

Bilingual Phrase Cards

Nepali/English

Version 2023 4up



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यो जानकारी सेन्टर फर कल्चरल डाइभर्सिटी इन एजिङद्वारा २०२३ मा संकलन गरेको थियो।

यो प्रकाशनलाई अस्ट्रेलिया सरकारको स्वास्थ्य तथा वृद्ध हेरचाह विभागद्वारा अनुदान गरिएको थियो।

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नमस्ते।

Hello/Goodbye.

na-mas-tay.

Nepali

स्वागतम्।

Welcome.

swa-ga-tum.

Nepali

शुभ प्रभात।

Good morning.

su-va-pra-bhat.

Nepali

शुभ मध्यान्ह।

Good afternoon.

su-va-ma-dh-ya-nna.

Nepali

जन्मदिनको शुभ कामना!

Happy Birthday!

jan-ma-din-ko su-va-ka-ma-na!

Nepali

वार्षिकोत्सवको शुभ कामना!

Happy Anniversary!

bar-si-kot-sab-ko su-va-ka-ma-na!

Nepali

क्रिसमसको शुभ कामना!

Merry Christmas!

kris-mas-ko su-va-ka-ma-na!

Nepali

नयाँ वर्षको शुभ कामना!

Happy New Year!

na-ya bar-sa-ko su-va-ka-ma-na!

Nepali



धेरै धेरै धन्यवाद।

Thank you so much.

dhe-rai dhe-rai dhan-ya-bad.

Nepali

तपाईंलाई स्वागत छ।

You're welcome.

ta-pai-la-i swa-ga-tum.

Nepali

मेरो नाम हो
आज म तपाईंको हेरचाह गर्छु।

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

Me-ro nam ho.
Aa-ja ma ta-pai ko he-r-cha-ha gar-chhu.

Nepali



तपाईंलाई बाधा पुर्याएकोमा
माफी चाहन्छु।

Sorry for disturbing you.

ta-pai-lai ba-dha pu-rya-ye-ko-ma ma-fi cha-han-chhu.

Nepali

मलाई माफ गर्नुस्।

I am sorry.

ma-lai maf gar-nus.

Nepali

तपाईंलाई कस्तो छ?

How are you?

ta-pai-lai kas-to chha?

Nepali

आज कस्तो अनुभव
गर्दै हुनुहुन्छ?

How are you feeling today?

aa-ja kas-to anu-vab gar-dai hunu-hun-chha?

Nepali



आउनुस्, शुरु गरौं।

Come on dear,
Let's get started!

aau-nus,
su-ru ga-rau.

Nepali

तपाईंले मलाई मद्दत गरे
मलाई राम्रो लाग्थ्यो।

I would love you to help me.

ta-pai-le ma-lai mad-dat gare ma-lai ram-ro lag-thyo.

Nepali

कृपया, के तपाईं मलाई मद्दत
गर्न सक्नु हुन्छ?

Can you help me, please?

kri-paya, ke ta-pai ma-lai mad-dat gar-na sak-nu hun-chha?

Nepali

म मद्दत गर्नेछु।

I will help you.

ma mad-dat gar-ne-chhu.

Nepali



के तपाईं नुहाउन चाहनुहुन्छ?

Would you like to have a shower?

ke ta-pai hu-ha-una cha-ha-nu hun-chha?

Nepali

तपाईं के लगाउन
चाहनु हुन्छ?

What would you like to wear?

ta-pai ke la-ga-una cha-ha-nu hun-chha?

Nepali

साबुन यहाँ छ।

Here is the soap.

sa-bun ye-ha chha.

Nepali

पानीलाई छुनुहोस्।

Touch the water.

pa-ni-lai chhu-nu- hos.

Nepali



पानी तातो छ कि चिसो?

Is the water hot or cold?

pa-ni ta-tao chha ki chi-so?

Nepali

नुहाउन सकियो।

Showering is finished.

nu-ha-una sa-ki-yo.

Nepali

मलाई तपाईंको शरीर
पुछ्न दिनुस।

Let me dry your body.

ma-lai ta-pai ko sa-rir pu-ch-na di-nu-s.

Nepali

म तपाईंलाई कपडा
लगाइदिन्छु।

Let me help you get dressed.

ma ta-pai lai ka-pa-da la-gai-din-chhu.

Nepali



सकियो।
अब तपाईं राम्रो देखिनु हुन्छ।

Done.
Now you look great!

sa-ki-yo.
aba ta-pai ram-ro de-khi-nu hun-chha.

Nepali

तपाईं तयार हुनु भयो?

Are you ready?

ta-pai ta-yar hu-nu va-yo?

Nepali

के तपाईंलाई ट्वाइलेट गर्नुछ?

Do you need the toilet?

ke ta-pai-lai toy-let gar-nu-chha?

Nepali

म तपाईंलाई खाने
कोठासम्म पुर्याउँछु।

I will walk with you to the dining room.

ma ta-pai-lai kha-ne ko-tha-sam-ma pu-rau-chhu.

Nepali



कृपया मेचमा बस्नुस्

Let's sit down on the chair, please.

kri-pa-ya me-cha-ma bas-nus.

Nepali

हामी तपाईंको कोठामा जाँदैछौं।

We are going to your room.

ha-mi ta-pai-ko ko-tha-ma ja-dai-chhau.

Nepali

हामी ट्वाइलेट जाँदैछौं।

We are going to the toilet.

ha-mi toy-let ja-dai-chau.

Nepali

यो तपाईंको ट्वाइलेट हो।

This is your toilet.

yo ta-pai-ko toy-let ho.

Nepali



यो तपाईंको नुहाउने ठाउँ हो।

This is your bathroom.

yo ta-pai-ko nu-ha-une thau ho.

Nepali

यो तपाईंको कोठा हो।

This is your room.

yo ta-pai-ko ko-tha ho.

Nepali

तपाईंको कपडा फेर्न दिनुस्।

Let me change your clothes.

ta-pai-ko ka-pa-da phe-r-na gar-na dinus.

Nepali

कृपया सुत्न जानुस्।

Please go to sleep.

kri-pa-ya sut-na ja-nus.

Nepali

शुभ रात्रि।

Good night.

su-va ra-tri.

Nepali



यो बिहानको नास्ताको
समय हो।

It is breakfast time.

yo bi-han-ko nas-ta ho.

Nepali

यो बिहान/दिउँसोको चिया
खाने समय हो।

It is time for morning/afternoon tea.

yo bi-han/di-uso ko chi-ya kha-ne sa-ma-ya ho.

Nepali

यो बिहानको खानाको
समय हो।

It is lunch time.

yo bi-han-ko kha-na-ko sa-ma-ya ho.

Nepali

यो रातिको खानाको
समय हो।

It is dinner time.

yo ra-ti-ko kha-na-ko sa-ma-ya ho.

Nepali



के तपाईं सुप खानुहुन्छ?

Do you want soup?

ke ta-pai soup kha-nu-hu-n-chha?

Nepali

के तपाईं मुख्य खाना खान
चाहनुहुन्छ?

Do you want the main course?

ke ta-pai mu-kya kha-na kha-na cha-ha-nu-hun-chha?

Nepali

के तपाईं डेजर्ट
खान चाहनुहुन्छ?

Do you want dessert?

k ta-pai de-zert kha-na cha-ha-nu-hun-chha?

Nepali

के तपाईं चिया वा कफी
लिन चाहनुहुन्छ?

Do you want tea or coffee?

ke ta-pai chi-ya or coffee li-na kha-na cha-ha-nu-hun-chha?

Nepali



के तपाईं पाउरोटी
खान चाहनुहुन्छ?

Do you want bread?

ke ta-pai pau-ro-ti kha-na cha-ha-nu-hun-chha?

Nepali

के तपाईं भुजा खान चाहनुहुन्छ?

Do you want rice?

ke ta-pai bhu-ja kha-na cha-ha-nu-hun-chha?

Nepali

के तपाईं आलु खान चाहनुहुन्छ?

Do you want potatoes?

ke ta-pai aalu kha-na cha-ha-nu-hun-chha?

Nepali

के तपाईं पास्ता खान चाहनुहुन्छ?

Do you want pasta?

ke ta-pai pasta kha-na cha-ha-nu-hun-chha?

Nepali



के तपाईं केरा खान चाहनुहुन्छ?

Do you want a banana?

ke ta-pai ke-ra kha-na cha-ha-nu-hun-chha?

Nepali

के तपाईंलाई चिनी चाहिन्छ?

Do you want sugar?

ke ta-pai-lai chi-ni cha-hin-chha?

Nepali

के तपाईं कुखुराको मासु
खान चाहनुहुन्छ?

Do you want chicken?

ke ta-pai ku-khu-ra-ko ma-su kha-na
cha-ha-nu-hun-chha?

Nepali

के तपाईं माछा खान चाहनुहुन्छ?

Do you want fish?

ke ta-pai ma-chha kha-na cha-ha-nu-hun-chha?

Nepali



के तपाईं भेडाको मासु खाने हो?

Do you want lamb?

ke ta-pai ve-da-ko ma-su kha -ne ho?

Nepali

के तपाईं गाईको मासु खान
चाहनुहुन्छ?

Do you want beef?

ke ta-pai gai-ko ma-su kha-na cha-ha-nu-hun-chha?

Nepali

के तपाईं फलफूलको
रस खाने हो?

Do you want juice?

ke ta-pai fal-ful-ko ras kha -ne ho?

Nepali

के तपाईंलाई नून चाहिन्छ?

Do you want salt?

ke ta-pai-lai noon cha-hin-chha?

Nepali



के तपाईं सलाद खान
चाहनुहुन्छ?

Do you want salad?

ke ta-pai salad kha-na cha-ha-nu-hun-chha?

Nepali

के तपाईं सागसब्जी खान
चाहनुहुन्छ?

Do you want vegetables?

ke ta-pai sag-sab-ji kha-na cha-ha-nu-hun-chha?

Nepali

के तपाईंलाई पानी चाहिन्छ?

Do you want water?

ke ta-pai-lai pa-ni cha-hin-chha?

Nepali

के खाना मिठो छ?

Is the meal nice?

ke kha-na mi-tho chha?

Nepali



के यो अति तातो छ?

Is it too hot?

ke yo ati ta-to chha?

Nepali

के यो अति चिसो छ?

Is it too cold?

ke yo ati chi-so chha?

Nepali

के यो ठिक छ?

Is it good?

ke yo thik chha?

Nepali

के तपाईंलाई थप सुप चाहिन्छ?

Do you want more soup?

ke ta-pai-lai thup soup cha-hin-chha?

Nepali



के तपाईंलाई अरु
फलफूल चाहिन्छ?

Do you want more fruit?

ke ta-pai-lai aru fal-ful cha-hin-chha?

Nepali

तपाईंलाई भोक लागेको छ?

Are you hungry?

ta-pai-lai vok la-ge-ko chha?

Nepali

तपाईंले पुग्नेगरी खानुभयो?

Have you eaten enough?

ta-pai-le pug-ne ga-ri kha-nu va-yo?

Nepali

तपाईंले सक्नुभयो?

Have you finished?

ta-pai-le sak-nu bha-yo?

Nepali



तपाईंलाई तिर्खा लागेको छ?

Are you thirsty?

ta-pai-lai tir-kha la-ge-ko chha?

Nepali

कृपया खानुहोस्।

Please eat.

kri-pa-ya kha-nu hos.

Nepali



तपाईं किन दुःखी देखिनुहुन्छ?

Why do you look sad?

ta-pai ki-na du-khi hu-nu hun-chha?

Nepali

तपाईंलाई के ले सताइरहेको छ?

What is worrying you?

ta-pai-lai ke le sa-tai-ra-he-ko chha?

Nepali

तपाईं उदास देखिनुहुन्छ।
के तपाईं मलाई त्यसको कारण
भन्न चाहनु हुन्छ?
यदि तपाईंलाई सहज हुन्छ भने मात्र।

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

ta-pai udas de-khi-nu hun-chha.
ke ta-pai ma-lai tes-ko ka-ran van-na cha-ha-nu hun-chha?
ye-di ta-pai-lai sa-haj hun-chha va-ne ma-tra.

Nepali

तपाईंलाई रिस उठेको छ।
के तपाईं मलाई त्यसको कारण
भन्न चाहनु हुन्छ?
यदि तपाईंलाई सहज हुन्छ भने मात्र।

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

ta-pai-lai ris uthe-ko chha.
ke ta-pai ma-lai tes-ko ka-ran van-na sak-nu hun-chha?
ye-di ta-pai-lai sa-haj hun-chha va-ne mat-ra.

Nepali



कृपया नरुनुहोस्।
सबै ठीक हुन्छ।

Please don't cry.
Everything will be fine.

kri-pa-ya na-ru-nu hos.
sa-bai thik hun-chha.

Nepali

कृपया, के म तपाईसँग कुरा
गर्न सक्छु?

Can I talk to you, please?

kri-pa-ya ke ma ta-pai-san-ga ku-ra gar-na sak-chhu?

Nepali

कृपया, मलाई तपाईसँग
कुरा गर्नुछ।

I need to talk to you, please.

kri-pa-ya ma-lai ta-pai-sanga ku-ra gar-nu-chha.

Nepali

के तपाईलाई सहयोग चाहिन्छ?

Do you need help?

ke ta-pai-lai sa-ha-yog-ko cha-hin-chha?

Nepali



तपाईंलाई सहयोग गर्न
म यहाँ छु।

I am here to help you.

ta-pai-lai sa-ha-yog gar-na ma ya-ha chhu.

Nepali

तपाईंको लागि म के
गर्न सक्छु?

What can I do for you?

ta-pai-ko la-gi ma ke gar-na sak-chhu.

Nepali



के तपाईं हिँड्न सक्नु हुन्छ?

Can you walk?

ke ta-pai hid-na sak-nu hun-chha?

Nepali

मैले देखिरहेको छु तपाईंलाई
हिँड्न गाह्रो भइरहेको छ।
मलाई मद्दत गर्न दिनुस्।

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

ma-ile de-khi-ra-he-ko chhu ta-pai-lai hid-na ga-ro vai-ra-he-ko chha.
ma-lai mad-dat gar-na di-nus.

Nepali

के ठीक भएन मलाई
भन्नुहोस्।

Tell me what's wrong.

ke thik va-yw-na ma-lai van-nu-hos.

Nepali

हे भगवान, के भयो?

Oh my goodness,
what happened?

he bha-ga-wan ke va-yo?

Nepali



यो नर्स हो।

This is the nurse.

yo nurse ho.

Nepali

यो डाक्टर हो।

This is the doctor.

yo doctor ho.

Nepali

तपाईंलाई मद्दत गर्न यो
नर्स यहाँ छ।

The nurse is here to help you.

ta-pai-lai mad-dat gar-na yo nurse ye-ha chha.

Nepali

तपाईंलाई मद्दत गर्न यो
डाक्टर यहाँ छ।

The doctor is here to help you.

ta-pai-lai mad-dat gar-na yo doctor ye-ha chha.

Nepali



डाक्टरले तपाईंलाई
जाँच्न चाहन्छन्।

The doctor would like to examine you.

doctor-le ta-pai-lai ja-chh-na cha-han-chhan.

Nepali

कृपया तपाईंको मुख
खोल्नुस्।

Open your mouth, please.

kri-pa-ya ta-pai-ko mu-kh khol-nus.

Nepali

श्वास भित्र र बाहिर गर्नुहोस्।

Breathe in and out.

swas vi-tra ra ba-hira gar-nus.

Nepali

कहाँ चोट छ?
कहाँ दुख्छ?

Where does it hurt?
Where is the pain?

ka-ha chot chha?
ka-ha dukh-chha?

Nepali



के तपाईंलाई चिलाउँछ?

Does it feel itchy?

ke ta-pai-lai chi-lau-chha?

Nepali

के तपाईंलाई टाउको दुख्छ?

Do you have a headache?

ke ta-pai-lai tau-ko dukh-chha?

Nepali

के तपाईंलाई पेट दुख्छ?

Do you have stomach pain?

ke ta-pai-lai pet dukh-chha?

Nepali

के तपाईंलाई रिंगटा लाग्छ?

Do you feel dizzy?

ke ta-pai-lai rin-ga-ta lag-chha?

Nepali



के तपाईं श्वास फेर्न सक्नुहुन्छ?

Can you breathe?

ke ta-pai swas fer-na sak-nu-hun-chha?

Nepali

के तपाईंले वान्ता गर्नुभएको हो?

Have you vomited?

ke ta-pai-le wan-ta gar-nu va-ye-ko ho?

Nepali

के तपाईंलाई बिरामी
भएको जस्तो लाग्यो?

Do you feel sick?

ke ta-pai-lai bi-ra-mi va-ye-ko jus-to la-gyo?

Nepali

के तपाईंलाई वान्ता गर्नपछि
जस्तो लाग्छ?

Do you feel like
you need to vomit?

ke ta-pai-lai wan-ta gar-na par-chha jas-to lag-chha?

Nepali



के तपाईंको ढाड दुख्छ?

Does your back hurt?

ke ta-pai-ko dhad dukh-chha?

Nepali

के तपाईंको कम्मर दुख्छ?

Does your hip hurt?

ke ta-pai-ko kam-mar dukh-chha?

Nepali

के तपाईंलाई असजिलो हुन्छ?

Are you uncomfortable?

ke ta-pai-lai asa-jilo hun-chha?

Nepali



कृपया के तपाई बस्न सक्नु हुन्छ?

Can you sit down, please?

kri-pa-ya, ke ta-pai bas-na sak-nu hun-chha?

Nepali

के तपाईलाई कब्जियत छ?

Are you constipated?

ke ta-pai-lai kab-ji-yet chha?

Nepali

के तपाई तातो हुनुहुन्छ?

Are you hot?

ke ta-pai tato hunu hun-chha?

Nepali

के तपाई चिसो हुनुहुन्छ?

Are you cold?

ke ta-pai chi-so hunu hun-chha?

Nepali



सोमबार

Monday

som-bar

Nepali

मंगलबार

Tuesday

man-gal-bar

Nepali

बुधबार

Wednesday

budha-bar

Nepali

बिहीबार

Thursday

bihi-bar

Nepali



शुक्रबार

Friday

shu-kra-bar

Nepali

शनिबार

Saturday

sha-ni-bat

Nepali

आइतबार

Sunday

aai-ta-bar

Nepali

जनवरी

January

january

Nepali



फेब्रुअरी

February

february

Nepali

मार्च

March

march

Nepali

अप्रिल

April

april

Nepali

मे

May

may

Nepali

जुन

June

june

Nepali

जुलाई

July

july

Nepali

अगस्ट

August

august

Nepali

सेप्टेम्बर

September

september

Nepali



अक्टोबर

October

october

Nepali

नोभेम्बर

November

november

Nepali

डिसेम्बर

December

december

Nepali

वर्ष

Year

bar-sha

Nepali



के तपाईंलाई फूल मन पर्छ?

Do you like flowers?

ke ta-pai-lai fool man par-chha?

Nepali

के तपाईंलाई फलफूल
मन पर्छ?

Do you like fruit?

ke ta-pai-lai fal-ful man par-chha?

Nepali

के तपाईंलाई भिडियो
हेर्न मन पर्छ?

Do you like watching videos?

ke ta-pai-lai video her-na man par-chha?

Nepali

अहिले तपाईंलाई के
गर्न मन पर्छ?

What would you like to do now?

ahi-le ta-pai-lai ke gar-na man par-chha?

Nepali



तपाईं कुन किताब पढ्नुहुन्छ?

What books do you read?

ta-pai kun ki-tab padh-nu hun-chha?

Nepali

कस्तो मायालाग्दो!

How adorable!

kas-to maya lag-do!

Nepali

के तपाईंको कोठामा चिसो छ?

Is it cold in your room?

ke ta-pai-ko ko-tha-ma chi-so chha?

Nepali

के तपाईं मैले तपाईंको
परिवारलाई सम्पर्क गरौं
भन्ने चाहनु हुन्छ?

Do you want me to contact
your family?

ke ta-pai mai-le ta-pai-ko pari-war-lai sam-parka
ga-ros van-ne cha-hanu hun-chha?

Nepali



के तपाईंलाई ताजा लुगा चाहिन्छ?

Do you need fresh clothes?

ke ta-pai-lai taja luga cha-hin-chha?

Nepali

के तपाईं पीडा विना
अभ्यास गर्न सक्नु हुन्छ?

Can you exercise without pain?

ke ta-pai pida bina avya-s gar-na sak-nu hun-chha?

Nepali

तपाईं आफ्नो परिवारलाई कहिले
भेट्न चाहनु हुन्छ?

When do you want to see your family?

ta-pai aaf-no pari-war-lai ka-hile vet-na cha-hanu hun-chha?

Nepali

के तपाईं डाक्टरलाई
भेट्न चाहनु हुन्छ?

Do you want to see the doctor?

ke ta-pai doctor lai vet-na cha-ha-nu hun-chha?

Nepali



के तपाईं नाईलाई भेट्न
चाहनु हुन्छ?

Do you want to see the hairdresser?

ke ta-pai nai- lai vet-na cha-ha-nu hun-cha?

Nepali

के तपाईं खुट्टा हेर्ने विशेषज्ञलाई
भेट्न चाहनु हुन्छ?

Do you want to see the podiatrist?

ke ta-pai khut-ta hair-ne bi-se-sagya-lai vet-na
cha-ha-nu hun-chha?

Nepali

के तपाईं हाम्रो कृयाकलापमा
भाग लिन चाहनु हुन्छ?

Do you want to join our activity?

ke ta-pai ham-ro kri-ya-ka-lap-ma vaag-lina
cha-hanu hun-chha?

Nepali

के तपाईं खाने कोठामा
आउन चाहनु हुन्छ?

Do you want to come
to the dining room?

k ta-pai kha-ne ko-thama aau-na cha-ha-nu hun-chha?

Nepali



के तपाईं आफ्नो कोठामा
खान चाहनु हुन्छ?

Do you want to eat in your room?

ke ta-pai aaf-no ko-thama kha-na cha-ha-nu hun-chha?

Nepali

नुहाउने काम बिहान हुन्छ।

The shower is in the morning.

nu-ha-une kam bi-han hun-chha.

Nepali