



Solentra maxey kuu qaban karan?

Miyaad la halgameysa dhamaan noocyada calamadahan?

JWaxa lagugu qasbay in aa wax kasta ka tagto si aad ugu baxsato rabshadaha dagaalka. Inta aa kuso jirtay safarkaga ku wajahna Belgium, waxa kaso gudubtay xaalado kala duwan oo adag. Imanshahaga kadib waxa lakulantay dhaqan cusub oo luqado kala duwan leh. Bulshadii aad ku kalsoneed sida ahalkaga iyo diinta wey burburtay (qeby ka mid ah).

Tani waxey sababi karta calamado kala duwan sida : **calool xanun, madax xanun, hurdo la an, walaac, rajo la an...** kuwana waa falcelinta jirkaga ku adan waxyabaha cabsida badna oo kuso wajahay. Daawo ahan waxan idin so badhigeyna mid ka mid dawooyinkena ugu wax tarka badan: Baxnanin. Si wada jir waxan ugu shaqeyneyna in an helno xal waxtar leh.

“Inta anan imanin Solentra, waxan la dala dhacayay hurdo la an, qarow iyo fikrado igu so noqnoqdo. Waxan ku sugna xaalad walwal, walbahar iyo warer. Maalmaha qaar waxan ka cabsan jiray in an guriga kaso baxo waayo xaladeyda aa zaid uxumeyd, daahyada an xiri jiray qolkeygana kama so bixi jirin. Walaceyga halkas uu garsana. Solentra waxan ka bartay waxyabo badan oo kala duwan taas oo kor uqaday kalsonideyda. Waxan bartay in la tacaalo walwalka markas ihayo. hada rajadeyda wey so noqotay.”

Solentra sidey ku Caawin karta?

Qabiiradena cilmi nafsiga ku taqasusay waxey diyar uyihin in ey idin so dhaweyan oo idin hagaan. Solentra waxan idinku heynta baxnanin ku baxeyso luqadada, ayado laga egayo hidaha iyo dhaqankaga. Dakhatirtena, turjumanadena iyo dhax dhaxadiyaha dhaqamada kala duwan waxey kaa cawinayan **in aad hesho aragti cusub.**

Iyado loo egeynin xaaladada mise xiliga aa Belgium imaday, waa noo iman karta. Waxan u shaqeyna ilmaha, dhalanyarada, dadka weyn iyo reraha is qaba. Midka daalanow, adoo laba labeynin noo imaw, waxan nahay guriga so dhaweya shisheyaha oo cod siiya.



Waxan ka wada shaqeyneyna habka ugu fican oo an ku wajaheyno baxnaninta

Markasta waxan ka bilaweyna **waxa aad adiga ubahantahay**. Waxan kawada hadlena xaaladada iyo deegankaga. Qaxooti maatahay? Yaad kaso tagtay wadanki? Maxa cabsi oo ku heesta? Maxa u bahan tahay?

Si wada jir ah, waxan uwada qeexeyna wax yabaha kala duwan oo gadal kuu dhigaya in aad nolol cusub dhisatid wadanka cusub oo aad imaday. Kadib waxan ka hadlena qaabka aa uwaji lehen xaaladaada.

„Marki hore waxan daremayay ceeb iyo yaxyax, waa sida ugu fican oo an usharxi karo waxan daremi jiray. Waxan ka fikirjiray: waxey kugu wacayan qof waalan hadan dhakhtarka cilmi nafsiga utago. Bulshadeena waa wax aad ceeb u ah. Markan meshan imaday, waxan daremay in wax aad uweyn sameyay. Waxan daremay walac badan oo ku adan sida leyga daaweyn doono hase ahate waxan laha rajo.”

Daryeel lagu subinayo meel nabdoon:

Hadan isla go amino baxnaninta in ey wax tar ku ledahay, wan sii wadeyna, waxan ku subineyna jimicsi si loo yareyo naxdinta iyo calamadaha jirkaaga. Mise waxa kala **hadli karta** dhakhatirtena qaaska ah, si shaqsi ah mise xiliga lagu jiro kulanka asxaabta.

Baxnaninta kuma hilmamsin karto dhibka kuso maray, hase ahaatee waxey kaa caawin karta in aad gacanta ku dhigto noloshaada adigo u ogalanin in xasustada ey nidaamiso shucuurtada. Tan waxey ku sinyeysa fursad aa ku sii wado in aa nolosha dhisatid oo aad **rajo iyo nashaad** heshid.

Dhakhaatiradena waxa qabta xeerka sir qarinta: wax walbo aa ku hadasho inta lagu guda jiro wada hadalka qolkas madhafi karan. Waxaa xor utahy in aa go an satid waxa aa ushegeyso dhakhtarta iyo xiligi aa go an satid in aad ushegeyso. Kalsonida oo sii ziyada waxey hor sedeyna in daaweynta ey sii ficnaato.



Meeqa waye qimaha daawaynta?

Daryelkena **waa lacag la an**. Hasa ahate, Solentra qarash ayaa ku socdo, waxan si xishmad leh kaga codsaneyna in aa xishmeyso waqtiga balantada mise aa **iska jojisid xili hore**. Tan waxey noo sahleysa in aa fursadas siino qof qaxooti ah oo cawinad ubahan.

Afka Netherlandka maa rabta in aa ku hadasho?

Maya. **Waxan ku diyarineyna qof tarjuman** si aa wax yabaha adag luqadada hooyo ugu sharaxdid. Turjumanka waxa waajib ku eh in uu sirta qariyo sida dhakhtarka cilmi nafsig.

Latashiga intu ka dhici dona?

Wada tashiga wuxu ka dhacaaya meelo kala duwan oo gudaha Belgium ah. Waxan isku dayeyna in aa kaa cawino meel udhaw mesha aa dagantahay. Waxa kalo macqul ah wada tashiga lagu qabto online (si talphone ah).

Sidee isku qori karta?

Adiga si toos ah balan uma suubsan kartid. **Qofka u qabilsan daryeelkaga** aa ku qori karo asago so buxinayo [formka onlineka](#). Kala tasho fursada qofka ku fadhiya xafiska dowlada , qofka kula saxibka ah, Dhakhtarkaga qaaska ah, kormeeraha CLB, mise lataliye qarsoodi eh.

