

Bilingual Phrase Cards

Swahili/English

Version 2023 4up



This information was compiled by the Centre for Cultural Diversity in Ageing in 2023.

This publication was funded by the Australian Government Department of Health and Aged Care.

Habari hii ilikusanywa na Kituo cha Utofauti wa Kitamaduni katika Uzeeni mnamo 2003.

Chapishaji hili lilifadhiliwa na Serikali ya Australia Idara ya Afya na Utunzaji wa Wazee.

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Habari/Kwa heri.

Hello/Goodbye.

huh-bar-ee/kwa hair-ee.

Swahili

Karibu.

Welcome.

kar-ree-boo.

Swahili

Habari za asubuhi.

Good morning.

huh-bar-ree zar ah-soo-boo-ee.

Swahili

Habari za mchana.

Good afternoon.

huh-bar-ree zar m-cha-na.

Swahili



Siku Njema ya Kuzaliwa!

Happy Birthday!

si-koo en-jay-mah yah koo-zar-lee-wuh!

Swahili

Heri ya Kumbukumbu
ya Miaka!

Happy Anniversary!

hair-ee yar koom-boo-koom-boo yar mi-ar-kar!

Swahili

Krismasi Njema!

Merry Christmas!

kris-muh-si en-jay-maa!

Swahili

Heri ya Mwaka Mpya!

Happy New Year!

hair-ee yar mwa-kaa m-pi-yaa!

Swahili



Asante sana.

Thank you so much.

ar-sun-teh sar-nar.

Swahili

Karibu.

You're welcome.

kar-ree-boo.

Swahili

Jina langu ni....
Nitakutunza leo.

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

ji-nar laa-ng-goo nee...
nee-tar-koo-toon-zar lay-oh.

Swahili



Samahani kwa
kukusumbua.

Sorry for disturbing you.

sar-mar-har-nee kwah koo-koo-soom-boo-ah.

Swahili

Samahani.

I am sorry.

sar-mar-har-nee.

Swahili

Habari yako?

How are you?

huh-bar-ree yah-koh?

Swahili

Unajisikiaje leo?

How are you feeling today?

oo-nah-ji-see-ki-ah-jeh lay-oh?

Swahili



**Njoo mpendwa,
Tuanze!**

Come on dear,
Let's get started!

en-JOO m-PEN-dwa,
too-ar-n-zeh!

Swahili

Ningependa unisaidie.

I would love you to help me.

ni-ng-g-pen-dar oo-nih-seye-dee-ye.

Swahili

Naomba unisaidie.

Can you help me, please?

naa-om-bah oo-nee-seye-dee-ye.

Swahili

Nitakusaidia.

I will help you.

ni-tar-koo-seye-dee-yar.

Swahili



Je, ungependa kuoga?

Would you like to have a shower?

jeh, oo-ng-geh-pen-dar koo-oh-gar?

Swahili

Ungetaka kuvaa nini?

What would you like to wear?

oo-ng-geh-taa-kaa koo-vaa nee-nee?

Swahili

Sabuni iko hapa.

Here is the soap.

sar-boo-nee ee-koh haa-paa.

Swahili

Gusa maji.

Touch the water.

goo-suh maa-jee.

Swahili



Je, maji ni moto au baridi?

Is the water hot or cold?

jeh, maa-jee nee moh-toh ow bar-ri-dee?

Swahili

Kuoga kumekamilika.

Showering is finished.

koo-oh-gar koo-may-kaa-mi-li-kaa

Swahili

Nikaushe mwili wako.

Let me dry your body.

nee-ka-oo-sheh mwi-lee waa-koh.

Swahili

Ngoja nikusaidie kuvaa.

Let me help you get dressed.

ng-oh-jaa ni-koo-seye-dee-eh koo-vaa.

Swahili



Imekamilika.
Sasa unaonekana mzuri!

Done.
Now you look great!

ee-may-kaa-mi-li-kaa.
saa-saa oo-naa-oh-neh-kaa-naa m-zoo-ree!

Swahili

Upo tayari?

Are you ready?

oo-poh tay-ar-ree?

Swahili

Je, unahitaji choo?

Do you need the toilet?

jeh, oo-nar-hih-tar-jee choh?

Swahili

Nitatembea nawe kwenye
chumba cha kulia.

I will walk with you to the dining room.

ni-taa-tem-bay-aa nar-way kwe-n-yeh
choom-baa char koo-lee-ar.

Swahili



Hebu uketi kwenye
kiti, tafadhali.

Let's sit down on the chair, please.

heh-boo oo-ke-ti kwen-yeh ki-tee, taa-faa-dhaa-lee.

Swahili

Tunaenda kwa
chumba chako.

We are going to your room.

too-naa-en-daa kwah choom-bar char-koh.

Swahili

Tunaenda chooni.

We are going to the toilet.

too-naa-en-daa choh-nee.

Swahili

Hii ni choo chako.

This is your toilet.

hee nee choh char-koh.

Swahili



Hiki ni chumba chako
cha bafuni.

This is your bathroom.

hih-kee nee choom-bar char-koh char bar-foo-nee.

Swahili

Hiki ni chumba chako.

This is your room.

hih-kee nee choom-bar char-koh.

Swahili

Naomba nibadilishe
nguo zako.

Let me change your clothes.

naa-om-baa ni-baa-di-li-sheh ng-goo-oh zar-koh.

Swahili

Tafadhali nenda ukalale.

Please go to sleep.

taa-faa-dhaa-lee nen-daa oo-kaa-laa-leh.

Swahili

Usiku mwema.

Good night.

oo-si-koo m-way-mar.

Swahili



Ni wakati wa chakula
cha asubuhi.

It is breakfast time.

nee waa-kaa-tee waa cha-koo-lar char ar-soo-boo-hee.

Swahili

Ni wakati wa chai ya
asubuhi/mchana.

It is time for morning/afternoon tea.

nee waa-kaa-tee waa ch-eye yaa ar-soo-boo-hee/m-char-naa.

Swahili

Ni wakati wa chakula
cha mchana.

It is lunch time.

nee waa-kaa-tee waa cha-koo-lar char m-char-naa.

Swahili

Ni wakati wa chakula
cha jioni.

It is dinner time.

nee waa-kaa-tee waa cha-koo-lar char jee-oh-nee.

Swahili



Je, unataka supu?

Do you want soup?

jeh, oo-naa-taa-kaa soo-poo?

Swahili

Je, unataka chakula kuu?

Do you want the main course?

jeh, oo-naa-taa-kaa char-koo-laa koo?

Swahili

Je, unataka chakula
cha tamu?

Do you want dessert?

jeh, oo-naa-taa-kaa char-koo-laa char taa-moo?

Swahili

Je, unataka chai
au kahawa?

Do you want tea or coffee?

jeh, oo-naa-taa-kaa ch-eye ow kaa-haa-waa?

Swahili



Je, unataka mkate?

Do you want bread?

jeh, oo-naa-taa-kaa m-kaa-teh?

Swahili

Je, unataka wali?

Do you want rice?

jeh, oo-naa-taa-kaa waa-lee?

Swahili

Je, unataka viazi?

Do you want potatoes?

jeh, oo-naa-taa-kaa vee-ar-zee?

Swahili

Je, unataka pasta?

Do you want pasta?

jeh, oo-naa-taa-kaa par-star?

Swahili



Je, unataka ndizi?

Do you want a banana?

jeh, oo-naa-taa-kaa n-di-zee?

Swahili

Je, unataka sukari?

Do you want sugar?

jeh, oo-naa-taa-kaa soo-kaa-ree?

Swahili

Je, unataka nyama ya kuku?

Do you want chicken?

jeh, oo-naa-taa-kaa n-yaa-maa yaa koo-koo?

Swahili

Je, unataka samaki?

Do you want fish?

jeh, oo-naa-taa-kaa saa-maa-kee?

Swahili



Je, unataka nyama
ya kondoo?

Do you want lamb?

jeh, oo-naa-taa-kaa n-yaa-maa yaa kon-doh?

Swahili

Je, unataka nyama
ya ng'ombe?

Do you want beef?

jeh, oo-naa-taa-kaa n-yaa-maa yaa ng-gom-be?

Swahili

Je, unataka jusi?

Do you want juice?

jeh, oo-naa-taa-kaa joo-see?

Swahili

Je, unataka chumvi?

Do you want salt?

jeh, oo-naa-taa-kaa choom-vee?

Swahili



Je, unataka salade?

Do you want salad?

jeh, oo-naa-taa-kaa saa-laa-deh?

Swahili

Je, unataka mboga?

Do you want vegetables?

jeh, oo-naa-taa-kaa m-boh-gar?

Swahili

Je, unataka maji?

Do you want water?

jeh, oo-naa-taa-kaa maa-jee?

Swahili

Je, chakula ni kizuri?

Is the meal nice?

jeh, char-koo-lah nee ki-zoo-ree?

Swahili



Je, kuna joto sana?

Is it too hot?

jeh, koo-naa joh-toh saa-naa?

Swahili

Je, ni baridi mno?

Is it too cold?

jeh, nee bar-ree-dee m-noh?

Swahili

Je, ni nzuri?

Is it good?

jeh, nee n-zoo-ree?

Swahili

Je, unataka supu zaidi?

Do you want more soup?

jeh, oo-naa-taa-kaa soo-poo z-eye-i-dee?

Swahili



Je, unataka matunda zaidi?

Do you want more fruit?

jeh, oo-naa-taa-kaa maa-too-n-daa z-eye-i-dee?

Swahili

Una njaa?

Are you hungry?

oo-naa n-jaa?

Swahili

Je, umekula vya kutosha?

Have you eaten enough?

jeh, oo-may-koo-laa v-yaa koo-toh-shar?

Swahili

Umemaliza?

Have you finished?

oom-may-maa-li-zaa?

Swahili



Una kiu?

Are you thirsty?

oo-naa kee-oo?

Swahili

Tafadhali kula.

Please eat.

taa-faa-dhaa-lee koo-laa.

Swahili



Kwa nini umesikitika?

Why do you look sad?

kwaa nee-nee oo-may-si-ki-ti-kaa?

Swahili

Ni nini kinakusumbua?

What is worrying you?

nee nee-nee ki-naa-koo-soo-m-boo-aa?

Swahili

Umefadhaika.
Je, ungependa kuniambia
kwa nini?
Ikiwa tu uko vizuri.

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

oo-may-faa-dhaa-i-kar.
jeh, oo-ng-geh-pen-daa koo-ni-aam-bi-aa kwaa nee-nee?
i-ki-waa too oo-koh vee-zoo-ree.

Swahili

Unakasirika.
Je, ungependa kuniambia
kwa nini?
Ikiwa tu uko vizuri.

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

oo-naa-kaa-si-ree-kaa.
Jeh, oo-ng-geh-pen-daa koo-ni-aam-bi-aa kwaa nee-nee?
i-ki-waa too oo-koh vee-zoo-ree.

Swahili



Tafadhali usilie.
Kila kitu kitakuwa sawa.

Please don't cry.
Everything will be fine.

taa-faa-dhaa-lee oo-si-li-eh.
ki-laa ki-too ki-taa-koo-waa saa-waa.

Swahili

Naomba niongee nawe.

Can I talk to you, please?

nar-om-baa ni-on-gay-eh naa-weh.

Swahili

Nahitaji kuzungumza
nawe, tafadhali.

I need to talk to you, please.

naa-hi-taa-jee koo-zoon-goom-zaa naa-weh, taa-faa-dhaa-lee.

Swahili

Je, unahitaji msaada?

Do you need help?

jeh, oo-naa-hi-taa-jee m-saa-dar

Swahili



Nipo hapa kukusaidia.

I am here to help you.

ni-poh haa-paa koo-koo-seye-i-dee-yar.

Swahili

Niweze kukusaidia vipi?

What can I do for you?

ni-way-zeh koo-koo-seye-i-dee-yar vee-pee?

Swahili



Je, unaweza kutembea?

Can you walk?

jeh, oon-naa-way-zaa koo-tem-bay-aa?

Swahili

Ninaona kuwa unapata
ugumu wa kutembea.
Ngoja nikusaidie.

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

ni-naa-oh-naa koo-waa oo-naa-paa-taa
oo-goo-moo waa kuu-tem-bay-aa.
ng-goh-jaa ni-koo-seye-i-dee-ye.

Swahili

Niambie kuna nini.

Tell me what's wrong.

ni-aam-bee-eh koo-naa nee-nee.

Swahili

Jamani, nini kilitokea?

Oh my goodness,
what happened?

jaa-maa-nee, nee-nee ki-li-toh-kay-aa?

Swahili



Huyu ni muuguzi.

—
This is the nurse.

hoo-yoo nee moo-goo-zee.

Swahili

Huyu ni daktari.

—
This is the doctor.

hoo-yoo nee daak-taa-ree.

Swahili

Muuguzi yupo
hapa kukusaidia.

—
The nurse is here to help you.

moo-goo-zee yoo-poh haa-paa koo-koo-seye-i-dee-yar

Swahili

Daktari yupo
hapa kukusaidia.

—
The doctor is here to help you.

daak-taa-ree yoo-poh haa-paa koo-koo-seye-i-dee-yar.

Swahili



Daktari angependa
kukuchunguza.

The doctor would like to examine you.

daak-taa-ree aa-ng-geh-pen-daa koo-koo-choon-goo-zaa.

Swahili

Fungua mdomo
wako, tafadhali.

Open your mouth, please.

foo-ng-goo-aa m-doh-moh waa-koh, taa-faa-dhaa-lee.

Swahili

Pumua ndani na nje.

Breathe in and out.

poo-moo-aa n-daa-nee naa n-jeh.

Swahili

Inaumiza wapi?
Uchungu uko wapi?

Where does it hurt?
Where is the pain?

i-naa-oo-mi-zaa waa-pee?
oo-choo-ng-goo oo-koh waa-pee?

Swahili



Je, inahisi kuwasha?

Does it feel itchy?

jeh, i-naa-hih-si koo-waa-shar?

Swahili

Je, kichwa kinaumwa?

Do you have a headache?

jeh, ki-ch-waa ki-naa-oom-waa?

Swahili

Je, una maumivu ya tumbo?

Do you have stomach pain?

jeh, oo-naa maa-oo-mi-voo yaa toom-boh?

Swahili

Je, unahisi kizunguzungu?

Do you feel dizzy?

jeh, oo-naa-hi-si ki-zoon-goo-zoon-goo?

Swahili



Je, unaweza kupumua?

Can you breathe?

jeh, oo-naa-way-zar koo-poo-moo-ar?

Swahili

Je, umetapika?

Have you vomited?

jeh, oo-may-taa-pi-kar?

Swahili

Je, unahisi mgonjwa?

Do you feel sick?

jeh, oo-naa-hi-si m-gon-j-waa?

Swahili

Je, unahisi kama
unahitaji kutapika?

Do you feel like
you need to vomit?

jeh, oo-naa-hih-si kaa-maa oo-naa-hih-taa-jee koo-taa-pi-kar?

Swahili



Mgongo wako unauma?

Does your back hurt?

m-gon-goh waa-koh oo-naa-oo-mar?

Swahili

Kiuno chako kinauma?

Does your hip hurt?

ki-oo-noh char-koh ki-naa-oo-mar?

Swahili

Je, huna raha?

Are you uncomfortable?

jeh, hoo-naa raa-haa?

Swahili



Tafadhali uketi chini?

Can you sit down, please?

taa-faa-dhaa-lee oo-keh-tee chi-nee?

Swahili

Je, umefunga choo?

Are you constipated?

jeh, oo-may-foon-gaa choh?

Swahili

Je, wewe ni moto?

Are you hot?

jeh, weh-weh ni moh-toh?

Swahili

Je, wewe ni baridi?

Are you cold?

jeh, weh-weh ni baa-ri-dee?

Swahili



Jumatatu

Monday

joo-maa-taa-too

Swahili

Jumanne

Tuesday

joo-maa-n-neh

Swahili

Jumatano

Wednesday

joo-maa-taa-noh

Swahili

Alhamisi

Thursday

ull-haa-mi-see

Swahili



Ijumaa

Friday

i-joo-maaa

Swahili

Jumamosi

Saturday

joo-maa-moh-see

Swahili

Jumapili

Sunday

joo-maa-pi-lee

Swahili

Januari

January

january

Swahili



Februari

February

february

Swahili

Machi

March

march-ee

Swahili

Aprili

April

april-ee

Swahili

Mei

May

may-ee

Swahili



Juni

June

june-ee

Swahili

Julai

July

july

Swahili

Agosti

August

or-gus-tee

Swahili

Septemba

September

september

Swahili



Oktoba

October

october

Swahili

Novemba

November

november

Swahili

Desemba

December

december

Swahili

Mwaka

Year

m-waa-kaa

Swahili



Je, unapenda maua?

Do you like flowers?

jeh, oo-naa-pen-daa maa-oo-ar?

Swahili

Je, unapenda matunda?

Do you like fruit?

jeh, oo-naa-pen-daa maa-toon-daa?

Swahili

Je, unapenda
kutazama video?

Do you like watching videos?

jeh, oo-naa-pen-daa koo-taa-zaa-maa vi-dee-oh?

Swahili

Ungependa kufanya
nini sasa?

What would you like to do now?

jeh, oo-naa-pen-daa koo-fun-yaa nee-nee saa-saa?

Swahili



Unapenda kusoma
vitabu gani?

What books do you read?

jeh, oo-naa-pen-daa koo-soh-maa vi-taa-boo gar-nee?

Swahili

Inavutia sana.

How adorable!

i-naa-voo-ti-aa saa-naa!

Swahili

Je, ni baridi kwenye
chumba chako?

Is it cold in your room?

jeh, nee baa-ree-dee kwen-yeh choo-m-baa char-koh?

Swahili

Je, unataka niwasiliane
na familia yako?

Do you want me to contact
your family?

jeh, oo-naa-taa-kaa ni-waa-si-li-aa-neh naa faa-mi-li-aa yaa-koh?

Swahili

Je, unahitaji nguo safi?

Do you need fresh clothes?

jeh, oo-naa-hi-taa-jee ng-goo-oh saa-fee?

Swahili

Je, unaweza kufanya
mazoezi bila maumivu?

Can you exercise without pain?

jeh, oo-naa-way-zah koo-fun-yaa maa-zoh-ay-zee
bi-laa maa-oo-mi-voo?

Swahili

Je, unataka kuona familia
yako lini?

When do you want to see your family?

jeh, oo-naa-taa-kaa koo-oh-naa fah-mi-li-yaa yaa-koh li-nee?

Swahili

Je, unataka
kumwona daktari?

Do you want to see the doctor?

jeh, oo-naa-taa-kaa koo-m-woh-naa daak-taa-ree?

Swahili

Je, unataka kumwona
mtunza nywele?

Do you want to see the hairdresser?

jeh, oo-naa-taa-kaa koo-m-woh-naa m-toon-zaa n-y-weh-leh

Swahili

Je, unataka kumwona
mtaalamu ya miguu?

Do you want to see the podiatrist?

jeh, oo-naa-taa-kaa koo-m-woh-naa m-taa-laa-moo yaa mi-goo?

Swahili

Je, unataka kujiunga
na shughuli zetu?

Do you want to join our activity?

jeh, oo-naa-taa-kaa koo-ji-on-gaa naa shoo-goo-li zeh-too?

Swahili

Je, unataka kuja kwenye
chumba cha kulia?

Do you want to come
to the dining room?

jeh, oo-naa-taa-kaa koo-jaa kwen-yeh choo-m-baa char koo-li-aa?

Swahili



Je, unataka kula kwenye
chumba chako?

Do you want to eat in your room?

jeh, oo-naa-taa-kaa koo-laa kwen-yeh choo-m-ba chaa-koh?

Swahili

Kuoga ni asubuhi.

The shower is in the morning.

koo-oh-gaa nee ah-soo-boo-hee.

Swahili