

**Dictionary of the Sherpa language**  
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Chapter 01

**Greetings**

Khyoro min kang hin ? Khyoro minla kang si ?	ख्योरो मिन कङ हिन ? मिनला कङ सी ?	ख्योरो What is your name ?
Nye min Lhakpa hin. / Nye minla Lhakpa siwi.	डेय मिन ल्हक्पा हिन । मिनल ल्हक्पा सिवी ।	डेय My name is Lhakpa.
Khyoro khangba keni hin ? / Zimkhang keni hin ?	ख्योरो खाङ्बा केनी हिन ? जिम्खङ केनी हिन ?	/ Where is your house ?
Nye khangba yambula hin. Keni di ? / Keni phepki ?	डेय खाङ्बा यम्बुल हिन । केनी डि ? / केनी फेप्की ?	My house is in Kathmandu. Where do you go ?
Nga skulla diwi.	ङ स्कुलला डिवी ।	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 thakringbu wai ?	देसु फप्लु चोओ थाकरिङबु वई ?	How far is Phaplu from here ?
Minet khalzhik 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 ङ लेप्कीवी ।	I am 25 years old.
Tama khyurung ?	तमा ख्यूरुङ ?	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
Khirang pin cho wai ?	खिरङ पिन चोओ वई ?	How many brothers and sisters do you have ?
Achu nyi tang ai chik wai.	अच्यू डि तङ अई चिक वई ।	I have two elder brothers

and one elder sister.

Khyoro tertang sising dalza ख्योरो तेरतड सिसिड दल्जा ल्यामुती Who is your best friend ?  
lemuti su hin ? सु हिन ?

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Chapter 02

**Small talk**

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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 ख्यूरुङ कङकी ?	What are you doing nowadays ?
Nga tasam treking laka kiiwai.	ङ तसम ट्रकिङ लका किइवाई ।	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 sit !
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.

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Chapter 03

**Dialogue**

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Mathe alai gal hina.	मठे अलइ गाल हिना ।	We have not seen for a long time.
Solcha se phep. / Cha thung shok.	सोलच्य से फेप । / च्यअ थुड स्योक ।	Please come to drink tea.
Shalak se phep. / Sama sap shok.	स्यलक से फेप । / समा सप स्योक ।	Please come for lunch / dinner.
En chesung.	यन छेसुड ।	I am tired.
Kole kyani sisa. / Kole kyani sunga.	कोले क्यनि सिस । / कोले क्यनि सुडा ।	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 दालजा ठेसुड ।	We met our classmate at the market.
Ngirang teri sakhangla chya thung galin.	डिरङ तेरी सखडला च्या थुड गालिन ।	We all went to the restaurant to drink tea.
Nye dalza Sunitaki barela tamnye kyain.	डे दालजा सुनिताकी बरेल तम्डे क्याइन ।	We talked about my friend Sunita.
Sunita lopin hotup tamnye nye dalzi tesu hakkosung.	सुनिता लोपइन होतुप तम्डे डे दल्जी तेसु हक्कोसुड ।	I knew from my friend that Sunita is still studying.
Nyirang denla diwi.	डिरङ डेनला डिवी ।	We go for an invitation.
Haring nga khomu me.	हरिङ ङ खोमु मेए ।	Today, I am busy.
Khyurung khomu wata ?	ख्यूरुङ खोमु वता ?	Are you free ?
Goki sama kangse ?	गोकी समा कङसे ?	What do we eat for dinner ?
Haring gomu syakpa sap.	हरिङ गोमु स्यकपा सप ।	This evening we eat Sherpa stew.
Keni zhuki ?	केनी ज्यूकी ?	Where do you live ?
Nga Bauddha dekiwi.	ङ बौद्ध देकिवी ।	I live in Bauddha.
Phoki katiki minti kangsi ?	फोकी काअतिकी मिनती कङसि ?	What is the name of that mountain ?
Jambulingki ka thenbuti dakpi lungbala wai.	जम्बुलिङकी काअ थेन्बुती दाक्पी लुङबाला वाई ।	The highest mountain of the world is in our country.
Diti solukhumbula wai di nepalki sharla khelkiwi.	दिती सोलुखुम्बुला वाई दि नेपालकी स्यरल खेलकीवी ।	It is in Solu-Khumbu and it is in the eastern part of Nepal.

Dakpu sherwa teriki dakpi lungsung jetup megiwi.	दाक्पु शेर्वा तेरीकी दाक्पी लुङसङ जेतुप म्यगिबी ।	All we Sherpas shall not forget our Sherpa culture.
Dapki khangba peza tang kyani sherwi tamnye kigokiwi.	दाक्पी खड्बा पेजा तड क्यानी शेर्वा तम्डे किगोकिवी ।	We have to speak Sherpa language at home with the children.
Khyurung solu dop bela kanisu di ?	ख्यूरुङ सोलु डोप बेला कनीसु डि ?	From where do you go to Solu ?
Parsala jirine diwi, parsala namdula phaplu diwi.	परसल जिरीले डिवी, परसल नम्डुला फप्पु डिवी ।	Sometimes, I go from Jiri, and sometimes, I go to Phaplu by flight.
Jirine galsing khangba leula nyima cho thowaki ?	जिरीने गल्सीङ खड्बा लेउला डिमा चो थोवकी ?	How many days does it take from Jiri to your house ?
Gadila nyima chik tang kangbi nyima sum kyani nyima zhi thokiwi.	गडिला डिमा चिक तड कडवी डिमा सुम क्यानी डिमा जि थोकीवी ।	It takes four days, one day by bus and three days by walk.
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 ।	Somewhere up and somewhere 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 Nagakot 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 सिंसिङ गोमिती छ बजेला डिवी ।	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 लेपकिवी ।	We will arrive arround two o'clock.
O, yambu yang metsenge tang mi mangmu nok.	ओ । यम्बु यङ मेचेडे तङ मी मङ्मु 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 for work and to study.
Deki lhap dasa lemuti keni hinang ?	देयकी ल्हप दासा ल्यमुती केनी हिनङ ?	What is the best place to visit here ?
De lhap dasa bangi wai. Keni pheпки Bauddha, Swayambhu, Pashupatinath ... ?	देय ल्हप दासा बङी वइ । केनी फेप्की बौद्ध, स्वयम्भू, पशुपतिनाथ ?	There are many places for visits. Where do you want to go, Bauddha, Swayambhua Pashupatinath ... ?
Haring Bauddha dop hina ?	हरिङ बौद्ध डोप हिना ?	Today, wego to Bauddha, o.k. ?
Hanumandhoka sang lhadhogokiwi lhap sama bangi wai.	हनुमानढोका सङ ल्हढोगोकिवी ल्हप समा बङी वइ ।	We have to visit Hanauman Dhoka also. There are many things to see.
Te tangboki pe tang dongbu chikla jou khangba wai.	त्य तङबोकी पे तङ दोङबु चिकला जोउ खडबा वइ ।	There is old history and a house that is made from one tree.
Kenisang khangbatirang nok tiwi baliti keni depkitang ?	केनीसङ खडबातिरङ नोक, तिवी बालीती केनी देप्कीतङ ?	There are houses everywhere. So, where do they plant the crop ?
Mi mangsoki chokhangla ngewi.	मि मङस्वकी छोखडला डेवी ।	Most people buy food in shops.

## Problems of Sherpa youth

Tasam mi mangso shaharla dekiwi.	तसम मि मडस्व शहरला देकीवी ।	Now, most of the people live in the city.
Mi lalai shaharla miji kyongup gaakiwi.	मि ललाइ शहरला मिजी क्योडुप गाअकिवी ।	Some people like the life in the city.
Shaharla miji kyongupla kangi dukpa wai ?	शहरला मिजी क्योडुपला कडी दुक्प वइ ?	What are the problems of city life ?
Chila mi mangswa yambula dop hinang ?	चिल मि मडस्व यम्बुला डोप हिनड ?	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 रड देसिड ल्यमु लोउप तड मिलुडवा डोप कड अमोछोउ क्यन मि यम्बुला डोप हिन ।	If we live in the village, we also cannot get good education and we cannot go to foreign countries , so people go to Kathmandu.
Kyurungla shaharki miji gaa nouki yulki miji gaa nok ?	क्यूरुडला शहरकी मिजी गाअ नोउकी यूल्की मिजी गाअ नोक ?	What do you like better, city life or village life ?
Ngala yulki miji gaa wai chilasing nga yulla keu hin.	डला यूल्की मिजी गाअ वइ । चिलसिसिड ड यूला 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 तड दुक्पाला दलजा किवी ।	My neighbours are friendly and helpful.
Dakpi yulla mi khamu metu tapki dakpi yulla yarko magalup hin.	दाक्पी यूला मि खामु मेटु 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 learnt Japanese language six months.
Khyoro mastar jarman hinangki nepali hin ?	ख्योरो मस्टर जर्मन हिनडका नेपाली हिन ?	Is your teacher German or Nepali ?
Jarman tang japaniz tamnye tsukoti mang kale nok ?	जर्मन तड जापानीज तम्डे चुकोती मड 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 कड हिन ?	What is your mother tongue ?
Khyoro zendi kyaup ?	ख्योरो जेन्दी क्याउप ?	Are you married ?
Las, nye jendikyan lo sum	लस, डे जेन्दी क्यन लो सुम गल ।	Yes, I have married three

gal.

Peza watang me ?

Khyoro ru kang hin ?

Nye ru salaka hin.

पेजा वतङ मे ?

ख्योरो रू कङ हिन ?

डे रू सलाका हिन ।

years ago.

Do you have children ?

What is your clan ?

I belong to the Salaka clan.



Di mendok min kang hin ?	दि मेन्दोक मिन कड हिन ?	What is the name of this flower ?
Di tongmar mendok hin.	दि तोडमर मेन्दोक हिन ।	This is a rhododendron flower.
Di laa kangla syarki ?	दि लाअ कडला स्यरकी ?	In which month does it blossom ?
Chet tang baisakhla syorkiwi.	चेत तड 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. (We have very bad weather today)
Kyirung de dekinok ?	ख्युरूङ दे देकिवी ?	Will you stay here ?
Sala nyirang Zhung diwi.	सला डिरङ जुङ डिवी ।	Tomorrow we will go to Junbesi.
Sangbu nyirang Takshindu diwi.	सङबु डिरङ टाक्सिन्दु डिवी ।	Next year we will go to Takshindu.
Nyirang mani rong diwi.	डिरङ मनी रोङ डिवी ।	We go for praying.
Sherwa towa gawa galsima lhangangla mani rong diwi.	शेर्वा तोव गाव गल्सीम ल्हङङला मनी रोङ डिवी ।	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 गल्लोक ।	The children have gone to work.
Khyokpeza teri trekingla galnok.	ख्योकपेजा तेरी ट्रेकिङला गल्लोक ।	All young men have gone to trekking.
Udgyen sardar hin.	उडग्येन 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 / habit

Semla kang wai ?	सेमला कड वइ ?	?
Sem dukpa langginok. / Pap langginok.	सेम दुक्पा लंगिनोक । / लंगिनोक ।	What is on your mind ? I am worried.
Chila?	चिला ?	Why ?
Khangba zop bela mi chawa mangmu phoksung.	खडबा जोप बेला मी छवा मडमु फोक्सुड ।	Because of the house construction, I am totally indebted.
Awa ami changga kitup bela di miti chawala shorsung.	अव आमी छडगा कितुप बेल दि मिती छवाला सोरसुड ।	This person is indebted because of the second burial ceremony of his parents.

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Chapter 07

**Everyday talk**

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Pezi zendi nam hin ?	पेजी जेन्दी नम हिन ?	When is the marriage of the children ?
Gaki changga gomalake kyain.	गकी छडगा गोमलाके क्यइन ।	The second burial ceremony 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 चोडगी 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 ग्यला डिबी ।	We are going to India.
pho tokpa gyapnok.	फो टोकपा ग्यपनोक ।	There is a landslide.
Kalak towa tsang joinok.	कलक तोव छड जोइनोक ।	The ravens are building their nests.
Di ra karmuti ngala tsonggita ?	दि र करमुती डला चोडगीता ?	Will you sell me this white goat ?
Khyurung 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 ह्रिउ 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.	नम्मोल च्यङबु हिन । / नम्मोल 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 ?	ख्युरूङला पुजुङ चो वइ ?	How many sons do you have ?
Ngala puzhung nyi wai.	डला पुजुङ डि वइ ।	I have two sons.
Nye peza tikpe wai.	डे पेजा टिकपे वइ ।	My children are small.
Khyurungla peza tso wai ?	ख्युरूङला पेजा चो वइ ?	How many children do you have ?

Ngala pum sum wai : डला पुम सुम वइ : पेम्बा, फुर्वा तड । have three daughters:  
Pemba, Phurwa tang केन्छी । Pemba, Phurwa and  
Kenchi.

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Chapter 08

**Village problems**

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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.	डे स्यमुङती हुरतुक खुन्गाल ।	The storm has carried my hat away.
Hurtuk me phelkinok.	हुरतुक मे फेल्कीनोक ।	The storm has disseminated the fire.
Natung tshikinok.	नाटुङ छिकिनोक ।	The forest is burning.
Chet tang baisakhla hurtuk kashyen gyakiwi.	चेट तङ बैसखला हुरतुक कस्यन 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 गेवीनोक ।	If we cut the tree, there will be landslides.
Zik tang tom tosung.	जिक तङ तोम टोसुङ ।	Leopard and bear run away.
Hriu kiu kiu siwi.	ह्रिउ किउ किउ सिवी ।	The monkeys cry "kiu, kiu".
Zik watene ?	जिक वतेने ?	Perhaps a leopard ?
Ziki piu tikpe senok.	जिकी पिउ टिक्पे सेनोक ।	The leopard has killed a small calf.
Tangbo dakpi yulla dongbu bangi wai.	तङबो दक्पी युल्ला दोङबु बङी वङ् ।	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.	दाक्पु 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	दाक्पु 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

ngolarang ngekiwi.	dukpa		generation; we may have problems in our life.
Pelacha jaksin, tokpa dop chu kambup tang utonggupa hurtuk tsenge menyeute lepkiwi.	पेलछअ ज्यक्सीन, टोक्प डोप छु कम्बुप तड ऊतोडगुपला हरतुक चेडगे मेडेउते लेष्कीवी ।		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 सुड मे ।		All young people go away for trekking; so, there is nobody to work in the village.
Dakpi lungbala napha lemu hungguti paryatan tesu hin.	दाक्पी लुडबाला नाफा ल्यमु हुडगुती 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 लुडबा स्कूल तड मेखड 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 ल्हपतिरड मिन दाक्पीकी छोओ तड लुडसुड लोउपकी लगिसड गिवी ।		The tourists are not only coming to see the mountains. They also come to learn to know our traditions and culture.

De keni juni wai ?	दे केनी जुनी वइ ?	Where do you stay here ?
Hotel sherpala den wai.	होटेल शेर्पाला देन वइ ।	I stay in Hotel Sherpa.
Amerikane nam pheu ?	अमेरीकने नम फेउ ?	When did you come from America ?
Dang wain.	दाङ वइन ।	I came yesterday.
Trekingla nam phepki ?	ट्रेकिङला नम फेप्की ?	When do you go to the trek ?
Nyima nyi jukla dop non wai.	डिमा डि जुक्ला डोप नोन वइ ।	I think I will go after two days.
Keni pati phepki ?	केनी पटी फेप्की ?	Which region will you go to ?
Khyurung jerman nam di ?	ख्यूरुङ जर्मन नम डी ?	When do you go to Germany?
Nga jerman yeru diwi.	ङ जर्मन येरु डिवी ।	I go to Germany in summer seasonm
Khyurung jerman pala coo galu ?	ख्यूरुङ जर्मन पाला चोओ गालु ?	How many times have you been to Germany?
Nga pala sum galin.	ङ पाला सुम गलिन ।	I've been there three times.
Jermanki bisa nyetup kalle nok.	जर्मनकी बिषा डेतुप कल्ले नोक ।	It is difficult to get visa for Germany.
Bisa nyetupla syu tsukoi gokinok ?	बिषा डेतुपला स्यु चुकोइ गोकानोक ?	What kind of documents do we need to get visa?
Zimma kitup mi tanggu syu tang dakpu laka kitup kampaniki syu gokinok.	जिम्मा कितुप मी तङ्गु स्यु तङ्ग दक्पु लाका कितुप कम्पनीकी स्यु गोकानोक ।	We need a letter of obligation from a responsible person and from our company where we work.
Nepalki erportla tamnye mangmu tinkok.	नेपालकी एरपोर्टला तम्डे मङ्गमु टिनोक ।	At the airport in Nepal, they ask many questions.
Khyurung jermanki tsuko dasala deki ?	ख्यूरुङ जर्मनकी चुको दासाला देकी ?	At which place do you stay in Germany?
Nga henephla dekiwi.	ङ हेनेफला देकिवी ।	I stay in Hennef.
Te khyurung si mula deki ?	त्य ख्यूरुङ सि मुला देकी ?	With whom do you live there?
Nga ani tang tsak mula dekiwi.	ङ आन तङ्ग छ्वाक मुला देकिवी ।	I live with my aunt and 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 फ्रेङ्गफुट गलिन तरा दि पाला कोलोन डिवी ।	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 Nepal.  
Dakpi inglis lop masesin दक्पी इङलीस लोप मसेसीन It is very difficult to travel to  
milungba yuku kalle मिल्डुबा यूकु कल्ले गिनोक । foreign countries if we  
ginok. can't speak English.



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Chapter 10

**Forests and agriculture**

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Shing goki nok.	शिङ्ग गोकि नोक ।	We need wood.
Natung kasenakyan masegal ghatekyasung.	नठुङ कसेनक्यन मसेगल / घटेक्यसुङ ।	The forest stand is strongly reduced.
Tya chungma bangi nok.	त्य छुङम बडी नोक ।	There are too many animals.
Chungmala so bangi gokiwi.	छुङमला सो बडी गोकिवी ।	The animals need too much fodder.
Tangbo dakpu cha zopla sol ruin.	ताङबो दाक्पु च्यअ जोपला सोल रूङन ।	In the past, we collected leaves for composting.
Dongbu menok sisin cha megiwi.	दोङबु मेनोक सिसिन छअ मेगीवी ।	There will be no fertiliser when there are no trees.
Sing mangmu khor kitupla thokiwi.	सिङ मङ्मु 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 ग्यकगोकीवी ।	One should replace the wooden fences with wire fences or stone walls.
Khangbi thek gyeulang sing bangi gokiwi.	खङबी थेक ग्येउलाङ सिङ बाडी गोकीवी ।	A lot of wood is also needed for the roof shingles.
Sherwa tiwala syangup belasang sing bangi gokiwi.	शेर्वा तिबला स्यङुप बेलासङ सिङ बाडी गोकीवी ।	The Sherpas also need a lot of wood for cremations.
Nyira yulki chipla 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 बाडी गोकीवी ।	This cheese factory needs a lot of wood for the production of cheese.
Chiz tsonggupla shahar khundogokiwi.	चिज चोङ्गुपला शाहर खुनडोगोकीवी ।	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	पतीप लाका बडीला फेन थोकीवी ।	Bamboo can be used for

thokiwi.		many purposes.
Patip khangba dzop, chumala terup tang tseu lhapla phen thokiwi.	पतीप खडबा जोप, छुमाला तेरूप तड चेउ ल्हपला फेन थोकीवी ।	We use bamboo for house constructions, as animal fodder, as vegetable, for weaving baskets, etc.
Sherwa tiwi dongbu lhakpa dzugokiwi.	शेर्वा तिवी दोडबु ल्हक्पा जुगोकीवी ।	The Sherpas should plant more trees.
Dang tasam lola phal phulki dongbu mangmu tamnok.	दड तसम लोला फल फुलकी दोडबु मडमु तम्मोक ।	In recent years, a number of fruit trees have been planted.
Khaskyan, syau tang khambi dongbu ngekiwi.	खसक्यान, स्याउ तड खम्बी दोडबु डेकीवी ।	Especially, you find apple trees and peach trees.
Anggur sang dep gokiwi.	अंगुर सड 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 तड बिटमीन मडमु गिवी ।	The grapes are fruity and rich in vitamins.

Lang nam moki ?	लाङ नम मोकी ?	When do you plough the fields?
Ngira phagun tang tset laala lang mokiwi.	डिरा फागुन तङ चेट लाअला लाङ मोकिवी ।	At the beginning of the year, in the months of Phagun and Chait (January-March)
Sen nam depki. Tsetla depkiwi.	सेन नम देपकी ? चेटला देपकीवी ।	When is the sowing ? 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.	डिरा लिची, जौ, टअ, टउ, रिक्की, पेरेची, फर्सी, पुरी, हल्ला, 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 डिरडला सप लगीवी ।	There is a lot of work, but we have enough to eat.
Nyirang namki barla wai.	डिरड नामकी बरला वइ ।	We depend upon the weather.
Naning cherwa gyam riki nyesung.	ननीङ छेर्वा ग्यम रिक्की डेसुङ ।	Last year, the potatoes have gone bad because of the rain.
Nyira ti riki towa chumala binin.	डिर ति रिक्की तोव छुमाला बिनिन ।	We have given them to the animals.
Sen langgup tsoirang wai.	सेन लङगुप चोइरड वइ ।	There is just enough for the seed.
Nye yulwala litsi tang mula riki jeta sim tigokiwi.	डे युल्वाला लिची तङ मुला रिक्की 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 डला 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 थुप्कीवी ?	Can you also send your children ?
Nyirangla dalza kitup mi malanggiwi.	डिरडला दलजा कितुप मी मलङगीवी ।	We don't have enough helping hands.
Giwipe tara khurung tang	गिवीपे तर ख्यूरुङ तङ छम नअ	Well, but you and your wife

tsam naa nyirate lakaki hunggokiwi.	डिरत्य लकाकी हुङ्गोकीवी ।	must work for us the day after tomorrow.
Las, nyirang hunggup.	लस, डिरङ हुङ्गुप ।	Yes, we will come.
Nyirangla sap tang thunggup lemo nyekiwi ?	डिरङला सप तङ थुङ्गुप 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 दोमङ्गुमु होतुपक्यान ।	Ours have gont blunt because of the many stones.
Sen tamsinsima nyirangla khomu giwi.	सेन तमसिनसिसिमा डिरङल खोमु गिवी ।	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 खङ्बा 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.

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 डकीती ।	The five-year-old one.
Ti nyirangla mogoi.	ति डिरडला मोगोइ ।	We don't need him.
Mastarki peza teri skul tonggokiwi sinok.	मस्टरकी पेजा तेरी स्कूल तोडगोकीवी सिनोक ।	The teacher says that all children should be sent to school.
Pumsang kitap loup tang tiku lop gokiwi.	पुमसड किताप लोउप तड टिकु लोप गोकीवी ।	Girls, too, must learn to read and write.
Di jukthambala lemu giwi.	दि जुकथम्बाला ल्यमु गिवी ।	This would be better for the future.
Saharla pumsang skul diwi.	सहरला पुमसड स्कूल डिवी ।	In town, girls go to school as well.
De yulla mang tingla khelwai.	देय यूला मड तिडला खेलवइ ।	Here in the village, we are mor backward.
Pumpeza towang chuma min. Tiwisang kangrechikre nye gokiwi.	पुमपेज तोवड छुम मिन । तिवीसड कडरेचिकरे डे गोकीवी ।	Women are not animals; they must also get something.
Khyoro kang sikyau hin : sing tang khangba ?	ख्योरो कड सिक्क्यउ हिन : सिड तड खडबा ?	What do you mean: land and house ?
Minum tang lama tiwa pumpezala melokpa kiwi.	मिनुम तड लामा तिवा पुमपेजाला मेलोकपा किवी ।	The shamans and priests are anti-women.
Tiwi pumpezala melokpa tang mara tonggiwi.	तिवी पुमपेजाला मेलोकपा तड मरा तोडगीवी ।	They talk in a discriminating way about female persons.
Tiwi peza kep dikpa hin sinok.	तिवी 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 तिवी पुमपेजाला पेम सिन सिवी ।	The shamans pronouce women as witches.
Tsila pumpeza tiwa kang misir detup hin ?	चिला पुमपेजा तीव कड मिसिर देतुप हिन ?	Why do women put up with it ?
Tsila pumpeza tiwi khyok pezala tsep hin ?	चिला पुमपेज तिवी ख्योक पेजाला चेप हिन ?	Why do women idolize men ?
Tsila khyok peza tiwa mangmu tulku tang rimburché hotu hin ?	चिला ख्योक पेजा तिवा मडमु टुल्कु तड रिम्बुरचे होतु हिन ?	Why are there so many male Tulkus and Rimboches ?

Tsila pumpeza tulku tang rimburche metup hin ?	चिला पुमपेजा टुल्कु तड रिम्बुरचे मेतुप हिन ?	Why are there no female Tulkus and Rimboches ?
Chilasisin. Pumpeza tiwi loup tang tiku meseu ken hin.	चिलसिसिन । पुम्पेजा तिवी लोउप तड टिक्कु मेसेउ क्यन हिन ।	Because the women cannot read and write.
Lhengolaup mi tsenga tiwa kanisu gitang ?	लहेडोलउप मि चेड तिब कनिसु गितड ?	Where do all those holy men come from ?
Tiwa mukpi orne giwi.	तिब मुक्पी ओरने गिबी ।	They come from the clouds.
Tiwa zambu lingne wau min.	तिब जम्बु लिङनेय वउ मिन ।	They are not from this world
Hina ? Nye yang patemikiwi.	हिना ? डे यड पतेमिकीवी ।	Really ? I don't believe this !
Tiwang tiwi ami khokne dakpu doke ken wau hin.	तिवड तिवी आमी खोकनेय दक्पु दोके क्यन वउ हिन ।	They have come from their mothers' wombs like us.
nye mamala mesin khyoro dukpa nyekito.	डे ममला मेसिन ख्योरो दुक्पा डेकिवी ।	You'll be sorry if you talk bad about my mother!
gusa / gun deta.	गुस / गुन देत ।	You just wait !
Tsila khyokpeza towa pumpeza sinang ramba hotu hin ?	चिला ख्योकपेजा तोव पुमपेजा सिनड रम्बा होतु हिन ?	Why are men stronger than women ?
Pumpeza towa kamjor hunggup ti tsilasising peza mangmu kep ken hin.	पुमपेजा तोव कम्जोर हुङ्गुप ती चिलासिसिन पेजा मङ्गु क्यप क्यन हिन ।	Women are weak because they get so many children.
Khyoro khangba su tala deki ?	ख्योरो खङ्बा सु टला दकी ?	Who is sitting in the upper row in your house?
Khyokpeza tiwa hambum tiwi kang tsokiu lhenok.	ख्योकपेजा तिब हम्बुम तिवी कङ चोकियु लहेनोक ।	The men ! They watch what the women are cooking.
Puzhum hotup bela yukupti su hin ?	पुज्युम होतुप बेला युक्पती सु हिन ।	Who runs about with a swollen womb ?
Ama tiki. Yanglung ang kenok.	आमा तिकी । यङ्लुङ अङ केनोक ।	The mother ! Again, she gets a baby.
Ti nari kyukinok.	ति नारी क्युकिनोक ।	She is often vomiting.

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Chapter 13

**Childrens' problems**

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Halo thangbu ?	हालो थाडबु ?	Hello, how are you ?
Tsei nenok. Thangburangke minduk.	/ चेइ नेनोक । / थाडबुरङके मिन्दुक ।	I don't feel well.
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 टिकपे सिसिमा चङबुल सम्बीवक्ल जिक्कीवी ।	People have buried their dead children in the river under the bridge.
Do kyurti tsep.	दो क्यूरटी चेप ।	Then let's play throwing stones!
De lho lumung tshonok. Tsei khungyuk.	दे ल्हो लुमुङ छोनोक । चेइ खुनग्युक ।	Look, here are ripe berries 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.	डलायङ 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.	दुक्पा डेकितो ।	There'll be trouble !
Tiwa mi melokpi singkhala galnok.	तिव मी मेलोकपी 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 खोकचा मिगिबि ।	Take some green fodder so that your father is not so angry.
Ngala zhiwa langinok.	डला जिब लङगिनोक ।	I'm afraid.
Khyurung nyira bakari nangla nyilaksing giwi.	ख्यूरुङ डिरा बाकरी नडला डिलाक्सिङ गिबी ।	You can also sleep in our barn.
Khyurungla kangretsikre khunghunggup.	sama ख्यूरुङला सम कडरेचिक्रे डे डे nye खुनहुङगुप ।	I will bring you something to eat.
Min nga khangba dop gaanok.	मिन ड खडबा डोप गाअनोक ।	No, I prefer to go home.



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Chapter 14

**Brothers and sisters**

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Halo, dang kang kyasung ?	हालो, दाड कड क्यसुड ?	Hello, what about yesterday ?
Tarung uru ami khowa binsung.	तरुड उरु आमी खोव बिनसुड ।	My stepmother has still given me soup.
Ti peladoke melokpa minduk.	ति पेलदोके मेलोकपा मिन्दुक ।	She is not as bad as in the fairytale.
Papi dunggup tshalsungpe tara uri dung machi (talsung).	पपी दुङगुप छल्सुडपे तर उरी दुङ माची (टलसुड) ।	Father wanted to beat me, but she intervened.
Tiki nga tarung ang tikpe hin sikyasing.	तिकी ङ तरुड अड टिकपे हिन सिक्यसुड ।	She said that I'm still a small child.
Khyurung te way. Shok yanglung tsinme tsep.	ख्यूरुड त्य वय । शोक यङलुड 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 स्कुल डिवी ।	Does your sister also go to school ?
Las. Le tsiktso nyitsoiki lagi tirang diwi.	लस । लो चिकचो डिचोइकी लागि तिरङ डिवी ।	Yes, she is going for one or two years only.
Tiki nari pala tang mamala dalza kyasung.	तिकी नरी पला तङ ममाला दल्जा क्यासुड ।	She always has to help mother and father.
Jyukla / tingla shing tang khangba teri aju nupla thopkiwi.	ज्युकल / तिङल सिङ तङ खङबा तेरी उज्यु नुपला थोप्कीवी ।	Later, the brothers get all land and the house.
Azhi tang numla mazhya, kenyen nekyok tang cguma tirang nyekiwi.	आजी तङ नुमला मज्य, 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 बडी 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 खुरुड 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 खेरो मिजीकी लागि दक दकपी 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 पुमपेजी सङ ख्योक्पेजा मेतेरीवी । Women also don't give  
meteriwi. away men.  
Tiwi khoro khewa dakdakpi तिवी खोरो खेव दकदक्पी They shall choose their  
cholgokiwi. छोलगोकिवी । husbands themselves.

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## Chapter 15

### Future of Sherpa society

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Tshongkitupla, sherwa towa nari pela gyala tang yambula diwi.	छोङकितुपला, शेर्वा तोव नरी पेला ग्यला तङ यम्बुला डिवी ।	For trading, the Sherpas have always travelled to Tibet, India and Kathmandu.
Haring, sherwa towa mangmu sharharla tang milungba bangiki lagi diwi.	हरीङ, शेर्वा तोव मङ्मु शहरला तङ मिलुङबा बङ्गीकी लागि डिवी ।	Today, many Sherpas go to the towns and abroad for long.
Te tiwa laka kimuthuu tirang wai.	त्य तिव लका किमुथुउ तिरङ वइ ।	There, they are only unskilled workers.
Tiwa dukpi galph tang gyala demuthui.	तिव दुक्पी डोला गल्फ तङ ग्यला देमुथुइ ।	They don't stand the hard living conditions at the Gulf 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 कुङवउ ज्यूक्ला तेरीकी चिवी ।	After their return, they are hold in great esteem.
Kangri tang paryatanki sherwa towala yemba dasala galdetupla bangi phenthon wai.	कङरी तङ पर्यटनकी शेर्वा तोवला येम्बा दासाला गलदेतुपला बङ्गी 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 घुगोकीवी ।	Those who want to find a job have to wait for mountaineers and tourists in town.
Nyirangla chea me di tsukko di te.	डिरङला छेअ मे दि चुक्कोइ 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.	पपलङ्गुप 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.
Dukupaki tamnye kang sising matar 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	तर मस्टारकी लका छेकङकी लागि	But to be a teacher is a job

chekangki lagi hin / giwi.	हिन / गिबी ।	for life.
Kangri sardar tang kulli laka jenda hotup bela tirang hin.	कडरी सरदार तड कुल्ली लका जेन्दा होतुप बेला तिरड 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 मडमुकी तिबी मिजी पर्यटककी लागि कडरीला तोन / सीन वइ ।	Many Sherpas lose their lives in the mountains for the foreigners.
Sherwa tiwa lutup dzolhamu giwi.	शेर्वा तिव लुतुप जोल्हमु गिबी ।	The Sherpas can easily be influenced.
Tiwi mi hembu kangki siwe ti kiwi.	तिवी मि हेम्बु कडकी सिवे ति किवी ।	They do what other people tell them to do.
Haring, sherwa towa lungsungla sen wai.	हरिड, शेर्वा तोव लुडसुडला 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 खडवी लका तड सिड खकी लका चिकरडकी किवी तिबी खेवा पडला 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 तिव यूला कनिवसड डुडमु थोडगुवी ।	But the lack of male persons in the village can be seen everywhere.

Sherwi khangba towa tenga tang lenba giwi.	शेर्वा खडबा तोव टेडा तड लेन्वा गिबी ।	The Sherpa houses are cold and often even wet.
Te me dayap tsimni me khulla metirang wai.	त्य मे दयप चिम्नी मे खुल्ला मेतिरड वइ ।	There is no heating, only open hearths.
Tiki lagi sherwa towa magmu nap hin.	तिकी लागि शेर्वा तोव मडमु नाप हिन ।	So, many Sherpas suffer from illnesses.
Teng chaa tang nimoniya ten tang soka khasakyan thogiwi.	टेड छअ तड निमोनिय तेन तड सोका खसक्यन थोगिबी ।	TB and pneumonia belong to the typical autumn and winter illnesses.
Yeru khokpa tang gemi dukpa giwi.	येरु खोकपा तड गेमी दुक्पा गिबी ।	In monsoon, there are stomach and intestinal troubles.
Sherwa mangmula khokla bugyaldang shon dukpagiwi.	शेर्वा मडमुला खोकला बुग्यलदड सोन दुक्पागिबी ।	Many Sherpas suffer from roundworms.
Diti tsila sisin tiwa sing khala laka kyasima zhukla lakpi sama sapkyan hin.	दिती चिला सिसिन तिव सिड 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 मडस्यो गुन्बु सिवी पेजा टिक्पे येरु मड सिवी ।	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 ललितिरड 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 sterilize.
Khyawa tang penmi kamdzor / newi sin bishwas kiwi.	ख्याव तड पेन्मी कम्जोर / नेवी सिन विश्वास 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 मडमु ल्होवतुडबा 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 टेडगा तड ग्यावि लडगुप म्य सिन होरू देन्कीनोक ।	But the people complain they did not have enough money, no work and not enough food.
Kang kyen hinang ?	कड क्यन हिनड ?	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 तिवी पेजा टिक्पेला जेन्दी क्यन तेकीवी ।	Many parents marry their children at a very young age.
Pezi gyawi khun mengnok.	पेजी ग्यावि खुन मेङनोक ।	Children are no longer an old-age pension.
Awa ama gawagama dop bela peza teri thakringbu dinok.	अव अमा गावगाम डोप बेला पेजा तेरी थक्रीङवु डिनोक ।	When the parents are old, the children will long have gone away.
Sherwa pumpeza towa mangmu ang kyep bela siwi.	शेर्वा पुमपेजा तोवा मङ्मु अङ क्यप बेला सिवी ।	Many Sherpa women die during child birth.
Di men tang daktar lemu metup kyen hin.	दि मेन तङ डक्तर ल्यमु म्यतुप क्यन हिन ।	This is because of lacking medical care.
Nyenme galsang hin.	डेन्मे गालसङ हिन ।	Malnutrition also plays a part.
Ang keu nyima sum zhyukla amati khetsir lan sinok.	अङ 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.	अङ खङबा गोमला वोनी तङ 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 तिवा अङ क्यप बेला मेखङला डोगोकिवी ।	Women should go to the health centers when the child announces its arrival.