Volunteering Makes a Difference

Communities don’t just thrive because we want them to. When we make improvements in our own homes and invest in our neighborhoods, we sow the seeds that lead to economic productivity that, in turn, create opportunities for advancement. OHA’s Family & Community Partnerships department offers numerous employment development programs that include job training, resume workshops, interview prep and even some that provide financial incentives and support, removing many of the barriers to stable employment. If you are not currently working or want to find other ways to expand your employability, you might also consider volunteering.

Volunteers donate their time and services for no financial gain to benefit another person, organization or community. For instance, the OHA Resident Advisory Committee, or RAB, is group of volunteers who meet monthly to tackle some of the bigger issues that plague the housing community. Through awareness, civic involvement, advocacy, and direct action, RAB members are instrumental not just in being part of the solution, but also in re-writing rules that effect quality of life and the ability to raise a family in Oakland.

Continued on page 2

Benefits of Volunteering

• Make a difference in your community
• Develop leadership skills
• Build networks and community
• Gain work experience
• Expand skill set
• Build self-esteem and self-confidence
• Be a part of something bigger

For more information, please contact FCP at (510)587-5115; or register to volunteer with Volunteer Center of America at www.vca-ncnn.org or Volunteer Match at VolunteerMatch.org.

Health & Wellness

Stress Management

Health & Wellness is a broad term that incorporates all the things you do to live at your healthiest—physically, mentally and spiritually. In this new Health & Wellness section, we will explore common health concerns and offer resources to help address them.

FOCUS: Stress

According to the Mayo Clinic, stress is a normal psychological and physical reaction to the demands of life. A small amount of stress can be good, motivating you to perform well. But multiple challenges daily, such as sitting in traffic, meeting deadlines and paying bills, can push you beyond your ability to cope.

Your brain comes hard-wired with an alarm system for your protection. When your brain perceives a threat, it signals your body to release a burst of hormones that increase your heart rate and raise your blood pressure. This “fight-or-flight” response fuels you to deal with the threat.

Once the threat is gone, your body is meant to return to a normal, relaxed state. Unfortunately, the nonstop complications of modern life mean that some people’s alarm systems rarely shut off.

Stress management gives you a range of tools to reset your alarm system. It can help your mind and body adapt (resilience). Without it, your body might always be on high alert. Over time, chronic stress can lead to serious health problems.

Continued on page 5
Summer is All About Parks

Try something new and exciting this summer. Try one of our many Bay Area parks! Parks offer a wide range of activities and adventures that are sure to match any interest. We are fortunate to have local, regional, state and national parks all right in the Bay Area. In fact, the East Bay has the country’s largest urban regional park district.

Local Parks

Oakland Parks and Recreation (OPR) offers sports/recreation programs, summer day camps for youth and free family events. This summer, OPR will feature the 2017 Movies in the Park, beginning May 5th at the Redwood Heights Recreation Center. Visit OPR’s website for movie dates and a complete list of all activities available at OPR’s various park locations.

Lake Merritt is an active and vibrant location for people of all ages. It is easily accessible and is one of the city’s most popular attractions. Lake Merritt features a 3.4-mile pathway around the lake, 140 acres of parkland, a wildlife sanctuary, boating center and a children’s amusement park.

Regional Parks

If you would like to visit a larger park, Tilden Park is a 2,079-acre park located in the Berkeley Hills and is one of the East Bay’s oldest parks. Tilden is known for its Botanic Garden, fishing and swimming at Lake Anza, hiking and popular children’s attractions – the little farm, the steam train and the historic merry-go-round (which is listed on the National Register of Historic Places).

Golden Gate Park is also a popular tourist destination and is home to San Francisco museums, aquarium, planetarium, arboretum, tea garden and play grounds. On Sundays, the main park roads close to auto traffic to accommodate bicycling and skating.

Interested in local history? Visit the Rosie the Riveter World War II/Home Front National Historic Park in Richmond. This park is home to the Rosie Memorial (the first national monument to honor the millions of American women who contributed to the war effort) and the Kaiser Richmond Shipyards. During World War II, more ships were built at Kaiser Richmond Shipyards than any other location in the country. At the height of the war, nearly a third of the 93,000 workers in Richmond were women, known as Rosie the Riveters, based upon a popular 1942 song.

National Parks

If a day at the beach is your cup of tea, Point Reyes National Seashore park is located along the San Francisco coast. Visitors can easily spend a day, a weekend, or even longer exploring what Point Reyes has to offer. The park maintains 150 miles of trails, four backcountry campgrounds, several historical structures, three visitor centers, numerous beaches accessible by car and/or foot, and much more.

See locations and programs:
www.oaklandnet.com/parks/
http://www.ebparks.org/parks
https://www.nps.gov/state/ca

Volunteering Makes a Difference

continued from front page

Through volunteering, you can support causes that are dear to your heart while also improving work-related skills. Several of OHA’s Parent Ambassadors—residents with children enrolled in OUSD schools who serve as liaisons between the school district and OHA—have secured full-time employment as a result of their service. As importantly, through volunteer work, you will find yourself outside of your home, engaging with people in areas where need tends to be high, giving you a sense of pride and accomplishment. This is also fertile ground for demonstrating your invaluable contribution to an organization.

Whether you give your time at a homeless shelter, food bank, rescue animal center, community garden or other small non-profit, your contribution can impact the lives of people less fortunate than yourself. If done with purpose, the experience can also lead to professional opportunities that give back to you.
Success Stories

OHA would like to congratulate one of our young residents, Keeto Gaine, who had a very successful year in his Manhood Development Program at Westlake Middle School. Keeto’s mother, Barbara, is an OHA resident and is actively involved in both the Resident Opportunity and Self Sufficiency (ROSS) Program and the Civic Engagement and Leadership Development Program. Ms. Shingleton is committed to resident advocacy and has guided her children to become leaders in the community as well. She has witnessed her son’s growth due to his participation in the Manhood Development Program. In 2015, Keeto was an innocent bystander impacted by violence in his community that left him hospitalized with a concussion. After the incident, he became withdrawn and reluctant to speak. Since enrolling in the Manhood development Program, Keeto has greatly improved his confidence, academics and social involvement.

The Office of African American Male Achievement implemented the Manhood Development Program (MDP) in 2010. It is a unique academic mentoring model designed for African American males. This program, which is now operating in 17 schools throughout OUSD, seeks to improve academic and life outcomes for African American male students in Oakland by creating systems, structures and spaces that guarantee success for all African American male students in OUSD.

Congratulations, Keeto, on your academic success and personal growth through the Manhood Development Program!

RESOURCES

Help for Hard Times

We all face hardships at some point in our lives. Whether you have lost your source of income, have unexpected medical bills or simply need some supplemental food, there are programs available that can assist.

Catholic Charities of the East Bay: The Critical Family Needs Program is open to a limited number of eligible families and individuals, including seniors, who are experiencing a crisis and need emergency help with rent, mortgage, security deposits, utility bills, medical bills, or other assistance. To qualify, applicants must provide appropriate documentation, meet income restrictions and live in Oakland. Assistance is granted on a case-by-case basis when funds are available. (510) 768-3100 www.cccb.org

Season of Sharing: This program provides one-time, crisis-based assistance for housing and other critical family needs to Alameda County residents. Assistance can include rent payments, delinquent mortgage, security deposits, utility bill assistance or other aid. Proof of income and other documentation is required. Applications are reviewed on a case-by-case basis. (510) 272-3700 https://www.alamedasocialservices.org/public/services/community/season_of_sharing.cfm

Alameda County Community Food Bank: This organization distributes nutritious food to low income county residents by referring residents to local food distribution locations. It all starts with a call to the Emergency Food Helpline. Follow the menu options to “get food today.”

Once you’ve been registered, they will identify Food Bank locations in your neighborhood that distribute food on the day and time that you need it. (800) 870-FOOD (3663) www.accfb.org

Q: I want to get my GED. What are the steps?

A: Contact the FCP at Peralta Village in West Oakland or Lockwood Gardens in East Oakland. We can link you with local resources that offer GED prep programs. OHA staff will help you find the right program that fits your needs and your schedule. These programs include course review in math, reading, writing, science, and social studies. Some of the classes allow you to work at your own pace, while others offer online classes. Regardless of which location you choose, OHA staff is available to assist you with studying as you work toward your goal of obtaining a GED.

Once you are ready, you will need to register for the test at one of the designated testing sites and FCP may be able to assist you with GED testing fees. Typically, you will receive your test results within 3-4 weeks of testing. Then, it will be time to prepare for your graduation, celebrate your accomplishment and make a plan to put your GED to work for you! FCP can help with that too.

If you would like to submit a resident success story or have an idea for an article for our next issue, please email your information to ohacommunications@oakha.org.

AC Transit Creates Opportunities

AC Transit’s $178 million Bus Rapid Transit will provide a better commute option and up to 200 new job opportunities.

Buses will come every seven minutes, along International Blvd, from the San Leandro BART station to downtown Oakland. Stations will be well lighted, covered, and elevated with level ground boarding through front and back doors. Buses will have dedicated lanes and forward-facing cameras, to ticket blocking motorists. The ability to turn red lights green will keep buses moving. Services should begin in spring 2018.

BRT Director David Wilkins estimates the project will create between 150 and 200 jobs. Construction goals for the project call for 50 percent of the work to be done by Oakland and San Leandro residents, 20 percent to be done by apprentices learning a trade and 25 percent of apprentice hours to be committed to disadvantaged workers.

For information on trade jobs contact FCP at (510) 587-5108.

RAB Blog

The OHA Resident Advisory Board (RAB) would like to encourage all residents to attend a board meeting. The RAB provides residents with a forum to share, learn, and discuss matters that are relevant to community members. It also provides an opportunity for residents to learn about the OHA Annual Plan and discuss policies that impact the entire OHA community. If you believe in the availability of quality affordable housing and wish to support the OHA community, the RAB is for you!

RAB meetings are held on the first Thursdays of each month, from 5:00pm to 7:00pm, at 1619 Harrison Street. The meetings are open to the public. Dinner and transportation assistance are provided for each meeting. If you have any questions or are interested in participating, please call (510) 587-5129.

RAB’S MISSION STATEMENT

To ensure that OHA Public Housing Residents and Section 8 Participants actively participate in the decision making process regarding OHA policies and procedures and are actively engaged in their community as leaders.
**Gearing Up for Summer**

The Family & Community Partnerships Department (FCP) is gearing up for another exciting summer full of activities. There will be plenty of things to do for everyone, from block parties, day camps, overnight camps to field trips. This year FCP has partnered with the Boys & Girls Club and the East Oakland Youth Development Center (EOYDC) to provide scholarships to OHA students to attend summer programs. There are several summer programs and scholarships available for Oakland youth. Please visit the Oakland Parks and Recreation District website at [www.oaklandnet.com](http://www.oaklandnet.com) to see which summer programs are available.

Additionally, Oakland’s Summer Food Service Program provides free and nutritious meals to children, ages 18 and under throughout Oakland. FCP is offering the Summer Lunch Program at three locations (Lockwood Gardens, Peralta Village and Campbell Village).

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**Education Ambassador Recruitment**

OHA is recruiting for our Education Ambassador program! The Education Ambassador Program was developed to provide OHA residents with part-time (20 hrs./week) work experience during the school year in one of our seven partner Oakland Unified School District (OUSD) schools or within the Family and Community Partnerships Department (FCP). The primary role of the Education Ambassador is to support attendance projects at partner schools primarily with a focus on chronically absent students. In collaboration with the school site administrators and the guidance of the FCP department, the Education Ambassador is the liaison for families and students between the school and OHA. **The minimum requirements are:**

- an Oakland Housing Authority Resident, at least 18 years of age, in “Good Standing” with OHA,
- clear a Tuberculosis test, fingerprinting and pass criminal background check and be willing to work at one of our seven partner schools or within FCP.

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**How to Manage Mildew in Your Home**

If mildew continues despite your efforts, use the following contact information to notify your landlord or OHA:

**SECTION 8 RESIDENTS**

- Notify your landlord in writing. Allow at least 72 hours for your landlord to respond to your request (for non-emergency requests). If you have not received a response after 72 hours, you may submit a Complaint Inspection Request with OHA’s Leased Housing department at: 1540 Webster Street Oakland, CA 94612

**PUBLIC HOUSING RESIDENTS**

- Contact the OHA Maintenance Call Center (510) 535-3130

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**Teen Scene**

Employment Opportunities: Summer and Year-Round

Oakland Housing Authority is creating employment pathways for our youth, ages 16-24. OHA is partnering with the Oakland Mayor’s Earn and Learn East Bay Program (formerly Classroom2Careers) to introduce young people to the workforce to gain employable skills and exposure to various industries and opportunities. The program will place youth into summer jobs including clerical, childcare, retail, education, and working with local government. Youth will work an average of twenty (20) hours a week and be paid Oakland’s minimum wage of $12.86 per hour. They will receive job readiness training such as developing resumes and cover letters, effective interviewing, goal planning, and employment retention.

OHA also has other partnerships that have a year-round employment program for young people ages eighteen (18) to twenty-four (24) that are unemployed and are not currently in school. Participants in this program will get training in life skills, job search, and placed in employment earning Oakland’s minimum wage of $12.86 per hour. If applicable, participants will also be able to earn their GED while in the program.

If you are interested in either program, send an email to Betty Szudy at bszudy@oakha.org with your contact information including your name, address, email, phone number, and your age. Put the phrase “Summer Youth Employment” or “Year Round Training” in the subject line. Applications for summer employment will be available starting in May at both OHA resident services offices at either 935 Union Street or 1327 65th Avenue and on the OHA website at [www.oakha.org](http://www.oakha.org).

For more information about FCP summer events and activities visit our website at [www.oakha.org](http://www.oakha.org) or contact Kim Shipp at (510) 587-5176 or KShipp@Oakha.org; or contact Lupe Guiza at (510) 777-4121 or gguiza@Oakha.org.
Stress Management

continued from page 1

Don’t wait until stress damages your health, relationships or quality of life. Start practicing stress management techniques today:

1. Keep your house dry and ventilated, especially the kitchen and bathroom, by opening windows or using a fan or dehumidifier.
2. Report plumbing or rain water leaks as soon as possible.
3. Clean the fabrics in your home routinely and keep them dry.
4. Spread towels out after use so they dry quickly.
5. Minimize shower clutter to make it easier to clean and to promote better ventilation.
6. Wipe down the shower with a squeegee or clean towel after use.
7. Choose shower curtains that dry quickly and clean easily to help avoid soap residue, which fosters mildew.

See your physician for assistance with stress management or other health related issues.

• Many people benefit from practices such as deep breathing, tai chi, yoga, meditation or being in nature. Set aside time for yourself. Get a massage, soak in a bubble bath, dance, listen to music, watch a comedy — whatever helps you relax.

• Maintaining a healthy lifestyle will help you manage stress. Eat a healthy diet, exercise regularly and get enough sleep. Make a conscious effort to spend less time in front of a screen — television, tablet, computer and phone — and more time relaxing.

• Stress won’t disappear from your life. And stress management needs to be ongoing. But by paying attention to what causes your stress and practicing ways to relax, you can counter some of the bad effects of stress and increase your ability to cope with challenges.

Get Involved

Which comes first: strong families or strong communities? The answer is the two go hand-in-hand. When families have the ability to tap into the resources and infrastructure of an environment — safe streets, access to healthy food, high-performing schools, open spaces and available healthcare with little impact from hazards like unsafe drinking water, air and noise pollution — all members of the family are better able to thrive and reach their full potential. Similarly, when families are strong, they are able to identify and advocate for the very things that support their health and growth. When any of the factors are missing, it becomes necessary to think outside the box to find ways to bridge the gaps along the path to prosperity. Through civic engagement, we are able to affect the conditions that are linked to our own self-achievement, thereby improving our circumstances for ourselves and our families.

“All politics is local,” a phrase coined by Tip O’Neill, the former Speaker of the United States House of Representatives under presidents Jimmy Carter and Ronald Reagan, is, in part, a reference to the need to focus efforts on the needs of your immediate community. With so much interest in national politics, and the policies set by the current or immediate past president, we often overlook the impact on local ordinances and the impact our involvement can have in our daily lives. Whether we address funding for after school or summer jobs programs, the route and availability of public transportation, policing or the actions of those we elect to represent us on City Councils and Boards of Supervisors, those decisions affect us directly.

It is great to follow the national conversation but that should not come at the expense of action on a local level. For instance, the closure of schools or the implementation of public transit fare increases are generally held with opportunity for public comment. If you get involved and show up your voice can be heard and factored into decisions. That’s not to say that your comments will change the final outcome, however, if no one speaks up on behalf of your street, neighborhood, district or city, then elected officials might assume proposed changes are acceptable or that those most impacted do not care.

Getting involved can seem like a daunting task but it really is not that difficult. There are numerous organizations right here in Oakland that work to organize supporters to demand change for the better. Discuss with your family areas that most impact you and seek ways to lend your support. For starters, you can subscribe to online newsletters of the Oakland Mayor, the City Administrator and the County to begin your journey of discovery.

Mayor’s newsletter: http://www2.oaklandnet.com/government/o/Mayor/News/Newsletter/index.htm
City Administrator’s newsletter: http://www2.oaklandnet.com/Government/o/City/Administration/
Alameda County newsletter: https://www.acgov.org/government/connections.htm
Oakland Community Organizations: http://www.oaklandcommunity.org/
Alameda County Citizens Academy: https://www.acgov.org/academies/citizens/index.htm

How to Manage Mildew in Your Home

Prevent Mildew with These Tips

1. Keep your house dry and ventilated, especially the kitchen and bathroom, by opening windows or using a fan or dehumidifier.
2. Report plumbing or rain water leaks as soon as possible.
3. Clean the fabrics in your home routinely and keep them dry.
4. Spread towels out after use so they dry quickly.
5. Minimize shower clutter to make it easier to clean and to promote better ventilation.
6. Wipe down the shower with a squeegee or clean towel after use.
7. Choose shower curtains that dry quickly and clean easily to help avoid soap residue, which fosters mildew.

VISIT www.acgov.org/academies/citizens/index.htm
### AT-A-GLANCE • SPRING/SUMMER 2017

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**SAVE THE DATE!**

**MONDAY**

**AUGUST 21**  
**FIRST DAY OF SCHOOL**

- Update immunizations
- Prepare a list of emergency phone numbers
- Plan lunches or sign up for school lunch program
- Sew labels with child’s name into jackets
- Transition to an earlier bedtime
- Set up a study/homework area in your home

For more tips visit schoolfamily.com

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**Language translation services are available in 151 languages at all offices at no cost.**

Los servicios de traducción en 151 idiomas están disponibles en todas las oficinas sin ningún costo.

Trường dịch thông dịch đầy đủ cho tất cả 151 ngôn ngữ miễn phí cho quý vị đang có tài trợ

所有办公地点都會免費提供 151 種

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