

*It is always good to speak a few words in the language of your host's country. Ladakhi - the language of the people of Ladakh - isn't that easy to learn, but on the other hand you do not have to know it perfectly. It is enough to speak a few words and you will quickly make friends. Also you show by speaking a few words in Ladakhi that you appreciate the host's culture.*

## **The 20 most important words and phrases in Ladakhi**



Especially Ladakhi, who do not know English, really appreciate if someone knows a few words in Ladakhi.

### **JULLEY** [dschu-leh]

*The most powerful word of the ladakhi language. It is so much more than one word in english. It means: HELLO, BYE, THANK YOU, PLEASE. A simple, yet strong word to build friendships.*

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**KHAMSANG-IN-A-LEY?** [or short: *khamsang-ley?*]

How are you? *Note: The suffix “ley” at the end of a sentence makes everything sound a bit more polite. You can use it as often as you like! You can not do anything wrong with it!*

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**KHAMSANG-LEY!**

I am fine.

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**DON-LEY!**

Please eat/take! *Especially when invited by ladakhi families you will hear this term very often. It is part of the ladakhi etiquette to “force” their guests to eat/drink.*



The Ladakhi are great hosts and like to spoil their guests.

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**MAN-LEY.**

No, thanks!

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**D(r)IK-LEY.**

It is enough!

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**DANGS-LEY.**

I am full.

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**O-LEY.**

Yes, please.

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**TSAPIK-LEY.**

A little bit, please.

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**SHIMPO RAK-LEY!**

It is delicious.



Many dishes in Ladakh are “ma shimpo” - very delicious. Photo: Preparing of Momos.



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**NYERANGI-MING CHI IN-LEY?**

What is your name?

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**NGE-MING ... IN-LEY.**

My name is ...

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**NYERANG KANE IN-LEY?**

From where are you?

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**NGA Germany/Austria/Switzerland-NE IN-LEY.**

I am from Germany/Austria/Switzerland.

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**KULE-KULE!**

Slowly-slowly!



Especially during treks it is important to walk “kule-kule”.

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**NGA GO-A ZUMO RAK.**

I have headache.

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**NGA TODPA-A ZUMO RAK.**

I have tummy ache.

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**NGA TUTU-A ZUMO RAK.**

I have throat pain.

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**LAM (place)-A KANE INOK-LEY?**

Where is the way to (place)?

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**(LADAKH)MAA LDEMO DUK-LEY.**

(Ladakh) it is beautiful.



It is not difficult to use the phrase “demo duk-ley”, as Ladakh is at many places very beautiful.

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