Textbook of Colloquial Tibetan Language

by

Sherab Gyaltsen Amipa

Tibetan Institute Rikon, Zürich 1974
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Tibetan Language

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ཧཱུྱ རིྱ་ཤེས་བྱས་བསམ།

། ས་ཤུ་གནོད་པ་ཤིན་པ་བཤེད་བུ་ད་ལེ་བིས། ཐ་བ་ཤིང་གི་མི་ཤེས་
དུས་ཆེད་ཐེག་པ་བཤིན་པ་པོས་མི་བུམ་པོ་སྐེལ་བྱུང་བ། ཡུ་མཁན་དུས་མི་
དགོངས་བུ་སུ་གི་བུ། །
COUNCIL FOR TIBETAN EDUCATION
GANGCHEN KYISHONG, DHARAMSALA, H. P. INDIA

Ref. No.

(བོད་སྲིད་ལྷ་, བོད་དོན་བོ)
The Textbook of Colloquial Tibetan Language for English speaking students has been composed by Venerable Sherab Gyaltsen Amipa of the Tibet Institute at Rikon, Switzerland and will certainly be of immense value to those studying the Tibetan language, especially at the present time. I sincerely hope that similar work will be done by other Tibetan scholars in order that Tibetan education may further progress.

ཉན་དཔལ།

༡༥༩༥་ལའང་ཉིད་ཀྱིས་རིག་ལུས་མདོར་དུ་ཤིང་མི་བཞིན་བྱུང་བོ་བཞིན་དེ་བས་བཞིན་རིམ་དང་། ཤེས་་སུ་ རང་གི་ཐབས་ཀྱིས་ཐུབ་པའི་ཐོན་དམན་མ་དབྱིབས་མཚོན་བྱུང་སྒྲིག་གི་དོན་ཡི་དུ་དེ་བས་བཞིན་དེ་ལ་མདོར་འབྲེལ་བོ་བཞིན་འོད་པའི་ཐོན་དམན་མ་དབྱིབས་མཚོན་བྱུང་སྒྲིག་གི་དོན་ཡི་དུ་དེ་བས་བཞིན་བྱུང་བོ་བཞིན་རིམ་དང་། ཤེས་་སུ་ རང་གི་ཐབས་ཀྱིས་ཐུབ་པའི་ཐོན་དམན་མ་དབྱིབས་མཚོན་བྱུང་སྒྲིག་གི་དོན་ཡི་དུ་དེ་བས་བཞིན་དེ་ལ་མདོར་འབྲེལ་བོ་བཞིན་འོད་པའི་ཐོན་དམན་མ་དབྱིབས་མཚོན་བྱུང་སྒྲིག་གི་དོན་ཡི་དུ་དེ་བས་བཞིན་བྱུང་བོ་བཞིན་སྲེང་།
Preface

In accordance with the programme of the Tibet Institute at Rikon, Switzerland, I am happy to be able to compile this colloquial Tibetan textbook for the benefit of those who are interested in studying the Tibetan language. It contains firstly words followed by their usage in short and simple sentences and then the last few chapters consist mainly of everyday conversation for further practice.

I am grateful to a number of friends who have helped me by proofreading and correcting the text before sending it to our Council of Education and Religious Affairs at Dharamsala for their final examination. I am also grateful to the Tibet Institute for providing the necessary facilities to make this work possible.

In spite of the limited scope of this book and the inexperience of the compiler, I trust that on the whole this text will be useful to students of the Tibetan language. I sincerely hope that with its help students who are seriously interested will be able to fulfil their wishes.

Sakya-pa Sherab Gyaltsen Amipa

Tibet Institute, Rikon, Switzerland
February 1974
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དེར་བེན་དེར་ཟེར་ཞེས་པོའི་ཤེས་བྱེད་ཆེན་

དེས་རབ་ཆེན་ཞིང་བརྙན་

ཐོབས་ཚེ་ཤིག་ལོག་ཆེན་མི་འིས་སྤྱོད།

ཆོས་དེར་དེར་ཤེང་ (ཤུམ་ཤོངས།)

གངས་རིག་དེར་ཤིག

གངས་སོག་དཔེར་

ཆོས་སོག་

ཐ་མི་དེ་བྱེད་པ་དབང་དུ་སྣན་ཨ་དུས་སྟེང་མོ་བཞི་ལྟོག་

ཚེ་ཤེང་

བོད་སྟོངས་དབང་དུ་མི་འིག་ཆེན་

དོན་པར་དབང་དུ་མི་འིག་ཆེན་

དབང་མཆི་དབང་དུ་མི་འིག་ཆེན་

དབང་མཆི་དབང་དུ་མི་འིག་ཆེན་

དབང་མཆི་དབང་དུ་མི་འིག་ཆེན་

དབང་མཆི་དབང་དུ་མི་འིག་ཆེན་

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དབང་མཆི་དབང་དུ་མི་འིག་ཆེན་

དབང་མཆི་དབང་དུ་མི་འིག་ཆེན་

དབང་མཆི་དབང་དུ་མི་འིག་ཆེན་

དབང་མཆི་དབང་དུ་མི་འིག་ཆེན་

དབང་མཆི་དབང་དུ་མི་འིག་ཆེན་

དབང་མཆི་དབང་དུ་མི་འིག་ཆེན་

དབང་མཆི་དབང་དུ་མི་འིག་ཆེན་

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དབང་མཆི་དབང་དུ་མི་འིག་ཆེན་

དབང་མཆི་དབང་དུ་མི་འིག་ཆེན་

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དབང་མཆི་དབང་དུ་མི་འིག་ཆེན་

དབང་མཆི་དབང་དུ་མི་འིག་ཆེན་

དབང་མཆི་དབང་དུ་མི་འིག་ཆེན་

དབང་མཆི་དབང་དུ་མི་འིག་ཆེན་

དབང་མཆི་དབང་དུ་མི་འིག་ཆེན་

དབང་མཆི་དབང་དུ་མི་འིག་ཆེན་

དབང་མཆི་དབང་དུ་མི་འིག་ཆེན་

དབང་མཆི་དབང་དུ་མི་འིག་ཆེན་

དབང་མཆི་དབང་དུ་མི་འིག་ཆེན་
བློ་སྟེང་ (༡༦༧-༢༢༢) གཟུག་
བྲོ་སྟེང་ (༢༢༣-༢༢༨) གཟུག་
བོད་བྲྲི་ (༢༢༩-༢༣༤) གཟུག་
དུ་རྒྱ་ (༢༣༥-༢༣༩) གཟུག་
གོང་ལྡོན་བྲེས་ཆེན་ (༢༤༢) གཟུག་
དྲུག་མཆོག་ (༢༤༥) གཟུག་
THE ALPHABET AND PRONUNCIATION
The Tibetan Alphabet

The five vowels (jiang-nga):

\[ a, i, u, e, o \]

The thirty consonants (sal-je-sum-chu-ni):

\[
\begin{array}{cccccc}
\text{ṣ} & \text{ka} & \text{kha} & \text{ṣ} & \text{ga} & \text{ nga} \\
\text{ṭ} & \text{ṭa} & \text{ṭha} & \text{ṭ} & \text{da} & \text{ na} \\
\text{pa} & \text{pha} & \text{ba} & \text{ ma} \\
\text{ṭś} & \text{ṭsa} & \text{ṭsha} & \text{ṭ} & \text{dza} & \text{ wa} \\
\text{ḥ} & \text{ḥa} & \text{za} & \text{ḥ} & \text{'a} & \text{ ya} \\
\text{ra} & \text{la} & \text{ḥa} & \text{ sa} & \text{ a} \\
\end{array}
\]
Remarks on Pronunciation

\[
\begin{align*}
\text{ŋং} & \text{ ka, k as in king} \\
\text{ংং} & \text{ kha, strongly aspirated} \\
\text{ং} & \text{ ga, like kha but more resonant} \\
\text{ং} & \text{ nga, ng as in sing} \\
\text{ং} & \text{ cha, ch as in chair} \\
\text{ং} & \text{ ja, like ch but more resonant} \\
\text{ং} & \text{ nya, ny as in canyon} \\
\text{ং} & \text{ ta, t as in take} \\
\text{ং} & \text{ tha, strongly aspirated} \\
\text{ং} & \text{ da, like tha but more resonant} \\
\text{ং} & \text{ na, n as in not} \\
\text{ং} & \text{ pa, consonant between English p and b sounds} \\
\text{ং} & \text{ pha, strongly aspirated} \\
\text{ং} & \text{ ba, like pha but more resonant} \\
\text{ঠ} & \text{ ma, m as in man} \\
\text{ঠ} & \text{ tsa, ts as in its} \\
\text{ঠ} & \text{ tsha, strongly aspirated} \\
\text{ঠ} & \text{ dza, like tsha but more resonant} \\
\text{ঠ} & \text{ wa, w as in water}
\end{align*}
\]
\( \text{zha, zh like g in mirage} \)
\( \text{za, z like ss in hiss} \)
\( \text{a, like ah} \)
\( \text{ya, y as in yard} \)
\( \text{ra, r as in red} \)
\( \text{la, l as in load} \)
\( \text{sha, sh as in shoe} \)
\( \text{sa, s as in say} \)
\( \text{ha, strongly aspirated} \)
\( \text{a, like a in art} \)
Consonantal Combinations

The seven consonants with a subjoined 'ya' (ཕོ་བཞིན།)
ya-btags)

\[
\begin{align*}
&\text{kya} & \text{khya} & \text{gya} & \text{pya} & \text{phya} & \text{bya} \\
&\text{mya}
\end{align*}
\]

The twelve consonants with a subjoined 'ra' (རོ་བཞིན།)
ra-btags)

\[
\begin{align*}
&\text{kra} & \text{khra} & \text{gra} & \text{tra} & \text{thra} & \text{dra} \\
&\text{pra} & \text{phra} & \text{mra} & \text{shra} & \text{sra} & \text{hra}
\end{align*}
\]

The six consonants with a subjoined 'la' (ལོ་བཞིན།)
la-btags)

\[
\begin{align*}
&\text{kla} & \text{gla} & \text{bla} & \text{rla} & \text{sla} & \text{zla}
\end{align*}
\]
The sixteen consonants with a subjoined 'wa' (ua-zur-btags-pa)

<table>
<thead>
<tr>
<th>kwa</th>
<th>khwa</th>
<th>gwa</th>
<th>chwa</th>
<th>nywa</th>
<th>twa</th>
</tr>
</thead>
<tbody>
<tr>
<td>dwa</td>
<td>tswa</td>
<td>tshwa</td>
<td>zhwa</td>
<td>zwa</td>
<td>rwa</td>
</tr>
<tr>
<td>lwa</td>
<td>shwa</td>
<td>swa</td>
<td>hwa</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The twelve consonants with a superjoined 'ra' (ra-mgo)

<table>
<thead>
<tr>
<th>rka</th>
<th>rga</th>
<th>rnga</th>
<th>rja</th>
<th>rnya</th>
<th>rta</th>
</tr>
</thead>
<tbody>
<tr>
<td>rda</td>
<td>rna</td>
<td>rba</td>
<td>rma</td>
<td>rtsa</td>
<td>rdza</td>
</tr>
</tbody>
</table>

The ten consonants with a superjoined 'la' (la-mgo)

<table>
<thead>
<tr>
<th>lka</th>
<th>lga</th>
<th>lnga</th>
<th>lcha</th>
<th>lja</th>
<th>lta</th>
</tr>
</thead>
<tbody>
<tr>
<td>lda</td>
<td>lpa</td>
<td>lba</td>
<td>lha</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The eleven consonants with a superjoined 'sa' (ཨོརིི་ harga
sa-mgo)

क’  श’  छ’  ज’  झ’  ञ’  झ”
ska  sga  snga  snya  sta  sda

ञ’  श’  छ’  ज’  झ’  ञ’
sna  spa  sba  sna  stsa
INTRODUCTORY GRAMMAR
Conjugation of "to be"

<table>
<thead>
<tr>
<th></th>
<th>Singular</th>
<th>Plural</th>
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</thead>
<tbody>
<tr>
<td>I am</td>
<td>կան</td>
<td>են</td>
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<tr>
<td>you are</td>
<td>կան</td>
<td>են</td>
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<tr>
<td>he, she, it is</td>
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<td>են</td>
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</table>

**Negative forms**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>I am not</td>
<td>չկան</td>
<td>չեն</td>
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<tr>
<td>you are not</td>
<td>չկան</td>
<td>չեն</td>
</tr>
<tr>
<td>he, she, it is not</td>
<td>չկան</td>
<td>չեն</td>
</tr>
</tbody>
</table>
Examples

I am a Tibetan.
ང་རིགས་མིན་པོ་སྒྲུབ

Are you a Tibetan?
ཐུ་ཐུ་ང་ཚེ་དུང་པོ་སྒྲུབ་བཤེས

You are a man.
ཐུ་ཐུ་མིན་ཐེ་ནོ།

He is a student.
ངང་ཚེ་བོ་དུ་མིན་ཐེ་ནོ།

We are friends.
ངང་ཚེ་བོ་དུ་ཐོག་པོ་སྒྲུབ

You are traders.
ཐུ་ཐུ་ཞེ་དུ་གླེགས་པའི་དོན་དང་མིན་ཐེ་ནོ།

They are Buddhists.
ངང་ཚེ་བོ་དུ་མིན་ཐེ་ནོ།
Conjugation of "to have"

**Singular**  ཤིན་ཚེ་

I have

I have not (do not have)

**Plural**  རབ་ཚེ་

we have

we have not

**Negative forms**  དགུན་ཚེ་

you have

you have not

he, she, it has

he, she, it has not

they have

they have not
EXAMPLES

1. I have got a house.
   འབུལ་བཐོད་ལ་འིག་བཏོང་།

2. You have got a brother.
   དེ་དུས་དེ་དུས་ལ་འིག་བཏོང་།

3. He has got a book.
   བོད་བཤིས་ལ་འིག་བཏོང་།

4. We have got a car.
   སྐབས་ལ་འིག་བཏོང་།

5. We have got a radio.
   སྐབས་ལ་འགྲོ་འིག་བཏོང་།

6. You each have got a pen.
   དེ་དུས་དེ་དུས་ལ་འིག་བཏོང་།

7. They haven't got any time to go.
   བོད་ཆོས་ལ་འིག་བཏོང་།

8. We don't wish to go to the market.
   སྐབས་ལ་འགྲོ་འིག་བཏོང་།

9. Won't you stay for a while?
   རུས་ནས་འཕུགས་ལ་འིག་བཏོང་།
Colours

white နိုး  red နီး  yellow သိုး  black နိုး
blue ကျွန်း  green ကြယ်  orange လေး  brown ထီး

Sentences

1. A snow-covered mountain, a pearl and milk are all white.

2. Coral and blood are red.

3. A cat's eyes are yellow.

4. The sky is blue.

5. The leaves are green.
The days of the week

Sunday ផាន្ត្រីយ  Monday អាទិត្យ  Tuesday ក្រុងប្រឆាំង
Wednesday អាទិត្យសុី  Thursday សុីមួយ  
Friday សុីមួយស្តែង  Saturday អាទិត្យ

week ទីប្រយោជន៍  day ទី  morning ស្តីយ  (ម៉ាយ)
afternoon ទី១  night នាពេល៖

The seasons ចុះប្រយោជន៍

spring បុរាណ  summer ព្រេង  autumn ឆ្លើង
winter ឆ្ង្រុង  month ឆ្នាំ  year ឆ្នាំ

The cardinal and intermediate directions

east អាល  south ក្រុង  west ក្រម  north ពួក
southeast ចុះ  southwest ំបូល
northeast ត្រង  northwest ជើង ពួក
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<tr>
<th>Number</th>
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<th>Nepali</th>
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<tr>
<td>one</td>
<td>thirteen</td>
<td>शेवानी</td>
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<td>फाङ्गी</td>
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<td>three</td>
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<td>four</td>
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<td>eighteen</td>
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<td>नौवानी</td>
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<td>eight</td>
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<td>nine</td>
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<td>twelve</td>
<td>forty</td>
<td>बांसी</td>
<td>one thousand</td>
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</table>
Interrogative adverbs

when .where  how  why

Sentences

1. When did you come?

2. Where is Somdub?

3. How did you do it?

4. Why are you late?
Interrogative pronouns

who  जो  whose  जोको  whom  जोम  what  जो  which  जोक

Sentences

1. Who is he?
   जो  कौन?

2. Whose book is this?
   जोको  किताब  यह  कौन?

3. To whom did you give it?
   जोम  किस  दे  था?

4. What work do his parents do?
   जो  उनके  पिता  कौन  करते?

5. What is this?
   जो  यह?

6. Which one would you like?
   जोको  आपके  चाहिए  कौन?

7. Who is the most intelligent boy in this class?
   जो  यह  बच्चे  सबसे  मोर छात्र?
<table>
<thead>
<tr>
<th><strong>Adjectives</strong></th>
<th><strong>Comparatives</strong></th>
<th><strong>Superlatives</strong></th>
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<tr>
<td>new</td>
<td>newer</td>
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</table>
Parts of the body

- body
- head
- face
- nose
- ear
- eye
- tongue
- hand
- finger
- foot
- chest

Sentences

1. My body is strong.
2. I have hair on my head.
3. I have a round face.
4. I have a long nose and a good sense of smell.
5. I have small ears and good hearing.
6. I have two eyes and I see well.
7. I have a small mouth and I speak easily.
8. I have strong hands; I work with my hands.

9. I have two hands and ten fingers.

10. I have two feet.

11. I have a broad chest.
The time နာရီ

a.m. ညနေ့ p.m. ညွန်းကျင်

Sentences

1. What time is it?
   ကျွန်ုပ်၏၁၁:၃၇ နာရီ

2. It is one o'clock.
   ကျွန်ုပ်၏၁၁:၃၇ နာရီ

3. It is ten o'clock.
   ကျွန်ုပ်၏၁၁:၃၇ နာရီ

4. It is a quarter past ten.
   ကျွန်ုပ်၏၁၁:၃၇ နာရီ

5. It is half past ten.
   ကျွန်ုပ်၏၁၁:၃၇ နာရီ

6. It is a quarter to eleven.
   ကျွန်ုပ်၏၁၁:၃၇ နာရီ

7. It is twenty past six.
   ကျွန်ုပ်၏၁၁:၃၇ နာရီ

8. My watch is fast.
   သီချင်း ဆောင်းရွက်သည်

9. Is that clock right?
   ကျွန်ုပ်၏၁၁:၃၇ နာရီ
10. It is late.
है काली

11. It is still very early.
है अनुक्रमिका देखा रहा

12. We are in a hurry.
जीता सक्षम

13. He is early.
हेता हारे

14. He is late.
हेता हुने
### Adverbs and prepositions

<table>
<thead>
<tr>
<th>English</th>
<th>Bengali</th>
<th>Bengali (Bengali)</th>
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<td>পর্যন্ত</td>
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</tbody>
</table>
1. I will stay here till tomorrow.
2. Shall we walk along the road?
3. He is walking around the monastery.
4. He sat a long time on this chair.
5. I will wait in front of the school.
6. I will park the bicycle against the wall.
7. He is going into the temple.
8. Take the clothes out of the box, please.
9. He is going to Tibet from India.
10. He is waiting behind the door.
11. Do you like to walk up the hill?
12. It is difficult to study without books.
13. This present is for my friend.

14. I will arrive at four o'clock.

15. What will you do after the lesson?

16. We talked about religion.

17. He is still working.

18. Have you finished eating yet?

19. He has already finished his work.
VOCABULARY AND APPLICATIONS
1. Good morning.

2. How are you?

3. I am very well, thank you.

4. What is your name?

5. My name is Tenzin.

6. Are you Mr. Lobzang?

7. May I introduce Mr. Yeshey to you?

8. I am very glad to see you are well.

9. How is your friend Sonam?

10. I have not seen your brother for a long time.

11. He is not well.

12. What is the matter with him?
13. I am very sorry.


15. Thank you.

16. Is Tenzin at home?

17. Would you please tell me your name?

18. Please sit down.

19. I am very glad to see you.

20. How is your husband?

21. I am sorry to hear that your friend is not well.

22. He is better now.

23. Have you received news from your brother?

(持续)
Food  ভূং.ক্ষণ

bread  ময়েলিন
butter  ময়.
cheese  মিঃর.
sugar  নিঃনের.
salt  ৪.
honey  পুরোচ.
jam  ৪লিন.
soup  গুণম.
meat  ৫.
sausage  ৫ন.
potato  ডিয়া.
rice  ৬.
vegetable  হৈংক.
noodle  পুমানলুটে.
tomato  পুমাদ.
salad  শুং.কল.
carrot  তুঙ.জুল.
onion  মহঙে.
fruit  ফিঃডুল.
apple  রু.পু.
pear  বি.
orange  কুংল.
grape  কুংল.
apricot  ময়েকুম.
peach  নেপুম.
water  ত.
tea  এ.
milk  ছ.
coffee  ৬জুন.এ. (ক্ষেংন)
1. Bread and butter is good with meals.
2. Sugar is sweet but salt is not.
3. Please give me a small piece of cheese.
4. Do you have any honey?
5. I would like some jam on my bread.
6. Are we having soup for dinner?
7. I like meat very much.
8. With meat, potatoes and rice one can prepare a curry.
9. I would like a salad with tomatoes and carrots.
10. Onions are used in many dishes.
11. Would you like to eat an apple?
12. What kind of fruit do you like?
13. I like apples, pears, oranges and grapes.

14. I will fill the basket with fruit.

15. This apricot is delicious.

16. The water is boiling.

17. Do you like strong tea?

18. No, I prefer weak tea.

19. Give me a glass of cold milk, please.

20. Is it all right if I drink this water?

21. Pour me another cup of coffee, please.
Crockery ་ཐོས་ཅན་

plate བོད་ འབད་ གཏན་ ཤུགས།
cup བོད་ འབད་ གཏན་ ཤུགས།
teapot བོད་ འབད་ གཏན་ ཤུགས།
spoon བོད་ འབད་ གཏན་ ཤུགས།
fork བོད་ འབད་ གཏན་ ཤུང་
knife བོད་ འབད་ གཏན་ ཤུང་
ladle བོད་ འབད་ གཏན་ ཤུང་

Sentences

1. This plate is dirty.
   ཡི་ཤེས་པ་ཐོབ་པ་དེད།

2. Please bring me another spoon (fork, knife).
   འོ་བུ་ལས་བཤད་པ་ཐོབ་པ་དེད་ རུས་(བུ་ རུ་)

3. Please wash this cup properly.
   གཏན་པ་ལ་ཐོབ་པ་དེད་དེད་

4. This teacup is too big. Please give me a small one.
   གཏན་ བོད་ འབད་ གཏན་ ཤུང་ བོད་ འབད་ གཏན་ ཤུང་ བོད་ འབད་ གཏན་ ཤུང་ བོད་ འབད་ གཏན་ ཤུང་
In the house

room  ㄇㄆㄠˇˇˇ
door  ˇˇˇ
wall  ˊˇˇ%

window  ˊˇˇ
chair  ˊˇˇ
table  ˊˇˇ

desk  ˊˇˇ
bed  ˊˇˇ
floor  ˊˇˇ

rug  ˊˇˇ
lamp  ˊˇˇ
kitchen  ˊˇˇ

Sentences

1. There are four rooms in the house.

2. There is a desk by the window.

3. May I close the window?

4. The chair is beside the table.

5. The rug lies on the floor.

6. The bed stands beside the wall.

7. I will blow out the lamp.
8. Is there a kitchen in this house?

བོད་ལྗོད་དང་བོད་ལྗོད་ཐོས་འབུམ་པ་ཤེས་བས་ཡིན་པས་ལོ་
In the country

plain  বন্দ
valley  পৃথ কুষ্ঠ
mountain  পাহাড়
animal  জীবন ধর্ম
forest  জোড় সুন্দর
tree  শীতল
field  ভূমি
river  নদী
lake  ঝর্ণা
wind  বাতাস (সূর্য)
sky  সূর্য নক্ষত্র
cloud  বৃষ্টি
moon  পিণ্ড
star  ভারত
weather  পৃথীবী

Sentences

1. The river flows through the forest.

2. The lake is below the mountains.

3. His house is among the trees.

4. Many animals live in this valley.

5. Most of the animals in the forest aren't dange
6. Today I saw four or five deer in the forest.

7. There are clouds above the mountain.

8. The wind is blowing across the plain.

9. The weather will soon improve.

10. The sun is brighter than the moon.

11. The stars are in the sky.
In the town ទីក្រុង តូច
street ផ្លូវ ផ្លូវ ផ្លូវ
post office ក្រុមហ៊ុន ក្រុមហ៊ុន ក្រុមហ៊ុន
bank អាងអំពូល អាងអំពូល អាងអំពូល
temple វិលាប់ប៌ វិលាប់ប៌ វិលាប់ប៌
school សាលាយ សាលាយ សាលាយ
car ឡាន ឡាន ឡាន
train station ក្រុងហិរញ្ញវត្ថុ ក្រុងហិរញ្ញវត្ថុ ក្រុងហិរញ្ញវត្ថុ

Sentences

1. What do you plan to do when you arrive in town?
   តើអ្នកមានចម្លើយអំពីការសុំផ្សាយនៅខ្លះទេ?

2. I went to the village with the mail.
   ខ្ញុំបានដំឡើងទៅក្នុងក្រុងទៀត

3. This is a long street.
   ដែលអំពុលវិញខ្លួនឯង

4. Is the post office far from here?
   ក្រុមហ៊ុនមានកំហុសមានទេ?

5. The bank is beyond the market.
   អាងអំពូលមានកំហុសមានទេ?

6. The school is near the railway station.
   សាលាយមានកំហុសមានទេ?

7. The temple is situated by the river.
   វិលាប់ប៌មានកំហុសមានទេ?

8. Are there many cars on the street?
   មានឡានច្រើនច្រើនប្រាប់ខ្លួនឯងទេ?
**Occupations**

farmer  

baker  

doctor  

teacher  

policeman  

artist

**Sentences**

1. The farmer is working in the field.

2. The baker lives in the town.

3. Where does the doctor live?

4. The teacher is very busy.

5. Why is the policeman angry?

6. Does the artist live outside the town?
Using a telephone

1. I want to make a telephone call.
   ༣༥༤༩༥༤༨༞༥༨༧༧༧༧༨

2. To whom?
   བསར་

3. To Mr. Tashi.
   བསར་རིས་ཤིས

4. Who is speaking?
   བསར་རིས་བདེན་འགྲོ་བཞི་བཞི

5. I am Mr. Tashi.
   བསར་རིས་འགྲོ་བཞི

6. May I speak to Mr. Dondup?
   བསར་རིས་བདེན་འགྲོ་བཞི་བདེན་འགྲོ་བཞི་དོན་དུ་སོ་ཞེས་པ་ལ།

7. Will you please wait a minute?
   བསར་རིས་འགྲོ་བཞི

8. Excuse me.
   བསར་རིས་མ་ཁས
At the post office

1. Which is the way to the post office?

2. I think the post office has closed already.

3. Go straight ahead, then take the first street to the right.

4. Where do I have to go?

5. Go to the one on the left.

6. May I help you?

7. I want some stamps, please.

8. I wish to send it to India.

9. How much are letters and postcards for abroad?

10. Can it be sent airmail?

11. I want to send this letter by registered post.
12. Each letter is 1 SFr and each postcard .80 SFr.

13. He gave me this letter.

14. What is your address?

15. Where do you wish to send a telegram?
At customs

travelling दुर्लभ! porter दुर्लभ!

1. Please take my luggage.
कृपया लिस्टिंग के लिए मेरा लैग्जेज ले।

2. I have a lot of luggage.
मैं काफी लुट्ठी लैग्जेज आपके सामने रखा हूँ।

3. I shall take my luggage.
मैं मेरा लैग्जेज ले जाऊँगा।

4. I have only a suitcase and a bag.
मैं एक सूटकेस और एक बैग ही रखा हूँ।

5. There is one suitcase missing.
केवल एक सूटकेस का कोई अभाव है।

6. They are not mine.
वे मेरे नहीं हैं।

7. I can't find my porter.
मेरा पोर्टर मुझे मिल नहीं रहा।

8. Where is the customs office?
कस्टम्स ऑफिस कहाँ है?

9. Here is my passport.
यह मेरा पासपोर्ट है।

10. I have nothing to declare.
मेरे पास कुछ दीर्घकालिक रूप से दर्शाने का कोई बात नहीं है।

11. They are for my personal use.
वे मेरे प्राइवेट कॉस्ट में हैं।
12. Open this suitcase, please.

13. I've lost my keys.

14. I can't open it.

15. Have you finished?

16. My luggage has been examined.

17. Please mark these.

18. I shall meet you in the waiting room.
The family

mother भाईमा | father भाईमा
aunt अन्तीभाई (भाईमा) | uncle अन्तीभाई (भाईमा)
sister भाईमा | brother भाईमा
girl लाली | boy ला
woman लाली (लाली) | man ला (लाली)
wife रुक्मा (रुक्मा) | husband रुक्मा
grandmother हाज़रामा | grandfather हाज़रामा

My father and my mother are my parents. I am their son. My parents also have a daughter. She is my sister, and I am her brother. We have brother and sister. Our family lives in Tibet. My mother also has a father and mother. Her father is my grandfather and her mother is my grandmother. My grandfather and grandmother have lived a long life. Our father has a brother. He is our uncle. I am his nephew; my sister is his niece. His children are our uncle's children. My mother also has a brother and a sister. Her brother is my uncle, and her sister is my
aunt. This aunt also has a son and daughter. Her son is my cousin and her daughter is also my cousin.
1. I will put on my shoes and socks.
2. Do you have a warm hat?
3. I want to buy a new shirt.
4. Do these trousers fit you?
5. These trousers are too long.
6. My pants caught on a nail and tore.
7. Please patch these trousers.
8. This sweater is too small for him.
9. Her skirt is pretty.
10. My clothes have become very dirty.
11. I must wash my shirt and trousers.
EATING

12. Would you peel that potato, please?
13. She knows how to cook cabbage.
14. Is it good?
15. This tsampa is really fine.
16. This tibetan tea is very thick. I can't drink it.
17. When I drink thick tibetan tea, I get a sore throat.
18. Tea doesn't harm me at all.
19. It's not so healthy for me to drink coffee either.
20. It's not very tasty. I suppose that's because you are not used to it. (your mouth is not used to it)
21. This tea has gone cold, please throw it away.
22. The sugar is almost used up.
23. Aren't you hungry?

24. I've eaten enough.

25. I'd like a little more.

26. Is there any food left?

27. Have some of this bread. It's really fresh and soft.

28. He's spreading butter on the bread.

29. This food is too salty.

30. This food doesn't have enough salt.

31. May I take my choice of fruit?

32. Those vegetables are spoiled.

33. That meat smells bad.

34. You have to be extremely careful with that cup.

35. It is from Tibet and very precious.
36. There are cracks in the cup.

37. This saucepan leaks.

38. I took it by mistake.

39. It slipped from my hand and broke.

40. The bottle might break. Be careful.

41. That beggar comes regularly.

42. I have a square table.

43. How did that happen?

44. My friend was going along carrying a cup full of tea in his hands.

45. I pushed him from behind.

46. That is why he stumbled.

47. Not only did the tea spill, but the cup broke.
GOING TO BED

48. What do you feel like doing?

49. I feel like sleeping a little bit.

50. I am tired.

51. Aren't you tired?

52. Now I am going to bed.

53. Feather bedding is light and easy to carry.

54. Would you cover me with a blanket, please?

55. Have some warm milk before going to sleep.

56. Every morning I get up at 6 o'clock.
MOODS

57. He looked at me rather sadly.

58. He's discouraged.

59. He is feeling nervous.

60. He's very worried.

61. He blames me.

62. The boy is really sad, so I'm comforting him.

63. Are the happiness of the mind and the happiness of the body the same?

64. For some reason, I am not at all happy these days.
HEALTH

65. Hello! (to an equal or superior) (to a person lower in rank)

66. How are you? All right.

67. Please take care of your health.

68. The cat is being sick.

69. I am feeling sick.

70. My stomach is upset. How long has it been like that?

71. It's been upset about four or five days.

72. This scratch hurts a lot. Does it itch?

73. Take this medicine and it will get well.

74. I don't like to take medicine, but now I have to.

75. Can it be completely cured?
76. What is your opinion?

77. We have to pay a high price when buying the ingredients for the medicine.

78. We don't think of making a profit when we sell the medicine.

79. What use is this medicine?

80. I've completely forgotten.

81. An insect bit me on the face.

82. My face is swollen.

83. Are you receiving medical treatment?

84. My foot was pricked by a thorn.

85. It hurts here.

86. Geshala is not at all well.

87. I have the hiccups.
88. Some foreign soldiers are very good at physical exercises.
PERSONAL TRAITS

89. That man is really superstitious.

90. Superstition is a type of ignorance.

91. That man over there is strange.

92. He pestered me.

93. What is his character like?

94. He is a person who refuses to do anything for others, even though he's able to.

95. He is a troublemaker.

96. His speech is senseless blabber.

97. He says whatever comes into his mind.

98. Don't exaggerate so much.

99. He is outspoken.
100. They are talkative.

101. Tashi imitates Dhondup.

102. Nyima really says bad things to Dawa.

103. He has no discipline.

104. The boys found fault with the girls.

105. He slapped her.

106. He ran away.

107. The boy hid under the table.

108. That woman is very proud.

109. That man likes to play games.

110. That man is actually a really clever person.

111. He is good with his hands.

112. He is good at repairing things.
113. He does his work steadily until he finishes it.
114. He has had much success in his work.
115. He does the work differently from the way he has been asked to do it.
116. He does the opposite of whatever I tell him to do.
117. He is a loving person.
118. I will see you after work.

119. I missed the train while I was getting my ticket.

120. The ticket seller didn't tell me anything.

121. Then I went to the bazaar to buy a few things.

122. Afterwards I went to have some tea.

123. My friend was there drinking tea.

124. Then I sat down beside him.

125. He smiled and said that it was good that I had missed the train.

126. I offered him good food.
127. At first he wouldn't speak to me.
128. Then we two became friends.
129. This dog has got used to me. (made friends with
130. Has a friend of yours come?
131. Do you know if he came here or not?
132. I didn't have much time to look.
133. I don't know if my friend is here or not. I'm not sure about it.
134. He's in the inner room. He's in the outer room.
135. He has just left.
136. I have come too late.
137. He has probably gone to Bodh Gaya.
138. I will introduce my friend to you.

139. I must meet him.

140. I have a friend. Is it all right if I bring him with me?

141. Wherever I go, I meet him.

142. Whatever I say, he listens.

143. Do come tonight.

144. Don't be late.

145. Has the time come?

146. I'll look.

147. If it's convenient, please tell him.

148. I received your message.

149. Have I arrived in time?
150. I went, but he wasn't there.

151. My friend didn't come at all.

152. I waited at the bus station for a long time.

153. May I stay here and speak with you?

154. Please let me stay here tonight.

155. I would like you to stay.

156. May I pick this box up?

157. How heavy is it?

158. If you want it, you may take it.

159. If you don't need this box, would you give it back, please?

160. What will you do with it?
161. If that box is left on the floor, it will rust.

162. I am going to deliver this box.

163. Would you join the two ends of the cord, please?

164. This rope is too short.

165. Didn't you come late to the meeting last night?

166. He was going to come last night, but he couldn't.

167. I'll vote for Tsering as the new mayor.

168. Tashi agreed with his speech.

169. Our new leader is about to come.
HOUSING

170. My friend asked me (you) to look for a house.

171. Is it possible to rent a house? How much rent do you have to pay per month?

172. If you get an average house, you'll have to pay about 30 Rupees.

173. If you stay in a better house, you'll have to pay 60 Rupees.

174. Aren't there any vacant houses around here?

175. You have one house. What would you do with two?

176. Are you living in the same house as before?

177. Are you moving elsewhere?

178. I want to move.
BUYING

179. What are you going to the market for?

180. Will you go to the market?

181. Let's go together.

182. What have you been doing?

183. I have been buying stamps.

184. How much is that altogether?

185. The flashlight batteries are almost dead. (used up)

186. Would you buy two batteries, please?

187. If you can buy them in Zürich, they won't be as expensive as in Winterthur.

188. Have you got any pens for sale?

189. Do you think this pen is of good quality?
190. This pen is of poor quality.

这支笔质量很差。

191. Will some come in later? Tomorrow? (This form is

用于表示无生命的物体。)

192. This white cloth isn't so pretty.

这白布不是很漂亮。

193. Please get two tickets.

请买两张票。

194. Please don't forget. Oh, I certainly won't.

请不要忘记。哦，我当然不会。

195. That watch will last a long time.

这块手表能用很久。

196. I doubt that this watch is very good.

我不相信这块手表很好。

197. My watch is running too fast.

我的手表走得太快了。

198. My watch has stopped.

我的手表停了。
WEATHER

199. It's about to rain.

200. How do you know it is going to rain?

201. Today not only were the clouds moving north, but there was also a strong wind.

202. Did you notice?

203. I haven't noticed.

204. I wish it would rain.

205. This year the weather is good.

206. But people aren't very satisfied.

207. If the sun shines, they say it's too hot and if it rains, they say they are cold.

208. Do you suppose Delhi is at it's hottest these days?
209. It's fairly hot nowadays, but it's not unbearable to stay there.

210. Today I perspired a lot.

211. At noon it does get hot.

212. Since it was raining, I stayed at home.

213. I'll go when the sun comes out.

214. Today I saw a really great show. (or performance)

215. It was really good.

216. Did it rain while you were watching the show yesterday?

217. How many spectators arrived?

218. I was going to go but I didn't get a pass.

219. In the spring it's very hot in this region.

220. During the winter, it's cold like this.
221. Whenever I see this snowy mountain, I remember my fatherland.

222. There's a nomad on that mountain up there.

223. It's difficult to keep clean during the winter.

224. The temperature isn't constant.
225. He came to Dharamsala the day before yesterday.

226. He said he would go after two days.

227. What is his reason for such a short stay?

228. He has come to get his boy.

229. Where did he leave the boy?

230. Ah, he left him at the nursery last year. Don't you remember?

231. We went to the nursery together.

232. It's important for parents to send their children to school when they are young.

233. If you can't study when you are young, you regret it as you grow older.

234. I was able to place my boy in the school.
235. We'll see whether the small boy will attend school or not.

236. The boy was kept at school.

237. Don't these students study English?

238. We haven't got a good English teacher who will stay for a long time.

239. They are able to study three or four subjects.

240. They study because they enjoy it.

241. How high do the classes go?

242. They go from the beginners' class to the second.

243. It is my duty to teach the language.

244. How many pupils have you got?

245. The principal is not here now.
246. How funny. He was definitely coming, but he has not arrived yet.

247. That man wouldn't make a good school teacher, because he doesn't know grammar well.

248. He speaks English as well as Tibetan.

249. I am interested in the English language.

250. What are my mistakes when I speak English?

251. Since you speak very quickly, I don't understand very well.

252. Whatever you say, I'll do my best to understand.

253. It's difficult to understand the story exactly.

254. I am confused.

255. I came to India for the purpose of studying the Dharma.
256. Are you familiar with the Tibetan language?

257. I don't know the Tibetan language well enough to study the Dharma.

258. So, if I make mistakes out of ignorance, please excuse me.

259. Have you got time to study?

260. How long have you been studying Tibetan?

261. If you study the Tibetan Umé script, you will soon master it.

262. Today I remembered ten sentences fairly well.

263. Sometimes when I want them, I can't remember them at all.

264. I will apply myself to my studies.

265. Sunday is a regular holiday.
266. Please be careful with this book.

267. I left the book in his care at his place.

268. There aren't enough books.

269. I will ask for the book later, when I need it.

270. When you have studied the subject, you should look at these books.

271. I have read that book, but I didn't understand it.

272. Why are you reading this book?

274. Did I leave my pen here?

275. I wrote these letters with another pen. I didn't know there was red ink in the pen.

276. Would you copy this letter on the side?

277. May I tear out this paper?

278. There are still a few words left.

279. There's no room for this word.

280. How do you write this word?

281. If you write it, it's like this, but when spoken, it's like that.

282. What is the meaning of this word?

283. This word isn't easy to understand at all.
284. I won't speak until I have finished writing this letter.

285. Yesterday I could write only a few sentences.

286. He wrote that letter in a hurry.

287. The entire letter is full of spelling mistakes.

288. One word is missing.

289. Write your complete life history and give it to me. Write it from the age of fifteen.
290. The conditions in all countries are different.

291. The customs are also a little different.

292. Doing that is against our customs, so I can't agree to it.

293. In our office there is a photograph of H.H. the Dalai Lama, which was donated.

294. All heads of state have great responsibility.

295. I'm really happy that New Year's Day is about to come.

296. Lobsang, what are your plans for New Year's Day?

297. What games will you play on New Year's Day?

298. What food do you plan to prepare?

299. I've never experienced (seen) a Tibetan New Year's Day.
300. What's it like? Tell me about it.

301. In Tibet there are four religious sects.

302. When the Lama gave religious teaching, I was there.

303. My teacher gives instruction every day.

304. You should take off your shoes by the door of the temple.

305. Do you know what the Chinese are doing in Tibet these days?
306. That horse looks strong.

307. When I was young, I liked to ride horses.

308. Since there aren't many cars or trains in Tibet, people keep horses.

309. Nowadays there are not many people in the world who use horses.

310. I really have a passion for driving cars.

311. These days the motor road is blocked.

312. What happened? They say the bridge collapsed.

313. The car has been covered with a cloth.

314. A car ran over a man.

315. Two cars collided.

316. Is this the bus that goes to Patankot?
317. I'm waiting for the bus.

318. I've waited a long time. It won't come at all.

319. I came on foot.

320. Where is a Tibetan restaurant? Please show me.

321. I will show you.

322. It's very close in the bus.

323. Today it was very crowded in the bus.

324. Tomorrow I shall have to go to Delhi.

325. You don't need to go.

326. He promised to go to Delhi.

327. It will be good if you can go abroad, because you know the language well.
328. If one didn't know the language, it would likely be difficult.

329. I'll leave during the first part of next month.

330. I'll come to see you off.

331. Perhaps I'll return soon.

332. Please never forget me.

333. Have you ever been to Canada?

334. As soon as you arrive in America, send me a letter.

335. Please count on my hospitality when you come to America.

336. I like it wherever I stay.

337. I want a separate room.

338. Are the Americans planning another moon landing?

339. Have they gained anything useful from the moon?
340. How many miles do you suppose it is from the earth to the moon?
341. Have you brought your camera with you?
342. Your picture has come out very clearly.
343. Fortunately I've come to Buddha Gaya.
344. In Tibet I stayed in a monastery.
345. Most monks do not take any interest in matters of government.
346. After we were invaded, we fled.
347. We had many difficulties on the way.
348. Many kinds of people come to Bodh Gaya.
349. Places to stay are very rare.
350. Some time ago many foreigners came here, but by now they have probably left.
351. They wanted to stay but the police gave them difficulties.

They wanted to stay but the police gave them difficulties.

352. Today someone I know is coming to Bodh Gaya.

Today someone I know is coming to Bodh Gaya.

353. I definitely must go to welcome him.

I definitely must go to welcome him.

354. The Tibetan government will arrange a place for him to stay.

The Tibetan government will arrange a place for him to stay.

355. In case the government does not make the necessary arrangements, I will do it.

In case the government does not make the necessary arrangements, I will do it.

356. I would like to meet him, but since I can't speak English, it would be difficult.

I would like to meet him, but since I can't speak English, it would be difficult.

357. Would you act as interpreter for me, please?

Would you act as interpreter for me, please?

358. He may stay in Bodh Gaya for one week.

He may stay in Bodh Gaya for one week.

359. Since Canada is a cold country, do you suppose he suffers from the climate?

Since Canada is a cold country, do you suppose he suffers from the climate?

360. Has he ever been to India before?

Has he ever been to India before?
361. If he's never been to India before, he will be surprised.


363. He has come from the snows.

364. Coming suddenly here, he'll become tired.
365. The things of greatest value in Tibet are the holy images, the stupas and the Dharma.

366. All living beings are very kind.

367. One shouldn't harm living beings.

368. Don't look down on people. Everyone is equal.

369. Whatever you know, you should put into practice.

370. There is nothing that does not become easy with practice.

371. It's good if one can follow a daily schedule.

372. I shall continue to practice.
ADVICE

373. Tell me whatever you are thinking.

374. Please give me some advice. I will follow it.

375. Please give me any advice or opinion you have.

376. A person who doesn't listen will be of no use to you.

377. Whatever things of good quality you have, you must keep.

378. You should be diligent and not waste time.

379. Whatever work you do, you should do it carefully.

380. You should give more care to your work.
HELPING

381. Excuse me.

382. Am I disturbing you?


384. Can you give me some help?

385. This man has been very kind to me. He has given me a lot of help.

386. Because he had a feeling of kinship (closeness) with me, he helped me.

387. Tomorrow I'll need someone to help me.

388. Do you have time?

389. Yesterday I was really busy.

390. Even though he has time, he won't do it for me.

391. Russia has promised to give aid to India.
392. Please give me a hand.

衢陌懸聳懸聳懸聳懸聳

衢陌懸聳懸聳懸聳懸聳
393. He realized his dangerous position but he wasn't 

frightened.

394. His words came true.

395. They are keeping a secret from me.

396. When you came, I hid behind the door.

397. He won't let me see it. He's hiding it.

398. The axe handle is coming off.

399. I am digging a hole.

400. Many kinds of trees have been planted in my garden.

401. The man who lost his watch is very sad.

402. The child forgot to clean his teeth.

403. You may borrow my clothes.
404. I'm not sure when the monsoon begins.

405. I doubt that the weather will be cold soon.

406. I am afraid of the storm.

407. I hope the storm will be over soon.

408. He has no time to eat dinner.

409. I plan to go on a holiday tomorrow morning.

410. I don't know when I shall leave.

411. I am glad you are coming with me.

412. I am sorry that he is leaving soon.

413. He promised to write me a letter.

414. I haven't written to him yet, but I shall write soon.

415. My handwriting is very different from yours.

416. I am trying to improve my knowledge of Tibetan.
417. I must begin to study immediately.
418. There are at least thirty students in this school.
419. This is the best of all those grammar books.
420. I have almost finished reading this book.
421. I have forgotten the meaning of this word.
422. I have been studying for a long time.
423. I will do the rest of the work tomorrow.
424. It is difficult to study when the weather is hot.
425. He told me he would come next month.
426. I've been living in Europe since last summer.
427. He regrets that he is unable to meet his friend.
428. I have met him twice already.
429. My teacher gave me good advice.
430. I will meet you after my classes.

431. I shall always remember you.

432. I am a Tibetan.

433. I am twenty years old.

434. My brother was born in India.

435. He can speak English well.

436. He had an audience with H.H. the Dalai Lama.

437. The Dalai Lama blessed the students.

438. The 6th of July is the Dalai Lama's birthday.

439. I believe in the Buddha.
440. Comb your hair.

441. Stick this paper on the wall over there.

442. Put this picture in the frame and hang it on the wall.

443. Move over a bit.

444. Light the fire. Put out the fire.

445. Throw out the water in the basin.

446. Bring a bucket of hot water.

447. Open the curtains.

448. Put the dog outside.
QUESTIONS

449. Did you call?

450. I have one question to ask. Can you answer honestly?

451. What would be the benefit of my doing this?

452. Is it possible to calculate the land area of the entire earth in square miles?

453. You didn't bring an extra pen, did you?

454. Did you succeed?

455. There aren't many people in Europe who burn wood, are there?

456. If one burns gas, does it cost a lot?

457. Do you have enough kerosene?

458. What are your thoughts about this?

459. What should I do now?
460. Isn't this against the law?

461. May I come with you?

462. How long have you been waiting?

463. What will you do after supper?

464. Would you like to visit the monastery?

465. What is your reason for studying Tibetan?

466. How old are you?

467. When did you arrive in Dharamsala?

468. Why is he studying history?

469. Are you interested in this book?

470. Do you think this book is interesting?

471. Which pen do you wish to buy?
GLOSSARIES
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Verbs

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