

Communication Cards

English / Pashto

Version 2023 4up



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دا دا معلومات د Centre for Cultural Diversity in Ageing (د زړو کلتوري رنگارنگۍ د مرکز) لخوا په 2023 کال کې راغونډ شوي دي.

د دې نشریه مالي ملاتړ د Australian Government Department of Health and Aged Care (اسټرالیا حکومت د روغتیا او لوړ عمر لرونکو خلکو د پاملرنې وزارت) شوي دي.

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Breakfast



سهارنۍ

sa-ha-rani

Breakfast



سهارنۍ

sa-ha-rani

Breakfast



سهارنۍ

sa-ha-rani

Lunch



غرمۍ

ghar-ma-ni

Lunch



غرمڼی

ghar-ma-ni

Dinner



شپڼی

sh-pa-ni

Dinner



شپڼی

sh-pa-ni

Fish



کب

ka-b

Chicken



چرګ

cha-r-g

Beef



غوايي

gh-wa-y

Lamb



وری

w-ra-y

Pork



خوګ

kh-o-g

Water



اوبه

o-b-a

Juice



جوس

j-o-s

Tea



چای

ch-a-y

Sugar



بوره

bo-ra

Milk



شیدي

sh-e-dy

Coffee



قهوه

qa-h-wa

Beer



بیر

b-ee-r

Wine



شراب

sha-ra-b

Vegetarian



سبزي خورونکي

sa-bzi-khoronki

Kosher



د يهودو حلال خواړه

da-ya-hoo-do-ha-la-l-kh-ow-ra

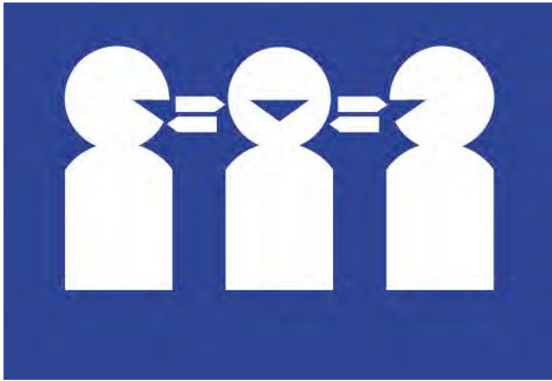
Halal



حلال

ha-la-l

Interpreter



ژباړن
zba-ra-n

Family



کورنۍ
ko-ra-ni

Priest



کشیش
ka-she-sh

Priest



کشیش
ka-she-sh

Rabbi



یهودي عالم

yaho-di-al-em

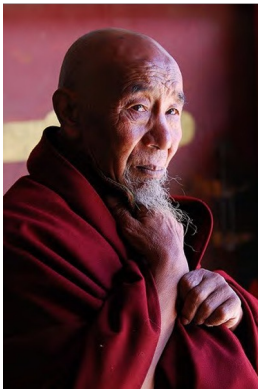
Imam



امام

i-ma-m

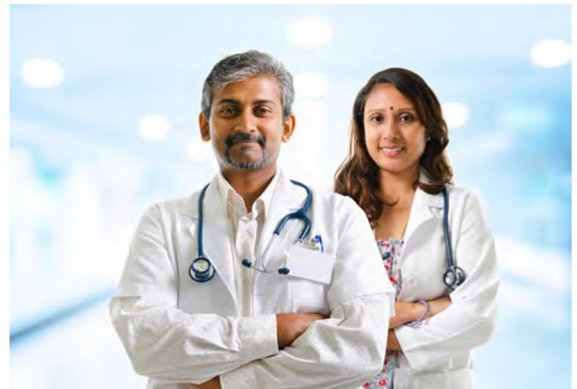
Monk



بودايي عالم

bo-da-ye-al-am

Doctor



ډاکټر

da-k-ta-r



Nurse



نرس

na-r-s

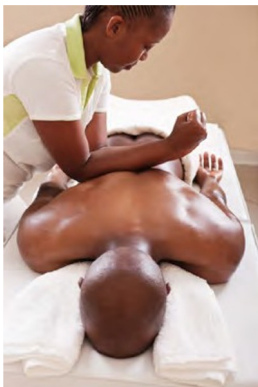
Physiotherapist



هډو کو ډاکټر

da-hado-ko-do-c-tor

Massage



مساج

ma-sa-j

Podiatrist



پښو متخصص

da-psh-o-mo-ta-kha-sis

Shower



شاوړ

sha-wa-r

Toilet



کمود

ka-mo-d

Wash Hands



د لاسونو وینځل

da-la-so-no-wen-ja-l

Clean Teeth



د غاښونو وینځل

da-gh-sho-no-wen-ja-l



Centre for
Cultural Diversity
in Ageing

Supported by Benetas

English Language Communication Cards

د انگلیسي ژبې ارتباطي کارتونه

Clean Room



د خوني پاکول

da-kho-nae-pa-ka-wa-l

Get Up



پاخول

pa-sa-wa-l

Get Dressed



د جامو اغوستل

da-ja-mo-a-gwa-s-ta-l

Get Dressed



د جامو اغوستل

da-ja-mo-a-gwa-s-ta-l

Get Undressed



د جامو ایستل

da-ja-mo-e-s-ta-l

Get Undressed



د جامو ایستل

da-ja-mo-e-s-ta-l

Rest



استراحت

as-ta-ra-ha-t

Sleep



خوب

kh-o-b

Exercise



تمرین

ta-m-re-n

Activities



فعالیتونه

pa-a-l-ya-to-na

Go to the Garden



باغ ته تلل

ba-gh-ta-t-la-l

Go for a Walk



پلی تګ

pa-la-i-ta-g

Telephone



تلیفون

ta-li-ph-o-n

Taxi



تکسي

ta-k-c-i

Radio



راډیو

ra-d-i-o

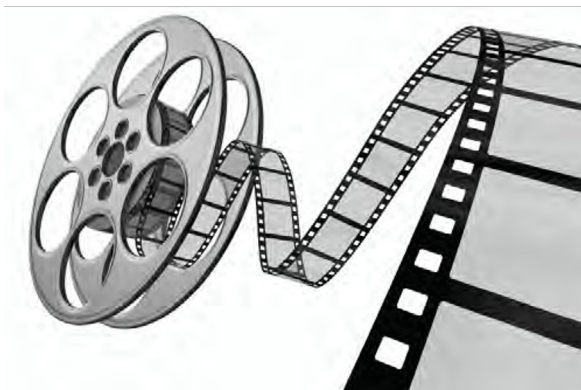
Music



موسیقی

mo-si-qi

Film



فلم

f-i-l-m

TV



تلویزیون

tal-wa-z-yo-on

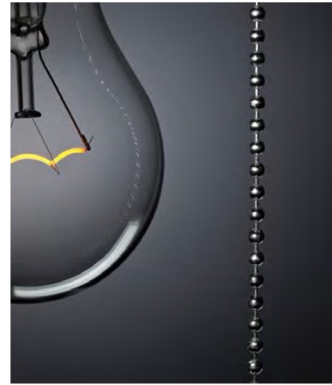
Light On



روښانه څراغ

ro-sh-a-na-ch-ra-gh

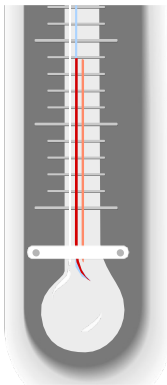
Light Off



خاموش څراغ

kh-a-mo-sh-ch-ra-gh

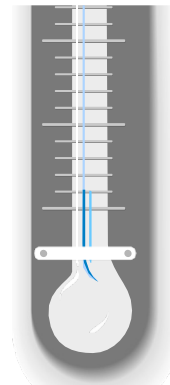
Hot



ګرم

ge-ra-m

Cold



یخ

ya-kh

Like



خوښول

kh-w-sha-wa-l

Dislike



نه خوښول

na-kh-wa-sha-wa-l

Want



غوښتل

g-wa-sh-ta-l

Don't Want



بس

ba-s

What Time?



څو بجې

ch-o-ba-ja

Book



کتاب

ka-ta-b

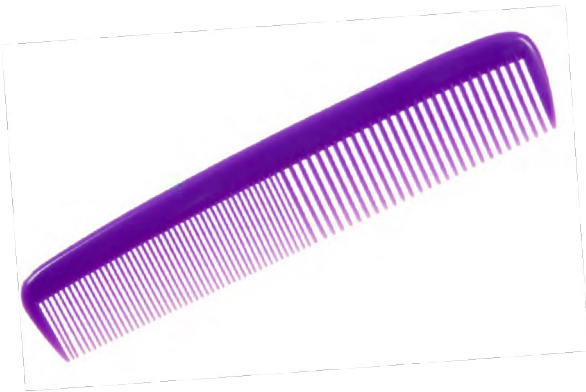
Glasses



عینکې

ai-na-ka

Comb



برمنځ

ga-ma-n-j

Makeup



میک اپ

ma-ke-up

Watch



ساعت

sa-a-t

Jewellery



ګانې

ga-ny

Hearing Aid



د اورېدلو وسیله

da-aw-re-da-lo-wa-se-la

Dentures



ژامه

za-ma

Tissues



کاغذي دستمال

ka-gh-zi-da-s-ma-l

Incontinence Pad



د ناروغۍ پمپر

da-na-ro-gh-a-pa-m-pa-r

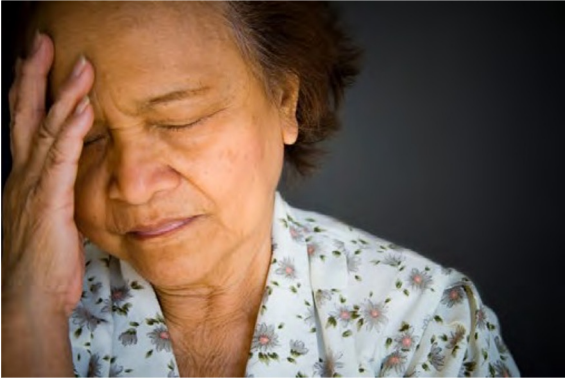
Pillow



بالښت

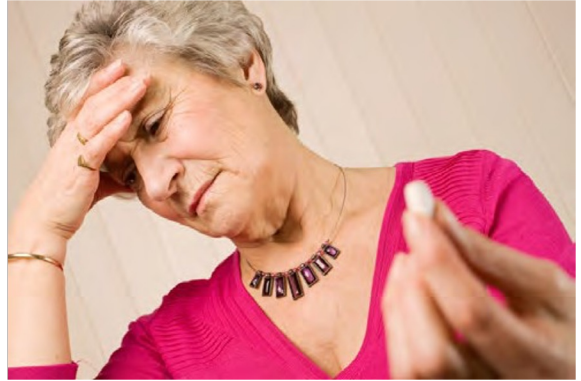
ba-la-sh-t

Pain



درد
da-r-d

Painkiller



مسکن
mo-sa-ke-n

Medication



درمل
da-r-ma-l

Umbrella



چترى
ch-a-t-ra-y

Walking Stick



لکڼه

la-ka-na

Walking Frame



د قدم اخیستلو فرم

da-ka-da-m-wa-ha-lo-fra-m

Wheeled Walker



ټایر لرونکی ویلچر

ta-ia-r-la-ron-kai-wal-cha-r

Wheelchair



ویلچر

wa-l-ch-a-r

Dressing Gown



د کور جامې

da-ko-r-ja-m-a

Sleepwear



د خوب جامې

da-kho-b-ja-m-a

Slippers



د کور دننه چپلکې

da-kor-da-na-na-cha-p-la-ky

Underwear



نیکر

ne-ka-r

Shirt



شرټ

sh-a-r-t

Dress



چپنه

ch-pa-na

Trousers



جمپر

gh-a-m-pa-r

Skirt



لمن

la-ma-n

Socks



جورابي

go-ra-bae

Shoes



بوټ

b-o-t

Jumper



جمپر

gh-a-m-pa-r

Coat



کوټ

ko-t