



BritishRedCross



Home Office

# Mashruuca Awoodsiinta Dijitalka iyo Iskuxirka Haweenka Qaxootiga ah

Tilmaamaha la socda aqoon-isweydaarsiyada 1  
iyo 2



Hordhac ku saabsan helitaanka  
khadka tooska ah iyo ka helitaanka

Tilmaamahan waxaa loo diyaariyey inuu yahay qalab lagu taageerayo haweenka kaqeyb galaya Awood siinta Haweenka Qaxootiga ah ee Dijital ah iyo mashuruuca aqoon isweydaarsiga ee Isku xidhka. Waxaa lagu bartilmaameedsanayaa haweenka haysta sharciga qaxootinimo, ilaalinta bani'aadamnimada ama dib u midoobida qoyska qaxootiga oo ku nool Boqortooyada Midowday (UK). Mashruuca waxaa maalgeliya Waaxda Guryaha ee Qaxootiga iyo Taageerada Magangalyada Qaxootiga fund oo ujeedkiisu yahay in lagu caawiyo haweenka wajahaya ka reebitaanka dhijitaalka ah si ay u helaan kheyraadka is dhexgalka iyo macluumaadka onlaynka.

Waxaan jeclaan lahayn inaan u mahadcelino xubnaha iyo safiirada shabakada VOICE ee taageeray abuuritaanka dukumiintiyadan dhaxalka ah iyagoo bixinaya aragtidooda khibrad ahaaneed. Agabka waxaa lagu heli karaa Ingiriis, Amxaari, Carabi, Farsi, Kurdi (Sorani) Soomaali, Tigrinya iyo Urdu. Waxaa la rajeynayaa in haweenka qaxootiga ah ee aan awoodin inay ka qaybqaataan aqoon isweydaarsiyo ay wali u arki karaan inay u adeegsanayaan ka shaqaynta iyo sahaminta macluumaadka halkan waqti iyaga ku haboon.

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## Hordhac

Qalabkani ma awoodo inuu baadho talobixin buuxda oo ku saabsan helitaanka adeegyada khadka tooska ah waxaana loogu talagalay hordhac aasaasi ah oo rajeynaya inuu dareenkaaga u soo jiito qodobbada muhiimka ah iyo halka aad ka heli karto macluumaad dheeraad ah. In kasta oo tilmaamuhu ka kooban yahay xoogaa macluumaad ah oo ku saabsan xuquuqda, maahan dukumiinti sharci ah. Waa sharci darro in qof aan la aqoonsaneyn uu bixiyo talo bixin xagga socdaalka ah ama talo sharci ah. Waxaan tixraacaynaa ururro takhasus gaar ah leh oo bixin kara macluumaad loogu talagalay shaqsiyaadka halka ay suurtagal tahay. Waxaa muhiim ah in la ogaado in aan rajeyneyno in aan bixinno macluumaad ku saabsan xuquuqda iyo qaababka lagu hubinayo badbaadada ama ilaalinta, laakiin ma ballan qaadi karno in macluumaadka ama koorso ama ficil ay horseedi doonaan badbaado.

Tilmaamahan oo dhan waxaad ka heli doontaa lifaaqyada ku lifaaqan qoraalka, kuwaas oo haddii aad riixdo kuwan kuu geynaya websaytka la xusay. Tusaale ahaan, haddi aad riixdo [halkan](#) waxaa lagu geynayaa websaydhka Laanqayrta Cas ee Ingiriiska. Meesha ay suurtagal tahay, waxaan isku daynay inaan ku darno lifaaqyada kheyraadka la turjumay, laakiin in badan oo ka mid ah lifaaqyada ku yaal hagahan waxaa loogu talagalay macluumaad ku qoran Ingiriis in kasta oo aan qireyno xaddidaadda tarjumaadda otomaatigga ah, waxaan bixinnay macluumaad ku saabsan sida loo adeegsado shaqadan tusahan.

Waxaan qireynaa in ka hadalka mowduucyada la xiriira xadgudubyada iyo dembiyada ciqaabtu ay noqon karaan kuwo xasaasi ah oo badanaa la mamnuucay. Hadafeena bani'aadamnimada iyo mabda'a ah inaan waxyeello loo geysaneynin micnaheedu waa waxaa naloogu yeeray ficil si aan u sameyno waxa awoodeena ah si aan wax uga qabanno rabshadaha ku saleysan jinsiga, oo ay ku jiraan bixinta macluumaadka si aan u taageerno dadka si ay u sameeyaan xulashooyin iyaga awood u siinaya iyo go'aamada iyaga difaacaya.

## Ereyada muhiimka ah

**Xog** - ururinta xaqiiqooyinka, sida tirooyinka, ereyada, cabbiraadaha, u fiirsashada ama sharaxaada waxyaabaha

**Dijitaal** - adeegsiga ama keydinta xogta iyadoo la adeegsanayo nidaamka kombiyuutarka

**Khadka Mobilka** - khadka internet ka oo lagu bixiyo qalab la qaadan karo

**Onlayn** - wax la sameeyo iyadoo lagu xiriiriyay internetka / kombiyuutarka

**Xogta Shakhsiyadeed**- macluumaad lagu garto qof



## Hordhac Helitaanka khadka tooska ah

Isticmaalka internetka iyo helitaanka macluumaadka iyo tikniyoolajiyada isgaarsiinta ayay Qaramada Midoobay u aqoonsan tahay inay tahay qayb muhiim ah oo ka mid ah mustaqbalka 'ugu yar' heerarka nolosha <sup>1</sup>, laakiin dad badan oo ku nool Boqortooyada Midowday ayaan haysan internet ku filan ama ay ku dhibtoonayaan inay internetka helaan iyo inay helaan waxyaabaha muhiimka ah macluumaadka ay u baahan yihiin.<sup>2</sup>

## Galitaanka Online – WiFi iyo khadka mobilka

**WiFi** (isku xirka internetka) waxaa badanaa lagu heli karaa bilaash goobaha dadweynaha, laakiin guriga dad badan ma haystaan qaab xasilan oo ay internetka kaga galaan. Helitaanka internetka badanaa lacag ayey ku kacdaa, ama adoo ku bixinaya qadka internetka ee gurigaaga, ama adoo isticmaalaya xirmo xogta mobilada ah Broadband waa nooc isku xira xawaaraha sare ee internetka. Waxaa jira bixiyeyaal badan oo Wi-Fi guriga ah oo bixiya qandaraasyo muddo-go'an ah oo loogu talagalay ballaadhinta.

Websaydyada isbarbardhiga ayaa ku caawin kara maadaama ay bixiyaan **adeeg bilaash ah** oo lagu barbardhigayo xawaaraha internetka, gunnada khadka internetka bil kasta, muddada qandaraaska iyo qiimaha. Tusaalooyinka shabakadaha isbarbardhiga waa:

- [USwitch](#) Waxay sidoo kale [leeyihiin hage ku saabsan sida loo doorto khad ballaadhan](#)
- [Compare the Market](#)
- [MoneySupermarket](#)

Dadka qaarkiis waxay isticmaalaan xirmooyinka khadka mobilada, qalabka **MiFi** ama dongles si ay ugu **xiriiriyaa** laabtoobkooda ama kombiyuutarka guriga internetka, halkii ay ka heli lahaayeen broadband. Broadband badanaa waxaa loo tixgeliyaa inuu ka kalsooni badan yahay kana dhaqso badan yahay xogta moobiilka, laakiin waxqabadka adeeg kasta oo internet ah wuu ku kala duwanaan karaa tusaale ahaan waxay kuxirantahay halka aad ku nooshahay, iyo inta qof ee adeegsaneysa hal mar.

**Ma taqaanaa sida loo hubiyo xawaaraha internetkaaga?** Booqo [www.checker.ofcom.org.uk/broadband-test](http://www.checker.ofcom.org.uk/broadband-test)

## Wax ka qabashada ka saarida dhijitaalka ah

Dadku waxay isku arki karaan inay ka reebban yihiin helitaanka adeegyada khadka tooska ah sababtoo ah ma haystaan xog ama qalab, ama aqoon dijitaal la'aan awgeed.

[Refugee Action](#) ayaa soo saartay [hbuug yar oo ku saabsan u Dhanaanta Dhijitaalka](#) yadoo kaashanaysa [Greenet](#), oo waxay leeyihiin xoogaa **hage waxtar leh** oo ku saabsan iibsashada ama soo saarista taleefannada casriga ah, tableetka, kumbuyuutarrada, heshiisyada khadka moobiilka iyo broadband iyo Wi-Fi router, kuwaas oo lagu soo saaray iyadoo lagu saleynayo shaqada hay'adaha taageerada qaxootiga ee [LASSN](#) iyo [NACCOM](#).

<sup>1</sup> Yoolalka Horumarinta Waara ee Qaramada Midoobay - <https://www.un.org/sustainabledevelopment/infrastructure-industrialization/>

<sup>2</sup>

<https://www.ons.gov.uk/peoplepopulationandcommunity/householdcharacteristics/homeinternetandsocialmediausage/articles/exploringtheukdigitaldivide/2019-03-04>

La soco macluumaadkan in lala bartilmaameedsanayo ururada, ee aan loo eegin shakhsiyaadka, laakiin wali way ku caawin karaan.

## Ka warqabida macluumaadkaaga shaqsiyadeed

Macluumaadka shaqsiyeed waa wax kasta oo kaa caawinaya in lagu aqoonsado: Magaca, da'da, cinwaanka, taariikhda dhalashada, xaaladdaada socdaal, baayometrik, cinwaanka iimaylka, macluumaadka meesha aad joogto, ama lambarrada aqoonsiga sida Lambarkaaga Caymiska Qaranka ama lambarka BRP. Dadka isticmaala internetka waxaa badanaa laga codsadaa inay la wadaagaan xogtooda shaqsiyadeed markay halayaan adeegyada khadka tooska ah.

### Maxay muhiim u tahay xogta shaqsiyadeed?

Adeegyada khadka tooska ah waxay u adeegsadaan xogta shakhsiga si ay u aqoonsadaan dadka ugana shaqeeyaan macluumaadka si ay adeeg ugu qabtaan iyaga. Khadka la'aanta waxaad sidoo kale ogaan kartaa in badanaa lagaa codsado inaad la wadaagto xogta shakhsiga ah, tusaale ahaan hawladeenka kiiska ayaa laga yaabaa inuu ku weydiisto macluumaad shakhsi ah si uu kaaga caawiyo buuxinta foomka codsiga. Ku dhowaad macaamil kasta iyo is-dhexgal kasta oo aad la yeelato hay'adaha badankood waxay ku lug leeyihiin wadaagista xogta shakhsiga ah, sida magacaaga, cinwaankaaga iyo taariikhda dhalashadaada.

Dhaqan ahaan, Boqortooyada Midowday waxay muhiimad siisaa macluumaadka sida taariikhda dhalashada, taas oo qayb ka ah nidaamka diiwaangelinta sharciga ah ee loo adeegsado in lagu aqoonsado dadka, xuquuqdooda, iyo inay xaq u leeyihiin helitaanka adeegyada. Taariikhda dhalashada ayaa loo isticmaali karaa in lagu aqoonsado in qof loo tixgelinayo qaangaar (qof ka weyn 18) ama ilmo (ka yar 18).

### Tixgali su'aalahan:

**Ma ka fikiri kartaa markii ugu dambeysay ee lagaa codsado inaad bixiso macluumaad shaqsiyeed?**

**Ma ogtahay sababta macluumaadka ay u codsan karaan adeegyada khadka tooska ah Ma taqaanaa sida loo ilaaliyo macluumaadkaaga shaqsiyeed?**

**Ma taqaan waxa la sameeyo haddii aad ka welwelsan tahay sida macluumaadkaaga loo isticmaali karo?**

Tusaalooyinka guud ee goorta la codsan karo macluumaadka shaqsiyeed waa:

- si loo xaqiijiyo taariikhda dhalashadaada iyo/ama cinwaankaaga markaad wacayso GP gaaga.
- In lagu siiyo Lambarkaaga Caymiska Qaranka markii aad la xiriirto Xarunta Shaqada ama aad codsatid shaqo.
- inaad siiso cinwaanka iimaylkaaga shirkad ganacsi ama shirkad si ay kula soo xiriiri karaan mustaqbalka.
- si aad ugu gasho koontadaada bangiga khadka tooska ah adoo adeegsanaya baayometrik (aqoonsiga faraha ama wajiga)

## Xogta shaqsiyeed ee khadka tooska ah – Halista

Waxaan ku wadaagnaa xogta khadka tooska ah, ee ku saabsan caadooyinkayaga ama waxyaabaha aan xiiseyno, anaga oo booqanna websayt, raadinta ama wax iibsashada, adeegsiga warbaahinta bulshada ama dirista iimayl. Wadaagista xogta waa qeyb aan la dhayalsan karin oo ah isticmaalka internetka ah.

Waxaa muhiim ah in laga feejignaado saameynta wadaagga xogta ee khadka tooska ah, iyo in la ogaado xuquuqda aad u leedahay wadaagista xogtaada.

Xogta shaqsiyeed waa mid qiimo oo qiimo lacageed ugu fadhiya shirkadaha laga yaabo inay u adeegsadaan inay ku bartilmaameedsadaan shakhsiyaadka xayeysiinta ah. Waxay sidoo kale bixin kartaa aqoonsigaaga, taas oo macnaheedu yahay in **xatooyada aqoonsiga** ay noqon karto khatar, halkaasoo xogta sida magacaaga, cinwaankaaga iyo taariikhda dhalashadaada, loo adeegsado in lagu abuurro "oo adiga ah" adigoon ogeyn, ujeeddooyin dambiyeed tusaale ahaan, furitaanka koontooyin bangi, qaadashada amaahda ama kaararka bangi ama codsi gargaar dhaqaale oo qof kale magiciisa ah.

Booqo [www.getsafeonline.org](http://www.getsafeonline.org) si aad u hesho macluumaad dheeraad ah oo ku saabsan ilaalinta macluumaadkaaga shakhsiyeed ee khadka tooska ah.

## Maxaad u ilaalinaysaa xogtaada shakhsiyadeed?

Shabakada baraawsarkaaga, websaytyada aad booqato iyo shirkadaha aad la fal-gasho la soco wixii aad sameyso oo aad ku kaydiso qaar ka mid ah xogta hawlahaaga internetka. Mararka qaarkood tani waa in la hubiyo in arrimuhu si hagaagsan u shaqeeyaan, boggaga internetka oo furan iyo barawsarkaaga oo si fiican u shaqeynaya. Waqtiyada kale, waxaa laga yaabaa in lagu raad joogaa si aad wax uga ogaatid waxa aad xiisaynayso iyo in aad xog ku soo ururiso taas oo markaa ku wargalin karta xayaysiisyada adiga lagu bartilmaameedsanayo.

Waa inaad ka taxaddartaa waxaad dadka kula wadaagto khadka tooska ah. Mabda'a hagitaan **waxtar leh ayaa muhiim ah**. Wax yar oo aad naftaada ka bixiso, waxay hoos u dhigeysaa halista macluumaadka ay ugu dhacayaan gacmo qaldan.

## Wadaagista xogta; macluumaadkaaga iyo xuquuqdaada

Xogta shaqsigu waa macluumaadkaaga, waxaadna xaq u leedahay inaad tan ka dhigto mid gaar ah. Shuruucda ku saabsan ilaalinta xogta waxay ka dhigan tahay **in** shirkadaha iyo ururadu ay u isticmaalaan xogtaada si sax ah iyo ujeeddooyin la isku raacay oo keliya. Sharciyada u gaarka ah ayaa sheegaya in xuquuqda shakhsiyadeed la ilaaliyo oo shirkadaha sharciga ah waa inay noo sheegaan goorta iyo sida xogteenna loo soo ururinayo, iyo sababta.

Ururada, shirkadaha ama shakhsiyaadka sida khaldan u adeegsada xogtaada ama si xun u adeegsiga waa la ganaaxi karaa ama xitaa waxaa lagu soo oogi karaa dacwad ciqaabeed. Waad hubin kartaa macluumaadka shirkadaha kaa hayaan adiga oo sameysanaya **[Codsi helitaan ah](#)**.

Haddii aad ka welwelsan tahay sida loo adeegsanayo xogtaada, loo hayo, ama loo wadaagayo, waa inaad marka hore wargaliso shirkadda. Waxaad sidoo kale u sheegi kartaa walaaca hay'adda sharciyeynta, **Xafiiska Gudiga Macluumaadka** [www.ico.org.uk](http://www.ico.org.uk)





*Zahra waxay dukaamaysanaysaa dhar cusub. Waxay tagtaa goobta lacag bixinta si lacagta ay u bixiso lacag hayehana wuxuu weydiiyaa cinwaankeeda iimaylkeeda si ay u bixiso risiidh dijitaal ah Zahra way aqbashay tan waxayna siineysaa cinwaankeeda iimayl. Lacag hayeha ayaa markaa sidoo kale weydiisanaya cinwaankeeda gurigeeda si loo soo saaro risiidhka ah.*

#### **Maxaad ugu malaynaysaa inay Zahra samayn lahayd?**

Dukaanku **uma baahna** cinwaankeeda gurigeeda si ay u bixiso rasiidh dijitaal ah, kaliya cinwaanka iimaylkeeda, markaa macluumaadkani muhiim uma aha inay soo ururiyaan. Waxay codsan kartaa nuqul oo rasiidhka ah badelkeed.

#### **Maxaad ugu malaynaysaa inay u rabaan macluumaadkan dheeriga ah?**

*Zahra waxay weydiineysaa sababta ay ugu baahan yihiin macluumaadka cinwaanka gurigeeda, lacag haye ayaa sharaxaya inay u baahan yihiin si ay koonto ugu furaan. Zahra ma ogeyn inay koonto u furayaan. Waydiimo dheeri ah Zahra waxay ogaatay in cinwaanka iimaylka ee loo furay koontada loo isticmaali doono suuq geyn toos ah (u dirista iimayl ku saabsan iibkeeda ama dalabyadeeda). Zahra way diiday inay furato koontada waxayna sharraxaysaa inay koonto ka furan laheyd dukaanka, waxay noqon laheyd sharci daro inay u adeegsadaan macluumaadkeeda si ay ugu diraan alaabteeda suuq geynta sababtoo waxay noqon doontaa isbadal ujeedada cinwaankeeda iimaylka loo siiyay.*

Haddii lagu weydiiyo macluumaadkaaga shaqsiyeed, sida taariikhda dhalashada, lambarka boostada, ama lambarrada tixraaca shaqsiyadeed sida Lambarkaaga Caymiska Qaranka ama Lambarka BRP markaad helayso adeeg, waxaad **xaq** u leedahay inaad weydiiso sababta loogu baahan yahay, iyo inaad doorato inaad lagula wadaagin - gaar ahaan haddii aysan u muuqan sidii codsi ku habboon ama macquul ah. Xaaladaha qaarkood,

waxaad rabi kartaa inaad qaadato latalin sharci kahor intaadan dooran inaad bixin macluumaad shakhsi ah, tusaale ahaan booliiska, Xafiiska Guriga ama hay'ado kale oo dawladeed ama hay'ado dawladeed ah. Asturnaantaadu waa muhiim laakiin muhiimad weyn ma leh; sharciyada kale ayaa laga yaabaa inay mudnaan ka siiyaan xuquuqdaada inaad macluumaadka qaar ka dhigto mid qarsoodi ah shirkadaha waxaa laga yaabaa inay leeyihiin waajibaad sharci ah oo ay kula wadaagayaan ama ku xafidayaan diwaanka macluumaadkaaga.



## Adeegsiga Internetka ee gudaha UK

**Ma u malaynaysaa in qoraaladan soo socdaa ay run ama been yihiin?**

**Qof kasta oo ku nool Boqortooyada Midowday wuxuu leeyahay internetka guriga ah ee heerka caadiga ah.**

Maya, laakiin sida laga soo xigtay Xafiiska Tirakoobka Qaranka, sannadka 2020 96% qoysaska waxaa lagu qiyaasay in ay leeyihiin internet. Tan macnaheedu waxa weeye inay jiraan fikrado ay sameeyeen adeegyo ay dadka intooda badani ku haystaan internetka guryahooda.

**Gudaha Boqortooyada Midowday dadka waxaa si isdaba joog ah loo weyddiiyaa ama looga baahan yahay inay ka helaan adeegyada bulshada ee muhiimka ah khadka tooska ah**

Haa. Codsiga kaalmada maaliyadeed ee Job Cente, iska diiwaangalinta guryaha golaha, ama codsashada goob waxbarasho badanaa (laakiin had iyo jeer maahan) waxay ku weyddiinaysaa inaad marka hore isku daydo inaad wax uun ku sameyso codsi ama iska diiwaangelin khadka tooska ah.

**Diritaanka ama helitaanka iimaylka ayaa ah howlaha ugu caansan internetka**

Haa. ONS waxay soo warisay 84% dadka qaangaarka ah ee UK inay dirayaan ama ay helayaan iimayl sanadkii 2018. Raadinta macluumaadka ku saabsan badeecadaha ama adeegyada waxay ahayd waxqabadka labaad ee ugu caansan 77%. Cinwaanka iimaylka ayaa **muhiim u ah** isgaarsiinta, gaar ahaan adeegyada ku saleysan khadka tooska ah.

**Badanaa waxaa lagaa filayaa inaad awood u yeelan doonto inaad ku maamusho koontadaada gaarka ah iyo nolosha adoo maraya boggaga internetka.**

Dad badan ayaa adeegyada maalinlaha ah ee muhiimka ah laga helaa internetka. Ku dhowaad 76% dadku waxay sameeyeen nooc ka mid ah bangiyada internetka 2020 khadka tooska ah, ku dhowaad 87% ayaa ka dukaamaystay internetka alaab ama adeeg, iyo 32% dadka ayaa dalbaday cunto in looga keeno maqaayadaha.

## Iimayl

Iimailka ayaa muhiim u ah la macaamilka adeegyada khadka tooska ah. Si aad koonto uga sameysatid adeeg bixiye kasta oo khadka tooska ah ku shaqeeya (tusaale, Ebay, golaha deegaankaaga, dukaamada waaweyn) waxaad u baahan doontaa inaad keento cinwaan iimayl iyo erey sir ah oo adiga kuu gaar ah.

Waxaa jira bixiyayaal iimaylka oo badan kalana duwan, **adiga ayay ku xiran tahay** bixiyaha aad doorato. Waxaan u adeegsanay bixiyeyaasha guud ee Google [Gmail](mailto:Gmail) (gmail.com) iyo Microsoft [Outlook.com](mailto:Outlook.com) (outlook.com) tusaalayaasha hoos ku xusan. Waa ikhtiyaarro bilaash ah oo la isku halleyn karo sida ku cad horyaalmimada macaamil ahaaneed ee Which<sup>1</sup>.

**Ma leedahay koonto iimail ama ma taqaanaa sida loo abuuro mid?**

Si aad u sameysato cinwaan iimayl, booqo websaytka rasmiga ah ee adeeg bixiyaha adoo ku qoraya cinwaanadan cinwaanka biraawsarkaaga ama ka raadinaya mashiinkaaga raadinta.

<https://outlook.live.com>

<https://accounts.google.com/signup/>

Waxaad u baahan doontaa inaad riixdo “Abuur koonto” (create account) oo buuxiso foomka soo baxa, adoo sheegaya magacaaga, sameysanaya lambar sir ah iyo bixinta macluumaad shakhsiyeed sida taariikhda dhalashadaada. Markaa waad awoodi doontaa inaad gasho oo aad isticmaasho koontadaada iimaylka si aad ugu dirto una hesho iimayl.

Waxaa muhiim ah in la xusuusto in iimaylkaagu u baahan yahay **eray sir ah oo adag**. Tan macnaheedu waa adeegsiga saddex shaqo oo aan kala sooc lahayn, oo ay ku jiraan xarfaha waaweyn, tirooyinka iyo astaamaha tusaale ahaan, 2Dog!LampBall1!

Mararka qaarkood magaca iimaylka aad rabto inaad isticmaasho horey ayuu u jiri karaa. Waad isticmaali kartaa isku-dhafitaan ka duwan illaa aad ka hesho mid adiga kugu habboon oo la heli karo.

**Iska diwaangelinta Outlook sidan ayuu eegyahay**

Outlook - free personal email an: x +

outlook.live.com/owa/

Microsoft

Try premium Sign in

Outlook

Connect. Organise.  
Get things done.

Free Outlook email and calendar

Create free account

Microsoft

Create account

yourname1 @outlook.com

Use a phone number instead

Use your email address instead

Next

**Gmail ka sidan ayuu eegyahay:**



## Create your Google Account

First name  Last name

Username  @gmail.com

You can use letters, numbers & periods

[Use my current email address instead](#)

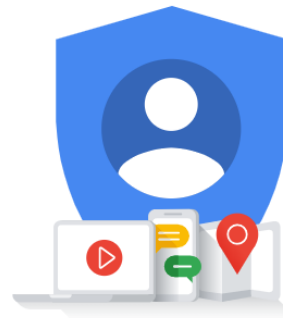
Password  Confirm

Use 8 or more characters with a mix of letters, numbers & symbols

☐ Show password

[Sign in instead](#)

Next



One account. All of Google working for you.

## Helitaanka waxaad raadineysay

Si aad u hesho waxaad u baahantahay **barawsar khad internet leh**. Waxaa jira barawsaryo badan ee internetka, aaladuna waxay sida caadiga ah imaan doontaa iyada oo soo saaruhu mid horey ugu soo dejiyay.

Calaamadaha caadiga iyo astaamaha barawsarka sayaa hoos ku taxan haddii aad mid kamid ah kuwan ka riixdid kumbuyuutarkaaga waxay ku gaynaysaa **bogga hore** ee barawsarka, halkaas oo aad ka bilaabi karto daalacashada internetka.



**Safari**  
Apple



**Firefox**  
Mozilla



**Chrome**  
Google

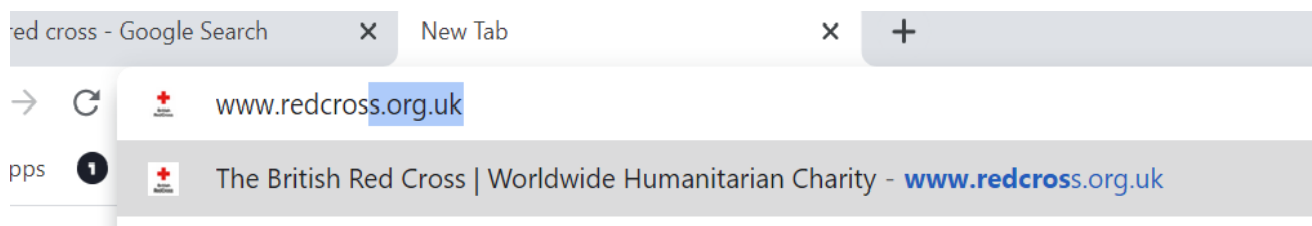


**Edge** new  
Microsoft



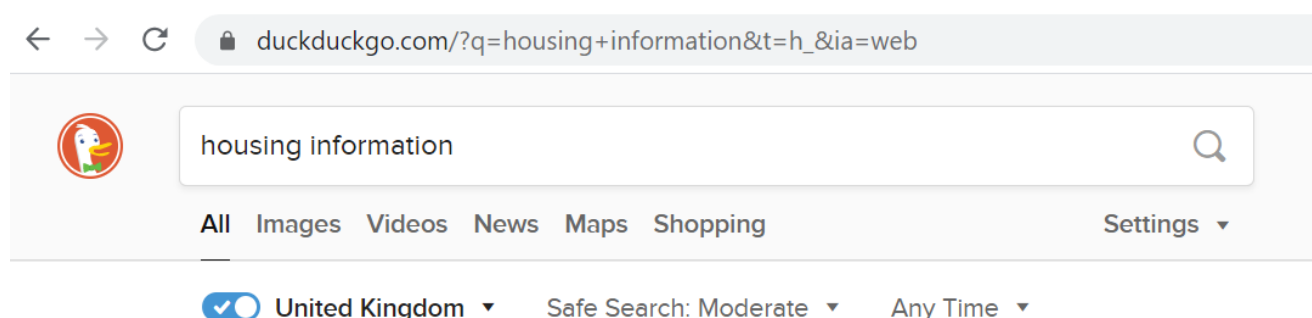
**Opera**  
Opera Software

Haddii aad taqaano websaytka aad rabto inaad booqato you know which website you want to visit axaad ku qori kartaa **shaashada cinwaanka ama shaashada lifaaqa URL** ee barawsarka, kaas oo badanaa ku bilaabma [www.](http://www.) ama <https://>.



## Adeegsiga Mashiinka Raadinta

Mashiinka Raadinta waa aalad aad wax ku ool ugu ah raadinta macluumaadka aad uga baahantahay internetka. Tusaalooyinka caanka ee mashiinta raadinta waxaa kamid ah Google, Bing iyo Yahoo. Si aad u adeegsato maashinka raadinka qor erayga ugu muhiimsan ee waxa aad raadinayso. Websaytyadan ayaa ka raadini internetka oo kuu soo saari natiijooyinka si aad u daalacato oo aad u qiimayso.

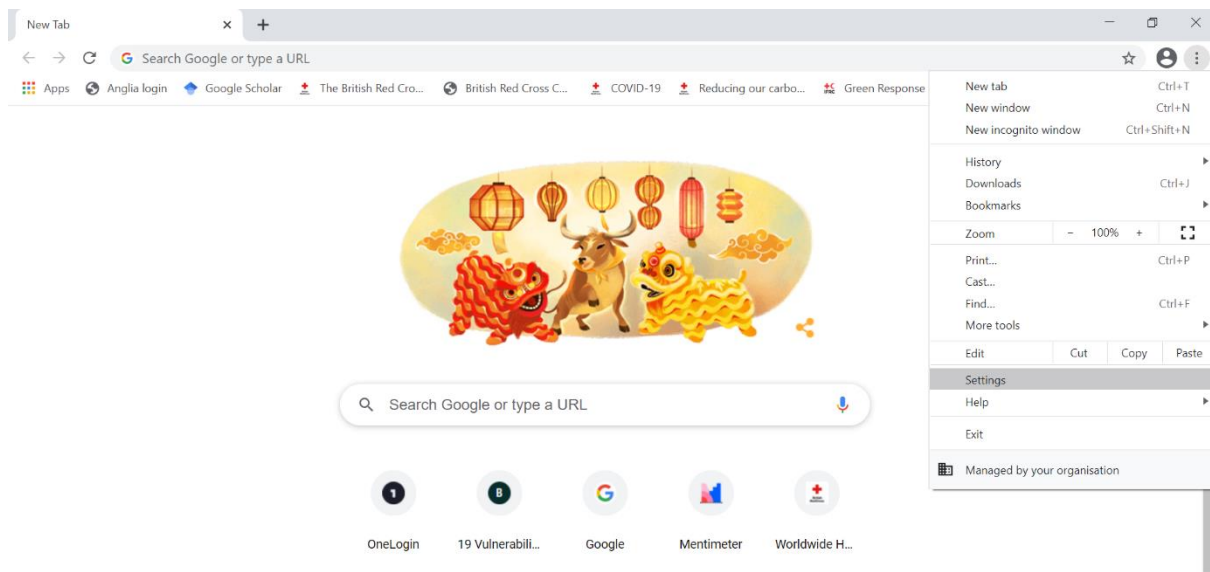


Haddii natiijooyinku aysan ahayn waxa aad raadineyso, waxaad isku dayi kartaa ereyo kala duwan oo muhiim ah, ama calaamadaha soo xigashada si aad u raadiso weedh gaar ah, tusaale ahaan, "macluumaadka guryaha" natiijooyin gaar ah oo dheeraad ah.

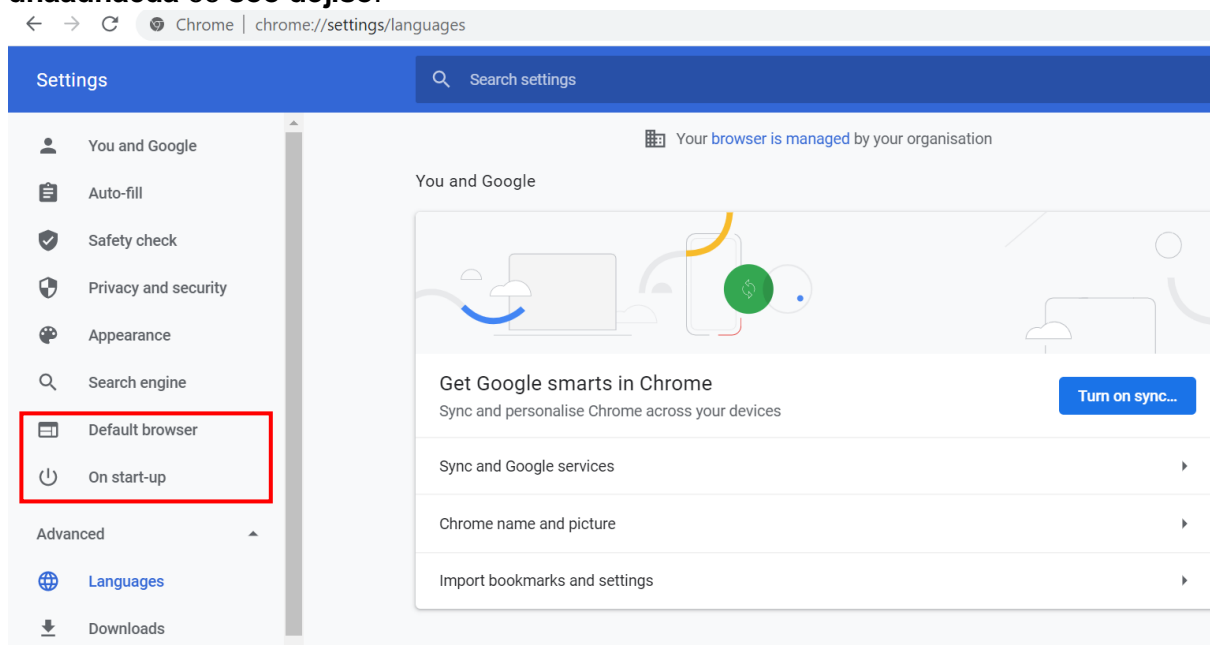
## Ka beddelida luqadaha bogga websaytka:

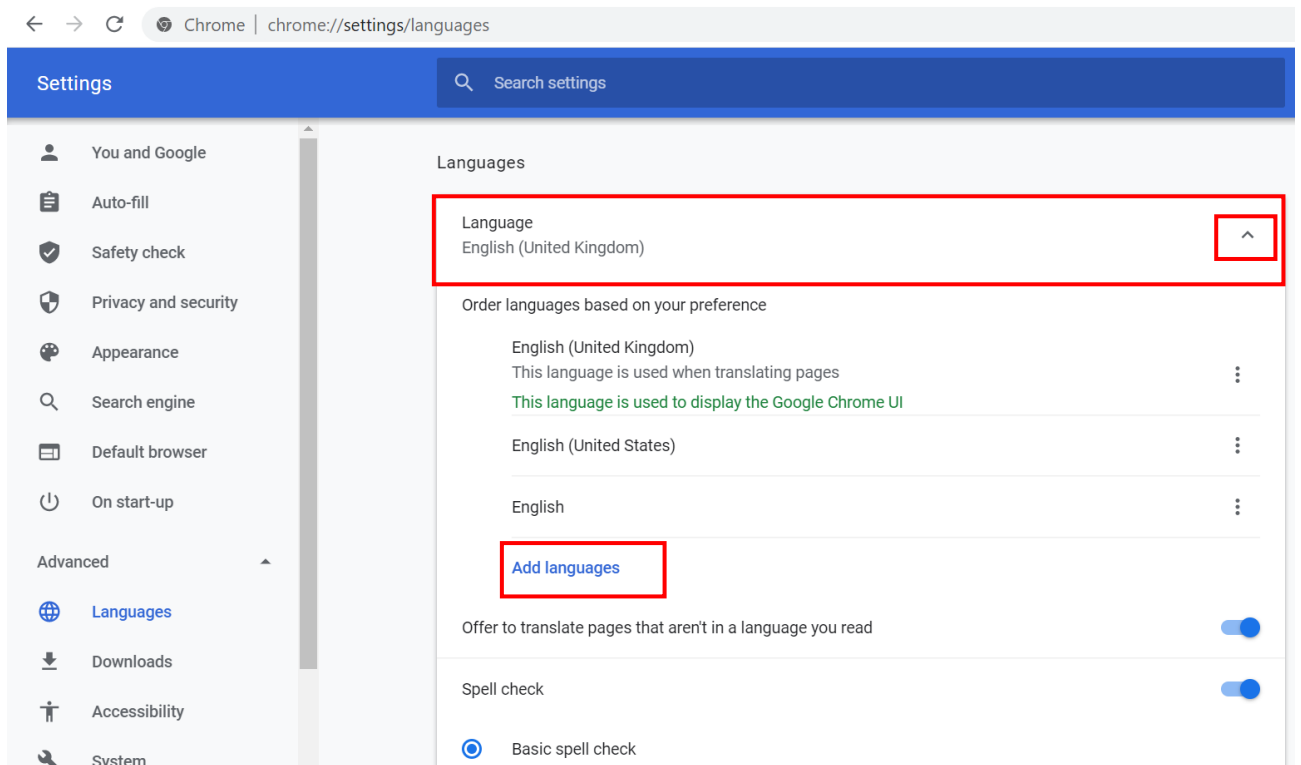
Si aad u bedesho luqad barawsarka, waxaad caadiyan awoodi doontaa inaad tan ku samayso **shaashada dejinta** ee barawsarka. Tusaalaha hoose wuxuu adeegsanayaa barawsarka Google Chrome.

Fur barawsarka Google Chrome, oo aad shaashada dejinta



Laga soo bilaabo shaashada 'advanced' sida hoos ku qoran. Adiga ayaa markaa ka dooranaya luqadda aad rabto 'Add Languages' (Ku dar Luuqadaha) **shaashada hoos u dhaadhacda oo soo dejiso.**



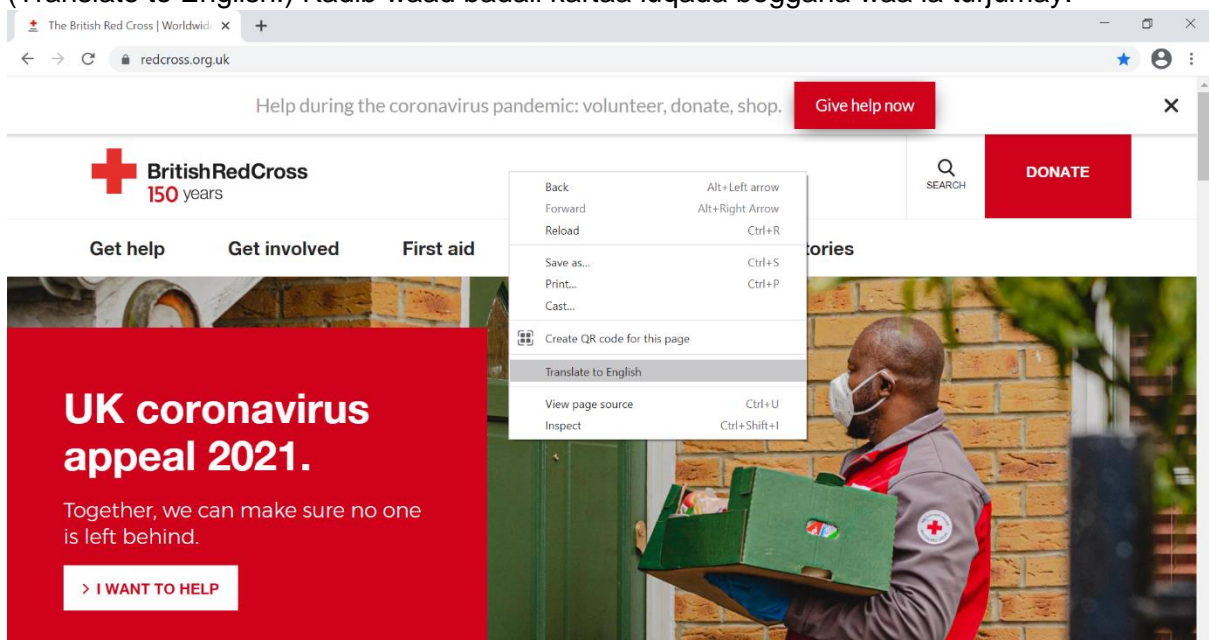


Markaad hesho luqadda, waxaad u baahan tahay inaad midan uga dhigtaa **luqadda ootamaatiga ah**, waxyaabaha ku jira bogagga internetka ee aad gasho si toos ah ayaa loo tarjumi doonaa. Tarjumaadaha, si kastaba ha noqotee, si buuxda uma noqon karaan sax.

## Tarjumida bog

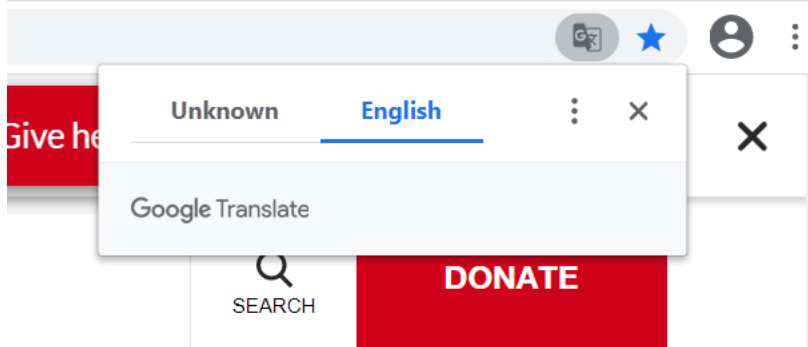
Adiga oo adeegsanaya Google Chrome (kaas oo adeegsada Google Translate) waad turjumi kartaa qoraalka bogga haddii aanad beddelin dejinta barawsarkaaga.

Riix dhinaca midg ee mawska ee bogga oo dooro ikhtiyaarka oranaya, “U turjum Ingiriis” (Translate to English.) Kadib waad badali kartaa luqada boggana waa la turjumay.

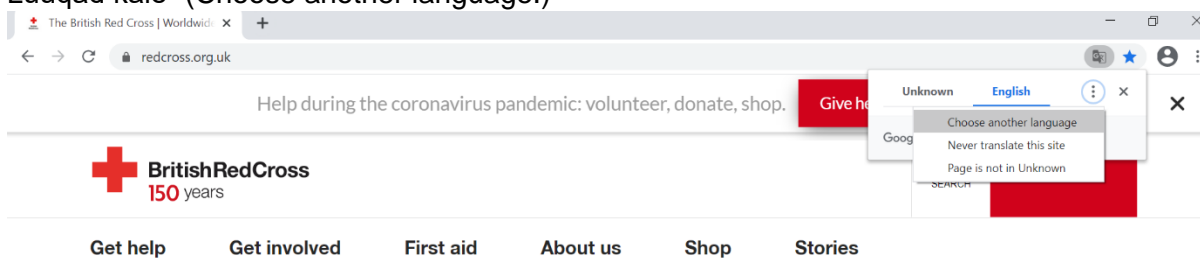




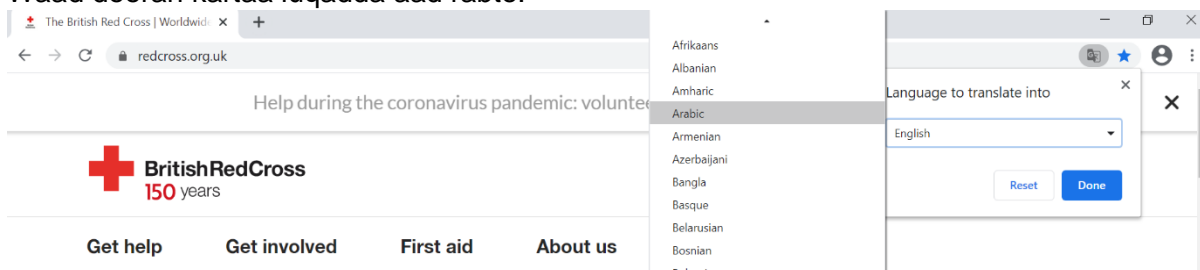
Kani wuxuu ka furi doonaa sanduuqan geeska kore ee barawsarkaaga.



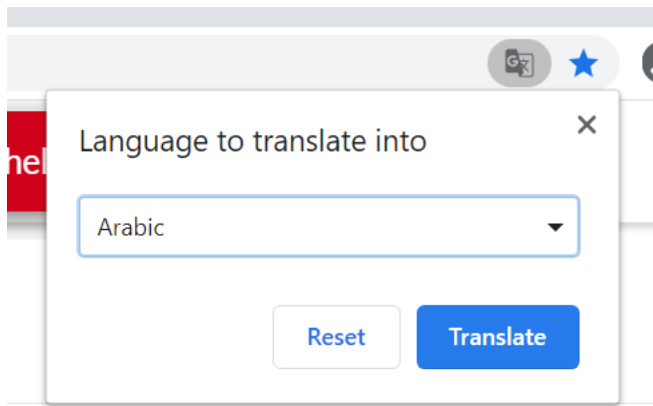
Barawsarkan ayaa hada u turjumaya Ingiriisi, markaa riix Ingiriisiga (English) iyo “Dooro Luuqad kale” (Choose another language.)



Tani waxay soo saari doontaa liis badan oo luqado kala duwan ah (oo ku qoran Ingiriisi). Waad dooran kartaa luqadda aad rabto.



Ka dibna riix badhanka Turjun (Translate.)



Waxaa habboon in maskaxda lagu hayo in tarjumaadda otomaatigga ahi aysan noqon karin mid sax ah ama cad sida tarjumaadaha uu sameeyay qof, laakiin waxay kaa caawin kartaa inaad hesho lambar taleefan oo muhiim ah ama kaa caawiya helitaanka macluumaad muhiim ah.



## Raadinta iyo Daalacashada Nabdoon

Taariikhdaada raadinta iyo natiijooyinkaaga waxaa kaydinaya barawsarkaaga markaad raadineyso macluumaadka.

Isticmaalka mashiinka raadinta ayaa ka soo saari kara natiijooyin kala duwan internetka oo dhan, mararka qaarkoodna kuwan waxaa ka mid noqon kara sawirro ama websaytyo aadan rabin inaad aragto ama aadan u rajeyn karin dadka kale ee isticmaalaya aalad la wadaago inay arkaan.

Dejinta setinka ee raadinta aaminka ah ama Dhexdhexaadka ah ayaa loo hawl gelin karaa barawsarka internetka si loo kala shaandheeyo natiijooyinka raadinta loona qariyo waxyaabaha aan haboobayn. Macluumaad ku saabsan sida lo sameeyo raadintaan “[biraawsarkaaga] + setinka raadinta aaminka ah (safe search settings)”.

Tusaale hoose waa midka dejinta SafeSearch ee Google Chrome.

## Search Settings

### Search results

Languages

Help

### SafeSearch Filters

Turning on SafeSearch helps hide explicit content, like pornography. SafeSearch preferences may be set by your device or network administrator. If you can't turn it off, check with the administrator of your network or device.

☒ Turn on SafeSearch [Learn more](#)

## Tiritirada taariikhda daalacashada barawsarka

Haddii aad rabto inaad tirtirto taariikhda barawsarkaaga, waxaad u baahan kartaa inaad raadiso sida loo sameeyo tan maadaama ay ku kala duwan yihiin barawsarada. Raadi “tirtir taariikhda biraawsarka + [biraawsarkaaga] (delete browser history + [your browser]) tusaale, Mozilla Firefox” si aad u hesho tilmaamaha saxda ah ee aaladaada.

Guud ahaan, waad awoodi doontaa inaad ku sameyso adigoo furaya barawsarkaaga kadibna dooranaya **Kuwa Badan (More)**, badanaa tan waxaa lagu muujiyaa seddex dhibcood



### Riix Taariikhda (History)

Riix Tirtir xogta daalacashada ama Tirtir taariikhda (Clear browsing data or clear history.)

Riix Tirtir xogta (Clear data.)

## Tiritirada kuukiska

Waxaa lagaa codsan doonaa dhammaan boggaga internetka inaad oggolaato **kuukiska** iyo isticmaalka xogta. Kukiyaada waxay faylal yar geliyaan aaladaada si ay u keydiyaan macluumaadka sida qofka aad tahay, waqtiga aad booqatay bogga internetka iyo waxaad sameysay. Kukiyaada badanaa waxay u soo bandhigaan su'aalo soo baxo ama calammo markaad booqato websayt. Shirkadaha waxaa looga baahan yahay sharciga ilaalinta xogta si ay kuugu sheegaan xogta ay kuukiiyadu aruuriyaan oo ay ku weydiistaan inaad aqbasho ama aad maamusho isticmaalka kuukiiyadu marka aad ku jirto boggaas.

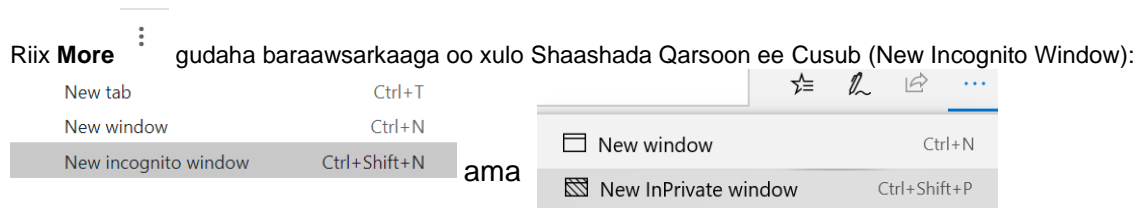
Mararka qaar tirtirida taariikhda barawsarka ayaa sidoo kale siin doonta ikhtiyaar lagu tirtiro macluumaadka kaydka iyo kuukiyaada ee la dhisay lana kaydiyey markaad booqanayso bogagga internetka.

Lifaaqyadan waxay aadayaan tilmaamaha tirtirka kuukiyadsaaga haddii aad isticmaasho [Google Chrome](#), [Microsoft Edge](#), ama [Mozilla Firefox](#). Waxaad sidoo kale raadin kartaa tilmaamaha ku saabsan sida loo tirtiro kuukiyaada iyo taariikhda keydka adigoo ka raadinaya barawsarkaaga “[Biraawsarkaaga] + tirtir kuukiyaada (clear cookies)”.

## Daalacashada barawsarka ee Qarsoon iyo mida Khaaska ah

Dhammaan barawsarka internetka waxay sidoo kale yeelan doonaan suurtagalnimada inay ku dhex daalacadaan 'si gaar ah' ama 'qarsoodi ah', taas oo macnaheedu yahay in websaytka kasta oo la soo booqdo iyadoo qaabkan aan lagu kaydin doonin taariikhda aalada. Tani waxay noqon kartaa mid muhiim ah haddii aad rabto inaad baarto ama daalacato macluumaad xasaasi ah, qarsoodi ah ama haddii aad ka walaacsan tahay amnigaaga.

Daalacashada gaarka ah ama qarsoodi ah ayaa lagu hawlgelin karaa:

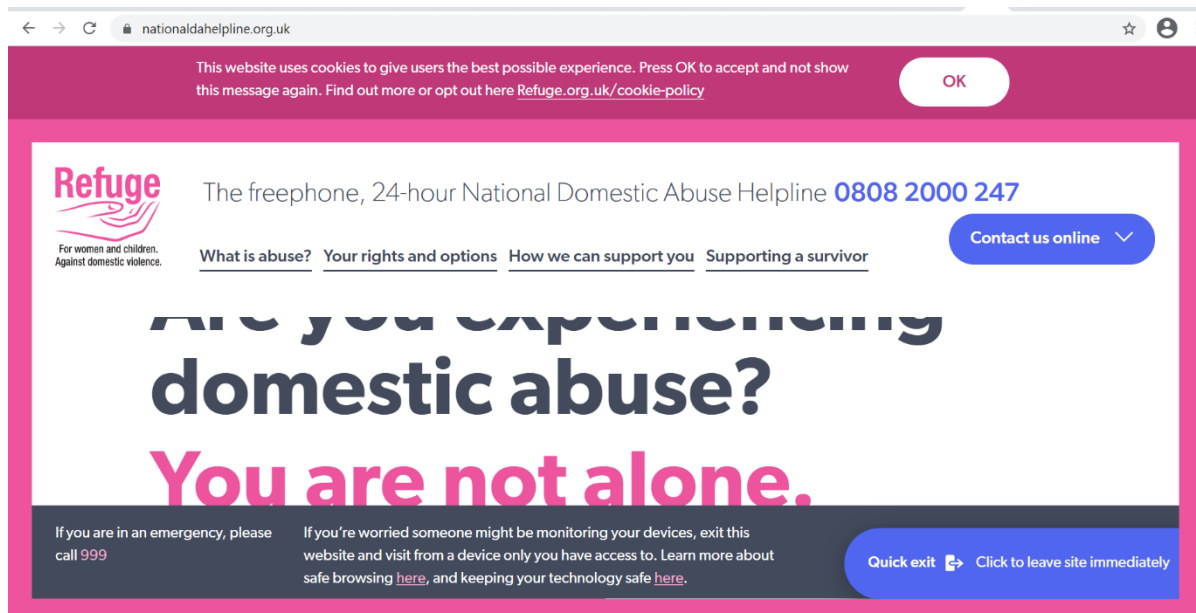


## Badhamada Ka Baxitaanka Nabdoon

Bogagga w qebsaytka qoyskaaarkood oo bixiya macluumaad xasaasi ah oo ku saabsan arrimaha haweenka, oo ay ku jiraan noocyada xadgudubka guriga iyo noocyada kale waxay lahaan doonaan badhanka **Bixitaanka Nabdoon (Safe Exit)**. Tani waa goob ku taala websaytka la riixi karo isla markiiba waxay kuu geyn doontaa websayt cusub, iyadoo lagu qarinayo wax kasta oo raad raac diijitaal ah oo aad ku booqatay boggaas.

Badhamada ka bixida Nabdoon waxaa loogu talagalay si loogu taageerayo dadka inay uga baxaan si degdeg ah oo nabdoon, halkaas oo raadinta macluumaadka internetka ay halis gelin karto xadgudbaha.

**Waxaa laga yaabaa inaad rabto inaad tijaabiso adeegsiga badhanka bixitaanka ee nabdoon si aad u aragto waxa dhaca iyo sida shaashaddaadu u egtahay kadib markaad isticmaasho. Isku day inaad adeegsato badhanka bixitaanka degdegga ah ee Khadka Caawimaadda Xadgudubka Qoyska ee Qaran (National Domestic Abuse Helpline) [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)**



## Barbaarinta waalidnimo ee dhijitaalka ah

Barbaarinta dhijitaalka waxay ka dhigan tahay inaad ka warqabto waxa ilmahaagu ka samaynayo khadka tooska ah. Waxaa jira nidaamyo u haboon carruurta (xakamaynta waalidka) oo aad ka hawlgelin karto aaladda (tusaale ahaan, taleefannada, taableetka) ama waxaad la xiriiri kartaa bixiyaha xogtaada (3, BT, EE, iwm.) Waxaadna weydiin kartaa inay u badelaan xakameyn waalidnimo.

Ilmahaagu markaa ma awoodi doono inuu raadsado wax aan habboonayn. Waxaa jira talo dheeraad ah oo ku saabsan sida loo dejiyo xakameynta waalidka ee [Websaytka NSPCC](#), waxayna kaa caawineysaa inaad fahamto sida loola hadlo cunugaaga amniga qadka iyo u ogeysii halista marka la isticmaalayo internetka.

**NSPCC** [www.nspcc.org.uk/keeping-children-safe/online-safety](http://www.nspcc.org.uk/keeping-children-safe/online-safety)

## Ka Helitaanka Adeegyada Khadka Tooska ah – Waxbarashada

Waxaan ogaanay in adeegyo badan oo kajira Boqortooyada Midowday ay kaa codsanayaan inaad isku daydo oo aad isdiwaangaliso adeegyada ama aad ka soo degsato ama aad ka hesho macluumaad internetka. Waxaa laga yaabaa inaad rabto inaad u hesho macluumaad ku saabsan fursadaha waxbarasho ee naftaada ama reerkaaga, aad dalbato dugsiga ama xitaa aad ka qayb qaadato barashada dijitaalka. Bogagga soo socda ayaa bixinaya lifaaqyo iyo macluumaad waxtar yeelan kara haddii ay tahay inaad dhex gasho si aad macluumaad uga hesho khadka tooska ah.

## Waxbarashada Dadka Waaweyn

- **Adeegyada Xirfadaha Qaranka (National Careers Service)** waxay kugu xiriirin karaan koorsooyin si bilaash ah uga qaybqaadan karto [www.nationalcareers.service.gov.uk](http://www.nationalcareers.service.gov.uk)

- Gudaha Scotland waxaa laga yaaba inaad rabto booqato **My World of Work** [www.myworldofwork.co.uk/learn-and-train](http://www.myworldofwork.co.uk/learn-and-train)
- Gudaha Wales, **Careers Wales** [www.careerswales.gov.wales](http://www.careerswales.gov.wales)
- Gudaha Waqooyiga Ireland, **NI Direct** [www.nidirect.gov.uk/campaigns/careers](http://www.nidirect.gov.uk/campaigns/careers)
- **Caawimaada Soo galootiga (Migrant Help)** sidoo kale waxaad ka heleysaa macluumaad ku saabsan barashada khadka tooska ah oo ay ku jiraan Ingiriisiga oo ah Luuqad Labaad (ESOL) <https://www.migranthelpuk.org/distance-learning>.

Waxaa laga yaabaa inaad ka fikireyso inaad ku laabato Jaamacad ama aad ku baratid tababar shaqo (oo ah meesha aad ka shaqeyso, mushahar ku qaadato, oo aad ku kasbato shahaado). Waxaad ka heli kartaa macluumaad ku saabsan codsashada waxbarasho dheeraad ah, tababar shaqo oo shahaadada ah, iyo maalgelinta halkan:

[www.prospects.ac.uk](http://www.prospects.ac.uk)

Macluumaadka ku saabsan tababar qaadashada waxaa laga heli karaa halkan:

[www.gov.uk/apply-apprenticeship](http://www.gov.uk/apply-apprenticeship)

Waxaad ka dalban kartaa khadka tooska ah Jaamacadaha, machad, koorsooyinka gaagaaban iyo fasallada xarunta bulshada. Codsiyada jaamacadeed waxaa lagu soo gudbiyaa iyada oo loo marayo **UCAS:** [www.ucas.com](http://www.ucas.com)

Mararka qaar waxaad u qalmi kartaa **deeq, maalin galin**, deyn ama taageero kale oo maaliyadeed si loo daboolo kharashka koorsadaada ama xitaa kharashaadkaaga nolosha inta lagu jiro waxbarashada sare ama dheeriga ah. Tani waxay ku xirantahay nooca koorsada aad baranaysid, da'daada, dhaqaalahaaga iyo xaaladaada shaqsiyeed. Waxaad ka hubin kartaa u qalmi taankaaga halkan: [www.gov.uk/further-education-courses/financial-help](http://www.gov.uk/further-education-courses/financial-help)

Bixiyeyaasha kale waxay ku siin karaan **ka qeybgal bilaash ah ama qiimo jaban** haddii aad buuxiso u qalmi taanka maaliyadeed ama shuruudaha kale ee u qalmi taanka tusaale ahaan, waxaad heshaa faa'iidooyin. Hal tusaale waa **Ururka Waxbarasha ahaaneed ee Shaqaalaha (WEA)** [www.wea.org.uk](http://www.wea.org.uk) ama [www.weascotland.org.uk](http://www.weascotland.org.uk) (WEA Scotland) kuwaas oo bixiya koorsooyin ay ka mid yihiin tarjumaadda, sayniska, xirfadaha dhijitaalka ah, iyo xirfadaha bulshada.

Waxaad weydiin kartaa xarunta shaqada ee deegaankaaga haddii ay jiraan tababarayaal kale oo bixiya tababar la mid ah oo bilaash ah ama qiimo dhimis deegaankaaga ah.

## Koorsooyinka Onlaynka ah

Qaar badan oo ka mid ah bixiyeyaasha waxbarashada oo ay ku jiraan jaamacadaha iyo loo shaqeeyayaasha ayaa hadda ku bixinaya koorsooyin bilaash ah khadka tooska ah, iyo qaar ka mid ah ururada tababarka ganacsiga ayaa sidoo kale ku bixiya koorsooyinkooda mushaharka ah ee bilaashka ah. Xaqiiji inaad hubiso inaysan jirin wax kharash ah kahor intaadan is qorin oo aad ogaato in shirkadaha gaarka loo leeyahay ee bixiya barashada internetka aan marwalba baaris lagu sameynin ama aysan dowladda u oggolaanin tayadooda. Mawduucyada iyo heerarka koorsooyinku way kala duwanaan karaan, Adeegga Xirfadaha Qaranka waxay leeyahiin hage lagu doorto koorso internetka ah oo sidoo kale kaa caawin karta inaad ka hesho koorsooyin tayo wanaagsan leh khadka tooska ah:

[www.nationalcareers.service.gov.uk/careers-advice/getting-the-most-out-of-online-learning](http://www.nationalcareers.service.gov.uk/careers-advice/getting-the-most-out-of-online-learning)

**Tusaalooyinka qaar ee bixiyayaasha koorsooyinka internetka ee bilaashka ah waa:**

- Alison [www.alison.com/courses](http://www.alison.com/courses)
- Barclays Lifeskills [www.barclayslifeskills.com](http://www.barclayslifeskills.com)
- Coursera [www.coursera.org](http://www.coursera.org)
- FutureLearn
- Pearson (UKlearns) [www.uklearns.pearson.com](http://www.uklearns.pearson.com)
- Reed [www.reed.co.uk/courses/free](http://www.reed.co.uk/courses/free)
- The Open University [www.open.edu/openlearn/free-courses/full-catalogue](http://www.open.edu/openlearn/free-courses/full-catalogue)
- Vision2Learn [www.vision2learn.com](http://www.vision2learn.com)

### **Hormarinta xirfadahaaga dijitaalka ah**

Hadday dantaadu tahay, si aad u horumariso rajadaada shaqo ama aad uga caawiso carruurtaada khadka tooska ah, waxaa laga yaabaa inaad doonayso inaad ka fikirto ka qayb qaadashada qaar ka mid ah tababarka khadka tooska ah si ay kaaga caawiso inaad horumariso xirfadahaaga dijitaalka ah. Tan waxaa ka mid ah waxyaabo ay ka mid yihiin awood u lahaanshaha adeegsiga softiweerka sida Microsoft Office 365 ama Google Suite ama kaliya si aad wax badan uga ogaato sida loo isticmaalo internetka iyo in lagu badbaado khadka tooska ah.

Bixiyayaasha kor lagu magacaabay ayaa laga yaabaa inay bixiyaan koorsooyin dijitaal ah, laakiin waxaad u baahan kartaa inaad ka eegto:

- Barclays Digital Eagles [www.barclays.co.uk/digital-confidence/eagles](http://www.barclays.co.uk/digital-confidence/eagles)
- Google Digital Garage [www.learnwithgoogle.com/digitalgarage/courses](http://www.learnwithgoogle.com/digitalgarage/courses)
- Future Learn [www.futurelearn.com/subjects/it-and-computer-science-courses](http://www.futurelearn.com/subjects/it-and-computer-science-courses)
- Khan Academy [www.khanacademy.org/computing](http://www.khanacademy.org/computing)
- Rolls Royce Digital Academy - [www.rolls-royce.com/products-and-services/digital-academy.aspx](http://www.rolls-royce.com/products-and-services/digital-academy.aspx)
- WEA - [www.wea.org.uk/digital-skills](http://www.wea.org.uk/digital-skills)

### **Waxbarashada Caruurta**

Gudaha Boqortooyada Midowday ee Ingiriiska waxbarashada waxaa bixiya gobolka si lacag la'aan ah, laakiin sidoo kale waxaa jira dugsiyo gaar loo leeyahay oo ay tahay inaad bixiso khidmadaha, ama waxaad dooran kartaa inaad gurigaaga wax ku barto carruurtaada. Dhammaan carruurta waa inay dhigtaan dugsiga inta u dhexeysa 4 ama 5 iyo 16 sano jir. Macluumaad dheeraad ah oo ku saabsan xeerarka iyo rajooyinka la xiriira waxbarashada carruurta waxaa laga heli karaa halkan: [www.gov.uk/browse/childcare-parenting/schools-education](http://www.gov.uk/browse/childcare-parenting/schools-education)

Waxaad ka dalban kartaa boos dugsiga hoose ee gobolka khadka tooska ah ama golaha. Xitaa haddii aad dalbanaysid dugsiyo ku yaal goob kale oo gole deegaan ah waxaad ka dalban kartaa golaha deegaankaaga. Waxaa jira waalidiin badan/arday oo aan daruuri u noqon doonin inay sameeyaan codsi khadka tooska ah loogu talagalay boosaska dugsiga waana caadi in la yiraahdo waxaad u baahan tahay caawimaad tan haddii dugsiga xaafaddaada ama golahaagu ay kaa doonayaan inaad ka dalbato khadka tooska ah. Waxa muhiimka ah waa inaad sameysid arjiga waqtiga kahor waqtiga kama dambeynta gelitaanka.



Si aad u hesho **websaytka golaha deegaankaaga** ee dalbashada **dugsiga hoose** (da'da 4-11) raac lifaaqan oo [ku qor lambarkaaga boostada halkan](#)

Si aad u hesho websaydhka golaha deegaankaaga si aad u dalbato boosaska **dugsiga sare** (11 -16) raac lifaaqan oo [ku qor lambarkaaga boostada halkan](#)

Haddii aad rabto inaad wax badan ka ogaato aqbalaadda dugsiga iyo waxqabadkiisa, waad booqan kartaa dugsiga (inta badan dugsiyadu waxay leeyihiin maalmo furan), booqo websaydhkooda, ka fiiri warbixinta **OFSTED** (heerarka dugsiga) ee dugsigaas, ama [miiska hawlaha dugsiga](#).

Haddii aad u baahan tahay **caawimaad lacageed** si aad u daboosho kharashyada ku baxa qaybo ka mid ah xaadiritaanka dugsiga, waxaad awoodi kartaa inaad weydiiso dugsigaaga wixii ku saabsan caawimaadda cuntada bilaashka ah ee dugsiga, safarka, iyo lebiska. Waxaad ka raadin kartaa macluumaad ku saabsan cuntooyinka bilaashka ah ee dugsiga halkan: <https://www.gov.uk/apply-free-school-meals>

**Booqo websaytka Maamulka Deegaankaaga, ama isticmaal Mashiinka Raadinta, iskuna day inaad ka hesho macluumaad ku saabsan nidaamka oggolaanshaha dugsiga deegaankaaga. Ma ogtahay waxa ay ku egtahay waqtiga arjiga ee codsashada dugsiga hoose iyo dugsiga sare ee deegaankaaga?**

## Ka Helitaanka Adeegyada Khadka Tooska ah - Shaqaalaysiinta

Ka fikir su'aalaha soo socda iskuna day inaad ka hesho macluumaad khuseeya khadka tooska ah

- Maxaad dooneysaa inaad ka ogaato bilowga shaqo ee Boqortooyada Midowday marka laga hadlayo xuquuqdaada iyo waxa aad xaq u leedahay?
- Ma garanaysaa halkaad aadeyso haddii aad wax su'aalo ah ka qabto ama aad u baahan tahay in lagaa caawiyo muranka loo shaqeeyahaaga?
- Qof kastaa ma leeyahay xuquuq isku mid ah xagga shaqada ee Boqortooyada Midowday ee Igiriiska??

## Xeerarka shaqada ee khuseeya

Boqortooyada Midowday waxay leedahay sharciyo shaqo oo ilaaliya shaqaalaha isla markaana hubiya heerarka ugu yar.

- **Mushaharka Ugu Yar ee Qaranka**, wuxuu faahfaahin ka bixinayaa xaddiga loo shaqeeyahaagu inuu ku siiyo ugu yaraan taas oo ku xiran da'daada
- **Xeerarka waqtiga saacada shaqada** ayaa sheegaya in dadka waaweyni aysan u shaqeyn karin wax ka badan 40 saacadood usbuucii loo shaqeeye illaa aad si gaar ah u doorato inaad ku sameyso heshiiskaaga
- **Sharciyo iyo xeerar badan oo caafimaad** iyo badqab ahaaneed kuwaas oo loogu talagalay in lagu ilaaliyo nabadgelyada shaqaalaha.
- **Sharciyada takoor** la'aanta ayaa sheegaya in loo-shaqeeyahaagu uusan kula dhaqmi karin si ka duwan sababo la xiriira dabeecad la ilaaliyo (da'da, isirka, galmada, diinta, jinsiga, naafonimada iwm)

- **Fasaxyada mushaharka socdo, jirrada iyo dhalmada ama fasaxyada aabbanimada** ayaa qeexaya muddada, iyo xaddiga shaqaalaha fasaxa mushaharka leh ay xaq u leeyihiin xaaladahaas oo kale
- **Shuruucda tabarucaad hawlgaabnimada ee u baahan shaqo-bixiyahaaga inuu habeeyo nidaamka hawlgaabka**

*Zahra waxaa khilaaf soo kala dhex galay iyada iyo cida ay u shaqayso mushaharkeeda. Waxay sheegtay in aan la siinin mushaarka ugu yar. Waxay tahay 25 sano jir waxayna shaqaale ahaan uga shaqaysaa UK.*

**Adoo adeegsanaya barawsarkaaga internetka si aad u raadiso macluumaadka, intee in le'eg ayaa la siinayaa Zahra ugu yaraan saacaddii? Miyuu isbeddelayaa haddii Zahra da' yar tahay ama haddii ay tahay arday wax baranaysa?**

Jawaabta waxaa laga heli karaa halkan: [www.gov.uk/national-minimum-wage-rates](http://www.gov.uk/national-minimum-wage-rates)

**Dhammaan sharciyada shaqada miyay si isku mid ah u khuseeyaan qof kasta oo ka shaqeeya Boqortooyada Midowday ee Ingiriiska?**

Maya. Sharciyada adiga ku khuseeya way kala duwanaa karaan iyadoo ku xiran haddii lagu tixgeliyo shaqaale, qof iskii u shaqaysanaya ama shaqaale. Qaar ka mid ah sharciyada shaqada ayaa sidoo kale kuxiran da'daada (mushaharka ugu yar, nooca iyo saacadaha shaqada ee la ogol yahay) ama intaad shaqeyneysay (ciidaha, fasaxa umusha iwm).

Tusaale ahaan, qandaraasyada saacadaha aan ku xadidnayn ayaa si isa-soo-taraysa ugu badan gudaha Boqortooyada Midowday ee Ingiriiska, iyada oo ah nooc shaqo ah oo qofka mushahar looga qaato oo keliya tirada saacadaha uu dhab ahaan shaqeeyo taas oo noqon karta 0 ama 40 saacadood toddobaadkii iyadoo ku xidhan baahida. tusaale ahaan, darawalada Uber, kaaliyaha dukaanada qaarkood ama shaqaalaha maqaaxiyaha ka shaqeeya. Si ka duwan hab dhaqameedka shaqaalaynta, iyagu ma damaanad qaadaan dakhli aasaasi ah (mushahar) mana ku siin doonaan haddii aad shaqada uga maqantahay jiro darteed.

Haddii aad ka shaqeysid qandaraas aan saacado ku xirnayn waxaad weli leedahay xuquuq: mushaharka ugu yar, fasax mushaharkiisa la bixiyo, bixinta wicitaanka iyo xaq u yeelashada waqtiyada nasashada ee shaqada iyo inta u dhexeysa maalmaha shaqada. Macluumaad dheeraad ah waxaa laga heli karaa halkan: [www.acas.org.uk/zero-hours-contracts](http://www.acas.org.uk/zero-hours-contracts)

Macluumaad dheeraad ah oo ku saabsan sharciyadaan iyo xuquuqda aad ku leedahay shaqada waxaad ka heli kartaa khadka tooska ah.

- **Dawlada:** [www.gov.uk](http://www.gov.uk)
- **Acas** kuwaas oo shaqaalaha iyo loo shaqeeyaha siiya talo bilaash ah oo ku saabsan xuquuqda goobta shaqada iyo dhaqamada ugu fiican. [www.acas.org.uk/advice](http://www.acas.org.uk/advice)
- **Xafiiska talosiinta muwaadiniinta (Citizen's advice bureau)** [www.citizensadvice.org.uk/work/](http://www.citizensadvice.org.uk/work/)

**Ururada Ganacsi (Trade Unions)** sidoo kale waa ilo kale oo taageero iyo talo ah oo ku saabsan xuquuqda shaqaalaynta, oo lagu bixiyo is-abaabulka shaqaalaha: [www.gov.uk/join-trade-union](http://www.gov.uk/join-trade-union)

Waxaad sidoo kale kula hadli kartaa bilaash oo kalsooni leh adeegga talobixinta lacagta si aad ugu caddeyso mushaharkaaga iyo xuquuqda aad u leedahay:

**Adeegga Talobixinta Lacagta:** [www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk)

## La talinta shaqooyinka iyo shaqo raadinta

Haddii aad raadineyso macluumaad ku saabsan sida aad ku geli lahayd door gaar ah ama shaqo waxaad u baahan tahay inaad ka fiiriso talobixinta xirfadaha websaytyada hoose. Markaad shaqo hesho, aad rabto inaad dalbato, qaar badan ayaa ku weydiin doona inaad foom ku buuxiso khadka tooska ah ama aad u dirto warqada taariikh nololeedkaaga (oo kooban oo ku saabsan aqoontaada, xirfadahaaga iyo taariikhda shaqada). Waxaad ka heli kartaa tusaalooyin, tusaalooyin bilaash ah iyo talo ku saabsan sida loo qoro warqada taariikh nololeedkaaga wax ku ool ah adoo ka raadinaya khadka tooska ah iyo intabadan websaydhada hoose waxay bixiyaan talo ku saabsan codsashada shaqooyinka sidoo kale.

- **England** [www.nationalcareers.service.gov.uk](http://www.nationalcareers.service.gov.uk)
- **Scotland** [www.skillsdevelopmentscotland.co.uk](http://www.skillsdevelopmentscotland.co.uk) or [www.myworldofwork.co.uk](http://www.myworldofwork.co.uk)
- **Wales** [www.careerswales.gov.wales](http://www.careerswales.gov.wales)
- **Waqooyiga Ireland** [www.nidirect.gov.uk/contacts/contacts-az/careers-service](http://www.nidirect.gov.uk/contacts/contacts-az/careers-service)

Goobaha shaqada ee Khadka tooska ah:

- **England, Scotland iyo Wales:** [www.gov.uk/find-a-job](http://www.gov.uk/find-a-job)
- **Northern Ireland:** [www.jobcentreonline.com/JCOLFront/Home.aspx](http://www.jobcentreonline.com/JCOLFront/Home.aspx)

## Tabarucitaan

Tabaruciddu waxay noqon kartaa hab waxtar leh oo lagula kulmo dad cusub, lagu kasbado xirfado cusub iyo barashada nolosha Boqortooyada Midowday. **NCVO** waxay ku siinaysaa talo iyo qalab si aad u hesho fursad tabarucnimo oo adiga kugu habboon.

[www.ncvo.org.uk/ncvo-volunteering/i-want-to-volunteer](http://www.ncvo.org.uk/ncvo-volunteering/i-want-to-volunteer)

Ama waxaad ubaahantahay inaad lahadasho **xarunta tabaruca ee deegaankaaga:**

[www.ncvo.org.uk/ncvo-volunteering/find-a-volunteer-centre](http://www.ncvo.org.uk/ncvo-volunteering/find-a-volunteer-centre)

Hay'adaha shaqsiyeed waxay lahaan doonaan macluumaad ku saabsan fursadaha iskaa wax u qabso laakiin sidoo kale waxaa jira websaytyo internet oo taxay fursadaha iskaa wax u qabso

- **Do It** [www.do-it.org](http://www.do-it.org)
- **CharityJob** [www.charityjob.co.uk/Volunteer-Jobs](http://www.charityjob.co.uk/Volunteer-Jobs)
- **Volunteering Matters** [www.volunteeringmatters.org.uk](http://www.volunteeringmatters.org.uk)

## Ka Helitaanka Adeegyada Khadka Tooska ah – Guriyeynta

### Sidee Ayaan u heli karaa guri?

Guriyeynta Boqortooyada Midowday ee Ingiriiska waa mid dhib badan, xulashooyinkaaguna waxay ku xirnaan karaan halka aad ka degan tahay Boqortooyada Midowday iyo xaaladdaada. Hoyga (Shelter) (England, Scotland iyo Wales) iyo Talobixinta Guriyeynta NI (Housing Advice NI) ayaa ku siin kara talo ku saabsan xuquuqdaada iyo waxa aad u baahan tahay haddii aad su'aalo qabto.

- [Shelter \(England\)](#)
- [Shelter \(Scotland\)](#)
- [Shelter Cyrmu \(Wales\)](#)
- [Talo siinta Guriyaynta NI \(Waqooyiga Ireland\)](#)

## Ma u malaynaysaa in qoraalada soo socdaa ay run yihiin ama been yihiin?

### 1. Kharashaadka guryuhu had iyo jeer waa la daboolayaa haddii aad helayso amaah guud ahaaneed.

Haddii aad helayso amaah caalami ah, xusuusnow xaqiiqda ah in [kharashyada guryaha ee deynta caalamiga ah la daboolayo](#), sidaas darteed waxaa jira ugu badnaan aad dalban karto, iyadoon loo eegin inaad ku jirto guriyeynta golaha deegaanka ama guryaha kirada ah ee gaarka loo leeyahay. Waxa kale oo aad la hadli kartaa Xafiiska **Citizens Advice Bureau** ama **Advice NI** haddii aad su'aalo ka qabtid maareynta kharashyada guryaha, deynta ama kirada qeyb qeybta loo bixiydo.

**Citizens Advice Bureau** [www.citizensadvice.org.uk/housing/renting-privately/private-renting/get-help-with-renting-costs/](http://www.citizensadvice.org.uk/housing/renting-privately/private-renting/get-help-with-renting-costs/)

- **Advice NI** [www.adviceni.net/advice/debt](http://www.adviceni.net/advice/debt)

**Haddii aad ku dhibtooneysid bixinta qarashyada** guryaha waxaa laga yaabaa in maamulka degmadaadu awoodi doonaan inay ku taageeraan bixinta ikhtiyaariga ah ee bixinta guryaha. Waxa kale oo aad xaq u yeelan kartaa **dhimista cashuurta golaha** ama qiimaha **la dhimay**.

### 1. Guriyeynta Golaha / Guriyeynta bulshada (Guriyeynta ay leedahay dowladda hoose) waa xaq sidaa darteedna marwalba waad heli doontaa caawinaadan haddii aad codsato.

Maya. Gobolku wuxuu caawin karaa guriyeynta qoysaska xaaladaha qaarkood, tusaale ahaan haddii hoyga uu ka buuxo, ama xaalad aad u liidata, haddii aad khatar ugu jirto rabshad ama haddii aad khatar ugu jirto guri la'aan. Waxaad ka heli kartaa macluumaadka dawladda ee guryaha dawladda hoose, oo sidoo kale loo yaqaan 'guryaha bulshada' [halkan. www.gov.uk/council-housing](http://www.gov.uk/council-housing)

Waxaa muhiim ah in la ogaado in gole walba uu leeyahay xeerar u gaar ah. Caadi ahaan waxaad ku biiri doontaa liiska sugitaanka golayaashuna ma lahan guryo ku filan oo ay ku daboolaan baahida, sidaa darteed looma balan qaadayo inaad guri heli doontid.

### 2. Golahu wuu ku caawin karaa hadaad gurilaawe tahay.

Haddii aad hoy la'aan tahay ama aad u maleynaysid inaad hoy la'aan noqon doonto 56 maalmood ee soo socda gudahood, waxaad ka dalban kartaa guryaha golaha degmada xafiiska maamulka guryaha ee degmadaada (sidoo kale waxaa loogu yeeri karaa Golaha Deegaanka) (Local Council), ama haddii aad joogto Waqooyiga Ireland, waad la xiriiri kartaa Maamulka Guryaha (Housing Executive). Waxaa jira shuruudo lagu heli karo caawimaad haddii aad hoy la'aan tahay. Waxaad ka heli kartaa halka lagala xiriiro xafiiska guryaha ee degmadaada si aad u samayso codsiga hoy la'aan golaha guriyeynta halkan:

- [England and Wales](#)
- [Scotland](#)
- [Waqooyiga Ireland](#)

### **3. Dalbashada guri gole waxaa go'aansan qofkasta oo baahi badan u qaba.**

Kawnsalka (ama Waqooyiga Ireland, Maamulka Guryaha) ayaa kormeera dadka heli kara guri bulsho oo ka shaqeeya liisaska sugitaanka. Waxay go'aansadaan cidda hoy ku helaya dhibcaha ama nidaamyada "kooxaynta awood ahaaneed", kuwaas oo ku saleysan baahi. Golahaagu wuxuu yeelanayaa sharciyo u gaar ah oo ku saabsan cidda codsan karta iyo cidda mudnaanta leh. Waxaad ka hubin kartaa waxa sharciyada golahaagu yihiin websaytkooda.

Halkan ka hel **websaytka golaha deegaankaaga**: <https://www.gov.uk/find-local-council>

**Maamulka guryaha ee Waqooyiga Ireland**: <https://www.nihe.gov.uk/Housing-Help/Apply-for-a-home>

### **4. Marka aan u sheego golaha baahida aan qabo, wax walbaba way ilaalin doonaan waxayna ii heli doonaan meel aan ku noolaado oo rasmi ah.**

Waad isdiiwaangalin kartaa si aad u dalbato guryaha bulshada haddii aad ka weyn tahay 16 oo aad xaq u leedahay inaad ku noolaato Boqortooyada Midowday ee Ingiriiska. Golayaasha qaarkood waxay soo bandhigaan qaab dadka ay ku doortaan inay ku tartamaan in guryaha la heli karo, halkii lagu dari lahaa liiska sugitaanka. Haddii aad xaq u leedahay oo aad rabto inaad dalbato guriyeyn degmo, waxaad raaci kartaa [lifaaqaan](#) oo gali lambarkaaga si aad u ogaato meesha aad iska diiwaangelin karto guri oo aad ku dalban karto inaad kireysato guryaha ay leeyihiin golaha deegaanku.

Waxay qaadan kartaa bilooyin badan, ama xitaa sanado, inaad ku hesho guryo bulsho oo rasmi ah, waana masuuliyadaada inaad raadiso oo aad gorgoriso guryaha. Waxaa lagaa dajin karaa hoy degdeg ah, sida Sariir iyo Quraac ama Hoteel rakhiis ah, inta la samaynayo dalab hoy la'aan ah ka dibna hoy ku meel gaadh ah inta xal waara oo joogto ah laga helayo.

Macluumaad dheeri ah oo ku saabsan noocyada kireysiga golaha, hagaajinta gurigaaga golaha, sameynta cabashooyin ama iibsashada gurigaaga golaha waxaad raaci kartaa lifaaqyada [halkan](#).

## **Daraasada Xaalad ahaaneed**

Zahra iyo caruurteedu waxay yimaadeen Boqortooyada Midowday si ay ula noolaadaan lamaanaheeda fiisada midowga qoysaska qaxootinimo. Zahra, way ogtahay in fiisaha noocan ah ay xaq u leedahay lacagaha dadweynaha, oo ay ku jiraan kuwa la xiriira guryaha. Waxay u baahan yihiin inay helaan guri cusub sababtoo ah lamaanaheeda xilligan wuxuu ku nool yahay guri la wadaago, qoyskuna waa inuu ku seexdaa hal qol. Way badan yihiin. Ayada iyo qoyskeeduba waxay booqdaan degmada waxayna waydiistaan talo ku saabsan ikhtiyaarradda iyo caawimaad ay ku helaan guri cusub.

**Maxaad u maleyneysaa in maamulka deegaanka uu rabo inuu ogaado?**

**Eeg haddii aad ka heli karto sharciyada goobtaada waxa qiimaynta guri la'aanta golaha ay ka mid tahay adigoo ka raadinaya macluumaadka internetka.**

Zahra waxay ogaatay in goluhu uusan u baahnayn inuu guri siiyo qofkasta oo bilaa guri ah. Waxay baraneysaa in guud ahaan, UK oo dhan, golayaasha badankood ay eegi doonaan 5ta xaaladood ee soo socda:

- **Waa inay ahaadaan guri la'aan "sharci ahaan"** tusaale ahaan, laga saaray guriga ama aan awoodin inay sii joogaan rabshad ama dab awgood iwm.
- **Waa inay buuxiyaan shuruudaha lacagaha dadweynaha** ee kuxiran xaaladda socdaalka
- **Waa in aad ku jirto baahi mudnaan leh:** Tani waxay noqon kartaa qoys leh carruur ka yar 16 jir, uur leh, guri la'aan ay sababtay dab ama musiibo kale ama loo qoondeeyey inay yihiin kuwo nugul (tusaale ahaan, halis ugu jira xadgudub guri)
- **Waa inay hoy la'aan noqdaan ayaga oo aan wax khalad ah oo aad iska leedahay aan jirin** tusaale ahaan, haddii lagaa saaray gurigaaga sababo la xiriira adoo ku kacaya fal dambiyeed ama dhaqan aan bulshada ku wanaagsaneyn, ama aad dooratay inaad ka tagtid gurigaaga markii aad joogi lahayd tan waxay noqon kartaa "ula kac guri la'aan"
- **Inaad xiriir hoose la leedahay deegaankaaga:** ku noola ama ka shaqee halkaas, qoys ku yeela ama halkaas ku noolow markii la siiyo sharci qaxooti.

Zahra waxay baraneysaa haddii aysan laheyn xiriir hoose oo ay weydiisteen caawimaad, goluhu wuxuu kuu gudbin karaa gole kale oo aad adigu ka codsato. Tan ma sameyn karaan haddii aad halis ugu jirto xadgudub guri! Golaha ayaa qoyskeeda geliya liiska sugitaanka waxayna diiwaan geliyaan qoyska si ay ugu tartamaan guryaha. Iyagoo qiraya inay yihiin dad aad u fara badan waxay u soo bandhigaan inay usoo guuraan si degdeg ah oo 5 mayl u jirta hudheel isla markaana ka diiwaangeliso si ay awoodaan inay ku tartamaan guryaha bulshada, iyagoo kula taliyay inay iyaguna raadsadaan kirooyin gaar loo leeyahay.

## **Beddelka guryaha bulshada ama guryaha golaha**

### **Guri kirro ah oo gaar loo leeyahay**

Kireysiga guri gaarka loo leeyahay waxay noqon kartaa xulasho wanaagsan waxayna noqon kartaa mid sahlan oo dhaqso badan in la helo marka loo eego sugitaanka guryaha bulshada. Ma jiraan shuruudo xaq u yeelasho oo aad ka kireysato milkiile guri oo gaar loo leeyahay kireysiga gaar ahaaneedna waa habka ugu caansan ee guri looga kireysto gudaha Boqortooyada Midawday ee Ingiriiska.

Waxaad ka heli kartaa goobo gaar loo leeyahay oo aad kireysato adigoo ka raadinaya khadka tooska ah: Waxaa jira websaytyo badan oo kireysi ballaaran ee Boqortooyada Midowday ee Ingiriiska. Tusaalooyinka qaarkood ayaa hoos ku qoran, ama waxaad ka raadin kartaa khadka tooska ah "[goobtaada] + house to rent (guri la kireynayo)".

- [Zoopla](#)
- [Rightmove](#)
- [Propertypal](#) (Waqooyiga Ireland)
- [Spareroom](#)

**Golahaaga deegaanka ama websaytka fulinta guryuhu waxay caadiyan lahaan doonaan lifaaqa websaytyada wakaaladda oggolaanshaha bixiya ee leh guryo gaar loo leeyahay sidoo kale.**

Haddii aad qaadaneynsid Dheef Taageero ahaaneed, waxaad heli kartaa milkiileyaasha guryaha ama kuwa wakiilka kaa kireysanaya inay dhahaan kuma kireysan karno adiga xayeysiinta guryaha ayaa oran doonaa "No DSS" (oo macnaheedu yahay qofna kuma jiro taageerada daryeelka bulshada ee gobolka oo ay ku jirto kaalmada guriyeynta). Tani waxay sharci darro ka noqon kartaa England iyo meelo kale, ka dib xukun sharci ah sannadka 2020 waana inaad la hadasho Shelter ama Citizens Advice Bureau wixii talo ah.

## Ururka Guryeynta

**Ururka guryeynta** waxay siisaa guri dadka dakhligoodu hooseeyo ama u baahan taageero dheeri ah. Waxaad si toos ah uga dalban kartaa ururada guryaha, ama golaha deegaankaaga. Waxaad sidoo kale ka baari kartaa khadka tooska ah si aad u ogaato waxa laga heli karo goobtaada.

## **Haddii aadan ku nabad qabin gurigaaga**

Haddii aad gurigaaga kula kulanto xadgudub qoys ahaaneed, ama haddii aad uga soo carartay gurigaaga sababtoo ah waxaad dareemeysaa ammaan-darro waxaad awoodi kartaa inaad ka sameysato codsi guri la'aan xafiiska degmadaada. Waxay ku dejin karaan hoy degdeg ah ama waxay kuu rari karaan goob magangelyo ama meel kale si aad u nabad gasho. Waa inaad la xiriirtaa golaha deegaankaaga ama **Khadka Caawimaadda Xadgudubka Qoys ahaaneed** ee Qaran si aad uga hesho talo ku saabsan waxay tahay tallaabada xigta ee nabadoon Haddii aad dareento khatar degdeg ah, markasta kala xiriir **booliska** lambarka 999.

Haddii aad qaxday, waxaad awoodi kartaa inaad ka hesho meel gabbaad haween ah. Magangelintu waa guri ammaan ah oo laga yaabo ama aan laga yaabin inuusan ku oollin isla gooba aad hadda ku nooshahay.

**Khadka Magan geliyada** iyo **Caawimaada Xadgudubka Qoys ahaaneed** **0808 2000 247**

## **Soo koobitaan**

Waa inaad hadda awooddaa inaad

- Fahamto sida macluumaadkaaga shakhsiyeed loogu isticmaali karo khadka tooska
- Raadintaada Dhexdhexaadka ah si aad 'ammaan ugu ahaato' natiijooyinka raadinta, si gaar ah u daalacato oo tirtirto taariikhda barawsarkaaga.
- Turjun bog oo wax ka beddel luqadaha barawsarkaaga



- Raadi macluumaad ku saabsan mowduucyada muhiimka ah oo ogow meesha aad raadineyso haddii aad u baahan tahay macluumaad dheeraad ah.

