

Bilingual Phrase Cards

Latvian/English

Version 2023 4up



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Labdien/Uzredzēšanos!

Hello/Goodbye.

lab-de-ahn/us-re-tseh-sha-nwo-s.

Latvian

Laipni lūgti!

Welcome.

lay-pnee loo-ktih.

Latvian

Labrīt!

Good morning.

lab-reet.

Latvian

Labdien!

Good afternoon.

lab-dyen.

Latvian



Daudz laimes
dzimšanas dienā!

Happy Birthday!

daw-ts lay-mes tsim-sha-nas dye-nah!

Latvian

Laimīgu gadadienu!

Happy Anniversary!

lay-mee-ghu gha-da-de-an-uh!

Latvian

Priecīgus Ziemassvētkus!

Merry Christmas!

pree-eh-tsee-ghus ze-ah-mas-sfeh-kuhs!

Latvian

Laimīgu jauno gadu!

Happy New Year!

lay-mee-ghu yau-nua gha-duh!

Latvian



Liels paldies!

Thank you so much.

ly-als pal-dy-es!

Latvian

Lūdzu.

You're welcome.

loo-tsuh.

Latvian

Mani sauc...
Es par jums šodien rūpēšos.

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

ma-ney sa-uhts...
es pahr yuh-ms shua-dyen roo-peh-shu-as.

Latvian



Atvainojiet, ka traucēju.

Sorry for disturbing you.

aht-vay-no-yeet ka tra-uhts-eh-yu.

Latvian

Man žēl.

I am sorry.

mahn sh-ehl.

Latvian

Kā iet?

How are you?

kaa y-et?

Latvian

Kā šodien jūtaties?

How are you feeling today?

kaa shu-o-dyen yoo-ta-tyes?

Latvian



Lūdzu, sāksim!

Come on dear,
Let's get started!

loo-tsuh saa-xym!

Latvian

Es vēlētos, lai man palīdzat.

I would love you to help me.

es veh-leh-tu-os la-y mahn pah-lee-tsa-t.

Latvian

Vai varat man palīdzēt?

Can you help me, please?

vay vah-raht mahn pa-lee-tseh-t?

Latvian

Es jums palīdzēšu.

I will help you.

es yums pah-lee-tseh-shuh.

Latvian



Vai jūs vēlaties iet dušā?

Would you like to have a shower?

vay yoos veh-lah-tyes y-et duh-shaa?

Latvian

Ko vēlaties vilkt?

What would you like to wear?

ku-ah veh-lah-tyes vyl-kt?

Latvian

Šeit ir ziepes.

Here is the soap.

sheyt ihr sia-pehs.

Latvian

Pataustiet ūdeni.

Touch the water.

pah-taus-tyet oo-deh-ny.

Latvian



Ūdens ir karsts vai auksts?

Is the water hot or cold?

oo-dens ihr kahr-sts vay auk-sts?

Latvian

Duša ir cauri.

Showering is finished.

duh-shah ir tsau-rih.

Latvian

Ļaujiet jūs noslaucīt.

Let me dry your body.

lau-yet yoos nua-slau-tseet.

Latvian

Palīdzēšu jums apģērbties.

Let me help you get dressed.

pah-lee-tseh-shuh yums ap-gehr-ptyes.

Latvian



Viss.
Jūs izskatāties lieliski!

Done.
Now you look great!

vihs. yoos iska-taa-tyes lye-lys-kih!

Latvian

Vai esat gatavs? (m)/
Vai esat gatava? (f)

Are you ready?

vay ehsat gha-ta-uhs/vay ehsat gha-ta-vah?

Latvian

Vai jums vajag uz tualeti?

Do you need the toilet?

vay yuhms va-yak uhs twa-leh-ti?

Latvian

Pavadišu jūs uz ēdnīcu.

I will walk with you to the dining room.

pah-vah-dee-shuh yoos uhs ehd-nee-tsuh.

Latvian



Lūdzu, apsēdieties uz krēsla.

Let's sit down on the chair, please.

loo-tsuh ap-seh-dy-e-tyes uhs kreh-slah.

Latvian

Iesim uz jūsu istabu.

We are going to your room.

ye-sihm uhs yoo-suh ihs-tab-uh.

Latvian

Iesim uz tualeti.

We are going to the toilet.

ye-sihm uhs twa-leh-tih.

Latvian

Šī ir jūsu tualete.

This is your toilet.

shee ir yoo-suh twa-leh-teh.

Latvian



Šī ir jūsu vannas istaba.

This is your bathroom.

shee ir yoo-suh vahn-nas-ihs-tab-ah.

Latvian

Šī ir jūsu istaba.

This is your room.

shee ir yoo-suh ihs-tab-ah.

Latvian

Ļaujiet jūs pārgērbt.

Let me change your clothes.

lau-yet yoos paar-gher-pt.

Latvian

Lūdzu, ejiet gulēt.

Please go to sleep.

loo-tsu eh-yeet ghu-leht.

Latvian

Arlabunakti.

Good night.

ahr-lab-uh-nahk-tih.

Latvian



Laiks iet brokastīs.

It is breakfast time.

la-yx ih-yet bro-khas-tees.

Latvian

Laiks dzert tēju.

It is time for morning/afternoon tea.

la-yx tseh-rt the-yu.

Latvian

Laiks ēst pusdienas.

It is lunch time.

la-yx ehst puhs-dye-nahs.

Latvian

Ir vakariņu laiks.

It is dinner time.

ir vah-kah-ry-nuh la-yx.

Latvian



Vai vēlaties zupu?

Do you want soup?

vay veh-lah-tyes suh-puh?

Latvian

Vai vēlaties pamatēdienu?

Do you want the main course?

vay veh-lah-tyes pah-mat-eh-dye-nuh?

Latvian

Vai vēlaties saldo?

Do you want dessert?

vay veh-lah-tyes sal-dua?

Latvian

Vēlaties tēju vai kafiju?

Do you want tea or coffee?

veh-lah-tyes teh-yu vay kah-phi-yu?

Latvian



Vai vēlaties maizi?

Do you want bread?

vay veh-lag-tyes may-sih?

Latvian

Vai vēlaties rīsus?

Do you want rice?

vay veh-lah-tyes ree-suhs?

Latvian

Vai vēlaties kartupeļus?

Do you want potatoes?

vay veh-lah-tyes khar-tuh-peh-lus?

Latvian

Vai vēlaties makaronus?

Do you want pasta?

vay veh-lah-tyes mah-kah-roh-nus?

Latvian



Vai vēlaties banānu?

Do you want a banana?

vay veh-lah-tyes bah-naa-nuh?

Latvian

Vai vēlaties cukuru?

Do you want sugar?

vay veh-lah-tyes tsuh-kuh-ruh?

Latvian

Vai vēlaties vistu?

Do you want chicken?

vay veh-lah-tyes vys-tuh?

Latvian

Vai vēlaties zivi?

Do you want fish?

vay veh-lah-tyes sih-vih?

Latvian



Vai vēlaties jēru?

Do you want lamb?

vay veh-lah-tyes yeh-ruh?

Latvian

Vai vēlaties liellopu?

Do you want beef?

vay veh-lah-tyes ly-el-loh-puh?

Latvian

Vai vēlaties sulu?

Do you want juice?

vay veh-lah-tyes suh-luh?

Latvian

Vai vēlaties sāli?

Do you want salt?

vay veh-lah-tyes saa-lih?

Latvian



Vai vēlaties salātus?

Do you want salad?

vay veh-lah-tyes sah-laa-tuhs?

Latvian

Vai vēlaties dārzeņus?

Do you want vegetables?

vay veh-lah-tyes daar-seh-news?

Latvian

Vai vēlaties ūdeni?

Do you want water?

vay veh-lah-tyes oo-deh-nih?

Latvian

Vai garšo?

Is the meal nice?

vay ghar-shu-ah?

Latvian



Vai tas ir pārāk karsts?

Is it too hot?

vay thas ir paa-raak khar-sts?

Latvian

Vai tas ir pārāk auksts?

Is it too cold?

vay thas ir paa-raak auk-sts?

Latvian

Vai tas ir labs?

Is it good?

vay thas ir lahps?

Latvian

Vai vēlaties vēl zupu?

Do you want more soup?

vay veh-lah-tyes vehl suh-puh?

Latvian



Vai vēlaties vēl augļus?

Do you want more fruit?

vay veh-lah-tyes vehl augh-lus?

Latvian

Vai esat izsalcis? (m)/
Vai esat izsalkusi? (f)

Are you hungry?

vay ehsat ih-sal-tsis/vay ehsat ih-sal-kuh-sih?

Latvian

Vai kārtīgi paēdāt?

Have you eaten enough?

vay kaar-tee-ghi pah-eh-daāt?

Latvian

Vai paēdāt?

Have you finished?

vay pah-eh-daāt?

Latvian



Vai gribat padzerties?

Are you thirsty?

vay grih-baht pah-tsehr-tyes?

Latvian

Lūdzu, ēdiet.

Please eat.

loo-tsuh eh-dyet.

Latvian



Kāpēc izskatāties bēdīgs (m)/
Kāpēc izskatāties bēdīga? (f)

Why do you look sad?

kaa-pehts ih-ska-taa-tyes beh-deeks/
kaa-pehts ih-ska-taa-tyes beh-dee-gha?

Latvian

Kas jūs satrauc?

What is worrying you?

kahs yoos sah-trauts?

Latvian

Jūs esat nomākts (m)/
Jūs esat nomākta (f)
Vai izstāstīsiet – kāpēc?
Tikai tad, ja vēlaties.

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

yoos eh-sat nua-maak-ts/yoos eh-sat nua-maak-ta.
vay ihs-taas-tee-syet kaa-peh-ts?
tih-kay tat ya veh-lah-tyes.

Latvian

Jūs esat dusmīgs (m)/
Jūs esat dusmīga (f)
Vai izstāstīsiet – kāpēc?
Tikai tad, ja vēlaties.

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

yoos eh-sat duhs-meeks/yoos eh-sat duhs-mee-ka.
vay ihs-taas-tee-syet kaa-peh-ts?
tih-kay tat ya veh-lah-tyes.

Latvian



Lūdzu, neraudiet.
Viss būs kārtībā.

Please don't cry.
Everything will be fine.

loo-tsuh neh-rau-dyet.
vihs boos kaar-tee-baa.

Latvian

Vai varu ar jums
aprunāties?

Can I talk to you, please?

vay vah-ruh ar yuhms ap-ruh-naa-tyes?

Latvian

Man ar jums jāaprunājas.

I need to talk to you, please.

mahn ar yuhms yaap-ruh-naa-yas.

Latvian

Vai jums palīdzēt?

Do you need help?

vay yuhms pah-lee-tseht?

Latvian

Esmu šeit, lai jums palīdzētu.

I am here to help you.

asmuh sheyt lay yuhms pah-lee-tseh-tuh.

Latvian

Kā varu palīdzēt?

What can I do for you?

kaa vah-ruh pah-lee-tseht?

Latvian



Vai varat paiet?

Can you walk?

vay vah-rat pah-yet.

Latvian

Redzu, ka jums ir grūti iet.
Ļaujiet, es jums palīdzēšu.

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

reh-tsuh kah yuhms ir groo-tih yet.
lau-yet ehs yuhms pah-lee-tseh-shu.

Latvian

Pastāstiet, kas noticis.

Tell me what's wrong.

pah-staa-styet kahs nua-tih-tsyes.

Latvian

Ak kungs, kas notika?

Oh my goodness,
what happened?

ahk kuh-nks kahs nua-tyka?

Latvian



Šī ir māsa.

This is the nurse.

shee ir maa-sah.

Latvian

Šis ir ārsts.

This is the doctor.

shys ir aar-sts.

Latvian

Māsa ir šeit,
lai jums palīdzētu.

The nurse is here to help you.

maa-sah ir sheyt lay yuhms pah-lee-tseh-tuh.

Latvian

Ārsts ir šeit, lai jums
palīdzētu.

The doctor is here to help you.

aar-sts ir sheyt lay yuhms pah-lee-tseh-tuh.

Latvian



Ārsts gribētu jūs izmeklēt.

The doctor would like to examine you.

aar-sts grih-beh-tuh yoos ihs-mek-leht.

Latvian

Lūdzu, atveriet muti.

Open your mouth, please.

loot-suh aht-ver-yet muh-tih.

Latvian

Ieelpojiet un izelpojiet.

Breathe in and out.

ye-el-pua-yet uhn is-el-pua-yet.

Latvian

Kur jums sāp?
Kur tieši sāp?

Where does it hurt?
Where is the pain?

kuhr yuhms saap?
kuhr tye-shi saap?

Latvian



Vai tas niez?

Does it feel itchy?

vay tahs nyes?

Latvian

Vai jums sāp galva?

Do you have a headache?

vay yuhms saap ghal-vah?

Latvian

Vai jums sāp vēders?

Do you have stomach pain?

vay yuhms saap veh-dehrs?

Latvian

Vai jums reibst galva?

Do you feel dizzy?

vay yuhms rey-pst gal-vah?

Latvian



Vai varat paelpot?

Can you breathe?

vay vah-rat pah-ehl-puat?

Latvian

Vai jūs vēmāt?

Have you vomited?

vay yoos veh-maat?

Latvian

Vai jums ir slikta dūša?

Do you feel sick?

vay yuhms ir slyk-tah doo-sha?

Latvian

Vai jums šķiet, ka vemsiet?

Do you feel like
you need to vomit?

vay yuhms sh-kyet kha vem-syet?

Latvian



Vai jums sāp mugura?

Does your back hurt?

vay yuhms saap muh-ghu-rah?

Latvian

Vai jums sāp gūža?

Does your hip hurt?

vay yuhms saap ghoo-sha?

Latvian

Vai jums ir neērti?

Are you uncomfortable?

vay yuhms ir neh-ertih?

Latvian



Vai varat apsēsties?

Can you sit down, please?

vay vah-rat ap-she-styes?

Latvian

Vai jums ir aizcietējums?

Are you constipated?

vay yuhms ir ays-cye-teh-yums?

Latvian

Vai jums ir karsti?

Are you hot?

vay yuhms ir khar-stih?

Latvian

Vai jums ir auksti?

Are you cold?

vay yuhms ir aux-tih?

Latvian

Pirmdiena

Monday

pihrm-dye-nah

Latvian

Otrdiena

Tuesday

uotr-dye-na

Latvian

Trešdiena

Wednesday

trash-dye-na

Latvian

Ceturtdiena

Thursday

tse-tuhr-dye-na

Latvian

Piektdiena

Friday

pyek-dye-na

Latvian

Sestdiena

Saturday

ses-dye-na

Latvian

Svētdiena

Sunday

sveh-dye-na

Latvian

Janvāris

January

yan-vaa-rys

Latvian

Februāris

February

feb-raa-rys

Latvian

Marts

March

mah-rts

Latvian

Aprīlis

April

ahp-ree-lys

Latvian

Maijs

May

mays

Latvian

Jūnijs

June

yoo-neeys

Latvian

Jūlijs

July

yoo-leeys

Latvian

Augusts

August

au-ghu-sts

Latvian

Septembris

September

sep-tem-brys

Latvian

Oktobris

October

ok-toh-brys

Latvian

Novembris

November

noh-vem-brys

Latvian

Decembris

December

deh-tsem-brys

Latvian

Gads

Year

ghats

Latvian



Vai jums patīk puķes?

Do you like flowers?

vay yuhms pah-teek puh-kyes?

Latvian

Vai jums garšo augļi?

Do you like fruit?

vay yuhms ghar-shua au-ghli?

Latvian

Vai jums patīk
skatīties video?

Do you like watching videos?

vay yums pah-teek ska-tee-tyes vih-de-oh?

Latvian

Ko jūs šobrīd vēlētos darīt?

What would you like to do now?

kua yoos shua-breed veh-leh-tuas dah-reet?

Latvian



Kādas grāmatas jūs lasāt?

What books do you read?

kaa-dhas ghraa-mah-tas yoos lah-saat?

Latvian

Cik jauki!

How adorable!

tsyk yau-kee!

Latvian

Vai jūsu istabā ir auksti?

Is it cold in your room?

vay yoo-suh ihs-tah-baa ir aux-tih?

Latvian

Vai vēlaties,
lai sazinātos ar jūsu ģimeni?

Do you want me to contact
your family?

vay veh-lah-tyes lay sah-sy-nuas ar yoo-suh ghi-meh-nih?

Latvian

Vai jums vajag tīras drēbes?

Do you need fresh clothes?

vay yuhms vah-yag tee-ras dreh-bes?

Latvian

Vai vingrošanas laikā
jums nesāp?

Can you exercise without pain?

vay vyn-grua-sha-nas lay-kaa yuhms neh-saap?

Latvian

Kad jūs vēlētos satikt
savu ģimeni?

When do you want to see your family?

khad yoos veh-leh-tuas sah-tykt sah-vuh ghi-me-nih?

Latvian

Vai vēlaties satikt ārstu?

Do you want to see the doctor?

vay veh-lah-tyes sah-tykt aar-stuh?

Latvian



Vai vēlaties doties
pie friziera?

Do you want to see the hairdresser?

vay veh-lah-tyes dua-tyes pia phry-sye-rah?

Latvian

Vai vēlaties doties
pie podologa?

Do you want to see the podiatrist?

vay veh-lah-tyes dua-tyes pia poh-doh-loh-gha?

Latvian

Vai vēlaties mums
pievienoties?

Do you want to join our activity?

vay veh-lah-tyes muhms pia-vye-nua-tyes?

Latvian

Vai vēlaties nākt uz
ēdamistabu?

Do you want to come
to the dining room?

vay veh-lah-tyes naakt uhs eh-dam-ihs-ta-buh?

Latvian



Vai vēlaties ēst
savā istabā?

Do you want to eat in your room?

Vay veh-lah-tyes ehst sah-vaa ihs-ta-baa?

Latvian

Duša ir no rīta.

The shower is in the morning.

Duh-sha ihr nua ree-tah.

Latvian