

# Nunalikniin Unipkaak

# AYOEKHAYUTIKHANIK KANOGITUNIGA



# INUHIMAKTONIN KIGULIGENIN HAEMAKHAKNIKUN ATULAKTOK



## ILITAKHIYOTIN

Pauktuutit-kon Inoen Aknan Kanatami koyagiyomayaen nunakaktun Kugaaruk-mi,  
BluePrintForlife-kolo amigaetolo inoen timeoyolo ilaoyotikateaktun pivaleaniganik  
Nunaliknin Unipkaak-mik. Pauktuutit-kolo koyagikpeaktaen Katimayini  
Hivulikhoktin havaktilo.

Una havaak pilimagitkaloakman ikayuktuteagitpata tunikhimagitpatalo uko.

Pauktuutit-kon Inoen Aknan Kanatami ilitakhiyomayulo Inulikiyin Kavamatokani  
Kanatami - Hiknaktin Kutulolikaa Hivunikhiyotikhaenik Havaan  
manikhaktitikmata ikayoktokhotiklo umiga havaamik.

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Nunaliknin Unipkaak titigaoyakniganik pugani  
piksaleogaan Kugaaruk-mi ayoekhavikmi ilaoyunin.

Aalat Piksaleoganik Iilitakhiyotin: Pauktuutit-kon Inoen  
aknan Kanatami uvalunen BluePrintForLife-kon.

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TALVANI  
ILAOYUN



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## HIVUNIKHIYUTIN

### NUNALIKNIN UNIPKAAK

Kigulikpaak ilagini ayoekhayotini hatkiktitaen Pauktuutit-kon Inoen Aknan Kanatami, Nunaliknin Unipkaak katiyotaoyok Inoenaknik inulgamiknik inikneoyoniklo ataotikun ataotimeoleigeaganilo ayoekhavikmi okaohikageagani ihomagiyaoyonik haemakhaknikun inmikniklo monagiyaaamikni aleanaktomik, aniknaetomilo, nutaniklo pivigiyaoyaagani katimanik.

Hivulikni haemakhaknikun ayoekhavikni, *Manikami Ayoekhayotin Atokhimayok* unalo *Inoen Inknigin Inulgameloo Ayoekhavean Atoktukhak*, Pauktuutit-kon Inoen Aknan Kanatami ikayokhmayun kaoyivaaligeagani piteagiyotin ihomagiyaoyun pihimavlotiklo ayogeogeagani aknan nunalelo okaohigyaagani inuyuheogaloak, ikayokatigeklotiklo, hatkikhilotiklo nunaliknin upiyotikhanun opalogaeyaotinik atogeageagani ilagen nigakniginik piteagiyotaeniklo.

Nunaliknin Unipkaak ilitakhiyotaoyok amigaetonik aktokniginik Ahinun Sikugeakpkagninin Inoen uplomimun. Unalak, nutakanik nuleaknikun piteagutaoginiga ihoeliyotaoloaktok Inoenaknik inulgamiknik. Nunaliknin Unipkaak piyotaoyok haemakhaotikhanik okao-higivlogo kiguligen inuhimaktun aktoktaoniginik Ahinun Sikugeaknikmin Inoenaknik inulgamiknik tohaomayotivaaligeaganilo okakatigekpaa-ligeaganilo ukunani inuvaleayoni.

Ayoekhayun okaotaoyok uvani makpigaami ihoakhaknimayok atoktaolikhonilo Pauktuutit-kon BluePrintForLife-konilo, ilikuktok ayokhaktoliyinik atokoeyonik *Haemakhaknik Numguyaknikun* ayoekhavikhaenik inulgamen. Titigaktaan BluePrintForLife-konik hatkikhium ilaooyok uvani oeguyuni.

Atuni Inoen nunalikni ihoakhalaakaan una ayoekhayun atuktukhak ihageagiyamigun atogumayamigulo. Aolaktikagun atokhmayun numguyaknikmik ihoakutigivlogo okakatigeligeagani inoen, kiheani ahenik piyotikhakaktok taya ikayoktogeagani inulgamen, igilgaalo manikameolotiklo hulilogagutinik.

Una makpigaak hivunikhiyutikhakaktok ihageagiyaknik aolapkaeyakni ayikotanik ayoekhavikhamik nunagiyakni ilaganilo. Hivunikhiyutikhakaktok ikayutaoyaagani opalogaeyaotikhamik aolapkaeyaaganilo ayoekhavikhanik, uptoagaagalo havaami hulilogagutikhanik, ihoakotikhanikl, aolapkaeyilo maligoagakhaenik. Nanihineakotilo kitunulikaa kaoyipkaeyotikhanik, angeagiyaoyoniklo agikatigegutikhanik, uktutinulo titigaakhanik, ilitokhaeyotiniklo kanok aolaniganik ihomagiyaoyonik. Tamaeta ihoakhaktaolaktun ihomanoaknik.



# PITEAGINIK ATUGITAAGANLINOEN NUNAGIYAENI

## NIKTIGAKHAK

Iniktigakhak uvani havaami hatkikhyaagani ihoaktomik okaohiknik kaoyimayamiknik inulgamen iniknigil annakhimayun Ahinun Sikugeakviknin hatkikhiyotaagun Nunaliknin Unipkaak –mik.

## PIYOTAQYUN

1. Havityaagani ihomagiyaoyun haemakhaknikun inmikniklo monagiyaagani inulgamen iniknigilo aniktaelgumi katimanikmi.
2. Akmaeyaagani nutanik tohaomayotikhanik aktokniganik Ahinin Sikugeakpakneom ukunani annakhimayun agayukheotkiyalo nutakatik.
3. Ihoakhaeyaagani nutanik haemakhaotikhanik atulaktonik ayikotakagitoniklo pigeagutinik aalatkenin inuvaleayonin.
4. Haemakhaknik aleanageagani uvuna hatkknigagun Nunaliknin Unipkaak.

## TAYAENAK INIKTAKHAN

- Tukiheatgeagutinik aktoknigenaktaenik Ahinun Sikugeakneom annakhimayonin nutakamikniklo.
- Nutanik inmiknik monagiyotikhanik atuligumayaenik.
- Nanminiginiga haemakhakneom.

## HIVUNIKHAMI INIKTAKHAN

- Okatigeginageagani inulgamen iniknigilo inutkoyaloo nunalikni.
- Inulgamen ilaooyaagani nunalikni inuyuhikni.
- Hakugiktun, hivunikhami hivulikhuktikhan nunalikni.

## MANIKHAAKHAN

Nunaliknin Unipkaak pihimayok manikhaakhamiknik Nunakakaktunun Havaagiyaoyoni Ukeoktaktomilo Pivaleaniganik Kanatami (AANDC-kon) Hiknaktin Kitulolikaa Hivonikhuyaenik Havaami (APIP-kon). APIP-kon havaagiyaan hatkikhimayok 2007-mi ikayutaoyaagani piteagutikhanik haemakhaotikhaniklo Nunakakaktun Ahinun Sikugeakhimayun annaktonin ilagiyaenilo kaoyipkageagani tamaenik piyotaoyun *Itkilgit* Ahinun Sikugeaknikun Agikatigegutaoyomik. Havaak ilaogihimayok nutanik havaanik 2012-mi ikayugeagani Nunakaktun inulgamen tokiheayaagani aktokniginik Ahinun Sikugeakneom atokpaaligeaganilo kiguligen inuvaleayun haemakhageagani Nunakaktun nunagiyaeni.



## ATAOTIM NUNALET UNIPKAAGIN: KUGAARUKMI

Hamleoyok Kugaaruk-mi, Nunavumi, atokaktok Nunaliknin Unipkaak –mik ayoekhayotimik October-mi 2012-mi.

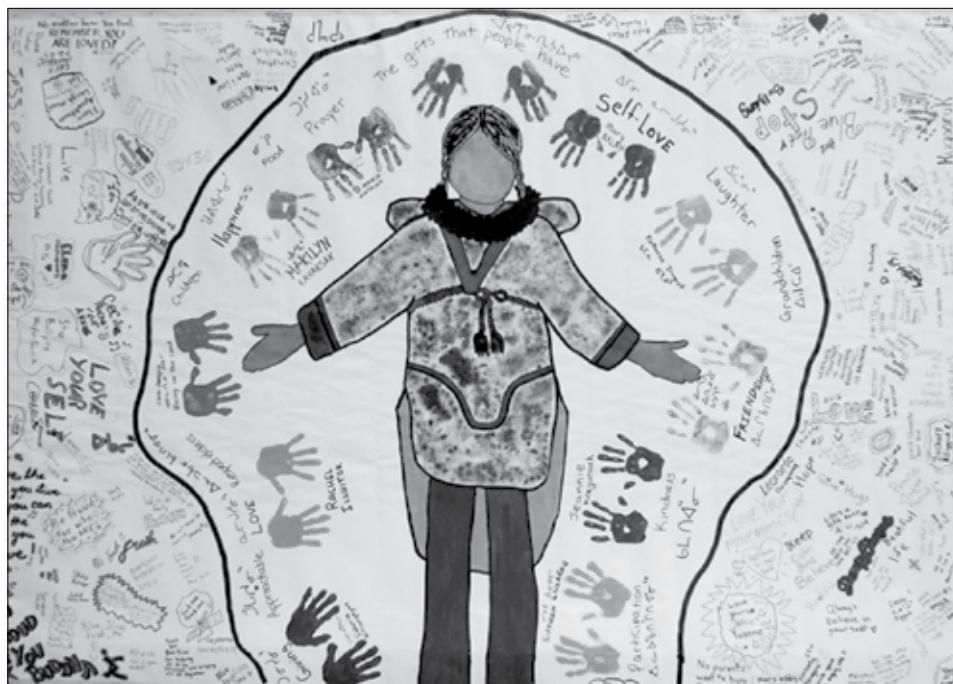
Atuligeagani una ayoekhayun pihimayok malguknин atuni ikayoktigeknin talgani ahinilo nunaliknin. Ihumakateageagani havakti nunaliknilo apikhogoayonik ikayokti ikayugumayuk inikniknik inulgamikniklo Kugaaruk-mi. Havakatikakhottik nunalikni ihomakhakheoktin kamiteoyok, kaoyihimayun ihoakotikhanik kahaktonik Pauktuutit-konin BluePrintForLife-konilo, ihoakhaehimayun Haemakhaknik Nunguyaknikun, ayoekhavikhaan inulgamen ihomagiyaakloaktonik aktoktaoniginik Ahinun Sikugeakhimayun annakhimayonik ilagiyaeniklo.

Kulin iniknigin annakhimayun Ahinun Sikugeakhimayun ihomagiyaoyolo piyotikaktun nutakanik nuleaknikun piteaktaohimagitun ilaoligumahimayun akiliktaogitkaloaklotik inikniknin ilaoniga ayoekhavikmi inukageagani. Eteoyun ilaoyun 14-nin 21-mun ukeokaktun inulgamiknik inukaktok. Iniknigin inulgamelo atuni katimahimayun hivulikni pigahuni uploni ayoekhanikmi ataotimukhimayun kigulikni malgukni uplukni.

Atoknigin hanaogan iltkohiklo haemakhaotivlogin ilaoyun okakatigektun kaoyimayak-miknik ihomagiyaoyonik ihoaktomik, kamahukhakhimaetomiklo, okakhotiklo ataohoelik-hotik, ikayoktutivlotiklo avanmun atuni.

Kaoyimayageakaktok ikpiknakniginun ikayoktin talvanetun, ayoetolo aolapkaeyin ayokiktoeyonik haemakhaknikmik. Una aniknaetok piyotaoyok okakatigligeagani ihomalogitaaganilo hivulikmi ilikuktilogin kigoani ataotimukmatalo.

Kigulikni malgukni up-lukni ayoekhaneom, tamakkik atunehimayun ataotimukhima-yun hatkigeagani takupkaktigaaganilo Nunaliknin Unipkaak, hananikun piyotigiyen ayoekhanikmi numiknikun hanoayaknikulo – malguk takupkaktiyotikhak tikoaktaoyuk. Nunalen kungeaktitilogin, ilaoyun takupkaktitaeyun iniknigin migukhimayaanik kalikomi atokhotik itkaomayamiknik ayoekhatiklogin. Inulgamen okaohen avanmun innikni nunagiyamiknulo avatagun titigaoyakhimayun iniknigin havaaginin. Ilaojun tuningoekhimayaen inoen igilgaan numguhenik atokhotik, numguyakhotiklo notaanik, tamakmekhotiklo numikhimayun.



## MALIGOAKHAK UVUGA NUNALIKNIN UNIPKAAK-MIK AYOEKHANIKMI

Una ayoekhanik piyotaoyok atoktaoyaagani upilgaaktonin havaktonin nunakatigelo ikayugumayun Inoen haemakhaknikun inikniknun inulgamiknilo atoklogin Ahinun Sikugeakniginik nutakalo nuleaknikun piteaktaoginiginik kaoyimayaenik.

### INOEN HAEMAKHAKNIKUN PITKUHIGIYAEN

Una ayoekhanik aolayotikaktok Inoen pitkuhenin haemakhaknikun havakatigeknikulo. Uko siskin pitkuheoyun titigakhimayun havuma ataani ikayutaoneagunakhiyun ihoageagani apikotigiyatin okaotaoyaagani ayoekhatilogin.

1. Kanok ilaonikakin ilagiyakni? nunagiyakni? havavikni?  
(*Havakatigeknik*— Havakatigeknik tamaenun nakugutaoyaagani)
2. Kanok naamaenakneakin (ihumami, timimi, napatikni)?  
(*Avataoyok Monagiteakniga* — Avataoyomi inuhikateaknikhak)
3. Honaovan nakuyun hivulikhoknikun ayoenigiyakhan? Kanok una ikayutaova ilagiyaknun nunagiyaknulo?  
(*Kivgaktoeteaknik* — Ikeyogeagani hivulihogeaganilo aalanik)
4. Kanok iyoaktaoneakin akhukhaelotilo aolanikateaknikmik nunagiyakni?  
(*Ayokhagoeknik* — Ayokhageoknik)
5. Okalaen nanihigavin ihoakhaotikhateamik ayokhaotimun.  
(*Kanogileolakniga* — Ihoakotinik atuteakniga ilaotealaliknigalo)
6. Kanok naloatikigin hakugiknigiyatin aalagugeagani hunalikaa nunagiyakni?  
Takovin pikatigenik atoktonik ukuniga nunagiyakni?  
(*Havakatigeteaknik* — Havakatigeteaknik agikatigeteakniklo)

## IHOMAGIYAOYAGEAKAKTUN

Una titigakhimayok ilaginik havaakhanik atugeakaktonik aolanikateageagani ayoekhanik:

### Hivoani

- Kinikhealotin manikhaakhanik piyageakakan.
- Pilotin ikayoktigegutikhnik timeoyolo BluePrintForLife-kolo aolapkaktilogolunen iniknigin ayoekhavikhaa ilaga ikayoktikaklotin okakatigilogilunen Pauktuutit-kon.
- Ihomagilogin anigitaagani neamgiyaageaganilo ihmagiayakan.
- Naonaeteaklogo ayoekhavikham humeniga.
- Tohaktiyotigilog ayoekhanikhak.
- Ihoakhaklogin ihoakotikhkan nigilugaagakhalo.
- Okaohigilogin maligalikiyotin pikakan (kolaknaeyaotin, taemaetun).
- Tikoaklogin ilaoyukhan.

### Aolalikan

- Uplotoagaagan hulilogagutin (unalo ihmalueageagani uplum nugenigani) atugeagani.
- Katitiklogin kanok ihmagiyaonigagun ilitokhaotin.

### Kigoagun

- Kuveahutigilog aolanikateaknigian!
- Katitiklogin kanok ihmagiyaonigagun ilitokhaotin.
- Titigaklogin kigulik unipkaak, atulikuyaoyolo, upiyotikhano oplaogaeyaotin.
- Kigoagun pilikiloti piyageakakan (piksanik takupkaelotik, katimalotik).

## HUMENIGA

Piyageakneaktotin ahenik igloakaktomik katimavikhanik okakatigevikhaniklo ikayoktaoyaagani ila iniknigin ilaonigani ayoekhanikmi. Kigulik piyun amiknakman ayoekhanikmi okaotaoyun ikpigiyaelo ilaoyun. Inulgamen ayoekhanigani ilaga piyutaoyageakaktok ulapkivikmik.

Atulikohimayogun kitigumitaakhaenik pivageakni tamaeta ilaoyun, piyageakneaktotin agiyomik igaveyomik havaktikhniklo.

## KATIMAYUTIKHAN

Ihoakhageakaguknakhian katimayutikhan hivitutkiyamik okakatigegeagani okaohigyaaganilunen ihmagiyaoyonik titigakhimagitonik uvani. Tamakmik iniknigin inulgameloo ayoekhanigini ataotimeoyun uvani maligoagakhami.



## UNIKHIMANIGIN

Ilaoyun okaohikakneakmata pigoagutaogitonik, talvuna "aleahuklotik unikhimayageakaktun" ingumahoeggeagani inoen. Ukoal ilakalaktun uplapkiyotinik, ikaeyakhiklotiklunen mitaaklotiklunen. Tukhikneagunakhivutin aetutikhanik nunalikni neovikviknin timeoyunilo pikotinik taktakhanik unikhimaligaagata.

## ANGEAGIYAONIGIN PIKSALO ATOKTITAONIGIN

Ayoekhavikmi ilaoyun makpigaagini ilakaktukhaogaloen angeagiyotinun agikatigutimik. Okateageakaktotin huk atogeakniganik tamaetaloo ilaoyun saenikhiyaagani ataohikmik piksamiklo atokniganun namagiyotimik titigakniganun Nunaliknin Unipkaak.

## AYOEKHANIKUN KANOGINIGANIK IHOMAGIYAONIGIN

Apigiyomaneaktatin ilaoyun kanok ihomagiakmagaa ayoekhanik. Una ikayutaoneakman iliknun hunalikaa aolanikateaktok atokpaaligeagani ihomagiyaoyoniklunen ihoakhaotaovaaligeagani ayoekhaviknik aolapkaetkikuvin. Okaotiteaklogin ilaoyun ukoal okaohigyaen angeagiyaoeaktun koyaginaklo okaotaogilotik. Nuptigiyi okaktiktoeyilunen piyageakagunakhiyok ataohenakmik okayoktukakan.

## AYOEKHANEOM KANOGINIGA

### INIKNIGIN AYOEKHAVEAN: UPLOANI HIVULEOM PIGAHOANUN

Iniknigin ayoekhavean ihoakhakhimayok aniknaetaagani kulini ilaoyonin, malguklo aolapkaeyik, ihomalikiyilo monakhi. Kaben telo kahakhiyaovaktun uplaami uplumaalo; kitigumitakpaktun uplotoagaagan talvani.

Ayoekhavik ihoakteaktok hanakiteakhimavlotik hivonikhuyutikhan Ahini Sikugeaknikun, haemakkhnakmiklo, namminiklo monagiyotinun atuligumayaenik atogeaaktoni makpigaani. Okaoheoyun, titigakhimagitkaloakhotik katimayutikhanun, okaotaoyageakaktun ila avanmun okaotaoyaagani. Kaoyipkaklogin iniknigin titigaktaen makpigaani okaotaoneaktun inulgamiknun ilaoyunun avanmulo.

Okakatigeknigin aheani igloam ayoekhaveom ikitunahoaktaen. Ila amigaetun iniknigin ilaoyun amamaokmata ananateaguwlotiklo nutagakakhotik monaktakhamiknik, ilaoyun iloakhaeageakaktun nutakikiyukhanik havaagenageagani havaagiyakhatik uploni.

Kaligen kukluknaktun ihomalutaolaktun. Amigaetun anakhimayun piteaktaoginikmin ilaopkaelimaetonakhivun okaoheoyunun hivulikni uploni. Akmaotaoyok pivikhakaktilogin okageagani kanoklikaa: okaklotik okakatigektoni takologilunen hanaoyaatigun titigaozikulo.

Iniknigin havaagiyaen Nunagiyamiknin Unipkaak havaak hivulikni pigahuni uploni. Ilaoyun katimayutikhaen aolapkaeyuvlo maligoagakhaen kigoanetun uma oeguyum.

### INULGAMEN AYOEKHAVEAN: UPLOANI HIVULEOM PIGAHOANUN

Inulgamen ayoekhavean ihoakhakhimayok pivikhakageagani inulgamen inikateageagani akmaomalotiklo okaohikageagani ihomagiyayonik ikayoktoevikmi inigiyamikni. Uplaami uplumaalo tamoakhanoen kahakneaktun, kitigumitakhalo.

Ayoekhavik ihoakteaktok hanakiteakhimavlotik kanoginiganik okakatigegutin ilitkohikniklo hulilogagutinik ila kilaotiknun numiknikmik keavvaknikmiklo. Okaohigyaagani ihomaluknaktun atugeakaktok hulilogagutikhaniklo. Ayoekhayotin ihoakhakhimayun siksik ataotimeyonik haemakkhnikun okaoheoyukhanik aheniklo ataotimi hulilogagutikhanik ilitkuhikniklunen. Ihomagiyayun siskin haemakhaknikun ataotimeoyun ukoagulaktun inuk ihomagiyakateakloni inminik, ihoeloyotinik atokpaalakaniganiklo, inmikniklo inoakpaktun, nueaknikulo piteaktaoginiginik, ilagelo nigakniginun, ihoakhaotiniklo ihomamun.

Piyageakaktotin ikaeyaktitiyaagani tamaeni ukunani piyotaoyoni. Ayokhaktolikiyn okaoyiyilo pikoyaoyun ikayoktoeyaagani ayoekhatilogin havaagiloalakta haemakhaotinun okaoheoyunik. Pivikhakakneagunakhiyun iniknigin nunagiyayonni okaohikageagani kaoyimayamiknik.



# PITEAGINIK ATUGITAAGANLINOEN NUNAGIYAENI

## ATAOTIMUKTIGEAGANI: HITAMAANI TALIMAGIYANOLO UPLUKNI

Kigulikni uploni, iniknigin ilaovigineakaen inulgamen ataotimuklotik haemakhaknikun okakatigegeagani pikatigetealigeaganilo. Okaohikakneakun avanmun ayoenigiyamiknik havakatigeklotiklo pivaleaniganik nunalikni kuveahutaoyukhanik kigulikmi unukpan ayoekhanikmi. Kigulik uploa iniktigutaoyok nunalen koveahoklotik haemakhaotigiyamiknik.



# OEGUYUN



## OEGOA 1

### NUNALIKNI IKAYUTINIK TOHAKTIYUN

**Kulin Iniknigin Inutkoyaloo Ilaoyun  
50-nin 1-hananun Inulgamen Ilaoyun**

*ihageagiyaoyun*

**Nunalikni Unipkaami**

**Ilagenin Kiguligeni Haemakhaknikun Havaak**

HUMENIGA

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INUTULONI TIMEOYOMILUNEN

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aolapkaeneaktun talimani uploni akhuknaktomi ayoekhavikhamik ihomagiloaklogin iniknigin anakhimayun Ahini Sikugeaknikun piyotaoyoniklo nutakan nuleaknikun piteaktaoginiginik. Kaetkoeyogun kulinik inikniknik anakhimayonik 1-hanagulaktolo inulgamen nunagiyaoyomin (himilika) okaohikalaliktotin kaoyimayamiknik.

Inulgamen ayoekhayeа piyotikaktok aktoknigenaktaenik Ahinun Sikugeakneom ukunuga ilagiyamknulo. Ataotimeliktilogin okaheoyun, hulilogagutilo, ilitkuhilikiyotilo inulgamen kaoyivaleaneakmata inmiknik, ilagiyamkniko nunagiyamikniklo.

Tamakmik atunektun katineakun havakatigeklotiklo takupkaktitaeyamikni hapiliktaeli-yuhenik nunalen uvuna *Nunaliknin Unipaatigun*. Una unipkaak ilakalaktok numiknikmik, igeoknikmiklo, okaohiniklo, hanaoyaaniklo, kungeaktitiotiniklo.

Hitamanik piyotikakloaktogun uvani havaami.

1. Hatkiktilogin ihomagiyaoyun haemakhaknikun nanminiklo monagiyotinik inulgamiknun inikniknulo aniknaelgumi inigiyami.
2. Akmaelotik nutanik tohaomayotinik aktoknigagun Ahini Sikugeakneom anakhimayonin inulgamiknilo nutakamiknин.
3. Ihoakhaelotik nutanik haemakhaotikhnik atulaktonik ayikotakagitoniklo piyotinik kitunilikaa ilageni kiguligenin.
4. Haemakhaknik aleangeaganai hatkiktinigagun Nunaliknin Unipkaatigun.

Ayoekhavik inikakneaktok uvani:

INIKHAK UVANI UPLOANIK

---

Ilaoyumaguvin ukunani ayoekhavikni, okakatigenagealik:

INUK TIMEOYOKLUNEN:

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## OEGOA 2

### AYOEKHAYAAGANI UKTUTAOYOK

Atigian: \_\_\_\_\_

Uploa inuvigiyakin: \_\_\_\_\_ Ukeokaknigiyan: \_\_\_\_\_

Titigakavikun togaaktakven: \_\_\_\_\_

Kagitaoyakun/

Hivayaotivin napaa: \_\_\_\_\_ Havavikpin napaa: \_\_\_\_\_

Okaktiliktoeyukhamik piyomavin?  Eya  Imanak

Hunaova Inoenaktun okaohen? \_\_\_\_\_

Okayavutin aneagutikakniguvin timikni nigiyageakaginiguvin hunaniklikaa  
aneagutigilaaktaknik havaotitugeakaguvilunen: \_\_\_\_\_

**Iniknigin ilaoymayun ayoekhavikmi ihoakhaeyageyavun nutakikiyikhamiknik.**

Iniktogakhak ayoekhanikmi monagiyaagani ihomagiteaklogilo aalat inoen,  
namage-naklogin kanogonagigilogilo tamaeta ilaoyun, inuhimilo ilihakhimagineageagani.

Agikatigigukni una inigakhak ilaoymaguilo, saeniyavan atigian havuma ataani.

UPLOA:

ATIGIYAN:

Utiktiyavan una uktutaoyok uvuga:

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## OEGOA 3

### ANGEAGIYAONIGANUN TITIGAAKHAK

#### ATOGEAKAKNIGA ANGEAGIYAGEAKAKNIK

*Tukiheayoga okagektogalo angeagiyaagani tamaeta  
hivonikhuyotin koyaginak okaotaoyageakagitun.*

Ilaoyum saeneotaa: \_\_\_\_\_

Aolapkaeyim saeneotaa: \_\_\_\_\_

Saenikhimayok uvani: \_\_\_\_\_

Uplani: \_\_\_\_\_



## OEGOA 4

### PIKSA ATOKNIGAGUN AGIGUN

Uvaga, atani saenikhihimayoga, agiktokga

TIMIGIYAN HAVAKEN:

havaktelo, kivgaktoktelo agikhimayatka piyaagani piksanik kungealeogan-  
iklunen uvamnik, atugeagani makpigaani kungeakhanilunen kagitaoyami.

Tukiheayoga manikhaotikhakalimagitok aheniklunen akileotinik piksanun  
kungeakhanulunen.

Atigyan: \_\_\_\_\_

Uploa: \_\_\_\_\_

Saeneotin: \_\_\_\_\_

Ukeokagitpan 18-nik huli, saeneota agayukaam monaktivlunen

\_\_\_\_\_

## OEGOA 5

### HANAYAKHAN IHOAKOTILO

PIKUN	Ahelo
Titigaakhan nivigayomi	<input checked="" type="checkbox"/>
Titigaakhanik nivigaktikvik	<input type="checkbox"/>
Kakeyhaotinik	<input type="checkbox"/>
Titigaotin	<input type="checkbox"/>
Makpigaamik niptigutin	<input type="checkbox"/>
Atiknik nivigataanoen	<input type="checkbox"/>
Mikiyun titigakvikhan	<input type="checkbox"/>
Kuviyaktun Titigaotin Paokaktolo	<input type="checkbox"/>
Hanaoyakhan (migutin, migukhiyotilo, taemaetun)	<input type="checkbox"/>
Taktakhan	<input type="checkbox"/>
Nikileoktukhan	<input type="checkbox"/>



## OEGOA 6

### Takoyakhak IIAOYUN KATIMAYUTIKHAENIK

UPLOANI 1	INIKNIGIN AYOEKHAVEAN	INULGAMEN AYOEKHAVEAN
<b>Uplok aolageakneakun 9-mi uplaami</b>		
Akmaelotik kingaotikun Titikikiyotin	Atikitik inoen okagniginik titikikiyotilo	Ulapkiyotin ikaeyaotilo timimi
<b>Unikvikhak</b>		
Kanogitaakhaen ilaojun apigilogin	Haemakhaon 1	Timimi ilitkohikmilo ayoenigin
<b>Kitigumitaaklotik</b>		
Igilgaan atoloaktaenik Ihvgeoklogin inulgamen titigaagin makpigaani	Timimi ilitkohikmilo ayoenigin Haemakhaon 2	Igilgaan ilitkohen Inknigin atokoaktaenik titigaan ihvgeoknigin
<b>Unikvikhak</b>		
Nanminik taotuktuyaktaen Taemaktigutinun okaheoyun kingaotilo	Ulapkiyotin Unikhimalaknik	Agilgami havaakhan uniktigutinulo okaheoyun
<b>Uplok nuguneaktok 5-mi uplumaan</b>		

UPLOANI 2	INIKNIGIN AYOEKHAVEAN	INULGAMEN AYOEKHAVEAN
<b>Uplok aolageakneakun 9-mi uplaami</b>		
Ihvgeoknigin ipakhak piyotinik Ahinun Sikugeakven	Aolagikhiyun/ihvgeoknigin ipakhak piyotinik	Timimi ilitkohikmilo ayoenigin
<b>Unikvikhak</b>		
Inoen haemakkaknikun pitkuhen Nutakanik nuleakknikun piteagiyun	Haemakhaon 3	Timimi ilitkohikmilo ayoenigin
<b>Kitigumitaaklotik</b>		
Nunaliknin Unipkaamik havaak	Hilami piuyaklotik Haemakhaon 4	Igilgaan ilitkohen Hanaoyaknik hulilogaagun
<b>Unikvikhak</b>		
Nunaliknin Unipkaamik havaak Taemaktigutinun okaheoyun kingaotilo	Ulapkiyotin Unikhimalaknik	Agilgami havaakhan uniktigutinulo okaheoyun
<b>Uplok nuguneaktok 4:30-mi iniknikni, 5-milo inulgamikni</b>		



# PITEAGINIK ATUGITAAGANLINOEN NUNAGIYAENI

## UPLOANI 3

### INIKNIGIN AYOEKHAVEAN

### INULGAMEN AYOEKHAVEAN

#### Uplok aolageakneakun 9-mi uplaami

Ihvigeoknigin ipakhak piyotinik  
Inuhimaknik haemakhaknikun

Aolagikhiyun/ihvigeoknigin  
ipakhak piyotinik

Timimi ilitkohikmilo ayoenigin

#### Unikvikhak

Inum inminik ihomagiyakateakniga  
monagiteaknigalo

Haemakaon 5

Timimi ilitkohikmilo ayoenigin

#### Kitigumitaaklotik

Nunaliknin Unipkaamik havaak

Timimi ilitkohikmilo ayoenigin  
Haemakaon 6

Ilgalaan ilitkohen  
Hanaoyaknik hulilogaagun

#### Unikvikhak

Nunaliknin Unipkaamik havaak  
Taemaktigutinun okaheoyun kingaotilo

Ulapkiyotin  
Unikhimalaknik

Agilgami havaakhan uniktigutinulo  
okaheoyun

#### Uplok nuguneaktok 4:30-mi iniknikni, 5-milo inulgamikni

## UPLOANI 4

### INIKNIGIN AYOEKHAVEAN

### INULGAMEN AYOEKHAVEAN

#### Uplok aolageakneakun 9-mi uplaami

Katimakatigelikloti inulgamo lo katikatigilogin  
olapkivikmi

Opalogeayaklotik koyagiyaagani kaekmata iniknigin

Aolaktigeagutin | Kanoginikhaenik atuktukhan malgukni uplukni | Inulgamen takupaktitaen hanaoyaatik  
kungeaktitiotigiyanklo iniknigilo

#### Unikvikhak

Nunalikni unulikan ihomagiyamiknik hulilogaagutin

#### Kitigumitaaklotik

Iniknigin takupaktitaen ilitkohikmi kaoyimayamiknik ayoenigiyamikniklo inulgamiknun | Ahinun sikugeaknikmik okaheoyun

#### Unikvikhak

Havaklotik nunalikni huliyutaanik havaami

Taemaktigutinun okaheoyun kingaotilo | Unikhimalaknik Agilgami havaakhan uniktigutinulo okaheoyun

#### Uplok nuguneaktok 5-mi uplumaan

## UPLOANI 5

### INIKNIGIN AYOEKHAVEAN

### INULGAMEN AYOEKHAVEAN

#### Uplok aolageakneakun 9-mi uplaami

Katimakatigelikloti inulgamo lo katikatigilogin olapkivikmi | Opalogeayaklotik koyagiyaagani kaekmata iniknigin

Nunalikni huliyotikhamik opalogaeyaknik

#### Unikvikhak

Ayoehahimaklotik nunalikni huliyutikhamik

#### Kitigumitaaklotik

Ulapkiyotin | Nunalikni hulilugaakvea hanaoyaktin havaagin | Igilaan ilitkuhen

#### Unikvikhak

Iniktiklogo hanaoyaktin havaaga nunalikni hulilogakviki | Agugaaktoktun uktoktun nunalikni hulivikhami takupkaeyaamini  
takuyaoyukhak

Kigulen ihomagiyaoyun, taemaktigun kigaotikun  
kanoginiganiklo okaheoyunik titigaknigin

Unikhimalaknik, kigulen ihomagiyaoyun, kanoginiganiklo  
okaheoyunik titigaknigin

#### Nigiyaktoklotik Unikhimalakneaktun

#### Nunalikni kungeaktitineaktun 7-min 9-mun unukpan

## OEGOA 7

### AOLAPKAEYIM MALIGOAKHAA Iniknigin AYOEKHAVEANI UPLUNI HIVULIKMIN PIGAHOANUN

#### UPLOANI 1

IKAKNIGA	HULILOGAGUTAOYUMAYOK	AOLAPKAEYIM NAONAEPKOTAEN
<b>9-min 9:30-mun</b>	Akmaelotik kingaotikun Hivonikhuyutikan	Apigilogi iniknik akmaeyaagani kingaotikun. Okagnigin atenik ilaoyun havaktilo. Monagilaklogin tohaktiyotikan.
<b>9:30-min 10:15-mun</b>	Titikikiyotin  Okateaklogo ayoekhaneom kanoginiga	Ilaoyun titigaktiyavatin ayoekhaligeakteinagin titigaakhani (angeagiyotin piksaniklo atoenageakakniginik agigun). Okaklogin kanoginikhaen talimani uploni atoktukhan. Okaotilogin ilaoyun okaotaoyun angeagiyaoyageakaknigin okaotaogilotiklo aheani pikatigenin. Okaotilogin ilaoyun titigaagin makpigaani takuyaoneakniginik inulgamiknin ilaoyunin. Okakvigiyaoyukhan ikayoktin kahayavun.
<b>10:30-min 12:00-mun</b>	Havaktin naonaeyaeniga	<b>Unikvikhak</b>  Okateaklogo uko okaheoyun aniknaknalakniginik. Okaoheoyun ilagen nigaknigin, nutakalo nuleaknikun Ahinulo Sikugeaknik okaotaoneaktun. Apigilogin ihomalutimiknik kamahuktamikniklo ayoekhanikmi. Okateaklogin piyotigyaen.
<b>Kitigumitaaklotik</b>		
<b>1:30-min 2:30-mun</b>	Itkaomallogin igilgaan atoktaenik – inuyutigyaeniklo  Itkaomallogin igilgaan atoktaenik – pigeautaoitulo	Titigaoyaklogo "atoktaenik" kemalogiktomi titigaakhani. Apigilogin ilaoyn okakataklogin titigaklogilunen (makpigaami) inuyutigyaenik tuhugijaen aalani inukni inmiknilo. Ilakalaktun uko upkiyiyotin, hakugiknigilo, ilomukniginik, ukpigiyaonigilunen. <ul style="list-style-type: none"> <li>• Apigilogin "Kitu atokteanik ihomagiyaoloaka?" (Aalaganeaktok atuni inukmi.)</li> <li>• Apigilogin "Kitun ihumalutin piyotaoyolo aktoknikalakan atoktaenik kaemalogiktugeyeun?" Titigaklogin okoahen hilataani kaemalugiktun. Una naonaegutaoyok kanok ihomalun agiklivaleaniganik haniptikni aktoknikakhoni-lo ilumi hakuginigiyaptiknik ihomaluginigiyaptikniklo. Una pivikhakneoyonakhivuk okaohiginyaagani igilgaan kanogileoknigin aknan, kanoklo tukikmagaa aknanun inoenakmulo uplomi.</li> </ul>
<b>2:30-min 3:15-mun</b>	Ihivgeoklogin okaohigilogilo inulgamen titigaagin makpigaani	Himikhilot makpigaani titigakhimayun inulgamo ayoekhaveanin Okaohigilogin inulgamen titigaagin makpigaani (haemakkhanik oegoani 1, 2-milo).
<b>Unikvikhak</b>		
<b>3:30-min 4:30-mun</b>	Nanminik inoen taotuktuyaaktaen	Titigaklogin okaotaoyun titigaakhami: <ul style="list-style-type: none"> <li>• Hunaova inuhikateaktun ilagen?</li> <li>• Hunaova inuhikateagitun ilagen?</li> <li>• Inuhigilataga — titiaklogin taliman aalagugutikhatin inuyuhikni.</li> <li>• Nunakateaknikhakun — ataotimetun ihomaginahoaklogin kanok nunaoyok piteagitoktak inneakmagaa.</li> <li>• Kanok aalaguwniga pineaka?</li> </ul>
<b>4:30-min 5:00-mun</b>	Ihomagiyaoyun taemaktigutilo	Iholilogo hivulik uploa ayoekhaneom tamaenin taemaktigutinik okaktilogin. Apigilogi iniknik umigeagani uplok kingaotikun.
<b>5:00-min 5:30-mun</b>	Havaktin naonaeyaeniga	Havaami havaktin unagoekhipkaeyun uploani. Havaktin neoviklotik havaami ihoakotikhanik piyageakakan.

UPLOANI 2		
IKAKNIGA	HULILOGAGUTAOYUMAYOK	AOLAPKAEYIM NAONAEPKOTAEN
<b>9-min 9:15-mun</b>	Ihvgeovaaklogo uploani 1	<p>Apigilogi iniknik akmaeyaagani kingaotikun.</p> <p>Okaotiglaklogin ipakhak ayoekhanik keologilo apikotaoyun.</p>
<b>9:15-min 10:15-mun</b>	Ahinun Sikugeaknik Inoenaknин	<p>Okaohigilogin Inoen inuyuhen kanogiliniginiklo Ahinun Sikugeaknikmin:</p> <ul style="list-style-type: none"> <li>Nutakan aolaktitaoyun ahinun ahivaktaovlotik agayukaamiknik igilgaalo pimikhijotinin. Nutak ilihaknik ayikotakagitok igilgaan ilagen atoktaenik ayoekhayuhenilo.</li> <li>Ilitkohikmi ihoelyun mihknaktok huli ilaguhenin inuhimaktonilo nutakanin.</li> <li>Kaoyimalogo Ahinun Sikugeaknik inuhik ihoegutao-yok inum kanoginiganik — inukmi Inoenavlotiklo. Takupkaklogo kanok ihoakotin ikayutilo inuhimaa-geami inukmenigjinik avatimiknilo atuni ilaoyum. Kuveaginik ilitkuhiktik uplotoagaagan inuhimagutaoyok.</li> <li>Ilgin inoen okapaktun aktoknigin Ahinun Sikugeakneom ahelo ihumalutaoyun atokhimayaen ayikotanik pikaluyam: Takukhaoniga pikaluyam timigiyan ilagalo pikaluyam takukhaogitok, imakmetok, ilugiyen ikpigiyatin. Talvani iluknetok — aneagun inigutilo — ekhimalaktun. Una ikayutaoyok inuknin tukiheavaleayaagan huk anikhimakmagaa (Meeka Arnakaq).</li> <li>Nanivaleaniganik ekhimayaoloapkaktok anigun haemakpakealaktogun — inuvlota, nunakatigekhatalo inoenavlotalo.</li> <li>Ayokhaotin ihoakhilimagitun tayaenak. Hivitoyok.</li> </ul> <p><b>Aktoknigin Okoahikmik Ilitkohikmiklo</b></p> <ul style="list-style-type: none"> <li>Ataohik ilitkuhikmi aktoknikakloaktok Ahinun Sikugeaknik nugutpaleaniga okaohik Inoenakni.</li> <li>Aheonik okoahikmik ilagini nunani ila Inuvealoen Nunatsiavumilo igataomayun.</li> <li>Ilgin iniknigin kaoyimagitun inuyaamikni ilitkohikmiknik — ayoekhayaagani igilgaa pitkuhenik ilitkuheniklo inuyaamiknilo ilagekttoni nutagaolakhotik.</li> </ul> <p><b>Aktoknigin Ilageni Inukatigenilo Ilaonigini</b></p> <ul style="list-style-type: none"> <li>“Nahogiyogun utigeaptikni agilgagiyaptiknun sikgeogupta. Kiheani agilgagi-hoegaptigu. Nutakan kaoyimayotihokhimayun, talvuna piteagutiheoktun ...” (sikugeakhimayugaloak Nunavik-min).</li> <li>Taemani, Inoen ilagen ataektilimagitun inuhimik ilikun igilgaalo ayukiktutaenik. Kungeaknik atoknikakloaktok Inoen ayukiktutaeni. Nutakan ayoekpaktun taotoenakhogin iniknigin uktokoyaovakhotiklo ayoenigyaenik inmiknik.</li> <li>Igilgaa Inoen ilihaotaen okaohigivagaen iniknigin nutakanun oegugelo atoknikaktun ayoeniginik ilitkuhikniklo atoktaenik.</li> <li>Igilgaan ayoenigin angunahoakniklo, nikiligyaamilo ammikiyaaganilo, mikhugeamilo, igluleogeamilo apunmik aolageamilo nunami imakmilo. Ihomagiteageagani avataoyok ilagiteaktaa Inoen Igilgaan kaoyimayaenik.</li> </ul>

naonaepkutim ilaga huli tuklikmi makpiknigagni

## UPLOANI 2 ilaga huli

IKAKNIGA	HULILOGAGUTAOYUMAYOK	AOLAPKAEYIM NAONAEPKOTAEN
<b>Unikvikhak</b>		
10:30-min 11:00-mun	Inoen haemakhaknikun pitkuhen	Okaohigilogin Haemakhaknikun Pitkoheoyun okaotaoyun Haemakhaknikun Atuligumaenik nanihimayun hivoani uvani makpigaami.
<b>Kitigumitaaklotik</b>		
1:00-min 3:00-mun	Havaagilogoo Nunaliknin Unipkaak	<p>Pivikhakaktilogin iniknigin havaagiyaagani nunalikni unipkagiyanik.</p> <p>Itkaomalogo iniknigin atulaaktaan pivikhaknigiyaktik okakatigegeamikni, ikayutaolman haemakhaknikmi.</p> <p>Okakatigeknigin nutakanik nuleaknikun piteagiyotin.</p> <ul style="list-style-type: none"> <li>• Notakan monagenageakaktun — monagiyaoyageakakhotiklo. Kanok tukikakan nutagak monagenageakakniga monagiyoayageakaknigalo?</li> <li>• Kanok ayoekneakita ilitagiyaagani nutakan kanogileoknigin?</li> <li>• Kanok ayokiktukneagaloakitigik nutakavun monagi-yaamikni inmiknik aalaninilo inuknin ihomalutikagilotik?</li> <li>• Huna kaoyimayaoyun itkagutaolaaktok kuklukhimayotinik?</li> <li>• Hunaova ilagin atuligumayaoyun kamahugoeggeagani?</li> <li>• Hunaovan piyotin ilagen ikayutigilaktaenik anakhimayun ihageaginyaenik?</li> <li>• Kanok inuk kamagiheokneakigigu?</li> <li>• Hunaovan ilagin aniknaelgumeyotaoneakan nutaka-nin okageami ihomagiyamiknik ikpigiyamikniklo?</li> </ul>
<b>Unikvikhak</b>		
3:15-min 4:00-mun	Havaagilogoo Nunaliknin Unipkaak	<p>Pihimaklogo Nunaliknin Unipkaak</p> <ul style="list-style-type: none"> <li>• Kanok iniknigin kiklikhaenik naonaekhineakan?</li> <li>• Kanok ilitagiteakneakitigun kuklukhimaniga annakhimayum aniguktaen?</li> <li>• Kanok annakhimayun akhukhakneakan nahogiyaaganilo inigeagani akhugutaoyun hivunikhampi?</li> <li>• Kanok annakhimayun okaohigineakagin piteagiyotin pikpagiyamiknun?</li> <li>• Hunaovan ilagin piyotin aepakin ikayutigilaktaenitkagakniguvit?</li> <li>• Hunaovan ilagin aneaknaetun, akikitolo inminik monagiyaagani inuk hulilogagutin?</li> <li>• Hunaovan ilagin piyotin annakhimayum ihoetun ihomagihoegeagani koyaginak?</li> <li>• Kanok annakhimayun ayoekneakan kamagihoeggeagani aepagiyatik?</li> <li>• Kitun piyotin annakhimayum ilajiyatik aneagitaagan?</li> </ul>
4:00-min 4:30-mun	Itkaomaytin taemaktigulo	Iholilogo uploa ayoekhaneom tamaenin taemaktigutinik okaktilogin. Apigilogo iniknik kingalageagani.
4:30-min 5:00-mun	Havaktin naonaeyaeniga	Havaami havaktin unagoekhipkaeyun uploani. Havaktin neoviklotik havaami ihoakotikhanik piyageakakan.

# PITEAGINIK ATUGITAAGANLINOEN NUNAGIYAENI

## UPLOADANI 3

IKAKNIGA	HULILOGAGUTAOYUMAYOK	AOLAPKAEYIM NAONAEPKOTAEN
<b>9:00-min 9:15-mun</b>	Ihvigeovaaklogo uploadani 2	<p>Apigilogi iniknik akmaeyaagani kingaotikun.</p> <p>Okaotigilgaklogin ipakhak ayoekhanik keologilo apikotaoyun.</p>
<b>9:15-min 10:15-mun</b>	<p>Haemakhaknik aolaktigeagutikaktok inukmi</p> <p>Aalaguktiginik</p>	<p>Okaohigilogi haemakhaknikun pitkuhik (Takulogo Haemakhaknikun Atuligumayaen). “Haemalimalimagineaptigik” aalat, ikayotkigelaktogun haemakhaknigiyaptikni.</p> <ul style="list-style-type: none"> <li>• Okaohigilogin kanok inoen anigukpakpatigik ayokheatigiyatin taemani.</li> </ul> <p>Aalaguktiginik:</p> <p><b>Ihomagiyanik inugulakniga</b></p> <ul style="list-style-type: none"> <li>• Ilikun, ilaoyun titigaktilogin talimanin kulinun kanogileoguhikhampiknik aalagugeagani inuyuhiktik.</li> </ul> <p><b>Ilagetealaknigiyavun</b></p> <ul style="list-style-type: none"> <li>• Ilikun, ilaoyun titigaktilogin talimanin kulinun kanogileoguhikhampiknik ilagetealigeamikni.</li> </ul> <p><b>Nunakatigetealaknigiyavun</b></p> <ul style="list-style-type: none"> <li>• Pikitgeklotik, ilaoyun titigaktilogin ihmagiyanik kanok nunakatigen ikiklivaaligeagani nigagaaganilo piteagutaogitolo. Una ilakalaktok titigakniginik havaanik havaakhiyotiniklo aalatken havakveoyun hamlitkonilo katimayin, sikukvelo, pilehimalo, monakhilo, ayokhaktoliyilo, CHR-lo. Ilakalaktoklo ihmagiyanik kanok aalatken ikayuktin havakatigegeagani ihoatkiyamik, aheniklunen ihmagiyaoyonik nunakatigenin.</li> </ul>
<b>Unikvikhak</b>		
<b>10:30-min 12:00-mun</b>	Inuk inminik ihomagiykateakniga monagiteaknigalo	<p>Apigilogin ilaoyun ihmakhakhoegeami “Hunaova inuk inminik ihmagiykateakniki?” Titigaklogin keoyotin makpigaani nivigayuni.</p> <p>Aviktoklogin pikatigen ikiklilogin (malguk pigahulunen inoen).</p> <p>Apigilogin pikatigen okaohikateagani pikahunik apikotinik ukuniga:</p> <ul style="list-style-type: none"> <li>• Okaklogin pigahun hanikiteagutigiyatin.</li> <li>• Okaklogin pigahun hunalikaa nakugiyatin ilikni.</li> <li>• Okaklogin pigahun hunalikaa nakugiyuen iliknik.</li> </ul> <p>Inuktitun pikatigen okatigektiyavatn keoyotimikni.</p> <p>Apikhukhimaklogin huli titigaklogilo keoyotaen makpigaani:</p> <ul style="list-style-type: none"> <li>• Kanok ikpigiyakakin umiga huliyotimik? Ayoknakan, huk ihmavin taema?</li> <li>• Kanogiloelakita nakuhivaaligeagani uvaptiknik nakuyomik ihmagiykageagani?</li> <li>• Kanok monagiteakteaknekin iliknik ihoatkiyamik?</li> </ul>
<b>Kitigumitaaklotik</b>		
<b>1:00-min 3:00-mun</b>	Havaagilogoo Nunaliknin Unipkaak	<p>Pivikhakaktigin iniknigin havaagiyaagani nunalikni unipkagiyatik.</p> <p>Kaoyimayavutin iniknigin atulaaktaan una okatigeklotik, ikayutaolakman inuhikhampik haemakhaknikun.</p>
<b>Unikvikhak</b>		
<b>3:15-min 4:00-mun</b>	Pihimakniga Nunaliknin Unipkaak	<p>Atokhimaklogo Nunaliknin Unipkaak.</p> <p>Iniktiklogin havaa, una kiguleoneakman oegoani ayoekhaneom pivikhaknaknigan Nunaliknin Unipkaak.</p>
<b>4:00-min 4:30-mun</b>	Itkaomaytin taemaktigulo	<p>Iholilogo uploa ayoekhaneom tamaenin taemaktigutinik okaktilogin.</p> <p>Apigilogi iniknik kingalageagani.</p>
<b>4:30-min 5:00-mun</b>	Havaktin naonaeyaeniga	<p>Havaami havaktin unagoekhipkaeyun uploani.</p> <p>Havaktin neoviklotik havaami ihoakotikanik piyageakakan.</p>

## OEGOA 8

### AOLAPKAEYIM MALIGOAKHAEN Inulgamen UPLOENI HIVULIKMIN PIGAHOANUN

UPLOANI 1		
IKAKNIGA	HULILOGAGUTAOYUMAYOK	AOLAPKAEYIM NAONAEPKOTAEN
<b>9:00-min 10:00-mun</b>	Atikmiknik okalaklotik  Inulgamen titigaklogin makpigaan piyageakaktun  Ayoekhaneom kanoginiga piyotaoyulo	Atikmiknik okalaklotik havaktilo. Ilaoun titigakiyatvin ayoekhaligeakteinagin titigaakhanik (angeagiyotin piksaniklo atoenageakakniginik agigun). Okaklogin kanoginikhaen talimani uploni atoktukhan ayoekhanikmilo piyotigyaenik. Okaotilogin inulgamen okaotaoyun angeagiyaoyageakaknigin okaotaogilotiklo aheani pikatigenin. Okaotilogin inulgamen titigaagin makpigaani takuyaoneakniginik inikniknin ilaojunin. Okavigiyayoukhan ikayoktin kahayavun.
<b>10:00-min 10:45-mun</b>	Ulapkiyotin timimilo ikaeyaotin	Kamahugeogeami ulapkiyotin timimilo ikaeyaotin.
		<b>Unikvikhak</b>
<b>11:00-min 11:30-mun</b>	Haemakhakneom ilalga 1	Okakatigilogin haemakhaknikun okaohnikin inuk inminik ihomagiyakateaknikmik monaginimiklo makpigaanilo titigaklogin. Okaohigilogin ihomagiteaknik inuk inminik, aalaniklo, inuvigiyaminiklo nunagiyaminiklo. Inulgamen ililaktun aalatkenik ihomagiteagutinik iahoktigeklotik aalalo. Hatkikhiloin akhuknaktomik, ihoateaktomiklo aniknaetomiklo ilihakvikhamik.
<b>11:30-min 12:00-mun</b>	Timimi ilitkohikmilo ayoeniginik	Inulgamen ilaolotik timimi ilitkohikmilo hulilogagutini (keakovnikmik, kiloatinun numiknikmiklo, Ukeoktaktomilo ulapkiyotinik, taemaeton).
		<b>Kitigumitaaklotik</b>
<b>1:00-min 1:30-mun</b>	Timimi ilitkohikmilo ayoeniginik	Inulgamen ilaolotik timimi ilitkohikmilo hulilogagutini.
<b>1:30-min 2:00-mun</b>	Haemakhakneom ilalga 2	Okakatigilogin ikpigiyamiknik ihomatiklo titigaklogilo makpigaani. Inulgamen ilihaktilogin inmknik ayoenikhamiknik monagiyaaagani ihomatik ikpigiyatiklo (ilitagilogin ikpiknigin, ilgahuginiginiklo, okalaligeaganilo mameanigiyaminik, taemaetonik).
<b>2:00-min 2:30-mun</b>	Igilgaan ilitkuhen	Kaetkologin, ayoknaetpan, nunaliknin inoen okageagani igilcaa ilitkuhenik. Unipkaklotik igligaan unipkaginik.
<b>2:30-min 3:30-mun</b>	Ihvgeoklogin okaohigilogilo iniknigin titigaagin makpigaani ukuniga "atokloakaenik"	Himiklogin titigaan iniknigilo ayoekhaveanin. Okaohigilogin kitun Inoenaoniyatik iniknigin akligiyakan inmkni aalanilo inukni. <ul style="list-style-type: none"> <li>• Kitu inuyun aktoknikakloakan?</li> <li>• Okaohigilogin kitun ihomaluknigin kanogilinigilunen aktulkniginik "inuyutinik" itun. Una naonaegutaoyok kanok ihomaloknaknik amigaekpaleaniga inuhiptikni aktokniganiklo ilumi hakugiknigiyaptiknik haemanigiyaptikniklo.</li> </ul>
		<b>Unikvikhak</b>
<b>3:45-min 4:15-mun</b>	Ulapkiyotin	Atoklotin aalatkenik ulapkiyotinik aleanktonik havakatigek-paleayaganilo ilaojun. Atoklogo una pivikhakaknik inulgamen ihomagiyakateageagani utiktitaaganilo aolagiknigiyatik.
<b>4:15-min 5:00-mun</b>	Unagoegami ikaeyaon, agilgamilo havaakhan taemaktigutilo	Hivulikhoklogin inulgamen niklakhageagani ikaeyaklotik. Okaotilogin unugeak havaakhaenik: Ilaoun titigakeakneaktun naetomik ataozikmi makpikniganik unipkaamik ayoektamiknik. Ihlulilogo uplok tamaenin taemaktiknikun okaktilogin.
<b>5:00-min 5:30-mun</b>	Havaktin naonaeyaeniga	Havaami havaktin unagoegutinik okaohenen uplum aolaniganik.

## UPLOANI 2

IKAKNIGA	HULILOGAGUTAOYUMAYOK	AOLAPKAEYIM NAONAEPKOTAEN
<b>9:00-min 9:30-mun</b>	Aolaktigeagutinik Okaohigivaaklogin ipakhak pigeagutin	Koyagilogin inulgamen kaekmata uploani 2-mi. Hivulikhoklogin inulgamen ikaeyaktilogin. Ihvigeolaklogin ipakhak ayoekhayotin keologilo apikotaoyun.
<b>9:30-min 10:30-mun</b>	Timimi ilitkohikmilo ayoeniginik	Klnulgamen ilaolotik timimi ilitkohikmilo hulilogagutini (keavkavnikmik, kilaotinun numiknikmiklo, Ukeoktaktomilo ulapkiyotinik, taemaetoni).
		<b>Unikvikhak</b>
<b>10:45-min 11:15-mun</b>	Haemakhakneom ilalga 3	Okakatigilogin atugitaagani ihoenagutin imigaknaktun, taagaelo, higaakniklo titigaklogilo makpigaani nivigayoni. Takupkaktilogin titigaagoyun makpigaani inikniknun.
<b>11:15-min 12:00-mun</b>	Timimi ilitkohikmilo ayoeniginik	Ilnulgamen ilaolotik timimi ilitkohikmilo hulilogagutini.
		<b>Kitigumitaaklotik</b>
<b>1:00-min 1:30-mun</b>	Hilami Pihuyaklotik	Inulgamen pihuyaktilogin ikaeyageamikni.
<b>1:30-min 2:00-mun</b>	Haemakhakneom ilalga 4	Okakatigilogin inminik inoakpaktunik titigaakhanilo titigakogin makpigaani. Ayokiktoklogin inulgamen ihageami ikayoktigeklotiklo nunagiyaoyoni ihoakotikakpalagitoni. Takupkaklogin titigaan inikniknun. Ihvigeoklogin okaohigilogiloi iniknigin titigaagin Pikaloyamik. Takukhaoniga pikaluyam timigiyani. Ilagalo pikaluyam takukhaogitok, ilugiyani aneagun anigutaoyoklo ekhimalaktok. Una ikayutaoyok inuknin tukiheavaleayaagani huk anikhimakmagaa (Meeka Arnakaq).
<b>2:00-min 2:30-mun</b>	Igilgaan ilitkuhen	Kaetklogin, ayoknaetpan, nunaliknin inoen okageagani igilgaa ilitkuhenik. Unipkaklotik igligaan unipkaginik.
<b>2:30-min 3:30-mun</b>	Hanaoyaktin hulilogagutaen	Inulgamen hanaoyaanik hulilugaktilogin.
		<b>Unikvikhak</b>
<b>3:45-min 4:15-mun</b>	Ulapkiyotin	Atoklotin aalatkenik ulapkiyotinik aleanaktonik havakatigekpaleayaganilo ilaojun. Atoklogo una pivikhaknak inulgamen ihomagijyakateageagani utiktitaaganilo aolagiknijiyatik.
<b>4:15-min 5:00-mun</b>	Unagoegami ikaeyaon, agilgamilo havaakhan taemaktigutilo	Hivulikhoklogin inulgamen niklakhageagani ikaeyaklotik. Okaotilogin unugeak havaakhaenik: Ilaojun titigageakakneaktun naetomik ataohikmi makpikniganik unipkaamik ayoektamiknik. Ihlulilogi uplok tamaenin taemaktiknikun okaktilogin.
<b>5:00-min 5:30-mun</b>	Havaktin naonaeyaeniga	Havaami havaktin unagoegutinik okaohenen uplum aolaniganik.

## UPLOANI 3

IKAKNIGA	HULILOGAGUTAOYUMAYOK	AOLAPKAEYIM NAONAEPKOTAEN
<b>9:00-min 9:15-mun</b>	Upitpalaeanikhak Ihvigeoniga ipakhak uploani ayoekhavik	Koyagilogin inulgamen kaekmata uploani 3-mi. Hivulikhoklogin inulgamen ikaeyaktilogin. Ihvgeolaklogin ipakhak ayoekhayotin keologilo apikotaoyun.
<b>9:15-min 10:15-mun</b>	Timimi ilitkohikmilo hulilogagutini	Inulgamen ilaolotik timimi ilitkohikmilo hulilogagutini.
		<b>Unikvikhak</b>
<b>10:30-min 11:30-mun</b>	Haemakhakneom ilalga 5	Okakatigilogin ilagen nigakniginik. Okaohigilogin aolanigin piteagityotin kanoklo nigaknik aktoknikakmagaa inukmik, ilageniklo, nunakatimikniklo. Takulogo Inoen Haemakhaknikun Pitkohenik (makpikniga 8) piyotikan ilagen haemageaganipiteagiyyotinin nagipavaklotik. Okaohigilogin makpigaani titigakhimayon inikniknun.
<b>11:30-min 12:00-mun</b>	Timimi ilitkohikmilo ayoeniginik	Inulgamen ilaolotik timimi ilitkohikmilunen hulilogagutini.
		<b>Kitigumitaaklotik</b>
<b>1:00-min 1:30-mun</b>	Timimi ilitkohikmilo ayoeniginik	Inulgamen ilaolotik timimi ilitkohikmilunen hulilogagutini.
<b>1:30-min 2:30-mun</b>	Haemakhakneom ilalga 6	Okakatigilogin nuleaknikun piteagiyyotinik. Ayoekhavikmi ihoakotinik nutakan nuleaknikun piteaktaoginiginik kaoyimayaaganik takulogo Pauktuutit-kon Ekhimayok Akuleak ihoakotin. Kaoyimalotin unigeakaktun nutakan nuleaknikun piteaktaoginiginik. Takupkaklotin makpigaani titigaktaoyun inikniknun.
<b>2:30-min 3:00-mun</b>	Igilgaan ilitkuhen	Kaetklogin, ayoknaetpan, nunaliknin inoen okageagani igilgaa ilitkuhenik. Unipkaklotik igligaan unipkaginik.
<b>3:00-min 3:30-mun</b>	Hanaoyaktin hulilogagutaen	Inulgamen hanaoyaanik hulilugaktilogin.
		<b>Unikvikhak</b>
<b>3:45-min 4:15-mun</b>	Ulapkiyotin	Atoklotin aalatkenik ulapkiyotinik aleanktonik havakatigekpaleayaganilo ilaoyn. Atoklogo una pivikhaknak inulgamen ihomajiyakateageaganik utiktitaaganilo aolagiknigiyatik.
<b>4:15-min 5:00-mun</b>	Unagoegami ikaeyaon, agilgamilo havaakhan taemaktigutilo	Hivulikhoklogin inulgamen niklakhageaganik ikaeyaklotik. Okaotilogin unugeak havaakhaenik: Ilaoyn titigageakakeaktun naetomik ataohikmi makpikniganik unipkaamik ayoektamiknik. Ihulilogi uplok tamaenin taemaktiknikun okaktilogin.
<b>5:00-min 5:30-mun</b>	Havaktin naonaeyaeniga	Havaami havaktin unagoegutinik okaohen uplum aolaniganik.

## OEGOA 9

### AOLAPKAEYIM MALIGOAKHAA Iniknigin Inulgamo AYOEKHAVEANIK UPLUKNI HITAMAANI TALIMAANILO

Kigulikni malgukni uplukni, iniknigin ilagineakaen inulgamen ulapkivikmi uploani. Katimakatigekumik pivikhakakneoyok iniknigin inulgamo hakugitkiyamik havakatigegeamikni haemakkaklotiklo. Atactimeonigin ayoekhavikmi, iniknigin inulgamo ilaogeklotik haemakkaknun okaohikakneakun, okaohigilogilo ayoenigiyatik kaoyimayatiklo avanmun, opalogaeyaklotiklo okaohikhaknik umiga Nunaliknin Unipkaamik nunaliknun kigulikmi unoani ayoekhaneom.

Piyyageakagunakhiyok iniknigin inulgamelunen nipaelgumugaoyaamikni havaagiyaagani ihomagiyaoyun. Akaoyiyin kahaktukhaogaloen ikayoktogeagani ipigaktaelogilo piyyageakakan.

#### UPLOANI 4

IKAKNIGA	INIKNIGIN Hulilogagutean	INULGAMEN Hulilogagutean	AOLAPKAEYIM NAONAEPKOTAEN
9:00-min 9:15-mun	Akmaeyotin kingaotikun katimavikhami  Pihuklotik ulapkivikmun	Katimalotik ulapkivikmi	Opalogaeyaklogin ilaoyun katitaagani.
9:15-min 10:00-mun	Okaknigin Inoen Atikmiknik  Okateaknigin iniktigakhan kanogituniginiklo  Ikaeyaotin timimi ilgahugoegutinulo ikayutin		Atenik okaknigin tamaeta ilaoyun havaktilo. Okaklogin kanoginikhaen atoktukhakni malgukni uplukni. Hivulikhoklogin ikaeyaknikun. Iniknigin aolapkaeeya piyavuk kamahogeogutikhamik. Ihoamgiyaoyok una "Atiktoenik timivun atoklogin." Tikoakhilotin iktonik inulgamiknik inikneyoniklo titigateagani ae e aa-lo atoklogin ukpatiklik. Ikuyikitaknik aolateagutaoyok kituhuknakhonilo.
10:00-min 10:45-mun	Inulgamen takupkaktilogin hanaoyaatik		Inulgamen takupkaktilogin hanahima-yatik ayoekhatilogin inikniknun.
<b>Unikvikhak</b>			
11:00-min 12:00-mun	Nunalen hulivigyaan ihomakhakheoklotik		Iniknigin inulgamel katilotik ihomakhakheoklotik hunanikliaa nunagiya-miknin unipkaamik pivikhaktik.
<b>Kitigumitaaklotik</b>			
1:00-min 2:00-mun	Iniknigin okaohigineakaen ilitkohikmi kaoyimayamiknik ayoenigiyamikniklo		Iniknigin okaohikaklotik inulgamiknun ilitkohikmi kaoyimayamiknik ayoenigiyamikniklunen.

naonaepkutim ilaga huli tuklikmi makpiknigagni

## UPLANO NI 4 ilaga huli

IKAKNIGA	INIKNIGIN Hulilogagutean	INULGAMEN Hulilogagutean	AOLAPKAEYIM NAONAEPKOTAEN
2:00-min 3:30-mun	Okaohigilotin Ahinun Sikugeaknik		<p>Aolapkaeyiloak iniknigilo aolapkaeyeon okaohikaktiologik kiguligeni ilagen aktokniginik Ahinun Sikugeakneom:</p> <ul style="list-style-type: none"> <li>• Hunaovan iniknigin kaoyimayaen?</li> <li>• Kanok anigutaoyok aalamun nutpaleavakpa?</li> <li>• Hunaovan ilagin kiguligenin aktoknigin ikpigiyaovan? (Imiknik imigaknaktoniklo atunikluknigin, [taemani atoe-naktolo], timimimum piteagiyotin, ihomamulo piteagiyotin, inminiklo inuk ihomagiayakateaginigiyaminik, inuhikateagitut ilagen, inuhikateagitolo pikatigen inoen, agayokalo ayokhaotaenik, inmikniklo inoaknikmik, ukeokitulohigaevaknigin, ingu-maniklo nigakniklo, itkagalagutinilo, mameahuknikilaeyak man, ukpiknaeniga inuk, kuvea-nagi-toklo okaohik, ilagiyoateagoek-niklo, ayokhalikniganiklo inuk, taemaetonik).</li> </ul> <p>Ilaleotilogin inuyuhikni ihomagiyaoyun uplomi ayokhaotinun:</p> <ul style="list-style-type: none"> <li>• Ikpikniyaa piteaktaoginikmik.</li> <li>• Agikatigeginigin uko monagiyeoyun</li> </ul> <p>Okaohigilogin unipkaan nakuyunik haemakhaotaenik iniknigin inulgamoelo:</p> <ul style="list-style-type: none"> <li>• Kanogileokin iliknik monagiyaakni?</li> <li>• Kanogileokpapin ayokhaotinik?</li> <li>• Hunaotilogo nakugiteakigin ilagiyatin? Sikukvelo? Ilanagiyatilo?</li> </ul>
<b>Unikvikhak</b>			
3:45-min 4:45-mun	Hanaoyaamik havaak		Iniknigin inulgamoelo havaklotik hanaoyaktamiknik takupkaktitakhaktik nunagiyamikni hulilogakvikmi.
4:45-min 5:00-mun	Utiklotik ayoekhaveom igloaganun okakatigegeamikni taemaktigeaganilo kingaotikun	Niglikataklotik ikaeyaklotik, agilgamiknilo havaakhamiknik katilotiklo okaohikhamiknik	Atuni aolapkaeyi hivulikhoktilogin pikatigenin taemataok hivulikni pigahuni uploni piyotimiknik.
5:00-min 5:30-mun	Havaktin unagoegutinik okaohen uplum aolaniganik.		



# PITEAGINIK ATUGITAAGANLINOEN NUNAGIYAENI

## UPLOANI 5

IKAKNIGA	INIKNIGIN Hulilogagutean	INULGAMEN Hulilogagutean	AOLAPKAEYIM NAONAEPKOTAEN
<b>9:00-min 9:15-mun</b>	Akmaeyotin kingaotikun katimavikhmi  Pihuklotik ulapkivikmun	Katimalotik ulapkivikmi	Opalogaeyaklogin ilaojun katitaagani.  Okaklotin hilami hulineagunakhivun uplumaan.
<b>9:15-min 10:30-mun</b>	Nunagiyaoyomi hulilogagunmik opalogaeyaenik		Iniknigin inulgamo opalogaeyakneaktun nunagiyaoyomi huliyotikhamik unukpan.
<b>Unikvikhak</b>			
<b>10:45-min 12:00-mun</b>	Nunagiyaoyomi hulilogagunmik ayoekhaneaktun		Iniknigin inulgamo opalogaeyakhimakneaktun nunagiyaoyomi huliyotikhamik unukpan.
<b>Kitigumitaaklotik</b>			
<b>1:00-min 1:30-mun</b>	Ulapkiyotin		Iniknigin inulgamo ilaoneaktun Inoen ulapkiyuhenik.
<b>1:30-min 2:30-mun</b>	Nunagiyaoyomi hulilogagutimi hanaogan		Iniknigin inulgamo opalogaeyaeakteun hanaoganik nunagiyaoyomi hulilogagutini atoktukhanik.
<b>2:30-min 3:00-mun</b>	Igilaan ilitkuhen		Iniknigin nunaliknilunen inoen okakneakun igilaan ilitkuhenik unipkalogaaklotiklo.
<b>Unikvikhak</b>			
<b>3:15-min 3:45-mun</b>	Iniktielogin hanaogan		Iniktielogin hanaogan nunagiyaoyomi hulilogaktilogin takupkaktitakhamik
<b>3:45-min 4:15mun</b>	Anugaaktoklotik uktokneaktun		Hivulikhoklogin tamaeta ilaojun kigulikmi ayoekhayaamikni hulilogaktoni takupkaktitakhamiknik.
<b>4:15-min 5:00mun</b>	Kigulik ihomagiyani, kingaotimik kanoginiganiklo naonaeyakniganik	Niklakkiklotik, taemaktikniklo kanoginiganiklo naonaeyakniganik	Ihulilogo atuni katimanik taemataok atokakhimayoni uploni kiheani pivkhakayavuk kanoginiganik naonaeyageagani.
<b>6:50-min 7:00mun</b>	Iniknigin inulgamo ilaolotik ataotimi		Okaklogin atenik ilaojun havaktilo. Takupkaktilogi Nunaliknin Unipkaak nunaktonun.
<b>7:00-min 9:00mun</b>	Nunagiyaoyomi kungeaktitinik		Koyagilogin tamaeta inoen nugunigani.



**ELOMUKTOK ILOMUGITOK Ayoakhayun**

<b>1</b>	<input type="radio"/>	<input checked="" type="radio"/>	Anakhimayok okaohikakhimalikan piteaktaogiyotiminik ikayoktaohimaligumilo, kiguminun ililikta, peoguklogolo, inuhimaklonilo.
<b>2</b>	<input type="radio"/>	<input checked="" type="radio"/>	Aalagulimagitatit hunalikaa inuhikni, kanok piyotigiyatin kiheani.
<b>3</b>	<input type="radio"/>	<input checked="" type="radio"/>	Piteagitun nutkakan, aniknaknik ahivakneaktok.
<b>4</b>	<input type="radio"/>	<input checked="" type="radio"/>	Higaenik nutakeokniklo itkaomayotaolaktok aniknaktonik anakhimahomin.
<b>5</b>	<input type="radio"/>	<input checked="" type="radio"/>	Aknan piteaktaohimagitun nutagaovlotik ayokhalikpaktun tukiheayaagani ihageagiyaenik nutagagiyamiknin.
<b>6</b>	<input type="radio"/>	<input checked="" type="radio"/>	Anakhimayok ayokhalikpaktun kahakhiyamini, ikitiyaminilo timimigulo, ikpigiayamigulo, ihomamigulo ihageagiyaenik nutaganeagiyatik.
<b>7</b>	<input type="radio"/>	<input checked="" type="radio"/>	Ayokiktogeagani nutakatin nakyunik kiklikhanik ikhilakiyotigineaktaen inuknik ikhigiyakaenageagani.
<b>8</b>	<input type="radio"/>	<input checked="" type="radio"/>	Anakhimayok pitaktaohimagitok inuhikmini pitealimagitok nanminik nutakaminik, piteaktaopkalimaetaelunen.
<b>9</b>	<input type="radio"/>	<input checked="" type="radio"/>	Amigaenikan inminik inoapkaktun ukunani nuleaknikun piteaktaogitoni anakhimahoni.
<b>10</b>	<input type="radio"/>	<input checked="" type="radio"/>	Iniknigin anakhimayun piteakatagitun inikneoligamik, ihoenakatakhotik, imigaknaktonik atokpalakhotik nuleakpakhotiklunen amihunik pikatikakhotik.
<b>11</b>	<input type="radio"/>	<input checked="" type="radio"/>	Okaoyiyun ikayulaktun anakhimayonik, kiheani anakhimayok tamaenik havaakaktok aneagoegeamini, inmi taemaelipkagitchalaokhogo.
<b>12</b>	<input type="radio"/>	<input checked="" type="radio"/>	Anakhimayun ayogeotkiyaovaktun ihomalutigititaagani nutak pikatigiyatik ikayoktoeyonik tukiheatteaktoniklo.
<b>13</b>	<input type="radio"/>	<input checked="" type="radio"/>	Ilaani anakhimayun pikpagiyakalikpaktun inukmik ayokotanik piteagitum inum.
<b>14</b>	<input type="radio"/>	<input checked="" type="radio"/>	Anakhimayun okaotiyakhagitchagaloagin nutan pikatigliktatik hivoani piteaktaogiyotigiamiknik 'anigutaoneakman' nutami inukatigegutini.
<b>15</b>	<input type="radio"/>	<input checked="" type="radio"/>	Anakhimayun tukiheatteagoekpaktun nutamik pikatigiyatik okaohenik upiyotaeniklo.
<b>16</b>	<input type="radio"/>	<input checked="" type="radio"/>	Aktoknigin nutakan nuleaknikun piteaktaoginigin ihoakhilimagitun inikniklo anakhimayok ayokhalikneakman tamatkeomayomik kuveanaktomiklo inuhikageagani.
<b>17</b>	<input type="radio"/>	<input checked="" type="radio"/>	Okaoyiyun kaoyivaaligeakaktun ayoknaetpan nutakan nuleaknikun piteaktaoginiginik kanogiliniginiklo ikayoktoeteageamikni kivgaktoktamiknik.

Keyötin: ELOMUKTOK (2,4,5,6,9,11,13,15,17) ILOMUGITOK (1,3,7,8,10,12,14,16)

### NAETOMIK OKAOHIK MALIGOAGAKHAK INUHIMI-KONIN



#### INUHIMI-KONIN

Ihomagiyaoyok hatkikhimayok amigaetonik katimaniknun ukunanga Pauktuutit-konin Maligoagakhhamik Inuhikmi-konilo ilitogigapta amigaetun iniktavun okaotiyaagani haemakhageaganilo inulgamen nalaomalikmata ayoknaetuyaakhonilo hatkikhyaagani ikayoktigeknikmik havaagiyaptikni. Maligoagakhak Inuhikmi aolapkaehimayun 70-nik ayoekhaviknik 45-ni nunagiyaoyoni. Amigaenikan ukunani nunagiyaoyoni Inoenaen Nunakakaktulo ahikpanetun Ukeoktaktomi. Humogaogaagapta hatkikhimakinaktok ihmagiyaoyok okaohik aniktoktaoniginik inulgamen inuhikmikni, aginikhak aniktoktaonik takukhaoyok nutpaleaniga kiguligenin inuvaleayonin aktoktaoyonik Ahinun Sikugeaknikmin.

Aheni ayoekhavikni ilitogiyogun hatkikhyaagani atoenaktonik nahohiyotinik nunagiyaoyoni nutanilo haemakhatikhani, agayokan Inknigilo ilaoligeakaktun havaani ayoknaetagaagan.

Taya ilitokhaotin haemakhaknikmik inoen kagitaeni ihmalo knaktogukhima-yuni naonaegutaoyun hakugiktonik aktoknigenaktaeniklo hatkilaktun inoen takupkaktitagaagata nakuyunik, pikpagiyotiniklo, nutaniklo timimilo hulilugagutaeni aniknaelgumi inikhami. Ilitokhaon huli takupkaktiyo-tayok hakugiknikhan uko hulilogagutin ikayugeagani havakatigevaa-ligeagani haemageaganilo kagitak ilakaktok numiknikmik, atoktuyan-iklo, hanaoyaniklo, ilitkuhiknilo hulilogaagutinik, okaohiginiganilo inum nanminik unipkagenaktaminik ataohenaogitomik. Okaohigyaagani inum nanminik unipkagiyanititigaoyaknikun, titigaknikulo inuhikminik, okakviginiginilu inuknun okaotigilogilunen ilanakminun, ikayutaok-man kagitami haemakhaknigagun.

Tamaeta uko nakunikhan piyotaoyun ilagiyaen tungaveata Maligaogakhham havaagini tamaetaloo pihimayun havaagiyaagani una ayokotakagitok ikayoktigeknikun havaak. Kuveahoktuga aolanikateakman nakuyumik takupkaktinaptigik agiyun titi-gakhimayun makpigaani kigatayonilo titigaoyaagin avanmun atoktilogin hivulen pigahun uplun ukunani inulgamen pikatigenin agayokaanilo inikniknilo pikatigenin. Una ikayutaoyok haktikniganitukiheayotinik, nutaniklo okakatigegutinik, ikayutaovlonilo aolaniga ilaoligeagani malgukni pikatigenin kiklikagitonik nakuteaktoniklo. Uplotoagaagani okakatigivagaen inulgamen ukuniga akimigaknikmik, Imigaknaktonik atoknik Taagakniklo, monagi-yaaganilo nigaknik, nuleaknikulo piteaginik, inminiklo inoaknik, haemakhakniklo, kina okakatigiyageakmagaa hunalikaa ihoegaagan, ilitkuhikmi kavahuknik, hivulikhokniklo taemaetonik.



Malguk pikatigen ilaolikhimayun ataotimi kigulikni malgukni uplukni ayoekhaneom. Inulgamen kuveahoktun aolagikhivlotiklo taoyaagani agiyok hanaogak titigaoyakhimayok agayukan iniknigilo aolaktiktaan, kuveahokhotiklo keoyitikageamikni umiga nanminik titigaktamigun, ikpigiyamigul okaohigiyamigulo. Aolagikhimayulo kuveahokhotiklo ilaoligeagani Agayukan Iniknigilo inugeagitoni numiknigiyamiknun havakatigivilogilo ayokiktoekmata numguhikmiknik.

Tamaeta ukao hatkigutaoyun kamahuknaetomik tamaetaloo haemakhaotin uktoktavun ataotimi hakugiknikaniginik ikpiknaktun, kuheani aniknaelgumilo ihomaluknaelgumilo piyotaokmata.

Kuveanaktok tohageami takuvlogilo iniknigin, agayokalo inulgameloo, okaohigitilogin nanminik anigutigiyatik naglikhagutigiyatiklo, hatkigutaokman naonaekniganik nunalikni unipkakakniganik uvani, taemaeniganiklo tamaenun ataotimeolkniganiklo tamaenin.

Kigulikmi unukman kuveahoknik kungeaktitiniklo ila aginikhaoyunakhiyok nunakaktonin katiyotaohimayok, tamaetaloo ulpakivikmi kuveahokhimayun, aolagikhottiklo, iglakhottiklo, nahogiyakhotiklo. Inoen takukonaogaloak okaohikmik kungeakhamiklunen hatkiktineaktaptiknik umani havaami ila inuk kaoyimatiyaolikneakman kanok hunalikaa ataotimukpaleaniganik. Uva pinagilaktok una takuyaagani piyomakpan:

<http://youtu.be/G1lqlc4MKAU>

Kuveanaktok havakatigiteageami Pauktuit-kon tamaetaloo hivulikhoknikun ayoenigin kaoyimatiklo haemakhaknikun nakhagaen uvuga havakatigeknikmun. Ikayoktaoteagnaktogulo ilaoyonin nunagiyaoyomi Kugaaruk-mn ila sikuktityinin, ulapkoiyolikiyinilo, Pilehimanilo, inuhikateaknikhamulo havaktinin taemaetonin. Koanakloaktok Dianne Cameron ihoma aneagitaagani kivgaktokti Kugaaruk-mi monakhinin Alex Ittimangnaq-lo kivgaktoteoyok hamlitkonik – havateagitpata tunikhimagitpatalo una akliknaktok saevani uploni aolalimajinman. Koanakohi Kugaarukmeon ihomaloginavi pikatigiyaagani nutakahi. Tamaenul ilaoyonun, tamapta koyagikpeaktavi!!!

Uvaga,



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## OEGOA 12

### AYOEKHANIKMIN KANOGINIGAGUN TOHAKTIYUN TITIGAAKHAK

UPLOA TATKIKHEONMI UKEOGA  
UPLOANI: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Una naonaeyaon ikayutaoneakman piyaagani atoknikateaktonik hivonikhuyutikhanik kanok ihoakhivaaligeagani ayoekhanik hivunikhami aolaniga. Hivunikhiyotin okaohigiyatin angeagiyaoneakun iliknulo pinikgaktaolimagitun.

- Naonaepkotini 1-min 5-mun (ataohik nakugitoni talimataok nakunikhaovloni), kanok ihomagiyakakeok ayoekhanik?

1 2 3 4 5

Okaohitin: \_\_\_\_\_

- Tamaeni naonaepkotini 1-min 5-mun, kanok ihoakhateakhimava ayoekhanik opalogaeyaknigagun aolapkaknigagulo?

1 2 3 4 5

Okaohitin: \_\_\_\_\_

- Tukiheatkiyaolikin haemakhknimik nanminiklo monaginikmik?

Eya  Imanak

Okaohitin: \_\_\_\_\_

- Agiguvin, kanok ihumakni una tukiheanik aktoknikakneakan inuhikni?

\_\_\_\_\_

- Ayogeotkiyaolikin monagiyaagani haemakhknikun aolanigiyen inuhikni?

Eya  Imanak

Okaohitin: \_\_\_\_\_

- Ihomavin ayokhageatkiyaoneakin pivaleaniganik nanminik monagiyaagani atuligumayaknik ikayutikhaknik piyotoayonik Ahinun Sikugeaknikun piteagutaogtoniklo piyotinik inuhikni?

Eya  Imanak

Okaohitin: \_\_\_\_\_

naonaepkutim ilaga huli tuklikmi makpiknigagni

UPLOAD TATKIKHEONMI UKEOGA

UPLOANI: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

7. Ihomavin una ayoekhanik ikayutaova nutanik tohaomayotikhnik akmaeyotiva inikniknin inulgamelu nutagagiyamiknn?

Eya     Imanak    Okaohitin: \_\_\_\_\_

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Agiguvin kulikmetomik, kanok ikayutaova kitulo tohaomayutin akmaktaovan?

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8. Kitu ikeanaetkiyaova atoknikakloakalunen ilagani ayoekhayutim?

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9. Kitu ikeanaknikhaova atoknikakpalagitpalunen ilagani ayoekhayutim?

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10. Atulikuvigin aalat nunagiyaoyoni ilaoyaagani ukunani ayoekhayutini?

Eya     Imanak    Okaohitin: \_\_\_\_\_

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11. Namavan ikayoktikh havaktilo kahaktun ikayugeagani ilaoyonik ayoknaknigijaeni ilagini ayoekhayutim?

Eya     Imanak    Okaohitin: \_\_\_\_\_

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### Aktoknigin Ayoekhayitin

1. Taya ayoekhanik ihulinman, kanok ihmavin aktoknigineaktaanik ilikni nanminik?

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naonaepkutim ilaga huli tuklikmi makpknigagni

UPLOA TATKIKHEONMI UKEOGA

UPLOANI: — / — / —

2. Ayoekhanik aktoknikaka iliknik Ahinun Sikugeaknikmin piteaktaoginikmilunen?  
Kanok?)

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3. Kanok ihomagiyakni aktoknikakneakan anakhimahyonik?

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4. Kanok ihomakni aktoknikakneaka ilagiyaenik annakhimayun?

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5. Kanok ihomakni ayoekhavik aktoknikakneaka nunagiyaoyok (atea nunagiyaoyum)?

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### Ayoekhanikmi Ihoakhivaaligutikhak

1. Titigalakik malguk hunalikaa ihomagiyakni aolanikateaktuk ayoekhavikmi:

a/ \_\_\_\_\_

b/ \_\_\_\_\_

2. Titigaklogik malguk hunalikaa ihoakhivaaligaktuk:

a/ \_\_\_\_\_

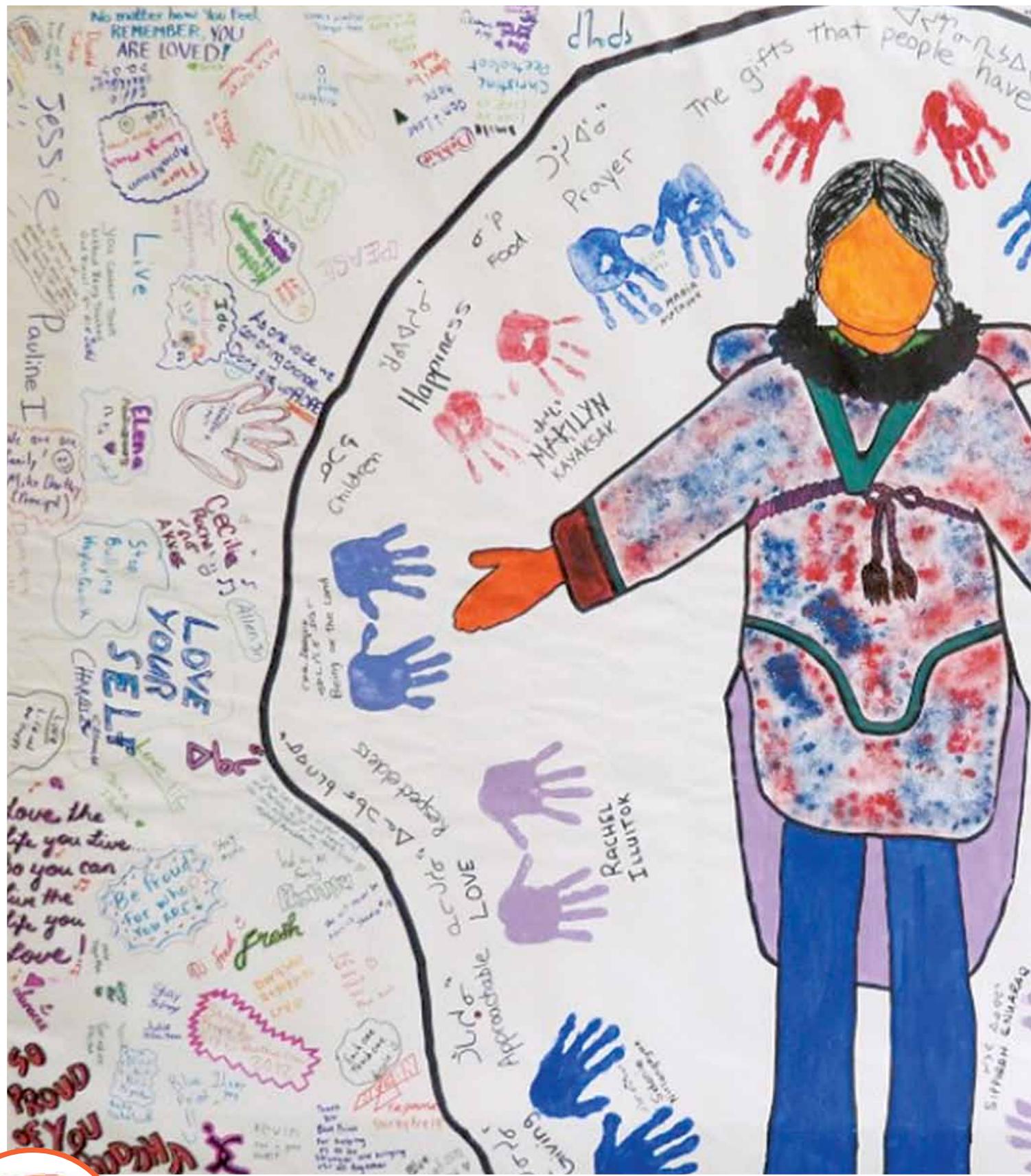
b/ \_\_\_\_\_

Ilageagutin Okoaheoyun?

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"Ukpiguhuenakpaklotin iliknik."





*"Always believe in yourself."*



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