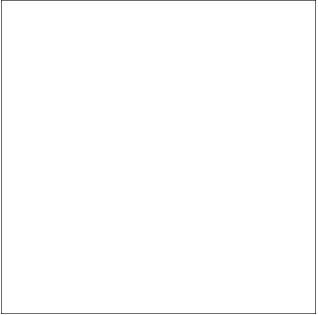


尤利娅和丈夫、小女儿生活在乌克兰一个安静的小村庄。尤利娅很喜欢每天早上在鸟叫声中醒来的生活。她从没有想过会去离家很远的地方生活，早晨也不再会被鸟叫声唤醒。

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



她的丈夫总是抱怨家里钱不够，还开始酗酒。尤利娅和丈夫决定去葡萄牙碰碰运气。也许在那里他们可以赚到更多的钱来盖房子，为他们的家庭创造一个更好的未来。

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



尤利娅在新家适应得很快，开始做清洁工。客户们都很欣赏她的辛勤工作和礼貌态度。但她丈夫却感觉越来越不被重视。由于酗酒的问题，雇主不信任他，也不愿意给他工作。

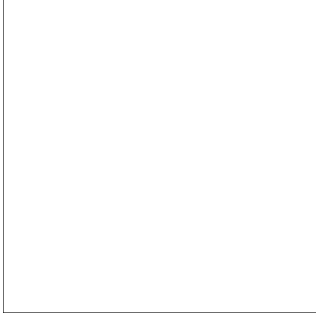
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Yulia adapted well to her new home, and she started working as a cleaner. Her clients really appreciated her hard work and her polite attitude. Her husband, on the other hand, felt more and more left out. Because of his drinking problem, employers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

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

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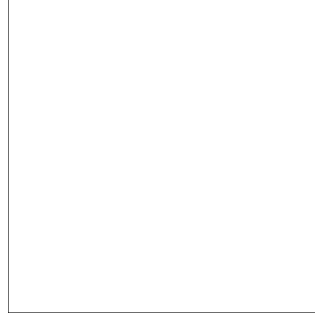
有一天，他突然开始对尤利娅大喊大叫。然后，他又开始推她。打骂的情况越来越严重，尤其是在他喝醉后。尤利娅非常担心自己和女儿，但她不知道自己能做什么。



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

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尤利娅去了妇女庇护所，在那里她感到了久违的安宁。她很久没有这种感受了，让她想起从前早上被鸟叫声唤醒的惬意时光。

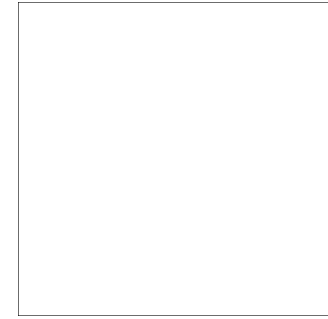




最后，当尤利娅因手臂骨折而不得不去医院急诊室时，她才知道家庭暴力在葡萄牙是非常严重的事情。他们说这是犯罪，她应该报警。

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



尤利娅已经累坏了，也不希望小女儿在一个每天目睹暴力的家庭中长大。尤利娅这才意识到，虐待从很久以前就有迹象，只是形式不同而已。

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