

THE TETUM ENGLISH MEDICAL GUIDE

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Parts of the Body

Ankle	Ain fukun
Arm	Liman
Arm pit	Kalilin
Back	Kotuk
Belly	Kabun
Body	Isin
Bottom	Kidun
Breast	Susun
Chest	Hirus matan
Ear	Tilun
Eyes	Matan
Eyelid	Matan kulit
Feet	Ain tanen
Finger nail	Liman kukun
Fingers	Liman fuan
Hair	Fuuk
Hand	Liman tanen
Head	Ulun
Heart	Fuan
Kidney	Rins
Knee	Ain tuur
Knuckle	Liman fukun

Legs	Ain
Lungs	Pulmaun
Liver	Aten
Mouth	Ibun
Naval	Husar
Neck	Kakorok
Nose	Inus
Nostril	Inus kuak
Penis	Sasan Lulile
Spleen	Ook
Shoulder	Kabaas
Skin	Kulit
Teeth	Nehan
Testes	Lasan fuan
Throat	Kakorok
Toes	Ain fuan
Tongue	Nanal
Vagina	Sasan Lulile (a more polite version)/Huin

Signs & Symptoms

Abscess	Fisur
Anorexia	Han la diak
Anxious	Laran susar
Artery	Uat
Blood	Raan
Bone	Ruin

Bruise	Isin metak
Burn	Sunu
Chills	Malirin
Constipation	Tee loos
Cough	Me'ar
Cough - productive	Me'ar tasak
Cough - dry	Me'ar maran
Cry	Tanis
Depressed	Laran todan
Diarrhoea	Tee been
Dizziness	Nakukun/Oin halai
Dyspnoea	Iis boot
Dysuria	Mii moras
Burning urine	Mii manas
Eat	Han
Faeces	Tee
Faint	Oin nakukun no mona
Fall	Monu
Fever	Isin manas
Flatulence	Hosu
Fracture	Tohar
Haemorrhoid	Kidun mean
Head ache	Moras ulun
Hearing/Listen	Rona
Head cold	Inus metan
Hematuria	Mii ho ran

Hot	Manas
Hungry	Hamlaha
Itchy skin	Katar kulit
Limp	Lao kude'ik
Menstruation	Mens mii
Nausea	Laran sa'e
Pain	Moras
Pregnant	Isin rua
Runny nose	Inus been
Scar	Fitar
Shake	Bee doko
Sleep	Toba
Sneeze	Fani
Sprain	Naksalak
Swelling	Bubu
Sweating	Kosar
Tears	Matan been
Thirsty	Hamrook
Thin	Krekas
Tired	Kole
Unwell	Isin barak
Urine	Mii
Vein	Uat
Vision	Haree
Vomit	Muta
Wart	Futi

Worms	Lombriga
Worry	Hanoin barak/ Neon-susa
Weight loss	Isin tun

Medical History

What is your name?	Ita naran saida
How old are you?	Ita tinan hira
What is the problem?	Moras saida
Where is the pain?	Iha ne'be moras
Does it hurt here?	Iha ne'e moras
When did the pain begin?	Moras horibainhira
How long have you had pain?	Moras loran hira
Does it hurt all the time?	Loran loran moras
What makes the pain worse?	Saida mak halo nia moras
Sharp pain	Moras maka'as
Dull pain	Moras fai
What work do you do?	Ita serbisu saida
Do other family members have this problem?	Iha familia laran keta problema hanesan ne'e?
Have you had TB in the past	Ita iha moras paru-paru/TBC uluk?
How long ago did you take malaria treatment.	Hodi bainhira ita hemu aimoruk malaria?
Do you smoke?	Ita fuma
Do you drink alcohol?	Ita hemu tua manas?
Are you married?	Ita kaben na-in
Do you see well?	Ita haree diak
How many children do you have?	Ita iha oan hira
Boys/Sons	Masa/Oan masa

Boys/Sons	Mane/Oan mane
Girls/Daughters	Oan/Feto
Father	Aman
Mother	Inan
Grandfather	Avo mane
Grandmother	Avo feto

Medical Examination (Koko)

Sit down	Tuur
Sit up	Hader
Stand	Hamriik
Take off your shirt/trousers/ clothes	Hasai ita nia faru/kalsa/roupe
Lift your leg	Ita hit ain/Foti
Put your leg down	Ita ha toba
Push	Dudu
Pull	Dada
Strong	Forsa makas
Slow	Neineik
Fast	La lais
Is the pain here	Iha ne'e moras
Open your mouth	Ita lokeibun
Open your eyes	Ita loke matan
Hearing	Rona
Drink	Hemu
Do as I do	Henesan

Breath in	Dade iis
Breath out	Hasai iis
Hold your breath	La dade iis
Please cough	Me'ar, par favor
Say 99	Ida dehan 99
Left	Karuk
Right	Liman Los
Turn	Fila
Relax	Halo mamar
Walk	La'o
Weight	Tetu
Stop	Para

Medicines & treatments

Anaesthetic	Anestezia
Asthma inhaler	Bomba
Bandage	Ligadura
Blood test	Hasai raan
Cream	Kreme
Dressing	Curativo
Drops	Turuk turuk
Exercise	Ezesisu
Incision	Tesi
Injection	Sona
Ointment	Minas manas
Orals	Aimoruk

ORS	Airmoruk tee been
Sutures	Suku

Time (Tempo)

Minute	Minuto
Hours	Oras
Days	Loron
Weeks	Semana
Months	Fulan
Years	Tinan

Colours (Kor)

Black	Metan
Blue	Azul
Green	Verde/Lumut
Red	Mean
White	Mutin
Yellow	Kinur

Other Useful Word & Phrases

Elevate	Ain aas
Blood pressure	Tensaun raan
Blood test	Hasai ran
Day after tomorrow	Bain rua
Discharge home	Alta
Don't move	Keta book an
Drunk	Lenu

Follow me	Tuir ha'u
Come with me	Mai ho ha'u
Help	Tulun
Hospital	Ospital
Hot pack	Bee manas hanas
It wont hurt much	Ne'e ladun moras
Malaria	Malaria
Mattress	Kolxuan
Sheet	Hena taka
Morning	Dedeer
Midday	Meiudia
Afternoon	Loraik
Night	Kalan
Next patient	Pasien tuit mai
Now	Agora
Nurse	Enfermeiru
Pick at	Sukit
Play	Halimar
Poison	Venenu
Read	Lee
Return if you are not well	Ita fila fali la diak.
Sex	Hola malu
Take one tablet every four hours.	Ita hemu aimoruk ne'e dala ida iha oras haat nia loran.
This is not serious	Ne'e la seriu
Tomorrow	Aban

Understand	Ita komprende
Wash	Fase/Hamos
Weight	Filo hira
Wound	Kanek
X-ray	Raiu xis
Yesterday	Horisehik
You must drink more liquid	Ita tenke hemu bee barak
You must stop smoking	Ite tenke labele fume ona
You must take one tablet three times a day.	Ita tenke hemu ida aimoruk ne'e lata tolu ba loran ida.
You must take this medicine with food.	Ita tenke han bosu mak hemu.
You need to go to the hospital	Nia tenke ba lalais ospital.
You will feel well soon	Orsida ita sente diak

Better	Diak
Bad	Aat
Worse	Aat liu
Much worse	Aat liu hotu
Dead	Mate

Numbers

One	Ida
Two	Rua
Three	Tolu
Four	Haat
Five	Lima
Six	Neen

Seven	Hitu
Eight	Ualu
Nine	Sia
Ten	Senulu
Fifteen	Senula resin lima
Twenty	Ruanulu
One hundred	Atus ida
One thousand	Rihun ida

Pregnancy (Isin rua)

Big contractions	Contraxi forsi
Breast milk	Susubeen
Clot	Kafuak
Facial/Hand/Foot swelling	Bubu iha oin/ iha liman tanen/ihu ain tanen
Foetus (abortus)	Kafuak mutin
Have you been sick during the pregnancy	Ita moras bainhira isin rua.
Have your contractions begun?	Ita sente ona knotak moras/ contraxi ka lae?
Iron tablets	Aimoruk musan/ besi
Midwife	Parteira
Twins	Oan kaduak
Waters broken	Nakfera been balsa
Weight?	Kilo hira
When is the baby due?	Bainhira bele tuur-ahi?

Days of the week

Sunday	Domingu
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Monday	Segunda
Tuesday	Loron tersa
Wednesday	Loron kuarta
Thursday	Loron kinta
Friday	Loron sesta
Saturday	Sabadu

Food word in Tetum

Meals are influenced by a mixture of Portuguese, Chinese and Indonesian influences. Remember to eat at least some of what has been offered and to say Kapas Los - "that was delicious!"

Fruit	Aifuan	Fruit without an English name	
apple	masan		
avocado	abakati		
banana	hudi		
cherry	serajus	Salak	Zalacca tree; snake-like skin; bittersweet tasting
coconut	nu		
custard apple	aiata		
durian	durian		
fig	figus	Jambulan	Purple olive sized, sweet-sour tasting
grapes	uvas		
grapefruit	jambua		
guava	giobas		
jackfruit	kulu jaka	Uha	Pear shaped, sour and succulent
lemon	derok		
mango	has	Saramale	Small, pumpkin-shaped
orange	sabraka		
pawpaw/papaya	aidila		
pineapple	ananas	Aidak	Lychee-like succulent
tomato	tomati		
Meat	Nan	The many forms of rice	
beef	nan karau		

chicken
duck
goat/mutton
heart
liver
pork
sausage
steak

nan manu
manu rade
nan bibi
fuan
aten
nan fahi
xurisu
bifi

bakmi
etu
eti fila
fos
hare
sasoro

rice noodles
cooked rice
fried rice and egg
raw rice (with husk)
growing rice
rice porridge

Vegetables

beans
bok choy
breadfruit
cassava/manioc
capsicum
carrot
celery
corn/maize
egg plant
garlic
lettuce
mustard greens
onion
peanut
potato
sago
sweet potato
taro
water spinach
yam

Modo tahan

fore
modo mutin
kulu tunu
aifarina
aimanas bot
senoura
salsa
batar
brinzela
lis asu
alfasi
modo metan
lis bot
forai
fehuk
akar
fehuk midar
talas
kanko
kumbli

Seafood

crabs
fish
lobster
octopus
shrimp
squid

hahan hosi tasi

kaduik
ikan
lagosta
kurita
boek
suntu

When to eat

breakfast
lunch
dinner

matebixu; han dader
almosu; han meudia
jantar; janta

Cooking

bafar
dan
fai
lalar
matak
sona
tamu
tunu

Tein

steamed
boiled
pulped
grilled or fried
raw
fried
smoked
baked

Words from

Ingredients

biscuit
bread
butter
cheese

biskoit
paun
manteiga
keiju

Drinks

coffee
- black
- milk
beer

kafe
metan
ho susuben
serveja

chilli	aimanas	brandy	tua manas
chocolate	xokolate	ice	jelu
coconut milk	ne ben	port	portu
oil	mina	tea	xa
eggs	manatolun	water	be
flour	trigu	wine	tua
fruit	aifuan	- white	tua-uvas mutin
ham	fiambre	- red	tintu
honey	baniben	- traditional	tuaka
jam	marmelada	palm	tua sabu
margarine	margarina	- distilled palm	wiski
milk	susuben	whiskey	
noodles	mi		
pepper	pimentra		
salt	masin		
soy sauce	sutati		
sugar	masin midar		

Meals

bakso	Chinese meatball soup
batar dan	corn soup
bolu	cake
modo fila	stir fry vegetables (equivalent cap cay – Indonesian)
modo masin	salted vegetables
etu	cooked rice
eti fila	fried rice with egg (equivalent nasi goreng – Indonesian)
gado-gado	cooked vegetables, bean curd squares and peanut sauce
hudi sona	banana fritters (cooked in a batter)
kaldeirado	boiled meat, potato, capsicum, chilli and spice with greens
karil	curry
ikan dan	fish soup
ikan maran	dried fish
ikan tuna	fried fish
rending	slow cooked meat (often beef) with coconut milk and spices
saboko	sardines, tamarind sauce, spices, steamed in palm leaves
salada	salad (greens like lettuce with garlic, vinegar and olive oil dressing)
sambal	chilli sauce (often well salted unlike the Indonesian variety)
sasate satay	(grilled meat on a stick, usually with a peanut sauce)
sasoro	rice porridge (weaning food for infants)
soveti	ice cream
tein ho nu ben	cooked in coconut milk
tukir	traditional spiced meat cooked in bamboo