

Somaliska

## Nidaamka xeerka eh Storsjöbadet

- Caruurta eh da'dooda ka hooseyo 12 sano iyo kuwa kale caruurta eh na badaasha aqoonin in ay goobta lagu badaasho joogan kaligood mahin iyagon qof mas uul oh weyn la badaalanayn caruurtaasi. Caruurta wa in waalidkood ama qof mas uul ah (ugu yaaran 18 jir) si degdeg ah agtooda u jooga mesha biyaha. Ka fikir adigo qof weyn ah in ad ka mas uul tahay amaanka ilamahaasi.
- Wa in ad waaliga ad qubaysatid oh is dhaqdid dhaman jidhkaago dhan adigo dhar xidhnegn intanan dharka badaasha xidhan oh ad na badaalan.
- Waliga wa in ad ku badaalata dharka badaasha. Kastumo lama ogolo in ad hoosta ka xidhatid.
- Baybyga-surwalka bada eh lo xidho ama xafayad badaasha eh logo hoos xidho surwalkabada/dharkabadaasha wa qasab weye caruurta dadoo'da 3 sano.
- Badaasha markay tahay ada mas uul ah.
- Qalabka sabaynta maha wax la hubo!Qalabka gacmaha lo gasho ama qalab kale oh caruurta ay xirtan ha u arkiina in u bedelayo aragtida dadka waaweyn ama ilaalintiina.
- Hadi ad isticmaaleyso qalabka badaasha ama tan lagu boodayo biyaha wa qasab in ad tahay qof markaste badaasha sababto ah qeybta biyuhu yaalan wa3,8mitir oh gun ah.
- Waxa niga la talineyna in anad isticmaalin mobil guriga badaasha waxa laga hor tagaya wa amaankaga. Wa mabnuuc in la sawir la isticmaalo mesha tan!
- Haa caraarin marka aad joogtid guriga badaasha, ka firso halista aad ku silbaneysid.
- Xushmee dadka kale eh u ah marti guriga badaasha.
- Qeybahan lagu ciyaaro eh biyaha wa in ad la socota nidaamkooga eh ku dhajisan qeyb walba. Markaste na wa in luguhu ka so horeeyan marka ad so degatid. Ciyaaro lagu dheelo lama ogolo in ad sidatid. Hadi joggsatid qeybta ciyaaraha ama is garab tagtid wa lagaa saaraya mesha.
- Waxan heysana iber dulqaad marka ay tahay faraoxeymeeynta galmada ama aad uso dhawaatid adigo rabo in ad faroxumeysa.

- Adiga markay tahay iyo dadka imaanaya gud ahan amaankooda wa in ad la socota qoraalka ku daabacan mesha iyo shaqaalaha sida ay afka kaga sheegayan tilmaamta.
- Storsjöbadetwaxa weye meel an tubaako lagu cabi karin oh nadiif ka ah iyo waliba ka ah naadif mukhaadarad-iyo qamro guriga badaasha.