Greetings in Arabic

Greeting someone in their own language shows interest, respect and connection. Here are some traditional greetings in Arabic:

	(Phonetic Pronunciation)
Hello/Greetings	MarHaba
Welcome	Ahlan wa sahlan
Peace be upon you	As-salaam 'alaykum
How are you?	Keef Haalak
Thank you	Shukrann or Mashkour

New Nova Scotians

The men, women and children who have arrived to Canada are no longer refugees. People are refugees when they are seeking a lasting solution to having fled their country. Once they arrive in Canada, refugees become permanent residents and later can become Canadian citizens. Referring to the people who have arrived here in Canada as New Nova Scotians is a way to help them begin the process to integrate into our communities.

Hospitality

Hospitality brings comfort, peace and hope to those who have been uprooted. We can offer our friendship by visiting the newcomers and inviting them to participate in the activities of our families and communities.

Food

When we invite or celebrate with new Nova Scotians, be aware there are things they may not be able to eat. For example, Muslims may not eat pork or pork products – and may not drink alcohol. If you don't know, ask. People will be pleased you took the time to find out.

Learning Goes Both Ways

We all become enriched when we learn about cultures, beliefs and ways of living that are different then our own. As the new Nova Scotians learn about Canada, we can travel outside of our own understandings and learn from them as well.

Health Care

Consider religious and cultural beliefs when providing services. This includes practices such as providing female health professionals for Muslim women, or ensuring long hospital gowns are available that cover the lower legs of the patient.

Services for New Nova Scotians

ISANS has many services, such as a general orientation to Canada, learning English, finding out about sponsoring families and friends they have left behind, as well as help finding employment or creating a new business. Help make sure newcomers are aware of these services.

Communication

When greeting someone of a different gender then your own, it is a good practice to wait for the other person to initiate shaking hands or hugging.

Putting up helpful signs in the different languages of your community (English,French, MI'kmaq, Arabic) is a great way to create a welcoming environment in your organization, business or community. Examples of signs that would be helpful: Open/Closed, Hours of operation, Cost, etc.

Language

Remember to speak clearly, slowly and in simple sentences, if the new Nova Scotians you are meeting are learning English, avoid the use of jargon or clichés. Learn how to pronounce their names in their language.

Speak up!

Challenge Islamophobia, myths and prejudice: Myths and stereotypes have a negative effect on all of us, but are most strongly felt by new Nova Scotians and others who come from marginalized groups. We all need to stop the spread of myths and stereotypes and speak up when we hear them, see them, or read about them.

Religion

New Nova Scotians come from a variety of religious backgrounds and faiths. Some may be practicing their faith, and others may not. For those who do, clean, accessible and appropriate spaces for prayer are welcome and a way to demonstrate your respect for their religious practices.

Practical Assistance

Any assistance with things such as learning how to use the bus, finding products in the grocery store, explaining what happens on a "snow day". If someone is looking lost or confused, offer to help.

Other Practical Tips

- Let newcomers know about events taking place in your community
- Share places to visit, things to see, fun things to do and plan an outing together
- If you have kids encourage them to play together or walk to school together
- Let newcomers know if there is a neighbourhood association or group they can join
- Answer questions about garbage pick-up, recycling, composting, decorating for holidays

www.isans.ca

CELEBRATING 55 YEARS
1960 2015

isans | Immigrant Services Association of Nova Scotia

TIPS ON HOW YOU CAN BE

Welcoming

to new Nova Scotians