



ACT Multicultural eNews COVID-19 Edition 19

23 September 2021

Dear readers,

We hope you enjoy this fortnight's edition of the ACT Multicultural Community eNews.

Multicultural Community eNews will only publish COVID 19 related Government and Community information until further notice.

Thank you

Office for Multicultural Affairs
Community Services Directorate

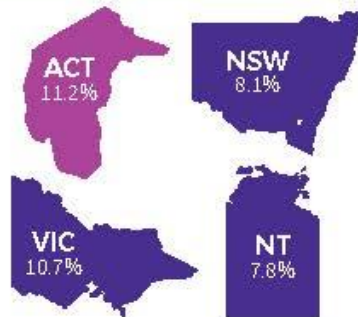
GETTING TO KNOW THE ACT

MULTICULTURAL COMMUNITY PROFILE

WHERE HAVE WE COME FROM, AND WHAT DOES IT MEAN FOR OUR GROWING POPULATION?

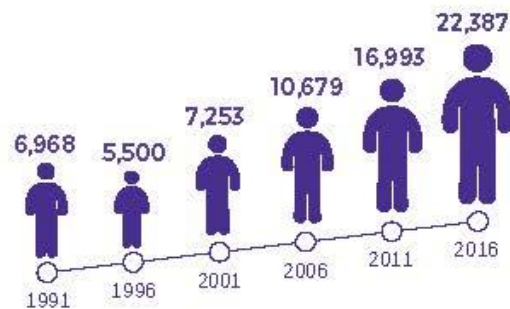
Here are some demographics to help understand who we are and how we compare with the rest of Australia.

BY 2016, THE ACT WAS THE NATION'S FASTEST GROWING POPULATION



GROWTH FROM 2011 TO 2016

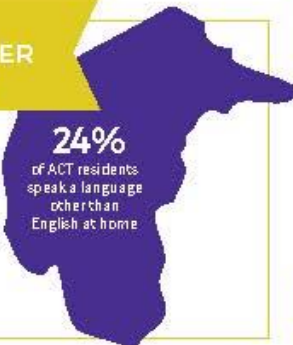
The proportion of ACT residents born overseas was 26.5% in 2016, up from 24% in 2011. Many of the ACT's overseas born residents are relatively recent arrivals. In fact, over 26,000 have arrived in Australia since the beginning of 2011. The most commonly reported countries of birth outside of Australia are England, China, India, New Zealand and the Philippines.



IMMIGRATION BY CENSUS YEAR

NEARLY 1 IN 4 PEOPLE SPEAK A LANGUAGE OTHER THAN ENGLISH AT HOME

In 2016, 24% of ACT residents aged five and over indicated that they spoke a language other than English at home, up from 18% in 2011. The most common languages other than English were Mandarin, Vietnamese, Cantonese and Hindi.



GUNG AHLIN IS DRIVING THE CAPITAL'S GROWTH



Home to roadworks, news suburbs and the Territory's first light rail corridor, the flourishing northern area of Gungahlin is the second fastest growing region in the country. Up from 30,000 people in 2011 to more than 71,000 in 2016.

RECENT ARRIVALS ARE RELATIVELY WELL EDUCATED AND HIGHLY SKILLED

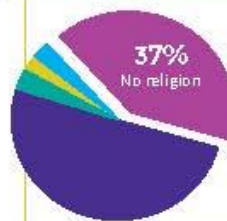
ACT residents born in countries where English is not the main language are relatively highly educated. 50% of them have a bachelor degree or higher, compared to 36% of those born in Australia.



ACT residents with a non-English speaking background are also more likely to be employed in highly skilled occupations than their Australian born counterparts. This includes ICT, engineering, natural and physical sciences, tertiary lecturing, medical practice and business analysis.

Source: ABS Census 1998-2016; ACT State of the Public Service Report 2016-17

CHANGING RELIGION



45.4% ACT residents identified as Christian. A further 2.6% as Hindu, 2.5% as Buddhist and 2.5% as Muslim. 37% of ACT residents reported they had no religion or other secular/spiritual beliefs. This is the second highest reporting of no religion in any state or territory and is up from 29% in 2011.

ADDITIONAL FACTS

In 2016, a total of 6,500 ACT residents reported having Aboriginal and Torres Strait Islander origins, an increase of 1,313 people since 2011.

The ACT State of Public Services Report 2016-2017 indicates that 3,970 employees, or 18.2% of the total ACT Public Service workforce, identified as coming from a culturally and linguistically diverse background, up from 16.8% in 2014.

Our nation's capital is younger (median age of 35, compared with 38 for the nation) higher earning (median weekly income \$998, compared with \$662) and has a higher proportion of people who have never married (38%, compared with 35%) than the rest of the nation.



COVID-19 UPDATE

COVID -19 Information and Helpline

The ACT is in lockdown, please see the [lockdown restriction page](#) for more details.

NSW/ACT order residents, please visit the [NSW/ACT border residents page](#) for more information

Please visit the [Chief Health Officer alerts page](#) for more information.

ACT COVID-19 exposure locations: <https://www.covid19.act.gov.au/act-status-and-response/act-covid-19-exposure-locations>

Latest media updates: <https://www.covid19.act.gov.au/updates/media-updates>

COVID-19 testing clinic locations: <https://www.covid19.act.gov.au/stay-safe-and-healthy/symptoms-and-getting-tested/where-to-get-tested-in-the-act>

Quarantine requirements: <https://www.covid19.act.gov.au/stay-safe-and-healthy/quarantine-and-isolation/quarantine>

Emergency food relief and grocery delivery information can be found from this website:

<https://www.covid19.act.gov.au/community/access-help#Emergency-food-relief>

If you are a small business owner experiencing financial difficulties call the **small business support line: 1800 413 828**

If you are experiencing financial difficulties call the **National Debt Helpline: 1800 007 007**

Emergency food relief delivered for ACT residents in need **call Volunteering ACT: 1800 43 11 33**

If you have any issues with your rent contact **Legal Aid's tenancy advice service: 1300 402 512, or Canberra Community Law 02 6218 7900**

If you have difficulties paying your **utility bills (electricity, gas, water) contact your service provider**

To get COVID-19 updates translated to your language go to:
<https://www.covid19.act.gov.au/languages>

For all info and the latest updates visit the [ACT COVID -19 website](#)




Mask up Canberra

Canberra - mask up when out and about for essential reasons.

Masks are an important way to protect our community from the spread of COVID-19. Are you wearing yours so it's most effective?

 Wash or sanitise your hands

 Hold the straps of your mask

-  Loop the straps around your ears, adjust if required
-  Ensure the mask covers from your nose, to your chin
-  If your mask has a top wire, gently pinch to shape to the bridge of your nose.

[Find further information about wearing your mask here.](#)

ACT GOVERNMENT NOTICES

SUPPORT SERVICES FOR PEOPLE ON TEMPORARY VISA

Where do I go if I need help with ?

| | |
|---|---|
| <p>Legal support and services</p> <p>Legal Aid ACT www.legalaidact.org.au</p> | <p>Employment</p> <p>Multicultural Hub Canberra www.mhub.org.au</p> |
| <p>Health and Wellbeing</p> <p>Multicultural Communities Council Illawarra www.mcci.org.au</p> <p>Companion House info@companionhouse.org.au</p> <p>Multicultural Hub Canberra www.mhub.org.au</p> | <p>Food</p> <p>St Vincent de Paul Society Canberra/Goulburn www.vinnies.org.au</p> <p>HelpingACT www.helpingact.org</p> <p>Migrant and Refugee Settlement Services www.marss.org.au</p> |
| <p>Education</p> <p>Education Directorate – ACT Government www.education.act.gov.au</p> <p>Navitas (Adult Migrant English Program AMEP) info@navitas.com</p> <p>Multicultural Communities Council Illawarra www.mcci.org.au</p> | <p>Housing or emergency accommodation</p> <p>Public Community Housing, ACT Government https://www.communityservices.act.gov.au/hcs/services/social_housing</p> <p>Migrant and Refugee Settlement Services www.marss.org.au</p> <p>St Vincent de Paul Society Canberra/Goulburn www.vinnies.org.au</p> |
| <p>Financial assistance</p> <p>St Vincent de Paul Society Canberra/Goulburn www.vinnies.org.au</p> | <p>Transport</p> <p>Education Directorate – ACT Government Special Needs Transport Assistance www.education.act.gov.au</p> |

| | |
|---|--|
| <p>Migrant and Refugee Settlement Services www.marss.org.au</p> <p>Companion House (for Access Card Holders) info@companionhouse.org.au</p> | <p>Multicultural Hub Canberra www.mhub.org.au</p> |
| <p>Social support</p> <p>Canberra Refugee Support www.canberrarefugee.org.au</p> <p>Multicultural Hub Canberra www.mhub.org.au</p> <p>Forum Australia www.aussieforum.org</p> | <p>Social support</p> <p>Multicultural Communities Council Illawarra www.mcci.org.au</p> <p>Companion House info@companionhouse.org.au</p> |
| <p>Family and Domestic Violence Support</p> <p>Australian Red Cross www.redcross.org.au/familyviolencerelief</p> | |
| <p>Financial assistance for ACT Services Access Card holders</p> <p>Companion House info@companionhouse.org.au</p> <p>Financial assistance for other temporary visa holders</p> <p>Australian Red Cross www.redcross.org.au/get-help/help-for-migrants-in-transition/help-for-migrants-in-transition</p> <p>Emergency food relief</p> <p>If you are experiencing hardship and cannot afford to feed your family or yourself during the lockdown in the ACT, you can request a food and essential item delivery to your front door for free.</p> <p>To place an order for emergency food and essential items and to find out what items are available call VolunteeringACT on 1800 43 11 33, open Monday to Friday between 9am and 5pm.</p> <p>If the phone is not answered, please leave a message and someone will return your call.</p> <p>Alternatively, you can make contact via email via info@volunteeringact.org.au</p> <p>Australian Government Disaster Payment Support</p> <p>The Australian Government is providing COVID-19 disaster payments. These payments are available to Australian residents or individuals that hold a visa that gives you the right to work in Australia. To find out if you are eligible and how to apply head to www.servicesaustralia.gov.au or call 180 22 66.</p> | |
| <p>Further Information</p> <p>For more information, contact the Community Services Directorate on 133 427.</p> | |

Accessibility





The ACT Government is committed to making its information, services, events and venues, accessible to as many people as possible.


If you have difficulty reading a standard printed document and would like to receive this publication in an **alternative format** – such as large print or audio – please telephone **(02) 6205 0282**.


If English is not your first language and you require the **translating and interpreting services** – please telephone **131 450**

If you are deaf or hearing impaired and require the **National Relay Service**, phone **133 677 then ask for 133 427**

HOW TO ACCESS AN INTERPRETER

| Language | Post text | Image |
|----------------------|--|---|
| English | <p>Information, updates and advice about COVID-19 and what you need to do in the ACT.</p> <p>If you need to speak to someone in a language other than English for updated information, please telephone the Telephone Interpreter Service (TIS) 131 450 (24 hours a day, seven days a week).</p> <p>Ask to be connected to the ACT COVID-19 helpline on (02) 6207 7244 (open from 8 am to 8 pm daily).</p> <p>To find out more, go to </p> <p>https://www.covid19.act.gov.au/languages</p> |  |
| Chinese - simplified | <p>COVID-19 相关信息、动态和建议以及您在首都领地需要怎么做。</p> <p>如果您需要用英语以外的语言咨询最新信息，请致电电话传译服务（TIS）：131 450（一周七天，每天 24 小时提供服务）。</p> <p>请求对方连到首都领地 COVID-19 求助热线：(02) 6207 7244（每天上午 8 点到晚上 8 点提供服务）。</p> <p>了解更多信息，请访问 </p> |  |

| | | |
|-----------------|---|--|
| | https://www.covid19.act.gov.au/languages | |
| Arabic | <p>معلومات وتحديثات ونصائح بشأن COVID-19 وما عليك القيام به في ACT.</p> <p>إذا كنت بحاجة إلى التحدث إلى شخص ما بلغة أخرى غير الإنجليزية للحصول على معلومات محدثة، يُرجى الاتصال بخدمة الترجمة الهاتفية (TIS) على الرقم 131 450 (24 ساعة في اليوم، سبعة أيام في الأسبوع).</p> <p>اطلب وصل مكالمتك بخط المساعدة الخاص بـ COVID-19 في ACT على الرقم 6207 7244 (02) (مفتوح من 8 صباحاً إلى 8 مساءً يومياً).</p> <p>لمعرفة المزيد، توجه إلى:</p> <p>https://www.covid19.act.gov.au/languages</p> | |
| Vietnamese | <p>Thông tin, những cập nhật và lời khuyên về COVID-19 và những gì quý vị cần phải làm ở ACT.</p> <p>Nếu cần nói chuyện với ai đó bằng ngôn ngữ không phải tiếng Anh để biết các thông tin cập nhật, xin quý vị gọi điện thoại đến Dịch vụ Thông dịch qua Điện thoại (Telephone Interpreter Service - TIS) 131 450 (24 giờ mỗi ngày, bảy ngày mỗi tuần).</p> <p>Rối yêu cầu được nối máy với đường dây giúp đỡ về COVID-19 của ACT qua số (02) 6207 7244 (làm việc từ 8 giờ sáng đến 8 giờ tối mỗi ngày).</p> <p>Muốn tìm hiểu thêm, xin quý vị truy cập </p> <p>https://www.covid19.act.gov.au/languages</p> | |
| Farsi (Persian) | <p>اطلاعات، به روز رسانی ها و توصیه در مورد کووید-۱۹ و آنچه باید در ACT انجام دهید.</p> <p>اگر برای اطلاعات به روز نیاز به صحبت با دیگری به غیر از انگلیسی دارید ، لطفاً با خدمات ترجمه تلفنی (TIS) به شماره ۱۳۱۴۵۰ تماس بگیرید (۲۴ ساعت شبانه روز، هفت روز هفته) .</p> <p>درخواست کنید تا شما را به ACT COVID-19 helpline شماره تلفن ۶۲۰۷۷۲۴۴ (۰۲) وصل کنند (روزانه از هشت صبح تا هشت شب باز است).</p> | |

| | | |
|---------|--|--|
| | <p>برای کسب اطلاعات بیشتر، به این وبسایت مراجعه کنید:</p> <p>https://www.covid19.act.gov.au/languages</p> | |
| Tamil | <p>COVID-19 மற்றும் ACT- இல் நீங்கள் என்ன செய்ய வேண்டும் என்பது பற்றிய விவரங்கள், பிந்திய தகவல்கள் மற்றும் ஆலோசனை</p> <p>ஆங்கிலத்தைத் தவிர வேறு மொழியில் ஒருவருடன் பேசுவதற்கு மொழிபெயர்த்துரைப்பு சேவையை(TIS) 131 450 என்ற எண்ணில் அழையுங்கள்(24 மணி நேரமும், வாரத்தில் ஏழு நாட்களும்).</p> <p>ACT COVID -19 உதவி இலக்கமான (02) 6207 7244-உடன் தொடர்பை ஏற்படுத்துமாறு கேளுங்கள். (தினமும் காலை 8 மணி முதல் இரவு 8 மணி வரை திறந்திருக்கும்)</p> <p>மேலதிக விவரங்களுக்கு https://www.covid19.act.gov.au/languages</p> <p>என்ற இணையத்தளத்திற்குச் செல்லுங்கள்</p> | |
| Spanish | <p>Información, novedades y consejos sobre el COVID-19, y lo que debe hacer en el ACT.</p> <p>Si necesita hablar con alguien en español para obtener información actualizada, llame al Servicio Telefónico de Intérpretes (TIS) al 131 450 (las 24 horas, todos los días del año).</p> <p>Pida que le conecten con la línea de asistencia sobre el COVID-19 del ACT al (02) 6207 7244 (de 8:00 a 20:00 horas, todos los días).</p> <p>Para informarse, consulte </p> <p>https://www.covid19.act.gov.au/languages</p> | |

| | | |
|------------------------------|---|--|
| <p>Chinese – traditional</p> | <p>關於新冠病毒的資訊、最新消息、建議和您在首都領地所需做的事情。</p> <p>如果你需要用英文以外的語言溝通以獲取最新資訊，請致電 131 450 聯繫電話傳譯服務 (TIS) (每週 7 天、每天 24 小時提供)。</p> <p>要求致電(02) 6207 7244，接到首都領地新冠病毒幫助熱線 (每天上午 8 時至晚上 8 時開放)。</p> <p>了解詳情 · 請登入 </p> <p>https://www.covid19.act.gov.au/languages</p> | |
| <p>Korean</p> | <p>COVID-19 과 ACT 내 여러분이 해야 하는 것들 대한 정보, 업데이트 및 권고사항</p> <p>업데이트된 정보에 대해 영어 이외의 언어로 누군가와 상담하고 싶으시다면 전화 통역 서비스(TIS) 131 450 번으로(매일 24 시간, 주 7 일 운영) 연락하시기 바랍니다.</p> <p>연결된 후 ACT COVID-19 헬프라인 (02) 6207 7244 번으로(매일 오전 8 시부터 오후 8 시까지 운영) 연결을 요청하세요.</p> <p>더 자세히 알아보려면, 아래 사이트를 방문하세요 </p> <p>https://www.covid19.act.gov.au/languages</p> | |
| <p>Dari</p> | <p>معلومات، به روز رسانی و توصیه در مورد کووید ۱۹ و آنچه باید در ACT انجام دهید.</p> <p>اگر بخاطر گرفتن معلومات تازه به زبانی غیر از انگلیسی به صحبت کردن با کسی ضرورت داشته باشید، لطفاً به خدمات ترجمانی کتبی و شفاهی (TIS) با 131 450 زنگ بزنید (۲۴ ساعت روز، هفت روز هفته).</p> <p>تقاضا کنید که شما را به خط کمک تلفونی کووید ۱۹ ACT با شماره 6207 7244 (02) مرتبط بسازد. (هر روز از ۸ صبح تا ۸ شام باز است).</p> <p>برای دریافت معلومات بیشتر، به www.covid19.act.gov.au/languages مراجعه کنید</p> | |

| | | |
|----------------|--|--|
| <p>Thai</p> | <p>แหล่งข้อมูล การอัปเดต และคำแนะนำต่าง ๆ เกี่ยวกับ COVID-19 และสิ่งที่คุณจำเป็นต้องปฏิบัติใน ACT</p> <p>หากคุณต้องการพูดคุยกับใครบางคนเป็นภาษาอื่นที่ไม่ใช่ภาษาอังกฤษเพื่อรับทราบข้อมูลล่าสุด กรุณาโทรหาบริการล่ามทางโทรศัพท์ (TIS) ที่ 131 450 (ตลอด 24 ชม. ทุกวัน)</p> <p>แล้วขอให้โอนสายไปยังสายด่วน COVID-19 ใน ACT ที่ (02) 6207 7244 (เปิดทุกวัน ระหว่างเวลา 8.00 น. ถึง 20.00 น.)</p> <p>หากต้องการข้อมูลเพิ่มเติม ไปที่ https://www.covid19.act.gov.au/languages</p> | |
| <p>Karen</p> | <p>တၢ်ဂ့ၢ်တၢ်ကျိၤ,တၢ်ဂ့ၢ်လၢခံကတၢၢ်ဒီးတၢ်ဟ့ၣ်က့ၣ်ဟ့ၣ်ဖးဘၣ် ဃး COVID-19 ဒီးတၢ်လၢနကဘၣ်မၤအီၤလၢ ACT န့ၣ်လီၤ.</p> <p>ဖဲန့ၣ်လိာ်ကတၢၢ်တၢ်ဒီးပုၤတၢ်လၢက့ၢ်လၢအအါန့ၣ်ဒီးအဲၤက လံးအကျိၤလၢတၢ်ဂ့ၢ်တၢ်ကျိၤလၢခံကတၢၢ်အဂီၢ်, ဝံးဃးစူၤကိးလီၤတဲၤစိဆူ လီၤတဲၤစိတၢ်ကတၢၢ်ကျိၤထံတၢ်အတၢ်မၤၤၤအတၢ်ဖဲတၢ်မၤ (TIS) လၢ 131 450 (တၢ်သီ 24 န့ၣ်ရံၣ်, တၢ်န့ၣ်သီ)န့ၣ်တက့ၢ်.</p> <p>ဃုန့ၣ်လၢတၢ်ကဘျးဖဲန့ၣ်ဒီး ACT COVID-19 တၢ်မၤၤၤအလီၤကျိၤလၢ (02) 6207 7244 (အိးထီၣ်အသးစးထီၣ် ဂီၤ 8 န့ၣ်ရံၣ်တုၤဟေၤ 8 န့ၣ်ရံၣ်ကိးသီဒီးန့ၣ်လီၤ).</p> <p>လၢတၢ်ကဃုသ့ၣ်ညါအါထီၣ်အဂီၢ်,လဲၤဘၣ်ဆူ- https://www.covid19.act.gov.au/languages တက့ၢ်.</p> | |
| <p>Bengali</p> | <p>কভিড-১৯ সম্পর্কিত তথ্য, আপডেট এবং পরামর্শ এবং ACT তে আপনাকে যা যা করতে হবে।</p> <p>হালনাগাদ তথ্যের জন্য যদি আপনি ইংরেজি ছাড়া অন্য কোন ভাষায় কারও সাথে কথা বলতে চান, তাহলে অনুগ্রহ করে ১৩১ ৪৫০ নম্বরে টেলিফোন ইন্টারপ্রেটার সার্ভিস (TIS) কে ফোন করুন।</p> | |

| | | |
|----------|--|--|
| | <p>এরপর (02) 6207 7244 নম্বরে ACT COVID-19 হেল্পলাইনের সাথে সংযোগ দিতে বলুন।</p> <p>আরও তথ্যের জন্য https://www.covid19.act.gov.au/languages</p> <p>ওয়েবসাইট দেখুন।</p> | |
| Rohingya | <p>Maalumat,noya hobor ar mocwara COVID-19 ór baabote ar tuáñrtu ki gora foriboudé yan ACT taílé.</p> <p>Zedice noya hobor ólla tuañrtu Ingqqqqqqqílic baade oinno zuban ót hotá hodé itaral loí hota hoí bolla lailé,merbani gori telefon goro Telefon ór hotá Bañgidoya (TIS) 131 450 (24 gonda din ót, hañt din hafta yé).</p> <p>ACT COVID-19 or helpline ót lagaí dito hoí yo (02) 6207 7244 (8 am ottú 8 pm fan kula daíli).</p> <p>Aro zani bolla zaí só: https://www.covid19.act.gov.au/languages</p> | |
| Burmese | <p>COVID-19 နှင့်ပတ်သက်သော အချက်အလက်များ၊ နောက်ဆုံးရ အချက်အလက်များနှင့် အကြံဉာဏ်များအပြင် ACT တွင် သင် ဆောင်ရွက်ရန်လိုအပ်သည့် အရာများ</p> <p>သင်သည် နောက်ဆုံးရအချက်အလက်များအတွက် အင်္ဂလိပ်ဘာသာမဟုတ်သော အခြားဘာသာတစ်ခုဖြင့် လူတစ်ဦးနှင့် စကားပြောရန်လိုအပ်ပါက ကျေးဇူးပြု၍ တယ်လီဖုန်းစကားပြန်ဝန်ဆောင်မှု (TIS) 131 450 သို့ (တစ်နေ့ 24 နာရီ၊ တစ်ပတ် 7 ရက်) ဖုန်းခေါ်ဆိုပါ။</p> <p>ACT COVID-19 ကူညီပေးရေးဖုန်းလိုင်း (02) 6207 7244 သို့ ချိတ်ဆက်ပေးပါရန် တောင်းဆိုပါ (နေ့စဉ်မနက် 8 နာရီမှ ည 8 နာရီအထိ ဖွင့်လှစ်သည်)။</p> <p>ပိုမိုသိရှိအောင် ဝင်ရောက်ကြည့်ရှုရန် - https://www.covid19.act.gov.au/languages</p> | |

| | | |
|----------------|--|--|
| <p>Tagalog</p> | <p>Mga impormasyon, update at payo tungkol sa COVID-19 at ang kailangan mong gawin sa ACT.</p> <p>Kung kailangan mong makipag-usap sa isang tao sa wika na hindi Ingles para sa pinakabagong impormasyon, mangyaring tawagan ang Telephone Interpreter Service (TIS) sa 131 450 (24 na oras sa isang araw, pitong araw sa isang linggo).</p> <p>Hilingin na maikonekta sa ACT COVID-19 helpline sa (02) 6207 7244 (bukas mula 8:00 ng umaga hanggang 8:00 ng gabi araw-araw).</p> <p>Upang malaman ang higit pa, pumunta sa: https://www.covid19.act.gov.au/languages</p> | |
| <p>Dinka</p> | <p>Wël Lëk, lëk yäm ku wëët abäj tueny COVID-19 ku kë wïc ku ba looi bääi alöj ACT</p> <p>Na wïc ba jam kek raandët ee thooj cie English ee wët lëk yam, mënöhë yuopë telepun Luöi Wëër Thook(TIS) 131 450 (thaa 24 koltok yic nin kadhorou wiik yic) thiëc ku bi yïin tuomthook kek akutnhom kuony ACT COVID-19 tən (02) 6207 7244 (njääny jök thaa 8 am yet 8 pm kolthook eben.</p> <p>Ku bä käjuëc njic , lör tən</p> <p>https://www.covid19.act.gov.au/languages</p> | |