

Health

CONTENTS

Before You Go	330
Insurance	330
Recommended Vaccinations	330
Online Resources	330
Further Reading	331
In Transit	331
Deep Vein Thrombosis (DVT)	331
Jet Lag & Motion Sickness	331
In Greenland & the Arctic	331
Availability & Cost of Health Care	331
Infectious Diseases	331
Traveller's Diarrhoea	332
Environmental Hazards	332
Travelling with Children	332
Sexual Health	333

BEFORE YOU GO

Prevention is key to staying healthy while abroad. A little planning before departure, particularly for pre-existing illnesses, will save trouble later. See your dentist before a long trip, carry a spare pair of contact lenses and glasses, and take your optical prescription with you. Bring medications in their original, clearly labelled containers. A signed and dated letter from your doctor describing your medical conditions and medications, including generic names, is also a good idea. If carrying syringes or needles, be sure to have a doctor's letter documenting their medical necessity.

INSURANCE

If you're an EU citizen or from Switzerland, Iceland, Norway or Liechtenstein, the European Health Insurance Card will cover you for emergency health care or in the case of accident while in European Economic Area (EEA) countries, which include Denmark, Finland, Norway and Sweden.

The card will not cover you for non-emergencies or emergency repatriation. It is being phased in from mid-2004 and will be fully operational by the end of 2005. Old documentation (such as the previously used

E111) will be available in the interim. Every family member will need a separate card. In the UK, application forms are available from post offices or can be downloaded from the Department of Health website (www.dh.gov.uk). Note that Greenland isn't part of the EEA but is covered by a separate reciprocal health-care agreement with the UK.

Citizens of other countries should find out if there is a reciprocal arrangement for free medical care between their country and the country visited. For travel to Arctic North America or Arctic Russia you should take out health insurance. If you do need health insurance, strongly consider a policy that covers you for the worst possible scenario, such as an accident requiring emergency evacuation. Find out in advance if your insurance plan will make payments directly to providers or reimburse you later for overseas health expenditures. The former option is generally preferable, as it doesn't require you to pay out of pocket in a foreign country.

RECOMMENDED VACCINATIONS

The World Health Organization (WHO) recommends that all travellers should be covered for diphtheria, tetanus, measles, mumps, rubella and polio, regardless of their destination. Since most vaccines don't produce immunity until at least two weeks after they're given, visit a physician at least six weeks before departure.

ONLINE RESOURCES

The WHO's publication *International Travel and Health* is revised annually and is available online at www.who.int/ith. Other useful

websites include www.mdtravelhealth.com (travel-health recommendations for every country, updated daily), www.fitfortravel.scot.nhs.uk (general travel advice), www.agecon.cern.org.uk (advice on travel for the elderly) and www.maristopes.org.uk (information on women's health and contraception).

FURTHER READING

Health Advice for Travellers (currently called the 'T6' leaflet) is an annually updated leaflet by the Department of Health in the UK available free in post offices. It contains some general information, legally required and recommended vaccines for different countries, and reciprocal health agreements. Lonely Planet's *Travel with Children* includes advice on travel health for younger children. Other recommended references include *Traveller's Health*, by Dr Richard Dawood (Oxford University Press), and *The Traveller's Good Health Guide*, by Ted Lankester (Sheldon Press).

IN TRANSIT

DEEP VEIN THROMBOSIS (DVT)

Blood clots may form in the legs during plane flights, chiefly because of prolonged immobility – the longer the flight, the greater the risk. The chief symptom of DVT is swelling or pain of the foot, ankle or calf, usually but not always on just one side. When a blood clot travels to the lungs, it may cause chest pain and breathing difficulties. Travellers with any of these symptoms should immediately seek medical attention.

To prevent the development of DVT on long flights you should walk about the cabin, contract leg muscles while sitting, drink plenty of fluids, and avoid alcohol and tobacco.

JET LAG & MOTION SICKNESS

To avoid jet lag (common when crossing more than five time zones), try drinking plenty of nonalcoholic fluids and eating light meals. Upon arrival, get exposure to natural sunlight and readjust your schedule (for meals, sleep and so on) as soon as possible.

Antihistamines such as dimenhydrinate (Dramamine) and meclizine (Antivert, Bonine) are usually the first choice for treating motion sickness. A herbal alternative is ginger.

IN GREENLAND & THE ARCTIC

AVAILABILITY & COST OF HEALTH CARE

Good health care is readily available, and for minor, self-limiting illnesses pharmacists can dispense valuable advice and over-the-counter medication. They can also advise when more specialised help is required. The standard of dental care is usually good; however, it is sensible to have a dental checkup before a long trip.

In all Arctic communities you will find some sort of medical care. In Greenland and Arctic Scandinavia health care is excellent and in Scandinavia it's generally free to those carrying a European Health Insurance Card (see p220). Note that in Sweden travellers still have to pay some treatment costs. Facilities in Arctic North America are also modern and well equipped, but treatment can be expensive so you'd be well advised to take out comprehensive travel insurance. In Arctic Russia facilities are generally older and below Western standards, and there's often a shortage of basic supplies and equipment. Access to medical treatment is generally by cash payment at Western rates. Travellers in remote regions should bring their own syringes with them.

In all Arctic communities there will be some medical facilities available, but many smaller settlements do not have a resident doctor. Local nursing stations are, however, generally very well equipped and staffed with specially trained nurses qualified to deal with most problems. For serious illness or emergencies a medical evacuation is generally necessary and can be exorbitantly expensive. Make sure your insurance covers you for this.

INFECTIOUS DISEASES

Tick-borne encephalitis is spread by tick bites. It is a serious infection of the brain, and vaccination is advised for those in risk areas who are unable to avoid tick bites (such as campers, forestry workers and rambblers). Two doses of vaccine will give a year's protection; three doses up to three years.

CHECK BEFORE YOU GO

It's usually a good idea to consult your government's travel-health website (if available) before departure:

- **Australia** www.dfat.gov.au/travel
- **Canada** www.travelhealth.gc.ca
- **United Kingdom** www.doh.gov.uk/traveladvice
- **United States** www.cdc.gov/travel

Rabies is a viral infection of the brain and spinal cord that is almost always fatal. Rabid dogs and foxes are found in Arctic areas, and you should be very wary of any animal acting strangely. The rabies virus is carried in the saliva of infected animals; if an animal bites or scratches you, clean the wound with large amounts of soap and water and contact local health authorities immediately.

Although tuberculosis is increasingly common in Arctic communities the disease is only spread through prolonged close contact with an infected individual.

TRAVELLER'S DIARRHOEA

In most Arctic areas tap water is safe, but it's best to always check with a local. If you're unsure you should boil, filter or chemically disinfect (with iodine tablets) any water you drink. Eat fresh fruits or vegetables only if cooked or peeled; be wary of dairy products that might contain unpasteurized milk. Make sure meats are properly cooked, and avoid buffet-style meals. If a restaurant is full of locals the food is probably safe.

If you develop diarrhoea, be sure to drink plenty of fluids, preferably an oral rehydration solution such as Dioralyte. A few loose stools don't require treatment, but if you start having more than four or five stools a day you should start taking an antibiotic (usually a quinoline drug) and an antidiarrhoeal agent (such as loperamide). If diarrhoea is bloody, persists for more than 72 hours or is accompanied by fever, shaking, chills or severe abdominal pain, you should seek medical attention.

ENVIRONMENTAL HAZARDS

Giardia

Giardia is an intestinal parasite that lives in the faeces of humans and animals and is normally contracted through drinking water. It is one of the most common parasitic infections in humans in Arctic regions. Problems can start several weeks after you've been exposed to the parasite, and symptoms may sometimes remit for a few days and then return; this can go on for several weeks or even longer.

The earliest signs are a swelling of the stomach, followed by pale faeces, diarrhoea, frequent gas and possibly headache, nausea and depression. If you exhibit these

symptoms you should visit a doctor for treatment.

Hypothermia & Frostbite

Proper preparation will reduce the risks of getting hypothermia. Even on a warm day in the Arctic the weather can change rapidly. Take waterproof garments and warm layers, and inform others of your route.

Acute hypothermia follows a sudden drop of temperature over a short time. Chronic hypothermia is caused by a gradual loss of temperature over hours.

Hypothermia starts with shivering, loss of judgement and clumsiness. Unless rewarming occurs, the sufferer deteriorates into apathy, confusion and coma. Prevent further heat loss by seeking shelter, wearing warm, dry clothing, drinking hot, sweet drinks and sharing body warmth.

Frostbite is caused by freezing of and subsequent damage to bodily extremities. It is dependent on wind-chill, temperature and length of exposure. Frostbite starts as frostnip (white, numb areas of skin) from which complete recovery is expected with rewarming. As frostbite develops, the skin blisters and becomes black. Loss of damaged tissue eventually occurs. Wear adequate clothing, stay dry, keep well hydrated and ensure you have adequate calorie intake to prevent frostbite. Treatment involves rapid rewarming. Avoid refreezing and rubbing the affected areas.

Insect Bites & Stings

As the surface of the Arctic tundra melts it becomes waterlogged as the permafrost prevents water from draining. Couple this with the warmer temperatures of summer, and you've got a perfect breeding ground for insects. Arctic mosquitoes can be ferocious and can be the bane of your existence on a summer trip up north. Bring strong DEET-based insect repellent and a head-net, and wear long-sleeved shirts and long trousers.

Bees and wasps cause real problems only to those with a severe allergy (anaphylaxis). If you have such an allergy, carry EpiPen or similar adrenaline injections.

TRAVELLING WITH CHILDREN

All travellers with children should know how to treat minor ailments and when to seek medical treatment. Make sure the children are up to date with routine vaccinations, and

discuss possible travel vaccines well before departure, as some vaccines are not suitable for children under a year old.

Remember to avoid contaminated food and water. If your child has vomiting or diarrhoea, lost fluid and salts must be replaced. It may be helpful to take rehydration powders for reconstituting with boiled water.

Children should be encouraged to avoid and mistrust any dogs or other mammals because of the risk of rabies (see opposite) and other diseases.

SEXUAL HEALTH

Condoms are widely available across the Arctic. When buying condoms, look for a European CE mark, which means they have been rigorously tested. Keep them in a cool, dry place or they may crack and perish.

Emergency contraception is most effective if taken within the next 24 hours after unprotected sex. The International Planned Parenthood Federation (www.ippf.org) can advise on the availability of contraception in different countries.

Language

CONTENTS

Danish	335
Pronunciation	335
Accommodation	335
Conversation & Essentials	336
Directions	336
Emergencies	337
Health	337
Language Difficulties	337
Numbers	337
Shopping & Services	337
Time & Dates	338
Transport	338
Greenlandic	339
Pronunciation	339
Accommodation	339
Conversation & Essentials	339
Numbers	339
Shopping & Services	340
Time & Dates	340
Transport	340
Eat Your Words	340
Useful Phrases	340
Food Glossary	340

The official language of Greenland is Greenlandic (see p339 for some useful words and phrases), one of many Inuit dialects spoken in the Arctic. Regional variations do occur – West Greenlanders can understand variations of West Greenlandic, but their dialect and East Greenlandic are not mutually intelligible.

The second language of Greenland is Danish, which is spoken by nearly everyone. Only a small percentage of Greenlanders speak a language other than Greenlandic and Danish.

DANISH

PRONUNCIATION

You may find Danish pronunciation difficult. Consonants can be drawled, swallowed and even omitted completely, creating, in conjunction with vowels, the peculiarity of

the glottal stop or *stød*. Its sound is rather as a Cockney would say the ‘tt’ in ‘bottle’. Stress usually falls on the first syllable. As a general rule, the best advice is to listen and learn. Good luck!

Vowels

Danish	Pronunciation Guide
a	a as in ‘act’
	aa as the ‘a’ in ‘father’
e/æ	e a short, flat ‘e’ as in ‘met’
eg	ai as in ‘aisle’
i	i as in ‘hit’
	ee as the ‘ee’ in ‘bee’
o	o a short ‘o’ as in ‘pot’
ov	ow as the ‘ow’ in ‘growl’, but shorter
u	oo as in ‘book’
	a before ‘n’, as the ‘a’ in ‘walk’
y	ew a long, sharp ‘u’ – purse your lips and say ‘ee’
ø	er as the ‘er’ in ‘fern’, but shorter
øj	oy as in ‘toy’
å	or as the ‘a’ in ‘walk’

Consonants

Consonants are pronounced as in English with the exception of the following:

Danish	Pronunciation Guide
d	d as in ‘dog’
	th as in ‘these’
g	g before vowels, a hard ‘g’ as in ‘get’
j	y as in ‘yet’
r	r a rolling ‘r’ in the throat, abruptly cut short
ch	sh as in ‘ship’

ACCOMMODATION

I’m looking for a ...

Jeg leder efter ...

yai li-thaa ef-daa ...

camp site	
<i>en campingplads</i>	in kam-ping-plas
guesthouse	
<i>et pensionat</i>	it pang-sho-naat
hotel	
<i>et hotel</i>	it ho-tel

youth hostel
et vandrehjem it van-dra-yem

What is the address?

Hvad er adressen?
va er a-draa-sen

Could you write it down, please?

Kunne De/du skrive adressen ned? (pol/inf)
koo-ne dee/doo sgree-ve a-draa-sen nith

Do you have any rooms available?

Har I ledige værelser?
haa ee li-thee-e verl-saa

I'd like (a) ...

Jeg vil gerne have ...
yai vi ger-ne ha ...

bed
en seng in seng
single room
et enkeltværelse it eng-geld-verl-se

double bed
en dobbeltseng in do-beld-seng

room
et værelse it verl-se

double room
et dobbeltværelse it do-beld-verl-se

room with a bathroom
et værelse med bad it verl-se me bath

to share a dorm
plads i en sovesal plas ee in sow-saal

How much is it ...?

Hvor meget koster det ...?
vor ma-eth kos-daa di ...

per night
per nat per naad

per person
per person per per-son

May I see the room?

Må jeg se værelset?
mor yai si verl-seth

Where is the toilet?

Hvor er toiletet?
vor er toy-le-deth

I'm/we're leaving now/tomorrow.

Jeg/Vi rejser nu/i morgen.
yai/vee rai-sa noo/i morn

CONVERSATION & ESSENTIALS

Hello.
Goddag/Hej. go-daa/hai

Goodbye.
Farvel. faa-vel

Yes.
Ja. ya

No.
Nej. nai

Thank you.
Tak. taag

You're welcome.
Selv tak. sel taag

Excuse me.
Undskyld. orn-sgewl

Sorry.
Beklager. bi-klaa

What's your name?
Hvad hedder De/du? va hi-thaa dee/doo (pol/inf)

My name is ...
Mit navn er ... mit naa-oon er ...

Where are you from?
Hvor kommer De/du fra? vor kom-aa dee/ doo fraa (pol/inf)

I'm from ...
Jeg er fra ... yai er fraa ...

I like ...
Jeg kan lide ... yai kan lee ...

I don't like ...
Jeg kan ikke lide ... yai kan ig lee ...

Just a minute.
Et øjeblik. it oy-e-blig

SIGNS

Indgang	Entrance
Udgang	Exit
Information	Information
Åben	Open
Lukket	Closed
Forbudt	Prohibited
Politi	Police
Toilet	Toilet/WC
Herrer	Men
Damer	Women

DIRECTIONS

Where is ...?
Hvor er ...? vor er ...

Go straight ahead.
Gå lige ud. gor lee-e ooth

Turn left.
Drej til venstre. drai ti vens-draa

Turn right.
Drej til højre. drai ti hoy-yaa

at the next corner
ved næste hjørne vi nes-de yer-ne

at the traffic lights
ved trafiklyset vi traa-feeg-lew-seth

behind bag baa
in front of foran for-an

far (from) langt (fra) laangd (fraa)
near (to) nær (ved) ner (vi)
opposite modsat moth-sat

EMERGENCIES**It's an emergency!**

Det er en nødsituation! di er in nerth-si-too-a-shon

Help!

Hjælp! yelb

There's been an accident!

Der er sket en ulykke! daa er skit in oo-ler-ge

I'm lost.
Jeg er faret vild. yai er faa-aeth vil

Go away!
Forsvind! for-svin

Call ...!
Ring efter...!
ring ef-daa ...
a doctor in le-e
the police po-li-tee-eth

HEALTH

I'm ill.
Jeg er syg. yai er sew

I'm ...
Jeg har ...
yai haa ...

asthmatic astma asd-ma
diabetic diabetes dee-a-bi-tes
epileptic epilepsi e-pee-leb-see

I'm allergic to ...

Jeg er allergisk over for ...
yai er a-ler-geesg ow-aa for ...

antibiotics antibiotika an-tee-bee-o-tee-ka
aspirin aspirin as-bee-reen
penicillin penicillin pin-ee-see-leen
bees bier bee-aa
nuts nødder nerth-aa
peanuts peanuts pee-nuts

antiseptic antiseptisk an-tee-seb-tisg
condoms kondomer kon-do-maa
diarrhoea diarré dee-a-re
medicine medicin mi-dee-seen
nausea kvalme kval-me
sunblock cream solcreme sol-krem
tampons tamponer taam-pong-aa

LANGUAGE DIFFICULTIES**Do you speak English?**

Taler De engelsk?
ta-laa dee eng-elsg

How do you say ... in Danish?

Hvordan siger man ... på dansk?
vor-dan see-aa man ... por dansg

I understand.

Jeg forstår.
yai for-sdor

I don't understand.

Jeg forstår ikke.
yai for-sdor ig

Can you show me (on the map)?

Kunne De/du vise mig det (på kortet)? (pol/inf)
koo-ne dee/doo vee-se mai di (por kor-deth)

NUMBERS

0	nul	norl
1	en	in
2	to	tor
3	tre	tre
4	fire	feer
5	fem	fem
6	seks	segs
7	syv	see-ew
8	otte	o-de
9	ni	nee
10	ti	tee
11	elve	el-ve
12	tolv	tol
13	tretten	tra-den
14	fjorten	fyor-den
15	femten	fem-den
16	seksten	sais-den
17	sytten	ser-den
18	atten	a-den
19	nitten	ni-den
20	tyve	tew-we
21	enogtyve	in-o-tew-we
30	trediv	trath-ve
40	fyrre	fer-e
50	halvtreds	haal-tres
60	tres	haal-tres
70	halvfjerd	haal-fyers
80	firs	feer
90	halvfems	haal-fems
100	hundrede	hoo-naath
1000	tusind	too-sen

SHOPPING & SERVICES**I'd like to buy ...**

Jeg vil gerne have ... yai vi ger-ne ha ...

How much is it?

Hvor meget koster det? vo maa-eth kos-daa di

GLOSSARY

Abbreviations in this glossary are: D (Danish), F (Finnish), G (Greenlandic), N (Norwegian), R (Russian), S (Sami), Sw (Swedish).

brædtet (D) – food market
chum (R) – a Nenets yurt
dovekies – penguin-like small birds
Finnmark – Norway's largest, least populated and northernmost county
kaffemik (G) – coffee party
kiivioq (G) – dovekies stuffed in hollowed-out seal carcasses and left to rot
komarnik (R) – head-net
Kommunia (D) – local government office
humppa (F) – traditional dance and music
kupe (R) – train class with four berths in a closed compartment
lavvo (S) – tent

Norrländ (Sw) – Sweden's northern provinces, beginning about two hours north of Stockholm and continuing to the north coast

nunatak (G) – a rocky peak that emerges from or is surrounded by glacier ice
oudfitter – guide with the necessary insurance to lead tourist trips
platskart (R) – train class with sleeping berths in an open carriage
qajaq (G) – hunting boat traditionally used by men
rorbu (N) – winter shanty
sjøhus (N) – former fishermen's bunkhouse
sourdough – originally meaning a settler or prospect or in Alaska or the Yukon, but now used to describe anyone who has spent a few winters in the region
taiga – the transitional zone between subarctic boreal forests and High Arctic tundra
tunturi (F) – hills
umiak (G) – skin boat traditionally used by women

Do you accept ...?

Tager I ...? plur
 taa ee ...

credit cards
kreditkort kre-deed-kort
travellers cheques
rejsechecks rai-se-shegs

I'm looking for ...

Jeg leder efter ...
 yai li-thaa ef-daa ...

a bank
en bank in bank
the hospital
hospitalet hors-bi-ta-leth
the market
et marked it maa-ge-th
the museum
museet moo-se-eth
the police
politiet po-lee-tee-eth
the post office
postkontoret post-kon-tor-eth
a public toilet
et offentligt toilet it o-fend-leet toy-let
the tourist office
turistinformationen too-reest-in-for-ma-sho-nen

TIME & DATES

What time is it?

Hvad er klokken? va er klo-ge-n

It's ... o'clock.
Klokken er ... klo-ge-n er ...

in the morning
om morgenen om mor-nen

in the evening

om aftenen om aafd-nen

When? *Hvornår?* vo-nor
today *i dag* ee da
tomorrow *i morgen* ee morn
yesterday *i går* ee gor

Monday *mandag* man-da
Tuesday *tirsdag* teers-da
Wednesday *onsdag* ons-da
Thursday *torsdag* tors-da
Friday *fredag* fre-da
Saturday *lørdag* ler-da
Sunday *søndag* sern-da

January *januar* yan-oo-aa
February *februar* feb-oo-aa
March *marts* maards
April *april* a-preel
May *maj* mai
June *juni* yoo-nee
July *juli* yoo-lee
August *august* aa-oo-gorsd
September *september* sib-tem-baa
October *oktober* og-to-baa
November *november* no-ve-m-baa
December *december* di-sem-baa

TRANSPORT

Public Transport

What time does the ... leave/arrive?

Hvornår går/ankommer ...

vor-nor gor/an-kom-aa ...

boat *båden* bor-then
bus *bussen* boo-sen
plane *flyet* flew-eth

the first *første* fers-de
the last *sidste* sees-de
ticket *billet* bi-let
ticket office *billetkontor* bi-let-kon-tor
timetable *køreplan* ker-plan

Private Transport

Where can I rent a ...?

Hvor kan jeg leje en ...?

vor kan yai lai-e in ...

car *bil* beel
4WD *firehjulstrækker* fee-ya-yools-trer-gaa

motorbike *motorcykel* mo-tor-sew-gel
bicycle *cykel* sew-gel

Is this the road to ...?

Fører denne vej til ...?

fer-aa den-ne vai ti ...

Where's the next service station?

Hvor er næste benzinstation?

vor er nes-de ben-seen-sda-shon

I'd like ... litres.

Jeg vil gerne have ... liter.

yai vi ger-ne ha ... lee-ta

diesel/petrol

diesel/benzin
dee-sel/ben-seen

GREENLANDIC

PRONUNCIATION

Greenlandic pronunciation is difficult. Consonants come from deep in the throat and some vowels are scarcely pronounced. Your best bet is to listen and learn, but if it all seems too much, you can always fall back on Danish.

Vowels

a as the 'u' in 'hut'
aa as the 'a' in 'father'
e as the 'a' in 'ago'
i as in 'marine'
o as in 'hot'
u as the 'oo' in 'cool'

Consonants

Consonants are pronounced as in English with the exception of the following:

g as in 'goose'
j as in 'jaw'
k as in 'key'
l as in 'leg'
ng as in 'sing'
q pronounced as a 'k' from deep in the back of the throat
v as in 'van'

ACCOMMODATION

hotel *hoteli*
guesthouse *unnisarfik*
youth hostel *angallatsinut unnisarfik*
camp site *tupertarfik*

Do you have any rooms available?

Inimik attartungasateqarpise?

Does it include breakfast?

Ullaakkoorsioneq ilaareerpa?

I'd like *piumavunga.*
a single room *Kisimiittariamik*
a double room *Marluuttariamik*

How much is it ...? ... *qanoq akeqarpa?*
per night *Unuinnarmut*
per person *Inummut ataatsimut*

CONVERSATION & ESSENTIALS

Hello. *Inuujuoq, kutaa/Haluu.*
Goodbye, best wishes. (long-term parting) *Inuulluarit. (sg)/Inuulluaritse (pl)/Ajungginniarna (sg)/Ajungginniarise (pl)*
Takuss'.

Bye/See you soon. (short-term parting)

Yes. *Aap.*
No. *Naagga/Naamik.*
Thank you (very much). *Qujanaq (qujanarsuaq).*

Do you speak English? *Tulututt oqalusinnaavit?*

What's your name? *Qanoq ateqarpit?*

My name is*-imik ateqarpunga.*

NUMBERS

Numbers in Greenlandic only go up to 12 – after 12 there is only *amerlasoorpassuit*, 'many'. From 12 onwards you have to use Danish numbers (see p337).

1 *ataaseq*
2 *marluk*
3 *pingasut*
4 *sisamat*
5 *tallimat*

6	<i>arfinillit</i>
7	<i>arfineq marluk</i>
8	<i>arfineq pingasut</i>
9	<i>qulingluat</i>
10	<i>qulit</i>
11	<i>arqanillit</i>
12	<i>arqaneq marluk</i>

SHOPPING & SERVICES

Where is a/the ...?	<i>... sumiippa?/Naak ...?</i>
bank	<i>banki</i>
market	<i>kalaalimieerniarfik</i>
police	<i>politeeqarfik</i>
post office	<i>allakkerivik</i>
public toilet	<i>anartarfik</i>
telephone centre	<i>oqarasuaat/telefooni</i>
tourist office	<i>takornarissanut allaffik</i>

Is it far from here?	<i>Maangaanit ungasippa?</i>
Go straight ahead.	<i>Siumuinnaq.</i>
Turn left.	<i>Saamimmut sangulluni.</i>
Turn right.	<i>Talerpimmut sangulluni.</i>
How much is it?	<i>Qanoq akeqarpa?</i>
What time does it open/close?	<i>Qaqugu ammassarpat/ matusarpat?</i>

TIME & DATES

What time is it?	<i>Qassinngorpa?</i>
today	<i>ullumi</i>
tomorrow	<i>aqagu</i>
morning	<i>ullaaq</i>
afternoon	<i>ualeq</i>

Monday	<i>Ataasinngorneq</i>
Tuesday	<i>Marlunngorneq</i>
Wednesday	<i>Pingasunngorneq</i>
Thursday	<i>Sisamannngorneq</i>
Friday	<i>Tallimannngorneq</i>
Saturday	<i>Arfininngorneq</i>
Sunday	<i>Sapaat</i>

TRANSPORT

What time does the ... leave/arrive?

<i>Qaqugu ... aallartarpa/tikkiuttarpa?</i>	
boat	<i>ilaasortaat</i>
bus	<i>bussi</i>
plane	<i>timmisartaq</i>

I'd like a ... ticket.	<i>... bilitsimik pisorusuppunga.</i>
one-way	<i>Siumuinnaq</i>
return	<i>Siumut-utimut</i>

EAT YOUR WORDS

The Greenlandic and Danish words and phrases below should help you decode menus and communicate with local people about food.

USEFUL PHRASES

The Greenlandic translation is given first, followed by the Danish.

Can I have some more please?

Aammalu sulii? Må jeg få lidt mere, tak?

It tastes good.

Amaq. Det smager godt.

I don't like it.

Mamarinngilara. Det kan jeg ikke li'.

That's enough, thanks.

Naammappoq. Det er nok, tak.

What is it?

Sunaana? Hva' er det?

FOOD GLOSSARY

Greenlandic – Danish – English

<i>aalisakkaq</i>	– <i>fisk</i>	– fish
<i>aarrup neqaa</i>	– <i>hvalroskød</i>	– walrus meat
<i>ammassat panertut</i>	– <i>tørret lodde</i>	– dried capelin
<i>aqisseq</i>	– <i>feldtype</i>	– ptarmigan
<i>arferup neqaa</i>	– <i>hvalkød</i>	– whale meat
<i>eqaluk pujogaq</i>	– <i>røget ørred</i>	– smoked trout
<i>mattak</i>	– <i>hvalfedt</i>	– whale blubber
<i>neqi</i>	– <i>kød</i>	– meat
<i>neqi suaasalik puisii</i>	– (<i>klar</i>) <i>sælsuppe</i>	– seal broth soup
<i>nikkut</i>	– <i>tørret kød</i>	– dried meat
<i>nilaap emga</i>	– <i>isvand</i>	– icewater
<i>panertut</i>	– <i>tørret fisk</i>	– dried fish
<i>puisip neqaa</i>	– <i>sælkød</i>	– seal meat
<i>qaleralik</i>	– <i>Grønlands helleflynder</i>	– Greenland halibut
<i>saarullik panertoq</i>	– <i>tørret torsk</i>	– dried cod
<i>tikaagullup neqaa siataq</i>	– <i>minkhvalsbof</i>	– minke whale steak
<i>tuttup neqaa</i>	– <i>karibu kød</i>	– caribou meat