

Alone in Canada: 21 ways to make it better

Ankonam wɔ Canada:

Akwɛn ahodoɔ 21 a ɛbɛma asetena aye yie

Boa woho akwankyerɛ ma abɛfo a wɔye baakofo

(Twi Language)



Centre for Addiction and Mental Health
Centre de toxicomanie et de sant  mentale

Pan American Health Organization /
World Health Organization Collaborating Centre



Citizenship and
Immigration Canada

Citoyenn t  et
Immigration Canada

Canada

Ankonam wɔ Canada:

Akwan ahodoɔ 21 a ɛbɛma asetena ayɛ yie

Boa woho akwankyerɛ ma abɛɛfo a wɔyɛ baakofo

Citizenship and Immigration Canada
(Canada aban dwumadie a ɛhwɛ amanfo ne amanfrafo)
na ɛbɔɔ dwumadie yi ho ka



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale
A Pan American Health Organization /
World Health Organization Collaborating Centre



Citizenship and Immigration Canada
Citoyenneté et Immigration Canada

Canada

Ankonam wɔ Canada:
Akwan ahodoɔ 21 a ebema asetena aye yie

ISBN: 978-1-77052-920-5 (PRINT)
ISBN: 978-1-77052-921-2 (PDF)
ISBN: 978-1-77052-922-9 (HTML)
ISBN: 978-1-77052-923-6 (ePUB)

PZF46

Wɔ tintiim no wɔ Canada
©2001, 2011 Center for Addiction and Mental Health (Akɔnɔbone ne
adwene-mu nyarewa bea)

*Wonntumi mfa nwoma yi mu nsem nni dwuma wɔ akwan biara so, anaa
emu fa bi, se eye elektronik, anaa krataa, a fotokɔpy ne rekɔden ka ho bi,
anaa akwan biara a wode nsem sie agyese nea otintimee no atwere amaho
kwan, agyese (nsem no mmoro 200) wode reye ntete dwumadie.*

Wɔbetumi atintim nwoma yi wɔ akwan horow pii so. Se wohia akwanhorow
anaa nwoma foforo a CAMH atintim, anaa wohia nwoma yi bi a, yesɛ se fre
Sales and Distribution :

Toll-free: 1 800 661-1111 (wontua hwee)

Toronto: 416 595-6059

E-mail: publications@camh.net

Online store: <http://store.camh.net>

Website: www.camh.net

Wɔn a wɔ tintiim akwankyerɛ nwoma no nie:
Nkɔsuo: Julia Greenbaum, CAMH
Editorial: Jacquelyn Waller-Vintar, CAMH
Nhyehye: Annie McFarlane, CAMH
Anoboano ne ne Tintim: Christine Harris, CAMH

Emunsem

Aseda/Nkaye	iv
Nnianimu	1
1. Amammerε foforo mu asetena	2
2. Nnamfo fa	5
3. Canada borɔfo sua	7
4. Boa woho na εnye mmoa mma wo	9
5. Aduane noa ne “ɔdo adidi” nnuane	12
6. Kyerεw krataa ma woho na fa bi kɔma nnamfo ne abusuafɔ	14
7. Ahomegyebere mu ahosεε	16
8. Canada nneyεε mmara a won ntitiimye ho adesua	18
9. Esu foforo ahyεase	20
10. Adamfo anaa εmpena hwehwe	22
11. Ahokeka a εma anigye ne apowmuden	24
12. Ateetee anosi	26
13. Nea atwamu, mprenpren ne daakye ho dwene	29
14. Mmoabisa wɔ bere a nneεma nko yie	31
15. Wo sikasem ho ntotoεε	34
16. Anigye wɔ ewiem nsakraεε ho	36
17. Σε wode botae be resi w’ani so	38
18. Daa daa nneyεε ho nhyehyεε	40
19. Denhyε wɔ Nyiyimu ho	42
20. Wo ara w’abusuakuo 45Nea w’tumi ayε ho anigye	47
Awieε: Faako a wobanya mma anaa akwankyerε foforo	49

Aseda/Nkae

Nnipa pii ne akuoakuo bebree na aboa ama dwumadie yi ewie pɛye. Yɛda wɔn ase wɔ wɔn mmere, mmoa ne wɔn nkuranhyɛ. Ontario Administration of Settlement and Integration Services (OASIS) ne Citizenship and Immigration Canada na ɛbɔ dwumadie yi ho ka. Catheïn Babiuk na ɔyɛ adwuma no futufo.

Center for Addiction and Mental Health na ɛhwɛ hyehyɛ dwumadie no nkɔso. Dr. Morton Beiser ne ɔpanyin a odii adwuma no anim hwehwɛ nneɛma mu. Aboafɔ a wɔboaa nhwehwɛmu dwumadie no ni Dr. Laura Simich, Rhonda Mauricette ɛne Dr. Charmaine Williams.

Dwumadie no afutufo badwafɔ hyiaa bosome biara kyereɛ wɔn adwene, hwɛ maa biribiara kɔɔ so pɛpɛpɛ. Mpanyinfo yi ne Paul Kwasi Kafele ne Marta Marin a wɔ wɔ CAMH, Dr. Hung-Tat Lo a ɔwɔ Hong Fook Mental Health Association, Dr. Clare Pain a ɔwɔ Mount Sinai Hospital, Bhupinder Gill, amammerɛ ahodoɔ futufo, Teresa Dremetsikas a ɔwɔ Canadian Centre for the Victims of Torture, Gillian Kranias a ɔwɔ Ontario Self-help Network, Drazana Cuvalo-Pedro a ɔwɔ Self-help Resource Centre, Paulina Maciulis a ɔwɔ Ontario Council of Agencies Serving Immigrants, Christina De Sa yɛ amanfo apowmuden futufo , ɛne Wendy Kwong a ɔwɔ City of Toronto Public Health Services.

Adesua anaa nsusuyɛ a yɛdi kyerew nwoma yi fi nhwehwɛmu a yɛnya fii nsawɔso a yɛne abɛɛfo a wɔyɛ baakofo ne atukɔtenafo bɛyɛ 60 a wɔn anya asetena wɔ Ontario nyaayɛ. Yɛne ebi kasaa telefon so, na yɛne ebi nso hyia boomu twetwee ho nkɔmmɔ wɔ Toronto, Kingston ne St. Catherines.

Yɛde aseda ma adwumayɛfo, ahofama dwumadifo ne aboafɔ a wɔwɔ akuoakuo a edidi so yi a wɔboaa nhwehwɛmu dwumadie no. Akuoakuo yi ni Woodgreen Community Centre, Ontario Council of Agencies Serving Immigrants, Elspeth Heyworth Centre for Women, Christ Embassy Church, COSTI, the Eritrean Canadian Community Centre, Kingston ne District Immigrant Services ne St. John Settlement Services.

Jacqueline L. Scott na odii dwumadie no anim ɛna ɔkyerɛw nwoma no. CAMH asiesie, editorial ne mboanofo kuo na ɛhyehyɛɛ nwoma yi, ɛna Philip Sung Design Associates Inc. Laura Wallace hyehyɛɛ mfonini no.

Nsakrayɛ foforo a ɛwɔ 2011 nwoma Alone in Canada: 21 ways to make it better mu no, yɛwɔ nnipa pii a ɛsɛsɛ yɛda wɔn ase, ebi ne Stella Rahman, amammerɛ nkyerɛase dwumadie kandifo wɔ CAMH na odii kasahorow 21 no mo dodow nkyerɛase dwumadie no anim; Lola Bendana, kwankyerɛfo Multi-Languages Corperation; Angela Martella, dwumadie futufu wɔ CAMH, na odii mpɔtam akuw akuw nketewa nkɔmmɔdi no anim; nnwuma ne akuo ahodoɔ ne emu adwumayɛfo ne emu abɛɛfo a wɔne wɔn yɛ adwuma, mmoa a wɔde boa maa kasahorow nkyerɛase dwumadie no kɔso pɛrɛɛrɛ.

Nnianimu

Wotuu bata baa Canada nkyereee. Ebia wobaa se wobere asetena foforo, anaa woregwan akokoakoko ne nitan anaa otaa a esi wo wo man mu. Wo nkoa na wobaaye-busuani anaa adamfo biara nni ha na woaboa wo. W'amanee mpo nhia, na mmom esese wobɔ mmɔden nya asetena wo oman a emu biribiara ne faako a wofiri bo abira. Eto dabi a, na eye. Eto dabi nso a na enye. Eɔa bi nso wo ho a, wobedwene se na meberee den nie. Saa atenka yi taa si. Mmere reko no ebia wobanya nnapa pii sene nnabone, na w'afiri ase anya ahomeka ne asetena pa wo wo man foforo yi mu.

Wobanya nsusuye wo nwoma yi mu a ebɛboa ama wo nna aye papa ntem paa. Saa "akwan ahodoɔ 21 a ebɛma asetena aye yie" yi de suahunu a efi nkurofo a, etese wo de to dwa. Atifi asem biara wo nwoma yi mu ye abeefo anum asem. Afei, wobekakan ade baako a eɔaw nnipa pii a woresua amammerɛ foforo mu asetena. Ati biara di nsusuye anaa adeye a ebetumi aboa wo edi oɔhaw ahodoɔ ho dwuma na ama wo asomdwoe ne ahooɔden.

Enhia se wobɛtena ase akenkan nwoma no nyinaa prekope. Wobetumi akenkan no wo mmere a woretu kwan anaa mmere a wobɛte nka se woaye ankonam.

Amammerε foforo mu asetena

“Nnawotwe mmienu a edikan no m’anigyei
yiye. Na biribiara ye foforo. Ena mehunuu
seε adwuma nya nna fam. Na eye den paa.”

Chatura firi Sri Lanka

Amammerε foforo mu asetena de amammerε ahohiahia ne ahodwire na eba. Enye ade a eye nwanwa wo asetena foforo mu asiesie, aduane foforo die, kasa foforo, amammerε foforo, nnipa ne nneεma foforo ahodoε. Amammerε ahodwire tumi sesa sεnea wodwene, wo atennka ne wo apomuden. Ebi ne se, etumi hye wo so, etumi ma wo werεho anaase wobufu. Etumi ma wonnye obiara nni, anaa wonnya ahomeka, anaa w’anigyina efie. Etumi ma wonya tipaye, anaa yamukeka, na enkye na w’abrε.

Abεεfo pii nya amammerε ahodwire. Enye ade a wobεtumi asi ho kwan na mmom kwati kwan ahodoε wo ho a wobεtumi afa so ama w’abrabo akεso. Nea edikan ne se, wobegye atum se woho adwiri wo wo amammerε foforo yi mu, na wobehunu se biribiara nnye fεreε. Enye nwanwa, na mmom eye nneεma foforo a εtwa wo ho ahyia so ade.

Mmere a woguso renya suahunu wo Canada no amammerε ahodwire no bεsesa. Amammerε ahodwire kεso wo nneεma ne akwan ahodoε so san bese n’annan mu bio te se kanko na ebetumi ase boro mpεn baako. Nanso mmere pa mu no, wonso wobεye kuromani. Ebia na wo amammerε ahodwire suahunu no nea edidi so yi ka ho bi:

Anigyeε: Se wobeduru Canadaman mu foforo a, wowo anigyeε ne nsusuye bi da w’ani so wo w’asetena mu. Biribiara betumi aye wo nwanwa ene pe. Ebia na w’ani abere hwehwe baabi a wobεstena, worehwehwe adwuma, rebommoden se wobεnya nnamfo. Saa anidaso yi tumi di dakoro anaase εtwa mu abosome mmienu. Awerεhosεm a ewomu ne se εbere worekye no na anidaso no so rete.

Abufuo, ne awerɛhow: Sɛ wotena Canada kyere kakra a, wobehunu sɛ nneɛma nye mmere sɛnea wosusuu sɛ ebɛyɛ no. Wobehunu sɛ ɛsɛ sɛ wotwɛn ansaana wo nsa aka tumi krataa a wode bɛyɛ adwuma, w'ako ka wo atukɔtɛna ho asɛm, anaa sɛ w'kosua borɔfo kasa. Ebia na w'adesua ne wo mpontuo ndwuma wo wo man mu no engyina bo baako so wo ha. Sɛ worehwehwɛ adwuma a wotumi ka kyere wo sɛ wonni “Canada adwuma mu suahunu anaa nteteyɛ biara.”

Sɛ eba saa a, abufuo ne ahometɛ tumi ba. Wotumi dwene wo tirim sɛ Canada mmayɛ no mpo yɛ nsusupa anaa.

Borɔfo kasa damu no nyinaa tumi ma wobɛ. Sɛ borɔfo kasa na wodi tete wo faako a wofiri mpo a, ebia na akohia sɛ wo wɛn w'aso na w'ate ɛnee a wode ka Canada borɔfo ase. Eyi tumi ma wobɛ, saa nso na sɛ ɛsɛsɛ woti asɛm a woreka no borɔfo kasa mu ansaana wɔn ate ase nso yɛ brɛ. Sɛ wokae asetena a na wowɔ mu, wo nnamfo ne abusuafo a woagya wɔn fie a etumi ma wo werɛ how.

Esiane sɛ worepere wo biribiara ho nti no, w'ahooden ne wo abodwokyerɛ so te. Etumi ma adidie ne ɛnna ho yɛ dene ma wo. Ebetumi aba sɛ ebɛdɛne sɛ wobɛkɛka wo ho anaa sɛ wobɛnya mmere ama wo mfɛfo. ɛsɛsɛ wokae sɛ saa osuahunu yi nnye nwanwa.

Worete nka sɛ worenɛya asetena: Mmere pa mu no abufuo ne awerɛhow no nso betwam ako. Woguso rehunu Canada amammerɛ na worepɛ aduane no, na ewiemu nsakrayɛ rekokwa wo, na worete kasa no wobefiri ase atenka sɛ w'aba asetena. Afei wobefiri ase ati nneɛma a kanee na ɛkyiri w'adwene so na ɛyɛ wo nwanwa na wode ho yaw no nyinaa.

Amammerɛ mmienɛ mu asetena: Ehia ma mmere ansaana w'anya ahomɛka wo amammerɛ foforo mu. Ebia ebedi mfe bebree ansaa na w'atumi agye atumu sɛ woyɛ Canada kuromani. Wobehunu sɛ w'anigyɛ ha koraa mpo a, abraɔ nnye bɔna. Akwan bi so no wobehunu sɛ nnyinaso a wowɔ wo w'amammerɛ dada no mu no ne Canada de no bɔ abira. Eduru mmere bi a wonhunu wo gɛnabee. Eyi nso nnye nwanwa. Nnipa bi wo ho a, ɛnkyɛ na wɔn ani aka nans ebinom kyɛ ansaana wɔn ani aka wo ɔmanfoforo so. Amammerɛ ahodwire so tumi te ntɛm ntɛm, anaase eba kɔ, nanso ɛnyɛ ade a ebɛka ho.

ADEYε

Eyi yε adeyo a ebetumi aboa ama w'anya ntease wε atenka a wowε ma amammerε ahodwirie.

1. Nea edidi so yi emu nea εwε hi na wonya ho atenka kese: anigye, awerεhow, abufuo anaa abotoyam wε wo asetena foforo yi wε Canada?

2. Nkurofo bεn, nneεma bεn, anaa suahunu bεn na ama w'anya atenka εε wonnyε kuromani wε w'asetena foforo yi mu?

3. Nkurofo bεn, nneεma bεn, anaa suahunu bεn na ama w'anya ahoto wε wo man foforo yi mu?

4. Biribi wε ho a wobetumi aye ama woho ato wε sen senea εte yi?

Nnamfo fa

“Asetena wo ha ye den ma me efise
m’abusuafo ne me nnamfo nyinaa wo me krom.
Ehia ma me se mehye obra foforo ase na mepe
nnamfo foforo nso”

Veronica, firi Venezuela

Canada mmaye no kyere se amanifo ne nea wonim dada nyinaa ka wo kurom. Nea eka nneema yi ho bi ne w’abusua ne nnamfo, aduane, wo daadaa dwumadie, ene wo gynabea wo wo mpotam. Canada ha dee esese wohye ase foforo, fa nnamfo foforo na wobe bra fofro.

Enye nwawa se wobubefu, wowerɛbɛhw na w’aye bisibasaa wo mmere a wore hye wo Canada abrabo yi ase. Amanfo anaa baabi a cho ko akokwa wo nni ho. Nnamfo fa nna fam. Canadafo de wobeka se mmere biara wonni adaagye. Na se wohyia nkorɔfo nso a ebia na wo wo nsusuye a efa wobra ne wo man ho a enye nokore. Eyi nyinaa me wote nka se w’abre na wohome nso rete.

Mma w’aba mu mmu.

Wobetumi, na wobanya nnamfo foforo wo Canada. Na mmom egye mmere. Eye mmere se wone abeef no bi befa nnamfo, efiri se motumi de moho nkɔmɔ fa osuahunu a moanya no w amammerɛ foforo asetena ho. Farat, otukotenafa a ofiri Turkey kae se, “Kasa no nti na eye den se m’anya nnamfo, nanso mekoɔ borɔfo kasa sua sukuu no eyee mmere. Afei nso menyaa nnamfo pii wo gym ne ebere a mede meho ko kohyee ahofama adwuma mu no.

Sesei dee me mpontuo wo borɔfo kasa mu gyina se mene me nnamfo ka borɔfo kasa no waano waano.”

Afei kae se yenmu dodoɔ naa faa nnamfo mmere a ye susua. Wo nyini ansaa na w’afa nnamfo a eye den. Mpaninfo wo daadaa nhyehyee bebree

na adwuma ne abusua gye wɔn adaagye. Ne saa enti, adaagye ne ahooden a wode ye nnamfo foforo no sua.

ASOTIRE

Faako a abɛɛfo betumi ahyia nnamfo foforo na edidiso yi:

- Borɔfo anaa French kasa sukuu mu
- Asɔredan mu, Nkramofo asɔrefi, asɔrefi ahodoɔ, ɛne faako a ɔsom ne sunsum sɛm kɔ so
- Ahofam fekuw
- Agodibea anaa apowmuden sua klass a ɛwɔ amanfo hyia bea
- Nwomakorabea a ɛwɔ wo mpɔtamu
- Amanfo ahyia bea anaa atubrafo asetena fekuw ahyia bea
- Boa-woho kuo ase, a nkorɔfo ka Borɔfo anaa kasa ahodoɔ. Nkorɔfo a ɛwɔ boa-woho kuo mu hyia di nneema a ɛhaw wɔn ho nkɔmmɔ ɛne akwan a wɔbefaso asi ano.

Canadafo Borɔfo Sua

“Mfiase no na yen mu pii nka borɔfo papa.

Borɔfo kasa ho hia yie wo ha efiri se, se wohia biribi anaa biribi kyere wo so a, borɔfo na wode beka. Eno nti na abosome 11 a atwamu no nyinaa mede ako Borɔfo sukuu.”

Shao-Hui, firi China

Se woye otubrafo a wonkoara na wonam deɛ, ade baako a edi kan a ɛsɛsɛ wosua ne borɔfo kasa. Se wotumi ka kasa no a, ebue akwan ahodoɔ wo ɔman yi mu ma wo. Borɔfo a wotumi ka kyere adwuma a wobonya ene tumi a wowo a wobetumi de atua wo adesua so.

Kasa foforo sua nnyɛ mmerɛ. Wobetumi akerɛ wo nsusuyɛ na w'ayi aseresɛm wo wo kurom kasa mu, nanso ebeyɛ den se wobeka nea wore dwene anaa atenka a wote akyerɛ nkorɔfo wo borɔfo kasa mu. Eyi tumi ye ahometew. Se wone afoforo rebekasa a ehu bi tumi behye wo mu. Ema wosuro se wobɛdwini se, sebe, woye ɔkwasea.

Se woressua kasa foforo a eyi nnye nwanwa. Hunu se won a wɔwoo won ɔman yi mu mpo tumi ye mfomso wo won borɔfo ka mu. Mmere pa mo no, borɔfo kasa be kokwa wo ama mpo ebia w'atumi aka na w'akyerew no yie sen kuro mma! Abɛɛfo pii kosua borɔfo wo Language Instruction for Newcomers to Canada (LINC) a eyɛ sukuu a wokyerɛ abɛɛfo borɔfo. Aha biayɛ a wobetumi anya nnamfo foforo.

Ebia na woye abɛɛfo a wode borɔfo kasa na etetee wo. Nanso ebia na enee a wode ka kasa no ne Canadafo de no di nsesa kakra. Wobehunu se asem bi anaa kasakoa asekyerɛ bi wo wokuromu a ekyerɛ biribi foforo wo ha - asekyerɛ ahodoɔ no tumi de basabasa ye ba. Esiane eyi nti, ebetumi ayɛ den se nkorɔfo bɛte nea woreka n'ase na wonsu w'ate wonase. Etumi ma no ye ahometew.

Ma woho kwan se wobeyɛ mfomso wo mmere a woɛsua borɔfo anaa se ɛnee a wode ka Canadafo borɔfo rekokwa wo. Nnipa pii tease se woɛsua kasa foforo a ɛsɛɛ woka kasa no biribiaara. Wobɛkamfo wo mmɔdenbo. Bo mmɔden se wo mfumso ne nneema a wontease no wobɛgye atumu na wode ayɛ sedee. Mma ɛnyere woho se wobe tentene wo mfomso mmere biara – ma woho anofom bredwoo.



Boa woho na enye mmao mma wo

“Se wote fie na wonni hwee ye, na
Wonni nhyehyee biara a, wobotow.
Ema wonya atenka bi se woye aboa bi
wo mmoa-turo mu – wodidi nanso wonnye
hwee. eno nti na meko yee ahofama adwuma.
Ema me nya ahomeka. Mewo biribiri ye sesei
na metumi ahyehye me daadaa ne nawotwe
nneye.”

Selina, firi Colombia

Okwanpa a wobetumi afa so anya ahomeka wo w’asetena mu no ye se
wobeboa nkurfo a wowa wo mpotamu. Ahofama dwumadie boa ma wode
wo mmere, w’adwuma anew o nimdee boa afoforo. Nnipa pii tu won ho kye
wo Canada. Wonntua wo ka de nanso wobetumi ahya nkorfo a wobeboa
wo anya adwuma anaa nnamfo. Ahofama betumi ama abeefo anya “Canada
adwuma ho suahunu” a adwumawurafo hwehwe se w’erefa nnipa foforo a.
Se worehwehwe adwuma a wotua ka a, faako a woyee ahofama adwuma no
betumi ama wo adansedie krataa.

Ahofama dwumadie no gu ahodoḡ bebre. Wotumi ye ahofama dwumadie
wo ekuo a eboa nnip a efiri wo man mu. Eyi boa ma ahometee a amammer
foforo mu tena de ba no so te. Anaa wobetumi aye ahofama dwumadie no
wo ekuo a eboa obiara a ohia mmoa. Eyi tumi ma wo ka wo borfo yi no
amammer adi kyere afoforo.

Hwe se wo ahofama dwumadie no ye biribi a w’anigye ho. Ebi ne se, se
w’anigye mpanyinfo nkitahodie a, wo ahofama dwumadie tumi ye mpanyinfo
asra sra wo ayaresabea, anaa wode aduane beko akoma won a wowa afie
afie mu, anaa se woni won a wowa “mpanyimfo fie” beko akodi nkomo no
w’akenkan akyerε won.

Ebinom betumi atu won ho akye dabiara na ebinom nso betumi aye no nnonhwere kakraa bosome biara mu. Mpere wo ho, esese wo hunu mmere dodow ptee ne mmere tenten a wobere se wobeye ahofama dwumadie. Akuo akuo a wohia ma ahofama dwumadie no bo no daworo wo koowaa krataa mu. Wobehunu ahofama dwumadie ho daworobo nso wo mpotam dwumadie akwankyire nwoma (directory of community services) a ewo nwoma korabea anaa nwoma korabea no web site. Anaa se wobetumi afre akuo a wobere se wobeye ahofama dwumadie wo mu no telefon so.

ADEYO

Saa adeyo yi betumi aboa ama w'adwene ahofama dwumadie ho

1. Kyerew nsusue mmiensa enti a wopese woye ahofama adwuma.

2. Kyerew nneema mmiensa a wobere se wobeye ahofama dwumadie mu. Ebi ne dwumadie nhyehyee, mmofra mmoa anaa se aduanenoa.

3. Kyerew bea mmiensa a wobere se wobetu woho akwe wo ho.
Se ebia asore, ayaresabea anaa agorohwebea.

4. Kyerew nkorofu ko a wobere se wo ne wo beye adwuma.
Se ebia mmofra, mmaa anaa nneduafu.

Aduane noa ne “ɔdo adidi” nnuane

“Meyɛ baakofo, entiɛsɛsɛ menoa m’aduane.
Eyi nnye ade a metaa yɛ enti mede ho yaw.
Ɛyɛ den paa.”

Mansoor, firi Iran

Efie aduane noa...W’ani betumi agyina wokurom aduane pampan ɛne ne dɛ. Woredi aduane a ɛyɛ foforo ma won a ɛnye dɛ, ma amammerɛ foforo mu tena yɛ ahometɛɛ kɔ soro. Abɛɛfo binom nim aduane noa dedaw. Ebinom nso behunu sɛ waba Canada no kyerɛ sɛ ɛsɛsɛ wosua aduane noa. Brazil abɛɛfo bi nam nnaawotwe biara a na ɔfrɛ ne maame bias senea onsi nnoa n’adunae maa ɔne ne maame ntɛm sɔɛ bebree!

Canada yɛ amammerɛ bebree bea. Nkuro a esoso kakra ne nkuro akɛsɛ mu no wobɛnya nnuane a efiri wiase afanan nyinaa. Nkuro nketewa mu dɛɛ ebehia sɛ wotwa kwan kɔ kuro kɛsɛ a ɛbɛn wo so na w’anya nea wo pɛ, anaa wobɛtumi de tɛlɛfon anaa intanɛt akra bi.

Sɛ wonnye woho ni wo adeyo bi ho a, bias wo nnamfo ne w’abusuafo ma wɔmfɛ aduanɛnoa-nwoma anaa aduannɛnoa nhyehyɛ mfiri wo kurom mmɛ wo. Nwomakorabea wo wo mpotamu nso bɛwo abusuakuo aduanɛnoa ho nwoma wɛ Brofokasa ne kasa hodoɔ nso mu. Wobɛnya aduanɛnoa ho nhyehyɛ nso wo intanɛt no so.

Ɛnye den sɛ wobɛnya nnuane a wo noa no ntɛm ntɛm anaa wonoa no wo abontɛn, tɛ sɛ hambɛga ne pisa, anaa nnuane a ahooɔnɛn nnimu papa, tɛ sɛ kyips ne nakyos, na ɛnye haw, nanso aduane a woanoa no fie ma apowmuden. Sɛ wodi aduane a ahooɔnɛn womu a eboa ma wonya ahomɛka na ɛma dadwɛn ne honam mu mmerɛwɛyɛ a amammerɛ foforo mu tena deba no so tɛ. Wonoa w’ankasa w’aduane nso a wosie sika. Nnuane a wɛnoa no ntɛmntɛm ne nnuane a ahooɔnɛn nnimu no bo yɛ den.

To wonsa fre nnamfo na wommra wofi na monni aduane a w'anoa. Anaa fre won bra “ɔɔɔ adidi” ase. Obiara reba a ɔnoa aduane deba. Eyi ye anigye kwan a wode fa so hunu aman foforo so aduane. Emma no nhawo se w'aduane noa nye ɛɛɛɛɛɛ, wokoso noa a ɛɛɛɛɛɛ yie.



Kyerɛw krataa ma woho na fa bi kɔma nnamfo ne abusuafo

“Eyi nsusuyɛ pa sɛ wobɛkyerɛw wo nnamfo a wo wo wo kuromu na w’aka nea worefamu akyerɛ won. Anyɛ hwee koraa no wote w’ase efirise wonim wo. Metaa mede krataa baako na ehyɛ asi na etwamu kɔ 10 efirise nneɛma a mewɔkyerɛw no dɔɔso. Etɔda a megyede sɛ metumi akyerɛw nwoam moa.”

Uche, firi Nigeria

Abɛɛfo baako hunu sɛ krataa kyerɛw boa no ma ne ankonam atenka no so teeyɛ wo Canada ha. Abɛɛfo bi nso kyerɛw kyerɛw nkrataa-nanso w’amfa anko baabiara. Na ɔmpɛ sɛ ɔde ne amanehunɛ a ohunu wo ha kɔ ha n’abusuafo. Nanso krataa no kyerɛw maa no ahomeka. Abɛɛfo binom nso ne nkɔmmɔdifo kuo didii nkɔmmɔ wo intanɛt so, ɛfa nea ɛsɛsɛ wohunu ne wode abo bra wo ɔman foforo so.

Abɛɛfo bi nso kyerɛw nea esi won daa daa abrabo mu to ho. Sɛ woressɔ eyi bi ahwe a, ɛsɛsɛ wo tu mmere bi si ho daa na wode kyerɛw. Nea wobɛkyerɛ anaa mmere tenten a wode bɛkyerɛw no koraa de enhia. Nea ehia ne sɛ wobehyɛ ase. Twere nwoma ma wohunu nea ɛsombo wo w’abrabo mu, emu ayakayakade ne emu anigye, agyinaɛɛ a wosi ne nea wonni so tumi enti woyɛ. Woredwene nea worekyerɛw ho no, wobehunu sɛ w’abrabe mu nsem nso resesa. Ebia wobehunu sɛ akyerɛw no boa ma wonya mmuayɛ ma nneɛma a eha wo no.

Sɛ wosi w'adwene pi sɛ wobeyɛ twerɛ nhoma a, di kan tɔ nwoma a wodi bedi saa dwuma nkutoo. Enhia sɛ ne bo beyɛ din. Ɛnye den sɛ wode akyerew bɛka wo daa daa adeyo nhyehyɛ ho. Ebinom kyerew daa, edɔn koro no ara daa, sɛ ebia anɔpa tutuutu anaa anwummere a w'adidi awie.

ADEYO

Ansaana wobɛ hɛ twerɛ nowma n'ase no, wobetumi ayi, na w'atoa akasamu a edidiso yi baako so:

- Me baa Canada efise...
- Mmere are manigye paa ne mmere a me ye...
- Sɛ me dwene fie ho a, nea m'anigyina kese paa ne...
- Me suro...
- Afedan sesei na...
- Afe a atwaamu no...
- Mepɛ Canada efiri sɛ...
- Ade a mede tu meho ne...
- Nnamfo adada pɛ masɛm efirise...
- Nnamfo foforo pɛ m'asɛm efirise...

Ahomegye bere mu ahosερε

“Afefoforo a edikan a medii no ha no, na obiara nka me ho damu no nyinaa. Na mennim obiara. Wonim nea meyeε damuu no nyinaa? Me sui. Afeyi ahyease de na εye. Me ne me nnamfo hyia too pono εna yetoo akyεde maa yenho yenho. Ye kasaa yiye na ye didii yiye nso. Ye dii asa mpo, mesui bio ara – nanso mmere yi de efiri se na m’ani agye.”

Chikako, firi Japan

Ye nhyehyε to hε na wonkoara w’andi εsom ne amammere ahomegyenna. Canada ha di nnipa pii ne abusua ne nnamfo na edi Bronya, Afefoforo



ahyɛaseda ne Aseda-dapɔn-da (Thanksgiving). Canadafo a wɔn nko ara tɛɛ anaa wote akyiri no, taa hyɛ da tu kwan kɔ ne wɔn abusua fo di saa nna yi.

Sɛ wonni ahomegyenna yi koraa a, ebia ɛbɛyɛ den sɛɛ wani bɛgye wo mmere ko a, nnipa a atwa woho ahyia reka anigye a wɔn anidaso sɛ wone wɔn abusuafo hyia a wobɛnya. Wobetumi atɛnka mmoroso sɛ woyɛ baakofo saa nna yimu.

Wobɛpɛ sɛ wobedi woa wo amammerɛ ne ɔsom nhyehyɛɛ, tɛ sɛ Ramadan, Diwali, anaa Chinese Afeahyɛase-da. Wotumi to won sa frɛ wonnamfo na moahyia adi ɔɔ adidi. Anaa wobetumi ahyia wɔn wo restorant anaa cafee na moagye moani.

Sɛ worentumi ne nnamfo nni ɛda no anigye so, nanaso wopɛ sɛ woni nnipa nya nkitahodi a, wobetumi ayɛ ahofama adwuma wo ayaresabea, mmɛserewa tenabea anaa wɔn a wonni baabi da ahintabea. Aha de ɛnnye wo nkoa, na wobɛhyia nnipa nso a wɔn ani bɛso sɛ wo wɔ wɔn nkyɛn.

Canadafo nneyɛe mmara a wɔntintiimye ho adesua

“Me fɛree papa. Seesei mpo a mereka ɛho asem no m’anim ayɛ kɔɔ. Na menfaa sekanma ne adinam (fork) nnidii da. Yɛde “chop-sticks” na eyɛ birirbiara wɔ China. Nanso wɔ wimhyɛn no mu no na ɛsɛsɛ mede sekanma ne adinam na edidi. Na mennim sɛnea wɔyɛ no. Sesei mpo me ne me nnamfo a efiri Canada redid a me ho ntene me papa. Mesuro sɛ wɔbɛ sere m’adidi nneyɛe.”

Zhang, firi China

Amammerɛ biara wɔ mmara wɔ nneyɛe ne abrabɔ pa ho. Emu bebreɛ wɔ ho a wɔnkyerɛw, yesua firi mmofra ase nti obiara ndwene ho. Waba Canada dea, ɛsɛsɛ sɛ wosua Canadafo mmara a efa wɔn nneyɛe ne abrabɔ. Sɛ wobu mmara no so a nkorɔfo nneyɛe bi bɛma woahunu. Wobehunu sɛ nneyɛe a wonim no – te sɛ adidi mmere - yɛ adefofo ma Canadafo. Etumi yɛ saa ma wonso. Wobehunu sɛ nsem bi Canadafo ka anaa nneyɛe bi a wɔyɛ kyere sɛ wɔn mmu ade.

Mmara a wɔnkyerɛw yɛ a birirbiara ho, nnamfo ka ho, mpenatwee ne nkitahodie a ɛwɔ wo ne wo tipɛnfo wɔ adwumamu ne adwumamu mpanyinfo ntɛm. Sɛ woba Canada a, nwoma kakra bi wɔho a wobetumi ahwe mu anya mmoa – suahunu so na ɛsɛsɛ wo fa na wode asua Canadafo mmara. Eyi tumi ma ateete ne basaayɛ no kɔ soro.

Wagner, a ɔyɛ abɛfo a ofiri Argentina, hunuu saa mmara a wɔnkyerɛw yi: “Wontumi nka akyiri da, ɛsɛsɛ woduru mmere no ano pɛpɛpɛ. Wone adwumamu hwɛsofo rekasa abirirbiara a hwɛ n’anim. Sɛ w’anhwe n’anim a ɔbɛ dwene sɛ biribi ato kyima. ɛsɛsɛ wofrɛ ɔbaa a wanyini “ɔbaa.” Sɛ wofrɛ no “abaayaa” a ɔbɛ dwene sɛ wordidi n’atɛm.”

Se wo tenka se w'abu mmara a wonkyerew yi bi so a, nea edikan a esese woye ne se wobehunu se w'abu so. Bisa oniiko mmara koro ene nea na orehwehwe afiri wo ho sen se wobo befuu ana wobe feree. Etumi boa se wobesere woho ne nea erekoso no. Eyi bema ateete no so ate. Eye ade baako nso a wosua se woeresiesie woho ma aha asetena.

ADEYO

Adeyo yi beboa ma w'atumi ahye mmara a wonkyerew no bi nsunu.

Kyerew nneema mmisa a esiiye a emaa wohunu se w'abu Canada mmara a wonkyerew so. Emu biara no, kyere w nea esii, atenka a wonyaae ene nea woyee faa ho. Wone adamfo anaa obi wo Borfo-kasa sukuu ho nni ho nkomm na mo mm mmden nhwehwe mmara ko a wonkyerew no.

Nea esii 1:

Nea esii 2:

Nea esii 3:

Esu foforo ahyεase

“Na meye mmaranimfo εna mewo asetena pa wo me kurom. Ns yεte efie kεsee bimu a ye wo asomfo a wεboa ma ye mmofra ne efie adwumaye. Na mewo m’ ankasa me “Mercedes.” Sesei wo Canada ha yεte apatment tantan bimu na meka kar dada. Adwuma a metumi anya nkoara ne ofutufu wo mmaa ahintabea (women’s shelter). Meka se meye mmaranimfo a obiara nnye nni.”

Esi, firi Ghana

Batatio tumi ma wohye εbra ase foforo. Eyi tumi ye papa ne bone nyinaa. Ne papa ne se, wo nnipasu fa bi wo ho a baabiara a wobeko wo wiasε afanan biara wode ko. Ne bone afam ne se, nneεma bebree a na εme wo tenka sewoye nnipa mu no ko sesei na εseε se wode nneεma foforo hye anan.

Abεεfo a won anya mpotuo nya gyinabea wo won tebea dada ne won tebea foforo ntamu. Eyi hia ma mmere. Ehia se wobεso nneεma pa a εwo wo suban dada no mu yie wo mmere a worema wo ho kwan na w’afa nneεma a edi mu de anya suban foforo. Saa εkwan yi tumi kεso wo nkwa nna nyinaa mu.

Abεεfo baako kae se “na menni adwuma ne anidaso wo me kromu. Meguso ara a mere pere wo ha nanso mewo ho ahomeka. Me wo ahotoso efiri se mewo banbo. M’abusuafo a wo wo Turkey nte eyi ase. Wonim se biribi nko yie.”

Se woko nsrahwe wo wokurom a wobe hunu se wasesa, wobstenka se woho nto wo papa. Wotenka wo Canada nso se w’ayera. W’aka nsensenmu wo wiasε mmienmu ntamu. Eyi tumi ye ya. Se woressiesie woho ma asetena foforo wo εman foforo so a eyi nye nwanwa.

ADEYẸ

Adeye yi betumi aboa ama w'ahunu twaka a eda wo nnipasu dada ne foforo no ntamu

1. Nneema nnum a efa me ho a mempe se mesesa no baabi biara a metena ye.”

2. Nneema mmiensa a asesu wo meho efiri mmere a me baa Canada ye.”

3. Twaka mmiensa a eda me su dada ne foforo no ntamu no ye.”

Adamfo anaa ɛmpena hwehwɛ

“Nea ehia mmom ne Borɔfo sua, matoa
m’adesua so na m’ahwɛ ak kan. Obiara hia
sika ne adwuma pa nanso wɔ ahomeka mu
nso wohia biribi. Mmpena yɛ Canadani.”

Erica, firi Venezuela

Yenmu pii hia ayɔnkɔfa soronko wɔ abrafo mu. Ebinom bu wɔn ani gu
saa atenka yi kosi sɛ wobɛnya asetena pa wɔ Canada ha. Ebinom nso de,
ɔtwɛn tenten no ma wɔn kɔntɛkorɔ ne ankonam tebea no yɛ kɛsɛ.

Sɛ wotu bata ba Canada a ebetumi akyerɛ wo mpenatwee - biribi a anka
wɔrennyɛ wɔ wo kuromu. Wobehunu sɛ empenatwee tumi barewo na eyɛ
hu nso. Ebi ne sɛ, wo Canada ha no wogyɛ tumu sɛ ɔbarima ne ɔbaa yɛ
pɛ, aman ne amammɛrɛ bebree nkyyɛrɛ saa. Ɛno nti ɛnyɛ nwanwa sɛ ɔbaa
bɛbusa ɔbarima sɛ wɔn mpue. Sɛ wo pue nso a ɛkwan da ho sɛ ɔbaa no
betumi atua ɛka no mu fa. Nsonsonoyɛ a ɛwɔ amammɛrɛ ahodoɔ mu sɛ efa
ɔbaa ne ɔbarima asɛdɛɛ ho yi tumi ma mpenatwee ahyɛase yɛ ahomete.
Ɛmma waba mu mbu. Sɛ onnipa koro no pɛsɛ ɔne wo nya awɔnkɔfa soronko
a, mo mmienu bɛhwehwɛ akwan a mode beyi suntidua no afiri ho.

Sei na Galeb, abɛɛfo a ofiri Iraq nso hunu no.”Sɛ nnawotwe no ba awiɛɛ
a meko nsadwaase. Nnipa a mehyia wɔn ho pii yɛ Canadafo. Meho yɛ
fɛ. Mehyɛ ntaade pa, na me borɔfo nso yɛ kakra. Metumi de nkɔmmɔ.
Mehwehwɛ ababaawa na me ne no ade asa. Mmere tiawa akyyiri biribi
si, efiri sɛ me yɛ ɔmanfranii. Nnipa nnim me nnipasusɛ, mmere be wɔ ho a
wosusu sɛ menni kar ɛne sika bebree wɔ me boto mu. Eyi nti mmabaawa no
mpɛ sɛ wɔkɔso ne me sa. Nanso abosome dubaako mu ni na mehyiaa ɔbaa
bi a ɔyɛ me mpena sesei. Nnipa dodoɔ no na enni bi saa.”

Wobehunu sɛ wɔka ahonnidie ho nsem wɔ ha kyeɛn faako a wofiri baaye. Afei
wogyɛ ɔbaa ne ɔbaa anaase abarima ne ɔbarima ntem mpenatwee tumu

kyen faako a wofiri. Eyi ye den ma abɛɛfo binom efirise etia won amammers ne won som. Ebinom nso gye saa paemuka nhyehyee a efe ohonndie ho efise banbo wo nhyehyee yi ho kyen ne kurom deɛ a w'agya no akyiri no.

Nnipa pii nso fɛre sɛ wobedi odie ho nkɔmmɔ. Ebinom mpe sɛ wɔka ho asem koraa. Nanso ayɔnkofa soronko yi rekɔso no, ansaana mobɛda no, ehia sɛ mobɛka nna mu nsem a emfa yare mma ne nneema a wɔde bo ho ban. Eyi nkɔfa nyinsɛn a monpɛ, anaa nna mu nyarewaa mmere mo.

Mo hia nso sɛ moka nea mohwehwe efiri saa ayɔnkofa no mo, ene nea mobetumi aye na sɛ mohia a moani aggye abomu - sɛ moyɛ nnamfo ne adofo.

ADEYE

1. Sɛ wodi mpenatwee wo Canada de toto mpenatwee wo wo kuromu a den na wodwene fa ho?

2. Okwan ben so na wofa hyiaa wo nnamfo a wɔben you paa wo wo kuromu?

3. Woresusu sɛ wobɛ pɛ mpena wo Canada? Okwan ben so?

Ahokeka a εμα anigyene apowmuden

“Metu mmirika paa. Σε biribi ha me a, mere tu mmirika a no mere dwene ho. Σε mewere ho anaa m’anigye a me ko tu mmirika. Mewo me kuromu no na meye na meye no aha nso. Mewe mmirika tu.”

Irina, firi Russia

Se wote apo a εμα wo ho ye fe na wonya ahomeka ne ahoo den. Σε w’anhwe wo honam so yiye, anni nnuane pa, ankeka woho na wonna anso wo a ebia wobehycase aberε na w’aye mmobo. Eyi betumi ama w’asetena wo amammerε foforo mu no aye den.



Ahokeka ye okwan pa baako a Vma wonya ahomeka wo w'adwene ne wo honam mu. Hwehwe ahokeka dwumadie a w'anigye ho a ebetumi abeka w'abrabo ho. Wobetumi akoso adi agoro bi a na w'anigye ho wo wo kurom no. Amanfo hyiabea ne abusua feku wo agoro dwumadie ne ahokeka adan wo mantamu mantamu. Won so wobetumi de krataa afenfam ho de abo dawuro se wopese wohyia obiara a ope se odi w'agoro no bi. Wotumi de dawuroba krataa yi bi ko bo nwomakorabea, amanfo ahyiaye, etwom anaa osom fie.

Ahokeka baako a eye paa ne nante, nea wo hia ne mpaboa a emu nnante ye ne faakoa worekorɔ. Wonkoara tumi nante. Anaa ebye anigye ne ahomeka se wone w'adamfo bebom atu mpasa. Se ewiem nye a, nnipa pii tu mpasa wo mol mu.

Asuboro nso ye ahokeka a eye. Amanfo hyiabea ne agurobea bebre wo ho a wotumi ko boro nsu a wongye hwee anaa wotua sika ketewa bi.

Ateetee anosi

“Mepɛ kuro nketewa te sɛ St Catherines mu tena efirise meboɔ mmɔden yɛ sɛ meretena Toronto no, mehunu sɛ eyɛ ateete dodo. Sɛ metenaa ho a anka menim sɛ adwenedwene bɛhyɛ meso anaa mɛyare. Nnipa pii wo ho, na atubrafo pii wo ɔhaw ahodoɔ. Kuro kɛse mu tena hia ma ahoochen. St. Catherines ye ma me paa. Eyɛ mmerɛw sɛ wobɛnya nnamfo wo ha kyɛn Toronto.”

Vlad, firi Romania

Ateetee ye ɔhonam, atenka ne adwenedwene bi a ɛba woso mmere a abrabo atwi womu ahoochen yiye. Obiara nya ateetee. Ɛka daa asetena ho. Worepɛ asetena wo ɔman foforo mu, na worehyɛ ɔbra ase foforo tumi ye ahomete paa. Ateetee no tumi firi nnesma a neye ye den, te sɛ wprepɛ adwuma anaa woresua borɔfo, ɛna etumi nso firi nnesma a ɛsɛsɛ sɛ eyɛ anigye mu te sɛ woreko akohyia nkorɔfo, na w’apɛ nnamfo.

Wontumi nkwati ateetee na mmom wobetumi asua akwan a wobedi so na w’ani agye w’abrabo mu na abere ɔkwan biara a ɛbɛma w’anya ɔhonam ne adwene mu yare ase. Ebia wobetum ako so ayɛ nnesma a, na ɛboa wo ma wo nya abodwo ne ahoto mmere a na wo wo wo kuromu no. Anaa ebehia sɛ wobe hwehwɛ akwan foforo a ete ateetee so.

Okwan foforo nso a wode di ateetee so nie. “Meteetee papa wo m’abrabo mu seesei nkanka sɛ medwene me mma mmieniu no ho a. Sɛ medwene won ho a ɛbome yare efise wɔdaso wo me kuromu. Mentumi ne won nni nkitaho wo tɛlɛfon so esiane sɛ tɛlɛfon nni ho. Merebo mmɔden biara sɛ ɛnam atubrafo nhyehyɛ so bɛma me mma ana ha nanso ɔkwan a wɔfa so ye won nnesma no ware papa. Seesei w’ate m’ateetee no ase? Mewɛ won mfonɛ ne won nsaano edwini a na manya ahomeka kakra. Meto ndwom na

mebo gyitae snea m'adwene befiri mehaw so. Ndwom no boa ma menya ahomeka. Seesei a nkurofo nim se menim gyitae bo yiye yi, wobisa ma mebo ma won. Won aniso se metumi ye biribi. Menso mepɛ no saa. Mere boa me mpotamu."

ƆHUNTASƐM A WODE SI ATEETEE ANO

Akwan a wobetumi de asi ateetee ano no bi nie'

1. Go woho – hunu nea wobetumi asesa ne nea worentumi nsesa. Fa w'adwene si nea wobetumi adios so
2. Sere snea wobetumi – ɛma ahomegye. Yi aseresɛm, hwɛ tɛlɛvisan anaa sini a ɛye serew, anaa kekan nwoma a eyi nsenkwaa.
3. Home brɛɛw – yi sima kakra fi wo damu no mu na fa dwodwo wo ho na gye ahome a emu do ko wo mu paa. Eyi dwodwo w'adwene ne wo nnipadua.
4. Ma woho kwan se wobeyɛ mfomso – nya aboterɛ ma woho mmere a w'ayɛ mfomso. Obiara nni ho a mfomso nni ne ho. Nya osuahunu firi wo mfomso ho.
5. Ndwane mfiri wohaw ho – ko no mmaako mmaako. Se wo kyekye wohaw mu a ɛnye den se wobeso ano kyɛn se wobɛka ne nyinaa abom prekope se woreso ano
6. Wone obi nkasa – wode ho nkɔmmɔ a ɛma nesua ye hare. Ebia na w'adamfo, futufo anaa obi a wone no ye adwuma nso wo saa tebea no bi mu. Ebia na won atumi atu cho fo.
7. Ma ho kwan na de awerɛho - nsakaraye betumi ama snea nneɛma dada te aye sɛdeɛ ayera. Eyi ye nokware wo abere mpo a nsakaraye np de nkɔso aba w'asetena mu. Ma woho mmere na fa de awerɛhow wo nea w'ahwere no na siesie woho nkakra kakra. Awerɛho di nso te ateetee so
8. Sua se wobeka daabi we adwuma mmoroso ye. Ahyɛase no ebeye den, nanso tintim – ɛnye biribiara na wobetumi aye
9. Kɔgye mframa – ahokeka ne abonten tena tumi ma wo nnipadua ne adwene nya ahoto

10. Di agoro bebree – anigye ye kwan a abodee fa so de sane sane ntini a aye kyenkyenee. Bo mmoden se wone adamfo, oba anaa ayennmoa bedi agoro anigye so.
11. Kekan nwoma, nsemma nwoma a w'anigye ho. Ebetumi ayi w'adwene afiri wo haw so nnonhwere kakra.
12. Mpaebo ne yoga betumi abotow wo na adwodwo w'adwene. Afei, yoga nso tenetene wo ntini mu.

Nea atwamu, mprenpren ne daakye ho dwene

“Menni nea atwamu ho adaagye. Aden nti na
εσεε me dwene ho abere a wokuum me kunu
wo εkoo no mu? mehyε meho σε mεdwene
daakye ho nkoara. Nanso εto da a εnye mmere”

Kristinya, firi Moldavia

Emmere de εko nanim wo εdon so, na yen adwene mu de, εko nakyi na
aba nanim, edi akoneaba wo nea atwamu, mprenpren anaa daakye ho.
Eye den ma abεεfo binom σε wobe dane won adwene afiri mmere be ako
mmere foforo mu. Ebia na nea εwo won adwene mu ne nea atwamu ne
senea na asetena mute ansaana woreba Canada. Σε wohunu σε woguso
te wo dada mu w’adwene mu mpen bebree a, na woho abow wo. Na εσεε
wokope mmoa firi ahoho aboafu dwumayeni (settlement worker), osom mu
mpanyinfo anaa dokta ho.

Abεεfo binom nso mpεεε wobe dwene nea atwamu no ho koraa. Wobepe σε
won were befi εkoo bere mu osuahunu, atukotenafu asraban, anaa akwantu
tentene a wonam so baa Canada. Ebia na woyε abεεfo yi bi. Ennye nwanwa
σε wode w’adwene beto nea εrekoso mprenpren yi nkoara so. Ebia εno
nkoara ne okwan a wonim σε wobefaso ama woho ato wo. Wowo banbo
seesei di, nanso ebia eye woden σε wobedwene daakye ho. Wowo wo
kuromu no ebia na eye wo σε wontumi ndwene daakye ho, efirise na wonnim
σε εbeto wo.

Nnipa a εwo ahooden no σε biribiara reko so pεpεεpe a mmerebiara won
adwene di akoneaba wo nea atwamu, prenpren, ne daakye ho. Na σε
w’atena ateetee bra mu a, na σε wotumi ten ea atwamu firi mprenpren ne
daakye ho a na eye aεem pa. Na afei worebo wo bra wo Canada no, ebehia
σε woka wobra dada, prenpren ne wo daakye bo mu. Eyi nye mmerew.
Ebetumi adi abosome anaa mfie bebree ansaana w’ayε. Mpere woho. Σε

nea atwamu no ye yaw a nnipa pii de to nkyen - etoda a beye mfie beberee. Se woye krado se wobeye nea atwamu no ho biribi a ebehia se wobebisa mmoa afiri adamfo anaa odadini.

ADEYE

Fa adeye yi so w'adwene na hwe faako a eda mpen pii: nea atwamu, mprenpren anaa daakye.

1. Twa kanko mmiensa a egyina ho ma nea atwamu, mprenpren ne daakye. Ma ensono kanko biara kese senea ebekyere faako a w'adwene taa wo. Kanko kese paa no gyina ho ma nea w'adwene wo mpen pii.

2. Aden nti na wo taa dwene pii wo mmere a kanko kese no gyina ho ma no no?

Mmoabisa wɔ Bere a nneɛma nko yie

“Ahyɛase no na mennim nea ɛreyɛ me. Mesui damu no nyinaa. Na menntumi nna. Na biribiara nko yiye. Metiri a ɛye ne sɛ, maame bi a na ɔwɔ me nkramosom hyiadan mu hunuu sɛ menni anigyɛ na ɔtɔ kɔɔ so ne me kasae. Ɛnam ne so nti na meko hunuu aban asetenamu adwumayeni. Enti mmere a ɛbaa bio no, na menim nea ɛsɛsɛ meye. Mefrɛɛ dɔkta a ɔye adwene mu adwuma. Adwedwene ne awerɛho hyɛ wo so a ɛnye, ɛnye koraa”

Farida, firi Syria

Ɛye den sɛ wobeyɛ ankonam wɔ ɔman foforo so. Sɛ worehyɛ ɔbra ase foforo a ɛye anigyɛ, ɛsɔ ahooɔden hwe, na ɛtɔ dabi a ɛye hu. Ɛtɔ dabi a ɛye sɛ adwuma no so dodo. ɛma no ye den den den ma wo sɛ wobɛ tɔ akɔso aye w’adwuma. Wowerɛ betumi ahow nna anaa nnawɔtwe bebree mmere a ɛbɛba no. Ebia na w’ahyɛase renom nsa anaa wafa nnuro bɔne sɛ wode rebre awerɛho no ase.

Sɛ wohyɛ ase renya atenka yinom a na woho abow wo. Sɛ woho bow wo a etumi sesa woanigyɛ, w’adwendwen, w’ahooɔden, w’aduane di, ne wo nnaye mu. Ɛye den ma nnipa a adwendwen ne awerɛhow ahyɛ wɔn so sɛ wobeyɛ daadaa asetenamu nneɛma na wone afoforo adi nkitaho. Sɛ w’afa basabasa ye ne abutuo nneɛma mu a, wobehunu sɛ ɛma no ye den sɛ wobɛnya anigyɛ wɔ Canada abrabo mu. Wowɔ asomtwe man mu nanso ebia na nea atwamu no rehunuhuna wo. Awerɛhow anaa ehoo tumi si daa sɛ wotu kotena ɔman foforo so a, anaa sɛ w’afiri nneɛma a ehunuhuna wo mu. Nanso sɛ saa atenka yi toa so twamu nnawɔtwe ntamu a ɛbɛhia sɛ wobebisa mmoa.

Canada ha dee se wobesa mmoa de aso atenka a worennya a na enkyerese wo ye mmerew anaa se w'abodam. Wohunu won se woye anyasafo a wonim sebiribi nkoso yiye. Adoktafo, aban asetenamu adwumayeni, abenfo a woye adwene ho nimdee, odadini ene osom mu mpanyinfo boa nnipa a wowo hawa etete saa. Wobetumi aboa ama woahunu okwan a wobefaso de agyina wohaw ano, na w'aye w'adwene wo okwan ne faako a wobenya mmoa.

Se wordwendwen owuo ho dodo, na wonya atenka bi se wopese wohye woho akomfo a, amonomu ho ara ko faako a wohwe nnipa ohew so woyaresabea a ebene wo. Adwumayefo a ewo ho no beboa wo.

Nkuro akese bebree wo telefon adadifo a wotumi ne won kasa se wohia mmoa amonoamono mu a. Eyi ye mmoa a ewo ho nnonhwere 24 a ewo damu no mu nyinaa, eno nti wotumi ne obi kasa abere biara se eye awia anaa anadwo. Saa dwumadiyi din de Ahohiahia dwumadie hyiabea (IDistress Centers) na w'akyerew won telefon noma ne won ohew dwumadie noma wo kratafa a edikan wo mpotamu telefon nwoma biara mu.

ADEYE

Kekan nea edidi so yi. Hwe se emu bi fa woho? Se ebi fa woho a, akoso boro nnawotwe kakra ntamu anaa? Se ete saa a na wohia se wobehunu obi a owo nimdee na w'aboa wo

1. Mpen pii woho a na meye gidigidi na mentumi ntena faako
2. Menom nsa anaa mefa nnuro bone de aso ateetee ano
3. Mpen bebree metenk se m'abre, mfa nna dodo biara a meda ho
4. M'atoto sukuu ne adwuma ko nna kakra esiane nsanom anaa nnuro bone nom
5. Medwene owuo ne akomfohye ho dodo
6. Eye den mame se mede m'ani besi ade baako so, mesus biribi ho, mekaae anaa nso se mesi w'adwene pi
7. Se medi nokware a menim se merefa nnuro bone anaa merenom nsa dodo

8. Eyeme se meye nnipa hunu anaa medifo mpen pii
9. Mennamfo mu dodow no ara ye nnipa a mene won nom nsa anaa mene won fa nnuro bone
10. Meteetee na nneema bebree haw me mpen pii
11. Mebu fuw mpen bebree
12. Me dane nnuro da biara anye saa a mentumi nnye hwee. Me to no nnuro tonbea

Wo Sikasem ho ntotoeε

“Sika pe wo Canada ye den yiye. Se wo wo Eritrea na wope se wo bue adwuma a eno ara ne se w’ahye ase. Aha nso de wohia sika wode ye eyi, ne eyi ne biribiara. Kofe kuruwa baako mpo boɔ ye den wo ha. Se me dwene kofe kuruwa baako boɔ wo me kuromu sika mu a, merennom kofe da.”

Adam, firi Eritrea

Se wotu ba Canada a adehweredeε bebree wo ho. Se wobeduru εha a, εσεε wotua dan ka amonomu ho ara, no woto aduane, ebia na εσεε woto ntaade a wode ko awo. Wobehunu se nneεma a na wonya no kwa anaa se ne boɔ nnye den wo wo kuromu no aha de ne boɔ ye den paa.

Se wonnya adwuma nnye anaa se worehwen wo tumi krataa a wode ye adwuma a ebia na wonni sika. Se wowo wo kuromu εna wonni sika a ebia anka wobetumi abo bosea afiri wo nnamfo ne w’abusuafo ho. Aha de ebia na wonni obiara a wobetumi abo ne ho bosia.

Etɔ da bi a na wonni sika a wode beɔ aduane. Enti snea Canadafo bi ye no, wobetumi akogyε aduane wo aduane korabea. Aduane korabea yi mɔtam akuo akuo na wohwe so na amanfo a wohia bi no kogye no kwa a wotua hwee.

Se wosikasem te seε a εnye nwanwa se wobubefu na w’ateetee. εnye seε na wosusue se wo Canada abraɔ beye.

Nea εma sikasem no ye ateetee no koraa ne se ebia na w’abusuafo anida wo so se wobe mane won sika. Wobedwene nea enti a w’akyε ho se wobesie sika na wode ayε nkrataa abεfa won. Ebia na wonnim se Canada asetena ye den. W’abusuafo tumi dwene se wowo sika efirise wowo nea wode ka

wofie hyi, ene televisan a dadehama (cable) womu. Ebetumi aye den ama won se wobete ase se eyinom ye nneema a obiara wo wo Canada na ne booye den.

Den na wobetumi aye de aboa woho? Wobetumi ahyease se wobebu wo sika ho akontaa (budget) bosome biara. Enfaho sika a wonya, se wobu ho akontaa a ebema wo atenka bi se wowo so tumi. Nea ediho ne se wobehye botae a wobetumi ade so wo wosikasem ho na fasi w'aniso. Ebi ne se, se wontumi mfa sika nko fie bosome biara a, wobetumi de ako afe n'ewiee biara anaa nkurofo awoda. Wofre fie a ne booye den enti fa mmere to efre no ho, anaa se to telefon krataa a eye fofo na fa fre. Se wotumi de dola baako sie da biara a enkye na ano aboa.



Anigye wɔ ewiem nsakrae ho

“Mepɛ awɔ bere. Mepɛ asukotwea hwɛ, eho tew yiye. Me kuomu yɛ hyew dodo na mentumi ɔhyew no koraa. Mmere nkyekyɛmu no yɛ ahomeka wɔ ha”

Samator, firi Somalia

Canada ba no tumi kyerɛɛ sɛ mmere nkyekyɛmu be kokwa wo. Abɛɛfo dodow no ara pɛ fefɛwbere ne ahuhurobere. Nna no ware na emu yɛ hyew, nhwiren affiri na obiara nso anim tew.

Awɔ bere betumi aye mmere a emu yɛ den yiye efirise awɔ wo mu na etɔ dabi a na nneɛma aye bosoo. Ebia na wofiri abibiriman mu a ɔhyew wo mu afe mu no nyinaa, anaa faako a awɔ bere nnye nwunu papa. Wonni abrabɔ mu osuahunu biara a asiesiewo ama Canada awɔ yi. Worekɔ atifi mantamu na emu reyɛ nwunu kɛse. Ebehia sɛ woma awɔ ntaade a wode taataa so hyɛ bɛ kokwa wo. Wobesuro sɛ wobɛpatiri na w’ate ahwe wɔ kwan a asukotwea akata so.

Abɛɛfo binom wɔ ho a wɔn anigye awɔbere no. Wɔpɛ awɔ no na wɔn anya kwan asɔ awɔbere mu agoro te sɛ skiing ne skating ahwɛ.

Ebinom bɛhunu sɛ nna tenten ne ɛsum a ɛwo awɔmmere mu no tumi ka wɔn apowmuden. Awia a ɛmmo ma wɔnwɛɛ how na wɛ botow. Sɛ eyi to wo a, wobetumi asɔ kanea a ɛhyiren wɔ wodan mu de aboa woho – wotumi yɛ no awia mpo. Eyi ma ne yɛ sɛnea awia abɔ woso pɛpɛɛpɛ na etumi ma wonya ahomeka. Sɛ wotu mpase awia mmere no a ɛno nso tumi boa wo.

ASOTIRE A EBEMA W'TUMI AKO AWO

- Hye ntaade a efata – titiriw soks, ahyensa (gloves) ene awo mpaboa tenten boots. Ntoma a wode oguan nwii anaa nwii-afrafra awene no ye ma awo eforise emu ye hyew
- Hye kye biribiara - ohyew befiri wo hoham mu a enam wo ti. Wohye kye a ema ohew no ka woho nam mu
- Hye ntaade taataa so na se awo de wo a w'atumi de ebi aka ho anaa ohyew de wo a w'tumi w'ayi bi afiri so



- So awo bere agoro te se skiing anaa skating hwe - ebia na w'ani agye ho. Agudi mmea bebree wo ho a wo kyerε mpaninfo okwan a wofa so de skating agoro
- Kosua biribi wo wo sukkuu, kolege anaa sukkuu po a ewo wo mpotamu, ebetumi ama awo no aye tia w'ani so

Sε wode botae bi resi w’ani so

“Mewo mfiε mmienu a εσεεε mede sua borofa na m’ahwehwε adwuma. Mennfa adwuma ko a menya ho. Mehia sika de me mma mmabaa mmienu aba ha. Abrabo wo Canada be ye ama won sen me kromu. Wo da so susua.”

Luka, firi Georgia

Sε wode botae bi si w’ani so na sε wokwahokyiri mu wo wo abrabo foforo yi mu a εboa hye wo nkoran. Sε wokyerεw botae a esisi w’ani so a etumi kae wo nea enti a wobaa oman yi mu, nea wogyidi sε wobetumi anya wo ha εne mmere a whowε kwan sε wonsa bεka. Botae tumi boa bokwan ma wo bra na εma wohunu sε wobra no reko yiye ana nso sε εnko yiye.

Εye ade pa sε wobε dwene wo botae ho. Mpen pii sε wobetumi adi wo botae so a na eyinom be ka ho:

1. Si no pi – hunu nea wopεsε woyε no potee
2. Hyehye sεnea ehohia te – ebia na wowo botae bebree nanso εσεεε sε wodwene nea ehia no ho ansa. Ma nea ehia paa no nni kan wo wo botae nhyehyεε so na ma w’ani nko ho kanee.
3. Emmere da ho – Fa mmere si ho ma botae titiriw biara na hyehye akwan a wobefa εdi so. Te sε, “mfe baako, mmiεnsa anaa annum sesei mepε sε...” Sε w’anhye mmere ama wo botae a εbeyε adaeso bi.
4. Susu – dwene okwan a wobefaso ahunu sε w’adi botae no so
5. Ehia - Εσεεε sε wobotae no ho hia wo. Εσεεε sε εho hia ma wo sε wobεbo mmōden biara sε wobeyε awie.
6. Nea wobetumi aye - Dwene akwansideε a ebetumi εmma wonni wo botae no so. Ye nhyehyεε a wode besi eyi ano
7. Akatua – dwene sεnea wobetua woho ka sε wonsa nya ka wobotae no a.

ADEYε

Kyerεw botae a esi w'ani so mmere tiawa yimu, hε ne hε ntamu (adantamu) εne mmere tenten ntamu wε akwan a edidi so yi so:

1. Botae a esi m'ani so mmere tiawa yi mu (wε nnawotwe anaa bosome kakraa yi) ne sε:

Sε metumi yε a nea mede bεbε maba so ne:

2. Botae a esi mani so mmere a εyε hε ne hε ntamu (adantamu) ne sε:

Sε metumi yε a nea mede bεbε maba so ne:

3. Botae a esi m'ani so wε mmere tenten ntamu ne sε:

Sε metumi yε a nea mede bεbε maba so ne:

Daa daa nneyɛ ho nhyehyɛ

“Mekoo kɔfe sotoo awia biara – na ɛdi me pue firi me fi ho. Eyi boaa me ma metumi gyinaa nna tenten no mu, na eyi ye sene sɛ mehwe televisan damu no nyinaa. Akiri yi a menyaa adwuma no na meke adwuma donhwirew dummien dakoro. Abere biara na m’abre. Nnanso. Memeneda biara mekoo kɔfe sotoo ho damu no nyinaa – na ɛdu ahomegye mmere”

Iqbal, firi Pakistan

Sɛ wowo dada nneyɛ a ɛboa ma wotumi hwe wo mmere so yie. Sɛ woreye adwuma annaa sɛ woressuade a, na w’ahyehyɛ woda no mu dwumadie fa bi ama wo dada.

Sɛ worehwen wo tumi krataa a wodebetena ɔman yi mu, anaa wore twen ama borɔfo kasasua nhyehyɛ ahyɛ ase a wohia nkenyan a wode besore anopa na w’akeka woho. Wote fie retwen no bɛma w’abotow na wo were aho. Ebehia hia sɛ wobeyɛ nhyehyɛ ama wo daa daa dwumadie na akenyan wo ama w’anya atenka sɛ wonso wo te ase.

Sɛɛ na Olga, abɛɛfo a ofiri Bulgaria nso ye: “eyɛ den sɛ m’ɛhyehyɛ nea meye dabiara. Nneema pii wo ho a agyi nɛmu enti eyɛ mmere ma me sɛ mennye hwee. Sɛ ɔtwen no reyɛ amee me a me hyɛ meho hyehyɛ dwumadie mame ho. Anɔpa biara medi kan kotu mpasa. Afei na m’ɛtie nkasiɛbo wo televisan so donhwere baako. Eduru awia a meko nwomakorabea. Nnawotwe biara sɛ wote sini boɔ so a meko hwe beyɛ mprenu. Kwasiada biara meko asore.”

Sɛ worehyehyɛ wo daa daa dwumadie a, bo mmoden sɛ wodi mmere pii bedi dwuma a ɛsombo ma wo na w’anigyɛ ho na, anaa nea ɛɛboa ama w’adi wo botae so. Sɛ worehyehyɛ wo daa daa dwumadie no a bo mmoden so wode nneyɛ a ɛbɛma w’adwodwo wo ho bɛka ho na w’anya mmere nso ama wo nnamfo.

ASOTIRE

Nea edidi so yi ye akwan a abefo binom suaa nea wodi won adaagyere beye:

- hyehye daa daa dwumadie na di so
- kyekye wo nnwuma akese mu nkete nkete na yi no mmaako mmaako dabiara na di ho dwuma
- ye ahofama adwuma
- hyehye botae a emu da ho a wogyede se wobetumi aye
- gyetumu se mmere bi woho a w'ani be ha
- ko nwomakorabea dabiara na ko kenkan wo borofa ne kasa ahodo mu, bo komputa anaa so ko home
- kotu mpasa dabiara anaa kodom agorodi kuo bi
- hwehwe cafe bi a w'anigye ho na kotena ho donhwere baako anaa mmienu dabiara

Denhye wɔ Nyyimu ho

“Mpe Canada efirise amammerɛ ahodoɔ mu
nnipa te bomu na medwene sɛ sɛnea wɔn
ntamu te no yɛ paa.”

Gabriela, firi Mexico

Nnipa a ɛwɔ Canada no pii adwene mo abue na wɔde obuo ma nkorɔfokuo a ɛwɔ ɔman yi mu. Ɛwɔ mu sɛ mpɛn bebree no eyi yɛ nokware di, nanso eto dabi a ɛnti saa. Abɛɛfo binom hunu sɛ ɛsɛsɛ wɔko nyiyimu - sɛɛ nyiyimu nfiri nnipa a wɔwoo wɔn Canada ha nkotoo anaa wɔn a wɔn atena ha akɔɛ, na mmom abɛɛfo no bi nso hɔ. Nyiyimu yi betumi agyina faako a wofiri anaa abusuakuo so, gyidie anaa ahonidie nkyerɛkyerɛmu. Nyiyimu yɛ yaw. Ɛnye nwanwa sɛ esi a wobobefu anaa sɛ wobutuw.

Wobɛte nyiyimu nka kɛse sɛ wɔrehwehwe baabi atena anaase wɔrepe adwuma. Ɛtɔdabi a efie-wura tumi kakyere wo sɛ ɔdan nni hɔ. Wogyɛ onnipa no di. Nanso nna kakra ɛkyi no ebia wobehunu sɛ ɔdan no daso da hɔ. Wotumi te nka sɛ efie-wur no mpe w'asɛm. Anaa wogyidi yiye sɛ faako a wofiri anaa wo som ntira.

Ɛyɛ dene ma abɛɛfo pii sɛ wobɛnya adwuma. Mpɛn bebree wɔkakyɛe wɔn sɛ wonni “Canada adwumayɛ ho suahunu biara.” Abɛɛfo binom brɛ wɔ adwuma hwehwe mu sene ebinom, ebia mpo a na wɔn nimdeɛ ne nwomanim yɛ pɛ. Eyinom behunu ɛ adwuma wurafɔ no mfa wɔn esiane faako a wofiri anaa wɔn honam ani.

Ɛwomu sɛ Canada wɔ mmara a etia nyiyimu ne suban a etetesaa di, nanso awɛrɛhosɛm a ɛwomu ne sɛ ɛkɔso ara. Ɛtɔdai a esiane nnaadaa kwan a nyiyimu no fa so nti, ɛyɛ dene sɛ wobɛdanu adi.

Nnipa pii nya nyiyimu osuahunu yi be wɔ Canada ha, na wonso wobɛtumi anya nyiyimu osuahunu yi bi.

Den na wobetumi aye mmere a wonim se wode nyiyimu yi redi wo? Nea edikan ne se wobegy atomu se wodi adi wo. Na afei gye ahome a emu do na fa dwodwo woho. Wobeteete, wobobefu, anaa ebeyewo ya. Eyi nye nwanwa.

Se woboto woyam ye w'adwene wo nea edi ho a wopese wo ye. Ebia wowo nsusuye beye nnan bi. Nea edikan ne se wobebu w'ani agu asem no anaa nneyee no so na kyekye wower senea wobetumi biara. Mmienu, wobetumi abo nyiyimu no ho nkuro akyere adanfo anaa wo busuani. Nea eto so



mmiensa no, wobetumi ne onnipa ko a w'afom wo no de asi anii. Nea etwa to, wobetumi abo ho nkuro wo "Human Rights Commission, w'adwumamu ahwesofa anaa se woka w'adwumamu nkabomu kuo (union) ho a wotumi de fa won so.

Ehohia yie se wobehunu se wo wo see akwan yi, nanso se woreyi mu baako a enye mmerɛ. Nea wobɛpɛ se wobɛyɛ no gyina nneɛma pii so. Wobɛpɛ se wobɛdwene nea esi no ho na w'ahwɛ se ehia anaa enhia ma wo se wobɛyɛ ho biribi. Dɛn na wote nka se eyɛ ne kwan so paa ma wo? Dwene mmoa ahodoɔ a wobɛtumi de w'ani ato so, ɛne nea eyɛ papa paa a ebɛtumi afiri mu aba. Nea edwato, wobɛpɛ se wobɛsusu nea eyɛ ma wo ne sɛnea woreye woasodie a ɛda woo wo nnipa afoforo ne amanfo ho.

Ebi ne se, ansaana wobɛbo nkuro wo adwuma mu no, wobɛpɛ se wobɛdwene sɛnea okwan a wɛrefaso no bɛtumi abutuwo. Susu hwɛ se adwumahwɛsfo no behunu wommɔbo anaa se wobehunu wo se obi a wohɛ adwene anaa obi a wɛrɛkɔfa asɛm aba. Nefa baabi nso ne se, se wogyɛ asɛm no ma no ka a, ɛbɛma no akɔso, a enye se atia wonkoara na mmom nyiyimu yi bɛkɔso atia afoforo nso. Se wone adamfo anaa obi a owɔ nyiyimu ho nimdɛɛ di nkɔmmo a ebɛtumi aboa wo.

Se woyɛ w'adwene se wone obi a oyɛ hintidua mawo esiane faako a wofiri ne wo honam ani nti de si ani a, ɛbɛboa se wobɛnya nnipa a wote w'asɛm ase na wɔwɔ nimdɛɛ gyina w'akyi

Woara wo abusuakuo

“Aane, metwi ben menkorɔfo. Wɔboa me. Wote mase. Enhia se mekoso akyerɛkyere nneema mu akyerɛ wɔn.”

Dakola, firi Tibet

Abɛɛfo binom pɛ mmoa ne nnwuma firi wɔn anka wɔn nkorɔfo nkyɛn sene afoforo ho. Eno ye abodwo ma wɔn efirise wɔn ni nnipa no ka kasa baako na wone wɔn amammere ngyinaso ye pɛ. Anaa wobɛpɛ se wobɛko ako hwehwɛ mmoa afiri baabi foforo a obiara nnim wo na wopɛse wonya mmoa no wo nkokoamu. Abɛɛfo binom nso mpɛse wɔn ne wɔn abusuakuo no nya nsawɔso.

Enye nwanwa se wobɛnya atenka yinom fa wo ara wo nkorɔfo ho. Kae hunu se ebia nkorɔfo a efiri abusuakuo baako mu no wo adwene ahodoɔ fa Canada asetena ho. Hindan, Algeria obaa bi hunu se, ne abusuakuo wo ha ye ntetekwaa. Ose, “woye tetesɛm dodo.” Wonnim senea nneema asi asesa



wɔ fie. Meretwe mpena nti wɔse “meye abofra bone” na eye me den se mene nniƿa a ete saa bekasa.”

Abɛfo binom nso kwati wɔn ankasa abusuakuo eƿirise ebia na wɔferi. Eha wɔn se wontumi nnyaa sika bebree wɔ Canada ha sɛnea anka wɔpe. Eye wɔn aniwu se wɔn kuromu na obiara nim se na wokura adwuma pa. Eha deɛ ebia na esese se wɔtwi taksi, ye adwuma wɔ afiridwumabea anaa so wɔde aduane kɔ akyema kɔ ma nkorɔfo. Se wowɔ tebea a ete sɛɛ bi mu a, ebia ebeboa wɔ se wobɛhye ne nso se, atubrafo ne atukotenafɔ binom ayiye nnwuma a enduru wɔn nimdeɛ so, sɛnea wobɛnya wɔn ti wɔ Canada ha. Ebia na nkorɔfo a woredwane wɔn no nso rebrɛ tɛsɛ woara.

Etɔda bi a nkyekyemu ahodoɔ wɔ abusuakuo koro ara mu efa nneyee wɔ amanmuo anaa nyamesom anaa nneɛma afoforo a wɔn anigye ho. Akuo kuo bi a ewɔ wo abusuakuo mu no beye ama wo, na ebinom nso nye mma wo.

Ebia na Canadafo binom nnim nkyekyemu ahodoɔ a ewɔ wo abusuakuo mu. Ne saa nti, se wompe se wobedi dwuma a ekɔso wɔ wo abusuakuo no mu bi mpo a, enseihwee se wobehunu nea ɛrekɔso.

Neaw'atumi ayε ho anigye

“Mepε aduane. Mmere biara a biribi pa besie
no me ne me nnamfo didi. Yenim adidibea
bebree a εγεφο. Nea εγε koraa ne faako a
wotumi di nea wobetumi biara no ene faako
a a woton anopa aduane damu no nyinaa”

Antonio, firi Angola

Gyewani wo nneema a w'tumi ayε wo Canada ho. Ebetumi aba sε w'anya
ahofama adwuma a wopε, anaase nea edikan a wotee asreesεm be ase wo
borofo kasa mu nie, anaase wo “nkrataasεm” ako yie. Eyi nyinaa ye nkonim



ne adanse sε worenya asetena pa wε amammerε foforo yi mu. Wone wo
nnamfo nni ho ahorosie. Anaa ye biribi fa bo w'abaso wo dwuadie no ho.

Okwan foforo a wobetumi agyewani ne se wobekae wo nimdee ne talente nyinaa. Batatuo no nsesaa eyinom mu biara. Wobere se wobefiti ase akyerew wo nimdee nyinaa. Nna a w'aningye wo ho anaa asetena wo Canada no, fan ea wo kyerewwee no na fa kae kae woho nneema a wotumi ye. Se woreko akwankyerε nhyiamu a ye saa ara, εbchye wogyidi den.

Se worehye wo bra ase a, so adeye yi hwe. Bisa nnamfo baasa no wonkyerew nea wope wo wo ho ngu krataa so. Ebia na wofere se wobebisa nso bo mmoden. Wobetumi aye saa ara ama wo nnamfo no nso. Wobetumi ahunu ahuntasem a nkorofu pe wo wo ho.

Awieε: faako a wobenyā mmoā anāā akwankyere foforo

Sε woyε abεεfo yi, ebīā nā mmere yε mmere baako a worenāā anigye ne nneεmā a εyε den wō wobra mu. Yεwō anidaso sε amaneεbo, adeyε ne nsusue a εwō nwoma yi mu bεboa ama w'abrabo akoso wo aha. Abεεfo pii ayε Canada wōn kuro. Ehīā mmere, nanso ebīā dabi wobetumi aka akuo a wōboa abεεfo nāā asetena wō ha. Yεwō anidaso sε nwoma yi bεboa ama w'anyā atēnka sε ebinom tē neā worefamū no ase . Εyε yēn anigye sε woabeka yēn hō wō ha.

Akwaaba.

Mmeā mmeā ne akuo akuo wō hō a wōbetumi aboā ahyehyε w'asetena wō Canada hā. Wobεpε sε wobεfrε anāā wobεkō otukōtenafo ne akuo a wōhwε asetena so. Wō wō dwumadiε ne mmoā bebree a εboā abεεfo titiriw a ebetumi aboā wō nso.

Akuo akuo a εwō mpōtam ahorow no dīn nā wōn atintim no. Wobehu wōn tēlφon nōmā wō mpōtam tēlφon kwankyere nwoma no mu.

Telehealth Ontario: nεεsefo mā apowmuden afutu a onyε hwee. Dwumadiε no koso nnonhwere 24, nnawōtwe mu no nyīnāā. Wōde Brofo ne Frenkye nā edī dwumā, ne kasahorow pii a wōboā wōn nkyerease. Wobetumi afrε wōn a wontuā hwee wō 1866 797-0000.

Sε wofrε 211 wō nkuro akεε bebree wō Canada ne U.S. a wōmā nkokoamu mmoā wō kasahorow mu de hwehwε asafo ne aban nnnwuma a wontuā hwee, nā sε wofrε 311 nso a wōsan so yi nnsēmīsa a εfā mansin mu nsem a εnyε anibere

Libri (nwomakorabea): baguam nwoma korabea yɛ bea papa a wobetumi afɛm nwoma, apaawa, video, kowa nkrataa ne kɔmputa ne intanet a wontua hwee anaa wobetua sika ketewaa bi.

Mpɔtam agudibea: Apowmuden ne agokansie dwumadie, nsaanunwuma ntetɛ ho nhyehyɛɛ.

Social Mpɔtam akwankyerɛbea: akwankyerɛ ne afutu wɔ nsɛm a ɛfa mmara, asafo ne adesua ho.

Mpɔtam apowmuden bea: Apowmuden ne afutu dwumadie.

Mpɔtam dwumadie nwoma: Ɛtwɛɛ nnwuma ahorow a ɛwɔ wo mpɔtam ho din wɔ nwomakorabea anaa nwomakorabea website.

Baguam apowmuden bea: wobetumi anya apowmuden akwankyerɛ ne adesua wɔ kasahorow pii mu wɔ ha, apowmuden nhwehwe mu ne ntetɛ nhyehyɛɛ; nɛɛsefo na wɔyɛ adwuma wɔ mpɔtam ho.

YMCA anaa YWCA: agokansie ne agodie dwumadie, nhyehyɛɛ a ɛma wo nya adwuma, adwuma foforo ntetɛɛ anaa sɛ wobɔhyɛ woankasa adwuma ase.

Web site ahorow

www.settlement.org

Atukɔtenafo ne atenasebɔ ho nsɛm ahorow

www.establishment.org

Atukɔtenafo ne atenasebɔ ho nsɛm ahorow wɔ Frenkye kasa mu

www.ocasi.org

Eyi yɛ The Ontario Council of Agencies Serving Immigrants fo website.

Ɛwɔ akwankyerɛ pii ma atukɔtenafo na ɛsanso ma akwankyerɛ kɔ abɛɛfo honseɛm pii a ɛwɔ dawurubɔ nneɛma mu

www.inmylanguage.org

Akwankyerɛ a ɛfa dabɛɛ, nnwuma, atukɔtena, ne abɛɛfo daa daa abrabɔ Ontario, wɔɔ kasahorow mu. Canada aban na ɛbɔɔ ho ka.

www.charityvillage.com

Nnwuma ahorow pii din a ɛwɛ mpɔtam ne asafo nnwuma na w'ahyehyɛ wɔ ho

Awies: faako a wobinya mmoa anaa akwankyerɛ foforo

www.hrdc-drhc.gc.ca

Aban no akwankyerɛ wɔ nnwuma ho, eno nso wɔ nnwuma ahorow pii din.

www.legalaid.on.ca/en/

Legal Aid Ontario ma wɔn a wonni akatua mmoa wɔ mmara dwumadie ho

www.camh.net

Akwankyerɛ wɔ kasahorow pii mu a ɛfa suban a ɛnye ne adwenemu yare apowmuden ho: www.camh.net/About_Addiction_Mental_Health/Multilingual_Resources/index.html.

Akwankyerɛ fa tirimka ma wɔn a wɔn aho ako, amammui basabasayɛ ne abusude

www.camh.net/About_Addiction_Mental_Health/Mental_Health_Information/ptsd_refugees_brochure.html

www.nimh.nih.gov

Boa-woho akwankyerɛ fa adwenemu yare apowmuden adesua

www.selfhelp.on.ca

Akwankyerɛ fa ɛnea wobɛdɔm Boa-woho kuo anaa ɛ wobɛhyɛ kuo no be asi.

www.crct.org/lagresources/

Community Resource Connection of Toronto ma akwankyerɛ ahorow a Navigating Mental Health Services in Toronto: A Guide for Newcomer Communities nwoma ka ho bi: [woatintim wɔ kasahorow pii mu a wobetumi anya wɔ intanet so a wontua hwee.](http://www.woatintim.com)

www.housinghelpcenter.org

Housing Help Centre (Dabere Mmoa bea) ne ID Clinic's (ahyɛnsudi klinik) ahyehyɛ dabere mmoa bea dwumadie ahorow a ɛwɔ Greater Toronto Area ne Ontario nyinaa.

www.health.gov.on.ca/en/publicprograms/hco/

Wo Health Care Options website ahyehyɛ na wakyɛ wɔ apowmuden ahorow nhyehyɛ a ɛwɔ wo mptamu.

www.health.gov.on.ca/en/ms/healthcareconnect/public

Health Care Connect boa Ontariofo ma wuhu faako a wobinya abusua dɔkta anaa nɛɛsefo a wogyɛ ayarefo afoforo wɔ wo mptamu.

Woaɔwɛrɛ akwankyerɛ yi nso wɔ kasahorow a adidi so yi: Amharic, Arabic, Bengali, Chinese, Dari, Brɔfo, Farsi, Frenkye, Hindi, Korean, Portuguese, Punjabi, Russian, Serbian, Somali, Spanish, Tagalog, Tamil, Twi, Urdu, ne Vietnamese.

Sɛ wopɛ akɔnɔbɔne ne adwenemuka apowmuden akwankyerɛ foforo anaa akwankyerɛ nwoma yi bi a yesrɛ sɛ kɔ yɛn website:
www.camh.net

Wɔbetumi atintim krataa yi wɔ akwan horow pii so. Ɛfa akwankyerɛ wɔ akwan ahorow a wɔatintim nwoma yi, sɛ wobehia pii anaa sɛ CAMH nwoma foforo a woahyehyɛ a yesrɛ sɛ frɛ Sales and Distribution:

Toll-free: 1 800 661-1111 (wontua hwee)

Toronto: 416 595-6059

E-mail: publications@camh.net

Intanet store: <http://store.camh.net>



Centre for Addiction and Mental Health
Centre de toxicomanie et de sant  mentale

Pan American Health Organization /
World Health Organization Collaborating Centre



Citizenship and
Immigration Canada

Citoyenn t  et
Immigration Canada

Canada