

KU SOO DHAWOOW WAKHTI FIRAAQO OO QIIMO LEH



Arbaca kasta saacadaha 14.30 ilaa 16.30 waxa Kristin ay joogtaa Grannehjelpa (cinwaan: Sandenvegen 1B, 5600, Norheimsund) waxaanay diyaar u tahay su'aalo iyo wadahal ku saabsan wakhtiga firaqada ah iyo caawin ku saabsan sida lacagta looga bixiyo Friskus.



CARRUURTA IYO DHALLINYARADA KVAM

ee jira 6 sanno ilaa 18 sanno waxa lixdii bilood ba la siinayaa 1000 karoon oo ay ku bixin karaan lacagta firfircoonida la sameeyo wakhtiga firaqada ah ee joogtada ah isla markaana abaabulan. Waxa loola jeedaa firfircoonida ay koox carruur ama dhallinyaro ah isu imanayso ugu yaraan 6 jeer sannadkii, oo isla markaana ay joogaan qof ama dhowr qof oo waaweyni oo ay hogaaminayaan firfircoonida. Kaadhka Firfircoonida Wakhtiga Firaqada ah (Fritidskortet) waa mid qofka la siiyay u gaar ah, islamarkaana lacagta ku jirta looma wareejin karo cid kale. Waxa Kvam ka jira firfircooni badan oo la kala dooran karo.

Waxaad ka heli kartaa: kvam.friskus.com



HADAFKA AANNU KA LEENAHAY KAADHKA FIRFIRCOONIDA

ayaa ah in dhammaan carruurta iyo dhallinyarada Kvam ay dareemaan in ay jirto meel ay ka tirsan yihiin oo ay ka heli karaan wax ay ku fican yihiin. Kaadhka Firfircoonidu waa mashruuc tijaabo ah oo ka yimi agaasinka arrimaha carruurta, dhallinyarada iyo qoyska waxaanu soconayaa ilaa iyo gu'ga 2022.

DIYAARSO KAADHKA FIRFIRCOONIDA:

Kaadhka Firfircoonidu waa digitaal, waxaanad ka helaysaa kvam.friskus.com. Waa in aad is diiwaangeliso ka hor intaanad bixinin lacagta. Halkaas waxaad ka helaysaa dhammaan firfircoonida loogu talagalay carruurta iyo dhallinyarada Kvam.

Lacagta firfircoonida ka bixi: kvam.friskus.com/fritidskortet ama iskaangaree **QR-ta**.

Kaadhka Firfircoonida waxaad u isticmaalaysaa in aad lacagta ku bixiso, laakiin haddii aad rabto inaad firfircooni ka qaybgasho la xidhiidh masuuliyiinta abaabulaya firfircoonida.

Haddii lacagta firfircoonida ee la bixinayo ka badan tahay inta ku jirta kaadhka firfircoonida, waa in aad iska bixiso lacagta dheeraadka ah. Haddii aanad awoodin bixinta lacagta dheeraadka ah, waxaad la xidhiidhaa Kristin Lundblad oo ka masuul ah nidaamka Fritidskortet Plus (Kaadhka Firfircoonida ee la kordhiyay). Barta kvam.no/fritidskortet waxaad ka akhrisan kartaa faahfaahin ku saabsan nidaamka iyo habka aad u isticmaali karto Kaadhka Firfircoonida.

Iskaangaree halkan oo qaado Kaadhka Firfircoonida!



HUGSKOT AS - Foto: Pexels.com



Kvam herad



friskus

Haddii aad rabto la soo xidhiidh Masuulka mashruuca:

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