



CUSUB: Laga bilaabo Sebtembar 2023 waxaan bilaabi doonaa aruurinta qashinkaaga cuntada

Waxaad heli doontaa haanta qashinka cuntada inta lagu jiro xagaaga/dayrta, oo ay la socoto haan yar oo aad ku haysan karto gudaha iyo bacaha si aad ugu ururiso qashinka cuntada.

Waxaa muhiim ah in kaliya bacaha bio-ga loo isticmaalo qashinka cuntada. Haddii aad u baahan tahay bacaha bio-ga oo badan waxaad xidhi kartaa bac ku dul yaal qashin-qubka qashinka cuntada, waxaan kuu siin doonaa bacaha cusub.

Ku dhawaad isbuuc kasta waxaan ka soo ururinnaa nooc ka mid ah qashinka gurigaaga. Jadwalka hoose wuxuu muujinayaa nooca qashinka aan aruurineyno isbuuca ay khuseyso.

QASHINKA GURIGA WAXAA LOO KALA SAARAA SHAN QAYBOOD:

- qashinka cuntada
- baakadaha dhalada iyo biraha
- warqad/kartoon
- baakadaha caaag ah
- qashinka haraaga ah

Kala soocida qashinka waa muhiim si loo yareeyo saameynta xun ee deegaanka oo looga faa'iidaysto sida ugu wanaagsan kheyraadka horay loo soo saaray. Waxa kale oo lagama maarmaan ah in la hubiyo meel ku filan weelasha qashinkaaga.

Waa inaad gelisaa weelka qashinka mid kasta oo ka mid ah qaybaha la soo sheegay, marka laga reebo baakadaha balaastiga ah in aad noogu soo dhiibto boorsooyin aan ku siinay.

Waxaad sidoo kale waydiisan kartaa, heli kartaa sanduuq cas oo loogu talagalay aruurinta qashinka khatarta ah sida batariyada, rinjiga, nalalka iftiinka, iyo qalabka elektarooniga ah ee yaryar. Marka sanduuqu buuxsamo, geey xarunta qaabilka qashinka ee xaafaddaada.

Inta badan noocyada kale ee qashinka sidoo kale waxa lagu geyn karaa lacag la'aan xarunta aabilka qashinka ee degaankaaga. Tusaalooyinka kuwan waa alaabta guriga, baakadaha kartoonada waaweyn, biraha, alaabta elektarooniga, qashinka dhismaha, qashinka beerta iwm.

Saacadaha furitaanka waxaad ka heli kartaa websitekeena **hallingdalrenovasjon.no**

Ma ururin doono qashinka la dhigo meel ka baxsan qashinka. Maalinta la ururinayo, haanta qashinka waa in aa la dhigo meel ugu badnaan 5 mitir u jirta meesha uu istaago baabuurka aruurinta qashinka. Xilliga jiilaalka waa in barafka meesha laga saaro si aan si sahah ah ugu dhaqaajino qashinka. Haddii ay baraf tahay waa in la daadiyaa. Xagaaga geedaha iyo cawska waa inaysan caqabad ku noqon biinanka ama baabuurka.

Kalandarka faaruqinta Luulyo - Disembar 2023

Julaay								
ISBUUC		isniin	talaado	arbacoo	khamiis	jimco	sabti	axad
26							1	2
27		3	4	5	6	7	8	9
28		10	11	12	13	14	15	16
29		17	18	19	20	21	22	23
30		24	25	26	27	28	29	30
31	/	31						

Ogosto								
ISBUUC		isniin	talaado	arbacoo	khamiis	jimco	sabti	axad
31	/		1	2	3	4	5	6
32		7	8	9	10	11	12	13
33		14	15	16	17	18	19	20
34		21	22	23	24	25	26	27
35		28	29	30	31			

Isbuuca ugu horreeya ee ururinta qashinka cuntada waa **isbuuca 38aad!**

Sebtembar								
ISBUUC		isniin	talaado	arbacoo	khamiis	jimco	sabti	axad
35						1	1	2
36		4	5	6	7	8	9	10
37		11	12	13	14	15	16	17
38		18	19	20	21	22	23	24
39	/	25	26	27	28	29	30	

Oktoobar								
ISBUUC		isniin	talaado	arbacoo	khamiis	jimco	sabti	axad
39	/							1
40		2	3	4	5	6	7	8
41		9	10	11	12	13	14	15
42		16	17	18	19	20	21	22
43		23	24	25	26	27	28	29
44		30	31					

Nofeembar								
ISBUUC		isniin	talaado	arbacoo	khamiis	jimco	sabti	axad
44				1	2	3	4	5
45		6	7	8	9	10	11	12
46		13	14	15	16	17	18	19
47	/	20	21	22	23	24	25	26
48		27	28	29	30			

December								
ISBUUC		isniin	talaado	arbacoo	khamiis	jimco	sabti	axad
48						1	2	3
49		4	5	6	7	8	9	10
50		11	12	13	14	15	16	17
51		18	19	20	21	22	23	24
52		25	26	27	28	29	30	31

Isniinta: Nesbyen iyo Krødsherad*

Talaadada: Gol iyo Flå

Arbacada: Hol iyo Krødsherad**

Khamiista: Magaalada Ål

Jimcaha: Hemsedal iyo Krødsherad***

*Magaalada Krødsherad: Dhinaca galbeed ee Kryllingheimen - Ringnes - isgoyska wadada Bråtastua. NB! Isbuuca 52aad: soo qaado sabtida.

**Magaalada Krødsherad Fv 191 Krøderen - Xuduudka Sigdal

***Magaalada Krødsherad Xuduudka Flå - wareega Hamremoene - Redalen - Havikskogen

Hagaha kala-soocida - waa maxay iyo sidee?



WAR! QASHINKA CUNTADA

Qashinka cuntadu waxa aad ku shubtid bacaha ee lagu siiyey inta aan lagu dhex tuurin weelka qashinka cuntada ka hor.

 **HAA, MAHADSANID!**

- Cuntada hadhaaga ah
- Kalluunka iyo qolofleyda
- Qashinka khudaarta
- Kafeega
- Warqadaha jikada ee la isticmaalay iyo nabkinnada
- Rooti iyo alaabta la dubay
- Qoofa ukunta
- Miraha
- Alaabta caanaha

 **MAYA MAHADSANID!**

- Baakadaha
- Dambaska
- Qashinka beerta
- Dhirta dheriga
- Xafaayadaha iyo suufyada
- Dhagax iyo ciid
- Dhirta eeyaha iyo bisadaha
- Qashinka toobaagada iyo sigaarka
- Lafaha iyo maqaarka waaweyn ee hilibka
- Xaddi ka badan oo maraq/suugo ah
- Daawooyin
- Koobabka hal-mar ah

La uruurista waa 2dii isbuuc mar oo lagu daro qashinka haraaga ah



BAAKADAHA CAAGGA AH

Baakadaha caaga ah ee guriga.
Biyo raaci marka hore haddii loo baahdo.

 **HAA, MAHADSANID!**

- Bacaha caagga ah, bacaha, filim caag ah
- Bacaha roodhida caaga ah,
- Baakadaha wax lagu shubo iwm.
- Dhalooyinka iyo caagagga cuntada, saabuunta iyo daryeelka jidhka iwm.
- Dhalooyinka caaga ah ee cabitaannada aan lahayn dhigaal.
- Koobabka yoogarta iyo kareem iwm.
- Saxarada, koobabka iyo baakadaha khudaarta iyo miraha iyo hilibka, dheryaha ubaxa iyo saxarada

 **MAYA MAHADSANID!**

- Aan ahayn baakad ay ku jiraan qashinka khatarta ah
 - Caag adag
 - Jawaanno alwaax ah
- Tan waxa la geeyaa soo dhawaynta qashinka deegaanka.

Bacda u isticmaal caag dib loo celinayo!
Waxaa la bixiyaa sanadkii hal mar. Ku xir bacda oo hor dhig maalinta uruurinta.

La uruurista waa 4tii isbuuc mar oo lagu daro kartoonada/warqada



BAAKADAHA DHALADA/BIRTA

Kaliya baakadaha dhalada iyo birta ah.
Biyo raaci marka hore haddii loo baahdo.

 **HAA, MAHADSANID!**

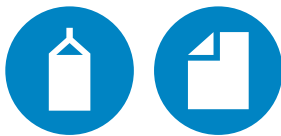
- Dhalooyinka malmaalaadada
- Dhalooyinka
- Gasacadaha birta ee cuntada.
- Tuubooyinka codsiga
- Aluumiyada
- Gasacadaha cabitaanka ee aan loo celin karin dukaanka
- Daboolada ka samaysan birta
- Foomamka aluumiyada

 **MAYA MAHADSANID!**

- Foosto
- Dhoobo
- Dhalooyinka laga cabbo
- Crystal
- Muraayad
- Saxamanka foornada la gali karo
- Daaqadaha
- Digsiyada iyo birtaawada
- Cidiyaha iyo boolalka
- Gasacadaha buufinta
- Maacuunta

La uruurista waa 8da isbuuc mar

Sidoo kale eeg www.sortere.no wixii macluumaad dheeraad ah



KARTOON/WARQAD

✓ HAA, MAHADSANID!

- Warqad, wargeysyo iyo xayaysiis
- Kartoonnada yaryar
- Kartoonnada caanaha/casiirka
- Kartoonnada baakadaha cuntada
- Warqadaha xafiiska, baqshadaha
- Tuwaalada waraaqaha ah iyo duubabka musqusha
- Kartoonnada cabitaanka
- Kartoonka ukunta
- Sanduuqyada pizza-da

✗ MAYA MAHADSANID!

- Tuwaalada waraaqaha ah iyo nabkinnada
- Warqad qoyan
- Warqada hadiyadaha oo dhalaalaya
- Koobabka iyo saxamanka kartoonka oo la isticmaalay
- Cartoon badan oo aan boos loo haynin weel ku jira, waa inaad geysaa goobta dib u warshadaynta.

NB! Duubka hadiyadda waxaa loo kala soocaa sidii qashinka haraaga ah, dib looma isticmaali karo

Si dabacsan ugu tuur qasacadaha!

La uruurista waa 4tii isbuuc mar oo lagu daro qaashinka caaga



QASHINKA HARAAGA AH

Wax kasta oo aan dib loo isticmaali karin ama aan la kala saari karin.

✓ HAA, MAHADSANID!

- Xafaayadda
- Dharka, kabaha
- Dhirta dheriga/ ubaxyada
- Alaabooyinka walxaha isku dhafan
- Qashinka bisadaha
- Bacaha eeyaha
- Jawaanno alwaax ah
- Warqada hadiyadaha lagu duubo oo dhalaalaya
- Baakad aad u wasakh badan

✗ MAYA MAHADSANID!

- Wax kasta oo dib loo isticmaali karo oo lagu kala saari karo halka laga keenay
 - Batariyada
 - Kiimikada
 - Qashinka elektarooniga ah
- Alaabada waaweyn waxaa la geeyaa soo qaabilka qashinka

La uruurista waa 2dii isbuuc mar oo lagu daro qashinka cuntada



SAACADA 06.00

Gasacadaha loo soo bandhigay faaruqinta waa in ay hor yaaliin laga bilaabo saacada 06.00 haddii aad rabto inaad hubiso in la faaruqi doono.



5 MITIR

Maalinta faaruqinta, gasacadaha waa in la dhigaa meel ugu badnaan 5 mitir u jirta wadada dhinaceeda halkaas oo uu kaxeeyo qashin qubka si aanu u faaruqin.

HELITAAN

Gasacaduhu waa inay noqdaan kuwo si fudud loo heli karo. Haddii baraf jiro, waa in la majarafada, haddii uu simbirriixan yahayna waa in lagu rusheeyaa. Waddadu waa inay ahaataa mid ka madax bannaan dhir balac iyo joog dhan 4 mitir. Sidoo kale waa inaysan jirin meel ka badan 10 cm. Haddii aad rabto inaad u dhisto daas/guri daasadaha, ka eeg hagahayaga mareegaha.



KALA SOOCIDA SAXDA AH

Haddii ay jirto qashin si khaldan loo soocay oo ku jira daasadaha, lama faaruqi doono. Xasuusnoow in warqadaha/ kartoonnada iyo baakadaha dhalada/birta aan lagu rido bac. Caagagga waxaa lagu ururiyaa bacda dhalaalaya ee aad naga heshay, bacdana waa in la xidho. Caaga noocyada kale ee bacaha/ bacaha sidayaasha lama qaadan doono.