

CRE - CREATIVE RELAXATION EXERCISE

CRE 308 – XHOSA FROM ENGLISH

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KEY CONCEPT: "WHEN you create new POSITIVE wave patterns in YOUR mind, they give you the CONFIDENCE to RELAX and ABSORB the new language, naturally without EFFORT"

Source: Paula and Nomakhosi Ntuma and Lungelwa Ciliba (GSB/UCT).

Audio: 30 minute s - freely available from: www.crelearning.com

Help: robertboland@wanadoo.fr

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DEDICATION

This program is dedicated to the memory of Professor Kenneth Hale, the eminent linguist of MIT who died on October 8th 2001. He spoke about 50 languages fluently and regarded each language as an intellectual treasure-house of communication, culture and humanitarian values.

He suggested ... that 30 minutes of a new language ... should be enough to start to make one-self understood ... and then ... the best way ... to progress ... was to speak ... confidently ... more and more ... with natural speakers of the language ... so now absorb some basics ...

Thank you.

Hallo

Please

Excuse me

Good morning

My name is ...

What is your name?

How are you?

I am well, thanks

So now ... start to chat ... with everyone ... on we go ... together ...

Enkosi

Molo

Nceda

Uxolo

Molo

I-gama (name) lam ndi-ngu (is)...

Ngubani (what) i-gama lakho (your)?

Unjani wena?

Ndi-philile. Enkosi

SIMPLE THROAT EXERCISE - 16 KEY WORDS

(Repeat EACH Xhosa many times slowly ... and then at VERY high speed)

Thank you	En-ko-si	EN-KO-SSEE	
Hello	Molo	MOW-LOW	
Mr.	Um-num-zana	OOM-NUUM-ZAANA	
Mrs.	N-kosi-kazi	NNN'KOSY-KAAZI	
Yes	Ewe	A-WAY	
No	Hayi	HAA-YEE	
Good	Lun-gile	LLUUN-GEELAY	
Please	N-ceda	NNN-SSEDDAA	
Do you have?	U-na-yo?	UUU-NAAA-YOH?	
Goodbye KAAKH-UULLAY		U-sale-kak-uhle	UU-SARLE-
See you soon!	Sak-ube siph-inde!	SAAK-UUBI-SEEP-EENDI!	
Who?	Ngu-bani?	NNGG-GOO-BAA-NEE	
What?	In-toni?	EEN-TTOE-NEE	
I want	Ndi-funa	NNDDEE-FOO-NAA	
Where?	Phi?	PEE	
OK!	Ku-lun-gil-e!	KOO-LUN-GEE-LAY	

Note: For simplicity ... the program is mostly typed without accents!

NATURAL SUGGESTIONS

Feel FREE to use CRE in any way ... that only YOU know ... will suit YOU best ... and allow you ... to relax completely ... and ABSORB ... both consciously and sub-consciously ... the very carefully selected ... 30 minutes ... of new natural language ... which WILL become part of you ... intuitively ... without effort ... in the future ... !

So RELAX with ... a very POSITIVE attitude ... and a very confident EXPECTATION of SUCCESS ... in just one week ... of PLAYING with the natural language ...

Our natural suggestions for the week are:

Day 1 – SPEAK AND HAVE FUN with the TAPE – 30 minutes ... (www,crelearning.com) in the DARK ... relaxed in any way that you know best ... just BEFORE sleeping for the night ...

Day 2 – STUDY the text (Sections 2-16). Then SPEAK LOUDLY with the tape. Do SPEED READING (2-16) in 14 minutes (recorded if possible).

Day 3 – SPEAK in THEATRICAL style with the tape and text together. Do SPEED READING (2-16) in 12 minutes.

Day 4 – SPEAK with tape and text. For difficult words/phrases ... stop the tape ... and repeat the word/phrase many times ... singing or shouting!

Day 5 - STUDY the Mini-phrase Book. Then do it as SPEED READING in 4 minutes. SPEAK with tape and text using three different voices ... just for fun!

Day 6 – SPEED READING (2-16) ... in 8 minutes. Then SPEAK with the tape ... with a beautiful CONFIDENT accent.

Day 7 - SPEAK with the tape with fun and confidence. Email your feedback to robertboland@wanadoo.fr. Plan reinforcement (Appendix A)

NATURAL SUGGESTIONS (continued)

Generally:

1. REINFORCE the learning in the CAR at any time ... make it an amusing THEATRE of one ... YOU!!! ... by playing and acting out ... ONLY Sections 2 - 16. DO NOT play the relaxation sections in the car ... skip them please!
2. RECOGNIZE that a TERRIBLE accent is PAINFUL ... for the hearer ... and so strive always for a beautiful accent in EVERY WORD.
3. Be POSITIVE and NEVER apologise for your language ... you are making the effort to learn the LANGUAGE ... and the HUMAN VALUES ... and thus the CULTURE ... of the people you speak with ... and THEY will appreciate MORE than you can EVEN imagine!! If they reply to you in ENGLISH ... then YOU just CONTINUE to speak in the NATURAL new language ... and they will too happily ...
4. LISTEN very carefully to what PEOPLE say to YOU ... and BEFORE replying ... REPEAT in YOUR MIND ... EXACTLY what they said this gives you excellent PRACTICE in recognising good STRUCTURE.
5. HESITATE before you SPEAK ... and then speak FREELY and CONFIDENTLY ... without long pauses and ... WITHOUT ... "Urrs and Umms" which are so ANNOYING and BORING ... for the listener ...
6. When you do not know a necessary word ... do NOT hesitate ... simply USE the ENGLISH word ... in the sentence ... the hearer will almost certainly give you the translation ... and you can repeat it ... three times to get it right ... without embarrassment. Use the LEARNING REINFORCMENT as needed but not in the car!
7. Use SIMPLE SHORT sentences and be CONFIDENT as you begin to talk to people ... expect SUCCESS ... and you will NOT be disappointed ... and try just one MORE new thing ... just for fun in this one week ... drink one litre of WATER EVERY DAY ... it rinses mind and body and has a REMARKABLE preventive/curative therapeutic effect ... to support new learning ... as on we go together.

1. GENTLE RELAXATION ...

And now ... I'd like you to arrange yourself ... in a position that is so comfortable ... and natural ... for you ... so that you can sit ... or lie ... for a while ... easily and effortlessly ... and where you can be comfortable ... and yet still remain alert enough ... to focus on the meaningful ... natural language learning ... that we will do together ... natural language ... gentle ... quiet ... peaceful ... and instinctive ... without any effort ... as you absorb its deepest meaning ... interpretation ... and value ... in terms of your very personal expectations.

And then when you are ready ... to focus yourself ... you can begin by taking a few deep relaxing breaths ... breathing slowly ... and feeling the rise of your chest ... as you gradually inhale ... feeling that each breath in ... and out ... relaxes you ... calms you ... and re-acquaints you ... with deeper parts of yourself ... that you are sometimes too busy to notice ...

You know ... and I know ... its very easy ... to get caught up in day to day living ... there is so much to do ... and now is your time ... and I would like you to allow your eyes to close ... as you start to build ... an internal focus ... within yourself ... on those parts of yourself... that will absorb the natural language ... gently ... peacefully ... and instinctively ... almost automatically ... as you ... let yourself go ... relax ... without conscious effort ... because you have nothing ... to do ... now ... except relax ..

And as we go on together ... repeating the phrases ... in the natural language ... with your whole body involved ... moving hands and face ... feelings and body ... to express ... and absorb the words and phrases ... as they will come ... instinctively ... to your mind ... as you speak softly ... with a beautiful accent ... yes ... with a beautiful accent ... which will please and surprise you... as its fits the music ... of the natural language

So on we go together ... speaking all the time ... and moving hands, face feelings and body ... to express ourselves ... in the new natural language (no English please) ... as you create new wave patterns ... in that special... "Xhosa Place" ... in your mind ...

2. HERE AND THERE:

Ndi- lapha (here).
U-lapho)there).
U-lapho na (question)?
Ewe (yes) u-lapho.
U-lapha na (question)?

Hayi, a (not) -wuk-ho apha.
I (it is) -lapha.
I-phi?
I-lapha (here) .
I- lapho na (question) ?

A (not)-ndi-yazi (know).
Uphi Miguel?
A (not) -kakho apha..
Uphi?
A-ndi-yazi (know).

Shu! Nan (there)-ku-ya!
U-ngu mmangaliso (wonderful)!

I am here.
You are there.
Are you there?
Yes, you are there.
Are you here?

No, you are not here.
It is here.
Where is it?
It is here.
Is it there?

I do not know.
Where is Miguel?
He is not here.
Where is (he)?
I do not know.

Darn! There he is!
He is wonderful!

3. LIKING:

Ndi-thanda (like) wena.

U-ya-ndi-thanda (like) mna (me)?

Ewe, ndi (I) -thanda wena (you)

U (you) -thanda imali na?

Ewe (yes), ndi-thanda imali (money).

Ndi-thanda (like) amanzi (water).

Wena (you) u-thanda amanzi.

Ndi-thanda ezinye (some) iincwadi.

Yena u-thanda imoto (car).

Yena a (not) -ka-thandi imoto.

Wena u-thanda (like) isidlo sango-kuhlwa?

Hayi a (not) -ndi-si-thandi isidlo sango-kuhlwa. No, I do not like the dinner.

Oh. Shu. Tshani!

Nceda, suku-thi (say) Tshani

I like you.

Do you like me?

Yes, I like you.

Do you like money?

Yes, I like the money.

I like water.

You like water.

I like some books.

He likes the car.

She does not like the car.

Do you like the dinner?

No, I do not like the dinner.

Oh. Darn! Tshani!

Please do not say Tshani!

4. DOING:

Mna (I) ndi-y-enza (do).
Ndi-yenza (do) -lento.
Wena ((you) u-yenza.
Wena u-yenza lonto (that).
Thina (we) s-enza lonto.

Kwaye (and) si (we) -ya-vuya (happy).
Yo-na i-lula (easy)?
Ewe, a (not) -yikho nzima (difficult).
Wena wenza (do) lonto (that)?
Yenza (do) lonto, nceda (please)!!!

Shu!!!
Yona (it) ngu-mmangaliso

I do.
I do this.
You do.
You do that
We do that

And we are happy.
Is it easy?
Yes, it is not difficult.
Do you do that?
Do that, please!!!

Darn!!!
It is wonderful!

5. CAN/ABLE TO DO:

Mna, ndi-nga (can)

Ndi-nga?

Ewe, ndi-nga.

Wena u-nga (can) -yenza (do) lento (this)?

Ewe, ndi (I) -nga-yenza lonto (that).

Ndi-nga tya (eat) ka-ncinci (little).

Ndi-nga sela (drink) ka-ncinci.

Ndi-nga hamba (go).

Ndi-ngeza (come).

Ndi-nga (can) lala.

Wena u-nga (can) thetha (speak).

U-nga thetha?

Ewe, ndi-nga (can).

U-nga-yenza (do) lento?

Hayi, a (not) -ndi-nge-(can) yenzi lonto.

U-ya qonda (understand) ?

U-nga qonda?

Ewe, ka-ncinc (little).

U-nga thi (say) Tshani?

Ewe, ndi-nga-(can)-si-thetha (speak) kancinci isi-Xhosa!

Shu! Ndi (I) -ngu-mmangaliso!

I can

Can I?

Yes, I can.

Can you do this?

Yes, I can do that.

I can eat a little.

I can drink a little.

I can go.

I can come.

I can sleep.

You can speak.

Can you speak?

Yes, I can.

Can you do this?

No, I can not do that.

You can understand?

Can you understand?

Yes, a little.

Can you say Tshani?

Yes, I can speak a little Xhosa!

Darn! I am wonderful!

6. UNDERSTANDING:

Mna ndi-ya-qonda.

A (not) -ndi-qondi.

Wena uya-qonda.

A-wu-qondi (understand).

U-yaba-qonda abafazi (women)?

Hayi. Hayi. A (not) -ndi-ba-qondi bona (them)!!!

Oh. Shu! Tshani!

Suku-thi Tshani! Nceda (please).

Wena ungu-mmangaliso!

I understand.

I do not understand.

You understand.

You do not understand.

Do you understand women?

No. No. I do not understand them!!!

Oh. Darn! Tshani!

Please do not say Tshani!

You are wonderful!

7. WANTING:

Mna ndi-funa. (want).
Ndi-funa uku-tya (eat) kancinci (a little).
Ndi-funa uku-sela (drink) amanzi.
Ndi-funa uku-ya (go) kwindlu (to) yangasese!!
Wena u-funa uku-tya (eat) ka-ncinci na?

Hayi, a-ndi-funi uku-tya (eat).
Shu! Ndi-funa (want) u-ku-nika (give) intwana (some)
Hayi (no) , enkosi.
Ndi-funa uku-za (come).
U-funa (want) uku-lala (sleep) nam (with me)?

Hayi, a-ndi-funi ku-lala (sleep).
Miguel, u-funa uku-tya amasele (frogs) na?
Shu! Hayi ngoku (now), enkosi!
Si-ngu mmangaliso!

I want.
I want to eat a little.
I want to drink the water.
I want to go to the toilet!!!
Do you want to eat a little?

No, I do not want to eat.
Darn! I want to give you a bit.
No, thank you.
I want to come.
Do you want to sleep with me?

No, I do not want to sleep.
Miguel do you want to eat the frogs?
Darn! Not just now, thank you!
We are wonderful!

8. GETTING:

Ndi-(me) nike (give) -imali (money), nceda.
Thatha imali, nceda.
Ndi-thatha (take) imali.
Ndi (to me) -nike (give) -i-tikiti, nceda.
Thatha (take) i-tikiti, nceda.

Please give me the money.
Please take the money.
I take the money.
Please give me the ticket.
Please take the ticket.

Ndi-thatha i-tikiti..
Ndi-nike-into (thing), nceda
Iphi (where) into?
A-.ndi-yazi.
Ndi-niki (give me)-indoda, nceda!

I take the ticket.
Please give me the thing.
Where is the thing?
I do not know.
Please give me a man!

Shu!!! Intoni umfazi!!
Yena (she), u-ngu mmangaliso!

Darn-t!!! What a woman!!
She is wonderful!

9. HAVING:

Ndi-ne-(have) -nto (thing) enye (one).

A.-ndi-na-nto enye (one).

U-ne-nto enye.

Si (we) -ne-nto enye.

Yena, u-ne-nto enye.

I have one thing.

I do not have one thing.

You have one thing.

We have one thing.

She has one thing.

Mna, ndi-ne xesha (time) eli-ncinci, Nkosazana! I have a little time, Miss!

Kodwa, u-na-yo (have) imali encinci, Mnumzana?

Hayi.

Oh. Tshani!

Suku-thi (say) Tshani, nceda.

But, do you have a little money, Sir?

No.

Oh. Tshani!

Please do not say Tshani!

10. ORDERING (POLITELY):

Ndi-phe (to me give) lento, nceda.
Ndi-phe i-mali (money), nceda.
Ndi-phe amanzi (water), nceda.
Enkosi.
Suku-sela (don't drink) amanzi eFrance, nceda!!

Sela (drink) i-wayine.
Yi-za (come) apha, nceda.
Yi-ya (go) phaya, nceda.
Sela (drink) lento (this) nceda.
Suku-tya (not eat) lonto, nceda!

Ndi (to me) -nike (give) lento, nceda.
Suku-thatha lonto, nceda.
Yi-thi (say) lento nceda.
Suku-thi Tshani, nceda.
Shu! Enkosi. Wena u-ngu mmangaliso!

Please give me the thing.
Please give me the money.
Please give me the water.
Thank you.
Please don't drink the water in France!!

Drink the wine.
Please come here.
Please go there.
Please drink this.
Do not eat that!

Please give me this.
Please do not take that.
Please say this.
Please do not say Tshani!
Darn! Thank you. You are wonderful!

11. GREETING: POLITE AND SLANG

Molo Michelle.

Mdo Paula.

Molo Miche.

Iwu Sancos.

Unjani wena, Eliza?

Ndi-khona (well) enkosi, Khulu.

Unjani na, Xavier?

Ndi-khona enkosi, Miguel.

U-hambe (go) kakuhle, Giles.

U-sale (leave) kakuhle, Judith.

Ewe ku-lungile, Hollie

I- ngu-mmangaliso, Heidi!

Ku-lungile, Sam.?

Ewe ku-lungile, Lucie.

A-ku-kubanga (not bad) kangako ,, Henri.

Uya-phila si-thandwa?

Hayi!!!

Shu! Yena u-ngu mmangaliso!

Hello Michelle.

Hello Paula.

Good morning Miche.

Good morning Sancos.

How are you, Eliza?

I am well, thank you, Khulu.

How goes it, Xavier?

OK , thank you Miguel.

Goodbye Giles.

Bye bye Judith.

Yes OK, Hollie.

It is wonderful, Heidi!

OK Sam?

Yes OK, Lucie.

Not too bad, Henri.

Are you well, my darling?

No!!!

Darn! She is wonderful!

12. DESCRIBING:

I (it is) -lungile,
A-yi-lunganga.
I-mpi.
Yi-ncwadi.
I-nkulu?

Hayi, I-ncinane.
I-lula?
Hayi, I-lukhuni.
Amanzi (water) a-lungile na?
Hayi, amanzi (water) awa-lunganga eFrance-!!

Oh Tshani!!!
Suku-thi Tshani, nceda.
Thina (we) siya-mangalisa na?!!!
Shu! Ewe!!

It is good.
It is not good.
It is bad.
It is a book.
Is it big?

No, it is small.
Is it easy?
No, it is hard.
Is the water good?
No, the water is not good in France!!

Oh Tshani!!!
Please do not say Tshani!
Are we wonderful?!!!
Darn! Yes!!

13. KNOWING (THINGS & PEOPLE):

Ndi-ya-yazi (know) lento.
U-ya-yazi lento (that) ?
Ewe ndi-ya-yazi lento.
Wena, u-ya-yazi lento.
U-ya-yazi lento na (question)?

I know this.
Do you know this?
Yes, I know this.
You know that.
Do you know that?

Hayi a (not) -ndi-yazi lento.
Ndi-ya-mazi la-mfazi
Ndi-ya-yazi indoda.
Yena, u-yandazi (know) mna (me).
U-yamazi (know) la mfazi na?

No, I do not know that.
I know that woman.
I know the man.
He knows me.
Do you know that woman?

Hayi. Molo Nkosikazi?
U-philile na, Nkosikazi?
Hayi. A-ndi-philanga(well)! Hamba ka-kuhle!
Wena a-ku-mazi (know) lo/yena!
Shu! Yena u-ngu mmangaliso!

No. Good morning Madame?
Are you well, Madame?
No, I am not well!!! Goodbye!!!
You do not know her!
Darn! She is wonderful!

14. NUMBERING:

Ndi-ne- (have) -gxaki (problem) enye (one)

Wena, u-ne-(have) -ngxaki.

Hayi, u-na-zo zimbini.

Yena, u-na-zo zintathu.

Yena, u-na-zo-here zine.

Si-na-zo zi-ntlanu (5).

U-na-zo zontlanu na?

Ewe, ngoku (now) ndi-ne ngxaki ezi-ntlanu!!

Bonke (all) aba-ntwana!!

Aba-ntwana baya-mmangalisa!

I have one problem.

Yes, you have a problem.

No, you have two (of them).

He has three.

She has four.

We have five.

Do you have five?

Yes now, I have five problems!!!

All the children!

Children are wonderful!

15. ASKING:

Yimalini incwadi (book) ?
Zi-dalar ezintlanu (5).
Yimalini le-nto (thing)?
Yimalini??
Zi-dalar ezine (4).

How much is the book?
Five dollars.
How much is this thing?
How much?
Four dollars.

I - phi (where) ?
I - lapho.
Hayi, a-yi-kho apho.
I-phi (where) indlu yangasese (toilet), nceda?
Indlu yangasese i-pha-ya.

Where is it?
It is there.
No, it is not there.
Where is the toilet, please?
The toilet is over there.

Yintoni leyo (that) ?
Uxolo. Intoni?
Leya/leyo.
O, y-incwadi (book) -elungi-leyo (good).
U-funa ntoni (what)?

What is that?
Pardon. What?
That.
Oh, it is a good book.
What do you want?

Ndi-funa (want) iwayini, nceda
Ngubani (who) o-lapha?
Thina (we) si-ng-apha..
Ngubani la (that) mfazi?
A-ndi-mazi (know).

I want the wine, please.
Who is here?
We are here.
Who is that woman?
I do not know.

Shu! Yena, u-ngu (is) Madonna!.
Ntoni umfazi! Yena, u-ngu mmangaliso.

Darn! It is Madonna!
What a woman! She is wonderful!

16. EVERYTHING - COLLOQUIAL - POLITE AND SLANG:

Ndi-lapha.	I am here.
Wena,, u-lapho.	You are there.
Ndi-thanda wena..	I like you.
U-thanda imali.	You like the money.
Yena, wenza (does) lento.	He does this.
Wenza lonto (that).	She does that.
Ndi-nga si-thetha (speak) ka-ncinci isi-Xhosa!	I can speak a little Xhosa!
Wena, a-ku-kwazi-(cannot)-uku-thi (say) Tshani?	You can not say Tshani?
Ndi-ya ku-qonda wena (you).	I understand you.
Wena, a-ku-ndi-qondi mna (me).	You do not understand me.
Ndi-funa (want) uku-ya (go) e-barini.	I want to go to the bar.
Wena u-funa uku-ya kwindlu yangasese (toilet)	You want to go to the toilet.
Mna, ndi-ne (have) xesha (time) elincinci, Nkosazana!	I have a little time, Miss!
Kodwa, u-ne-(have) -mali encinci, Mnumzana?	But, do you have a little money, Sir?
Suku-sela (not drink) amanzi eFrance, nceda!!	Please don't drink the water in
France!!	
Sela I-wayine.	Drink the wine.
Sela I-wayine.	Drink the wine.
Unjani wena, Eliza?	How are you, Eliza?
Ndi -khona enkosi, Khulu.	I am well, thank you, Khulu.
I -nkulu (big) na?	Is it big?
Hayi, i-ncinane.	No, it is small.
Wena a (not)- ku-mazi (know) yena (her)!	You do not know her!
Shu! Yena u-ngu mmangaliso!	Darn! She is wonderful!
Ewe, ngoku ndi (I)-ne- ngxaki ezi-ntlanu (5).	Yes now, I have five
problems!!!	
Aba-ntwana bonke (all)!	All the children!
Yi-ntoni (what) leyo?	What is that?
Uxolo. Intoni?	Pardon. What?
Nantsi-ya.	There it is.
A-yi-mbanga.	Not bad.
Shu!!!	Darn!
Lungile?	OK?
Ewe i yi "cool".	Yes, it's cool!
Ewe, iyi izinga	Yes, it's cool! (classy)
Ewe, i yi qobelo	Yes, it's cool! (upper class)
Suku -thi Tshani, nceda.	Please do not say
Tshani!	
I yi yo qobelo	It is not cool (upper class)!!!
Ndi-fanele-(must)- uk-wenza (do) lento.	I must do this.
Wena u-fanele uk-wenza (do) lanto (that).	You must do that

Ummangaliso.? U-yaseta?
Ewe, wena uyaseta

Sala kakuhle, okwa-ngoku!
Sani.
Ndakubona, sani.
Sakube siphinde sibona-ne!

Note Speed reading 14 minutes

Wonderful?
Yes you are wonderful!

Bye bye, for now!
Bye bye, for now!
Bye bye, for now!
Be seeing you soon!!

17. CLOSING

Now of all the things ... your mind ... has been playing with ... to create new ... wave patterns ... in the natural language ... from ... here and there ... liking ... doing ... can ... understanding ... wanting ... getting ... having ... ordering... greeting ... describing ... knowing ... numbering ... asking ... and ... everything ... I wonder which things ... you will bring back ... to stay deep within you ... so easily available ... to you ... in that special Yoruba place ... in you mind ... as needs arise ... without conscious effort ...

Just naturally ... in your own way ... as part of you ... instinctively ... as that new part of you ... grows ... stronger and stronger ... you will begin to speak with a beautiful accent ... so easily ... reinforcing your learning ... with a gentle quiet confidence ... which will surprise you ... and such a beautiful accent ... of which you will be proud ... to fit the music of the natural language ... will surprise you even more ... and more ... as you repeat the CRE ... so that ... in every day ... in every way ... you get ... better and better ...

And now as you choose ... to do something ... that makes you feel so comfortable with yourself ... something you will feel more and more ... able to do ... so that you feel ... even more comfortable ... and confident ... naturally ... in your own way ... you can take whatever time you need ... just to process your thoughts ... in your own special way ... and to bring this experience to a comfortable close ...

You will feel well ... and you will begin ... to feel confidence ... about the future ... and about making progress ... in the natural language ... in your own natural way ... and you will find such joy ... in speaking so gently ... with growing confidence ... and experience ... which will add ... a new exciting quality to your life ... because ... with every new language you learn ... you do add a new quality to your life ... in that special ... "English Place " on your mind ...

And when you feel ... you are ready ... and you want to ... you can start the process of reorienting yourself ... bringing yourself back ... taking your time ... and when you are ready ... you can fully orient yourself ... and allow your eyes to open ... feeling well ...and happy ... because ... and you will begin to experience confidence ... more and more ... because ... from now ... in every day ... in every way ... you will ... be getting ... better and better ...

And as we end of each CRE session ... 30 minutes has just flashed by ... to be repeated ... and enjoyed ... many times ... relaxed ... calm and confident ... of achieving a beautiful accent ... that becomes natural for you ... with learning that is efficient and effective ... so from now on ... be positive ... and with a positive expectation of success ... surprise yourself ... as you feel the continual support ... our Team ... in Bayonne, France On August 15, 2001 ... and of course ... as in all our things ... we do ... as ever ... wish you ... God Bless ...

18. NATURAL VOCABULARY:

(without accents)

a. Greetings/Exclamations:

hello molo	good morning, molo	how are you?' unjani wena?	I am well ndi-khona	thank you enkosi
goodbye U-sale Kakuhle	yes ewe	no hayi/cha	OK ku-lungile	not too bad kukubanga kangako
darn! Shu!	Tshani! Tshani!	there it is! nantsiya?	"cool"!!! qobelo/zinga	

b. Verbs: uku-

to be -hona	have -na	like -thanda/-cela	want -funa	can -nga/-naku
do -enza	say/speak -thi/-thetha	go -ya/-hamba	come -za/-vela	give -nika/-pha
take -thatha	eat -tya	drink -sela	sleep/go to bed -lala	know -azi
understand -qonda/yeva	must -mele	get -fumana	find -funa	

c. Prepositions:

some -ntwana	a i	the le	to ku/ye/za	from ku/e
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d. Pronouns:

I Mna/ndi	you wena.u/nina	he yena/u	she yena/u	we thina/si
it yona/l	this lo/eli etc.	that lowa, eliya etc.	Mr Umnumzana (Mnu)	Mrs. Nkosikazi (Ksk)

e. Nouns:

money imali	thing into	man indoda	woman/wife umfazi	water amanzi
car imoto	ticket itikiti	book incwadi	friends abahlobo	friend umhlobo

f. Adjectives/adverbs/Other:

good -lungile	bad -lunganga	big nkulu	small ncinane	now ngoku
later emva	a little ncinci	wonderful! mmangaliso	happy vuya	easy/difficult lula/nzima
here apha/nantsi	there apho/nantso			

g. Interrogatives:

how much? Malini?	where? -phi?	what? -ntoni?	who? Ngubani?	when? nini?
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Note: What is this? **Yintoni lena?**
Question? **na? (what sometimes omitted)**

h. Numbers:

one i-nye	two zi-mbini	three zi-thathu	four zi-ne	five zi-ntlanu
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i. And some survival words:

WC (yangasese), always (soloko), fast/slow (ngokukhawuleza/cothisa), but (kodwa), never (zange), please (nceda), food (ukutya), train (i-train), bus (I-bhasi), home (I-khaya), work (umsebenzi), time (ixesha), today (namhlanje), tomorrow (ngo-mso), paper (I-phepha), newspaper (I-phephandaba), day (usuku), week (I-veki), year (unyaka), hour (I-yure), minute (umzuzu), hamburger (hamburger), McDonalds (McDonalds), think (cinga/cabanga), read (funda), write (bhala), laugh (hleka), dance (danisa), later (mva), stop (ima), policeman (ipolisa), six (zi-thandathu), seven (zi-sixhenxe), eight (zi-sibhozo), nine (zi-lithoba), ten (zi-lishumi), hundred (ikhulu), thousand (iwaka), tshani (u-mhlobo/u-mligane) ... bye bye (u-hambe u-mligane) ... be seeing you soon (sakube siphinde sibona-ne)!

19. NATURAL FEEDBACK AND NEW IDEAS

(to robertboland@wanadoo.fr)

1. HOW LONG DID YOU TAKE TO STUDY THE CRE?

2. WHAT WAS GOOD ABOUT IT?

3. WHAT WAS BAD ABOUT IT?

4. WHAT NEW IDEAS?

5. HOW CAN WE HELP YOU IN THE FUTURE?

20 - DAILY MINI PHRASE BOOK

(Good idea to type or write out your own copy. Speed reading 4 minutes)

BASICS:

Thank you.	Enkosi
Hallo	Molo
Yes/no	Ewe/Hayi
Please	Nceda
Excuse me	Uxolo

INTRODUCTIONS:

Good morning	Molo
Good-bye.	Hamba (go) ka-kuhle (well)
My name is ...	I-gama (name) lam ndi-ngu (is)...
What is your name?	Ngubani (what) i-gama lakho (your)?

How are you?	Unjani wena?
I am well, thanks	Ndi-philile. Enkosi (thanks)
And how are you?	Unjani wena (you)?

Where do you come from?	U-vela (come) phi (where) ?
I'm from:	Ndi-vela (come)
France	eFrance
England	eNgilane
America	e-AMerika

I'm with:	Ndi-no/ne (with) ...:
UN	UN
Red Cross	Red Cross
Nokia	Nokia

QUESTIONS:

When/how?	Nini?/Njani?
What/why?	Ntoni?/Ngoba?
Who/which?	Bani?/Yiphi?
Where is ...?	Uphi/lphi...?

Where can I get ...?	Ndi-nga (can)-yi-fumana (get) -phi (where)...
How much is it ?	Yi-malini?
Can you help me?	U-nga-ndi (me)-nceda (help)?
(What) does this mean?	I-thetha uku-thini (mean) lento (this)?

UNDERSTANDING:

I understand	Ndi-ya-qonda
I don't understand.	A-ndi-qondi
Please say that again..	Nceda (please) phinda kwa-khona
Can you translate this for me?	U-nga (can)-ndi-guqulela (translate) lento (this)?

Can I get ... ?
You know how to speak:
English/Xhosa?
I don't speak Xhosa.
I speak a little ...

Ndi-nga (can)-fumana (get)-na...?
U-yasi (know)-thetha (speak) ?:
IsiNgesi/isiXhosa
A-ndi-si-thethi (speak) i-siXhosa
Ndi-thetha kancinci (a little).

COMMENTS:

It's:
right/wrong
better/worse
big/small
cheap/expensive
good/bad
hot/cold
near/far

I ...:
lungile/lunganga
ngcono/mbi
nkulu/ncinane
fikeleleka/ixhomile
lungile/lunganga
shushu/banda
kufuphi/kude

FOOD:

I like:
breakfast
lunch
dinner.

Ndi-thanda (like) ...:
isidlo (meal) sakusasa
isidlo sasemini
isidlo sasebusuku

May I have some (I can get some):
bread/butter
cheese
eggs
meat/potatoes
apples/oranges
coffee
milk
fruit juice
water
tea

Ndi-nga-(can)-yi-fumana (get) intwana:
yesonka/yebhotolo
isonka samasi
amaqanda
nyama/iitapile
apile/orenji
I-kofu
u-bisi
incindi (juice) ye-ziqhamo (fruit)
amanzi
i-ti

I want to pay now.
I think that you make a mistake.
Thank you.

Ndi-funa (want) uku-bhatala ngoku (now).
Ndi-cinga (think) ukuba w-enze (make) impazamo (mistake)
Enkosi

TRANSIT:

Where is the nearest shop:
Where can I get a taxi?
How much to go to ...?

Iphi (where) ivenkile (shop) eku-futshane?
Ndi-nga- (can) yi-fumana (get) phi I-taxi ?
Y-imalini uku-ya (go) e ...?

Take me there.
Please stop here.
This is the wrong road.

Ndi – (me) thathe- (take) undise apho (there).
Nceda misa (stop) apha.
Le yindlela (road) engalunganga

Go straight ahead.
It's there, on the:

Hamba ngqo ngomgaqo (ahead) .
I-lapho (there) e-(on)... :

left/right
next to/after
north/south
east/west

ekhohlo/ekunene
ecaleni kwe/emva
kumantla/kumazantsi
empuma/entshona

Where is the:
town centre?
pharmacy?

Iphi:-
u-mbindi dolophu (town)?
i-khemest?i

SHOPPING:

Do you have any ...?
How much is this?
I will take it.

Ngaba u-nayo (have) ...?
Yimalini lento (this)?
Ndi-za kuyi-thatha (take)

What colours have you?

Black
Blue
Red
White
Green

M-ibala (colours) mini (what) o-nayo (have)?

Mnyama
Luhlaza
Bomvu
Mhlope

I want to buy:
aspirin
soap
half kilo apples
litre of milk
film/newspaper

Luhlaza okwengca
Ndi-funa uku-thenga (buy):
aspirini
i-sephu
i-hafu ye-kilo ze-apile (apples)
i-litha yo-bisi (milk)
-film/l-phephandaba

TELEPHONE:

Hello, this is ...

Molo, lona ngu (is) ...

Please speak:
louder
slowly

Nceda thetha:
kakhulu kunoko (loud)
ngo-kucothayo

I want to speak to:

Mr.
Mrs.
Miss

Ndi-funa (want) uku-thetha no:

u-Mnumzana (Mnu)
Nkosikazi (Nskz)
Nkosazana(Nkz)

When is he back?
Ask him to telephone me.

Ubuya nini?
Cela (ask)-le a-ndi-fowunele (telephone)

TIME:

Do you have enough time?
What time is it? ...

U-nalo (have) ixesha (time) elaneleyo na?
Ngu-bani (what) ixesha?

It is:

five past one
quarter past three

Ngu:

five past one (use English!!!)
quarter past three

MEETINGS:

We see you:

today

tomorrow

next week

in the evening

soon

You are right/wrong.

That is right

Si (we) -yaku-bona (see) ...

namhlanje

mgomso

kwiveki (week) ezayo (next)

ngo-rhatya

msinyane

U-lungile/akulunganga

I-lungile

LOCATIONS:

Here/there

At the UN office

(Is) it near/far

How many hours?

Apha/Apho

Kwi (at)-ofisi ye- UN

I-kufutshane/ikude?

Ii-yure (hours) ezi-ngaphi?

21. PLAY QUIZ

Test your Xhosa instincts ... associate the phrases ... in groups of four ...

- | | |
|-------------------------|----------------------------------|
| a. I am well. | Ku-lungile. |
| b. I am sorry. | Enkosi |
| c. Thank you. | Ndi-philile. |
| d. OK | Uxolo |
| e. You're welcome! | Wena wa-mkelekile. |
| f. Well done | Kuhle ka-khulu. |
| g. Hello | Unjani? |
| h. How are you? | Molo |
| i. Is everything OK?! | Yima apha. |
| j. Try to do it | Andi-seli. |
| k. I do not drink. | Li-nga uk-uyenza. |
| l. Stop here. | Yonke into i-lungile na? |
| m. Yes | U-weyitala? |
| n. Please | Nceda. |
| o. I am sorry | Ndi-yaxolisa. |
| p. Waiter? | Ewe. |
| q. How much is that? | Ngubani ixesha na? |
| r. Where is the toilet? | -phi/-nini/-ngoba? |
| s. Where/when/why? | Iphi indlu yangasese? |
| t. What time is it? | Yimalini lonto? |
| u. Help me please? | A-ndi-qondi. |
| v. I do not understand | Nceda, u-thethe ngo-ku-cothayo. |
| w. What does this mean? | U-nga-ndi-nceda? |
| x. Please, speak slowly | I-thetha ntoni lento? |
| y. Be seeing you soon!. | Uku-tya ku-lungile/sala ka-kuhle |
| z. Good food/cheers!! | Sakube siphinde sibona-ne! ! |

Answers: In the phrase book ... if you need them ...

APPENDIX A - ROUTINE ACCENT IMPROVEMENT

LONG TERM RE-INFORCEMENT - AFTER ONE WEEK/MONTH

RELAX with ... a very POSITIVE attitude ... and a very confident EXPECTATION of SUCCESS ... in just one more week ... of PLAYING with the natural language ...

Our natural suggestions for this week are:

Day 1 – Play the LEARNING REINFORCEMENT. Study the Brief Grammar and Mini-Phrase Book to understand every word. Then SPEAK with the tape and RECORD your efforts.

Day2 - STUDY the text (Sections 2-16). Then SPEAK LOUDLY and then very SOFTLY with the tape. SPEED READING (2-16) in 14 minutes.

Day 3 – SPEAK in THEATRICAL style with the tape and text together. Do SPEED READING (2-16) in 12 minutes.

Day 4 – SPEAK with tape and text. For difficult words/phrases ... stop the tape ... and repeat the word/phrase many times ... singing and shouting!

Day 5 - STUDY again the Mini-phrase Book. Then do it as SPEED READING in 4 minutes. SPEAK with tape and text using three different voices ... just for fun!.

Day 6 – SPEED READING (2-16) in 8 minutes. LISTEN to your recording from Day 1. Then SPEAK with the tape ... with a beautiful CONFIDENT accent.

Day 7 - SPEAK with the tape with fun and confidence. Email your feedback to robertboland@wanadoo.fr.

APPENDIX B - ADDITIONAL VOCABULARY TO MEET THE SPECIAL NEEDS OF EACH ORGANIZATION (100 WORDS)

Special Vocabulary for UNHCR

English	Pashto	Dari	Xhosa (insert)
Airport	hawaa dagar	maydaan-e hawaa-i	
Army	pauz	fauj/ordu	
Asylum	panaah	pamaah	
Border	pdlay	sarhadd	
Camp	dd kaamp	kaamp-d	
Children	muchouman	awladah	
Clothing	jama	poxaak	
Cooking pot	chainaq	dd paxldy loxay/deg	
Cooperation	hamkari	pd gdda kaar kawdl	
Customs	gumruk	gumruj	
Delay	nawakta	dzandy	
Detention	ndzar-band	tawkif	
Development program	dd wadi prograam	prograam-d ynkyshaafi	
Displaced persons	be-zaya shdwi xaldek		
Electricity	breshna	be-jaa shodygaan	
Emergency	hajol	ber-dndy pexa	
Expulsion	shar-dl	kharej/zxraaj	
Family	koranay	hekraaj	
Government	hokumat	hokumat	
Grandparents	padar kalan	padar wa maser kalan	
Handicapped	saya	ma-yub	
Health	roghtyaa	seat/syhat	
Hospital	roghtun	shafakhana	
House	kor	khana/kor	
HQ	mankaz	mankae	
Human rights	dd bashar hakkuna	hokuk e bashar	
Husband	mehra	shwahan	
Lamp	dewan	tsheragh	
Legal protection	kaanuni saatdna	hymayat e kanoun	
Malnutrition	bada ghdzaa	sou-e taghziya	
Material assistance	maadi komak	komak-e mawadi	
Ministry	wdzaarat	wezarat	
Nutrition	ghdzaa	taghziya	
Pain - days/weeks	dard worat	dard e ruz/hafta	
Pain - months/years	dard hafta	dard e mo/sol	
Pain - treatment	dard mehda	dard e ta-dow-wi	
Pain - arms/legs	dard bazou/paie	dard e dest/pal	
Pain - chest	dard sina	dard e sina	
Pain - ears/eyes	dard gauche/sterguee		

Pain - hands/feet	dard daste/paie	dard e goch/cheshom
Pain - head/neck	dard sav/gardan	dard e dest/pai
Pain - stomach	dard mehda	dard e sar/ghardin
		dard e meda
Persecution	zawrawdi	aziyat
Petrol	tel	petrol/tel
Police-station	dd polis st-eshan	sar-mammuriyat-e-police
President	mdshir	ra-is
Prison	bandy-khana	zyndan
Province	ayaalat	wela-yate
Reception centre	dd melma paaldne	mahal e pazirahi/ markaz-d paziraa-i
Refugee	mohajer	panahenda
Representative	astaazy	nema-yandghi
Rural	da kdll	
Sanitation	hyfzu-syhna	hyfzu syhha
Shelter	rijdi	panaga
Status	haysiyat	haysiyat
Tent	rijdi	gihejdi/khayma
Torture	shekanja	shykanja
Town	khar	shahr
Transportation	transport	transport
Travel Docs	sdd safar sanaduna	sdd safar sanaduna
Tribes	t-dbdr	kabila
Truck	lan mot-dr/lari	motar-d laar/lari
Urban	dd khari	dd khari
Village	kday	karya
Voluntary repatriation	pd rdzaa-sara berta	legal bar-gasht-d yraadi
War	jagara	jangu
Water	aaba	aab
Wife	kaza	zawja/khanom

APPENDIX C - BRIEF GRAMMAR

(Challenge - correct this rough Xhosa nnd discuss with a natural speaker)

1. Structure - subject, object and verb:

Ndi- lapha (here).
INGANE i-lapha
Ingane i-lapha NA?

I (am) here.
The CHILD is here.
Question - is the child here?

2. Articles:

Ingane i-lapha

A child here is.

3. Nouns:

IZIN-gane zia-lapha.
Ingane-e LUNGILE i-lapha
U-y-ingane.

Child-REN are here.
The GOOD child is here.
HE is a child.

4. Possession:

U ingane YAMI.

He is MY child.

5. Relative:

Ingane O-lapha

The child WHO here is.

6. Demonstrative:

Eli-ngame i-lapha.
Eliya-ngame i-lapho.

THIS child is here.
THAT child is THERE.

7. Interrogatives:

INTONI le- nto?
NGUBANI loyo?
IPHI ingane?
MALINI incwadi?

WHAT is this thing?
WHO is that?
WHERE is the child?
HOW-MUCH is the book?

8. Imperatives:

YENZA lo!
VELA I-apha!

DO this!
COME here!

9. Negatives:

Ewe, NGI-NE incwadi.
Hayi, A-ndi-NA incwadi.
SUKU-vela i lapha.

Yes, I HAVE a book.
No, I do NOT have the book.
Do NOT come here.

10. To be, have and want (with "me" to indicate the present tense):

Ndi/ndi-ne/ndi-funa
Wena u/u-ne/u-funa
Yena u/u-ne/u-funa

I am/have/want
You are/have/want
He is/has/wants

APPENDIX D - BROCHURE
CRE - CREATIVE RELAXATION EXERCISE
THE NATURAL WAY TO PLAY WITH LANGUAGE AND A
BEAUTIFUL ACCENT – WITH JUST A 30 MINUTE AUDIO

KEY CONCEPT: WHEN you create new POSITIVE wave patterns in YOUR mind ... they give you STRENGTH for today ... and HOPE for the future"

Opportunity for AID WORKERS on short or long missions to other countries to feel more secure, comfortable and effective in achieving better working relationships in English, with local government, refugees, client and project staff as they perceive the effort to speak the local language with a good accent, and thus to respect and value the local culture.

Description: dynamic English-based brief language learning system developed with some UN staff and available shortly in: Dari, Pashto, English, French, German, Spanish, Portuguese, Finnish, Arabic, Urdu, Indonesian, Malay, Shona, Russian, Mandarin and with other languages in process: Uzbek, Cantonese, Xhosa, Zulu, Tswana, Swedish, Hindi, Nepali, Italian, Zulu, Swahili etc.

Designed for: non-speakers to acquire a confidence very rapidly, in the basics of the local natural language, and for current speakers to achieve significant accent improvement.

Course duration: optional one hour of professional instruction in CRE and then at individual discretion during one week, with reinforcement a month later.

Application: individual training or as a small part of any management training program to stimulate creativity, because: "Each language is an intellectual treasure-house of communication, culture and humanitarian values" - Professor Kenneth Hale - linguistics expert of MIT who spoke 50 languages fluently and died October 8th 2001.

Method: uses the CRE technique to achieve intuitive absorption of the natural language with confidence and without stress. Designed to handle varying individual value systems and needs. CRE technique, once acquired, can be easily used for any other language or dialect. Instant relaxation exercise for confidence to learn.

Further information: email robertboland@wanadoo.fr

Dr. Bob Boland MD, MPH (Johns Hopkins), DBA, ITP (Harvard Business School), Former visiting professor at: INSEAD: IMD, Cranfield, Columbia, GSB, Stellenbosch, Wits, WHO, ILO, UNEP, UNIDO, AID,, IRC, Peace Corps, Shell, Burma, Barlows, Baxter, Nokia etc.

APPENDIX E - HUNDRED MOST USED WORDS IN CONVERSATION

((Challenge ... insert Xhosa ... learn ... associate ... and remember)

1. A/an UN/UNO	2. After DESPUES	3. Again OTRA-VEZ	4. All TODO	5. Almost CASI
6. Also TAMBIEN	7. Always SIEMPRE	8. And Y	9. Because PORQUE	10. Before ANTES
11. Big GRANDE	12. But PERO	13. I can PUEDO	14. I come VENGO	15. Either/or O.O
16. I find ENCUETRO	17. First PRIMO	18. For PARA	19. Friend AMIGO	20. From DE
21. I go VOY	22. Good BUENO	23. Goodbye ADIOS	24. Happy FELIZ	25. I have TENGO
26. He EL	27. Hello OLA	28. Here AQUI	29. How COMO	30. I YO
31. I am SOY/ESTOY	32. If SI	33. In EN	34. I know SE	35. Last ULTIMO
36. I like ME GUSTA	37. Little PEQUENO	38. I love AMO	39. I make HAGO	40. Many MUCHOS
41. One UNO	42. More MAS	43. Most MAYORIA	44. Much MUCHO	45. My MI
46. New NUEVO	47. No NO	48. Not NO	49. Now AHORA	50. Of DE
51. Often FREQUENTE	52. On SOBRE	53. One UNO	54. Only SOLO	55. Or O
56. Other OTRO	57. Our NUESTRO	58. Out AFUERA	59. Over SOBRE	60. People GENTE
61. Place LOGAR	62. Please PER FAVOR	63. Same MISMO	64. I see VEO	65. She ELLA
66. So ENTONCES	67. Some ALGUNOS	68. Sometimes AVECES	69. Still TODAVIA	70. Such ESE/ESA
71. I tell DIGO	72. Thank you GRACIAS	73. That ESTO	74. The EL/LA	75. Their DE ELLOS
76. Them ELLOS	77. Then DESPUES	78. There is HAY	79. They ELLOS	80. Thing COSA
81. I think PENSO	82. This ESTO	83. Time TIEMPO	84. To PARA	85. Under DEBAYO
86. Up ARRIBA	87. Us NUSOTROS	88. I use USO	89. Very MUY	90. We NOSOTROS
91. What QUE	92. When CUANDO	93. Where DONDE	94. Which QUAL	95. Who QUIEN
96. Why PORQUE	97. With CON	98. Yes SI	99. You USTED	100. Your SU

APPENDIX F - BRIEF DICTIONARY – EFSG
ENGLISH/ FRENCH/ SPANISH/ GERMAN
 (Challenge: insert Xhosa)

a	un/une	un/una	in/eine
about	environ	cerca de	ungefähr
accident	accident,!'	accidente	Unfall
action	action,la	accion	Handlung
actually	en fait	realmente	eigentlich
after	après	depués	nach
afternoon	après-midi,!'	tardes	Nachmittag
airport	aéroport,!'	aeropuerto	Flughafen
alone	seul	solo/unico	allein
also	aussi	también	auch
always	toujours	siempre	immer
am (I)	suis (je)	yo soy/estoy	bin (ich)
and	et	y	und
anniversary	anniversaire	cumpleaños	Jahrestag
anybody	n`importe qui	cualquiera	irgendjemand
anything	n`importe quoi	cualquier cosa	irgendetwas
April	Avril	abril	April
are(you)	êtes (vous)	usted es/está	sind
arrive	arriver	llegar	ankommen
at	à	a/en	an
August	Aout	agosto	August
bad	mauvais	malo	schlecht
bank	banque,la	banco	Bank
bar	bar	bar	Bar, die
bath	bain,le	baño	Bad
beat	battre	batir	schlagen
beautiful	beau/belle	hermoso	schön
because	parce que	porque	weil
bed	lit,le	cama	Bett
begin	commencer	comenzar	anfangen
behind	derrière	detrás/atrás	hinter
beside	à côté de	al lado de	nächst
better	meilleur	mejor	besser
bill	facture,la	cuenta	Rechnung, die
big	grand	grande	gross
biscuit	biscuit,le	galleta	Keks
black	noir	negro	schwarz
book	livre,le	libro	Buch
boy	garçon,le	niño/muchacho	Junge
bread	pain,le	pan	Brot
breakfast	petit dej,le	desayuno	Frühstück
brother	frère,le	hermano	Bruder, der
bus	autobus,le	autobús/camión	Bus

business	affaires,les	negocio	Geschäft
buy	acheter	comprar	kaufen
can (able)	pouvoir	poder	können
car	auto, l'	carro/coche	Auto
carefully	prudent	prudente	vorsichtig
carry	porter	llevar	tragen
cash	argent,le	dinero	Bargeld
chair	chaise,la	silla	Stuhl
cheap	bon marché	barato	billig
children	enfants	niños	Kinder
choose	choisir	seleccionar	wählen
cigarette	cigarette,la	cigarillo	Zigarette
clean	propre	limpio	sauber
clever	intelligent	inteligente	klug
clouds	nuages,les	nubes	Wolken, die
coffee	cafe,le	café	Kaffee
cold	froid	frio	kalt
colour	couleur,la	color	Farbe
come	venir	venir	kommen
complain	plaindre	reclamar	klagen
contract	contrat,le	contrato	Vertrag
cook	cuire	cocinar	kochen
cost	coût,le	costo	Kosten
count	conter	contar	zählen
creditors	créditeurs,les	acreedor	Gläubiger
cup	tasse,la	taza	Tasse
customer	client,le	cliente	Kunde
customs	douane,la	aduana	Zoll
daughter	fille,la	hija	Tochter
day	jour,le	día	Tag
dear	cher	caro	teuer
debtors	débiteurs,les	deudores	Schuldner
December	Décembre	diciembre	Dezember
dinner	dîner,le	comida	Abendessen
dirty	sale	sucio	schmutzig
divided by	divisé par	dividir de	dividiert durch
do	faire	hacer	tun
doctor	médecin,le	doctor/médico	Arzt
doers	actifs,les	trabajadores	Täter
drink	boire	beber/tomar	trinken
drive	conduire	manejar/coduc.	fahren
dry	sec	seco/árido	trocken
early	de bonne heure	temprano	früh
easy	facile	fácil	leicht
eat	manger	comer	essen
eight	huit	ocho	acht
eighty	quatre vingt	ochenta	achtzig
either	ou	o	entweder
eleven	onze	once	elf

English	Anglais	inglés	Englisch
enjoy	s`amuser	gozar de	sich freuen
enough	assez(de)	bastante/suf.	genug
etc.	et cetera	etcétera	usw
evening	soir,le	tarde	Abend
every	chaque	cada	jeder
fall off	tomber	caer	fallen
family	famille,la	familia	Familie
father	père,le	padre	Vater
father/law	beau-père,le	suegro	Schwiegervater
fat	gros	gordo	fett
Febuary	Février	febrero	Februar
fifty	cinquante	cincuenta	fünfzig
fight	combattre	luchar	kämpfen
finance	financer	finanza	finanzieren
find	trouver	encontrar	finden
fine	beau	fino/perf/bel.	schön (Wetter)
fingers	doigts,les	dedos	Finger
finish	finir	terminar	beenden
fish	poisson,le	pescado	Fisch
five	cinq	cinco	fünf
fog	brouillard,le	niebla	Nebel
food	nourriture,la	comida/alim.	Essen
fools	fous,les	tontos/locos	Verrückten
for	pour	para/por	für
fork	fourchette,la	tenedor	Gabel
four	quatre	cuatro	vier
forty	quarante	cuarenta	vierzig
Friday	Vendredi,le	viernes	Freitag
friendly	sympathique	amigable	freundlich
friends	amis,les	amigos	Freunde
future(adj)	futur	futuro	zukünftig
game	jeu,le	juego	Spiel
generally	généralement	generalmente	allgemein
get	obtenir	obtener	bekommen
girl	jeune fille,la	niña/muchacha	Mädchen
give	donner	dar	geben
glass	verre,le	vaso	Glas
go	aller	ir/andar	gehen
good	bon	bueno/buen	gut
good-bye	au revoir	adiós	auf Wiedersehn
good even.	bonsoir	buenas tardes	guten Abend
good morn.	bonjour	buenos días	guten Morgen
good night	bonne nuit	buenas noches	gute Nacht
greedy	gourmand	codicioso	gierig
half	moitié	medio/mitad	halb
happy	heureux	contento/feliz	glücklich
hate	détester	odiar	hassen

have	avoir (j'ai)	haber/tener	haben
he	il	él	er
hello	salut	hola	hallo
help	aider	ayudar	helfen
helpful	utile	util	behilfflich
her (acc.)	la/lui	la/le	ihr
here	ici	aquí	hier
herself	elle-même	ella misma	sie selbst
him	le/lui	le/lo	ihn/ihm
himself	lui-même	él mismo	er selbst
his	son	suyo	sein
honest	honnêt	honrado	ehrlich
hope	espérer	esperar	hoffen
hospital	hopital,le	hospital	Krankenhaus
hot	chaud	caliente	heiss
hotel	hotel,le	hotel	Hotel
how are y.?	comment a.-v.?	cómo está Ud?	wie geht e.l.?
how many?	combien de?	cuántos?	wieviel?
however	cependant	sín embargo	jedoch
hundred	cent	cien	hundert
hungry	avoir faim	tener hambre	hungrig
husband	mari,le	esposo/marido	Ehemann
I	je	yo	ich
I am well	je vais bien	muy bien	mir geht es gut
ice-cream	glace,la	helado	Eis
if	si	si	wenn
important	important	importante	wichtig
impossible	impossible	imposible	unmöglich
in front of	devant	enfrente de	vor
intelligent	intelligent	inteligente	klug
inventory	inventaire, l'	inventario	inventor
is (he)	est (il)	es	ist (er)
it	cela	eso	es (er)
itself	cela-même	eso mismo	es selbst
January	Janvier	enero	Januar
journey	voyage,le	viaje	Reise
July	Juillet	julio	Juli
June	Juin	junio	Juni
knife	coûteau,le	cuchillo	Messer
know	savoir/conn.	saber/conocer	wissen
labour	main d'oeuvre	trabajo	Arbeit
language	langue,la	idioma	Sprache
late	tard	tarde	spät
later	plus tard	mas tarde/lu.	später
learn	apprendre	aprender	lernen
less	moins de	menos	minus/weniger
letter	lettre,la	carta/letra	Brief
life	vie,la	vida	Leben

like (verb)	aimer	gustar	gern haben
listen	écoûter	oir	zuhören
little	peu	poco	wenig
long	long	largo	lang
long run	finalement	a lo largo	auf die Dauer
look	regarder	mirar	schauen
look for	chercher	buscar	suchen
loss	perte,la	pérdida	Verlust
lot,lots	beaucoup de	mucho	viel
love	aimer bien	querer	lieben
low	bas	bajo	tief
lucky (be)	avoir/chance	tener suerte	Glück (haben)
luggage	bagages,les	equipaje	Gepäck
lunch	déjeuner,le	almuerzo	Mittagessen
make/do	faire	hacer/realizar	machen
man	homme,l'	hombre	Mann
manager	directeur,le	gerente/dir.	Manager
many	beaucoup (de)	muchos	viele
map	plan,le	mapa	Landkarte
March	Mars	marzo	März
marriage	marriage,le	matrimonio	Heirat
marry	se marier	casar	heiraten
materials	materiaux,les	materia prima	Materialien
May	Mai	mayo	Mai
me	me	mi	mich
meal	repas,le	comida	Essen
meat	viande,la	carne	Fleisch
meet	rencontrer	encontrar	kennen lernen
meeting	réunion,la	reunión	Versammlung
mind (not)	égal (etre)	no importa	egal (mir)
minute	minute,la	minuto	Minute
Miss	Mademoiselle	Señorita	Fräulein
mistake	erreur,la	error	Fehler
Monday	Lundi,le	lunes	Montag
money	argent,la	dinero	Geld
month	mois,le	mes	Monat
more	plus	más	mehr
morning	matin,le	mañana	Morgen
mother	mère,la	madre	Mutter
mother-i.l.	belle-mère	suegra	Schwiegermutter
Mr	Monsieur	Señor	Herr
Mrs	Madame	Señora	Frau
multipl.by	multiplier par	multiplic.por	multipliz.mit
must	devoir	deber/tener de	müssen
my	mon	mi/mis	mein
myself	moi-même	mi	ich selbst
near	près de	cerca de	nahe
never	jamais	nunca/jamás	niemals
never mind	n'importe	no importa	nichts (macht)

new	neuf	nuevo	neu
nice	agréable	fino/bueno	nett
nine	neuf	nueve	neun
night	nuit,la	noche	Nacht
ninety	quatre-v.-dix	noventa	neunzig
no	non	no	nein
nobody	personne	nadie	niemand
noise	bruit,le	ruido	Krach
not	ne...pas	no	nicht
nothing	rien	nada	nichts
November	Novembre	noviembre	November
now	maintenant	ahora	jetzt
o'clock	heures (7.00)	hora (7.00)	Uhr (7.00)
October	Octobre	octubre	Oktober
of course	naturellement	naturalmente	natürlich
Oh!	Oh!	O!	Ach!
old	vieux	viejo	alt
on	sur	sobre	auf
one	un	un/uno	eins
or	ou	o	oder
orders	ordres,les	órdenes	Bestellung
our	notre	nuestro	unser
ourselves	nous-même	nosotros	wir selbst
out	dehors	fuera	aus
overheads	frais gen.les	gasto gener.	Laufenden U.
owner's eq.	capital,le	capital	Anlagekapital
parents	parents,les	padres	Eltern
passport	passeport,le	pasaporte	Pass
people	gens	gente	Menschen
place	endroit,le	sitio/lugar	Platz
plane	avion,le	avión	Flugzeug
plate	assiette,la	plato	Teller
please	s'il v. plaît	por favor	bitte
police	police,la	policía	Polizei
polite	poli	cortés	höflich
porter	porteur,le	portero	Träger
possible	possible	posible	möglich
present	présent	presente	gegenwärtig
pretty	joli	bonito	hübsch
products	produits,les	productos	Produkte
profit	profit,le	ganancia	Gewinn
put	mettre	poner	legen
quarter	quartier,le	cuarto	Viertel
quickly	vite	aprisa/de pri.	schnell
rain	pluie,la	lluvia	Regen
read	lire	leer	lesen
really	vraiment	de veras	wirklich
red	rouge	colorado/rojo	rot

relax	se relaxer	relajarse	entspannen
remember	rappeller	recordar	erinnern
restaurant	restaurant,le	restaurante	Restaurant
right	raison (avoir)	correcto/der.	richtig
road	rue,la	calles	Strasse
room	chambre,la	cuarto/habit.	Zimmer
sales	ventes, les	venta/saldo	Verkäufe
Saturday	Samedi,le	sábado	Samstag
save	sauver	salvar	sparen
say	dire	decir	sagen
see	voir	ver	sehen
sell	vendre	vender	verkaufen
September	Septembre	septiembre	September
serve	servir	servir	bedienen
service	service	servicio	Dienst
seven	sept,le	siete	sieben
seventy	soixante-dix	setenta	siebzig
she	elle	ella	sie
short	court	corto	kurz
should	devoir	deber	sollen
sick	malade	enfermo	krank
Sir	Monsieur	Señor	Mein Herr
sister	soeur,la	hermana	Schwester
sit	s'asseoir	sentar	sitzen
sit down	être assis	sentarse	sich setzen
six	six	seis	sechs
sixty	soixante	sesenta	sechzig
sky	ciel,le	cielo	Himmel
sleep	dormir	dormir	schlafen
small	petit	pequeño/chiqu.	kein
smoke	fumer	fumar	rauchen
snack	snack,le	snack	Imbiss
some	quelques	unos/poco de	etwas
somebody	quelqu'un	alguno	jemand
something	quelque-chose	algo	etwas
sometimes	quelque-fois	algún tiempo	manchmal
son	fil,le	hijo	Sohn
sorry	dommage	lo siento	Verzeihung
soup	potage,le	sopa	Suppe
speak	parler	hablar	sprechen
spend	dépenser	gastar	ausgeben
spoon	cuillère,la	cuchara	Löffel
stand up	se lever	pararse	aufstehen
station	gare,la	estación	Bahnhof
stay	rester	quedarse	bleiben
stool	banc,le	taburete	Stuhl
sugar	sucre,le	azúcar	Zucker
summer	été,le	verano	Sommer

sun	soleil,le	sol	Sonne
Sunday	Dimanche,le	domingo	Sonntag
sweet(pud.)	bavassert,le	dulce/postre	Süssspeise
table	table,la	mesa	Tisch
take	prendre	tomar/llevar	nehmen
talk	parler	hablar	sprechen
talkers	bavards,les	habladores	Schwätzer
taxi	taxi,le	taxi	Taxi
tea	the,le	té	Tee
téléphone	téléphone,le	téléfono	Telefon
tense	temps,le	tiempo	Zeiform
ten	dix	diez	zehn
terrible	terrible	terrible	schrecklich
thank you	merci	gracias	danke
that	la/cela/que	ese/aquel/cual	jener/jene/jenes
the	le/la	el/la/los/las	der/die/das
their	leur	su	ihr
them	eux	ellos/ellas	sie
themselves	eux-mêmes	ellas/ellos	sie selbst
there	là	allí	dort/da
they	ils	ellos/ellas	sie
this	ce/cet	este/esta	dieser
thin	mince	delgado	dünn
thing	chose,la	cosa	Ding
thirsty	avoir soif	tener sed	durstig
thirty	trente	treinta	dreissig
thousand	mille	mil	tausend
three	trois	tres	drei
three-qtr.	trois-quarts	tres cuartos	dreiviertel
Thursday	Jeudi	jueves	Donnerstag
ticket	billet,le	boleto/billete	Karte
time	heure,la	tiempo/vez	Zeit, die
tip	pourboire,le	propina	Trinkgeld
tired	fatigué	cansado	müde
to	à	para/a	nach
today	aujourd'hui	hoy	heute
tomorrow	demain	mañana	morgen
too much	trop	demasiado	zu viel
train	train,le	tren	Zug
travel	voyager	viajar	reisen
Tuesday	Mardi	martes	Dienstag
twelve	douze	doce	zwölf
twenty	vingt	veinte	zwanzig
two	deux	dos	zwei
under	sous	debajo/bajo	unter
up	en haut	arriba	oben
us	nous	nos/nosotros	uns
vegetables	légumes,les	legumbres	Gemüse

wait	attendre	esperar	warten
waiter	garçon,le	camarero	Kellner
walk	marcher	caminar/pasear	spazieren
want	vouloir	querer	wollen
waste(n)	gaspillage,le	desgaste	Abfall
we	nous	nosostros	wir
weather	temps,le	tiempo	Wetter
Wednesday	Mercredi	miércoles	Mittwoch
week	semaine,la	semana	Woche
wet	pluvieux	húmedo/mojado	nass
what?	quel/quoi?	qué?	was?
what time?	quelle heure?	qué hora?	wie spät.ist es?
when?	quand?	cuándo?	wann?
where	où?	dónde?	wo?
white	blanc	blanco	weiss
who?	qui?	quién?	wer?
wife	femme,la	esposa	Ehefrau
win	gagner	ganar	gewinnen
wine	vin,le	vino	Wein
winter	hiver,le	invierno	Winter
woman	femme,la	mujer	Frau
work	travail,le	trabajo	arbeiten
worse	pire	peor	schlechter
worst,the	le pire	el/lo peor	schlechteste
write	écrire	escribir	schreiben
wrong	avoir tort	falso/equiv.	falsch
year	année,la	año	Jahr
yes	oui	sí	ja
yes but	oui mais	si, pero	ja, aber
yesterday	hier	ayer	gestern
you (nom.)	vous	usted/ustedes	Sie
you (acc.)	vous	usted	Sie
young	jeune	joven	jung
your	votre	su	Ihr
yourself	vous-même	usted	Sie selbst
yourselves	vous-mêmes	ustedes	Sie selbst
zero	zero	cero	null

APPENDIX G - INSTANT RELAXATION TECHNIQUE

1. This is a simple useful CRE technique to give you confidence to learn naturally. If you don't believe you can learn ... you won't learn! ... If you are tense, anxious and stressed ... you won't learn! If you have no confidence ... you won't learn. But with instant relaxation, your mind and body become clear, confident and ready to learn. So do the exercise now ... and again before every CRE session. It takes only three minutes, and with practice, it becomes a powerful tool for you. The only "equipment" you need is an "open mind" and a marble (or similar small object) in your "right" (major) hand.

2. So, get into that comfortable position, in which you know ... you really can relax. Be aware that marble gets warm as it absorbs heat from contact with your right hand. Open your hand and allow the warmth to evaporate. Close the hand again, and recognize the marble ... as a physical external symbol ... of the internal function of your mind and body. Allow it to receive and evaporate not just heat ... but emotion, anxiety and stress ... leaving you free, relaxed, confident and ready to learn. NOW ... play the audio tape three times ... first time repeating gently, second time repeating in your mind, third time repeating VERY loud ...please ...

3. Then, relax with the hands on the lap, and fix your eyes on the marble as you repeat aloud ... the following sentence ... four times, feeling free to change the wording a little ... to fit your style ... four times ... aloud ... in all:

"I AM, I CAN, I WILL, I BELIEVE ... I WILL LEARN TO SPEAK AND ENJOY THE LANGUAGE WITH A BEAUTIFUL ACCENT ... NATURALLY ... RAPIDLY ... AND EASILY ... WITHOUT EFFORT"

4. With the eyes fixed on the marble ... or closed if you wish ... start to take three slow and very deep breaths ... and be sure to pause ... on each inhalation *... and imagine ... each exhalation ... as evaporating all the anxiety and stress from your mind and body ... through the marble in your hand.

5. After the third breath, let your whole mind and body relax completely for two minutes ... thinking ONLY of your breathing ... nothing else ... no self talk at all ... just concentrate on the BREATHING ... very important.

6. Then bring yourself back, by simply counting up from 1 to 5, feeling well, relaxed, confident and ready to learn. The marble is now your very personal symbol ... of your confidence to learn and speak the natural language with a beautiful accent.

Note: This simple CRE "Instant Relaxation Technique" can be used anywhere (eyes open or closed) to achieve a calm mind ... without anger, anxiety or stress ... ready and confident to learn .. or deal with any new problem ... that you face ... with a code word "IRT"!