



Shaqo raadin

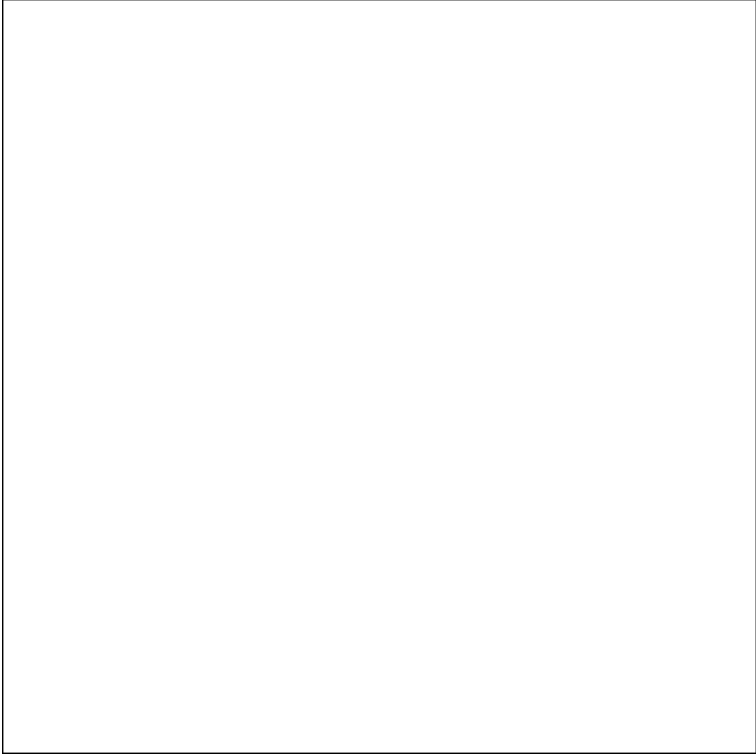
 Espen Stranger-Johannessen

 Sunniva Høiby-Øiset

 Mohamed Abdirashid

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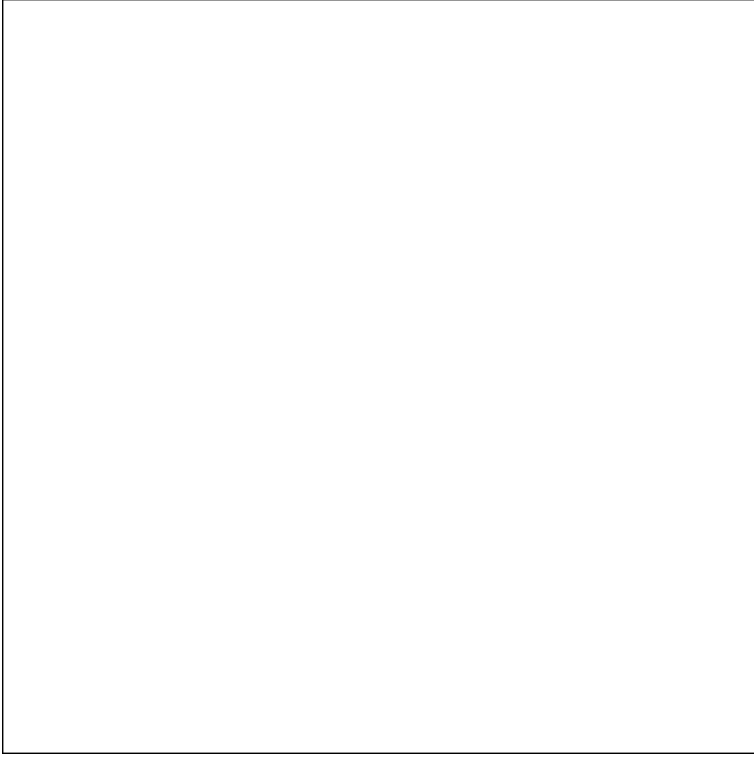
 Soomaali so



Alisha waxay u baahan tahay inay shaqo hesho, waayo qoyskeedu waxay u baahan yihiin lacag ay ku iibsadaan cunto iyo dhar.



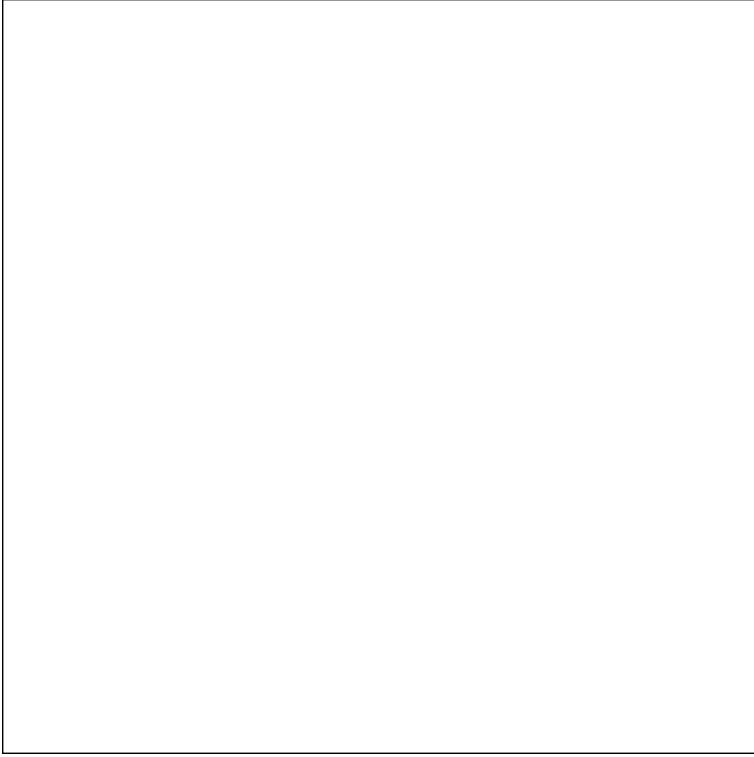
Alisha kamaysoo shaqaynin waddankeedii, laakiin waxay ku fiicanayd cunto karinta, waxayna jeceshahay inay dadka la sheekaysato.



Laga yaabaa inay ka shaqayn karto makhaayad?
Alisha waxay interneedka ka raadisaa shaqooyinka
lasoo dhigo.



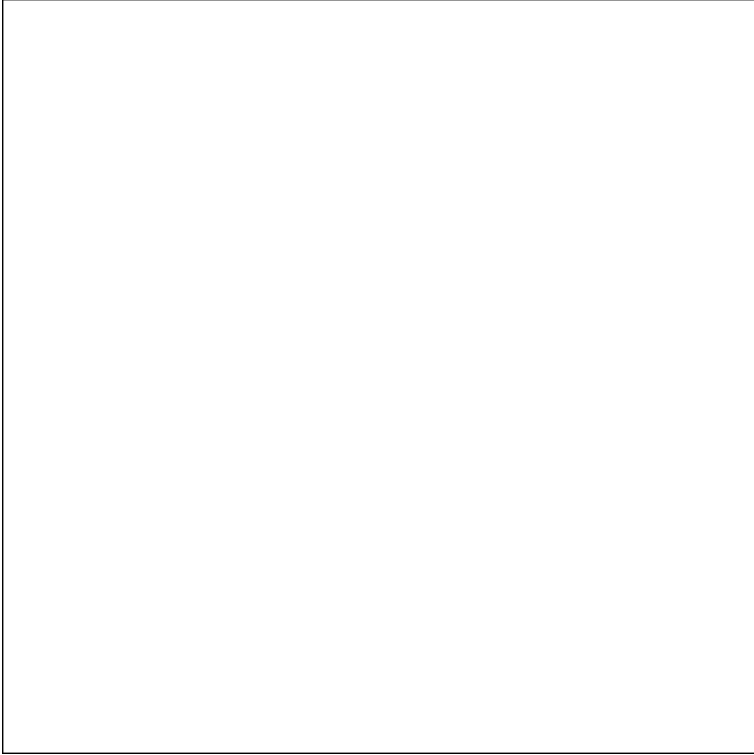
Waxay heshay xayeysiis loogu talagalay cunto kariye. Taas oo ah qof makhaayad wax ku karinaya.



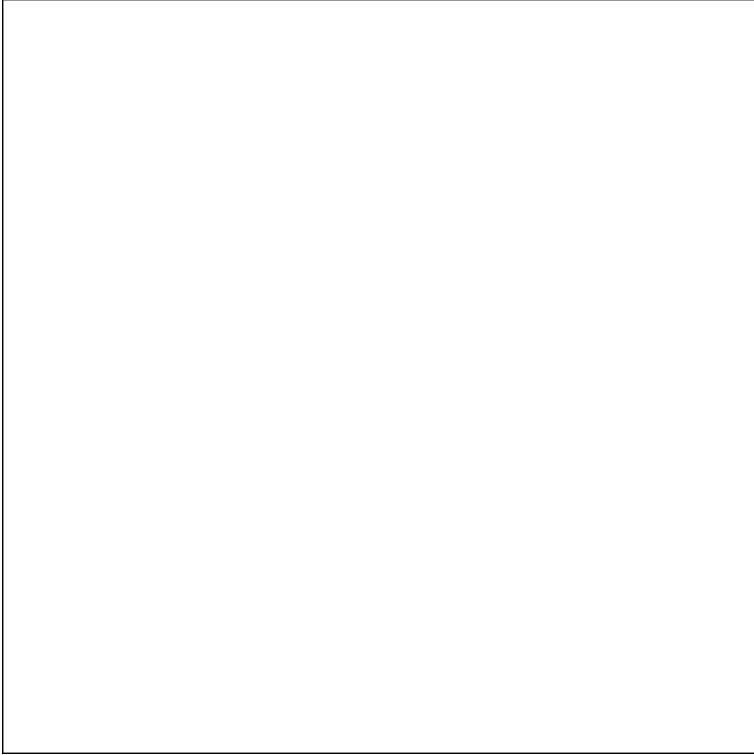
Waxay aadaa waraysiga shaqada. Maamulaha
makhaayadda ayaa u sheegay inay u baahan yihiin
qof u tababartay cunto karinta.



Alisha waa ay niyad jabtay, laakiin waxay qaadatay koorso loo yaqaan "koorsada "Cuntada karinta iyo soo dhawaynta". Waxayna rajaynaysaa in tani ay ka caawin doonto inay shaqo ka hesho makhaayad.



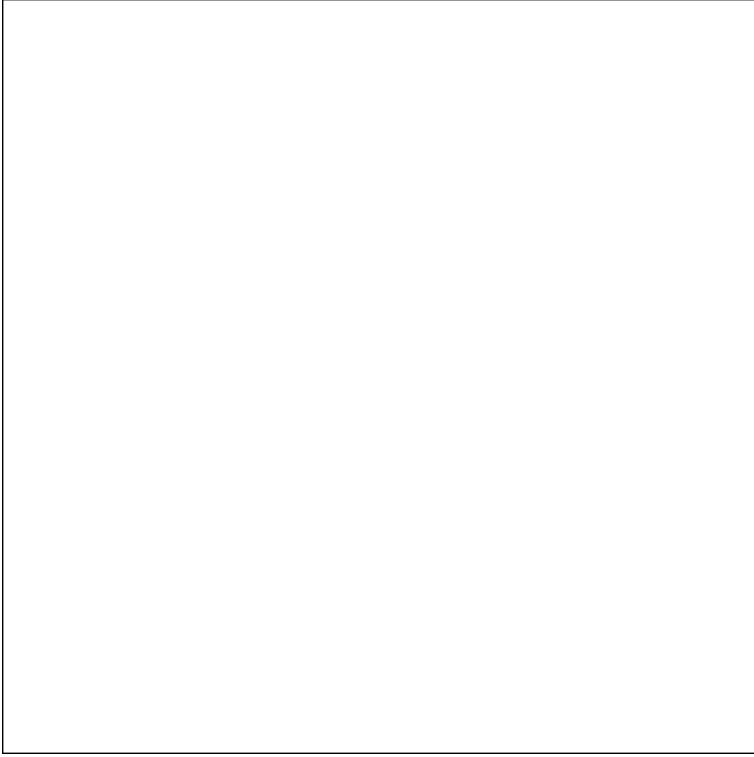
Alisha waa in ay ka shaqayso makhaayad taas oo qayb ka ah koorsadeeda tababarka. Mushaar ma hesho, balse waxay helaysaa khibrad shaqo.



Waxay ku dartay faahfaahinta koorsada CV-geeda.
CV-gu waa sharaxaad ku saabsan dhammaan
shaqooyinkii ay soo qabatay iyo dhammaan
kooxoyinkii ay soo qaadatay.



Marka xigta ee ay Alisha aaddo wareysi shaqo oo makhaayad ah, waxaa loo soo bandhigay shaqada. Waa shaqo adag. Inta badan waa in ay shaqeyso fiidkii, marka carruurteeda ay ka yimaadaan iskoolka.






Waa ay ku faanaysaa in ay shaqo heshay si ay cunto iyo dhar qoyskeeda ugu soo iibiso lacagteeda.



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