

Communication Cards

English / Pashto

Version 2023 12up



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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



غرمۍ
ghar-ma-ni

Dinner



شپنۍ
sh-pa-ni

Dinner



شپنۍ
sh-pa-ni

Fish



کب
ka-b

Chicken



چرگ
cha-r-g

Beef



غوايي
gh-wa-y

Lamb



وری
w-ra-y

Pork



خوگ
kh-o-g

Water



اوبه

o-b-a

Juice



جوس

j-o-s

Tea



چای

ch-a-y

Sugar



بوره

bo-ra

Milk



شیدې

sh-e-dy

Coffee



قهوه

qa-h-wa

Beer



بیر

b-ee-r

Wine



شراب

sha-ra-b

Vegetarian



سبزي خوړونکي

sa-bzi-khoronki

Kosher



د يهودو حلال خواړه

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

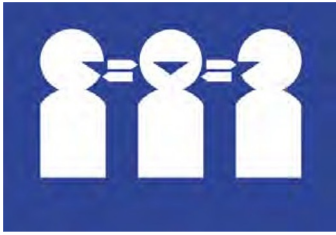
Halal



حلال

ha-la-l

Interpreter



ژباړن
zba-ra-n

Family



کورنۍ
ko-ra-ni

Priest



کشیش
ka-she-sh

Rabbi



یهودي عالم
yaho-di-al-em

Imam



امام
i-ma-m

Priest



کشیش
ka-she-sh

Nurse



نرس
na-r-s

Doctor



ډاکټر
da-k-ta-r

Monk



بودايي عالم
bo-da-ye-al-am

Physiotherapist



هډوکو ډاکټر
da-hado-ko-do-c-tor

Massage



مساچ
ma-sa-j

Podiatrist



پښو متخصص
da-psh-o-mo-ta-kha-sis

Shower



شاور
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

Clean Room



د خونې پاکول
da-kho-nae-pa-ka-wa-l

Get Up



پاڅول
pa-sa-wa-l

Get Dressed



د جامو اغوستل
da-ja-mo-a-gwa-s-ta-l

Get Dressed



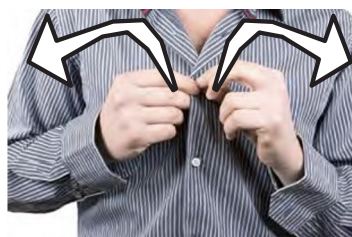
د جامو اغوستل
da-ja-mo-a-gwa-s-ta-l

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 for a Walk



پلی تگ
pa-la-i-ta-g

Go to the Garden



باغ ته تلل
ba-gh-ta-t-la-l

Telephone



تلیفون
ta-li-ph-o-n

Radio



رادیو
ra-d-i-o

Music



موسیقی
mo-si-qi

Film



فلم
f-i-l-m

TV



تلویزیون
tal-wa-z-yo-on

Taxi



تکسي
ta-k-c-i

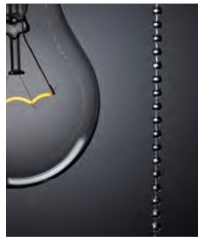
Light On



روښانه خراغ

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

Light Off



خاموش خراغ

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

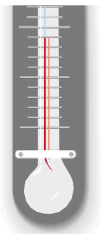
What Time?



څو بجې

ch-o-ba-ja

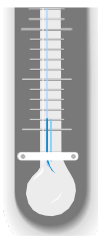
Hot



ګرم

ge-ra-m

Cold



یخ

ya-kh

Like



خوښنول

kh-w-sha-wa-l

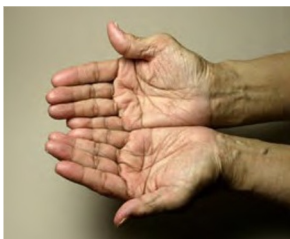
Dislike



نه خوښنول

na-kh-wa-sha-wa-l

Want



غوښتل

g-wa-sh-ta-l

Don't Want



بس

ba-s

Book



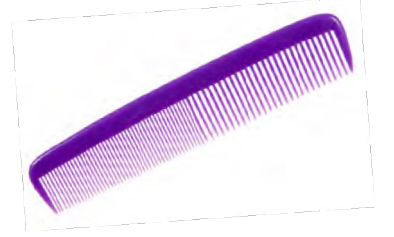
کتاب
ka-ta-b

Glasses



عینکې
ai-na-ka

Comb



برمنځ
ga-ma-n-j

Watch



ساعت
sa-a-t

Jewellery



ګانې
ga-ny

Makeup



میک اپ
ma-ke-up

Hearing Aid



د اورېدلو وسیله
da-aw-re-da-lo-wa-se-la

Dentures



ژامه
za-ma

Incontinence Pad



د ناروغۍ پمپر
da-na-ro-gh-a-pa-m-pa-r

Tissues



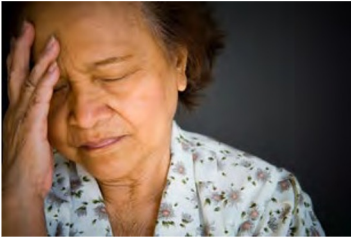
کاغذي دستمال
ka-gh-zi-da-s-ma-l

Pillow



بالینټ
ba-la-sh-t

Pain



درد
da-r-d

Pain Killer



مسکن
mo-sa-ke-n

Medication



درمل
da-r-ma-l

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

Umbrella



چتری
ch-a-t-ra-y

Dressing Gown



د کور جامي
da-ko-r-ja-m-a

Sleepwear



د خوب جامي
da-kho-b-ja-m-a

Slippers



د کور دننه چپلکي
da-kor-da-na-na-cha-p-la-ky

Underwear



نيکر
ne-ka-r

Socks



جورابي
go-ra-bae

Shirt



شرټ
sh-a-r-t

Trousers



پتلون
pa-t-lon

Skirt



لمن
la-ma-n

Dress



چپنه
ch-pa-na

Jumper



جمپر
gh-a-m-pa-r

Shoes



بوټ
b-o-t

Coat



کوټ
ko-t