



فارسی برای کمک متقابل

Farsi for Mutual Aid

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Mutual Aid is solidarity in action, the practice by which members of a community freely cooperate to meet common needs for the benefit of all. Unlike charity, which reproduces hierarchies of power and serves to protect the very systems that dispossess us, mutual aid flattens hierarchies and creates alternatives. In the practice of mutual aid, we transform our conditions together, sharing resources, skills, and care for collective survival and collective liberation.

Farsi is the Persian word for the Persian language. It is the official language of Iran. Standard forms of Persian are also spoken in Afghanistan (as Dari) and Tajikistan (as Tajik). Though distinct, these three varieties of Persian are to an extent mutually intelligible.

This zine contains a selection of Farsi words and phrases to facilitate communication around essential needs in both everyday and emergency scenarios. It was collectively created as both an act of mutual aid and a tool for its practice in our times. Use, adapt, and reproduce it freely.

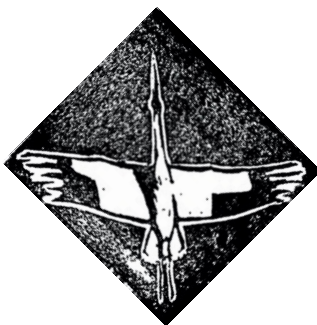
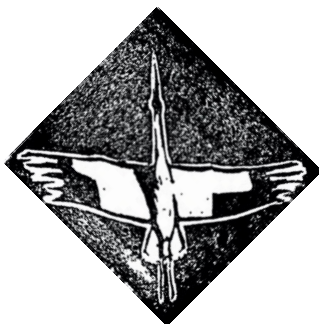
*We're all we've got.
What if we just took care of each other?*

Notes on the Farsi Alphabet

The Persian alphabet is a derivative of the Arabic alphabet, with four additional characters. Farsi script is written from right to left, and in cursive, so the appearance of the letters will vary in accordance with their position in a word, whether they are linked with other letters to the left, to the right, or on both sides. Here are the isolated letters, their names, and pronunciations.

ا	/alef/	as <i>a</i> in far
ب	/be/	as <i>b</i> in book
پ	/pe/	as <i>p</i> in pen
ت	/te/	as <i>t</i> in take
ث	/se/	as <i>s</i> in solidarity
ج	/je/	as <i>j</i> in justice
چ	/che/	as <i>ch</i> in child
ح	/he/	as <i>h</i> in hand
خ	/khe/	as <i>ch</i> in loch
د	/daal/	as <i>d</i> in door
ذ	/zaal/	as <i>z</i> in zine
ر	/re/	as <i>r</i> in rainbow
ز	/ze/	as <i>z</i> in zine
ژ	/zhe/	as <i>s</i> in pleasure
س	/sin/	as <i>s</i> in solidarity
ش	/shin/	as <i>sh</i> in share

ص	/saad/	as <i>s</i> in solidarity
ض	/zaad/	as <i>z</i> in zine
ط	/taa/	as <i>t</i> in take
ظ	/zaa/	as <i>z</i> in zine
ع	/ayin/	glottal stop, as the pause in the middle of "uh-oh"
غ	/ghain/	harsh, guttural <i>q</i> sound
ف	/faa/	as <i>f</i> in fairy
ق	/ghaaf/	as غ
ك	/kaaf/	as <i>c</i> in care
گ	/gaaf/	as <i>g</i> in give
ل	/laam/	as <i>l</i> in left
م	/mim/	as <i>m</i> in meal
ن	/nun/	as <i>n</i> in need
و	/vaav/	as <i>v</i> in voice and as <i>oo</i> in soon
ه	/he/	as <i>h</i> in hand and as <i>i</i> in sit
ی	/yaa/	as <i>y</i> in yes, as <i>ee</i> in see, and sometimes as ع



There are three short vowels and three long vowels in Farsi. The short vowels are depicted not as letters but as tiny markings above or below letters, which are sometimes left out in writing and must be inferred.

— [َ] as *a* in cat

— [ِ] as *e* in bed

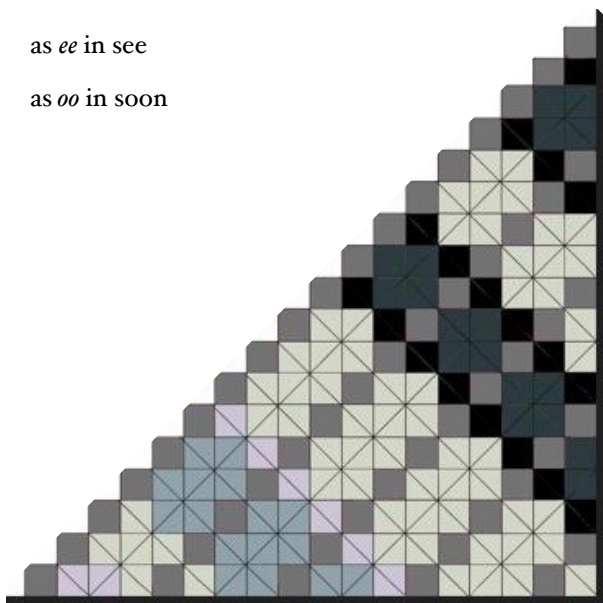
— [ِ] as *o* in home

The three long vowels use the following letters.

ا /alef/ as *a* in father

ی /yaa/ as *ee* in see

و /vaav/ as *oo* in soon



Phrases

Hello.

سلام
salaam

Welcome.

خوش آمدید
khosh amadid

How are you?

حال شما چطور است؟
haal-e shomaa chetor ast?

I'm well, thank you.

من خوبم، ممنون.
man khoobam, mamnoon

My name is [your name].

نام من [نام شما] است.
naam-e man [naam-e shomaa] ast

What is your name?

نام شما چیست؟
naam-e shomaa chist?

Thank you.

ممنون
mamnoon

Can you repeat that?

می‌توانید تکرار کنید؟

mitavaanid tekrâr konid?

Speak more loudly, please.

لطفاً بلندتر صحبت کنید.

lotfan boland-tar sohbat konid

Speak more slowly, please.

لطفاً آهسته‌تر صحبت کنید.

lotfan aaheste-tar sohbat konid

I don't understand.

متوجه نمی‌شوم.

motavajeh nemishavam

I only speak a little Farsi.

من فقط کمی فارسی صحبت می‌کنم.

man faghat kami farsi sohbat mikonam

Yes.

ب‌آه

bale

No.

نه

na

May I use an app to translate?

می‌توانم از یک برنامه ترجمه استفاده کنم؟

mitavaanam az yek barnameh tarjome estefade konam?

May I record?

اجازه دارم ضبط کنم؟

ejaaze daaram zabt konam?

I want to help you.

می‌خواهم به شما کمک کنم.

mikhaaham be shomaa komak konam

We want to help you.

ما می‌خواهیم به شما کمک کنیم.

maa mikhahim be shomaa komak konim

May I help you?

می‌توانم به شما کمک کنم؟

mitavaanam be shomaa komak konam?

Do you need help?

آیا به کمک نیاز دارید؟

aayaa be komak niaaz daarid?

How can I help?

چطور می‌توانم کمک کنم؟

chetowr mitavaanam komak konam?

What do you need?

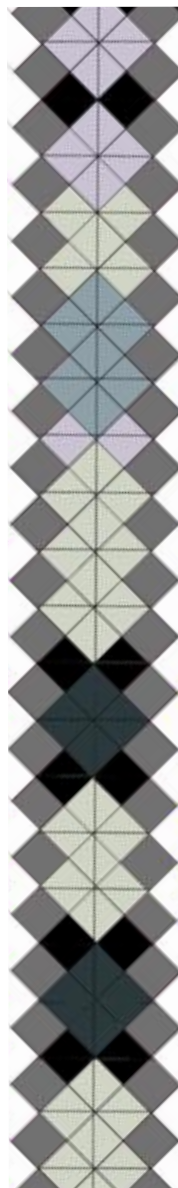
به چه چیزی نیاز دارید؟

be che chizi niaaz daarid?

Do you need food?

آیا به غذا نیاز دارید؟

aayaa be ghazaa niaaz daarid?



Do you need water?

آیا به آب نیاز دارید؟

aayaa be aab niaaz daarid?

Do you need medical care?

آیا به مراقبت پزشکی نیاز دارید؟

aayaa be moraaghebat pezeshki niaaz daarid?

Do you need hygiene supplies?

آیا به وسایل بهداشتی نیاز دارید؟

aayaa be vasaael behdaashti niaaz daarid?

Do you need transportation?

آیا به وسیله نقلیه نیاز دارید؟

aayaa be vasile naghliye niaaz daarid?

Do you need a safe place?

آیا به یک مکان امن نیاز دارید؟

aayaa be yek makaan amn niaaz daarid?

Do you need shelter?

آیا به سرپناه نیاز دارید؟

aayaa be sarpanaah niaaz daarid?

Take what you need.

هرچه نیاز دارید بردارید.

harche niaaz daarid bardaarid

Do you want me to call someone?

میخواهید با کسی تماس بگیرم؟

mikhaahid baa kasi tamaas begiram?

I can call your family.

می‌توانم با خانواده‌تان تماس بگیرم.

mitavaanam baa khaanevaadetan tamaas begiram

Who should we call?

با چه کسی تماس بگیریم؟

baa che kasi tamaas begirim?

What is their phone number?

شماره تلفن او چیست؟

shomaare talfan oo chist?

We are evacuating.

ما در حال تخلیه هستیم.

maa dar haal-e takhliye hastim

We need to evacuate.

باید تخلیه کنیم.

baayad takhliye konim

Do you want to come with us?

می‌خواهید با ما بیایید؟

mikhaahid baa maa biyaayid?

Are you okay?

حال شما خوب است؟

haal-e shomaa khoob ast?

Is anyone injured?

آیا کسی زخمی شده است؟

aayaa kasi zakhmi shode ast?

Call an ambulance.

با آمبولانس تماس بگیرید

baa ambulance tamaas begirid

I am calling an ambulance.

من در حال تماس با آمبولانس هستم

man dar haal-e tamaas baa ambulance hastam

Are you hurt?

آیا آسیب دیدهاید؟

aayaa aasib dide-id?



Are you in pain?

آیا درد دارید؟

aayaa dard daarid?

What symptoms do you have?

چه علائمی دارید؟

che alaemi daarid?

What is your full name?

نام کامل شما چیست؟

naam-e kaamel-e shomaa chist?

What is your birth date?

تاریخ تولد شما چیست؟

taarikh tavallod-e shomaa chist?

Where do you live?

کجا زندگی می‌کنید؟

kojaa zendegi mikonid?

Do you have children?

آیا فرزند دارید؟
aayaa farzand daarid?

Do you have pets?

آیا حیوان خانگی دارید؟
aayaa heyvaan-e khaanegi daarid?

You have the right to remain silent.

شما حق دارید سکوت کنید.
shomaa hagh daarid sekot konid

You have the right to speak to a lawyer.

شما حق دارید با وکیل صحبت کنید.
shomaa hagh daarid baa vakil sohbat konid

Do not sign anything until you speak to a lawyer.

تا زمانی که با وکیل صحبت نکرده‌اید، چیزی را
امضا نکنید.
taa zamaani ke baa vakil sohbat nakarde-id, chizi raa emzaa
nakonid

You can ask: "Am I free to go?"

«می‌توانید بپرسید: «آیا می‌توانم بروم؟»
mitavaanid beporsid: aayaa mitavaanam beravam?

It is not safe here.

اینجا امن نیست.
injaa amn nist



I can accompany you.

می‌توانم شما را همراهی کنم.

mitavaanam shomaa raa hamraahi konam

Stay calm.

آرام باشید.

aaraam baashid

Don't worry.

نگران نباشید.

negaraan nabaashid

I am with you.

من با شما هستم.

man baa shomaa hastam

You are not alone.

شما تنها نیستید.

shomaa tanhaa nistid



Useful Vocabulary for Emergency & Medical Mutual Aid

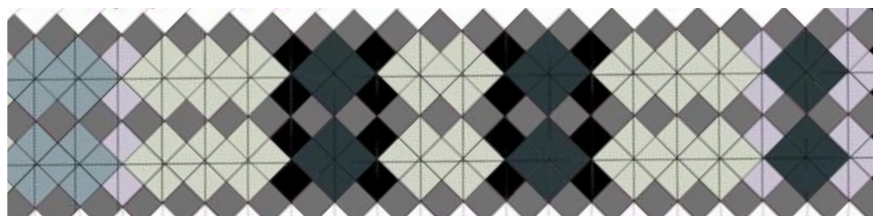
aab	water	آب
ebtelaa	infection	ابتلا
aabestan	pregnant	آبستن
aatash	fire	آتش
az ham paashide	broken	از هم پاشیده
aazaad	free	آزاد
ostokhaan	bone	استخوان
aasib	injury	آسیب
afsar	officer	افسر
oksizhen	oxygen	اکسیژن
angosht	finger	انگشت
baandaaz	bandage	بانداز
bachche	child	بچه
bargh	electricity	برق
bozorgtar	elder/senior	بزرگتر
benzin	gasoline	بنزین
bimaar	sick	بیمار
bimaarestaan	hospital	بیمارستان
bimaari	illness	بیماری
bimaariyeh ghand	diabetes	بیماری قند



همبستگی نه خیریه

Solidarity not Charity

paa	foot/leg	پا
paalto	coat	پالتو
patoo	blanket	پتو
parastaar	nurse	پرستار
pezeshk	physician	پزشک
polis	police	پلیس
panaah	shelter	پناه
panaahande	refugee	پناهنده
pooshaak	clothing	پوشاک
poost	skin	پوست
pooshk	diaper	پوشک
pool	money	پول
taayer	tire	تایر
tab	fever	تب
tabiid kardan	to deport	تبعید کردن
taharrook	mobility	تحرک
takhliye	evacuation	تخلیه
taraabari	transportation	ترابری
tarjome kardan	to translate	ترجمه کردن
tarsan	afraid	ترسان
teshne	thirsty	تشنه
tasaadof	accident	تصادف
telefon	phone	تلفن



tangiye nafas	shortness of breath	تنگیه نفس
tasaadof	toilet	توالت
toofan	storm	توفان
tavallod	birth	تولد
jarraahi	surgery	جراحی
cheshm	eye	چشم
choobeh zirbaghal	crutch	چوب زیر بغل
haafeze	memory	حافظه
haraarat	heat	حرارت
hamaam	bath	حمام
hami kardan	to carry	حمل کردن
hamle	assault	حمله
hole	towel	حوله
khaane	home	خانه
khastegi	fatigue	خستگی
khooshoonat	violence	خشونت
khatar	danger	خطر
khoon aamadan	to bleed	خون آمدن
daaroo	medicine	دارو

daarookhaane	pharmacy	داروخانه
daagh	hot	داغ
dard	pain	درد
darmaangah	clinic	درمانگاه
dozdidan	to steal	دزدیدن
dast	arm/hand	دست
dastgir kardan	to arrest	دستگیر کردن
doktor	doctor	دکتر
dandaan	tooth	دندان
dandaanpezeshk	dentist	دندانپزشک
dahaan	mouth	دهان
zaanoo	knee	زانو
zakhm	wound	زخم
zelzele	earthquake	زلزله
zendaan	prison/jail	زندان
sardard	headache	سر درد
sarataan	cancer	سرطان
sorfe	cough	سرفه
sarmaakhordegi	a common cold	سرماخوردگی
seghoot	fall	سقوط
saaboon	soap	صابون
saree	epilepsy	صرع
zarbeye maghzi	concussion	ضربه مغزی

zaiif	weak	ضعیف
asab	nerve	عصب
eynak	glasses	عینک
ghazaa	food/meal	غذا
ghamgin	sad	غمگین
ghors	pill/tablet	قرص
kaado	gift	کادو
kar	deaf	کر
kalaantari	police station	کلانتری
kelid	key	کلید
komak	help	کمک
koodak	baby	کودک
koor	blind	کور
gozarname	passport	گذرنامه
gardan	neck	گردن
garsane	hungry	گرسنه
galoo	throat	گلو
goosh	ear	گوش
maashin	car	ماشین
mamoore aatash neshani	fireman	مامور آتش نشانی
maaye	vaccine	مایه
moch	wrist	مچ
mochepaa	ankle	مچ پا

meede

movaazeb

nafas keshidan

hamsaaye

vakil

stomach

careful

to breathe

neighbor

lawyer

معدة

مواظب

نفس کشیدن

همسایه

وکیل



در همبستگی

In Solidarity

