

Communication Cards

English / Hakha Chin

Version 2023 4up



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Mah theihternak thawngpang hi 2023 chung ah Center for Cultural Diversity in Ageing nih cohlaanmi a si.

Mah mipi sin chuahmi ca hi Australian Government Department of Health and Aged Care nih tangka bawmhmi a si.

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Breakfast



Thaithawh

thai-thawh

Breakfast



Thaithawh

thai-thawh

Breakfast



Thaithawh

thai-thawh

Lunch



Chuncaw

chun-kyaw

Lunch



Chuncaw

chun-kyaw

Dinner



Zanriah

zan-riah

Dinner



Zanriah

zan-riah

Fish



Nga

nga

Chicken



Arsa

r-sa

Beef



Cawsa

kyaw-sa

Lamb



Tusa

thu-sa

Pork



Voksa

vok-sa



Water



Ti

thee

Juice



Thingthei hang

thing-thei-haang

Tea



Lakphak

lak-phak

Sugar



Thantling rang

thang-thling-raang



Milk



Cawhnuk

kyaw-hnuk

Coffee



Coffee

kaw-fi

Beer



Beer

beer

Wine



Mitsur zu

mit-sur-zu

Vegetarian



Tisikanhnah

thee-sic-an-hnah

Kosher



Ki le ke li ngei sa

ki-le-ke-li-ngei-sa

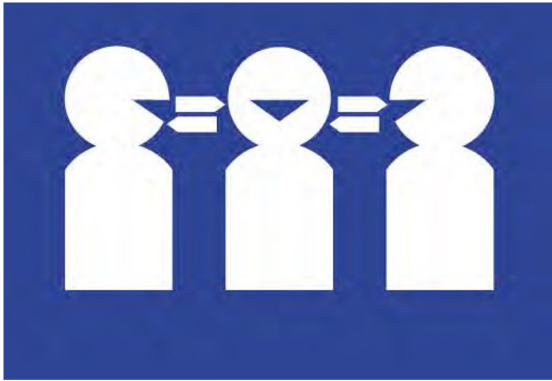
Halal



Muslim biaknak phung tlinh
in tuahmi sa

muslim-biak-nak-tlinh-in-tuah-mi-sa

Interpreter



Holhlettu

holh-let-tu

Family



Chungkhat

chung-khar

Priest



Siangbawi/Pastor

siang-boy/pastor

Priest



Siangbawi/Pastor

siang-boy/pastor

Rabbi



Jew biaknak tlangbawi

jew-biak-nak-tlang-boy

Imam



Muslim biaknak tlangbawi

muslim-biak-nak-tlang-boy

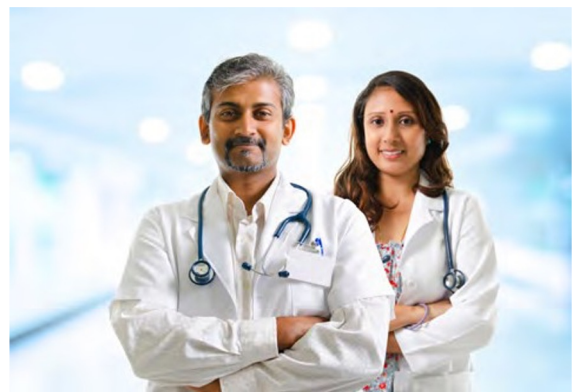
Monk



Phungki

phung-ki

Doctor



Siibawi

sii-boy



Nurse



Sii saya/Mah

sii-sa-ya/mah

Physiotherapist



Taksa hmeh le tawngthamhnak
in zawtnak thlobbulh thiammi

tak-sa-hmeh-le-tawng-thamh-nak-in-
zawt-nak-thlob-bulh-thiam-mi

Massage



Hmehnak

hmeh-nak

Podiatrist



Ke lei zawtnak zohtu

ke-lei-zawt-nak-zoh-tu

Shower



Tikholhnak
thee-kholh-nak

Toilet



Zunput
zun-put

Wash Hands



Kut ttawl
kut-tawl

Clean Teeth



Ha ttawl
ha-tawl



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English Language Communication Cards Mirangholh In Chawnhbiaknak

Clean Room



Innkhan Thianh

inn-khan-thianh

Get Up



Thawh

thawh

Get Dressed



Thil i hruck

thil-e-hruck

Get Dressed



Thil i hruck

thil-e-hruck

Get Undressed



Thil i phoih

thil-e-phoih

Get Undressed



Thil i phoih

thil-e-phoih



Rest



I dinhnak

e-dinh-nak

Sleep



Ih

ih

Exercise



Pumcawlcanghnak

pum-cawl-cangh-nak

Activities



Cawlcanghnak pawl

kyawl-cangh-nak-pawl

Go to the Garden



Dum ah kal

dum-ah-kal

Go for a Walk



Lamlen

lam-len

Telephone



Phone

phone

Taxi



Taxi

taxi

Radio



Radio

radio

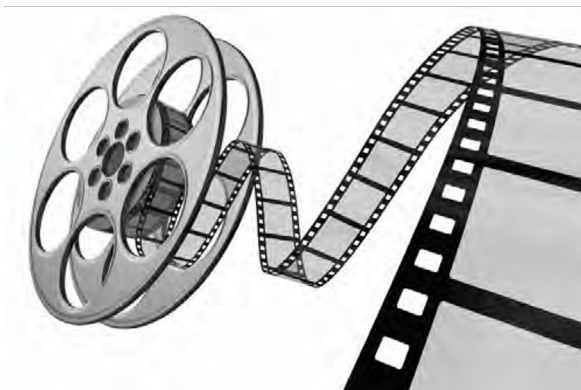
Music



Hla

hla

Film



Baisakop

bai-sa-kop

TV



TV

TV

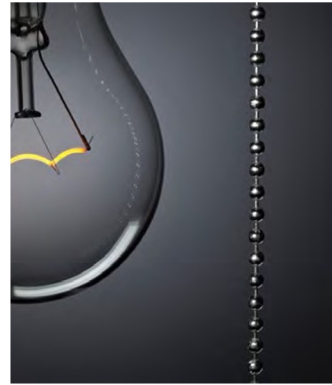
Light On



Mei van

mei-van

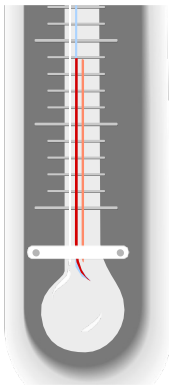
Light Off



Mei hmih

mei-hmih

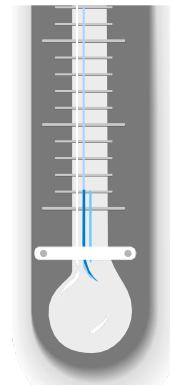
Hot



A sa/A lin

aa-sa/aa-lin

Cold



A kik

aa-kik

Like



Duh

dhu

Dislike



Duh lo

dhu-lo

Want



Thil duh

thil-dhu

Don't Want



Thil duh lo

thil-dhu-lo



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What Time?



Suimilam zeizat a si?

sui-mi-lam-zei-zat-aa-si?



Book



Cauk

kya-uk

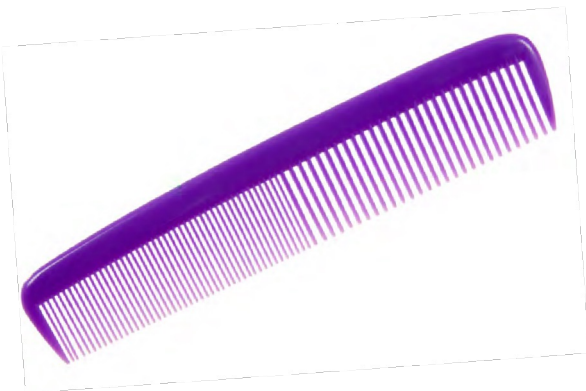
Glasses



Mithman

mit-hman

Comb



Samthih

sam-thih

Makeup



Ttamhnak

tamh-nak

Watch



Suimilam

sui-mi-lam

Jewellery



Hrukmi suingun chawva

hruk-mi-sui-ngun-chaw-va

Hearing Aid



Hnatheihnak seh

hna-theih-nak-seh

Dentures



Hadeu

ha-deu



Tissues



Hnawhnak caku nem

hnawh-nak-kya-ku-nem

Incontinence Pad



Zun le ek thlohmi a
dawntu ihrukmi

zun-le-ek-thloh-mi-a-dawn-
tu-e-hruk-mi

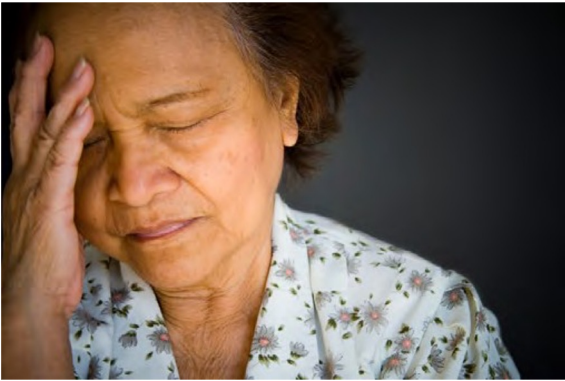
Pillow



Chantling

chan-tling

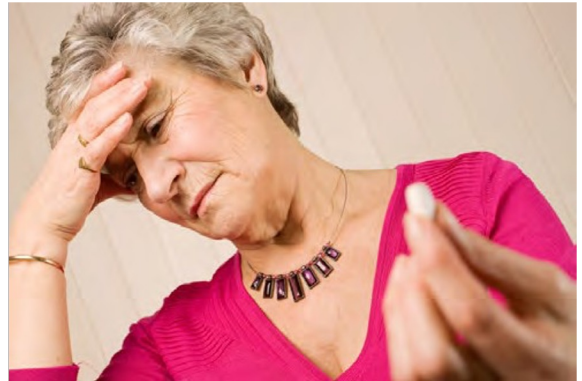
Pain



Fahnak

fah-nak

Painkiller



Fah damnak sii

fah-dam-nak-sii

Medication



Sii dinding

sii-din-ding

Umbrella



Nithawng

ni-thawng

Walking Stick



Thengthunh

theng-thunh

Walking Frame



Lam kalnak bawmtu kuttlah

lam-kal-nak-bawm-tu-kut-tlah

Wheeled Walker



Ke a ngeimi lam kalnak bawmtu

ke-aa-ngei-mi-lam-kal-nak-
bawm-tu

Wheelchair



Thutnak leng

thut-nak-leng

Dressing Gown



Zanìh le tikholh lai/dih tibantuk
ah hrukmi angki fual

zan-ih-le-thee-kholh-lai/dih-thee-
ban-tuk-ah-hruk-mi-ang-ki-fual

Sleepwear



Zan ihnak

zan-ih-nak

Slippers



Phanah

pha-nah

Underwear



Bawngbi chungnawh

bawng-bee-chung-nawh

Shirt



Angki

ang-ki

Dress



Nu hrukmi angki fual

nu-hruk-mi-ang-ki-fual

Trousers



Bawngbi sau

bawng-bee-sau

Skirt



Nu hrukmi hniphor tawi

nu-hruk-mi-hniphor-tawi

Socks



Hmawca

hmaw-kya

Shoes



Kedan

ke-dan

Jumper



Angki leng

ang-ki-leng

Coat



Angki leng

ang-ki-leng