



Ammaan helidda



Markii wax degdeg ah jiraan



Markii wax degdeg ah jiraan, ka wac Saddex Eber (000).



Waxay ku weydiin doonaan haddii aad u baahan tahay:

- ambalaas



- dab-demiska



- booliiska



Waxaad u baahan tahay inaad u sheegto adeegga aad u baahan tahay.



Keliya wac 000 haddii uu jiro wax **degdeg** ah.



Haddii aadan ku hadlin Ingiriisiga, waxaad tiraahdaa 'Turjumaan' iyo magaca luqadda aad ku hadasho.

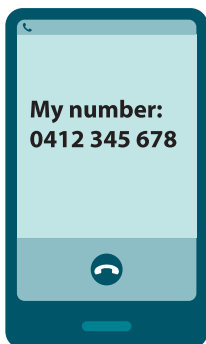


U sheeg:

- magacaaga



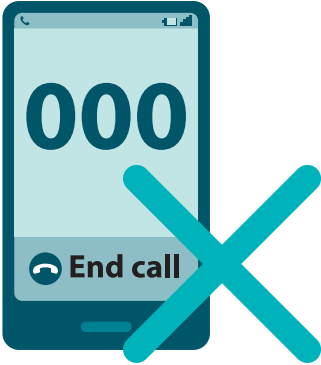
- cinwaanka halka degdeggu ka jiro



- lambarka taleefankaaga



- waxa dhacaya



Haddii aad buuqsan tahay oo aadan aqoon waxaad dhahdo, haysa-saarin.

Ku jir khadka markaasna xiriiriyaha ayaa garan kara halkaad ka soo wacayso kuuna diri kara caawimaad.



Adeegyada ambalaasku waa degdegga KELIYA.

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Waxaa laga yaabaa inaad bixiso adeegsiga ambalaaska haddii aadan lahayn:



- caymiska caafimaadka gaarka ah
- kaarka daryeelka caafimmadka
- kaarka ka-dhaafidda

Ammaan ku-joogidda guriga dhexdiisa

Biyaha



Waxaa ammaan ah in loo isticmaalo biyaha tuubada:

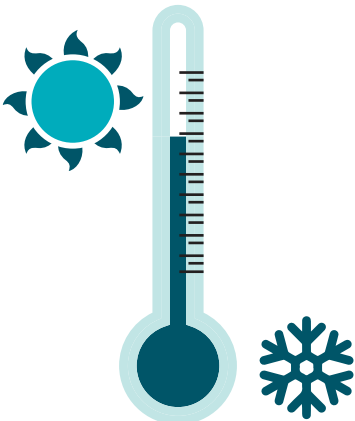
- cabidda
- karinta



Ha cabbin ama wax ha ku karsan biyaha laga helo warooyinka, webiyada ama durdurada – biyahaasi way doorsoomi karaan waana khatar badan yihiin.



Biyaha kulul way ku gubi karaan.



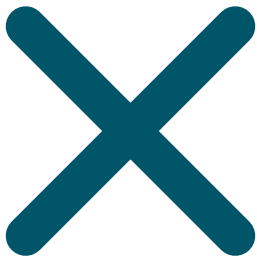
Waxaa muhiim ah in la hubiyo siday u kulul yihiin biyuhu kahor:

- intaan qubayska lala-gelin
- intaan lagu qubaysan
- intaan carruurta la-gelin biyaha

Korantada



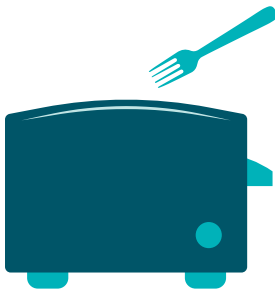
Shoogga korantada wuu dhaawici karaa waana dili karaa dadka.



Ha samayn:



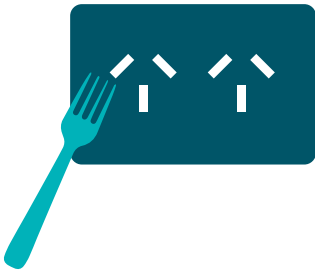
- inaad dhigto qalabka korantada meel u dhow saxanka ama meel biyo ka imanayaan



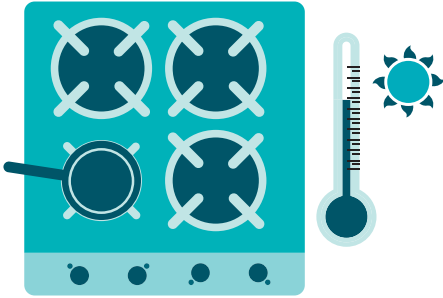
- inaad geliso walxaha birta ah
 - toastarka



- maykrowayfka



- baraha korontada



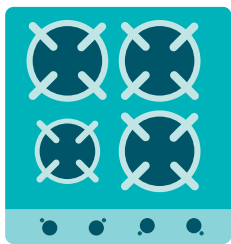
Dusha sare ee istoofka iyo ofanka aad bey u kululaadaan.

Markii aad wax karinayso, daabka dheriyada kulul gudaha u-jeeddi si aysan carruurta yaryar ugaari karin.



Ka ilaali carruurta iridka oofanka – aad bay kululaataa.

Gaaska



Gaaska waxaa loo adeegsadaa qaar ka mid ah:

- dusha saree e istoofyada



- ofanada

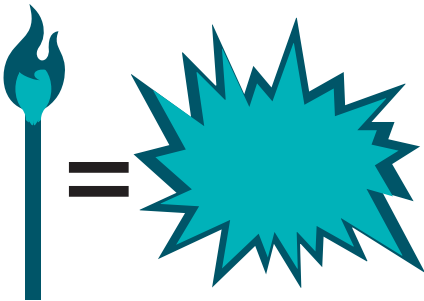


- kulayliyayaasha

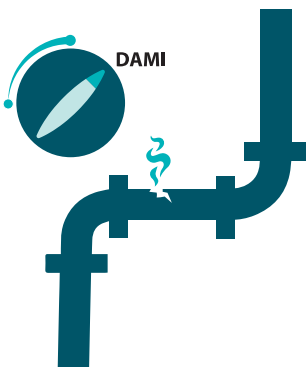


DAMI

Xir gaaska ofanka ama istoofka markii aad dhamayso adeegsiisa.



Haddii aad uriso gaaska, ha ku daarin tarraq – hollaca ayaa gaaska qarxin kara.



Eeg meesha liigga gaasku ka imaanayo.

Dami gaaska isla markiiba.

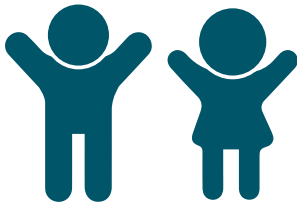
Daawooyinka iyo kiimikada



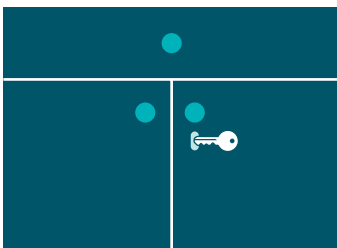
Daawooyinka iyo kiimikada qaarkood ay dadku ku haystaan gurigooda waxay dhaawici karaan dadka ama waxay ka dhigaan kuwo aad u xanuunsan.



Dhig daawooyinka oo dhan meel aysan carruurtu:



- ka gaari karin
- ka heli karin



Ku xafid waxyaalaha wax lagu nadiifiyo Armaajada xiran halkaas oo aan carruurtu ka heli karin.

Cuntada



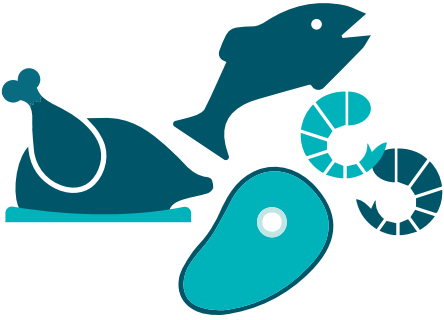
Badanaa guryaha Australia oo dhan waxay leeyihiin firij ay ku xafitaan cuntada fareeshka.

Waxaa badanaa loo yaqaan firijka.



Cuntooyinka qaarkood waxay u baahan yihiin in lagu kaydiyo firijka ilaa aad u diyaargarowdo inaad isticmaasho:

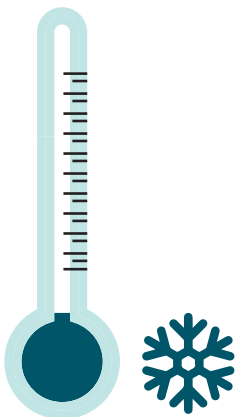
- walxaha caanaha ka soojeeda – caanaha, subaga, labeenta, jiiska



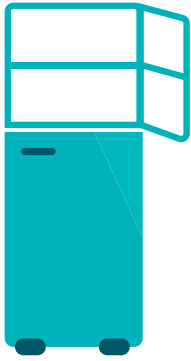
- hilibka iyo cuntada-badda



- furuudka iyo qudaarta qaarkeed

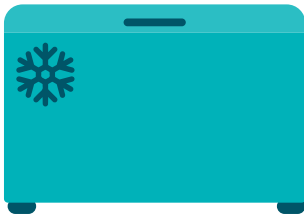


Cuntooyinka qaarkood waxay u baahan yihiin in la barafeeyo ilaa aad u diyaargarowdo inaad kariso.



Firijyo badan waxay leeyihiin qaybo gaar ah oo loogu talagalay barafaynta cuntada.

Taasna waxaa loo yaqaan firiisarka.



Guryaha Australia qaarkood waxay leeyihiin firiisar loogu talagalay cuntooyinka barafaysan.



Waa inaad hal mar barafaysaa cuntada.

Waxay kuu keenaysaa xanuun haddii aad cunto la barafeeyey wax ka badan hal mar.



Dhaq furuudkaaga iyo qudaartaada ka hor intaadan cunin.

Taasi waxay ka saaraysaa kiimikooyinka loo adeegsaday inay ka ilaalisoo cayayaanka.



Ka dhig nadhiifi dhammaan meelahaaga wax-karinta.



Mar kasta maydh gacmahaaga kahor intaadan samayn wax cunto ah.

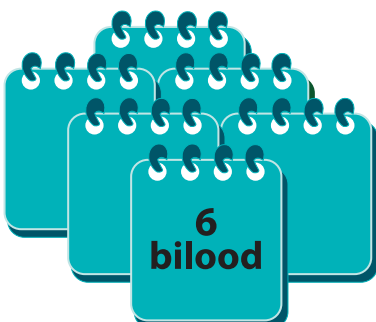
Dabka



Alaamyada qiiqa waa in loo adeegsadaa guryaha oo dhan.



Alaamyada qiiqa waxay sameeyaan cod dheer haddii uu jiro qiiq.



Alaamyada qiiqa waxay ku shaqeeyaan batariyo.

Batariyadaas waa in la tijaabiyaa oo la baddalaa 6dii bilood oo kasta.

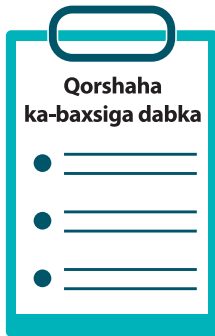


Taxadar gaar ah u yeelo shamacyada ama sigaarka.

Waxay badanaa keenaan dabka guryaha ka dhaca.



Ha saarin dharka meel u dhow ama kulayliyaha dushiisa.



Samee qorshaha sidaad uga baxsan lahayd gurigaaga hadduu dhaco dab.

Ku tababar arintaas qoyskaaga.

Ku-ammaan helidda waddada

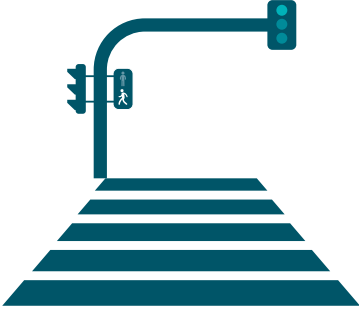
Goynta waddada



Halkan Australia baabuurtu waxay ku socdaalaan dhinac bidixda ee waddada.



Markii aad goynayso waddada, si taxadar leh ufiiri bidixdaada iyo midigtaada si aad u hubiso wixii gaadiid ah.



Ka gooy waddada meesha:

- nalalka baabuurta
- dadka lugta ahi ka goynayaan

Wadidda baaskiilka

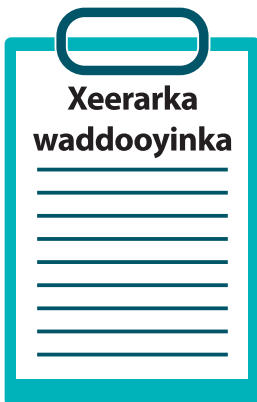


Waa inaad xirataa koofiyadda loogu talo galay markii aad fuulayso baaskiilka.



Halkan Australia, baaskiilada badanaa waxaa loo yaqaan baykis.

Dadka wata baaskiilada waxaa loo yaqaan saykalisteyaal.



Baaskiilwadayaashu waa inay adeecaan dhammaan xeerarka waddooyinka.



Uma baahnid laysan si aad ugu waddo baaskiilka waddada.



Waxaad u baahan tahay inaad raacdo xeerar la mid ah kuwa wadidda baabuurta.



Haddii aad wadayso baaskiilka habeenkii, baaskiilkaagu waa inuu leeyahay:

- nalalka hore
- nalalka dambe



Magaalooyinka waaweyn waxay leeyihiin laymanka baaskiilka u-gaarka ah oo ay baaskiilwadayaashu adeegsan karaan.

Daroogooyinka iyo khamriga

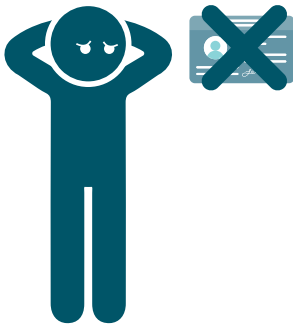


Waa khatar iyo sharci-darro in baabuur la wado haddii aad isticmaashay daroogo iyo khamri.



Haddii lagu qabto adoo baabuur wadaya kadib markaad isticmaashay khamri ama daroogo, waa:

- lagu ganaaxayaa – waxaana lagu saarayaa lacag aad u badan



- laysankaaga ayaa lagaa qaadayaa



- lagu xirayaa

Boggan si ula kac ah ayaa loo baneeyey



Australian Government
Department of Social Services

Oo ay bixisay Haya'dda Caalamiga ee Socdaalka
ayadoo ka wakiila Wasaaradda Australia ee
Adeegyada Bulshada

