

## SECTION 3 HOME & FAMILY

### ሰልሳይ ክፋል- ገዛን ስድራ-ቤትን

#### A. Personal Finances

##### ሀ. ዉልቃዊ ፋይናንስ

#### 1. I lost my job. What now?

##### 1. ስራሽ አቻሪጽ፡ ህጂ እንታይ ክገብር አሉኒ?

Losing a job is a difficult and challenging time. It happens to many good people for various reasons. It is often due to a lack of work, a company is downsizing, changing times, performance, and other reasons.

ስራሽ ምእላይ እቲ ዝከበደን ፈታኒ ዝኮነ ግዜን እዩ። ብዝተፈላለዩ ምክንያት ን ብዙሓት ንፉዓት ሰባት የጋጥሞም እዩ። ኣብ መብዛሕቲኡ ግዜ እቲ ምክንያት ስራሽ ዘይምህላው ወይ እቲ ካምፓኒይ ክሰራ ክኣቱ ከሎ ወይ ምቅይያር ናይን ግዜ፡ ብቅዓትን ወይ ካልእ ምክንያት ክከዉን ይክእል።

#### Severance pay

If you work for a company for a longtime as a permanent employee or were in a unionized position, you may be eligible for a severance or settlement package. This usually involves a payment and/or career search supports to find a new job. It is important to seek advice in this case.

#### ናይ መሰናበቲ ዝክፈል፡

ኣብ ሓደ ካምፓኒይ ን ነዊሕ ግዜ ከም ቀዋሚ ሰራሕተኛ ምስትሰርሕ ወይ ኣብ ማሕበር ወይ ተጣባቂ ዘይብሉ ምስዝከዉን፡ ናይ መሰናበቲ ኣበል ይግበኣካ እዩ። እዚ ድማ መብዛሕቲኡ ግዜ ብዓይነት ገንዘብ ወይ ድማ ካልእ ሓድሽ ስራሕ ኣብ ምርካብ ምሕጋዝ ክከዉን ይክእል። ኣብ ከምዚ ኩነታት ምክሪ ክትሓትት ጹቡቅ እዩ።

Do not be pressured to accept your severance and/or settlement package immediately. Think about the offers available to you and don't be afraid to negotiate. Seek advice from a professional – this may be a legal representative, a union representative, or other employment professional.

ብዛዕባ ኣጋጢሙካ ዘሎ ናይ ስራሕ ምስንባትን ትሕጋጋትን ብቅልጡፍ ተላዘብ። ብዛዕባ እቲ ተዋሂብካ ዘሎ ቀረብ ወይ ረብሓ ሕሰብ፡ ንክትራዳዳእ ኣይትሕፈር ወይ ኣይትፍራህ። ካብ በዓል ሞያ ሕጋዊ ወኪል ይኹን ናይ ማሕበር ወኪል ወይ ድማ በዓል ሞያ ሰራሕተኛ ምክሪ ሕተት።

#### Record of Employment (ROE) / Employment Insurance

- Request a Record of Employment (ROE)

- A ROE will help you collect employment insurance. If you have not received your ROE within 14 days of your last pay from your employer, contact your nearest Service Canada Centre
- Apply for Employment Insurance (EI). This will provide temporary support while you are still unemployed. To apply for EI, you may File your EI claim online or in person at your nearest Service Canada Centre
- **TIES, do you want to insert Service Canada Centre phone number here or link?**

#### **ብዛዕባ ናይ እስትሕጋዊ መዝገብ ወይ ናይ ስራሕ ኢንሹራንስ (Record of Employment)**

- ናይ እስትሕጋዊ ክወሃበካ ኣመልክት
- ናይ እስትሕጋዊ መዝገብ ንናይ ሰራሕተኛታት ዝወሃን ኢንሹራንስ ክሕግዘካ እዩ። ካብ ናይ መወዳእታ ኣስራሒካ፡ ኣብ ውሽጢ 14 መዓልታት ናይ እስትሕጋዊ ጸብጻብ እንተዘይተቀቢልካ ኣብ ጥቓካ ዝርከብ ካናዳ ማእከል ኣገልግሎት (Service Canada Centre) ተወኣከሶም።
- ኣብ ኢንሹራንስ ናይ ሰራሕተኛታት ድማ ኣመልክት። እዚ ስራሕ ክሳብ ዘሃለወካ ከም ግዜያዊ ሓገዝ ክኮነካ ይክእል። ኢንሹራንስ ናይ ሰራሕተኛ ንከተመልክት፡ ብኣንላይን ወይ ብኣካል ኣብ ጥቓካ ዘሎ ካናዳ ማእከል ኣገልግሎት (Service Canada Centre) ብምካድ ከተመልክት ይከኣል።
- **ኣገልግሎት ትምህርቲ ን ኢሚግሬንት (TIES), ተሌፎን ናይ ካናዳ ማእከል ኣገልግሎት (Service Canada Centre) ትደሊ ዶ ወይ ክትረክቦም?**

#### **Reference Letters / References**

- Ask for letters of reference from your former employer or if they're willing to act as a referee for other jobs you apply to in the future. This will be of benefit to you in your search for a new job.

#### **መሰነይታ ወይ ደገፍ ደብዳቤ**

- ካብ ኣስራሒካ መሰነይታ ናይ ተመክሮ ምስክር ደብዳቤ ወይ ሪፈረንስ ሕተት፡ ናትካ መስከርቲ ክኮኑ ፍቓደኛታት እንተኮይኖም። እዚ ሓድሽ ስራሕ ኣብ ትደልዩሉ ክሕግዘካ ዓቢ ተራ ኣሎዎ።

## Financial Planning

It is beneficial to partake in financial planning.

- Do not be afraid to seek financial advice from your accountant, banker or financial adviser.
- Financial coaching is available at The Immigrant Education Society here:  
<https://www.immigrant-education.ca/programs/settlement/financial-empowerment-literacy/money-smart-financial-literacy>

## ፋይናንሻል መደባት (Financial Planning)

ብዛዕባ ፋይናንሻል መደባት ምልዛብ ኣገዳሲ እዩ

- ብዛዕባ ፋይናንሻል ምክሪ ምስትደሊ ን ባንክካ ወይ ፋይናንሻል ኣማካሪ ከይተሰከፍካ ሕተቶም።
- ኣማኸርቲ ፋይናንስ ኣብ ኢሚግሬሽን ኢዱኬሽን ሶሳይቲ ኣሎዉ። ኣብዚ ሊንክ ምጥዋቕ ይድሊ  
<https://www.immigrant-education.ca/programs/settlement/financial-empowerment-literacy/money-smart-financial-literacy>

## Income Support

You may apply for Income Support assistance through Alberta Community and Social Services if:

- You do not have a severance package
- You are not eligible for EI
- You have no other resources as income (including family support, investment or savings)
- Contact the TIES Mental Health Programs for referral or guidance to approach AB Community and Social Services. Our phone number: 587-392-4180, 587-393-3414. Or leave your question and contact information on the “Question” section on this website: [www. Healthy-minds.ca](http://www.Healthy-minds.ca)

## ኣገዛት ኣታዊ (Income Support)

ኣገዛ ናይ ኣታዊታት ብ ኣልበኣርታ ኮሙኒቲይ ጌርካ ከተመልከተሉ እትክእለሉ መንገድታት

- ናይ መሰናበቲ ወይ መፋነዊ መቅሹስ ምስዘይህልወካ
- እንሹራንስ ናይ ስራሕ ምስዘይህልወካ ወይ ምስዘይምልከተካ
- ካልእ ዝኮነ ምንጪ ኣታዊ ምስዘይህልወካ (ወላ ዉን ናይ ስድራ-ቤት ኣገዛ ወይ ዝከዘንካዮ ወይ ድማ ዘዋፈርካዮ)
- ን ማእከል ትምህርቲ ኢሚግሬንዲትስ ናይ ስነ-ኣእምሮ ጥዕና (TIES Mental Health Programs) ተወከስ፡ እዚ ን ኣልበኣርታ ኮሙኒቲን ማሕበራዊ ኣገልግሎትን (AB Community and Social Services) ንክትረክቦም ክሕግዘካ እዩ። ቁጽሪ ተሌፎን፡ 587-392-4180, 587-393-3414 እዩ። ወይ ዘለካ ሕቶ ወይ ድማ ናትካ ክትርከቡሉ ትክእል ተሌፎን ወይ ካልእ ኣብቲ Question ዝብል ቦታ ናዚ ውብሳይት ጽሓፍ፡ [website: www. Healthy-minds.ca](http://www.Healthy-minds.ca)

## Job search platforms

There are many online job search websites. Common ones include:

### መድለዪ ስራስ መምሪሒታት

ካልኦ ስራስ ክትጥቅት ምስትደሊ ኣብዚ ታሕቲ ዘለዉ ኣን-ልይን ሊንክታት ብምጥዋቅ ስራስ ክትጥቅት ትክእል።

- [Acuspire](#)
- [Indeed](#)
- [Jobs.ca](#)
- [Monster](#)
- [New Canadian Jobs](#)
- [Glassdoor](#)
- [FlexJobs](#)
- [LinkedIn](#)
- [Workopolis](#)



We recommend connecting with an employment resource centre or immigrant serving agency that offer assistance with your job search such as the ones below:

ኣብዚ ክንመክሮ ንደሊ፡ ስራስ ኣብ ትደልዮሉ ግዜ ምስ ናይ ምንጪ ስራስ ዝኮነ ማእከላትን ወይ ድማ ናይ ኢሚግሬንት ኣግልግሎት ወኪላትን ስራስ ኣብ ምርካብ ሓገዞን ዘበርክቱ ምርካብ ኣገድሲ እዩ። ገለ ካብቶም ሓገዞን ዘበርክቱ ማእከላት ኣብዚ ታሕቲ ተዘርዚሮም ኣሎዉ።

- The Immigrant Educational Society (TIES):  
ማሕበር ትምህርቲ ኢሚግሬንት (TIES)  
<https://www.immigrant-education.ca/programs/employment/>
- MCG Careers:  
ኤምሲጂ ኬሪርስ  
<https://www.mcgcareers.com/>
- Calgary Career Hub:  
ካልጋሪ ኬሪር ሁብ  
<https://www.calgarycareerhub.com/>
- Immigrant Services Calgary  
ኣገልግሎት ኢሚግሬንት ካልጋሪ  
<https://settlementcalgary.com/employment/>

See the following Government of Alberta link for additional strategies and resources:

- <https://alis.alberta.ca/look-for-work/job-loss/dealing-with-job-loss/>
- <https://alis.alberta.ca/look-for-work/>

ተወሳኪ ሜላታትን ምንጫታትን ስራሕ ከመይ ገርካ ከምዝርከብ ንምፍላጥ፡ ነዚ ናይ መንግስቲ ናይ ኣልበርታ ሊንክ ምክትታል የድሊ

- <https://alis.alberta.ca/look-for-work/job-loss/dealing-with-job-loss/>
- <https://alis.alberta.ca/look-for-work/>

## Government Assistance

### መንግስታዊ ሓገዛት

- NEW Canada Recovery Benefits information - Outreach Program - Canada Revenue Agency  
ሓደሽ ካናዳ ናይ ድሕነት ረብሓ ሓበሬታ- መደብ ካናዳ ረሽኑ ኣጀንስይ
- If you were receiving CERB (Canada Emergency Response Benefit), you may be eligible for one of the new recovery benefits retroactive to September 27, 2020 and available until September 25, 2021.  
ናይ ካናዳ ህጹጽ እዋን ሓገዝ (CERB) ትወስድ እንተነርከ፡ ን ሓደ ካብዞም ናይ NEW Canada Recovery Benefits ይግበኣካ ይከኣዉን። እዚ በነፊት ካብ ዝሓለፈ መስከረም 27 2020 ጀመሩ ክሳብ መስከረም 25, 2021 ይጸናሑ።

## The three new benefits are:

### እቶም ሰለስተ ሓደስቲ ሓገዛት

1. **Canada Recovery Benefit (CRB)** \*applications open October 12  
If you were receiving CERB, you may be eligible for one of the new recovery benefits retroactive to September 27, 2020 and available until September 25, 2021
- **ካናዳ ረኮቨሪይ በነፊት (CRB)** ምምልካት ጥቅምቲ 12  
ናይ ካናዳ ህጹጽ እዋን ሓገዝ (CERB) ትወስድ እንተነርከ፡ ን ሓደ ካብዞም ናይ NEW Canada Recovery Benefits ይግበኣካ ይከኣዉን። ካብ ዝሓለፈ መስከረም 27 2020 ጀመሩ ክሳብ መስከረም 25, 2021 ይጸናሑ።

2. **Canada Recovery Caregiving Benefit (CRCB)** \*applications opened October 5

The Canada Recovery Caregiving Benefit (CRCB) will provide \$500 per week (taxable, tax deducted at source) for up to 26 weeks per household for workers unable to work for at least 50% of the week because they must care for a child under the age of 12 or family member because schools, day-cares or care facilities are closed due to COVID-19, or because the child or family member is sick and/or required to quarantine or is at high risk of serious health implications because of COVID-19. This benefit will be paid in one-week periods.

**ካናዳ ረከቨርይ ከር-ጊቪንግ በነፊት (CRCB)** ምምልካት ዝጀመረሉ ጥቅምቲ 5 ፡እዚ ናይ መናበዪ ሓገዝ ሰሙናዊ \$500 (ቀረጽ ሓዊስካ) ን ሓደ ስድራ፡ ብሰንኪ ቆልዓ ትሕቲ 12 ዓመት ክኣልዩ 50% ናይቲ ስርሖም ክሸፍንዎ ምስዘይክእሉ ዝክፈልን ን 26 ሰሙናት ዝጸንሕ እዩ። እዚ ዝኮነሉ ምክንያት ድማ ብሰንኪ ኮቪድ-19 ቤት-ትምህርታት፡ መውዓሊ ቆልዑን ቅድመ ትምህርትን ካልእ ኣግልግሎት ዝህባ ትካላትን ስለዝተዓጽዎ እዩ። ወይ ድማ ቆልዓ ወይ ካብቶም ኣባላት ስድራ ምስዝሓምም ን ክውሽብ ምስዝግድድ ወይ በዚ ሕማም ኣዝዩ ዝተቃለዐ ሰብ ምስዝከከዉን። እዚ ሓገዝ ሰሙናዊ እዩ ዝክፈል።

3. **Canada Recovery Sickness Benefit (CRSB)** \*applications opened October 5

The Canada Recovery Sickness Benefit (CRSB) will provide \$500 per week (taxable, tax deducted at source) for up to a maximum of two weeks, for workers who are unable to work for at least 50% of the week because they contracted COVID-19, self-isolated for reasons related to COVID-19, or have underlying conditions, are undergoing treatments or have contracted other sicknesses that, in the opinion of a medical practitioner, nurse practitioner, person in authority, government or public health authority, would make them more susceptible to COVID-19. This benefit will be paid in one-week periods.

**ካናዳ ረከቨርይ ሲክነስ በነፊት (CRSB)** ምምልካት ዝጀመረሉ ጥቅምቲ 5፡ ካናዳ ረከቨርይ ሲክነስ በነፊት (CRSB) \$500 (ቀረጽ ሓውስካ) ሰሙናዊ ኮይኑ፡ ን2 ሰሙን ጥራይ ይወሃብ። እዚ ድማ ሰራሕተኛታት ብሰንኪ መልክፍቲ ኮቪድ-19 ፡ ወይ ክውሽቡ ዝተሓበሩ ወይ ሕዱር ሕማም ዘለዎም፡ ወይ መድሃኒት ዝወስዱ ዘለዉ ወይ ድማ ብሓኪም ዝተረጋገጸ ሕማም ምስዝሓሙን ዝወሃብ ኮይኑ ብሰንኪ ኣብ ላዕሊ ዝተገለጸ ምክንያት ካብ ስርሖም 50% ክሸፍኑ ምስዘይክእሉ ዝወሃብ ሓገዝ እዩ። እዚ ድማ ሰሙናዊ እዩ ዝክፈል።

**The Canada Emergency Response Benefit (CERB)** ends when you've received 28 weeks of benefits or on October 3, 2020, whichever comes first. For those who applied through the Canada Revenue Agency, the last four-week period for the CERB was August 30, 2020 through September 26, 2020. However, you can still apply for the CERB retroactively through CRA.

**ካናዳ ናይ ህጹጽ እዋን ሓገዝ (CERB)** 28 ሰሙናት ሓገዝ ምስወሰድካ ወይ ድማ ጥቅምቲ 3, 2020 ዝቀደመ ይውድእ። ብ ካናዳ ረቨኑ ኣጅንስይ ዝመልከትኩም እቲ ናይ መወዳእታ ሓገዝ ዝረከብኩምሉ ኣብ ነሐሴ 30, 2020 እዩ ነይሩ። እንተኮነ ግን ካናዳ ረቨኑ ኣጅንስይ ጌርካ ነቲ ዝሓለፈኩም ግዜ ተመሊስኩም ከተመልክቱ ትክእሉ ኢኩም።

More information can be found online at [After CERB: Transitioning to new benefits - Canada.ca](#)

ንዝያዳ ሓብሬታ ኣብዚ ኦንላይን ሊንክ ክርከብ ይከኣል [After CERB: Transitioning to new benefits - Canada.ca](#)

## How can I pay my mortgage?

Homeowners facing financial hardship may be eligible for a mortgage payment deferral of up to six months. In short, a mortgage payment deferral is the agreement between you and the lender to pause or suspend your mortgage for a certain amount of time. Once this time ends, you return to your normal mortgage payments. To find out if you are eligible for mortgage deferrals, contact your bank or your mortgage professional.

For more information, consult these links:

- <https://www.canada.ca/en/department-finance/economic-response-plan.html>
- <https://www.cmhc-schl.gc.ca/en/finance-and-investing/mortgage-loan-insurance/the-resource/covid19-understanding-mortgage-payment-deferral>

## ሞርጌጅ ናይ ገዛይ ብከመይ ክኸፍል ይኽእል (How can I pay my mortgage)

- ገዛ ትውንኑ እሞ ድማ ቁመባዊ ጸገም ዘጋተመኩም፡ ን 06 ኣዋርሕ ሞርጌጅ ከይከፍላካ ዝጸንሕ ከተመልክቱ ትኽእሉ። ብሓጺሩ እዚ ሞርጌጅ ከይከፈልካ ዝጸንሕ ውዕል ምስ ኣለቃሒካን ትገብሮ ውዕል ኮይኑ እቲ ናይ ሞርጌጅ ክፍሊት ንዝተወሰነ ግዜ ደው ይብል። እቲ ሞርጌጅ ከይከፈልካ ዝዝጽናሓካ ግዜ ምስ በጽሕ ድማ ምኽፋል ከምእንደገና ይቅጽል። ነዚ ንግዜኡ ሞርጌጅ ዘይምክፋል ዘኽእል ይግበኣካን ዘይግበኣካን ምካኑ ንምፍላጥ ምስ ባንክኻ ወይ ድማ ክኢላ ሞርጌጅ ተዘራረብ።
- ንዝያዳ ሓብሬታ፡ ነዚ ኣብ ታሕቲ ዘሎ ሊንክ ብምጥዋቅ ክርከብ ይከኣል።

## B. ዓበይቲ ምእላይ(Caregivers)

## C. Seniors:

### ሐ. ዓበይቲ አረጋውያን:

#### 5.I need financial assistance

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The primary source of income for seniors (65 years of age or older) is provided by the Government of Canada through the Guaranteed Income Supplement and Old Age Security. To supplement these programs the Government of Alberta provides the following supports and services:

##### 5. ቁጠባዊ ደገፍ ይድልዩኝ እዩ

እቲ ቀንድ ምንጪ አታዊ ን ዓበይቲ አረጋውያን (65 ወይ ልዕሊኡ ዝዕድመኢኦም) እቲ ብመንግስቲ ካናዳ ዝወሃብ ውሑስ አታዊ ወሰኽ (Guaranteed Income Supplement) ወይ ድማ ናይ ውሕስነት ንዓበይቲ ዕድመ (Old Age Security) እዩ። ነዚ መደባት ንምትግባር መንግስቲ ካናዳ ነዞም ዝስዕቡ ሓገዞችን አገልግሎት ይህብ።

##### [Alberta Seniors Benefit](#)

provides a monthly benefit to eligible seniors with low-income to assist with living expenses

##### [ኣልበርታ ሲኖር በነፊት \(Alberta Seniors Benefit\)](#)

ትሑት አታዊ ዘለዎም ን መዓልታዊ መነባብሮም ዝውዕል ወርሓዊ ሓገዝ ይወሃብ

##### [Supplementary Accommodation Benefit](#)

provides financial assistance to eligible seniors with low-income who reside in a designated supportive living or long-term care.

##### [ተወሳኪ ናይ መነባብሮ ረብሓ ዝወሃብ \(Supplementary Accommodation Benefit\)](#)

አብ ፋሉይ ቦታ ወይ ምእላይ አረጋውያን ዝቅመጡ ተሑት አታዊ ዘለዎም ገንዘባዊ ሓገዝ ይህብ

##### [Special Needs Assistance for Seniors](#)

provides financial assistance to eligible seniors with low-income toward the cost of some appliances, and specific health and personal supports.

##### [ንአገደስቲ ንብረት ዝውዕል ን አረጋውያን ዝወሃብ \(Special Needs Assistance for Seniors\)](#)

እዚ ድማ ን ትሑት አታዊ ዘለዎም ዝወሃብ ኮይኑ ዋጋ ናይ ገለ ኣቕሑት ዝሸፍንን ካልእ ናይ ጥዕናን ውልቃዊ ደገፍን የጠቓልል።



### [Dental and Optical Assistance for Seniors](#)

provides financial assistance to eligible seniors with low- to moderate- income for basic dental and optical services

[ንሕክምና ስኒን ዓይንን ዝወሃብ ደገፍ ኣን ኣረጋውያን](#) ([Dental and Optical Assistance for Seniors](#))

ካብ ትሑት ክሳብ ምእከላይ ኣታዊ ዘለዎም ዓበይቲ ናይ ስኒን ዓይንን ገንዘባዊ ሓገዝ ይገብር።

### [Coverage for Seniors](#)

provides coverage for medical needs, such as prescriptions drugs, diabetic supplies, ambulance services, home nursing care, chiropractic services and clinical psychological services.

[ንኣረጋውያን ዝወሃብ ናይ ሕክምናዊ ወጻኢታት ዝሸፍን](#) ([Coverage for Seniors](#))

እዚ ን ናይ ጥዕና ዝወጽእ ወጻኢታት ሓገዝ ዝህብ ወይ ዝሸፍን እዩ፡ ንኣብነት መድሃኒት፡ናይ ሕማም ሽከርያ መሳርሒታት፡ ኣገልግሎት ኣምቡላንስ፡ ናይ ዓበይቲ ምእለዪ፡ ናይ መለጋግቦን ዓጽምን ከምኡ ዉን ናይ ስነ-ኣእምሮ ኣግልግሎት የጠቓልል።

### [Seniors Property Tax Deferral Program](#)

allows eligible senior homeowners to defer all or part of their annual residential property taxes through a low-interest home equity loan.

[ንዓበይቲ ቀረጽ ካብ ወጻኢታት ናይ ገዛ መጻገኒ ዝሕግዝ](#) ([Seniors Property Tax Deferral Program](#))

ንዝገብኡም ወንጌቲ ገዛ ኣረጋውያን ናይ ዓመታዊ ዝክፈል ቀረጽ ናይ ገዛ ዋንነት ብምሉኡ ወይ ብክፈል ይሽፉን

### [Seniors Home Adaptation and Repair Program](#)

helps eligible seniors finance home repairs, adaptations and renovations through a low-interest home equity loan.

[ንኣረጋውያን ናይ ገዛ ምምሕያሽን ምጽጋንን ዝውዕል መደባት](#) ([Seniors Home Adaptation and Repair Program](#))

ንዝገብኡም ኣረጋውያን ን ገዛ መዕረዪ ወይ መጻገኒ ዝወጽእ ብዉሒ ወለድ ብምልቓሕ ይሕግዝ

For more information, see the individual program pages or the:[Seniors Financial Assistance information booklet](#).

ንዝያዳ ሓቢረታ ነዚ ኣብ ታሕቲ ዘሎ ሊንክ ብምጥዋቅ ክርከብ ይከኣል፡[Seniors Financial Assistance information booklet](#).

**Eligibility:**

You should get a Seniors Financial Assistance application package in the mail six months before your 65th birthday. If you did not get this package, call the Alberta Supports Contact Centre at 1-877-644-9992.

**ዝግብአም፡ (Eligibility: )**

65 ዓመት ቅድሚያ ምምላእካ ዘሎ 06 ወርሒ፡ ካብ ፋይናንሳዊ ሓገዝ ን ዓበይቲ ብ ፖስታል ሜይል መመልከቲ ፍይል ክመጽካ እዩ። እዚ መመልከቲ ምስዘይመጽካ ግን ኣልበርታ ሓገዝ ማእከል ( Alberta Supports Contact Centre) 1-877-644-9992 ደዊልካ ሕተት

**To be eligible you must:**

- Be 65 years of age or older
- Have lived in Alberta for at least 3 months immediately before applying
- Be a Canadian citizen, or have been admitted into Canada for permanent residence

**ክፍቀደካ እንተኮንይኑ፡ ነዚ ኣብ ታሕቲ ዘሎ ናይ ግድን ከተማሎኦ ኣሎካ**

- ዕድመካ 65 ዓመት ወይ ለዕሊኡ
- ቅድሚያ ምምልካትካ ኣብ ኣልበርታ እንተወሓደ ን 03 ኣዋርሕ ምስትቅመጥ
- ካናዳዊ ዜግነት ወይ ቆዋሚ-ነባሪ ናይ ካናዳ ምስትከዉን

**If you and/or your spouse/partner have chosen to defer or delay receipt of Old Age Security, you are not eligible for the following Seniors Financial Assistance programs:**

- Alberta Seniors Benefit
- Special Needs Assistance for Seniors
- Dental and Optical Assistance for Seniors Programs

**በዓልቲ-ቤትካ ወይ ንስካ፡ ናይ ኣረጋውያን ሰብ ዕድመ ወሕስነት ዝህብ (Old Age Security) ብድሌትኩም ምስዘይትቅበሉ ወይ ምስትድንጉዩ ነዚ ኣብ ታሕቲ ዘሎ ረብሓታት ኣይምልከተካን እዩ፡**

- ኣልበርታ ን ኣረጋውያን ዝወሃብ ረብሓ (Alberta Seniors Benefit)
- ንኣረጋውያን ንኣገዳሲ ንብረት ዝወጽእ ዝሸፉን ድጎማ (Special Needs Assistance for Seniors)
- ን ኣረጋውያን ን ሕክምና ስንን ዓይንን ዝወጽእ ዝሸፉን (Dental and Optical Assistance for Seniors Program)

### How to apply:

Complete the Seniors Financial Assistance application form to enroll in the Alberta Seniors Benefit, Special Needs Assistance for seniors, Dental and Optical Assistance for seniors and Coverage for seniors programs.

### ብከመይ ከተመልከት ትሽሏል:

እቲ ናይ ኣረጋውያን ፋይናንሻላዊ ሓገዝ መመልከቲ ክምለእ ኣሎዎ፡ ነዚ ናይ ኣረጋውያን ረብሓታት ዝወሃብን፡ ናይ ሕክምና ዓይንን ስኒን ዝሸፍን ወይ ድማ ን ሓፈሻዊ ሕክምናታት ዝወጽእ ወጻኢታት ዝሸፉን ከተመልከት ምስትደሊ

To avoid a delay in receiving benefits, you are encouraged to complete the application as soon as you receive it. You may apply up to one year prior to your 65th birthday.

ምድንጋያት ንክይፍጥር፡ ብዝተካሊሉ ኣቲ መመልከቲ ብዝቀልጠፈ ክምለእ ኣሎዎ። ዓመት ቅድሚ 65 ዓመት ምምለእካ ከተመልከት ይከኣል እዩ።

You need only apply once.

ሓደ ግዜ ጥራሕ ምምለእ የድሊ፡

### Step 1: Read the information booklet

[Seniors Financial Assistance Programs Information Booklet](#)

**ቁጽረ 1.** ነዚ ኣብ ታሕቲ ዘሎ ናይ ዓበይቲ ፋይናንሻላዊ ሓገዝ መጽሓፍ መወከሲ ምንባብ ይከኣል

[Seniors Financial Assistance Programs Information Booklet](#)

### Step 2: Complete the application package

Complete the Seniors Financial Assistance application:

[Seniors Financial Assistance application form](#)

**ቁጽረ 2.** ነዚ መምሊኢ ቅጥዒ ምለኡ

ነዚ ናይ ዓበይቲ ፋይናንሻላዊ ሓገዝ መምሊኢ ፎርም ምልካይ

[Seniors Financial Assistance application form](#)

Optional income forms are available to help you complete your application:

ካልእ ኣማራጺ ናይ ኣታዊታት ፎርም ነቲ ዝምለእ ሙሉእ ክከውን ዝሕግዝ ዉን ኣሎ

[Income estimate form](#) – the use of this form is limited to the Alberta Seniors Benefit program. Complete the form if you have experienced a decrease in income compared to your most recent tax return and applying to the program for the first time, or has previously applied but have never received benefits. For more information, see How Your Benefit is Determined – First time exception section on the [Alberta Seniors Benefit](#) page.

ኢታትዊታትካ ዝግምግም መለክዒ ቅጥዒ (Income estimate form): እቲ ቀንዲ ኣገዳስነት ናይዚ ቅጥዒ ን ኣረጋውያን ኣልበርታ ተረባሕነት መደብ ጥራይ እዩ ዝምልከት። ቅድሚ ህጂ ዘየመልከትካ ምስትከውንን ካብት ናይ ቅድሚ ህጂ ኢታዊታትካ ምስ ናይ ዝሓለፈ ቀረባ ግዜ ብምውድዳር ኢታትዊታትካ ዝጎደለ ምስትከውን ወይ ድማ ቅድሚ ህጂ ኣመልከትካ ግን ዝኮነ ሓገዝ ምስዚ ወሃብካ ክከውን ኣሎዎ። ን ዝያዳ ሓብሬታ ናትካ ረብሓታት ብከመይ ከምዝውሰን ንክትፈልጥ ኣብዚ ሊንክ Alberta Seniors Benefit ጥዊካ ክርከብ ይከኣል።

[Income information form](#) – complete this form if you have not filed your income tax return for the previous calendar year.

ናይ ኢታዊካ ሓብሬታ ዝመልእ ፎርም (Income information form) ናይ ዝሓለፈ ዓመት ዓመታዊ ኢታዊ ቀረጽ እንተዘይ ኣስሪሕካ፡ ነዚ ፎርም ምልኣዮ።

**Optional forms are available to help you complete your application:**

[Direct deposit request](#)

[Undertaking to Administer Benefits and Certificate of Incapability](#)

[Authorization of Representative](#)

**ነዚ መምልኢ ፎርም ሙሉእ ንክከውን ዝሕግዙ ካልኣት ፎርም ኣብዚ ታሕቲ ክንረክቦም ንክእል**

[Direct deposit request](#)

[Undertaking to Administer Benefits and Certificate of Incapability](#)

[Authorization of Representative](#)

### Step 3: Apply

Use one of the following options to send your completed application and supporting documents:

[Submit documents online](#)

Fax to 780-422-5954

Mail to the address below:

Alberta Seniors and Housing

Seniors Financial Assistance

PO Box 3100

Edmonton, Alberta , T5J 4W3

#### **ቁጽረ 3፡ አመልክት**

ከብዙም አብ ታሕቲ ዘለዉ አማራጲታት ብምጥቃም ዝተመለኸ ቅጥዕታት ክስደድ ይከኣል

ብ ቀጥታ ኣብዚ ብምጥዋቕ [Submit documents online](#)

ብ ፋክስ 780-422-5954

ወይ ድማ ናብዚ ኣድራሻ ብ ፖስት ኦፊስ ክስደድ ይከኣል

Alberta Seniors and Housing

Seniors Financial Assistance

ቅ. ሳጺን 3100

Edmonton, Alberta T5J 4W3

If you need help completing an application, visit an [Alberta Supports Centre](#).

ነዚ ቅጥዒ ንምምላእ ሓገዝ ምስዝድልዩክ ኣብዚ ሊንክ ኣቲካ ተወከስ [Alberta Supports Centre](#)

#### **After you apply:**

Some programs are income-based; therefore, you may not be eligible for all programs.

The normal processing time for a Seniors Financial Assistance application is 16 weeks from the date an application is received. Alberta Seniors and Housing staff will contact you if more information is needed to complete the review of your file. You will receive a letter explaining your benefit eligibility once your application is reviewed.

#### **ድሕረ ምምላእካ (After you apply):**

ገለ ከብዙም መደባት ኣብ ናትካ ኣታዊታት ዝተመርኮሱ እዮም፡ ስለዚ ንኡሎም ዘይክምልከተካ ይክእል እዩ። ኣብ ኖርማል ግዜ እዚ መመልከታ ከብቲ ዝተቀበልዎ ክሳብ ዝውዳእ ክሳብ 16 ሰሙናት ክወስድ ይክእል። ዝኮነ ሓብሬታ ምስዚ ወይ ምስዝጎድል Alberta Seniors and Housing staff ክውከሱካ እዮም። ነቲ ናትካ ምልክታ ኣረጋግጾም ከምዝግበኣካ ምስ ፈለጡ ደብዳቤ ክሰዱልካ እዮም።

### **Annual Review:**

You only need to complete the Seniors Financial Assistance application once. Income thresholds are reviewed annually and adjusted to ensure there is no decrease in benefits due to changes in federal pension amounts.

On July 1 of each year the department will review your eligibility for benefits based on your previous year's income tax return. If you are eligible for a benefit you will receive a letter in July.

For more information on how benefits are determined and to review income thresholds, see the [individual program pages](#).

### **ዓመታዊ ገምጋም (Annual Review):**

ነዚ Seniors Financial Assistance application መመልከታ ሓንሳብ ጥራሕ ኢካ ክትመልኦ ዘለካ፡፡ ዝኮነ ናይ ረብሓ ፍልልያት ከይመጽእ ወይ ከይጎድል እቲ ናይ ኣታዊታት መዐቀኒ ዓመታዊ ገምጋም ይግበር፡ ምስቲ ናይ ፈደራል ጥሮታ መጠን ድማ ይምዓራረ፡፡

ኣብ ሓምለ ነፍሲ ወከፍ ዓመት እቲ ዝምልከቶ ኣካል ነቲ ዘሎ ረብሓታት ይምልከተካን ዘይምልከተካን ቦቲ ናይ ዝሓለፈ ዓመት መሰረት ብምግባር ገምጋም ይህብ፡፡ ዝግበኣካ እንተኮይኑ ኣብ ወርሒ ነሓስ ደብዳቤ ይስደደልካ፡፡

ንተወሳኪ ሓብሬታን ረብሓታት ብከመይ ከምዝውሰን ንምፍላጥ ኣብዚ ኣብዚ ኣብ ታሕቲ ዘሎ ሊንክ ብምጥዋቕ ሓብሬታ ክርከብ ይከኣል፡፡

[individual program pages](#).

### **Update your information:**

Keeping your information up-to-date helps ensure that you receive your benefits.

If any of the following information changes, contact the Alberta Supports Contact Centre at 1-877-644-9992 (please have your Personal Health Care card available when calling):

- Name
- Marital status
- Mailing or residence address
- Banking information

[direct deposit form](#)

### **እቲ ዘለካ እዋናዊ ሓብሬታ የሒድሶ (Update your information) :**

ህልው ሓበርታ ብዛዕባካ ምስዝሕደስ : እቲ ጉብእ ረብሓካ ወይ ሓገዝ ኣብ ግዚኡ ክወሃበካ ይሕግዝ፡፡ ካብዘም ኣብ ታሕቲ ዘለዉ ዝኮነ ሓብሬታ ምስዝቅየር፡ ን Alberta Supports Contact Centre በዚ ተሌፎን ቁጽሪ 1-877-644-9992 ብምድዋል ሓብሬታ፡፡ ኣብ ትድውለሉ ግዜ Personal Health Care card ኣብ ቀረባ ከም ዘሎ ኣረጋግጽ፡፡

- ሙሉእ ስም
- ሓዳር
- ቁ. ሳጺን ወይ ኣድራሻ መንበሪ ገዛ
- ናይ ባንክ ሓብሬታ
- ናብቲ ባንክ ኣካውንቲካ ብ ቀጥታ ገንዘብ ዝመሓለፍ [direct deposit form](#)

**You must also notify Alberta Seniors and Housing:**

- If you are going to be out of the province for more than one month
- If you move out of Alberta
- If you [appoint a trustee/power of attorney](#) to act on your behalf
- To report the death of a recipient

**ንኣልበርታ ስኖር ሃውሲን (Alberta Seniors and Housing) ናይ ግድን ክትሕብረሉ ዝክእለካ ኩነታት**

- ካብዚ ኣውራጃ ኣልበርታ ካብ ወርሒ ወይ ልዕሊኡ ናይ መገሻ መደብ ምስዝህልወካ
- ካብዚ ኣውራጃ ጠቅሊልካ ትቅይር ምስትህሉ
- ውክልና ወይ ጠበቓ ኣብ ክንዳካ ምስትቆጽር
- እቲ ተቀባሊ ምስዝመውት : ክትሕበር ምስትደሊ

You may also notify the department in writing. Please ensure your full name (please print), address, telephone number and Personal Health Care number are clearly marked on your document.

ካልእ ኣማራጺ ድማ ብጽሑፍ ነቲ ደፓርትመንት ከተመልክት ትክእል ኢካ። ብክብረትካ ከተመልክት ከለካ ሙሉእ ስምካ፡ ተሌፎንካ፡ ኣድራሻካ፡ Personal Health Care number ብጽፋፍ ተመዝጊቡ ከምዘሎ ኣረጋግጽ።

Select one of the following options to provide your documents:

ካብዘም ኣብ ታሕቲ ዘለዉ ሓደ ብምምራጽ ነቲ ዘለካ ዶኩመንት ከትሰዶ ትክእል ኢካ።

- [Submit documents online](#)
- Fax to 780-422-5954
- Mail to the address below:  
Alberta Seniors and Housing  
Seniors Financial Assistance  
PO Box 3100, Edmonton, Alberta T5J 4W3

**Other Resources:**

<https://www.alberta.ca/seniors-financial-assistance.aspx>

- [Submit documents online](#)
- ፋክስ ናብ 780-422-5954
- ብ ቁ. ሳጹን ድማ በዚ ኣብ ታሕቲ ዘሎ ኣድራሻ
- Alberta Seniors and Housing
- Seniors Financial Assistance
- ቁ. ሳጹን 3100
- Edmonton, Alberta T5J 4W3

ተወሳኪ ሓብሬታ: <https://www.alberta.ca/seniors-financial-assistance.aspx>

Money Smart: Economic Empowerment - The Immigrant Education Society - TIES  
The Money Smart Financial Literacy project aims to inform low income newcomers and financially challenged individuals about money services in Canada.

Money Smart: Economic Empowerment - The Immigrant Education Society - TIES  
እቲ ቀንዲ ዕላማ ናይዚ Money Smart Financial Literacy ነቶም ትሑት ኣታዊ ዘለዎምን ፋይናንሳዊ ጸገማት ዘጋተምዎን እኩል ትምህርታዊ ሓብሬታ ዝህብ እዩ።

We offer tax clinics for low income year-round.

<https://www.immigrant-education.ca/programs/settlement/financial-empowerment-literacy/money-smart-financial-literacy/>

ከም ተወሳኪ ድማ ናይ ቀረጽ ክሊኒክ ዓመታዊ ን ትሑት እቶት ዘለዎም ንህብ።

<https://www.immigrant-education.ca/programs/settlement/financial-empowerment-literacy/money-smart-financial-literacy/>

## **I need support in my own language**

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### **ብ ናተይ ቻንቻ ዝዛረብ ሓገዝ የድሊ ኣሎኩ**

Resources:

ምንጪ:

Calgary Immigrant Women's Association (CIWA):

<https://www.ciwa-online.com/business-services/interpretation-and-translation.html>

ማሕበር ኢሚግሬንት ደቂ-ኣንስትዮ ካልጋሪይ

<https://www.ciwa-online.com/business-services/interpretation-and-translation.html>

Calgary Catholic Immigrant Service (CCIS):

<http://www.ccisinterpretation.ca/>

<https://www.ccisab.ca/community/interpretation-translation-service.html>

ካልጋሪይ ካቶሊክ ኢሚግሬሽን ሰርቭስ

Immigrant Services Calgary (ISC):

<https://www.immigrantservicescalgary.ca/our-services/translation-interpretation-services>

ኢሚግሬሽን ሰርቪስ ካልጋሪይ

Edmonton Immigrant Services Association (EISA):

<https://www.eisa-edmonton.org/services-and-programs/language-bank-2/>

ኤድመንቶን ኢሚግሬሽን ሰርቪስ ኣሶሴሽን



All support services are delivered by **APPOINTMENT ONLY**. Click [here](#) to book an appointment.

እዘን ናይ ሓገዛት ኣገልግሎት ብ **ቀጻሪ** እየን ሓገዝ ዝህባ። ቀጻሪ ክትሕዝ ምስትደሊ ኣብዚ [here](#) ምጥዋቅ የድሊ።

## I am lonely

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It is important for people of all ages to create a plan to help ensure that health and social supports are available for them and their loved ones when and where they are needed.

Making choices ahead of time will give Albertans greater control over their independence, quality of life, and dignity.

### ኣነ ሰብ የብለይን (I am lonely)

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ሰባት ኣብ ኩሉ ዕድመ ዘለው ጥዕናውን ማሕበራውን ሓገዛት ክረክብሉ ዝክእሉ መደባት ምስራዕን ንዓኣታቶምን ስድራቤቶምን ኣብቲ ዝድለ ግዜ ሓገዛት ክረክብሉ ምግባር ጹቡቕ እዩ። ኣቀድምካ ብዝሰበ ኣዚ ዝተበህለ መደባት ሰርዕካ ምጽናሕ ን ህዝቢ ኣልበርታ ኣብ ናጽነቶም ፡ ጽባቂ ናይ ሂወቶምን ክብረምን ምሉእ ምቁጽጻር ክህልዎም ይሕግዝ።

When considering aging in your community, it is important to consider the following areas of your life:

- Health
- Home
- Transportation
- Finances
- Connections
- Safety
- Supports and services
- Community
- Spouse/partner

ብዘሰብ እርጋን ክሕሰብ ከሎ ነዞም ኣብ ታሕቲ ዘለዉ ኣብ ግምት ምግባር ኣገዳሲ ይገብሮ።

- ጥዕና
- ገዛ
- መጋዓዝያ
- ፋይናንስ
- ዝምድና ወይ ምርክብ ምስ ሰባት
- ጥንቃቄ ወይ ድሕነት

- ሓገዝን አገልግሎትን
- ኮሙኒቲዬ ወይ ማሕበር
- ሰብ-ሓዳር ወይ ጽምዲ

The Government of Alberta also provides or funds other resources, programs and services to support aging in community. They include:

- [Seniors Financial Assistance programs](#)
- [Affordable housing programs](#)
- [Transportation toolkit for municipalities and organizations](#)

ብዙይካ እዚ መንግስቲ ካናዳ ተወሳኪ መደባትን አገልግሎትን ን አረጋውያን አብ ኮሙኒቲዬ ይህብ። ነዚ አብ ታሕቲ ተዘርዚሩ ዘሎ ድማ የጠቓልል።

- [Seniors Financial Assistance programs](#)
- [Affordable housing programs](#)
- [Transportation toolkit for municipalities and organizations](#)

Strategies and tips are available to help you support your loved one while also taking care of yourself.

ንነብስካን አባላት ስድራቤትካን ንምሕጋዝ እትጥቀመላኦም ሜላታትን መምሪሒታትን አሎዉ፡

The collection of resources available below will help you:

- Understand how caregiving can affect you
- Understand your role in supporting the person's needs and wishes
- Understand your role in their health care
- Learn how to improve their quality of life
- Learn how to maintain your own health and wellbeing
- Get tips that will help you talk to your employer about your role as a caregiver
- Understand how your employer can help you balance caregiving and work

እዞም ብዙሓት አገደስት ነጥብታት አብ ታሕቲ ዘለዉ ንዝተፈላለዩ ክሕግዙና ይክእሉ፡ ን አብነት፡

- ምእላይ ወይ አተኣላልዖ ብከመይ ከምዝጸልወካ የረዳኣካ፡
- አብ ናይ ሰባት ድሌቶምን ባህጎምን አብ ምትግባር ዘለካ ተራን ሓገዝን ይረድእ
- አብ ናይ ጥዕና ሰባት ዘለካ ተራ የረድእ
- ከመይ ጌርካ ናይ ሰባት ህወት ናብ ዝበለጸ ከምዝመሓየሽ ይምህር
- ከመይ ጌርካ ናይ ገዛእ ርእስካ ጥዕናካ ከምተማሓይሽ ይምህርካ
- ከመይ ጌርካ ን ኣስራሒካ ናይ ምእላይ ብቅዓት ከምዘለካ ትነግሮ ሓሳብ ይህበካ
- ከመይ ጌርካ ን ኣስራሒካ ናይ ስራሕን ቆልዑ-ምእላይን ክሕግዞካ ከምዘለዎ ይሕግዝ።

The following resources were prepared by:

[Forum of Federal, Provincial and Territorial Ministers Responsible for Seniors](#)

እዚ ዝተጠቀሰ ፎረም ብ ፈደራል ፕሮቪንሻልን ተሪቶሪያልን ሚኒስቴራት ዝተዳለወ እዩ።

[Forum of Federal, Provincial and Territorial Ministers Responsible for Seniors](#)

Connect with Alberta Seniors and Housing, strategies and program support:

Email: [seniorsinformation@gov.ab.ca](mailto:seniorsinformation@gov.ab.ca)

በዚ ኢሜል ብምጥቃም ምስ Alberta Seniors and Housing ክትራከብ ትክእል ።

ኢሜል: [seniorsinformation@gov.ab.ca](mailto:seniorsinformation@gov.ab.ca)

## **I need assistance to live by myself**

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### **በይነይ ንክቅመጥ ሓገዝ የድልየኒ ኣሎ**

Seniors who are having difficulties living alone can choose from several options.

They may move in with family or move into a retirement community or assisted living centres. These centres often have staff to provide varying levels of assistance to seniors, from meal preparations to regular visits from health professionals.

ዓበይቲ ሰባት በይኖም ንክቅመጡ ዝሸገሩ፡ ቡዙሕ ኣማራጺታት ኣለዎም። ምስ ስድራ-ቤቶም ወይ መናበዪ ዓበይቲ ኮሙኒቲ ወይ ድማ ኣብ ናይ ሓገዝ መቀመጢ ማእከል ክነብሩ ይክእሉ።

እዞም መንበሪ ማእከላት መግቢ ምቅራብ ክሰብ ናይ ሕክምና ሓገዝ ዝገብሩ ሞያውያን

ኣሎዉ። ኣብዚ ሊንክ ተወሳኪ ሓብሬታ ክርከብ ይከኣል፡

[https://lp.unitedactiveliving.com/garrison-green/assisted-living/?utm\\_source=google\\_c&utm\\_medium=adwords&utm\\_campaign=11369563184\\_g&utm\\_term=assisted%20living\\_p&utm\\_content=110222876134&ad\\_id=472973230017&ad\\_pos=&gclid=Cj0KCQiA48j9BRC-ARIsAMQu3WTin1SqLzsrRaRzaa8i3yG3bC2oIeo8hyQK7u2Joq0U1avwL-gXeHcaAgwIEALw\\_wcB](https://lp.unitedactiveliving.com/garrison-green/assisted-living/?utm_source=google_c&utm_medium=adwords&utm_campaign=11369563184_g&utm_term=assisted%20living_p&utm_content=110222876134&ad_id=472973230017&ad_pos=&gclid=Cj0KCQiA48j9BRC-ARIsAMQu3WTin1SqLzsrRaRzaa8i3yG3bC2oIeo8hyQK7u2Joq0U1avwL-gXeHcaAgwIEALw_wcB)

For those that remain at home, home caregiver assistance may be the best option. A homecare aide can visit the home and help seniors with personal hygiene needs, errands, basic household tasks, or meal prep.

<https://seniorhomecarecalgary.com/services-home-care/>

ነቶም ኣብ ገዛ ክቅመጡ ዝመረጹ ኣረጋውያን ፡ሓገዝ ናይ ኣለይቲ ምሃብ እቲ ዝበለጸ ኣማራጺ

እዩ። ኣለይቲ ሞያውያን ኣብ ገዛ ኣረጋውያን እናበጽሑ ጽሬት ኣካላቶምን ክዳውንቶምን ናይ ገዛኦም ንብረትን መግቢም የዳልውሎም።

<https://seniorhomecarecalgary.com/services-home-care/>

## I need transportation

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### ሓገዝ መጋዓዝያ የድልየኒ አሉ

#### **Comfort Keepers**

will assist you in any transportation need you may have.

#### **(ኮምፎርት ኪፕርስ) Comfort Keepers**

ዝኮነ ናይ መጋዓዝያ ሽግር ምስዘጋጥመካ ክሕግብካ እዮም።

“Unlike a taxi, we do more than pick you up and drop you off at your destination. Comfort Keepers senior transportation services will help you get dressed and prepared for your appointment, accompany you to your visit, take notes to convey back to your family, stay with you until you are ready to leave, and then take you back home. Our home care providers will also stay with you at home until you are settled back in, accompanied by family or full-time caregivers, or are ready to safely continue your day.”

ከም ናይ ታክሲ ዘይኮነ፡ ንሕና ኣብጺሕና ንመልሰኩም። እዚ ጥራሕ ዘይኮነ ክዳንኩም ከዲና ንቆጶራኩም ድሉዋት ንገብረኩም፡ ምሳኩም ናብ ቆጶራኩም ንሰንዩኩም፡ ሓሳባት ክብቲ ቆጶራ ወሲድና ንስድራኩም ነካፍሎም፡ ክሳብ ትወዲኡ ምሳኩም ንጸንሕ ፡ ከምኡ ድማ ገዛኩም ንመልሰኩም። ካብ ኣባላትና ኣለይቲ ኣረጋውያን ምሳኩም ኣብ ገዛ ክሳብ ጹቡቕ ገርኩም ትረጋገኡ ይጸንሑን ፡ ስድራኩም ወይ ድማ ቀወምቲ ኣለይትኩም ክሳብ ዝመጹ የተሓሕዝዎም።

If you require their assistance, call 403-879-8030

<https://www.comfortkeepers.ca/calgary/care-services/transportation-services/>

ተወሳኪ ሓበሬታ ምስዘድሊ በዚ ቁጽሪ ተሌኦን ምድዋል ይከኣል፡ 403-879-8030

#### **Calgary Transit**

Seniors are eligible for reduced yearly bus passes. The fee is \$145 per year and provides full access to Calgary Transit. Seniors with low income may be eligible for a reduced fee.

<http://www.calgarytransit.com/fares-passes/passes/senior-yearly-pass>

#### **ክፍሊ-መጋዓዝያ ካልጋርይ (Calgary Transit)**

ንዓበይቲ ናይ ዓመት ሙሉእ ትሑት ዋጋ ናይ መጋዓዝያ ትራንዚት ይፍቀዶም እዩ። እቲ ዝክፈል ዋጋ \$145 ኮይኑ ኣብ ኩሉ ከባቢታት ካልጋርይ ክጥቀሙሉ ይከኣል።

<http://www.calgarytransit.com/fares-passes/passes/senior-yearly-pass>

## 6. I need to do grocery shopping

### 6. አስፊዝ ክግዝእ ደልዮ

#### Comfort Keepers

To require their assistance, call 403-879-8030

<https://www.comfortkeepers.ca/calgary/care-services/transportation-services/>

#### ኮምፎርት ኪፕርስ

ናታቶም ሓገዝ ምስዘድልዮካ በዚ ደዋል፡ 403-879-8030

<https://www.comfortkeepers.ca/calgary/care-services/transportation-services/>

#### Instacart

You can have your groceries delivered. Order online and receive them the same day

<https://www.instacart.ca/>

#### ኢንስታካርት (Instacart)

አስፊዝካ ናብ ገዛካ ይምዱልካ፡ በኦንላይን ኣዝዝ፡ ሞ ቀልጢፎም ክምዱልካ እዮም

<https://www.instacart.ca/>

#### Walmart

You can also order groceries for delivery or pick-up

[https://www.walmart.ca/en/grocery/N-117?cmpid=og-sem\\_google\\_en\\_text\\_none\\_10101564230\\_104496312914\\_None&gclsrc=aw.ds&&ds\\_a\\_cid=94172959&gclid=Cj0KCQiA48j9BRC-ARIsAMQu3WTcjfzMmZxn5wFvSIFKXKi8rYOLsgJa90GA9TKGQqAhGaztceqGWmMaAq77EALw\\_wcB&gclsrc=aw.ds](https://www.walmart.ca/en/grocery/N-117?cmpid=og-sem_google_en_text_none_10101564230_104496312914_None&gclsrc=aw.ds&&ds_a_cid=94172959&gclid=Cj0KCQiA48j9BRC-ARIsAMQu3WTcjfzMmZxn5wFvSIFKXKi8rYOLsgJa90GA9TKGQqAhGaztceqGWmMaAq77EALw_wcB&gclsrc=aw.ds)

#### ዋልማርት (Walmart)

ካልእ ድማ ወይ ናብ ገዛካ የምዱልካ ወይ ድማ ኣዳለሙልካ ዝጸንሑ ብ ኦንላይን ክእዘዝ ይከኣል

[https://www.walmart.ca/en/grocery/N-117?cmpid=og-sem\\_google\\_en\\_text\\_none\\_10101564230\\_104496312914\\_None&gclsrc=aw.ds&&ds\\_a\\_cid=94172959&gclid=Cj0KCQiA48j9BRC-ARIsAMQu3WTcjfzMmZxn5wFvSIFKXKi8rYOLsgJa90GA9TKGQqAhGaztceqGWmMaAq77EALw\\_wcB&gclsrc=aw.ds](https://www.walmart.ca/en/grocery/N-117?cmpid=og-sem_google_en_text_none_10101564230_104496312914_None&gclsrc=aw.ds&&ds_a_cid=94172959&gclid=Cj0KCQiA48j9BRC-ARIsAMQu3WTcjfzMmZxn5wFvSIFKXKi8rYOLsgJa90GA9TKGQqAhGaztceqGWmMaAq77EALw_wcB&gclsrc=aw.ds)

Many grocery stores offer pick-up options, so you do not need to leave your car and can order online.

ዝበዝሑ ናይ አስፊዝ ድካናት ብ ኦንላይን ዝኣዘዝካዮ ኣብቲ ድካኖም ኣዳለሙልካ ይጸንሑ፡

ስለዚ መኪናክ ገዲፍካ ብ ኦንላይን ጥራሕ ምእዘዝ ኣየድልን እዩ።

## 7. I need my prescription delivered to door

Many pharmacies offer delivery services. Contact your local pharmacy for delivery options.

### 7. መድሃኒትዎን ክፍ-ደገ ገዛይ ክልክኒ እየ ዝደሊ

ዝበዝሑ ፋርማሲታት፡ መድሃኒት ናብ ገዛካ ከምድልካ ዝክእል ኣገልግሎት ኣሎዎም። ነቲ ኣብ ከባቢካ ዘሎ ፋርማሲይ ብምውካስ ናብ ገዛካ ከምድልካ ኣዝዝ።

## D. Families with Children

### መ. ስድራ-ቤትን ቐልዑትን

#### 1. I need childcare

##### 1. ምእለዪ ቐልዑ ይድልየኒ ኣሎ

#### Types of childcare

There are several types of child care programs that operate in Alberta:

- Out-of-school care programs operate before and after school, during lunch hours and sometimes when school is closed. These programs provide care to school-aged children.
- Daycare programs are facility-based programs that serve infants, toddlers and preschool-aged children. Typically, daycares provide care throughout the day, from the morning to early evening.

Preschool programs offer child care for 4 or less hours per day for preschool aged children

#### ዝተፈላለዩ ምእለዪ ቐልዑ (Types of childcare)

ኣብ ኣልበርታ ዝተፈላለዩ ናይ ምእለዪ ቐልዑ መደባት ዝሰርሑ ኣሎ።

- ድሕሪ-ትምህርቲ መእለዪ (Out-of-school care) ቅድምን ድሕርን ትምህርትን ኣብ ግዜ ምሳሕን ወይ ድማ ትምህርቲ ድሕሪ ምውዲኡ ኣገልግሎት ይህብ። እዚ መደብ እዚ ን ኣብ ክሊ-ትምህርቲ ዕድመ ዘለዉ እዩ ኣገልግሎት ዝህብ።
- መደባትምእለዪ-ቐልዑ ( Daycare programs) ናይቲ ኣገልግሎት ዝህብ ቦታ ዝተመርከሰ ኮይኑ ን ህጻውንትን፡ ቐልዑትን ቅድመ-ትምህርቲ ዘለዉን ኣገልግሎት ይህብ። መእለዪ ቐልዑ መዓልታዊ ምሉእ መዓልቲ ኣብ ንግሆ ክሳብ ናይ ምሽት ኣገልግሎት ይህብ።
- ቅድመ-ትምህርቲ መደባት ን ኣብ ቅድመ-ትምህርቲ ዘለዉ ካብ 4 ሰዓት ወይ ትሕቲኡ ኣገልግሎት ይህብ።



- [Approved family day homes](#) offer care in an individual's private residence and can provide care for 6 or less children, including the caregiver's own children, with one caregiver. Children of all ages may participate in approved family day homes.
- Group family childcare programs offer care in a private residence. There are typically between 7 and 10 children with 2 caregivers. Children of all ages may participate in group family child care programs.
- Private childcare providers offer child care services and are not licensed by the province or approved to operate under the provincial family day home category. Private child care providers can care for up to 6 children, not including their own, at any given time. Private childcare arrangements and programs are not monitored by the Government of Alberta.
- ኣፍልጦ ዘለዎም መእለዪ ቐልዑ ኣብ ገዛ ([Approved family day homes](#)) ኣብ ናይ ግሊ ገዘኡም ከይኖሩ ካብ 6 ቐልዑ ወይ ንታሕቲ ኣንኮላይ እቲ ናይቶም ገዛ ሓውስካ ብሓደ ኣላዪ ዝወሃብ ኣገልግሎት እዩ። ኣብ ኩሉ ክሊ-ዕደመ ዘለዉ ድማ ኣብ ከምዚ መእለዪ ክሳተፉ ይክእሉ።
- ናይ እኩብ ስድራቤት መእለዪ ቐልዑ መደብ (Group family childcare programs) : እዚ ድማ ካብ 7-10 ዝኮነ ቐልዑ ብክልተ ኣለይቲ ዝወሃብ ኣግለግሎት እዩ። ኣብ ኩሉ ክሊ-ዕደመ ዘለዉ ድማ ኣብ ከምዚ መእለዪ ክሳተፉ ይክእሉ።
- ግላዊ መእለዪ ቐልዑ (Private childcare) : ሊሰንስ ወይ ድማ ኣፍልጦ ብናይ ኣውራጃ ዘይተዋህበ ከይኑ ኣብ ትሕቲ ኣውራጃ ስድራ-ቤታዊ መጽኒሒ ቐልዑ ይሰርሑ። ክሳተፉ 6 ቐልዑ ናይቶም ሰብ ገዛ ከይሓውስካ ድማ ከገልግል ይክእል። እዚ ናይ ግላዊ መእለዪ ቐልዑ ብመንግስቲ ኣልበርታ ኣይውከልን እዩ።

To find child care in Alberta, see [Find quality child care](#)  
 መእለዪ ቐልዓ ምስትደሊ ኣብዚ ሊንክ ጠዊካ ተወከስ፡[Find quality child care](#)

### Financial assistance for parents

Eligible lower- to middle-income families can apply for child care subsidies if they have a child enrolled in:

- licensed daycare centres
- licensed group family child care
- approved family day homes
- licensed out-of-school care centres

### ገንዘባዊ ሓገዛት ን ስድራ-ቤት (Financial assistance for parents)

ትሑት እቶት ዘለዎም ስድራ-ቤት ን መእለዪ ቐልዓ ዝወጽእ ወጻኢታት ንምሽፋን ኣብዚ ኣብ ታሕቲ ዘሎ መደባት ምስዝምዝገቡ ን ገንዘባዊ ሓገዝ ከመልክቱ ይክእሉ።

- ሕጋዊ ወይ ልቸንሳ ዘለዎ መእለዪ ቐልዑ (licensed daycare centres)
- ሕጋዊ ወይ ልቸንሳ ዘለዎ ስድራ-ቤታዊ መእለዪ ቐልዑ (licensed group family childcare)
- ኣፍልጦ ዘለዎ ስድራ-ቤታዊ ምጽንሒ ቐልዑ (approved family day homes)
- ልቸንሳ ዘለዎ ድሕረ-ትምህርቲ መእለዪ ማእከል (licensed out-of-school care centres)

### How to apply:

You can now apply online using a computer, tablet, or mobile phone through:

[Child Care Subsidy Application](#)

### ብክመይ ተመልክት:

ብ ኦንላይን ኣብ ኮምፑተር፡ ታብላት ወይ ሞባይል ተሌፎን ጌርኻ ኣብዚ [Child Care Subsidy Application](#) ዝብል ከተመልክት ትክእል።

### Subsidy Step Model

Figure D.1.1 and Figure D.1.2 shows rates depending on Family Income

ሳብሲትይ በቢደረጃኡ

ስእሊ 1.1

Figure D.1.1 Maximum Daycare and Out of School Care Rates

ስእሊ 1.1 ዝለዓለ ዋጋ ናይ ምእለዩ ቆልዑን መጽኒሒ ድሕረ-ትምህርትን

Rates reflect attendance of 100+ hours for infants/pre-schoolers and 50+ hours for school age children. ዋጋ ዘነጽሮ ናይ ህጻናትን ቅድመ ትምህርትን 100+ ሰዓታት ናይ ትምህርቲ ዕድመ ዘለዎም ድማ 50+ ሰዓታት			
Income ኣታዊ	ህጻናት (Infant) (18 mos. and under) (18ወርሒን ትሕቲኡን)	ቅድመ ትምህርቲ (Preschooler) (19 mos. up to grade 1)	ናይ ጥምህርቲ ዕድመ (School Age (grade 1 to grade 6) (ቀዳማይ ክሳብ ሸድሻይ)
\$0 to \$49,999	\$741	\$644	\$366
\$50,000 to \$54,999	\$704	\$612	\$348
\$55,000 to \$59,999	\$630	\$547	\$311
\$60,000 to \$64,999	\$556	\$483	\$275
\$65,000 to \$69,999	\$482	\$419	\$238
\$70,000 to \$74,999	\$408	\$354	\$201



Figure D.1.2 Maximum Family Day Homes and Group Family Care Centres Rates  
 ስእሊ 1.2 ዝለዓለ ዋጋ ናይ ስድራቤታዊ መጽኒሒ ቆልዑን ናይ እኩም ስድራ መእለዪ ወይ መናበዪ

Rates reflect attendance of 100+ hours for infants/pre-schoolers and 50+ hours for school age children ዋጋ ዘነጽሮ ናይ ህጻናትን ቅድመ ትምህርትን 100+ ሰዓታት ናይ ትምህርቲ ዕድመ ዘለዎም ድማ 50+ ሰዓታት			
Income ኣታዊ	ህጻን (Infant) (18 mos. and under) (18 ወርሕን ትሕቲኡን)	ቅድመ ትምህርቲ (Preschool) (19 mos. up to grade 1) (19 ወርሕ ክሳብ ቀዳማይ ክፍሊ)	ናይ ትምህርቲ ዕድመ (School Age) (grade 1 to grade 6) (ቀዳማይ ክሳብ ሻዱሻይ)
\$0 to \$49,999	\$614	\$516	\$366
\$50,000 to \$54,999	\$583	\$490	\$348
\$55,000 to \$59,999	\$522	\$439	\$311
\$60,000 to \$64,999	\$461	\$387	\$275
\$65,000 to \$69,999	\$399	\$335	\$238
\$70,000 to \$74,999	\$338	\$284	\$201

(Place Source Here)

### **After you apply:**

#### **ድሕረ ምምልእካ፡**

- If you meet certain conditions, you will receive a conditional 2-month subsidy after submitting your application while completing your assessment. If you do not meet the conditional acceptance requirements, you will receive a subsidy once your application is approved.
- እቲ መሕተቲ ፎርም መሊእካ ምስኣረከብካዮ ካብቲ ገለ ዝሕተት እንተኣማሊእካ ን 2 ወርሒ ዝጸንሕ ግዜያዊ ሳብሲቲይ ይፍቀደካ። ነቲ ግዜያዊ መሕተቲ ምስዘይተማልእ ድማ፡ መሊእካ ዘረከብካዮ ፎርም ከምዝገበኣካ ምሳረጋገጹ ሳብሲቲይ ይፍቀደካ።
- Depending on the details of application, you may be required to provide additional documentation to complete your application. We will let you know what documents are required towards the end of the assessment process.
- ኣብቲ ናትካ ፎርም ተመርኩሶም ዝጎደለ ወይ ተወሳኪ ምስዘድልዮም ን ክትሰደሎም ይሓቱክ። እቲ ዝጎደለ ዶኩመንት ንከተማልእ ኣብቲ መወዳእታ ምስበጽሕ ክንሕብረካ ኢና።
- Each subsidy starts at the beginning of the month your completed application is received. You can apply as early as the month before your child is starting childcare. For example, if your child's start date is September 1st, you can apply as early as August 1st.
- ኩሉ ሳብሲቲይ ኣብ መጀመርታ ወርሒ እቲ ሙሉእ ዘመልከትካሉ ፎርም ዝተረከበሉ ይጅምር። ስለዚ ኣቀዳምካ ቅድሚ ዉሉድካ ናብቲ መእለዪ ቆልዑ ትሰዶ ከተመልከት ኣሎካ። ን ኣብነት ውላድካ መስከረም ዝጅምር እንተኮይኑ ኣቀድምካ ኣብ ነሐሴ ከተመልከት ኣሎካ።

### **Approved applications:**

#### **ዝጸደቀ ወይ ዝተረቐደ መመልከቲ ፎርም፡**

If approved for a subsidy, you will receive a letter indicating the subsidy start and end date and the amount your childcare program will receive on your behalf.

ን ሳብሲቲይ ቡቁዕ ምስትብሃል፡ እቲ ሳብሲቲይ ዝጅምረሉን ዝውደኣሉን፡ መጠን ንመእልዪ ጃልዓ ዝክፈለካን ዝሓዘለ ደብዳቤ ይስደደካ።

### **Supporting documentation:**

If you did not submit all of the required supporting documentation when you applied, you will be given a 2-month conditional approval period to submit them. Once all necessary documents are received and approved, the subsidy may be granted for a maximum period of 12 months. You will be responsible for returning any funds paid if all documentation is not submitted within the time-period specified.

#### **ደገፍ ዶኩመንት (Supporting documentation) ፡**

እኩል ናይ ደገፍ ዶኩመንቲታት ምስዘይተማልእ፡ ናይ 02 ወርሒ ግዜያዊ ፋቃድ ይወሃበካ ክሰብ ተማሎኡ። ሓንሳብ ኩሉ እቲ ዝድሊ ደገፋት ወይ ዝሕተት ምስተማልእ ን 02 ዓመት

ማክሲማም ዝጸንሕ ናይ ሳብሲቲይ ፍቓድ ይወሃበካ። ኩሉ ዶኩመንት ምስዘይተማልእ ድማ ኩሉ ዝተከፈለ ገንዘብ ክትመልሶ ናትካ ሓላፍነይ ይከውን።

**Applications that are not approved:**

If your application is not approved, you will receive a letter stating the reasons why the subsidy application was not approved. You can request a review of a subsidy decision by submitting the [Administrative Review Request form](#) within 30 days from the date of the decision.

**ዝተሓተተ ምስዘይበቅዕ ወይ ምስዘይፍቀድ (Applications that are not approved):**

እቲ ዝተሓተተ ኣይግበኣካን ዩ ምስትበሃል፡ ከምዘይግበኣካ ዝግለጽ ደብዳቤ ይስደደክ። በቲ ውሳኔ ምስዘይትዓግብ ድማ ኣብ ውሽጢ 30 መዓልታት ዘሎ ዳግማይ ክረኣየልካ ናብ [Administrative Review Request form](#) ተመልክት።

For general inquiries about child care subsidies, contact:

Alberta Supports Contact Centre:

Hours: 7:30 am to 8:00 pm (open Monday to Friday, closed statutory holidays)

Phone: 780-644-9992 (in Edmonton)

Toll free: 1-877-644-9992

በዚ ዝስዕብ ኣድራሻ ከተመልክት ትክእል

ብዛዕባ ሓፈሻዊ ሓብሬታ ናይ ሳብሲቲይ ምእለዪ ጃልዑ ን Alberta Supports Contact Centre ክትረክቡም ትክእል።

ሰዓኣታት ስራሕ ካብ ሰኑይ ክሳብ ዓርቢ ካብ ሰዓት 7:30 ናይ ንግሆ ክሳብ 8:00 ናይ ምሽት

ተሌፎን፡ 780-644-9992 (ኣብ ኤድመንቶን)

ናጻ መደወሊ፡ 1-877-644-9992

Send your completed forms, supporting documents and any inquiries to the provincial subsidy office:

Fax: 780-422-5692

Email: [css.childsubsidy@gov.ab.ca](mailto:css.childsubsidy@gov.ab.ca)

Address: Child Care Subsidy

PO Box 1641, Station M

Edmonton, Alberta, T5J 2N9

<https://www.alberta.ca/about-child-care-in-alberta.aspx#toc-0>

<https://www.alberta.ca/child-care-subsidy.aspx>

ኩሉ ዝመላእካዮ ፎርምን ናይ ደገፍ ዶኩመንትን ከመኡ ዉን ተወሳኪ ዝተሓተተ ናብ ቤት-ጽሕፋት ኣውራጃ ሳብሲቲ (provincial subsidy office) ክስደድ ኣሎዎ። ኣድራሻ ኣብዚ ታሕቲ ንረክቡ:

ፋክስ: 780-422-5692

ኢሜይል: [css.childsubsidy@gov.ab.ca](mailto:css.childsubsidy@gov.ab.ca)

ኣድራሻ: Child Care Subsidy

ቁ. ሳጹን 1641, Station M

ኤድመንቶን, ኣልበርታ T5J 2N9

<https://www.alberta.ca/about-child-care-in-alberta.aspx#toc-0>

<https://www.alberta.ca/child-care-subsidy.aspx>

## Is school a safe place for my child?

### ቤት-ትምህርቲ ን ደቀይ ዉሑስ ቦታ ድዩ?

Students across Alberta returned to class for the 2020/21 school year under:

In-class learning with enhanced health and safety measures plan.

ተምሃሮ ኣብ ሙሉእ ኣልበርታ ዘለዉ ናይ 2020/2021 ዓመተ ትምህርቲ ንምቅጻል ቀዳማይ:

ኣብ ቤት-ትምህርቲ ብ ዉሑስ ዚኮነ ጥዕናን ድሕነትን ኣብ ግምት ዝገበረ

### School health measures:

The [school re-entry plan \(2020-21 school year\)](#) allows schools and parents to prepare for learning while putting student and staff safety first.

### ቤት-ትምህርቲ ጥዕናዊ መምርሒ:

The [school re-entry plan \(2020-21 school year\)](#): ስድራ ተምሃሮን ቤት ትምህርትን ኣብ ድሕነት ተምሃሮ ዝዓለመ ዘድሊ ምድላዎት ይገብሩ።

The plan offers guidance on a wide range of operational issues including masks, hygiene and health requirements, student learning, transportation, diploma exams, and mental health and psychological supports for students and staff.

እዚ ድማ ቡዙሕ ዕማም ዝሓዘለ ኮይኑ ማስክ ወይ መሸፈኒ ኣፋን ኣፍንጫን፡ ጽሬትን ጥዕናን፡ ን ተምሃሮ ምስትምሃር፡ መጋዕዝያ፡ ፈተና ናይ ዲፕሎማ፡ ስነ-ኣእምራዊን ሳይኮሎጊካዊን ሓገዛት ን ተምሃሮ የጠቓልል።

## Self-screening questionnaire

Parents, students and school staff must review the self-screening questionnaire each day before going to a school building. Visitors must also use this questionnaire to determine if they may enter a school.

### ሕቶታት ነብሰ-ምፍታሽ (Self-screening questionnaire) :

ወለዲ፡ ተምሃሮን አባላት ቤት-ትምህርትን ነዚ ናይ ውልቅካ ሕቶታት ብምምላስ ናይ ግድን መዓልታዊ እናኣረጋገዱ ናብ ቤት-ትምህርቲ ክኣትዉን ክወጹን ኣሎዎም። በጻሕቲ ዉን ብተማሳሳሊ ነዚ ሕቶታት መሊኡም ክኣትዉ ኣሎዉም። እቲ ሕቶታት ብ ዝተፋላለዩ ተተርጉሙ ክንረክቦ ንክእል

## Self-screening questionnaire (PDF)

[English](#) | [French](#) | [Arabic](#) | [Traditional Chinese](#) | [Simplified Chinese](#) | [Punjabi](#) | [Hindi](#) | [Spanish](#) | [Tagalog](#) | [Urdu](#) | [Vietnamese](#)

## People with medical conditions

For students with pre-existing or underlying medical conditions or risk factors, parents should consult your child's physician to consider the health risks and make a decision about returning to school that will best support the child contact your child's school to discuss available options and support

### ናይ ጥዕና ጸገም ዘለዎም ተምሃሮ (People with medical conditions)

ተምሃሮ ደጃም ናይ ጥዕና ጸገም ዘለዎም ወለዲ ን ናይ ዉላዶም ሓኪም ክውከስዎ ኣሎዎም። ሓፈሻዊ ብዛዕባ ጥዕናኦም ምክሪ ንምርካብን ን ትምህርቲ ዝምለስሉ ዉሑስ መገዲ ምፍላጥን ምስ ሕኪምን ሓለፍቲ ቤት-ትምህርቲን ምዝርራብ የድሊ።

## Returning to school after an illness

A student who is required to isolate due to symptoms (fever, cough, shortness of breath, runny nose or sore throat) or due to having COVID-19 can return to school after a minimum of 10 days pass from when symptoms started or after their symptoms resolve, whichever is longer.

### ተምሃሮ ድሕሪ ካብ ሕማም ምሕዋዮም ናብ ትምህርቲ ዝምለስሉ፡ (Returning to school after an illness)

ሓደ ተምሃራይ ብሰንኪ ምልክታት ሕማም ከም ረስኒ፡ሰዓል፡ ሕጽረት ምስትንፋስ፡ጸረርታ ካብ ኣፍንጫ ከምኡ ድማ ቃንዛ ጎሮሮ ንክግለል ዝተሓበሮ ወይ ድማ ኮቪድ-19 ዝነበሮ፡ ድሕሪ 10 መዓልታት ካብቲ መርመራ ዝገበረሉ ወይ ድማ እቶም ምልክታት ሙሉእ ብ ሙሉእ ምስዝጠፈኡ ናብ ትምህርቲ ክምለስ ይክእል።

A student who is required to isolate due to symptoms may also return to school if they test negative for COVID-19, as long as they have not been identified as a close contact of a case of COVID-19.

ከም ተወሳኪ ድማ ሓደ ተምሃራይ ምልክታት ኮቪድ-19 ዝነበሮን መርመራ ጌይሩ ናጻ ምስዝበሃልን ምስ ኮቪድ-19 ዝተለፈ ሰብ ምስዘይቃለዕን ናብ ትምህርቲ ክምለስ ይከእል።

## **Students who have pre-existing medical conditions with symptoms similar to COVID-19**

The first time your child has a symptom that could be caused by COVID-19 or by a known pre-existing medical condition (such as a cough related to asthma), keep your child home and have your child tested for COVID-19.

### **ተምሃሮ ሕዱር ሕመም ዘለዎቸውን ምስ ኮቪድ-19 ዝማሳሰል ምልክታት ዘለዎምን**

ውላድካ ንመጀመርያ ግዜ ምልክታት ናይ ኮቪድ-19 ምስዝህልዎ ወይ ድማ ሕዱር ሕመም ከም ኣዝማ ምስዝህልዎም ኣብ ገዛ ክጸንሑን መርመራ ክገብሩን ኣሎዎም።

Your child should be tested for COVID-19 to confirm that the symptom is not due to COVID-19 before they return to school. This will be considered your child's baseline health. They may continue to attend school as long as this symptom stays the same and they do not develop any new symptoms.

ቅድሚ ናብ ትምህርቲ ምምለሶም፡ እዞም ምልክታት ናይ ኮቪድ-19 ከምዘይኮነ መርመራ ጌይሩ ከረጋገጥ ኣሎዎ። እዚ ድማ እቲ መሰረታዊ ጥዕና ናይ ዉሉድካ እዩ። እቶም ምልክታት ክሳብ ዘይማዕበሉ ወይ ሓደስቲ ምልክታት ክሳብ ዘየማዕበለ ትምህርቲ ክከታተል ይክእል እዩ።

## **If there is a case of COVID-19 at school**

### **ብ ኮቪድ-19 ዝተለክፈ ሰብ ኣብ ትምህርቲ ምስዝርከብ**

All parents will be notified when:

ኩሎም ስድራ ዝሕበርሉ ኣጋታሚ፡

- One confirmed COVID-19 case is identified as having been infectious while at school  
ሓደ ሰብ ኣብ ትምህርቲ ከሎ ብ ኮቪድ-19 ከምዝተለክፈ ምስ ዝረጋገጽ ኩሎም ወለዲ ክሕበሩ ኣሎዎም።
- An outbreak is declared:
- The COVID-19 school status map shows the current status of COVID-19 in K-12 schools across Alberta. Schools with 2 or more confirmed cases (within a 14-day period and where disease could have been acquired or transmitted in the school) will be identified on the map.
- ምልባዕ ናይ ኮቪድ-19 ዝእወጀሉ
- ኮቪድ-19 ትምህርቲ ካርታ፡ ዝርግጥ ሕመም ኮቪድ-19 ኣብ ክሊ ዕድመ መዋእል ህጻናት ክሳብ 12 ዘለዉ ኣብ ሙሉእ ኣልበርታ ሓብሬታ ይህብ። ቤት-ትምህርታት 2 ወይ ንላዕሊ ዝተለክፉ ምስዝርከቡ፡ ኣብ ካርታ ክረክ ይኽእል። (ኣብ ዊሽጢ 14 መዓልታት እቲ ሕመም ኣብ ትምህርቲ መጺሖ ወይ ተመሓላሊፍሉ ይከዉን)

If a school has a confirmed positive case, AHS Public Health will work with school authorities to quickly:

- Identify when symptoms developed
- Identify and contact people who had close contact with the person who tested positive to offer testing and let them know about quarantine requirements

አብ ቤት-ትምህርቲ ብ ኮቪድ-19 ዝተለክፈ ሰብ ምስዝረጋገጽ ኣልበርታ ሄልዝ ሰርቪስስ (AHS Public Health) ምስ ናይቲ ቤት-ትምህርቲ ሓላፍቲ ብሓይ ኮይኖም ይሰርሑ

- ምልክታት ምዓስ ከም ዝጀመረ ይጽንዑ
- ምስቲ ዝሓመመ ሰብ ዝተቃልዑ ካሎኦት ዝሓመሙ ከይህልዉን ይጽኒዑ፡ ዉሽባ ዝድሊ እንተኮይኑ ድማ ነቲ ሰብ ን ክዉሽብ ይሕብሩ።

People are required to self-isolate/quarantine for 14 days if they live with or are a close contact of a person who tested positive for COVID-19.

- Only close contacts of a confirmed case of COVID-19 need to quarantine. Contacts of close contacts do not need to quarantine.

ምስ ኮቪድ-19 ዝተለክፈ ሰብ ብሓባር ዝነብሩን ወይ ምስዝሓመመ ሰብ ዘተቃልዑን ሰባት ን 14 መዓልታት ን ክውሽቡ ይሕብሩ።

- እቶም ምስ ኮቪድ-19 ዘለዎ ሰብ ናይ ቀረባ ርክብ ዝነበሮም ሰባት ጥራሕ ክውሽቡ ይግደዱ።እቶም ንዝተቃልዑ ሰባት ርክብ ዝነበሮም ክውሽቡ ኣየድልን

Each school will:

- Notify staff and parents if a case is confirmed at school
- Support students and staff to learn or work at home if they are required to isolate or quarantine
- If a school has 2 or more cases who were at school while infectious and/or were likely exposed to COVID-19 while at school:
- The school would be considered to have an outbreak
- AHS medical officers will assess the spread and exposure risk to determine if it affects students and staff in multiple grades and areas, or is confined within close contacts of a confirmed case, and provide specific recommendations
- An outbreak will not automatically lead to school closure

<https://www.alberta.ca/k-to-12-school-re-entry-2020-21-school-year.aspx>

ኩለን ቤት-ትምህርቲታት

- ን ኣባላተንን ወለድን ኮቪድ-19 ዝተለፈ ሰብ ከምዝተረከበ ይሕብሩ
- ተምሃሮ ወይ መምሃራን ምውሻብ ዝድልዮም እንተኮይኑ ኣብ ገዛ ኮይኖም ክሰርሑ የተባብዓ።
- ኣብቲ ቤት ትምህርቲ 2 ወይ ልዕሊኡ ብ ኮቪድ-19 ዝተለክፉ ምስዝረከቡን፡ እቲ ሕማም ተላባዒ ከሎ ኣብቲ ቤት ትምህርቲ ምንባሮም ምስዝፍልውጥን
- እቲ ቤት-ትምህርቲ ናይ ምልባዕ እዋን ይእዝዝ
- ኪኢላ ጥዕና ኣልበርታ ሄልዝ ሰርቪስስ (Ahs medical officers) እቲ ዘርገሐን ምልባዕ ናይቲ ሕማም ይጽንዑን ካሎኦት ተምሃሮም ኣባላት ናይቲ ቤት-ትምህርትን ዝተለክፉ ከይህልዉን ኣብ ነብሲ ወክፍ ክፍልታት፡ ወይ ድማ ኣብ ዉሱን ክፍሊ ከምዘሎ ይጽንዑ ሓብሬታ ይህቡን።

- ምልባዕ ናይቲ ሕማም ብ ቀጥታ ምዕጻው ናይ ቤት-ትምህርቲ ኣየከትልን

<https://www.alberta.ca/k-to-12-school-re-entry-2020-21-school-year.aspx>

### 3. I think my child is sick and I am not sure what to do?

- If a child shows symptoms:  
Use the chart below (Figure D.3.1) to find required and recommended actions to take if a student shows symptoms.
- If a student tests positive for COVID-19, they must isolate for at least 10 days. Visit [Isolation requirements](#) for more detailed information.

#### 3.ውላደይ ዝሓመመ ይመስለኒ፡ እንታይ ክገብር ከምዘለኒ ኣይፈለጥኩን

- ዉሉድ ምልክታት ሕማም ምስ ዘረኢ  
ኣብ ትሕቲ ዘሎ ሰንጠረዥ ብምምልካት ን ምልክታት ሕማም ዘለዎ ተምሃራይ  
እቲ ኣድላዪ ዝኮነ ሓብሬታን ክትገብር ዝግበኣካን ይሕብር
- ሓደ ተምሃራይ መርመራ ገይሩ ኮሺድ-19 ከምዘለዉ ምስዝፈልጥ ን 10 መዓልታት ነብሱ-ግለላ  
ክገብር ይግቦኡ።  
ኣብዚ ሊንክ ብምጥዋቅ ተወሳኪ ሓበሬታ ክርከብ ይከኣል፡[Isolation requirements](#)



Figure D.3.1

<p>ውጽኢት መርመራ ናይ ኮቪድ-19 በዚ ሊንክ ገርካ ክርከብ ይክእል፡ (<a href="#">MyHealthRecords</a>)</p> <p>Get COVID-19 test results online through <a href="#">MyHealthRecords</a></p> <p>ዶር ሂንሻው ዝገበረቶ ዝርርብ ብዛዕባ ምልክታት ኮቪድ-19 ኣብዚ ታሕቲ ክረኣ ይከኣል።</p> <p><a href="#">Watch: Dr. Hinshaw discuss COVID-19 symptoms</a></p>		
<p>ሓደ ሰብ ካብዞም ኣብ ታሕቲ ዘልዉ ምልክታት ምስዘማዕብል (If someone has these symptoms)</p>	<p>ነዚ ኣብ ታሕቲ ዘሎ ከተግብሩ ይግደዱ (They are required to do this)</p>	<p>ከምዚ ኣብ ታሕቲ ዘሎ ክገብሩ ድማ ምክሪ ንህብ (We also recommend this)</p>
<p>ረስኒ (Fever)</p> <p>ሰዓል (Cough)</p> <p>ሕጽረት ምስትንፋስ (Shortness of breath or difficulty breathing)</p> <p>ጸረርታ ንፋጥ (Runny nose)</p> <p>ቃንዛ ጎሮሮ (Sore throat)</p>	<p>እንተወሓደ ን10 መዓልታት ካብቲ ምልክታት ዘጀመረሉ ወይ እቶም ምልክታት ሙሉእ ብሙልእ ክሳብ ዝጠፈኡ ነብሰ-ምግላል ክገብር (Isolate for a minimum of 10 days from when their symptoms started or until their symptoms resolve, whichever is longer).</p>	<p>መርመራ ናይ ኮቪድ-19 ክገብር፡ እቲ መርመራ ነጋቲቭ ምስዝከውንን ምስ ኮቪድ-19 ዝሓመመ ሰብ ምስዘይቃለዕን እንቶም ምልክታት ክሳብ ዝጠፈኡ ኣብ ገዛ ክጸንሑ ንመክር። እቲ መርመራ ፖዚቲቭ ምስዝከውን ብ ኣገልግሎት ጥዕና ኣልበርታ ዝወጽእ መምርሒታት ክከታተል ኣሎዎ።</p> <p><a href="#">(Get tested for COVID-19.</a></p> <p>If test results are negative and there is no known exposure to COVID-19, stay home until symptoms go away.</p> <p>If test results are positive, follow the instructions from Alberta Health Services (AHS) Public Health).</p>

<p>ቁረቁረ (Chills) ቃንዛ አብ ግዜ ምውሓጥ (Painful swallowing) ደረቅ አፍንጫ (Stuffy nose) ቃንዛ ርእሲ (Headache) ቃንዛ መላግባን ጭዋዳታትን (Muscle or joint aches) ዱቡቅ ዘይምስማዕ (Feeling unwell), ድካም ወይ ኣዝዩ ምስልካይ (fatigue or severe exhaustion) ምልክታት ስርዕተ ምሕቃቅ መግቢ ከም ዕግረግረ፡ ተምላስ፡ ውጽኣትን ሽውሃት ምዕጻውን (Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)) ምጥፋእ ናይ ምሽታት ወይ ምስትምቃር ዓቕሚ (Loss of sense of smell or taste) ምቅያሕ ወይ ቁጠዐ ዓይኒ (Pink eye (conjunctivitis))</p>	<p>ን ከምዝኣም ምልክታት ምስዘማዕብል ነብሱ-ምግላል ክትገብር ኣይትግደድን ኢካ፡ እንተኮነ ግን እቶም ምልክታት ክሳብ ዝጠፊኡ ኣብ ገዛ ክትጸንሕ ዩ ዝምከር። (There are no mandatory requirements to isolate for these symptoms, however, it is recommended to stay at home until symptoms go away).</p>	<p>መርመራ ናይ ኮቪድ-19 ክገብር፡ እቲ መርመራ ነጋቲቭ ምስዝከውንን ምስ ኮቪድ-19 ዝሓመመ ሰብ ምስዘይቃለዕን እንቶም ምልክታት ክሳብ ዝጠፊኡ ኣብ ገዛ ክጸንሕ ንመክር። እቲ መርመራ ፖዚቲቭ ምስዝከውን ብ ኣገልግሎት ጥዕና ኣልበርታ ዝወጽእ መምርሒታት ክከታተል ኣሎዎ። (<a href="#">Get tested for COVID-19</a>. If test results are negative and there is no known exposure to COVID-19, stay home until symptoms go away. If test results are positive, follow the instructions from AHS Public Health.)</p>
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- **If symptoms develop at school**

The student will be asked to wear a non-medical mask and be isolated in a separate room or kept at least 2 metres away from others.

- **ምልክታት ኣብ ቤት-ትምህርቲ ከሎ ምስዘማዕብሉ**

እቲ ተምሃራይ መሸፈነ ኣፍን ኣፍንጫን ይገብር፡ ኣብ በይኑ ክፍሊ ይጸንሕን ወይ ድማ ካብ 2 ሜትሮ ንላዕሊ ካብ ካሎኦት ሰባት ይርሕቅ

Parents will be contacted to pick up the child immediately (ensure your school has up-to-date contact information).

<https://www.alberta.ca/k-to-12-school-re-entry-2020-21-school-year.aspx>

ስድራ ተምሃራይ ን ውላዶም ብዝቀልጠፈ ክወስድዎ ይሕበሩ (ቤት ትምህርቲ እዋናዊ ሓብሬታ ብዛዕባ ምቅርራብ ከምዘለዎ ኣረጋግጽ።

<https://www.alberta.ca/k-to-12-school-re-entry-2020-21-school-year.aspx>

## Should I send my child back to school or not?

AHS is working closely with provincial partners to support a safe and healthy return to school.

Resources for Parents & Families:

- Your child can continue to go to school if they are well, unless you are notified by AHS that they have been in close contact with a confirmed case of COVID-19 or are experiencing COVID-19 or flu-like symptoms.

### ዉላዶይ ናብ ትምህርቲ ክመልሶ ይክእል ዶ

ኣልበርታ ሄልዝ ሰርቪስ (AHS) ምስ ናይ ኣውራጃ መሳርሕቶም ብምካን እቲ ዉላዶን መንገዲ ናብ ትምህርቲ ምምላስ ይሰርሑ ኣሎዉ።

- ዉላድካ ናብ ትምህርቲ ክከይድ ይክእል እዩ እንተኮነ ግን ምስ ኮቪድ-19 ዝተለክፈ ሰብ ምስዝቃለዕ ወይ ድማ ምልክታት ኮቪድ-19 ወይ ምልክታት ጉንፋዕ ዝመሳሰል ምስዘማዕብል ኣልበርታ ሄልዝ ሰርቪስ (AHS) ብቀጥታ ክሕብሩካ እዮም።
- Your child's school will communicate with you if there is a confirmed case of COVID-19 at the school. AHS will work closely with the school to identify close contacts, and to notify parents of children identified as close contacts. It's important to monitor for your child for symptoms of COVID-19 and keep them home from school if they are not feeling well.
- ኣብቲ ዉላድካ ዝመሃረሉ ቤት-ትምህሮቲ ኮቪድ-19 ዝተለክፈ ሰብ ምስዘጋጥም ሓለፍቲ ኢት ትምህርቲ ክሕብሩካ እዮም። ኣልበርታ ሄልዝ ሰርቪስ (AHS) ምስቲ ናይ ቤት ትምህርቲ ኣባላት ብኣባር ብምስራሕ ነቲ ሕማም ዝተቃልዑን ስድራቤት ናይቶም ዝተቃልዑ ኣብ ምፍላጥ ክሰርሑ እዮም። ዉላድካ ዱቡቅ ምስዘይስምዖ ኣብ ገዛ ቤት ብምካን ዝኮነ ምልክታት ኮቪድ-19 ከየማዕብሉ ተከታተሎም።
- Call Health Link at 811 if you have questions about your child's health. ዝኮነ ሕቶ ምስ ዝህልወካ 811 ብምድዋል ክትውከሶም ትክእል

- Talk to your child's teacher or school administrator if you have questions about specific health measures in your school, or the school re-entry plan. For answers to common questions, see [Back to School During Covid-19: FAQ](#)
- ወላድካ ጽቡቅ ምስዘይስምዖ ኣብ ገዛ በይኑ ብምካን ዝኮነ ምልክታት ኮቪድ-19 ከየማዕብሉ ተከታተሎም። ብዛዕባ ዝኮነ ጥዕናዊ ሕቶ ወይ ድማ ውሉድካ መዓስ ናብ ትምህርቲ ክምለስ ከምዘለዎ ንምፍላጥ ን መምሃራን ወይ ሓለፍቲ ቤት-ትምህርቲ ኣዘራርበም። ን ተደጋጋሚ ሕቶታት መልሲ ን ምርካብ ኣብዚ ምጥዋቅ ይከኣል።
- [Back to School During Covid-19: FAQ](#)

## Low-Income Families, Small Businesses, and the Self-Employed

### ትሑት እቶት ዘለዎም፡ ንኣሽቱ ናይ ቢዝነስ ድካናት፡ ናይ ባዕሎም ስራሕ ዘለዎም

#### 1. I need financial support

##### Emergency financial assistance:

If you are facing an unexpected emergency, you can apply for emergency financial assistance.

You can get help when:

- a situation is caused by unforeseeable circumstances beyond your control, and it presents a severe health risk, and
- you cannot access other resources or wait until your next pay-check or Income Support benefit cheque.

##### 1.ንንዘባዊ ሓገዝ የድልየኒ ኣሎ፡

ዘይተጸበካዮ ሃንደበትነት ምስዘጋጥም ፡ ሓገዝ ናይ ህጹጽ ገንዘባዊ ሓገዝ ምሕታት የድሊ ሓገዝ ክትረክቡሉ ትክእል፡

- እቲ ኩነታት ካብ ክትከፃፀሮ ዘይትክእሉ ደረጃ ምስዝበጽሑን ን ጥዕናካ ዉን ኣስጋኢ ዝኮነ ኩነታት ምስዝፍጠርን
- ዝኮነ ካልእ ኣማራጺ ምስዘይህልወካ፡ ካልእ ኣታዊታት ወይ ምንጭታት ናይ ኣታዊ ምስዘይህሉ፡ ክሳብ ኣብቲ ዝመጽእ ደሞዝ ተጸባዪ ምስ ትከዉን።

What's covered?

This allowance can cover costs for:

- food
- clothing
- child care
- transportation
- damage deposit
- temporary accommodation
- utility arrears: You must repay this money if you need help with utility arrears more than once.
- eviction payments: You must repay this money if you need help with eviction payments more than once.

እዚ ሓገዛት እዚ እንታይ ከጠቃልል ይክእል

- መግቢ
- ክዳውንቲ
- መእለዪ ቆልዑ
- መጋዓዝያ
- ናይ ዝተባላሸወ ዝተከዘነ
- ግዜያዊ ምጽለሊ
- ናይ ገዛ ኣገደስቲ ወጻኢታት
- እዚ ወጻኢታት እዚ ካብ ሓንሳብ ንላዕሊ ምስዝሕተት ናይ ግድን ተመላሲ ይከዉን
- እዚ ገንዘባዊ ሓገዝ ካብ ገዛካ ብሓይሊ ብምውጻእ ን ካላኣይ ግዜ ምስዝሕተት እቲ ገንዘብ ክትከፍሎ ይግባእ።

Emergency Needs Allowance rates are published on page two of the [Financial Benefits Summary](#)

ናይ ህጽጽ እዋን ገንዘባዊ ሓገዝ ኣብዚ ሊንክ ብምጥዋቕ ክንረኮ ንክእል።[Financial Benefits Summary](#)

Costs that may be covered, but must be repaid include:

- essential home repairs
- essential appliance repairs
- proof of need

ክሸፈነልካ ዝክእል ወጻኢታት ግን ከኣ እቲ ገንዘብ ተመላሲ ዝኮነሉ፡

- ኣገደስቲ ናይ ገዛ መጻገኒ
- ኣገደስቲ ናውቲ ገዛ መጻገኒ
- መረጋገጺ ከምዘድለዩካ

You must provide proof of need, such as:

- an arrears statement or eviction notice

- a utility bill or statement for utility arrears
- proof from a reliable source that the item is essential, like an unsafe wiring notice from the fire department

ከምዘድልዩካ መረጋገጫ ከተምጽእ ወይ ከተርኢ ዘለካ

- ዘይተከፍለ ዕዳ ከምዘለካ ዝገልጽ ጽሑፍ
- ዘይተከፍለ ገዛ ክራይ ወይ ካብቲ ገዛ ክትወጽ ዘገድድ ጽሑፍ
- ሓደ ነገር ንክጽገን ኣዝዩ ኣገድሲ ከምዝኮነ ናብነት ሓደ ገመድ ናይ ኤለክትሪክ ጽገና ከም ዘድልዮ ካብ ክፍሊ መጥፈኢ ሓዊ መረጋገጫ ጽሑፍ ተቅርብ።

### Eligibility:

You can apply for the Emergency Needs Allowance if:

- you are a current Income Support client
- you are an Albertan earning an income, but you do not have enough money to cover this one-time, short-term emergency that will last no longer than a month
- you meet the Income Support program eligibility requirements

### ዝፍቀዶም ወይ ዝግቦኦም: (Eligibility)

ን ህጽጽ እዋን ሓገዝ ከተመልክት ዘክእለካ

- ግዜያዊ ተገልጋሊ ናይ እቶት ዓሚል ምስትከዉን
- ኣብ ኣልበርታ ትቅመጥ ደሞዝተኛ ኮይንካ ህጂ ግን ነዚ ወጻኢታት ክትገብር ዓቅሚ ዘይብልካ ምስትከዉን፡ እዚ ድማ ካብ 01 ወርሒ ንላዕሊ ዘይወስድ ክከዉን ኣሎዎ
- ነዚ ናይ እቶት ሓገዝት ቅጥዒ ዘማላእካ ምስትከዉን

How to apply:

General information

Income Support benefits - Call the Alberta Supports Contact Centre:

- Hours: 7:30 am to 8:00 pm (Monday to Friday, closed statutory holidays)
- Toll free: 1-877-644-9992
- Email: [css.ascc@gov.ab.ca](mailto:css.ascc@gov.ab.ca)

ብከመይ ከተመልክት ትክእል (How to apply)

ሓፈሻዊ ሓብሬታ

ሓፈሻዊ ሓብሬታ ብዛዕባ እቶታዊ ሓገዝ ንምርካብ Alberta Supports Contact Centre

ምድዋል ይከኣል:

- ሰዓታት: 7:30 am to 8:00 pm (ሰኑይ ክሳብ ዓርቢ ኣብ በኣዓላት ዕጹው እዩ)
- ናጻ ደወል: 1-877-644-9992
- ኢሜይል: [css.ascc@gov.ab.ca](mailto:css.ascc@gov.ab.ca)

Income Support clients - Contact your Income Support worker

- If an emergency occurs outside regular hours, you can call the 24-hour Contact Centre toll free at 1-866-644-5135. See below for the items that can be issued by the 24-hour Income Support Contact Centre.

እቲ ናትካ እቶታዊ ሓገዝ ሰራሕተኛ (Income Support worker) ከትውከሶ ትክእል

- እቲ ህጽጽ ክሰት ካብቲ ንቡር ሰዓታት ምስዘጋጥም እቲ ናይ 24 ሰዓት ክፋት ዝኮነ ናጻ ደዊል ክትድወልል ትክእል፡፡ 1-866-644-5135፡፡ በዚ ብምድዋል ክርከብ ዝክእል ሓገዛት ኣብዚ ታሕቲ ተዘርዚሮም ኣሎዉ፡፡

**There are some benefits that the 24-hour Income Support Contact Centre can assist with by phone — see details below.**

**ገለ ካብቶም በዚ 24 ሰዓታት ዝሰርሑ ሓብሬታ ንምርካብ ብተለፎን ደዊልና ክንረክቦም ንክእል ሓገዛት ንምፍላት ኣብዚ ታሕቲ ተዘርዚሮም ኣሎዉ፡፡**

**If you are facing an emergency need for the following:**

- food
- medication
- clothing
- temporary shelter
- emergency basic dental

ናይ ህጽጽ እዋን ኣጋጢሙካ ነዞም ኣብ ታሕቲ ዘለዉ ሓገዝ ምስትደሊ

- መግቢ
- ክዳን
- ግዜያዊ መጽለሊ
- ህጽጽ ናይ ስኒ ሓገዝ

**Call the 24-hour Emergency Income Support Contact Centre (available 24/7):**

- Toll free: 1-866-644-5135
- TTY toll free: 1-800-232-7215 (ask to speak to Alberta Supports)
- Fax: 780-422-9681
- Email: [hs.iscc@gov.ab.ca](mailto:hs.iscc@gov.ab.ca) (responses may take 1-3 business days)

**በዚ ናይ 24 ሰዓት ናጻ ደዊል ክትድወልል ትክእል፡፡ (24/7 ሰዓት ክፋት እዩ)**

- ናጻ ደዊል: 1-866-644-5135
- ካልእ ናጻ ደውል: 1-800-232-7215 (ንAlberta Supports ክትረክቦም ከምዝደለካ ኣዘራርቦም)
- ፋክስ: 780-422-9681
- ኢሜይል: [hs.iscc@gov.ab.ca](mailto:hs.iscc@gov.ab.ca) (ንክምልስልካ ካብ 1-3 ናይ ስራሕ ሰዓታት ይወስድ)

## **Income Support Contact Centre**

You can now apply online to the Income Support Contact Centre to receive emergency food benefits via Interac e-Transfer. Once you have provided the required information, you will be asked to call the Income Support Contact Centre to confirm your eligibility.

### **ናይ ኣታዊታት ሓገዝ ማእከል ሓብሬታ (Income Support Contact Centre)**

ህጂ እምበኣር ብቀጥታ ናብ Income Support Contact Centre ብምዝጋብ ብ Interac e-Transfer ናይ መግቢ ሓገዝ ክትረክብ ተክእል እካ። እቲ ዝድለ ሓብሬታት ምስ መላእካ፡ ይፍቀደካ ምክኑ ንምፍላጥ ነቶም Income Support Contact Centre ክትድውለሎም ክትሕተት ኢካ።

Apply at MyAlberta Emergency Benefits to start the online application process.

<https://www.alberta.ca/emergency-financial-assistance.aspx>

ብቀጥታ እቲ ቅጥዒ ፎርም ንምምላእ MyAlberta Emergency Benefits እብዚ ምጅማር ይከኣል።

<https://www.alberta.ca/emergency-financial-assistance.aspx>

## **Income Support**

Income Support can help you and your family with basic living costs and other necessities. Depending on your needs and situation you may be eligible to receive assistance through Alberta's Income Support program.

### **ናይ ኣታዊታት ሓገዝ (Income Support)**

ኣታዊታት ሓገዝ (Income Support) ንዓካን ን ስድራቤትካን መባእታዊ መነባብሮን ተወሳኪ ኣገደስቲ ነገራትን ሓገዝ ክትረክብ ይሕግዘካ። ቦቲ ናትካ ድሌትን ዘለካዮ ኩነታትን ተጻኒዑ ሓገዝ ይግበኣካ እንተኮይኑ ካብ Alberta's Income Support program ሓገዝ ይወሃበካ።

Contact your Income Support worker for all related Income Support questions.

If you do not know how to reach your worker, contact your local [Alberta Supports or Alberta Works Centre](#).

ዝኮነ ን ኣታዊታት ሓገዝ ዝምልከት ን Alberta's Income Support ደዊልካ ክሕተት ይከኣል።

ነቲ ሰረሕተኛ ብከመይ ከም ዝርከብ ዘይተፈልጥ እንተኮነካ ን [Alberta Supports or Alberta Works Centre](#) ተወከሶም።



## Alberta Supports Contact Centre

To connect with the main Alberta Supports Contact Centre:

Hours: 7:30 am to 8 pm (open Monday to Friday, closed statutory holidays)

Toll free: 1-877-644-9992

Email: [css.ascc@gov.ab.ca](mailto:css.ascc@gov.ab.ca)

## አልበርታ ሓገዝ ማእከል (Alberta Supports Contact Centre)

ምስቲ ቀንዲ Alberta Supports Contact Centre

ሰዓታት: 7:30ቅድሚያ-ቀትሪ -8:00ድሕሪ ቀትሪ (ካብ ሰነይ ክሳብ ዓርቢ, በዓላት ዕጽዉ እዩ)

ኖኦ ደወል: 1-877-644-9992

ኢሞይል: [css.ascc@gov.ab.ca](mailto:css.ascc@gov.ab.ca)

24-hour Emergency Income Support Contact Centre

Get [emergency financial assistance](#) to help with basic needs like shelter, food, clothing and transportation.

- Hours: 24/7
- Toll free: 1-866-644-5135
- Fax: 780-422-9681
- Email: [css.iscc@gov.ab.ca](mailto:css.iscc@gov.ab.ca)

24-ሰዓት ናይ ህጽጽ Income Support Contact Centre ምስትደሊ

ህጽጽ ገንዘባዊ ሓገዝ ከም መጽለሊ:መግቢ: ክዳውንቲ: መጋዝያ ምስዘድለዩካ ኣብዚ

ከተመልክት ትክእል ([emergency financial assistance](#))

- ሰዓታት: 24/7
- ኖኦ ደወል: 1-866-644-5135
- ፋክስ: 780-422-9681
- ኢሞይል: [css.iscc@gov.ab.ca](mailto:css.iscc@gov.ab.ca)

Depending on your needs, ability to work and size of your family, you may get money for:

- basic expenses like food, clothing and shelter
- childcare
- special diets
- utility connection fees
- work-related expenses
- unexpected emergencies
- costs to leave family violence
- school expenses for children

ኩነታት ድሌትካን፡ ስራሕን ብዝሒ ስድራካን ተራእዩ ገንዘባዊ ገንዘባዊ ሓገዝ ክትረክብ ትክእል፡ን

- መግቢ ክዳውንቲ መጽለሊ ክረክቡ ይክእሉ እ
- መእለዪ ጽልዑ
- ፍሉይ መግቢ
- ኣገደስቲ ነገራት
- ስራሕ ዝምልከት ወጻኢታት
- ዘይተጸበካዮ ወጻኢታት
- ወጻኢታት ኣብ መንጎ ስድራ ዚጋጥም ባእሲ
- ወጻኢታት ናይ ትምህርቲ

The [Financial Benefits Summary](#) provides a more detailed breakdown of available Income Support benefits.

[Financial Benefits Summary](#) ኣብዚ ሊንክ ምስንሪኢ እቲ ሓፈሻዊ መብርሂ ብዛዕባ ኣታዊታት ሓገዝ ሓብሬታ ክንርክብ ንክእል እና።

Income Support recipients also receive health benefits along with:

- [employment services](#)
- [help receiving child support](#)

እዞም ገንዘባዊ ሓገዝ ዝረክቡ፡ ናይ ጥዕናዊ ሓገዝ ዉን ይረክቡ እዮም

- [employment services](#)
- [help receiving child support](#)

### **Working while receiving income support**

Income Support recipients are encouraged and supported to work. You keep all of your wages and only a portion of your earnings are taken into account when calculating your Income Support benefits.

### **እናሰርሑ ገንዘባዊ ሓገዛት ይረክቡ**

እዞም ገንዘባዊ ሓገዛት ዝረክቡ፡ ስራሕ ንክሰርሑ ዉን ይሕገዙ። ኩሉ ገንዘብካ ኣቀምጦ፡ ብክፈል እቶትካ ጥራሕ ዩ ነቲ ገንዘባዊ ሓገዝ ከምዝግበኣካ ንምርግጋጽ ዝሕግዝ።

## Contact

Contact your Income Support worker for all related Income Support questions.

If you do not know how to reach your worker, contact your local [Alberta Supports or Alberta Works Centre](#).

### ተወከስ፡

ብዛዕባ ገንዘባዊ ሕቶ ምስዝህልወካ ነቲ ናትካ ሰራሕተኛ ብምድዋል ክትሓቶ ትክእል። ብከመይ ከምትረክቦ ምስዘይትፈልጥ ኣብ ጥቓካ ዘለዉ [Alberta Supports or Alberta Works Centre](#) ተወከሶም።

## Alberta Supports Contact Centre

To connect with the main Alberta Supports Contact Centre:

- Hours: 7:30 am to 8 pm (open Monday to Friday, closed statutory holidays)
- Toll free: 1-877-644-9992
- Email: [css.ascc@gov.ab.ca](mailto:css.ascc@gov.ab.ca)
- 24-hour Emergency Income Support Contact Centre

### ኣልበርታ ማእከል ኣብሬታ እቶታዊ ኣገዛት (Alberta Supports Contact Centre)

ምስቶም ቀንዲ Alberta Supports Contact Centre ክትረክቦም ምስትደሊ ኣድራሻ ኣብዚ ታሕቲ ተመልከት፡

- ሰዓታት፡ 7:30 am to 8 pm (ሰኑይ ክሳብ ዓርቢ፣ በዓላት ዕጹው እዩ)
- ናጻ ደወል፡ 1-877-644-9992
- ኢሜይል፡ [css.ascc@gov.ab.ca](mailto:css.ascc@gov.ab.ca)
- ናጻ ደወል፡ 1-866-644-5135
- ፋክስ፡ 780-422-9681
- ኢሜይል፡ [css.iscc@gov.ab.ca](mailto:css.iscc@gov.ab.ca)

-24 ሰዓታት ህጽጽ Income Support ኣገዛት ዝህቡ

Get [emergency financial assistance](#) to help with basic needs like shelter, food, clothing and transportation.

- Hours: 24/7
- Toll free: 1-866-644-5135
- Fax: 780-422-9681
- Email: [css.iscc@gov.ab.ca](mailto:css.iscc@gov.ab.ca)

ናይ ህጽጽ ገንዘባዊ ኣገዛ ን መጽለሊን መግቢ ወይ ክዳን ወይ ድማ ናይ መጋዓዝያ ምስዘድልየካ ኣብዚ ኣብ ታሕቲ ዘሉ ብምድዋል ኣገዛ ህርከብ ይክኣል ([emergency financial assistance](#))

- ሰዓታት፡ 24/7
- ናጻ ደወል፡ 1-866-644-5135
- ፋክስ፡ 780-422-9681
- ኢሜይል፡ [css.iscc@gov.ab.ca](mailto:css.iscc@gov.ab.ca)

## Eligibility

There are several factors that affect your eligibility for income support. If you meet these criteria, you can apply for Income Support. The process typically takes 2 weeks.

### ዝግባዎ ሰባት (Eligibility)

ገንዘባዊ ሓገዝ ንክፍቀደካ ብተሕ ነገራት ዝጸልዎ ኣሎ ነቲ ቀረቡ ዘሎ ጠለባት ምስተማልእ ክምልከተካ ወይ ክፍቀደካ ይክእል። ስለዚ ከተመልከት ኣሎካ። እቲ ስራሕ ንክውዳእ እንተ ውሓደ 02 ሰሙን ይወስድ።

## Age and residency

You must:

- live in Alberta
- be at least 18 years old
- be a Canadian citizen, permanent resident, refugee or refugee claimant

### ዕድሙን ነባርነትን

ናይ ግድን:

- ኣብ ተቀማጢ ኣልበርታ ክትከውን ኣሎካ
- ዕድሙካ 18 ወይ ንላዕሊ ክከውን ኣሎዎ
- ናይ ካናዳ ዜግነት ወይ ቀዋሚ ነባሪ ወይ ድማ ስደተኛ ወይ ከኣ ሓታቲ ዑቅባ ክትከውን ኣሎካ

## Financial

You must:

- be unable to pay for your basic needs
- not have income or assets that exceeds:
  - \$5,000 in RRSPs per adult
  - \$10,000 equity in vehicles
- not have income that exceeds what you would receive from Income Support core benefits
- not have cash or savings that exceed the liquid asset limit (the limit is generally three times the Income Support core benefit amount you would be eligible to receive)
- be willing to apply for other income programs that you may be eligible to receive (such as Employment Insurance)

### ገንዘባዊ (Financial)

- ናይ ግድን ነቲ መሰረአዊ ነገራት ዘይትከፍል ክትከውን ኣሎካ
- ኣብቲ ናትካ መክዘን ልዕሊ (RRSP) ልዕሊ \$5000 ክህልወካ የብሉን
- ብንጉረት ክትመን ከሎ ድማ ናይ መኪና \$10000 ክህልወካ የብሉን
- እቲ ኣታዊታትካ ካብቲ ሓገዝ ትረክቦ ክበዝሕ የብሉን
- መጠን ገንዘብ ብኻል ወይ ድማ ዝከዘንካሮ ካብቲ liquid asset limit ክበዝሕ የብሉን።
- ካልእ ዓይነት ተረባሲ ንምካን ዝምልከት ፍቓደኛ ምካን፡ ንኣብነት ናይ ሰራሕተኛ ኢንሹራንስ

## Ability to work

Your situation must be one of the following. You:

- are looking for work
- are working but not earning enough
- are unable to work for a short time
- need help to access training to find a job
- are unable to work due to chronic health problems or other concerns

## ድልውነት ወይ ክእለት ስራ (Ability to work)

ኩነታትካ ካብዘም ኣብ ታሕቲ ዘለዉ ክኸውን ኣሎዎ:

- ስራሕ ትደሊ እንተሃሊካ
- ትሰርሕ ኣሎካ ግን እኩል ገንዘብ ኣይትገብርን ኣሎካ
- ንሓዲር ግዜ ክትሰርሕ ክትሰርሕ ዘይትክእል እንተኮንካ
- ልምምድ ስራሕ ምድላይ የድልየካ እንተኮይኑ
- ብሰንኪ ሕፃር ሕማምን ጥዕናዊ ጸገማትን ስራሕ ክትሰርሕ ምስዘይትክእል።

## Information and planning

You must be willing to:

- provide personal and financial information for all members of your household
- develop and follow a plan with your Income Support worker to improve your situation

## ሓብሬታን መደባትን

ናይ ግድን ፍቓደኛ ምስትከውን:

- ናትካን ናይ ስድራ-ቤትካን ሙሉእ ሓብሬታ ምስተቅርብ
- ምስቲ ናትካ ናይ ኣታዊታት ሓገዝ ዝሰርሕ ( Income Support worker) ምክትታልን ለውጥን ምስተገብር

For more information, see the [Income Support Online Policy Manual](#)

ንዝያዳ ሓብሬታ ኣብዚ ምራይ ይከኣል: [Income Support Online Policy Manual](#)

## How to apply:

### ብከመይ ከተምልክት ትክእል:

### Step 1. Fill out an application

There are 3 ways to start the Income Support application process:

- Online application  
[Apply online](#)
- Fill out the form  
Fill out the [Income Support Application Form](#) and bring it to your nearest [Alberta Supports or Alberta Works Centre](#).
- Paper application  
Pick up a paper application from your nearest [Alberta Supports or Alberta Works Centre](#), complete it, and return it to your nearest centre.

### ቁጽረ 1. መጀመርታ እቲ ፎርም ይምላእ (Step 1. Fill out an application)

ሰለስተ መገደታት ነቲ መምልኪ ፎርም ዝሕግዙ

- ብቀጥታ (Online application)  
ኣብዚ ብቀጥታ ክምለእ ይከኣል [Apply online](#)
- እቲ ፎርም መጀመርታ ይምለእ  
ብድሕሪኡ እዚ [Income Support Application Form](#) ይምለእ፡ ብድሕሪኡ ኣብ ጥቓካ ዘሎ [Alberta Supports or Alberta Works Centre](#) ይርከብ።
- ብጽሑፍ ወይ ብወረቀት ዝምለእ ፎርም

ካብ ጥቓካ ዘሎ [Alberta Supports or Alberta Works Centre](#) መምልኪ ቅጥዒ ብምምጻእ መሊእካ ናብኡ ትምልሱ።

## Step 2. Meet with an Income Support worker

Once you submit your application, you will get instructions explaining the next steps including how to set up a meeting with a worker to discuss your application.

### ቁጽረ 2 ምስ ሰራሕተኛ ናይ ኣታዊታት ሓገዝ (Income Support worker)

ሓንሳብ እቲ መመልከቲ መሊእካ ምስ ኣረከብካዮ ፡ ብዛዕባ ቀጻሊ እንታይ ክምዝከዉን ሓብራታትን ምስ ሰራሕተኛ ብከመይ ክምትራክብን ሓብሬታ ክመዳካ እዩ።

Bring these documents to your meeting with the worker:

- identification
- proof of assets
- banking information
- proof of employment income
- medical forms (if you cannot work)
- immigration papers if you came to Canada in the last 10 years

ምስቲ ሰራሕተኛ ክትራክብ ከለካ እቲ ዝመዳካ መልእክቲ ሒዝካዮ ምዳእ

- ብዛዕባ ናትካ መንነት ዝገልጽ
- ክንሰይ ዋንነት ክምዘለካ ዝገልጽ
- ናይ ባንክካ ሙሉእ ሓብሬታ
- መረጋገጺ ናይ ኣታዊታትካ
- ዘይትሰርሕ እንተኮንካ ናይ ኩነታት ጥዕናካ ዝገልጽ
- ናይ ኢሚግሬሽን ኣብዚ ዊሽጢ 10 ዓመት ናብ ካናዳ ዝመዳካ ምስትከዉን።

The Income Support application process typically takes approximately 2 weeks, but emergency needs can be met in as little as 2 days.

<https://www.alberta.ca/emergency-financial-assistance.aspx>

ብገምጋም እዚ ናይ ገንዘባዊ ሓገዝ ክሰብ ዝውዳእ 10 መዓልታት እዩ ዝወስድ። ናይ ህጹጽ ምስዝድልየካ ግን ኣብ 2 መዓልቲ ክመዳካ ትክእል።

<https://www.alberta.ca/emergency-financial-assistance.aspx>

## 2. I need help paying my utility bill

Email [ucahelps@gov.ab.ca](mailto:ucahelps@gov.ab.ca) or Contact 310-4822 (in Alberta) or 780-644-5130 if you have issues arranging payments for utilities.

## 2. ወጻኢታት ናይ ኤለክትሪክን ማይን መውዓይን ዝከፍለለይ ሓገዝ ደልዮ ኣሎኩ

ኣብ ምክፋል ናይዞም ኣብ ላዕሊ ዘለዉ ጸገማት ምስዝህልወካ ወይ ድማ ክትሸፍኖ ምስዘይትክእል በዚ ኣድራሻ ጌርካ ሓገዝ ክትሓትት ይከኣል። ኢሜይል: [ucahelps@gov.ab.ca](mailto:ucahelps@gov.ab.ca) ተለፎን 310-4822 (ኣብ ኣልበርታ ወይ ድማ ) or 780-644-5130

The government of Alberta has introduced a 90-day utility bill deferral program. This is not cancellation of bills, but it is a pause of payments

መንግስቲ ካናዳ ክሳብ 90 መዓልታት እቲ ወጻኢታት ከይከፈልካ ዘጽንኡ መደብ ኣውጹኡ ኣሎ። እዚ ግን ኩሉ ዕዳ ተሰሪዑ ማለት ኣይኮነን። እንታይ ደኣ ንግዜኡ ምክፋል ኣቃሪጹ።

<https://www.auc.ab.ca/Pages/short-term-billing-assistance.aspx>

## 3. Where can I get free food?

To find free food including food banks, food hampers and free meals, please refer to the following:

Website: <https://www.albertahealthservices.ca/nutrition/Page16163.aspx>

Upon clicking the website, please click your area and you will be given a directory of locations that offer free food.

Be aware that many food banks will ask for details of your financial situation before providing a hamper. It is best to have an idea of your income and expenses before you call. This includes rent, childcare, transportation, medical, and utilities.

### 3. መግቢ ብናዳ ካበይ ክረክብ ይከእል፡ (Where can I get free food)

ነጻ መግቢ ብዘይ ክፍሊት ካብ ባንኪ መግቢ ወይ ዕሹግ መግቢ ወኣይ ድማ ናዳ ምሳሕ ምስ ዘድልዮካ፡ ኣብዚ ታሕቲ ዘሎ ሊንክ ብምጥዋቕ ሓበሬታ ክርክብ ይከኣል።

Website: <https://www.albertahealthservices.ca/nutrition/Page16163.aspx>

ኣብቲ ሊንክ ምስጠወቕካ፡ ትነብረሉ ቦታ ጠውቑ፡ ድሕረኡ እቲ ናዳ መግቢ ዝወሃበሉ ቦታ ክትበረክ እዩ።

ቅድሚ ምድዋልካ ኣብ ግምት ከተእትዎ ዘለካ ነገር፡ ቅድሚ ነጻ ዕሹግ መግቢ ምሃብም ብዘዕበ ሓፈሻዊ ቁጠባዊ ኩነታትካ ክፍልጡ ስለዘለዎም እቲ ዘለካ ኣታውን ወጻእን ኣዳልዎ። ን ኣብነት ገዛ ክራይ፡ መእለዪ ጃልዑ፡ መጋዓዝያ፡ ወጻኢታት ናይ ገዛ ሃልኪ ከም ኤለክትሪክ፡ ማይ፡ መውዓዪ ዝኣመሰሉ የጠቓልል።

## 4. How can I avoid eviction?

Evictions happen when payments are not made in a timely manner. To avoid this, please make your payments in time. If you require specific assistance, please refer to Alberta Support.

<https://www.alberta.ca/alberta-supports.aspx>

The Government of Alberta recommends tenants and landlords try to negotiate payment plans if the tenant is struggling to pay rent due to COVID-19.

<https://www.alberta.ca/rental-evictions.aspx#toc-0>

### 4. ካብ ገዛ ብሓይሊ ምውጻእ ወይ ምስጋግ ብከመይ ክድሕን ይከኣል

ካብ ገዛ ምስጋግ ዘጋጥም፡ እቲ ክፍሊት ወይ ገዛ ክራይ ኣብ ሰዓቱ ምስዘይክፈል እዩ። ከምዚ ከአየጋጥም ብዝተካለ ኣብ ግዜ ክትከፍሎ ፈትን። ክትከፍሎ ዓቕሚ ምስዘይህልወካ ወይ ሓገዝ ምስዝድልየካ ካብ ኣልበርታ ሓገዝ ሕተት፡ ኣብዚ ታሕቲ ሊንክ ምራኣይ ይከኣል

<https://www.alberta.ca/alberta-supports.aspx>

መንግስቲ ኣልበርታ ዝላበዎ፡ ዝኮነ ተካራያይን ብሰንኪ ኮቪድ-19 ክራይ ገዛ ክከፍሎ ምስዘይከኣል፡ ኣካራይን ተካራይን ተረዳዲኦም ክፈትሖም ኣሎዎም። ኣብዚ ኣብ ታሕቲ ዘሎ ሊንክ ምርኣይ ይከኣል።

<https://www.alberta.ca/rental-evictions.aspx#toc-0>

## 5. I am evicted and have nowhere to go.

- Find a new rental as soon as possible, visit websites like:

<https://www.rentfaster.ca/>

- Borrow money from friends and family
- Move in with friends or family temporarily
- Try to legally stop your eviction by responding to it
- Call 211 for resources
- Find a shelter for short-term support

<https://www.alberta.ca/find-shelters.aspx>

### 5. ካብ ገዛ ተሰጊጉ፡ ናብ ዝኮነ ዝከዶ ወይ ዝዕቀበሉ የብለይን

- ብዝቀልጠፈ ሓድሽ ገዛ ክራይ ክትረክብ ከኣል፡ ኣብዚ ኣብ ታሕቲ ዘሎ ሊንክ ምፍታሽ ይከኣል።

<https://www.rentfaster.ca/>

- ካብ ኣዝማድካ ወይ የዕሩክቱካ ገንዘብ ተለቃሕ
- ንግዚኡ ምስ የዕሩክትካ ወይ ኣዝማድካ ተቀመጥ
- ብዝተካላለ ብሕጋዊ መገዲ ነቲ ምስጋግ ከተቃርጸ ፈትን፡ ኣብዚ ታሕቲ ተወሳኪ ሓብሬታ ክርከብ ይከኣል

<https://www.alberta.ca/rental-evictions.aspx#toc-4>

- 211 ብምድዋል ተወሳኪ ሓብሬታ ኣክብ
- ንግዚኡ ኣብ ገዚኡ ዘጽንፋካ ሓገዝ ርክብ

<https://www.alberta.ca/find-shelters.aspx>



## F. Temporary Residents of Alberta

### F. ግዜያዊ ነበረቲ ናይ ኣልበርታ

#### 1. I need grocery delivery

##### 1. ኣስፊዛ ናብ ገዛይ ክለኣክለይ ይደሊ ኣሎኩ

List of grocery stores in your city:

Make sure you sign up and open your account before you start buying grocery

ኣስማት ዝርዝር ናይ ኣስፊዛ ድካናት ኣብ ናትካ ከተማ

ቅድሚ ኣስፊዛ ክትገዝእ ምጅማርካ፡ ኣብቲ ናትካ ኣካውንት ክትኣቱ ኣሎካ

#### Calgary, North East

##### Real Canadian Superstore

- Address: 3633 Westwinds Dr NE unit 100, Calgary, AB T3J 5K3
- Phone: (403) 590-3319
- Website: <https://www.realcanadiansuperstore.ca/store-locator>

##### ሰሜናዊ ምብራቅ ካልጋሪይ

##### ሬል ካናዲያን ሱፐርስቶር

- ኣድራሻ: 3633 Westwinds Dr NE unit 100, Calgary, AB T3J 5K3
- ተሌፎን: (403) 590-3319
- ሊንክ: <https://www.realcanadiansuperstore.ca/store-locator>

##### Real Canadian Superstore

- Address: 3575 20 Ave NE, Calgary, AB T1Y 6R3
- Phone: (403) 280-8222
- Website: <https://www.realcanadiansuperstore.ca/store-locator>

##### ሬል ካናዲያን ሱፐርስቶር

- ኣድራሻ: 3575 20 Ave NE, Calgary, AB T1Y 6R3
- ተሌፎን: (403) 280-8222
- ሊንክ: <https://www.realcanadiansuperstore.ca/store-locator>

#### Calgary, North West

##### Real Canadian Superstore

- Address: 7020 4 St NW, Calgary, AB T2K 1C4
- Phone: (403) 516-8519
- Website: <https://www.realcanadiansuperstore.ca/store-locator>

##### ሰሜናዊ ምዕራብ ካልጋሪይ

### **ሬል ካናዳያን ሱፐርስቶር**

- አድራሻ: 7020 4 St NW, Calgary, AB T2K 1C4
- ተሌፎን: (403) 516-8519
- ሊንክ: <https://www.realcanadiansuperstore.ca/store-locator>

### **Walmart Supercentre**

- Address: 35 Sage Hill Gate NW, Calgary, AB T3R 0S4
- Phone: (587) 230-8411
- Website: <https://www.walmart.ca/en/grocery/N-117>

### **ዋልማርት ሱፐርስቶር**

- አድራሻ: 35 Sage Hill Gate NW, Calgary, AB T3R 0S4
- ተሌፎን: (587) 230-8411
- ሊንክ: <https://www.walmart.ca/en/grocery/N-117>

### **Calgary, South west**

#### **Real Canadian Superstore**

- Address: 10505 Southport Rd SW, Calgary, AB T2W 3N2
- Phone: (403) 225-6223
- Website: <https://www.realcanadiansuperstore.ca>

### **Walmart Supercentre**

- Address: 1212 37 St SW, Calgary, AB T3C 1S3
- Phone: (403) 242-2205
- Website: <https://www.walmart.ca/en/grocery/N-117>

### **ደቡባዊ ምዕራብ ካልጋሪይ**

#### **ሬል ካናዳያን ሱፐርስቶር**

አድራሻ: 10505 Southport Rd SW, Calgary, AB T2W 3N2

- ተሌፎን: (403) 225-6223
- ሊንክ: <https://www.realcanadiansuperstore.ca>

#### **ዋልማርት ሱፐርስቶር**

- አድራሻ: 1212 37 St SW, Calgary, AB T3C 1S3
- ተሌፎን: (403) 242-2205

ሊንክ: <https://www.walmart.ca/en/grocery/N-117>

## **Calgary, South East**

### **Real Canadian Superstore**

- Address: 20 Heritage Meadows Way SE #100, Calgary, AB T2H 3C1
- Phone: (403) 692-6220
- Website: <https://www.realcanadiansuperstore.ca/store-locator>

### **Walmart Supercentre**

- Address: 4705 130 Ave SE, Calgary, AB T2Z 4J2
- Phone: (403) 726-0430
- Website: <https://www.walmart.ca/en/grocery/N-117>

### **ደቡባዊ ምብራቅ ካልጋርይ**

### **ሬል ካናዳያን ሱፐርስቶር**

- አድራሻ: 20 Heritage Meadows Way SE #100, Calgary, AB T2H 3C1
- ተሌፎን: (403) 692-6220

ሊገኝ: <https://www.realcanadiansuperstore.ca/store-locator>

### **ዋልማርት ሱፐርስቶር**

- አድራሻ: 4705 130 Ave SE, Calgary, AB T2Z 4J2
- ተሌፎን: (403) 726-0430
- ሊገኝ: <https://www.walmart.ca/en/grocery/N-117>

## **Edmonton**

### **ኤድመንቶን**

### **Real Canadian Superstore**

- Address: 1155 Windermere Way SW, Edmonton, AB T6W 2B6
- Phone: (780) 438-9235
- Website: <https://www.realcanadiansuperstore.ca/store-locator>

### **ሬል ካናዳያን ሱፐርስቶር**

- አድራሻ: 1155 Windermere Way SW, Edmonton, AB T6W 2B6
- ተሌፎን: (780) 438-9235

መፈተሽ: <https://www.realcanadiansuperstore.ca/store-locator>

### **Walmart Supercentre**

- Address: 18521 Stony Plain Rd, Edmonton, AB T5S 2V9
- Phone: (780) 487-8626
- Website: <https://www.walmart.ca/en/grocery/N-117>

### **ዋልማርት ሱፐርስቶር (Walmart Supercentre)**

- አድራሻ: 18521 Stony Plain Rd, Edmonton, AB T5S 2V9
- ተሌፎን: (780) 487-8626
- መፈተሽ: <https://www.walmart.ca/en/grocery/N-117>

### Real Canadian Superstore

- Address: 9711 23 Ave NW, Edmonton, AB T6N 1K7
- Phone: (780) 490-3918
- Website: <https://www.realcanadiansuperstore.ca/store-locator>

### ሬል ካናዳያን ሱፐርስቶር (Real Canadian Superstore)

- አድራሻ: 9711 23 Ave NW, Edmonton, AB T6N 1K7
- ተሌፎን: (780) 490-3918

መፈተሽ: <https://www.realcanadiansuperstore.ca/store-locator>

If temporary residents have family or friends close to their new home, they can arrange to have someone pick up and deliver supplies. Of course, temporary residents may not always know anyone in their new city or town. For a temporary resident in this situation, the best solution is to leverage the various online grocery shopping options.

አዝማድ ወይ ድማ ይዕሩሽ ናይዞም ግዜያዊ ተቀማጦ ናይ ኣልበርታ ኣብ ጥቅኡም ዝነብሩ እንተኮይኖም ሓደ ካብኣቶም ከምጻሎም ይከኣል እዩ። ሩዱእ ነገር እዩ ፡ ግዜያዊ ተቀማጦ ኣብቲ ዝቅመትሉ ከተማ ዝኮነ ዝፈልጥዎ ሰብ ክህልዎም ከምዘይክእል። ስለዚ ነዞም ግዜያዊ ተቀማጦ እቲ ዝበለጸ መፍቲሒ ብቀጥታ ወይ ኣንልይን ጌሮም ኣስፌዞም ክዕድጉ ኣሎዎም።

[Finder Canada](#) is a great resource to find a delivery option that suits your needs.

Here are some options across Alberta during the coronavirus outbreak,

- [Save-On-Foods](#) has pickup options and delivers to shoppers in different parts of Alberta, including Edmonton, Airdrie West and Red Deer.
- [SPUD.ca](#) delivers local and organic groceries in Edmonton and Calgary.
- In Calgary, [Cultivatr](#) delivers farm-fresh groceries from local producers, including meat, dairy and produce. Orders placed online come a few days later.
- [The Organic Box](#) works in a similar way, and ships locally produced products to customers in the greater Edmonton area, Calgary, Bow Valley and [other cities across Alberta](#).
- Family-owned [The Grocery Link](#) delivers groceries from stores including Real Canadian Superstore, Walmart, Wholesale Club, Loblaws City Market and Save on Foods to residents in the Calgary area.

**ፋይንደር ካናዳ ( Finder Canada )**: እቲ ዝበለጸ ከመይ ጌርካ ናብ ገዛካ ክስደደልካ ዝክእል መንገዱ ትረክበሉ እዩ።

ኣብዚ ታሕቲ ዘለዉ: ኣብዚ ግዜ ኮሮና ከም ተለኣክቲ (delivery) ኣብ ሙሉእ ኣልበርታ ክገልግሉካ ዝክእሉ እዮም።

[Save-On-Foods](#) ናይ ምላኣክን(delivery) ናይ ምድላዉን(pickups) ኣማራጺታት ዘለዎም ኮይኖም ኣብ ኣልበርታ ከም ኤርድሪ ምዕራብ: ኤድመንቶን: ረድዲር ክትጥቀሙሎም ትክእል

[SPUD.ca](https://spud.ca) ኣብ ካልጋሮይን ኤድመንተን ዝጥቀሙ ኮይኑ ባህሪያዉን ዉሽጣዊ ፍርያትን የከፋፍሉ።

[Cultivatr](https://cultivatr.ca) ኣብ ካልጋሮይ ዝጥቀምሉ ኮይኑ ብቀጥታ ካብቲ ሕርሻ ፍርያት ከም ስጋ፡ ጸባ፡ ዘኣመሰሉ የከፋፍል። ኣብ ዝሓጸረ መዓልቲ ድማ ከምዴልካ ይክእሉ።

[The Organic Box](https://theorganicbox.ca) እዚ ድማ ብዝተማሳሰለ መገዲ ዝሰርሕ ኮይኑ ኣብ ዉሽጢ ዝፈረዱ ፍርያት ናብ ኤድመንተን ከባቢኡን፡ ካልጋሮይን ቦውሽላይን ካሎኦት ቦታታትን የባጻጽሑ። ብስድራ-ቤት ዝውነን [The Grocery Link](https://thegrocerylink.ca) ካብ ድካናት ከም ሱፐርስቶር፡ ዋልማርት፡ ሴቭ ኦን ፎድ፡ ሆል ሴል ክለብ፡ ሎብላውስ ወዘተ ኣስፌዞ ንነበረቲ ካልጋሮይ የከፋፍል።

## Tips for online grocery shopping

### ንቀጥታ ወይ ኣንላይን ምዕዳግ ዝሕግዙ ነጥብታት

- **Make a list**

Even when shopping online, preparing a list before you put things into your (virtual) cart will help keep you on track and on budget. It's easy to start purchasing things that you don't really need when the product photos start appearing on the screen.

ዝርዝር ክትገዝ ዝደለካ ግበር

በላ ብ ቀጥታ ኣብ ትዕድገሉ፡ ዝርዝር ናይቶም ክትገዝም ዝደለካ ኣቀዲምካ ምድላው ብዘይ ጸገም ንክትገዝእን ኣቀድምካ ዘድልየካ መጠን ገንዘብ ንምፍላጥን ይሕግዘካ። ኣብቲ ስእሊ ምስ መጻካ ጥራሕ ክትገዝኦ ዘይሕሰብካ፡ ንክትገዝኦ ትደናደን።

- **Be flexible**

In many of the grocery stores you will find online is an option to “accept substitutions.” This means that if the product you requested is out of stock, but there is something very similar available, they will substitute the out of stock item for the similar item. Being flexible and allowing substitutions may give you a better chance of receiving all of the types of products you are shopping for. If you are not comfortable with allowing substitutions, then you will have to order the out of stock item another time, or from another store.

**ተዓጻጻፊ ኩን (Be flexible)**

ኣብ መብዛሕትኤን ድካናት ብ ኣንልይን ኣብ ትዕድገሉ እዋን ከም መተካእታ ኣማራጺ የዳልዎ እየን። ኣዚ ማለት እቲ ዝደለካዮ ነገር ምስዘይትረክብ ንዑኡ ዝመሳሰል የዳልውልካ እዮም። ስለዚ በዚ መትካእታ ጌርካ ክትክኦ ትክእል። ተዓጻጻፊ ምካንን ነቲ ዘሎ ኣማራጺታት ምቅባልን ኣብቲ ትገብሮ ዕዳጋ ዝደለካዮ ነገር ክትረክብ ይሕግዘካ። በዚ ናይ ኣማራጺታት ዕጉብ ምስዘይትከዉን ግን ካብቲ ተወዲኡ ዘሎ ብምእዛዝ ኣብ ኣብ ካልእ ግዜ ክመጻካ ይክእል ወይ ድማ ኣብ ካልእ ድካን ምእዛዝ ይከኣል።

- **Order ahead of time**

As mentioned above, it is best to order your items well in advance of when you actually need them. With a higher demand for online grocery shopping, stores can only accommodate so many deliveries at a time and may have to push your delivery further out than you hoped for.

### አቀድሞ አድራሻ ለማድረግ (Order ahead of time)

አቀድሞ ከምዝተገለጸ፡ እኛ ዝደለካሉ ነገር፡ ቅድሚያ ምድላይካ አቀድሞ አድራሻ ለማድረግ ተመራጭ እዩ። እዚ ናይ ኦንላይን ምዕዳግ ቡዙሕ ሰብ ይጠልቦ ስለዘሎ፡ እተን ድካናት ዉን ነቲ አቀድሞ ዝሓዘዘ እየን ቀዳምነት ዝህባ። ስለዚ ኣብቲ ዘደለካሉ ግዜ ዘይከመዳካ ይክእል እዩ።

- **Practice proper safety techniques**

If the option is available, it is a good idea to go with contactless delivery. This means that the delivery person will leave your items outside of your door, reinforcing physical distancing measures and keeping you both safe. [The Government of Canada](https://www150.ca/government) has outlined more tips on their website.

### ኩሉ ግዜ ከትእዝዝ ከለካ ጥንቁቅን ብ ኣገባብን ተከተል

ከም ኣማራጺ እንተ ተካሊሉ ብዘይ ምትንካፍ ነቲ ኣስፊዛካ ክትቅበሎ ጽቡቕ እዩ። እዚ ማለት ነቲ ኣስፊዛ ኣብ ኣፍ-ደገ ገዛካ ይገድፋልካ ሞ ብድሕሪኡ ተእትዎ። እዚ ምርሕሓቅ ንክልቴካ ዉሑስ ናይ ጥዕና ኩነታት ክህልወካ ይሕግዝ። መንግስቲ ካናዳ ነዚ ዝምልከት ቡዙሕ ነጥብታት ኣውጺኡ ኣሎ።

Online grocery shopping is a convenient and necessary way to practice physical distancing for temporary residents during and beyond the self-isolation period.

<https://startright.scotiabank.com/article-covid19-shopping.html>

ብ ቀጥታ ወይ ኦንላይን ጌርካ ኣስፊዛ ምእዝዝ እኛ ዝሓሸ ርሕቀትካ ክትሕልወሉ ትክእል ብፍላይ ን ግዜያዊ ተቀማሮ ናይ ኣልበርታ ኣብ ግዜ ነብሶ-ምግላል ድሕሪኡ ዘሎ ግዜን እዩ።

<https://startright.scotiabank.com/article-covid19-shopping.html>

## 2. My study permit/work permit is going to expire

COVID 19 Impacts: As a temporary measure, if you're in Canada and applying to work study or stay temporarily in Canada, you do not need to give your biometrics.

### 2. ናይ ስራሕ ወይ ትምህርቲ ፍቃደይ ኢክስፖርት ክገብር ቀሪቡ

ኮቪድ-19 ዘምጸኦ ጽልዋታት፡ ከም ግዜያዊ መዐቀኒ ኣብ ካናዳ ን ስራሕ ወይ ትምህርቲ ወይ ድማ ን ግዜኡ ኣብ ካናዳ ተጸንኦ እንተኮንካ ፡ ባዮሜትሪክስ ምሃብ ኣየድልየካን እዩ።

### Students:

If your study permit is about to expire, you have 3 options:

#### ተምሃሮ፡

ናይ ትምህርቲ ፍቃድካ ኢክስፖርት ክገብር ምስዝቀርብ 3 ኣማራጺታት ኣሎካ፡

#### Option 1

**You may be able to extend your study permit, if you want to continue studying.**

#### ኣማራጺ ቁጽ 1

እኛ ናይ ትምህርቲ ግዜካ ከተናውሖ ይክኣል እዩ፡ ክትቅጽል እንተደሊካ

#### About the process:

The expiry date on your study permit tells you when you have to stop studying and leave Canada. You can find the expiry date in the top right corner of your permit.

This date is usually the length of your study program, plus 90 days. The extra 90 days gives you time to prepare to leave Canada or to extend your stay in Canada.

### **ብክመይ ከምዝሰርኡ:**

እቲ ኣብ ፋቃድ ናይ ትምህርቲ ዘሎ ዘወድቀሉ ዕለት መዓስ ትምህርቲ ተቐርጽን ካብ ካናዳ ትወጽእን ይሕብር። እዚ ግዜ እዚ መብዛሕቲኡ እቲ ኣብ ትምህርቲ ትጸንሑን 90 መዓልታትን የጠቓልል። እዚ 90 መዓልታት ነቲ ዘልካ ኣማራጺታት ወይ ካብ ካናዳ ክትወጽእ ወይ ድማ ትምህርቲ ክትቅጽል ከተናውሖ መዳለዊ ግዜ እዩ።

### **When to apply:**

You should apply to extend your permit at least 30 days before it expires. Make sure your passport doesn't expire at the same time. You can't extend your study permit beyond your passport's expiry date. If you apply before your permit expires, you can stay in Canada under the same conditions as your current study permit until we make a decision. You should apply to extend your study permit if you plan to travel outside Canada and your permit will expire while you're travelling.

### **መዓስ ከተመልክት ኣሎካ (When to apply):**

ናይ ትምህርቲ ግዜካ ከተናውሖ ምስትውስን 30 መዓልቲ ቅድሚ ኤክስፖርቲ ምግባሩ ከተመልክት ኣሎካ። ፓስፖርትካ ኣክስፖርቲ ከምዘይገበረ ኣረጋግጽ። ናይ ትምህርቲ ግዜካ ልዕሊ ናይ ፓስፖርትካ ኣክስፖርቲ ዝገብረሉ ከተናውሖ ኣይፍቀድን እዩ። ቅድሚ ፍቃድካ ኣክስፖርቲ ምግባሩ እንተኣመልኪትካ : ከምቲ ናይ ቅድሚ ህጂ ኩነታትካ ኣብ ካናዳ ክትጸንሑ ትክእል ኢካ ክሳብ ወሲና ንነግረካ። ፋቃድካ ከተናውሖ ምስትደሊን ካብ ካናዳ ወጻኢ ክትጋዓዝ ምስትደልን ፍቃድካ ኣብ ጉዕዞ ከለካ ኣክስፖርቲ ክገብር ይክእል እዩ።

### **How to apply:**

Before you apply to extend your study permit, make sure your school is on the designated learning institution list (DLI). In most cases, you must apply online to extend your study permit.

[Find out how to apply and restore your status](#)

### **ብክመይ ከተመልክት ትክእል:**

ቅድሚ ናይ ትምህርቲ ግዜካ ከተናውሖ ምጅማርካ: እታ ትመሃረላ ቤት-ትምህርቲ ኣብቲ መዝገብ ናይ designated learning institution (DLI) ኣረጋግጽ። ኣብ መብዛሕቲኡ ግዜ ፍቃድካ ከተናውሖ ብ ኣንላይን ወይ ቀጥታዊ ክትጥቀም ኣሎካ። ኣብዚ ታሕቲ ምምልካት ይከኣል

[Find out how to apply and restore your status](#)

### **Step 1: make sure you have what you need**

To apply online, you'll need:

- a scanner or camera to create electronic copies of your documents, and
- a valid [credit](#) or [debit](#) card

### **ቁጽሪ 1. ዝደለካኖ ነኣገር ከም ዘለካ ኣረጋግጽ**

ብ ቀጥታ ከተመልክት: ዘድልዩካ ነገራት

- ስካነር ወይ ካሙራ ዶኩመንትካ ብ ኤለክትሮኒክ ክዳሎ ኣሎዎ
- ኣብ ስራሕ ዘሎ ክረዳት ወይ ደቢት ካርድ

### Step 2: read the instruction guide

Even if you apply online, you should [read the instruction guide](#) before you complete your application. The guide explains how to complete each field on the form.

#### ቁጽረ 2፡ እቲ መሐበሪ ሓብሬታ አንብቦ

ወላኮብ ቀጥታ ወይ አንላይን ተመልክት እንተሃለክ፡ ቅድሚ እቲ መመልከቲ ምውዳእካ እቲ መሐበሪ ሓብሬታ ከትንብቦ ይግበአካ። እዚ ሓብሬታ ከመይ ገሪካ ነፍሲ ወከፍ ቦታ ትመልኦ ክሕግዘካ እዩ።

### Step 3: prepare your answers for the online tool

Before you can upload your forms, you must answer some questions. We use your answers to create a personalized document checklist for you.

#### ቁጽረ 3፡ ነቲ አብ አንላይን ዘሎ ሕቶታት መልሲ አዳሎ

ቅድሚ እቲ ፎርም ምጽዓንካ፡ ናይ ግድን ገለ ናይቲ ሕቶታት ክትምልሶ አሎካ። እቲ መልሲ ዝሃብካዮ ነቲ ናትካ ናይ ዉልቅካ ናይ ዶክመንት ቸክ መግበሪ ንምድላው ክሕግዝ እዩ።

### Step 4: know the fees you have to pay

In most cases, your fees will include processing fees for you and anyone you include on your application.

#### ቁጽረ 4፡ እቲ ክትከፍሎ ዘለካ ክፍሊት ክትፈልጦ አሎካ

አብ መብዛሕቲኡ ግዜ እቲ ዝክፈል ክፍሊት ናትካ መመልከቻን ተወሳኪ ምሳካ አትዩ ዘሎ ናይ ካልእ ሰባት መመልከቻን የጠቓልል።

### Step 5: create your online account or sign in

You need an account to apply online. You can use your account to:

- pay your fees
- submit your application
- check your status

#### ቁጽረ 5፡ ናትካ አንላይን አካውንት ክትከፍት አሎካ

ናትካ አካውንት ናይ ግድን ክትከፍት አሎካ፡ እቲ አካውንት ክሕግዘካ ዝክእል፡

- ክፍሊት ክትከፍል
- መመልከቻ ከተረከቦ
- ምስ አረከብካ ክትከታተሎ

### *How applying online helps you*

- No courier fees or mail delivery time—we get your application instantly.
- Your application may be processed more quickly.
- It helps you make sure your [application is complete](#) before you submit it.



- You can quickly submit more documents online (if we ask you to).
- You get updates on the status of your application directly in your online account.

ብቀጥታ ወይ ኦንላይን ምምልካት ብከመይ ክሕግዝካ ይክእል

- ዝኮነ ናይ መስደዳ ወይ ሜዶል መግቢሪ ዝክፈል የለን፡ መመለከቻ ብ ቀጥታ ክገርከቦ ንክእል
- እቲ ዝመልከትካዮ ኣብ ሓጺር ግዜ ክሳለጥ ይክእል
- እቲ መመልከቻ ሙሉእ ምካኑ ክድሚ ምስዳድካ ተረጋግጾ
- ብ ኦንላይን ወይ ቀጥታ ብዙሕ ዶፍመንትስ ከተረክብ ትክእል (ኣድላዪ ኣንተኮይኑ)
- ኣብ ምንታይ ደረጃ በጺሑ ከምዘሎ ኣብ ኦንላይን ኣካውንት ክትከታተሎ ትክእል።

*If you can't apply online*

You can submit a paper application if either:

- you can't apply online because of a disability
- there's a problem with the online application

What to do if you can't apply online

- Study permit (including extensions): \$150
- Restore your status: \$350
- Processing time - 52 days

(<https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada>)

ብ ኦንላይን ወይ ቀጥታዊ ከተመልክት ምስዘይከኣል

ብጽሑፍ ከተመልክት ዝገዱድካ ምክንያት፡

- ብሰንኪ ስንክልና ብ ኦንላይን ከተመልክት ምስዘይከኣል
- ኣብቲ ናይ ኦንላይን መመልከቻ ጸገም ምስዝህሉ

እንታይ ክትገብር ትክእል ብ ኦንላይን ምምልካት ምስዘይከኣል ([What to do if you can't apply online](#))

- ናይ ትምህርቲ ፍቓድ (መናውሒ ግዜ ወሲካ) :\$150
- ህልው ኩነታትካ ክትዕቅብ ምስትደሊ:\$350
- መሳለጢ ግዜ-52መዓልታት

## Option 2

You may be eligible to apply for a post-graduation work permit (PGWP), if you completed your study program.

**ኣማራጺ ቁጽረ 2**

**ናይ ትምህርትካ መደብ ምስትውድእ፡ ኣብ ድሕረ-ምርቃ ዘሎ ናይ ስርሕ ፋቓድ ዝግበኣካ ስለዝክእል ኣመልክት**

### **About the process:**

If you're eligible for the post-graduation work permit program, you'll still be able to get a post-graduation work permit (PGWP) if your in-person classes in Canada have been moved to an online-only format and you had to begin or will continue your classes online because of COVID-19, or you had to put your studies on hold or study part-time during the winter, spring or summer 2020 semesters because of COVID-19

### **ብዛዕባ እቲ ሞስርሕ**

ድሕረ-ምርቃ ዘሎ ናይ ስራሕ ፋቃድ ዝግበአካ እንተኮይኑ፡ ናይ ድሕረ-ምርቃ ስራሕ-ፍቃድ ክወሃብካ ይክእል እዩ፡ እዚ ዝኮነሉ ግን እቲ ኣብ ክፍሊ ብኣካል ዝወሃብ ዝነበረ ትምህርቲ ኣብ ካናዳ ብሰንኪ ኮቪድ-19 ናብ ኣንላይን ጥራሕ ኣንተተሰጋገሩ ሞ ብኣንላይን ክትቅጽል ምስዝሕበረካ፡ ወይ ድማ ብሰንኪ ኮቪድ-19 ትምህርትካ ንግዚኡ ደዉ ምስዝተብል ወይ ናብ ፓርት ታይም ኣብ ክረምትን ጽድያን ምስዝቅየርን፡

### **If you're outside of Canada**

You're still eligible for a PGWP if you can't travel to Canada at this time and you have a study permit

If you applied for your study permit before starting your program

Any time spent studying online from outside Canada since spring 2020 now counts toward the length of a PGWP. (Before, only the time spent studying online after you were approved for a study permit counted.)

You won't have time deducted from the length of your PGWP for studies you complete outside Canada until April 30, 2021.

### **ካብ ካናዳ ወጻኢ ምስትህሉ (If you're outside of Canada)**

ካብ ካናዳ ወጻኢ እንተኣሊካን ብሰንኪ ኮቪድ-19 ክትጎዓዝ ምስዘይትክእልን

ቅድሚ ናይ ትምህርቲ መደባትካ ፍቃድ ናይ ትምህርቲ ክወሃብካ እንተኣመልኪትካ

ኣብዚ ዝኮነ ግዜ ካብ ካናዳ ወጻኢ ብኣንላይን ካብ ጽግያ 2020 ጀሚርካ ተጽንዕ ዝነበርካ ን ድሕረ-ምርቃ ናይ ስራሕ ፍቃድ ይቁጸረልካ እዩ። (ቅድሚ ህጂ እቲ ፍቃድ ን ትምህርቲ ምስ ተወሃብካን ኣብ ኣንላይን ዝነበርካሉ ግዜን ጥራሕ እዩ ዝሕሰብ ነይሩ)።

ክሳብ 30 ሚያዝያ 2021 ዘሎ ግዜ፡ ካብ ካናዳ ወጻኢ ኣብ ድሕረ-ምርቃ ዝሕለፍካዮ ግዜ ወላ ሓንቲ ዝጎድል የለን።

### **How much of your program you can complete online**

How much of your program you can complete online depends on when you started studying and how long your study program is.

### **ክንደይ ካብ መደብ ናይ ትምህርትካ ብኣንላይን ክትውድኦ ትክእል**

ክንደይ ካብ መደብ ናይ ትምህርትካ ብኣንላይን ክትውድኦ ከምትክእል፡ መዓስ ከምዝጀመርካን እቲ ናትካ መደብ ትምህርቲ ክንደይ ከምዝወስድን ይምርከስ።

### **You're taking a short-term program that started between May and September 2020**

You can complete 100% of your program online. Your program must be between 8 and 12 months long, and you must have started your studies between May and September 2020.

#### **ናይ ሓጺር ግዜ መደብ ኣብ ሞንጎ ግንቦትን መስከረምን 2020 ዝጀመረ መደብ ትወስድ እንተሃለካ**

100% ናይ መደብ ትምህርትካ ብ ኦንላይን ክትውድኦ ትክእል ኢካ። እቲ መደብ ትምህርትካ ካብ 8-12 ወርሒ ክከዉን ኣሎዎ፡ ትምህርቲ ዝጀመርካሉ ድማ ኣብ ሞንጎ ግንቦትን መስከረምን ዘሎ ክከዉን ኣሎዎ።

### **You're taking a program that is 12 months or longer, or you started a short-term program before May 2020**

You can complete up to 50% of your program online (until April 30, 2021). You must complete the other 50% of your program in Canada.

#### **እቲ ትወስዶ መደብ ትምህርቲ 12 ወርሕ ወይ ልዕሊኡ ምስዝከዉን ወይ ድማ ሓጺር መደብ ትምህርቲ ቅድሚ ግንቦት 2020 ዝጀመርካ እንተኮንካ**

ካብቲ መደብ ትምህርትካ 50% ብ ኦንላይን ክትውድኦ ትክእል ኢካ (ክሳብ ሚያዝያ 2021) ። እቲ ዝተረፈ 50% ኣብ ካናዳ ኮንካ ክትውዶ ክትግደድ ኢካ።

### **You're completing 2 study programs**

You can complete up to 50% of your total studies online (until April 30, 2021). To be able to do this

- you must complete both study programs from an [eligible DLI](#) within 2 years
- one of the programs must have started between May and September 2020, and
- each program must meet all PGWP eligibility requirements and be at least 8 months long

You must complete at least 50% of the combined length of the 2 programs in Canada.

### **02 መደብ ናይ ትምህርቲ ዝወዳእካ እንተኮንካ**

ካብቲ ጠቅላላ መደብ ትምህርትካ እቲ 50% ብ ኦንላይን ክትውዶ ትክእል ኢካ (ክሳብ ሚያዝያ 2021) ። ነዚ ክትገብር እንተኮንካ፡

- ኣብ ዉሽጢ 02 ዓመት ን ኩሉ ናይ ትምህርቲ መደባትካ ኣብ [eligible DLI](#) ክትውዶ ኣሎካ
- ሓደ ካብቲ መደብ ትምህርትካ ኣብ ሞንጎ ግንቦትን መስከረምን 2020 ዝጀመርካሉ ክከዉን ኣሎዎ።
- ኩሉ እቲ መደባት ትምህርቲ ነቲ ናይ ድሕረ-ምርቃ ናይ ስራሕ ፍቓድ ዘማልእን ን 08 ወርሒ ንውሓት ዘለዎን ክከዉን ኣሎዎ።

**Who can apply:**

You have 180 days after you get your final marks to apply for a post-graduation work permit (PGWP).

To be eligible, your study permit must have been valid at some point during these 180 days.

Don't let your status expire while you wait for your marks.

You can apply for a PGWP if:

- your study permit is still valid
- you have a valid visitor record
- you submitted an application to extend your study permit before it expired and no decision has been made on your application
- you submitted an application to change your status to visitor before your study permit expired and no decision has been made on your application

**መን ከመልክት ይክእል፡ (Who can apply)**

እቲ ናይ መወዳጃታ ውጺኢት ትምህርት ክትጽበ ናይ ድሕረ-ምርቃ ናይ ስራሕ ፍቃድ ን ከተመልክት ናይ 180 መዓልታት ዕድል ኣሎካ።

ነዚ ክፍቀደካ እንተኮይኑ ናይ ትምህርቲ ፋቃድ መዓልቱ ዘይሓለፈ ክከውን ኣሎዎ ኣብቲ ዉሽጢ 180 መዓልታት። ውጽኢት ትምህርት ክትጽበ ናይ ፍቃድ መረጋገጺ ክወድቅ የብሉን።

እዚ ኣብ ታሕቲ ዘሎ እንተ ኣማሊእካ ን ድሕረ-ምርቃ ናይ ስራሕ ፍቃድ ከተመልክት ትክእል

- ፍቃድ ናይ ትምህርቲ መዓልቱ ዘይሓለፈ እንተኮይኑ
- ናይ በጻሕተኛ መዝገብ ዘይወደቀ ምስዝህልወካ
- እቲ መመልከቲ ናይ ስራሕ ዘመልከትካሉ ቅድሚ ናይ ትምህርት ፍቃድ መዓልቱ ምሕላፍ ምስዝከውንን፡ ውጽኢት ናይ መመልከቻ ዘይተወሰነ ምስዝከውንን።
- ቅድሚ ፍቃድ ናይ ትምህርቲ መዓልቱ መሕላፍ ፡ ኩነታትካ ካብ ፍቃድ ትምህርቲ ናብ በጻሕተኛ ትቅይሮ ምስትህሉን ክሳብ ህጂ ዝኮነ ውሳኔ ዘይተወሰነ ምስዝከውንን

You must also have

- completed a study program at a designated learning institution that was at least 8 months long and that led to a degree, diploma or certificate
- maintained full-time status as a student in Canada during each semester of your study program. This doesn't include your final semester, which can be part-time, or if you took an approved [leave from your studies](#)

ካብዞም ኣብ ታሕቲ ዘለዉ ናይ ግድን ክህልወካ ኣሎዎ፡

- ናይ ትምህርቲ መደባትካ እንተወሓደ 8 ወርሒ ኣብ designated learning institution ብ ዲግሪ ወይ ዲፕሎማ ወይ ሰርቲፊኬት ዝወዳእካ ክትከውን ኣሎካ
- ኣብ ነፍሲ ወከፍ ሰሚስተር ተምሃራይ ዝነበርካሉ ናይ ሙሉእ መዓልቲ ተምሃራይ (full time status) ኣብ ካናዳ ክከውን ኣሎዎ፡ ኣብቲ መወዳጃታ ዓመት ግን ወይ part time ወይ ከኣ ብፍቃድ ካብ ትምህርቲ ዘቃረጽካ ክትከውን ኣሎካ

graduated from 1 of the following:

- a public post-secondary school, such as a college, trade/technical school, university or CEGEP (in Quebec)
- a private post-secondary school (in Quebec) that operates under the same rules as public schools in Quebec
- a private secondary or post-secondary school (in Quebec) that offers qualifying programs of 900 hours or longer, that leads to a diplôme d'études professionnelles (DEP) or an attestation de spécialisation professionnelle (ASP)
- a Canadian private school that can award degrees under provincial law (for example, Associate, Bachelor's, Master's or Doctorate degree), but only if you're enrolled in a study program that leads to a degree as authorized by the province

ከብዙም አብ ታሕቲ ዘለዎ ሓንቲ ዝተመረቀ

- ናይ ህዝባዊ ካልኣይ ደረጃ ትምህርቲ ን አብነት ኮለጅ፡ተክኒካል ትምህርቲ፡ ዩኒቨርሲቲይ ወይ CEGEP (አብ Quebec)
- ብሕታዊ ካልኣይ ደረጃ ትምህርቲ (አብ Quebec) ልክዕ ከብ ናይ ኩቤክ ህዝባዊ ቤት ትምህርታት ዝሰርሓ
- ብሕታዊ ካልኣይ ወይ ላዕላዊ ትምህርቲ (አብ Quebec) ናይ 900 ወይ ላዕሊኡ ሰዓታት ናይ መጻረዪ መደባት ዝህባን ናብ diplôme d'études professionnelles (DEP) or an attestation de spécialisation professionnelle (ASP) ዝምዕብልን
- ናይ ካናዳ ብሕታዊ ቤት ትምህርቲ ኮይኑ ብቲ ናይ ኣውራጃ ሕጊ ናይ ዲግሪ ማዕረግ ዝህብ (ከም ኣሶሰይት፡ባቸሎር፡ማስተርስ፡ዶክተራት ዲግሪ) ፡ እዚ ዝኮነሉ ግን አብቲ ብ ሕጊ ናይ ኣውራጃ ዲግሪ ማዕረግ ዝህብ ቤት ትምህርቲ ጥራሕ እንተ ተማሂርካ

### ***How to apply:***

You can apply for a post-graduation work permit (PGWP) from inside Canada or overseas; as long as you're eligible.

- If your study permit will expire before you get your marks, you have 2 options. You can [apply for a visitor record](#) to stay in Canada longer, or leave Canada and apply for your PGWP
- If your study permit expires before you apply
- If you don't change your status to visitor and your study permit expires, you have up to 90 days after your study permit expires to apply for a PGWP and restore your status as a student.

### **ብከመይ ተመልክት፡ (How to apply:)**

አብ ካናዳ ሃሉ ወይ ካብ ካናዳ ወጻኢ አብቲ ናይ ድሕሪ-ምርቃ ናይ ስራሕ ፍቃድ ከተመልክት ትክእል ኢካ፡ ጥራሕ ዝግበኣካ ይኩን፡

- እቲ ፍቃድ ናይ ትምህርቲ ቅድሚ ውጻኢት ናይ ትምህርትካ ምርካብካ ኤክስፓየር እንተገይሩ 2 ኣማራጺታት ኣሎካ፡ ወይ ናይ በጻሕተኛ መዝገብ ትምዝገብ ክናዋሓልካ መታን ወይ ድማ ካብ ካናዳ ትወጽእ ሞ አብቲ ዝከድካዮ ኮንካ ተመልክት፡፡

- ቅድሚያ ምምልካትካ፡ እቲ ናይ ፍቃድ ዶኩመንት ኣክስፖርት ምስዝገብር
- ዘለካ ፍቃድ ናብ በጻሕተኛ ቅድሚያ ምቅያርካ ኤክስፖርት ምስዝገብር ፡ 90 መዓልታት ዕድል ኣሎካ ናብ ድሕረ-ምርቃ ከተመልክት

To restore your status as a student, you must apply online for your PGWP and pay the correct fee (\$255), and pay the fee to restore your status as a student (\$350)  
 ከም ተማህራይ ከተናውሖ ምስ ትደሊ ኣንላይን ገርካ ናብ ድሕረ-ትህምህርቲ ናይ ስራሕ ፍቃድ ከተመልክት ኣሎካ፡ እንደገና እቲ \$255 ቅኑዕ ክፈሊትን ከም ተምሃራይ መናውሒ ግዜ \$350 ክትከፍል ኣሎካ

Due to system limitations, applicants must [pay the fees to restore their status as a student online](#) and attach a copy of the receipt to their PGWP online application. Applicants do not need to make a separate application to restore their status as a student.

ብምክንያት ሕጽረት ናይቲ ስይስተም፡ ኣመልከቲ እቲ ዝክክፈል ክፈሊት ናይ መናውሒ ግዜ ብ ኣንላይን ገርም ክከፍልዎ ኣሎዎም ([pay the fees to restore their status as a student online](#)) ፡ እቲ ዝክፈልሉ ረሲት ድማ ምስቲ ናይ ድሕረ- ምርቃ ናይ ስራሕ ፍቃድ መመልከቲ ከተሕሕዝዎ ኣሎዎም። ከም ተምሃራይ ግዚኡም ክናውሕዎ ንዝደለዩ ናይ በይሩ መመልከቲ ምግባር ኣየድልዮምን እዩ።

You can't work until your study permit and work permit have been approved. If you don't apply within the 90 days, or if the 90 days have already passed, you must leave Canada.

ናይ ስራሕ ፍቃድካን ናይ ትምህርቲ ፍቃድካን ክሰብ ዘይተረጋገጸ ክትሰርሕ ኣይፍቀደካን እዩ። ኣብ ዉሽጢ 90 መዓልታት እንተዘይ ኣመልኪትካ ወይ እተን 90 መዓልታት እንተ ኣኪለን ናይ ግድን ካብ ካናዳ ክትወጽእ ኣሎካ።

### ***Get your documents ready***

Before you can apply for a PGWP, you need:

- an official letter from your school that confirms you've completed your study program
- an official transcript, or a copy of your transcript from your school's website

Other documents may be requested once we receive your application.

Learn what to do [if you don't have a document you need to submit](#).

How you can apply for a PGWP depends on where you're applying from. In most cases, you must apply online.

### ***ዶኩመንት ክዳዎ ዘግብኡ፡ (Get your documents ready)***

ቅድሚያ ናብ ድሕረ-ምርቃ ናይ ስራሕ ፍቃድ ምምልካትካ ክትገብሮ ዘለካ፡

- ትምህርቲ ከምዝወድእካ ዝገልጽ ኣፊሻል ደገፍ ደብዳቤ ካብቲ ዝተመሃርካሉ ቤት-ትምህርቲ

- ኦፊሻል ትራንስክሪፕት ወይ ኮፕይ ናይ ትራንስክሪፕት ካብቲ ዝተማሃርካሉ ቤት ትምህርቲ ወብሳይት

ካልእ ዶኩመንት ሓንሳብ ምስ ኣመልክትካ ጸኒሕካ ከተረከቦ ትክእል

እቲ ዝድሊ ዶኩመንት ምስዚ ብልካ እንታይ ክትገብር ከምዘለካ ኣብዚ ምርኣይ ይክኣል፡ ([if you don't have a document you need to submit](#))

ብከመይ ናብ ድሕረ-ምርቃ ናይ ስራሕ ፍቃድ ተመልክት ካበይ ተመልክት ከምዘለካ ይምርኮስ። ኣብ መብዛሕትኡ ግዜ ብ ኦንላይን ከተመልክት ይግብእ።

### After you apply:

You can work full-time until we make a decision on your work permit application if

- you had a valid study permit when you submitted your application
- you completed your study program
- you were eligible to [work off campus without a work permit](#) while studying and you didn't work more hours than you were allowed to:

### Processing time

Online: 183 days

Paper: 183 days

Processing time is the average for how long it takes from when an application is received to when we make a decision.

(<https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work>)

### ድሕረ-ምምልካት ዘሎ ግዜ (After you apply)

ብዛዕባ ናይ ፍቃድ ስራሕ ወሲና ክሳብ ንነግረካ ሙሉእ ሰዓታት ስራሕ (full-time) ክትሰርሕ ትክእል፡ ግን ከተማልኦ ዘለካ፡

- ኣብቲ ግዜ ተመልክተሉ እውን ዘይወደቀ ፍቃድ ናይ ትምህርቲ ምስዝህልወካ
- ትምህርትካ ዝወዳእካ ምስትከዉን
- ብዘይ ፍቃድ ካብ ካምፓስ ወዲኢ ክትሰርሕ ይፍቀደካ ኣንተኮይኑን ( [work off campus without a work permit](#)) ካብቲ ዝተፈቀደካ ብዙሕ ዝሰራሕካዮ ሰዓታት ምስዚ ይህልወካን።

### ዝሳለጠሉ ግዜ (Processing time)

ብ ኦንላይን፡ 183 መዓልታት

ብ ወረቀት ወይ ጽሑፍ፡ 183 መዓልታት

መሳለጢ ግዜ ካብቲ ዝኣተወሉ ጀመሩ ክሳብ ዝውዳእ ዘሎ ግምገም ግዜ እዩ

(<https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work>)

### Option 3

**You can apply to change your status to visitor, if you're not studying or applying for a PGWP.**

When you first come to Canada as a visitor, you use one of these documents to enter:

- a [visitor visa](#) (also called a temporary resident visa)
- an electronic travel authorization (eTA)
- a valid passport or travel document

### አማራጽ ቁጽ 3 (Option 3)

አብ ትምህርቲ ምስዘይትህሉ ወይ ድማ ናብ ድሕረ-ምርቃ ናይ ስራሕ ፍቃድ ከተመልከት ምስ ዘይትክእል እቲ ናትካ ኩነታት ናብ በጻሕተኛ ከተቀይሮ ትክእል  
አብቲ መጀመርያ ከም በጻሕተኛ ኮንካ ናብ ካናዳ ዘኣተካሉ ካብዘም አብ ታሕቲ ዘለዉ ሓደ ተጠቂምካ ኔርካ

- ናይ በጻሕተኛ ሺዛ (ግዚያዊ መንበረ ሺዛ) ([visitor visa](#))
- ኤለክትሮኒኽ ትራቨል ኣውተራዘሽን (electronic travel authorization (eTA))
- ዘይወደቀ ፖስፖርት ወይ ትራቨል ዶኩመንት

If you want to extend your stay in Canada as a visitor (stay in Canada longer), you need to apply for a [visitor record](#).

ከም በጻሕተኛ ኮንካ አብ ካናዳ ግዜካ ከተናውሕ ምስትደሊ (አብ ካናዳ ምጽናሕ ከተናውሖ) አብ ሺሊቶር ረኮርድ ([visitor record](#)) ከተመልከት ኣሎካ፡

You must apply for a visitor record before your current status expires.

Fees: \$100

ቅድሚ እቲ ዘለካ ፍቃድ ምዉዳቁ ናይ ግድን አብ ሺሊቶር ረኮርድ ከተመልከት ይግበኣካ፡፡

ዝክፈል ክፍሊት፡\$100

Processing time: Online 181 days

(<https://www.canada.ca/en/immigration-refugees-citizenship/services/visit-canada/extend>)

ዝሰለጠሉ ግዜ፡ ኣንላይን 181 መዓልታት

(<https://www.canada.ca/en/immigration-refugees-citizenship/services/visit-canada/extend>)



## International Workers:

### COVID 19 Impacts:

- Workers changing jobs or employers: You don't need to wait until your new employer-specific work permit arrives to start a new job or work for a new employer
- Changes to biometrics requirement for in-Canada temporary residence applicants: As a temporary measure, if you're in Canada and applying to work, study or stay temporarily in Canada, you do not need to give your biometrics.

You should apply at least 30 days before your current status expires if you want to extend your stay as a worker in Canada.

### ናይ ወጻኢ ሃገር ሰራሕተኛታት: (International Workers)

ኮቪድ-19 ዘመጽኦ ጽልዎታት:

- ሰራሕተኛታት ኣስራሒ ወይ ስራሕ ዝቅይሩ: ሓድሽ ስራሕ ወይ ኣስራሒ ኣብ ትጅምረሉ፡ እቲ ሓድሽ ኣስራሒኻ ክሳብ ናይቲ ትሰርሖ ስራሕ ፍቓድ ዝመጽእ ክትጽበ ይገባልካ፡
- ምቅይያራት ናይ ባዮሜትሪክስ ዝድልየሉ ንካናዳ ግዜያዊ ነባርነት ኣመልከቲ፡ ከም ግዜያዊ መዐቀኒ፡ ኣብ ካናዳ እንተሃሊኻ ክትሰርሖ ምስትመልክት ወይ ንትምህርቲ ወይ ድማ ን ግዜኡ ኣብ ካናዳ ክትጸንሑ፡ ባዮሜትሪክስ ምቅራብ ኣየድልየካን እዩ።

ከም ሰራሕተኛ ኣብ ካናዳ ኮንካ ከተናውሖ ምስትደሊ፡ እንተወሓደ 30 መዓልታት ቅድሚ እቲ ዘለካ ፍቓድ ኤክስፖርት ምግባሩ ከተመልክት ኣሎካ።

### When to extend a temporary worker's permit

The temporary worker must apply to extend or change the conditions of their work permit if you want to

- extend their employment beyond the expiry date of the work permit
- change their occupation or wages substantially
- hire them after they've worked in Canada for a different employer

### ግዜያዊ ናይ ስራሕ ፍቓድ መዓስ ከተናውሖ ትክእል፡ (When to extend a temporary worker's permit)

እቲ ዘለካ ፍቓድ ክትቅይሮ ወይ ከተናውሖ ምስ ትደሊ፡ ግዜያዊ ሰራሕተኛ ናይ ግድን ከመልክት ይግብኡ፡

- እቲ ናይ ስራሕ ግዜ ልዕሊ ኢ ናይ ስራሕ ፍቓድ ከናውሖ ዎ ምስዝድለ
- ስራሕ ወይ ደሞዝ ምስ ዝቅየር
- ድሕሪ ኣብ ካናዳ ምስርሖም ኣብ ካልእ ኣስራሒ ምስዝቆጽርዎም

## What you need to do before the temporary worker can apply to extend their permit

Before they can apply to extend or renew their work permit, you need to either

- apply for a new [LMIA](#) from Employment and Social Development Canada/Service Canada,

or

- submit a new [offer of employment](#), and
- pay the employer compliance fee if you don't need an LMIA.

## ቅድመ ግዜያዊ ሰራሕተኛ እቲ ናይ ፍቃድ ግዜ ምንውሒ ክገብሮ ዘለዎ፡

ቅድሚ ናይ ፍቃድ ግዜ ክገባኡ ወይ ክሕደስ ምምልካት፡ ክትገብሮ እትክእል ነገራት፡

- ሓድሽ [LMIA](#) ካብ Employment and Social Development Canada/Service Canada, ከተመልከት ኣሎካ ወይ ድማ
- ሓድሽ ስራሕ ከምዝጀመርካ ዝሕብር ([offer of employment](#))
- [LMIA](#) ዘድልየካ እንተዘይኮይኑ ነቲ ወጻኢታት ን ኣስራሒካ ምለሰሉ ወይ ክፈሎ

## Who can apply:

This application is for you if you:

- want to extend your work permit
- need to make changes to the conditions on your work permit, such as:
  - the type of work you can do
  - the employer you can work for
  - where you can work

## መን ከመልከት ይክእል፡ (Who can apply)

እዚ መመልከት ንዓካ እዩ ነዚ ኣብ ታሕቲ ዘሎ ምስተማልእ፡

- ፋቃድ ናይ ስራሕ ከተናውሖ ምስ ትደሊ
- ናይ ፍቃድ ስራሕካ ምቅደዖት ክትገብረሉ ምስትደሊ ን ኣብነት፡
  - ዓይነት ስራሕ ክትሰርሖ ትደሊ
  - ሰራሕተኛ ክትሰርሖ ትደሊ
  - ኣበይ ክትሰርሖ ከምትደሊ

## How to apply

Before you apply, make sure your employer has [completed all the required steps](#).

## If you need to leave and return to Canada

- If your visitor visa expired, you need to [apply for a new visitor visa](#) before you travel outside Canada.
- In most cases, you must apply online to extend or change the conditions on your work permit.

### ብከመይ ከተመልከት ትክክል፡ (How to apply)

ቅድሚያ ምምልካትክ፡ አስራሒካ ሙሉእ ዝድሊ ቅጥዕታት ከምዝወድኡ ኣረጋግጽ ([completed all the required steps](#))

## ካብ ካናዳ ክትወጽእን ክትምለስን ምስትደሊ

- እቲ ናይ በጻሕተኛ ፍካድካ ምስዝወድቅ፡ ቅድሚያ ካብ ካናዳ ወጻኢ መገሻ ትገብር፡ ከም ብሓድሽ ንሓድሽ ፋቃድ በጻሕተኛ ኣመልከት ([apply for a new visitor visa](#))
- ኣብ መብዛሕቲኡ ግዜ ብ ኣንላይን ብምምልካት ወይ ከተናውሖ ወይ ድማ ክትቅይሮ ትክክል።

## How applying online helps you

- No courier fees or mail delivery time - we get your application instantly.
- It helps you make sure your [application is complete](#) before you submit it.
- You can quickly submit more documents online (if we ask you to).
- You get updates on the status of your application directly in your online account.

### ብ ኣንላይን ምምልካት ብከመይ ክሕግዝካ ይክኣል፡

- ናይ መስደዳ ይኩን ናይ ሜይል ዝክፈል ክፍሊት የለን፡ እቲ ዘመልከትካ ብቅልጡፍ ክንርከቦ ንክኣል
- ቅድሚያ ምርካብካ እቲ መመልከቲካ ሙሉእ ምካኑ ተረጋግጽ ([application is complete](#))
- ብ ኣንላይን ቡዙሕ ዶኩመንት ከተረክብ ይከኣል
- ኣብ ሚንታይ ደረጃ በጺሖ ከምዘሎ ብ ከረባ ክትከታተሎ ትክክል

## Step 1: make sure you have what you need

To apply online, you'll need:

- a scanner or camera to create electronic copies of your documents, and
- a valid [credit](#) or [debit](#) card

## ቁጽሪ 1. ዝደለካ ነጻነር ከም ዘለካ ኣረጋግጽ

ብ ቀጥታ ከተመልከት፡ ዘድልዩካ ነገራት

- ስካነር ወይ ካመራ ዶኩመንትካ ብ ኤለክትሮኒክ ክዳሎ ኣሎዎ
- ኣብ ስራሕ ዘሎ ክረዳት ወይ ደቢት ካርድ

## Step 2: read the instruction guide

Even if you apply online, you should [read the instruction guide](#) before you complete your application. The guide explains how to complete each field on the form.

## ቁጽሪ 2፡ እቲ መሓበሪ ሓብሬታ ኣንብቦ

ወላ ኮብ ቀጥታ ወይ ኦንላይን ተመልክት እንተሃለክ፡ ቅድሚ እኚ መመልከቲ ምውዳእክ እኚ መሐበሪ ሓብሬታ ከትንብቦ ይግበእክ። እዚ ሓበሬታ ከመይ ገሪክ ነፍሲ ወከፍ ቦታ ትመልእ ክሕግዘክ እዩ።

### **Step 3: prepare your answers for the online tool**

Before you can upload your forms, you must answer some questions. We use your answers to create a personalized document checklist for you.

#### **ቁጽረ 3፡ ነቲ ኣብ ኦንላይን ዘሎ ሕቶታት መልሲ ኣዳሎ**

ቅድሚ እኚ ፎርም ምጽዓንክ፡ ናይ ግድን ገለ ናይቲ ሕቶታት ክትምልሶ ኣሎክ። እኚ መልሲ ዝሃብኩዮ ነቲ ናትካ ናይ ዉልቅካ ናይ ዶክመንት ቸክ መግበሪ ንምድላው ክሕግዝ እዩ።

### **Step 4: know the fees you have to pay**

In most cases, your fees will include processing fees for you and anyone you include on your application.

#### **Fees for open work permits**

If you're applying for an open work permit, make sure you pay both fees:

- work permit fee (\$155)
- open work permit holder fee (\$100)

#### **ቁጽረ 4፡ እኚ ክትከፍሎ ዘለክ ክፍሊት ክትፈልጦ ኣሎክ**

ኣብ መብዛሕቲኡ ግዜ እኚ ዝክፈል ክፍሊት ናትካ መመልከቻን ተወሳኪ ምሳካ ኣትዩ ዘሎ ናይ ካልእ ሰባት መመልከቻን የጠቓልል።

- ክፍሊትካ ኣብቲ መወዳእታ ናይ መመልከጫ ክፈሎ

#### **ክፍሊት ናይ ምክፋት ናይ ስራሕ ፍቓድ**

ናይ ምክፋት ስራሕ ፍቓድ ተመልክት እንተሃለክ፡ እኚ ዝክፈል ክልቲኡ ከምዝክፈልኩዮ ኣረጋግጽ፡

ናይ ስራሕ ፍቓድ ክፍሊት (\$155) (work permit fee)

ናይ ስራሕ ፍቓድ ዘሓዘ ክፍሊት (\$100) (open work permit holder fee)

### **Step 5: create your online account or sign in**

You need an account to apply online. You can use your account to:

- pay your fees
- submit your application
- check your status

#### **ቁጽረ 5፡ ናትካ ኦንላይን ኣካውንት ክትከፍት ይግባእ፡**

ናትካ ኣካውንት ናይ ግድን ክትከፍት ኣሎክ፡ እኚ ኣካውንት ክሕግዘክ ዝክእል፡

- ክፍሊት ክትከፍል
- መመልከቻ ከተረክቦ
- ምስ ኣረከብክ ክትከታተሎ

### ***If you can't apply online***

You can submit a paper application if either:

- you can't apply online because of a disability

- there's a [problem with the online application](#)

### **ብ ኦንላይን ወይ ቀጥታዊ ከተመልክት ምስዘይክኣል**

ብጽሑፍ ከተመልክት ዝገዱድካ ምክንያት፡

- ብሰንኪ ስንክልና ብ ኦንላይን ከተመልክት ምስዘይክኣል
- ኣብቲ ናይ ኦንላይን መመልከቻ ጸገም ምስዝህሉ ([problem with the online application](#))

### ***After you apply***

If your application is approved, you'll get:

- an extension on your current work permit, or
- a work permit with new conditions on it, such as:
  - the type of work you can do
  - the employer you can work for
  - where you can work

Fees: from \$155

Processing time Online: 183 days

(<https://www.canada.ca/en/immigration-refugees-citizenship/services/work-canada/permit>)

- ዝተናውሖ ፋቃድ ናይ ስራሕ
- ናይ ፍቃድ ስራሕካ ምስ ሓድሽ ሓብራታ ዘለዎ ብዛዕባ፡
  - ዓይነት ስራሕ ክትሰርሖ ትደሊ
  - ሰራሕተኛ ክትሰርሖ ትደሊ
  - ኣበይ ክትሰርሖ ከምትደሊ

ክፍሊት፡ ካብ \$155

መሰረታዊ ግዜ ብ ኦንላይን፡ 183 መዓልታት

(<https://www.canada.ca/en/immigration-refugees-citizenship/services/work-canada/permit>)

### **Visitors:**

If you want to extend your stay as a visitor or change your status (from international student or worker to visitor for example), you should apply at least 30 days before your current status expires.

### **በጻሕቲ፡ (Visitors)**

ኣብ ካናዳ ጽንሑትካ ከም በጻሕተኛ ኮንካ ከተናውሖ ምስ ትደሊ (ካብ ካናዳ ወጻኢ ተምሃራይ ወይ ሰራሕተኛ ከም በጻሕተኛ ን ኣብነት) 30 መዓልታት ኣቀዲምካ ቅድሚ ፍቃድካ ኤክስፓየር ምግባሩ ከተመልክት ኣሎካ።

### **Who can apply:**

A visitor record is for people who want to extend their stay in Canada as a visitor, or change their permit type from

- a study permit to a visitor record
- a work permit to a visitor record

It doesn't matter if you entered Canada using a visitor visa, electronic travel authorization (eTA) or another document. If you want to extend your stay in Canada as a visitor, you need a visitor record.

### **መን ከመልክት ይክፈል፡**

መጻሕተኛ መዝገብ (visitor record) ኣብ ካናዳ ከም በጻሕተኛ ኮይኖም ግዜኡም ከናውሑ ንዝደልዩ ሰባት ወይ ድማ እቲ ናይ ፍቃድ ዘለዎም ክቅይርዎ ንዝደልዩ እዩ፡

- ካብ ናይ ትምህርቲ ፍቃድ ናብ በጻሕተኛ መዝገብ (visitor record)
- ካብ ናይ ስራሕ ፍቃድ ናብ በጻሕተኛ መዝገብ (visitor record)

ብምንታይ ፍቃድ ናብ ካናዳ ኣቲካ፡ በጻሕተኛ ሺዛ፡ electronic travel authorization (eTA) ፡ ወይ ካልእ ዶኩመንት ኣይገድስን እዩ። ከም በጻሕተኛ ኮንካ ግዜካ ከተናውሑ ምስ ትደሊ በጻሕተኛ መዝገብ (visitor record)

### **How to apply:**

Applying online – When you apply online, we get your application instantly, which can help us process your application faster. If you already applied on paper, you don't have to resubmit your application online.

### **በከመይ ከተመልክት ትክፈል፡ (How to apply)**

ብ ኦንላይን ከተመልክት ትክፈል፡ ብ ኦንላይን ምስተመልክት እቲ መመልከቲ ወይ ኣፕሊካሽን ኣብ ሓዲር ግዜ ንረክቦ፡ ከልቲፍና ከነሳልጦ ድማ ይሕግዘና። ብ ወረቀት ወይ ጽሑፍ ኣቀዲምካ ኣመልኪትካ እንተኮንካ ካልኣይ ብ ኦንላይን ምምልካት ኣየድልን።

### **Step 1: make sure you have what you need**

To apply online, you'll need:

- a scanner or camera to create electronic copies of your documents, and
- a valid [credit](#) or [debit](#) card

### **ቁጽረ 1. ዝደለካዮ ነኣገር ከም ዘለካ ኣረጋግጽ**

ብ ቀጥታ ከተመልክት፡ ዘድልዩካ ነገራት

- ስካነር ወይ ካሜራ ዶኩመንትካ ብ ኤለክትሮኒክ ክዳሎ ኣሎዎ
- ኣብ ስራሕ ዘሎ ክረዲት ወይ ደቢት ካርድ

### **Step 2: read the instruction guide**

Even if you apply online, you should [read the instruction guide](#) before you complete your application. The guide explains how to complete each field on the form.

### **ቁጽረ 2፡ እቲ መሓበሪ ሓብሬታ ኣንብቦ**

ወለ ስብ ብ ቀጥታ ወይ ኦንላይን ተመልክት እንተሃለካ፡ ቅድሚ እቲ መመልከቲ ምውዳእካ እቲ መሓበሪ ሓብሬታ ከትንብቦ ይግበኣካ። እዚ ሓበሬታ ከመይ ገሪካ ነፍሲ ወከፍ ቦታ ትመልኦ ክሕግዘካ እዩ።

### Step 3: prepare your answers for the online tool

Before you can upload your forms, you must answer some questions. We use your answers to create a personalized document checklist for you.

To apply for a visitor record, you must provide these answers in the online tool:

For the first question “What would you like to do in Canada?”

Select “Visit.”

When asked “What is your current country/territory of residence?”

Select “Canada.”

#### ቁጽረ 3: ነቲ ኣብ ኦንላይን ዘሎ ሕቶታት መልሲ ኣዳሉ

ቅድሚ እቲ ፎርም ምጽዓንካ፡ ናይ ግድን ገለ ናይቲ ሕቶታት ክትምልሶ ኣሎካ። እቲ መልሲ

ዝሃብካዮ ነቲ ናትካ ናይ ዉልቅካ ናይ ዶክመንት ቸክ መግቢሪ ንምድላው ክሕግዝ እዩ።

ቅድሚ ኣብ በጻሕተኛ መዝገብ መምልከትካ፡ እቲ ኣብ ኦንላይን ቱል ዘሎ መልሲ ከተዳሉ ኣሎካ፡

መጀመርታ ሕቶ “ኣብ ካናዳ እንታይ ኢካ ክትገብር ትደሊ”?

“ክበጽሕ” ምረጽ

እቲ ናይ ህጂ ዘለካሉ ሃገር ወይ ትቅመጠሉ ቦታ እንትይ እዩ፡ ምስ ትሕተት ድማ

“ካናዳ” ምረጽ

### Step 4: create your online account or sign in

You need an account to apply online. You can use your account to:

- pay your fees
- submit your application
- check your status

#### ቁጽረ 4: ናትካ ኦንላይን ኣካውንት ክትከፍት ይግባእ፡

ናትካ ኣካውንት ናይ ግድን ክትከፍት ኣሎካ፡ እቲ ኣካውንት ክሕግዝካ ዝክእል፡

- ክፍሊት ክትከፍል
- መመልከቻ ከተረክቦ
- ምስ ኣረከብካ ክትከታተሎ

### *If you can't apply online*

You can submit a paper application if either:

- you can't apply online because of a disability
- there's a problem with the online application

#### ብ ኦንላይን ወይ ቀጥታዊ ከተመልክት ምስዘይከኣል

ብጽሑፍ ከተመልክት ዝገዱድካ ምክንያት፡

- ብሰንኪ ስንክልና ብ ኦንላይን ከተመልክት ምስዘይከኣል
- ኣብቲ ናይ ኦንላይን መመልከቻ ጸገም ምስዝህሉ

### ***After you apply***

If your processing time has passed, you may contact IRCC using this [Web form](#). For the “type of application/enquiry,” select one of the temporary residence options (online or on paper).

### **ድሕረ ምመልከት (After you apply)**

እቲ ናይ መሳለጢ ግዜ ካብቲ ግብእ ግዚኡ ምስዝሕልፍ ን IRCC ብ [Web form](#) ገርኻ ክትሓቶም ትክእል። ኣብቲ ዓይነይ መመልከቲ ወይ ምሕተቲ፡ ሓደ ካብቶም ናይ ግዜያዊ ነበርነት ዝብል ምረጽ (ብ ኦንላይን ይኩን ብ ጽሑፍ)

### ***If your status expires:***

If you apply to extend your stay in Canada before the [date you’re supposed to leave](#), you can legally remain in Canada until a decision is made on your application. In this situation, you have implied status.

Processing time: Online - 181 days

(<https://www.canada.ca/en/immigration-refugees-citizenship/services/visit-canada/extend-stay>)

### **እቲ ፍቓድኻ ምስ ዝወድቅ፡**

እቲ ዘመልከትካዮ ግዜ ምንዋሕ ኣብ ካናዳ ፡ ቅድሚ እቲ ንክትወጃሉ ግዜ ገደብ ምክኣሉ እንተኮይኑ ኣብ ካናዳ ሕጋዊ ኮንካ ክትጸንሕ ይፍቀድ እዩ ክሳብ ውሳኔ ናይቲ ዘመልከትካዮ ዝወሃበካ። ኣብ ከምዚ ኩነታት መጻኒሒ ፍካድ ኣሎካ።

መሳለጢ ግዜ ፡ ብ ኦንላይን-181 መዓልታት

(<https://www.canada.ca/en/immigration-refugees-citizenship/services/visit-canada/extend-stay>)

## **3. Who can travel back to Canada**

Travel exemptions and restrictions for international students:

- International students who hold a valid study permit, or who had been approved for a study permit when the travel restrictions took effect on March 18, 2020, or who are coming from the United States, and who are entering for a non-discretionary purpose.
- Your travel to Canada may be considered non-discretionary as a student if
  - you already live in Canada
  - you need to be in Canada for your program (for laboratory work, workshops, or similar)
  - your school isn’t offering online study options
  - you can’t study online from your home country because of internet restrictions or bandwidth limitations
  - you can’t participate in live online classes from your home country because of the difference in time zones

A border services officer will make the final decision on whether your reason for travelling to Canada is non-discretionary or non-optional.

### **3.ናብ ካናዳ ክምለስ ዝክእሉ መን እዮም**

ተጋዓዝቲ ካብ ካናዳ ወጻኢ ተምሃሮ ፡ ዝፍቀዱምን ዘይፍቀዱምን፡



- ካብ ካናዳ ወጻኢ ተምሃሮ ዘይወደቀ ፍቓድ ናይ ትምህርቲ ዘለዎም፡ ኣብ መጋቢት 18, 2020 መጋዓዚያ ዝተከልከሉ ግን ከኣ ናይ ትምህርቲ ፍቓድ ዝተዋህቦም ወይ ካብ ኣሜሪካ ኣማራጺ ዘይብሎም ዝመጹን
- ናብ ካናዳ ትጎዓዘሉ ከም ኣማራጺ ዘይብሉ ትምሃራይ ክሕሰብ ኣንተደኣኮይኑ፡
  - ኣብ ካናዳ ተቀሚትካ ኣንተነርካ
  - ነቲ ትምህርትካ ክትብል ኣብ ካናዳ ክትህሉ ኣንተለካ (ለባላቶርይ ስራሕ፡ ዎርክሽብ፡ ወይ ተመሳሳሊ)
  - ቤት ትምህርትካ ብ ኣንላይን ትምህርቲ ዘይትህብ እንተኮይና
  - ካብ ሃገርካ ብሰንኪ ናይ ኢንተርኔት ኣገልግሎት ዘይምህላዉ ወይ ካልእ ምክንያት ብ ኣንላይን ትምህርቲ ክትከታተል ምስዘይትክእል
  - ብሰንኪ ናይ ግዜ ኣፈላላይ ካብ ሃገርካ ኮንካ ብ ኣንላይን ብ ቀጥታ ዝወሃብ ክላሳት ክትሳተፍ ምስዘይትክእል

እቲ ናይ መወዳእታ ውሳኔ ብዛዕባ ናይ ጉዕዞካ ወይ ናይ ኣማራጺ ዘይብሎም ኢሉ ዝውስን እቲ ናይ ዶባት ኣገልግሎት ሓላፊ ናይ ካናዳ እዩ።

### When you travel to Canada

Make sure you have proof that you're exempt from the travel restrictions and that you're travelling for a non-optional or non-discretionary purpose.

#### ናብ ካናዳ ክትጎዓዝ ከለካ

ካብቲ ምክልኻል ጉዕዞ ን ካናዳ ዘይምልከተካ ምክኑ ዝገልጽ መረጋገጺ ወይ ካብቶም ኣማራጺ ዘይብሎም ምክንያት ዝነገር ምስኪር ክህልወካ ኣሎዎ።

When the border services officer greets you, they look at several factors, including

- your reason for travelling to Canada
- that you're able to complete a 14-day quarantine period as soon as you arrive at your final destination
- if you either
  - have time to complete your quarantine before you physically attend classes, or
  - can study online during your quarantine

እቶም ናይ ምክትታል ዶባት ኣፈሰርስ ሰላም ክብሉካ ከለዉ ካብካ ቡዙሕ ነገር እዮም ዝጽበዩ፡ ን ኣብነት

- ምክንያት ን ካናዳ ምጎዓዝካ
- ኣብቲ ናይ መወዳእታ መዕረፊካ ምስ በጻሕካ ብቁልጡፍ ን 14 መዓልታት ብዘይምቁራጽ ክትውሽብ ድሉዉ ምክንያት
- ቅድሚ ብ ኣካል ትምህርቲ ክትከታተል ምጅማርካ ክትውሽብ ዕድል ኣሎካ ድዩ ወይ ኣብ ምውሻብ ከለካ ብ ኣንላይን ትከታተል።

### **You must bring:**

- a valid study permit, or
- a port of entry letter of introduction that shows you were approved for a study permit, if you're coming from the United States, or
- a port of entry letter of introduction that shows you were approved for a study permit on or before March 18, 2020, if you're coming from any other country

### **ናይ ግድን ክትማልአም ዘለካ፡ (You must bring)**

- ዘይወደቀ ፍቓድ ትምህርቲ
- ካብ ኣሜሪካ ትመጽእ እንተሃሊካ፡ ናይ መእተዊ ፍቓድ ደብዳቤ ናይ ትምህርቲ ፍቓድ ከም ዝተውህበካ ዝሕብር
- ካብ ካልእ ሃገር ትመጽእ እንተሃሊካ ድማ፡ ናይ መእተዊ ፍቓድ ደብዳቤ ናይ ትምህርቲ ፍቓድ ኣብ መጋቢት 18, 2020 ወይ ቅድሚኡ ከም ዝተውህበካ ዝሕብር

### **Before you travel, you can contact the [Border Information Service](#) for more information.**

A border services officer will make the final decision on whether you're eligible to enter Canada when you arrive.

- Health requirements for travellers to Canada  
To travel to Canada, you must  
[follow all public health measures for travellers](#)  
have a [plan to quarantine for 14 days](#)

- Mandatory Quarantine:  
Currently, anyone entering Canada will be required to enter a mandatory 14-day quarantine. This quarantine is being enforced and those breaking quarantine may be subject to fines and jail time. Certain exemptions will be made for essential workers. (Source: IRCC)

- Isolation Plan:  
If you are planning to enter Canada, you should prepare an isolation plan, detailing how to intend to quarantine for 14 days upon arrival. If you do not have an isolation plan in place you may be denied entry, or made to isolate at a government-designated hotel for the isolation period. You also must wear a mask during your travel from the Port of Entry to your isolation location.

ቅድሚ ናብ ካናዳ ምጋዓዝ ን ዝያዳ ሓብሬታ ነቶም ናይ ዶባት ክፍሊ ሓብሬታ ብምድዋል ክትሓቶም ትክእል ([Border Information Service](#))

እቶም ናይ ምክትታል ዶባት ሓለፍቲ፡ እቲ ናይ መወዳእታ ውሳኔ ብዛዕባ ናብ ካናዳ ክትጎዓ ከምዝግበኣካ ይነግሩካ፡

ኣብ ካናዳ ምስ በጻሕካ፡

- ናብ ካናዳ ዝጋዓዙ ከማልእዎ ዘለዎም ጥዕናዊ ኩነታት  
ናብ ካናዳ ክትጋዓዝ እንተኮንካ ናይ ግድን እቲ ብ ሓላፊ ጥዕና ዝወጸ መምሪሒታት ን ተጋዓዝቲ ክትከታተሎ ኣሎካ፡ ን 14 መዓልቲ ክትውሽብ መደብ ክህልወካ ኣሎዎ፡  
([follow all public health measures for travellers](#), [plan to quarantine for 14 days](#))

- ግዴታ ምዉሻብ፡ ኣብ ካናዳ ምስ ኣተካ ካብቲ ዘኣተካሉ መዓልቲ ን 14 መዓልታት ንክትውሽብ ትግደድ። እዚ ምዉሻብ ብሕገ ዝወጸ ኮይኑ ዝኮነ ሰብ ነዚ ምስዚ ኣተግብር ናይ ገንዘብ ምቅዳዕትን ክሳብ ማእሰርን ይስዕብ። ኣብ ገለ ሕድገዳት ን ኣገደስት ሰራሕተኛታት ክግበር ይከኣል እዩ፡ (ምንጩ፡ IRCC)
- ናይ ምዉሻብ መደብ፡  
ን ካናዳ ክትመጽእ መደብ እንተሃለካ፡ ካብታ ዝመጸካለ መዓልቲ ን 14 መዓልታት ብዘይ ምቁራጽ ክትውሽብ ምክንያ ክትዳሎ ኣሎካ፡ ን ክትውሽብ መደብ ዘይብልካ እንተኮይኑ ፡ ምእታዉ ን ካናዳ ከይፍቀደካ ይክእል ወይ ድማ ኣብ ናይ መንግስቲ ንመወሽቢ ዝፈለዎ ሆቴል ክትውሽብ ትግደድ። ከም ተወሳኪ ካብቲ ዝወረድካሉ ኣየርፖርት ክሳብ ናብቲ መወሽቢ ካንሰክ ክትጥቀም ትግደድ።

### Travel restrictions and exemptions for temporary workers

- As a temporary worker, you're exempt from travel restrictions if you're coming for an [essential \(non-discretionary\) purpose](#).
- Certain people who can [work without a permit](#) may also be exempt from travel restrictions.

### ናይ ጉዕዞ ምክልካልን ምፍቃድን ን ግዜያዊ ሰራሕተኛታት

- ከም ግዜያዊ ሰራሕተኛ፡ ከም ኣገዳሲ ሰራሕተኛ ኮንካ ትመጽእ እንተሃለካ፡ ናይ ጉዕዞ ምክልካል ኣይምልከተካን እዩ ([essential \(non-discretionary\) purpose](#).)
- ገለ ሰባት በዘይ ፍቃድ ናይ ስራሕ ዝሰርሑ ዉን እዚ ናይ ጉዕዞ ምክልካል ዘይክምልከቶም ይክእል እዩ። ([work without a permit](#))

- Essential (non-discretionary) travel for a temporary worker:  
Essential refers to travel for reasons that are non-discretionary and non-optional. The emergency orders under the Quarantine Act do not allow people to travel to Canada for optional or discretionary reasons, such as for tourism, recreation or entertainment.
- ኣገዳሲ ጉዕዞ ን ግዜያዊ ሰራሕተኛታት  
ኣገዳሲ ክብል ከሎ ነቶ ኣማርጺ ዘይብሎም ወይ ዘይተርፍ ነገር እዩ ዝውክል። እዚ ናይ ህጽጽ እዋን ትእዛዝ ኣብ ትሕቲ ካራንቲን ኣክት ፡ ሰብ ን ክዛወር፡ ክዛናጋዕ፡ ዕረፍቲ ክወስድ ኢሉ ን ካናዳ ክመጽእ የብሉን።
- As a worker, your travel is essential (non-discretionary) if you're in either of these situations:
  - You have a valid work permit and normally live in Canada.  
This applies even if you've been laid off.
  - You're a worker who meets all of the following:
    - has a letter of introduction for a work permit (open or employer-specific)
    - has a valid job offer

- can work once you enter Canada and complete your 14-day quarantine (unless you're exempt)

ከም ሰራሕተኛ ጉዕዞካ ኣገዳሲ እዩ፡ ሓደ ካብዞም ኣብ ታሕቲ ዘለዉ ኩነታት ምስትከዉን፡

- ዘይወደቀ ናይ ስራሕ ፍቓድ ምስዝህልወካን ኣብ ካናዳ ትቐመጥ ኣንተኮንካን ወላ ኣብዚ ህጂ እዋን ካብ ስራሕ ተኣለ
- ሰራሕተኛ ኮንካ ነዞም ኣብ ታሕቲ ዘለዉ ዘማላእካ ምስትከዉን፡
  - ደብዳቤ ፍቓድ ናይ ስራሕ ዘላሊ (ንኩሉ ወይ ን ሓደ ኣስራሒ ዝውክል)
  - ዘይወደቀ ስራሕ ከምዝረከብካ ዝገልጽ
  - ኣብ ካናዳ ምስ ኣተካ ን 14 መዓልቲ ክትውሽብ ምካንካን ክትሰርሕኩምትክእልን (እዚ ዘይምልከተካ ክትከዉን ትክእል)

- **When you travel to Canada**

You need to show airline staff that you're exempt from the travel restrictions. To do this, show the following documents to airline personnel when you're boarding your flight:

- passport or travel document
- proof that you're exempt from travel restrictions, such as
  - Emergency services providers: a letter of invitation from a relevant organization in Canada (government or non-government organization).
  - Health-care students: a letter of invitation from a relevant teaching institution.
  - Marine crew joining vessels: a joining letter from shipping agents.

- **ናብ ካናዳ ኣብ ትጎዳዘሉ ግዜ (When you travel to Canada)**

ነቶም ናይ ኣዩሮፓይን ኣባላት ካብ ጉዕዞ ምክልኻል ከምዘይምልከተካ ከተርእዮም ኣሎካ፡፡ እዚ ክትገብር እንተኮንካ ነዞም ኣብ ታሕቲ ዘለዉ ዶኩመንትስ ነቶም ኣባላት ናይ ኣዩሮፓይን ከተርእዮም ኣሎካ ክትሳፈር ከለካ፡

- ፓስፖርት ወይ ትራቪል ዶኩመንት
- ካብ ምክልኻል ጉዕዞ ናጻ ሙከንካ ዝገልጽ መረጋገጺ ከም፡
  - ህጹጽ እዋን ሓገዝ ወሃቢ፡ ደብዳቤ ከም ዝተዓደምካ ዝገልጽ ካብ ማሕበር ናይ ካናዳ (መንግስታዊ ወይ ዘይመንግስታዊ ማሕበር)
  - ተሓጋግዚ ነርስ ተምሃራይ፡ ደብዳቤ ከም ዝተዓደምካ ዝገልጽ ካብ ቤት ትምህርቲ ናይ ተሓጋግዞቲ ነርስ
  - ኣባል ማሪን መራከቢ ትቦታት፡ ናብ ናይ መራከብ ሰራሕተኛ ትሕወስ ከምዘለካ ዝገልጽ ደብዳቤ

## Visitors to Canada

### Who is eligible to travel to Canada

#### Foreign Nationals

Including United States (US) citizens, can travel to Canada only if they're eligible. Restrictions vary depending on where you're coming from.

If you're eligible to travel, you must have a [quarantine plan](#) that shows how you will quarantine for 14 days when you arrive in Canada, including how you'll

- get to your destination
- get groceries
- access essential services and medical care

A quarantine plan is mandatory.

#### **በጸሕተኛ ናብ ካናዳ (Visitors to Canada)**

##### ናብ ካናዳ ንክጋዓዝ ዝፍቀዶ መን እዩ

#### **ናይ ካናዳ ወጻኢ ዜግነት ዘለዎ (Foreign Nationals)**

ወላ ናይ ኣሜሪካ ዜግነት ዘለዎም ፡ ንካናዳ ክጋዓዙ እንተኮይኖም ክፍቀዱም ኣሎዎ። እቲ ምፍቃድን ዘይምፍቃድን ካበየናይ ሃገር ትመጽእ ከምዘለካ ይምርኮስ፡

ናብ ካናዳ ክትጋዓዝ ይፍቀደካ እንተኮይኑ ናይ ምውሻብ መደብ ([quarantine plan](#)) ክትገብር ኣሎካ፡ ኣብ ካናዳ ምስበጻሕካ ብከመይ ን 14 መዓልታት ክትውሻብ ከምዘለካ ን፡ ብከመይ፡

- ናብቲ መዕረፊካ ትበጽሕን
- ኣስፊዛ ትረክብን
- ኣገደስቲ ኣገልግሎትን ጥዕናን ትረክብ

ምውሻብ መደብ ናይ ግድን እዩ

#### **Immediate family members of a Canadian citizen or permanent resident**

To be eligible, you must provide evidence that

- you're an [immediate family member](#) of a Canadian citizen or [permanent resident](#)
- you'll be staying in Canada for at least 15 days

If you're staying for less than 15 days, you must meet the same requirements as all other foreign nationals.

#### **ቀረባ ዘመድ ወይ ቤተ ሰብ ናይ ካናዳ ዘግነት ዘለዎ ወይ ቀዋሚ ነባሪ**

ነዚ ዝምልከተካ እንተኮይኑ፡ ከተማልኣ ዘለካ፡

- ናይ ቀረባ ዘመድ ናይ ካናዳ ዘግነት ዘለዎ ወይ ቀዋሚ ነባሪ ምካንካ
- ኣብ ካናዳ እንተወሓደ ን 15 መዓልታት ክትጸንሕ ምካንካ

## All other foreign nationals

To be eligible, you must meet 2 requirements:

- You must be travelling for an essential [Footnote 1](#) (non-discretionary) purpose
- You must be one of the following:
  - [exempt from the travel restrictions](#)
  - travelling directly from the US

ኩሉም ካልአት ናይ ደገ ዜግነት ዘለዎም

ክግበአካ እንተኮይኑ ነዞም 2 ከተማልአም ኣሎካ፡

- ናይ ግድን ን ኣገድሲ ነገር ከምትጎዓዝ (non-discretionary)
- ሓደ ካብዞም ኣብ ታሕቲ ዘለዉ ምስትከዉን
  - ካብቲ ናይ ጉዕዞ ምክልኻል ዘይምልከትካ ምስዝከዉን ([exempt from the travel restrictions](#))
  - ጉዕዞካ ብ ቀጥታ ካብ ኣሜሪካ ምስዝከዉን

## What you need to do if you're eligible to travel to Canada

If you're eligible to travel to Canada at this time, you need to tell us, so we can prioritize your application. What you need to do depends on if you've already applied or not.

### ናብ ካናዳ ክትጋዓዝ ዝግበአካ ምስትከዉን ክትገብር ዘለካ፡

ኣብዚ ግዜ እዚ ንካናዳ ክትጋዓዝ ይፍቀደካ እንተኮይኑ ክትሕብረና ኣሎካ፡ ንሕና ዉን ን ጉዕዞካ ቀዳምነት ሰሪዕና ንሰርሖ፡ እንታይ ክትገብር ከምዘለካ ንምፍላጥ ፡ ከምዘመልከትካን ከምዘይ ኣመልከትካን ይመርከስ።

If you've already applied for a visa or eTA

Follow the steps for:

- [already applied for a visitor visa](#)
- [already applied for an eTA](#)

ቅድሚኒ ህጂ ን ሺዛ ወይ eTA ዘመልከትካ እንተኮንካ

ነዚ ዝስዕብ ሓብሬታ ተከተል፡

- [already applied for a visitor visa](#)
- [already applied for an eTA](#)

If you haven't applied for a visa or eTA yet

Use our online tool to [find out if you need a visitor visa or an eTA](#).

Follow the instructions to:

- [apply for a new visitor visa](#)
- [apply for a new eTA](#)

<https://www.canada.ca/en/immigration-refugees-citizenship/services/coronavirus-covid19/visitors.html>

ቅድሚኒ ህጂ ን ሺዛ ወይ eTA ዘይ ኣመልከትካ እንተኮንካ

ነዚ ናይ ኣንላይን ቱል ብምጥቓም ([find out if you need a visitor visa or an eTA](#))

ነዚ ዝስዕብ ሓብሬታ ተከተል፡

- [apply for a new visitor visa](#)

- [apply for a new eTA](#)

<https://www.canada.ca/en/immigration-refugees-citizenship/services/coronavirus-covid19/visitors.html>

#### 4. I need to stay in Canada (over 6 months) due to flight issues

##### 4. ብስንኪ ናይ ኦየርላይን መጋዓዝያ ኣብ ካናዳ ካብ 06 ወርሒ ንላዕሊ ክጸንሕ ኣሎኒ

##### Travellers departing Canada:

Canadian citizens and permanent residents are advised to avoid all non-essential travel outside of Canada until further notice to limit the spread of COVID-19.

##### ተጋዓዝቲ ካብ ካናዳ ክገኙ:

ናይ ካናዳ ዜጋታት ይኹን ቀዋሚ ተቀመጥቲ: ካብ ካናዳ ወጻኢ ኣገዳሲ ዘይኮነ መገሻታት ንግዜኡ ደው ከብልዎ ኣሎዎም መታን ምትሕልላፍ ኮቪድ-19 ክጎድል።



The best way to protect yourself, your family and those most at risk of severe illness from COVID-19 in our communities is to choose to stay in Canada. Contact your airline or tour operator to determine options for cancelling or postponing your trip. እቲ ዝበለጸ መገዲ ካብዚ ሕማም ን ነብስካን ስድራቤትካን: ብዚያዳ ከኣ ነቶም ቀንዲ በዚ ሕማም ተጠቃዕቲ ዝኮነ ኣብቲ ናትካ ኮሙኒቲይ ንምክልካል ኣብ ካናዳ ክትጸንሕ ኣሎካ። ጉዕዞካ ክትስርዝ ወይ ከተናውሖ ምስትደሊ ን ኦየርላይን ተወከሶም ።

It's important to remember that if you choose to travel abroad:

- your trip may become much longer than you planned
- you may have reduced access to quality health care
- you could be subject to the measures of other countries

ካብ ካናዳ ወጻኢ ክትጎዓዝ ምርጫካ እንተኮይኑ: ኣገደስቲ ነገራት ከተስተውዕለሎም ዘለካ ነገራት:

- ጉዕዞካ ካብቲ ሓሲብካዮ ዘሎካ ዝነውሖ ክኸውን ይክእል
- ዝበለጸ ናይ ጥዕና ኣገልግሎት ዘይክትረከብ ትክእል
- በቲ ናይ ካልኣት ሃገራት መምርሒ ክትቅየድ ትግደድ

If you're still considering travel outside of Canada, you should:

- understand the risks to your safety and security abroad
- check the [pandemic travel health notice](#) before travelling
- know the health risks and travel restrictions and requirements for your destination
- make sure you have enough money and necessities, including medication, in case your travel is disrupted

ካብ ካናዳ ወጻኢ ጉዕዞ ዘይተርፈካ እንተኮይኑ ክትገብሮ ዘለካ፡

- ኣገዳሰነት ውሕስነትካን ድሕነትካን ብግቡእ ተረዳእ
- ቅድሚ ምጋዓዝካ ናይ ለበዳ ጉዕዞ ሓብሬታ ተመልከት ([pandemic travel health notice](#))
- ኣብቲ ትኮይ ቦታ ዘሎ ጥዕናዊ ኩነታትን ናይ ምንቅስቃስ ምክልካልን ክትፈልጦ ይግባእ

Protect yourself and others

If you must travel or are already outside Canada, get the latest [advice and information for your safety and security](#).

ንነብስካን ካልኣትን ተከላከል

ናይ ግድን ካብ ካናዳ ወጻኢ ትጎዓዝ ምስትህሉ ወይ ካብ ካናዳ ወጻኢ ምስትህሉ እቲ እዋናዊ ዝኮነ ምክርን ሓብሬታን ብዛዕባ ድሕነትን ውሕስነትን ክትረክብ ፈቲን ([advice and information for your safety and security](#)).

During your trip:

- wear a non-medical mask or face covering when physical distancing can't be maintained
- cough and sneeze into a tissue or the bend of your arm
- be aware of the local situation and follow local public health advice
- take [precautions against respiratory illnesses](#), which includes:
- avoiding contact with sick people
- avoiding [large crowds](#) or crowded areas
- [wash your hands](#) often with soap under warm running water for at least 20 seconds
- if none is available, use hand sanitizer containing at least 60% alcohol

ኣብ ግዜ ጉዕዞ፡

- ርሕቀት ከትሕሉ ምስዘይትክእል፡ ኣፍካን ኣፍንጨካን ብ ማስክ ወይ መሸፈኒ ጌርካ ተሸፈን፡
- ክትስዕል ወይ እንጥሾ ኣብ ትብለሉ ኣብ መንዲል ወይ ጉንቦ ኢድካ ተጠቀም
- ብዛዕባ ኣብቲ ዘለካ ቦታ ህልዉ ኩነታት ፍለጥ፡ ነቲ ወጺኡ ዘሎ መምርሒታት ተከተል
- ካብ ሕማም ናይ ስርዓተ ምስትንፋስ ተከላከል፡ ([precautions against respiratory illnesses](#))
- ምስ ካልእ ሰብ ካብ ምሕዋስ ተቆጥብ
- ምስ ቡዙሕ ሰብ ኣይትተኣክብ ([large crowds](#))
- ኢድካ ብ ማይን ሳምናን ን 20 ሰከንድ ዝከዉን ኣማዚዎ ([wash your hands](#))
- በዚ እንተዘይተካኢሉ ኣልኮል 60% ገርካ ኢድካ ድረዞ

If you feel sick during your flight or upon arrival:

- seek medical attention
- look for messaging on airport screens to guide you
- inform the flight attendant or a border services officer

ኣብ ግዜ ጎዕዞ ወይ ምስበጻሕካ ሕማም ምስዝስመዓካ

- ሕክምናዊ ሓገዝ ሕተት
- ኣብቲ ኣየርፖርት ዘሎ ፈተሽቲ ሓብሬታ ውሰድ
- ነቲ ኣኣንጋዲ ወይ ዶባት ምክትታል ሓላፊ ሓብር



### When travelling outside Canada

Expect increased health screening measures at points of entry for international destinations, including airports and land borders. Local authorities may impose control measures suddenly, including movement restrictions such as quarantines.

### ካብ ካናዳ ወጻኢ ትጎዓዝ ምስትህሉ

ብዝሒ ጥዕናዊ መርመራ ኣብቲ ተኣትወሉ ዓዲ ተጸባኢ ኣንኮላይ ኣብ ኣየፖርትን ናይ መሬት ዶባትን፡፡ ሓለፍቲ ናቲ ከባቢ ሓደስቲ መምርሕታት ብዛዕባ ናይ ምንቅስቃስን ምውሻብን ክገብሩ ይክእሉ እዮም፡፡

### Leaving Canada while in mandatory quarantine or isolation

No one should travel when sick. Commercial airline restrictions may also prevent you from boarding your plane if you're sick.

### ኣብ ምውሻብ ወይ ነብሰ-ምግላል ከለካ ካብ ካናዳ ክትወጽእ

ዝኮነ ሰብ ሓሚሙ ከሎ ክጎዓዝ ይብሉን፡፡ ናይ ኣየርላይን ኮመርሻል ተቀጻጻሪ ዉን እታ ነፋሪት ከይትበርር ክኸልክላ ይክእል እዩ፡፡

If you arrive in Canada and have started your 14-day mandatory quarantine or isolation period but then have to leave the country before this period ends, you must:

- continue to quarantine or isolate until you depart Canada
- wear a non-medical mask or face covering while around others
- get permission and follow the instructions laid out by a quarantine officer (for people in isolation only)

ኣብ ካናዳ ምስ ኣተካ፡ ናይ 14 መዓልቲ ናይ ምውሻብ ወይ ነብሰ-ምግላል ምስጀመርካ ፡ ግን

ቅድሚ እዚ ናይ ምውሻብ ምውዳእካ ካብ ካናዳ ክትወጽእ ምስትሓስብ፡

- ክሳብ ካብ ካናዳ ትወጽእ ምውሻብ ቀጽል
- መሸፈኒ ኣፍን ኣፍንጫን ተጠቀም
- ካብ ናይ ውሽባ ኦፊሰር ፍቓድ ውሰድን ወጺኡ ዘሎ መምርሒ ተከተልን

### Non-medical masks or face coverings while travelling

All air travellers, with some exceptions, are required to wear a [non-medical mask or face covering](#) while travelling.

The following people should not wear a mask:

- children under 2 years old
- people who need help to remove a mask
- people who provide a medical certificate certifying that they're unable to wear a face mask for a medical reason

መሸፈኒ ኣፍን ኣፍንጫን ወይ ማስክ ኣብ ግዜ ጎዕዞ

ኩሎም ናይ ኣየርላይን ተጋዓዝቲ ብዘይካ ዉሑዳት ፡ ናይ ግድን መሸፈኒ ኣፍን ኣፍንጫን

ክገብሩ ኣሎዎም፡ ([non-medical mask or face covering](#))

እዞም ኣብ ታሕቲ ዘለዉ መሸፈኒ ኣፍን ኣፍንጫን ክገብሩ ኣይግደዱን፡

- ቆልዑ ካብ 2 ዓመት ንታሕቲ ዘለው
- ነቲ መሸፈኒ ኣፍን ኣፍንጫን ዘኣልዩሎም ሓገዝ ሰብ ዝደልዩ ሰባት
- ብሰንኪ ናይ ጥዕናዊ ጸገም መሸፈኒ ኣፍን ኣፍንጫን ክገብሩ ዘይክእሉን ሕክማዊ ሰርቲፊኬት ዘለዎም

You may also be required to wear a non-medical mask or face covering on other modes of transportation that are federally regulated.

ኣብ ካልእ መጋዓዚያ ዉን መሸፈኒ ኣፍን ኣፍንጫን ክትጥቀም ቦቲ ፈደራል ሕጊ ትግደድ ትክእል ኢኻ።

Before you travel, check to see how [transportation measures](#) affect your plans and what you need to pack.

ቅድሚ መጋዓዚያ እቲ ናይ መጋዓዚያ መምሪሒታት ከመይ ከምዝኮነን ብከመይ

ከምዝጸልወኻን እንታይ ክትማላእ ከምዘለኻን ኣረጋግጽ፡ ([transportation measures](#))

[https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#\\_Travellers\\_departing\\_Canada](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#_Travellers_departing_Canada)