

# Connecting Cleveland

Monthly

Initiative to inform and connect Cleveland...

Issue #04

April 2014

## On The Way Of Connecting...

✍ Hari Kumar Dahal

"Living in a community, and doing nothing worthy to help each other was a sad thing we were experiencing", said Arjun Karki. Everyone living in the Greater Cleveland area had been hoping for some program or something that would allow them to connect with one another.

When Ramesh saw an issue of the newspaper *Connecting Cleveland*, which offers articles in both Nepali and English, he felt really impressed at the accomplishment in our community.

Likewise, Tek Khadka, who was a volunteer worker at Youth Friendly Center while living in the refugee camp, expressed his approval about *Connecting Cleveland* as a good way to increase communication in our community.

Since 2007, hundreds of Bhutanese refugee families have resettled in different cities of the US including the Greater Cleveland area from the Eastern part of Nepal. With the support of the United Nations High Commissioner for Refugees (UNHCR) and the International Organization for Migration (IOM), Bhutanese refugees resettled not only in Lakewood, Cleveland, and Cleveland Heights but also in other parts of the United States and other western countries.



A glimpse of an introductory presentation and discussion done by *Connecting Cleveland*, gathering English learner Bhutanese at Catholic Charity.

Bhutanese families now living in states like New Hampshire, Georgia, and North Carolina have initiated several programs to prepare themselves to be productive citizens. Unfortunately, there are no similar programs being launched within the Bhutanese community here in the greater Cleveland area. Most of the Bhutanese-Clevelanders have been frustrated by the lack of a perfectly connected community, says the Adhikari family.

To remedy the situation, high-school students began *Connecting Cleveland*, which has been well received by the Bhutanese community both in the Greater Cleveland and in other cities. As the name implies, the organization intends to bring an educational connection as far as possible. Thus, six high-school students published its first educational community newspaper in January, 2014.

These high-school students have as their goal not only to publish a newspaper, but also to provide the community with an example that will motivate an empowered and well-behaved civil society in the future.

Other student who are also interested in bringing about positive changes in the community have contacted our team. Thanks to everyone for making our work successful. We look forward to everyone's constructive suggestions. Our team has also started different presentations and discussions to introduce the team and provide a forum for our people to express their concerns and learn about one another.

Going forward, let's join our hands to continue making positive changes in our community and striving to make ourselves productive citizens

## Deadline for resettlement announced

On April 2, UNHCR Nepal began an information campaign in the Bhutanese refugee camps to publicize the upcoming deadline to submit a declaration of interest in resettlement. The deadline for Bhutanese refugees to declare interest in the group resettlement program is June 30, 2014.

Meanwhile, the 75,000th refugee from Bhutan departed from Nepal for the United States of America, on April 8, 2014. The U.S. and other countries participating in this resettlement program - Australia, Canada, Denmark, the Netherlands, New Zealand, Norway, and the United Kingdom - have collectively resettled 88,770 Bhutanese refugees.

## पुनर्वासका लागि समय सीमा घोषणा

भुटान समाचार सेवा अनुसार, पुनर्वासमा ईच्छा रहेकाहरुलाई निर्धारित समय सीमा भित्र घोषणा गरिसक्नु पर्ने भन्दै यूएनएचसीआर नेपालले अप्रिल २ देखि भुटानी शरणार्थी शिविहरुमा सार्वजनिक रुपले जानकारीमुलक अभियान सुरु गरेको छ । यदी कुनै भुटानी शरणार्थीको पुनर्वास कार्यक्रम अनुसार पुनर्वास हुने ईच्छा भए उक्त कुराको घोषणा गरिसक्नु पर्ने समय सीमा हो जून ३०, २०१४ ।

साथसाथै, भुटान समाचार सेवा अनुसार, तेस्रो देश पुनर्वास हुने क्रममा ७५,०००औं शरणार्थी युनाईटेड स्टेट्स अफ अमेरिकाका लागि अप्रिल ८, २०१४ मा नेपालबाट छुटेको काठमाडौंको यूएस एम्बेस्सीले बताएको छ ।

News source: [BhutanNewsService.com](http://BhutanNewsService.com)

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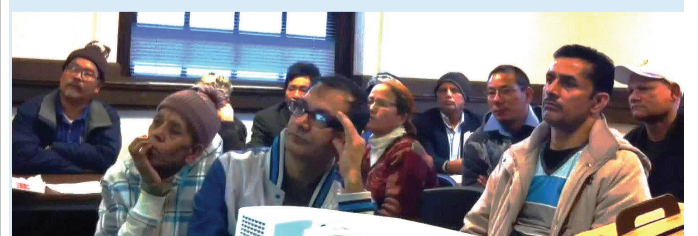
Nepali-Bhutanese youths living in Cleveland area celebrated the festival of the colors with enjoyment.



Anjana Monger and Mandira Upreti dancing for CityMusic's concert at the Children's Museum, March 16. (Photo Courtesy: CityMusic)



Friends and supporters of Nepal Orphans Home organized an International Marketplace at Shaker Square on Saturday, April 12th. Featured were donated items from around the world, with many specialty items from Nepal. The entire proceeds will help to support the more than 140 children in NOH's five homes just outside of Kathmandu. (Photo Courtesy: NOH)



Nepali-Speaking Bhutanese watching the video shown by *Connecting Cleveland* in an introductory presentation at Cleveland Heights. (Photo: Krishna P. Dahal)



**ABOUT US:**

Connecting Cleveland is a volunteer group formed by high school going youths with an intention to inform and connect all Nepali-Speaking Bhutanese living in the Greater Cleveland.

**BOARD**

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**Readers' Comments**

Global Cleveland is very excited to have learned about *Connecting Cleveland* through our involvement with the Refugees Services Collaborative and other community partners. As a young person myself, I am very impressed with the initiative these high school students are taking in order to help their friends and family in the Nepali speaking Bhutanese community get connected with the city of Cleveland. We are excited to help this organization in any way we can and look forward to working with them further. Our organization offers free services for international newcomers in the Cleveland area and we hope to get connected with those in need, supporting *Connecting Cleveland's* mission and goals.

Alyssa Golinar,  
Community Outreach and  
International Services Coordinator  
Global Cleveland

March issue is a fantastic issue! Each issue gets better and better! I like the balance between the informational articles on the front page and those that speak from the heart such as those of Ram Upreti and Jeevan Adhikari. Naras Pokhrel's words of encouragement combine fears with a sense of hope.

Many thanks to the whole Connecting Cleveland staff for your good work!

Carola Drosdeck  
Vice-President of Nepal Orphans Home

**IMPORTANT NOTICE:**

### Youth Employment Information Session

### युवा रोजगार अवसरहरूका बारे जानकारीमुलक भेला

Ages: 16-24 yrs old | May 1st at 6:00 pm

वर्ष : १६ - २४ मे १, ६:०० बजे

at Emerson Elementary School, Lakewood

Job Coaching, GED and Employment

बिशेष गरी रोजगारका लागि तालिम अवसर,

जी ई डी र जागिर पाउने अवसरका जानकारीहरू

Catholic Charities with

International Services, US Together

and Building Hope in the City

**WHAT MATTERS THE MOST?**

✍ Moses Lagoon

We always have wondered what is the secret formula for achieving success in anything. After much thought, we think we have found the answer: time management. Time is probably the most influential factor that we have to consider. As the old saying goes, "Time and tide waits for none." This is especially true when it comes to accomplishing tasks and achieving your goals. Though you can't keep and control time, you still can spend it wisely. Making your time count is the only guaranteed way to success.

Normally, we are not aware of how quickly time passes by. Everything turns into the past, as rapidly as a trend. It is very important to keep moving forward in order to succeed in achieving your goals; there is just no escape and no excuses for getting where you want to go. We have often heard people say, "Everything is just a matter of time." Well it's true. Think of how much can happen between a sunrise and a sunset. The stock market crash that occurred in the United States in 1929, wiping out so much wealth, leaving the rich and prosperous penniless in a single day, stands out as a good example of how much difference a day makes. Perhaps we are hammering the point, but it must be said that the same tragedy could happen to all of us if we don't know how to take advantage of the time we have. It is in your own hands what you do with your time, either being a realist and working to achieve your goals, or just a dreamer and staying stuck where you are. Without moving along with time and just ignoring its value, success will not be a fact in your life. Disregarding time will eventually lead to the bankruptcy of your life success, dreams and realistic goals. Before that happens, an escapable path from this disaster of time should be considered. It is an individual's choice whether to waste time or benefit from it.

The best way to take advantage of time is to make a plan and stay organized. Making a schedule for yourself will help you move along. Planning for the future and making a timetable of your goals will help you feel in control and be less anxious about your future. A busy schedule, or course, is an inescapable part of growing and learning, but your map to your long-term will show you each step and keep you on the right



track. Remember, missing a single path or instruction on your map can lead you to a strange place, maybe someplace you didn't really want to go to. So keep your final destination in mind and follow your map.

As a student, following a schedule is the only effective way to excel in classes, acquire good grades, and reach your desired position while being in school or college. I still remember my days back when we had to study the punishing curricula in Nepal; we had to complete homework on the specified topic, theories and chapters, all in a certain time frame without the benefit of any practical illustrations or concepts. If I hadn't kept to a strict and organized schedule, I would not have been able to complete the demanding portions and chapters of the book on time or receive good grades. But because of practicing this discipline, we students survived the exam. As a result of this experience and the success it brought me, I continue to make schedules for myself and keep to them. Creating a timetable for yourself and being disciplined in following it will also help you build a good habit—the habit of being punctual—an essential habit for anyone who wants to get and hold a reputable job or become successful in your career or your personal life. In the same way, such discipline and organization applies to entire countries as well. We already know several Western countries that are stringent in time management.

Henceforth, let us all be stringent and make the wise apportionment of time for everything; just this habit alone will lead us to the beauty of our dreams and goals that we've always dreamt. Everything is just a matter of time and time management is what matters the most!

(Writer is an eleventh grader at Brentwood High School of Pittsburgh, Pennsylvania)

**The Marketplace Q & A**

✍ By Mindy Xiong

**Healthy and Unhealthy Relationships Part 1****Q: How can I tell if I'm in a healthy relationship?**

A: In many ways, we learn how to relate to each other based on our observations of our parents or other types of relationships. If people constantly observe poor relationships, sometimes it's hard for them to be able to recognize what's healthy. Here are some signs of unhealthy and healthy marital or dating relationships.

**Healthy**

In a healthy relationship, the two people involved in the relationship resolve their differences without emotional, physical, or psychological damage to each other. You can cultivate a healthy relationship:

• **Learn how to listen to others.** "We have two ears and only one mouth," the saying goes. Sometimes we talk more than we listen, but there is wisdom in listening and respect in giving others a chance to speak. Listening is an active process. Oftentimes, we hear but don't listen – we may be distracted by other noises or activity going on around us. We may even be thinking of something else while someone is speaking to us. Active listening involves focusing on the speaker and making sure they have heard and understand what was told to them. Clarifying information is one way of demonstrating

to yourself and to the speaker that you are actively listening. Active listening doesn't mean that we need to agree with the other person. When two people are engaged in a conversation, active listening may reduce the risk of conflict.

**Unhealthy**

An abusive or unhealthy marital or dating relationship occurs when someone in the relationship wants to use his/her power to control the other person. One sign of an unhealthy relationship is when:

• **One or both people involved in the relationship are not willing to listen to the other person.** There is no understanding without listening and no true communication when it is unfairly one-sided. When we look at relationships between peers (e.g., friendships, marital relationships), no matter the role that each person plays in the relationship, a healthy relationship requires mutual respect through listening.

**NEED HELP?** If you need help because you believe you are in an abusive or unhealthy relationship, you can call this number for more information: (216) 369-7616.

**GOT A QUESTION?** Submit yours here at [marketplacetalk@gmail.com](mailto:marketplacetalk@gmail.com)!



## Introducing the Bhutanese Club

Bhutanese youths in Tukwila, WA, have formed a club whose mission is to prevent youth from getting involved in anything negative and to encourage participation in creative activities. The club, named "Bhutanese Youth Resource Center",



usually meets Saturdays in Tukwila. "The club was formed to teach our youths and let them share their thoughts about our identity," said the Club Leaders. That effort is crucial because the Tukwila community "still doesn't know who we are". To promote culture, we have come together.

The membership, expected to be about 50 youths, will focus on career building and making sure Bhutanese youth are on the right track to graduation and to college. The members will speak out for their community, participate in sports to connect to other youths and share community success videos.

In the words of Tek Kafley, founder of the group, "With an outstanding support from Unity Creation, Bhutanese Community Resource Center, Bhutanese Student's Club, and Tukwila reporter, we have been

able to move forward quickly. We, as club members, leaders, and founders, believe that protecting our culture, languages, and identity is our first goal. Unity Creation is currently working on two documentaries about community issues; and to promote Bhutanese talents and identity, Unity Creation has come up with 'Bhutanese Got Talents/Bhutani Parichaya'. Our voices can be heard on our online radio station, Radio Prabasi. We also created a website whose initiative is 'bringing us even closer'. This website's purpose is to promote good news about events that are going on in our community. Our team would like to thank *Connecting Cleveland* for its outstanding support to our group. Just in the 2 weeks since our website launch, thousands of visitors have visited our page. We can be reached through Facebook: Unity Creation, our website: [www.bhutaneseupdates.blogspot.com](http://www.bhutaneseupdates.blogspot.com)."

## Preparing for the Citizenship Test

Following the March Issue, we have translated some more of the civic test questions and answers in three ways: English, pronunciation, and Nepali.



फरवरी र मार्चका प्रश्न नम्बरहरूलाई जोड्दै हामीले

यस पालि पनि केही प्रश्न, उत्तर, र उच्चारण राखेका छौं। यहाँ प्रत्येक प्रश्न उत्तरलाई तीन किसिमले लेखिएका छन् अङ्ग्रेजीमा, अङ्ग्रेजको उच्चारणमा, र नेपालीमा अनुवादित। याद राख्नुहोला, तपाईंले नागरिकताको लागि गरिने टेस्ट अङ्ग्रेजमा दिनु पर्ने हुन्छ।

10. In what month do we vote for president? – November

ईन वाट मन्थ डू वी भोट फर प्रेसिडेन्ट ? - नोवेम्बर

हामी कुन महिनामा राष्ट्रपतीको भोट गर्छौं ? - नोवेम्बर

11. What is the name of the president of the United States now?

– Barack Obama

वाट ईज द नेम अफ द प्रेसिडेन्ट अफ द युनाईटेड स्टेट्स नाउ ? - बारक ओबामा

युनाईटेड स्टेट्सका अहिलेका राष्ट्रपतीको नाम के हो ? - बारक ओबामा

12. What is the name of the current Vice President of the United States ?

– Joe Biden

वाट ईज द नेम अफ द करेन्ट भाईस प्रेसिडेन्ट अफ द युनाईटेड स्टेट्स ? - जो बाईडेन

युनाईटेड स्टेट्सका अहिलेका उपराष्ट्रपतीको नाम के हो ? - जो बाईडेन

13. If the President can no longer serve, who becomes President?

– the Vice President

ईफ द प्रेसिडेन्ट क्यान नो लंगर सर्भ, हु विकम्स प्रेसिडेन्ट ? - द भाईस प्रेसिडेन्ट

यदी राष्ट्रपतिले आफ्नो अवधिभरी काम गर्न न सके, राष्ट्रपति को हुन्छ ? - उपराष्ट्रपति

14. If both the President and the Vice President can no longer serve, who becomes President? – the Speaker of the House

ईफ बोथ द प्रेसिडेन्ट एन्ड द भाईस प्रेसिडेन्ट क्यान नो लंगर सर्भ, हु विकम्स प्रेसिडेन्ट ?

– द स्पीकर अफ द हाउस

यदी राष्ट्रपति र उपराष्ट्रपति दुवैले काम गर्न नसके, राष्ट्रपति को हुन्छ ? - हाउसको सभामुख

**To be Contd. क्रमशः**

## साहित्य - श्रीजना

✍ Marelung Sampang Uttam  
Cincinnati, Ohio



आजभोलि यस्तो घृणित तमास देख्दैछु।  
मान्छेबाटै मान्छेको सर्वनाश देख्दैछु।

अन्धकार चाहानेहरु शक्तिशाली हुनुपर्छ,  
तेसैले त निम्न लागेको प्रकाश देख्दैछु।

कुक्कृत्य त सडकमा भन्दा सदनमा बडी छ,  
तर किन होटलको मात्र पर्दाफास देख्दै छु।

वर्षेनी सयौं लाशको बाकस आउँछ, देशको नाममा,  
साँच्चै बेजोड भोकाएको प्रवास देख्दैछु।

### मनको बेदना

✍ Narbir Chouhan  
Cleveland, OH



लागियो बसाई सर्न, मन निस्तुरी बनाई।  
आफन्त परिवार लीएर, मन खुब रुवाई ॥  
सातबजे साथीहरु वाट विधाई।  
आँखाबाट आसुँको धारा बगाई ॥  
कँहा जन्म लियेउ कँहाको बसाई सराई।  
कस्ता दिनमा जन्म लियेउ कर्मा कस्तो पाई ॥  
जन्मा भएको छैटौ रात कर्मा लेख्ने दिन।  
कस्तो कर्म लेखी दिए रात बिच मा।  
भु. ग. अ. तीन अक्षर लेखिदिए छन् माभक्त निधारमा ॥  
कर्मा गती लेखी दिए आफ्ना ललाट मा।  
सोच्दा सोच्दै मरिने पो हो कि आधा उमेरै मा ॥

### रुवाईहरु

✍ Teelarupaa Acharya  
Cleveland Heights



१। मानिस न हो, एक अर्कामा छोए हुन्छ,  
चित्त नबुझे सुन पानीले धोए हुन्छ।  
परिवर्तित युगले कुरितिलाई छेकी सक्यो,  
घमन्ड भए अज्भै, मज्जले रोए हुन्छ ॥

२। विदेशमा बिकेनन् बाआमाका बोली हजुर,  
वर्षौ भैं यासपाली, खेलिएन होली हजुर।  
पुर्पोरोमा हात राखी रुदै छ यहाँ संस्कृति  
हरायो, दौरा-सुरुवाल, फरिया र चोली हजुर ॥

### कविता - माटो फूल्यो

✍ Harkaraj Gurung  
'Bhutani'  
Pennsylvania



अब त त्यो भूमी  
मुखमा सियोले धागो  
उनिएर छोडे जस्तो लाग्छ  
तर आँखाले हेर्न खोज्दा,  
पाउहरूले टेक्न खोज्दा,  
मलाई विदेशी भन्ने छ।  
तब मेरो मन मुटुमा  
भुईचालो नै जाँदो हो ॥

अन्न फल्ने वारीमा  
हिरो मोती त पक्कै फल्नेछैन  
फले पनि बाँदर, दूम्सी, मृग, चौरी आदि  
जनावरको आहारा होला  
तर मलिलो माटोमा  
सुन्तला, अलैंची, अम्बा, अनारस,  
आरू, काँका, कोदो, धान, मकै। धेरै लेखिना  
काहाँ फल्दो होला कटै !  
गोठमा कराउने लैना गाईको डुवाँ डुवाँ मा  
सुन्दैछु म - माटो फूल्यो रे।  
होईन भन्ने सकिदैन बरू म पनि भन्छु  
मेरो देशको - माटो फूल्यो ॥

पुर्खाको नासो हो त्यो पश्चिम फाँटहरू।  
कुनै इतिहासमा समेट्नु अगावै  
टुक्रेका ति दिशाहरू, स्तुपाहरू,  
कलकल बगेर भूमी त्याग्ने नदीनालाहरू  
मलाई खास लाग्दैन।  
टुक्रेर अजर अमर बन्न सक्दैन  
त्यहाँ पुर्खाले पसिना दिएर गएका थिए  
सायद त्यही पसिनाले सराप दिने छ।  
त्यो काल ओगोले छ  
अनि आफ्नै साम्राज्य तहसनहस भएर  
फेरि माटो फूल्यो छ।

### रुवाई

✍ Khem Timsina  
Cleveland Heights High School



म त हजुर जोगी भएरै खान्छु।  
दुख पाए जति सबै सहैरै खान्छु।

गरिबको जिन्दगी गरिबी मै बिताएर,  
अन्न माग्न घर-घर गएरै खान्छु।

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literary articles,  
creations to us at  
[connectingcleveland@gmail.com](mailto:connectingcleveland@gmail.com) or submit  
at [facebook.com/  
connectingcleveland](https://www.facebook.com/connectingcleveland)

### Something To...

✍ Hari Kuma Dahal  
Cleveland, Ohio



The days that come and go  
The tears that come and flow  
The concepts that come and go  
All the things happen to go, are to grow

Making mistakes just means you care,  
Have the patience to win and dare,  
Your hopes, fears, doubts are to share,  
Because mistakes before success are everywhere.  
The habits of showing enthusiasm are to care.

Every believes on the God is now here,  
All children are born knowing how to care,  
The softness and hardness of living we must  
bear.



## My Story So Far

✍️ Ganga R. Dahal



It is very true that many people face some kind of hardship in their lives. And, sometimes, it feels as if our problems are impossible to tackle. But I know that anyone who is able to rise above his own obstacles will grow and become so much stronger. One of the most tragic hardships I had to deal was leaving my birthplace, the Bhutanese refugee camp in Nepal, in June of last year. The exodus from the refugee camp was the latest step in a long journey full of hopes to secure a better future. When I left Nepal, I felt my heart crying for a while because I was not leaving just some random place but my heavenly birthplace, where I learned about life and grew up with friends and relatives.

As one can imagine, life in the Bhutanese refugee camp was not easy or luxurious, but that is where I lived for 19 years with other refugees. There were so many difficulties to go through. In the absence of adequate medical care and very weak economic conditions, our lives were quite harsh. We owe many thanks to different aid agencies, like the UNHCR, Red Cross Society, CARITAS Nepal, LWF, and others, for keeping us alive and helping us meet our basic needs. With the beginning of the third country resettlement in 2008, many people's outlook in the refugee camp changed. More and more people lost their hope of ever returning to Bhutan or becoming integrated into local communities inside Nepal. As a result,

many of our people regarded the resettlement to western countries as the best alternative.

My family was among the group of refugees who chose to resettle in the United States. When I first arrived here in America, I totally lost myself. Since everything was new to me, from the time zone to language, and I didn't know anyone, not even people of my own background, I found myself spending my days sleeping lonely at my home. In those days, I really missed my friends from Nepal a lot. However, with the passage of time, without losing sight of my goals and ambitions, I faced lots of challenges and started preparing my family and myself to adjust to the new environment.

Nowadays, I am doing well because I got to enroll in grade 12 at Lincoln-West High School and I have made many new friends. I am still adjusting to a new educational system since the educational systems of Nepal and the US are different. I really like the American education system and feel lucky to be here now. And so, with the intention of contributing my skills and ideas to the community, I became one of the founding group of writers and editors that produces this newspaper, *Connecting Cleveland*. Working on this newspaper has made me very happy because I can share the stories and successes of other people in our community who have gone through the same struggles I have.

My future goal is to go to an American college; that has always been my most important motivation. I believe it's the only way to achieve a better quality of life. I feel so motivated to go college after graduating from high school because I will be the first member of my family to attend college. I really want to make all my family, relatives, and my community proud that I belong to them. Just as I have been graced with unforgettable support from the United States, I want to prove myself a productive and skillful citizen.

(Writer is senior student of Lincoln-West High School, Cleveland)

## Learn about: Green Card

Applying for a Green Card is a legal process in which foreign citizens/nationals can become permanent residents in the United States. As many people know, the United States accepts people from different countries with different statuses, like Asylum-seekers, refugees, and others. In regards to our community, the Nepali-Speaking Bhutanese have been accepted with a "refugee" status.

According to the U. S. Citizenship and Immigration Services (USCIS), refugees are required to apply for permanent resident status one year after their arrival in the United States. This process entails filling out several forms and submitting them to USCIS. These forms and more specific information about how to fill out these forms can be found on the USCIS web site: [www.uscis.gov](http://www.uscis.gov). There is no fee for refugees. After an application is approved, the refugee will become a Permanent Resident and will be sent a "Green Card" as proof of this status.

In addition to the information on the USCIS web site, there are helpful immigration attorneys around us who can offer guidance on making this possible.

संयुक्त राज्य अमेरिकामा विविध अन्य राष्ट्रहरूबाट आप्रवासिका रूपमा र अन्य स्थितिका नागरिकहरू जस्तै - शरणार्थीका रूपमा आएकालाई, कानूनी प्रकृयाद्वारा थायी बासिन्दाका रूपमा प्रमाणित गर्दै ग्रीन कार्ड प्रदान गरिन्छ । प्राय हाम्रो समाजमा, नेपाली बोल्ने भुटानीहरू शरणार्थीका रूपमा आएका हुन् ।

अमेरिकी कानूनानुरूप शरणार्थीले अमेरिकामा आएको एक वर्ष पुगे पछि थायी बासिन्दाका निमित्त आवेदन दिनुपर्छ । यो प्रकृयाको लागि यूएस सिटिजनसिप एन्ड इमिग्रेसन सर्भिसेस (यूएससिआइएस USCIS) कार्यालयमा पेश गर्नु पर्छ । आवेदन पेश गर्दा शरणार्थीले कुनै शुल्क तिर्नु पर्दैन । यदी पेश गरिएको आवेदन स्विकृत भएमा, पेश गर्ने शरणार्थी अमेरिकाको थायी बासिन्दा बन्छ, र उक्त कुराको प्रमाण हुने ग्रीन कार्ड प्रदान गरिन्छ ।

आवेदन भनेको आइ - ४८५ फर्म हो । आवश्यक फर्महरू र फर्म भर्दा आवश्यक पर्ने निर्देशनहरू अन्लाईन प्राप्त गर्नको लागि यूएससिआइएसको वेबसाइट --- [www.uscis.gov](http://www.uscis.gov) हो । उक्त विविध प्रकृयाहरूमा तपाईंले सहायता प्राप्त गर्न अध्यायगमन न्यायवक्ताहरूसँग संपर्क गर्न सक्नुहुन्छ ।

Compiled and interpreted by H.K. Dahal

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