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# GREAT Activity Cards

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# Karatac tuku pa oteka pi bulu madongo

(Mwaka 15-19)



# Karatac tuku man tye i dul magi:

Yat ma ki tucu ki mon me lago nywal Tiyo nyo petiyo  
Yat amata ki amunya pi lago nywal Tiyo nyo petiyo  
Nyonyo ma kiketo ii dog ot nywal me lago nywal Ada onyo Goba (IUD)  
Roc bol Tiyo onyo petiyo?  
Yat ma ki kwoyo i bad pi lago nywal Tiyo onyo petiyo  
Yat ma ki munyu cut cut me gengo yacu ma otime atura Tiyo nyo petiyo?  
Nywako lok ikom bedo i kin lwak i gang kwan  
Nywako lok ikom yero kit anyim ma amito pi lwak wa  
Ododo gengo yacu  
Tuku goga manyutu mato kongo i yoo mu pore  
Nongo dire me gwoke i kum tam ma aa ki bot luwotwa  
Miyo tam pi moko tam ikom butu  
Wer ki myel manyutu gwoke  
Winye ki miti me bedo i ot maber Twere nyo petwere  
Nywako lapeny i lok komi ka idongo idoko dit  
Tuku goga me ngeyo cobo peko I yoo ma mwolo  
Tuku manyutu kare ma itye atera pi rwate i butu  
Miyo tam ikom ka idongo idoko dit  
Coo ki mon twero bedo maber onyo petwero?  
Tuku ikom poko tic ma i gang  
Tuku ikom tic pa coo ki mon  
Goga ki wer ikom bedo i gang kwan  
Ododo ikom ngeyo kare me yac ki lago yacu  
Tuku ikom kit ma kongo obedo kwede

Illustration & Design:



# Karatac tuku me: Lok aluba pi joo ma tiyo kwede

## **Karatac tuku man obedo gin ango?**

Karatac tic atima acel acel tye ki yoo me aluba pi tuku ma yomocwiny ma dul pa bulu romo tic kwede me cako nywako tam ikom neno ni dano ducu rom, yot kom ki gwoke. Tye tuku mapat pat i karatac man ma ikine tye tuku; nywako tam; laro lok penyo tam pa lwak; wer, tuku goga ki myel.

## **Anga gi ma romo tic ki karatac tuku man**

Dul pa bulu mo keken romo tic ki karatac man. Karatac tuku man tye i dul adek mapat pat:

- Dul karatac pi bulu ma pwod tino ma mwaka gi tye 10-14
- Dul karatac pi bulu mu tegi ma mwaka gi tye 15-19
- Dul karatac pi bulu ma pwod gunyome anyoma onyo bulu ma dong gitye lunyodo

Karatac tic atima man weng jo ma romo tic kwede obedo dul pa bulu ma tye iye awobe keken, dul pa bulu ma tye iye anyira keken onyo dul pa bulu ma orube anyira ki awobe bene romo tic kwede. Karatac tuku mukene cimo ni omyero kipok bulu obed i dul pa awobe ki anyira. Ento ka awobe onyo anyira keken aye tye i dul man ci kipok kin gi wek gubed dul aryo ci imede anyim ki tic atima.

## **Anga ma romo telo tuku magi ma i karatac tuku magi?**

Ka dul ma megi tye kimiti me tic ki karatac tuku man ci omyero iyer ngat acel ki i dul man me telo tuku matye i karatac man. Ngat man pe dok omyero kong opwonye ento omyero obed ngat ma twero kwano gin ma gicoyo i karatac dok romo telo wi dul i tic atima mo. Jami tuku man tye ki tam ma kimiyo me konyo ngat mo keken ma tye ka telo wi dul i tuku wek otel maber.

## **Awene ma waromo tic ki karatac tuku man?**

Karatac tic atima man iromo tic kwede ikare mo keken ma imito timo gin mo ma yomo cwiny dul. Wu romo timo tuku ma tye i karatac man ikare ma nongo dul tye ki kacoke gi onyo ikare mo ma wuyubu pire kene.

## **Karatac magi watiyo kwede nining?**

1. **Yer karatac mo keken:** Karatac magi kiromo tic kwede iyo mo keken, manyuti ni iromo yero karatac mo keken malube ki miti pa dul onyo kit tuku ma wu mito timo ne.
2. **Kwan karatac man:** Ngat ma kiyero me telo tuku omyero kong okwan karatac man ma pwod pe ocako telo tic atima man. Iwi karatac acel acel, inongo kicoyo nying karatac meno, lok madongo ma tye i karatac meno calo ( yot kom, neno dano ducu marom, gwoke onyo “bedo oteka” ), ki kare ma tuku man romo cwalo ne.
3. **Kwan acaki karatac man:** Karatac acel acel tye acaki ne ma ngat ma tye ka telo tuku omyero okwan matek bot dul ma pwod tic atima pe ocake.
4. **Lub yoo me aluba ma kicoyo i karatac man:** Yoo mukene waco ni “kwan man matek bot dul” ma tyen loke tye ni ngat ma tye ka telo tuku man omyero okwan ngo ma kicoyo matek pi yoo meno wek lwak ducu ma tye idul guwiny yoo aluba. Lok aluba mukene penyo latela me timo gin mo macalo “goyo rek atir ingom ki lut” ma latela omyero pe okwan matek ento otim atima.
5. **Bed ki nywako tam i dul:** Ka dong dul gutyeko tuku, ci tye dul lapeny ma latela bipeny ki dul wek okel nywako tam ikom tuku meno.
6. **Kwan lok me agiki:** Inge nywako tam, ngat ma tye ka telo gin atima omyero okwan lok me agiki ma tye i karatac man matek.
7. **Peny lwak wek gucikke:** I agiki, ngat ma tye ka telo tic atima bikwano cikke ma kicoyo i karatac tuku man. Cikke man penyo ngat acel acel me waco gin acel ma tye cok ki tuku dok ma en cikke me timo ne i anyim.

# Tam i kom kit me telo dul

Kadi bed in con onongo dong itelo wi dul tuku man onyo man obedo tyen me acel, pire tek ni omyero kong ikwan tam magi ma pud pe itelo wi dul i tuku.

- Wek lutuku aye gubed ka loko pol pa lok.
- Bed mot-ka ipeny lapeny ki i karatac, mi kare manok pot lutuku me tamo lagam ka dong iwek gugam.
- Cuk cwiny lutuku- ka i penyo lapeny, cuk cwiny lutuku weng me gamo lapeny ento pe dano acel onyo aryo keken. Wiyi pe owil me penyo awobe ki anyira bene me gamo lapeny
- Nen wang lutuku dok bene ibuny kwed gi!
- Tii ki leb ma niange oyot- ka tye leb mo i karatac ma lutuku pe niang ci tute me tito ne bot gi kit ma in iniang kede wek gin bene guniang.
- Lok matek ma winye dok ma dano romo niang.
- Wek nywako tam obed man olub lapeny ma tye i karatac man.
- Wor dok imi pwoc bot lutuku- pe tye lagam mo ma tye atir onyo petye atir i karatac man. Karatac man obedo me cako nywako tam ci omyero icuk cwiny lutuku ento pe ingol ni lagam moni tye atir onyo pe atir.
- Pe icwak dul mo inywako tam man ento cuk cwiny lutuku kace tam opoke me nywako tam ki luwotgi ma pat pat.
- Bed ki yom cwinyi dok inongo mite!





## Yat ma ki tucu ki mon me lago nywal tiyo nyo petiyo

Ngec bot latit lok: Tim ber inen kad lok ada ma loko ikom roc bol pa Coo ki Mon matye inge karatac tic atima magi pi ngec ikom yoo man me lago nywal. Ka twere, nongo latic yoto kom me bedo lato karatac man.

- 1 **Acaki.** Wek dul gulwo lawala ci i kwan man matek: *Tye yoo mapol mapat pat me gengo nywal : Tin wabi tuku tuku ma pwonyo yoo acel makilwongo ni yat lago nywal ma ki tuca atuca. Man aye obedo yat ma ki tucu i bad mon me gengo yacu. Tye dul yat atuca mapatpat me gengo yacu, ento tin wa bi loko ikom yoo ma ki tiyo kede inge dwee adek adek ma bene ki lwongo ni DMPA onyo Depo. Pire tek ni coo ki mon weng gu kwan lok kom yoo me lago nywal.*
- 2 Kwan man matek: *Yoo ango mapatipati ma i ngeyo me gengo yacu?*  
Mii dakika manok ki lutuku me tamo ki leyo tam i kom lagam.
- 3 Kadong gin otyeko waci yoo magi mapat pat, nywak kwede gi lagam ma kicoyo man ma gin pe owaco ne. Yat amunya; nyonyo ma ki keto i dok ot nywal; yat atuca; roc bol pa coo; roc pa mon; yat aketa i bad; nyolo ocike ma lacoo/dako; doto latin ki cak kor keken pi dwe 6 inge nywal; yat amunya cutcut inge rwate i butu labongo tic ki yoo me gengo yacu; bedo ma igeyo kare ma iromo yac kwede.
- 4 Yer kabedo aryo (Labole yati aryo), Macok ki Mita 10. Wac ki group ni kabedo acel ki lwongo ni "ADAA" ki mukene ni "GOPA". "PA ANGEYO" tye ka bedo ma i dyere ni.
- 5 Kwan lok aluba man matek: *Abi kwani wu lok man maluke ki lok i kom yat lagu nywal ma ki tucu atuca. Ka i tamu ni lok eni ada ci cet kama ki coyo iye ni "ADA". Ka i tamo ni lok eni gopa, ci cet kama ki coyo l ye ni "GOPA". Ka pe ingeyo ci bet i dyere. Ka dong ngat acel acel owoto kama omyero obed iye, ci dong abipenyu pi ngo ngat acel acel tamu ni lapeny magi tye ada, onyo gopa. Ci dong abikwaniwu lagam matye kakare. Pe balo kede i gamo lagam ma pe tye kakare pi eni wa tye kany tin ka kwan.*
- 6 Kwan yoo me aluba namba 5 ni odoco me neno ni dano weng oniang.
- 7 Kwan lok me acel ma tye i bok piny ni. Ka dong ngat acel acel odok i kabedo ne, peny dano aryo aryo ki tung acel acel me wacu pi ngo gi tamo ni lagam ni tye ada onyo gopa. Mi ni gi kare me tamo pi i lagam man ki bene cuk cwiny gi wek gin weng olok bene.
- 8 Kwan lagam ma tye kakare ma te piny ite lok.
- 9 Nwoo yoo eni pi lok mudong ni.



**Lapeny:** Pi yat la lag nywal ma ki tucu atuca me gengo yacu, latic yot miyo bot dako inge dwe adek adek.  
**Lagam:** Lok ada. Pi yat lagu nywal ma ki tucu atuca ni ma calu, DMPA , dako omyero onen latic yot kom pi yat lago nywal man inge dwe adek adek weng.

**Lapeny:** Dako ma tiyo ki yat lago nywal ma kitucu atuca pe twero yac I nge giku tic ki yat.  
**Lagam:** Lok gopa. Cawa mukene romo bedo kare maromo dwe 6 me oo dwe 12 inge tuce me agiki ki yat lago nywal man ka dok dako romo yac. Ento lanyut peke manyutu ni dako dong pe obi yac matwal pi tic ki yat me lago nywal ma ki tucu atuca ni.

**Lapeny:** Yat lago nywal ma ki tucu atuca ni rac tutwale bot bulu ma tye ka tegi ma pud pe gunywal.

**Lagam:** Lok gopa. Yat lago nywal ma ki tucu atuca ber bot bulu ma gu nywal ki bene ma pud pe gu nywal.

**Lapeny:** Yat lagu nywal ma ki tucu atuca ni romo gengi pe me neno ruk.

**Lagam:** Lok ada. Mon ma gi tic ki yat eni pe gi nywalo tongi tere tere man bene weko gi giko neno ruk. Eni pe obedo gin marac i komi onyo yoto komi.

**Lapeny:** Yat lago nywal ma ki tucu atuca eni pe timo gi mo i cak pa min latin ka ono gwok tye ka doto latin.

**Lagam:** Lok adaa. Yat lago nywal ma ki tucu atuca ni pe weko cak bedo nok bot min latin dok bene pe pe timo gi mo ikom cak kor onyo ikom yoto kom pa latin. Mon romo cako tic ki yat lago nywal ma ki tucu atuca cake ikin cabit 6 inge nywalo latin.

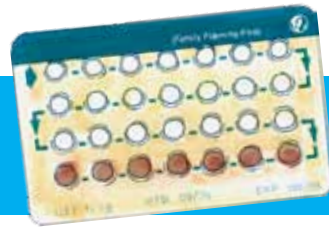
**10 Nywako lok.** Wek dul gulwo lawala ci i peny lapeny magi. Mii it gi cawa me nywako lagam ikin gi. Neni dano weng tye ka gamo lok:



- Ngo ma i nongo tin manyen ikom roc bol pa mon ki pa coo?
- Pingo itamo ni pire tek pi lutino awobe ki anyira me bedo ki pwoonyo ikom gengo yacu?
- Ngo ma itami ni lwak ma ikin pacu wu tamo ikom mubira rwate i butu? Gitye ki ngec ma atir onyo ngec ma pa atir?
- Kwene ma in ki jo matino romo cito iye me nongo mubira me rwate i butu onyo me niang matut ikom mubira ki yoo gengo yacu mukene ?

**11 Loro ne.** Kwan man matek: Coo ki Mon gi maro tic ki roc pien adwogi me tic kede mo marac peke ki bene iromo nongo gi kabedo mapol. Mubira pa mon kiromo bedo ikom dako con dok pe balo rwate i butu ka dong ocake. Mon maro pien kimoko tam me tic kede dok pe omito gucit bot latic yot kom mo. Dong kit ma jo mukene tic ki mubira yelo gi ki tic kede iyoo matir ki kare weny ni, tic yoo mukene me gengo yacu calo yat amunya onyo yat atuca, dok tic ki mubira aye pol kare yoo ma ber loyo me gengo yacu ki two jonyo/two ma kobo i yoo me butu pi jo ot ma kumene . Pire tek me lok ki latic yot kom ikom yoo me gengo yacu mapat pat.

**12 Cikke.** Kwan man matek: Lwo lawala ka iwac nying kabedo onyo ngat acel ma iromo lok kede pi nongo ngec mukene ikom mubira pa mon ki coo ki nyo mukene me gengo yacu.



## Yat amunya pi lago nywal tiyo nyo pe tiyo?

Ngec bot latit tuku: Tim ber i nen karatac me lok ada ikom yat lago nywal ma ki munya amunya ma tye ki inge karatc tic atima man pi lok mapol ikom yoo man me lago nywal. Ka twere lwong latic yot kom wek okony me bedolatel tuku me goga man.

- 1 **Acaki.** Wek dul gulwo lawala ci I kwan man matek: *Tye yoo mapat pat me gengo yacu: Tin wabi tuku tuku manyutu yoo acel ma ki lwongo ni ribo yat nywal ma kimunyu amunya onyo "yat amunya" me gengo nywal. Yat eni ki munyu nino ducu me gengo yacu. Pire tek ni coo ki mon weng onong pwony ilok kom yoo me gengo yacu.*
- 2 Kwan man matek: *Kit yoo ango ma ingeyo me gengo nywal?*  
Mi bot lutuku dakika manok me tamo ki nywako lagam i kom lagam man.
- 3 Kadong gin otyeko waci yoo magi mapat pat, nywak kwede gi lagam ma kicoyo man ma gin pe owaco ne. Yat amunya; nyonyo ma ki keto i dok ot nywal; yat atuca; roc bol pa coo; roc pa mon; yat aketa i bad; nyolo ocike ma lacoo/dako; doto latin ki cak kor keken pi dwe 6 inge nywal; yat amunya cutcut inge rwate i butu labongo tic ki yoo me gengo yacu; bedo ma igeyo kare ma iromo yac kwede.
- 4 Yer kabedo aryo (Labole yadi aryo), Macok ki Mita 10. Wac ki dul ni kabedo acel ki lwongo ni "ADAA" ki mukene ni "GOPA". "PA ANGEYO" tye idyere.
- 5 Kwan lok aluba man matek: *Abi kwani wu lok man maluke ki lok i kom yat lagu nywal ma ki munyu amunya. Ka I tamu nil eni ada ci cet kama ki coyo iye ni "ADA". Ka I tamu nil ok eni gopa, ci cet kama ki coyo I ye ni "GOPA". Ka pe ingeyo ci bed i dyere. Ka dong ngat acel acel owoto kama omyero obed iye, ci dong abipenyi pi ngo ngat acel acel tamu ni lapeny magi tye ada, onyo gopa. Ci dong abikwaniwu lagam matye kakare. Pe balo kede bed ni i gamo lagam ma pe tye kakare pieni wa tye kany tin ka kwan.*
- 6 Kwan lok aluba ma yoo me 5 odoco me neno ni dano weng oniang.
- 7 Kwan lok me acel ma tye i bok ma piny ni. Ka dong ngat acel acel odok i kabedo ne, peny dano aryo aryo ki tung acelacel me wacu pingo gi tamo ni lagam ni tye ada onyo gopa. Mi ni kare me tamo pi lagam man ki bene cuk cwiny lutuku weng wek gu lok bene
- 8 Kwan lagam ma tye kakare i te lok mapiny ni.
- 9 Nwoo yoo eni pi lok mudong ni.





**Lapeny:**

Mite ni dako keken omwero omwuny yat amunya man ka orwate i yoo me butu keken.

**Lagam:**

*Lok gopa. Dako omwero omwuny yat eni nino ducu wek pe oyaci. Yat eni tiyo kace ki bedo ka mwunyu ne nino ducu.*

**Lapeny:**

Ka i tye ka munyu yat me lagu nywal man, aloka aloka i neno ruk pol kare time, ento pe rac.

**Lagam:**

*Lok ada. Ka icako munyu yat man, obedo gin ma time pe neno remo cwer kit ma cwi ni pi acaki dwe moo manok. Ka dong ingeye i cako neno cwe pa remo pe pol tutwal inge dwe moo manok.*

**Lapeny:**

Yat man obiweko lutino ma ki nywalo bedo ma dul kom gi mukene pe tye maber macalo wii gi nongo pe bedo ma tye atir.

**Lagam:**

*Lok gopa. Yat man pe balo dul kom latin mo keken onyo kom mine.*

**Lapeny:**

Yat man obiweko dako pe nywal.

**Lagam:**

*Lok gopa. Ka dong dako ogiko munyu yat man, ci bedo ki kero me yac.*

**Lapeny:**

Yat man pe rac pi bulu ma tye ka tegi me munyu ne.

**Lagam:**

*Lok man tye ada. Yat man dong bulu ma tye ka tegi ma anyira madwongo ata gubedo ka tic kwede makato dong mwaka 30 ki bene ki nongo ni ber kato yati mukene ma pol. Bene, kwan mogo macek ma ki timo, nyutu ni yat weko mon pe nongokit canca mukene.*

**10 Nywako lok.** Wek dul gulwo lawala ci i peny lapeny magi. Mini gi kare wek gu nywak tam i kom lagam i kingi. Nen ni dano weng tye ka miyo tam:



- Ngo ma i kwano ma nyen ma luke ki lok i kom yat lago nywal ma ki munyu amunya?
- Pi ngo i tamo ni pire tek bot mon ki coo matino me kwano lok kom yoo me lago nywal?
- Ngo ma i tamo ni dano ma i kin gangi wu tamo maluke ki lok kom yat lagu nywal ma ki munyu amunya? Gi tye ki ngec marwate kede ma pe rwate?
- Kwene ma wun ki jo ma tino mukene ni uromo ceto iye kanongo lok kom yoo lago nywal ma ki munyu amunya ni ki mukene?

**11 Loro ne.** Kwan lok man matek: *Pol mon ki jo munyome maro yat me lago nywal ma ki munyu amunya ni pi eni konyo gi me gwoke ki i kom yacu ki two kanca. Yati magi konyo juko remo ma cwee mapol, peko ikom cwe pa remo, bedo agonya. Ngo pire tek aye poo pa wic pi munyu yat nino ducu ki me neno ni yat obedo tye i ot nino ducu. Ka dako okeng munyu yat pi nino mo acel, ci romo yac. Macalo yati weng, romo kelo ayela yela moo manok. Pire tek me lok ki latic yot kom maluke ki lok kom yoo mukene ma tye bot coo ki mon, ki bene bulu ma tye tegi pi gengo nywal.*

**12 Cikke.** Kwan man matek: *Lwoo lawala ci iwac nying kabedo mo acel onyo ngati moo acel ma iromo lok kwede wek inong ngec mapol i lok kom yat lago nywal ma ki munyu amunya ki dong yoo me lagu nywal mukene mapatpat.*

## Nyonyo ma kiketo ii dok ot nywal me lago nywal tiyo onyo petiyo? (IUD)

Ngec bot latit tuku: Tim ber i nen karatac me lok ada ikom yat lago nywal ma ki munya amunya ma tye ki inge karatc tic atima man pi lok mapol ikom yoo man me lago nywal. Ka twere lwong latic yot kom wek okony me bedo lati tuku me karatac tic atima.

- 1 **Acaki.** Wek dul gulwo lawala ka i kwan man matek: *Tye yoo mapol me gengo yacu. Tin wabi tuku tuku me pwonye ikom yoo acel me gengo yacu makilwongo ni keto nyonyo idok ot nywal, onyo IUD. En IUD ni nen calo nukta T ki bene i ot nywal pa mon. ka dong ki keto, dako pe winyo ni tye ki bene gengo nywal pi kare maromo mwaki 12. Pire tek ni coo ki mon weng gunong pwonye ikom yoo me gengo yacu.*
- 2 Kwan man matek: *Kit kwayi yoo ango me gengo nywal ma ingeyo?*  
Mi bot lutuku dakika manok me tamo ki nywako lagam i kom lagam man.
- 3 Kadong gin otyeko waci yoo magi mapat pat, nywak kwede gi lagam ma kicoyo man ma gin pe owaco ne. Yat amunya; nyonyo ma ki keto i dok ot nywal; yat atuca; roc bol pa coo; roc pa mon; yat aketa i bad; nyolo ocike ma lacoo/dako; doto latin ki cak kor keken pi dwe 6 inge nywal; yat amunya cutcut inge rwate i butu labongo tic ki yoo me gengo yacu; bedo ma igeyo kare ma iromo yac kwede.
- 4 Yer kabedo aryo (Labole yati aryo), Macok ki Mita 10. Wac ki group ni kabedo acel ki lwongo ni "ADAA" ki mukene ni "GOPA". "PA ANGEYO" tye idyere.
- 5 Kwan lok lauba man matek: *Abikwani wu lok man maluke ki lok I kom yat lagu nywal ma ni keto nyonyo idok ot nywal, or IUD. Ka itamu ni lok eni ada ci cet kama ki coyo iye ni "ADA". Ka itamo ni lok eni gopa, ci cet kama ki coyo iye ni "GOPA". Ka pe ingeyo ci bed idyere. Ka dong ngat acel acel owoto kama omyero obed iye, ci dong abipenyi pi ngo ngat acel acel tamu ni lapeny magi tye ada, onyo gopa. Ci dong abikwani wu lagam matye kakare. Pe balo kede bed ni imiyo lagam ma pe tye kakare pieni wa tye kany tin ka kwan.*
- 6 Kwan lok aluba ma i yoo aluba namba abic ni odoco me neno dano weng oniang.
- 7 Kwan lok me acel ki i bok ma piny ni. Ka dong dano wuringo i kabedo gi peny dano aryo ki tung weng me wacu pingo gi tamo ni obedo lok ada onyo gopa. Mii it gi kare me nywako lok man ikin gi dok cuk cwiny dano weng me lok.
- 8 Kwan lagam ma tye kakare ma kicoyo te lok mapiny ni.
- 9 Nwoo yoo eni pi lok mudong ni.



- Lapeny:** Nyonyo ma ki keto i dok ot nywal pa mon tye yoo acel maber madaa me gengo yacu.  
**Lagam:** Lok adaa. Nyonyo ma ki keto i dok ot nywal ni ber mada ki bene yoo mariii pi kare malac gengo yacu. Tiyo maber loyo tic ki roc bol, yat ma ki munyu amunya ki bene yat ma ki tucu atuca. Ka kiketo, rii i ot ot nywal pa mon pi kare maromo mwaki 12. Latic yot kom romo kwanyu Nyonyo man i kare mo keken ma dako mito. Ka dong ki kwanyo nyonyo man, dako romo gamo iye(yac) ca mo keken.
- Lapeny:** Nyonyo man omyero ki tii kwede i kom mon ma nongo kong dong yam gu nyawalo lutino.  
**Lagam:** Lok gopa. Dako mo keken kede madit onyo matidi, munywal onyo pe onywal romo tic ki nyonyo ma ki keto i dot ot nywal.
- Lapeny:** Nyonyo man romo wot ki i kom mon paka naka wa i adunu ne onyo i adam wiye.  
**Lagam:** Lok gopa. Yoo mo peke ma aa ki ot nywal pa mon me oo i dul kom mukeke me kom. Nyonyo ni ki keto i ot nywal pa mon dok wang ma gwok pi peko me atura ci okati woko, bedo kunu wang ma latic yot kom ma ki pwonyo aye okwanyo. Ka okati woko, kati ki i kom me mon pa dako. Pol kare obedo kin ma pe maro time pi nyonyo meno kati woko.
- Lapeny:** Nyonyo man romo cubu wi kom me coo pa la coo i kare me rwate i butu.  
**Lagam:** Lok gopa. Nyonyo man pe iwinyo i kare me rwate ikin lacoo ki dako.
- Lapeny:** Nyonyo ma ki keto ni romo poto woko i kare me tic.  
**Lagam:** Lok gopa. Ka dong Nyonyo man ki keto, bedo kunu ki bene pe romo kati woko wang ma latic yot kom aye owanyo aye okwanyo.

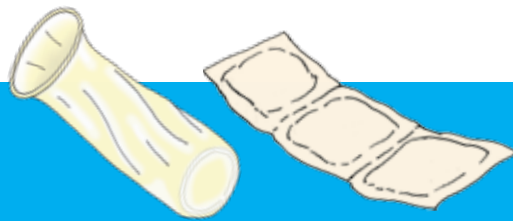
**10 Nywako lok.** Wek dul gulwo lawala ci i peny lapeny magi. Mi ni gi kare wek gu nywak tam i kom lagam ikin gi. Nen ni dano weng tye ka miyo tam.



- Ngo ma i kwano ma nyen ma luke ki lok i kom nyonyo ma ki keto i ot nywal?
- Pingo itamo ni pire tek pi mon ki coo matino me kwano lok kom yoo me lago nywal?
- Ngo ma itamo ni dano ma i kin gangi wu tamo maluke ki lok kom nyonyo ma ki keto i ot nywal me gengo yacu? Gi tye ki ngec marwate kede ma pe rwate?
- Kwene ma wun ki jo ma tino mukene ni wuromo ceto iye kanongo lok kom nyonyo man ma ki keto i dok ot nywal me gengo yacu ki yoo me gengo yacu?

**11 Loro ne.** Kwan man matek: Pol mon ki jo mukene munyome gi maro tic ki Nyonyo ma ki keto i nywal pi eni tye yoo acel maber me gengo yacu, rii pi kare ma lac bene dok pe mite ni ngat ma tiyo kwede me timo gin moo keken mukene ka dong ki keto. Pe tye gi mukene calo me yat amunya mukene ni dok dako anye ngeyo ni etye ka tic ki yoo me lago nywal. Macalo yati mukeni weng, tye adwogi mayelo dano. Pire tek ni omyero i lok ki latic yot kom pi yoo mukene ma mon ki coo wa ki bulu ma tye ka tegi romo tic kede pi gengo yacu.

**12 Cikke.** Kwan man matek: Lwo lawala ci iwac nying kabedo acel onyo ngat acel ma i romo lok kwede me nongo ngec mapol kom nyonyo ma ki keto i dok ot nywal ki yoo mukene me lago.



## Roc bol tiyo nyo petiyo?

Ngec bot latit lok: Tim ber inen kad lok ada ma loko ikom mubira pa Coo ki Mon matye inge karatac tic atima magi pi ngec ikom yoo man me lago nywal. Ka twere, nongo latic yoto kom me bedo lato karatac man.

- 1 **Acaki.** Wek dul gulwo lawala ci ikwan man matek. Tye yoo mapol me gengo yacu. Tin wabituku tuku me pwonyo ikom roc bol/mubira pa mon ki coo. Pire tek pi coo ki mon weng nongo pwonye ikom yoo me lago nywal.
- 2 Kwan man matek: *yoo angu me gengo yacu ma ingeyo?*  
Mii ki lutuku dakika mo manok wek gutam ikom dok gunywak lagam gi.
- 3 Kadong gin otyeko waci yoo magi mapat pat, nywak kwede gi lagam ma kicoyo man ma gin pe owaco ne. Yat amunya; nyonyo ma ki keto i dok ot nywal; yat atuca; roc bol pa coo; roc pa mon; yat aketa i bad; nyolo ocike ma lacoo/dako; doto latin ki cak kor keken pi dwe 6 inge nywal; yat amunya cutcut inge rwate i butu labongo tic ki yoo me gengo yacu; bedo ma igeyo kare ma iromo yac kwede.
- 4 Yer kabedo aryo (labole te yadi aryo), ma kin gi tye mita maromo 10. Wac ki dul ni kabedo acel ki lwongo ni "ADA" ki mukene ni "GOPA". "PE ANGEYO" tye kabedo ma idyere.
- 5 Kwan lok aluba man matek: *Abikwano lok mo bot wu ikom yat amunya cut cut. Ka itami ni lok man tye ada, ki ring kaka "ADA". Ka itami mo nil ok man goba, ki ring kaka "GOBA". Ka pe ingeyo, ki bedo kany idyere. Ka wu ringo i kebedo wu ki apipenyu dul me waco pingo wutami ni lok man ada onyo goba. Ki abikwano it wu lagam ma tye kakare ki wa neno nga ki ma ogamo kakare. Pe gin marac me pe me nongo lagam man kakare. Tin waa tye ka pwonye.*
- 6 Kwan lok aluba ma i yoo aluba namba abic ni odoco me neno dano weng oniang.
- 7 Kwan lok me aluba ma i bok ma pingi. Ka dong lutuku gu ringo me cito ka ma guyero, peny lutuku 2 ki ii kabedo man me tito pingo gi cito ka ma kicoyo ni ada onyo goba. Mii it gi kare me gamo ne dok icuk cwiny dano mapol me lok.
- 8 Kwan lagam ma tye kakare ite lok ma ping.
- 9 Nwo timo tic man pi lok mukene ma odongi weng.



**Lapeny:** Roc ma kitiyo kede me rwate i butu pa mon ki coo weng gengo yacu ki two ma kobo i yoo me butu ma ikine tye two jonyo.

**lagam:** Lok ada. Roc bol en aye yoo gengo yacu acel kene ma konyo gengo yacu wa ki two kobo iyoo me butu, wa ki two jonyo ikine weny kacel.

**Lapeny:** Laco romo ruku mubira 2 onyo 3 lawange acel me medo rwom gwoke.

**lagam:** Lok goba. Mubira romo yec ka kitiyo kede ikom lawote. Omyero iti ki mubira acel keken cawa weng ma itiyo kede.

**Lapeny:** Mubira coo ki mubira pa coo ki romo tic kede lawange acel me medo rwom gwoke.

**lagam:** Lok goba. Mubira pa coo ki pa mon omyero pe ti kede lawange acel. Man weko gi bedo ka moko ikin gi ci weko yec woko.

**Lapeny:** Mubira pa mon dok tye maber.

**lagam:** Lagam man tye ada. Mubira pa mon bor ne romo aroma ki mubira pa coo ento doc lac. En tye ma tele ki tye ma rwate ki i kom mon. Mubira pa mon kiyubu maber me rwate ki kom dako mo keken dok ki kom laco mo keken. Mubira magi bene pe romo rweny i kom dan.

**10 Nywako lok.** Wek dul gulwo lawala ci i peny lapeny magi. Mii it gi cawa me nywako lagam ikin gi. Neni dano weng tye ka gamo lok:



- Ngo ma i nongo tin manyen ikom mubira pa mon ki pa coo?
- Pingo itamo ni pire tek pi lutino awobe ki anyira me bedo ki pwnonyo ikom gengo yacu?
- Ngo ma itami ni lwak ma ikin pacu wu tamo ikom mubira rwate i butu? Gitye ki ngec ma atir onyo ngec ma pa atir?
- Kwene ma in ki jo matino romo cito iye me nongo mubira me rwate i butu onyo me niang matut ikom mubira ki yoo gengo yacu mukene ?

**11 Loro ne.** Kwan man matek: *Coo ki Mon gi maro tic mubira pien adwogo me tic kede mo marac peko ki bene iromo nongo gi kabedo mapol. Mubira pa mon kiromo bedo ikom dako con dok pe balo rwate i butu ka dong ocake. Mon maro pien kimoko tam me tic kede dok pe omito gucit bot latic yot kom mo. Dong kit ma jo mukene tic ki mubira yelo gi ki tic kede iyoo matir ki kare weny ni, tic yoo mukene me gengo yacu calo yat amunya onyo yat atuca, dok tic ki mubira aye pol kare yoo ma ber loyo me gengo yacu ki two jonyo/two ma kobo i yoo me butu pi jo ot ma kumene . Pire tek me lok ki latic yot kom ikom yoo me gengo yacu mapat pat.*

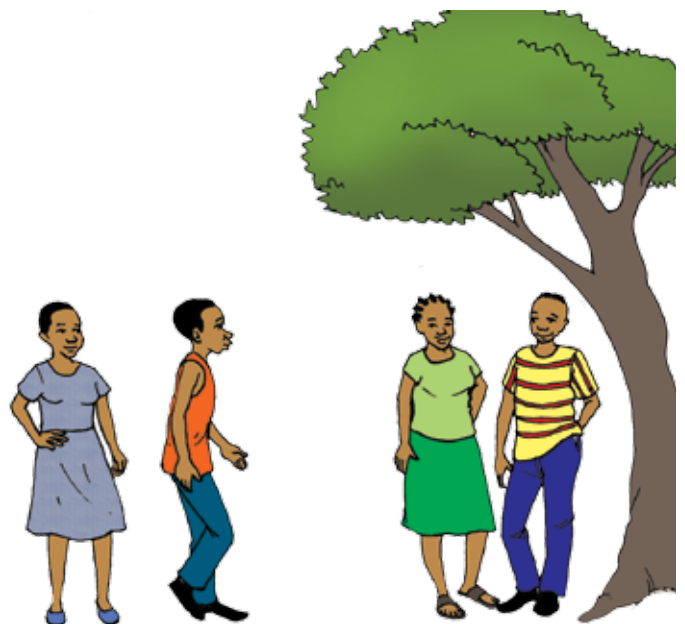
**12 Cikke.** Kwan man matek: *Lwo lawala ka iwac nying kabedo onyo ngat acel ma iromo lok kede pi nongo ngec mukene ikom mubira pa mon ki coo ki nyo mukene me gengo yacu.*



## Yat ma ki kwoyo i bad pi lago nywal tiyo nyo petiyo?

Ngec bot latit tuku: Tin ber inen kad lok ada ma loko ikom yat ma ki kweyo i bad mon pi me gengo yacu matime atura matye inge karatac tic atima magi pi ngec ikom yoo man me lago nywal. Ka twere, nongo latic yoto kom me bedo lato karatac man.

- 1 **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tye yoo mapol me gengo yacu. Tin wabituku tuku me pwoyo ikom yoo acel ma kilwongo ni yat akwoya. Yat akwoya bedo 1-2 matino, nyonyo ma be tur ma ki keto i te del kom ki bad mon ki yat mo kati ki iye me gengo yacu. Gin tiyo maber pi mwaka 3-5. . Pire tek pi coo ki mon weng nongo pwoyo ikom yoo me gengo nywal.*
- 2 Kwan man matek: *yoo ango me gengo yacu ma ingeyo?*  
Mii ki lutuku dakika mo manok wek gutam ikom dok gunywak lagam gi.
- 3 Kadong gin otyeko waci yoo magi mapat pat, nywak kwede gi lagam ma kicoyo man ma gin pe owaco ne. Yat amunya; nyonyo ma ki keto i dok ot nywal; yat atuca; roc bol pa coo; roc pa mon; yat aketa i bad; nyolo ocike ma lacoo/dako; doto latin ki cak kor keken pi dwe 6 inge nywal; yat amunya cutcut inge rwate i butu labongo tic ki yoo me gengo yacu; bedo ma igeyo kare ma iromo yac kwede.
- 4 Yer kabedo aryo (labole te yadi aryo), ma kin gi tye mita maromo 10. Wac ki dul ni kabedo acel ki lwongo ni "ADA" ki mukene ni "GOPA". "PE ANGEYO" tye kabedo ma idyere.
- 5 Kwan lok aluba man matek: *Abikwano lok mo bot wu ikom yat akwoya i bad. Ka itami ni lok man tye ada, ki ring kaka "ADA". Ka itami mo nil ok man goba, ki ring kaka "GOBA". Ka pe ingeyo, ki bedo kany idyere. Ka wu ringo i kebedo wu ki apipenyu dul me waco pingo wutami ni lok man ada onyo goba. Ki abikwano it wu lagam ma tye kakare ki wa neno nga ki ma ogamo kakare. Pe gin marac me pe me nongo lagam man kakare Tin wa tye ka pwoyo*
- 6 Kwan lok aluba ma i yoo aluba namba abic ni odoco me neno dano weng oniang
- 7 Kwan lok me aluba ma i bok ma pingi. Ka dong lutuku gu ringo me cito ka ma guyer, peny lutuku 2 ki ii kabedo man me tito pingo gi cito ka ma kicoyo ni ada onyo goba. Mii it gi kare me gamo ne dok icuk cwiny dano mapol me lok.
- 8 Kwan lagam ma tye kakare ite lok ma piny.
- 9 Nwo timo tic man pi lok mukene ma odong weng



- Lapeny:** Bulu am tye ka tegi myero pe guti ki yat akwoya i ikom.  
**Lagam:** Lok man goba. Yat akwoya ikom ber pi bulu matye ka tegi, ma tye ki lutino wa ki ma pud pe ki lutino.
- Lapeny:** Yat akwoya obedo ikin yoo me tiyo maber ada da me gengo yacu.  
**Lagam:** Lok man tye ada. Yat akwoya tiyo maber ada da. Gitiyo maber loyo yat amunya, yat atuca ki roc bol me gengo yacu.
- Lapeny:** Mon ma giko tic ki yat akoya ki yacu ingeye cut cut.  
**Lagam:** Lok man ada. Inge kwanyo yat akoya man , dako romo yac ingeye cutcut.
- Lapeny:** Yat akwoya romo balo dul kom latin mukene.  
**Lagam:** Lok man goba. Ka dako oyac ma en tye katic ki yat akwoya, bal mo bedo pe ikom latin.
- Lapeny:** Yat akwoya romo wot ikom dako weng onyo poto woko ki i bade.  
**Lagam:** Lok man goba. Yat akwoya bedo kany ma ki rwako iyee ni wang ma latic yot kom aye okwanyo. Kare ma nyonyo man romo kati kede woko anye ka pe ki keto maber. Ka man otime, dako myero onen latic yot kom ingeye cut cut ki oti ki yoo mukene me gengo yacu.

**10 Nywako lok.** Wek dul gulwo lawala ci i peny lapeny magi. Mii it gi cawa me nywako lagam ikin gi. Neni dano weng tye ka gamo lok:



- Ngo ma i nongo tin manyen ikom yat akwoya i bad mon?
- Pingo itamo ni pire tek pi lutino awobe ki anyira me bedo ki pwoonyo ikom gengo yacu?
- Ngo ma itami ni lwak ma ikin pacu wu tamo ikom yat akwoya i bad mon? Gitye ki ngec ma atir onyo ngec ma pa atir?
- Kwene ma in ki jo matino romo cito iye me niang matut ikom yat akoya i bad mon ki yoo gengo yacu mukene?

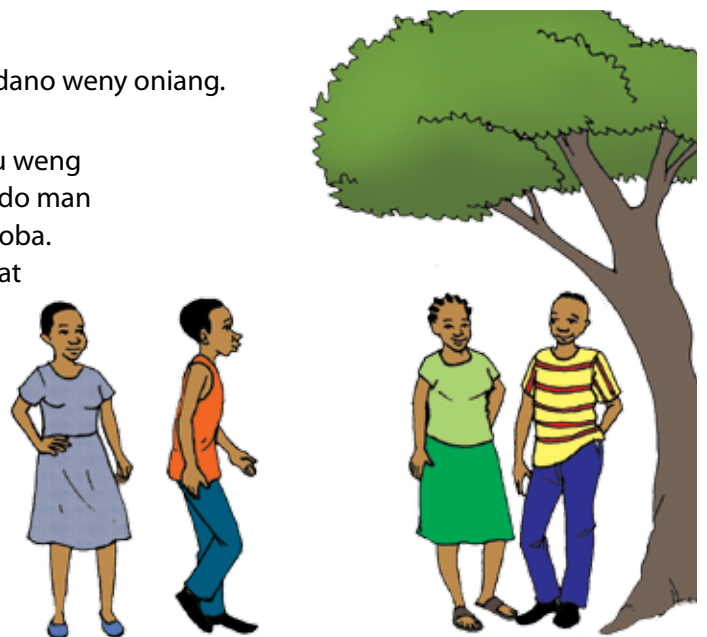
**11 Loro ne.** Kwan man matek: *Mon mapol ki jo ma ot maro tic ki yat akwoya i bad pien teki dong ki kwoyo, gin mukene ma dong mite peke, rii dok pe balo lok rwate i butu ka ocake. Macalo yati mukeni weng, tye adwogi mayelo dano. Pire tek ni omyero i lok ki latic yot kom pi yoo mukene ma mon ki coo wa ki bulu ma tye ka tegi romo tic kede pi gengo yacu.*

**12 Cikke.** Kwan man matek: *Lwo lawala ka iwac nying kabedo onyo ngat acel ma iromo lok kede pi nongo ngec mukene ikom yat akwoya i bad ki nyo mukene me gengo yacu.*

## Yat ma ki munyu cut cut me gengo yacu ma time atura tiyo nyo petiyo

Note to facilitator: Tin ber inen kad lok ada ma loko ikom yat ma ki munyu cut ct me gengo yacu matime atura matye inge karatac tic atima magi pi ngec ikom yoo man me lago nywal. Ka twere, nongo latic yoto kom me bedo lato karatac man.

- 1 **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tye yoo madwong mapat pat me gengo yacu. Tin wabi tuku tuku pi pwonyo wa matut ikom yoo acel ma kilwongo ni yat amunyu cutcut inge rwate i butu. Yat man kimunyu pi nino 5 inge rwate i yoo me butu labongo tic ki gwoke mo pi gengo yacu. Pire tek pi coo ki mon weny me bedo ki ngec ikom yoo me lago nywal.*
- 2 Kwan lok man matek: *Yoo ango me gengo nywal madong wun wugeyo? Mii ki lutuku dakika mo manok me tami ki nywako lagam gi.*
- 3 Kadong gin otyeko waci yoo magi mapat pat, nywak kwede gi lagam ma kicoyo man ma gin pe owaco ne. Yat amunya; nyonyo ma ki keto i dok ot nywal; yat atuca; roc bol pa coo; roc pa mon; yat aketa i bad; nyolo ocike ma lacoo/dako; doto latin ki cak kor keken pi dwe 6 inge nywal; yat amunya cutcut inge rwate i butu labongo tic ki yoo me gengo yacu; bedo ma igeyo kare ma iromo yac kwede.
- 4 Yer kabedo aryo (labole te yadi aryo), ma kin gi tye mita maromo 10. Wac ki dul ni kabedo acel ki lwongo ni "ADA" ki mukene ni "GOPA". "PE ANGEYO" tye kabedo ma idyere.
- 5 Kwan lok aluba man matek: *Abikwano lok mo bot wu ikom yat amunya cut cut. Ka itami ni lok man tye ada, ki ring kaka "ADA". Ka itami mo nil ok man goba, ki ring kaka "GOBA". Ka pe ingeyo, ki bedo kany idyere. Ka wu ringo i kebedo wu ki apipenyo dul me waco pingo wutami ni lok man ada onyo goba. Ki abikwano it wu lagam ma tye kakare ki wa neno nga ki ma ogamo kakare. Pe gin marac me pe me nongo lagam man kakare. Ma tye ka pwonye.*
- 6 Kwan lok aluba ma i Yoo me 5 odoco me neno ni dano weny oniang.
- 7 Kwan lok me acel ki i bok ma pinyi. Kadong lutuku weng oringo i kabedo ma guero, peny jo aryo ki i kabedo man me tito pingo ki tamo ni lok meno tye ada onyo goba. Mii it gi kare me gamo lok ki cuk cwiny dano mapat pat me lok.
- 8 Kwan lagam ma tye kakare ma te lok akwana ni.
- 9 Nwo man pi lok mukene ma odong weng.





- Lapeny:** Yat amunya cut cut obigengo yacu ka dako omunyu ma dong en oyac woko.
- Lagam:** Lok ma tye Goba. Yat amunya cut cut obigengo tong dako me rwate ki lac nyodo pa lacoo inge rwate i yoo me butu. Kadong dako oyac woko, yat amunya man dong pe kuko yacu meno dok pe obikelo gin mo rac ikom latin ne.
- Lapeny:** Yat amunya cut cut omyero kimuny cutcut inge rwate i yoo me butu labongo gwoke weko oti maber.
- Lagam:** Lok man tye kakare. Munyu yat oyoto inge rwate i butu, ci yat man tiyo maber me gengo yacu. Ki nyutu ni ki gengo nywal wa inino 5 inge rwate i butu.
- Lapeny:** Munyu yat amunyu cut cut man romo weko dako winyo calo kome lit pi nino mogo manok.
- Lagam:** Lok man tye ada. Yat amunyu cutcut man romo cawa mukene weko dako winyo cwinye lem, wii wire, wii bare, ki cawa mukene ngok. Dako bene romo bedo ki cwer pa remo ma time cwe i cabit malubu nge munyu yat man.
- Lapeny:** Yat amunya cutcut man obiweko mon kwo i yoo marac dok bene rwate i yoo me butu ki dano mapol.
- Lagam:** Lok man goba. Kwan mapol onongo ni bedo tye ma yat amunya cutcut nip e loko kit ma dano kwo kwede. Dok miyo gi mon kare mukene me pi gengo nywal ka onongo gwok pe guwoke ma gu rwate i yoome butu.
- Lapeny:** Yat amunya cutcut pi opore bulu ma tye ka tegi.
- Lagam:** Lok man goba. Yat amunya cutcut tye maber pi mon, wa ki bulu ma tye ka tegi.
- Lapeny:** Mon omyero pe guti ki yat omunya cutcut ma kato kicel i mwaka acel.
- Lagam:** Lok man goba. Yat amunya cutcut kiromo tic kwede wany mapol ki ma mite kede pi gengo yacu inge rwate i butu labongo gwoke. Kono do, yoo mukene calo yat amunya, yat atuca, yat akwoya ikom, ki nyonyo ma ki keto i dok ot nywal ma mon tiyo kwede tere tere pi kare malac ci tiyo maber loyo me gengo yacu (ka gitiyo kede i yoo matir ma pud pe rwate i butu otime).

**10 Nywako lok.** Wek dul gulwo lawala ci i peny lapeng magi. Mii it gi kare me nywako lagam ikin gi. Nen ni dano weny tye ka gamo lok:



- Ngo ma i pwonyo tin manyen ikom yat amunya cutcut?
- Pingo itami ni pire tek pi mon matino ki coo matino me pwonye ikom yoo me lago nywal?
- Ngo ma itami ni lwak ma ikin pacu wu tamo ikom yat amunyu cutcut? Gitye ki ngec ma atir onyo ngec ma pa atir?
- Kwene ma in ki jo matino romo cito iye me niang jami mukene ikom gengo yacu?

**11 Loro ne.** Kwan man matek: Yat amunya cutcut miyo kare mukene doki me gengo yacu. Pire tek me ngeyo kama iromo nongo ne iye wek iti kede inge rwate i butu ma pe ogwoke cutcut, calo ka roc bol oyec onyo odongo i ikom dako. Dano madwong maro bedo ki yat lagu nywal ma ki tiyo kede cut cut ikomgi kace gwok yoo me lago nywal ma gitye ka tic kede ni pe otiyo. Pire tek me lok ki latic yot kom ikom kit me gengo yacu.

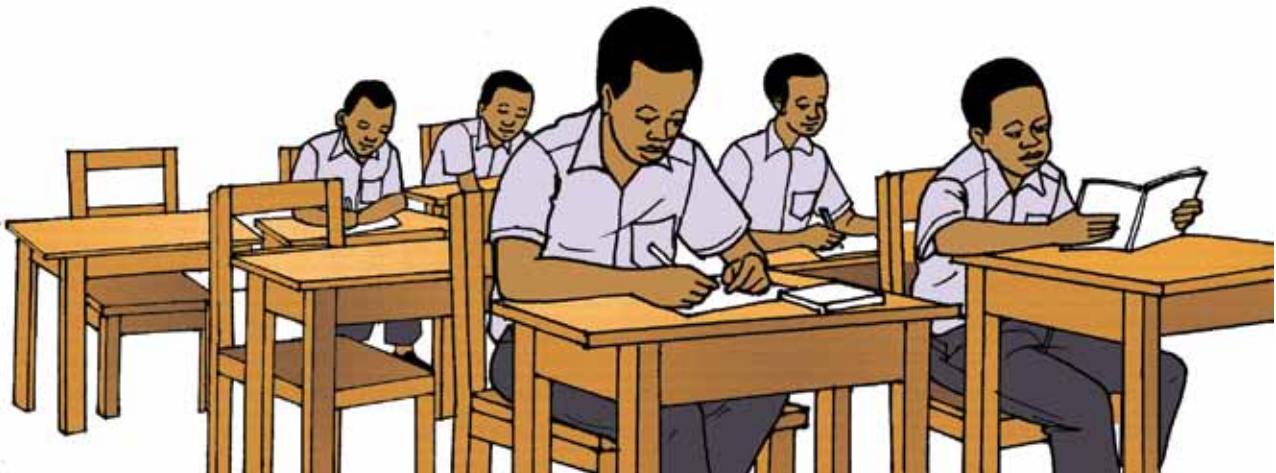
**12 Cikke.** Kwan man matek: Lwo lawala ci iwac nying kabedo mo onyo nying ngat acel ma iromo lok kede me nongo ngec ikom yat amunya cut cut me genyo yacu ki yoo mukene ni.

## Nywako lok ikom bedo i kin lwak ma i gang kwan

- 1 **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabiloko ki ludito ikom bedo i gang kwan.*
- 2 Pok dul iye dul matino pi dano 3-4.
- 3 Kwan lok aluba man matek: *I dul ma itye iye, i mito ni wu wote ikin gang dok inong dano 3 ma otyeko kwan cinia. Ka iniongo gi, peng gi lapeny aryo. Lapeny me acel tye ni, "Ngo ma obedo tek ikom bedo i gang kwan cinia?" Lapeny me aryo tye ni, "Ngo mukonyo in bedo i gang kwan cinia?" neni i pwoyo dano weny pi lok kede ci i imede me nongo ngat mukene. Time ber wa rwate wunu kany inge dakika 20 kati bed inongo marom mene.*
- 4 Kwan lok aluba i yoo me 3 odoco me neno ni dano weny oniang. Wek lutuku gu nwo lapeny aryo ni ite, wek i nen ni wigi opor iye.
- 5 Cwal lutuku woko ki ipor wigi me dwogo inge dakika 20.
- 6 Kadong gu dwogo, gur gi i lawala.
- 7 Wek dul magi guwaci ngo ma gi pwoyone ii. Peny gi dano ati ma guloko kede dok lagam anga ma gunongo pi lapeny gi.
- 8 **Nywako lok.** Kadongo gutyeko miyo ngo ma gikato iye, peny dul man lapeny magi. Mii it gi kare me nywako lagam gi ma pud pe imede iye lapeny mukene.



- Iwiyo nining ikom lagam ma inongo ki bot jo ma iloko kwede gi ni?
- Inongo coo madwong onyo kwede mon madwong ma gutyeko kwan cinia?
- Itye ki lulwaki ma pe gubedo ki kare me mede ki bedo i gang kwan cinia?
- Itamo ni tyen lok anga ma weko awobe ki anyira ma ikin gang wu pe bedo i gang kwan?
- Pingo pire romo bedo tek pi awobe ki anyira me bedo i gang kwan?



**9 Loro ne.** Kwan man matek: *Nongo pwonye pire tek marom aroma pi awobe ki anyira. Tek tutwal me tyeko kwan i cinia tutwale pi anyiras. Kare mukene, man tye pien anyira myero gutyek tic ma gang me kaka tima kwan me atima ki gang onyo omyero gugwok omegi ki lumegi latino onyo gutii me kaka cito igang kwam, onyo kare mukene ginyome i mwaka ma pud titi. Nongo yoo me weko anyira bedo i gang kwan calo konyo gi ki tic atima me gang onyo guru kong me nyome, obikonyo pi pacu maber ki lwak matek.*

**10 Cikke.** Kwan man matek: *Lwo lawala ci iwac gin acel ma iromo timo ne ipacu wu onyo ikin gangi wu me konyo dano me bedo i gang kwan.*

## Nywako lok ikom yero kit anyim ma amito pi lwak wa pi anyim

- 1 Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabiloko ikom dul tic mapat pat ma coo ki mon weng romo timo.*
- 2** Pok du lobed matino matye ki dano 3-4.
- 3** Kwan lok aluba man matek: *Ikare mukato anged, nongo tye tic mogo ma coo keken aye timo ki tic mogo ma mon keken aye timo. Labole, pe no iromo nongo dako ma tye ki biyacara mo matidi onyo laoo matye ka gwoko latin. Ku nyoni, jami dong pat dok kitye ka yee gi bene. Tin amito ni ocit i ikin caro ci onong dano abic ma gitye ki niyee ni mon romo timo biyacara ki ni coo romo gwoko lutino. Nen ka iromo nongo coo ki mon weng, lutino ki lutido ma ki yee gin man. Peny gi pingo ki winyo kit meno. Dwogo cen inge dakika 20, kede pe inongo dano abic weng.*
- 4** Kwan lok aluba ma i yoo aluba namba abic ni odoco me neno dano weng oniang.
- 5** Wek lutuku gu cit i gang caro ki por wigii me dwogo inge dakika 20.
- 6** Ka gu dwogo, wek gulwo lawala.
- 7** Peny dul magi wek guwac ikom ngo ma gu pwonye. Nen ni lutuku owaci ikom nga ma giloko kede ki ngo guwaco ikom coo ki mon timo tic ma pe tye kit ma nongo kitimo con.



**8 Nywako lok.** Kadong gutyeko, peny lapeny magi. Mii it gi kare me tamo ikom lagam ki nywako ne ikin gi. Nen ni coo ki mon weng tye ka gamo lapeny.



- Iwinyo nining ikom lagam ma inongo ki bot dano ma i gang ikom ka dako romo timo biyacara onyo ka laco romo gwoko latin?
- Tye apoka apoka ikin ngo ma mon owaco ki ngo ma coo owaco?
- Apoka apoka ango ma obedo tye ikin ngo ma jo matino owaci ki jo madongo owaco?
- Ingeyo dano dano mogo in ikin gang kany ma timo tic ma onongo omyero pe coo otim onyo pe mon otim?
- Itamo ni ngo ma mono romo bedo ber pi coo onyo mon timo tic mo keken ma ki mito, kede bed tic meno no con peke pi coo onyo mon?

**9 Loro ne.** Kwan man matek: *Kare dong otyeko loko woko. Kombedi mon timo tic madwong man nongo coo aye timo ki coo dongo romo timo tic madwong ma nongo mon aye time con. Pud gitye i winye maber, ki kuc dok ki paci ma yot kom tye iye. Kit ma pud itami pi anyimi, nen ni pe ibed ki gin ma gengi pien ibedo laco onyo dako.*

**10 cikke.** Kwan man matek: *Lwo lawala ka iwac tic ango ma imito bedo kede i anyim.*



## Tuku gengo yacu

**1 Acaki.** Wek dul gulwo lawala ki ikwan man matek: *Tin wabi winyo ododongo ikom kit ma gengo kwede yacu, two jonyo ki two ma kobo iyoo me rwate i butu.*

**2** Kwan tuku man bot dul:

Okao tye mwaka 16 ki tiyo bot Omara ka yubu lela. Omara nyare ninge Amongi tye mwaka 15. Omara kare mukene lwongo Okao cawa abiru me bino ka cam ki lupaco ne. Ma Okao gin ki Amongi cwalo cawa kacel, gin nongo ni miti me mare tye ka bino ikin gi. Nino mo acel, gu aa gen gi inge cam ci gucito gu rwate i butu. Gutiyo ki roc bol ento pe ki winyo agonya pien pe guloko ikom rrwate i butu no con. Okao cito ot yat me lok ki latic yot kom. "a tye ka rwate i butu ki larema " en waco, "dok amity ni anen ni pe oyac. En tye i gang kwan dok tye ka mito bedo lapwony nino mo. Angeyo ni ka en onongo latin kombedi, en pe omaro tyeko bedo i gang kwan." Latic yot kom pwonyo Okao ikom bedo ngat ma kenyo tic dok wace nit ye yoo madwong me gebgo yacu. Man tye iye yat amunya, ma mito muny yat acel nino ducu; yat atuca, ma mito ni ki tucu inge dwe adek adek; yat akwoya I bad mon, ma obedo nyonyo ka ki keto te badi onyo nyonyo ma ki keto i dok ot nywal pa dako ma bedo pi mwaka kede 12. "Roc bol bene tiyo" en waco, "dok ber pi gengo two jonyo ki two mukene ma kobo iyoo me butu. Kare mukene dano wii gi wil me tic ki roc bol onyo pe gi tiyo kede iyoo ma atir. Ci pol dano yero me tic ki roc bold ok ki yoo mukene me gengo yacu calo yat amunya, onyo yat atuca me gwoke ki ikom yacu ki two ma kobo iyoo me butu bene." Okao pwonyo en pi tam ma omiyo ki cito gang. Wurwo ne ma oneno Amongi, en waco ite jami weng ma en onongo. Gin nywako lok ikom tam me rwate i butu, ki kit ma gin mito kede bedo yot kom dok gwoke. Igi yom pien gitiyo ki roc bol nino me acel ki wek gibed ma gi gwoke ada da, gibi mede ki tic ki roc bol ki yoo mukene me gengo yacu. Amongi ki Okao gicito kacel i ot yat me yero yoo acel me gengo yacu me tic kede inget roc bol.

**3** Kwan lok man odoco bot dul.



**4 Nywako lok.** Wek dul man lapeny magi ikom lok man. Mii it gi kare me tamo ikom lagam ki nywako ne ikin gi.



- Lok man winye calo gin maromo time ikin lupaco wu?
- Dong iwinyo gin mo con calo tic ki yoo aryo me gengo yaco calo tic ki nyonyo ma ki keto i dok ot nywal pa dako ki roc bol, pi gengo two jonyo, two ma nongo iyoo me rwate i butu ki gengo yacu?
- Kit peko anga ma jo matino i kin gang kany romo bedo kede i tic ki roc bol i yoo maber dok pi kare weng ma gi rwate i butu?
- Jo matino romo kato peko me tic ki roc bol iyoo maber dok kare weng ma gi rwate i butu nining?
- Itami ni ngo ikom tic pa Okao me timo tic me cito i ot yat pi nongo ngec ki wot kacel gin ki Amongi ikare ma en omoko me citi i ot yat ni?

**5 Loro ne.** Kwan lok man matek: *Ka itye ka rwate i butu onyo cako tamo ikom rwate i butu, ber loyo me ningo ngec ikom yoo mapat pat me gengo yacu, two jonyo ki two ma kobo iyoo me butu. Ot yat wu onyo dul pa lutic yot kom me kin gang gi tye ki ngec ikom dul yoo me gengo yacu mapat pat.*

**6 Cikke.** Kwan man matek: *Lwo lawala ci iwac kabedo mo ma iromo nongo ngec ikom gengo yacu, two jonyo ki two ma kobo i yoo me butu.*

## Tuku goga manyutu mato kongo i yoo ma pore

- 1 **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabiloko ikom kit ma wa romo weyo kede mato kongo ki kit ma waromo mato kede kongo iyoo maber ka mwaka wa okato 18.*
- 2 Kwan man matek: *Ngo ma itamo ni obedo mato kongo iyoo maber?*  
Mii kare ki lutuku me nywako lagam gi.
- 3 Kwan man matek: *Mato kongo iyoo maber tere ni ka imoko tam me mato kongo, omyero inen ni pe imato kongo madwong okato woko. Romo bedo marac tutwale me mato kongo madwong pien man romo weko iyero yoo marac calo rwate iyoo me butu labongo onyo tic kede mupira, lweny, onyo doyo mutoka dok wano kome gi jo mukene. Omyero pe imat kongo wang ma i oo mwaka 18.*
- 4 Pok dul man iye aryo, Dul me acel ki Dul me aryo 2.
- 5 Kwan lok aluba man matek: *Dul me 1, tam kong ni wutye dul tuku goga dok lunen tuku wu obedo bulu ma tye ka tegi ma mwaka pud tye 18 odok kede ping. Yubu tuku goga mo ma pwonyo gi ikom peko ma romo time ka dano omato kongo madwong, dok pingo bulu ma tye ka tegi omyero pe gu mat kongo wang ma gu oo mwaka 18. Dul me 2, tam kong ni wutye dul pa luwer ma jo ma tye kaneno wer wu obedo ludito. Yub wer mo acel ki myel ma pwonyo dano kit me mato kongo iyoo maber ka dongo gu oo mwaka 18.*
- 6 Kwan lok aluba me yoo me 4 odoco me neno ni dano weng oniang.
- 7 Wac it lutuku me cako. Mii itgi dakika 20 me yubu goga ki wer.
- 8 Ka dong gitye atera me nyutu ne, wek dul gulwo lawala doki.
- 9 Wek Dul me 1 gunyut tuku goga.
- 10 Ka gutyeko, wek Dul me 2 ower ki omyel.





## 11 Nywako lok. Peny dul ki lapeny magi ki inen ni dano weng tye ka tuku, wer onyo myel.



- Jo mukene kiwaco ni “coo kikome” mato kongo. Itami ningo ikom lok man?
- Itami ningo ikom tam ni opore pi coo me mato kongo ento pe pi mon me mato kongo?
- Ngo ma time ka dano omato kongo madwong?
- Itami ni kongo romo rwate kede ngo ma tye ka time ikin paci calo tim gero ki trwate i butu ma pe gi gwoke nining?
- Iromo konyo luremi me mato kongo iyoo maber onyo pe mato kongo matwal nining?

## 12 Loro ne. Kwan man matek: *Mato kongo romo yoto kom bedo magoro, kelo gero, peko l winye ikin wa ki jo ma matye imar ketgi. Romo bene kelo rwate i butu ma pew a gwoke. Ka pol coo ki mon tiyo ki cente gi i wilo kongo, pe tiyo cente mo keken me wilo cam, culu gang kwan ki jami me ot pi paco. Laco ma oteka obedo laco ma pe mato kongo madwong, konyo lupaco ne, dok tero dako ne ki woro.*

## 13 Cikke. Kwan man matek: *Lwo lawala ci iwac tic atima ma iromo ne me yomocwiny ki cwalo cawa ki luremi me kaka mato kongo. Tyek lok man, “Me kaka mato kongo, abi...,” Labole, iromo waco ni, “me kaka mato kongo, abi cito ka tuku odilo!” Kit ma dong awaco labol , tam ikom tic atima mo dong.*

## Miyo tam ikom ngo ma luremi diyo in me timo ne

- 1 **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabiloko ikom kit ma wa romo mede ki bedo kede ki lurem wa ma tye ka tiyo in me mato kongo.*
- 2 Pok dul ii aryo ki wel dano marom iye.
- 3 Kwan waraga man bot dul.

Bot Okello,

Gin ma amaro timo ne ki lurema aye tuku odilo ki tuku mukene inge gang. Ento ku nyoni, pol lurema gubedo ka wilo kongo dok gi mato cok i nget ba odilo me kaka tuku. Gin tiko teme me weko ni an amat kongo kedgi ento pe amito timo ne. Pe amaro kit ma gi time ka gumato kongo. Cawa mukene gicako lweny ikin gi, kwalo jami ki bot ludongo dok ki wacu jami marac bot anyira ma tye ka kato. Ka awaco it gi ni amito tuku odilo me kaka mato kongo, gi nywara dok gi waca ni "abedo lacoo"? Ngo ma mito atim?

Omara

- 4 Kwan waraga man matek odoco bot dul.
- 5 Kwan man matek: *I dul ma itye iye, amito ni wu nywak kit ma wuromo mio tam kiu Omara ikom ngo ma otim.*
- 6 Mii dakika apar me nywako lok ikin gi. Wot ikin gi ki inen ni dano weng ma i dul tye ka nywako lok.
- 7 Inge dakika apar, wek dul gulwo lawala doki.
- 8 Wek dul me acel gu nywak tam ma ki miyo ki Omara.
- 9 Ka gu tyeko, wek dul me aryo gu nywak tam ma ki miyo ki Omara.



**10 Nywako lok.** Peny dul lapeny magi. Nen ni dano weny tye ka miyo tam. Ka ngat acel onyo jo aryo tye ka lok, cuk cwiny jo mukene me nywako tam gi.



- Pingo tek me kwero gin mo ka lureme tye penyi me timo?
- In kin gang wu, tye jo matino mukene ma cawa mogo diyo luremgi ka mato kongo?
- Itami ni tam ma imiyo ki Omara opore pi lutino ma i mwaka wu ni? Tit lagam ma imiyo.
- Ngo ma jo matino romo timo ne kacel me yomo ii gi ma pe kongo bedo iye?

**11 Loro ne.** Kwan man matek: *Romo bedo tek me wacu ni pe ibimato kongo ka luremi weng mato kongo. Ento , omyero be ki tiye ka timo gin mo ma in pe imito. Mato kongo romo bedo rac ki pe ber pi yot komi,tutwale ka itye mwaka 18 odwogo kede ping. Pwonyo ngo ma myero iwac con konyi me kero kongo ka diye ki tam atura.*

**12 Cikke.** Kwan man matek: *Lwo lawala ci iwac gin acel ma iromo waco ki luroki ka kitye ka temo dini ka mato kongo ki pe imito.*

## Miyo tam pi moko tam ikom butu

- 1 **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabiloko ikom moko tam ikom winye ki rwate i butu.*
- 2 Pok dul iye aryo wek dul acel obed lutino coo ki dul acel obed pa lutino anyira ka twere.
- 3 Kwan lok aluba man matek: *Abi kwano it wu lok aboka ma cek cek ikom lutino coo ki mon ikine mwaka wu ni. Pi lok aboka man, amiti wu nywak ki dul ni, kit ma iromo kede tam it jo ma boko lok meno ikom ngo ma omyero gu time. Ci oleyo tam pa dul wu ki jo mukene.*
- 4 Kwan boko lok me acel ki bok ma pinyi.
- 5 Mii it lutuku dakika abic meywako lok man i dul gi matino ni.
- 6 Inge dakika abic, lwong gin wek dok i lawala.
- 7 Wek dul man gi onywak tam ma giromo miyo ne ki kit ma gu kati ki tam eno ni.
- 8 Kadong gutyeko, kwan boko lok mukene ki i bok ma ping ki inwo yoo me 6-9.



**Boko lok me # 1:** Opio ki Akulu gin lurem. Opio pe maro Akulu iyoo me mar mite onyo iyoo me rwate i butu, ento lureme cako nyware, gi waco ite ni ka pe en openyo Akulu me bedo lareme i mar, ci no en pe lacoo kikome. Iromo miyo tam anga ki Opio me otimo?

**Boko lok me # 2:** Okao ki Kipwola gi kwano i cinia kacel. Gbedo ka cune dong pi dwe mogo dong dok kit ye ki miti matek ikin gi. Gin tye ma ki gene ikin dok gimito rwate i butu. Ento Kipwola lwo ada da me penyo Okao me tic ki roc bol pien en tamo ni romo cwero cwinye ci kwere woko. Iromo miyo tam anga ki Kipwola me otimo?

**Boko lok me #3:** Amongi tye ki mwaka 15 dok bedo ki mine madit ki omegi ne matino adek. Mine madit dong otti tutwal dok Amongi aye myero onong cent pi konyo paco man. En oweko kwan woko me cito ka cato aduku i cuk. Lacoo madit mo cako bino i ka cate nino duc ki wilo aduku madwong. En bene iye yom me tiyo cente. Lacoo man waco ite ni etye gi cente mukene me miyo ne ite ento en omyero omine bene gin mo ingeye. Waco ire ni ka orwate kede i butu, ci ebi mede ki konye. Iromo miyo tam anga ki Amongi me otimo?

## 9 Nywako lok. Peny dul lapeny magi.



- Lok aboka tye cok ki gin matime ikom jo matino me mwaka wu ni?
- Tam ma dul mukene omiyo ni pat nining? Kitye romo nining?
- Itami ni jo matino winyo ni ki keto gi ilyeto onyo kitiyo gi me rwate i butu? Pingo?
- Ka laremi ma awobi obino boti pi konye ki tam pien lureme gubedo ka dine me rwate i but kin gat mo, imiyo ite tam ningo? Mono pat ki kit ma iromo mino tam ki laremi ma anyaka ma no kitye ka dine me rwate i butu?

**10 Loro ne.** Kwan lok man matek: *Dano weng tye ki twero me yero ka ki mito bedo i winye, ka ki mito rwate i butu ki kare me ma opore ki gin me timo ne. Moko tam me donyo imito onyo rwate i butu ki ngat mo mito tam matut ki goyo pulan. Pire tek nip e me dino onyo keto ngat mo i lyeto me rwate kedi i butu ka pe gi mito.*

**11 Cikke.** Kwan lok man matek: *Lwo lawala ka iwac nying ladit mo ma gene, calo wayo, lumegi ni ki omega madongo, ma iromo lok kede ikom moko tam pi awene ma opore rwate i butu.*

## Wer ki myel manyutu gwoke

- 1 **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabiloko ikom gwoke mon matino ki ikom gin marac ka gitye kawot kengi i kin gang.*
- 2 Kwan man matek: *Awene ma pe rwate pi anyira ki mon me wot kengi i gin gang kany?*  
Mii it lutuku dakika me tam ikom lapeny ki nyenyo lagam. Cuk cwiny gi me lok dok ipor wi gi ni lagam mo ma kakare nyo pe kakare peke.
- 3 Ka gutyeko gamo ne, kwan man matek: *pol kare pe rwate pi anyira ki mon me wot idye wor. Labole, ka myero gutwom pii ki wan tangi, cito ka gamo yen, onyo bedo woko ma cawa okato inge yub mogo onyo bolo kwir. Pe bene romo rwate pi lamin anyaka me cito gang pa lapwony onyo i ot gang kene. Pire tek pi anyira ki mon me wot kacel onyo pi coo ma gi geno me lwoko ki wek gu gwoke.*
- 4 Pok dul man iye aryo, acel pi lutino coo ki acel pi lutino mon ka twere.
- 5 Kwan man matek: *Dul pa mon gubi yubu wer ki myel ma pwoonyo luwotegi matino ikom kwene ma giromo cito iyee ken gi kin go ma myero itim ka myero iwot idye wor. Dul pa coo gubi yubu wer ki myel ma pwoonyo luwotegi ma coo matino ikom kit me konyo lurem ma anyira ki paco ni me bedo labongi ayela idye wor.*
- 6 Mii ki dul magi dakika 15 me pwoonyo wer ki myel gi.
- 7 Inge dakika 15, wek dul dok gulwo lawala.
- 8 Wek dul pa mon me nyutu wer ki myel ma guyubu.
- 9 Ka gutyeko, wek dul ma coo gunyut wer ki myel.
- 10 Ka tye dano mogo macok, wek dul gucit gutuk wer ki myel pi gin bene.



**11 Nywako lok.** Kadongo gutyeko miyo ngo ma gikato iye, peny dul man lapeny magi. Mii it gi kare me nywako lagam gi ma pud pe imede iye lapeny mukene.



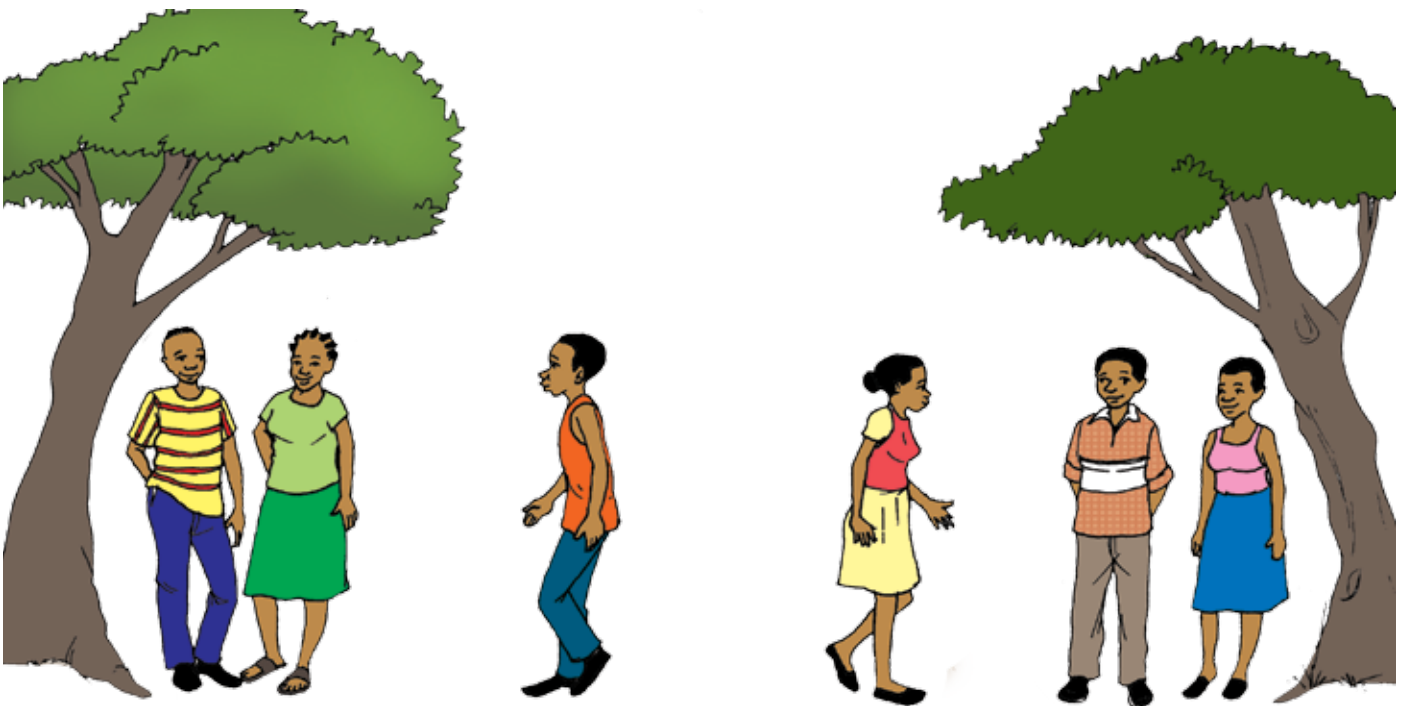
- Gwoke idye wor pi anyira ki mon tye gin mo marac iye ikin gang kany?
- Itamo ni mono romo bedo yot pi coo matino me konyo lumegi, paci gi ki mon gi ki wot kedgi i kebedo macalo dok tangi ki gani pa lupwonye?
- Ngo ma mon matino romo timo ne me gwoke ki i awano?
- Ngo ma coo matino romo timo me konyo gi gwoke ki ikom awano?

**12 Loro ne.** Kwan man matek: *Ki gum marac, anyira ki mon pe ki tye agonya ka gu woto kengi i ikin paco. Coo ma oteka obedo jo ma woto ki lumegi me cito dok tangi onyo gangi pa lupwonye, me weko gin gwoke maber.*

**13 Cikke.** Kwan man matek: *Lwo lawala ka iwac gin acel ma ibitimo i cabit eni me gwoke onyo me konyo luwoti me gwoke.*

## Winye ki miti me bedo i ot maber, tiyo nyo petiyo?

- 1 Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabiloko ikom tim gero i winye ki kit me bedo ki winye maber.*
- Yer kabedo aryo (labole te yadi aryo), ma kin gi tye mita maromo 10. Wac ki dul ni kabedo acel ki lwongo ni "AYEE" ki mukene ni "PE AYEE".
- Kwan lok aluba man matek: *Abikwano lok mo ka iyee lok mene, ki ring kaka "AYEE". Ka pe iyee, ki ring kaka "PE AYEE". Abipenyu wu ingeye pingo iyee onyo pe iyee lok man.*
- Kwan lok aluba ma i Yoo me 3 odoco me neno ni dano weny oniang.
- Kwan lok matek ki i bok ma pingi.
- Ka dongo gutyeko ywec me cito kama guyero, peny jo aryo ki idul man me tito pingo gi yee onyope gi yee. Cuk cwiny gi me nywako lok ikin gi.
- Ka gutyeko, kwan lok ma i bok ni kacel acel, mi kare me ringo i kabedo ni kong ki me tito lagam gi.





- Lok me 1:** Tye kare mogo ma dako romo agoya.
- Lok me 2:** Ladoo mito dako mukene , kede ka en tye winye maber gin ki dako ne.
- Lok me 3:** Tye kakare pi ladoo me goya dako ne teki oyee oburu ping.
- Lok me 4:** Tyen bene ni kede dange onyo wac jamoi marac.
- Lok me 5:** Tye kakare pi ladoo me dino dako i rwate i butu, teki dako ne.

**8 Nywako lok.** Kadongo gutyeko miyo ngo ma gikato iye, peny dul man lapeny magi. Mii it gi kare me nywako lagam gi ma pud pe imede iye lapeny mukene.



- Inongo tam ikom lok magi tek ada da?
- Winye romo bedo maber ki yom cwing ka kigoyo dok ki diyo dano i rwate i butu tek tek? Tit lagam ma imiyo.
- Nga gi ikwo ni ma itye ki winye maber ki yomcwing kede gi? Pingo itamo ni gitye maber dok ki yom cwiny?
- Ka ngat mo tye i winye ma pe tye maber, calo ma tye ki time gero onyo matye ka weko en iye pe yom, kwene ma en romo cito iye pi kony?
- Kit ma iwoto ki dongo tam pi anyim, imito ni winye ni obed nining?

**9 Loro ne.** Kwan man matek: *Winye maber tye ikin jo aryo ma gene, woro, dok gi moko tam ka cel. winye matye ki gero pe ber. Man abedo winye matye ki goco, waco lok maracu ki dino ngat mo tek tek me rwate i butu. Winye ma gero tye i yee turu twero pa dano iwinye meno dok kelo cwer cwiny. Pire tek me nongo ladit mo me lok kede ka in onyo laremi tye ka kato ki igin man.*

**10 Cikke.** Kwan man matek: *Lwo lawala ci iwac nying ladit acel ma ka itye kakato ki i tim gero i winye ni onyo laremi mito kony ci ocito bote.*

## Nywako lapeny i lok kom dongo me doko dit

- 1 Acaki.** Kwan lok man matek ci ikwan man matek: *Tin wabiloko ikin wa ikom kit ma wamito ni kwo wa obed kede ka wa dongo wa doko dongo.*
- 2** Pok dul wek gubed iye aryo. Mon obed ki mon ki coo obed ki coo.
- 3** Kwan lok aluba magi matek: *Tam kong ni wubedo ludwok lok angeya i radio ma wutye ka penyo luwot wu. Abikwano lapeny man matek. Ki ngat ma kipoki kwede ni, obileyo penyo lapeng magi ma abikwano ni ki gamo ne bene ikin wu. Abikwano lapeny abic ci amiyo kare mo manok ikin lapeny magi wek ilok ki lawoti*
- 4** Kwan dok lok aluba man ma i lyoo me adek odoco me neno ni dano weng oniang.
- 5** Kwan lapeny ma i bok ni mot mot. Inge lapeny man, mi dakika maromo aryo ki lutuku kit ma gumake kwede ni me lok ikin gi ma peya ikwano lapeny mukene.

**Lapeny me 1:** Kit tic ango ma imito timo ne ka idongo idoko dit?

**Lapeny me 2:** Itye ki gen ni cwari nyo dako ni obibedo nining?

**Lapeny me 3:** Imito bedo ikin lwak ma obedo nining ka idongo idoko dit?

**Lapeny me 4:** Kit jami ango ma imito timo ne pi kwo ikare ma itye ka doko dit?

**Lapeny me 5:** Itye gi gen me bedo kit mego onyo mego anga?



**6 Nywako lok.** Ka dong dul lutuku wengogamo lapeny weng, wek dok gulwo lawala. Peny lapeny magi. Neni dano weng tye i tuku man ki cawa me tam ki gamo lok ma pud pe icito i lapeny mukene.

- Iwinyo nining ikare ma i nywako ki luwoti jami ma imito timo ne i anyim?
- Itamo ni bedo dako onyo laco obiyelo jami ma imito pi anyim i yoo anga?
- Lutino mon ki coo weng kiromo nongo ngo ma kimito pi anyim ikin pacu wu? Pingo ongo pingo pe ki twerot?
- Jami anga ma iromo timo ne wek inen ni ibedo i yoo maber me tyeko miti ni pi anyim?
- Yoo anga ma iromo konyo kwede lutino matino ma ikin paci kany me tyeko miti gi pi anyim?



**7 Loro ne.** Kwan man matek: *Pire tek me bedo ki jami ma imito timo i anyim ikwo wa ki me tamo kit ma imito ni kwo ni obed i anyim. Pire bene tek me nywako jami ma imito timo i anyim ki luroki wa ki ludito wek gukonyi ikare me dongo ni. Lok ikom gin ma imito timo i anyim konyi me cobo gi.*

**8 Cikke.** Kwan man matek: *Lwo lawala ci iwac gin acel ma iromo timo ne i mwaka ni ma konyi me cobo timo jami ma imito timo ne nino mo.*

## Tuku goga me ngeyo cobo peko i yoo me mwolo

- 1 **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Pol kare, ka peko mo tye gang, dano tiyo ki gero calo dongo dano. Tin wabiloko ikom yoo me cobo peko ki lumegi wa onyo omega wa ki jo ma matye imar kede gi labongo tic ki gero.*
- 2 Pok dul wek obed iye aryo, acel ki anyira ki acel ki awobe ka twere.
- 3 Kwan lok aluba man matek: *Abitito it wu gin mo maromo time i gang wu onyo winye ma obibedo i anyim. I dul ma wutye iye ni, nywako yoo ma oromo tyeko kwede peko man mapat ki yoo gero . Yubu tuku goga macek ma nyutu ite yoo me cobo peko mo iyoo ma mwol. Dul aryo weng obinyutu tuku goga gi. Ci amini wu peko me kene me nyutu tuku iye.*
- 4 Kwan lok aluba ma yoo me 3 odoco me neno ni dano weny oniang.
- 5 Kwan peko me acel ki bok man mapiny. Mii ki lutuku dakika 10 me nywako lok ki pwonyo tuku goga magi.
- 6 Inge dakika 10, wek dul pa anyira gunyut tuku goga gi.
- 7 Ka gutyeko, wek dul pa awobe gunyut tuku gi.
- 8 Ci ikwan peko me aryo ni ci iwek dul magi guyub ka gunyut tuku goga gi.



**Peko me #1:** Ineno lawoti ma itye imar kede ka nyero dok cwinye yom ki ngat mo ma tye awobi/anyaka. Luremi bene neno man ci man lewic maki. Ii ocwer ada da ki nyeko omaki matek . Imito ni dong ipwony lawoti ma itye imar kede wek pe dong onwo timo man.

**Peko me #2:** Igang wu, in aye dong itye latin ma dit loyo dok inaye itye ka loyo gang. Itiyo pi cawa malac dok idwogo gang ma i ool nino ducu. Cwinye cwer ada da ka omega ni ki lumega ni kuding dok pe gitimo tic me gang mo kekene ki i dugu inongo omega ni ki lumega ni matino gitye ka lweny ikin gi.

**9 Nywako lok.** Wek dul gulwo lawala ci ipeny lapeng magi. Neni coo ki mon weng tye ka kamo lok.



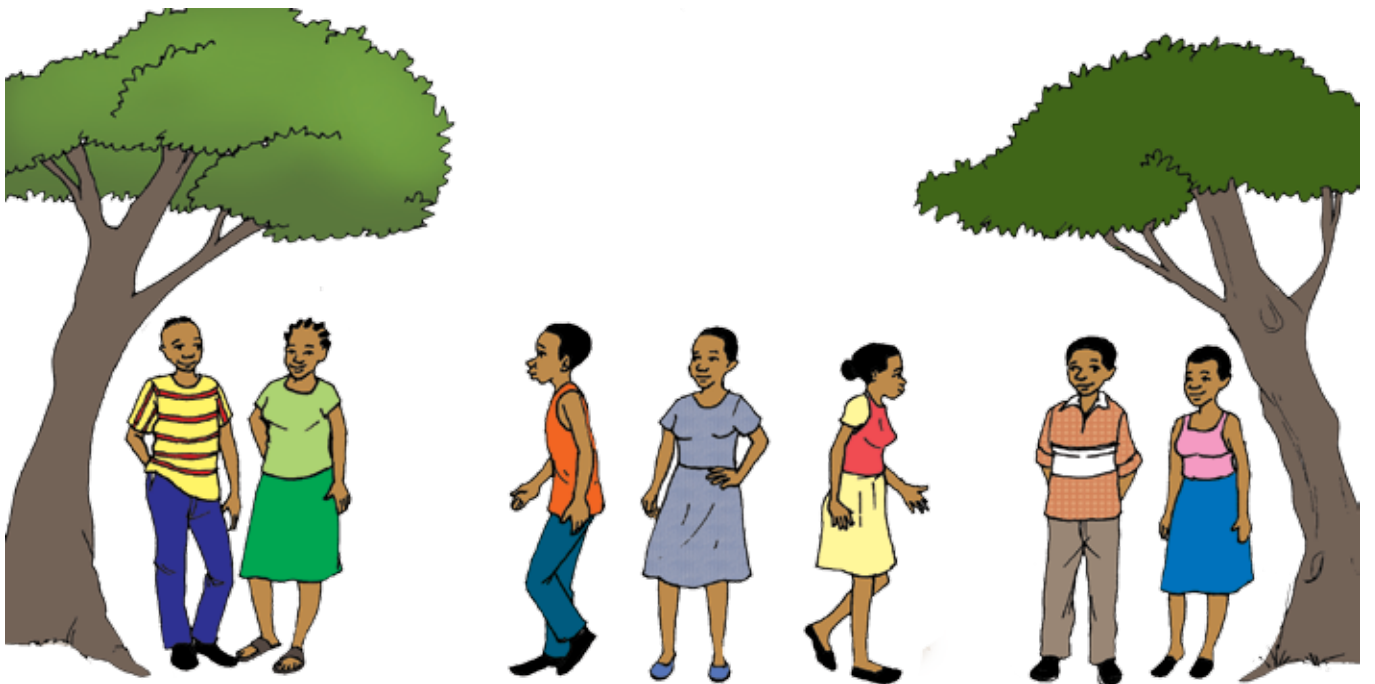
- Ki i gang wu, omega ki lumego mono pol kare gitiyo ki gero ka peko mo tye?
- Jo ma ot gi ma wu ngeyo ki cobo peko , calo ka ngat acel nyeko mako onyo tye ka timo jami iyo mo ma lawote pe maro?
- Ka laremi owaci ni lawote ma nyako onyo lawote ma awobi tye ka leyo wiye, kit ma i peko me acel, imiyo tam ningo ki laremi ni?
- Yoo mabaco mene ma itami ni tye me cobo peko labongo tic ki gero?

**10 Loro ne.** Kwan man matek: *Tic ki gero ka peko mo tye romo mio cwer cwing dok pe nyutu woro, ki pol kare pe cobo peko ma tye ni. Cobo peko mito lok kikome. Ka iromo lok gi jo gang wu ki lawoti ikom ngo ma pe nyomo cwinyi, wubedo ki kare me bino ki yoo me cobo ne wek peko meno pe dok otime odoco.*

**11 Cikke.** Kwan man matek: *Lwo lawala ka iwac nying ngat acel, tutwale ngat ma dong itye ki peko kwede loyo, ma ibicito iloko kede ikom coco peko iyo ma mwol.*

## Tuku manyutu kare ma itye atera pi rwate i butu

- 1 Acaki.** Wek dul gulwo lawal ki ikwan man matek: *Tin wabiloko ikom ma ka dong itye atera me rwate i butu.*
- Yer kabedo aryo (labole te yadi aryo), ma kin gi tye mita maromo 10. Wac ki dul man ni kabedo acel kilwongo ni "ATYE ATERA" ki kabedo me aryo ni kilwongo ni "PE ATYE ATERA." Yer dok ka mo ikin kabedo aryo ni ci ilwong ni "PE ANGEYO."
- Kwan lok aluba man matek: *Abiwaco wu jami mogo ikom jo ma tye ka bedo kacel i ot ma ikine mwaka wu ni. Pi jo ot acel acel, ka itamo ni dong kit ye atera me rwate i butu, ci ring kama kicoyo ni "tye atera". Ka itamo ni pud pe kit ye atera me rwate i butu, ci ring kama ki coyo ni "pet ye atera" ni. Ka pe ingeyo ci dong idyere kany.*
- Kwan lok me yoo me adeki dok odoco wek dano oniang maber.
- Kwan lok me acel ki ikin lok ma kicoyo ki pinyi.
- Kadong dano weng oringo i kabedo mo acel, peny lutuku aryo ki i kabedo man me waco pingo i yero lagam meno.
- Ka gutyeko nywako lok, kwan dok lok mukene ki ikin ma ki ryeyo. Dok ipeny lutuku me waco pingo lagam meno ki iwek gunywak lok ikin gi ka kuywero lagam mukene. Tim man pi lok weny ma ki ryeyo ki acel acel.



**Jo ot me 1:** Pud gurwate iyub mo wany me acel dok gin weng gubedo ka mato kongo. Gin tye atera me rwate i butu?

**Jo ot me 2:** Gin weny tye ki ngec ikom kit me gengo yacu ki two jonyo, dok gubedo ki nywako lok tyen mapol ikin gi ikom kit me rwate i butu i yoo maber. Gin tye atera me rwate i butu?

**Jo ot me 3:** Dako tye ki nyonyo ma ki keto i dok ot nywal ki laco pe maro tic ki roc bol. Gin pud pe ki bimo pi two jonyo. Gin tye atera me rwate i butu?

**Jo ot me 4:** Ngat mo keken ikin gi pud pe orwate i butu dok pud pe gunywako tam ikom lago nywal onyo roc bol. Gin tye atera me rwate i butu Are they ready to have sex?

**8 Nywako lok.** Kadong ityeko, wek dul gulwo lawala ci ipeny lapeny magi. Mii it gi kare me gamo ne ma pud pe icito i lapeny mukene.



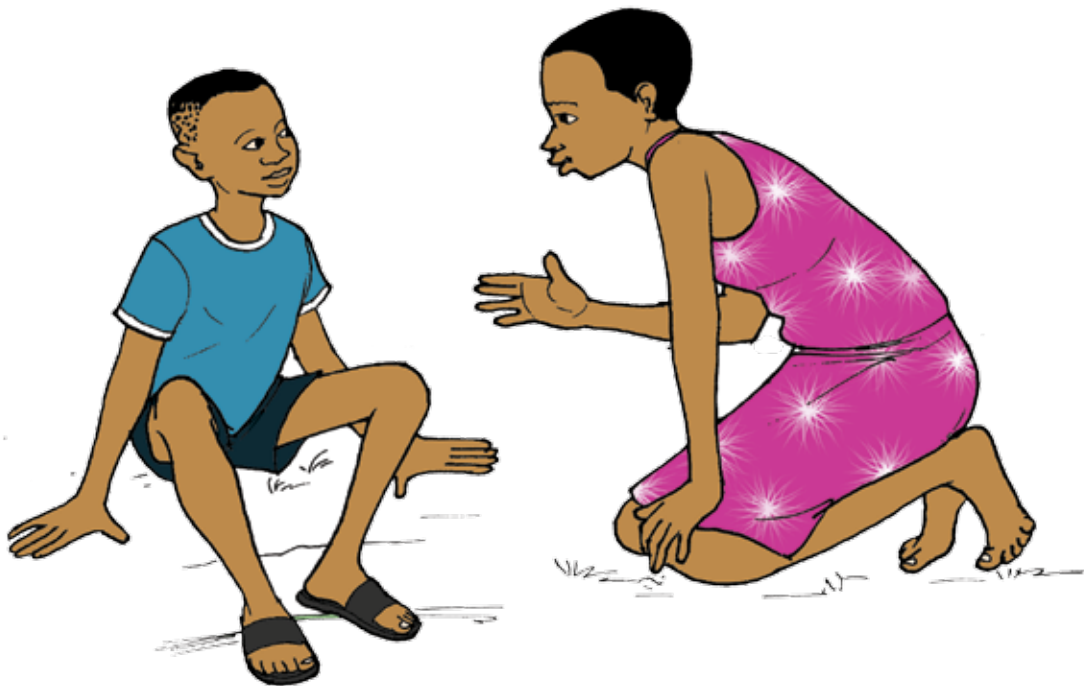
- Tye jo ot mogo ikin paci kany ma gitye i kit ngo ma wa nywako tin?
- Jo matino ngeyo nining ni dong ki tye atera me rwate i butu?
- Ngo ma time ka jo ma tino orwate i butu ma pud pe gitye atera?
- Iromo miyo tam ningo ki laremi ma tye ka tamo ikom rwate i butu ento pe ngeyo ka etye atera?

**9 Loro ne.** Kwan man matek: *Cako rwate i butu ki ngat mo obedo moko tam madit ada dad dok tye jami mapol ma omyero itam ikome ka i tye ka moko tam kace itye atera i butu. Pire tek me bedo cok ki lawoti ki woro gin ma en maro. Pire tek ni iwore ikin wu dok omok tam kacel. Pire bene tek pi wun aryo weng me yee tic ki roc bol ikare weng ma gi rwate i butu onyo tic ki roc bol ki yoo mo mukene gengo two jonyo, ki two ma kopo i rwate i butu, ki yacu. Ka pe i winyo itye akonya gi ngat man, ci pud pe itye atera me rwate i butu.*

**10 Cikke.** Kwan lok man matek: *Lwo lawala ci lwaci wa gin ma obikonyo ngeyo i anyim ka itye atera me rwate i butu ki lawoti ma itye imar kwede.*

## Miyo tam ikom kite me dongo doko Oteka

- 1 **Acaki.** Wek dul gulwo lawala ci ikwan man matek: Tin wabiloko ikom konyo luwot wa ki lumegi wa ki omegi wa kit me dongo OTEKA.
- 2 Pok dul iye aryo mapat pat. Mon omito obed ki mon ka coo obed ki coo.
- 3 Kwan man matek: *I dul wu eno mapat pat, amito ni wu nywak lok ikom kit tam ango ma wumito miyo ne ki lutino i paci wu ki ikin paci ikom kit me bedo OTEKA ma nongo itye ka dongo doko dit. Tam ikom kit ma obedo kwede bedo anyaka matidi onyo awobi matidi, dok ngo ma iparo ni kono nongo inge ikare ca ma dong ingeyo kombedi. Man romo bedo jami calo kato ki ii aloka aloka me kom ki cwiny, bedo i winye, tam rwate i yoo me butu, cito i gang kwan onyo kin mo keken mukene. Yubu tuku goga mo ma ngat acel ikin wu tuku calo omeago nyo lamego matidi, onyo lakeyo onyo okeyo ki ngat mukene ni tye ka mino ngat matidi ni tam ma onywako ni.*
- 4 Kwan lok aluba ma Yoo me 3 ni odoco me neno ni dano weng oniang.
- 5 Mii ki lutuku dakika 10 pi nywako ki yubu tuku goga magi.
- 6 Inge dakika 10 , wek dul aryo ni gulwo lawala doki.
- 7 Ki acel acel, wek dul aryo man gubin i dyere lawala ka kuyut tuku goga gi.





**8 Nywako lok.** Peny dul magi lapeny man. Mii kare it gi me tamo ikom lagam pi lapeny acel acel. Cuk cwiny lutuku mapat pat me lok wek inen ni dano weng obedo ki kare me gamo lok.



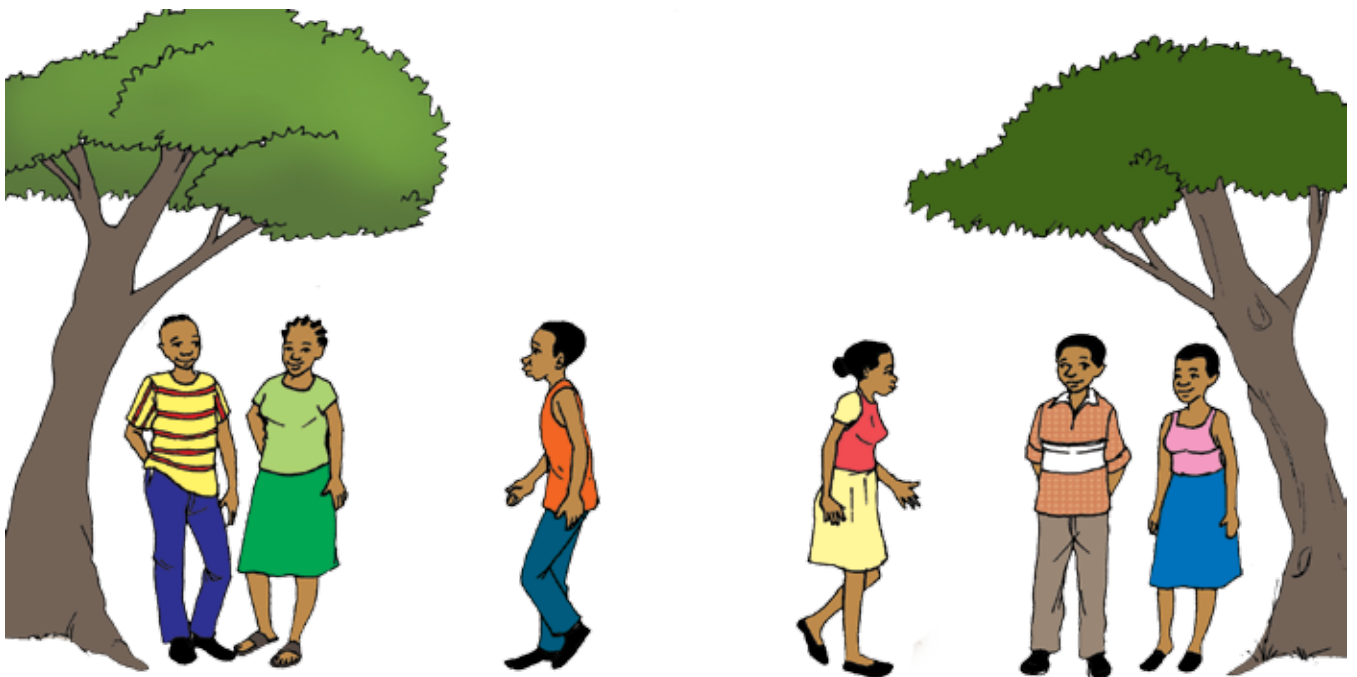
- Iwinyo ningo me tamo ni in itye calo lanyut maber pi dano latino ikin gang wu?
- Pol kare ki yee ikin paco wu kany pi lutino matino calo in me miyo tam bot lutino ikom dongo doko dit, winye ki gang kwan? Pingo ki yee onyo pe ki yee?
- Pol kare, jo madongo ki neno gi calo jo ma tye ki ryeko. Kit ryeko ango ma wun weng calo dano otye kwede?
- Ngo ma iromo timo me neno ni lupaco nin ki luwoti matino in kin paco wu gudongo OTEKA?=-

**9 Loro ne.** Kwan man matek: *Calo jo matino , wutye ki ryeko mapol ki jami ma okato gi iye me anywaka ki lumegi ni ki omega ni matino dok ki lukeyo ni nyo okeyo ni, me neno nig u dongo Oteka! I tye ki kare me bedo Oteka lanyut maberel, ci pire tek me kwalo cawa ki lutino matino dok mini gi tam ikom ngo ma myero gu yube pire ma gitye kadomgo me doko dit. Man obikonyo me yubu paco maber ki lwak ma tek.*

**10 Cikke.** Kwan man matek: *Lwo lawala ci iwac niny lameru onyo omeru, lakeyo onyo okeyo onyo luwoti matino ma ibikwalo cawa kede gi i cabit man me lok ikom dongo doko madit.*

## Coo ki mon twero bedo maber ikin gi?

- 1 Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabiloko ikom kit yoo ma coo ki mon kimito ni gubed kede i gang ki ikin dano.*
- Yer kabedo aryo (labole te yadi aryo), ma kin gi tye mita maromo 10. Wac ki dul man ni kabedo acel kilwongo ni "I YEE" ki kabedo me aryo ni kilwongo ni "PE AYEE."
- Kwan lok aluba man matek: *Abikwano lok . ka iyee ikom lok man, iring i kabedo ma kicoyo ni "I YEE", ka pe iyee ikom lok man, ring i kabedo ma kicoyo ni "PE AYEE". Abipenyo wu me tito pingo I yee onyo pe iyee ikom lok man.*
- Kwan lok aluba ma Yoo me 3 ni odoco me neno ni dano weng oniang.
- Kwan lok me acel ma tye I bok ma pinyi.
- Kadong dano weng oringo i kabedo mo, peny lutuku aryo ki i kebedo magi wek gutit ki lwak pingo gi cwaka onyo pe gi cwaka lok man. Cuk cwiny lutuku wek gu nywak lagam gi ikin gi.
- Kadong gutyeko, kwan lok man matye i bok ka acel acel, mii it gi kare me ringo cito i labedo gi ki me tito lagam gi.



**Lok me 1:** Coo ki mon weng romo tic ma pe kitimo i gang ka gimito.

**Lok me 2:** Coo ki mon matino weng omyero obed otime tic atima me paco.

**Lok me 3:** Mego ki wego weny gitye ki tic me gwoko ki lwoko lutino.

**Lok me 4:** Awobe omyero gubed ki cawa me bedo abeda ma loyo anyira.

**Lok me 5:** Mon omyero owor ngo ma cwa gi waco kede bed pe gi yee.

**8 Nywako lok.** Ka dong gutyeko wek dul gulwo lawala ci lapeny magi. Cuk cwiny lutuku ducu me nywako lagam gi ikin gi.



- Ngo ma itamo ni jo ma ikin paci wu obimaro ikom lok magi?
- Nga ma itamo ni opwonyo ki tam man itye kede ikom lok man? Labole, onyo kede, lunyodo ni, luwoti, lutela dini onyo jo mukene apwonyo tam magi?
- Ngo ma romo time ikin paci wu ka coo ki mon omoko tam kacel dok mego ki wego kutiyo me gwoko lutino?
- Pingo pire romo bedo tek pi coo ki mon me moko ki tiyo tic me gang kacel?

**9 Loro ne.** Kwan man matek: *Paci ma Oteka obedo paci ma weko coo ki mon nywako moko tam kacel dok anyira ki awobe timo tic me gang kacel. Ka awobe ki anyira weny ki mini gi kero marom aroma me tyeko ngo ma ki mito, weko gangi gi ki paci gi bedo matek.*

**10 Cikke.** Kwan lok man matek: *Lwo lawala ci iwac kit tam acel onyo tic ma imito tim mo ne ki cwari onyo dako ni nino mo ka inyome.*

## Tuku ikom poko tic ma i gang

- 1 Acaki.** Wek dul magi guyub lawala ci i kwan man matek: *Tin wabiloko ikom kit ma coo ki mon matino giromo poko tic ma ipaco, me konye ikingi ki jo ma i paco gi.*
- 2** Kwan lok me aluba magi: *Man obedo tuku me nyero ma wabi temo byeko ngo ma ngat man tye ka timo ne. Ngat man obi aa malo i nyim dano ci poro tuku ikom tic mo acel ma awobe nyo coo romo konyo anyira nyo mon ki timo. Dano weng ma idul ingeye gu bitemo byeko or biko tic ango ma ngat moni tye ka poro tuku ne. Ka gu byeko kakare ci ibedo piny ci dok ngat acel mukene aa malo iyim dul ka poro timo tic mukene mapat ma awobe romo konyo anyira ki timo. Cik me acel en aye ni omyero imede ki poro tic man nio Wang ma kibiko kakare. Cik me aryo aye ni pe omyero ilok onyo iwac gin mo ento itii ki komi keken me poro yutu tic man. Cik me adek aye ni, pe iromo nywoyo poro tic ma lawoti dong oporo. Ka dano weng dong otyeko poro ne, ci nongo dong tuku man otum.*
- 3** Kwan lok aluba ma i lacim me aryo ni doki me neno ni dano weng oniang.
- 4** Ka dano weng dong tye atera, yer ngat acel me cito ka cako. Kwan acel me oo i adek ci idange ni "Caki!" Ngat ma kicimo me acel aye cako tuku me poro tic. Ka dul obyeko kakare or maber ci latuku mukene dok cako, mede kumeno wang ma dano weng otyeko. Poo wii lutuku ni pe omyero ki nwo tic ma dong ngat mukene oporo timo ne.
- 5** Wek dul gudong cingi me pwone pi byeko tic magi weng kakare.



**6 Nywako lok.** Ka tuku man otum, wek gulwo lawala ci ipeny lapeny magi. Omyero ineni ilwongo dano mapat pat mapol me lok. Wek coo ki mon weng guloki.



- Inongo tuku man mit? Ngo ma imaro?
- Nga ma pol kare timo tic me gang ki i gang wu?
- Ngo ma romo time ka coo ocako konyo mon gi tic ma megi?
- Pingo pire romo bedo tek pi coo ki mon me nywako tic kacel?

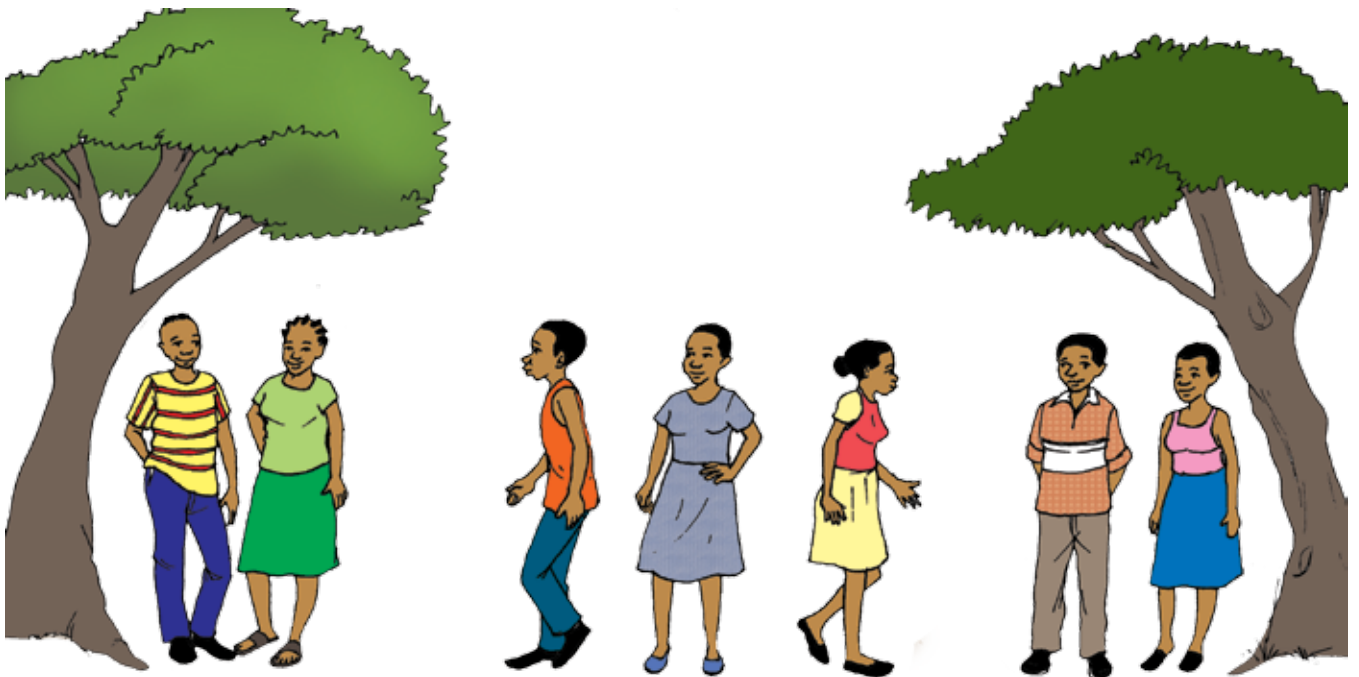
**7 Loro ne.** Kwan man matek: *Ka coo ki mon poko tic ikingi, weko gangi ki lwak bedo tek. Ka awobi okonyo lamine ki tic, lamine or en bedo ki cawa me timo jami mukene ma calo kwano buk ki gang, ma weko en bedo i gang kwanl. Cawa mukene, ka mego ki omego konyo mon ki tic ma gang, gi gwoke gin bene maber. Labole, romo bedo ma rac ada da pi anyira me dwomo pi idye wor. Wot ki dako ka tye ka dwomo pi nyutu ki lupaco ne ki girani kit latin lacoo ma wore ma en ebedo.*

**8 Cikke.** Kwan man matek: *Lwo lawala ci i cikke. Ka in latin awobi, waci wa tic acel ma iromo konyo lamero nyo mamani ki timo ne. Ka in latin anyaka, waci wa gin acel ma iromo waco ki omero onyo babani me konyi kwede.*



## Tuku ikom tic pa coo ki mon

- 1 Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabiloko ikom ngo ma bedo lacoo nyo dako obedo.*
- 2** Yer kabedo aryo (labole te yadi aryo), ma kin gi tye mita maromo 10. Wac ki dul man ni kabedo acel kilwongo ni "COO" ki kabedo me aryo ni kilwongo ni "MON." Yer dok ka mo ikin kabedo aryo ni ci ilwong ni "PI COO KI MON WENG."
- 3** Kwan lok aluba man matek: *Abiwaco lok acel. Amito ni iring i kabedo ma itamo ni lok man rwate me bedo iye. Labole, ka awaco ni "mego," ci iringo ikabedo ma kilwongo ni "MON" pien mon keken aye romo bedo mege. Ka awaco ni "bor" ka itamo ni mon ki coo weng romo bedo bor, ci ngweci i kabedo ma kilwongo ni "PI COO KI MON WENG."*
- 4** Kwan lok aluba ma I Yoo me 3 me neno ni dano weng oniang.
- 5** Kwan lok me acel ki ikin lok ma kicoyo gi pinyi.
- 6** Kadong dano weng oringo i kabedo mo, peny lutuku aryo ki i kebedo magi wek gutit ki lwak pingo gi ringo i kabedo mono. Iromo mino kare wek lutuku gu nywak lok ikin gi.
- 7** Ka dong gutyeko nywako lok, nwo ngo ma itime ni pi lok mudong weng.
- 8** Nwo yoo me man doki pi lok weng ma kicoyo ni.



## NYIG LOK MA KIRYAYOKI RYEYO

Teko	Ngat ma loyo gang l	Tye ki kero me lim
Lalok maber	Abili	Ger
Lapwony	Ngat ma pegene	Lamok tam
Tedo	Ngat ma gwoko lutino	Lamar dano

**9 Nywako lok.** Ka dong ityeko, wek lutuku gulwo lawala ci ipeny lapeny magi. Mii ni gi kare me gamo lapeny acel ka imede ki penyo lapeny mukene.



- Lok mene ikin gi ni ma obedo tek it in me moko tami kace obedo pi coo, mon onyo pi gin weng?
- Pol dano tamo ni coo keken aye romo bedo tek, labongo lwo, tye ki kero me lim, ki lumok tam i gang. Gin tamo bene ni mon keken aye romo tedo ki bedo lulok maber. Wutamo ni ngo ikom lok magi?
- Laco kikome mono kite romo bedo ber dok lagwok dano? Dako kikome mono romo bedo ki teko dok moko tam i gang? Tit lagam man ma imiyo.
- Ka lameru matidi nyo lakeyu owaci ni emito bedo abili, ibiwaco ningo ite?

**10 Loro ne.** Kwan man matek: *Cawa mukene, dano ma ikin paci wa gibedo ki tam ni omyero watim jami moni onyo wabed kit moni pien wa tye laco nyo dako. Ento, wi romo cung kit ma mon ki coo weng romo timo jami mogo ma rom. Labole, coo ki mon weng romo bedo tek, labongo lwo, ger, labok lok, lagwok dano, ki lamar dano. Coo ki mon weng romo bedo abili, lucwer bao, lutedo ki lucat i cuk.*

**11 Cikke.** Kwan man matek: *Lwo lawala ci iwaci wa gin acel ma imito temo ne, kombedi nyo ka idoko dit, ma luwoti pe gi timo kulu. Labole, ma calo laco, iromo temo tedo. Ma calo dako, iromo temo leko dyegi. Kit ma dong amio labole meno, tam pi jami mukene mapat ki meno.*

## Goga ki wer ikom bedo i gang kwan

- 1 Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabi loko ikom kit ma lutino coo ki mon romo konye kwede ikingi kekengi me bedo igang kwan.*
- Kwan lok man matek: *mukwongo, amito ni itam ikom lukin gang ma i caro ni ma pe gucito cito i gang kwan?* Mii ki lutuku kare me tamo ki nywako lagam. Nen ni dano weng onongo kare me lok.
- Kwan man matek: *Jami mukene ma weko coo ki mon matino pe bedo i gang kwan ikine tye; nyome; nywalo lutino, pido lutino; ki cwalo pol cawa ni i poto onyo katic.*
- Pok dul man iye aryo. Dul magi romo bedo ki mon ki coo weng. Lwong gi , Dul me 1 ki Dul me 2.
- Kwan lok aluba man matek: *Dul me 1 omyero guyub tuku goga ikom latin dako ma pe romo bedo pi tyen lok ma wa nywako, ki ki yoo ma lupaco ne ki luroke konye kede me dok cen i gang kwan. Dul me 2 omyero guyub wer ki myel ikom pingo pire tek pi lutino coo ki mon me bedo i gang kwan.*
- Kwan lok man me yoo me abic dok odoco wek ineni dano weng oniang.
- Mii ki lutuku dakika 15 me nywako lok ki pwonyo wer, myel ki tuku goga magi.
- Inge dakika 15, lwong dul gudwog cen dok gulwo lawala. Ka dano tye ma cok kenyo, lwong ki me bino ka neno dul man ka nyutu tuku.
- Wek dul 1 gunyut tuku goga gi it dul mukene ni.
- Wek dul me 2 gunyut wer ki myel pi dul mukene ni.





**11 Nywako lok.** Wel gulwo lawala ci ipeny dul lapeny magi. Mii kare ki lutuku me tami lagam gi. Nen ni dano we obedo ki kare me nywako tam gi.



- Itami ni jami ma waloko ki wa wero ikome tin ni time i caro wu kany?
- Pingo pire romo bedo tek pi lutino mon ki coo weng me bedo i gang kwan?
- Kiromo yee i kin lwak wu kany pi lutino awobe me timo jami mogo ma wa nywako tin me konyo lutino anyira bedo i gang kwan? Tit lagam ma imiyo.
- Pol paci tamo ni ka cente tye manok i paco, awobe keken aye omyero ocit i gang kwan. Itamo ningo ikom man?
- Iromo miyo tam ningo ki laremi ma mito konyo lamine me bedo i gang kwan?

**12 Loro ne.** Kwan man matek: *Paci ma OTEKA obedo paci ma gi yele pi gwoko lutino coo gi ki lutino anyira gi i gang kwan. Ka lutino anyira bedo i gang kwan, gin dongo ma giromo nongo tic madwong ki gwoko lupaco gi ma komgi yot dok matye ki jami mabeco ma otimo. Curu nyome ki curu ka ityeko kwan ka inongo latin konyi pito ki miyo ki lutino gum madwong me dongo oteka.*

**13 Cikke.** Kwan man matek: *Lwo lawala ci iwac gin ma iromo timo ne me konyo anyira ma tino ma i paco wu bedo i gang kwan.*

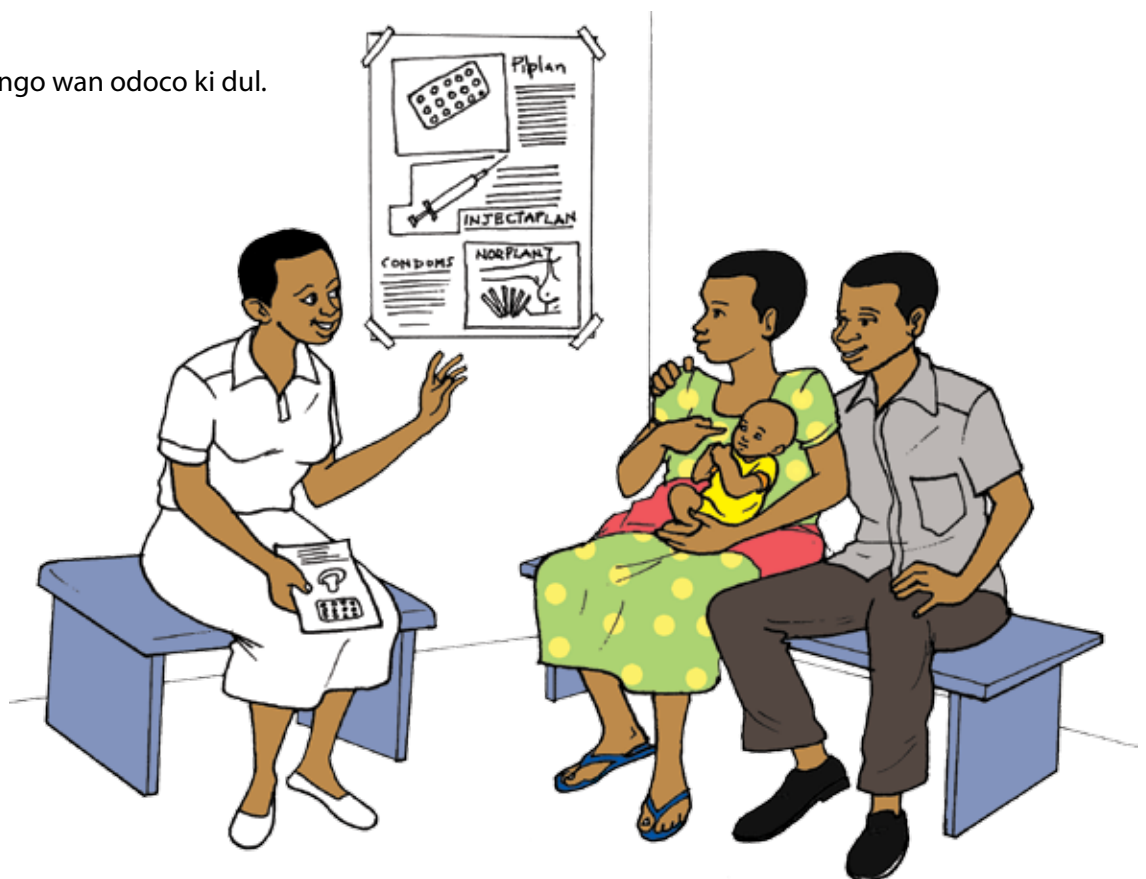
## Ododo ikom ngeyo kare me yac ki lago yacu

**1 Acaki.** Wek lutuku gulwo lawala ki ikwan man matek: *Tin wabi winyo ododongo ikom ber pa kuro kong ma pud pe yac me acel ki lago kin yacu me aryo.*

**2** Kwan ododongo wan ki dul:

Omara ki Akulu gubedo lunyodo mayen ki latin me dwe angwen. Akulu ngeyo ni nongo latin mukene romo medo gi pit mukene manyen ki mede pa tic atima me ot. Ento en tye mwaka 21 dok en tye ki par ni ka enongo latin mukene oyoto, ci ebi tii woko me nongo latin mukene. Akulu cito bot latic yot kom ma i kin paco pi nongo tam. Latic yot kom man ma i kin paco waco ite ni pe olwor, mon pud romo nywalo lutino kede gitye mwaka 30 ki wiye. Latic ot yat owaco ni obedo ber tutwal ki Akulu pe nongo latin me acel ma en onong pe ya oo mwaka apar wiye aboro. Latic yot kom bene wace me kuru wa inge mwaka aryo ma pud pe otemo yac doki me konyo yoto kome ki pa latin. Akulu ki Omara gubedo ka tic miyo ki latin cak kor keken pi dwe 6 inge nywal (ma bene kilwongo ni LAM) calo yoo me gengo yacu me aryo, ento latic yot kom waco it Akulu yoo man tiyo ka latin pud pe okato dwe 6 keken, latin bene ki pito ki cak kor keken, pe ki mukene, dok ka Akulu pud pe ocako neno ruk dong. En waco ni kit ma dong latin tye dwe 4, Akulu gin ki Omara omyero ku cak kono tam me cako tic ki yoo me gengo nywal mukene calo roc bol, yat amunya, yat atuca, yat akwoya ikom onyo nyonyo ma ki keto i dog ot nywal. Akulu ki Omara ginywako man kacel ka gumoko tam ni gi biyero yoo acel mo ki ikin matye ni dok gi bi kuro inge mwaka aryo ka dok gi nongo yacu mukene.

**3** Kwan ododongo wan odoco ki dul.



**4 Nywako lok.** Peny dul man lapeny ki imi ni kare me nywako lagam gi ki luwotgi. Myero inen ni i weko awobe ka anyira weng ki mio lagam ki i dul.



- Pingo omyero dako okur wang ma dong tye mwaka 18 onyo ma kato ci onong latin?
- Pingo laco ki dako ma i ot omyero okur kong mwaka aryo okati ci otem yacu pi nongo latin me aryo?
- Tit kong tic pa anga ma obedo me gengo yacu dok pingo itamo kumeno? Obedo tic pa laco, dako onyo kede pa gin weng?
- Kit peko anga ma jo matino nongo iteme me rii ma pud pe ginongo yacu me acel?
- Ngo ma jo matino romo timo ne me kato peko man ma yelo gi itemo rii gi me nongo yacu acel?
- Peko anga ma jo ma tye i ot nongo i lago gi yacu gi pi mwaka aryo?
- Ngo ma laco ki dako romo timo me kato ki peko man lago ki yacu?

**5 Loro ne.** Kwan lok man matek: *Pire tek pi mon matino me kuro ka dong kom gi ki adam gi tye atera me nongo lutino, tutwale inge mwaka 18. Yacu cut inge nywal romo kelo peko me yot kom pi min latin gin ki latin weng. Bene romo kelo peko i yoo me cam ki cente, dok romo weko gwoke lutino bedo tek ada da. Cit it ot yat onyo lok ki latic yot kom ma ikin gang me nywako yoo mapat pat ma iromo yero ne me gengo yacuki lago gi yacu me aryo.*

**6 Cikke.** Kwan man matek: *Lwo lawala ci iwac ot yat onyo latic yot kom ma ingeyo ma iromo lok kwede ikom ngeyo kare me yac ki me lago kin yacu.*

## Tuku ikom kit ma kongo obedo kwede

- 1 **Acaki.** Wek dul gulwo lawala ci ikwan man matek: *Tin wabi tuku tuku ma pwoonyo wa ikom gin ma time ka dano omato kongo madwong okato.*
- 2 Gor rek, mabor romo mita adek i ngom ma itiyo ki tal onyo cingi.
- 3 Wek lutuku cung i rek acel, i agiki pa rek ma icero i ngom.
- 4 Kwan lok man matek: *Amito ni dano weng otam ikom ngo ma gimito timo i anyim. Man romo bedo gin mo pi cok cok bene, calo "I mito nongo tic diki". Onyo romo bedo gin mo pi kare mabor i anyim calo, "I mito bedo ki biyacara ni nino mo". Tam kong ni gin ma imito pi anyim tye i agiki pa rek man, dok ni in itye ka teme me oo iye. Ki acel acel, wek lutuku owac ngo ma gimito timo i anyim matek wek dano weng owiny, ci iwot i rek icit tung cel. Time calo rek eni obedo pem ot ma tye malo i wii yamo. Ibiwoto tyen acek inge lawoti, ma nongo tyeni tye i rek. Abikwano wang adi ma tyeni okato woko ki i rek. Ka ngat me acel oo i agiki pa rek tung kacani, ka malubu ki i rek obilubu.*
- 5 Kwan lok aluba ma yoo me 4 odoco me neno ni dano weng oniang.
- 6 Cak tuku man dong. Neni lutuku weng owaco ngo ma gi mito i anyim matek dok owoto i rek ki diro, ma nong tyene weng tye i rek. Kwan matek teke tyen latuku mo keken ocato woko ki i rek me kaka bedo iye.
- 7 Kadong dano weng ma i dul gu tung cel, ci kwan man: *Kombedi dok wabituku tuku man odoco. I wangi, omyero i mii wangi ka iwire i lawala tyenangwen oyot oyot, ma pud pe i waco gin ma imito timo pi anyim ki wot i wi rek.*
- 8 Cak tuku. Ma pe ngat moni ocako wot i wii rek, neni kongo owire tyen angwen, owaci ngo ma emitimo i anyim, ki owot arii wi rek. Kwan wel tyen adi ma ngat moni tyene onyono woko pa rek.
- 9 **Nywako lok.** Kadong dano weng oo tung cel



ci ipeny lapeny magi.



- Wire oweko tuku man obedo tek tutwal?
- Iyoo ango ma tic man pore ki mato kongo?
- Itamo ni mato kongo weko oo i gin ma imito pi anyimi bedo tek nining?
- Itami mato kongo balo paci ma ikin gang kany nining?
- Ngo ma itamo ni obedo mato kongo i yoo maber?

**10 Loro ne.** Kwan lok man matek: *Mato kongo madwong/tutwal romo kelo peko mapol calo boto peny ki timo tuku marac i gang kwan ki moko tam maracu. Kongo romo weko komi bedo lit/iwinyo komi lit, ki itimo jami ma cwero cwinyi onyo cwiny jo mukene calo rwate i yoo me butu labongi gwoke onyo bedo ger. Ka imato kongo matek tutwal, cobo jami ma onongo imito timo ne i anyim romo bedo tek. Tye jami madwong ma iromo timo labongi kongo ma weko i bedo yom ki i gwoke.*

**11 Cikke.** Kwan man matek: *Lwo lawala ci iwac gin acel ma in ki luremi wuromo timo me neno ni omato kongo i yoo maber.*

\* Bulu ma tye ki two ma reto dano ni, kom gi lit nyo ngolo, omyero pe gutuk tuku man ento gubed tye ka nywako lok .

# Kad me tic pa OTEKA

## Kad me tito lok ada

### Kad me lok man tye ki ngec i kom:

Yat ma mon mwonyo nino ki nino pi gengo yac

Mola onyo nilo (IUD)

Yat atuca pi gengo yac

Yat akwoya i bad

Roc bol

Roc pa-mon

Yat kimwonyo pi gengo yac ma romo ngole atura

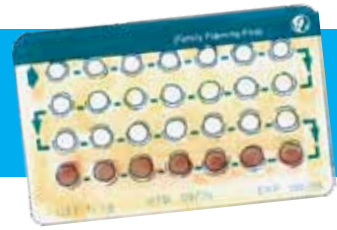
Doto latin pi dwe abicel iyonge nywal ki cak kor keken (LAM)

Cal pa laco manyuto alokaloka ikome ikare me dongo ne

Cal pa dako manyuto alokaloka ikome ikare me dongo ne

Lapeny ma ki maro penyo ki lagam gi





# Yat ma mon mwonyo nino ki nino pi gengo yac

## Yat amwonya nino ki nino me gengo yacu ni obedo ngo?

Yat man ma mon mwonyo nino ki nino me gengo yacu ma bene kilwongo ni, "yat amwonya," obedo yat ma mon mwonyo nino ki nino pi gengo yac. Tye yat mukene ma kimwonyo pi gengo yac ma kilwongo ni, (progestin-only pills or the mini-pill,) man opore pi dako ma tye ka doto latin. Yoo me tic ki yat man tye ki apokapoka matitidi. Dong peny latic me yot kom pi ngec mapol malubu yat man.

## Yat amwonya man tiyo maber nining pi gengo yac?

Pien mon mukene pol kare pe gitiyo ki yat man iyo maber, mon ma romo 8 ikom 100 ma tiyo ki yat man romo yac iyii mwaka me acel.

## Yat man timo ngo ikom dako?

Yat man gengo tong dako me a ki ikome. Ka tong laco pe orwate ki tong dako, dako pe twero yac.

## Pingo jo mukene maro tic ki yat ma ki-munyu nino ki nino?

- Yat man peke ki peko dok bene tiyo maber me gengo yac.
- miyo neno kwer bedo ki remo manok dok bene ki arem ma pe tek
- Pien miyo del kom dako bedo mapwot.
- Dako romo yac cut-cut inge giko tic ki yat man.
- Yat man miyo kero me nongo two kanca ma bedo ikom me mon.
- Dako twero giko mwonyo yat man ikare mo keken,labongo nongo kony ki bot latic me yot kom.

## Pingo jo mukene pe maro tic ki yat me amwonya man?

- Dako omyero omwony yat man nino ducu me miyo yat man oti maber.
- Kare mukene mwonyo yat tek ka itye keni. Yat man romo kelo alokaloka me ony pa remo ikare ma dako neno ki dwe ento pekelo two.
- Yat man kare mukene kelo abar wic, cak kwot, ki cweyo me kum.
- Yat man mite ni omyero I bed ki nonongo ne. Man twero bedo tek tutwal kace yat man otum woko ki kama kinongo ki iye me

## Gin angu mukene ma omyero ange?

- Dako me mwaka mo keken romo mwonyo yat man, medo ki bulu.
- Mon ma pe onyome romo tic ki yat man.
- Mon ma tye ki lotino ki ma pwod peya onywal romo tic ki yat man.
- Yat man pe bedo ka gure ikom mon, loo nino ducu.
- Yat man pe kelo alokaloka iyo me miti me butu ikom dako.
- Yat man pe kelo lurr ikom dako onyo bulu.
- Yat man pe ooyo ic, dok bene pe miyo dako nywalo latin matye ki goro onyo nywalo rudi.
- Ber me nongo yoo ma miyo wi poo me mwonyo yat man ikare ducu macalo icawa me lwoke, ceto kabutu onyo cam me otyeno.
- Ka wiyi owil pe imwonyo yat, pire tek ni imwonyo yat oyoyot ka wii opo kun imedo ki yoo mukene calo roc bol ka irwate ibutu pi gengo yac nioo ka icako tic ki boc me yat mukene.
- Yat man pegwoko dano ikom two nyac onyo kwidi me two jonyo (cilim).



# Mola onyo nilo (IUD)

## Obedo ngo?

IUD obedo mola onyo nilo ma titidi ma kiketo iyii ot nyodo pa mon pi gengo yac pi kare maromo mwaka 12.

## Mola man tiyo nining pi gengo yac?

Pien mola man pe maro wote woko ki iot nyodo, dong ikom mon 100, acel keken onyo mo keken pe twero yac ikin mwaka me acaki me tic ki mola onyo nilo man.

## Mola onyo nilo man ma kiketo iyii ot nyodo pa mon ni tiyo nining?

mola nilo ni neko tong laco matye I lac me nyodo ma pudi peya orwate ki tong dako.

## Pingo jo mukene maro tic ki yoo man pi gengo yac?

- Yoo man peke ki peko doki tiyo maber totwal me gengo yacu pi mwaka maromo 12.
- Ka dong kiketo mola man pe dong tye mo mukene ma dako myero otim me gengo yac pe mito poo wic mo keken.
- Mola ni pe nen doki dako pe winyo ikome, dong pe tye ngat mo ma romo ngeyo ni dako tye katic kwede.
- Dako twero yac cutucutu ka latic me yot kom okwanyo mola man woko.
- Ka dong kiketo, pe tye gin mo dok ma mite me atima pi mola onyo nilo man.

## Pingo jo mukene pe maro tic ki yo man?

- latic me yot kom ma opwonye aye myero oket ka dok bene okwany mola man.
- Keto ki kwanyo mola man miyo dako bedo ki kwo matek.
- Keto Mola onyo nilo man miyo remo ony mapol ikare me neno dwe ki bene romo medo arem matek bot mon mogo totwale ikine me dwer 3 nio 6 me acaki me keto mola man.

## Ngo mukene ma mite ni omyero ange?

- Mon ma pe ya onyome romo tic ki yoo man.
- Mon ma pwod pe ya onywal romo tic ki yoo man.
- Mola onyo nilo man dako me mwaka mo keken, onyo nyako romo tic kede.
- Mola man pe miyo yii dako ony inge kwanyo ne.
- Mola noyo nilo man pe kelo lur ikom dako.
- Mola man pe miyo inywalo latin ma tye ki goro mo keken.
- Mola onyo nilo man pe kelo kanca.
- Mola onyo nilo ni pe cito iyii adunu onyo iyii angit wi dako.
- Mola onyo nilo man pe kelo peko mo onyo arem mo keken ikare me rwate ibutu.
- Mola onyo nilo man dako twero tic kwede wa ikare me en tye ka doto latin.
- Dako pwod romo tiyo tic matek kadi tye ka tic ki mola onyo nilo man.
- Mola man pe gengo dako onyo laco nongo nyac onyo kwidi me two jonyo ikare me rwate ibutu.





# Yat atuca pi gengo yac

## Yat atuca pi gengo yac obedo gi ango?

Man obedo yat ma Kitucu ki mon pi gengo yac. Yat atuca man tye kite mapol mapatpat. yat atuca ma mon tuce kwede inge dwe adek adek ni, kare mokene kilwongo ni 'DMPA onyo Depo-Provera'. Twero bedo ni onyo tye kit yat atuca mokene ikin paci wu. Tim ber ilok ki latic me yot kom ma ikin pacu wu kunu wek inong ngec mokene mapol.

## Yat atuca man tiyo maber nining pi gengo yac?

Pien kare mokene wii mon pe po me tuce ikare kikome, mon maromo 3 ikom 100 ma tiyo ki yat man romo yac imwaka me acel me tic ki yat man.

## Yat atuca man tiyo nining?

Yat man gengo bino patong dako. Ka pe tye tong dako mo ma omyero rwate ki tong laco, ci dako pe twero yac.

## Pingo omiyo jo mukene maro tic kede yat man?

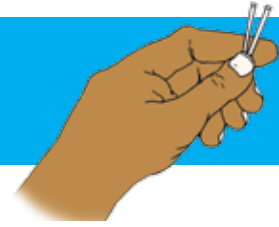
- Yat atuca man tye ma opore dok bene tiyo maber pi gengo yac.
- Pol lutic me yot kom ducu romo miyo yat man.
- Ikin kare me dwe adek ma yat man kitucu, pe tye gimo mukene ma mite ni mon myero otim me gengo yac, wa peko me wil wic bene peke.
- Ngat mo mukene petye ki yo mo keken me ngeyo ni dako tye katic ki yat atuca. Obedo gin me mung.
- Remo ma ony ikare me kwer pa mon bedo ma nok-nok dok bene giko inge kare maromo mwaka acel me tic ki yati.
- Yat atuca kiromo tic kwede kadi bed dako tye kadot, cake dwer 6 Inge nywal.

## Pingo jo mukene pe maro tic ki yat man?

- Yat atuca romo miyo ony pa remo ikare me kwer pa mon loke dok bene twero rwenyo.
- Miyo kec neko dako tere-tereman romo kelo cweyo.
- Dako romo tero kare maromo dwer 6–12 me yac inge weko tic ki yat man.
- Wii dako myero opo me cito kaneno latic me yot kom inge dwer adek adek pi tuce ki yati.

## Ngo mukene ma mite in omyero an ange?

- Yat atuca man pe weko dako onyo nyako doko lalur.
- Mon ma pwod peke ki latin bene romo tic kiyat man .
- Kadi bed dako ma pudi piya onyome bene romo tic ki yat man.
- Mon me mwaka mo kiken ki anyira ma dong opong, yat man opore pigi.
- Yat man miyo mon mokene pe neno ony pa remo I kare me kwer gi, man pe kelo peko mokeken ikom dako pien remo ni pe pong ikom dako onyo kelo peki mo keken. Mon mukene maro pien ni man miyo gin pe nongo ony pa remo ikare me kwer gi.
- Yat man pe gengo nongo kudi me two jonyo onyo two mukene ma kobo iyo me rwate ibutu.



## Yat akwoya i bad

### Yat akwoya ibad ni obedo ngo?

Yat man tye matino ma kiketo ite del me bad dako kimalo man romo gengo yac pi kare ma romo mwaka 3-5 malube ki kit yate. Tye kwayo yadi man aryo ma ngene matek i Uganda: "Implanon" ma rii pi mwaki 3, ki "Jadelle" ma rii pi mwaki 5.

### Yat man tiyo maber nining pi gengo yac?

Pien yat man pe kato woko ki ite del bad, dako 1 onyo bene pe ikom mon 100 ma tiyo ki yat man romo yac ikin mwaka me acaki metic ki yat man.

### Yat man tiyo nining pi gengo yac?

Yat man gengo tong dako bino ki I borone. Man miyo tong laco pe romo rwate ki tong dako, mio dako pe romo yac.

### Pingo jo mukene maro tic ki yat man?

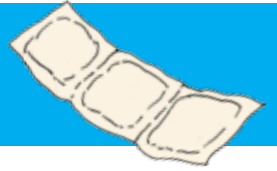
- Yat man tye maber kede dok opore tutwal pi gengo yac.
- Yat man ri ikom dako pi mwaki maromo 3-5.
- Ka yat man dong kiketo ikom dako, pe tye dok gin moor mukene ma mite ni dako otim pi gengo yac. Kede bedi wa poo pa wiye me.
- Ony pa remo ikare me kwer pa dako bedo manok do polkare rwenyo ikin mwaka me acel me cakotic kwede.
- Dako twero yac cutcut inge kwanyo yat man.
- Yat man dako twero tic kwede kede bedi en tye kadot, nicake ikin cabit 6 inge nywal.
- Pe tye ngat mo maromo waco ni dako in tye katic ki yat man.

### Pingo jo mukene pe maro tic ki yat man?

- Dako bedo ki alokaloka I ony pa remo ikare me kwer ne ento man pe peko mo.
- Latic me yot kom ma onongo pwonye aye omyero oketi do okwany yat man.
- Mon mukene ma tiyo ki yat man kare mukene bedo ki abar wic, alokaloka I pek gi, ki alemacwiny.

### Ngo mukene ma mite pi an me ngeyo?

- Mon me mawaka mo kiken ki anyira ma opongtwero tic ki yat man. Dako ma pudi peke ki latin bene twero tic ki yat man.
- Dako ma pudi peya onyome bene twero tic ki yat man.
- Yat man pe weko dako onyo bulu ma anyako twero bedo lalur.
- Yat man pe rweny kamo kiken ikom dako.
- Yatman twero miyo dako giko neno kwer ne, ento man pe obedo gin marac pi yot kom. Remo pe joge ikom dako.
- Yat man pe gengo nongo kudi me two jonyo onyo two nyaci mukene ma kobo iyo me ribe ibutu.



# Roc bol

## Roc bol obedo ngo?

Roc bol obedo mupira marep ma kiruku i kom me coo i kare me rwate i butu.

## Roc bol tiyo maber nining pi gengo yac?

- Pien jo mukene ma onyome pe gitiyo ki roc bol maber i kare ducu me rwate i butu, mon maromo 15 i kom 100 ma tiyo ki roc bol romo yac ikine me mwaka me acel me cako tic ki roc bol.
- Ka kitiyo ki roc bol maber i kare ducu me rwate i butu, roc bol tiyo maber me gengo two ma kobo i butu kacel ki kudi two jonyo.

## Roc bol tiyo nining me gengo yac?

- Roc bol jolo lac nyodo matar ma kato ki ikom coo ikare me rwate ibutu. Man weko tong coo pe donyo ikom dako me rwate ki tong dako.

## Pingo jo maro tic ki roc bol?

- Roc bol ber dok bene tic kwede yot.
- Iromo tic ki roc bol labongo nongo ngec kibot latic me yot kom.
- Pol kare nongo roc bol yot.
- Ka i tiyo kwede maber i kare ducu ma irwate i butu, roc bol gengo yac ki kwidi two jonyo medo ki two mukene ma kobo i yo me butu.

## Pingo jo mukene pe maro tic ki roc bol?

- Ruku roc bol gengo mit me rwate i butu.
- Jo aryo ducu myero oyee ma pudi peya laco oruku roc bol.
- Roc bol myero obed tye ma peya rwate ibutu otime.
- Ka pe kitiyo kwede maber, roc bol romo yec onyo luny woko i cawa me rwate i butu.

## Ngo mukene ma mite in omyero ange?

- Jo mukene pe tiyo ki roc bol maber kono bene pe gitiyo kede i kare ducu ma nongo gi rwate i butu, pi man, pire tek me tic ki yo mukene me gengo yac, ma calo yat amwonya, nyony mola ma giketo I ot nyodo, yat ma kikwoyo i bad, memedo ikom roc bol me gengo yac ki twoma kobo i rwate ibutu.
- Jami ma calo moo wir ki moo dek twero balo roc bol woko. iromo tic ki laa dog onyo pii kiken.
- Roc bol omyero kigwok kama otwo dok bene ngic, ento be I jeba onyo kikapo lakan cene.
- Roc bol acel omyero iti kwede tyen acel keken. Myero i tii ki roc bol manyen i kare ducu me rwate i butu.
- Pe i tii ki roc bol ma poke oyec, onyo ka roc bole moni otwo woko onyo omake liking, onyo kala ne dong oloke oko. Pe i kaa pok roc bol kilaki pien i romo tucoko.
- Tii ki roc bol acel acel keken ikare me rwate i butu.

# Kite me tic ki roc bol

## Yoo 1

Ruk roc bol ma komi me coo ni ocung matek ma kom wu pwod pe orwate ibutu. Lac nyodo ma ocako oony romo bedo ki dong laco onyo kwidi me me two ma kobo iyoo me butu.

## Yoo 2

Yec pok roc bol tung acel kun nongo pe iyeco kom roc bol. Wot roc bol woko mot dok maber.

## Yoo 3

Mak wii roc bol wek yamo ma tye iyie ni okat woko pien yamo enoni romo miyo roc bol yeco, ci do iruki i komi me coo ma ocung matek. ci i keto wa iyii agiki me komi me coo.

## Yoo 4

Ma pwodi idiyo wi rocbol ma olore ni, tii ki cingi tung mukene me ryeyo momot wa iyii agiki me komi me coo, ci omyero inen ni roc bol tye maber ikomi me coo i cawa me rwate i butu; ka tye kaluny, ywa idwok cen kakare oyot oyot.

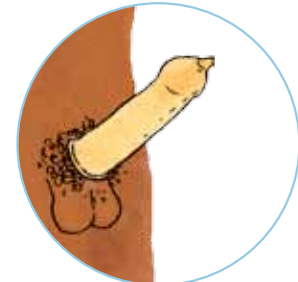
## Yoo 5

Cucut inge kato pa lac nyodo, kwany komi me coo woko ma pwod tye ocung matek ci i mak roc bol matek i kakare. Kwany roc bol ka dong iwoto woko komi me coo liweng ki ikom dako. Pe iwek komi me coo ki roc bol obed cok ki kom dako.

## Yoo 6

Bol roc bol ma itiyi kwede in. Boo roc bol ni ki karatac ci i bol i bur coron. Pe i bol i coron ma tiyo ki pii.

PE I TII KI ROC BOL ACEL PI TYEN MA KATO ACEL.



# Roc pa-mon

## Roc pa-mon obedo ngo?

Roc-pa-mon obedo bere marep ma kiyubu maber pi kom pa mon. Tung cel me me roc pa mon wumu dog ot nyodo pa dako me gengo lac nyodo pa laco peme donyo l ot nyodo pa dako. Dako tiyo kwede i kare me rwate i butu me gengo yac.

## Roc pa mon tiyo maber nining me gengo yac?

- Pien kare mukene mon pe tiyo ki roc man ma maber i kare ducu ma en rwate i butu, mon maromo 21 i kom 100 ma tiyo ki roc pa mon romo yac ikine mwaka me acel me cako tic ki roc pa mon.
- Roc pa mon bene gengo two mapol ma kobo i yoo me butu ka dako gi ki cware otiyo kwede maber ikare ducu me rwate i butu.

## Roc pa mon gengo yac nining?

- Jolo lac nyodo pa laco ma weko tong laco pe donyo i kom dako i kare me rwate ibutu.

## Pingo jo mukene maro tic roc pa mon?

- Roc man tye maber tutwal pa coo.
- Ka gitiyoki roc pa mon ikare ducudoki maber, romo gengo yac, ki two mukene mapol, medo kwede kwidi two jonyo.
- Romo bedo i kom dako pi wang cawa 8 ma rwate i butu pwod piya otime. Man miyo rwate i butu bedo maber.
- Roc pa mon medo mitme rwate i butu tutwal.
- I romo tic ki roc pa mon labongo cito bot latic me yot kom me nongo ngec.

## Pingo jo mukene pe maro tic ki roc pa mon?

- Wele tek loyo roc bol.
- Roc pa mon woo man weko tic kwede tek.
- Kadi bed ni dako keto roc ni i kome, laco omyero oyee me tic kwede.
- Twero tero kare me ngiyo me keto roc man oyot doki maber ikom me mon.

## Ngo mukene ma mite ni an omyero ange?

- Jo mukene pe tiyo ki roc pa mon maber dok pe tiyo kwede i kare ducu me rwate i butu, pi man, pire tek me tic ki yoo mukene me gengo yac, yoo ma calo yat amwonya, mola ma kikeo i ot nyodo pa dako, yat ma kikwoyo i bad, medo ki tic ki roc me gengo yac ki two ma kobo i butu.
- Jami ma calo moo wir kwede moo dek twero balo roc man woko. Pi man ber me tic ki pii keken.
- Roc pa mon pe rweny i kom dako.
- Jo ma onyome ki ma pe onyome romo tic ki roc pa mon.
- Roc pa mon pe kelo two i kom dako.
- Roc pa mon ki meg pa coo myero pe gitii kwedgi kacel.
- Roc pa mon myero kigwok kama otwoo maber.
- Roc pmon myero iti kwede ki cel keken.
- Pe iye tic ki roc pa mon ma dog poke oyec, onyo ka roc pa mon enoni tye ma otwoo, omake oko, onyo kala nedong oloke oko.
- Bed ki roc pa mon mapol kare ducu.

# Kitme tic ki roc pa mon

## Yoo 1

Yab pok roc maber.

## Yoo 2

Ngi nyor ma tye iyii roc pa mon ki tung piny, tung kama oloreni.

## Yoo 3

Min nyor ni lanyig cingi madit ki lacim ikin ma idyere.

## Step 4

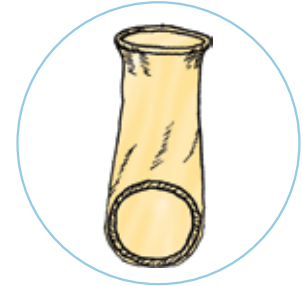
Tii ki cingi me keto nyor i komi me mon. Nyor ma dong bedo tung woko wumu komi me mon.

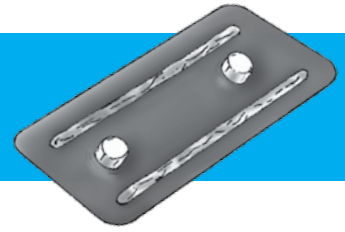
## Yoo 5

Wek kom lacoo oduony maber iyii nyor ma woko ka i tye karwate i butu. Ka komi me mon ni tye woko, man pe gwoki ikom yacu bene wa ikom two ma kobo i butu.

## Yoo 6

Min ka iwir nyor me ma tung woko me gwoko lac nyodo pa laco I roc ci dong iwot woko maber ma dako pwodi piya oaa malo inge rwate i butu. Pe i bol i coron ma tiyo ki pii. Ento wang woko, onyo bol ibur coron.





# Yat kimwonyo pi gengo yac ma romo ngole atura

## Ngo ma obedo yat ma kimwonyo pi gengo yacu ma romo ngole atura?

Yat man ma kimwonyo pi gengo yacu tye manyige ma kimwonyo ikin kare me nino abic inge rwate ibutu labongo gwoke ki roc. Ikare mukene bene kilwongo ni yat amwonya odiko ingeye.

## Yat man tiyo maber nining pi gengo yac?

Pien kare mukene mon pe mwonyo yat man ikare kikome onyo ikare mukene yat pe tiyo, mon maromo 1 onyo 2 ikom 100 ma tiyo ki yat man inge rwate ibutu tyen 1 romo yac.

## Yat man tiyo nining?

Yat man gengo onyo galo wot pa tong dako me rwate ki tong laco. Yat man pe tiyo ka ce inen dako dong oyac woko.

## Omyero iti ki yat man ikare mene?

Dako romo tic ki yat man ikin kare me nino 5 inge rwate ki laco ibutu labongo gwoke, onyo ki ribe ibutu labongo tic ki yoo mukene me gengo yacu onyo ka yoo mukene pe tiyo maber, calo ka roc oyec onyo dako pe omwonyo yate me nino ducu. Yat man tiyo maber ka kimwonyo oyotoyot inge rwate ibutu labongo gwoke.

## Pingo pol pa dano maro tic ki yat man?

- Kiromo tic kwede inge rwate ibutu labongo gwoke pi miyo kero mukene pi gengo yacu.
- Dako ay ma loyo kit me tic ki yat man.
- kiromo gwoko kamacok kace dako orwate ibutu labongo gwoke.

## Pingo mon mukene pe maro tic ki yat man?

- Yat man romo kelo alokaloka manonok me ony paremo pi nino 1 onyo 2 inge mwonyo.
- Yat man romo weko dako cako neno kwer me dwe ne con onyo pe kite ma onongo obedo kwede con.
- Yat man romo kelo ngok, abar wic, onyo rem me piny yic ikin kare me cabit acel inge mwonyo ne.

## Ngo mukene ma mite ni omyeroange?

- Yat man ber pi Mon ducu wa ki anyira ma opong.
- Man pe kelo ony pa ic.
- Yat man pe gengo dano me nongo kwidi two jonyo.
- Yat man pe kelo goro ikom latin ka ce yacu obedo tye.
- Pe rac pi yot kom dako.
- Pe kelo lur. Dako twero yac cutcut ka en dok orwate ibutu labongo gwoke.

# Doto latin pi dwe abicel iyonge nywal ki cak kor keken (LAM)



## LAM obedo ngo?

LAM, obedo yoo acel me lago nywal ma obedo “doto latin pi dwe abicel (6) inge nywal ki tunu koo keken” pi gengo yac. Man ocung ikom adwogi ma dot kelo ikom dako.

## LAM tiyo maber nining?

Pien mon mukene pe tiyo ki LAM maber, mon maromo 2 ikin 100 ma tiyo ki LAM pi dwe 6 me acaki inge nywal romo yac.

## LAM tiyo nining?

LAM gengo wot patong dako me rwate ki tong lacoo. Pi yoo man me tic maber, dako myero bed ki jami adek magi:

1. Neno kwer me dwe pwod peya odwogo inge nywal.
2. Latin doto cak kor keken. Man nyuto ni pe tye cam onyo pii–pii, mokeken ma omyero imi ki latin. Latin myero odot cak idye ceng ki idyewor ducu.
3. Latin pe kato dwe 6 imwakane.

Ka dako dong pe romo keto itic yoo adek magi, en omyero ocak tic ki yoo mukene me Lago nywal cutcut pien LAM pe omaro konye me gengo yacu.

## Pingo mon maro tic ki yoo man me gengo yacu?

- Doto latin pe mito cente mo keken.
- Doto cak kor ber tutwal pi yot kom latin gin ki mine ducu.

## Pingo mon pe maro tic ki LAM?

- Dako myero odot latin ki cak kore keken idye wor ki idye ceng ducu man pe romo timebot mege ducu.
- Mege pe twero poke ki latin pi wang cawa malac idye ceng onyo idye wor.
- Yoo man kinywalo kidano anywala. Pe ki yat mo keken, yoo ma gitiyo kwede onyo pwony pa dakta pe mite.

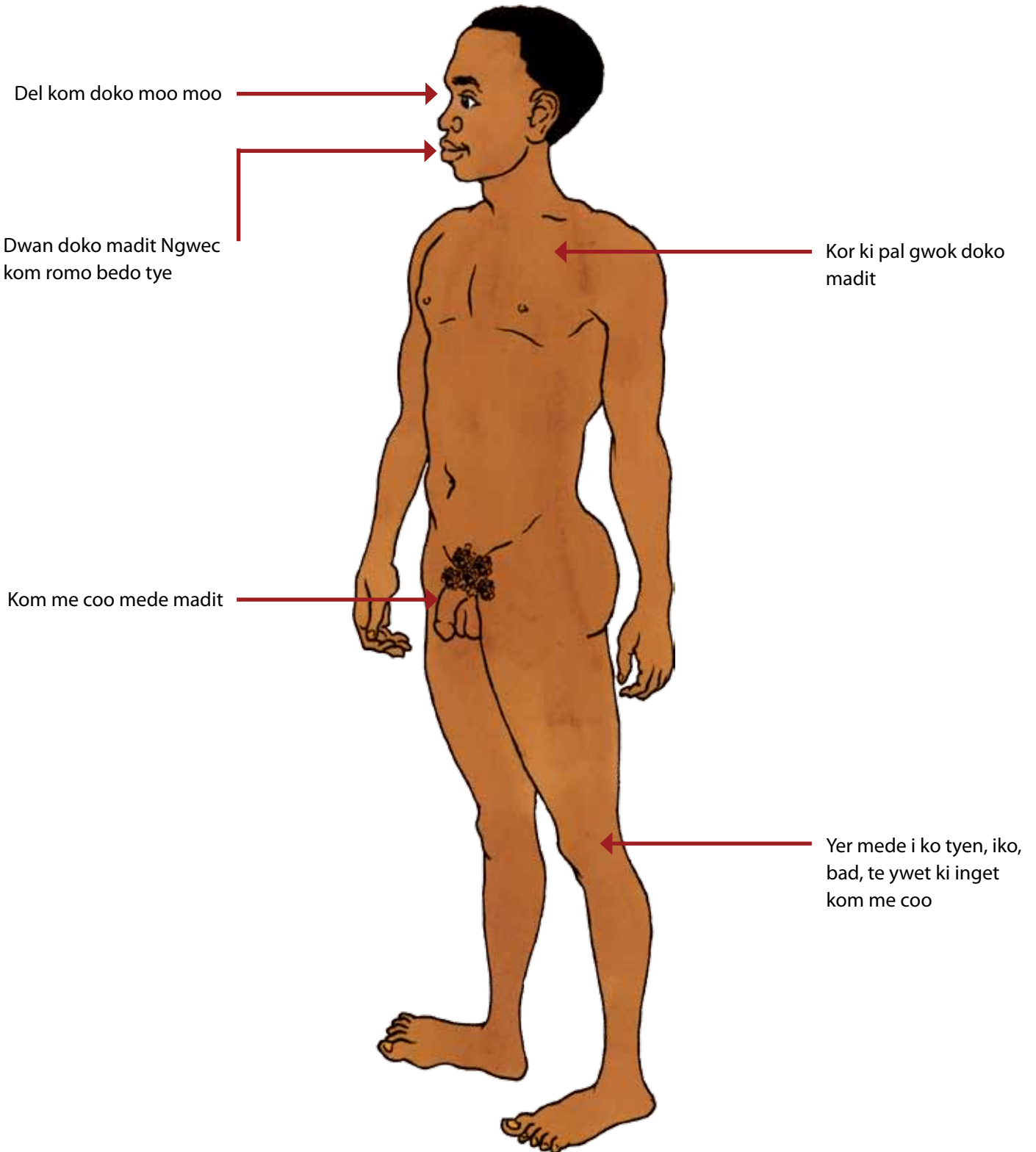
## Ngo mukene me mite ni an omyero ange?

- Yoo man tiyo maber tutwal me gengo yacu ka dako pwod pe ocako neno kwer me dwe mere kun tye kamiyo latin cak kore keken idye wor ki idye ceng ducu ki ka latin pe kato dwe 6.
- Cak kor keken romo pito latin pi acaki dwe 6. Cam onyo gin amata moro keken pe mite.
- Cak kor pe romo cwiny ka dako tye kadoto latin idye wor ki idye ceng.
- Dako omyero omede ki doto latin kadi en onyo latine kome lit.
- Dako omyero ocak tic ki yoo mukene me gengo yacu ka en dong ocako neno kwer me dwe mere.
- Me mede ki gengo yacu, dako myero ocak tic ki yoo mukene me gengo yacu ka en ocako pito latine ki cam onyo gin amata mo mukene.
- Me mede ki gengo yacu, dako omyero ocak tic ki yoo mukene me gengo yacu ka latin okato dwe 6 loo.
- Pire tek me yero yoo manyen me gengo yacu ma jami magi ducu pwod pe otime me wek dako omede ki gengo yacu. Dako omyero omede ki doto latin kadi en ocako tic ki yoo mukene.



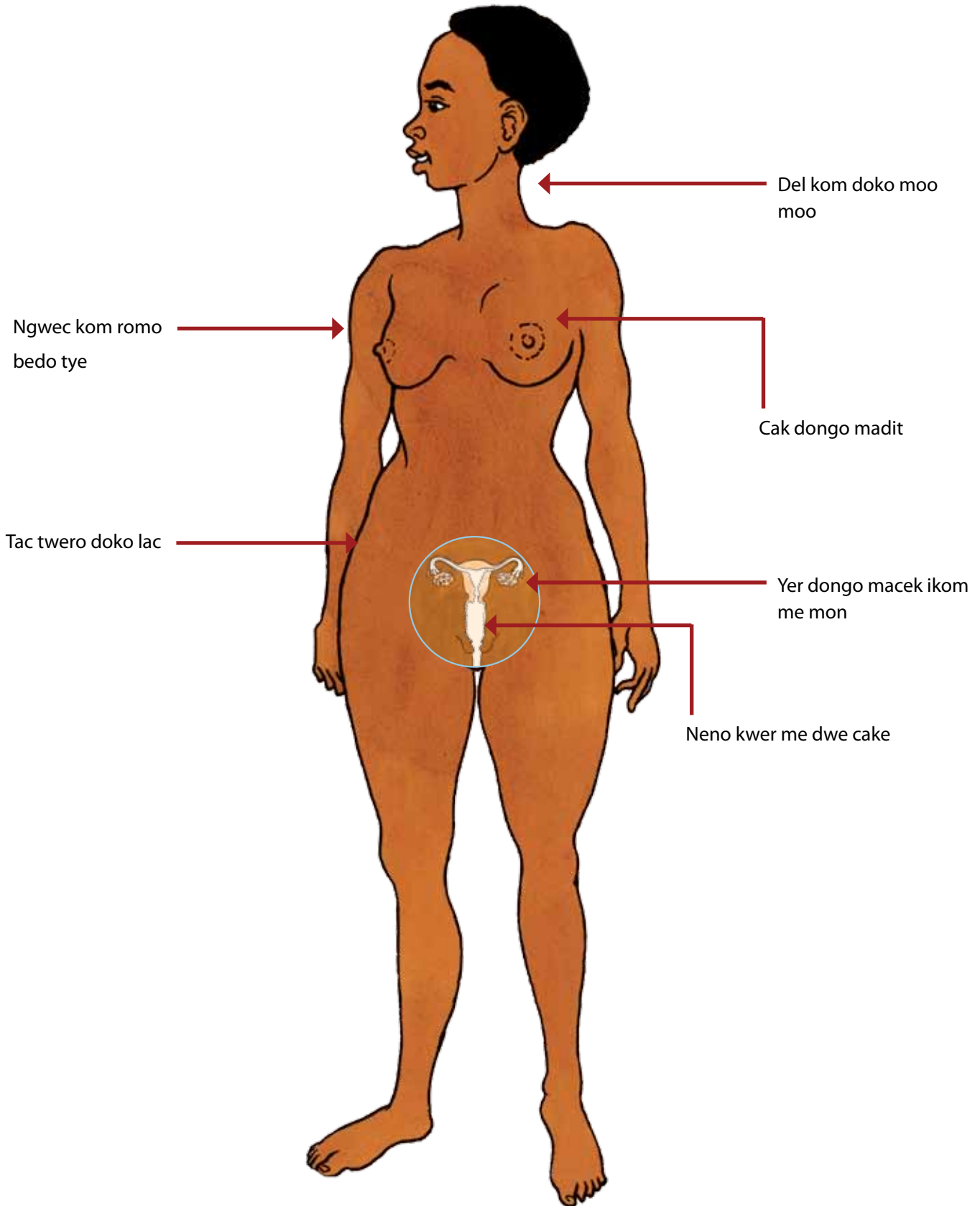
# Cal pa lacoo

Myero otii kwede i Kad me tic pi bulu me mwaka 10-14



# Cal pa dako

Myero ki tii ki Kad me tic pi bulu me mwaka 10-14



# Lapeny ma ki maro penyo ki Lagam gi

## Tegi obedo gin ango?

Tegi obedo kare ma lutino pe dong gitye lutino matino dok bene pe gitye jo madongo. Ikare me tegi, dul kom mapat pat pa awobeki anyira bedo ki aloka-aloka ma nyute-kom gi dongo madito dok maboco, nyim gin tegi ka dok yee pol kare cako dongo i kabedo mukene ma ikom gi. Ikare me tegi, nyako kome lokke bedo atera me yac ka latin awobi bene lokke bedo ki kero me yaco nyako.

## I kare mene ma awobi ki anyaka donyo ki kare man me tegi pa kom?

Tegi aye kare ma aloka-aloka nen i dul kom lutino ma nongo gitye kadongo me doko jo madito. Anyira pol kare aloka-aloka cako time ikomgi con loyo awobe. Pol anyira aloka-aloka cako nen i dul komgi ka gitye ikine ka mwaka 8-13, ki awobe cako neno aloka aloka ka gitye ikine ka mwaka 10-15. Romo bedo con onyo romo bene lacen. Ngat man tye pat manok ki lawote, pi meno, ngat acel-acel donyo i tegi ikare ne kene. Aloka-loka i tam ki kom mede ki time nioo wa ikine me mwaka 19 onyo 20

## Obedo gin ma time pi awobe ki anyira mukene me tegi con loyo luwotgi?

Kakare. Awobe mukene cako tegi con ki mwaka 10, mukene gicako tegi ki mwaka 15 kulu. Anyira mukene gicako tegi con ki mwaka 8 keken ento mukene gicako tegi wang ma gu oo mwaka 13 onyo makato. Ngat man kome yot kit ma gin tye kwede. Ento, ka anyaka pe ocalo neno ruk ma en dong tye ki mwaka 16, ci en omyero ocit onen lagwok yot kom.

## Neno dwe/ruk en aye obedo gin ango?

Cwer pa remo matime ikom mon dwe ki dwe obedo gin ma oporo matime ikom mon ma dong oo imwaka moni kare ki kare. Pol kare tero nino adek onyo angwen ka juke. Man tye lanut ni nyako ma dong tye kaneno gin man dong twero yac ka orwate ibuto labongo gwoke.

## Lawala me neno nino ruk obedo gin ango?

Lawala me neno ruk obedo kare ma cake ki i nino me acel me neno ruk me oo inino me agiki ma pud pe icako neno ruk me dwe meno. Kit ma man time pol kare, oweko kilwongo ki "lawala"

## Kare mene ma nongo dako onyo laco tye atera onyo romo yac?

Bedo atera tere ni nongo dako romo yac. Pi kare maromo nino 12 ikare me neno ruk, mon ma pol kare neno ruk ikine nino 26 ki 32 ki maro bedo atera inino 8 me oo 19 me lawala gi. Ka dako orwate i butu ikare ma en tye atera ni, yacu omaro bedo tye. Coo tye ki kero me yacu dako cake inge kato pa pig me acel wa i agiki pa kwo gi.

## Yube pa tong dako obedo gin ango?

Yube pa tong dako obedo kare ma tong dako o aa ki ot te. Man pol kare time ki idye lawala neno ruk pa dako. Dako romo yac ka tong laco orwate ki tonge ka gu rwate i butu. Ikare man ma nongo dako tye atera ni, en cawa mukene neno pig gin mo matar ii cuwale onyo winyo kome me mon odyak.

## Ngo ma obedo dyak dyak ma kare mukene tye ite cuwal pa anyira ni?

Kare mukene anyira neno pig gin mo matar ite cuwal gi onyo gi winyo kom gi me mon odyak – man kilwongo ni kati pa pii ki ikom. Anyira pol kare ki winyo man ikare me yube pa tong dako, ma nongo gitye atera. Pii man ki dyak pa kom gi me mon konyo tongo laco me kato ki ot nywal me cito ka rwate ki tong dako.

## Anyira omyero guket gin mo i kom gi me anyira wek nywece obed maber?

Pe omyero guketi. Lwoko kom gi me anyira ni ki cabun ki pii nino ducu weko bedo maleng. Keto gin mo ii kom gi me anyira weko kom bedo mu twoo, il onyo weko ki nongo two.

## Anyira romo gwoke nining ikare me neno ruk ka gi peke kede lamwol kom/pad?

Ka lamwol kom peke, tic ki karatac me coron onyo bongo pama ite cuwal bene konyo me jwino romo. Ber bene ka i kwanyo karatac coron onyo bongo pama mukene me wek iloki i kare me dye cen.

## **Telo obedo gin ango?**

Telo en aye jing matek pa nyim laco malube ki ringo pa remo i lee ma i nyime. Awobe ki coo pol kare gi telo wang mapol i dye wor. Pol kare time me coo ma nyime nongo ocung matek. Man gin ma time. Awobe ki coo bene gitwero telo i dye ceng i cawa ma nongo pe gitye ka tamo ni gi bitelo, kedi bed nongo gi peke ki miti me butu. Coo ki awobe pe giromo diyo awene ma ki telo kwede. Man gin ma pol kare time i yoo me dongo pa nyim gi ikare ma nongo gitye ka dongo doko madit.

## **Lire obedo gin ango?**

Lire pa coo obedo yango del ma umu wi nyim laco. Kace awobe olire, gin mo peke ma omyero owek en obed ki lwo, lire pe balo butu ki dako ikare me anyim. Lire ma coo romo konyo gengo awobe onyo coo nongo two jonyo. Ento man pe gengo nongo two jonyo matwal. Kede bed owobi olire, pire tek me tic ki roc bol iyoo matir kare weng ma en rwate i butu.

## **Lac nyodo ki nyig laco en aye ginango?**

Lac nyodo en aye obedo gin matar ma kati ki iyim laco kacel en otelo. Lac nyodo tye ki nyig laco. Nyig laco obedo dul kom laco ma ka oribbe ki pa dako yubu latin. Lac nyodo yube ki i nyig man laco. I pig kom laco acel acel ma oton nongo tye iye nyig laco mapol ata. Kace pig kom meno odonyo ikom nyako me mon, nyako romo yac.

## **Leg ni itye imar obedo ngo?**

Ikare me tegi kom lok ki cako yubu lac nyodo/pig kom. Lac nyodo man nongo kit ye atera me kato ki ikom dok man time i yoo me "lek ni itye imar". Pol kare bulu ma tye ka tegi ma awobe gi coo otiko nongo gu telo, ki cawa mukene ki pigi i bongo gi onyo kaburu. Man obedo gin ma time.

## **Nyim coo mono dite ma opore omyero obed rom mene ki ocung nining ?**

Nyim laco bedo dit ne onyo titi pire pe tek dok en aye pe nyutu kace loco romo yaco dako onyo lamar maber. Pi coo madongo, nyim ma tye idyere nongo ikine maromo pore ki bor pa cingi kace otelo. Pi lutino ma gitye ka tegi, pe tye dit pa nyim mo ma ki romo tic kwede ni en aye opore onyo tye idyere pien awobe komgi tegi imwaka ki twiro mapat pat. Ikare me tegi ikine ka mwaka 10-18, nyim ki tong man-gi ruyu dongo ki tegi kede bed ni nyim gi pe juku dongo ni oo wa i imwaka 21. Pe tye tung ka mo keken ma myero okem ka ojing matek.

## **Lac nyodo mono ki lac pii gi romo kato ki ikom dano kacel?**

Lac pii ki lac nyodo weng gikato ki i yoo acel. Ento, "lageng" mo tye calo dugola mo matidi-ki i te yoo ma lac aa ki iye me kato woko ma pe yee lac pii me kato kacel ki lac nyodo

## **Yoo ango ma iromo lwoko onyo weko komi coo bedo maleng?**

Tii ki cabune me lwoko komi me coo. Ka komi me coo pe liro, cii ill del wii komi me coo cii ilwok tere piny

## **Cukcuk en aye ginango?**

Cukcuk obedo kare ma awobi onyo anyaka gudu onyo tuku kikome me mon onyo coo pi nongo miti kit ma rwate i butu ni. Cukcuk oo wa i cung matek pa kom laco ka weko pig kome kati onyo ok mite ma loyo weng pi anyira. Pe tye yoo mo maber loyo onyo marac loyo me timo man.

## **Cukcuk romo kelo peko mo me yot kom?**

Gin mo marac peke. Tim man pe kelo peko mo keken kadi ka ibed ki timo tere-tere. Dok bene, pe twero weko yacu mo bedo tye, nongo kwidi two jonyo onyo, two mukene cobo iye me rwate i butut. Cuk cut pe balo kero pa laco me yubu lac-nyodo onyo bedo atera pa mon. Kadi bed ni pol kare lewic mako dano me lok ikom tic man, lewic mo peke iye.

## **Anyira bene romo tic ki yoo mukene me cobo miti gi labongo rwate ki laco i butu?**

Kakare Obedo gi matime pi anyira me tic ki yoo me tuku/gudu kom gi pi cobo miti gi me rwate i butu. Pol anyira cako timo man ikare me tegi gi me dongo doko dit. Man pe kelo yacu, onyo two mukene ma kobo ka i rwate i butu.

## **Dako romo yac kadi bed ni pud wang me acel me rwate i butu ki lacoo?**

Kakare, dako romo yac kadi bed pud wang me acel me rwate i butu. Cawa mo keken teki dako orwate i butu ki lacoo ci kome me coo odonyo i kome me mon, en romo yac. Bene iromo nongo two ma kobo i yoo me rwate i butu teki dako onyo lacoo orwate i butu, kadi pud wang me acel.

## **Ngo ma mite wek yacu otime?**

Kadi bed ni yacu pe twero time i cawa weng ma ki rwate i butu, romo time kace jami adek magi gutime: 1) tong nyodo omyero obed tye i ocike pa dako, ocike ma tong dako kato i iye me cito i ot nyodo ka ma latin dongo ki iye; 2) lac nyodo pa laco omyero oribe ki tong dako wek okel latin; dok 3) tong nyodo ma guribbe dong me kelo latin ni omyero gumoko i kor ot nyodo pa dako

## **Ocake mwaka mene ma anyaka romo yac kede?**

Ka nyako dong ocako neno ruk, tere ni dong kome romo yac ka en orwate i butu. Ento man pe tere ni kome ki wiye dong tye atera me nywal. Man tyene ni kome aye romo yac.

## **Yacu kiromo gengo nining?**

Kace laco ki dako gimito rwate i butu labongo nongo latin, giromo tic ki yoo me lagu nywal pi gengo yacu. Tye yoo mapol ma giromo tic kwede ma ikine tye iye tic ki roc bol, yat amunya me gengo nywal, yat ma kitucu atuca, nyonyo akwoya ikom mon, ki yoo mukene matye con. Lok ki latic yot kom pi nongo ngeg ikom yoo matye. Kace laco ki dako gitye katic ki yoo mo keken iyoo ma atir, meno tere ni gin tye ka "gwoke" ki ikom yacu. Kace gutiyo ki roc bol medo ikom yoo mukene me lagu nywal, tere ni gitye ka "gwoke" ki ikom yacu wa ki ikom two makobo i yoo me rwate i butu calo two jonyo

## **Bulu matye ka tegi rom tic yoo weng me gengo yacu?**

Bulu ma tye ka tegi, kono matye igang kwan onyo pe igang kwan romo tic ki yoo mo keken me gengo yacu. Kono do, tweno onyo nyolo ocike pe opore pi bulu matye ka tegi pien ka kitiyo kede kicel ci dong ngat meno pe obi yac matwal. Ki bene yoo mogo calo ngeyo nino ma iromo yac kede calo me tic ki "moon beads" ki kwano nino ma itami ni nongo tye maber, pe opore pi bulu ma pud ocako neno ruk cok cok. Man pien anyaka onyo dako omyero onge nino me kare ma tero i neno ruk wek yoo magi ogeng yacu.

## **Anyaka romo yac i kare me neno ruk?**

Kakare, romo time kede bed ni man maro time. Man romo lub kare ma en tero ineno ruk, nino adi ma neno ruke tero, ki awene ma en rwate kede i butu pien lac nyodo/kom lacoo tero ningo moog ma nongo tye ikome.

## **Pingo tye mon mogo ma pe kiromo nywal?**

Pe bedo kero me yac romo bedo pien dong mwaka ni otegi onyo peke tye ikom lacoo, dako onyo wun weng. Kare mukene daktar pe romo nongo tyen ngo ma oweko in be iromo yac.

## **Pi kare marom mene ma omyero jo ma ot okur ma pud pe teme me nongo latim mukene inge nywal?**

Pi yot kom min latin ki latin, omyero gukor pi mwaka aryo yako ki teme me nywalo latin mukene.

## **Mwaka mene ma opore pi dako me yac?**

Ber tutwal pi dako me bedo mwaka 18 ka oyac me acel. Mon romo mede ki nywalo lutino kede ikine mwake 30 ki makato, ci kony pa laro yacu peke nio wang ma dako kome ki adam me tye atera. Man tyero bedo ni nongo dong en otyeko kwan, tye ki lawote ma mare, tye ki cente maromo gwoke paco ne, ki no dong omoko tame ni emitto bedo ki lawote pi bedo i ot.

## **Ngô ma myero ngat mo otime ka gu rwate i butu labongo gwoke, calo ka roc bol oyec, okati woko ki bol onyo dong ikom dako?**

Cit cutcut i ot yat onyo ka cato yat me nongo yat ma tiyo kede cutcut me gengo yacu, ma cawa mukene kilwongo ni yat me tic kede inge odiko. Yat amunya cutcut gengo yacu inge rwate i butu labongi gwoke. Yat man kiromo munyu pi nino abic inge rwate i butu. I ot yat mukene lutic yot kom romo miyo yat maromo gengo kobo pa gwedi two jonyo. Ka roc bol omoko i kom dako, en romo cwalo cinge ikom me mon ni moto ci kwanyo roc man woko. Ka tek me kwanyo ne, cit i cutcut i ot yot kom wek ki kwany.

## **Two ma kobo iyoo rwate i butu ni kobo ka dano orwate iyoo me butu ma kom lacoo ki dako pe rwate ni?**

Rwate i yoo me butu ma kom lacoo ki dako pe rwate ni obedo time calo doto kom dano me coo onyo nango kom dano me mon. Two mogo romo cobo i kit yoo man me rwate i butu.

## **Kwene ma ngat mo romo pime iye pi two jonyo ki two mukene ma kobo iyoo me butu?**

Tye kabedo mapol me pimo pi two jonyo ki two mukene ma kobo i yoo me rwate i butu. Lok ki dul lutic yot kom me ikin gang, ngat mo keken i ot yat ma cok kede, ngat ma tye i gang tuku/pwonye pa bulu onyo lapwong onyo ladit ma igene me niang kwene ma iromo pime iye.

## **Two jonyo ki two mukene ma kobo iyoo me butu ni?**

Two jonyo pe cang. Ento tye ki yat ma konyo ka itye kede. Man obedo munyu yat acel onyo makato pi nino ducu. Yat amunuy man ma ki lwongo ni ARVs ni lwenyo ikom gwedi dok gwoke komi me bedo matek. Pol two ma kobo iyoo me rwate i butu ki cango ki miyo yat ma cango gi. Ento tye two mukene ma kobo i butu ma pe yat romo cango gu. Pire tek me munyu yat weng ma gi mini, kede bed ni lanyut me two meno dong pe ikomi.

## **Moo obedo gin ango?**

Moo obedo pig gin mo mapwot ma giromo tic kede me weko kom me mono bed ma ma dyak. Moo giromo tic kede ikare me rwate i butu me weko obed maber onyo wek lacoo ki dako weng onong mit. Mupira me rwate i butu pol kare ki keto moo ikome wek tic kede obed my ber.

## **Tim gero pien ni ibedo lacoo onyo dako ni obedo ngo?**

Time gero pien ni ibedo laco onyo dako obedo gin marac matime ikom ngat mo dok romo mino awano ikom onyo i wii. Tim gero man time pi apoka poka me twero matye ikin coo ki mon. Tim gero romo bedo tic ki leb marac, donyo dano onyo kweno, dino dano me rwate i butu ki jami mukene mapol. Ka ngat mo time gero tye ka time ikome, cik me Uganga waco ni iromo tero lok meno iye gang tic pa abili mo keken macok onyo i nong kony ki bot latela me te tero calo local kancil.