



Making a New Life



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Making a New Life

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Treasures

by Helen Heath

Phillipa Watson

Aotearoa

I have always loved tā moko (tattoos). My tattoo is my taonga (**treasure**). It is a **symbol** of my two kuia (grandmothers) and their **tribe**. One of my kuia is still alive. She is old and wrinkly, but she is beautiful to me. I spent a lot of time with my kuia when I was growing up. They showed me how to be loving and caring. I wanted to celebrate and remember them. Tā moko is like a story on your skin. And you always carry it with you.





Auatabu Kareua

Kiribati

When my brother stopped dancing, he gave me his dance **costume**. His wife made it. *Te bae* (the woven mat men wear for dancing) is made from **pandanus** leaves. It took a long time to make. The belt is made from my mother's hair. On my head, I wear two *te bau* (head wear for dancing). One *te bau* is made from pandanus. The other one looks like flowers from my island. I learned how to dance more than thirty years ago. Now I teach young people to dance.



Satsuki Hall

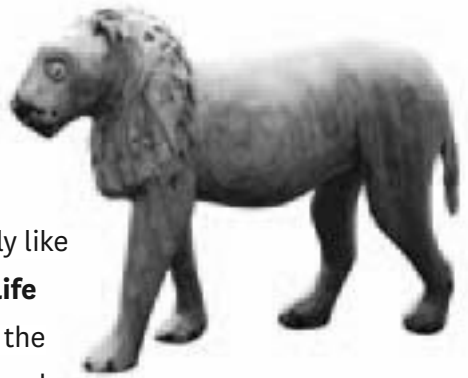
Japan

My gold ring belonged to my mother. Her parents gave her this ring. My *obaachan* (grandma) and *ojiichan* (grandpa) had seven gold rings made for their fiftieth **wedding anniversary**. They gave one to each of their children. Each ring has a message **engraved** inside it. When my mother was sick, I went back to Japan to look after her. When she died, I was given her ring. I love this ring. I always wanted something special to **pass on to** my children.



Layla Sisando Gardner
South Africa

My family has a wooden lion. A **street vendor** in South Africa **carved** it. I really like it because it reminds me of all the **wildlife** in South Africa. At the end of each day, the birds and bats used to land on our roof and bang and crash. I miss my dog, Petal. She used to chase baboons away from our house. Unfortunately, we had to leave Petal behind. She is still in South Africa chasing baboons!



David Chadwick

New Zealand

This was my first really good-quality guitar. I bought it from a friend more than thirty years ago. I have travelled round the world with this guitar. Three or four years ago, I got a **pick-up** attached so that I could plug it into an **amplifier**. I play in bands, and I have a couple of guitars now. But this is my favourite guitar because it has such a beautiful sound.



Glossary

amplifier	something that makes sound louder
carved	cut into a shape or pattern
costume	clothes for a performance
engraved	made by cutting lines or words into a hard surface
pandanus	a tropical tree or shrub
pass on to	give to someone when you die
pick-up	something that takes sound from the strings of a guitar to an amplifier
street vendor	someone who sells things on the street
symbol	a sign or thing that stands for something else – for example, a dove is a symbol of peace
treasure	something that is loved and valued
tribe	a group of people who share common ancestors
wedding anniversary	the date when a couple got married
wildlife	insects, birds, and other animals

Dinner Invitation

by Rachel Hayward

When Hasim came home from work, he saw his neighbours in their front garden. Jim and Helen waved to him. Hasim stopped to **chat**.

Hasim liked Jim and Helen. They were very friendly people. When Hasim and Amina moved in three months ago, Jim and Helen came over with a cake and some sweets for the children.

“How are you today, Jim?” Hasim asked.

“**Good as gold!**” Jim replied.

Hasim laughed. Jim used lots of strange New Zealand **expressions**. He liked teaching them to Hasim. “Good as gold” was one of his favourites.





“Can you and your family come for dinner tomorrow night?” Helen asked.

“Thank you,” said Hasim, “that would be very nice. What time shall we come?”

“Come at six o’clock,” said Jim. “We want to have a **barbecue**, but the **forecast** says it’ll be raining cats and dogs.” He **grinned**. “That means it’ll be raining hard.”

“I’m surprised you can understand Jim’s English,” said Helen. “He’s very confusing. We’ll see you tomorrow night, Hasim.”

Hasim started walking up the footpath. Then Helen called out, “By the way, it’s pot luck. Bring a plate!”



Hasim went inside and told Amina about the invitation.

“What is pot luck?” asked Amina.

“I don’t know,” said Hasim. “Maybe it’s a special day. Like Easter or Halloween.”

“What kind of plate does she want?” asked Amina. “A big one or a small one?”

“She just said a plate,” said Hasim. “Maybe there are lots of guests, and they need more dinner plates.”

“Let’s take a nice one,” said Amina. “And I’ll make my special **spiced** rice to share.”





The next day, it poured with rain. Amina, Hasim, and their children **splashed** over to Helen and Jim's house.

Jim opened the door. "What did I tell you?" he said. "It's raining cats and dogs!"

The house was full of people. Helen met them in the living room. Amina gave her the rice dish.

"Thank you, Amina," said Helen. "That smells **delicious**."





“Happy Pot Luck!” said Hasim. He held out the empty plate. “Here’s the plate you wanted.”

Helen looked surprised. But Jim burst out laughing.

“And you say that *I’m* confusing!” he said to Helen. He smiled at Hasim. “‘Pot luck’ means a shared meal. Everyone brings some food to share. And ‘bring a plate’ means bring something to eat.”

Hasim and Amina laughed. “We thought it was a bit strange,” said Amina.

“I’m so sorry!” said Helen. “I should have explained.”

“Don’t worry, Helen,” said Hasim.

“Now you are teaching us New Zealand English, too!”

“Actually,” said Helen, “I’m pleased you brought an empty plate. We invited lots of people, and we need more plates. Come and join the party!”



Glossary

barbecue	(informal: BBQ or barbie) a meal with food cooked outside on a grill over a flame
chat	to talk with someone in a friendly, relaxed way
delicious	very nice to eat
expressions	ways of saying things
forecast	a description of the weather that is expected, usually in the next few days
good as gold	everything is fine
grinned	smiled
spiced	with added flavour from dried plants and seeds, such as cinnamon or ginger
splashed	made water fly around

Do You Think It's **BROKEN?**

by Philippa Werry

“Lajita? What’s wrong?”

“Nothing.” Lajita tried to smile.

“I dropped a box on my toe. It doesn’t hurt.”

“Really?” Dinesh looked hard at her.

“Well, it hurts a little.”

“You should have waited for me. I’ll move the boxes.”

“But I wanted to **unpack**. I wanted it to look like home,” Lajita said.

Dinesh looked at the **bare** walls and empty spaces.

“One day, it will look like home. Do you think your toe is broken?”

“I hope not,” Lajita said. She **winc**ed when Dinesh touched her foot.



“We don’t have any ice. Perhaps I should **bandage** it.”

“We don’t have any bandages, either.”

“I’ll go to the chemist and buy some. Don’t try to move any more boxes!”

Dinesh went to the shops. Lajita’s toe was really hurting now. “Maybe I should ring the doctor,” she thought.

She **limped** over to the phone. There was a list of important numbers beside it. She **dialled** the number for the doctor’s **surgery**. “The surgery is now closed,” a recorded voice said.

“Now what?” Lajita thought.





Lajita tried to **ignore** the pain in her foot. She opened up the **laptop** and connected to the Internet. She searched for the nearest hospital.

“But will they be open? Can I go without an appointment?” she thought.

She heard two people talking outside and looked out the window. Dinesh was talking to one of their neighbours.

“That’s no good,” the woman said. “A broken toe can be very painful.”

“We don’t know if it is broken,” Dinesh said.

“I went to buy some bandages, but the shops are already shut. And it’s still so early!”



The woman looked at her watch. “Six o’clock. The doctor’s surgery is probably shut, too. Have you tried the **after-hours** medical centre?”

“How are you feeling, Lajita?” Dinesh asked when he came inside. “Our neighbour suggested we go to the after-hours medical centre. She said the surgery answerphone will give the phone number and address.”

“I phoned the surgery before,” Lajita said, “but I **hung up** when they said it was closed.”



She dialled the number again, and they both listened carefully. The recorded voice told them to go to the after-hours medical centre and gave the address.

“Which one should we go to? The hospital or the after-hours medical centre?” said Lajita.

There was a knock at the door. It was their neighbour.

“I hope you don’t mind,” she said. “I was worried about your wife.”

The neighbour’s name was Alice. She told them that the hospital was often very busy on Friday and Saturday nights.

“You might have to pay at the after-hours medical centre, but it will be quicker,” Alice said. “I’ll take you there if you need **a lift.**”

“Thank you – that’s very kind,” Lajita said. “It’s good to know we have such good neighbours.”





How do you find your local doctor, hospital, or after-hours medical centre?

- Look in the white pages of the phone book. There is usually a section at the beginning for medical contacts.
- Ask a neighbour or a friend.
- Look on the Internet, using words like **GP**, surgery, medical centre, hospital, or after-hours medical centre, and the area where you live.

What to do when you have an accident

Are you badly hurt?

Yes

Call 111 for an **ambulance**.
It will take you straight to hospital.

No

Is it between 9 a.m. and 5 p.m.,
Monday to Friday (within normal
working hours)?

No

Go to the accident and emergency clinic (A&E) for **urgent** treatment. This is free, but you may have to wait a while.
Or go to the after-hours medical centre. You will have to pay, but it may be quicker than A&E.

Yes

Ask your local chemist or pharmacy for advice. If the chemist is not sure, he or she will tell you to see a doctor. Phone your local medical centre. Make an appointment to see a doctor.

Glossary

after-hours	open between 5 p.m. and 9 a.m.
ambulance	a vehicle that picks up very sick people and takes them to the hospital quickly
bandage	to wrap cloth around a cut or other injury
bare	with nothing on them
dialled	pressed the numbers on a phone
GP	(general practitioner) your local doctor
hung up	put the phone down
ignore	to not notice or think about
laptop	a small computer that is easy to carry around
a lift	to be taken somewhere in a car
limped	walked with difficulty because one foot or leg was hurt
surgery	a doctor's office
unpack	to take things out of boxes
urgent	needing action immediately
wincing	showed that something hurt by the way she moved and looked

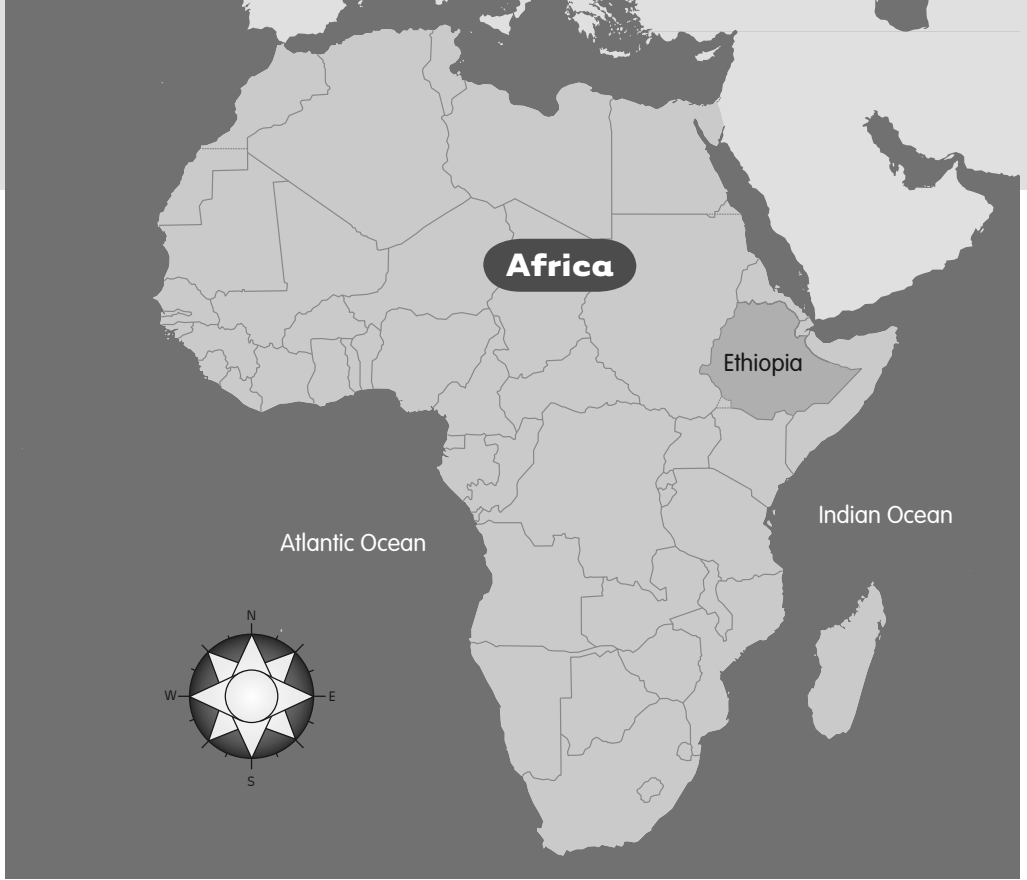
photographs by Mark Coote

Making a New Life



**Samson Sahele talks to Iona McNaughton
about living in New Zealand.**

I have lived in Wellington since 2000, and I'm a Kiwi now. But I still miss life in Ethiopia. I miss my family and friends, the food, the weather, the **culture**, and the different celebrations. I also miss the people I worked with. I was the **editor** of a newspaper in Addis Ababa, the capital city of Ethiopia.



I was very **relieved** when I reached New Zealand. I travelled through Africa as a political **refugee** for five years before I came here.

I was happy to be here, but it was hard. Everything was so different. I didn't know what was going to happen to me. I spent six weeks at the Mangere Refugee Centre in Auckland. It was quite **stressful**. There was so much information.

Luckily, my English was good. I had learned to speak English at school in Ethiopia. I also needed it for my job on the newspaper. But it was sometimes difficult to understand the Kiwi accent at first.

In Wellington, I had a **sponsor**. My sponsor supported me for the first year. She helped me understand how things work. She told me how to **get in touch with** important organisations such as **language centres**, refugee services, and places to find a job.

Right from the start, I wanted to be positive. I also wanted to plan my future. I met many people in local refugee communities, and I became a leader in my Ethiopian community. This helped me **get to know** other organisations.





For the first five years, I worked as a **volunteer**. I helped my community. I helped start groups such as the Changemakers Refugee **Forum**. Finally, I got a job at the Wellington Refugees as **Survivors** Trust in 2006.

I want to help people without a voice. As part of my job, I **run** writing workshops for young refugees. I want to help them talk about their experiences, ideas, and feelings as well as give them some technical skills. I didn't know if young people would want to do the workshops, but they have been really successful.

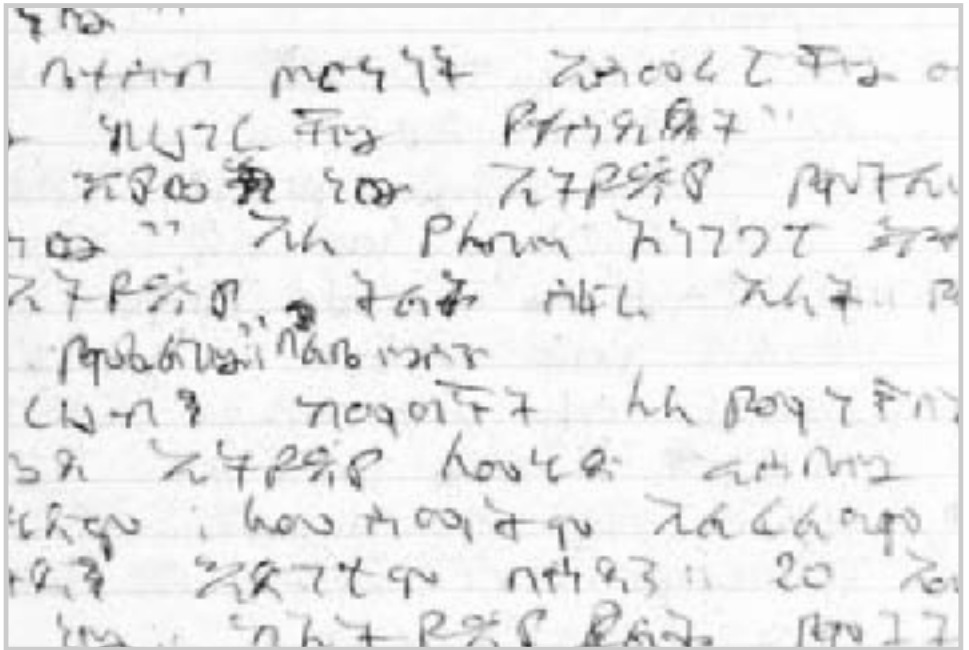
We published a book of short stories from the first workshop. Sharing our stories helps people from different cultures communicate with each other. The families of the young writers were incredibly proud.

I'm lucky to live in Wellington. People are very friendly, and it's nice and small. You can't get lost. But the weather is horrible. I will never get used to the weather.



I was an editor at home, but New Zealand **qualifications** are useful here. I am studying for a degree in **communications management** at Massey University. I want to work in the **media** again.

I like being busy and doing a lot of things. I'm writing a book in Amharic (the official language of Ethiopia). It's the story of my life. It's about being an Ethiopian **exile** and making a new life in a new, and very different, country.



An example of Amharic handwriting

Wellington Refugees as Survivors Trust

www.wnras.org.nz

The trust provides **mental health** services for refugees with experience of **torture** and **trauma**. It also helps refugees **settle** in New Zealand.

For more information, telephone 04 805 0350
or email admin@wnras.org.nz

Glossary

communications management	the study of communication in business
culture	ways of thinking and behaving shared by a group of people
editor	someone in charge of a newspaper or magazine
exile	someone living away from their own country because they have to
forum	a meeting for open discussion
get in touch with	to contact
get to know	to learn about and become familiar with
language centre	a place where people learn a language
media	television, newspapers, magazines, radio, the Internet
mental health	health of the brain or mind

qualifications	what you have when you have finished studying something, for example, a degree from a university
refugee	someone who has to leave their own country because they are not safe there
relieved	feeling better because something bad has finished
run	organise and be the manager of
settle	to make a place your home
sponsor	someone responsible for helping a person new to New Zealand
stressful	making you feel worried so that you can't relax
survivors	people who live through a bad or dangerous experience
torture	hurting someone very badly to punish them or to make them do something
trauma	shock from a terrible experience
volunteer	someone who works for no pay

photographs by Mark Coote

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