

Communication Cards

English / Swahili

Version 2023 12up



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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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Breakfast



Chakula cha asubuhi

cha-koo-lar char ar-soo-boo-hee

Breakfast



Chakula cha asubuhi

cha-koo-lar char ar-soo-boo-hee

Breakfast



Chakula cha asubuhi

cha-koo-lar char ar-soo-boo-hee

Lunch



Chakula cha mchana

cha-koo-lar char m-char-naa

Lunch



Chakula cha mchana

cha-koo-lar char m-char-naa

Dinner



Chakula cha jioni

cha-koo-lar char jee-oh-nee

Dinner



Chakula cha jioni

cha-koo-lar char jee-oh-nee

Fish



Samaki

sa-maa-kee

Chicken



Nyama ya kuku

n-yaa-maa yaa koo-koo

Beef



Nyama ya ng'ombe

n-yaa-maa yaa ng-gom-beh

Lamb



Nyama ya kondoo

n-yaa-maa yaa kon-doh

Pork



Nyama ya nguruwe

n-yaa-maa yaa n-goo-roo-weh

Water



Maji
 maa-jee

Juice



Juisi
 juice-see

Tea



Chai
 ch-eye

Sugar



Sukari
 soo-kaa-ree

Milk



Maziwa
 maa-zee-waa

Coffee



Kahawa
 kaa-ha-waa

Beer



Pombe
 pom-beh

Wine



Divai
 dee-vay

Vegetarian



Mboga za majani
 m-boh-gar zar maa-jar-nee

Kosher



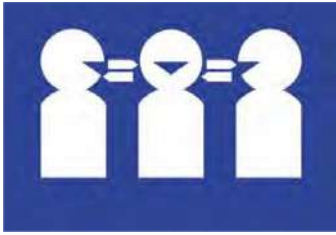
Kosha
 kosher

Halal



Nyama iliyo halali
 n-yaa-maa ee-lee-yo halal-lee

Interpreter



Mkalimani

m-ka-lee-maa-nee

Family



Familia

faa-mi-li-aa

Priest



Kasisi

kaa-see-see

Rabbi



Rabi

raa-bye

Imam



Imamu

ee-maa-moo

Priest



Kasisi

kaa-see-see

Nurse



Muuguzi

moo-goo-zee

Doctor



Daktari

dak-taa-ree

Monk



Mtawa

m-taa-waa

Physiotherapist



Mtaalamu wa mazoezi

m-taa-laa-moo waa
maa-zoh-ay-zee

Massage



Kukanda mwili

koo-kan-daa m-wee-lee

Podiatrist



Mtaalamu wa miguu

m-taa-laa-moo waa mee-goo

Shower



Kuoga
koo-oh-gar

Toilet



Chooni
choh-nee

Wash Hands



Osha mikono
oh-sha mee-ko-no

Clean Teeth



Safisha meno
saa-fee-sha may-no

Clean Room



Safisha chumbani
saa-fee-sha choom-baa-nee

Get Up



Amka
um-kaa

Get Dressed



Vaa nguo
vaa ng-goo-oh

Get Dressed



Vaa nguo
vaa ng-goo-oh

Get Undressed



Vua nguo
voo-aa ng-goo-oh

Get Undressed



Vua nguo
voo-aa ng-goo-oh

Rest



Pumzika

poom-zee-kah

Sleep



Usingizi

oo-sin-gee-zee

Exercise



Mazoezi

maa-zoh-way-zee

Activities



Shughuli

shoo-goo-lee

Go for a Walk



**Kwenda kutembea
kwa miguu**

kwen-daa koo-tem-bay-aa
kwa mee-goo

Go to the Garden



Kwenda bustani

kwen-daa boos-taa-nee

Telephone



Simu

si-moo

Radio



Redio

reh-dee-oh

Music



Muziki

moo-zee-kee

Film



Filamu

fi-la-moo

TV



Televisheni

television-nee

Taxi



Teksi

tek-see

Light On



Washa taa

wa-sha taa

Light Off



Zima taa

zee-maa taa

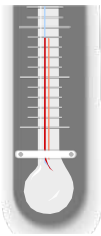
What Time?



Saa ngapi?

saa n-gaa-pee?

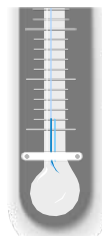
Hot



Joto

joh-toh

Cold



Baridi

bar-ri-dee

Like



Napenda

naa-pen-daa

Dislike



Sipendi

see-pen-dee

Want



Nataka

naa-taa-kaa

Don't Want



Sitaki

see-taa-kee

Book



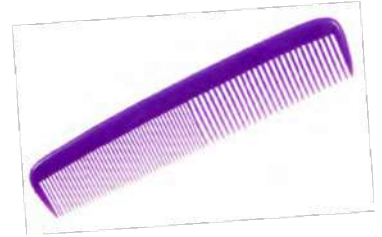
Kitabu
kee-taa-boo

Glasses



Miwani
mee-wah-nee

Comb



Kitana
kee-taa-naa

Watch



Saa
saa

Jewellery



Vito
vee-toe

Makeup



Kipodozi
kee-po-do-zee

Hearing Aid



Msaada wa kusikia
m-saa-daa waa koo-see-kee-aa

Dentures



Meno bandia
may-no ban-dee-aa

Incontinence Pad



Pedi ya kuzuia mkojo
pear-dee yaa
koo-zoo-ee-aa m-ko-joe

Tissues



Tishu
tissue

Pillow



Mto
m-toe

Pain



Maumivu

ma-oo-mee-voo

Pain Killer



**Dawa za kupunguza
maumivu**

daa-waa zaa koo-poon-goo-zaa
maa-oo-mee-voo

Medication



Dawa

da-waa

Walking Stick



Fimbo ya kutembea

fim-boh ya koo-tem-bay-aa

Walking Frame



Fremu ya kutembea

fre-moo ya koo-tem-bay-aa

Wheeled Walker



**Kitembezi cha
gurudumu**

kee-tem-bay-zee cha
goo-roo-doo-moo

Wheelchair



Kiti cha gurudumu

kee-tee cha goo-roo-doo-moo

Umbrella



Mwavuli

m-wa-voo-lee

Dressing Gown



Vazi la gauni/kanzu

vaa-zee la gown-nee/kan-zoo

Sleepwear



Nguo za kulala

ng-goo-oh zaa koo-la-la

Slippers



Sapatu

saa-paa-too

Underwear



Chupi

choo-pee

Socks



Soksi

sock-see

Shirt



Shati

sha-tee

Trousers



Suruali

soo-roo-ah-lee

Skirt



Sketi

ske-tee

Dress



Gauni

gown-nee

Jumper



Sweta

sweater

Shoes



Viatu

vee-ah-too

Coat



Koti

koh-tee