

Bilingual Phrase Cards

Tetum/English

Version 2023 4up



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Óla/Adeus.

Hello/Goodbye.

ow-la/ah-day-yous.

Tetum

Bem Vindo.

Welcome.

bam vin-doh.

Tetum

Boa tarde.

Good morning.

boah tar-deh.

Tetum

Boa tarde.

Good afternoon.

boah tar-deh.

Tetum

Feliz aniversário!

Happy Birthday!

fey-list un-knee-fair-sah-rio!

Tetum

Feliz aniversário!

Happy Anniversary!

fey-list un-knee-fair-sah-rio!

Tetum

Feliz Natal!

Merry Christmas!

fey-list nah-tal!

Tetum

Feliz Ano Foun!

Happy New Year!

fey-list un-know fung!

Tetum

Obrigado barak.

Thank you so much.

oh-bree-god-doh barrack.

Tetum

Nada.

You're welcome.

nah-dah.

Tetum

Ha'u nia naran...
Ha'u sei kuida Ita ohin ne'e.

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

ha-woo nee-ya nah-run...
ha-woo say quee-dah e-tah o-hind nay'.

Tetum

Deskulpa tanba
book ona Ita.

Sorry for disturbing you.

desk-cool-pah thumb-bah bok oh-nah e-tah.

Tetum

Deskulpa.

I am sorry.

desk- cool-pah.

Tetum

Ita diak ka lae?

How are you?

e-tah dee-yuck cal-lie?

Tetum

Nusa Ita nia sentidu
ohin nee?

How are you feeling today?

nuh-sah e-tah knee-ya cent-tea-do oh-hind nay?

Tetum

Mai doben,
Ita komesa ona!

Come on dear,
Let's get started!

might-e doh-bang
e-tah cow-meh-sah oh-nah!

Tetum

Hau hakarak Ita
ajuda hau.

I would love you to help me.

ha-woo ha-cah-rack e-tah ah-jou-dah ha-woo.

Tetum

Favor, Ita bele
ajuda Hau ka?

Can you help me, please?

fa-voar, e-tah bay-lay ah-jou-dah ha-woo cah?

Tetum

Hau sei ajuda Ita.

I will help you.

ha-woo say ah-jou-dah e-tah.

Tetum

Ita hakarak ba
haris ka lae?

Would you like to have a shower?

e-tah ha-cah-rack bah ha-risk cah lie?

Tetum

Ita hakarak hatais
ida neebé?

What would you like to wear?

e-tah ha-cah-rack ha-ties e-dah?

Tetum

Sabaun iha nee.

Here is the soap.

sah-bow-ung e-ha nay.

Tetum

Kaer bee.

Touch the water.

cah-air bay.

Tetum

Bee nee manas
ka malirin?

Is the water hot or cold?

bay nay mah-nust cah mah-lee-ring?

Tetum

Haris hotu ona.

Showering is finished.

ha-risk ho-two oh-nah.

Tetum

Mai Hau hamaran
Ita nia isin.

Let me dry your body.

mah-e ha-woo ha-mah-rung e-tah knee-yah e-sin.

Tetum

Mai Hau ajuda Ita
ba hatais roupa.

Let me help you get dressed.

mah-e ha-woo ah-jou-dah e-tah bah ha-ties row-pah.

Tetum

Prontu ona.
Agora Ita kapaas ona!

Done.
Now you look great!

pron-two oh-nah
ah-go-rah e-tah cah-pass oh-nah!

Tetum

Ita pronto ona ka seidauk?

Are you ready?

e-tah pron-two oh-nah cah see dah-hook

Tetum

Ita tenke ba sentina ka lae?

Do you need the toilet?

e-tah tank-key bah cent-tea-nah cah lie?

Tetum

Hau sei ajuda Ita lao ba
sala hahan nian.

I will walk with you to the dining room.

ha-woo say ah-jou-dah e-tah la-oh bah sa-la ha-hun knee-yan.

Tetum

Favór, mai ba tuur
lai iha kadeira.

Let's sit down on the chair, please.

fa-vour, mah-e bah twoo-r lie e-ha cah-day-rah.

Tetum

Ita atu ba Ita nia kuartu.

We are going to your room.

e-tah ah-two bah e-tah knee-ya quart-two.

Tetum

Ita atu ba sentina.

We are going to the toilet.

e-tah ah-two bah cent-tea-nah.

Tetum

Ida nee Ita-nia sentina.

This is your toilet.

e-dah nay e-tah knee-ya cent-tea-nah.

Tetum

Ida nee Ita nia fatin haris.

This is your bathroom.

e-dah nay e-tah knee-ya fa-thing ha-risk.

Tetum

Ida nee Ita nia kuartu.

This is your room.

e-dah nay e-tah knee-ya quart-two.

Tetum

Mai Hau ba troka
Ita-nia roupa.

Let me change your clothes.

might-e ha-woo bah throw-cah
e-tah knee-ya row-pah

Tetum

Favór, ba toba ona.

Please go to sleep.

fa-vour, bah tho-bah oh-nah.

Tetum



Kalan diak.

Good night.

cal-lung dee-yuck.

Tetum

Agora oras matabixu.

It is breakfast time

ah-go-rah oh-rush mah-tah bee-sue.

Tetum

Agora oras ba hemu xa
dadeer/lokraik.

It is time for morning/afternoon tea.

ah-go-rah oh-rush ba hay-moo saa dah-dare/low-craig.

Tetum

Agora oras han meudia.

It is lunch time.

ah-go-rah oh-rush hun may-you-dee-ya.

Tetum

Agora oras han kalan.

It is dinner time.

ah-go-rah oh-rush hun cal-lung.

Tetum

Ita hakarak modo
been ka lae?

Do you want soup?

e-tah ha-cah-rack moh-dow bang cah lie?

Tetum

Ita hakarak hahan prato
prinsipal ka lae?

Do you want the main course?

e-tah ha-cah-rack ha-hun pra-two print-see-pal cah lie?

Tetum

Ita hakarak
sobremeza ka lae?

Do you want dessert?

e-tah ha-cah-rack so-bre-meh-zah cah lie?

Tetum

Ita hakarak hemu
xa ka kafe?

Do you want tea or coffee?

e-tah ha-cah-rack hay-moo saa cah cah-fay?

Tetum

Ita hakarak paun ka lae?

Do you want bread?

e-tah ha-cah-rack pah-ung cah lie?

Tetum

Ita hakarak etu ka lae?

Do you want rice?

e-tah ha-cah-rack a-two cah lie?

Tetum

Ita hakarak fehuk ka lae?

Do you want potatoes?

e-tah ha-cah-rack fey-hook cah lie?

Tetum

Ita hakarak
makaraun ka lae?

Do you want pasta?

e-tah ha-cah-rack mah-cah-rah-ung cah lie?

Tetum

Ita hakarak hudi ka lae?

Do you want a banana?

e-tah ha-cah-rack hoodie cah lie?

Tetum

Ita hakarak midaar ka lae?

Do you want sugar?

e-tah ha-cah-rack me-daar cah lie?

Tetum

Ita hakarak naan
manu ka lae?

Do you want chicken?

e-tah ha-cah-rack nah-un mah-nuh cah lie?

Tetum

Ita hakarak ikan ka lae?

Do you want fish?

e-tah ha-cah-rack e-khan cah lie?

Tetum

Ita hakarak naan
bibi ka lae?

Do you want lamb?

e-tah ha-cah-rack nah-un bee-bee cah lie?

Tetum

Ita hakarak naan
karau ka lae?

Do you want beef?

e-tah ha-cah-rack nah-un cah-raw cah lie?

Tetum

Ita hakarak sumu ka lae?

Do you want juice?

e-tah ha-cah-rack sue-moo cah lie?

Tetum

Ita hakarak masin ka lae?

Do you want salt?

e-tah ha-cah-rack mah-sin cah lie?

Tetum

Ita hakarak salata ka lae?

Do you want salad?

e-tah ha-cah-rack saa-la-tah cah lie?

Tetum

Ita hakarak modo ka lae?

Do you want vegetables?

e-tah ha-cah-rack moo-dow cah lie?

Tetum

Ita hakarak bee ka lae?

Do you want water?

e-tah ha-cah-rack beh cah lie?

Tetum

Hahaan nee gostu ka lae?

Is the meal nice?

ha-hun ney ghost-two cah lie?

Tetum

Nee manas demais ka lae?

Is it too hot?

nay mah-nast deh-mah-east cah lie?

Tetum

Nee malirin demais ka lae?

Is it too cold?

nay mah-lee-ring deh-mah-east cah lie?

Tetum

Nee diak ka lae?

Is it good?

nay dee-yuck cah lie?

Tetum

Ita hakarak aumenta
modo been ka lae?

Do you want more soup?

e-tah ha-cah-rack ah-mend-tah moo-dow bang cah lie?

Tetum

Ita hakarak aumenta
ai fuan ka lae?

Do you want more fruit?

e-tah ha-cah-rack ah-mend-tah ah-e foo-ung cah lie?

Tetum

Ita hamlaha ka lae?

Are you hungry?

e-tah hum-la-ha cah lie?

Tetum

Ita bosu ona ka seidauk?

Have you eaten enough?

e-tah bow-sue oh-nah cah see-dah-uck?

Tetum

Ita hotu ona ka seidauk?

Have you finished?

e-tah ho-two oh-nah cah see-dah-uck?

Tetum



Ita hamrok ka lae?

Are you thirsty?

e-tah hum-rock cah lie?

Tetum

Favór, han ba.

Please eat.

fa-vour hun bah.

Tetum

Nusa Ita sente triste?

Why do you look sad?

nuu-sah e-tah sin-tea thrist-tea?

Tetum

Saida mak Ita hanoin boot?

What is worrying you?

say-dah muck e-tah ha-no-ink boat?

Tetum

Ita sente laran moras.
Ita hakarak koalia ba
Hau tanba sa?
Mais kuandu Ita sente
konfortu deit.

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

e-tah sin-tea la-rung mow-rush.
e-tah ha-cah-rack coh-ah-lee-ya bah ha-woo tun-bah sah?
mah-east quant-do e-tah sin-tea con-fort-two day-it.

Tetum

Ita hirus.
Ita hakarak koalia ba
Hau tanba sa?
Mais kuandu Ita sente
konfortu deit.

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

e-tah he-roost.
e-tah ha-cah-rack coh-ah-lee-ya bah ha-woo tun-bah sah?
mah-east quant-do e-tah sin-tea con-fort-two day-it.

Tetum

Favór lalika tanis.
Hotu hotu sei diak hela.

Please don't cry.
Everything will be fine.

fa-vour, la-lee-cah tun-niece.
ho-two ho-two say dee-yuck hay-la.

Tetum

Favór, bele ka lae Hau
koalia ho Ita?

Can I talk to you, please?

fa-vour, bay-lay cah lie ha-woo
coh-ah-lee-ya ho e-tah?

Tetum

Hau tenke koalia ho Ita,
favór lai.

I need to talk to you, please.

ha-woo tank-key coh-ah-lee-ya ho e-tah, fa-vour lie.

Tetum

Ita presija ajuda ka lae?

Do you need help?

e-tah pre-see-jah ah-jou-dah cah lie?

Tetum

Hau iha nee atu ajuda Ita.

I am here to help you.

Ha-woo e-ha nay ah-two ah-jou-dah e-tah.

Tetum

Saida Hau bele halo ba Ita?

What can I do for you?

say-dah ha-woo bay-lay ha-low bah e-tah?

Tetum

Ita bele lao ka lae?

Can you walk?

e-tah bay-lay la-oh cah lie?

Tetum

Hau haree katak
Ita araska atu lao.
Mai Hau ajuda Ita.

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

ha-woo ha-re ca-takh e-tah ah-rask-kah ah-two la-oh.
might-e ha-woo ah-juh-dah e-tah.

Tetum

Koalia ba saida mak sala.

Tell me what's wrong.

coh-ah-lee-ya bah say-dah muck saa-la.

Tetum

Nai, saida mak akontese?

Oh my goodness,
what happened?

nay-e. say-dah muck ah-con-teh-say?

Tetum

Ida nee enfermeira.

This is the nurse.

e-dah nau aunt-fir-may-rah.

Tetum

Ida nee doutor.

This is the doctor.

e-dah nay dow-thor.

Tetum

Enfermeira iha nee
atu ajuda Ita.

The nurse is here to help you.

aunt-fir-may-rah e-ha nay ah-two ah-jou-dah e-tah.

Tetum

Doutor iha nee
atu ajuda Ita.

The doctor is here to help you.

dow-thor e-ha nay ah-two ah-jou-dah e-tah.

Tetum

Doutor sei ezamina Ita.

The doctor would like to examine you.

dow-thor say ei-zah-me-nah e-tah.

Tetum

Favór, loke Ita nia ibun.

Open your mouth, please.

fa-vour, low-keh e-tah knee-ya e-bung.

Tetum

Dada iis no hasai.

Breathe in and out.

dah-dah east no ha-sa-e.

Tetum

Iha neebé mak kanek?
Iha neebé mak moras?

Where does it hurt?
Where is the pain?

e-ha nu-bay muck cah-neck?
e-ha nu-bay muck mow-rush?

Tetum

Ida nee sente katar ka lae?

Does it feel itchy?

e-dah nay sin-tea cah-taar cah lie?

Tetum

Ita sente ulun
moras ka lae?

Do you have a headache?

e-tah sin-tea oo-loong mow-rush cah lie?

Tetum

Ita sente kabun
moras ka lae?

Do you have stomach pain?

e-tah sin-tea cah-bung mow-rush cah lie?

Tetum

Ita sente oin halai ka lae?

Do you feel dizzy?

e-tah sin-tea oink ha-lie cah lie?

Tetum

Ita bele dada iis ka lae?

Can you breathe?

e-tah bay-lay dah-dah east cah lie?

Tetum

Ita muta ona ka seidauk?

Have you vomited?

e-tah mow-tah oh-nah cah see-dah-hook?

Tetum

Ita sente moras ka lae?

Do you feel sick?

e-tah sin-tea mow-rush cah lie?

Tetum

Ita sente hakarak
muta ka lae?

Do you feel like
you need to vomit?

e-tah sin-tea ha-cah-rack moo-tah cah lie?

Tetum

Ita nia kotuk kanek ka lae?

Does your back hurt?

e-tah knee-ya cow-two-k cah-neck cah lie?

Tetum

Ita nia kelen kanek ka lae?

Does your hip hurt?

e-tah knee-ya cay-length cah-neck cah lie?

Tetum

Ita sente la konfortu ka lae?

Are you uncomfortable?

e-tah sin-tea la con-fort-two cah lie?

Tetum

Favór, Ita bele tuur ka lae?

Can you sit down, please?

fa-vour, e-tah bay-lay twoo-r cah-lie?

Tetum

Ita sente tee tos ka lae?

Are you constipated?

e-tah sin-tea tay toast cah lie?

Tetum

Ita sente manas ka lae?

Are you hot?

e-tah sin-tea mah-nust cah lie?

Tetum

Ita sente malirin ka lae?

Are you cold?

e-tah sin-tea mah-lee-ring cah lie?

Tetum

Segunda

Monday

say-goon-dah

Tetum

Tersa

Tuesday

ter-sah

Tetum

Kuarta

Wednesday

quart-tah

Tetum

Kinta

Thursday

kin-tah

Tetum

Sexta

Friday

seiz-tah

Tetum

Sabado

Saturday

sa-bah-doh

Tetum

Dominggo

Sunday

doh-ming-goo

Tetum

Janeiru

January

jan-nay-roo

Tetum

Fevreiru

February

fa-frey-roo

Tetum

Marsu

March

mars-suh

Tetum

Abril

April

ah-breel

Tetum

Maiu

May

may-you

Tetum



Junhu

June

june-you

Tetum

Jullu

July

joul-you

Tetum

Agustu

August

ah-gus-two

Tetum

Setembru

September

sa-tem-bruh

Tetum

Outubro

October

ow-two-bruh

Tetum

Novembru

November

no-fam-bruh

Tetum

Dezembru

December

day-zem-bruh

Tetum

Tinan

Year

tea-nun

Tetum

Ita gosta ai-funan ka lae?

Do you like flowers?

e-tah ghost-tah i-foo-nung cah lie?

Tetum

Ita gosta ai-fuan ka lae?

Do you like fruit?

e-tah ghost-tah i-foo-ung cah lie?

Tetum

Ita gosta haree
vidio ka lae?

Do you like watching videos?

e-tah ghost-tah ha-ray vi-deo cah lie?

Tetum

Agora saida Ita
hakarak halo?

What would you like to do now?

ah-go-rah say-dah e-tah ha-cah-rack ha-low?

Tetum

Livru saida mak Ita lee?

What books do you read?

leaf-roo say-dah muck e-tah lay?

Tetum

Nee kapaas los!

How adorable!

nay cah-pass lost!

Tetum

Sente malirin ka lae iha
Ita-nia kuartu laran?

Is it cold in your room?

sin-tea mah-lee-ring cah-lie e-ha e-tah
knee-ya quart-two la-rung?

Tetum

Ita hakarak Hau kontaktu
Ita-nia familia ka lae?

Do you want me to contact
your family?

e-tah ha-cah-rack Ha-woo con-tack-two e-tah
knee-ya fa-mee-lee-ya cah-lie?

Tetum

Ita presija roupa
foun ka lae?

Do you need fresh clothes?

e-tah pre-see-jah row-pah fung cah lie?

Tetum

Bele ka lae Ita ezersisiu
mais la sente moras?

Can you exercise without pain?

bay-lay cah lie e-tah a-zer-see-see-you mayis la sin-tea mow-rush?

Tetum

Ita hakarak haree Ita
nia familia ka lae?

When do you want to see your family?

e-tah ha-cah-rack ha-re e-tah knee-ya fa-me-lee-ya cah lie?

Tetum

Ita hakarak konsulta ba
doutor ka lae?

Do you want to see the doctor?

e-tah ha-cah-rack con-sul-tah bah dow-thor cah lie?

Tetum

Ita hakarak ba fatin
tesi fuuk ka lae?

Do you want to see the hairdresser?

e-tah ha-cah-rack bah fa-ting tes-see fuk cah lie?

Tetum

Ita hakarak konsulta ba
podóloju ka lae?

Do you want to see the podiatrist?

e-tah ha-cah-rack con-sul-tah ba pro-doh-low-jou cah-lie?

Tetum

Ita hakarak partisipa iha
ami-nia aktividade ka lae?

Do you want to join our activity?

e-tah ha-cah-rack par-tea-see-pah e-ha um-me knee-ya?

Tetum

Ita hakarak ba sala
hahaan ka lae?

Do you want to come
to the dining room?

e-tah ha-cah-rack bah sah-la ha-hun cah lie?

Tetum

Ita hakarak han iha Ita
nia kuartu ka lae?

Do you want to eat in your room?

e-tah ha-cah-rack hun e-ha e-tah knee-ya quart-two cah lie?

Tetum

Haris iha tempu dadeer.

The shower is in the morning.

haris iha tempu dadeer ha-risk e-ha tame-pooh dah-dare.

Tetum