

Communication Cards

English / Swahili

Version 2023 4up



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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

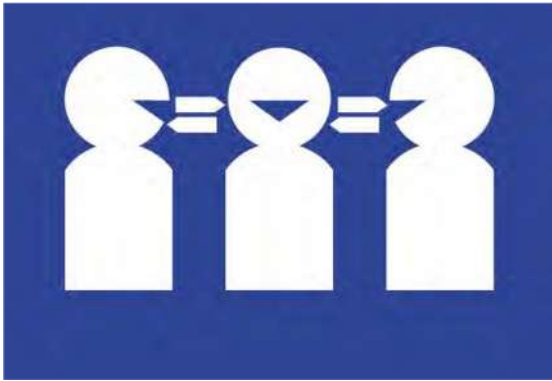
Halal



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

Priest



Kasisi

kaa-see-see

Rabbi



Rabi

raa-bye

Imam



Imamu

ee-maa-moo

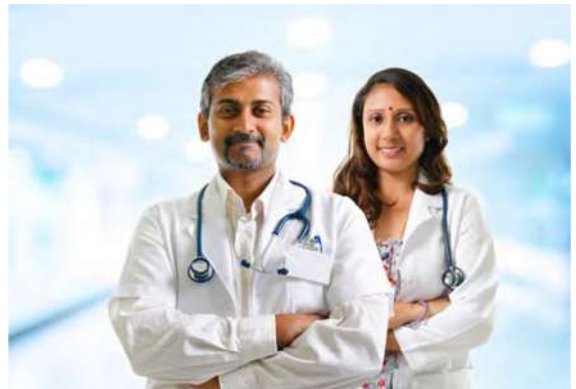
Monk



Mtawa

m-taa-waa

Doctor



Daktari

dak-taa-ree

Nurse



Muuguzi

moo-goo-zee

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 to the Garden



Kwenda bustani

kwen-daa boos-taa-nee

Go for a Walk



Kwenda kutembea kwa miguu

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

Telephone



Simu

si-moo

Taxi



Teksi

tek-see

Radio



Redio

reh-dee-oh

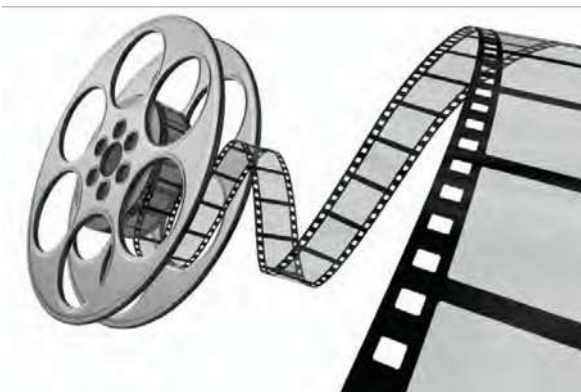
Music



Muziki

moo-zee-kee

Film



Filamu

fi-la-moo

TV



Televisheni

television-nee

Light On



Washa taa

wa-sha taa

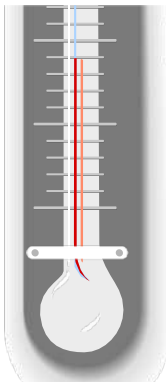
Light Off



Zima taa

zee-maa taa

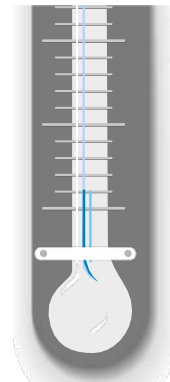
Hot



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



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English Language Communication Cards Kadi za Mawasiliano za Lugha ya Kiingereza

What Time?



Saa ngapi?

saa n-gaa-pee?

Book



Kitabu

kee-taa-boo

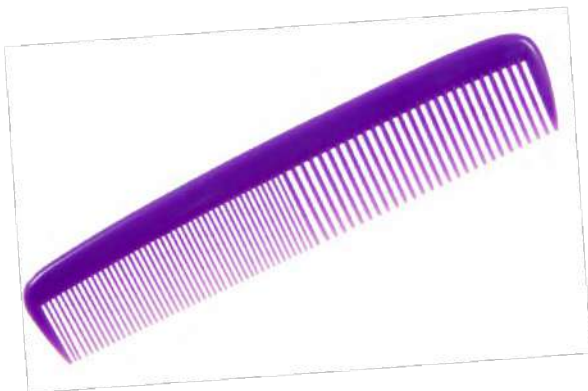
Glasses



Miwani

mee-wah-nee

Comb



Kitana

kee-taa-naa

Makeup



Kipodozi

kee-po-do-zee

Watch



Saa

saa

Jewellery



Vito

vee-toe

Hearing Aid



Msaada wa kusikia

m-saa-daa waa koo-see-kee-aa

Dentures



Meno bandia

may-no ban-dee-aa

Tissues



Tishu

tissue

Incontinence Pad



Pedi ya kuzuia mkojo

pear-dee yaa

koo-zoo-ee-aa m-ko-joe

Pillow



Mto

m-toe

Pain



Maumivu

ma-oo-mee-voo

Painkiller



Dawa za kupunguza maumivu

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

Medication



Dawa

da-waa

Umbrella



Mwavuli

m-wa-voo-lee

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

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



Shirt



Shati

sha-tee

Dress



Gauni

gown-nee

Trousers



Suruali

soo-roo-ah-lee

Skirt



Sketi

ske-tee



Socks



Soksi

sock-see

Shoes



Viatu

vee-ah-too

Jumper



Sweta

sweater

Coat



Koti

koh-tee