دەنگى بالندەكان لە بەيانياندا

The sound of birds in the morning

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یولا و میّردهکهی و کچه بچووکهکهان له گوندیّکی هٔرامی بچووک ده ژان له ئۆکړاند. یولا پیّی خوّش بوو هه موو بهانیه ک به ده نگی هلّندهکان خه بهری بیّته وه. ههرگیز پیّی وانه بوو که دوور له هلّه کهی ده ژی، این به اینانی به ده نگی هلّنده کن به خه به رهٔ یه ت.

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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.

میّرده کهی ههمیشه بوّلهبوّلی ده کرد که چرهی پیّویستی نییه و دهستیکرد به خواردنه و هی زوّر. برچرچن دا به ختی خوّین له پرتوگل هٔی بکهنه وه. له وانه یه له وی بتوانن چرهی زیّتر پهیدا بکهن هٔ خنوویّک دروست بکهن و داهتوویه کی هٔشتر بوّ خیّزانه کهن دروست بکهن.

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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.

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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.

رۆژێک دەستى بە ھوارکردن کرد بەسەر يولادا. پشن دەستى بە چڵپێوڟنى کرد. ھوار و لێدانەكن خراپتر بوون بطێيبەتى لەو كێنەى سەرخۆش بوو. يولا لەبەر خۆى و كچەكەى ترك، بەڵام نەيدەزانى چى پێ دەكرێ.

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

کتێک له کۆێییدا یولا پێویست بوو بچێته ژووری فرلاگوزاری له نهخۆشێنه به قۆڵێکی شکوهوه، پێلانگوت که توندوتیژی خێزانی کێشهیهکی زوٚر گهورهیه له پرتوگل. به هههن شێوه پێلانگوت که ئهوهێوانه و دهبێ به پوٚلیسی ڕابگهیهنێ.

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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.

یولا شهکهت بوو و نهیویست کچه بچووکهکهی له هڵێک گهوره بێت که ههموو ڕۅٚڗێک توندوتیژی دهبینی. یولا درکی کرد که نیشنهکنی همهڵهی خراپ بهردهوام ههبوون، ههرچهنده ئهگهر چهندین شێوهی جلاوازیشی وهرگرتبێ.

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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. یولا چووه دالدهیهکی ژنن که لهوی زیر ههستی به سهلامهتی کرد که هوهیهکی زور ههستی پی نهکردبوو. نهو نهم شیّوه ههستکردنهی نهبوو چونکه بهینین به دهنگی هِلندهکن ههلّدهسد.

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



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