Build your skills Guide to volunteerin

Supporting Eritreans in the UK

Issue 2, December 2009

Exclusive interview with Saba

Christmas in the UK, news and reviews

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About your Co-Editor

Name: Issayas Bereket Tsegay

What do you do for Hadnet? I translate the articles into Tigrinya, write reviews and plan the content of the magazine. I also do the layouts for some of the pages. Where are you from? Asmara in Eritrea.

When did you come to the UK? This year—in November. I started translating the magazine while I was living in Kampala in Uganda by email.

How did you get involved with Hadnet? The editor, Susie is my wife. We met while we were teaching together in Foro. What are your hopes for Hadnet? I hope every Eritrean in the UK reads it and gets useful information from it.

ብዛዕባ ተሓጋጋዚ ኤዲተር

ስም: ኢሳያስ በረኸት ጸጋይ **ኣበርከቶኻ ኣብ ሓድነት እንታይ እዩ?** ጽሑፋት ናብ *ትግርኛ ይትርጉም፣ ገ*ለ ገለ ገምጋም ይጽሕፍን ንትሕዝቶ መጽሄት መደብ የዉጽእን። ናይ ሓደ ሓደ ገጻት ድማ ለይ ኣዉት ይንብር።

ካበይ ቦታ ኢ ኻ ኸ መጺ ኻ? ካብ ኣስመራ ኤርትራ

ናብ ዓባይ ብርጣንያ መዓስ መጺኽ? ሎሚ ዓመት— ኣብ ወርሒ ሕዳር። ኣብዛ መጋዚን ምትርዓም *ግ*ና ኣብ ካማፓላ- ዩጋንዳ ከለኹ ብኢመይል ጀሚረዮ።

ብኸምይ ኢኻ ኣብ ሓድነት ክትሰርሕ ጀሚርካ? አዲተር ናይዛ መጽሄት ማለት ሲዚ በዓልቲ ቤተይ እያ፣ ኣብ ፎሮ ብሓንሳብ ንምህር ኔርና፣ ኣብኡ ኢና ኸኣ ተራኪብና።

ናይዛ መጽሄት ተስፋታትካ እሞ እንታይ እዩ? ተስፋይ ኩሉ ኣብ ዓባይ ብርጣንያ ዘሎ ኤርትራዊ ከንብባን ዘድሊ ሓበሬታ ካብኣ ክረክብን አዩ።

Dear readers,

Welcome to Issue 2 of Hadnet, the Christmas edition.

This month, we interview German-Eritrean Soul singer Saba about growing up in a small town and becoming an international signer.

We also continue jobs and health advice, this month focusing on volunteering to build your skills and eating healthily on a budget.

Because it's Christmas time, our culture section focuses on the ways people in the UK celebrate. We also explain the differences between the British Isles, Britain and the United Kingdom, and where the names come from.

We would still love your feedback and invite you to visit either of our websites at www.wix.com/hadnet/hadnet or www.hadnet.wordpress.com. Email us anytime at hadnetmag@googlemail.com or join our facebook fan page, hadnetmag.

Enjoy!

ዝኸበርኩም ኣንበብቲ፣

መርሓባ ናብ 2ይ ሕታም መጽሄት ሓድነት፣ ሕታም ልደት

ኣብ ናይዚ ወርሒ ሕታምና፣ ምስ ጀርመናዊት-ኤርትራዊት ድምጻዊት ሳባ ብዛሪባ ኣብ ንእሽተይ ከተማ ዓብያ ከመይ ኢላ ኣህጉራዊት ድምጻዊት ከም ዠኾነት ዝተንብረ ዕላል ኣለና።

ብዛዕባ ስራሕን ተዕናዊ ምኽርን'ዉን ሰፊሩ ይርከብ፣ ኣብዚ ወርሒ'ዚ ኣተኩሮና ኣብ ወለንታዊ ስራሕ ዓኞምታትኩም ክብ ኣብ ምባልን ተዕና ዘለዎ ኣመጋግባ ብቑጠባን ክኸውን እዩ፡፡

ቅንያት ልደት ስለ ዠኾነ፣ ዓምዲ ባህሊ ህዝቢ ዓባይ ብርጣንያ ንልደት ከመይ ኔሮም ከም ዘብዕልዎ ከተኩር እዩ። ከምኡ'ዉን ፍልልያት ኣብ መንነ ብርጣንያን ሕቡራት ነገስታትን፣ እዚ ኣስማት ካበይ ከም ዝመጸን ከንገልጽ ኢና።

ሕጇ እዉን ከም ቐደም ርእይቶዥም ክንረክብ ንፌቱ። ናብ መርበብ ሓበሬታና www.wix.com/hadnet/hadnet ወይ ድማ www.hadnet.wordpress.com ክትበጽሑና ንዕድመኩም። ኣብ ዝኾነ ግዜ ናብ hadnetmag@googlemail.com ኢ መይል ክትንብፋልና ይከኣል ወይ ድማ ኣብ hadnetmag ናይ facebook fan page ተጸንበሉና።

ሲዚ-ኤዲተር

Call to release detained children

A uthors and leading health experts have written a letter urging the government to stop the detention of child asylum seekers.

Approximately 1000 children a year are locked up in UK detention centres, with no time limit and no legal support. A report by Medical Justice said children's needs in these centres are not met: "The removal centres are damaging the physical and metal health of..the children."

When two clerics attempted to deliver Christmas presents to the locked up children, they were refused entry



by the guards. "This hardly indicates a humanely run institution," said the Medical Justice Network. The UK Home Office maintain conditions are improving within the centre and children's welfare is taken care of. The Royal

Colleges of Pediatrics and Child Health, Psychiatrists and GPs wrote a letter protesting against the conditions in response to the Medical Justice report.

Key Words

authors ደረስቲ/ጸሓፍቲ
detention ኣብ ቤት <i>ጣ</i> ሕቡስ
asylum seekerሓተትቲ <i>ዑቹ</i> ባ
release ምልቃኞ
legal ሕጋዊ
clerics
guards ዋርድያታ
hardlyብፍጹም
indicates ይሕብር/ የርኢ
humane ሰብኣዊ
welfare ድሕነት
paediatrics መድሃኒት ናይ ቆልው
psychiatristናይ ሓንነል ሓኪም
protest

Famous children's authors like Philip Pullman, Jacqueline Wilson and Quentin Blake have added their support to the campaign.

World Cup trophy visits Eritrea

The Fifa World Cup trophy visited Eritrea on November 2009, as part of its Africa tour.

On the tour, the cup visits 53 countries in 70 days, allowing African football fans to see the real gold trophy.

Key words

trophy. . ዋንጫ፣ ኮፓ tour . . . ዙረት፣ ዑደት cup . . . ዋንጫ፣ ኮፓ fan . . . ደገፍቲ





Saba's soul

Hadnet talks to Soul singing sensation Saba about her music, and growing up as an Eritrean in a small German town

s the only Eritrean growing up in a small German town, Saba never even contemplated a singing career. Now she plays sell out gigs from London to New York.

Saba was born in Dekemhare in Eritrea. When she was still very young, she moved with her family to Germany to escape from the war.

Eritrea from her childhood, her parents made sure she didn't lose her Eritrean roots: "I grew up speaking Tigrinya and eating Eritrean food. My mum cooked

injera every weekend."

Saba faced challenges as the only black student in school and part of the only Eritrean family in her town: "I didn't think about the arts to feed Saba's growing it at the time, because it was all I passion for music. She listened knew, but in hindsight, there were difficulties.

"I had to learn the language. I couldn't really focus on my own development. There was Although she doesn't remember something missing like a mirror to reflect or confirm myself.

"I was too bothered trying to overcome kids in school bullving. to do some karaoke, but I didn't But the best you can do is come out of it stronger and even more

determined to make the best out of your life."

The other problem with her small town school was a lack of to Jazz and Soul, admiring artists like Ella Fitzgerald, Billy Holiday, Laurence Hill, Whitney Houston and Sade.

Despite this musical passion, she didn't really know how to pursue it professionally: "I've always been singing and started know you could have a career in singing.

"When you are young, you don't have much knowledge of the vast possibilities that are out there, unless you see them happening around you."

Not sure what career to pursue, Saba finished school and went to college to study business administration and foreign languages. While in college, she joined a drama group: "It was a real highlight. I liked acting and drama."

After college, Saba decided to go for a job working for a bank in Frankfurt. It was this move that allowed her musical talents to start developing: "Frankfurt was a good move. It's much more diverse with a great music and



arts scene.

"I started to have evenings out watching different shows and started thinking, 'How do I get into this?"

She got her break in a show group called Magica staging a musical called The Gospel Tribe. "The first time on stage was nerve-racking. Singing in your room is one thing, but on stage it's totally different. It was a fight with stage fright!"

Saba toured with this group for a while and provided vocals with some other groups. But it wasn't until 2004 that she started performing in her mother tongue, Tigrinya:

"I met a Senegalese guitarist/ composer, Gossi, who was interested in my music and we formed the band, Injera Soul. It was the right time for it."

One of Saba's favourite gigs so far was in New York in 2005: "We couldn't afford to take the band, so I played with amazing local musicians.

"The venue was packed and the audience were really interested.

"There was a mix of people from all over the world. I sang in Tigrinva and they loved it, even though they couldn't understand a word! That's the beauty of music-you just need to feel it, and the CD booklet can do the rest!"

Saba has received recognition for her work. She was nominated I have to overcome the fear. for Best Newcomer at the Creole World Music Awards in Frankfurt. More recently, she won the Shanet Award, Golden Mike 09.

This was awarded by the Eritrea Scandinavian committee for a new generation artist representing Eritrea on an international level.

Even after all her experience, Saba can still get pre-stage nerves: "You'd be surprised at how many performers actually suffer stage fright. I'm naturally



quite introverted, but being on stage is part of being a singer so

"I do this by getting in the mood and reminding myself that it's what I really want to do and doing breathing exercises. Once I get on stage I'm fine."

Saba moved to London in 2007: "I wanted to see how I could develop Injera Soul a bit more. In London you meet all kinds of different musicians on a high level. I like living in an international environment.

"When I grew up, I missed diversity. I love being surrounded by diversity."

Saba has two brothers and two sisters who are living in different countries with their families. Is a family on the cards for her? "Sometime, but I'm only thinking as far as the music right now."

Saba is working on her album and planning a tour for January. "The album has different influences and a new soul feel." Saba plans to release the finished album by spring next vear.

If you can't wait until next year, go to www.myspace.com/ injerasoul to download some tasters of this unique blend of Tigrinya singing and soul.

ድምያዊት ሳባ

መጽሄት ሓድነት፣ ምስ ድምጻዊት ሳባ ብዛሪባ ደርፍታታን ኣተዓባብያኣ ከም ኤርትራዊት ኣብ ሓንቲ ንእሽቶ ከተማ ናይ ጀርመንን ዝምልከት ተዘራሪባ አላ

ብ ሓንቲ ንእሽቶ ከተማ ናይ ጀርመን፣ ከም ሓንቲ ኤርትራዊት መጠን፣ ሳባ ናይ ሙዚቀኛ ሞያ ክትሕዝ ሓሲባ ኣይትፈልጥን። ሳባ ኣብ ደቀምሓረ-ኤርትራ ኢያ ድማ ምስ ስድርኣ ካብቲ ኣብቲ ግዜ እቲ ዝነበረ ኵናት ንምህዳም ናብ ጀርመን ከይዳ።

ወላ ን ብህጻንነታ ካብ ኤርትራ ስለ ዝወጸት ንኤርትራ ዘይትዝክራ እንተነበረት፣ ስድርኣ ግና ኤርትራዊ መበቖላ ከም ዘይትርስሪ ጊሮጣ እዮም፣ "ትግርኛ እናተዛረብኩን እንጀራ ኢንጀራ ትስንክት ኔራ።"

ሳባ፣ ንሳ ጥራይ ጸላም ተምሃሪት ኣብ ትምህርታ ከም ምዃናን ከምኡ'ዉን



ኣብቲ ዝነበሩሱ ከተማ ስድርኣ ጥራሕ ኤርትራዉያንን ብምንባሮን ቡዙሕ ፈተነታት ርእያ እያ። "ኣብቲ ግዜ እቲ ብዛሪባ እዚ ሓሲበ ኣይፈልጥን እየ ኔረ ምኽንያቱ ኩሉ ዝፈልጦ ዝነበኩ ንሱ ጥራይ እዩ፣ እንተኾነ ግን ከበድቲ ነገራትሲ አሮም እዮም።" ኣብ ናይ ንዛእ ርእሰይ ምሪባለ ከተኩር አይከኣልኩን። *ገ*ለ ከም መስትያት ኮይኑ መንነተይ ዝገልጽ ነገር የድልየኒ ኔሩ።" "ነቲ ብመማህርተይ ዝወርደኒ ዝነበረ ምድንዳን ክብድህ ይሽንር ኔረ። እቲ ዝበለጸ ነገር ክትገብሮ

ምዉጻእን ኣብ ሂወትካ እቲ ዝበለጸ ክትንብሮ ዘለካ ምግባርን እዩ።"

እቲ ኻልእ ኣብ ቤት ትምህርታ ዘጋጥማ ዝነበረ ሽግር፤ ሕጽረት ስነ ጥበብ አብቲ ቤት ትምህርቲ ነቲ ካብ ግዜ ናብ ግዜ እናዓበየ ዝመጽእ ዝነበረ ፍቐሪ ስነ <u> ጥበብ ናይ ሳባ ክምግብ ዘይምኽኣሉ</u> እዩ። ጃዝን ሶውልን ዝበሃሉ ሙዚቃታት ትሰምሪ፣ ንከም በዓል ኤላ ፊትዝነርላንድ፣ ቢሊ ሆሊደይ፣ ላውረንስ ሂል፣ ዊትኒ ሆስተንን ሴድን ዝበሃሉ ስነ <u> ተበባዉያን ድማ ተድንች</u>።

ወላ 'ኳ ፍቅሪ ሙዚቃ እንተነበራ፣ ከምይ ጌራ ከም ሞያ ከም ትሕዞ ግን ኣፍልጦ አይነበራን።

"ንእሽቶ ከለኻ፣ ናይቶም ኣብ ቅድሜኻ ዘለዉ ተኽእሎታት ክሳብ ኣብ ቅድሜኻ ክትግበሩ ዘይረኣኻ እኹል ኣፍልጦ የብልካን።"

እንታይ ምያ ከም ትሕዝ ከይወሰነት ድጣ ሳባ ትምህርታ ወዲኣ ምሕደራ ቢዝነስን ናይ ወጻኢ ቋንቋታት ንምጽናዕ ናብ ኮሌጅ ኣትያ። ኣብ ኮሌጅ ከላ ድማ ምስ ሓንቲ ናይ ድራጣ ኯጅለ ተጸንቢራ፣ "ኣብ ሂወተይ ካብቶም ዝበለጹ ነገራት እዩ ኔሩ። ምዉሳእን ድራጣን ፈትየዮ።"

ድሕሪ ኮሌጅ፣ ሳባ ኣብ ሓደ ባንክ ኣብ ፍራንክፈት ስራሕ ክትጅምር ወሲና።

ካብዚ ግዜ እዩ ድማ ናይ ሙዚቃ ክእለታ ንኤርትራ ብዓለም ደረጃ ንዝወከሉ ከምዕብል ዝጅምር፣ "ንፍራንክፈት ምኻድ እቲ ቐኑዕ ነገር እዩ ኔሩ። ቡዙሕ ነገራት ትርክብ፣ ቡዙሕ ናይ ሙዚቃ ምርኢታት ከኣ ትዕዘብ።"

"ምሸት እናወጻኹ ዝተፈላለዩ ምርኢታት ክዕዘብ ጀሚረ፣ ኣብዚ ከማይ ጌረ ይጽንበር ኣናበልኩ? ድማ ክሓስብ ፻ጣረ"

ናይ መጀመርያ ዝዓበየ ምርኢታ ድጣ ምስ ማጇካ ትበሃል ጉጅለ ዘ ንስፐል ትራይብ ብእትብል ሙዚቃ ጀሚራቶ። "ንመጀምርት ግዜ ኣብ መድረኽ ዝወጻኹሉ ኣዝየ ፈሪሐ። ኣብ ንዛኻ ምድራፍ ሓደ ነገር እዩ ኣብ መድረኽ ወጺኻ ምድራፍ ድማ ኣዝዩ ዝተፈልየ ነገር እዩ። ምስ ናይ መድረኽ ፍርሒ ምብኣስ እዩ ድማ ኔሩ።"

ሳባ ምስ'ዛ ጉጅለ ንቑሩብ ባዜ ተጓዒዛ፣ እንተኾነ ግና ክሳብ 2004 ብቜንቋ ኣዲኣ ትግርኛ ምድራፍ አይጀመረትን።

"ንሲ ዝተባህለ ሰኔጋላዊ ስነ ጥበበኛ ብሙዚቃይ ዝግደስ ሰብ ረኺበ፤ ብሓንሳብ ኮይንና ከኣ እንጀራ ሶውል ትበሃል ባንድ ኣቝምና።"

ሳባ ካብ ዝንበረቶ ምርኢታት ሓንቲ ካብ ትፈትወን ኣብ ኒው ዮርክ ዝተንብረት እያ፤ ''ነታ ጉጅለና ክንወስዳ አይከኣልናን፣ በቶም ናይቲ ቦታ ባንድ ጌርና ድጣ ተጻዊትና።

"እቲ ናይ ምርኢት ቦታ መሊኡ ኔሩ፣ ተዓዘብቲ ድማ ናይ ብሓቂ ተመሲጦም አሮም።

"ካብ ኩሉ ኩርንዓት ዓለም ዝመጹ ተዓዘብቲ ኔሮም፣ ብትግርኛ ደሪፈ፣ ውላ'ኳ ሓንቲ ቃል አይትረደኣዮም ፈትዮም። እዚ እዩ ጽባቃ ናይ ሙዚቃ፣ ከተስተጣቅሮ ጥራይ እዩ ዘለካ።

ሳባ ብዝስርሐቶ መፍለጢ ረኺባ እያ። አብ ፍራንክፌት ንሓደስቲ ዝወሃብ ሽልማት ክረዮል ዎርልድ ሙዚክ ተሓጽያ አራ። አብዚ ቀረባ ግዜ ድማ ናይ ሽልማት ሻንት ንልደን ማይክ 09 ተዓዊታ ኣላ።

ሽልማት ሻነት ጎልደን ማይክ፣ ብኮሚተ ኤርትራ ስካንዲናቪያን ሓደስቲ ወለዶ ስነ ጥበበኛታት ዝወሃብ ሽልማት እዩ።

ምስ'ዚ ኹሉ ተመኩሮኣ፣ ሳባ መድረኽ <u>ቅድሚ ምድያባ ፍርሒ ይስምዓ፣</u> "ከንደይ ደረፍቲ ብናይ መድረኽ ፍርሒ ከም ዝሳቐዩ ዘገርም እዩ። ብባህረይ ሓፋር እየ፣ ኣብ መድረኽ ምድያብ ድማ ኣካል ናይ ሓደ ደራፋይ ስለ ዝኾነ ነቲ ዝወረኒ ፍርሒ ክብድሆ ኣለኒ።

"ነዚ ድማ ኣብ ስምዒት ብምእታዉን ንነብሰይ ድማ 'እዚ እዩ እቲ ክኾኖ ዝደሊ ' ኢለ እናዘኻኸርኩን ናይ ምስትንፋስ ልምምዳት እናንበርኩን ይብድሆ። ሓንሳብ ኣብ መድረኽ ምስ ደየብኩ ደሓን እየ።"

ሳባ ኣብ 2007 ናብ ለንደን መዲኣ። "ንእንጀራ ሶውል ብኸመይ ከማዕብላ ከም ዝኽእል ክርኢ ደልየ። ኣብ ለንደን ዝተፈላለዩ ኣብ ዝለዓለ ደረጃ ዘለዉ ደረፍቲ ትረክብ። ዓለምለኻዊ ሃዋሁ ኣብ ዘለዎ ቦታ ምንባር ይፈቱ።

"ክዓቢ ከለኹ፣ ብዙሕነት ኣምሊጡኒ እዩ። ብቡዙሓት ባህልታት ክኽበብ ይፈቱ።"

ሳባ ክልተ አወዳትን ክልተ አዋልድን ኣብ ዝተፈላለየ ቦታ ዝነብሩ ኣሕዋት ኣለዉዋ። ሳባ'ኸ ስድራ ምምስራት ኣብ መደባ ዶ ይህሉ? "ሓደ መዓልቲ! ኣብዚ ግዜ እዚ ግና ብዛሪባ ሙዚቃ ጥራይ እየ ዝሓስብ ዘለኹ።"

ሳባ ኣብዚ ግዜ እዚ ኣልበም ትሰርሕ ኣሳ፣ ኣብ ወርሒ ጥሪ እዉን ዑደት ትምድብ ኣላ። ''እዛ ኣልበም ቡዙሕ ጽልዋታትን ሓድሽ ምስትምቓር ናይ ሰውል ኣለዋ"። ኣብ ዝመጽእ ዓመት ወርሒ መጋቢት ነታ ዝተወደአት ኣልበም ክትዝርግሓ መዲባ ኣላ። ክሳብ ዝመጽእ ዓመት ክትጽበዩ አንተዘይክኢልኩም ግና፣ ናብ www.myspace.com/ injerasoul ብምኻድ ንለ ካብቲ ትግርኛ ብሶውል ዝተደርፈ ዳውንሎድ ብምግባር ኣስተጣቅርዎ።

Key Words

contemplate ... ምሕሳብ/ሓሳብ gigs . . . ጸወታ escape ... ምህዳም/ምምላጥ war . . . ከናት childhood . . . ህጻንነት weekend ... ቀዳመ- ሰንበት challenges ... ፈተነታት/ብድሆታት hindsight . . ምልስ ኢልካ ክትርእዮ ከለኻ focus...ኣተኩሮ/ምትኳር development . . . ምሪባለ reflect . . . ምንጽብራች confirm . . . ምርግጋጽ bothered ... ሽግር/ምሽጋር overcome ... ምብዳህ/ ምስጋር bully . . . ድንደና/ምግፋዕ passion . . . ፍቐሪ admire ... ምድናኞ pursue ... ምርካብ karaoke ... ካሪኦኪ career ... ክትሰርሖ ትደሊ ሞያ

vast... ገራሕ/ርሒብ decide... ዉሳኔ/ምዉሳን evening ... ምሸት stage ... መድረኽ tour . . . ውደት/ምብጻሕ audience . . . ተዓዘብቲ beauty ... ጽባኞ recognition ... ኣፍልጦ/መፍለጢ nominate ... ምሕጻይ/ምምራጽ recent...ህሎው/እዋናዊ generation ... ውለዶ experience ... ተመኩሮ fright ... ፍርሒ introvert...ሓፋር mood ... ስምዒት remind ... ምዝኽኻር musicians . . . ምዚቀኛ ታት diversity . . . ብዙሕነት surround ... ምኽባብ influence ... ጽልዋ unique ... ፍሉይ/ካልኣይ ዘይብሉ

Volunteering

Do you want to improve your chances of getting a job, and add points to your citizenship application? Volunteering is the answer.

Key Words

employer . . . ኣስራሒ spring boarding ... መሲጋገሪ responsible ... ሓላፍነታዊ hire . . . ኣብ ስራሕ ምቹጻር benefit ... ጥቅሚ voluntary ... ወለንታዊ job . . . ስራሕ seek ... ምድላይ/ምንዳይ improve ... ምምሪባል competitive ... ተወዳዳሪ research ... ዓዉደ መጽናዕቲ crowd...ንጅለ/እኩብ recruit . . . ስራሕተኛ ክደልዩ ከለዉ hobbies ... ኣብ ትርፊ ግዜኻ ትሰርሖም ስርሓት stint ... ትጻንሖ ግዜ vital ... หางณ tough . . . ክቢድ/ቀሊል ዘይኮነ secure ... ምዉሓስ recommend . . . ምምካር/ ምምዓድ dedicated ... መፋይ graduate ... ምሩች edge . . . ጫፍ/ኩርናሪ candidates ... ተወዳደርቲ/ተሳተፍቲ passion . . .ፍቐሪ

as a way of spring boarding people into a career, with 84% of those responsible for hiring agreeing

that volunteering is a way to help people find work." And it's not just those looking for a new job whose careers can benefit from volunteering. Over 70% of employers believe that those who volunteer have a better chance of earning a higher salary and gaining promotion.

Jobseekers increasingly understand the value of volunteering too. Out of 3,000 jobseekers surveyed, 20% said volunteering helped their communications skills, 19% said a great way to gain new skills their team working abilities were improved and 10% said their time

management had improved. With people

fighting to

make their CVs competitive, the new research shows that

mployers see volunteering voluntary work cam make a CV stand out from the crowd. When recruiting, 80% of employers value volunteering on a CV, 66% rate hobbies and 54% rate travel



as important extra curricular activities.

Mark Rhodes, Head of Marketing at reed.co.uk, agrees that a stint as a volunteer can be and experiences that are vital in a today's workplace:

"Everyone knows the job market's a tough place to be right now and we're seeing

jobseekers increasingly look to find a competitive edge when making applications.

"80% of employers

value volunteering."

"Jobseekers who volunteer can benefit from exposure to a range of core workplace activities, such as communication, line

management and teamwork."

Timebank, a volunteering charity in the UK, found that half of volunteers across the country claim that their volunteering experience helped them secure a job.

Lynne Allen, 22 years old and a recent graduate, volunteered at The Brighton Fringe Festival and her experience secured her first job at a promotional merchandising and events company. She says,

"I would recommend volunteering to anyone who's struggling to find a job. It can provide you with skills that you didn't have before and that other candidates may not have. It shows to employers that you're really dedicated too. I was so worried about finding a job after I graduated as I'd heard absolutely nothing back from those I applied for.

"Volunteering...helped me gain lots of experience in events and I developed valuable skills that I didn't have before –

the employer spotted that and it must have given me the edge on other candidates."

Helen Walker, Chief Executive of TimeBank says: "We know that volunteering is a great way for people to stand out to a prospective employer.

"It demonstrates passion and commitment because you're willing to give your time to a project despite it being unpaid, and it also gives you the chance to develop the soft skills needed"

Where can I find a volunteering opportunity?

- Search one of the following websites online for a position that interests you: www.volunteering.org.uk/IWantToVolunteer www.csv.org.uk/volunteering www.volunteering-wales.net www.volunteerscotland.org.uk www.volunteering-ni.org
- Check in your local libraries for community projects
- Ask in charity shops like Barnado's, British Heart Foundation, RSPCA and Help the Aged

What do I need to find out?

It is useful to ask the following questions when you want to volunteer:

- What does the position involve?
- Will I receive expenses to cover food and travel costs?
- What training is offered to help me do the job?
- Can I gain any qualifications while I volunteer?
- Will I have a supervisor or mentor who I can talk to if I have and questions or concerns?

What kind of volunteering work is available?

You can volunteer doing nearly everything. Here are just a few examples:

- Befriending
- Caring for animals or wildlife
- Working outdoors to improve the environment
- Working on local community projects
- Campaigning and fundraising



ወለንታዊ ስራሕ

ስራሕ ናይ ምርካብ ዕድላትኩም ከተመሓይሹ ከምኡ'ዉን ዜግነት ናይ ምርካብ ሕቶዥም ከተግፍሑ ትደልዩዶ? እም ወለንታዊ ስራሕ እዩ እቲ መልሲ።

"ኣስራሕቲ፣ ንወለንታዊ ስራሕ ከም ሓዳ ኣንዳሲ መሰ*ጋገሪ መ*ድረኽ ናብ ሞያዊ ምዃን ይወስዱዎ፣ 84% ካብዞም ኣስራሕቲ ንወለንታዊ ስራሕ፣ ስራሕ ናይ ምርካብ ሓጋዚ መንገዲ ምዃኑ ይሰማምውሉ።"

ወለንታዊ ስራሕ ምስራሕ ነቶም ንመጀመርታ ግዜ ስራሕ ዝደልዩ ዘለዉ ፕራሕ ኣይኮነን ሓጋዚ። ወለንታዊ ስራሕ፣

ወላ ነቶም ኣብ ስራሕ ዘለዉ ሰባት እዉን ዝለዓለ ደሞዝን ኣብ ስርሖም እዉን ምዕባለ ክረኽቡን ሓጋዚ ምዃኑ 70% ናይ ኣስራሕቲ ይሰማምዑሉ።

ስራሕ ኣብ ምድላይ ዝርከቡ ሰባት 'ዉን ዋጋ ናይ

ወለንታዊ ስራሕ ኣናተረድእዎ ይመጹ ኣለዉ። ኣብ 3000 ስራሕ ኣብ ምድላይ ዝርከቡ ዘለዉ ሰባት ኣብ ዝተንብረ መጽናዕቲ፣ 20% ካብዚኦም ወለንታዊ ስራሕ ናይ ምርድዳእ ክእለቶም ክብ ከም ዘበለሎም ሓቢሮም፣ 19% ካብኦም ድማ ሓቢርካ ናይ ምስራሕ ዓኞሞም ክብ ከም ዝበለ ኣረዲኦም፣ 10% ካብኦም ድማ ግዜኻ ብግቡእ ናይ ምጥቃም ክእለቶም ከም ዝዓበየ ኣረዲኦም።

ኣብዚ ግዜ እዚ ሰባት ናይ ስራሕ ተመኩሮ ወረቐቶም ተወዳዳሪ ንምግባር ይጽዕሩ ኣለዉ፤ እቲ ዝተንብረ መጽናዕቲ እምበኣር ወለንታዊ ስራሕ ምስራሕ ናይ ስራሕ ተመኩሮ ወረቐትካ ካብ ናይ ካልኦት በሊጹ ንኽረአ ሓጋዚ ምዃኑ የረደኣና። ስራሕትኛ ክደልዩ ከለዉ፤ 80% ካብ ኣስራሕቲ ንወለንታዊ ስራሕ ኣብ ናይ

ስራሕ ተመኩሮ ወረቐት ኣብ ግምት የእትዉዎ፣ 66% ድማ ኣብ ትርፊ ግዜኻ ትሰርሖም ስርሓት ዋጋ ይህብዎም፣ 54% ድማ ንጉዕዞ ከም ተወሳኺ ንጥፈት ግምት ይህብዎ።

ማርክ ሮድስ፣ ሓላፊ ዕድጊ ኣብ reed.co.uk ወለንታዊ ስራሕ ኣብ ምስራሕ ተሕልፎ ግዜ ኣብዚ ግዜ እዚ ኣንደስቲ ዝኾኑ ሓደስቲ ክእለታትን

"80% ካብ ኣስራሕቲ ወለንታዊ ስራሕ ንምስራሕ ዋጋ ይህብዎ"

ተመኩሮታትን ክትድልብ መንገዲ ምዃኑ ይሰማምዓሉ።

"ኩልና ከም ንሰማምዓሉ ኣብዚ **ግዜ** ስራሕ ምድላይ ኣዝዩ ከቢድ እዩ፣ ቡዙሓት ስራሕ ኣብ ምድላይ ዝርከቡ ሰባት'ዉን ተወዳድርነት ዝሓትት ዕድላት ናይ ስራሕ የጓንፎም ምህላዉ ንርኢ ኣለና።

"ስራሕ ኣብ ምድላይ ዝርከቡ ሰባት፣ ካብ ወለንታዊ ስራሕ ከም ናይ ምርድዳእ ክእለት፣ ሓለቓ ናይ ምዃንን ናይ ሓባር ስራሕን ዝኣመሰሉ ቡዙሕ ነገራት ክኸስቡ ይኽእሉ።"

ታይምባንክ ዝተባህለ ማሕበር ወለንታዊ ስራሕ፣ ኣብዛ ሃገር ካብ ዝርከቡ ወለንታዉያን ሰራሕተኛታት፣ እቶም ፍርቂ፣ ወለንታዊ ስራሕ ምስራሕ ናይ ስራሕ በትኦም ከዉሕሱ ከም ዝሕገዞም ከም ዝኣምኑ ሓቢሩ።

ሊን ኣለን ዝተባህለት ጓል 22 ዓመት ኣብ ቀረባ ግዜ ዝተመረቐት፣ ኣብ ብራይቶን ፍሪንጅ ፌስቲቫል ወለንታዊ ስራሕ ብምስርሓ ናይ መጀመታ ናይ ስራሕ ቦትኣ ከም ዘዉሓሰት ሓቢራ። "ንዝኾነ ስራሕ ኣብ ምርካብ ዝቃለስ ዘሎ ሰብ ወለንታዊ ስራሕ ክሰርሕ ይመክር። ቅድሚ ሕጇ ዘይነበሩኻ

> ወይ'ዉን እቶም መወዳድርትኻ ዘይብሎም ክእለታ ክድልበልካ ይኽእል እዩ። ነቶም ኣስራሕትኻ'ዉን ዉፉይ ምዃንካ የነጽረሎም። ድሕሪ ምምራቐይ ብዛሪባ ስራሕ ምርካብ ቡዙሕ ተጨኒቐ ኔረ።" ትብል ንሳ።

"ወለንታዊ ስራሕ ምስራሕ፣ ቡዙሕ ተመኩሮ ከማዕብልን ቅድሚ ሕጂ ዘይነበሩኒ ክእለታት ክድልብን ሓጊዙኒ-እቶም ኣስራሕቲ ከኣ ነዚ ከም ነጥቢ ሒዞሞ፣ ነቲ ስራሕ ካብ ዘመልከቶ ልዕል ኢለ ንኽረአ'ዉን ከይሓንዚ ኣይተረፈን ይመስለኒ።"

ሓላፊት ታይምባንክ ሄለን ዎከር ከምዚ፣ "ወለንታዊ ስራሕ ምስራሕ፣ ንሰባት ካብ መወዳድርቶም በሊጾም ኣብ ቅድሚት ጠጠዉ ኢሎም ክረኣዩ ዓቢ መንገዲ ምዃኑ ንፈልጥ። ትብል።

"ፍቐርን ተወፋይነትካን የርኢ፣ ምኽንያቱ ከይተኸፈልካ ግዜኻ ወፊኻ ከትሰርሕ ምድላይካ ስለ ዘርኢ፣ ብተወሳኺ ኣድለይቲ ዝኾኑ ክእለታት ንኸተጥሪ'ዉን ዕድል ይኸፍተልካ እዩ።" ወለንታዊ ስራሕ ከሰርሓሉ ዝኸእል ዕድል ኣበይ ከረከብ ይኸእል?

ንዓኹም ዘንድሰኩም ዓይነት ስራሕ ንምርካብ ኣብ ሓንቲ ካብዘን ዝስዕባ መርበብ ሓበሬታታት ተመልከቱ፣

- www.volunteering.org.uk/IWantToVolunteer
 - www.csv.org.uk/volunteering
 - www.volunteering-wales.net
 - www.volunteerscotland.org.uk
 - www.volunteering-ni.org
- ኣብ ከባቢ ሹም ኣብ ዝርከብ ኣብያተ ንባብ፣ ንማሕበረኮማዊ ፕሮጀክት ዝምልከት ድለዩ
- ንከም ባርናዶስ፣ ብሪቲሽ ሀርት ፋዉንኤሽን፣ RSPCA፣ ሄልፕ ዘ ኤጅድ ዝኣመሰሉ ናይ ሓንዝ ድኳናት ሕተቱ

እንታይ ምፍላጥ የድልየኒ?

ወለንታዊ ስራሕ ክትሰርሕ ክትደልይ ከለኻ ነዞም ዝስዕቡ ሕቶታት ምሕታት ጠቓሚ እዩ።

- እቲ ዓይነት ስራሕ እንታይ ዘማልአ እዩ?
- •
- ነዚ ስራሕ ንኽሰርሖ እንታይ ዓይነት ስልጠናታት ክወሃበኒ እዩ?
- ነዚ ስራሕ እናሰራሕኩ ዝኾነ ዓይነት ክእለት ክድልብ ይኽእል ድየ?
- በኾነ ሕቶ ክሓትት ምስ ዝደሊ ክውከሶ በኽእል ተቛጻጽሪ ኣሎኒ ዶ?

እንታይ ዓይነት ወለንታዊ ስራሕ ክርከብ ይከኣል?

ዳርጋ ዝኾነ ዓይነት ወለንታዊ ስራሕ ክትሰርሕ ይከኣል። ገለ ቁሩብ ኣብነታት ቀጺሎም ይስዕቡ፣

- ዕርክነት ምፍጣር
- ንእንስሳታት ወይ ናይ በረኻ ተፈጥሮ ክንክን ምግባር
- አብ ከባቢኻ ኣብ ዝርከቡ ናይ ማሕበረኮማት ስራሓት ምስታፍ



Healthy living

Every issue, we write about a health issue. This month, we discuss healthy eating on a budget and some top tips for shopping in the UK

o you remember to eat a balanced diet when you're watching your wallet?

In the UK there are strong links between poverty and unhealthy eating, according to a report by the Department for Environment, Food and Rural

Affairs. But unhealthy eating can cause

long term health problems.

Fruit and

vegetables

Meat,

Eat as little as possible

because they have few

nutrients, can damage

your teeth and your

health

fish and

alternatives

According to the National Health tight? Here are a few tips: Service, an unbalanced diet can lead to heart disease, diabetes

and malnutrition.

If you eat more healthily, there is a lower chance of getting heart disease, cancer and osteoporosis.

So how can you maintain a healthy diet when money is

Bread, other

cereals and

Potatoes

Milk

and dairy

foods

Eat five portions a day to protect against cancer, obesity and other diseases

Includes eggs and beans eat these for your daily dose of protein

Eat for the main source of energy for your body. Wholegrain types can have huge health benefits

• Big supermarkets, like Asda,

"Unhealthy eating can cause long term health problems"

Morrisons, Sainsburies and Tescos have a lot of special offers on a

wide range of food

- Bargains can also be found in locally owned fruit and veg shops, butchers and bakers.
 - Buy fruit that is on special offer. Apples and bananas are cheap all year around.

• Tinned tomatoes are much cheaper than fresh, make a great silsi, and you don't need lots of time for chopping!

• If meat is a bit pricey, get lentils for your protein—they're under a pound a pack.

• Tinned spinach is a great source of iron. Just throw a handful in your silsi a few minutes before vou turn off the heat.

• In the supermarket, look for items on quick sale. When product packets are damaged or the sell by date is approaching, shops sell the food cheaply. At the end of the day, you can often find bread for a bargain on quick sale stands.

• If you have access to a freezer, vegetables and meat are much cheaper frozen.

Eat in moderation because they are high in fat, but come is needed for calcium.

Food containing fats and food containing sugar

ጥዕና ዝመልአ ናብራ

ኣብ ነፍሲ ወከፍ ሕታምና ብዛዕባ ጥዕና ዝምልከት ንጽሕፍ። ኣብዚ ወርሒ'ዚ እምበኣር ብዛዕባ ዝተመጣጠነ ኣመጋግባን ገለ ሓበሬታ ብዛዕባ ዕዳጋታት ዓባይ ብርጣንያን ኣመልኪትና ክንጽሕፍ



ብ ጁባኹም ዘሎ ገንዘብ ምስ ተመልከትኩም፤ ዝተመጣጠነ መግቢ ከትምንቡ ትዝክሩ'ዶ?

ጸብጻብ ደፓርትመንት ኣከባቢ፣ መግብን ነጠራዊ ጉዳያትን ከም ዝሕብሮ፣ ኣብ መንን ድኽነትን ዘይተመጣጠነ ኣመጋግባን ዓበይቲ ዝምድናታት ኣለዉ።

ዘይተመጣጠነ ኣመጋግባ፤ ንነዊሕ እዋን ዝጸንሑ ሕማማት ከስዕበልና ይኽእል እዩ።

ንሃገራዊ ኣገልግሎት **ዋዕና ምርኩስ** ብምግባር፣ ዘይተመጣጠነ ኣመጋግባ- ሕማም ልቢ፣ ሽኮርያን ጉድለት መኣዛታትን ከስዕበልና ይኽእል።

ዝተመጣጠነ መግቢ ምስ ትምንብ፣ ከም በዓል ሕማም ልቢ፣ መንሽሮን ሕማም ኣዕጽምትን ዝኣመሰሉ ሕማማት ከጥቅዑኻ ዘሎ ተኽእሎ ትሑት ይኸዉን።

ስለዚ፣ ሕጽረት ናይ ገንዘብ ኣብ ዘለካ ግዜ፣ ከመይ ጌካ ዝተመጣጠነ መግቢ ትምንብ? ስዒቦም እምበኣር ገለ ምኽርታት ይርከቡ።

 ዓበይቲ ሱፐር ማርኬታት ከም በዓል ኣስዳ፣ ምሪሰንስ፣ ሰይንስቡሪን ቴስኮን ዝተፈላለዩ ነንራት ብርትዓዊ ዋጋ

ኢና።

ይቐርቡ።

- አብ ከባቢ ሹም ኣብ ዝርከቡ ናይ ፍሩታን ኣሕምልትን ዱኳናት፣ እንዳ ስጋን ቤት ሕብስትን ሕስር ዝበሉ ነገራት ክርከቡ ይኽእሉ እዮም።
- በሕሱር ዋጋ ክሽየጡ ዝተዳለዉ ፍሩታታት ግዝእዎ፣ ቱፋሕን ባናናን ሙሉእ ዓመት ሕሱራት እዮም።
- ስልሳ ካብ ኮሚደረ ኣዝዩ ይሓስር፣ ጽቡኞ ስልሲ ክስራሕ

"ዘይተመጣጠነ ኣመጋግባ ኣብ ዝተናዉሐ ግዜ ናይ ጥዕና ጸገማት ከስዕብ ይኽእል"

ይከኣል፣ ሳልሳ ምጥቓም ንኮሚደረ

- ስጋ እንተ ሽቢርኩም፣ ፕሮቲን ካብ ጥረታት ርሽቡዎ- ጥረታት ትሕቲ ሓደ ፓዉንድ ንዕሹግ እዩ ዋባአም።
- አብ ታኒካ ዝተዓሸን ቹስጣ ዓቢ ምንጪ ናይ ማዕድን ኣይሮን እዩ። ስልሲ ምስ ሰራሕኩም፣ ቑሩብ ደቓይቐ ቅድሚ ነቲ ድስቲ ምዉራድኩም ሓደ ዕማኾ ዝኸዉን ቹስጣ ወስኹሉ።
- ኣብ ሱፐር ማርኬት- ብቐልጡፍ ክሽየጡ ዝተዳለዉ ነገራት ርኣዩ። ዝተፈላለዩ ነገራት ዝወድቅሉ ሪለት ምስ ቀረበ ወይ ድማ መዐሸኒኡ ምስ ዝህሰ፣ ዝተፈላለያ ዱኳናት ብሕሱር ይሸጥኦ። ኣብ ኣጋ ምሽት እዉን፣ ባኒ ብደሓን ዝኾነ ዋጋ ብቐልጡፍ ክሽየጥ ተዳልዩ ክትረኽቡ ትኽእሉ ኢኹም።
- ፍርጅ ኣብ *ገ*ዛኹም እንተለኩም ድማ፣ ዝበረዱ እሕምልትን ስጋን ኣዝዮም ሕሱራት እዮም።

balanced ... ዝተምጣጥነ heart disease ... ሕጣም ልቢ diabetes ሽኮርያ osteroporosis .. ሕጣም ኣዕጽምቲ supermarket ... ሱፐር ጣርኬት special offer ... ርትዓዊ ዋጋ bargain ርትዓዊ ዋጋ tinned ዕሹግ chopምምታር/ምቹራጽ pricey ክቡር

Key Words

spinach ሓምሊ ቁስጣ freezer ፍርጅ (ትሕቲ o°C) benefit ጥኞሚ/ረብሓ protein ፕሮቲን obesity ምኽሳሪ dose ዶዝ nutrients ምኣዛታት in moderation ዉሱን ዓኞን calcium ካልሲየም damage ... ምህሳይ/ሃስያ

Christmas

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 Christmas traditions, including Father Christmas.

Old man in the chimney

hristmas in the UK celebrates the birth of Christ on the 25th December, just as Eritreans celebrate on January 7th according to the Geez calendar.

But you'll see a lot of traditions taking place which are not so common in Eritrea. One of the most popular is Father Christmas.

The background

Father Christmas, otherwise known as Santa Claus, dates back to a charitable gentleman who lived in Holland.



A long time ago, St. Nicholas (Sinter Klaus in Dutch), wanted to give money to the poor. But he was a shy man and didn't want people to know about it.

One story says he climbed to the roof of a house and dropped a purse of money down the chimney. It landed in a girl's stocking that was hanging by the Christmas? Some people go to fire.

Down the chimney

Originating from the St Nicolas story, young children in the UK believe that a magical man called Father Christmas visits them every year.

Children write letters to Father Christmas asking for presents. On Christmas eve, they hang their stockings by the fireplace and leave a drink and a mince pie for him.

During Christmas Eve, Father Christmas visits every house traveling on a Sled pulled by reindeer.

He goes down every chimney and fills the children's stockings with presents.

Children wake up on Christmas morning and open their presents.

Red Clothes

Father Christmas used to be dressed in green clothes, but



an advertising campaign by Coca Cola in the 1930s changed his clothes red.

Other Traditions

So what else happens around church, many people exchange card and gifts, and it's traditional to get together with family and friends on Christmas day to eat turkey.

People put up decorations and a Christmas tree and say, "Merry Christmas!" to each other.

"ርሑስ በዓል ልደት ይግበረልኩም"



What's in a name?

nited Kingdom, British Isles, England, Britain, Great Britain—why does one place have so many names?

Today, the United Kingdom is made up of four countries— England, Northern Ireland, Scotland and Wales. At different times, these countries joined a union.

Great Britain or just Britain is just England, Scotland and Wales, but not Northern Ireland.

But, if you hear the word British, it usually refers to people in the whole of the UK..

Why is this important to know? In particular, it can cause offense if you call people from Scotland, Wales or Northern Ireland English.

While each country in the UK has some independence, most issues are ruled from the government of the English capital of London.

Some people in all these countries would like more independence. Even though they are different

countries, there is no border control between them, and you don't need a passport to travel within the UK.





Key words

Celebrateምጽምባል፣ ጽምብ	ል
Christ ክርስቶስ	
Popularນໃ~ໃ	
Shy	
Purseቦርሳ ናይ ኢድ	
Stocking ከም ካልሲ <i>ም</i> ሳሊ	
<u>ኣብ ግዜ ልደት</u>	
ከም <u>ማ</u> አከቢ	
ህያባት ዘንልግል	
Eveቅድሚ እታ ማኅ	ልቲ
Decoration መጸባበዊ	
Offence ዘሕርቐ ተግባር	
Independence ነጻነት	
Borderዶብ	
Chimneyአብ ዉሽጢ 개 ናይ	
<u> ዝእንድ ሓዊ መዉጽኢ</u>	ትኪ
Turkey ታኪን	
Magical ሽሑር	

Test your English

Fill in the gaps using key words from this issue (you can change the tense):

- I put all my money in my 1.
- Father Christmas enters houses through the 2.
- 3. In Eritrea, May 23rd is called Independence _____
- The local fooball team won a _____ in a tournament. 4.
- The police ______ the man after people protested. 5.
- There was a big ______ watching the World Cup final. 6.
- I worked for a short _____ in a factory, before moving into 7. my chosen ______ of engineering.
- I took my child to the _____ department because she was 8. sick.
- 9.
- The snake gave me a ______. Don't forget to hang your ______ by the fireplace! 10.

Answer the following questions:

- 1. Who was the first Santa Claus?
- 2. How does Father Christmas travel?
- 3. What's the difference between the United Kingdom and Great Britain?



Music: Saba's soul music takes your soul away for a moment when you are listening to it.

I've only listened to the samples from her website and Film: If you want to watch a I can't wait to hear the album in the spring.

Her music is very catchy and excellent choice. original. The first time I listened to it, I didn't pay any attention to it, but the more I listened to her music, the more I felt in love with it.

It's worth listening a few times before making up your mind.

It's very creative and interesting to hear Tigrinya blended into soul music. I'm no language expert, but I

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.

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

Issu, our resident reviewer, gives his views on **Reviews** Saba's mix of Tigrinya and soul music, and fantastic movie Slumdog Millionnaire

> think Tigrinya can be inflexible as a language. Credit to Saba for taking Tigrinya in a new direction.

> > * * * * *



film that leaves you smiling, Slumdog Millionaire is an

British director Danny Boyle his answers on the show is tells the story of Jamal Malik (Dev Patel), a street kid (or "slumdog") who has got an appearance on India's version of the hit TV game show WHO WANTS TO BE A MILLIONAIRE?

Jamal does well on the show, and the producers alert the police after they become suspicious of his methods.

The young contestant is subsequently arrested and is interrogated at the hands of a nameless police inspector (played by Bollywood star Irfan Khan).

As the interrogation proceeds, Boyle tells Jamal's story through flashbacks that both show the poverty of Mumbai and help explain how he knew the answers questions. Slumdog.

Mumbai is portrayed as a place of terrifying poverty and unforgettable brutality, and Jamal and his brother get into a never-ending succession of challenging situations.

The way Boyle ties together Jamal's life experiences with quite brilliant, and the film brings out all emotions as we see him growing up, falling in love, coming close to death, and teetering on the brink of escaping from his terrible predicament.



puejaal northern lreland

- קנגפג פגנויויו מסג אסנ
- :E :Z Jaapuna ka pajind pajs ka
 - Τ SEIONDIN 32
 - *δυιχοοις* :0T
 - ұұбілі 6
 - sojutejpəd .8
 - Ζ *มลอมยว/ุนบุร*
 - .9 อวนอาpne pəseəjəl
 - :5 :7 trophy or cup
 - әлә
 - 3' 7 7 λәսայұշ
 - əsınd

tsəT dzülgna ot srəwenA