

Bilingual Phrase Cards

Hakha Chin / English

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Na-dam-ma (How are you)/
Chun-tha (daytime goodbye)/
Mang-tha (evening/night goodbye).

Hello/Goodbye.

na-dam-ma/kyun-ta/mang-ta.

Chin Hakha

Kan in don.

Welcome.

kan-in-don.

Chin Hakha

Zing tha.

Good morning.

zing-ta.

Chin Hakha

Zanlei tha.

Good afternoon.

zan-lei-ta.

Chin Hakha



Chuahni Sunglawi!

Happy Birthday!

chuah-ni hsung-lawi!

Chin Hakha

**Kumtin tlinni
camtuak sunglawi!**

Happy Anniversary!

kum-thin tlin-ni kyam-tuak!

Chin Hakha

Merry Christmas!

Merry Christmas!

merry christmas!

Chin Hakha

Kum thar lawmhnaak!

Happy New Year!

kum-thar-lawmh-nak!

Chin Hakha



Kaa lawm tuk.

Thank you so much.

kaa-lawm-tuk.

Chin Hakha

A poi lo.

You're welcome.

a-poi-lo.

Chin Hakha

Ka min cu...a si.
Keimah nih nihin kan
zohkhenh lai.

My name is...
I will be caring for you today.

kei-mah-nih-ni-hin-kan-zoh-khenh-lai.

Chin Hakha



Hna kan hnawh caah
ka ngai thiam.

Sorry for disturbing you.

hna-kan hnawh-kya-ah-ka-ngai-thiam.

Chin Hakha

Ka ngai thiam.

I am sorry.

ka-ngai-thiam.

Chin Hakha

Na dam maw?

How are you?

na-dam-maw?

Chin Hakha

Nihin zei na lawh?

How are you feeling today?

ni-hin-zei-na-lawh?

Chin Hakha



Ka dawt ra,
Thawk usih!

Come on dear,
Let's get started!

ka-dawt-raa,
thawk-u-sih!

Chin Hakha

Zaangfahnak in ka bawm.

I would love you to help me.

zaang-fah-nak-in-ka bawm.

Chin Hakha

Zaangfahnak in, na ka
bawm kho lai maw?

Can you help me, please?

zaang-fah-nak-in-na-ka -bawm-kho-lai-maw?

Chin Hakha

Kan bawmh lai.

I will help you.

kan-bomb-lai.

Chin Hakha



Tikholh na duh maw?

Would you like to have a shower?

Thi-kholh-na-dhu-maw?

Chin Hakha

Zei hruk dah na duh?

What would you like to wear?

Zei-hruk-dah-na-dhu?

Chin Hakha

Ka hin chaphiat.

Here is the soap.

Ka-hin-cha-phiat.

Chin Hakha

Ti vun tawng.

Touch the water.

thee-vun-tawng.

Chin Hakha



Ti a lum maw a kik?

Is the water hot or cold?

thee-a-lume-maw-a-kik?

Chin Hakha

Tikholh a dih.

Showering is finished.

thee-kholh-a-dih.

Chin Hakha

Na pum kan hnawh lai.

Let me dry your body.

na-pum-kan-hnawh-lai.

Chin Hakha

Thil hruk kan bawmh lai.

Let me help you get dressed.

thil-hruk-kan-bawmh-lai.

Chin Hakha



A dih. Zoh naa dawh
tuk cang!

Done.
Now you look great!

a-dih.
zoh-naa-dawh-tuk-kyang!

Chin Hakha

Naa manh cang maw?

Are you ready?

naa-manh-kyang-maw?

Chin Hakha

Zunput kal na herh maw?

Do you need the toilet?

zun-put-kal-na-herh-maw?

Chin Hakha

Rawleinak khaan
ah kan kal pi lai.

I will walk with you to the dining room.

rawl-ei-nak-khaan-ah-kan-kal-pi-lai.

Chin Hakha



**Zaangfahnak in, thutdan
cungah thu usih.**

Let's sit down on the chair, please.

zaang-fah-nak-in-to-dan-kyung-ah-to-o-sih.

Chin Hakha

Na khaan ah kan kal lai.

We are going to your room.

na-khaan-ah-kan-kal-lai.

Chin Hakha

Zunput ah kan kal lai.

We are going to the toilet.

zun-put-ah-kan-kal-lai.

Chin Hakha

Mah hi na zunput a si.

This is your toilet.

mah-hi-na-zun-put-a-si.

Chin Hakha



Mah hi na kholhnak
khaan a si.

This is your bathroom.

mah-hi-na-kholh-nak-khaan-a-si.

Chin Hakha

Mah hi na khaan a si.

This is your room.

mah-hi-na-khaan-a-si.

Chin Hakha

Na thil kan thlen lai.

Let me change your clothes.

na-thil-kan-thlen-lai.

Chin Hakha

Zaangfahnak in it cang.

Please go to sleep.

zaang-fah-nak-in-it-kyang.

Chin Hakha

Mangtha.

Good night.

mang-ta.

Chin Hakha



Thaithawh ei caan a si.

It is breakfast time.

thai-thawh-ei-kyan-a-si.

Chin Hakha

Zingka/zanlei lakphak
din caan a si.

It is time for morning/afternoon tea.

zing-ka/zan-lei-lak-phak-din-kyan-a-si.

Chin Hakha

Chuncaw ei caan a si.

It is lunch time.

kyun-kyaw-ei-kyan-a-si.

Chin Hakha

Zanriah ei caan a si.

It is dinner time.

zan-riah-ei-kyan-a-si.

Chin Hakha



Tihaang na duh maw?

Do you want soup?

thee-haang-na-dhu-maw?

Chin Hakha

Rawlei na duh cang maw?

Do you want the main course?

roll-ei-na-dhu-kyang -maw?

Chin Hakha

A thlum mi na duh maw?

Do you want dessert?

a-thlum-mi-na-dhu-maw?

Chin Hakha

Lakphak asiloah kofi
na duh maw?

Do you want tea or coffee?

lak-phak-a-si-lo-ah-ko-fi- na-duh-maw?

Chin Hakha



Changreu na duh maw?

Do you want bread?

kyang-reu-na-dhu-maw?

Chin Hakha

Buh na duh maw?

Do you want rice?

bhu-na-dhu-maw?

Chin Hakha

Aalu na duh maw?

Do you want potatoes?

aa-lu- na-dhu-maw?

Chin Hakha

Pasta na duh maw?

Do you want pasta?

pas-ta-na-dhu-maw?

Chin Hakha



Banhla na duh maw?

Do you want a banana?

ban-hla-na-dhu-maw?

Chin Hakha

Cini na duh maw?

Do you want sugar?

kyi-ni-na-dhu-maw?

Chin Hakha

Arsa na duh maw?

Do you want chicken?

r-sa-na-dhu-maw?

Chin Hakha

Ngasa na duh maw?

Do you want fish?

nga-sa-na-dhu-maw?

Chin Hakha



Tuusa na duh maw?

Do you want lamb?

thu-sa-na-dhu-maw?

Chin Hakha

Cawsa na duh maw?

Do you want beef?

kyaw-sa-na-dhu-maw?

Chin Hakha

Thingtheihang na
duh maw?

Do you want juice?

thing-thei-haang-na-dhu-maw?

Chin Hakha

Cite na duh maw?

Do you want salt?

kyi-te-na-dhu-maw?

Chin Hakha



Salad na duh maw?

Do you want salad?

sa-lad-na-dhu-maw?

Chin Hakha

Tisikanhnah na duh maw?

Do you want vegetables?

thee-sik-an-hnah- na-dhu-maw?

Chin Hakha

Ti na duh maw?

Do you want water?

thee- na-dhu-maw?

Chin Hakha

Rawl a thaw maw?

Is the meal nice?

roll-a-thaww-maw?

Chin Hakha

A sa tuk maw?

Is it too hot?

pronounced a-sa-tuk-maw?

Chin Hakha

A kik tuk maw?

Is it too cold?

a-gig-tuk-maw?

Chin Hakha

A tha maw?

Is it good?

a-ta-maw?

Chin Hakha

Tihang tamdeuh
na duh maw?

Do you want more soup?

thee-haang-tam-deuh-na-dhu-maw?

Chin Hakha



Thingthei tamdeuh
na duh maw?

Do you want more fruit?

thing-thei-t
am-deuh-na-dhu-maw?

Chin Hakha

Na rawltam maw?

Are you hungry?

na-roll-tam-maw?

Chin Hakha

Na khim maw?

Have you eaten enough?

na-khim-maw?

Chin Hakha

Na dih cang maw?

Have you finished?

na-dih-maw?

Chin Hakha

Na tihaal maw?

Are you thirsty?

na-thee-haal-maw?

Chin Hakha

Zaangfahnak in ei.

Please eat.

zaang-fah-nak-in-ei.

Chin Hakha



Ziah a ngeihchia mi
na lawh?

Why do you look sad?

ziah-a-ngeih-chia-mi-na-lawh?

Chin Hakha

Na thinphannak
zeidah a si?

What is worrying you?

na-theen-phan-nak- zeid-ah-a-si?

Chin Hakha

Na ngeihchia.
A ruang chimh na ka duh maw?
Chimh na ka duh lawnglawng ah.

You're upset.
Would you like to tell me why?
Only if you're comfortable.

na-ngeih-chia.
a-ruang-chimh-na-ka-dhu-maw?
chimh-na-ka-dhu- longlong-ah.

Chin Hakha

Na thin a hung.
A ruang chimh na ka duh maw?
Chimh na ka duh lawnglawng ah.

You're angry.
Would you like to tell me why?
Only if you're comfortable.

na-tthin-a hong.
a-ruang-chimh-na-ka-dhu-maw?
chimh-na-ka-dhu- longlong-ah.

Chin Hakha



Zaangfahnak in tap hlah.
A tha dih ko lai.

Please don't cry.
Everything will be fine.

zaang-fah-nak-in-taap-hlah.
a-ta-dih-ko-lai.

Chin Hakha

Zaangfahnak in,
bia kan ruah kho lai maw?

Can I talk to you, please?

zaang-fah-nak-in-bia-kan ruah-kho-lai-maw?

Chin Hakha

Zaangfahnak in,
bia ruah kan duh.

I need to talk to you, please.

zaang-fah-nak-in-bia-ruah-kan-duh.

Chin Hakha

Bawmh na herh maw?

Do you need help?

bomb-na-herh-maw?

Chin Hakha



Nangmah bawmtu ka si.

I am here to help you.

nang-mah-bawm-thu-ka-si.

Chin Hakha

Zeidah kan tuah
piak khawh lai?

What can I do for you?

zei-dah-kan-tuah-piak-khawh-lai?

Chin Hakha



Na kal kho maw?

Can you walk?

na-kal-kho-maw?

Chin Hakha

Lam kal naa harhdeuh khah.
Kan bawmh lai.

I can see that you're
finding it hard to walk.
Let me help you.

lam-kal-naa-harh-deuh-khah.
kan-bomb-lai.

Chin Hakha

Zeidah cang na ka chim.

Tell me what's wrong.

zei-dah-kyang-na-ka-chim.

Chin Hakha

Maw Pathian, zaidah cang?

Oh my goodness,
what happened?

maw-pa-thian-zei-dah-kyang?

Chin Hakha

Mah hi sii sazamah a si.

This is the nurse.

mah-he-si-saza-mah-a-si.

Chin Hakha

Mah hi siibawi a si.

This is the doctor.

mah-he-si-bawi-a-si.

Chin Hakha

Sii sazamah nangmah
bawmh ding ah a ra.

The nurse is here to help you.

si-saza-mah-nang-mah-bomb-ding-ah-a-ra.

Chin Hakha

Siibawi nangmah bawmh
ding ah a ra.

The doctor is here to help you.

si-bawi-nang-mah-bomb-ding-ah-a-ra.

Chin Hakha



Siibawi nih zoh an duh.

The doctor would like to examine you.

si-bawi-nih-zoh-an-dhu.

Chin Hakha

Zaangfahnak in, na kaa ang.

Open your mouth, please.

zaang-fah-nak-in-na-kaa-arn.

Chin Hakha

Na thaw dawp law chuah.

Breathe in and out.

na-thaww-dawp-law- chuah.

Chin Hakha

Khuaika zawndah a fah?
Na fahnak khuaika dah a si?

Where does it hurt?
Where is the pain?

khuai-ka-zawn-dah-a-fah?
na-fah-nak-khuai-ka-dah-a-si?

Chin Hakha



A thak maw?

Does it feel itchy?

a-thak-maw?

Chin Hakha

Na lu fak maw?

Do you have a headache?

na-lu-fak-maw?

Chin Hakha

Na paw fak maw?

Do you have stomach pain?

na-paw-fak-maw?

Chin Hakha

Na lungmit maw?

Do you feel dizzy?

na-lone-mit-maw?

Chin Hakha



Na thaw na chuah
kho maw?

Can you breathe?

na-thaww-na-chuah-kho-maw?

Chin Hakha

Na lua maw?

Have you vomited?

na-lua-maw?

Chin Hakha

Na zaw maw?

Do you feel sick?

na-zaw-maw?

Chin Hakha

Na luak chuak maw?

Do you feel like
you need to vomit?

na-luak-chuak-maw?

Chin Hakha



Na keng fak maw?

Does your back hurt?

na-keng-fak-maw?

Chin Hakha

Na tai fak maw?

Does your hip hurt?

na-tai-fak-maw?

Chin Hakha

Siarem lo in na um maw?

Are you uncomfortable?

sia-rem-lo-in-na-um-maw?

Chin Hakha



Na thu kho maw,
zaangfahnak in?

Can you sit down, please?

na-to-kho-maw-zaang-fah-nak-in?

Chin Hakha

Na ek an fer maw?

Are you constipated?

na-ek-an-fer-maw?

Chin Hakha

Na khualin maw?

Are you hot?

na-khua-lin-maw?

Chin Hakha

Na khuasik maw?

Are you cold?

na-khua-sik-maw?

Chin Hakha

Nikhatni

Monday

ni-khat-ni

Chin Hakha

Nihnihni

Tuesday

ni-hnih-ni

Chin Hakha

Nithumni

Wednesday

ni-thum-ni

Chin Hakha

Nilini

Thursday

ni-li-ni

Chin Hakha

Ningani

Friday

ni-nga-ni

Chin Hakha

Zarhteni

Saturday

zarh-te-ni

Chin Hakha

Zarhpini

Sunday

zarh-pi-ni

Chin Hakha

January

January

ja-nu-ari

Chin Hakha

February

February

fe-bu-ari

Chin Hakha

March

March

mar-ch

Chin Hakha

April

April

ap-ril

Chin Hakha

May

May

may

Chin Hakha

June

June

joo-n

Chin Hakha

July

July

joo-lai

Chin Hakha

August

August

or-gah-st

Chin Hakha

September

September

sep-tem-bar

Chin Hakha

October

October

ok-to-bar

Chin Hakha

November

November

no-vem-bar

Chin Hakha

December

December

de-zim-bar

Chin Hakha

Kum

Year

kum

Chin Hakha



Pangpar na duh maw?

Do you like flowers?

pang-par-na-duh-maw?

Chin Hakha

Thingthei na duh maw?

Do you like fruit?

thing-thei-na-dhu-maw?

Chin Hakha

Video zoh na duh maw?

Do you like watching videos?

vi-deo-zoh-na-dhu-maw?

Chin Hakha

Atu zeidah tuah na duh?

What would you like to do now?

atu-zei-dah-tuah-na-dhu?

Chin Hakha



Zei cauk pawl dah na rel?

What books do you read?

zei-kya-ok-pawl-dah-na-rel?

Chin Hakha

Duh nungtuk!

How adorable!

dhu-nung-tuk!

Chin Hakha

Na khaan a kik maw?

Is it cold in your room?

na-khaan-a-kik-maw?

Chin Hakha

**Na chungkhar chawnh
ter na ka duh maw?**

Do you want me to contact
your family?

na-chung-khar- chawnh-ter-na-ka-duh-maw?

Chin Hakha

Thil thiang na herh maw?

Do you need fresh clothes?

thil-thiang-na-herh-maw?

Chin Hakha

Fak lo in eksasai
na tuah kho maw?

Can you exercise without pain?

fak-lo-in-ek-sa-sai-na-tuah-kho-maw?

Chin Hakha

Zeitikahdah na chungkhar
ton na duh hna?

When do you want to see your family?

zei-tik-ah-dah-na-chung-khar-thon-na-dhu-hna?

Chin Hakha

Siibawi ton na duh maw?

Do you want to see the doctor?

si-bawi-thon-na-dhu-maw?

Chin Hakha



Sammettu sin kal
na duh maw?

Do you want to see the hairdresser?

sam-met-tu-sin-kal-na-dhu-maw?

Chin Hakha

Kelei zawtnak zohtu
ton na duh maw?

Do you want to see the podiatrist?

ke-lei-zawt-nak-zoh-tu-thon-na-dhu-maw?

Chin Hakha

Kan sin ah tel
na duh ve maw?

Do you want to join our activity?

kan-sin-ah-tel-na-dhu-ve-maw?

Chin Hakha

Rawleinak khaan ah
rat na duh maw?

Do you want to come
to the dining room?

rawl-ei-nak-khaan-ah-rat-na-dhu-maw?

Chin Hakha



Na khaan ah ei na duh maw?

Do you want to eat in your room?

na-khaan-ah-ei-na-dhu-maw?

Chin Hakha

Tikholh cu zinglei ah a si.

The shower is in the morning.

ti-kholh-kyu-zing-lei-ah-a-si.

Chin Hakha