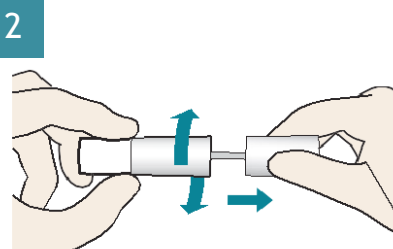


1



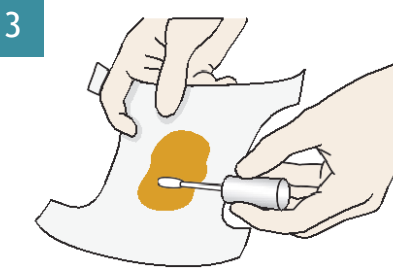
- Na herh lai:
 - Hi lamhmuhsaknak pawl,
 - Na daipal cheknak thil, le
 - Bawphen pakhat
- Na i a thurmi daipal kha thleng
- Na fa kha a himmi umtu ning ah a um than hlan tiang a thurmi daipal kha kam khat lei ah chia (tch. Naubawm)

2



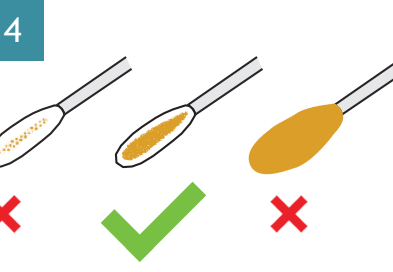
- A thurmi daipal kha a fekmi pakhat khat cungah ong
- On dingah peng (tube) kha merh law dok, cu ticun cheknak a parte cu aa awng lai
- Cheknak a parte kha na cuar asilole adang hmun pakhat khat ah ton lo dingin iralring

3



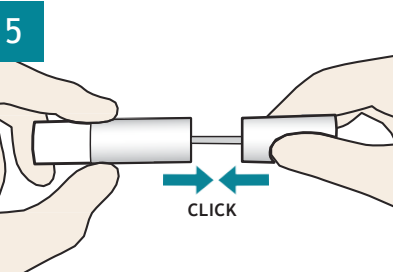
- A thurmi daipal sin in tlawmpal te ek lak dingah cheknak a parte kha a dinte in tong

4



- Ek kha tamtuk in la hlah
- Cheknak a parte kha tlawmpal te lawng muici aa tel a herh

5

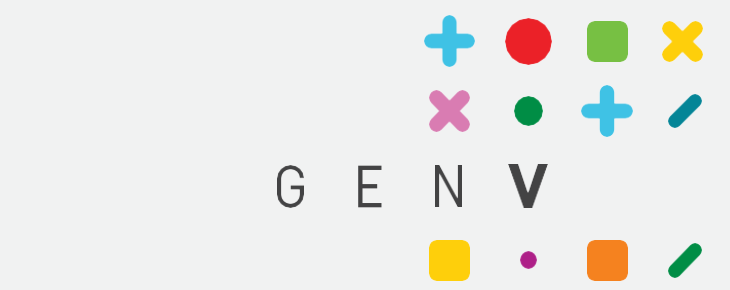


- Cheknak kha peng chungah chia colh
- Cheknak a parte kha na cuar asilole adang hmun pakhat khat he tonter hlah
- Peng kha fek tein khar dingah hmet

6



- 'Lak Nithla' tiah aa tialnak zawn i, peng cungah nithla tial ('Date collected')



Ngakchiat lio i damlonak pawl cu damh khawh a si lai tiah kan zumh.

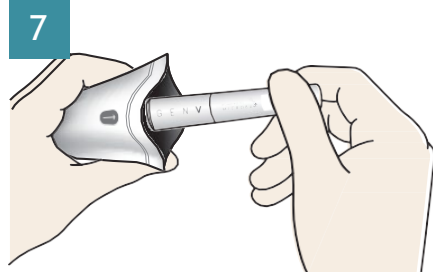
GenV Daipal Cheknak lei Lamhmuhsaknak pawl

Izohchunh dingah na fa ek laknak - na thawk hlan ah

- Zaangfahnak in hi lamhmuhsaknak pawl cu rel
- Zarh khatnak in a tlawmdeuhmi bawhte a si maw?** Ni 7 a si ah izohchunh dingmi kha khawmhsuat, asilole mah hnu cun na tuah khawh zat paoh in
- Zarh khatnak in a tamdeuhmi bawhte a si maw?** A si khawh chungin izohchunh dingmi kha khawmsuat
- Khawmhsuat na philh maw asilole a har maw?** Zeitik caan paoh ah naa zohchunhmi kha khirh than – izohchunh dingmi kip kha a biapi


Cheknak thil a tlaw asilole a dik lo? - pehtlainnak kan tuah:
Fon: 1800 436 888 Website: www.genv.org.au

7



- Arangmi bawm chungah peng kha chia
- A si khawh chungin thli tlawmpal he tazeih cumh dingah bawmh adonglei kha hmunkhat ah hmetchih

8



- Caleh thannak cabawm chungah arangmi bawm kha chia
- Cabawm kha tazeih cumh
- A lumnak a khaan chungah a um kho (tikhalkuang asilole tikhalternak chungah si loin)

9



- Zarhkhat chungah, asilole aran khawh chung rang in, GenV sinah cabawm kha kua - Australia Cakuatnak kuang pakhat khat chung paoh ah sanh, milu benh a hau lo

A um bal lomi a ngandam bikmi chanthar minung sersiamnak lei bawmhnak caah kan i lawm.

