

# Hadnet

Supporting Eritreans in the UK

Issue 1, November 2009

Use your  
skills to  
find  
work

Protect  
your sexual  
health

PLUS News, culture, games and reviews

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## About your Editor

**Name:** Susie Ventris-Field

**Why have you launched Hadnet?** I was a volunteer teacher and teacher trainer in Foro, Eritrea for two years. I loved working with the Eritrean community there. One of the things I did was to launch a school magazine which was really successful. When I came back to the UK, I read a lot in the papers and heard from Eritrean friends about some difficulties they faced in the UK. I wanted to produce a magazine to help with information and learning English.

**What did you think of Eritrea?** I loved my time there. The people were extremely helpful and made my life there wonderful. I worked with some extremely hard-working and dedicated teachers to improve education in Foro.

**How was coming back to the UK?** Very cold! I miss my work and friends in Foro, but I'm also really happy to see my family and friends here.

## ብዛዕባ ኣዳላዊት መጽሔት

ስም፡ ሱዚ ቨንትሪስ-ፊልድ

**ስለምንታይ እኼ ነዛ መጽሔት ተሕትማ ዘለኺ?** ኣነ ኣብ ፎሮ፡ ኤርትራ ከም መምህርን ኣሰልጣኒት መምህራንን ኮይን ንክልተ ዓመት ሰሪሐ። ምስ ኤርትራውያን ኮንካ ምስራሕ ኣገዩ ፈትዮዮ። ሓደ ካብቲ ዘበርከትኩም ነገራት ሓንቲ ዕውትቲ ዝነበረት ናይ ቤት ትምህርቲ መጽሔት ኣብ ምድላወ እዩ። ናብ ዓባይ ብሪጣንያ ምስ ተመለስኩ፡ ብዛዕባ ንኤርትራውያን ኣብዚ ዘጋጥምዎም ጸገማት ካብ ጽሑፋትን ካብ ኤርትራውያን መሓዘተይን ክፈልጥ ክኢለ። ነዛ መጽሔት ከዳሉ ዝደረኸኒ ድማ ገለ ሓገዝ ብመልክዕ ሓበሬታን ትምህርቲ ቐንቓ ኣንግሊዝን እንተኣበርኩቱ ካብ ምባል እዩ።

**ንኤርትራ ኣሞ ብሽመይ ትርእይያ?** ኣብኡ ዝነበርኩዎ ግዜ ብጣዕሚ ፈትዮዮ። ህዝቢ ኤርትራ ልዕሊ ዓቕን ተሓጋጋዝን ንሂወተይ ኣብ ኤርትራ ምቐእ ዝገበረን እዩ። ኣብ ምምዕባል ትምህርቲ ኣብ ፎር ምስ ኣገዮም ህርኩታትን ወፊያትን መምህራን ድማ ሰሪሐ።

**ናብ ዓባይ ብሪጣንያ ምግባህ ኣሞ ከመይ ረኺብኩዮ?** ብጣዕሚ ቐሪ! ንስርሐይን መሓዘተይን ኣብ ፎሮ ይናገሩኹም። እንተኾነ ግና ኣብዚ ወን መሓዘተይን ስድራቤተይን ብምርኣይ ኣገዩ ሕጉስቲ እዩ።

Dear readers,

A very warm welcome to Hadnet magazine. We hope Hadnet gives you useful information about living in the UK, and helps you learn some English.

In this edition, we've included information about finding a job and sexual health, as well as regulars like news, culture and a games page.

Some articles are fully translated into Tigrinya, and others have key words and phrases translated, to help you in building your English skills.

We'd love you to contribute ideas to Hadnet, which you can do through our website, [www.wix.com/hadnet/hadnet](http://www.wix.com/hadnet/hadnet), or by emailing us on [hadnetmag@googlemail.com](mailto:hadnetmag@googlemail.com).

Please share this magazine with your friends, and let us know topics you want us to write about.

Susie Ventris-Field

ክቡራት ኣንብቡቲ፤

መርሓባ! መጽሔት ሓድነት ኣእዳዎ ዘርጊሓ ትቐበለኩም። ተስፋ ንገብር መጽሔት ሓድነት ኣገዳሲ ዝኾነ ሓበሬታ ብዝዕባ ሂወት ኣብ ዓባይ ብሪጣንያን ገለ ቐንቓ ኣንግሊዝ ክትመሃሩኡን ክትሕግዘኩም።

ኣብዛ ሕታም እዚኣ፡ ሓበሬታ ብዛዕባ ኣረኻኽባ ስራሕን ጸታዊ ጥዕናን ከምኡውን ጽሑፍ ብዛዕባ ዜና፡ ባህልን መዘናግዕን እተቐለልና ንርከቡ።

ገለ ካብ ጽሑፋት ሙሉእ ብሙሉእ ናብ ትግርኛ ተተርጉሞም ይርከቡ። ገለ ጽሑፋት ድማ ናይ ቐንቓ እንግሊዝ ክእለትኩም ክብ ንምባል ቀንዲ ኣገደስቲ ቃላቶምን ሙሉእት ሓሳባቶምን ተተርጉሞም ይርከቡ።

ዘለኩም ሓሳባት ናብ መጽሔት ሓድነት ብመርቡብ ሓበሬታና [www.wix.com/hadnet/hadnet](http://www.wix.com/hadnet/hadnet), ወይ ድማ ብኢመይል ኣድራሻና [hadnetmag@googlemail.com](mailto:hadnetmag@googlemail.com) ክትሰዱልና ንፈቲ።

እዛ መጽሔት ምስ የዕሩኽትኹም ክትካፈልዎን ኣብ ቀጻሊ ድማ ብዛዕባ ከተንብብዎ (ክትፈልጥዎ) ትደልዩ ነገራት ክትሕብሩናን ብትሕትና ንሓትት።

ሱዚ ቨንትሪስ-ፊልድ

# Free English lessons for asylum seekers campaign



The National Institute of Adult Continuing Education (NIACE) is campaigning for asylum seekers to have free English lessons. In 2007, the UK government withdrew the right of asylum seekers to attend publicly funded English language courses for their first six months in the UK.

A spokesperson for NIACE said,

“Asylum seekers come to the UK fleeing from traumatic experiences and persecution.

Their first six months in the country

are crucial for dealing with feelings of isolation, mental health problems and encouraging community cohesion.

Early English language skills are also vital for understanding medical advice, communication with public bodies and presenting their case effectively to the Home Office.”

The government stopped the free lessons to save money, but

## Key Words

asylum seeker ሓታቲ ዑቕባ  
 campaign ወፍሪ (ሓደ ሸቶ ንምህራም ዝግበር ሓደ ዝተወሃሃደ ጸዕሪ)  
 withdrew ኢዩ ሰሓበ (ኣቕረጸ)  
 fleeing ምህዳም  
 traumatic ንዉጺ ኣእምሮ

persecution መቕጻዕቲ  
 crucial ቀንዲ፣ ኣገዳሲ  
 isolation ተነጽሎ  
 cohesion ጥርናፊ፣ ሕብረት  
 vital ኣገዳሲ፣ ኣድላዩ  
 reverse ምምላስ  
 policy መምርሒ  
 pledge መብጽግ፣ ማሕላ

NIACE argue that a saving of 17% could be made by offering language lessons, avoiding the cost of translation.

NIACE wants the Government to reverse its policy and offer asylum seekers the right to funded English language courses from the first day they arrive in the UK.

Pledge your support to the campaign at [www.niace.org.uk/rtv-pledge](http://www.niace.org.uk/rtv-pledge)

# Zersenay wins gold again

Zersenay Tadese won gold in the World Half Marathon championships in Birmingham this October.

He won his fourth successive world title this year in a time of 59:35, 20 seconds ahead of his opponents.

Kenyan Kipyego took second place and American Ritzenhein took bronze.

ዘርእሰናይ ታደሰ፣ ኣብ ወርሒ ጥቅምቲ ናይዚ ዓመት ዘኣብ ብርሚንግሃም ኣብ ዝተገብረ ናይ ፍርቂ ማራቶን ዉድድር ወርቂ መዳልያ ተዓዊቲ።

ንሱ ንመዳድርቲ መሪሑ ንመበል ራብዓይ ግዜ ኣክታቲሉ ኣብዚ ዓመት እዚ ብ 59:35, 20 ዝኾነ ግዜ ተዓዊቲ። ኬንያዊ ኪፕዮጎ ክልኣይ፣ ኣመሪካዊ ሪትዘንህይን ድማ ሳልሳይ ብምኻን ናይ ብሩርን ነሓስን መዳልያ ተዓዊትቲ ም።

**Key words**  
 won ዓወት፣ ተዓዊተ፣ ሰዓረ  
 gold ወርቂ  
 silver ብሩር  
 bronze ነሓስ



Erik van Leeuwen

Zersenay wins gold in 10,000m at the World Athletic Championships in Berlin

# Job hunting

Don't despair about the tough jobs market. Hadnet has spoken to industry leaders to give you some tips.

Unemployment for immigrants and refugees in the UK is about 70% according to Home Office research. With overall UK unemployment up to 8%, and 200,000 fewer jobs available this year, it's a tough time for job hunting.

But, help is at hand. Hadnet have talked to large UK employers and recruiters to find out what they want, and how you can give it to them.

Sainsbury is one of the biggest

employers in the UK. Their Head of Resourcing, Lee Rhoden, said: "The first transferable skill we are looking for is customer service. Where ever you are in the business, you need to have good customer service skills." They also look for positivity, conscientiousness, verbal and numerical skills and tacit intelligence (common sense). They check all these skills through tests and interview.

Cathy Dyos, Regional Managing Director of UK recruitment

agency, Reed, recommends using positive words: "Adaptable, efficient, motivated, responsible, trustworthy, accurate, confident, decisive, hardworking and innovative."

If you lack recognisable qualifications, she says: "Emphasize the relevant practical skills and experience you have for the job...choose the skills that fit the job for which you are applying."

## Steps to success

Here are some steps to help you improve your chances in the jobs market:

1. First, think about all the roles you have played in your life – not just in the workplace, but at home, or with your friends.
2. Now identify the skills you used in those roles.
3. List your top skills and include two or three concrete examples of when you used those skills.
4. When jobs are advertised, you will find two documents. There is a job description which describes the job responsibilities and duties, and the person specification which lists the skills, experience and qualities the organization are looking for. Look at the at the person

## Case Study One: Ahmed

1. Ahmed was a chemistry teacher to high school students. He also taught computer classes. He taught himself how to install satellite dish systems, then did this in his spare time for extra money, and helped in his parents shop. When he was younger, he took tourists around Nefasit. He also played football for his school team, and was asked to represent the sub zone in a zonal tournament.

2. Teacher: Verbal and written communication, IT, organisation, negotiation, patience

Self taught Satellite dish installer: quick learner, self motivated

Shop assistant: customer service, verbal and written communication, budget management, problem solving, numeracy

Football player: Team work, verbal communication

3. Communication: Students' performance in class and exams improved during time as a teacher, due to excellent verbal communication skills in English and mother tongue.

Quick learner: self taught computer skills, able to successfully design and deliver a Microsoft Office course to students. Self taught in satellite installation, which resulted in a profitable business.

Customer Service: 5 years experience working in a shop, which involved giving excellent customer service to compete in a busy market.

Team work: As a football player, communicated well with other members of team, and represented district. Worked with a team of teachers to launch a school magazine.

**Key Words መሪሕ ቃላት**

- flexibility ምትዕጽጻፍ
- organisation ጥርናፊ
- prioritisation ቀዳምነት
- research ምርምር
- leadership መሪሕነት
- facilitation ምቅልጣፍ
- communication ምርድዳኔ
- problem solving ሽግራት (ጸገማት) ምፍታሕ
- numeracy ጽብቕ ናይ ሕሳብ ምልክትዘለዎ
- commitment ተወፋይነት
- administrative ምሕደራዊ
- teaching ምምሃር
- time management ዉዳብ ናይ ጊዜ
- networking ርክብ
- people skills ሰብአዊ ክእለት
- marketing ዕድገ
- teamwork ናይ ሓባር ስራሕ
- motivation ምትብባዕ
- initiative ተብግሶ
- customer service አገልግሎት ዓሚል
- positivity አወገታዊነት



specification, and find those experiences, skills and qualities that best match your own. When you write your application form, be sure to include those skills with the examples you prepared. Make sure these skills are on your CV as well.

5. In interview, always back up your claims with evidence. Never say, “I am a good negotiator.” Give an example, “I successfully negotiated discounts with several suppliers for the shop I worked in.”

6. Don’t give up. Apply for jobs in different sectors. Consider moving to a new area with better job opportunities.

Most importantly, don’t forget that you have a lot of unique skills to offer, even if you have never worked before. If you want to build your CV, try some voluntary work and keep a note all the skills you are using.

*Next week: Benefits of volunteering*

**Case Study Two: Beluil**

1. Beluil was a librarian in a junior and high school. She organised the library and encouraged students to use it. At home, she managed the family budget, cooked and cleaned. She got married to a foreigner and had to arrange the wedding and all the paperwork. She has two teenage children.

2. Librarian for school library: Organisation, marketing, written and verbal communication, negotiation, problem solving, behaviour management

House work: Budget management, prioritisation, organisation, decision making,

Mother: negotiation, decision making, consistency, communication, problem solving, delegation

Wedding planner: Organisation, delegation, negotiation, patience, persistence

3. Organisation: Designed and implemented a cataloging system for school library from scratch. Kept records and stock up to date. Marketing: Promoted library and usage went from one or two students a day, to an average of 50 students a day.

Decision making: Head of a household with two children, often making challenging decisions about what is best for the family. Consistent with decisions resulting in two well-disciplined children

# ሰራሕ ምንዳይ

ብዛዕባ ዘሎ ህሉው ኩነታት ሰራሕ ምስኡን ተስፋ ኣይትቐረጹ። መጽሕብ ኣድነት ንገለ ሓለፍቲ ትካላት ኣዘራሪባ ገለ ሓበሬታ ኣዳልዮትልኩም ኣላ።



**መ**ጽናዕታት ከም ዝሕብርዎ ሸቕለት ኣልባነት ናይ ወጻኢተኛታትን ስደተኛታትን ኣብ ዓባይ ብሪጣንያ ኣስታት 70% ኣቢሉ ይበጽሖ። ስራሕ ምድላይ ኣብዚ ዓመት እዚ ከቢድ እዩ ዘሎ ምኽንያቱ ኣብ ርእሲ እቲ 8% ሸቕለት ኣልባነት ናይ ዓባይ ብሪጣንያ ተወሳኺ ኣስታት 200,000 ዝኸዉን ናይ ስራሕ ዕድላት ኣብዚ ዓመት እዚ ጎዲሉ ስለ ዘሎ። እንተኾነ ግና እቲ ሓገዝ ኣብ ኢድና ኢዩ

ዘሎ። መጽሕብ ኣድነት ንናይ ዓባይ ብሪጣንያ ኣስራሕቲ ኣንታይ ከተማልኡሎም ከም ዝደልዩን ንስኹም ድማ ብኸመይ ከም ተዕግብዎምን ኣዘራሪባዎም ኣላ። ሴንሲበሪ ሓደ ካብቶም ዓባይቲ ኣስራሕቲ ዓባይ ብሪጣንያ እዩ። እቲ ናይ መጀመርታ ከመሓላላፍ ዝኸእል ብቐዓት ንደልዮ ዘለና ብቐዕ ኣገልግሎት ዓሚል እዩ። ኣብ ዝሃለኹ ስራሕ ሃሊኹ፣ ብቐዕ ዝኾነ ኣገልግሎት ዓሚል ከህልወካ ይግባእ። ይብል ሊ ሮደን። ብተወሳኺ እዉን ኣወንታውነት፣ ትጉህነት፣ ናይ

**መጽናዕቲ ቁጽሪ ሓደ- ኣሕመድ**

- ኣሕመድ ናይ ስነ ቐመም መምህር ካልኣይ ደረጃ ተመሃሮ ነበረ። ንሱ ናይ ኮምፕዩተር ትምህርቲ'ውን ይምህር ነይሩ። ሳተላይት ዲቭ ከመይ ጌርካ ከም ትተክል'ውን ባዕሉ ተመሃሩ። ኣብ ትርፌ ግዚኡ ድማ ይሰርሓሉ ነበረ። ከምኡ'ውን ኣብ ናይ ስድራ ቤቱ ዱካን ይተሓጋገዝ ነበረ። ንእሽቶ ከሎ በጻሕቲ ሃገር ኣብ ከባቢ ነፋሲት የዛወር ኔሩ። ንቤት ትምህርቱ ወኪሉ ኩዕሶ እግሪ እዉን ይጻወት ኔሩ። ንንኡስ ዞባ ወኪሉ ኣብ ዞባዊ ናይ ኩዕሶ እግሪ ወድድር ክጻወት'ውን ተዓዲሙ ኔሩ።
- ምመህር- ኣፋዉን ጽሑፋዉን ምርድዳእ፣ ናይ ሓበሬታ ቴክኖሎጂ፣ ዉዳብ፣ ስምምዕ፣ ዓቕሊ፣ ባዕሉ ዝተማህረ ክኢላ ምትካል ሳተላይት ዲቭ- ቀልጢፋ ዝመሃር፣ ነብሱ ባዕሉ ዘተባብዕ ተሓጋጋዚ ኣብ ዱካን- ብቐዕ ኣገልግሎት ዓሚል፣ ኣፋዉን ጽሑፋዉን ምርድዳእ፣ ምሕደራ ባጀት፣ ኣፈታትሓ ጸገማት፣ ክእለት ሕሳብ ተጻዋታይ ኩዕሶ እግሪ- ናይ ሓባር (ጋንታ) ስራሕ፣ ኣፋዊ ምርድዳእ
- ምርድዳእ- ከም ወጽኢት ብሉጽ ዝኾነ ክእለት ናይ ኣፋዊ ምርድዳእ ብቐንቐ እንግሊዝን ቐንቐ ኣደን መምህር ኣብ ዝነበረሉ ግዜ፣ ናይ ተመሃሮ ብቐዓት ኣብ ክፍልን ፈተንና ወሲኹ ቀልጢፋ ዝመሃር- ብባዕሉ ዝተማህሮም ናይ ኮምፕዩተር ክእለታት፣ ናይ ማይክሮሶፍት ኤሬስ ስልጠና ብዓወት ከህብ ዝኸእል። ከም ወጽኢት ናይቲ ባዕሉ ዝተማህሮ ሳተላይት ዲቭ ምትካል ኣርባሒ ዝኾነ ስራሕ ዝረኸበ። ኣገልግሎት ዓሚል- ናይ ሓሙሽተ ዓመት ተመኩሮ ኣብ ስራሓት ዱካን፣ ብሉጽ ዝኾነ ኣገልግሎት ምስ ካልኣ ንክትወዳደር መታን ዘጠቓለለ።

ናይ ሓባር (ጋንታ) ስራሕ- ከም ተጻዋታይ ኩዕሶ መጠን ምስ ካልኣት ደቂ ጋንትኡ ብጽቡቕ ይረዳዳእን ንኣወራጅኡ ይወክልን፣ ምስ ካልኣት መምሃራን ብምስራሕ እዉን መጽሕብ ቤት ትምህርቲ የዳሉ።

ምዝራብን ሕሳብን ክእለትን  
ንቕሓትን ክህልወኩም  
ይደልዩ። ነዞም ኩሎም  
ክእለታት ድማ ብፈተናታትን  
ቃለ መሕትትን የረጋግጽዎ።  
ካትይ ድዮስ፣ ሓላፊት  
ወኪል አሰራሕቲ ዓባይ  
ብሪጣንያ፣ እዞም ዝስዕቡ  
አወንታዊያን ቃላት ምጥቃም  
ሓጋዚ ምኹኑ ትመክር።  
እቶም ቃላት ምልክት፣  
ወጽኢታዊ፣ ግዱስ፣  
ሓላፍነታዊ፣ እሙን፣ ቅኑዕ፣  
ርእሰ ምትእምማን ዘለዎ፣  
ወሳኒ፣ ትጉህን መሃዚን  
እዮም።  
ፍሉጥ ዝኾነ ብቕዓት  
እንተዘይብልካ ትብል ንሳ፣  
እቲ ዘለካ ናይ ስራሕ  
ክእለትን ተመኩሮን ግለጽ . .  
. ነቲ ትሓተሉ ዘለኻ ስራሕ  
ዝሰማምዑ ክእለታት ድማ  
ምረጽ።'



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**መንገድታት ናብ ዓወት**

ቀጺሎም እምበኣር ገለ ሓገዝቲ ስራሕ  
ክትረኽቡሎም ትኽእሉ መንገድታት  
ተዘርዘርዎ ይርከቡ፣

1. ምጀመርታ ኣብ ሂወትካ ዝተጻወትካዮም ተራታት ሕሰብ፣ ኣብ ናይ ስራሕ ቦታ ጥራይ ዘይኮነ ኣብ ገዛ ወይ ወይን ምስ የዕሩኽትኻ ወን እጠቓልሎ።
2. ቀጺልካ ኣብቶም ዝተጻወትካዮም ተራታት ዝተጠቀምካሎም ክእለታት አለሊ።
3. እቶም ዝለዓሉ ክእለታትካ ጥቕስ፣ ነዞም ክእለታ ዝተጠቀምካሎም ክልተ ወይ ሰለስተ ኣብነታት ድማ ኣጠቓልል።
4. ዕድላት ናይ ስራሕ ክወግዑ ከለዉ ክልተ ነገራት ክትረኽቡ ኢኹም። ሓዲ ብዛዕባ እቲ ስራሕ፣ ሓላፍነታትን ግቡኣትን ዝገልጽ፣ እቲ ካልእ ድማ ብዛዕባ እቲ ዝድለ ዘሎ ሰብ ከማልኦም ዘለዎም ነገራት ከም ክእለት፣ ተመኩሮን ዓይነትን እቲ ስራሕ ዝጠልቦ ዝጠቕሽ ኣዩ። ኣብቲ ስራሕተኛ ከማልኦም ዘለዎም ነገራት ተመልከት፣ እቶም ምስቲ ናትካ ተመኩሮ፣ ክእለትን ዓይነትን ዝጋጠሙ ድማ ርኽቡ። እቲ ቕጥዒ ናትካ ክትመልእ ከለኻ፣ ክእለታትካ ምስቲ ዘዳለኻዮ ኣብነታት ከም ዝተተሓሓዘ አረጋግጽ። እዞም ተመክሮታት ኣብቲ ናትካ ናይ ስራሕ ተመኩሮ ወረቐት (CV) ከም ዘጠቓልልካዮም አረጋግጽ።

ኣብ ግዜ ቃለ መሕትት፣ ኩሉ ግዜ ንእተቐርቦም ሓሳባት ብመርትዖታት አሰንዮም። 'ኣነ ንፉዕ ተረዳዳኢ እዮ' ብፍጹም ክትብል የብልካን። እንታይ ደኣ፣ 'ኣብቲ ዝሰርሓሉ ዝነበርኩ ስራሕ፣ ንሓያለ ዓማዊል ብዝበለጸ ምጋ ይረዳድኦም ኔሪ' ብምባል ኣብነት ኣቐርብ። ፍጹም ተስፋ ኣይትቐረጽ። ኣብ ዝተፈላለዩ ቦታታት ንስራሕ ኣመልከት፣ ንዝሓሸ ዕድላት

ናይ ስራሕ'ውን ቦታ ምቕያር ኣብ ግምት የእቲ። ልዕሊ ኩሉ ኣገዳሲ ከኣ ወላ'ውን ቅድሚ ሕጂ ሰሪሕካ ዘይትፈልጥ ኩን ቡዙሕ ፍሉይ ክእለታት ከም ዘለካ ክትዝንግዕ የብልካን። ናይ ስራሕ ክእለታትካ ከተማዕብል እንተ ደሊኻ ገለ ወለንታዊ ስራሕት ፈትን፣ ነቶም ኣብኡ ትጥቀሙሎም ክእለታት ድማ መዝገቡም።

**መጽናዕቲ ቁጽሪ ክልተ- ባይሉል**

1. ባይሉል ኣብ ሓዲ ማእከላይን ካልኣይን ደረጃ ቤት ትምህርቲ ላይብረርያን እዩ ነይራ። ነቲ ቤት ንባብ ብምምሕዳር ተመሃሮ ከጥቀሙሉ ተተባብዕ ነይራ። ኣብ ገዝኣ እዉን ናይ ስድራ ቤታ ባጀት ተመሓድር፣ መግቢ ትሰርሕን ተጻራርን ነበረት። ምስ ሓዲ ወጻእተኛ ክትምርጥ ከላ ድማ፣ ንመርዓ ክትዳሎን ኩሉ እቲ ዘድሊ ናይ ወረቓቕቲ ስራሕ ክትሰርሕን ነይሩዎ። ክልተ ደቂ ድማ ኣለዉዎ።
2. ናይ ቤት ትምህርቲ ቤት ንባብ ላይብረርያን- ዉዳብ፣ ዕድገት፣ ጽሑፍን ኣፋውን ምርድዳእ፣ ስምምዕ፣ ኣፈታትሓ ጸገማት፣ ናይ ባህሪ ምሕደራ ናይ ገዛ ስራሕ- ምሕደራ ባጀት፣ ቀዳምነታት፣ ዉዳብ፣ ዉሳኔ ምሃብ ኣዲ- ስምምዕ፣ ዉሳኔ ምሃብ፣ ቀጻልነት፣ ምዝርራብ፣ ኣፈታትሓ ጸገማት፣ ዉክልና ሓንጻጺት መደባት መርዓ- ዉዳብ፣ ዉክልና፣ ስምምዕ፣ ዓቕሊ፣ ተጻዋርነት ዉዳብ- ንአሰራርዓ መጽሓፍቲ ናይ ቤት ንባብ ዝምልከት ቅዲ ኣወጺኣን ኣተግቢራን። መዛግብትን ኩሉ ንብረትን ብእዋናዊ መንገዲ ኣቐሚጣቶ። ዕድገት- ሓዲ ወይ ክልተ ተመሃሮ ኣብ መዓልቲ ዝጥቀሙ ዝነበሩ ናብ ኣስታት 50 ተመሃሮ ኣብ መዓልቲ ክጥቀሙሉ ከም ዝኽእሉ ኣተባቢዓ ዉሳኔ ምሃብ- ሓላፊት ገዛ ምስ ክልተ ቐልዑ፣ ኩሉ ግዜ ድማ ንስድራቤት ዘዕገቡ ፈተንቲ ዝኾኑ ዉሳኔታት ኣብ ምሕላፍ። ክልተ ብስነ ስርዓት ዝዓበዩ ቐልዑ ድማ ውጽኢት ናይቲ ቐጻሊ ዝተወሰደ ዉሳኔታት እዩ።

# Healthy living

Every issue, we write about a health issue. This month, we discuss sexually transmitted diseases - prevention, symptoms, treatment and places to go for help

**F**ree, confidential sexual health advice and checks are available in the UK to everyone.

There are 220 Genito-urinary medicine (GUM) clinics in the UK who specialise in sexual health testing, diagnosis, treatment and support.

Patients can make an appointment, or just walk in. A senior health worker said, "You can give a false name if you want, and a false address - you can walk in or phone. You don't have to be referred by a GP."

Tigrinya translation is possible in the clinics if patients phone before they go.

## Prevention

There were over 600,000 sexually transmitted infections (STIs) diagnosed in 2008 in UK GUM clinics according to the Health Protection Agency.

But it is easy not to become

one of these statistics. Condoms and female condoms, used correctly, can protect against STIs.

Rebecca Findlay, spokesperson for the Family Planning Association (FPA) said sex is only safe without a condom when:

"...you and your partner have been tested, and completed any treatment, and you are confident you will have a monogamous relationship."

Men and women sometimes give excuses because they don't want to use condoms. Rebecca said: "The first step is to find out why. Often it's a physical problem...This can be solved by getting the right size and kind. It's important to be confident putting it on and practice, so it doesn't break up the sex - it becomes part of it."

There are also psychological problems, with men often worrying about their virility or

identity as a man. Rebecca said: "Think if he refuses to wear a condom, do you really want to have sex with him."

She also suggests using a female condom. Female condoms are as effective at protecting against STIs and nearly as effective at preventing pregnancy (95% compared to 98% for male condoms).

She suggests the first time women want to use a female condom, they buy more than they need: "It takes confidence and practice."

Female and male condoms are available from contraceptive clinics and GUM clinics for free, or can be bought from pharmacies or online.

The fpa run a confidential helpline about sexual health, with interpreters available for any language. Rebecca said:

"Don't be shy, come forward, use the helpline: We want to help."

**"Don't be shy. We want to help"**

## Key Words

condom:	ኮንዶም
female condom:	ናይ ደቂ ኣንስትዮ ኮንዶም
GUM clinic:	ክሊኒክ ናይ ብጾታዊ ርክብ ዝመሓላለፉ ሕግማት
sexually transmitted infection:	ብጾታዊ ርክብ ዝመሓላለፉ ለቦዳት
sexual health check:	ጾታዊ መርመራ ጥዕና
indirect sex:	ተዘዋዋሪ ርክብ
confidential:	ስቱር (ዕቁብ)
translator:	ተርጎሚ
prescription:	ምእዛዝ (ብሓኪም ዝወሃበካ ተበሬታ ኣብ ኣጠቓቕማ መድሃኒት)
GP:	ተረኛ ሓኪም

## Key Phrases

Can you put on a condom?  
ኮንዶም ምወደኻ ዶ።

I'd like a sexual health check.  
ጾታዊ መርመራ ጥዕና ምደለኹ ነይረ።

I'd like a Tigrinya translator.  
ናይ ትግርኛ ተርጎሚ ምደለኹ ነይረ።

We won't have sex if you don't use a condom.  
ኮንዶም እንተዘይተጠቀምካ/ኪ ርክብ ኣይከንፍጽምን ኢና።

I live in \_\_\_\_ . Where is my nearest GUM clinic?  
ኣብ \_\_\_\_ ይነበር። ኢታ ዝቀረበት ናይ ብጾታዊ ርክብ ዝመሓላለፉ ሕግማት ክሊኒክ ኣበይ ኢያ።





## Useful contacts

fpa Confidential helpline  
Monday-Friday, 9am-6pm  
0845 122 8690  
Interpreters available

### GUM clinics

You can find your nearest GUM clinic online at <http://www.fpa.org.uk/Findaclinic>, or call: fpa 0845 122 8690  
NHS Direct on 0845 4647 or listed in the phonebook or from your GP

Call Condom Essential Wear on free phone number 0800 567 123 for confidential sexual health advice (calls from a BT landline or phone box are free. You may be charged for calls from a mobile phone).

Your local GP office. Advice information and tests are free, but you may have to pay for a prescription and you will have to be registered with a GP clinic.



Do you think you're safe because you've only had sex with one person? But how many people has that person had sex with? And their partners? You could be having indirect sex with thousands of people. Lloyds pharmacy research found that the average person in the UK has had indirect sex with 2.4 million people!

Does your partner make excuses to avoid wearing a condom? Here are some things you can say: መጸምድካ/ኪ ኮንዶም ንዘይምጥቃም ምክንያታት የቅርብ/ተቅርብ ዶ? ቀጺሎም እምበኣር ገለ ክትብሎም/ልዮም ትክእል/ሊ ይርከቡ።	
Excuse	Response
Don't you trust me? አይትአምንን/ነን ዲኪ/ካ?	Trust isn't the point. People can have infections without realizing it. እምነት አይኮነን እኮ እቲ ቐንዲ ነገር፣ ሰባት ከየስተወዳልሉ መልክፍቲ ክህልዎም ይክእል እዩ።
It does not feel as good with a condom. ብኮንዶም እኮ ከምቲ ዝድለ ኣዕጋቢ አይኮነን።	I'll feel more relaxed. If I am more relaxed, I can make it better for you. ኣነ ግን ዝያዳ ፍፍታ ይሰምዓኒ፣ ዝያዳ ፍፍታ እንተተሰሚዑኒ ከኣ ብዝበለጸ ከዕግበካ/ኪ ይክእል።
I don't have a condom with me. ኮንዶም እሞ ምሳይ ዘይብለይ።	I do. (Always have some available if sex is likely). ኣ ነ ኣለኒ። (ርክብ ናይ ምፍጻም ተክእሎ ኣብ ዘለወሉ ግዜ፣ ኩሉ ግዜ ኮንዶም ኣዝ/ዚ።)
It's up to him. It's his decision. ንዕኡ ይምልከት፣ ናቲ ወሳኔ እዩ።	It's your health. It should be your decision too. ንጥዕናኪ እዩ እኮ፣ ናትኪ ወሳኔ እዉን ክከዉን ይግባእ።
I guess you don't really love me. ከም ግምተይ ናይ ብሓቂ አይተፍቅረንን ኢካ/ኪ።	I do, but I'm not risking my future to prove it. የፍቅረካ/ክ እዩ። እንተኮነ ግን ንከረጋግጽ ክብል መጻኢይይ ኣብ ሓደጋ አየእትዉን እዩ።
I will pull out in time. ደሓን ዘርኢ ከየፍሰስኩ ከወጽኦ እዩ።	Women can get STDs from pre-ejaculate. ደቂ ኣንስትዮ እኮ ቅድሚ ምፍሳስካ ክጠንግን ብተመሓላለፍቲ ሕማማት ክልከፋን ይክእላ እዩን።
But I love you. ኣነ ግን የፍቅረኪ/ካ እዩ።	Then you'll help us to protect ourselves. ተፍቅረኒ/ርኒ እንተኮነካ/ኪ ኣሞ ነብስኻ ክንከላከል ክትሕግዘኒ/ዝኒ ኣለካ/ኪ።
Just this once. ሓንቲ ግዜ ጥራይ።	Once is all it takes. ንመልክፍቲ እኮ ሓንቲ ግዜ እክልቲ እዩ።

# ጥዕና ዝመልኦ ናብራ

ኣብ ነፍሲ ወከፍ ሕታም፣ ብዛዕባ ጥዕና ዝምልከት ንጽሕፍ። ኣብዚ ወርሒ'ዚ፣ ብዛዕባ ብጾታዊ ርክብ ዝመሓላለፉ ሕማማት - ኣገባብ ምክልኻሎም፣ ምልክታቶም፣ ኣፈዋዒሰኦምን ብዛዕባኦም ንዝምልከት ድማ ናብይ ከም ንኺይድ ክንዝቲ ኢና።

**ኒ**ጻን ስቱርን (ዕቁብን) ዝኾነ ጾታዊ ጥዕናዊ ምክርን መርመራን ንኹሉ ሰብ (ወላ ስደተኛ) ኣብ ዓባይ ብሪጣንያ (UK) ኣሎ። ኣብ ዓባይ ብሪጣንያ 220 ናይ ብጾታዊ ርክብ ዝመሓላለፉ ሕማማት ክለኒክ ኣብ ጾታዊ ጥዕና መርመራ፣ ፍወሳን ሓገዝን ዘተኩራ ኣለዎ። ሕመማት ቆጻራ ክገብሩ ወይ ድማ ኣብ ዝኾነ ግዜ ክመጹ ይኸእሉ። 'ኣንተደሊኹም ናይ ሓሶት ስምን ኣድራሻን ክትህቡ ትኸእሉ። ብኣካል ምምጻእ ወይ ወን ቴሌፎን ምድዋል ይከኣል። ናይ ግድን ኣይኮነን ብተረኛ ሓኪም ክትረኣ።' ይብል ሓዲ ላዕለዎይ ሰራሕተኛ ሕክምና። ሕመማት ቅድሚ ምምጻእም ኣንተደዊሎም ናይ ትግርኛ ትርጉም ክዳለወሎም ይከኣል እዩ።

**ምክልኻል**  
ወኪል ምክልኻል ጥዕና ከም ዘመልከቶ፣ ኣብ ዓመተ 2008 ኣብ ክለኒካት ናይ ብጾታዊ ርክብ ዝመሓላለፉ ሕማማት ዓባይ ብሪጣንያ፣ ልዕሊ 600,000 ብጾታዊ ርክብ ዝመሓላለፉ ለባዳታት ተረኺቦም። ሓዲ ካብዞም ኣብ ላዕሊ ዝተጠቐሱ ዘይምኾን ግና ቐሊል እዩ። ናይ ደቂ ተባዕትዮን ደቂ ኣንስትዮን ኮንዶም ብግቡእ ምጥቃም ካብ ብጾታዊ ርክብ ዝመሓላለፉ ሕማማት ክክላኸለልና ይኸእል። ስጋዊ ርክብ ብዘይ ኮንዶም ወሑስ ዝኸወን፣ 'ንስኻን መጻምድኻን መርመራ ጌርኩም ኣድላዩ ፍወሳ ምስ ወዳኣኩምን ከምኡ ድማ ኣብ ሓዲ ምስ

ሓንቲ ወይ ሓንቲ ምስ ሓዲ ዝምድና ከም ትጻንዑ ምስ ኣረጋገጽኩምን እዩ ትብል ኣፈኛ ማሕበር ወጥን ስድራቤት ረቤካ ፊንድላይ። ደቂ ተባዕትዮን ደቂ ኣንስትዮን ኣብ ገለ እዋናት ኮንዶም ንኺይጥቀሙ ምክንያታት የቐርቡ እዮም። 'እቲ ናይ መጀመርታ ስጉምቲ እቲ ምክንያት ምፍላጥ እዩ። መብዛሕትኡ ግዜ እቲ ምክንያት ኣካላዊ ጸገም እዩ... እዚ ድማ እቲ ልክዕ ዓቕብን ዓይነትን ብምርካብ ክፍታሕ ይከኣል። ኣብ ኣተኣታትዎን ኣጠቓቕማን ኮንዶም ርእሰ ተኣማማንነት ክህልወካ ኣዝዩ ኣገዳሲ እዩ። ስለዚ ድማ ኮንዶም ኣብ ስጋዊ ርክብ ዕንቅፋት ኣይከወንን እኮደኣ ኣካል ናይቲ ርክብ ይኸወን።' ትብል ረቤካ። ስነ ኣእምሮኣዊ ጸገማት እዉን ኣለዉ። ደቂ ተባዕትዮ ዝበዝሕ ግዜ ብዛዕባ ተባዕታይነቶም ወይ መንነት ከም ሰብኣይ ይጭነቑ። 'ሕሰቢ፣ ኮንዶም ምጥቃም እንተኣብዩ፣ ናይ ቡሓቂ ምስኡ ስጋዊ ርክብ ክትፍጽሚ ትደልዩ ዲኺ?' ትብል ረቤካ። ንሳ፣ ኮንዶም ደቂ ኣንስትዮ ምጥቃም ከም ዝከኣል'ዉን ትሕብር። ኮንዶም ደቂ ኣንስትዮ ማዕረ ኮንዶም ደቂ ተባዕትዮ ኣብ ምክልኻል ብስጋዊ ርክብ ዝመሓላለፉ ሕማማት ኣድማዒ እዩ። ከምኡ'ዉን ኣብ ምክልኻል ጥንሲ ዳርጋ ማዕረ ኮንዶም ደቂ ተባዕትዮ እዩ። (95% ምስ 98% ዓቕሚ ኮንዶም ደቂ ተባዕትዮ)። ንሳ ከም ትሕብር፣ ደቂ ኣንስትዮ ንመጀመርታ ግዜ ኮንዶም ደቂ ኣንስትዮ ክጥቀማ ምስ ዝደልዩ፣ ካብቲ ዘድልዩን ብዝሒ ንላዕሊ ክገዝኦ ትመክር፣ 'ርእሰ ተኣማማንነትን ተመኩርን ይጠልብ።'

ኮንዶም ደቂ ተባዕትዮን ደቂ ኣንስትዮን ኣብ ክለኒክ ብነጻ ይርከብ፣ ካብ ፋርማሲ ወይ ወን ብኣንላይን ካብ ኢንተርኒት ክግዛእ ይከኣል። ማሕበር ወጥን ስድራቤት ብዛዕባ ጾታዊ ጥዕና ዝምልከት ስቱር ዝኾነ መስመር ተሌፎን ምስ ትርጉም ናይ ዝኾነ ቐንቐዕ ዘጠቓለሉ ይልግስ። 'ኣይትሕፈሩ፣ ምጻና፣ እቲ መስመር ተሌፎን ተጠቐሙሉ፣ ክንሕግዝ ኢና ንደሊ' ትብል ረቤካ።



Female condom



**ኣገደስቲ መራኽቢታት**  
ማሕበር ወጥን ስድራቤት ስቱር ናይ ተሌፎን መስመር ሰነይ - ዓርቢ 9 ቕ.ቐ - 6 ድ.ቐ  
0845 122 8690  
ተርጎምቲ ኣለዉ

ክለኒክ ናይ ብጾታዊ ርክብ ዝመሓላለፉ ሕማማት እታ ናባኹም ዝቐረበት ክለኒክ ናይ ብጾታዊ ርክብ ዝመሓላለፉ ሕማማት ኣብ <http://www.fpa.org.uk/Findaclinic> ክትረኽብዎ ትኸእሉ ወይ ድማ ናብ ማሕበር ወጥን ስድራቤት ብ 0845 122 8690 ደዉሉ።

ሃገራዊ ኣገልግሎት ጥዕና ብ 0845 4647 ወይ ካብ መዝገብ ቁጽሪ

ተሌፎናት ወይ ወን ካብ ተረኛ ሓኪምኩም

ንስቱር ዝኾነ ምክር ብዛዕባ ጾታዊ ጥዕና ናብ ኮንዶም ኢሰንሻያል ዌር ናብ ናይ ነጻ ተሌፎን ቁጽሪ 0800 567 123 ደዉሉ። ( ካብ ናይ ገዛ ተሌፎን ወይ ድማ ካብ ናይ ነጻ ተሌፎናት ዝግበር ጸዉዒታት ብነጻ እዩ፣ ካብ ተንቀሳቓሲ (ምባይል) ተሌፎን ንዝግበር ጸዉዒታት ግና ምናልባት ትኸፍሉሉ ትኾኑ)።

ኣብ ናይ ከባቢኹም ናይ ተረኛ ሓኪም ቤት ጽሕፈት፣ ምክራዊ ሓበሬታን መርመራታትን ብነጻ እዩ፣ ንዝተሓዘዘልኩም መድሃኒት ግና ትኸፍሉሉ ትኾኑ፣ ኣብ ክለኒክ ድማ ክትምዝገቡ ኣለኩም።

**Common STIs**

ብጾታዊ ርክብ ዝመሓላለፉ መልክፍቲታት

**Symptoms**

ምልክታት

**Treatment**

ፍወሳ

Chlamydia ክላምድያ

Often no symptoms. For men, sometimes swollen testicles, discharge from penis, can cause fertility problems. For women, sometimes pelvic pain or cystitis. It can spread to the womb and cause infertility  
 ዝበዝሕ እዋን ምልክታት የብሉን፤ ኣብ ደቂ ተባዕትዮ ሓደ ሓደ ግዜ ምሕባጥ ፍረ ነብሲ፣ ፈሳሲ ካብ ብልዕቲ፣ ናይ ፍርያምነት ጸገማት ከስዕብ ይኸእል። ኣብ ደቂ ኣንስትዮ፣ ሓደ ሓደ ግዜ ቃንዝ ኣብ ጎሎ ወይ ዓጽረ ሽንቲ። ናብ ማህጸን ተዘርጊሑ ድማ መኻንነት ከስዕብ ይኸእል።

A course of antibiotics is 95% effective  
 ጸረ ነፍሳት ምወሳድ 95% ኣድማዒ እዩ።

Gonorrhea ጎኖርያ (ጅግል)

Green or yellow discharge from penis or vagina, testicular pain. Pain in testes or prostate gland or abdominal pain, burning when you pee, need to pee frequently. No symptoms in 10%. Can lead to serious a lifelong illness  
 ቀጠልያ ወይ ብጫ ፈሳሲ ካብ ብልዕቲ ወዲ ተባዕታይ ወይ ጎል ኣንስተይቲ። ቃንዝ ኣብ ፍረ ነብሲ ወይ ኣብ ጸኪ ናይ ዘርኢ ወይ ድማ ኣብ ኩባዲ፣ ምቅጻል (ዘንድድ ስምዒት) ኣብ ግዜ ሽንቲ፣ ቀጻሊ ክትሸይን ምድላይ። ኣብ 10% ምልክታት ኣይርእዮን። ንሙሉእ ሂወትካ ዝጸንሕ ሕማም ከስዕበልካ ይኸእል።

Antibiotics and a follow up check after 72 hours  
 ጸረ ነፍሳት ምወሳድን ድሕሪ 72 ሰዓታት መርመራ ምክያድን።

HIV ኤች. ኣይ. ቪ

60% of people get symptoms 2-6 weeks after infection, including fever, sore throat, tiredness, joint pain, muscle pain, swollen glands and a blotchy rash on the chest. Then there may be no symptoms for a long time. In late stage HIV, there may be tiredness, night sweats, weight loss, diarrhea, blurred vision, white spots on tongue or mouth, dry cough, shortness of breath, fever, swollen glands  
 60% ዝኾኑ ሰባት ካብ መልክፍቲ ድሕሪ 2-6 ዘሎ ሳምንታት ምልክታት የርእዮ፤ እቶም ምልክታት ነዚእም የጠቓልሉ፣ ረስኒ፣ ቃንዝ ጎረሮ፣ ድኻም፣ ቃንዝ ኣብ መላጋግቦታት፣ ዝሓበጡ ጽክታትን ዘይስፋዕ ዕንፍፋር ኣብ ኣፍ ልቢ። ብድሕርዚ ንዓይኒ እዋን ምልክታት ዘይክረኣዩ ይኸእሉ። ኣብ ዳሕረዎይ መድረኽ ኤች. ኣይ. ቪ.፣ ድኻም፣ ርሃጽ ኣብ ግዜ ለይቲ፣ ምጉዳል ኩብደት ሰብነት፣ ተቅማጥ፣ ሕዉዝወዝታ ኣብ ምርኣይ፣ ጳዕዳ ነጠብጣብ ኣብ መልሓስ ወይ ኣፍ፣ ደረቅ ሰዓል፣ ሕጽረት ምስትንፋስ፣ ረስኒ፣ ሕበጥ ጽክታት ክህሉ ይኸእል።

Highly active antiretroviral therapy (HAART) and regular blood tests is the most common treatment. There is no cure but treatment can help people to live long and normal lives  
 ኣገዩ ንጡፍ ዝኾነ ጸረ ቫይረስ ፍወሳን ቀጻሊ መርመራ ደምን እቲ ዝበለጸ ፍወሳ እዩ። መድሃኒት የብሉን ፍወሳ ግን ንደቂ ሰባት ንዓይኒ እዋን ክነብሩን መዓልታዊ ሂወቶም ክመርሑን ይሕግዘም።

Genital herpes ጆኒታል ህርጥስ

These can appear months or years after initial infection. Tingling and burning sensation before blisters appear, painful red blisters on genitals, anus, back and buttocks and the cervix in women.  
 እዞም ዝስዕቡ ምልክታት ድሕሪ ኣዋርሕ ወይ ዓመታት ካብ ናይ መጀመርታ መልክፍቲ ክረኣዩ ይኸእሉ። ሸቅ ሸቅ ዘብልን ዘንድድን ስምዒት ቅድሚ ቁስሊ ምርኣዩ፣ ኣቕንዛዊ ቀይሕ ቁስልታት ኣብ ከባቢ ኣካላት መፍረ፣ መሃንቱስ፣ ሕቆ፣ መዓኮርን ኣፍማህጸንን።

For a first or severe infection, antiviral drugs may be given, otherwise you will treat the symptoms. There is no cure  
 ነቲ ናይ መጀመርታ ወይ ሓደገኛ መልክፍቲ፣ ጸረ ቫይረስ መድሃኒት ክወሃብ ይከእል ከምኡ እንተዘይኮይኑ ግና እቶም ዝተረኣዩ ምልክታት ይሕከሙ። መድሃኒት ግና የብሉን።

Syphilis ሲፍልስ (ፍንጣጣ)

For the first infection, symptoms appear from 10 days to 3 months after infection and include a painless sore, and possibly swollen lymph glands. After 3-6 weeks, symptoms include a rash on hands and feet, tiredness, headaches and swollen lymph glands. Then there can be no symptoms for years. In final stages, symptoms are stroke, loss of coordination, numbness, paralysis, blindness, deafness and heart disease  
 ኣብ መጀመርታ መልክፍቲ፣ ምልክታት ካብ 10 መዓልታት ከሳብ 3 ወርሒ ድሕሪ መልክፍቲ ዘሎ ግዜ ይረኣዩ፣ ዘየቐንዙ ሕበጥ ከእ የጠቓልሉ። ድሕሪ 3-6 ሳምንቲ ምልክታት እዞም ዝስዕቡ የጠቓልሉ፣ ዕንፍፋር ኣብ ኣእዳዉን ኣእጋርን፣ ድኻም፣ ቃንዝ ርእስን ሕበጥ ጽክታትን። ብድሕርዚ ንዓመታት ዝኾነ ምልክታት ዘይክረኣዩ ይኸእሉ። ኣብ ናይ መወዳእታ ደረጃ፣ ወቕዒ፣ ኣካላትካ ዘይምቁጽጻር፣ ከተስተማቕር ዘይምኸኣል፣ መልመስቲ፣ ዑረት፣ ጽመትን ሕማም ልብን ዝኣመሰሉ ምልክታት ይረኣዩ።

For first stage of infection, a course of antibiotics, in the next stage it can be treated by IV antibiotics (into the vein). There is no way to reverse the damage caused by syphilis  
 ኣብቲ ቐዳማይ ደረጃ መልክፍቲ፣ ጸረ ነፍሳት መድሃኒት – ኣብቲ ዝቐጸል ደረጃ ድማ ብጸረ ነፍሳት (ናብ ወሽጢ መትኒ ብምውጋእ) ክፍወስ ይከእል። ብፍንጣጣ ንዝስዕብ ዕንወት ብዝኾነ ይኹን መንገዲ ክትመልሱ ኣይከእልን እዩ።



# A bit of culture

In this section, every month, we look at British culture, customs and history. This will give you some background about the UK and help those of you working towards your citizenship tests. This month, we look at November's traditions, Bonfire Night and Remembrance Sunday.

## Loud bangs and burning

**D**id you wonder about the big bangs and bright lights on November 5th this month? It was Guy Fawkes Night, a traditional celebration in the UK.

### The background

While Queen Elizabeth I was queen, she made laws against Roman Catholics. She made it illegal for Roman Catholics to practice their religion.

When King James I became king, Catholics hoped he would change the law, but he didn't. He passed more laws against the Catholics.

There were fines for people who didn't attend Protestant Church on Sunday's or holy days

### The Gunpowder Plot

A small group of Catholics, including a man called Guy Fawkes, decided to act against the King to protect their religion.

They planned to blow up parliament with gunpowder the next time it was opened by King James I.

The men bought a house next door to the parliament building. The house had a cellar under the Houses of Parliament. The planned to put gunpowder under



the house and blow up parliament and the king.

### Caught!

On the 5th November, 1605, Guy Fawkes was told to guard the gunpowder and light the fuse .

But he was caught by soldiers, arrested and taken to the Tower of London. He was tortured and eventually gave the details of the plot. He was later executed.

King James I ordered that the people of England had a big bonfire on the night of November 5th to celebrate the King's

survival.

### Remember, Remember...

Every year, people gather around a big fire and burn a guy (a man made from paper or straw to represent Guy Fawkes). They release fireworks as a reminder of the gunpowder.

There's a popular poem about the event:

*Remember, remember,  
The 5th of November.  
Gunpowder, treason and plot. We  
see no reason  
Why the gunpowder treason  
Should ever be forgot.*

1558 Queen Elizabeth I



1603 King James I

**Key words**

- bangs ሃንደብት ሂም ዝብል ድምጺ
- fireworks ርቺ
- bonfire መጋርያ
- celebration ጽንብል
- Catholic ካቶሊክ
- illegal ዘይሕጋዊ
- law ሕገ
- fine ናይ ገንዘብ መቐጻዕቲ
- Protestant ከኒቫ
- plot ፕሎት
- gunpowder ተፈንጃሪ (ፈንጂ)
- religion እምነት (ሃይማኖት)
- blow up ምፍንጃር
- parliament ፓርላማ
- cellar ኣብ ትሕቲ ዝ ስምልከዕ ትሕት ምሬት ዝስራሕ መኻዚኖ
- caught ተታሕዘ
- king ንጉስ
- queen ንግስቲ
- fuse መራኽቢ
- arrested ተኣሰረ፣ ተዳገገ
- tortured ተቐጥቀጠ፣ ተገፍዐ
- executed ተቐትለ
- survival ምድሓን፣ ድሕነት
- treason ጥልመት ሃገር (ብፍላይ ድማ መንግስቲ ብምግምጣል ዝግበር ገበን)
- Respect ክብሪ
- Martyr's Day መዓልቲ ሰማእታት
- remembrance መዘከርታ (ዝኽሪ)
- silence ጸጥታ

# Respectful silence

Just as Eritrea has Martyr's Day to remember those who gave their lives for Eritrean Independence, Britain remembers it's war heroes on Remembrance Day.

On November 11th at 11am, many people stop and are silent

for 2 minutes, out of remembrance and respect for those who lost their lives in the First and Second World Wars, and other wars.

Many people wear red poppies (a flower) out of respect for those who died.



# Test your English

Complete the sentences using key words from this edition.

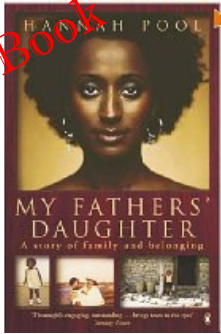
1. I gave excellent \_\_\_\_\_ working as a shop assistant.
2. My English is not fantastic. I need a Tigrinya \_\_\_\_\_.
3. Out of \_\_\_\_\_ for war heroes, people wear poppies on Remembrance Day.
4. \_\_\_\_\_ is a kind of explosive used by Guy Fawkes.
5. It is \_\_\_\_\_ to study in order to learn.
6. I played on a football team for 2 years, showing my \_\_\_\_\_.
7. Antibiotics are 90% effective in treating \_\_\_\_\_.
8. Manchester United \_\_\_\_\_ the Premier League last year.
9. Asylum seekers are often escaping from \_\_\_\_\_.
10. The Family Planning Association have a helpline to give you information about \_\_\_\_\_.

Answers on the back page

# Reviews

True story of Eritrean adoptee

Every month, we review some media. If you want to contribute, send in your reviews to hadnetmag@googlemail.com with subject line 'review'



**Story:** Hannah Pool was adopted from an orphanage in Eritrea in 1974 and came to England with her white adoptive father six years later. Then a brother she never

suspected she had wrote to her from Eritrea. Ten years after receiving it she tracks down her surviving Eritrean family.

**Price: £6.98 from Amazon**  
**Author: Hannah Pool**

**Review:** It is an easy read, well written and nicely told story. The thing I like the most about the book is, Hannah did all the tracing by herself.

Especially, I admired her when she decided and went to Eritrea. To be in a place that you have never seen and meet people you have never met is hard and you don't know if there will be a welcome.

But the thing I was not a big fan of is, was her lack of

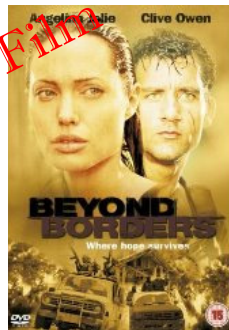
cultural sensitivity.

If you are going to a new society, you should be careful not to offend anyone.

For example, when she saw her family for the first time they were thanking God but she said "God didn't bring me here, I came on my own. . . ". Despite this, it is one of the best books I've read. I liked it and enjoyed reading it. I will send it to Eritrea for my friends to read.

★★★★★

## Action with a conscience



**Story:** Beyond Borders follows the problematic blossoming romance between busy American socialite Sarah Jordan (Jolie), and rogue doctor Nick Callahan (Owen).

The two initially meet in 1984 at a charity event in London. Sarah is still flushed with excitement from her

recent marriage, but is nevertheless enchanted by Nick's impassioned speech on behalf of starving children in Ethiopia.

Sarah decides to help the cause in Africa, meeting Nick there and sparking a romantic connection which is cut short because of family and work commitments.

Four years later, Sarah finds herself alone after a torrid divorce. Her work for the United Nations now consumes her thoughts, and when the chance to travel to war-torn Cambodia--and reunite with Nick--arises, it proves too good to turn down.

The two immediately hit it off, but Nick's commitment to his work once again causes them to separate.

Five more years pass, and when Sarah receives a call that Nick has been captured and made a prisoner of war in Chechnya, she realises she has one more chance to rescue her man, and to rekindle the passion.

**Review:** A moving romance and action story set against stunning scenery. Some of the African scenes are in Tigrinya

★★★★★

## Sudoku

Enter numbers from 1-9 into the blank spaces. Every row and column must contain one of each number, as must every 3x3 square. There is no need to guess. You can find the answer using logic.

3	1			2	9		4	
		2						
8		4			3	9	2	1
				8				9
	2			9			7	
5				4				
9	4	6	5			7		8
						2		
	7		4	1			9	5

- Answers to English Test
1. customer service
  2. translator
  3. respect
  4. gunpowder
  5. crucial or vital
  6. teamwork
  7. Chlamydia
  8. won
  9. persecution
  10. sexual health