

Bilingual Phrase Cards

Malay/English

Version 2023 4up



This information was compiled by the Centre for Cultural Diversity in Ageing in 2023.

This publication was funded by the Australian Government Department of Health and Aged Care.

Maklumat ini disusun oleh Pusat Kepelbagaian Budaya dalam Penuaan pada 2023.

Penerbitan ini dibiayai oleh Jabatan Kesihatan dan Penjagaan Warga Emas Australia.

© Centre for Cultural Diversity in Ageing 2023.



Hello/Bye-Bye.

Hello/Goodbye.

same pronunciation as in english.

Malay

Selamat Datang.

Welcome.

sir-lah-mart dah-tarng.

Malay

Selamat Pagi.

Good morning.

sir-lah-mart pah-ghee.

Malay

Selamat Petang.

Good afternoon.

sir-lah-mart puh-tarng.

Malay



Selamat Harijadi!

Happy Birthday!

sir-lah-mart ha-ree jah-dee!

Malay

Selamat Ulangtahun!

Happy Anniversary!

sir-lah-mart uu-larng-tah-hown!

Malay

Selamat Hari Krismas!

Merry Christmas!

sir-lah-mart ha-ree kris-mes!

Malay

Selamat Tahun Baru!

Happy New Year!

sir-lah-mart tar-huwn bar-roo!

Malay



Terima Kasih Banyak.

Thank you so much.

trimmer car-seh barn-yark.

Malay

Sama-sama.

You're welcome.

sah-mer-sah-mer.

Malay

Nama saya ...
Saya akan menjaga
anda hari ini.

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

nah-mer sah-year ...
sah-year ah-karn mern-jah-gher ahn-dah har-ree ee-nee.

Malay



Maaf kerana
mengganggu anda.

Sorry for disturbing you.

mah-arf kerr-rah-ner mung-garng-goo ahn-dah.

Malay

Maafkan saya.

I am sorry.

mah-arf-kahn sah-year.

Malay

Apa khabar?

How are you?

upper car-bar?

Malay

Bagaimana rasa
anda hari ini?

How are you feeling today?

bah-guy-mah-ner rah-sir ahn-dah har-ree ee-nee?

Malay



Jom sayang,
mari kita mulakan!

Come on dear,
Let's get started!

johm sah-yarng, mah-ree kee-ter moo-leh-karn!

Malay

Saya suka sangat kalau
anda boleh tolong saya.

I would love you to help me.

sah-year sue-kerr sarng-ngat kah-lowr
ahn-dah boh-leh towh-luung sah-year.

Malay

Boleh anda tolong saya,
terima kasih?

Can you help me, please?

boh-leh ahn-dah towh-luung sah-year, trimmer kah-seh?

Malay

Saya akan tolong anda.

I will help you.

sah-year ah-karn towh-luung ahn-dah.

Malay



Anda nak mandi?

Would you like to have a shower?

ahn-dah narq man-dee?

Malay

Anda nak pakai baju apa?

What would you like to wear?

ahn-dah narq par-kai bah-joo upper?

Malay

Ini dia sabun

Here is the soap.

ee-nee dee-year sah-buun.

Malay

Cuba sentuh air itu.

Touch the water.

choo-bur sern-towh ah-year ee-two.

Malay



Air panas atau sejuk?

Is the water hot or cold?

ah-yeah pa-nas ah-taw ser-juuk?

Malay

Sudah habis mandi.

Showering is finished.

sue-darh hah-biis marn-dee.

Malay

Biarkan saya lapkan
badan anda.

Let me dry your body.

bee-yar-karn sah-year larp-karn bah-darn ahn-dah.

Malay

Biarkan saya tolongkan
anda pakai baju.

Let me help you get dressed.

bee-yar-karn sah-year tow-lorng-karn ahn-dah par-kai bah-joo.

Malay



Baik, sudah siap.
Nah, sekarang anda
nampak kemas dan elok!

Done.
Now you look great!

bar-yiq, sue-darh see-yarp.
nah, sir-car-rarng ahn-dah narm-park ker-maas darn eh-lowq!

Malay

Anda sudah siap sedia?

Are you ready?

ahn-dah sue-dah see-yarp sir-dee-year?

Malay

Adakah anda perlu
pergi ke tandas?

Do you need the toilet?

ah-der-kah ahn-dah pur-loo pur-ghee kuh tarn-dars?

Malay

Saya akan jalan dengan
anda ke bilik makan.

I will walk with you to the dining room.

sah-year ah-karn jah-larn derng-ngarn
anh-dah kuh bee-lek mah-karn.

Malay



Mari tolong duduk atas
kerusi ini, terima kasih.

Let's sit down on the chair, please.

mar-ree tow-long du-duq ah-tas
ker-roo-see ee-nee, trimmer car-seh.

Malay

Kita akan pergi ke bilik anda.

We are going to your room.

kee-ter ah-karn pur-ghee kuh bee-lek ahn-dah.

Malay

Kami akan pergi ke tandas.

We are going to the toilet.

kah-mee ah-karn pur-ghee kuh tarn-dars.

Malay

Ini tandas anda.

This is your toilet.

ee-nee tarn-dars ahn-dah.

Malay



Ini bilik mandi anda.

This is your bathroom.

ee-nee bee-lek mahn-dee ahn-dah.

Malay

Ini bilik anda.

This is your room.

ee-nee bee-lek ahn-dah.

Malay

Mari saya tolong
anda tukar baju anda.

Let me change your clothes.

mar-ree sah-year tow-lorn ahn-dah
too-car bah-joo ahn-dah.

Malay

Tolong tidur.

Please go to sleep.

tow-lornng tea-dowr.

Malay

Selamat Malam.

Good night.

sir-lah-mart marh-larm.

Malay



Sekarang waktu
sarapan pagi.

It is breakfast time.

sir-car-rarng wark-two sah-rah-pun pah-gee.

Malay

Sekarang waktu minum
pagi/petang.

It is time for morning/afternoon tea.

sir-car-rarng wark-two mee-nom pah-ghee/puh-tarng.

Malay

Sekarang waktu
makan tengahari.

It is lunch time.

sir-car-rarng wark-two mah-karm tung-ngah-ha-ree.

Malay

Sekarang waktu
makan malam.

It is dinner time.

sir-car-rarng wark-two mah-karn mah-larm.

Malay



Anda mahu sup?

Do you want soup?

anh-dah mah-who soup?

Malay

Anda mahu
hidangan utama?

Do you want the main course?

ahn-dah mah-who hee-darng-ngarn oo-tah-mer?

Malay

Anda mahu manisan
lepas makan?

Do you want dessert?

ahn-dah mah-who mah-nee-sarn leah-pass mah-karn?

Malay

Anda mahu teh atau kopi?

Do you want tea or coffee?

anh-dah mah-who teh ah-taw ko-pee?

Malay



Anda mahu roti?

Do you want bread?

ahn-dah mah-who roe-tee?

Malay

Anda mahu nasi?

Do you want rice?

ahn-dah mah-who nah-sikh?

Malay

Anda mahu ubi kentang?

Do you want potatoes?

ahn-dah mah-who uu-bee kern-tarng?

Malay

Anda mahu pasta?

Do you want pasta?

ahn-dah mah-who pasta?

Malay



Anda mahu pisang?

Do you want a banana?

ahn-dah mah-who pee-sang?

Malay

Anda mahu gula?

Do you want sugar?

ahn-dah mah-who goo-ler?

Malay

Anda mahu ayam?

Do you want chicken?

ahn-dah mah-who ah-yarm?

Malay

Anda mahu ikan?

Do you want fish?

ahn-dah mah-who ee-karn?

Malay



Anda mahu
kambing biri-biri?

Do you want lamb?

ahn-dah mah-who karm-beeng bee-ree bee-ree?

Malay

Anda mahu daging lembu?

Do you want beef?

ahn-dah mah-who dah-ging lerm-boo?

Malay

Anda mahu jus?

Do you want juice?

ahn-dah mah-who joos?

Malay

Nak garam ke?

Do you want salt?

nark gah-rarm kerr?

Malay



Nak salad tak?

Do you want salad?

nark salad tark?

Malay

Nak sayur tak?

Do you want vegetables?

nark sar-yuur tark?

Malay

Nak air ke?

Do you want water?

nark ah-yeh kerr?

Malay

Makan sedap tak?

Is the meal nice?

mah-karn ser-darp tark?

Malay



Panas sangat ke?

Is it too hot?

pah-nars sarng-ngart kerr?

Malay

Sejuk sangat ke?

Is it too cold?

sir-jook sarng-ngart kerr?

Malay

Ok tak?

Is it good?

ok tark?

Malay

Anda nak sup lagi?

Do you want more soup?

ahn-dah nark soup lah-gee?

Malay



Anda nak buah lagi?

Do you want more fruit?

ahn-dah nark boo-wah lah-gee?

Malay

Adakah anda lapar?

Are you hungry?

ah-der-kah ahn-dah lah-parr?

Malay

Adakah anda sudah
kenyang?

Have you eaten enough?

ah-der-kah ahn-dah sue-dah kern-nyarng?

Malay

Adakah anda sudah habis?

Have you finished?

ah-der-kah ahn-dah sue-dah har-bes?

Malay



Adakah anda dahaga?

Are you thirsty?

ah-der-kah ahn-dah da-har-geh?

Malay

Jemput makan.

Please eat.

jehm-pot mah-karn.

Malay



Kenapa anda
kelihatan sedih?

Why do you look sad?

ker-nah-per ahn-dah keh-lee-hah-tarn sir-deh?

Malay

Apa yang anda
sedang risaukan?

What is worrying you?

upper yang ahn-dah sir-darng ree-sow-karn?

Malay

Anda sedang marah.
Anda nak beritahu saya
kenapa tak?
Tapi hanya kalau anda mahu.

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

ahn-dah seh-darng mah-rah.
ahn-dah nark ber-ree-tah-who sah-year kerr-na-per tark?
tah-pee hahn-nyer car-lau ahn-dah mah-who.

Malay

Anda sedang marah.
Anda nak beritahu saya
kenapa tak?
Tapi hanya kalau anda mahu.

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

ahn-dah seh-darng mah-rah.
ahn-dah nark ber-ree-tah-who sah-year kerr-na-per tark?
tah-pee hahn-nyer car-lau ahn-dah mah-who.

Malay



Janganlah menangis.
Tak apa, semuanya nanti
pasti ok.

Please don't cry.
Everything will be fine.

jah-ngarn-lah meh-nang-ngis.
tark upper, ser-moo-er-nyer nahn-tee past-tee ok.

Malay

Bolehkah saya bercakap
dengan anda, terima kasih?

Can I talk to you, please?

boh-leah-kah sah-year ber-chack-up
derng-ngarn ahn-dah ser-keh-jarp, trimmer car-seh?

Malay

Saya perlu bercakap
dengan anda, terima kasih.

I need to talk to you, please.

sah-year perr-loo ber-chack-up
derng-ngarn ahn-dah, trimmer car-seh.

Malay

Anda perlu tolong?

Do you need help?

ahn-dah pur-loo tow-lorng?

Malay



Saya ada di sini untuk
tolong anda.

I am here to help you.

sah-year ah-dur dee see-nee uun-toq tow-lorng ahn-dah.

Malay

Apa yang saya boleh buat
untuk anda?

What can I do for you?

upper yarng sah-year bow-leh boo-art uun-toq ahn-dah?

Malay



Anda boleh berjalan tak?

Can you walk?

ahn-dah bow-leh ber-jah-larn tark?

Malay

Saya perasan anda
susah nak jalan.
Mari saya tolong anda.

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

sah-year pur-rah-sarn ahn-dah sue-sah nark jah-larn.
mah-ree sah-year tow-lornng ahn-dah.

Malay

Mari beritahu saya apa
yang tak kena?

Tell me what's wrong.

mah-ree ber-ree-tah-who sah-year upper yarng tark keh-ner?

Malay

Alamak,
apa yang dah jadi?

Oh my goodness,
what happened?

ahla-mark, upper yarng darh jah-dee?

Malay



Ini jururawat.

This is the nurse.

ee-nee joo-roo-rah-what.

Malay

Ini doktor.

This is the doctor.

ee-nee dork-tor.

Malay

Jururawat ini ada di sini
untuk tolong anda.

The nurse is here to help you.

joo-roo-rah-what ee-nee ah-der dee see-nee
uun-toq tow-lorng ahn-dah.

Malay

Doktor ini ada di sini
untuk tolong anda.

The doctor is here to help you.

dork-tor ee-nee ah-der dee see-nee
uun-toq tow-lorng ahn-dah.

Malay



Doktor ini ingin
memeriksa anda.

The doctor would like to examine you.

dork-tor ee-nee ih-ngin mur-mur-rik-ser ahn-dah.

Malay

Tolong buka mulut anda,
terima kasih.

Open your mouth, please.

tow-lorng boo-ker moo-luth ahn-dah,
trimmer car-seh.

Malay

Tarik nafas kemudian
hembus nafas.

Breathe in and out.

tareq nah-fast ker-moo-deyarn
herm-buus nah-fast.

Malay

Di mana ia rasa sakit?
Di mana sakit itu?

Where does it hurt?
Where is the pain?

dee mah-ner ear rah-ser sah-keet?
dee mah-ner sah-keet ee-two?

Malay



la rasa gatal tak?

Does it feel itchy?

year rah-ser gah-tarl tark?

Malay

Anda sakit kepala ke?

Do you have a headache?

ahn-dah sah-ket kuh-pah-ler kerr?

Malay

Anda sakit perut tak?

Do you have stomach pain?

ahn-dah sah-ket per-rurt tark?

Malay

Adakah anda
berasa pening?

Do you feel dizzy?

ah-der-kah ahn-dah bur-rah-ser peh-ning?

Malay



Anda boleh bernafas tark?

Can you breathe?

ahn-dah boh-leah bur-nah-fast tark?

Malay

Anda muntah ke?

Have you vomited?

ahn-dah moon-tah kerr?

Malay

Adakah anda berasa sakit?

Do you feel sick?

ah-der-kah ahn-dah bur-rah-ser sah-ket?

Malay

Anda rasa macam
nak muntah ke?

Do you feel like
you need to vomit?

ahn-dah rah-ser mah-charm nark moon-tarh ker?

Malay



Belakang anda sakit tak?

Does your back hurt?

buh-larh-karng ahn-dah sah-ket tark?

Malay

Pinggang anda sakit tak?

Does your hip hurt?

ping-garng ahn-dah sah-ket tark?

Malay

Belakang anda sakit tak?

Does your back hurt?

buh-larh-karng ahn-dah sah-ket tark?

Malay

Adakah anda rasa
tidak selesa?

Are you uncomfortable?

ah-der-kah ahn-dah rah-ser tee-dark seh-leh-ser?

Malay



Boleh anda tolong duduk,
terima kasih?

Can you sit down, please?

boh-leah ahn-dah tow-lorng do-doq, trimmer car-seh?

Malay

Anda rasa sembelit ke?

Are you constipated?

ahn-dah rah-sir serm-beh-lit kerr?

Malay

Anda panas ke?

Are you hot?

ahn-dah pah-nars tark?

Malay

Anda sejuk ke?

Are you cold?

ahn-dah ser-juk kerr?

Malay

Isnin

Monday

east-ninn

Malay

Selasa

Tuesday

sir-larh-sir

Malay

Rabu

Wednesday

rah-boo

Malay

Khamis

Thursday

kah-meess

Malay



Jumaat

Friday

juu-mah-art

Malay

Sabtu

Saturday

saab-two

Malay

Ahad

Sunday

ah-hard

Malay

Januari

January

jah-noo-aree

Malay



Februari

February

feb-bru-aree

Malay

Mac

March

march

Malay

April

April

ah-pril

Malay

Mei

May

mey

Malay



Jun

June

joon

Malay

Julai

July

joo-lai

Malay

Ogos

August

oh-gos

Malay

September

September

september

Malay



Oktober

October

october

Malay

November

November

november

Malay

Disember

December

dee-sem-ber

Malay

Tahun

Year

tar-hown

Malay



Anda suka bunga tak?

Do you like flowers?

ahn-dah sue-ker bung-gerh tark?

Malay

Anda suka buah tak?

Do you like fruit?

ahn-dah sue-ker boo-wah tark?

Malay

Anda suka tengok
video tak?

Do you like watching videos?

ahn-dah sue-ker teeng-ngork video tark?

Malay

Apa yang anda nak
buat sekarang?

What would you like to do now?

upper yarng ahn-dah nark boo-wart sir-kar-rang?

Malay



Buku apa yang
anda suka baca?

What books do you read?

boo-coo upper yang ahn-dah sue-ker bah-cer?

Malay

Comelnya!

How adorable!

cho-male-nyer!

Malay

Bilik anda sejuk ke?

Is it cold in your room?

bee-lek ahn-dah ser-juk kerr?

Malay

Adakah anda mahu saya
hubungi keluarga anda?

Do you want me to contact
your family?

ah-der-karh ahn-dah mah-who sah-year
who-boong-ngee kerr-loo-ar-geh ahn-dah?

Malay



Anda nak baju bersih?

Do you need fresh clothes?

ahn-dah nark bah-juu burr-seh?

Malay

Bolehkah anda bersenam
tanpa berasa sakit?

Can you exercise without pain?

boh-leah-kar ahn-dah bur-suh-narm
tarn-pah burr-rah-sir sah-keat?

Malay

Bila anda nak jumpa
keluarga anda?

When do you want to see your family?

bee-ler ahn-dah nark joom-per kerr-loo-ar-geh ahn-dah?

Malay

Adakah anda mahu
jumpa doktor?

Do you want to see the doctor?

ah-der-karh ahn-dah mah-who joom-per dork-terr?

Malay

Adakah anda nak pergi
gunting rambut?

Do you want to see the hairdresser?

ah-der-karh ahn-dah nark purr-ghee goon-teng rahm-buth?

Malay

Adakah anda nak jumpa
dokter yang rawat kaki?

Do you want to see the podiatrist?

Ah-der-karh ahn-dah nark juum-per
dork-thor yarng rah-what car-key?

Malay

Nak ikut sama
aktiviti kami tak?

Do you want to join our activity?

nark ee-kut sah-mer arq-tee-vee-tee kah-mee tark?

Malay

Adakah anda mahu
datang ke bilik makan?

Do you want to come
to the dining room?

ah-der-karh ahn-dah mah-who dah-tarng
kerr bee-lek mah-karn?

Malay



Adakah anda mahu
makan di bilik anda?

Do you want to eat in your room?

ah-der-karh ahn-dah mah-who
mah-karn dee bee-lek ahn-dah?

Malay

Mandi pada
sebelah pagi.

The shower is in the morning.

marn-dee pah-der sir-ber-larh pah-gee.

Malay