KU SOO DHAWOOW GURIGAAGA CUSUB!

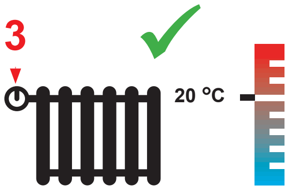
Waxaan ku faraxsananahay inaad doorato inaad ku noolaato halkan qoyskaaga waxay si degdeg ah u dareemi doonaan guriga xaafadaada cusub! Waxaan rabnaa inaad dareento raaxada gurigaaga cusub iyo isdhexgalka dariska waa farxad iyo ixtiraam. Sida milkiilaha dhulkaaga, waxaan kuu sameeynay hagistan si aan ku siino macluumaadka ka caawinaya inaad degto hareerahaada cuusub.

Guud

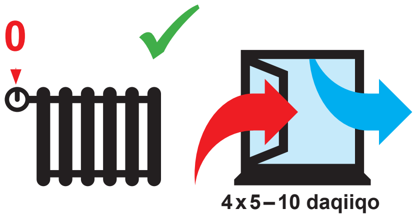
Heshiiska kirada
Heshiiska kirada wuxuu maamulaa dhammaan arrimaha muhiimka ah ee u dhaxeya adiga iyo anaga sida milkiilayaasha dhulkaaga, tusaale ahaan, qadarka kirada iyo lacag bixinta qarashaadka biika (tys. kululeysada iyo biyaha). Fadlan dhigo nuqulkaaga meel ammaan ah!

Sharciyada Guriga
Sharciyada Guriga waxay ku saleysan yiihiin nidaamyada ugu muhiimsan ee lagu talagalay abuurista jawi faraxad leh darisyadaada cusub, sida saacadaha degan ama arrimaha kale ee muhiim ah ee kor u qaada jawiga darisnimada wanaagsan.

Gudaha Guriga

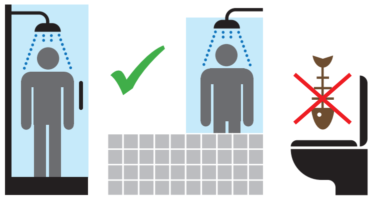


Kuleylka
Isticmaal raayatoorayaasha si aad u kululeyso gurigaaga marka ay dibadda qabow tahay. Sax thermostat-ka si aad u kontorosho heerkulka. Fadlan xusuuso taas inay dheeraad ku tahay kiradaada, waxaad musuul ka tahay daboolista kharashaadka walba oo aad u isticmaashay tamarta (qarashaadka shaqada).



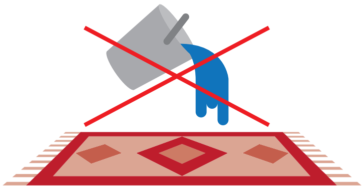
Naqaska
Karinta, dhar qista, qubeeyska, iyo naafada waxay ku sameeysa qoyaanka guriga. Si aad ugu fogaato daxaleysiga dhismaha, fadlan si joogto ah u qalaji gurigaaga. Waxaan ka codsanaynaa inaad furto daaqadaha 5-10 daqiiqo ugu yaraan sadex ama afar jeer maalintiiba. Fadlan ha daarin kululeylka inta lagu hawo ka saarista guriga. Geey EBER (0) kuleylka ka hor inta aadan furin wax dariishado ah. Waxaa laga yaabaa inaad dib u daarto qaaboojiyaasha marka daqaaqadaha la xiro.

DHaqista iyo qalajinta dharka
Fadlan hubi so inaad waxyeelaynin guriga qaab walbo inta lagu dhar sameeynta, sida sameeynta qaabka dhaxalaysiga, ama waxyeelada biyaha ee dhulka ama darbiga. Heshiiskaaga Kirada waxaa ku jira tilamaamaha ku saabsan marka aad u qalajin karto dharkaaga.

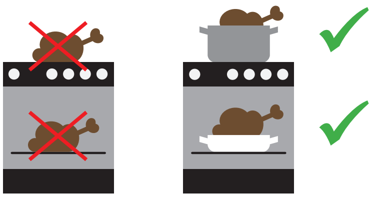


Musqulaha
Fadlan isticmaal oo kaliya showarka ama tubada qubeyka ama qubeeysahada. Ka rabeen warqada musqusha, fadlan ha ku tuurin waxyaabo godka musqusha. Sidoo kale, ha ku istaagin godka musqusha.

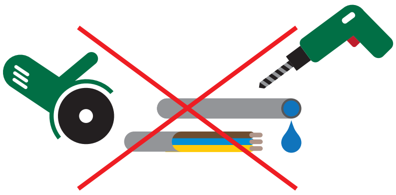
Tubada biyaha
Tubada biyaha Jarmalka waxaa loo arka badbaado si loo cabo waxaana loo isticmaali karaa cunto karinta iyo cabitaanka iyada oo aan la celicelin.



Biyaha
Fadlan hubi inaysan ku daadanin marnaba dhulka biyo baadan, labaduba musqusha iyo qololka kale ee guriga. Tani waxay ku sababi kartaa dhismaha waxyeelo darran. Fadlan maskaxda ku hay inay tani dheeraad ku tahay kiradaada, waa inaad bixisaa isticmaalka biyahaada.

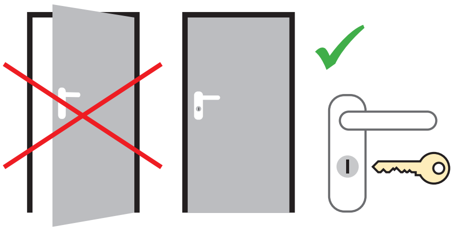


Karinta
Fadlan isticmaal istove-ka jikadaada iyo foornada cunto karinta. Marnaba si toos ah ha u saarin cuntada istoofka korkiisa ama foornada -marwalba isticmaal dhariga ama digsiga.



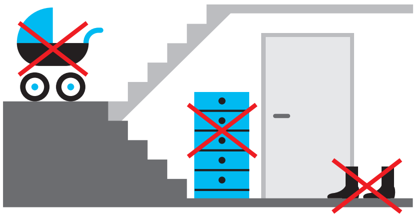
Isticmaalka guriga
Ma lagu ogola inaad sameeyso dayactir aan lagu fasaxin ama dhismaha guriga. Tani waxay si gaar ah ugu dabaqan tahay dhaamma-an fiilooyinka koroontada iyo tubooyinka biyaha. Haddii aad jaceshahay inaad sameeyso wax isbeddelo ah,fadlan marka hore lagu soo xiriir fasax qoraaleed.

Badbaadada
Dababaka-hawada-furan waa ka mamnuuc dhammaan goobaha: gudaha guriga, balakoonka, ama goobaha dibadda.

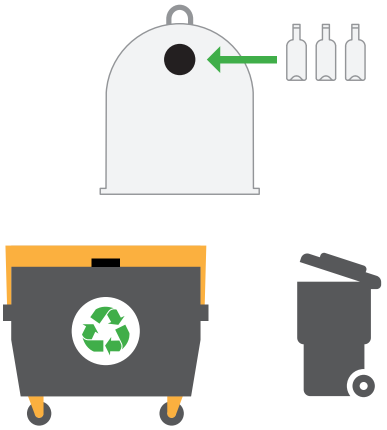


Ammaanka dhismaha
Albaabka hore iyo asaaska albaabka marwalba waa inay xirnaadan si looga hortago shaqsiyaadka aan loo ogalayn inay soo galan.

Waxyeelada guriga ama dhismaha
La cala waxyeelo weyn (tusaale jabista tubo biyo), fadlan sida ugu dhaqsiyaha badan nagu soo wargeli sidaa waxaan kugu diyaarin karnaa dayactir. Inta lagu jiro saacadaha fiidka ama dhammadka toddobaadka, fadlan soo lambarada xaaladda dedeg ah ee lagu dhajiyay dhismahadaada.



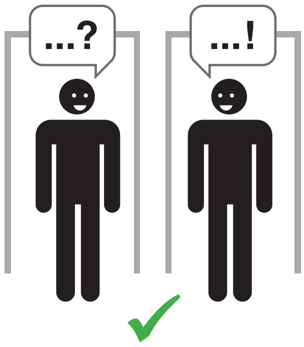
Ilaalinta guriga
Waxaan ku weydisanaynaa inaad naga caawiso hagajinta heerka ee nadaafada guud. Fadlan xusuuso jaranjarooyinka qeyb ka ma ahan gurigaaga mana laga yaabo in loo isticmaalo in lagu xareeyo agabyada. Waa muhiim inaad ilaaliso naafada dhammaan wadooyinka lagu baxsado. Sidaa darteed, fadlan ha dhigin waxyaabaha jaranjarooyinka, oo ay ka mid yihiin alaabta,qalabka ilamaha ama kabaha.



Halka lagu aasayo qashinka?

Waa ka mamnuuc in lagu tuuro qanshinka meelaha aagaga dibadda gurigaaga, laga bilaabo balkoonka, ama in lagu rido musqulaha ama sinyada. Jaramalka, waxyabaha qashinka ah waxaa loo xaliya arrimo deegaan ahaan. Si loo hubiyo xalinta saxda ah, fadlan isticmaal wellwelka kala duwan ee qasahnka lagu keediyo ee dhismaha. Waa jiro **baaldiyo si gaar ah loogu calaameeyay** oo **caagado** ah (tus. xirmada, daasadaha, bacaha, xariga caaga ah kaartoonada cabitaanada) **Qalabka Jikada**, (tus. cuntada, calanta shaaha la isticmaalay miraha bunka iyo xabka ukunta, miraha qurmay iyo qudaarta, ubaxyada hore ee la jaray), **warqada** (tus. sanduuqyada, joornaalada). iyo **qashiinka guriga** (wax walba oo aan lahayn baaldiyada kale), Haddii aysan jirin welk dheeriga ee galaska, waxaad dhigi kartaa dhalooyinkaaga galaska iyo jirigaanada baaldiga ururinta dibadda gurigaaga. Fadlan nala soo xiriir haddii aad jaceshay inaad iska tuurto alaabta fadhiga ama agabyo waa weyn.

Anshaxa Kuwa kale



Dhaqanka dariska

Guud ahaan, darisyaasha waa in loo tuxgeliya midba midkiisa kale. Haddii u dhib dhaco, marka koowaad isku day inaad ugula hadasho si saaxtiibtino ah dariskaaga. Haddii u dhibk sii jiro, fadlan nala soo xiriir. Waxaan sameeyn doonaa dadaal si loo helo xal waara.

Martiyada

Waxaa lagu ogolyahay marti badan ee gurigaaga inta aad doorato. Si kastaba ahaate, fadlan ixgeli dariskaaga Dariska waxaa laga yaaba inay dareemaan dhibaatada yar ee xafladaha buuqa weyne haddii aad marka hor ogeysiiso. Waa inaad noo sheegtaa ka hor inta uusan qof u si joogta ah ugu soo gurin gurigaaga.

22:00 ilaa 6:00

Saacadaha nasashada

Fadlan ha ku sameeynin wax buuq ah gurigaaga. System-yada muusiga, raadiyaasha, iyo talefishiinada waa inaan la dheeraynin. Tani waxay si gaar ugu dabaqan tahay xiliga qadada1:00 p.m. ilaa 3:00 p.m.), xiliga habeenkii (10:00 p.m. ilaa 6:00 a.m.) iyo dhammaan maalmaha Axdahaha iyo fasaxyada qaranka.

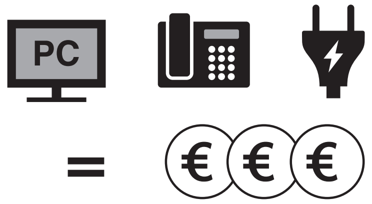
Xawayaanaha

Waxaad u baahan tahay inaad la tashato ka hor inta aad heysanin xawayaan. Fadlan ogsoonoow dariska ayaa dareemi doonaa carro marka u eyga qayliyo ama marka ay dhulka ku arkan saxarada xawayaanka. Faldan ku hay silsilada eeyada marka ay joogaan dibada guriga.

Duubitaanka

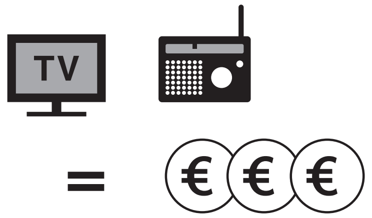
Haddii aad rabto inaad ku dubato balakoonka, fadlan la tasho dariskaaga marka hore si looga fogaado qiiqa aan la filaynin ama shiirka. Waxaa kaliya oo lagu ogolyahay inaad u isticmaasho dubista aagaga albaabka dhismaahada goobaha loogu talagay sida ujeedooyinkka.

Internet, telefoonka, TV-ga iyo radiyaha



Internet, telefoonka, koroontada/gaaska

Haddii heshiiskaagau uusan ku jirin internet, fiilo, iyo adeegyada telefoonka, waa inaad adiga codstaa. Tani sidoo kale waxay ku dabaqan tahay sida gaaska kululeyaha haddii laga heli karo dhismahaada. Jarmalka waa guriga bixiyaasha tiraa adeegyadan, taas oo lagu dooran karo onleenka (sida at www.verivox.de).



TV-ga iyo radiyaha

Fadlan naga xaqiijii naga haddii lagu ogolaaday goobta anteena ama saxanka diishaka satelliete-ka ee balakoonkaaga. Si aad ugu isticmaasho TV, iyo raadiyo Jarmalka dhexdiisa, waaa inaad sameeysataa “Beitragsservice” oee ARD, ZDF iyo Deutschlandradio iyo aad bixisaa lacagta dheeriga ee biilkaaga kale (www.rundfunkbeitrag.de).

La cala xaaladda degdge ah

Waxaa la sameeynayo la cala xaaladda degdge ah

Haddiii ay tahay dab ama shiil, waxaad si degdeg ah kula xiriir kartaa adeegyada xaaladda waqti walba adiga garacaya 112. Fadlan bixi macluumaadka soo socda:

- **Ayaa waye qofka wacaya?**
- **Maxaa dhacay?**
- **Imisa qof ayaa waxyeeloday/dhaawacan?**
- **Halkee ay wax ka dhaceen?**
- **Sug su‘aalaha xiga?**

Xaaladda dabka, fadlan ka soo baxa adiga iyo qoyskaaga goob ammaan ah. Haddii u dab ka kaco dhismaha, ma laguu ogola inaad isticmaasho wiishka. Fadlan raac dhammaan tilmaamaha u bixiyay booliska shaqaalaha adeegyada xaaladda degdega ah.