

Communication Cards

English / Tigrinya

Version 2023 4up



This information was compiled by the Centre for Cultural Diversity in Ageing in 2023.

This publication was funded by the Australian Government Department of Health and Aged Care.

እዚ ሓበሬታ ኣብ 2023 ብማእከል ባህላዊ ፍልልያት ኣብ ዕቤት ዝተዳለወ እዩ።

እዚ ሕትመት ብመንግስቲ ኣውስትራልያ ክፍሊ ጥዕናን ክንክን ኣረጋውያንን ዝተመወለ እዩ።

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Breakfast



ቐርሲ

kursi

Breakfast



ቐርሲ

kursi

Breakfast



ቐርሲ

kursi

Lunch



ምሳክ

misah

Lunch



ምሳሕ

misah

Dinner



ድራር

dirar

Dinner



ድራር

dirar

Fish



ዓሳ

asa

Chicken



ደርሆ

derho

Beef



ስጋ ብዕራይ

siga bi'irayi

Lamb



ገንሽል

genshel

Pork



ሓሽማ

hashema

Water



ማይ

mayi

Juice



ጽሚቕ

tsumaq

Tea



ሻሂ

shahi

Sugar



ሻኮር

shikor



Milk



ጸባ

tseba

Coffee



ቡን

bun

Beer



ቢራ

bira

Wine



ወይን

woyni

Vegetarian



ቪጀቴሪያን

vejeteriyani

Kosher



ኮሻር

kosher

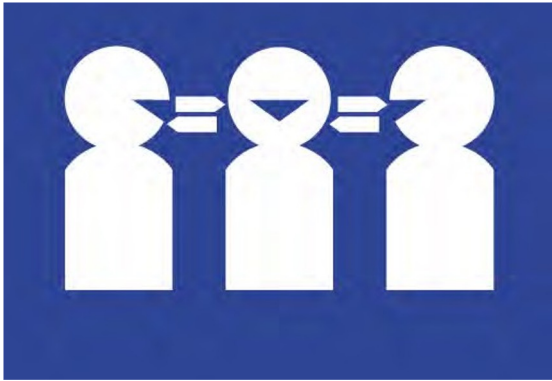
Halal



ሓላል

halal

Interpreter



ተረጎማን

teruguman

Family



ስድራቤት

sidrabet

Priest



ቐሺ

keshi

Priest



ቐሺ

keshi



Rabbi



ራባይ (ካህን ኣይሁድ)

rabai

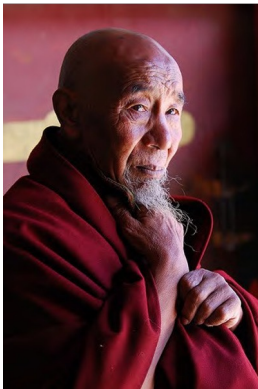
Imam



ኢማም

imam

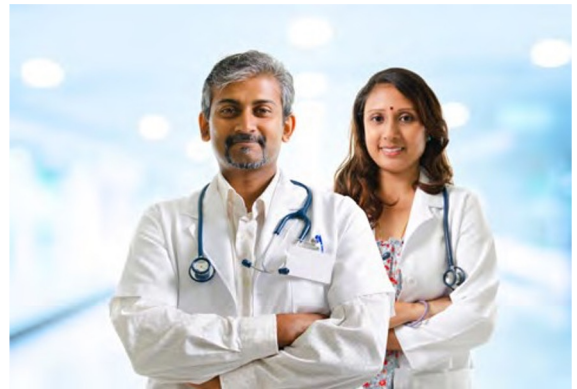
Monk



ፈላሲ

felasi

Doctor



ዶክተር

doctor



Nurse



ነርስ

nurse

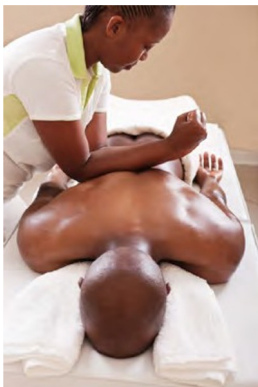
Physiotherapist



ክኢላ ኣካላዊ ሕክምና (ፒዝዮቴራፒስት)

kila akalawi hikimna

Massage



ምድራዝ

midraz

Podiatrist



ክኢላ ክንክን እግሪ

kila kinkin egri



Shower



ምሕጻብ ነብሲ

mihtsab nebsi

Toilet



ዓይኒ-ምድሪ

ayni midri

Wash Hands



ኢድካ ተሓጽብ

idka tehatseb

Clean Teeth



ኣስናንካ ተሓጽብ

asnanka tehatseb



Clean Room



ክፍልኻ አጽሪ

kiflka atsri

Get Up



ሓፍ ቦሉ

haf belu

Get Dressed



ክዳንካ ተኸደን

kidanka tehden

Get Dressed



ክዳንካ ተኸደን

kidanka tehden

Get Undressed



ክዳንካ ኣዉጽእ

kidanka awtsi

Get Undressed



ክዳንካ ኣዉጽእ

kidanka awtsi



Rest



የዕርፍ

yeerif

Sleep



ደቕስ

deqis

Exercise



ኣካላዊ ምንቕስቓስ ግበር

akalawi minkiskas giber

Activities



ንጥፈታት

nitifetat



Go to the Garden



ናብ ስፍራ ኣታኽልቲ ኪድ

sifra atahilti kid

Go for a Walk



ብእግርኻ ተንቐሳቐስ

bigirika tenkesakes

Telephone



ተሌፎን

telephone

Taxi



ታክሲ

taksi

Radio



ራዲዮ

radio

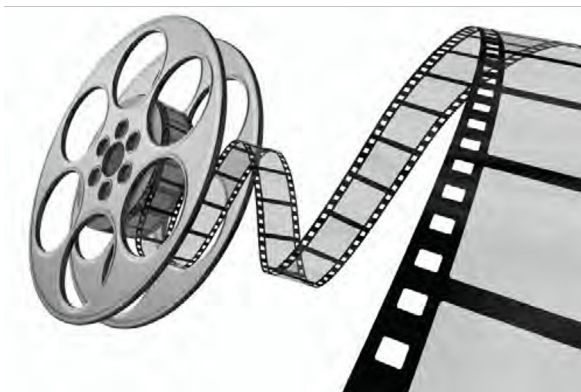
Music



ሙዚቻ

muzika

Film



ፊልም

film

TV



ተለቪዥን

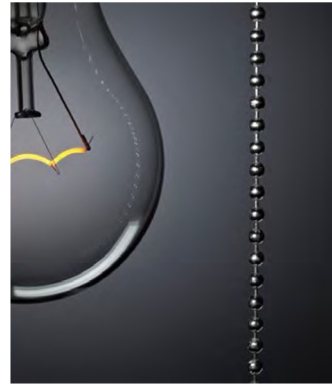
television

Light On



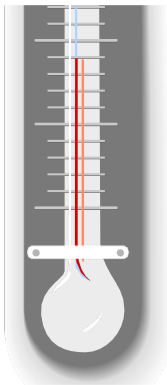
መብራህቲ ቦሪሁ
mebrahiti berihu

Light Off



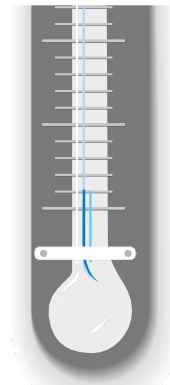
መብራህቲ ጠፊኡ
mebrahati tefiu

Hot



ትኩስ
tikusi

Cold



ዝሓል
zihul

Like



ምፍታዉ

miftaw

Dislike



ዘይምፍታዉ

zeymiftaw

Want



ድሌት

dilet

Don't Want



ዘይምድላይ

zeymidlay



Centre for
Cultural Diversity
in Ageing

Supported by Benetas

English Language Communication Cards

ናይ ትግርኛ ቋንቋ ሓሳብ ንሓሳብ ምልውዋጥ ካርድታት

What Time?



ሰዓት ክንደይ?

seat kindey?

Book



መጽሓፍ

metshaf

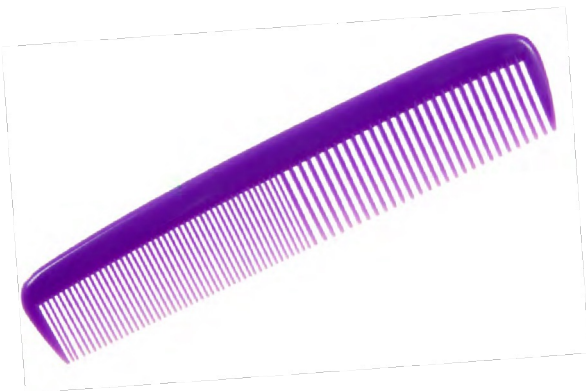
Glasses



መነጽር ዓይኒ

menetsir ayni

Comb



መመሽጥ

memshet

Makeup



መቼናጀዊ

mekonajewi

Watch



ሰዓት

seat

Jewellery



ስልማት

silmat

Hearing Aid



ናይ መስምራ ኣጋዚ

nay mesmi hagazi

Dentures



ሰብ ዝሰርሖ ስኒ

seb ziharso sini



Tissues



መንዲል

mendil

Incontinence Pad



ናይ ዘይምቕጽጽር ጉዝጋዝ

nay zemqutstsar guzgaz

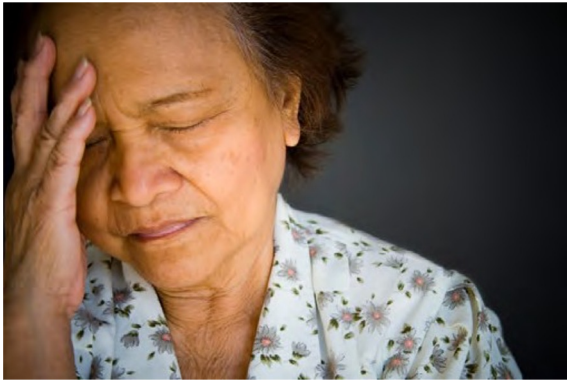
Pillow



መተርኣስ

meteras

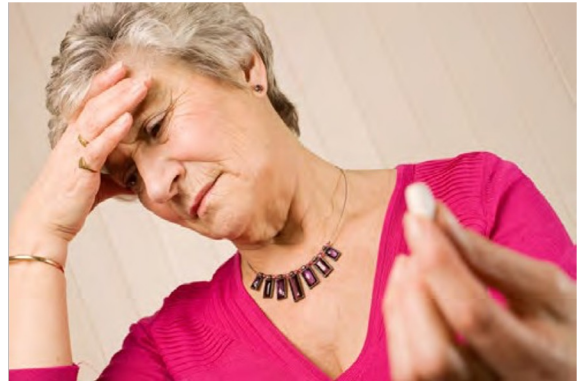
Pain



ቋንዛ

quanza

Painkiller



ፈጣሪ ናይ ቋንዛ

fewsi nay quanza

Medication



መድሃኒት

medhanit

Umbrella



ጽላል

tsilal

Walking Stick



መኸዲ በትሪ

mehdi betri

Walking Frame



ናይ መኸዲ መቻን

nay mehdi meqan

Wheeled Walker



ዓረብያ መቻን

arabia meqan

Wheelchair



ዓረብያ

arabia

Dressing Gown



በጃ ክዳን

beja kidan

Sleepwear



ናይ ለይቲ ክዳን

nay leyti kidan

Slippers



ሸበጥ

shebet

Underwear



ትሕቲ ክዳን ዝልበሱ

tihti kidan zilbesu



Shirt



ካምቻ

kamcha

Dress



ቆምሽ

kemish

Trousers



ሰረ

sire

Skirt



ጉርዲ

gurdi

Socks



ካልሲ

kalsi

Shoes



ጫማ

chama

Jumper



ጃምፐር (ቱታ)

tuta

Coat



ኮት

kot