

ယဉ်ကျေးမှုမိတ်ဆက်ဆိုင်ရာ ဝေါဟာရများ-မြန်မာ

Cultural Orientation Glossary – Burmese

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Category	Term	Definition – DO NOT TRANSLATE – Only for Reference	Burmese (Zawgyi-One)
<p><b>KEY INSTITUTIONS/ INSTITUTIONAL TERMS</b></p> <p>အဓိက ဌာနဆိုင်ရာ အသုံးအနှုန်းများ</p>	<p>Bureau of Population, Refugees, and Migration (PRM)</p>	<p>The Bureau of Population, Refugees, and Migration (PRM) promotes U.S. interests by providing protection, easing suffering, and resolving the plight of persecuted and forcibly displaced people around the world.</p>	<p>လူဦးရေ၊ ဒုက္ခသည်နှင့် လူဝင်မှုကြီးကြပ်ရေး ဌာန (PRM)</p>
	<p>Child Protective Service (CPS)</p>	<p>A governmental law enforcement agency in many states of the United States responsible for providing child protection, which includes responding to reports of child abuse or neglect.</p>	<p>ကလေးသူငယ် ကာကွယ်စောင့်ရှောက်ရေး ဝန်ဆောင်မှု (CPS)</p>
	<p>Department of Health and Human Services (HHS)</p>	<p>The United States Department of Health &amp; Human Services (HHS), also known as the Health Department, is a cabinet-level executive branch department of the U.S. federal government with the goal of protecting the health of all Americans and providing essential human services.</p>	<p>ကျန်းမာရေးနှင့် လူသားဝန်ဆောင်မှု ဌာန (HHS)</p>
	<p>Department of Homeland Security (DHS)</p>	<p>The United States Department of Homeland Security is a cabinet department of the U.S. federal government with responsibilities in public security, roughly comparable to the interior or home ministries of other countries.</p>	<p>အမိမြေလုံခြုံရေးဌာန (DHS)</p>
	<p>Department of State (DOS)</p>	<p>The United States Department of State, commonly referred to as the State Department, is a federal executive</p>	<p>နိုင်ငံခြားရေး ဝန်ကြီးဌာန (DOS)</p>

		department responsible for carrying out U.S. foreign policy and international relations.	
	International Organization for Migration (IOM)	The International Organization for Migration is an intergovernmental organization that provides services and advice concerning migration to governments and migrants, including internally displaced persons, refugees, and migrant workers.	ရွှေ့ပြောင်းသွားလာနေထိုင်ခြင်းဆိုင်ရာ နိုင်ငံတကာ အဖွဲ့အစည်း (IOM)
	Office of Refugee Resettlement (ORR)	The mission and purpose of the ORR is to assist in the relocation process and provide needed services to individuals granted asylum within the United States.	ဒုက္ခသည် ပြန်လည်နေရာချထားရေးဌာန(ORR)
	Reception and Placement (R&P) Program	The program of the Department of State that provides newly arrived refugees with the essential services and support needed to begin resettlement in a new community.	လက်ခံရေးနှင့် နေရာချထားရေး အစီအစဉ် (R&P)
	The UN Refugee Agency (UNHCR)	The United Nations High Commissioner for Refugees (UNHCR) is a United Nations agency with the mandate to protect refugees, forcibly displaced communities and stateless people, and assist in their voluntary repatriation, local integration or resettlement to a third country.	ကမ္ဘာ့ကုလ သမဂ္ဂ ဒုက္ခသည် များဆိုင်ရာ အေဂျင်စီ (UNHCR)
	United States Citizenship and Immigration Services (USCIS)	U.S. Citizenship and Immigration Services is an agency of the United States Department of Homeland Security that administers the country's naturalization and immigration system.	အမေရိကန် ပြည်ထောင်စု နိုင်ငံသားနှင့် လူဝင်မှု ကြီးကြပ်ရေး ဝန်ဆောင်မှုများ (USCIS)

	U.S. Customs and Border Protection (CBP)/U.S. Immigration Officials	The Agency is charged with regulating and facilitating international trade, collecting import duties, and enforcing U.S. regulations, including trade, customs, and immigration. CBP is one of the largest law enforcement agencies in the United States	အမေရိကန် ပြည်ထောင်စု အကောက်ခွန်နှင့်နယ်စပ်ကာကွယ်ရေး (CBP) /အမေရိကန် ပြည်ထောင်စု လူဝင်မှုကြီးကြပ်ရေးအရာရှိများ
	The United States Refugee Admissions Program (USRAP)	A consortium of federal agencies and nonprofit organizations collaborating overseas and domestically to identify and admit qualified refugees for resettlement into the United States.	အမေရိကန် ပြည်ထောင်စု ဒုက္ခသည် လက်ခံရေး အစီအစဉ် (USRAP)

<b>PRE-DEPARTURE ASSISTANCE AND INTERNATIONAL TRAVEL</b> ပြည်ပထွက်ခွာ ပံ့ပိုးမှုနှင့် နိုင်ငံတကာ ခရီးသွားခြင်း	Arrival/departure gate	A gate at the airport where passengers can embark or disembark.	ဆိုက်ရောက် / ထွက်ခွာ ဂိတ်
	Baggage claim	The area in an airport where arriving passengers collect luggage	ခရီးဆောင်အိတ် ရွေးယူခြင်း
	Boarding pass	A document provided by an airline during check-in, giving a passenger permission to board a plane	လေယာဉ်ပေါ်တက်ရောက်ခွင့်လက်မှတ်
	Border control	An inspection by Customs and Border Protection officers upon entering the U.S.	နယ်စပ်ထိန်းချုပ်ရေး

	Cabin pressure	Conditioned air is pumped into the cabin of an aircraft or spacecraft, in order to create a safe and comfortable environment for passengers and crew flying at high altitudes.	လေယာဉ်ခန်းအတွင်းရှိဖိအား
	Check in	The process whereby passengers are accepted by an airline at the airport prior to travel.	ရောက်ရှိကြောင်း စာရင်းသွင်းခြင်း
	Customs Declaration Form	A form that lists the goods that are being imported or exported when a citizen or visitor enters a country.	အကောက်ခွန်ကြေငြာလွှာ
	Driving Under the Influence (DUI) / Driving While Intoxicated (DWI)	The act or crime of driving a vehicle while affected by alcohol or drugs.	မူးယစ်သောက်စား၍ ယာဉ်မောင်းနှင်ခြင်း (DUI) / မူးယစ်နေစဉ် ကားမောင်းခြင်း (DWI)
	Escalator	A moving staircase transferring people between the floors of a public building.	စက်လှေကား
	Exit permit	A document giving authorization to leave a particular country.	ထွက်ခွာခွင့်ပါမစ်

	Form I-94	A form issued by a Customs and Border Protection Officer to visitors entering the United States.	ပုံစံ I-94
	Illegal drugs	Drugs which are controlled or restricted by law and which a person is not allowed to own or use.	တရားမဝင် မူးယစ်ဆေးဝါးများ
	Immigration procedures	The procedures one undergoes when entering the U.S.	လူဝင်မှုကြီးကြပ်ရေး လုပ်ထုံးလုပ်နည်းများ
	Information Desk	A place in a public building where you can go to get information.	စုံစမ်းမေးမြန်းကောင်တာ
	International driver's license	Allows the holder to drive a private vehicle in any country or jurisdiction that recognizes the document.	နိုင်ငံတကာ ယာဉ်မောင်းခွင့်လိုင်စင်
	Jet lag	Extreme tiredness and other physical effects felt by a person after a long flight across several time zones.	လေယာဉ်စီးခြင်းကြောင့် ပင်ပန်းနွမ်းနယ်ခြင်း

	Luggage carousel/belt	A device at an airport that delivers luggage to the passengers at the baggage claim area.	ခရီးဆောင်အိတ်သယ်ပို့ပေးသည့် ရွေ့လျားနေသောစက်ခါးပတ်
	Meeting point	A designated place where people meet.	လူစုရပ်
	Port of Entry	An airport or border crossing where people may enter a country.	နိုင်ငံ ဝင်ပေါက်
	Prescreening interview	The first step in the USRAP process is a prescreening interview with a Resettlement Support Center, or RSC.	ကနဦးအင်တာဗျူး
	Promissory Note	A document in which one party promises to pay back a loan.	ငွေပေးကတိစာချုပ်
	Refugee Travel Document (form I-131)	A document issued by USCIS to refugees resettled in the U.S. The document allows refugees to travel abroad.	ဒုက္ခသည်ခရီးသွားလာခွင့်စာရွက်စာတမ်း (ပုံစံ I-131)

	Resettlement Support Center (RSC)	A center that helps refugees apply for resettlement to the United States. RSCs also manage pre-departure activities, such as Cultural Orientation.	ပြန်လည်နေရာချထားရေး အထောက်အကူပြုစင်တာ (RSC)
	Security check	A verification of the identity of someone in order to maintain security.	လုံခြုံရေးစစ်ဆေးမှု
	Security clearance	Official government permission for someone to proceed with the immigration process.	လုံခြုံရေးခွင့်ပြုချက်
	Travel loan	A loan given to a refugee to enable them to travel to the U.S.	ခရီးသွားချေးငွေ

<b>TRAVEL/TRANSPORTATION (DOMESTIC)</b>	Booster seat	An extra seat or cushion placed on an existing seat for a small child to sit on	ကလေးထိုင်ခုံ
	Car insurance	A contract between you and the insurance company that protects you against financial loss in the event of an accident or theft.	ကားအာမခံ
	Carpooling	An arrangement among a group of car owners where each owner in turn drives the others to and from a designated place.	ကားစုမောင်းခြင်း



ပြည်တွင်း ခရီးသွားခြင်း/ပို့ဆောင်ရေး	Car registration	The registration of a motor vehicle with a local government authority to establish a link between a vehicle and an owner or user of the vehicle.	ကားမှတ်ပုံတင်ခြင်း
	Crosswalk/Zebra crossing	A marked part of a road where pedestrians have right of way to cross.	လူကူးမျဉ်းကြား
	Department of Motor Vehicles (DMV)	A government agency that administers vehicle registration and driver licensing.	မော်တော်ယာဉ် ဝန်ကြီးဌာန (DMV)
	Driver's License	An official document, often plastic and the size of a credit card, permitting a specific individual to operate one or more types of motorized vehicles, such as a motorcycle, car, truck, or bus on a public road.	ယာဉ်မောင်းလိုင်စင်
	Driving test	An official test of driving competence which must be passed in order to get a driver's license. This test includes the knowledge test.	ယာဉ်မောင်းစမ်းသပ်မှု
	Driving Under the Influence (DUI) / Driving While Intoxicated (DWI)	The act or crime of driving a vehicle while affected by alcohol or drugs.	မူးယစ်သောက်စားပြီး ယာဉ်မောင်းနှင်ခြင်း (DUI) / မူးယစ်နေစဉ် ကားမောင်းခြင်း (DWI)
	Jaywalking	Crossing or walking in the street or road unlawfully or without regard for approaching traffic.	လမ်းဖြတ်ကူးခြင်း
	Metro/Subway/Light Rail card	A card used to pay fares on subways and/or buses.	မက်ထရို / မြေအောက်ရထား / မီးရထားလမ်းကဒ်
	Public transportation	Buses, trains, subways, and other forms of transportation that charge set fares, run on fixed routes, and are available to the public.	အများပြည်သူသုံး သယ်ယူပို့ဆောင်ရေး

	State ID	Wallet-sized, state-issued card to be routinely carried and used to verify the identity of holders who do not have drivers' licenses.	ပြည်နယ် မှတ်ပုံတင်ကဒ်ပြား
	Ride sharing	An arrangement in which a passenger travels in a private vehicle driven by its owner, for a fee by means of a mobile phone app.	မျှဝေစီးနင်းမှု
	Seat belts	A belt securing a person to prevent injury, especially in a vehicle or a plane.	ထိုင်ခုံခါးပတ်
	Texting while driving	The illegal act of using a mobile phone to send text messages (SMS) while driving a car.	ကားမောင်းနေစဉ် ဖုန်းသုံးခြင်း

<b>ROLE OF THE RESETTLEMENT AGENCY</b> ပြန်လည်အခြေချနေထိုင်ရေး အေဂျင်စီ၏ အခန်းကဏ္ဍ	Case manager/Case worker	An individual at a social service agency who helps refugees get the services they need.	အမှုတွဲ မန်နေဂျာ / အမှုတွဲ ဝန်ထမ်း
	Cultural Orientation (CO)	The process of learning about life in the United States. The process begins overseas and continues in the United States.	ယဉ်ကျေးမှု မိတ်ဆက်ခြင်း (CO)

	Employment Specialist	An employee of a resettlement agency assisting refugees in how to find suitable employment and access job training opportunities.	အလုပ်အကိုင် ရှာဖွေပေးရေးဆိုင်ရာ ကျွမ်းကျင်သူ
	Food stamps	A voucher issued by the government to those on low income, exchangeable for food.	အစားအစာ ဘောက်ချာ
	Housing orientation	A process of introducing a refugee to his/her apartment, its appliances, and the procedures of the apartment building.	အိမ်နေရာချထားမိတ်ဆက်ခြင်း
	Interpretation services	A service that provides interpreters for refugees.	စကားပြန်ဝန်ဆောင်မှုများ
	Job counseling	Assistance in looking for employment and job training opportunities.	အလုပ်အကြံပေးခြင်း
	Medical check-up/health screening	A physical examination which includes a variety of tests depending on the age, sex, and health of the person.	ကျန်းမာရေးစစ်ဆေးမှု

	Money management	The process of expense tracking, investing, budgeting, banking and evaluating taxes.	ငွေကြေးစီမံခန့်ခွဲမှု
	Non-governmental Agency	Organizations independent of governments that are active in humanitarian, educational, healthcare, human rights, and other areas to effect changes according to their objectives.	အစိုးရမဟုတ်သော အေဂျင်စီ
	Reception and placement money	A one-time sum per refugee to assist with meeting expenses during a refugee's first few months in the United States.	ဧည့်ခံခြင်းနှင့် နေရာချထားရေး ပိုက်ဆံ

	Refugee	<p>A refugee as someone who "owing to well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group or political opinion, is outside the country of his nationality and is unable or, owing to such fear, is unwilling to avail himself of the protection of that country; or who, not having a nationality and being outside the country of his former habitual residence, is unable or, owing to such fear, is unwilling to return to it.</p> <p><a href="https://emergency.unhcr.org/entry/55772/refugee-definition">https://emergency.unhcr.org/entry/55772/refugee-definition</a></p>	ဒုက္ခသည်
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	Refugee Cash Assistance (RCA)	A government program that provides temporary financial assistance for single and married refugees without dependent children.	ဒုက္ခသည် ငွေကြေးထောက်ပံ့ပေးခြင်း (RCA)
	Resettlement	The process of settling permanently in a country.	ပြန်လည်အခြေချနေထိုင်ခြင်း
	Resettlement Agency	An agency that delivers the basic Reception and Placement services that refugees receive. The agency may offer additional services.	ပြန်လည်အခြေချနေထိုင်ရေး အေဂျင်စီ
	Rights and responsibilities	Refers to the set of freedoms and duties that apply to refugees admitted to the USRAP, as well as to the freedoms and duties that apply to every person living in the U.S.	အခွင့်အရေးများနှင့် တာဝန်ဝတ္တရားများ
	Self-sufficiency	Being able to supply one's own needs without external assistance.	မိမိကိုယ်တိုင်ရပ်တည် ဖူလုံရေး

	Transportation orientation	The process of becoming familiar with the public transportation services in your community with the help of the resettlement agency.	သယ်ယူပို့ဆောင်ရေး ပို့ချချက်
	Unaccompanied minor	A child who has been separated from both parents and other relatives and is not being cared for by an adult.	အုပ်ထိန်းသူမရှိသော အရွယ်မရောက်သေးသူ
	Vocational training	Training that emphasizes skills and knowledge required for a particular job or a trade.	အသက်မွေး ဝမ်းကျောင်းသင်တန်း

<p style="text-align: center;"><b>COMMUNITY SERVICES/ YOUR NEW COMMUNITY</b> လူထုဝန်ဆောင်မှု/သင်၏ လူမှု ပတ်ဝန်းကျင်အသစ်</p>	<p>Childcare assistance programs</p>	<p>Assistance to low-income families who need child care due to work, work-related training and/or attending school.</p>	<p>ကလေးသူငယ်ကာကွယ်စောင့်ရှောက်ရေး အထောက်အပံ့ အစီအစဉ်များ</p>
	<p>Community services</p>	<p>Community services are the services, assistance, goods, and resources available to people in their communities. These services may be provided free of charge or at a very low cost by the government, community-based organizations, or religious organizations.</p>	<p>လူထုဝန်ဆောင်မှု</p>
	<p>Ethnic Community-Based Organizations (ECBOs)</p>	<p>Local organizations founded by former refugees and immigrants that provide services and assistance to newcomers from their countries of origin in their communities.</p>	<p>လူမျိုးစု လူထုအခြေပြု အဖွဲ့အစည်းများ (ECBOs)</p>



	Faith-based organizations	An organization whose values and mission are based on faith and/or beliefs.	ဘာသာရေး-အခြေပြုအဖွဲ့အစည်းများ
	Laundromat	A self-service laundry facility.	ကိုယ်တိုင်အဝတ်လျှော်ဝန်ဆောင်မှု

	Library	A building housing books and other resources available to its members sometimes offering services, such as English classes or childcare, and free computer access.	စာကြည့်တိုက်
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<b>PUBLIC ASSISTANCE</b> <b>အများပြည်သူအတွက် အထောက်အပံ့</b>	Benefits	Financial help in time of sickness, old age, or unemployment.	အကျိုးကျေးဇူးများ/ခံစားခွင့်များ
	Supplemental Nutrition Assistance Program (SNAP) (Formerly the Food Stamp Program)	A government program that helps low-income families pay for food.	အာဟာရဆိုင်ရာ အထောက်အပံ့ အစီအစဉ် (SNAP) (ယခင်က အစားအစာ ဘောက်ချာ အစီအစဉ်)
	Supplemental Security Income (SSI)	A benefit to people with limited income and resources who are disabled, blind, or age 65 or older.	လုံခြုံရေးအကျိုးခံစားခွင့် (SSI)

	Temporary Assistance to Needy Families (TANF)	A government program that provides temporary financial assistance for parents with dependent children.	လိုအပ်နေသောမိသားစုများအတွက် ယာယီအကူအညီ (TANF)
	The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)	Federal grants to States for supplemental food, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding, postpartum women, and to infants and children up to age five who are found to be at nutritional risk.	အမျိုးသမီးများ၊ မွေးကင်းစနှင့် ကလေးငယ်များအတွက် အထူးဖြည့်စွက် အာဟာရအစီအစဉ် (WIC)

<b>HOUSING</b> <b>အိမ်ယာ</b>	Bills	Money owed for goods supplied or services rendered.	ကျသင့်ငွေတောင်းခံလွှာများ
	Housing Maintenance	Maintaining the apartment or home by cleaning and paying the bills.	အိမ်ယာပြုပြင်ထိန်းသိမ်းမှု

	Landlord	The owner of a house, apartment, condominium, land or real estate which is rented or leased to an individual or business.	အိမ်ရှင်
	Lease agreement	A contract outlining the terms under which one party agrees to rent property owned by another party.	အိမ်ငှားသဘောတူညီချက်
	Management company	A company that manages a property, such as an apartment building.	စီမံခန့်ခွဲမှုကုမ္ပဏီ
	Mortgage	A legal agreement by which a bank or other creditor lends money at interest in exchange for taking title of the debtor's property.	အပေါင်စာချုပ်
	Notice of eviction	An official note informing a tenant of their removal from rental property by the landlord.	နှင်ထုတ်ခြင်း အသိပေးစာ

	Rent	A tenant's regular payment to a landlord for the use of property or land.	အိမ်ငှားစရိတ်
	Renter's insurance	An insurance that protects against losses to the tenant's personal property within the rented property.	အိမ်ငှား အာမခံစပေါ်ငွေ
	Subletting	When a renter leases or rents all or part of their apartment to another renter.	ပြန်လည် ငှားရမ်းခြင်း
	Tenant	A person who rents property from a landlord.	အိမ်ငှား
	Trespass	Entering land or property without permission.	ကျူးကျော်မှု
	Utilities	A service such as electricity, gas, or water provided by a public utility company, for which one must pay a monthly bill.	ရေ၊ မီး၊ မိတာခ

<p style="text-align: center;"><b>HEALTH/ HYGIENE</b></p> <p>ကျန်းမာရေး / တစ်ကိုယ်ရည် သန့်ရှင်းရေး</p>	<p>Children's Health Insurance Program (CHIP)</p>	<p>This plan provides medical coverage for individuals under age 19 whose parents earn too much income to qualify for Medicaid, but not enough to pay for private coverage.</p>	<p>ကလေး ကျန်းမာရေး အာမခံ အစီအစဉ် (CHIP)</p>
	<p>Community clinics and health centers</p>	<p>Provide basic health services and health counseling. Some provide dental care and eye examinations.</p>	<p>ရပ်ရွာဆေးခန်းများနှင့် ကျန်းမာရေးစင်တာများ</p>
	<p>Confidentiality</p>	<p>The right of an individual to have personal, identifiable medical information kept private.</p>	<p>လျှို့ဝှက်ခြင်း</p>
	<p>Emergency room</p>	<p>The department of a hospital that provides immediate treatment for acute illnesses and trauma.</p>	<p>အရေးပေါ် အခန်း</p>

	Family planning	Family planning allows people to attain their desired number of children and determine the spacing of pregnancies.	မိသားစုစီမံကိန်း
	Health Insurance	Insurance coverage that pays for medical and surgical expenses.	ကျန်းမာရေးအာမခံ
	Immunization	The process whereby a person is made immune or resistant to an infectious disease, typically by the administration of a vaccine.	ကာကွယ်ဆေးထိုးခြင်း
	Immunization records	A comprehensive timeline of all vaccinations a patient has received.	ကာကွယ်ဆေးထိုးခြင်း မှတ်တမ်းများ
	Initial health/medical screening	The first medical appointment a refugee receives after arrival in the United States, usually within the first month, which establishes a connection to health services in case of further need.	ကနဦး ကျန်းမာရေး စစ်ဆေးမှု

	Medicaid	A government program that provides health insurance coverage to low-income people who qualify.	ဆင်းရဲသားများအတွက်ဆေးဝါးအကူအညီပေးမှု စီမံကိန်း
	Medicare	A government program that provides health insurance coverage to people over the age of 65, and people under 65 with certain disabilities.	သက်ကြီးရွယ်အိုများအတွက်ဆေးဝါးအကူအညီပေးမှုစီမံကိန်း
	Mental health care	Mental health care addresses emotional, psychological, and social well-being.	စိတ်ကျန်းမာရေးစောင့်ရှောက်မှု
	Over the counter (OTC) medication	Medication that is sold without a prescription.	လွတ်လပ်စွာ ဝယ်ယူနိုင်သော ဆေးဝါး (OTC)
	Personal hygiene	Maintaining cleanliness of one's body and clothing to preserve overall health and well-being.	တစ်ကိုယ်ရေသန့်ရှင်းမှု
	Premium	The cost an insurer pays for his or her insurance coverage.	ပရီမီယံ အာမခံ

	Prescription drugs	Drugs you can only get with a doctor's prescription.	ဆေးညွှန်းဖြင့် ဝယ်ယူနိုင်သောဆေးများ
	Preventive Care	The care you receive to prevent illnesses or diseases. Also includes counseling to prevent health problems.	ကြိုတင်ကာကွယ် စောင့်ရှောက်ရေး
	Public health department	A local, state, or federal government agency that provides immunizations against diseases and offers other preventive health services, including testing and treatment for tuberculosis and other communicable diseases, usually at a low cost or free of charge.	ပြည်သူ့ကျန်းမာရေး ဌာန
	Sexually transmitted disease (STD) / Sexually transmitted infection (STI)	Diseases or infections that can be transmitted by direct sexual contact.	လိင်မှတစ်ဆင့်ကူးစက်သောရောဂါ (STD) / လိင်မှတစ်ဆင့်ကူးစက်မှု (STI)
	Urgent care clinics	These clinics are for situations where you have an illness or injury that needs immediate care, but is not serious enough for a visit to the emergency room.	အရေးပေါ်စောင့်ရှောက်မှုဆေးခန်း



<p style="text-align: center;"><b>EDUCATION/ LEARNING ENGLISH</b> ပညာရေး / အင်္ဂလိပ်စာ သင်ယူလေ့လာခြင်း</p>	Community College	A post-secondary, higher education institution that provides workforce education and college transfer academic programs.	လူထုကောလိပ်
	English as a Second Language (ESL) Classes	Study of the English language by non-native speakers in an English-speaking environment.	အင်္ဂလိပ်ဘာသာကို ဒုတိယ ဘာသာစကားအဖြစ် သင်ယူခြင်း (ESL) သင်တန်းများ
	Extra-curricular activities	Optional, school-sponsored programs for students that occur outside of regular classroom learning including sports, clubs, and other social events.	သင်ရိုးပြင်ပ ကျောင်းလှုပ်ရှားမှုများ Capita:
	General Educational Development (GED) Diploma	A group of four subject tests which certify that the test taker has United States high school-level academic skills. It serves as an alternative to the U.S. high school diploma.	အထွေထွေပညာရေး ဖွံ့ဖြိုးတိုးတက်မှု (GED) ဒီပလိုမာ

	Parent-Teacher meetings	A short meeting or conference between the parents and teachers of students to discuss a child's progress at school.	မိဘ - ဆရာ တွေ့ဆုံပွဲများ
	Recertification	The process of renewing a professional certification by taking classes or courses.	ပြန်လည် စစ်ဆေးအတည်ပြုခြင်း
	Scholarship	A grant or payment made to support a student's education, awarded on the basis of academic or other achievement	ပညာသင်ဆု
	Scholastic Assessment Test (SAT)	An examination used by colleges and universities as part of their admissions decision-making process. The SAT tests a student's abilities in the areas of critical reading, writing and mathematics.	ပညာသင်နှစ် အကဲဖြတ်စစ်ဆေးမှု (SAT)

	School enrollment	The act of registering a student in school.	ကျောင်းအပ်နှံခြင်း
	Technical School/Vocational School	A learning institution that provides specialized training in a specific career field, trade, or profession.	နည်းပညာကျောင်း / အသက်မွေး ဝမ်းကြောင်းကျောင်း
	University	An institution of higher education and research which awards academic degrees in various academic disciplines.	တက္ကသိုလ်

<b>EMPLOYMENT</b> <b>အလုပ်အကိုင်</b>	Application	A written or online form submitted to a potential employer providing the name, contact information, and employment history of the job seeker.	လျှောက်လွှာ
	Discrimination	Prejudicial treatment of different categories of people, especially on the grounds of race, age, gender, or sex.	ခွဲခြားဆက်ဆံခံရမှု
	Employment Authorization Document (EAD) Card	A document issued by USCIS that allows foreign nationals to work in the U.S.	အလုပ်လုပ်ခွင့် (EAD) ကဒ်ပြား

	Employment services/job readiness training	Support provided to job seekers to help them find and apply for jobs or to succeed at a new job.	အလုပ်အကိုင် ဝန်ဆောင်မှု / အလုပ်ခွင်ဝင်ရောက်မှု သင်တန်း
	Entry-level/unskilled labor job	A job that does not require prior experience in the field.	အခြေခံအဆင့် / ကျွမ်းကျင်မှု မလိုအပ်သော အလုပ်
	Full-time Job	Employment in which a person works a minimum number of hours as defined by the employer, usually about 40 hours per week. Full-time employment often comes with benefits, such as annual leave, sick leave, and health insurance.	အချိန်ပြည့်အလုပ်
	Help wanted	A sign posted by employers or phrase used in advertisements indicating an employment vacancy.	ဝန်ထမ်း လိုအပ်သည်
	Informal work	Work that is not performed for an official employer and which is usually untaxed and unregulated.	အလွတ်သဘောအလုပ်

	Job interview	A conversation between a job applicant and an employer which assesses whether the applicant should be hired.	အလုပ်အင်တာဗျူး
	Licensing	The government-issued credentials required by law to work in certain professions.	ခွင့်ပြုမိန့်လိုင်စင်
	Minimum wage	The lowest wage that employers can legally pay their workers.	အနိမ့်ဆုံးလုပ်ခ
	Networking	The action or process of interacting with others to exchange information and develop professional or social contacts.	ကွန်ယက်
	Notice	Written or verbal communication from a departing employee to an employer indicating when he or she will quit, usually required two weeks prior to the last day of work.	အသိပေးစာ

	Part-time Job	A form of employment that carries fewer hours per week than a full-time job. Workers are usually considered to be part-time if they work fewer than 30 hours per week.	အချိန်ပိုင်းအလုပ်
	Paycheck	A check for salary or wages made out to an employee.	လစာ
	Punctuality	Being able arrive at an appointment or place of work, or being able to complete a required task or fulfill an obligation before or at a previously designated time.	အချိန်မှန်ခြင်း
	Résumé/Curriculum vitae (CV)	A document created and used by a person to present their background, skills, and accomplishments to secure new employment.	ကိုယ်ရေးအချက်အလက်မှတ်တမ်း (CV)
	Self-employment	Working for oneself as a freelancer or the owner of a business rather than for an employer.	ကိုယ်ပိုင်အလုပ်

	Skilled labor job	Any worker who has special skill, training, knowledge, and (usually acquired) ability in their work. A skilled worker may have attended a college, university, or technical school. Or a skilled worker may have learned their skills on the job.	ကျွမ်းကျင်လုပ်သားအလုပ်
	Upward mobility	Movement from one financial level to a higher one as by changing jobs.	အလုပ်အကိုင်အဆင့်မြှင့်တင်ခြင်း

	Workplace rights/employees' rights	Legal and human rights relating to labor relations between workers and employers, codified in national and international labor and employment law. In general, these rights influence working conditions in relations of employment.	အလုပ်ခွင် အခွင့်အရေး / ဝန်ထမ်း အခွင့်အရေး
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<b>RIGHTS AND RESPONSIBILITIES</b> <b>အခွင့်အရေးနှင့် တာဝန်ဝတ္တရားများ</b>	Family Reunification	A recognized reason for immigration in many countries because of the presence of one or more family members in a certain country, therefore, enabling the rest of the divided family or specific members of the family to immigrate to that country as well.	မိသားစု ပြန်လည်ပေါင်းစည်းခြင်း
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	Freedom of Assembly	The individual right to peacefully assemble, collectively express, and petition the government for redress of grievances guaranteed by the First Amendment to the US Constitution.	လွတ်လပ်စွာ စုရုံးပိုင်ခွင့်
	Freedom of Religion	The right to practice whatever religion one chooses or to practice no religion	လွတ်လပ်စွာ ကိုးကွယ်ယုံကြည်ခွင့်
	Freedom of Speech	The right to express any opinions without censorship or restraint (excepting hate speech and slander)	လွတ်လပ်စွာ ပြောဆိုခွင့်

	The right to a fair trial	A trial that is conducted fairly, justly, and with procedural regularity by an impartial judge and in which the defendant is afforded his or her rights under the U.S. Constitution or the appropriate state constitution or other law.	မျှတသော တရားစီရင်မှု ရရှိပိုင်ခွင့်
	Voting	The right to express one's political opinion by casting a ballot in favor of one candidate in an official election.	မဲပေးခြင်း

<p style="text-align: center;"><b>U.S. LAWS</b></p> <p style="text-align: center;">အမေရိကန် ပြည်ထောင်စု ဥပဒေများ</p>	Address change form/Alien's Change of Address (AR-11)	A form non-citizens must fill out and submit to their when there's a change in their address.	နိုင်ငံခြားသား လိပ်စာပြောင်းလဲခြင်း ဖောင်ပုံစံ (AR-11)
	Age of consent	The age at which a person is considered to be legally competent to consent to marriage, sexual acts, and other legally binding decisions.	အရွယ်ရောက်ပြီးသူ၏ အသက်
	Animal cruelty	Causing harm or suffering to animals.	တိရစ္ဆာန် ညှင်းပန်းနှိပ်စက်မှု

	Black market/working under the table	Terms for informal work which emphasize the secretive intention of avoiding taxes or government oversight.	မှောင်ခိုဈေးကွက်
	Bribery	Giving or receiving something of value in exchange for some kind of influence or action in return.	လာဘ်ပေးလာဘ်ယူမှု
	Child abuse	Physical, sexual, and/or psychological maltreatment or neglect of a child or children, especially by a parent or a caregiver.	ကလေးငယ်အားအလွဲသုံးစားပြုမှု
	Child neglect	Not meeting a child's basic needs, including the failure to provide adequate health care, supervision, clothing, nutrition, housing as well as their physical, emotional, social, educational and safety needs.	ကလေး လျစ်လျူရှုမှု

	Child support	Ongoing, periodic payment made by a parent for the financial benefit of a child (paid to another parent, caregiver, guardian, or state) following the end of a marriage or other relationship.	ကလေး အထောက်အပံ့
	Citizenship	The status of being a citizen of a particular country.	နိုင်ငံသား
	Deportation	The removal of a person or group of people from a place or country.	ပြည်နှင့်ဒဏ်ပေးခြင်း
	Domestic violence / spousal abuse	Violence or other abuse by one person against another in a domestic setting, such as in marriage or cohabitation.	အိမ်တွင်းအကြမ်းဖက်မှု

	Federal Laws	The body of law consisting of the U.S. Constitution, federal statutes and regulations, U.S. treaties, and federal common law. The Federal law is the supreme law in US and overrides state law whenever there is a conflict.	ဖက်ဒရယ်ဥပဒေ
	Fishing license	A regulatory or legal mechanism to control fishing. Licensing is one way of managing fisheries and may be required for commercial, recreational, or personal fishing.	ငါးဖမ်းခွင့်လိုင်စင်
	Green Card / Permanent Resident Card	The permit allowing immigrants to permanently live and work in the United States of America.	အမြဲတမ်းနေထိုင်ခွင့်ကဒ်ပြား
	Gun laws	Local, state, or federal laws aimed at restricting or regulating the sale, purchase, or possession of firearms through licensing, registration, or identification requirements.	သေနတ်ဥပဒေ

	Hunting license	A hunting license is a regulatory or legal mechanism to control hunting.	အမဲလိုက် လိုင်စင်
	Immigrant	A person who comes to live permanently in a foreign country.	ရွှေ့ပြောင်းအခြေချ နေထိုင်သူ
	Internal Revenue Service (IRS)	A bureau of the Department of Treasury that is tasked with the enforcement of income tax laws and oversees the collection of federal income taxes.	ဝင်ငွေခွန် ဝန်ဆောင်မှု ဌာန (IRS)
	Lawful Permanent Resident	A non-citizen who has been granted authorization to live and work in the United States on a permanent basis. As proof of that status, a person is granted a permanent resident card, commonly called a green card.	တရားဝင် အမြဲတမ်းနေထိုင်သူ
	Littering	Litter is trash improperly placed so as to be a nuisance or health concern.	အမှိုက်
	Local laws	Local laws refer to the laws which are unique to each city, county, or local government.	ဒေသဆိုင်ရာ ဥပဒေများ
	Naturalization	The legal act or process by which a non-citizen in a country may acquire citizenship or nationality of that country.	နိုင်ငံသားခံယူ ခွင့်ပြုခြင်းလုပ်ငန်းစဉ်

	Physical abuse	Any intentional act causing injury or trauma to another person or animal by way of bodily contact.	ရုပ်ပိုင်းဆိုင်ရာ ညှဉ်းပန်းနှိပ်စက်မှု
	Polygamy	The practice or custom of having more than one wife or husband at the same time.	လင်မယားတစ်ဦးထက်ပို၍ထိန်းမြားခြင်း
	Principal Applicant (PA)	The main applicant in an application process.	အဓိက လျှောက်ထားသူ (PA)
	Re-entry permit	A travel document similar to a certificate of identity, issued by the United States Citizenship and Immigration Services to lawful permanent residents in the U.S. to allow them to travel abroad and return to the U.S.	ပြည်ပြန်ဝင်ခွင့်ပါမစ်
	Same-sex relationship	A committed relationship between two persons of the same sex.	လိင်တူချစ်သူ

	Selective Service	An independent agency of the United States government that maintains information on those potentially subject to military conscription (i.e. the draft). All male U.S. citizens and male immigrant non-citizens, who are between the ages of 18 and 25 are required by law to have registered within 30 days of their 18th birthday.	စစ်မှုထမ်းမှတ်ပုံတင်စာရင်း ပေးသွင်းရေးဌာန
	Sexual harassment	Unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature.	လိင်ပိုင်းဆိုင်ရာနှောင်ယှက်မှု
	Shoplifting	Theft of goods from an open retail establishment	ကုန်ပစ္စည်းခိုးယူမှု
	Social Security Card	A piece of paper containing unique nine-digit number assigned by the Social Security Administration and provided to every United States citizen, permanent resident, or temporary working resident.	လူမှုဖူလုံရေးကဒ်
	State Laws	State law refers to the law of each separate U.S. state.	ပြည်နယ်ဥပဒေများ



	Tax fraud	Tax fraud occurs when an individual or business entity willfully and intentionally falsifies information on a tax return to limit the amount of tax liability.	အခွန်လိမ်လည်မှု
	Taxes	A compulsory contribution to state or federal revenue, levied by the government on workers' income and business profits, or added to the cost of some goods, services, and transactions.	အခွန်များ
	U.S. Constitution	A document that embodies the fundamental laws and principles by which the United States is governed. The supreme law of the United States of America.	အမေရိကန် ပြည်ထောင်စု ဖွဲ့စည်းပုံအခြေခံဥပဒေ
	U.S. tie	During the USRAP process, refugees can identify friends or relatives in the United States with whom they have a desire to be reunited upon arrival. Once identified that individual is contacted by a Resettlement Agency to verify the relationship and confirm if they would like to have the refugee resettled near them. If they agree, the individual is considered a U.S. tie and will be contacted again by the Resettlement Agency closer to the arrival of their friend or relative	အမေရိကန် ပြည်ထောင်စု ဆက်နွယ်သူများ

		to discuss the resettlement process. A U.S. tie is not financially or legally responsible for their friend or relative.	
	Welfare fraud	The act of illegally using state welfare systems by knowingly withholding or giving information to obtain more funds than would otherwise be allocated.	လူမှုဖူလုံရေး လိမ်လည်မှု

<b>CULTURAL ADJUSTMENT</b>  ယဉ်ကျေးမှု အသားကျခြင်း	Bullying	The use of force, coercion, or threat, to abuse, aggressively dominate or intimidate.	အနိုင်ကျင့်ခြင်း
	Cultural adaptation	Cultural adaptation is the process and time it takes a person to integrate into a new culture and feel comfortable within it.	ယဉ်ကျေးမှု လိုက်လျောညီထွေဖြစ်ခြင်း
	Culture shock	An experience a person may have when one moves to a cultural environment which is different from one's own.	ကွဲပြားသောယဉ်ကျေးမှုများအကြား ထိတ်လန့်ခြင်း
	Family dynamics	The interactions, communication patterns, and relationships between members of a family which may change as part of adjustment to a new culture.	မိသားစုတွင်းဆက်ဆံရေးအပြောင်းအလဲ

	Gender equality	Equal ease of access to resources and opportunities regardless of gender, including economic participation and decision-making; and the state of valuing different behaviors, aspirations and needs equally, regardless of gender.	ကျား၊ မ တန်းတူညီမျှမှု
	Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex (LGBTQI)		ယောက်ျားလျှာ၊ မိန်းမလျှာ၊ လိင်နှစ်မျိုးချစ်သူ၊ လိင်ပြောင်း၊ လိင်တူချစ်သူနှင့် ကြားနေလိင် (LGBTQI)
	Nonverbal communication	Communication without the use of spoken language. Nonverbal communication includes gestures, facial expressions, and body positions (known collectively as “body language”), as well as unspoken understandings and presuppositions, and cultural and environmental conditions that may affect any encounter between people.	နှုတ်ဖြင့်မဟုတ်သော ဆက်သွယ်ရေး
	Professional counselor/therapist	A person trained in assisting others in understanding and coping with challenging psychological and emotional circumstances or trauma.	ပရော်ဖက်ရှင်နယ် အကြံပေး / ကုထုံးပေးသူ
	Safe space	A place or environment in which a person or category of people can feel confident that they will not be exposed to discrimination, criticism, harassment, or any other emotional or physical harm.	လုံခြုံသောနေရာ

	Stress	A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.	စိတ်ဖိစီးမှု
	Trauma	Trauma is often the result of an overwhelming amount of stress that exceeds one's ability to cope, or integrate the emotions involved with that experience	စိတ်ဒဏ်ရာ
	Verbal communication	The use of sounds and words to express oneself.	နှုတ်ဖြင့် ဆက်သွယ်မှု

<b>SAFETY</b> <b>လုံခြုံရေး</b>	Emergency services	Public organizations or government entities that respond to and deal with emergencies when they occur, especially those that provide police, ambulance, and firefighting services.	အရေးပေါ်ဝန်ဆောင်မှု
	Fire Department	An emergency service dedicated to responding to unintentional, destructive fires	မီးသတ်ဌာန

	Life insurance	A contract between an insurance policy holder and an insurer or assurer, where the insurer promises to pay a designated beneficiary a sum of money (the benefit) in exchange for a premium, upon the death of an insured person (often the policy holder).	အသက်အာမခံ
	Police	An emergency service which handles crime and law enforcement.	ရဲ
	Smoke detector/alarm	A fire-protection device that automatically detects and gives a warning of the presence of smoke.	မီးသတိပေးစက်

<p><b>BUDGETING AND PERSONAL FINANCE</b></p> <p>ပုဂ္ဂိုလ်ရေးရာ ဘဏ္ဍာရေး</p>	Automated Teller Machine (ATM)	An electronic banking outlet that allows customers to complete basic transactions without the aid of a branch representative or teller. Anyone with a credit card or debit card can access most ATMs.	ငွေထုတ်စက် (ATM)
	Bank	A financial institution licensed to receive deposits and make loans.	ဘဏ်
	Budget/Financial planning	A comprehensive evaluation of an individual's current pay and future financial state by using current known variables to predict future income, asset values and withdrawal plans.	ဘဏ္ဍာရေး စီမံကိန်း
	Credit	A contractual agreement in which a borrower receives something of value now and agrees to repay the lender at a later date, generally with interest.	အကြွေး

	Credit card	A payment card issued to users (card-holders) to enable the card-holder to pay a merchant for goods and services based on the card-holder's promise to the card issuer to pay them for the amounts plus the other agreed charges.	အကြွေးဝယ်ကဒ်
	Credit history	A record of a borrower's repayment of debts.	ခရက်ဒစ်သမိုင်း