

Communication Cards

English / Tetum

Version 2023 12up



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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

mănõ

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

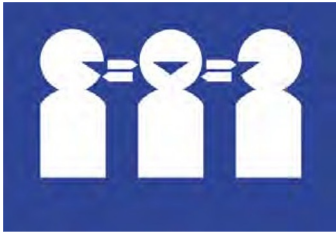
Halal



Halal

ha-lal

Interpreter



Tradutór
tra-due-thor

Family



Família
fa-me-lee-yah

Priest



Padre
paa-dreh

Rabbi



Rabinu
ra-bee-new

Imam



Imam
e-mom

Priest



Padre
paa-dreh

Nurse



Enfermeira
in-fur-may-ra

Doctor



Doutor
dough-thor

Monk



Monje
mon-jay

Physiotherapist



Fizioterapeuta
phy-zee-yo-tera-pa-ta

Massage



Kumu
cu-moo

Podiatrist



Podólogo
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 for a Walk



Ba lao pasiar
bah la-o pah-see-ar

Go to the Garden



Ba jardin
bah jar-deen

Telephone



Telefone
tele-pho-nay

Radio



Rádio
raa-dio

Music



Muzika
moo-zee-kah

Film



Filme
film-meh

TV



Televisaun
televi-sound

Taxi



Táxi
taxi

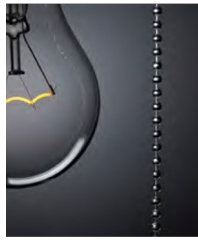
Light On



Loke ahi

low-keh aa-he

Light Off



Taka ahi

ta-ka aa-he

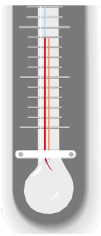
What Time?



Tuku hira?

two-coo he-ra?

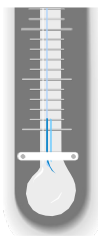
Hot



Manas

maa-naas

Cold



Malirin

maa-lee-ring

Like



Gosta

ghost-tah

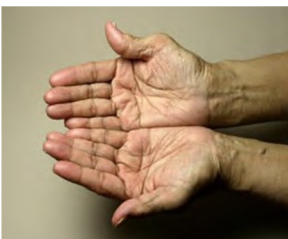
Dislike



La gosta

la ghost-tah

Want



Hakarak

ha-ca-rak

Don't Want



Lakohi

la coh-he

Book



Livru

live-roo

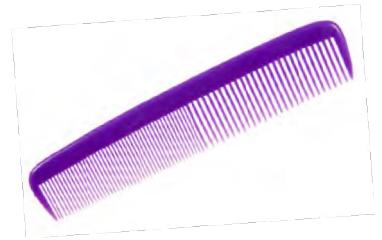
Glasses



Ókulu

o-cuh-luh

Comb



Sasuit

sah-suit

Watch



Relójiu-liman

re-low-je-you lee-maan

Jewellery



Sasán hafutar

sa-saan ha-foo-tar

Makeup



Pinta oin

pin-tah o-ink

Hearing Aid



Ekipa auditivu

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

Dentures



Nehan falsu

nay-hung fals-sue

Incontinence Pad



Xumasu inkontinênsia

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

Tissues



Tixu

tea-sue

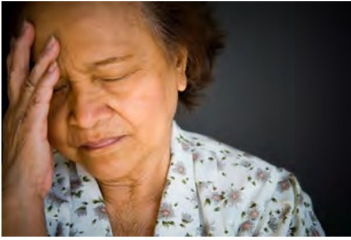
Pillow



Xumasu

sue-mah-sue

Pain



Moras
mow-rash

Pain Killer



Ai-moruk halakon moras
mow-rook ha-la-kong mow-rash

Medication



Medikasaun
meh-dee-ca-sound

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

Umbrella



Sombrellu
som-bray-luh

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

Socks



Meias
may-ya

Shirt



Kamiza
ca-me-za

Trousers



Kalsa
cal-sa

Skirt



Saia
sai-ya

Dress



Bluza
blue-za

Jumper



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

Shoes



Sapatu
sa-pa-two

Coat



Kazaku
ca-za-coo