

## SIANGHNGAKCHIA CAAH

Unge & Rus [*Mino le Siṭhalo*] cu zu ruangah mino nunzia le khuaruahning a rawh lo nak caah timhchih in rian a ṭuan. Unge & Rus nih a rianṭuannak cu mino hna pawngkam in a thawk. Hi rianṭuannak nih ai timhchihmi hna cu, sianghngakchia, nulepa le saya te hi an si hna. Unge & Rus cu internet hmang zong in mi bawmhnak rian a ṭuan.

Rianṭuannak ah biapi bikmi cu sianghngakchia cawlcanghnak asi.

Sianghngakchia hna nih a tlangpi in a tanglei hna hi an ṭuanmi asi:

**Unge og Rus ah a tlangpi in ṭuan-ceihmi hna cu:**

- Mi iap-huap khawhnak kong
- Zu kongah hmuhning kong
- Zu dinnak kong
- Zu awr tei khawhnak kong

Sianghngakchia hna nih pawngkam hlathlainak, zuawr tei khawhnak biaruah/ceihnak, zu din ṭhatlonak a langhter kho tu drama le cawnnak hna kha an tuah. Unge le Rus rianṭuannak caan chungah sianghngakchia hna nih an hmuhning ceihnak in rian an ṭuan pinah a ngandehmi rian hna zong mah tein thim in chimphuannak zong an ngei.

Unge & Rus ah caan zeitluk an hman timi tu cu pawngkam umtuning hawih in ai dang kho cio. Hmuhton cangmi nih a langhter mi cu, sianghngakchia pakhat ah nazi 10- 30 tiang bawmh an si ti hi asi.

## NULEPA/ZOHKHENHTU HNA HE RIANṬUANṬI NAK

Hngakchia in mino sinak ah i thlen tikah anmah mino hna caah harnak tampi a um ve bantuak in nulepa-zohkhenhtu hna ca zongah tuahding ai hun i chap ngaingai.

Si ṭhalo kham rianṭuannak a tlamtlin nak caah sianginn le inn ṭha tein rianṭuanṭi hi a biapi ngaingai. Si ṭhalo timi hna cu; kuak, zu le phung nih a khapmi si pawl an si.

Fa le zohkhenhnak ah zapi lung ruang tein rianṭuanṭinak nih hngakchia le mino hna lawng siloin zohkhenhtu hna ca zongah lung daih hnangamnak a pek hna.

Unge & Rus nih nulepa-zohkhenhtu hna he tonak voi hnih tiang a tuah.

[www.ungeogrus.no](http://www.ungeogrus.no)

**ungeogrus.no**

**UNGE & RUS NIH BIAPIBİK IN AI TIMHMI HNA CU SIANGHNGAKCHIA HNA NIH:**

- zudin kong theihhngalhnak le thil thuk deuh in khua an ruah khawhnak caah
  - zudin duhlonak an lung a ṭhawn khawhnak caah
  - Si ṭhalo hman ka duhlo tiin el khawhnak thazang/fimnak an ngeih
  - Zu din nak ah i tel ve lo nak ding caah
- Unge & Rus cu si ṭhalo khamnak kong cawnpiknak program pakhat asi, mino tang 8 in a curglei hna caah duhsak deuhmi asi.*
- Unge & Rus nih tang 9 a kaimi hna ca zongah a dang tein tuarvo latu a ngei theih herimi a phunphun a ngei.*
- Unge & Rus nih sianghngakchia, sayate le nulepa/zohkhenhtu hna caah a bikin rian a ṭuan*

**unge & rus**



Helsedirektoratet



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