

Lesson 16	
tapaai dheraai din pachhi aaunubhaya kina? 16	why did you come after many days 16
Ma aaphno saajhedaar sansthaa herna gaeko thie 16	I had gone to see my own partner organization 16
tapaai laai aaphno kaam garne Thaaau kasto laagyo? 16	how do you feel about your own working place 16
ekdam raamro laagyo 16	I feel extremely good 16
mero sansthaa gair sarkaari ra gair raajnaitik rahechha 16	it appears that my organization is non government and non political 16
tapaai ko sansthaa ko mukhya kaam ke ke ho?	what is the main work of your organization

16	16
yo sansthaa ko mukhya kaam 'mukta kamaiyaa' laai bibhinna kicim ko sahayog garnu ho 16	this organization's main work is to give different types of support to 'free Kamaayas' 16
tapaaike kaam ni? 16	and what about your work 16
mero kaam karmachaari haru laai sallaaha dine, taalim dine, mullyaankan garne ityaadi ho 16	my job is giving advice and training to the staff, making evaluations, etc 16
aru kuraa pachhi pheri garaulaa, ahile hataar chha jaau hai namaste 16	we will talk again later, now I am in a hurry, so let me go then, goodbye 16
'JASC' bhaneko 'jana aadarsa saamaajik kendra' ho 16	'JASC' means 'J.A. Social Center' 16
yo sansthaa 1995 maa	this organization was

<p>sthaapanaa bhayo</p> <p>16</p>	<p>established in 1995</p> <p>16</p>
<p>yasle Thulo bhumikaa kheldai aaeko chha</p> <p>16</p>	<p>it has been playing a large role</p> <p>16</p>
<p>yo sansthaa ko puraa/chhoTo naam X ho</p> <p>16</p>	<p>this organization's full/short name is X</p> <p>16</p>
<p>yo sansthaa 'sahabhaagitaa dwaaraa bikaas' maa biswaas garchha</p> <p>16</p>	<p>this organization believes in 'development through participation'</p> <p>16</p>
<p>nepali maa yaslaai 'samabikaas kendra' bhaninchha</p> <p>16</p>	<p>in Nepali this is called 'samabikaas kendra'</p> <p>16</p>

<p>yahaa khaataa kholna ke ke garnu parchha?</p> <p>17</p>	<p>what do you have to do to open an account here</p> <p>17</p>
<p>euTaa nibedan dinus ani duiTaa phoTo pani chaahinchha</p> <p>17</p>	<p>please give (us) an application, and then two photos are also needed</p> <p>17</p>
<p>kati rupiyaa dharauTi raakhnu parchha?</p> <p>17</p>	<p>how many Nrs deposit is it necessary to make?</p> <p>17</p>
<p>bank kati baje khulchha?</p> <p>17</p>	<p>what time is the bank open?</p> <p>17</p>
<p>10 baje dekhi 5 baje samma</p> <p>17</p>	<p>from 10 o'clock to 5 o'clock</p> <p>17</p>

<p>bank baaTa paisaa jhikna ke ke garnu parchha</p> <p>17</p>	<p>what is it necessary to do to withdraw money from the bank?</p> <p>17</p>
<p>check lekhnus ra dinus, token linus ra parkhanus!</p> <p>17</p>	<p>write a check and give (it to us), take a token and wait</p> <p>17</p>
<p>mero khaata maa jammaa kati bhayo heridinus na</p> <p>17</p>	<p>please see for me how much is (=became) in my account</p> <p>17</p>
<p>byaaj aaena?</p> <p>17</p>	<p>did interest not come?</p> <p>17</p>
<p>yahaa baaTa Denmark chiThi ko laagi TikaT kati laagchha?</p> <p>17</p>	<p>how much does a stamp for a letter from here to Denmark cost?</p> <p>17</p>

Thik chha, rajistari
garidinus!

17

OK, please make it
registered for me

17

Ma bholi pheri aaulaa

17

I will come again
tomorrow

17

Lesson 18	
kaslaai bheTna aaunubhayo 18	who did you come to meet 18
ma tapaailaai nai bheTna aaeko 18	I have come to meet you 18
Sussi le malaai yahaa paThaaunu bhayo 18	Sussi sent me here 18
tapaai le ghar ko kaam garnu bhaeko chha 18	have you done house work 18
ho, Sussi maa 2 barsa gare 18	yes, I worked for 2 years at Sussi's 18
tapaai laai ke ke khaanaa pakaanaa aauchha 18	which food do you know how to cook? 18

<p>malaai Nepali khaanaa banaauna aauchha</p> <p>18</p>	<p>I know how to cook Nepali food</p> <p>18</p>
<p>tapaai le dindinai khaanaa banaaunu parchha, hunchha?</p> <p>18</p>	<p>you must cook daily, OK?</p> <p>18</p>
<p>Has, ma sabai garchhu</p> <p>18</p>	<p>OK, I'll do it all</p> <p>18</p>
<p>tyaso bhae, bholi dekhi nai kaam suru garnus!</p> <p>18</p>	<p>in that case, please start work from tomorrow</p> <p>18</p>
<p>ko bolnubhaeko ho?</p> <p>18</p>	<p>Who is this speaking?</p> <p>18</p>
<p>hernus na, hijo dekhi mero batti balena, ke garne?</p> <p>18</p>	<p>please look now, since yesterday my light didn't come on, what can be done?</p> <p>18</p>

Thikai chha, ma bholi maanche bolaidinchhu 18	All right, I will call a person for you tomorrow 18
Yo paani ko paaisaa kahaa tirna jaane, bhanidinus na! 18	this money for water, where do you go to pay that, please tell me 18
kahile samma maa tirnu parchha? 18	when is the deadline for paying that 18
ek ek mahinaa ko anTim maa 18	the last day of every month 18
malaai nepali khaanaa pakaana auchha 18	I know how to cook Nepali food 18
ma Mette boleko 18	this is Mette speaking 18
Lesson 18	

LESSON 19	
ko bolnubhayo? 19	who is this speaking? 19
ma Birgitte boleko 19	this is Birgitte speaking 19
Lars bolaaidinus na, ekdam jaruri chha 19	please call Lars for me, it is extremely important 19
tapaai sunnubhayo aaja Nepal banda chha re, aaja baahira najaanus! 19	have you heard that today there is Nepal band, don't go outside today 19
aha, suneko chhaina 19	oh no, I have not heard 19
tapaailaai kastle bhanyo? 19	who told you? 19

Lesson 19	
Morten le 19	Morten did 19
has ta, suchanaa ko laagi dhannyabaad 19	OK then, thanks for the information 19
euTaa jaruri baiThak bolaunu paryo, ke garne? 19	it was necessary to call an important meeting, what can I do? 19
ke ko baaremaa? 19	what is it about? 19
aajaa Nepal banda chha re 19	it is said that today there is Nepal band 19
aunus, ke kaam le aeko? 19	come (in), why (=by what work) have you come 19

Lesson 19	
Jens laai bolaaaidina saknuhunchha? 19	can you call Jens for me? 19
aaja sangai lunch khaana jaaau na 19	let's go eat lunch together today! 19
Thik chha, jaaau 19	OK, let's go! 19
ma 13anda sakchhu 19	I can study 19
ma saathi laai bheTna aeko 19	I have come to meet my friend 19

Lesson 20	
Nepal maa kun kun yaataayaat ko saadhan haru chhan? 20	which means of transportation are there in Nepal 20
Janakpur maa euTaa saano train chha India boarder jaana ko laagi 20	in Janakpur there is a small train for going to the Indian border 20
Dungaa, paani jahaaj ni ? 20	and what about boats and ferries 20
paani jahaaj chhaina kinabhane samudra chhaina. 20	there aren't any ferries because there aren't any oceans 20
kasto kicim ko ghaTnaa ? 20	what type of incidents 20
baaTo saanguro bhaekole durghaTanaa hunchha 20	because the roads are narrow, there are accidents 20

Lesson 20	
tyasobhae gaaDi bistaarai chalaanu parchha holaa 20	in that case maybe the cars should drive slowly 20
ho, ekdam Thik kuraa 20	yes, that is an extremely good idea 20
Pokharaa ko laagi euTaa ticket dinos 20	Give me a ticket for Pokhara, please 20
KTM ko baaTo kina yasto saaguro ra khaalDaa khulDi ? 20	why are the roads of Kathmandu narrow and full of holes like this 20
kinabhane yo dherai puraano baaTo ho 20	because these are very old roads 20
kina nayaa marmat nagareko ? 20	why have (they) not repaired (them) anew? 20

Lesson 20	
chha na ta chha tara KTM ko laagi chhaina 20	well, there is, but for Kathmandu there isn't 20
tyo kholaa paari '1 no. Khajuraa' bhaninchha 20	the other side of that stream is called 'Khajuraa number 1' 20
jahile ghar haru chhaina tyahaa baaTa daayaa tira hernus 20	when there are no houses, (then) look to the right from there 20

Lesson 21	
Nepal maa kun kun dharma maaninchha? 21	which religions are followed in Nepal 21
hindu dharma maa ke ke garinchha 21	what is done in Hindu religion 21
hindu dharma maa mandir maa pujaa garinchha 21	in Hindu religion there is worship in temples 21
sabbhandaa Thulo chaadparba kun ho? 21	which is the biggest festival 21
sabai chaaDharu euTai kicim ko hunchha? 21	are all festivals of the same type 21
sabai pharak pharak hunchhan	they are all different

21

21

Lesson 21	
Nepal maa janma dekhi mrityu samma ko chaalchalan ke ke chha? 21	in Nepal, what are the customs from birth to death 21
biha kati barsa maa hunchha? 21	at what age do you get married? (= at what age is the wedding) 21
keTaa ko 9-10 barsa maa bratabandha parchha 21	the thread ceremony occurs at the age of 9-10 for the boys 21
keTaa ko bratabandha kati barsa maa hunchha? 21	at what age does the thread ceremony for the boys occur? 21

Lesson 22 A	
2007 saal dekhi 2017saal samma maa 22A	during the period from year 2007 to year 2017 22A
2007 saal maa Thulo kraanti bhayo 22A	in year 2007 there was a big revolution 22A
raajaa, janataa ra aru dherai netaa haru ko netritwa maa Thulo kraanti bhayo 22A	a big revolution happened under (=in) the leadership of the king, the people and many other leaders 22A
yi sabai sahid haru ko balidaan baaTa Nepal maa prajaatantra aayo 22A	democracy in Nepal came from the sacrifice of all these martyrs 22A
nepal bhari aantarik sambhidaan laagu bhayo 22A	an internal constitution became implemented throughout Nepal 22A
raajaa mahendra le sansadiya byabasthaa laai haTaaera ... 22A	king Mahendra removed the parliamentary system and ... 22A



<p>raajaa mahendra le dalharu laai pratibanda lagaae ra ‘panchaayat byabasthaa’ lyaae 22A</p>	<p>king Mahendra banned the parties and brought the ‘panchaayat’ system 22A</p>
<p>janataa ko aabaaj uniharu sundainathe 22A</p>	<p>they did not use to hear the voice of the people 22A</p>
<p>yo byabasthaa maa raajaa ko nirnaya nai sabbhaandaa Thulo thiyo 22A</p>	<p>in this system the king’s decision was the biggest 22A</p>
<p>yo byabasthaa ko biruddha janataa haru le aabaaj uThaae 22A</p>	<p>the people raised (their) voices against this system 22A</p>
<p>‘sudhaariako panchaayati byabasthaa’ waa ‘bahudaliya byabasthaa’ euTaa chhaanna ko laagi ‘janamat sangraha’ bhayo 22A</p>	<p>there was a referendum for choosing the ‘improved panchhaayat system’ or the ‘multi party system’ 22A</p>
<p>yaslaai baliyo ra digo banaauna haami sabai le dherai nai prayaas garnu parchha</p>	<p>we must all try very hard to make this strong and sustainable 22A</p>

Lesson 22 B	
<p>debi durgaa le ‘mahisaasur’ laai bijaya garepachhi yo chaaD suru bhaeko ho 22B</p>	<p>this festival (has) started after the goddess Durgaa (had) defeated the demon Mahisaasur 22B</p>
<p>nadi baaTa baaluwaa lyaaera tyasmaa jau lagaainchha 22B</p>	<p>Having brought sand from the river, barley is planted in it 22B</p>
<p>yas laai nawa raatri bhaninchha 22B</p>	<p>this is called ‘nine night’ 22B</p>
<p>parades gaeko haru pani ghar aauchhan 22B</p>	<p>those (who) have gone abroad also return home 22B</p>
<p>yo chaaD herna shiva mandir jaanu parchha 22B</p>	<p>to see this festival it is necessary to go to a Shiva temple 22B</p>

Lesson 22	
aaphu bhandaa Thulo ko ghar maa jaanu parchha 22B	it is necessary to go to the house of (someone) older than yourself 22B
‘dipaawali’ bhaneko batti ko chaaD ho 22B	‘dipaawali’ means festival of lights 22B
‘tij’ bhadau mahinaa maa parchha 22B	‘Tij’ occurs in the month of Bhadau 22B
tara bholipaTa dinbhari uniharu paani pani khaadainan 22B	but all day the following day they don’t even drink water 22B

Lesson 23	
Nepali pariwaar ko jivan kina gaahaaro chha? 23	why is Nepali family life difficult 23
kinabhane Nepali pariwaar Thulo hunchha 23	because Nepali families are big 23
sarkaar baaTa subidhaa chha? 23	are there (any) facilities from the government 23
chhaina, sabai aaphai garnu parchha 23	no, you must do everything yourself 23
Nepali pariwaar kati Thulo hunchha? 23	how big are Nepali families 23
10 dekhi 20 janaa samma ko hunchha 23	they are from 10 to 20 persons 23

Lesson 23	
ghar ko kaam kase garchha ? 23	who does the house work 23
dheraijaso swaasnimaanchhe le ghar ko kaam garchhan 23	mostly the women do the house work 23
has ta 23	OK then 23

Lesson 24	
9-10 class pugepachhi dherai keTi haru le school choDchhan 24	after reaching grades 9-10 many girls leave school 24
kinabhane wahaa ko aamaa baa ko bichhaar maa 9-10 class paDhepachhi pugchha 24	because in their parents's opinion it is enough after studying grades 9-10 24
ke chhalphal gaardaihunuhunchha? 24	what are you discussing 24
yahaa mahila ra purus ko baarema chhalphal gardaichhau 24	we are having a discussion about women and men here 24
mero bichhaar maa pani yo samaan hunu parchha 24	in my opinion also this should be equal 24
tara yahaa ni?	but what about here

24	24
Lesson 24	
chha na ta chha tara sanskriti anusaar pharak chha 24	well, they are, but according to the culture they are different 24
kasari pharak chha? 24	how are they different 24

Lesson 24	
<p>chhori bihaa garepachhi arko ghar maa jaane kaam siknu parchha 24</p>	<p>after a daughter has married she goes to another home (and therefore she) must learn to work 24</p>
<p>yaslaai kasari samaan garne? 24</p>	<p>how do you make it equal 24</p>
<p>yo chhalphal ta ajhai bholi garnuparchha holaa 24</p>	<p>maybe we should continue this discussion tomorrow 24</p>
<p>dherai barsa pahile haamro desh maa pani mahilaa ko sthaan Thulo thiyo 24</p>	<p>many years ago women's status was also high in our country 24</p>
<p>tyo samaya kaa mahilaa haru 24</p>	<p>women from that time 24</p>

Lesson 25	
tapaai laai thaahaa chha,Nepal maa kati anchal ra kati jillaaharu chhan? 25	do you know how many zones and how many districts there are in Nepal 25
haawaapaani anusaar Nepal laai kati bhaag maa baaDna sakinchha? 25	how many parts can Nepal be divided into according to climate 25
Nepal ko mukhya pesaa ke ho? 25	what is the main occupation in Nepal 25
Nepal ko janasankhya kati chha? 25	how big is Nepal 's population 25
Nepal ko baaremaa tapaailaai dherai kuraa thaahaa rahechha, dhanyabaad 25	it appears you know many things about Nepal, thanks 25
KTM ko haawaapaani bhandaa DK ko haawaapaani pharak	DK's climate is different compared to KTM's climate, it seems

rahechha 25	25
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Lesson 25	
tapaaiharu ko kaaryakram chaakhlaagdo chha jasto chha 25	your program seems interesting 25

Lesson 26	
ke banaudai hunuhunchha? 26	what are you making 26
tapaaiko mukhya pesaa ke ho ? 26	what is your main occupation 26
jaatigat pesaa ra aru pesaa maa ke pharak chha? 26	what is the difference between caste occupations and other occupations 26
uniharu ko dherai pusta le yo kaam gardaiaaeko hunchha 26	they have been doing this work for many generations 26
sikera garchhan tara anubhab kam hunchha 26	they do (this work) after learning, but there is less experience 26
yahaa paaeko bhae sajilo hunthyo 26	if (we) could get it here, it would be easier 26



Lesson 26	
euTaa paangraa bigriyo bhane moTar chaldaina 26	if one wheel broke, the car doesn't move 26
tapaailaai bheTera dherai khusi laagyo 26	I am very happy to have met you 26

Lesson 27	
yo gaau maa charpi chhaina? 27	aren't there latrines in this village 27
charpi kina nabanaaunu bhaeko? 27	why have (you) not built latrines 27
haami dherai garib chhau, charpi banaauna sakdainau 27	we are very poor, we can't build latrines 27
gaau bikaas samiti le charpi banaauna maddat gardaina? 27	doesn't the village development committee help build latrines 27
ga. bi. sa. le kun kun kaam maddat garna sakchha? 27	which kind of work can the v. d. c. help with? 27
niji kaam ko laagi ga. bi. sa. le maddat gardaina 27	the v. d. c. doesn't help with private work 27



Lesson 27	
saamuhik kaam ko laagi aliali maddat garna sakchha 27	it can help a little with community work 27
tyasobhae tapaaihar charpi ko laagi sthaaniya sansthaa haru sanga maddat maagnus 27	in that case, you ask for help for latrines with local organizations! 27
has, haami tyasai garchhau 27	OK, we (will) do (it) like that 27
haami sabai milera ga. bi. sa. maa charpi ko laagi nibedan dinu parchha 27	we all have to join together and give an application for latrines at the v. d. c. 27
charpi ko laagi ga.bi.sa. sanga bajeT chha? 27	does the v. d. c. have a budget for latrines? 27
gaau bikaas ko laagi raamro bajeT aauchha	a good budget comes for village development

27	27
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Lesson 27	
yo sabai gaau samiti ko uttardaaitwa maa parchha 27	this must all be within the responsibility of the village committees 27
ji.bi.sa. laai sodhnu pardaina 27	it is not necessary to ask the d. d. c. 27
jaaau ta nibedan dina 27	let's go give an application then 27
ma Denmark basdaa, paani byabasthaapan maa kaam garthe 27	when I lived in Denmark, I used to work in water management 27

Lesson 28	
‘bureaucracy’ bhaneko nepali maa ‘adhikaari prathaa’ ho 28	‘bureaucracy’ means ‘adhikaari prathaa’ in Nepali 28
yaslaai haTaauna haamiharu le yo ‘adhikaari prathaa’ laai paribartan garnu parchha 28	in order to remove this we must change this bureaucracy 28
sarkaari kaaryaalaya maa kaam kina Dhilo hunchha? 28	why is work in government offices slow 28
tyahaa dherai kaaran haru chhan jaastai: X, Y, Z ityaadi 28	there are many reasons such as: X, Y, Z etc. 28
tapaai ko bichhaar maa 28	in your opinion ... 28
yas laai sudhaar garna sakinchha?	can this be improved

28	28
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Lesson 28	
<p>raamro talab dine, taalim dine, uttardaaitwa haru baaDne</p> <p>28</p>	<p>giving good salary, giving training, sharing responsibilities</p> <p>28</p>
<p>kaam ko prakriyaa chhoTo banaaune, ani kaam chhiTo hunchha</p> <p>28</p>	<p>(if you) make the work process short, then work will be fast</p> <p>28</p>
<p>ekdam raamro bichhaar</p> <p>28</p>	<p>(that is an) extremely good opinion</p> <p>28</p>
<p>ke kaam le aaunubhayo</p> <p>28</p>	<p>for what reason (=work) did you come</p> <p>28</p>
<p>yo kaam bhayo ki bhaena holaa heridinu hunchha ki?</p> <p>28</p>	<p>was this work done or not (=became) perhaps, will you please look for me, or...</p> <p>28</p>
<p>khoi, yo kaam mero</p>	<p>well, this work did not</p>

antargat parena, u ... tyo
koThaa maa jaanus!

28

involve my responsibility,
please go in that room

28

Lesson 28	
kuraa raamro bujhiena 28	something was not well understood 28
arke euTaa nibedan paThaauna bhanidinus! 28	please tell him for me to send another application 28
tapaai laai thaahaa chha? 28	do you know 28
maddat garna saknuhunchha ki? 28	can you help, or... 28
nibedan ta aaipugechha 28	it appears that the application has arrived 28

Lesson 29	
ke chha?	what's up

29	29
aajabholi kina yasto bhaeko? 29	why have (things) become like this these days? 29
ekdam Thik kuraa garnubhayo 29	you said an extremely good thing 29
haptaa maa tin din dui ghanTaa maatra paani aachha 29	water only comes for 2 hours 3 days a week 29
kina holaa tyasto ? 29	why (is it) like that maybe? 29
paani naaetaapani paisaa tirnu parchha ? 29	is it necessary to pay money, even though water does not come 29

Lesson 29	
belaa belaa maa kina bijuli jaanchha? 29	why does the electricity disappear (=go) from time to time? 29
kinabhane bijuli utpaadan pugdaina 29	because the electricity production is not sufficient 29

Lesson 30	
tapaailaai bidesi sahayog ko baarema thaahaa chha? 30	do you know about foreign aid 30
aliali suneko chhu 30	I have heard a little 30
Nepal maa yo sahayog raamro upabhog bhaeko chha? 30	has this aid been utilized well in Nepal 30
khoi, yo prasna ali gaahaaro chha 30	I don't know, this question is a little difficult 30
tapaai ko bichhaar bhannus na 30	please say your opinion then 30
sabai upabhog bhaeko bhae, Nepal maa dherai bikaas hunthiyo 30	if all had been utilized, there would be a lot of development in Nepal 30

Lesson 30	
bidesi sahayog ko mukhya uddhesya ke ho? 30	what is the main objective of foreign aid 30
yo sahayog kasari garinchha? 30	how is this aid done 30
yas baaTa Nepal laai phaaidaa chha? 30	is there a benefit to Nepal from this 30
kuraa Thik ho 30	(this) is OK talk 30

Lesson 31	
Nepali khaanaa kasari banaaune? 31	how do you cook Nepali food 31
tapaai kun kun Nepali khaanaa banauna siknuhunchha? 31	which kinds of Nepali food (will) you learn to cook 31
daal laai paani le dhunos 31	wash the lentils with water 31
taato paani kati chaahinchha presser cooker maa haalnus 31	pour as much hot water as is needed into the pressure cooker 31
gas maa raakhidinus 31	put it on the gas 31
fry pan maa alikati ghiu haalnus 31	pour a little amount of butter into the frying pan 31



Lesson 31	
ghiu taatepachhi tyasmaa aliali jiraa haalera taarnus 31	after you have heated the butter, pour a little cumin seed into it and fry it 31
tyaspachhi ke garne? 31	after that what do you do? 31
momo ko laagi roTi ko jastai piTho musnos 31	for the momos, knead the flour as (you did) for the bread 31