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Ka qeybqaado nolosha bulshada, ka qeyb galna munaasabadaha iyo koorsooyinka xaafaddaada.

Meelo badan ayaa waxaa ka jira fursado lala kulmo oo cid walba u furan. Kuwani waa tusaale ahaan goobaha ay ku kulmo, xarumaha shirarka, kooxaha wada sheekaada, kooxaha dumarka. Kuwani waa habab aad u waa wayn oo lala wadaago. Gelitaanka inta badan waa bilaash.

Faahfaahin dheeraad ah ka sii aqri xafiiska **isdhexgalka ee** aagga aad degan tahay:



Gobolka Linth

Bandhigyada & Dhacdooyinka



Gobolka Valley Rhine

Dalabyada iyo dhacdooyinka dooxada Rhine



Gobolka Sarganserland Werdenberg

Dalabyada iyo dhacdooyinka ee Mintegra Foundation



Nairobad St.Gallen

Bixinta iyo dhacdooyinka of Integration Arge ah



Toggenburg

Bandhigyada & Dhacdooyinka



Wil

Bandhigyada & Dhacdooyinka

Goob-xiriirka

Hel meesha ay degmadu ku taalo, talobixin ama hay'ad hey'ad ku taal degaankaaga: [Goob-xiriirka](#)