

Communication Cards

English / Karen

Version 2023 4up



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တၢ်ဂ့ၢ်တၢ်ကျိၤအံၤ ဘၣ်တၢ်ဟံၣ်ဖျိၣ်အီၤ တပူၤဃီလၢ စဲထၢၣ်လၢတၢ်ဆဲးတၢ်လၢ အကလုာ်ကလုာ်လၢသ့ၣ်က့သးပှ် အပူၤအဂီၢ် (Centre for Cultural Diversity in Ageing) ဖဲ 2023 အပူၤလီၤ.

လံာ်အံၤဘၣ်တၢ်ဆီၣ်ထွဲမၤစၢၤအီၤလၢ ကျိၣ်စု လၢ အီးစၢၤတြုလယါပဒိၣ် တၢ်အိၣ်ဆူၣ် အိၣ်ချ့ဒီး တၢ်ကွၢ်ထွဲပှ်သးပှ်ဝဲၤကျိၤ (Australian Government Department of Health and Aged Care) န့ၣ်လီၤ.

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Breakfast



ဂီၤတၢ်အိၣ်

gaw ta aw

Breakfast



ဂီၤတၢ်အိၣ်

gaw ta aw

Breakfast



ဂီၤတၢ်အိၣ်

gaw ta aw

Lunch



မုၢ်ထူၣ်တၢ်အိၣ်

mu tu ta aw

Lunch



မုၢ်ထူၣ်တၢ်အီၣ်

mu tu ta aw

Dinner



ဟါတၢ်အီၣ်

ha ta aw

Dinner



ဟါတၢ်အီၣ်

ha ta aw

Fish



ညး

nya



Chicken



ဆီညဉ်

chaw nya

Beef



ဂီၤဖံးညဉ်

gaw pi nya

Lamb



သိညဉ်

thoe nya

Pork



ထိးညဉ်

toe nya

Water



ထံ
tee

Juice



တၢ်သ့ၣ်ထံ
ta tha tee

Tea



လၢၣ်ဖးထံ
la pa tee

Sugar



တၢ်ဆၢ
ta cher



Milk



တၢ်န့ၢ်ထံ

ta nu tee

Coffee



ခီဖံၣ်

co pi

Beer



ဘံၣ်ယၢၣ်

Be yer

Wine



သံးစပံးထံ

thi spie tee

Vegetarian



ပုၤတအီၣ်တၢ်သးသမူ
pwa ter aw ta tha ther mu

Kosher



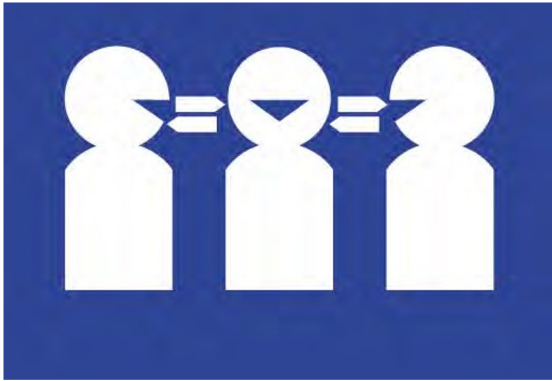
ခိရၢၣ်
co sher

Halal



ဟာ်လး
ha la

Interpreter



ပှၤကတိၤကျိၢ်ထံတၢ်

pya ka to klo ti ta

Family



ဟံၣ်ဖိဃိဖိ

hi poe ghaw poe

Priest



သရၣ်ဒိၣ်

thra doh

Priest



သရၣ်ဒိၣ်

thra doh



Rabbi



ရဲးဘိၣ်

ra bi

Imam



အံးမၣ်

i ma

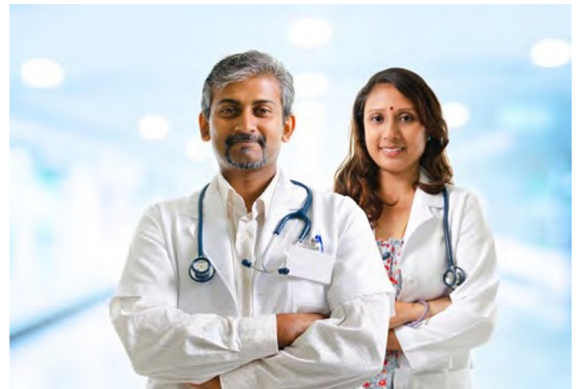
Monk



စီၤသီ

saw thaw

Doctor



ကသံၣ်သရၣ်

ker thi thra

Nurse



သရၣ်/သရၣ်မုၢ်ပုၤကွၢ်ပုၤဆါ
thra/thramu kwa pwa cha

Physiotherapist



ပုၤကူၤစါယါဘျါမၤဂ့ၤထီၣ်နီၣ်ခိၣ်တၢ်ဟူးတၢ်ဂဲၤ
pwa ku sa ya bla ma gay tor nor
co ta hu ta ge

Massage



တၢ်စံၢ်နီၣ်ခိၣ်
ta si nor co

Podiatrist



ပုၤကယၢၤစုမုၢ်ခိၣ်မုၢ်
pwa ker yer su me kaw me

Shower



လုၢ်ထံ
lu tee

Toilet



တၢ်ဟးလီၢ်
ta ha law

Wash Hands



သ့စု
thay sue

Clean Teeth



ထူးမဲ
too me



Clean Room



မၤကဆိၣ်ဒါး

ma ker shgaw due

Get Up



ဂဲၤဆၢထီၣ်

ge cher ter

Get Dressed



သိးထီၣ်

thoe taw

Get Dressed



သိးထီၣ်

thoe taw

Get Undressed



ဘ့ၣ်လီၤ

bay law

Get Undressed



ဘ့ၣ်လီၤ

bay law

Rest



အိၣ်ဘျိး

oh bwi

Sleep



မိ

mi

Exercise



မၤနီၣ်ခိတၢ်ဟ့ၣ်တၢ်ဂဲၤ

ma naw co ta hu ta ge

Activities



တၢ်ဟ့ၣ်တၢ်ဂဲၤ

ta hu ta ge



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English Language Communication Cards

တၢ်စးကတိၤဆဲးကျၢဆဲးကျိးလၢအဲကလံးကျိၣ်အခးတဖၣ်

Go to the Garden



လဲၤဟးဆူဖီကရၢၢ်

le ha chu paw ker rur

Go for a Walk



ဟးလိာ်ကွဲလၢခီၣ်

ha loe gwe ler kaw

Telephone



လီၤတဲစိ

law te soe

Taxi



သိလုၣ်ဒီးလဲ

thoe lay doe le

Radio



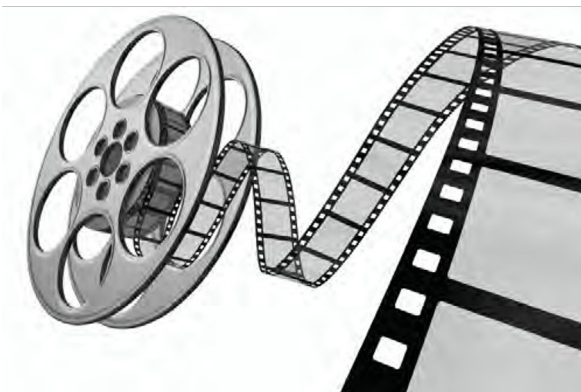
ကွဲၤလ့ၤလိၤ
kwe lay loe

Music



တၢ်သ့ၣ်ဝံၣ်သးဆါ
ta thu wi tha cher

Film



တၢ်ဂီၤမူ
ta gaw moo

TV



ကွဲၤဟ့ၣ်ဖ
gwe hu pla

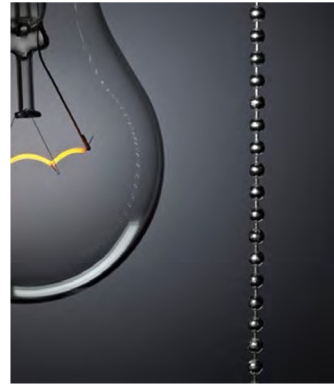
Light On



အိးထီၣ်မ့ၣ်အူ

Oh taw me au

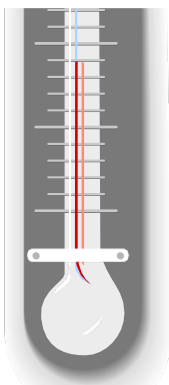
Light Off



ပံးမ့ၣ်အူ

pi me au

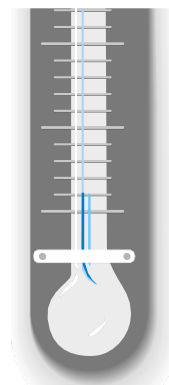
Hot



တၢ်ကိာ်

ta ko

Cold



တၢ်ခုၣ်

ta kue

Like



ဘၣ်သး
ba tha

Dislike



တဘၣ်သး
ter ba tha

Want



သးလီ
tha law

Don't Want



တသးလီ
ter tha law



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တၢ်စးကတိၢ်ဆဲးကျဲၢ်ဆဲးကျိးလၢအဲကလံးကျိၢ်အခးတဖၣ်

What Time?



ပွဲၤန့ၣ်ရံၣ်လံၤလဲၣ်

pwe na ri li le?

Book



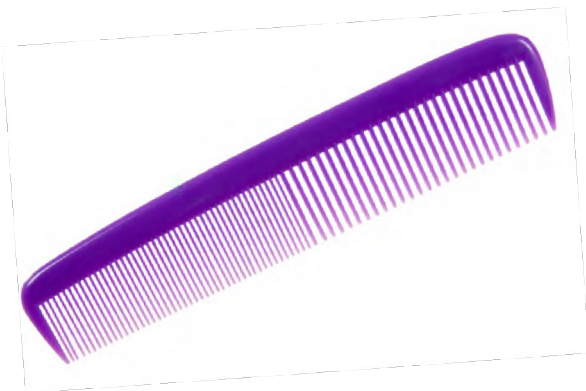
လံာ်
li

Glasses



မၤဒိး
me doe

Comb



သံာ်
thi

Makeup



တၢ်ကယၢမံာ်
ta ker yer me

Watch



နၢ်ရံၣ်

na ri

Jewellery



တၢ်ကယၤကယဲ

ta ker yer ker ye

Hearing Aid



ပီးလီမၤတၢ်နီၤဟူ

paw law ma ser ta na hu

Dentures



မဲၣ်

me doe



Tissues



စးခိထံးရှူ

sa ko ti sue

Incontinence Pad



သးပျံခံပး

tha pwa ki pa

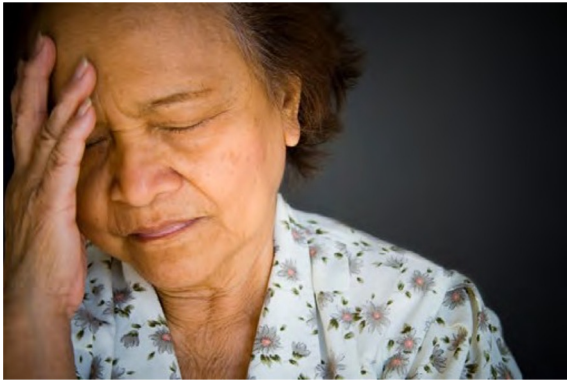
Pillow



ခိၣ်သခါၣ်

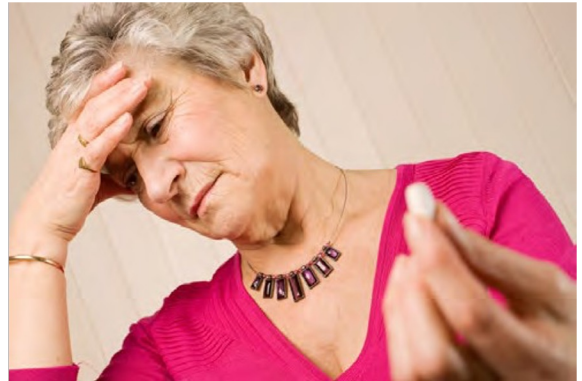
paw law ma ser ta na hu

Pain



ဆါ
cha

Painkiller



ကသံၣ်မၤဘျါတၢ်ဆါ
ke rthi ma bla ta cha

Medication



ကသံၣ်ကသီ
ker thi ker thaw

Umbrella



သဒါမုၢ်
ther der mu

Walking Stick



နီၣ်ထိးဘိ

naw toh boe

Walking Frame



စုတယၢ်

su ter ya

Wheeled Walker



လုၣ်ဆိၣ်စုတယၢ်

naw chaw su ter ya

Wheelchair



လိၢ်ဆုၣ်နီၤလုၣ်ပး

law chay naw le pa

Dressing Gown



ဆုကၤဖးထီ
chay ka pa taw

Sleepwear



ဆုကၤမံ
chay ka mi

Slippers



ခိၣ်ထံးဒီးလၢဟံၣ်ပူၤ
kaw pi doe ler hi pu

Underwear



ဖျိၣ်ခံဖိ
plaw ki poe



Shirt



ဆုကၤ

chay ka

Dress



ပိၣ်မုၢ်ဆုကၤဖးထီ

paw mu chay ka pa taw

Trousers



ဖျိၣ်ခံထီခိၣ်

plaw ki taw kaw

Skirt



စကၤ

sa ker



Socks



ခိၣ်ဖျါၣ်

kaw plaw

Shoes



ခိၣ်ဖံး

kaw pi

Jumper



ဆုၣ်ကၢလၢၤ

chay ka ler

Coat



ဆုၣ်ကၢၤ

chay ka co