

# WALAN – Lacim Tic pa Lador Yub i Pwonye pa Du



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Fertility Awareness  
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Transformation

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# Yoo Aluba Pi Ludor Yub

## Acaki

Buk pwonye ni ki yubu pi ludor yub pa bulu me yubu yub ki telo lwak pi tien lok aryo. Me acel aye me konyo doro yub me nywako tam i dul I kin gang I kom lok mapol. Mukene aye me miyo nywako tam pa dul bot dano onyo jo ma tye iot ma mito tic ki yoo ngec me Nyodo (FAM).

## Ngo matye I buk Pwonye man?

Buk pwonye ni tye ki lanyut I kom kit me doro yub me nywako tam I kin gang ki nywako tam I dul. Tye ki ngec ma piretek me anywaka ki lapeny bot lumemba ma I kin gang me tamo I kom daki nywako tam ki miti. Buk man bi konyo ludor yub me timo jemi magi:

- Miyo pwony bot lwak ma i kin gang me konyo dano me niang i kit ma kom tye dok tiyo kwede ki kit me bedo ki ngec i lok kom nyodo pa dano.
- Wek lumemba me kin gang gu keme ki nywako tam I kom yoo ma pat pat me lago nywal;
- Tit kit ma yoo me lago nywal tiyo ki kony I mii ngec I kom lok ma pe atir;
- Mi kony bot lwak me I kin gang me nywako tam I kom yoo ma rwate pi gin me lago nywal, daki;
- Pwony kit me tic ki yoo me FAM ki kub joo mukene pi yoo lago nywal ma pat.

Buk pwonye ni bene konyo in me tic gi kony pa ludo yub:

- Karatac Pwonye
- Karatac Bod ma tye ki yoo me Lago Nywal
- Karatac me gin atima
- Jami Pwony me Ngec I kom Nyodo
  - Lanyut jami atima me KweDwe pa mon ki Kalenda
  - Karatac onyo Kad me LAM
  - Karatac onyo kad me yoo me Nino Aryo ki Kalenda

## Ludor Yub pa Dul me Pwonye anga?

Ludor Yub obedo:

- Lumemba pa Dul pa Bulu ma gi tiyo matek
- Lumemba mukene ma I dul aye gu yero
- Bedo I kin gang
- Ngeyo maber leb me tedero
- Romo kwan ki coc
- Romo doro yub/nywako tam me I gin gang
- Tye atera me tela ki labol, tere ni tiyo gin ma ki pwonyo

## Tic pa ludor yub obedo ngo?

Tic pa ludor yub tye magi:

- Guru lukin gang I kacoke me nongo ngec.
- Kelo bot lwak ki yubu kacoke me pwonye me I kin gang I kom ngec me nyodo ki lago nywal.
- Doro yub me nywako tam I dul i kom SDM ki Nino Aryo.
- Kub lumemba me dul bot jo mukene ma miyo kony I kom lago nywal.
- Tyek pongo karatac onyo fom me gin ma otime I kacoke.

## Kit me bedo lador yub maber?

- Tye yoo mapol me bedo lador yub maber kace I yube daki I bedo I kacoke me dul I kin gang.
- Ludor yub me dul omyero gu bed ki woro I kom lukwan me I dul pwonye ki kacoke me nywako tam. Pire bene tek me gwoko mung pa lumemba me I kin gang, ki ngec ma gu leyo.
- Bedo waci peko ni meg i I kacoke obi konyo lukwan me bedo angonya daki pwonye I yoo me lurem.

Man kwai yoo I kit me bedo lador yub maber:

## Yubu kit me bedo ma ber, woro ki kama dano tye agonya me bedo I yub I kacoke:

- Peny dul me bedo I lawala wek dano weng onene I kin gi I kare me lok ki pwonye.
- Bed I dyere kacel ki dul wek danu gu yub wat I kin gi.
- Mok tam kace pwonye ni romo bedo ber ka kityeko I dul ma dit ki lukwan weng onyo I dul matidi.
- Kace I dul kirubu coo ki mon, ma ka meno oweko mon pe tye ka lok, bed ki tam me poko kin coo ki mon I dul ma pat pat me nywako lapeny. Inge nywako tam I dul ma pat, kel gi kacelo me leyo tam gi.
- Kace I dul kirubu lutino ki ludito calo lumemba me kin gang, ki lutino pe tye ka lok, bed ki tam me poko kin ludito ki lutino me nywako tam I dul matino aryo. Inge nywako tam I dul mapat kel gi kacelo me leyo tam gi .
- Kony dano weng me leyo tam gi ki I peny I yoo ma opore ni wek lukwan mukene obed ki kare me lok. Kony jo ma peg i tye ka miyo tam onyo nywako lok me bedo agonya.

## Lok I kin onyo bot lumemba ma tye i kacoke:

- Kare ma nongo lukwan tye ka leyo tam, wek gu uloki ma nongo I woto ki keto coc manok piny I kom lok ma pe tye kakare. Eni konyo me tito lok mupore ki medo ngec ma piretek I kom lok ma gu waco ingee gin tyeko leyo tam.
- Kony I wek dano ole tam. I romo timo ne ki miyo lapeny ma ki coyo I pwonye. Bene, kace ngat mo tye ki lapeny, cwal lapeny bot dul me neno kace lukwan mukene romo gamo.
- Kacoke eni pe odoko ot kwan. Lukwan weng tye ki tic ki dong jami awaca.
- I romo tito kace kacoke owoto maber kace lumemba oloko ma loyo lador yub.



### **Kit yoo me neno onyo gamo lapeny ma binu I kacoke me dul:**

- I acaki me pwonye weng, tit bot jo ma gi tye I pwonye ni tic ma meggi aye me konyo gin nywako tam I kom yot kom. Tit bot gi ni ibi leyo tam I kom gin ma in ingeyo ento bene romo bedo ni in ipee ki lagam weng.
- Kace lapeny tye ma pe ingeyo lagam, I romo penyo kace ngat mo I dul ngeyo onyo wek gu nge ni ibi bedo ki lagam ci I leyo I kacoke me anyim.
- Bene, ngi matut I kom lok anii I kom lok weng me konyo tiro ngec ma pe atir. Bed ki tam ni lukwan tye jo ma aa ki I kin gang dak giromo bedo ki niyee I kom lok anii.

### **Kit me cobo peko matego I kom jami ma time:**

- Kit ma itwero kwede, nong kony pa dul kace peko I kom jami matime bot lukwan omede. Polkare lukwan romo cobo peki mogo ma romo binu matek.
- Tem jami magi kace lukwan mukene loko terere daki woto ki gengo lukwan mukene pe me lok:
  - Teme pe me weko wangi orwate ki dano ma calo meno. Ket cik me nen ni dano loko ka acel acel pi cawa ma pe kato dakika 1 onyo 2.
  - Wac ki “lalok dwong” menu ni I bi dwogo bot en I nge cawa manok ingee jo mukene lok.
- Pi lukwan ma cero lok:
  - Teme pe me mako lok.
  - Kub lapeny bot dul ki dong bot en lacer lok.
  - Kace diru meno pe otiyo, wace bot lacer lok menu ni nywako tam romo mede ingee kacoke.

### **Wi opo me lubo ngec man I kacoke weng**

1. Mot ka ijol lukwan weng.
2. I acaki me kacoke tit dul pwonye I kacoke ki tyen lok me pwonye.
3. Inge kacoke, dol dog pwonye ki lok ma pi gi tego.
4. Winy lok pa lukwan maber ci imii gin weng ka bene I winy gi maber.
5. Mii lapeny me konyo lukwan me leyo ngo ma gi ngeyo daki gi mito ngeyo ne.
6. Lwong lukwan mogo me gamo lapeny ma okati gi I dul.
7. Bed atir bot lukwan, nen wang ma opore ka bene wek komi onut ni itye ki miti me nywako tam kwed gi.
8. Bed ma I yube pi kacoke weng, daki bed ki jami tic ma meggi atera. Lub pula ma meggi me kacoke me tic ki cawa maber.
9. Mi pwoc bot lukwan. Dano mito niang ni lagam ki lapeny gi pire tek.

## Lanyut gin atima me tic ki karatac onyo kad pwonye

1. **Pok** dul karatac onyo kad bot lukwan ci I peny gi me poko I kin luwadi gi.
2. **Peny** lukwan lapeny me konyo gin me niang I kom lok me karatac onyo kad magi. Tii ki lapeny 2 me oo 3.
  - Ngo ma itamo ni tye ka time I cal?
  - Jo mene ma gi tye I cal? Gi tye ka timo ngo?
  - Gi winyo nining?
  - Ngec ango ma itamo ni tye I cal man?
  - Gin ma tye ka time I cal man time I kin gang wu?
3. **Tii ki** lok ma tye I buk, me tito tyen lok ma tye I karatac onyo kad kace lukwan gu leyo tam ma **PE TYE ADA**. ki konyo ludor yub me ngeyo ngo ma tye kakare I karatac onyo kad.
4. **Tam** ki lukwan kacel me pwonyo onyo loko kit me kwoo.
  - Ber pa kit me kwoo ma ki nyutu I karatac onyo kad tye ka kwene?
  - Gin ango mukene ma mon onyo coo tywero timo ne ka jami macalo magi otime I kom gi?
  - I bedo dong I kit kwo macalo menu ka bene iwinyo nining?
5. **Kwanyo gin atima:**
  - I romo bedo ki miti me miyo tam ni danu omyero gu kwany kit jami ma otime I karatac onyo kad ma ki nyutu ni?
  - I bi jwayo ariya I kom kit me tic ki yoo manyen ni nining?
  - I tye atera me lok bot jo mukene I kom kwo waci ma tye I karatac onyo kad ma ki nyutu ni? I loko ki anga?



# Yub me Pwonye pa lu kin Gang

▶ Dul Lok 1:

**Kit me Nyodo pa dano**

▶ Dul Lok 2:

**Pimo kare ma opore, lago kin yacu ki lago nywal**

▶ Dul Lok 3:

**LAM ki yoo ma ber me dot**



# Dul Lok 1: Kit me Nyodo pa dano

## Cawa: 1.5

### Tyen Lok:

I dul me pwonye eni, dul gi bi lok I kit ma kom lacoo ki dako me nyodo tiyo kwede me nongo latin. Dong bene joo ma gi tye ka pwonye be nywako tam ma tut I kom kwe dwe pa mon.

### Ngec ma pi gi tek:

- Coo tye ki keru me miyo nyodo ni cake ki I kare me cot wa pi kwo gi weng.
- Ni cake i kare me piru pa anyaka ni oo wa i kare ma dong dako giko kwede neno ony pa remo me kwe dwe onyo ruuk, dako twero nongo yacu i nino manok i kine dyere ki dyere i lawala me kwe dwe pa mon
- Lawala me kwe dwe pa mon pe rom ki ony pa remo onyo ruuk. Lawala me kwe idwe aye nino weng ma cake ki i kom ony pa remo onyo ruuk me acel ni oo kwede i kom ony pa remo onyo ruuk mukene Ony pa reomo onyo ruuk pa mon en aye nino ma nok ma remo ony kwede ki i kom mon.
- Lawal me kwe dwe ki kare me ruuk poke kom dako ki dako.
- Dako tye ki keru me nongo nyodo pien tonge yube i kare kwe weng. Lanyut tye i kom dako ma nyutu ki dako kare mene ma en tye ki kero me yacu ii lawala me dwe.
- Yacu tere ni gamo ic. Time k ace dako ki laco gu rwate iyoo mebutu, manongo lac nyodo pa lacoo gu rwate ki tong dako.

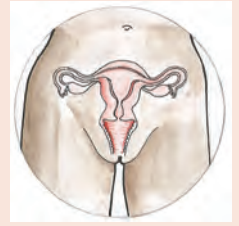
### Jami ma mite me tic:

I dul pwonye man, ludor pwonye obi tiyo ki jami magi:

- Karatac me cal ma nyutu ot nyod pa dako ki kom jami nyodo pa lacoo
- Karatac ma nyutu lawala me kwe dwe pa mon

### Yube:

- Ma pe ya pwonye ocake, **Niang daki i kwan ngec ma ludor yub myero ongee ma lube ki Nyodo pa Dano.** Ngec man tye iye Dul lok kom ot nyodo pa dako ki lacoo ki lawala me kwe pa mon i dwe.
- Ma pud pe ya pwonye ocake, gur dog jami ni dak omyero ingee kit me tic kwed gi.



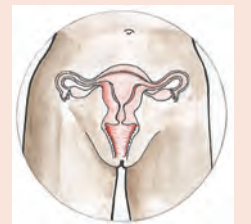
## Lacim I kom gin atima:

Kwan dak iniang ma pe ya tic ocake I kom gin ma ki bi timo ma lube ki dul lok me nyodo pa dano.

### DUL ME 1: Kom Nyodo pa lacoo ki Ot Nyodo pa dako (dakika 20)

**I dul tic eni, joo ma gi tye ka pwonye gi bineno cal ma cimo kom nyodo pa lacoo ki ot nyodo pa dako kun gi nywako gin ma gi ngeyo. Lado yub bi tito matut i kom cal magi, tic pa jami acel acel. Jami me tic pi dul tic man tye karatac I buk ma tye I pot waraga me cal jami nyodo.**

1. Mot joo ma gi tye I pwonye, nyute ka I wac dul pwonye ki tyen lok me pwonye man.
2. Tit ki dul ni wa bi loko I kom nyodo pa lacoo ki pa dako ki ngo ma time I kom dako dwe ki dwe i lawala me kwe dwe pa mon. me acel wa bi neno kom nyodo pa lacoo.
3. Cwal i kin dano cal madit me kom lacoo me nyodo. Lwong dano wek gu tit ngo ma gu neno ki ngo ma gi ngeyo i kom kit me nyodo ki kom lacoo me nyodo.
4. Inge dakika manok mii pwoc dano med i kom ngec gi. Gam karatac idwok cen boti.
5. Tii ki ngec ma tye i karatac pwonye ni me tito lok kom lacoo me nyodo, nying gi ki tic gi i kare me nongo yacu. Gam lapeny ducu ma tye dak gony lok ducu ma pe tye atir
6. Tit ki joo ma gi tye ka nongo pwonye ni dong kum bedi wa bi neno lok kom dako me nyodo ki nyodo pa dako. Wang enni cwal kin joo ma gi tye ka nongo pwonye cal madit me ot nyod pa dako. Lwong dano wek gu tit ngo ma gi tye ka neno ne ki ngo ma gi ngeyo i kom dako me nyodo.
7. Nwoo kit ma itimo kwede pi kom me nyodo pa lacoo ni. Mii pwoc bot joo ma gi tye ka nongo pwonye ci i tit nying jami ma padi padi i kom cal menu wa ki tic gi makun itiyo gi karatac me pwonye.



### DUL ME 2: Lawla me kwe dwe pa mon (dakika 30)

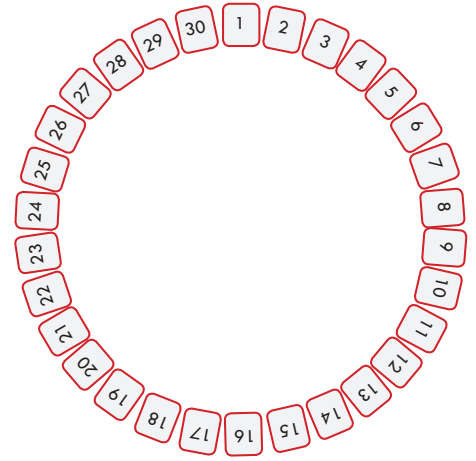
**I tic eni dano gu bi tiyo kacelu me tito lawala me kwe dwe pa mon makun nongo gi toyo ki karatac me tic. Ludor yub bi tic ki karatac me pwonye me niango dano I kom lawala me kwe dwe pa mon ki jami angu ma time iye. Jami me tic aye karatac me tic ki karatac me pwonye I pot waraga me lawala kwe dwe pa mon.**

Cak lok ki lapeny ki lwong dul wek gu nywak ngo ma gi ngeyo.

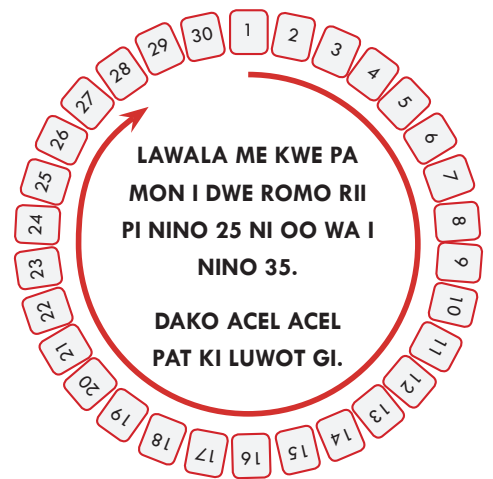
#### LAPENY ME NYWAKO LOK

- Mon neno ruuk pi tyen tyen marom mene?
  - Ony pa remo i kom me mon onyo ruuk time pi kare ma rom mene?
  - Dako tye atera me nongo nyodo ikare weng? Tye ki keru menogo yacu/nyodo nino mo keken i dwe?
8. Tit ki dul ni kumbedi dong wa bi mede ki neno lok i kom nyodo pa dako ki aloka loka ma time ikome I lawala me kwe dwe.
  9. Nyut ki dano karatac me lawala me kwe dwe, ci lwong gi wek gu cung ii lawala wek gu tii calo dul me yubu lanyut I kom lawala me kwe dwe pa mon. Ket karatac i dyere ki dyere ci wek dano gu tii gin ki kum gi.

10. Ma nongo dano gi tye ka nywako lok bed ka winyo ne maber i lok gi ki bed ka coyo piny ma tino tino i kom lok ma gi tye ka loko ne ma mite ni omyero gi yub nyo gi med ngec iye.
11. Ket karatac weng me lawala me kwe pa mon i dwe ingom, ci peny dul me yubu karatac magi ma lube aluba i cal lawala ma cung pi kare kwe dwe.
  - Mok ni karatac ni weng gi tye ma lube i lawala.
  - Nen ni dul gu niang ni kad man nyutu nino weng ma tye i lawala me kwe pa mon i dwe.

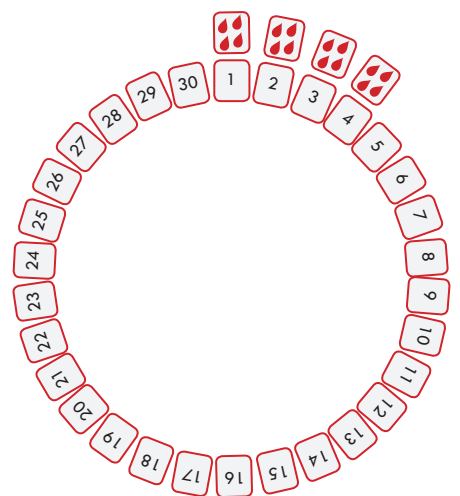


12. Tit ni kwe dwe ki lwongo ni kwe pien time kare ki kare ni cake ma nyako ocako neno kwe ne ni oo ma dong pe neno kwe ne ma no dong en dako ma madit.
13. Mii lapeny bot dul ma lube ki tyen tyen ma mon neno ruuk idwe, ki dong kare ma ruuk man rii kwede?
  - Dul romo miyo lagam ni lawala me kwe i dwe pa mon rii pi nino 25, 28 onyo 30. Magi weng lagam ma beco
  - Danu Mogo romo gamo ne ni nino 4, 5, onyo 6. Lagam magi pe tye kakare. Wac bot gi ni lagam magi obedo kare ma ony pa remo onyo ruuk pa mon rii kwede.



14. Niang danu ni lawala me kwe i dwe; ki ony pa remo onyo ruuk pa mon pe rom. Ony pa remo onyo ruuk pa mon en aye nino ma nok ma remo ony kwede ki i kom mon. Lawala me kwe idwe kono aye nino weng ma cake ki i kom ony pa remo onyo ruuk me acel ni oo kwede i kom ony pa remo onyo ruuk mukene.
15. Tit ni tye mupore ka ce apoka poka tye i kin lawala pa mon ma padi padi. Pol lawala me kwe dwe pa mon rii pi nino 25 ni oo wa i nino 35.

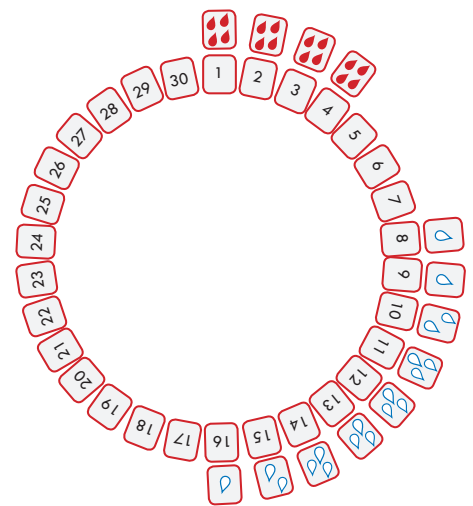
16. Peny dul me neno karatac ma gi tye ki ton ma kwar ni ka gu nywak tam gi i kom alama me ton meno, tutwale pi gin ma ocung pire. Medo i kom meno peny gi me keto karatac magi ma tye ki alama makwar ni cok ki nino ma dako acel acel neno kwede ony pa remo onyo ruuk ma meg gi.
  - Peny kong, ci i mok ni dul ogamo ni ton makwa tere ni ony pa remo onyo ruuk.



17. Peny dul (tutwale peny mon ma tye) nino adii ma remo ony kwede ki i kom gi in dwe acel?
  - Peny kong, ci i mok ni dul ogamo ni mon mapat pat neno ony pa remo onyo ruuk pi nino ma pat pat. Mon mukene bedo ki ony pa remo onyo ruuk ri pi nino 3, mukene nino 4 onyo mukene nino mapol. Ony pa remo onyo ruuk pol kare rii ni cake nino 3 ni oo wa nino 7.
  - Mok ni ton ma kwar ni ki keto kit ma ki nyutu kwede i cal man l tung acuc.

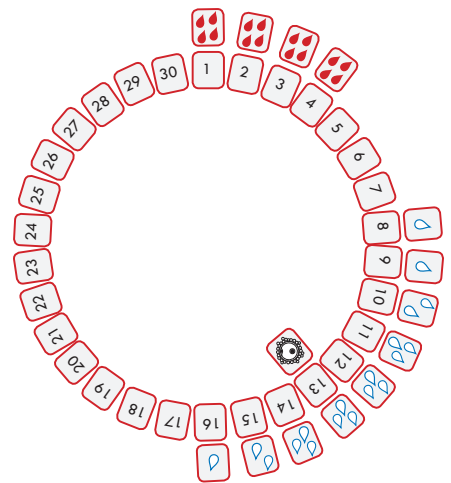
18. Peny dul (tutwal le mon) kace gi ngeyo ngo ma ton matar obedo ki awene ma gi nen kwede i lawala me kwe l dwe. Peny ka ce dul gi tye ki ngec i kom pig ma kati ki i kom mon ma pat ki ony pa remo onyo ruuk ma time i kom mon dwe ki dwe ni.

- Peny kong, ki i mok ni dul ogamo ni ton man obedo pig kom mon kun kati ki inyim mon
- Niang danu ni pig kom mon tye lanyut ni dako tye i kare ma romo yac onyo gamu ic.
- Bene tit ni pig kom mon man tye pig ma opore ma kati ki inyim mon. Pig kom man tye ma calo yoto ka ce pe ngwece tye, yilu onyo kelo arem.
- Peny kong, ki i mok ni ton matar ki keto kit ma ki nyutu kwede l cal l tung acuc.

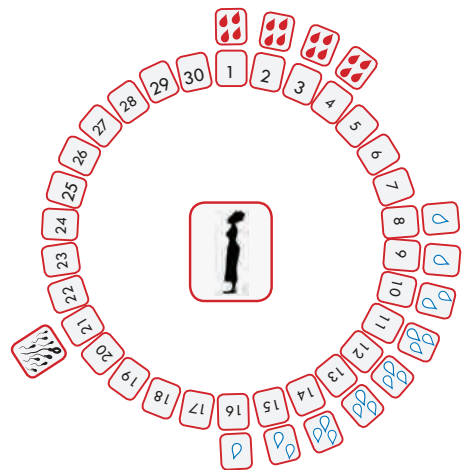
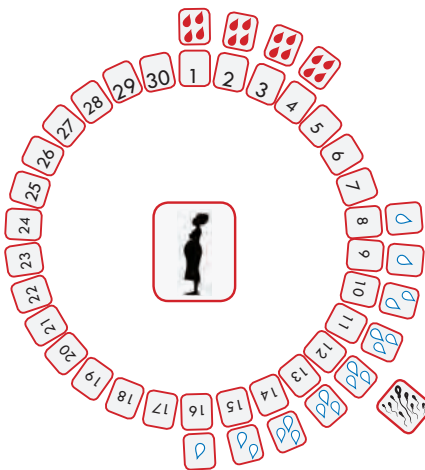
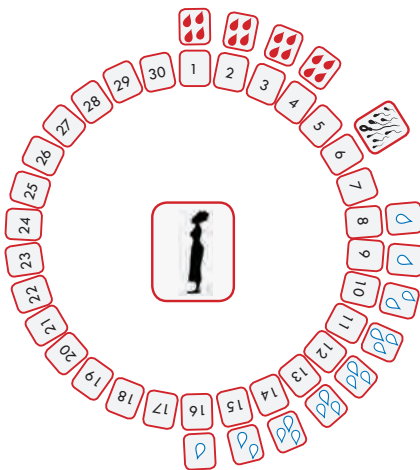


19. Peny dul wek gu nen karatac ma odong (ma tye ka nyutu tong dako ki lac nyodo pa lacoo) ka dok i peny ngo ma gi tamo ni karatac man nyutu.

- Peny kace gi ngeyo awene ma dako romo ki gamo ic onyo yac i lawala me kwe pa mon i dwe.
- Ket kad ki tong dako i nino me 14 onyo 15 ci wac ni dako romo gamo ic (yac) l kine dye lawala me kwe pa mon idwe.



- Lador yub, ket karatac onyo kad me tong lacoo l lawala ma pat nongo l woti peny kace mon/dako romo yac inono enoni. Dii karatac me lac nyodo wang angwen me oo i 5 ma nongo ipenyo ka ce dako romo gamo ic onyo yac i nino meno. Lagam ma atir en aye ni dako romo gamo ic onyo yac ikine nino me 8 ni oo i nino me 19 i kine lawala me kwe pa mon idwe.





20. Wac ki dul ni kumbedi l bi nwoyo kicel ngec ma gu pwonyo ni. Kwan **NGEC MADONGO** ma tye ping kany ma nongo i woto ki cimo ka ma padi padi l lawala me kwe pa mon l dwe.

### LOK MA PI GI TEGU

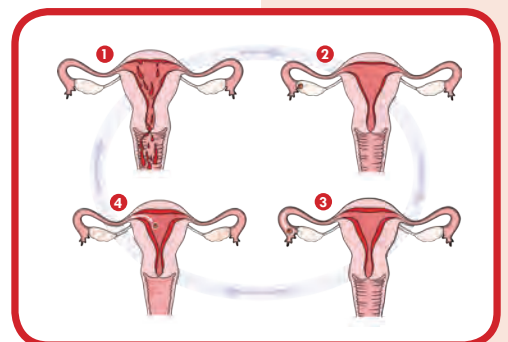
- I kare me ony pa remo onyo ruuk, jemi mapol time: ony pa remo onyo ruuk time, tong dako tegi daki, kati woko, daki dako romo yac. Pire tek me poo ni kwe man kwako jami magi weng daki rii pi lawala me kwe pa mon i dwe acel ni oo wa inino ma pe ya dako oneno ony pa remo onyo ruuk manyen
- Ony pa remo onyo ruuk pa mon rii nino 3 ni oo wa nino 7 daki lawala me kwe ne romo rii i kine me nino 25 ki 35. Man tyen loke ni ony pa remo onyo ruuk romo bino i kine me nino 25 ni oo wa nino 35. Eni romo time ma pat pat pi mon ma pat pat.
- Ma pat ki ony pa remo/ruuk, dako bene tye ki pig kom pi nino ma pol. Eni nyutu ni en tye ki nyodo daki romo gamo ic. Pig kom ma ber ngwece peke, pe yilu onyo rem.
- Tong dako kati i kine me dyere i lawala me kwe pa mon. Pien pe lare me ngeyo matir nino mene ma agulu tong dako cwalo kwede tong dako woko, dako romo nongo yacu ikine ka nino ma pat pat me dyere pa lawala me kwe pa mon.



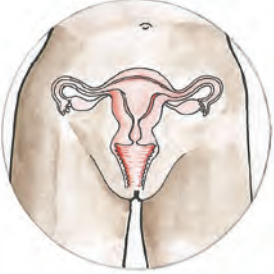


### DUL ME 3: Nyodo pa lacoo ki dako—ngeyo kit ma lac nyodo pa lacoo rwate kwede ki tong dako (dakika 20)

**I tic man lador yub/pwonye obi tito kit ma yacu time kwede i lawala me kwe dwe pa dako. Jami ma omyero gu tii kwede i tic eni aye pot karatac me lawala kwe dwe pa mon.**


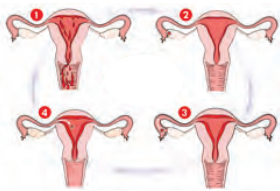
21. Nyut ki dul karatac madit me lawala kwe dwe pa mon ka dong nongo itiyi ki ngec ma tye l olungtuke me karatac tic gin ma time ka tong dako pe orwate ki lac nyodo pa lacoo. Dong bene tit gin ma time ka tong dako orwate ki lac nyodo pa lacoo.
22. Peny dano ka gi tye ki kit lapeny mo keken ci mii lagam me. Bene gony maber ngec ma pe kakare i kom lok me kom ki ot nyodo pa dako ma i winyo dano gu wacu. I romo gonyo lok awinya kun nongo itiyi ki **LOK MA PI GI TEGU** ma tye l buk me doru pwonye ni. Ka l peke ki lagam, wac bot dano ni i bi nongo lagam ci l kelo dul pwonye ma nyen.



# Ngo ma ludor yub omyero gu ngee I kom Nyodo pa dano

KOM LOK	NGEC ME ANGEYA KI AWACA	NGEC ME ANGEYA KI KIT TIC KWEDE ME GAMO LAPENY
<p><b>Ot Nyodo Pa Mon</b></p> 	<p><b>NYIM DAKO</b> obedo yoo ma kubu ot nyodo pa mon ki kom dako ma woko. Remo I kare kwe pa dako kati ki kany. En bene jolo cun/nyim lacoo I kare me rwate I butu daki bene yoo ma latin kati I kare me nywal.</p> <p><b>KICAA ONYO OPIRO TONG DAKO</b> yubu tong dako. En acelu bene yubu onyo kelo pig kom mon.</p> <p><b>OT NYODO PA MON.</b> Tong nyodo bedo kany. Latin ma tye I ic dongo kany. Kace tong dako pe ogamo nyodo, remo ma ki gwoko dwe weng I kor ot nyodo pa mon kati weng.</p> <p><b>OCEKE OT NYODO PA MON</b> obedo yoo ma ding ma tice me weko tong dako woto ni aa ki kicaa tong dako ni oo wa I ot nyodo pa dako.</p>	<p>Nyim mon obedo yoo ma kubu ot nyodo pa mon ki kom dako/mon ma woko. En miyo yoo me kato ma remo daki yoo me donyo pa lac nyodo pa lacoo. Nyim mon romo lace pi donyo pa nyim lacoo onyo wi latin I kare me nywal.</p> <p>Kicaa tong dako tye tung ryo weng, cok ki oceke ot nyodo pa dako. Kicaa tong dako tye ki tic aryo: yubu tong dako ki kelo pig kom. Dwe weng, ka kare ma tong aa ki kicaa tong dako, tong ma otegi kati. Tong dako dong woto lubu oceke ot nyodo pa dako kama romo rwate ki lac nyodo pa lacoo.</p>
<p><b>Ot Nyodo Pa Lacoo</b></p> 	<p>Nicake I kare me <b>cot pa awobi</b>, lac nyodo pa laco mede ki yube I nyig man lacoo.</p> <p>Lac nyodo pa lacoo wok ki <b>oceke</b> daki rube ki pig me yubu lac tigo</p> <p><b>Cun onyo nyim lacoo</b> obedo ot nyodo pa lacoo ma lac nyodo ki lac weko kom lacoo</p> <p><b>Lac figu</b> woto ki cun onyo nyim lacoo me kato woko ki I kom lacoo ki I <b>oceke</b> ot lac.</p> <p><b>Oceke</b> onyo <b>yabe ot lac</b> aye kama lacoo layo kwede</p>	<p>Tong lacoo en aye moko mwalo latin nyako onyo awobi.</p>
<p><b>Kit me nyodo.</b> Tong dako ki tong laco girwate ning ning?</p> 	<p>Kace lacoo <b>olayo lac nyodo</b> ma cune oroyo ikom dako, tonge ceto malo wa inyim dako nio iot nywal. Tong lacoo kwang lubu oceke ot nyodo karwate ki tong dako. Man ki lwongo ni <b>yacu</b>.</p> <p>Kace tong lacoo ki tong dako gurwate, gidwogo cen iot nyodo, kama latin cako dongo iye. Kadong tong lacoo ki tong dako ma orwate dong olor iot nywal, latin cako dongo, meno dong kiwaco ni dako oyac.</p>	<p>Tong lacoo (kodi pa laco) romo kwo pi kare ma romo nino abic ii dako dok twero kelo nyodo. Tong dako romo kwo pi nino acel.</p>

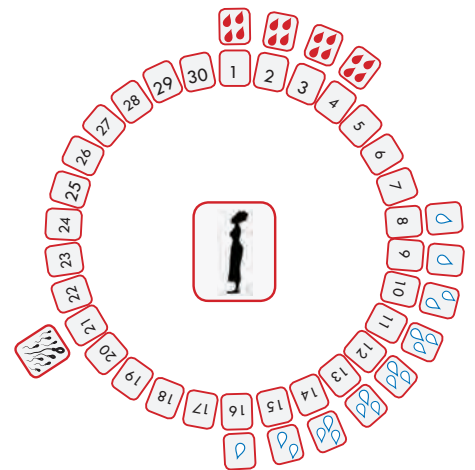
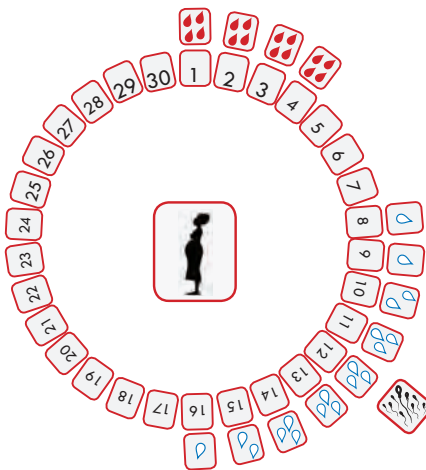
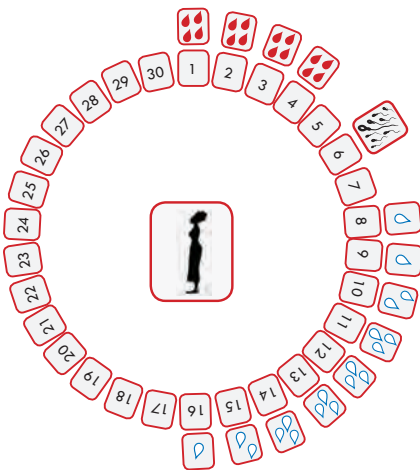
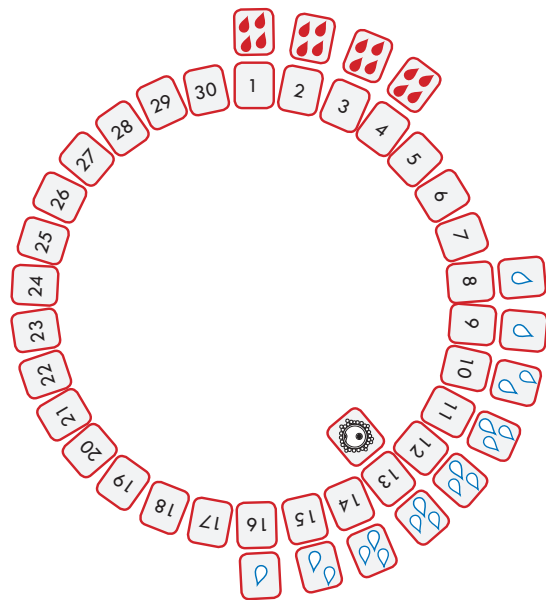
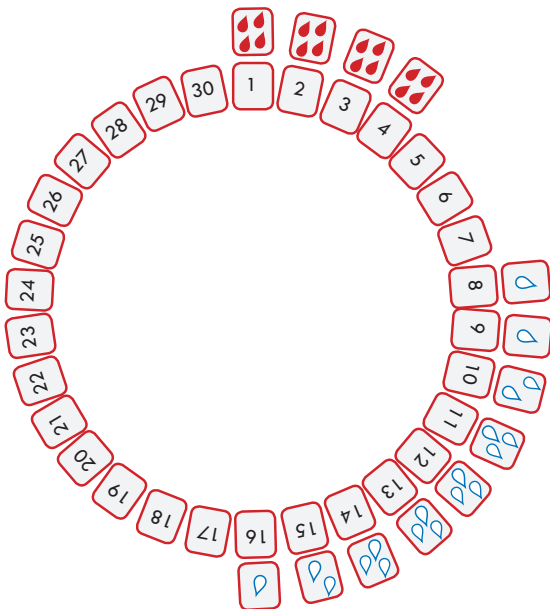
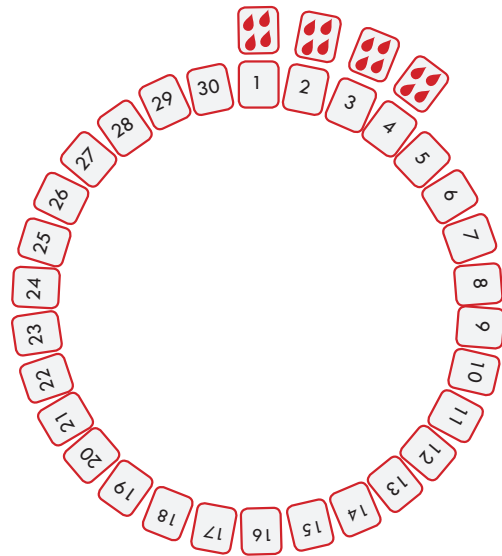
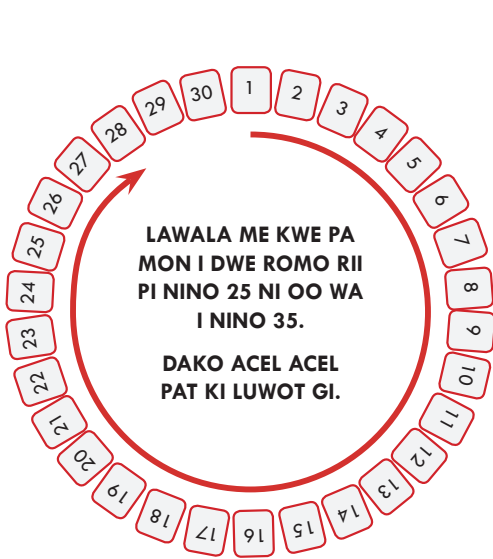


KOM LOK	NGEC ME ANGEYA KI AWACA	NGEC ME ANGEYA KI KIT TIC KWEDE ME GAMO LAPENY
<p><b>Nyodo pa laco ki dako</b></p> 	<p>Dako romo bedo ki nyodo nicake ikare ma raa ogoye kwede nio wa ikare ma tonge tum kwede (kare ma neno ruuk onyo kwe me dwe gik kwede). Dako bedo ki kero me nongo nyodo pien kome yubu tonge (tong dako) i kare weng. Kadi bed ni nyig tong dako kwo pi nino acel keken, dako romo nongo yaco ikine me nino mapol mukene</p> <p>Coo tye ki kero me kelo nyodo ikare weng nicake ma gi cot kwede. Lacoo onyo awobi twero weko dako yac cawa mo keken kace obutu ki dako labong gwoke. Tong lacoo aye moko latin me bedo anyaka onyo awobi</p>	<ul style="list-style-type: none"> <li>■ Ikare ma tye kare kere ki dako me nongo nyodo, kome yubu pig kom matele kati ki l kome me mon. Meno nyutu ni dako tye l kare ma en romo nongo ic.</li> <li>■ Pig kom matele kati dwe ki dwe tye lanyut ni dako romo gamo ic.</li> <li>■ Pig kom matele pol kare obedo lanyut me yot kom. Meno ngwece peke, pe ilu onyo pe rem. Kace ngat mo oniang ni pig kom matele ngwee, ilu, onyo rii kare mapol maloyo majwii, meno romo bedo lanyut me kwidi marac dok latic me yot kom omyero oroti.</li> </ul>
<p><b>Lawala me Kwe pa Mon l Dwe</b></p> 	<p>Lawala me kwe pa mon i dwe pe rom ki kwe me dwe. Kwe me dwe nongo dako tye ka neno ruuk. Lawala me Kwe ma megil dwe tyeko nino weng l kine ma ineno kwede ruuk aryo.</p> <p>Meno kilwongo ni lawala pien time kare ki kare. Maromo kicel idwe weng dako neno kwe ne. Ki kare weng, en cako lawala manyen. Pol kare lawala me kwe pa mon rii nino ma romo 28-35</p> <p>Ikare me lawala me kwe dwe pa mon idwe, kor ot nywal pa dako yube me yacu ki gwoko latin. Kor ot nywal yube me jolo tong dako. Kace yacu pe otime, ot nywal omyero ocwal tong dako woko. Remo macon kato woko ki l ot nywal ki i kom dako macalo ruuk.</p>	<ul style="list-style-type: none"> <li>■ Lawala me kwe dwe pa mon pat-pat pi mon ma pat pat, daki pe romo rwate kadi pi dako acel. Caka inino me acel me ony pa remo onyo ruuk</li> <li>■ Wel nino ma remo ony kwede bene pat-pat bot mon ma pat pat. Mon weng pe gi rom; mukene remo ony ki i komgi pi nino adek, mukene nino abic ki jo mukene neno kwe gi pi nino mapol.</li> <li>■ Lawala me kwe dwe pa mon pe rom. Lawala me kwe dwe pa pol mon rii kine nino 26 nio 32. Mon mukene lawala gi tero kare malac onyo ma cek, meno weng tye ber</li> <li>■ l lawala me kwe dwe pa mon, tye nino ma tye kare kere ki dako me yac (man kilwongo ni “nino me nyodo) ki nino mukene ma pe tye kare kere ki dako (man ki lwongo ni “nino ma nongo nyodo tek”). Dako pe nongo ic l kare meno</li> </ul>

**Anii maromo kati.**

ANII MAKWAKO LOK ME NYODO PA DANO	LOK ADA
<p><b>Ony pa remo (ruuk) rom ki lawala me kwe pa mon idwe.</b></p>	<p><b>Pe kakare.</b> Ony pa remo me dwe aye obedo kare manongo dako tye ka neno kwe me dwe. Lawala kwako nino weng ikine ruuk me dwe ma okwongo ki dwe mukene.</p>
<p><b>Dako romo yac l kare me ony pa remo ma mege.</b></p>	<p><b>Pe kakare.</b> Dako tye ki kero me yacu kace orwate l butu i dye lawala me kwe ne idwe, ikine me nino 8-19. Kace dako mito yacu, meno aye kare ma jo matye l ot omyero gurwate i butu.</p>
<p><b>Tong dako keken aye ma moko kace latin obibedo nyako onyo awobi.</b></p>	<p><b>Pe ada.</b> Lac nyodo pa lacoo aye moko kace latin obibedo awobi onyo nyako. Nucu lac nyodo pa lacoo yubu latin awobi ki nucu mukeneni yubu latin nyako. Latin wek obed awobi onyo nyako lubu lac nyodo pa lacoo ma mene ma oo ka orwate ki tong dako ma okwongo.</p>

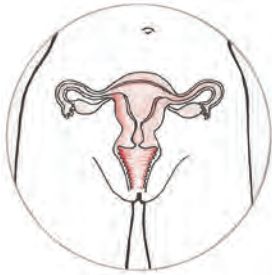
# Karatac onyo kad me gin atima me Lawala me Kwe pa Mon



# Pot karatac me pwonye i kom Nyodo pa dano



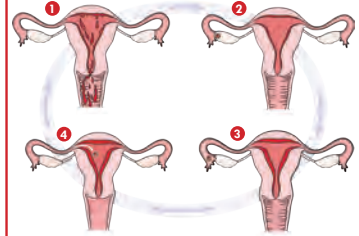
## Ot nyodo pa dako



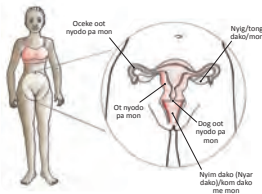
## Dul kom lacoo me nyodo



## Neno ruuk/Kwe dwe pa dako

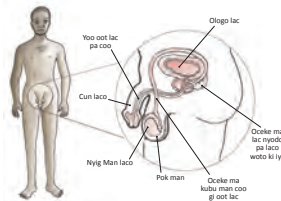


## Ot nyodo pa dako



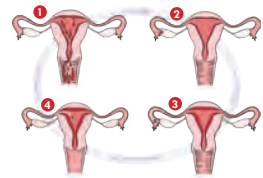
- Kicoo/opiro ma gwoko tong dako kelo pig kom ki tonge. Cake ki I kare me loko pa jami me kom, tong dako tegi I lawala weng. Dak tye ki ki kero me nongo nyodo/yacu I nino manok I kin dyere ki dyere pa lawala
- Latin dongo in oot nyodo.
- Nym dako aye yoo ma jula cun I kare me rwate I butu. Obedo bene yoo me nywal.
- Remo kwe dwe pa mon bene mol gi inyim dako/ki I kom dako me mon.
- Oceke ot nyodo pa dako obedo yoo ma ding ma tero tong dako ki I obwo ma gwoki wa I ot nyodo.

## Dul kom lacoo me nyodo



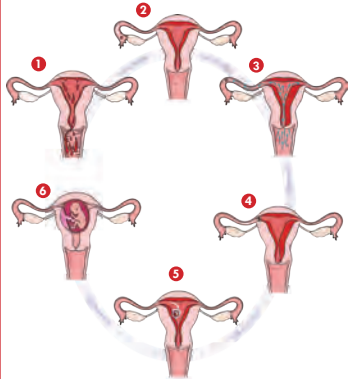
- Ni cake ma dwon laco loko, lac nyodo (tong laco) mede gi yube I man. Laco bedo ki nyodo nino weng.
- Tong laco aye moko nyodo pa latin, anyaka nyo awobi.
- Pig kom laco me nyodo mol kato ki **Odeke lac nyodo pa laco** ka ribbe ki pig kom mukene me yubu pig kom laco me nyodo.
- **Cun/Bel** obedo kom laco me nyodo kama Lac onyo lac nyodo kati gi iye.
- **Lac nyodo pa laco** wato ki ii cun laco ka kato woko ki yoo ot lac pa laco.
- **Yoo lac pa laco** aye kama oyabe I kom laco ma lac nyo pig kom laco me nyodo kato iye.

## Neno ruuk/Kwe dwe pa dako



1. Kwe cake I acaki nino ma dako neon kwede remo dwe ne (rak). I kare me neno dwe remo ma tye I ot nyodo mol kato woko ki I kom dako me mon ni (nyar).
2. Tog dako cako tegi ki I obwo me tonge.
3. I kin dye lawala me dwe, tong dako aa ki I obwo ne, man ki lwango ni Ovulation. Tong dako wok ki oceke me ot nyodo ka kany aye tong dako romo rwate iye ki pig kom laco me nyodo (Kit me nongo Nyodo).
4. Ka tong dako pe orwate ki nyodo pa laco, ci lwoko woko ki it nyodo kun kato ki I ruk/dwe.

## Lawala me ruuk/dwe ki nongo nyodo/yacu



## Lawala me ruuk/dwe ki nongo nyodo/yacu



1. Lawala cake ki inno me acel me ruk /neno dwe pa dako. I kare me neno ruk, remo ma tye I kom ot nyodo mol kato woko ki I kom dako me mon (nyare). Man enni ruk/dwe twero tero nino 2 nyo 7 kulu.
2. Tong dako cako tegi ki I obwo I kin dyere ki dyere pa lawala me ruk, tong dako aa ka bino ka rwate ki nyodo pa laco. Man ki lwango ni Ovulation.
3. Tong dako wok ki I oceke me ot nyodo, ka kany aye kama tong dako rwate iye ki nyodo pa laco. Ka tong dako uriber ki tong laco ci nyodo nongo (yacu).
4. Ka yacu otime ci tong dako mede ki wot dak piny ki I oceke me ka cito I ot nyodo.
5. Ka yacu otime tong dako mwone I kam ot nyodo.
6. Ka dong yacu otime tong dako dongo kelo latin.

# Dul Lok 2:

## Pimo kare ma opore, lago kin yacu ki lago nywal

**Cawa: 1.5**

**Tyen lok:**

I gin atima enni lukwan onyo dano gu bi loko I kom kare ma opore ma dako twero kawede yacu ki dong kit ma kalo kin lutino konyo me gwoko yot kom pa min latin ki latine. Ki bi loko bene I kom lok me lago nywal.

**Lok ma pir gi tegu:**

- Yoo maber me kuru ki lago kin nyodo en aye pe me nongo nyodo ma pud I tidi nyo ma kine cok cok.
- Dako omyero okur wang ma nongo oolodong tye mwaka 18(apar wi aboro) me nongo latin.
- Inge nywalo latin, dako kong omyero okur pi kare ma romo mwaka aryo ma pe otemo nongo nyodo daki.
- Lago kin yacu konyo me gwoko megi lutino ki lutino ma kum gi yot.
- Tye yoo ma dwong me lago nywal ma mon ki joo ma gi tye i ot gi twero tic kwede me lago kin yacu.

**Jami ma mite:**

Pi dul pwonye man ludor yub obi tiyo ki jami magi:

- Ngec ma pire tek i dul pwonye man:
- Karatac/kad me gin atima me pimo kare ma opore ki lago nyodo/yacu
- Karatac ma nyutu kwayi yoo me lago nywal ma pat pat

**Yube:**

- Ma pe ya gin mo keken otime, kwan dok I niang I kom **Ngec ma ludor yub omyero gu ngee ma lube ki lago yacu ki lago nywal.**
- Ma pud pwonye pe ya ocake, cok dog jami ma mite ki ngee awene ki kit me tic kwed gi.

**Lanyut i kom jami aluba**

**DUL ME 1: Lanyut (Dakika 15)**

I gin atima man lukwan gi bi nywako lok I kit ma danu i kin paci gi kalo kwede kin lutinu. Gi bi nywako bene kit tim ango ma pe opore ki bene kit ma ki romo loko gi wek pe mege ki lutino gu bed ka ma gu tere atera me nongo two.

1. Mot lukwan, nyute bot gi ka wac dul me pwonye ki tyen lok me tic man.



2. **Mii lapeny ki lumemba me dul me nywako tam gi** I kom lago kin lutino I kabedo ma meg gi. Dor nywako tam man kun itiyi ki lapeny ma piny magi:

### LAPENY ME NYWAKO TAM

- I kabedo man, lutino adii ma mon bedo kwede I kwo gi?
- Kin nyodo pa lutino tye bor lakwene?
- I yoo nge nongo latin, mon ki joo ma gi tye i ot gi rii pi kare ma rom mene me nongo latin mukene
- I mwaka mene ma mon cako kwede nongo lutino i kabedo man?
- Anga ma moko awene ki well lutino ma omyero ki bed kwede?
- Yoo magi ma wa bedo ka lok iye ni ber nyo rac pi mege, lutino ki dog ot? I yoo ma nining?

### DUL ME 2: pwonyo lok me pimo kare ma opore ki lago kin yacu (dakika 15)

I gin atima man lukwan obi pwonyo kit yoo maber pi latin, min latin ki dog ot. Gu bi loko bene i kom peko ma romo poto atura me yacu con nyo ma cok cok, ki kit me konyo mege me lago kin lutino.

3. **Mi pwoc bot lukwan pi nywako** ngec gi ki tam gi I kom ngo ma time i kabedo gi.
4. Tit dok iniang danu lok me pimo kare ma opore me lago kin yacu:
- **Pimo kare** ma opore tere ni kuru wang ma mwaka oromo 18 me nongo yacu tyen me acel.
  - **Lago kin yacu** tye tere ni kuru mwaka maromo aryo i nge nongo latin ka daki itemo nongo yecu mukene.
- Peny lukwan: *Pingo enni pire tek?*
- Peny bene: *Ber anga ma itwero inongo ne i kom lago yecu?*
5. Gony ngec weng ma pe tye atir ki kwan lok ma tye I **LOK ANGEYA** ma tye ki coyo piny.

### NGEC MA PI GI TEGU

I kom tam ma rwate pi pimo kare ma opore ki lago yacu:

- Kur wang ma mwaka oromo 18 me nongo yacu me acel
- I nge nywalo latin makwo, kur mwaka aryo ma pe itemo nongo yacu mukene daki.
- Inge ony pa ic nyo woto latin ki i ic, kur dwe abicel ma pe i temo nongo yacu.

### I kom peki ma romo poto atura:

Ka dako onongo yacu ma cok tutwal inge nongo latin:

- Yacu weko mon bedo ma two twero mako gi oyot pi anyira ma mwaka gi pe ya oo 18 wa ki lutino gi.
- Yacu pa lutino anyira ma mwaka gi pud pe ya oo 15 tye ki peko ma poto atura ma lamal i kare me yacu ki nywal.
- Latin ki romo nywalo ne con tuwal, matidi tutwal, onyo ma yot tutwal.
- Lutino pe dongo maber ki romo too ma pe ya gi oromo mwaka 5.
- Mege two romo mako gi i kare ki i nge yacu ki bene romo too i kare me nywal.

### I kom kony ma romo nonge:

- Mege ma kum gi yot, lutino ki dog ot.
- Binu pa two nok i dog ot ki i kin paci.
- Dog ot acel acel tye ki jami ma dwong me miya ki lutino gi acama, ruk onyo bongi, ka butu, ki kwan.
- Coo romo gwoko maber yot kom pa mege ki lutino.

6. Peny ka lukwan tye ki lapeny mo keken ci mii lagam.
7. Tit bot lukwan ni dano weng ma i kabedo wa tye ki tic me konyo mon ki joo ma tye i ot me pimo kare ma opore ki lago yacu. **Peny lukwan me tam i kom ngat mo ma gi ngeyo ma romo nongo kony ki i ngec man.** Wac ni ngat enni romo bedo ngat mo keken, lacoo nyo dako, dano ma tidi nyo dano ma otegu.
8. Lwong dano ma gu dyere 3 me oo i 4 me waco anga ma gu bi nywako kwede ngec man ki lok mene ma gu bi miyo it ngat menu.

## DUL ME 3: lok aboka ma i kin gang (Dakika 15)

**I gin atima man lukwan gi bi tic ki karatac onyo kad me gin atima me yubu lok aboka i kom pimo kare ma opore maber ki lago yacu i kin gang. Lador pwonye obi bedo ki kare me nwoyo lok mogo mabecu i yoo ma pat kun tiyo ki karatac onyo kad me gin atima.**

9. **Cwal karatac onyo kad me gin atima** pi dul lok man ki daki peny lukwan ki acel acel me tito ngo ma gi tye ka neno ne l cal ma l tye ka nyutu ne.
  - Mi lukwan dakika 2 me oo i 3 me neno karatac onyo kad.
  - Ci peny joo ma gu dyere me miyo lok aboka mo onyo tito ngo ma gi tye ka neno ne i karatac onyo kad.
  - Ti ki lapeny magi me konyi me tito ngo ma gu neno ki gi ngeyo:

## LAPENY ME NYWAKO TAM

- Ngo ma i tamo ni tye ka time i cal man?
- Ngo ma gi tye ka tamo ne? Onyo ngo ma l tamo ni gi tye ka lok iye?
- Gin man tye dwong i kin paci? Ka iyee, cal nining? Ka pe iyee, opoke nining?

10. Ludor pwonye omyero **otii ki karatac onyo kad me jami atima me poro ngo ma lukwan waco** ki ngec ma tye i karatac onyo kad. Tii ki jami ma i karatac onyo kad me gonyo nyo keto i yoo me atir ngo ma lukwan gu loko.
11. Me mede i kom dul lok mukene, peny lukwan ngo ma mon ki joo ma gi tye i ot timo me lubu tam maber pi pimo kare ma opore ki lago kin yacu? **Wac ni tic ki yoo me lago nywal tye yoo maber me konyo mon ki coo lago kin yacu.**
12. **Kwan lok ma tye I canduk me NGEK MA PIR GI TEGU.**

### NGEK MA PIR GI TEGU

- **Lago nywal obedo moko wel lutinu ma i mito bedo kwede ki awene, wek latin ki acel acel onong mar ma oromo, gwok, cam ki kwan maber.**
- **Lago nywal nonge i tic ki yoo ma pat pat me lago nywal ki cango lur, ( bedo peke ki kero me nogo lutino).**
- **Yubu awene ki wel lutino adii ma omyero ki bed kwede obedo tic pa joo ma gi tye I ot, pe tic pa lacoo nyo dako keken.**
- **Lago nywal pire tek ki joo ma gu nyome nyen ma rom aroma ki joo ma dong tye ki lutino.**

#### DUL ME 4: Pwonye i kom lago nywal(dakika 30)

**I gin atima man lador pwonye kong mukwongo bi niang ngec ki tam pa jo ma gi tye I pwonye I kom lago nywal, ka dong tito yoo weng ki acel acel, kite ma tiyo kwede me gengo yacu ki ngo ma omyero ki byek ka gi tiyo ki yoo magi me lago nywal.**

13. **Peny dul yoo mene me lago nywal ma pol dano i kin paci tiyo kwede.** Peny bene pingo dano pe gi tiyo ki yoo me lago nywal
14. **Coo piny lok anii ma lukwan gi tye ka waco ne i kom yoo me lago nywal** wek I tit nec ma atir lacen. I kare me nywako tam, peny pingo dano i kin paci gi tye ki niyee i lok awinya magi. Peny bene ka gi tamo ni lok awinya tye ka kare ki pingo nyo pingo kuu, ka bene
15. Tit ki lukwan ni tye yoo ma dwong ma gi romo yero ne ki iye. **Kwan lok ma tye i canduk me NGEK MA PIR GI TEGU piny.**

### NGEK MA PIR GI TEGU

- **Yoo mukene myero gi tii kwede nino weng(ma calo yat amunya) onyo cawa weng ma i rwate i butu (calo roc bol).**
- **Yoo mukene rii pi kare manok (macalo yat atuja). Enni latic me yot kom tuju i kom dako ma rii pi dwe adek.**
- **Tye yoo mukene ma rii pi kare ma lac (keto mola i bad dako onyo rwako mola i ot nyodo pa dako) omyero latic me yot kom ma opwonye aye otim ki i ot yat.**
- **Yoo te kwaro ma konyo dako ngeyo nino mene ma en romo gamo kwede ic (ma calo TikoKwe Dwe pa Mon, Yoo me Nino Arye onyo LAM).**
- **Yoo ma rii pi kwo weng (calo tweyo oceke). Enni myero ladiro i ot yat aye otim.**

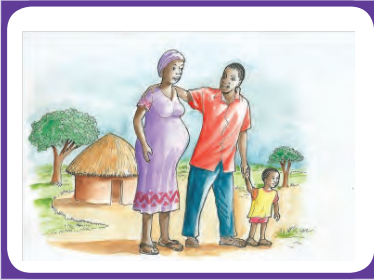
16. Cwal karatac ma nyutu yoo weng ka **daki ipeny joo ma gi tye I pwonye me yero**



**yoo acel ki tito gin ma gi ngeyo iye.** Lukwan mukene romo miyo kony. I romo medo ngec ma tye inge nywako lok ducu ma danu ngeyo.

17. **Mii Pwoc bot joo ma gi tye ka pwonye me leyo tam i kom ngec gi** ki i wac ni i bi tito yoo weng ma tut. Kace gi tye ki lapeny, gi romo penyo ingee tito lok ma megii.
18. **Kwan ngec ma tye i nge karatac onyo kad ma nyutu yoo me lago nwyal,** pi yoo weng ki acel acel. Ka I tito SDM, wac ni yoo ni mon ma neno kwe dwe gi kare ki kare aye romo tic kwede. Ingee pwonye, kace joo ma gi tye ka pwonye tye ki lapeny, wii opo me tic ki pot waraga me ngec ma tye I agiki me dul lok
19. **Kwan odojo coc i kom lok ma pe tye atir onyo anii** ma joo ma gi tye ka pwonye romo bedo ni gu waco. Tii ki ngec ma kwako anii me tiro lok.
20. **Ma pe ya i loro kacoke, mii ngec ki joo ma gi tye ka pwonye kama gi romo ceto me nongo kony me yoo me lago nywal:**
  - Pi jo ma tye ki miti me tic ki yat amunya, yat atuja, yat aketa i kom, mola ki tol ma ki rwako i ot nyodo pa mon onyo yoo me gengo nwyal matwal romo ceto i ot yat ma ki coyo inge kad. Mii ki jo man kad lwongo i kom yub me lago nwyal ka i icoo i buk.
  - Jo ma gi tye ki miti me tic ki TikoKwe Dwe pa Mon, Yoo me Nino Aryo onyo LAM romo bedo i kacoke pa dul me nywako tam bot ludor yub pa bulu.
  - Wac ki joo ma gi tye ka pwonye awene ma kacoke mukene i kom LAM ki yubu ka daki ipeny me tamo i kom mon ma gu yac onyo cok cok obedo ki latin ma romo bino i pwonye me LAM ki Doto latin.
21. **Mii pwoc bot lukwan me bedo i kacoke** ki gam lapeny ma tye.

## Karatac onyo kad me tic pi pimo kare ma opore ki lako kin yacu wa ki lako nywal



Ingee nywalo latin, bedo ber ka i kuru mwaka 2 ma pe ya itemo nongo ic mukene.



- Lacoo ki dako omyero gu por lok pi goyo pulan me ot ma meg gi
- Yub pi awene onyo lutino adi ma omyero ki nywal obedo tic pa jo oot, pe tic pa dako onyo lacoo.



- Coo ki mon romo nongo kony me lako nywal ki ot yat onyo VHT.



- Latic yot kom romo miyo kony ki dako me yero yoo me lako nywal maber pi en.



- Latic yot kom romo miyo kony bot jo me ot me yero yoo me lako nywal ma tiyo pi gin.



- Ber pi yoto kom me diru yacu wa imwaka 18
- Min Latin ki latin kom gi bedo yot kace min latin oo mwaka 18 onyo makato.

## Ngec ma ludor yub omyero gun gee ma lube ki lago yacu ki lago nywal

Ngec kit ma yoo me lago nywal tiyo kwede	Ngec I kom jami abyeka kace itye katic ki yoo mo me lago nywal
<ul style="list-style-type: none"> <li>■ Yoo me lago nywal weng cung i kom gin acel ma i kom nyodo pa lacoo onyo dako.</li> <li>■ Bedo ki ngec i kit ma yoo me lago nywal tiyo kwede i kom lacoo onyo dako me gengo yacu konyo joo ma gi tiyo ki yoo magi me tic kwed gi i yoo ma opore.</li> </ul>	<ul style="list-style-type: none"> <li>■ Wit yoo mukene me lago nywal kelo alokaloka ma pe rii ikom. Pire tek pi dako ki laco me ngeyo magi byeko wek ogeng ngunyu-ngunyu</li> <li>■ Mapat ki ngolo oceke pa lacoo ki tweyo oceke pa dako, ma lube ki kwayi yoo mukene, lacoo ki dako romo nongo latin i oyo nge juku tic ki yoo meno.</li> </ul>
<ul style="list-style-type: none"> <li>■ <b>Yat atuja</b> gengo tong dako me kati. Kadi kabed lac nyodo pa lacoo tye, tong dako moo ma romo rwate ki lac nyodo me yubu latin bedo peke.</li> </ul>	<p>Jami ma romo time kace itye <b>ka tuce</b> ki yat me lago nywal me atuja:</p> <ol style="list-style-type: none"> <li>1. Ony pa remo ma kine cot i acaki, ka bene lunge pa remo onyo bedo peke pa ruuk me dwe. Man time dok pe rac.</li> <li>2. Aloka loka romo time i ratili pa dano, ki</li> <li>3. Inge juku tuce, romo tero dwe mapol me nongo yacu.</li> </ol>
<ul style="list-style-type: none"> <li>■ <b>Roc bol</b> umu wii nyim lacoo I kare me rwate i butu, kun dok gwoko lac nyodo pe me donyo i ot nyodo pa dako.</li> <li>■ <b>Roc me nyim mon</b> ki keto ikom dako me mone ki bene gengo tlac nyodo pa lacoo me donyo i ot nyodo.</li> </ul>	<ul style="list-style-type: none"> <li>■ Jami ma romo time kace itye ka tic ki roc bol: Adwogi ne marac peke. Roc bol aye romo yec kape kiyabo ki diro.</li> </ul>
<ul style="list-style-type: none"> <li>■ <b>Yadi amwunya ki yoo mukene ma calo meno</b> romo gengo kom dako me yubu tong dako, pi meno, kadi tong lacoo tye i ot nyodo, tong dako nongo peke me nyodo.</li> </ul>	<ul style="list-style-type: none"> <li>■ Jami ma romo time kace itye ka tic ki <b>tiko akwoya ite bad mon</b>: Aloka loka i ony pa remo me kwe dwe, lunge pa remo, ony pa remo ma pek onyo bedo peke pa ruuk, meno time dok peke ki raca mo.</li> <li>■ Jami ma romo time kace itye ka tic ki <b>yat amwonya</b>: (1) Kare mukene kwe dwe kine cot i acaki, ka lube ki ony pa remo ma reb-reb ki arem manok; onyo (2) mon mukene ii gi rube onyo gi winyo abar-wic manok marweny pire kene ingee dwe manok me acaki</li> <li>■ Jami ma romo time kace itye ka tic ki <b>yat amwonya macego</b>: Aloka loka romo bedo tye i neno me kwe i dwe ma kine cot, lunge pa remo, ony pa remo mapek onyo keng neno ruuk, meno time dok peke ki raca mo.</li> </ul>
<ul style="list-style-type: none"> <li>■ <b>Mola ki tol ma ki royo i ot nyodo</b> pa mon twero kelo kwii maromo balo lac nyodo pa lacoo or tong dako, onyo cwalo pig kom me gengo ot nyodo me yube.</li> </ul>	<ul style="list-style-type: none"> <li>■ Jami ma romo time kace itye ka tic ki <b>mola ki tol ma ki royo i ot nyodo</b>: Arem ki cwe pa remo mapek romo bedo tye inge dwe manok ma okwongo.</li> </ul>
<ul style="list-style-type: none"> <li>■ Ki <b>ngec ma kwako yoo me nyodo</b>, dako pwonye me lubo nino dwe ma en romo nongo yacu. Me gengo yacu, dako ki lacoo giromo tic ki yoo me juku (macalo roc bol) onyo bedo labongo rwate ibutu ikare ma nongo dako romo yacu.</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>LAM onyo Dot pi lago nywal, Kwano Nino ma Orwate me Rwate, Yoo me NinoAryo</b>, peke ki adwogi marac moo.</li> </ul>
<ul style="list-style-type: none"> <li>■ Yoo me lago nywal pi naka culu oceke ma tingo lac nyodo pa lacoo (ngolo oceke pa lacoo) onyo culu oceke ma tingo tong dako (ngolo oceke ot nywal pa dako). Kit man, tong dako ki tong lacoo pe romo rwate.</li> </ul>	<ul style="list-style-type: none"> <li>■ Jami ma romo time: Pol kare, iromo dok gang ingee ca-wa manok. Komi romo onyo ingee nino manok.</li> <li>■ Ony pa remo ikare me kwe dwe pa mon mede marom aroma kace dako otweyo oceke ne me lago nywal.</li> </ul>

**Gony anii ma romo kati.**

<b>Lok anii ma pe ada ma kwako yadi amwonya me lago nywal</b>	<b>Lok ada</b>
<b>Yat amwonya me lago nyal yube calo gweng ikom dako onyo kelo kanca.</b>	Yat amunya me lago ngwal pe kelo kanca ki bene pe weko jami ma calo gweng yube ikom dako. Yat amwonya man loo-woko ikom dano.
<b>Mon ma tiyo ki yat amwonya me lago nywal pe gi bi nywal i kare me anyim.</b>	Dako ma mito yube me yacu romo nongo ic cut inge juku tic ki yat amwonya man.
<b>Lok anii ma pe tye ada ma kwako yadi atuja me lago nywal</b>	<b>Lok ada</b>
<b>Rwenyo pa ruuk onyo kwe pa mon I dwe ma lube ki tic ki yat atuja me lago ngwal ma kilwongo ni DEPO rac pi yoto kom pa mon.</b>	Rwenyo pa ruuk ma nongo i tye ka tic ki yat atuju ma kilwong ni DEPO time pien kom dako ma tye ka tic kwede pe kelo tong dako ma weko lac nyodo pa laco rwate kwede, ki bene ot nyodo pa dako pe onyo remo. Man gin ma time ma peke ki peko mo keken.
<b>Yat atuca me lago ngwal ma kilwongo ni DEPO kelo ony pa ic.</b>	Pe kelo bale pa ic pien ribbe pa tong dako ki tong lacoo pe time. Pi meno bale pa ic mo peke.
<b>Jo ma gi tiyo ki yat atuja me lago ngwal ma kilwongo ni DEPO pe gi romo nongo yacu i kare me anyim.</b>	Nyodo dwogo mot-mot kace dako obedo ka tic ki Yat Atuja me lago ngwal ma kilwongo ni DEPO. Romo cwalo mon mukene dwe ma romo abicel me oo abungwen mapud pe ya gu gamu ic.
<b>Yat atuja me lago ngwal ma kilwongo ni DEPO kelo kan-ca.</b>	Yat atuja me lago ngwal ma kilwongo ni DEPO pe kelo kanca. En dok romo konyo me gengo two kanca ma mako obwor ma gwoko tong dako.
<b>Lok anii mape ada ma kwako mola ki tol ma ki royo i ot nyodo pa mon</b>	<b>Lok ada</b>
<b>Mola ki tol ma ki royo i ot nyodo romo wot ki I ot nyodo ceto I dul me kom mukene.</b>	Mola ki tol ma ki royo i ot nyodo pe romo donyo kama-pat ikom mon. Romo kato woko ki ikom me mon pa dako dok kace langec me yoto kom aye okwanyo.
<b>Tol mola ma ki royo i ot nyodo pa mon romo rine i nyim lacoo i kare me rwate I butu.</b>	Man pe twere, tole cek tutwal.

<b>Lok anii mape ada ma kwako tweyo oceke pa mon</b>	<b>Lok ada</b>
<b>Tweyo oceke kelo aloka-loka me neno kwe dwe.</b>	Tweyo oceke ot nywal pa mon pe romo gwenyo neno kwe dwe pa dako. Kare ki boo me neno kwe dwe pa dako romo gwenye pi jami mapol ma calo cam ma pe opore ki alokaloka me jami kom.
<b>Tweyo oceke weko mon rwenyo miti me rwate ibutu.</b>	Man pe lok ada. Dako obinen ki bene bi winyo ma rom. Dako bene romo nongo ni rwate iyo me butu ki lacoo ber pien nongo peke ki poto cwiny me nongo yacu.
<b>Inge tweyo oceke, mon doko goro ma pe gi romo tiyo tic gi.</b>	Yang matidi meno peke ki adwogi marac ikom kero kom dako. Mon mede ki tiyo tic gi majwii Goro me kom pa dako romo bedo pi jami ma calo lit kom, nino ma pe romo onyo cam ma pe opore.
<b>Lok anii mape ada ma kwako ngolo oceke pa lacoo</b>	<b>Lok ada</b>
<b>Ngolo oceke pa lacoo rwenyo miti ki kero pa lacoo i rwate iyoo me butu</b>	Lacoo obi nen ki winyo marom calo wi atii. Ngolo oceke pa lacoo pe gengo telo onyo layo lac tigo pa lacoo. Peki ma lube ki telo romo bedo i tam me wic onyo adam.
<b>Ngolo oceke pa lacoo kelo lur</b>	Ngolo oceke pa lacoo juku lac nyodo me oo ka rwate ki tong dako keken. Lacoo mede ki telo kun layo lac nyodo ikare me rwate i butu.
<b>Lok anii ma pe ada ma kwako roc bol</b>	<b>Lok ada</b>
<b>Roc bol dwoko miti me rwate ibutu ikin lacoo ki dako</b>	Pi jo mukene, man romo bedo lok ada ento pe pi dano weng. Roc-bol ki romo ruku ne kace laco ki dako dong gi tye atera me rwate iyo me butu
<b>Roc bol mukene pe romo bol pa coo mukene</b>	Pol roc-bol rwate ki kom me coo kace ki tiyo kwede iyo ma opore

# Dul Lok 3: LAM ki Yoo Ma Ber Me Dot

## Cawa: 1.5

### Tyen Lok:

#### Jami ma jo ma tye ka pwonye obutimo:

- Nywako ki acel acel kit ma gi tero kwede dot pa lutino onyo dot pa lutino gi tere kwede.
- Nong ggec kit ma LAM omyero ki tii kwede me gengo yacu pi mege ma tye ka doto lutino
- Nywako lok i kom nyodo ki yoo me lago ki gengo yaco inge LAM.

### Wi lok ma dito:

#### Mok atir ni inge yub man nongo imiyo ngec magi:

- Cak kor miyo ki lutino jami amata ki cam weng ma lutiono mito pi acaki me dwe abicel ikwo gi.
- LAM aye yoo me te kwaro pi mon ma tye ka dot dak ki romo tic kwede cut cut inge nywal
- LAM tiyo pi mon ma ony pa remo onyo ruuk me kwe dwe gi pe ya odwogo, DAKI doto latine keken, DAKI latin pe ya oo dwe abicel.
- Doto latin keken pe gengo yacu
- Kace dako ocake neno kwe ne, onyo kace latin okato dwe abicel (6), onyo kace latin kit ye ka pito ni ki cam onyo gin amata, dak omyero ocak yoo mukene me gengo yacu.
- Pire tek bot jo ot me miyo kony ki dako ma tye ka dot keken i dwe abicel mukwongo ingee nywal

### Jami me tic

Pi wit lok man, lador yub me dul be tic ki jami magi:

- Ngec ma pire tek i kom dot ki LAM
- Karatac tic me LAM
- Pot wang Buk me LAM

### Yube

- Ma pe ya pwonye ocake, kwan dak **iniang ngec ma ludor yub omyero gu nge i kom doto lutino ki LAM.**
- Ka bene ma pe ya pwonye ocake, kwan dok iniang kore ki kore yoo me tim tic ma mite me pwonyo LAM ki yoo me dot ma opore
- Ma pe ya pwonye ocake, gur dog jami tic meggi ki nge awene ki kit me tic kwede.



## Lacim I kom gi atima:

### DUL ME 1: Nyute (dakika 20)

I jami atima man, danu ma gi tye ka pwonye gi bi nyutu tuku ma lube ki lok goga pa Joy. I yoo ngeye, gi bi nywako tam i kom gin ma gi ngeyo dak gi niang. Jami tic ma mite aye lok goga pa Joy ki dong lapeny ma ki yubu me nywako lok.

1. Mot danu ma gi tye i pwonye, nyute dak tit wit lok madit pi pwonye ka dong lok me tyen tic man.
2. Wac ki dul ni wa bi cako ki tuko I kom jirani ma oyac tyen me acel.
3. Kwan ma longo **LOK GOGA PA JOY** wek jo ma gi tye ipwonye weng owiny in.
4. Peny pi ludyere me yubu tuku pi **LOK GOGA PA JOY**, Lu ot ma mege, daa Joy. Gi romo lwongo danu mukene me mede ikom gi me yubu tuku man. Wac bot danu ma gu dyere ni gi tye ki dakika abic me yubu tuku meno.
5. I kom lok goga pa Joy, kwan lok pa Joy dak ki kicel bot jo ma gi tye ka pwonye ki jo ma gu dyere.
6. Ingee dakika abic, lwong joo ma gu dyere ni me nyutu tuko gi. Peny danu ma gi tye ka pwonye me neno tuko labongo balo ne. Bene peny gi me tamo ngo ma gi mito ni ki nywak tam i nge tuku meno.

### LOK GOGA PA JOY

Joy oyac ki latin me acel. En mito dot wek latine odong matek daki kome obed ma yot.

Joy gin ki cware mito kuru pi mwaka mapol me nongo latin mukene. En owinyo ni pe i bi yac kace itye ka dot.

Min Cware tye ki yom cwiny pi lakware daki tye ki gen ni lakware mukene obi bino oyot oyot.

### DUL ME 2: Nywako lok in kom Tuko (dakika 20)

7. Inge tyeko tuko goga, mii pwoc bot joo ma gu dyere ka dak i peny jo ma gi tye ka pwonye me miyo tam ma meg gi i kom tuko meno.
8. Winy kun i bed ka coyo piny i kom ngec ma pe tye kakare ma joo ma gi tye ka pwonye tye ka waco ne. Ka bene coo piny lok weng ma time I kin gang ma pe romo bedo ber pi yot kom latin gin ki mine.
9. Peny joo ma gi tye ka pwonye tam gi i kom ngo ma gu neno i tuko goga man. Pi konyo leyo ki nywako tam, tii ki lapeny mogo ma gi tye:

### LAPENY ME NYWAKO TAM

**Nywak tam i kom gin ma joo ma gi tye ka pwonye gu neno daki tamo i kom tuku man.**

- Ngo ma ineno i tuko goga man?
- Gin ma ineno i tuko man pol i ka bedo ni?



## LAPENY ME NYWAKO TAM

### Nywak tam i kom gin ma joo ma gi tye ka pwonye neno i kabedo gi?

- Cam ango ma lutino lakere omyero onong I acaki nino ma ki nywalo gi?
- Lutino ma ki nywalo gi, gi tye ka pito gi ki cak kor labongo cam onyo gin amata mo keken i acaki me dwe abicel?
- Inge nywalo latin; pi kare mene ma lacoo ki dako kuru me nongo latin mukene?
- Mon rii pi kare ma rom mene inge nywalo latin ma pe ya ocako tic ki yoo me lago nywal?
- Mon ma tye kabedo ni, gu nongo yacu ma gi tye ka dot?

### Nywak ngo ma jo ma gi tye ka nongo pwonye okati kwede i kom lok goga pa Joy.

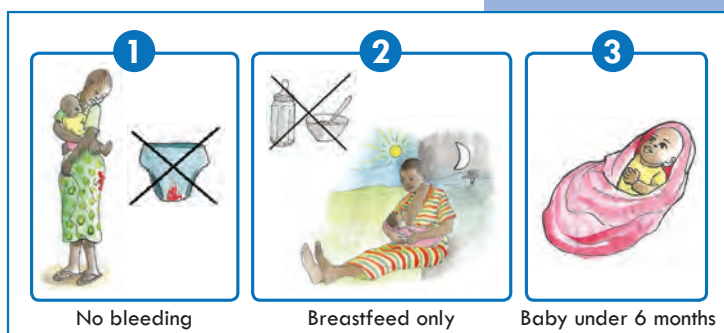
- Ngo ma i romo timo ka in I Joy kace i mito dot keken?
- Ngo ma i romo timo ka wat onyo jirani mito konyi me miyo cam bot latini?
- I twero titio ne iyoo ango jami ma beco ma ingeyo i lok me doto lutino me konyo latin pa Joy wek odong ki kero dok ki yoto?

## DUL ME 3: Niang i kom LAM (Dakika 20)

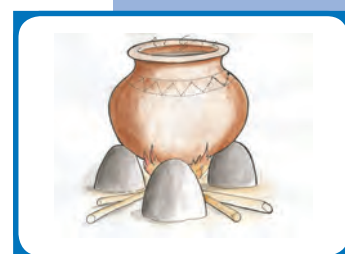
I tic man, ludor yub bi tito bot dul yoo adek me LAM ki lok ma kwako kom yoo ma beco me doto lutino. Jami ma mite pic dul tic man aye buk kwan pot waraga me LAM. Kwan I wiye atii kwena i kom LAM ma tye I NGEK MADONGO

10. Wac ki joo ma gi tye i pwonye ni twere ki mon me gwoke ki yacu inge nywal kace ki gu lubu yoo adek me LAM. Tic ki pot waraga me LAM I buk kwan me tito yoo adek magi.

- **ACEL:** Ony pa remo onyo ruuk pwod peya odwogo.
- **ARYO:** Gi tye ka dot keken (labongo cam onyo gi amata, pito latin cawa weng).
- **ADEK:** Latin peya oo dwe abicel.



11. Poo wi joo ma gi tye ka pwonye ni cak kor aye yoo ma ber me weko latin kome bedo yot, daki latin pe mito cam mukene onyo pii i acaki me dwe abicel.
12. Nyut cal agulu ma ocung I kom laten adek. Wac ki lukwan ni agulu dek man tye waci LAM, ki laten adek obedo yoo aluba adek me LAM ma wa loko iye.
13. Wac ki joo ma gi tye ka pwonye me keto lanyut me yoo aluba i kom laten. Ci dong I peny gi:
- Ngo ma romo time kace laten acel ki diro woko? Lagam tye ni agulu poto woko.
  - Ngo ma romo time kace yoo aluba me LAM peke bot min latin? Lagam tye en romo gamo ic onyo yac.



14. Niang i kom lagam ma pe tye kakare ci wac dok aye yoo aluba adek me LAM.
15. Ma nongo I tiyo ki **Pot Waraga me Pwonye me LAM**, tit maber lok me pwonye me LAM ki doto cak ma kun nongo itiyi ki cal ma tye. I romo bene tic ki **Ngec ma ludor yub omyero gu gee I kom Doto cak ki LAM** ma tye I buk me pwony ma meg.
16. Peny jo ma gi tye ka nongo pwonye me tamo ngat mo i gang gi onyo kabedo gi ma romo nongo kony i kom LAM. Peny joo ma gudyere manok me tito wi ngec madito i kom ngo ma gi romo nywako ne ki dano meno.

#### DUL ME 4: Roto kor pwonye pa dul (Dakika 20)

**I tic man, joo ma gi tye ka pwonye bi tito ngo ma gu oniang i pwonye i kom lok me doto lutino ki LAM. Jami tic man aye karatac me LAM.**

17. Pok joo ma gi tye ka pwonye i dul aryo ka i pok kad I dule acel acel.
  - Peny joo ma gi tye ka pwonye i dul me acel me yubu karatac ma tito lok ma romo konyo Joy me tic ki yoo me dot maber ma calo yoo me lago kin lutino.
  - Peny joo ma gi tye ka nongo pwonye i dul me aryo #2 me kati ki goga I kom kit ma Joy romo ngeyo ne ni doto latin dong pe romo konye me gengo yacu. Ka dok bene, ngo ma Joy romo timo me gengo yacu kace LAM dong pe twero tic bot en?
18. Tit bot gi ni omyero gu yer karatac ma gi tamo ni tye kakare pi waco lok ma meg

Karatac magi mite me cwalo ngec onyo lok ma miyo pwonye i kit ma LAM romo tic bot **Joy**.

#### Yoo me aluba wek LAM otii me gengo yacu.



Ony pa remo pe



Dot latin keken, pe cam onyo gin amato mo



Latin peya oo dwe abicel

#### Doto lutino I yoo mupore



Dot latin cut cut



Dot latin idye ceng wa idye woo



Ket latin I yoo me dot maber



Dot latin kadi kace mine onyo latin kome lit

Kace yoo aluba mo acel ikin yoo adek me LAM dong pe tye atir pi dako, LAM pe obi gwoke. Omyero olee tam ki latic me yot kom pi nongo yoo mukene me lago nywal.



Ony pa remo ocake



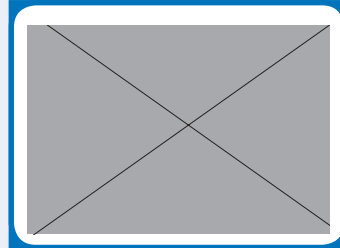
Latin okato dwe abicel (6)



Ingee dwe abicel (6) med cam ma pat mukene



Cam ki gin amata mukene ki medo



Lok gi latic yot kom I kom yoo mukene

gi. Pe tye ni karatac ducu romo tic me cwalo ngec onyo lok ma meg gi.

19. Kel dul aryo man weng kacel, wek gin weng gu bed ki kare me nyutu ododo gi. Inge nyutu ododo gi, tim jami magi:
  - Peny joo ma gi tye ka pwonye me cimo ki kwanyo woko karatac ma pe cimo gin ma ododo ni tito. Nen ni ododo ni tye iye karatac me LAM ma atir.
20. Peny joo ma gi tye ka nongo pwonye kace gi tye ki lapeny daki imi lagam. Bene gony lok anii (ma pe atir) i kom LAM ma I winyo joo ma gi tye kapwonye gi waco i kom doto lutino ki LAM. Iromo gonyo lok anii man ma nongo itiyo ki pot waraga NGEK MADONGO I buk. Kace i peke ki lagam, wac ki joo ma gi tye ipwonye ni i bi nongo ne ka i kelo i pwonye me anyim (dakika 5).
21. Ma nongo itiyo ki kad madit dok nyutu yoo ma padi padi me lago nwyal, tit yoo me lago nwyal ma mon romo tic kwede inge LAM.
22. Cwal pwoc bot dano ma tye ka pwonye/lukwan pi miyo tam gi. Lwong gi me bedo I kacoke I kom lago nywal kama lok matut I kom yoo man ki bi miyo. Bene tit bot gi lok man:
  - Kace miti gi tye i yat amunya, atuja, yat a keta I kom onyo mola ki tol ma gi rwako I ot nyodo pa mon, lwong gi me ceto ka neno gang me yot kom ma tye ki VHT me nongo yoo moo keken ma gi mito. I romo miyo bot joo ma gu bedo ka nongo pwonye ni karatac me lwong me yoo me lago nywal.
  - Kace gi tye ki miti i yoo me FAM, Tiko Kwe Dwe pa Mon onyo yoo me Nino Aryo, lwong gi me bedo i dul nywako tam I kom yoo ma gi mito. Wek gi onge ni me tic ki Tiko Kwe Dwe pa mon, omyero kwe dwe pa dako obed tetere.
  - Kong i bedi kabedo man pi dakika manok wek i coo piny joo ma gi mito bino i pwonye me anyim I kom nywako tam ma lube ki SDM onyo Yoo me Nino Aryo. Tit bot gi nino, cawa ki kabedo me nywako tam pa dul ma obi time iye.

## DUL ME 5: Ngeyo lok ada

23. Loo kacoke me pwonye ki tuku me yomwcin y ma konyo lukwan ceto gang gi ngec ma piretek wek gu nywak ki jo mukene. Wac ki lukwan me cung malo ki ka l woto ki kwano lok, ki obi dok tung acuc kace gi tamo ni lok man tye lok ada, onyo gi dok tung acam kace gi tamo ni lok man pe tye lok ada.

■ **Latin ma tye ka dot mito pii amata.**

**Gopa/Pe lok Ada.** Latin ma tye ka dot pe mite ni omat pii. Pii aye jami ma pire tek ma tye i cak kor. Pii tye ma pol l cak kor me keyo orwo pa latin kadi ma ping dong lyet tutwal. Eni pien latin ma dot pe mito pii, nyig yat onyo gin amata mo keken l kine me acaki dwe abicel (6) me kwo ne..

■ **Cak kor aye cam ma opore pi latin lakere ma pe ya oo dwe abicel (6).**

**Kakare/Lok Ada.** Cak kor aye cam ma opore pi latin ma pe ya oo dwe 6. En tye ki jemi weng ma latin mito me weko latin dongo daki tegi.

■ **Wii cak ma pek pa min latin me acaki konyo gwoko latin l kom two mapol.**

**Kakare/Lok Ada.** En wii cak ma pek ma obedo ocwak ocwak me acaki bedo calo agwera me acel pa latin..

■ **Min latin omyero omede ki doto latin, kadi kace en onyo latine kome lit.**

**Kakare/Lok Ada.** Cak kor tye cam ma ngide ma yot pi latin. Cak kor pwod ber pi latin kadi kace min latin kome lit.

■ **Dot idye wor ki idye ceng l kine me acaki dwe abicel (6) gengo tong dako me tegi dok konyo gwoko dako pe me nongo yacu.**

**Kakare/Lok Ada.** Dot keken dok tere tere weko kom mon/dako loke ma lube ki rii tegi pa tong dako ki kwe dwe ne l kine me dwe abicel (6) inge nywal. Eni konyo me gwoko dako ki l yacu pi dwe abicel ma lubu kor nywal.

■ **Dot keken aye ma romo konyo dako pe me nongo yacu.**

**Gopa/Pe lok Ada.** Dot aye yoo aluba adek (3) ma mite pi gengo yacu ki LAM. Me medo ko dot, mite ni latin pe ya oo dwe abicel (6) daki ony pa remo omyero pe onen/dwogi.

■ **Joy omyero owek min cware iye obed yom daki omi ki en la kware me aryo oyot ingee nwyalo latin me acel.**

**Gopa/Pe lok Ada.** Pi yot kom min latin gin ki latin, rwate ni mege/mon kong gi oku ingee mwaka aryo mapeya gi onongo yacu daki. Lutino dongo malo ma dongo, wa ki yoto. Bi bedo nok tutwal ki megilutino me too l kare me nywal. Bi bedo nok tutwal ki lutino me too, bedo ki kilo ma nok, onyo bedo abwoki kace min latin oywee ingee mwaka aryo mape oyac daki.

## Ngec ma ludor yub omyero gu bed ki ngec i kom Dot ki LAM

Dul pwonye ma ki bi pwonyo	Ngec me angeya ki me awaca	Ngec me angeya ki tic kwede me gamo lapeny
<b>1. Dot keken dok i yoo ma opore kit ma ki tito onyo ki gonyo kwede</b>	Dot keken aye kit ma min latin doto latin keken la-bongo rubu cam, gin amata onyo pii moo nicake ma latin ki nywalo inkine me acaki me dwe 6.	Doto latin kit ma latin mito, dot kit ma mite konyo weko cak bino cawa weng.
<b>2. Pingo pire tek me cako dot i kine me nucu pa cawa ma latin pud ki nywalo anywala?</b>	<ul style="list-style-type: none"> <li>■ Ka latin ocako dot weko cak kor cako bino.</li> <li>■ Acaki onyo wii cak me acel miyo agwera me acel bot latin lakere.</li> </ul>	Latin ma dot weko cak kor nger.
<b>3. Jami 3 ma weko dot doko yoo me lago nywal</b>	<p>Wek LAM ogeng yaco, yoo aluba adek magi omyero gu cobe:</p> <ul style="list-style-type: none"> <li>■ Dako omyero odot latin keken (gin amata, cam onyo pii mo keken obed peke),</li> <li>■ Ony pa remo onyo ruuk me kwe pa mon idwe pe ya ocake ma naka en onywal,</li> <li>■ Latine pwod pe ya oo dwe abicel.</li> </ul>	Dot tere tere, cawa mo keken ma latin mito, gengo tong dako me tegi ki juku dako meno me neno ruuk ma mege.
<b>4. Kit ma dako romo yac kadi ma en tye ka dot</b>	<ul style="list-style-type: none"> <li>■ Tye jami 3 ma weko dako ma dot romo yac: <ul style="list-style-type: none"> <li>• Kace dako neno kwe dwe ne onyo ruuk ingee dwe mapol i yoo nge nywalo latin</li> <li>• Kace dako pe dong tye ka dot keken</li> <li>• Kace latin okato dwe 6.</li> </ul> </li> </ul>	<p><b>Kit ma tiyo kwede:</b></p> <ul style="list-style-type: none"> <li>■ Ka teki latin mako daki doto nyig wi cak pa mine, en cwalo ngec bot adam me juku tong dako tegi i kicaa tong dako</li> <li>■ Ka teki tong dako pe otegi, ruuk onyo ony pa remo pe time</li> <li>■ Ka latin mede ki dot nyig wi cak, ngec me gengo tong dako tegi doko tek.</li> <li>■ Pito latin ki cam mukene, gin amata onyo pii gwenyo kube ma aa ki i nyig wi cak me oo i adam. Eni bene juku ngec ma aa ki i adam me oo i kicaa tong dako wek otegi. Bedo cen ki inget latin ma kato cawa 4 bene codo kube man.</li> </ul>
<b>5. Pingo acaki dwe 6 me dot keken konyo me loke onyo kube anyim i yoo me lago nywal mukene</b>	<ul style="list-style-type: none"> <li>■ Miyo kare me cako tamo yoo mukene ma rwate.</li> <li>■ Cawa me nywako tam ki luooti yoo mukene ma gi twero yero ne me lago nywal.</li> </ul>	<ul style="list-style-type: none"> <li>■ Yoo me Lago Nywal ma Min latin ma tye ka dot romo tic kwede: <ul style="list-style-type: none"> <li>• Yat atuca</li> <li>• Mola ki tol ma ki royo i ot nyodo pa dako</li> <li>• Yat Amunya</li> <li>• Roc Bol</li> <li>• Yoo me Nino Aryo</li> </ul> </li> </ul>

**Gony anii ma romo kati.**

<b>Anii il kom LAM ki Dot</b>	<b>Lok Ada</b>
<b>Dako ma tye ka dot pe romo yac pi mwaki mapol.</b>	Eni pe tye ada. Doto latin galo bino pa nyodo. Ento dot keken pe romo gengo yacu. LAM bene ki romo tic kwede pi acaki dwe ó i nge nywal. Inge meno, omyero ki cak tic ki yoo mukene.
<b>Dako ma weko latin gang ka ceto I tic romo biyo cak ma mege ma kun nongo tiyo ki LAM.</b>	LAM mite ni dot obed tere tere idyer ceng wa ki idye wor. Biyo cak kor pe gido nyig wi cak me gengo yubu tong dako. Latin ma doto cak keken aye konyo gengo yubu tong dako.
<b>Doto Cak Ki LAM tye jami acel.</b>	<p>Doto latin keken pe gwoko dako me nongo yacu. Doto latin pe rom ki tic ki LAM.</p> <p>Doto latin tiyo maber calo yoo me lago nywal kace:</p> <ol style="list-style-type: none"> <li>1) Latin tye ka nongo cak kor KEKEN (cam onyo gin amata mo peke)</li> <li>2) Kwe dwe PE YA odwongo, ki</li> <li>3) Latin pe ya oo dwe ó</li> </ol>

## Karatac onyo Kad tuku me LAM ki Lok kom Dot



- Ka latin tye ka dot ngero cak kor.
- Gudu wi cak I kare ma latin dot cwalo ngec bot adam wii dako.
- Ngec mukene ki cwalo ki i adam bot kicaa tong dako me gengo kati pa tong dako.



- Dako ma tye ka tic ki LAM omyero odot latin I kare weng ma latin kec neko, idye ceng wa idye wor.
- **Eni tye I kin jami 3 me aluba pi LAM.**



- Dako ma tye ka dot romo tic ki LAM kace latin ne pe ya oo dwe 6.
- Ingee latin oo dwe 6 min latin romo yac, kadi kace omede ki dot.
- **Eni tye I kin 3 me aluba pi LAM.**



- Wek LAM otii, kwe dwe/ruuk no piya odwogo nicake ma latin ki nwyalo.
- **Eni tye I kin jami 3 me aluba pi LAM.**



- Agulu eni bedo waci LAM, daki laten adek tye yoo me alube adek wek LAM otii me gengo yacu.
- Kace laten acel ki kwanyo, agulu obi poto. Kace yoo aluba acel pa LAM orem pi min latin, en romo yac.



- Kace latin onongo cam onyo gin amata mapat ki cak kor, latin pe obi doto teretere.
- LAM pe obi gwoko min latin ki yacu. Min latin romo yac daki.
- Dako mito otii ki yoo mapat me lago nywal.



- Pe imii ki latin cam, pii onyo gin amata mapat ma pe ya latin oo dwe 6.
- Yadi, vitamin ki yat agwera tye ber.
- Cak kor tye ki jemi weng ma latin mito me bedo ma kome yot I caki dwe abicel.



## Karatac onyo Kad tuku me LAM ki Lok kom Dot



- Min latin omyero odot latin cut cut ingee nywal
- Dot I kine ka cawa acel ma nongo latin pud ki nywalo anywala konyo me gwoko latin i kom two ki miyo wii cak ma pek ma obedo ocwak ocwak me acaki, ma obedo calo agwera me acel pa latin.



- Min latin omyero omede ki doto latin kadi ma en onyo latin kome lit.
- Kadi ka bed min latin kome lit, cak kor konyo gwoko latin i kom two.
- Ka ce latin kome lit, min latin omyero omede ki dot tere tere wek latin ocang oyot oyot.
- Cak kor weko latin dwoko pii ki moc cam ma orwenyo i kare ma latin bedo ka acado. Dok bene cak kor tye cam ma ngide ma yot pi latin.



- Min latin omyero ote latin daki oket latin i dog cak kit ma opore me gwoko nyig wi cak pe me nongo ret ki me gido ne wek cak ongee.



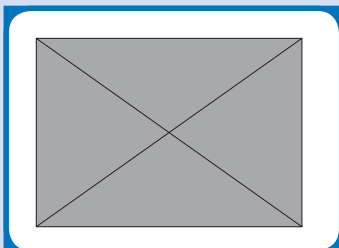
- Tek min latin ocako neno kwe ne, dong tye ki en kere me nongo nyodo daki.
- Dako romo yac kadi kace omede ki dot.
- Omyero otii ki yoo mapat me lago nwyal.



- Teki latin oo dwe 6, iromo bedo ki kero me nongo nyodo daki. I romo yac, kadi kace imede ki dot.
- **Min latin ma dong latine oo dwe 6 onyo makato pe romo tic ki LAM.**
- Ka dong latin oo dwe abicel, min latin onyo lagwoke omyero omed cam mukene.




- Ka dong latin oo dwe abicel min latin onyo lagwoke omyero omed cam mukene.



- Kace yoo aluba adek me LAM dong pe rwate, dako omyero gu lim latic ot yat me nongo yoo mapat me lago nywal.


# Pot Karartac pwonye me LAM ki Dot




**Kit ma Yoo man tiyo**

**Yoo adek me LAM**


**1**




**2**





**3**





**Yoo maber me doto latin ki cak kor dako**






**Kit ma Yoo man tiyo**

Dot kare ki kare juku tong dako me tegi ci juko kwe dwe/ruk.

- Dot pa latin cwolo ngeci ya dam me juku tong dako me tegi daki juko kwe dwe.
- Kwe man Lwore I kin cak kor, adam, gi pak tong dako.
- Cam mukene ma pat gi dot, juko lok/ kubo ngeci man. Bene time ka min latin bedo be cawa 4 labongo doto latin.
- Kace ngeci man acoo, tong dako cak daki calo neon kwe. Doko bedo gi kero me yodo daki romo yac.

**Yoo adek me LAM**


**1**



Ony pa rema I lit me ruk/dwe pud pe adwogo ma I nywal kwede.

- Ka I cak kwe ni, I tye kero me nyodo daki. I romo camo tce/yac kadi I mede gi dot.


**2**



Man doto lutino dye ceng gi dye woo keken daki pe gi miyo cam, pii onyo gin mamata.

- Ka latin obedo ki kero me nongo cam moo keken , pii nyo gin amata mo keken ma mede I kam cak adoto, latini pe obe doto dot kit ma mite tere tere ni, man wakto dok in I bedo ki kare me nongo yacu dok aye kadi itye ka doto latin.


**3**




Latin pwodi pe oo dwe 6

- Kace latini oo dwe abicel I tye gi kero me nyodo. I romo yac, kadi I mede gi dot.

Kace yoo 3 magi weng pake, cak tte gi yoo mukene cut. Cak tamo yoo ma pat kace LAM pe tye ka konyi lago nywal. Lok gi latic yot kam I kam yoo maber me lago nywal ca ma in pwodi itye ka dot.



**Yoo maber me doto latin ki cak kor dako**




**Cak doto latin I kin cawa me acel ma I nywal kwede.**

Ket latin abut I kom mi cut cut I cawa ma I nywal, omeyero obed del kum del ikin min latin gin ki mine inge nywal.

Dot latin ki cak me acel ma tye ki moc cam masiweng.


Cak kor keken aye latini mito me dongo maber ma kame yot I acoki dwe abicel.



**Nen ni latin obedo ki mih I dot dak obed cak ki cak.**

Latin omeyero obed aitr kun nongo wiye odak angec.


Latin omeyero oyab doge ma lac , dag cak weng omeyero odany I dag latin.



**Dot latin teke mite, dye wor wa dyceng weng.**

Dot latin tere tere kit ma latin tye ka mito ne kwede anyo I nge cawa anyo me oo I cawa angwen.

Pe I imih kwayi cam moo keken anyo gin amata mo keken kadi pii amata, kadi bed ngat mukene aye tye ka gwoko latin.



**Mede ki dot kadi bed in min latin komi lit onyo latin aye kome lit.**

**Cak kefo kwai cam mukene I med I kam cak nongo dongo latin oo dwe abicel 6.**

WALAN – Lacim Tic pa Lador Yub i Pwonye pa Dul

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# Yub me Pwonye me Nywako Tam I Dul

- ▶ Nywako Tam i yoo me SDM ki Tiko Kwe Dwe pa Mon
- ▶ Kacoke me tyelo kor jo ma tye ka tic ki yoo me Tiko Kwe Dwe pa mon
- ▶ Nywako Tam i Yoo me Nino Aryo
- ▶ Kacoke me tyelo ko joo me ot I yoo me Nino Aryo



# Nywako Tam i yoo me SDM ki Tiko Kwe Dwe pa Mon

**Cawa:** 1.5

## **Tyen Lok:**

I yub man, ngat acel acel onyo jo me ot ma tye ki miti me tic ki yoo me SDM pwonyo kace gu cobo ma mite pi tic ki jami man. Gi bi nongo bene lacim onyo lanyut gin atima ikom kit me tic ki SDM ki Tiko Kwe Dwe pa Mon.

## **Lanyut gin atima:**

Lanyut gin atima eni konyo ludor yub me poo pi yoo me aluba kare ma laco ki dako tye i nywako tam i kom kit me tic ki yoo ni.

<b>TIC PA LUDOR YUB</b>	<b>YOO ALUBA ME NYWAKO TAM</b>
<b>1. MOT JO MA TYE IPWONYE</b>	Mot lukwan, peny nga i kin gi ma tye jo me ot ka dok iwek gu coo nying gi i karatac pwonye.
<b>2. YUB ME BEDO AGONYA</b>	<ul style="list-style-type: none"><li>■ Jol ka bene iwek lumemba me dul obed agonya</li><li>■ Nyute daki lwong jo mukene me nyute bene</li><li>■ Kati ki cik pa dul:<ul style="list-style-type: none"><li>• Gwok nywako tam me dul i mung</li><li>• Mii woro bot lawoti</li><li>• Mii kony bot lawoti</li></ul></li></ul>
<b>3. NYUT LOK ME NYWAKO TAM I DUL</b>	<ul style="list-style-type: none"><li>■ Mok ni kacoke ni tye pi dano ma mito pwonye i kit me tic ki Tiko Kwe Dwe pa Mon pi yoo me Lago Nywal.</li><li>■ Eni pe kacoke me ngec keken. Lukwan gi bi pwonyo kace yoo ni tiyo pi gin daki moko tam kace gi bi dok gang ki yoo man.</li><li>■ Nyut tiko ma g bi pwonyo kit me tic kwede lacen.</li></ul>
<b>4. MII LAPENY MA KONYO YABO KACOKE</b>	<ul style="list-style-type: none"><li>■ Miti ni ocung kwene pi lago yacu?</li><li>■ I romo cobo miti ni nining?</li></ul>

**5. PENY LAPENY ME KONYO LUKWAN WEK GU NGENE KACE YOO NI RWATE PI GIN**

- Nyut Tiko Kwe Dwe pa Mon ka I wac ni man nyutu kwe dwe pa mon, daki tiko acel acel aye nino ma tye i kwe gi. Cim tiko ma kwar ka i wac ni kwe cake i nino me acel me ony pa remo. Kare weng ma remo cako ony aye acaki me lawala me kwe dwe pa mon
- Tit ni Tiko Kwe Dwe pa Mon pe tye pi dano weng. Yoo aluba aryo mite me tic kwede maber tutwal: 1) ony pa remo I kare kare ma rwate 2) mok maber i kin lacoo ki dako.
- Mii lapeny me niang ngo ma joo ma gi tye ka pwonye gu niang i kom lawala me kwe:
  - Peny kit ma mon neno kwede kwe gi? Tye weng pol kare ma rom?
  - **Peny jo ma gi neno kwe gi dwe weng gu il cingi malo**
  - Wac ni yoo man tye pi mon ma neno kwe gi kare weng I kine ka me dwe acel.
  - Jo ma gu gamo ni **KU** I kom neno kwe gi kare weng pe romo tic ki yoo man. Tit ni ki jolo gi me bedo onyo me aa woko. Lwong gi me bedo I pwonye me yoo me Nino Aryo onyo mii ki gin kad lwong me lago nywal.
- Wac ki joo ma gi tye i pwonye ni imito penyo gi lapeny mukene bot lu ot acel acel me niang ka yoo ni eni rwate pi gin.

**Tiko Kwe Dwe pa Mon pore pi dako man?**

Mii lapeny magi ka i wek mon weng gu gam **KAKARE** onyo **KU**:

I neno kwe dwe ni kit ma mite?	Ka ki gamo <b>KAKARE</b> , ci dako romo tic ki Tiko Kwe Dwe pa Mon kace neno kwe ne dwe weng. Ka ki gamo <b>KU</b> , en pe romo tic kwede kace kwe dwe ne pe kati kare weng.
Ngat mo tye ka tic ki yoo me yat amunya onyo cuma aketa i ot nyodo i kare eni?	Ka ki gamo <b>KAKARE</b> i tic ki yoo mukene, ci en pe romo tic ki Tiko Kwe Dwe pa Mon kombedi. Ka ki gamo <b>KU</b> , ci en romo tic ki Tiko Kwe Dwe pa Mon. Wac ni yoo man tye pi mon ma <b>PE TYE</b> ka tic ki yoo mukene.
Wac ni yoo man tye pi mon ma <b>PE TYE</b> ka tic ki yoo mukene	Ogamo ni <b>KU</b> , en dako romo ti ki <b>Tiko Kwe Dwe pa Mon</b> . Ka ki gamo <b>KAKARE</b> , en pe romo tic ki Tiko Kwe Dwe pa Mon kombedi. Wac ni yoo man pe pore pi mon ma pwod gu nywal anywala.

**Tiko Kwe Dwe pa Mon pore pi jo ma tye I ot?**

- Wac ni yoo aluba me aryo pi Tiko Kwe Dwe pa Mon wek oti nongo jo ma tye i ot oyee me tic ki roc bol onyo pe me rwate I butu pi nino 12 i tiko matar.
- Mii lapeny magi me niang ka ce jo ma tye i ot gu yee me lubu jami atima ma rwate ki yoo man:

In ki lu ot ma megii utwero yee me tic ki roc bol onyo pe me rwate i butu pi nino 12 I kom tiko ma-tar?	Ka ki gamo <b>KAKARE</b> – En romo tic ki Tiko Kwe Dwe pa Mon. Ka ki gamo <b>KU</b> – En pe romo tic ki Tiko Kwe Dwe pa Mon. Wac ni yoo man tiyo ka ce winye tye ikin lacoo ki dako i ot me yee tic ki roc bol onyo pe me rwate i butu i kare ma dako tye kare kere ki dako me nongo nyodo.
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TIC PA LUDOR YUB	YOO ALUBA ME NYWAKO TAM
<p><b>6. TIT KIT MA TIKO KWE DWE PA MON TIYO KWEDE, KIT MA KI TIYO KWEDE</b></p>	<p><b>Nyut kit ma yoo ni tiyo kwede</b></p> <ul style="list-style-type: none"> <li>■ Lub yoo lanyut gin atima (tye i boc karatac me Tiko Kwe Dwe pa Mon). Nyut ka ma leng kit ma yoo ni tiyo kwede.</li> <li>■ Tii ki tiko me tito: <ul style="list-style-type: none"> <li>• Rangi ki kit ma tiko tiyo,</li> <li>• Kit me niang ka ruuk onyo ony pa remo i kom bino ma rwate ki kare ne,</li> <li>• Ngo ma mite kace wic owil diru lagit,</li> <li>• Awene me cako tic ki Tiko Kwe Dwe pa Mon ki awene me ceto ka neno lamii kony.</li> </ul> </li> <li>■ Mii lapeny me ngeyo kace dano oniang.</li> </ul> <p><b>Pwonye daki I nwoo tere tere tic ki yoo man</b></p> <ul style="list-style-type: none"> <li>■ Mii dol acel me tiko bot dano adek ma gi tye ka nongo pwonye. <ul style="list-style-type: none"> <li>• Peny gi me yabo lanyut gin atima meTiko Kwe Dwe pa Mon ka bene inyut kit me tic ki tiko ni. Kwan daki inyut yoo me timo ne.</li> <li>• Peny gi me gwenye i kin gi me tito kit me tic ki tiko kwe dwe.</li> </ul> </li> <li>■ Lwong lacoo acel me tito. Ka daki ilwong bene dako acel me tito.</li> <li>■ Tii ki pot waraga me roc bol i karatac pwonye me nyutu kit me tic ki roc bol.</li> <li>■ Ingee pwonye man peny joo ma gi tye ka pwonye me dwoko tiko.</li> </ul>
<p><b>7. KET LUMEMBA ME DUL IN NYWAKO TAM I KIT ME GWOKO KARE MA NYODO ROMO NONGE IYE</b></p>	<p><b>Nywak tam kit ma lacoo ki dako i ot gi tiyo kwede:</b></p> <ul style="list-style-type: none"> <li>■ Mii lapeny ma cuku cwiny dano me tam ki nywako lok matut makeme ki lok me butu ikin jo ma tye i ot. Kal lapeny ma i pe agony me peny.</li> <li>• I romo bedo agonya me lok ki lu oti ka ce pe imito rwate I butu?</li> <li>• I romo bedo labongo rwate i butu onyo tic ki roc bol nino ma nongo tye kare kere ki dako me nongo nyodo onyo yac?</li> <li>• Tye yoo mo ma utamo ni jo me ot romo tic kwede me gengo yacu i kare ma yot ki dako me nongo yacu? Yoo mo tye ma romo cobo miti labongo kelo yacu?</li> <li>■ Peny coo ma I dul kit ma gi tero kwede lok ka tele tye. (ceto ka rwene, cero woko cen, kweyo lyeto pa lok).</li> </ul>

**7. KET LUMEMBA ME DUL IN NYWAKO TAM I KIT ME GWOKO KARE MA NYODO ROMO NONGE IYE (Mede)**

**Activity Cards for Couple Decision Making**

Visual Statement	Female Statements	Male Statements
	I feel comfortable telling my partner if I am on a fertile or infertile day.	I feel comfortable asking my partner if she is on a fertile or infertile day.
	I feel comfortable telling my partner that we should use condoms.	I feel comfortable telling my partner that we should use condoms.
	I feel comfortable telling my partner that we should not have sex today.	I feel comfortable telling my partner that we should not have sex today.
	I like talking to my partner and deciding what to do on fertile days.	I like talking to my partner and deciding what to do on fertile days.
	I feel comfortable consulting my partner when he is upset.	I feel comfortable consulting my partner when she is upset.
	I feel comfortable talking to my partner about our disagreements.	I feel comfortable talking to my partner about our disagreements.

Always true	Sometimes true	Rarely true	Never true

- Wac ki dul ni kombedi dong gi ngeyo kit me tic Tiko Kwe Dwe pa Mon, piretek me leyo tam i kom kit ma lu ot romo gengo yacu ikare ma yot ki mon me non-go yacu.
- Wac ni ibi nyutu cal yoo ma pat pat ma jo me ot wok iyee. Eni yoo ma romo time kadi jo me ot tye ki yeyo ki gwoko cike i kit me tic ki roc bol onyo pe rwate i butu ikare ma yot ki mon me nongo yacu. Nyut cal acel ci i kwan lok ma rwate ki cal.
- Nyut cal anyogi bot lukwan ka dok i tit tere.
  - Anyogi ma gi tye ki rek weng nyutu ni **POL KARE** jami weng tye kakare pi in.
  - Anyogi ma tye ki rek ma pol tere ni jami **CAWA MOGO** tye kakare pi in
  - Anyogi ma tye ki rek ma nok tere ni jami mogo **PI KARE MANOK** tye kakare pi in.
  - Anyogi ma peke ki rek mo ni tere ni jami mo **PE TYE ADA** pi in.
- Wek ibed ma iyeng ni lupwonye gu niang i Kom kad me anyogi ni, wac bot gi ni I bi tic ki labol Kit me tic ki kad magi.
  - Labol: “Acamo kwon kal nino weng”. Kace loki tye pol kare ada pi in, kad anyogi mene ma I bi tlyo kwedw? Kace eni pe tye kakare, kad anyogi mene ma inyuta? Ka bene kad mene ma inyuta kace lok man tye ada pi kare ma nok?
- Yub lukwan I I dul mon keken ki coo keken.
- Mii ki dul acel acel boc me karatac onyo kad ma tye ki coc, ka bene i mii boc me karatac me cal anyogi. I dul acel acel, joo ma gi tye ka nongo pwonye bi nywako lok pi dakika 5 kun gi nywako kit ma neno gi tye kwede i kom cal ma tye. Ki acel acel, gi moko ka jami ma tye i cal tye ada onyo ku.
- Wek lukwan gu dok bot lu ot gi ka bene ma calo jo me ot gu lee tam i kin gi kom kwo ma ki nyutu i cal. Ma nongo i tiyo ki anyogi, mok tami i kom kace ada onyo pe ada jami magi tye pi gin, ka bene kit ma gi romo yubu.
- Cok karatac onyo kad weng ka ipeny ludyere me leyo tam gi i kom lapeny magi ma ki kwano?



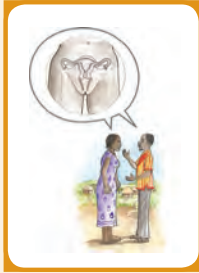
TIC PA LUDOR YUB	YOO ALUBA ME NYWAKO TAM
<p><b>7. KET LUMEMBA ME DUL IN NYWAKO TAM I KIT ME GWOKO KARE MA NYODO ROMO NONGE IYE</b></p> <p>(Mede)</p>	<p style="text-align: center;"><b>LAPENY ME NYWAKO TAM</b></p> <ul style="list-style-type: none"> <li>■ I winyo nining i kare me nywako lok i kom cal ki luwoti ma mon onyo coo calo in? Kony mo tye me timo gin man ma pe ya ki nywako tam kom kad ki lu ot wu?</li> <li>■ Yoo ango ma jo me ot gu cung lyee i kom moko tam gi Karacel</li> <li>■ Kace in laco, yoo mene ma pat ma iromo miyo kwede kony i kit me tic ki yoo me lago nywal man?</li> <li>■ Kace i bedo dako, cwari obi waco ni ngo i kom tic ki roc bol onyo gengo rwate i butu pi nino ma i romo yac?</li> <li>■ I tamo ni I gi luoot ti romo bedo gi peko I tic gi yoo man? Peko ango ma obi bedo?</li> <li>■ Kit diro ango ma dako romo waco ki lacoo nino mene ma gi romo onyo pe gi romo rwate i butu?</li> </ul> <ul style="list-style-type: none"> <li>■ Wac ni jo me ot ma pe gi romo yee onyo moko me tic ki roc bol onyo bedo labongo rwate i butu inino ma nongo yot bot dako omyero pe gu ti ki yoo man. Pi jo ma pe gi romo tic ki yoo man, mii bot gi kad me lwong me lago nywal wek gu lim ot yat onyo latic yot kom me kin gang (VHT) pi yoo mukene.</li> </ul> <p><b>Peki ma romo bedo tye pi joo me ot:</b></p> <ul style="list-style-type: none"> <li>■ Kama cwar dako romo tic ki gero, omyero gin otii ki yoo mukene. Coo mukene doko ger ka ce mon gu Waco ni ki tii ki roc bol onyo pe ki rwate I butu. Tit ni ka jami ka kit menu time ci dako omyero ocet I gang yot kom pi nongo yoo mukene ka bene romo cwalo lok anyim pi tim geru ma tye.</li> <li>■ Jo me oot omyero gu tii ki yoo mukene kace mato kongo tye ma weko leyo tam i kom kit me tic ki roc bol onyo bedo labongo rwate doko tek. Peny mon I dul kace gi ngeyo cawa ma gi romo ceto iyee kace cware ogoye onyo otiyo ki gero.</li> </ul>
<p><b>8. MOKO TAM ME TIC KI YOO ME LAGO NYWAL</b></p>	<ul style="list-style-type: none"> <li>■ Tit bot jo me ot ni nino oromo me moko tam kace gi mito tic Ki yoo man daki nining. Peny jo me ot me nywako tam I kin gi I kom nyig lok magi: <ul style="list-style-type: none"> <li>• Pingo gi mito tic ki yoo me lago Nywal.</li> <li>• Mok tam kace gi mito tic ki yoo man me lago nwyal.</li> <li>• Ngo ma gu kati me timo me gengo yacu i nino ma yot ki dako me nongo (tiko matar).</li> </ul> </li> <li>■ Peny lukwan kace gi tye gi miti me leyo tam gi jo mukene I kom ngo ma gu kati kwede.</li> </ul>

TIC PA LUDOR YUB	YOO ALUBA ME NYWAKO TAM
<p><b>9. DOK GANG GI YOO MAN</b></p>	<ul style="list-style-type: none"> <li>■ Peny joo ma gi tye ka nywako tam kace miti gi tye me leyo tam gi ki jo mukene i kom ngo ma gu kati kwede.</li> <li>■ Pe lukwan ma pe gi twero lubu jami ma mite, mii kad onyo waraga me lwongo me lago nywal.</li> <li>■ Pi lukwan ma tye ka neno kwe dwe gi (onyo mon gi neno), peny kace gi mito tic ki yoo man. Mii bot gi boc me Tiko Kwe Dwe pa mon pi jo ma gi twere lubo yoo ma mite pi tic ki Tiko Kwe Dwe daki gi tye ki cwiny me tic ki yoo man. <ul style="list-style-type: none"> <li>• Wac maber ni myero gu cak tic ki Tiko Kwe Dwe pa mon i nino me acel me ony pa remo pa dako. I nino eno ni, ket lagit I kom tiko ma kwar ka i mede ki nyiko lagit i kom tiko ki acel acel nino weng.</li> <li>• Poo wi gi me tic ki roc bol onyo pe me rwate i butu i nino me tiko matar. Bene tii ki roc bol wang ma gu cako tic ki Tiko Kwe Dwe pa mon tyen me acel.</li> <li>• Kace dako pe ya ocaoko neno kwe dwe ne tit bot ludor yub. Bene, en romo lok bot ludor yub kace kwe dwe ne cake con (pe oo i tiko ma col) onyo kace odike (pe ya ocaoke ingee tiko ma ogiki).</li> </ul> </li> <li>■ Cim lanyut ma tye I kicaa Tiko Kwe Dwe pa mon. Nen daki odojo cal ma tye i karatac me moko ad aka gu niang ngec ma tye I karatac.</li> <li>■ Peny kace ngat mo keken tye ki lapeny ka I mii lagam.</li> </ul>

<p><b>LOO KACOKE:</b></p> <ul style="list-style-type: none"> <li>■ Poo wi lukwan ni gi romo nongo jami ma gi mito ni otime i ot gi.</li> <li>■ Poo wi gi pi cik adek magi: gwok mung me dul, woro ki konye i kin gi.</li> <li>■ Tit ki lukwan awene ma kacoke mukene bi time iye (kace i ngeyo).</li> </ul>
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# Karatac me Moko tam pa lu ot

## Lok ma nen



## Lok pa Dako

## Lok pa Ladoo

Awinyo agonya tito ki lu ot ma mega kace atye atera me nongo nyodo onyo nino ma nyodo pe ro-mo nonge

Awinyo agony penyo dako na kace en tye atera me nongo nyodo onyo tye i nino ma nyodo pe romo nonge oyot.



Awinyo agonya me tito ki lu ot ma mega me tic ki roc bol.

Awinyo agonya me tito ki lu ot ma mega me tic ki roc bol.



Awinyo agonyo me tito ki lu ot ma mega pe me rwate i butu tin.

Awinyo agonyo me tito ki lu ot ma mega pe me rwate i butu tin.



Amaro lok ki lu ot ma mega ki moko tam i kom gin atima i nino m nyodo romo nonge oyot.

Amaro lok ki lu ot ma mega ki moko tam i kom gin atima i nino m nyodo romo nonge oyot.



Awinyo angonya cuku cwiny lu ot ma mega ka cwin-ye wang.

Awinyo agonya cuku cwiny dako na ka cwinye wang.



Awinyo agonya leyo tam ki lu ot ma mega i kom winye ma peke i ot.

Awinyo agonya leyo tam ki lu ot ma mega i kom winye ma peke i ot.

Ada Pol kare



Ada Cawa mukene



Ada kicel kicel



Pe tye ada kadi kicel



# Kacoke me tyelo kor jo ma tye ka tic ki yoo me Tiko Kwe Dwe pa mon

**Cawa:** 1.5

## **Tyen Lok:**

I kacoke me nywako tam man, lu ot onyo ngat acel ma ocako tic ki SDM ki Tiko Kwe Dwe pa Mon rwate me leyo adwongi maber ki bene peko ma tye i kit me tic ki yoo man. Lador yub weko lutic ki yoo man ngeyo kace yoo man pwod rwate pi gin ka bene roto ngec madongo i kom tic ki Tiko Kwe Dwe pa Mon.

## **Jami me tic:**

I kacoke man, ludor yub bi tic ki jami tic man:

- Tike Kwe Dwe pa Mon, lanyut me tic ki lanyut nino dwe
- Karatac tic i kom winye ki moko tam pa lu ot

Lanyuti magi bi konyo ludor yub pa bulu, ma ki pwonyo gi I kom SDM, pi opo i kom yoo me aluba.

## **Doro kacoke me lubu kor lu ot**

<b>TIC PA LA NYWAK TAM</b>	<b>YOO ALUBA</b>
<b>1. JOL LU NYWAK TAM</b>	Mii pwoc bot lukwan ma gu dwogo ka bene wek gu pong karatac me bedo i yub: <ul style="list-style-type: none"><li>■ Mii pwoc pi kero ma lumemba gu keto me dwogo cen wek ki mede ki tyelo kor gi pi tic ki yoo man</li><li>■ Peny lu nywak tam me moko tyen lok me dwogo gi cen pi yub me tyelo kor</li><li>■ Mok bot danu ni kacoke ni tye pi jo ma gu bedo con i kacoke nywako tam me SDM. Kace lukwan manyen gi tye ka bino me pwonyo yoo man, lwong gi me bino i kacoke me nywako tam me anyim.</li></ul>
<b>2. YUB ME BEDO AGONYA</b>	<ul style="list-style-type: none"><li>■ Peny joo ma gi tye ka nywako tam me poyo wi gi i kom cik ma gu yee I kacoke ma okato:<ul style="list-style-type: none"><li>• Gwok imung nywako tam pa dul.</li><li>• Umi woro I kin wu.</li><li>• Ukonye wunu.</li></ul></li></ul>
<b>3. ROT KA BENE UYEE I KOM TYEN LOK ME KACOKE ME KONYO LUBU KOR</b>	<ul style="list-style-type: none"><li>■ Peny lu ot me leyo ngo ma gi tamo ni gi bi nongo i pwonye man.</li><li>■ Mok kace lu ot winyo ni ne.</li><li>■ Kace anii onyo lok goba tye ka yelo wii gi, jwaa cen lok anii ka bene wac lot ada ki kome.</li><li>■ Kace gi winyo pe me mede ki yoo man, kub ka bene mii bot gi waraga me lwongo me lago nywal. Mede ki nywako tam ki lu ot mukene.</li></ul>

TIC PA LA NYWAK TAM	YOO ALUBA
<p><b>4. LAPENY ME NIANG KIT MA TAM PI LAGO NYWAL TYE KA MEDE ANYIM</b></p>	<p>Peny lu nywak tam me leyo tam gi ma lube ki kit ma yoo man tye ka wot kwede bot gi kun nongo i miyo lapeny magi:</p> <ul style="list-style-type: none"> <li>■ Ngo ma oweko i tamo me lago nywal ki l acaki?</li> <li>■ Ngo ma i timo me neno ne ni yoo man otiyo pi wun?</li> <li>■ I oo kwene ki keto i tic jami ma i cike me timo gi?</li> <li>■ Jami ma beco ango ma ipwonyo i kare ma i bedo ka tic ki yoo man?</li> <li>■ Peko ango ma inogo kare me tic ki yoo man? <ul style="list-style-type: none"> <li>• Itimo ngo me jwayo peko meno?</li> <li>• Kace pi itimo gin mo, ngo ma i mito ni ki konyi kwede me jwayo peki magi?</li> </ul> </li> <li>■ Peny dano weng me dul me kati ki tam i kit yoo ma luwotgi romo cobo peko ma diyo gi kom kare man.</li> </ul>
<p><b>5. ROT ODOCO KIT MA KI TYE KA TIC KI YOO MAN</b></p>	<ul style="list-style-type: none"> <li>■ Wac ki lu ot ni kom bedi dong ki bi lok i kit ma gi tye ka tic ki yoo man. Mii lapeny magi: <ul style="list-style-type: none"> <li>• <b>Ngat mu dyere mo romo nyuti wa kit ma ki tye ka tic ki Tiko Kwe Dwe pa mon?</b> Mii pwoc bot ludyere ki kace lok ma pe tye kakare, tit lok ma atir. Tii ki lanyut me Tiko Kwe Dwe pa Mon onyo karatac pwoy me kwano lok onyo ngec matir.</li> <li>• <b>Wun weng dong ocalo tic ki tiko?</b></li> </ul> </li> <li>■ Jo ma gu cako tic ki yoo man, peny: <ul style="list-style-type: none"> <li>• <b>Kwe dwe ni ocalo kati ma pe ya oo i tiko ma kwar kwar ni? Tye dako mo l kin wu kany ma kwe ne orii ma dok kato kit ma myero otime kwede,</b> tere ni, ony pa remo peke ingee geto lagit l kom tiko ma kwa kwa me agiki?</li> <li>• <b>Kace ruuk onyo ony pa remo obedo con onyo odike, ileyo lok man kin gat mo?</b> (Poo wii lacoo ki dako me ot ni kwe dwe omyero kare weng obin i kin tiko ma col ki tiko ma kwar kwar me agiki wek yoo man otii me gengo yacu).</li> <li>• <b>Tika lacoo gi dako me ot gu bedo ka tic ki roc bol onyo bedo labongo rwate i butu kace lagit tye i tiko matar?</b> (Poo wii lacoo ki dako me ot ni omyero gu tii ki roc bol onyo pe gu rwate l butu i nino man wek yoo man ogeng yacu).</li> </ul> </li> <li>■ Jo ma pe gu cako tic ki yoo man, kong gu waci wa tyen lok ma oweko pe gu cako. Waromo konyo wu nining? ltye gi lapeny ango? Wii poo kit ma yoo man tiyo kwede?</li> <li>■ Peny lu nywak tam jami gin mukene ma lube ki tic ki yoo man.</li> <li>■ Ma pe ya l oo i nyig lok mukene, tit kit me tic ki Tiko Kwe Dwe pa Mon. Tii ki ngec ma pi gi tek ma tye i lanyut me aluba me Tiko Kwe Dwe pa Mon.</li> </ul>

TIC PA LA NYWAK TAM	YOO ALUBA
<p><b>6. PENY LAPENY ME KONYO LACOO KI DAKO ME OT ME KATI KI JAMI ATIMA</b></p>	<ul style="list-style-type: none"> <li>■ <b>Peny:</b> Dano adi ma winyo ni pwod gi tye ka lubo yoo maber ma luke ki tic atima ma gu keto i pwonye me agiki?</li> <li>■ <b>Peny:</b> Dano adi ma winyo ni omyero aloka loka obed tye l jami atima gi.</li> <li>■ Poo wii lu nywak lok i kom kwan ki kad ma gu tiyo kwede i kare me nywako tam. Pok kad me anyogi wek gin weng gu bed ki boc acel acel. Wac ni mon aye obi cako gamo lok.</li> <li>■ Nyut karatac onyo kad ka i kwan lok bot mon pi karatac onyo kad magi ki acel acel. Lu nywak tam bi tic ki karatac onyo kad anyogi me gamo kit ma gi winyo kwede.</li> <li>■ Nyut karatac onyo kad odojo ka i kwan lok bot coo. Lwong coo me gamo ma nongo gi tiyo ki karatac onyo kad anyogi.</li> <li>■ Wac bot lacoo ki dako me ot me nongo ka ma oling wek gin otii i kom jami atima me konyo gi me roto kit ma gi tye ka ceto anyim.</li> <li>■ Lwong lu nywak tam me leyo tam ma tye i cwiny gi, daki kace moko tam i kin gi oyubo winye i kin gi.</li> <li>■ Jo me ot nywako (kace gi winyo agonya) ngo ma gi bi timo me nongo adwongi me jami atima.</li> </ul>
<p><b>7. LOO PWONYE ME NYWAKO TAM KA BENE UYEE NINO ME RWATE I NINO ME ANYIM</b></p>	<ul style="list-style-type: none"> <li>■ Joo me ot gi moko jami atima.</li> <li>■ Peny lapeny mo keken (kace mite).</li> <li>■ Peny kace miti gi tye me bedo i yub mukene ka bene l wac bot gi awene ma kacoke menu bi time iye.</li> </ul>
<p><b>8. LOO NYWAKO TAM KACE LACOO KI DAKO ME OT GU MAKO YOO KA BENE PE GI MITO TYELO KOR MO KEKEN</b></p>	<ul style="list-style-type: none"> <li>■ Cwal pwoc bot lu ot pi cobo cike gi l kom jami ma gin gu keto me acoba.</li> <li>■ Leg gin me leyo ngo ma oyomo cwiny gi ka bene gu niang l kom jo me ot mukene l dul gi.</li> <li>■ Tit ni nywako tam dong otum (Ento jo me ot romo mede me konye l gin gi).</li> </ul>

# Nywako Tam i Yoo me Nino Aryo

**Cawa:** Acel ki nucu

**Tyen Lok:** I yub man, dako onyo jo me ot ma miti me tic ki Yoo me Nino Aryo bi pwonye kace gu cobo miti I kit me tic ki jami magi. Gi bi nongo lanyut I kom jami ma myero gu tim.

**Lanyut:** Lanyut magi bi konyo ludor yub me poo pi yoo me aluba kare ma lacoo ki dako tye ka nywako tam I kom kit me tic ki Yoo Nino Aryo.

TIC PA LADOR YUB	YOO ALUBA ME NYWAKO TAM
<p><b>1. MOT JOO MA GI TYE I NYWKO TAM.</b></p>	<ul style="list-style-type: none"> <li>■ Mot joo ma gu bino ka nywako tam, peny nga I kin gi ma tye ka bedo I ot calo lacoo ki dako ci wek gu coo nying gi i karatac pwonye.</li> </ul>
<p><b>2. WEK DANO GU BED AGONYA.</b></p>	<ul style="list-style-type: none"> <li>■ Jol joo ma gu bino ka nywako tam ka bene i wek gu bed agonya.</li> <li>■ Nyute ka bene lwong jo mukene me nyute.</li> <li>■ Kati ki cik pa dul:               <ul style="list-style-type: none"> <li>• Gwok lok ma kati I mung. Tere ni pe tye leyo tam ki ngato mo ma peke I dul meno.</li> <li>• Woro mite I kin wu.</li> <li>• Kony mite I kin wu.</li> </ul> </li> <li>■ Mii lapeny I kom kama miti pa lukwan ocung iyee I kom lago lutino:               <ul style="list-style-type: none"> <li>• Miti ni ocung kwene pi lago yaco? Pingo I mito lago yacu?</li> <li>• Ngo ma I romo timo wek I cob miti ni?</li> </ul> </li> </ul>
<p><b>3. TIT TYEN LOK ME NYWAKO TAM BOT DUL.</b></p>	<ul style="list-style-type: none"> <li>■ Wac/Tit ni kacoke man tye pi jo ma miti gi tye me tic ki Yoo me Nino Aryo me lago nywal.</li> <li>■ Wac ni man pe obedo kacoke me miyo ngec keken. Lukwan obi ngeyo kace Nino Aryo tiyo pi gin daki gi obi moko tam kace gi obi cako tic kwede.</li> <li>■ Wac ni Nino Aryo tye yoo me anywali me lago nywal. Me tic kwede, dako pe mite ni omyero omyony onyo oket gin mo keken I kome.</li> </ul>
<p><b>4. TIT MANOK NGO MA YOO ME NINO ARYO OBEDO.</b></p>	<ul style="list-style-type: none"> <li>■ Tit ni, me tic ki Yoo me Nino Aryo, dako keto cwinye I kom kati pa pig kom nino ki nino me ngeyo kace en tye I kare ma kere ki en me nongo nyodo onyo ku. I kare ma kere ki en me gamo ic, jo me ot tiyo ki roc bol onyo gwoke pe me rwate I butu me gengo yacu.</li> <li>■ Mii ngec weng ma tye ki coyo gi piny kany ma lube ki Yoo me Nino Aryo:               <ul style="list-style-type: none"> <li>• Mon rote tyen ma pol I dye ceng me ngeyo kace pig kom tye. Pig kom obedo gin ma leng ma nen I nyim mon.</li> <li>• Dako romo gamo ic onyo nongo yacu kace en tye ki pig kom tin onyo obedo kwede laworo. Pe romo gamo ic onyo nongo yacu kace en obedo nino aryo ma okube/olube labongo neno pig kom.</li> </ul> </li> </ul>



**5. MII LAPENY ME KONYO LUKWAN ME NGEYO KACE YOO MAN PORE PI GIN.**

- Tit ki joo ma gu bino ka nongo pwonye ni l bi bedo ki lapeny me ngeyo kace yoo man pore pi gin
- Wac ni mon keken aye romo gamo lapeny magi
  - I niang ni itye ki pig kom? Eni obedo gin ma dyak l nyim wu, pat ki kwe dwe/ruuk.
  - Ngo ma Pig kom man nen calo?

**Yoo me Nino Aryo opore ki DAKO MAN?**

- Wek mon gi ogam, onyo kace gi mito, wek gi oket cing acel l pal kor gi kace pig kom gi ngwece tye, ilo onyo rem?

**Pig Kom wu ngwece tye, ilo onyo rem?**

Ka ki gamo ni **KU**, ci dako/Mon romo tic ki Yoo me Nino Aryo.

Ka ki gamo ni **KAKARE**, dako/Mon omyero pe ocak tic ki Yoo me Nino Aryo l cawa ni.

Ka ki gamo ni **KAKARE**, wac ki dako me limo ot yat me nongo pime daki wek obed ki tek cwiny ni pig kome bi yube maber.

- Wac ni kace dako tye ki pig kom ma gwece tye, ilo onyo rem, romo bedo lanyut ni en pig kome pe tye maber. Knit man, lu ot pe omyero kong dong gu tii ki yoo man pien dako obibedo ki pig kom cawa weng ento pe pi kare ma tye kere ki en me gamo ic onyo nongo ic. Dako romo cako tic ki yoo man lacen inge en limo ot yat.

**Yoo me Nino Aryo pore pi JOO MA GI TYE I OT?**

- Peny mon ki coo me miyo lagam, onyo kit ma gu yero, gi romo keto cing acel i koo gi ka ce lagam ma megii tye ni eyo.

**Iromo gengo rwate l butu onyo tic ki roc bol l nino ma dako romo gamo ic onyo nongo yacu?**

Ka ki gamo ni **KAKARE**, ci jo ma tye l ot romo tic ki Yoo me Nino Aryo.

Ka ki gamo ni **KU**, ci jo ma tye l ot pe omyero gu ti ki yoo man.

Ka gu gamo ni **KU**, mii bot gi Karatac me lwongo me yoo me Lago Nywal me nongo yoo mukene/mapat ki bot latic yot kom onyo ot yat.

- Tit ni wek yoo man ofi lacoo ki dako omyero guyee me tic ki roc bol onyo pe me rwate l butu l nino ma dako romo gamo ic onyo yac
- Niang ni lukwan gi tye ki cwiny daki romo tic ki yoo man
- Wac ki lukwan ma pe romo tic ki yoo man l kare ni gi tye agonya me weko pwonye man onyo bedo l pwonye man

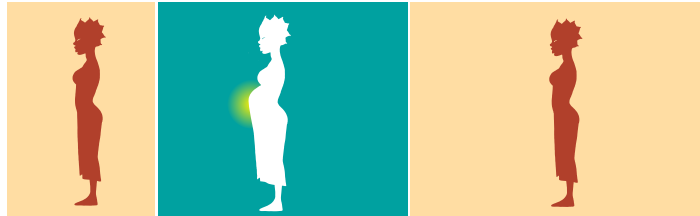
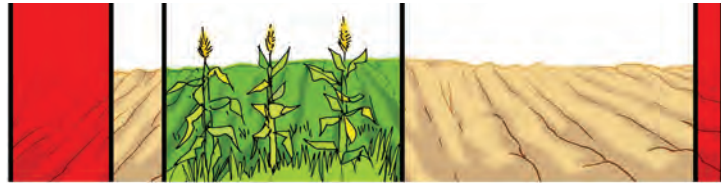
**6. WAC NGO MA JOO MA GU BINO KA NONGO PWONYE BI PWONYO WEKI GU TI GI YOO ME NINO ARYO.**

- Wac ki joo ma gi tye ka nywako tam ni gu bi pwonyo ngec magi me konyo gi me tic ki Yoo me Nino Aryo maber:
  - Ngo ma pig kom obedo, tere ningo daki kit ma nyute kwede l kare me kwe.
  - Kit me roto pig kom.
  - Kit me ngeyo kace mon/dako tye l nino me nyodo onyo pe nino me nyodo.

7. WAC KUN INIANGO DANO I LOK ME PIG KOM, NGO MA OBEDO DAKI KARE/AWENE MA NYUTE I KWE DWE PA MON.

Nywak lok I kom nyodo I kare kwe dwe:

- Nyut cal man ci ipeny: **Ngo ma wa neno?** Wek lukwan gu lok iye.
- Wac ni cal man poro ki kero pa ngom ki nyodo pa mon/dako.
- Wac ngo ma obedo pig kom, kit ma obedo ki awene ma kati/nen.



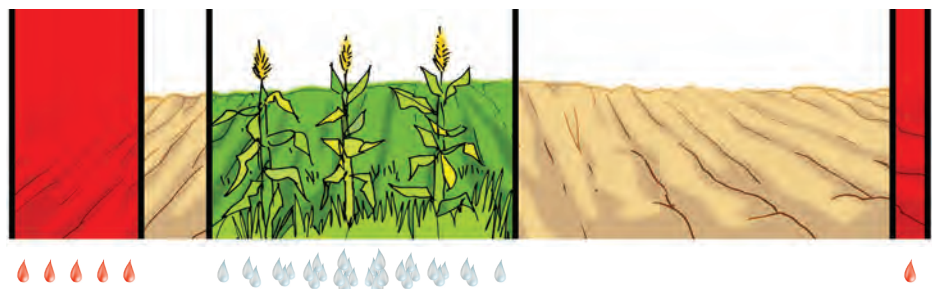
- Pig kom lanyut ni dako tye ki nyodo.
- Pig kom maber ngwece peke, pe ilo daki pe kelo arem. Pore pi mon me bedo ki pig kom maber.
- Kace pig kom tye maber, tye lanyut I kom mon ma nyuto ni en tye ki nyodo daki romo yac.
- Pig kom tye pii ma kati ki I nyim mon.

Mii lapeny me ngeyo ngo ma lukwan gu niang I kom pig kom.

- Ma pat ki ony pa remo onyo ruuk, mon tika tye ki pii ma ony ki I nyim gi?
- I romo waco kit ma pii eni nen kwede? Tye ki rangi onyo ngwece tye?
- Pii ma tye maber onyo obedo lanyut me two? Mon tamo ni pii man obedo ango? Mon neno pii man tere tere onyo kare mukene?
- Awene ma mon bedo ki pii man? Ma pwod gu neno kwe dwe onyo inge neno kwe dwe?

Nyut Lacim ka daki I mii lapeny:

- **Ngo ma wa neno kany I kom cal me kwe dwe pa mon ki ngom?**
- **Tere ni ngo?**



Tit ngo ma tye I lacim.

- Kany waneno I kwe, awene ma mon bedo ki kwe dwe gi (ony pa remo/ ruuk) ki nino manok ma mon/dako peke ki nyodo.
- Dong bino nino ma dako tye ki nyodo daki romo gamo ic kace orwate I butu.
- Me agiki tye nino mogo ma dako pe tye gi nyodo daki pe romo gamo ic.
- Dako tye ki nyodo keken I kare me kwe dwe ne.

## 8. PO YOO KIT ME ROTO PIG KOM.

Nywak tam l kom kit me roto pig kom.

- Peny lukwan me leyo tam l kom yoo ma pat pat ma mon romo roto kwede pig kom gi, awene ma gi romo timo ne, daki ngo ma konyo wek gu poo me roto nino ki nino.

- Mon ngeyo nining ni gi tye ki pig kom? Gi waco nining kace gi tye gi pig kom?
- Teke onyo yote tye nining pi mon me neno kace pig kom tye
- Tien ki di l nino acel ma l tamo ni mon romo bedo ki kare me roto pig kom?

- Mii lanyut, ka daki i peny:  
**Ngo ma wa neno kany?**

- Tit lok ma tye l lanyut.

- Peny jo me iot me nywako tam l yoo man.





- Waneno kany yoo ma mon romo roto pig kom:
  - Gi romo roto kace pig kom tye l kare ma nongo gi ceto l coron onyo ot lwok.
  - Mon romo winyu kace pig kom tye daki winyu l cawa mo keken l kare ma nongo gi woto ki tic.
  - Mon roto pig kom inyim gi l kin tien gi.
- Tika coo tye ki ngec l kom pig kom pa mon?
- Tika mon loko ki lu ot gi l pig kom?



9. WAC KA BENE INIANG LWAK YOO KIT ME GWETO BINU PA PIG KOM PA MON I KALENDA.



Tit kit me nyutu/gweto nino me pig kom I kalenda

- Mi kopi acel me Nino Aryo bot lunywak tam adek. Tit tyen lok me lanyut ma tye I kalenda

**Nino weng, ket lanyut acel:**

Pe remo (Kwe)  , keti 

Pe nyutu pig kom  , keti 

Nyutu pig kom  , keti 

Gwet wunu kacel ki dano ma tye I dul.

- Peny dul me gweto lanyut matir nongo I woto gi kwano lok ma tye ka time inino kwe dwe pa mon.
- Cak kwano lok magi ci I peny lukwan lanyut ma gi gweto.
- Tyek kwano lok ci dong I tit awene ma mon tye ki nyodo daki awene ma mon pe ki nyodo daki peromo gamo ic.

Nino	Rot nino ducu	lanyut	Tyene
Ceng Cabit	Ocako neno ruuk	●	Pe tye atera me nongo yacu
Ceng Baraza	Remo ocako bino	●	Pe tye atera me nongo yacu
Ceng Aryo	Remo ocako bino	●	Pe tye atera me nongo yacu
Ceng Adek	Remo ocako bino	●	Pe tye atera me nongo yacu
Ceng Angwen	Gin mo peke	○	Pe tye atera me nongo yacu
Ceng Abic	Gin mo peke	○	Pe tye atera me nongo yacu
Ceng Abicel	Gin mo peke	○	Pe tye atera me nongo yacu
Ceng Cabit	Gin mo peke	○	Pe tye atera me nongo yacu
Ceng Baraza	Awinyo piny tye ma dik dik	X	Tye atera me nongo yacu
Ceng Aryo	Remo manok I curwal	X	Tye atera me nongo yacu
Ceng Adek	Awinyo piny tye ma dik dik ka bene aneno remo mo manok	X	Tye atera me nongo yacu
Ceng Angwen	Aneno remo manok	X	Tye atera me nongo yacu
Ceng Abic	Aneno remo manok	X	Tye atera me nongo yacu
Ceng Abicel	Awinyo pig kom	X	Tye atera me nongo yacu
Ceng Cabit	Awinyo pig kom	X	Tye atera me nongo yacu
Ceng Baraza	Awinyo pig kom	X	Tye atera me nongo yacu
Ceng Aryo	Awinyo pig kom	X	Tye atera me nongo yacu
Ceng Adek	Pe aneno dok pe awinyo gin mo keken	○	Tye atera me nongo yacu
Ceng Angwen	Aneno remo mo manok	X	Tye atera me nongo yacu
Ceng Abic	Gin mo peke	X	Tye atera me nongo yacu
Ceng Abicel	Gin mo peke	○	Tye atera me nongo yacu
Ceng Cabit	Gin mo peke	○	Pe tye atera me nongo yacu
Ceng Baraza	Gin mo peke	○	Pe tye atera me nongo yacu
Ceng Aryo	Gin mo peke	○	Pe tye atera me nongo yacu
Ceng Adek	Gin mo peke	○	Pe tye atera me nongo yacu
Ceng Angwen	Gin mo peke	○	Pe tye atera me nongo yacu
Ceng Abic	Ocako neno ruuk	●	Pe tye atera me nongo yacu

Nongo I woto ki cimo nino mukene ma gi gweto I kalenda, peny ikin dul nino mene ma dako tye ki nyodo

**Dwe me Angwen**

Ceng Baraja	Ceng Aryo	Ceng Adek	Ceng Angwen	Ceng Abic	Ceng Abicel	Ceng Cabit
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

**2016 Keto Yoo me Nino Aryo I calenda**

**Dwe me Acel**

Jan	Feb	Mar	Apr	Mei	Juni	Juli	Agst	Sep	Okto	Nov	Dise
1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31					

**Dwe me Aryo**

Jan	Feb	Mar	Apr	Mei	Juni	Juli	Agst	Sep	Okto	Nov	Dise
1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31					

**Dwe me Adek**

Jan	Feb	Mar	Apr	Mei	Juni	Juli	Agst	Sep	Okto	Nov	Dise
1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31					

**Dwe me Angwen**

Jan	Feb	Mar	Apr	Mei	Juni	Juli	Agst	Sep	Okto	Nov	Dise
1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31					

**Dwe me Abic**

Jan	Feb	Mar	Apr	Mei	Juni	Juli	Agst	Sep	Okto	Nov	Dise
1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31					

**Dwe me Abicel**

Jan	Feb	Mar	Apr	Mei	Juni	Juli	Agst	Sep	Okto	Nov	Dise
1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31					

**Legend:**

- WALAN: ● (black dot), ○ (white circle), X (black X)
- WALAN: ● (black dot), ○ (white circle), X (black X)
- WALAN: ● (black dot), ○ (white circle), X (black X)
- WALAN: ● (black dot), ○ (white circle), X (black X)

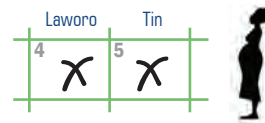
## TIC PA LADOR YUB

Wac ni ka imito ngeyone ni itye atera me nongo yacu, omyero I penye kenikeni idiwor ducu kace pig komi me mononi obino tin onyo laworo.

- Ma nongo inyutu cal matye I kalenda, nwoo tito kit ma kiromo ngeyo kace nino ma tin yacu romo nonge.
- Ka tin pig komi me mon tye tyenloke ni itye atera me nongo yacu.
- Ka laworo pig komi me mon obedo tye tyenloke bene ni itye atera me nongo yacu.
- Ka pig komi me mon peke tin dok obedo peke laworo, tyenloke ni pe ltye atera me nongo yacu.
- Yacu peromo nonge I kare ma itye ka neno ruuk.

## YOO ALUBA ME NYWAKO TAM

I tye ki kere me nongo yacu I nino weng ki pig kom ma tye ka kato.



Wun weng I wu tye ki kare me nongo yacu ki pig kom tye ka kato , kadi bed pig kom peke tin



Pe ki kero me nongo yacu ka I ruk/neno dwe/kare.



I pe ki kare me nongo yacu ka I pe ki pig kom ma tye ka kato ki I kom me mon calo laworo ka pe I nongo pig kom tin.



10. TEL JOO MA GU BINO KA NWAKO TAM WEK GU NYWAK MAPOL I KARE MA KERE KI DAKO ME GAMO IC.

Nywak tam I kom kit ma jo me ot tiyo ki Yoo me Nino Aryo.

- Mii lapeny ma cuku cwiny dano me tam ki nywako lok matut makeme ki lok me butu I kin jo matye iot. Kal lapeny ma I pe agony me penyoy.
  - I romo bedo agonya me lok gi luooti kace pe mito rwate I butu?
  - I romo bedo labongo rwate I butu onyo tic ki roc bol nino ma nongo dako tye gi nyodo daki romo yac?
  - Tye yoo mo ma utamo ni jo me ot romo tic kwede me gengo yacu nino me nyodo? Yoo mo me miti ma pe weko yaco bedo tye?
- Peny coo ma I dul I kom tam kit me doro winye ma peke I ot I kin luot gi ( kwanyo wot, gengo lok, kato woko me yweyo).

Tit jami ma time I ot.

**Karatac me Moko tam pa lu ot**

Lok mo men	Lok pa Doko	Lok pa Lacco
 Awitya agonye tita ki lu ot mo mego kace atya atano me nongo nyodo atya tita me nyodo pa ro-ma nange	 Awitya agonye tita ki lu ot mo mego me ki ki roc bol.	 Awitya agonye panyo doko na kace en tye atano me nongo nyodo atya tita I tita mo nyodo pa ro-ma nange cyot.
 Awitya agonye me tita ki lu ot mo mego me ki ki roc bol.	 Awitya agonye me tita ki lu ot mo mego me ki ki roc bol.	 Awitya agonye me tita ki lu ot mo mego me ki ki roc bol.
 Awitya agonye me tita ki lu ot mo mego pa me nyote I butu tin.	 Awitya agonye me tita ki lu ot mo mego pa me nyote I butu tin.	 Awitya agonye me tita ki lu ot mo mego pa me nyote I butu tin.
 Amara lak ki lu ot mo mego ki moko kace I am gye atano I nino me nyodo romo nange cyot.	 Amara lak ki lu ot mo mego ki moko kace I am gye atano I nino me nyodo romo nange cyot.	 Amara lak ki lu ot mo mego ki moko kace I am gye atano I nino me nyodo romo nange cyot.
 Awitya agonye caku cwiny lu ot mo mego ka cwiny wong.	 Awitya agonye caku cwiny doko na ka cwiny wong.	 Awitya agonye caku cwiny doko na ka cwiny wong.
 Awitya agonye kere tam ki lu ot mo mego I am witye mo pake I ot	 Awitya agonye kere tam ki lu ot mo mego I am witye mo pake I ot	 Awitya agonye kere tam ki lu ot mo mego I am witye mo pake I ot

Ada Pol kare	Ada Cawa mukene	Ada kicel kicel	Pe tye ada kadi kicel
			

- Wac ki dul ni kombedi dong gi ngeyo kit me tic ki Yoo me Nino Aryo, piretek me leyo tam I kom kit ma luot romo gengo yacu inino me nyodo
- Wac ni ibi nyutu cal yoo ma pat pat ma jo me ot wok iyee. Eni yoo ma romo time kadi jo me oot tye ki yeyo ki dwoko lok I kit me tic ki roc bol onyo pe me rwate I butu I nino me nyodo. Nyut cal acel ka I kwan lok ma rwate ki cal.
- Nyut cal anyogi bot lukwan ci tit tere
  - Anyogi ma tye ki nyige weng nyutu ni jami weng tye **KAKAKRE I KARE WENG** pi in.
  - Anyogi ma nyige cok pong nyutu ni jami mogo tye ada **POL KARE**.
  - Anyogi ma nyige nok ni nyuto ni jami mogo **TIME KARE MANOK** pi in.
  - Anyogi ma nyige peke nit tyen loke ni jami moge pet tye **ADA** pi in.
- Me bedo ki gen ni karatac ma lube ki anyogi ma I poko gi bot lukwan tye ma niange atir, tii ki labol me nyutu kit ma ki tiyo kwede
  - Labol: “Acamo kwon kal nino weng”. Kace loki tye pol kare ada pi in, kad anyogi mene ma I bi tyo kwede? Kace eni pe tye kakare, kad anyogi mene ma Inyuta? Inyuta kombedi, kad mene ma inyuta kace lok ada cawa weng?

Pok jo me iot I kin dul me mon ki dul me coo me leyo tam gi

- Yub lukwan I I dul mon keken ki coo keken. Mii dule acel kad tuku gi ngec iye ki kad me anyogi acel. I dul gi, lukwan obi loko pi dakika abic me nywako kit ma gi winyo I kom cal acel acel. Gin weng ki acel acel acel bi kati ki tam gi I kom kwo me ada I cal man nongo gi tiyo ki kad me anyogi.

TIC PA LADOR YUB	YOO ALUBA ME NYWAKO TAM
<p>Rib jo me iot odojo wek gu le tam daki gu mok tam I kin gi</p>	<ul style="list-style-type: none"> <li>• Wek lukwan gu dok bot luot gi, calo jo me ot gu lee tam I kin gi I kom kwo ma ki nyutu I cal. Nongo I tiyo ki anyogi, mok tami kace ada onyo pe ada kwo magi tye pi gi weng daki kit ma gi romo yubu ma maber</li> <li>• Cok kad weng ci ipeny ludyere me leyo tam gi I kom lapeny magi ma ki kwano?</li> </ul> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p style="text-align: center;"><b>NYWAKO LOK I KOM LAPENY</b></p> <ul style="list-style-type: none"> <li>■ <i>I winyo nining me nywako lok ki cal I kin wun ma calo mon onyo macalo coo keken? Tika konyo me timo gin man ma peya ki nywako tam I kom kad ki lu ot wu?</i></li> <li>■ <i>Yoo ango ma jo me ot gu cung lyee I kom moko tam kace</i></li> <li>■ <i>Kace in laco, yoo mukene mene ma I romo bedo iyee, ma lube ki yoo me lako nywal</i></li> <li>■ <i>Kace I bedo dako, cwari obi Waco ni ngo I kom tic ki roc bol onyo gengo rwate I butu I nino ma I romo yac?</i></li> <li>■ <i>I tamo ni in ki luoot ti romo bedo gi peko I tic ki yoo man? Peko ango ma obi bedo?</i></li> <li>■ <i>Kit diro ango ma dako romo Waco gi lacoo nino mene ma gi romo onyo pe gi romo rwate I butu?</i></li> </ul> </div> <ul style="list-style-type: none"> <li>■ Wac ni jo me ot ma pe gi romo moko tam gi me tic ki roc bol onyo gengo rwate I butu inino ma nongo tye kere ki dako me nongo nyodo omyero pe gu ti ki yoo ni. Pi jo ma pe gi romo tic ki yoo man, mii bot gi kad lwongo me lako nywal wek gu lim ot yat onyo ludactari kin gang (VHT) pi yoo mukene.</li> </ul> <p><b>Peko I kin Kwo Pa Jo me ot</b></p> <ul style="list-style-type: none"> <li>■ Ka ce lacoo romo kelo gero, ci omyero lu ot gut tii ki yoo mukene. Coo mukene doko ger kace mon gu waci ki tii ki roc bol onyo pe me rwate I butu. Ka kit meno mon romo ceto I oot yat pi yoo mukene ki cwalo lok pi tim gero.</li> <li>■ Jo me oot omyero gu tii ki yoo mukene kace mato kongo tye ma weko leyo tam I kom kit me tic ki roc bol onyo bedo labongo rwate i butu doko tek. Peny mon I dul kace gi ngeyo ka ma gi romo ceto iyee kace cware okelo/ onyo otiyo ki gero anyim.</li> </ul>



TIC PA LADOR YUB	YOO ALUBA ME NYWAKO TAM
<p><b>11. MOKO TAM KI DYERE ME TIC KI YOO ME LAGO NYWAL.</b></p>	<ul style="list-style-type: none"> <li>■ Tit bot joo me ot ni nino oromo me moko tam kace gi mito tic ki yoo man daki nining. Peny jo me ot me nywako tam l kin gi l kom wii lok magi <ul style="list-style-type: none"> <li>• Pingo gi mito tic ki yoo me lagoon Nywal.</li> <li>• Mok tam kace gi mito tic ki yoo man me lagoon nwyal.</li> <li>• Ngo ma gu kati me timo me gengo yacu l nino me nyodo (tiko matar)?</li> </ul> </li> <li>■ Peny lukwan kace gi tye ki miti me leyo tam ki jo mukene l kom mok ango ma gu kati kwede.</li> </ul>
<p><b>12. WOT GANG KI YOO MAN.</b></p>	<ul style="list-style-type: none"> <li>■ Pok kad lwongo me lagoon nywal pi lu nywak tam ma pe gi romo cako tic ki yoo man pien pe gi romo cobo miti aryo me tic ki yoo man: (1) dako ma pig kome ber ki (2) Mok pa jo me l ot me tic ki roc bol onyo pe me rwate l butu l kare me nyodo.</li> <li>■ Pi lukwan ma mito tic ki Yoo me Nino Aryo daki gu cobo miti me tic ki yoo man, mini gi karatac pwonye me Nino Aryo acel ki Kalenda pi jo ma tye iot.</li> <li>■ Cim lanyut gin atima ma tye l karatac pwonye me Nino Aryo. Kwan daki niang cal ma tye l yee me bedo ki gen ni gu niang ngec matye l kad.</li> <li>■ Peny kace dano weng tye ki lapeny ci igam.</li> <li>■ Wac ni mon omyero gu cak roto pig kom gi orwone l otyeno. Rot ki riyo l nino acel. Bene gwet kalanda gi, ki lanyut maber.</li> <li>■ Poo wi joo ma gu bino ka nywako tam me tic ki roc bol onyo pe me rwate l butu l nino me nyodo ma dako romo gamo ic.</li> </ul>

### LORO KACOKE

- Poo wii lukwan ni gi romo nongo jami ma gi tye ka tic me nongo ne
- Poo wii gi pi cik adek magi: gwoko mung me dul, woro ki miyo kony bot luwot gi
- Tit ki joo ma gu bino ka nongo pwonye awene ma kacoke me tyelo kor lu ot bi time iye (kace l ngeyo)

# Kacoke me tyelo ko joo me ot I yoo me Nino Aryo

**Cawa:** Acel ki dakika abic

## Tyen Lok:

I kacoke me tyelo ko man, lu ot onyo danu ma gu ocako tic ki Yoo me Nino Aryo rwate me leyo adwogi maber daki peko ma tye I tic ki yoo man. Lador yub bi weko lutic ki Yoo me Nino Aryo man ngeyo kace yoo man pwod rwate pi gin daki roto ngec madongo I kom tic ki yoo man.

## Jemi me tic:

I kacoke man ludor yub bi tic ki jami tic man:

- Karatac me Nino Aryo ki Gweto Kalenda
- Karatac pwonye I kom kubu ngec ki moko tam pa jo me ot

Lanyut me aluba bi konyo lador yub pa bulu me poo pi yoo me aluba kare me tic ki yoo man I kacoke.

## Lubu kor lu ot:

TIC PA LADOR YUB	YOO ALUBA
<b>1. JOL LUKWAN</b>	<ul style="list-style-type: none"> <li>■ Jol joo ma gu bino ka nywako tam me dwogo daki I wek gu opong karatac me coyo nying.</li> <li>■ Mi pwoc pi bedo ki kare me dwogo I pwonye man.</li> <li>■ Peny joo ma gu bino ka nywako tam me moko tyen lok ma bi weko gin bi dwogo.               <ul style="list-style-type: none"> <li>• Mok ni kacoke ni tye pi jo ma gu bedo con I kacoke nywako tam me Nino Aryo. Kace lukwan manyen gi tye ka bino me pwonyo yoo man, lwong gi me bino I kacoke me nywako tam me anyim.</li> </ul> </li> </ul>
<b>2. YUB ME BEDO AGONYA</b>	<p>Peny joo ma gu bino ka nywako tam me poyo wi gi I dul cik ma gu yee I kacoke ma okato:</p> <ul style="list-style-type: none"> <li>■ Gwok imung nywako tam pa dul. Tere ni pe tye leyo tam ki ngato mo ma peke I dul meno.</li> <li>■ Umi woro I kin wu.</li> <li>■ Ukonye I kin wu.</li> </ul>
<b>3. ROT YOO ME TIC DAKI I YEE I KOM TYEN LOK ME KACOKE MAN</b>	<ul style="list-style-type: none"> <li>■ lwong lu ot me leyo ngo ma gi tamo ni gi bi nongo I pwonye man.</li> <li>■ Mok kace lu ot winyo ni yoo man pwod tye ma opore pi gin.</li> <li>■ Kace gi owinyo anii mo ci omyero imii bot gi lok ma tye atir.</li> <li>■ Kace gi winyo pe me mede ki yoo man, mii bot gi kad me lwongo me lago nywal daki I kub gi bot lutic yot kom onyo ot yat pi kony me yoo me lago nywal. Mede ki nywako tam ki luot mogo.</li> </ul>

TIC PA LADOR YUB	YOO ALUBA
<p><b>4. ROT YOO ME TIC</b></p>	<ul style="list-style-type: none"> <li>■ Wac ki lukwan ni kombedi wa bi loko l kom kit ma gi tye ka tic gi yoo man.</li> <li>■ Lwong ludyere me leyo tam l kom kit me tic ki Yoo me Nino Aryo. Mi pwoc bot ludyere daki kace gin mo ma pe tye kakare ma ki leyo, tit yoo matir. Tii ki kad lanyut me aluba pi Nino Aryo onyo karatac pwonye me tito ngec matir.</li> <li>■ Peny kace dano weng gu cako tic ki Yoo me Nino Aryo.</li> <li>■ Peny jo ma gucako tic ki yoo man: <ul style="list-style-type: none"> <li>• Tyen ki di inino acel ma l roto pig komi?</li> <li>• Wi poo nining me roto pig komi?</li> </ul> </li> <li>■ Kace lukwan tye ki kalenda, peny mon me leyo ne: <ul style="list-style-type: none"> <li>• Awene ma pig kom gi cake?</li> <li>• Tyen adi inge kare me kwe dwe ogik ma pig kome ocake?</li> </ul> </li> <li>■ Jo me l ot tika gu bedo ka tic ki roc bol l kare ma nyodo twero nonge iye? ( Poo wii jo me ot ni omyero gu tii ki roc bol onyo pe gu rwate l butu inino me nyodo wek yoo man ogwok gi ikom yacu.</li> <li>■ Peny mon kace ni cake nino ma gu cako tic ki yoo man dano weng gu bedo ki pig kom pi nino ma oo abic l kwe dwe gi?</li> <li>■ Bene peny mon ma tiyo ki yoo man kace dano weng tye ki pig kom me nino makato apar wiye angwen (14).</li> <li>■ Poo wi lukwan ni pig kom maber pe ilo daki ngwece peke. Kace ngat mo tye ki pig kom ma ilo onyo ngwece tye, meno nongo tye pig kom ma pe tye maber, daki omyero onen latic yot kom me pime.</li> <li>■ Peny joo ma peya gu cako tic ki yoo man: <ul style="list-style-type: none"> <li>• Kony wa iwac pingo pe ya l cako tic kwede.</li> <li>• Wa romo konyi nining?</li> <li>• Wii poo kit ma yoo man tiyo kwede? Lapeny tye?</li> </ul> </li> </ul>
<p><b>5. MII LAPENY ME NIANG I KIT MA MITI ME TIC KI YOO ME LAGO NYWAL TYE KWEDE.</b></p>	<ul style="list-style-type: none"> <li>■ • Peny joo ma gu bino ka nywako tam me leyo tam l kwo gi nongo l woto ki peny lapeny magi: <ul style="list-style-type: none"> <li>• Ngo ma l bedo ka mito ne ma calo adwogi me lago nywal?</li> <li>• Ngo ma l timo me neno ne ni yoo man otiyo pi wun?</li> <li>• Jami mabeco mene ma inongo l kare ma itye ka tic ki yoo man?</li> <li>• Peko ango ma inongo kare me tic? l timo ngo me jwayo peko meno?</li> <li>• Ngo ma l mito ni ki konyi kwede me jwayo peko ni?</li> <li>• Peny dano weng me dul me kati ki tam l kit yoo ma luwot gi romo cobo peko ma diyo gi ma lube ki tic ki Yoo me Nino Aryo.</li> </ul> </li> </ul>

TIC PA LADOR YUB	YOO ALUBA
<p><b>6. MII LAPENY ME KONYO LACOO KI DAKO ME OT ME YUBU TIC MA GIN GU MOKO.</b></p>	<ul style="list-style-type: none"> <li>■ Mii lapeny bot joo ma gu bino ka nywako tam kit ma lok me gengo yacu ma meg gi tye ka wot kwede: <ul style="list-style-type: none"> <li>• Dano adi ma gitamo ni pwod gi tye l yoo matir me cobo miti gi ma gu keto l kacoke me agiki?</li> <li>• Dano adi ma gi winyu ni omyero aloka loka obed tye l yub ma meg gi pi cobo miti gi?</li> </ul> </li> <li>■ Ma nongo itiyo ki karatac ngec pi jo ma l ot, tim gin magi: <ul style="list-style-type: none"> <li>• Poo wi lukwan l kom karatac pwonye ma gi tiyo kwede kacoke nwyako tam me acaki. Pok kad wek jo me ot weng gu bed kwede. Wac ni mon bi gamo lok wi atii.</li> <li>• Nyut kad acel ki acel ci l kwan lok ma iyee bot mon pi kad pwonye weng. Lukwan bi tic ki kad me gamo kit ma gi winyu kwede.</li> <li>• Nyut cad odojo ci l kwan lok bot coo. Lwong coo me gamo nongo woto ki tic ki me anyogi.</li> </ul> </li> <li>■ Wek jo ma gu bino ka nywako tam me leyo tam ikin gi ma calo lu ot ki ka bene me nywako kacel ki danu ducu ma tye: <ul style="list-style-type: none"> <li>• Wek lu ot gu nong kabedo ma opore me tic kacel l jami ma gi mito.</li> <li>• Lwong joo ma gu bino ka nongo pwonye me nywako kit ma gi winyo kwede kace tam ma gu moko tye ka konye kit ma poro lok me ot tye kwede.</li> <li>• Jo me ot nywako (kace gi winyo agony) ngo ma gi bitimo ne me cobo miti gi me lago nywal.</li> </ul> </li> </ul>
<p><b>7. POO WI JO MA TYE KA TIC KI YOO ME NINO ARYO I KOM JAMI MA PI GI TEGO.</b></p>	<ul style="list-style-type: none"> <li>■ Wac ki lukwan ni ibi roto jami ma pi gi tego me konyo gi me mede ki tic ki Yoo me Nino Aryo maber: <ul style="list-style-type: none"> <li>• Rot pig komi wang aryo nino acel.</li> <li>• Gwet gin ma ineno l kalenda otyeno weng.</li> <li>• Kace pig kom tye tin onyo obedo laworo, in tye ki nyodo tin.</li> <li>• Ti ki roc bol onyo pe irwate l butu l nino me nyodo wek l geng yacu.</li> <li>• Kace pig komi ngwece tye, ilo onyo kelo arem, pime bot latic yot kom l ot yat.</li> </ul> </li> </ul>
<p><b>8. LOO KACOKE ME NYWAKO TAM DAKI IROT KACE LUTIC KI YOO MAN TYE KI MITI ME BEDO I KACOKE MUKENE.</b></p>	<ul style="list-style-type: none"> <li>■ Peny kace dano weng tye ki lapeny ci l mii lagam kace ingeyo.</li> <li>■ Leg lukwan me leyo ngo ma gin omaro daki oniang ki bot jo me ot ma l dul gi.</li> <li>■ Peny kace miti gi tye me bedo l yub mukene l kom jo me ot daki tit awene ma gi bi yubu.</li> <li>■ Mii pwoc bot lu ot pi keme ki neno ne ni miti gi ocobe.</li> </ul>





