

Communication Cards

English / Latvian

Version 2023 12up



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Breakfast



Brokastis
bro-khas-tis

Breakfast



Brokastis
bro-khas-tis

Breakfast



Brokastis
bro-khas-tis

Lunch



Pusdienas
pus-dy-e-nas

Lunch



Pusdienas
pus-dy-e-nas

Dinner



Vakariņas
vak-ha-ri-nyas

Dinner



Vakariņas
vak-ha-ri-nyas

Fish



Zivs
siv-s

Chicken



Vista
vis-tah

Beef



Liellops
li-e-lo-phs

Lamb



Jērs
yeh-rs

Pork



Cūkgaļa
tsuk-gha-la

Water



Ūdens
uh-dens

Juice



Sula
suh-la

Tea



Tēja
teh-ya

Sugar



Cukurs
tsuk-hurs

Milk



Piens
pi-e-ns

Coffee



Kafija
kaf-iy-a

Beer



Alus
ah-lus

Wine



Vīns
vih-ns

Vegetarian



Veģetāriešu
ve-ghe-tah-ri-e-shu

Kosher



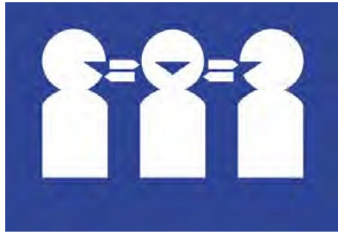
Košera
ko-she-a

Halal



Halal
ha-lal

Interpreter



Tulks

tu-lks

Family



Ģimene

ghi-meh-ne

Priest



Mācītājs

mah-tsi-tah-ys

Rabbi



Rabīns

ra-bihn-s

Imam



Imams

ihm-mams

Priest



Mācītājs

mah-tsi-tah-ys

Nurse



Medmāsa

med-mah-sa

Doctor



Ārsts

ahr-sts

Monk



Mūks

muh-ks

Physiotherapist



Fizioterapeits

phi-sio-teh-ra-pe-i-ts

Massage



Masāža

mah-sah-sha

Podiatrist



Podologs

poh-do-logs

Shower



Duša
duh-sha

Toilet



Tualete
tu-ah-let-e

Wash Hands



Mazgāt rokas
mas-ghat roh-kas

Clean Teeth



Tīrīt zobus
tih-riht zob-hus

Clean Room



Tīrīt istabu
tih-rit is-tab-hu

Get Up



Piecelties
pi-e-tsel-ti-es

Get Dressed



Sagērbties
sa-gherb-ti-es

Get Dressed



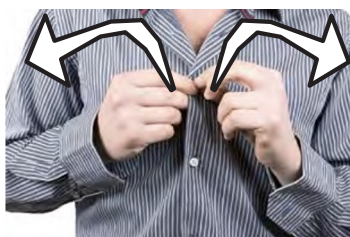
Sagērbties
sa-gherb-ti-es

Get Undressed



Nogērbties
no-gherb-ti-es

Get Undressed



Nogērbties
no-gherb-ti-es

Rest



Atpūsties
at-puh-sti-ehs

Sleep



Gulēt
guh-let

Exercise



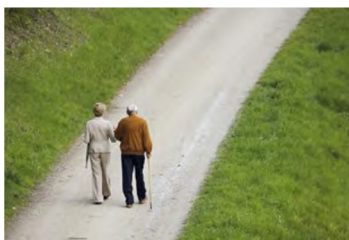
Vingrot
vin-ghrot

Activities



Aktivitātes
akh-ti-vi-tah-tes

Go for a Walk



Pastaigāties
pas-tai-gha-ti-es

Go to the Garden



Iet uz dārzu
iet uz dahr-su

Telephone



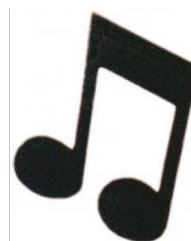
Telefons
teh-le-pons

Radio



Radio
rah-dio

Music



Mūzika
muh-si-ka

Film



Filma
phil-ma

TV



Televizors
teh-le-vi-sors

Taxi



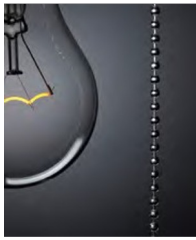
Taksometrs
tak-so-met-rs

Light On



Deg
dehg

Light Off



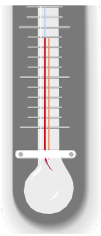
Nedeg
neh-degh

What Time?



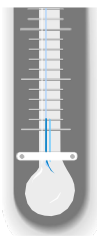
Cik pulkstenis?
cikh pulk-steh-nis?

Hot



Karsts
kah-rsts

Cold



Auksts
aukh-sts

Like



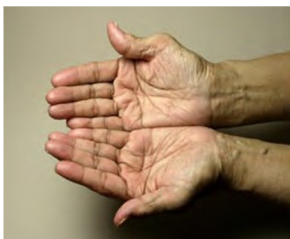
Patīk
pa-tikh

Dislike



Nepatīk
neh-pa-tikh

Want



Gribu
grih-bu

Don't Want



Negribu
neh-grih-bu

Book



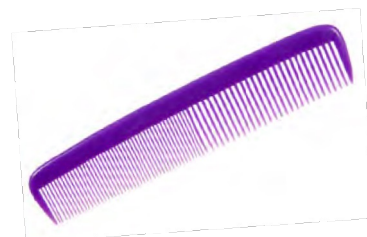
Grāmata
grah-mah-ta

Glasses



Brilles
brih-les

Comb



Ķemme
kyeh-me

Watch



Pulkstenis
pulkh-steh-nis

Jewellery



Rotas
roh-tas

Makeup



Kosmētika
khos-meh-tikh-a

Hearing Aid



Dzirdes aparāts
dsir-dhes a-pah-rahts

Dentures



Protēzes
proh-the-ses

Incontinence Pad



Autiņbikses
au-tihn-bikh-ses

Tissues



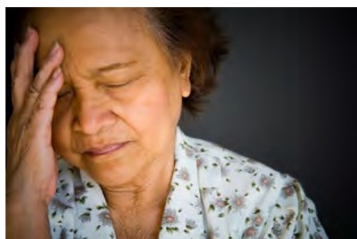
Salvetes
sal-vhe-tes

Pillow



Spilvens
spil-vehns

Pain



Sāpes

sap-hes

Pain Killer



Sāpju zāles

sap-hyu sah-les

Medication



Zāles

sah-les

Walking Stick



Spieķis

spiekh-is

Walking Frame



Iešanas rāmis

ieh-sha-nas rah-mis

Wheeled Walker



Iešanas ratiņi

ieh-sha-nas rah-ti-nyi

Wheelchair



Ratiņkrēsls

ra-tihn-khres-ls

Umbrella



Lietussargs

lieh-tus-sar-ghs

Dressing Gown



Halāts
ha-lahts

Sleepwear



Pidžama
pi-dja-mah

Slippers



Čības
tshi-bas

Underwear



Apakšveļa
apaksh-veh-lha

Socks



Zēķes
ze-khes

Shirt



Krekls
kek-ls

Trousers



Bikses
bik-ses

Skirt



Svārki
svar-khi

Dress



Kleita
klei-tah

Jumper



Džemperis
jem-phe-ris

Shoes



Kurpes
kur-phes

Coat



Mētelis
meh-teh-lis