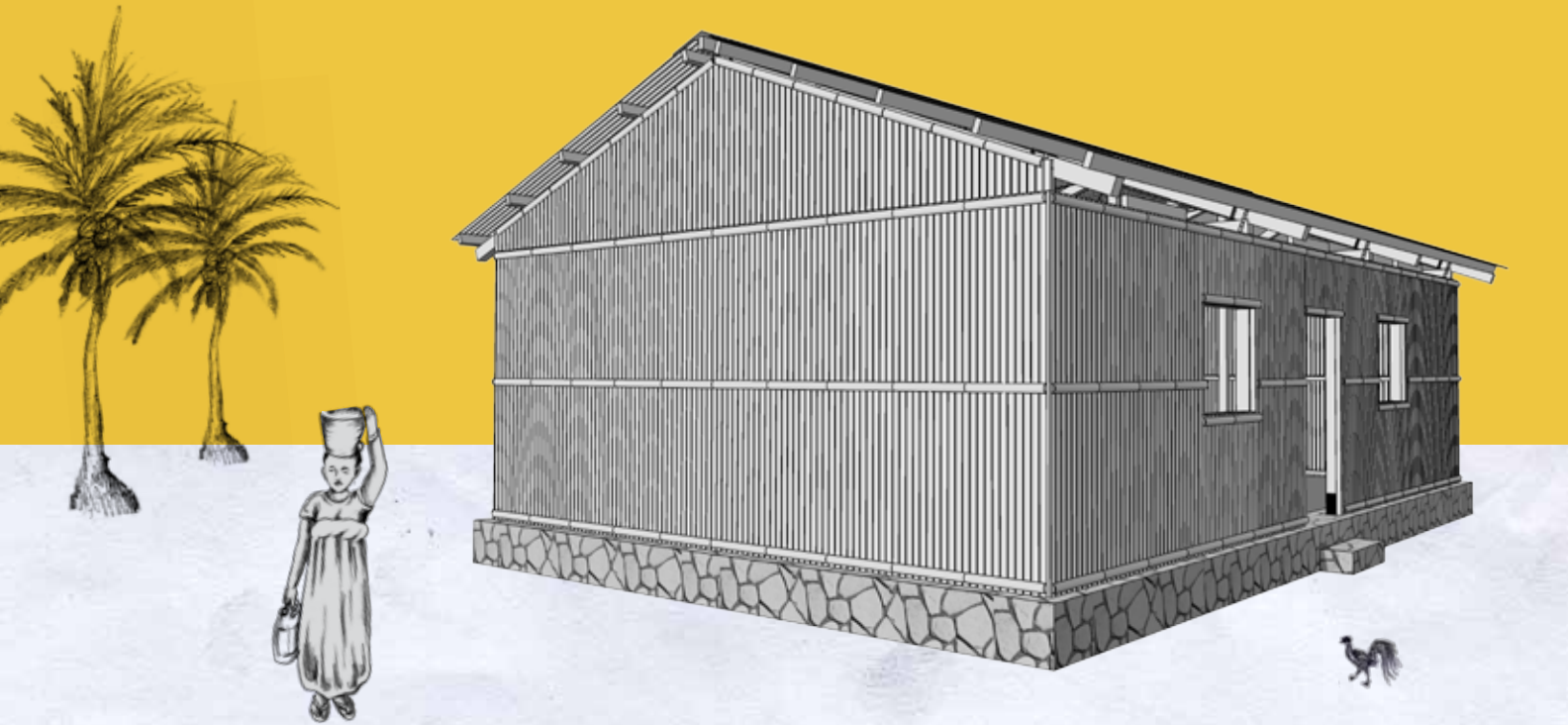


UMA METIN

Rekomendasaun atu harii uma metin iha Ainaro



UMA METIN

Rekomendasaun atu harii uma metin iha Ainaro



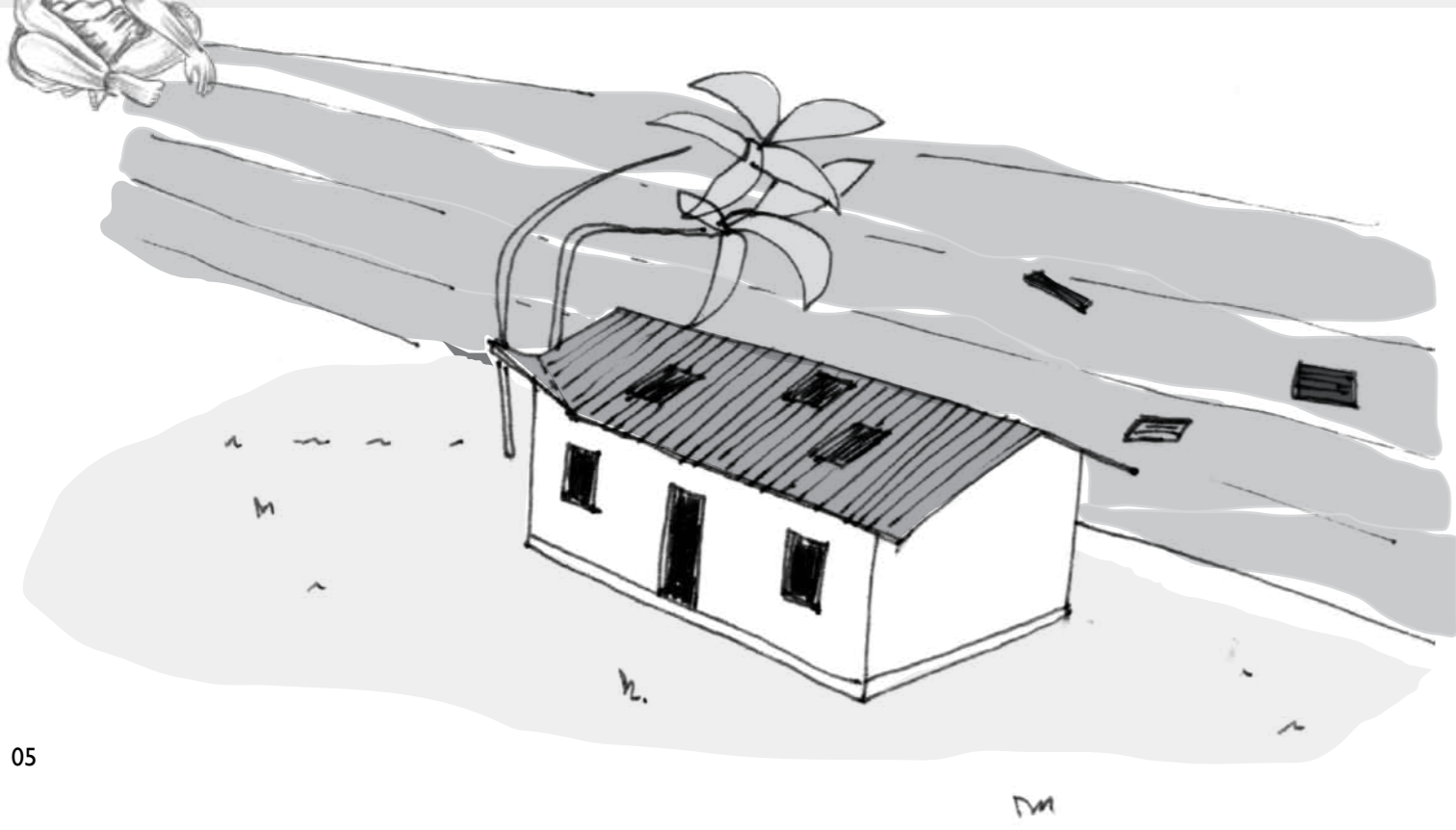
*Iha Timor natureza nia forsa boot tebtebes
no dalaruma estraga uma barak*

Livru ida-ne'e fó sujestaun atu ema bele harii uma ne'ebé metin,
nune'e bele aguenta husi impatu dezastre naturál nian.



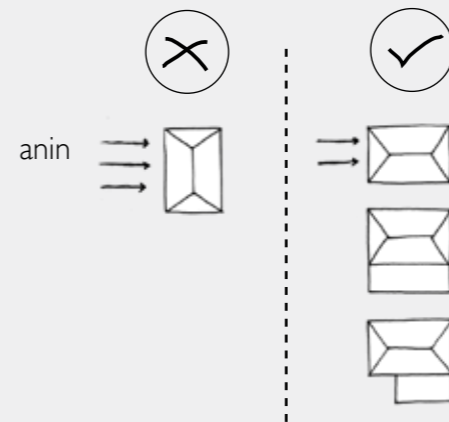
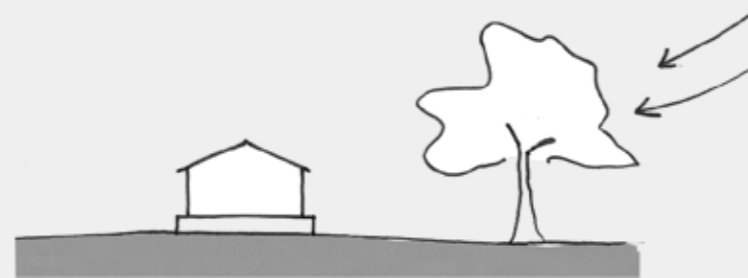
ANIN BOOT

Dala barak anin boot sobu sai kaleng uma nian



Sugestaun oinsá harii uma ne'ebé metin liu husi anin:

Importante tebtebes kuda ai atu proteje uma husi anin, maibé nia distánsia tenke dook uitoan husi uma, nune'e labele monu tun iha uma leten.

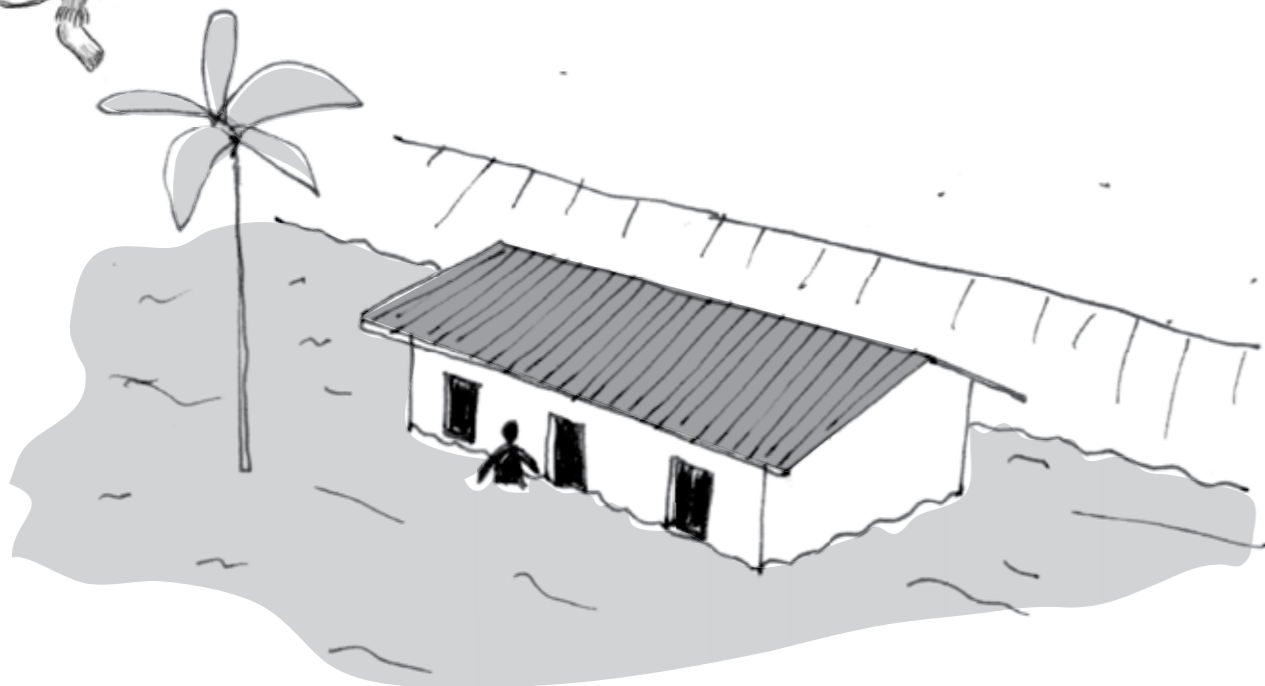


- Harii uma o nia sorin ne'ebe kiik liu mak hasoru anin
- Atu proteje uma husi anin, harii kakuluk varanda nian ketak



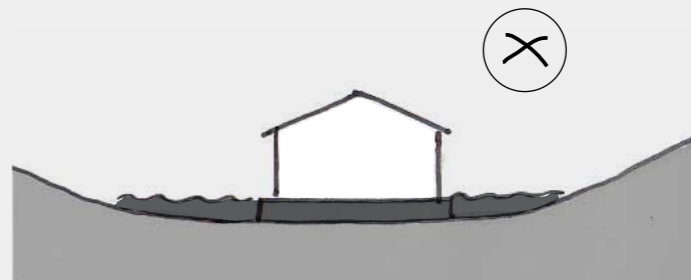
BEE SA'E

*Dalaruma udan boot halo mota nakonu
no bee sae hodi tama ba uma sira*

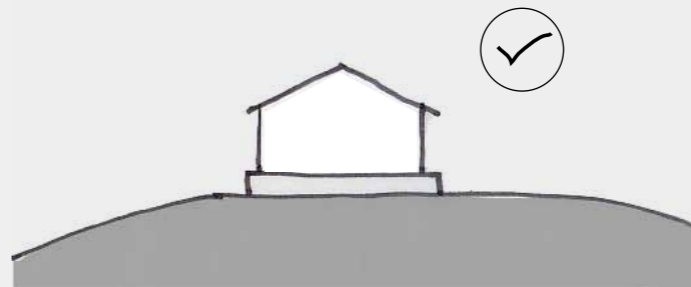


Sugestaun oinsá mak bele proteje uma husi be'e sae:

Importante tebtebes hili fatin ne'ebé seguru atu harii uma.
Tenke halo observasaun didiak ba fatin ne'ebé atu harii uma.



- Labele harii uma iha rai ne'ebé fásil atu nakonu ho bee



- Harii uma iha fatin ne'ebé ás no fundasaun uma nian tenke hasa'e ás tan



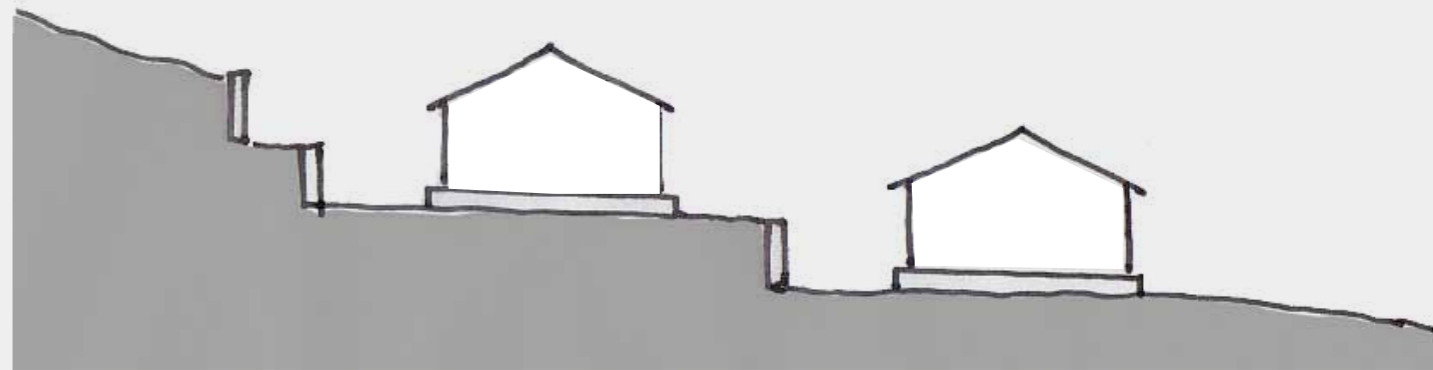
RAI HALAI

Iha foho dalaruma akontese rai halai no taka uma sira



Sugestaun oinsá mak bele proteje uma husi rai halai:

Importante tebbebes hili fatin ne'ebé seguru atu harii uma.

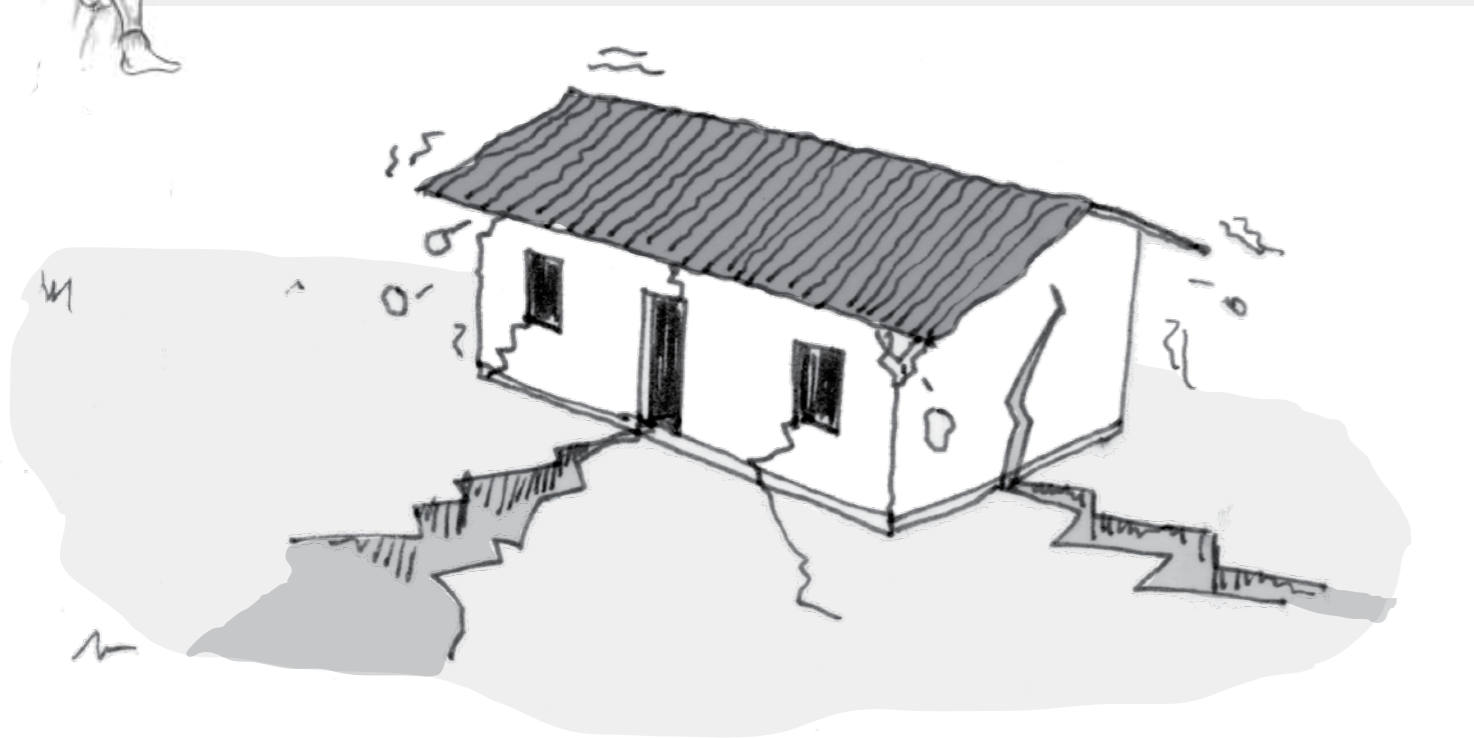


- Bainhira harii uma iha rai ne'ebe inklinadu, tenke halo tembok penahan atu proteje uma husi rai halai

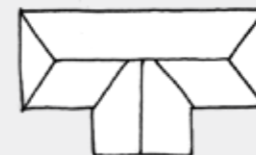
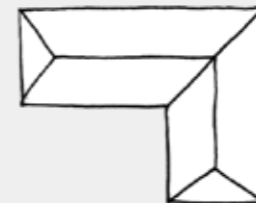
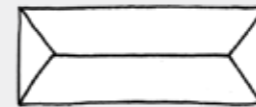
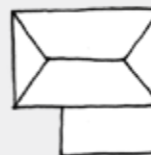
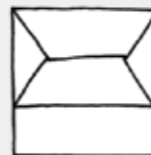


RAI NAKDOKO

Mezmu dalaruma iha Timór akontese rai nakdoko ne'ebé ladún makas, maibé iha mós possibilidade atu akontese rai nakdoko ne'ebé makas tebtebes, tanba Timór tama iha zona ne'ebé perigu



Sugestaun balu kona-ba oinsá atu proteje uma husi impatu rai nakdoko nian:



- Importante tebtebes harii uma ho modelu simples
- Modelo komplikadu no boo't aumenta risku ne'ebe uma bele hetan estragos

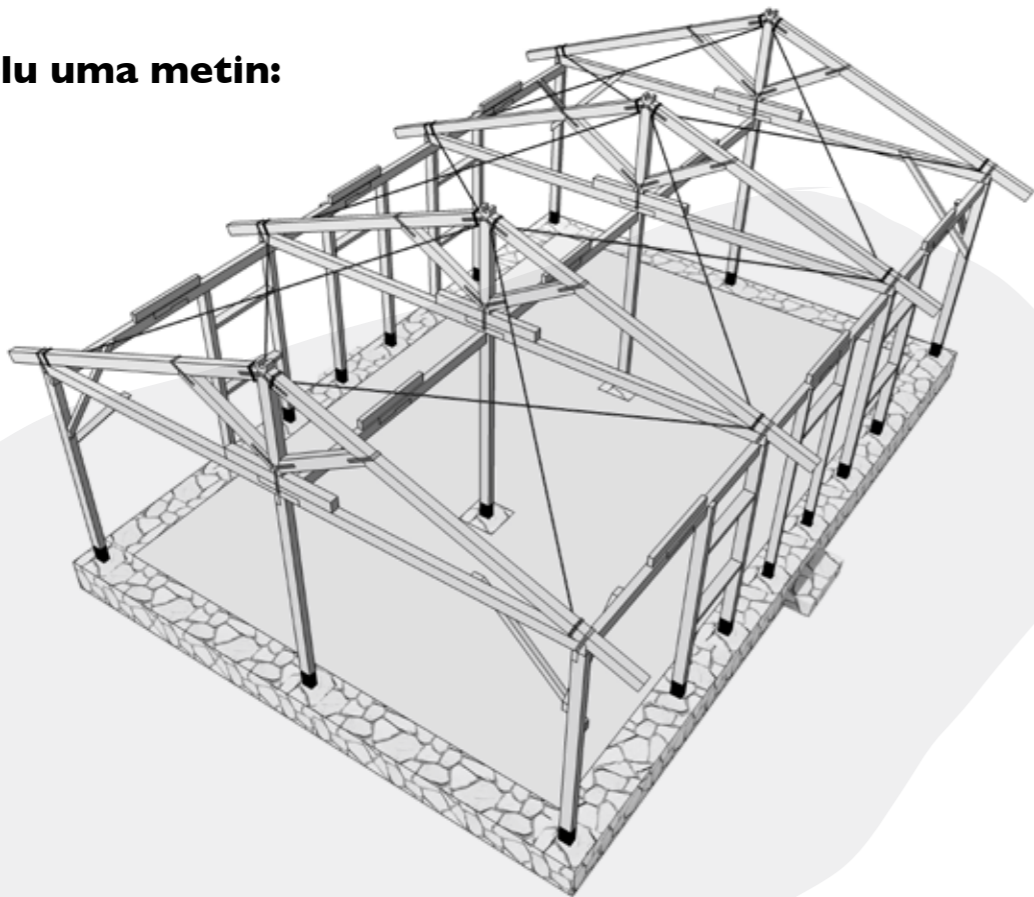


Rekomendasaun atu harii uma iha fatin seguru:

Independemente husi tipu konstrusaun uma nian (ai ka beton), importante tebtebes hili fatin ne'ebé seguru.

- Kuda ai atu proteje husi anin no halo rai sai metin
- Harii tembok penahan atu proteje uma husi rai halai
- Harii uma metin atu proteje husi dezastre naturál

Ezemplu uma metin:



Rekomendasaun hirak ne'e sei ajuda atu harii uma ne'ebé seguru:

Hafoin hili fatin ne'ebé seguru atu harii uma, importante harii uma ne'ebé metin.

- Halo planu atu harii uma tuir kbiit - tenke iha osan atu selu badaen no selu transporte atu tula materiál husi loja, no mós iha kbiit atu hili materiál hanesan fatuk no au
- Tenke hanoin kona-ba tempu bainhira atu harii uma - iha tempu udan susar atu harii uma
- Maski bele uza materiál oin oin (ai ka besi beton) sempre bele harii uma ne'ebé seguru no metin
- Uza materiál hirak-ne'ebé ho kualidade di'ak. Diak liu hola materiál ne'ebé karu maibé kualidade diak tanba uma aguenta kleur duké hola materiál ne'ebé baratu maibé la dura
- Atu harii uma ne'ebé bele tahan tempu naruk uza tékniku no feramenta ne'ebé adekuadu, no mós tenke halo tuir prosesu loloos atu harii uma diak
- Pontu fraku husi estrutura uma nian mak junta sira, entaun hametin junta sira
- Prega didi'ak kaleng atu labele semo sai

01. FAZE IDA

Ke'e fundasaun no hanehan rai halo metin



Fundasaun mak sai hanesan baze ba uma ida nian. Se fundasaun la metin uma bele monu.

Importante:

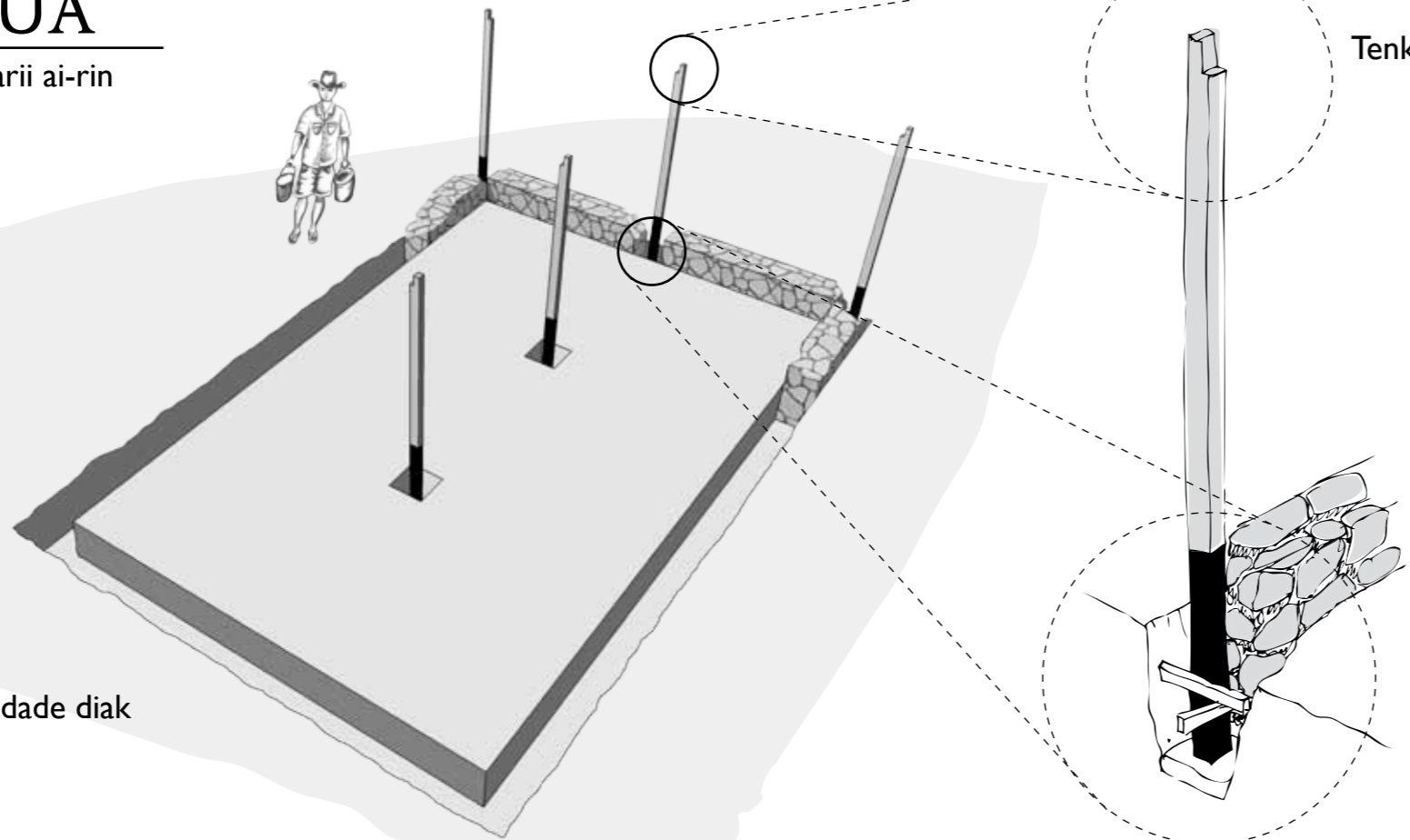
- Hanehan rai halo metin
- Ke'e fundasaun halo naruk mínimu 60 cm



Ezémplu hanesan mak ita nia isin, bainhira ita-nia ain sama rai la metin, ita sei monu

02. FAZE RUA

Fui fundasaun no harii ai-rin



Uza ai-rin ho media no kualidade diak
8 x 12 cm koluna

Tenke halo ai-rin nian sambungan antes atu harii

Kaur masa didiak
(balde rainhenek 4 + balde sementi 1)



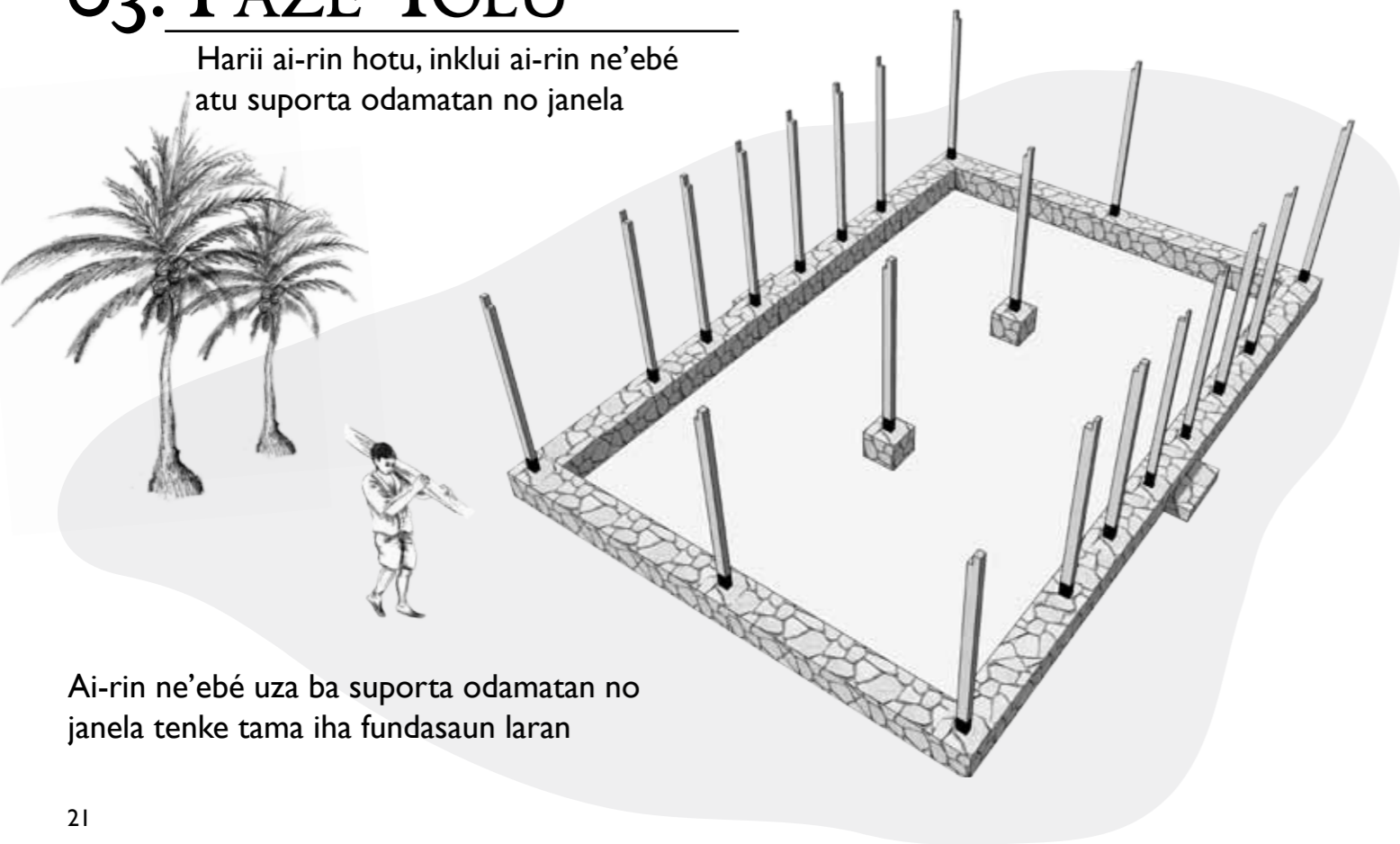
- Atu harii fundasaun labele uza fatuk kabuar, uza fatuk tarak-tarak
- Fundasaun labele rabat liu ba rai, tenke hasae pelumenus 40 cm husi rai atu proteje uma husi bee



Pinta ai-rin ne'ebe tama rai ho oli foer atu proteje ai husi nehek

03. FAZE TOLU

Harii ai-rin hotu, inklui ai-rin ne'ebé atu suporta odamatan no janela



Ai-rin ne'ebé uza ba suporta odamatan no janela tenke tama iha fundasaun laran

Molok atu hahu harii uma tenke prepara materiál no ferramenta konstrusaun nian ne'ebé diák:



Uza kualidade ai ne'ebé diák:

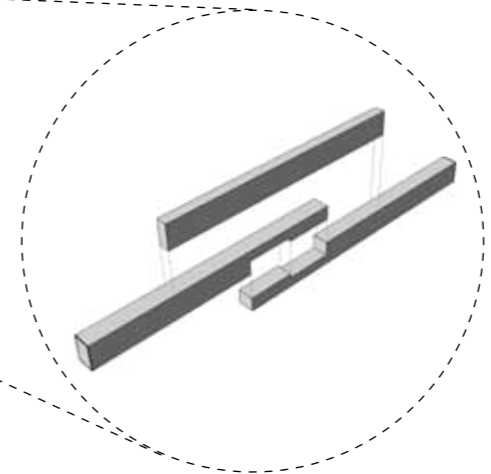
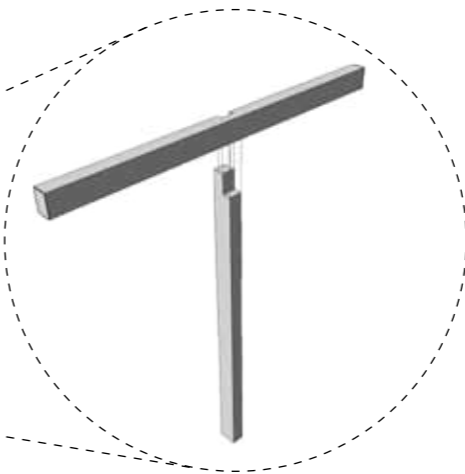
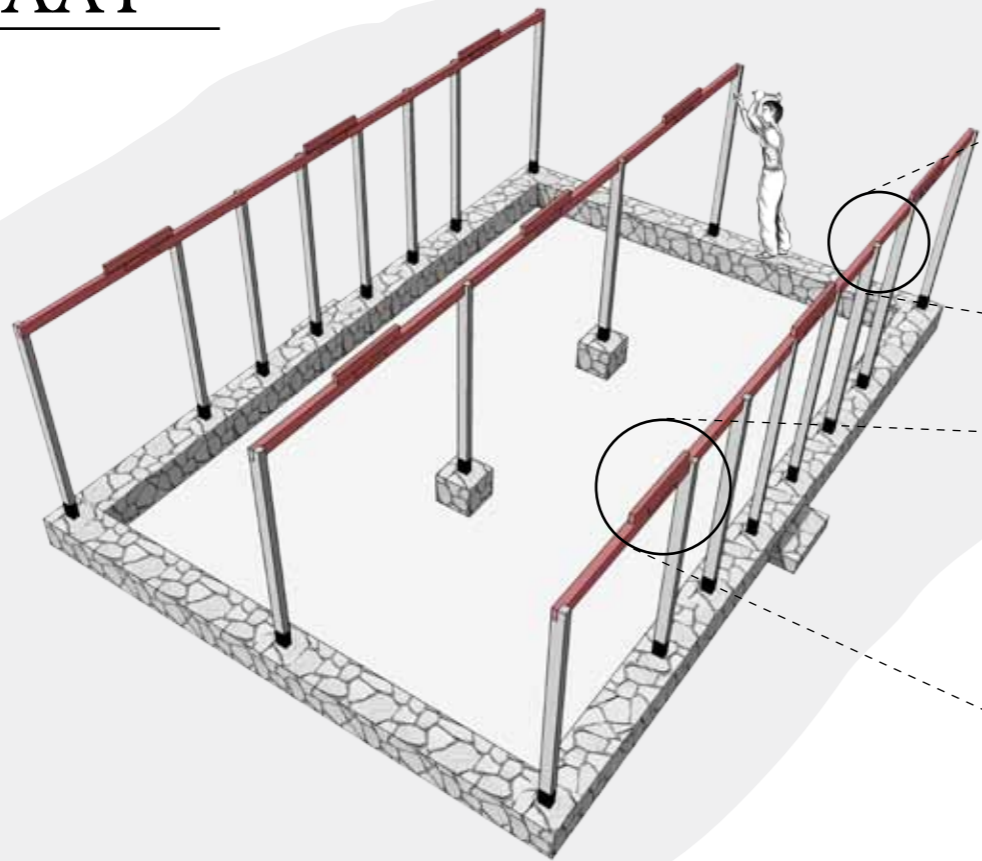
- Ai tenke maran didiak
- Ai labele kleur no iha sinal nakfera
- Ai labele iha kuak ka marka metan kabuar ne'ebe dala barak iha kuak iha laran

Uza ferramenta didiak:

- Bahat
- Fita métrika
- Baleu
- Martelu
- Supila
- Katana
- Kadó

04. FAZE HAAT

Tau sinta

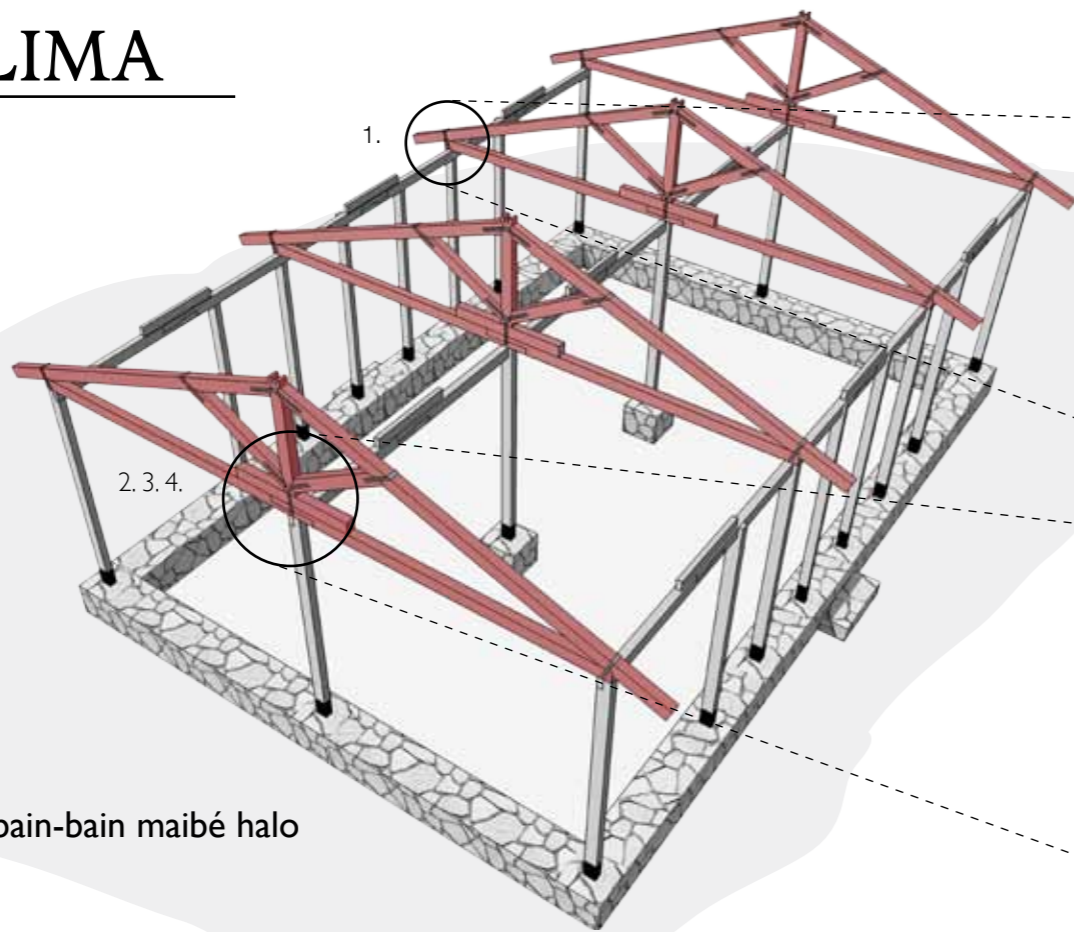


Importante:

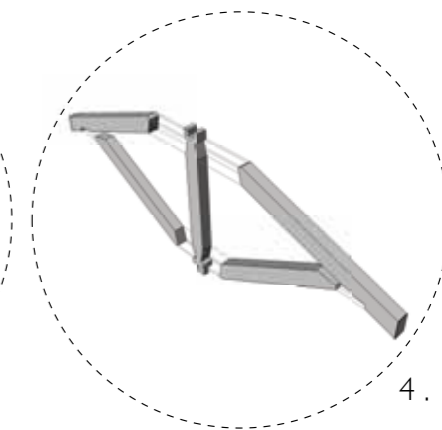
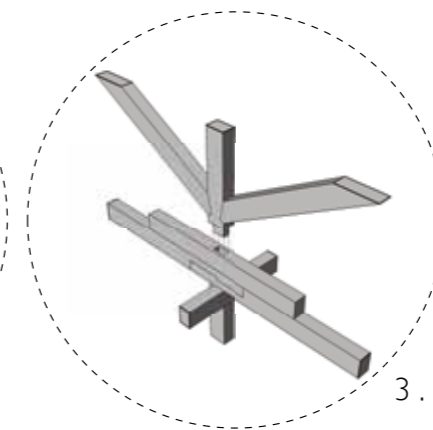
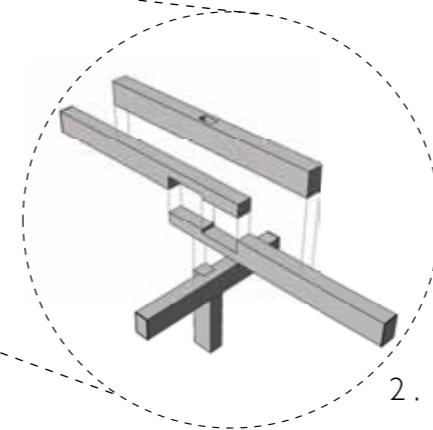
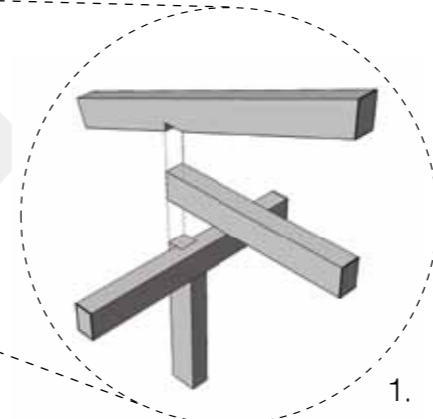
- Enkaixa sambungan husi ai rua no prega tan ai pedasu hodi sai metan liu tan
- Tenke prega sambungan sira hotu

05. FAZE LIMA

Tau kuda-kuda



Haree imajen ne'ebé hatudu kona-ba oinsá halo junta metin liu



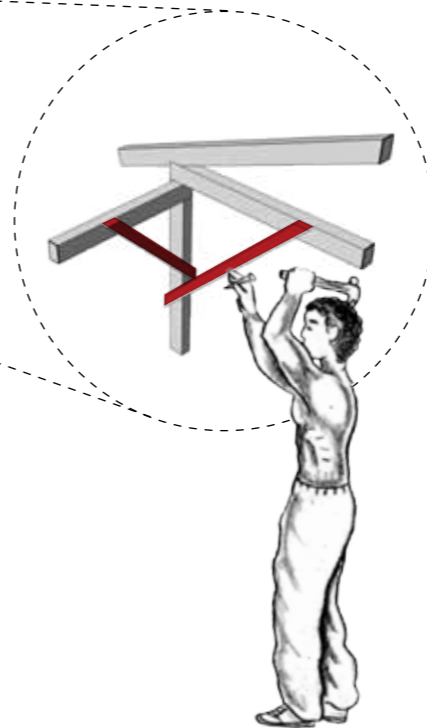
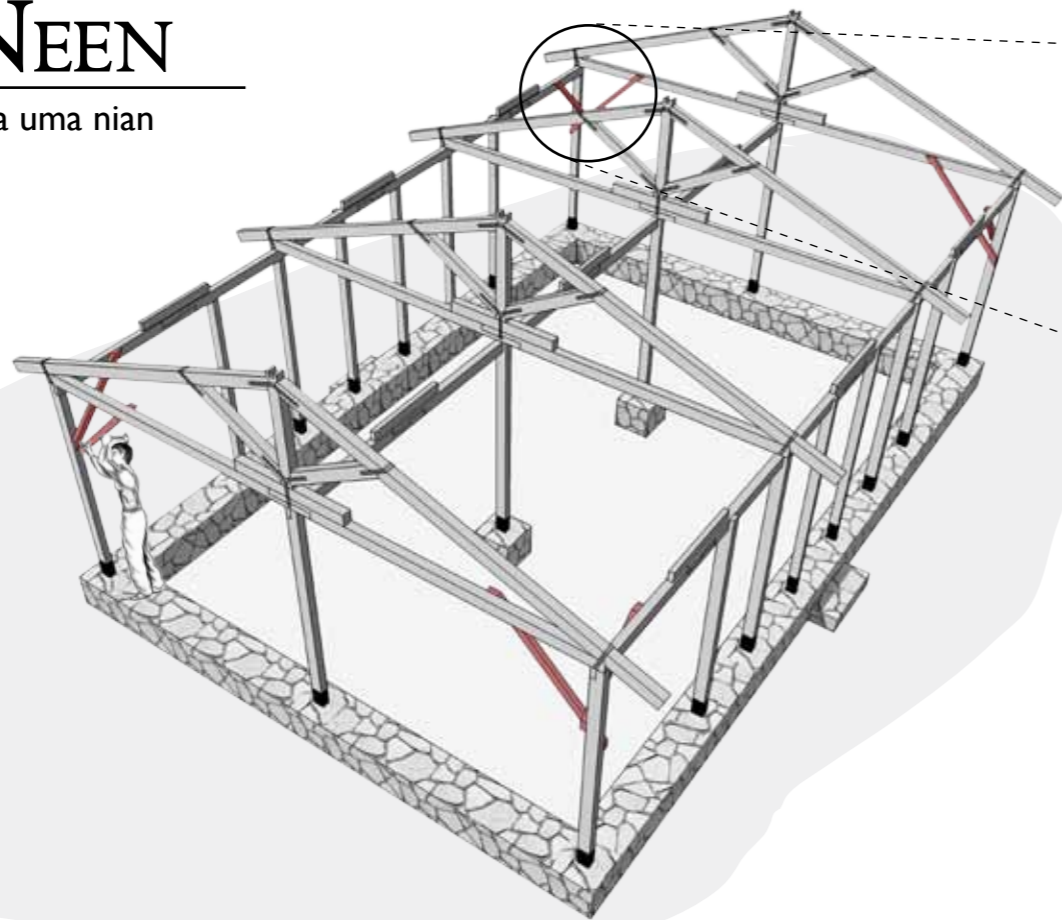
Importante:

- Tenke enkaixa sambungan didiak atu halo junta sai metin
- Kuda-kuda tenke iha ai rin leten

Uza sistema hanesan uza bain-bain maibé halo metin liu tan

06. FAZE NEEN

Hametin estrutura uma nian

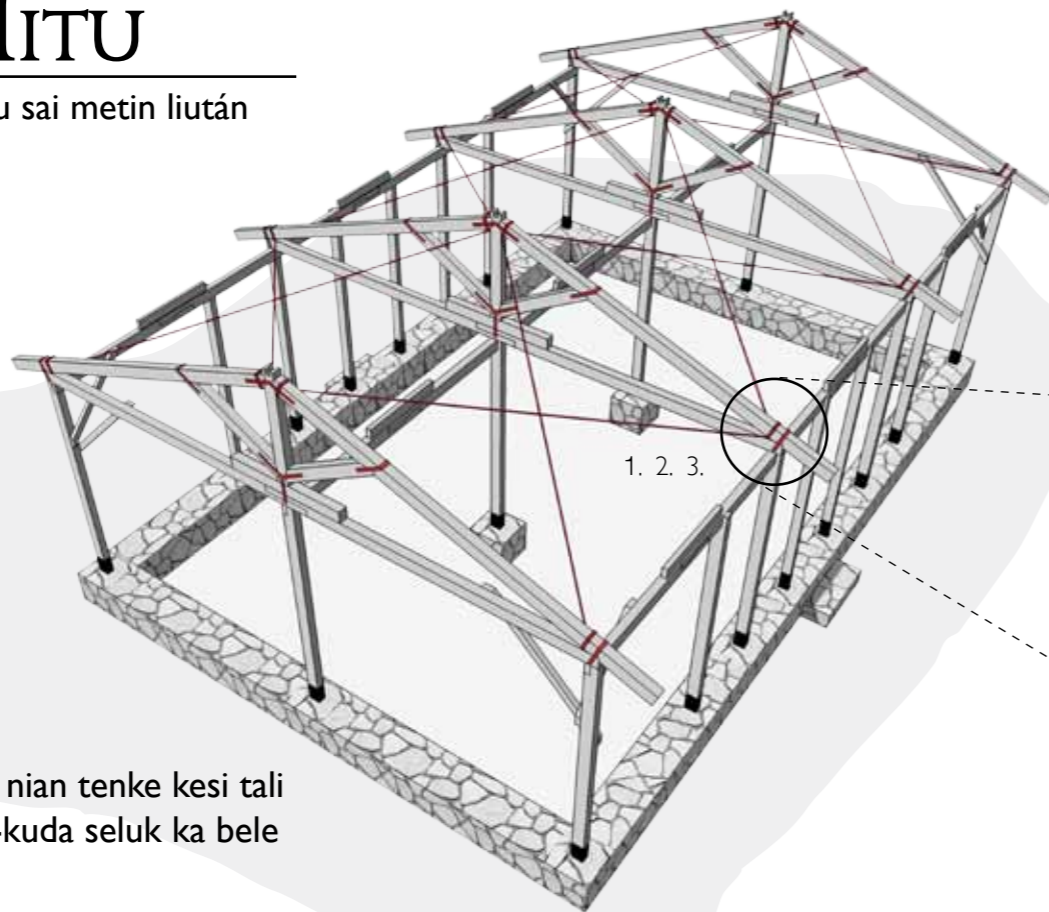


Importante:

- Atu hametin estrutura uma nian tenke prega ai pedasu ba koluna no sintá iha kantu haat uma nian
- Bainhira prega ai-pedasu ba kantu haat uma nian maka uma sai metin liután hodi bele tahan anin boot no rai nakdoko
- Estrutura uma nian hanesan ruin ida se ruin ne'e mak la forte entaun uma bele tohar

07. FAZE HITU

Halo kuda-kuda atu sai metin liután

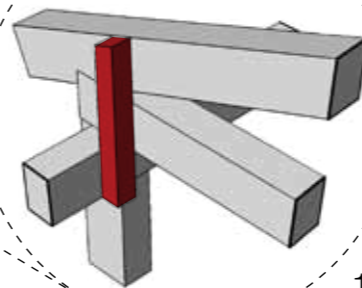


Atu hametin estrutura uma nian tenke kesi tali husi kuda-kuda ida ba kuda-kuda seluk ka bele mós uza ai ruma

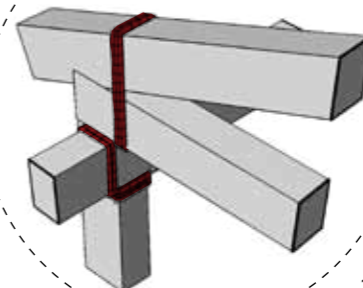
Atu hametin junta sira bele uza ai, tali ka plat



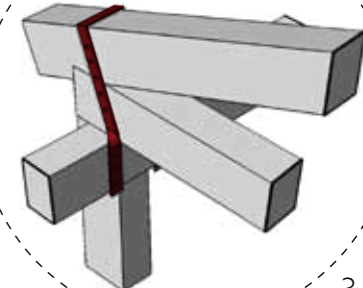
Importante: Importante tebtebes hametin junta sira atu nune'e uma bele aguenta husi impatu rai nakdoko no anin boot



1. Ai



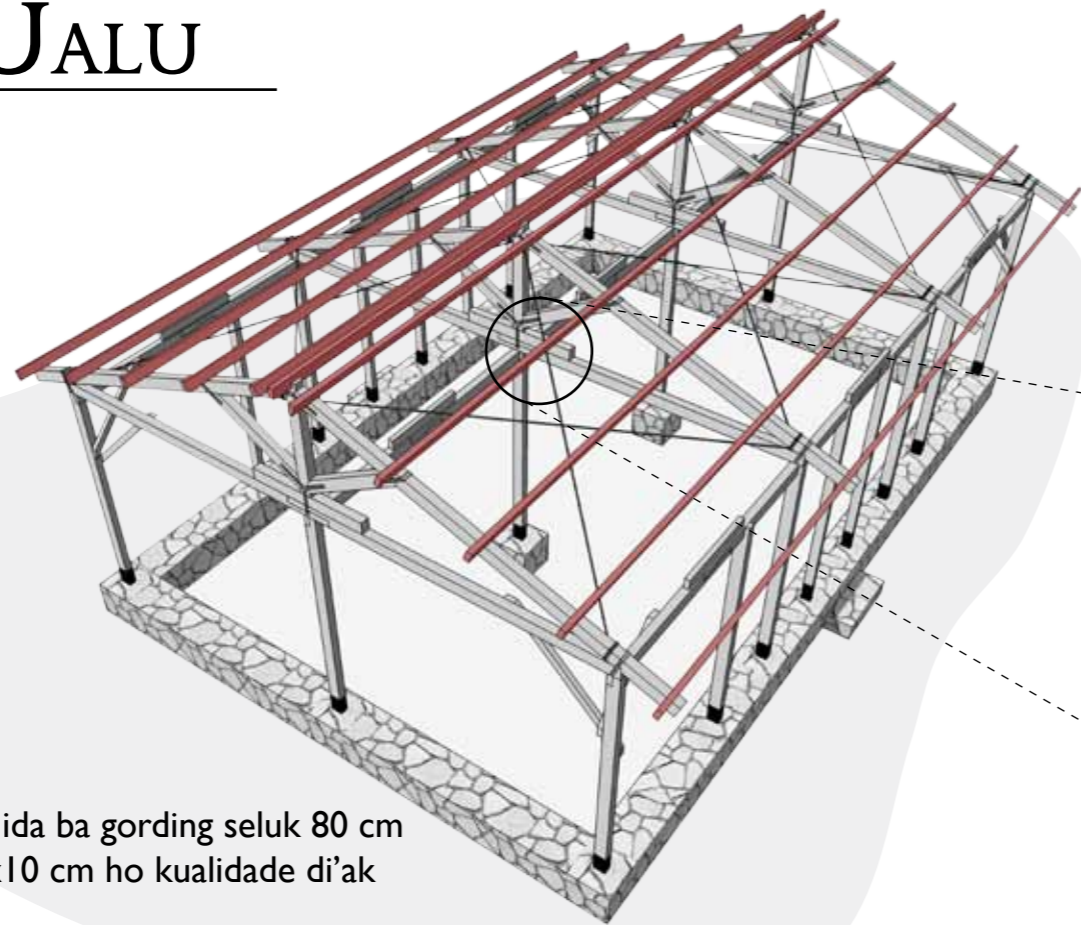
2. Tali



3. Plat

o8. FAZE UALU

Tau gording

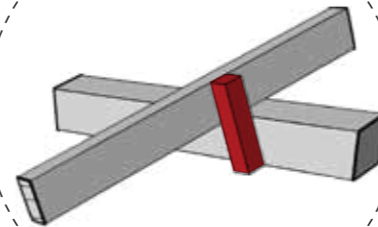


Distánsia máxima gording ida ba gording seluk 80 cm
Atu halo gording uza ai 5x10 cm ho kualidade di'ak

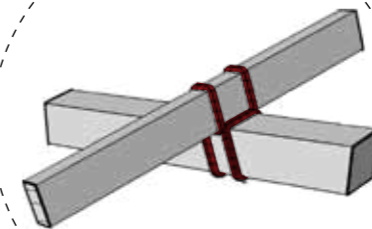
Atu hametin junta sira bele uza ai, tali ka plat



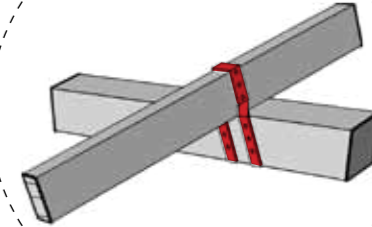
Importante: Hametin junta hotu-hotu



1. Ai



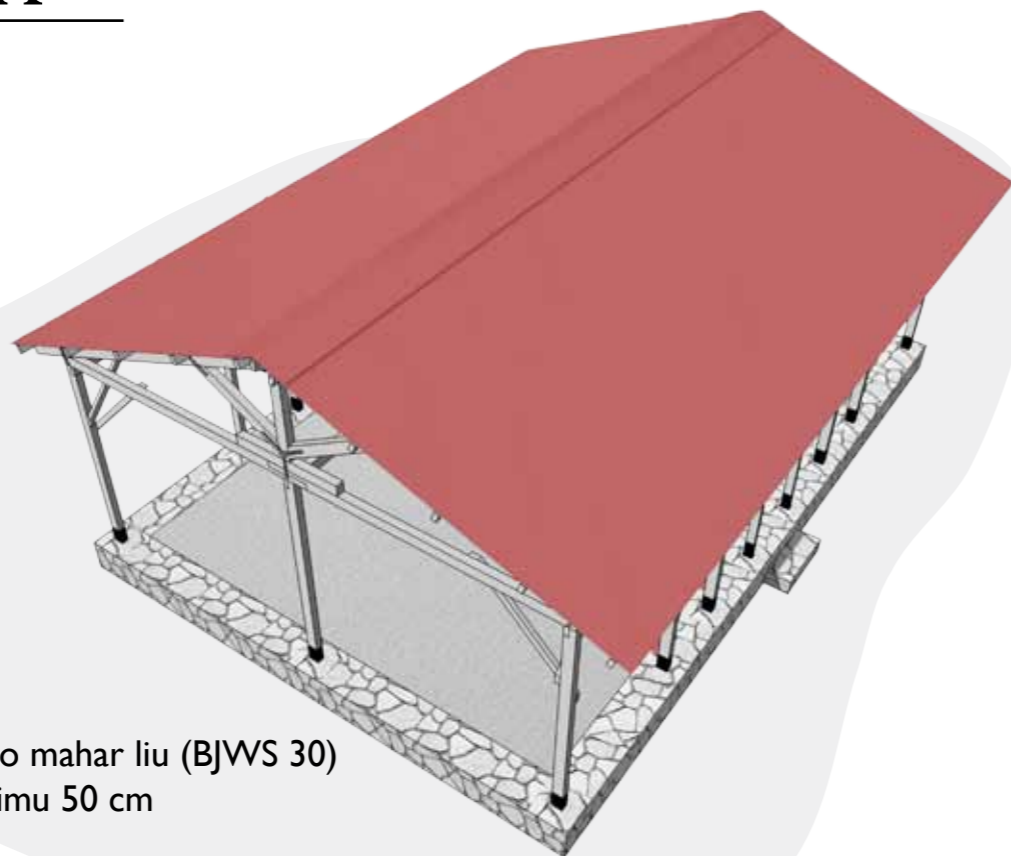
2. Tali



3. Plat

09. FAZE SIA

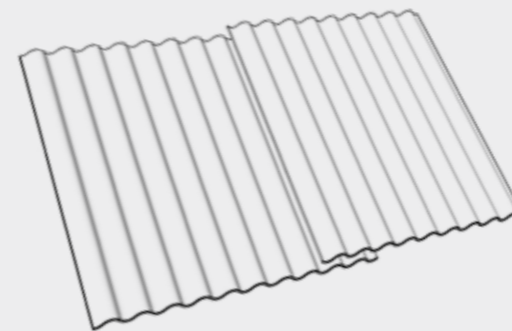
Taka kaleng



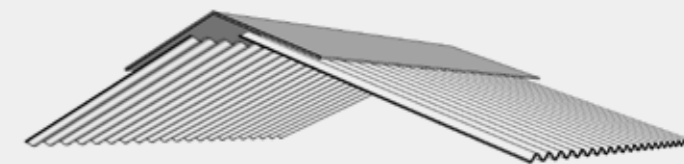
Uza kalen ho kualidade diak no mahar liu (BJWS 30)
Kaleng liu sai husi koluna másimu 50 cm



Di'ak liu uza parafuzo atu taka kaleng.
Se laiha bele uza pregu, maibé bain-
hira uza pregu tenke tan pneu atu
ferujen labele mosu



Hakat minimu be'e dalan rua atu tutan
kaleng



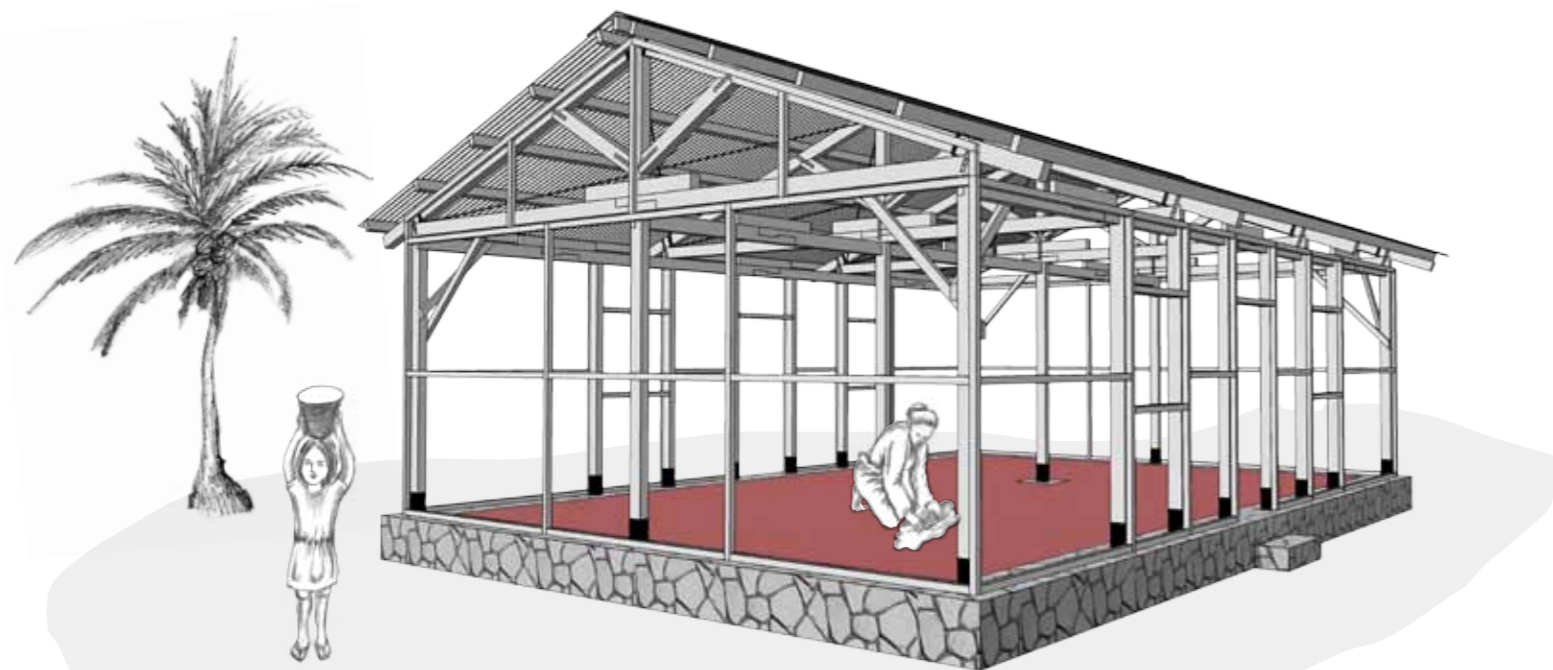
Uza seng plat atu tutan kakuluk hamutuk



Pregu labele prega iha be'e dalan
fatin. Tau pregu hahú husi leten too
knaik hodi sai metin no loos

10. FAZE SANULU

Lantai



Bainbain lantai halo uza rai deit ka uza simentu. Maibé diak liu uza rai kahur ho simentu uitoan. Ne'e mak baratu no halo lantai metin liu

Molok atu halo lantai, fakar uluk rai ba laran no hanehan halo metin mak foin halo lantai



11. FAZE SANULU-RESIN-IDA

Dinding



37

Uza ai kuadradu ne'ebé los (kerangka) atu prega au ka piku



Importante:

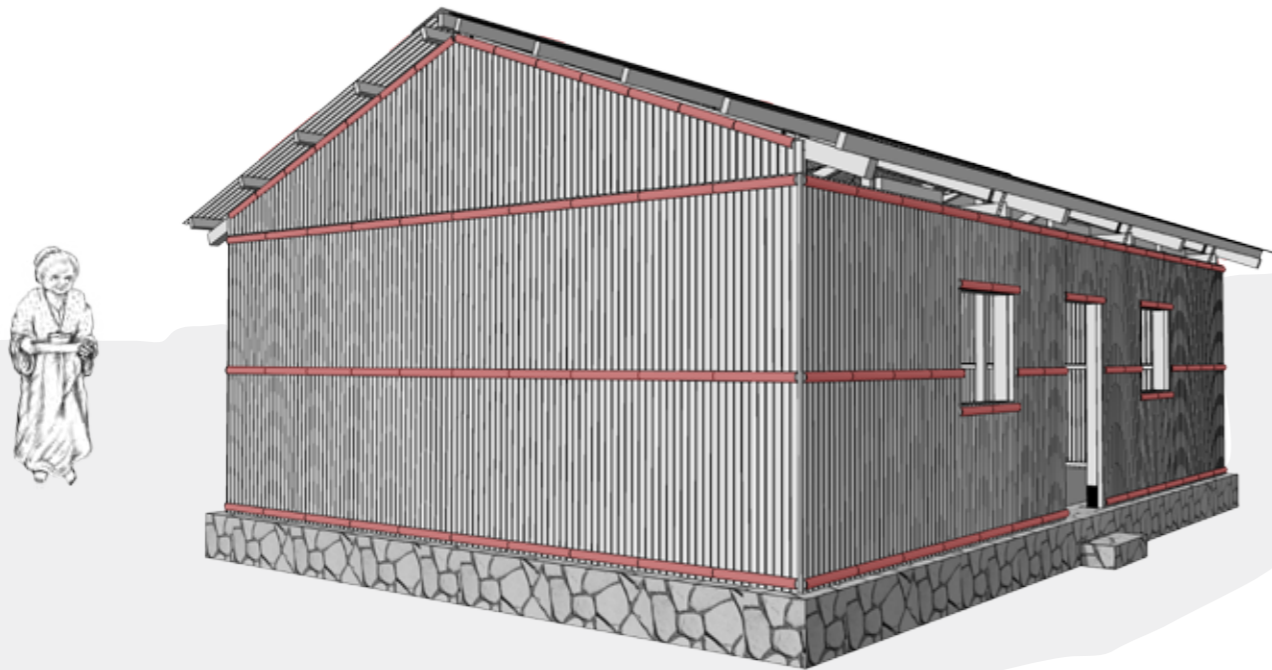
- Importante halo kerangka ida ne'ebé metin bainhira atu prega au ka piku - tenke prega metin didiak atu nune'e bele dura no aguenta husi anin boot



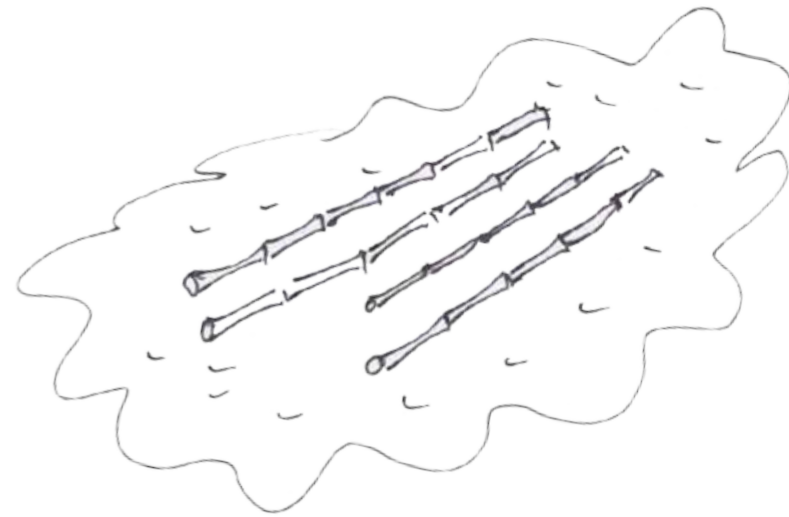
38

12. FAZE SANULU-RESIN-RUA

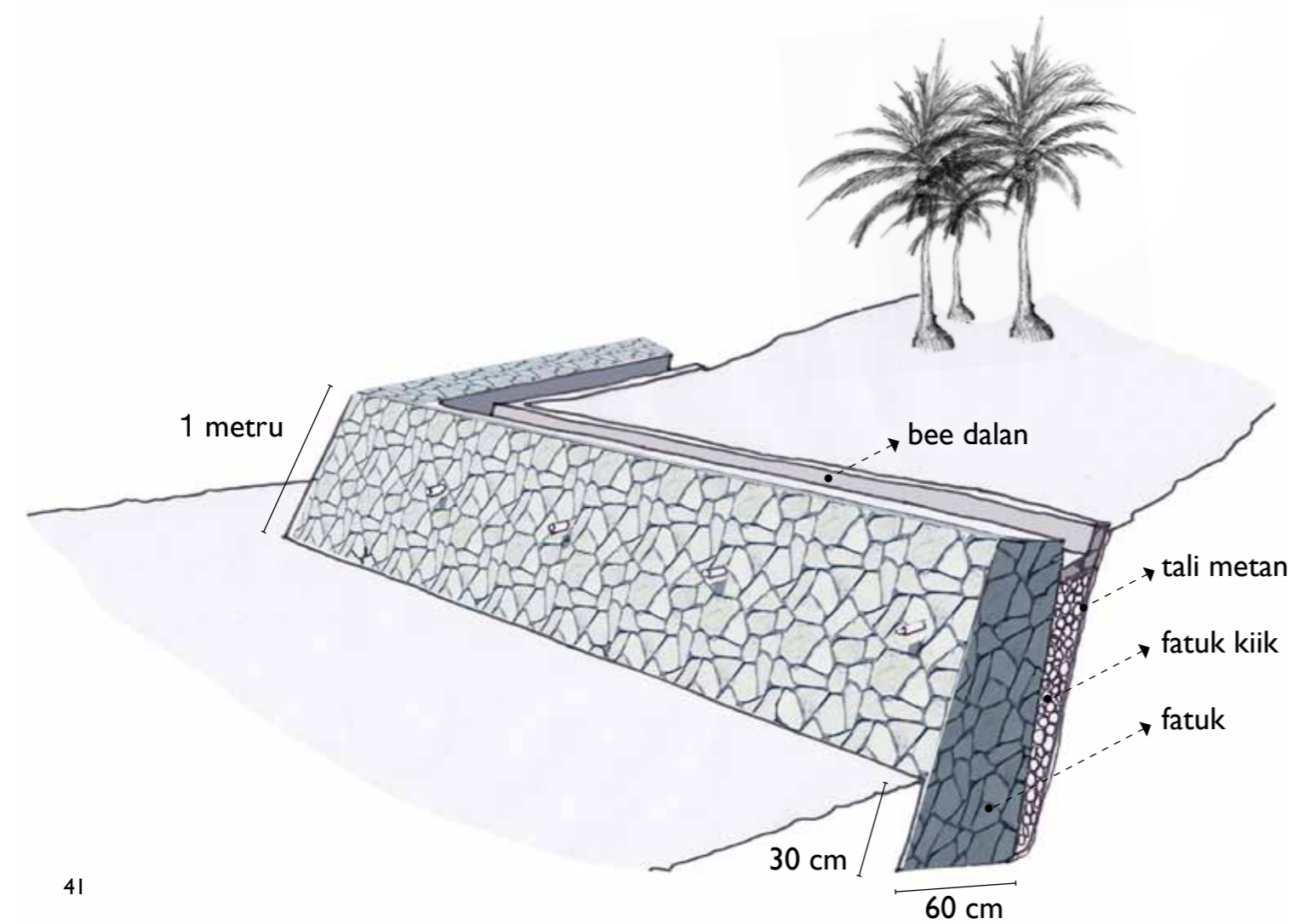
Dinding, tau janela no odamatan



Molok uza au atu taka uma, tau au iha bee laran durante sémana rua atu prevene insetu ka nenek sira labele han. Husik au maran didi'ak molok atu uza.



Material sira ne'e importante mos, tamba anin bele tama sai iha uma laran. Ho ida ne'e uma ladun manas no hamenus problema moras balu. Karik pinta materiál bele durasaun kleur liu tan.



TEMBOK PENAHAN

- Uza fatuk tarak-tarak atu harii tembok penahan
- Tau fatuk inklinadu atu halo metin
- Harii bee dalam iha tembok penahan nian leten
- Tau kanu iha tembok penahan laran atu bee bele sai
- Kahur masa 1:4 (sementi balde 1 + raihenek balde 4)

TEMBOK PENAHAN

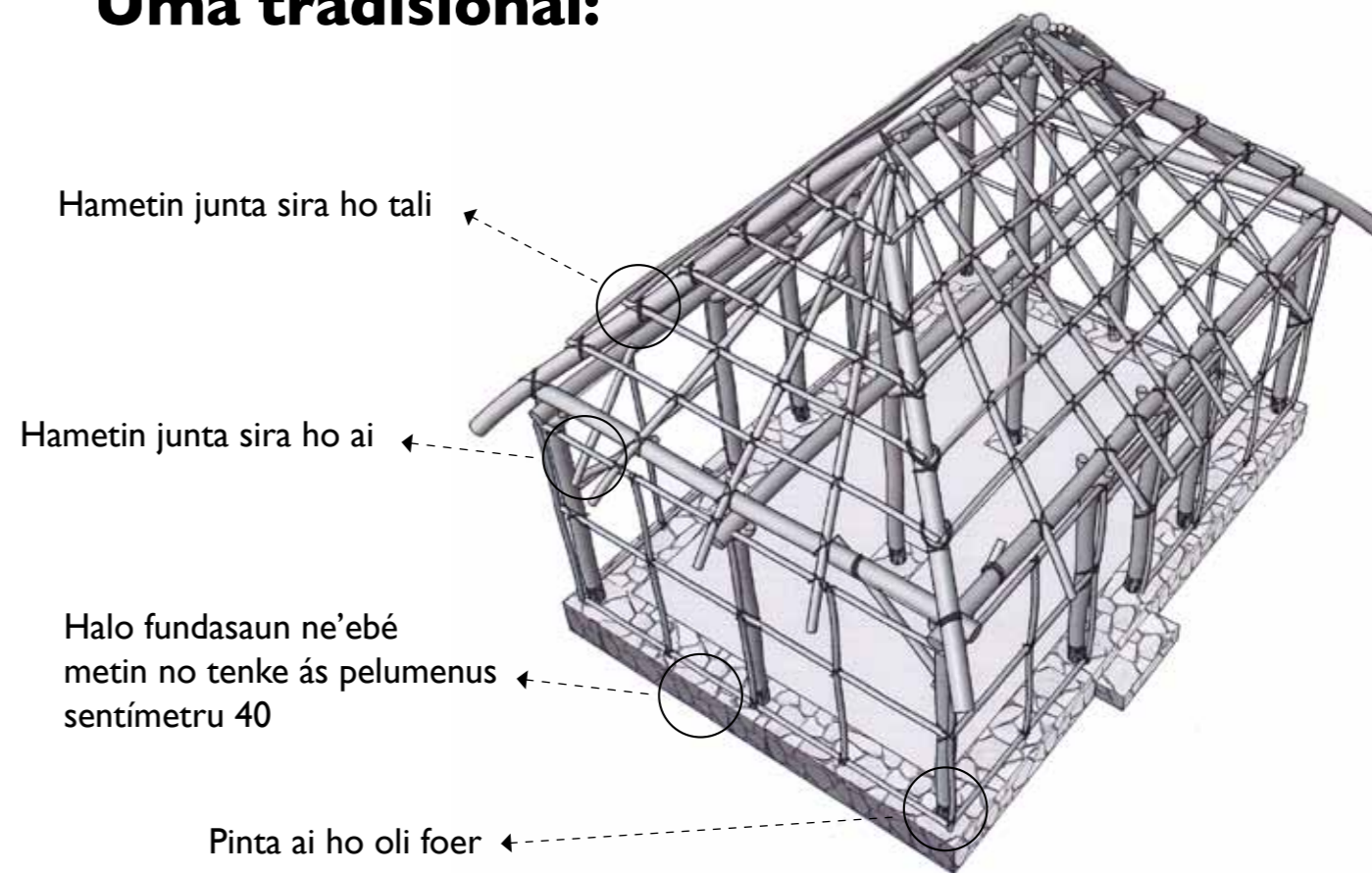
- Bainhira la iha sementi atu kahur masa, tenki uza fatuk barak atu moru metin liu
- Se harii moru ho altura metru 1, no la tau masa, uza dimensaun tuir mai ne'e:
 - baze ho nia largura 1,5 m
 - as tama ba rai laran mak 75 cm
- Fatuk sira tenki kaer ba malu metin didi'ak no hada hasoru foho atu moru metin liutan
- Tembok penahan sira tenki iha bee dalam iha parte leten nian

Uma tradisionál sira ne'ebé halo ai normál mós bele metin hanesan ho uma sira ne'ebé halo ho ai-kuadrado:

Ita-Boot sira bele uza rekomendasaun ne'ebé esplika iha livru ida-ne'e kona-ba oinsá harii uma ho ai normál

- Hili fatin ne'ebé seguru
- Uza materiál ho kualidade di'ak: ai tenki maran, fatuk tarak-tarak, pregu di'ak, habokon au molok atu uza
- Kee fundasaun di'ak: kee halo naruk no hanehan rai halo metin
- Halo estrutura ne'ebé metin: uza ai ho ukuran no kualidade di'ak, hametin junta sira ho tali, ai ka plat
- Halo kerangka di'ak: halo kerangka molok atu dinding au ka piku
- Prega kaleng ka kesi du'unt halo metin atu nune'e anin labele sobu

Uma tradisionál:



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ho osan hosi AusAid**

Díli, Outubru 2011

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Deseñu Gráfiku: *Daniela Serôdio no Domingos Inacio Pinto*

Projetu husi:



Parseiru sira:



Save the Children

