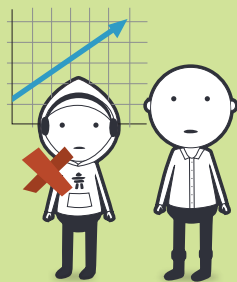


# Qanuq ikikliyumiqtitiniaqunga ayungnautikhangat atuinaqtunik higaarlungnik atuinaqtunik?

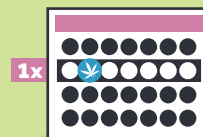
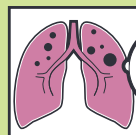
Tamna ihuatqiyauyuq aturnaitquyaangat higaarluknik taima atuqhimaikum higaarlungnik. Aturniaqhimaguvit higaarlungnik, hamma ikitun ihumaliurutikharnik taima ikayuutiginiaqtun ikikliyumirutikharnik ayungnautiginiaqtangnik.



- Taima 25nik ukiuqangitkuvin, aturuhuiqlugit higaarluit taima hivutuniraalukmik ayungnautiqarniaqtun ihumatingnun.



Atuguvit aaniqhaaqtaurutikharnik ikayuutiginiaqtuq ikikliyumirutikharnik puvaklungnaiqpalaagianganik higaanginaguvit higaarlungnik. Taima ihuatqiyuq avuhimaikum higaarluit tipaakuknik.



Ihumagliuyagiuvit aturniaguvit higaarlungnik, ihuatqiyauyuq taima atuinaqungnik atauhiinarmik havainirmi tamaat. Taima qayangnairutiqaqtuq atuqhimaikum higaarlungnik taima piqaqtunik THCnik.



Higaarlungnik atuqtunik hingaitilunik taimaluuniit mamaktitiyunik ayungnautiqarniaqtuq biipiinuanun idjutikharnik. Taima qayangnairutiqaqtuq atugiangamik ukuat taimailitkuvin.



Taima ihuatqiyuq atugungnaigiangat higaarlungnik atuinaqtunik taima havautitugumikluuniit, imirnikluuniit.



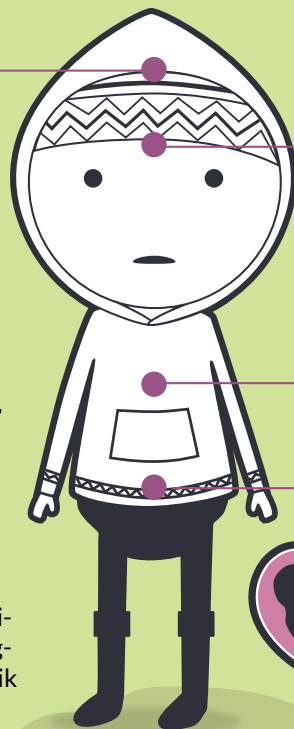
Taima ihuatqiyauyuq atugungnaigianganik higaarlungnik taima ilvit ilatitlu piqagumik ilituquhingnik ihumarlukhimayunik aangayaarnaqtuq atuinaqumik ayungnautiqagumik.



Taima higaaguigumik higaarlungnik, atuquyut taima utaqilutin akhaluutituqtailutin taima siksinik ikaaknik. Una ikaaknikhaq amigairyumirniaqtuq taima hugaaluit iiyagumik imiqaugumikluuniit.

# Tamna naituq hivutunirmiklu ayungnautiqarniaqtuq higaarlungnik atuinaqtun piqarniaqtuq taima ihumatigun:

Ubluq tamaat ubluq tamaatluuniit atuinaqtunik higaarluknik allanguqtirniaqtuq inuuhianun inulramiinun ihumarlukpaliarniaqtun taima ayungnautiqarniaqtun ihumamitigun, qanuriliugianganik ihumaliuligumi, ayuiqhagianganiklu, idjuhinga atuinartaingitlu.



Hivutunirmiklu ayungnautiqarniaqtun atuinaqtunik higaarlungnik taima ihumarlukhimaqarniaqtun, taima ihumarluklutik. Hivutuniraalukmik atuinaqtunik taima ayuginniaqtun piumainarniaqtunlu atugumayainik.



Ubluq tamaat ubluq tamaatluuniit atuinaqtunik ayungnautiqarniaqtun talvuuna atuqtukharnik ihumamigun, ihumaliugianganik, ihuaqhaiyaangatu ayungnautiqagumi.



Annirhaarninga ayungnautiqarniaqtuq aulaniqarniaqtuq ingatarniaqtuqlu taima higaahimaanginaligumi taima qallakhukhimaarlunilu, nivyalukaakniaqtun annirhauhimaqtiluni, anirnirlungniaqtuniklu.



Higaarlukhimaqatun atuqtunik taima aulatinanik akhaluutunik (akhaluutit, akhaluutiryuat, qainanik, Nunakuurutit, Siikiituniklu) aangayaqtumik akhaluutit tuqtun ayungnautiqarniaqtun. Taima anginirmik ayungnautiqarniaqtuq akhaluutitugianganik akhaluqaqtitilunik qayangnaqtumik taima 2nik 3nikluuniit aturniaqtun.



Higaarlungnik atuinaqtun hingaitiluni mamaktitiyuniklu ayungnautiqarniaqtun biipiinanun taima hivutunirmik ayungnautiqarniaqtun idjuhianun ayuiqharnikkutlu.



Higaarlungnik aulaniqaqtun inuuhirminun ayungnautiqarniaqtun taima ingataryumirniaqhutiklu imailiugumik:

- Atuinaqtunik higaarlungnik nukakhiutilunik ukiuqaqtunik
- Attuinaqnik Naunaiyautaa (bluq tamaat uvaluuniin tamavyaangitlu ublungit)
- Attuinaqtun higaarlungnik anginirmik atautikkut hakugiktumiklu piqaqtunik

