

ADEEGYADA QAXOOTIGA



PHOTO | JACQUE WAITE

GURIYAYNTA WADANKA MARAYKANKA

Marka koobaad ee aad soogasho Maraykanka, waxaa lagu dajin karaa guri ama huteel, ama waxaad lajoogi kartaa qaraabo awal kuujoogtay Maraykanka. Hadaad tahay qof aan xaas lahayn, waxaa lagula dajin karaa qaxootiyaasha kale ee aan xaaska lahayn ee isku jinsiga tihiin.

Wakaaladaada Dib udajintu waxay xaqiijinaysaa inaad guri hesho bisha kuugu horaysa maraykanka, waxayna kusiinayaan guri nadiif ah, qiima jaban, oo kuyala xaafad amaan ah. Biloowga, dhaqaalahaaga aad ayuu ukoobnaanayaa, marka gurigaaga koobaad waxaa laga yaabaa inaad kuqanacsanayn. Hase yeeshee, inaad si tartiiba qarash kusamayso waxay kuusahlaysaa inaad guri doorato, mustaqbalka, kaasoo dhaqaale ahaan kugu haboon, kufilan baahidaada, dookhaagana ah.

QURXINTA

Wakaaladaada Dib udajinta ayaa masuul ka ahinay kuudhigto alaabta muhiimka ah iyo alaabta cuntada ee guriga ama dhismaha ay kudajiyeen adiga iyo qoyskaaga. Alaabta waxaa kamid ah alaabta guriga, digsiyaasha, alaabta jikada, iyo qalabka daryeelka qofka. Wakaalada Dib u edijinta lagama doonaayo inay kusiiso qalab cusub. Alaabta waa inay ahaadaan kuwo fiican, laakiin muhiim maaha inay cusub yihiin.



PHOTO | M. COHEN

Guriyaynta
Soogalitaanka

Dhisme

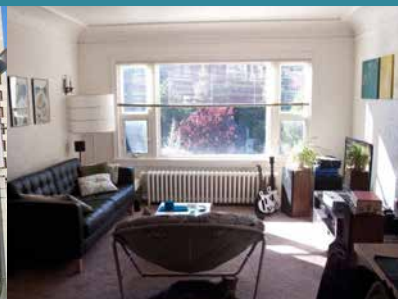


PHOTO | KEVIN STANCHFIELD

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Guriga ama dhismahu wuxuu badanaa leeyahay shoolada jikada, siinka, talaagad; meelaha fadhiga iyo cashada; hal ama kabadan qol oo jiif; musqul; iyo armaajooyin.

QIIMAYAASHA GURYAHA

Guryaha wadanka Maraykanka inta badan waa qaali, inaad hesho meel kugu haboon inaad kunoolaato way adkaan kartaa. Waa caadi in dadku guri kiraystaan ama dhisme. Qiimaha guryuhu way kala duwan yihiin gobalada, magaalooyinka, iyo xataa xaafadaha. Meelkasta oo aad dagan tahay, kirada guriga ayaa ah qaybta ugu badan ee qarashaadkaaga bishii.

Waad kaguuri kartaa gurigaaga hadii aad mulkiilaha usheegtay xili hore, sida kucad heshiiska kiradaada. Laakiin ogoow waxaa jira qarashaad kadhasha geediga, waana inaad xaqiijisaa inaad qarash aad kuguurto haysato kahor intaadan baabi'in heshiiskaaga kirada.

XUQUUQDA IYO WAAJIBAAD GURYAHA



Mrkaad joogto Maraykanka, kiraystayaasha iyo mulkiilayaasha labaduba waxay leeyihiin xquuq iyo waajibaad. Markaad kiraysato guri ama dhisme, waa inaad saxiixdaa heshiis looyaqaano heshiiska kirada. Heshiiska kiada, waxaa lagu aqoonsanayaa kirayste, waxaadna aqbashay inaad guriga kukiraysato waqti caymian, aadna bixiso kirada iyo alaabta lacagtooda waqtiga saxda ah, aadna ilaaliso guriga. Jabinta heshiiska aad saxiixday (kaguurista dhismaha kahor inta uusan dhamaan waqtiga heshiiska) waxay keeni kartaa ganaax iyo in ay saamayn kuyeelato masuuliyadaada. Hadaad guurto, waxaa jira waxyaabo lagaa rabo sida inaad wargaliso xafiiska boostada ee dawlada Maraykanka, iwm, fadlan latasho Wakaaladaada Dib udajinta hadaad rabto inaad guurto.

Cultural Orientation Resource Exchange

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For more information, visit the CORE Resettlement Navigator website at corenav.org.



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WAAJIBAADKA MULKIILAHA



Sharciyada guriga waxay qabanayaan mulkiilaha iyo kiraystaha labaduba. Mulkiilayaasha guriga waa inay hubiyaan in gurigoodu leeyahay heerrka amaan iyo nadaafadeed ee laga rabo guryaha lakiraynaayo. Mulkiilaha guriga aa inuu xaqiijiyaa in korontada, tuubooyinka, iyo systemyada kulaylinta ay fiican yihiin. Waa inay siiyaan qalabka qiiqa sooqabta ayna xaqiijiyaan inaysan jirin waxyaabo qurmay ama xasharaad guriga kujira. Sharciyada guryuhu waxay sidoo kale cadaynayaan in mulkiilayaasha guryuhu aysan diidi karin inay dadka guriga kakireeyaan sababo laxariira asalkooda, wadankooda, diintooda, jinsigooda, xaalada qoyskooda, ama xaaladooda jirka ama dhimirka.

DARIS WANAAGA



Qof daris wanaagsan Maraykanka waa qof kafakara dadka dariska la ah. Qofka dariska wanaagsan ah wuxuu nadiifiyaa agagaarka gurigiisa. Markii laga hadlo guriga, waa inaad xakamaysaa cawskaaga aadna qashinkaga banaaka soodhigtaa kaliya maalmaha qashinka la aruursho. Inaad noqoto daris wanaagsan waa inaad codkaaga hoos udhigtaa xiliga habaynkii si aadan udhibaataayn dariskaaga.