



The sound of birds in the morning

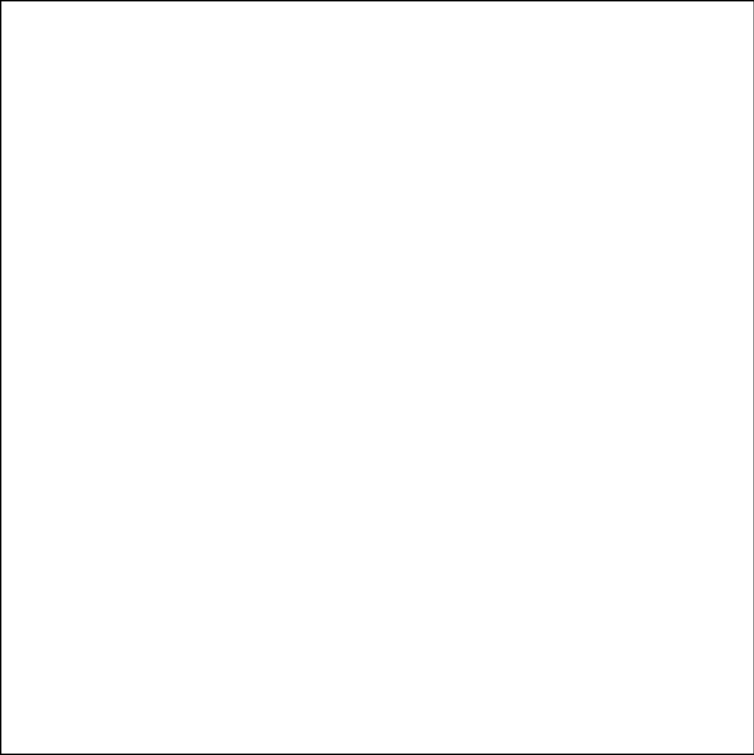
Il cinguettio degli uccelli al mattino

 LIDA Portugal

 Vilius Aistis Vilimas

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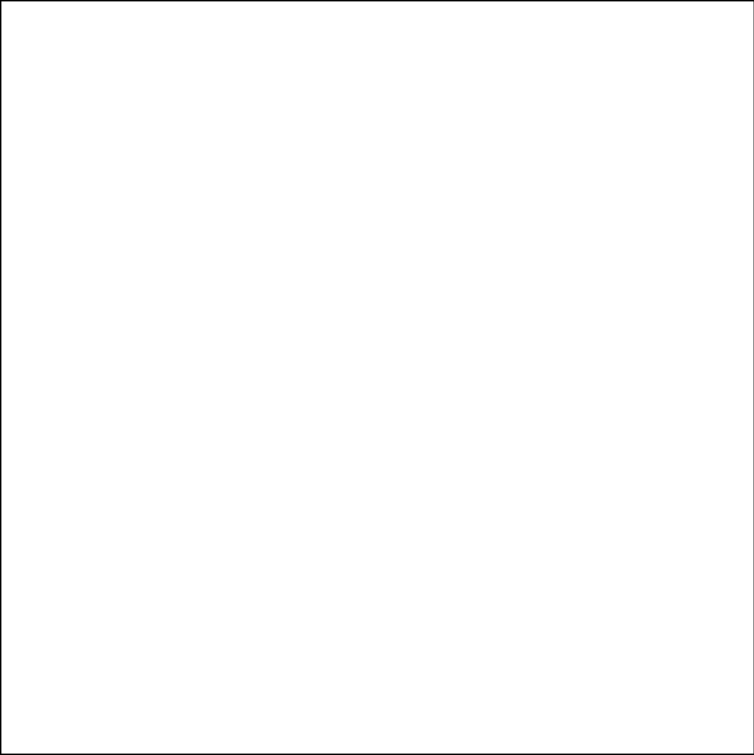
 English / Italiano



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.

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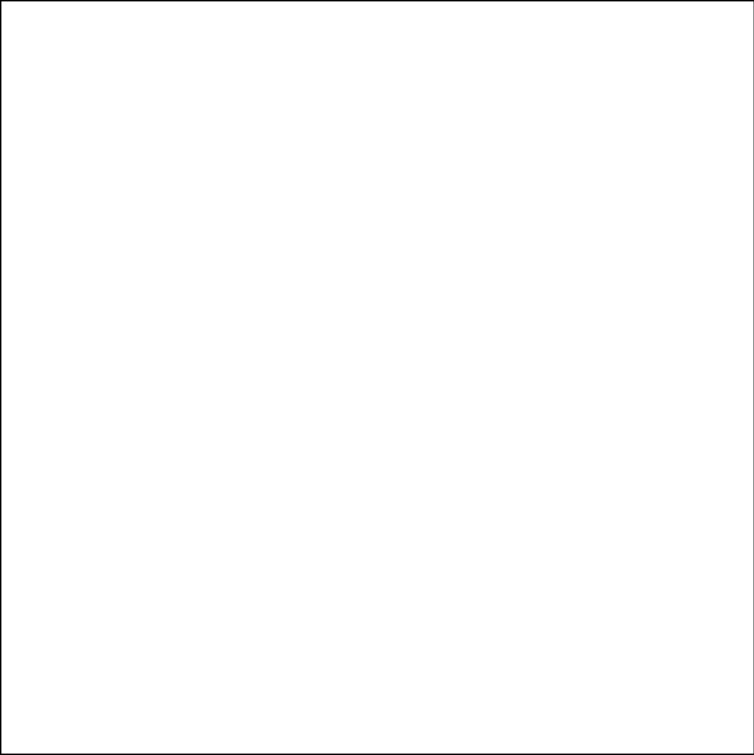
Yulia, suo marito e la loro bambina vivevano in un piccolo villaggio tranquillo in Ucraina. Yulia amava svegliarsi al mattino col canto degli uccelli. Non avrebbe mai pensato di vivere lontano da casa e di non essere svegliata, al mattino, dal cinguettio degli uccelli.



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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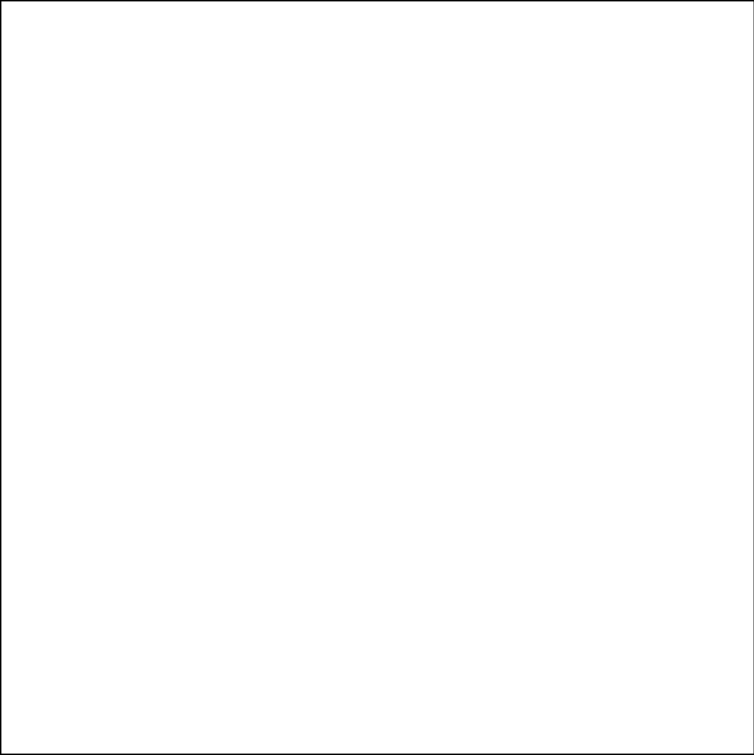
Suo marito si lamentava sempre di non avere abbastanza denaro e cominciò a ubriacarsi. Decisero di tentare la fortuna in Portogallo. Forse lì avrebbero potuto guadagnare di più, costruire una casa e un futuro migliore per la loro famiglia.



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.

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Yulia si adattò bene alla nuova casa, e cominciò a lavorare come donna delle pulizie. I suoi clienti apprezzavano molto il suo duro lavoro e il suo atteggiamento educato. Suo marito, invece, si sentiva sempre più emarginato. A causa del bere, i datori di lavoro non si fidavano di lui e non gli davano lavoro.



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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Un giorno cominciò a gridare contro Yulia. Poi prese a spintonarla. Le urla e le botte si intensificarono, specialmente quando era ubriaco. Yulia aveva paura per sé e per sua figlia, ma non sapeva cosa fare.



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.

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Quando Yulia finì al Pronto Soccorso con un braccio rotto, le dissero che la violenza domestica era un grande problema in Portogallo. Le dissero anche che era un crimine, e che lei avrebbe dovuto denunciarlo alla polizia.



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.

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Yulia era esausta e non voleva che sua figlia crescesse in una casa dove era testimone di violenze quotidiane. Si rese conto che i segni degli abusi c'erano sempre stati, anche se in forme diverse.



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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Yulia andò ad un centro di accoglienza per donne, dove si sentì più al sicuro di quanto le fosse accaduto da molto tempo. Non si sentiva così da quando si svegliava al canto degli uccelli al mattino.



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