

## Waa maxay ururka mutadawaca ah?

Ururka mutadawaca waxa ku lug yeeshaa dadka u wada shaqaynaya sabab ama hawl iyaddoo lacag magdhow ah laga siinayn. Ururada mutadawaciinta waa kuwa is maamulo oo way ka madax banaan yihiin gobolka ama degmada. Qaybta ugu muhiimsan ee ururada mutadawaca waa mutadawaciinta laftooda qabto shaqo aan lacag lagu siin. Mutadawacnimada waa ay ka badan tahay caawinta kuwa kale, Aad ayay u muhiim tahay in laga qayb qaato hawsha aad rumaysan tahay—haddii ay tahay masaajid, garoon ciyaareed ama siyaasada Abaal marinta way ka macno wayn tahay lacag!  
(wax badan ka akhri bogga [www.frivillighetnorge.no](http://www.frivillighetnorge.no))

Xaga N.K.S qof kasta waa lagu soo dhawaynayaa iyadda oo aan loo eegin da'da, asalka ay ka soo jeedo ama sida ay nolosha u aragto. Waxaad ka qayb geli kartaa hawlo aad u fara badan oo xiiso leh ama waxaad taageero muhiim ah u noqonaysaa shaqadayada. Waanu ognahay inaad tahay il khayraad!

Halka waxaa ah sababaha looga qayb qaadanayo:

- la kullan dad kale
- baro waxyaabo cusub
- samee wax aad jeceshahay
- u shaqee sababta aad rumaysan yahay
- in lagu arko oo lagu tixgeliyo
- hel waayo aragnimo qiimo leh marka aad codsanayso shaqooyinka
- xiisee hawsha macnaha buuxda wakhtiga firaaqada ah.
  - ka qayb noqo bulshadda ama haweenka

**Mutadawacnimo** lacag lama bixiyo, laakiin waxaad heshaa waayo aragnimo qiime leh, shay ay dadka shaqada bixiyaa qiimeeyaan. iyo—mutadawacnimadu aad ayay u bulshaawinimo badan tahay!

## Ururka Caafimaadka Haweenka Dad waynaha Noorwayjiyaanka ah

Ururka Caafimaadka Haweenka Dad waynaha Noorwayjiyaanka ah (N.K.S.), oo ay xubna ka yihiin 42,000, waa ururka haweenka ugu wayn Noorway. Ururkayagu kuma xidhna wax diib ama xisbi siyaasadeed. Hadafkayagu u wayn waa inaanu wax ku biirino bulsho badbaado leh, la isku wada jiro oo xooga saaraysa haweenka. Xubnahayaga waxay ku yaalaan adduunka oo dhan halka aanu leenahay kulamo caadi ah iyo dhacdooyinka bulshooyinka la isku arko iyo caafimaadka haweenka.

Hiigsiga N.K.S waa in:

- la faafiyo aqoonta caafimaadka haweenka
- lala dagaalamo rabshada ka dhanka ah haweenka
- lagu daro haweenka muhaajiriinta ah
- la xoojiyo xidhiidhada hooyada-ilmaha
- lagu tabaruco caafimaadka iyo korinta badbaadada leh
- la hubiyo in dadka waayeelka ah ay haystaan nolol wanaagsan

La xidhiidh ururkaaga maxaliga ah si aad u ogaato wax badan oo ku saabsan soo jeedinta bedden ee la bixinayo. Qof kasta waxbaan u haynaa!  
[www.sanitetskvinnene.no](http://www.sanitetskvinnene.no)

### Waa maxay sanitet?

Erayga Noorwayjiyaanka ah *sanitet* waxa uu la micno yahay caafimaad iyo sixo. Waxay ahayd qayb ka mid ah ururka magaciisa marka la sameeyay 1896.



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## Noqo Språkvenn



SOMALI



Norske Kvinners  
**Sanitetsforening**

## Waa maxay *Språkvenn* (luqadda saaxiibka)?

Waa muhiim in la fahmo oo lagu fahmo gudaha wadanka aad ku nooshahay. Dhabada ugu gaaban waa in guul laga gaadho luqadda dhexdeeda. Xirfadaha luqadda waxay samayn karaan luqadda maalinlaha ah ee wadanka cusub si ka fudud labbadaba xaga shaqada iyo xaga guriga. Tani waa sababta N.K.S. ay u bixiso fursado cajiib ah si loo helo saaxiibada luqadda. Kuwan waa mutadawiciinta kuwaas oo labbadaba noqon kara saaxiibada wada sheekaysiga iyo saaxiibada wanaagsan ee kuu sheegi kara wax yar oo ku saabsan dhaqanka Noorway, badbaadada iyo shay kasta oo ka socda Norway. Si la yaab leh way u fududahay! Uma baahnid wax buuggaag ah oo waa bilaash. Waa inaad nagu soo biirto oo aad bilowdo!

*Språkvenn* waxay awood kuu siisaa inaad:

- dhisto shabakad
- hesho tababarka firfircoon ee luqadda
- u barato bulshadaada si ka wanaagsan
- lagu arko oo lagu maqlo
- aad hesho aqoon cusub

Ururka maxaliga ah ee *Språkvenn* waxa uu leeyahay waxyaabo badan oo uu bixinayo, sida:

- kooxaha wada sheekaysiga
- booqashooyinka berkadda dabaasha gudaha
- wax karinta fiidkii
- U tamashlaynta meelo kala duwan.
- Booqashada maqaayadaha bunka ama meelaha kale.

### **Ka hel *Språkvenn* dhexda bulshadaada!**

U dir fariin qoraal ah (+47) 902 60 368 oo wata erayga SPRÅKVENN iyo meesha aad degen tahay (tusaale SPRÅKVENN Bergen) oo waxaan kaa caawinaynaa inaan bilowno! Waxaad sidoo kale u diri kartaa iemail: [post@sanitetskvinnene.no](mailto:post@sanitetskvinnene.no).

Wakhtigii u horaysay ee aan maqlay *Språkvenn* (saaxiibka luqadda) waxaan joogay xaga tababarka kooraska dadka waa wayn. Waan ku biiray markaas waxaan ku celcelinayaay ku hadalka luqadda Noorwayjiyaanka. Laakiin nidaamka gudahiisa waxaan ku bartay wax badan, ay ku jirto badbaadada dabka, gargaarka degdega ah, sida loo tolo iyo sida loo qaado khuddaar. Tani aad ayay faa'iido ugu leedahay kuwan inag amidka ah ee dhawaan ku dhashay Noorway.

*Ayat, waxya ku nooshahay Harstad*



Foto: Oslo Foto



Foto: Oslo Foto

Waxaan mutadawacnimo ka bilaabay *Språkvenn*, labba xarumood si aan ugu barbarto Noorwayjiyaanka laftaydu iyo si aan kuwa kale u caawiyo. Markaan shaqada codsaday, luqaddayda Noorwayjiyaanka lagu hadlo aad ayay u fiicnayd pp waxaan ku horumariyay CV gaygawaayo aragnimadayda mutadawacnimada ah. Waan ku mahadsan tahay tan, waan helay shaqo.

*Aliaksandra, waxay ku nooshahay Oslo*

Saaxiibkay waxa uu igu marti qaaday *Språkvenn*. Ka sakow barashada afka Noorwayjiyaanka, waxaanu ka hadalnaa waxa ku saabsan waxbarashadda, iyo mowduucyada kale oo sidoo kale waxbaanu tolnay, dabaalanay oo u baxnaa socod tamashle ah. Waa wax xiiso leh oo maad badan in la wadaago waayo aragnimada haweenka Noorway iyo wadamada kale.

*Ramia, waxa uu ku nool yahay Drammen*



Foto: Alessandria Langhin