

DHANYABAD!



A very special thank you to the buildOn Nepal staff who have worked hard to make this phrasebook and the **Trek for Knowledge** Nepal a possibility!

Tharu | Nepali
PHRASE BOOK



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NOTES:

buildOn Mission Statement

Breaking the cycle of poverty, illiteracy and low expectations through service and education.

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In Case of Emergency		
English	Tharu	Nepali
Please go get...	Jau leha	Jau /Janus layauna
I am injured	Mahin chhot lagal ba	Maly chot lagyo
I need help	mahin sahayog chahata	Maly sahayog chaieyou
Help!	Sahayog karo	Sahayog garnus
I am sick	Mai beram batu	Ma birami chhu
You, help me	Apne(elder)/Tu (Younger) mahin sahayog kari/ Karo	Tapai (elder) /Timi (younger) mali sahayog garnus /gera

Greetings		
English	Tharu	Nepali
Good Morning (How did you wake up?) Response	There is only one greeting word Ram Ram . Anytime you can say Ram Ram .	Namaste
Good Afternoon Response		
Good Evening (used when it is dark) Response		
Goodbye		
Good Night	Subha ratri/ RamRam	Subha ratri
How are you? (Used anytime) Response	Ka ba halkhabar? Thik ba, Tohar kaisin ba?	K cha hal khabar?
Fine and you?	Maja aur apne (elder)/ tu (younger)	thik chu ani tapai (elder) timi(younger)

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Please go get...	Jau leha	Jau /Janus layauna
I am injured	Mahin choat lagal ba	Maly chot lagyou
I need help	mahin sahayog chhahata	Maly sahayog chaieyou
Help!	Sahayog karo	Sahayog garnus
I am sick	Mai beram batu	Ma birami chhu
You, help me	Apne(elder)/Tu (Younger) mahin sahayog kari/ Karo	Tapai (elder) /Timi (younger) maly sahayog garnus /gera

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Good Afternoon Response		
Good Evening (used when it is dark) Response		
Goodbye		
Good Night	Subha ratri/ RamRam	Subha ratri
How are you? (Used anytime) Response	Ka ba halkhabar? Thik ba, Tohar kaisin ba?	K cha hal khabar?
Fine and you?	Maja aur apne (elder)/ tu (younger)	thik chu ani tapai (elder) timi(younger)

Pronouns		
I	Mai	Ma
You	Apnek/Tu	Tapai (elder); Timi (young)
You plural	Apnek/Tuhre	
He	U	U
She	U	U
They	Oine	Uni Haru

Introductions		
English	Tharu	Nepali
My name is ...	Mor naau ...ho	Mero nam... ho
What is your name?	Tohar naau ka ho?	Tapai ko nam k ho ?(elder) / Timro nam k ho ?(younger)
Where are you from?	Tu/Apnek kahan se ailo/aili?	Tapai kaha bata aaunu bhayo? (elder) Timi
I am from America	Mai America se ainu	Ma America bata aieh
How old are you?	Kai baras ke huilo?	Kati barsa ko hunubho (elder) kati barsa ko bhayau (younger)
I am ____ years old.	Mai ... baras ke huenu	Ma ... barsa ko bhae

Temperature/Weather		
English	Tharu	Nepali
It is hot.	Garmi ba	Garmi cha
It is cold.	Jaar ba	Jado cha
Rain	Barsa	Barsa
Thunder and lightning	Badri Garjata/ Bijli chamkata	Badal garjinu / Bijuli chimkinu
Moon	Joniha	jun/ chandrama
Wind	Hawa	hawa
Water	Paani	paani
Sun	Din	surya/gham

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You plural	Apnenke/Tuhre	
He	U	U
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I am from America	Mai America se ainu	Ma America bata ai-eh
How old are you?	Kai baras ke huilo?	Kati barsa ko hunubhaya (elder) kati barsa ko bhayau (younger)
I am ____ years old.	Mai ... baras ke huinu	Ma ... barsa ko bhayo

Temperature/Weather		
English	Tharu	Nepali
It is very (too) hot.	Bare garmi baa.	Dheri garmi chha
It is very (too) cold.	Bare jaar ba.	Dheri jado chha.
Rain	Pani aaita	Pani pardi chha
Thunder and lightning	Badri garjata O bijli chamkata	badal gargidi cha
Moon	Joniha	jun/ chandrama
Wind	Kuhira	hawa
Water	Paani	paani
Sun	Din	surya

Directions around village and house		
English	Tharu	Nepali
Where is _____'s house?	Kahan ____ ghar?	Gharkaha?
Is it far?	Dur baa?	tadha cha
Is it near?	Lagge baa?	Najaki cha
I am lost	Mai haragainu	Ma harae
Where is the toilet?	Charpi kahan baa?	charpi kaha cha?
Where is the water pump?	Nalka kahan baa?	Nalka kaha cha?
Where is the place to bathe?	Lahaina thau kahan baa?	Nuhaune thau kaha cha?
Where is the school?	Iskul kahan baa?	Iskul (e-school) kaha cha?
I am going to the _____.	Mai(place).....jaitu.	majadaie chu
House	Ghar	ghar
Mat	Gondari	gundri
Church	Charch	church

Basic Phrases		
English	Tharu	Nepali
Do you understand?		Tapai le bujhnu bayo? (Elder) Timi le bujheau? (Younger)
	apne/ tu bujhlo ?	
I understand.	Mai bujhnu	Maile bujhe
I don't understand.	Mai nai bujhnu	Maile bujhena
Speak slowly, please.	Kripaya ,dhire se boli	Kripaya ,bistari bolnus
Please repeat that	Kripaya ,pher se kahi /batai	Kripaya pheri bhanus
How do you say _____ in _____ ?	Apnek <i>Tharu</i> me kaisik kahabi?	<i>Tapai Nepali</i> ma kasari ____ bhanuhuncha?
Please	Kirpaya	Kirpaya
Thank you (very much)	(Dherai-dherai) Dhanyabad	(Dherai-dherai)D hanyabad
Yes	Ji/ haan	hajur, ho ,cha
No	Nai	hoina, chaina
See you later	Pachhe bhetab	Pachi bhetaula
I'll be back	Pachhe aayim	Pachi aaunchu
Come here please		yeta aanus (elder) Yeta aau (younger)
	aaem aau	

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Is it near?	Lagge baa?	Najaki chha
I am lost	Mai hera gainu	ma haraya
Where is the toilet?	Charpi kahan baa?	charpi kaha chha?
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Family		
English	Tharu	Nepali
Family	Pariwaar	Pariwaar
Sister	Didi (elder), bahini (younger)	Didi(elder), bahani(younger)
Brother	Dada (elder), bhewa (younger)	dai (elder), bhai (younger)
Father	Baba	buwa
Mother (My mother)	Daai (mor daai)	aama
Aunt	Kaki	kaki
Uncle	Kaka	kaka
Grandmother	Budi	baje
Grandfather	Budu	bajji
Son	Chhawa	chora
Daughter	Chhai	chori
Wife	Janni/Janiwa/ Medharwa	swasni/srimati
Husband	Tharwa	logne/sriman
Niece	Bhatjjea	Bhatiji
Nephew	Bhatjju	Bhatij
Friend	Sangharia	Sathi
Neighbor	Chhemaki/ Padosi	Chhemaki/ Padosi

Worksite		
Shovel	Belcha	belcha
Wheelbarrow	Mati bokna ladhiya	Mato bokne Ladhiya
Pick Axe	Khanti	Khanti
Sand	Baalu	balua
Cement	Cement	cement
Brick	Itta	Itta
Bucket/Pail	Baalti	Baalti
Rock	Dhunga/Pathra	Dhunga
I want to help.	Mai sahyog	Ma sahyog garna chhanchu.
Strong	Balgar	Balio
Weak	Kamjor	Kamjor
Good Work!	Maja kaam	ramro kam
Hammer	Thokiya	hatauda
Stakes	Kathuwak killa	kath ko killa
Nails	Lohek killa	phalam ko killa
Building line	Bhawan rekha	bhawan rekha
Trowel	Karni	karni
Knife	Chakku	chakku
Can I help you?	Mai sahayog karu?	Ma sahayog geru?
Let's work together.	Sange Kam kari	Sangai kam garau
Let's take turns.	Paala lee	Palo leau

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Brother	Dada (elder), bhewa (younger)	dai (elder), bhai (younger)
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Aunt	Kaki	kaki
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Grandmother	Budi	baje
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Son	Chhawa	chora
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Time		
English	Tharu	Nepali
Sunday	Aaitabaar	Aaitabaar
Monday	Sombaar	Sombaar
Tuesday	Mangalbaar	Mangalbaar
Wednesday	Budhabaar	Budhabaar
Thursday	Bihibaar	Bhibar
Friday	sukrabaar	Sukrabar
Saturday	Sanibaar	Sanibar
Today	Aaj	Aaja
Tomorrow	kaal	Bholi
Yesterday	Gail Kaal	Hijo
Now	Abbe	Ahile
See you tomorrow	Kalh bhethuebi	Bholi bhetaula
See you later	Pachhe bhethuebi	Pachi bhetaula
Next week	Aina hapta	aaune hapta
Next year	Aina baras	aaune barsa
Morning	Bihaan	bihaana
Afternoon	Duphar	deuso
Evening	Saanjh	sanjha
Night	Raat	raati

Host family basics		
English	Tharu	Nepali
Sleep well	Maja se sutaho	ramro sanga sutnuhola
Can you help me wash my clothes?	Luga dhui sahayog kare sakbo ?	Luga dhuna sahayog garna saknuhunchha?
Sorry	Maph karo	Maph garnus
You have a beautiful family and home	Apnek (elder)/Tuhar(Younger) parivar /Ghar sughur ba	Tapai ko (elder)/timro (younger) parivar ra ghar ramro chha.

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Today	Aaj	Aaja
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Sorry	Maph karo	Maph gernus
You have a beautiful family/home	Apnek (elder)/Tuhar(Younger) parivar /Ghar sughur ba	Tapai ko (elder)/timro (younger) parivar /Ghar ramro chha.

Feelings		
	Tharu	Nepali
I am...	Mai ...	Ma ...
Happy	Khusi	Khusi
Sad	Dukhi	Dukhi
Excited	Utshahit	Utshahit
Nervous	Dar	Dar
Tired	sihara lagal /Thakai lagal	Thakai /Theakeko
Hungry	Bhukhil/ bhuk lagal	Bhok lagyou
Thirsty	piyas lagal	Tirkha Lagyou
Full (I have eaten enough)	aaghil batu (dheaur khail batu)	Pet bherako cha (dheri khaiyako chu)
I like...	Mahin ... man paral	Malai ... mahn parchha
I don't like...	Mahin... naai man paral	Malai... man pardaina
How are you feeling?	Kaisin lagata	Kasto lagiako chha?

Food/ Agriculture Cont.		
English	Tharu	Nepali
Food	Khaana	Khaana
Water	Paani	Paani
Chicken	Murga(M) Murginiya(F)	Kukhura
Beef	Gaiyak Sikaar	Gai ko masu
Fish	Machchhi	Maacha
Goat	Chhegari	Bakhra
Rice	Bhaat	bhaat
Beans	Sem, Bora	simi, bodi
Tomato	Tamatar	Tamatar
Porridge	Haluwa	Halwa
Squash/Pumpkin	Kabli	Pharsi
Squash/Pumpkin leaves	Kablik patta	Pharsi ko pat

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Happy	Khusi	Khusi
Sad	Dukhi	Dukhi
Excited	Utsahit	Utsahit
Nervous	Dar	Dar
Tired	sihara lagal /Thakai lagal	Thakai /Theakeko
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Thirsty	piyas lagal	Tirkha Lago
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Fish	Machchhi	Maacha
Goat	Chhegari	Bakhra
Rice	Bhaat	bhaat
Beans	Sem, Bora	simi, bodi
Tomato	Tamatar	Tamatar
Porridge	Haluwa	Halwa
Squash/Pumpkin	Kabli	Pharsi
Squash/Pumpkin leaves	Kablik patta	Pharsi ko pat

Food		
English	Tharu	Nepali
Okra	Dulri/Bhindi	Bhindi
Peppers	Mircha	Khursani
Onion	Pyaj	Pyaj
Sauce	Jhor	Jhol
Guava	Amrut	Aambha
Apple	Syaau	Syaau
Mango	Aam	Aam
Banana	Kera/Chhinya	Kera
Cabbage	Gobhi	Gobhi
Potatoes	Aalu	Aalu
Corn	Makkai	Makkai

Animals and Insects		
English	Tharu	Nepali
Goat	Chhegra/chhegeria	Bakhra
Chicken	Chinganiya	Challa
Cow	Gaiya	Gai
Pig	Bangur/Suwar	Sungur/Bangur
Dog	Kukara	Kukur
Cat	Bilariya	Biraalo
Spider	Makra	Makura
Ant	Chimta	kamila
Mosquito	Mas/Machchhar	Machchhar
Snake	Sapuwa	Sarpa/ saap
Fish	Machchhi	Maacha
Sheep	Bheria	Bheda
Horse	Ghorwa	Ghoda
Donkey	Gadaha	Gadaha
Hen	Murghania	Khukhura
Rooster	Murgha	Bhale

Food		
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Sauce	Jhor	Jhol
Guava	Amrut	Aambha
Apple	Syaau	Syaau
Mango	Aam	Aam
Banana	Kera/Chhinya	Kera
Cabbage	Gobhi	Gobhi
Potatoes	Aalu	Aalu
Corn	Makkai	Makkai

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Goat	Chhegra/chhegeria	Bakhra
Chicken	Chinganiya	Chhala
Cow	Gaiya	Gai
Pig	Bangur/Suwar	Sungur/Bangur
Dog	Kukara	Kukur
Cat	Bilariya	Biralo
Spider	Makra	Makuro
Ant	Chimta	kamila
Mosquito	Mas/Machchhar	Machchhar
Snake	Sapwua	Sarpa/ saap
Fish	Machchhi	Maacha
Sheep	Bheria	Bheda
Horse	Ghorwa	Ghoda
Donkey	Gadaha	Gadaha
Hen	Murghania	Khukhura
Rooster	Murgha	Bhale

Colors		
English	Tharu	Nepali
Colors	Rang	Rang
Red	laal	Raato
Blue	Nila	Nilo
Green	hariar	hario
Orange	Santola rang	Suntala rang
Yellow	peear	pahelo
Brown	Khaiyar	Khairo
Black	kariya	Kaalo
White	ujjar	Seto
Purple	Bhanta rang	Bhanta rang

Parts of the Body		
English	Tharu	Nepali
Head	Muri	Taauko
Hair	Bhutla	Rau /Kapal
Eyes	Aakhi	Aakha
Ears	kaan	Kaan
Nose	Naak	Naak
Mouth	Mu	Mukh
Lips	Dhebar	Oath
Teeth	Daat	Daat
Neck	Ghati	Ghati
Shoulders	Kandha	Kandh
Knees	Theauni	Ghuda
Nails	Nuh	Nang
Chin	Gaal	chiudo
Stomach	Bhund	Bhundi/ pet
Arms	Pakhra	Pakhura
Legs	Goda	khutta
Hands	Haath	Haat
Feet	Pauli	Paitala
Fingers	Angari	Aaula
Toes	Bentha	Budhi aaula

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Ears	kaan	Kaan
Nose	Naak	Naak
Mouth	Mu	Mukh
Lips	Dhebar	Oath
Teeth	Daat	Daat
Neck	Ghati	Ghati
Shoulders	Kandha	Kandh
Knees	Theauni	Ghuda
Nails	Nuh	Nang
Chin	Gaal	chiudo
Stomach	Bhund	Bhundi/ pet
Arms	Pakhra	Pakhura
Legs	Goda	khutta
Hands	Haath	Haat
Feet	Pauli	Paitala
Fingers	Angari	Aaula
Toes	Bentha	Budhi aaula

Nepali National Anthem

Sayau thunga phulka hami, eutai mala nepali
Sarwabhaum bhaie phailieka , mechi – mahakali
Hundreds of flowers-us one garland-nepali
Sovereign,spread out from mechi to mahakali zone

Prakritika koti- koti sampada ko achala
Birharuka ragata le, swatantra ra atala
A playground of millions of nature's gifts
By the blood of heroes, independent and immovable.

Gyanabhumi, Shantibhumi terai ,pahad ,himala
Akhanda yo pyaro hamro matribhumi nepala
Land of knowledge, land of peace, terai, hills mountains
Indivisible-our beloved motherland Nepal

Bahul jaati ,bhasa,dharma sanskriti chan bishala
Agragaami, rastara hamro,jaya jaya Nepala
Multiracial,multilingual,multi-religious and with large
culture progressive nation ours,oh great Nepal

Numbers

1 - ek	11 - eghara	21- ekaeis	
2 - dui	12 - barah	22 - baeis	
3 - teen	13 - terah	23 - taeis	
4 - chaar	14 - chauda	24 - chaubis	
5 - panch	15 - pandra	25 - pachis	
6 - cha	16 - sorha	26 - chabis	
7 - saat	17 - satarah	27 - sataeis	
8 - aath	18 - otarah	28 - auteis	
9 - nau	19 - unaeis	29 - untis	
10 - das	20- bis	30 - tis	

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