



Oslo

SOO DHAWOOW

DEGMADA SØNDRE NORDSTRAND



NUXURKA

Marka ay timaado ka degmo ahaan Søndre Nordstrand, ujeeddkeenu ayaa ah inaanu fududeyno helista iyo ka-faa'iadaysiga adeegyada iyo fursadaha la heli karo. Hadday tahay inaad u baahan tahay taageero codsiga xannaanada carruurta, macluumaad dheeri ah oo ku saabsan adeegyada xarunta caafimaadka, ama inaad ogaatid waxyaabaha ka socda xaafaddaada, waxaan diyaar u nahay inaan ku garab istaagno oo ku caawino! Warqaddan wuxuu bixinayaa macluumaad ku saabsan qaar ka mid ah adeegyada ka jira degmada – fadlan ha ka waaban inaad nala soo xiriirto haddii aad su'aal qabto!

Anaga waxaa nagu waajib ah inaan ilaalino sirta ama asturnaanta.

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SOO DHAWAYNTA BYDELSHUSET



Holmliaveien 75, dabaqa 6th, 1255 Oslo
(I dabaqa lixaadth floor at Holmlia Senter)



21 80 21 80



postmottak@bsn.oslo.kommune.no



Isniin-Jimco: 08:00-15:30

Sacadaha adeegyada ayaa kala duwanaan karaan

Bydelshuset oo ku taala Degmada Søndre Nordstrand

Bydelshuset ayaa ah xarunta dhexe ee degmada, halkaas oo aad ka heli karto taageero iyo adeegyo ku saabsan arrimaha soo socda:

Ka caawinta codsiga:

- Dugsiga xanaanada – waxaan ku siinaynaa macluumaad iyo taageero si aad u buuxiso codsiga ilmahaaga.
- Voksenopplæringen (waxbarashada dadka waawayn.): Magaalada Oslo waxay dadka qaan-gaarka ah siisaa waxbarasho luqadeed oo norwiji ah. Fadlan la xiriir xarunta soo dhawaynta xarunta dhexe ee degmada si aad u hesho caawimaad ku saabsan codsigaaga.

Sidoo kale, xarunta dhexe ee degmada waxaad ka helaynaa macluumaadka ku saabsan adeegyada badan ee degmada kuu hayso. Kuwaani waxaa ka mid ah:

- Dhefooyinka iyo caawinta qoysaska iyo carruurta.
- Adeegyada caafimaadka dhimirka iyo taageerada joogtada ah ee loo fidiyo carruurta, dhallinyarada, dadka waaweyn iyo waayeelka.
- Adeegyada guri-joogta – waa adeegyo caafimaad oo lagu taageero dadkada' kasta leh si ay guryahooda ugu sii noolaan karaan, xitaa marka ay la tacaalayaan dhibaatooyin caafimaad.

Kuwani waa qaar ka mid ah waxyaabaha aysan xarunta degmadu kaa caawin karin:

- Baasaboorrada iyo kaararka aqoonsiga – la xiriir booliiska
- Canshuuraha iyo kaarark canshuurta – la xiriir Maamulka Canshuuraha
- Iska diiwaangelinta dugsiga iyo
- waxbarashada dugsiga sare – la xiriir Waaxda Waxbarashada

Dhakhtarka daryeelka aasaasiga ah iyo

- adeegyada kale ee caafimaadka waxaa lagu maareeyaa via Helsenorge.no (fiiri bogga 23 si aad u hesho sida loo galo HelseNorge)

- Si aad u codsato gunnada Nav sida gunnada shaqo-la'aanta ama kaalmada qiimeynta shaqada (AAP), waa inaad u codsata si dijitaal ah ku gudbisaa nav.no (bogagga 9–11 ka akhri wixii faahfaahin ah).

RUGTA CAAFIMAADKA

Sawir si aad u
hesho macluumaad
dheeraad ah



Rugta caafi-
maadka



Holmlia senter vei 9, 1255 Oslo



23 49 64 20



helsestasjon@bsn.oslo.kommune.no



Isniin-Jimco: 08:00–15:00 [telefoon]

Imaansha ballan la'aanta Talaado 12:30–14:00

Rugta caafimaadka ee Søndre Nordstrand

Shaqaalaha rugta caafimaadka waxaa ka mid ah umulisoooyinka, kalkaaliyayaasha caafimaadka dadweynaha iyo dhakhaatiirta. Dhammaan adeegyadu waa bilaash. ammaan adeegyadu waa bilaash.

Kuwani waa qaar ka mid ah waxyaabaha rugta caafimaadku kaa caawin karto:

- Xarunta talaalka caafimaadka carruurta ee da'doodu tahay 0–5 sano, baaritaannada caafimaadka iyo hagitaanka waalidka
- Daryeelka iyo la socodka xilliga uurka
- Xarunta caafimaadka loogu talagalay dhallinyarada da'da 12–24 sano. Daryeel caafimaad oo bilaash ah, ka hortagga uurka, la-tashiyo iyo baaritaanno.
- Rug caafimaad oo furan. Imaanshaha ballan la'aanta ee miisaamid iyo su'aalaha.

Kuwaan ayaa ah waxyaalaha aanan rugta caafimaadka KUGU CAAWIN karin:

- Daryeelka caafimaad degdeg ah - wac 113 haddii ay tahay xaalad degdeg ah, ama Oslo legevakt lambarka 116 117.
- Daaweynta caafimaadka - la xiriir dhakhtarkaaga daryeelka aasaasiga ah.
- Daaweynta xanuunka dhimirka, daaweynta jirka ama daryeelka isbitaalka - la xiriir dhakhtarkaaga daryeelka aasaasiga ah.
- Tallaallada dadka waaweyn - la xiriir dhakhtarkaaga daryeelka aasaasiga ah.
- Warqadda fasaxa xanuunka iyo qoritaanka daawooyinka - la xiriir dhakhtarkaaga qoyska.
- Dhakhtarka ilkaha - eeg bogga 6-aad.

CODSO ISKA-QORISTA XANAANADA CARRUURTA

- Dugsiga waxbarashada hore waa goob ammaan ah oo ay wax carruurtu ku baran karaan oo ay ku horumari karaan. Ciyaarta iyo hawlaha kale ee halkaas lagu qabto waxay carruurta ka caawiyaan inay u diyaargaroobaan dugsiga iyo nolosha mustaqbalka.
- Waxay sidoo kale u kobciyaan xirfado wacan ee dhanka luuqadaha ah iyo sidoo kale waxay halkaa ka bartaan asxaab ay la ciyaaraan.
- Waxay ku bartaan waxqaybsiga, isla hawlgalida, iyo xalinta dhibaatooyinka yar-yar.
- Tani waxay faaido ugu tahay kolka la joogi bilaabida dugsiga.



Xilliga kama dambaysta ah ee codsashada iska qorista dugsiga waxbarashada hore ayaa ah 01 maarso.

Haddii ilmahaaga la aqbalo, waa inaad codsashada ku aqbashaa todobo maalin gudohooda kolka aad hesho! Taarikhda bilaabida

Sida loo codsado iska qorista dugsiga waxbarashada hore:

Sifo aad uga buuxiso foomka degalka magaalka, waxaad u baahan tahay lambarka aqoonsiga qaranka Norway ama lambarka D. Haddii aadan haysan midna, waxaad e-mayl ku la xiriiri kartaa maamulka dugsiyada waxbarashada hore ee degmada:

barnehagesoknad@bsn.oslo.kommune.no. Haddii aad haysato lambarka aqoonsiga qaranka Norway ama lambarka D, waxaad booqan kartaa deglka ee magaalada si aad u buuxiso codsi.

Haddii lagaa caawinaayo codsiga, waxaad la xariira kartaa goobta qaabilada ee xarunta gobolka.

- Booqo <https://www.oslo.kommune.no/barnehage/> si aad guud mar ahaan u aragto dugsiga waxbarashada hore ee la heli karo..
- Gal adoo isticmaalayo ID-porten: Waxaad u baahan tahay inaad ku gasho adiga oo adeegsanaya BankID ama nooc kale oo AQOONSI elektaroonik ah si aad u buuxiso codsiga.
- Dooro dugsiga waxbarashada hore ee aad rabto inaad codsato. Waxaad dooran kartaa ku dhowaad ilaa shan dugsi xanuunada carruurta.

Buuxi foomka codsiga.

- Geli macluumaadka ku saabsan ilmaha iyo waalidkiis/mas'uuliyiintiisa.
- Dooro taariikhda aad rabto inaad bilowdo.
- Xasuuso inaad codsigaaga soo gudbiso ka hor waqtiga kama dambaysta ah ee khuseeya ilmahaaga.

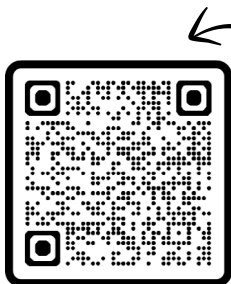
Soo gudbi codsigaaga

Goorta la buuxiyo wax walbo, waxaad codsigaaga ku soo gudbinaysaa qaab dijitaal ahaan. Waxaad e-mail ahaan ku heli doontaa ogaysiis xaqiijinaya in codsiga la helay.

La soco sanduuqaaga e-mail-ka

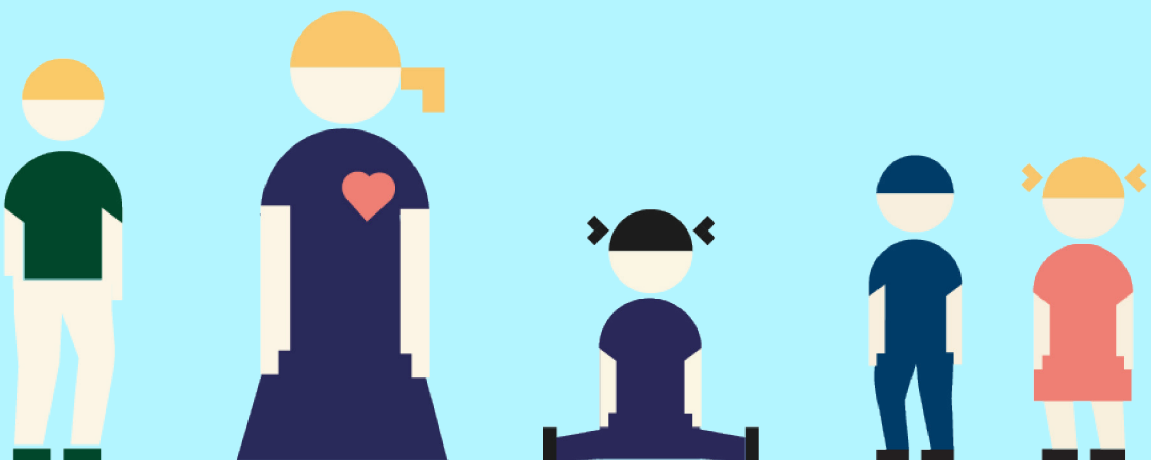
- Jawaabta codsiga waxaa laguugu soo diri doonaa marka boos banaan yimaado, ama ugu dambayn bisha ilmahaaga xaq u leeyahay in loo qoondeeyo boos.

Fadlan ha hilmaamin inaad aqbasho booska lagu soo bandhigay. Waqtiga kama dambaysta ah waa toddobo maalmood laga bilaabo maalinta aad heshay dalabka!



Ma haysatid AQOONSI elektaroonig ah? Sawir midkan si aad u hesho caawimaad aad ku samaysato mid

Sawir foomka codsiga



KOOXDA HAGIDA GURIGA



Kooxda hagida
guriga



Holmlia senter vei 9, 1255 Oslo (dabaqa 4-aad)



48 88 56 37



postmottak@bsn.oslo.kommune.no

Kooxda hagida guriga ee Degmada Søndre Nordstrand

Waa adeeg mutadawici ah oo fudud oo loogu talagalay qoysaska leh carruur da'doodu tahay 0 ilaa 18 jira oo qaba nooc ka mid ah naafonimo ama xaddidaad shaqo. Waxaanu qoyska ku caawinaa waxa ay u baahan yihiin.

Kuwaani ayaa ah waxyaalaha aanu ka caawino:

- Talo-bixin waalidiinta loogu talagalay marka aad leedahay ilmo leh xaddidaad shaqo ama baahiyo gaar ah.
- Hagida rasmiga ah guriga lagu bixiyo, baaritaanka rasmiga ah ee ilmaha ma loo baahna..
- Tababar haddii ilmuhu leeyahay ogaansho xanuunka laga helay oo rasmi ah.
- Taageero lagu dhisayo caadooyin iyo nidaam guriga ka jira, si carruurtu u helaan jawi deggan oo la fahmi karo.
- Taageero lagu sameeyo si aad ula xiriirto oo aad iskula koordhiso adeegyada kale.
- Taageero lagu baranayo isticmaalka astaamo iyo habab kale oo isgaarsiin ah si loo fududeeyo wada-xaajoodka iyo isfahanka ilmaha.
- Kulamada taageerada.

Kuwani waa qaar ka mid ah waxyaabaha AANAN KU CAAWIN KARIN:

- Daryeelka caafimaadka deg-deg ah.
- Adeegyada caafimaadka ee takhasuska leh - la xiriir dhakhtarkaaga daryeelka aasaasiga ah si aad u hesho gudbin.
- Kooxda hagista guryaha ma bixiso adeegga nasinta, laakiin waxay ku caawin karaan marka aad buuxinayso foomka codsiga adeegga nasinta.

DHAKHTARKA ILKAHA

Holmlia Senter Tannklinikk

-  Holmlia senter vei 9, 1255 Oslo
-  22 75 48 80
-  holmlia@hel.oslo.kommune.no
-  Isniin-Jimco: 08:30–15:00 [telefoon]

Holmlia Senter Tannklinikk

- Waxaa maamula Magaalada Oslo
- Carruurta ka yar 18 sano waa bilaash, waxaana jira qiimo-dhimis qaar ka mid ah kooxaha bukaannada.

Bjørnholt Tannklinikk

-  Slimeveien 17, 1275 Oslo
-  23 19 14 20
-  bjornholt@hel.oslo.kommune.no
-  Isniin-Jimco: 08:00–15:30

Bjørnholt Tannklinikk

- Waxaa maamula Magaalada Oslo
- Carruurta ka yar 18 sano waa bilaash, waxaana jira qiimo-dhimis qaar ka mid ah kooxaha bukaannada.

Ma rabtaa inaad qabsato ballan?

Si aad dhakhtarka ilkaha ula kulanto, waa in aad marka hore ballan qabsataa. Si aad ballan u qabsato, waxaad wici kartaa ama e-mayl u diri kartaa dhakhtarka ilkaha, adiga oo sharaxaya waxa aad u baahan tahay in lagaa caawiyo.

Markaad e-mayl dirayso, waa inaad ku dartaa magaca iyo taariikhda dhalashada qofka dhakhtarka ilkaha la arki doona, iyo sidoo kale lambarka taleefanka ee qofka aad rabto inaan wacno.

Ma u baahan tahay turjumaan?

U sheeg dhakhtarka ilkaha goorta aad balanta qabsanayso, dhakhtarka ilkaha ayaa kuu balamin doono turjumaan.

CAAFIMAADKA DHIMIRKA

Rask psykisk
helsehjelp



Ravnåsveien 1, 1254 Oslo



91 85 78 37

Saacadaha taleefanka waa Talaadada 09:00–11:00
iyo Arbacada 12:30–14:30.



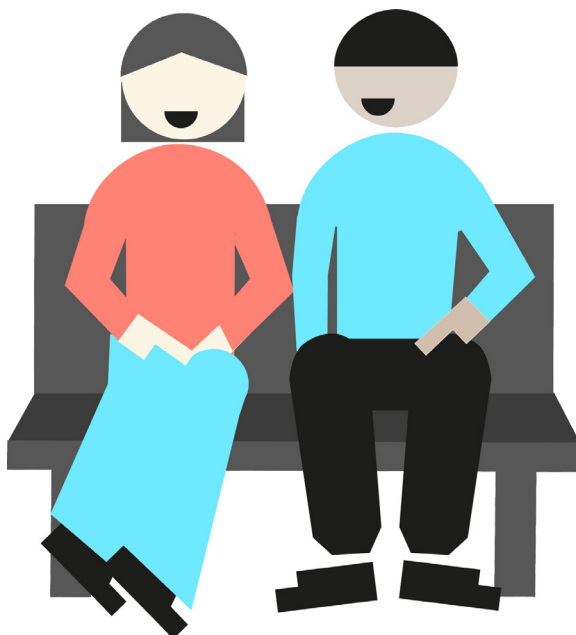
rph@bsn.oslo.kommune.no

Rask psykisk helsehjelp (Daryeelka caafimaadka dhimirka oo degdeg ah)

Ma la tacaalaysaa walwal, murugo ama hurdo-jahwareer? Rask psykisk helsehjelp ee Degmada Søndre Nordstrand ayaa ah adeeg bilaash oo loo heli karo dhammaan dadka da'doodu ka badan tahay 16 sano. Waxaan bixinaa koorsooyin iyo kooxo, is-caawin hagitaan iyo doodo. Looma baahna warqad gudbin ah; waxaad si toos ah noola soo xiriiri kartaa inta lagu jiro saacadaha wicitaanka.

Maadaama adeegyadani aysan aheyn kuwo degdeg ah, sidaas darteed waxaa jiri kara waqti sugitaan ah ka hor intaadan helin ballan. Haddii aad u baahan tahay daryeel caafimaad oo degdeg ah oo ku saabsan dhimirka, wac Oslo legevakt lambarka 116 117.

Sawir si aad
u hesho
macluumaad
dheeraad ah



FRISKLIVSSENTRALEN

Frisklivssentralen Søndre Nordstrand



45 73 23 62



frisklivssentralen@bns.oslo.kommune.no



oslo.kommune.no – Frisklivssentralen Søndre
Nordstrand

Frisklivssentralen Søndre Nordstrand

Frisklivssentralen (Xarunta Nollosha Caafimaadka) waa adeeg bilaash ah oo loogu talagalay qof kasta oo ka weyn 18 sano oo doonaya inuu horumariyo caafimaadkiisa jirka iyo midka maskaxeed. Hel caawimo si aad u hagaajiso caadooyinkaaga oo aad uga hortagto cudurrada. Adeegyadu waa bilaash.

Frisklivssentralen waxaad ka heli kartaa:

- Ka qaybgalka hawlo kooxeed oo lala sameeyo dadka kale.
- Ka wadhadalka cuntooyinka iyo nafaqada, ama ka qaybgalka koorsooyin tusaale koorsooyinka hurdada ama xanuunka.
- Barashada sida loo wanaajiyo hurdada iyo sida loo maareeyo xanuunka iyadoo loo marayo koorsooyin iyo dhaqdhaqaaqyo.
- Maareynta walbahaarka iyo caqabadaha nolol-maalmeedka.
- La kulanka dadka kale ee degmada ku nool.
- Helista taageero la xiriirta Covid-ka dabadheeraada.
- Ka qaybgalka kooxaha is-caawinta marka koorsooyinka la dhammaysto.

Sawir si aad
u hesho
macluumaad
dheeraad ah



LA KULAN DADKA OO KOBCE XIRIIRRAADAADA BULSHADA

Maadaama aad tahay qof cusub oo degmada ku soo biiray, waxaa wanaagsan inaad la kulanto dad cusub, samaysato saaxiibo cusub oo aad kobciso xiriirradaada bulshada. Degmada Søndre Nordstrand waxa ka jira goobo badan oo lagu kulmo iyo hawlo loo qabanqaabiyo dadka deggan.

Badanaa hawlaha ayaa ah kuwo bilaash ah. Hoos waxaa ku qoran macluumaad dheeraad ah oo ku saabsan qaar ka mid ah dalabyada!

Sawir si aad u hesho macluumaad dheeraad ah



Xarunta mutawaciibta

Xarunta Mutadawiciinta
ee Mortensrud



Mortensrudveien 11, 1283 Oslo



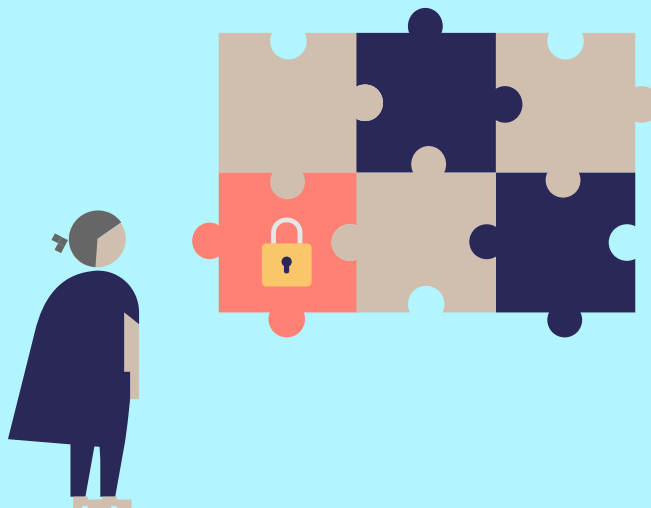
97 33 71 28



www.mortensrud.frivillighetssentral.no

Xarunta Mutadawiciinta Mortensrud - Mangfoldshuset:

Xarunta Mutadawiciinta ee Mortensrud, waxaa isugu yimaada dad ka kala yimid asal iyo dhaqammo kala duwan. Waxaad ka qayb qaadan kartaa hawlo badan oo kala duwan oo loogu talagalay haweenka, ragga, carruurta, dhallinyarada iyo waayeelka. Tusaalooyinka waxaa ka mid ah tababar bilaash ah oo luqadda Norwegian ah, kooxo socod u baxa oo haweenka ah, kooxo haween, iyo kooxaha aabbayaasha.





Xarunta Mutawaciinta ee Bjørndal

- Snipemyrveien 2, 1273 Oslo
- 48 25 34 47 [Isniin–Jimco,10:00–15:00]
- nina.tveit@bsn.oslo.kommune.no
- www.bjorndal.frivillighetssentral.no

Xarunta Mutawaciinta ee Bjørndal

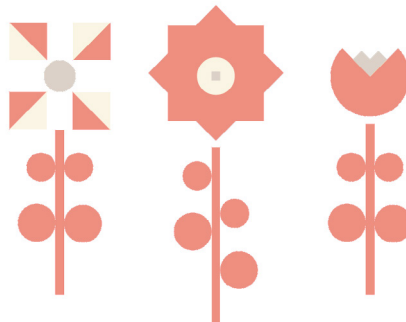
Xarunta Mutawaciinta ee Bjørndal waxay leedahay hawlo badan oo kala duwan oo loogu talagalay dadka waaweyn, carruurta iyo dhallinyarada

Xarunta Bulshada Holmlia iyo Xarunta Mutawaciinta

- Snipemyrveien 2, 1273 Oslo
- 48 25 34 47 [Isniin–Jimco,10:00–15:00]
- nina.tveit@bsn.oslo.kommune.no
- www.bjorndal.frivillighetssentral.no

Xarunta Mutawaciinta ee Holmlia

Xarunta Mutawaciinta ee Holmlia waxay leedahay hawlo kala duwan oo loogu talagalay carruurta, dhallinyarada iyo dadka waaweyn.



BARO AFKA NOORWEEJIYAANGA



Waxbarashada Dadka Waaweyn ee Oslo

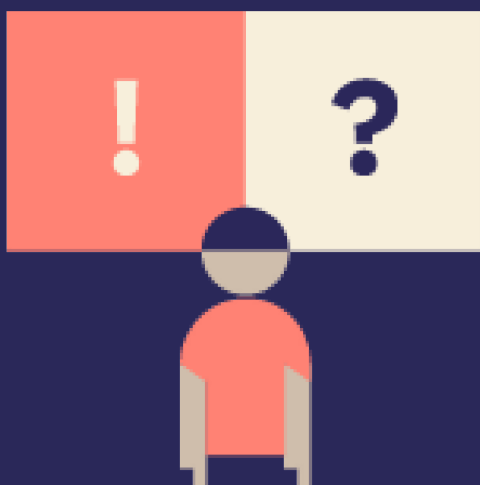
📍 Karoline Kristiansens vei 8, 0661 Oslo
📞 23 47 00 00
✉️ postmottak.felles.oslovo@osloskolen.no
🌐 www.servicesenter.oslovo.no

Waxbarashada Dadka Waaweyn ee Oslo

Waxbarashada Dadka Waaweyn ee Oslo waxay bixisaa barashada luqadda Norwegian heerar kala duwan ah, laga bilaabo bilowga (A1) ilaa heerka jaamacadeed (B2–C1). Qof kastaa wuu codsan karaa barashada luqadda Norwegian. Qaarkood waxay xaq u leeyihiin waxbarasho bilaash ah, kuwa kalena ayaa ah inay bixiyaan lacag.

Haddii aad rabto inaad isdiwaangeliso barashada afka Norwegian, waxaad marka hore u baahan tahay inaad ballan ka sameysato Oslo Waxbarashada Dadka Waaweyn.

Waxaa jira waqti xaddidan oo ah inta aad xaq u yeelan karto waxbarashada luqadda ee bilaashka ah, sidaa darteed waa muhiim inaad hore u codsato.



Makhaayadaha luqadda

Miyaad baranaysaa afka Norwegian oo aad u baahan tahay qof aad la tababar qaadato?

Oslo waxaa ka jira goobo badan oo maqaayadaha afka ah, halkaas oo aad kula kulmi karto dadka afka Norwegian ku hadla iyo kuwa kale ee baranaya Norwegian.

**Xarunta Mutawaciinta
ee Mortensrud
Mangfoldshuset**

Sawir si aad u hesho
macluumaad dheeraad ah



97 33 71 28



www.mortensrud.frivillighetssentral.no

Xarunta Mutawaciinta – ee Mortensrud Mangfoldshuset

Waxay qabanqaabiyaan tababar luqadeed oo bilaash ah oo loogu talagalay qof kasta oo da'diisu u dhaxayso 18 iyo 75 sano.

**Maqaadaha luuqada
ee Deichman Holmlia**

Sawir sifo aad u hesho
aqbaaraad dheeraad ah



Maktabadda Deichman ee Holmlia

Holmlia senter vei 16, 1255 Oslo



www.deichman.no/bibliotekene/holmlia



Imaanshaha ballan la'aanta: Maalmaha Arbacada
12:00–15:00

Maqaadaha luuqada ee Deichman Holmlia

Makhaayad luuqada ee bilaash ah oo ay ku wada hadlaan mutadawiciinta iyo ka qaybgalayaashu iyagoo kooxo yaryar ah.

- Maqaayada luuqada ayaa kugu habboon haddii aad wax yar ka taqaan afka Norwegian-ka oo aad rabto inaad ku tababarto hadalka luqadda.

ADEEGYADDA CARRUURTA IYO DHALINYARADA

Degmada Søndre Nordstrand waxaa ka jira adeegyo iyo hawlo bilaash ah oo badan oo loogu talagalay carruurta iyo dhalinyarada. Hoos ka akhriso wax badan oo ku saabsan qaar ka mid ah.

Fritidsklubber

fritidsklubb, ama naadi dhalinyaro, waa meel ay dhalinyaradu iskugu iman karaan oo ku waqti qaadan karaan dugsiga kadib. Halkaa ayaad imani kartaa kolkaad dugsiga ka timaado sifo aad waqti ula qaadata dhalinyarada kale oo aad la ciyaarto, aad la dhagaysato heeso, aad wax u la kariso amaba ay kaa caawiyaan layliga guriga.

Naadiga dhalinyarada ayaa u furan carruurta iyo dhalinta dhiga fasalka 5-naad ilaa da'ada 18 sano. Qaar ka mid ah naadiyadu waxay sidoo kale leeyihiin adeegyo loogu talagalay dhalinyarada leh naafonimo ama baahiyo gaar ah.

Naadiyadu waxay leeyihiin shaqaale qaangaar ah oo hubiya in wax walba ay sidooda yihiin.

Dhammaan naadiyadu waxay leeyihiin khidmado xubinnimo oo hooseeya waxayna furan yihiin dhowr maalmood toddobaadkii. Ka fiiri ogeysiisyada lagu dhajiyo dugsiyada, baraha bulshada iyo degelka magaalada si aad u hesho xog cusub oo ku saabsan saacadaha furitaanka naadiyada iyo hawlahooda.

**Bjørndal
fritidsklubb**



**Lerdal fritidsklubb
(Låven)**



RIIX



**Forandringshuset
Holmlia**



**Mortensrud
aktivitetshus**



**Fellesverket
Mortensrud**



MAKTABADAAHA

Maktabadaha waxaad ka amaahan kataa bugaag iyo filimaan, aad wax ka aqrin kartaa joornalada wararka ama aad ku samayn kartaa layliga guriga.

Maktabada ayaa sidoo kale qaban-qaabisaa hawlaha carruurta, dhalinta, iyo qoysaska.

Maktabadaha gobolka ayaa leh hawlo badan oo loogu talagalay carruurta iyo dhalinta.

Waxaa jira laba maktabadood oo ku yaal Degmada Søndre Nordstrand.

Deichman Holmlia



Holmlia senter vei 34, 1255 Oslo



Isniin–Khamiis: 10:00–18:00

Jimcaha: 10:00–16:00

Sabti: 10:00–15:00

Sawir si aad
u hesho
macluumaad
dheeraad ah



Deichman Mortensrud



Senter Syd Mortensrud, Lofsrudveien
6, 1281 Oslo



23 43 29 00



mortensrud@deichman.no



Maktabaddu waxay ku taala dabaqa
saddexaad ee Mortensrudsenter

Biblo Holmlia



Holmlia senter vei 34, 1255 Oslo



Isniin–Khamiis: 14:00–18:00

Jimcaha: 14:00–16:00

Sabti: 10:00–16:00

Biblo Holmlia waa adeeg loogu
talagalay carruurta laga bilaabo
fasalka 5aad ilaa 8aad.

Nav



Ravnåsveien 1, 1254 Oslo



55 55 33 33



postmottak.sosial@bsn.oslo.kommune.no



Isniin-Jimco: 11:00-15:00



Degmada Nav Søndre Nordstrand

Hoos waxaa ku qoran qaar ka mid ah
waxyaabaha Nav Søndre Nordstrand
kaa caawin karto:

- Codsashada shaqo.
- Hoy ku-meelgaar ah iyo kaalmo dhaqaale.
- Isticmaalka kombiyuutarada iyo helitaanka adeegyada dijitaalka ah.
- Barnaamijka isdhexgalka.
- Guryaha dawlada hoose.
- Dheefta kirada ee degmada.
- Guriyeynta iyo kaalmooyinka guryaha ee Husbanken (Bangiga Guryaha ee Norway).
- Kaarka ka-dhaafista adeegyada caafimaadka. La socodka dhimirka
- dhibaatooyinka caafimaadka dhimirka iyo balwadda.

Hoos waxaa ku qoran qaar ka mid ah
waxyaabaha Nav Søndre Nordstrand
aynan kaa caawin karin:

- Canshuurta, kaararka canshuurta iyo xaraynta canshuurta- la xariir Maamulka Canshuurta.
- Baasaboorada iyo Kaararka Aqoonsiga- la xariir booliska.
- Daryeelka caafimaadka aasisaga ah iyo daryeelada kale ee caafimaad- ka hel dhakhtar daryeelka aasaasiga ah www.helsenorge.no
- Codso dugsiga waxbarashada hore- eeg bogga -24aad iyo -25aad.
- Hel macluumaad ku saabsan bixinta gunnada shaqo-la'aanta, AAP iyo gunnada naafada. Arrintan waxaa qaabilsan qeybta dawladda ee Nav, waxaana looga baahan yahay in si dijitaal ah loogu maareeyo nav.no ama adiga oo wacaya Nav lambarka ah 55 55 33 33.

Aanu ogaano haddii
aad u baahan tahay
turjumaan!

Nav

Gal Nav

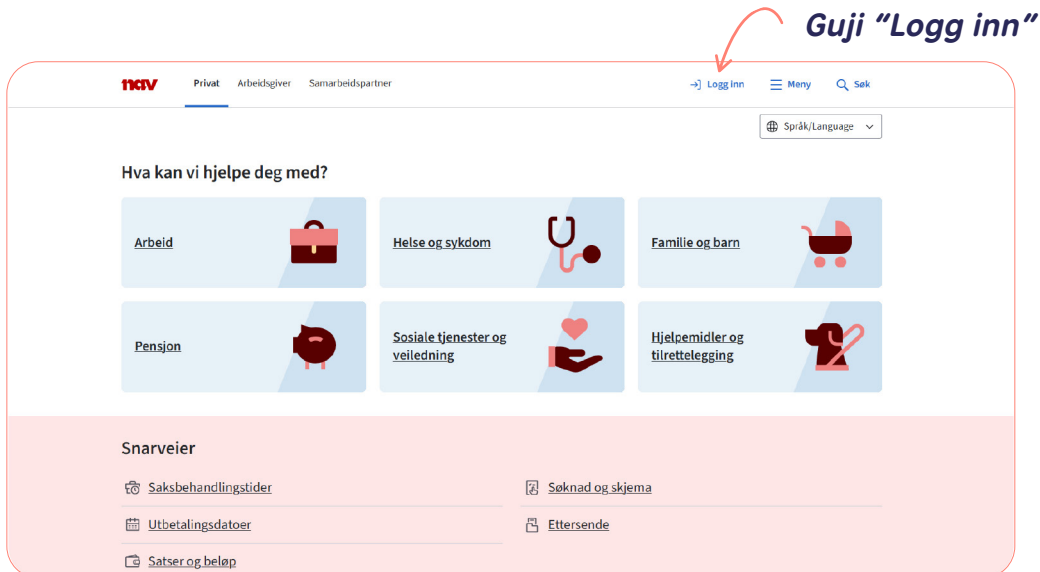
Adeegyada badan ee Nav waa kuwo dijitaal ah - wax badan ka akhri bogga internet-ka.

Si aad u gasho Nav, waxaad u baahan tahay AQOONSI elektaroonig ah. Ka akhriso wax badan oo ku saabsan sida loo helo aqoonsiga elektaroonigga ah boggaga 22-19.



Hagida:

- Fur biraawsarkaaga oo booqo: <https://www.nav.no>

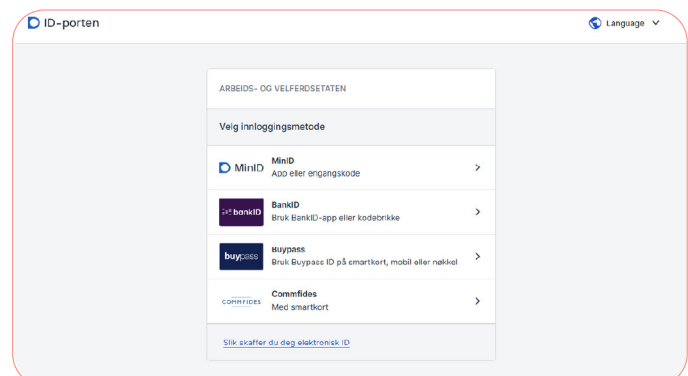


Dooro nooca aqoonsigaaga

Waxaad isticmaali kartaa AQOONSIYADA dijitaal ah oo kala duwan si aad u gasho Ikhtiyaarrada ku qoran bogga gelitaanka ayaa kala ah:

- MinID (badanaa loo isticmaalo adeegyo fudud)
- BankID (adiga oo adeegsanaya qalabka koodhka ama app-ka mobilka)
- Buypass
- Commfides

Dhammaantood waxay horseedaan meel isku mid ah, markaa mid ka dooro!



Haddii aad doorato BankID:

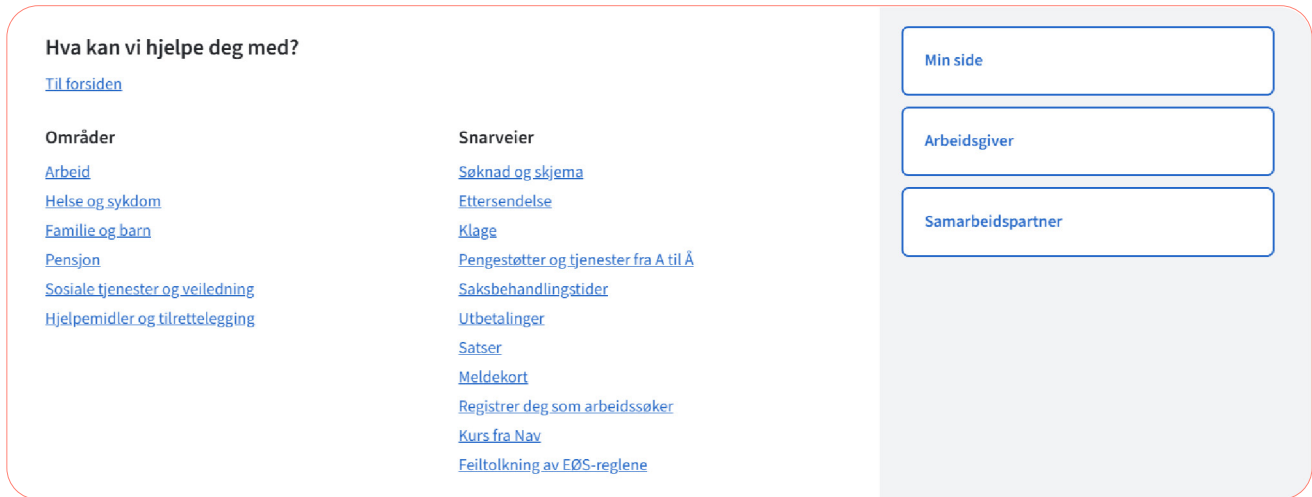
- Geli lambarkaaga aqoonsiga qaranka ama D-number.
- Guji "Neste"
- Fur app-kaaga BankID ama isticmaal qalabka koodhka si aad u xaqiijiso gelitaankaaga



The image shows a BankID login interface. At the top, it says 'bankID' and 'Fødselsnummer ID-porten'. Below that, it asks 'Hva er ditt fødselsnummer?' and provides a search box with '11 siffer' and a magnifying glass icon. Below the search box, it says 'Fyll inn fødselsnummer'. There are two buttons: 'Neste' (Next) and 'Gå tilbake' (Go back). At the bottom, there is a small 'Avbryt' (Cancel) button.

Lambarka aqoonsiga shakhsi
ahaaneed ee dd.mm.yy
tusaale 24 12 68 12345

Hada gudaha ayaad u gashay!



The image shows a screenshot of the Norwegian government website (NAV). The main heading is 'Hva kan vi hjelpe deg med?' (What can we help you with?). Below this, there are two columns of links. The left column is titled 'Områder' (Areas) and includes links for 'Arbeid' (Work), 'Helse og sykdom' (Health and illness), 'Familie og barn' (Family and children), 'Pensjon' (Pension), 'Sosiale tjenester og veiledning' (Social services and guidance), and 'Hjelpemidler og tilrettelegging' (Aids and adaptations). The right column is titled 'Snarveier' (Shortcuts) and includes links for 'Søknad og skjema' (Application and form), 'Ettersendelse' (Follow-up), 'Klage' (Appeal), 'Pengestøtter og tjenester fra A til Å' (Financial support and services from A to Z), 'Saksbehandlingstider' (Processing times), 'Utbetalinger' (Payments), 'Satser' (Rates), 'Meldeskort' (Report card), 'Registrer deg som arbeidssøker' (Register as job seeker), 'Kurs fra Nav' (Courses from NAV), and 'Feiltolkning av EØS-reglene' (Misinterpretation of EEA rules). On the right side of the page, there is a vertical menu with three buttons: 'Min side' (My side), 'Arbeidsgiver' (Employer), and 'Samarbeidspartner' (Partner).

Gal "Min side"

Markaad gudaha u gasho, waxaad u imaanaysaa "Min side", halkaasoo aad:

- Ku arkayso kiisaskaaga iyo qarash bixintaada
- Ku gudbinayso foomka xaaladda shaqadaada
- Ku codsanayso dheefaha
- Ku helayso una diray fariimo Nav

ABUUR CINWAAN EMAYL

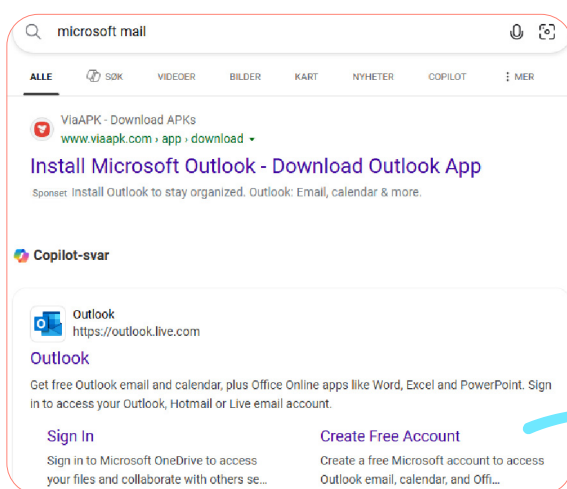
Sidee loo abuuraa cinwaan emayl:

1. Dooro bixiyaha cinwaanka emaylka

Tag degelka bixiyaha cinwaanka emaylka tusaale:

- www.gmail.com (Google)
- www.outlook.com (Microsoft)
- www.yahoo.com (Yahoo)
- www.proton.me (ProtonMail – extra secure)

Guji “abuur koonto” ama “Isdiawaangali”



2. Geli macluumaadkaaga shaqsiyeed

Caadiyan, waa inaad bixisaa:

- Magaacaga kowaad iyo magacaaga ugu dambeeyo
- Cinwaanka emaylka aad go'aansatay(tusaale yourname@provider.com)
- Lambar sireetka (dooro mid xoogan aad xasuusan doonto)
- Guji “Next” ama “Continue”

A screenshot of the Microsoft account creation page. It features the Microsoft logo at the top, followed by the heading 'Opprett en Microsoft-konto' and the instruction 'Skriv inn den nye e-postadressen din.' Below this are two input fields: 'Ny e-postadresse' and '@outlook.com' with a dropdown arrow. A blue 'Neste' button is positioned below the fields. At the bottom, there is a link that says 'Har du en konto allerede? Logg på'.

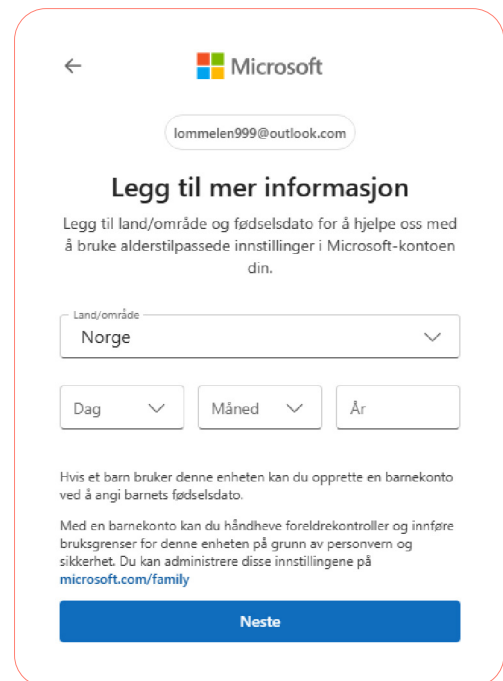
3. Xaqiiji aqoonsigaaga

Waxaa lagu waydiin karaa:

- Inaad galiso taleefan lambarkaaga (ujeedka ah amaanka)
- Geli taarikhda dhalashada iyo jinsiyada
- Ka xaqiiji koodhka lagu soo diray taleefankaaga

4. Goorta aad dhamayso, waa inaad aqbashaa xeerarka iyo shuruudaha.

- Gebi ahaan aqri ka dibna guji "Accept" ama "I consent".



← Microsoft

lommelen999@outlook.com

Legg til mer informasjon

Legg til land/område og fødselsdato for å hjelpe oss med å bruke alderstilpassede innstillinger i Microsoft-kontoen din.

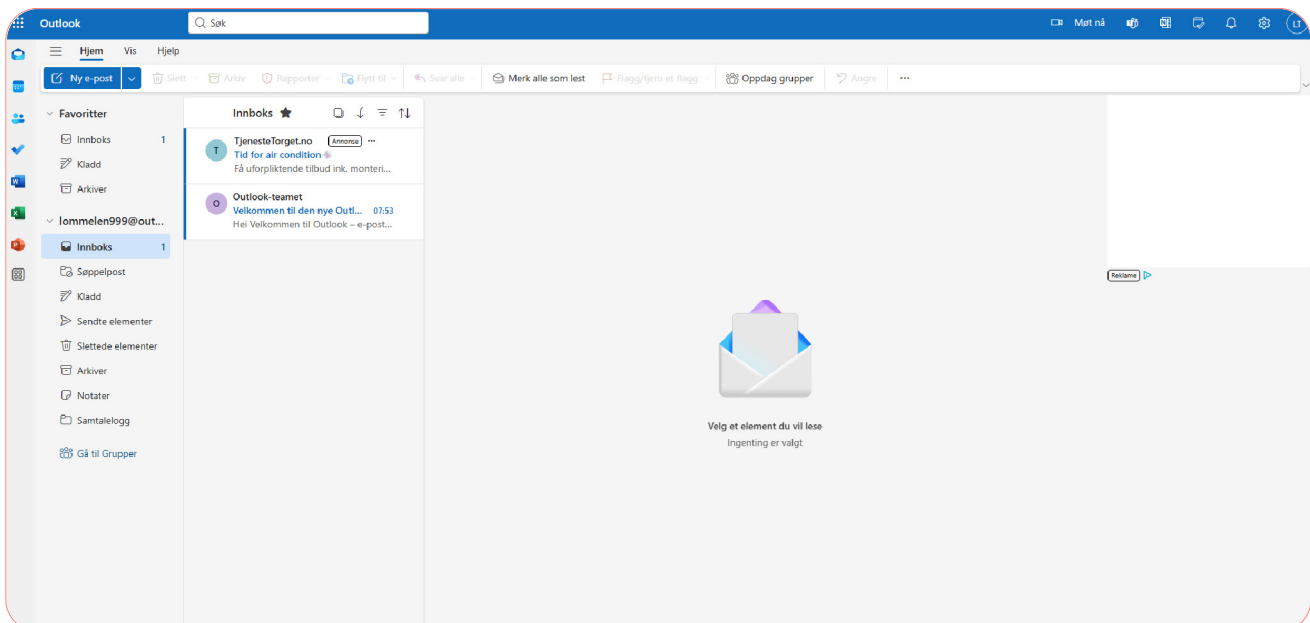
Land/område
Norge

Dag ▼ Måned ▼ År ▼

Hvis et barn bruker denne enheten kan du opprette en barnekonto ved å angi barnets fødselsdato.

Med en barnekonto kan du håndheve foreldrekontroller og innføre bruksgrensener for denne enheten på grunn av personvern og sikkerhet. Du kan administrere disse innstillingene på microsoft.com/family

Neste



LAMAAARADA TELEFOONKA EE MUHIIM

Ambalaasta (xaaladaha degdeg ah ee caafimaad): 113	Xaalado caafimaad oo degdeg ah oo halis ugu jira inay sababi karaan dhimasho ama dhaawac culus.
Dabka: 110	Haddii aad la kulanto dab aadan awood u lahayn inaad damiso. Tani waxay noqon kartaa gurigaaga ama meel oo aad marto.
Booliska: 112	Booliisku waa hay'adda dadweynaha ee loo xilsaaray fulinta iyo ilaalinta sharciga iyo kala dambeynta, iyo la dagaallanka dambiyada.
Legevakten i Oslo: 11 61 17	Daryeel caafimaad oo degdeg ah marka dhakhtarkaaga qoyska uu xiran yahay ama aad sababo kale awgood ballan ula qabsan kari weydo.
Xarunta xadgudubka galmada ee Oslo: 23 48 70 90	Xarunta ka hortagga kufsiga waa adeeg bilaash ah oo 24/7 ah, waxaana loogu talagalay qof kasta oo ka weyn 14 sano oo soo maray kufsi, isku day kufsi, ama tacaddi kale oo galmo ah. Uma baahnid inaad haysato gudbin si aad ula xiriirto xarunta. Nala soo xiriir xitaa haddii aadan si fiican u xasuusan waxa dhacay. Qof kasta oo nala soo xiriira si dhakhso ah ayuu caawimo u helaa.
Adeegga gurmada nafsiga ah: Psychosocial emergency service: 23 04 05 00	Adeegga gurmada nafsaaniga waa adeegga magaalada ee 24/7 u shaqeeya xaaladaha degdegga ah ee nafsaaniga ah.
Hoyga Dhibaatooyinka Oslo: 22 48 03 80	Ma la kulantay rabshad—sida garaacis, xakameyn, ama hanjabaad oo ka timid lammaanahaaga, qof qoyskaaga ka tirsan, ama qof kale oo aad xiriir dhow leedihiin? Hoyga Masiibada Oslo waa adeeg u furan qof kasta oo la kulmay rabshad ay ku lug leeyihiin xiriirrada dhow. Nala soo xariir waqti kasta, 24/7. Mar walba waanu furanahay.
Waaxda gurmada degdegga ah ee daryeelka carruurta: 40 42 77 77	

DEGELYADA WAX-TARKA LEH

Adeegyada	Waa maxay?	Halkee ka helaa?	
Magalaada Oslo	Ka gal dhammaan adeegyada Magaalada Oslo	oslo.kommune.no	
HelseNorge	Ballan ka qabsato dhakhtarkaaga qoyska, gal faylkaaga bukaan-socodka, oo ballan ka qabsato takhasusle.	helsenorge.no	
Nav	Codso taageero dhaqaale, iska diiwaangeli shaqo raadiye ahaan, soo gudbi foomka xaaladda shaqada	nav.no	
Kakadu	Hagid tar-tiirb-tartiib ah oo kuu fududaynaya isticmaalka adeegyada dijitaalka ah iyo kuwa internet-ka.	https://www.kakadu.no	
Aqoonsiga Elektarooniga ah	Hab dijitaal ah oo aad kaga xaqiijin karto aqoonsigaaga qaab onlayn ah. Waxaad isticmaashaa marka aad galayso adeegyada guud	Waxaa dhoor nooc oo kala duwan kala ah aqooniga Elektarooniga. BankID iyo MinID waa laba ka mid ah kuwa ugu isticmaalka badan	
Altinn	Codsiyada, heshiisyada canshuuraha, fariimaha ka imanaya hay'adaha dadweynaha	altinn.no	

DEGELYADA WAX-TARKA LEH

Udi.no	Macluumaadka ku saabsan ogolaanshaha degenaanshaha, socdaalka qoyska iyo magangalyada	https://www.udi.no/	
Sanduuqa boostada dhijitaalka ah (Digipost ama e-Boks)	Hel waraaqaha ka imanaya hay'adaha dawladda si dijitaal ah	www.digipost.no / eboks.no	
Vy	Ka eeg jadwalka tareena oo gado tikidyada tareenka.		
ruter.no	Ka eeg jadwalka metro, baska iyo tareenka dhulka hoostiisa mara oo iibso tigidyada.	https://ruter.no/	
Ny i Norge (Ku cusub Norway)	Macluumaadka muhiimka noqon kara haddii aad ku cusub tahay Norway.	https://www.nyinorge.no/	

SHRUUDAHA WAXTARKA AH

Taushetsplikt	Waaajibaadka xogta qarsoodiga. Shaqaalaha aad la hadasho waa inay macluumaadka si sir ah u ilaaliyaan. Lama wadaagi karaan dadka kale.
Ansatt i kommunen	Shaqaale ka tirsan dowladda hoose. Qof u shaqeeya magaalada ama degmada.
Innbygger	Shaqsigu degaanka ah. Qof ku nool magaalada ama gobolka.
Meldeplikt	Waaajibaadka ah ka warbixinta. Shaqaalaha waa inay ka soo warbixiyaan haddii ay u maleeyaan in ilmo uu ku nool yahay xaalad aan badqab aheyn.
Søknad	Codsiga. Foom aad buuxiso marka aad rabto inaad wax codsato, sida boos dugsiga hore ah ama taageero dhaqaale.
Vedtak	Go'aanka. vedtak wuxuu tilmaamayaa go'aan ay dawladdu ama hay'ad adeeg bixin ahi ka soo saarto codsi aad hore u gudbisay (tusaale ahaan Nav, UDI ama midka magaalada). Tani waxaa ka mid ah: • Haa- codsigaaga waa la ansixiye. • May- codsigaaga lama ansixinin. The vedtak wuxuu sidoo kale qeexi doonaa sababta jawaabtu u ahayd haa ama maya, iyo inaad racfaan qaadan karto iyo in kale.
Klage	Racfaan. Haddii aadan ku raacsanayn vedtak, racfaan ayaad qaadan kartaa oo waxaad codsan kartaa qiimayn cusub.
Frist	Xilliga kama dambaysta ah. Ka hor waa inaad wax samaysaa inta aan la gaarin maalinka taarikhda gaarka ah.
Innen	Innen macnaheedu waa "ugu dambayn", taasoo la macno ah inay tahay waqtigii kama dambaysta ahaa. Haddii ay ku qoran tahay "innen 1. agoosto", tusaale ahaan, waxay la macno tahay inaad sameyso ka hor ama 1 Agoosto.
Legitimasjon	Aqoonsiga. Shay cadeenaya cida aad tahay. Tani waxay noqoni kartaa kaarkaaga aqoonsiga, shati darawalnimo ama baasaboorkaaga.
Dokumentasjon	Waraaqooyinka. Waraaqo ama cadeemo aad u baahan tahay inaad raaciso codsigaaga. Tani waxay noqoni kartaa baasapoorkaaga, shahaado caafimaad ama wax kale.

SHRUUDAHA WAXTARKA AH

Ytelse	Dheefta. ytelse waa taageero laguugu deeqi karo haddii aad caawitaan u baahan tahay. Tani waxay noqoni kartaa lacag haddii aadan haysan shaqo, ama haddii aad xanuunsantahay, aad haysato caruur, ama aad keli kula nooshahay ilmo.
Oppmøte	Ka soo qaybgalka. Waa inaad si shaqsiyan u timadaa shirarka ama ballan.
Digitalt	Dijitaal. Waxyaabaha ka dhacaya onlaynka, sida codsiyo ama fariimo.
Samtykke	Ogolaanshaha. Waxaad qof ku leedahay haa in uu isticmaalo macluumaad dhankaaga ah.
Tjeneste	Adeegyada. Caawitaanka aad ka heli karto magaalada, sida rugta caafimaadka ama adeegyada guriga.
Bostedsadresse	Cinwaanka guriga. Meesha aad ku nooshahay iyo cinwaanka aad ka diiwaan gashan tahay ee ku jira diiwaanka dadweynaha.
Is-qorista	Liiska ama guudmar shakhsiyaadka,, waxyaabo ama macluumaad la soo ururiyey oo hal meel lagu kaydiyey.
Folkeregister	Diiwaanka dadweynaha. Diiwaanka qof kasta oo Norway ku nool. Markaad u guurto cinwaan cusub, waa inaad cinwaankaaga ka diiwaangelisaa diiwaanka dadweynaha.
Forebygging	Ka hortaga. Wax loo sameeyo si looga hortago dhibaatooyinka ka hor intaysan soo bixin tusaale ahaan kormeerro caafimaad.
Tiltak	Talaabo. tiltak waxaa loola jeedaa tallaabo ama waxqabad loo fuliyo si lagu caawiyo, lagu hagaajiyo xaalad, ama lagu xalliyo dhibaato.
Lavterskeltilbud	Adeeg aan shuruudo adag lahayn oo si sahlan loo heli karo. Adeeg u furan qof walba oo si fudud loo heli karo. Uma baahnid soo gudbin. Mar walba waa mid furan.
Møteplass	Goobta kulanka. Meel ay dadku isugu yimaadaan. Tani waxay noqon kartaa maktabad, xarun iskaa wax u qabso ah, naadi dhalinyaro, makhaayad ama meelo kale.

SHRUUDAHA WAXTARKA AH

Veiledning	Hagida Talo iyo taageero lagu fahmo ama lagu sameeyo hawl, tusaale ahaan buuxinta foomka codsiga
Tilbud	Dalab/adeeg. Hawl ama adeeg aad ka qayb gali karto, sida barashada luqadda ama naadiga dhallinyarada.
Elektronisk ID/Aqoonsiga dijitoalka ah	Aqoonsiga dijitaalka ah waa hab kuu oggolaanaya inaad si onlayn ah u caddeeyso qofnimadaada. Aqoonsigan waxaad ku gashaa adeegyo dowladda ah, tusaale Nav ama Canshuuraha, ama waxaad ku buuxisaa codsiga dugsiga hore ee bogga www.oslo.kommune.no .
Foresatt	Waalid/mas'uul. Qof qaangaar ah oo sharci ahaan mas'uul ka ah ilmaha da'doodu ka yar tahay 18 sano. Tani waxay noqon kartaa hooyo, aabbe, ayeeyo, eedo, abti, waalid korsaday ama kuwa kale.
Attest	Shahaado. Dukumenti qeexaysa waxaad qabatay, tusaale ahaan meesha aad ka shaqaysay.
Vitnemål	Diblooma. Shahaado laga helay dugsi ama goob waxbarasho oo muujinaysa koorsooyinka aad qaadatay iyo natiijooyinka aad ka heshay.
Oversikt	Dulmar guud. Inaad wax ka ogtahay waxa jira, meesha ay ku yaallaan iyo waxa aad u baahan tahay inaad samayso. Tusaale: Haddii aad maalin maalmaha ka mid ah si fiican uga warqabto, waxaad ogaanaysaa waxa aad qabanayso iyo goorta aad qabanayso.