

# *Peace Corps*

## *Health Vocabulary* *Chinyanja*



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ABSTRACT

This vocabulary guide is an alphabetical listing of English words and their equivalent in Chinyanja. A general list of verbs is included, as well as commonly used expressions for planned conversation. The basic expressions are intended for use in learning the health needs and problems of the Malawi community. (NCR)

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Guide for Translation into the Language - Chinyanja  
of the Host Country - MALAWI

- A -

abcess = Pfundo (cithupa)	ambulance = ambulasi (galimoto lonyamula odwala)
abdomen = mimba	amoebic = kamwazi
abdominal distention = kufunika mimba	amputation = dula (ciwalo)
abnormal = cacilendo	analysis = kuphwanya (mitundu ya zinthu kapena mau)
abrasion = supuka (bala)	animal = nyama
acceptable = colandirika	ankle = kakolo
accident = ngozi	anemia = kutha magazi mthupi
acid stomach = ndulu ya moifu	anemic = wapanda mwazi mthupi
action = kacitidwe	Antepartal bleeding = kutaya mwazi mcikuta
acute = mwaukali	antibiotic = mankwala
admission desk = polembela odwala	anus = mayelo, mtumbo
admission room = cipinda colembele odwala	application = kaikidwe
adolescent = wotha msinkhu	a rabid dog = garu wa ciwewe
adult = wa msinkhu, wacikulile	artery = mtsempha wa magazi
age = msinkhu	aspirin = mankhwala a mutu
agent = woimila kumbuyo (panchito)	assistance = cithandizo
agricultural = camalimidwe	assistant = wothandiza
agriculture = malimidwe	asthma = mphumu
allergy = kuwenga	attack = puta
alone = kha (yekha, ndekha, nokha)	attitude = kakhalidwe, kacitidwe
	available = copezeka

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baby = mwana wa khanda (mncowa)

baby born prematurely = mwana wobadwa  
wosakhwima

baby tooth = dsino loyamba kumera  
(mwana)

back = msana, mmbuyo

backache = kupweteka msana

bag = thumba

bag (smaller) = thumba laling'ono

bait = nyambo

bald = msteka

baldness = dazi

bandage = comangila (bandeji)

banana = nthoci

bath = cosambila

bathing = kusamba

bathroom = cipinda cosambila

beautify = kongoletsa, kometsa

bed = kama

bedroom = cipinda cogona

bedsore = cirona

bee = njuci

beef = nyama ya ng'ombe

behavior = kakhalidwe

belch = geya

belief = chikhulupiliro

belly = mimba

birthmark = cibadwa

bite (insect) = kuluma

bladder = cikhodzodzo

bleeding = kukha magari

blind = khungu

block = tseka, letsa

blood = magari, mwazi

blood bank = kosungira magari

blood donor = wopatsa magari

blood pressure = kukwera kwa magari  
mthupi

blood test = kuyesa magari

blood transfusion = kuperska magari

blood type = mtundu wa magari

body = thupi

boil (noun) = kanjinji, kalimbwi

boil (verb) = wiritsa

boiling = kuwira

bones = mafupa

bowel movement = kuyenda kwa matumbo,  
kupanga cimbudzi

brackish water = madzi a mcere

brain = bongo

brassiere = mbaula

bread = mkate

break = thyola, konyola

breast = bele

breathing = kupuma (mpweya)

breeding places = mala oilila (ana)

bricks = njerwa

bronchitis = cikhoso

- C -

callus (corn) = kafulufutu

can = citini (noun), khoza (verb)

car = galimoto

careless = wosasamala

cartilage = mnyewa, cicerewe-cerewe

casefinding = kufufuza nkhani  
(matenda)

cash crop = zolima zamalonda

cast = ponya

cat = mphaka

caustic = coocha

cement = sementi

charcoal = makala

cheek = tsaya (singular)

cheerful = cimwemwe

chest = cifuwa

chest cold = cimfine

chicken = mwanapiye

chief = mfumu

child = mwana

childhood = ubwana, cibwana

children = ana

bruise = kumenya kwa minofu

burn = kupsya

buttocks = matako

children's ward = cipatala ca ana

chills = kuzizila mthupi

chin = cibwano

chronic = cakale

circumcision = mdulidwe

cistern = dziwe

clean = pukuta

cleaning = kupukuta

cleanliness = copukutika

clear = lambula

clinic = kiliniki

cockroach = mphemvu

coffee = khofi

colic = cincofu, kupota

collarbone = fupa la mkhosi

colon = thumbo lalikulu

color = utoto

commodity = zosangalatsa moyo

common cold = cimfine

communicable disease = nthenda  
zopatsirana

communication = kuuzana, kumvana,  
kugwirizana, kulemberana

community = mbumba  
community development = kukweza mbumba  
compound fracture = kuthyoka fupa  
compress = thina  
concussion = komoka  
condition = kakhaliidwe  
conference = msonkhano, upo  
confidence = nong'oneza, cinsinsi  
confused = kusokaniza, pwilitiki  
congestion = kudzadza mosefukila  
conscious = khala maso  
constipated = anadzimbidwa  
constipation = dzimbidwa  
consultation = kufunsa uphungu  
consumed = sakaza  
contact = khudza  
contagious = yambukila, yambukiza  
contamination = kudetsa  
contaminated = anadetsa  
control = lamula, letsa

convalescence = kuongokela  
convulsion = kutsalima  
cook = phika  
cooking = kuphika  
cooperation = cigwirizano  
cooperative = othandizana  
corn = cimanga  
corpse = mtembo  
cough = tsokomola  
cover = byundikila, phimba  
cow = ng'ombe  
cramps = dzanzi  
crib = m'mudyero  
cripple = wopunduka  
crop = zodzala m'munda  
cultivation = lima, palila  
cultivator = wolima, wopalila  
cup = cikho  
cure = cira, ciritsa  
customary = m'mwambo

damp = nyowa, byambwa  
dangerous = coopsyia  
dead = mwa~~ara~~, kufa  
dead body = mtembo  
deaf = wogontha, wosamva  
decay = bvunda, oia

deficiency = kuperepera, osakwana  
define = longosala, fotokoza  
dehydrated = kuumitsa  
dentist = wa-mano  
development = kukuza, kutukula  
diarrhea = kutseguka m'mimba,  
kuphanguka

diet = cakudya  
 digestion = kutafuna  
 discharge = kucotsa, kuturutsa  
 diseases = matenda  
 dislocation = kugulula  
 dispensary = cipatala  
 discussion = kukambirana  
 dizziness = cizungulire  
 doctor = dokotala, sing'anga  
 doctor's office = ufesi yasing'anga

dog = garu  
 drain = ngalande  
 drill = pekesa, (guba - soldiers)  
 drowsiness = kusinza  
 drug = mankhwala  
 drugstore = nyumba ya mankhwala  
 dry = uma, kuuma  
 dwelling = nyumba yokhalamo  
 dysentery = kamwazi

- E -

ear = khutu  
 earache = kuwawa khutu  
 economic ) = unkhwima  
 economy )  
 education = mphunzilo  
 eggs = mazira  
 employment = nchito  
 enlarged = kukulitsa

error = colakwa  
 evaluation = kuika mtengo  
 examination = mayeso  
 excreta = mcimba  
 exposure = kuonetsa  
 eye = diso  
 eye infection = nthenda ya maso

- F -

face = nkhope  
 faint = suluka  
 fall = kugwa  
 false teeth = mano oikila  
 family = banja  
 fecal = catudzi  
 feces = tudzi

fertilizer = fetilaizala  
 fever ) = mphepo m'thupi  
 feverish )  
 finger = cala  
 first aid = cithangato, coyamba  
 fish = nsomba  
 fleas = utata  
 flies = nchenche

flashlight = muuni

flavor = kununkhira

flood = cigumula

food = cakudya

food habits = kadyedwe

foot = phazi

forage = kaputa

forehead = mphumi

forester = wamunkhalango

fortified = kuchinjiliza

fowl (chicken) = mwanapiye

fracture = kuthyoka fupa

frequent = kawiri=kawiri

fresh = caciwisi

fruit = cipatso

frozen = camatalala

furrow = ngalande, mcera

- G -

garden = munda

goat = mbuzi

goodwill = ubino

gravel = dothe la mcenga

group = gulu

growth = kukula

gum (oral) = nkhamu

- H -

habits = makhalidwe

halitosis = kuturutsa mpweya wonukha,  
kununkha mkamwa

hammer = nyundo

hand = dzanja

handle = cogwilira

hay = udzu wouma

headache = kupweteka mutu

heat = kutentha, tentha

health = thanzi

health auxiliaries = othandiza kuyang'ana  
za thanzi

health center = cipatala cacing'ono

health clinic = kiliniki

health department = nchito ya cipatala

health education = kuphunzitsa za thanzi

healthy = wathanzi

heart = mtima

hemorrhage = kutuluka magari

hole = ciboo, una

high blood pressure = kukwera kwa  
kayendedwe ka mwazi

home = kwathu, pathu

home management = makonzedwe a pa  
nyumba

hospital = cipatala



household = mbanja

household waste = zinyansi za nyumba

- I -

identify = kuzindikila, kudziwa

illness = matenda

improvement = kaciridwe

improving = kucila

insanitary = ubve

interview = kuonekera

intestinal infections = nthenda ya  
matumbo

intestines = matumbo

incidence = cooneka, cocitika

housing = kupereka nyumba

infirmities = opunduka

information = cidziwitso, langizo

inhabits = kukala mu

insects = nyerere

irrigated = anatsirira

irrigation = kutsirira

isolated = anapatutsa

itch = yabwa, nyemyetsa

itching = kuyabwa, kunyeranyetsa

- J -

Jack = jeke

journal = nyuzi pepala

joy = cimwemwe

juice = malilolilo

- K -

kitchen = khichini

knife (pruning) = mpeni (cikwanje)

knit = kuluka

- L -

labor = kugwire nchito yathukuta

latrine = cimbudzi

land-owner = mwini dziko

layer = wogoneka, woika

lecture = phunziro

leprosy = khate

light = wala, yaka

livestock = ziweto, zifuyo

loaf of bread = ntanda wa mkate

longevity = ca moyo wautali

loose soil = dothe lofewa

lot = cigawo, cidutswa

lowland = cigwa

- M -

maggot = mphutsi

maize = cimanga

malaria = malungo

malnutrition = kusadya zakudya  
zoyenera thupi

management = malamulidwe

manure = ndowe, cajila, manyowa

market = msika

marketing = malonda

married = wokwatila, wokwatiwa

measure = muyeso, mulingo

meat - beef = nyama ya ng'ombe

meat - goat = nyama ya mbuzi

meat - mutton = nyama ya nkhosa

meeting = msonkhano

meeting place = malo okomanila

menstruation = msambo, kumwezi

method = dongosolo locitila kanthu

midwives = anamwino

milk = mkaka

milk supply = wopereka mkaka

millet = mapira

mind = ganizo

mineral = mtapo

minimum requirements = zofunika zoyamba

Minister of Health = nduna ya cipatala

Ministry of Health = udindo wa cipatala

mites = zinthu ziri zonse zazing'ono  
kwambiri

mosquito = udzudzu

mouth = kamwa

municipal water system = madzi a  
m'mipope a mu nzinda

- N -

natural resources = zomera, zamoyo  
ndi zopereka zonse za m'nthaka

nature = cibadwa

nesting place (for rats) = cisa

night soil = tudzi

nosebleed = kamfuno

nurse = lera, kulera

nursery = polelera ana

nutrition = kakudya colimbitsa thupi

nutritional requirements = zakudya  
zofunkila kulimbitsa thupi

obesity = kunenepa  
observation = kapenyedwe, kayang'anidwe  
observe = yang'anira  
olive oil = mafuta a msitona  
open ditch = dzenje

operation = nchito  
orange = ndimwi  
organization = nvano  
orientation = caku m'mawa

pack = tonga, longedza  
paint = utoto  
pamphlet = kabukhu  
peanut oil = mafuta a mtedza  
people = anthu  
perishable = co-onogeka  
personal hygiene = kudzisamala  
pathupi ukhondo  
pest = cirombo  
pharmacist = katswili wosanganiza  
mankhwala  
physical examination = mayeso a  
m'thupi  
physician = sign'anga, ng'anga  
pick = tola  
picking = kusenkhanitsa, kukundika  
pipe = mpope  
pit = dzenje  
plan = pangano  
planning = kupangana  
plumbing = kuongola, kulunjitsa  
poison = ulufu, phosoni

polluted = anadetsa, anaipitsa  
parasite = cirombo, kaciroombo  
parents = makolo  
parts of the body = mbali za thupi  
poorly constructed = comangidwa mwa ubve  
population = ciwerengero ca anthu  
posters = ziziwitso  
potable water = madzi a kumwa  
practical = cotheka kucitika  
pregnancy = mimba, ya mwana, pathupi,  
pakati  
pregnant = kuima, kubvuuka  
preserve = sunga  
pre- and post-natal care = kusamala  
azimai a pathupi  
preventive medical services = mbali ya  
nchito ya cipatala yocinjiliza  
matenda  
price = mtengo  
problems = cohetsa nzeru, cinsinsi  
problem solving = kumasula cinsinsi  
process = njila yocitila kanthu

processing = kacitidwe

produce (noun) = dzinthu dza kudyā  
(food grown or obtained by farming)

produce (verb) - turutsa, onetsa

program = mitu ya zocitika kapena  
zonedwa

protein = protini

protect = cinjiriza

pruning knife = cikwanje

public health = thanzi la onse, la  
munthu ali yense

public health services = utumiki wa  
thanzi la anthu onse

- Q -

quarantine = kupatutsa

quality = mapangidwe

- R -

rainfall = kuvumba mvula

rake = kokola

ranch = munda wa tsamunda

rancher = tsamunda

range = m'ndandanda, dandalitsa

rate of growth = kakulidwe

rats = makoswe

raw = caciwisi, cosa phika

reaching = kunyamphirira, kufikira

real = tēniceni, co-ona

recommendation = cocitira umboni,  
coyamikila

refrigeration = kuziziritisa

region = cigawo, kanthu

regional = cacigawo

rent (noun) = 1. cibao  
2. msonkho wa thangato

rent (verb) = anang'amba, anadula

repair = konza, kukonza

reservoir = mosungira

resources = mjira yopezera zofunika  
za anthu

respiration = kupuma

resuscitation = kutsitsimutsa

revision = kubwereza

ripe = khwima, kupsa

river = mtsinje, mfuleni

role = mbali yace

roof = denga, cindwi

run-off = kutopa

rural = mbali ya dziko, kunja kwa  
mzinda

sand = ncenga  
sandals = nsapato  
sanitary = khalidwe la thanzi  
sanitation = masungidwe a khalidwe la thanzi  
sanitation facilities = zothangate masungidwe a khalidwe la thanzi  
scarcity = zosowa  
schedules = mudandanda wa zinthu kapena nchito  
school = sukulu  
school children = ana a sukulu  
school health = thanzi la sukulu  
scorpions = anankalizi  
security = cikole, cigwiliro  
selection = cisankho  
serious problem = cinsinsi coopsya  
services = mautumiki  
Sewer ) = ngalande mopita madzi  
sewerage) = ndi zonyansa zonse  
sex = mwamuna kapena mkazi  
shoes = msapato  
shovel = supedi  
sick = dwala  
sickness = matenda  
similar = cofanana  
single (not married) = mbeta  
skin = cikopa  
snail = nkhono

soil = dothe  
sore throat = zironda za pa khosi  
space = mpata  
spray = waza  
sprayer (hand) = cowazira  
spraying = kuwaza  
spectacles (eye glasses) = mandala, magalasi a m'maso  
spiders = kangaude  
spring (water source) = kasupe  
standard of living = mweso wa kakhalidwe  
staple = cofunika kwambili  
steep = potsetsereka  
sterilize = kufula, wosabala, kupha tizirombo  
stomach = cifu  
stone = mwala  
stool = tudzi  
stool examination = kupita tudzi  
stream = mtsinje, mfuleni  
structure = cozengedwa, comangidwa  
study = phunzira  
supplies = zogawirika  
surplus = matsalidwe, zotsalila  
survey = yang'anira  
swelling = kutupa, cotupa  
syphilis = cindoko

\* table = tebulo  
 \* tank = thanki  
 \* tapeworm = njoka ya mmimba  
 \* tea = tii  
 teaching = kuphunzitsa  
 team = gulu  
 technical = mwa luso  
 techniques = machitidwe a luso  
 teeth = mano  
 temperature = kutentha kwa thupi  
 tenant = wobwereka malo kapena nyumba  
 tension = kukokeka, kuwinjika  
 test = yesa  
 therapy = mankhwala ociritsila  
 throat = khosi  
 ticks = nkhuji

tick-borne = nthenda ya nkhuji  
 toilet = cimbudzi  
 toilet paper = cosetera  
 tooth = dzino  
 toothache = kupweteka dzino  
 toothbrush = nswaci  
 town = mzinda  
 toxic = caululu  
 \* trachoma = nthenda ya maso  
 transmission = kuperekerera, kutumiza  
 transplant = oka, kuoka  
 transportation = kanyamulidwe  
 treatment = (a) machitidwe, (b) kaperekedwe ka mankhwala kuciritsa nthenda  
 \* mass treatment =  
 trench = ngalande

upkeep = kasungidwe, kasamalidwe  
 urine = nkodzo  
 urinate = kukodza

use = kugwiritsa nchito  
 utility = cofunika, canchito  
 utilize = pangitsa nchito

vaccine = mankhwala a katemela  
 vaccinate = temera

vaccination = katemera  
 valley = phompho

\* No specific chinyanja words or names available.

value = ntengo

variation = kasiyanidwe

vector = wa nthenda, wopereka matenda

vegetable = ndiwo za nasamba za  
mmunda

vein = mtsempha wa magari

veterinarian = wosamiliira ziweto, zifuyo

venom = ululu wa njoka

village = mudzi

\* virus = tizirombo ta nthenda

visual aids = zothangata kapena kuona

volunteers = odzipereka, obvomela mwa  
ufulu

vomit = sanza

- W -

wall = khoma

waste = kuononga, kutaya

water supply = kotunga madzi

water = madzi

weather = nyengo

weave = luka

well = bwino

wheat = tirigu

well being = ubwino

whooping cough = cikoso cokoka mtima

widespread = wofala ponse ponse

women = azimai, akazi

work = nchito

worker = wa nchito

worms = nyongolotsi

worn out = cakutha, copanda mphamvu

wound = bala

write = lemba

- Y -

yard = lipande

yield (noun) = zokolola za m'munda

yield (verb) = kupereka

young = wam'ng'ono

V E R B S

TO BE HAPPY = kukondwa

to be well = kukhala bwino

to bleed = kukha magazi

to become = kukhala

to come = kubwera

to communicate = kulemberana

to cook = kuphika

to cultivate = kulima

to eat = kudyā

to go = kuputa

to go to bed = kukagona

to go up = kukwera pamwamba

to grow = kukula

to have a baby = kubala mwana, kukhala  
ndi mwana

to hear = kumva

to listen = kuphunzira

to participate = kuthandizana

to plant = kudzala

to play = kusewela

to see = kuona

to sing = kuimba

to talk = kulankhula, kunena

to teach = kuphunzitsa

to try = kuyesa

to understand = kumva



Commonly Used Expressions  
for  
PLANNED CONVERSATION

In order to get acquainted and then to observe and learn the health needs and problems, the following sentences might be translated into the host country language for use by PCVs on health or community development projects.

Hello. How are you today? = Muli bwanji lero?

My name is \_\_\_\_\_ . Can you say my name?  
Dzina langa ndi Kwengwere. Kodi mungathe kuchula dzina langa?

What is your name, please?  
Conde, dzina lanu ndani?

I'm happy to meet you.  
Ndiri wokondwa kukumana nanu.

I am a Peace Corps Volunteer (nurse, doctor, teacher).  
Ine ndiri wodzipereka pa nchito ya mtendere (wosamala odwala, yausing'anga, yauphunzitsi).

Where do you live? How long have you lived here?  
Mukukhala kuti? Mwakhala kuno nthawi yotani?

Are you married? = Munakwatila?

Are those your children? Do you have other children?  
Kodi awa ndi ana anu? Muli ndi ana ana ena?

How many children do you have? How old are they?  
Muli ndi ana angati? Ali amisinkhu yotani?

Are these your brothers and sisters? How old are they?  
Kodi awa ndi azicimwene anu ndi alongo anu? Ali ndi zaka zingati?

How old are you? = Inu muli ndi zaka zingati?

Do you go to school? Where is the school? Who is your teacher?  
Kodi mumapita ku sukulu? Sukulu yanu ili kuti? Mphunzitsi wanu ndani?

Can you write it for me? = Lembani dzina lace.

Do you have a garden? What do most of the people try to grow in their gardens?  
Kodi muli ndi munda? Kodi anthu ambiri amadzala ciani m'munda mwao?

What do you grow in your garden? = Mumadzala ciani m'munda mwanu?

What do you most enjoy eating? What are your favorite fruits?  
M'makonda kudya ciani? M'makonda kudya zipatso zanji?

How do you keep your foods cool?

M'masunga bwanji zakudya zanu kuti zikhale zozizira nthawi zonse?

Has your child had shots (or been immunized against) for smallpox?

Kodi mwana wanu anacita katemera wa nthomba?

diphtheria, whooping cough, tetanus, polio?

Ndi wa cifuwa cokoka mtima?

Why do you think some people don't have their children immunized?

Mukuganiza kuti anthu ena amalekera ciani kutemera ana ao, katemera?

I'm sorry. = Ndiri wacisoni.

When will your husband be home?

Mwamuna wanu adzafika nthawi yanji kunyumba?

Where does your husband work?

Mwamuna wanu amgwira nchito kuti?

What does he do?

Amagwira nchito yanji?

Does he work every day? = Amagwira tsiku ndi tsiku?

What is his employer's name?

Dzina la amene anawalemba nchita ndani?

Do you work?

Inu m'magwira nchito?

Do you receive aid from the country?

Kodi mmalandila cicithangato kucokera ku boma?

May I see your well?

Ndione citsime canu?

How far do you have to go to get water?

M'makatunga kuti madzi?

How do you get it?

M'matunga bwanji?

How do you store it?

M'masunga bwanji?

How many families live in your village?

Kodi muli mabanja angati m'mudzi mwanu?

Is there a doctor in your village?

M'mudzi mwanu muli sing'anga?

Where is your market?

Msika wanu uli kuti?

How often do most people buy groceries, meats, other foods?

Ndikangati anthu amagula nyama ndi zakudya

zina?

How do most people in your neighborhood store their food until it is eaten?

Anthu amene mumakhala nao pafupi amasunga bwanji za udaya zao?

Who helped you when your last baby was born?

Anakuthandizani ndani poberoka mwana wanu wotsiriza?

Did you have a doctor?

Munali ndi sing'anga?

a midwife?

kapena m'namwino?

Do you prefer to have your baby born at home?

Kodi m'makonda kuberekela ku nyumba kwanu?

in a hospital?

m'cipatala kapena malo?

or some other place?  
ena?

Why?

Cifukwa ciani?

Who do you go to for advice when you have a health problem?  
M'makafunsa ndani mukakhala ndi funso lonena az thanzi lanu?

Have you talked this over with a doctor?      What did he tell you to do?  
Kodi mwalankhula nao asing'anga anu?      Anakuuzani kucita ciani?

Why do you suppose some women go to a doctor when they first know they are pregnant?  
Cifukwa ciani m'maganiza kuti azimai ena amapita kwa asigu'anga thawi youamba  
yomwe azindikila kuti ali ndi pathupi? (pathupi)

Why do you suppose more women don't do this?  
M'maganiza ndi cifukwa ciani akazi ambiri sacita izi?

How long have you been sick?      Your baby is very sick.  
Mwakhala mukudwala nthawi yotani?      Mwana wanu ali wodwala kwambiri.

What are the most common types of illness here?  
Ndi nthenda zANJI zimene zimapazaka kawiri kawiri kuno?

Have you or any member of your family had any of these illnesses?  
Kodi inuyo kapena m'modzi wa pa banja panu anayamba wadwala nazo nthenda zimenezi?

Do you remember the kinds of illnesses you have had?  
Kodi mukukumbuka ndi matenda anji amene munadwala kale?

Would you tell me about these? = Ndiuzeni.

Do you know of any ways these might have been prevented?  
Kodi mukudziwa njira zochinjirizira nthenda izi?

I have a cold.      Have you had anything like this?  
Ndiri ndi cimfine.      Kodi munadwalanso concu kale?

What did you do to get over it? = Munacita ciani kuti mucile?

What do you consider to be some of the most needed things in your community?  
Ndi zinthu zANJI zimene mukuziganiza kuti ziri zofunikira kwambiri ku nbumba  
imene mukhala?

If your community had an opportunity to improve, what would you consider is the  
most important thing you would like to see get started? or further developed?  
Ngati pangapezeke mwai wokweza mbumba yanu, ndi achito yanji jofunika kwambiri,  
imene mukuganiza kuti ingathe kukhala yoyamba? kapena kupitirizabe?

Who might volunteer to help?      Would you help?  
Angadzipereke kuthangata ndani?      Kodi inu mungathe kuthangata?

How do you think we could learn what other people believe is most needed?  
Kodi muganiza kuti tingathe kudziwa bwanji zimene anthu ena akuganiza kuti  
ziri zofunika kwambiri?

Would you like to discuss this with other people in your village?  
Kodi mugathe kukambilana nao za zimenezi anthu a m'mudzi mwanu?

When may I come back to see you? What day and what time of day is most convenient for you?

Ndibwerenso liti kudzaonana nanu? Tsiku lanji nanga nthawi yanji imene iri yabwino kwa inu?

Before I come back, would you discuss this with your neighbors and find out what they would like most to see done?

Ndisanabwere, mukambirane nkhani imeneyi ndi amzanu mepeze cimene akufunitsitsa kuti cicitike.

How many could you discuss this with?

Ndi anthu angati amene mungakambirane nao nkhani imeneyi?

Would you talk this over with five other people?

Kodi mungathe kupeza anthu ena asanu okamba nao?

When you have ideas about improving your village, with whom does this need to be discussed?

Mukakhal ndi nkhani yokwe za kakwezédwe ka mudzi wanu, m'makambilana ndi yani?

Do you believe that you have a "better life" than that of your parents?

Kodi mumaganiza kuti muli ndi moyo wabwino kuposa makolo anu?

What has contributed to this? = Ndi ciani capereka moyo wabwino?

I would like to work with you to see if we could learn the feelings and desires of other people here about:

Ndifuna tigwire nchito limodzi tione ngati tingathe kudziwa zakumya ndi zofunitsitsa za anthu ena kuno:

1. What do you think are the most needed improvements here?  
Kodi mukuganiza juti ndi zitukuko zANJI zifunika kuno?
2. What suggestions could be offered as to how this might be accomplished?  
Mungapereke maganizo ANJI onena za mmene zingacitikire?

I'll be back next \_\_\_\_\_ = Ndidzabweranso.

Goodbye (madam, sir, miss). = Tsalani bwino, mai, bambo.



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