ᐃᓄᐃᑦ ᓄᓇᕐᔪᑉ ᐅᑭᐅᖅᑕᖅᑑᓂᖓᓄᑦ ᑲᑎᒪᔨᕐᔪᐊᑦ ᐊᐃᓯᓲᒃᑯᑦ (ᑲᓇᑕᒥ)

ᐱᓕᕆᐊᒃᓴᖏᓐᓂᒃ ᑎᓕᔭᐅᓯᒪᓂᖏᓐᓂᒃ ᐅᓂᒃᑳᕈᑏᑦ

ᐊᖓᔪᕐᑳᑉ-ᑐᒡᓕᕆᔭᖓᑦ (ᑲᓇᑕᐅᑉ ᓯᓚᑖᓄᑦ ᐱᓕᕆᐊᒃᓴᓕᕆᔨᐅᓂᕐᒧᑦ)

ᓇᓗᓇᐃᖅᑕᐅᓯᒪᔪᖅ: ᓂᕈᐊᖅᒪᑕᐅᓯᒪᔪᖅ, ᐅᓪᓗᑉ ᐃᓚᐃᓇᖓᓂᒃ ᐱᓕᕆᔨᐅᔪᖅ

ᐅᓂᒃᑲᕐᑲᑦᑕᕆᐊᖃᖅᑐᖅ ᐅᑯᓄᖓ: ᐊᐃᓯᓲᒃᑯᑦ ᑲᑎᒪᔨᖏᓐᓄᑦ

ᐊᐃᓯᓲᒃᑯᑦ ᑲᓇᑕᒥ ᑲᑎᒪᔨᖏᓐᓂ ᐊᖓᔪᕐᑲᕐᒧᑦ-ᑐᒡᓕᕆᔭᐅᔪᖅ (ᑲᓇᑕᐅᑉ ᓯᓚᑕᓂᒃ ᐱᓕᕆᐊᒃᓴᔨᓕᐅᓪᓗᓂ) ᓂᕈᐊᖅᑕᐅᓯᒪᓪᓗᓂ ᑭᒡᒐᖅᑐᐃᔨᐅᕗᖅ ᑎᒥᕐᑯᑎᖏᓐᓄᑦ, ᐱᖃᑎᒋᔭᐅᓪᓗᓂᓗ ᒪᕐᕉᖓᓂᒃ ᑲᓇᑕᒥᐅᑕᖓᓂᒃ ᑲᑎᒪᔨᐅᕐᑲᑕᐅᔪᓂᒃ ᐊᐃᓯᓲᒃᑯᑦᐊᐅᓚᑦᑎᔨᑦ ᑲᑎᒪᔨᖏᓐᓄᑦ.
ᐱᓗᐊᖅᑐᒥᒃ ᖃᓄᐃᓕᐅᖅᑎᐅᕗᖅ ᑕᓐᓇ ᐊᖓᔪᕐᑲᕐᒧᑦ-ᑐᒡᓕᕆᔭᐅᔪᖅ ᓄᓇᕐᔪᐊᕐᒥ, ᐱᔾᔪᑎᕐᑲᖅᑐᓂᒃ ᑲᑎᒪᔭᖅᑐᕐᑲᑕᐅᕐᑲᑦᑕᕆᐊᕐᑲᕐᓂᖅ ᐊᐃᓯᓲᒃᑯᑦ ᐊᐅᓚᑦᑎᔨᑦ ᑲᑎᒪᔨᖏᑦ ᑲᑎᒪᔨᕋᖓᒥᒃ.

ᐊᐃᓯᓲᒃᑯᑦ ᑲᓇᑕᒥ ᑲᑎᒪᔨᖏᓐᓂ ᐊᖓᔪᕐᑲᕐᒧᑦ-ᑐᒡᓕᕆᔭᐅᔪᖅ (ᑲᓇᑕᐅᑉ ᓯᓚᑕᓂᒃ ᐱᓕᕆᐊᒃᓴᔨᓕᐅᓪᓗᓂ) ᐊᖓᔪᕐᑲᕐᒧᑦ-ᑐᒡᓕᕆᔭᐅᒋᕗᖅ (ᑲᓇᑕᐅᑉ ᓯᓚᑕᓂᒃ ᐱᓕᕆᐊᒃᓴᔨᓕᐅᓪᓗᓂ) ᐊᐃᓯᓲᒃᑯᑦ ᑐᖓᕕᖓᓐᓄᑦ, ᐊᒻᒪᓗ ᐱᓕᕆᐊᖃᑲᑦᑕᖅᓱᓂ ᑕᒪᒃᑯᓂᖓ ᑎᓕᔭᐅᓯᒪᔪᓂᒃ ᒪᓕᒃᑕᓴᐅᓪᓗᑎᒃ ᐊᐃᓯᓲᑯᑦ ᑐᖓᕕᖓᓐᓄᑦ ᒪᓕᒐᕋᓛᖏᑦ.

ᑎᓕᔭᐅᓯᒪᔪᑦ ᐱᓕᕆᐊᒃᓴᖏᑦ ᐊᒻᒪᓗ ᑲᒪᒋᖃᑦᑕᕆᐊᖃᖅᑕᖏᑦ:

ᐊᐃᓯᓲᒃᑯᑦ ᑲᓇᑕᒥ

- ᐃᓚᐅᖃᑦᑕᕐᓂᖅ ᑲᑎᒪᓂᖏᓐᓂᒃ ᐊᐃᓯᓲᒃᑯᑦ ᑲᓇᑕᒥ ᑲᑎᒪᔨᖏᑦ ᐊᒻᒪᓗ ᐃᓚᓕᐅᑎᓯᒪᓂᖏᑦ;
- ᑭᒡᒐᖅᑐᐃᔨᐅᖃᑦᑕᕐᓂᖅ ᑎᒥᕐᑯᑎᖓᓐᓂᒃ ᑲᑎᒪᔪᓂᒃ ᐱᕐᑯᔭᐅᒍᓂ ᐊᖓᔪᕐᑳᖓᓄᑦ ᐅᕝᕙᓗᓐᓃᑦ ᐊᐃᓯᓲᒃᑯᑦ ᑲᓇᑕᒥ ᑲᑎᒪᔨᖏᓐᓄᑦ, ᐊᒻᒪᓗ ᐱᕕᒃᓴᖃᕈᓐᓇᕈᓂ ᐊᒻᒪᓗ ᑮᓇᐅᔭᒃᓴᖃᕐᓂᕈᓂ.

ᐊᐃᓯᓲᒃᑯᑦ ᐊᐅᓚᑦᑎᔨᑦ ᑲᑎᒪᔨᖏᑦ

- ᐃᓚᐅᖃᑦᑕᕐᓗᓂ ᑲᑎᒪᓂᖏᓐᓂᒃ ᐊᐃᓯᓲᒃᑯᑦ ᐊᐅᓚᑦᑎᔨᑦ ᑲᑎᒪᖏᑦ;
- ᐱᓕᕆᖃᑎᒋᖃᑦᑕᕐᓗᓂᒋᑦ ᐊᐃᓯᓲᑯᑦ ᐃᒃᓯᕙᐅᑕᖓᑦ ᐊᓯᖏᓪᓗ ᐊᐅᓚᑦᑎᔨᑦ ᑲᑎᒪᔨᐅᖃᑕᐅᔪᑦ ᓇᓗᓇᐃᔭᐃᑦᑎᐊᕈᓐᓇᕐᓂᕐᒧᑦ ᐊᑐᓕᖅᑎᑕᐅᓂᖏᓐᓂᒃ ᓯᑕᒪᓄᑦ ᐊᕐᕋᒍᓄᑦ ᓄᓇᕐᔪᐊᕐᓕᕆᓂᕐᒧᑦ ᑎᓕᔭᐅᓯᒪᔪᓂᒃ, ᓇᓗᓇᐃᖅᑕᐅᓯᒪᔪᓂᒃ ᑕᐃᒪᓐᓂᒃ ᑲᑎᒪᓂᖏᓐᓂᒃ ᐃᓚᓕᐅᑎᓯᒪᔪᑦ;
- ᐱᕕᒃᓴᖃᖅᑎᑦᑎᓗᑎᒃ ᑲᓇᑕᒥᐅᑕᐃᑦ ᐃᓄᐃᑦ ᐃᓱᒪᒋᔭᖃᑦᑕᖅᑕᖏᓐᓂᒃ ᐃᓱᒪᒃᓴᖅᓯᕈᑕᐅᓕᕐᓂᖏᓐᓂᒃ ᓄᓇᕐᔪᐊᕐᒥ ᐊᑐᐊᒐᕆᔭᐅᔪᑦ ᐊᒻᒪᓗ ᖃᓄᐃᓕᖓᕝᕕᐅᓂᖏᓐᓂᒃ ᐊᐃᓯᓲᒃᑯᑦ ᐊᐅᓚᑦᑎᔨ ᑲᑎᒪᔨᖏᓐᓄᑦ; ᐊᒻᒪᓗ
- ᐃᓚᐅᖃᑦᑕᕐᓗᓂ ᐊᐃᓯᓲᑯᑦ ᑲᑎᒪᔨᕋᓚᖏᓐᓄᑦ ᐊᒻᒪᓗ ᑎᓕᔭᐅᓯᒪᔪᓂᒃ ᐱᓕᕆᐊᖃᕐᓂᕐᒧᑦ ᑎᓕᔭᐅᓯᒪᔪᓂᒃ ᐱᕐᑯᔭᐅᒍᓂ ᐊᖓᔪᕐᑳᖓᓄᑦ ᐅᕝᕙᓗᓐᓃᑦ ᐊᐃᓯᓲᒃᑯᑦ ᑲᓇᑕᒥ ᑲᑎᒪᔨᖏᓐᓄᑦ, ᐊᒻᒪᓗ ᐱᕕᒃᓴᖃᑐᐊᕈᑎᒃ ᑮᓇᐅᔭᒃᓴᖃᑎᐊᕈᑎᒡᓗ.

ᖃᓄᑎᒋ ᐃᓚᐅᖃᑕᐅᔪᓐᓇᖅᑎᒋᓂᖏᑦ:

ᑕᓐᓇ ᐃᖃᓇᐃᔭᕆᔭᐅᔪᖅ ᐅᓪᓗᑉ ᐃᓚᐃᓇᖓᒍᖅᑐᖅ, ᓇᓚᐅᑖᖅᑕᐅᓯᒪᓪᓗᓂ ᐃᓗᖏᑦ ᐱᓕᕆᓇᔭᖅᑐᖅ ᐊᖓᔪᖃᑉ-ᑐᒡᓕᖓᑦ ᑎᒥᖁᑎᖏᓐᓄᑦ ᑲᒪᒋᖃᑦᑕᕆᐊᖃᖅᑕᖏᑦ ᐊᔾᔨᒌᖏᓐᓂᖃᖅᑐᑦ 20-ᓂᒃ 35-ᓄᑦ ᐅᓪᓗᓂᒃ ᐊᖁᒍᑕᒫᖅ, ᒪᑯᓂᖓ ᑐᖓᕕᖃᖅᓱᑎᒃ:

- ᐊᐅᓚᑦᑎᔨᑦ ᑲᑎᒪᔨᑦ ᑲᑎᒪᓂᖏᑦ + ᐅᖃᓗᑎᒃᑯᓪᓗ (ᒪᕿᐃᓗᑎᒃ ᐊᖁᒍᑕᒪᖅ2) 7-14 ᐅᓪᓗᓂᒃ
- ᐊᐃᓯᓯᒃᑯᑦ ᑲᑎᒪᔨᖏᑦ ᑲᓇᑕᒥ ᑲᑎᒪᓂᖏᑦ + ᐅᖃᓗᑎᒃᑯᓪᓗ (ᒪᕿᐃᓗᑎᒃ2
- ᐊᖁᒍᑕᒪᖅ) 6-12 ᐅᓪᓗᓂᒃ
- ᐊᐃᓯᓯᒃᑯᑦ ᑲᓇᑕᒥ ᐊᖁᒍᑕᒫᖅ ᑲᑎᒪᖁᐊᖅᓂᖏᑦ 3-4 ᐅᓪᓗᓂᒃ
- ᐊᔾᔨᒋᖏᕈᓗᔭᖅᑐᓂᒃ ᐅᖅᑳᓚᐅᑎᒃᑯᑦ ᑲᑎᒪᖃᑦᓂᖅ ᐊᒻᒪᓗ ᑲᑎᒪᓂᖅ ᐅᓪᓗᓂᒃ 4-5

ᐊᑭᓕᐅᓯᐊᒃᓴᕆᓂᐊᖅᑕᖏᑦ:

ᑕᒪᒃᑯᓂᖓ ᐱᓕᕆᐊᖃᖅᓂᖓᓂᒃ, ᐊᑯᓂ ᐃᓕᓐᓂᐊᖅᓯᒪᓂᖅᒧᑦ ᖃᐅᔨᒪᔨᑕᕆᔭᐅᓂᖅᒧᑦ ᐊᑭᖃᖅᑎᒋᔪᑦ ᐊᑭᓕᖅᑕᐅᔪᓐᓇᖅᓂᐊᖅᑐᑦ ᐊᖓᔪᖃᑉ-ᑐᒡᓕᖓᓄᑦ (ᑲᓇᑕᐅᑉ ᓯᓚᑖᓄᑦ ᐱᓕᕆᐊᒃᓴᓕᕆᔨᐅᓂᖅᒧᑦ) ᐊᓯᖏᓐᓂᒡᓗ ᑮᓇᐅᔭᓂᒃ ᐊᑭᓕᐅᓯᐊᖅᑖᖃᑦᑕᖏᒃᑯᓂ.

ᑲᑎᒪᔨᓂᕆᓂᐊᖅᑕᖓᑕ ᐊᑯᓂᐅᓂᖓ:

ᑖᓐᓇ ᑲᑎᒪᔨᐅᓂᐊᖅᑐᖅ ᓯᑕᒪᓄᑦ ᐊᖁᒍᓄᑦ, ᐱᒋᐊᖅᓗᓂ ᑭᖑᓪᓕᖅᐋᓂᒃ ᑲᑎᒪᓂᖏᓐᓂᒃ ᑕᐃᒃᑯᐊ ᐊᐃᓯᓯᒃᑯᑦ ᑲᑎᒪᓂᑐᐃᓐᓇᓕᓚᐅᖅᓂᖓᓂᒃ.