



Accessible Travel

Phrasebook



35 Languages Covered



Accessible Travel Phrasebook



35 Languages

Acknowledgments

Accessible Travel Manager Martin Heng

Product Editor Alison Ridgway

Production Support Kate Chapman, James Hardy, Indra Kilfoyle,
Wibowo Rusli, Glenn Van Der Kniff, Juan Winata

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Feedback

The majority of contributors to this phrasebook are not professional translators, but do work in the accessible tourism field. If you notice any errors or if you have any suggestions for future editions – either new vocabulary or new languages – please email travelforall@lonelyplanet.com.au.

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Contributors

Since embarking on the Travel for All initiative in 2014, I have been overwhelmed by the kindness and generosity of people working in the world of accessible/inclusive travel. We all share a common goal: to help people with access issues to get out into the world and experience the benefits that travel has to offer. Most of the contributors to this ground-breaking project gave their time freely because they believe in a world without barriers and many have dedicated their working lives to making travel more accessible. You can show your appreciation by finding out whether they can help you realise *your* travel dreams.

Martin Heng, Accessible Travel Manager, Lonely Planet

Arabic

Ichen el Houssaine
[Disabled Tourist Guide](#)
<http://disabled-tourist-guide.com>

Abdulla Aziz
 Bahrain Tourism & Exhibitions
 Authority
www.btea.bh

Bahasa Indonesia

Kerstin Beise
[Accessible Indonesia](#)
<http://accessibleindonesia.org>

Wibowo Rusli
[Lonely Planet](#)

Bahasa Malay

Maggie Tai

Brazilian Portuguese

Mila Guedes
[Malala](#)
<http://milala.com.br>

Burmese	Lu Mon Mira Travels, Myanmar Accessible Tourism Center www.miramyanmartravel.com www.accessiblemyanmar.com
	Chris Nguyen DevelopEd www.developed.org.au
Croatian	Brana Vladislavljec Lonely Planet
Danish	Kirsten K Kester Curious Kester http://curiouskester.com
	Karin Vidstrup Monk
Dutch	Pieter Ghijsels Visit Flanders www.visitflanders.com
	Veroniek Maat Accessible Travel Netherlands www.accessibletravelnl.com
Farsi	Sepideh Aghayari Silkway Booking www.silkwaybooking.com
	Reza Semnani
French	Aïcha Nyström Tapooz Travel www.tapooztravel.com
	Isabelle Ducharme Kéroul www.keroul.qc.ca

German	Timo Hermann Sozialhelden www.sozialhelden.de
	Sabine Heng
Greek	Katerina Papamichail European Network for Accessible Tourism (ENAT) www.accessibletourism.org
	Stella Gavriel Accessible Cyprus Travel www.accessiblecyprustravel.com
Hebrew	Eli Meiri Israel for All www.israel4all.com
Hindi	Subhash Chandra Vashishth Center for Accessibility in Built Environment (CABE) http://cabeindia.blogspot.com
Italian	Stefano Sghinolfi/ Cristiana Campanella Rome and Italy Tourist Services www.romeanditalygroup.com
	Damiano Ia Rocca Seable http://seable.co.uk
Japanese	Josh Grisdale Accessible Japan www.accessible-japan.com
	Laura Crawford Lonely Planet

Khmer	Charlotte Jean Roll in Asia www.rollinasia-travel.com
	Chamroeun Chim/ Annelies Mertens
Korean	Seoyoon Jane Hong Accessible Korea www.accessiblekorea.com
Mandarin	Illidian Ji Yanxiang Wang (John) Lonely Planet
Nepali	Pankaj Pradhananga Four Season Travel & Tours www.go-nepal.com
Polish	Margaret Tokarska Accessible Poland Tours www.accessibletour.pl/en
	Patrycja Polczyk
Portuguese (European)	Helena Ribeiro/Teresa Ferreira Turismo de Portugal www.visitportugal.com
Romanian	Cristina Căluianu Sano Touring www.sanotouring.eu
Russian	Vitalii Sharonov InvaTravel http://invatravel.ru
	Valentina Kremenchutskaia
Serbian	Jelena Milosevic Brana Vladislavljevic Lonely Planet

Sinhalese	Harin Corea Spire www.spire.org.au
Slovenian	Dolores Kores Premiki www.premiki.com
	Ines Cokan Accessible Slovenia http://accessibleslovenia.com
Spanish	Pablo Ramón NATIVE Hotels & Accessible Tourism www.nativehotels.org
	Brana Vladislavljevic Lonely Planet
Swahili	Isa Urio
Tagalog	Veneranda Mateo Philippine International Network for Accessible Tourism www.travelforall.org
	Ken Samson
Tamil	Shrikaavya Karthikeyan
Thai	Bruce Evans
	Ralph Kiggell https://ralphkiggell.com/home
Ukrainian	Valentina Kremenchutskaya
Vietnamese	Charlotte Jean Roll in Asia www.rollinasia-travel.com
	Liz Nguyen Lonely Planet

Introduction

At Lonely Planet we have one core belief: that travel is a force for good if practised responsibly. Our Travel for All initiative, launched in 2014, marks a commitment to promoting access to travel for everyone, no matter what their capabilities or limitations. All travellers will get more out of their trip by being able to speak a few words of the local language, but for people with a disability it's often vital to be able to explain your particular needs. For people with serious health conditions, the ability to communicate could be a matter of life and death. If this Accessible Travel Phrasebook encourages just a few more people with a disability to get on the road, we will have taken one more step towards making the benefits of travel accessible to all.

Standard phrasebooks are unlikely to give you the language you need to talk about your disability, which is why we have decided to compile some disability-specific words and phrases and translate them into a number of different languages. This idea was born out of a conversation with Josh Gridale of Accessible-Japan.com, in which we agreed that language was yet another barrier to travel for people with a disability. While I was busy with other projects, Josh forged ahead and translated a raft of useful phrases into Japanese, upon which the list in this phrasebook is closely based. どうもありがとうございました, パリーさん! *Heel erg bedankt* to Pieter Ghijsels of Visit Flanders for helping to refine the list and giving strong support and encouragement.

I have relied heavily on my contacts in the accessible-travel world to help me with this ground-breaking project, all of whom gave their time freely because they believe in a world without barriers. I would like to take this opportunity to thank each and every one of them for their work on this project, as well as their efforts to make travel accessible and inclusive. A full list of contributors, and the organisations for which they work, is included under Contributors on page 3.

This list is by no means exhaustive and, of necessity, is quite general in nature. The more specific your needs, the more important it is to research terms you are likely to need while in a foreign country,

to make a list of them and translate them with any resources you can get your hands on. If your local library doesn't have the relevant foreign-language dictionary, you can always use Google Translate – although if you do, make sure to double-check suggestions by searching the terms it comes up with to make sure they are accurate. Another resource you might be able to use before leaving would be discussion forums relevant to your disability, used by people in the country you plan to visit.

If you are not confident using our pronunciation guide to speak a foreign language or if you have a hearing impairment that makes it more difficult, you could prepare information cards explaining your disability and some of your more important needs before you leave. Pictures, too, can provide a useful alternative means of communicating. If you carry a sketchbook and pen, you can always draw pictures to help explain your situation. You could even prepare some of these before you leave if you can anticipate particular difficulties.

If you have a visual impairment or are dyslexic, using this or any other phrasebook could be problematic. In this case, you may be better off using one of the many translation apps available. Apart from Google Translate, iTranslate or iTranslate Voice and Voice Translator appear to be the most suitable, but you'll need to do your own research to make sure you find the app that suits you best.

Martin Heng

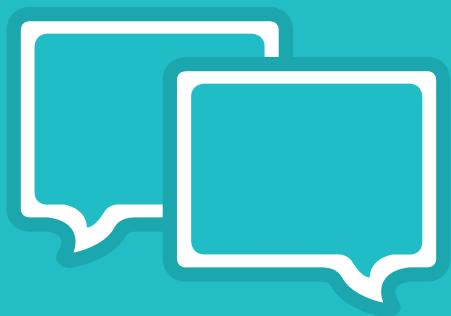
Accessible Travel Manager

Lonely Planet

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Arabic

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Pronunciation

For many speakers of English, pronouncing Arabic can seem like an exercise in tongue-twisting. A number of Arabic sounds don't exist in English, so trying to fit the language into easily pronounceable Roman characters isn't easy (which is why you may see so many different spellings of English-word signs in Arab countries).

Vowels

Vowels can be divided into two groups: short and long. Short vowels are rarely printed in Arabic script but are simple for English speakers to pronounce. Long vowels have only three forms but different variations in pronunciation. The transliteration provided also indicates long vowels with a dash above the vowel (eg: ā, ī and ū).

Consonants

Most Arabic consonants are similar to their English counterparts. Some Arabic consonants have no English equivalents but the two that are often most difficult for English speakers are the 'ayn (transliterated as an apostrophe') and pronounced by saying 'ah' and constricting your throat) and the hamza (a glottal stop transliterated as ^ˈ and pronounced as the vocal break in 'uh-oh').

There are four emphatic consonants in Arabic: ḍ, ṣ, ṭ and ẓ. They are pronounced with the back of the tongue raised high in the back of the mouth (eg: ḍ is pronounced as in the double 'd' in puddle).

Other Arabic consonants that can be difficult for non-native speakers to pronounce include š (as the 'sh' in ship) and ġ (back of throat roll, like a Parisian 'r').

Word Stress

Stress is usually placed on the second-last syllable of a word. If a word ends in a long vowel or in a double consonant, stress falls on the final syllable. In general, the stress falls on the third or last syllable if the word has three or more consonants interspersed with vowels.

Basics

Hello.	سلام salam
Goodbye.	مع السلامة maa sellama
Please.	منفضلك min faddlek
Thank you.	شكرا shuk·ran
Yes.	نعم na'·m
No.	لا la
Excuse me.	عفوا a'·fwan
Sorry.	أسف aasif
Do you speak English?	هل تتكلم الانجليزية؟ hal tatakalam al injlizia
I don't understand.	انا لم أفهم ana lam afeham
Help!	مساعدة musa'ada
Where's the toilet?	أين يوجد المراحيض؟ ayna yujad al merhad

Glossary of Terms

accessible	مُتَاح أو مُتَيَسِّر mutāḥ or mutayassir
accessible toilet	مرحاض مُتَيَسِّر mirḥaḍ mutayassir
amyotrophic lateral sclerosis (ALS)	التصلب الجانبي الضموري attaṣallub aljānibiyy addumūriyy
asthma	الربو arrabw
attendant	عامل 'āmil
autism	التوحد atawaḥḥud
cane	عصا 'aṣā
cerebral palsy	الشلل الدماغي aṣṣalal addimāgiyy
crutch(es)	عكاز أو عكاكيز 'ukkāz or 'akākīz
diabetes	مَرَضُ السُّكَّرِي marad sukkari
disability	عجز 'i'āqa or a'jze
dyspraxia	خَلَلٌ فِي الْأَدَاءِ kalal fi 'al'adā'i
electric wheelchair	كرسي متحرك كهربائي korsiyy motaḥarrik kahrabā'iyy
elevator	مصعد miṣ'ad
epilepsy	صرع ṣar'
guide/service dog	كلب مرشد / كلب الخدمة kalb muršid / kalb alqīdma

hand rail	درازين (مقبض حديدي يساعد على الوقوف) darbazin
hearing impairment	ضعف السمع ḍa'f sam'
learning difficulties	صُعوبات التعلّم ṣu'ūbāt ta'allum
long-term illness	مَرَض طَوِيل الأَمَد maraḍ ṭawīl al'amad
manual wheelchair	كرسي متحرك يدوي kursiyy motaḥarrik yadawiyy
medicine	دواء dawā'
multiple sclerosis (MS)	التصلب المتعدد attaṣallub muta'addid
muscular dystrophy (MD)	ضمور العضلات ḡumūr al'aḡalāt
physical disability	إعاقة جسدية 'i'āqa jaṣadiyya
ramp	رَصِيف مُنْحَدِر raṣīf munḥadar
shower chair	كرسي الحمام kursiyy alḡammām
spinal-cord injury (SCI)	إصابة الحبل الشوكي 'iṣābat alḡabl aṣṣawki
visual impairment	ضعف البصر ḍa'f albaṣar
wheelchair	كرسي متحرك kursiyy motaḥarrik
wheelchair space	مساحة كرسي متحرك misāḡat kursiyy motaḡarrik

Travel Phrases

Disability-Related

I am disabled	أنا معاق ana mu'aq
I have [disability]	لدي إعاقة ladayya i'aqa
can walk a bit	يستطيع المشي قليلا yastaṭī'u almašya qalīlan
cannot walk at all	لا يستطيع المشي على الإطلاق lā yastaṭī'u almašya 'ala al'itlāq

Hotels

Do you have an accessible room?	هل لديك غرفة متاحة؟ hal ladayka ġurfa mutaḥa
Is there a roll-in shower?	هل هناك لفة في الحمام؟ hal hunāka laffatun fi lḥammām
Is there a shower chair?	هل هناك كرسي الحمام؟ hal hunāka korsiyyo ḥammām
Are there any steps in the room?	هل هناك أي خطوات في الغرفة؟ hal hunāka ayyu kaṭawātin fi l ġurfat
Is there a step into the bathroom?	هل هناك خطوة في الحمام؟ hal hunāka kuṭwatun (darjatun) fi lḥammām
How wide is the door?	ما هو عرض الباب؟ mā huwa 'arḍu lbābi
Is there a wheelchair I can borrow?	هل هناك كرسي متحرك أستطيع اقتراضه؟ hal hunāka korsiyyun motaḥarrikun astaṭī'u qtirāḍahu

Transportation

Which entrance has an elevator?	أي مدخل يحتوي على مصعد؟ <i>ayyu madḡalin yaḥṭawī ‘alā miṣ‘adin</i>
I want to go to [place]	أريد الذهاب إلى [place] <i>urīdu ddahāba ilā [place]</i>
Can you put a ramp out for me please?	هل يمكنك وضع منحدر لي من فضلك؟ <i>hal yumkinuka waḡ‘u munḡadarin li min faḡlika</i>

Out & About

Is there an accessible restaurant nearby?	هل هناك مطعم بالقرب من هنا؟ <i>hal hunāka maṭ‘amun bilqurbi min hunā</i>
Is there an accessible entrance?	هل هناك مدخل قريب؟ <i>hal hunāka madḡalun qarībun</i>
How do I go from [place A] to [place B] in a wheelchair?	كيف يمكنني الانتقال من [place A] إلى [place B] على كرسي متحرك؟ <i>kayfa yumkinunī al‘intiḡālu min [place A] ilā [place B] ‘alā kursiyyin mutaharrikin</i>
Can I visit [place] with a wheelchair?	يمكن أن أזור [place] بواسطة كرسي متحرك؟ <i>hal yumkinu an azūra (place) biwāsiṭati kursiyyin mutaharrikin</i>
Can you reach that for me?	يمكنك الوصول إلى ذلك من أجلي؟ <i>hal yumkinuka lwosūlu ilā dalika min ajli</i>
Can you guide me to [place]?	يمكنك توجيهي إلى [place]؟ <i>hal yumkinuka irṣādī ilā [place]</i>
Do you have a fork/spoon/straw?	هل لديك شوكة/ملعقة/قش؟ <i>hal ladayka ṣawka/mil‘aqa/qaṣ</i>
Are there any stairs?	هل هناك أي درج؟ <i>hal hunāka ayyu daraj</i>
How many steps are there?	كم درجّة أو خطوة هناك؟ <i>kam darjatan aw kuṭwatan hunāka</i>

Equipment

It can fold	يمكن طي yumkinu ṭayy
It can't fold	لا يمكن طي lā yumkinu ṭayy
Hold here	أمسك هنا amsik hunā
It is too heavy to lift	ثقيلة لحملها ṭaqīla liḥalihā
It is [weight] kg	إنه [weight] بالكيلو غرام innahu bi alkiloḡrām
It is a [type] battery	إنها بطارية [type] innaha baṭṭāriya
dry battery	بطارية جافة baṭṭāriya jaffa
lithium-ion battery	بطارية ليثيوم أيونية baṭṭāriya lityūm 'ayūniya
wet battery	بطارية رطبة baṭṭāriya raṭba
sealed battery	بطارية مغلقة baṭṭāriya muḡlaqa
non-sealed battery	البطارية غير مغلقة baṭṭāriya ḡayr muḡlaqa

Getting Help

Excuse me	عفوا 'afwan
Please help me/give me a hand	الرجاء مساعدتي/ساعدي arraja ' musā'adatī/ sā'idnī
Please be careful	رجاء كن حذرا rajā'an kun ḥaḍiran
I'm fine/okay	أنا بخير anā biḡayr

Help (emergency)	مساعدة musā'ada
Can you please write it down?	هل يمكنك كتابته من فضلك ؟ hal yumkinuka kitābatuhu min fadlik
Yes	نعم na'am
No	لا lā
Stop	توقف tawaqqaf
Please	من فضلك min fadlik
Thanks (informal)	شكرا šukran

Allergies

gluten	الغلوتين alġlutīn
milk	حليب ḥalīb
dairy	منتجات الألبان muntajāt al'albān
peanut	فول سوداني fūl sūdānī
soy	الصويا aṣṣūyā
nuts	جوز jawz
eggs	بيض bayd
Does this contain [food]?	هل هذا يحتوي على [food] hal yaḥtawī ḥaḍā 'alā [food]

I have a [food] allergy

لدي حساسية [food]
ladayya ḥasāsiyya [food]

**Can you make this
without [food]?**

يمكن تحضير هذا بدون [food]؟
hal yumkinu taḥḏīru hāḏā bidūn
[food]



Bahasa Indonesia

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Pronunciation

You shouldn't have any problems pronouncing Indonesian – not only do the sounds have equivalents in English, but they're also written in the Latin alphabet.

Word Stress

In Indonesian, stress in individual words isn't as strong as in English – in general, the second last syllable is given emphasis. If the word only has two syllables, the first syllable, accordingly, is stressed.

Vowel Sounds

Indonesian vowels are generally pronounced as crisp sounds.

Consonant Sounds

Most consonants in Indonesian have equivalents in English, but there are a few things to keep in mind. The **r** and **h** sounds are pronounced more distinctly than in English.

The **ng** combination, which is found in English at the end or in the middle of words like 'ringing', also appears at the start of words in Indonesian. You can learn how to make the sound by saying 'sing along' slowly, then dropping the 'si-' at the beginning. With a little practice, it should come easily. If you see **ng-g** the second **g** is also pronounced like in the word 'English' – eg *punggung poong-goong* (back).

Basics

Hello.	Salam. sa·lam
Goodbye. (to those leaving)	Selamat jalan. se·la·mat ja·lan
Goodbye. (to those staying)	Selamat tinggal. se·la·mat ting·gal
Please, go ahead. (invitation/permission)	Silahkan. si·la·kan
Thank you (very much).	Terima kasih (banyak). te·ri·ma ka·sih (ba·nyak)
Yes.	Ya. ya
No.	Tidak. ti·dak
Excuse me.	Permisi. per·mi·si
Sorry.	Maaf. ma·af
Do you speak English?	Anda bisa Bahasa (Inggris)? an·da bi·sa ba·ha·sa (ing·gris)
I don't understand.	Saya tidak mengerti. sa·ya ti·dak meng·er·ti
Help!	Tolong! to·long
Where's the toilet?	Di mana kamar kecil? di ma·na ka·mar ke·chil

Glossary of Terms

accessible	yang dapat diakses yang da·pat dee·ak·ses
accessible toilet	kamar kecil (toilet) yang dapat diakses dengan kursi roda / kamar kecil (toilet) difabel ka·mar ke·cheel (toi·let) yang da·pat dee·ak·ses deng·an koor·see ro·da / ka·mar ke·cheel (toi·let) dee·fa·bel
amyotrophic lateral sclerosis (ALS)	amiotrofik lateral sklerosis a·mee·o·tro·fik la·te·ral skle·ro·sis
asthma	sakit bengek / asma sa·kit beng·ek / as·ma
attendant	asisten / pembantu a·sis·ten / pem·ban·too
autism	autisme au·tis·me
cane	tongkat tong·kat
cerebral palsy	serebral palsy se·re·bral pal·see
crutch(es)	kruk kruk
diabetes	penyakit gula pen·ya·kit goo·la
disability	disabilitas; difabilitas / difabel; cacat dis·a·bee·lee·tas; dee·fa·bee·lee·tas / dee·fa·bel; cha·chat
dyspraxia	dispraksia dis·prak·see·a

electric wheelchair	kursi roda elektrik / listrik koor·see ro·da e·lek·trik / lis·trik
elevator	lift lift
epilepsy	penyakit ayan / epilepsi pen·ya·kit ai·an / e·pee·lep·see
guide/service dog	anjing pendamping an·jing pen·dam·ping
hand rail	pegangan pe·gang·an
hearing impairment	disabilitas pendengaran; difabilitas tuli / pendengaran; tunarungu / tuli dis·a·bee·lee·tas pen·deng·ar·an; dee·fa·bee·lee·tas too·lee / pen·deng·ar·an; too·na·roong·oo / too·lee
learning difficulties	kesulitan belajar ke·soo·lee·tan be·la·jar
long-term illness	penyakit jangka panjang / kronis pen·ya·kit jang·ka pan·jang / kro·nis
manual wheelchair	kursi roda manual koor·see ro·da ma·noo·al
medicine	obat o·bat
multiple sclerosis (MS)	sklerosis multipel ske·ro·sis mool·tee·pel
muscular dystrophy (MD)	distrofi muskuler dis·tro·fee moos·koo·ler

physical disability	disabilitas fisik / daksa; difabilitas daksa; tunadaksa / cacat fisik dis·a·bee·lee·tas fi·sik / dak·sa; dee·fa·bee·lee·tas dak·sa; too·na·dak·sa / cha·chat fi·sik
ramp	ram / lerengan ram / le·reng·an
shower chair	kursi untuk mandi koor·see oon·took man·dee
spinal-cord injury (SCI)	cedera tulang belakang che·de·ra too·lang be·la·kang
visual impairment	disabilitas penglihatan; difabilitas penglihatan / netra; kurang penglihatan; tunanetra / buta dis·a·bee·lee·tas peng·lee·ha·tan; dee·fa·bee·leet·as peng·lee·ha·tan / ne·tra; koo·rang peng·lee·ha·tan; too·na·ne·tra / boo·ta
wheelchair	kursi roda koor·see ro·da
wheelchair space	ruang untuk kursi roda roo·ang oon·took koor·see ro·da

Travel Phrases

Disability-Related

I am disabled	Saya penyandang disabilitas; saya difabel sa·ya pen·yan·dang dis·a·bee·lee·tas; sa·ya dee·fa·bel
I have [disability]	Saya ada [disability] sa·ya a·da [disability]
can walk a bit	bisa jalan sedikit bee·sa ja·lan se·dee·kit
cannot walk at all	tidak bisa jalan sama sekali tee·dak bee·sa ja·lan sa·ma se·ka·lee

Hotels

Do you have an accessible room?	Apakah ada kamar yang dapat diakses penyandang disabilitas / difabel? a·pa·ka a·da ka·mar yang da·pat dee·ak·ses pen·yan·dang dis·a·bee·lee·tas / dee·fa·bel
Is there a roll-in shower?	Apakah mandi dus dapat diakses dengan kursi roda? a·pa·ka man·dee doos da·pat dee·ak·ses deng·an koor·see·ro·da?
Is there a shower chair?	Apakah ada kursi untuk mandi? a·pa·ka a·da koor·see oon·took man·dee?

Are there any steps in the room?

Apakah ada undakan di dalam kamar?

a·pa·ka a·da oon·da·kan dee da·lam ka·mar?

Is there a step into the bathroom?

Apakah ada undakan menuju ke kamar mandi?

a·pa·ka a·da oon·da·kan me·noo·joo ke ka·mar man·dee?

How wide is the door?

Berapa lebarnya pintu itu?

be·ra·pa le·bar·nya pin·too ee·too?

Is there a wheelchair I can borrow?

Apakah ada kursi roda yang bisa saya pinjam?

a·pa·ka a·da koor·see ro·da yang bee·sa sa·ya pin·jam?

Transportation

Which entrance has an elevator?

Di pintu mana ada lift?

dee pin·too ma·na a·da lift?

I want to go to [place]

Saya mau ke [place]

sa·ya mau ke [place]

Can you put a ramp out for me please?

Apakah bisa pasang ram untuk saya?

a·pa·ka bee·sa pa·sang ram oon·took sa·ya?

Out & About

Is there an accessible restaurant nearby?

Apakah dekat sini ada rumah makan yang dapat diakses?

a·pa·ka de·kat see·nee a·da roo·ma ma·kan yang da·pat dee·ak·ses?

Is there an accessible entrance?

Ada pintu masuk yang dapat diakses?

a·da pin·too ma·sook yang da·pat dee·ak·ses?

How do I go from [place A] to [place B] in a wheelchair?

Bagaimana bisa saya dari [place A] ke [place B] dengan kursi roda?
ba-gai-ma-na bee-sa sa-ya da-ree
[place A] ke [place B] deng-an
koor-see ro-da?

Can I visit [place] with a wheelchair?

Apakah [place] bisa saya kunjungi dengan kursi roda?
a-pa-ka [place] bee-sa sa-ya
koon-joong-ee deng-an koor-see
ro-da?

Can you reach that for me?

Minta tolong ambil ini
min-ta to-long am-bil ee-nee

Can you guide me to [place]?

Minta tolong ditunjukkan jalan ke [place]
min-ta to-long dee-toon-jook-kan
ja-lan ke [place]

Do you have a fork/spoon/straw?

Apakah ada garpu / sendok / pipet?
a-pa-ka a-da gar-poo / sen-dok /
pee-pet?

Are there any stairs?

Apakah ada tangga?
a-pa-ka a-da tang-ga?

How many steps are there?

Ada berapa anak tangga di sana?
a-da be-ra-pa a-nak tang-ga dee
sa-na?

Equipment

It can fold

Bisa dilipat
bee-sa dee-lee-pat

It can't fold

Tidak bisa dilipat
tee-dak bee-sa dee-lee-pat

Hold here

Pegang di sini
pe-gang dee see-nee

It is too heavy to lift	Terlalu berat untuk diangkat ter·la·loo be·rat oon·took dee·ang·kat
It is [weight] kg	Beratnya [weight] kilo be·rat·nya [weight] kee·lo
It is a [type] battery	Jenis baterainya [type] je·nis ba·te·rey·nya [type]
dry battery	baterai kering ba·te·rey ke·ring
lithium-ion battery	baterai lithium ba·te·rey lee·tee·oom
wet battery	baterai basah ba·te·rey ba·sa
sealed battery	baterai tertutup ba·te·rey ter·too·toop
non-sealed battery	baterai tidak tertutup ba·te·rey tee·dak ter·too·toop

Getting Help

Excuse me	Maaf/permisi ma·af/per·mee·see
Please help me/give me a hand	Minta tolong min·ta to·long
Please be careful	Tolong hati-hati to·long ha·tee ha·tee
I'm fine/okay	Saya baik / oke sa·ya baik / o·ke
Help (emergency)	Tolong to·long
Can you please write it down?	Tolong ditulis to·long dee·too·lis
Yes	Iya ee·ya

No	Tidak tee·dak
Stop	Stop / Berhenti stop / ber·hen·tee
Please	Tolong to·long
Thanks (informal)	Terima kasih te·ree·ma ka·see

Allergies

gluten	gluten gloo·ten
milk	susu soo·soo
dairy	produk susu pro·dook soo·soo
peanut	kacang tanah ka·chang ta·na
soy	kedelai ke·de·lai
nuts	kacang ka·chang
eggs	telur te·loor
Does this contain [food]?	Apakah di dalamnya ada [food]? a·pa·ka dee da·lam·nya a·da [food]
I have a [food] allergy	Saya alergi makan [food] sa·ya a·ler·gee ma·kan [food]
Can you make this without [food]?	Tolong jangan pakai [food] di dalamnya to·long jang·an pa·kai [food] dee da·lam·nya



Bahasa Malay

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Pronunciation

Malay is a breeze to pronounce. Unlike English, Malay is spoken as it's written, in Roman script, so getting your tongue around the correct way to say things isn't difficult. The Malay alphabet is the same as the English alphabet.

Word Stress

Most syllables have reasonably equal stress in Malay, but a good rule of thumb is to put more emphasis on the second-last syllable. To help you understand the relationship between the letters and their corresponding sounds, a simple phonetic transliteration has been used.

Vowel Sounds

Malaysian vowel sounds are much more standard than in English. Sometimes, in the words borrowed from other languages, the 'a' sounds like 'ay' in day or the 'a' in cat – these will be transliterated as ay and a.

Consonant Sounds

Most consonants are pronounced as they are in English but some consonants that fall at the end of a word in Malay are not pronounced as clearly as they would be in English. It's as though the speaker starts to say the letter and then swallows it. This is shown in the transliteration system by brackets, eg, boo-soo(k), 'smelly'. You will see it applied in particular to h and k.

Words ending in h have some rules all of their own. An (h) indicates a breathy h sound at the end of a syllable, and a slight lengthening of the vowel sound, which can indicate a different meaning. Don't get caught out! Dadah, dah-dah(h), means 'illegal drugs' and dada, dah-duh, means 'breast'. It's not unusual for tourists ordering a nice bit of chicken in a restaurant to accidentally ask for narcotics!

Basics

Hello.	Helo. heh-lo
Goodbye. (to those leaving)	Selamat tinggal. se-lah-maht ting-gahl
Goodbye. (to those staying)	Selamat jalan. se-lah-maht jah-lahn
Please.	Tolong. to-long
Thank you (very much).	Terima kasih te-ree-muh kah-si(h)
Yes.	Ya. yah.
No.	Tidak. tee-dah(k)
Excuse me.	Maaf. mah-ahf
Sorry.	(Minta) Maaf. (min-tuh) mah-ahf
Do you speak English?	Adakah anda berbahasa Inggeris? ah-duh-kah(h) ahn-duh ber-bah- hah-suh ing-ge-ris
I don't understand.	Saya (tak) faham. sai-yuh (tah(k)) fah-hahm
Help!	Tolong! to-long!
Where's the toilet?	Tandas di tahn-duhs dee

Glossary of Terms

accessible	yang dapat diakses yang da·pat dee·ak·ses
accessible toilet	bilik air / tandas diakses bee·leek a·yeer / tan·das dee·ak·ses
amyotrophic lateral sclerosis (ALS)	amiotrofik lateral sklerosis a·mee·o·tro·fik la·te·ral skle·ro·sis
asthma	sesak nafas; asma se·sak na·fas; as·ma
attendant	Asisten / pembantu a·sis·ten / pem·ban·too
autism	autisme au·tis·me
cane	Tongkat tong·kat
cerebral palsy	serebral palsy se·re·bral pal·see
crutch(es)	kruk kruk
diabetes	diabetis; penyakit kencing manis dia·be·tis; pen·ya·kit ken·ching ma·nis
disability	kurang upaya ku·rang u·pa·ya
dyspraxia	dispraksia dis·prak·see·a
electric wheelchair	Kerusi roda elektrik ke·ru·see ro·da e·lek·trik
elevator	lif lif
epilepsy	epilepsi; sawan e·pee·lep·see; sa·wan

guide/service dog	anjing pendamping an·jing pen·dam·ping
hand rail	pegangan; susur tangan pe·gang·an; soo·sur tan·gan
hearing impairment	kurang pendengaran ku·rang pen·deng·ar·an
learning difficulties	kesulitan belajar ke·soo·lee·tan be·la·jar
long-term illness	penyakit jangka panjang / kronis pen·ya·kit jang·ka pan·jang / kro·nis
manual wheelchair	Kerusi roda manual ke·ru·see ro·da ma·noo·al
medicine	ubat oo·bat
multiple sclerosis (MS)	sklerosis multipel skle·ro·sis mool·tee·pel
muscular dystrophy (MD)	distrofi muskuler dis·tro·fee moos·koo·ler
physical disability	kurang upaya ku·rang u·pa·ya
ramp	ram / lerengan ram / le·reng·an
shower chair	kerusi untuk mandi ke·ru·see oon·took man·dee
spinal-cord injury (SCI)	cedera tulang belakang che·de·ra too·lang be·la·kang
visual impairment	kurang penglihatan ku·rang peng·lee·ha·tan
wheelchair	Kerusi roda ke·ru·see ro·da
wheelchair space	ruang untuk kerusi roda roo·ang oon·took ke·ru·see ro·da

Travel Phrases

Disability-Related

I am disabled	Saya kurang upaya sa-ya koo-rang oo-pai-ya
I have [disability]	Saya ada [disability] sa-ya a-da [disability]
can walk a bit	boleh jalan sedikit bo-lay ja-lan se-dee-kit
cannot walk at all	tidak boleh jalan sama sekali tee-dak bo-lay ja-lan sa-ma se-ka-lee

Hotels

Do you have an accessible room?	Adakah anda mempunyai bilik yang boleh diakses? a-da-ka an-da mem-poon-yai bee-leek yang bo-lay dee-ak-sees
Is there a roll-in shower?	Adakah bilik mandi-nya dapat diakses dengan kerusi roda a-da-ka bee-leek man-dee nee-ya da-pat dee-ak-ses deng-an ke-ru-see-ro-da?
Is there a shower chair?	Adakah terdapat kerusi mandi? a-da-ka ter-da-pat ke-ru-see man-dee?
Are there any steps in the room?	Adakah terdapat tangga untuk dilangkah di dalam bilik? a-da-ka ter-da-pat tan-ga oon-took dee-lang-ka dee da-lam bee-leek?

Is there a step into the bathroom?

Adakah terdapat tangga untuk dilangkah menuju ke bilik mandi?
a·da·ka ter·da·pat tan·ga oon·took
dee·lang·ka men·yoo·joo kay
bee·leek man·dee?

How wide is the door?

Berapa lebarnya pintu itu?
be·ra·pa le·bar·nya pin·too ee·too?

Is there a wheelchair I can borrow?

Adakah anda mempunyai kerusi roda untuk dipinjam?
a·da·ka an·da mem·poon·yai
ke·ru·see ro·da oon·took
di·pin·jam?

Transportation

Which entrance has an elevator?

Pintu masuk yang mana terdapat lif?
pin·too ma·sook yang ma·na
ter·da·pat lif

I want to go to [place]

Saya hendak ke [place]
sa·ya hen·dak ke [place]

Can you put a ramp out for me please?

Tolong pasangkan ram untuk saya
tow·long pa·sang·kan ram
oon·took sa·ya

Out & About

Is there an accessible restaurant nearby?

Adakah terdapat restoran berhampiran yang boleh diakses?
a·da·ka ter·da·pat res·tor·ran
ber·ham·pi·ran yang bo·lay
dee·ak·ses

Is there an accessible entrance?

Ada pintu masuk yang dapat diakses (dengan kursi roda)?
a·da pin·too ma·sook yang da·pat
dee·ak·ses (deng·an koor·see
ro·da)?

How do I go from [place A] to [place B] in a wheelchair?

Bagaimana caranya untuk saya pergi dari [place A] ke [place B] dengan menggunakan kerusi roda?

ba-gai-ma-na ka-ran-ya oon-took sa-ya pair-gee da-ree [place A] ke [place B] deng-an men-goon-a-kan ke-ru-see ro-da?

Can I visit [place] with a wheelchair?

Bolehkah saya kunjungi ke [place] dengan kerusi roda?

bo-lay-ka sa-ya koon-joong-ee ke [place] deng-an ke-ru-see ro-da?

Can you reach that for me?

Boleh tolong ambilkan itu?

bo-lay to-long am-bil-ee-kan ee-too

Can you guide me to [place]?

Bolehkah anda tolong tunjukkan arah ke [place]?

bo-lay an-da to-long toon-jook-kan a-ra ke [place]

Do you have a fork/spoon/straw?

Ada sudu / garfu / sedutan?

a-da soo-doo / gar-foo / se-doo-tan

Are there any stairs?

Di sini ada tangga?

di see-nee a-da tang-ga

How many steps are there?

Ada berapa anak tangga di sana?

a-da be-ra-pa a-nak tang-ga dee sa-na?

Equipment

It can fold

Ia boleh dilipat

la bo-lay dee-lee-pat

It can't fold

Ia tidak boleh dilipat

la tee-dak bo-lay dee-lee-pat

Hold here

Pegang di sini

pe-gang dee see-nee

It is too heavy to lift	Terlalu berat untuk diangkat ter·la·loo be·rat oon·took dee·ang·kat
It is [weight] kg	Beratnya [weight] kilo be·rat·nya [weight] kee·lo
It is a [type] battery	Jenis baterainya [type] je·nis ba·te·rey·nya [type]
dry battery	Baterai kering ba·te·rey ke·ring
lithium-ion battery	Baterai Lithium ba·te·rey lee·tee·oom
wet battery	Baterai basah ba·te·rey ba·sah
sealed battery	Baterai tertutup ba·te·rey ter·too·toop
non-sealed battery	Baterai tidak tertutup ba·te·rey tee·dak ter·too·toop

Getting Help

Excuse me	Maaf ma·af
Please help me/give me a hand	Minta tolong min·ta to·long
Please be careful	Tolong hati-hati to·long ha·tee ha·tee
I'm fine/okay	Saya baik / oke sa·ya baik / o·ke
Help (emergency)	Tolong to·long
Can you please write it down?	Boleh tolong tuliskan? bo·lay to·long too·lis·kan
Yes	Iya ee·ya

No	Tidak tee·dak
Stop	Stop / Berhenti stop / ber·hen·tee
Please	Tolong to·long
Thanks (informal)	Terima kasih te·ree·ma ka·see

Allergies

gluten	gluten gloo·ten
milk	susu soo·soo
dairy	produk susu pro·dook soo·soo
peanut	kacang tanah ka·chang ta·na
soy	kedelai ke·de·lai
nuts	kacang ka·chang
eggs	telur te·loor
Does this contain [food]?	Apakah ini mengandungi [food]? a·pa·ka men·gan·doon·gee [food]?
I have a [food] allergy	Saya alergi makan [food] sa·ya a·ler·gee ma·kan [food]
Can you make this without [food]?	Tolong jangan gunakan [food] di dalamnya to·long, jang·an gun·a·kan [food] dee da·lam·nya



Brazilian Portuguese

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Pronunciation

The pronunciation guide used in this book is based on the pronunciation of Brazilian Portuguese common in urban areas. There are small variations in pronunciation throughout the country, but they cause little difficulty when communicating.

Word Stress

Stress generally occurs on the second-to-last syllable of a word, though there are exceptions. When a word ends in a written *-r* or is pronounced with a nasalised vowel, the stress falls on the last syllable. Another exception: if a written vowel has an accent marked on it, the stress falls on the syllable containing that vowel.

Vowel Sounds

Vowel sounds are quite similar to those found in English, so you should be able to get talking with confidence. There are some differences of course: the *ay* sound, for example, is much shorter than the English version of it. But with every conversation you have, the sounds will become more familiar and you'll discover ways to make those same sounds yourself.

Consonant Sounds

The consonant sounds in Brazilian Portuguese are very similar to those of English, and even the rolled 'r' (*rr*), which doesn't exist in standard English varieties, will be familiar to most people (it's similar to the 'r' in Spanish). Two sounds (*ly* and *ny*) which might appear a little strange at first do actually occur in English (eg, 'million' and 'canyon'), but never at the beginning of a syllable as they do in Brazilian Portuguese.

Basics

Hello.	Olá. <i>o·laa</i>
Goodbye.	Tchau. <i>tee·show</i>
Please.	Por favor. <i>por faa·vorr</i>
Thank you (very much).	Obrigado. m / Obrigada. f <i>o·bree·gaa·do / o·bree·gaa·daa</i>
Yes.	Sim. <i>seeng</i>
No.	Não. <i>nowng</i>
Excuse me.	Com licença. <i>kong lee·seng·saa</i>
Sorry.	Desculpa. <i>des·kool·paa</i>
Do you speak English?	Você fala (inglês)? <i>vo·se faa·laa (eeng·gles)</i>
I don't understand.	Eu não <i>e·oo nowng</i>
Help!	Socorro! <i>so·ko·ho</i>
Where's the toilet?	Onde tem um banheiro? <i>ong·de teng oom ba·nyay·ro</i>

Glossary of Terms

accessible	acessível a·ces·zee·vew
accessible toilet	banheiro acessível bang·nyeei·ro a·ces·zee·vew
amyotrophic lateral sclerosis (ALS)	esclerose lateral amiotrófica (ELA) es·cle·raw·zee la·te·raw a·mee·o·tro·fee·ka
asthma	asma as·ma
attendant	cuidador cooi·da·door
autism	autismo ow·tees·mo
cane	bengala ben·ga·la
cerebral palsy	paralisia cerebral pa·ra·lee·zee·a ce·re·brow
crutch(es)	muleta(s) moo·le·ta(s)
diabetes	diabetes dee·a·bee·tes
disability	deficiência de·fee·cee·en·cee·a
dyspraxia	dispraxia dees·pra·zee·a
electric wheelchair	cadeira de roda motorizada eléctrica ka·dei·ra dee ro·da moo·too·ri·za·da
elevator	elevador e·le·va·door
epilepsy	epilepsia e·pee·le·psee·a

guide/service dog	cão-guia / cão de assistência <i>cyang geea/cyang dee a·see·sten·sya</i>
hand rail	corrimão <i>cool·rree·myangh</i>
hearing impairment	deficiência / limitação auditiva <i>de·fee·cee·en·cee·a / lee·mee·ta·ngao ow·dee·tee·voo</i>
learning difficulties	dificuldades de aprendizado <i>dee·fee·cool·da·des de a·preen·dee·za·doh</i>
long-term illness	doença de longa duração <i>doo·en·sa dee low·ga doo·ra·ngao</i>
manual wheelchair	cadeira de roda manual <i>ka·dei·ra dee ro·da ma·new·al</i>
medicine	remédio / medicamento <i>re·me·dee·ow/me·dee·ka·men·taw</i>
multiple sclerosis (MS)	esclerose múltipla (EM) <i>es·cle·raw·zee mool·tee·pla (EM)</i>
muscular dystrophy (MD)	distrofia muscular (DM) <i>dees·traw·fee·a moos·cool·lar</i>
physical disability	deficiência física <i>de·fee·cee·en·cee·a fee·zee·ka</i>
ramp	rampa <i>rram·pa</i>
shower chair	cadeira de banho <i>ka·dei·ra dee bang·nyo</i>
spinal-cord injury (SCI)	lesão da medula espinal (LME) <i>le·sang de me·doo·la es·pee·ngaw</i>
visual impairment	deficiência / limitação visual <i>de·fee·cee·en·cee·a / lee·mee·ta·ngao vee·zoo·aw</i>
wheelchair	cadeira de roda <i>ka·dei·ra dee ro·da</i>
wheelchair space	vaga para cadeira de roda <i>va·ga pa·ra ka·dei·ra dee ro·da</i>

Travel Phrases

Disability-Related

I am disabled	(Eu) sou deficiente <i>(ew) soul de-fee-cee-en-te</i>
I have [disability]	(Eu) tenho [disability] <i>(ew) te-ngo [disability]</i>
can walk a bit	Posso andar um pouco <i>poos-sow ang-dar um pow-cool</i>
cannot walk at all	Não posso andar <i>nang poos-sow ang-dar</i>

Hotels

Do you have an accessible room?	Você tem quarto acessível? <i>vow-see tem kwar-too</i> <i>a-ces-zee-vew</i>
Is there a roll-in shower?	Existe chuveiro acessível? <i>e-zees-tee shoo-vey-row</i> <i>a-ces-zee-vew</i>
Is there a shower chair?	Existe cadeira de banho? <i>e-zees-tee ka-dei-ra dee bang-nyo</i>
Are there any steps in the room?	Existem degraus no quarto? <i>e-zees-tee dee-graals no kwar-too</i>
Is there a step into the bathroom?	Existe algum degrau no banheiro? <i>e-zees-tee ow-gun dee-graal no</i> <i>bang-nyee-i-ro</i>
How wide is the door?	Qual a largura da porta? <i>kwao a lar-goo-ra da poor-ta</i>

Is there a wheelchair I can borrow?

Existe alguma cadeira de roda que eu posso emprestar?

*e·zees·tee ow·goo·ma ka·dei·ra
dee ro·da kee ew pos·sow
em·pres·tar*

Transportation

Which entrance has an elevator?

Qual entrada tem um elevador?

*qwao em·tra·da teen um
e·le·va·dor*

I want to go to [place]

Eu quero ir para [place]

ew ke·row ir pa·ra um [place]

Can you put a ramp out for me please?

Por favor, você pode colocar uma rampa para mim?

*por fa·vor vow·cee po·dee
co·low·car u·ma rram·pa pa·ra
meen*

Out & About

Is there an accessible restaurant nearby?

Existe algum restaurante acessível nas proximidades?

*e·zees·tee aw·gun
res·taw·rran·tee em·tra·da nas
prow·see·mee·da·des*

Is there an accessible entrance?

Existe alguma entrada acessível?

*e·zees·tee aw·guma em·tra·da
a·ces·zee·vew*

How do I go from [place A] to [place B] in a wheelchair?

Como eu vou do [place A] para [place B] em uma cadeira de roda?

*ko·moo ew vow de [place A] pa·rra
[place B] em u·ma ka·dei·ra dee
ro·da*

Can I visit [place] with a wheelchair?	Posso visitar [place] com uma cadeira de roda? <i>po-so vi-zee-tar [place] coow u-ma ka-dei-ra dee ro-da</i>
Can you reach that for me?	Você pode alcançar aquilo para mim? <i>vow-ce po-de aw-kan-ssar a-kilo pa-rra meen</i>
Can you guide me to [place]?	Você pode me levar para [place]? <i>vow-ce po-de me le-varr pa-rra [place]</i>
Do you have a fork/spoon/straw?	Você tem um garfo / colher / canudo? <i>vow-ce teen um garr-fow / cow-lherr / ka-noo-dow</i>
Are there any stairs?	Existem escadas? <i>e-zees-teen es-ka-da</i>
How many steps are there?	Quantos degraus existem? <i>kwan-toos de-graals e-zees-ten</i>

Equipment

It can fold	Pode dobrar <i>po-de doo-brar</i>
It can't fold	Não pode dobrar <i>nang po-de doo-brar</i>
Hold here	Segure aqui <i>see-gu-rre a-kee</i>
It is too heavy to lift	É muito pesada para levantar <i>eh mui-too pee-za-da pa-rra le-vang-tarr</i>
It is [weight] kg	Tem [place] kilos <i>teen [weight] ki-lows</i>
It is a [type] battery	É uma bateria [type] <i>eh um-ma ba-tee-rr-i-a [type]</i>

dry battery	bateria seca <i>ba-tee·rri-a see-ka</i>
lithium-ion battery	bateria de lítium <i>ba-tee·rri-a dee li-ti-um</i>
wet battery	bateria úmida <i>ba-tee·rri-a u-mee-da</i>
sealed battery	bateria lacrada <i>ba-tee·rri-a la-kra-da</i>
non-sealed battery	bateria não-lacrada <i>ba-tee·rri-a nang la-kra-da</i>

Getting Help

Excuse me	Com licença <i>com li-keen·saa</i>
Please help me/give me a hand	Por favor, pode me ajudar / Me dê uma mão <i>por fa-voor po-de meen a-ju-darr / mee de u-ma mang</i>
Please be careful	Por favor, tenha cuidado <i>por fa-voor te-yang cui-da-do</i>
I'm fine/okay	Eu estou bem / Eu estou ok <i>eu ess-tow been / eu ess-tow okay</i>
Help (emergency)	Socorro <i>sow-cor-roow</i>
Can you please write it down?	Você pode tomar nota? <i>vo-cee po-de to-marr noo-ta</i>
Yes	Sim <i>seen</i>
No	Não <i>nyang</i>
Stop	Pare <i>pa-re</i>

Please	Por favor <i>por fa·voor</i>
Thanks (informal)	Obrigado <i>ow·bri·ga·doo</i>

Allergies

gluten	glúten <i>glu·teen</i>
milk	leite <i>lei·tee</i>
dairy	laticínios <i>la·tee·ci·ni·ows</i>
peanut	amendoim <i>a·mein·dow·een</i>
soy	soja <i>sow·ja</i>
nuts	castanhas <i>kas·tang·nyangs</i>
eggs	ovos <i>ow·voos</i>
Does this contain [food]?	Este alimento têm [food] <i>es·tee a·lee·men·tow teen</i> [food]
I have a [food] allergy	Eu tenho alergia a [food] <i>eu te·nyong a·ler·gee·a</i> [food]
Can you make this without [food]?	Você pode fazer esta comida sem [food]? <i>vo·cee po·de fa·zeer es·ta ko·mee·da seen</i> [food]



Burmese

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Pronunciation

Burmese is not a difficult language to pronounce, although the tones and some of the consonants may seem difficult at first. The best way to overcome this is to listen to the way native speakers differentiate between the tones.

Word Stress & Tones

Burmese tones are largely a matter of relative stress between adjoining syllables. They exist in English too: think about the different stresses, and hence meaning, between 'He's thought less' and 'He's thoughtless'.

Every syllable has one of five alternatives: creaky high tone; plain high tone; low tone; stopped syllable; or reduced (weak) syllable. In Burmese, the tone of a word can change its meaning. However, note that the tone of a word may change depending on the surrounding words.

Transliterated syllables have been separated by hyphens and breaks between words, or groups of words, by spaces. This is intended to make it easier for the learner. If you pronounce things the way they are written in this phrasebook, you should be understood. If this doesn't work, try showing the written version of what you want, and people will say it for you.

Vowel Sounds

Burmese vowel sounds should be easy for speakers of English and other European languages. They occur in open, nasalised and stopped forms. Tones also affect the way vowels are constructed.

Consonant Sounds

Consonants only occur at the beginning of a syllable – there are no consonants that occur after the vowel. The consonants b, d, j, g, m, n, ng, sh, h, z, w, l, y are pronounced as in English. Note that the w sound can occur on its own, or in combinations with other consonants, and that the g is hard, as the 'g' in 'gate'.

Basics

Hello.

မ ဂ် လာ ပါ
min ga' la pa

Please.

ကျေး ဇူး ပြု ပြီး
ja'y z'u p'u pi'

Thank you.

ကျေး ဇူး ပဲ
ja'y z'u p'eh

Yes.

ဟုတ် ကဲ့
houq ke'h

No.

ဟင်္ဂ် အင်္ဂ်
hin ain

Excuse me.

တ ဆိတ် လောက်
ta' seiq lauq

Sorry.

ဝမ်း နည်း ပါ တယ်
wun n'eh pa teh

Do you speak English?

ခင် ဗျား အ ဂ် လိပ် စ ကား ပြော
တတ် လား
k'a my'a in ga' leiq za' g'a py'aw
taq l'a

I don't understand.

ကွန်နီ တော် နား မ လည် ပါ ဘူး
jun taw n'a ma' leh pa bu

Help!

ကယ် ပါ
keh pa

Glossary of Terms

accessible	မ သန် စွမ်း သူ သုံး ma' than swun thu thoun
accessible toilet	မ သန် စွမ်း သူ သုံး အိမ် သာ ma' than swun thu thoun aein tha
amyotrophic lateral sclerosis (ALS)	အေ အယ်လ် အက်စ် ရော ဂါ aye aeh aeq y'aw ga
asthma	ပန်း နာ ရင် ကြပ် ရော ဂါ pang na yin kyaq y'aw ga
attendant	အဖော် a' phaw
autism	အော် တစ် ဇင် ရော ဂါ aaw tiq zin y'aw ga
cane	တောင် ဝှေး taun hwe'
cerebral palsy	စီ ပီ ရော ဂါ si pi y'aw ga
crutch(es)	ချီ င်း ထောက် (များ) kyain t'aua (my'a)
diabetes	ဆီး ချီ ရော ဂါ s'i ch'o y'aw ga
disability	မ သန် စွမ်း မှု ma' than swun mhu'
dyspraxia	ဒပ် ပ ရက် ဆီး ရား ရော ဂါ dia pi req s'i r'a y'aw ga

electric wheelchair	လျှပ် စစ် ဘီး တပ် ကု လား ထိုင် hlaq siq b'i taq ku' l'a t'ain
elevator	ဓာတ် လှေ ကား daq hlay k'a
epilepsy	ဝက် ရူး ပြန် ရောဂါ weq y'u pyan y'aw ga
guide/service dog	လမ်း ပြ / အ ဖော် ခွေး lan pya' / a' phaw khway
hand rail	လက် ကိုင် တန်း laq kain tan
hearing impairment	အ ကြား အာရုံ ချို့ လွှဲ မှု a' ky'a a youn ch'o yun mhu'
learning difficulties	သင် ယူ မှု အ ခက် အခဲများ thain yu mhu' a' kh'eq a' kh'eh my'a
long-term illness	နာ တာ ရှည် ဖျား နာ ခြင်း na ta shea p'ya na' k'hyin
manual wheelchair	လက် တွန်း ဘီး တပ် ကု လား ထိုင် laq tun b'i taq ku' l'a t'ain
medicine	ဆေး s'ay
multiple sclerosis (MS)	အမ် အက်စ် ရောဂါ aan a'eq y'aw ga
muscular dystrophy (MD)	အမ် ဒီ ရောဂါ aan di y'aw ga

physical disability	ရုပ် ပိုင်း ဆိုင် ရာ မ သန် စွမ်း မှု youa phain sain ya ma' than swun mhu'
ramp	ဆင် ခြေ လျှော လှေ ကား s'in chay hl'aw hlai k'a
shower chair	ရေ ချိုး ခန်း သုံး ထိုင် ခုံ ye ch'o khan thoun t'ain khoun
spinal-cord injury (SCI)	ကျော ရိုး အာ ရုံ ကြော ဒဏ် ရာ kya'w y'o a youn ky'aw dan ya
visual impairment	အ မြင် အာ ရုံ ချို့ လွှဲ မှု a' myin a youn ch'o yun mhu'
wheelchair	ဘီး တပ် ကု လား ထိုင် b'i taq ku' l'a t'ain
wheelchair space	ဘီး တပ် ကု လား ထိုင် အ တွက် နေ ရာ b'i taq ku' l'a t'ain a' thua ne ya

Travel Phrases

Disability-Related

I am disabled

ကွပ်န့် တော် မ သန် စွမ်း ပါ
jun taw ma' than swun pa

I have [disability]

ကွပ်န့် တော့် မှာ [disability] ဖြစ်
နေ ပါ တယ်
jun taw mha [disability] phiq ne
pa teh

can walk a bit

နည်း နည်း လမ်း လျှောက် လို့ ရ
တယ်
n'eh n'eh lan shaua l'o ya' teh

cannot walk at all

လုံး ဝ လမ်း လျှောက် လို့ မ ရ
ဘူး
loun wa' lan shaua l'o ma' ya'
bu

Hotels

Do you have an
accessible room?

မ သန် စွမ်း သူ သုံး အ ခန်း ရှိ
လား
ma' than swun thu thoun a'
khan shi' l'a

Is there a roll-in shower?

ဘီး တပ် ကု လား ထိုင် ဝင် လို့
ရ တဲ့ ရေ ချိုး ။ ခန်း ရှိ လား
b'i taq ku' l'a t'ain win l'o ya'
te'h ye ch'o khan sh'i l'a

Is there a shower chair?

ရေ ချိုး ။ ခန်း သုံး ထိုင် ခုံ ရှိ လား
ye ch'o khan thoun t'ain khoun
sh'i l'a

Are there any steps in the room?

အ ခန်း ထဲ မှာ လှေ ကား ထပ်
ရှိ လား
a' khan h'eh mha hlay k'a diq
sh'i l'a

Is there a step into the bathroom?

ရေ ချိုး ။ ခန်း ထဲ မှာ လှေ ကား
ထပ် ရှိ လား
ye' ch'o khan h'eh mha hlay k'a
diq sh'i l'a

How wide is the door?

တံ ခါး က ဘယ် လောက် ကျယ်
လဲ
tan kh'a ka' ba laua kyal l'eh

Is there a wheelchair I can borrow?

ဘီး တပ် ကု လား ထိုင် ငှား လို့
ရ လား
b'l taq ku' l'a t'ain ng'a l'o ya'
l'a

Transportation

Which entrance has an elevator?

ဘယ် ဝင် ပေါက် မှာ ဓာတ် လှေ
ကား ရှိ လဲ
beh win paua mha daq hlay k'a
sh'i l'eh

I want to go to [place]

ကျွန်တော် [place] ကို သွား ချင်
တယ်

jun taw [place] ko thw'a chin
the

**Can you put a ramp
out for me please?**

ကျေးဇူးပြုပြီး ဆင်ခြေလျှော
လှေကားကို ခင်းပေးနိုင်
မလား

ja'y z'u p'u pi' s'in chay hl'aw
hlay k'a ko khin p'e nain ma' l'a

Out & About

**Is there an accessible
restaurant nearby?**

ဒီနားမှာ ဘီးတပ်ကုလားထိုင်
ဝင်လို့ရတဲ့ စားသောက်ဆိုင်
ရှိလား

di n'a mha b'i taq ku' l'a t'ain
win l'o ya' te'h s'a thaua sain
sh'i l'a

**Is there an accessible
entrance?**

ဘီးတပ်ကုလားထိုင်ဝင်လို့
ရတဲ့ ဝင်ပေါက်ရှိလား

b'i taq ku' l'a t'ain win l'o ya'
te'h win paua sh'i l'a

**How do I go from
[place A] to [place B]
in a wheelchair?**

[place A] ကနေ [place B] ကို
ဘီးတပ်ကုလားထိုင်နဲ့ ဘယ်
လိုသွားလို့ရမလဲ

[place A] ka nay [place B] ko
b'i taq ku' l'a t'ain n'eh beh lo
thw'a l'o ya' ma' l'eh

Can I visit [place] with a wheelchair?

[place] ကို ဘီး တပ် ကု လား
ထိုင် နဲ့ သွား လို့ ရ လား
[place] ko b'i taq ku' l'a t'ain
n'eh thw'a l'o ya' l'a

Can you reach that for me?

အဲ ဒါ ကို ယူ ပေး နိုင် မ လား
a'eh da ko yu pay nain ma' l'a

Can you guide me to [place]?

[place] ကို သွား ဖို့ လမ်း ညွှန်
ပေး နိုင် မ လား
[place] ko thw'a ph'o lan nyun
pay nain ma' l'a

Do you have a fork/spoon/straw?

ဒီ မှာ ခက် ရင်း/ ဇွန်း / ပိုက် ရှိ
လား
di mha kheq yin / zun / paia
sh'i l'a

Are there any stairs?

ဒီ မှာ လှေ ကား ထပ် ရှိ လား
di mha hlay k'a diq sh'i l'a

How many steps are there?

လှေ ကား ထပ် ဘယ် နှ ထပ် ရှိ လဲ
hlay k'a diq beh na' diq sh'i l'eh

Equipment

It can fold

ဒါ ကို ခေါက် လို့ ရ တယ်
da ko khaua l'o ya' teh

It can't fold

ဒါ ကို ခေါက် လို့ မ ရ ဘူး
da ko khaua l'o ma' ya' b'u

Hold here

ဒီ ကို ကိုင် ထား ပါ
di ko kain t'a pa

It is too heavy to lift	ဒါ က မ ဖို့ အ ရမ်း လေး တယ် da ka' ma' ph'o a' yaein' lay the
It is [weight] kg	ဒါ က [weight] ကေ ကျီ လေး တယ် da ka' [weight] kay je lay the
It is a [type] battery	ဒါ က [type] ဘက် ထ ရီ ပါ da ka' [type] beq t'a' yi pa
dry battery	ဘက် ထ ရီ အ ခြောက် beq t'a' yi a' chauq
lithium-ion battery	လစ် သီ ယမ် ဘက် ထ ရီ liq thi yan beq t'a' yi
wet battery	ဘက် ထ ရီ အ စို beq t'a' yi a' so
sealed battery	အလုံ ပိတ် ဘက် ထ ရီ a' loun peiq beq t'a' yi
non-sealed battery	အ လုံ မ ပိတ် ထား သော ဘက် ထ ရီ a' loun ma' peiq th'a th'aw beq t'a' yi

Getting Help

Excuse me	တ ဆိတ် လောက် ta' seiq lauq
Please help me/give me a hand	ကျေး ဇူး ပြု ပြီး ကူ ညီ ပါ ja'y z'u p'u pi' ku nyi pa

Please be careful

ကျေးဇူးပြုပြီး ဂရုစိုက်ပါ
ja'y z'u p'u pi' ka' yu' saiq pa

I'm fine/okay

နေကောင်းပါတယ်
nay kaun pa teh

Help (emergency)

ကယ်ပါ
keh pa

Can you please write it down?

ကျေးဇူးပြုပြီး စာချရေးပေးနိုင်လား
ja'y z'u p'u pi' sa cha' yay pay
nain l'a

Yes

ဟုတ်ကဲ့
houq ke'h

No

ဟင်အင်း
hin ain

Stop

ရပ်ပါ
yaq pa

Please

ကျေးဇူးပြုပြီး
ja'y z'u p'u pi'

Thanks (informal)

ကျေးဇူးပဲ
ja'y z'u p'eh

Allergies

gluten

ဂ လူ တန်
ga' lu tan

milk

နို့
no'

dairy

နို့ ထွက် ပ စည်း
no' twuq pyiq s'i

peanut

မြေပဲ
mye p'eh

soy

ပဲ နို့
p'eh no'

nuts

အ ခွံ မာ သီး
a' khun ma th'i

eggs

ကြက်ဥ
kyeq au'

Does this contain
[food]?

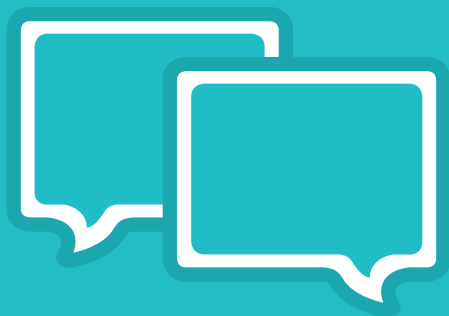
ဒီ မှာ [food] ပါ လား
di mha [food] pa la'

I have a [food] allergy

ကွန် တော [food] နဲ့ ဓာတ်
မတည့် ပါ
jun taw [food] ne'h daq ma' te'h pa

Can you make this
without [food]?

ဒါ ကို [food] မပါ ပဲ လုပ် ပေး လို
ရ လား
da ko [food] ma' pa pe'h louq p'e
l'o ya l'a



Croatian

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Pronunciation

Croatian pronunciation is quite straightforward for English speakers as many of the sounds are similar to English sounds. Some claim, in fact, that for English speakers, Croatian pronunciation is the easiest to master among the European languages.

Word Stress

Certain syllables in Croatian have stress, which means you emphasise one syllable over another. As a general rule, in two-syllable words stress usually falls on the first syllable. In words of three or more syllables, stress may fall on any syllable except the last. In our pronunciation guides, the stressed syllable is italicised.

Vowel Sounds

There are seven vowel sounds in Croatian. In the written language, vowels that appear next to each other don't run together to form diphthongs (vowel sound combinations) as in English. When you see two or more vowels written next to each other in a Croatian word, pronounce each vowel separately.

Consonant Sounds

Croatian consonant sounds all have equivalents, or close equivalents, in English. The rolled r sound can be pronounced in combination with another consonant (or more than one consonant) as a separate syllable, as in the word *Hrvat* *hr vat* 'Croatian'. If these syllables without vowels look a bit intimidating, try inserting a slight 'uh' sound before the r to help them run off your tongue more easily. The sound s can appear as a syllable on its own. When y comes after another consonant and before a vowel (as in the word *djeca* dye-tsa) it runs together with the preceding consonant and vowel. The preceding consonant is then pronounced with the tongue rising up towards the roof of the mouth. Something similar happens in English when you say 'and you' quickly. You don't need to be too conscious of this feature as it should happen more or less automatically as you follow the pronunciation guides.

Basics

Hello.	Bog. <i>bawg</i>
Goodbye.	Zbogom. <i>zbaw-gawm</i>
Please.	Molim. <i>maw-leem</i>
Thank you (very much).	Hvala vam/ti (puno). <i>pol/inf</i> <i>hva-la vam/tee (poo-no)</i>
Yes.	Da. <i>da</i>
No.	Ne. <i>ne</i>
Excuse me. (to get attention)	Oprostite. <i>aw-praw-stee-te</i>
Excuse me. (to get past)	Ispričavam se. <i>ee-spree-cha-vam se</i>
Sorry.	Žao mi je. <i>zha-aw mee ye</i>
Do you speak English?	Govorite/ Govoriš li (engleski)? <i>gaw-vaw-ree-te/ gaw-vaw-reesh lee</i> <i>(en-gle-skee)</i>
I don't understand.	Ja ne razumijem. <i>Ya ne ra-zoo-mee-yem</i>
Help!	Upomoć! <i>oo-paw-mawch</i>
Where's the toilet?	Gdje se nalaze nužnici? <i>gdye se na-la-ze noozh-nee-tsee</i>

Glossary of Terms

accessible	pristupačno <i>dos·too·pan</i>
accessible toilet	pristupačan toalet <i>dos·too·pan to·a·let</i>
amyotrophic lateral sclerosis (ALS)	amiotrofična lateralna skleroza (ALS) <i>a·mee·o·tro·feech·na la·te·ral·na skle·ro·za</i>
asthma	astma <i>ast·ma</i>
attendant	pratilac <i>pra·tee·lats</i>
autism	autizam <i>ow·tee·zam</i>
cane	štap <i>shtap</i>
cerebral palsy	cerebralna paraliza <i>tse·re·bral·na pa·ra·lee·za</i>
crutch(es)	štaka (štake) <i>shta·ka (shta·ke)</i>
diabetes	dijabetes <i>dee·ya·be·tes</i>
disability	invaliditet <i>een·va·lee·dee·tet</i>
dyspraxia	dispraksija <i>dees·prak·see·ya</i>
electric wheelchair	elektromotorna kolica <i>e·lek·tro·mo·tor·na ko·lee·tsa</i>
elevator	dizalo <i>dee·za·lo</i>
epilepsy	epilepsija <i>e·pee·lep·see·ja</i>

guide/service dog	pas vodič <i>pas vo·deech</i>
hand rail	rukohvat <i>roo·ko·hvat</i>
hearing impairment	oštećenje sluha <i>Oštećenje sluha</i>
learning difficulties	poteškoće u učenju <i>po·tesh·ko·che oo oo·che·nyoo</i>
long-term illness	kronična bolest <i>kro·neech·na bo·lest</i>
manual wheelchair	mehanička kolica <i>me·ha·neech·ka ko·lee·tsa</i>
medicine	lijek <i>lee·yek</i>
multiple sclerosis (MS)	multipla skleroza – MS <i>mool·tee·pla skle·ro·za (em·es)</i>
muscular dystrophy (MD)	mišićna distrofija (MD) <i>mee·sheech·na dees·tro·fee·ya (em·de)</i>
physical disability	fizički invaliditet <i>fee·zeech·kee een·va·lee·dee·tet</i>
ramp	rampa <i>ram·pa</i>
shower chair	stolica za tuširanje <i>sto·lee·tsa za too·shee·ra·nye</i>
spinal-cord injury (SCI)	ozljeda kralježnične moždine (OKM) <i>oz·lye·da kra·lyezh·neech·ne mozh·dee·ne</i>
visual impairment	oštećenje vida <i>Oštećenje vida</i>
wheelchair	invalidska kolica <i>een·va·leed·ska ko·lee·tsa</i>
wheelchair space	prostor za invalidska kolica <i>pro·stor za een·va·leed·ska ko·lee·tsa</i>

Travel Phrases

Disability-Related

I am disabled	Ja sam osoba sa invaliditetom <i>ya sam o·so·ba sa een·va·lee·dee·te·tom</i>
I have [disability]	Ja imam [disability] <i>ya ee·mam [disability]</i>
can walk a bit	mogu pomalo hodati <i>mo·goo po·ma·lo ho·da·tee</i>
cannot walk at all	ne mogu uopće hodati <i>ne mo·goo oo·op·che ho·da·tee</i>

Hotels

Do you have an accessible room?	Imate li dostupnu sobu? <i>ee·ma·te lee dos·toop·noo so·boo?</i>
Is there a roll-in shower?	Imate li tuš kabinu? <i>ee·ma·te lee toosh ka·bee·noo?</i>
Is there a shower chair?	Imate li stolicu za tuširanje? <i>ee·ma·te lee sto·lee·tsoo za too·shee·ra·nye?</i>
Are there any steps in the room?	Ima li u sobi stepenika? <i>ee·ma lee oo so·bee ste·pe·nee·ka?</i>
Is there a step into the bathroom?	Ima li u kupatilu stepenika? <i>ee·ma lee oo koo·pa·tee·loo ste·pe·nee·ka?</i>
How wide is the door?	Koliko su široka vrata? <i>ko·lee·ko soo shee·ro·ka vra·ta?</i>

Is there a wheelchair I can borrow?

Imate li kolica koja mogu posuditi?
ee·ma·te lee ko·lee·tsa ko·ya
mo·goo po·soo·dee·tee?

Transportation

Which entrance has an elevator?

Na kom ulazu se nalazi dizalo?
na kom oo·la·zoo se na·la·zee
dee·za·lo?

I want to go to [place]

Želim ići do [place]
zhe·leem ee·chee do [place]

Can you put a ramp out for me please?

Molim vas, možete li mi postaviti rampu?
mo·leem vas, mo·zhe·te lee mee
pos·ta·vee·tee ram·pu?

Out & About

Is there an accessible restaurant nearby?

Ima li u blizini dostupan restoran?
ee·ma lee oo blee·zee·nee
dos·too·pan res·to·ran?

Is there an accessible entrance?

Ima li dostupan ulaz?
ee·ma lee dos·too·pan oo·laz?

How do I go from [place A] to [place B] in a wheelchair?

Kako otići od [place A] do [place B] u kolicima?
ka·ko o·tee·chee [place A] do
[place B] oo ko·lee·tsee·ma?

Can I visit [place] with a wheelchair?

Mogu li posjetiti [place] sa kolicima?
mo·goo lee po·syee·tee·tee [place]
sa ko·lee·tsee·ma?

Can you reach that for me?

Možete li ovo da mi dohvatite?
mo·zhe·te lee o·vo da mee
doh·va·tee·te?

Can you guide me to [place]?	Možete li me odvesti do [place]? <i>mo·zhe·te lee me od·ves·tee do [place]?</i>
Do you have a fork/spoon/straw?	Imate li viljušku / žlicu / slamčicu? <i>ee·ma·te lee vee·lyoosh·koo / zhlee·tsoo / slam·chee·tsoo?</i>
Are there any stairs?	Ima li stube? <i>ee·ma lee stoo·be?</i>
How many steps are there?	Koliko stepenika ima? <i>ko·lee·ko ste·pe·nee·ka ee·ma?</i>

Equipment

It can fold	Može da se preklopi <i>mo·zhe da se pre·klo·pee</i>
It can't fold	Ne može da se preklopi <i>ne mo·zhe da se pre·klo·pee</i>
Hold here	Pridržite ovdje <i>pree·duhr·zhee·te ov·dye</i>
It is too heavy to lift	Preteško je da biste podigli <i>pre·tesh·ko ye da bee·ste po·deeg·lee</i>
It is [weight] kg	Ima [weight] kilograma <i>ee·ma [weight] kee·lo·gra·ma</i>
It is a [type] battery	To je [type] baterija <i>to ye [type] ba·te·ree·ya</i>
dry battery	suha baterija <i>soo·ha ba·te·ree·ya</i>
lithium-ion battery	litijum-jonska baterija <i>lee·tee·yoom yon·ska ba·te·ree·ya</i>
wet battery	mokra baterija <i>mok·ra ba·te·ree·ya</i>

sealed batteryzapečaćena baterija
*za·pe·cha·che·na ba·te·ree·ya***non-sealed battery**nezapečaćena baterija
ne·za·pe·cha·che·na ba·te·ree·ya

Getting Help

Excuse meOprostite
*o·pros·tee·te***Please help me/give me a hand**Molim vas, pomozite mi / dajte mi ruku
*mo·leem vas, po·mo·zee·te mee / dai·te mee roo·koo***Please be careful**Molim vas, budite oprezni
*mo·leem vas, boo·dee·te op·rez·nee***I'm fine/okay**Dobro sam/U redu sam
*dob·ro sam / oo re·doo sam***Help (emergency)**Upomoć
*oo·po·moch***Can you please write it down?**Molim vas, možete li mi napisati?
*mo·leem vas, mo·zhe·te lee mee na·pee·sa·tee?***Yes**Da
*da***No**Ne
*ne***Stop**Stop
*stop***Please**Molim vas
*mo·leem vas***Thanks (informal)**Hvala
hva·la

Allergies

gluten	gluten g/oo·ten
milk	mlijeko mlee·ye·ko
dairy	mliječni proizvodi mlee·yech·nee pro·eez·vo·dee
peanut	kikiriki kee·kee·ree·kee
soy	soja so·ya
nuts	orasi o·ra·see
eggs	jaja ya·ya
Does this contain [food]?	Ima li u ovome [food]? ee·ma lee oo o·vo·me [food]?
I have a [food] allergy	Alergičan / alergična sam na [food] a·ler·gee·chan / a·ler·geech·na sam na [food]
Can you make this without [food]?	Možete li ovo napraviti bez [food]? mo·zhe·te lee o·vo nap·ra·vee·tee bez [food]?



Danish

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Pronunciation

Danish varies from island to island as well as from north to south, with each region having its distinct dialect. The translation and pronunciation presented here follows the form of Danish known as Nudansk, (literally 'Now Danish'). This is the form of Danish spoken in Copenhagen, and understood throughout the country.

Danes do not necessarily pronounce what they write. The pronunciation of letters varies depending on the word, and written vowels and/or consonants will sometimes 'disappear' completely in the pronunciation. Unfortunately there are no hard and fast rules as to how any given letter is to be pronounced. In general, the best advice for good pronunciation is to listen and learn.

Word Stress

Stressed syllables in multi-syllable words are printed here in *italic* type, and longer syllables have been split into more manageable lengths.

Basics

Hello.	Hej/Goddag. (inf/pol) hai/ghor-da
Goodbye.	Hej hej/Farvel. (inf/pol) hai hai/fah-vehl
Thank you	Tak. tahg
Yes.	Ja. ya
No.	Nej. nai
Excuse me.	Undskyld. in-sgöl
Sorry.	Undskyld/Beklager. in-sgöl/bi-kla-ah
Do you speak English?	Taler De engelsk? ta-lah dee ehng-ehlsq?
I don't understand.	Jeg forstår (ikke). yai fo-sdor (ig)
Help!	Hjælp! yehlb!
Where's the toilet?	Jeg leder efter et offentligt toilet. Yai li-thah ehf-dah id o-fehnd-leed toy-lehd

Glossary of Terms

accessible	tilgængelig <i>til-gehng-eh-lee</i>
accessible toilet	tilgængeligt toilet <i>til-gehng-eh-leet toy-leht</i>
amyotrophic lateral sclerosis (ALS)	amyotrofisk lateral sklerose (ALS) <i>a-mü-oh-tfroh-feesk la-ti-fahl sleh-for-seh</i>
asthma	astma <i>ast-ma</i>
attendant	hjælper <i>yehl-puh</i>
autism	autisme <i>ow-tis-meh</i>
cane	stok <i>stok</i>
cerebral palsy	cerebral parese <i>seh-feh-bfahl pah-feh-seh</i>
crutch(es)	krykker <i>krö-kuh</i>
diabetes	diabetis <i>dee-a-beh-tees</i>
disability	handicap <i>han-dee-kahp</i>
dyspraxia	dyspraksi <i>düs-prahk-see</i>
electric wheelchair	elektrisk kørestol <i>eh-lehk-treesk kö-uh-stohl</i>
elevator	elevator <i>i-leh-va-tuh</i>
epilepsy	epilepsi <i>eh-pee-lehp-see</i>

guide/service dog	førerhund/servicehund <i>fö-uh-hoon/ser-vees-hoon</i>
hand rail	håndgreb <i>huhn-grab</i>
hearing impairment	nedsat hørelse <i>nehth-saht hö-fehl-seh</i>
learning difficulties	indlæringsvanskeligheder <i>ehn-lay-fings-van-ske-lee-hi-thuh</i>
long-term illness	langvarig sygdom <i>lahng-vaah-fee sū-dom</i>
manual wheelchair	manuel kørestol <i>ma-noo-ehl kö-uh-stohl</i>
medicine	medicin <i>meh-dee-seen</i>
multiple sclerosis (MS)	multipl sclerose (MS) <i>mool-tee-pel sleh-for-seh (ehm-ehs)</i>
muscular dystrophy (MD)	muskeldystrofi (MD) <i>moos-kehl-düs-tfor-fee</i>
physical disability	fysisk handicap <i>fū-seesk han-dee-kahp</i>
ramp	rampe <i>fahm-puh</i>
shower chair	badestol <i>ba-theh-stohl</i>
spinal-cord injury (SCI)	rygmarvsskade <i>ferg-mows-ska-the</i>
visual impairment	synshandicap <i>süns-han-dee-kahp</i>
wheelchair	kørestol <i>kö-uh-stohl</i>
wheelchair space	kørestolsplads <i>kö-uh-stohls-plas</i>

Travel Phrases

Disability-Related

I am disabled	Jeg er handicappet <i>yai ehf han-dee-kahp-eth</i>
I have [disability]	Jeg har [disability] <i>yai hah [disability]</i>
can walk a bit	Jeg kan gå lidt <i>yai ka gå lit</i>
cannot walk at all	Jeg kan slet ikke gå <i>yai ka sleht ig gå</i>

Hotels

Do you have an accessible room?	Har I et tilgængeligt værelse? <i>hah ee eht til-gehng-eh-leet ver-ehl-suh</i>
Is there a roll-in shower?	Er der en roll-in bruser? <i>eh dah in rrohl-in bfoo-suh</i>
Is there a shower chair?	Er der en badestol? <i>eh dah en ba-theh-stohl</i>
Are there any steps in the room?	Er der trin på værelset? <i>eh dah treen por ver-ehl-suht</i>
Is there a step into the bathroom?	Er der trin ind på badeværelset? <i>eh dah treen in por ba-theh-ver-ehl-suht</i>
How wide is the door?	Hvor bred er døren? <i>vor bfeth eh dö-fehn</i>
Is there a wheelchair I can borrow?	Er der en kørestol jeg kan låne? <i>eh dah en kō-uh-stohl yai ka lā-nuh</i>

Transportation

Which entrance has an elevator?	Hvilken indgang har en elevator? <i>vil-kehn in-gang hah i-leh-va-tuh</i>
I want to go to [place]	Jeg ønsker at tage til [place] <i>yai ön-skuh at ta-yuh til [place]</i>
Can you put a ramp out for me please?	Kan du lægge rampen for mig? <i>ka doo ler-guh fahm-pehn for mai</i>

Out & About

Is there an accessible restaurant nearby?	Er der en tilgængelig restaurant i nærheden <i>eh dah in til-gehng-eh-lee feh-stu-rahng ee nerf-heh-then</i>
Is there an accessible entrance?	Er der en tilgængelig indgang? <i>eh dah in til-gehng-eh-lee in-gahng</i>
How do I go from [place A] to [place B] in a wheelchair?	Hvordan kommer jeg fra [place A] til [place B] i en kørestol? <i>vor-dan koh-muh yai frah [place A] teel [place B] ee in kö-uh-stohl</i>
Can I visit [place] with a wheelchair?	Kan jeg besøge [place] med en kørestol? <i>ka yai beh-ser-yuh [place] mehth in kö-uh-stohl?</i>
Can you reach that for me?	Kan du række mig det? <i>ka doo fai-kuh mai di?</i>
Can you guide me to [place]?	Kan du guide mig til [place]? <i>ka doo gai-duh mai til [place]?</i>
Do you have a fork/spoon/straw?	Har du en gaffel/en ske/ et sugerør? <i>hah doo in gah-fehl/ehn skee/ehnt soo-uh-för?</i>
Are there any stairs?	Er der trapper? <i>eh dah trah-puh?</i>
How many steps are there?	Hvor mange trin er der? <i>vor mahng-eh tfeen eh dah?</i>

Equipment

It can fold	Den kan klappes sammen. <i>dehn ka klah-pehs sah-mehn</i>
It can't fold	Den kan ikke klappes sammen. <i>dehn ka ig klah-pehs sah-mehn</i>
Hold here	hold her <i>hāl hir</i>
It is too heavy to lift	Den er for tung at bære. <i>dehn eh for tāng at ber-fuh</i>
It is [weight] kg	Den vejer [weight] kg. <i>dehn vai-yuh [weight] kee-loh</i>
It is a [type] battery	Det er et [type] batteri. <i>di eh it [type] ba-teh-fee</i>
dry battery	tørbatteri <i>tōr-ba-teh-fee</i>
lithium-ion battery	lithium-ion batteri <i>lee-tee-ām ba-teh-fee</i>
wet battery	vådbatteri <i>vāth-ba-teh-fee</i>
sealed battery	forseglet batteri <i>for-sai-leht ba-teh-fee</i>
non-sealed battery	ikke-forseglet batteri <i>ig for-sai-leht ba-teh-fee</i>

Getting Help

Excuse me	undskyld <i>ān-skül</i>
Please help me/give me a hand	Vær sød at hjælpe mig/giv mig en hånd. <i>vehr sōth at yehl-puh mai/geew mai in hān</i>

Please be careful	Vær sød at være forsigtig. <i>vehr söth at veh-uh for-sig-tee</i>
I'm fine/okay	Jeg har det godt/ok. <i>yai hahr di got/oh koh</i>
Help (emergency)	Hjælp <i>yehlp</i>
Can you please write it down?	Vil du skrive det ned? <i>vil doo skree-vuh di nehth</i>
Yes	ja <i>ya</i>
No	nej <i>nai</i>
Stop	stop <i>stop</i>
Please	vær så venlig <i>vehr så vehn-lee</i>
Thanks (informal)	tak <i>tahk</i>

Allergies

gluten	gluten <i>g/oo-tehn</i>
milk	mælk <i>mehlk</i>
dairy	mælkeprodukter <i>mehl-keh-proh-däk-tuh</i>
peanut	jordnødder <i>yor-nöth-uh</i>
soy	soja <i>soy-a</i>
nuts	nødder <i>nöth-uh</i>

eggs

æg
ehg

**Does this contain
[food]?**

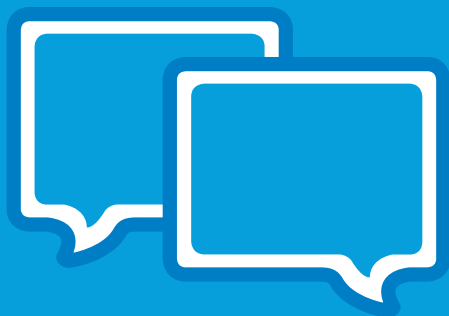
Indeholder dette [food]?
i-neh-huh-luh di-deh [food]

I have a [food] allergy

Jeg har en [food] allergi
yai hah in [food] a-la-gee

**Can you make this
without [food]?**

Kan man lave dette uden [food]?
*ka man /a-vuh di-deh oo-then
[food]*



Dutch

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Pronunciation

To most foreigners, Dutch has a delightfully distinctive sound – with its guttural **r** and **kh** sounds and its array of vowels.

If you put aside your inhibitions and read our pronunciation guides as if you're speaking English, you'll have no trouble getting your message across. It's such a rarity for foreigners to make the effort to speak Dutch that when you do, you'll win friends quicker than you can say *Nederlands* **ney-duhr-lants** (Dutch).

Word Stress

There are no universal rules on stress in Dutch. Just follow our pronunciation guides, in which the stressed syllables are always indicated with italics.

Vowel Sounds

Dutch has a rich reservoir of vowel sounds. Most vowels have a long and a short version, which simply means that you hold vowels for a greater or lesser length of time. It's important to make the distinction between long and short versions, as they can distinguish meaning – eg *maan* **maan** means 'moon' but *man* **man** means 'man'.

Consonant Sounds

Dutch consonants are pretty straightforward to pronounce as they're also found in English. You might need a little practice with the **kh** sound, which is guttural and harsher than the English 'h' (although in Flanders it's a lot 'softer' than in Holland). The distinctive trilled **r** sound is traditionally made with the tongue forward, although these days a lot of people pronounce it more like a French 'r' – held back and restricting the flow of air in the throat.

Basics

Hello.	Dag./Hallo. <i>dakh/ha-loh</i>
Goodbye.	Dag. <i>dakh</i>
Please.	Alstublieft. <i>al-stew-bleeft</i>
Thank you (very much).	Dank u/je (wel). <i>dangk ew/yuh well</i>
Yes.	Ja. <i>yaa</i>
No.	Nee. <i>ney</i>
Excuse me. (to get attention)	Excuseer mij. <i>eks-kew-zeyr mey</i>
Excuse me. (to get past)	Pardon. <i>par-don</i>
Do you speak English?	Spreekt u (Engels)? <i>spreykt ew (eng-uhls)</i>
I don't understand.	Ik begrijp het niet. <i>ik buh-khreyt huht neet</i>
Help!	Help! <i>help</i>
Where's the toilet?	Waar zijn de toiletten? <i>waar zeyn duh twa-le-tuhn</i>

Glossary of Terms

accessible	toegankelijk(e) <i>too·khan·kuh·luk</i>
accessible toilet	toegankelijk toilet <i>too·khan·kuh·luk twa·let</i>
amyotrophic lateral sclerosis (ALS)	ALS <i>aa·el·es</i>
asthma	asthma <i>as·ma</i>
attendant	begeleider /assistent <i>buh·khuh·ley·dur /a·sis·tent</i>
autism	autisme <i>aw·tis·muh</i>
cane	stok <i>stok</i>
cerebral palsy	cerebrale parese (CP) / hersenvlamming <i>sey·rey·braa·luh pa·rey·suh</i> <i>(sey·pey) her·suhn·vuhr·lam·ing</i>
crutch(es)	krukken <i>kru·kuhn</i>
diabetes	diabetes <i>dee·a·bey·tes</i>
disability	handicap <i>han·di·kap</i>
dyspraxia	dyspraxie <i>dis·prak·see</i>
electric wheelchair	elektrische rolstoel <i>eyl·lek·tris·suh roll·stool</i>
elevator	lift <i>lift</i>
epilepsy	epilepsie <i>ey·pee·lep·see</i>

guide/service dog	geleidehond / assistentiehond guh·ley·duh·hont / asis·ten·sie·hont
hand rail	handgreep / steunbeugel hand·greyp / steun·beu·khel
hearing impairment	slechthorend / doof slekt·ho·ruhnt / dohf
learning difficulties	verstandelijke beperking ver·stan·duhluhkuh buh·per·king
long-term illness	chronische ziekte khroh·nissuh zeek·tuh
manual wheelchair	manuele rolstoel ma·new·ey·luh roll·stool
medicine	medicatie mey·di·kaa·si
multiple sclerosis (MS)	MS em·es
muscular dystrophy (MD)	spierdystrofie / een spierziekte speer·dis·tro·fee / uhn speer·zeek·tuh
physical disability	fysieke handicap fi·zee·kuh han·di·kap
ramp	ramp / hellend vlak ramp / hell·unt vlak
shower chair	douchestoel / douchezit doosh·uh·stool / doosh·uh·zit
spinal-cord injury (SCI)	een dwarslaesie uhn dwars·ley·zee
visual impairment	slechtziend / blind slekt·zeent / blint
wheelchair	rolstoel roll·stool
wheelchair space	rolstoelplaats roll·stool·plaats

Travel Phrases

Disability-Related

I am disabled	Ik heb een handicap <i>Ik hep uhn han-dicap</i>
I have [disability]	Ik heb [disability] <i>Ik hep [disability]</i>
can walk a bit	Ik kan een beetje lopen / stap- pen [in Flanders] <i>Ik kan uhn bey·ti·uh loh·pun / stap·un</i>
cannot walk at all	Ik kan niet lopen <i>Ik kan neet loh·pun</i>

Hotels

Do you have an accessible room?	Hebt u een aangepaste/toeganke- lijke kamer? <i>Hept ew uhn too·khan·kuhlukuh kah·mur</i>
Is there a roll-in shower?	Is er een inrijdbare douche? <i>Is ur uhn in·reyt·bah·ruh doosh·uh</i>
Is there a shower chair?	Is er een douchestoel of douchezit? <i>Is ur uhn doosh·uh·stool of doosh·uh·zit</i>
Are there any steps in the room?	Zijn er treden/drempels in de kamer? <i>Zeyn ur trey·dun / drem·puls in duh kah·mur</i>

Is there a step into the bathroom? Is er een trede in de badkamer?
Is ur uhn trey-de / drem-pul in de bat-kah-mur

How wide is the door? Hoe breed is de deur?
Hoo breyt is duh deur

Is there a wheelchair I can borrow? Kan ik een rolstoel lenen?
Kan ik uhn roll-stool ley-nun

Transportation

Which entrance has an elevator? Welke ingang heeft een lift?
Welkuh in-khang heeft uhn lift

I want to go to [place] Ik wil naar [place]
Ik wil nahr [place]

Can you put a ramp out for me please? Kan u een hellend vlak klaarleggen, alsjeblief?
Kan ew uhn hel-unt flak klahr-lekh-uhn a-shuh-bleef

Out & About

Is there an accessible restaurant nearby? Is er een rolstoeltoegankelijk restaurant in de buurt?
Is ur uhn roll-stool-too-gan-kuh-luk res-to-rant in duh bewrt

Is there an accessible entrance? Kan men met een rolstoel naar binnen?
Kan men met uhn roll-stool nahr bin-nuh

How do I go from [place A] to [place B] in a wheelchair? Hoe ga ik met de rolstoel van [place A] naar [place B]?
Hoo kha ik met de roll-stool van [place A] nahr [place B]

Can I visit [place] with a wheelchair?	Kan ik [place] met de rolstoel bezoeken? <i>Kan ik [place] met duh roll·stool be-zoo-kuh</i>
Can you reach that for me?	Kan u daarbij (voor mij)? <i>Kan ew dahr·bey vohr mey</i>
Can you guide me to [place]?	Kan u mij de weg naar [place] tonen? <i>Kan ew muh duh wekh nahr [place] toh-nun</i>
Do you have a fork/spoon/straw?	Hebt u een vork / lepel / rietje? <i>Hept ew un vork / ley-pul / reet-yuh</i>
Are there any stairs?	Zijn er trappen? <i>Zeyn ur trap-un</i>
How many steps are there?	Hoeveel treden zijn er? <i>Hoo-vehl trey·dun zeyn ur</i>

Equipment

It can fold	Het is opvouwbaar <i>Hut is op·vow·bahr</i>
It can't fold	Het is niet opvouwbaar <i>Hut is neet op·vow·bahr</i>
Hold here	Hier vastpakken <i>heer vast·pa·kuh</i>
It is too heavy to lift	Het is te zwaar om te tillen <i>Hut is te zwahr om tuh til·uh</i>
It is [weight] kg	Het weegt [weight] kilogram <i>Hut weykht [weight] ki·lo·kham</i>
It is a [type] battery	Het is een [type] batterij <i>Hut is uhn [type] ba-tuh-rey</i>
dry battery	Droge batterij <i>droh·khe ba-tuh-rey</i>

lithium-ion battery	Lithium-ion batterij <i>lee-tee-um ee-on ba-tuh-rey</i>
wet battery	Natte batterij <i>na-tuh ba-tuh-rey</i>
sealed battery	Verzegelde batterij <i>vor-zey-khul-duh ba-tuh-rey</i>
non-sealed battery	Niet-verzegelde batterij <i>neet ver-zey-khul-duh ba-tuh-rey</i>

Getting Help

Excuse me	Excuseer <i>ek-skew-seyr</i>
Please help me/give me a hand	Wilt u even helpen? <i>Wil ew ey-vun hel-pun</i>
Please be careful	Voorzichtig alsjeblieft <i>Vohr-sikh-tukh a-sje-bleeft</i>
I'm fine/okay	Met mij (is) alles OK <i>Met mey (is) a-lus OK</i>
Help (emergency)	Help! <i>help</i>
Can you please write it down?	Kan u dat opschrijven? <i>Kan ew dat op-skhrey-vun?</i>
Yes	Ja <i>yah</i>
No	Nee <i>ney</i>
Stop	Stop <i>stop</i>
Please	Alsjeblieft <i>a-shuh-bleeft</i>
Thanks (informal)	Bedankt <i>buh-dankt</i>

Allergies

gluten	gluten <i>khlew·ten</i>
milk	melk <i>melk</i>
dairy	melkproducten <i>melk·pro·duk·tun</i>
peanut	pinda <i>pin·dah</i>
soy	soya <i>so·yah</i>
nuts	noten <i>noh·tun</i>
eggs	eieren <i>ey·ur·un</i>
Does this contain [food]?	Bevat dit [food]? <i>Buh·vat dit [food]?</i>
I have a [food] allergy	Ik heb een [food] allergie / Ik ben allergisch voor [food] <i>Ik hep un [food] a·ler·khee</i>
Can you make this without [food]?	Kan je dit zonder [food] maken? <i>Kan juh dit zon·dur [food] makuh?</i>



Farsi

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Pronunciation

Word Stress

Stress in Farsi is generally placed on the last syllable of a word – except for proper names, in which it falls on the first syllable (eg *آدم‌ح* *ah-mad*). You'll be fine if you follow our coloured pronunciation guides, in which the stressed syllable is always in *italics*.

Vowel Sounds

The vowel system in Farsi is fairly simple as it consists of only six vowels. Interestingly, all vowel sounds are represented by one letter – ا *alef*. In most cases you can only tell how to pronounce a vowel sound by its context. You don't need to worry about this though, as the correct pronunciation of each word or phrase is always given in our coloured pronunciation guides, next to the Arabic script throughout this chapter.

Consonant Sounds

Most consonant sounds in Farsi are pronounced just like in English. You might need some practice with the *gh* and the *kh* – both are guttural sounds, pronounced at the back of the mouth. The glottal stop (marked in our pronunciation guides with an apostrophe) is pronounced in the throat, ie as a break in the flow of speech. Note also that if a consonant is written twice, it should be pronounced twice.

Basics

Hello.	سلام <i>sa·laam</i>
Goodbye.	خدا حافظ <i>kho·daa·haa·fez</i>
Please.	لطفا <i>lot·fan</i>
Thank you (very much).	متشکرم <i>mo·te·shak·ke·ram</i>
Yes./No.	بله/نه <i>ba·le/na</i>
Excuse me.	ببخشید <i>be·bakh·sheed</i>
Sorry.	متأسفم <i>mo·ta·as·se·fam</i>
Do you speak English?	آ انگلیسی حرف می زنید؟ <i>sho·maa een·gee·lee·see harf</i> <i>mee·za·need</i>
I don't understand.	من نمی فه <i>man ne·mee·fah·mam</i>
Help!	ایکمک <i>ko·mak</i>
Where's the toilet?	توالت کجاست؟ <i>too·vaa·let ko·jaast</i>

Glossary of Terms

accessible	مخصوص معلولین <i>makh-soo-se ma'-loo-leen</i>
accessible toilet	توالت مخصوص معلولین <i>to-aa-le-te makh-soo-se ma'-loo-leen</i>
amyotrophic lateral sclerosis (ALS)	اسکلروزیس آمیوتروفیک جانبی <i>es-ke-le-ro-sees aa-mee-yo-tro-fee-ke jaa-ne-bee</i>
asthma	آسم <i>aasm</i>
attendant	همراه <i>ham-raah</i>
autism	اوتیسم <i>o-teesm</i>
cane	عصا <i>a-saa</i>
cerebral palsy	فلج مغزی <i>fa-la-je magh-zee</i>
crutch(es)	چوب زیر بغل <i>choo-be zeer-ba-ghal</i>
diabetes	دیابت <i>dee-yaa-bet</i>
disability	ناتوانی <i>naa-ta-vaa-nee</i>
dyspraxia	دیسپراکسیا <i>dees-pe-raak-see-yaa</i>
electric wheelchair	صندلی چرخ دار برقی <i>san-da-lee-ye charkh-daa-re bar-ghee</i>

elevator	آسانسور <i>aa·saan·sor</i>
epilepsy	صرع <i>sar'</i>
guide/service dog	سگ راهنما <i>sa·ge raah·na·maa</i>
hand rail	نرده مخصوص دستگیره <i>nar·de·ye makh·soo·se dast·gee·re</i>
hearing impairment	اختلال شنوایی <i>ekh·te·laa·le she·na·vaa·yee</i>
learning difficulties	مشکلات یادگیری <i>mosh·ke·laa·te yad·gee·ree</i>
long-term illness	بیماری طولانی مدت <i>bee·maa·ree·ye too·laa·nee mod·dat</i>
manual wheelchair	صندلی چرخدار دستی <i>san·da·lee·ye charkh·daa·re das·tee</i>
medicine	دارو <i>daa·roo</i>
multiple sclerosis (MS)	ام اس <i>em·es</i>
muscular dystrophy (MD)	دیستروفی عضلانی <i>dees·tro·fee·ye a·zo·laa·nee</i>
physical disability	ناتوانی جسمی <i>naa·ta·vaa·nee·ye Jes·mee</i>
ramp	سطح شیب دار <i>sat·he sheeb·daar</i>
shower chair	صندلی حمام <i>san·da·lee·ye ham·mam</i>
spinal-cord injury (SCI)	آسیب نخاعی <i>aa·see·be no·kha·yee</i>

visual impairment

اختلال بینایی

*ekh·te·laa·le bee·naa·yee***wheelchair**

صندلی چرخ دار

*san·da·lee·ye charkh·daar***wheelchair space**

فضای مخصوص صندلی چرخدار

*fa·zaa·ye makh·soo·se san·da·lee·ye
charkh·daar*

Travel Phrases

Disability-Related

I am disabled

من معلول هستم
man ma'·lool has·tam

I have [disability]

من دچار معلولیت هستم
man do·chaa·re ma'·loo·lee·yat
has·tam

can walk a bit

کمی می توانم راه بروم
ka·mee mee·ta·vaa·nam raah
be·ra·vam

cannot walk at all

اصلاً نمی توانم راه بروم
as·lan ne·mee·ta·vaa·nam raah
be·ra·vam

Hotels

Do you have an accessible room?

آیا اتاق مخصوص معلولین دارید؟
aa·yaa o·taa·ghe makh·soo·se
ma'·loo·leen daa·reed?

Is there a roll-in shower?

حمام بدون پله دارید؟
ham·maa·me be·doo·ne pel·le
daa·reed?

Is there a shower chair?

آیا در حمام صندلی دارد؟
aa·yaa dar ham·mam san·da·lee
da·reed?

Are there any steps in the room?

آیا در اتاق پله وجود دارد؟
aa·yaa dar o·taagh pel·le vo·jood
daa·rad?

Is there a step into the bathroom?

آیا در حمام پله وجود دارد؟
aa·yaa dar ham·mam pel·le
vo·jood daa·rad?

How wide is the door?

پهنای در چقدر است؟
pah·naa·ye dar che·ghadr ast?

Is there a wheelchair I can borrow?

آیا صندلی چرخداری هست که بتوانم امانت بگیرم؟
aa·yaa san·da·lee·ye
charkh·daa·ree hast ke
be·ta·vaa·nam a·maa·nat
be·gee·ram?

Transportation

Which entrance has an elevator?

کدام ورودی آسانسور دارد؟
ko·daam vo·rro·dee aa·saan·sor
daa·rad?

I want to go to [place]

میخواهم به [place] بروم
mee·khaa·ham be [place]
be·ra·vam

Can you put a ramp out for me please?

آیا می توانید یک سطح شیبدار برایم تهیه کنید؟
aa·yaa mee·ta·vaa·need yek sat·he
sheeb·daar ba·raa·yam ta·ha·ye
ko·need?

Out & About

Is there an accessible restaurant nearby?

آیا در نزدیکی رستورانی مخصوص معلولین وجود دارد؟
aa·yaa dar naz·dee·kee
res·too·raa·nee makh·soo·se
ma'·loo·leen vo·jood daa·rad?

Is there an accessible entrance?

آیا ورودی مخصوص معلولین وجود دارد؟
aa·yaa vo·roo·dee·ye makh·soo·se
ma'·loo·leen vo·jood daa·rad?

How do I go from [place A] to [place B] in a wheelchair?	چگونه می توانم از [placeA] به [placeB] بروم؟ <i>che-goo-ne mee-ta-vaa-nam az [place A] be [place B] be-ra-vam?</i>
Can I visit [place] with a wheelchair?	آیا می توانم از [place] با صندلی چرخدار بازدید کنم؟ <i>aa-yaa mee-ta-vaa-nam az [place] baa san-da-lee-ye charkh-daar baaz-deed ko-nam?</i>
Can you reach that for me?	آیا می توانید آن را به من بدهید؟ <i>aa-yaa mee-ta-vaa-need aan raa be man be-da-heed?</i>
Can you guide me to [place]?	می توانید مرا به [place] راهنمایی کنید؟ <i>mee-ta-vaa-need ma-raa be [place] raah-na-maa-yee ko-need?</i>
Do you have a fork/spoon/straw?	آیا چنگال / قاشق / نی دارید؟ <i>aa-yaa chan-gaal / ghaa-shogh / ney daa-reed?</i>
Are there any stairs?	پله هست؟ <i>pel-le hast?</i>
How many steps are there?	چند پله وجود دارد؟ <i>chand pel-le vo-jood daa-rad?</i>

Equipment

It can fold	می تواند تا شود <i>mee-ta-vaa-nad taa sha-vad</i>
It can't fold	نمی تواند تا شود <i>ne-mee-ta-vaa-nad taa sha-vad</i>
Hold here	از اینجا بگیرید <i>az een-jaa be-gee-reed</i>
It is too heavy to lift	خیلی سنگین است <i>khey-lee san-geen ast</i>

It is [weight] kg	وزنش [weight] کیلوگرم است. <i>vaz-nash [weight] kee-loo-ge-ram ast</i>
It is a [type] battery	این یک باتری [type] است. <i>een yek baat-ree-ye [type] ast</i>
dry battery	باتری خشک <i>baat-ree-ye khoshk</i>
lithium-ion battery	باتری لیتیوم - یونی <i>baat-ree-ye lee-tee-yom - yo-nee</i>
wet battery	باتری مرطوب <i>baat-ree-ye mar-toob</i>
sealed battery	باتری پلمپ شده <i>baat-ree-ye po-lom na-sho-de</i>
non-sealed battery	باتری پلمپ نشده <i>baat-ree-ye po-lom sho-de</i>

Getting Help

Excuse me	ببخشید <i>be-bakh-sheed</i>
Please help me/give me a hand	لطفاً به من کمک کنید. <i>lot-fan be man ko-mak ko-need</i>
Please be careful	لطفاً مواظب باشید. <i>lot-fan mo-vaa-zeb baa-sheed</i>
I'm fine/okay	من خوبم. <i>man khoo-bam</i>
Help (emergency)	کمک <i>ko-mak</i>
Can you please write it down?	میتوانید این را بنویسید؟ <i>mee-ta-vaa-need een raa be-ne-vee-seed?</i>

Yes	بله <i>ba·le</i>
No	نه <i>na</i>
Stop	ایست <i>eest</i>
Please	لطفاً <i>lot·fan</i>
Thanks (informal)	ممنون <i>mam·noon</i>

Allergies

gluten	گلوتن <i>glo·ten</i>
milk	شیر <i>sheer</i>
dairy	لبنیات <i>la·ba·nee·yat</i>
peanut	بادام زمینی <i>baa·daam·za·mee·nee</i>
soy	سویا <i>so·yaa</i>
nuts	آجیل <i>aa·jeel</i>
eggs	تخم مرغ <i>tokh·me morph</i>
Does this contain [food]?	آیا این شامل [food] می شود؟ <i>aa·yaa een shaa·me·le [food]</i> <i>mee·sha·vad?</i>

I have a [food] allergy

من به [food] آلرژی دارم.

man be [food] aa-ler-jee daa-ram

**Can you make this
without [food]?**

آیا می توانید این غذا را بدون [food] بپزید؟

*aa-yaa mee-ta-vaa-need een
gha-zaa raa be-doo-ne [food]
be-pa-zeed?*



French

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Pronunciation

The sounds used in spoken French can almost all be found in English. There are a few exceptions: nasal vowels, the ‘funny’ **u** sound and that deep-in-the-throat **r**, but throwing caution to the wind and mimicking every French accent you’ve heard can be surprisingly effective.

Word Stress

Syllables in French words are, for the most part, equally stressed. English speakers tend to stress the first syllable, which is definitely unusual in French, so try adding a light stress on the final syllable to compensate.

The rhythm of a French sentence is based on breaking the phrase into meaningful sections, then stressing the final syllable in each. The stress at these points is characterised by a slight rise in intonation. The ‘beat’ of the sentence is quite regular because of these stressed syllables.

Vowel Sounds

Generally, French vowel sounds are short and don’t glide into other vowels. As you order another coffee, listen to fellow patrons and note some of the differences in their pronunciation, like the **ay** in *café*. It’s close to the English sound, but it’s shorter and sharper.

Consonant Sounds

Swallow deeply and prepare for just one sticking point when it comes to pronouncing French consonants: the **r** sound. It’s made in the back of the throat, a little like a growl. Using an English ‘r’ sound will get you by, but it’s one of the French sounds that will really help you sound natural – it’s well worth working on. The other consonant sounds can all be found in English.

Basics

Hello.	Bonjour. pol /Salut. inf bon-zhoor/ sa-lew
Goodbye.	Au revoir. o rer-vwar
Please.	S'il vous plaît. seel voo play
Thank you (very much).	Merci. mair-see
Yes.	Oui. wee
No.	Non. non
Excuse me.	Excusez-moi. ek-skew-zay-mwa
Sorry.	Pardon. par-don
Do you speak English?	Parlez-vous anglais? par-lay-voov ong-glai
I don't understand.	Je ne comprends pas. zher ner kom-pron pa
Help!	Au secours! o skoor
Where are the toilets?	Où sont les toilettes? oo son lay twa-let

Glossary of Terms

accessible	accessible / adapté ak·say·see·bler / a·dap·tay
accessible toilet	toilette adaptée twa·let a·dap·tay
amyotrophic lateral sclerosis (ALS)	sclérose latérale amyotrophique (SLA) es·el·a
asthma	asthme as·mer
attendant	accompagnateur a·kom·pa·nya·ter
autism	autisme o·tees·mer
cane	canne kan
cerebral palsy	infirmité motrice cérébrale (IMC) / paralysie cérébrale ee·em·say / pa·ra·lee·zee say·ray·bral
crutch(es)	béquille(s) bay·kee
diabetes	diabète dya·bet
disability	handicap on·dee·kap
dyspraxia	dyspraxie dis·prak·see
electric wheelchair	fauteuil roulant électrique / motorisé fo·ter·yee roo·lon ay·lek·treek / mo·to·ree·zay
elevator	ascenseur a·son·ser

epilepsy	épilepsie ay·pee·lep·see
guide/service dog	chien guide / chien de service / d'assistance shyun geed / shyun der sair·vees / da·sees·ton·se
hand rail	la main courante la man koo·ron·ter
hearing impairment	déficience auditive day·fee·syons o·dee·teev
learning difficulties	difficultés d'apprentissage dee·fee·kool·tay da·pron·tee·sazh
long-term illness	maladie à long terme / maladie de longue durée ma·la·dee a long ter·mer / der long dew·ray
manual wheelchair	fauteuil roulant manuel fo·ter·yee roo·lon ma·nwel
medicine	médicament may·dee·ka·mon
multiple sclerosis (MS)	sclérose en plaques (SEP) es·er·pay
muscular dystrophy (MD)	dystrophie musculaire (DM) day·em
physical disability	handicap / déficience physique on·dee·kap day·fee·syons fee·zeek
ramp	rampe / passerelle rom·per / pa·ser·el
shower chair	chaise de douche [stationary] / fauteuil roulant de douche [mobile] shez der doosh / fo·ter·yee roo·lon der doosh
spinal-cord injury (SCI)	Lésion de la moelle épinière (SCI) es·say·ee

visual impairment	déficience visuelle day·fee·syons vee·swel
wheelchair	fauteuil roulant fo·ter·yee roo·lon
wheelchair space	emplacement pour fauteuil roulant / Espace pour fauteuil roulant om·plas·mon poor / es·pass poor fo·ter·yee roo·lon

Travel Phrases

Disability-Related

I am disabled	Je suis handicapé(e) zher swee on-dee-ka-pay
I have [disability]	J'ai [disability] zhay [disability]
can walk a bit	Je peux marcher un peu zher per mar-shay un per
cannot walk at all	Je ne peux pas marcher du tout zher ner per pa mar-shay doo too

Hotels

Do you have an accessible room?	Avez-vous une chambre accessible? / Avez-vous une chambre adaptée? a-vay-voo ewn shom-brer ak-say-see-bler / a-dap-tay
Is there a roll-in shower?	Y a-t-il une douche à l'italienne/sans seuil / adaptée aux personnes handicapées? ya-teel ewn doosh a lee-ta-lee-en/ son ser-ya / a-dap-tay o pair-son on-dee-ka-pay
Is there a shower chair?	Y a-t-il un fauteuil roulant/chaise de douche? ya-teel un fo-ter-yee roo-lon/shez der doosh

Are there any steps in the room?

Y a-t-il des marches dans la chambre?

ya·teel day marsh don la shom·brer

Is there a step into the bathroom?

Y a-t-il une marche pour rentrer dans la salle de bains?

ya·teel ewn marsh poor ron·tray don la sal der bun

How wide is the door?

Quelle est la largeur de la porte?

kel ay la lar·zher der la port

Is there a wheelchair I can borrow?

Y a-t-il un fauteuil roulant que je puisse emprunter?

ya·teel un fo·ter·yee roo·lon ker zher pwee·ser om·prun·tay

Transportation

Which entrance has an elevator?

Quelle entrée a un ascenseur?

kel on·tray a ewn a·son·ser

I want to go to [place]

Je voudrais aller à [place] / je voudrais aller au [place]

zher voo·dray a·lay a / o [place]

Can you put a ramp out for me please?

Pouvez-vous me placer une rampe s'il vous plaît?

poo·vay·voo mer pla·say ewn rom·per seel voo play

Out & About

Is there an accessible restaurant nearby?

Y a-t-il un restaurant accessible tout près?

ya·teel un res·to·ron ak·say·see·bler too pray

Is there an accessible entrance?

Y a-t-il une entrée accessible?

ya·teel ewn on·tray ak·say·see·bler

How do I go from [place A] to [place B] in a wheelchair?	Comment puis-je aller de [place A] à [place B] en fauteuil roulant? ko·mon pweezh a·lay der [place A] a [place B] on fo·ter·yee roo·lon
Can I visit [place] with a wheelchair?	Puis-je visiter [place] en fauteuil roulant? pweezh vee·zee·tay [place] on fo·ter·yee roo·lon
Can you reach that for me?	Pouvez-vous me passer cela ? poo·vay·voo mer pa·say ser·la
Can you guide me to [place]?	Pouvez-vous me diriger vers [place] ? poo·vay·voo mer dee·ree·zhay vair [place]
Do you have a fork/spoon/straw?	Avez-vous une fourchette / cuillère / paille? a·vay·voo ewn foor·shet / kwee·yair / pa·yee
Are there any stairs?	Y a-t-il des escaliers? ya·teel day zes·kal·yer
How many steps are there?	Combien y a-t-il de marches? kom·byun ya·teel der marsh

Equipment

It can fold	Elle/il peut se plier el/eel per ser plee·yay
It can't fold	Elle/il ne peut pas se plier el/eel ner per pa ser plee·yay
Hold here	Tenez ici ter·nay ee·see
It is too heavy to lift	C'est trop lourd pour être soulevé say tro loor poor e·trer sool·vay
It is [weight] kg	Ça pèse [weight] kilogrammes sa per·zer [weight] kee·lo·gram

It is a [type] battery	Il s'agit d'une batterie [type] (large e.g. for chair) / Il s'agit d'une pile [type] (small e.g. for flash light) eel sa·zhee down ba·tay·ree [type] / peel [type]
dry battery	batterie sèche ba·tay·ree sesh
lithium-ion battery	batterie lithium-ion ba·tay·ree lee·tee·um ee·on
wet battery	batterie à électrolyte liquide ba·tay·ree a el·lek·tro·leet lee·keed
sealed battery	batterie scellée / batterie étanche ba·tay·ree skel·lay / ay·ton·sher
non-sealed battery	batterie non scellée / batterie ouverte ba·tay·ree non skel·lay ba·tay·ree oo·vairt

Getting Help

Excuse me	Excusez-moi ek·skyew·zay·mwa
Please help me/give me a hand	S'il vous plaît aidez-moi / donnez-moi un coup de main seel voo play ay·day·mwa / do·nay·mwa un koo der mun
Please be careful	Faites attention s'il vous plaît fet a·ton·syon seel voo play
I'm fine/okay	Je vais bien / okay zher vay byun
Help (emergency)	À l'aide a led
Can you please write it down?	Pouvez-vous l'écrire s'il vous plait? poo·vay voo lay·kreer seel voo play

Yes	Oui wee
No	Non non
Stop	Stop / Arrêtez! a-ray·tay
Please	S'il vous plaît seel voo play
Thanks (informal)	Merci mair·see

Allergies

gluten	gluten gloo·tun
milk	lait lay
dairy	produits laitiers pro·dwee lay·tyair
peanut	cacahuète ka·ka·wet
soy	soja saw·ya
nuts	noix nwa
eggs	œufs erf
shellfish	fruits de mer frwee der mair
Does this contain [food]?	Est-ce que cela contient [food]? esk ker ser·la kon·tyun [food]

I have a [food] allergy

Je suis allergique à/au [food] /
J'ai une allergie alimentaire à/au
[food]

zhe swee a·lair·zheek a/o
[food] /zhay ewn a·lair·zhee
a·lee·mun·tair a/o [food]

**Can you make this
without [food]?**

Pouvez-vous préparer cela sans
[food]?

poo·vay voo pray·pa·ray ser·la son
[food]



German

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Pronunciation

Word Stress

Stress in German is straightforward – almost all native German words are pronounced with stress on the first syllable. There are just a couple of things to watch out for.

Some prefixes aren't stressed, like *ver-* in the verb *verstehen* *fer·shtay-en* (understand). Also, words borrowed from other languages keep their original stress, like *Organisation* *or·ga-ni-sa·tsyawn* (organisation) and *Student* *shtu·dent* (student) and therefore may have the stress on a different syllable than in English.

While these are handy rules of thumb, you can always rely on our pronunciation guides which show the stressed syllable in italics.

Vowel Sounds

As in English, vowels can be pronounced short or long, to give different meanings (compare 'ship' and 'sheep'). Vowels are pronounced crisply and cleanly with your mouth tenser than in English, eg *Tee* (tea) is pronounced *tay*, not *tay-ee*.

Consonant Sounds

All German consonant sounds exist in English, except for the *kh* and *r* sounds, so all you need is a little practice.

The *kh* sound is generally like the 'ch' in 'Bach' or the Scottish *loch*, pronounced at the back of the throat. After the vowels *e* and *i* it's pronounced more forward in your mouth, almost like a *sh* sound. A *kh* sound, however, will always get you by. In this book we've used one symbol for both sounds to simplify things.

The *r* sound is pronounced at the back of the throat, almost like saying a *g* sound, but with some friction – a bit like gargling.

Basics

Hello.	Guten Tag. <i>goo·ten tahk</i>
Goodbye.	Auf Wiedersehen. <i>owf vee·der·zay·en</i>
Please.	Bitte. <i>bi·te</i>
Thank you (very much).	Danke. <i>dang·ke</i>
Yes.	Ja. <i>yah</i>
No.	Nein. <i>nain</i>
Excuse me.	Entschuldigung. <i>ent·shul·di·gung</i>
Sorry.	Entschuldigung <i>ent·shul·di·gung</i>
Do you speak English?	Sprechen Sie Englisch? <i>pol</i> <i>shpre·khen zee eng·lish</i> Sprichst du Englisch? <i>inf</i> <i>shprikhst doo eng·lish</i>
I don't understand.	Ich verstehe nicht. <i>ikh fer·shtay·e nikht</i>
Help!	Hilfe! <i>hil·fe</i>
Where's the toilet?	Wo ist die Toilette? <i>vo ist dee to·a·le·te</i>

Glossary of Terms

accessible	barrierefrei <i>bar·ree-air·e-frai</i>
accessible toilet	barrierefreie Toilette <i>bar·ree-air·e-frai toy·le-te</i>
amyotrophic lateral sclerosis (ALS)	Amyotrophe Lateralsklerose (ALS) <i>am·myo·tro·fe lat·air·al·skle·ro·se</i>
asthma	Asthma <i>as·ma</i>
attendant	Begleiter <i>bay·glai·ter</i>
autism	Autismus <i>ow·tis·mus</i>
cane	Gehstock <i>gay·shtock</i>
cerebral palsy	Cerebralparese <i>tse·re·bral·pa·re·se</i>
crutch(es)	Gehstütze(n) (Krücke(n)) <i>gay·shtyt·ze(n) (krü·ke)</i>
diabetes	Diabetes <i>dee·a·bay·tis</i>
disability	Behinderung <i>bay·hin·de·rung</i>
dyspraxia	Dyspraxie <i>dees·prak·see</i>
electric wheelchair	Elektrorollstuhl (E-Rollstuhl) <i>ee·lek·tro·roll·shtool</i>
elevator	Fahrstuhl (Lift) <i>far·shtool (lift)</i>
epilepsy	Epilepsie <i>ai·pee·lep·see</i>
guide/service dog	Begleithund (Assistenzhund) <i>bay·glait·hoond (a·sist·tens·hoond)</i>

hand rail	Geländer (Handlauf) <i>gay·lend·air (hand·lowf)</i>
hearing impairment	Hörbehinderung <i>her·bay·hin·de·rung</i>
learning difficulties	Lernschwierigkeiten <i>lairn·shweer·ik·kai·ten</i>
long-term illness	Langzeiterkrankung (Chronische Erkrankung) <i>lang·tsait·air·krank·oong (kro·nee·zhe air·krank·oong)</i>
manual wheelchair	Manueller Rollstuhl <i>man·oo·el·er roll·shtool</i>
medicine	Medizine (Arznei) <i>mai·dee·tsi (artz·nai)</i>
multiple sclerosis (MS)	Multiple Sklerose (MS) <i>mool·tee·ple·sle·raw·ze</i>
muscular dystrophy (MD)	Muskeldystrophie <i>moo·skel·dys·tro·fee</i>
physical disability	Körperbehinderung <i>ker·pair·bay·hin·de·rung</i>
ramp	Rampe <i>ram·pe</i>
shower chair	Duschstuhl <i>doosh·shtool</i>
spinal-cord injury (SCI)	Rückenmarksverletzung (Querschnittslähmung) <i>rü·ken·marks·fair·let·soong (kwair·zhnits·lai·moong)</i>
visual impairment	Sehbehinderung <i>zay·be·hin·de·rung</i>
wheelchair	Rollstuhl <i>roll·shtool</i>
wheelchair space	Rollstuhlplatz <i>roll·shtool·platz</i>

Travel Phrases

Disability-Related

I am disabled	Ich habe eine Behinderung <i>ikh hah-be ai-ne bay-hin-de-rung</i>
I have [disability]	Ich habe [disability] <i>ikh hah-be [disability]</i>
can walk a bit	Ich kann etwas laufen <i>ikh kann et-was low-fen</i>
cannot walk at all	Ich kann nicht laufen <i>ikh kann nikht low-fen</i>

Hotels

Do you have an accessible room?	Haben Sie ein barrierefreies Zimmer? <i>hah-ben zee ain ba-ree-air-e-frai-es tsim-mair</i>
Is there a roll-in shower?	Ist die Dusche befahrbar? <i>ist dee doo-she be-fah-ba</i>
Is there a shower chair?	Gibt es einen Duschstuhl? <i>geebt es ain-en doosh-shtool</i>
Are there any steps in the room?	Gibt es Stufen im Zimmer? <i>geebt es shtoo-fen im tsim-mair</i>
Is there a step into the bathroom?	Gibt es Stufen zum Badezimmer? <i>geebt es shtoo-fen tsoom bah-dai-tsim-mair</i>
How wide is the door?	Wie breit ist die Tür? <i>wee brait ist dee tür</i>

Is there a wheelchair I can borrow?

Kann ich einen Rollstuhl leihen?
*kann ikh ai-nen roll-shtool
 ows-lai-en*

Transportation

Which entrance has an elevator?

An welchem Eingang gibt es einen Fahrstuhl?
*an wel-khem ain-gang geebt es
 ai-nen fah-shtool*

I want to go to [place]

Ich möchte zu [place]
ikh mersh-te tsu [place]

Can you put a ramp out for me please?

Können Sie für mich eine Rampe anlegen, bitte?
*kern-nen zee für mikh ai-ne
 ram-pai an-lai-gen bit-te*

Out & About

Is there an accessible restaurant nearby?

Gibt es in der Nähe ein barriere-freies Restaurant?
*geebt es in dair nai-e ain
 bar-ree-air-e-frai-es rais-tow-rant*

Is there an accessible entrance?

Gibt es einen barrierefreien Eingang?
*geebt es ai-nen bar-ree-air-e-frai-en
 ain-gang*

How do I go from [place A] to [place B] in a wheelchair?

Wie komme ich im Rollstuhl von [place A] nach [place B]?
*vee kom-me ikh im roll-shtool von
 [place a] nakh [place b]*

Can I visit [place] with a wheelchair?

Kann ich [place] im Rollstuhl besuchen?
*kan ikh [place] im roll-shtool
 be-zoo-kain*

Can you reach that for me?

Können Sie mir das reichen?
ken-nen zee meer daz rai-khen

Can you guide me to [place]?	Können Sie mir den Weg zu [place] zeigen? <i>ken·nen zee meer den vaig tsoo [place] tsai·gen</i>
Do you have a fork/spoon/straw?	Haben Sie eine Gabel/einen Löffel/einen Strohhalm? <i>hah·ben zee ai·ne gah·bel/ai·nen ler·fel/ai·nen straw·halm</i>
Are there any stairs?	Gibt es dort Treppen? <i>geebt es dort trep·pain?</i>
How many steps are there?	Wie viele Stufen sind dort? <i>vee fee·le shtoo·fen sind dort</i>

Equipment

It can fold	Er ist faltbar <i>air ist falt·bar</i>
It can't fold	Er ist nicht faltbar <i>air ist nikht falt·bar</i>
Hold here	Halten Sie hier fest <i>hahl·ten zee heer fest</i>
It is too heavy to lift	Er ist zu schwer zum Anheben <i>air ist tsoo schwair tsoom an·he·ben</i>
It is [weight] kg	Er/sie/es wiegt [weight] kg <i>air/zee/ess veegt [weight] kee·lo·gram</i>
It is a [type] battery	Das ist eine [type] <i>das ist ai·ne [type]</i>
dry battery	Trockenbatterie <i>tro·kain·bat·air·ree</i>
lithium-ion battery	Lithium-Ion-Akku <i>lee·tsee·um·ee·on·bat·air·ree</i>
wet battery	Nassbatterie <i>nahs·bat·air·ree</i>

sealed batteryVersiegelte Batterie
*fair·zee·gel·te bat·air·ree***non-sealed battery**Unversiegelte Batterie
oon·fair·zee·gel·te bat·air·ree

Getting Help

Excuse meEntschuldigung
*ain·tshool·dee·goong***Please help me/give me a hand**Helfen Sie mir bitte
*hel·fen zee meer bit·te***Please be careful**Seien Sie bitte vorsichtig
*zai·en zee bit·te for·sikh·tig***I'm fine/okay**Es geht mir gut
*es gait meer goot***Help (emergency)**Hilfe
*hil·fe***Can you please write it down?**Können Sie das bitte aufschreiben?
*ker·nen zee das bit·te owf·shrei·ben***Yes**Ja
*yah***No**Nein
*nain***Stop**Stop
*shtop***Please**Bitte
*bit·te***Thanks (informal)**Danke.
dan·ke

Allergies

gluten	Gluten <i>gloo·tain</i>
milk	Milch <i>milkh</i>
dairy	Milchprodukte <i>milkh-pro-dook·te</i>
peanut	Erdnuss <i>aird·noos</i>
soy	Soja <i>zoi·yah</i>
nuts	Nüsse <i>nüs·se</i>
eggs	Eier <i>ai·er</i>
Does this contain [food]?	Enthält das [food] ? <i>aint·helt das [food]</i>
I have a [food] allergy	Ich habe eine [food] Allergie <i>ikh hah·be ai·ne [food] ah·lair·gee</i>
Can you make this without [food]?	Könnte ich das ohne [food] bekommen? <i>kern·te ich das aw·ne [food] be·kom·men</i>



Greek

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Pronunciation

The pronunciation of Greek is easy to master, as most of the sounds correspond to those found in English. Use the coloured pronunciation guides to become familiar with them, and then read directly from the Greek when you feel more confident.

Word Stress

Most Greek words have only one stressed syllable, but some have two. Stress can fall on any of the last three syllables. In our pronunciation guides, the stressed syllable is always in *italics*, but in written Greek, the stressed syllable is always indicated by an accent over the vowel, eg *καλά* *ka-la*.

Vowel Sounds

Greek vowels are pronounced separately even when they're written in sequence, eg *ζώο* *zo-o* (animal). You'll see though in the table below that some letter combinations correspond to a single sound – *ουρά* (queue) is pronounced *u-ra*.

When a word ending in a vowel is followed by another word that starts with the same or a similar vowel sound, one vowel is usually omitted and the two words are pronounced as if they were one – Σε *ευχαριστώ* *se ef-kha-ris-to* becomes Σ' *ευχαριστώ* *sef-kha-ris-to* (Thank you). Note that the apostrophe (') is used to show that two words have been joined together.

Consonant Sounds

Most Greek consonant sounds are also found in English – only the guttural *gh* and *kh* might need a bit of practice. Double consonants are only pronounced once – *άλλος* *a-los* (other).

Basics

Hello.	Γεια σου. <i>yia su</i>
Goodbye.	Αντίο. <i>a-di-o</i>
Please.	Παρακαλώ. <i>pa-ra-ka-lo</i>
Thank you	Ευχαριστώ <i>ef-kha-ri-sto</i>
Yes.	Ναι. <i>ne</i>
No.	Όχι. <i>o-hi</i>
Excuse me.	Με συγχωρείτε <i>me sing-kho-ri-te</i>
Sorry.	Συγγνώμη <i>sigh-no-mi</i>
Do you speak English?	Μιλάς (Αγγλικά) <i>mi-las (an-gli-ka)</i>
I don't understand.	Δεν καταλαβαίνω. <i>then ka-ta-la-ve-no</i>
Help!	Βοήθεια! <i>vo-i-thia</i>
Where's the toilet?	Πού είναι η τουαλέτα <i>pu i-ne i tu-a-le-ta</i>

Glossary of Terms

accessible	προσβασιμο <i>pros·va·si·mo</i>
accessible toilet	προσβάσιμη τουαλέτα <i>pros·va·si·mi· tu·a·le·ta</i>
amyotrophic lateral sclerosis (ALS)	αμυοτροφική πλευρική σκλήρυνση <i>a·mi·o·tro·phi·ki ple·vri·ki skli·ri·nsi</i>
asthma	άσθμα <i>a·sthma</i>
attendant	συνοδός <i>si·no·t̃hos</i>
autism	αυτισμός <i>a·fti·smos</i>
cane	λευκό μαστούνι <i>lef·ko ba·stu·ni</i>
cerebral palsy	εγκεφαλική παράλυση <i>e·gke·pha·li·ki pa·ra·li·si</i>
crutch(es)	πατερίτσες <i>pa·te·ri·tses</i>
diabetes	διαβήτης <i>dia·vi·tis</i>
disability	αναπηρία <i>a·na·pi·ri·a</i>
dyspraxia	δυσπραξία <i>is·pra·ksi·a</i>
electric wheelchair	ηλεκτρικό αναπηρικό αμαξίδιο/ αναπηρική καρέκλα <i>i·le·ktri·ki a·na·pi·ri·ki ka·re·kla</i>
elevator	ανελκυστήρας <i>a·nel·ki·sti·ras</i>
epilepsy	επιληψία <i>e·pi·li·psi·a</i>

guide/service dog	σκυλος οδηγός/σκύλος συνοδός <i>ski·los oḡh·gos/ski·los si·no·ḡhos</i>
hand rail	χειρολαβή <i>hi·ro·la·vi</i>
hearing impairment	πρόβλημα ακοής <i>pro·vli·ma a·ko·is</i>
learning difficulties	νοητικά προβλήματα <i>no·i·ti·ka pro·vli·ma·ta</i>
long-term illness	μακροχρόνια ασθένεια <i>ma·kro·chro·ni·a as·the·ni·a</i>
manual wheelchair	χειροκίνητο αναπηρικό αμαξίδιο/ αναπηρική καρέκλα <i>hi·ro·ki·ni·ti a·na·pi·ri·ki ka·re·kla</i>
medicine	φάρμακο <i>far·ma·ko</i>
multiple sclerosis (MS)	σκλήρυνση κατά πλάκας <i>skli·ri·nsi ka·ta·pla·kas</i>
muscular dystrophy (MD)	μυϊκή δυστροφία <i>mi·i·ki di·stro·phi·a</i>
physical disability	φυσική αναπηρία <i>phi·si·ki a·na·pi·ri·a</i>
ramp	ράμπα <i>ra·mpa</i>
shower chair	καρέκλα ντους <i>ka·re·kla dus</i>
spinal-cord injury (SCI)	κάκωση νωτιαίου μυελού <i>ka·ko·si no·ti·e·u mi·e·lu</i>
visual impairment	πρόβλημα όρασης <i>pro·vli·ma o·ra·sis</i>
wheelchair	αναπηρική καρέκλα <i>a·na·pi·ri·ki ka·re·kla</i>
wheelchair space	χωρος για αναπηρική καρέκλα <i>ho·ros·yia a·na·pi·ri·ki ka·re·kla</i>

Travel Phrases

Disability-Related

I am disabled	είμαι ανάπηρος <i>i·me a·na·pi·ros</i>
I have [disability]	έχω <i>e·ho [disability]</i>
can walk a bit	μπορώ να περπατήσω λίγο <i>bo·ro na per·pa·ti·so li·go</i>
cannot walk at all	δεν μπορώ να περπατήσω καθόλου <i>then bo·ro na per·pa·ti·so ka·tho·lu</i>

Hotels

Do you have an accessible room?	Έχετε ένα προσβάσιμο δωμάτιο; <i>e·he·te e·na pros·va·si·mo</i> <i>tho·ma·ti·o</i>
Is there a roll-in shower?	Υπάρχει ντους με επίπεδη πρόσβαση; <i>i·par·hi dus me e·pi·pe·thi</i> <i>pros·va·si</i>
Is there a shower chair?	Υπάρχει καθισμα στο ντους; <i>i·par·hi ka·thi·sma sto dus</i>
Are there any steps in the room?	Υπάρχουν σκαλοπάτια στο δωμάτιο; <i>i·par·hun ska·lo·pa·tia sto ma·ti·o</i>

Is there a step into the bathroom?

Υπάρχει κανένα σκαλοπάτι στο μπάνιο;
i·par·hi ka·ne·na ska·lo·pa·ti sto ba·nio

How wide is the door?

Τι πλάτος έχει η πόρτα;
ti pla·tos e·hi i por·ta

Is there a wheelchair I can borrow?

Υπάρχει αναπηρική καρέκλα να δανειστώ;
i·par·hi a·na·pi·ri·ki ka·re·kla na tha·ni·sto

Transportation

Which entrance has an elevator?

Ποιά είσοδος έχει ανελκυστήρα;
Pia i·so·thos e·hi a·nel·ki·sti·ra

I want to go to [place]

Θέλω να πάω στο/στη [place]
The·lo na pa·o sto/stin [place]

Can you put a ramp out for me please?

Μπορείτε να μου βάλετε μία ράμπα;
Bo·ri·te na mu va·le·te mi·a ra·mpa

Out & About

Is there an accessible restaurant nearby?

Υπάρχει κάποιο προσβάσιμο εστιατόριο εδώ κοντά;
i·par·hi ka·pio pros·va·si·mo e·sti·a·to·ri·o e·tho kon·da

Is there an accessible entrance?

Υπάρχει προσβάσιμη είσοδος;
i·par·hi pros·va·si·mi i·so·thos

How do I go from [place A] to [place B] in a wheelchair?

Πώς μπορώ να πάω από το/την [place A] στο/στην [place B] με την αναπηρική καρέκλα;
Pos bo·ro na pa·o a·po to/tin [place] sto/stin [place] me tin a·na·pi·ri·ki ka·re·kla

Can I visit [place] with a wheelchair?	Μπορώ να επισκευθώ στο/στην (μέρος) με την αναπηρική καρέκλα; <i>Bo-ro na e-pi-ske-ftfo to/tin [place] me tin a-na-pi-ri-ki ka-re-kla</i>
Can you reach that for me?	Μπορείτε παρακαλώ να μου δώσετε αυτό; <i>Bo-ri-te pa-ra-ka-lo na mu tfo-se-te a-fto?</i>
Can you guide me to [place]?	Μπορείτε να με οδηγήσετε στο/στην [place] ; <i>Bo-ri-te na me o-di-yi-se-te sto/stin [place]</i>
Do you have a fork/spoon/straw?	Έχετε ένα πιρούνι/κουτάλι/καλαμάκι; <i>E-he-te e-na pi-rou-ni</i>
Are there any stairs?	Υπάρχουν σκαλιά; <i>I-par-hun ska-lia</i>
How many steps are there?	Πόσα σκαλιά υπάρχουν; <i>Po-sa ska-lia-par-hun</i>

Equipment

It can fold	Μπορεί να διπλώσει <i>Bo-ri na plo-si</i>
It can't fold	Δεν μπορεί να διπλώσει <i>en bo-ri na i-plo-si</i>
Hold here	Κράτησε εδώ <i>Kra-ti-se e-o</i>
It is too heavy to lift	Είναι πολύ βαρύ για να σηκωθεί <i>I-ne po-li va-ri yia na si-ko-thi</i>
It is [weight] kg	Ζυγίζει [weight] κιλά <i>Zi-yi-zi [weight] ki-la</i>
It is a [type] battery	Δουλεύει με [type] μπαταρία <i>u-le-vi me [type] ba-ta-ri-a</i>

dry battery	στεγνή μπαταρία <i>ste·ghi ba·ta·ri·a</i>
lithium-ion battery	μπαταρία λιθίου <i>ba·ta·ri·a li·thi·ou</i>
wet battery	υγρή μπαταρία <i>l·ghi ba·ta·ri·a</i>
sealed battery	σφραγισμένη μπαταρία <i>sfra·yi·sme·ni ba·ta·ri·a</i>
non-sealed battery	μη σφραγισμένη μπαταρία OR δεν είναι σφραγισμένη η μπαταρία <i>a·sfra·yi·sti ba·ta·ri·a / ðen i·ne sfra·yi·sme·ni i ba·ta·ri·a</i>

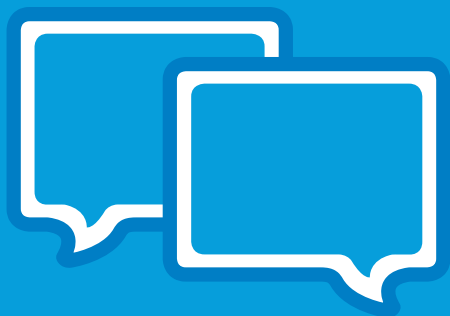
Getting Help

Excuse me	Συγγνώμη <i>Si·gho·mi</i>
Please help me/give me a hand	Παρακαλώ μπορείτε να με βοηθήσετε; <i>Pa·ra·ka·lo bo·ri·te na me vo·i·thi·se·te?</i>
Please be careful	Παρακαλώ προσέξτε <i>Pa·ra·ka·lo pro·se·kste</i>
I'm fine/okay	Είμαι εντάξει <i>I·me en·ta·ksi</i>
Help (emergency)	Βοήθεια <i>Vo·i·thi·a</i>
Can you please write it down?	Μπορείτε παρακαλώ να το γράψετε; <i>Pa·ra·ka·lo bo·ri·te na to ghra·pse·te</i>
Yes	Ναι <i>Ne</i>
No	Όχι <i>O·hi</i>

Stop	Σταματήστε <i>Sta·ma·ti·ste</i>
Please	Παρακαλώ <i>Pa·ra·ka·lo</i>
Thanks (informal)	Ευχαριστώ <i>Ef·kha·ri·sto</i>

Allergies

gluten	γλουτένη <i>ghlou·te·ni</i>
milk	γάλα <i>gha·la</i>
dairy	γαλακτοκομικά <i>gha·la·kto·ko·mi·ka</i>
peanut	φυστίκια <i>fi·sti·kia</i>
soy	σόγια <i>so·yia</i>
nuts	ξηροί καρποί <i>ksi·ri kar·pi</i>
eggs	ανγά <i>av·ga</i>
Does this contain [food]?	Αυτό περιέχει [food]; <i>Af·to pe·ri·e·hi [food]</i>
I have a [food] allergy	Έχω αλλεργία στο/στην [food]; <i>E·ho a·ler·yi·a sto/stin [food]</i>
Can you make this without [food]?	Μπορείτε να μη βάλετε [food]; <i>Bo·ri·te na min va·le·te [food]</i>



Hebrew

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Pronunciation

The Hebrew alphabet has only 22 letters – all of them consonants. Hebrew does have a vowel system, nikud, but it isn't embedded in the alphabet. These vowels consist of fixed symbols, dots and strokes, and a few combinations of both, to represent the five traditional vowels of 'a, e, i, o, u'. The nikud system has not been used in this guide – instead, an English-based transliteration system has been provided to help you use Hebrew in everyday situations. Most consonants used in the transliteration system sound the same as in English. Some words may seem difficult to pronounce at first, as consonants aren't always followed by a vowel.

Word Stress

In Hebrew, stress is usually placed on the last syllable (as in *Israel*) or on the second last (as in *Yerushalaim*). In words borrowed from other languages, stress is usually placed on the first syllable (as in *telephone*).

Vowel Sounds

In the system of transliteration provided here, there are five major vowels and a two-vowel cluster, or diphthong – a as in 'after', e as in 'egg', i as in 'mistake', o as in 'north', u as in 'flute' and ei as the 'ay' in 'day'.

Consonant Sounds

The Hebrew language contains all the consonant sounds of English, except the letter w. Some consonants may include a vowel 'inside' the letter – this vowel is represented by a dot and is called 'dagesh'.

Basics

Hello.	מולש. shalom
Goodbye.	תוארתהל. lehitra'ot
Please.	השקבב. bevakasha
Thank you (very much).	הדות. toda
Yes.	ןכ. ken
No.	אל. lo
Excuse me./Sorry.	החילס. slikha
Do you speak English?	תילגנא רבדמ התא? ata medaber (anglit)? m תילגנא תרבדמ התא? at medaberet (anglit)? f
I don't understand.	ןיבמ (אל) ינא. ani (lo) mevin m הניבמ (אל) ינא. ani (lo) mevin f
Help!	וליצה! hatsilu!
Where are the toilets?	פיתורישה הפיא? eifo ha (sherutim)?

Glossary of Terms

accessible	שיגג na·gish
accessible toilet	מישיגג מיתוריש she·ru·tim ne·gi·shim
amyotrophic lateral sclerosis (ALS)	ALS מירירש תשלוח ALS
asthma	המססא ast·ma
attendant	לפטמ me·ta·pel
autism	מזיטוא au·tism
cane	הכילה לקמ ma·kel ha·lih·cha
cerebral palsy	ןיחומ קותיש shi·tuk mo·chin
crutch(es)	סייבק ka·bay·im
diabetes	תרכס sa·ke·ret
disability	תולבגומ mug·ba·lut
dyspraxia	תיתוחתפתה היסקרפסיד dys·pra·xia
electric wheelchair	ילמשח מילגלג אסכ ki·see gal·ga·lim hash·ma·li
elevator	תילעמ ma·a·lit
epilepsy	היספליפא e·pi·lap·sia
guide/service dog	תוריש \ היחנ בלכ ke·lev ne·chia / she·rut

hand rail	די זחאמ ma·a·chaz yad
hearing impairment	העימש תלבגמ mig·ba·lat shmi·aa
learning difficulties	הדימל תוערפה haf·ra·ot le·mi·da
long-term illness	חווט תכורא הלחמ mach·a·la a·ru·kat tvach
manual wheelchair	ינדי מילגלג אסכ ki·see gal·ga·lim ya·da·ni
medicine	הפורת tru·fa
multiple sclerosis (MS)	הצופנ תשרט ta·re·shet ne·fo·za
muscular dystrophy (MD)	מירירש נווינ ni·vun shri·rim
physical disability	תיזיפ תולבגומ mug·ba·lut phi·zit
ramp	הפמר ram·pa
shower chair	מיתוריש אסכ ki·see she·ru·tim
spinal-cord injury (SCI)	הרדשה דומעב העיגפ pgi·ah ba·mud ha·shi·dra
visual impairment	היאר תלבגמ mig·ba·lat rei·ya
wheelchair	מילגלג אסכ ki·see gal·ga·lim
wheelchair space	מילגלג אסכל חוורמ mir·vahh ki·see gal·ga·lim

Travel Phrases

Disability-Related

I am disabled	תולבגומ מע מדא ינא ani a-dam im mug·ba-lut
I have [disability]	תולבגומ מע מדא ינא ani a-dam im mug·ba-lut
can walk a bit	נצק תכלל לוכי ינא ani ya-chol la-le-chet ktzat
cannot walk at all	ללכב תכלל לוכי אל ani lo ya-chol la-le-chet bech-lal

Hotels

Do you have an accessible room?	שיגג רדח מכל שי מאה haim yesh la-chem che-der na-gish
Is there a roll-in shower?	השיגג תחלקמ מע רדח מכל שי מאה haim yesh la-chem che-der im mi-ka-la-hat ne-gi-sha
Is there a shower chair?	תחלקמ אסכ שי מאה haim yesh ki-see mik·la-chat
Are there any steps in the room?	רדחב תוגרדמ שי מאה haim yesh ma-dre-got ba-che-der
Is there a step into the bathroom?	תחלקמב תוגרדמ שי מאה haim yesh ma-dre-got bmik·la-hat
How wide is the door?	תלדה בחור המ ma ro-chav ha-de-let
Is there a wheelchair I can borrow?	הלאשהל מילגלג אסכ שי מאה haim yesh ki-see ga-la-lim be-hash-al-la

Transportation

Which entrance has an elevator?	תילעמ שי הסינכ וזיאב? be-ei-zo kni-sa-a yesh ma-a-lit
I want to go to [place]	ל..... עיגהל הצור ינא ani ro-tze le-ha-gia-a le
Can you put a ramp out for me please?	ייליבשב הפמר מישל לכות מה? haim tu-chal la-sim ram-pa bish-vi-li

Out & About

Is there an accessible restaurant nearby?	מוקמ תברקב השיגנ הדעסמ שי מאה? haim yesh msa-a-da ne-gi-sha be-kir-vaat ma-kom
Is there an accessible entrance?	השיגנ הסינכ שי מאה? haim yesh kni-ssa ne-gi-sha
How do I go from [place A] to [place B] in a wheelchair?	מ עיגהל דיא ee-ich le-ha-gi-aa me el be-ki-see gal-ga-lim
Can I visit [place] with a wheelchair?	מילגלג אסכ מע רקבל ותינ מאה? haim ni-tan le-va-ker im ki-see gal-ga-lim
Can you reach that for me?	ייל גישהל לכות מאה? haim tu-chal le-ha-sig li
Can you guide me to [place]?	ל..... ל יתוא דירדהל לכות מאה? haim tu-chal le-ha-drich o-ti le....
Do you have a fork/spoon/straw?	תישקוף/גלזמ שי מאה? haim yesh maz-leg/ kaff /ka-shit
Are there any stairs?	תוגרדמ שי מאה? haim yesh ma-dre-got
How many steps are there?	שי תוגרדמ המכ? kamah ma-dre-got yesh

Equipment

It can fold	לפקתם זה zeh mit-ka-pel
It can't fold	לפקתם אל זה zeh lo mit-ka-pel
Hold here	נאב קיזחת tach-zik kann
It is too heavy to lift	דבכ דאמ זה zeh me-od ka-ved
It is [weight] kg	סרגוליק לקוש זה zeh sho-kel ki-lo-gram
It is a [type] battery	רבעמ זה zeh matz-ber
dry battery	שבי רבעמ matz-ber ya-vesh
lithium-ion battery	סויטיל רבעמ matz-ber lithium
wet battery	בוטר רבעמ matz-ber ra-tuv
sealed battery	סוטא רבעמ matz-ber a-tum
non-sealed battery	סוטא אל רבעמ matz-ber lo a-tum

Getting Help

Excuse me	החילס sli-cha
Please help me/give me a hand	השקב יל רוזעת ta-a-zor li be-va-ka-sha
Please be careful	רהזית ti-za-her
I'm fine/okay	רדסב ינא a-ni be-se-der

Help (emergency)	הרזע ez·rah
Can you please write it down?	השקבב הז תא בותכל לכות? tu·chal lich·tov a·et zeh be·va·ka·sha
Yes	כן ken
No	אל lo
Stop	רוצע at·zor
Please	השקבב be·va·ka·sha
Thanks (informal)	הדות to·da

Allergies

gluten	גטולג glu·ten
milk	בלח cha·lav
dairy	יבלח cha·la·vi
peanut	מינטוב bot·nim
soy	היוס so·ya
nuts	מיזוגא e·go·zim
eggs	מיציב bei·zim
Does this contain [food]?	היכמ הז מאה.....? haim zeh me·chil

I have a [food] allergy

ל היגרלא יל שי

yes·h li ah·ler·gia le.....

**Can you make this
without [food]?**

...? ילב הז תא ניכהל לכות מאה

haim tu·chal le·ha·chin et zeh blie ...



Hindi

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Pronunciation

Many of the Hindi sounds are also found in English. As ever, no book will replace listening to the language, but as a guide it can get you started.

Word Stress

In our pronunciation guide, words are divided into syllables separated by a dot (eg kam·raa room) to help you pronounce them. Word stress in Hindi is very light, and the rules are quite complex. Until you begin to learn some words yourself, just follow our pronunciation guide.

Vowel Sounds

The length of a vowel is distinctive, so work on getting the differences between short vowels (like **a**) and long vowels (like **aa**) right.

Consonant Sounds

There's a difference between 'aspirated' consonants (pronounced with a strong puff of air, like saying 'h' after the sound) and 'unaspirated' ones. There are also 'retroflex' consonants, where you bend your tongue backwards to make the sound. Our simplified pronunciation guide doesn't include these distinctions – however, you'll be understood just fine if you follow our system.

Basics

Hello./Goodbye.

नमस्ते / नमस्कार
na-mas-tē

Please.

कृपया
kri-pa-yaa

Thank you.

धन्यवाद / शुक्रिया
dhan-yaa-vaad / shuk-ri-yaa

Yes.

हाँ
haan

No.

नहीं
na-heen

Sorry.

माफ़ कीजिये / क्षमा चाहता (male)/
चाहती (female) हूँ
maaf kee.ji.ye / ksha.maa chaa.
ha.taa (chaa.ha.tee) hoon

Excuse me.

मुझे माफ़ करें/ मुझे क्षमा करें
mu-jhe maaf ka-ren / mu-jhe
ksha-ma ka-ren

Do you speak English?

क्या आपको अंग्रेजी आती है?
kyaa aap ko an-gre-zee aa-tee hai

I (don't) understand.

मैं नहीं समझता / मैं नहीं समझती
mein na-heen sa-majh-taa /tee m/f

Help!

बचाओ-बचाओ / मदद करो
ba-chaa-o ba-chaa-o/ ma-dad ka-ro

Where are the toilets?

शौचालय / टॉयलेट कहाँ है?
shau-chaa-laya / taa-i-let ka-haan
hai?

Glossary of Terms

accessible	काठनिय su·gamm·ya
accessible toilet	सुगम्य शौचालय su·gamm·ya shau·chaa·la·ya
amyotrophic lateral sclerosis (ALS)	पेशीशोषी पार्श्व/ मोटर न्यूरॉन रोग pe·shi sho·shee kaa·thin·ya / [motor neuron] rog
asthma	दमा / अस्थमा da·maa / as·tha·maa
attendant	सहायक sa·haa·yak
autism	स्वपरायणता / आटजिम swa·pa·raa·yan·ta / [autism]
cane	छडी chha·dee
cerebral palsy	प्रमस्तिष्क घात pra·mas·tishk ghaat
crutch(es)	बैसाखी bai·saa·khee
diabetes	मधुमेह ma·dhu·me·ha
disability	डिस्प्रक्सिया vi·ka·laan·ga·ta
dyspraxia	डिस्प्रक्सिया
electric wheelchair	व्हीलचेयर bi·ja·lee cha·lit [wheelchair]

elevator	लफिट liphṭ
epilepsy	मरिगी mi·ra·gee
guide/service dog	सहायक कुत्ता / मार्गदर्शक कुत्ता sa·haa·yak kut·taa/ maarg dar·shak kut·taa
hand rail	रेलिंग ray·ling
hearing impairment	सुनने में परेशानी su·na·ne me·in pa·re·shaa·nee
learning difficulties	सीखने की seek·ha·ne kee kath·in·ai·yaan
long-term illness	बीमारी/ लंबे समय तक बीमारी deer·gha·kaa·lik bee·maa·ree/ lam·be sa·maya tak bee·maa·ree
manual wheelchair	व्हीलचेयर ha·sta cha·lit [wheelchair]
medicine	दवा da·vaa
multiple sclerosis (MS)	दृढ़न / बहुसूत/ मल्टीपल ba·hu·vidh oo·tak dri·dhan / ba·hu·srat kaa·thin·ya/ mal·tee·pal skler·o·sis
muscular dystrophy (MD)	मांसपेशीय / पेशी / मस्क्युलर maans·peshi·ya dur·vi·kaas / pe·shi ap·vi·kaas/ mas·kee·yu·lar dis·trau·phi
physical disability	शारीरिक shaa·ree·rik vi·ka·laan·ga·ta

ramp	रैंप [ramp]
shower chair	स्नान कुर्सी snaan kur·see
spinal-cord injury (SCI)	रीढ़ की हड्डी में चोट / मेरूरज्जु की चोट reedh kee ha·ddee mein chot / me-roo raj·ju ki chot
visual impairment	दृष्टि क्षीणता / दृष्टि कम drshti kshee·na·ta / drshti kam
wheelchair	व्हीलचेयर / कुर्सी [wheelchair] / pa·hi·yaa kur·see
wheelchair space	व्हीलचेयर के जगह pa·hi·yaa kur·see / [wheelchair] ke li·ye ja·ga·ha

Travel Phrases

Disability-Related

I am disabled

मैं हूँ
mein vik-laang hoon

I have [disability]

मुझे [disability] है
mu-jhe [vik-laang-gata] hai

can walk a bit

थोड़ा चल सकता हूँ
tho-da chal sak-taa hun

cannot walk at all

नहीं चल सकता
bil-kul na-hin chal sak-taa

Hotels

Do you have an accessible room?

क्या आपके यहाँ सुगम्य कमरा है? (जो शारीरिकी उपयुक्त हो)
kya aap-ke ya-haan su-gamm-ya kam-raa hai (jo sha-ree-rik vik-lan-gon ke li-ye up-yuk-ta ho)

Is there a roll-in shower?

क्या बाथरूम में व्हीलचेयर पर बैठ कर नहाया जा सकता है / शावर जा सकता है?
kya baath-room mein [wheelchair] par bai-th kar na-ha-ya ja sak-taa hai / [shower] li-ya ja sak-taa hai

Is there a shower chair?

क्या बाथरूम में स्नान कुर्सी / शावर चेयर है?
kya baath-room mein snan kur-see / [folding shower chair] hai

Are there any steps in the room?

क्या कमरे में तो नहीं है?
kya kam-ray mein see-di-yan to na-hin hai

Is there a step into the bathroom?

क्या बाथ में घुसने के एक कदम चढ़ना या उतरना पड़ेगा ?
kya [bathroom] mein ghus-ne ke lee-ye ek ka-dam cha-dha-na ya u-tar-naa pa-de-ga

How wide is the door?

दरवाजे की चौड़ाई है?
dar-waa-jay ki chau-daa-ee kit-nee hai

Is there a wheelchair I can borrow?

क्या मुझे एक व्हीलचेयर उधार सकती है?
kya mu-jhe ek [wheelchair] udh-haar mil sak-tee hai

Transportation

Which entrance has an elevator?

द्वार पर है ?
kis pra-vesh duaar par [lift] hai

I want to go to [place]

मैं [place] जाना चाहता हूँ
main [place] jaa-naa chah-taa hoon

Can you put a ramp out for me please?

क्या आप मेरे रैंप लगा सकते हैं ?
kyaa aap me-re li-ye [ramp] la-gaa sak-tay hain

Out & About

Is there an accessible restaurant nearby?

क्या यहाँ आस पास शारीरिक के कोई सुगम्य रेस्टोरेंट है?
kyaa ya-haan aas paas sha-ree-rik
vi-ka-lan-gon ke li-ye koi
su-gamm-ya [restaurant] hai

Is there an accessible entrance?

क्या यहाँ एक सुगम्य द्वार है
kyaa ya-han ek su-gamm-ya
pra-vesh duaar hai

How do I go from [place A] to [place B] in a wheelchair?

मैं व्हीलचेयर में कैसे [place A] से [place B] तक जा सकता हूँ?
main [wheelchair] mein kai-se
[place A] se [place B] tak jaa
sak-taa hoon

Can I visit [place] with a wheelchair?

क्या मैं [place] व्हीलचेयर से घूम/जा सकता हूँ?
kyaa mein [place] [wheelchair] se
ghoom/ ja sak-taa hun

Can you reach that for me?

क्या आप मेरे उस तक पहुँच सकते हैं?
kyaa aap mere li-ye oos tak
pa-hunch sak-te hain

Can you guide me to [place]?

क्या आप मुझे [जगह] तक - पहुँचा सकते हैं? / के रास्ता बता सकते हैं?
kyaa aap mu-jhe [place] tak -
pa-hun-cha sak-te hain / kyaa
aap mu-jhe [place] ke li-ye raas-ta
ba-taa sak-te hain

Do you have a fork/ spoon/straw?

क्या आपके पास (काँटा / चम्मच / स्ट्रॉ) है?
kyaa aap-ke paas (kaan-ta /
cham-mach/ [straw]) hai

Are there any stairs?

क्या वहां कोई सीढ़ी है ?
kyaa va-haan koi see-dhee hai

How many steps are there?

परें कदम हैं? / कुल हैं?
see-di-yon par kit-nay ka-dam hain
/ kul kit-nee see-di-yaan hain

Equipment

It can fold

फोल्ड हो सकती है / मुड़ सकती है.
[fold] ho sak-tee hai / mudh
sak-tee hai

It can't fold

फोल्ड नहीं हो सकती / मुड़ नहीं सकती
[fold] na-hin ho sak-ti / mudh
na-hin sak-tee

Hold here

यहाँ पकड़ें
ya-han pa-ka-den

It is too heavy to lift

उठाने के बहुत भारी है.
ud-haa-ne ke li-ye ba-hoot bhaa-ri
hai

It is [weight] kg

इसका वजन [weight] है.
is-kaa va-jan [weight] kee-lo-gram
hai

It is a [type] battery

यह [type] टाइप की बैटरी है.
ya-ha [type] kee bai-te-ree hai

dry battery

सूखी सेल बैटरी
soo-khee [cell] bai-te-ree

lithium-ion battery

लथियम आयन बैटरी
[lithium ion] bai-te-ree

wet battery

गीली सेल बैटरी
gee-lee [cell] bai-te-ree

sealed battery

सील बैटरी
[seal] bai-te-ree

non-sealed battery

गैर सील बैटरी
gair-seel bai-te-ree

Getting Help

Excuse me

मुझे माफ़ करें/ मुझे करें
mu-jhe maaf ka-ren / mu-jhe
ksha-ma ka-renPlease help me/give
me a handकृपया मेरी मदद करें/ मुझे हाथ दो
kri-pa-ya me-ri ma-dad ka-ren/
mu-jhe haath do

Please be careful

कृपया सावधान रहें
kri-pa-ya saav-dhaan ra-hen

I'm fine/okay

मैं ठीक हूँ/ मैं अच्छा हूँ
mein theek hun / mein ach-cha
hun

Help (emergency)

बचाओ-बचाओ /मदद करो
ba-cha-a-o ba-cha-a-o/ ma-dad
ka-roCan you please write
it down?क्या आप इसे सकते हैं ?
kyaa aap ee-say likh sak-tay hain

Yes

हाँ
haan

No

नहीं
na-heen

Stop

रुको
ru-ko

Please

कृपया
kri·pa·yaa

Thanks (informal)

धन्यवाद
dhan·yaa·vaad

Allergies

gluten

आटे का लस / जौ, गेहूं और अन्य साबुत
अनाजों में पाया जाने वाला प्रोटीन
aa·te kaa las/ jow, ge·hun, saa·but
a·naa·jon mein pa·yaa ja·ne wa·la

milk

दूध
doodh

dairy

डेयरी
de·ya·ree

peanut

मूँगफली
moong fa·lee

soy

सोया
so·ya

nuts

बादाम, मूँगफली
ba·daam, moong·fa·lee, aadi (etc.)

eggs

अंडे
an·dayDoes this contain
[food]?क्या इसमें [food] पड़ा है.
kyaa is·may [food] pa·daa hai

I have a [food] allergy

मुझे [food] से एलर्जी है.
mu·jhe [food] se [allergy] haiCan you make this
without [food]?क्या यह खाना आप [food] के बना
सकते हैं ?
kyaa ya·ha khaa·naa aap [food]
kay bi·naa ba·naa sa·ktay hain



Italian

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Pronunciation

The Italian sound system will be familiar to most English-speakers: almost all of the sounds you'll hear exist in English. You might notice slight differences, particularly with the vowel sounds, but there's nothing to stop you from having a go and being understood. Standard Italian pronunciation is given in this book – the same form that's used in education and the media.

Word Stress

In Italian, you generally emphasise the second-last syllable in a word. However, when a written word has an accent marked on a vowel, the stress is on that syllable. The characteristic sing-song quality of an Italian sentence is created by pronouncing the syllables evenly and rhythmically, then swinging down on the last word. The stressed syllable is always italicised in our pronunciation guides, so you can't go wrong!

Vowel Sounds

Italian vowel sounds are generally shorter than in English. They normally do not run together to form vowel sound combinations (diphthongs), though it can often sound that way to English-speakers. There are four vowel sounds that roughly correspond to diphthongs in English (**ai**, **ay**, **ow**, **oy**).

Consonant Sounds

As well as the basic consonant pronunciation, Italian consonant sounds have an additional form: a stronger, almost emphatic pronunciation. The actual sounds are basically the same, though meaning can be altered between a normal consonant sound and this double consonant sound. The pronunciation guides in this book don't distinguish between the two forms. Refer to the written Italian beside each transliteration as the cue to making the consonant sounds a little stronger.

Basics

Hello.	Buongiorno/Ciao. <i>inf</i> <i>bwon·jor·no/chow</i>
Goodbye.	Arrivederci. <i>pol</i> /Ciao. <i>inf</i> <i>a·ree·ve·der·chee/chow</i>
Please.	Per favore. <i>per fa·vo·re</i>
Thank you (very much).	Grazie (mille). <i>gra·tsyé (mee·le)</i>
Yes.	Sì. <i>see</i>
No.	No. <i>no</i>
Sorry.	Mi dispiace. <i>mee dees·pya·che</i>
Excuse me. (for attention/ apology)	Mi scusi. <i>pol</i> <i>mee skoo·zee</i>
Excuse me. (if going past)	Scusami. <i>inf</i> <i>skoo·za·mee</i>
Do you speak English?	Parla/Parli inglese? <i>pol/inf</i> <i>par·la/par·lee een·gle·ze</i>
I (don't) understand.	(Non) Capisco. <i>(non) ka·pee·sko</i>
Help!	Aiuto! <i>a·yoo·to</i>
Where are the toilets?	Dove sono i gabinetti? <i>do·ve so·no ee ga·bee·ne·tee</i>

Glossary of Terms

accessible	accessibile a·che·see·bee·le
accessible toilet	bagno per disabili ba·nyo per dee·za·bee·lee
amyotrophic lateral sclerosis (ALS)	sclerosi laterale amiotrofica (SLA) skle·ro·si la·te·ra·le a·mee·o·tro·fee·ka
asthma	asma az·ma
attendant	assistente a·sees·ten·te
autism	autismo ow·tiz·m
cane	bastone ba·sto·ne
cerebral palsy	paralisi cerebrale pa·ra·lee·zee che·re·bra·le
crutch(es)	stampella / stampelle stam·pe·la / stam·pe·le
diabetes	diabete dee·a·be·ta
disability	disabilità dee·za·bee·lee·ta
dyspraxia	disprassia dee·spra·sya
electric wheelchair	sedia a rotelle elettrica se·dya a ro·te·le e·le·tri·ko
elevator	ascensore a·shen·so·re
epilepsy	epilessia e·pee·le·sya

guide/service dog	cane guida <i>kar-ne gwee-da</i>
hand rail	corrimano <i>kaw-ree-ma-no</i>
hearing impairment	problemi dell' udito <i>prob-le-mee dell oo-dee-to</i>
learning difficulties	difficoltà di apprendimento <i>dee-fee-col-ta di a-pren-dee-men-to</i>
long-term illness	malattia a lungo termine <i>ma-la-tee-ya a loon-go ter-mi-ne</i>
manual wheelchair	sedia a rotelle manuale <i>se-dya a ro-te-le ma-noo-a-le</i>
medicine	medicina <i>me-dee-chee-na</i>
multiple sclerosis (MS)	sclerosi multipla <i>skle-ro-si mool-ti-pla</i>
muscular dystrophy (MD)	distrofia muscolare <i>dee-stro-fee-ya moo-skoo-lar-re</i>
physical disability	disabilità fisica <i>dee-za-bee-lee-ta fee-zee-ka</i>
ramp	rampa <i>ram-pa</i>
shower chair	sedia per doccia <i>se-dya per do-cha</i>
spinal-cord injury (SCI)	lesioni al midollo spinale (SCI) <i>le-syo-ne al mee-do-lo spee-na-le</i>
visual impairment	non vedente <i>non ve-den-te</i>
wheelchair	sedia a rotelle <i>se-dya a ro-te-le</i>
wheelchair space	spazio per sedia a rotelle <i>spa-tsyo per se-dya a ro-te-le</i>

Travel Phrases

Disability-Related

I am disabled	Sono disabile <i>so-no dee-za-bee-le</i>
I have [disability]	Io ho [disability] <i>ee-yo o</i>
can walk a bit	Posso camminare poco <i>po-so ka-mi-na-re po-co</i>
cannot walk at all	Non posso camminare per niente <i>non po-so ka-mi-na-re per nyen-te</i>

Hotels

Do you have an accessible room?	Avete una camera accessibile per disabili ? <i>a-ve-te oo-na ka-me-ra a-che-see-bee-le per dee-za-bee-lee</i>
Is there a roll-in shower?	C'è una doccia a pavimento / a livello? <i>chay oo-na do-cha a pa-vee-men-to / a lee-ve-lo</i>
Is there a shower chair?	C'è una sedia per doccia? <i>chay oo-na se-dya per do-cha</i>
Are there any steps in the room?	Ci sono gradini nella stanza? <i>chee so-no gra-dee-nee ne-la stan-tsa</i>
Is there a step into the bathroom?	Ci sono gradini nel bagno? <i>chee so-no gra-dee-nee nel ba-nyo</i>

How wide is the door?	Quant'è larga la porta? <i>kwan·te lar·ga la por·ta</i>
Is there a wheelchair I can borrow?	C'è la possibilità di noleggiare una sedia a rotelle? <i>chay la po·see·bee·lee·ta dee no·le·gya·re oo·na se·dya a ro·te·le</i>

Transportation

Which entrance has an elevator?	Qual è l'ingresso con il ascensore? <i>kwal e leen·gre·so kon eel a·shen·so·re</i>
I want to go to [place]	Vorrei andare a [place] <i>vo·ray an·da·re a [place]</i>
Can you put a ramp out for me please?	Per favore è possibile mettere una rampa? <i>per fa·vo·re e po·see·bee·le me·te·re oo·na ram·pa</i>

Out & About

Is there an accessible restaurant nearby?	C'è una ristorante accessibile ai disabili nelle vicinanze? <i>che oo·na ree·sto·ran·te a·che·see·bee·le a·ee dee·za·bee·lee ne·le vee·chee·nan·tse</i>
Is there an accessible entrance?	C'è un ingresso accessibile ai disabili? <i>che oo·na een·gre·so a·che·see·bee·le a·ee dee·za·bee·lee</i>

**How do I go from
[place A] to [place B]
in a wheelchair?**

Come posso arrivare da [place
A] fino a [place B] con la sedia a
rotelle?
*ko-mo po-so a-ree-va-re da [place
A] fee-no a [place B] kon la se-dya
ro-te-le*

**Can I visit [place] with
a wheelchair?**

Posso visitare con la sedia a
rotelle [place]?
*po-so vee-see-ta-re kon la se-dya
ro-te-la*

**Can you reach that
for me?**

Me lo può passare?
me lo pwo pa-sa-re

**Can you guide me to
[place]?**

Mi puoi accompagnare fino a
[place]?
*mee pwoy a-kom-pa-nya-re fee-no
a [place]*

**Do you have a fork/
spoon/straw?**

Posso avere una forchetta / un
cucchiaio / una cannuccia
*po-so a-ve-re oo-na for-ke-ta / oon
koo-kyo-yo / oo-na ka-noo-chya*

Are there any stairs?

Ci sono scale?
chee so-no ska-le

**How many steps are
there?**

Quanti gradini ci sono?
kwan-tee gra-dee-nee chee so-no

Equipment

It can fold

Si può piegare
see pwo pee-e-ga-re

It can't fold

Non si può piegare
non see pwo pee-e-ga-re

Hold here

Tieni qui
tee-e-nee kwi

It is too heavy to lift

È troppo pesante da sollevare
e tro-po pe-zan-te da so-le-va-re

It is [weight] kg	Sono [weight] so·no [weight]
It is a [type] battery	È una batteria [type] e oo·no ba·te·ree·a [type]
dry battery	batteria a secco ba·te·ree·a a se·ko
lithium-ion battery	batteria a litio ba·te·ree·a a lee·tyo
wet battery	batteria bagnata ba·te·ree·a ba·nya·ta
sealed battery	batteria sigillata ba·te·ree·a see·jee·la·ta
non-sealed battery	batteria non sigillata ba·te·ree·a non see·jee·la·ta

Getting Help

Excuse me	Scusa / Scusami sko·za sko·za·mee
Please help me/give me a hand	Per favore mi puoi aiutare ? / per favore mi puoi dare una mano? per fa·vo·re mee pwoy a·yoo·ta·re /per fa·vo·re mee pwoy da·re oo·na ma·no
Please be careful	Per favore fai attenzione per fa·vo·re fa·ee a·ten·tsyō·ne
I'm fine/okay	Mi sento bene mee sen·to be·ne
Help (emergency)	Aiuto a·yoo·to
Can you please write it down?	Per favore lo puoi scrivere? per fa·vo·re lo pwoy skree·ve·re
Yes	Si see

No	No <i>no</i>
Stop	Fermo <i>fer·mo</i>
Please	Prego <i>pre·go</i>
Thanks (informal)	Grazie <i>gra·tsee</i>

Allergies

gluten	glutine <i>gloo·ti·ne</i>
milk	latte <i>la·te</i>
dairy	latticini <i>la·tee·chee·nee</i>
peanut	arachidi <i>a·ra·kee·dee</i>
soy	soia <i>so·ya</i>
nuts	nocciole <i>no·tsy·le</i>
eggs	uova <i>oo·o·va</i>
Does this contain [food]?	Questo cibo contiene [food]? <i>kwe·sto chee·bo kon·tye·ne [food]</i>
I have a [food] allergy	Ho un'intolleranza a [food] / Sono allergico a [food] <i>o oon een·to·le·ran·tsa a [food] / so·no a·ler·jee·ko a [food]</i>
Can you make this without [food]?	È possibile averlo senza [food]? <i>gloo·ti·ne</i>



Japanese

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Pronunciation

Japanese pronunciation is not considered difficult for English speakers. Unlike some other Asian languages, it has no tones and most of its sounds are also found in English.

Word Stress

Syllables are pronounced fairly evenly in Japanese, so there's no need to indicate stressed syllables.

Vowel Sounds

Vowels in Japanese can be either short or long. The long ones should be held twice as long as the short ones and are represented in our pronunciation guides with a horizontal line on top of them.

Consonant Sounds

Most consonant sounds are pretty close to their English counterparts. To make yourself understood clearly, it's important to make the distinction between single and double consonants as this can produce a difference in meaning. Pronounce the double consonants with a slight pause between them.

Basics

Hello.	こんにちは。 kon · ni · chi · wa
Goodbye.	さようなら。 sa · yô · na · ra
Please.	ください。 ku · da · sai
Thank you.	ありがとう。 a · ri · ga · tō
Yes.	はい。 hai
No.	いいえ。 ī · e
Excuse me.	すみません。 ī · e
Sorry.	ごめんなさい。 go · men · na · sai
Do you speak English?	英語が話せますか？ ē · go ga ha · na · se · mas ka
I don't understand.	わかりません。 wa · ka · ri · ma · sen
Help!	たすけて！ tas · ke · te
Where are the toilets?	トイレはどこですか？ toy · re wa do · ko des ka

Glossary of Terms

accessible	バリアフリー ba · ri · a · fu · rī
accessible toilet	誰でもトイレ/多目的トイレ da · re · de · mo · toy · re / ta · mo · ku · te · ki · toy · re
amyotrophic lateral sclerosis (ALS)	ALS ē e · ru e · su
asthma	ぜんそく zen · so · ku
attendant	介助者/ヘルパー kai · jo · sha / he · ru · pā
autism	自閉症 ji · hei · shō
cane	杖 tsu · e
cerebral palsy	脳性麻痺 nō · sei · ma · hi
crutch(es)	松葉杖 ma · tsu · ba · tsu · e
diabetes	糖尿病 tō · nyō · byō
disability	障害 shō · gai
dyspraxia	発達性協調運動障害 hat · ta · tsu · sei · kyō · chō · un · dō · shō · gai
electric wheelchair	電動車いす den · dō · ku · ru · ma · i · su
elevator	エレベーター e · re · bē · tā

epilepsy	てんかん ten • kan
guide/service dog	補助犬 ho • jo • ken
hand rail	手すり te • su • ri
hearing impairment	聴覚障害 chō • ka • ku • shō • gai
learning difficulties	知的障害 chi • te • ki • shō • gai
long-term illness	難病 nan • byō
manual wheelchair	手動車いす shu • dō • ku • ru • ma • i • su
medicine	薬 ku • su • ri
multiple sclerosis (MS)	多発性硬化症 ta • ha • tsu • sei • kō • ka • shō
muscular dystrophy (MD)	筋ジストロフィー kin • ji • su • to • ro • fi
physical disability	身体障害 shin • tai • shō • gai
ramp	スロープ su • rō • pu
shower chair	シャワーチェア/シャワー椅子 sha • wā • che • a/sha • wā • i • su
spinal-cord injury (SCI)	脊髄損傷 se • ki • zu • i • son • shō
visual impairment	視力障害 shi • ryo • ku • shō • gai
wheelchair	車いす ku • ru • ma • i • su
wheelchair space	車いすスペース ku • ru • ma • i • su su • pē • su

Travel Phrases

Disability-Related

I am disabled

障がい者です
shō · gai · sha des

I have [disability]

[disability] を持っています
[disability] o mot · te · mas

can walk a bit

少し歩けます
su · ko · shi a · ru · ke · mas

cannot walk at all

全然歩けません
zen · zen a · ru · ke · ma · sen

Hotels

Do you have an accessible room?

バリアフリー部屋がありますか？
ba · ri · a · fu · rī he · ya ga
a · ri · mas ka

Is there a roll-in shower?

バスタブとは別のシャワースペースがありますか？
ba · su · ta · bu to wa be · tsu
no sha · wā su · pē · su ga
a · ri · mas ka

Is there a shower chair?

シャワーチェアがありますか？
sha · wā · che · a ga a · ri · mas
ka

Are there any steps in the room?

部屋には、段差がありますか？
he · ya ni wa, dan · sa ga
a · ri · mas ka

Is there a step into the bathroom?

トイレの入り口には、段差がありますか？
toy · re no i · ri · gu · chi ni wa
dan · sa ga a · ri · mas ka

How wide is the door?

ドアの幅は何センチですか？

do · a no ha · ba wa
nan · sen · chi des ka

**Is there a wheelchair
I can borrow?**

貸出車いすがありますか？

ka · shi · da · shi
ku · ru · ma · i · su ga a · ri · mas
ka

Transportation

**Which entrance has
an elevator?**

エレベーターのある入り口はどちらですか？

e · re · bē · tā no a · ru
i · ri · gu · chi wa do · chi · ra
des ka

I want to go to [place]

[place] に行きたいです
[place] ni i · ki · tai des

**Can you put a ramp
out for me please?**

スロープをお願いします

su · rō · pu o o · ne · gai
shi · mas

Out & About

**Is there an accessible
restaurant nearby?**

車いすが入れるレストランは、この辺にありますか？

ku · ru · ma · i · su ga hai · re · ru
re · su · to · ran wa, ko · no · hen
ni a · ri · mas ka

**Is there an accessible
entrance?**

車いすが入れる入り口がありますか？

ku · ru · ma · i · su ga hai · re · ru
i · ri · gu · chi ga a · ri · mas ka

**How do I go from
[place A] to [place B]
in a wheelchair?**

車いすで、[place A] から [place B] までどうやって行きますか？

ku · ru · ma · i · su de, [place
A] ka · ra [place B] ma · de dō
yat · te i · ki · mas ka

Can I visit [place] with a wheelchair?	車いすでも[place]に行けますか？ ku · ru · ma · i · su de · mo, [place] ni i · ke · mas ka
Can you reach that for me?	あれを取っていただけますか？ a · re o tot · te i · ta · da · ke · mas ka
Can you guide me to [place]?	[place] まで案内していただけますか？ [place] ma · de an · nai shi · te i · ta · da · ke · mas ka
Do you have a fork/spoon/straw?	フォーク/スプーン/ストロー がありますか？ fō · ku/su · pūn/su · to · rō ga a · ri · mas ka
Are there any stairs?	階段がありますか？ kai · dan ga a · ri · mas ka
How many steps are there?	階段は何段ありますか？ kai · dan wa nan · dan a · ri · mas ka?

Equipment

It can fold	折りたためます or · i · ta · ta · me · mas
It can't fold	折りたためません o · ri · ta · ta · me · ma · sen
Hold here	ここで持ってください ko · ko de mot · te ku · da · sai
It is too heavy to lift	重すぎです o · mo · su · gi des
It is [weight] kg	[weight] キロです [weight] ki · ro des
It is a [type] battery	[type] バッテリーです [type] bat · te · ri des

dry battery	ドライバッテリー do · ra · i bat · te · rī
lithium-ion battery	リチウムイオンバッテリー ri · chi · u · mu i · on bat · te · rī
wet battery	ウェットバッテリー wet · to bat · te · rī
sealed battery	シールドバッテリー shī · ru · do bat · te · rī
non-sealed battery	ノンシールドバッテリー non · shī · ru · do bat · te · rī

Getting Help

Excuse me	すみません su · mi · ma · sen
Please help me/give me a hand	手伝ってください te · tsu · dat · te · ku · da · sai
Please be careful	気を付けてください ki o tsu · ke · te · ku · da · sai
I'm fine/okay	大丈夫です da · i · jō · bu des
Help (emergency)	助けて！ ta · su · ke · te
Can you please write it down?	書いて頂けますか？ kai · te · i · ta · da · ke · mas ka
Yes	はい hai
No	いいえ ī · e
Stop	やめてください ya · me · te · ku · da · sai

Please

ください
ku · da · sai

Thanks (informal)

ありがとう
a · ri · ga · tō

Allergies

gluten

グルテン
gu · ru · ten

milk

牛乳
gyū · nyū

dairy

乳製品
nyū · sei · hin

peanut

落花生
rak · ka · sei

soy

大豆
dai · zu

nuts

ナッツ
nat · tsu

eggs

卵
ta · ma · go

Does this contain
[food]?

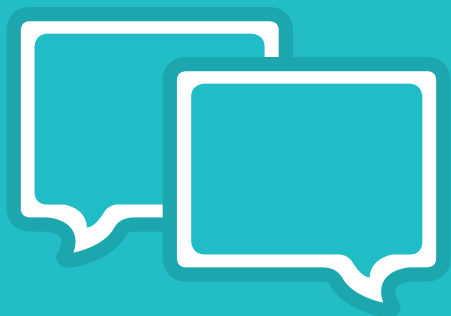
[food] が入っていますか？
[food] ga hai · te · i · mas ka

I have a [food] allergy

[food] にアレルギーがあります
[food] ni a · re · ru · gī ga
a · ri · mas

Can you make this
without [food]?

[food] なしで作っていただけま
すか？
[food] na · shi de
tsu · kut · te · i · ta · da ·
ke · mas ka?



Khmer

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Pronunciation

Khmer has 33 consonants and 35 vowels and diphthongs (vowel sound combinations). Unlike Burmese, Lao, Thai and Vietnamese, Khmer doesn't have tones. The transliteration system left over from the days of French rule has been simplified in this chapter for the purpose of basic communication – you'll be understood just fine if you follow the pronunciation guides provided next to each phrase. The best way to improve your pronunciation is to listen carefully to native speakers.

There are two types of consonant sounds in Khmer – those that have an inherent 'a' vowel and those with an 'o'. There's also a difference between the aspirated sounds (pronounced with a puff of air after the sound) and the unaspirated ones. Watch out for the **b** sound, which is halfway between a 'b' and a 'p', and the **d** sound, which is halfway between a 'd' and a 't'.

Some consonant combinations can be a bit difficult for English speakers to produce, such as **j-r** in **j-rook** (pig) or **ch-ng** in **ch-ngain** (delicious). For ease of pronunciation, we've separated these clusters into syllables with a dot in our pronunciation guides.

Basics

Hello.	ជំរាបសួរ johm ree-uhp soo-uh
Goodbye.	លាសិនហើយ lee-aa suhn hao-y
Please.	សូម sohm (plus verb)
Thank you.	អរគុណ aw-gohn
Yes.	បាទ/បាទ jaa (F) / baat (M)
No.	ទេ đay
Excuse me.	អត់ទោស awt-đoh
Sorry.	សុំទោស sohm đoh
Do you speak English?	អ្នកចេះភាសាអង់គ្លេសទេ? nay-uhk jes phi-a-saa awn-glai đay
I don't understand.	ខ្ញុំមិនយល់ទេ kuh-nyohm muhn yuhl đay
Help!	ជួយផង joo-y pawng
Where's the toilet?	បន្ទប់ទឹកនៅឯណា? bawn-đohp-đeuk neuw ei naa

Glossary of Terms

accessible	អាចចូលបាន aaj jowl baan
accessible toilet	បន្ទប់ទឹកជនពិការ bawn·dohp·deuk jun·bee·kaa
amyotrophic lateral sclerosis (ALS)	ពិការប្រព័ន្ធប្រសាទចលនា bee·kaa braw·bo·an braw·sat jaw·la·na
asthma	ប្រាំត heut
attendant	អ្នកមើលថែ nay·uhk muhl taar
autism	ផ្លូវចិត្តខុសប្រក្រតី pleuw·jet koh braw·kraw·dei
cane	ឈើច្រត់ cheu·jrawt
cerebral palsy	ពិការខួរក្បាល bee·kaa koo·uh·guh·baal
crutch(es)	ឈើច្រត់ cheu·jrawt
diabetes	ទឹកនោមផ្អែម deuk·nom pa·aem
disability	ពិការ bee·kaa
dyspraxia	ពិការចលនា bee·kaa jaw·la·na

electric wheelchair	រទេះរុញអគ្គិសនី ro-teh runy a-gih-sa-nee
elevator	ជណ្តើរយន្ត jun-der yun
epilepsy	ស្កន់ជាន់ skohn-joh-an
guide/service dog	ឆ្កែនាំផ្លូវ chuh-kaar noo-om pleuw
hand rail	បង្គាន់ដៃ bawng-gan dai
hearing impairment	ខូចត្រចៀក kow-ch draw-jee-uhk
learning difficulties	ខូរក្បាលខ្សោយ koo-uh-guh-baal ka-sao-y
long-term illness	ជំងឺរ៉ាំរ៉ៃ johm-gneu raam-rai
manual wheelchair	រទេះរុញដៃ ro-teh runy dai
medicine	ថ្នាំ tuh-nuhm
multiple sclerosis (MS)	ជំងឺស្លឹកច្រើនកន្លែង johm-gneu s'b-euk jra-ern kawn-leng
muscular dystrophy (MD)	ស្វិតសាច់ដុំ svet saaj-dohm
physical disability	ពិការរាងកាយ bee-kaa ree-aang-gaay
ramp	ជម្រាល jum-riel

shower chair

កៅអីសំរាប់ងូតទឹក

kao-ei suhm-rahp ngoot-deuk

**spinal-cord injury
(SCI)**

រលាកឆ្អឹងខ្នង

roh-lee-aak jaw-eung knawng

visual impairment

ខូចភ្នែក

kow-ch puh-naek

wheelchair

រទេះរុញ

ro-teh runy

wheelchair space

កន្លែងរុញរទេះបាន

kawn-leng runy ro-teh baan

Travel Phrases

Disability-Related

I am disabled

ខ្ញុំពិការ
kuh-nyohm bee-kaa

I have [disability]

ខ្ញុំ [disability]
kuh-nyohm [disability]

can walk a bit

អាចដើរបានតិចៗ
aaj der baan diht-diht

cannot walk at all

មិនអាចដើរបានទេ
muhn aaj der baan day

Hotels

Do you have an accessible room?

មានបន្ទប់សំរាប់ជនពិការទេ?
mee-uhn bawn-dohp suhm-rahp
jun bee-kaa day?

Is there a roll-in shower?

បន្ទប់ទឹកអាចរុញទះចូលបានទេ?
bawn-dohp-deuk aaj runy ro-teh
jowl baan day?

Is there a shower chair?

មានកៅអីសំរាប់ងូតទឹកទេ?
mee-uhn kao-ei suhm-rahp
ngoot-deuk day?

Are there any steps in the room?

ក្នុងបន្ទប់មានឡើងកាំទេ?
gnong bawn-dohp mee-uhn lerng
guh day?

Is there a step into the bathroom?

ក្នុងបន្ទប់ទឹកមានឡើងកាំទេ?
gnong bawn-dohp-deuk mee-uhn
lerng guhm day?

How wide is the door?

ទ្វារមានទំហំប៉ុណ្ណា?
tvee-aa mee-uhn dum-hum
bun-naa?

Is there a wheelchair I can borrow?

មានទេះជនពិការ ឱ្យខ្ញុំខ្ចីបានទេ?
mee-uhn ro-teh jun-bee-kaa ao-y
kuh-nyohm kuh-jei baan day?

Transportation

Which entrance has an elevator?

ផ្លូវចូលណាមានជណ្តើរយន្ត?
pleuw-jowl naa mee-uhn
jun-der-yun?

I want to go to [place]

ខ្ញុំចង់ទៅ [place]
kuh-nyohm jawng deuw [place]

Can you put a ramp out for me please?

អាចដាក់ជម្រាលឱ្យខ្ញុំបានទេ?
aaj dahk jum-riel ao-y kuh-nyohm
baan day?

Out & About

Is there an accessible restaurant nearby?

នៅជិតនេះ មានភោជនីយដ្ឋានដែល
អាចរុញទេះចូលបានទេ?
neuw juht-nih mee-uhn
pow-chuh-nee-yuh-taan del aaj
runy ro-teh jowl baan day?

Is there an accessible entrance?

មានផ្លូវសំរាប់រុញទេះចូលទេ?
mee-uhn pleuw suhm-rahp runy
ro-teh jowl day?

How do I go from [place A] to [place B] in a wheelchair?

ខ្ញុំអាចជិះរទេះរុញទៅពី [place A] ទៅ [place B] បានទេ?
 kuh·nyohm aaj jih ro-teh runy bee
 [place A] deuw [place B] baan day?

Can I visit [place] with a wheelchair?

ពេលទៅលេងនៅ [place] ខ្ញុំអាចជិះរទេះបានទេ?
 behl deuw lehng [place]
 kuh·nyohm aaj jih ro-teh baan day?

Can you reach that for me?

សុំជួយយកឱ្យខ្ញុំបានទេ?
 sohm joo-y yohk ao-y kuh·nyohm baan day?

Can you guide me to [place]?

សុំជួយនាំខ្ញុំទៅ [place] បានទេ?
 sohm joo-y noo·om kuh·nyohm deuw [place] baan day?

Do you have a fork/spoon/straw?

មានសម / ស្លាបព្រា / បំពង់បិតទេ?
 mee·uhn sawm/slahp·bree·uh/
 buhm·bung·beuht day?

Are there any stairs?

មានជណ្តើរទេ?
 mee·uhn jun·der day?

How many steps are there?

មានប៉ុន្មានកាំ?
 mee·uhn bohn·maan guhm?

Equipment

It can fold

អាចបត់បាន
 aaj bawt baan

It can't fold

មិនអាចបត់បានទេ
 muhn aaj bawt baan day

Hold here

កាន់ទីនេះ
 guhn dee nih

It is too heavy to lift	ធ្ងន់ពេកលើកមិនបានទេ tuh-nguhn bayk lerk muhn baan day
It is [weight] kg	[weight] គីឡូក្រាម [weight] kee-low graam
It is a [type] battery (small/large)	វ៉ាដា [type] ថ្ម/អាកុយ wee-aa jee-aa [type] tmaw/aa-guy
dry battery	អាកុយស្វ័ត aa-guy sngoot
lithium-ion battery (small/large)	ថ្ម/អាកុយសាក tmaw/aa-guy saak
wet battery	អាកុយទឹក aa-guy deuk
sealed battery (small/large)	ថ្ម/អាកុយបិទជិត tmaw aa-guy buht juht
non-sealed battery (small/large)	ថ្ម/អាកុយចំហ tmaw aa-guy juhm-haw

Getting Help

Excuse me	អត់ទោស awt-doh
Please help me/give me a hand	សូមជួយខ្ញុំផង sohm joo-y kuh-nyohm pawng
Please be careful	សូមប្រុងប្រយ័ត្ន sohm brow-yuht
I'm fine/okay	ខ្ញុំសុខសប្បាយ / មិនអីទេ kuh-nyohm sohk sa-baay / muhn-ei-day

Help (emergency)	ជួយផង joo-y pawng
Can you please write it down?	សូមជួយសរសេរបានទេ? sohm joo-y saw-say baan day?
Yes	បាទ/បាទ jaa (F) / baat (M)
No	ទេ day
Stop	ឈប់ chohp
Please	សូម sohm (plus verb)
Thanks (informal)	អរគុណ aw-gohn

Allergies

gluten	ជាតិស្រូវសាឡី jee-aat sreuw-saa-lei
milk	ទឹកដោះគោ deuk dawh-gow
dairy	អាហារធ្វើពីទឹកដោះគោ aa-haa twer bee deuk dawh-gow
peanut	សណ្តែកដី suhn-daik dei
soy	សណ្តែក suhn-daik
nuts	គ្រាប់ធុញជាតិ kro-uhp tuny-jee-aat

**eggs/duck eggs/
chicken eggs**

ស៊ីត/ពងទា/ពងមាន់
sut/bohng·dee·aa/bohng·mo·uhn

**Does this contain
[food]?**

អាហារនេះមាន [food] ទេ?
aa-haa nih mee·uhn [food] day?

I have a [food] allergy

ខ្ញុំប្រតិកម្ម(អាឡែកហ្សឺ)ជាមួយ [food]
kuh·nyohm praw·deh·guhm
(aa·laek·see) jee·aa·muy [food]

**Can you make this
without [food]?**

អាចធ្វើម្ហូបនេះ កុំដាក់ [food] បានទេ?
aaj twer moh·howp nih gohm dahk
[food] baan day?



Korean

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Pronunciation

Korean pronunciation should be pretty straightforward for English speakers, as most sounds are also found in English or have a close approximation. If you follow the pronunciation guides we provide, you'll be able to produce the correct sounds, or at least come very close.

Word Stress

Syllables are pronounced with fairly even emphasis in Korean, so we haven't indicated stressed syllables in this guide.

Vowel Sounds

Korean has six basic vowels, all of which are found in English. The difference between the two 'combination vowels' (ae and e) is very subtle, and younger Koreans often don't make the distinction in their speech. Note that when e appears at the end of a syllable we've used the symbol é to avoid mispronunciation.

Consonant Sounds

Most Korean consonant sounds are pretty close to their English counterparts. However, many consonants are pronounced differently depending on their position within a word, or on the letters adjacent to them. You don't have to worry about these rules, though, as our pronunciation guides throughout this book give the correct pronunciation in the context of each phrase.

Basics

Hello.	안녕하세요. an·nyŏng ha-se-yo
Goodbye.	안녕히 계세요. an·nyŏng·hi kye-se-yo
Thank you	고맙습니다./ 감사합니다. ko·map·sŭm·ni·da/ kam·sa·ham·ni·da
Yes./No.	네./아니요. né/a·ni-yo
Excuse me. (to get attention)	실례합니다. shil·lé ham·ni·da
Excuse me. (to get past)	잠시만요. cham·shi·man·nyo
Sorry.	죄송합니다. choé·song ham·ni·da
Do you speak English?	영어 하실 줄 아시나요? yŏng·ŏ ha·shil·jul a·shi·na-yo
I don't understand.	못 알아 들었어요. mo·da·ra·dŭ·röss·ŏ·y
Help!	도와주세요! to·wa·ju·se-yo
Where's the toilet?	화장실이 어디예요? hwa·jang·shi·ri ŏ·di·ye-yo

Glossary of Terms

accessible	접근가능한 jŏp-gŭn-ga-nŭng-han
accessible toilet	접근가능한 화장실 jŏp-gŭn-ga-nŭng-han-hwa-jan g-sil
amyotrophic lateral sclerosis (ALS)	루게릭병 ru-ge-rik-byŏng (Lou Gehrig's Disease)
asthma	천식 chŏn-sik
attendant	간병인 kan-byŏng-in
autism	자폐증 ja-pye-jŭng
cane	지팡이 ji-pang-i
cerebral palsy	뇌병변장애 noé-byŏng-byŏn-jang-ae
crutch(es)	클러치 Cŭl-lŏ-chi
diabetes	당뇨 tang-nyo
disability	장애 jang-ae
dyspraxia	통합운동장애 t'ong-hap-wun-dong-jang-ae
electric wheelchair	전동휠체어 jŏn-dong-hwil-che-ŏ

elevator	엘리베이터 el·li·be-i-t'ŏ
epilepsy	간질 kan·jil
guide/service dog	가이드/안내견 ga-i-dŭ/an-nae-gyŏn
hand rail	핸드레일 haen-dŭ-re-il
hearing impairment	청각장애 chŏng·kak·jang·ae
learning difficulties	발달장애 bal·dal·jang·ae
long-term illness	장기질환 jang·ki·jil·hwan
manual wheelchair	수동휠체어 su-dong·hwil·che-ŏ
medicine	약 yak
multiple sclerosis (MS)	다발성경화증 ta-bal·sŏng·gyŏng·hwa-jŭng
muscular dystrophy (MD)	근이영양증 gŭn-i·yang·jŭng
physical disability	지체장애 ji·ché·jang·ae
ramp	경사로 kyŏng·sa-ro
shower chair	샤워 체어 sha-wŏ·che-ŏ

spinal-cord injury (SCI)	척수장애 chŏk-su-jang-ae
visual impairment	시각장애 si-kak-jang-ae
wheelchair	휠체어 hwil-che-ŏ
wheelchair space	휠체어 공간 hwil-che-ŏ-gong-gan

Travel Phrases

Disability-Related

I am disabled

나는 장애인입니다
na-nŭn-jang-ae-in-im-ni-da

I have [disability]

나는 [disability] 있습니다
na-nŭn-jang-ae-ga-it-sŭm-ni-da

can walk a bit

조금 걸을 수 있습니다
cho-kŭm-gŏl-ŭl-su-it-sŭm-ni-da

cannot walk at all

전혀 걸을 수 없습니다
chŏn-hyŏ-gŏl-ŭl-su-ub-sŭm-ni-da

Hotels

Do you have an accessible room?

장애인 객실이 있습니까?
jang-ae-in-gaek-sil-i-it-sŭm-ni-ka

Is there a roll-in shower?

장애인 샤워시설이 있습니까?
jang-ae-in-sha-wŏ-si-sŏl-i-it-sŭm-ni-ka

Is there a shower chair?

샤워 চে어가 있습니까?
sha-wŏ-ché-ŏ-ga-it-sŭm-ni-ka

Are there any steps in the room?

방 안에 어떤 단차가 있습니까?
bang-an-e-ŏ-ttŏn-dan-cha-ga-it-sŭm-ni-ka

Is there a step into the bathroom?

화장실에 단차가 있습니까?
hwa-jang-sil-e-dan-cha-ga-it-sŭm-ni-ka

How wide is the door?

문 폭은 얼마나 됩니까?

mun·pok·ŭn·ŏl·ma·na·doém·ni·ka

Is there a wheelchair I can borrow?

제가 대여할 수 있는 휠체어가 있습니까?

*ché·ga·dae·yŏ·hal·su·it·nun·hwil·ch
e·ŏ·ga·it·sŭm·ni·ka*

Transportation

Which entrance has an elevator?

어떤 출입구에 엘리베이터가 있습니까?

*ŏ·ddŏn·ch'ul·ip·gu·e·el·li·be·i·t'ŏ·ga
it·sŭm·ni·ka*

I want to go to [place]

저는 [place]에 가고 싶습니다.

*chŏ·nŭn·[place]·e·ga·go·sib·sŭm
ni·da*

Can you put a ramp out for me please?

경사로를 설치해 주실 수 있을까요?

*gyŏng·sa·ro·rŭl·sŏl·chi·hae·ju·sil·su
it·ŭl·kka·yo*

Out & About

Is there an accessible restaurant nearby?

근처에 접근가능한 식당이 있습니까?

*kŭn·chŏ·e·jŏp·gŭn·ga·nŭng·han·sik
dang·i·it·sŭm·ni·ka*

Is there an accessible entrance?

접근가능한 출입구가 있습니까?

*jŏp·gŭn·ga·nŭng·han·ch'ul·ip·gu·ga
it·sŭm·ni·ka*

How do I go from [place A] to [place B] in a wheelchair?

[A]에서 [B]까지 휠체어로 어떻게 갈 수 있습니까?

*[A]·e·so·[B]·gga·ji·hwil·che·ŏ·ro·ŏ·
ddŏ·ke·gal·su·it·sŭm·ni·ka*

Can I visit [place] with a wheelchair?	[place]에 휠체어로 방문 할 수 있습니까? [place]·e·hwil-che-ō-ro·bang·mun·hal·su·it·sŭm·ni·ka
Can you reach that for me?	저것을 좀 꺼내 주시겠어요? jō·kōt·jom·ggō·nae·ju·si·get-ō·yo
Can you guide me to [place]?	[place]까지 안내를 해주실 수 있습니까? [place]·gga·ji·an·nae·rŭl·hae·ju·sil·su·it·get·sŭm·ni·ka
Do you have a fork/spoon/straw?	포크/숟가락/빨대가 있습니까? po·kŭ/sut·ga·rak/ bbal·dae/ga·it·sŭm·ni·ka
Are there any stairs?	그 곳에 계단이 있습니까? gŭ·kot-e·gye·dan·i·it·sŭm·ni·ka
How many steps are there?	계단이 몇 개가 있습니까? gye·dan·i·myot·gae·it·sŭm·ni·ka

Equipment

It can fold	접을 수 있습니다 job·ŭl·su·it·sŭm·ni·da
It can't fold	접을 수 없습니다 job·ŭl·su·ōp·sŭm·ni·da
Hold here	여기를 잡으세요 yō·gi·rŭl·jap·ŭ·se·yo
It is too heavy to lift	들기엔 너무 무겁습니다 dŭl·gi·én·nō·mu·mu·gōp·sŭm·ni·da
It is [weight] kg	이 것은 [weight] kg입니다. i·gōt·ŭn·[weight]·kilo·im·ni·da

It is a [type] battery	이 것은 [type] 배터리입니다. i-gŏt-ŭn-[type]-ui-bae-t'ŏ-ri-im-n i-da
dry battery	건식 배터리 gŏn-sik-bae-t'ŏ-ri
lithium-ion battery	리튬 아이언 배터리 li-ti-um-a-i-on-bae-t'ŏ-ri
wet battery	습식 배터리 sŭp-sik-bae-t'ŏ-ri
sealed battery	밀폐형 배터리 mil-pye-hyŏng-bae-t'ŏ-ri
non-sealed battery	비밀폐형 배터리 bi-mil-pye-hyŏng-bae-t'ŏ-ri

Getting Help

Excuse me	실례합니다 sil-lye-ham-ni-da
Please help me/give me a hand	도와주세요 do-wa-ju-se-yo
Please be careful	조심하세요 jo-sim-ha-se-yo
I'm fine/okay	괜찮아요 gwaen-chan-a-yo
Help (emergency)	도와주세요 / 살려주세요 do-wa-ju-se-yo/sal-ryŏ-ju-se-yo
Can you please write it down?	적어 주실래요? jŏk-ŏ-ju-sil-rae-yo?

Yes	네 ne
No	아니오 a-ni-o
Stop	멈추세요 mŏm·chu·se·yo
Please	부탁합니다 bu·tak·ham·ni·da
Thanks (informal)	고맙습니다 go·map·sŭm·ni·da

Allergies

gluten	글루틴 gŭl·lu·tin
milk	우유 wu·yu
dairy	유제품 yu·je·pum
peanut	땅콩 ddang·kong
soy	콩 kong
nuts	견과류 kyŏn·gwa·ryu
eggs	달걀/계란 dal·gyal/gye·ran
Does this contain [food]?	이 안에 [food]이 있습니까? i·an·e·[food]·i·it·sŭm·ni·ka

I have a [food] allergy

나는 [food] 알레르기가 있습니다
na-nŭn·[al·le·rŭ·gi]·ga·it·sŭm·ni·da

**Can you make this
without [food]?**

[food] 빼고 만들어 줄 수 있습니까?
[food]·bbae·go·man·dŭl·ŏ·jul·su·it
·sŭm·ni·ka



Latin American Spanish

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Pronunciation

Latin American Spanish pronunciation differs from the Castilian Spanish spoken in Spain. The most obvious difference is the lack of the lisping 'th' sound which is found in Castilian Spanish. Pronunciation in Latin America also varies to an extent from country to country and from region to region. In this book we've used pronunciation guides which will allow you to be understood in all parts of Latin America. If you read them as if they were English, you should get your meaning across.

Word Stress

Latin American Spanish has stress. This means you emphasise one syllable in a word over another. Rule of thumb: when a word ends in *n*, *s* or a vowel, the stress falls on the second-last syllable. Otherwise, the last syllable is stressed. If you see an accent mark over a syllable, it cancels out these rules and you just stress that syllable instead. You needn't worry about these rules though, as the stressed syllables are always italicised in our pronunciation guides.

Basics

Hello.	¡Hola! <i>o·la</i>
Goodbye.	¡Adiós! <i>a·dyos</i>
Please.	Por favor. <i>por fa·vor</i>
Thank you (very much).	(Muchas) Gracias. <i>(moo·chas) gra·syas</i>
Yes./No.	Sí./No. <i>see/no</i>
Sorry.	¡Perdón! <i>per·don</i>
Excuse me.	Perdón. <i>per·don</i>
Do you speak English?	¿Habla (inglés)? <i>ab·la (een·gles)</i>
I don't understand.	No entiendo. <i>no en·tyen·do</i>
Help!	¡Socorro! <i>so·ko·ro</i>
Where are the toilets?	¿Dónde están los servicios? <i>don·de es·tan los ser·vee·syos</i>

Glossary of Terms

accessible	accesible <i>ak·se·see·ble</i>
accessible toilet	baño accesible <i>ba·nyo ak·se·see·ble</i>
amyotrophic lateral sclerosis (ALS)	esclerosis lateral amiotrófica (ELA) <i>es·kle·ro·sees la·te·ral</i> <i>a·myo·tro·fee·ka</i>
asthma	asma <i>as·ma</i>
attendant	asistente <i>a·sees·ten·te</i>
autism	autismo <i>ow·tees·mo</i>
cane	bastón <i>bas·ton</i>
cerebral palsy	parálisis cerebral <i>pa·ra·lee·sees se·re·bral</i>
crutch(es)	muleta (muletas) <i>moo·le·ta (moo·le·tas)</i>
diabetes	diabetes <i>dya·be·tes</i>
disability	discapacidad <i>dees·ka·pa·see·dad</i>
dyspraxia	dispraxia <i>dees·praks·ya</i>
electric wheelchair	silla de ruedas eléctrica <i>see·ya de rwe·das e·lek·tri·ka</i>
elevator	ascensor <i>a·sen·sor</i>
epilepsy	epilepsia <i>e·pee·lep·sya</i>
guide/service dog	perro guía <i>pe·rro gee·ya</i>

hand rail	pasamanos <i>pa·sa·ma·nos</i>
hearing impairment	deficiencia auditiva <i>de·fee·syen·sya ow·dee·tee·va</i>
learning difficulties	dificultades de aprendizaje <i>dee·fee·kool·ta·des de a·pren·dee·sa·khe</i>
long-term illness	enfermedad de larga duración <i>en·fer·me·dad de lar·ga doo·ra·syon</i>
manual wheelchair	silla de ruedas manual <i>see·ya de rwe·das ma·noo·al</i>
medicine	medicina <i>me·dee·see·na</i>
multiple sclerosis (MS)	esclerosis múltiple <i>es·kle·ro·sees mool·tee·ple</i>
muscular dystrophy (MD)	distrofia muscular <i>dees·tro·fya moos·koo·lar</i>
physical disability	discapacidad física <i>dees·ka·pa·see·dad fee·see·ka</i>
ramp	rampa <i>ram·pa</i>
shower chair	silla de ducha <i>see·ya de doo·cha</i>
spinal-cord injury (SCI)	Lesión de la médula espinal (LME) <i>le·syon de la me·doo·la es·pee·nal</i>
visual impairment	deficiencia visual <i>de·fee·syen·sya vee·swal</i>
wheelchair	silla de ruedas <i>see·ya de rwe·das</i>
wheelchair space	espacio para silla de ruedas <i>es·pa·syo pa·ra see·ya de rwe·das</i>

Travel Phrases

Disability-Related

I am disabled	Soy discapacitado <i>Soy dees-ka-pa-see-ta-do</i>
I have [disability]	Tengo (una discapacidad) <i>Ten-go (oo-na dees-ka-pa-see-dad)</i>
can walk a bit	puedo andar un poco <i>Pwe-do an-dar oon po-ko</i>
cannot walk at all	no puedo andar <i>No pwe-do an-dar</i>

Hotels

Do you have an accessible room?	¿Tiene una habitación accesible? <i>Tye-ne oo-na a-bee-ta-syon ak-se-see-ble ?</i>
Is there a roll-in shower?	¿Tiene ducha a ras de suelo? <i>Tye-ne doo-cha a ras de swe-lo ?</i>
Is there a shower chair?	¿Tiene una silla de ducha? <i>Tye-ne oo-na see-ya de doo-cha ?</i>
Are there any steps in the room?	¿Hay escalones en la habitación? <i>Ai es-ka-lo-nes en la a-bee-ta-syon ?</i>
Is there a step into the bathroom?	¿Hay escalón en el baño? <i>Ai es-ka-lon en el ba-nyo ?</i>
How wide is the door?	¿Qué anchura tiene la puerta? <i>Ke an-choo-ra tye-ne la pwer-ta ?</i>

Is there a wheelchair I can borrow?

¿Dispone de una silla de ruedas que pueda yo utilizar?

Dees·po·ne de oo·na see·ya de rwe·das ke pwe·da yo oo·tee·lee·sar ?

Transportation

Which entrance has an elevator?

¿Qué entrada tiene ascensor?

Ke en·tra·da tye·ne a·sen·sor ?

I want to go to [place]

Quiero ir a (lugar X)

Kye·ro eer a (loo·gar X)

Can you put a ramp out for me please?

¿Puede colocarme una rampa, por favor?

Pwe·de ko·lo·kar·me oo·na ram·pa, por fa·vor ?

Out & About

Is there an accessible restaurant nearby?

¿Hay cerca algún restaurante accesible?

Ai ser·ka al·goon res·tow·ran·te ak·se·see·ble ?

Is there an accessible entrance?

¿Hay alguna entrada accesible?

Ai al·goo·na en·tra·da ak·se·see·ble ?

How do I go from [place A] to [place B] in a wheelchair?

¿Cómo puedo ir desde (X) hasta (Z) en silla de ruedas?

Ko·mo pwe·do eer des·de (X) as·ta (Z) en see·ya de rwe·das ?

Can I visit [place] with a wheelchair?

¿Puedo visitar (lugar X) en silla de ruedas?

Pwe·do vee·see·tar (loo·gar X) en see·lya de rwe·das ?

Can you reach that for me?	¿Podría usted solucionarme esto? <i>Po-dree-a oos-ted so-loo-syo-nar-me es-to?</i>
Can you guide me to [place]?	¿Me podría indicar cómo llegar a (lugar X)? <i>Me po-dree-a een-dee-kar ko-mo ye-gar a (loo-gar X)</i>
Do you have a fork/spoon/straw?	¿Tiene usted un tenedor/cuchara/cuchillo? <i>Tye-ne oos-ted oon te-ne-dor/koo-cha-ra/koo-chee-yo</i>
Are there any stairs?	¿Hay escaleras allí? <i>Ai es-ka-le-ras a-yee?</i>
How many steps are there?	¿Cuántos escalones hay allí? <i>Kwan-tos es-ka-lo-nes ai a-yee?</i>

Equipment

It can fold	Puedo girar <i>Pwe-do khee-rar</i>
It can't fold	No puedo girar <i>No pwe-do khee-rar</i>
Hold here	Sostenga aquí <i>Sos-ten-ga a-kee</i>
It is too heavy to lift	Es demasiado pesado para levantarlo <i>Es de-ma-sya-do pe-sa-do pa-ra le-van-tar-lo</i>
It is [weight] kg	Pesa (X) kilos <i>Pe-sa (X) kee-los</i>
It is a [type] battery	Es una batería de tipo (X) <i>Es oo-na ba-te-ree-a de tee-po (X)</i>
dry battery	batería sin mantenimiento <i>Ba-te-ree-a seen man-te-nee-myen-to</i>

lithium-ion battery	batería de ión-litio <i>Ba-te·ree-a de yon·lee·tyo</i>
wet battery	batería con mantenimiento <i>Ba-te·ree-a kon man·te·nee·myen·to</i>
sealed battery	batería estanca <i>Ba-te·ree-a es-tan·ka</i>
non-sealed battery	batería no estanca <i>Ba-te·ree-a no es-tan·ka</i>

Getting Help

Excuse me	Perdone <i>Per-do-ne</i>
Please help me/give me a hand	Por favor, ayúdeme / écheme una mano <i>Por fa·vor, a-yoo-de-me / e-che-me oo-na ma-no</i>
Please be careful	Lleve cuidado, por favor <i>Ye·ve kooy·da·do, por fa·vor</i>
I'm fine/okay	Estoy bien <i>Es-toy byen</i>
Help (emergency)	Ayuda (urgente) <i>A-yoo·da (oor·khen·te)</i>
Can you please write it down?	¿Puede por favor escribirlo? <i>Pwe-de por fa·vor es-kree-beer-lo?</i>
Yes	Sí <i>See</i>
No	No <i>No</i>
Stop	Pare <i>Pa-re</i>
Please	Por favor <i>Por fa·vor</i>

Thanks (informal)

Gracias
Gra·syas

Allergies

gluten

gluten
g'loo·ten

milk

leche
le·che

dairy

lácteos
lak·te·os

peanut

cacahuete
ka·ka·we·te

soy

soja
so·kha

nuts

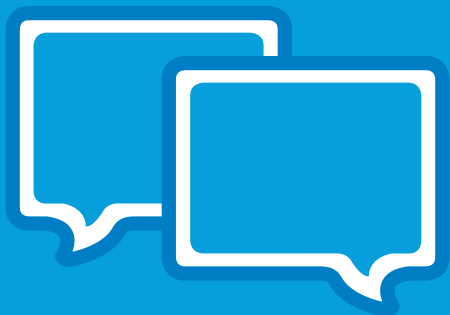
nueces
nwe·ses

eggs

huevo
*we·vo*Does this contain
[food]?¿Esto tiene (comida)?
Es·to tye·ne (ko·mee·da)?

I have a [food] allergy

Tengo alergia a (comida)
*Ten·go a·ler·khy·a a (ko·mee·da)*Can you make this
without [food]?¿Puede prepararme esto sin
(comida)?
*Pwe·de pre·pa·rar·me es·to seen
(ko·mee·da)?*



Mandarin

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Pronunciation

For speakers of English, the sounds of Mandarin are quite easy to produce, as many of them have equivalents in English. One aspect of the language that may prove a little challenging is the use of tones. In Mandarin you can change the meaning of a word by altering the pitch level (tone) at which it is spoken.

Vowel and Consonant Sounds

Mandarin vowels are straightforward and you'll notice that there's quite a lot of overlap with English vowel sounds. Be aware that in Pinyin vowels are often pronounced differently depending on the other letters surrounding them. Mandarin has quite a few diphthongs (vowel sound combinations) and vowel and consonant combinations – when the letters **i** and **u** occur before other vowels, they are pronounced 'y' and 'w' respectively. Again, you'll notice that most of these have counterparts in English.

The consonants should be quite easy for you to get your tongue around, as they'll all be familiar from English.

Tones

Many words in Mandarin appear to have the same basic pronunciation. What distinguishes these 'homophones' is their tonal quality – the raising and lowering of pitch on certain syllables. Mandarin is usually described as having four tones, (numbered first through to fourth), plus a fifth, neutral tone. There's no need to feel daunted by this 'foreign' system. There's nothing obscure or mysterious about tones – over half of the world's languages use them. You might have mixed success in getting your meaning across to start with, but remember that patient repetition is all it takes to learn. Even if your tones are slightly off, the meaning you wish to convey will often be clear from the context. Failing that, you can always point to the word or phrase you're aiming for in this phrasebook.

Basics

Hello.	你好。 Nǐhǎo.
Goodbye.	再见。 Zàijiàn.
Please.	请…… Qǐng ...
Thank you (very much).	(非常)谢谢你。 (Fēicháng) xièxie nǐ.
Yes./No.	是。/ 不是。 Shì./Bùshì.
Excuse me. (to get attention)	劳驾。 Láojià
Excuse me. (to get past)	借光。 Jièguāng.
Do you speak English?	你会说英文吗？ Nǐ huìshuō Yīngwén ma?
I don't understand.	我不明白。 Wǒ bù míngbai.
Help!	救命！ Jiùmìng!
Where's the toilet?	厕所在哪儿？ Cèsuǒ zài nǎr?

Glossary of Terms

accessible	无障碍 wú zhàng ài
accessible toilet	无障碍洗手间 wú zhàng ài xǐ shǒu jiān
amyotrophic lateral sclerosis (ALS)	渐冻人 jiàn dòng rén
asthma	哮喘 xiào chuǎn
attendant	护工 hù gōng
autism	自闭症 zì bì zhèng
cane	手杖 shǒu zhàng
cerebral palsy	脑瘫 nǎo tān
crutch(es)	拐杖 guǎi zhàng
diabetes	糖尿病 táng niào bìng
disability	残障 cán zhàng
dyspraxia	运动障碍 yùn dòng zhàng ài
electric wheelchair	电动轮椅 diàn dòng lún yǐ

elevator	电梯 diàn tī
epilepsy	癫痫 diàn xián
guide/service dog	导盲犬/辅助犬 dǎo máng quǎn / fǔ zhù quǎn
hand rail	扶手 fú shǒu
hearing impairment	听觉障碍 tīng jué zhàng ài
learning difficulties	学习障碍 xué xí zhàng ài
long-term illness	长期疾病 cháng qī jí bìng
manual wheelchair	手动轮椅 shǒu dòng lún yǐ
medicine	药品 yào pǐn
multiple sclerosis (MS)	多发性硬化 duō fā xìng yìng huà
muscular dystrophy (MD)	肌肉萎缩 jī ròu wěi suō
physical disability	肢体障碍 zhī tǐ zhàng ài
ramp	斜坡 xié pō
shower chair	淋浴椅 lín yù yǐ

spinal-cord injury (SCI)	脊髓损伤 jǐ suǐ sǔn shāng
visual impairment	视觉障碍 shì jué zhàng ài
wheelchair	轮椅 lún yǐ
wheelchair space	轮椅空间 lún yǐ kōng jiān

Travel Phrases

Disability-Related

I am disabled

我是残障人士
wǒ shì cán zhàng rén shì

I have [disability]

我有 [disability]
wǒ yǒu [disability]

can walk a bit

可以走一点
kě yǐ zǒu yī diǎn

cannot walk at all

点都不能走
yī diǎn dōu bù néng zǒu

Hotels

Do you have an accessible room?

你们有无障碍房间吗？
nǐ men yǒu wú zhàng ài fáng jiān ma

Is there a roll-in shower?

有没有轮椅可以进去的淋浴间？
yǒu méi yǒu lún yǐ kě yǐ jìn qù de lín yù jiān

Is there a shower chair?

有没有淋浴椅？
yǒu méi yǒu lín yù yǐ

Are there any steps in the room?

房间里有台阶吗？
fáng jiān lǐ yǒu tái jiē ma

Is there a step into the bathroom?

进入浴室有台阶吗？
jìn rù yù shì yǒu tái jiē ma

How wide is the door?

门有多宽?
mén yǒu duō kuān

Is there a wheelchair
I can borrow?

有轮椅可以借我吗?
yǒu lún yǐ kě yǐ jiè wǒ ma

Transportation

Which entrance has
an elevator?

哪一个入口有电梯?
nǎ yī gè rù kǒu yǒu diàn tī

I want to go to [place]

我想去 [place]
wǒ xiǎng qù [place]

Can you put a ramp
out for me please?

你们可以帮我放一个斜坡吗?
nǐ men kě yǐ bāng wǒ fàng yī gè
xié pō ma

Out & About

Is there an accessible
restaurant nearby?

这附近有无障碍餐厅吗?
zhè fù jìn yǒu wú zhàng ài cān
tīng ma

Is there an accessible
entrance?

这有无障碍入口吗?
zhè yǒu wú zhàng ài rù kǒu ma

How do I go from
[place A] to [place B]
in a wheelchair?

从 [place A] 到 [place B] 坐轮椅怎
么走?
cóng [place A] dào [place B] zuò
lún yǐ zěn me zǒu

Can I visit [place] with
a wheelchair?

我可以坐轮椅参观 [place] 吗?
wǒ kě yǐ zuò lún yǐ cān guān
[place] ma

Can you reach that
for me?

您可以帮我拿一下那个吗?
nín kě yǐ bāng wǒ ná yī xià nà gè
ma

Can you guide me to [place]?

您可以带我去 [place] 吗?
nín kě yǐ dài wǒ qù [place] ma

Do you have a fork/spoon/straw?

您有叉子/勺子/吸管吗?
nín yǒu chā zi /sháo zi /xī guǎn ma

Are there any stairs?

有台阶吗?
yǒu tái jiē ma

How many steps are there?

那里有多少台阶?
nà lǐ yǒu duō shǎo tái jiē

Equipment

It can fold

可以折叠
kě yǐ zhé dié

It can't fold

不可以折叠
bú kě yǐ zhé dié

Hold here

扶这里
fú zhè lǐ

It is too heavy to lift

太重了，不能抬
tài zhòng le , bú néng tái

It is [weight] kg

它有[weight]公斤
tā yǒu [weight] gōng jīn

It is a [type] battery

它是 [type] 电池
tā shì [type] diàn chí

dry battery

干电池
gān diàn chí

lithium-ion battery

锂离子电池
lǐ lí zǐ diàn chí

wet battery

湿电池
shī diàn chí

sealed battery

密封电池
mì fēng diàn chí

non-sealed battery

非密封电池
fēi mì fēng diàn chí

Getting Help

Excuse me

打扰一下
dǎ rǎo yī xià

Please help me/give me a hand

请帮我 / 帮下忙
qǐng bāng wǒ / bāng xià máng

Please be careful

请小心
qǐng xiǎo xīn

I'm fine/okay

我还好
wǒ hái hǎo

Help (emergency)

帮我
bāng wǒ

Can you please write it down?

您可以写一下吗?
nín kě yǐ xiě yī xià ma

Yes

是的
shì de

No

不
bù

Stop

停下
tíng xià

Please

请
qǐng

Thanks (informal)

谢谢
xiè xiè

Allergies

gluten	麦麸 mài fū
milk	牛奶 niú nǎi
dairy	乳制品 rǔ zhì pǐn
peanut	花生 huā shēng
soy	大豆 dà dòu
nuts	坚果 jiān guǒ
eggs	鸡蛋 jī dàn
Does this contain [food]?	这个含有 [food] 吗? zhè gè hán yǒu [food] ma
I have a [food] allergy	我对 [food] 过敏 wǒ duì [food] guò mǐn
Can you make this without [food]?	您可以不放 [food] 吗? nín kě yǐ bú fàng [food] ma



Nepali

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Pronunciation

Nepali is fairly easy to pronounce because many of the vowel and consonant sounds of English are also found in Nepali. In this book we provide both the Nepali script and the way you pronounce it – phonetic guides lie under the phrases. We break up the Nepali words into syllables and where these are italicised, you should stress that part of the word as you say it.

Word Stress

The position of the stressed syllable in Nepali words depends on whether the vowels are short or long, and whether the syllables end in vowels or consonants. As a rough guide, in two-syllable words the last syllable is normally the stressed one, while in words of three or more syllables it's normally the second-last syllable. The pronunciation guides show you the word stress: the emphasis in each word is indicated in *italics*.

Vowel Sounds

Nepali has six vowels and two diphthongs (vowel combinations) – all but one of these (o) also occur as nasal vowels, making 15 vowels in total. The nasals are pronounced with the airstream coming out of the nose. Speakers of English can approximate this by putting a weak 'n' at the end of such a syllable. Nasals are indicated in the text by a tilde (~) over the vowel.

Consonant Sounds

Most Nepali consonants are pronounced the same as you would expect in English. Occasionally, you'll come across doubled consonants in words. A doubled consonant means the sound is pronounced twice – this is important for the correct meaning to be conveyed. Aspirated consonants are pronounced much more forcefully than their unaspirated counterparts (listed above) and with a puff of air, like the 'th' in 'hothouse'.

Basics

Hello./Goodbye.

नमस्ते
na · ma · ste

Please.

कृपया
kri · paya

Thank you.

धन्यवाद(अनौपचारिक)
dha · nya · bad

Yes.

हो
ho

No.

होइन
hoi · na

Sorry.

माफ गर्नुहोस्
mahph gar · nu · hos

Excuse me.

सुन्नुहोस् त।
su · nnu hos ta

Do you speak English?

तपाइ अङ्ग्रेजि बोल्न सक्नुहुन्छ ?
ta · paī ang · gre · ji bhah · sah
bol · nu · hun · cha?

I (don't) understand.

मैले बुझनि
mai · le bu · jhi · na

Help!

सहयोग
sa · ha · yog

Where is the toilet?

बाथरुम कता छ ?
shau · cah · la · ya ka · hāh cha?

Glossary of Terms

accessible	पहुँच <i>pa·hun·ch</i>
accessible toilet	अपाङ्गमैत्रीशौचालय <i>a·pan·ga mai·tri sau·cha·la·ya</i>
amyotrophic lateral sclerosis (ALS)	स्नायू पक्षघात <i>sna·yu pak·chya·ghat</i>
asthma	दमरोग <i>dam·rog</i>
attendant	सहयोगी <i>sa·ha·yo·gi</i>
autism	अटजिम <i>[autism]</i>
cane	सेतोछडी <i>se·to cha·di</i>
cerebral palsy	मस्तिष्कपक्षघात <i>mas·tis·ka pak·chya·ghat</i>
crutch(es)	बैशाखी(हरु) <i>bai·sa·khi (ha·ru)</i>
diabetes	मधुमेह/ चनीरोग <i>ma·dhu·me·ha / chi·ni rog</i>
disability	अपाङ्गता <i>a·pan·ga·ta</i>
dyspraxia	dyspraxia <i>[dyspraxia]</i>
electric wheelchair	वैद्युतीय व्हीलचयर <i>bi·dhu·ti·ya [wheelchair]</i>

elevator	एलभिटर/ लफिट [elevator/lift]
epilepsy	मरिगि mir-gi
guide/service dog	बाटो देखाउने व्यक्ति / कुकुर ba-to de-kha-u-ne bya-kti / ku-kur
hand rail	समाउने डन्डी sa-ma-une dan-di
hearing impairment	सुनाइमासमस्या su-nai ma sa-ma-sya
learning difficulties	सकिइमासमस्या si-kai ma sa-ma-sya
long-term illness	दरिघकालीन् रोग dir-gha-ka-lin rog
manual wheelchair	साधारण व्हीलचयिर sa-dha-ran [wheelchair]
medicine	औषधी aa-u-sa-dhi
multiple sclerosis (MS)	बहु अपाङ्गता ba-hu a-pan-ga-ta
muscular dystrophy (MD)	मस्कुलर डिस्ट्रोफी [muscular dystrophy]
physical disability	शारीरिक अपाङ्गता sha-ri-rik a-pan-ga-ta
ramp	र्याम्प [ramp]
shower chair	बसेरनुहाउने कुर्सी ba-se-ra nu-ha-une ku-rsi

spinal-cord injury (SCI)	मेरुदण्ड पक्षघात <i>me·ru·dan·da pak·chya·ghat</i>
visual impairment	दृष्टिविहिनि <i>dri·sti·bi·hin</i>
wheelchair	वहीलचयिर <i>[wheelchair]</i>
wheelchair space	वहीलचयिर अटाउने ठाउँ <i>[wheelchair] a·ta·une tha·u</i>

Travel Phrases

Disability-Related

I am disabled

म अपांगता भएको व्यक्ति हुँ।
ma·a·pan·gata bha·ye·ko bya·kti
hu

I have [disability]

ममा अपांगता छ।
ma·maa [disability] cha

can walk a bit

थोरै हिड्नसक्छु।
tho·rai hid·na sa·kchu

cannot walk at all

अलकित पिन हिड्न सक्दैन।
ali·ka·ti pa·ni hi·dna sak·di·na

Hotels

Do you have an accessible room?

के तपाईंसँग अपाङ्गतामैत्री कोठा छन्?
ke·ta·pai·san·ga a·pan·ga mai·tri
ko·tha chan

Is there a roll-in shower?

के त्यहाँ नुहाउने ठाउँसम्मै वहलचयिर पुग्छ?
ke tya·ha nu·hau·ne thau
sa·mma·e [wheelchair] pug·cha

Is there a shower chair?

के त्यहाँ बसेर नुहाउने कुर्सी छ?
ke tya·ha ba·se·ra nu·hau·ne kur·si
cha

Are there any steps in the room?

के त्यहाँका कोठामा कुनै सडि छन्?
ke tya·ha ka ko·tha·ma ku·nai
si·dhi·chan

Is there a step into the bathroom?

के त्यहाँको शौचालयमा कुनै सट्टी छ?
ke tya·ha ko sau·cha·la·ya ma ku·nai si·dhi chan

How wide is the door?

ढोका कति फराकिलो छ?
dho·ka ka·tti ko fa·ra·ki·lo cha

Is there a wheelchair I can borrow?

के त्यहाँ मैले केहि चिलाउन पाउने व्हीलचेयर छ?
ke tya·ha mai·le cha·lau·na mil·ne [wheelchair] cha

Transportation

Which entrance has an elevator?

कता पट्टिको प्रवेश द्वारमा लफ्टि छ?
ka·ta pa·ti·ko pra·be·sh dwar·ma [lift] ra·he·ko cha

I want to go to [place]

म वभिनिन् [place] जान चाहान्छु।
ma bi·bhi·nna [place] ja·na cha·han·chu

Can you put a ramp out for me please?

के तपाईं मेरोलागी कृपया बाहिर एउटा र्याम्प राख्न सक्नुहुन्छ?
ke ta·pai me·ro la·gi kri·pa·ya ba·hi·ra eu·ta [ramp] ra·kh·na·sak·nu·hun·cha

Out & About

Is there an accessible restaurant nearby?

के त्यहाँ नजकै अपाङ्गता मैत्री रेस्तराँ छ?
ke·tya·ha na·ji·kai a·pan·ga·ta mai·tri [restaurant] cha

Is there an accessible entrance?

के त्यहाँ अपाङ्गता मैत्री
प्रवेशद्वार छ?
*ke tyā·ha a·pan·ga·ta mai·tri
pra·besh·dwar cha*

How do I go from [place A] to [place B] in a wheelchair?

म एक [placeA] बाट अर्को [place
B] व्हीलचेयरमा कसरी जानसक्छु?
*ma [place A] aar·ko [place
B] [wheelchair] ma ka·sa·ri
ja·na·sak·chu*

Can I visit [place] with a wheelchair?

के मव्हीलचेयरबाट बभिनिन [place]
हरूको भ्रमण गर्नसक्छु?
*ke·ma [wheelchair] ba·ta
bhi·bhi·nna [place] haru·ko
bhra·man gar·na sak·chu*

Can you reach that for me?

तमि मेरोलागी त्यहाँ पुग्नसक्छौ?
*ti·mi me·ro la·gi tyā pug·na
sak·chau*

Can you guide me to [place]?

के तमि मेरो भ्रमणमा मार्गदर्शन
गर्नसक्छौ?
*ke ti·mi me·ro bhra·man·ma
mar·ga·dar·shan gar·na sak·chau*

**Do you have a fork/
spoon/straw?**

के तमिसँग एउटा काँटा/चम्चा/पाइप
छ?
*ke ti·mi san·ga a·eu·ta kan·ta/
cham·cha/pa·ip cha*

Are there any stairs?

के त्यहाँ सँढीहरु छन्?
ke ty·ha si·dhi ha·ru chan

**How many steps are
there?**

त्यहाँ कतविटा सँढीहरु छन्?
tyā·ha ka·ti·wa·ta si·dhi chan

Equipment

It can fold	यसलाई मोइन मलिछ। <i>yas-lai mod-na mil-chha</i>
It can't fold	यसलाई मोइन मलिदैन। <i>yas-lai mod-na mil-dai-na</i>
Hold here	यहाँ समात। <i>ya-ha sa-ma-ta</i>
It is too heavy to lift	यो उचाल्न नकै भारीछ। <i>yo oo-chal-na ni-kai bha-ri cha</i>
It is [weight] kg	यसको तौल – केजी छ। <i>yes-ko taul [weight] kg chha</i>
It is a [type] battery	यो एक [type] ब्याट्री हो। <i>yo ek pra-kar-ko [battery] ho</i>
dry battery	सुख्खा ब्याट्री <i>su-khha [battery]</i>
lithium-ion battery	लीथियमआयन ब्याट्री <i>lee-ti-yam-ay-an [battery]</i>
wet battery	भजिको ब्याट्री <i>bhi-je-ko [battery]</i>
sealed battery	सलि गरिएको ब्याट्री <i>sil ga-ri-ye-ko [battery]</i>
non-sealed battery	सलि नगरिएको ब्याट्री <i>sil na-ga-ri-ye-ko [battery]</i>

Getting Help

Excuse me	सुन्नुहोस् त। <i>su·nnu hos ta</i>
Please help me/give me a hand	कृपया मलाई सहयोग गर्नुहोस्/ मलाई हात दनिहोस्। <i>kri·pa·ya ma·lai sa·ha·yog gar·nu hos/ ma·lai haat di·nu·hos</i>
Please be careful	कृपया होशियार रहनुहोस्। <i>kri·pa·ya ho·si·yar ra·ha·nu hos</i>
I'm fine/okay	म ठीक छु। <i>ma·thik·chu</i>
Help (emergency)	सहयोग <i>sa·ha·yog</i>
Can you please write it down?	तपाईं यसलाई लेख्न सक्नुहुन्छ? <i>ta·pai yes·lai lekh·na sak·nu hun·cha</i>
Yes	हो <i>ho</i>
No	होइन <i>hoi·na</i>
Stop	रोक <i>ro·ka</i>
Please	कृपया <i>kri·paya</i>
Thanks (informal)	धन्यवाद(अनौपचारिक) <i>dha·nya·bad</i>

Allergies

gluten	ग्लुटेन gloo·ten
milk	दुध dudh
dairy	दुधबाट वनेका / दुग्ध dudh ba·ta ba·ne·ko / dug·dha
peanut	बदाम ba·dam
soy	सोया (भटमास) saw·ya (bhat·mas)
nuts	सुपारी su·pa·ri
eggs	अण्डा aan·da
Does this contain [food]?	यसमा [food] पर्नेछ? yes·ma [food] pa·ni par·cha
I have a [food] allergy	मलाई यो [food] एलर्जी छ। ma·lai·yo [food] [allergy] cha
Can you make this without [food]?	के तपाईं [food] बिना यो बनाउन सक्नुहुन्छ? ke ta·pai·yo [food] na·ra·khi ba·na·una sa·knu·hun·cha



Polish

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Pronunciation

Although written Polish may seem a bit intimidating, with its apparent excess of consonants, pronouncing Polish isn't hard at all. Many of the sounds also exist in English and each Polish letter is generally pronounced the same way wherever it occurs. If you listen carefully to native speakers and follow the pronunciation guides in this phrasebook, you'll easily get your message across.

Word Stress

Stress almost always falls on the second-last syllable. In our pronunciation guides, the stressed syllable is italicised.

Vowel Sounds

Polish vowels and diphthongs (vowel combinations) are quite similar to those found in English. Vowels are generally pronounced short, giving them a 'clipped' quality.

Consonant Sounds

Most Polish consonant sounds are also found in English, with the exception of the **kh** sound (which is pronounced as in the Scottish word '*loch*') and the rolled **r** sound. Consonants are sometimes grouped together without vowels between them where in English you'd expect one, as in the word *pszczola* **pshcho-wa** (bee). With a bit of practice these 'consonant clusters' will roll off your tongue with ease. The apostrophe is used in transliterations (as in the word *kwiecień* **kfyechen'**) to show that the consonant before it is produced with a soft **y** sound.

In our pronunciation guides you'll notice some syllables made up of the single consonants **f**, **v**, **s** and **z**. These represent the prepositions *w* and *z* ('in/on' and 'with'). When pronouncing them, just run them into the word that follows them.

Basics

Hello.	Cześć. <i>cheshch</i>
Goodbye.	Do widzenia. <i>do vee-dze-nya</i>
Please.	Proszę. <i>pro-she</i>
Thank you (very much).	Dziękuję (bardzo). <i>jyen-koo-ye (bar-dzo)</i>
Yes./No.	Tak./Nie. <i>tak/nye</i>
Excuse me./Sorry.	Przepraszam <i>pshe-pra-sham</i>
Do you speak English?	Czy pan/pani mówi po (angielsku)? <i>m/f pol</i> <i>chi pan/pa-nee moo-vee po</i> <i>(an-gyel-skoo)</i>
I don't understand.	(Nie) Rozumiem. <i>(nye) ro-zoo-myem</i>
Help!	Na pomoc! <i>na po-mots</i>
Where's the toilet?	Gdzie są toalety? <i>gjye som to-a-le-ti</i>

Glossary of Terms

accessible	dostosowany / dostosowane do·sto·so·va·ni / do·sto·so·va·ne
accessible toilet	dostosowana toaleta do·sto·so·va·nah to·a·le·ta
amyotrophic lateral sclerosis (ALS)	stwardnienie zanikowe boczne stvar·dnye·nye za·nee·ko·ve boch·ne
asthma	astma ast·ma
attendant	opiekun / towarzysz o·pye·koon / toh·va·zheesh
autism	autyzm aw·tyzm
cane	laska las·ka
cerebral palsy	porażenie mózgowe po·ra·zhe·nye mooz·gho·ve
crutch(es)	kula/e koo·la / koo·le
diabetes	cukrzyca tsoo·kshi·tsa
disability	niepełnosprawność nye·pew·nos·prav·noshch
dyspraxia	dyspraksja dys·prak·sya
electric wheelchair	elektryczny wózek inwalidzki e·lek·treech·ni voo·zek een·va·leed·skee
elevator	winda veen·da
epilepsy	epilepsja / padaczka e·pee·leps·ya / pa·da·tshka

guide/service dog	pies przewodnik <i>pyes pshe·vod·neek</i>
hand rail	uchwyt / poręcz <i>oo·vit / po·rench</i>
hearing impairment	upośledzenie słuchu <i>oo·posh·le·dze·nye swoo·hoo</i>
learning difficulties	upośledzenie umysłowe <i>oo·posh·le·dze·nye oo·mis·wo·ve</i>
long-term illness	choroba przewlekła <i>ho·ro·ba pshev·le·kwa</i>
manual wheelchair	manualny wózek inwalidzki <i>ma·noo·al·ni voo·zek een·va·leed·skee</i>
medicine	lekarstwo <i>le·kar·stfo</i>
multiple sclerosis (MS)	stwardnienie rozsiane (SM) <i>stvar·dnye·nye roz·shya·ne</i>
muscular dystrophy (MD)	dystrofia mięśniowa <i>dys·tro·phi·a mye·shnio·va</i>
physical disability	niepełnosprawność fizyczna <i>nye·pew·nos·prav·noshch fee·zych·na</i>
ramp	rampa <i>ram·pa</i>
shower chair	krzesło kąpielowe <i>kshes·wo kom·pye·lo·ve</i>
spinal-cord injury (SCI)	uszkodzenie rdzenia <i>oosh·ko·dze·nye dze·nya</i>
visual impairment	upośledzenie wzroku <i>oo·posh·le·dze·nye vzro·koo</i>
wheelchair	wózek inwalidzki <i>voo·zek een·va·leed·skee</i>
wheelchair space	miejsce na wózek inwalidzki <i>myeys·tse na voo·zek een·va·leed·skee</i>

Travel Phrases

Disability-Related

I am disabled	Jestem niepełnosprawny (m) / Jestem niepełnosprawna (f) <i>yes·tem nye·pew·nos·prav·ni (m) /</i> <i>yes·tem nye·pew·nos·prav·na (f)</i>
I have [disability]	Jestem niepełnosprawny (m) / Jestem niepełnosprawna (f) <i>yes·tem nye·pew·nos·prav·ni (m) /</i> <i>yes·tem nye·pew·nos·prav·na (f)</i>
can walk a bit	Mogę chodzić trochę <i>mo·gee ho·jee·chthro·he</i>
cannot walk at all	Nie mogę chodzić wcale <i>nye mo·gee ho·jee·chfts·a·le</i>

Hotels

Do you have an accessible room?	Czy posiadacie państwo pokój dostosowany? <i>chi po·sha·da·tse pan'·stfo po·ko do·sto·so·va·ni</i>
Is there a roll-in shower?	Czy jest dostosowany prysznic? <i>chi yest do·sto·so·va·ni presh·nits</i>
Is there a shower chair?	Czy jest krzesółko kąpielowe? <i>chi yest kshe·sel·ko kom·pye·lo·ve</i>
Are there any steps in the room?	Czy w pokoju są schody? <i>chi f po·ko·yoo som s kho·di</i>
Is there a step into the bathroom?	Czy do łazienki prowadzi schodek? <i>chi do wa·zhyen'·ki pro·va·jee skho·dek</i>

How wide is the door?	Jak szerokie są drzwi? <i>yak she-ro-kee-e son g-vee</i>
Is there a wheelchair I can borrow?	Czy jest dostępny wózek inwalidzki, który mogę wypożyczyć? <i>chi yest do-stemp-ni voo-zek een-va-leed-skee, ktoo-ri mo-ge vi-po-zhi-cheech</i>

Transportation

Which entrance has an elevator?	które wejście posiada windę? <i>ktoo-re vey-sh-che po-shya-da veen-de</i>
I want to go to [place]	Chcę jechać do [place] <i>kh-ce ye-hach do [place]</i>
Can you put a ramp out for me please?	Poproszę o wysunięcie rampy dla mnie? <i>po-pro-she o vi-so-nien-chye ram-pi dla mnje</i>

Out & About

Is there an accessible restaurant nearby?	Czy w pobliżu znajduje się dostosowana restauracja? <i>chi f po-blee-zhu znay-doo-ye shye do-sto-so-va-na res-tow-rats-ya</i>
Is there an accessible entrance?	Czy wejście jest dostosowane? <i>chi veysh-che yest do-sto-so-va-ne</i>
How do I go from [place A] to [place B] in a wheelchair?	Jak mogę dotrzeć z [place A] do [place B] na wózku inwalidzkim? <i>yak mo-ge do-tshech z [place a] do [place b] na voo-skoo een-va-leed-skeem</i>
Can I visit [place] with a wheelchair?	Czy mogę zwiedzić to [place] na wózku inwalidzkim? <i>chi mo-ge zvee-jeech to [place] na voo-skoo een-va-leed-skeem</i>

Can you reach that for me?	Czy możesz sięgnąć mi po to? <i>chi mo·zhe-sh shyen·gnon·ch mee po to</i>
Can you guide me to [place]?	Czy możesz pokierować mnie do [place]? <i>chi mo·zhe-sh po·kye-ro·vach mnye do [place]</i>
Do you have a fork/spoon/straw?	Czy masz widelec/ łyżkę/ słomkę (rurkę) <i>chi mash vee·de·lets / woosh·ke / swom·ke (roor·ke)</i>
Are there any stairs?	Czy są jakieś schody? <i>chi son ya·kyesh skho·de</i>
How many steps are there?	Ile schodów znajduje się tam? <i>ee·le skho·doof znay·doo·ye shyé tam?</i>

Equipment

It can fold	Składa się <i>skwad·a shyé</i>
It can't fold	Nie składa się <i>nee·e skwad·a shyé</i>
Hold here	Trzymaj tutaj <i>tshee·may too·tay</i>
It is too heavy to lift	Jest zbyt ciężki, aby unieść <i>yest zbit chen·shkee, abi oo·nyeshch</i>
It is [weight] kg	Waży [weight] kilogramów <i>va·zhee [weight] kee·lo·gra·moof</i>
It is a [type] battery	To jest bateria [type] <i>to yest ba·te·ree·a [type]</i>
dry battery	sucha bateria <i>soo·ha ba·te·ree·a</i>

lithium-ion battery	bateria litowo jonowa <i>ba·te·ree·a lee·to·vo yo·no·va</i>
wet battery	mokra bateria <i>mo·kra ba·te·ree·a</i>
sealed battery	hermetyczna bateria <i>her·me·teech·na ba·te·ree·a</i>
non-sealed battery	niehermetyczna bateria <i>nie·her·me·teech·na ba·te·ree·a</i>

Getting Help

Excuse me	Przepraszam <i>pshe·pra·sham</i>
Please help me/give me a hand	Proszę pomóż mi / podaj mi rękę <i>pro·she po·moosh mee / po·dai mee ren·ke</i>
Please be careful	Proszę uważaj <i>pro·she oo·va·zhai</i>
I'm fine/okay	Ze mną wszystko w porządku <i>ze mnon fshee·stko f po·zhon·skoo</i>
Help (emergency)	Potrzebuję pomocy <i>pot·she·boo·ye po·mo·tse</i>
Can you please write it down?	Czy możesz to zapisać <i>chi mo·zhesh to za·pee·sach</i>
Yes	Tak <i>tak</i>
No	Nie <i>nye</i>
Stop	Przestań/ Zatrzymaj się <i>pshe·stan' / zat·shee·may she</i>
Please	Proszę <i>pro·she</i>
Thanks (informal)	Dzięki <i>jyen·kee</i>

Allergies

gluten	gluten <i>gloo·ten</i>
milk	mleko <i>mle·ko</i>
dairy	wyroby mleczone <i>vi·ro·be mlech·ne</i>
peanut	orzechy ziemne <i>o·zhe·he zhyem·ne</i>
soy	soja <i>so·ya</i>
nuts	orzechy <i>o·zhe·he</i>
eggs	jajka <i>ya·ee·ka</i>
Does this contain [food]?	Czy zawiera [food]? <i>chi za·vye·ra [food]</i>
I have a [food] allergy	Cierpię / Mam alergię [food] <i>cher·pie / mam a·ler·gye [food]</i>
Can you make this without [food]?	Czy możesz przygotować to bez [food] <i>chi mo·zhesh pshi·go·to·vach to bes [food]</i>



Portuguese (European)

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Pronunciation

Word Stress

Stress (ie the emphasis on one syllable over another) generally occurs on the second-to-last syllable of a word, though there are exceptions. If a written vowel has a circumflex (ˆ) or an acute (´) accent marked on it, this cancels the general rule and the stress falls on that syllable. You'll notice in conversation with Portuguese speakers that as in English, when certain syllables are given more stress, others are practically unpronounced. For example, unless the final syllable is stressed, the vowel is pronounced very lightly and in conversation may disappear altogether – so *antes* is technically pronounced *aang-tesh* but in practice sounds more like *ants*.

Vowel Sounds

The vowel sounds in Portuguese are quite similar to those found in English, so you should be able to get talking with confidence. There are some differences, of course. Most vowel sounds in Portuguese also have a nasal version with an effect similar to the silent ‘-ng’ ending in English, such as *amanhã* *aa-ma-nyang* (tomorrow), for example. The letter *n* or *m* at the end of a syllable, or a tilde (~) in written Portuguese indicate that the vowel is nasal (also see **consonant sounds**).

Consonant Sounds

Most of the consonants in Portuguese are also found in English. Note that the *r* *rr* is similar to the French ‘r’ sound. Some consonant sounds can change depending on where they appear in a word. For example, an *s* at the beginning of the word is pronounced like the *s* in ‘sea’ – eg *sal* *saal* (salt). When *s* comes at the end of the word, or at the end of a syllable which is followed by a consonant, as in *está* *shtaa* (are), it's pronounced *sh*, but if it's surrounded on both sides by vowels (as in *camisa* *ka-mee-za*), it's pronounced *z*.

Basics

Hello.	Olá. <i>o-laa</i>
Goodbye.	Adeus. <i>a-de-oosh</i>
Please.	Por favor. <i>poor fa-vor</i>
Thank you.	Obrigado. m / Obrigada. f <i>o-bree-gaa-doo / o-bree-gaa-da</i>
Yes.	Sim. <i>seeng</i>
No.	Não. <i>nowng</i>
Sorry.	Desculpe. <i>desh-kool-pe</i>
Excuse me. (to get attention)	Faz favor! <i>faash fa-vor</i>
Excuse me. (to get past)	Com licença. <i>kong lee-seng-sa</i>
Do you speak English?	Fala (inglês)? <i>faa-la (eeng-glesh)</i>
I (don't) understand.	Não entendo. <i>nowng eng-teng-doo</i>
Help!	Socorro! <i>soo-ko-rroo</i>
Where are the toilets?	Onde é a casa de banho? <i>ong-de e a kaa-za de ba-nyoo</i>

Glossary of Terms

accessible	acessível a·ces·zee·vew
accessible toilet	Instalação sanitária adaptada / casa de banho adaptada een·sta·la·syow sa·nee·ta·ree·a a·dap·ta·da / ca·sa dee ban·yo a·dap·ta·da
amyotrophic lateral sclerosis (ALS)	esclerose lateral amiotrófica (ELA) es·cle·raw·zee la·te·raw a·mee·o·tro·fee·ka
asthma	asma as·ma
attendant	cuidador cooi·da·door
autism	autismo ow·tees·mo
cane	bengala ben·ga·la
cerebral palsy	paralisia cerebral pa·ra·lee·zee·a ce·re·brow
crutch(es)	muleta (S) moo·le·ta(s)
diabetes	diabetes dee·a·bee·tes
disability	deficiência de·fee·cee·en·cee·a
dyspraxia	dispraxia dees·pra·zee·a
electric wheelchair	cadeira de rodas eléctrica ka·dei·ra dee ro·das e·ler·tree·ka

elevator	elevador <i>e·le·va·door</i>
epilepsy	epilepsia <i>e·pee·le·psee·a</i>
guide/service dog	cão-guia / cão de assistência <i>cyang geea / cyang dee a·see·sten·sya</i>
hand rail	corrimão <i>cool·rree·myangh</i>
hearing impairment	Limitação auditiva <i>lee·mee·ta·ngao ow·dee·tee·voo</i>
learning difficulties	dificuldades de aprendizagem <i>dee·fee·cool·da·des de a·preen·dee·za·zhim</i>
long-term illness	doença de longa duração <i>doo·en·sa dee low·ga doo·ra·ngao</i>
manual wheelchair	cadeira de rodas manual <i>ka·dei·ra dee ro·das ma·new·al</i>
medicine	remédio / medicamento <i>re·me·dee·ow / me·dee·ka·men·taw</i>
multiple sclerosis (MS)	esclerose múltipla (EM) <i>es·cle·raw·zee mool·tee·pla (EM)</i>
muscular dystrophy (MD)	distrofia muscular (DM) <i>dees·traw·fee·a moos·cool·lar</i>
physical disability	deficiência física <i>de·fee·cee·en·cee·a fee·zee·ka</i>
ramp	rampa <i>rram·pa</i>
shower chair	cadeira de banho <i>ka·dei·ra dee bang·nyo</i>

spinal-cord injury (SCI)	lesão da medula espinal (LME) <i>le·sang de me·doo·la</i> <i>es·pee·ngaw</i>
visual impairment	Limitação visual <i>lee·mee·ta·ngao vee·zoo·aw</i>
wheelchair	cadeira de rodas <i>ka·dei·ra dee ro·das</i>
wheelchair space	vaga para cadeira de rodas <i>va·ga pa·ra ka·dei·ra dee ro·das</i>

Travel Phrases

Disability-Related

I am disabled	Sou deficiente <i>sou de-fee-cee-en-te</i>
I have [disability]	Tenho [disability] <i>te-ngo [disability]</i>
can walk a bit	Consigo deslocar-me com alguma dificuldade <i>con-see-go des-lo-kar-me com ow-goo-ma dee-fee-kul-da-de</i>
cannot walk at all	Não consigo andar <i>nang con-see-go ang-dar</i>

Hotels

Do you have an accessible room?	Tem um quarto adaptado? <i>tem kwar-too a-dap-ta-do</i>
Is there a roll-in shower?	O duche está adaptado? <i>O doo-shay es-ta a-dap-ta-do</i>
Is there a shower chair?	Existe cadeira de banho? <i>e-zees-tee ka-dei-ra dee bang-nyo</i>
Are there any steps in the room?	Existem degraus no quarto? <i>e-zees-tee dee-graals no kwar-too</i>
Is there a step into the bathroom?	Existe algum degrau na casa de banho? <i>e-zees-tee ow-gun dee-graal na ca-sa dee ba-nyoo</i>
How wide is the door?	Qual é a largura da porta? <i>kwao e a lar-goo-ra da poor-ta</i>

Is there a wheelchair I can borrow?

Existem cadeiras de rodas que eu possa utilizar/alugar?

*e-zees·tem ka·dei·ras dee ro·das
kee ew pos·sow oo·tee·lee·zar /
a·loo·gar*

Transportation

Which entrance has an elevator?

Qual das entradas possui elevador?

*qwao das em·tra·das po·soy
e·le·va·dor*

I want to go to [place]

Eu quero ir para (local)

ew ke·row ir pa·ra um [place]

Can you put a ramp out for me please?

Por favor, é possível colocar uma rampa?

*por fa·vor e po·see·veel co·low·car
u·ma rram·pa*

Out & About

Is there an accessible restaurant nearby?

Existe algum restaurante acessível nas proximidades ?

*e-zees·tee aw·gun
res·taw·rran·tee em·tra·da nas
prow·see·mee·da·des*

Is there an accessible entrance?

Existe alguma entrada acessível ?

*e-zees·tee aw·guma em·tra·da
a·ces·zee·vew*

How do I go from [place A] to [place B] in a wheelchair?

Como posso ir do [place A] para o [place B] em cadeira de rodas?

*ko·moo po·so eer do [place A]
pa·rra o [place B] em ka·dei·ra dee
ro·das*

Can I visit [place] with a wheelchair?	Posso visitar [place] em cadeira de rodas? <i>po-so vi-zee-tar [place] em ka-dei-ra dee ro-das</i>
Can you reach that for me?	Pode alcançar-me aquilo? <i>po-de ow-kan-ssar-me a-kee-lo</i>
Can you guide me to [place]?	Pode guiar-me/levar-me até [place]? <i>po-de gee-ar-me / le-varr-me a-te [place]</i>
Do you have a fork/spoon/straw?	Tem garfo/colher/palhinha? <i>tem garr-fow / cow-lherr / pa-lin-ya</i>
Are there any stairs?	Existem escadas? <i>e-zees-teen es-ka-da</i>
How many steps are there?	Quantos degraus existem? <i>kwan-toos de-graals e-zees-ten</i>

Equipment

It can fold	Pode ser dobrado <i>po-de ser do-bra-do</i>
It can't fold	Não pode ser dobrado <i>nang po-de ser do-bra-do</i>
Hold here	Segure aqui <i>see-gu-rre a-kee</i>
It is too heavy to lift	É muito pesada para levantar <i>eh mui-too pee-za-da pa-rra le-vang-tarr</i>
It is [weight] kg	Tem (peso) kilos <i>teen [weight] ki-lows</i>
It is a [type] battery	É uma bateria (tipo) <i>eh um-ma ba-tee-rr-i-a [type]</i>
dry battery	bateria seca <i>ba-tee-rr-i-a see-ka</i>

lithium-ion battery	bateria de lítium <i>ba·tee·rri·a dee li·ti·um</i>
wet battery	bateria húmida <i>ba·tee·rri·a u·mee·da</i>
sealed battery	bateria lacrada <i>ba·tee·rri·a se·la·da</i>
non-sealed battery	bateria não-lacrada <i>ba·tee·rri·a nang se·la·da</i>

Getting Help

Excuse me	Com licença <i>com li·ceen·saa</i>
Please help me/give me a hand	Pode ajudar-me por favor? <i>po·de a·ju·darr·me por fa·voor</i>
Please be careful	Por favor, tenha cuidado <i>por fa·voor te·yang cui·da·do</i>
I'm fine/okay	Eu estou bem / Eu estou ok <i>eu ess·tow been / eu ess·tow okay</i>
Help (emergency)	Socorro (emergência) <i>sow·cor·roow</i>
Can you please write it down?	Pode tomar nota? /Pode anotar? <i>po·de to·marr noo·ta / po·de a·noo·ta</i>
Yes	Sim <i>seen</i>
No	Não <i>nyang</i>
Stop	Pare <i>pa·re</i>
Please	Por favor <i>por fa·voor</i>
Thanks (informal)	Obrigado <i>ow·brrri·ga·doo</i>

Allergies

gluten	glúten <i>glu·teen</i>
milk	leite <i>lei·tee</i>
dairy	laticínios <i>la·tee·ci·ni·ows</i>
peanut	amendoim <i>a·mein·dow·een</i>
soy	soja <i>sow·ja</i>
nuts	frutos secos <i>froo·tos se·kos</i>
eggs	ovos <i>ow·voos</i>
Does this contain [food]?	Este prato contém [food]? <i>es·tee pra·to con·tem [food]</i>
I have a [food] allergy	Eu tenho alergia a [food] <i>eu te·nyong a·ler·gee·a [food]</i>
Can you make this without [food]?	Você pode fazer esta comida sem [food]? <i>po·de fa·zeer es·ta pra·to sem [food]</i>



Romanian

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Pronunciation

Word Stress

There's no general rule for stress in Romanian. It falls on different syllables in different words, and just has to be learned. You'll be fine if you just follow our coloured pronunciation guides, in which the stressed syllable is always in italics.

Vowel Sounds

Romanian vowels form vowel combinations with adjacent vowels. At the beginning of a word, *e* and *i* are pronounced as if there were a faint *y* sound preceding them. At the end of a word, a single *i* is usually almost silent (and represented in our pronunciation guides with an apostrophe), while *ii* is pronounced as *ee*.

Consonant Sounds

Romanian consonant sounds all have equivalents in English. Note that the sounds *w* and *y* generally act as semi-vowels.

Basics

Hello.	Bună ziua. <i>boo-nuh zee-wa</i>
Goodbye.	La revedere. <i>la re-ve-de-re</i>
Please.	Vă rog. <i>vuh rog</i>
Thank you (very much).	Mulțumesc. <i>mool-tsoo-mesk</i>
Yes./No.	Da./Nu. <i>da/noo</i>
Excuse me.	Scuzați-mă. <i>skoo-za-tsee-muh</i>
Sorry.	Îmi pare rău. <i>ewm' pa-re ruh-oo</i>
Do you speak English?	Vorbiți engleza? <i>vor-beets'en-gle-za</i>
I don't understand.	Eu (nu) înțeleg. <i>ye-oo (noo) ewn-tse-leg</i>
Help!	Ajutor! <i>a-zhoo-tor</i>
Where are the toilets?	Unde este toaleta publică? <i>oon-de yes-te to-a-le-ta poo-blee-kuh</i>

Glossary of Terms

accessible	accesibil <i>ac·che·see·beel</i>
accessible toilet	toaletă accesibilă <i>thua·le·tuh ac·che·see·bee·luh</i>
amyotrophic lateral sclerosis (ALS)	scleroză laterală amiotrofică <i>scle·ro·zuh la·te·ra·luh</i> <i>am·nee·o·tro·fee·kuh</i>
asthma	astm <i>a·stm</i>
attendant	însotitor <i>ewn·so·tsee·tor</i>
autism	autism <i>a·oo·teesm</i>
cane	baston <i>bas·ton</i>
cerebral palsy	paralizie cerebrală <i>pa·ra·lee·zee·uh che·re·bra·luh</i>
crutch(es)	cârjă / cârje <i>kew·r·zhuh / kew·r·zhe</i>
diabetes	diabet <i>dee·a·bet</i>
disability	dizabilitate <i>dee·za·bee·lee·ta·te</i>
dyspraxia	dispraxie <i>dees·prak·see·e</i>
electric wheelchair	scaun rulant electric <i>ska·oon roo·lant e·lek·trik</i>
elevator	lift <i>leeft</i>
epilepsy	epilepsie <i>e·pee·lep·see·uh</i>

guide/service dog	câine utilitar / însoțitor <i>kew·ee·ne oo·tee·lee·tar / ewn·so·tsee·tor</i>
hand rail	balustradă <i>ba·loo·stra·duh</i>
hearing impairment	deficiențe de auz <i>de·fee·chee·en·tse de a·ooz</i>
learning difficulties	dificultăți de învățare <i>dee·fee·kool·tuh·tsee de ewn·vah·tsa·re</i>
long-term illness	boală cronică <i>bo·a·luh kro·nee·kuh</i>
manual wheelchair	scaun rulant manual <i>ska·oon roo·lant ma·noo·al</i>
medicine	medicamente <i>me·dee·ka·men·te</i>
multiple sclerosis (MS)	scleroză multiplă <i>scl·ro·zuh mool·tee·pluh</i>
muscular dystrophy (MD)	distrofie musculară <i>dees·tro·fee·uh moos·koo·lar·uh</i>
physical disability	dizabilitate fizică <i>dee·za·bee·lee·ta·te fee·zee·kuh</i>
ramp	rampă <i>ram·puh</i>
shower chair	scaun pentru duș <i>ska·oon pen·troo doosh</i>
spinal-cord injury (SCI)	leziune a măduvei spinării <i>le·zee·oo·ne a muh·doo·vay spee·nuh·ree</i>
visual impairment	deficiențe de vedere <i>de·fee·chee·en·tse de ve·de·re</i>
wheelchair	scaun rulant <i>ska·oon roo·lant</i>
wheelchair space	spațiu pentru scaun rulant <i>spa·tsee·oo pen·troo ska·oon roo·lant</i>

Travel Phrases

Disability-Related

I am disabled	Sunt o persoană cu dizabilități <i>soont o per-soa-nuh coo dee-za-bee-lee-tuh-tsee</i>
I have [disability]	Am o [disability] <i>am o [disability]</i>
can walk a bit	Pot să merg puțin <i>pot suh merg poo-tseen</i>
cannot walk at all	Nu pot să merg deloc <i>noo pot suh merg de-lok</i>

Hotels

Do you have an accessible room?	Aveți o cameră accesibilă? <i>a-ve-tsee o ka-me-ruh ac-che-see-bee-luh</i>
Is there a roll-in shower?	Există cabină de duș în care se poate intra cu scaunul rulant? <i>egs-ees-tuh ka-bee-nuh de doosh ewn ka-re se pwa-te een-tra koo ska-oon-ul roo-lant</i>
Is there a shower chair?	Există un scaun pentru duș? <i>egs-ees-tuh un ska-oon pen-troo doosh</i>
Are there any steps in the room?	Există praguri în cameră? <i>egs-ees-tuh pra-goo-ree ewn ka-me-ruh</i>
Is there a step into the bathroom?	Există prag la baie? <i>egs-ees-tuh prag la ba-ee-e</i>

How wide is the door?	Care este lățimea ușii? <i>ka·re es·te luh·tsee·mee·a oo·shee</i>
Is there a wheelchair I can borrow?	Pot închiria un scaun rulant? <i>pot ewn·ki·ree·a un ska·oon roo·lant</i>

Transportation

Which entrance has an elevator?	Ce intrare dispune de lift? <i>che een·tra·re dees·poo·ne de lift</i>
I want to go to [place]	Vreau să merg la [place] <i>vre·ow suh merg la [place]</i>
Can you put a ramp out for me please?	Vă rog, puteți fixa o rampă pentru mine? <i>vuh rog, poo·te·tsee feek·sa o ram·puh pen·troo mee·ne</i>

Out & About

Is there an accessible restaurant nearby?	Există un restaurant accesibil în zonă? <i>egs·ees·tuh oon res·tow·rant ac·che·see·beel ewn zo·nuh</i>
Is there an accessible entrance?	Există o intrare accesibilă? <i>egs·ees·tuh o een·tra·re ac·che·see·bee·luh</i>
How do I go from [place A] to [place B] in a wheelchair?	Cum ajung de la [place A] la [place B] într-un scaun rulant? <i>koom a·zhoong de la [place a] la [place b] ewn·troon ska·oon roo·lant</i>
Can I visit [place] with a wheelchair?	Pot vizita [place] într-un scaun rulant? <i>pot vee·zee·ta [place] ewn·troon ska·oon roo·lant</i>

Can you reach that for me?	Puteti să faceți asta pentru mine? <i>poo-te-tsee suh fa-che-tsee as-ta pen-troo mee-ne</i>
Can you guide me to [place]?	Mă puteți îndruma către [place]? <i>muh poo-te-tsee ewn-droo-ma kuh-tre [place]</i>
Do you have a fork/spoon/straw?	Aveți o furculiță/lingură/pai? <i>a-ve-tsee o foor-koo-ler-tsu/leen-goo-ruh/pa-ee</i>
Are there any stairs?	Există scări? <i>egs-ees-tuh skuh-ree</i>
How many steps are there?	Câte trepte sunt acolo? <i>kew-te trep-te soont a-ko-lo</i>

Equipment

It can fold	Se poate plia <i>se pwa-te plee-a</i>
It can't fold	Nu se poate plia <i>noo se pwa-te plee-a</i>
Hold here	Ține aici <i>tsee-ne a-ee-chee</i>
It is too heavy to lift	Este prea greu pentru a fi ridicat <i>es-te pray-a gree-oo pen-troo a fee ree-dee-kat</i>
It is [weight] kg	Are [weight] kilograme <i>a-re [weight] ki-lo-gra-me</i>
It is a [type] battery	Este un acumulator [type] <i>es-te oon a-koo-moo-la-tor [type]</i>
dry battery	Baterie uscată <i>ba-te-ree-e us-ka-tuh</i>
lithium-ion battery	Baterie litiu-ion <i>ba-te-ree-e lee-tee-oo-ee-on</i>

wet battery	Baterie umedă <i>ba·te·ree·e oo·me·duh</i>
sealed battery	Acumulator sigilat <i>a·koo·moo·la·tor see·gee·lat</i>
non-sealed battery	Acumulator nesigilat <i>a·koo·moo·la·tor ne·see·gee·lat</i>

Getting Help

Excuse me	Mă scuzați <i>muh skoo·za·tsee</i>
Please help me/give me a hand	Vă rog să mă ajutați <i>vuh rog suh muh a·zhu·ta·tsee</i>
Please be careful	Vă rog să fiți atent(ă) <i>vuh rog suh fee·tsee a·tent (m) / a·tent·uh (f)</i>
I'm fine/okay	Sunt bine <i>soont bee·ne</i>
Help (emergency)	Ajutor <i>a·zhoo·tor</i>
Can you please write it down?	Puteti, vă rog, să scrieti? <i>poo·te·tsee, vuh rog, suh skree·e·tee</i>
Yes	Da <i>da</i>
No	Nu <i>noo</i>
Stop	Stai/Stop <i>sta·ee / stop</i>
Please	Vă rog <i>vuh rog</i>
Thanks (informal)	Mulțumesc <i>mool·tsoo·mesk</i>

Allergies

gluten	gluten <i>gloo·ten</i>
milk	lapte <i>lap·te</i>
dairy	lactate <i>lac·ta·te</i>
peanut	alune <i>a·loo·ne</i>
soy	soia <i>saw·ya</i>
nuts	nuci <i>noo·chee</i>
eggs	ouă <i>o·uh</i>
Does this contain [food]?	Acesta conține [food]? <i>a·che·sta kon·tsee·ne [food]</i>
I have a [food] allergy	Am o alergie la [food] <i>am o a·ler·ghee·e la [food]</i>
Can you make this without [food]?	Se poate să preparați acest fel de mâncare fără [food]? <i>se pwa·te suh pre·pa·ra·tsee a·chest fel de mewn·ka·re fuh·ruh [food]</i>



Russian

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Pronunciation

Many Russian sounds are also found in English, and the less familiar ones aren't difficult to master. Use the coloured pronunciation guides to become familiar with them, then read from the Cyrillic alphabet when you feel more confident.

Despite the Russian Federation's vast expanse and the age of the language itself, there are remarkably few variations in Russian pronunciation and vocabulary – for much of the last century only the teaching of the 'literary' language has been permitted. This phrasebook is written in standard Russian as it's spoken around Moscow, and you're sure to be understood by Russian speakers everywhere.

Russian vowels are relatively simple to pronounce and most consonants are similar to English sounds, so they won't cause you too much difficulty. The apostrophe is used in our pronunciation guides (eg in *бедность* *byed-nast'*) to show that the consonant before it is pronounced with a soft *y* sound.

Word Stress

Russian stress is free (it can fall on any syllable) and mobile (it can change in different forms of the same word). Each word has only one stressed syllable, which you'll need to learn as you go. In the meantime, follow our pronunciation guides which have the stressed syllable marked in *italics*.

Basics

Hello.	Здравствуйте. <i>zdrast·vuyt·ye</i>
Goodbye.	До свидания. <i>da svi·dan·ya</i>
Please.	Пожалуйста. <i>pa·zhal·sta</i>
Thank you.	Спасибо. <i>spa·si·ba</i>
Yes.	Да. <i>da</i>
No.	Нет. <i>nyet</i>
Excuse me. (to get attention)	Извините, пожалуйста. <i>iz·vi·nit·ye pa·zhal·sta</i>
Excuse me. (to get past)	Разрешите, пожалуйста. <i>raz·ri·shiht·ye pa·zhal·sta</i>
Do you speak English?	Вы говорите (по-английски)? <i>vih ga·va·rit·ye pa·an·gli·ski</i>
I don't understand.	Я не понимаю. <i>ya nye pa·ni·ma·yu</i>
Help!	Помогите! <i>pa·ma·git·ye</i>
Where's the toilet?	Где здесь туалет? <i>gdye zdyes' tu·al·yet</i>

Glossary of Terms

accessible	доступный <i>da·stu·pnih</i>
accessible toilet	доступный туалет <i>da·stu·pnih tu·a·let</i>
amyotrophic lateral sclerosis (ALS)	боковой амиотрофический склероз <i>ba·ka·voy a·mi·a·tra·fi·che·skih sklye·roz</i>
asthma	астма <i>as·ma</i>
attendant	помощник <i>pa·mo·shnik</i>
autism	аутизм <i>a·u·tizm</i>
cane	трость <i>tro·st`</i>
cerebral palsy	ДЦП, церебральный паралич <i>dcepe or tse·re·braf·nih pa·ra·lich</i>
crutch(es)	костыль (ли) <i>kos·tihl'(li)</i>
diabetes	сахарный диабет <i>sa·har·nih di·a·bet</i>
disability	инвалидность <i>in·va·li·dnast`</i>
dyspraxia	диспраксия <i>di·spra·ksi·ya</i>
electric wheelchair	электрическая инвалидная коляска <i>e·le·ktrih·che·ska·ya in·va·lid·na·ya ka·lya·ska</i>
elevator	лифт <i>li·ft</i>
epilepsy	эпилепсия <i>e·pi·lep·si·ya</i>

guide/service dog	проводник/собака-поводырь <i>pra·va·dnik / sa·ba·ka · pa·va·dihr`</i>
hand rail	поручень <i>po·ru·chyen`</i>
hearing impairment	нарушение слуха <i>na·ru·she·niye slu·ha</i>
learning difficulties	трудности в обучении <i>trud·na·sti v a·bu·chye·nih</i>
long-term illness	хроническое заболевание <i>hra·ni·che·skoih za·ba·le·va·nihye</i>
manual wheelchair	ручная инвалидная коляска <i>ru·chna·ya in·va·lid·na·ya ka·lya·ska</i>
medicine	лекарство <i>lye·kar·stva</i>
multiple sclerosis (MS)	рассеянный склероз <i>ra·sse·ya·nih sklye·roz</i>
muscular dystrophy (MD)	мышечная дистрофия <i>mih·she·ch·na·ya dih·stra·fi·ya</i>
physical disability	физическая инвалидность <i>fi·zi·ches·kaya in·va·li·dnast`</i>
ramp	пандус <i>pan·dus</i>
shower chair	стул для душа <i>s·tul dlya du·sha</i>
spinal-cord injury (SCI)	травма спинного мозга <i>tra·vma spih·no·va mo·zga</i>
visual impairment	нарушение зрения <i>na·ru·she·niye zre·niya</i>
wheelchair	инвалидная коляска <i>in·va·lid·na·ya ka·lya·ska</i>
wheelchair space	пространство для инвалидной коляски <i>pra·stran·stva dlya in·va·li·dnoy ka·lya·ski</i>

Travel Phrases

Disability-Related

I am disabled	Я инвалид <i>ya in·va·lid</i>
I have [disability]	У меня [disability] <i>u mi·nya [disability]</i>
can walk a bit	могу немного ходить <i>ma·gu nye·mno·ga ha·dit'</i>
cannot walk at all	совсем не могу ходить <i>sa·vsem nye ma·gu ha·dit'</i>

Hotels

Do you have an accessible room?	У Вас есть доступный для инвалидов номер? <i>u vas yes't da·stu·pnih dlya in·va·li·dav no·mir?</i>
Is there a roll-in shower?	Есть ли безбарьерный душ? <i>yes't li bez·bar·yer·nih dush?</i>
Is there a shower chair?	Есть ли стул для душа? <i>yes't li stul dlya du·sha?</i>
Are there any steps in the room?	Есть ли ступеньки в номере? <i>yes't li stu·peñ·ki v no·mi·re?</i>
Is there a step into the bathroom?	Есть ли ступенька в ванной комнате? <i>yes't li stu·peñ·ka v van·noih kom·na·tye?</i>
How wide is the door?	Насколько широкая дверь? <i>na·sko·l'ka shi·ro·ka·ya dve·r'?</i>

Is there a wheelchair I can borrow?

Есть ли инвалидное кресло, которое я могу взять на время?
yest' li in·va·li·dnoih kre·sla, ka·to·royi ya ma·gu vzyat' na vrye·mya?

Transportation

Which entrance has an elevator?

У какого входа есть лифт?
u ka·ko·va vho·da yest' lift?

I want to go to [place]

Я хочу пойти в [place]
ya ha·chu poih·ti v [place]

Can you put a ramp out for me please?

Можете ли вы установить пандус для меня, пожалуйста?
mo·zhi·te li vih u·sta·na·vit' dlya me·nya pan·dus, pa·zhal·sta?

Out & About

Is there an accessible restaurant nearby?

Есть ли доступный ресторан поблизости?
yest' li da·stu·pnih re·sta·ran pa·bli·za·sti?

Is there an accessible entrance?

Есть ли там доступный вход?
yest' li tam da·stu·pnih v·hod?

How do I go from [place A] to [place B] in a wheelchair?

Как мне пройти от [place A] на [place B] в инвалидной коляске?
kak mnye pray·ti ot [place a] na [place b] v in·va·li·dnoih ka·lya·ske?

Can I visit [place] with a wheelchair?

Могу ли я посетить [place] в инвалидной коляске?
ma·guli ya pa·se·tit' [place] v in·va·li·dnoih ka·lya·ske?

Can you reach that for me?	Можете ли вы достать это для меня? <i>mo·zhi·te li vih da·stat` e·ta dlya me·nya?</i>
Can you guide me to [place]?	Можете ли вы направить меня на [place]? <i>mo·zhi·te li vih na·pra·vit` me·nya na [place]?</i>
Do you have a fork/spoon/straw?	У вас есть вилка / ложка / соломка? <i>u vas yest` vil·ka\lo·shka\ sa·lom·ka?</i>
Are there any stairs?	Есть ли там лестницы? <i>yest` li tam le·sni·tsih?</i>
How many steps are there?	Как много там ступенек? <i>kak mno·ga tam stu·pe·nyek?</i>

Equipment

It can fold	Это можно складывать <i>eta mo·zhna skla·dih·vat`</i>
It can't fold	Это нельзя складывать <i>eta nel`·zya skla·dih·vat`</i>
Hold here	Держитесь здесь <i>der·zhi·tes` sdyes`</i>
It is too heavy to lift	Оно слишком тяжелое для подъема <i>ano sli·shkam tya·zho·lo·yi dlya pad`·yoma</i>
It is [weight] kg	Это весит [weight] кг <i>e·ta ve·sit [weight] kg</i>
It is a [type] battery	Это [type] аккумулятора <i>e·ta [type] a·ku·mu·lya·tara</i>
dry battery	сухой аккумулятор <i>su·hoih a·ku·mu·lya·tar</i>

lithium-ion battery	литий-ионный аккумулятор <i>li-tih-i-onih a-ku-mu-ly-a-tar</i>
wet battery	сырой аккумулятор <i>sih-roih a-ku-mu-ly-a-tar</i>
sealed battery	герметичный аккумулятор <i>ger-me-ti-chnih a-ku-mu-ly-a-tar</i>
non-sealed battery	не герметичный аккумулятор <i>nye-ger-me-ti-chnih a-ku-mu-ly-a-tar</i>

Getting Help

Excuse me	Извините <i>i-zvi-ni-tye</i>
Please help me/give me a hand	Пожалуйста, помогите мне/ дайте мне руку <i>pa-zha-lu-sta, pa-ma-gi-tye mnye/ daih-te mne ru-ku</i>
Please be careful	Пожалуйста, будьте осторожны <i>pa-zha-lsta, bud'-te a-sta-ro-zhnih</i>
I'm fine/okay	Я в порядке/Окей <i>ya v pa-ryad-ke/okey</i>
Help (emergency)	Помогите <i>pa-ma-gi-tye</i>
Can you please write it down?	Можете ли вы записать это? <i>mo-zhi-tyi li vih za-pi-sat' e-ta?</i>
Yes	Да <i>da</i>
No	Нет <i>nyet</i>
Stop	Стоп <i>stop</i>
Please	Пожалуйста <i>pa-zha-lsta</i>

Thanks (informal)

Спасибо!
spa·si·ba

Allergies

gluten

глютен
glyu·ten

milk

молоко
ma·la·ko

dairy

молочные продукты
ma·lo·chnih·ye pra·du·ktih

peanut

арахис
a·ra·khis

soy

соя
so·ya

nuts

орехи
o·re·khih

eggs

яйца
yaih·tsaDoes this contain
[food]?Это содержит [food]?
e·ta sa·der·zhit [food]?

I have a [food] allergy

У меня аллергия на [food]
u me·nya a·ler·giya na [food]Can you make this
without [food]?Можете ли вы сделать это без
[food]?
vih mo·zhi·tye sde·lat' e·ta bes
[food]?



Serbian

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Pronunciation

Vowel Sounds

In written Serbian, vowels that appear next to each other don't run together as in English. When you see two or more vowels written next to each other in a Croatian word, pronounce them separately.

Consonant Sounds

Serbian consonant sounds all have close equivalents in English. The rolled r sound can be pronounced in combination with other consonants as a separate syllable – eg 'srpski' srp-skee (Serbian). If the syllables without vowels look a bit intimidating, try inserting a slight 'uh' sound before the r (suhrp-skee) to help them run off your tongue more easily.

Word Stress

As a general rule, in two-syllable words in Serbian stress usually falls on the first syllable. In words of three or more syllables, stress may fall on any syllable except the last. In our pronunciation guides, the stressed syllable is italicised.

Serbian also has what's known as 'pitch accent'. A stressed vowel may have either a rising or a falling pitch and be long or short. The combination of stress, pitch and vowel length in a given syllable occasionally affects the meaning of a word, but you don't need to worry about reproducing this feature of Serbian and we haven't indicated it in this book. In the few cases where it's important, it should be clear from the context what's meant. You may notice though that the speech of native speakers has an appealing musical lilt to it.

Basics

Hello.	Zdravo. <i>zdra·vo</i>
Goodbye.	Zbogom. <i>zbo·gom</i>
Thank you	Hvala <i>hva·la</i>
Please.	Molim vas <i>mo·leem vas</i>
Yes.	Da <i>da</i>
No.	Ne <i>ne</i>
Excuse me.	Izvinite <i>eez·vee·nee·te</i>
Sorry.	Oprostite. <i>o·pro·stee·te</i>
Do you speak English?	Govorite/Govoriš li engleski? (pol/ inf) <i>go·vo·ri·te/go·vo·rish li</i> <i>en·gle·ski</i>
I don't understand.	Ja ne razumem. <i>ya ne ra·zoo·mem</i>
Help!	Upomoć <i>oo·po·moch</i>
Where are the toilets?	Gde se nalaze toaleti? <i>gde se na·la·ze to·a·le·ti</i>

Glossary of Terms

accessible	pristupačno <i>prees·too·pach·no</i>
accessible toilet	pristupačan toalet <i>prees·too·pa·chan to·a·let</i>
amyotrophic lateral sclerosis (ALS)	amiotrofična lateralna skleroza (ALS) <i>a·mee·o·tro·feech·na la·te·ral·na skle·ro·za</i>
asthma	astma <i>ast·ma</i>
attendant	pratilac <i>pra·tee·lats</i>
autism	autizam <i>ow·tee·zam</i>
cane	štap <i>shtap</i>
cerebral palsy	cerebralna paraliza <i>tse·re·bral·na pa·ra·lee·za</i>
crutch(es)	štaka(e) <i>shta·ka (shta·ke)</i>
diabetes	dijabetes <i>dee·ya·be·tes</i>
disability	invaliditet <i>een·va·lee·dee·tet</i>
dyspraxia	dispraksija <i>dees·prak·see·ya</i>
electric wheelchair	elektromotorna kolica <i>e·lek·tro·mo·tor·na ko·lee·tsa</i>
elevator	lift <i>leeft</i>
epilepsy	epilepsija <i>e·pee·lep·see·ja</i>

guide/service dog	pas vodič <i>pas vo-deech</i>
hand rail	gelender <i>ge-len-der</i>
hearing impairment	oštećenje sluha <i>osh-te-che-nye sloo-ha</i>
learning difficulties	teškoće u učenju <i>tesh-ko-che oo oo-che-nyoo</i>
long-term illness	hronična bolest <i>hro-nee-ch-na bo-lest</i>
manual wheelchair	mehanička kolica <i>me-ha-nee-ch-ka ko-lee-tsa</i>
medicine	lek <i>lek</i>
multiple sclerosis (MS)	multipla skleroza (MS) <i>mool-tee-pla skle-ro-za (em-es)</i>
muscular dystrophy (MD)	mišićna distrofija (MD) <i>mee-sheech-na dees-tro-fee-ya (em-de)</i>
physical disability	telesni invaliditet <i>te-les-nee een-va-lee-dee-tet</i>
ramp	rampa <i>ram-pa</i>
shower chair	stolica za tuširanje <i>sto-lee-tsa za too-shee-ra-nye</i>
spinal-cord injury (SCI)	povreda kičmene moždine (PKM) <i>pov-re-da keech-me-ne mozh-dee-ne</i>
visual impairment	oštećenje vida <i>osh-te-che-nye vee-da</i>
wheelchair	invalidska kolica <i>een-va-leed-ska ko-lee-tsa</i>
wheelchair space	prostor za invalidska kolica <i>pro-stor za een-va-leed-ska ko-lee-tsa</i>

Travel Phrases

Disability-Related

I am disabled	Ja sam osoba sa invaliditetom <i>ya sam o·so·ba sa een·va·lee·dee·te·tom</i>
I have [disability]	Ja imam [disability] <i>ya ee·mam [disability]</i>
can walk a bit	mogü malo da hodam <i>mo·goo ma·lo da ho·dam</i>
cannot walk at all	ne mogu uopšte da hodam <i>ne mo·goo oo·op·shte da ho·dam</i>

Hotels

Do you have an accessible room?	Da li imate pristupačnu sobu? <i>da lee ee·ma·te pree·stoo·pach·noo so·boo?</i>
Is there a roll-in shower?	Da li imate tuš kabinu? <i>da lee ee·ma·te toosh ka·bee·noo?</i>
Is there a shower chair?	Da li imate stolicu za tuširanje? <i>da lee ee·ma·te sto·lee·tsoo za too·shee·ra·nye?</i>
Are there any steps in the room?	Da li u sobi ima stepenika? <i>da lee oo so·bee ee·ma ste·pe·nee·ka?</i>
Is there a step into the bathroom?	Da li u kupatilu ima stepenika? <i>da lee oo koo·pa·tee·loo ee·ma ste·pe·nee·ka?</i>
How wide is the door?	Koliko su široka vrata? <i>ko·lee·ko soo shee·ro·ka vra·ta?</i>

Is there a wheelchair I can borrow?

Da li imate kolica koja mogu da pozajmim?
da lee ee-ma-te ko-lee-tsa ko-ya
mo-goo da po-zai-meem?

Transportation

Which entrance has an elevator?

Na kom ulazu se nalazi lift?
na kom oo-la-zoo se na-la-zee
leeft?

I want to go to [place]

Želim da idem do [place]
zhe-leem da ee-dem do [place]

Can you put a ramp out for me please?

Molim vas, da li možete da mi postavite rampu?
mo-leem vas, da lee mo-zhe-te da
mee pos-ta-vee-te ram-pu?

Out & About

Is there an accessible restaurant nearby?

Da li u blizini postoji pristupačan restoran?
da lee oo blee-zee-nee pos-to-yee
prees-too-pa-chan res-to-ran?

Is there an accessible entrance?

Da li postoji pristupačan ulaz?
da lee pos-to-yee
prees-too-pa-chan oo-laz?

How do I go from [place A] to [place B] in a wheelchair?

Kako da odem od [place A] do [place B] u kolicima?
ka-ko da o-dem od [place A] do
[place B] oo ko-lee-tsee-ma?

Can I visit [place] with a wheelchair?

Da li mogu da posetim [place] sa kolicima?
da lee mo-goo da po-se-teem
[place] sa ko-lee-tsee-ma?

Can you reach that for me?

Da li možete ovo da mi dohvatite?
da lee mo-zhe-te o-vo da mee
doh-va-tee-te?

Can you guide me to [place]?	Da li možete da me odvedete do [place]? <i>da lee mo-zhe-te da me od-ve-de-te do [place]?</i>
Do you have a fork/spoon/straw?	Da li imate viljušku / kašiku / slamčicu? <i>da lee ee-ma-te vee-lyoosh-koo / ka-shee-koo / slam-chee-tsoo?</i>
Are there any stairs?	Da li ima stepenica? <i>da lee ee-ma ste-pe-nee-tsa?</i>
How many steps are there?	Koliko stepenika ima? <i>ko-lee-ko ste-pe-nee-ka ee-ma?</i>

Equipment

It can fold	Može da se sklopi <i>mo-zhe da se sklo-pee</i>
It can't fold	Ne može da se sklopi <i>ne mo-zhe da se sklo-pee</i>
Hold here	Pridržite ovde <i>pree-duhr-zhee-te ov-de</i>
It is too heavy to lift	Previše je teško da biste podigli <i>pre-vee-she ye tesh-ko da bee-ste po-deeg-lee</i>
It is [weight] kg	Ima [weight] kilograma <i>ee-ma [weight] kee-lo-gra-ma</i>
It is a [type] battery	To je [type] baterija <i>to ye [type] ba-te-ree-ya</i>
dry battery	suvo šaržirana baterija <i>soo-vo shar-zhee-ra-na ba-te-ree-ya</i>
lithium-ion battery	litijum-jonska baterija <i>lee-tee-yoom yon-ska ba-te-ree-ya</i>

wet battery	vlažno šaržirana baterija <i>vlazh-no shar-zhee-ra-na</i> <i>ba-te-ree-ya</i>
sealed battery	zapečaćena baterija <i>za-pe-cha-che-na ba-te-ree-ya</i>
non-sealed battery	nezapečaćena baterija <i>ne-za-pe-cha-che-na ba-te-ree-ya</i>

Getting Help

Excuse me	Izvinite <i>eez-vee-nee-te</i>
Please help me/give me a hand	Molim vas, pomozite mi / dajte mi ruku <i>mo-leem vas, po-mo-zee-te mee / dai-te mee roo-koo</i>
Please be careful	Molim vas, budite pažljivi <i>mo-leem vas, boo-dee-te pazh-lyee-vee</i>
I'm fine/okay	Dobro sam / U redu sam <i>dob-ro sam / oo re-doo sam</i>
Help (emergency)	Upomoć <i>oo-po-moch</i>
Can you please write it down?	Molim vas, da li možete da mi zapišete? <i>mo-leem vas, da lee mo-zhe-te da mee za-pee-she-te?</i>
Yes	Da <i>da</i>
No	Ne <i>ne</i>
Stop	Stanite <i>sta-nee-te</i>
Please	Molim vas <i>mo-leem vas</i>

Thanks (informal)

Hvala
hva·la

Allergies

gluten

gluten
g'loo·ten

milk

mleko
mle·ko

dairy

mlečni proizvodi
mlech·nee pro·eez·vo·dee

peanut

kikiriki
kee·kee·ree·kee

soy

soja
so·ya

nuts

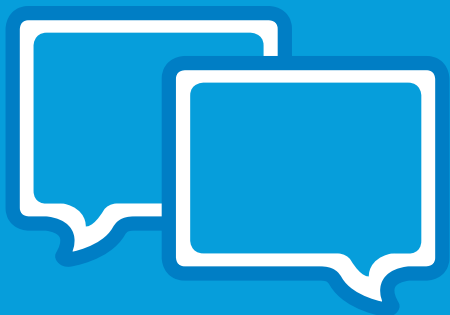
orasi
o·ra·see

eggs

jaja
*ya·ya*Does this contain
[food]?Da li u ovome ima [food]?
da lee oo o·vo·me ee·ma [food]?

I have a [food] allergy

Alergičan / alergična sam na
[food]
*a·ler·gee·chan / a·ler·geech·na
sam na [food]*Can you make this
without [food]?Da li ovo možete da napravite bez
[food]?
*da lee o·vo mo·zhe·te da
nap·ra·vee·te bez [food]?*



Sinhalese

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Pronunciation

Pronunciation of Sinhalese is not difficult – many of the sounds are similar to English and, unlike other languages in the region, there are no tones. You'll find, however, that many of the transliterations contain consonant clusters that may be unfamiliar. Don't be put off by their appearance – the sounds themselves aren't too complicated. One example is *sth*, as in *sthoo-thiy*, 'thank you'. To pronounce this correctly, try saying the 'ss' in 'hiss' followed by 'toothy'. Another example is *dhy*, as in *vi-dhyaah-vah*, 'science'. The *dhyaah*, here, is pronounced similarly to 'd', followed by the 'yar' in 'yarn' – but remember it's only one syllable.

Word Stress

Throughout the book, we've split the transliterations into syllables to aid pronunciation. This is particularly important where a consonant is doubled in a word, as you need to pronounce them both for the correct meaning to be understood. For example, to avoid confusion between *mah-lah* ('flower') and *mal-lah* ('bag'), each 'l' needs to be pronounced clearly in the latter.

Vowel Sounds

There are 12 vowels in Sinhalese, which can be divided into two groups: short and long, with six in each.

Consonant Sounds

Consonants in Sinhalese are represented as syllabic units – they all have an inherent *ah* sound in their basic form. These syllabic units form the foundation for writing all of the possible sounds in Sinhalese. To represent sounds other than *ah* sounds, the basic form is used in conjunction with additional characters or symbols.

Basics

Hello.	ආයුබෝවන් aah-yu-boh-wahn
Goodbye.	මම ගිහිං එන්නං mah-mah gi-hi-ng en-nah-ng
Please.	කරුණා කර /please kah·ru·naah·kah·rah / [please]
Thank you.	ස්තූතියි / thanks i·sthoo·thiy / [thanks]
Yes.	ඔව් o·u
No.	නැහැ na·ha
Excuse me.	සමා වෙන්න sah·maah ve·n·nah
Do you speak English?	ඔයා ඉංග්‍රීසි කතා කරනවද? o·yaah in·greesi kah·thaah kah·rah·nah·vaah·dhah?
I don't understand.	මම තේරෙන්නේ නැහැ. mah·tah theh·ren·neh na·ha
Help!	මම උදව් කරන්න mah·tah u·dhau kah·rah·n·nah
Where's the toilet?	toilet/වැසිකිලිය කොහෙද? toilet/va·si·ki·li·yah ko·heh·dhah?

Glossary of Terms

accessible	රෝද ප්‍රථිච්ඡින්න යා හැකි / ආබාදිතයෙකුට භාවිතා කළ හැකි roh-dhah pu·tu·wah·ki·ng yaah ha·ki / aah·baah·dhi·thah·ye·ku·tah bhaah·vi·thah·kah·lah ha·ki
accessible toilet	රෝද ප්‍රථිච්ඡින්න යා හැකි වැසිකිලිය / ආබාදිතයෙකුට භාවිතා කළ හැකි වැසිකිලිය roh-dhah pu·tu·wah·ki·ng yaah ha·ki va·si·ki·li·yah / aah·baah·dhi·thah·ye·ku·tah bhaah·vi·thah kah·lah ha·ki va·si·ki·li·yah
amyotrophic lateral sclerosis (ALS)	ALS රෝගය / MND රෝගය ALS roh·gah·yah / MND roh·gah·yah
asthma	ඇස්මා a·dhu·mah
attendant	සාත්තු සේවකයා / සාත්තු සේවිකාව saahth·thu seh·vah·kah·yaah / saahth·thu she·vi·kaah·vah
autism	ඕටිසම් රෝගය oh·ti·sahm roh·gah·yah
cane	හැරමිටිය ha·rah·mi·ti·yah
cerebral palsy	cerebral palsy රෝගය / මොලයේ පක්ෂගාත රෝගය [cerebral palsy] roh·gah·yah / mo·lah·yeh pahk·shah·gaah·thah roh·gah·yah

crutch(es)	කිහිලි කරු / crutches ki·hi·li kah·ru / [crutches]
diabetes	දියවැඩියාව dhi·yah·va·di·yaah·vah
disability	ආබාධය aah·baah·dhah·yah
dyspraxia	Dyspraxia රෝගය [dyspraxia] roh·gah·yah
electric wheelchair	විදුලි රෝද පුටුව / electric රෝද පුටුව / electric wheelchair එක vi·dhu·li roh·dhah·pu·tu·wah / [electric] roh·dhah pu·tu·wah / [electric] wheelchair ekah
elevator	lift එක [lift] e·kah
epilepsy	අපස්මාරය / මි මැස් මොරය ah·pahs·maah·rah·yah / mee·mas·mo·rah·yah
guide/service dog	මග පෙන්වීමට පුහුණු කරපු බල්ලා mah·gah pen·vee·mah·tah pu·hu·nu kah·rah·pu bah·l·lah
hand rail	අත් රේලිම / අත් වාරුව ah·th reh·li·mah / ah·th vaah·ru·wah
hearing impairment	බිහිරිබව / කන් ඇහීම අඩුවීම bi·hi·ri·bah·vah / kahn·a·hee·mah ah·du·vee·mah
learning difficulties	ඉගැනීමට අපහසුතා i·ge·nee·mah·tah ah·pah·hah·su·thaah

long-term illness

දීර්ග කාලීන අසනීපය
dhee·r·gah·kaah·lee·nah
ah·sah·nee·pah·yah

manual wheelchair

අතින් තල්ලුකරන රෝද පුටුව /
සාමාන්‍ය රෝද පුටුව
ah·thin·thahl·lu kah·rah·nah
roh·dhah pu·tu·wah/
saah·maahn·yah roh·dhah
pu·tu·wah

medicine

බෙහෙත්
be·he·th

multiple sclerosis (MS)

MS රෝගය / මල්ටිපල් ස්ක්ලිරෝසිස්
රෝගය
MS roh·gah·yah / multiple sclero-
sis roh·gah·yah

muscular dystrophy (MD)

Muscular dystrophy රෝගය / MD
රෝගය
[muscular dystrophy]
roh·gah·yah / MD roh·gah·yah

physical disability

කායික අබාධය
kaah·yi·kah aah·baah·dhah·yah

ramp

ramp එක / ramp එකක් / ලැල්ලක්
[ramp] ekah / [ramp] e·kahk /
laa·l·lah·k

shower chair

නාන්න භාවිතා කරන රෝද පුටුව
naah·n·nah bhaah·vi·thaah
kah·rah·nah roh·dhah pu·tu·wah

spinal-cord injury (SCI)

අන්‍යෝනාය / සුෂුම්නාවේ තුවාල වීම
ahng·shah·bhaa·gah·yah /
su·shum·naah·veh thu·waah·lah
vee·mah

visual impairment

අන්ධ භාවය / ඇස් පෙනීම අඩුවීම
 ahn·dhah·bhaah·vah·yah / as
 pe·nee·mah ah·du·vee·mah

wheelchair

රෝද පුටුව / wheelchair එක
 roh·dha pu·tu·wah / [wheelchair]
 ekah

wheelchair space

රෝද පුටුවකට ඉඩ / රෝද පුටුවකට
 තැනක්
 roh·dha pu·tu·wah·kah·tah i·dah
 / roh·dha pu·tu·wah·kah·tah
 tha·nah·k

Travel Phrases

Disability-Related

I am disabled

මම ආබාධියෙක්
mah·mah aah·baah·dhi·thah·ye·k

I have [disability]

මම [disability] නියතවා
mah·tah [disability]
thi·yah·nah·vah

can walk a bit

ටිකක් ඇවිදින්න පුළුවන්
ti·kah·k a·vi·dhi·n·nah pu·lu·wah·n

cannot walk at all

ඇවිදින්න බැහැ
a·vi·dhi·n·nah ba·ha

Hotels

Do you have an accessible room?

රෝද පුටුවකින් යා හැකි කාමරයක්
නියතවද?
roh·dhah pu·tu·wah·ki·ng yaah
ha·ki kaah·mah·rah·yah·k
thi·yah·nah·vah·dhah

Is there a roll-in shower?

රෝද පුටුවක් ඇතුළු කළ හැකි ෂවර් එකක්
නියතවද?
roh·dhah·pu·tu·wah·k a·thu·l
kah·lah ha·ki shah·vah·r e·kah·k
thi·yah·nah·vah·dhah

Is there a shower chair?

නාන්ත භාවිතා කරන රෝද පුටුවක්
නියතවද?
naah·n·nah bhaah·vi·thaah
kah·rah·nah roh·dhah pu·tu·wah·k
thi·yah·nah·vah·dhah

**Are there any steps
in the room?**

කාමරේ කොහෙවත් පඩි තියනවද?
kaah·mah·reh ko·heh·vah·th
pah·di thi·yah·nah·vah·dhah

**Is there a step into
the bathroom?**

නාන කාමරයට ඇතුල් වෙන්න පඩියක්
තියනවද?
naah·nah kaah·mah·rah·yah·tah
a·thu·l ve·n·nah pah·di·yah·k
thi·yah·nah·vah·dhah

How wide is the door?

දොර කොච්චර පලල්ද?
dho·rah ko·ch·chah·rah
pah·lah·l·dhah

**Is there a wheelchair
I can borrow?**

මට පාවිච්චි කරන්න රෝද පුටුවක්
තියනවද?
mah·tah paah·vi·ch·chi
kah·rah·n·nah roh·dhah
pu·tu·wah·k thi·yah·nah·vah·dhah

Transportation

**Which entrance has
an elevator?**

Lift එකට යන්නේ කොයි දොරෙන්ද?
[lift] e·kah·tah yah·n·ne koi
dho·re·n·dhah

I want to go to [place]

[place]ට මට යන්න ඕනේ
[place] tah mah·tah yah·n·nah
oh·ne

**Can you put a ramp
out for me please?**

මට රෝද පුටුවෙන් නගින්න පුළුවන්
ලැල්ලක් දාන්න පුළුවන්ද please?
mah·tah roh·dhah pu·tu·we·n
nah·gi·n·nah pu·lu·wah·n laa·l·lah·k
dhaah·n·nah pu·lu·wah·n·dhah
[please]

Out & About

Is there an accessible restaurant nearby?

රෝද පුටුවකින් ඇතුළු වෙන්න පුළුවන්
restaurant එකක් ළඟ පාන තියනවද?
roh-dha pu-tu-wah-ki-n a-thu-l
we-n-nah pu-lu-wah-n [restaurant]
e-kah-k lah-ng-gah paah-thah
thi-yah-nah-vah-dhah

Is there an accessible entrance?

රෝද පුටුවකින් ඇතුළු වෙන්න පුළුවන්
දොරටුවක් තියනවද?
roh-dha pu-tu-wah-ki-n
a-thu-l we-n-nah pu-lu-wah-n
dho-rah-tu-vah-k
thi-yah-nah-vah-dhah

How do I go from [place A] to [place B] in a wheelchair?

මම රෝද පුටුවකින් [place A] ඉඳන්
[place B]ට යන්නේ කොහොමද?
mah-mah roh-dhah pu-tu-wah-ki-n
[place A] i-dha-n [place B] tah
yah-n-ne ko-ho-mah-dhah

Can I visit [place] with a wheelchair?

මම රෝද පුටුවෙන් [place]ට යන්න
පුළුවන්ද?
mah-tah roh-dhah pu-tu-we-n
[place] tah yah-n-nah
pu-lu-wah-n-dhah

Can you reach that for me?

මම අරක අරන් දෙන්න පුළුවන්ද?
mah-tah ah-rah-kah ah-rah-ng
dhe-n-nah pu-lu-wah-n-dhah

Can you guide me to [place]?

මම [place]ට යන හැටි පෙන්වන්න
පුළුවන්ද?
mah-tah [place] tah yah-nah ha-ti
pe-n-nah-n-nah pu-lu-wah-n-dhah

Do you have a fork/spoon/straw?

හැන්දක් / ගැරජපුවක් / ස්ට්‍රෝ එකක්
තියනවද?
ha-n-dhah-k / gaa-rah-p-pu-wah-k
/ stroh e-kah-k
thi-yah-nah-vah-dhah

Are there any stairs?

පඩිපෙළ තියනවද?
pah-di-pe-l thi-yah-nah-vah-dhah

How many steps are there?

පඩි කීයක් තියනවද?
pah-di kee-yah-k
thi-yah-nah-wah-dhah

Equipment

It can fold

ඒක අකුලන්න පුළුවන්
e-kah ah-ku-lah-n-nah pu-lu-wah-n

It can't fold

ඒක අකුලන්න බැහැ
e-kah ah-ku-lah-n-nah ba-ha

Hold here

මෙතන අල්ලන්න
me-thah-nah ah-l-lah-n-nah

It is too heavy to lift

ඒක උස්සන්න බර වැඩි
e-kah u-s-sah-n-nah bah-rah va-di

It is [weight] kg

ඒක කිලෝ [weight]
e-kah ki-loh [weight]

It is a [type] battery

ඒක [type] බැටරියක්
e-kah [type] ba-tah-ri-yah-k

dry battery

වියළි වර්ගයේ බැටරිය
vi-yah-li vah-r-gah-yeh
ba-tah-ri-yah-k

lithium-ion battery

lithium බැටරිය
[lithium] ba-tah-ri-yah

wet battery

තෙත් වර්ගයේ බැටරිය
the-th vah-r-gah-yeh ba-tah-ri-yah

sealed battery

seal කරපු බැටරිය
[seal] kah-rah-pu ba-tah-ri-yah

non-sealed battery

seal නොකරපු බැටරිය
[seal] no·kah·rah·pu ba·tah·ri·yah

Getting Help

Excuse me

සමා වෙන්න
sah·maah ve·n·nah

Please help me/give me a hand

කරුණාකර මට උදව් කරන්න
kah·ru·naah·kah·rah mah·tah
u·dhau kah·rah·n·nah

Please be careful

කරුණාකර පරෙස්සම් වෙන්න
kah·ru·naah·kah·rah
pah·re·s·sah·m ve·n·nah

I'm fine/okay

මම හොඳයි / මම okay
mah·mah ho·n·dhai / mah·mah
[okay]

Help (emergency)

මට උදව් කරන්න
mah·tah u·dhau kah·rah·n·nah

Can you please write it down?

ඒක කරුණා කරලා ලියන්න පුලුවන්ද?
e·kah kah·ru·naah kah·rah·laah
li·yah·n·nah pu·lu·wah·n·dhah

Yes

ඔව්
o·u

No

නැහැ
na·ha

Stop

නවතින්න / නවත්තන්න
nah·vah·thi·n·nah /
nah·vah·th·thah·n·nah

Please

කරුණා කර / please
kah·ru·naah·kah·rah / [please]

Thanks (informal)

ස්තූතියි / thanks
i·sthoo·thiy / [thanks]

Allergies**gluten**

තිරිඟු / තිරිඟු පිටි / පාන් පිටි
thi·ri·ng·u / thi·ri·ng·u pi·ti /
paah·ng pi·ti

milk

කිරි
ki·ri

dairy

කිරි ආහාර වර්ග
ki·ri aah·haah·rah vah·r·gah

peanut

රට කපු
rah·tah kah·ju

soy

සොයා
soh·yaah

nuts

කපු වර්ග
kah·ju vah·r·gah

eggs

බිත්තර
bi·th·thah·rah

Does this contain [food]?

මේකේ [food] තියනවද?
meh·ke [food] thi·yah·nah·vah·dha

I have a [food] allergy

මම [Food] කන්න බැහැ
mah·tah [food] kah·n·nah ba·ha

Can you make this without [food]?

මේක [food] නැතුව හදන්න පුලුවන්ද?
meh·ka [food] na·thu·wah
hah·dhah·n·nah pu·lu·wah·n·dhah



Slovenian

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Pronunciation

Word Stress

Slovene has free stress, which means there's no general rule regarding which syllable the stress falls on – it simply has to be learned. You'll be fine if you just follow our coloured pronunciation guides, in which the stressed syllable is always in italics.

Vowel Sounds

The vowels in Slovene can be pronounced differently, depending on whether they're stressed or unstressed, long or short. Don't worry about these distinctions though, as you shouldn't have too much trouble being understood if you follow our coloured pronunciation guides. Note that we've used the symbols **oh** and **ow** to help you pronounce vowels followed by the letters *l* and *v* in written Slovene – when they appear at the end of a syllable, these combinations sometimes produce a sound similar to the 'w' in English.

Consonant Sounds

Most Slovene consonant sounds are pronounced more or less as they are in English. Don't be intimidated by the vowel-less words such as *trg* **tuhrg** (square) or *vrt* **vuhr̩t** (garden) – we've put a slight 'uh' sound before the *r*, which serves as a semi-vowel between the two other consonants.

Basics

Hello.	Zdravo./Živjo <i>zdra-vo/zhiu-yo</i>
Goodbye./Bye.	Na svidenje/Adijo. <i>na svee-den-ye/a-dee-yo</i>
Please.	Prosim <i>pro-seem</i>
Thank you.	Hvala <i>hvala</i>
Yes.	Da/Ja <i>da/ya</i>
No.	Ne <i>ne</i>
Sorry.	Oprostite <i>o-pros-tee-te</i>
Excuse me.	Dovolite. <i>do-vo-lee-te</i>
Do you speak English?	Ali govorite angleško? <i>a-lee go-vo-ree-te ang-lesh-ko</i>
I (don't) understand.	(Ne) Razumem. <i>(ne) ra-zoo-mem</i>
Help!	Na pomoč <i>na po-moch</i>
Where are the toilets?	Kje je javno stranišče? <i>kye-ye-yav-no stra-neesh-che</i>

Glossary of Terms

accessible	dostopno <i>dos·top·no</i>
accessible toilet	dostopne sanitarije <i>dos·top·ne sa·nee·ta·ree·ye</i>
amyotrophic lateral sclerosis (ALS)	amiotrofična lateralna skleroza <i>a·mee·o·tro·feech·na la·te·ral·na skle·roza</i>
asthma	astma <i>ast·ma</i>
attendant	spremljevalec <i>sprem·lye·va·lets</i>
autism	avtizem <i>aoh·tee·zem</i>
cane	palica <i>pa·lee·tsa</i>
cerebral palsy	cerebralna paraliza <i>tse·re·bral·na pa·ra·lee·za</i>
crutch(es)	bergl(a) (bergle) <i>ber·gla (ber·gle)</i>
diabetes	diabetes <i>dee·a·be·tes</i>
disability	invalidnost/oviranost <i>een·va·leed·nost/o·vee·ra·nost</i>
dyspraxia	dispraksija <i>dee·sprak·see·ya</i>
electric wheelchair	električni invalidski voziček <i>e·lek·treech·nee vo·zee·chek</i>
elevator	dvigalo <i>dvee·ga·lo</i>
epilepsy	epilepsija <i>e·pee·lep·see·ya</i>
guide/service dog	pes vodnik <i>puhs vod·neek</i>

hand rail	oprijemalo <i>o·pree·ye·ma·lo</i>
hearing impairment	gluhota <i>gloo·ho·ta</i>
learning difficulties	učne težave <i>uch·ne te·zhave</i>
long-term illness	dolgotrajna bolezen <i>dol·got·ray·na bo·le·zen</i>
manual wheelchair	ročni invalidski voziček <i>roch·nee een·va·leed·skee</i> <i>vo·zee·chek</i>
medicine	zdravila <i>zdra·vee·la</i>
multiple sclerosis (MS)	multipla skleroza <i>mool·tee·pla skle·roza</i>
muscular dystrophy (MD)	mišična distrofija <i>mee·sheech·na dees·ro·fee·ya</i>
physical disability	fizična invalidnost/fizična oviranost <i>fi·zeech·na een·va·leed·nost/</i> <i>fi·zeech·na o·vee·ra·nost</i>
ramp	klančina <i>klan·chee·na</i>
shower chair	stol za tuširanje <i>stow za too·shee·ra·nye</i>
spinal-cord injury (SCI)	poškodba hrbtenjače <i>posh·kod·ba huhrb·ten·ya·che</i>
visual impairment	slepota <i>sle·po·ta</i>
wheelchair	invalidski voziček <i>een·va·leed·skee vo·zee·chek</i>
wheelchair space	prostor za invalidski voziček <i>pros·tor za een·va·leed·skee</i> <i>vo·zee·chek</i>

Travel Phrases

Disability-Related

I am disabled	Sem invalid <i>sem een·va·leed</i>
I have [disability]	Imam [disability] <i>ee·mam [disability]</i>
can walk a bit	malo lahko hodim <i>ma·lo lah·ko ho·deem</i>
cannot walk at all	ne morem hoditi <i>ne mo·rem ho·dee·tee</i>

Hotels

Do you have an accessible room?	Imate sobo dostopno za invalide? <i>ee·ma·te so·bo dos·top·no za een·va·leed·e</i>
Is there a roll-in shower?	Ali imate tuš, v katerega se lahko zapelješ? (tuš za invalidske vozičke?) <i>a·lee ee·ma·te toosh oo ka·te·re·ga se lah·ko za·pe·lyesh (tush za een·va·leed·ske vo·zeech·ke)</i>
Is there a shower chair?	Ali je tam stol za tuširanje? <i>a·lee ye tam stow za too·shee·ra·nye</i>
Are there any steps in the room?	Ali je v sobi kakšna stopnica? <i>a·lee ye oo so·bee kak·shna stop·nee·tsa</i>
Is there a step into the bathroom?	Ali je stopnica v kopalnici? <i>a·lee ye stop·nee·tsa oo ko·pal·nee·tsee</i>

How wide is the door?	Kako široka so vrata? <i>ka·ko shee·ro·ka so oh·ra·ta</i>
Is there a wheelchair I can borrow?	Ali si lahko izposodim voziček? <i>a·lee see lah·ko eez·po·so·deem</i> <i>vo·zee·chek</i>

Transportation

Which entrance has an elevator?	Kateri vhod ima dvigalo? <i>ka·te·ree oohod ee·ma dvee·ga·lo</i>
I want to go to [place]	Rad bi šel [place] <i>rad bee sheow [place]</i>
Can you put a ramp out for me please?	Ali lahko daste ven klančino zame, prosim? <i>a·lee lah·ko das·te ven</i> <i>klan·chee·no za·me pro·seem</i>

Out & About

Is there an accessible restaurant nearby?	Ali je v bližini dostopna restavracija? <i>a·lee ye oo blee·zhee·nee</i> <i>dos·top·na res·taoo·ra·tsee·ya</i>
Is there an accessible entrance?	Ali je vhod dostopen? <i>a·lee ye oohod dos·to·pen</i>
How do I go from [place A] to [place B] in a wheelchair?	Kako lahko grem z vozičkom od [place A] do [place B]? <i>ka·ko lah·ko grem z vo·zeech·kom</i> <i>od [place A] do kray [place B]</i>
Can I visit [place] with a wheelchair?	Ali lahko obiščem [place] z vozičkom? <i>a·lee lah·ko o·beesh·cheem [place]</i> <i>z vo·zeech·kom</i>
Can you reach that for me?	Ali lahko dosežete to zame? <i>a·lee lah·ko do·se·zhe·te to za·me</i>

Can you guide me to [place]?	Ali me lahko vodite do [place]? <i>a·lee me lah·ko vo·dee·te do [place]</i>
Do you have a fork/spoon/straw?	Ali imate vilico/žlico/slamico? <i>a·lee ee·ma·te vee·lee·tso/zhlee·tso/sla·mee·tso</i>
Are there any stairs?	Ali je tam kaj stopnic? <i>a·lee ye tam kay stop·neets</i>
How many steps are there?	Koliko stopnic je tam? <i>ko·lee·ko ye tam stop·neets</i>

Equipment

It can fold	To se lahko zloži <i>to se lah·ko zlo·zhee</i>
It can't fold	To se ne more zložiti <i>to se ne mo·re zlo·zhee·tee</i>
Hold here	Pridržite tukaj <i>pree·drzhee·te too·kay</i>
It is too heavy to lift	Pretežko je za dvigniti <i>pre·tezh·ko ye za dveeg·nee·tee</i>
It is [weight] kg	Tehta [weight] kg <i>teh·ta [weight] kg</i>
It is a [type] battery	Tip baterije je [type] <i>teep ba·te·ree·ye ye [type]</i>
dry battery	suha baterija <i>su·ha ba·te·ree·ya</i>
lithium-ion battery	litij ionska baterija <i>lee·tee ee·on·ska ba·te·ree·ya</i>
wet battery	mokra baterija <i>mo·kra ba·te·ree·ya</i>
sealed battery	zaprta baterija/akumulator <i>za·prta ba·te·ree·ya/ a·koo·moo·la·tor</i>

non-sealed batteryodprta baterija/akumulator
od·prta ba·te·ree·ya/
a·koo·moo·la·tor

Getting Help

Excuse meOprostite
o·pros·tee·te**Please help me/give me a hand**Prosim, pomagajte mi
pro·seem po·ma·gay·te mee**Please be careful**Prosim, bodite previdni
pro·seem bo·dee·te pre·veed·nee**I'm fine/okay**V redu sem
oo re·du suhm**Help (emergency)**Na pomoč
na po·moch**Can you please write it down?**Ali lahko prosim napišete?
a·lee lah·ko pro·seem
na·pee·she·te**Yes**Da/Ja
da/ya**No**Ne
ne**Stop**Stop
stop**Please**Prosim
pro·seem**Thanks (informal)**Hvala
hvala

Allergies

gluten	gluten <i>gloo·ten</i>
milk	mleko <i>mle·ko</i>
dairy	mlečni izdelki <i>mlech·nee eez·del·kee</i>
peanut	arašid <i>a·ra·sheed</i>
soy	soja <i>so·ya</i>
nuts	oreški <i>o·resh·chkee</i>
eggs	jajca <i>jaj·tsa</i>
Does this contain [food]?	Ali to vsebuje [food]? <i>a·lee to oo·se·boo·ye [food]?</i>
I have a [food] allergy	Imam alergijo na [food] <i>ee·mam a·ler·gee·yo na [food]?</i>
Can you make this without [food]?	Ali lahko naredite to brez [food]? <i>a·lee lah·ko na·re·dee·te to brez [food]?</i>



Spanish

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Pronunciation

Spanish pronunciation isn't difficult, as most sounds are similar to the sounds found in English. The relationship between Spanish sounds and their spelling is straightforward and consistent. There are some easy rules to follow and once you learn them you shouldn't have problems being understood. As in most languages, Spanish pronunciation can vary according to region – this book focuses on Castilian Spanish.

Word Stress

There is word stress in Spanish, which means you emphasise one syllable in a word over another. Rule of thumb: when a written word ends in *n*, *s* or a vowel, the stress falls on the second-last syllable, eg *lejos* *le-khos* (far), *casa* *ka-sa* (house). Otherwise, the final syllable is stressed, eg *hablar* *a-blar* (talk). If you see an accent mark over a syllable, it cancels out these rules and you just stress that syllable instead, eg *número* *noo-me-ro* (number).

Basics

Hello.	¡Hola! o·la
Goodbye.	¡Adiós! a·dyos
Please.	Por favor. por fa·vor
Thank you (very much).	(Muchas) Gracias. (moo·chas) gra·thyas
Yes./No.	Sí./No. see/no
Sorry.	¡Perdón! per·don
Excuse me.	Perdón. per·don
Do you speak English?	¿Habla (inglés)? ab·la (een·gles)
I don't understand.	No entiendo. no en·tyen·do
Help!	¡Socorro! so·ko·ro
Where are the toilets?	¿Dónde están los servicios? don·de es·tan los ser·vee·thyos

Glossary of Terms

accessible	accesible <i>ak-the-see-ble</i>
accessible toilet	baño accesible <i>ba-nyo ak-the-see-ble</i>
amyotrophic lateral sclerosis (ALS)	esclerosis lateral amiotrófica (ELA) <i>es-kle-ro-sees la-te-ral</i> <i>a-myo-tro-fee-ka</i>
asthma	asma <i>as-ma</i>
attendant	asistente <i>a-sees-ten-te</i>
autism	autismo <i>ow-tees-mo</i>
cane	bastón <i>bas-ton</i>
cerebral palsy	parálisis cerebral <i>pa-ra-lee-sees the-re-bral</i>
crutch(es)	muleta (muletas) <i>moo-le-ta (moo-le-tas)</i>
diabetes	diabetes <i>dya-be-tes</i>
disability	discapacidad <i>dees-ka-pa-thee-dad</i>
dyspraxia	dispraxia <i>dees-praks-ya</i>
electric wheelchair	silla de ruedas eléctrica <i>see-lya de rwe-das e-lek-tri-ka</i>
elevator	ascensor <i>as-then-sor</i>
epilepsy	epilepsia <i>e-pee-lep-sya</i>
guide/service dog	perro guía <i>pe-rro gee-ya</i>

hand rail	pasamanos <i>pa·sa·ma·nos</i>
hearing impairment	deficiencia auditiva <i>de·fee·thyen·thya ow-dee-tee·va</i>
learning difficulties	dificultades de aprendizaje <i>dee·fee·kool·ta·des de a·pren·dee·tha·khe</i>
long-term illness	enfermedad de larga duración <i>en·fer·me·dad de lar·ga doo·ra·thyon</i>
manual wheelchair	silla de ruedas manual <i>see·lya de rwe·das ma·noo·al</i>
medicine	medicina <i>me·dee·thee·na</i>
multiple sclerosis (MS)	esclerosis múltiple <i>es·kle·ro·sees mool·tee·ple</i>
muscular dystrophy (MD)	distrofia muscular <i>dees·tro·fya moos·koo·lar</i>
physical disability	discapacidad física <i>dees·ka·pa·thee·dad fee·see·ka</i>
ramp	rampa <i>ram·pa</i>
shower chair	silla de ducha <i>see·lya de doo·cha</i>
spinal-cord injury (SCI)	lesión de la médula espinal (LME) <i>le·syon de la me·doo·la es·pee·nal</i>
visual impairment	deficiencia visual <i>de·fee·thyen·thya vee·swal</i>
wheelchair	silla de ruedas <i>see·lya de rwe·das</i>
wheelchair space	espacio para silla de ruedas <i>es·pa·thyo pa·ra see·lya de rwe·das</i>

Travel Phrases

Disability-Related

I am disabled	Soy discapacitado/a (m/f) <i>Soy dees-ka-pa-thee-ta-do/da</i>
I have [disability]	Tengo (una discapacidad) <i>Ten-go (oo-na dees-ka-pa-thee-dad)</i>
can walk a bit	puedo andar un poco <i>Pwe-do an-dar oon po-ko</i>
cannot walk at all	no puedo andar <i>No pwe-do an-dar</i>

Hotels

Do you have an accessible room?	¿Tiene una habitación accesible? <i>Tye-ne oo-na a-bee-ta-thyon ak-the-see-ble ?</i>
Is there a roll-in shower?	¿Tiene ducha a ras de suelo? <i>Tye-ne doo-cha a ras de swe-lo ?</i>
Is there a shower chair?	¿Tiene una silla de ducha? <i>Tye-ne oo-na see-lya de doo-cha ?</i>
Are there any steps in the room?	¿Hay escalones en la habitación? <i>Ai es-ka-lo-nes en la a-bee-ta-thyon ?</i>
Is there a step into the bathroom?	¿Hay escalón en el baño? <i>Ai es-ka-lon en el ba-nyo ?</i>
How wide is the door?	¿Qué anchura tiene la puerta? <i>Ke an-choo-ra tye-ne la pwer-ta ?</i>

Is there a wheelchair I can borrow?

¿Dispone de una silla de ruedas que pueda yo utilizar?

Dees·po·ne de oo·na see·lya de rwe·das ke pwe·da yo oo·tee·lee·thar ?

Transportation

Which entrance has an elevator?

¿Qué entrada tiene ascensor?

Ke en·tra·da tye·ne as·then·sor ?

I want to go to [place]

Quiero ir a (lugar X)

Kye·ro eer a (loo·gar X)

Can you put a ramp out for me please?

¿Puede colocarme una rampa, por favor?

Pwe·de ko·lo·kar·me oo·na ram·pa, por fa·vor ?

Out & About

Is there an accessible restaurant nearby?

¿Hay cerca algún restaurante accesible?

Ai ther·ka al·goon res·tow·ran·te ak·the·see·ble ?

Is there an accessible entrance?

¿Hay alguna entrada accesible?

Ai al·goo·na en·tra·da ak·the·see·ble ?

How do I go from [place A] to [place B] in a wheelchair?

¿Cómo puedo ir desde (X) hasta (Z) en silla de ruedas?

Ko·mo pwe·do eer des·de (X) as·ta (Z) en see·lya de rwe·das ?

Can I visit [place] with a wheelchair?

¿Puedo visitar (lugar X) en silla de ruedas?

Pwe·do vee·see·tar (loo·gar X) en see·lya de rwe·das ?

Can you reach that for me?

¿Podría usted solucionarme esto?

Po·dree·a oos·ted so·loo·thyo·nar·me es·to ?

Can you guide me to [place]?	¿Me podría indicar cómo llegar a (lugar X)? <i>Me po·dree·a een-dee·kar ko·mo lye·gar a (loo·gar X)</i>
Do you have a fork/spoon/straw?	¿Tiene usted un tenedor/cuchara/cuchillo? <i>Tye·ne oos·ted oon te·ne·dor/ koo·cha·ra/koo·chee·lyo</i>
Are there any stairs?	¿Hay escaleras allí? <i>Ai es·ka·le·ras a·lyee?</i>
How many steps are there?	¿Cuántos escalones hay allí? <i>Kwan·tos es·ka·lo·nes ai a·lyee?</i>

Equipment

It can fold	Puedo girar <i>Pwe·do khee·rar</i>
It can't fold	No puedo girar <i>No pwe·do khee·rar</i>
Hold here	Sostenga aquí <i>Sos·ten·ga a·kee</i>
It is too heavy to lift	Es demasiado pesado para levantarlo <i>Es de·ma·sya·do pe·sá·do pa·ra le·van·tar·lo</i>
It is [weight] kg	Pesa (X) kilos <i>Pe·sa (X) kee·los</i>
It is a [type] battery	Es una batería de tipo (X) <i>Es oo·na ba·te·ree·a de tee·po (X)</i>
dry battery	batería sin mantenimiento <i>ba·te·ree·a seen man·te·nee·myen·to</i>
lithium-ion battery	batería de ión-litio <i>ba·te·ree·a de yon·lee·tyo</i>

wet battery	batería con mantenimiento <i>ba·te·ree·a kon man·te·nee·myen·to</i>
sealed battery	batería estanca <i>ba·te·ree·a es·tan·ka</i>
non-sealed battery	batería no estanca <i>ba·te·ree·a no es·tan·ka</i>

Getting Help

Excuse me	Perdón. <i>per·don</i>
Please help me/give me a hand	Por favor, ayúdeme / écheme una mano <i>Por fa·vor, a·yoo·de·me / e·che·me oo·na ma·no</i>
Please be careful	Lleve cuidado, por favor <i>Lye·ve kooy·da·do, por fa·vor</i>
I'm fine/okay	Estoy bien <i>Es·toy byen</i>
Help (emergency)	Ayuda (urgente) <i>A·yoo·da (oor·khen·te)</i>
Can you please write it down?	¿Puede por favor escribirlo? <i>Pwe·de por fa·vor es·kree·beer·lo?</i>
Yes	Sí <i>See</i>
No	No <i>No</i>
Stop	Pare <i>Pa·re</i>
Please	Por favor <i>Por fa·vor</i>
Thanks (informal)	Gracias <i>Gra·thyas</i>

Allergies

gluten	gluten <i>gloo·ten</i>
milk	leche <i>le·che</i>
dairy	lácteos <i>lak·te·os</i>
peanut	cacahuete <i>ka·ka·we·te</i>
soy	soja <i>so·kha</i>
nuts	nueces <i>nwe·thes</i>
eggs	huevo <i>we·vo</i>
Does this contain [food]?	¿Esto tiene (comida)? <i>Es·to tye·ne (ko·mee·da) ?</i>
I have a [food] allergy	Tengo alergia a (comida) <i>Ten·go a·ler·khy·a a (ko·mee·da)</i>
Can you make this without [food]?	¿Puede prepararme esto sin (comida)? <i>Pwe·de pre·pa·rar·me es·to seen (ko·mee·da) ?</i>



Swahili

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Pronunciation

The pronunciation of Swahili is relatively simple, since most of the sounds in this language are also found in English. Once you learn a few basic rules you won't have any problems reading or pronouncing it, but we've included a pronunciation guide to make it even easier.

Word Stress

In Swahili, words are almost always stressed on the second-last syllable. There are only a handful of words that break this rule, and these are mostly loanwords. In our pronunciation guide, the stressed syllable is always in *italics*

Vowel Sounds

Vowels are short and each one is pronounced clearly, even when not stressed. There are no diphthongs in Swahili (ie vowel sound combinations, like in English 'how' or 'day').

Consonant Sounds

Most consonants in Swahili have equivalents in English. The only one that might be a bit unusual for an English speaker is the sound **ng**. It can be a bit tricky at first, but with a little practice it should come easily – try saying 'sing along' a few times and then dropping the 'si', and that's how it sounds at the beginning of a word. The sounds **th** and **dh** occur only in words borrowed from Arabic.

Swahili speakers make only a slight distinction between **r** and **l**. Instead of the hard 'r', try pronouncing a light 'd'.

Basics

Hello.	<i>Habari.</i> <i>ha·ba·ree</i>
Goodbye.	<i>Tutaonana.</i> <i>too·ta·oh·na·na</i>
Please.	<i>Tafadhali.</i> <i>ta·fa·dha·lee</i>
Thank you.	<i>Asante.</i> <i>a·san·tay</i>
Yes.	<i>Ndiyo.</i> <i>n·dee·yoh</i>
No.	<i>Hapana.</i> <i>ha·pa·na</i>
Excuse me.	<i>Samahani.</i> <i>sa·ma·ha·nee</i>
Sorry.	<i>Pole.</i> <i>poh·lay</i>
Do you speak English?	<i>Unasema (Kiingereza)?</i> <i>oo·na·say·ma (kee·een·gay·ray·za)</i>
I don't understand.	<i>Sielewi.</i> <i>see·ay·lay·wee</i>
Help!	<i>Saidia!</i> <i>sa·ee·dee·a</i>
Where are the toilets?	<i>Vyoo viko wapi?</i> <i>vyoh vee·ko wa·pee</i>

Glossary of Terms

accessible	kupatikana <i>koo·pa·tee·ka·na</i>
accessible toilet	upatikanaji wa choo <i>oo·pa·tee·ka·na·jee wa choo</i>
amyotrophic lateral sclerosis (ALS)	ugonjwa unaoathri mishipa ya fahamu <i>oo·gon·jwa oo·na·o·a·thee·ree mee·shee·pa ya fa·ha·moo</i>
asthma	pumu <i>poo·moo</i>
attendant	mtumishi <i>m·too·mee·shee</i>
autism	kuzubaa kwa sababu ya shida ya akili <i>koo·zoo·ba·a kwa sa·ba·boo ya shee·da ya a·kee·lee</i>
cane	miwa <i>mee·wa</i>
cerebral palsy	kupooza kwa ubongo <i>koo·po·za kwa oo·bo·ngo</i>
crutch(es)	gongo/magongo <i>go·ngo/ma·go·ngo</i>
diabetes	kisukari <i>kee·soo·ka·ree</i>
disability	ulemavu <i>oo·le·ma·voo</i>
dyspraxia	utaaira <i>oo·ta·a·ee·ra</i>
electric wheelchair	kiti cha umeme cha matairi <i>kee·tee cha oo·me·me cha ma·ta·ee·ree</i>
elevator	lifti <i>lee·fu·tee</i>

epilepsy	kifafa <i>kee·fa·fa</i>
guide/service dog	mbwa mlinzi <i>m·bwa m·lee·nzee</i>
hand rail	reli ya mkono <i>re·lee ya m·ko·no</i>
hearing impairment	tatizo la kusikia <i>ta·tee·zo la koo·see·kee·a</i>
learning difficulties	tatizo la kujifunza <i>ta·tee·zo la koo·jee·foo·nza</i>
long-term illness	ugonjwa wa muda mrefu <i>oo·gon·jwa wa moo·da m·rey·foo</i>
manual wheelchair	kiti cha kusukuma /cha kawaida cha matairi <i>kee·tee cha koo·soo·koo·ma/cha ka·wa·ee·da cha ma·ta·ee·ree</i>
medicine	dawa <i>da·wa</i>
multiple sclerosis (MS)	ugonjwa unaoathiri mishipa ya fahamu na uti wa mgongo <i>oo·gon·jwa· oo·na·o·a·thee·ree mee·shee·pa ya fa·ha·moo· na oo·tee·wa m·go·ngo</i>
muscular dystrophy (MD)	kusinyaa kwa misuli <i>koo·see·nya·a kwa mee·soo·lee</i>
physical disability	ulemavu wa viungo <i>oo·le·ma·voo wa vee·o·ngo</i>
ramp	njia panda <i>njee·a pa·nda</i>
shower chair	kiti cha kuogea <i>kee·tee· cha koo·o·ge·a</i>
spinal-cord injury (SCI)	maumivu katika uti wa mgongo <i>ma·oo·mee·voo ka·tee·ka oo·tee wa m·go·ngo</i>

visual impairment	tatizo la kuona ta·tee·zo la koo·o·na
wheelchair	kiti cha matairi kee·tee cha ma·tay·ree
wheelchair space	nafasi ya kiti cha matairi na·fa·see ya kee·tee cha ma·ta·ee·ree

Travel Phrases

Disability-Related

I am disabled	mimi ni mlemavu <i>mee·mee nee m·le·ma·voo</i>
I have [disability]	nina ulemavu <i>nee·na oo·le·ma·voo</i>
can walk a bit	ninaweza kutembea kidogo <i>nee·na·we·za koo·te·mbe·a kee·do·go</i>
cannot walk at all	siwezi kutembea kabisa <i>see·we·zee koo·te·mbe·a ka·bee·sa</i>

Hotels

Do you have an accessible room?	je, una uwezo wa kupata chumba? <i>je oo·na oo·we·zo wa koo·pa·ta choo·mba</i>
Is there a roll-in shower?	bafuni kuna shawa (bomba) la kuzungusha? <i>ba·foo·nee koo·na sha·wa (bo·mba) la koo·zoo·ngoo·sha</i>
Is there a shower chair?	kuna kiti cha kuogea? <i>koo·na kee·tee cha koo·o·ge·a</i>
Are there any steps in the room?	je, kuna ngazi chumbani? <i>koo·na nga·zee choo·mba·nee</i>
Is there a step into the bathroom?	je, bafuni kuna ngazi? <i>ba·foo·nee koo·na nga·zee</i>
How wide is the door?	mlango ni mpana kiasi gani? <i>m·la·ngo nee m·pa·na kee·a·see ga·nee</i>

Is there a wheelchair I can borrow?

kuna kiti cha matairi ambacho
ninaweza kuazima?
koo·na kee·tee cha ma·ta·ee·ree
a·mba·cho nee·na·we·za koo·a·zee·ma

Transportation

Which entrance has an elevator?

ni mlango gani una lifti?
nee m·la·ngo ga·nee oo·na
lee·fu·tee

I want to go to [place]

ninataka kwenda [place]
nee·na·ta·ka kwe·nda [place]

Can you put a ramp out for me please?

unaweza kuniwekea ngazi
tafadhali?
oo·na·we·za koo·nee·we·ke·a
nga·zee ta·fa·dha·lee

Out & About

Is there an accessible restaurant nearby?

je, kuna mgahawa hapa maeneo
ya karibu?
je koo·na m·gha·ha·wa ha·pa
ma·e·ne·o ya ka·ree·boo

Is there an accessible entrance?

kuna njia ya kupita?
koo·na njee·a ya koo·pee·ta

How do I go from [place A] to [place B] in a wheelchair?

ninawezaje kwenda kutoka hapa
mpaka pale [place A] mpaka
[place B] kwa kiti cha matairi?
nee·na·we·za·je kwe·nda koo·to·ka
ha·pa mpa·ka pa·le [place A]
mpa·ka· [place B] kwa kee·tee·
cha ma·ta·ee·ree

Can I visit [place] with a wheelchair?

ninaweza kupatembelea [place]
kwa kiti cha matairi?
nee·na·we·za koo·pa·te·mbe·le·a
[place] kwa kee·tee· cha
ma·ta·ee·ree

Can you reach that for me?	unaweza kunifikisha hapo? oo·na·we·za koo·nee·fee·kee·sha <i>ha·po</i>
Can you guide me to [place]?	unaweza kuniongoza [place]? oo·na·we·za koo·nee·o·ngo·za [place]
Do you have a fork/spoon/straw?	una uma/kijiko au mrija? oo·na oo·ma, kee·jee·ko/m·ree·ja
Are there any stairs?	kuna ngazi zozote? <i>koo·na nga·zee zo·zo·te</i>
How many steps are there?	kuna ngazi ngapi? <i>koo·na nga·zee nga·pee</i>

Equipment

It can fold	inaweza kukunjika <i>ee·na·we·za koo·koo·jee·ka</i>
It can't fold	haiwezi kukunjika <i>ha·ee·we·zee· koo·koo·jee·ka</i>
Hold here	shika hapa <i>shee·ka ha·pa</i>
It is too heavy to lift	ni nzito sana kupandisha juu <i>nee n·zee·to sa·na koo·pa·ndee·sha joo</i>
It is [weight] kg	ina [weight] kg <i>ee·na [weight] kee·lo</i>
It is a [type] battery	ni [type] betri <i>nee·[type] ber·tree</i>
dry battery	betri kavu <i>ber·tree ka·voo</i>
lithium-ion battery	betri za kuchaji <i>ber·tree za koo·cha·jee</i>
wet battery	betri za maji <i>ber·tree za ma·jee</i>

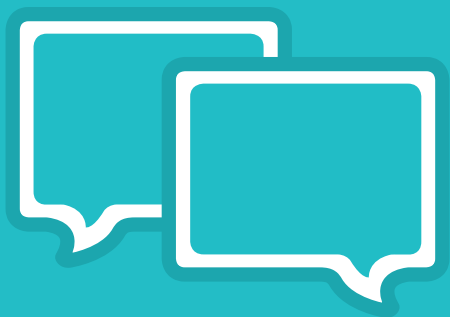
sealed batterybetri iliyofungwa
*ber·tree ee·lee·yo·foo·ngwa***non-sealed battery**betri ambayo haijafungwa
ber·tree a·mba·yo
haee·ja·foo·ngwa

Getting Help

Excuse mesamahani
*sa·ma·ha·nee***Please help me/give me a hand**tafadhali nisaidie
*ta·fa·dha·lee nee·sa·ee·dee·e***Please be careful**tafadhali kuwa makini
*ta·fa·dha·lee koo·wa ma·kee·nee***I'm fine/okay**mimi ni mzima/niko salama
mee·mee nee m·zee·ma/nee·ko
*sa·la·ma***Help (emergency)**msaada/saidia
*m·sa·a·da/sa·ee·dee·a***Can you please write it down?**tafadhali unaweza kuiandika?
ta·fa·dha·lee oo·na·we·za
*koo·ee·a·ndee·ka***Yes**ndiyo
*ndee·yo***No**hapana
*ha·pa·na***Stop**acha/simama
*a·cha/see·ma·ma***Please**tafadhali
*ta·fa·dha·lee***Thanks (informal)**asante
a·sa·nte

Allergies

gluten	protini inayopatikana katika nafaka hasa ngano <i>pro·tee·nee ee·na·yo·pa·tee·ka·na ka·tee·ka na·fa·ka ha·sa nga·no</i>
milk	maziwa <i>ma·zee·wa</i>
dairy	duka la kuuzia maziwa <i>doo·ka la koo·oo·zee·a ma·zee·wa</i>
peanut	karanga <i>ka·ra·nga</i>
soy	soya <i>so·ya</i>
nuts	korosho <i>ko·ro·sho</i>
eggs	mayai <i>ma·ya·ee</i>
Does this contain [food]?	hiki kina [food] <i>hee·kee kee·na [food]</i>
I have a [food] allergy	nina mzio (alleji) ya [food] <i>nee·na m·zee·o (a·le·jee) ya [food]</i>
Can you make this without [food]?	unaweza kutengeneza hiki bila [food] <i>oo·na·we·za koo·te·nge·ne·za hee·kee bee·la [food]</i>



Tagalog

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Pronunciation

Filipino is relatively easy to pronounce as most sounds are familiar to English speakers. In addition, the relationship between Filipino sounds and its spelling is straightforward and consistent. For example, when you see an 'e' it's always pronounced the same way.

Word Stress

Stressed syllables – the ones that have the emphasis – are indicated in our pronunciation guides in italics. Note that long words can have more than one stressed syllable. In general, stressed vowels are slightly longer and higher pitched than unstressed ones. Stress is usually indicated by the use of accents over vowels in written Filipino. Sometimes an accent over a vowel doesn't indicate stress, but a glottal stop (shown in our pronunciation guides by an apostrophe). Don't worry about these subtleties in pronunciation as you'll be understood if you simply follow the italicised syllable in the pronunciation guides.

Vowel Sounds

Vowels are always pronounced separately even when they're written in sequence. For example, *panauhin* (visitor) is pronounced *pa-na-oo-heen*.

Consonant Sounds

Filipino consonants are easy to pronounce as most are very close to their English counterparts. There are only two consonant sounds which may seem unusual to English speakers, even though both occur in English. The **ng** combination, which is found in English at the end or in the middle of words such as 'sing' and 'ringing', also appears at the beginning of words in Filipino. You can practise by saying 'sing along' slowly and then eventually do away with the 'si' at the beginning. With a little practice, it should come easily.

Basics

Hello.	Komusta. <i>ko-moos-ta</i>
Goodbye.	Babay. <i>ba-bai</i>
Thank you.	Salamat. <i>sa-la-mat</i>
Yes.	Oo. <i>o-o</i>
No.	Hindî. <i>heen-dee</i>
Excuse me.	Eksyus mi. <i>eks-yoos mee</i>
Sorry.	Sori. <i>so-ree</i>
Do you speak English?	Marunong ka ba ng (Inglés)? <i>ma-roo-nong ka ba nang (eeng-gles)</i>
I don't understand.	Hindí ko náíintindihán. <i>heen-dee ko na-ee-een-teen-dee-han</i>
Help!	Saklolo! <i>sak-lo-lo</i>
Where's the toilet?	Násaán ang kubeta? <i>na-sa-an ang koo-be-ta</i>

Glossary of Terms

accessible	nararating or napupuntahan <i>naa·raa·raa·teeng or naa·poo·poon·ta·han</i>
accessible toilet	palikuran para sa maykapansanan - <i>pa·lee·koo·ran pa·ra saa may·ka·pan·saa·nan</i>
amyotrophic lateral sclerosis (ALS)	amyotrophic lateral sclerosis (ALS)
asthma	hika <i>hee·ka</i>
attendant	tagapag lingkôd <i>ta·gaa·pug leeng·kood</i>
autism	autismô <i>aw·tees·moo</i>
cane	tungkôd <i>toong·kood</i>
cerebral palsy	cerebral palsy
crutch(es)	sáklay <i>sak·laay</i>
diabetes	dyabetis <i>da·ya·bee·tees</i>
disability	kápansânân <i>ka·pan·saa·nan</i>
dyspraxia	dyspraxia
electric wheelchair	upuáng de gulông na de koryentê <i>uu·poo·ang de goo·long naa de koor·yen·teh</i>
elevator	elebéytor <i>e·leh·bay·tor</i>
epilepsy	epilepsy
guide/service dog	gabay na aso - o - asong taga akay <i>gaa·bay naa aa·so or aa·song ta·ga aa·kay</i>

hand rail	hawakáng gabay <i>ha·wak·ang gaa·bay</i>
hearing impairment	kápansánan sa pándínig <i>ka·pan· saa·nan saa pan·dee·nig</i>
learning difficulties	hindí madalíng matutô <i>heen·dee ma·daa·leeng ma·too·too</i>
long-term illness	pâng matágalang sakít <i>pang ma·tag·aa·lung sa·keet</i>
manual wheelchair	upuáng de gulông na pang kamáy <i>uu·poo·ang de goo·long naa pang ka·maay</i>
medicine	gamot <i>ga·moot</i>
multiple sclerosis (MS)	multiple sclerosis
muscular dystrophy (MD)	muscular dystrophy
physical disability	kápansánang pisikal <i>ka·pan· san·ang pee·see·kal</i>
ramp	rampâ <i>ram·pa</i>
shower chair	upúan sa palilígô <i>oo·poo·an saa pa·lee·lee·goo</i>
spinal-cord injury (SCI)	napínsalang utak ng gulugod <i>naa·peen·sa·lung oo·tak nang goo·loo·good</i>
visual impairment	kápansánan sa páníngin <i>ka·pan·saa·nan saa pa·nee·ngeen</i>
wheelchair	upuáng de gulông <i>uu·poo·ang de goo·long</i>
wheelchair space	lugar para sa upuáng de gulông <i>loo·gar paa·ra saa oo·poo·ang de goo·long</i>

Travel Phrases

Disability-Related

I am disabled	akô ay baldadô <i>aa-ko aay bal-daa-do</i>
I have [disability]	akô ay may kapansánan <i>aa-ko aay may ka-pan-saa-nan</i>
can walk a bit	nakakalákad ng kauntî <i>na-kaa-kaa-la-kad nang ka-oon-tee</i>
cannot walk at all	hindî makalákad <i>heen-dee ma-ka-laa-kad</i>

Hotels

Do you have an accessible room?	mayroon ba kayóng aksesíbol na kuarto? <i>may-roo-on ba ka-yoong ak-se-si-bol na koo-ar-too</i>
Is there a roll-in shower?	mayroon bang dutsa? <i>may-roo-on bang doot-sa</i>
Is there a shower chair?	mayroon bang upuân para sa palíguan? <i>may-roo-on bang oo-poo-an pa-ra saa pa-lee-goo-an</i>
Are there any steps in the room?	mayroon bang hâgdan papunta sa kuarto? <i>may-roo-on bang hug-dan pa-poon-ta saa koo-ar-too</i>
Is there a step into the bathroom?	mayroon bang hâgdan papúnta sa palíguan? <i>may-roo-on bang hug-dan pa-poon-ta saa pa-lee-goo-an</i>

How wide is the door? gaanó kalápad ang pinto ?
ga·aa·noo ka laa·pad ang pin·too

Is there a wheelchair I can borrow? mayroón bang wheelchair na pwedeng mahíram ?
may·roo·on bang wheelchair na poo·weh·ding ma·hee·ram

Transportation

Which entrance has an elevator? saan ang patungo sa elebeytor
sa·an ang pa·too·ngo sa e·leh·bai·tor

I want to go to [place] gustó kóng pumúnta sa ____
goos·to kong pu·moon·ta sa

Can you put a ramp out for me please? maarí bang pakí lagay ang rámpa ?
ma·aa·ree bang pa·kee laa·guy ang ram·pa

Out & About

Is there an accessible restaurant nearby? mayroón bang malapít na kaináng aksesíbol / napupuntahan
may·roo·on bang ma·laa·peet na ka·een·nang ak·se·see·ball / na·poo·poon·ta·han

Is there an accessible entrance? mayroón bang pasúkan na madalíng daanán
may·roo·on bang pa·soo·kan na ma·da·leeng da·aa·nan

How do I go from [place A] to [place B] in a wheelchair? mulâ dítô [place A] paáno akó pupúntâ sa [place B] gamít ang wheelchair?
moo·la dee·too [place A] pa·aa·noo aa·koo poo·poon·ta sa [place B] ga·meet aang wheelchair

Can I visit [place] with a wheelchair?	maarí ba akóng pumúnta sa [place] gamít ang wheelchair ? <i>ma·aa·ree ba aa·kong poo·moon ta sa [place] ga·meet ang wheel-chair</i>
Can you reach that for me?	maarí bang paki abot iyun (or iyon) sa akin <i>ma·aa·ree bang pa·kee aa·bot ee·yoon sa aa·keen</i>
Can you guide me to [place]?	maarí mo bâ akóng samahan sa [place]? <i>ma·aa·ree mo baa aa·koong sa·maa·han sa [place]</i>
Do you have a fork/spoon/straw?	mayroón ba kayóng tinidor/kút-sarâ/straw ? <i>may·roo-on ba ka·yoongtee-nee-door/koot·sa-ra/is-tro</i>
Are there any stairs?	mayroón bang hagdan diyan? <i>may·roo-on bang hug·dan dee-yan</i>
How many steps are there?	ilang baytang mayroon (or) gaano kataas ang hagdan <i>ee·lang bai·tang may·roo-on (or) ga·aa-no ka·taas ang hug·dan</i>

Equipment

It can fold	maaring itiklop <i>ma·aa·ring ee·tik·loop</i>
It can't fold	hindí maaring itiklop <i>heen·dee ma·aa·ring ee·tik·loop</i>
Hold here	humawák dito / hawákan <i>hoo·ma·wak dee-to / ha·waa·kan</i>
It is too heavy to lift	masyadong mabígat buhatín <i>mas·ya·dong ma·bee·gat boo·hat·in</i>

It is [weight] kg	itoáy [weight] kilo ee-too aay [weight] kee-lo
It is a [type] battery	itoáy isang uri ng [type] baterya ee-too aay isang oo-ree nang [type] ba-te-rya
dry battery	tuyóng batérya too-yong ba-te-rya
lithium-ion battery	bateryang litium-ion ba-te-ryang li-tee-um-ee-on
wet battery	basang batérya ba-sang ba-te-rya
sealed battery	selyadong batérya sell-ya-dong ba-te-rya
non-sealed battery	hindî selyadong batérya heen-dee sell-ya-dong ba-te-rya

Getting Help

Excuse me	makikíraan or pahíntulot pô ma-kee-kee-ra-un (or) pa-heen-too-lot poh
Please help me/give me a hand	maarî po bang tulúngan mo akô ma-ah-ree poh bang too-loo-ngan moh aa-koh
Please be careful	mag-íngat ka mu-gee-nga-at ka
I'm fine/okay	mabúti namán ako mah-boo-tee nah-man aa-koo
Help (emergency)	túlong too-long
Can you please write it down?	maarî bang isulát mo ? ma-ah-ree bang ee-soo-lat moo
Yes	oo oh-oh

No	hindî / hínde heen·dee / heen·de
Stop	tigil tee·geel
Please	pakiusap paa·kee·uh·saap
Thanks (informal)	salamât sa·la·mat

Allergies

gluten	glúten g/oo·ten
milk	gatas gah·tas
dairy	prodúktóng gatas pro·dook·tong gah·tas
peanut	maní maa·nee
soy	soyá soh·ya
nuts	mga maní ma·nga maa·nee
eggs	mga ítlog ma·nga eet·log
Does this contain [food]?	may sangkáp ba itóng [food] may sang·kap baa ee·tong [food]
I have a [food] allergy	akô ay may allergí sa [food] ah·koh aay may ahl·ler·gee sa [food]
Can you make this without [food]?	maarí bang alisín ang [food] mah· aa·ree bang aa·lee·seen ang [food]



Tamil

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Pronunciation

Unlike most other Indian languages, Tamil has no 'aspirated' sounds (pronounced with a puff of air). Some consonants can be 'retroflex' (pronounced with the tip of the tongue bent backwards).

Word Stress

Each syllable is separated by a dot, and the syllable stressed in each word is italicised.

Basics

Hello.	வணக்கம் <i>va · ṇak · kam</i>
Goodbye.	பிரியாவிடை <i>po · i · va · ru · ki · reyn</i>
Please.	தயவு செய்து <i>dha · ya · vu sei · dhu</i>
Thank you.	நன்றி <i>nan · dri</i>
Yes.	ஆம் <i>aam</i>
No.	இல்லை <i>il · lai</i>
Excuse me.	மன்னிக்கவும் <i>man · nik · ka · vum</i>
Sorry.	மன்னிக்கவாம் <i>man · nik · ka · vum</i>
Do you speak English?	நீங்கள் ஆங்கிலம் பேசுபவரா? <i>neeng · kaḷ aang · ki · lam</i> <i>pey · chu · veer · ka · ḷa</i>
I don't understand.	எனக்குப் புரியவில்லை <i>e · nak · ku vi · ḷang · ka · vil · lai</i>
Help!	அவசர உதவி <i>a · va · sa · ra u · dha · vi</i>
Where's the toilet?	கழிவறை எங்குள்ளது? <i>ka · ḷi · va · rai · kaḷ eng · key</i>

Glossary of Terms

accessible	அணுகை anu·gai
accessible toilet	அணுக்கக்கூடிய கழிப்பறை anug·gak·koo·di·ya ka·zhi·pi·rai
amyotrophic lateral sclerosis (ALS)	அம்மோட்டொபிக் பக்கவாட்டு ஸ்களீரோசிஸ் am·mo·to·pik pak·ka·vaat·tu ska·li·ro·sis
asthma	ஆஸ்துமா aas·thu·ma
attendant	பணிப்பெண் pa·nip·penn
autism	மன இறுக்கம் ma·na e·ruk·kam
cane	பிரம்பு pi·ram·bu
cerebral palsy	பெருமூளை வாதம் pe·ru·moo·lai vaa· dham
crutch(es)	ஊன்றுக்கோல் oon·druk·ko·al
diabetes	நீரிழிவு nee·ri·li·vu
disability	இயலாமை e·ya·laa·mai
dyspraxia	டிஸ்பிரிட்ச்சிய dis·prak·chi·ya

electric wheelchair	மின்சார சக்கர நாற்காலி min·saa·ra chak·ka·ra naar·kaa·lee
elevator	மின் தூக்கியில் min·thoo·ki·yil
epilepsy	வலிப்பு va·lip·pu
guide/service dog	வழிகாட்டும் va·zhi·kaat·tum
hand rail	கய் ரயில் kai ray·il
hearing impairment	கேடல் குறைபாடு ke·tal ku·rai·paa·du
learning difficulties	கற்றல் இயலாமை ka·tral e·ya laa·mai
long-term illness	நீண்ட கால நோய் neen·da kaa·la noy
manual wheelchair	கையால் சக்கர நாற்காலி kai·yaal chak·kara naar·kaa·lee
medicine	மருந்து ma·run·dhu
multiple sclerosis (MS)	பல ஸ்களீரோசிஸ் pa·la ska·li·ro·sis
muscular dystrophy (MD)	தசைநார் தேய்வு tha·sa·i·naar thei·vu
physical disability	உடல் இயலாமை u·dal e·ya·laa·mai
ramp	வலிமையாகும் va·li·mai·yaa·gum

shower chair

மழை நாற்காலி
ma-zhai naar-kaa-lee

spinal-cord injury (SCI)

முல்லைத்தண்டு வடம்
காயம்
mul-la-in-than-du va-dam
kaa-yam

visual impairment

பார்வை கோளாறு
paar-vai ko-laa-ru

wheelchair

சக்கர நாற்காலி
chak-ka-ra naar-kaa-lee

wheelchair space

சக்கர நாற்காலி
இடைவெளி
chak-ka-ra naar-kaa-lee i-dai-ve-li

Travel Phrases

Disability-Related

I am disabled

நான் முடக்கப்பட்டு இருக்கிறேன்?
naan mu-dak-kap-pat-tu i-ru-ki-ren

I have [disability]

எனக்கு இயலாமை உள்ளது
e-nak-ku [disability] ul-la-dhu

can walk a bit

ஒரு பிட் நடக்க முடியும்
oru pit na-dak-ka mu-di-yum

cannot walk at all

அனைத்தையும் நடக்க முடியாது
an-nai-thai-yum na-dak-ka
mu-di-yaa-dhu

Hotels

Do you have an accessible room?

நீங்கள் அணுகக்கூடிய அரை இருக்கிறதா?
neen-gal a-nuk-kak-koo-di-ya a-rai
i-ru-ki-ra-dha

Is there a roll-in shower?

அங்கு ஒரு ரோல் மழை உள்ளதா?
an-gu o-ru roll ma-zhai ul-la-dha

Is there a shower chair?

அங்கு ஒரு மழை நாற்காலி இருக்கின்றதா?
an-gu o-ru ma-zhai naar-kaa-li
i-ruk-kin-dra-dha

**Are there any steps
in the room?**

அறையில் ஏதேனும் படி
இருக்கிறதா?
arai-yil ae-dhe-num padi
iruk-ki-radha

**Is there a step into
the bathroom?**

குளியலறையில் ஒரு படி
இருக்கிறதா?
ku-li-ya-la-rai-yil o-ru pa-di
i-ruk-ki-ra-dha

How wide is the door?

கதவின் அகலம் எவ்வளவு?
ka-dha-vin a-ga-lam ev-va-la-vu

**Is there a wheelchair
I can borrow?**

சக்கர நாற்காலி ஏதேனும்
கடனுக்கு உள்ளதா?
chak-ka-ra naar-kaa-li ae-dhe-num
ka-da-nuk-ku ul-la-dha

Transportation

**Which entrance has
an elevator?**

நுழைவில் உயர்த்தி
உள்ளதா?
nu-zhai-vil u-yar-thi ul-la-dha

I want to go to [place]

நான் ஒரு [place] செல்ல
விரும்புகிறேன்
naan o-ru [place] sel-la
vi-rum-bu-gin-ren

**Can you put a ramp
out for me please?**

நீங்கள் எனக்கு ஒரு வளைவு
வெளியே வைக்க முடியுமா?
neen-gal e-nak-ku o-ru va-lai-vu
ve-li-ye vaik-ka mu-di-yu-ma

Out & About

Is there an accessible restaurant nearby?

அருகில் ஏதேனும் ஒரு
அணுகக்கூடிய உணவகம்
உள்ளதா?
a·ru·gil ae·dhe·num o·ru
a·nu·gak·koo·di·ya u·na·va·gam
ul·la·dha

Is there an accessible entrance?

அங்கு ஒரு நுழைவழி
உள்ளதா?
an·gu o·ru nu·zhai·va·zhi ul·la·dha

How do I go from [place A] to [place B] in a wheelchair?

சக்கர நாற்காலியில் ஒரு
[place A] இன்னொரு [place B]
நான் எப்படி செல்வது?
sak·ka·ra naar·kaa·li·yil o·ru [place
A] in·no·ru [place B] naan ep·pa·di
sel·lu·va·dhu

Can I visit [place] with a wheelchair?

சக்கர நாற்காலியில் நான் ஒரு
[place] பார்க்கலாமா?
sak·ka·ra naar·kaa·li·yil naan o·ru
[place] paar·ka·laa·ma

Can you reach that for me?

நீங்கள் அதை எனக்கு
கொடுக்க முடியுமா?
neen·gal ad·hai e·nak·ku ko·duk·ka
mu·di·yu·ma

Can you guide me to [place]?

நீங்கள் என்னை வழி நடத்த
முடியுமா? [place]??
neen·gal en·nai va·zhi na·da·tha
mu·di·yu·ma ... [place]??

**Do you have a fork/
spoon/straw?**

முட்கரண்டி அல்லது கரண்டி
இருக்கின்றதா?
mut·ka·ran·di al·la·dhu ka·ran·di
i·ru·kin·dra·dha

Are there any stairs?

மாடி படி ஏதேனும் உள்ளதா?
maa-di pa-di ae-dhe-num ul-la-dha

How many steps are there?

எவ்வளவு படிகள் உள்ளன?
ev·va·la·vu pa-di-gal ul-la-na

Equipment

It can fold

அதை மடக்க முடியும்
a-dhai ma-da-ka mu-di-yum

It can't fold

அதை மடக்க முடியாது
a-dhai ma-dak-ka mu-di-yaa-dhu

Hold here

இங்கே பிடியுங்கள்
in-ge pi-di-yun-gal

It is too heavy to lift

மிகவும் கனமாக உள்ளது
mi-ga-vum ga-na-maa-ga ul-la-dhu

It is [weight] kg

அது இவ்வளவு கிலோவாகும்
a-dhu [weight] ki-lo-vaa-gum

It is a [type] battery

அது ஒரு [type] பேட்டரி
a-dhu o·ru [type] [battery]

dry battery

உளர் பேட்டரி
u-lar [battery]

lithium-ion battery

லித்தியம்-அயன் பேட்டரி
[lithium ion battery]

wet battery

ஈரமான பேட்டரி
ee-ra-maa-na [battery]

sealed battery

மூடிய பேட்டரி
moo-di·ya [battery]

non-sealed battery

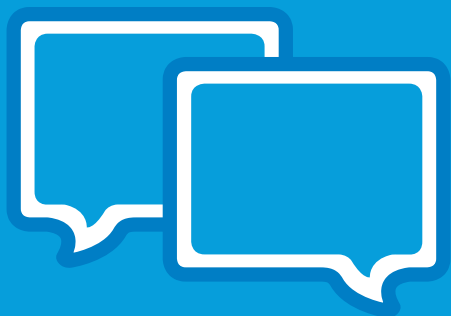
அல்லாத மூடப்பட்ட பேட்டரி
al-laa-dha moo-dap-pat-ta [battery]

Getting Help

Excuse me	மன்னிக்கவும் man-nik-ka-vum
Please help me/give me a hand	தயவு செய்து எனக்கு உதவுங்கள் dha-ya-vu sei-dhu ennakku udha-vungal
Please be careful	தயவு செய்து கவனமாக இருங்கள் dhayavu sei-dhu ga-va-na-maa-ga i-run-gal
I'm fine/okay	நான் நன்றாக இருக்கிறேன் naan nan-draa-ga i-ru-ki-ren
Help (emergency)	அவசர உதவி a-va-sa-ra u-dha-vi
Can you please write it down?	தயவு செய்து அதை எழுதுங்கள் dha-ya-vu sei-dhu ad-hai e-zhu-dhun-gal
Yes	ஆம் aam
No	இல்லை il-lai
Stop	நிறுத்த ni-ruth-ha
Please	தயவு செய்து dha-ya-vu sei-dhu
Thanks (informal)	நன்றி nan-dri

Allergies

gluten	பசயம் pa-sa-yam
milk	பால் paal
dairy	பால் paal
peanut	வேர்க்கடலை ver-ka-da-lai
soy	சோயா cho-ya
nuts	கொட்டைகள் kot-tai-kal
eggs	முட்டைகள் mut-tai-gal
Does this contain [food]?	இது [food] கொண்டதை? i-dhu [food] kon-da-dha
I have a [food] allergy	எனக்கு [food] ஒவ்வாமை இருக்கிறது e-nak-ku [food] oy-vaa-mai i-ru-ki-ra-dhu
Can you make this without [food]?	நீங்கள் [food] இல்லாமல் இதை செய்ய முடியுமா neen-gal [food] il-laa-mal i-dhai say-ya mu-di-yu-ma



Thai

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Pronunciation

Just about all of the sounds in Thai exist in English. While some people may find it difficult to pronounce Thai words, persistence is the key. Locals will appreciate your efforts and often help you along. Smile, point and try again. You'll be surprised how much sense you can convey with just a few useful words.

Word Stress

In this book we have used hyphens to separate syllables from each another. So the word **ang-grit** (English) is made up of two distinct syllables **ang** and **grit**.

In some words we have divided the syllables further with a dot · in order to help you separate vowel sounds and avoid mispronunciation. So the word **kĕe-an** is actually pronounced as one syllable with two separate vowel sounds.

Vowel Sounds

Thai vowel sounds are similar to those in the English words listed in this table. Accents above vowels (like à, é and ò) relate to the tones (see next page).

Consonant Sounds

Most consonants in our phonetic system are pronounced the same as in English but Thai does have a few tricky consonants. Watch out for the **ɸ** sound which is halfway between a 'b' and a 'p', and the **ɖ** sound which is halfway between a 'd' and a 't'.

Basics

Hello.

สวัสดี
sà-wàt-dee

Goodbye.

ลาก่อน
lah gòrn

Please.

ขอ
kǒr

Thank you.

ขอบคุณครับ/ค่ะ
kòrp kun

Yes.

ใช่
chài

No.

ไม่ใช่
mái

Excuse me.

ขอโทษนะครับ/คะ
kǒr tòht ná kráp/ká [m/f]

Sorry.

ขอโทษ
kǒr tòht

Do you speak English?

คุณพูดภาษาอังกฤษได้ไหม
dài mǎi

I (don't) understand.

ผม/ดิฉัน (ไม่) เข้าใจ
pǒm/di-chăn (mái) kôw jai [m/f]

Help!

ช่วยด้วย
chôo·ay dōo·ay

Where's the toilet?

ห้องน้ำอยู่ที่ไหน
hông nám yòo tée nãi

Glossary of Terms

accessible

คนพิการเข้าถึงได้
kon pí·gahn kôw tềng dãi

accessible toilet

ห้องน้ำสำหรับคนพิการ
hông nám sãm·ràp kon pí·gahn

amyotrophic lateral sclerosis (ALS)

อะไมโอโทรฟิก แลเทอรัล สเกลอโรซิส
amai·oh-troh-pic laa·ter·ran
sà·kler·roh·sít

asthma

โรคหืด
rôhk hêt

attendant

ผู้ช่วย
pôo chô·ay

autism

โรคออทิซึม
rôhk or·ti·seum

cane

ไม้เท้า
mái tów

cerebral palsy

ภาวะสมองพิการ
pah·wá sà·mǎng pí·gahn

crutch(es)

ไม้ยันรักแร้
mái yan rák ráa

diabetes

โรคเบาหวาน
rôhk bow wǎhn

disability

ความพิการ
kwahm pí·gahn

dyspraxia	ดิซสแปร็กเซีย dì-sà-práak·see·a
electric wheelchair	เก้าอี้รถเข็นไฟฟ้า gôw·êe rót kěn fai fáh
elevator	ลิฟต์ líp
epilepsy	โรคลมชัก rôhk lom chák
guide/service dog	สุนัขนำทาง/ช่วยเหลือ sù·nák nam tahng/chôo·ay lěu·a
hand rail	ราวมือจับ row meu jàp
hearing impairment	พิการทางได้ยิน pí·gahn tahng dâi yin
learning difficulties	ปัญหาการเรียนรู้ ban·hăh gahn ree-an róo
long-term illness	ความเจ็บป่วยระยะยาว kwahm jèp pòoay rá·yá yow
manual wheelchair	เก้าอี้รถเข็นมือหมุน gôw·êe rót kěn meu mǔn
medicine	ยา yah
multiple sclerosis (MS)	โรคปลอกประสาทเสื่อมแข็ง rôhk blòrk brà-sàht sèu·am kǎang
muscular dystrophy (MD)	โรคกล้ามเนื้อเสื่อม rôhk glâhm néua sèu·am

physical disability

พิการทางร่างกาย
pí·gahn tahng ráhng gai

ramp

ทางลาด
tahng lâht

shower chair

เก้าอี้สำหรับอาบน้ำ
gôw·êe sǎm·ràp àhp nám

spinal-cord injury (SCI)

บาดเจ็บไขสันหลัง
bàht jèp kǎi sǎn lǎng

visual impairment

พิการทางสายตา
pí·gahn tahng sǎi dah

wheelchair

เก้าอี้รถเข็น
gôw·êe rót kěn

wheelchair space

เนื้อที่พอสำหรับเก้าอี้รถเข็น
néu·a têe por sǎm·ràp gôw·êe rót kěn

Travel Phrases

Disability-Related

I am disabled

ผม/ดิฉันเป็นคนพิการ
pǎm/dì-chăn ben kon pí-gahn
[m/f]

I have [disability]

ผม/ดิฉันเป็น [disability]
pǎm/dì-chăn ben [disability]
[m/f]

can walk a bit

เดินได้นิดหน่อย
dern dâi nít nòy

cannot walk at all

เดินไม่ได้เลย
dern mâi dâi loei

Hotels

Do you have an accessible room?

มีห้องที่คนพิการเข้าถึงได้ไหม
mee hôrng tēe kon pí-gahn kôw
tēung dâi mǎi

Is there a roll-in shower?

มีห้องน้ำชนิดเข็นเก้าอี้รถเข็นเข้าไปได้ไหม
mee hôrng nám chá-nít kěn gôw-êe
rót kěn kôw bai dâi mǎi

Is there a shower chair?

มีเก้าอี้อาบน้ำไหม
mee gôw-êe àhp nám mǎi

Are there any steps in the room?

ห้องมีขั้นบันไดหรือเปล่า
hôrng mee kân ban-dai reu blòw

Is there a step into the bathroom?

มีขั้นลงห้องน้ำหรือเปล่า
mee kân long hǒng nám rêu blòw

How wide is the door?

ช่องประตูกว้างเท่าไร
chǒng brà·doò gwáhng tǒw·rai

Is there a wheelchair I can borrow?

มีเก้าอี้รถเข็นที่พอจะยืมใช้ได้ไหม
mee gôw·êe rót kěn tēe por jà yeum
chái dâi mǎi

Transportation

Which entrance has an elevator?

ทางเข้าอันไหนมีลิฟต์
tahng kǎw an nǎi mee líp

I want to go to [place]

ผม/ดิฉันอยากจะไป [place]
pǒm/dì·chǎn yàhk jà bai [place]
[m/f]

Can you put a ramp out for me please?

วางทางลาดให้ใช้ได้ไหม
wahng tahng láht hâi dâi mǎi

Out & About

Is there an accessible restaurant nearby?

มีร้านอาหารที่คนพิการเข้าได้ไหม
mee ráhn ah·hǎhn tēe kon pí·gahn
kôw dâi mǎi

Is there an accessible entrance?

มีทางเข้าสำหรับคนพิการไหม
mee tahng kôw sǎm·ràp kon
pí·gahn mǎi

How do I go from [place A] to [place B] in a wheelchair?

จะไปจาก [A] ไปถึง [B] โดยใช้อำเข็น
เช่น ได้อย่างไร
jà bai jàhk [A] bai tēung [B] doy
chái gôw·êe rót kěn dâi yàhng rai

Can I visit [place] with a wheelchair?

ไปถึง [place] โดยใช้เก้าอี้รถเข็นได้ไหม
bai téung [place] doy cháí gòw-êe
rót kên dài mǎi

Can you reach that for me?

เอื้อมมือถึงนั้นให้ได้ไหม
êu-am meu téung nân hài dài mǎi

Can you guide me to [place]?

พาผม/ดิฉัน ไปถึง [place] ได้ไหม
pǎm/dì-chān bai téung [place] dài
mǎi [m/f]

Do you have a fork/spoon/straw?

มีช้อน/ช้อน/หลอดไหม
mee sòrm/chòrn/lòt mǎi

Are there any stairs?

มีขั้นบันไดเยอะไหม
mee kân ban-dai yér mǎi

How many steps are there?

มีขั้นบันไดเท่าไร
mee kân ban-dai tōw-rai

Equipment

It can fold

พับได้
páp dài

It can't fold

พับไม่ได้
páp mǎi dài

Hold here

จับที่นี่
jáp tēe nēe

It is too heavy to lift

หนักเกินไป ยกไม่ได้
nàk gern bai yók mǎi dài

It is [weight] kg

น้ำหนัก [weight] กิโลกรัม
nám nàk [weight] gì-loh-gram

It is a [type] battery

เป็นแบตเตอรี่ชนิด [type]
ben bàat-der-rée chá-nít [type]

dry batteryแบตเตอรี่แห้ง
bàat·der·rêe hâang**lithium-ion battery**แบตเตอรี่ลิเทียมไอออน
bàat·der·rêe lí·tee·am ai·orn**wet battery**แบตเตอรี่เปียก
bàat·der·rêe bee·ak**sealed battery**แบตเตอรี่ปิดผนึก
bàat·der·rêe bìt pà·nèuk**non-sealed battery**แบตเตอรี่ไม่ปิดผนึก
bàat·der·rêe mǎi bìt pà·nèuk

Getting Help

Excuse meขอโทษนะครับ/คะ
kǒr tǒht ná kráp/ká [m/f]**Please help me/give me a hand**ขอช่วยหน่อย
kǒr chǒo·ay nòy**Please be careful**โปรดระมัดระวัง
bròht rá·mát rá·wang**I'm fine/okay**ผม/ดีฉัน โอเคนะ
pǒm/dì·chǎn oh·kair ná [m/f]**Help (emergency)**ช่วยด้วย
chǒo·ay dǒo·ay**Can you please write it down?**เขียนให้ได้ไหม
kǎe·an hǎi dǎi mǎi**Yes**ใช่
chǎi**No**ไม่ใช่
mǎi chǎi

Stopหยุด
yút**Please**ขอ
kǒr**Thanks (informal)**ขอบคุณครับ/ค่ะ
kòrp kun kráp/ká [m/f]

Allergies

glutenกลูเตน
gloo·đen**milk**น้ำนม
nám nom**dairy**อาหารจากน้ำนม
ah-hǎhn jàhk nám nom**peanut**ถั่วลิสง
tòò-a lí-sǒng**soy**ถั่วเหลือง
tòò-a lǐu·ang**nuts**ถั่ว
tòò-a**eggs**ไข่
kài**Does this contain
[food]?**มี [food] ไหม
mee [food] mǎi**I have a [food] allergy**ผม/ดิฉัน แพ้ [food]
pǒm/dì·chǎn páa [food] [m/f]**Can you make this
without [food]?**ฉันนี้ทำได้โดยไม่ใส่ [food] ได้ไหม
an née tam doy mǎi sài [food] dǎi mǎi



Ukrainian

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Pronunciation

Unlike English, where one letter may be pronounced in many different ways, each letter in Ukrainian usually stands for only one sound. This means that even as a beginner you should be able to read aloud from unfamiliar texts and be easily understood by speakers of Ukrainian. Beware, however, of the letters that look like English ones, but in fact stand for quite different sounds.

Word Stress

Where a word has two syllables or more, stressed syllables are indicated by italics in the transliterations.

Vowel Sounds

Ukrainian has six pure vowels. All are short. There are four iotated vowels. This means that they begin with a sound like the 'y' in yellow and continue with a pure vowel.

Consonant Sounds

Some consonants – d (д), z (з), l (л), n (н), s (с), t (т), and ts (ц) – are sometimes 'softened'. The 'soft' consonant is pronounced with the tongue closer to the palate than in the case of its 'hard' counterpart. If a consonant is pronounced as a soft consonant, this is indicated by the soft sign ' (ь) following it. The difference between n (н) and n' (нь) is like the difference between the 'n' in 'canoe' and the 'n' in 'sinew'. Similarly, d (д) is pronounced like the 'd' in 'do', while d' (дь) is like the 'd' in 'dew'.

Basics

Hello.	Добрий день <i>do-bry den'!</i>
Goodbye.	До побачення; До зустрічі <i>do po-ba-chen-nya; do zu-stri-chi</i>
Please.	будь ласка <i>bud' la-ska</i>
Thank you.	спасибі <i>spa-sy-bi</i>
Yes.	так <i>tak</i>
No.	ні <i>ni</i>
Sorry.	(Дуже) Перепрошую <i>(du-zhe) pe-re-pro-shu-yu</i>
Excuse me.	вибачте <i>vy-bach-te</i>
Do you speak English?	Ви розмовляєте англійською (мовою)? <i>vy roz-mov-lya-e-te an-gliy-sko-yu (mo-vo-yu)?</i>
I (don't) understand.	Я не розумію <i>ya ne po-zu-mi-yu</i>
Help!	допоможіть <i>do-po-mo-zhit'</i>
Where are the toilets?	Де тут туалети? <i>de tut tu-a-le-ty?</i>

Glossary of Terms

accessible	доступний <i>do·stu·pny</i>
accessible toilet	доступний туалет <i>do·stu·pny tu·a·let</i>
amyotrophic lateral sclerosis (ALS)	бічний аміотрофічний склероз <i>bich·ny a·mio·tro·fi·chny skle·roz</i>
asthma	астма <i>a·stma</i>
attendant	обслуговуюча особа <i>ob·slu·go·vu·yu·cha o·so·ba</i>
autism	аутизм <i>a·u·tyzm</i>
cane	ціпок <i>tsi·pok</i>
cerebral palsy	дитячий церебральний параліч (дцп) <i>dy·tya·chy tse·re·bral'·ny pa·ra·lich</i>
crutch(es)	милиця (ці) <i>my·ly·tsya (tsi)</i>
diabetes	цукровий діабет <i>tsu·kro·vy di·a·bet</i>
disability	інвалідність <i>in·va·li·dnist'</i>
dyspraxia	діспраксія <i>dis·prak·si·ya</i>
electric wheelchair	електричне інвалідне крісло <i>e·lek·try·chne in·va·li·dne kri·slo</i>
elevator	ліфт <i>lift</i>
epilepsy	епілепсія <i>e·pi·lep·si·ya</i>

guide/service dog	провідник / службова собака <i>pro-vid-nyk / sluzh-bo·va so·ba·ka</i>
hand rail	поручень <i>po·ru·chen'</i>
hearing impairment	порушення слуху <i>po·ru·shen·nya slu·khu</i>
learning difficulties	труднощі в навчанні <i>trud-no-shchi v nav·chan·ni</i>
long-term illness	хронічне захворювання <i>khro-nich-ne za·chvo·ryu·van·nya</i>
manual wheelchair	ручне крісло-коляска <i>ruch-ne kri·slo · ko·lya·ska</i>
medicine	ліки <i>li·ky</i>
multiple sclerosis (MS)	розсіяний склероз <i>roz-si·ya·ny skle·roz</i>
muscular dystrophy (MD)	м'язова дистрофія дюшена (мд) <i>m'ya·zo·va dys-tro-fi·ya dyu·she·na</i>
physical disability	фізична інвалідність <i>fi·zy·chna in·va·li·dnist'</i>
ramp	пандус <i>pa·ndus</i>
shower chair	крісло для душу <i>kri·slo dlya du·shu</i>
spinal-cord injury (SCI)	травма спинного мозку <i>trav·ma spyn-no·ho moz·gu</i>
visual impairment	порушення зору <i>po·ru·shen·nya zo·ru</i>
wheelchair	інвалідне крісло <i>in·va·li·dne kri·slo</i>
wheelchair space	простір для інвалідного крісла <i>pro·stir dlya in·va·lid-no·ho kri·sla</i>

Travel Phrases

Disability-Related

I am disabled	я інвалід <i>ya in·va·lid</i>
I have [disability]	у мене є [інвалідність] <i>u me·ne ye [disability]</i>
can walk a bit	можу трохи ходити <i>mo·zhu tro·hy ho·dy·ty</i>
cannot walk at all	не хожу взагалі <i>ne ho·zhu vza·ha·l'i</i>

Hotels

Do you have an accessible room?	у вас є доступний номер для інвалідів? <i>u vas ye do·stu·pny no·mer dlya in·va·li·div</i>
Is there a roll-in shower?	чи там є поручень для інвалідів? <i>chy tam ye po·ru·chen' dlya in·va·li·div</i>
Is there a shower chair?	чи там є душ-крісло для інвалідів? <i>chy tam ye dush·kri·slo dlya in·va·li·div</i>
Are there any steps in the room?	чи існують які-небудь сходи в кімнаті? <i>chy is·nu·yut' ya·ki·ne·bud' skho·dy v kim·na·ti</i>
Is there a step into the bathroom?	чи там є східець у ванну? <i>chy tam ye skhi·dets' u va·nnu</i>

How wide is the door?	наскільки широкі двері? <i>na-skil'-ky shy-ro-ki dve-ri</i>
Is there a wheelchair I can borrow?	чи там є інвалідне крісло яким я можу користуватись? <i>chy tam ye in-va-li-dne kri-slo ya-kym ya mo-zhu ko-rys-tu-va-tys'</i>

Transportation

Which entrance has an elevator?	який вхід має ліфт? <i>ya-ky vkhid ma-ye lift</i>
I want to go to [place]	я хочу піти до [місце] <i>ya kho-chu pi-ty do [place]</i>
Can you put a ramp out for me please?	чи можете ви поставити пандус для мене, будь ласка? <i>chy mo-zhe-te vy po-sta-vy-ty pa-ndus dlya me-ne, bud' la-ska?</i>

Out & About

Is there an accessible restaurant nearby?	чи там є доступний для інвалідів ресторан поблизу? <i>chy tam ye do-stup-ny dlya in-va-li-div res-to-ran po-bly-zu?</i>
Is there an accessible entrance?	чи там є доступний вхід? <i>chy tam ye do-stup-ny vkhid?</i>
How do I go from [place A] to [place B] in a wheelchair?	як перейти від [місця а] на [місце б] в інвалідному кріслі? <i>yak pe-rey-ty vid [place A] na [place B] v in-va-li-dno-mu kri-sli?</i>
Can I visit [place] with a wheelchair?	чи можу я відвідати [місце] в інвалідному кріслі? <i>chy mo-zhy-ya vid-vi da-ty [place] v in-va-lid no mu kri sli?</i>

Can you guide me to [place]?	чи можете ви провести мене на [місце]? <i>chy mo-zhe-te vy pro-ves-ty me-ne na [place]?</i>
Do you have a fork/spoon/straw?	у вас є вилка / ложка / палочки? <i>u vas ye vy-lka/lo-zhka/pa-loch-ky?</i>
Are there any stairs?	чи існують які-небудь сходи там? <i>chy is-nu-yut' yaki-ne-bud' skho-du tam?</i>
How many steps are there?	скільки сходи є там? <i>skil'-ku skhid-tsiv ye tam?</i>

Equipment

It can fold	може складатись <i>mo-zhe skla-da-tys'</i>
It can't fold	не може складатись <i>ne mo-zhe skla-da-tys'</i>
Hold here	беріться тут <i>be-rit'-sya tut</i>
It is too heavy to lift	це занадто важке, щоб підняти <i>tse za-nad-to vazh-ke, shchob pi-dnya-ty</i>
It is [weight] kg	це [weight] кг <i>tse [weight] kg</i>
It is a [type] battery	це [type] акумулятора <i>tse [type] a-ku-mu-lya-to-ra</i>
dry battery	сухий акумулятор <i>su-khyy a-ku-mu-lya-tor</i>
lithium-ion battery	літій-іонний акумулятор <i>li-tiy-i-on-ny a-ku-mu-lya-tor</i>

wet battery	сирий (бракований) акумулятор <i>sy·ry (bra·ko·va·ny)</i> <i>a·ku·mu·lya·tor</i>
sealed battery	герметизований акумулятор <i>ge·rme·ty·zo·va·ny a·ku·mu·lya·tor</i>
non-sealed battery	не герметизований акумулятор <i>ne ge·rme·ty·zo·va·ny</i> <i>a·ku·mu·lya·tor</i>

Getting Help

Excuse me	вибачте <i>vy·bach·te</i>
Please help me/give me a hand	будь ласка, допоможіть мені / подайте мені руку <i>byd' la·ska, do·po·mo·zhit' me·ni /</i> <i>po·day·te ru·ku</i>
Please be careful	будь ласка, будь обережним <i>byd' la·ska, bud' o·be·re·zhnym</i>
I'm fine/okay	я в порядку <i>ya v po·rya·dku</i>
Help (emergency)	допоможіть <i>do·po·mo·zhit'</i>
Can you please write it down?	чи можете ви записати це? <i>chy mo·zhe·te vy za·py·sa·ty tse?</i>
Yes	так <i>tak</i>
No	ні <i>ni</i>
Stop	стій <i>stiy</i>
Please	будь ласка <i>bud' la·ska</i>
Thanks (informal)	спасибі <i>spa·sy·bi</i>

Allergies

gluten	клейковина <i>kley·ko·vy·na</i>
milk	молоко <i>mo·lo·ko</i>
dairy	молочний <i>mo·lo·chny</i>
peanut	арахіс <i>a·ra·khis</i>
soy	соя <i>so·ya</i>
nuts	горішки <i>go·ri·shky</i>
eggs	яйця <i>yay·tsya</i>
Does this contain [food]?	чи містить це [food]? <i>chy mi·styt' tse [food]?</i>
I have a [food] allergy	у мене є алергія на [food] <i>u me·ne ye a·ler·gi·ya na [food]</i>
Can you make this without [food]?	чи можете ви зробити це без [food] <i>chy mo·zhe·te vy zro·by·ty tse bez [food]?</i>



Vietnamese

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Pronunciation

Word Stress

Vietnamese words are considered to have one syllable, so stress is not a major issue when speaking. Tones can make words sound stressed though – work on your tones and it'll all fall into place.

Tones

If you listen to someone speaking Vietnamese you'll notice that some vowels are pronounced with a high or low pitch while others swoop or glide in an almost musical manner. This is because Vietnamese uses a system of tones to make distinctions between words. There are six tones used in Vietnamese: mid, low falling, low rising, high broken, high rising and low broken. The accent marks above or below the vowel in written Vietnamese (and also in our pronunciation guides) remind you which one to use. Note that the mid tone is flat. In the south, the low rising and the high broken tones are both pronounced as the low rising tone.

Vowel Sounds

Most Vietnamese vowel sounds exist in English, so you shouldn't have too much trouble pronouncing them. Once you've got the hang of the tones and the few challenging vowel sounds you'll be well on your way. In our pronunciation guides we've used dots (eg [dee-úhng](#)) to separate the different vowel sounds, but simplified three-vowel instances to two.

Consonant Sounds

Vietnamese consonant sounds are generally a breeze for English speakers to pronounce. The challenge for some people is the [ng](#) at the start of a word. English has this sound (eg 'sing'), but only in the middle or at the end of a word.

Basics

Hello.	Xin chào. sin jòw
Goodbye.	Tạm biệt. daam bee·vht
Please.	Xin. sin
Thank you.	Cảm ơn. gảm ern
Yes.	Dạ./Vâng. zaạ/vuhng
No.	Không. kawm
Excuse me.	Xin lỗi. sin lờy
Sorry.	Xin lỗi. sin lờy
Do you speak English?	Bạn có nói tiếng (Anh) không? baan gố nớy dee·úhng (aang) kawm
I don't understand.	Tôi không hiểu. doy kawm heẻ·oo
Help!	Cứu tôi với! gũhr·oó doy vẻr·ee
Where are the toilets?	Nhà vệ sinh ở đâu? nyaa vệ sing ờ đơh

Glossary of Terms

accessible	ai ai cũng dùng được ai ai gũm zùng đưh-er̄k
accessible toilet	nhà vệ sinh dành cho người khuyết tật nyàa vệ sinh zàang jo nguhr-eè kwee-úht dũht
amyotrophic lateral sclerosis (ALS)	xơ cứng teo cơ một bên ser gũhng deo ḡer mawt ben
asthma	hen suyễn hern sweē-uhn
attendant	người đi theo hỗ trợ nguhr-eè đee tay-oo hăw ch̄er
autism	tự kỷ dũhr ḡeē
cane	gậy/ba-toong gay/ba-toong
cerebral palsy	bại não bại nōw
crutch(es)	nạng naang
diabetes	bệnh tiểu đường bệng deē-oo đưh-èrng
disability	khuyết tật kwee-úht dũht
dyspraxia	chứng suy giảm điều khiển cơ bắp jũhnr swee zaām đee-oò kee-ũhn ḡer bũhp
electric wheelchair	xe lăn chạy điện sa luhn jay đee-ũn
elevator	thang máy taang máy

epilepsy	chứng động kinh júhm đawm gĩng
guide/service dog	chó dẫn đường jó zũhn đuhr-èng
hand rail	tay vịn day vịn
hearing impairment	khiếm thính kee-úhm tĩng
learning difficulties	chứng khó học júhrng kó hợp
long-term illness	bệnh kéo dài bệng gầy-oó zai
manual wheelchair	xe lăn đẩy bằng tay sa luhn đẩy bùhng day
medicine	thuốc too-úhk
multiple sclerosis (MS)	đa xơ cứng đaa suhr gũhrng
muscular dystrophy (MD)	bệnh loạn dưỡng cơ bệng lwaan zũhr-eng gẽr
physical disability	tàn tật thể chất taàn dịht tẻ júht
ramp	đường dốc cho xe lăn đuhr-èng záwp jo sa luhn
shower chair	ghế ngồi tắm gẻ ngồi dúhm
spinal-cord injury (SCI)	tổn thương tủy sống dawn tuhr-erng doo-eẻ sáwm
visual impairment	khiếm thị kee-úhm tee
wheelchair	xe lăn sa luhn
wheelchair space	chỗ dành cho xe lăn jắw zaàng jo sa luhn

Travel Phrases

Disability-Related

I am disabled	Tôi bị khuyết tật doy beẹ kwee-úht dñht
I have [disability]	Tôi bị [disability] doy beẹ [disability]
can walk a bit	có thể bước đi được chút ít gố tẻ buhr-ért đee đuhr-erk jút ít
cannot walk at all	không thể bước đi được kawm tẻ buhr-ért đee đuhr-erk

Hotels

Do you have an accessible room?	Anh/chị có phòng dành cho người khuyết tật không? aang/jeẹ gố fòm zaàng jo nguhr-eè kwee-úht dñht kawm
Is there a roll-in shower?	Có phòng tắm vòi sen có thanh vịn không? gố fòm dñhm vòy seng gố taang vịn kawm
Is there a shower chair?	Có ghế ngồi tắm cho người khuyết tật không? gố gé ngòi dñhm jo nguhr-eè kwee-úht dñht kawm
Are there any steps in the room?	Có bậc khi vào phòng không? gố buhk kee vòv fòm kawm
Is there a step into the bathroom?	Có bậc khi vào phòng tắm không? gố buhk kee vòv fòm dñhm kawm
How wide is the door?	Cửa rộng thế nào? gùhr-uh zạm táy nòv

Is there a wheelchair I can borrow?

Có xe lăn tôi có thể mượn không?
gố sa luhn doy gố tẻ muhr-ern
kawm

Transportation

Which entrance has an elevator?

Lối vào nào có thang máy?
lớy vòw nòw gố taang máy

I want to go to [place]

Tôi muốn đi tới [place]
doy moo-uhn đee der-ee [place]

Can you put a ramp out for me please?

Anh/chị có thể vui lòng đặt một cái
đường dốc cho tôi đi không?
aang/jeẽ gố tẻ voo-ee lòm đựt
mawt gáí đưhr-èrng záwp jo doy
đee kawm

Out & About

Is there an accessible restaurant nearby?

Gần đây có nhà hàng nào người
khuyết tật có thể thuận tiện ra vào
không?
gùhn đay gố nyaà haàng nòw
nguhr-eẽ kwee-úht dựt gố tẻ
twùhn dee-uhn zaa vòw kawm

Is there an accessible entrance?

Có đường vào dành cho người
khuyết tật không?
gố đưhr-èrng vòw zaàng jo
nguhr-eẽ kwee-úht dựt kawm

How do I go from [place A] to [place B] in a wheelchair?

Tôi đi thế nào từ [place A] đến
[place B] bằng xe lăn?
doy đee té nòw dùhr [place A] đến
[place B] bùhng sa luhn

Can I visit [place] with a wheelchair?

Tôi có thể đi thăm [place] với xe
lăn không?
doy gố tẻ đee tuhm [place] ver-ee
sa luhn kawm

Can you reach that for me?	Anh/chị có thể với lấy thứ đó cho tôi không? aang/jeɐ ʔɔ tɛ ver-ée láy thứ đó jo doy kawm
Can you guide me to [place]?	Anh/chị có thể chỉ dẫn tôi tới [place] không? aang/jeɐ ʔɔ tɛ jeɐ zũhn doy der-ée [place] kawm
Do you have a fork/spoon/straw?	Anh/chị có nĩa/thìa/ống hút không? aang/jeɐ ʔɔ neɐ-uh/tee-ùh/áwm hút kawm
Are there any stairs?	Có cầu thang bộ không? ʔɔ ʔòh taang baw kawm
How many steps are there?	Có bao nhiêu bậc? ʔɔ bow nyee-oo bựk

Equipment

It can fold	Nó có thể gấp lại nó ʔɔ tɛ ʔúp lại
It can't fold	Nó không thể gấp lại nó kawm tɛ ʔúp lại
Hold here	Vịn đây vịn đây
It is too heavy to lift	Quá nặng không nhắc được ʔwaá nựhng kawm núk đưh-ɐk
It is [weight] kg	Nó nặng (bao nhiêu) kg nó nựhng [weight] ʔee law
It is a [type] battery	Đó là pin/ắc quy (loại gì) đó là pin/úhk ʔwee [type]
dry battery	pin/ắc quy khô (không nước) pin/úhk ʔwee kaw (kawm nuh-érk)
lithium-ion battery	pin/ắc quy sạc pin/úhk ʔwee sạk

wet battery	pín/ắc quy có nước ở trong pín/úhk ġwee ġó nuhr-érk ề chom
sealed battery	ắc quy kín úhk ġwee ġín
non-sealed battery	ắc quy không kín úhk ġwee kawm ġín

Getting Help

Excuse me	Xin lỗi sin lồi
Please help me/give me a hand	Vui lòng giúp tôi voo-ee lòm zúp doy
Please be careful	Xin cẩn thận sin ġủhn tậhn
I'm fine/okay	Tôi khỏe/ổn doy kwả/ảwn
Help (emergency)	Cứu tôi với! ġuhr-oó doy vέρ-ee!
Can you please write it down?	Anh/chị có thể vui lòng viết xuống không? aang/jeẹ ġố tẻ vo-ee lòm vee-úht soo-úhng kawm
Yes	Dạ (s)/Vâng (n) zaạ/vuhng
No	Không kawm
Stop	Dừng lại zùhng lại
Please	Vui lòng/làm ơn voo-ee lòm/laàm ern
Thanks (informal)	Cảm ơn ġaảm ern

Allergies

gluten	chất gluten júht gloo-ten
milk	sữa sũhr-uh
dairy	đồ làm từ sữa đầu làm từ sữa sũhr-uh
peanut	hạt lạc/đậu phộng haet laak/độh fòm
soy	đậu nành độh naàng
nuts	các loại hạt gáak lwaj haet
eggs	trứng chúhng
Does this contain [food]?	Món này có [food] không? món này gó [food] kawm
I have a [food] allergy	Tôi bị dị ứng với [food] doy beẹ zeẹ úhng ver-éé [food]
Can you make this without [food]?	Anh (m)/chị (f) có thể làm món này mà không có [food] không? aang/jeẹ gó tè làm món này mar kawm gó [food] kawm

Go to <https://shop.lonelyplanet.com/categories/accessible-travel> to browse Lonely Planet's full range of accessible travel titles, all available free to download.



ACCESSIBLE TRAVEL ONLINE RESOURCES

<https://shop.lonelyplanet.com/products/accessible-travel-online-resources-2017>

Selected by the UN World Tourism Organisation as one of six examples of best practice in accessible travel, this is the world's largest collection of online resources for travelling with access issues, curated by Lonely Planet's Accessible Travel Manager, Martin Heng. It covers dozens of countries, and features dozens of personal travel blogs, with listings of specialist sports organisations and country-by-country specialised accessible travel agents and tour operators.



ACCESSIBLE RIO DE JANEIRO

<https://shop.lonelyplanet.com/products/accessible-rio-1-full-pdf-ebook>

Researched on the ground by British access consultant, journalist and TV presenter Emily Yates, this comprehensive city guide was supplied to athletes competing in the 2016 Paralympics. Discover where to surf and samba with local disabled people's organizations, and how to explore the lively nightlife scene and take in amazing beach views from Pão de Açúcar (Sugarloaf Mountain). From what to expect when you land and how to avoid the hassle of unexpected barriers to planning an accessible weekend, this guide has it all.



ACCESSIBLE UK FESTIVAL GUIDES

Catering mainly for the 12 million people in the UK with a disability, at least 70,000 of whom attend festivals across the UK annually, Lonely Planet launched its AccessFest 2016 campaign with access guides to three great UK festival destinations: Edinburgh, Glasgow and Brighton. Partnering with local disabled people's organisations, these destination guides cover accessible transport, accommodation, tourist sites, and eating, drinking and entertainment venues, together with detailed access information about the festivals themselves.



ACCESSIBLE MELBOURNE

<https://shop.lonelyplanet.com/products/accessible-melbourne-city-guide-1>

Discover Melbourne's best wheelchair-friendly restaurants and shops, get active with accessible sports, and enjoy spectacular scenery, food and wine along the Great Ocean Road. Lonely Planet's first accessible travel title gathered user reviews and insider tips from a wide range of travellers to ensure those with mobility, hearing or vision impairment get the most out of a Melbourne holiday. Watch this space: it's due to be fully updated in 2018 with on-the-ground research.

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