There is information on our website, including information translated in over 60 languages.

You can select your language and read, listen to or watch information about our payments and services.

Just go to the 'Your Language' page of our website at **humanservices.gov.au**

Our migrants, refugees and visitors webpage is regularly updated with the latest information about changes to payments and services. From this page, you can also subscribe to our monthly email to get news updates. You can stop your subscription at any time.

And if you speak Arabic, Chinese, Persian Farsi or Vietnamese and have a smart phone or other mobile device, you can report your income and update other details using the Express Plus Lite mobile app.

If you've recently arrived in Australia with a refugee or humanitarian visa or have been granted a permanent protection visa, we can help you settle into your new life.

We can provide help and information about the range of payments and services available to you, like giving you an interim Medicare card or referring you to employment and community service providers.

For more information go to:

- **humanservices.gov.au/multicultural**
- call **131 202** to speak to someone in your language about Centrelink payments and services
- call **131 450**—the Translating and Interpreting Service, TIS National—about Medicare and Child Support payments and services.

You can also visit a service centre.

