

Sherpa Conversation & Basic Words

by

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The earnings from this book are ment for the welfare of the Sherpa village,
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Introductory remarks:

The Sherpa language is only a spoken language. There have been attempts in recent years to introduce a written form of this language based on the Tibetan script. But this is not an easy undertaking. The Sherpa language definitely goes back to a Tibetan dialect spoken in the eastern Tibetan Kham province in the 15th century, but it has developed in its own way for the last 500 years. So, it must be regarded as a language of its own separate from Tibetan. In modern times, Sherpa language has been enriched by a number of words taken from Nepali or English. Even within the Sherpa area one finds a lot of regional differences in the current use of the language. In Khumbu, for example, the use of words is a bit different from that of Pharak, Shorung (nep.: Solu), Helambu, Rolwaling, the Arun valley, Darjeeling etc. In the following list, the words have been written in the way they are used in Lhakpa's and Tendi's home area, the Takshindu region of Shorung.

For this list we have used a simplified way of transcription which may need a few explanations. In most cases, the vowels are pronounced short and open. Concerning the pronunciation of consonants, the following rules are of importance:

ch is pronounced like ch in *cheap*

j is pronounced like j in *jam*

ph is pronounced as a bi-labial f-sound

y is pronounced like y in *young*

z is a voiced s-sound as in *zero*

zh is pronounced like j in the French word *jour*

There is a discussion on the way how to make modern Sherpa a written language. Sherpa leaders with fundamental background of classical Tibetan plead for the use of the Tibetan script because of the Sherpa's linguistic and religious closeness to Tibetan culture. But most of the Sherpas are not able to read and write Tibetan script. Especially the younger generation tends to use Devanagari script, for example in Sherpa journals. Both, the Devanagari script and the Latin alphabet as used by us, have some problems to reproduce Sherpa sounds correctly. In addition, Sherpas in favour of Devanagari apply the script as it is used (and especially pronounced) in modern Nepali. This makes the Devanagari spelling of Sherpa words difficult for those with some knowledge of the structure of Tibeto-Burmese languages, and it also contributes to the further Nepalization of Sherpa culture. Nevertheless, we have decided to use this form of Devanagari transcription for two reasons:

1. It is the most common form of writing Sherpa language among Sherpas.
2. It is the best way to bring Sherpa language closer to people with Nepali as their mother tongue. Non-knowledge of ethnic languages and cultures is one

of the most important reasons for the exclusion of ethnic groups into a state dominated by high caste Hindu elites with Nepali as mother tongue.

3. It helps to understand the correct pronunciation and distinguished differences of words in cases where the Roman transcription is insufficient.

Part I

Sherpa Conversation

Sherpa (Roman) – Sherpa (Devanagari) – English

Chapter 01

Greetings

Khyoro min kang hin ? / Khyoro minla kang si ?	ख्योरो मिन कङ हिन ? / ख्योरो मिनला कङ सी ?	What is your name ?
Nye min Lhakpa hin. / Nye minla Lhakpa siwi.	डेय मिन ल्हक्पा हिन । / डेय मिनल ल्हक्पा सिबी ।	My name is Lhakpa.
Khyoro khangba keni hin ? / Zimkhang keni hin ?	ख्योरो खाङबा केनी हिन ? / जिम्खङ केनी हिन ?	Where is your house ?
Nye khangba yambula hin.	डेय खाङबा यम्बुल हिन ।	My house is in Kathmandu.
Keni di ? / Keni pheпки ?	केनी डि ? / केनी फेप्की ?	Where do you go ?
Nga skulla diwi.	ङ स्कुलला डिबी ।	I'm going to school.
Khyoro skul keni hin ?	ख्योरो स्कुल केनी हिन ?	Where is your school ?
Nye skul salleri hin.	डेय स्कुल सल्लेरी हिन ।	My school is in Salleri.
Desu phaplu cho thakringbu wai ?	देसु फप्लु चोओ थाकरिङबु वई ?	How far is Phaplu from here ?
Minet khalzhik choi thokitene.	मिनेट खल्जीक चोइ थोकितेने ।	Maybe it takes about 20 minutes.
Cho baje kyasung ?	चोओ बजे क्यासुङ ?	What time is it now ?
Dash baje kyasung.	दश बजे क्यासुङ ।	It is ten o'clock.
Lo cho lepki ?	लो चोओ लेप्की ?	How old are you ?
Lo khaljik tang nga lepkiwi.	लो खल्जीक तङ ड लेप्कीवी ।	I am 25 years old.

	लेप्कीवी ।	
Tama khyurung ?	तमा ख्यूरूड ?	And you ?
Nga lo khaljik tang sum lepkiwi .	ङ लो खल्जीक तङ सुम लेप्कीवी ।	I am 23 years old.
Khyoro pala tang mama keni zhuki ? / Khyoro papa tang ama keni dekiwi ?	ख्योरो पाला तङ ममा केनी ज्यूकी ? ख्योरो पापा तङ मम केनी देकीवी ?	Where do your parents live ?
Nye pala tang mama yulla zhukiwi.	डेय पाला तङ ममा यूल्ला ज्यूकीवी ।	My parents live in the village.
Khyoro yulki min kang si ?	ख्योरो यूल्की मिन कङ सि ?	What is the name of your village ?
Nye yulla sitiling siwi.	डेय यूल्ला सितीलीङ सिवी ।	The name of my village is Shiteling
Khurang pin cho wai ?	खिरङ पिन चोओ वई ?	How many brothers and sisters do you have ?
Achu nyi tang ai chik wai.	अच्यू ङि तङ अई चिक वई ।	I have two elder brothers and one elder sister.
Khyoro tertang sising dalza lemuti su hin ?	ख्योरो तेरतङ सिसिङ दल्जा ल्यामुती सु हिन ?	Who is your best friend ?

Chapter 02

Small talk

Di kang hin ?	दि कङ हिन ?	What is this ?
Di kitap hin.	दि किताप हिन ।	This is a book.
Phokiti kang hin ?	फोकिती कङ हिन ?	What is that ?
Phokiti naksha hin.	फोकिती नाक्श हिन ।	That is a map.
Tasam khyurung kangki ?	तसम ख्यूरूड कङकी ?	What are you doing nowadays ?
Nga tasam treking laka kiiwai.	ङ तसम ट्रकिङ लका किइवई ।	I am working in Trekking.
Nangla phewa. / Khangba shok.	नाङला फेवा । / खङब स्योक ।	Please come in !
Jusa. / Juni. / De.	ज्यूस । / ज्यूनी । / दे ।	Please have a seat !
Nam lemu chungsung.	नम ल्येमु चुङसुङ ।	The weather is nice.

Haring cherwa gyakitene.	हारिङ छेर्व ग्यकितेने ।	It may rain today.
Cherwa gyakinok.	छेर्व ग्यकिनोक ।	It is raining.
Sama sota ? / shalak sheu ?	समा सोता ? / स्यलाक सेउ ?	Do you have lunch / dinner ?
Lhowa lasung.	ल्होव लासुङ ।	I'm hungry.
Komba lasung.	कोम्बा लासुङ ।	I'm thirsty.
Khyoro lungbi min kang hin ?	ख्योरो लुङबी मिन कङ हिन ?	What is the name of your country ?
Kanisu pheu ? / Kanisu wau ?	कनीसु फेउ ? / कनीसु वउ ?	Where do you come from ?
Thangbu ? / Thangburang ?	थाङबु ? / थाङबुरङ ?	How are you ? / Are you fine ?
Las, thangburang.	लस, थाङबुरङ ।	Yes, I'm fine.

Chapter 03

Dialogue

Mathe alai gal hina.	मठे अलइ गाल हिना ।	We have not seen each other for a long time.
Solcha se phep. / Cha thung shok.	सोलच्य से फेप । / च्यअ थुङ स्योक ।	Please come for tea.
Shalak se phep. / Sama sap shok.	स्यलक से फेप । / समा सप स्योक ।	Please come for lunch / dinner.
En chesung.	यन छेसुङ ।	I am tired.
Kole kyani sisa. / Kole kyani sunga.	कोले क्यनि सिस । / कोले क्यनि सुङा ।	Please speak more slowly.
Nga pasang tang mula hatla galin.	ङ पासाङ तङ मुल हटला गालिन ।	I went to the market with Pasang.
Hatla ngira skulki dalza thesung.	हटला डिरा स्कुलकी दाल्जा ठेसुङ ।	We met our classmate at the market.
Ngirang teri sakhangla chya thung galin.	ङिरङ तेरी सखङला च्या थुङ गालिन ।	We all went to the restaurant to drink tea.
Nye dalza Sunitaki barela tamnye kyain.	ङे दाल्जा सुनिताकी बरेल तम्ङे क्याइन ।	We talked about my friend Sunita.
Sunita lopin hotup tamnye nye dalzi tesu hakkosung.	सुनिता लोपइन होतुप तम्ङे ङे दल्जी तेसु	I knew from my friend that Sunita is still studying.

Nyirang denla diwi.	हक्कोसुड ।	We go for an invitation.
Haring nga khomu me.	डिरड डेनला डिवी ।	Today, I am busy.
Khyurung khomu wata ?	हरिड ड खोमु मेए ।	Are you free ?
Goki sama kangse ?	ख्यूड खोमु वता ?	What do we eat for dinner ?
Haring gomu syakpa sap.	गोकी समा कडसे ?	
Keni zhuki ?	हरिड गोमु स्यकपा सप ।	This evening we eat Sherpa stew.
Nga Bauddha dekiwi.	केनी ज्यूकी ?	Where do you live ?
Phoki katiki minti kangsi ?	ड बौद्ध देकिवी ।	I live in Bauddha.
Jambulingki ka thenbuti dakpi lungbala wai.	फोकी काअतिकी मिनती कडसि ?	What is the name of that mountain ?
Diti solukhumbula wai di nepalki sharla khelkiwi.	जम्बुलिङकी काअ थेन्बुती दाक्पी लुङबाला वाई ।	The highest mountain of the world is in our country.
	दिती सोलुखुम्बुला वाई दि नेपालकी स्यरल खेलकीवी ।	It is in Solu-Khumbu and it is in the eastern part of Nepal.

Chapter 04

Visiting Solu

Dakpu sherwa teriki dakpi lungsung jetup megiwi.	दाक्पु शेर्वा तेरीकी दाक्पी लुङसुङ जेतुप म्यगिवी ।	All Sherpas shall not forget our Sherpa culture.
Dapki khangba peza tang kyani sherwi tamnye kigokiwi.	दाक्पी खडबा पेजा तङ कयानी शेर्वी तम्डे किगोकिवी ।	We have to speak Sherpa language at home with the children.
Khyurung solu dop bela kanisu di ?	ख्यूड सोलु डोप बेला कनीसु डि ?	From where do you go to Solu ?
Parsala jirine diwi, parsala namdula phaplu diwi.	परसल जिरीले डिवी, परसल नम्डुला फप्लु डिवी ।	Sometimes, I go from Jiri, and sometimes, I go to Phaplu by plane.
Jirine galsing khangba leula nyima cho thowaki ?	जिरीने गल्सीङ खडबा लेउला डिमा चो थोवकी ?	How many days does it take from Jiri to your house ?
Gadila nyima chik tang kangbi nyima sum kyani	गडिला डिमा चिक तङ कडबी डिमा सुम कयनी	It takes four days, one day by bus and three

nyima zhi thokiwi.	डिमा जि थोकीवी ।	days by walking.
Lam tsukoi wai ?	लम चुकोई वाइ ?	How is the way ?
Lalai dasala ken tang lalai dasala thul wai.	ललइ दसला केन तड ललइ दसला थुल वाइ ।	Sometimes up and sometimes down.
Lamla sama sap tang shasa detup dasa watang me ? / Lamla sama sap tang shasa detup dasa watang me ?	लम्ला सम सप तड स्यस देतुप दासा वतड मे ? / लम्ला सम सप तड स्यस देतुप दासा वतड मे ?	Are there some hotels or restaurants on the way ?
Lamla nyiloku tang sama sap dasa lemo wai.	लम्ला डिलोकु तड समा सप दास ल्यमो वाइ ।	There are nice places to eat and sleep.
Dang khyurung kani galu ? / Dang khyurung kani pheu ?	दाङ ख्यूरुङ कनी गालु ? र दाङ ख्यूरुङ कनी फेउ ?	Where have you been yesterday ?
Dang nga yuk galin.	दाङ ङ युङ गलिन ।	Yesterday, I went for sightseeing.
Kani yuk galup ?	कनी युङ गलुप ?	Where have you been for sightseeing ?
Dalzimula nagarkot galin.	दाल्जीमुला नागरकोट गलिन ।	I went to Nagarkot with a friend.
Nagarkot ne sagarmatha thongita ?	नागरकोट नेय सगरमाथा थोंगीता ?	Can we see Mount Everest from Nagarkot ?
Desu bos tso bajela ditang ?	देसु बोस चो बजेला डितङ ?	At what time does the bus leave from here ?
Tertang sising gomiti cha bajela diwi.	तेरतङ सिसिङ गोमिती छ बजेला डिबी ।	The first one leaves at 6 o'clock.
Dakpu yambula tso baje lepki ?	दक्पु यम्बुला चो बजे लेप्की ?	What time will we arrive in Kathmandu ?
Dakpu dui baje tsoila lepkiwi.	दक्पु दुइ बजे चोइल लेपिकीवी ।	We will arrive around two o'clock.
O, yambu yang metsenge tang mi mangmu nok.	ओ । यम्बु यङ मेचेडे तङ मी मङमु नोक ।	Oh! Kathmandu is dirty and there are many people.
Metsenge wosirang loup tang laka kitupla derang hunggosung.	मेचेडे वोसिरङ लोउप तङ लका कितुपला देरङ हुङगोसुङ ।	It is dirty, but we have to come here to work and to study.
Deki lhaph dasa lemuti keni hinang ?	देयकी ल्हप दासा ल्यमुती केनी हिनङ ?	What is the best place to visit here ?
De lhaph dasa bangi wai.	देय ल्हप दासा बङी वइ ।	There are many places to

Keni pheпки Bauddha, Swayambhu, Pashupatinath ... ?	केनी फेप्की बौद्ध, स्वयम्भू, पशुपतिनाथ ?	visit. Where do you want to go, Bauddha, Swayambhu Pashupatinath ... ?
Haring Bauddha dop hina ?	हरिङ बौद्ध डोप हिना ?	Today, we go to Bauddha, o.k. ?
Hanumandhoka sang lhadhogokiwi lhap sama bangi wai.	हनुमानढोका सङ लहढोगोकिवी लहप समा बङी वइ ।	We have to visit Hanauman Dhoka, too. There are many things to see.
Te tangboki pe tang dongbu chikla jou khangba wai.	त्य तङबोकी पे तङ दोङबु चिकला जोङ खङबा वइ ।	There is old history and a house that is made from one tree.
Kenisang khangbatirang nok tiwi baliti keni depkitung ?	केनीसङ खङबातिरङ नोक, तिवी बालीती केनी देप्कीतङ ?	There are houses everywhere. So, where do they plant the crop ?
Mi mangsoki chokhangla ngewi.	मि मङस्वकी छोखङला ङेवी ।	Most people buy food in shops.

Chapter 05

Problems of Sherpa youth

Tasam mi mangso shaharla dekiwi.	तसम मि मङस्व शहरला देकीवी ।	Now, most of the people live in the city.
Mi lalai shaharla miji kyongup gaakiwi.	मि ललाइ शहरला मिजी क्योङुप गाअकिवी ।	Some people like the life in the city.
Shaharla miji kyongupla kangi dukpa wai ?	शहरला मिजी क्योङुपला कङी दुक्प वइ ?	What are the problems of city life ?
Chila mi mangswa yambula dop hinang ?	चिल मि मङस्व यम्बुला डोप हिनङ ?	Why do most of the people go to Kathmandu ?
Yulla rang desing lemu loup tang milungba dop kang amochou kyan mi yambula dop hin.	यूला रङ देसिङ ल्यमु लोउप तङ मिलुङबा डोप कङ अमोछोउ क्यन मि यम्बुला डोप हिन ।	When we live in the village, we cannot get good education and we cannot go to foreign countries , so people go to Kathmandu.
	क्यूरूङला शहरकी मिजी गाअ नोउकी यूल्की मिजी	What do you like better, city life or village life ?

Kyurungla shaharki miji gaa nouki yulki miji gaa nok ?	गाअ नोक ?	
Ngala yulki miji gaa wai chilasing nga yulla keu hin.	ङला यूल्की मिजी गाअ वइ चिलसिसिङ ड यूल्ला केउ हिन ।	I like the village life because I was born in a village.
Nye yulwa towa thinmu tang dukpala dalja kiwi.	डे यूल्वा तोव थिन्मु तङ दुक्पाला दल्जा किवी ।	My neighbours are friendly and helpful.
Dakpi yulla mi khamu metu tapki dakpi yulla yarko magalup hin.	दाक्पी यूल्ला मि खामु मेतु तपकी दाक्पी यूल्ल यरके मगालुप हिन ।	There are no educated people in our village, so it is not developed.
Japaniz tamnye laa tso laup ?	जापानीज तम्डे लाअ चो लउप ?	How many months did you learn the Japanese language ?
Nye japaniz tamnye laa tuk lain.	डे जापानीज तम्डे लाअ टुक लइन ।	I have studied Japanese language for six months.
Khyoro mastar jarman hinangki nepali hin ?	ख्योरो मस्टर जर्मन हिनङकि नेपाली हिन ?	Is your teacher German or Nepali ?
Jarman tang japaniz tamnye tsukoti mang kale nok ?	जर्मन तङ जापानीज तम्डे चुकोती मङ कले नोक ?	Which language is more difficult, German or Japanese ?
Khyoro tamnye namba tso lapseki ?	ख्योरो तम्डे नम्बा चो लपसेकी ?	How many languages do you speak ?
Khyoro mamiki maup tamnye kang hin ?	ख्योरो ममीकी लउप तम्डे कङ हिन ?	What is your mother tongue ?
Khyoro zendi kyaup ?	ख्योरो जेन्दी क्याउप ?	Are you married ?
Las, nye jendikyan lo sum gal.	लस, डे जेन्दी क्यन लो सुम गल ।	Yes, I have married three years ago.
Peza watang me ?	पेजा वतङ मे ?	Do you have children ?
Khyoro ru kang hin ?	ख्योरो रू कङ हिन ?	What is your clan ?
Nye ru salaka hin.	डे रू सलाका हिन ।	I belong to the Salaka clan.

Di mendok min kang hin ?	दि मेन्दोक मिन कङ हिन ?	What is the name of this flower ?
Di tongmar mendok hin.	दि तोङमर मेन्दोक हिन ।	This is a rhododendron flower.
Di laa kangla syarki ?	दि लाअ कङला स्यरकी ?	In which month does it blossom ?
Chet tang baisakhla syorkiwi.	चेत तङ बैसाखल स्योरकीवी	It blossoms in April and May.
Nga phila galin.	ङ फिला गलिन ।	I have been to the toilet.
Haring cherwa gekinok.	हरिङ छेर्वा ग्यकीनोक ।	Today it is raining.
Haring nam ngekinok.	हरिङ नम डेकीनोक ।	Today the sky is pressing. (There is a lot of rain today)
Kyirung de dekinok ?	ख्युरूङ दे देकिवी ?	Will you stay here ?
Sala nyirang Zhung diwi.	सला ङिरङ जुङ ङिवी ।	Tomorrow we will go to Junbesi.
Sangbu nyirang Takshindu diwi.	सङबु ङिरङ टाक्सिन्दु ङिवी ।	Next year we will go to Takshindu.
Nyirang mani rong diwi.	ङिरङ मनी रोङ ङिवी ।	We go for praying.
Sherwa towa gawa galsima lhangangla mani rong diwi.	शेर्वा तोव गाव गल्सीम ल्हङङला मनी रोङ ङिवी ।	The Sherpas go to the monastery for praying when they get old.
Gawa gama lhangangla kyakinok.	गावा गामा ल्हङङला क्यकीनोक ।	The old people are moving to the monastery.
Mani rong gosung sinok.	मनी रोङ गोसुङ सिनोक ।	They said they want to pray.
Peza lakala galnok.	पेजा लकाला गलनोक ।	The children have gone working.
Khyokpeza teri trekingla galnok.	ख्योकपेजा तेरी ट्रेकिङला गलनोक ।	All young men have gone trekking.
Udgyen sardar hin.	उङग्येन सरदार हिन ।	Udgyen is a guide.
Khumjungki mi nok.	खुम्जुङकी मी नोक ।	He is from Khumjung.
Mi tengbu nok.	मी टेङबु नोक ।	He/she is honest.
Mi lemu nok.	मी ल्यमु नोक ।	He/she is a good person.
Suhinang ?	सुहिनङ ?	Who is he/sie ?
Tsukoi nok ?	चुकोइ नोक ?	How is he/she/it ?
Nama samba tsukoi nok ?	नमा सम्ब चुकोइ नोक ?	How is the new daughter-in-law ?
Zemu nok.	जेमु नोक ।	She is pretty.
Kitang tsukoi nok ?	कितङ चुकोइ नोक ?	How is her character /

Semla kang wai ?

Sem dukpa langginok. /
Pap langginok.

Chila?

Khangba zop bela mi
chawa mangmu
phoksung.

Awa ami changga kitup
bela di miti chawala
shorsung.

सेमला कङ वइ ?

सेम दुक्पा लंगिनोक । /
पप लंगिनोक ।

चिला ?

खङबा जोप बेला मी छवा
मङमु फोक्सुङ ।

अव आमी छङगा कितुप
बेल दि मिती छवाला
सोरसुङ ।

habit ?

What is on your mind ?

I am worried.

Why ?

I am totally indebted
because of the house
building.

This person is indebted
because of the second
burial ceremony of his
parents.

Chapter 07

Everyday talk

Pezi zendi nam hin ?	पेजी जेन्दी नम हिन ?	When is the marriage of the children ?
Gaki changga gomalake kyain.	गकी छङगा गोमलाके क्यइन ।	The second burial ceremony [49 days after death] for grandmother has already taken place.
Shing nyewap sin wai.	सिङ डेवप सिन वइ ।	I want to buy land.
Tiki shing tsonggi nok.	तिकी सिङ चोङगी नोक ।	He sells his land.
Peza tikpe lawala joku megiwi.	पेजा टिकपे लवला जोकु म्यगिबी ।	Children are not allowed to work as paid labourers.
Nyirang guala diwi.	डिरङ ग्याला डिबी ।	We are going to India.
pho tokpa gyapnok.	फो टोक्पा ग्यपनोक ।	There is a landslide.
Kalak towa tsang joinok.	कलक तोव छङ जोङनोक ।	The ravens are building their nests.
Di ra karmuti ngala tsonggita ?	दि र करमुती डला चोङगीता ?	Will you sell me this white goat ?
Khyurung lhowa langginoka ?	ख्युरूङ ल्होव लङगीनोका ?	Are you hungry ?
Nga lhowa langginok.	ङ ल्होव लङगीनोक ।	I am hungry.
Komba langginok.	कोम्बा लङगीनोक ।	I am thirsty.
Lhowarang me.	ल्होवारङ मे ।	I'm not hungry.
Kombarang me.	कोम्बारङ मे ।	I'm not thirsty.
Haring hriu wan riki biruwa pinok.	हरिङ हिउ वन रिक्की बिरूव पिनोक ।	Today, monkeys have come and pulled out the potato shoots.
Ang tikpe ching tangnok.	आङ टिकपे चिङ तङनोक ।	The baby has done a wee-wee.
Namgel chyangbu hin. / Namgel chyangbu nok.	नम्व्गेल् च्यङबु हिन । / नम्व्गेल् च्यङबु नोक ।	Namgyal is clever.
Tendi girpu nok.	तेन्डी गिरपु नोक ।	Tendi is tall.
S.L.C. pas kyanok.	एस. एल. सि. पस क्यनोक ।	He / she has passed S.L.C.
Nga tul khala denwai.	ङ तुल खला देनवइ ।	I am sitting on a chair.
Nye min Ananda Lopsang siwi / hin.	डे मिन अनान्द लोपसाङ सिबी / हिन ।	My name is Ananda Lopsang.

Khyurungla puzhung tso wai ?	ख्यूरुङला पुजुङ चो वइ ?	How many sons do you have ?
Ngala puzhung nyi wai.	ङला पुजुङ ङि वइ ।	I have two sons.
Nye peza tikpe wai.	ङे पेजा टिक्पे वइ ।	My children are young.
Khyurungla peza tso wai ?	ख्यूरुङला पेजा चो वइ ?	How many children do you have ?
Ngala pum sum wai : Pemba, Phurwa tang Kenchi.	ङला पुम सुम वइ : पेम्बा, फुर्वा तङ केन्छी ।	I have three daughters: Pemba, Phurwa and Kenchi.

Chapter 08

Village problems

Lhaki sama simbu zonok.	ल्हाकी समा सिम्बु जोनोक ।	Lhaki has cooked delicious food.
Pasang sama lemu mazonok.	पासाङ समा ल्यमु मजोनोक ।	Pasang has not cooked good food.
Nye shamung hurtuk khungal.	ङे स्यमुङती हुरतुक खुङ्गल ।	The storm has carried my hat away.
Hurtuk me phelkinok.	हुरतुक मे फेल्कीनोक ।	The storm has disseminated the fire.
Natung tshikinok.	नाठुङ छिकिनोक ।	The forest is burning.
Chet tang baisakhla hurtuk kashyen gyakiwi.	चेट तङ बैसखला हुरतुक कश्यन ग्यकीवी ।	There is stormy weather in the months of Chait and Baisakh.
Mela somar luksing cherwa tang hurtuk chekiwi.	मेला सोमर लुक्सीङ छेर्वा तङ हुरतुक छेकीवी ।	Throw mature cheese into the fire and the storm will stop.
Khyoro penmi min kang hin ? / Khyoro penmi minla kang si ?	ख्योरो पेन्मी मिन कङ हिन ? / ख्योरो पेन्मी मिनला कङ सी ?	What is your wife's name ?
Khyoro pumla shing tetkita ?	ख्योरो पुमला शिङ तेटकिता ?	Do you also give land to your daughter ?
Khyoro pumla khangba tetkita ?	ख्योरो पुमला खङब तेटकिता ?	Do you give a house to your daughter ?
Dakpu dongbu chesin thokpa gewinok.	दाक्पु दोङबु चेसीन टोक्पा गोवीनोक ।	If we cut the trees, there will be landslides.
Zik tang tom tosung.	जिक तङ तोम टोसुङ ।	Leopard and bear run

Hriu kiu kiu siwi.	ह्रिउ किउ किउ सिवी ।	away. The monkeys cry "kiu, kiu".
Zik watene ?	जिक वतेने ?	Perhaps a leopard ?
Ziki piu tikpe senok.	जिकी पिउ टिकपे सेनोक ।	The leopard has killed a small calf.
Tangbo dakpi yulla dongbu bangi wai.	तङबो दक्पी युल्ला दोङबु बङी वइ ।	Many years ago, there were many trees in our village.
Tasam tiwa mi teri chenok.	तसम तिव मी तेरी चेनोक ।	Now, they are all cut by the people.
Dakpu jendatiwi dongbu chuni nathung bachae kigokiwi.	दक्पु जेन्दातीवी दोङबु चुनी नठुङ बचए किगोकिवी ।	We young people have to plant trees and save the forest.
Dakpu miki dukrang kyani dongbu chesing pezi ngola min dakpi ngolarang dukpa ngekiwi.	दक्पु मीकी दुकरङ क्यनी दोङबु चेसीङ पेजी डोला मिन दक्पी डोलारङ दुक्पा डेकिवी ।	If we people cut trees like this, we don't have to wait for the next generation; we may already have problems in our life.
Pelacha jaksin, tokpa dop chu kambup tang utonggupla hurtuk tsenge menyeute lepkiwi.	पेलछअ ज्यक्सीन, टोक्प डोप छु कम्बुप तङ उतुङगुपला हुरतुक चेङगे मेङेउते लेप्कीवी ।	For example, there will be landslides and lack of water, and it will also be difficult to breathe.
Jenda teri trekingla dopki yulla laka kitup mi sung me.	जेन्दा तेरी ट्रेकिङल डोपकी युल्ला लका कितुप मी सुङ मे ।	All young people go away to job in trekking; so, there is nobody to work in the village.
Dakpi lungbala napha lemu hungguti paryatan tesu hin.	दाक्पी लुङबाला नाफा ल्यमु हुङगुती पर्यटन तेसु हिन ।	The main source of income in our country is tourism.
Paryatak tiwi dakpi lungba skul tang mekhang jopla dalja kii wai.	पर्यटक तिवी दाक्पी लुङबा स्कुल तङ मेखङ जोपला दाल्जा किइ वइ ।	The tourists are helping to build schools and hospitals in our country.
Paryatak towa kaa lhaptirang min dakpiki choo tang lungsung loupki lagisang giwi.	पर्यटक तोव का ल्हपतिरङ मिन दाक्पीकी छोओ तङ लुङसुङ लोउपकी लगिसङ गिवी ।	The tourists are not only coming to see the mountains. They also come to learn to know our traditions and culture.

Chapter 09

On Travelling

De keni juni wai ? Hotel sherpala den wai. Amerikane nam pheu ?	दे केनी जुनी वइ ? होटेल शेर्पाला देन वइ । अमेरीकने नम फेउ ?	Where do you stay here ? I stay in the Hotel Sherpa. When did you come from America ?
Dang wain. Trekingla nam phepki ?	दाङ वइन । ट्रेकिङला नम फेप्की ?	I came yesterday. When do you go to the trek ?
Nyima nyi jukla dop non wai. Keni pati phepki ?	डिमा डि जुक्ला डोप नोन वइ । केनी पटी फेप्की ?	I think I will go in two days. Which region will you go to ?
Khyurung jerman nam di ? Nga jerman yeru diwi.	ख्यूरुङ जर्मन नम डी ? ङ जर्मन येरु डिबी ।	When do you go to Germany? I go to Germany in summer.
Khyurung jerman pala coo galu ? Nga pala sum galin.	ख्यूरुङ जर्मन पाला चोओ गालु ? ङ पाला सुम गलिन ।	How many times have you been to Germany? I've been there three times.
Jermanki bisa nyetup kalle nok. Bisa nyetupla syu tsukoi gokinok ? Zimma kitup mi tanggu syu tang dakpu laka kitup kampaniki syu gokinok.	जर्मनकी बिषा डेतुप कल्ले नोक । बिषा डेतुपला स्यु चुकोइ गोकीनोक ? जिम्मा कितुप मी तङगु स्यु तङ दक्पु लाका कितुप कम्पनीकी स्यु गोकीनोक ।	It is difficult to get visa for Germany. What kind of documents do we need to get a visa? We need a letter of obligation from a responsible person (from Germany) as well as from our company where we work.
Nepalki erportla tamnye mangmu tinkok. Khyurung jermanki tsuko dasala deki ? Nga kolonla dekiwi. Te khyurung si mula deki ? Nga ani tang tsak mula	नेपालकी एरपोर्टला तम्डे मङमु टिनोक । ख्यूरुङ जर्मनकी चुको दासाला देकी ? ङ कोलोनला देकिवी । त्य ख्यूरुङ सि मुला देकी ? ङ आन तङ छाक मुला	At the airport in Nepal, they ask many questions. At which place do you stay in Germany? I stay in Cologne. With whom do you live there? I live with my aunt and

dekiwi.	देकिवी ।	uncle.
Tiwa khyurungla kani ling gi?	तिव ख्यूरुङला कनी लिङ गी ?	Where do they come to pick you up?
Gomi pala phrenkfut galin tara di pala kolon diwi.	गोमी पाला फेङफुट गलिन तरा दि पाला कोलोन डिबी ।	Last time I went to Frankfurt but this time I go to Cologne.
Yuropla sama tsukoi nok?	यूरोपला समा चुकोइ नोक ?	How is the food in Europe?
Nepalla lhasin kutuk nok.	नेपालला ल्हसिन कुतुक नोक ।	It is different from Nepali food.
Dakpi inglis lop masesin milungba yuku kalle ginok.	दक्पी इङलीस लोप मसेसीन मिलुङबा यूकु कल्ले गिनोक ।	It is very difficult to travel to foreign countries if you can't speak English.

Chapter 10

Forests and agriculture

Shing goki nok.	शिङ गोकि नोक ।	We need wood.
Natung kasenakyan masegal / ghatekyasung.	नठुङ कसेनक्यान मसेगल / घटेक्यसुङ ।	The forest stand is strongly reduced.
Tya chungma bangi nok.	त्य छुङम बङी नोक ।	There are too many animals.
Chungmala so bangi gokiwi.	छुङमला सो बङी गोकिवी ।	The animals need too much fodder.
Tangbo dakpu cha zopla sol ruin.	ताङबो दाक्पु च्याज जोपला सोल रूइन ।	In the past, we collected leaves for composting.
Dongbu menok sisin cha megiwi.	दोङबु मेनोक सिसिन छज मेगीवी ।	There will be no fertiliser when there are no trees.
Sing mangmu khor kitupla thokiwi.	सिङ मङमु खोर कितुपला थोकीवी ।	Too much wood is used for fences.
Singi sattala tarki khor tang de dokor gyakgokiwi.	सिङी सट्टाला तरकी खोर तङ दे दोकोर ग्याकगोकीवी ।	One should replace the wooden fences with wire fences or stone walls.
Khangbi thek gyeulang sing bangi gokiwi.	खङबी थेक ग्येउलाङ सिङ बाङी गोकीवी ।	A lot of wood is also needed for the roof shingles.
Sherwa tiwala syangup	शेर्वा तिवला स्याङुप	The Sherpas also need a

belasang sing bangi gokiwi.	बेलासङ सिङ बाङी गोकीवी ।	lot of wood for cremations.
Nyira yulki chipa chiz dairi dzon wai.	डिरा यूल्की चिप्ला चिज डइरी जोन वइ ।	A cheese factory has been built near our village.
Chiz dairila chiz denubela sing bangi gokiwi.	चिज डइरीला चिज देनुबेल सिङ बाङी गोकीवी ।	This cheese factory needs a lot of wood for the production of cheese.
Chiz tsonggupla shahar khundogokiwi.	चिज चोङगुपला शाहर खुनडोगोकिवी ।	The cheese is brought to the town for sale.
Chiz dairiki solar chu tang hurtukki sakti thokgokiwi.	चिज डाईरीकी सोलर छु तङ हुरतुककी सक्ती थोकगोकीवी ।	The cheese factory should use solar, water or wind energy.
Nga tikpe hotup bela dongbu tiwi wamangsing tsunok.	ङ टिक्पे होतुप बेल डोङबु तिवी वमङसिङ चुनोक ।	In my youth, the Rais already planted fodder trees.
Sherwa tiwi tukop laka miginok.	शेर्वा तिवी तुकोप लाका मिगिनोक ।	We Sherpas did not practice this.
Dongbu tiwi patip sang tsunok.	डोङबु तिवी पतीप सङ चुनोक ।	The Rais also planted bamboo shrubs.
Patip laka bangula phen thokiwi.	पतीप लाका बङीला फेन थोकीवी ।	Bamboo can be used for many purposes.
Patip khangba dzop, chumala terup tang tseu lhapla phen thokiwi.	पतीप खङबा जोप, छुमाला तेरूप तङ चेउ लहपला फेन थोकीवी ।	We use bamboo for house constructions, as animal fodder, as vegetable, for weaving baskets, etc.
Sherwa tiwi dongbu lhakpa dzugokiwi.	शेर्वा तिवी दोङबु ल्हक्पा जुगोकीवी ।	The Sherpas should plant more trees.
Dang tasam lola phal phulki dongbu mangmu tamnok.	दङ तसम लोला फल फुलकी दोङबु मङमु तम्नोक ।	In recent years, a number of fruit trees have been planted.
Khaskyan, syau tang khambi dongbu ngekiwi.	खसक्यन, स्याउ तङ खम्बी दोङबु डेकीवी ।	You find especially apple trees and peach trees.
Anggur sang dep gokiwi.	अंगुर सङ देप गोकीवी ।	One should also plant vine.
Anggur marki siwi rambu dzewi.	अंगुर मारकी सिवी रम्बु जेवी ।	The vine roots consolidate the soil.
Anggur towa ngarmu tang bitamin mangmu giwi.	अंगुर तोव डर्मु तङ बिटमीन मङमु गिवी ।	The grapes are fruity and rich in vitamins.

Chapter 11

Economic Sherpa life

Lang nam moki ?	लाङ नम मोकी ?	When do you plough the fields?
Ngira phagun tang tset laala lang mokiwi.	ङिरा फागुन तङ चेट लाअला लाङ मोकिवी ।	At the beginning of the year, in the months of Phagun and Chait (January-March)
Sen nam depki.	सेन नम देपकी ?	When is the sowing time ?
Tsetla depkiwi.	चेटला देपकीवी ।	In the month of Cait (March/April).
Kang tau ?	कङ तउ ?	What do you plant ?
Ngira litsi, dzau, taa, tau, riki, peretsi, pharsi, puri, hralma, lau, teri depkiwi.	ङिरा लिची, जौ, टअ, टउ, रिकी, पेरेची, फर्सी, पुरी, हलमा, लौ तेरी देपकीवी ।	We plant everything: corn, barley, wheat, buckwheat, potatoes, beans, pumpkins, cucumbers, peas, radish.
Laka bangi wai tara ngirangla sap lagiwi.	लाका बाङी वइ तर ङिरङला सप लगीवी ।	There is a lot of work, but we have enough to eat.
Nyirang namki barla wai.	ङिरङ नामकी बरला वइ ।	We depend upon the weather.
Naning cherwa gyam riki nyesung.	ननीङ छेर्वा ग्याम रिकी डेसुङ ।	Last year, the potatoes have gone bad because of the rain.
Nyira ti riki towa chumala binin.	ङिर ति रिकी तोव छुमाला बिनिन ।	We have given them to the animals.
Sen langgup tsoirang wai.	सेन लङगुप चोइरङ वइ ।	There is just enough for sowing.
Nye yulwala litsi tang mula riki jeta sim tigokiwi.	डे युल्वला लिची तङ मुला रिकी जेता सिम टिगोकिवी ।	Else, I have to ask the neighbour if he wants to exchange corn for potatoes.
Au, sala ngala lang yorkita ?	अउ, सला ङला लङ योरकीता ?	Uncle, can you lend me your bullock for tomorrow ?
Giwi, tara lang tiwala tsa tang chu langgup kyan bina.	गिवी, तर लङ तिवला च तङ छु लङगुप क्यन बिना ।	Yes, but don't beat him and give him enough hey and water.
Khyoro pezang tong thupkiwi ?	ख्योरो पेजाङ तोङ	Can you also send your children ?

	थुप्कीवी ?	
Nyirangla dalza kitup mi malanggiwi.	डिरङला दल्जा कितुप मी मलङगीवी ।	We don't have enough helping hands.
Giwipe tara khurung tang tsam naa nyirate lakaki hunggokiwi.	गिबीपे तर ख्यूरुङ तङ छम नअ डिरत्य लकाकी हुङगोकीवी ।	Well, but you and your wife must work for us the day after tomorrow.
Las, nyirang hunggup.	लस, डिरङ हुङगुप ।	Yes, we will come.
Nyirangla sap tang thunggup lemo nyekiwi ?	डिरङला सप तङ थुङगुप ल्यमो डेकीवी ?	Will we get good food and drinking ?
Hahaha, khirangla tsa tang chu sang nyekiwi.	हहह, खिरङला च तङ छु सङ डेकीवी ।	Hahaha, you will get enough hey and water, too.
Toktsi khunhugup madzetakisa.	तोक्ची खुनहुगुप मजेतकिसा ।	And don't forget to bring your hoes.
Nyirati dokolok galnok domangmu hotupkyan.	डिरती दोकोलोक गाल्नोक दोमङमु होतुपक्यान ।	Ours have got blunt because of the many stones.
Sen tamsinsima nyirangla khomu giwi.	सेन तमसिनसिमा डिरङल खोमु गिबी ।	We will have some time, when the sowing is done.
Tama, dakpu laka cholula cherko dop.	तम, दक्पु लका छोलुला छेरको डोप ।	Then, we go to ask for work in Cherko.
Te mi khangba dzoinok.	त्य मी खङबा जोइनोक ।	People are building a house there.
Dakpu tii parsal do kakuu dakpu gokitene.	दक्पु टिइ परसल दो ककुउ मी गोकीतेने ।	Let's ask if they need people to hew the stones.
Hambumki cheu lha sekiwi.	हम्बुमकी चेउ ल्ह सेकीवी ।	The women can weave baskets.

Chapter 12

Children and women

Pezatowa chuma tsop dogokiwi.	पेजातोव छुम चोप डोगोकीवी ।	The children shall go to the alpine pastures with the animals.
Su skul dogokiwi ?	सु स्कूल डोगोकीवी ?	Who shall go to school ?
Lo ngakiti.	लो ङकीती ।	The five-year-old one.
Ti nyirangla mogoi.	ति डिरङला मोगोइ ।	We don't need him.

Mastarki peza teri skul tonggokiwi sinok.	मस्टरकी पेजा तेरी स्कूल तोड़गोकीवी सिनोक ।	The teacher says that all children should be sent to school.
Pumsang kitap loup tang tiku lop gokiwi.	पुमसङ किताप लोउप तङ टिकु लोप गोकीवी ।	Girls, too, must learn to read and write.
Di jukthambala lemu giwi.	दि जुकथम्बाला ल्यमु गिबी ।	This would be better for the future.
Saharla pumsang skul diwi.	सहरला पुमसङ स्कूल डिबी ।	In town, girls go to school as well.
De yulla mang tingla khelwai.	देय यूल्ला मङ तिङला खेलवइ ।	Here in the village, we are more backward.
Pumpeza towang chuma min. Tiwisang kangrechikre nye gokiwi.	पुमपेज तोवङ छुम मिन । तिबीसङ कडरेचिकरे डे गोकीवी ।	Women are not animals; they must also get something.
Khyoro kang sikyau hin : sing tang khangba ?	ख्योरो कङ सिक्यउ हिन : सिङ तङ खङबा ?	What do you mean: land and house ?
Minum tang lama tiwa pumpezala melokpa kiwi.	मिनुम तङ लामा तिवा पुमपेजाला मेलोकपा किबी ।	The shamans and priests are anti-women.
Tiwi pumpezala melokpa tang mara tonggiwi.	तिबी पुमपेजाला मेलोकपा तङ मरा तोङगीवी ।	They talk in a discriminating way about female persons.
Tiwi peza kep dikpa hin sinok.	तिबी पेजा क्यप दिक्पा हिन सिनोक ।	They say it would be a sin to get children.
Hiki teri kyok pezi tiunok.	हिकी तेरी ख्योक पेजी टिउनोक ।	All the texts are written by men.
Minum tiwi pumpezala pem sin siwi.	मिनुम तिबी पुमपेजाला पेम सिन सिबी ।	The shamans describe women as witches.
Tsila pumpeza tiwa kang misir detup hin ?	चिला पुमपेजा तीव कङ मिसिर देतुप हिन ?	Why do women put up with it ?
Tsila pumpeza tiwi khyok pezala tsep hin ?	चिला पुमपेज तिबी ख्योक पेजाला चेप हिन ?	Why do women idolize men ?
Tsila khyok peza tiwa mangmu tulku tang rimburché hotu hin ?	चिला ख्योक पेजा तिवा मङमु टुल्कु तङ रिम्बुरचे होतु हिन ?	Why are there so many male Tulkus and Rimboches ?
Tsila pumpeza tulku tang rimburché metup hin ?	चिला पुमपेजा टुल्कु तङ रिम्बुरचे मेतुप हिन ?	Why are there no female Tulkus and Rimboches ?
Chilasisin. Pumpeza tiwi loup tang tiku meseu ken hin.	चिलसिसिन । पुम्पेजा तिबी लोउप तङ टिकु मेसेउ क्यन हिन ।	Because the women cannot read and write.

Lhengolaup mi tsenga
tiwa kanisu gitang ?

Tiwa mukpi orne giwi.

Tiwa zambu lingne wau
min.

Hina ? Nye yang
patemikiwi.

Tiwang tiwi ami khokne
dakpu doke ken wau hin.

nye mamala mesin
khyoro dukpa nyekito.

gusa / gun deta.

Tsila khyokpeza towa
pumpeza sinang ramba
hotu hin ?

Pumpeza towa kamjor
hunggup ti tsilasing
peza mangmu kep ken
hin.

Khyoro khangba su tala
deki ?

Khyokpeza tiwa hambum
tiwi kang tsokiu lhenok.

Puzhum hotup bela
yukupty su hin ?

Ama tiki. Yanglung ang
kenok.

Ti nari kyukinok.

लहेङोलउप मि चेङ तिव
कनिसु गितङ ?

तिव मुक्पी ओरने गिवी ।

तिव जम्बु लिङनेय वउ
मिन ।

हिना ? डे यङ
पतेमिकीवी ।

तिवङ तिवी आमी
खोकनेय दक्पु दोके क्यन
वउ हिन ।

डे ममला मेसिन ख्योरो
दुक्पा डेकिवी ।

गुस / गुन देत ।

चिला ख्योकपेजा तोव
पुमपेजा सिनङ रम्बा होतु
हिन ?

पुमपेजा तोव कम्जोर
हुङगुप ती चिलासिसिन
पेजा मङमु क्यप क्यन
हिन ।

ख्योरो खङबा सु टला
दकी ?

ख्योकपेजा तिव हम्बुम
तिवी कङ चोकिउ लहेनोक
।

पुज्युम होतुप बेला
युकुपती सु हिन ।

आमा तिकी । यङलुङ अङ
केनोक ।

ति नारी क्यूकिनोक ।

Where do all those holy
men come from ?

They come from the
clouds.

They are not from this
world

Really ? I don't believe
this !

They have come from
their mothers' wombs like
us.

You'll be sorry if you talk
bad about my mother!

You just wait !

Why are men stronger
than women ?

Women are weak
because they get so
many children.

Who is sitting in the upper
row in your house?

The men ! They watch
what the women are
cooking.

Who runs about with a
swollen womb ?

The mother ! Again, she
gets a baby.

She is often vomiting.

Chapter 13

Childrens' problems

Halo thangbu ?

Tsei nenok. /

हालो थाङबु ?

चेइ नेनोक । /

Hello, how are you ?

I don't feel well.

Thangburangke minduk.	थाङबुरङके मिन्दुक ।	
Ama sisung.	अमा सिसुङ ।	Mother has died.
Palati permi hembra tsholkinok.	पलाती पेरमी हेम्बा छोलकीनोक ।	Father is looking for a new wife.
Khyurung parangbu.	ख्यूरुङ परङबु ।	Oh, poor you !
Soka hinu ken nyirangla langgup gyawi me.	सोका हिनु क्यन डिरङला लङगुप ग्यवी मेय ।	It is spring and we don't have enough to eat.
Jukla cherwa gepsin.	ज्यूक्ला छेर्वा ग्यपसिन ।	If it would rain at last !
Tara lhoni mukparang minduk.	तर ल्होनी मुक्पारङ मिन्दुक ।	But you can see no cloud.
Taling dzau nyimarang minduk.	तलीङ जौ डिमरङ मिन्दुक ।	This year, the barley has no ears.
Litsi tang riki deu phinok.	लिची तङ रिक्की देउ फिनोक ।	It's too late to plant corn and potatoes.
Lhoni, tsangbi garila longdzar nok.	ल्होनी, चङबी गरिल लोङजर नोक ।	Look, there is wild rhubarb at the river.
Di kiru hin tara nyira tsha lukin.	दि किरु हिन तर डिरा छ लुकिन ।	It is sour, but we put salt on it.
Syo tsangbi chu thunggi.	स्यो चङबी छु थुङगी ।	Let's drink water from the river!
Mi peza tikpe sisima tsangbula tsambiwakla jikiwi.	मी पेजा टिक्पे सिसिमा चङबुल सम्बीवक्ल जिकीवी ।	People have buried their dead children in the river under the bridge.
Do kyurtti tsep.	दो क्यूरटी चेप ।	Then let's play throwing stones!
De lho lumung tshonok.	दे ल्हो लुमुङ छोनोक ।	Look, here are ripe berries
Tsei khungyuk.	चेइ खुनग्युक ।	Take some !
Thuche.	थुचे ।	Thanks !
Khyurung nyira mula laka ki wasing giwi.	ख्यूरुङ डिरा मुला लाका कि वसिङ गिवी ।	You can come and work with us.
Nyirangla du langguken wai.	डिरङला डु लङगुक्यन वइ ।	We have enough cereals.
Nyalayang chaarangme pali kang site.	ङलायङ छअरङमेय पाली कङ सीते ।	I don't know what papa will say.
Sala thetup.	सला ठेतुप ।	See you tomorrow !
Dakpi ra tang palangti kani galtang ?	दक्पी र तङ पलङती कनी गलतङ ।	Where on earth have our goats and cows gone to ?
Dukpa nyekito.	दक्पा डेकितो ।	There'll be trouble !

Tiwa mi melokpi
singkhala galnok.

तिव मी मेलोक्पी
सिङखला गलनोक ।

They are on the fields of
the bad people over
there.

Gomalake zhindakki
nyala dusung.

गोमलके जिन्दक्की डला
दुसुङ ।

I've already got a beating
from the owner.

Tsinme tsep bela nari
chuma zhesung.

चिन्मे चेप बेला नारी छुम
जेसुङ ।

I always forget the
animals when I play.

Khyoro lola tiu way ?

ख्योरो लोला टिउ वइ ?

Do you have a knife ?

Tsaa tsei khur tama
khyoro pali ala khoktsa
migiwi.

चअ चेइ खुर तम ख्योरो
पाली अला खोक्चा
मिगिवि ।

Take some green fodder
so that your father is not
so angry.

Ngala zhiwa langinok.

डला जिव लङगिनोक ।

I'm afraid.

Khyurung nyira bakari
nangla nyilaksing giwi.

ख्यूरुङ डिरा बाकरी
नङला डिलाक्सिङ गिवी ।

You can also sleep in our
barn.

Khyurungla sama
kangretsikre nye
khunghungup.

ख्यूरुङला सम कङरेचिक्रे
डे खुनहुङगुप ।

I will bring you something
to eat.

Min nga khangba dop
gaanok.

मिन ङ खङबा डोप
गाअनोक ।

No, I prefer to go home.

Chapter 14

Brothers and sisters

Halo, dang kang
kyasung ?

हालो, दाङ कङ क्यसुङ ?

Hello, what about
yesterday ?

Tarung uru ami khowa
binsung.

तरुङ उरु आमी खोव
बिनसुङ ।

My stepmother has still
given me soup.

Ti peladoke melokpa
minduk.

ति पेलदोके मेलोक्पा
मिन्दुक ।

She is not as bad as in
the fairytale.

Papi dunggup
tshalsungpe tara uri dung
machi (talsung).

पपी दुङगुप छल्सुङपे तर
उरी दुङ माची (टलसुङ) ।

Father wanted to beat
me, but she intervened.

Tiki nga tarung ang tikpe
hin sikyasung.

तिकी ङ तरुङ अङ टिक्पे
हिन सिक्यसुङ ।

She said that I'm still a
small child.

Khyurung te way. Shok
yanglung tsinme tsep.

ख्यूरुङ त्य वय । शोक
यङलुङ चिन्मे चेप ।

There you are ! Come, let
us play again !

Lo khatamu shorki.

लो खटमु सोरकी ।

Ho, ho, let's drive away
the wolves !

Khyoro aisang skul diwi.	ख्योरो अइसङ स्कूल डिबी ।	Does your sister also go to school ?
Las. Le tsiktso nyitsoiki lagi tirang diwi.	लस । लो चिकचो डिचोइकी लागि तिरङ डिबी ।	Yes, she is going for one or two years only.
Tiki nari pala tang mamala dalza kyasung.	तिकी नरी पला तङ ममाला दल्जा क्यासुङ ।	She always has to help mother and father.
Jyukla / tingla shing tang khangba teri ajoy nupla thopkiwi.	ज्युकल / तिङल सिङ तङ खङबा तेरी उज्यू नुपला थोप्कीवी ।	Later, the brothers get all land and the house.
Azhi tang numla mazhya, kenyen nekyok tang cguma tirang nyekiwi.	आजी तङ नुमला मज्या, क्यडेन नेक्येक तङ छुमा तिरङ डेकीवी ।	The sisters get only clothes, jewellery, pots and animals.
Di lemu hina ?	दि ल्यमु हिना ?	Is this correct ?
Min. Tasam peza teri chikparang hin.	मिन । तसम पेजा तेरी चिकपारङ हिन ।	No ! Nowadays, all children are equal.
Pumpeza towa bangi tingchetup mewi.	पुमपेजा तोव बङी तिङछेतुप मेवी ।	The girls no longer have to queue up in the back.
Chikkyasin khyok pezi zendi kitup nowasing pumpeza khurung larangtigokiwi.	चिकक्यसिन ख्योक पेजी जेन्दी कितुप नोवसीङ पुमपेजा खुरूङ लारङटिगोकीवी ।	If a man wants to marry a woman, he should ask her personally.
Pumi hembala ti mogoi khero miziki lagi dak dakpi nasam tonggokiwi.	पुमी हेम्बाला टि मोगोइ खोरो मिजीकी लागि दक दक्पी नसम तोङगोकीवी ।	She does not need a third person to decide about her life.
Pumi hunggup tang megup khororang situpkiwi.	पुमी हुङगुप तङ म्यगुप खोरोरङ सितुप्कीवी ।	She can say yes or no herself.
Dakpi pumpeza termochoi.	दाक्पी पुमपेजा तेरमोछोइ ।	You cannot give women away.
Pumpezi sang khyokpeza meteriwi.	पुमपेजी सङ ख्योकपेजा मेतेरीवी ।	Women also don't give away men.
Tiwi khorokhewa dakdakpi cholgokiwi.	तिवी खोरो खेव दकदक्पी छोलगोकीवी ।	They shall choose their husbands themselves.

Tshongkitupla, sherwa
towa nari pela gyala tang
yambula diwi.

छोडकितुपला, शेर्वा तोव
नरी पेला ग्यला तड
यम्बुला डिवी ।

For trading, the Sherpas
have always travelled to
Tibet, India and
Kathmandu.

Haring, sherwa towa
mangmu sharharla tang
milungba bangiki lagi diwi.

हरीड, शेर्वा तोव मडमु
शहरला तड मिलुडबा
बडीकी लागि डिवी ।

Today, many Sherpas go
to the towns and abroad
for long.

Te tiwa laka kimuthuu
tirang wai.

त्य तिव लका किमुथुउ
तिरड वइ ।

There, they are only
unskilled workers.

Tiwa dukpi galph tang
gyala demuthui.

तिव दुक्पी डोला गल्फ
तड ग्यला देमुथुइ ।

They don't stand the hard
living conditions in the
Gulf region and in India
for long.

Sherwa lalai pezhya
loupla pela gal.

शेर्वा ललाइ पेज्य
लोउपला पेला गल ।

Some Sherpas have gone
to Tibet for Buddhist
studies.

Tiwa kungwau zhukla
teriki tsiwi.

तिव कुडवउ ज्यूक्ला
तेरीकी चिवी ।

After their return, they are
hold in great esteem.

Kangri tang paryatanki
sherwa towala yemba
dasala galdetupla bangi
phenthon wai.

कङरी तड पर्यटनकी शेर्वा
तोवला येम्बा दासाला
गलदेतुपला बडी
फेयनथोन वइ ।

Mountaineering and
tourism have great
influence on the
emigration of the
Sherpas.

Paryatak mula kangrila
doi detuptowa shaharla
wan ghugokiwi.

पर्यटक मुला कङरीला
डोइ देतुपतोव शहरला
वन घुगोकिवी ।

Those who want to find a
job have to wait for
mountaineers and tourists
in town.

Nyirangla chea me di
tsukkoite.

डिरङला क्षेअ मे दि
चुककोइ डिते ।

We don't know how this
shall go on.

Te sherwatowa rajkajla
laka kitup sung me.

त्य शेर्वातोव राजकाजल
लका कितुप सुङ मे ।

There are hardly any
Sherpas in civil service.

Paplanggup kang sising
sherwa mastarki laka
kitup la detup kalle hin.

पपलङगुप कङ सिसिङ
शेर्वा मस्टारकी लका
कितुप ल डेतुप कल्ले हिन
।

It's a pity that hardly any
Sherpa works as a
teacher.

Sherwi pezatowa ami
tamnyela kamu
hungokiwi.

शेर्वी पेजातोव आमी
तम्डेला खमु हुङगोकीवी ।

The Sherpa children
should be educated in
their mother tongue.

Dukpaki tamnye kang
sisin mastar towala talab
lemu me.

दुक्पाकी तम्डे कङ सिसिन
मस्टार तोवला तलब ल्यमु
मे ।

It is said that the teachers
are badly paid.

Tara mastarki laka chekangki lagi hin / giwi.	तर मस्टारकी लका छेकङकी लागि हिन / गिबी ।	But to be a teacher is a job for life.
Kangri sardar tang kulli laka jenda hotup bela tirang hin.	कङरी सरदार तङ कुल्ली लका जेन्दा होतुप बेला तिरङ हिन ।	As mountaineer, guide or porter you can only work in your younger years.
Sherwa mangmuki tiwi mizi paryatakki lagi kangrila ton / shin wai.	शेर्वा मङमुकी तिबी मिजी पर्यटककी लागि कङरीला तोन / सीन वइ ।	Many Sherpas lose their lives in the mountains for the foreigners.
Sherwa tiwa lutup dzolhamu giwi.	शेर्वा तिब लुतुप जोल्हमु गिबी ।	The Sherpas can easily be influenced.
Tiwi mi hembu kangki siwe ti kiwi.	तिबी मि हेम्बु कङकी सिबे ति किबी ।	They do what other people tell them to do.
Haring, sherwa towa lungsungla sen wai.	हरिङ, शेर्वा तोव लुङसुङला देन वइ ।	Today, the Sherpas live between the cultures.
Sherwa pumpeza tiwa kasen rambu wai tiwi khangwi laka tang sing khaki laka cikrangki kiwi tiwi pangla hotup bela.	शेर्वा पुमपेजा तोव कस्यन रम्बु वइ तिबी खङवी लका तङ सिङ खकी लका चिकरङकी किबी तिबी खेवा पङला होतुप बेला ।	Sherpa women are so strong that they can do the work at home and on the fields alone when their husbands are away.
Khyok peza tiwa yula kaniwasang nyungmu thongguwi.	ख्योक पेजा तिब यूला कनिवसङ डुङमु थोङगुवी ।	But the lack of male persons in the village can be seen everywhere.

Chapter 16

Health and nutrition

Sherwi khangba towa tenga tang lenba giwi.	शेर्वी खङबा तोव टेङा तङ लेन्बा गिबी ।	The Sherpa houses are cold and often even wet.
Te me dayap tsimni me khulla metirang wai.	त्य मे दयप चिम्नी मे खुल्ला मेत्रिङ वइ ।	There is no heating, only open hearths.
Tiki lagi sherwa towa magmu nap hin.	तिकी लागि शेर्वा तोव मङमु नाप हिन ।	So, many Sherpas suffer from illnesses.
Teng chaa tang nimoniya ten tang soka khasakyan thogiwi.	टेङ छा तङ निमोनिय तेन तङ सोका खसक्यन थोगिबी ।	TB and pneumonia belong to the typical autumn and winter illnesses.
Yeru khokpa tang gemi	येरु खोक्पा तङ गेमी दुक्पा	In monsoon, there are stomach and intestinal

dukpa giwi.	गिबी ।	troubles.
Sherwa mangmula khokla bugyaldang shon dukpagiwi.	शेर्वा मङमुला खोक्ला बुग्यलदङ सोन दुक्पागिबी ।	Many Sherpas suffer from roundworms.
Diti tsila sisin tiwa sing khala laka kyasima zhukla lakpi sama sapkyan hin.	दिती चिला सिसिन तिव सिङ खला लाका क्यासिमा जुक्ला लक्पी सम सपक्यन हिन ।	This is because they work on the fields and later eat with their fingers.
Mi gawa mangshyo gunbu siwi peza tikpe yeru mang shiwi.	मि गाव मङस्यो गुन्बु सिबी पेजा टिक्पे येरु मङ सिबी ।	Old people often die in spring, while many children die in monsoon.
Mi khamu metup ken pariwar niyodzan lalitirang ken wai.	मि खमु मेटुप क्यन परिवार नियोजन ललितिरङ क्यन वइ ।	For lack of education, family planning is rarely practiced.
Andhawishwasla nyenukyan saken mi khasi dzop gaa miginok.	अन्धविश्वासला डेनुक्यन मि खासी जोप गअ मिगीनोक ।	Due to superstition, people do not like to be sterilized.
Khyawa tang penmi kamdzor / newi sin bishwas kiwi.	ख्याव तङ पेन्मी कम्जोर / नेवी सिन बिश्वास किबी ।	They believe, that the partner will get sick.
Tara khasken tiwa tukob aprishan kitupla jiwa kiwi.	तरा खसक्यन तिव तुकोब अप्रिशन कितुपला जिव किबी ।	But of course, they are also scared of such operations.
Tukkyen te peza mangmu lhowatungba wai	तुकक्यन त्य पेजा मङमु ल्होवतुङबा वइ ।	For that, there are more and more hungry children to feed.
Tara mi towa tengga tang gyawi langgup me sin horu denkinok.	तरा मि तोव टेङगा तङ ग्यावि लङगुप म्य सिन हो रू देन्कीनोक ।	But the people complain they do not have enough money, no work and not enough food.
Kang kyen hinang ?	कङ क्यन हिनङ ?	What may be the reason ?
Di dukpi dzimmawari su hin ?	दि दुक्पी जिम्मावारी सु हिन ?	Who is to blame for this misery ?
Awa ama tiwi peza tikpela dzendi kyan tekiwi.	अव अमा तिबी पेजा टिकपेला जेन्दी क्यन तेकीबी ।	Many parents marry their children at a very young age.
Pezi gyawi khun mengnok.	पेजी ग्यावि खुन मेङनोक ।	Children are no longer a pension for the old-age .
Awa ama gawagama dop bela peza teri thakringbu dinok.	अव अमा गावगाम डोप बेला पेजा तेरी थक्रीङबु डिनोक ।	When the parents are old, the children will have gone away since long.
Sherwa pumpeza towa mangmu ang kyep bela	शेर्वा पुमपेजा तोवा मङमु	Many Sherpa women die during child birth.

siwi.	अड क्यप बेला सिवी ।	
Di men tang daktar lemu metup kyen hin.	दि मेन तड डक्टर ल्यमु म्यतुप क्यन हिन ।	This is because of lacking medical care.
Nyenme galsang hin.	डेन्मे गालसड हिन ।	Malnutrition also plays a part.
Ang keu nyima sum zhyukla amati khetsir lan sinok.	अड केउ डिमा सुम ज्युक्ला आमाती खेयचीर लान सिनोक ।	Three days after the birth of a child, the women get fever and die.
Ang khangba gomala woni tang penmi khep amochou.	अड खडबा गोमला वोनी तड पेन्मी खेप अमोछोउ ।	Often, women cannot carry the child to term, because it is in a wrong position in her womb.
Pumpeza tiwa ang kep bela mekhangla dogokiwi.	पुमपेजा तिव अड क्यप बेला मेखडला डोगोकिवी ।	Women should go to the health centers when the child announces its arrival.

Part II

Basic Words

Sherpa (Roman) – Sherpa (Devanagari) – English

A

achang	अचङ	mother's brother, mother's brother's son
achu	अच्यू	elder brother, father's brother's son (if older than me)
achu-nup	अच्यू-नुप	brothers
ai	अई	elder sister, father's brother's daughter (if older than me), father's sister's daughter (if older than me), husband's elder brother's wife, wife's elder brother's wife
alanti	अलन्ती	great-great-grandchild
ama	आमा	mother
amdung	अम्दुङ	chestnut tree
amjok	अम्जोक	ear [Khumbu dialect]
amochou	अमोछोउ	to be not able to do
amu	अम्	mother of an animal
ang	अङ	baby
ang [+ min]	अङ (+ मिन)	[+ name] younger sister, younger brother, father's brother's children (if younger than me), son, daughter, all members of the clan's children generation
ang tikpe	अङ टिक्पे	baby, small child
anggi	अङ्गी	woman's dress
angi shamung	अङि स्यमुङ	woolen hat for children
angi tsang	अङि छाङ	baby basket

ani	अनी	1. father's sister; all women of the clan belonging to father's generation 2. nun
antsermu	अनछेर्मु	brave, courageous
aphukhewa	अफुखेव	main male person of the family
ara uru sirup	अरा उरू सिरूप	to talk
arak	अरक	brandy
as kitup	अस कितुप	to hope
atkyok	अटक्योक	horn (of animals)
au	आउ	father of an animal
au	अउ	father's brother, all men of the clan belonging to father's generation, father of an animal
au palu	अउ पलु	father's brother
awa	आव	father
awa-ama	आव अमा	parents
azhi	अजी	elder sister, father's brother's daughter (if older than me), father's sister's daughter (if older than me), husband's elder brother's wife, wife's elder brother's wife
azhi tang num	अजी तङ नुम	sisters

B

bak	बक	heavy bamboo mats used for roofing or for storage of potatoes
bakang	बखङ	bamboo hut
bakpa	बाक्प	mask
bali	बाली	crop, harvest
balip	बलिप	butterfly
baljang	बलजङ	spider
balnakpa	बलनक्पा	upper arm
balwa	बाल्व	frog, toad
bangma	बङम	waste product of "lum" (fed to animals)
bani	बनी	character

bani melokpa	बनी मेलोक्प	bad habit
bantangnok	बानतङनोक	to put a spell on someone (shaman)
barabar	बराबर	equal
barela	बरेला	about
batti	बत्ती	light, lamp
bermang	बेर्मङ	cat
betup	बेतुप	1. to open 2. to spill, to pour away
binsung	बिन्सुङ	given
biruwa	बिरूव	shoot, seedling
bitup	बितुप	to pull out
bitup	बितुप	to pull off
bolmu	बोल्मु	soft
bos	बोस	bus
botal	बोतल	bottle
bou	बोउ	swollen
bu	बू	worm, insect
bugyaldang	बुग्यल्दङ	earthworm
buk	बुक	valley
bukla	बुक्ला	depression, low-lying area
bulup	बुलुप	to make a sacrifice
buri tetung	बुरी तेतुङ	shirt for men [traditional]

C

cha	च्य	1. bird 2. tea
cha	च्यञ	1. iron 2. dung
chadendup	छाचदेन्दुप	to show
chak	छाचक	hand [polite]
chakang	च्यकङ	latrine
chaktsa	छाक्च	1. estimation 2. about
chalak	चालक	object
cham	छाम	Lama dance

chamu	च्यमु	hen
chang	छड	beer
changang	च्यडड	hut (small)
changbu	च्याडबु	clever (m.)
changga	छडगा	second burial ceremony
changmu	च्यडमू	clever (f.)
chap	छप	straight, close-fitting
chapgye	च्यप्गे	eighteen
chaplasi	च्यप्लसी	lizard
chara	छचरा	blanket (made of Yak wool)
charwa geki nok	छर्व ग्यकी नोक	it is raining
chatar	च्यतर	prayer flag
chathap	च्यथप	iron stand for cooking
chawa	छाव	debt
chawacholup	छावचोलुप	to repay
chawai	छचवई	to know
chawi	छअवी	1. coarse-ground corn 2. donation to the bride's father (about three months before marriage)
chawi	च्यवी	mosquito
chechang	चेचड	mother's brother, mother's brother's son
chechapruk	चेच्यपरूक	chicken
chekok	छेकोक	chest
chelak	चेलक	tongue
chemendok	चेमेन्दोक	chicken egg
chemu	छेमु	seductress, adulteress
chendi	चेन्दी	heavy
chenga	चेड	fifteen
chengang	चेडड	face
cheni	चनी	wooden cup for chang
chenmu	चेन्मु	wife
che-pushok	चे पुस्योक	feather

cherwa	छेर्वा	rain
chetsang	चेछङ	a bird's nest
chetu	छेटु	daughter-in-law in spe, son-in-law in spe; friend, lover
chetup	चेतुप	1. to close 2. to cut
cheu	छेऊ	seducer, adulterer
chezu	छेजु	jealousy, pride
chhetup	छेतुप	1. to stop (rain, wind etc.) [v.i.] 2. to cut (rope etc.)
chibuk	छिबुक	stream
chik	चीक	one
chikkyasing	चिकक्यसिङ	perhaps, maybe
chikparang	चिकपारङ	same
chikrang	चिक्रङ	alone
chila	चिल	why
chilaki	चिलकी	because
chilasing	चिलसिसिङ	because
chinba	छिन्ब	liver
chinde	चिन्दे	heavy (weight)
ching	चिङ	urine, piss
chingshorma	चिङसोर्म	to pass water, to urinate [female person]
chingshorup	चिङसोरूप	to pass water, to urinate [male person]
chini	छिनी	crowbar
chinma	छिन्म	second wife
chinngi	चिन्डी	twelve
chipchang	चिप्च्यङ	fox
chithamba	चिथम्बा	ten
chitil	छिटील	slip (for women)
chitsenmang	छिछेन्माङ	watercress
cho	छो	religion
choi	चोइ	about
chokda	चोकडा	same
chokhang	छोखङ	shop

chokinok	छोकिनोक	to carry away, to sweep away
choktsi	चोक्ची	table (long and low)
choku	छोकु	to break (v.i.)
choku	चोकु	to destroy, to break (v.t.)
cholup	छोलुप	to search, to seek
chombup	छोम्बुप	to dance
chomin	छोमीन	butter-lamp
chonggup	छोङ्गुप	to run away
choo tang lungsung	छोओ तङ लुङसुङ	traditions and culture
chop	चोवप	to graze
chou	चोउ	cock
chu	छु	water
chubzhi	चुब्जी	fourteen
chuchik	चुचीक	eleven
chugyawup	छुग्यवुप	flood
chukpu	छुकपु	rich
Chunakpo	छुनक्पो	Chunakpo (a village in Shorong, near Paplu)
chundur	छुन्दुर	spittle
chundurgyaup	छुन्दुरङ्गउप	to spick at (someone)
chunggup	चुङ्गुप	to obtain, to receive
chungma	छुङम	domestic animal (like cows, yaks, sheep, etc.)
chupdin	चुप्दीन	seventeen
chupsum	चुप्सुम	thirteen
churku	चुरकु	nineteen
churuk	छुरूक	coral
churuk	चुरूक	sixteen
churwi	छुर्वी	dried curd
chusang	छुसङ	big water pot (made of brass)
chutok	छुतोक	1. water mill 2. Chutok (a village and mountain pass in Pharak) 3. leather bow at the yoke

chuwa	छुव	of draught animals
chyal tsep	च्यल चेप	man's dress
chyutuk	च्युतुक	to swim
		lips
<hr/>		
D		
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da	डा	rice (uncooked)
da	दा	1. melody
		2. arrow
dachung	डाचुङ	locust
dakchit	दाक्चीट	mud, morass
dakpi	दाक्पी	our
dakpi ngola	दक्पी ङोला	in our life, in our lifetime
dakpu	दाक्पु	we [Shorong language]
dakpu zimgi	दाक्पु जिम्गी	we go to sleep
dal	दाल	a plant whose bark is used for making paper
dalshya	डालस्य	dialect
dalza	दल्जा	companion, friend
dalza kitup	दल्जा कितुप	1. to help
		2. to accompany
damad	दामड	hand drum
damba	ढम्ब	cheek
dambak	दाम्बक	clay
damjak	डमज्यक	box round the ears
damjak gyakup	डमज्यक ग्यकुप	to box someone's ears
damla	दाम्ला	plight, malaise
damngang	डाम्ङङ	guitar
dang	दाङ	1. yesterday
		2. vestibule
		3. shelf for pots and dishes
dangen	दाङेन	Himalayan pheasant
dapkyongma	दपक्योङम	very flat basket for drying cereals etc.

dasa	दस	danger, catastrophe
dasa	दासा	place, room
dasaleup	दसलेउप	to risk
daudekitup	दौडेकितुप	to run
dawa	दावा	1. moon 2. Monday 3. a personal name
dawa chinyiwa	दावा चिडीवा	January/February [twelfth month of Sherpa year]
dawa chuchikpa	दावा च्युचीक्पा	December/January [eleventh month of Sherpa year]
dawa chuwa	दावा च्युवा	November/December [tenth month of Sherpa year]
dawa dinba	दावा दिन्बा	August/September [seventh month of Sherpa year]
dawa gepa	दावा ग्येपा	September/October [eighth month of Sherpa year]
dawa guwa	दावा गुवा	October/November [ninth month of Sherpa year]
dawa ngawa	दावा ङवा	June/July [fifth month of Sherpa year]
dawa nyipa	दावा ङिपा	March/April [second month of Sherpa year]
dawa sumba	दावा सुम्बा	April/May [third month of Sherpa year]
dawa tangbu	दावा तङ्बु	February/March [first month of Sherpa year]
dawa tukpa	दावा टुक्पा	July/August [sixth month of Sherpa year]
dawa ziwa	दावा जिवा	May/June [fourth month of Sherpa year]
de	डे	envy, jealousy
de	देय	here
dekinok	देकिनोक	to stay
den	देन	1. rug 2. to cater for
denbu	ढेन्बु	visitor, guest

dendup	देन्दुप	to throw out, to carry a corpse out of the house
denkidup	ढेन्कीतुप	to give a party
denmang	देन्मङ	plate (flat)
detup	देतुप	1. to dwell, to stay 2. to sit
deu	देउ	to sow, to plant (seed)
dewang	देवङ	resthouse (for by-passers)
di	दि	this
dikpa	दिक्पा	sin
dimiti	दिमिती	this person
din	दिन	seven
dingga	दिङगर	copper pot used for fetching water
dingma	दिङम	flat
diwa	दिव	you [plural]
diwi	डिवी	will go
do	दो	stone
dobrak	दोब्रक	gravel
dokot	दोकोट	stone wall
doktok gyakup	दोक्तोक ग्यकुप	to kick
domang tsep	दोमङ चेप	to play with stones
dongbu	दोङबु	tree
dongdil	दोङडील	apron (worn in front by women)
dongla	दोङल	in front of
dop	डोप	to go, to walk
doput	दोपुट	knot
dorup	दोरूप	to grate, to rub
dotsil	दोचिल	small flat basket for carrying stones
duk	हुक	dragon
dukpa	हुक्प	1. problem, misery 2. difficult
dukpala	हुक्पाला दल्जा कितुप	to be helpful
duldul	हुलहुल	to clutch at
dulum	हुलुम	a kind kind of fruit tree

dumdok	दुम्डोक	(with long thorns and sour fruits)
dunggup	दुङगुप	garden
dungma	दुङम	to beat
dutsit	दुचिट	beam, joist
		thug

E

en chetup	यन छेतुप	to be tired, to be exhausted
enba	यन्ब	left
erjang	यरजङ	a festival celebrated on the alpine pastures
ermang	एरमङ	pepper (black)
eru	एरू	Monsoon

G

gaa	गाअ	1. to like 2. better 3. happy
gadi	गाडी	bus
gaga	गघ	mother's mother, father's mother; all old people of the clan
gagi shamung	गघी स्यमुङ	a hat worn by elder women
gakirup	गाकीरूप	to like, to love
galanggup	गालङगुप	to enjoy, to be happy
galden		to roll on the ground
galin	गलिन	went
galphan [nep.]	गलफन	scarf
galsung	गलसुङ	gone
gamder	गम्देर	dove
gametup	गामेतुब	to dislike, to hate
ganthe	गँठे	to be exciting
garila	गरिला	corner
garman	जर्मन	German
gawagama	गावगाम	old couple
gelli mendok	गेल्ली मेंदोम	lotus (only in fairy tales)
gelmu	गेल्मु	1. wine-red 2. queen
gelung	गेलुङ	mirror
gelwi	गेल्वी	flail
gema	गेमा	1. intestine 2. a pair of scales
genkutup	गेनकुतुप	to marry
gepung	गेपुङ	three stones used for cooking place
gerok	गेरोक	beard, mustache
geung	गेउङ	the three stones of an open hearth
gha	घअ	fun

gidpu	गिडपु	big
gikta	गिक्ता	vulture
ginok	गिनोक	to come
girpuzop	गिरपुजोप	to enlarge
gishing	गिसीड	holly
gishing dongbu	गिसीड दोडबु	small tree put up under the roof of a new Haus (remains there for ever)
gitesini	गितेसिनी	there will be, it will be
gitpudinok	गिटपुडिनोक	to grow
go	गो	1. head
		2. door
gokinok	गोकिनोक	1. to need, to require
		2. to share
gokpa	गोकपा	garlic
goktsum	गोकचुम	small mortar (for spices)
gola	गोवला	in front of the door
gola	गोला	on the head
goljak	गोलज्यक	padlock
gomala	गोमला	before, ago
gomisama	गोमीसमा	dinner
gomiti	गोमिती	first
gomu	गोमु	evening
gong	गोड	price
gongang	गोडड	testicles
gota	गोट	laugh, laughing, laughter
gota kisa	गोट किस	come on, give us a smile
gota kitup	गोट कितुप	to laugh
gota langginok	गोट लाङगीनोक	to make someone laugh
gota makisa	गोट मकिस	don't laugh
gota shorkinok	गोट सोरकिनोक	to burst out laughing
gote	गोटे	1. hut (made of bamboo)
		2. wooden floor of the house
gothala	गोठाला	work as maid or farmhand for at least one year
gotup	गोतुप	to divide, to distribute

goup	गोउप	to need
gozhi	गोजी	pocket
gu	गु	nine
guldum nangma	गुल्डुम नङम	a kind of sour berry
gunbu	गुन्बु	winter
gurshing	गुरसिङ	sugar cane
gurung changma	गुरूङ च्याङम	wild grapes
gutup	गुतुप	to wait
gyakup	ग्यकुप	to hit
gyala	ग्यला	India
gyali riki	ग्याली रिक्की	potato from India (only good for brandy)
gyamni	ग्यम्नी	fallen ill
gyamu	ग्यमु	well-fed, fat
gyap	ग्यप	back
gyapdil	ग्यप्डिल	apron (worn in the back by married women)
gyapla	ग्यप्ला	behind
gyapsin	ग्याप्सिन	to go on a pilgrimage, to wander around
gyar	ग्यर	millet
gyawi	ग्यावि	food
gye	ग्ये	eight
gyelmu	ग्यल्मु	queen
gyelu	ग्यलु	king
gyelwi kangba	ग्यलवी काङबा	royal palace
gyen kutup	ग्यन कुतुप	to marry
gyepnok	ग्यप्नोक	flashed
gyewa	ग्यव	throw!

H

hakkokinok	हाक्कोकिनोक	to hear, to understand
hamba	हम्बा	1. to snatch something away from under someone's eyes 2. cheeky, brazen

hambum	हम्बुम	3. to insist to be right 1. woman (married), lady 2. young woman (seen from older people)
hamchep	हम्छेप	mother's elder sister, father's elder brother's wife
hanman	हन्मन	surprise, astonishment
hapta	हप्त	week
haring	हारिङ	1. day 2. today
hat	हट	market
hayang	हयङ	pot (made of aluminium)
heta	हेता	a kind of green vegetables used for soup
hikshu	हिकस्यु	envelope
hin	हिन	is, that's right, that's correct
hinangki	हिनङकी	either ... or; maybe
hinde	हिन्दे	perhaps
hinjik minjik	हिन्जीक मिन्जीक	absolutely
holdokpu	होल्दोक्पु	loose
honggup	होङगुप	to come
honok	होनोक	to have arrived, to be there
hopkel	होप्केल	embarrassing
horu dendup	होरू देन्दुप	to scold
hoshi	होसी	no
hotup	होतुप	to exist, to have
hra	ह	hair (head)
hra karwu	ह करउ	grey hair
hra ringbu	ह रिङबु	long hair
hra thirme	ह थिरमे	short cut hair
hralma	हल्म	pea
hreku	हेकु	to cremate
hrekup	हेकुप	to grill, to burn
hrendi	हेन्डी	the soul of a dead person
hrendi syorup	हेन्डी स्योरूप	to chase away ghosts

hrendi thenok	हेन्डी ठेनोक	to get in touch with the soul of a dead person
hrere	हेरे	a kind of thumb like tuber used to make glue
hrildongma	हिल्दोङम	round
hriphchang	हिप्च्याङ	shadow, shade
hriphrip	हिपहिप	to move (leaves etc.)
hriu	हिउ	monkey
hruta	हुता	yarn
hul	हुल	group
hurtuk	हुरतुक	storm, wind

I

ibrang	ईप्राङ	fly
ini	ईनी	mother's brother's wife
iwi	इवी	1. wife's mother, husband's mother, wife's elder sister, wife's elder brother's wife: all women of husband's clan 2. potatoes from previous year
iwi kalli	इवी कल्ली	beetle

J

jambuling	जम्बुलिङ	world
japaniz	जापानीज	Japanese
jep	जेप	to get drunk
jep	ज्याप	to exchange
jingba	जिङब	neck
jiwa	जिव	fear
jiwalanggup	जिवलङगुप	1. to fear 2. to terrify
joku	जोकु	to put, to keep
jop	जोप	to create, to make, to do,

jutup	जुतुप	to repair to plant
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K

ka	काअ	mountain
kakha	कख	alphabet
kakinok	काकीनोक	to move, to transmigrate
kaksher	कक्सेर	cooked corn mush
kakshet	काक्सेट	rough flour (corn)
kalak	कलक	raven, crow
kalak chapruk	कलक च्यपुक	raven's offspring
kalak shi	कलक सि	a kind of red berries used as medicine against sore throat
kale	कले	difficult
kalma	कल्मा	a kind of rhododendron
kama	कम	without fruits, not fertilized, pregnant (animal)
kambu	कम्बु	1. dry 2. to be dry
kamdeng	कम्देड	pair of pliers (made of bamboo)
kamis	कमिस	shirt
kandap kitup	कन्दाप कितुप	to quarrel, to argue
kang	कङ	what
kang	काङ	full
kang hinang	कङ हिनङ ?	what is ?
kangba	कङबा	foot, leg
kangbi senmung	कङबी सेन्मुङ	toenail
kangbi temung	कङबी टेमुङ	knee
kangbi teptok	कङबी थेप्तोक	toe
kangbi zhe	कङबी जे	footprint
kangling	कङलीङ	trumpet (made of bones)
kangri	कङरी	snow-capped mountain
kangsur	कङसुर	a spring festival

(celebrated by the village community in one of the houses)

kani	कनी	where
kanisang	कनीसङ	everywhere
kanisu	कनीसु	from where
kaphal	कफल	a kind of fruit
karjang	करज्यङ	Venus, morning star, evening star
karma	करमा	hot, spicy
karma	कर्म	star; decency, fate,
karmin	करमीन	bricklayer
karmu	करमु	white [f.]
kartene	मरतेने	a pair of scissors
karung	करूङ	window
karwu	करउ	hot, spicy
karwu	करउ	white [m.]
kashyen	कस्यन	forcefully
katonggup	कतोङगुप	to call, to shout, to invite
katsa	काच	shoe
kaushi	कउसी	balcony
kawil	कवील	cup
kela	केल	upward, up hill
keldang	केल्दाङ	waist
keldang sukkinok	केल्दाङ सुक्कीनोक	the waist aches
ken	केन	up, upwards
kengsung	केङसुङ	full
keni	केनी	where
keni hinang	केनी हिनङ ?	where is ?
kenisang	केनीसङ	everywhere
keniwasang	केनीवसङ	everywhere
kenyen	क्यडेन	jewellery
kep	केप	to be born
kera	केरा	banana
keri dongbu	केरी दोङबु	banana tree
keshup	केसुप	a leather belt with small purse (for men)

kewa	केव	[traditional]
kewup	केउप	a big ladle
kha	ख	birth
kha	खा	mouth
kha gekinok	ख ग्यकीनोक	snow
kha tokpa	खा टोकप	to contradict
khakhewup	खखेउप	avalanche
khakti	खक्ती	shame, shyness, modesty
khala	खाला	bitter
khala	खला	supporting beam (at the house or hut)
khala ngendup	खल डेन्दुप	on
khalak	खलक	to obey
khalanggup	खलङगुप	extended family, clan
khaljik	खलजीक	to contradict
khaloup	खलोउप	twenty
kham	खम	to contradict
khambu	खम्बु	element
khamsangmu	खमसङमु	peach
khamu	खामू	simple
		1. genius, expert, painter, ace (f.)
		2. educated
khangba	खङब	house, home
khangba marwu	खङब मरूउ	jail
khangba sumdok	खङब सुम्दोक	three storey house
khangba tengang	खङब तेंङङ	two storey house
khangba zop	खङब जोप	house construction
khangmasir	खङमसिर	calm, quiet, silent
khangsang	कङसङ	anything
khangsirba	खङसिरबा	but; well
khap	खप	needle
khapa	खापा	genius, expert, painter, ace (m.)
khapchu	खप्चु	cover, lid, top
khara	खारा	cloth belt
kharnup	खरनुप	the day before yeasterday

khashya	खस्य	deer
khat	खाट	bread
khatamu	खटमु	wolf
khatsa shangtsen	काच स्यङचेन	embroidered shoe
khatsende	खछेन्दे	strict
khawu	खउ	cover, lid, top
khawu	खउ	to cover
khayup	खयुप	breakfast
khekpar	खेक्पर	ice
khemu	खेमु	cheap
khepsang	खेप्सङ	income, profit
khatala	खेतल	day labourer
kheup	खेउप	ice
khilok	खिलोक	maple
khilok-cha	खिलोक च्या	maple leaf tea
khimbok	खिम्बोक	small spoon
khirang	खिरङ	you are [plural]
khokpa	खोक्पा	stomach
khomu	खोमु	free
khomu me	खोमु मेए	busy
khor	खोर	a wooden fence
Khumzhung	खुम्जुङ	Khumjung [a village in Khumbu]
khunggup	खुङगुप	to bring
khunhunggup	खुन्हुङगुप	to bring
khurshing	खुरसिङ	carrier rack
khuru	खुरू	luggage, baggage
khurup	खुरूप	to carry
khutpa	खुटप	a big curved knife, Khukuri
khyachir	ख्यछीर	fever
khyawa	ख्याव	husband
khyok peza	ख्योक पेजा	young men
khyoro	ख्योरो	your
khyurung	ख्यूरुङ	you [singular], he, she
ki	कि	1. dog 2. (postposition to mark

genitive case)

kiduk	किदुक	suffering
kimbur	किम्बुर	hollow trunk used as drinking trough for the cattle
kimuthup	किमुथुप	not to be able, to be unable
kinba	किन्बा	to lend
kinmu	किन्मु	free from worries
kipuri	किपुरी	wild kiwifruit
kirtongba	किर्तोड्बा	round
kiru	किरू	sour
kirwi dongbu	किर्वी दोड्बु	lemon tree
kitang	कितङ	behaviour, character
kitab	किताब	book
kitili	कितीली	an aluminium pot with handle used for chang, tea or water
kitup	कितुप	to do
kiwi	किवी	to take place
knanok	क्यनोक	made, done
kokmu	कोक्मु	bad (f.)
kokpu	कोक्पु	bad (m.)
kokte	कोक्ते	hook, rake
kole	कोले	slow
kole kyani	कोले क्यानी	gradually, slowly
komu	कोमु	broom
konok	कोनोक	hoed
kop	कोप	to dig
kora	कोरा	1. a half-spherical bowl 2. around
kora gyaup	कोरा ग्यउप	to walk around
kotasi	कोटासी	walnut
kowa	कोव	skin [animal], leather
kowup	कोउप	to stain, to tarnish
kuldum	कुल्दुम	wooden leg
kuma	कुम	fool, idiot (f.)
kun kitup	कुन कितुप	to carry, to take away, to

kunggal	कुङगल	steal
kunkitup	कुनिकितुप	owl
kunmen	कुन्मेन	to steal, rob
kunmenma	कुन्मेन्म	thieve (m.)
kunmu	कुन्मु	thieve (f.)
		1. expensive
		2. seldom, rare
kup	कुप	vagina
kurim	कुरिम	to cast out bad spirits (shaman)
kursi	कुर्सी	chair
kurtsil	कुरचिल	basket for storing spices
kutuk	कुतुक	separate, different
kuwa	कुव	fool, idiot (m.)
kyaka	क्यक	present
kyakpa	क्यकप	faeces, shit
kyakpi changang	क्यकपी च्यङङ	shithouse, toilet house
kyaksang	क्यक्सङ	buttocks, bottom
kyan	क्यन	because of
kyani	क्यनि	1. has been
		2. altogether
kyeka	क्याक	present
kyongbu	क्योङबु	hard, solid, rough
kyukup	क्यूकुप	to vomit
kyurup	क्यूरूप	to throw away, to leave (the wife)

L

la	ल	1. mountain pass
		2. yes
la	लअ	1. hare
		2. to, toward, on, for
		3. income, salary
		4. soul of life, my inner self
la	लाअ	month

lagcha	लक्च्य	tool
laka	लका	work, activity, action, occupation
lakakyanok	लकाक्यनोक	gone
lakpa	लक्प	arm, hand
lakpa girpu	लक्प गिरपु	generous, broadminded
lakpa tusa	लक्प टुस	to wash the hands
lakpi temung	लक्पी टेमुङ	elbow
lakpi theptog	लक्पी थेप्तोक	finger
lakpisenmung	लक्पी सेन्मुङ	finger-nail
lakshu	लक्सु	glove
lakut	लकुट	round stone mill
lalai	ललइ	some
lalai dasa	ललइ दस	somewhere
lam	लाम	way, path
lambup	लम्बुप	to fry
lan detup	लन देतुप	to stand
lang	लाङ	bull, bullock, ox
langa	लाङ	pan made of cast iron
langbu	लाङबु	elephant
langgang	लङगाङ	monastery, nunnery
langgup	लङगुप	to stand up, to rise
lapar	लापर	gum
lapar juta	लापर जुता	rubber boot
lapseu	लपसेउ	can speak
lapshing	लाप्सीङ	grater
lara tonggup	लारा तोङगुप	to leave the parental home after marriage (girls)
las	लस	yes
lase	लासे	yes (polite), oh I see, of course, oh yes
lasha	लस्य	genitals
laso	लासो	yes (polite), oh I see, of course, oh yes (only in songs)
lasum	लजुम	milking pail, bucket
lateng	लटेङ	every month, monthly

latuk	लतुक	altitude sickness
lawa	लवा	paid labour
lazim	लजिम	handle at the ploughshare
leita	लईता	shirt (worn by men)
lemba	लेम्बा	tick
lemu	लेमु	good (f.), nice (f.)
len	लेन	news, information
lenba	लेन्बा	wet
lende	लेन्दे	thin (of fluids)
lengang	लेङङ	terrace, veranda
les	लेस	shoelace
lesung	लेसुङ	good harvest
leta	लेत	brains
leta metup	लेत मेतुप	brainless, dead from the neck up
leteng	लेटेङ	every year, yearly
letup	लेतुप	to chew
leu	लेउ	yes
lewup	लेउप	to arrive, to reach at
lha	ल्हा	god
lha tang lhamu	ल्हा तङ ल्हामु	god and goddess
lhadogokiwi	ल्हढोगोकिवी	to have to visit, to have to see
lhakpa	ल्हाक्पा	1. surplus, excess, rest 2. Mercury 3. Wednesday 4. a personal name
lhama	ल्हाम	plait
lhama ralma	ल्हाम रल्म	double plait
lhamu	ल्हामु	goddess
lhangang	ल्हाङङ	monastery, temple
lhangma	ल्हङम	rest, leftovers
lhap	ल्हप	to look, to see
lhawup	ल्हाउप	to do handicrafts
lhe	ल्हय	fate; navel
lhemba	ल्हयम्बा	mousetrap

lhenda	लहेन्दा	patch
lhenmu	लहेन्मु	pleasant
lheshing	लहयसिङ	cedar
lhimung	लहीमुङ	oriel
lho	लहो	south
lhowa	लहोव	hunger
likpa	लिक्पा	penis
limi	लिमी	key
lingdung	लिङदुङ	well
linggup	लिङगुप	to take
lingling	लिङलिङ	endless, never-ending
litsi	लिची	corn, maize
lo	लो	1. year
		2. jute
lo	ल्व	1. lungs
		2. to get up
lodiwup	लोदिउप	to satisfy
logyewup	लोग्यउप	to cough
lokniwunggup	लोकनीउङगुप	to return
lola	ल्वल	1. slope
		2. at
lombup	लोम्बुप	to grill
longgup	लोङगुप	to stand up, to get up; to beg
longjar	लोङजार	an eatable kind of plant
longni wongup	लोङनी ओन्गुप	to return, to come back
lonpo	लोन्पो	minister
lonpo surpa	लोन्पो सुर्पा	minister of state
lop	लोप	greed, avarice
lopcha	लोप्च्य	advice
losar	लोसर	new year
loup	लोउप	1. to learn
		2. to teach
lowam	लोवम	wall-to-wall cupboard
lu	लु	music, song, melody
luk	लुक	sheep
lukchung	लुक्च्युङ	jacket (worn by Gurung)

lukla	लुक्ला	shepherds) Lukla (a village with airport in Pharak)
luklha	लुक्ल्ह	sheepshed
lukup	लुकुप	to pour, to put in
lulanggup	लुलङगुप	to sing
lum	लुम	three days old chang that has just risen
lumdi	लुम्डी	a kind of salty soup
lumung	लुमुङ	1. bamboo flute 2. berry
lung	लुङ	air
lungba	लुङबा	1. district 2. land, country
lungsung	लुङसुङ	culture
lutonggup	लुतोङगुप	to sing
lutup	लुतुप	to influence, to manipulate, to indoctrinate

M

ma	मा	wound
machung	माचुङ	wrong
mak	माक	war
makpa	माक्पा	bridegroom, son-in-law, daughter's fiancé
mama	मम	mummy, mum
mamiki laup tamnye	ममीकी लउप तम्डे	mother tongue
mandi	मन्डी	scar, healing wound
mangma	मङमा	moss
mangmi	माङमी	soldier, fighter
mangmu	मङमु	more, many
mangmuzop	माङमुजोप	to multiply, to increase
mangso	मङस्व	most
mani ronggup	मनी रोङगुप	to pray
manja	मान्ज्य	clothes

mar	मर	1. butter 2. root
marchya	मरच्य	mockery, ridicule, despise, scorn
markyeng	मरक्यङ	epidemic, plague
marthula	मरथुल	down
martip	मरतीप	boletus edulis
martsi	मरची	chilli
martsi dongbu	मरची दोडबु	chilli bush
martum	मरतुम	dizzy
maru	मारू	red
marwonggup	मरओङगुप	to descend, to come down
masi	मासी	lentils
mastar	मस्टर	teacher, master
masur	मसुर	a kind of azalea used as incense
mattitel	मट्टितेल	petroleum
mau	माउ	mother's sister's son or daughter as well as their children; cousin
mayung	मयुङ	false, unsuccessful
me	मे	fire
me	मेए	not
mekhang	मेखङ	hospital
mem	मेम	husband's father, wife's father, wife's elder brother, husband's elder brother
men	मेन	medicine
mendok	मेन्दोक	flower
mendokputi	मेन्दोकपुटी	a kind of summer lilac (with white blossoms)
merang	मेरङ	1. pine (tree); dry wood used for torches 2. torch
metak	मेतक	spark, flash, embers, ashes
metseng	मेचेङ	dirty, unclean

metup	मेतुप	1. to talk negatively about, to run down, to say nasty things about 2. to be not here, to be not present
mewa	मेव	rifle
mi	मी	man, people
mi melawa	मी मेलव	enemy, bad person
mi woma	मी ओम	a woman's milk
michikpa	मीचीक्प	1. difference, change, modification 2. different, various
migidpu	मिगिडपु	adult
miji	मिजी	life
miji kyongup	मिजी क्योङुप	to spent the life
mik	मिक	eye
mikchud	मिकचुड	tear
mikchung	मिकचुङ	throat
mikihra	मिकीह	eyebrow
miksang	मिक्सङ	small hole
mikshel	मिक्सल	glasses
mikshrama	मिक्स्रम	blind woman (swearword)
mikshrawa	मिक्स्रव	blind man (swearword)
miktser	मिक्चर	jealous
miktsung	मिक्चुङ	storeroom for cereals
milam	मिलम	dream
milemu	मिलेमु	a good or generous person
milungba	मिलुङबा	outside the home village, abroad
milungba diwi	मिलुङबा डिवी	I go away, I leave the village, I go abroad
min	मिन	1. not 2. wrong 3. name
mindoup	मिनदोउप	name giving
minduk	मिन्दुक	to be not (present)
miput	मिपुट	eyelash

mitikpe	मिटिकपे	dwarf, midget
miu	मिउ	small hole
mo	मो	to consult (shaman)
mo	मोव	pubic hair
molam	मोलम	prayer
molam gyewup	मोलम ग्यउप	to bless
moloup	मोलोउप	not to learn, not to teach,
motagyewup	मोतग्यउप	to curse, to swear
motar tonggup	मोटर तोङगुप	to drive a car
mote	मोटे	soybean
moti	मोती	artificial pearl
mozhowup	मोजोउप	not to keep
mugpipum	मुग्पीपुम	snail
mukpa	मुक्पा	cloud
mukpa chu	मुक्पा छुउ	fog
muktum	मुक्तुम	hole
muktum gewup	मुक्तुम ग्यउप	to bury
mula	मुला	with, along with
munmin	मुन्मीन	village headman

N

na	नअ	1. rye 2. illness
na	ना	oath
na kyolup	ना क्योलुप	to take an oath
nachung	नचुङ	young
nak	नक	1. pus 2. Yak (female)
nakpu	नक्पु	black
naksha	नाक्श	1. picture, photo 2. map
nakshageup	नाक्शगेउप	to paint, to make pictures
naktsi	नाक्ची	ink (made from deadnettle)
naktsun	नाक्चुम	pitch dark

naktsuwi	नाक्चुवी	darkness
nalokpa	नालोक्पा	right
nam	नम	when?
nam	नाम	sky, weather
nama	नमा	son's fiancée, daughter-in-law, bride
namba	नम्बा	kind
nambu	नाम्बु	wool
namdu	नाम्डु	plane
namjok	नम्जोक	ear
namka	नाम्ख	sky
namlaphurup	नम्लफुरूप	to jump (into the air), to fly
nammothonggup mi	नममोथोङगुप मी	someone who never sees the sky, someone who always gets into bloody mess (swearword)
namphela	नमफेला	the (early) morning
nangang	नङङ	canopy (for storing wood, hey, etc.)
nangba	नाङबा	relative
nangla	नाङला	in
nangla phewa	नाङला फेव	please come in !
nangla wonggup	नाङला ओङगुप	to enter
nangsinok	नाङसिनोक	to ask to give, to ask for something
nanok	नानोक	to be ill
nap	नाप	1. ill, sick 2. to be ill
narakthenginok	नारकथेन्गीनोक	the nose is bleeding
nasam	नासम	idea, thought
nasam tonggup	नसम तोङगुप	to think about
natendup	नातेन्दुप	to swear
nathung	नाठुङ	forest
nati	नाती	granddaughter, grandson
natsa	नाछ	illness, sickness
natung tsenmang	नठुङ छेन्माङ	wild asparagus
natung-phakpa	नठुङ फक्प	wild boar
nau	नउ	nose

naumetup	नउमेतुप	no honour, no self-respect; someone who has done very bad actions
ne	नेय	illness
ne	न्य	from
nekorup	न्यकोरूप	to go on a pilgrimage
nekyok	नेक्योक	1. dishes 2. frail [m.]
nekyongma	नेक्योङम	frail [f.]
nembi	नेम्बी	night
nemin	नेमिन	twisted strap made of bamboo
nendup	नेन्दुप	to press
nenok	नेनोक	to become ill
nepali	नेपाली	Nepalese
nga	ङ	1. I 2. five 3. drum
ngala	ङला	to me
ngalak	ङलक	mutual help
ngama	ङम	tail
ngamu	ङमु	early; fast
ngang	ङङ	I also; me too
nganmu	ङन्मु	sweet
ngarcha	ङरच्य	sugar tea
ngati	ङटी	pillow
ngengsu tonggup	ङेङसु तोङगुप	to rest, to relax
ngira	ङिरा	our
ngo shetup	ङो सेतुप	to recognize
ngocha	ङोछ	shame
ngoma	ङोमा	real, true, sincere, genuine
ngonmu	ङोन्मु	green
ngop	ङोप	1. to count 2. to weep, to cry
ngosheup	ङोसेउप	to know, to recognise
ngosi tonggup	ङोसी तोङगुप	to introduce

ngothung tutup	ङोतुङ टुतुप	to wash the face
ngotsa longgup	ङोछ लोङगुप	to show oneself up, to make a fool of oneself, to be ashamed
ngotsha	ङोछ	shame, embarrassment
ngotung	ङोतुङ	face
ngul	ङुल	silver
ngunbu	ङुन्बु	blue
nok	नोक	to be
nor	नोर	1. jewel
		2. possession, property
norsung	नोरसुङ	error, mistake
norup	नोरूप	to mix
norup	नोरूप	to do wrong, to confuse
nouki	नोउकी	or (in comparisons)
num	नुम	1. younger sister
		2. bosom, female breasts
numma	नुम्म	oil
nup	नुप	1. younger brother (in talks with others)
		2. west
nupla	नुप्ल	at night
nuru	नुरू	jewel
nya	डेय	fish
nyala	डेयल	hell
nyalam	डेयलम	pair of longjohns (for men)
nyaljak	डेयल्जाक	an iron chain for fastening the door
nyalup	डेयलुप	to rest
nyanyim	ङडीम	red eatable berries
nyashing	डेसिङ	double yoke
nye	डे	my
nye lungba	डे लुङबा	my home country
nyekyok	डेक्योक	dishes
nyemi	डेमी	husband or wife (intimate)
nyen	डेन	to cause someone pain, etc.

nyenbu	डेन्बु	mad man
nyendup	डेन्दुप	to listen, to hear, to obey
nyendup	डेन्दुप	to be in bondage, to be obedient
nyenme	डेन्मे	sick person, not strong person, thin person
nyenmu	डेन्मु	wife's younger sister; all women of wife's clan
nyep	डेप	to borrow
nyermu	डेरमु	mad woman
nyetup	डेतुप	to find
nyeyop	डेयोप	to buy
nyi	डी	1. two 2. we
nyilawup	डिलउप	to sleep
nyima	डिमा	1. sun 2. day 3. Sunday 4. a personal name
nyima gasung	डिमा गासुङ	sunset
nyima kang	डिमा काङ	all day
nyima nyi jukla	डिमा डि जुक्ला	after two days
nyima sharsung	डिमा स्यरसुङ	sunshine
nyima syarup	डिमा स्यरूप	the sun shines
nyimidingla	डिमीदिङला	afternoon
nyimiteng	डिमीटेङ	daily, every day
nying	डिङ	heart
nyingba	डिङबा	old
nyingdu kitup	डिङडु कितुप	to study hard
nyingmar kitup	डिङमार कितुप	to treat badly; to hate
nyinje	डिङजे	compassion
nyinmo	डिन्मो	afternoon
nyinmu	डिन्मु	angry
nyinmu langup	डिन्मु लान्गुप	to get angry
nyira	डिरा	our
nyirang	डिराङ	we, me and my wife
nyishu	डिस्यू	twenty

nyuk
nyungne

डुक
डुङने

writing utensil
fasting with prayers

P

pagawa	पागावा	mother's father, father's father; all old men of the clan
palang	पालङ	cow
palang	पलङ	bed
palangaden gyalmo ksenmo	पालङादेन ग्याल्मो क्षेन्मो	Her Majesty the Queen
palangaden gyalpo ksenpo	पालङादेन ग्याल्पो क्षेन्पो	His Majesty the King
palangaden gyalsya chenpo	पालङादेन ग्याल्स्य छेन्पो	His Royal Highness the Crownprince
palanti	पालन्ती	great-granddaughter, great-grandson
palu	पालु	father
pamu	पमु	a kind of cattle (cross-breed of lang and zom)
pang	पाङ	spindle
pangba tawup	पङबा तउप	to embrace
pangling	पङलीङ	shingle
pap	पप	anxiety, worry
papa	पापा	daddy, dad
papche	पाप्छे	father's elder brother, mother's elder sister's husband
papchung	पाप्छुङ	father's younger brother
paplonggup	पाप्लोङगुप	to worry
parangbu	पारङबु	poor
parsala	परसल	sometimes
partep	परतेप	ring made of thuja wood to fasten the planks of a som
parup	पारूप	to get a shock
paryatak	पर्यटक	tourist
paryatan	पर्यटन	tourism

pata	पाता	leeches
pata kari dongbu	पाता कारी दोड्बु	magnolia tree
pata kari mendok	पाता कारी मेन्दोक	magnolia flower
pata maru	पाता मरू	red leeches
pata nakpu	पाता नाक्पु	black leeches
pati	पटी	region
patip	पातीप	a kind of big bamboo
patip tumbul	पातीप तुम्बुल	a bamboo jar
patla	पटल	in the middle
pawup	पाउप	to land, to get down
pe	पे	1. fairy-tale, story
		2. history
		3. example
pekut	पेकुट	ear jewellery (of women)
pelacha jaksin	पेलछा ज्यक्सीन	for example
pen	पेन	fart
penbu	पेन्बु	king's first minister
penmi	पेन्मी	woman (general)
pensorup	पेनसोरूप	to fart
pep	पेप	council, consultation
peratsi	पेरची	bean
pertungba	पेरतुङब	naked
petka	पेटक	stick
pey	पेय	mouse, rat
peza	पेजा	child
pezha	पेज्य	book [Tibetan], literature
pezi ngola	पेजी डोला	next generation, the children's life
phakpa	फक्पा	pig
phala	फाला	opposite, other side
phali	फली	ploughshare
phama	फामा	parents
phamtoktok	फमटोक्टोक	bat
phap	फाप	dried yeast
pharak	फरक	shifted, moved
phatsi	फटची	pumpkin

phatsi dopshok	फटची दोप्सोक	pumpkin leaf (used as plate)
phatsi sen	फटची सेन	pumpkin seed
phatsi tshenmang	फटची छेन्माङ	pumpkin vegetables
phawa	फाव	precious
phe	फे	flour
phekai	फेकई	half
phelup	फेलुप	to disseminate
phen chenmu	फेन छेन्मु	useful, meritorious
phenmothowup	फेनमोथोउप	useless, worthless
phepshop	फेपस्योप	to invite
phetup	फेतुप	to bite (causing a wound)
phila	फिला	outside the house
phila dop	फिला डोप	to go to the toilet
philokpa	फिलोकपा	left
phimu	फिमु	1. delay 2. late
phirup	फिरूप	to jump
pho	फो	1. over there 2. that
phogyakup	फोवग्यकुप	last blessing of the dead
photo gyakup	फोटो ग्यकुप	to take a picture
photogeup	फोटोगेउप	to paint, to make pictures, to make photos
photok	फोटोक	beater
photosil	फोचील	small basket
phuk	फुक	cave, grotto
Phukmoche	फुकमोचे	Phukmoche (a village in Shorung, north of Zhung)
phula	फुला	1. fireplace, open hearth 2. sacred
phurkinok	फुरकिनोक	to start to fly
phurup	फुरूप	to fly
pilang	पिलङ	buttocks, backside
pim	पिम	1. hair slide 2. safety pin
pinok	पिनोक	pulled out
pishing	पिसीड	oak

pishing cha	पिसीड च्या	oak resin tea
piu	पिउ	calf
pomok	पोमोक	dew, hoarfrost
pomowaldok	पोमोवल्दोक	kiwi
ponde	पोन्दे	bumblebee
pong	पोङ	a wooden pot decorated with brass for presenting arak or chang when asking for the hand of the daughter
pu	पु	hair (animal)
pula	पुला	offering, sacrifice
pulup	पुलुप	1. to push 2. to offer (temple, priest, schaman, etc.)
pum	पुम	girl, daughter
pumba	पुम्बा	a decorated pot for religious purposes
pumpeza	पुमपेजा	teenage girl
pumu	पुमू	daughter
pusok	पुसोक	feather
puzhum	पुजुम	pregnant
puzhum hotup		to be pregnant
puzhung	पुजुङ	son, boy

R

ra	र	goat
ra	रअ	cloth
rakitsho	राकीछो	the colour of cloth
raldi	रलदी	light mat used as roofing for alpine huts
rambat	रम्बाट	wild chives
rambelda	रमबेल्ड	tomato
rambu	रम्बु	strong
rang	राङ	honey, juice of sugarcane or maize

rangmingyur	रङमिङ्युर	glow-worm
rapsal	रप्सल	a big brass pot
rarim	ररिम	furrow, crease, wrinkle
raye-tshenmang	रयेछेन्मङ	vegetables, mangold
rengmang	रेङमाङ	bee
rieru	रेरिउ	a goat's kid
retsha	रेछ	ivy
rewup	रेउप	to touch
ri	रि	mountain, hill
rigo	रिगो	summit (of a mountain)
riki	रिकी	potato
riki karmu	रिकी करमु	white potato
riki kirmu	रिकी किरमु	small purple coloured potato
riki marwu	रिकी मारउ	red potato (from Khumbu)
riki mendok	रिकी मेन्दोक	potato blossom
riki phishok	रिकी फिसोक	potato peels
riki yangdul	रिकी यङडुल	potato fruit (in the leaves)
rikpa	रिक्पा	skilful, clever
rildok	रिल्दोक	potato noodles (eaten as soup)
rimung	रिमुङ	1. marten 2. ornament, decoration, pattern design
ringbu	रिङबु	long
riu	रिउ	young animal
ro	रो	corpse
roktum	रोक्तुम	button
rolup	रोलुप	to tear
rongba	रोङबा	people from the south, all non-Sherpa
ru	रू	caste, clan
rukup	रूकुप	to collect
rul	रूल	snake
rulwache	रूलवचे	big snake
rumal (nep.)	रूमल	towel used as headgear for women
ruwak	रूवक	1. bone

2. (swearword for money)

S

sa	स	1. tooth 2. soil, earth
sa	साअ	1. copper 2. pot (made of copper)
saba	साबा	bridge
sadeup	सदेउप	to bite, to snap
sai	सई	earthquake
sakar	सकर	chalk
sake	सके	a flat wooden cooking spoon
sakhang	सखड	restaurant
sala	साला	floor
sala	सला	tomorrow
sama	समा	food
sama sap dasa	समा सप दस	restaurant, eating place
samba	सम्ब	new
samdul	सम्डुल	thunder
samdul gyakup	सम्डुल ग्यकुप	there will be thunder
samin	समीन	son's wife's mother or father, daughter's husband's mother or father
samu	समु	spotted cow
sang	सङ	also
sang	साङ	rain festival (celebrated after sowing the grains; like losar in the village)
sangbu	सङबु	next year, in the future
sangdung	सङदुङ	alphorn like music instrument for religious purposes
sangge	सङगे	Lord Buddha
sanggi	सङगी	lion statue (wooden)
sanum	सनुम	petroleum

sap	सप	to eat
sap wangup	सप वन्गुप	edible, eatable
sardar	सरदार	guide
sardar [nep.]	सरदार	guide
sashing	ससीङ	agriculture
sata	सता	week
satiteng	सतीटेङ	every week, weekly
sauna	सउना	fern
sebrang		swallow
sel	स्येल	glass
sem	सेम	1. character, personality 2. thought, mind
sem nanok	सेम ननोक	offended
sem nenok	सेम नेनोक	mentally ill, insane
semnap	सेमनाप	unhappy
sen	सेन	seed
senakpa	सेनक्प	skinflint, old miser
senakpa	सेनक्पा	greedy
senbu	सेन्बु	alive
senmu	सेन्मु	yellow [f.]
senmung	सेन्मुङ	nail (of fingers or toes)
ser	सेर	gold
serki mali	सेरमी माली	golden earring
serwu	सेरउ	yellow [m.]
set	सेट	1. hail 2. water left over while producing curd
setkam phe	सेटखम फे	curd flour
setkham	सेटखम	curd
setung	सेतुङ	bamboo sieve for production of curd or chang
setup	सेतुप	to kill
seyok	सेयोक्	nettle
sha	स्यअ	joke
sha	स्या	meat
sha gyakup	श्यअ ग्यकुप	to joke

shahar	शहर	town, city
shal	स्यल	face [polite], mouth [polite]
shalung dongbu	स्यलुङ दोङबु	a wild fruit tree
shambup	स्यम्बुप	to earn
shamjar	स्यम्जर	blouse (worn by women under the anggi)
shamung	स्यमुङ	1. mushroom 2. cap, hat
shamutok	स्यमुतोक	raincoat
shang	स्यङ	north
shapru	स्यपु	dance (stamping)
shar	स्यर	East
sharsung	स्यर्सुङ	to shine
sharup	स्यारूप	blind
shasa	स्यस	place to stay for the night
shendup	सेन्दुप	to ride
shep	सेप	to die
shetu tonggup	सेटु तोङगुप	a ceremony of reading religious texts by Lamas
shi	सि	chain
shik	सिक	louse
shikshik	सिकसिक	to move (persons)
shildi	सिल्डी	aluminium
shing	शिङ	1. wood, firewood 2. field, arable land
shing kyolup tsewung	सिङ क्योलुप चेउङ	basket for carrying wood
shinok	सिनोक	dead
shipsok	सिपसोक	frame saw
shisha	सिस्य	comb
shisung	सिसुङ	died
shitup	सितुप	to melt
sho	स्यो	yoghurt
shogur	स्योगुर	wing
shok	स्योक	come!
shol	स्योल	leaves
shol ruku tsewung	स्योल रूकु चेउङ	big basket for gathering

shom	स्योम	leaves small basket for flour (with four legs)
shomok	स्योमोक	leaf
shorung	स्योरूङ	Shorung (one of the three main regions of Sherpaland; the Nepali word is Solu)
shorup	स्योरूप	to expel, to chase away
shorup	सोरूप	to indept
shu	शुउ	paper
shurtang	सुरताङ	corner
shuwup	सुउप	to enter
shyalung	शयलुङ	a kind of wild fruit tree
shyo	स्योओ	soured milk
sikok	सिकोक	woman's long coat
sikyasung	सिक्यसुङ	said
silma	सिलमा	wine; small exchange money, small cash
silon	सीलोन	Prime Minister
simbu	सिम्बु	tasty, delicious
sindup	सिन्दुप	to finish
singsing	सिङसिङ	tousled, dishevelled
sinup	सिनुप	to be over
sirup	सिरूप	to say, to tell
siwi	सिवी	floor
so	सो	fodder
sohriphrip	सोहिपहिप	dawn
soka	सोक	spring
soldok	सौल्दोक	coal
solja	सोलज्य	butter tea
som	सोम	wooden pot for fetching water
somad	सोमङ	cheese (old and smelling)
somar	सोमर	mature smelling cheese
somok	सोमोक	leaf
sop	सोप	to feed, to nourish
sor	सोर	sickle

sotup	सोटुप	ring; belt buckle (for women's clothes)
su	सु	who ?
su hinang	सु हिनङ ?	who is ?
suk	सुक	pain
sukinok	सुकिनोक	to hurt
sukkitup	सुक्कीतुप	to pain
sum	सुम	three
sung	सुङ	anybody
suntala	सुन्ताला	tangerine
suntala dongbu	सुन्ताला दोङबु	tangerine tree
sup	सुप	stomach
sur	सुर	edge of the house
surnok	सुरनोक	stung, bitten
surup	सुरूप	to sting, to bite
surwal	सुरवल	(nep.) long trousers
sut tonggup	सुर तोङगुप	to free from illness or suffering (shaman)
sutang	सुताङ	with whom
suyinang?	सुइनाङ	who is he?
syakpa	स्यकपा	stew
syarup	स्यरूप	1. to shine 2. to blossom
syau	स्यउ	apple

T

ta	टाअ	wheat
ta	ता	horse
tak	टक	rock
tak	तक	tiger
takchya	टकच्य	echo
takpa	टक्पा	fortune-teller, shaman in trance
Takshindu	टाक्सिन्दु	Takshindu [a village with nunnery and monastery in Shorong]

Takto	टाक्तो	Takto (a village in Shorung)
taktuk	टक्कुक्	all
takup	तकुप	1. to weave 2. to grind
takyok	टाक्योक	a wooden pot for fermenting chang
tala	टाला	1. forehead 2. upper row
tala gyewup	ताल ग्येउप	1. accident 2. to fall
tala tenbu	टाल टेन्बु	hot forehead, fever
talchak	तल्चक	whip
taling	तलिङ	this year
talu	तालु	this year
talup	टलुप	to divorce; to cut a sleeve
tambu	ताम्बु	tight
tamnye	तम्डे	language, spoken word
tamnye lawup	तम्डे लाउप	to discuss, to talk about, to answer
tandarang	तन्दारङ	soon, straightaway, now
tang	ताङ	1. and 2. (plural marker, behind the noun)
tangbo	ताङबो	earlier, in the past, many years ago
tap	टप	wall
tapa	टाप	stairs, ladder
tapki	तपकी	cause, reason
tara	तरा	buttermilk
tarekirup	तारेकिरूप	to cross
tarshing	तरसिङ	a cut tree used for ceremonies
tarung	तरूङ	again
tarwar	तरवर	sword
tasam	तसम	now, nowadays
tashing	तासीङ	a wooden door bolt
tau	टाउ	buckwheat

tawa	टावा	monk
tawu	ताउ	sack, piece of luggage
tawup	तउप	to measure
tayokpa	टयोक्प	a big kind of mouse
te	ते	1. turban
		2. to give
tekele	तेकेले	dwarf, midget (swearword)
tem	टेम	time
tema	टेमा	to stink
temakhap	टेमाखप	to stink
temakhenok	टेमाखेनोक	to smell
temanop	टेमानोप	to smell
temat	टेमट	some kind of wild strawberries (used as spices)
temung	टेमुड	knee
ten	तेन	autumn
tenba torup	टेनबा तोरूप	to lose consciousness, to faint
tenbu	टेन्बु	warm
tendup	टेन्दुप	to remain
tendup	तेन्दुप	desire
tengbu	टेडबु	honest
tengga	टेडग	money, coin
tengge	टेडगे	cold
tenginok	टेन्गीनोक	to remember
tenginok	टेन्गीनोक	to long for (someone you love)
tengla	तेडला	above, on top of
tep	टेप	to ask
teri	तेरी	1. axe
		2. all
tertang sising lewa	तेरतड सिसिड ल्यव	best, better
terup	तेरूप	1. gift
		2. to give, to pay, to offer
tesung	तेसुड	paid, given
tetiu	तेतिउ	foal

tetkinok	तेटकिनोक	to give (away), to donate
tetung	तेतुङ	man's shirt
teysu	त्यसु	from
thak	ठाक	blood
thakpa	थाक्पा	rope (made of Yak hair)
thakringbu	थाक्किरिङबू	far away
thakringbu	थक्किरिङबु	distance
thakur	ठाकुर	1. please! 2. no, thanks!
thala	थाला	dust, soil
thalduk	थाल्दुक	ash
thalnok	थाल्नोक	divorced; cut
thalzam	थाल्जम	dirt, muck
thamu	थामू	fight
thamu gekinok	थामू गेकिनोक	to have a fight, to fight
thangbu	थाङबु	1. health 2. how are you?
thangbu wonggup	थाङबु ओङगुप	to be fine, to be in good health
thanggare	थाङगारे	rack for drying corncobs
thanggi	थाङगी	unsettled, lazy
thap	थाप	oven
thaple	थाप्ले	bald head
thapsang	थापसङ	open hearth
tharathura	थाराथुरा	mess, muddle, confusion
tharikyu	थारिक्यु	buttermilk soup (made of corn, water and buttermilk)
thashing	थसिङ	fir
thek	ठेक	ro rent
thela	ठेला	straight on
thenbu	थेन्बु	tall, high
thendup	थेन्दुप	to pull
thengba	थैङबा	cripple, handicapped, hurt person, limping person
thengtheng	थेङथेङ	to walk fast
thenup	थेनुप	to come out

theptok	थेप्तोक	finger
thetup	ठेतुप	1. to visit 2. to meet
thika	ठिक	bed or sleeping place of the parents
thimung	ठिमुङ	ankle
thing karwu	थिङ करउ	a kind of bamboo with whitish bark
thinme	थिन्मे	short
thinmu	थिन्मु	friendly
thiwa	ठिव	gall bladder
tho	थो	hammer
thok	थोक	1. roof 2. meteorite
thoktsok	ठोकचोक	a kind of fern used as medicine when dried
tholum kholo	ठोलुम खोलो	pounder for the tholum
thongba	थोङबा	plough
thop	थोप	to pick, to raise, to choose
thotorok	थोतोरोक	hairbrush
thou	थोउ	a corn sack used as table
thowup	थोउप	to take time
thuche	थुचे	thanks
thuchesinok	थुचेसिनोक	to thank
thuk	ठुक	six
thukpu	थुकपु	thick, dense
thul	थुल	down, downwards
thula	थुला	downward, down hill
thung	थुङ	shell (wind instrument)
thunggup	थुङगुप	to drink
tikpe	टिकपे	small
tiktik	टिकटिक	necklace made of gold plates
tikup	टिकुप	to write
tilu	टिलु	bell
tilup	तिलुप	to roll
timbu	टिम्बु	quick

tingla	तिङला	1. end 2. after 3. later
tingmu	तिङमु	deep
tingtangtingla	तिङतङतिङला	the very last, the last of all
tipli	तिप्ली	an aluminium pot with handle used for chang, tea or water
tiu	टिउ	knife
tiwa	तिवा	they, they are
to	तोव	1. cassava 2. a kind of wild tuber used as medicine
tochog gongma	टोछोग गोङमा	National Assembly
tochog gongmi tsikhyap	टोछोग गोङमी चिख्याप	Chairman of the National Assembly
tochog hogma	टोछोग होग्मा	House of Representatives
tochog hogmi chogtso	टोछोग होग्मी छोग्चो	Speaker of the House of Representatives
tokenok	टोकिनोक	to run away
toklang	टोक्लाङ	a stick used to support the luggage while taking a rest
tokpa	टोक्पा	landslide
toktsi	टोक्ची	hoe
tolok	टोलोक	calf (young pamu)
tolum	टोलुम	keg for making butter or soured milk
tom	टोम	bear
tomu	टोमु	friendship (between women)
tongba	टोङबा	1. empty, blank 2. soul of a dead person
tonggu	टोङगु	good advise
tonggup	टोङगुप	to send
tongma	टोङमा	ant
tongmar	टोङमर	rhododendron
toni dop	टोनी डोप	to run away (secretly)
topi	टोपी	the Nepali cap (for men)

topla	टोप्ल	morning
toup	टोउप	to take away, to snatch away
towa	तोव	they are
towu	टोउ	friendship (between men)
treking	ट्रेकिङ	Trekking
tsa	च	1. grass, hey, fodder 2. vein
tsa kambu	च कम्बु	hey
tsaktsake	चाक्चाके	naughty
tsala	चाला	near, close, beside
tsaluk	छालुक	oven cloth
tsam	छम	brother's wife, son's wife; all women married into the clan (as long as they have not given birth to a child, later they are usually called by the name of this child + ama)
tsang	छाङ	nest
tsangbu	चाङबु	big river
tsaram	छारम	icicle
tsatuk	चतुक	poisoned grass
tse	छे	life
tse	चे	a lilylike plant used for red colouring
tse setup	छे सेतुप	to die (life is over)
tse sowap	छे सोवप	to save (the life)
tsekta	चेक्टा	matches
tselak	चेलक	mat used for drying cereals etc.
tsema	चेमा	sieve made of bamboo
tsenangla	चेनङला	in the lake
tsengge	चेङगे	clean, fresh
tsep	चेप	to play
tsetasup	चेतसुप	safe
tsewu	चेउ	big basket for carrying loads
tsha	छ	1. vein, artery

tshak	छाक	2. salt sister's husband, daughter's husband; all husbands of clan's women (as long as they have not given birth to a child, later they are usually called by the name of this child + ama)
tshalanti	छलन्ती	great-great- granddaughter, great- great-grandson
tshalda	छाल्दा	hot spices
tshartak	छरतक	rope made of bamboo
tshartum	छर्तुम	pestle
tshawī	छावी	a woman's purse
tshekok	छकोक	breast
tshemdil	छेम्डील	an eatable plant used for yellow colouring
tshende	छेन्दे	1. fever 2. hot
tshenga	छेङग	relations
tshenmang	छेन्मङ	vegetables
tshenmangkyu	छेन्मङक्यु	vegetable soup
tshera	छेरा	uninterested
tshetak	छेतक	an illness of Yaks when they are brought down to lower levels too early
tshi	छि	junction, turnoff, fork
tshika	छिका	border, wall
tshikinok	छिकिनोक	to burn
tshindurgyawup	छिन्दुरग्यउप	to spit
tshiring kinggap	छिरीङ किङगाप	a patterned hat
tshiup	छिउप	to burn
tsho	छो	colour
tsho bulup	छोव बुलुप	a festival celebrated by the village community after the people have returned from the alpine pastures

tshong	छोड	business
tshongba	छोडबा	trader, businessman
tsikhyap	चिख्याप	chairman
tsilam	चिलम	lightning
tsinma	चिन्म	game
tsinma tsep	चिन्म चेप	to play (a game)
tsirup	चिरूप	to press very hard
tso	चो	1. ocean, sea
		2. lake
		3. how much? how many?
		4. finger pattern
tsoi	चोइ	around, about
tsokting	चोक्टीङ	a kind of small bamboo (found at heights of about 3,000 m)
tsoli	चोली	blouse
tsonggok	चोङगोक	chives
tsonggup	चोङगुप	to sell
tsop	चोप	to tend animals
tsotup	चोतुप	to cook
tsowin	चोवीन	sold
tsukoi	चुकोई	how
tsukoi nok?	चुकोई नोक	how is?
tsukoti	चुकोती	which one ?
tsunggup	चुङगुप	to get
tsura	चुरा	bangle
tsyalak	च्यलक	rubbish, things of different kinds
tuk	तुक	poison
tul	तुल	chair
tung	तुङ	tadpole
tunggup	तुङगुप	to die (famous person)
tursa	तुरसा	cremation ground, cemetery
tuta	तुता	smoke
tutup	दुतुप	to wash
tuwu	दुउ	to wash up, to wash off

U

ula	उला	moon
uni shamung	उनी स्यमुङ	woolen hat
utonggup	ऊतोङगुप	to breathe

W

wai	वइ	to have
wanba	वन्बा	deaf (m.)
wangwok	वङवोक	cellar
wanma	वन्म	deaf (f.)
warang	वरङ	we
warong	वरोङ	we [Khumbu language]
watang me	वतङ मे ?	have you got or not ?
watene	वतेने	perhaps
woma	ओमा	milk
womi tso	ओमी चो	milk lake [name of a famous lake south of Numbur]
wosirang	वोसिरङ	even though

Y

yak	यक	Yak (male)
yaku	यअकु	wife's younger brother, husband's younger brother
yamba	यम्बा	other, another
yambu	यम्बु	Kathmandu
yamchen	यम्चेन	to admire
yang	यङ	immaterial good
yangzikitup	यङजीकितुप	to salute
yarke	यरके	developed
yarke magalup	यरके मगालुप	not developed,

yawa	यवा	underdeveloped
yemba	येम्बा	right
yenba	येन्बा	other
		1. left
		2. former servant or slave
yengge	येङगे	light (weight)
yiki	यिकी	written document
yo	योओ	popcorn
yokde	योक्दे	stick for stirring popcorn
yu	यु	turquoise
yuk dop	युक ढोप	sightseeing
yukup	यूकुप	to travel
yul	यूल	village
yulwa	युल्वा	neighbour
yuup	युउप	to hide

Z

za dawa	जा दावा	Monday
za lhakpa	जा ल्हक्पा	Wednesday
za mingmar	जा मिङमार	Tuesday
za nyima	जा ङिमा	Sunday
za pasang	जा पासाङ	Friday
za pemba	जा पेम्बा	Saturday
za phurwa	जा फुर्वा	Thursday
zama	जमा	a small wooden pot
zambuling	जाम्बुलिङ	world
zara	जारा	lunch
zau	जौ	barley
zeku	जेकु	to climb
zemu	जेमु	pretty
zeluminduk	जेमुमिन्दुक	ugly
zen	जेन	woollen blanket
zendi	जेन्दी	marriage
zendi kitup	जेन्दी कितुप	to marry
zendi magyau mi		single, unmarried person

zeru	जेरू	a big wooden ladle
zerwa	जेर्व	wart
zhe	जे	track
zhenba	जेन्बा	raw, uncooked
zhendi kyau mi	जेन्दी क्यउ मी	married persons
zhep	जेप	to exchange
zhetup	जेतुप	to forget
zhi	जी	four
zhimba tonggup	जिन्बा तोङगुप	to do something for merit
zhindak	जिन्दाक	sponsor, patron
zhingba	जिङबा	neck
zhiwa	जिव	afraid
zhiwa langgup	जिव लङगुप	to get afraid
zhok	जोक	to let, to leave, to put
zhokup	जोकुप	to let; to keep
Zhung	जुङ	Junbesi [a village in Shorung]
zhutkyup	जुटक्युप	rope made of jute
zhuwup	ज्यूउप	to stay, to live (polite language)
zik	जिक	leopard
zimbup	जिम्बुप	1. to catch, to grab 2. to go to sleep [polite]
zindak	जिन्दाक	owner
zinok	जिनोक	drunken
zinok zop	जिनोक जोप	to tell lies
zo	जोव	column, pillar, pole
zolhamu	जोल्हमु	easy
zom	जोम	cow (cross-breed of Yak and cattle)
zombu	जोम्बु	to count, to gather
zonok	जोनोक	built, constructed, made
zop	जोप	to make
zopkyok	जोपक्योक	bull (cross-breed of Yak and cattle, used for carrying loads)
zowap	जोवप	to build, to make, to construct

zu	जु	body
zurma	जुरम	imitated, counterfeit, false (f.)
zurwa	जुरव	imitated, counterfeit, false (m.)
zututup	जुटुतुप	to wash (the body)

Part III

Basic Words

English – Sherpa (Roman) – Sherpa (Devanagari)

A

about	barela	बरेला
	chaktsa	छक्च
	choi	चोइ
	tsoi	चोइ
above	tengla	तेङला
abroad	milungba	मिलुङबा
absolutely	hinjik minjik	हिन्जीक मिन्जीक
accident	tala gyewup	ताल ग्येउप
accompany (v.)	dalza kitup	दल्जा कितुप
ace (f.)	khamu	खामू
ace (m.)	khapa	खापा
action	laka	लका
activity	laka	लका
admire (v.)	yamchen	यम्चेन
adult	migidpu	मिगिडपु
adulterer	cheu	छेउ
adulteress	chemu	छेमु
advice (good)	lopcha	लोप्च्य
advise	tonggu	टोङगु
afraid	zhiwa	जिव
after	tingla	तिङला
after two days	nyima nyi jukla	डिमा डि जुक्ला
afternoon	nyimidingla	डिमीदिङला
	nyinmo	डिन्मो

again	tarung	तरूङ
ago	gomala	गोमला
agriculture	sashing	ससीङ
air	lung	लुङ
alive	senbu	सेन्बु
all	taktuk	टक्टुक
	teri	तेरी
all day	nyima kang	डिमा काङ
alone	chikrang	चिक्रङ
along with	mula	मुला
alphabet	kakha	कख
also	sang	सङ
altitude sickness	latuk	लतुक
altogether	kyani	क्यनि
aluminium	shildi	सिल्डी
and	tang	ताङ
angry	nyinmu	डिन्मु
ankle	thimung	ठिमुङ
another	yamba	यम्बा
answer (v.)	tamnye lawup	तम्डे लाउप
ant	tongma	टोङमा
anxiety	pap	पप
anybody	sung	सुङ
anything	khangsang	कङसङ
apple	syau	स्यउ
April/May [third month of Sherpa year]	dawa sumba	दावा सुम्बा
apron (worn in front by women)	dongdil	दोङडील
apron (worn in the back by married women)	gyapdil	ग्यप्डिल
arable land	shing	शिङ
argue (v.)	kandap kitup	कन्दाप कितुप
arm	lakpa	लक्प
around	kora	कोरा
	tsoi	चोइ

arrive (v.)	lewup	लेउप
arrow	da	दा
artery	tsha	छ
ash	thalduk	थाल्दुक
ashes	metak	मेतक
ask (v.)	tep	टेप
ask for something (v.)	nangsinok	नाङसिनोक
ask to give (v.)	nangsinok	नाङसिनोक
asparagus (wild)	natung tsenmang	नठुङ छेन्माङ
astonishment	hanman	हन्मन
at	lola	ल्वल
at night	nupla	नुप्ल
August/September [seventh month of Sherpa year]	dawa dinba	दावा दिन्बा
autumn	ten	तेन
avalanche	kha tokpa	खा टोक्प
avarice	lop	लोप
axe	teri	तेरी
azalea used as incense	masur	मसुर

B

baby	ang	अङ
	ang tikpe	अङ टिक्पे
baby basket	angi tsang	अङि छाङ
back	gyap	ग्यप
backside	pilang	पिलङ
bad (f.)	kokmu	कोक्मु
bad (m.)	kokpu	कोक्पु
bad habit	bani melokpa	बनी मेलोक्प
bad person	mi melawa	मी मेलव
baggage	khuru	खुरू
balcony	kaushi	कउसी
bald head	thaple	थाप्ले
bamboo jar	patip tumbul	पातीप तुम्बुल

bamboo kind (big)	patip	पातीप
bamboo kind with whitish bark	thing karwu	थिङ करउ
bamboo mats (heavy; used for roofing or for storage of potatoes)	bak	बक
banana	kera	केरा
banana tree	keri dongbu	केरी दोङबु
bangle	tsura	चुरा
barley	zau	जौ
basket (big; for carrying loads)	tsewu	चेउ
basket (big; for gathering leaves)	shol ruku tsewung	स्योल रूकु चेउङ
basket (small)	photosil	फोचील
basket for carrying stones (small and flat)	dotsil	दोचिल
basket for carrying wood	shing kyolup tsewung	सिङ क्योलुप चेउङ
basket for drying cereals etc. (very flat)	dapkyongma	दपक्योङम
basket for flour (small and with four legs)	shom	स्योम
basket for storing spices	kurtsil	कुरचिल
bat	phamtoktok	फमटोक्टोक
be (v.)	nok	नोक
be ashamed (v.)	ngotsa longgup	ङोछ लोङगुप
be born (v.)	kep	केप
be exciting (v.)	ganthe	गँठे
be exhausted (v.)	en chetup	यन छेतुप
be fine (v.)	thangbu wonggup	थाङबु ओङगुप
be happy (v.)	galanggup	गालङगुप
be helpful (v.)	dukpala	दुक्पाला दल्जा कितुप
be ill (v.)	nanok	नानोक
be in bondage (v.)	nyendup	डेन्दुप
be in good health (v.)	thangbu wonggup	थाङबु ओङगुप
be not (present) (v.)	minduk	मिन्दुक
be not able to do (v.)	amochou	अमोछोउ
be not here (v.)	metup	मेतुप

be not present (v.)	metup	मेतुप
be obedient (v.)	nyendup	डेन्दुप
be over (v.)	sinup	सिनुप
be pregnant (v.)	puzhum hotup	पुज्यूम होतुप
be there (v.)	honok	होनोक
be tired (v.)	en chetup	यन छेतुप
be unable	kimuthup	किमुथुप
beam	dungma	दुङम
beam (supporting; at the house or hut)	khala	खाला
bean	peratsi	पेरची
bear	tom	तोम
beard	gerok	गेरोक
beat (v.)	dunggup	दुङगुप
beater	photok	फोटोक
because	chilaki	चिलकी
	chilasing	चिलसिसिङ
because of	kyan	क्यन
become ill (v.)	nenok	नेनोक
bed	palang	पलङ
bed or sleeping place of the parents	thika	ठिक
bee	rengmang	रेङमाङ
beer	chang	छङ
beetle	iwi kalli	इवी कल्ली
before	gomala	गोमला
beg (v.)	longgup	लोङगुप
behaviour	kitang	कितङ
behind	gyapla	ग्यप्ला
bell	tilu	टिलु
belt (of cloth)	khara	खारा
belt buckle (for women's clothes)	sotup	सोटुप
berries (red and eatable)	nyanyim	डडीम
berries (red, used as medicine against sore throat)	kalak shi	कलक सि

berry	lumung	लुमुङ
berry (sour)	guldum nangma	गुल्डुम नङम
beside	tsala	चाला
best	tertang sising lewa	तेरतङ सिसिङ ल्यव
better	gaa	गाअ
	tertang sising lewa	तेरतङ सिसिङ ल्यव
big	gidpu	गिडपु
bird	cha	च्य
birth	kewup	केउप
bite (causing a wound) (v.)	phetup	फेतुप
bite (v.)	sadeup	सदेउप
	surup	सुरूप
bitten	surnok	सुरनोक
bitter	khakti	खक्ती
black	nakpu	नक्पु
blank	tongba	तोङबा
blanket (made of Yak wool)	chara	छचरा
blanket (woollen)	zen	जेन
bless (v.)	molam gyewup	मोलम ग्येउप
blessing of the dead	phogyakup	फोग्यकुप
blind	sharup	श्यारूप
blind man (swearword)	mikshrawa	मिक्सव
blind woman (swearword)	mikshrama	मिक्सम
blood	thak	ठाक
blossom (v.)	syarup	स्यरूप
blouse	tsoli	चोली
blouse (worn by women under the anggi)	shamjar	स्यम्जर
blue	ngunbu	ङुन्बु
boar (wild)	natung-phakpa	नठुङ फक्प
body	zu	जु
boletus edulis	martip	मरतीप
bone	ruwak	रूवक
book	kitab	किताब
book (Tibetan)	pezha	पेज्य

border	tshika	छिका
borrow (v.)	nyep	डेप
bosom	num	नुम
bottle	botal	बोतल
bottom	kyaksang	क्यक्सङ
bowl (half-spherical)	kora	कोरा
box round the ears	damjak	डमज्यक
box someone's ears (v.)	damjak gyakup	डमज्यक ग्यकुप
boy	puzhung	पुजुङ
brainless (dead from the neck up)	leta metup	लेत मेतुप
brains	leta	लेत
brandy	arak	अरक
brass pot (big)	rapsal	रप्सल
brave	antsermu	अनछेर्मु
brazen	hamba	हम्बा
bread	khat	खाट
break (v.i.)	choku	छोक्नु
break (v.t.)	choku	चोक्नु
breakfast	khayup	खयुप
breast	tshekok	छकोक
breathe (v.)	utonggup	उतुङगुप
bricklayer	karmin	करमीन
bride	nama	नमा
bridegroom	makpa	माक्पा
bridge	saba	साबा
bring (v.)	khunggup	खुङगुप
	khunhunggup	खुन्हुङगुप
broadminded	lakpa girpu	लक्प गिरपु
broom	komu	कोमु
brother (elder)	achu	अच्यू
brother (younger)	ang [+ min]	अङ (+ मिन)
brothers	achu-nup	अच्यू-नुप
bucket	lasum	लजुम
buckwheat	tau	टाउ
Buddha	sangge	सङगे

build (v.)	zowap	जोवप
built	zonok	जोनोक
bull	lang	लाङ
bull (cross-breed of Yak and cattle, used for carrying loads)	zopkyok	जोपक्योक
bullock	lang	लाङ
bumblebee	ponde	पोन्दे
burial ceremony (second)	changga	छङगा
burn (v.)	hrekup	हेकुप
	tshikinok	छिकिनोक
	tshiup	छिउप
burst out laughing (v.)	gota shorkinok	गोट सोरकिनोक
bury (v.)	muktum gewup	मुक्तुम ग्यउप
bus	bos	बोस
	gadi	गाडी
business	tshong	छोङ
businessman	tshongba	छोङबा
busy	khomu me	खोमु मेए
but	khangsirba	खङसिरबा
butter	mar	मर
butter tea	solja	सोलज्य
butterfly	balip	बलिप
butter-lamp	chomin	छोमीन
buttermilk	tara	तरा
buttermilk soup (made of corn, water and buttermilk)	tharikyü	थारिक्यु
buttocks	kyaksang	क्यक्सङ
	pilang	पिलङ
button	roktum	रोक्तुम
buy (v.)	nyeyop	डेयोप

C

calf	piu	पिउ
calf (young <i>pamu</i>)	tolok	तोलोक

call (v.)	katonggup	कतोडगुप
calm	khangmasir	खडमसिर
can speak	lapseu	लपसेउ
canopy (for storing wood, hey, etc.)	nangang	नडड
cap	shamung	स्यमुड
carrier rack	khurshing	खुरसिड
carry (v.)	khurup	खुरूप
	kun kitup	कुन कितुप
carry a corpse out of the house (v.)	dendup	देन्दुप
carry away (v.)	chokinok	छोकिनोक
cassava	to	तोव
cast out bad spirits (shaman) (v.)	kurim	कुरिम
caste	ru	रू
cat	bermang	बेर्मड
catastrophe	dasa	दस
catch (v.)	zimbup	जिम्बुप
cater for	den	देन
cattle (cross-breed of <i>lang</i> and <i>zom</i>)	pamu	पमु
cause	tapki	तपकी
cause someone pain, etc. (v.)	nyen	डेन
cave	phuk	फुक
cedar	lheshing	लहयसिड
cellar	wangwok	वडवोक
cemetery	tursa	तुरसा
ceremony of reading religious texts by Lamas	shetu tonggup	सेटु तोडगुप
chain	Shi	सि
chain (iron; for fastening the door)	nyaljak	डेयल्जाक
chair	kursi	कुर्सी
	tul	तुल

chairman	tsikhyap	चिख्याप
Chairman of the National Assembly	tochog gongmi tsikhyap	टोछोग गोङमी चिख्याप
chalk	sakar	सकर
<i>chang</i> (three days old, that has just risen)	lum	लुम
change	michikpa	मीचीक्प
character	bani	बनी
	kitang	कितङ
	sem	सेम
chase away (v.)	shorup	स्योरूप
chase away ghosts (v.)	hrendi syorup	हेन्डी स्योरूप
cheap	khemu	खेमु
cheek	damba	ढम्ब
cheeky	hamba	हम्बा
cheese (mature smelling)	somar	सोमर
cheese (old and smelling)	somad	सोमड
chest	chekok	छेकोक
chestnut tree	amdung	अम्दुङ
chew (v.)	letup	लेतुप
chicken	chechapruk	चेच्यप्रूक
chicken egg	chemendok	चेमेन्दोक
child	peza	पेजा
child (small)	ang tikpe	अङ टिक्पे
children of father's brother (if younger than me)	ang [+ min]	अङ (+ मिन)
children's life	pezi ngola	पेजी ङोला
chilli	martsi	मरची
chilli bush	martsi dongbu	मरची दोङबु
chives	tsonggok	चोङगोक
chives (wild)	rambat	रम्बाट
choose (v.)	thop	थोप
Chunakpo (a village in Shorong, near Paplu)	Chunakpo	छुनक्पो
Chutok (a village and mountain pass in Pharak)	chutok	छुतोक
city	shahar	शहर

clan	khalak	खलक
	ru	रू
clay	dambak	दाम्बक
clean	tsengge	चेङगे
clever	rikpa	रिक्पा
clever (f.)	changmu	च्यङमू
clever (m.)	changbu	च्याङबु
climb (v.)	zeku	जेकु
close	tsala	चाला
close (v.)	chetup	चेतुप
close-fitting	chap	छप
cloth	ra	रअ
clothes	manja	मान्ज्य
cloud	mukpa	मुक्पा
clutch at (v.)	duldul	ढुलढुल
coal	soldok	सौल्दोक
coarse-ground corn	chawi	छअवी
cock	chou	चोउ
coin	tengga	टेङग
cold	tengge	टेङगे
collect (v.)	rukup	रूकुप
colour	tsho	छो
colour of cloth	rakitsho	राकीछो
column	zo	जोव
comb	shisha	सिस्य
come (v.)	ginok	गिनोक
	honggup	होङगुप
come back (v.)	longni wongup	लोङनी ओङ्गुप
come down (v.)	marwonggup	मरओङगुप
come on	gota kisa	गोट किस
come out (v.)	thenup	थेनुप
come!	shok	स्योक
companion	dalza	दल्जा
compassion	nyinje	डिङजे
confuse (v.)	norup	नोरूप
confusion	tharathura	थाराथुरा

construct (v.)	zowap	जोवप
constructed	zonok	जोनोक
consult (a shaman) (v.)	mo	मो
consultation	pep	पेप
contradict (v.)	kha gekinok	ख ग्यकीनोक
	khalanggup	खलङगुप
	khaloup	खलोउप
cook (v.)	tsotup	चोतुप
cooking spoon (flat and wooden)	sake	सके
copper	sa	साअ
copper pot (used for fetching water)	dingga	दिङगर
coral	churuk	छुरूक
corn	litsi	लिची
corn mush (cooked)	kaksher	ककसेर
corn sack used as table	thou	थोउ
corner	garila	गरिला
	shurtang	शुरताङ
corpse	ro	रो
cough (v.)	logyewup	लोग्यउप
council	pep	पेप
count (v.)	ngop	ङोप
	zombu	जोम्बु
counterfeit (f.)	zurma	जुरम
counterfeit (m.)	zurwa	जुरव
country	lungba	लुङबा
courageous	antsermu	अनछेर्मु
cover	khapchu	खप्चु
	khawu	खउ
cover (v.)	khawu	खउ
cow	palang	पालङ
cow (cross-breed of Yak and cattle)	zom	जोम
crease	rarim	ररिम
create (v.)	jop	जोप
cremate (v.)	hreku	हेकु

cremation ground	tursa	तुरसा
cripple	thengba	थैडबा
crop	bali	बाली
cross (v.)	tarekirup	तारेकिरूप
crow	kalak	कलक
crowbar	chini	छिनी
Crownprince (His Royal Highness the)	palangaden gyalsya chenpo	पालडादेन ग्याल्स्य छेन्पो
cry (v.)	ngop	डोप
culture	lungsung	लुङसुङ
cup	kawil	कवील
cup (wooden; for chang)	cheni	चनी
curd	setkham	सेटखम
curd (dried)	churwi	छुर्वी
curd flour	setkam phe	सेटखम फे
curse (v.)	motagyewup	मोतग्यउप
cut	thalnok	थाल्नोक
cut (rope etc.) (v.)	chhetup	छेतुप
cut (v.)	chetup	चेतुप
cut a sleeve (v.)	talup	टलुप
cut tree used for ceremonies	tarshing	तरसिङ

D

dad	papa	पापा
daddy	papa	पापा
daily	nyimiteng	डिमीटेङ
dance (stamping)	shapru	स्यप्
dance (v.)	chombup	छोम्बुप
danger	dasa	दस
darkness	naktsuwi	नाक्चुवी
daughter	ang [+ min]	अङ (+ मिन)
	pum	पुम
	pumu	पुमू
daughter of father's	ai	अई

brother or sister (if older
than me)

	azhi	अजी
daughter-in-law	nama	नमा
daughter-in-law in spe	chetu	छेटु
Dawa (a personal name)	dawa	दावा
dawn	sohriphrip	सोहिपहिप
day	haring	हारिङ
	nyima	डिमा
day before yesterday	kharnup	खरनुप
day labourer	khatala	खेतल
dead	shinok	सिनोक
deaf (f.)	wanma	वन्म
deaf (m.)	wanba	वन्बा
debt	chawa	छाव
December/January [eleventh month of Sherpa year]	dawa chuchikpa	दावा च्युचीक्पा
decency	karma	कर्म
decoration	rimung	रिमुङ
deep	tingmu	तिङमु
deer	khashya	खस्य
delay	phimu	फिमु
delicious	simbu	सिम्बु
dense	thukpu	थुकपु
depression	bukla	बुकला
descend (v.)	marwonggup	मरओङगुप
desire	tendup	तेन्दुप
despise	marchya	मरच्य
destroy (v.)	choku	चोकु
developed	yarke	यरके
dew	pomok	पोमोक
dialect	dalshya	डालस्य
die (famous peron) (v.)	tunggup	तुङगुप
die (life is over) (v.)	tse setup	छे सेतुप
die (v.)	shep	सेप
died	shisung	सिसुङ

difference	michikpa	मीचीक्प
different	kutuk	कुतुक
	michikpa	मीचीक्प
difficult	dukpa	दुक्प
	kale	कले
dig (v.)	kop	कोप
dinner	gomisama	गोमीसमा
dirt	thalzam	थाल्जम
dirty	metseng	मेचेङ
discuss (v.)	tamnye lawup	तम्डे लाउप
dishes	nekyok	नेक्योक
dishes	nyekyok	डेक्योक
dishevelled	singsing	सिङसिङ
dislike (v.)	gametup	गामेतुब
disseminate (v.)	phelup	फेलुप
distance	thakringbu	थक्किङबु
distribute (v.)	gotup	गोतुप
district	lungba	लुङबा
divide (v.)	gotup	गोतुप
divorce (v.)	talup	टलुप
divorced	thalnok	थाल्नोक
dizzy	martum	मरतुम
do (v.)	jop	जोप
	kitup	कितुप
do handicrafts (v.)	lhawup	ल्हाउप
do something for merit (v.)	zhimba tonggup	जिन्बा तोङगुप
do wrong (v.)	norup	नोरूप
document (written)	yiki	यिकी
dog	ki	कि
domestic animal (like cows, yaks, sheep, etc.)	chungma	छुङम
don't laugh	gota makisa	गोट मकिस
donate (v.)	tetkinok	तेटकिनोक
donation to the bride's father (about three	chawi	छावी

months before
marriage)

done	knanok	क्यनोक
door	go	गो
door bolt (wooden)	tashing	तासीङ
double plait	lhama ralma	ल्हाम रल्म
double yoke	nyashing	ङेसिङ
dove	gamder	गम्देर
down	marthula	मरथुल
down	thul	थुल
down hill	thula	थुला
downward	thula	थुला
	thul	थुल
dragon	duk	ढुक
dream	milam	मिलम
dress (man's)	chuwa	छुव
drink (v.)	thunggup	थुङगुप
drive a car (v.)	motar tonggup	मोटार तोङगुप
drum	nga	ङ
drunken	zinok	जिनोक
dry	kambu	कम्बु
dry wood (used for torches)	merang	मेरङ
dung	cha	च्यअ
dust	thala	थाला
dwarf	mitikpe	मिटिक्पे
dwarf (swearword)	tekele	तेकेले
dwell (v.)	detup	देतुप

E

ear	namjok	नम्जोक
ear (Khumbu dialect)	amjok	अम्जोक
ear jewellery (of women)	pekut	पेकुट
earlier	tangbo	ताङबो
early	ngamu	ङमु

earn (v.)	shambup	स्यम्बुप
earring (golden)	serki mali	सेरमी माली
earth	sa	स
earthquake	sai	सई
earthworm	bugyaldang	बुग्यल्दङ
East	shar	स्यर
easy	zolhamu	जोल्हमु
eat (v.)	sap	सप
eatable	sap wangup	सप वन्गुप
eating place	sama sap dasa	समा सप दस
echo	takchya	टकच्य
edge of the house	sur	सुर
edible	sap wangup	सप वन्गुप
educated	khamu	खामू
eight	gye	ग्ये
eighteen	chapgye	च्यण्गे
either ... or	hinangki	हिनङकी
elbow	lakpi temung	लक्पी टेमुङ
elder brother of husband or wife	mem	मेम
element	kham	खम
elephant	langbu	लाङबु
eleven	chuchik	चुचीक
embarrassing	hopkel	होप्केल
embarrassment	ngotsha	ङोछ
embers	metak	मेतक
embrace (v.)	pangba tawup	पङबा तउप
empty	tongba	तोङबा
end	tingla	तिङला
endless	lingling	लिङलिङ
enemy	mi melawa	मी मेलव
enjoy (v.)	galanggup	गालङगुप
enlarge (v.)	girpuzop	गिरपुजोप
enter (v.)	nangla wonggup	नाङला ओङगुप
	shuwup	सुउप
envelope	hikshu	हिक्स्यु

envy	de	डे
epidemic	markyeng	मरक्यङ
equal	barabar	बराबर
error	norsung	नोरसुङ
estimation	chaktsa	छक्च
even though	wosirang	वोसिरङ
evening	gomu	गोमु
evening star	karjang	करज्यङ
every day	nyimiteng	डिमीटेङ
every month	lateng	लटेङ
every week	satiteng	सतीटेङ
every year	leteng	लेटेङ
everywhere	kanisang	कनीसङ
	kenisang	केनीसङ
	keniwasang	केनीवसङ
example	pe	पे
excess	lhakpa	ल्हाक्पा
exchange (v.)	jep	ज्याप
	zhep	जेप
exist (v.)	hotup	होतुप
expel (v.)	shorup	स्योरूप
expensive	kunmu	कुन्मु
expert (f.)	khamu	खामू
expert (m.)	khapa	खापा
extended family	khalak	खलक
eye	mik	मिक
eyebrow	mikihra	मिकीह्र
eyelash	miput	मिपुट

F

face	chengang	चेङङ
	ngotung	ङोतुङ
face (polite)	shal	स्यल
faeces	kyakpa	क्यक्प

faint (v.)	tenba torup	टेनबा तोरूप
fairy-tale	pe	पे
fall	tala gyewup	ताल ग्येउप
fallen ill	gyamni	ग्यम्नी
false	mayung	मयुङ
false (f.)	zurma	जुरम
false (m.)	zurwa	जुरव
far away	thakringbu	थाकरिङबू
fart	pen	पेन
fart (v.)	pensorup	पेनसोरूप
fast	ngamu	ङमु
fasting with prayers	nyungne	ङुङने
fat	gyamu	ग्यमु
fate	karma	कर्म
	lhe	ल्हय
father	awa	आव
	palu	पालु
father of an animal	au	आउ
	au	अउ
father of daughter's husband or son's wife	samin	समीन
father of husband or wife	mem	मेम
father's brother	au	अउ
	au palu	अउ पलु
father's elder brother	papche	पाप्छे
father's elder brother's wife	hamchep	हम्छेप
father's father	pagawa	पागावा
father's mother	gaga	गघ
father's sister	ani	अनी
father's younger brother	papchung	पाप्छुङ
fear	jiwa	जिव
fear (v.)	jiwalanggup	जिवलङगुप
feather	che-pushok	चे पुस्योक
	pusok	पुसोक
February/March [first month of Sherpa year]	dawa tangbu	दावा तङबु

feed (v.)	sop	सोप
female breasts	num	नुम
fence (wooden)	khor	खोर
fern	sauna	सउना
fern used as medicine when dried	thoktsok	ठोक्चोक
festival celebrated by the village community after the people have returned from the alpine pastures	tsho bulup	छोव बुलुप
festival celebrated on the alpine pastures	erjang	यरजङ
fever	khyachir	ख्यछीर
	tshende	छेन्दे
fiancé of the daughter	makpa	माक्पा
fiancée of the son	nama	नमा
field	shing	शिङ
fifteen	chenga	चेङ
fight	thamu	थामू
fight (v.)	thamu gekinok	थामू गेकिनोक
fighter	mangmi	माङमी
find (v.)	nyetup	डेत्प
finger	lakpi theptog	लक्पी थेप्तोक
	theptok	थेप्तोक
finger pattern	tso	चो
finger-nail	lakpisenmung	लक्पी सेन्मुङ
finish (v.)	sindup	सिन्दुप
fir	thashing	थसिङ
fire	me	मे
fireplace	phula	फुला
firewood	shing	शिङ
first	gomiti	गोमिती
fish	nya	डेय
five	nga	ङ
flail	gelwi	गेल्वी
flash	metak	मेतक

flashed	gyepnok	ग्यप्नोक
flat	dingma	दिङम
flood	chugyawup	छुग्यवुप
floor	sala	साला
	siwi	सिबी
flour	phe	फे
flour (rough; corn)	kakshet	काक्सेट
flower	mendok	मेन्दोक
flute (made of bamboo)	lumung	लुमुङ
fly	ibrang	ईप्राङ
fly (v.)	namlaphurup	नम्लफुरुप
fly (v.)	phurup	फुरुप
foal	tetiu	तेतिउ
fodder	so	सो
	tsa	च
fog	mukpa chu	मुक्पा छुउ
food	gyawi	ग्यावि
	sama	समा
fool (f.)	kuma	कुम
fool (m.)	kuwa	कुव
foot	kangba	कङबा
footprint	kangbi zhe	कङबी जे
for	la	लअ
for example	pelacha jaksin	पेलछअ ज्यक्सीन
forcefully	kashyen	कस्यन
forehead	tala	टाला
forehead (hot)	tala tenbu	टाल टेन्बु
forest	nathung	नाठुङ
forget (v.)	zhetup	जेतुप
fork	tshi	छि
fortune-teller	takpa	टक्पा
four	zhi	जी
fourteen	chubzhi	चुब्जी
fox	chipchang	चिप्च्यङ
frail (f.)	nekyongma	नेक्योङम
frail (m.)	nekyok	नेक्योक

frame saw	shipsok	सिपसोक
free	khomu	खोमु
free from illness or suffering (shaman) (v.)	sur tonggup	सुर तोङगुप
free from worries	kinmu	किन्मु
fresh	tsengge	चेङगे
Friday	za pasang	जा पासाङ
friend	chetu	छेटु
	dalza	दल्जा
friendly	thinmu	थिन्मु
friendship (between men)	towu	टोउ
friendship (between women)	tomu	टोमु
frog	balwa	बाल्व
from	ne	न्य
	teysu	त्यसु
from where	kanisu	कनीसु
fruit kind	kaphal	कफल
fruit tree (with long thorns and sour fruits)	dulum	डुलुम
fry (v.)	lambup	लम्बुप
full	kang	काङ
	kengsung	केङसुङ
fun	gha	घअ
furrow	rarim	ररिम

G

gall bladder	thiwa	ठिव
game	tsinma	चिन्म
garden	dumdok	दुम्डोक
garlic	gokpa	गोक्पा
gather (v.)	zombu	जोम्बु
generous	lakpa girpu	लक्प गिरपु
genitals	lasha	लस्य
genius (f.)	khamu	खामू

genius (m.)	khapa	खापा
genuine	ngoma	डोमा
German	garman	जर्मन
get (v.)	tsunggup	चुङगुप
get a shock (v.)	parup	पारूप
get afraid (v.)	zhiwa langgup	जिव लङगुप
get angry (v.)	nyinmu langup	डिन्मु लान्गुप
get down (v.)	pawup	पाउप
get drunk (v.)	jep	जेप
get in touch with the soul of a dead person (v.)	hrendi thenok	हेन्डी ठेनोक
get up	lo	ल्व
get up (v.)	longgup	लोङगुप
gift	terup	तेरूप
girl	pum	पुम
give (away) (v.)	tetkinok	तेटकिनोक
give (v.)	te	ते
give a party (v.)	denkidup	ढेन्कीतुप
give us a smile	gota kisa	गोट किस
given	binsung	बिन्सुङ
	tesung	तेसुङ
glass	sel	स्येल
glasses	mikshel	मिक्सल
glove	lakshu	लक्सु
glow-worm	rangmingyur	रङमिङ्युर
go (v.)	dop	डोप
go on a pilgrimage (v.)	gyapsin	ग्याप्सिन
	nekorup	न्यकोरूप
go to sleep (polite) (v.)	zimbup	जिम्बुप
go to the toilet (v.)	phila dop	फिला डोप
goat	ra	र
goat's kid	reriu	रेरिउ
god	lha	ल्हा
god and goddess	lha tang lhamu	ल्हा तङ ल्हामु
goddess	lhamu	ल्हामु
gold	ser	सेर

gone	galsung	गलसुङ
	lakakyanok	लकाक्यनोक
good (f.)	lemu	लेमु
grab (v.)	zimbup	जिम्बुप
gradually	kole kyani	कोले क्यानी
granddaughter	nati	नाती
grandson	nati	नाती
grapes (wild)	gurung changma	गुरूङ च्याङम
grass	tsa	च
grate (v.)	dorup	दोरूप
grater	lapshing	लाप्सीङ
gravel	dobrak	दोब्रक
graze (v.)	chop	चोवप
great-granddaughter	palanti	पालन्ती
great-grandson	palanti	पालन्ती
great-great-grandchild	alanti	अलन्ती
great-great-granddaughter	tshalanti	छलन्ती
great-great-grandson	tshalanti	छलन्ती
greed	lop	लोप
greedy	senakpa	सेनक्पा
green	ngonmu	ङोन्मु
grey hair	hra karwu	ह करउ
grill (v.)	hrekup	हेकुप
	lombup	लोम्बुप
grind (v.)	takup	तकुप
grotto	phuk	फुक
group	hul	हुल
grow (v.)	gitpudinok	गिटपुडिनोक
guest	denbu	ढेन्बु
guide	sardar	सरदार
guitar	damngang	डाम्ङङ
gum	lapar	लापर

hail	set	सेट
hair (animal)	pu	पु
hair (head)	hra	ह
hair (long)	hra ringbu	ह रिङबु
hair (short cut)	hra thirme	ह थिरमे
hair slide	pim	पिम
hairbrush	thotorok	थोतोरोक
half	phekai	फेकई
hammer	tho	थो
hand	lakpa	लक्प
hand (polite)	chak	छचक
hand drum	damad	दामड
handicapped	thengba	थैङबा
handle at the ploughshare	lazim	लजिम
happy	gaa	गाअ
hard	kyongbu	क्योङबु
hare	la	लअ
harvest	bali	बाली
harvest (good)	lesung	लेसुङ
has been	kyani	क्यनि
hat	shamung	स्यमुङ
hat (patterned)	tshiring kinggap	छिरीङ किङगाप
hat (woollen)	uni shamung	उनी स्यमुङ
hat (woollen; for children)	angi shamung	अङि स्यमुङ
hat worn by elder women	gagi shamung	गघी स्यमुङ
hate (v.)	gametup	गामेतुप
	nyingmar kitup	ङिङमार कितुप
have (v.)	hotup	होतुप
	wai	वइ
have a fight (v.)	thamu gekinok	थामू गेकिनोक
have arrived (v.)	honok	होनोक
have to see (v.)	lhadogokiwi	लहढोगोकिवी
have to visit (v.)	lhadogokiwi	लहढोगोकिवी
have you got or not ?	watang me	वतङ मे ?
he	khyurung	ख्यूरुङ
head	go	गो

healing wound	mandi	मन्डी
health	thangbu	थाङबु
hear (v.)	hakkokinok	हाक्कोकिनोक
	nyendup	डेन्दुप
heart	nying	डिङ
heavy	chendi	चेन्दी
heavy (weight)	chinde	चिन्दे
hell	nyala	डेयल
help (v.)	dalza kitup	दल्जा कितुप
hen	chamu	च्यमु
here	de	देय
hey	tsa	च
	tsa kambu	च कम्बु
hide (v.)	yuup	युउप
high	thenbu	थेन्बु
hill	ri	रि
history	pe	पे
hit (v.)	gyakup	ग्यकुप
hoarfrost	pomok	पोमोक
hoe	toktsi	तोक्ची
hoed	konok	कोनोक
hole	muktum	मुक्तुम
hole (small)	miksang	मिक्सङ
hole (small)	miu	मिउ
holly	gishing	गिसीङ
home	khangba	खङब
honest	tengbu	टेङबु
honey	rang	राङ
hook	kokte	कोक्ते
hope (v.)	as kitup	अस कितुप
horn (of animals)	atkyok	अटक्योक
horse	ta	ता
hospital	mekhang	मेखङ
hot	karma	करमा
	karwu	करउ
	tshende	छेन्दे

hot forehead	tala tenbu	टाल टेन्बु
house	khangba	खडब
house construction	khangba zop	खडब जोप
House of Representatives	tochog hogma	टोछोग होग्मा
how	tsukoi	चुकोई
how are you?	thangbu	थाडबु
how is?	tsukoi nok?	चुकोई नोक
how many?	tso	चो
how much	tso	चो
hunger	lhowa	ल्होव
hurt (v.)	sukinok	सुकिनोक
hurt person	thengba	थैडबा
husband	khyawa	ख्याव
husband (intimate)	nyemi	डेमी
husband of daughter or sister	tshak	छाक
husband's younger brother	yaku	यअकु
husbands of clan's women (as long as they have not given birth to a child, later they are usually called by the name of this child + ama)	tshak	छाक
hut (made of bamboo)	bakang	बखड
hut (made of bamboo)	gote	गोटे
hut (small)	changang	च्यडड

I

I	nga	ङ
I also	ngang	ङङ
I go abroad	milungba diwi	मिलुङबा डिवी
I go away	milungba diwi	मिलुङबा डिवी
I leave the village	milungba diwi	मिलुङबा डिवी
ice	khekpar	खेक्पर
	kheup	खेउप

icicle	tsaram	छारम
idea	nasam	नासम
idiot (f.)	kuma	कुम
idiot (m.)	kuwa	कुव
ill	nap	नाप
illness	na	नअ
	natsa	नाछ
	ne	नेय
illness of Yaks when they are brought down to lower levels too early	tshetak	छेतक
imitated (f.)	zurma	जुरम
imitated (m.)	zurwa	जुरव
immaterial good	yang	यङ
in	nangla	नाङला
in front of	dongla	दोङल
in front of the door	gola	गोवला
in our life	dakpi ngola	दक्पी डोला
in our lifetime	dakpi ngola	दक्पी डोला
in the future	sangbu	सङबु
in the lake	tsenangla	चेनङला
in the middle	patla	पटल
in the past	tangbo	ताङबो
income	khepsang	खेप्सङ
	la	लअ
increase (v.)	mangmuzop	माङमुजोप
indept (v.)	shorup	सोरूप
India	gyala	ग्यला
indoctrinate (v.)	lutup	लुतुप
influence (v.)	lutup	लुतुप
information	len	लेन
ink (made from deadnettle)	naktsi	नाक्ची
inner self	la	लअ
insane	sem nenok	सेम नेनोक
insect	bu	बू

insist to be right (v.)	hamba	हम्बा
intestine	gema	गेमा
introduce (v.)	ngosi tonggup	ङोसी तोङगुप
invite (v.)	katonggup	कतोङगुप
	phepshop	फेपस्योप
iron	cha	च्यअ
iron stand for cooking	chathap	च्यथप
is	hin	हिन
it is raining	charwa geki nok	छर्व ग्यकी नोक
it will be	gitesini	गितेसिनी
ivy	retsha	रेछ

J

jacket (worn by Gurung shepherds)	lukchung	लुकच्युङ
jail	khangba marwu	खङब मरूउ
January/February [twelfth month of Sherpa year]	dawa chinyiwa	दावा चिडीवा
Japanese	japaniz	जापानीज
jealous	miktser	मिक्चर
jealousy	chezu	छेजु
	de	डे
jewel	nor	नोर
	nuru	नुरू
jewellery	kenyen	क्यडेन
joist	dungma	दुङम
joke	sha	स्यअ
joke (v.)	sha gyakup	श्यअ ग्यकुप
juice of sugarcane or maize	rang	राङ
July/August (sixth month of Sherpa year)	dawa tukpa	दावा टुक्पा
jump (into the air) (v.)	namlaphurup	नम्लफुरूप
jump (v.)	phirup	फिरूप
Junbesi (a village in Shorong)	Zhung	जुङ

junction	tshi	छि
June/July (fifth month of Sherpa year)	dawa ngawa	दावा डवा
jute	lo	लो

K

Kathmandu	yambu	यम्बु
keep (v.)	zhokup	जोकुप
keg (for making butter or soured milk)	tolum	टोलुम
key	limi	लिमी
Khumjung (a village in Khumbu)	Khumzhung	खुम्जुङ
kick (v.)	doktok gyakup	दोक्तोक ग्यकुप
kill (v.)	setup	सेतुप
kind	namba	नम्बा
king	gyelu	ग्यलु
King (His Majesty the)	palangaden gyalpo ksenpo	पालङादेन ग्याल्पो क्षेन्पो
king's first minister	penbu	पेन्बु
kiwi	pomowaldok	पोमोवल्दोक
kiwifruit (wild)	kipuri	किपुरी
knee	kangbi temung	कङबी टेमुङ
	temung	टेमुङ
knife	tiu	टिउ
knife (big and curved), Khukuri	khutpa	खुटप
knot	doput	दोपुट
know (v.)	chawai	छचवाई
	ngosheup	ङोसेउप

L

ladder	tapa	टाप
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ladle (big and wooden)	zeru	जेरू
ladle (big)	kewa	केव
lady	hambum	हम्बुम
lake	tso	चो
Lama dance	cham	छाम
lamp	batti	बत्ती
land	lungba	लुङबा
land (v.)	pawup	पाउप
landslide	tokpa	टोक्पा
language	tamnye	तम्डे
last of all	tingtangtingla	तिङतङतिङला
late	phimu	फिमु
later	tingla	तिङला
latrine	chakang	च्यकङ
laugh	gota	गोट
laugh (v.)	gota kitup	गोट कितुप
laughing	gota	गोट
laughter	gota	गोट
lazy	thanggi	थाङगी
leaf	shomok	स्योमोक
	somok	सोमोक
learn (v.)	loup	लोउप
leather	kowa	कोव
leather belt with small purse (for men) [traditional]	keshup	केसुप
leather bow at the yoke of draught animals	chutok	छुतोक
leave (the wife) (v.)	kyurup	क्यूरूप
leave (v.)	zhok	जोक
leave the parental home after marriage (girls) (v.)	lara tonggup	लारा तोङगुप
leaves	shol	स्योल
leeches	pata	पाता
leeches (black)	pata nakpu	पाता नाक्पु
leeches (red)	pata maru	पाता मरू

left	enba	यन्ब
	philokpa	फिलोकपा
	yenba	येन्बा
leftovers	lhangma	ल्हङम
leg	kangba	कङबा
leg (wooden)	kuldum	कुल्दुम
lemon tree	kirwi dongbu	किर्वी दोङबु
lend (v.)	kinba	किन्बा
lentils	masi	मासी
leopard	zik	जिक
let (v.)	zhok	जोक
	zhokup	जोकुप
Lhakpa (a personal name)	lhakpa	ल्हाक्पा
lid	khapchu	खप्चु
	khawu	खउ
life	miji	मिजी
	tse	छे
light	batti	बत्ती
light (weight)	yengge	येङगे
lightning	tsilam	चिलम
like (v.)	gaa	गाअ
	gakirup	गाकीरूप
limping person	thengba	थैङबा
lion statue (wooden)	sanggi	सङगी
lips	chyutuk	च्युतुक
listen (v.)	nyendup	डेन्दुप
literature	pezha	पेज्य
live (polite language) (v.)	zhuwup	ज्यूउप
liver	chinba	छिन्ब
lizard	chaplasi	च्यप्लसी
locust	dachung	डाचुङ
long	ringbu	रिङबु
long for (someone you love) (v.)	tenginok	टेन्गीनोक
longjohns (pair of; for men)	nyalam	डेयलम

look (v.)	lhap	लहप
loose	holdokpu	होल्दोक्पु
Lord Buddha	sangge	सङ्गगे
lose consciousness (v.)	tenba torup	टेनबा तोरूप
lotus (only in fairy tales)	gelli mendok	गेल्ली मेंदोम
louse	shik	सिक
love (v.)	gakirup	गाकीरूप
lover	chetu	छेटु
low-lying area	bukla	बुक्ला
luggage	khuru	खुरू
Lukla (a village with airport in Pharak)	lukla	लुक्ला
lunch	zara	जारा
lungs	lo	ल्व

M

mad man	nyenbu	डेन्बु
mad woman	nyermu	डेरमु
made	knanok	क्यनोक
	zonok	जोनोक
magnolia flower	pata kari mendok	पाता कारी मेन्दोक
magnolia tree	pata kari dongbu	पाता कारी दोङ्बु
main male person of the family	aphukhewa	अफुखेव
maize	litsi	लिची
make (v.)	jop	जोप
	zop	जोप
	zowap	जोवप
make a fool of oneself (v.)	ngotsa longgup	ङोछ लोङ्गुप
make a sacrifice (v.)	bulup	बुलुप
make photos (v.)	photogeup	फोटोगेउप
make pictures (v.)	nakshageup	नाक्शगेउप
	photogeup	फोटोगेउप
make someone laugh (v.)	gota langginok	गोट लाङ्गीनोक
malaise	damla	दाम्ला

man	mi	मी
mangold	raye-tshenmang	रयेछेन्मड
manipulate (v.)	lutup	लुतुप
many	mangmu	माङमु
	mangmu	मङमु
map	naksha	नाक्श
maple	khilok	खिलोक
maple leaf tea	khilok-cha	खिलोक च्या
March/April (second month of Sherpa year)	dawa nyipa	दावा डिपा
market	hat	हट
marriage	zendi	जेन्दी
married persons	zhendi kyau mi	जेन्दी क्यउ मी
marry (v.)	genkutup	गेनकुतुप
	gyen kutup	ग्यन कुतुप
	zendi kitup	जेन्दी कितुप
marten	rimung	रिमुङ
mask	bakpa	बाक्प
master	mastar	मस्टर
mat (light; used as roofing for alpine huts)	raldi	रलदी
mat (used for drying cereals etc.)	tselak	चेलक
matches	tsekta	चेक्टा
May/June (fourth month of Sherpa year)	dawa ziwa	दावा जिवा
maybe	chikkyasing	चिकक्यसिङ
	hinangki	हिनङकी
me and my wife	nyirang	डिराङ
me too	ngang	ङङ
measure (v.)	tawup	तउप
meat	sha	स्या
medicine	men	मेन
meet (v.)	thetup	ठेतुप
melody	da	दा
	lu	लु
melt (v.)	shitup	सितुप

members of the clan's children generation	ang [+ min]	अङ्क (+ मिन)
men of the clan (belonging to father's generation)	au	अउ
mentally ill	sem nenok	सेम नेनोक
Mercury	lhakpa	ल्हाक्पा
meritorious	phen chenmu	फेन छेन्मु
mess	tharathura	थाराथुरा
meteorite	thok	थोक
midget	mitikpe	मिटिक्पे
midget (swearword)	tekele	तेकेले
milk	woma	ओमा
milk (of a woman)	mi woma	मी ओम
milk (soured)	shyo	स्योओ
milk lake (name of a famous lake south of Numbur)	womi tso	ओमी चो
milking pail	lasum	लजुम
mill (round and of stone)	lakut	लकुट
millet	gyar	ग्यर
mind	sem	सेम
minister	lonpo	लोन्पो
minister of state	lonpo surpa	लोन्पो सुर्पा
mirror	gelung	गेलुङ
misery	dukpa	दुक्प
mistake	norsung	नोरसुङ
mix (v.)	norup	नोरूप
mockery	marchya	मरच्य
modesty	khakhewup	खखेउप
modification	michikpa	मीचीक्प
monastery	lhangang	ल्हाङङ
Monday	dawa	दावा
	za dwa	जा दावा
money	tengga	टेङग
money (swearword)	ruwak	रूवक
monk	tawa	टावा

monkey	hriu	ह्रिउ
Monsoon	eru	एरू
month	la	लाअ
monthly	lateng	लटेङ
moon	dawa	दावा
	ula	उला
morass	dakchit	दाक्चीट
more	mangmu	मङमु
morning	topla	टोप्ल
morning (early)	namphela	नमफेला
morning star	karjang	करज्यङ
mortar (small; for spices)	goktsum	गोक्चुम
mosquito	chawi	च्यवी
moss	mangma	मङमा
most	mangso	मङस्व
mother	ama	आमा
mother (of an animal)	amu	अमू
mother of daughter's husband or son's wife	samin	समीन
mother of husband or wife	iwi	इवी
mother tongue	mamiki laup tamnye	ममीकी लउप तम्डे
mother's brother	achang	अचङ
	chechang	चेचङ
mother's brother's son	achang	अचङ
	chechang	चेचङ
mother's brother's wife	ini	ईनी
mother's elder sister	hamchep	हम्छेप
mother's elder sister's husband	papche	पाप्छे
mother's father	pagawa	पागावा
mother's mother	gaga	गघ
mother's sister's son or daughter as well as their children; cousin	mau	माउ
mountain	ka	काअ
	ri	रि
mountain pass	la	ल

mouse	pey	पेय
mouse (big)	tayokpa	टयोक्प
mousetrap	lhembba	ल्हयम्बा
mouth	kha	ख
mouth (polite)	shal	स्यल
move (leaves etc.) (v.)	hriphrip	ह्रिपह्रिप
move (persons) (v.)	shikshik	सिकसिक
move (v.)	kakinok	काकीनोक
moved	pharak	फरक
muck	thalzam	थाल्जम
mud	dakchit	दाक्चीट
muddle	tharathura	थाराथुरा
multiply (v.)	mangmuzop	माङमुजोप
mum	mama	मम
mummy	mama	मम
mushroom	shamung	स्यमुङ
music	lu	लु
music instrument (alphorn like) for religious purposes	sangdung	सङदुङ
mustache	gerok	गेरोक
mutual help	ngalak	ङलक
my	nye	डे
my home country	nye lungba	डे लुङबा

N

nail (of fingers or toes)	senmung	सेन्मुङ
naked	pertungba	पेरतुङबा
name	min	मिन
name giving	mindoup	मिनदोउप
National Assembly	tochog gongma	टोछोग गोङमा
naughty	tsaktsake	चाक्चाके
navel	lhe	ल्हय
neare	tsala	चाला
neck	zhingba	जिङबा

necklace made of gold plates	tiktik	टिकटिक
need (v.)	gokinok	गोकिनोक
	goup	गोउप
needle	khap	खप
neighbour	yulwa	युल्वा
Nepalese	nepali	नेपाली
Nepali cap (for men)	topi	टोपी
nest	tsang	छाङ
nest (of a bird)	chetsang	चेछङ
nettle	seyok	सेयोक
never-ending	lingling	लिङलिङ
new	samba	सम्ब
new year	losar	लोसर
news	len	लेन
next generation	pezi ngola	पेजी ङोला
next year	sangbu	सङबु
nice (f.)	lemu	लेमु
night	nembi	नेम्बी
nine	gu	गु
nineteen	churku	चुरकु
no	hoshi	होसी
no honour	naumetup	नउमेतुप
no self-respect	naumetup	नउमेतुप
no, thanks!	thakur	ठाकुर
non-Sherpa	rongba	रोङबा
north	shang	श्यङ
nose	nau	नउ
nose is bleeding	narakthenginok	नारकथेन्गीनोक
not	me	मेए
	min	मिन
not developed	yarke magalup	यरके मगालुप
not fertilized	kama	कम
not to be able	kimuthup	किमुथुप
not to keep	mozhowup	मोजोउप
not to learn	moloup	मोलोउप

not to teach	moloup	मोलोउप
nourish (v.)	sop	सोप
November/December (tenth month of Sherpa year)	dawa chuwa	दावा च्युवा
now	tandarang	तन्दारङ
now	tasam	तसम
nowadays	tasam	तसम
nun	ani	अनी
Nyima (a personal name)	nyima	डिमा

O

oak	pishing	पिसीड
oak resin tea	pishing cha	पिसीड च्यअ
oath	na	ना
obey (v.)	khala ngendup	खल डेन्दुप
	nyendup	डेन्दुप
object	chalak	चालक
obtain (v.)	chunggup	चुङ्गुप
occupation	laka	लका
ocean	tso	चो
October/November (ninth month of Sherpa year)	dawa guwa	दावा गुवा
of course	lase	लासे
of course (only in songs)	laso	लासो
offended	sem nanok	सेम ननोक
offer (temple, priest, shaman, etc.) (v.)	pulup	पुलुप
offering	pula	पुला
oh I see	lase	लासे
oh I see (only in songs)	laso	लासो
oh yes	lase	लासे
oh yes (only in songs)	laso	लासो
oil	numma	नुम्म
old	nyingba	डिङबा
old couple	gawagama	गावगाम

old men of the clan	pagawa	पागावा
old miser	senakpa	सेनक्प
old people of the clan	gaga	गघ
on	khala	खला
	la	लअ
on the head	gola	गोला
on top of	tengla	तेङला
one	chik	चीक
open (v.)	betup	बेतुप
open hearth	phula	फुला
	thapsang	थापसङ
opposite	phala	फाला
or (in comparisons)	nouki	नोउकी
oriel	lhimung	ल्हीमुङ
ornament	rimung	रिमुङ
other	yamba	यम्बा
	yemba	येम्बा
other side	phala	फाला
our	dakpi	दाक्पी
	nyira	डिरा
outside the home village	milungba	मिलुङबा
outside the house	phila	फिला
oven	thap	थाप
oven cloth	tsaluk	छालुक
over there	pho	फो
owl	kunggal	कुङगल
owner	zindak	जिन्दाक
ox	lang	लाङ

P

padlock	goljak	गोल्ज्यक
paid	tesung	तेसुङ
paid labour	lawa	लवा
pain	suk	सुक

pain (v.)	sukkitup	सुककीतुप
paint (v.)	nakshageup	नाक्शगेउप
	photogeup	फोटोगेउप
painter (f.)	khamu	खामू
painter (m.)	khapa	खापा
pair of longjohns (for men)	nyalam	डेयलम
pair of pliers (made of bamboo)	kamdeng	कम्देङ
pan (made of cast iron)	langa	लाङ
	langgang	लङगाङ
paper	shu	शुउ
parents	awa-ama	आव अमा
	phama	फामा
pass water (female person) (v.)	chingshorma	चिङसोर्म
pass water (male person) (v.)	chingshorup	चिङसोरूप
patch	lhenda	लहेन्दा
path	lam	लाम
patron	zhindak	जिन्दाक
pattern design	rimung	रिमुङ
pea	hralma	हल्म
peach	khambu	खम्बु
pearl (artificial)	moti	मोती
penis	likpa	लिकपा
people	mi	मी
people from the south	rongba	रोङबा
pepper (black)	ermang	एरमङ
perhaps	chikkyasing	चिकक्यसिङ
	hinde	हिन्दे
	watene	वतेने
person (good or generous)	milemu	मिलेमु
person (not strong)	nyenme	डेन्मे
personality	sem	सेम
pestle	tshartum	छर्तुम

petroleum	mattitel	मट्टितेल
	sanum	सनुम
pheasant (Himalayan)	dangen	दाङेन
photo	naksha	नाक्श
Phukmoche (a village in Shorong, north of Zhung)	Phukmoche	फुकुमोचे
pick (v.)	thop	थोप
picture	naksha	नाक्श
piece of luggage	tawu	ताउ
pig	phakpa	फक्पा
pillar	zo	जोव
pillow	ngati	ङटी
pine (tree)	merang	मेरङ
piss	ching	चिङ
pitch dark	naktsum	नाक्चुम
place	dasa	दासा
place to stay for the night	shasa	स्यस
plage	markyeng	मरक्यङ
plait	lhama	ल्हाम
plane	namdu	नाम्डु
plant (an eatable kind)	longjar	लोङजार
plant (eatable; used for yellow colouring)	tshemdil	छेम्डील
plant (like lily, used for red colouring)	tse	चे
plant (seed) (v.)	deu	देउ
plant (v.)	jutup	जुतुप
plant (whose bark is used for making paper)	dal	दाल
plate (flat)	denmang	देन्मङ
play (a game) (v.)	tsinma tsep	चिन्म चेप
play (v.)	tsep	चेप
play with stones (v.)	domang tsep	दोमङ चेप
pleasant	lhenmu	ल्हेन्मु
please come in !	nangla phewa	नाङला फेव
please!	thakur	ठाकुर

pliers (pair of; made of bamboo)	kamdeng	कम्देङ
plight	damla	दाम्ला
plough	thongba	थोङबा
ploughshare	phali	फली
plural marker, behind the noun	tang	ताङ
pocket	gozhi	गोजी
poison	tuk	तुक
poisoned grass	tsatuk	चतुक
pole	zo	जोव
poor	parangbu	पारङबु
popcorn	yo	योओ
possession	nor	नोर
postposition to mark genitive case	ki	कि
pot (aluminium; with handle used for chang, tea or water)	kitili	कितीली
	tipli	तिप्ली
pot (decorated for religious purposes)	pumba	पुम्बा
pot (made of aluminium)	hayang	हयङ
pot (made of copper)	sa	साअ
pot (small and wooden)	zama	जमा
pot (wooden, decorated with brass for presenting arak or chang when asking for the hand of the daughter)	pong	पोङ
pot (wooden, for fermenting chang)	takyok	टाक्योक
pot (wooden; for fetching water)	som	सोम
potato	riki	रिकी
potato (red; from Khumbu)	riki marwu	रिकी मारडु
potato (small and purple coloured)	riki kirmu	रिकी किरमु

potato blossom	riki mendok	रिकी मेन्दोक
potato from India (only good for brandy)	gyali riki	ग्याली रिकी
potato fruit (in the leaves)	riki yangdul	रिकी यङडुल
potato noodles (eaten as soup)	rildok	रिल्दोक
potato peels	riki phishok	रिकी फिसोक
potatoes from previous year	iwi	इवी
pounder for the <i>tholum</i>	tholum kholo	टोलुम खोलो
pour (v.)	lukup	लुकुप
pour away (v.)	betup	बेतुप
pray (v.)	mani ronggup	मनी रोङगुप
prayer	molam	मोलम
prayer flag	chatar	च्यतर
precious	phawa	फाव
pregnant	puzhum	पुजुम
pregnant (animal)	kama	कम
present	kyaka	क्यक
	kyeka	क्याक
press (v.)	nendup	नेन्दुप
press very hard (v.)	tsirup	चिरूप
pretty	zemu	जेमु
price	gong	गोङ
pride	chezu	छेजु
Prime Minister	silon	सीलोन
problem	dukpa	दुकप
profit	khepsang	खेप्सङ
property	nor	नोर
pubic hair	mo	मोव
pull (v.)	thendup	थेन्दुप
pull off (v.)	bitup	बितुप
pull out (v.)	bitup	बितुप
pulled out	pinok	पिनोक
pumpkin	phatsi	फटची
pumpkin leaf (used as plate)	phatsi dopshok	फटची दोप्सोक

pumpkin seed	phatsi sen	फटची सेन
pumpkin vegetables	phatsi tshenmang	फटची छेन्माङ
purse (of a woman)	tshawi	छावी
pus	nak	नक
push (v.)	pulup	पुलुप
put (v.)	zhok	जोक
put a spell on someone (shaman) (v.)	bantangnok	बानतङनोक
put in (v.)	lukup	लुकुप

Q

quarrel (v.)	kandap kitup	कन्दाप कितुप
queen	gelmu	गेल्मु
	gyelmu	ग्यल्मु
Queen (Her Majesty the)	palangaden gyalmo ksenmo	पालङादेन ग्याल्मो क्षेन्मो
quick	timbu	टिम्बु
quiet	khangmasir	खङमसिर

R

rack for drying corncobs	thanggare	थाङगारे
rain	cherwa	छेर्वा
rain festival (celebrated after sowing the grains; like <i>losar</i> in the village)	sang	साङ
raincoat	shamutok	श्यामुतोक
raise (v.)	thop	थोप
rake	kokte	कोक्ते
rare	kunmu	कुन्मु
rat	pey	पेय
raven	kalak	कलक
raven's offspring	kalak chapruk	कलक च्यापुक
raw	zhenba	जेन्बा
reach at (v.)	lewup	लेउप

real	ngoma	डोमा
reason	tapki	तपकी
receive (v.)	chunggup	चुङ्गुप
recognise (v.)	ngosheup	डोसेउप
	ngo shetup	डो सेतुप
red	maru	मारू
region	pati	पटी
relations	tshenga	छेङग
relative	nangba	नाङबा
relax (v.)	ngengsu tonggup	डेङसु तोङगुप
religion	cho	छो
remain (v.)	tendup	टेन्दुप
remember (v.)	tenginok	टेन्गीनोक
rent	thek	ठेक
repair (v.)	jop	जोप
repay	chawacholup	छावचोलुप
require (v.)	gokinok	गोकिनोक
rest	lhakpa	ल्हाक्पा
	lhangma	ल्हङम
rest (v.)	ngengsu tonggup	डेङसु तोङगुप
	nyalup	डेयलुप
restaurant	sakhang	सखङ
	sama sap dasa	समा सप दस
resthouse (for by-passers)	dewang	देवङ
return (v.)	lokniwunggup	लोकनीउङगुप
	longni wongup	लोङनी ओङ्गुप
rhododendron	tongmar	तोङमर
rhododendron kind	kalma	कल्मा
rice (uncooked)	da	डा
rich	chukpu	छुकपु
ride (v.)	shendup	सेन्दुप
ridicule	marchya	मरच्य
rifle	mewa	मेव
right	nalokpa	नालोक्पा

	yawa	यवा
ring (for women's clothes)	sotup	सोटुप
ring (made of thuja wood to fasten the planks of a som)	partep	परतेप
rise (v.)	langgup	लङगुप
risk (v.)	dasaleup	दसलेउप
river (big)	tsangbu	चाङबु
rob (v.)	kunkitup	कुन्कितुप
rock	tak	टक
roll (v.)	tilup	तिलुप
roll on the ground (v.)	galden	
roof	thok	थोक
room	dasa	दासा
root	mar	मर
rope (made of bamboo)	tshartak	छरतक
rope (made of jute)	zhutkyup	जुटक्युप
rope (made of Yak hair)	thakpa	थाक्पा
rough	kyongbu	क्योङबु
round	hrildongma	हिल्दोङम
	kirtongba	किर्तोङबा
royal palace	gyelwi kangba	ग्यलवी काङबा
rub (v.)	dorup	दोरूप
rubber boot	lapar juta	लापर जुता
rubbish	tsyalak	च्यलक
rug	den	देन
run (v.)	daudekitup	दौडेकितुप
run away (secretly) (v.)	toni dop	टोनी डोप
run away (v.)	chonggup	छोङ्गुप
	tokenok	टोकिनोक
run down (v.)	metup	मेतुप
rye	na	नअ

S

sack

tawu

ताउ

sacred	phula	फुला
sacrifice	pula	पुला
safe	tsetasup	चेतसुप
safety pin	pim	पिम
said	sikyasung	सिक्क्यसुङ
salary	la	लअ
salt	tsha	छ
salute (v.)	yangzikitup	यङजीकितुप
same	chikparang	चिकपारङ
	chokda	चोकडा
satisfy (v.)	lodiwup	लोदिउप
Saturday	za pemba	जा पेम्बा
save (the life) (v.)	tse sowap	छे सोवप
say (v.)	sirup	सिरूप
say nasty things about (v.)	metup	मेतुप
scales, pair of scales	gema	गेमा
scar	mandi	मन्डी
scarf	galphan [nep.]	गलफन
scissors	kartene	मरतेने
scold (v.)	horu dendup	होरू देन्दुप
scorn	marchya	मरच्य
sea	tso	चो
search (v.)	cholup	छोलुप
seducer	cheu	छेऊ
seductress	chemu	छेमु
see (v.)	lhap	लहप
seed	sen	सेन
seedling	biruwa	बिरूव
seek (v.)	cholup	छोलुप
seldom	kunmu	कुन्मु
sell (v.)	tsonggup	चोङगुप
send (v.)	tonggup	तोङगुप
separate	kutuk	कुतुक
September/October (eighth month of Sherpa year)	dawa gepa	दावा ग्येपा

servant (former)	yenba	येन्बा
seven	din	दिन
seventeen	chupdin	चुप्दीन
shade	hripchang	हिप्च्याङ
shadow	hripchang	हिप्च्याङ
shaman in trance	takpa	टक्पा
shame	khakhewup	खखेउप
	ngocha	ङोछ
	ngotsha	ङोछ
share (v.)	gokinok	गोकिनोक
she	khyurung	ख्यूरुङ
sheep	luk	लुक
sheepshed	luklha	लुक्ल्ह
shelf for pots and dishes	dang	दाङ
shell (wind instrument)	thung	थुङ
shifted	pharak	फरक
shine (v.)	sharsung	स्यर्सुङ
	syarup	स्यरूप
shingle	pangling	पङलीङ
shirt	kamis	कमिस
shirt (man's)	tetung	तेतुङ
shirt (worn by men)	leita	लईता
shirt for men (traditional)	buri tetung	बुरी तेतुङ
shit	kyakpa	क्यक्प
shithouse	kyakpi changang	क्यक्पी च्याङङ
shoe	katsa	काच
shoe (embroidered)	khatsa shangtsen	काच स्याङचेन
shoelace	les	लेस
shoot	biruwa	बिरूव
shop	chokhang	छोखङ
Shorong (one of the three main regions of Sherpaland; the Nepali word is Solu)	shorong	स्योरुङ
short	thinme	थिन्मे
shout (v.)	katonggup	कतोङगुप
show (v.)	chadendup	छाचदेन्दुप

show oneself up (v.)	ngotsa longgup	डोछ लोङगुप
shyness	khakhewup	खखेउप
sick	nap	नाप
sick person	nyenme	डेन्मे
sickle	sor	सोर
sickness	natsa	नाछ
sieve (bamboo; for production of curd or chang)	setung	सेतुङ
sieve (made of bamboo)	tsema	चेमा
sightseeing	yuk dop	युक ढोप
silent	khangmasir	खङमसिर
silver	ngul	ङुल
simple	khamsangmu	खमसङमु
sin	dikpa	दिक्पा
sincere	ngoma	ङोमा
sing (v.)	lulanggup	लुलङगुप
	lutonggup	लुतोङगुप
single person	zendi magyau mi	
sister (elder)	ai	अई
	azhi	अजी
sister (younger)	ang [+ min]	अङ (+ मिन)
sisters	azhi tang num	अजी तङ नुम
sit (v.)	detup	देतुप
six	thuk	ठुक
sixteen	churuk	चुरूक
skilful	rikpa	रिक्पा
skin (of an animal)	kowa	कोव
skinflint	senakpa	सेनक्प
sky	nam	नाम
	namka	नाम्ख
slave (former)	yenba	येन्बा
sleep (v.)	nyilawup	ङिलउप
slip (for women)	chitil	छिटील
slope	lola	ल्वल

slow	kole	कोले
slowly	kole kyani	कोले क्यानी
small	tikpe	टिक्पे
small bamboo (found at heights of about 3,000 m)	tsokting	चोक्टीङ
small cash	silma	सिलमा
small exchange money	silma	सिलमा
smell (v.)	temakhenok	टेमाखेनोक
	temanop	टेमानोप
smoke	tuta	तुता
snail	mugpipum	मुग्पीपुम
snake	rul	रूल
snake (big)	rulwache	रूलवचे
snap (v.)	sadeup	सदेउप
snatch away (v.)	toup	टोउप
snatch something away from under someone's eyes (v.)	hamba	हम्बा
snow	kha	खा
snow-capped mountain	kangri	कङ्गरी
soft	bolmu	बोल्मु
soil	sa	स
	thala	थाला
sold	tsowin	चोवीन
soldier	mangmi	माङमी
solid	kyongbu	क्योङबु
some	lalai	ललइ
someone who always gets into bloody mess (swearword)	nammothonggup mi	नममोथोङगुप मी
someone who has done very bad actions	naumetup	नउमेतुप
someone who never sees the sky (swearword)	nammothonggup mi	नममोथोङगुप मी
sometimes	parsala	परसल
somewhere	lalai dasa	ललइ दस
son	ang [+ min]	अङ (+ मिन)

	puzhung	पुजुङ
son of father's brother (if older than me)	achu	अच्यू
song	lu	लु
son-in-law	makpa	माक्पा
son-in-law in spe	chetu	छेटु
soon	tandarang	तन्दारङ
soul of a dead person	tongba	तोङबा
	hrendi	हेन्डी
soul of life	la	लअ
soup (salty)	lumdi	लुम्डी
sour	kiru	किरू
south	lho	ल्हो
sow (v.)	deu	देउ
soybean	mote	मोटे
spark	metak	मेतक
Speaker of the House of Representatives	tochog hogmi chogtso	टोछोग होग्मी छोग्चो
spent the life (v.)	miji kyongup	मिजी क्योङुप
spices (hot)	tshalda	छाल्दा
spick at (someone) (v.)	chundurgyaup	छुन्दुरङ्गउप
spicy	karma	करमा
	karwu	करउ
spider	baljang	बलजङ
spill (v.)	betup	बेतुप
spindle	pang	पाङ
spit (v.)	tshindurgyawup	छिन्दुरग्यउप
spittle	chundur	छुन्दुर
spoken word	tamnye	तम्डे
sponsor	zhindak	जिन्दाक
spoon (small)	khimbok	खिम्बोक
spotted cow	samu	समु
spring	soka	सोक
spring festival (celebrated by the village community in one of the houses)	kangsur	कङसुर

stain (v.)	kowup	कोउप
stairs	tapa	टाप
stand (v.)	lan detup	लन देतुप
stand up (v.)	langgup	लङगुप
stand up (v.)	longgup	लोङगुप
star	karma	कर्म
start to fly (v.)	phurkinok	फुरकिनोक
stay (polite language) (v.)	zhuwup	ज्यूउप
stay (v.)	dekinok	देकिनोक
	detup	देतुप
steal (v.)	kun kitup	कुन कितुप
	kunkitup	कुनकितुप
stew	syakpa	स्यकपा
stick	petka	पेटक
stick (for stirring popcorn)	yokde	योक्दे
stick used to support the luggage while taking a rest	toklang	तोक्लाङ
sting (v.)	surup	सुरूप
stink (v.)	tema	टेमा
	temakhap	टेमाखप
stomach	khokpa	खोकपा
	sup	सुप
stone	do	दो
stone wall	dokot	दोकोट
stop (rain, wind etc.) (v.i.)	chhetup	छेतुप
storeroom for cereals	miktsung	मिक्चुङ
storm	hurtuk	हुरतुक
story	pe	पे
straight	chap	छप
straight on	thela	ठेला
straightaway	tandarang	तन्दारङ
strawberries (wild; used as spices)	temat	टेमट
stream	chibuk	छिबुक
strict	khatsende	खछेन्दे
strong	rambu	रम्बु

study hard (v.)	nyingdu kitup	डिङडु कितुप
stung	Surnok	सुरनोक
suffering	kiduk	किदुक
sugar cane	gurshing	गुरसिङ
sugar tea	ngarcha	ङरच्य
summer lilac (with white blossoms)	mendokputi	मेन्दोकपुटी
summit (of a mountain)	rigo	रिगो
sun	nyima	डिमा
sun shines	nyima syarup	डिमा स्यरूप
Sunday	nyima	डिमा
	za nyima	जा डिमा
sunset	nyima gasung	डिमा गासुङ
sunshine	nyima sharsung	डिमा स्यरसुङ
surplus	lhakpa	ल्हाक्पा
surprise	hanman	हन्मन
swallow	sebrang	
swear (v.)	motagyewup	मोतग्यउप
	natendup	नातेन्दुप
sweep away (v.)	chokinok	छोकिनोक
sweet	nganmu	ङन्मु
swim (v.)	chyal tsep	च्यल चेप
swollen	bou	बोउ
sword	tarwar	तरवर

T

table (long and low)	choktsi	चोकची
tadpole	tung	तुङ
tail	ngama	ङम
take (v.)	linggup	लिङगुप
take a picture (v.)	photo gyakup	फोटो ग्यकुप
take an oath (v.)	na kyolup	ना क्योलुप
take away (v.)	kun kitup	कुन कितुप
	toup	टोउप
take place (v.)	kiwi	किवी

take time (v.)	thowup	थोउप
Takshindu (a village with nunnery and monastery in Shorong)	Takshindu	टाक्सिन्दु
Takto (a village in Shorong)	Takto	टाक्तो
talk (v.)	ara uru sirup	अरा उरू सिरूप
talk about (v.)	tamnye lawup	तम्डे लाउप
talk negatively about (v.)	metup	मेतुप
tall	thenbu	थेन्बु
tangerine	suntala	सुन्ताला
tangerine tree	suntala dongbu	सुन्ताला दोडबु
tarnish (v.)	kowup	कोउप
tasty	simbu	सिम्बु
tea	cha	च्य
teach (v.)	loup	लोउप
teacher	mastar	मस्टर
tear	mikchud	मिकचुड
tear (v.)	rolup	रोलुप
teenage girl	pumpeza	पुमपेजा
tell (v.)	sirup	सिरूप
tell lies (v.)	zinok zop	जिनोक जोप
temple	lhangang	ल्हाङङ
ten	chithamba	चिथम्बा
tend animals (v.)	tsop	चोप
terrace	lengang	लेङङ
terrify (v.)	jiwalanggup	जिवलङगुप
testicles	gongang	गोङङ
thank (v.)	thuchesinok	थुचेसिनोक
thanks	thuche	थुचे
that	pho	फो
that's correct	hin	हिन
that's right	hin	हिन
there will be	gitesini	गितेसिनी
there will be thunder	samdul gyakup	सम्डुल ग्यकुप
they	tiwa	तिवा
they are	tiwa	तिवा

	towa	तोव
thick	thukpu	थुकपु
thieve (f.)	kunmenma	कुन्मेन्म
thieve (m.)	kunmen	कुन्मेन
thin (of fluids)	lende	लेन्दे
thin person	nyenme	डेन्मे
things of different kinds	tsyalak	च्यलक
think about (v.)	nasam tonggup	नसम तोङगुप
thirteen	chupsum	चुप्सुम
this	di	दि
this person	dimiti	दिमिती
this year	taling	तलिङ
	talu	तालु
thought	nasam	नासम
	sem	सेम
three	sum	सुम
three stones of an open hearth	geung	गेउङ
three stones used for cooking place	gepung	गेपुङ
three storey house	khangba sumdok	खङब सुम्दोक
throat	mikchung	मिकचुङ
throw away (v.)	kyurup	क्यूरूप
throw out (v.)	dendup	देन्दुप
throw!	gyewa	ग्यव
thug	dutsit	दुचिट
thumb (like tuber used to make glue)	hrere	हेरे
thunder	samdul	सम्डुल
Thursday	za phurwa	जा फुर्वा
tick	lemba	लेम्बा
tiger	tak	तक
tight	tambu	ताम्बु
time	tem	टेम
to	la	लअ
to be ill	nap	नाप
to give	terup	तेरूप

to me	ngala	डला
to offer	terup	तेरूप
to pay	terup	तेरूप
toad	balwa	बाल्व
today	haring	हारिङ
toe	kangbi teptok	कडबी थेप्तोक
toenail	kangbi senmung	कडबी सेन्मुङ
toilet house	kyakpi changang	क्यक्पी च्यङङ
tomato	rambelda	रमबेल्ड
tomorrow	sala	सला
tongue	chelak	चेलक
tool	lagcha	लक्च्य
tooth	sa	स
top	khapchu	खप्चु
	khawu	खउ
torch	merang	मेरङ
touch (v.)	rewup	रेउप
tourism	paryatan	पर्यटन
tourist	paryatak	पर्यटक
tousled	singsing	सिङसिङ
toward	la	लअ
towel used as headgear for women	rumal (nep.)	रूमल
town	shahar	शहर
track	zhe	जे
trader	tshongba	छोङबा
traditions and culture	choo tang lungsung	छोओ तङ लुङसुङ
transmigrate (v.)	kakinok	काकीनोक
travel (v.)	Yukup	यूकुप
treat badly (v.)	nyingmar kitup	ङिङमार कितुप
tree	dongbu	दोङबु
tree put up under the roof of a new Haus (small; remains there for ever)	gishing dongbu	गिसीङ दोङबु
trekking	treking	ट्रेकिङ
trousers (long Nepali size)	Surwal	सुरवल
true	ngoma	ङोमा

trumpet (made of bones)	kangling	कङलीङ
trunk (hollow; used as drinking trough for the cattle)	kimbur	किम्बुर
tuber (wild; used as medicine)	to	तोव
Tuesday	za mingmar	जा मिङमार
turban	te	ते
turnoff	tshi	छि
turquoise	Yu	यु
twelve	chinngi	चिन्डी
twenty	khaljik	खलजीक
	nyishu	डिस्यू
twisted strap made of bamboo	nemin	नेमिन
two	nyi	डी
two storey house	khangba tengang	खङब तेंङङ

U

ugly	zeluminduk	जेमुमिन्दुक
unclean	metseng	मेचेङ
uncooked	zhenba	जेन्बा
underdeveloped	yarke magalup	यरके मगालुप
understand (v.)	hakkokinok	हाक्कोकिनोक
unhappy	semnap	सेमनाप
uninterested	tshera	छेरा
unsettled	thanggi	थाङगी
unsuccessful	mayung	मयुङ
up	ken	केन
up hill	kela	केल
upper arm	balnakpa	बलनक्पा
upper row	tala	टाला
upward	kela	केल
upwards	ken	केन
urinate (female person) (v.)	chingshorma	चिङसोर्म

urinate (male person) (v.)	chingshorup	चिङसोरूप
urine	ching	चिङ
useful	phen chenmu	फेन छेन्मु
useless	phenmothowup	फेनमोथोउप

V

vagina	kup	कुप
valley	buk	बुक
various	michikpa	मीचीक्प
vegetable soup	tshenmangkyu	छेन्मङक्यु
vegetables	raye-tshenmang	रयेछेन्मङ
	tshenmang	छेन्मङ
vegetables (green, used for soup)	heta	हेता
vein	tsa	च
	tsha	छ
Venus	karjang	करज्यङ
veranda	lengang	लेङङ
very last	tingtangtingla	तिङतङतिङला
vestibule	dang	दाङ
village	Yul	यूल
village headman	munmin	मुन्मीन
visit (v.)	thetup	ठेतुप
visitor	denbu	ढेन्बु
vulture	gikta	गिक्ता

W

waist	keldang	केल्दाङ
waist aches	keldang sukkinok	केल्दाङ सुक्कीनोक
wait (v.)	gutup	गुतुप
walk (v.)	dop	डोप
walk around (v.)	kora gyaup	कोरा ग्यउप
walk fast (v.)	thengtheng	थेङथेङ

wall	tap	टप
	tshika	छिका
wall-to-wall cupboard	lowam	लोवम
walnut	kotasi	कोटासी
wander around (v.)	gyapsin	ग्याप्सिन
war	mak	माक
warm	tenbu	टेन्बु
wart	zerwa	जेर्व
wash (the body) (v.)	zututup	जुटुतुप
wash (v.)	tutup	टुतुप
wash off (v.)	tuwu	टुउ
wash the face (v.)	ngothung tutup	ङोतुङ टुतुप
wash the hands (v.)	lakpa tusa	लक्प टुस
wash up (v.)	tuwu	टुउ
waste product of <i>lum</i> (fed to animals)	bangma	बङम
water	chu	छु
water left over while producing curd	set	सेट
water mill	chutok	छुतोक
water pot (big; made of brass)	chusang	छुसङ
watercress	chitsenmang	छिछेन्माङ
way	lam	लाम
we	nyi	डी
	nyirang	डिराङ
	warang	वरङ
we (Khumbu language)	warong	वरोङ
we (Shorong language)	dakpu	दाक्पु
we go to sleep	dakpu zimgi	दाक्पु जिम्गी
weather	nam	नाम
weave (v.)	takup	तक्पु
Wednesday	lhakpa	ल्हाक्पा
	za lhakpa	जा ल्हक्पा
week	hapta	हप्त
	sata	सता
weekly	satiteng	सतीटेङ

weep (v.)	ngop	डोप
well	khangsirba	खडसिरबा
	lingdung	लिङदुङ
well-fed	gyamu	ग्यमु
went	galin	गलिन
west	nup	नुप
wet	lenba	लेन्बा
what	kang	कङ
what is?	kang hinang	कङ हिनङ ?
wheat	ta	टा
when?	nam	नम
where	kani	कनी
	keni	केनी
where is ?	keni hinang	केनी हिनङ ?
which one ?	tsukoti	चुकोती
whip	talchak	तल्चक
white (f.)	karmu	करमु
white (m.)	karwu	करउ
white potato	riki karmu	रिकी करमु
who?	Su	सु
who is?	su hinang	सु हिनङ ?
who is he?	suyinang?	सुइनाङ
why	chila	चिल
wife	chenmu	चेन्मु
wife (intimate)	nyemi	डेमी
wife (second)	chinma	छिन्म
wife of brother	tsam	छम
wife of husband's or wife's elder brother	ai	अई
wife of husband's or wife's elder brother	azhi	अजी
wife of son	tsam	छम
wife's elder brother's wife	iwi	इवी
wife's elder sister	iwi	इवी
wife's younger brother	yaku	यअकु
wife's younger sister	nyenmu	डेन्मु

wild fruit tree	shalung dongbu	स्यलुङ दोङ्बु
	shyalung	स्यलुङ
will go	diwi	डिबी
wind	Hurtuk	हुरतुक
window	karung	करूङ
wine	silma	सिलमा
wine-red	gelmu	गेल्मु
wing	Shogur	स्योगुर
winter	gunbu	गुन्बु
with	mula	मुला
with whom	sutang	सुताङ
without fruits	kama	कम
wolf	khatamu	खटमु
woman (general)	penmi	पेन्मी
woman (married)	Hambum	हम्बुम
woman's long coat	sikok	सिकोक
woman's dress	anggi	अङ्गी
women married into the clan (as long as they have not given birth to a child, later they are usually called by the name of this child + ama)	tsam	छम
women of husband's clan	iwi	इवी
women of the clan belonging to father's generation	ani	अनी
women of wife's clan	nyenmu	डेन्मु
womit (v.)	kyukup	क्यूकुप
wood	shing	शिङ
wooden floor of the house	gote	गोटे
wool	nambu	नाम्बु
work	laka	लका
work as maid or farmhand for at least one year	gothala	गोठाला
world	Jambuling	जम्बुलिङ
	zambuling	जाम्बुलिङ

worm	bu	बू
worry	pap	पप
worry (v.)	paplonggup	पाप्लोङ्गुप
worthless	phenmothowup	फेनमोथोउप
wound	ma	मा
wrinkle	rarim	ररिम
write (v.)	tikup	टिकुप
writing utensil	nyuk	डुक
wrong	machung	माचुङ
	min	मिन

Y

Yak (female)	nak	नक
Yak (male)	yak	यक
yarn	hruta	हुता
year	lo	लो
yearly	leteng	लेटेङ
years ago	tangbo	ताङबो
yeast (dried)	phap	फाप
yellow (f.)	senmu	सेन्मु
yellow (m.)	serwu	सेरउ
yes	la	ल
	las	लस
	leu	लेउ
yes (polite)	lase	लासे
yes (polite; only in songs)	laso	लासो
yesterday	dang	दाङ
yoghurt	sho	स्यो
you (pl.)	diwa	दिव
you (sg.)	khyurung	ख्यूरुङ
you are (pl.)	khirang	खिरङ
young	nachung	नचुङ
young animal	riu	रिउ
young men	khyok peza	ख्योक पेजा
young woman (seen from older people)	hambum	हम्बुम
younger brother (in talks with others)	nup	नुप
younger sister	num	नुम
your	khyoro	ख्योरो

Part IV

Conjugation of Sherpa Verbs

English– Sherpa (Devanagari) – Sherpa (Roman)

to be born

infinitive:	केप	kep
imperative:	केसा	kesa
polite imperative:		
present continuous:	केइननोक	keinnok
past, 1 st person:	केइन	kein
past, 3 rd person:	केसुङ	kesung
future:	केवी	kewi

to be dry

infinitive:	कम्बु	kambu
imperative:	कोमा	koma
polite imperative:		
present continuous:	कम्कीनोक	kamkinok
past, 1 st person:	कमीन	kamin
past, 3 rd person:	कमसुङ	kamsung
future:	कम्कीवी	kamkiwi

to be hungry

infinitive:	लहोवलङगुप	lhowalanggup
imperative:		
polite imperative:		
present continuous:	लहोवलङ्गीनोक	lhowalangingnok
past, 1 st person:	लहोवलसुङ	lhowalasung
past, 3 rd person:	लहोवलनोक	lhowalanok
future:	लहोवलङ्गीवी	lhowalanggiwi

to be ill

infinitive:	नाप	nap
imperative:		
polite imperative:		
present continuous:	नेनोक	nenok
past, 1 st person:	नसुङ	nasung
past, 3 rd person:	नानोक	nanok
future:	नेवी	newi

to be tired

infinitive:	यन छेतुप	en chetup
imperative:		
polite imperative:		
present continuous:	यन छेकीनोक	en chekinok
past, 1 st person:	यन छेसुङ	en chesung
past, 3 rd person:	यन छेनोक	en chenok
future:	यन छेकीवी	en chekiwi

to bring

infinitive:	खुङगुप	khunggup
imperative:	खुरशोक	khurshok
polite imperative:	खुन्फेप	khunphep
present continuous:	खुन्गीनोक	khunginok
past, 1 st person:	खोइन	khoin
past, 3 rd person:	खोसुङ	khosung
future:	खुन्गीवी	khungiwi

to build, see under to make**to carry**

infinitive:	खुरूप	khurup
imperative:	खुर	khur
polite imperative:	नोम	nom
present continuous:	खुरनोक	khurnok
past, 1 st person:	खुरिन	khurin
past, 3 rd person:	खुरसुङ	khursung
future:	खुरकीवी	khurkiwi

to close, to cut

infinitive:	चेतुप	chetup
imperative:	चेता	cheta
polite imperative:		
present continuous:	चेकीनोक	chekinok
past, 1 st person:	चेतीन	chetin
past, 3 rd person:	चेसुङ	chesung
future:	चेकीवी	chekiwi

to come

infinitive:	हुङगुप	hunggup
imperative:	शयोक	shok
polite imperative:	फेप	phep
present continuous:	फेप्सुङ	phepsung
past, 1 st person:	वइन	wain
past, 3 rd person:	लेसुङ	lesung
future:	गिवी	giwi

to cook

infinitive:	चातुप	tsotup
imperative:	चोसा	tsosa
polite imperative:		
present continuous:	चोइवइ	tsoiwai
past, 1 st person:	चोइ	tsoi
past, 3 rd person:	चोसुङ	tsosung
future:	चोकिवी	tsokiwi

to count

infinitive:	ङोप	ngop
imperative:	ङोसा	ngosa
polite imperative:	ङोनजी	ngonji
present continuous:	ङेनोक	ngenok
past, 1 st person:	ङोइन	ngoin
past, 3 rd person:	ङोसुङ	ngosung
future:	ङेवी	ngewi

to cut, see under to close

to dance

infinitive:	छोम्बुप	chombup
imperative:	छोमा	choma
polite imperative:		
present continuous:	छोम्कीनोक	chomkinok
past, 1 st person:	छमीन	chamin
past, 3 rd person:	छमसुङ	chamsung
future:	छोम्की	chomki

to die

infinitive:	सेप	sep
imperative:		
polite imperative:		
present continuous:		
past, 1 st person:		
past, 3 rd person:	सिसुङ	sisung
future:	सीवी	siwi

to dig

infinitive:	कोप	kop
imperative:	कोसा	kosa
polite imperative:		
present continuous:	केनोक	kenok
past, 1 st person:	कोइन	koin
past, 3 rd person:	कोसुङ	kosung
future:	केवी	kewi

to do

infinitive:	कितुप	kitup
imperative:	किसा	kisa
polite imperative:		
present continuous:	किइवइ	kiiwai
past, 1 st person:	क्यइन	kyain
past, 3 rd person:	क्यासुड	kysung
future:	किवी	kiwi

to drink

infinitive:	थुङगुप	thunggup
imperative:	थुडा	thunga
polite imperative:	सेए	she
present continuous:	थुङगीनोक	thungginok
past, 1 st person:	थुइन	thuin
past, 3 rd person:	थुसुड	thusung
future:	थुङगीवी	thunggiwi

to eat

infinitive:	सप	sap
imperative:	सोक	sok
polite imperative:	सेए	she
present continuous:	सइनोक	sainok
past, 1 st person:	सोइ	soi
past, 3 rd person:	सोसुड	sosung
future:	सेवी	sewi

to feed, see under to nourish

to get drunk

infinitive:	जेप	zep
imperative:		
polite imperative:		
present continuous:	जिनोक	zinok
past, 1 st person:	जिसुङ	zisung
past, 3 rd person:	जिनोक	zinok
future:	जिवी	siwi

to go

infinitive:	डोप	dop
imperative:	डि	di
polite imperative:	फेप	phep
present continuous:	डोइवइ	doiwai
past, 1 st person:	गल	gal
past, 3 rd person:	गल्सुङ	galsung
future:	डिवी	diwi

to hit

infinitive:	ग्याउप	gyaup
imperative:	ग्योप	gyop
polite imperative:		
present continuous:	ग्यकीनोक	gyakinok
past, 1 st person:	ग्यीन	gyin
past, 3 rd person:	ग्यप्सुङ	gyapsung
future:	ग्यकीवी	gyakiwi

to laugh

infinitive:	गोट कितुप	gota kitup
imperative:	गोट कि सा	gota kisa
polite imperative:		
present continuous:	गोट किनोक	gota kinok
past, 1 st person:	गोट क्यइन	gota kyain
past, 3 rd person:	गोट क्यसुड	gota kyasung
future:	गोट कीवी	gota kiwi

to listen

infinitive:	डेन्दुप	nyendup
imperative:	डेन	nyena
polite imperative:	डनजी	nyenji
present continuous:	डेन्कीनोक	nyenkinok
past, 1 st person:	डेन्दिन, डेनिन	nyendin, nyenin
past, 3 rd person:	डेन्सुड	nyensung
future:	डेन्कीवी	nyenkiwi

to look

infinitive:	लहप	lhap
imperative:	लहो	lho
polite imperative:	लहजी	
present continuous:	लहेनोक	lhenok
past, 1 st person:	लहइन	lhain
past, 3 rd person:	लहसुड	lhasung
future:	लहेवी	lhewi

to love

infinitive:	गकीरूप	gakirup
imperative:	गकीसा	gakisa
polite imperative:		
present continuous:	गकिनोक	gakinok
past, 1 st person:	गक्यीन	gakyin
past, 3 rd person:	गक्यसुङ	gakyasung
future:	गकिवी	gakiwi

to make, to build

infinitive:	जोप	zop
imperative:	जोसा	zosa
polite imperative:		
present continuous:	जोइननोक	zoinnok
past, 1 st person:	जोइन	zoin
past, 3 rd person:	जोसुङ	zosung
future:	जेवी	zewi

to meet

infinitive:	ठेतुप	thetup
imperative:	ठेत	theta
polite imperative:		
present continuous:	ठेइवइ	theiwai
past, 1 st person:	ठेइन	thein
past, 3 rd person:	ठेसुङ	thesung
future:	ठेकिवी	thekiwi

to nourish, to feed

infinitive:	सोप	sop
imperative:	सोसा	sosa
polite imperative:		
present continuous:	सेनोक	senok
past, 1 st person:	सोइन	soin
past, 3 rd person:	सोसुड	sosung
future:	सेवी	sewi

to obey

infinitive:	खल डेन्दुप	khal dendup
imperative:	खल डेना	khal dena
polite imperative:		
present continuous:	खल डेन्कीनोक	khal denkinok
past, 1 st person:	खल डेनीन	khal denin
past, 3 rd person:	खल डेन्सुड	khal densung
future:	खल डेन्कीवी	khal denkiwi

to open, to pour

infinitive:	बेतुप	betup
imperative:	पेता	peta
polite imperative:		
present continuous:	बेकीनोक	bekinok
past, 1 st person:	पेइन	pein
past, 3 rd person:	पेसुड	pesung
future:	बेकीवी	bekiwi

to pain

infinitive:	सुक्कीतुप	sukkitup
imperative:		
polite imperative:		
present continuous:	सुक्कीनोक	sukkinok
past, 1 st person:	सुकक्यसुङ	sukkyasung
past, 3 rd person:	सुकक्यनोक	sukkyanok
future:	सुक्कीवी	sukkiwi

to play

infinitive:	चेप	tsek
imperative:	चेसा	tsesa
polite imperative:		
present continuous:	चेनोक	tsenok
past, 1 st person:	चेइन	tsein
past, 3 rd person:	चेसुङ	tsesung
future:	चेवी	tsewi

to pour, see under to open,

to read

infinitive:	ल्हाप	lhap
imperative:	ल्हाप	lhap
polite imperative:		
present continuous:	ल्हाइबइ	lhaiwai
past, 1 st person:	ल्हाईन	lhain
past, 3 rd person:	ल्हासुङ	lhasung
future:	ल्हेवी	lhewi

to run

infinitive:	दौडेकितुप	daudekitup
imperative:	दौडेकिसा	daudekisa
polite imperative:		
present continuous:	दौडेकिनोक	daudekinok
past, 1 st person:	दौडेक्यइन	daudekyain
past, 3 rd person:	दौडेक्यसुड	daudekyasung
future:	दौडेकिवी	daudekiwi

to scold

infinitive:	होरू देन्दुप	horu dendup
imperative:	होरू तेन	horu tena
polite imperative:		
present continuous:	होरू देन्कीनोक	horu denkinok
past, 1 st person:	होरू तेनीन	horu tenin
past, 3 rd person:	होरू तेन्सुड	horu tensung
future:	होरू देन्कीवी	horu denkiwi

to sell

infinitive:	चोडगुप	tsonggup
imperative:	चोसा	tsosa
polite imperative:		
present continuous:	चोडगीनोक	tsongginok
past, 1 st person:	चोइन	tsoin
past, 3 rd person:	चोसुड	tsosung
future:	चोडगुइ	tsonggui

to send

infinitive:	तोङगुप	tonggup
imperative:	तोङा	tonga
polite imperative:		
present continuous:	तोङगीनोक	tongginok
past, 1 st person:	तङीन	tangin
past, 3 rd person:	तङसुङ	tangsung
future:	तोङगीवी	tonggiwi

the sun shines

infinitive:	डिमा स्यरूप	nyima sharup
imperative:		
polite imperative:		
present continuous:	डिमा स्यर्कीनोक	nyima sharkinok
past, 1 st person:		
past, 3 rd person:	डिमा स्यरसुङ	nyima sharsung
future:	डिमा स्यर्कीवी	nyima sharkiwi

to sing

infinitive:	लुलङगुप	lulanggup
imperative:	लुल्वसा	lulwasa
polite imperative:		
present continuous:	लुलङगीनोक	lulangginok
past, 1 st person:	लुलइन	lulain
past, 3 rd person:	लुलसुङ	lulasung
future:	लुलङगीवी	lulanggiwi

to sleep

infinitive:	डिलउप	nyilaup
imperative:	डिलोका	nyiloka
polite imperative:	डलुप	nyalup
present continuous:	डिलङनोक	nyilangnok
past, 1 st person:	डिलकीन	nyilakin
past, 3 rd person:	डिलक्सुङ	nyilaksung
future:	डिलकीवी	nyilakiwi

to sow

infinitive:	देउ	deu
imperative:	तोप	top
polite imperative:		
present continuous:	देप्कीनोक	depkinok
past, 1 st person:	तइन	tain
past, 3 rd person:	तप्सुङ	tapsung
future:	देप्कीवी	depkiwi

to stand up

infinitive:	लङगुप	langgup
imperative:	लोसा	losa
polite imperative:	स्येङ	sheng
present continuous:	लङगीनोक	langginok
past, 1 st person:	लइन	lain
past, 3 rd person:	लसुङ	lasung
future:	लङगीवी	langgiwi

to stay

infinitive:	देतुप	detup
imperative:	देता	deta
polite imperative:	ज्युस	zhusa
present continuous:	देकीनोक	dekinok
past, 1 st person:	देइन	dein
past, 3 rd person:	देसुङ	desung
future:	देकीवी	dekiwi

to steal

infinitive:	कुनकितुप	kunkitup
imperative:	कुनकिसा	kunkisa
polite imperative:		
present continuous:	कुनकिनोक	kunkinok
past, 1 st person:	कुनक्ययीन	kunkyayin
past, 3 rd person:	कुनक्यसुङ	kunkyasung
future:	कुनक्यीवी	kunkyiwi

to tell lies

infinitive:	जिनोक जोप	zinok zop
imperative:	जिनोक जोसा	zinok zosa
polite imperative:		
present continuous:	जिनोक जेनोक	zinok zenok
past, 1 st person:	जिनोक जोइन	zinok zoin
past, 3 rd person:	जिनोक जोसुङ	zinok zosung
future:	जिनोक जेवी	zinok zewi

to wash

infinitive:	टुतुप	tutup
imperative:	टुसा	tusa
polite imperative:		
present continuous:	टुइवइ / टुइनोक	tuiwai / tuinok
past, 1 st person:	टुईन	tuin
past, 3 rd person:	टुसुड	tusung
future:	टुकिवी	tukiwi

to weep

infinitive:	डोप	ngop
imperative:	डुसा	ngusa
polite imperative:		
present continuous:	डिनोक	nyinok
past, 1 st person:	डुइन	nguin
past, 3 rd person:	डुसुड	ngusung
future:	डिवी	nyiwi

to write

infinitive:	टिकु	tiku
imperative:	टिसा	tisa
polite imperative:		
present continuous:	टिकीनोक	tkinok
past, 1 st person:	टिइन	tiin
past, 3 rd person:	टिसुड	tisung
future:	टिकीवी	tikiwi

Part V

Appendices

Numbers

number	Sherpa	Sherpa in Devanagari	English
1	chik	अ	one
2	nyi	डी	two
3	sum	सुम	three
4	zhi	जी	four
5	nga	ङ	five
6	thuk	ठुक	six
7	din	दिन	seven
8	ge	गे	eight
9	gu	गु	nine
10	chitamba	चिथम्बा	ten
11	chuchik	च्यूचीक	eleven
12	chirnyi	चिङडी	twelve
13	chupsum	च्युप्सुम	thirteen
14	chupji	च्युप्जी	fourteen
15	chenga	च्याङा	fifteen
16	churuk	च्युरूक	sixteen
17	chuptin	च्युप्दिन	seventeen
18	chapke	च्यप्के	eighteen
19	churku	च्युरकु	nineteen
20	nyishu / khalzhik	डिस्यु / खल्जीक	twenty

21	khalzhik tang chik	खल्जीक तड चीक	twenty-one
22	khalzhik tang nyi	खल्जीक तड डी	twenty-two
23	khalzhik tang sum	खल्जीक तड सुम	twenty-three
24	khalzhik tang zhi	खल्जीक तड जी	twenty-four
25	khalzhik tang nga	खल्जीक तड ङ	twenty-five
26	khalzhik tang thuk	खल्जीक तड ठुक	twenty-six
27	khalzhik tang din	खल्जीक तड दिन	twenty-seven
28	khalzhik tang ge	खल्जीक तड गे	twenty-eight
29	khalzhik tang gu	खल्जीक तड गु	twenty-nine
30	khalsum	खल्सुम	thirty
31	khalsum tang chik	खल्सुम तड चीक	thirty-one
40	khalzhi	खल्जी	forty
50	khalnga	खल्ङ	fifty
60	khalthuk	खल्ठुक	sixty
70	khaldin	खल्दिन	seventy
80	khalge	खल्गे	eighty
90	khalgu	खल्गु	ninety
100	saichik	सइचिक	one hundred
121	saichik tang khalzhik tang chik	सइचिक तड खल्जीक तड चीक	one hundred and twenty-one
200	sainyi	सइडी	two hundred
300	saisum	सइसुम	three hundred
400	saizhi	सइजी	four hundred
500	sainga	सइङ	five hundred
600	saituk	सइठुक	six hundred
700	saidin	सइदिन	seven hundred
800	saige	सइगे	eight hundred
900	saigu	सइगु	nine hundred
1000	hajarchik	हजारचीक	one thousand

Sherpa names

Name	f / m
Appa	m
Bawu	m
Chepal	m
Chiki	f
Chiri	m
Chokpa	f
Chongba	m
Chotin	f
Chungba	m
Dadoma	f
Daki	f
Daku	f
Dali	f
Danu	m
Dawa	m
Dawang	m
Dendi	m
Diku	f
Doli	f
Dolma	f
Doma	f
Dorji	m
Geli	m
Gelu	m
Gombu	m
Gyaltsen	m
Gyelbu	m
Gyunmin	m
Gyurme	m
Jamling	m
Kaji	m
Kalden	m
Kamala	f
Kami	f/m
Karma	m
Karsang	m

Kenchā	m
Name	f / m
Kenchi	f
Kima	m
Kipa	f/m
Kusang	m
Kyidawa	m
Laki	f
Lhakpa	f/m
Lhami	f
Lhamu	f
Lhemi	f
Mendok	f
Mingma	f/m
Mingmar	f/m
Mingmat	f/m
Namgel	m
Namkha	m
Nawang	m
Nuru	m
Nyima	f/m
Nyimdoma	f
Ongchu	m
Ongmu	f
Panu	m
Pasang	m
Pasi	f
Pelu	f
Pema	f/m
Pemba	f/m
Pemputi	f
Phinjo	m
Phruwa	f/m
Phurba	f/m
Phuti	f
Puti	f
Rinzi	m
Rita	m
Samde	m

Name	f / m	Tsongba	m
Sange	m	Tukti	m
Sani	f/m	Ula	m
Sarki	f/m	Urkyen	m
Saron	f	Uti	f
Sena	f	Wangchu	m
Sonam	m	Wangdi	m
Tandi	m	Yangdu	f
Tashi	f/m	Yangji	f
Temba	m	Yankila	f
Tendi	m	Yokpu	m
Tensing	m	Yongmi	f
Thundu	m	Yulha	m
Thupten	m	Zangbu	m
Tsamji	f	Zangmu	f
Tsering	f/m	Zhiku	m
Tsewang	m		