

**Ku soo dhowoow Scotland  
Waddanka addunka ugu fiican  
(The Best Wee Country in  
the World)**



# Ku soo dhowoow Glasgow

## “Glesga”

In kastoo Edinburgh ay tahay caasimada Scotland, Glasgow ayaa ah magaalada ugu wayn ee waddanka oo ay deggan yihiin dad gaaraya qiyaastii 600,000. Eeg hareerahaaga waxaadna ogaanaysaa inay meesha joogaan dad ka kala yimid adduunka oo idil oo Glasgow ku nool: laga bilaabo dad ree Yurub ah illaa dad reer Koonfurta Ameerika ah, Afrikaan iyo Aasiyaan. Sanado badan dad ka kala yimid wadamo kale ayaa u yimid inay ku noolaadaan Glasgow. Tusaale ahaan, sanadihii 1800 dad badan oo Irish ah ayaa badda ka soo gudbay iyagoo shaqo raadis ahaa taas waxay marka keentay in dad badan oo maanta ku nool Glasgow ay ka soo jeedaan Irish.

Dadka ka yimid Glasgow waxaa loo yaqaan “Glaswegians” luqada Ingiriiska ayaana ah afka ay ku hadlaan laakiin haddii aad ku hadasho af Ingiriis fiican waxaa dhici karta inay kugu adkaato fahamka sida ay u hadlaan dadka reer Glaswegianka ah. Reer Glaswegianka waxay leeyihiin waxay leeyihiin kalmadahooda iyo jumladahooda. Tani waxay u muuqan kartaa wax yaab leh laakiin sida laga yaabo qaar ayad baran doontaa marka uu waqtiga sii socdo.

### Some Glaswegian words and phrases

How zit gaun? = **Sidee tahay?**

Pure brilliant by the way = **Aad bay u fiican tahay.**

naw = **may.**

aye = **haa.**

ginger = **Magaca la siiyay noocyo badan oo ka mid cabitaanada juuska ah ee la cabo.**

It's pure baltic = **Xaqiiqdii waa ay qaboow dahay.**

Haddii aad ku caajistay ama aad cidlo dareemayso Glasgow gudaheeda waxaa mar walba jira wax la qaban karo - xitaa haddii aadan haysan wax lacag ah! Haddii aad doonayso akhbaarta waxa laga qaban karo Glasgow gudaheeda waydii qofka adiga ku siinaya taageerada. Meel kale oo wanaagsan ee laga bilaabi karo waa maktabadda degaankaaga. Waxay hayaan akhbaarta ku saabsan waxyaalaha ka dhacaya degaankaaga iyo isla markaas waxyaalaha kale ee ka dhacaya qaybaha kale ee magaalada.

Waxa ugu fiican ee Glasgow waa adigoo si fudud uga bixi kara magaalada arkina kara goobaha beeralayda iyo xoolalayda (Scottish countryside). Basas iyo tareeno ayaa magaalada ku gayn kara kaana qaadi kara ama kooxo dad ah ee degaanka ayaa qorshayn kara safaro. (Eeg 'Groups to Join' Bogga 10).

## **Ceud Mille Failte**

### **(Waxaa loogu dhawaaqaa Kay-u-t Meel-uk Falsh-u)**

Ma ogtahay in dad Scottish aha oo ay tiradoodu gaarayso 70,000 ay weli ku hadlaan luqad loo yaqaan Gaelic? Gaelic waa luqada soo jireenka ah ee dadka Scottishka. Waxaa inta badan looga hadlaa buuralayda iyo jasiiradaha laakiin waxaa jira qiyaastii 7,000 oo ku hadla afka Gaelic ee ku nool Glasgow. Soo dhowaynta soo jireenka ah ee Scottishka ee afka Gaelic waa 'Ceud Mille Failte' (Boqol kun oo soo dhowayn.)

## **Wax iibsiga**

Glasgow waxay leedahay xul ballaaran oo dukaamo iyo bakhaaro ah ee ku yaala Ingiriiska. Waxay ka bilowdaan dukaamada dharka faashanka illaa iyo dukaamada sicirka jaban ee raashinka. Haddii aad raadinayso gorgortan fiican waxaa muhiim ah inaad ogtahay meesha aad lacagtaada ku bixinayso.

## libsashada raashinka

Waad ka iibsana kartaa gudaha Glasgow raashin ka kala yimid addunka oo idil. Dukaamada raashinka waxay ka bilowdaan suuqyada waawayn ee Shiinayska (Chinese supermarkets) illaa iyo macmacaanda ka yimaada Bariga Dhexe (Middle Eastern delicatessen, alaabta Afrikaanka iyo Karriibiyaanka illaa iyo dukaamada gadaya raashinka xalaasha ah.

## Suuqyada Glasgow

Haddii aad raadinayso gorgorton aadna jeceshahay buuqa iyo dhaqdhaqaaqyada badan ee suuq wayn suuqa Barras Market ama Blochairn Car Boot Sale ayaa ah meelaha la tago. Waxaad halkaas ka helaysaa sandaqaado boqolaal ah oo iibinaya wax walba ka bilow khudaar illaa dhar.

## Suuqa Barras Market

(waxuu u dhaxeeyaa Gallowgate iyo London Road) ee Glasgow, Sabti iyo Axad walba 10.00 ka aroornimo illaa iyo 5.00ta galabnimo. Sida halkaas lagu tago: ka tag Union Street ee bartamaha magaalada kadibna qaado bas lambarka 62 ama 40.

## Blochairn Car Boot Sale

Blochairn Car Boot Sale 130 Blochairn Road, Axad walba 6.00da aroornimo – 3.00da galabnimo. Sida halkaas lagu tagao: ka tag Union Street ee bartamaha magaalada kadibna qaado bas lambarka 9 ama 11.



In badan oo ka mid ah suuqyada waawayn waxay sidoo kale iibiyaan raashin aad jeclaan karto. Waxaa jira tiro fara badan ee suuqyada waawayn oo uu sicirkoodu hooseeyo. In badan oo ka mid ah suuqyada waawayn way yareeyaan qiimaha raashinka ay tahay in maalintaas la iibsado.

Scotland gudaheeda, waxaanu ugu yernaa laag (lake) 'loch'. Ma taqaanaa in Loch Lomond, mid ka mid ah laagaga ugu wayn lochs (lakes) ee Scotland ay u jirto oo keliya 30 daqiiqo bartamaha magaalada marka tareen la raaco.

Class Ticket  
STD CHE

From  
EDINBURGH  
GLASGOW CE



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**Aad bay u adag tahay waayo markaad imid Glasgow waxaan ahaa gabar keligeed ah, waxaan xiisaynayey ma jirin gebi ahaan noloshayda, caajis aaxiibo badanna ma jirin aadna waxaan u ahaa qof xishoota kalsoonina ma qabin. Marka aad i aragto hadda sidaan u ahay qof faraxsan oo kalsooni leh aad bay cajiib u tahay. – Aisha**

Akhbaar badan ee ku saabsan dukaamada raashinka gaarka ah eeg qaybta **Buuga cinwaanada** ee gadaasha xirmadan.



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## libsashad dharka

Ma aha inay lacag badan kaa baxdo si aad u hesho dhar tayo leh, dhar faashan ah Glasgow gudaheeda. Dukaamada dharka sida Primark, Dunnes iyo TK Maxx, kulli waxay ku yaaliin bartamaha magaalada, waxayna kuu soo bandhigayaan dhar kala duwan oo uu qiimahoodu aad uga hooseeyo inta badan dukaamada kale ee dharka ee magaalada. Suuqyada waawayn ee Asda iyo Tesco waxay sidoo kale iibiyaan dhar faashan ah oo raqiis ah.

## Dukaamada Samafalka

Qof walba waxa uu jecelyahay wax raqiis ah. Dukaamada samafalka waxaa ka buuxa wax badan oo raqiis ah, tusaale ahaan, dhar, buugaag, muusiko iyo alaabta guryaha. Waxa ugu fiican waxa ay tahay marka aad shay ka iibsado dukaamada samafalka lacagtaas waxay ku baxaysaa wax fiican! Tusaale ka mid ah dukaamada samafalka waa, Oxfam, British Red Cross, Shelter iyo Barnardos. Haddii aad tahay qof samir leh inta badan waad ka helaysaa dhar qaab fiican oo qiimo fiican ku fadhiya dukaamadan.

Akhbaar dheeraad ah ee ku saabsan dukaamadan samafalka eeg qaybta **Buuga cinwaanada** ee gadaasha xirmadan.



## Timo-hagaajiyeyaasha

Waxaa jira meelo badan ee timaha lagu hagaajiyo ee gudaha Glasgow, inkastoo in badan oo ka mid ah ay qaali yihiin. Waydii inaad aragto liiska qiimaha inta aadan timaha jaran! Timo-hagaajiyeyaasha qaar waxa ay siiyaan sicir jaban ardayda. Waxaa sidoo kaloo jira gudaha Glasgow xoogaa timo-hagaajiyeyaal ah Afro-Caribbean. Mid ka mid ah kuwan waxa uu ku yaalaa wax daqiiqada u jira saldhigga tareenka ee Kelvinbridge ee dhamaadka galbeedka magaalada. Qaar ka mid ah timo-hagaajiyeyaasha waxay iibiyaan waxyaalo gaar ah, tusaale ahaan, kuulo iyo wax timaha lagu dheereeyo.

Akhbaar dheeraad ah ee ku saabsan timo-hagaajiyeyaasha Afro-Caribbean ee gudaha Glasgow iyo adeegyada ay kuu soo bandhigayaan ee qaybta **Buuga cinwaanada** ee gadaasha xirmadan.



## DHAQANKA IYO NASASHADA

Glasgow waxay leedahay xarakaadyo (activities) badan ee xagga dhaqanka ah kuwaasoo aan waxba lacag ah ku fadhiyin. Ka hubi maktabadda aagaaga ama Xarunta Akhbaarta Dalxiisayaasha haddii aad u baahan tahay akhbaar dheeraad ah ama booqo boggan internetka [www.scottishrefugeecouncil.org.uk/arts](http://www.scottishrefugeecouncil.org.uk/arts) si aad u hesho liiska xarakaadyadan lacag la'aanta ah.



**The Mitchell Library** Waa mid ka mid ah maktabadaha wax la dhigo ee waawayn ee gudaha Europe.

North Street, Glasgow G3 7DN.

Telefoon: 0141 287 2999 or 2876



## Libraries

Maktabado Maktabadaha degaankaaga waxay kuu ogalaan doonaan inaad buugaag si lacag la'aan ah uga qaadato. Waxaad sidoo kale amaahan kartaa muusiko ku

duuban CDs ama DVDs, in kastoo mararka qaar waxoogaa lacag ah lagaa qaadayo. Maktabadaha waa meel fiican ee la booqdo si loo helo akhbaar ku saabsan adeegyada degaanka iyo waxyaalaha dhacaya. Dhamaan maktabadaha oo idil waxa ay leeyihiin internet lacag la'aan ah qaarna waxa ay leeyihiin barnaamijyo si lacag la'aan ah wax kuu baraya ama kaaga caawinaya shaqada guriga ee dugsiga. Waxii akhbaar dheeraad ah ee barnaamijyada waxbarashada ee makatabadda waydii maktabadda degaankaaga.

Inaad ku xiranto makatabad waxaad u baahan tahay inaad tusto aqoonsi uu ku yaalo magacaaga, cinwaankaaga iyo saxiixaaga waana inaad buuxisaa foomka dalabashada.

## Matxafyada iyo Goobaha Bandhigga farshaxanka (Museums and Galleries)

Glasgow waxay leedahay madxafyo iyo goobo badan ee fashaxanka lagu soo bandhigo kuwaasoo lacag la'aan ah si aad u booqato waxayna socdaan maalmaha badankood ee usbuuca. Xarunta Akhbaarta ee Dalxiiseyaasha baa haysa liiska goobahaas farshaxanka iyo matxafyada laakiinqaar ka mid ayaa xitaa ku qoran **Tusaha cinwaanada** ee gadaasha xirmadan.



### Maxaa socda?

Dhammaan akhbaarta ku saabsan waxyaalaha dhacaya iyo kuwa soo jiidasashada leh ee gudaha Glasgow waxaad booqan kartaa: Akhbaarta Dalxiiska ee Glasgow (Glasgow Tourist Information) 11 George Square, Glasgow G2 1DY. Telefoon: 0141 204 440 [www.seeglasgow.com](http://www.seeglasgow.com)

### Ciyaaro

Haddii aad ka yar tahay da'da 18 sano aadna ku nooshahay gudaha Glasgow waxaad xaq u leedahay gelitaan lacag la'aan ah ee goobaha lagu dabaasho Eeg akhbaarta 'Young Scot Card' ee bogga 8aad).

In badan oo ka mid ah goobaha lagu dabaasho waxay leeyihiin waqtiyo dumarka-keliya ama ragga-keliya ah.

In badan oo ka mid ah goobahan lagu dabaasho waxaad ka helaysaa xarumaha nasashada iyo ciyaaraha kuwaasoo sidoo kale leh naadiyo xagga ciyaaraha orodada, kubadda cagta, kiriket, dabaal, suumo (martial art), qoob ka ciyaar (dance) iyo kuwo kale oo badan.

Si aad u ogaato war badan oo ku saabsan xarakaadyadan ciyaaraha ee gudaha Glasgow tag bogga [www.glasgowclub.org](http://www.glasgowclub.org) ama eeg **Tusaha cinwaanada** ee gadaasha xirmadan.



## Fasaxyada dugsiyada

Fasax walba ee dugsi waxaa ka jira xarakaadyo ciyaaro badan oo lacag la'aan ah gebi ahaan magaalada. Akhbaar dheeraad ah ee ku saabsan xarkaadyada degaankaaga, tag bogga [www.holidayprogramme.glasgow.gov.uk](http://www.holidayprogramme.glasgow.gov.uk)

## Noqo mid firfircoon gudaha Glasgow

Operation Reclaim waxuu ka sameeyaa xarakaadyo ciyaar oo dhowr ah gebi ahaan magaalada sida kubadda cagta, kiriket, kubadda kolayga (basketball) iyo qoob ka ciyaar. Haddii aad jirto da'da u dhaxaysa 12 illaa iyo 19 sano aadna doonayso inaad ku taxaluqdo mid ka mid ah xarakaadyadan la xiriir Operation Reclaim on 0141 532 4667 ama 0141 779 5688 (sidekix). Gudaha Glasgow, Celtic iyo Rangers waxay sameeyaan barnaamijyo kubadda cagta ee jaaliyadda kuwaasoo lacag la'aan u ah dadka dhalinta yar. Si aad war dheeraad ah uga ogaato booqo bogagooda internetka [www.celticfc.net](http://www.celticfc.net) iyo [www.rangers.co.uk](http://www.rangers.co.uk)







## Glasgow Young Scot Card

Haddii aad jirto da'da 12 illaa iyo 18 waxaad heli kartaa kaarka Young Scot Card oo nlacag la'aan ah kaasoo xaqa kuu siinaya waxyaabo badan oo cajiib ah sida qiimo jaban ee dukaamada, meelaha wax laga cuno, shineemooyinka iyo waxii dhacaya. Waxaad kaloo helaysaa qiimo raqiis ah ee ciyaaraha iyo goobaha lagu nasto, oo ay ku jirto dabaal lacag la'aan ah iyo xubin noqosho jaban ee goobaha jimicsiga (gym)!

## Sidee loo helaa Young Scot Card?

Waxaad ka qaadan kartaa foomka codsiga Young Scot Card maktabadda degaankaaga, xarunta nasashada ama xafiiska dugsigaaga. Waxaad u baahanaysaa inaad foomka buuxiso dibna ugu dirto Young Scot (cinwaanku waxa uu ku yaalaa foomka). Waxii akhbaar dheeraad ah tag bogga [www.youngscot.org.uk](http://www.youngscot.org.uk)

## Shineemooyinka

Shineemooyinka waxay mararka qaar dhigayaa filimo afaf kale ku hadlaya. Tigidhada waxa ay raqiis yihiin inta usbuuca gusahiisa lagu jiro waxayna kor u kacaan habeenadii iyo maalmaha fasaxyada (weekends). Shineemooyinka qaar waxay siiyaan ardayda iyo dadka dhalinta yar qiimo jaban ama waxay u soo bandhigaan tigidh xilli ah oo lacagta tartiib loo bixinayo waxayna kuu ogolaanaysaa inaad tagto shineemooyinka inta jeer ee aad rabto.

Waxii akhbaar ah ee ku saabsan shineemooyinka eeg qaybta **buuga cinwaanada** ee gadaasha xirmadan.



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**Imaatinkaygii Glasgow waxay i siisay inaanan wax badan ka ogayn wax walba. Ma hubo sida aan dareemay meelaha qaarkood aad bay uga duwanayd waddankaygii. - Dia**

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## **Golaha Madadaalada (Theatre)**

Haddii aad xiisaynayso jilid ama aad ku raaxaysato daawashada waxyaalaha lagu soo bandhigayo golaha madadaalada waxaa ka jira gudaha Glasgow fursado badan. Haddii aad xiisaynayso jilid bal eeg The Citizens Theatre Young Company dadka 16-21 sano jirka waca 0141 418 6244, [www.tag-theatre.co.uk](http://www.tag-theatre.co.uk) ama Scottish Youth Theatre [www.syt.org.uk](http://www.syt.org.uk)

The Tron waa gole kale ee madadaalo kaasoo bara daraamaha dadka dhalinta yar. Si aad wax badan uga ogaato kulanadooda tababar ee usbuuc walba wac 0141 552 6657.

RSAMD YouthWorks Drama waa barnaamij soo dhowaynaya dalabaadka cid walba, awoodo kala duwan ee xag jireed iyo waxbarasho (physical and learning abilities) iyo dhaqanno fara badan. Waxaad ka qayb qaadan kartaa casharro badan, mashruucyo iyo jilitaan. Haddi aad xiisaynayso fadlan kala xiriir iyaga telefoonka 0141 270 8213 ama iimayl [youthworksdrama@rsamd.ac.uk](mailto:youthworksdrama@rsamd.ac.uk)

Haddii aad jeceshahay inaad daawato jilitaanada golaha madadaalada waxaad ka eegtaa bogga maaweelda [www.s1play.com](http://www.s1play.com) waxii akhbaar dheeraad ah.

## **Visual arts**

Street Level Photoworks Waxay leedahay goob soo bandhigga farashanka, sawirada iyo waxyaalaha wararka tebiya ee cusub (new media), waxayna kala shaqaysay qaxootiga iyo magangalyo doonka mashaariic badan ee farshaxan. Fiiri boggooda internetka ee [www.multi-story.org](http://www.multi-story.org) si aad u aragto qaar ka mid ah natiijooyinkooda.



## Cibaadaysiga

Kooxaha diimaha badankood waxay

gudaha Glasgwo ku leeyihiin meelo lagu cibaadaysato. Ka eeg maktabadda degaankaaga ama waydii qof ka mid ah dadka ku caawinaya si aad hesho meel aad ku cibaadaysan karto.

Ka eeg **Tusaha cinwaanada** ee dhamaadka xirmadan qaar ka mid ah goobaha lagu cibaadaysto ama ka fiiri gudaha **Yellow Pages** qaybta hoos imaanaysa 'Goobaha lagu cibaadaysto' 'Places of Worship'.



## Kooxaha lagu xirmi karo (Groups to join)

### *Young Survivors Steps to the Future*

Kooxdani waa da'yarta laga kaxeeyey qooysooda, ee ka raadinaya magan galyo doonka Scotland ee lagu daryeelo lana dejiyey Glasgwo. Dadka da'yarta ah ee isku dookha iyo waayo aragnimada leh waxay isku yimaadaan bishiiba mar si ay uga wada hadlaan arrimo kala duwan ee saameeya noloshooda halkaasoo ay ku soo bandhigaan madadaalo waxqabad aad u tiro badan. Kooxdu waxay kabalana qaadaa in ay bixiso fursado lagula kulmo saaxiibo cusub lagana dhaadhiciyo isbedel  
0141 287 8810

## The Princes Trust – The Shared Road Project

The Shared Road Project waa fursad kale oo fiican oo aad dad kula kulmi karto. Waxay u soo bandhigaan dadka dhalinta yar fursado ay ku baaraan kuna horumariyaan awoodahooda xagga filimada; muusikada; daraaamaha iyo qoob ka ciyaarka; farshaxan iyo qaab dejin (design); iyo ciyaaro iyo xarakaad kale ee bannaanka ka dhaca.

Waxii akhbaar ah ee ku saabsan shineemooyinka eeg qaybta **buuga cinwaanada** ee gadaasha xirmadan.



## Weli ma raadinaysaa waxaad samayso?

Booqo bogga [www.glasgow.gov.uk](http://www.glasgow.gov.uk) kadibn riix 'Young Glasgow' si aad u akhriso wax ku saabsan xarakaadka degaankaaga sida ciyaaraha, majaajilada, muusikada iyo dabaaldegyada.

## Kalaabyada waxii ka yar 18 sano

Inta badan kalaabyada Glasgow waa waxii ka wayn 18 sano oo keliya, laakiin qaar ka mid ah kalaabyada waawayn ayaa usbuucii mar sameeya habeeno loogu talagalay dhalinyarada ka yar 18 sano. Kalaabyada waxay saaraan noocyo kala duwan ee muusiko ah, tusaale ahaan: R&B, Pop, Heavy Metal, Funk iyo Dance.

Dad badan oo dhaliyaro ah waxay u labistaan siyaabo kale duwan si ay u muujiyaan nooca muusikada ay jecel yihiin. Faashanka dharka iyo muusikada mar walba waa uu isbedelaa laakiin tani waa qayb ka mid ah antasiyaha.

Kalaabyada looma ogola inay kaa iibiyaan khamri haddii aad ka yar tahay 18 sano. Haddii aad sakhraansan tahay laguuma ogolaanayo inaad gasho. Daroogada waa sharci darro haddiina laguugu qabto adigoo haysta waxay noqonaysaa fal dambi ah waxaana dhici karta in boliiska uu ku soo taxaluqo.

Waxii akhbaar dheeraad ah ee ku saabsan kalaabyada eeg **Tusaha Cinwaanda** ee gadaasha xirmadan.





# Fugees United

waa koox muusikyahanno dhalinyaro ah kuwaasoo isku yimid si ay u heesaan rap, break dance isla markaasna qabanqaabiya habeenno kalaabka la tago ee joogto ah ee bartamaha magaalada Glasgow.

Xubno badan oo ka mid ah Fugees Utd waa qaxooti ama magangalyo doon qaar ka mid ah heesahoodan waa waxay ku saabsan yihiin waayo aragnimadooda. Haddii aad xiisaynayso inaad ku biirto kooxda ama keliya aad doonayso inaad wax badan ka ogaato isla markaana dhagaysato muusikooda booqo bogga visit [www.fugeesunited.com](http://www.fugeesunited.com)

Waaxaa kaloo meesha ku jira mashaariic heeso ah oo badan ee gudaha Glasgow. La xiriir Scottish Refugee Council waxii akhbaar ah.

# TAAGEERO

## Bogag internet oo caawimad leh

**Scottish Refugee Council** waxa uu leeyahay bog internet ee loo qoondeeyay dhalinayrada qaxootiga ah iyo kuwa magangalyo doonka ah. Ka eeg adigoo booqanaya [www.scottishrefugeecouncil.org.uk](http://www.scottishrefugeecouncil.org.uk) kadibna riix 'Youth'.

Marka aad timaado Scotland waxaa dhici karta inaad dareento kelinimo iyo cidlo. Akhbaarta ku jirta xirmadan waxaa dhici karta inay u muuqato mid ku xiiso gelinaysa laakiin waxaa dhic karta inaad weli diyaar u ahayn ama aad hesho kalsoonida aad ku samayso arrimahan keligaa.

Dadka adiga ku caawinaya ayaa kaa caawin kara inaad hesho hab aad ugu taxaluqi karto arrimahaas adiga ku xiiso geliyay. Haddii aad iyaga kala hadasho wax ku saabsan arrimahaas waxay ku faraxsan yihiin inay kaa caawiyaan habaynta amaba way kuu raaci karaan adiga xarakaadyada ama meelaha.

Waxaa sidoo kale jira ururo kuu soo bandhigaya taageero bulshadeed, tusaale ahaan wacyigelin (sida aad u heli lahayd habka aad magaalada kula qabsanayso) iyo saaxiib noqoshada (kulan caadi ah ee taageero qof-ka-qof ah).

## CABSIGELIN (BULLYING)

Sida la rajaynayo waxaa samaysan doontгаа saaxiibo fiican waxaadna dareemi doontaa soo dhowayn gudada Scotland. Waxaa mararka qaar dhici kartra inaysan sidan noqon ee qof kula dhigta dugsiga ama kula deggan meesha aad deggen tahay uu kugu noqdo qox xun oo aan saabiib kuu ahayn adiga. Haddii aad u malaynayso in edebdarro iyo dhibaato ay dad kugu sameeyeen adiga tani waxaa la yiraahdaa cabsigelin

Haddii aad dareento inuu lagu cabsigeliyay waxaad heli kartaa caawimaad iyo taageero si aad ula macaamilooto haddii ay tahay meesha aad ku nooshahay, dugsiga ama meel kale.

Cabsigelinta waxay la mid tahay waxyaalo faro badan. Kuwan waa qaar ka mid ah sida loo cabsigeliyo dadka dhalinta yar:

- > in magacyo laguugu yeero;
- > in lagugu maadaysto;
- > in lagu durkiyo ama lagu soo riixo;
- > in wax lagugu dhufto ama lagu soo weeraray;
- > in boorsadaada ama alaabtaada kale la qaado oo la tuurtuuro;
- > in xan adiga ku saabsan lagaa faafiyo;
- > in lagu xaqiro oo lagaa tago;
- > in lagugu khasbo inaad dhiibto lacaga ama alaab kale; iyo
- > lagu soo weeraro, lagula kaftamo ama magacyo laguugu yeero iyadoo loo sababaynayo diintaada, midabkaaga ama galmadaada.

Cabsigelinta dadka way dhaawacdaa. Waxay kaa dhigaysaa mid ay baqdin ku jirto oo niyad xun. Waxay kaa yeeli kartaa mid aad u welwela oo aan wax ku feejignaan yeelan karin ama seexan karin. Waxay kaloo kaa yeeli kartaa mid dareema inaad wax qiimo ah ku fadhiyin, taasoo ku tusta adiga inay wax kaa qaldan yihiin. Cabsigeliyaasha waxay ku dareensiin karaan inay adiga qaladkaaga tahay.



## Maxaan ka samayn karaa?

Haddii lagu cabsigeliyay, wax baad ka samayn kartaa. Waxaad samayn kartaa isbedel!

- > Ha is dhiibin;
- > meel ku qor ama xasuus qoraha (diary) geli waxyaalaha dhacaya;
- > kala hadal waxa la sameeyo saaxiib, macallin, qof ka socda qaybta caruurta ama qof aad aaminsan tahay;
- > waydii qofka ku taageeraya sidii uu kaaga caawin lahaa joojinta arrintan. Tusaale ahaan, waxay booqan karaa dugsiigaaga lana hadli karaan macallinkaaga

Xasuusnow in dadka waawayn ay si taxadar leh u dhagaysataan marka uu qof dhalinayro ah u sheego in la cabsigeliyay.

Xasuusnow – waa waajib inaad u sheegto qof wayn in lagu cabsigeliyay waydiisana caawintooda, laakiin ha u ogolaanin inay kula wareegaan. Waad kala hadli kartaa waxa aad jeceshahay inay dhacaan.

## I ixtiraam

Qaybta qaabilsan macluumaadka ku lidka ah cagajuglaynta ee shabakadooda ayaa ku siinaysa warbixin loogu talo galay in ay ka jawaabaan su'aalaha laga yaabo inaad hayso iyo iyagoo ku siinaya talo ah cida aad lahadlayso haddii lagu cagajugleeyo.  
[www.respectme.org.uk](http://www.respectme.org.uk)

## ChildLine – Scotland's Anti Bullying Line

Qad-caawin ee telefoon oo aad u fiican oo loo qoondeeyay caawinta iyo dhagaysiga dadka ka welwelsan dhibaatooyinka cabsigelinta.

Telefoon: **0800 44 11 11 (Lacag la'aan)** Furan yahay Isniin illaa Khamiis 3.30 galabnimo illaa 10:00 habeenimo; Sabti illaa Axad 2:00 duhurnimo illaa 8:00 fiidnimo (Haddii Qadka Ka soo horjeedka Cabsigelinta (Anti Bullying Line) uu xiran yahay fadlan wac lambarka telefoonkeena guud 0800 11 11)





## Weerarada cunsurinimda iyo hanjabaada (Racist attacks and harassment)

Haddii lagu cabsigeliyay sababtoo ah midabka korkaaga ama sababta oo ah waxaad ka timid waddan kale tani waxaa la yiraahdaa cunsirinimo. Scotland waxqay leedahay sharciyo ka ilaalinaya dhammaan xubnaha bulshada cunsurinimo. Cunsurinimada wax la aqbali karo ma aha.

Haddii adiga ama qof aad garanayso dhib loogu gaystay si cunsurinimo ah waa inaad u sheegtaa qof aad aaminsan tahay ama toos u wac boliiska ama waxaad waci kartaa ChildLine waxii akhbaar dheeraad ah ee ku saabsan cabsigelinta cunsurinimada.

Waxaa jira dad badan oo kaa siin kara akhbaar fara badan sida aad ula macaamiloon lahayd cunsurinimda. Waxaad la xiriiri kartaa Scottish Refugee Council ama Glasgow Anti Racist Alliance (GARA).

Ka eeg waxii faahfaahin ah **buuga cinwaanada** ee gadaasha xirmadan.



## Boliiska

Qaar dadka dhalinyarada ka mid ah maa aaminsana boliiska sababtoo ah waayoaragnimo xun ay uga haysteen waddankoodii hooyo. Laakiin boliiska gudaha Scotland waxuu u aqoonsan yahay cunsurinimada inay dambi tahay waxayna u qaataan si xun ula macaamilooshada qaxootiga wax aad u wayn. Haddii aadan ku qanacsanayn toos ugu sheegista dambi cunsurinimo boliiska waxaad arrintan kala hadli kartaa Scottish Refugee Council. Tani waxaa loogu yeeraa “3rd Party Reporting Scheme”. [www.strathclyde.police.uk](http://www.strathclyde.police.uk)

**Haddii aad u baahan tahay boliiska si xaalad degdeg ah (emergency) wac 999.**

