SAY IT IN TIBETAN
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CONVERSATIONS IN COLLOQUIAL TIBETAN

by

NORBU CHOPHEL
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Note from the Publisher

Welcome to the eleventh edition of Say it in Tibetan, by Norbu Chophel. It gives us great pleasure in bringing out this latest edition. The book has been well received by the students of Tibetan as well as English Language as an ideal guide and reference.

The book was first published in 1989. It was mainly to fulfill the then need of foreign tourist wanting to pick up some Tibetan conversational knowledge. But today it has become a best selling guide on the subject. The book is not only used by foreigners to study English but also by Tibetans to study English. Many students have benefited from the book. We congratulate the author for the remarkable work.

To master the pronunciation effectively, we have audio cassette tape of the book too. Please note that some lessons toward the end of the book are not in the cassette. This is done only to maintain the standard time length of audio cassettes. We sincerely believe that the book will go long way in promoting better and constructive communication between our people and our foreign friends.

10th Dec 2000

Tsewang Gyalpo
President
INTRODUCTION

With the opening of Tibet to tourism, tourists have felt an urgent need to learn the Tibetan language and there was a frantic search for books catering to this need. But, unfortunately, there were no books dealing exclusively with conversations and hence this book was written to fill the gap.

The conversations have been grouped according to different situations, so that the user can refer to them easily depending on his need. I hope this particular arrangement will make the book much more useful.

Mr. Losang Tenzin Rikha has contributed much to the writing of this book, and indeed initiated the whole idea in the first place. I am very grateful to him, for without his help, initiative and useful suggestions, I would not have been able to complete the book.

Readers are advised to read the PRONUNCIATION GUIDE carefully before proceeding to the conversations.

Norbu Chophel

January 1992
PRONUNCIATION GUIDE

Remember that the phonetic sounds are given as they are sounded in general colloquial/spoken Tibetan and not as they are written. Every Tibetan word is given in its nearest possible English sound so that a reader can get a fairly good pronunciation simply by reading the phonetics—practice with the tape will make it even better.

I have followed no particular system of phonetics but my research in requesting many non-Tibetans to read the sentences has convinced me that my own system is acceptable to all. Pay special attention to 18 (tsha), 21 (zha) and 22 (za) as there are no proper English phonetic equivalents for them.

Try pronouncing the 30 consonants by listening to the tape.

1. ka — = as in skill
2. kha — = as in khampa
3. ga — = as in goat
4. nga — = as in sing
5. cha — = as in chill
6. chha — = as in China
7. ja — = as in jam
8. nya — = as in Daniel
9. ta — = as in French tu (thou)
10. tha — = as in with
11. dha — = as in dharma/thou
12. na — = as in net
13. pa — = as in spin
14. pha — = as in pheasant (lips closed)
15. ba — = as in big
16. ma — = as in met
17. tsa — = as in ritz
18. tsha — = as in ritz but in low tone.
19. za — = as in zebra

xi
20. wa = as in water
21. zha = no English equivalent
22. ža = no English equivalent
23. ’a = final sound of baa
24. ya = as in yell
25. ra = as in rail
26. la = as in lass
27. sha = as in shell
28. sa = as in sell
29. ha = as in hell
30. aa = as in aunty

As you go through the conversations the proper sound of the following letters will give you problem. These are the results of scribing (.Redis), super-scribing (.'Q,') of letters and adding of prefixes and suffixes ( ~· ) to letters changing completely the original sound of the ‘base’ letter. I have used here special diacritical marks to differentiate the sound of these from the normal sounds.

1. ŋa = as in sing but in high tone (eg: ŋ’ )
2. ñya = as in Daniel but in high tone (eg: ñ’ )
3. ða = as in stick (eg: ð’ )
4. lha = no English equivalent (eg: l’ )
5. ŋa = as in net but in high tone (eg: ŋ’ )
6. ña = as in met but in high tone (eg: ñ’ )
7. ña = as in yell but in high tone (eg: ñ’ )
8. ŋa = as in lama but in high tone (eg: ŋ’ )

Different Vowels used in the book:
1. a = always read as ‘a’ in aunty.
2. aa = read as ‘a’ in father.
3. ä = always read ‘a’ in man.
4. ay = read as ‘ay’ in day.
5. e = always read as ‘e’ in bed.
6. ey = as ‘ey’ in they (short sound).
7. i = always read as ‘i’ in fit.
8. o = always read as ‘o’ in rot.
9. ö = read as in German öffnen.
10. u. = always read as ‘u’ in put.
11. ü = as in German für.
| 1. Good luck. | ताशी दलिक | 2. Hello. | हैलो। |
| 2. Hello.* | हैलो। |
| 3. Welcome. | चाप्डे नांग। |
| 4. Please come in. | नांग-ले फे-रो नांग। |
| 5. Goodbye. | गा-ले प्हे। |
| 6. Yes. | रेण यिन धू। |
| 7. No. | मा-रेण भेयन मिन-धू। |
| 8. Perhaps. | चिङ जेना। |
| 9. Please. | थु-जी झिंक कु-क्यी। |
| 10. Sorry. | गोंग-धाया। |
| 11. Thanks/Thank you very much. | थु-जी-च्हे। |
| 12. Alright. | धिङ-झाअ। |
| 13. Very good. | याग-भो झे-दाय। |

* This Tibetanised English word is commonly used and accepted. The proper Tibetan equivalent (o-loy) is rather awkward and not very much in use these-days.
14. I have to go now.
   dha nga do-gö yö.

15. Don’t bother.
   thug-yang ma-ŋang.

16. It doesn’t matter.
   gang-ŋang gi ma-rey.

17. I am sorry.
   gong-gel me-pa chig.

   dhay-phe, dhay shog.

19. Go there.
   phaa-phe, phaa gyoo.

20. Come with me.
    nga ŋyam-duh phe.

    khong ŋyam-duh phe.

22. Come back later.
    to-tsam ney phe-sho.

23. Come early.
    ŋga-po phe-sho

24. Wait a bit.
    to-tsam goo ro-ŋang.

25. Wait for me.
    nga la goo-ro ŋang.

    dha-ta ren min-dhoo.

27. Not now.
    dha-ta ma-rey.

28. Listen.
    sen-dhang.
SOCIAL PHRASES

1. What is your name?
   khye-rang gi tshen-la ga-re zhu-gi yö?

2. My name is Norbu.
   ngay ming-la Norbu zi-gi yö.

3. This is Mr. Kelsang.
   khong Kelsang-la rey.

4. This is Mrs. Lhamo.
   khong a-chak Lhamo-la rey.

5. Pleased to meet you.
   khye-rang jel-ney ga-po joong.

6. How are you?
   khye-rang ku-zug dhe-po yin-pey?

7. Very well, thank you, and you?
   dhe-po yin, khye-rang ga-day yö?
8. Alright/Fine.
dhe-po-yin.

9. So, so.
a-o-tsam.

10. What is the news?
    sa-gyoo ga-re dhoo?

11. There is nothing new.
sar-pa gang-yang min-dhoo.

12. Please sit down.
    zhoo-dhen ja-ro ñang.

13. Its a pleasure to see you again.
    khye-rang yang-kyar jel-ney ga-po joong.

    tashi delek.

15. I like you very much.
    nga khye-rang la zhe-daa ga-gi dhoo.
16. Will I see you again?
   khye-rang yang-kyar jay-gi re-pey?

17. Let's meet again next week.
   dhun-tra je-ma yang-kyar jel-dho.

18. Give my regards to Mr. Tenzin.
   Tenzin laa-la ngay tsham-di zhu-ro ñang.

19. I enjoyed the food very much.
   kha-lag zhe-daa zhim-po joong.

20. Thanks for coming here.
   dhay phe-paa thu-je chhe.
1. What is your name?
   khye-rang-gi tshen ga-re rey?
   མ་སྟེན་རྗེ་རྒྱུད་?

2. My name is Tenzin.
   ngay ming-la Tenzin zi-gi yö.
   གཉིས་དིང་ལ་ཐེན་ཛི་གི་ཡོ་

3. How old are you?
   khye-rang gong-lo ga-tshey yin?
   མ་སྟེན་ཞྱོན་པ་?

4. I am 30 years old.
   nga lo sum-chu tham-pa yin.
   ག་ལོ་ཐུམ་ཕ་ཡིན་

5. Which country are you from.?
   khye-rang lung-pa ga-ney yin?
   མ་སྟེན་ལུང་པ་ག་གི་ཡིན་

6. I am from America.
   nga America ney yin.
   ག་ལོ་ཐུམ་ཕ་ཡིན་

7. What did you say?
   khye-rang-gi ga-re sung-pey?
   མ་སྟེན་ཞྱོན་པ་རྒྱུད་རྒྱུད་?
8. I did not say anything.
   **ngey gang-yang lab-med.**
   ཐངས་གང་ཡང་ལབ་མད་

9. What is this?
   **dhi ga-re rey?**
   ༩ི་ག་ར་རེ།

10. This is a camera.
    **dhi par-chhey rey.**
    ༩ི་ཕར་ཆད་པ་རེ།

11. What is that?
    **pha-gi ga-re rey?**
    ཉབ་ག་ར་རེ།

12. That is my book.
    **pha-gi ngay dheb rey.**
    ཉབ་ག་བེད་པ་རེ།

13. What shall I do now?
    **dha nga ga-re ji-gö rey?**
    དོ་ནག་ག་ར་ཇི་གོ་རེ།

14. You can go now.
    **dha khye-rang do-na dig-sa rey.**
    དོ་ཁྱེ་རང་དོ་ན་གི་གས་རེ།

15. What is the matter?
    **ga-re ɲang-song?**
    ག་ར་ɲང་སོང་
gang-yang jey ma-song.

17. What do you want?
khye-rang-la ga-re go?

18. I want a book on Tibetan history.
nga-la bö-pay gyal-rab kor dheb-chig go.

19. When did you come?
khye-rang ga-dü phe-pey?

20. I came yesterday.
nga kha-sang leb-yin.

21. When are you going?
khye-rang ga-dü phe-gey?

22. I will go tomorrow.
nga sang-nyin do-gi yin.

23. Where are you going?
khye-rang ga-paa phe-gey?
24. I am going to Lhasa.
   nga Lhesa-la do-gi yin.
   ཉང་ལེ་ས་ལ་འདོ་གི་ཡིན།

25. For how long are you going?
   gyun ring-lö phe-gey?
   གྱུན་རིང་ལོ་ཕེ་གྱེ་?

26. For two months.
   dha-wa nyee ring.
   དབྱ་འབ་འེ་རིང་

27. Where to?
   ga-paa?
   ག་པ་

28. Which?
   ga-gi?
   ག་ཇི་

29. When?
   ga-dhü
   ག་དྱུ

30. How far?
   thaa ring-lö?
   གཞལ་རིང་ལོ?

31. How many?
   ga-tshey?
   ག་ཚེ་
32. How much is this? 
   *dhay ga-tshey rey?*

33. How many people are there? 
   *mi ga-tshey dhoo?*

34. There are 60 people. 
   *mi dug-chu tham-pa dhoo.*

35. Who is this? 
   *dhi su rey?*

36. This is Namgyal. 
   *dhi Namgyal rey.*

37. Who are you? 
   *khye-rang su yin-pey?*

38. I am Lobsang. 
   *nga Lobsang yin.*

39. Who is that boy? 
   *bu pha-gi su-rey?*
1. What is your name?
   khye-rang gi tshen-la ga-re zhu-gi yö?
   དབུ་ཅུ་གཞི་གཞག་གཞི་ག་བཤེས་པ་

2. My name is Tashi.
   ngay ming-la Tashi zi-gi yö.
   ཉི་ཡི་མིང་ལ་ཞྲ་གི་བོད་

3. How old are you?
   khye-rang gong-lo ga-tshey yin?
   དབུ་ཅུ་གཞི་གང་ལོ་ག་ཚད་ཡིན་

4. I am 36 years old.
   nga lo sum-chu so-duk yin.
   ཉི་ལོ་སུམ་ཆུ་སོ་གུ་ཡིན་

5. Which country are you from?
   khye-rang lung-pa ga-ney yin?
   དབུ་ཅུ་གཞི་ལུང་པ་གནས་ཡིན་

6. I am from Canada.
   nga Canada ney yin.
   ཉི་གནས་གཉིས་

7. Where do you stay?
   khye-rang ga-paa zhoo-gi yö?
   དབུ་ཅུ་གཞི་ག་པ་གཞུ་བོད་གོ་བོད་
8. I am staying at Lhasa Restaurant.
nga Lhasa za-khang-la dhay-gi yö.

9. What is your father’s name?
khye-rang-gi paa-la gi tshen ga-re rey?

10. My father’s name is Dhondup.
ngay paa-la-gi tshen Dhondup rey.

11. What is your mother’s name?
khye-rang-gi a-ma-laa gi tshen ga-re rey?

12. My mother’s name is Yangchen.
ngay a-ma-laa gi tshen Yangchen rey.

13. Do you have any brothers and sisters?
khye-rang-la kum-che bu-dhang bu-mo yö-pey?

14. Yes, I have two brothers older than me.
la yö, nga-la jo-la ñyee yö.

15. Don’t you have any sisters?
khye-rang la kum-chey bu-mo mey-pey?
16. No, I don’t have any.
la mey, chig-kyang mey.
ལ་མེད་དེ་མེད་པའི་

17. What is your profession?
khye-rang chhaa-ley ga-re ṇang-gi yö?
ཁྱེརང་ཆུང་ལྷེས་གསུང་བཞི་ཡོད་

18. I am a student.
nga lob-troo yin.
ང་ལོབ་ལྷོས་ཡིན་

19. I am a teacher.
nga ge-gen yin.
ང་གེ་གནས་ཡིན་

20. I am a businessman.
nga tshong-pa yin.
ང་ཚོང་པ་ཡིན་

21. I have no work.
nga-la ley-ka mey.
ང་ལ་ལྷེ་ལ་མེད་

22. Who are you?
khye-rang su-yin-pey?
ཁྱེརང་སུ་ཡིན་ཡེ་

23. I am a friend of Tenzin.
nga Tenzin-gi dog-po yin.
ང་བོན་གེ་དགོ་པོ་ཡིན་
24. I am here on a vacation.
    nga dhay goong-seng-la yong-pa yin.

25. I have been here for one week.
    nga dhay jeb-ney dhun-tra chig chhin-song.

26. We plan to stay here until Friday.
    nga-tsho dhay ža pa-sang-bar dhay-tsi yö.

27. I am going to Gyantse.
    nga Gyantse-la do-gi yin.

28. I am in a hurry.
    nga-la de-wa yö.

29. I am busy.
    nga de-wa chhen-po yö.

30. I am feeling cold.
    nga khyaa-gi dhoo.

31. I am hungry.
    nga do-kho to-gi dhoo.
32. I am tired.
   *nga thang chhey-song.*

33. I am glad.
   *nga ga-po joong.*

34. I am disappointed.
   *nga jo-pham joong.*

35. I cannot do this.
   *ngey dhi ji thub-sa ma-rey.*

36. They are angry.
   *khong-tsho khong-tro lang-dhoo.*

37. Are you happy here?
   *khye-rang dhay kyi-po dhoo-gey?*

38. Yes, I am very happy here.
   *la dhoo, kyi-po zhe-daa dhoo.*

39. How are you?
   *khye-rang ku-zug dhe-po yin-pey?*
MAKING YOURSELF UNDERSTOOD

1. Do you speak English?  
   khye-rang-gi in-ji khyen-gi yö-pey?

2. Yes, a little.  
   la yö, tog-tsa shing-gi-yö.

3. Can you read Chinese?  
   khye-rang-gi gya-yig log khyen-gi yö-pey?

4. No, I cannot read Chinese.  
   la mey, ngey gya-yig log shing-gi-mey.

5. Does anyone here speak English?  
   dhay in-jee key khyen-khen yö-pey?

6. Yes, we can all speak English.  
   yö, nga-tsho tshang-mey in-ji shing-gi-yö.

7. Do you understand me?  
   ngey zhü-pa khyen-song-ngey?
8. I understand. I cannot understand.
   ngey shey-song. ngey shey ma-song.

9. I can read some Tibetan.
   ngey bö-yig tog-tsa log shing-gi-yö.

10. I do not know.
    ngey shing-gi-mey.

11. Please repeat it.
    yang-khar sung-ro ṇang.

12. Please write it down.
    yig-thog di-ro ṇang.

13. You are right.
    khye-rang dhen-pa rey.

14. What is the meaning of this?
    dhee dhon-dhag ga-re rey?
1. What is the name of this place?
   sa-chha dhee ming ga-re rey?

2. This is Lhasa.
   dhi Lhesa rey.

3. Are there any important monasteries here?
   dhi khul gon-pa chhe-khag yo-re-pey?

4. Yes, Sera, Drepung and Gaden.
   yo-rey, Sera dhang Drepung Gaden chey yo-rey.

5. Can I visit the monasteries?
   nga gon-pa dhe-tsho-la do chho-gi re-pey?

6. Yes, you can visit them any time.
   rey, ga-dú phe-nay di-gi rey.

7. Is there any library in this town?
   dong-dhe dhee-nang pe-zö-khang yo-re-pey?
8. No, there are no libraries here.  
   * dhay pe-zö-khang yo ma-rey. *

9. Where is the newspaper agent?  
   * tshag-par tshong-khen ga-paa yo-rey? *

10. The newspaper agent is far from here.  
    * tshag-par tshong-khang dhi-ney thaa ring-po rey. *

11. I want to buy a newspaper in English.  
    * nga in-jee tshag-par chig nyo-go yö. *

12. What is the altitude of this place?  
    * sa-chha dhee tho-tshey ga-tshey rey? *

13. It is about ten thousand feet.  
    * phu-ti tong-traa chu-tsam rey. *

14. What is the population of this place?  
    * sa-chha dhee mi-bor ga-tshey rey? *

15. It is about twenty-thousand.  
    * tong-trag nyi-shu tsam rey. *
16. I want to visit some historical places.
   nga lo-gyu dhen-pay sa-chha ga-shey ta-dhö dhoo.

17. Where is the postoffice?
   dag-khang ga-paa yo-rey?

18. There is a small postoffice behind this building.
   khang-pa dhee gyab-lo la dag-khang chhung-chhung chig yo-rey.

19. How is the weather here in winter?
   gun-kha nam-shi ga-day yo-rey?

20. It is very cold.
   zhe-daa dang-mo yo-rey.

21. Where is the Tibetan Library?
   bö-kyi pe-zö-khang ga-paa yo-rey?

22. The Tibetan Library is in Gangchen Kyishong.
   bö-kyi pe-zö-khang Gangchen Kyishong la yo-rey.
1. Where is the customs office?
   go-trel le-khung ga-paa yo-rey?

2. It is over there.
   pha-gay yo-rey.

3. Here is my luggage/baggage.
   ngay cha-lag dhay yö.

4. This is my passport.
   dhi ngay paa-si yin.

5. I have only clothes in the box.
   gam-dhee nang dhug-lo chig-po yin.

6. Everything is for my personal use.
   tshang-ma nga-rang ger-gyi be-chö je-yey yin.

7. This is not new.
   dhi saa-pa ma-rey.
8. These are only for gifts.
   dhi-tsho la-ta ṭe-yā chig-po yin.

9. I brought this ring in India.
   tshi-kho dhi gya-kar ney nyö-pa yin.

10. I have only one camera.
    nga-la par-chey chig-ley mey.

11. The bag over there is not mine.
    to-phey pha-gi ngay ma-rey.

12. This is all that I have.
    nga-la yö-pa dhi-rang yin.

13. Have you finished?
    dha tshar-song-ngey?

14. May I go now?
    dha nga do-na di-gi re-pey?
BAGGAGE

1. I have five items in my bag.
   ngay to-phey nang cha-laa ṇe-kha ṇga yö.

2. How much baggage are we allowed to carry?
   dho-chey ga-tsey khyer chhog-gi rey?

3. I cannot find my baggage.
   ngay dho-chä ŋyee-gi min-dhoo.

4. One of my baggage is missing.
   ngay dho-chey chig tshang min-dhoo.

5. I want to leave this suitcase here for tonight.
   gam dhi dho-gong-ring dhay zhaa-gi yin.

6. Give me a receipt for the luggage.
   dho-po dhay joong-zin chig ṇang-ro.

7. This is not my luggage.
   dhi ngay dho-po ma-rey.
8. My suitcase is black.
ngay gam nag-po rey.

9. Carry this to the busstand.
dhi bus bab-tshoo la kyay-ro ṇang.

10. Don’t forget this one.
dhi ma-jey-pa je-AA.

11. I shall carry this myself.
dhi nga-rey khyay-chhog.

12. I want a porter.
ngā la dho-po khyer-khen chig go-dhoo.

13. I want to hire a taxi.
ngā taxi chig la-gi yin.

14. Handle this carefully.
dhi žab-žab jey-te khyer-aa.

15. What is the charge?
la-chha ga-tshey rey?
### TRAVEL DIRECTIONS

#### Useful Words

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<tr>
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<tr>
<td>rum-dhen-zo-da</td>
<td>འབྲི་བོད་་བ།</td>
</tr>
</tbody>
</table>
1. Where is the airlines office?  
\[ \text{ nam-du'i le-khung ga-paa yo-rey? } \]

2. It is on the other street.  
\[ \text{ gya-lam-gi phar-chho-la yo-rey. } \]

3. Where is the travel agent’s office?  
\[ \text{ dim-dul le-khung ga-paa yo-rey? } \]

4. It is behind the airlines office.  
\[ \text{ nam-du'i le-khung-gi gyab-lo la yo-rey. } \]

5. Where is the tourist office?  
\[ \text{ yul-kor to-chham-gi le-khung ga-paa yo-rey? } \]

6. The third building on the left is the tourist office.  
\[ \text{ lag-pa yon-gyi khang-pa sum-pa dhe rey. } \]

7. How long does it take to walk to the monastery?  
\[ \text{ gon-pa dhe bar gom-pa gyab-na ga-tshey gor-gi rey? } \]

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8. It will take only ten minutes.
   kar-ma chu ma-tog gor-gi ma-rey.

9. Is this the shortest way?
   lam-khaa dhi thung-shö re-pey?

10. Yes, this is the shortest way.
    rey. dhi thung-shö rey.

11. How far is the hospital from here?
    dhi-ney men-khang bar thag ring-lö rey?

12. It is only three minutes walk from here.
    gom-pa gyab-na kar-ma sum-ley gor-gi ma-rey.

13. Which road is this?
    lam-khag dhi ga-gi rey?

14. This is the main road to the temple.
    dhi tsug-la-khang-la do-say gya-lam-rey.

15. Is there any public transport service?
    mi-rpang dul-khor yö-re-pey?
16. Yes, there are hourly bus services.  
\textit{yo-rey. chuu-tshö re-re la do-khen bus yo-rey.}

17. Is there any short-cut route to the river?  
\textit{tsang-chhu-la do-say gyog-lam yo-re-pey?}

18. No, there are no short-cuts.  
\textit{gyog-lam yo ma-rey.}

19. Can we walk from here?  
\textit{dhi-ney gom-pa gyab-na leb-kyi re-pey?}

20. Yes, but it will take very long.  
\textit{rey. yin-nay dü-tshö zhe-daa gor-gi rey.}

21. Should I turn left or right?  
\textit{yon-la kyo-gö re-pey, yey-la kyo-gö rey?}

22. You must turn left.  
\textit{yon-la kyo-gö rey.}

23. Please show me the way to the market.  
\textit{nga-la trom-la do-say lam-khaa tön-ro ṇang.}
24. Please take me to the handicrafts shop.
   nga lag-ẑö ngo žog tshong-khang-la tri-ro ẑang.

25. Where is the Tibetan Library?
   bö-kyi pe-zö-khang ga-paa yo-rey?

26. It is in Gangchen Kyishong.
   Gang-chen Kyi-shong la yo-rey.
BUS AND TAXI

1. Where is the busstand?
   bus bab-tshug ga-paa yo-rey?
   རྟོགས་ལུགས་ནས་འོར་རེ་

2. It is in front of that hotel.
   don-khang pha-gee dhun-la yo-rey.
   དེར་ཁང་བཞག་ཐོས་ལ་འོར་རེ་

3. When does the bus leave for Delhi?
   dhi-lir bus ga-du do-gi rey?
   ཀྲུང་ལུགས་ནས་འོར་རེ་

4. It leaves at 7 in the morning.
   zhog-khey chhu-tshö dhun-paa do-gi rey.
   རོག་ལྷག་ཁྲ་བུ་ཐོས་ལ་འོར་རེ་

5. What is the fare?
   la-chha ga-tshey rey?
   འལ་ཆ་འག་ཤེའི་རེ་

6. It is 75 Rupees.
   go-mo dhun-chu dhon-ńga rey.
   གོ་མོ་དབུན་ཆུ་དོན་ང་རེ་

7. Does it go by Chandigarh?
   Chandigarh gyü-ney do-gi re-pey?
   གྲྭུ་དང་བོད་གྱི་དོ་གི་རེ་ཕེའི་
8. Yes, it will go via Chandigarh.
   rey. Chandigarh gyü-ney do-gi rey.

9. I want to get off at Chandigarh.
   nga Chandigarh la bab-gi yin.

10. I want to go to Chandigarh.
    nga Chandigarh la do-gö yö.

11. Does this bus go to Lhasa?
    bus dhi Lhe-saa do-gi re-pey?

12. Yes, it will go to Lhasa.
    la rey. dhi Lhe-saa do gi rey.

13. Does it stop on the way?
    lam-la kaa-gi re-pey?

14. Yes, it will stop for Lunch.
    la rey. nyin-goong zhe-la la kaa-gi rey.

15. Where is the booking office?
    lag-khyer nyo-say le-khung ga-paa yo-rey?
16. It is at the busstand.

*bus* bab-tshug rang-la yo-rey.

17. Where can I get a taxi?

*nga-la taxi* chig ga-ney raa-gi rey?

18. Near the busstand.

*bus* bab-tshug gi nye-dam ney raa-gi rey.

19. Take us to the hospital.

*nga-tsho rpen-khang* a tri-ro ṇang.

20. Take me to the hotel.

*nga dön-khang* la tri-ro ṇang.

21. The fare is too high.

*la-chha chhen-po* zhe-daa rey-dhoo.
1. Where is the postoffice?
   da-khang ga-paa yo-rey?

2. It is near the carpet shop.
   dum-zay tshong-khang gi tri-dhay yo-rey.
3. I want to send this by airmail.  
*dhi nam-dag tho tang-go yö.*  
ཐོ་དྭ་ལེ་དག་ཐོ་ཤང་གོ་ཡོ་

4. Is it okay to send it like this?  
*dhi-dey-si tang-na di-gi re-pey?*  
ཐོ་དྭ་དྱེ་སི་ཤང་གན་ཤི་འདེ་ཡོ་

5. The packet contains only books.  
*dhee nang dheb sha-taa yin.*  
དྭེད་ནང་དབེ་སྐབ་སྲིད་ཡིན་

6. I want to send this parcel.  
*ngag parcel dhi tang-gö yö.*  
ངས་པརེ་དྭོ་ཤང་གོ་ཡོ་

7. What time does the post office open?  
*da-khang chhu-tshü ga-tshey la go chhe-gi rey?*  
ད་ཁང་ཆུ་ཚུ་ག་ཚེ་འྲ་ལེ་གོ་ཆུས་གེ་རྒྱ་

8. It will open at 10 a.m.  
*ngag-do chhu-tshö chu-pa-la go chhe-gi rey.*  
ངས་འདོ་ཆུ་ཚོག་ཆུ་པ་ལ་གོ་ཆུས་གེ་རྒྱ་

9. How long will it take to reach London?  
*London bar ga-tshey gor-gi rey?*  
ུདྲུན་འབུ་རི་ག་ཚེ་གེ་རྒྱ་

10. It will take one week.  
*dhun-traa chig gor-gi rey.*  
བདུན་ལྷུ་གོ་རྒྱ་གེ་རྒྱ་
1. Please may I use the telephone?
   kha-paa be-chö tang chhog-pa chi?

2. Yes, please use it.
   la-'long. be-chö ṇang-ro-ṇang.

3. I want to call this number.
   nga ang-dang dhi-la kha-paa tang-gö yö.

4. Call me at this number.
   ang-dang dhi-thog-la zhal-paa ṇang-ro.

5. My telephone number is 673.
   ngay kha-paa ang doo dhun sum yin.

6. Is it possible to call London from here?
   dhi-ney London-la kha-paa tang thub-gi re-pey?

7. No, you will have to call from Delhi.
   ma-rey. khye-rang Delhi ney tang gö-kyi rey.
8. Will the call be clear?
   kha-paa sal-po yong-gi re-ney?

9. Yes, it will be very clear.
   rey, sal-po zhe-daa yong-gi rey.

10. Hello! who is speaking?
    hello. zhal-paa ńang-khen su yin-no?

11. This is Dawa speaking.
    nga Dawa yin.

12. I cannot hear you clearly.
    ngey sal-po go-gi min-dhoo.

13. To whom do you want to speak?
    khye-rang su-la ka-mol ńang-gö yö?

14. I want to talk to Tashi.
    nga Tashi-la ke-chha shey-gö yö.

15. Please hold the line.
    tog-tsa goo-ro ńang
16. I will go and call Tashi.
ngé Tashi-la key tang-chho.

17. Please call him to the phone.
khong kha-paa yö-saa key tang-ro-ňang.

18. He is not here now.
kho-rang dha-ta dhay min-dhoo.

19. He will be back in one hour.

20. Please give him a message.
khong-la jaa-len ńang-ro-ńang.

21. Yes, what is the message?
lá-ńong jaa-len ga-re yin-no.

22. Please tell him to ring me up.
nga-la zhal-paa ńang-ro sung-ro.

23. What is your telephone number?
khye-rang gi zhay-paa ang-dang ga-tshey rey?
24. My telephone number is 234.
   ngay kha-paa ang nyee sum zhi yin.

25. Are there any telephone booths around here?
   dhi-khul kha-paa tang-sa yo-re-pey?

26. No, you will have to call from a hotel.
   yo ma-rey. don-khang chig-ney tang ńang-gō rey.

27. The telephone is out of order.
   kha-paa-la kyön shor-shaa.

28. I will call back later.
   ngey jey-su kha-paa tang-chho.

29. How much do I have to pay for the call?
   kha-paa tang-la ga-tshā phul-gō rey?

30. No, you don’t have to pay anything.
   gang-yang ńang-gō ma-rey.
HOTEL**

Useful Words

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<td>mi-chig nyel-khang</td>
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<tr>
<td>Double room</td>
<td>mi-ñyee nyel-khang</td>
</tr>
<tr>
<td>Rate per day</td>
<td>nyin-ray ža-chha</td>
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<tr>
<td>Toilet</td>
<td>sang-chö</td>
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<tr>
<td>Bathroom</td>
<td>trü-khang</td>
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<tr>
<td>Blanket</td>
<td>kam-pa-li*</td>
</tr>
<tr>
<td>Pillow</td>
<td>ņgey-go</td>
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<tr>
<td>Pillow case</td>
<td>ņgey-shub</td>
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<td>Hot water</td>
<td>chhu tsha-po</td>
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<td>Cold water</td>
<td>chhu dang-mo</td>
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<tr>
<td>Fan</td>
<td>žung-khor</td>
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<tr>
<td>Clean</td>
<td>tsang-ma</td>
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* This is a loan word from Hindi.
** Hotel can be alternately translated as za-khang as is common these days. Though the heading is given as dön-khang, it is being used to mean za-khang also.
Towel  a-chor
Bed  nyay-tri
Bedsheet  nyel-rey
Passport  paa-si

1. Where can I find a place to stay?

ηey-tshang chig ga-paa raa-gi rey?

2. There are many hotels and guest houses here.

dhay dön-khang mang-po zhe-daa yo-rey.

3. I am looking for a good hotel.

nga dön-khang yag-po chig tshay-gi yö.

4. I am looking for an inexpensive hotel.

nga don-khang khe-po chig tshay-gi yö.

5. I want to stay in the village.

nga dong-seb kyee-la dhey-dhö dhoo.
6. I want a quiet location.  
ngā-la dhey-sa kha-khu sim-po chig go.

7. I prefer to be close to the monastery.  
ngā gon-pay nye-dam la dhey-dhō dhoo.

8. Where is the registration desk?  
dheb-kyay je-sa ga-paa-rey?

9. Please fill in this form.  
geng-sho dhi gyang-ro-ṇang.

10. Sign here, please.  
dhay tshen-taa kyon-ro ṇang.

11. Please show me your passport.  
khye-rang gi paa-si ton-ro ṇang.

12. Here is my passport.  
ngay paa-si dhay yō.

13. Please show me a good room.  
ngā-la khang-mi yag-po chig ton-ro ṇang.
14. Do you have a single room?
mi-chig nyel-say khang-pa yö-pey?

15. No, we have only double rooms.
mey. nga tshor mi-ñyee dhey-sa ma-to mey.

16. What is the rate per day?
nyin-ray khang-la ga-tshey rey?

17. It is 50 Rupees per day.
nyi-ma chig la gor-mo ñgab-chu rey.

18. Do you have a cheaper room.?
dhi-ley khye-wa yö-pey?

19. No, this is the cheapest.
mey. dhi khye-shö rey.

20. It is very expensive.
dhi gong chen-po zhe-daa rey-dhoo.

21. Is it cheaper if I stay longer.
gyun ring-po dhey-na gong khye-wa yo re-pey?
22. No, it is the same.
   yo ma-rey. chig-pa rey.

23. I shall stay for one week only.
   nga dhun-traa chig-ley dhay-gi men.

24. I would like to see the room.
   nga khang-mi dhe ta-gi yin.

25. Please show me the room.
   nga-la khang-mi dhe ton-ro Ṇang.

26. What is my room number?
   ngay khang-mi gi ang-dang ga-re rey?

27. It is room number 20.
   ang nyi-shu tham-pa rey.

28. Please send my luggage here.
   ngay cha-laa dhay tang-ro Ṇang.

29. Please change the bedsheet with a clean one.
   nyel-rey dhi tsang-ma chig-dhang je-ro Ṇang.
30. I want my breakfast in my room.
zhog-ja khang-pay nang-la go.

31. Please send me a glass of boiled water.
cchu-khol *glass* gang tang-ro ñang.

32. I want to speak to the hotel manager.
nga za--khang gi gen-zin la ka-mol zhu-go yö.

33. I am leaving my room keys here.
ngay khang-mi gi dhi-mig dhay zhaa-gi yin.

34. When must I check out?
nga dhi-ney ga-dü thon-gö rey?

35. Checkout time is 12 noon.
thön-yey dhü-tshö nyin-gang chhu-tshö chung-nyi rey.

36. Can I pay in US Dollars?
a-ree *Dollar* phul-na dee-gi re-pey?
37. No, we take only Chinese currency.
   gya-mee go-mo ma-tog len-gi mey.
   དགའ་མེད་གօ་མོ་དགའ་ལེན་གི་མེད།

38. Thanks for the stay. I had a good time.
   thu-je-chhe. dhey-pay ring kyi-po joong.
   དུ་གནས་ཞི་དུགས་པའི་རིང་གི་པོ་ོང་།

39. We are glad. Please come again.
   nga-tsho ga-po joong. yang-kya phe-ro ṇang.
   གནས་ཐོ་ག་པོ་ོང་། དབང་་པོ་ོ་ང་།

40. Bye, bye, see you again.
    zhoo-dhen jaa. yang-kyaa jey-yong.
    བེའི་ཤེན་བསྡུ་བ་ལ་བོ་བོ་ནོང་།
1. Can I find a bar around here?
   *dhi-khul chhang-raa thung-sa yo re-pey?*
   ᐄིནོ་ཆེན་པོ་བོ་སྦྱོར་བོད་

2. Yes, every hotel has a bar.
   *yo-rey. za-khang tshang-maa yo-rey.*
   ཡོ་རྟེ་གཞི་ཁང་ཐོང་མ་ཡོ་རྟེ་

3. I want to look at the bar menu.
   *nga chhang-raa gi tho-zhung la ta-gi yin.*
   ཉ་ཆེན་པོ་གཅོད་ཀྱི་ཐོབ་ཐོང་ལ་ི་་

4. Please give me whiskey.
   *nga-la whiskey ṇang-ro.*
   ཉང་ལ་ཞི་་

5. Please give me a bottle of beer. 
   *nga-la beer shay-dham chi ṇang-ro.*
   ཉང་ལ་བོར་ིས་དཔོན་ཆ་ཐང་་

6. Do you serve chhang here?
   *dhay chhang tshong-yey yo re-pey?*
   དབུ་ཆེན་པོ་ཚོང་ཡེ་ཡོ་ར་པོ་

7. No, we do not serve chhang here.
   *la mey. nga-tsho chhang tshong-gi mey.*
   བ་འེད་་ཆེན་པོ་ཚོང་གི་མེ་
8. Where can I get chhang?
   chang ga-ney raa-ri rey?

9. It is available everywhere.
   ga-sa ga-ney raa-ri rey.

10. Can you get me some chhang?
    nga-la chang tog-tsa raa-thab ṣa-ng thub-ri re-
    pey?

11. Yes, I will try.
    rey, nga-ri thab-shey jey-chho.

12. I like chhang very much.
    nga chang la ga-po zhe-daa yö.

13. I have taken some chhang before.
    ṣa-gon-ma nga-ri chhang tog-tsa thung-nyung.

14. Chhang tastes better than beer.
    bi-yar ley chhang zhim-pa dhoo.
15. Is it difficult to make chhang?

chhang zo-yey khag-po yo re-pey?

16. No, but it is difficult to make a good chhang.

ma-rey. yin-nay chhang zhim-po zo-yey khag-po rey.
VISITING A RESTAURANT

Useful Words

Breakfast
zhog-ja

Lunch
nyin-gung kha-laa

Dinner
gong-dhaa kha-laa

Hot
tsha-po

Cold
dang-mo

Fresh
sö-pa

Salad
dang-tshel

Sweet
ngaa-mo

Boiled
khol-ma

Fried
ngö-pa

Tea
ja

Milk
wo-ma

Butter
maa

Egg
go-nga
1. Please show me a good restaurant.  
   nga la ڭa- khang yag-po chi ton-ro ڭang.

2. Do you serve Tibetan food?  
khye-ڭaa tshö bö-pay zhel-la ڭo ڭang- gi ｲー- pey?

3. Yes, we do serve Tibetan food.  
   la ｲー. nga-tshö bö-pay kha-la ざ- gi ｲー.

4. At what time do you serve breakfast?  
   zhog-ja ga-dhū kyaa ڭang- gi ｲー?

5. Anytime you want.  
   kye-rang la ga-dhū go-nay.
6. Do you make momo?
mo-mo zo ēang-gi yô-pey?

7. Yes, it is our speciality.
la yô. dhe nga-tsho’i mig-say chig rey.

8. We would like a table by the window.
nga-tshor gi-gung tri-gi dok-tse chig go.

9. I would like to wash my hands.
nga lag-pa tru-gô yô.

10. What special food do you serve here?
dhay mig-sel zhel-laa ga-re yô?

11. We serve very good sha-bak-leb.
sha-baa-le yag-po zhi-daa yô.

12. Please bring me a glass of water.
nga-la chhu glass gang ēang-ro.

13. Do you have curd?
dhay zho yô-pey?
14. Yes, would you like it with or without sugar?
   la yö. je-ma-ka-ra yö-pa yin-no mey-pa yin-no?

15. With a little sugar, please.
   je-me-ka-ra tog-tsa yö-pa ḋang-ro.

16. Please give me a black coffee.
   nga-la coffee wo ma mey-pa chig ḋang-ro.

17. Do you make Tibetan tea?
   bö-ja zo ḋang-gi yö-pey?

18. Yes, but it will take some time.
   la yö. yin-nay dhū-tshö tog-tsa gor-gi rey.

19. I want some more salad.
   nga-la dha-dhung dang-tshel tog-tsa go.

20. I want it fresh.
   dhe sō-pa go.

21. I want it fried.
   dhe ṭgö-ney go.
22. I want it steamed.
   dhe ṭang-tšö gyab-ney go.
   དེ་ཤང་སྟོབས་གྱབ་ནེ་བོ།

23. I want it hot.
   dhe tsha-po go.
   དེ་ཤ་པོ་བོ།

24. Please give me a cup of tea.
   nga-la ja ka-yöe gang ʒang-ro.
   གཉ་ལ། བླ་བེ་གང་གཞིང་རོ།

25. Please give me some more of this.
   dhi-day dha-dhung tog-tsa ʒang-ro.
   དོི་དད་དྲ་དུང་ཐོད་ཙམ་གཞིང་རོ།

26. I want nothing more.
   dha gang-yang ma-go.
   དོི་དགེང་ཡང་མ་བོ།

27. You may take this away.
   dhi phaa khey-na dig-sa rey.
   དོི་ཕག་མཁས་དགིས་ས་རྡེ་ལ།

28. Please give me the bill.
   nga-la thob-tra ʒang-ro.
   གཉ་ལ། ཐོབ་གྲ། གཞིང་རོ།

29. Keep the change.
   see-ma nyaa-ʒang.
   སེ་མ་ཉ་བཞིང་་
30. What time do you close at night?
   tshen-mo chhu-tshö ga-tshey-la go gyaa-gi yö?
   ཤེས་བོའི་གཅུ་གྲོལ་མས་གྱིས་ཡོད།

31. We close at 10 p.m.
   tshen-mo chhu-tshö chu-pa-la go gyaa-gi yö.
   ཤེས་བོའི་ཕུག་པ་ལ་མས་གྱིས་ཡོད།

32. The food was excellent.
   kha-lag yag-po zhe-daa dhoo.
   བེས་གཤིས་དགོངས་དོག་
SIGHTSEEING

Useful Words

Park
jing-ka

Fort
khar-zong

Cave
da-a-phu

Castle
gyal-khang

Museum
dem-ton-khang

Palace
pho-dang

Ruins
tor-shul

Monastery
gon-pa

Temple
Iha-khang/tsug-laa khang

History
gyay-rab

1. Do you speak English?
   khye-rang-gi in-ji khyen-gi yö-vey?

2. I want a guide who can speak English.
   nga-la ne-shen-pa in-ji shen-khen chig go-dhoo
3. Yes, I can speak English.
   yö. ngey in-ji shing-gi yö.

4. I want to go on a sightseeing.
   nga ta-kor la do-gi yin.

5. Do you know this place?
   khye-rang gi sa-chha dhi gyüe yö-pey?

6. Yes, I lived here for 10 years.
   yö. nga sa-chha dhay lo chu dhey-pa yin.

7. Will you guide me around?
   nga-la dhi-khul gyüe-ngaa ngaang-gey?

8. Yes, I can show you around.
   la wong. gyüe-ngaa zhüe-chho.

9. There are lots to see here.
   dhay ta-yey zhe-daa yo-rey.

10. Are there any conducted sightseeing tours?
    zhung-gi kö-dig jey-pay ta-kor yo re-pey?
11. Yes, but you won’t see much.
   yo-rey. yin-nay mang-po thong-gi ma-rey.

12. How long will the excursion take?
   ta-jor dhi dhū-tshō ga-tshey gor-gi rey?

13. It will take 3 hours.
   chhu-tshō sum gor-gi rey.

14. What is the cost of the trip?
   ta-kor tri-pay la-chha ga-tshey rey?

15. It is 50 Dollars per head.
   mi ray-la Dollar ņgab-chu tham-pa rey.

16. What time will you pick us up from our hotel?
   nga-tsho za-khang ney ga-dhū len-khaa yong-gi yin?

17. We will pick you up at 10 O’clock in the morning.
   zho-khey chhu-tshö chu-paa len-khaa yong-gi yin.

18. How long does it stop at each place?
   sa-chha re-re la dhū-tshö ga-tshey kaa-gi rey?
19. It stops for 15 minutes only.
   kar-ma chö-nga ley kaa-gi ma-rey.

20. Is photography allowed?
   par gyab chho-gi re-pey?

21. Photography is completely forbidden.
   par tsa-wa-ney gyab chho-gi ma-rey.

22. I would like to see the temple.
   nga lha-khang dhe ta-dhö dhoo.

23. I want to visit a museum.
   nga dem-ton-khang chig-la do-dhö dhoo.

24. I would like to buy a statue like this.
   nga kun-da dhi da-po chig nyo-dhö dhoo.

25. How old is this monastery?
   gon-pa dhi ñying-lö rey?

26. It was built in the 9th century.
   dhi dhü-rab gu-pay nang gyab-pa rey.
27. I enjoyed the trip very much.
   ta-kor kyi-po zhe-daa joong.

28. Thank you very much for showing us around.
   nga-tsho ta-kor la tri-paa thu-je-che.
## VISITING A MONASTERY

### Useful Words

1. Abbot  
   **khen-po**
2. Butter lamp  
   **chhö-me**
3. Incarnate lama  
   **ṭul-ku**
4. Monastery  
   **gon-pa**
5. Monk  
   **da-pa**
6. Offering  
   **chhö-bul**
7. Sect  
   **chhö-lug**
8. Statue  
   **kun-da**
9. Temple  
   **lha-khang**
10. Bonpo  
    **bon-po**
11. Gelug  
    **ge-lug**
12. Nyingma  
    **ñying-ma**
13. Sakya  
    **sa-kyā**
14. Drepung  
    **de-pung**
15. Gaden
\textit{ga-den}

16. Sera
\textit{se-ra}

1. Is there a monastery around here? 
\textit{dhee nye-dam la gon-pa yo re-pey?} 

2. Yes, there are several of them. 
\textit{yo-rey. kha-shay chig yo-rey.}

3. Which is the biggest monastery? 
\textit{gon-pa chhe-shö ga-gi rey?}

4. Drepung is the biggest one. 
\textit{day-pung chhe-shö rey.}

5. To which sect does this monastery belong? 
\textit{gon-pa dhi chhö-loo ga-gée rey?}

6. This is a Gelugpa monastery. 
\textit{dhi ge-lug-pay gon-pa-rey.}
7. I want to visit a Bonpo monastery.
   nga bön-po’i gon-pa chig-la do-dhö dhoo.

8. I want to meet the abbot of this monastery.
   nga gon-pa dhee khen-po jel-go yö.

9. Will there be any religious festivals?
   chhö-kyi dhü-chhen dhe-dey tshoo-gi re-pey?

10. Yes, but not these days.
    yo rey. yin-nay dheng-sang yo ma-rey.

11. Are we allowed to visit the festival?
    dhü-chên dhay nga-tsho yong cho-gi re-pey?

12. Yes, all are welcome.
    rey. su yong-nay di-gi rey.

13. Just after new year is the Great Prayer Festival.
    lö-saa jey la ㎞on-lam chhen-mo tshoo-gi rey.

14. Who was the founder of this monastery?
    gong-pa dhi chhaa tab-khen su rey?
15. Tsongkhapa founded this monastery.
   **tsong-kha-pey chha tab ངང་བ་rey.**

16. I want to meet a Bonpo scholar.
   **nga böṅ-po’i khey-pa chig jel-go yö.**

17. Please tell me something about this statue.
   **kun-da dhee kor-la de-shey chig kyon-ro ངང་**

18. This is the statue of Guru Rinpoche.
   **dhi gu-ru rin-po-chay kun-da rey.**

19. It was brought all the way from Amdo.
   **dhi sa am-dho ney khay yong-pa rey.**

20. It is entirely made of gold.
   **dhi chha-tshang say-gi བོད་པ་rey.**

21. I want to make an offering here.
   **nga dhay chhö-bul chig zhu-gi yin.**

22. I want to take a photograph of the monastery.
   **nga gon-pa dhee paa chig gyab-gi yin.**
Hiking and Camping

Useful Words

1. Candle
   yang-laa
2. Fire
   me
3. Firewood
   me-shing
4. Food stuff
   za-chhey
5. Height
   tho-tshey
6. Hermitage
   ri-trö
7. Hill
   ri
8. Lake
   tsho
9. Lodge
   ney-tshang
10. Matches
    tsag-da
11. Mountain
    ri/gang-ri
12. River
    tsang-chhu
13. Short-cut
    gyog-lam
14. Temperature
    tsha-dang
15. Tent  
gur

16. Thermos  
tsha-dham

17. Utensils  
thab-chhey

18. Village  
dong-seb

19. Water  
chu

1. What is the name of that mountain?  
gang-ri pha-gee ming ga-re rey?

2. We call it Jomolangmo (Mt. Everest) in Tibetan.  
ga-tshö jomolangmo ži-gi yo rey.

3. What is the height of that hill?  
ri pha-gee tho-tshey ga-re rey?

4. I don’t know but it is not very high.  
ngey ha go-gi me tay tho-po zhe-daa ma-rey.

5. We raise prayer flags on that hill.  
ga-tshö ri pha-gay dhar-cho tsoo-gi yö.
6. I want to go on a hiking.
   nga ri-kor la do-dhö·dhoo.

7. Are there any good camping or picnic spots?
   dhay jing-ka tang-say sa-chha yag-po dhe-da yo re-pey?

8. Yes, there are many beautiful places.
   yo rey. sa-chha kyi-po dhe-dey mang-po yo rey.

9. Yes, all the places in Tibet are beautiful.
   yo rey. bo-nang sa-chha tshang-ma zay-po yo rey.

10. Are there any lodging facilities?
    pha-gay ñey-tshang ÿaa-sa yo re-pey?

11. No, you can sleep in the open air.
    yo-ma-rey. chhi-lo la nyay-na di-gi rey.

12. From where can I borrow cooking utensils?
    thab-chhey ÿaa-sa ge-ney raa-gi rey?

13. You can borrow from a Tibetan family.
    bo-pay nang-mi chig-ney ÿaa cho-rey.
14. How far is the lake from here?  
_tsho dhe dhi-ney thaa ring-lö rey?

15. It is about 5 km from here.  
dhi-ney kilometer ņga-tsam rey.

16. Is it okay to hike there?  
pha-gay khyam-gaa chhin-na di-gi rey-pey?

17. Yes, there are no restrictions.  
rey. kaa-go je-khen yo ma-rey.

18. From where can I buy these?  
dhi-tsho nyo-sa ga-paa yo-rey?

19. Where can I get a horse?  
ta chig ga-ney raa-gi rey?

20. Are there any wild animals?  
ri-dhaa chen-zen yo re-pey?

21. No, not at this time of the year.  
ma-rey. dha-tay dhū-tshō la yo ma-rey.
SHOPPING

Shopping List

Packet of incense
pö-chhaa chig.

Packet of Handmade paper
bö-sho chhag-pa chig

Statue
kun-da

Tibetan carpet
bö-pay dum-że

Jewellery
gyen-chha

Ring
tshi-kho

Necklace
kye-gyen

Thangka
thang-ka

Shoulder bag
to-pey

Tibetan boots
bö-lham

Ladies dress
kye-men gi chhu-pa

Gents dress
khyo-gay chhu-pa

Shirt
tö-thung

Rosary
treng-nga
Soap
yee-tsi

Tooth-paste
so-men

Tooth brush
so-troo

Towel
aa-cho

1. Where is the main shopping centre?
   trom te-wa dhe ga-paa yo-rey?

2. This shop is the biggest one.
   dhi tshong-khang chhe-shö dhe rey.

3. Do you have any handicraft items?
   khye-rang la lag-zö cha-laа yö-pey?

4. Yes, I have plenty of them.
   la yö. mang-po zhe-daa yö.

5. I want to buy a pair of Tibetan boots.
   nga bö-lham chha-chig nyo-go yö.

6. I also want Tibetan carpets.
   nga la bö-pay dum-źe yang go.
7. What is the price of this? 
*dhee gong ga-tshey rey?*

8. It is 50 Rupees a piece. 
*re-ray la go-mo ŋab-chu rey.*

9. It is too expensive. 
*gong chhen-po zhe-daa re-dhoo.*

10. The quality is not good. 
*gyub-chha yag-po min-dhoo.*

11. It is too small. 
*dhi chhung daa-dhoo.*

12. It looks old. 
*dhi ŋying-pa da-po dhoo.*

13. Will you give discount if I buy many pieces? 
*mang-po nyö-na gong chaa-gi re-pey?*

14. Yes, if you buy more than 10 pieces. 
*dee-gi rey. chu-ley mang-nga nyö-na chaa-chhog.*
15. Do you have bigger ones?  
*dhi-ley chhe-wa yō-pey?*  

16. No, this is the biggest.  
*la mey. dhi che-shö rey.*  

17. Yes, I can show them to you.  
*la yō. ngey ton chhog.*  

18. Do you have in different colours?  
*tshö-zhi da-mi-da yō-pey?*  

19. Yes, in green, blue, red and white.  
*la yō. jang-khu dhang, ŋgon-po, mar-po kar-po yö.*  

20. Please show them to me.  
*nga la ton-ro ɲang.*  

21. May I try them on?  
*chhe-chhung tshey gyab-na dee-gi re-pey?*  

22. Yes, please try them on.  
*la rey. tshey khon-ro ɲang.*
23. It is too short.  
<code>dhi thung daa dhoo.</code>  

24. It is too loose.  
<code>dhi lhug daa dhoo.</code>  

25. I will take this one.  
<code>nga dhi nyo-gi yin.</code>  

26. Is it handmade?  
<code>dhi lag-zö re-pey?</code>  

27. It is completely handmade.  
<code>chha-tshang lag-zö rey.</code>  

28. Is the colour fast?  
<code>tshö ten-po yo re-pey?</code>  

29. Yes, it will never fade.  
<code>la rey. tsa-wa rang-ney yay-gi ma rey.</code>  

30. Please send these to my hotel.  
<code>dhi-tsho ngay za-khang la kyay-ro ñang.</code>
31. This is my hotel room number.
   dhi ngay za-khang gi khang-mi ang-dang yin.
   རྟིན་ཉིད་ཀྱི་ཁྲིམས་ཀྱི་གངས་དང་བཞིན

32. Please post it to New York.
   dhi New York la dag-tho tang ɲang-ro.
   རྟིན་ཉིད་ཀྱི་ལྷོ་འདག་ཐོ་ོང་གང་སྟོན་རྒོད

33. Can I pay in US Dollars?
   Amirikay Dollar phul-na dee-gi re-pey?
   འབྲེའི་འདུན་དང་འབྲེས་གྲོ་འབུར་བཞིན

34. Yes, it is okay.
   la rey. dee-gi rey.
   རྟིན་ཉིད་ཀྱི་ཐོན་པ།

35. I want to return this article.
   cha-laa dhi phaa jo-gi yin.
   རྟིན་ཉིད་ཀྱི་ལོ་གེ་ཡུན

36. Please refund the money.
   ngul jo-rog ɲang.
   རྟིན་ཉིད་ཀྱི་ལོ་གེ་ཡུན

37. Please change this one.
   dhi je-po kyom-ro ɲang.
   རྟིན་ཉིད་ཀྱི་ལོ་གེ་ཡུན

38. Do you have toilet articles?
   khye-rang la tru-chhey yö-pey?
   རྟིན་ཉིད་ཀྱི་ལོ་གེ་ཡུན
39. Yes, what do you want to buy?  
*yö. khye-rang ga-re ži-gö yö?*

40. Please give me a soap and toothpaste.  
*nga-la yee-tsi chig dhang so-men chig žang-ro.*
Useful Words

Carbon paper
nag-sho

Colour
tshön-tra

Dictionary
tshig-zö

Envelopes
yi-koe

Glue/gum
jar-tsi

Ink
ņag-tsha

Letter pad
tang-yig di-dheb

Map
sab-ta

Newspaper
tshag-paa

Notebook
di-dheb

Paint brush
tshön-jug pu-ŋyu

Pen
ŋyu-gu

Pencil
zha-ŋyu

Plain paper
thig-mey shu-gu.
1. Do you have any books in English?
   khye-rang la in-jee nang di-pay dheb yö-pey?

2. Yes, I can show them to you.
   la yö. ngey khe-rang la ton-chhog.

3. I want to buy a pen.
   nga ñyu-gu chig nyo-gö yö.

4. May I help you?
   ngey rog-pa zhū-ga?

5. No thanks, I am just looking through.
   la go min-dhoo. nga dha-gaa-si ta-gi yö.

6. Please show me a good notebook.
   nga la di-dheb yag-po chig ton nang-ro.

7. How much is this?
   dhay ga-tshey rey?
# HEALTH

## Useful Words

<table>
<thead>
<tr>
<th>English</th>
<th>Tibetan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asthma</td>
<td>ug-saa na-tsha</td>
</tr>
<tr>
<td>Boil</td>
<td>ŋyen-bur</td>
</tr>
<tr>
<td>Chicken pox</td>
<td>dhu-gyong bur</td>
</tr>
<tr>
<td>Cholera</td>
<td>shel-kyug</td>
</tr>
<tr>
<td>Cold</td>
<td>chham-pa</td>
</tr>
<tr>
<td>Cough</td>
<td>lo</td>
</tr>
<tr>
<td>Dentist</td>
<td>so'i em-ji</td>
</tr>
<tr>
<td>Diarrhoea</td>
<td>shel-ney</td>
</tr>
<tr>
<td>Epidemic</td>
<td>ney-yam</td>
</tr>
<tr>
<td>Fever</td>
<td>tsha-wa</td>
</tr>
<tr>
<td>Food poisoning</td>
<td>ṭey-dhoo</td>
</tr>
<tr>
<td>Fracture</td>
<td>chhag-dum</td>
</tr>
<tr>
<td>Headache</td>
<td>go-ney</td>
</tr>
<tr>
<td>Jaundice</td>
<td>tree-pa</td>
</tr>
</tbody>
</table>

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Measles
si-bi

Nose bleeding
ña-traa

Pain
na-ţug

Pus
ţaa

Sore throat
mig-pay na-tsha

Sprain
tshig chhū-pa

Swell
tang-wa

Surgeon
shag-chö em-ji

Toothache
so na-wa

Treatment
men-chö

Vomit
kyug-pa

1. Please call a doctor.
   em-ji chi key tang-ro  textStyle

2. Where is the hospital?
   men-khang ga-paa yo-rey?
3. I want to see a Tibetan doctor.
   nga bö-pay em-ji ten-gö yö.

4. Who is the best Tibetan doctor?
   bö-pay em-ji yag-shö su rey?

5. Are there any private doctors?
   em-ji ger-pa dhe-dey yo re-pey?

6. I want to see a lady doctor.
   nga bū-mey em-ji chig ten-gö yö.

7. Please take my temperature.
   ngay tsha-wa ta-ro ṇang.

8. Where does it pain?
   na-zug ga-paa gyaa-gi dhoo.

9. I have a pain in the back.
   tö-gel la zer gyaa-gi dhoo.

10. Does it pain on pressing?
    ṇen-na na-tsha tang-gi dhu-gey?
11. Yes, it pains.
la dhoo. na-gi dhoo.

12. It is very serious.
tshab chhen-po zhe-daa dhoo.

13. Can you sleep well at night?
tshen-la ṅyi yag-po khu thub-gi dhu-gey?

ṅyi yag-po khu thub-gi min-dhoo.

15. Can you eat properly?
kha-laa yag-po Ḿa thub-gi dhu-gey?

16. I have no appetite.
dhang-ga min-dhoo.

17. We will admit you to the hospital.
khye-rang ṃen-khang la ṅyel-gi yin.

18. I am allergic to penicillin.
nga-la **penicillin** trö-gi mey.
19. Do I have to go to hospital?
\textit{men-khang la do-gö re-pey?}

20. Yes, you must see a doctor.
\textit{rey. em-ji chig la ton-gö rey.}

21. Do I have to stay in bed?
\textit{nga nyel-ney dhey-gö re-pey?}

22. No, you can move around.
\textit{ma rey. phaa-tshoo do-na di-gi rey.}

23. How long do I have to take the medicine?
\textit{men dhi gyun ring-lö za-go rey?}

24. For three days.
\textit{nyi-ma sum ring.}

25. I feel better.
\textit{nga daa-dhu chhin-dhoo.}

26. I feel worse.
\textit{nga dhoo-dhu chhin shaa.}
27. I feel about the same.
   rang-jaa re-shaa.

28. Can I travel on Monday?
   za dha-way nyin dul-zhü jey-na di-gi re-rey?

29. Yes, but take rest for a few days.
   rey. yin-nay nyi-ma kha-sheey ngay-so gyab.

30. Where can I buy these medicines?
   men dhi-tso nyo-sa ga-paa yo-rey?

31. You can buy them from every medical store.
   men tshong-khang ga-sa ga-ney nyö chho rey.

32. When should I take the pills?
   ree-bu dhi-tsho ga-dhü za-gö rey?

33. One pill each after meals.
   kha-laa jay-la ree-bu re-re.

34. Every hour.
   chhu-tshö re-re la.
35. Before meals.
   kha-laa gi ñgon-la.

36. After Breakfast.
   zhog-jay jey-la.

37. After lunch.
   nyin-gung kha-laa jey-la.

38. After dinner.
   gong-dhaa kha-laa jey-la.

39. Twice a day.
   nyi-ma ray-la theng ñyee.

40. Any time.
   ga-dhū jung-joong.

41. Whenever you have pain.
   na-tsha ga-dhū tang-nay.
**Useful Words**

<table>
<thead>
<tr>
<th>English</th>
<th>Tibetan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bandages</td>
<td>མ་་-tri</td>
</tr>
<tr>
<td>Cotton wool</td>
<td>གཉའ་བ་</td>
</tr>
<tr>
<td>Cough syrup</td>
<td>བོ་-men</td>
</tr>
<tr>
<td>Ear drops</td>
<td>ཁམ་-chö  མིན་</td>
</tr>
<tr>
<td>Eye drops</td>
<td>ཁིག-་-men</td>
</tr>
<tr>
<td>Ointment</td>
<td>རུ་-men</td>
</tr>
<tr>
<td>Sleeping pill</td>
<td>ཚིག-་-men</td>
</tr>
<tr>
<td>Thermometer</td>
<td>སྦ་-wa ta-je</td>
</tr>
</tbody>
</table>

*Note: The Tibetan equivalent is approximate and may vary.*
VISITING A DENTIST

Useful Words

Cavity
khog-tong

Dentist
so'i am-ji

Denture
so-tshab

Extract
ko-paa

Toothache
so'i na-tsha

1. Do you know a good dentist?
so'i am-ji ya-ga chi gyü yö-pey?

2. Yes, there is a good dentist at the government hospital.
yö. zhung-gi men-khang nang so'i am-ji yag-po yo-rey.

3. I have a very painful toothache.
nga so zhe-daa na-gi dhoo.

4. Can you please do something about it?
dhi la thab-she gang-yang ñang thub-gi re-pey?
5. Yes, your tooth has to be extracted.
   rey. khye-rang gi so dhe ko-gö ji-gi rey.

6. My filling has come out.
   ngay so gyang-pa dhe go-zhaa.

7. Can you fill it again?
   yang-kyaa gyang thub-gi re-pey?

8. Yes, it will take only 15 minutes.
   rey. kar-ma cho-nga ma-to gor-gi ma rey.

9. Can you fix this broken tooth?
   so chaa-kyo dhi zo thub-gi re-pey?

10. It has to be removed completely.
    dhi chha-tshang ko-gö rey.

11. My gums are sore.
    ngay so-sha la ma žö-dhoo.

12. Please clean my teeth.
    ngay so tsang-ma žo-ro ŋang.
13. I have a cavity.
ngay so khog-tong chhaa-shaa.

14. Please remove the decayed tooth.
so rie-pa dhe kog-ro ṇang.

15. I do not want this tooth extracted.
nga so dhi ko-gi meyn.

16. I have broken this denture.
ngay so-tshab dhi chhaa-song.

17. Can you repair this denture?
so-tshab dhi zo ṇang thub-gi re-pey?

18. Yes, it will be ready tomorrow.
rey. sang-nyin tshar-gi rey.
<table>
<thead>
<tr>
<th>Parts of the Body</th>
<th>Tibetan Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdomen</td>
<td>do-kho</td>
</tr>
<tr>
<td>Ankle</td>
<td>bol-gong</td>
</tr>
<tr>
<td>Arm</td>
<td>lag-ngar</td>
</tr>
<tr>
<td>Armpit</td>
<td>chen-khung</td>
</tr>
<tr>
<td>Back</td>
<td>tô-gey</td>
</tr>
<tr>
<td>Backbone</td>
<td>gel-tshig</td>
</tr>
<tr>
<td>Belly</td>
<td>do-khog</td>
</tr>
<tr>
<td>Blood</td>
<td>traa</td>
</tr>
<tr>
<td>Body</td>
<td>žeug-po</td>
</tr>
<tr>
<td>Bone</td>
<td>rüe-go</td>
</tr>
<tr>
<td>Brain</td>
<td>je-pa</td>
</tr>
<tr>
<td>Breast</td>
<td>bang-kho/nu-ma</td>
</tr>
<tr>
<td>Calf</td>
<td>nyab-ree</td>
</tr>
<tr>
<td>Cheek</td>
<td>kho-tshö</td>
</tr>
<tr>
<td>Chest</td>
<td>bang-kho</td>
</tr>
</tbody>
</table>
16. Chin
me-le

17. Collarbone
jing-tshig

18. Ear
am-cho

19. Earlobe
ŋa-shel

20. Elbow
du-mo

21. Eye
mig

22. Eyebrow
mig-zi

23. Eyelash
mig-pu

24. Eyelid
mig-paa

25. Face
dhong

26. Finger
zu-gu

27. Finger nail
say-mo

28. Foot/feet
kang-pa

29. Genitals
pho-mo'i tshen-ma

30. Gums
so-sha

31. Hair (on head)
ța
<table>
<thead>
<tr>
<th>No.</th>
<th>Part of Body</th>
<th>Tibetan</th>
</tr>
</thead>
<tbody>
<tr>
<td>32</td>
<td>Hair (on body)</td>
<td>pu</td>
</tr>
<tr>
<td>33</td>
<td>Hand</td>
<td>lag-pa</td>
</tr>
<tr>
<td>34</td>
<td>Heart</td>
<td>ñying</td>
</tr>
<tr>
<td>35</td>
<td>Heel</td>
<td>ting-pa</td>
</tr>
<tr>
<td>36</td>
<td>Hip</td>
<td>chee-go</td>
</tr>
<tr>
<td>37</td>
<td>Jaw</td>
<td>dam-pa</td>
</tr>
<tr>
<td>38</td>
<td>Knee</td>
<td>pee-mo</td>
</tr>
<tr>
<td>39</td>
<td>Leg</td>
<td>kang-pa</td>
</tr>
<tr>
<td>40</td>
<td>Lip</td>
<td>chho-to</td>
</tr>
<tr>
<td>41</td>
<td>Mouth</td>
<td>Kha</td>
</tr>
<tr>
<td>42</td>
<td>Navel</td>
<td>tey-waa</td>
</tr>
<tr>
<td>43</td>
<td>Nose</td>
<td>ña-gu</td>
</tr>
<tr>
<td>44</td>
<td>Nostril</td>
<td>ña-khung</td>
</tr>
<tr>
<td>45</td>
<td>Palm</td>
<td>lag-thee</td>
</tr>
<tr>
<td>46</td>
<td>Penis</td>
<td>je/lig-pa</td>
</tr>
<tr>
<td>47</td>
<td>Rib</td>
<td>tsig-maa</td>
</tr>
</tbody>
</table>
48. Shoulder
pung-pa

49. Skin
pag-pa

50. Skull
kab-li

51. Sole
kang-thee

52. Stomach
do-kho

53. Temple
yar-khung

54. Thigh
je-sha

55. Throat
mig-pa

56. Thumb
lag-pay the-po

57. Toe
kang-pay the-po

58. Tongue
che-le

59. Vagina
tu

60. Waist
kye-pa

61. Wrist
lag-tshig
STORES AND SERVICES

1. Antique shop
   ṇa-ṅgō tshong-khang

2. Bakery
   baa-le tshong-khang

3. Bank
   ṅgul-khang

4. Bar
   chhang-khang

5. Barber
   Ḍa zhar-khen

6. Bookshop
   dhebtshong-khang

7. Clothing store
   dhug-lo tshong-khang

8. Electrical supplies
   log-chhey tshong-khang

9. Fruit store
   shing-tog tshong-khang

10. Furniture store
    zin-chhey tshong-khang

11. Jewellery store
    gyen-chha tshong-khang

12. Laundary/washerman
    tran-tru gyab-khen

13. Market
    trom

14. Musical instrument
    rol-chhay yab-chhey

15. Newsstand
    tshag-paa tshong-khang
16. Shoe-maker  
   hang-go zo-khen

17. Shoe store  
   hang-go tshong-khang

18. Tailor  
   tshem-bu gyab-khen

19. Toy shop  
   tse-chheyy tshong-khang

20. Vegetable store  
   tshay tshong-khang

21. Watch-maker  
   chhu-tshö zo-khen

22. Wines and liquor shop  
   a-raa tshong-khang
<table>
<thead>
<tr>
<th>DOMESTIC ITEMS</th>
<th>གུས་ཆན་</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Ashtray</td>
<td>གནམ་རྒྱུད་</td>
</tr>
<tr>
<td>2. Bottle opener</td>
<td>གནམ་རྒྱུད་</td>
</tr>
<tr>
<td>3. Broom</td>
<td>རྡོ་རྗེས་གཞི་</td>
</tr>
<tr>
<td>4. Candle</td>
<td>བོད་གེས་གཞི་</td>
</tr>
<tr>
<td>5. Chair</td>
<td>རྡོ་རྗེས་གཞི་</td>
</tr>
<tr>
<td>6. Cup</td>
<td>རྡོ་རྗེས་གཞི་</td>
</tr>
<tr>
<td>7. Frying pan</td>
<td>རྡོ་རྗེས་གཞི་</td>
</tr>
<tr>
<td>8. Knife</td>
<td>རྡོ་རྗེས་གཞི་</td>
</tr>
<tr>
<td>9. Ladle</td>
<td>རྡོ་རྗེས་གཞི་</td>
</tr>
<tr>
<td>10. Lamp</td>
<td>རྡོ་རྗེས་གཞི་</td>
</tr>
<tr>
<td>11. Light bulb</td>
<td>རྡོ་རྗེས་གཞི་</td>
</tr>
<tr>
<td>12. Match</td>
<td>རྡོ་རྗེས་གཞི་</td>
</tr>
<tr>
<td>13. Plate</td>
<td>རྡོ་རྗེས་གཞི་</td>
</tr>
<tr>
<td>14. Pots and pans</td>
<td>རྡོ་རྗེས་གཞི་</td>
</tr>
<tr>
<td>15. Spoon</td>
<td>རྡོ་རྗེས་གཞི་</td>
</tr>
</tbody>
</table>
16. Stove
   \textit{thab}
17. Table
   \textit{chog-tse}
18. Tea pot
   \textit{kho-tee}
CLOTHING AND ACCESSORIES

1. Belt  
   kye-raa

2. Blouse  
   won-joo

3. Boots  
   lhaim

4. Bra  
   wo-shub

5. Cap  
   zha-mo

6. Coat  
   kor

7. Dress  
   dhug-lo

8. Earrings  
   a-long

9. Glove  
   lag-shub

10. Handkerchief  
    lag-rey

11. Hat  
    zha-mo

12. Pant  
    gu-thung

13. Raincoat  
    chhaa-kheb

14. Ring (finger)  
    tshi-kho

15. Scarf  
    kha-ti

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16. Shirt  
    tö-thung  

17. Shoe  
    hang-go  

18. Shoe-lace  
    lham-do  

19. Slippers  
    chappal*  

20. Socks  
    u-su/om-su  

21. Trousers  
    gu-thung  

22. Umbrella  
    nyi-dhoo  

* This is a Tibetanised Hindi word and commonly used by Tibetans in India.
<table>
<thead>
<tr>
<th>Colour</th>
<th>Tibetan</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Black</td>
<td>nag-po</td>
</tr>
<tr>
<td>2. Blue</td>
<td>ngön-po</td>
</tr>
<tr>
<td>3. Brown</td>
<td>gya-ṃug</td>
</tr>
<tr>
<td>4. Green</td>
<td>jang-khu</td>
</tr>
<tr>
<td>5. Red</td>
<td>ṇa-mar-po</td>
</tr>
<tr>
<td>6. White</td>
<td>kar-po</td>
</tr>
<tr>
<td>7. Yellow</td>
<td>ser-po</td>
</tr>
<tr>
<td>8. Cream</td>
<td>kya-ser</td>
</tr>
<tr>
<td>9. Dark</td>
<td>kha-nag-po</td>
</tr>
<tr>
<td>10. Gold/golden</td>
<td>ser-dhog</td>
</tr>
<tr>
<td>11. Grey</td>
<td>thal-dhog</td>
</tr>
<tr>
<td>12. Light</td>
<td>kha-kar-po</td>
</tr>
<tr>
<td>13. Orange</td>
<td>li-wang</td>
</tr>
<tr>
<td>14. Pink</td>
<td>žing-kyā</td>
</tr>
<tr>
<td>15. Purple</td>
<td>mu-men</td>
</tr>
</tbody>
</table>

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16. Silver
   ང་ལ་-འདོག
17. Tan
   གུང་པོ
<table>
<thead>
<tr>
<th>No.</th>
<th>Material</th>
<th>Tibetan</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Aluminium</td>
<td>ha-yang</td>
</tr>
<tr>
<td>2.</td>
<td>Brass</td>
<td>raa</td>
</tr>
<tr>
<td>3.</td>
<td>Bronze</td>
<td>li-ma</td>
</tr>
<tr>
<td>4.</td>
<td>Ceramics</td>
<td>za-chhey</td>
</tr>
<tr>
<td>5.</td>
<td>Copper</td>
<td>žang</td>
</tr>
<tr>
<td>6.</td>
<td>Coral</td>
<td>ju-ru</td>
</tr>
<tr>
<td>7.</td>
<td>Cotton</td>
<td>ſting-bel/rey</td>
</tr>
<tr>
<td>8.</td>
<td>Crystal</td>
<td>shay-zug.</td>
</tr>
<tr>
<td>9.</td>
<td>Dzi</td>
<td>ſi</td>
</tr>
<tr>
<td>10.</td>
<td>Fur</td>
<td>pu</td>
</tr>
<tr>
<td>11.</td>
<td>Glass</td>
<td>shay</td>
</tr>
<tr>
<td>12.</td>
<td>Gold</td>
<td>ser</td>
</tr>
<tr>
<td>13.</td>
<td>Iron</td>
<td>chaa</td>
</tr>
<tr>
<td>14.</td>
<td>Jade</td>
<td>zu’e</td>
</tr>
<tr>
<td>15.</td>
<td>Leather</td>
<td>ko-wa</td>
</tr>
</tbody>
</table>
16. Magnet
  ngar-chaa

17. Metal
   chag-rig

18. Pearl
   mu-tig

19. Silk
   du-tsi

20. Silver
    ngu’e

21. Steel
    dhang-chaa

22. Stone
    dho

23. Torquoise
    ūyu

24. Wood
    shing

25. Wool
    bel
<table>
<thead>
<tr>
<th>1. Beef</th>
<th>odynamics</th>
</tr>
</thead>
<tbody>
<tr>
<td>ḷang-sha</td>
<td>བུགས་</td>
</tr>
<tr>
<td>2. Chicken</td>
<td>ḷa-sha</td>
</tr>
<tr>
<td>ja-sha</td>
<td>བོ་</td>
</tr>
<tr>
<td>3. Dried meat</td>
<td>sha kham-po</td>
</tr>
<tr>
<td>sha kam-po</td>
<td>ཡག་ཆུལ་</td>
</tr>
<tr>
<td>4. Fried meat</td>
<td>sha ngö-ma</td>
</tr>
<tr>
<td>sha ngö-ma</td>
<td>བོ་ལྔ་</td>
</tr>
<tr>
<td>5. Frozen meat</td>
<td>khyag-sha</td>
</tr>
<tr>
<td>khyag-sha</td>
<td>ཚུ་ལྔ་</td>
</tr>
<tr>
<td>6. Kidney</td>
<td>khay-ma</td>
</tr>
<tr>
<td>khay-ma</td>
<td>བོ་གེ་</td>
</tr>
<tr>
<td>7. Liver</td>
<td>chhin-pa</td>
</tr>
<tr>
<td>chhin-pa</td>
<td>བོ་གེ་</td>
</tr>
<tr>
<td>8. Meat of yak</td>
<td>ḷag-sha</td>
</tr>
<tr>
<td>ḷag-sha</td>
<td>བོ་གེ་</td>
</tr>
<tr>
<td>9. Mutton of goat</td>
<td>ra-sha</td>
</tr>
<tr>
<td>ra-sha</td>
<td>བོ་གེ་</td>
</tr>
<tr>
<td>10. Mutton of sheep</td>
<td>lug-sha</td>
</tr>
<tr>
<td>lug-sha</td>
<td>བོ་གེ་</td>
</tr>
<tr>
<td>11. Pork</td>
<td>phag-sha</td>
</tr>
<tr>
<td>phag-sha</td>
<td>བོ་གེ་</td>
</tr>
<tr>
<td>12. Sausage</td>
<td>gyu-ma</td>
</tr>
<tr>
<td>gyu-ma</td>
<td>བོ་གེ་</td>
</tr>
<tr>
<td>13. Tripe</td>
<td>dö-pa</td>
</tr>
<tr>
<td>dö-pa</td>
<td>བོ་གེ་</td>
</tr>
<tr>
<td>VEGETABLES</td>
<td>རིག་ལུགས།</td>
</tr>
<tr>
<td>------------------------------------------------</td>
<td>---------------</td>
</tr>
<tr>
<td>1. Cabbage</td>
<td>ཕོ་བོ་ཏི་ཐྷ་</td>
</tr>
<tr>
<td>lo-kho pe-tshay</td>
<td>ཅོ་བོ་ཏི་ཐྷ་</td>
</tr>
<tr>
<td>2. Carrot</td>
<td>ལུང་ལུན་</td>
</tr>
<tr>
<td>gung la-phu</td>
<td>ལུང་ལུན་</td>
</tr>
<tr>
<td>3. Cauliflower</td>
<td>མེ་ཏོ་ཏི་ཐྷ་</td>
</tr>
<tr>
<td>me-to pe-tshay</td>
<td>མེ་ཏོ་ཏི་ཐྷ་</td>
</tr>
<tr>
<td>4. Chilli</td>
<td>རེ་འདོད་</td>
</tr>
<tr>
<td>si-pen</td>
<td>རེ་འདོད་</td>
</tr>
<tr>
<td>5. Dried bean</td>
<td>ཡུ་བུ་འདོད་</td>
</tr>
<tr>
<td>ṭe-ma kam-po</td>
<td>ཡུ་བུ་འདོད་</td>
</tr>
<tr>
<td>6. Green bean</td>
<td>རུ་བུ་འདོད་</td>
</tr>
<tr>
<td>ṭe-ma sō-pa</td>
<td>རུ་བུ་འདོད་</td>
</tr>
<tr>
<td>7. Green pepper</td>
<td>རུ་བུ་འདོད་</td>
</tr>
<tr>
<td>so-lo (si-pen) ṣgon-po</td>
<td>རུ་བུ་འདོད་</td>
</tr>
<tr>
<td>8. Lettuce</td>
<td>རུ་བུ་འདོད་</td>
</tr>
<tr>
<td>pe-tshay</td>
<td>རུ་བུ་འདོད་</td>
</tr>
<tr>
<td>9. Onion</td>
<td>རུ་བུ་འདོད་</td>
</tr>
<tr>
<td>tsong</td>
<td>རུ་བུ་འདོད་</td>
</tr>
<tr>
<td>10. Potato</td>
<td>རུ་བུ་འདོད་</td>
</tr>
<tr>
<td>zho-kho</td>
<td>རུ་བུ་འདོད་</td>
</tr>
<tr>
<td>11. Radish</td>
<td>རུ་བུ་འདོད་</td>
</tr>
<tr>
<td>la-phu</td>
<td>རུ་བུ་འདོད་</td>
</tr>
<tr>
<td>12. Spice</td>
<td>རུ་བུ་འདོད་</td>
</tr>
<tr>
<td>ṭen-ṇa</td>
<td>རུ་བུ་འདོད་</td>
</tr>
<tr>
<td>13. Tomato</td>
<td>རུ་བུ་འདོད་</td>
</tr>
<tr>
<td>ţo-ma-ţo*</td>
<td>རུ་བུ་འདོད་</td>
</tr>
</tbody>
</table>

* This is adopted into Tibetan as there is no Tibetan equivalent for tomato.
<table>
<thead>
<tr>
<th></th>
<th>English</th>
<th>Tibetan</th>
</tr>
</thead>
</table>
| 1 | Barley | སོགས་ |}
| 2 | Corn/maize | གནའ་བུམ། |
| 3 | Flour | སྦོང་ |}
| 4 | Lentils | རབ་བུམ། |
| 5 | Rice | སྦོང་ |}
| 6 | Tsampa | སྦོང་པ་ |}
| 7 | Wheat | སྦོང་ |}
FRUITS

1. Apple
   ku-shu

2. Apricot
   ŋa-ri kham-bu

3. Banana
   ke-laa*

4. Coconut
   be-ta

5. Mango
   am

6. Peach
   kham-bu

7. Pear
   li

There seems to be no common Tibetan word for banana, the Hindi word (ke-laa) is used here as it can be understood by the Tibetans living in India.
CAMERA AND PHOTOGRAPHY

1. Is there a studio here?  
   dhay par-khang yo re-ney?

2. Yes, there are many studios.  
   yo rey. par-khang mang-po yo-ney.

3. I want a roll of film.  
   nga la ping-sho chig go.

4. Do you have colour films?  
   khey-rang la tshon-tray ping-sho yö-ney?

5. Yes, we have colour films.  
   la yö. nga-tshor tshon-tray ping-sho yö.

6. I want a roll of colour films.  
   nga-la tshon-tray ping-sho chig go.

7. I want this reel developed.  
   nga ping-sho dhi tru-gö yö.
8. Can I have a passport photograph taken here?
   dhay paa-say par gyab thub-gi re-pey?
   ཡིན་པོ་སེམས་བཞི་སྲེ་བཞི་ལས།

9. Yes, we can make it in any size you want.
   la re. par chhe-chhung ga-re go-nay zo-gi yö.
   བེ་བོ་ངང་སྐད་བཅོམ་གང་ལས།

10. Do you repair cameras?
    dhay par-chhey zo-chö gyab-gi yö-pey?
    རྟོགས་ཆོས་ཁས་ཆེན་ལས།

11. No, we don’t repair cameras.
    la mey. par-chhey zo-chö gyab-gi mey.
    འདོད་དེ་ཆོས་ཁས་ཆེན་ལས།
1. Is there a drycleaner around here?  
   dhi-khul log-trü gyab-khen yo re-pey?

2. Yes, there is a drycleaner here.  
   yo rey. log-trü gyab-khen yo-rey.

3. Please show it to me.  
   thu-je-zee. nga-la ton-ro ṇang.

4. Dryclean this coat.  
   kor dhi log-trü gyab-ro.

5. What are the charges for drycleaning?  
   log-trü gyab-la ga-tshey rey.

6. Five Rupee for coats.  
   kor la go-mo ŋga.

7. Four Rupees for pants.  
   gu-thung la go-mo zhi.
8. Three rupees for a shirt.
   tö-thung la go-mo sum.

9. When can I get the clothes back?
   dhug-lo dhi-tsho ga-dhū raa-gi rey?

10. Day-after-tomorrow morning.
   ṇang-ñyin zho-khey.

11. Please call a washerman.
    dhug-lo tru-khen chig key tang-ro ṇang.

12. Please wash this in hot water.
    dhi chhu tsha-po-la tru-ro ṇang.

13. Please wash this in cold water.
    dhi chhu dang-mo-la tru-ro ṇang.

14. Please wash this in lukewarm water.
    dhi chhu dö-jam-la tru-ro ṇang.

15. The colour of this is not fast.
    dheetshö-zhi ten-po mey.
16. Please take care of this. 
    dhi-la zo-po ṇang-ro.

17. I want these clothes back by tomorrow morning. 
    dhug-lo dhi-tsho sang-zhog go-yö.

18. Please remove the stain from this shirt. 
    tö-thung dhee nag-thig me-pa ẓo-ro ṇang.

19. You haven’t washed this properly. 
    khey-rang-gi dhi yag-po trū min-dhoo.

20. Please wash this again. 
    dhi yang-kyaa tru-ro nang.

21. Please see that the buttons are not broken. 
    theb-chi ma-chaa-pa ṇang-ro ṇang.
ACCIDENT

1. There has been a car accident.
   mo-ta dhab-kyön joong-sha.

2. Call a doctor immediately.
   lam-sang am-ji chi key tang-shog.

3. Did anybody die in the accident?
   dhab-kyön dhay-nang mi-la sog-kyön jung dhu­gey?

4. No, but it is very serious.
   min-dhoo. yin-nay tshab chhen-po zhe-daa re­shag.

5. Take him to hospital immediately.
   khong lam-sang men-khang la tri.

6. Take him to the emergency ward.
   khong za-daa men-chö dhe-tshen la tri.

7. She has fainted.
   mo den-mey chhaa dhoo.
8. My leg is bleeding.
   ngay kang-pa ney traa thon-gi dhoo.

9. Is it a fracture.
   chhag-kyon jung dhu-gey?

10. I think so.
    rey sam-gi dhoo.

11. I will take an x-ray of your foot.
    ngey khye-rang gi kang-paa log-paa gyab-gi yin.
1. How is the weather today?
*dhe-ring nam-shi ga-day dhoo?*

2. It is cold but very pleasant.
*dang-mo yin-nay kyi-po zhi-daa dhoo.*

3. It looks like it will rain.
*chhar-pa bab-dho kha-po dhoo.*

4. It is windy.
*lhag-pa tsha-po dhoo.*

5. It might snow at night.
*tshen-na gung-la gang bab-sa rey.*

6. It is a beautiful day.
*dhe-ring nam-shi zhi-daa yag-po dhoo.*

7. How was the weather yesterday?
*kha-sang nam-shi ga-day jung-song?*
8. It was lovely throughout the day.
   nyin-gang kyí-po jung-song.

9. The weather is now clearing.
   ṇam-shi dhang do-gi dhoo.

10. What is the weather forecast for tomorrow?
    sang-nyin gi ṇam-shi ngon-dha ga-re dhoo?

11. It will snow tomorrow.
    sang-nyin gang bab-gi rey.

12. Does it rain everyday?
    nyin-taa chhaa-pa bab-gi dhu-gey?

13. It rains only sometimes.
    chhaa-pa tsham-tsham-la ma-to tang-gi min-dhoo.

14. What is the best time to visit this place?
    sa-chha dhay yong-yey dhū-tshō yag-shō ga-dū rey?
15. Spring is the best time.
chee-ka yag-shö rey.

16. Lots of people come during spring.
chee-ka mi mang-po zhi-daa yong-gi rey.
TIME

1. What is the time?
chhu-tshö ga-tshey rey?

2. It is 8 a.m.
(nga-do’i) chhu-tshö gye-pa rey.

3. It is 8 p.m.
(gong-do’i) chhu-tshö gye-pa rey.

4. It is exactly half-past three.
chhu-tshö sum-dhang chhe-ka tag-ta rey.

5. It is quarter past four.
chhu-tshö zhi-dhang kar-ma cho-ña rey.

6. It is quarter to four.
chhu-tshö zhi-pa žim-paa kar-ma cho-ña rey.

7. It is ten minutes to six.
chhu-tshö dug-pa žim-paa kar-ma chu rey.
8. It is ten minutes past six.
chhu-tshö dug-pa yol-ney kar-ma chu rey.

9. What time are you going?
khey-rang chhu-tshö ga-tshey la phe-gey?

10. I will go at 3 O’clock.
nga chhu-tshö sum-paa do-gi yin.

11. What time will you return?
khye-rang chhu-tshö ga-tshey la lo yong-gey?

12. I will return tomorrow morning at ten.
sang-zho chhu-tshö chu-paa lo yong-gi yin.

13. Second
kar-cha

14. Minute
kar-ma

15. Hour
chhu-tshö

16. In the morning
zho-khey/nga-do

17. In the evening
gong-do

18. In the afternoon
nyin-gung gyab-la
<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>19.</td>
<td>At noon</td>
<td>nyin-gung</td>
</tr>
<tr>
<td>20.</td>
<td>At night</td>
<td>tshen-mo</td>
</tr>
<tr>
<td>21.</td>
<td>Day-before-yesterday</td>
<td>khay-nyin-mo</td>
</tr>
<tr>
<td>22.</td>
<td>Yesterday</td>
<td>kha-sang/khay-sa</td>
</tr>
<tr>
<td>23.</td>
<td>Today</td>
<td>dhe-ring</td>
</tr>
<tr>
<td>24.</td>
<td>Tomorrow</td>
<td>sang-nyin</td>
</tr>
<tr>
<td>25.</td>
<td>Day-after-tomorrow</td>
<td>ñang-nyin</td>
</tr>
<tr>
<td>26.</td>
<td>Last....</td>
<td>ñgon-may</td>
</tr>
<tr>
<td>27.</td>
<td>Last time</td>
<td>kha-sing</td>
</tr>
<tr>
<td>28.</td>
<td>Last month</td>
<td>dha-wa ñgon-ma</td>
</tr>
<tr>
<td>29.</td>
<td>Last week</td>
<td>dhun-traa ñgon-ma</td>
</tr>
<tr>
<td>30.</td>
<td>Last year</td>
<td>lo ñgon-ma</td>
</tr>
<tr>
<td>31.</td>
<td>Next....</td>
<td>je-may</td>
</tr>
<tr>
<td>32.</td>
<td>Next time</td>
<td>je-maa</td>
</tr>
<tr>
<td>33.</td>
<td>Next Sunday</td>
<td>je-may za-nyi-ma</td>
</tr>
<tr>
<td>34.</td>
<td>Next month</td>
<td>dha-wa je-ma</td>
</tr>
</tbody>
</table>

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35. This year
   lo-dhi/dha-lo
36. This month
   dha-wa dhi
37. This week
   dhun-traa dhi
38. This time
   dha-ta/kab-dhay
39. A little later
   to-tsam-ney
40. As soon as possible
    gang gyog-gyog
41. Immediately
    lam-sang
42. Right now
    dha-ta-rang
<table>
<thead>
<tr>
<th>DAYS OF THE WEEK</th>
<th>་བོད་གསུམ་གཏོར།</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Sunday</td>
<td>རྡོད་གྱུར་ཐོག་མེད།</td>
</tr>
<tr>
<td></td>
<td>ར་ཉི།-མ་</td>
</tr>
<tr>
<td>2. Monday</td>
<td>རང་དག་བ་</td>
</tr>
<tr>
<td></td>
<td>ར་དྭ་ཁ་</td>
</tr>
<tr>
<td>3. Tuesday</td>
<td>རོ་མིང་མེད།</td>
</tr>
<tr>
<td></td>
<td>ར་མིང་མ་</td>
</tr>
<tr>
<td>4. Wednesday</td>
<td>རིང་ཁ་པ་</td>
</tr>
<tr>
<td></td>
<td>ར་ལྷ་ག་པ་</td>
</tr>
<tr>
<td>5. Thursday</td>
<td>རོ་ཕུར་བུ</td>
</tr>
<tr>
<td></td>
<td>ར་ཕུར་བུ</td>
</tr>
<tr>
<td>6. Friday</td>
<td>རོ་པ་སང་</td>
</tr>
<tr>
<td></td>
<td>ར་པ་སང་</td>
</tr>
<tr>
<td>7. Saturday</td>
<td>རོ་ཕུར་མ་</td>
</tr>
<tr>
<td></td>
<td>ར་ཕུར་མ་</td>
</tr>
<tr>
<td>8. What day is today?</td>
<td>རྡོད་གྱུར་ཁ་ བ་ mpz ?</td>
</tr>
<tr>
<td></td>
<td>ར་དྭ་ཁ་ mpz ?</td>
</tr>
<tr>
<td>9. Today is Friday.</td>
<td>རྡོད་གྱུང་ཁ་ བ་ mpz ས་ བ་ mpz ?</td>
</tr>
<tr>
<td></td>
<td>ར་དྭ་ཁ་ ས་ བ་ mpz ?</td>
</tr>
<tr>
<td>10. I thought it is Sunday.</td>
<td>ར་ཉི་-མ་ mpz ས་ བ་ mpz ས་ བ་ mpz ས་ བ་ mpz ?</td>
</tr>
<tr>
<td></td>
<td>ར་ཉི་-མ་ mpz ས་ བ་ mpz ས་ བ་ mpz ས་ བ་ mpz ?</td>
</tr>
<tr>
<td>11. When did you arrive?</td>
<td>རྡོད་ཞིང་ བ་ ས་ བ་ mpz པྟ་ བ་ mpz ?</td>
</tr>
<tr>
<td></td>
<td>ར་དྭ་ཞིང་ བ་ ས་ བ་ mpz པྟ་ བ་ mpz ?</td>
</tr>
</tbody>
</table>
12. I arrived here last Sunday.  
   nga kha-sing ẓa nyi-ma la jor-pa yin.  

13. When are you leaving?  
   khe-rang ga-dhū phe-gey?  

   nga ẓa lhag-pay nyin-mo do-gi yin.
MONTHS & SEASONS

1. January
   chin-dha dhang-po
2. February
   chin-dha ńyee-pa
3. March
   chin-dha sum-pa
4. April
   chin-dha zhi-pa
5. May
   chin-dha ńga-pa
6. June
   chin-dha dug-pa
7. July
   chin-dha dhun-pa
8. August
   chin-dha gyay-pa
9. September
   chin-dha gu-pa
10. October
    chin-dha chu-pa
11. November
    chin-dha chu-chig
12. December
    chin-dha chu-ńyi

Months According to Tibetan Lunar Calendar

1. Bö-dha dhang-po
2. Bö-dha ńyee-pa
3. Bö-dha sum-pa

Seasons

1. Spring  
chee-ka
2. Summer  
ýar-kha
3. Autumn/Fall  
ton-ka
4. Winter  
gung-kha

1. When did you arrive here?  
khye-rang dhay ga-dhū phe-pā?
2. I arrived here in March.  
nga dhay chin-dha sum-pa’i nang le-pa yin.
3. Was the weather good then? 
   dhe-dhū nam-shi yag-po dhoo-gā?
   དབེ་དབུ་ནམ་ཤི་ཡག་པོ་དྲེ་ག་

4. Yes, it was Spring and very pleasant. 
   la dhoo. chee-ka yin-tsang zhe-daa kyi-po dhoo.
   ཉན་དེ་ལ་ཆེས་ལ་ཡིན་ཚང་ཞེ་དག་མོ་དྲེ་

5. What is the date today? 
   dhe-ring tshe-dang ga-re rey?
   དབེ་རིང་ཚེ་དང་གར་རེ་རེ་

6. Today is the 20th of August. 
   dhe-ring chin-dha gyay-pa'i tshe nyi-shu rey.
   དབེ་རིང་ཆིན་དྱག་པའི་ཚེ་ཉླྭ་ཤུ་རེ་

7. When is the monsoon here? 
   dhay chhar-dhū ga-dhū rey?
   དབྱེ་དབྱེ་ཕྱིར་ག་ལྱེ་རེ་

8. June to August is the monsoon season here. 
   chin-dha dug-pa nēy gyay-pa bar chhar-dhū rey.
   རིན་ཆེན་དགུ་པ་བེད་ག་ལེ་བ་ཆབར་དབྱེ་རེ་

9. Does it get very cold in winter? 
   gung-kha nam-shi dang-mo zhe-daa chhaa-gi re-pā
   བུང་ཁ་ནམ་ཤི་དང་མོ་ཞེ་དག་གཟིགས་རེ་པ་

10. Yes, very cold but it does not snow. 
    rey. yin-na'i gang bab-gi min-dhoo.
    དབེ་ཡིན་ནའི་གང་བའ་མོ་མིན་དོ་
1. Grand-father  
   po-laa/po-po

2. Grand-mother  
   mo-laa/mo-mo

3. Father  
   paa-la

4. Mother  
   a-ma-laa

5. Son  
   bu

6. Daughter  
   bu-mo

7. Uncle (paternal)  
   a-khu

8. Uncle (maternal)  
   a-zhang

9. Aunty (paternal)  
   a-ni

10. Aunty (maternal)  
    su-mo

11. Brother (older than self)  
    jo-laa/a-jo

12. Brother (younger than self)  
    chung-po

13. Sister (older than self)  
    a-chaa-la

14. Sister (younger than self)  
    chung-mo

15. Nephew  
    tsha-wo
16. Neice
   tsha-mo

17. In-laws*
   pun-nye

* There are Tibetan terms for specific in-laws but they are never used.
<table>
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<tr>
<th>Count</th>
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<td>One</td>
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<td>Fifteen</td>
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<td>16. Sixteen</td>
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<td>17. Seventeen</td>
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<td>29. Sixty-five</td>
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<td>30. Seventy</td>
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<td>31. Seventy-six</td>
<td>dhun-chu dhon-du</td>
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32. Eighty  
   gya-chu
33. Eighty-seven  
   gya-chu gyab-dhun
34. Ninety  
   gub-chu
35. Ninety-eight  
   gub-chu go-gye
36. Ninety-nine  
   gub-chu go-gu
37. One hundred  
   gya tham-pa
38. One thousand  
   tong-tra chig
39. Ten thousand  
   tri chig