

Lesson 1	
tapaaike naam ke ho? 1	what is your name? 1
mero naam ho 1	my name is 1
tapaaike desh kun ho? 1	which country are you from? 1
mero desh Nepal ho 1	my country is Nepal 1
tapaaike kaam ke ho? 1	what is your job? 1
mero kaam wakil ho 1	my job is lawyer (I am a lawyer) 1

Lesson 1

sanchai chha? 1	how are you? 1
sanchai 1	(I am) O.K. 1
.....-ji! 1	hey! 1
hajur! 1	yes (Sir)! 1
yo ke ho? 1	what is this? 1
yo kitaab ho 1	this is a book 1

Lesson 1

kitaab kahaa chha? 1	where is the book? 1
kalam tebul maa chha 1	the pencil is on the table 1
kalam dinus! 1	please give me a pencil! 1
dhannyabaad 1	thank you 1
linus! 1	here you are = please take (it) 1
yahaa kati waTaa kitaab chha? 1	how many books are here? 1

Lesson 1

3 waTaa kalam chha 1	there are 3 pencils 1
maile bhujhina 1	I don't understand 1
pheri bhannus! 1	please repeat! 1
malaai thaahaa chhaina 1	I don't know 1

Lesson 2

lunch kati baje 2	what time is lunch 2
lunch 12 baje 2	lunch is at 12 o' clock 2
kati bajyo 2	what time is it (now)? 2
11 bajyo 2	it is 11 o'clock (now) 2
kahaa jaane? 2	where are we going? 2
Kathmandu jaane 2	we are going to Kathmandu 2

Lesson 2

kasari jaane? 2	how are we going? 2
bus maa jaane 2	we're going by bus 2

Lesson 3

tapaailaai kera manparchha? 3	do you like bananas? 3
malaai syaau manpardaina 3	I don't like apples 3
tapaailaai tarkaari chaahinchha? 3	do you need vegetables? 3
malaai phalphul chahidaina 3	I don't need fruits 3
daal bhaat kasto chha? 3	how is the daal bhaat? 3
khaanaa miTho chha 3	the food is delicious 3

lesson 3

kera paainchha? 3	do you have any bananas? 3
syaau kati parchha? 3	how much are the apples? 3
daal bhaat 200 parchha 3	daal bhaat costs 200 3
kati bhayo? 3	how much will it be? 3

Lesson 4

tapaaiko bihaa bhayo? 4	are you married? 4
bihaa bhaeko chhaina 4	I'm not married 4
tapaaiko chhora chhori chha? 4	do you have any children? 4
mero 2 jaana chhora chha 4	I have 2 sons 4
wahaa kati barsa? 4	how old is he? 4
wahaa 15 barsa 4	he is 15 years old 4

Lesson 4

**tapaiko pariwaar maa kati janaa
chha?**

4

**how many family members is, in
your family?**

4

Lesson 5

tapaai ke garnuhunchha? 5	what do you do? 5
bihaana dekhi belukaa samma 5	from morning to evening 5
raamro rahechha 5	that seems nice 5
ma pahile paani umaalchhu 5	first I boil water 5
tyaspachhi Thermos maa raakhchhu 5	then I put in into the thermos 5
paani umaalera Thermos maa raakhchhu 5	I boil water and put it into the thermos 5

Lesson 5

sodhnus na 5	just ask! 5
malaai paDnu parchha 5	I must study 5
tyaspachhi sabai koThaaharu saphaa garchhu 5	after that I clean all the rooms 5
ma paDna chaahanchhu 5	I want to study 5

Lesson 6

bhannus 6	please speak 6
tapaako bichhar maa bihbaar kasto chha? 6	how is Thursday in your opinion 6
kahile meeting raamro hunchha holaa? 6	when would a meeting be a good maybe? 6
bihbaar 7 taarikh kasto hunchha tapaaillaai? 6	how is Thursday the 7th for you? 6
bihbaar kun taarikh ho? 6	which date is Thursday? 6
aaune mahinaa raamro chha 6	next month is good 6

Lesson 7

euTaa kuraa sodhu? 7	may I ask you something? 7
MS Nepal kahaa chha? 7	where is MS Nepal 7
International Clinic Thulo seto Dhoka ko agaaDi chha 7	The International Clinic is in front of the big white gate 7
MS Nepal kataa tira parchha? 7	in which direction is MS Nepal? 7
International Clinic MS Nepal baaTa uttar tira parchha 7	The International Clinic is north of MS Nepal 7
Patan kasari jaane holaa? 7	how do you go to Patan 7

Lesson 7

yahaa baaTa baayaa tira jaanus 7	go left from here 7
MS Nepal yahaa baaTa TaaDhaa chha? 7	is MS Nepal far from here 7
malaai Patan jaanu parchha 7	I must go to Patan 7
sojho jaanus 7	go straight 7
la aba roknus 7	now stop 7
tapaai sanga paisaa chha? 7	do you have any money 7

Lesson 7

jaau hai? 7	may I go? 7
najaanus 7	don't go 7
Thulo seto Dhokaa aaepachhi baayaa moDnus 7	turn left after the big white gate has appeared 7
kati rupiyaa bhayo? 7	how many Nps did it become 7

Lesson 8

kasto chha? 8	how are you? 8
malaai nindraa laagyo 8	I feel sleepy 8
mero peT dukhyo 8	my stomach hurts 8
tapaailaai ke bhayo? 8	what happened to you? 8
kahile dekhi peT dukhyo? 8	for how long has your stomach been hurting? 8
hijo dekhi peT dukhyo 8	my stomach has been hurting since yesterday 8

Lesson 8

ke garne? 8	what can be done? 8
paani nakhaanus 8	don't drink water 8
has, ma tyasai garchhu 8	OK, I'll do (like) that 8
tapaale ke garnubhayo? 8	what did you do? 8
peT dukhyo bhane, umaaleko paani khaanus 8	if (your) stomach hurts, then drink boiled water 8
yo ausadhi le nindraa laagchha 8	this medicine makes (you) feel sleepy 8

Lesson 9

suti kapaDaa paainchha? 9	do you have any cotton material 9
shirt ko laagi kapaDaa 9	material for a shirt 9
yo malaai raamro laagyo 9	I think this is good 9
meter ko kati parchha? 9	how much is it per meter? 9
ali mahango bhayo, ghaTaaunus na 9	that's a little expensive, please lower the price 9
mero laagi shirt siidinus na 9	please sew a shirt for me 9

Lesson 9

Thikai ko laamo chaahinchha 9	I want it just the right length 9
chaar din pachhi chaahinchha 9	I need it in 4 days 9
ali chhiTo dina saknuhunna? 9	can't you give it a little faster 9
ma bholi pheri aaulaa 9	I'll be back tomorrow 9
chaar din pachhi dinubhayo bhane, raamro hunchha 9	it would be nice, if you could give it to me in 4 days 9
baaklo pani raamro pani chha 9	it is both thick and good 9

Lesson 10

paani parne mausam kasto chha? 10	what's the monsoon like? 10
kasto garmi din 10	what a hot day 10
Taraai Kathmandu bhandaa garmi hunchha 10	Taraai is hotter than Kathmandu 10
Nepaalgunj sabbhandaa garmi hunchha 10	Nepaalgunj is hottest 10
jaado din aaudaichha 10	cold days are coming 10
seto himaal dekhinchha 10	the white mountains can be seen 10

**yo mausam maa na dherai jaaDo
na dherai garmi ekdam ramaailo
hunchha**

10

**in this weather it is neither very
cold nor very hot, it is extremely
pleasant**

10

Lesson 11

yo gaau maa hospital chha ki chhaina 11	in this village is there a hospital or not? 11
kahaa baaTa aaunubhayo? 11	where did you come from? 11
ahile ma Kathmandu baaTa aaeko chhu 11	right now I have come from Kathmandu 11
yahaa dui barsa baschhu 11	I'll be staying here for 2 years 11
Nepali aliali sikdaichhu 11	I'm learning a little Nepali 11
tapaaiharule malaai maddat garnu parchha 11	you must help me 11

Lesson 11

kasto ramaailo chaaraitira 11	such pleasant surroundings 11
tapaaike kaam garne chhetra kahaa baaTa kahaa samma chha? 11	where does your working area begin and end? 11
yahaa baaTa Surket samma kati samaya laagchha 11	how long does it take to go from here to Surket? 11
Schools chha na ta chha, tara raamro chhaina 11	well, you could say there are schools, but they are not good 11

Lesson 12

Maile krisi ko baaremaa kehi sodhnu parchha 12	I must ask you something about farming 12
yahaa ko mukhya baali ke ke ho? 12	what are the main crops here? 12
ek barsa maa 3 paTak baali lagaainchha 12	crops are planted 3 times a year 12
tapaaiko khet ra baari kati chha? 12	how much irrigated and dry field do you have? 12
malaai sikaaidinus na 12	please teach me 12
maaTo le puridinus 12	cover it with soil 12

Lesson 13

sarkaari school ra boarding school maa ke pharak chha?	what's the difference between government schools and boarding schools?
13	13
maile suneko thie ki gaau ko school raamro chhaina	I've heard that village('s) schools aren't good
13	13
yo jaach pass bhaepachhi ...	after this exam has been passed ...
13	13
bhaai, timro naam ke ho?	younger brother, what is your name
13	13
timi school jaanchhau ?	do you go to school?
13	13
timi school jaana laageko ho?	are you about to go to school?
13	13

jaau

go!

13

13

Lesson 14

ma NEWAH laai maddat didaichhu 14	I am helping NEWAH 14
NEWAH bhaneko ke ho? 14	what does NEWAH mean? 14
NEWAH kasto kicim ko sansthaa ho? 14	what type of organization is NEWAH? 14
NEWAH le X ko digo bikaas ko laagi kaam garchha 14	NEWAH does X type of sustainable development work 14
suchanaa ko laagi dhannyabaad 14	thanks for the information 14
Nepal maa ke garnuhunchha? 14	what you do in Nepal 14

<p>NEWAH euTaa gair sarkaari sansthaa ho</p> <p>14</p>	<p>NEWAH is a non governmental organization</p> <p>14</p>
<p>NEWAH le mukhya ke ke kaam garchha?</p> <p>14</p>	<p>what main work does NEWAH do</p> <p>14</p>
<p>NEWAH ko laagi rakam kaha baaTa aauchha?</p> <p>14</p>	<p>where does the funding for NEWAH come from</p> <p>14</p>
<p>yasle swaasnimaanchhe samuha dwaaraa sahayog garchha</p> <p>14</p>	<p>it gives support though women's groups</p> <p>14</p>
<p>NEWAH le swaastha sikchyaa ko digo bikaas ko laagi kaam garchha</p> <p>14</p>	<p>NEWAH works for sustainable development of health education</p> <p>14</p>
<p>NEWAH ko laagi rakam IRC baaTa aauchha</p> <p>14</p>	<p>funding for NEWAH comes from IRC</p> <p>14</p>

<p>NEWAH sanga kun bishaya maa kaam gardai hunuhunchha?</p> <p>14</p>	<p>in which field/subject are you working with NEWAH</p> <p>14</p>
<p>ma wahaaharu laai abhilekh tathaa suchanaa ko kaam maa maddat garchhu</p> <p>14</p>	<p>I help them with documentation and information work</p> <p>14</p>
<p>abhilekh tathaa suchanaa ko kaam maa kasari maddat garnuhunchha?</p> <p>14</p>	<p>how do you help with documentation and information work</p> <p>14</p>
<p>mero uttardaitwa dherai chhan jastai: X,Y,Z</p> <p>14</p>	<p>I have many responsibilities, like: X,Y,Z</p> <p>14</p>
<p>chaakhlaagdo kaam rahechha</p> <p>14</p>	<p>interesting work, it seems</p> <p>14</p>
<p>ma MS Nepal ko bikaase kaaryakarta hu</p> <p>14</p>	<p>I am a development worker at/of MS Nepal</p> <p>14</p>

Lesson 15

ma MS-Nepal ko bikaase kaaryakarta hu 15	I'm a development worker with MS-Nepal 15
X sanga kun bishaya maa kaam gardai hunuhunchha? 15	in which field are you working with X? 15
ma wahaaharulaai X ko kaam maa maddat garchhu 15	I help them in X work 15
X ko kaam maa kasari maddat garnuhunchha? 15	how do you help in X type of work? 15
mero uttardaaitwa dherai chhan jastai.... 15	I have many responsibilities such as ... 15
chaakhlaagdo kaam rahechha 15	I found that is interesting work 15
MS kasto sansthaa ho?	what kind of (how) an organization is MS

15	15
MS euTaa Danish naagarikharu ko sansthaa ho	MS is a Danish citizen's organization
15	15
Denmark maa jo pani yasko sadasyaa banna sakchhan	anybody in Denmark can become a member of this
15	15
MS-Nepal ko mukhya kaaryakram ke ke ho?	what are the main programs of MS Nepal
15	15
MS le aaphai kunai pani kaam gardaina	MS doesn't do any work of its own
15	15
MS ko baaremaa sunna paaudaa khushi laagyo, dhannyabaad	I am happy to have heard about MS, thanks
15	15