

Bilingual Phrase Cards

Portuguese/English

Version 2023 4up



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Olá/Adeus

Hello/Goodbye.

oh-LAH/a-DEH-uhs.

Portuguese

Benvindo(a).

Welcome.

bĕn-VEEN-du (dah).

Portuguese

Bom dia.

Good morning.

Bohn-DEEah.

Portuguese

Boa tarde.

Good afternoon.

Boha-TAAR-deh.

Portuguese

Parabéns!

Happy Birthday!

Pah-ra-BEYNS!

Portuguese

Feliz Aniversário!

Happy Anniversary!

Feh-lees ah-nee-ver-SAA-reehu!

Portuguese

Feliz Natal!

Merry Christmas!

Feh-lees nah-TAAL!

Portuguese

Feliz Ano Novo!

Happy New Year!

Feh-lees ah-nu noh-vu!

Portuguese



Muito obrigado(a).

Thank you so much.

Muy-tu O-bree-gA-du (dah).

Portuguese

De nada.

You're welcome.

deh-NAA-dah.

Portuguese

O meu nome é...
Vou cuidar de si hoje.

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

uh mehu nOmeh EH...
voh kuy-dar deh SEE oh-jeh.

Portuguese



Desculpe incomodá-lo(a).

Sorry for disturbing you.

dehsh-KUL-peh een-coh-muh-dAA-lu (lah).

Portuguese

Desculpe.

I am sorry.

dehsh-KUL-peh.

Portuguese

Como está?

How are you?

coh-muh ehsh-TAA?

Portuguese

Como se sente hoje?

How are you feeling today?

coh-muh ceh sehn-teh oh-jeh?

Portuguese



Vamos lá,
Vamos lá começar!

Come on dear,
Let's get started!

vah-moos IAA,
vah-moos IAA KOO-meh-ssAAr!

Portuguese

Gostaria que me ajudasse.

I would love you to help me.

goosh-tah-rheea keh meh ah-joo-dAA-seh.

Portuguese

Pode-me ajudar por favor?

Can you help me, please?

pO-deh-meh a-joo-dAAr poohr fah-vohr?

Portuguese

Eu vou ajudá-lo(a).

I will help you.

ehu voh a-joo-dAA-loh (lah).

Portuguese



Quer tomar um duche?

Would you like to have a shower?

kEHr too-mar uhm doo-cheh?

Portuguese

O que gostaria de vestir?

What would you like to wear?

uh keh goosh-tah-rheea deh vesh-TEEr?

Portuguese

Aqui está o sabão.

Here is the soap.

ah-KEE esh-TAA uh sah-bahn-uh.

Portuguese

Toque na água.

Touch the water.

tOH-keh nah AA-gooah.

Portuguese



A água está quente ou fria?

Is the water hot or cold?

ah AA-gooah esh-TAA kehn-teh oh frEEah?

Portuguese

Os duches terminaram.

Showering is finished.

ush doo-xehs tehr-mee-nA-rham.

Portuguese

Deixe-me secar o seu corpo.

Let me dry your body.

dehy-sheh-meh ce-kAAr uh sehu kohr-pu.

Portuguese

Deixe-me ajudá-lo(a)
a vestir-se.

Let me help you get dressed.

dehy-sheh-meh a-joo-dAA-lu (lah) ah vesh-teer-ce.

Portuguese



Pronto.
Agora está ótimo!

Done.
Now you look great!

pron-too.
ah-gO-rah esh-TAA O-tee-mu!

Portuguese

Está pronto(a)?

Are you ready?

esh-TAA pron-tu (tah)?

Portuguese

Precisa de ir à
casa de banho?

Do you need the toilet?

Pre-CEE-za deh EEr AA kaa-za deh-bah-nhu?

Portuguese

Vou consigo até à
sala de jantar.

I will walk with you to the dining room.

voh kon-cee-gu aTEH AA saa-lah deh jahn-tAAr.

Portuguese

Sente-se na cadeira,
por favor.

Let's sit down on the chair, please.

cehn-teh-ceh nah cah-dey-rah poohr fah-vohr.

Portuguese

Vamos para o seu quarto.

We are going to your room.

vah-mohs pah-rah u ceu kuar-tu.

Portuguese

Vamos à casa de banho.

We are going to the toilet.

vah-mohs AA kaa-za deh bah-nhu.

Portuguese

Esta é a sua sanita.

This is your toilet.

esh-tah EH ah sooah sah-nee-tah.

Portuguese



Esta é a sua casa de banho.

—
This is your bathroom.

esh-tah EH ah sooah kaa-za deh bah-nhu.

Portuguese

Este é o seu quarto.

—
This is your room.

Esh-the EH u ceu kuar-tu.

Portuguese

Deixe-me mudar-lhe
a roupa.

—
Let me change your clothes.

dehy-sheh-meh moo-daar-lheh ah roh-pah.

Portuguese

Vá dormir por favor.

—
Please go to sleep.

VAA dur-meer poohr fah-vohr.

Portuguese



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Portuguese/English Bilingual Phrase Cards

Boa noite.

Good night.

Boha nohy-teh.

Portuguese

É hora do
pequeno almoço.

It is breakfast time.

EH Ora du peh-keh-nu al-moh-ssu.

Portuguese

É hora do chá da
manhã/tarde.

It is time for morning/afternoon tea.

EH Ora du shAA dah mah-nhan/tAAr-deh.

Portuguese

É hora do almoço.

It is lunch time.

EH Ora du al-moh-ssu.

Portuguese

É hora do Jantar.

It is dinner time.

EH Ora du jan-tAAr.

Portuguese

Quer sopa?

Do you want soup?

kEHr soh-pah?

Portuguese

Quer o prato principal?

Do you want the main course?

kEHr u pra-tu preen-cee-paal?

Portuguese

Quer sobremesa?

Do you want dessert?

kEHr soh-breh-meh-za?

Portuguese

Quer chá ou café?

Do you want tea or coffee?

kEHr shAA oh ka-fEH?

Portuguese



Quer pão?

Do you want bread?

kEHr pahn-u?

Portuguese

Quer arroz?

Do you want rice?

kEHr a-rohsh?

Portuguese

Quer batatas?

Do you want potatoes?

kEHr bah-TAA-tash?

Portuguese

Quer massa?

Do you want pasta?

kEHr mAA-ssah?

Portuguese



Quer uma banana?

Do you want a banana?

kEHr umah bah-nah-nah?

Portuguese

Quer açúcar?

Do you want sugar?

kEHr ah-ssUU-kahr?

Portuguese

Quer galinha?

Do you want chicken?

kEHr gah-lee-nhah?

Portuguese

Quer peixe?

Do you want fish?

kEHr pey-sheh?

Portuguese

Quer cordeiro?

Do you want lamb?

kEHr kur-dey-ru?

Portuguese

Quer carne?

Do you want beef?

kEHr kAAr-neh?

Portuguese

Quer sumo?

Do you want juice?

kEHr sOO-moh?

Portuguese

Quer sal?

Do you want salt?

kEHr sAAI?

Portuguese



Quer salada?

Do you want salad?

kEHr sah-IAA-dah?

Portuguese

Quer vegetais?

Do you want vegetables?

kEHr veh-jeh-tays?

Portuguese

Quer água?

Do you want water?

kEHr AA-gooah?

Portuguese

A refeição é boa?

Is the meal nice?

ah reh-fey-ssan-u EH bohah?

Portuguese



Está muito quente?

Is it too hot?

esh-TAA muy-tu kehn-teh?

Portuguese

Está muito frio?

Is it too cold?

esh-TAA muy-tu freeu?

Portuguese

Está bom?/É bom?

Is it good?

esh-TAA bohn?/EH bohn?

Portuguese

Quer mais sopa?

Do you want more soup?

kEHr mAAys soh-pa?

Portuguese

Quer mais fruta?

Do you want more fruit?

kEHr mAAys froo-tah?

Portuguese

Tem fome?

Are you hungry?

tehyM fO-meh?

Portuguese

Comeu o suficiente?

Have you eaten enough?

ku-meh-u u soo-fee-cee-yent?

Portuguese

Já terminou?

Have you finished?

jAA tehr-mee-know?

Portuguese



Tem sede?

Are you thirsty?

tehym ceh-deh?

Portuguese

Coma por favor.

Please eat.

koh-mah poohr fah-vohr.

Portuguese



Porque parece triste?

Why do you look sad?

poohr-keh pah-rEH-ceh treesh-the?

Portuguese

O que o(a) preocupa?

What is worrying you?

u keh u (ah) preh-O-kupah?

Portuguese

Está preocupado(a).
Quer me dizer porquê?
Somente se se sentir
confortável.

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

esh-TAA preh-O-ku-pAA-du (dah).
kEHr meh dee-zer poor-keh?
sOH-mehn-teh ceh ceh cen-teer con-fuhr-tAA-vel.

Portuguese

Está zangado(a).
Quer me dizer porquê?
Somente se se sentir
confortável.

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

esh-tAA zahn-gAA-du (dah).
kEr meh dee-zer poor-keh?
sOH-mehn-teh ceh ceh cen-teer con-fuhr-tAA-vel.

Portuguese



Por favor não chore.
Tudo vai ficar bem.

Please don't cry.
Everything will be fine.

poohr fah-vohr nahn-u xOH-reh.
Too-du vay fee-kaar behn.

Portuguese

Posso falar consigo,
por favor?

Can I talk to you, please?

pOH-ssu fah-lAAr kon-cee-gu poohr fah-vohr?

Portuguese

Preciso de falar consigo,
por favor.

I need to talk to you, please.

Preh-cee-zu deh fah-lAAr kon-cee-gu poohr fah-vohr.

Portuguese

Precisa de ajuda?

Do you need help?

preh-cee-za deh ajoo-dah?

Portuguese



Estou aqui para o(a) ajudar.

I am here to help you.

exh-toh akee pah-rah u (ah) ajoo-dAAr.

Portuguese

Que posso fazer por si?

What can I do for you?

keh pOH-ssu fah-zehr poor cee?

Portuguese



Consegue andar?

Can you walk?

kohn-sEH-g ahn-dAAr?

Portuguese

Vejo que está a ter
dificuldade em andar.
Deixe-me ajuda-lo (a).

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

vey-ju keh esh-tAA ah tehr dee-fee-kul-dAA-deh ehn ahn-dAAr.
dehy-sheh-meh a-joo-dAA-loh (lah).

Portuguese

Diga-me o que está errado.

Tell me what's wrong.

dee-gah-meh u keh esh-tAA eh-rAA-du.

Portuguese

Oh meu Deus, o que
aconteceu?

Oh my goodness,
what happened?

OH mehu dehus u keh ah-kon-teh-cehu?

Portuguese

Este(a) é o(a) enfermeiro(a).

This is the nurse.

esh-the (tah) EH u (ah) eh-n-fehr-mey-rhu (rah).

Portuguese

Este(a) é o(a) doutor(a).

This is the doctor.

esh-the (tah) EH u (ah) doh-tohr (tohrah).

Portuguese

O(A) enfermeiro(a) está
aqui para o(a) ajudar.

The nurse is here to help you.

U (ah) eh-n-fehr-mey-rhu (rah)
exh-tAA ah-kee pah-rah u (ah) ajoo-dAAr.

Portuguese

O(A) doutor(a) está aqui
para o(a) ajudar.

The doctor is here to help you.

U (ah) doh-tohr (tohrah)
exh-tAA ah-kee pah-rah u (ah) ajoo-dAAr.

Portuguese



O(A) doutor(a) gostaria de
o(a) examinar.

The doctor would like to examine you.

U (ah) doh-tohr (tohrah)
goosh-tah-reeah deh u (ah) eh-zah-mee-nAAr.

Portuguese

Abra a boca, por favor.

Open your mouth, please.

AA-brah ah boh-kah poohr fah-vohr.

Portuguese

Inspire e expire.

Breathe in and out.

eensh-pee-reh ee ehys-pee-reh.

Portuguese

Onde doi?
Aonde tem a dor?

Where does it hurt?
Where is the pain?

ohn-deh dOY?
ah-ohn-deh tehyn ah dohr?

Portuguese



Sente comichão?

Does it feel itchy?

cehn teh ku-mee-xahn-u?

Portuguese

Tem dor de cabeça?

Do you have a headache?

tehyn dohr deh ka-beh-ssah?

Portuguese

Tem dor de estômago?

Do you have stomach pain?

tehyn dohr deh esh-toh-mah-gu?

Portuguese

Sente tonturas?

Do you feel dizzy?

cehn-teh tohn-tu-rah?

Portuguese



Consegue respirar?

Can you breathe?

kohn- seh-g rehs-pee-rAAr?

Portuguese

Vomitou?

Have you vomited?

vu-mee-toh?

Portuguese

Sente-se doente?

Do you feel sick?

cehn-teh-ceh du-ehn-teh?

Portuguese

Sente que precisa
de vomitar?

Do you feel like
you need to vomit?

cehn-teh keh preh-cee-za deh vu-mee-tAAr?

Portuguese



Doem-lhe as costas?

Does your back hurt?

dOH-ehm lheh ahs kOHs-tahs?

Portuguese

Doi-lhe a anca?

Does your hip hurt?

dOHy-lheh ah ahn-kah?

Portuguese

Está inconfortável?

Are you uncomfortable?

esh-tAA een-kohn-fur-tAA-vel?

Portuguese



Pode-se sentar por favor?

Can you sit down, please?

pOH-deh-ceh cehn-tAAr poohr fah-vohr?

Portuguese

Está com prisão de ventre?

Are you constipated?

esh-tAA kohm pree-zan-u deh vehn-treh?

Portuguese

Está com calor?

Are you hot?

esh-tAA kohm kah-lohr?

Portuguese

Está com frio?

Are you cold?

esh-tAA kohm free-u?

Portuguese

Segunda-feira

Monday

seh-gun-dah fey-rah

Portuguese

Terça-feira

Tuesday

tehr-ssah fey-rah

Portuguese

Quarta-feira

Wednesday

Ku-AR-tah fey-rah

Portuguese

Quinta-feira

Thursday

keen-tah fey-rah

Portuguese



Sexta-feira

Friday

ceysh-tah fey-rah

Portuguese

Sábado

Saturday

sAA-bah-du

Portuguese

Domingo

Sunday

du-meen-gu

Portuguese

Janeiro

January

Jah-ney-ru

Portuguese

Fevereiro

February

Feh-veh-rey-rhu

Portuguese

Março

March

mAAr-ssu

Portuguese

Abril

April

Ah-breel

Portuguese

Maio

May

mAAyu

Portuguese

Junho

June

Junh-uh

Portuguese

Julho

July

Ju-lhuh

Portuguese

Agosto

August

Ah-gohs-tuh

Portuguese

Setembro

September

Ceh-tehm-bruh

Portuguese



Outubro

October

Oh-tu-bruh

Portuguese

Novembro

November

Noh-vehm-bru

Portuguese

Dezembro

December

Deh-zehm-bruh

Portuguese

Ano

Year

ah-nuh

Portuguese



Gosta de flores?

Do you like flowers?

gOs-tah deh floh-rehs?

Portuguese

Gosta de fruta?

Do you like fruit?

gOs-tah deh froo-tah?

Portuguese

Gosta de ver videos?

Do you like watching videos?

gOs-tah deh vehr vee-deh-ohs?

Portuguese

O que gostaria de
fazer agora?

What would you like to do now?

u keh goos-tah-ree-ah deh fah-zehr ah-gO-rah?

Portuguese



Que livros lê?

What books do you read?

keh lee-vrus IEH?

Portuguese

Que adorável!

How adorable!

keh ah-doo-rAA-vel!

Portuguese

Faz frio no seu quarto?

Is it cold in your room?

fAA-sh free-uh nuh ceh-u kuh-Ar-tuh?

Portuguese

Quer que eu contate a
sua família?

Do you want me to contact
your family?

kEHr keh ehu kon-tAA-teh ah ssuah fah-mEE-lee-ah?

Portuguese



Precisa de roupa fresca?

Do you need fresh clothes?

preh-cee-zah deh roh-pah frehs-kah?

Portuguese

Pode fazer exercícios
sem dores?

Can you exercise without pain?

pO-deh fah-zehr eh-zehr-CEE-cee-uhs sehm doh-rehs?

Portuguese

Quando quer ver a
sua família?

When do you want to see your family?

kuh-ahn-duh KEHr vehr ah suah fah-mEE-lee-ah?

Portuguese

Quer ver o(a) doutor(a)?

Do you want to see the doctor?

KEHr vehr uh (ah) doh-tohr (tohrah)?

Portuguese



Quer ver o (a)
cabeleireiro (a)?

Do you want to see the hairdresser?

kEHr vehr uh (ah) ka-beh-ley-rey-rhu (rha)?

Portuguese

Quer ver o (a) podiatrista?

Do you want to see the podiatrist?

kEHr vehr uh (ah) pu-dee-ah-trees-tah?

Portuguese

Quer participar na
nossa atividade?

Do you want to join our activity?

kEHr pah-tee-cee-pAr nah nO-ssah ah-tee-vee-dAA-deh?

Portuguese

Quer vir para a sala
de jantar?

Do you want to come
to the dining room?

kEHr veer pah-rah ah sAA-lah deh jahn-tAAr?

Portuguese



Quer comer no seu quarto?

Do you want to eat in your room?

kEHr kuh-mehr nuh seh-u kuh-AAr-tuh?

Portuguese

O duche é de manhã.

The shower is in the morning.

uh doo-xeh EH deh mah-nhahn.

Portuguese