

Communication Cards

English / Portuguese

Version 2023 4up



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Breakfast



Pequeno almoço
peh-keh-nu al-moh-ssu

Breakfast



Pequeno almoço
peh-keh-nu al-moh-ssu

Breakfast



Pequeno almoço
peh-keh-nu al-moh-ssu

Lunch



Almoço
al-moh-ssu

Lunch



Almoço

al-moh-ssu

Dinner



Jantar

jahn-tAAr

Dinner



Jantar

jahn-tAAr

Fish



Peixe

pey-sheh

Chicken



Galinha

gah-lee-nhah

Beef



Carne

kAAr-neh

Lamb



Cordeiro

kur-dey-ru

Pork



Porco

pohr-ku

Water



Água

AA-gooah

Juice



Sumo

sOO-moh

Tea



Chá

shAA

Sugar



Açúcar

ah-ssUU-kahr

Milk



Leite

ley-teh

Coffee



Café

kah-fEH

Beer



Cerveja

cehr-veh-jah

Wine



Vinho

vEE-nhu

Vegetarian



Vegetariano (a)

veh-jeh-tah-rEE-ah-nu (nah)

Kosher



Kosher

kO-shehr

Halal

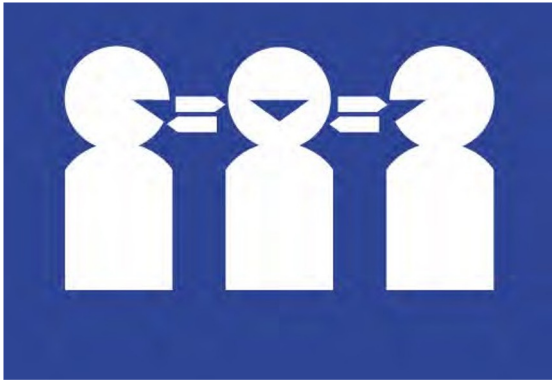


Halal

ha-lAAL



Interpreter



Intérprete

een-tEr-preh-teh

Family



Família

fa-mEE-leea

Priest



Padre

pAA-dreh

Priest



Padre

pAA-dreh



Rabbi



Rabi

rAA-bee

Imam



Imã

ee-mahn

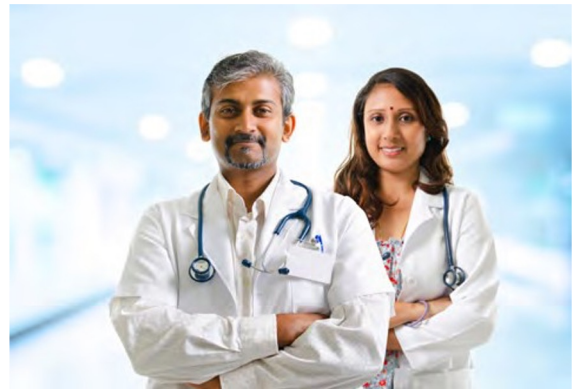
Monk



Monge

mohn-jeh

Doctor



Doutor (a)

doh-tohr (tohra)



Nurse



Enfermeiro (a)

ehn-fehr-mey-rhu (ah)

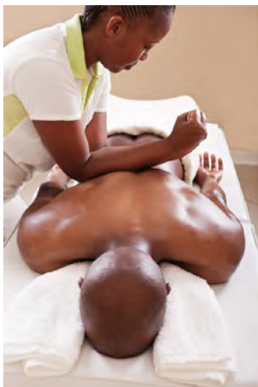
Physiotherapist



Fisioterapeuta

fEE-zeeuh-the-rah-pehu-tah

Massage



Massagem

mah-sAA-jehm

Podiatrist



Podiatrista

poh-dee-ah-trEEs-tah



Shower



Chuveiro

shuh-vey-rhu

Toilet



Retrete

reh-trEH-teh

Wash Hands



Lave as mãos

lAA-veh ahshmahn-uhsh

Clean Teeth



Lave os dentes

lAA-veh uhsh dehn-tehs



Centre for
Cultural Diversity
in Ageing

Supported by Benetas

English Language Communication Cards Cartões de comunicação em inglês

Clean Room



Limpe o quarto

lEEem-peh u kuar-tu

Get Up



Levante-se

leh-vahn-the-ceh

Get Dressed



Vista-se

vEEsh-tah-ceh

Get Dressed



Vista-se

vEEsh-tah-ceh

Get Undressed



Dispa-se

dEEsh-pah-ceh

Get Undressed



Dispa-se

dEEsh-pah-ceh



Rest



Descanse

desh-kan-ceh

Sleep



Durma

d00r-mah

Exercise



Exercício

eh-zehr-cEE-teh-ceh

Activities



Atividades

ah-tEE-vee-dAA-desh

Go to the Garden



Vá para o jardim

vAA pah-rah u jahr-dEEEn

Go for a Walk



Vá caminhar

vAA kah-mee-nhAr

Telephone



Telefone

teh-leh-fO-neh

Taxi



Táxi

tAA-xEE

Radio



Rádio

rAA-dee-oh

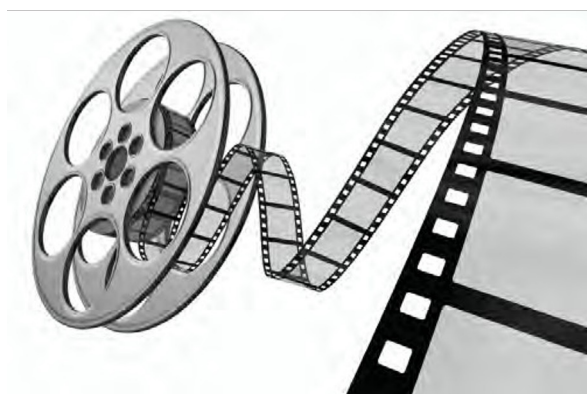
Music



Música

mOO-zee-ka

Film



Filme

feel-meh

TV



Televisão

teh-leh-vEE-zahn-u

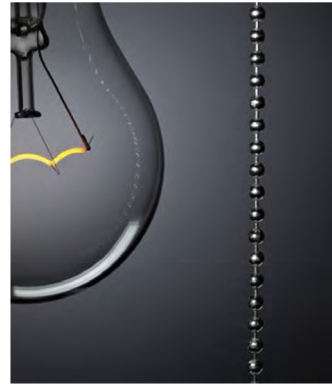
Light On



Luz acesa

looSh ah-ceh-zah

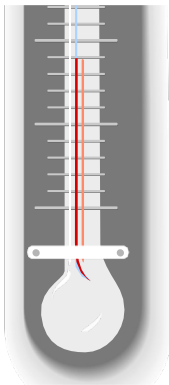
Light Off



Luz apagada

looSh ah-pah-gAA-dah

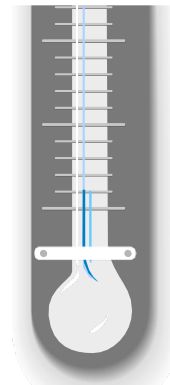
Hot



Quente

kehn-teh

Cold



Frio

frEE-u

Like



Gosto

gOsh-tuh

Dislike



Não gosto

nahn-u gOsh-tuh

Want



Quero

kEH-ruh

Don't Want



Não quero

nahn-u kEH-ruh

What Time?



A que horas?

ah keh hO-rhahsh?

Book



Livro

LEE-vruh

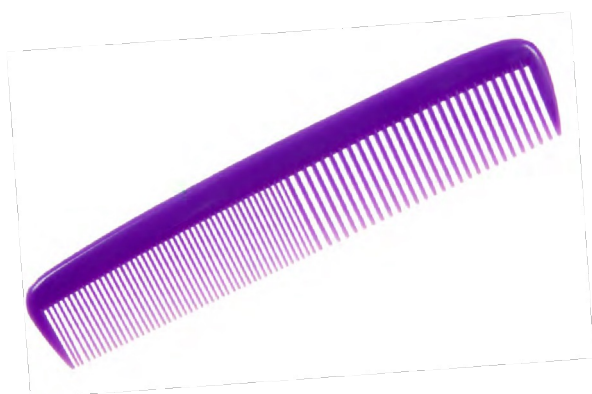
Glasses



Óculos

O-kuh-lOOsh

Comb



Pente

pehn-teh

Makeup



Maquilhagem

mah-kEE-lhA-jeyn

Watch



Relógio

reh-l0-gee-u

Jewellery



Joalharia

ju-ah-lhah-rhee-ah

Hearing Aid



Aparelho auditivo

ah-pah-reh-lhu oh-dee-tEE-vu

Dentures



Dentaduras

dehn-tah-d00-rahsh



Tissues



Lenços de papel

lehn-ssush deh pah-pEHL

Incontinence Pad



Penso de incontinência

pehn-ssush deh
een-kohn-tee-nEhn-cee-ah

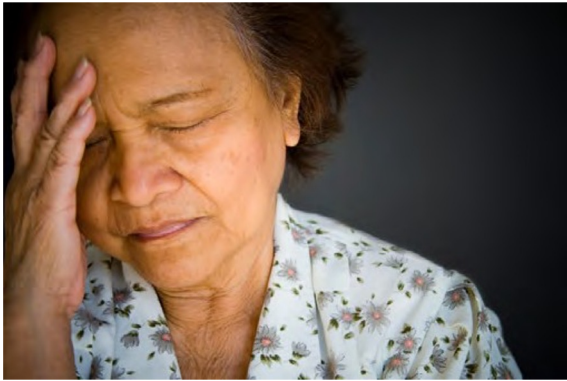
Pillow



Almofada

AAI-mu-fAA-dah

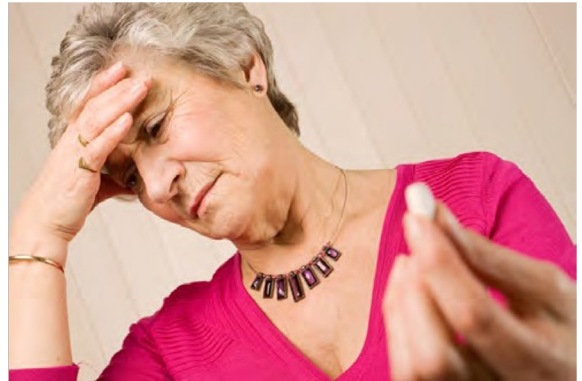
Pain



Dor

dohr

Painkiller



Analgésico

ah-nAAI-jEH-zee-ku

Medication



Medicamentos

meh-dEE-kah-mehn-toosh

Umbrella



Sombrinha

ssohm-brEE-nhah



Walking Stick



Bengala

behn-gAA-lah

Walking Frame



Andarilho

ahn-dah-rEE-lhu

Wheeled Walker



Andarilho com rodas

ahn-dah-rEE-lhu kohm rO-dahsh

Wheelchair



Cadeira de rodas

kah-dy-rah deh rO-dahsh

Dressing Gown



Roupão

roh-pahn-u

Sleepwear



Roupa de dormir

roh-pah deh dur-mEEr

Slippers



Chinelos

shEE-nEH-loosh

Underwear



Roupa interior

roh-pah een-teh-ree-ohr

Shirt



Camisa

kah-mEE-zah

Dress



Vestido

vesh-tEE-duh

Trousers



Calças

kAAI-ssahs

Skirt



Saia

sAA-eeah

Socks



Meias

mey-ash

Shoes



Sapatos

sah-pAA-tush

Jumper



Pulôver

p00l-oh-vehr

Coat



Casaco

kah-zAA-ku