Siangngakchia nih 2020 VCE catlap ah tialmi camipuai tuahnak pawl limnak caah lamhmuhsaknak

VCE catlap ah tialmi camipuai pawl le [2020 VCE Camipuai pawl Atuahtu ([2020 VCE Exams Navigator](https://www.vcaa.vic.edu.au/studentguides/ExamsNavigator/Pages/index.aspx))](https://www.vcaa.vic.edu.au/studentguides/ExamsNavigator/Pages/index.aspx) he aa pehtlaimi atanglei thawngthanh cu na rel hrimhrim lai. Zaangfahnak in, [VCE a lenglei zohfelnak pawl caah fehter cangmi thilri pawl le thilthuam pawl ([Approved materials and equipment for VCE external assessments](https://www.vcaa.vic.edu.au/assessment/vce-assessment/materials/Pages/index.aspx))](https://www.vcaa.vic.edu.au/assessment/vce-assessment/materials/Pages/index.aspx), VCAA phungphai pawl (VCAA rules), 2020 VCE camipuai tuah ding caan suaisamhmi (2020 VCE examination timetable) le [Ahleice Peknak ([Special Provision](https://www.vcaa.vic.edu.au/administration/special-provision/Pages/SpecialProvisionVCEandVCAL.aspx))](https://www.vcaa.vic.edu.au/administration/special-provision/Pages/SpecialProvisionVCEandVCAL.aspx) he aa pehtlaimi pawl kha luhlinh deuh in zoh.

*Hi thawngthanhnak cu siangngakchia caah a sawh lio ah, innchungkhar pawl/zohkhenhtu pawl zong kha VCAA nih zohfelnak pawl kha* *COVIDSafe* *thilsining* *he a tuah lainak kha hngalhnak a pek thiamthaim fawn hna.*

VCE catlap ah tialmi camipuai tuahnak cu VCE caah a donghnak aphi pawl biakhiahnak ah a biapimi pakhat a si lio ah, na VCE catlap ah tialmi camipuai tuahnak pakhat khat cu (COVID-19) ruangah na lim khawh lo a si ahcun, Ngahmi Camipuai tuahnak Hmat (Derived Examination Score (DES) na sok khawh te lai.

DES cu a thiammi nan sianginn hrambunh zohfelhnak hmangin tuakmi a si, cacawnnak ah a dang a lenglei zohfelnak pakhat khat, nangmah Atlangpi Thiamnak Hneksaknak (General Achievement Test (GAT) le lakchapmi data a phuphun cu nan sianginn nih a pek.

A dikmi le zumh awk a tlakmi aphi pawl na ngah hrimhrimnak dingah VCAA nih tuah dingmi pawl a chiah dih cang.

**Kum 2020 i VCE catlap ah tialmi camipuai pawl kong ah zeidah aa dannak a um te lai?**

VCE catlap ah tialmi camipuai pawl i a biapibikmi caan cu Cacawn Nihnih 10 Sikpar (November) ah thawk a si lai i Cacawn Nihnih 1 Dipa (December) 2020 ah a dih lai. Hi camipuai tuahnak nithla pawl cu coronavirus (COVID-19) pulrai nih a den ruang i sianginn riantuannak pawl ah thlennawnnak a um ruangah a hnulei ah thawn thannak a si. Sihmanhsehlaw, camipuai pakhat cio i tuah caan cu aa thleng lo.

Nan sianginn nih a tang i langhtermi hi an in pek hrimhrim hna awk a si:

* na camipuai pakhat cio i nithla, acaan le ahmun aa telmi nangmah pumpak **Siangngakchia Camipuai tuahnak/Zohfelnak lei Caan suaisamhmi (Student Examination/Assessment Timetable)** kong khawpi, camipuai kip caah DES soknak apnak caah a donghnak nithla pawl zong; cun a si khawh ahcun
* camipuai pakhat khat caah **Ahleice Camipuai tuahnak lei Tawlrelnak pawl Ruahnak cheuhnak catlap (Special Examination Arrangements Advice slip)** an in pekmi khawpi, cucu VCAA nih Ahleice Camipuai tuahnak lei Tawlrelnak pawl (Special Examination Arrangements) a fehter cangmi.

**VEC catlap ah tialmi camipuai tuahnak pawl COVIDSafe siter dingah zeibantuk tuahto ning pawl dah tuah a si lai?**

Nan sianginn asilole hmun dangah VCE catlap ah tialmi camipuai tuahnak cu nan fimcawnnak petu i ruahnak pek ning bantukin tuah a si lai. Victoria sianginn dihlak le a dang upa a biapi deuh lomi fimcawnnak petu pawl nih COVIDSafe Timtuahnak (COVIDSafe Plan) cu a hmun ah ingeih an herh.

Victoria Ngandamnak lei Haotu Bawi nih a fehtermi himnak lei tuahto ning a phunphun cu siangngakchia pawl, ruahnak petu pawl le sianginn i riantuantu pawl ngandamnak caah camipuai tuahnak hmunhma pawl cu COVIDSafe siter dingah chiah a si lai. Hi himnak lei tuahto ning pawl ah aa telmi cu:

* phak ka ah minkhumhnak tuah ningcang;
* thutdan vialte 1.5 metres hlat in chiahnak pawl telhchih in takpum ihlatnak ah a herhmi a bawmtu hmunhma sersiamnak; cun
* camipuai tuah hlan le tuah hnu fatin khung pawl le thutdan pawl thianghlim tein chiahnak, a dang tongh lengmangmi thil pawl zong chunnitlak punghmaan tein thianh lengmang nak.

**COVIDSafe si dingah zei tuah dah ka herh?**

**Na tuah hrimhrim dingmi cu:**

* Victoria sianginn pawl caah atu lio zulh dingmi he aa tlak ningin, pumtlamtlinlonak asilole sii lei thlopbulnak ruang i tuah lo in na um dah ti lo ahcun, na hnar le kaa a hupmi hmaihuh naa hruk hrimhrim lai. Camipuai tuahnak hmun na phak, camipuai tuah chung vialte le na tin than tiang telhchih in, na hmaihuh kha a zungzal in naa hruk peng lai. Hmai dihlak a hupmi khamnak anmah tein an ihrukmi nih zapi ngandam lei a herhmi pawl kha a tlinh lo.
* A chung luh le ahmun in rak chuah telhchih in kut kha punghmaan in thiang tein umter peng,
* Midang sin in a tlawmbik 1.5m a hlatnak ah um peng law takpum ihlatnak kha ngei.

**Ka taklinh chek ka hau lai maw?**

Sianginn pawl le a dang camipuai tuahnak hmun pawl I a hung phanmi siangngakchia pawl i taklinhnak lei chek kha a herh lai lo.

Atu lio Ngandamnak lei Haotu Bawi achangtu i ruahnak pekmi, Victoria ah mibu lak i atu lio zawt ichonhnak level pekmi cungah hngat in, sianginn pawl an phak bak ah siangngakchia dihlak taklinh cheknak cu Term 4 nak ah hin cun a herh lai lo.

**Pumtlamtlinlonak, zawtnak ka ngeih asilole coronavirus (COVID-19) ngeih khawhnak dingin a dang thilsining ka ngeih ahcun zeidah ka tuah lai?**

Pumtlamtlinlonak, zawtnak na ngeih asilole coronavirus (COVID-19) ngeih khawhnak dingin a dang thilsining na ngeih ahcun nan sianginn he Ahleice Camipuai tuahnak lei Tawlrelnak pawl (Special Examination Arrangements) pakhat khat nan iceihmai a hau. Aa tlakmi ngandamnak le a himmi thingnak pawl chiahnak he sianginn ah mah te lawng um bu in hi nih hin catlap ah tialmi camipuai phitnak cu an tuahter kho men lai.

**Camipuai tuah zarh asilole tuah ni ah ka dam lo ahcun zeidah ka tuah a herh?**

Camipuai tuahnak ah **na kal hrimhrim lai lo** na dam lo ahcun asilole a dinte a si zongah coronavirus (COVID-19) zawt hmelchunhnak pakhat khat na ngeih ahcun, hihi telhchih in:

* a rim theihnak asilole a thawtnam theihnak a tlau asilole aa thlen
* taklinh, khuasih asilole thlanchuah
* khuh, or fah asilole hnapchuah
* thawhchuah iharh
* luhfah, titsa fah, chungno, luak le chungtlik tibantuk zeimawzat sining pawl zong kha zawt hmelchunhnak ah ruah khawh a si men lai.

Nan sianginn kha nan pehtlaih le inn ah i erh in ruahnak nan hal hna a hau.

Camipuai tuah hmun na phak bak ah coronavirus (COVID-19) zawt hmelchunhnak na cungah a langh ahcun, a dang tein a ummi khaan ah hngah chung dingin fial na si lai i na nulepa asilole zohkhenhtu kha nangmah don dingah chawnh an si lai.

Camipuai tuah lio ah na dam lo a si ahcun, a dang tein a ummi khaan chungah nangmah te lawng in na um lai i cuka hmuh ah cun aa tlakmi ngandamnak le himnak lei thingnak pawl he pehzulhnak nawl pek an si lai. Camipuai tuahmi kha lim dingin na dam lo tuk a si ahcun, nangmah te lawng in umter na si lai i cu lio ahcun nulepa asilole zohkhenhtu nih an rak in don lai.

Camipuai tuah ni ah coronavirus (COVID-19) zawt hmelchunhnak he na dam lo a si ahcun, na camipuai tuahnak ah na kal hrimhrim lai lo. Zawtnak naa chek a hau i aphi pawl na ngah hlan inn ah na um hrimhrim lai. DES a sok dingah aa tlakmi na si lai.

**A dang zeibantuk dirhmun pawl tang ah dah camipuai tuahnak ah kal lo in ka um a herh?**

Camipuai tuahnak i na dam lo lengah, catlap ah tialmi camipuai tuahnak ah **na kal hrimhrim lai lo**:

* coronavirus (COVID-19) cheknak naa lim cang i mah lawng tein umnak in na zawtnak a phi pawl na hngah lio asi ahcun.
* coronavirus (COVID-19) cheknak (tch. zawt hmelchunhnak na ngeih) aa lim hlan ah nangmah te lawng na um lio a si ahcun
* naa chekmi ah coronavirus (COVID-19) zawtnak na ngeih ahcun, asilole
* Ngandamnak le Miung Riantuan piaknak Phuthen (Department of Health and Human Services (DHHS)) nih lam an hmuhsak a si ahcun asilole mizaw he naihniam in a ummi he naihniam in a ummi telhchih in coronavirus (COVID-19) zawtnak a ngeimi he naihniam in tonnak a ngeimi bantukin langhter na si ahcun.

Hi bantuk dirhmun pawl ah, DES a sok dingah aa tlakmi na si lai.

**Coronavirus (COVID-19) ruangah DES sok ka herhnak a langhtertu thil zeidah a si?**

Camipuai tlamtling tein tuahnak in khenkham na si ahcun DES a sok dingah aa tlakmi na si lai asilole (COVID-19) ruangah na tuahsermi kha fak piin a hnorsuan ah cun a sok dingah aa tlakmi na si lai.

A herhnak a langhtertu thil ah aa telmi cu:

* sianginn in bawmhnak lei cakuat/thilcang ripawt.
* coronavirus (COVID-19) caah cheknak a langhtertu thil - cheknak tuah dingah ngandamnak lei thiamsang pakhat pakhat nih sii lei kongkau tialpiakmi asilole COVID-19 zawtnak a ngei tiah fehtermi he naihnaim in tonnak a ngei tiah langhter i mah lawng tein um dingah fialmi tibantuk.

**Coronavirus (COVID-19) ruangah sianginn kharnak**

Coronavirus (COVID-19) ruangah nan sianginn kha chikhat nan khar chung a si ahcun, cu nih a chuahpimi a phi bantukin camipuai kha voikhat asilole tamdeuh in tuah khawh a si lai lo, tlamtlinglonak na ngeihlonak tha tein fianter dingah nan sianginn cu VCAA he rian a tuanti lai. Hihi a can ahcun DES caah na sok kho lai lo.

**Zeibantuk thinlung damnak le thatnak lei bawmhnak dah keimah caah a um?**

VCE a lenglei zohfelnak pawl tuah lio caan ah hin a tlangpi in lungretheihnak le thinphannak na rak ngei kho men.   Bawmh chah a herhmi ah naa ruah ahcun, nan sianginn asilole zumhmi cachimtu kha dairek in na pehtlaih khawh hna. Hi zuamcawhmi sianginn kai kum hmangin nan sianginn nih an bawmh khawh men ko hna lai.

Midang pawl nih innchungkhar, hawikom pawl le sii lei asilole thinlung damnak lei a thiammi sin in bawmh chapnak an herh men lai. Hlanlio deuh ah sii lei asilole thinlung damnak lei thiamsang nih an zoh cang ahcun, atu cu nangmah, nan innchungkhar, hawikom pawl asilole sianginn nih ngeihnak siaherhnak pakhat khat kha tlo ngaiin tawlrel dingah tuahto ning pawl tharchuah dingin “check-in” tuahnak caah caan tha a si kho men.

* + [eHeadspace](https://headspace.org.au/eheadspace/)
	+ [Ngakchia pawl bawmhnak lei chawnhnak (Kids Helpline)](https://kidshelpline.com.au/)
	+ [Lifeline](http://www.lifeline.org.au/)
	+ [Adummi Pinlei (Beyond Blue)](https://www.beyondblue.org.au/get-support/get-immediate-support)
	+ [ReachOut – thinlung ngandamnak lei zohkhenh timhlamhmi ngahnak](https://au.reachout.com/articles/part-1-getting-yourself-a-mental-health-care-plan).

**Nulepa pawl/zohkhenhtu pawl caah a biapimi thil pawl zeidah hmuh khawh a si?**

An fale caah a thabikmi bawmhnak pek ningcang hngalh dingah nulepa pawl le zohkhenhtu pawl caah a har caan pawl a um khomi a si. Nulepa pawl le zohkhenhtu pawl caah a biapimi thil pawl aa telmi cu:

* [An fa ngandamnak le thatnak bawmh dingah nulepa nih tuah dingmi pawl](https://www.education.vic.gov.au/parents/learning/Pages/home-learning-screentime-wellbeing.aspx).
* [Podcast Achangchang pawl ah Acawngmi pawl Fimchimhnak](https://raisingchildren.net.au/guides/podcasts-and-webinars/podcasts).

**Thawngthanhmi tamdeuh khoika dah ka hmuh khawh lai?**

* VCE catlap ah tialmi camipuai tuahnak le lamhmuhsaknak caah nan sianginn asilole adang a biapi deuhlomi fimcawnnak petu i tawlrelnak pawl a dikthlir deuh in thawngthanhmi hmuhnak caah, zaangfahnak in nan sianginn asilole fimcawnnak petu he pehtlaihnak ngei.
* Ngandamnak lei ruahnak cheuh chapmi caah suimilam 24 chung COVID-19 kong chawnh khawhnak 1800 675 398, na siibawi (GP) ah pehtlaihnak tuah, asilole DHHS vuapsaih (website) ah zoh: <https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19#what-are-the-symptoms-of-coronavirus-covid-19>.