

Communication Cards

English / Tetum

Version 2023 4up



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Breakfast



Matabixu

maa-taa bee-sue

Breakfast



Matabixu

maa-taa bee-sue

Breakfast



Matabixu

maa-taa bee-sue

Lunch



Hán meudia

haan mey-you-dee-ya

Lunch



Hán meudia

haan mey-you-dee-ya

Dinner



Hán kalan

haan cal-ăng

Dinner



Hán kalan

haan cal-ăng

Fish



Ikan

e-cant



Chicken



Manu

mänõ

Beef



Na'an karau-baka

na-ăn

Lamb



Bibi

bee-bee

Pork



Fahi

fa-he

Water



Bee

baay

Juice



Sumu

sue-mo

Tea



Xá

saa

Sugar



Masin-midar

mas-in me-dar



Milk



Susu-been

sue-sue baine

Coffee



Kafé

cah-fay

Beer



Serveja

sher-fay-ja

Wine



Tua-uvás

two-wa oo-vas

Vegetarian



Vejetárianu

ve-ge-ta-rianoo

Kosher



Bele hán

bay-lay hon

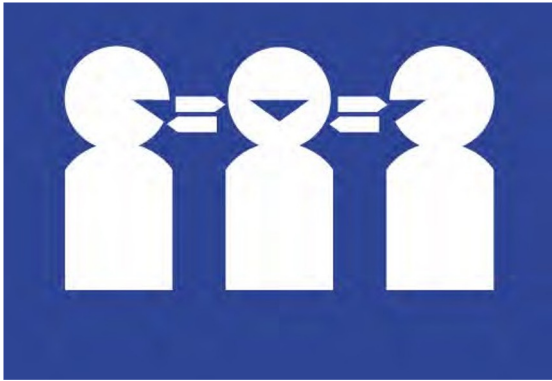
Halal



Halal

ha-lal

Interpreter



Tradutór

tra-due-thor

Family



Família

fa-me-lee-yah

Priest



Padre

paa-dreh

Priest



Padre

paa-dreh

Rabbi



Rabinu

ra-bee-new

Imam



Imam

e-mom

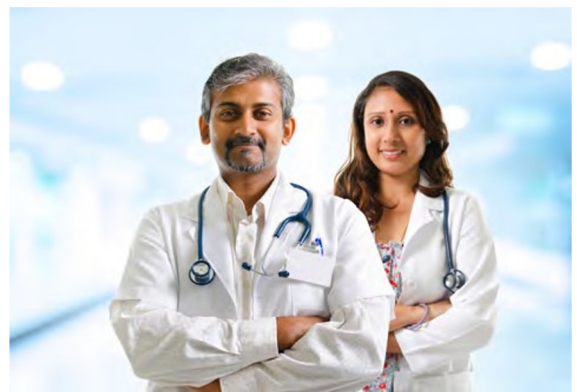
Monk



Monje

mon-jay

Doctor



Doutor

dough-thor



Nurse



Enfermeira

in-fur-may-ra

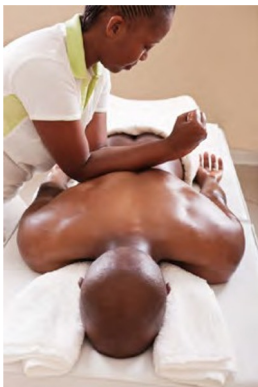
Physiotherapist



Fizioterapeuta

phy-zee-yo-tera-pa-ta

Massage



Kumu

cu-moo

Podiatrist



Podóloju

po-do-lo-ju



Shower



Hariis

ha-risk

Toilet



Sentina

cent-tee-nah

Wash Hands



Fase liman

fas-say lee-maan

Clean Teeth



Kose nehan

cost-say nay-hung



Clean Room



Hamós kuartu

ha-most quart-two

Get Up



Hamriik

hum-reek

Get Dressed



Hatais ropa

ha-ties roo-pah

Get Dressed



Hatais ropa

ha-ties roo-pah

Get Undressed



Hasai ropa

ha-say roo-pah

Get Undressed



Hasai ropa

ha-say roo-pah



Rest



Deskansa

desk-can-sah

Sleep



Toba

tow-bah

Exercise



Ezersísiu

ee-zer-see-see-you

Activities



Atividade sira

aa-tea-fee-dah-day

Go to the Garden



Ba jardin

bah jar-deen

Go for a Walk



Ba lao pasiar

bah la-o pah-see-ar

Telephone



Telefone

tele-pho-nay

Taxi



Táxi

taxi

Radio



Rádio

raa-dio

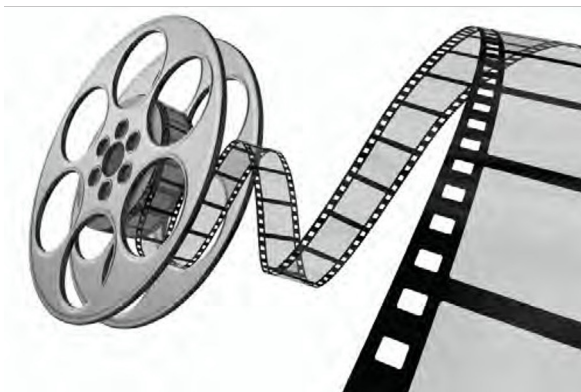
Music



Muzika

moo-zee-kah

Film



Filme

film-meh

TV



Televisaun

televi-sound

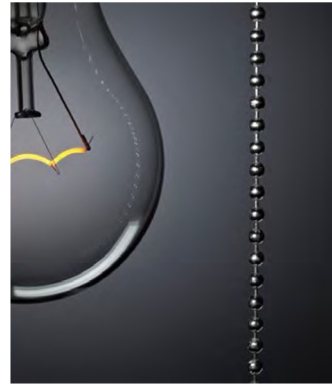
Light On



Loke ahi

low-keh aa-he

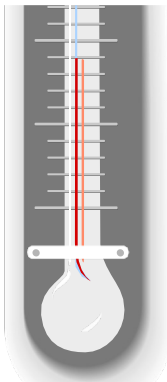
Light Off



Taka ahi

ta-ka aa-he

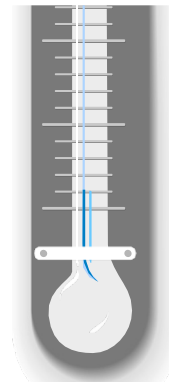
Hot



Manas

maa-naas

Cold



Malirin

maa-lee-ring

Like



Gosta

ghost-tah

Dislike



La gosta

la ghost-tah

Want



Hakarak

ha-ca-rak

Don't Want



Lakohi

la coh-he



Centre for
Cultural Diversity
in Ageing

Supported by Benetas

English Language Communication Cards Karta Komunikasaun Língua Tetum

What Time?



Tuku hira?

two-coo he-ra?



Book



Livru

live-roo

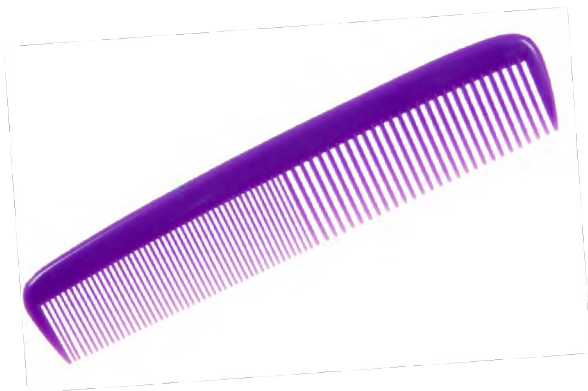
Glasses



Ókulu

o-cuh-luh

Comb



Sasuit

sah-suit

Makeup



Pinta oin

pin-tah o-ink

Watch



Relójiu-liman

re-low-je-you lee-maan

Jewellery



Sasán hafutar

sa-saan ha-foo-tar

Hearing Aid



Ekipa auditivu

e-kee-pah auw-dee-tea-vu

Dentures



Nehan falsu

nay-hung fals-sue



Tissues



Tixu

tea-sue

Incontinence Pad



Xumasu inkontinênsia

sue-mah-sue in-continent-see-ya

Pillow

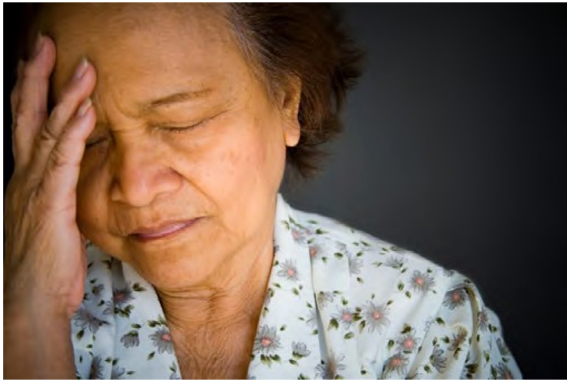


Xumasu

sue-mah-sue



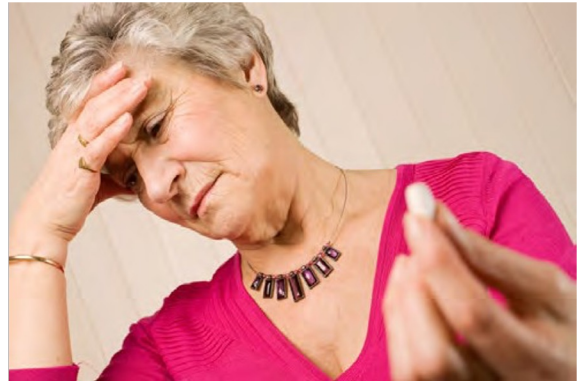
Pain



Moras

mow-rash

Painkiller



Ai-moruk halakon moras

mow-rook ha-la-kong mow-rash

Medication



Medikasaun

meh-dee-ca-sound

Umbrella



Sombrelu

Sombrelu

Walking Stick



Bengala

bank-gala

Walking Frame



Andarillu

ant-dah-real-you

Wheeled Walker



Andador roda

ant-dah-dor row-dah

Wheelchair



Kadeira roda

cah-day-ra row-dah

Dressing Gown



Vestidu formal

fes-ti-do for-mal

Sleepwear



Ropa toba

row-pa tho-ba

Slippers



Xinelus

see-neh-loose

Underwear



Kuekas

que-way-cash



Shirt



Kamiza

ca-me-za

Dress



Bluza

blue-za

Trousers



Kalsa

cal-sa

Skirt



Saia

sai-ya



Socks



Meias

may-yas

Shoes



Sapatu

sa-pa-two

Jumper



Vestidu kamizola

fes-ti-do co-me-zo-la

Coat



Kazaku

ca-za-coo