



## Guidelines for use

*RDNS is committed to the Multicultural Victoria Act 2004, which informs RDNS' policies to ensure people from culturally and linguistically diverse (CALD) backgrounds can enjoy access to RDNS' services equally, and are treated with respect and sensitivity.*

*RDNS' clients originate from 145 countries and speak 74 languages.*

*Each of RDNS' nursing centres provides services to local CALD communities, which vary markedly from centre to centre. Some centres may have large population groups from single ethnic backgrounds; others may have several groups of varying ethnicity.*

*RDNS recognises that effective communication is essential to the delivery of high quality services and communicates with people who speak little or no English with the use of accredited interpreters (on-site and telephone), the provision of translated materials, and wherever possible employing staff who can provide services to clients in a language other than English.*

*In addition, RDNS makes available this information sheet which comprises common words and phrases that might be used when a client from a non-English speaking background is experiencing an episode of care from RDNS.*

*Whilst this document was originally developed for use by RDNS staff, it may of use to you or people you know and as a result is freely available for download and use.*

*This document includes information on the following:*

*Introduction to the language*

*Topic 1: Greetings*

*Topic 2: Making / changing appointments*

*Topic 3: Medical problems*

*Topic 4: farewell*

*RDNS remains committed to providing the best possible care to all of our clients.*



## Introduction to the Polish Alphabet

The Polish language used by the Polish community in Australia is modern standard Polish. Some older people may speak regional dialects, but they are usually able to read and write the standard language. The Polish alphabet is based on Latin alphabet but has additional nine letters, making it a 33-letter alphabet.

In the Polish language, professionals use the polite form of address when communicating with their clients. Therefore some phrases have been provided in two versions – for the female (F) and male (M) speaker.

Polish Letter	English Equivalent	Closest Pronunciation in English
a	a	apple, ar
ą	on (but more nasal)	French word “garçon”
b	b	bacon
c	ts, tz	tsar, tzatziki
ć	ch (but softer)	chin
d	d	doctor
e	e	embrace, Edwin
ę	en (but more nasal)	French word “bien”
f	f	factory
g	g	gate
h	h	hat
i	i	ink
j	y	year
k	k, c	Kate, cat
l	l	loud
ł	w	wood
m	m	mother
n	n	nurse
ń	ń (softer „n”)	genie
o	o	Oscar
ó	ó	foot
p	p	park
q	k	quintal
r	r (rolling sound)	rose
s	s	space
ś	sh (but softer)	shin
t	t	task



<b>u</b>	<b>u</b>	Uluru
<b>v</b>	<b>v, f</b>	Victoria, folk
<b>w</b>	<b>v</b>	Victoria
<b>z</b>	<b>z</b>	zebra
<b>ż</b>	<b>zh (but softer)</b>	Dr. Zhivago
<b>ź</b>	<b>zh (but harder)</b>	Gerard Depardieu
<b>y</b>	<b>y</b>	hysterical
<b>x</b>	<b>ks</b>	Roxanne



## Topic 1: GREETINGS

English	Polish	Closest Pronunciation in English
Hello	Dzień dobry	Dzhyen d <b>o</b> bree
Good morning	Dzień dobry	Dzhyen d <b>o</b> bree
Good evening	Dobry wieczór	Dobree v <b>y</b> e <b>ch</b> oor
Good night	Dobranoc	Dobrah <b>n</b> otz
What is your name?	Jak się Pani nazywa? (Female) Jak się Pan nazywa? (Male)	Yak shyen Pa <b>n</b> ee naze <b>e</b> vah? Yak shyen Pa <b>n</b> naze <b>e</b> vah?
I am a nurse	Jestem pielęgniarką	Yestem pyelengny <b>a</b> rkon
My name is	Nazywam się	Naze <b>e</b> vam shyen
Mr / Mrs	Pan / Pani	Pan / Panee
I am happy to see you again	Cieszę się, że Pa <b>n</b> ią znowu widzę (F) Cieszę się, że Pa <b>n</b> a znowu widzę (M)	tsy <b>e</b> shen shyen zhe Pa <b>n</b> ion zno <b>v</b> oo ve <b>e</b> dzen (Female) tsy <b>e</b> shen shyen zhe Pa <b>n</b> a zno <b>v</b> oo ve <b>e</b> dzen (Male)
No	Nie	Nyeh
Yes	Tak	Tahk
Good	Dobrze	D <b>o</b> bz <b>h</b> eh
Do you understand me?	Czy Pani mnie rozumie? (F) Czy Pan mnie rozumie? (M)	Chee Pa <b>n</b> ee mnyeh roz <b>o</b> omyeh? Chee Pa <b>n</b> mnyeh roz <b>o</b> omyeh?
I understand	Rozumiem	Roz <b>o</b> omyem
I don't understand you	Nie rozumiem, co Pani mówi (F) Nie rozumiem, co Pan mówi (M)	Nyeh roz <b>o</b> omyem tso Pa <b>n</b> ee mo <b>o</b> vee Nyeh roz <b>o</b> omyem tso Pa <b>n</b> mo <b>o</b> vee
Do you need an interpreter?	Czy potrzebuje Pani tłumacza? (F) Czy potrzebuje Pan tłumacza? (M)	Tshee potshebo <b>o</b> oyeh Pa <b>n</b> ee two <b>o</b> m <b>a</b> cha? Tshee potshebo <b>o</b> oyeh Pa <b>n</b> two <b>o</b> m <b>a</b> cha?
I need an interpreter	Potrzebuję tłumacza	Potshebo <b>o</b> oyen two <b>o</b> m <b>a</b> cha

## Topic 2: MAKING / CHANGING APPOINTMENTS



English	Polish	Closest Pronunciation in English
<b>What day can I visit you?</b>	Kiedy mogę Panią odwiedzić? (F) Kiedy mogę Pana odwiedzić? (M)	Ky <u>e</u> dee mo <u>g</u> en Pa <u>n</u> yon odvy <u>e</u> dzeetch? Ky <u>e</u> dee mo <u>g</u> en Pa <u>n</u> ah odvy <u>e</u> dzeetch?
<b>At what time?</b>	O jakiej porze?	O ya <u>k</u> yey po <u>z</u> heh?
<b>Monday</b>	Poniedziałek	Ponyedzy <u>a</u> hweck
<b>Tuesday</b>	Wtorek	Vto <u>r</u> eck
<b>Wednesday</b>	Środa	Shro <u>d</u> a
<b>Thursday</b>	Czwartek	Chv <u>a</u> rteck
<b>Friday</b>	Piątek	Py <u>o</u> nteck
<b>Saturday</b>	Sobota	Sobo <u>t</u> a
<b>Sunday</b>	Niedziela	Nyedzy <u>e</u> la
<b>Morning</b>	Rano	Ra <u>h</u> no
<b>Midday</b>	Południe	Powo <u>o</u> dnye
<b>Evening</b>	Wieczór	Vy <u>e</u> tchoor
<b>At Night</b>	W nocy	V notsee
<b>I need to.....</b>	Potrzebuję.....	Potshe <u>b</u> ooyen.....
<b>Make a phone call</b>	Zatelefonować	Zatelepho <u>n</u> vatch
<b>Speak.....</b>	Porozmawiać.....	Porozmavy <u>a</u> tch.....
<b>to your doctor</b>	z Pani lekarzem (F) z Pana lekarzem (M)	z Pa <u>n</u> ee lecka <u>z</u> hem z Pa <u>n</u> a lecka <u>z</u> hem
<b>to your family</b>	z Pani rodziną (F) z Pana rodziną (M)	z Pa <u>n</u> ee rodze <u>e</u> non z Pa <u>n</u> a rodze <u>e</u> non
<b>to your son</b>	z Pani synem (F) z Pana synem (M)	z Pa <u>n</u> ee seh <u>n</u> em z Pa <u>n</u> a seh <u>n</u> em
<b>to your daughter</b>	z Pani córką (F) z Pana córką (M)	z Pa <u>n</u> ee tsoo <u>r</u> kon z Pa <u>n</u> a tsoo <u>r</u> kon
<b>to your husband</b>	z Pani mężem	z Pa <u>n</u> ee men <u>z</u> hem
<b>to your wife</b>	z Pana żoną	z Pa <u>n</u> a zho <u>n</u> on



<b>to your brother</b>	z Pani bratem (F) z Pana bratem (M)	z <u>P</u> anee br <u>a</u> tem (F) z <u>P</u> ana br <u>a</u> tem (M)
<b>to your sister</b>	z Pani siostrą (F) z Pana siostrą (M)	z <u>P</u> anee shy <u>o</u> stron (F) z <u>P</u> ana shy <u>o</u> stron (M)
<b>I need to change our visit time</b>	Muszę zmienić porę naszych wizyt	<u>M</u> ooshe zmyenitch poren n <u>a</u> sheeh veezet

Topic 3: **MEDICAL PROBLEMS**



English	Polish	Closest Pronunciation in English
How are you?	Jak się Pani ma? (F) Jak się Pan ma? (M)	Yak shye Paee ma? (F) Yak shye Pan ma? (M)
Where does it hurt?	Gdzie Panią boli? (F) Gdzie Pana boli? (M)	Gdzye Panyon boli? Gdzye Pana boli?
The chemist will bring your tablets this afternoon / tomorrow	Aptekarz przyniesie Pani tabletki dzisiaj po południu / jutro (F)  Aptekarz przyniesie Pana tabletki dzisiaj po południu / jutro (M)	Aptekhazh pshenyesy Panee tabletki dzyeesyay po powoodnyoo / yootro  Aptekhazh pshenyesy Pana tabletki dzyeesyay po powoodnyoo / yootro
Show me the medications that you are taking	Proszę pokazać lekarstwa, które Pani zażywa (F)  Proszę pokazać lekarstwa, które Pan zażywa (M)	Proshe pokazatch lekarstvah, ktoore Panee zazheva  Proshe pokazatch lekarstvah, ktoore Pan zazheva
I want you to take your medicine	Proszę zażyć swoje lekarstwo	Proshe zzhetch svoye lekarstvo
Can you get yourself some water?	Proszę popić wodą	Proshe popitch vodon
I need to.....	Muszę.....	Mooshe.....
Check your blood pressure	Zmierzyć Pani ciśnienie krwi (F) Zmierzyć Panu ciśnienie krwi (M)	Zmyezhetch Panee chishnyenye krwi Zmyezhetch Panu chishnyenye krwi
Take your pulse	Zbadać Pani puls (F) Zbadać Panu puls (M)	Zbadatch Panee pools (F) Zbadatch Panu pools (M)
Change your dressing	Zmienić opatrunek	Zmyenitch opatrooneck
Ambulance	Karetka / ambulans	Karetka / amboolans
Doctor	Doktor	Doctor
Medicine	Lekarstwo	Leckarstvo
Are you constipated?	Czy ma Pani zatwardzenie? (F) Czy ma Pan zatwardzenie? (M)	Chee ma Panee zatvardzenye? Chee ma Pan zatvardzenye?
Do you have diabetes?	Czy choruje Pani na cukrzycę? (F)  Czy choruje Panna na cukrzycę? (M)	Chee horoooye Panee na tsookzhitse?  Chee horoooye Pan na tsookzhitse?



## Topic 4: FAREWELL

English	Polish	Closest Pronunciation in English
<b>You can ring me on .....</b>	Moż Pani do mnie telefonować pod .....	Mozhe P <sup>an</sup> ee do mnye telephongvatch pod .....
	Może Pan do mnie telefonować pod .....	Mozhe Pan do mnye telephongvatch pod .....
<b>Thank you</b>	Dziękuję	Dzyenkoo <sup>y</sup> e
<b>I'm pleased to have met you</b>	Miło mi było Panią poznać (F) Miło mi było Pana poznać (M)	Meewo mee b <sup>e</sup> wo P <sup>an</sup> yon p <sup>o</sup> znatch Meewo mee b <sup>e</sup> wo P <sup>an</sup> a p <sup>o</sup> znatch
<b>You are welcome</b>	Proszę bardzo	Proshe b <sup>a</sup> rdzo
<b>Good - bye</b>	Do widzenia	Do veedzenya
<b>Keep well</b>	Proszę na siebie uważać	Proshe na shyebye oovazhats
<b>Take care</b>	Życzę powodzenia	Zheechen povodzenyah