

Nuburyo mutanga umusanzu mukwitegura kuri Noruveje

Impanuro zo kwitegura



Amakuru y'ingenzi ava mu buyobozi bushinzwe ubwiteganyirize bw'abakozi no kwitegura (DSB)

Kwitegura icyumweru

Wowe hamwe nabakunzi bawe uzabyifatamo ute niba amashyanyarazi adahari mugihe kinini? Ukora iki niba amazi abuze? Byagenda bite mugihe utabonye icyumweru? Kwitegura bisobanura kwitegura ibihe nkibi.

Abategetsu ba Noruveje barasaba ko abantu benshi bashoboka biteguye kwirwanaho icyumweru kimwe. Ni ukubera ko amakomine n'ibikorwa byihutirwa bigomba gushyira imbere abadashobora gucunga badafashijwe nikibazo. Niba benshi muri twe bashoboye kwiwitaho ndetse n'abadukikije, Norvege izarinda umutekano - ni ukuvuga umubare w'umutungo wa sosiyete wo gukumira no guhangana n'ibibazo n'intambara.

Ni iki gishobora kubaho?

Tuba mw'isi igenda itera ibibazo - mubindi biterwa n'imihindagurikire y'ikirere, intambara n'iterabwoba. Nubwo ibintu byinshi bikora nkuko bikwiye muri Noruveje, tugomba kwitegura ko ikirere gikabije, ibyorezo, impanuka, impanuka, kandi mubi, ibikorwa byintambara bishobora kutugiraho ingaruka.

Ibibazo nkibi birashobora kugira ingaruka zikomeye. Kugabanya amashanyarazi birashobora, kurugero, gutera amazi muri robine, sisitemu yimyanda, ibisubizo byokwishura, interineti, terefone igendanwa nibishoboka byo guteka bidakora nkuko bisanzwe.

Komeza imyiteguro yawe!

Kwitegura neza ni ishoramari mumutekano kuri wewe hamwe nabakunzi bawe. Niba ukurikiza inama ziri muri aka gatabo, uzarushaho gukemura ibintu byose uhereye ku guhungabana guto mu buzima bwawe bwa buri munsu kugeza ibibazo bikomeye. Byongeye kandi, utanga umusanzu kubayobozi bashoboye gushyira imbere abakeneye ubufasha cyane.

Wibuke ko imyiteguro imwe iruta iyindi!



Ifoto: Helitrans

Wite kurako gatabo neza





Amazi

Ukeneye amazi yo kunywa, guteka nisuku. Niba ubitse hafi litiro 20 z'amazi yo kunywa kuri buri muntu, uba ukenera byibuze icyumweru niba hari ikintu cyabaye kumazi muri robine. Bimwe mubikenerwa byamazi birashobora guhura numutobe, ibinyobwa bidasembuye nibindi binyobwa bidasindisha.

Ikintu kimwe gishoboka nukugura ibibindi cyangwa amacupa yamazi mumaduka. Ikindi gishoboka nuko wuzuza amazi ubwawe kuri robine. Uburyo bwo gukomeza:

1. Isuku

- Koza amacupa cyangwa iteremusi ukoresheje isabune n'amazi hanyuma woze neza.
- Uzuza amazi, hanyuma wongeremo imipira ibiri ya chlorine kuri litiro 10 z'amazi. Kureka byibuze iminota 30. Kuramo kandi woge neza.

2. Kuzuza

Uzuza iteremusi cyangwa amacupa yuzuye amazi atemba ava kuri robine..

3. Ububiko

- Bika amazi ahantu hijimye kandi hakonje hatari izuba ryinshi.
- Amazi meza mubikoresho bisukuye arashobora kubikwa imyaka myinshi bitabaye bibi kunywa.

Biragoye kubona umwanya wamazi?

- Birashobora kuba byoroshye kubona umwanya wo kubika iteremusi nyinshyi ntoya ntoya kuruta nini.
- Urashobora kubika amazi mumacupa munsu yububati bwigikoni cyangwa ahandi murugo ufite umwanya winyongera.
- Urashobora kubika ahantu hasanzwe? Rebera hamwe numuyobozi nuwukodesha cyangwa ishyirahamwe ryamazu kubyerekeye uburyo bwo kubika amazi hamwe.



Ubushyuhe n'umucyo

Amazu menshi afite amashanyarazi nkisoko nyamukuru yo gushyushya. Mu ngo nyinshi, amashanyarazi niyo soko yubushyuhe. Niba hari amashanyarazi yagabanutse mu gihe cy'itumba, irashobora guhinduka ubukonje n'umwijima mu nzu. Ugomba rero kugira gahunda yo gukomeza gushyuha.

Ugomba kugira ibi murugo rwawe:

- Shyushya imyenda n'ibiringiti, imyenda cyangwa imifuka yo kuryama.
- Ikigega cya buji na match cyangwa amatara.
- Itoroshi cyangwa itoroshi wakwambara mumutwe yo kureba mu mwijima (ibuka bateri zinyongera).

Ihitamo ryo gushyushya

- Menya neza ko itanura na chimney byemewe kandi bimeze neza, kandi ko ufite ibiti bihagije.
- Amashyiga ya gaze cyangwa kerosene yagenewe gukoreshwa mu nzu nubundi buryo mugihe habaye amashanyarazi.
- Imbaraga zihutirwa, nka generator cyangwa bateri ifite 230 volt isohoka, nayo irashobora gutekerezwa. Noneho ugomba kumenyera amategeko ninama zo gukoresha neza.

Mufashanye

- Niba umuriro w'amashanyarazi umara igihe kirekire kandi ukaba udafite ubundi bushyuhe: Girana amasezerano nabaturanyi bawe, umuryango wawe cyangwa inshuti niba ushobora kubana nabo.
- Wowe ubwawe ufite ubundi bushyuhe bwo gukoresha amashanyarazi, kandi uzi umuntu utabizi? Reba niba ushobora kubaha kugumana nawe mugihe gikomeye.

Nuburyo ugabanya gutakaza ubushyuhe niba amashanyarazi agiye

- Funga imiryango cyangwa umanike amatapi hagati y'ibyumba.
- Manika amatapi cyangwa amarido imbere yidirishya.



Ibiryoy

Mugihe gikomeye, ntabwo byanze bikunze uzashobora kugura ibiryo. Kubwibyo, ugomba kugira ibiryo bihagije icyumweru kubantu bose murugo.

Tekereza uburyo uzategura ibiryo niba amashanyarazi cyangwa amazi yabuze. Koresha ibiryo bifite ubuzima bwigihe gito ubanza, nkibicuruzwa bikonjesha kandi bikonje.

- Menya neza ko ufite ibiryo bike byokurya usanzwe urya. Niba uguze mbere yubusa, uzakora ufite ububiko bwinyongera.
- Kugira ibiryo byinyongera bifite ubuzima burebure, bushobora kubikwa mubushyuhe bwicyumba. Ingero nziza: igikoma, oatmeal, amababi y'ibishyimbo n'ibishyimbo, amabati yakwirakwijwe, utubari twingufu, imbuto zumye, shokora, ubuki, ibisuguti n'imbuto.
- Ingero zibyo kurya bimara igihe kirekire bisaba kuvura ubushyuhe: pasta, umuceri, isupu mumifuka, ifu, ibiryo byafunzwe nibiryo byumye.
- Niba hari ibiryo umuntu murugo adashobora kwihanganira cyangwa yarabaswe, ugomba kubitegura.
- Niba ufite umugambi wo gutegura ibiryo mugikoni cyumuyaga, icyotsa gaze cyangwa gaze ya gaze, ugomba guhora ugenzura ko ibikoreshe bikora kandi neza.





Kwitegura kwishura

Sisitemu yo kwishyura muri Noruveje ifite umutekano kandi neza. Nubwo bimeze bityo, ibitero bya digitale, amakosa yabantu, amakosa ya sisitemu cyangwa umuriro w'amashanyarazi birashobora gutuma sisitemu idakora nkuko bikwiye.

Niba utagihembwa nkuko usanzwe ubikora, nibyiza kugira ubundi buryo bwo kwishyura.

- Kugira amakarita menshi yo kwishyura. Irashobora kuba amakarita yo kwishyura atandukanye (amakarita yo kubikuza cyangwa ikarita yinguzanyo), cyangwa amakarita ya banki yatanze na banki zitandukanye.
- Kugira amafaranga murugo, cyane cyane mumadini atandukanye kandi mato. Reba umubare ukurikije umubare muri mwebwe murugo, nicyo ushobora kugura.
- Kugira konti muri banki nyinshi mugihe havutse ibibazo bya tekhnike hamwe na banki.



Reba urutonde kubyo witeguye

Hasi urahasanga ingero zibintu byiza kuba ufite murugo. Ugomba gusubiramo ibyo ukeneye no kuvugurura ububiko bwawe buri gihe. Wibuke ko umuryango, inshuti nabaturanyi bashobora gukorera hamwe mukwigurira.

Ibiryo n'amazi

- ☐ Sukura amazi yo kunywa abitswe mu nkono cyangwa mu macupa.
- ☐ Ibiryo bishobora kwihanganira ububiko bwubushyuhe bwicyumba.
- ☐ Gusya, guteka cyangwa igikoni cyumuyaga.
- ☐ Ibikoresho bya gaze cyangwa lisansi.
- ☐ Ibiryo n'amazi kubitungwa.
- ☐ Amafaranga macye hamwe n'amakarita menshi yo kwishyuza.

Ubushyuhe n'umucyo

- ☐ Shyushya imyenda n'ibiringiti, imyenda cyangwa imifuka yo kuryama.
- ☐ Imikino na buji.
- ☐ Igiti - niba ufite amashyiga cyangwa inkwi.
- ☐ Amashyiga ya gaz cyangwa kerosene agenewe gukoreshwa mu nzu.
- ☐ Amasezerano yo gucumbika.
- ☐ Amatara cyangwa amatara akoreshwa kuri bateri, igikonjo cyangwa imirasire y'izuba.

Amakuru

- ☐ DAB radio ikora kuri bateri, isharizwa cyangwa imirasire yizuba.
- ☐ Batteri hamwe na sharijeri na bateri yongeramo umuriro .
- ☐ Andika ku mpapuro na nimeru za terefone nkumubare wihutirwa, icyumba cyihutirwa, umuganga, umuryango, inshuti nabaturanyi.

Imiti n'isuku

- ☐ Imiti nibikoresho byubufasha bwambere.
- ☐ Ibinini bya iyode (bireba abana nabakuze bari muni yimyaka 40, abagore batwite n'abonsa).
- ☐ Ibikoresho by'isuku nko guhanagura neza, isuku y'intoki, nappies, impapuro z'umusariri, amakariso na tampon.

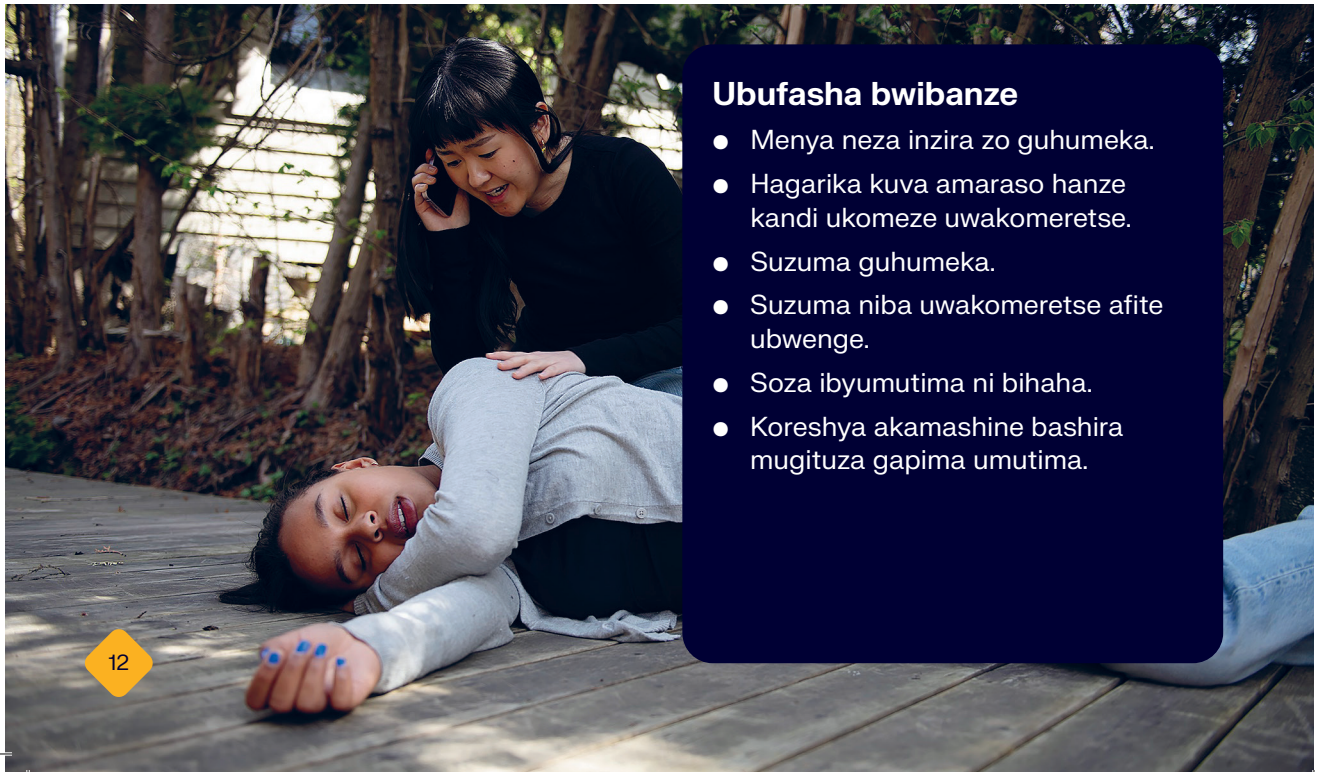




Imiti nubufasha bwambere

Mugihe gikomeye, birashobora kugorana kunyura kuri nimeru yihutirwa yubuvuzi cyangwa mubyihutirwa. Niyo mpamvu ari ngombwa kumenya ubufasha bwibanze bwambere kandi ukagira ibikoresho byubufasha bwambere murugo rwawe.

- Wige ubufasha bwibanze niba ufite amahirwe.
- Kugira ibikoresho byubufasha bwambere murugo rwawe. Niba ufite imodoka, ugomba no kuba ufite ibikoresho byubufasha bwambere mumodoka.
- Kugira byibuze iminsi irindwi itanga imiti nibikoresho byubuvuzi ukoresha buri gihe. Kora gahunda aho ukura ibikoresho bishya bitarenze icyumweru mbere yuko urangira.
- Kugira ibinini bya iyode murugo (bireba abana nabakuze bari munsu yimyaka 40, abagore batwite n'abonsa). Ibinini birashobora gukingira iyode ikoreshe na radiyo mugihe habaye impanuka ya kirimbuzi kandi bigomba gufatwa nyuma yo kubisabwa nabayobozi.



Ubufasha bwibanze

- Menya neza inzira zo guhumeka.
- Hagarika kuva amaraso hanzu kandi ukomeze uwakomeretse.
- Suzuma guhumeka.
- Suzuma niba uwakomeretse afite ubwenge.
- Soza ibyumutima ni bihaha.
- Koresheya akamashine bashira mugituza gapima umutima.



Isuku

Isuku nke irashobora gutera indwara n'indwara. Niba udafite amazi ya robine, isuku yumuntu hamwe nisuku biba ingorabahizi.

- Kugira ibihanagura bitose, isuku y'intoki hamwe na gants imwe ikoreshwa murugo rwawe.
- Kugira impapuro z'umusarani wongeyeho imifuka.
- Niba ukoresheje impapuro zose, imihango cyangwa isuku, ugomba kugira ububiko bwinyongera.

Niba amazi yabuze mugihe kirekire

- Witondere cyane isuku yumuntu nyuma yo gukoresha umusarani na mbere yo guteka.
- Komeza urugo rwawe rufite isuku kandi rufite isuku. Fata imyanda n'ibisigazwa by'ibiryo kugirango wirinde bagiteri n'udukoko.
- Niba umusarani udashobora gukoreshwa, urashobora gukora umusarani wihutirwa uzinga umufuka wikinyabiziga kabiri uzenguruka umusarani cyangwa indobo. Imifuka yabatwara iboheshejwe ipfundo ryombi kandi ikajugunywa mumyanda isanzwe.
- Amazi ava mumashanyarazi murugo arashobora gukoreshwa mugihe gikomeye. Kuramo icyuma mbere yo kuvoma amazi muri robine yo hepfo ya boiler. Amazi ntagomba kunywa.
- Urashobora gutekereza gukusanya amazi hejuru yinzu, uruzi cyangwa amazi meza kugirango ugire isuku. Ariko rero, menya ko aya mazi ashobora kuba yanduye cyane kandi adakwiriye gukoreshwa mugihe habaye akayaga ka kimbuzi cyangwa imiti irekuye mukarere kawe. Noneho shakisha amakuru kubayobozi mbere yo gukoresha ayo mazi.



Amakuru n'itumanaho

Mugihe habaye ikibazo, ni ngombwa ko wakira amakuru kubayobozi kubyerekeye ibibera nibyo ugomba gukora. Noneho, itegure uburyo bwo kubona amakuru niba amashanyarazi, umuyoboro wa mobile cyangwa interineti ihagaritse gukora.

Shakisha amakuru kumuyoboro wabategetsu no mubitangazamakuru bigenzurwa nabanyamakuru bigengwa na Be Careful and posita. NRK P1 numuyoboro wihutirwa uzemeza amakuru kubaturage, nanone niba ibindi bitangazamakuru byamakuru nimbuga rusange zidahari.

- Kugira radio DAB ikora nubwo amashanyarazi adahari. Hariho ibintu bitandukanye bikoresha kuri bateri, cyangwa byashizwemo imirasire y'izuba. Wibuke ko ushobora kumva radio cyangwa gushariya terefone yawe igendanwa mumodoka.
- Kuba ufite ikindi gishariza batiri ikaba irimo umuriro buri gihe.
- Andika numero za terefone zingenzi kumpapuro mugihe ukeneye kuguza terefone.
- Rebera hamwe na komine yawe niba bafite aho baturira cyangwa izindi gahunda aho ushobora kubona amakuru niba imiyoboro y'amashanyarazi n'itumanaho biri hasi.
- Niba ufite enterineti, ariko umuyoboro wa mobile ntukora: reba niba ushobora gukora ijwi hejuru ya wifi kuri terefone yawe, kandi niba ufite porogaramu kuri terefone yawe ivugana kuri interineti.
- Reba niba umuryango cyangwa abaturanyi bafite abiyandikishije bahujwe numuyoboro utandukanye wa mobile.



Kunegura inkomoko

Ibihe by'ibibazo ntibiteganijwe, kandi amakuru atariyo arashobora gukwirakwira byoroshye. Ibi birashobora kubaho kuko ikibazo cyibibazo ubwacyo gitera urujijo no kutumvikana. Cyangwa numuntu ukwirakwiza amakuru atariyo abigambiriye, urugero kugirango uhungabanye societe. Kubera ko amakuru ubona agira ingaruka kumahitamo ukora, ni ngombwa ko ugenzura inkomoko ukura amakuru, hanyuma ugatekereza kubwoko ki utanga.

- Shakisha amakuru kubayobozi nibitangazamakuru bigenzurwa nabanditsi.
- Witondere cyane mugihe wakiriye amakuru asa nibitangaje, ateye ubwoba cyangwa agutera uburakari.
- Reba uwihishe inyuma yamakuru wakiriye. Bamwe barashobora gukwirakwiza amakuru atariyo kubushake.
- Menya ko inyandiko, amajwi, amashusho na videwo byose bishobora gukoreshwa.
- Tekereza ku makuru musangiye.

Kumenyesha

Imenyekanisha ryihutirwa ni serivisi itangwa n'abayobozi ba Noruveje. Mugihe habaye ikibazo gikomeye gifite ibyago bikomeye byubuzima nubuzima, urashobora kwakira integuza yihutirwa kuri terefone yawe igendanwa. Ibi bivuze ko ufite 4G cyangwa 5G.

Sisitemu yo kuburira iherereye mumijyi minini. Iyo sirena yumvikanye mubice bitatu hamwe numunota umwe uhagarara hagati yuruhererekane, bisobanura "ubutumwa bwingenzi - shakisha amakuru". Umva, kurugero, kuri NRK P1. Niba sirena iburira hamwe nibisasu bigufi kumunota umwe, bivuze "akaga ko gutera - shakisha igifuniko". Iyo sirena yumvikanye igice cyiminota, bivuze ko akaga karangiye.



Basangiye kwitegura

Ubufatanye nabaturage ni umutungo ukomeye mubibazo. Vugana n'abari hafi yawe ibishobora kubaho nuburyo uzahangana.

Shaka inshuti yawe ihagaze

Shakisha uwakenera ubufasha bwawe, ninde ushobora kubona ubufasha. Hamwe nimiterere nubumenyi butandukanye, abagize umuryango, inshuti nabaturanyi barashobora kuzuzanya.

Dore ingero zimwe mubintu ushobora gufashanya hamwe:

- Imfashanyo yambere iyo bakomeretse.
- Kwitaho no gushyigikirwa.
- Amacumbi n'amacumbi niba umuntu agomba kwimurwa mu rugo rwe.
- Guhindura no gusobanura amakuru aturuka kubayobozi.
- Ubufasha bufatika mukoresha ibikoresho nibikoresho.
- Kugura, gutwara no gutwara ibintu.
- Guhana cyangwa guhana inguzanyo y'ibikoresho n'ibicuruzwa.
- Guza terefone igendanwa ihujwe numuyoboro utandukanye na terefone yawe.
- Guteka gusangiye.

Amashyirahamwe yubushake

Imbaraga zituruka mumashyirahamwe yubushake hamwe n'amadini n'imiryango ibona ubuzima bikemura imirimo myinshi yingenzi mubibazo. Shakisha incamake yimiryango yubushake hamwe namakipe mukarere kawe. Wumve neza ko witabira kwitegura kubushake.

Kwibeshaho mumasosiyete yimiturire

Ubuyobozi bwishyirahamwe ryamazu cyangwa ba nyir'ubwite barashobora gusuzuma niba ububiko rusange bwo kwitegura bushobora gushingwa. Kurugero, urashobora kwemera kubika amazi yo kunywa mubutaka cyangwa ahandi hantu hasanzwe.



Ubuzima bwo mu mutwe mubibazo

Mubibazo no guhangana nubudashidikanywaho, nibisanzwe guhura nimpungenge, ibitekerezo bibi, ibitotsi bibi, guhagarika umutima nandi marangamutima akomeye. Bamwe bafite ingaruka kurusha abandi.

- Koresha umwanya kubintu ushobora gukora kubijyanye, nibyiza ikintu gifatika gishobora kugufasha gukusanya ibitekerezo byawe no kuba uhari.
- Komeza ibishoboka byose hamwe na gahunda mumenyereye, urugero amafunguro asanzwe nisuku yumuntu.
- Shakisha abandi bantu. Menyesha inshuti, umuryango nabandi niba bishoboka. Guhuza abantu biduha amahirwe yo gusangira ibitekerezo byacu nuburyo bwo gukemura ibintu.



Gutura mu bihe bikomeye

Aho umutekano ugumye biterwa rwose nibyabaye. icy'ingenzi ni ugushakisha amakuru no gukurikiza inama n'ubuyobozi.

Kenshi na kenshi, ni byiza kuguma mu rugo. Mu bindi bihe, birashobora kuba ngombwa kuva murugo mugihe gito.

Mugihe habaye ibikorwa byintambara, urashobora kumenyeshwa gusaba gusaba. Niba nta buhungiro buri hafi, ugomba gushaka igifuniko munsu yo munsu cyangwa mucyumba hagati yinyubako. Mugihe habaye guturika, Windows irashobora kumeneka kandi ibice byikirahure birashobora gukomeretsa abantu hafi. Noneho, guma kure ya Windows.

Niba ugomba kuva murugo

- Kora gahunda yaho ushobora kujya nuburyo wagerayo. Ahari ushobora gutembera muri bene wanyu, inshuti cyangwa akazu. Mugihe habaye impanuka nini n'ibiza, hashyirwaho ibigo byimuka hamwe n'abavandimwe.
- Ibintu byingenzi ugomba kwibuka niba ugomba kuva munzu mugihe gito ni imyenda ishyushye / ibiringiti, terefone igendanwa, ikarita ya banki n'amafaranga, ibiryo n'ibinyobwa bimwe na bimwe, impapuro zibaranga, imiti n'imfashanyo (urugero: ibirahuri, indiririzo zerekana, kugenda na ibikoresho byo kumva).
- Menya neza ko ufite lisansi cyangwa amashanyarazi ahagije niba ukoresha imodoka. Witegure ko ubwikorezi mubihe bigoye bishobora kuba akajagari kandi bigatwara igihe.

A person wearing a dark jacket, dark pants, and white sneakers is walking away from the camera through an open doorway. They are carrying a large black backpack, a red duffel bag in their right hand, and two large clear plastic water bottles in their left hand. The scene is set in a room with a wooden floor and a patterned rug. Outside the doorway, there is a bright, sunny outdoor area with some greenery.

Icyumba cyubuhungiro

- Icyumba cyubuhungiro kigomba kurinda abaturage ibyangijwe n'ibikorwa by'intambara.
- Abayobozi bazabimenyesha mugihe hakenewe kwitwira mu buhungiro.
- Incamake yuburaro rusange urashobora kuyisanga kuri <https://kart.dsb.no>.
- Byongeye kandi, inyubako nyinshi zigenga zifite ibikoresho byo kubamo. Ibi byumba bigenewe abaguma mu nyubako. Ingero: inyubako zo mu biro, amashuri, amashuri y'incuke, amashyirahamwe yimiturire na hoteri.



Inomero yihutirwa

110 Kizimamoto

112 Polisi (mugihe hakenewe ubufasha bwihuse)

113 Terefone yihutirwa yubuvuzi (iyo byihutirwa kandi byangiza ubuzima)

14 12 Terefone yihutirwa kubatumva kandi bafite ikibazo cyokumva

SMS yihutirwa ni serivisi igushoboza kutumva, kutumva cyangwa kutumva neza kuvugana numero yihutirwa ukoresheje SMS (ubutumwa bugufi). Kugira ngo ukoreshe serivisi, ugomba kubanza kwandikisha numero yawe kuri www.nodsms.no.

Inyandiko zawe (numero za terefone zingenzi nandi makuru yingirakamaro)