



बिहान चराचुरुङ्गीहरूको आवाज

The sound of birds in the morning

 LIDA Portugal

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 नेपाली  / English

युलिया, उनका श्रीमान् र उनकी सानी छोरी युक्रेनको एउटा सानो, शान्त गाउँमा बस्थे। युलियालाई हरेक बिहान चराको आवाजले ब्युँझिएको मन पर्थ्यो। घरबाट टाढा बस्छु वा बिहान चराको आवाज बिना ब्युँझन्छु भनेर उनले कहिल्यै सोचेकी थिइनन्।

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Yulia, her husband, and their little daughter lived in a small, quiet village in Ukraine. Yulia loved being woken every morning by the sound of birds. She never thought she would live far away from home, or not be woken up by the sound of birds in the morning.

उनका श्रीमान् सधैं पर्याप्त पैसा नभएको गुनासो गर्थे र उनले धेरै रक्सी पिउन थाले। उनीहरूले पोर्चुगलमा आफ्नो भाग्य प्रयास गर्ने निर्णय गरे। सायद त्यहाँ उनीहरूले घर बनाउन र आफ्नो परिवारको लागि राम्रो भविष्य बनाउन धेरै पैसा कमाउन सक्छन्।

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Her husband was always complaining about not having enough money and he began drinking heavily. They decided to try their luck in Portugal. Maybe there they could earn more money to build a house and make a better future for their family.

युलियाले आफ्नो नयाँ घर धेरै छिटो अपनाइन र उनले सफाई कर्मचारीको रूपमा काम गर्न थालिन्। उनका ग्राहकहरूले उनको कडा परिश्रम र उनको विनम्र मनोवृत्तिको धेरै नै प्रशंसा गरे। अर्कोतर्फ, उनका श्रीमानले आफुलाई एक्लो र टाढिएको महसुस गरे। उनको रक्सी पिउने समस्याको कारण रोजगारदाताहरूले उनलाई विश्वास गरेनन् र उनलाई काम दिएनन्।

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Yulia adapted well to her new home, and she started working as a cleaner. Her clients really appreciated her hard work and her polite attitude. Her husband, on the other hand, felt more and more left out. Because of his drinking problem, employers did not trust him and would not give him work.

एक दिने ऊ युलियामाथि चिच्याउन र कराउन थाल्यो। त्यसपछि उसले उनलाई धकेल्न थाल्यो। युलियामाथि कराउने र हात उठाउने बानी झन् झन् बढ्यो, विशेष गरी तब जब ऊ रक्सी पिएर आउँथ्यो। युलिया, आफु र छोरी दुबैको लागि डराएकी थिइन्, तर उनलाई के गर्ने हो भन्ने कुरा थाहा थिएन।

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One day he started yelling at Yulia. Then, he started pushing her. The shouting and beatings got worse, especially when he was drunk. Yulia was afraid for herself and her daughter, but she had no idea what she could do.

जब युलिया अन्ततः भाँचिएको हात लिएर अस्पतालको आकस्मिक कक्षमा जानुपर्‍यो, उनीहरूले उनलाई पोर्चुगलमा घरेलु हिंसा ठुलो समस्या भएको बताए। उनीहरूले यो अपराध भएको भन्दै प्रहरीमा उजुरी गर्न युलियालाई सुझाव दिए।

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When Yulia finally had to go to the emergency room in the hospital with a broken arm, they told her that domestic violence was a huge problem in Portugal. They also said that it was a crime and she should report it to the police.

युलियाको सहनशक्ति सकिएको थियो र उनी थाकिसकेकी थिइन् र आफ्नी सानी छोरी यस्तो घरमा हुकोस् जहाँ उनले हरेक दिन हिंसा देख्नु परोस् भन्ने कदापी चाहँदैन थिइन्। युलियाले महसुस गरिन् कि दुर्व्यवहारका लक्षणहरू त विभिन्न रूपमा त्यहाँ सधैँदेखि नै थिए।

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Yulia was exhausted and did not want her little daughter to grow up in a home where she witnessed violence every day. Yulia realised that the signs of abuse had been there all along, even if it took many different forms.

युलिया महिला आश्रयमा गइन्, जहाँ उनले लामो समयको तुलनामा आफूलाई सुरक्षित महसुस गरिन्। उनले त्यस्तो महसुस आफु बिहान चराचुरुङ्गीहरूको आवाजले ब्युँझिएको बेला देखि गरेकी थिइनन्।

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Yulia went to a women's shelter, where she felt safer than she had in a long time. She had not felt like that since she was woken up by the sound of birds in the morning.






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