



AKTIVITETSGUIDEN



Adeegga firfircooni ku hagaha(Aktivitetsguiden) waa adeeg bilaash ah oo carruuraha iyo dhallinyarada u dhexeeya 6-18 sano iyo qoysaskoodaba ka caawiya sidii ay uga qaybqaadan lahaayeen kooxaha cayaaraha isboortiga.

NORGES
IDRETTSFORBUND
Oslo Idrettskrets



Adeegga Aktivitetsguiden-ka waxaa ka shaqeeya dhallinyaro kortay oo ku hadla luuqado kala duwan.

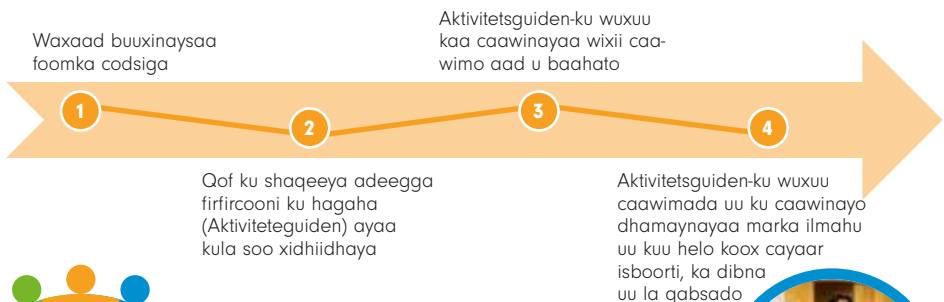
QOF WALBA IYO ISBOORTIGA KU HABBOON!

Dhallinyaro iyo carruuro badan ayaan wax isboorti ah ka qaybqaadan. Sababtoo ah faamiliyada qaar waa ku qaali, kuwo kale kama warhayaan noocyada cayaaro isboorti ee ka jira deegaannadooda iyo sida ay uga qaybqaadan lahaayeen. Ururka cayaaraha isboortiga ee Oslo waxa uu raba in uu u fududeeyo dhammaan carruuraha iyo dhallinyarada nooca cayaaro isboorti ee ay rabaan in ay bilaabaan. Sida darta waxaanu bilawnay adeegga firfircooni ku hagaha (Aktivitetsguiden)! Adeegga firfircooni ku hagaha (Aktivitetsguiden) waa adeeg isku xidha faamiliyada iyo kooxaha cayaaraha isboortiga, maamulka xaafadda ama iskuulka ayaa sida badan faamiliyada u soo bandhiga adeeggan.

Muxuu kaa caawin karaa qofka ku shaqeeya adeegga firfircooni hage (en Aktivitetsguide)?

- In uu ku siiyo warbixinaha cayaaraha isboorti ee ka jira meesha aad deggantay
- In uu carruuraha/dhallinyarada u soo helo nooca cayaaro isboorti ee ku habboon -xataa caarruraha naafada ah
- In carruuraha bilaabaya kooxo cayaaro isboorti uu u suurogeliyo sidii ay u heli lahaayeen bilow wanaagsan
- In bilowga uu carruuraha u raaco cayaaraha, waalidkana way haboontay in iyana ay raacaan
- In faamiliyada uu kharashka ka mid noqoshada kooxaha isboortigu ku adag yahay uu ka caawiyo sidii loogu fududayn lahaa

Kala horraynta habka aad u codsanayso adeegga firfircooni ku hagaha (Aktivitetsguiden)



Ma u baahantay warbixin dheewraada, e-post ku soo dir : oslo@idrettsforbundet.no

Foomka codsiga waxaad ka helayaa bogga: www.idrettsforbundet.no/oslo iyo xagga hoose ee buugyaraha «Aktivitetsguiden».

