

INTERNATIONAL UNIVERSITY IN GENEVA
CRE - CREATIVE RELAXATION EXERCISE

CRE – LANGUAGE COURTESY IN HUMAN RELATIONSHIPS FOR UN & AID WORKERS & BUSINESS

KEY CONCEPT: *"The greatest courtesy we can show to anyone from any country, is to begin to speak to him or her ... in his or her ... own natural language !"*

BRIEF COMMUNICATION IN OVER 150 LANGUAGES
WITH AMUSING CULTURAL COMMENTS TO STIMULATE THE LEARNING

**Africa, Europe, Middle East, Central Asia & Caucasus,
Latin America & Caribbean, Asia & Pacific Sections**

Rough working draft for practice and publication - Febtuary 3, 2008
Welcomes cooperation for corrections, new languages/dialects/culture
for a continually improving POD ... Print on Demand ... publication

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Dr. Bob Boland & Team
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Resources: Dalia Susini, Tomas Allen, Aafjie Rietveld, Edmondo Mobio & the contributors for each language & WCC & WHO & ILO & lulu.com & www.mnsu.edu/emuseum/cultural/oldworld/africa.html

Rough audios: 2-3 minutes per language from: www.crelearning.com - in process
Help: Contact robertboland@wanadoo.fr

Copyright: RGAB 2007/10 Free download for all UN & aid workers ... and as one book from lulu.com (\$10.00)

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DEDICATION - FOCUS & CONCENTRATE!

This program is dedicated to the memory of Professor Kenneth Hale, the eminent linguist of MIT who died on October 8th 2001. He spoke over 30 languages, 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 ... with a very good accent ...

He believed that:

“The greatest courtesy we can show to anyone from any country, is to begin to speak to him or her ... in his or her ... own natural language !”

and so with this little book we can provide you with the opportunity and the confidence to begin to use basic phrases. This will will reinforce your “body language” which is so important for effective human relationships.

In the book so far, there are about 150 languages, each with about 18 key phrases and a few amusing cultural comments (do’s and don’ts), to make you laugh, relax, and thus be ready to focus, concentrate and learn well in the new language. A brief easy source of more cultural data is: international etiquette: <http://www.asiapacific.ca/about/index.cfm>

For each new language the 18 key phrases are freely provided by the contributors, and are presented with the English text. A space is provided for YOU to write in (from the audio) the suggested pronunciation in your own vowel system. Exhibit A is a basic reference to the same phrases in: French, Spanish, Russian, Mandarin, Japanese, Portuguese, Italian, German, Hindi & Esperanto.

A new language must be spoken with confidence and a good accent. The quality of pronunciation is critical. Thus a rough two minute audio is provided for each language, by easy download from the web site www.crelearning.com, which can be transferred to your computer or a CD, or even better, to your portable telephone. So learn in the plane where you have nothing much to do for hours ... take the trouble ... and be very surprised ... by the very positive reactions to your brief emotional investment ...

Some help for rapid learning with a confidence, is provided in Exhibits B & C. Be sure to test yourself after each session with the 18 phrases: English – New Language and back again. For further progress, buy the excellent Lonely Planet phrase books. When available, also download our free “CRE” 200 word four hour text/audio program for each language (available from the web site or in low cost book form from lulu.com).

For some languages (like Hausa and Arabic etc.) there are excellent free language & culture web sites. Continual POD (Print On Demand) corrections will be made to the book, with new languages/dialects so that additions and creative ideas will always be welcome, by direct contact with the Team by email: robertboland@wanadoo.fr. On we go together ... so easy ... when we focus and concentrate ... for 30 minutes ... and be motivated to learn more ...

Exhibit A

A Key to basic phrases in English. French, Spanish, Russian Mandarin, Japanese, Portuguese, Italian, German, Hindi & Esperanto

English
Thank you.
Hallo
Yes/no
Please
Excuse me

French
Merci.
Bonjour
Oui/non
S'il vous plait
Excusez moi

Spanish
Gracias
Hola
Si/no/no
Por favor
Disculpe

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Bonjour
Je m'appelle ...
Comment vous appelez vous?
Comment allez vous?
Je vais bien, merci

Buenos dias
Yo me llamo
Como se llama?
Como esta usted ?
Muy bien, gracias

Good-bye.
Where?
How much?
OK
All being well

Au revoir
Ou?
Combien?
Ca va
Tout va bien!

Hasta la vista
Donde?
Cuanto?
Bueno
Todo bueno

Mr.
Mrs.
I want

Monsieur
Madame
Je veux

Senor
Senora
Quiero

English
Thank you
Hallo
Yes/no/not
Please
Excuse me

Russian
Spasibo
Zdravstvuytie
Da/niet'nie
Pojaluysta
Izvinitie

Mandarin
Xie-xie ni
Ni hao
Dui/bu
Qing
Duibuqi

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Zdravstvuytie
Minya (my) zavut (name)
Kak vas (your) zavut?
Kak pojivaetie?
Spasibo atlichna (fine)

Zao chen
Wo jiao (called) ...
Ni de ming zi shi shen mo?
Ni hao ma?
Henhao, xiexie

Good-bye.
Where?
How much?
OK
All being well

Do svidania
Kuda?
Skolko?
Khara-sho
Khara-sho

Zai-jian
Nali?
Duo-shao
Ker-yi
Henhao

Mr.
Mrs.
I want

Gospodin
Gospoja
Ya khotchou

Xian-sheng
Tai tai
Wo yao

Exhibit A (continued)

A Key to basic phrases in English. French, Spanish, Russian Mandarin, Japanese, Portuguese, Italian, German, Hindi & Esperanto

English	Japanese	Portuguese
Thank you.	Arigato gozalmasu	Obrigada
Hallo	Konnichi wa	Ola
Yes/no/not	Hai/iye/iye	Sim/ não
Please	Dozo	Por favor
Excuse me	Sumimasen	Com licença
Good morning	Ohayo	Bom dia
My name is ...	Watashi no namae-wadesu?	Meu nome é
What is your name?	O-namae wo oshiete kudasai.	Qual é seu nome?
How are you & family?	Ikaga deska?	Como está?
Fine thanks	Genki desu, arigatou (goza-imasu)	Muito bem, obrigado
Good-bye.	Sayonara	Adeus
Where?	Doko?	Onde?
How much?	Ikura?	Quanto custa?
OK	Do-i-ta-shi-mashi-te	OK
All being well	Yoku meshi agare	Tute contente
Mr.	-San	Senhor
Mrs.	-Fujin	Senhora
I want	Boku	Quero
English	Italian	German
Thank you.	Grazie	Danke
Hallo	Ciao	Hallo
Yes/no/not	Si/no	Ja/nein
Please	Dozo	Bitte
Excuse me	Mi scusi	Verzeihung/Entschuldigung
Good morning	Buongiorno	Guten tag
My name is ...	Mi chiamo	Ich heisse
What is your name?	Como si chiami?	Wie heissen Sie?
How are you & family?	Como sta?	Wie geht es Ihnen?
Fine thanks	Molto bene, grazie	Danke, gut
Good-bye.	Ciao/arrividerci	Auf wiedersehen
Where?	Dove?	Wo?
How much?	Quant-e?	Wieviel?
OK	OK, bene	In ordnung
All being well	Tuti bene	Alles klar
Mr.	Signore	Herr
Mrs.	Signora	Frau
I want	Voglio	Ich mochte

Exhibit A (continued)

A Key to basic phrases in English. French, Spanish, Russian Mandarin, Japanese, Portuguese, Italian, German, Hindi & Esperanto

English	Hindi	Esperanto
Thank you.	Dhanyawad	Dankon
Hallo	Namaste	Saluton
Yes/no/not	Hai/nahin/mai	Jes/ne/ne
Please	Kripaya	Mi petas
Excuse me	Mujhe mat Karen	Scusi
Good morning	Namaste	Bonan tagon
My name is ...	Mera nam ... hai	Mi nomo es
What is your name?	Apka nam kya hai?	Kia es vi nomo?
How are you & family?	Ap kaise hain?	Kiel vi fartas?
Fine thanks	Main thik hain	Bona, dankon
Good-bye.	Namaste	Adiau
Where?	Kahan?	Kie?
How much?	Kitne?	Kiom?
OK	Tel, thik hai	OK
All being well	Al atchha hai	Al es bona
Mr.	Sri	Sinjoro
Mrs.	Srimati	Sinjinoro
I want	Mujhe ... chahie	Mi volas

EXHIBIT B

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 ... two minutes ... of the 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 30 ("Hale") minutes ... of PLAYING with the natural language ...

Generally:

1. REINFORCE the learning in the CAR at any time ... make it an amusing THEATRE of one ... YOU!!!
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 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.
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 ... "Urrs and Umms" ...
6. When you do not know a necessary word ... do NOT hesitate ... simply USE body language and 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.
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.

8. For gentle relaxation ... for learning ...

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... New Language Place" ... in your mind ...

EXHIBIT C

INSTANT RELAXATION TECHNIQUE FOR LEARNING

This is a simple useful CRE technique to give you confidence learn the new language naturally, When 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 learn.

So do the exercise now before every CRE session. It takes only three minutes, and with practice, it becomes a powerful tool for you. Practice as follows ...

1 I am going to count to three. Follow this sequence. One, look up toward your eyebrows, all the way up; two, close your eyelids, take a deep breath; three, exhale, let your eyes relax, and let your body float.

2 As you feel yourself floating, you concentrate on the sensation of floating and at the same time you permit one hand or the other to feel like a buoyant balloon and allow it to float upward. As it does, your elbow bends and your forearm floats into an upright position. Sometimes you may get a feeling of magnetic pull on the back of your hand as it goes up. When your hand reaches this upright position, it becomes a signal for you to enter a state of meditation. As you concentrate, you may make it more vivid by imagining you are an astronaut in space or a ballet dancer.

3. In this atmosphere of floating, you focus on this ... and you insert whatever strategy is relevant for your goal of everyday life style.

4. Sense that you can achieve mastery over a problem by “reprogramming”—often identified as an “exercise”—by means of a self-affirming, uncomplicated reformulation of the problem.

5. Plan to practice as often as ten different times a day, preferably every one to two hours. At first the exercise takes about a minute; but as you become more expert at it, you can do it in much less time. When your hand reaches this upright position, it becomes your signal to enter a state of meditation in which you concentrate on these critical points.

6. Then bring yourself out of this state of concentration called self-hypnosis by counting backwards this way ... Three, get ready. Two, with your eyelids closed, roll up your eyes (and do it now). And, one, let your eyelids open slowly. Then, when your eyes are back in focus, slowly make a fist with the hand that is up and, as you open your fist slowly, your usual sensation and control returns. Let your hand float downward. That is the end of the exercise.

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

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 learn .. or deal with any new problem ... that you face ... with a code word “IRT”!

SECTION A - AFRICA

(with improving cultural guides)

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34. Wolof – Senegal	3	
35. Xhosa – RSA	10	
36. Yemba (Cameroon)	5	
37. Yoruba – Nigeria, Benin	20	
38. Zulu – RSA, Zimbabwe	10	
39. Tonga (Mozambique) (to follow)	10	
40. Oshivambo – Namibia & Angola (to follow)	3	
41. Nubien - Egypt, Sudan (to follow)	2	
42. Maragoli (Kenya)	1	

Total speakers (estimated) - 500 millions

List of Contributors and Resources

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1. Amharic - Ethiopia

KEY PHRASES:

PRONUNCIATION

Thank you.	Ame-segi-na-lehu	armee-seggi-na-lay-hu
Hello	Selam	se-larrm
Yes/no/not	Awo/ay/ay-dellem	ar-wo/ea/ay-e dill-emm
Please	bakih/bakish (f)	ee-bakk-ee/ee-bakk-eesh
Excuse me	Yi kirta	yee -krrrtar
Good morning	Indemin ader-k/ Tenastilgn	in-dde min adduk/tenasstgn
My name (is) ...	Sime mataki ...new	sm-iy marraki no
What is your name?	Sim-ih man new?’	sm-iy man no
How are you & family ?	Indemin nachihu betesebis?	In-dde min nach-eehoo betesbis?
Fine thanks	Ine dihna neg, ame-segi-na-lehu	in dayna negn, armee-seggi-nar-lay-hu
Good-bye.	Denawal	day narr wall
How much?	Sint new?	suinn-tar no
Where?	Yett?	yy-ett
OK/Cheers!	Esh-i/letenachin	lsh-ee/tenaccheen
All being well	Igzer yim-masgen	izz-gerr yim-mas-gnn
Mr.	Ato	Ar-tto
Mrs.	Woyzero	wazz-ay-rrow
I want	Efelle-galehu	ufell-gar-lay-hu

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Shake hands and hug (no kissing the women please). You are a “Ferenj” (white man)! Their most important language is Amharic. The second is Tigray for Ethiopian Orthodox Christians. , and most are plow agriculturists. Other groups, particularly those in Shewa and Welega, have been influenced by Orthodox Christianity, and still others have been converted to Islam.
2. Eating – Take a huge helping of “Teere Sega” (raw meet), with the right hand please..
3. Drinking – Try lots of “Tej” (alcoholic beverage made from honey) and “Tella” (home made beer).
4. Family – When happy the women shout over and over ... “Elelelele....” The men just smile and eat. When surprised say: “Min !” !!
5. Social - Please, use first names only... never the surname!! And please, do NOT say hshi”!!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

2. Arabic - Egypt , Morocco, Tunisia, Algeria

KEY PHRASES:

PRONUNCIATION

Thank you.	Shokran	s-u-krann
Hallo	Marhaba	mar-habar
Yes/no/not	Naam/la/la	na-m/lar/lar
Please	Menfadhlak - mfl.	min-fad-lakk
Excuse me	Asif/afwana	asif/afwana
Good morning	Sabah al-khair	subah-hul--khair
My name is ...	Ismi ...`	iss-mee
What is your name?	Ma ismoka?	ms-muka
How are you?	Kaifa haalaka?	kyfa haluka
Fine thanks	Ana bekhair, shokran.	ana bikhayr, sshu-krann
Good-bye.	Maas-salama	m'asalamah
How much?	Bikam hatha?	bikam haoa?
Where?	Ayna?	ay-nar?
OK/Cheers (good appetite)	Ta yib/hassanan	tayyib/hasanan
God willing (used all the time)	Inshallah	in-s-a-lah
Mr.	Al Saied	al sayyid
Mrs.	Al Saieda	al sayyida
I want	Ana ourid	ana urid

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Bow. Shake (male) hands if offered. Your hand may be held for five minutes. Men may walk hand in hand (don't misunderstand!). Everything private. No hugs or kisses please. Contact with women only when invited. You are a "Ainabi" (foreigner). Remember Ramadan (September - 4 weeks by the moon – no food in the day no emotion at night! Conservative atmosphere. No public laughter. Houses spaced apart so that neighbours cannot see inside. Greet everyone with "Asalamu Alaykum". Respond with "Wa alaykum asalam". Don't be surprised if a "Naam" (yes) becomes a very polite "La" in disguise. No surnames. Just "Al Saied Bob" (Mr. Bob). Wait for "Tafadhal" (please come in). Do not open presents. Read a business card with two hands.
2. Eating – Host always the last to start eating and the last to finish (deliberately). Take a gentle helping of "Dheylo" (baby goat meat), using only with the right hand, please!
3. Drinking – No drinking of ETOH !! Try lots of "Caanagee" (camel milk).
4. Family – Father in charge. Mother obeys. Take off shoes when invited to the house "Dewaniah" (reception room) where coffee served continually until you shake your cup (indicating "no more"). No compliments about family females (insulting!). No admiration of a family ornament (host obliged to give it to you!) No pointing or exposure of the soles of your feet to anyone. When happy the women may shout "Lilililililililil..." while the men just smile. When surprised say: "Waa?" ...
5. Social – Maintain "social" distance of both body and eyes. Business meetings may be "circular" and confusing with continual changes of group members and subjects being discussed. Be punctual for "Mow id-inglize" (English meeting) but accept delayed realities. Business "haggling" is normal, but agreement is more based on "mutual confidence and word" than written contract. Please do NOT say "Kosa" !!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

Note: For Islam the individual must live in a manner prescribed by the revealed law and incumbent on the community to build the perfect human society according to holy injunctions. These are the recitation of the shahada (there is no god but God [Allah], and Muhammad is his prophet.), salat (daily prayer), zakat (almsgiving), sawm (fasting), and haff (pilgrimage). The believer is to pray in a prescribed manner after purification through ritual ablutions each day at dawn, midday, midafternoon, sunset, and nightfall. Other tenets of the Muslim faith include the jihad (holy war), and the requirement to do good works and to avoid all evil thoughts, words, and deeds.

3. Bambara - Mali, Senegal, Guinea Ivory Coast

KEY PHRASES:

PRONUNCIATION

Thank you.	Y nitche	er neech-ay
Hallo	Y nitche	er neech-ay
Yes/no/not	Awo, ohon/ayi/ayi	arw-r/erhern/eye-i/eye-i
Please	Sabari	ssebaree
Excuse me	Sabari	ssebaree
Good morning	I ni sogoma	ee nee sugoma
My name is ...	N-togo ye	nee togo yer
What is your name?	Y-togo ye di?	ee-togo yer dee
How are you & family?	I-kar kene?	ee-kar kerne-nr
Fine thanks	N-kar kene	n-kar kenrr
Good-bye.	k'anbe soni	karn-brr sonn
Where is?	A be mini?	ar br m-nee
How much?	...joli don?	...yolee dun
OK/Cheers (good appetite)	Awo/kani here bein	ar-wo/kanee hear-ra ben
God willing (used all the time)	Inshalla	een-shar-lar
Mr.	Not used	-
Mrs.	Not used	-
I want	M-mago be	m-marg-o bay

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Bambara are 70% Muslim. Most are farmers but also raise cattle, hunt ostrich and love honey. Both men, women and children (over 12) share farming. Only women do cooking and washing up!. No hugs or kisses. You are a “Touba bu” (white man)! Remember Ramazan (September 4 weeks by the moon – no food in the day no emotion at night!. Every village is many different family unit with homes for 60 or more people, working together every day except Monday. Many of the non-Muslim villages have no schools and some populations are entirely illiterate.
2. Eating – Take a huge helping of “To” (polenta maize). Right hand only please!
3. Drinking – No drinking, except “Djinibere” (ginger).
4. Family – Marriage is very significant "investment" for and family's labor force. Most women have eight children. All adults are married. Even elderly widows in their 70's or 80's have suitors for the reason that the Bambara believe that a wife enlarges a man's status. Every village is many different family unit with homes for 60 or more people, working together every day except Monday. Many of the non-Muslim villages have no schools and some populations are entirely illiterate. When happy, shout over and over: “Ea ...ea”. When surprised say quietly “Ea? ... ea?” !!
5. Social - Please, do NOT shout out: “I –ba ... !!” or “I-fa” ... because you may get hurt!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

4. Bemba – Zambia

KEY PHRASES:

PRONUNCIATION

Thank you.	Na totela	nar toe-tell-ar
Hallo	Mwapoleni	mmwar-pol-ay-nee
Yes/no/not	E/lyo/lyo	ay/yo/lee-yo
Please	Mkwai	muk-why-ee
Excuse me	Odini	oh-dee-nee
Good morning	Mwapoleni	mmwar-pol-ay-nee
My name is ...	Ni-nebo	nee-nay-bow
What is your name?	Ni-mwe banani?	nee-mmway bar-narn-ee
How are you & family?	Muli-shani?	moo-lee shar-nee
Fine thanks	Bwino, na totela	bwween-oh nar toe-tell-ar
Good-bye.	Shalenipo	shall-enn-eeepo
How much?	Shinga?	shee-nngar
Where is?	Kwi?	kwee
OK/Cheers (good appetite)	E/ ??	ay/-
God willing (used all the time)	Lesa nga apala	lay-ssa ngar apar-ka
Mr.	Shikulu	she-koo-loo
Mrs.	Mama	mar-ma
I want	Nde-fwaya	ndee fww-eye-ya

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – The Bemba are forest people who believe in a higher god called Leza in the sky, with magic control over thunder and women and fertility. Converted into Christianity they are still with Leza. Ruled by an inherited Chitmukulu with supernatural powers. Malaria, bilharzias) and malnutrition are part of culture. Women die at 54 men at 52! They all share food, money, costs, gifts, and life. Males work clearing the fields and are mostly involved in the political affairs and trade for the village. The women are in charge of the agriculture and responsible for food. Shake hands. No hugs or kisses please. You are a “Masungu” (white man)!
2. Eating – Take a huge helping of “Bwali” (maize).
3. Drinking – Beer pubs are very common in the region of the Bemba. They gather to get together and drink beer and have a good time. Try lots of “Mosi” (home made beer) and perhaps “Kachasu” (illicit alcoholic drink from maize).
4. Family – Living in rural extended families (60-100). Girls in puberty, are put into a hut for six weeks to three months for training in cooking, hostessing, being a mother, and gardening. Banned if pregnant before initiation. For engagement, the young man offers parents a small present; and when married he moves in. . When happy shout over and over ... ”Chawama....” When surprised say “Mayo” !!
5. Social – Please do NOT say “Shiru” or “Kapara” ! But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

5. Chichewa – Malawi

KEY PHRASES:

PRONUNCIATION

Thank you.	Zikomo	zee-koom-o
Hallo	Moni	mon- nee
Yes/no/not	Iyayi/ayi/ayi	lee-ayee/aryee/aryee
Please	Chonde	cho-nn-day
Excuse me	Pepani	pay-parr-nee
Good morning	Monii	morw-nee
My name is	Zina langa ndi	zee-nar langgar ndee
What is your name?	Zina lako nd-ani?	zee-nar lar-kow nd-arn-ee
How are you & family?	Muli bwanje? /Muli bwanji nonse (more people)	moolee bwar.ngee
Fine thanks	Tili bwino/ndili nwino.	tear-lee bwee-noo
Good-bye.	Tsalani bwino/ Tionana	tt-salarr-nee bwee-no
Where is?	Kuti?	Koo-tee
How much?	-ngati?	nnng-gar-tee
OK/Cheers (good appetite)	Basi/tia muels	bar-ss/tee-ar may-lee
God willing (used all the time)	Ngati mulungu afuna	nnng-gar-tee moo-lungoo
Mr.	Bambo	bam-buu
Mrs.	Mayi	mar-yee
I want	ndi-funa	ndee foo-nnrr

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – The Chewa distinguish themselves from the other cultures by their distinct language, special tattoos, and the possession of secret societies. The bulk of their economy comes from swidden or slash-and-burn agriculture. The main crops that are produced are corn and sorghum. They usually live in compact villages. The village hierarchy is led by a hereditary headman and supplemented with an advisory council of elders. The Chewa people believed that all living things were created by God (they called Chiuta, or Chaunta) on a mountain named Kapirintiwa, during a thunderstorm. Presently, the mountain sits on the border between Malawi and Mozambique. Although they believe in the one creator God, they also believe that the spirits of men and animals come in contact with the living. They believe that the living and the spirits are in constant contact with each other through dance. So shake hands. No hugs or kisses please. You are a “Mu-zungu” (white man)!
1. Eating – Take a huge helping of “Sima” (maize meal).
2. Drinking – Try lots of “Chibuku” (beer) and “Kachasu” (millet liquor).
3. Family – When happy, dance, sing, and shout “Oh ... ” When surprised say “Kudabuwa” !!
4. Social - Please, do NOT say “Chitsilu” or “Wopusa”!! But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

6. Dinka - Sudan

KEY PHRASES:

PRONUNCIATION

Thank you.	Yin acan muoe
Hallo	Ci yibak
Yes/no/not	Ce tede/aliu,cin/aci
Please	Palqen
Excuse me	Pal wetpiny
Good morning	Ci yibak
My name is	Ka santa??
What is your name?	Ka santa??
How are you & family?	Ci ci bak?
Fine thanks	Puou ayum
Good-bye.	Yin abi caath
Where is?	...teno?
How much?	... keda?
OK/Cheers (good appetite)	Yic/??
God willing (used all the time)	Inshalla
Mr.	Moe
Mrs.	Tik
I want	Diet

AMUSING cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to LAUGH and learn:

1. Meeting – Bow with hand on the heart. Hugs and kisses only for friends. You are a “Ferengi” (white man)! Remember Ramazan (September 4 weeks by the moon – no food in the day no emotion at night!).
2. Eating – Take a huge helping of “Shiro” (beans).
3. Drinking – Try lots of “Siwa” (beer) and “Tej” (honey liquor).
4. Family – When happy the women shout over and over ... “Lilililililili “ The men just smile. When surprised say: “Waaa.
5. Social - Please, do NOT say “Asha” or “Terati”!! But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

7. Ewe – Togo, Ghana

KEY PHRASES:

PRONUNCIATION

Thank you.	Médakpé	my-dak-pay
Hallo	Moni	mw-nee
Yes/no/not	Ééé/ao/ao	ee/ow/ow
Please	Me de kuku/Tôwodjô	may day kuku/tow-wu-jo
Excuse me	Médo taflatse	mee-doo taflat-see
Good morning	Ndi i	ndee ee
My name is	Nkô nye e nyi...	know – neeye ay neeyi
What is your name?	Wo nkô dé?	wo nkow day
How are you & family?	Mi fôn nyuie a?	mee fon nyeeeye ar
Fine thanks	Mé fon nyuui, medakpe	mee fon nyee, midakp
Good-bye.	Yédé nyuie	yayde nyay
Where is?	Afeek-ka?	afeek ka
How much?	Mene?	mayne
OK/Cheers (good appetite)	Mi fona/dohu gnede	mi fo-nar/
God willing (used all the time)	Elema-woussi	aylay-mar- wusee
Mr.	Afetoï	afay-to
Mrs.	Afeno	afen-o
I want	Me djin	me deejn

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – The Anlo-Ewe people are today in the southeastern corner of the Republic of Ghana. They settled here around 1474 after escaping from their past home of Notsie. They fled their homeland because of the frequent raids they encountered from European slave traders. They lived on the coast, which provided no protection from their ships. They then migrated north to lagoon islands where the slave ships could not reach because of the shallow water. Due to the move the Anlo-Ewe had to adapt to their new environment. Canoes were built for the fisherman and also for the farmers to get access to different islands where they farmed. Shake hands and hug. No kissing please. You are a “Mu-zungu” (white man)!
2. Eating – Take a huge helping of “Bamleu and okro suayo“
3. Drinking – Try lots of “Ogoguru” (beer) and “Umusururu” (liquor).
4. Family – . When a man and woman marry, they will move to live near the father of the groom and inherit his property. Fon men are allowed to have more than one wife, but if this privilege is abused, the wife is free to divorce and remarry. Divorce is quite common throughout the culture. A man must not refuse a wife offered to him and divorce can only be granted if the family of the wife initiates a request. When happy shout: ... “Medalagge”/ When surprised say “Mawu” !!
5. Social - Culture is well known for their religious ceremonies. Drums are always used as a sort of special meaning in every activity that takes place. Voodoo ceremonies usually begin with the playing of the drums and then an initiate will fall into a trance and become “possessed” by a spirit. Voodoo events are not only intriguing to members but outsiders as well. Please, do NOT say “Akhe”!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK? Funerals in the culture are the most important part of a member’s history

8. Ewondo – Cameroon

KEY PHRASES:

PRONUNCIATION

Thank you.	Abui ngan	ar-boo-ee ngg-arann
Hallo	A vuma a	ar voom-arr ar
Yes/no/not	Oe, owe/tegue/mm	oh-ay, aw-way/tay-gu-ay/mm
Please	A ngogol	ar nf-or-goal
Excuse me	Dzu ma	dzzoo mar
Good morning	Mbembe kidi	mmb-aym-bay keedee
My name is	Me ne dzo na	may nay ddzoh nar
What is your name?	Dzo due e ne ya?	ddzoh doo-ay ay nay ya
How are you & family?	You o ne voua a nde bot dzue?	yoo oh nay yoo-arr nday bot ddzoee
Fine thanks	A bui ngan	ar boo-ee ngg-ann
Good-bye.	Me key a/me tam ke	may kay ar/may tam kay
Where is?	Ave?	ar-vay
How much?	Tan ya?	tan yar
OK/Cheers (good appetite)	Umhum/mbe-mbe-sam	oon-hoom/mmbay-mmbay-sam
God willing (used all the time)	Mbeng	mm-benngg
Mr.	Nti	nn-tee
Mrs.	Mininga	mee-ning-ggarr
I want	Ma yi	marr yee

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – The Gabon population is over 1.3 million with eight different ethnic groups in Gabon, which is defined by language, and there are tribes distinguished by dialect in each group. The capital is Libreville, which means, “free town.” Gabon landscape consists of a narrow coastal plain, abundant forests, and savannas. The life expectancy rate is 52 years and infant mortality rate of 60 per 1000. It is the responsibility of the men to clear the land, build the hut, and to perform the outside work. The women tend to the housework as well as the planting. Shake hands and hug. No kissing please. You are a “Ntangan” (white man)!

2. Eating – The national dish is rice served in a spicy sauce with a variety of bush meats, which could include antelope, monkey, porcupine, and snake. Take a huge helping of “Okok” (vegetable mix)..

3. Drinking – Try lots of “33 Export” (beer) and “Odontol” (liquor).

4. Family – Tribal life as a Bantu is similar to the Masai. Circumcision is very common. A husband pays a dowry to the wife’s family. When happy shout: ... “Medalagge me ne mbeng” When surprised say “Ekiee me ne mbeng” !!

5. Social - . Each Bantu tribe is typical known for a different mask design. These mask are used in rituals which keep them in touch with the world of the dead. Please, do NOT say “Akhe”!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

9. Hausa – Nigeria, Niger

KEY PHRASES:

PRONUNCIATION

Thank you.	Nagode	nar-go-day
Hallo	Barka	b-arka
Yes/no/not	Na-am, aei, /babu. A'a /babu, a'a	
Please	In ka yarda or dan allah	in kar yar-daa
Excuse me	Gafara	gar-fara or doun-all-ah
Good morning	Ina kwana	ee-nar kwat-nar
My name is	Suna na	soo-nar na
What is your name?	Me ne ne sunan ka?	may nay nay soo-nan ka
	Or ya h sunnan ka?	ya h soonnan ka
How are you?	Kana la fiya ?	kar-na lar fee-ya
How is your family?	... yaya iyali?	... yar-yar eeyar-lee
Fine, thanks	Lafiya, da godiya	lar-fee-yar nar go-deya
Good-bye.	Sai anjima	sail arn-jeema
Where is?	ina?	ah een-ar
How much?	Nawa?	na-war
OK	To/-	toe/-
God willing (used all the time)	Insha-allah	eensharr-allar
Mr.	Malam	mar-lam
Mrs.	Malama	mar-lar-ma
I want	Ina son	ee-nar sonn

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – One-fourth of language is derived from Arabic. Some speak French, English fluently and read and write Arabic. Religious behavior affects their everyday life. Most devoted to the Islamic faith. Others called Maguzawa and they worship nature spirits called Bori or Iskoki. Shake hands. No hugs or kisses. You are a “bature” (white man)! Remember Ramazan (September 4 weeks by the moon – no food in the day no emotion at night!).
2. Eating – are eight different ethnic groups in Gabon, which is defined by language, and there are tribes distinguished by dialect in each group..Take a huge helping of “Waina (rice cake) with the right hand. Tuwon Shinkafa (rice meal), Tsire or Suya (roast beef, peppered).
3. Drinking – No ETOH!!! Try lots of “Kunun zaki” (maize drink) or “soukbo” (fruit drink).
4. Family – A week after a child is born they achieve personhood and aren't given a name until the Islamic naming ceremony. The boys and girls must learn the Qu'ranic scripture by the age of 13. In their teens, they may wed. The ceremony lasts for about a week with the bride having the bride and groom's parents contract the marriage according to the Islamic law and then the couple will be brought together with a small celebration.
5. When happy women shout: “Lilililililili... Men just smile!! When surprised say “Sub hana-la” !!Social - Please, do NOT say “Kafir” or “Arne” !! But if you are really very angry... say ‘Allah ya isa’ (meaning God will judge) to yourself ...and you will feel much better! OK? Check out the excellent free Hausa website - www.teachyourselfhausa.com for language, business and culture.

9. Ibo - Nigeria

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Nde ewo nu
Nde wo/kedu
Ee, o /mba, odighi/mba, odighi
Biko
Biko

Good morning
My name is
What is your name?
How are you & family?
Fine thanks

I bola chi
Aha m bu
Gini bu aha gi?
Kedu ka i di?/
A di m nma, I mela.

Good-bye.
Where is?
How much?
OK/Cheers (good appetite)
God willing (used all the time)

Ka eme sia
Ebe ole?
Ego ole?
Odin ma/nni a di nma
Na ichukwu

Mr.
Mrs.
I want

Mazi
Misisi
A choro m

PRONUNCIATION

nday eewo noo
nday wo/kay-doo
ay, oh/mm-bar, odiggeer
bee-ko
bee-ko

ee bolar chee
ar-har mm boo
gee-nay boo arhar ay
kay-doo kar ee dee
ah dee mm nmar, ee may-lar

kay ay-may see-ar
ay-bay oh-lay
ay-go oh-lay
oh-deen mar/nnee yar dee nmar
na ichook-woo

mar-zzy
m-see-see
ah koro mm

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Nigeria is composed of basically three different ethnic groups: the Yorubas, the Hausas, and the Ibos. The language is based a lot on pitch, vocal inflections, and context. A single word can have numerous meanings depending on these factors. Idioms and proverbs play an important role, in all language.. The Ibos are profoundly religious. Worship many gods at three levels: “Chukwu.”, “Umuagbara” and “Ndi Ichie” spirits of dead people with reincarnation into the spirit world with later rebirth. Each village has priests and priestesses for ceremonies and rituals and divining the future.. Shake hands. No hugs or kisses please You are a “Nwa-beki” (white man)!
2. Eating – Take a huge helping of “Akpu” (delicious basic food).
3. Drinking – Try lots of “Ogoguru” (beer) and “Umusururu” (liquor).
4. Family – The Ibos carry machetes, but wear little or nothing until they reach puberty. Then men wear a loincloth, and women wrap up. They live in extended families with no single ruler. Decisions made by all. Today, women are considered second-class citizens, and subservient to men, and sometimes treated as slaves. Women are also forced to study certain “womanly” subjects in school. When happy, dance, sing and say: “Medalagge”. When surprised say “Mawu”
5. Social - Please, do NOT say “O di ka ibi” !! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

11. Kanouri – Nigeria, Niger

KEY PHRASES:

PRONUNCIATION

Thank you.	Wushe/ askErngin
Hallo	Wushe
Yes/no/not	Na-am, / a-a, ba. A-a, bawo
Please	-
Excuse me	gafErnEmma
Good morning	Nda watE
My name is	Sunyi
What is your name?	Ndu sunEm
How are you & family?	Nda nyi, nda fato
Fine thanks	kElewa
Good-bye.	Sai tusshiya / sai sa laa
Where is?	Nda?
How much?	Ndawu?
OK/Cheers (good appetite)	yo, bismillah
God willing (used all the time)	inshallahu
Mr.	Malem
Mrs.	Ya
I want	mangin

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Igbo homelands are densely populated. Complex political life. Government seems disjointed. They have not heard of democracy., but all rules and regulations made within each village and community, traditionally are only applied to that village. Majority with Christian belief after “Chukwu” with homes, compounds, buildings and even village parks and squares displaying depictions of Chukwu. Igbo language is not spoken anywhere else in the world, and has heavy cultural roots. Shake hands. No hugs or kisses. You are a “nasara” (white man)! – women never shake hands or kiss. Remember Ramazan (September 4 weeks by the moon – no food in the day no emotion at night!).
2. Eating – Take a huge of millet (argEm) or sorghum (ngawuli), or rice (shangawa), with a lot of soup made from leaves (kalu), helping of with the right hand.
3. Drinking – no alcohol is allowed officially, so take plenty of water (nji).
4. Family – Home life is also very structured. Husband is the head of the household with responsibilities to his community. Equal importance to tend to both the family and the village. Very extended families; it is a part of them as a people. In recent years, there has even been a drive for family members who have moved away to return to their origin of birth, along with their new offspring. When happy shout... “allhamdulillahi” When surprised say “Oo oo ” or “subhanallahi”!!
5. Social - Please, do NOT say “ngEriwu” ” !! But if you are really very annoyed... say it three times to yourself ...and you will feel much better! OK?

12. Kikongo – Zaire, Angola, Congo

KEY PHRASES:

PRONUNCIATION

Thank you.	Ntondele/Mfiawukidi	nn-rorrnn-daylay mm-fe-ararwookee-dee
Hallo	Mavimpi	mar-veempee
Yes/no/not	Yinga/ve/nkatu	yeen-ga/vay/nn-kartoo
Please	Dodokolo	do-koh-loh
Excuse me	Wundemvukila	woodar-vokeelar
Good morning	Kiambote	kee-am-boatay
My name is	Zinadiame	zeena-dee-armay
What is your name?	Nkumbu aku nani?	nngoomboh akoo naynee
How are you & family?	Nkuna nzo lukolele?	nkoo-nar-unzoh loo-kaylaylay
Fine thanks	Mbotetunina	mboat-ter-tooneena
Good-bye.	Tomasala	toma-sarr-lar
Where is?	Kweyena?	kway-yat-nr
How much?	Ntalunkwa?	nntarl-oon-kwa
OK/Cheers (good appetite)	OK/-	oh-kay
God willing (used all the time)	Mu luzolo lwa nzambi	moo-loo-zooloh lwar-n-zambee
Mr.	Tata	tarr-tr
Mrs.	Mama	marr-mr
I want	Nzo-lele	nnzzoh-laylay

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting: The Bakongo religion centers on ancestor and spirit cults, which also play a part in social and political organization. A strong tradition of prophetism and messianism among the Bakongo has given rise in the 20th century to nativistic, political-religious movements, mostly xenophobic. Cultivate cassava, bananas, corn (maize), sweet potatoes, peanuts (groundnuts), beans, and taro. Cash crops are coffee, cacao, urena, bananas, and palm oil. Fishing and hunting are still practiced by some groups, but many live, work and trade in towns. Shake hands ("unvana mbote"). No hugs or kisses please! You are a "nge mundele wunina" (white man).
2. Eating – Take a huge helping of “Nsaki ye kuanga” (cassava leaves and roots).
3. Drinking – Try lots of Primus” (beer) and “Nsamba ” (palm tree liquor).
4. Family – Descent is reckoned through the female line, and tribes are grouped in lineages. The main characteristic of their social organization is fragmentation: nearly every village is independent of its neighbours, and almost nothing remains of the ancient Kongo kingdom. Always respect the elders ("zitisa ba mbuta") - especially if you getting are a bit old too. When happy shout “Mu kiese nginina”. When surprised say “He nge” !!
5. Social: Don't say: "kuse ko zoba" or "mwana nkatu mbote" !! But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

13. Kikuyu - Kenya

KEY PHRASES:

PRONUNCIATION

Thank you.	Ni wega
Hallo	Ni kwega
Yes/no/not	Il, niguu/aca,tiguu/ti
Please	Birithi
Excuse me	Horoho
Good morning	Ni kwega
My name is	Ning murata...
What is your name?	Riku inyui murata?
How are you & family?	Wi mweга?
Fine thanks	Nit-thingu, ni wega
Good-bye.	Thii na wega
Where is?	Ha,ku?
How much?	Ukwendia atta?
OK/Cheers (good appetite)	A-ma/nyama-thingu
God willing (used all the time)	Got-thungu
Mr.	Mundu-rume
Mrs.	Mundu-muka
I want	Ning-wenda

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn (to be checked):

1. Meeting – Kikuyu are Kenya's largest Bantu ethnic group. Founded by a Gikuyu taken by the Kikuyu God, Ngai, to the top of Kirinyaga and told him to stay and build his home there. He was also given his wife, Mumbi. Together, Mumbi and Gikuyu had nine daughters. There was actually a tenth daughter but the Kikuyu considered it to be bad luck to say the number ten. When counting they used to say "full nine". The nine daughters are the clans. Shake hands and hug when invited. No kissing please. You are a "Mundu-rume-ero" (white man)! In business a terrific reputation for money management with multiple enterprise.
2. Eating – Take a huge helping of "Nyama" (meat).
3. Drinking – Try lots of "Mbiya" (beer) and "Njohi" (liquor).
4. Family – The girls work in the farm and the boys work with animals. The girls take care of a baby brother or sister and also help with household. First boy named after the father's father and the second after the mother's father. The first girl named after the father's mother and the second after the mother's mother. The deceased grandparent's spirit comes to the new child. When happy shout over and over ... "Ithui-keno" When surprised shout "Yewe Yewe we-ri figwati?" !! They use goats and sheep for religious sacrifices.
5. Social - Please, do NOT say "Mara" !! But if you are really very angry ... say it three times to yourself ...and you will feel much better! OK?

14. Kimbundu/Umbundu – Angola (to follow)

KEY PHRASES:

PRONUNCIATION

Thank you.

??

??

Hallo

Yes/no/not

Please

Excuse me

Good morning

My name is

What is your name?

How are you & family?

Fine thanks

Good-bye.

Where is?

How much?

OK/Cheers (good appetite)

God willing (used all the time)

Mr.

Mrs.

I want

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

- a. Meeting – Today, the Kimbundu are dealing with an enormous culture loss as a result of a 22-year long civil war. Although the African values still hold strong, the Portuguese culture has a strong influence. Culture takes the idea that time and accomplishments are not as important as hospitality and healthy relationships. Shake hands and hug when invited. No kissing please. Nama/Hottentot people speak a language that is unrelated to any other African language - often referred to as a “click language” like the Bushmen. You are a “Mundu-rume-ero” (white man).
- b. Eating –
- c. Drinking –
- d. Family - Women dress in a Victorian era traditional fashion. In the heat of the African sun, women don long, flowing Victorian gowns and large headdresses. The style of dress was introduced by missionaries in the 1800’s and their influence is still a part of the Nama culture today.
- e. Social - Like the Bushmen, the Hottentots have a hunter-gatherer economy and they consider land as traditional, communal property. Most Nama people work on commercial farms or are traditional stock farmers. Traditional music, folk tales, proverbs, and praise poetry have been handed down for generations and form the base for much of their culture. Please do not say ...

15. Kirundi – Rwanda, Burundi

KEY PHRASES:

PRONUNCIATION

Thank you.	Murakoze	moora-koh-zay
Hallo	Yambu	yarm-boh
Yes/no/not	Ye/oya/na	yay/yarr/nar
Please	Wo kagira imana we	who ka-geerr-a eemaarnar way
Excuse me	Mba-barira	mmba-bareera
Good morning	Mwa-ramute	mwar-ramootay
My name is	N-izina ...	zee-na
What is your name?	W-izina nde?	wee-zeena nnday
How are you & family?	Umerewe ute?	oommay-rayway ootay
Fine thanks	Ni meza	nee mayt-za
Good-bye.	Mura-beho	moorah-b
How much?	Ngahe?	nng-arr-thay
OK/good appetite	Ye/muryo herwe	yay/moor-eeyoh hrh-way
God willing (used all the time)	Imana nibishishaka	ee-marnna nee-beesh-sharka
Mr.	Bwana	bbww-arna
Mrs.	Madamu	mmd-darmu
I want	Nda-shaka	nndar-shakar

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Hutu population lives in rural areas in round grass huts on family farms, which are dispersed throughout the hills of Rwanda and Burundi. The farm work is divided equally between both women and men, and a persons reputation for hard work is prized within the Hutu culture (Mountain gorillas). Hutus are also dependent on cattle herding for a source of food and income. One-fourth of all Hutu follow native tribal religions, but most of the Hutu are Roman Catholic. The Hutu speak the native languages of Kirundi in Burundi and Kinyarwanda in Rwanda. Those involved in trade also speak Swahili. Those with a high school level education also speak French. Shake hands and hug (no kissing please). You are a “Mu-zungu” (white man)!
2. Eating – Take a huge helping of “Maharagure” (beans).
1. Drinking – Try lots of “Urwaguva” (beer) and “Umusururu” (millet liquor).
2. Family – When happy shout over and over ... “Mama ... mama ...”. When surprised say “Ye ye ye ...” !!
3. Social - Please, do NOT say Enda” or “Gapfe” !! But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

16. Kinyarwanda – Rwanda, Burundi, Uganda

KEY PHRASES:

PRONUNCIATION

Thank you.	Murakoze	moora-koh-zay
Hallo	Bite	bee-tay
Yes/no/not	Yego/oya/na	yay-go/oh-yar/na
Please	Wo kagira imana we	woh kag-eera imarn-a way
Excuse me	Mba-barira	mambar-bareerah
Good morning	Mwa-ramutse	mmwa-ram-ootsay
My name is	N-itwa	nn-eet-wa
What is your name?	W-itwa nde?	ww-eet-wa nnder
How are you & family?	A makuru ki?	ar-mak-kooroo
Fine thanks	Ni meza	nee may-zza
Good-bye.	Mura-beho	moorrrar bay-hoh
Where is?	He?	hay
How much?	Ngahe?	nngg-ar-hay
OK/Cheers	Yego/muryo herwe	yay-goh/moorr-eeyoh hr-way
God willing (used all the time)	Imana nibishaka	ee-marna n-beesh-kar
Mr.	Bwana	bbww-arrr-na
Mrs.	Muka	moo-karr
I want	Nda-shaka	nndar shhharr-ka

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Shake hands and hug (no kissing please). You are a “Mu-zungu” (white man)!
2. Eating – Take a huge helping of “Urun-yogwe” (peas).
3. Drinking – Try lots of “Urwaguwa” (beer) and “Umusururu” (millet liquor).
4. Family – When happy shout over and over ... “Mama weee Mama weee” When surprised shout “Yewe Weee Yewe Weee” !!
5. Social - Please, do NOT say “Hoshi” or “Akhe” or “Gasha-hurwe”!! But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?!

17. Lingala – Zaire, Congo

KEY PHRASES:

PRONUNCIATION

Thank you.	Melesi/Natondi yo botondi	mer-lay-see/natondee yo botondi
Hallo	Mbote	m-boat-ay
Yes/no/not	Iyo, e/te/na, mpe	ee-yo, ay/tay/nar. mmpay.
Please	Soki olingi	soul-kee oh-ling-gee
Excuse me	Palado	par-lar-doo
Good morning	Mbote	m-boat-ay
My name is	Nkombo nangai	ner-kumbo nang-eye
What is your name?	Nkombo naye nini?	ner-kumbo narr-yay neenee
How are you & family?	Usango boni?	oo-sango bow-nee
Fine thanks		
Good-bye.	Tikala malam	tee-kar-lar mar-lam-oo
Where is?	Wapi?	war-pee
How much?	Boni?	bow-nee
OK/Cheers (good appetite)	OK/lia malanu	oh-kay/lee-ya mar-lar-noo
God willing (used all the time)	Soki nzambe a lingi	so-kee n-zambay a ling-ee
Mr.	Ndeko	n-day-ko
Mrs.	Madamu	mar-dar-moo
I want	Na-lingi	nar-ling-ee

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting - People speak different but closely related languages, from different origins. History of the tribe recorded by using a "memory board" of beads and uses different color beads for the different tribes or people. Shake hands. No hugs or kisses please! You are a "nge mundele wunina" (white man). Much ritual song and dance. Drum-talking also plays a special role in religious ceremonies. Most of the emphasis is ancestor worship and beliefs in nature spirits responsible for fertility, magic, sorcery, and witchcraft. Witchcraft and divination play an important role in the culture.
2. Eating – Take a huge helping of "Nsaki ye kuanga" (cassava leaves and roots).
3. Drinking – Try lots of "Primus" (beer) and "Nsamba" (palm tree liquor).
4. Family – Family is significant. The eldest member of the family usually holds the authority. Communities are organized around lineages, feuds and covenants between lineages. Marriage payments solve issues that arose between lineages. Small villages with only one long street. The people worship a supreme being and natural-spirits. They believe that when something bad happens to a person it happens because of something bad that that person did in the past. When happy shout "Mu kiese nginina". When surprised say "He nge" !!
5. Social: Don't say: "zoba" or "mwana nkatu mbote" !! But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

18. Luganda - Uganda

KEY PHRASES:

PRONUNCIATION

Thank you.	Mwebale	mway-barlay
Hallo	Otyanno/ngemba	or-tee-yar-nn/n-gem-bar
Yes/no/not	Yee/eneh, nedda/ngah, nedda	yay/ay-nay/nngarr, nay-ddrr
Please	Mwatu	mm-war-tchew
Excuse me	Nson-yiwa	nn-sonn-yww-wrr
Good morning	Wasuze otya no, bulungi/ Oli Otia	war-soo-zay ot-yar no boo-lun-gee
My name is	Erinnya ly-ange	ay-reen-yar lee-ang-ee
What is your name?	Erinnya lyo?	ay-reen-yar lee-yo
How are you & family?	Oli otyanno?	o-lee oty-no
Fine thanks	Ndi bulungi	ndee boo-lun-gee
Good-bye.	Weeraba	wee-rar-ba
Where is?	Wa?	war
How much?	Meka?/Megen me chineh?	my-karr
OK/Cheers (good appetite)	OK/kale	o-kay/gar-lay
God willing (used all the time)	Mukama nga aya- gadde/Inshallah	moo-kar-mar ngar ayar gar-dday
Mr.	Mwami	mm-war-nee
Mrs.	Nyabo	nee-yar-bow
I want	Nja-gala/nd-onch	n-jar g-larr

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Among the forty-three ethnic groups Luganda is the trade language across central, southern and eastern regions of Uganda. Pronunciation pattern is similar to Italian. 50% are illiterate. The traditional Ganda are known as hoe cultivators. Their main exports are coffee and tea. They are known to be good at keeping sheep, goats, chickens and cattle. Anglicanism, Shake hands and hug (no kissing the women please). You are a “Mu- zungu” (white man)
2. Eating – Take a huge helping of “Kawo” (peas).
3. Drinking – Try lots of “Waragi” (Uhandan vodka) and “Buseera” (millet).
4. Family – When happy shout over and over : “Maama weee ...” When surprised shout" "Maama nyabo ... yewe wee" !!
5. Social - Catholicism and Islam heavily influenced the Ganda tribe. While people claim one religion, they often participate in the all of the religions. Twenty percent of the population are Muslim times to yourself ...and you will feel much better! OK?!

19. Malagasy - Madagascar

KEY PHRASES:

PRONUNCIATION

Thank you.	Misa-otra tompoko
Hallo	Arahaba
Yes/no/not	Eny, en /tsia, an /an
Please	Aza-fady
Excuse me	Aza-fady
Good morning	Manao aho-ana/Manawona
My name is	... no anarako
What is your name?	Iza no anaranao?
How are you & family?	Manao ohoana lanao? /Manawona-yanoa
Fine thanks	Tsara fa, misa-otra tompoko
Good-bye.	Velouma tompoko
Where is?	Aiza ny?
How much?	Ohatri-nona?
OK/Cheers (good appetite)	Ekena/ Mirarty fahasa-lamana ho anao
God willing (used all the time)	Inshallah
Mr.	Tompoko
Mrs	Ramatoa
I want	Mila aho

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn (to be checked):

1. Meeting – Shake hands but no hugs or kissing, please. You are a “Mu-zungu” (white man)!
2. Eating – Take a huge helping of “Vaeanga” (steak)..
3. Drinking – Try lots of “Labiera” (beer) and “Betsabetsa” (banana spirit).
4. Family – When happy, dance, eat and drink. When surprised say: “Ram... ram”.
5. Social - Please, do NOT say “Me doog miwe wou ... !!!”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

20. More – Burkina Faso

KEY PHRASES:

PRONUNCIATION

Thank you.	M puusda barka	mm puus-dah barrr-ka
Hallo	Hay	hay
Yes/no/not	Nge/aio/pa, ka...ye	ngay/eyeyo/kay-yay
Please	Soujry	soo-gggerry
Excuse me	I kabre	ee karr-bray
Good morning	Ne I yibeogo	nay ee y-bbberr-go
My name is	Mam yuurla...	marr-nn you-uur lar
What is your name?	Yam yuuria boe?	yam your-lar bwenggg
How are you & family?	Yam kibaare zakramba?	yam kee-barr-ay zzakk-rram-bar
Fine thanks	Laafi, barka	lar-fee barrr-ka
Good-bye.	Id bebilfu	eed bay-bilfoo
Where is?	Be ye?	bay yyyay
How much?	Ligdi yaw wana?	leegg-dee yarw wa-nna
OK/Cheers (good appetite)	Ya samna/nuogo	yar ssa-mmar/norggo
God willing (used all the time)	Wend san sacke.	wenn sar-nn ssakkay
Mr.	Roawa	rrrow-aa
Mrs.	Paaga	paa-gga
I want	M data me	mumm dar-ta may

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – The Bobo and Mossi people have their own languages. Land is not owned but used. They create masks from leaves, fibers, cloth, and wood, for different rituals. Farming is very important. Decentralized group with each village organize a “political system”, based on patrilineages. Shake hands. No hugs or kisses except for friends. You are a “Na saare” (white man)
2. Eating – Take a huge helping of Sagbo and zinoto” (baby goat meat).
3. Drinking – Try lots of “Ra” (beer. and “More Liquor”.(maize plus).
4. Family – Husband secures and maintains order. Wife does most of the fieldwork along with older children, provides food for herself and her children. All live together. Move to city to make money and return home to die.
5. When happy the women shout “lilililililililil...” Men just grin !! When surprised shout “Hewende!”.
6. Social - They have their own religious beliefs. The creator god of the Bobo is Wuro, who is responsible for ordering all things in the world into pairs, which must always remain balanced. Man upsets this balance. Restore order through a series of offerings. Please, do NOT say “Ra saague” or “Oufma” But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

21. Nyania – Malawi, Zambia

KEY PHRASES:

PRONUNCIATION

Thank you.	Dzi-komo	dd-zee ko-mo
Hallo	Hall-a	ha-lllow
Yes/no/not	Inde/??	en-day/
Please	Siense	see-en-ser
Excuse me	Pepani	pep-arr-nee
Good morning	Mwauaka (mwabzuka) bwanji	m-wrr-ookar bwann-gee
My name is	Ndine	n-dee-nay
What is your name?	Ndinu ndani?	ndee-nu n-darnn
How are you & family?	Muli (uli) bwanzi?	moo-lee bwannzz
Fine thanks	Bwino, dzi-komo	b-wee-no dzee ko-mmo
Good-bye.	Tsalani bwino	t-sa-larrn-ee b-wee-no
Where is?	Ndi kuti?/Chili kuti?	n-dee koo-tee/chilli koo-tee
How much?	Dzing-ati?	d-zing=arr-tee
OK/Cheers (good appetite)	OK/-	oh-kay/
God willing (used all the time)	Inshalla	een-shar-la
Mr.	Bambo	bammm-bo
Mrs.	Mai	my
I want	Ndi funa	ndee foo-nar

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Eight name groups called mishiku. Any man can claim membership in any or all of the groups as long as he is a direct descendent of someone that is already a member. Lozi religion consist of sorcery, divination, exorcism, and the use of amulets. Shake hands but no hugs or kissing, please. You are a “Mu-zungu” (white man)!
2. Eating – Take a huge helping of “Bsimya ya nyama”..
3. Drinking – Try lots of “Mower” (beer) and “Kachasu” (cane spirit).
4. Family – Multiple marriages by payment of a small bride-price. No multiple husbands. Each wife has own dwelling. Divorce rate very high. The men are responsible hard farm work. The women do agriculture and home. Diviner doctors dance themselves into a sate of spirit possession to cure their patients. All diseases caused by sorcery cured by exorcism. Curing by inhaling vapor and dancing. In death burial with eyes and mouth open with spells and chants to avoid ghosts. Men buried facing east and women west. At death the spirit of the dead goes to a “halfway house” .Only taken to the spirit world if the man has the correct tribal marks on his arms and holes in his ears. If lacking – to the desert. When happy, dance, eat and drink. When surprised sayt “Ram... ram”.
5. Social - There is also usually a band of musicians with drums such as: kettle, friction, small tube-shaped, and war drums, marimbas, the kangomhbro or zanza, various stringed instruments made of iron bells, rattles, and pipes of ivory, wood, or reeds.Please, do NOT say “Me doog miwe wou ... !!!”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?.

22. Oromo/Oromifa - Ethiopia

KEY PHRASES:

PRONUNCIATION

Thank you.	Gala-toma	gala toh-ma
Hallo	Harka fudhe / akkam	har-jka food-hee/ arrkk-amm
Yes/no/not	Ee/mit/lakki	ay/mitt/lukki
Please	Maalo	mar-loh
Excuse me	Dhiifama	dee-f-nna
Good morning	Akkam bultan	arkka-m bul-ttnn
My name is	Maqaan ko ...	ma-qqarn koh
What is your name?	Maqaa kessan na him tu?	mcc-arr kess-n nar heem tu
How are you & family?	Akkam jirtu?	arr-kkum jrirt-u
	Matin kessan akkam jiru?	marr-ttun kesss-nn arr-kkhum jee-ru
Fine thanks	Nuti nagadha galat-toma	nootee nagger-dha g-lart-toe-mar
Good-bye.	Nag-gati	nn-gattt
Where is?	Gara kam?/ Essa...?	Garr-a kkkam/ ayssrr
How much?	Meeqa?	Mee-ayka
OK/Cheers (good appetite)	Tole/ Siffo (ynata garri)	toe-lff seeffo ynnar-tar garnn)(
God willing (used all the time)	Yoo rabi jedhe/you waqayoo jedhe/	yoo rab-e-jeddhr/you warkaryo yay-dhe
Mr.	Obo	orr-bow
Mrs.	Adde	arr-day
I want	Nan-barbaada	nan bar-barrddda

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – The Oromo language was once banned under the Mengistu's communist government and the Oromo people were forced to speak Amharic in schools or in the public sphere for decades. Oromo refugees prefer to speak Oromiffa because they are proud of being Oromo. Muslims and Christians have mixed peacefully. Shake hands and hug (only if you are family or friend). No kissing.

2. Eating – Take a huge helping of “Fon dhe dhi” (raw meat).

3. Drinking – Try lots of “Farsso” (home made beer) and coffee with ceremony

4. Family – The Oromo people worship one God, Waaqa. Waaqa is responsible for everything that happens to human beings. Some adopted Islam and Christianity while maintaining the concept of Waaqa. When happy shout over and over ... “Gamada na gamada” When surprised shout “mal” !!

5. Social - Please, address elderly people with respect (like “Issin” (vous) not “Ati” (tu). Please do not say “Houle” !!!). But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

23. Peul - Nigeria, Cameroon, Guinea, Senegal, Mali, Burkina Faso

KEY PHRASES:

Thank you.	An jaaraama
Hallo	Sad-i maa
Yes/no/not	Eyo, awa/alaa/alaa
Please	He tore zema
Excuse me	Atana hales

PRONUNCIATION

annn jar-rar-ma
sedd-dee mar
ayo, ar-wa/arr-laaa/arr-laaa
hee torr-ee ze-mmar
att-tanna har-less

Good morning	Jam nyalli
My name is	Innde an
What is your name?	Innde ma din?
How are you & family?	A dei idian?
Fine thanks	Me aya a idian

jam nee-yal-lee
innn-day ann
Inn-day mar
ar day ee-dee-yan
may eye-yar ar eed-ii-an

Good-bye(see you soon).	En yidi kadi
Where is?	Honto?
How much?	No fotata?
OK/Cheers (good appetite)	En foti/-
God willing (used all the time)	Si allah djabi

en yee-dee kar-dee
hon-toe
no foh-tarta
nn foh-ti
see ar-llarhh djjar-bee

Mr.	(not used)
Mrs.	(not used)
I want	Mido yidi

-
-
mee-doh yee-dee

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – They also practice fortune-telling with cowrie shells, lizards, mirrors, and sometimes use the Koran to heal. Leaders are in control and are called wise men because they also resolve fights or conflicts between the people. The homes are often very large to hold many people. The Tuareg are known for their men's practice of veiling the face with a blue, indigo-dyed cloth. In the Sahara Desert, where most of them reside, they are known as the "Blue Men." The Tuareg men's face-veil shows the male gender role identity and respect and cultural values. It protects them from evil spirit that enters through bodily openings. The face-veil is also attractive to the women. Shake hands. No hugs or kisses please You are a "Nwa-beki" (white man)!
2. Eating – There is a variety of foods that are obtained through caravan trade, such as millet and several spices. They farm their own crops including barley, wheat, corn, onions, tomatoes, and dates. Dried and pounded vegetables are added to sauces. Meat is only eaten on holidays and rites of passage. The Tuareg eat a lot of fish along the River Niger. Take a huge helping of "Akpu" (delicious basic food).
3. Drinking – Try lots of "Ogoguru" (beer) and "Umusururu" (liquor).
4. Family – Favour marriage between cousins with extended families. Polygamy allowed, but too expensive and too much jealousy. The men do not spend much time with family. They hunt all day and sleep in rooms for men only. The women keep the village clean. Children grow up with many fathers and mothers. Children seldom learn how to read or write. Women wear a head-scarf which only covers her hair after she is married to show that she is married and can no longer be loved by any other man. When happy, dance, sing and say: "Medalagge"/ When surprised say "Mawu"
5. Social - Secret naming ceremony about a week after a baby is born. The night before the naming ceremony, the elderly female relatives take the baby and give him or her a secret Tamacheq name. The day of the naming ceremony they cut a piece of the baby's hair and bind it with the spirit world and the father gives the baby an official Arabic name from the Koran. The religious leader performing the ceremony, cuts the throat of a ram while he says the name of the baby and everyone celebrates with a feast, camel-races, and evening dancing festivals. Please, do NOT say "O di ka ibi" !! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

24. Sango – Central African Republic

KEY PHRASES:

PRONUNCIATION

Thank you.	Meresi
Hallo	Balao
Yes/no/not	Mm, e, iin/ipo, pepe/pepe, ape
Please	fa na mbi
Excuse me	Pardon
Good morning	Balao
My name is	Iri iri
What is your name?	Iri wa?
How are you?	Alisia?
Fine thanks	B nnzoni
Good-bye.	Gue ngosi
Where is?	Na ndo wa?
How much?	Oke?
OK/Cheers (good appetite)	Nzo/-
God willing (used all the time)	Inshalla
Mr.	Pakara
Mrs.	Wali
I want	Nabi ye

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting: One, of the many cultures is the Baya culture, which is also known as the Gbaya culture. The Baya ethnic group makes up 33% of all of Central African Republic ethnic groups. There are different religions throughout Central Africa including: indigenous beliefs (35%), Protestant (25%), Roman Catholic (25%), and Muslim (15%). French is the official language, but Sangho (the language of the ethnic group) is a common language used, as well as tribal languages. Shake hands. No hugs or kisses please! You are a "nge mundele wunina" (white man).
2. Eating – Take a huge helping of “Nsaki ye kuanga” (cassava leaves and roots).
3. Drinking – Try lots of Primus” (beer) and “Nsamba ” (palm tree liquor).
2. Family – When happy shout “Mu kiese nginina”. When surprised say “He nge” !!
3. Social: Don't say: "zbba" !! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

25. Serer - Senegal

KEY PHRASES:

PRONUNCIATION

Thank you.	Fi a pax	fee arrr par
Hallo	Na feto	narr fettt-oh
Yes/no/not	l/haa/haa	ee/ha/ha
Please	Guin roog	goo-eennn roog
Excuse me	Wasanaan	war-san-arrn
Good morning	Dioko	dee-okko
My name is	Mehe neel/Diop simeem	mer-hrr neell/dee-opp see-meem
What is your name?	Na nahe?/Na sime?	nar nn-hnn/nar si-mee
How are you & family?	Na bin na?/Na fio diam rek?	nar bin narr/nar fee-oh dee-am rek
Fine thanks	Mehe men rek, owama.	may-hay menn rek oh-war-mmr
Good-bye.	Bo kam lakas/Bo kom lakas	bow karrn la-kas/bow ko-mm la-kas
Where is?	Na moo ta refu?	narr mmm tar re-foo
How much?	Podnum?	ppod-num
OK	Waw	wa
God willing (used all the time)	Inshalla	een-sha-lar
Mr.	O koroke	oh ko-roko
Mrs.	O tewoke/O tewes	oh tay-woko
I want	Kan bug	kamm buug

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – The area's animal life has been decimated by poaching and over hunting. People believe that their ancestors could wield power in the afterlife as they did as living leaders of the community. They kept the skulls and long bones of these ancestors believing that they retained the power to control the well being of the family. It was forbidden for women and outside uninitiated people to see or touch these relics. Abstract wooden statues of the deceased individual were made and attached to the boxes where the bones were stored. They were to guard and protect the knowledge, which came with the bones. Shake hands (no kissing please). You are a “Tou-bab” (white man)!
2. Eating – Take a huge helping of “Yassa” (chicken etc.)
4. Drinking – Try lots of “Fassapa” (roselle drink) and “A bak” (fruit drink) and “Ha sob” (ginger).
5. Family – When happy smile, dance and shout: “Wiy ...wiy ...” .When surprised say: “Woy rog?”.
6. Social - The Bantu villages were led by a man who was a direct descendent of the founding family of that particular village. As a village leader, he was the arbitrator, judge, and spiritual specialist for the community. This gave him the power to associate himself with the ancestors of the village. The villages mainly consisted of bark houses arranged along a single street. The sizes of these villages varied due to the resources available. Please, do NOT say “Bafin”.or “Xomki” !!! But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

26. Shona - Zimbabwe

KEY PHRASES:

PRONUNCIATION

Thank you.	Nda-tenda	ndar tennn-dae
Hallo	Masikati	mar-sssee-karsee
Yes/no/not	Hongu/kwete, aiwa/ha	ongoo/kwsay-te/ay-wa, arr
Please	Ndopota	ndaar-porr-taa
Excuse me	Pamu-soroi	pamoo-sorr-oh-ee
Good morning	Man-gwanani	ma-gwa-narr-nee
My name is	Zita rangu ndi	zeta rann-goo nee
What is your name?	Mun-onzi ani?	monn-onnze ar-nee
How are you & family?	Maka-dii?	mor-kaa-dee-ee
Fine thanks	Ndi ripo.maka-iwo	ndee reeppp-oh marka-eeewo
Good-bye.	Taenda/toenda	tar-ennnda/toe-ennnda
Where is?	Iri kupi?	een koopi
How much?	Imarii?	ee-marr-ee-ee
OK/Cheers (good appetite)	Ndi zvo/ndiyo-yo	ndee zvorrr/ndee-yoh-yoh
God willing (used all the time)	Kuda kwamare	koodd-ar kwarr-mar-rr
Mr.	Va	var
Mrs.	Mai	myy
I want	Ndi-noda	ndee-norrr-dar

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Shake hands Hug friends. No kissing please. You are a “Mu-rungu” (white man)!
2. Eating – Take a huge helping of “Sadza ne nyama” (maize with meat caserolle).
3. Drinking – Try lots of “Dora” (beer) and “Kachasu” (millet liquor).
4. Family – When happy shout... “Hevo ...” When surprised say “Oo oo ” !!
5. Social - Please, do NOT say “Aah” and don’t dare to say “Pfutseke” !! But if you are really very annoyed... say it three times to yourself ...and you will feel much better! OK?

27. Somali – Somalia, Ethiopia, Kenya

KEY PHRASES:

PRONUNCIATION

Thank you.	Mahad-sanid	mer-hat-sa-nid
Hallo	Iska warran	ees-ka warrnn
Yes/no/not	Haa/maya/maya	har/my-yar/my-yar
Please	Fadlan	fudd-llan
Excuse me	Igarali noqo	ee-ga-rarr-lee noko
Good morning	Subax wanaagsan	soo-bbaxx wer-narg-sun
My name is	Magaceygu waa	margarr-kayg-see warr
What is your name?	Magacaa laa?	margarr-karr aaarr
How are you & family?	Iska warran?	eskarr warannn
Fine thanks	Wanaagsan, mahad-sanid	wann-arrgg-ssann, mer-hat-sa-nid
Good-bye.	Nabadeey	nar-bad-ayyy
Where is?	Halkee?/Xaggee?	hall-kay
How much?	Imisa?/Meeqa?	e-mee-ssar/may-ka
OK/Cheers (good appetite)	OK/Ha kuu macaato	ok-kay/har koo makk-aato
God willing (used all the time)	Insha Alla	inshar-arr-llar
Mr.	Mudane	moo-dar-nay
Mrs.	Marwo	mar-wwo
I want	Waxaan doonaya	wa-haaan doo-n-eye-yar

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Closely related to the Oromo of Ethiopia and the Afars of Djibouti. Sunni Muslims. Their faith is an important part of their lives, despite a rather relaxed religious practice. Despite the fact that the Somalis are all of the same relative origin, they are one of the most divided. There are six major tribes or clans of people, the Dir, Isaq, Hawiye, Darod, Digil, and Rahanwayn. The literacy rate among these people is quite low. They have a free education system, but it is not compulsory and thus many children do not attend. Shake hands and hugs. No kissing please. You are a “Gaal” (white man)
2. Eating – Take a huge helping of “Dheylo” (baby goat meat), eating only with the right hand.
3. Drinking – No drinking of ETOH !! Try lots of “Caanageel” (camel milk).
4. Family – When happy shout “Farxad” (it’s really quite polite Somali ... but not in English!). When surprised say: “Waa wii” !!
5. Social - Their faith is an important part of their lives, despite a rather relaxed religious practice. Please, do NOT say “War yaa” or “War andiga” !!”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

28. Sotho (Sesotho), Lesotho, RSA

KEY PHRASES:

PRONUNCIATION

Thank you.	Kea leboa	kay lay-bo-arr
Hallo	Dumela	doo-maylar
Yes/no/not	E/the, e-e/ha	ay/thay, ay-ay/har
Please	Kupa	koo-parr
Excuse me	Eke ung twsarele	aykay ung twsarr-aylay
Good morning	Lumela	loo-may-lar
My name is	Ke	kay
What is your name?	Lagao?	lag-ow
How are you & family?	Na u phela?	nar oo payllar
Fine thanks	Eya, reapela	ay-arr reap-ay-larr
Good-bye.	Sala hantle	sarlar hant-lay
Where is?	Hokae?	hoh-kay
How much?	Ke butay?	kay boo-tay
OK/Cheers (good appetite)	OK/	oh-kay/
God willing (used all the time)	Holla	hoh-lar
Mr.	Nnbate	nn-bar-tay
Mrs.	Mo-fumahadi	moh-foomar-hard-ee
I want	Ke batla	kay bat-larr

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Bow gently. No hand shakes.hugs or kissing please. You are a “Ke-kho-0a” (white man)
2. Eating – Take a huge helping of “Pata” (maize).
3. Drinking – Try lots of “Maluti” (beer) and the local “Joala-ba-se-otho”.
4. Family – When happy shout “Lalulalaulalulu! When surprised say: “Molimo-oa-ka”
5. Social - Please, do NOT say “Rota” or “Mao” !!”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

29. Swahili - Tanzania, Kenya, Zaire, Uganda, Cameroon

KEY PHRASES:

PRONUNCIATION

Thank you.	Ahsante	ar-san-tay
Hallo	Jambo	jam-boh
Yes/no/not	Ndiyo/siyo, hapana/si	ndeeyo/see-yo, hapann-a/see
Please	Tafad-hali	tafad-harr-lee
Excuse me	Nisa-mehei	neesar-may-hayi
Good morning	Jambo	jam-boh
My name is	Jina longu ni	jeena longg-oo nee
What is your name?	Jina lako na ni?	jeena lar-ko nar nee
How are you & family?	Hu-jambo? / Habari gani?	hoo jam-boh/ nabaree gar-nee
Fine thanks	Si jambo/ Mzuri sana	see jam-boh/me-zoori sar-nar
Good-bye.	Kwa heri	kwar hair-ee
Where is?	Wapi?	war-pee
How much?	Ngapi?	nngar-pee
OK/Cheers (good appetite)	Sawa/-	sar-war/
God willing (used all the time)	Inshalla	en-shar-lla
Mr.	Bwana	ber-war-nar
Mrs.	Bibi	bee-bee
I want	Na-taka	nar ta-karr

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Shake hand. No hugs or kissing please. You are a “M-zungu” (white man)!
2. Eating – Take a huge helping of “Ugali” (maize).
3. Drinking – Try lots of “Safari” (beer) and “Pombe ya mnazi” (coconut liquor).
4. Family – When happy the women shout over and over ... “Lilililililili “ The men say “Astakh fulfahi” and “Mama yangu”. When surprised say: “ O ya ... yeheraaa”
5. Social - Please, do NOT say “Mjinka” or “Kumanina”!! But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

30. Tigre (Tigrigna) – Ethiopia

KEY PHRASES:

PRONUNCIATION

Thank you.	Yaken-yeley	yar-ken-yay-lay
Hallo	Salam	sar-larrrm
Yes/no/not	ewwa/aykonrrn/aykonen	aywwar/aykorn/ay ko-nen
Please	Bej-jaka	bay-jakar
Excuse me	Yikreta	yee-kray-tta
Good morning	Kemey hadirom	kayr-nay had-eer-em
My name is	Sim-ey...	seem-ay
What is your name?	Sim-ka mrnye behal?	see-kar mrnyay behaarl
How are you & family?	Kemey alekum?	kaymay arlay-kum
Fine thanks	Dehan, yaken-yeley	d-han y-ken-yaylay
Good-bye.	Dehom kunu	d-hann kunu
Where is?	Abey?	ar-bay
How much?	Kendey?	kin-day
OK/Cheers (good appetite)	Hirasy, eshi/te-um megbi	hrr-ishee eshee-um mayg-bee
God willing (used all the time)	Senay/tsibuk	sey-nay.tsee-book
Mr.	Aite	aow-trr
Mrs.	Weizero	way-zrro
I want	Ane ye deli eye	arnay yay day-lee eye-rr

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – They have their own unique language and alphabet called Tigy. Until 1991, the people were very oppressed and could not use their language or other cultural symbols. Then new rulers were brought into power and that all changed. The Tigreans can now embrace their entire culture freely, language included. They are using this freedom to improve their written language. Shake hands. Hugs and kisses only for friends. Religion in Tigray is about 80% Orthodox Christian, and 20% Muslim You are a “Ferengi” (white man)!
2. Eating –. The Christian population in Tigray does not eat meat on Friday or Wednesday, as it is prohibited by their religion. The purpose of fasting is to make your body weaker, allowing the soul gets stronger. Take a huge helping of “Shiro” (beans).
3. Drinking – Try lots of “Siwa” (beer) and “Tej” (honey liquor). There is even a “coffee ceremony” in some regions, where they grind beans in a ceremonial manner.
4. Family – . It is not very common in Tigray for a marriage between a Muslim and a Christian. Circumcision, done by a local practitioner, is mandatory for male and female children in Tigray for religious and other reasons. It is done before the age of one. Breast feeding is the main source of milk for infants, and it is acceptable to do in public places. Children are raised to be always respectful of their parents and the elderly. Honesty is another very important value taught to young Tigreans. If a child misbehaves, they are usually given a stern talking to, although spanking is accepted too. Marriages are arranged, usually by the parents. When happy the women shout over and over ... “Lilililililili “ The men just smile. When surprised say: “Waaa.”
5. Social - Religion is very important to the Tigreans. Please, do NOT say “Asha” or “Terati”!! But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

31 Tswana (Setswana) – Botswana, RSA

KEY PHRASES:

PRONUNCIATION

Thank you.	Kea leboga	jay-aar leb-orr-ga
Hallo	Dumela	doo-may-lar
Yes/no/not	Ee/nnya/mnya	ay/nnay-ya/nnay-ya
Please	Ka kopa	kar ko-ppar
Excuse me	Kopa tswsarelo`	ko-ppar twar-srrrayll-o
Good morning	Dumela	do-may-lar
My name is	Lebitso laka ke	libitso lar-ka kay
What is your name?	Lebitso iago ke mung?	libitso – lar-how kay munngg
How are you & family?	O jwung?	oh jjwws-wung
Fine thanks	Keya pela	kay-yar peo-lar
Good-bye.	Sala sentle	sar-la sint-thlay
Where is?	Kae?	kigh-rr
How much?	Ke bukae?	kay boo-kayi
OK/Cheers (good appetite)	OK/shop	
God willing (used all the time)	Dijo tse monate	dee-jo tsay mon-arrtay
Mr.	Morena	mo-ray-na
Mrs.	Mohuma-gadi	mo-hoom-a hgardee
I want	Ke batla	kat bat-lar

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Botswana's aboriginal inhabitants, known as the San, or bushmen, have made the Kalahari their home for about 30,000 years. When the Tswana arrived, it did not take long for them to supplant the San. Now the great majority of the 1 million shake hands. No hugs or kisses please, You are a “Lekgoa” (white man)!
2. Eating – Take a huge helping of “Nama” (meat).
3. Drinking – Try lots of “Chibuku” (beer) and “Still water” (honey liquor which is banned!)
4. Family – When happy say: “Keteng”. When surprised say: “Iyor”.
5. Social - About 50% of the population still holds their indigenous beliefs sacred, but the other 50% have turned to Christianity. This however has not split them culturally. Please, do NOT say “Semata” or “Pinya”!! But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

32.Tsonga – RSA, Ghana

KEY PHRASES:

PRONUNCIATION

Thank you.	Mii da bo shi
Hallo	Naa IE hee-e-eh
Yes/no/not	hEE/dabi/dsee
Please	OfainE
Excuse me	NEE mi gbE
Good morning	Ojekoo
My name is	Mi gbei ji
What is your name?	Te atsεo bo tENN?
How are you & family?	Te bo kε oweku IE yoo tENN?
Fine thanks	OdjogbaNN,mii daoshi
Good-bye.	Yaaba
Where is?	NEgbE?
How much?	EnyiE?
OK/Cheer(goodappetite)	Yoo/mlifilimo
God willing (used all the time)	KE nyoNmo sumoo
Mr.	Owula
Mrs.	Owula Na
I want	Mii tao

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn (to be checked):

1. Meeting – Shake hands and hug. No kissing please. You are a “Mu-zungu” (white man)!
2. Eating – Take a huge helping of “Bamleu and okro suayo“..
3. Drinking – Try lots of “Ogoguru” (beer) and “Umusururu” (liquor).
4. Family – When happy shout: ... “Medalagge”/ When surprised say “Mawu” !!
5. Social - Please, do NOT say “Akhe”!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

33. Twi - Ghana

KEY PHRASES:

Thank you.

Hallo

Yes/no/not

Please

Excuse me

Good morning

My name is

What is your name?

How are you & family?

Fine thanks

Good-bye.

Where is?

How much?

OK/Cheers (good appetite)

God willing (used all the time)

Mr

Mrs.

I want

Meda wo ee

Ete sen

Ane/debe/kovaa

Mesere wu

Mesere wu

Mache

Ye fere me ...

Ye fere wo seb?

Wo ne wedousua te se?

Me do wa se

Ye be shia

Ewo hene?

Duduo sen?

OK/mensa aka

On yam pead

Owura

Ewuraba

Me hyia

PRONUNCIATION

nuda war see

aytay sin

arne/daybe/kovarr

mess- ser-u

mess-ser-u

march-ee

yrr frerr mmm

yrr frerr wo sbb

wo nrr w-do-ussua t say

may dda war see

yay bay sh-ee-arr

ay-worr henay

du-duo sayn

oh-kay/m-nnsar ar-ka

oh n-yarrn pay-ard

oh-woo-rrar

eh-woo-rr-arba

may hee-ya

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting (nshiamu) – The Ashanti are a major ethnic group of the Akans in Ghana, a fairly new nation, barely more than 50 years old. Ashanti religion is a mixture of spiritual and supernatural powers. They believe that plants, animals, and trees have souls. They also believe in fairies, witches, and forest monsters. There are a variety of religious beliefs involving ancestors, higher gods, or abosom, and 'Nyame', the Supreme Being of Ashanti. The Ashanti also practice many rites for marriage, death, puberty, and birth. The golden stool is sacred to the Ashanti. As an Ashanti symbol, the golden stool represents the worship of ancestors, well-being, and the nation of Ashanti. Shake hands. No hugs or kissing please. You are a "Oburom" (white man)
2. Eating (deeded) – Take a huge helping of "Fufu eni mkwai" (casava).
3. Drinking (num) – Try "Starr" and "Guinness". Watch out for "Akpeteshi" (high ETOH !).
4. Family (ebusua) – Marriage is very important to Ashanti communal life and it can be polygamous. Men may want more than one wife to express their willingness to be generous and support a large family. Women in the Ashanti culture will not marry without the consent of their parents. Many women do not meet their husbands until they are married. Even so, divorce is very rare in the Ashanti culture and it is a duty of parents on both sides to keep a marriage going. When happy shout "Ebusua" When surprised say: "Yenyao!"
5. Social - To the Ashanti, the family and the mother's clan are most important. A child is said to inherit the father's soul or spirit (ntoro) and from the mother a child receives flesh and blood (mogya). This relates them more closely to the mother's clan. The Ashanti live in an extended family. The family lives in various homes or huts that are set up around a courtyard. The head of the household is usually the oldest brother that lives there. He is chosen by the elders. He is called either Father or Housefather and is obeyed by everyone. Please, do NOT say "Kwasia" or "Otwi" or "Me do nyame" !! . But if you are really very angry... say them three times to yourself ...and you will feel much better!

34. Wolof - Senegal

KEY PHRASES:

PRONUNCIATION

Thank you.	Jerejef/dia dief	jerrre-jeff/dee-arr dee-ff
Hallo	Jam nga fanaan	yam ngee fa-naarrm
Yes/no/not	waaw/deedeet/deedeet	war/derdet/derdet
Please	Bula nexe/guir y-allah	Boolar nexee/goo-eer y-all-ar
Excuse me (sorry)	Baal ma	barrll ma
Good morning	Jam nga fanaan//Salamalekoum	yam ngee fa-narrm/sal-armm-alaykum
My name is	Ma ngui tudu./ ...(Diop)...laa sant	narrm ter-du/dee-epp/lar san
What is your name?	No tudu?/ Sant waa ?	nor ter-du/san-tee wa
How are you & family?	Naka waa ker guë/ Naka nga def?	naka war kerr gu/naka na def
Fine thanks	Diaam rek, jerejef/ Mangi fi rek/Nunga fa rekk (family)	dee-armm rek/jerrre-jeff/nuangi fee rek
Good-bye.	Ba beneen yoon/ Ba bennen yon	bar bi-neen yoon/bar benn-en yoon
Where is?	Fan la ...neek?	fan la ..nerrk
How much?	Niaata?	nee-arr-tar
OK	Waw/baxna	waii/baxnarr
God willing (used all the time)	Inshalla	een-shal-lar
Mr.	Goor gi	gorr gee
Mrs.	Sokhna si / Sama jiguen	sakk-nar see/s-amarr ji-guean
I want/would like	Dama beg/dama beyoon	darr-ma begg/begoon

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Historically, this culture was strictly nomadic. The people traveled from one region to another in a search of water to support their herds of cattle. They migrated from North Africa and eastward from Senegal to as far as Sudan. Through time the Fulani have moved towards a more sedentary life-style. It is estimated that today, seven million Fulani cling to the nomadic life-style, while up to twenty million are sedentary or semi-nomadic. Shake hands (no kissing please). You are a “Tou-bab” (white man)!
2. Eating – Take a huge helping of “Yassa” (chicken= ganaar, meat= yaap, fish= dieun,)
3. Drinking – Try lots of “Bissap” (roselle drink) and “Bouye” (baobab's fruit drink) and “Dakkhar”=Tamarind drink “ginger”=ginger drink
4. Family – The men are busy planting and harvesting the crops, consisting of millet, rice and peanuts. Women are expected to spend the majority of the afternoon preparing the evening meal for the men. During the dry season, the young men of the village leave with the cattle and move around looking for water. When the rainy season approaches, they return to the village. When happy smile and dance. .When surprised shout “Wouy sama nday ... wouy sama nday” !!
5. Social - Please, do NOT say “Doule”!.! .But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

35. Xhosa - RSA

KEY PHRASES:

PRONUNCIATION

Thank you.	En-kosi	enn-koh-see
Hallo	Mholo	moh-low
Yes/no/not	Ewe/hayi/hayi	ay-way/har-yee/haryee
Please	Nceda torho	nn-say-darr tor-hoh
Excuse me	Uxolo	oo-koh-loh
Good morning	Mholo	moh-lo
My name is	I-gama lam ndi-ngu.	ee-gamma lam ndee-ngoo
What is your name?	U-ngubani i-gama lakho?	oo-ngub-arr-nee ee-gamma larkh-oh
How are you & family?	U-njani wena?	oo-n-jarnee way-nar
Fine thanks	Ndi-philile. Enkosi	ndee-pill-ee-lay, enn-koh-see
Good-bye.	Ndi-philile/U sale ka kuhle.	ndee pill-ee-lay/oo sarlay koo-lay
Where is?	Uphi/lphi...?	oo-pee
How much?	Yi-malini?	yee-mar-lee-nee
OK/Cheers (good appetite)	OK/ku lungile	o-kay/koo lung-eelay
God willing (used all the time)	U-thixo ethanda	oo-theeko e-tanda
Mr.	Umnumzana (Mnu)/U-tata	oom-noom-zarna/oo tartar
Mrs.	Nkosikazi (Ksk)/U-mama	n-kosee-karzi/oo-marmar
I want	Ndi-funa	n-dee foona

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Hug. No hand shakes or ksses please. You are a “Mu-zungu” (white man)!
2. Eating – Take a huge helping of “Mqosha” (maize)
3. Drinking – Try lots of “Mqombothi” (roselle drink) and “Nkosi-eame”.
4. Family – When happy smile and dance and shout “Lalulalulalulu! When surprised say: “Molimo-oa-ka”
5. Social - Please, do NOT say “Roth” or “Mau” ! .But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

36. Yemba - Cameroon

KEY PHRASES:

PRONUNCIATION

Thank you.	Ma shalli	mar sharlee
Hello	Ma tsati	mar tt-sar-tee
Yes/no/not	Mm/ngan/ngan	mm/nngan/nngann
Please	Titso	teet-so
Excuse me	Titso	teet-so
Good morning	Inshallah	in-sha-lar
My name is	Le zen tsa	lay zen za
What is your name?	Le zen tou le wo?	lay zen too la wo
How are you & family?	Aleke?	ar-ler-ke
Fine thanks	A si zienne.	ar see zienn
Good-bye.	I-I	ee-ee
Where is?	A go?	aa go
How much?	A lah?	aa lah
OK/Cheers (good appetite)	A pon/a tie tchoo	aa pon/aa tien tchoh
God willing (used all the time)	Aboo dem	aaboo dem
Mr.	Ndi	ndee
Mrs.	Maa	mar
I want	Maa si kongh	mar see kong

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Although the pastoral they distance themselves from society, they do involve themselves when they are trading or when they are paying taxes or fines for grazing on someone else's property Pastoral Fulani only eat meat on special occasions that involve ceremonies and rituals. Their dwellings are naturally small and transportable, and their physical belongings are small in number. The actual cattle they raise are religiously regarded and are only sold when money is needed. This stems from various taxes, fines, or the need for consumer goods. Just bow slightly and say: "Ma tsati!). No hand shaking, hug or kisses (unless you are "upper class Yemba". You are a "Mu-zungu" (white man)!
2. Eating – Take a huge helping of "Mezwo ibo" (delicious local fish!).
3. Drinking – Try lots of "BB –Export". But be very careful with "Arki" (local sugar cane brew) which could kill you !!
4. Family – . A typical household involves a herd-owner, his wife or wives and multiple children. The head owns the herd, while his wife(s) milks the cows and prepares it for sale. The sons assist the father as his herdsman, and the daughters assist the mother in packaging. When happy, then dance, eat and drink crying out "Mama weee Mama weee!" When surprised shout "Yewe Weee Yewe Weee!".
5. Social - Please, do NOT say "Me doog miwe wou !!!". But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

37. Yoruba – Nigeria, Benin

KEY PHRASES:

PRONUNCIATION

Thank you.	A dupe	ar doo-pay
Hallo	Eo-leese	ay-oh-lee-say
Yes/no/not	En, beeni/en-en/ko	ayn/bayn-ee/ern-ern/koh
Please	Ema bi nu	ay –mar bee-noh
Excuse me	E jo wo	ay-joh-woh
Good morning	O ku aaro	oh-kww-aarr-roh
My name is	Oruko mi	o-rook-ko mee
What is your name?	Oruko mi-ni?	o-rook-ko mee-nee
How are you & family?	Se dada ni, ati awon ebi yin?	say dar-da nee, arrtee awon aybee ye-en
Fine thanks	Daa daa ni	dar dar nee
Good-bye.	O dabo	oh dar-boh
Where is?	Ibo ni?	eeboh nee
How much?	Melo ni?	mey-loh nee
OK/Cheers (good appetite)	Odaa/ekun oje	oh-daar/aykun r-jef
God willing (used all the time)	Loruko olorun	lorooko oh-loroon
Mr.	Okuurin	okhu-riin
Mrs.	Obirin	ob-eer-riin
I want	Mo fe	moh fay

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Although women work in the fields, men make most of the decisions. Society consists of a higher-ranking official as chief of the town and their subordinates' chiefs. All of these social standings are passed down with the family tradition, and the status of a person is given by the families' nature of work. Thus, we can find the grouping as follows: the ruling Wasangari nobles, commoners Baatombu, slaves of varying origin, Dendi merchants, Fulbe herders, and other ethnic groups. Religion is also an important part in Bariba tribes. They are mostly Muslims. Muslim religion was introduced from Dendi traders who were preaching in the northern region. A Majority of the ruling upper class communities have their own indigenous beliefs. Just a hug, No kissing please. You are an "Oyinbo" (white man)!
1. Eating – Take a huge helping of "Eba" (cassava) and "Amale" (yaw).
2. Drinking – Try lots of "Emu" (palm tree beer) and "Burukutu" (boiled emu).
3. Family – Men are held to be dominant in the family whereas women are considered housewives who assist their husbands in work. When happ, dance, sing, eat and pray for the young ones with "Olorun a buku fun o" (God bless my child).
5. Social - Please, do NOT say "Olori buruku" or "Olishi"! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?!!

38. Zulu – RSA, Zimbabwe

KEY PHRASES:

PRONUNCIATION

Thank you.	Ngiya-bonga	n-geeya-bong-ar
Hallo	Sawu-bona	sawoo-bonar
Yes/no/not	Yebo/cha/cha	yay-boh/char/char
Please	Ngi-ya-cela	ngee-yar-sssay-lar
Excuse me	Ngi-yaxolisa	ngee-yar-koh-lee-sar
Good morning	Sawu-bona	sawoo-bonar
My name is	I-gama lami ngu	ee-garmar larn-ee ngoo
What is your name?	Ungu-bani i-gama lakho?	oon-goo barnee ee-garmar lar-koh
How are you & family?	Unjani wena nomndeni?	oo-jar-nee way-nar nom-ndaynee
Fine thanks	Ndiya-phila	ndee-yar-peelar
Good-bye.	Nisale hahle/ni-hambe kahle	nee-sarlay hah-lay/nee hambay kar-lay
Where is?	Ku-phi?	koo-pee
How much?	Imalini?/kanga-kanani?	ee-marleenee/kangar-kan-arn-ee
OK/Cheers (good appetite)	OK/cheers, kahle	o-kay/cheers, kath-lay
God willing (used all the time)	nNkulunkulu ethanda	nnkulun-kulu ee-tandar
Mr.	uNkosi/Nkosana	oonko-see/nko-see-sarnar
Mrs.	uNkosikazi	oonko-si-karsee
I want	Ngi-funa	ngee-foona

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – The Bantu people make up about 2/3 of Africa's population, and inhabit the southern half of the continent. The Bantu are a group of people known more as a language group than as a distinct ethnic group. They speak related languages and have similar social characteristics. The Bantu are split into two major language families, the Eastern Bantu and the Western Bantu. The most widely spoken Bantu-derived language is Swahili, which is used by up to 50 million speakers on the eastern coast of Africa. They are different from English, Spanish, French, German, or other European languages. One is that you can stick markers onto a verb to indicate who's doing and receiving the action, so what would take a whole sentence in English only takes a single word in Swahili. The other is all nouns are marked as belonging to one of fifteen to twenty genders. Shake hands and hug (no kissing please). You are a Ama kiwa" (white man)!
2. Eating – Take a huge helping of "Urun-yogwe" (peas).
3. Drinking – Try lots of "Mukom boti" (beer) and "Zulu" (millet liquor).
4. Family – When happy shout over and over ... "Jabula lani" When surprised shout "Yewe Yewe" !!
5. Social - Please, do NOT say "Rama-svina" !! But if you are really very angry ... say it three times to yourself ...and you will feel much better! OK?

39. Tonga – Mozambique (to follow)

KEY PHRASES:

PRONUNCIATION

Thank you.

??

??

Hallo

Yes/no/not

Please

Excuse me

Good morning

My name is

What is your name?

How are you & family?

Fine thanks

Good-bye.

Where is?

How much?

OK/Cheers (good appetite)

God willing (used all the time)

Mr.

Mrs.

I want

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

Meeting – Many ethnic groups and languages. Swahili and Portuguese everywhere. Villages protected from lions by a “Boma” barrier. Greetings are lengthy and involve inquiring into the health of each other's family. With independence government created a free, nationalized health care system, and banned private practice. Result - exodus of majority of the country's doctors. People generally stand close together and are physically affectionate.

Eating: Fruit, rice and seafood. Try “*macaza*” grilled shellfish kabobs and “*chocos*” (squid cooked in its own ink). Food highly seasoned with peppers, onions, and coconut. Many celebrations, rituals, and social gatherings but with same old food..

Drinking: Palm wine (*shema*) is a popular drink.

Family: Polygamy. Several generations living together. On marriage the man may become woman's or his own family line. Women are a bit subordinate. Young children on the mother's back as she works in the fields. Many animist rituals and customs. High importance of ancestors and the spirit world. Sorcerers, wise men (and women), and witch doctors as traditional healer. They who communicate with the spirits, use local plants and dance and drums for many hours

Social: Women wear Western-style dresses made from fabric with brightly colored African patterns. Men have replaced the traditional loincloth with T-shirts and jeans. Please do not say

40. Oshivambo - Namibia & Angola (to follow)

KEY PHRASES:

PRONUNCIATION

Thank you.

??

??

Hallo

Yes/no/not

Please

Excuse me

Good morning

My name is

What is your name?

How are you & family?

Fine thanks

Good-bye.

Where is?

How much?

OK/Cheers (good appetite)

God willing (used all the time)

Mr.

Mrs.

I want

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – The Ovambo people live a life that is 100 percent influenced by their magico-religious influences. They not only believe in good and evil spirits but also they are influenced by great superstitions. Everyone in the Ovambo tribe believes in a Supreme spirit, known as Kalunga. This spirit is known to take the form of a man and move invisibly among the people. This spirit is very important to them. When the tribe is visited with a famine or pestilence it is the responsibility of the Kalunga to help the people along.

2. Eating – ???

3. Drinking – ???

4. Family - Members of the royal family of the Ovamboland are known as akwanekamba and only those who belong to this family by birth have a claim to chieftainship. Because descent is matrilineal, these relations must fall on the mothers side. The Chiefs own sons have no claim in the royal family. They grow up as regular members of the tribe.

5. Social - Beliefs among the Ovambo people deal center around their belief in Kalunga. For example, when a tribe member wants to enter the Chiefs kraal, they must first remove their sandals. It is said that if this person does not remove their sandals it will bring death to one of the royal inmates and throw the kraal into mourning. Another belief deals with burning fire in the chiefs kraal. If the fire burns out, the chief and the tribe will disappear. One important ceremony that takes place is when the harvest is done. The whole community has a feast and celebrates their possessions. Please do not say ...

41. Nubien – Egypt, Sudan (to follow)

KEY PHRASES:

PRONUNCIATION

Thank you.

??

??

Hallo

Yes/no/not

Please

Excuse me

Good morning

My name is

What is your name?

How are you & family?

Fine thanks

Good-bye.

Where is?

How much?

OK/Cheers (good appetite)

God willing (used all the time)

Mr.

Mrs.

I want

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Nubi speakers use Swahili for out-group communication and Nubi for in-group communication. They are typically bilingual. However, 30% can also speak English. Non-Nubi wives of Nubi men are expected to learn Nubi.
2. Eating – ???
3. Drinking – ???
4. Family - The family is key to Nubian culture. The mother and the other womenfolk did most of the child rearing. Cross cousin marriage is the preferred marriage type. Inter-marriage among the various groups was and still is rare. A dowry is exchanged as a public declaration of marriage. Divorce is frowned upon by tradition and the marriage rules of the Nubians leave the divorced women hardly any opportunity for remarriage. The families negotiated divorce and the total refund of the bride wealth to the former husband would dissolve the marriage. .
5. Social - The Nubians are Muslims who believe in one God and his prophet Mohammed. Their ceremonies can be divided into three kinds: the rite de passage, the religious ceremonies and the agricultural rituals. The Otoro and Azande have their own local beliefs and practices, which are significant as a means of social control, and Islam and Christianity have very little influence. Among the Otoro, there is a widespread belief in Oracles, which are a divine communication delivered in response to a petitioner's request also the seat of prophecy itself. Nubian traditions with regard to death follow Islamic teaching which is washing the dead body, dressing it and wrapping it in white cloth and buried appropriately before the first sun set. Please do not say ...

42. Maragoli – Kenya

KEY PHRASES:

PRONUNCIATION

Thank you:	Asandé/sandé/ burahi
Hello/oh hello	Ndi/aha ah
Yes/no/not	Ndio/apana/dave, yee
Please:	Nuyanza
Excuse me (help)	N-konya
Good Morning	Vuche
My name is:	Riita riange ni
What is your name?	Riita lyolyo ni vwa
How are you?	Uve-ndi? /Uve muramu?
I am fine:	Mbeye muramu
Good bye:	Kororane
Where is...?:	Ive hai?
How much?:	Vyanga, vanga, twanga, zsyanga?
OK/cheers	Haya/aya/Viitul, nyasae arora
God willing	Nyasaye nyanza
Mr:	Mwikura/Mundu
Mrs:	Mkere
I want:	Nyenyaa

Amusing Typical Maragoli Cultural Comments (Meeting, Eating, Drinking, Family, Health, Social, etc.) to help you learn and laugh

(NOTE: IN FUTURE POD EDITIONS OF THE BOOK, THIS CULTURE SECTION IS A MODEL OF WHAT WE WOULD LIKE TO INCLUDE FOR EVERY AFRICAN LANGUAGE)

1. Meeting: Kiduma is a way which most Maragoli chiefs, or village elders preferred to address the issues on the land. They would call many meeting in different occasions. Mostly during funerals or when sorting out security issues concerning. During such meetings they would ask one family nearby to prepare tea and some boiled maize to cater for the meeting. Most commonly the meetings only were attended my men. Recently women in the community have been empowered to form their own groups that is merry-go-round (andimii). This meeting assist them to meet their obligations especially buying house hold items on rotational basis.
2. Eating: Mkenye (with tea) is a typical/cultural breakfast for the Maragoli, not to mention Ubuchima na ingoko (Pronounced: Uvuchima na ingoko), which is Ugali and Chicken for lunch, (usually followed by cups of tea). Mkenye is a nutritious mix of well cooked beans, soft maize and sweet potatoes all mashed in one pot - for *that delicious* taste, Maragoli skill comes in handy). Other famous dishes include mrenda/umuteere (slimy vegetable) that is eaten with finger-millet ugali. Katsianda (kazianda - spring chicken) is cooked to grace occasions such us weddings, birth and baptismal ceremonies.

3. Drinking: Tea is the order of the day, even on a hot scorching sunny day the Maragoli have tea (tea to welcome you, tea with the meals, tea while chatting after the meal and tea to escort you). Tea is the medicine for headache... if you have a headache, perhaps you haven't taken some tea, so try a cup first. Other traditional brews exist, such as the famous chang'aa (traditional whisky) and busaa. Women were the brewers, while the men indulge. Women are not allowed to partake of this.
4. Family and fostering of children: Family in Maragoli was the extended family. The different roles of each person including the people married in the family stemmed from the extended family. The shamba is tilled by all and there are no boundaries as everyone eats from the same homestead. The married were allowed to build an *Isimbwa* (small thatched house), though this did not mean you could cook your own meals. All meals were prepared from the parents of the groom and shared by all *Isimbwa*'s. Many homes are called by the parents of the groom. That is how they were identified.
5. Social and religion: Event in the social scene includes Religious fetes such as Christmas carols during Christmas day. This took part in form of competitions with churches (also for a few Muslims present in the region would have festivities during the Idd-UI-Fitr). Other social recognizable events included bull-fighting. Communities are deeply involved in building the various infrastructure such as churches and cattle dips. Each house would be required to chip in for this project either as money or some commodity. Failure would have the village elder (Ligutu - Pronounced: Rigutu), collect them by force. Oxen drawn plough are widely used by farmers to till the land, for the ones that can afford. Food for the workers on the shamba can either be ugali with vegetables or beans and maize obviously accompanied by tea!
6. Marriage: Most people in the communities had arranged brides (betrothal). Mainly marriage was for procreation. In case one didn't come through this setup, they would be married by referrals from the friends of the family or relatives from where they were married. Girls in the tribe were required to be timid and wait to be married. They would go about their chores of fetching firewood, water, cooking even for the extended family and all, as this was a way of showing if married off, they would be able to perform the tasks. Anyone who was not able to do this in marriage was returned to the parents. Dowry arrangements and payment is done before marriage takes place... Hey! The husband is the bread winner (...in every sense and..., a proud Lion for that matter!). On the occasion, the bride does not leave the house until all the hullabaloo of aunties getting this and that from the groom are met. Amid the pressure and pronging of the crowd (blocking the lady from leaving her father's place), he can even be pinched unknowingly poured on rice or other grains to stress him out before getting to the 'treasure', asked for hefty amounts of money or gifts, all done in a joyous way (no offence is meant on this day, but things could get ugly if - especially groom is not well informed or prepared).
7. Lifestyle: Very simple with parents of the groom taking a higher place in the family especially on decisions. Property is inherited from them so they are treated like kings and queens. Crops grown and harvested belong to each homestead and they are kept in the granary built outside the homestead. Chicken, cows, sheep and goats are reared for either consumption or selling to assist in other financial commitments. Market days to get other commodities are on specific days and traders converge from all regions to exchange goods. Bee-keeping and fish rearing is practiced on small scale. In event of death, help is given from other families in the neighbourhood on all matters, especially foodstuffs.

43. Afrikaans – RSA, Namibia

KEY PHRASES:

PRONUNCIATION

Thank you.	Dankie	Dun-kee
Hallo	Dag	Darrg
Yes/no/not	Ja/nee/nie	Jarr/nay/neeyarr
Please	Asseblief	Ass-a-bleef
Excuse me	Verskoon my	Fur-stoon may
Good morning	Goeie more	Gho-yerr morr-e
My name is	My naam ez	May narm us
What is your name?	U naam?	Oo naam?
How are you?	Hoe gaan dit met u	Hoo ghaan dot met met oo?
Fine thanks	Goed dankie	Ghood daun-kee
Good-bye.	Tot siens	Tot seens
Where is?	Waar isi...?	Varr us?
How much?	Hoeveel?	Hoo-feel?
OK/Cheers (good appetite)	Goed/OK	Ghood/OK
God willing (used all the time)	Got id goed	Got us ghood
Mr.	Meneer	Munn-neeerrr
Mrs.	Mevrou	Meff- rrow
I want	Ek wil	Ekk wull

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Hand shake. No hugs or ksses please. You are a “Utlander” (foreigner). A happy common language of the Western Cape with a very mixed-race population (traditional settler descendants, immigrants, coloured, chinese etc. Lots of humour, shouting and rhyming slang, like: “ Sukkie vissie vir jou Missie” (a piece of fish for your wife). “Hoe-zi” (How goes it with friends). Lots of very in-mex[ensive] ETOH with chat about politics, love and sex, even while selling fruit at traffic lights. “Aange name kenna” (so pleased to meet you) repeated all the time.
2. Eating – Take a huge helping of “ibdsotie” (thick spicy sausage) and “koeksisters” (deep fried syrup pastry)
3. Drinking – Try lots of Stellenbosch Nederburgh wine and KWV brandy.
4. Family – When happy say “Goed goed!!!” When surprised say “Siestog”.
5. Social - Please, do NOT say “Vok” ! .But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

LIST OF CONTRIBUTORS & RESOURCES

1. Amharic - Ethiopia
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2. Arabic - Egypt , Morocco, Tunisia, Algeria
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4. Bemba – Zambia
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41. Sango – Central African republic
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POSTSCRIPT: WHEN YOU NEXT LIFT THE TELEPHONE ... TO RECEIVE OR MAKE A CALL ... MAKE A SPECIAL EFFORT ... WITH THE FACE ... YES ... WITH THE FACE ... SMILE ... YES ... SMILE ... AND YOU WILL ACHIEVE AND FEEL A DIFFERENCE ... IN YOUR COMMUNICATION ... AND YOUR LANGUAGE COURTESY!

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AFRICA TRIBES & PEOPLE GROUPS

There are many different people groups and tribes across the continent of Africa - with their cultures varying.

Afar

The Afar people live primarily in Ethiopia and the areas of Eritrea, Djibouti, and Somalia in the Horn of Africa.

Anlo-Ewe

The Anlo-Ewe people are today in the southeastern corner of the Republic of Ghana. They settled here around 1474 after escaping from their past home of Notsie.

Amhara

The Amhara are the politically and culturally dominant ethnic group of Ethiopia. They are located primarily in the central highland plateau of Ethiopia and comprise the major population element in the provinces of Begemder and Gojjam and in parts of Shoa and Wallo.

Ashanti

The Ashanti live in central Ghana in western Africa approximately 300km. away from the coast. The Ashanti are a major ethnic group of the Akans in Ghana, a fairly new nation, barely more than 50 years old.

Bakongo

The Bakongo people (aka. the Kongo) dwell along the Atlantic coast of Africa from Pointe-Noire, Congo (Brazzaville) to Luanda, Angola.

Bambara

The Bambara are a large Mande racial group located mostly in the country of Mali. They are the largest and most dominant group in that country.

Bemba

The Bemba are located in the northeastern part of Zambia and are the largest ethnic group in the Northern Province of Zambia.

Berber

Berbers have lived in Africa since the earliest recorded time. References date back to 3000 BC. There are many scattered tribes of Berber across Morocco, Algeria, Tunisia, Libya, and Egypt.

Bobo

The Bobo people have lived in western Burkina Faso and Mali for centuries. They are known for their masks which are worn with elaborate outfits for celebrations. Primarily agricultural people they also cultivate cotton which they use to trade with others.

Bushmen/San

The 'Bushmen' are the oldest inhabitants of southern Africa, where they have lived for at least 20,000 years. Their home is in the vast expanse of the Kalahari desert.

Chewa

The Chewa, also known as the Cewa or Chichewa is an African culture that has existed since the beginning of the first millennium, A.D. They are primarily located in Zambia, Zimbabwe, with the bulk of the population in Malawi.

Dogon

The Dogon are a cliff-dwelling people who live in Southeastern Mali and Burkina Faso. Among the people groups in Africa they are unique in that they have kept and continued to develop their own culture even in the midst of Islamic invasions which have conquered and adapted many of the current people groups

Fang

The Fang are especially known for their guardian figures which they attached to wooden boxes containing bones of the ancestors. The bones, by tradition, are said to contain the power of the dead person, in fact, the same amount of power that the person had while still alive.

Fon

The Fon of Benin, originally called Dahomey until 1975, are from West Africa. The Fon are said to have originated in the area of Tado, a town in Tago, at approximately the same latitude as Abomey, Benin.

Fulani

The Fulani people of West Africa are the largest nomadic group in the world, primarily nomadic herders and traders. Through their nomadic lifestyle, they established numerous trade routes in West Africa.

Ibos

from Nigerian the Ibos live in villages that have anywhere from a few hundred to a few thousand people comprised of numerous extended families.

Kikuyu (Gikuyu)

Having migrated to their current location about four centuries ago, the Kikuyu now make up Kenya's largest ethnic group.

Maasai

The Maasai, famous as herders and warriors, once dominated the plains of East Africa. Now however they are confined to a fraction of their former range.

Mandinka

The Mandinka are an ethnic group that live in West Africa, primarily Senegal, Gambia, and Guinea-Bissau, but some also live in Burkina Faso, Mali, and Cote d'Ivoire.

Pygmies

There are many different 'Pygmy' peoples – for example, the Bambuti, the Batwa, the Bayaka and the Bagyeli ('Ba -' means 'people') – who live scattered over a huge area in central and western Africa, in the Democratic Republic of Congo (DRC), Congo (Brazzaville), Cameroon, Gabon, Central African Republic, Rwanda, Burundi and Uganda.

Samburu

The Samburu are related to the Masai although they live just above the equator where the foothills of Mount Kenya merge into the northern desert and slightly south of Lake Turkana in the Rift Valley Province of Kenya.

Senufo

The Senufo are a group of people living in northern Cote d'Ivoire and Mali. They are known as excellent farmers and are made up of a number of different groups who moved south to Mali and Cote d'Ivoire in the 15 and 16th centuries.

Tuareg

The Tuareg people are predominantly nomadic people of the sahara desert, mostly in the Northern reaches of Mali near Timbuktu and Kidal.

Wolof

The Wolof are one of the largest people groups that inhabit modern-day Senegal. They live anywhere from the desert area of the Sahara to the rain forests. Traditionally many Wolof lived in small villages governed by an extended family unit but now most Wolof move to cities where they are able to get jobs.

Yoruba

The Yoruba people live in Southwest Nigeria and Benin. They have developed a variety of different artistic forms including pottery, weaving, beadwork, metalwork, and mask making.

Zulu

The Zulu are the largest ethnic group in South Africa. They are well known for their beautiful brightly colored beads and baskets as well as other small carvings. TRIBES & PEOPLE GROUPS

There are many different people groups and tribes across the continent of Africa - with their culture varying from tribe to tribe. We have included only a few on this page and will be adding to the list regularly. Click the title for detailed sections...

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The Ashanti live in central Ghana in western Africa approximately 300km. away from the coast. The Ashanti are a major ethnic group of the Akans in Ghana, a fairly new nation, barely more than 50 years old.

Bakongo

The Bakongo people (aka. the Kongo) dwell along the Atlantic coast of Africa from Pointe-Noire, Congo (Brazzaville) to Luanda, Angola.

Bambara

The Bambara are a large Mande racial group located mostly in the country of Mali. They are the largest and most dominant group in that country.

Bemba

The Bemba are located in the northeastern part of Zambia and are the largest ethnic group in the Northern Province of Zambia.

Berber

Berbers have lived in Africa since the earliest recorded time. References date back to 3000 BC. There are many scattered tribes of Berber across Morocco, Algeria, Tunisia, Libya, and Egypt.

Bobo

The Bobo people have lived in western Burkina Faso and Mali for centuries. They are known for their masks which are worn with elaborate outfits for celebrations. Primarily agricultural people they also cultivate cotton which they use to trade with others.

Bushmen/San

The 'Bushmen' are the oldest inhabitants of southern Africa, where they have lived for at least 20,000 years. Their home is in the vast expanse of the Kalahari desert.

Chewa

The Chewa, also known as the Cewa or Chichewa is an African culture that has existed since the beginning of the first millennium, A.D. They are primarily located in Zambia, Zimbabwe, with the bulk of the population in Malawi.

Dogon

The Dogon are a cliff-dwelling people who live in Southeastern Mali and Burkina Faso. Among the people groups in Africa they are unique in that they have kept and continued to develop their own culture even in the midst of Islamic invasions which have conquered and adapted many of the current people groups

Fang

The Fang are especially known for their guardian figures which they attached to wooden boxes containing bones of the ancestors. The bones, by tradition, are said to contain the power of the dead person, in fact, the same amount of power that the person had while still alive.

Fon

The Fon of Benin, originally called Dahomey until 1975, are from West Africa. The Fon are said to have originated in the area of Tado, a town in Togo, at approximately the same latitude as Abomey, Benin.

Fulani

The Fulani people of West Africa are the largest nomadic group in the world, primarily nomadic herders and traders. Through their nomadic lifestyle, they established numerous trade routes in West Africa.

Ibos

from Nigerian the Ibos live in villages that have anywhere from a few hundred to a few thousand people comprised of numerous extended families.

Kikuyu (Gikuyu)

Having migrated to their current location about four centuries ago, the Kikuyu now make up Kenya's largest ethnic group.

Maasai

The Maasai, famous as herders and warriors, once dominated the plains of East Africa. Now however they are confined to a fraction of their former range.

Mandinka

The Mandinka are an ethnic group that live in West Africa, primarily Senegal, Gambia, and Guinea-Bissau, but some also live in Burkina Faso, Mali, and Cote d'Ivoire.

Pygmies

There are many different 'Pygmy' peoples – for example, the Bambuti, the Batwa, the Bayaka and the Bagyeli ('Ba -' means 'people') – who live scattered over a huge area in central and western Africa, in the Democratic Republic of Congo (DRC), Congo (Brazzaville), Cameroon, Gabon, Central African Republic, Rwanda, Burundi and Uganda.

Samburu

The Samburu are related to the Masai although they live just above the equator where the foothills of Mount Kenya merge into the northern desert and slightly south of Lake Turkana in the Rift Valley Province of Kenya.

Senufo

The Senufo are a group of people living in northern Cote d'Ivoire and Mali. They are known as excellent farmers and are made up of a number of different groups who moved south to Mali and Cote d'Ivoire in the 15 and 16th centuries.

Tuareg

The Tuareg people are predominantly nomadic people of the sahara desert, mostly in the Northern reaches of Mali near Timbuktu and Kidal.

Wolof

The Wolof are one of the largest people groups that inhabit modern-day Senegal. They live anywhere from the desert area of the Sahara to the rain forests. Traditionally many Wolof lived in small villages governed by an extended family unit but now most Wolof move to cities where they are able to get jobs.

Yoruba

The Yoruba people live in Southwest Nigeria and Benin. They have developed a variety of different artistic forms including pottery, weaving, beadwork, metalwork, and mask making.

Zulu

The Zulu are the largest ethnic group in South Africa. They are well known for their beautiful brightly colored beads and baskets as well as other small carvings.

SECTION B. EUROPE

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Total speakers (estimated) - 1,500 millions

List of Contributors and Resources

1. Albanian

KEY PHRASES:

PRONUNCIATION

Thank you.	Te falem derit
Hallo	Tung-jat-jeta
Yes/no/not	Po/jo/s-,nuk
Please	Ju lutem
Excuse me	Na faini
Good morning	Mire-dita
My name is ...	Une quhem
What is your name?	Si quheni ju lutem?
How are you & family?	Si jeni?
Fine thanks	Jam mire
Good-bye.	Mire u pafshim
Where is	Ku?
How much?	Sa?
OK/Cheers (good appetite)	OK/-
Mr.	Zoti
Mrs.	Zonja
I want	Dua

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Men shake hands and touch cheeks three times. Greet women with bow and nod. Men may walk ahead of women. Be careful, A head shake mean “Yes” and head nod means “No”. No hugs or kissing please. You are a “I huaj” (foreigner)!
2. Eating – Take a huge helping of “Shish-quebap” (skewer of meat).
3. Drinking – Some areas no ETOH. But in other places try lots of “Birre” (beer) and “Kon-yak” (liquor).
4. Family – When happy say: “I lumtur” When surprised say “Rrezik-shem?” !!
5. Social - And please, do NOT say “Zorrei” !!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

2. Bielo-Russe

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)

Mr.
Mrs.
I want

Dziakui
Dobraga zdarovia
Tak/nie/nie
Kali laska
Lak maetsesa

Dobry vetchar
La imia
Ian ivy imia?
Nema?
Dobry. dziakui

Dapabatch-chennia
Dze?
Kolki?
Tak/zavashe zdarovie -

Pan
Pani
La khachu

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Men shake hands and touch cheeks three times. Greet women with bow and nod. Men may walk ahead of women. No hugs or kissing please. You are a “Inshazemny” (foreigner)!
2. Eating – Take a huge helping of “Miasa” (meat).
3. Drinking – Try lots of “Piva” (beer) and “Garelka” (liquor).
4. Family – When happy say: “ Shtch-aslivy... “. When surprised say ”Oh hoh ...nieb-las-petch-ny” !!
5. Social - Please, do NOT say “Kishka”! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

3. Bulgarian

KEY PHRASES:

PRONUNCIATION

Thank you.	Blagodara/vam
Hallo	Dober den
Yes/no/not	Da/ne/e
Please	Molia vi
Excuse me	Izvinette
Good morning	Dober den
My name is ...	Kahz vahm seh
What is your name?	Kak ce kahe vah-teh?
How are you & family?	Kak steh?
Fine thanks	Blah gho dah rya/blagodarya
Good-bye.	Dovijdane
Where is	Kede?
How much?	Kolko?
OK/Cheers (good appetite)	Dobre/???
Mr.	Gospodin
Mrs.	Gospoja
I want	Iskam

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Speak with the body (face, expression, tone, movement of the whole body. Be careful. A head shake means “Yes” and a head no means “No”. Respond to hugs and kissing as invited. You are a Tchujd-estranen” (foreigner)!
2. Eating – Summer cold food. Winter hot. Take a large helping of “Mu sah-kah ” (mince).
3. Drinking – Try lots of “Nah-liy-nah” (beer) and “Rakiya” (liquor).
4. Family – When happy say: “Tchestii ...” When surprised say: “Opasen?” !!
5. Social - And please, do NOT say “Hshi” !!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

4. Catalan

KEY PHRASES:

PRONUNCIATION

Thank you.	Gracies/merci
Hallo	Bona nit
Yes/no/not	Si/non/no-pas
Please	Sisplau
Excuse me	Perdoni
Good morning	Bona nit
My name is ...	Ju nom ez.
What is your name?	Quin ez vosaltres nom?
How are you & family?	Com va això?
Fine thanks	Bo, gracies
Good-bye.	Adeu
Where is	On?
How much?	Quant?
OK/Cheers (good appetite)	OK/salut
God bless/Got iz	Got iz bo
Mr.	Segnor
Mrs.	Segnora
I want	Em vol

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Shake hands, hugs and kissing. You are a “Estranger” (foreigner)! Talk about life. Rich, hard working, very proud, nationalistic affectionate environment. They love speaking only the Catalan language, and hate speaking Spanish (unless you are from Latin America).
2. Eating – Take a huge helping of “Arroz Negrof” (rice with Black Octopus juice) and “Molto” (mutton).
3. Drinking – Try lots of “Cervesa” (beer) and “Vi” (wine). Local champagne “Cava” is great!
4. Family – When happy say “Felic ...”. When surprised say: “Perillos ...?” !!
5. Social: Crossed legs and foot pointing allowed! Please do not say “Ptta”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

5. Czech

KEY PHRASES:

Thank you
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)

Mr.
Mrs.
I want

Děkuji vám
Ahoj !
Ano/ne/ne
Prosím
Promiň

Dobrý den
Jmenuji se
Jak se jmenujete?
Jak se máte ?
Děkuji, dobře

Sbohem
Kde je
Kolik?
OK, dobre/dobrou chut

Pan
Pani
Chci, přeji si

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn (what is it?). Do's and don'ts:

1. Meeting - Shake hands. Respond to hugs and kiss as invited. Hospitality great. You are welcome even though you are a "Cizinec" (foreigner). Talk about the weather and food.
2. Eating – Take a huge helping of "Vepro – knedlo zelo" (pork, dumplings & cabbage). Eating – Ask for "Vepřo-knedlo-zelo" (- " -) and say you love it even when you hate it
3. Drinking – Try lots of Pilsener Urquell, Budweiser or another original beer and "Slivovice" (plum brandy).
4. Family – When happy shout over and over: "Nazdar ...nazdar ...!! When surprised say: "Aha ..aha ..."
5. Social - Social: Crossed legs and foot pointing allowed! Please do not say "Hovno or prdel". But if you are really very angry... say hovno three times in private to yourself ...and you will feel much better! OK?

6. Danish

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)

Mr.
Mrs.
I want

Tak
God dag
Ja/nej/ikke
Vier sa god
Und-skyid

God dag
Jeg navn er
Hvad er I navn?
De det?
God, tak tak

Farvel
Hvor?
Hvor meget?
OK/-

Herre
Frue
Jeg vil

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Shake hands, No hugs or kissing pleas). You are a “Fremmed” (foreigner)!
2. Eating – Take a huge helping of “Sill” (herring) ,“Skinke” (ham) and wonderful “Bullen” (pastries)..
3. Drinking – Try lots of “Ol” (beer) and “Sprit” (liquor).
4. Family – When happy say: “Glad ...” When surprised say: “O-san ...” !!
5. Social - Please, do NOT say “Var-fan” But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

7. Dutch

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)
God bless

Mr.
Mrs.
I want

Dank U/bedankt
Hallo
Ja/nee,nee/net
Alstub-lieft
Excuseer mij

Goede-morgen
Ik heet
War is ouw naam?
Hoe gaat met U?
Goed, bedankt

Tot ziens
Waar?
Hoeveel?
OK/Proost
Hopelyk

Meneer
Mevrouw
Ik wil

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Shake hands and hug (no kissing please). You are a “Buiten-lander” (foreigner)! Be prepared for very frank honest opinions (plus and minus) to be expressed very freely. Friendly and very conservative environment. Lots of laughter at local jokes!
2. Eating – Take a little “Haring met vitjes” (roadside café herring) and of course a huge helping of “Gehakt bal met oa doppels” (meat balls).
3. Drinking – Try lots of “Groish”(beer) and “Glassje advocate” (eggs & gin).
4. Family – When happy say “Siles loopt op rolletjes”. When surprised say: “Och hemel. ...gevaarlijk?”
5. Social - Please, do NOT say “Godverdomme”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

8. English

English	French	Spanish
Thank you.	Merci.	Gracias
Hallo	Bonjour	Hola
Yes/no	Oui/non	Si/no/no
Please	S'il vous plait	Por favor
Excuse me	Excusez moi	Disculpe
Good morning	Bonjour	Buenos dias
My name is ...	Je m'appelle ...	Yo me llamo
What is your name?	Comment vous appelez vous?	Como se llama?
How are you & family?	Comment allez vous?	Como esta usted ?
Fine thanks	Je vais bien, merci	Muy bien, gracias
Good-bye.	Au revoir	Hasta la vista
Where?	Ou?	Donde?
How much?	Combien?	Cuanto?
OK	Ca va	Bueno
All being well	Tout va bien!	Todo bueno
Mr.	Monsieur	Senor
Mrs.	Madame	Senora
I want	Je veux	Quiero

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting - Shake hands only once quite firmly. No hugs or kisses unless invited. Respond to: "How do you do ?" with "Oh , how do you do?" (never tell them how you really feel !!). Talk about the weather all the time. Blame GB for everything that goes wrong.
2. Eating – Try just a little "Roast beef and Yorkshire pudding" with "Mince pie and ice cream" for desert. Expect people to pile up peas on a fork At lunch or dinner, you may ask for butter with your bread, but never cut your bread roll with a knife - never!!
3. Drinking – Always ask for "G & T" (gin and tonic) or join in with just a small glass of "Guinness" (very very strong black nourishing Irish beer).
4. Family – When happy say: "Hooray ...!!" – very gently. When surprised whisper: "Oh dear ...!! ", As a social gesture, be prepared to drink strong tea (with milk and sugar) at all times, day and night.
5. Social: Crossed legs and foot pointing allowed! Please do not say "shhhht" or "bgrrrr". But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

9. Estonian

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)
God bless (all is well)

Mr.
Mrs.
I want

Tanan
Fervist
Jaa.jub/ei,ei, nitte
Palun
Vabandage

Tere
Mini nimi on
Kuidas on tele nimi?
Kuidas kasi kaib?
Tanan hasti

Nage-miseni
Kus?
Kui palju?
OK/-
Gore z hea

Harra
Prova
Ma tahan

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Shake hands and respond to hugs. No kissing please). You are a “Valismaine” (foreigner!
2. Eating – Take a huge helping of “Kala” (fish).
3. Drinking – Try lots of “Olu” (beer) and “Vein” (wine).
4. Family – When happy say “Onnelik” When surprised say: “Ohtlik?” !!
5. Social - Please, do NOT say “Soolikad”!!! But if you are really very angry ... say it three times to yourself ...and you will feel much better! OK?

10. Finnish

KEY PHRASES:

PRONUNCIATION

Thank you.	Kiitos
Hallo	Hei
Yes/no/not	Kyllä/ei
Please	Olkaa hyvä
Excuse me	Anteeksi
Good morning	Hyvää huomenta
My name is ...	Nimeni on
What is your name?	Mikä teidän nimenne on?
How are you & family?	Mitä kuulu?
Fine thanks	Kiitos hyvät
Good-bye.	Nakamiin
Where is	Missa?
How much?	Kuinka paljon?
OK/Cheers (good appetite)	Selvä/kippis
Mr.	Herra
Mrs.	Rouva
I want	Mina haluan

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Hand shake. Respond to hugs or kissing as invited. You are a “Ulkonaalain” (foreigner)! If invited, you do not have to accept a naked roll in the snow!
2. Eating – Take a huge helping of “Lohi” (salmon).
3. Drinking – Try lots of “Keskiolut” (beer) and “Kosken-korua” (millet).
4. Family – When happy say “I hanaa ...” When surprised say: “Voi hyvän aika” !!
5. Social - Please, do NOT say “Pskka” !!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

11. French

KEY PHRASES:

Thank you.	Merci.
Hallo	Bonjour
Yes/no	Oui/non
Please	S'il vous plait
Excuse me	Excusez moi

Good morning	Bonjour
My name is ...	Je m'appelle ...
What is your name?	Comment vous appelez vous?
How are you & family?	Comment allez vous?
Fine thanks	Je vais bien, merci

Good-bye.	Au revoir
Where?	Ou?
How much?	Combien?
OK	Ca va
All being well	Tout va bien!

Mr.	Monsieur
Mrs.	Madame
I want	Je veux

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting - Keep on shaking hands with everyone all the time! Respond to hugs and kisses as invited. Respond to: "Ca va?" with "Oui, ca va!" (never tell them how you really feel !!). Talk about the food, wine and diet all the time. Praise Sarkosi for everything that goes right and blame GB for everything that goes wrong.
2. Eating – Order a delicious "Steak avec sauce bearnaise" with "Tarte aux pommes avec glace vanille" for desert. Expect to use the same knife and fork for many courses (keep it fairly clear). At lunch or dinner, never ask for butter with your bread. Finish up your plate for every course.
3. Drinking – Always ask for "Un petit ver du vin du pays, svp" (local wine) or join in with just a small glass of "Une petite biere locale, svp?" (beer).
4. Family – When happy say: "Formidable ...formidable ...!!" – very frequently. When surprised whisper: "Oh mon dieu! As a social gesture, be prepared to accept... strong black coffee or a good wine ... at all times, day and night.
5. Social: Crossed legs and foot pointing allowed! Please do not say "mrrde" or "chiotte". But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

12. German

KEY PHRASES:

Thank you.	Danke
Hallo	Hallo
Yes/no/not	Ja/nein
Please	Bitte
Excuse me	Verzeihung/Entschuldigung
Good morning	Guten tag
My name is ...	Ich heisse
What is your name?	Wie heissen Sie?
How are you & family?	Wie geht es Ihnen?
Fine thanks	Danke, gut/schon
Good-bye.	Auf wiedersehen
Where?	Wo?
How much?	Wievell?
OK	In ordnung
All being well	Alles klar
Mr.	Herr
Mrs.	Frau
I want	Ich mochte
I want	

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting - Shake hands and responmd to hugs. No kissing please. You are a "Auslander" (foreigner)! Negative "compliments" are acceptable. Don't bother with positive compliments. Just use "titles"he time (Frau "Engineer") and say "Ja-ein ... ja-ein ...jaein" (yes/no) for everything.
2. Eating – Bread is a famous "lo main dish" (a main dish) of its own, without butter! Eating very formal. Take a huge helping of "Braten" (meat loaf) with everything. .
3. Drinking – Try lots of "Bier" (beer) and "Wein" (wine).
4. Family – When happy say "Super... alles ist glucklich ...Toll! ... Klasse!!!". When surprised say "Ach" !!
5. Social - Please, do NOT say "Schsse"!!! But if you are really very angry... sayit three times to yourself ...and you will feel much better! OK?

13. Greek

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)

Mr.
Mrs.
I want

Efcharisto
Gi kanete
Ne/ochi
Parakalo
Signomi

Kalimera
To onoma mou ine.
Pio ine to onoma sas?
Ti kanete?/Ke ta oi-koiniez sas?
Kala, efcharisto

Stokajl/adio
Pou ine?
Posso kani?
Endaksi/kali orexi

Kirioss
Kiria
Thelo

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting - Shake hands and respond to hugs. No kissing please). You are a "Ksenos" (foreigner)!
2. Eating – Take a huge helping of "Kavuri" (crab).
3. Drinking – Try lots of "Bira" (beer) and "Inoplevma" (liquor).
4. Family – When happy say: "Efkarist-imenos". When surprised say: "Epikindinos? !!
5. Social: Crossed legs and foot pointing allowed! Please do not say "Entero".. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

14. Hungarian

KEY PHRASES:

PRONUNCIATION

Thank you.	Ko-szo-nom
Hallo	Jo na-pot/Szi-a (informal)!
Yes/no/not	I-gen/nem
Please	Ke-rem
Excuse me	Bo csa-nat
Good morning	Jo re-ggelt
My name is ...	A ne-vem ...
What is your name?	Hogy hiv-jak?
How are you & family?	Hogy van/hogy va-gy (informal)?
Fine thanks	Ko-szo-nom, jol.
Good-bye.	Szia (informal)
Where is	Hol?
How much?	Menyi?
OK/Cheers (good appetite)	Jo/etvanyort
Mr.	Ur
Mrs.	-ne/Asszony
I want	Kerem/akarom

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting - Shake hands, hug and kiss as invited. Expect people to respond to: "How are you?" with full details of their problems for 30 minutes! Be prepared for jokes all the time about politics, sex, church etc. - all for fun.
2. Eating – Try just a little "Gulyas" and "Jol Vagyor" !!
3. Drinking – Try lots of "Viz" (water) and of course "Shor" (beer) and "Palinak" (liquor).
4. Family – When happy say: "Boldog vagyok !!!". When surprised whisper: "Meg vagyok lepve!!" As a social gesture, be prepared to drink water at all times, day and night.
5. Social: Crossed legs and foot pointing allowed! But please do not say "Szrr" or "Ki-bbzzzi". But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

15. Iceland

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me (I don't know)

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)
God bless

Mr.
Mrs.
I want

Bakkir/Bolck
Soell
Ja/nei'-ekki
Gerio ber svo vel
Eg kanm ekki

Gooan dagin
Eg nafn iz..
Hvor ber nafn?
Havernig hafid\lober bao?
Goour, bolck

Vertu siell
Hven?
Hve margir?
OK/-
Got goour

Herra
Fru
Eg vildi

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting - Shake hands, hug and kiss as invited. Hospitality great. Say: "Bolk" all the time!! You are welcome even though you are an "Erlendur" (foreigner). Talk about the weather and food.
2. Eating – Take a huge helping of "Fisk" (fish).
3. Drinking – Try lots of "Ol" (beer) and "Brennevin" (liquor)
4. Family – When happy say::"Hamming-jusamur ...!!" When surprised say: "Aha ..aha ...hoetetulegur?"
5. Social - Crossed legs and foot pointing allowed! But, please do not say "Garnir". But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

16. Italian

KEY PHRASES:

Thank you.	Grazie
Hallo	Ciao
Yes/no/not	Si/no
Please	Perr piace
Excuse me	Mi scusi

Good morning	Buongiorno
My name is ...	Mi chiamo
What is your name?	Come si chiama?
How are you & family?	Come sta?/come va?
Fine thanks	Molto bene, grazie

Good-bye.	Arrivederci
Where?	Dove?
How much?	Quanto costa?
OK	OK, bene/salute
All being well	Tutti bene, grazie

Mr.	Signore
Mrs.	Signora
I want	Voglio/vorrei (more poilite)

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Shake hands and respond to hugs and kissing as invited. Kiss hands to show respect. You are a “Estraniero (foreigner). Expect lots of chatting at very high volume all the time. You may have to shout.
2. Eating – Take a huge helping of “Fettucini Alfredo” (delicious ham, cheese and cream from the famous Alfredo Restaurant in Rome)
3. Drinking – Try lots of “Bellini (Venician beer) and “Spumante” (liquor).
4. Family – When happy shout “Huurah tutti benissimo ... ” When surprised say “Oh mama mia ... pericoloso?” !!
5. Social - Please, do NOT say “Gomito”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

17. Lithuanian

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)

Mr.
Mrs.
I want

Aciu
Sveikas
Taip/ne/ne
Prasau
Atleiskite

Laba diena
Mano vardas
Koks jusu vardas?
Kaip gy-venate?
Aciu, gerai

Sudiev
Kur?
Kiek?
tikras/maistas geras

Ponas
Ponia
As noriu

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Shake hands and respond to hugs. No kissing please. You are a “Svetimas” (foreigner)
2. Eating – Take a huge helping of “Vistiena” (chicken).
3. Drinking – Try lots of “Alus” (beer) and “Vynas” (wine).
4. Family – When happy say “Laimingas ...”. When surprised say: “Pavoj-ingas? “ !!
5. Social - Please, do NOT say “Zarna”!!! ”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK

18. Norwegian

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)
God bless

Mr.
Mrs
I want

Tusen takk/takk
Hei
Ja/nei/ikke
Vaer sa snill
Unnsk-yid

God dag
Jag heter
Hua heler du?
Hvordan star det til?
Bare bra, takk

Hadet
Hvor er?
Mye?
OK, bra/skal
Got gode

Herr
Fru.
Jeg vil

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Shake hands first meeting ONLY! Hugs and kisses allowed .Say “Takk all the time for everything. You are an: “Utlending” (foreigner)!
2. Eating – Take a huge helping of ”Lake” (salmon) and say “Takk”..
3. Drinking – Try lots of “Ringness” (beer) and “Aquaavite” (liquor).
4. Family – When happy shout ... “Hurra ...” When surprised say Oyi oy yi oy ...farlig?”
!!
5. Social - Please, do NOT say “Tarm”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

18. Polish

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)

Mr.
Mrs.
I want

Dzian-kuje
Czesć
Tak/nie/nie
Prosz che
Przeepasiam

Dzien dobry
Moie nazwisko.
Vasie nazwisko ?
Jak sie macie?
Dzian-kuje dobrze

Do wid-zenia
Skad?
Ilei?
Smachniego

Pan
Pani
Chece

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting - Shake hands, hug and kiss as invited. Hospitality great. Say: "Dzia-kuje dobrze" all the time!! You are welcome even though you are a "Cizinets" (foreigner). Talk about the weather and food.
2. Eating – Take a huge helping of "Borsch" (soup)
3. Drinking – Try lots of "Pivo" (beer) and "Vodka" (Polish type)
4. Family – When happy shout :“Baezo dobrze ...!!” When surprised say: “Aha ..aha ...niebez-piece-zny?”
5. Social - Crossed legs and foot pointing allowed! But, please do not say "Jelito". But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

20. Portuguese

KEY PHRASES:

PRONUNCIATION

Thank you.	Obrigada
Hallo	Ola
Yes/no/not	Sim/ não
Please	Por favor
Excuse me	Com licença
Good morning	Bom dia
My name is ...	Meu nome é
What is your name?	Qual é seu nome?
How are you & family?	Como está?
Fine thanks	Muito bem, obrigado
Good-bye.	Adeus
Where?	Onde?
How much?	Quanto custa?
OK/Cheers	OK/???
All being well	Tute contente
Mr.	Senhor
Mrs.	Senhora
I want	Quero

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Shake hands and hug. No kissing please. You are a “Estrangiero” (foreigner!)
2. Eating – Take a huge helping of “Cordeiro” (lamb).
3. Drinking – Try lots of “Cerveja” (beer) and “Vinho” (wine).
4. Family – When happy say: “Contente ...” When surprised shout “Aha ... perigoso? !!”
5. Social - Please, do NOT say “Cotovelo”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK

21. Roumanian

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)

Mr.
Mrs.
I want

Multzumesc
Salut
Da/nu/nu
Te rog/va rog
Scuza-ma

Buna dimineath
Numele meu este .../ma ciama
Care e numele tau?/cim te ciama
Ce mai faceti?
Bine, mulzumesc

La revedere
Unde ye?
Cat cosai?
Pofta buna/on appetit

Domnul
Doamna
Do resc

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Men and women shake hands with a slight bow, saying” Um onwahreh”. Kiss only the lady’s hand please. Work starts used to start at 7.00 hrs and end at 14.30 hrs. So lunch used to be at 16.00 hrs. Not any more. Remember that Tarzan came from Roumania! You are a “Strain” (foreigner).
2. Eating – Take a huge helping of “Sarmah-lootseh coo mamaleegootser” (stuffed cabbage and polenta).
3. Drinking – Try lots of “Behrer” (beer) and “Tsweekah” (plum brandy). They pften wash the glasses with alcohol not water!
4. Family – When happy say “Traiasca ... “, When surprised say: “Vy deh meene ...” !!
5. Social – Practice ending telephone chats – it takes ages because ONLY the last talker wins ... Crossed legs OK. Foot pointing allowed. Please, do NOT say “Futy”.!! “. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK

22. Russian

KEY PHRASES:

PRONUNCIATION

English	Russian
Thank you	Spasibo
Hallo	Zdravstvuytie
Yes/no/not	Da/niet'nie
Please	Pojaluysta
Excuse me	Izvinitie
Good morning	Zdravstvuytie
My name is ...	Minya imje
What is your name?	Kak vas zovut?
How are you & family?	Kak pojivaetie?
Fine thanks	Kharasho spacibo
Good-bye.	Do svidania
Where?	Kuda?
How much?	Skolko?
OK	Kharasho/zavashe zdarovie
All being well	Vsio v porudku
Mr.	Gospodin
Mrs.	Gospoja
I want	Ya khotchou

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Shake hands and respond to hugs. Be prepared for kissing (even on the mouth when offered. You are a “Inost-rannyi” (foreigner)!
2. Eating – Take a huge helping of “Kria sivoie” (soup).
3. Drinking – Try lots of “Pivo - Home” (beer) and “Vodka” (liquor).
4. Family – When happy shout “Ya schasdliu ...” When surprised say “Aha ...aha ...opasnyi? ...” !!
5. Social: Crossed legs and foot pointing allowed! But, please do not say "Kishka". But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

23. Serbo-Croat

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Hvala
Zdravo
Da/ne/ne
Molim vas
Iz-vinite

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

dobar dan
Moje imie
Kak sa zovete?
Kako ste?
Hvala liepa

Good-bye.
Where is
How much?
OK/Cheers (good appetite)

Dovidenja
Gdje?
Koliko?
Dobra/zivili

Mr.
Mrs.
I want

Gospodin
Gospoda
Ja zelim

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Shake hands and hug. No kissing please. You are a "Coudzinec" (foreigner). Talk about the weather and nature.
2. Eating – Take a huge helping of "Punele papriky" (meat).
3. Drinking – Try lots of "Pivo" (beer) and "Slivovice" (liquor).
4. Family – When happy shout "Dobra ...". When surprised say: "Aha ... aha ...opasan?" !!
5. Social: Crossed legs and foot pointing allowed! But, please do not say "Orijevo". But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

24. Slovak

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)

Mr.
Mrs.
I want

Diakujem/vam
Zdar
Ne/nno/nno
Prosim
Pardon

Dobre iutro
Moe ime
Yak sa zovete?
Yak sa mate?
Diakujem/pekme

Do vidienya
Kdie?
Kolik?
Dobro/-

Pan
Pani
Chci

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Shake hands and respond to hugs and kiss as invited. Hospitality great. You are welcome even though you are a "Cuzinets" (foreigner). Talk about the weather and food.
2. Eating – Take a huge helping of "Halusky" (meat).
3. Drinking – Try lots of "vino" (wine) and "Pivo" (beer) and "Slivovice" (liquor).
4. Family – When happy shout "Bravo ...bravo ...!!" When surprised say: "Aha ..aha ... nebez-pecny?"
5. Social: Crossed legs and foot pointing allowed! But, please do not say "Hvno" or "Picch". But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

25. Slovene

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)

Mr.
Mrs.
I want

Hvala lepa
Pozdravljen
yah,dah/na/na
Prosim
Oprostite

Dober dan
Jaz sem
Kako vam je ime?
Yak sa mate?
Diakujem

Nasvidienya
Kye yea?
Koliko stane?
Yak/-

Gospod
Gospa
Rad bi

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Shake hands, hug and kiss as invited. Hospitality great. You are welcome even though you are a "Inozemski" (foreigner). Talk about food.
2. Eating – Take a huge helping of "Juha" (soup).
3. Drinking – Try lots of "Pivo" (beer) and "Zganje" (liquor).
4. Family – When happy say: "Bravo ...bravo ...srecen!!" When surprised say: "Aha ..aha nevaren?"
5. Social: Crossed legs and foot pointing allowed! But, please do not say "Crevo" or "Picch". But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

26. Spanish

KEY PHRASES:

PRONUNCIATION

English	French	Spanish
Thank you.	Merci.	Gracias
Hallo	Bonjour	Hola
Yes/no	Oui/non	Si/no/no
Please	S'il vous plait	Por favor
Excuse me	Excusez moi	Disculpe
Good morning	Bonjour	Buenos dias
My name is ...	Je m'appelle ...	Yo me llamo
What is your name?	Comment vous appelez vous?	Como se llama?
How are you & family?	Comment allez vous?	Como esta usted ?
Fine thanks	Je vais bien, merci	Muy bien, gracias
Good-bye.	Au revoir	Hasta la vista
Where?	Ou?	Donde?
How much?	Combien?	Cuanto?
OK	Ca va	Bueno
All being well	Tout va bien!	Todo bueno
Mr.	Monsieur	Senor
Mrs.	Madame	Senora
I want	Je veux	Quiero

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Shake hands. No hug or kissing please.. You are a Extranjero ” (foreigner)! Expecct a very high volume of local chat. You may have to shout. Laughter is everywhere about everything.
2. Eating – Take a huge helping of “Vaca” (bull)
3. Drinking – Try lots of “Cerveza - San Miguel” (beer) and “Ginebra” (sugar liquor).
4. Family – When happy say: “Feliz ...” When surprised say: “Oh josgo ... peligroso?j !!
5. Social: Crossed legs and foot pointing allowed! Please do not say "Mrrt". But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

27. Suisse-German (Zurich & Berne)

KEY PHRASES:	ZURICH	BERNE
Thank you	Danche	Danka/mersci/vieu mou
Hallo	Gruezi/Sali	Gruesach
Yes/no/not	Ja/nod/nai	Ja/nei/nid
Please.	Bitte	Bitte
Excuse me.	Entschuldigung	Pardon/entschuldigung
Good morning	Gruezi	Gueta morga
My name is ...	Mi namme isch ...	Mi namma isch
How are you called?	Wie heisset Si?	Wei heissich du?
How are you?	Wie gats?	Wie gats?
Fine thanks	Guet, danche.	Guet, danka
Good-bye.	Tschuss/Auf Widerluege	Tchuss/uf widerhuega
Where is ...	Woo isch?	Woo isch?
How much?	Wievil?	Wie vieu?
OK/Cheers	Klar, in ordnig/-	Klar/isch in ornig
Everything is OK!	Alles isch klar!	Rs isch auestip-top!
Mr.	Herr	Herr
Mrs.	Fru	Frou
I want	Yych muss hal	Ich hart garn

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – A very formal polite environment. Shake hands very gently. No hugs or kissing please. You are a “Fremde” (foreigner). Everything must be always kept clean and tidy ... inside and outside. If you have a dog you must carry a bag and clean up any misbehaviour! Don't leave any rubbish anywhere (take it home)! Obey every street crossing rule and keep out of trouble! See the wonderful well treasured countryside and mountains. Environmental management is superb! In conversation ... always say “Ja” and be “Neutral” to keep out of trouble! Expect different “MUSICAL” dialects in Berne and Basle ... but keep learning ... and be well appreciated.
2. Eating – Take a huge helping of “Kase” or “Chas” (delicious Swiss cheese).
3. Drinking – Try lots of “Obstsajt: (fruit juice) or “Opfusaft” and “Wesser” (water).
4. Family – When happy say: “Alles isch klar!”. When surprised say: “Oh gavaerlik?” !!
5. Social - Please, do NOT say “Tarm”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

28 Swedish

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)

Mr.
Mrs.
I want

Tack
Hej
Ja/nej/inte
Var sa god
Ursakta mig

God dag
Jag heter.
Hur heter hi?
Hur mar ni?
Tak sa mucket

Adjo
Var?
Hur mycket?
Bra/skai

Herr
Fru
Jag vill

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Very formal. Shake hands. Respond to hugs. No kissing please. You are a “Frammande” (foreigner)
2. Eating – Take a huge helping of “Kott” (meat).
3. Drinking – Try lots of “Ol” (beer) and “Vin” (wine).
4. Family – When happy say “Lycklig ...”. When surprised say: “Oyo ye ...farlig?” !!
5. Social - Please, do NOT say “Tarm”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

29. Tsigane

KEY PHRASES:

Thank you.
Hall
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)

Mr.
Mrs.
I want

Pari-kirov
Vov sasto
Ney/na.na
Mangov tut
Premangov

Lacho dives
Me nav
Savo tume nav?
Sir jal?
Lacho, pari-kirov

Yac Devless
Kay?
Kitsi?
Lacho/vov sasto

Moray
Moraya
Me kamov

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Men and women shake hands with a slight bow, saying” Um onwahreh”. Kiss only the lady’s hand please. Work starts at 07.00 hrs and ends at 14.30 hrs. So lunch is at 16.00 hrs. You are a “Avrigano” (foreigner)!
2. Eating – Take a huge helping of “Bakro-reskiro mas” (lamb).
3. Drinking – Try lots of “Lovina” (beer) and “Mol” (wine).
4. Family – When happy say:: “Bax-talo...” When surprised say “ Aha ...aha ... darano?” !!
5. Social - Please, do NOT say “Andrala-a” !!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK

30. Ukrainian

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)

Mr.
Mrs.
I want

Dyakuyu/vame
Dobriy den
Tak/ni/ne
Bud laska
Probatchte

Dobry dein
Moya imya
Yak vi nazevayeti?
Yak maetes?/yak spravi?
Dyakuyu dobre

Do videnla
Gde?
Skouki?
Dobro/??

Pan
Pani
Ya khotchu

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Shake hands and respond to hugs. No kissing please. You are a “Inozem-niy ” (foreigner!
2. Eating – Take a huge helping of “Shinka” (ham).
3. Drinking – Try lots of “Pivo” (beer) and “Vodka” (liquor).
4. Family – When happy say “Dobro ...dobro ...”. When surprised sayt “Aha ...aha ...nebez-petch-niy?” !!
5. Social - Crossed legs and foot pointing allowed! But, please do not say "Shlunok". But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

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Key resources for this Edition: Resources: Dalia Susini, Tomas Allen, Aafjie Rietveld & the contributors for each language & WCC & WHO & ILO & lulu.com & the web site: International etiquette: www.asiapacific.ca/about/index.cfm

POSTSCRIPT: WHEN YOU NEXT LIFT THE TELEPHONE ... TO RECEIVE OR MAKE A CALL ... MAKE A SPECIAL EFFORT ... WITH THE FACE ... YES ... WITH THE FACE ... SMILE ... YES ... SMILE ... AND YOU WILL ACHIEVE AND FEEL A DIFFERENCE ... IN YOUR COMMUNICATION ... AND YOUR LANGUAGE COURTESY!

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SECTION C - MIDDLE EAST

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16. Yiddish – Israel		

Total speakers (estimated) - 500 million

List of Contributors and Resources
Note on Arab Culture & Business

DEDICATION - FOCUS & CONCENTRATE!

This program is dedicated to the memory of Professor Kenneth Hale, the eminent linguist of MIT who died on October 8th 2001. He spoke over 30 languages, 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 ... with a very good accent ...

He believed that:

“The greatest courtesy we can show to anyone from any country, is to begin to speak to him or her ... in his or her ... own natural language !”

and so with this little book we can provide you with the opportunity and the confidence to begin to use basic phrases. This will will reinforce your “body language” which is so important for effective human relationships.

In the book so far, there are about 150 languages, each with about 18 key phrases and a few amusing cultural comments (do’s and don’ts), to make you laugh, relax, and thus be ready to focus, concentrate and learn well in the new language. A brief easy source of more cultural data is: international etiquette: <http://www.asiapacific.ca/about/index.cfm>

For each new language the 18 key phrases are freely provided by the contributors, and are presented with the English text. A space is provided for YOU to write in (from the audio) the suggested pronunciation in your own vowel system. Exhibit A is a basic reference to the same phrases in: French, Spanish, Russian, Mandarin, Japanese, Portuguese, Italian, German, Hindi & Esperanto.

A new language must be spoken with confidence and a good accent. The quality of pronunciation is critical. Thus a rough two minute audio is provided for each language, by easy download from the web site www.crelearning.com, which can be transferred to your computer or a CD, or even better, to your portable telephone. So learn in the plane where you have nothing much to do for hours ... take the trouble ... and be very surprised ... by the very positive reactions to your brief emotional investment ...

Some help for rapid learning with a confidence, is provided in Exhibits B & C. Be sure to test yourself after each session with the 18 phrases: English – New Language and back again. For further progress, buy the excellent Lonely Planet phrase books. When available, also download our free “CRE” 200 word four hour text/audio program for each language (available from the web site or in low cost book form from lulu.com).

For some languages (like Hausa and Arabic etc.) there are excellent free language & culture web sites. Continual POD (Print On Demand) corrections will be made to the book, with new languages/dialects so that additions and creative ideas will always be welcome, by direct contact with the Team by email: robertboland@wanadoo.fr. On we go together ... so easy ... when we focus and concentrate ... for 30 minutes ... and be motivated to learn more ...

1. Arabic – All 23 Arab Countries

KEY PHRASES:	PRONUNCIATION	Transliteration
Thank you. Hallo Yes/no/not Please Excuse me	Shokran Marhaba Naam/la/la Menfadhlak - mfl. Asif/afwan	Ǧukran Marḥaba Na'm / Lā/ Lā Min Fadḥlak Āsif / 'Fwan
Good morning My name is ... What is your name? How are you? Fine thanks	Sabah al-khair Ismi Ma ismoka? Kaifa haalaka? Ana bekhair, shokran.	Ṣabaḥul-Kḥayr İsmī Masmuka? Kayfa ḥāluka? Āna bikḥayr
Good-bye How much? Where? OK/Cheers (good appetite) God willing (used all the time)	Maassalama Bikam Hatha? Ayna? Ta yib/ Hassanan Inshallah	Ma'asalamah Bikam haḏā? Āyna? Ṭayyib / Ḥasanan İnġā'lah
Mr. Mrs. I want	Al Saied Al Saieda Ana ourid	Al Sayyid Al Sayyidah 'Anā Ūrīd

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Bow. Shake (male) hands only if offered. No hugs or kisses or affection please. You are a “Ferenji” (white man)!
2. Eating – Take a huge helping of “Dheylo” (baby goat meat), eating only with the right hand.
3. Drinking – No drinking of ETOH !! Try lots of “Caanagee” (camel milk).
4. Family – When happy the women shout ...”Lilililililililil...while the men just smile. When surprised say: “Waa ” ...
5. Social – Maintain a “social” distance. Never admire any ornament (because the host will feel obliged to give it to you !) Please do NOT say “Hoshi” or “Gasha-hurwe”!!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

2. Arabic – Egypt

KEY PHRASES:	PRONUNCIATION	Transliteration
Thank you. Hallo Yes/no/not Please Excuse me	Shokran Marhaba Naam/la/la Menfadhlak - mfl. Asif/afwan	Ǧukran Marḥaba Na'm / Lā/ Lā Min Fadḥlak Āsif / 'Fwan
Good morning My name is ... What is your name? How are you? Fine thanks	Sabah al-khair Ismi Ma ismoka? Isayak? Ana equayis, shokran.	Ṣabaḥul-Kḥayr İsmī Masmuka? Iszayak? Āna equayis, Ǧukran
Good-bye How much? Where? OK/Cheers (good appetite) God willing (used all the time)	Maassalama Addesh da? Feen? Tayyib Inshallah	Ma'asalamah Addesh da? Feen? Ṭayyib Inǧā'lah
Mr. Mrs. I want	Al Saied Al Saieda Ana awiz	Al Sayyid Al Sayyidah 'Anā awiz

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

- 1) Meeting – Bow. Shake (male) hands only if offered. No hugs or kisses or affection please. You are a “Ferenji” (white man)!
- 2) Eating – Take a huge helping of “Dheylo” (baby goat meat), eating only with the right hand.
- 3) Drinking – No drinking of ETOH !! Try lots of “Caanagee” (camel milk).
- 4) Family – When happy the women shout ...”Lilililililililil...while the men just smile. When surprised say: “Waa ” ...
- 5) Social – Maintain a “social” distance. Never admire any ornament (because the host will feel obliged to give it to you !) Please do NOT say “Hoshi” or “Gasha-hurwe”!!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

3. Arabic - Iraq

KEY PHRASES:	PRONUNCIATION	Transliteration
Thank you. Hallo Yes/no/not Please Excuse me	Shokran Marhaba Naam/la/la Menfadhlak - mfl. Asif/afwan	ʃukran Marḥaba Na'm / Lā/ Lā Min Fadḥlak Āsif / 'Fwan
Good morning My name is ... What is your name? How are you? Fine thanks	Sabah al-khair Ismi Shismak? Eshnonnak? Ani zien, shokran.	Ṣabaḥul-Kḥayr İsmī Shismak? Eshnonnak? Ani zeen, ʃukran
Good-bye How much? Where? OK/Cheers (good appetite) God willing (used all the time)	Maassalama Baysh Hatha? Wen? Ta yib/ Zien Inshallah	Ma'asalamah Baysh haḏā? Wen? Ṭayyib / Zien Inʃā'lah
Mr. Mrs. I want	Al Saied Al Saieda Ani areed	Al Sayyid Al Sayyidah 'Ani arid

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

- 1) Meeting – Bow. Shake (male) hands only if offered. No hugs or kisses or affection please. You are a “Ferenji” (white man)!
- 2) Eating – Take a huge helping of “Dheylo” (baby goat meat), eating only with the right hand.
- 3) Drinking – No drinking of ETOH !! Try lots of “Caanagee” (camel milk).
- 4) Family – When happy the women shout ...”Lilililililililil...while the men just smile. When surprised say: “Waa ” ...
- 5) Social – Maintain a “social” distance. Never admire any ornament (because the host will feel obliged to give it to you !) Please do NOT say “Hoshi” or “Gasha-hurwe”!!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

4. Arabic - Saudie Arabia

KEY PHRASES:	PRONUNCIATION	Transliteration
Thank you. Hallo Yes/no/not Please Excuse me	Shokran Marhaba Naam/la/la Menfadhlak - mfl. Asif/afwan	Ǧukran Marḥaba Na'm / Lā/ Lā Min Fadḥlak Āsif / 'Fwan
Good morning My name is ... What is your name? How are you? Fine thanks	Sabah al-khair Ismi Maismuka? Kaefhalak? Ana bekhailer, shokran	Ṣabaḥul-Kḥayr İsmī Ma Ismuka? Kaef Halak? Ana Bekhailer, Ǧukran
Good-bye How much? Where? OK/Cheers (good appetite) God willing (used all the time)	Salamualyikum Bekam Hatha? Wen? Ta yib/ Hasanan Inshallah	Salamu Alykum Bekam haḏā? Wen? Ṭayyib / Hasanan Inǧā'lah
Mr. Mrs. I want	Al Saied Al Saieda Ani areed	Al Sayyid Al Sayyidah 'Ani arid

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

- 1) Meeting – Bow. Shake (male) hands only if offered. No hugs or kisses or affection please. You are a “Ferenji” (white man)!
- 2) Eating – Take a huge helping of “Dheylo” (baby goat meat), eating only with the right hand.
- 3) Drinking – No drinking of ETOH !! Try lots of “Caanagee” (camel milk).
- 4) Family – When happy the women shout ...”Lilililililililil...while the men just smile. When surprised say: “Waa ” ...
- 5) Social – Maintain a “social” distance. Never admire any ornament (because the host will feel bliged to give it to you !) Please do NOT say “Hoshi” or “Gasha-hurwe”!!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

5. Afar – Djibouti, Somalia

KEY PHRASES:

PRONUNCIATION

Thank you.	Gadda ge
Hallo	Mahisse
Yes/no/not	Yey/maley/maty
Please	-
Excuse me	-
Good morning	Gadda ge
My name is	Anu miga
What is your name?	Isin miga?
How are you & family?	Anninnay tani?
Fine thanks	Me-e,gadda ge
Good-bye.	Ma-uk rae
Where is	Annikel?
How much?	Magide?
OK/Cheers (good appetite)	Me-e/-
God willing (used all the time)	Inshalla
Mr.	-
Mrs.	-
I want	Fada

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Bow. Shake (male) hands only if offered. No hugs or kisses or affection please. You are an “Umah” (foreigner)!
2. Eating – Take a huge helping of “Hado dheylo” (baby goat meat), eating only with the right hand.
3. Drinking – No drinking of ETOH !! Try lots of “Han” (camel milk).
4. Family – When happy the women shout ...”Lililililililil...while the men just smile. When surprised say: “Waa ” ...
5. Social – Maintain a “social” distance. Never admire any ornament (because the host will feel obliged to give it to you !) Please do NOT say “Arraba”!!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

6. Arameen – Syria, Libya, Palestine, Turkey, Iraq

KEY PHRASES:

PRONUNCIATION

Thank you.	Shukran
Hallo	Shlama
Yes/no/not	e/la/la/la,a
Please	Missaidda
Excuse me	Affo
Good morning	Shlamalugh
My name is	Ana shimma
What is your name?	Aghnutin shimma?
How are you & family?	Dighi-vutun?
Fine thanks	Tova, shukran
Good-bye.	Pish bishlama
Where is	Ekha?
How much?	Kmaa?
OK/Cheers (good appetite)	Tova/hanniya
God willing (used all the time)	Inshalla
Mr.	Zalama
Mrs.	Baghta
I want	Kebin

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

- 1) Meeting – Bow. Shake (male) hands only if offered. No hugs or kisses or affection please. You are a “Nigraya” (foreigner)!
- 2) Eating – Take a huge helping of “Dheylo” (baby goat meat), eating only with the right hand.
- 3) Drinking – No drinking of ETOH !! Try lots of “Ghilga” (camel milk).
- 4) Family – When happy the women shout ...”Lilililililililil...while the men just smile. When surprised say: “Waa ” ...
- 5) Social – Maintain a “social” distance. Never admire any ornament (because the host will feel obliged to give it to you !) Please do NOT say “Kosa”!!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

7. Greek – Greece, Cyprus

KEY PHRASES:

PRONUNCIATION

Thank you.	Efcharisto
Hallo	Gi kanete
Yes/no/not	Ne/ochi
Please	Parakalo
Excuse me	Signomi
Good morning	Kalimera
My name is ...	To onoma mou ine.
What is your name?	Pio ine to onoma sas?
How are you & family?	Ti kanete?/Ke ta oi-kogauna sas?
Fine thanks	Kala, efcharisto
Good-bye.	Adio
Where is	Pou?
How much?	Posso kani?
OK/Cheers (good appetite)	Endaksi/yia san, kali orexi
Mr.	Kirioss
Mrs.	Kiria
I want	Thelo

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

- 1) Meeting - Shake hands and respond to hugs. No kissing please). You are a "Ksenos" (foreigner)! Cyprus very old colonial like 1939 London.
- 2) Eating – Take a huge helping of "Kavuri" (crab).
- 3) Drinking – Try lots of "Bira" (beer) and "Inoplevma" (liquor).
- 4) Family – When happy say: "Efkarist-imenos". When surprised say: "Epikindinos? !!
- 5) Social: Crossed legs and foot pointing allowed! Please do not say "Entero".. But if you are really very angry... say it three times to yourself ...and you will feel much better!
OK?

8. Hebrew - Israel

KEY PHRASES:

PRONUNCIATION

Thank you.	Toda
Hallo	Shalom
Yes/no/not	Ken/lo/lo
Please	Bevakasha
Excuse me	Slikha
Good morning	Boker toy
My name is	Nam?
What is your name?	Nam?
How are you & family?	Ma shlomkha
Fine thanks	Toy toy, toda.
Good-bye.	Shalom
Where is	Eifo?
How much?	Kamma?
OK/Cheers (good appetite)	OK/-
God willing (used all the time)	Elohim.
Mr.	Adon
Mrs.	Gavirti
I want	Ani rotse

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting - Shake hands in a special way. Respond to hugs. No kissing unless invited please. You are a "Zar" (foreigner)! No jokes Hebrew and Yiddish which are the powerful Zionist roots of the culture and unity. Friday family invitation is a special privilege.
2. Eating – Take a huge helping of "Yami" (crab).
3. Drinking – Try lots of "Bira" (beer) and "Yayin" (wine).
4. Family – When happy say: "Sameakh". When surprised say: "Oh ... bilti efshari? !!
5. Social: Crossed legs and foot pointing allowed! Please do not say "Khazir".. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

9. Kabyl - Algeria

KEY PHRASES:

PRONUNCIATION

Thank you.	Sahh a/tamemmmirt
Hallo	Azul
Yes/no/not	Ih/ak,xaki,bdah/ur-ara
Please	Txil-ek
Excuse me	Suref iyi
Good morning	Azul
My name is	Izem
What is your name?	Izem?
How are you & family?	Amek tellid?
Fine thanks	Ilha, sahh a
Good-bye.	Qim di lehna
Where is	Anda?
How much?	Achal?
OK/Cheers (good appetite)	Ilha/d imuhal
God willing (used all the time)	Inshalla
Mr.	Mass
Mrs.	Massa
I want	Bviv/riv

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Bow. Shake (male) hands only if offered. No hugs or kisses or affection please. You are a “Aberrani” (foreigner!)
6. Eating – Take a huge helping of “Aksum” (baby goat meat), eating only with the right hand.
7. Drinking – No drinking of ETOH !! Try lots of “Akwfay” (camel milk).
8. Family – When happy the women shout ...”Lilililililililil...while the men just smile. When surprised say: “Waa ” ...
9. Social – Maintain a “social” distance. Never admire any ornament (because the host will feel obliged to give it to you !) Please do NOT say “Azrem” !! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

10. Kurdish – Iraq & Turkey

KEY PHRASES:

PRONUNCIATION

Thank you.	Mersi
Hallo	Silav
Yes/no/not	Bele/na/ne
Please	Bi fermo
Excuse me	Bibexsin
Good morning	Roj bas
My name is	Nave mabate
What is your name?	Kijan hun mabate?
How are you & family?	Hun cawan in?
Fine thanks	Bag mersi
Good-bye.	Bixatire we
Where is	Ke ere?
How much?	Cend?
OK/Cheers (good appetite)	Bag/xarineke xweg
God willing (used all the time)	Got bag
Mr.	Kak
Mrs.	Xanim
I want	Ez dixwazim

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Bow. Hand on chest, or raise both hands. Don't touch! No hands, hugs or kissing please. You are a "Ferengi" (foreigner)! Remember Ramazan (September 4 weeks by the moon – no food in the day no emotion at night! Don't expect anyone to be on time.
2. Eating – Take a huge helping of 'Girar' (soup). Eat with right hand only.
3. Drinking – No ETOH. Try lots of "Cay" (tea)
1. Family – When happy shout: "Kefxwes". When surprised say: "Xeterdar?" !!
2. Social - ."Please, do NOT say "Gge".!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

11. Maltese - Malta

KEY PHRASES:

PRONUNCIATION

Thank you.	Grazzi
Hallo	Bong u
Yes/no/not	Iva/le/mhuix
Please	Jekk joghgbok
Excuse me	Skuzi
Good morning	I-gjoda t-tajba
My name is	Jiena kunjom
What is your name?	Liemaintom kunjom???
How are you & family?	Kif int?
Fine thanks	Tajjeb, grazzi
Good-bye.	Sahha
Where is	Fejn?
How much?	Kemm?
OK/Cheers (good appetite)	OK/bob appetit
God willing (used all the time)	Got tajjeb
Mr.	Sinjur
Mrs.	Sinjura
I want	Irrid

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

- 1) Meeting - Shake hands and respond to hugs. No kissing please). You are a "Barrani" (foreigner)! Very old colonial environment like 1939 London.
- 2) Eating – Take a huge helping of "Granci" (crab).
- 3) Drinking – Try lots of "Birra" (beer) and "Inbid" (wine).
- 4) Family – When happy say: "Hienei ...". When surprised say: "Oh mpossibbli? !!
- 5) Social: Crossed legs and foot pointing allowed! Please do not say "Imsaren".. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

12. Somali – Somalia, Ethiopia, Kenya

KEY PHRASES:

PRONUNCIATION

Thank you.	Mahad-sanid	mer-hat-sa-nid
Hallo	Iska warran	ees-ka warrnn
Yes/no/not	Haa/maya/maya	har/my-yar/my-yar
Please	Fadlan	fudd-llan
Excuse me	Igarali noqo	ee-ga-rarr-lee noko
Good morning	Subax wanaagsan	soo-bbaxx wer-narg-sun
My name is	Magaceygu waa	margarr-kayg-see warr
What is your name?	Magacaa laa?	margarr-karr aaarr
How are you & family?	Iska warran?	eskarr warannn
Fine thanks	Wanaagsan, mahad-sanid	wann-arrgg-ssann, mer-hat-sa-nid
Good-bye.	Nabadeey	nar-bad-ayyy
Where is?	Halkee?/Xaggee?	hall-kay
How much?	Imisa?/Meeqa?	e-mee-ssar/may-ka
OK/Cheers (good appetite)	OK/Ha kuu macaato	ok-kay/har koo makk-aato
God willing (used all the time)	Insha Alla	inshar-arr-llar
Mr.	Mudane	moo-dar-nay
Mrs.	Marwo	mar-wwo
I want	Waxaan doonaya	wa-haaan doo-n-eye-yar

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

- 1) Meeting – Shake hands and hugs. No kissing please. You are a “Gaal” (white man)
- 2) Eating – Take a huge helping of “Dheylo” (baby goat meat), eating only with the right hand.
- 3) Drinking – No drinking of ETOH !! Try lots of “Caanageel” (camel milk).
- 4) Family – When happy shout “Farxad” (it’s really quite polite Somali ... but not in English!). When surprised ay: “Waa wii” !!
- 5) Social - Please, do NOT say “War yaa” or “War andiga” !!”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

13. Tamasheq – Morocco, Algeria, Libya

KEY PHRASES:

Thank you.	Tanaemmert
Hallo	Ma tole
Yes/no/not	Ohun,iyya/kala/ur
Please	Utaesssena
Excuse me	Utaessena
Good morning	Ma tole
My name is	Nak esam
What is your name?	Kawani esam?
How are you & family?	Oyi iwan?
Fine thanks	Youlv. tanaemmert
Good-bye.	Har assayat
Where is	Manu?
How much?	Ma n eket?
OK/Cheers (good appetite)	Youly/bismilla
God willing (used all the time)	Inshalla
Mr.	-
Mrs.	-
I want	Aerev

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Bow. Shake (male) hands only if offered. No hugs or kisses or affection please. You are a “A kengi” (foreigner)! Berbers are 40% of the Moroccan population - non-Arabic tribes with 300 closely related dialects. Written language rarely used. Need a good memory! Women involved with house, weaving, and pottery. Male Berbers are often migrant workers in Spain or France They call themselves the “Imazighen” which means “the free people.”
2. Eating – Take a huge helping of “Isan” meat), eating only with the right hand.
3. Drinking – No drinking of ETOH !! Try lots of “Ax caanagee” (camel milk).
4. Family – When happy the women shout ...”Lilililililililil...while the men just smile. When surprised say: “Waa ” ...
5. Social – Maintain a “social” distance. Never admire any ornament (because the host will feel obliged to give it to you !) Please do NOT say “Adananan” or “Tagazot”!!! But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

14. Turkish – Turkey, Cyprus

KEY PHRASES:

PRONUNCIATION

Thank you.	Tesekur edeerim
Hallo	Marhaba
Yes/no/not	Ewet/hayir/hayir
Please	Lutfen
Excuse me	Pardon
Good morning	Gnaydin
My name is	Ai-m
What is your name?	Ai-niz ne?
How are you & family?	Nsil-siniz?
Fine thanks	li-yim
Good-bye.	Hsca-ka
Where is?	Nerede?
How much?	Kac?
OK/Cheers (good appetite)	OK/????
God willing (used all the time)	Inshalla
Mr.	Bay
Mrs.	Bayan
I want	Isti-yorum

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting – Men greet with left hand on the heart. Women stroke the right shoulder only (of other women only!). You are a “Yabanci” (foreigner). 99% of Turks are Muslim. Turkey is a militantly secular country and life here is far removed from other Islamic countries. May hear the call to prayer, broadcast through a dodgy PA system from the nearest mosque. Great mix of cultural influences and traditions.
2. Eating – Sit on very low stool with legs crossed (some how!!). Bread and tea come first and then enjoy “Sigir eti” (beef) with right hand only.
3. Drinking – No ETOH but just for YOU a huge glass of “ichililkla” (liquor) may be allowed, but more polite to choose “Meyva suyu” (fruit juice) or even better “Sut” (camel milk)
4. Family – When happy say: “Salamaleikum” When surprised say: “Salamaleikum ... and nod ..” ... all the time ...
5. Social - Please, do NOT say “Barsak”. But if you are really very angry... say it three times, just to yourself ...and you will feel much better! OK? Watch out for the bags in the airport! No foot pointing or head touching please.

15. Turkmen – Turkmenistan, Iran, Afghanistan, Turkey, Tajikistan

KEY PHRASES:

PRONUNCIATION

Thank you.	Sah bol
Hallo	Salam ale-kim
Yes/no/not	Hawa/jok/jok
Please	Ha-yish
Excuse me	Bag-yshla
Good morning	Ertiringiz hayirly/salam
My name is ...	Men-ing adym.
What is your name?	Sen-ing (your) adyn name (what)?
How are you & family?	Siz nahili?! Onat, sah bol
Fine thanks	
Good-bye.	Sag bol
Where is	Nire-de?
How much?	Bu nache-den?
OK/Cheers (good appetite)	Tore te
God willing (used all the time)	Inshalla
Mr.	Jenap
Mrs.	Hanym
I want	men iste yarin/iste yorun

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Men greet with left hand on the heart. Women stroke the right shoulder only (of other women only!). “Salamat boling” (peace) can be repeated all the time. Nodding is socially necessary. Clicking is very negative. Bow to apologize. To look around and say “Ailanib kelalilik”. Remember Ramazan (September 4 weeks by the moon – no food in the day no emotion at night!). Women exchange of stroking of shoulders very gently, is very popular.
1. Eating – Sit on very low stool with legs crossed (some how!!). Bread and tea come first and then enjoy “Polo and manti” with right hand only.
2. Drinking – No ETOH but just for YOU some “ichilikla” (liquor) may be allowed, but more polite to choose “Sarbat” (fruit juice) or even better “Caanagee” (camel milk)
4. Family – When happy say: “Salamaleikum” When surprised say: “Salamaleikum ... and nod ..” ... all the time ...
5. Social - Please, do NOT say “ Msh”. But if you are really very angry... say it three times just to yourself ...and you will feel much better! OK? Watch out for the bags in the airport! Watch out for snakes and scorpions in the countryside.

16. Yiddish - Israel

KEY PHRASES:

PRONUNCIATION

Thank you.	a dank
Hallo	Sholen aleikhem
Yes/no/not	Yo/ neyn/, nit
Please	Nito far vos
Excuse me	Zeit mir moykhi
Good morning	Shoel aleykhem
My name is	Ikh-ne nomen iz
What is your name?	Vose iz ir-ne nomen?
How are you & family?	Vos makht ir?
Fine thanks	Gut. A dank
Good-bye.	Zayt gezunt
Where is	Vu?
How much?	Vifi?
OK/Cheers (good appetite)	Gut, OK/ick hayim
God willing (used all the time)	Got iz gut
Mr.	Her
Mrs.	Froyi
I want	Ikh vil

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn:

1. Meeting - Very close to old German. Shake hands in a special way. Respond to hugs. No kissing unless invited please. You are a "Fremd" (foreigner)! No jokes Hebrew and Yiddish which are the powerful Zionist roots of the culture and unity. Friday family invitation is a special privilege.
2. Eating – Take a huge helping of "Der Krab" (crab).
3. Drinking – Try lots of "Dos bir" (beer) and "De vyn" (wine).
4. Family – When happy say: "Gliklekh". When surprised say: "Oh ... um-meglekh? !!
5. Social: Crossed legs and foot pointing allowed! Please do not say "Khazir".. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

LIST OF CONTRIBUTORS & RESOURCES

1. Arabic - Egypt
Majid
2. Arabic - Saudie Arabia
3. Algeria
4. Cyprus
5. Iraq – Arabic
Majid
6. Israeli – Hebrew
7. Malta
8. Morocco
9. Palestine
10. Sudan
11. Tunisia
12. Turkey
13. Kurde
14. Israel – Yiddish
15. Arabic – Other countries
Majid

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18.

19.

20.

Key resources for this Edition: Majid, Dalia Susini, Sham Bathija, Tomas Allen, Aafjie Rietveld & WCC & WHO & ILO.

POSTSCRIPT: WHEN YOU NEXT LIFT THE TELEPHONE ... TO RECEIVE OR MAKE A CALL ... MAKE A SPECIAL EFFORT ... WITH THE FACE ... YES ... WITH THE FACE ... SMILE ... YES ... SMILE ... AND YOU WILL ACHIEVE AND FEEL A DIFFERENCE ... IN YOUR COMMUNICATION ... AND YOUR LANGUAGE COURTESY!

Email: info@noza.org.uk ; Sham.Bathija@unctad.org; allent@who.int; darcanguesc@who.int ; keanb@who.int; rietvelda@who.int;

EXHIBIT E - NOTE ON ARAB CULTURE & BUSINESS

1. Population of Arab countries

The total population of the Arab region was estimated at 300 million in 2002, or 4.8 per cent of the population of the world.

Source: United Nations, *World Population Prospects: The 2002 Revision Population Database* (United Nations Population Division, 2003). Available at: <http://esa.un.org/unpp/>.

1. Arabic language

Arabic is one of the world's oldest languages

Arabic is spoken in the Middle East, with speakers found in countries such as Saudi Arabia, Kuwait, Iraq, Syria, Jordan, Lebanon, United Arab Emirates (UAE), Morocco and Egypt. Arabic is the language of the Koran, the holy book of Islam. Hence Arabic is widely used throughout the Muslim world.



3. Conservative behaviour

In public, Arabs behave conservatively. Display of affection between spouses is nonexistent. Laughter and joking in public is toned down, not the case in private gatherings. Arguments between spouses, friends, and people in general are also kept private..

In public, acting and appearing in a manner that may attract attention be it via loud talking, out of the ordinary clothes, hairstyles, etc; is looked upon as a sign of imbalance in behaviour and character.

4. Privacy

Houses are built with solid walls that maintain privacy from street traffic and neighbours. Residents can't see their neighbours from any part of the house..

When visiting the house of a friend, standing next to the house door where you can't see inside. Do not enter until the host extends his right hand with palm up saying "Tafaddal", which means "come in".

5. Dewaniah, the gathering place

In every Arabian house, has a "Dewaniah" or "Majlis" for mostly male guest gatherings, located close to the main entrance, away from the rest of the house. Women guests gather in a room inside the house from a special outside entrance..

In some parts of the Arab region men and women who are not directly blood related to each other or not married to each other don't mix. In some Arab houses this rule of gender separation is not followed.

Some Dewaniahs open on a daily or weekly for relatives, friends, and invited guests, check on the latest news on: relatives, economy, business, sports, politics, etc. Tea, coffee, and sometimes a light snack are served. Do not bring food, drinks, or gifts.

Take off your shoes and greet everyone with "Alsalamo-Alikom" (peace be with you). This is the same as "hello". Reply with "Wa'alikom Alsalam".

Once inside the Dewaniah, everyone will stand up to greet you and shake your hand. Start with the person standing on your right side or the one who is approaching you. If you are a first time visitor or elderly, most likely your host and the attendants will offer you a seat at the head of the Dewaniah as a sign of respect and honor.

Sit on couches or the floor with pillows, in a circle to ensure that no one is facing someone's else back. Sole of your feet should not point directly toward someone else. (insulting1)

Arabian coffee is served in small cups without sugar or milk. Use your right hand. Accept one cup They will keep filling up your cup until you signal that you are done by slightly shaking your empty cup and either saying "Bass, Shokrann" (no more, thank you) or by covering the cup with the palm of your hand while returning the cup to the server.

Muslims pray 5 times daily for about 15 minutes: at dawn, midday, mid-afternoon, sunset, and nightfall, in "Mosques". Alcohol (ETOH) and pork are forbidden by religion.

6. Greeting women

Shake hands only if invited. No hugs or kissing or long eye contact or compliments, especially in public. Keep a long space away when talking..

Don't compliment any Arab host/associate on the beauty of his wife or sister or daughter (it's not a compliment).

7. Admiring objects and gift giving

When you explicitly admire a possession of your Arabian host, he might feel obligated to offer it to you even if it is of special value to him. The Arabian culture stresses the importance of honouring guests and pampering them. The host will try his best to insure that his guests are very comfortable. The host will serve food in excessive quantities to insure that every guest will be fully satisfied.

Another custom is that the host and his sons should be the last ones to start eating as a sign of honouring the guests. Also, even if the host has actually finished eating, he will continue to act as if he is still eating until everyone else has finished. In this way, the host insures that the guests were not rushed into finishing.

4. "Save Face" concept

Avoid all conflict possible. Avoid embarrassing or discomforting the parties. The "save face" concept is looked at as a behaviour of high quality ethics and manners.

Pressure sales tactics cause discomfort. There is no separation between you as a person and the business you represent or conduct, In the Arabian world, Business is not only business.

Men may wear a long sleeved dress called a "Dishdashah" or "Thoub" with or without a head covering. For male children head covering is a sign for entering manhood. Inside the house, the head covering is only needed as a sign of respect.

The GCC countries are mostly a desert:

- Summer, with its extreme heat (up to 50C), sand storms, and humidity, runs from June to September.
- Winter, with its cool weather and occasional rainfall, runs from December to February.
- Autumn comes in October and November.
- Spring runs from March to May.

9. Women's clothing

Women dress in clothes that may or may not cover their faces or hair. A very conservative woman wears a "Abayah" to cover everything, with or without the head and face cover, while others might wear a scarf-like cover called "Hejab" that covers the hair but not the face.

10. Family structure

Gender and age specify responsibilities. Father is head of the family and the provider for its needs. Mother plays a major role in raising children and taking care of the house.

Sons and daughters have responsibilities. Sons protect sisters and help the father with his duties inside and outside the house. Daughters are taught to be the source of love and emotional support in the family, as well as helping their mother..

There are many successful Arabian businesswomen and because of cultural reasons, they conduct business in an inconspicuous way.

A daughter lives at her family house as long as she is not married; once she is married she moves to her husband's home. Sons might move to their own houses when they get married, but at least one son will still live at the family house even if he is married in order to take care of the parents. When a woman gets married there are no changes made to any part of her name.

5. Social duties

Society members perform a number of customary social duties. When someone comes back from a trip, his relatives, friends, and neighbours will drop by to greet him. The same happens when someone is ill and confined to his home or staying in a hospital

The mother of the new baby will usually spend the first 40 days after the delivery in her family house, where she will be taken care of by her mother and sisters.

The Arabian culture is detail oriented. Ethics and expected social behaviours, like generosity, respect, and caring, are not only definitions but are translated into customs and social duties.

On all the occasions, there are customary sentences to be said which correspond with the occasion. The following are some of the sayings and their meanings:

- *When visiting an ill person: "Maa Teshoof Sharr, Ajer Waafia In Shaa Allah": I pray that you don't see harm, and by god's will it will be added points to you with god and you will be cured.*
- *When visiting someone who returned from a trip: "Al Hamdo Lillah Ala Al Salamah": I thank god for bringing you back safe.*
- *When visiting someone who has a new baby: "Yetrabba Be Ezzekum, Waa Allah Yajaluhoh Min El Thorriah Al Salehah": May he/she (the new baby) be raised in your goodness and may god make him/her be a good son/daughter.*
- *When visiting someone who is getting married; "Mabrook": Congratulations.*

12. Business Meetings with Arab companies

For meetings clients may answer "Whenever you are in the area gives us a call". Don't interpret this as a sign of lack of interest in your business. It is equal to an answer that sets a specific date and time. Remember that business is done differently in that region.

It is a very relaxed and flexible system. If you will be meeting with the business owner or key decision maker, the hosting company might suggest the afternoon period. The reason for this is that some business owners work in a government office during the morning period and manage their businesses in the afternoon.

Let your clients know in advance that you will be visiting them and ask them to inform you what they might need before the meeting (catalogues, samples, prices, shipping costs, etc.). This way they will have enough time to evaluate the product and you have contributed to speeding up negotiations in an acceptable manner. Once you are meeting with them, it is a very good chance to ask for their feedback. Unless your product is one of a kind, they most likely have compared it with its competitors and they will use the information to discuss pricing.

13. Doing Business - Meeting and Greeting

The traditional Arabic greeting you will hear is '*Asalamu alaykum*' (peace be with you). As a non-Arabic you would not be expected to use it, but if you did you would receive the reply '*wa alaykum salam*' (and peace be with you). And be much appreciated.

When doing business in the Middle East, handshakes are always used and can last a long time. Islamic etiquette recommends that one waits for the other to withdraw their hand first before doing the same. Always use the right hand. Do not be surprised if your hand is held while you are led somewhere. Holding hands among men is common and does not carry the same connotations as it does in the West.

Arabs are fairly informal with names when doing business and generally address people by their first names. John Smith will be addressed as Mr. John. Arab titles of note are: *Sheikh* (an old man, scholar, leader), *Sayyid* (descendant of the Prophet Muhammad) and *Hajji* (one who has performed the pilgrimage).

14. Doing Business - Gender

The roles of men and women are far more defined in the Arab culture. Interaction between the sexes is still frowned upon in certain arenas. However, when doing business in the Middle East it is not uncommon to come across women.

If you are introduced to a woman as a male, it is advisable to wait and see if a hand is extended. If it is not, then do not try to shake hands, just bow, avoid touching and prolonged eye contact.

15. Doing Business - Business is Personal

Many Westerners that have lived or worked in the Middle East might use the words chaotic, disorganised and frustrating when discussing doing business there. Although this is a matter of perception, it is true that business runs on very different tracks to business in the West.

The Arabs do not separate professional and personal life. Doing business revolves much more around personal relationships, family ties, trust and honour. There is a tendency to prioritise personal matters above all else. It is therefore crucial that business relationships are built on mutual friendship and trust.

A consequence of this mentality is the system known as 'Wasta'. If you have friends or contacts in the right places then rules can be bent or things done more quickly. The system works on the basis that favours are reciprocated and never forgotten. Although it may seem biased, it is something that should be exploited when doing business in the Middle East.

16. Doing Business - The Spoken Word

The Middle Eastern culture places more value on someone's word as opposed to a written agreement. A person's word is connected to their honour. Contracts are viewed as memorandums of understanding rather than binding, fixed agreements. Be sure to promise only things you can deliver. Failure to do so will result in loss of honour.

17. Doing Business - Meetings & Negotiations

Meetings should not be made too far in advance as changes in personal circumstances may impact your appointment. Once an appointment has been made, confirm it verbally with the person you will meet a few days before.

Initial meetings are all about relationship building. Building trust and establishing compatibility are key requisites for doing business in the Middle East, getting to know the 'person' you are doing business with.

Meetings can be chaotic. Always be prepared to exercise patience. Phone calls are taken during meetings and people may enter the meeting room unannounced and proceed to discuss their own agendas.

Meetings are circular in nature. They do not follow a linear pattern and are not structured upon agendas or targets. Issues are raised as and when.

Punctuality is expected of foreigners. Although the Arabs place a high emphasis on punctuality they rarely practice it themselves. In fact, if Arabs want to stress that a set time must be adhered to they use the term '*mow'id inglizee*' – literally, 'English meeting'. However, if you are running late do not panic as polite excuses will be accepted.

If negotiating, remember the Arabs were a trading people and are excellent negotiators. Haggling takes places everywhere, whether at the shop or in the board room. Decisions are made slowly. Bureaucratic formalities tend to add to delays. Do not use high pressure tactics as they will be counter-productive.

18. Advertising & Marketing to the Arab Market

Provide clients with literature that is produced in their own language, especially if the literature will be passed by your overseas partners to their customers.

You can solicit the help of your overseas local agent when producing such materials or ask him to recommend to you a local advertising/translation agency to handle the job. If you intend on using a local translation service provider (i.e. a company residing in your area), be sure that they fully understand the targeted language, audience and market.

Producing a word by word translation of your current local product literature will not necessarily prove to be an effective equivalent of the original and in some cases might yield the opposite of your intended message. Every market has its own marketing and advertising rules and every audience is approached differently.

Some companies change the name of their products when introduced to a foreign market because an exact translation proved to be ineffective or in some cases offensive.

Advertisement produced for the Arabian countries should avoid using sexual appeal or sexual innuendoes in its message. It should be conservative in content and appearance and does not present any social values or situations that contradict with the Arabian culture or Islam. It should not directly or explicitly contain comparison between two different brands for the same type of products. Message should place more emphasis on the quality and functionality of the product.

19. Doing Business in the Middle East

Cross cultural understanding is an important tool for any international business person, company or organisation to acquire when doing business abroad. Language courtesy can be critical.

SECTION D - CENTRAL ASIA & CAUCASUS

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11. Uyghur – Kazakhstan, Kyrgyzstan, China	10	
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13. Kurde - Turkey, Syria, Irak	20	

Total speakers (estimated) - 250 millions

List of Contributors and Resources

DEDICATION - FOCUS & CONCENTRATE!

This program is dedicated to the memory of Professor Kenneth Hale, the eminent linguist of MIT who died on October 8th 2001. He spoke over 30 languages, 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 ... with a very good accent ...

He believed that:

“The greatest courtesy we can show to anyone from any country, is to begin to speak to him or her ... in his or her ... own natural language !”

and so with this little book we can provide you with the opportunity and the confidence to begin to use basic phrases. This will will reinforce your “body language” which is so important for effective human relationships.

In the book so far, there are about 150 languages, each with about 18 key phrases and a few amusing cultural comments (do’s and don’ts), to make you laugh, relax, and thus be ready to focus, concentrate and learn well in the new language. A brief easy source of more cultural data is: international etiquette: <http://www.asiapacific.ca/about/index.cfm>

For each new language the 18 key phrases are freely provided by the contributors, and are presented with the English text. A space is provided for YOU to write in (from the audio) the suggested pronunciation in your own vowel system. Exhibit A is a basic reference to the same phrases in: French, Spanish, Russian, Mandarin, Japanese, Portuguese, Italian, German, Hindi & Esperanto.

A new language must be spoken with confidence and a good accent. The quality of pronunciation is critical. Thus a rough two minute audio is provided for each language, by easy download from the web site www.crelearning.com, which can be transferred to your computer or a CD, or even better, to your portable telephone. So learn in the plane where you have nothing much to do for hours ... take the trouble ... and be very surprised ... by the very positive reactions to your brief emotional investment ...

Some help for rapid learning with a confidence, is provided in Exhibits B & C. Be sure to test yourself after each session with the 18 phrases: English – New Language and back again. For further progress, buy the excellent Lonely Planet phrase books. When available, also download our free “CRE” 200 word four hour text/audio program for each language (available from the web site or in low cost book form from lulu.com).

For some languages (like Hausa and Arabic etc.) there are excellent free language & culture web sites. Continual POD (Print On Demand) corrections will be made to the book, with new languages/dialects so that additions and creative ideas will always be welcome, by direct contact with the Team by email: robertboland@wanadoo.fr. On we go together ... so easy ... when we focus and concentrate ... for 30 minutes ... and be motivated to learn more ...

1. Armenian – Armenia, Azerbaijan, Georgia, Turkey

KEY PHRASES:

PRONUNCIATION (WRITE IN FROM THE AUDIOS)

Thank you.	Shnorhagal yem
Hallo	Parev
Yes/no/not	Ayo/votch/che
Please	Khentrem
Excuse me	Nero-ghutiun
Good morning	Parev/pariluys
My name is ...	Anuns ...
What is your name?	Ku anune?/aska nun?
How are you & family?	Intch-bes ek?/Endalike?
Fine thanks	Lavm shnorhagal ym
Good-bye.	Sedesu-tiun
Where is	Ure?
How much?	Kani?
OK/Cheers (good appetite)	Tse desu-tiun gue (desnivin)/ pari aghojag
Mr.	Bron
Mrs	Digin
I want	Guzem

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Men and women shake hands. Hugs and kisses are admissible. Be as informal as possible and make friends quickly, even though you are a “Kbar” (foreigner). Hierachy is important. Address old people as” Tatik (m) or Babik (f)”. Remember this was the first Chistian Community in Europe (300 a.d.) Even Noah’s ark “left from the Armenian port of Ararat”. Overall ...just remember... that everything in the world... starts... and ends ... in Armenia! OK?
2. Eating – Expect one barbeque after another with toasts all the time. Take a huge helping of “Khorovatz” (pork, and praise the cook with yet another toast!!
3. Drinking – Drinking continually is required!! Large or small. Rich choice of “Kini” (wine) and wonderful “Narek Ararat” (cognac) invented here but stolen by France!
4. Family – When happy say: “Ay kezban!” When surprised say: “Ourakem”
5. Social – Use first names. Use surnames only to show respect!! If you don't remember a name just say “Enker jan”!! Foreigners always welcome when they expect to drink toasts over and over. Reply to one toast to you with another to your host.. Please, do NOT say: “Cqq” !!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

2. Azeri – Azerbaijan, Armenia, Georgia, Iran

KEY PHRASES:

PRONUNCIATION

Thank you.	Sag ol
Hallo	Salam-eleykum
Yes/no/not	He, beli/yokh,kheyr,deyil
Please	Buyurun//xahish ederem
Excuse me	Bagyshia
Good morning	Sabahyn kheyr
My name is ...	Adim.
What is your name?	Adiniz nedir?
How are you & family?	Aileniz ve ozunuz nedjesiz/ Ned-jesiniz?
Fine thanks	E-la
Good-bye.	Sogol/helelik
Where is	Harda?
How much?	Ne kerder?
OK/Cheers (good appetite)	Nush olsun/saglyga/ genatzt
Mr.	Bey
Mrs.	Khanim
I want	Mene ... istey-irem

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

3. Meeting – Bow gently with hand on the heart. Of offered, shake hands (male and female alike). No hugs or kisses please, unless you know each other well. You are a “Kharindji” (foreigner)! “Nsdetzek” (sit down) “Lav ek?” (Are you doing OK)?
2. Eating – Take a huge helping of “Dheylo” (baby goat meat), say “Anoush ella” (let it be sweet)
4. Drinking – Drinking – Every round of heavy spirit drinks/shots is accompanied by a toast which raised in honour of elders, family, ladies, friendship, memories, opportunities ahead
4. Family – When happy say “Amen mart lavé? When surprised say “Nush lsun?” .
5. Social - Usse first names only... never the surname!! Please, add “bey” to end of the first name of men and “khanim” to the first names of women. Please, do NOT say “Zuk” !!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

3. Dari (Farsi) - Iran, Afghanistan, Tajikistan etc.

KEY PHRASES:

PRONUNCIATION

Thank you.	Tashakor
Hallo	Salam
Yes/no/not	Bale/ne/na
Please	Lotfan.
Excuse me	Bebakshid
Good morning	Salam/Subh bakhaire
My name is ...	Ismi-e man ... ast
What is your name?	Ism-e shoma chist?
How are you?	Cha-tor haste-aid?
Fine thanks	Khub (well) hast-am, tashakor.
Good-bye.	Khuda-hafez
How much?	Chand kemat?
Where?	Kuja?
OK/Cheers (good appetite)	Khub Kosh amaded
God willing (used all the time)	Inshallah
Mr.	Agha
Mrs.	Khanom
I want	Me khwaham

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Bow. Hand on chest, or raise both hands. Don't touch much! No hand shake Unless offered. No hugs or kissing please. You are a "Ferengi" (foreigner)! Talk about family. Remember Ramazan (September 4 weeks by the moon – no food in the day no emotion at night! Don't expect anyone to be on time. Never get straight to the point.
2. Eating – Take a huge helping of "Pilaf" (rice). Eat with right hand only.
3. Drinking – No ETOH. Try lots of "Sheer chai" (milk tea).
4. Family – When happy shout over and over: "Beh beh ...biswaris yar khub". When surprised say: "Tar tob may kunari ..." !!
5. Social - . Bring souvenir from home. Never accept a present or service of any kind without first politely refusing it. Respect the Iranian dress code. Remove your shoes. Never turn your back on anyone; never point the sole of your shoe or foot at anyone. Rather than say "no" outright use a diplomatic half-promise. When paying compliments always say "Mashallah" Please, do NOT say "gge".!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

4. Georgian – Georgia, Azerbaijan, Armenia, Turkey

KEY PHRASES:

PRONUNCIATION

Thank you.	Gmadlobt
Hallo	Gamahjoba
Yes/no/not	Diakh, kho, ara/ar/ver/nu
Please	Inebet /Tu sheidzleba / Gtkhovt /Tu sheidzleba
Excuse me	Ukatsravad/ bodishi/ bodishs vikhdi/ mapatiet
Good morning	Dila mishidobisa
My name is ...	Chemi sakhellia ...
What is your name?	Ra gkviat?/Tqveni sakheli?
How are you & family?	Rogora xart?/Rogor brdzandeba tqveni ojakhi?
Fine thanks	Kargad, gmadlobt
Good-bye.	Nakhvamdis
Where is	Sad aris?
How much?	Ra girs? Shegidzliat pasi mitkhrat?
OK / Cheers (good appetite)	Kargi / Isiamovnet / Gaamot
Mr.	Batoni
Mrs..	Qalbatoni
Ms.	Qalishvili / not married
I want	Msurs/ Minda

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Men and women shake hands. Hierarchy very important. Hugs and kisses are admissible among friends and relatives. You are a “ Utskhoeli” (foreigner)
2. Eating – Take a huge helping of “Khachapuri” (cheese baked in pastry) and “Khinkali” (spicery mashed beef or pork boiled inside pastry, some like ravioli)
3. Drinking – Rich choice of red and white dry wines: Mukuzani, Khvanchkara, Tsinandali, Saperavi, napareuli, etc. Try lots of milk products out of cow, goat, buffalo milk, but never camel one.
4. Family – When happy say: “Bedniera” When surprised say “Martla?/ Nutu? ”!
5. Social – Use first names only... never the surname!! Please, do NOT say: “Amm” !!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

5. Kazakh - Kazakhstan, Kyrgysran, Uzbekistan, Iran

KEY PHRASES:

PRONUNCIATION

Thank you.	Raqmet
Yes/no/not	Io/joq/joq
Please	Raqym etiniz
Excuse me	Kesherevez
Good morning	Qaiyriy tan
My name is ...	Menen Esim
What is your name?	Cezden esemez kem bolady?
How are you & family?	Kalyn kalai?
Fine thanks	Rakhmet, Zhaksy
Good-bye.	Say bolynyz /sau bol
Where is	Qaida?
How much?	Qansha?
OK/Cheers (good appetite)	Ehhn/sai boli (as damde bolsyn)
God willing (used all the time)	Inshalla
Mr.	Myrza
Mrs.	Khanyim
I want (is there any?)	Bar ma?

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

- 1 Meeting – Hand on chest, or raise both hands. Don't touch! No hand shakes, hugs or kissing please. You are a "Shetel" (foreigner)! Talk about ancestors. Remember Ramadan (September 4 weeks by the moon – no food in the day no emotion at night!) Low grunts "Grrr" are yes and "Single clicks" are usually no!!
2. Eating – Take a huge helping of "Bashpirmag" (mutton). Eat with right hand only or ask for tools. Watch out for an honoured "Sheep's head" and slice a piece. Eat at table or on the floor. Legs not crossed and no foot pointing, please
3. Drinking – No ETOH (30%!) Ask for a "Chmtig" (local beverage) and of course "Sour mare milk" – unforgettable!
4. Family – When happy shout : "Beh beh ...biswaris yar khub". When surprised say: "Tar tob may kunari ..." !!
5. Social – Cyrillic script. Home guests always welcome. Bring gifts but don't stay too long after for tea and a meal. Watch out for that click with a head-shake which indicates "No!!" Please do not say: "Ammm!" But if you are really very angry... say it three times toyourself ...and you will feel much better! OK?

6. Kyrgyz - Kyrgyzstan, Kazakhstan, Tajikistan

KEY PHRASES:

PRONUNCIATION

Thank you.	Rahmat
Hallo	Salam
Yes/no/not	Oba/jok/jok
Please	-nuz
Excuse me	Kechireci
Good morning	Salam
My name is ...	Menin atym..
What is your name?	Senin atyng kim?
How are you & family?	Kandaisyyz?
Fine, thanks	Chong rarmat
Good-bye.	Sala-matto kalynnyz
Where is	Hana?
How much?	Kancha turat?
OK/Cheers (good appetite)	Belot/-
God willing (used all the time)	Kudai byyraa
Mr.	(not used)
Mrs.	(not used)
I want	Bargyin kelet/jreklem celet

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Men shake with four hands entwined. Pat shoulders gently. No other hand shakes, hugs or kissing please. You are a “Inostranets” (foreigner! Talk about ancestors. Remember Ramadan (September 4 weeks by the moon – no food in the day no emotion at night!).
2. Eating – Take a huge helping of “Mantor” (dumplings). Eat at short table or on the floor with legs tucked away (somewhere)! Eat right hand only or ask for spoons. Watch out for an honoured “Sheep’s head” ; slice a piece for yourself.. Legs not crossed and no foot pointing, please
3. Drinking – No ETOH for 30%. Ask for a “Ketmorz” (milk plus spirit) or Vodka !.
4. Family – When happy say “Ypa...”. When surprised say “Ai bottom ...” !!
5. Social. – Cyrillic script. Hospitality great - always have to stay on for tea and a meal. Watch out for a “Uh uh” with a head shake which indicates “No!!” Please do not say: “Ammm”! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK? Apologize by touching the heart! And never look at someone while you pinch your cheek!!! Foot pointing is OK!!

7. Pashto – Pakistan

KEY PHRASES:

PRONUNCIATION

Thank you.	Tashaker/ ma-na-na
Hallo	Salam
Yes/no/not	Ho/na/na
Please	Pa kheir
Excuse me	Wabasha
Good morning	Salam
My name is ...	Ze-ma num ...dai
What is your name?	S-to num tse dai?
How are you & family?	Tsanga ye?/hal se tsenga?
Fine thanks	Be shaa yem, ma-na-na
Good-bye.	Da khoday p-aman
Where is	Tcherta?
How much?	Tso?
OK/Cheers (good appetite)	Shae de/wah wah
God willing (used all the time)	Inshalla
Mr.	Khsaghele
Mrs.	Mermen
I want	Zma khwakha da tshe

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don't's:

1. Meeting – Hand on chest, or raise both hands. Don't touch women! Among men friends some four-handed shakes, hugs and kisses. For you ...just bow. You are a “Kharidji” (stranger)! Talk about family. Ask about the children saying “Hay wa naan?” (how are the animals!!!). Remember Ramazan (September 4 weeks by the moon – no food in the day no emotion at night! “Head moved back” means “What did you say?” A click with a hand circle means “Forget it!” Watch out for guards with guns in some towns (like the old wild west) !
2. Eating – Take a huge helping of “Pilaf” (rice) and “Shorwaf” (soup with meat dish). Eat with right hand or ask for a spoon.
3. Drinking – No ETOH. Try lots of “Salam bay chai” (yoghurt).
4. Family – When happy shout over and over: “Shada ...shada ...”. When surprised say: “HarraN yam ...” !! - be very careful how you say it – see below !!!
5. Social - Please, do NOT say “Harram-yam” – you may get hurt!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

8. Tajik – Tajikistan, Iran, Kazakhstan, Afghanistan, Turkmenistan, Uzbekistan

KEY PHRASES:

PRONUNCIATION

Thank you.	Rah-mat
Hallo	Salam
Yes/no/not	Haa/nee/nee
Please	Lutfan
Excuse me	Be-bakh-shed
Good morning	Salam/sub bakhair
My name is ...	Nam e man ... ast
What is your name?	Nam-a-ton ch-ist?
How are you & family?	Shuma wa famille, khob hastaid?
Fine thanks	Man khub hast-am, rahmat.
Good-bye.	Kha-yr
Where is	Kur-jo?
How much?	Chand ast?
OK/Cheers (good appetite)	Khub/-
God willing (used all the time)	Inshalla
Mr.	Ogho
Mrs.	Kha-non
I want	Man kor doram

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Shake hands (with men only) and put left hand to the heart to show respect. Or even better ... raise both hands. Don't touch women. No hugs or kissing please. You are a "Khoridji" (foreigner)! Women bow and put hand on heart. Talk is about family by saying: "Famil khubi?". Ask about the children "Hay wa naan?" (how are the "animals"). Remember Ramazan (September 4 weeks by the moon – no food in the day no emotion at night!).
2. Eating – Low table with legs crossed (somehow). Take a huge helping of "Pilaf" (rice) and "Shorba" (soup). Eat with right hand only please.
3. Drinking – No ETOH. Try lots of "Dough" (yoghurt).
4. Family – When happy shout over and over "Khoush ham ...". When surprised say: "Ta job maikunam ..." !! – but ... be very careful how you say it – see below !!!
5. Social – Watch out for bedside cockroaches and bugs. Stay with local family. Please, do NOT say "Ggo" or "Tajilzistan" – you may get hurt!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

9. Tashkorghani – Tajikistan, Iran

KEY PHRASES

PRONUNCIATION

Thank you.	Rah-mat turi
Hallo	Salam
Yes/no/not	Kudos/nay/nay
Please	Marhamart
Excuse me	Afu ka
Good morning	Salamr
My name is ...	Yad muyan nom
What is your name?	Ta ato nom tsayz?
How are you & family?	Tarang ta awul?
Fine thanks	Charjam, rah-mat turi
Good-bye.	Kha-ysh
Where is	Kur-jur?
How much?	Pul?
OK/Cheers (good appetite)	Charj/charj
God willing (used all the time)	Inshalla
Mr.	Ogho
Mrs.	Kha-non
I want	Wax thom

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

- 1) Meeting – Shake hands (with men only) and put left hand to the heart to show respect. Don't touch women. No hugs or kissing please. You are a "Ferenji" (foreigner)! Women bow and put hand on heart. Remember Ramazan (September 4 weeks by the moon – no food in the day no emotion at night!
- 2) 2. Eating – Low table with legs crossed (somehow). Take a huge helping of "Pilaf" (rice)
- 3) and "Shorba" (soup). Eat with right hand only please.
- 4) Drinking – No ETOH. Try lots of "Dough" (yoghurt).
- 5) Family – When happy shout over and over "Charj...". When surprised say: "Afu ka ..."
!!
- 6) 5. Social – Please, do NOT say "Ggo".!! But if you are really very angry... say it three
7)times to yourself ...and you will feel much better! OK?

10. Turkmen – Turkmenistan, Iran, Afghanistan, Turkey, Tajikistan

KEY PHRASES:

PRONUNCIATION

Thank you.	Sah bol
Hallo	Salam ale-kim
Yes/no/not	Hawa/jok/jok
Please	Ha-yish
Excuse me	Bag-yshla
Good morning	Ertiringiz hayirly/salam
My name is ...	Men-ing adym.
What is your name?	Sen-ing (your) adyn name (what)?
How are you & family?	Siz nahili?! Onat, sah bol
Good-bye.	Sag bol
Where is	Nire-de?
How much?	Bu nache-den?
OK/Cheers (good appetite)	Tore te
God willing (used all the time)	Inshalla
Mr.	Jenap
Mrs.	Hanym
I want	men iste yarin/iste yorun

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Men greet with left hand on the heart. Women stroke the right shoulder only (of other women only!). “Salamat boling” (peace) can be repeated all the time. Nodding is socially necessary. Clicking is very negative. Bow to apologize. To look around and say “Ailanib kelalilik”. Remember Ramazan (September 4 weeks by the moon – no food in the day no emotion at night!). Women exchange of stroking of shoulders very gently, is very popular.
6. Eating – Sit on very low stool with legs crossed (some how!!). Bread and tea come first and then enjoy “Polo and manti” with right hand only.
7. Drinking – No ETOH but just for YOU some “ichilikla” (liquor) may be allowed, but more polite to choose “Sarbat” (fruit juice) or even better “Caanagee” (camel milk)
4. Family – When happy say: “Salamaleikum” When surprised say: “Salamaleikum ... and nod ..” ... all the time ...
5. Social - Please, do NOT say “ Msh”. But if you are really very angry... say it three times just to yourself ...and you will feel much better! OK? Watch out for the bags in the airport! Watch out for snakes and scorpions in the countryside.

11. Uyghur – Kyrgystan, China

KEY PHRASES:

PRONUNCIATION

Thank you.	Rasthmat sizga
Hallo	Asalaamu alaykum/yokhshimusiz
Yes/no/not	Ha-a, shundaq/yaq
Please	Marhamat
Excuse me	Kachurung
Good morning	Asalaamu alaykum
My name is ...	Etingiz Man.
What is your name?	Ismingi ?/etingiznima?
How are you & family?	Qandaq ahwalingiz?
Fine thanks	Yakhshi
Good-bye.	Her khosh
Where is	Qayyardar?
How much?	Qancha?
OK/Cheers (good appetite)	Maqul/-
Mr.	Janob
Mrs.	Hanim
I want	Man ...beriman

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Men bow placing right hand on the heart. Acquaintances may shake with four gentle intertwined hands moving on to the head like a prayer. Women bow with no contact. No hugs or kisses please! The word “Whet” attracts attention. Clicks plus “Yaq” plus head shake is high disapproval. You are a “Yoldash” (foreigner) so just nod to everyone most of the times. Shake (male) hands only if offered. Remember Ramadan (September 4 weeks by the moon – no food in the day no emotion at night!)..
2. Eating – Be seated around a very low table. Try to cross the legs! Have hands washed for you! Take a huge helping of “Funchoa” (mutton) and “Shish-kebab” eating only with the right hand.
3. Drinking – No drinking of ETOH !! Well ... some people take just a little “Sarap”. Try lots of “Caanagee” (camel milk)
4. Family – When happy say: “Whey ... whey ” When surprised say “Min?” !. When annoyed say “Yaq” with a good click!!
5. Social – You may be called by a waving “lapping arm” of body language. Please respond and use first names only... never the surname!! Be prepared to be invited to stay in any home for free (bring presents and don't stay too long!). And please, do NOT say “Ammml”!!! But if you are really very angry... say it three times (with a “click’) just to yourself ...and you will feel much better! OK?

12. Uzbekh - Uzbekistan, Kyrgyzstan, Afghanistan, Kazakhstan, Turkmenistan, Tajikistan

KEY PHRASES:

PRONUNCIATION

Thank you.	Rahmat
Hallo	Saalom
Yes/no/not	Ha/yoq
Please	Iltimos/marahamat
Excuse me	Kechira-siz
Good morning	Salamaleikum
My name is ...	Me-ning (my) ism-um (name)
What is your name?	Siz-ning (your) ism-inginz (name) nima (what)?
How are you & family?	Qandai-siz?
Fine thanks	Yakkshi-man/zor man, rahmat.
Good-bye.	Hair
Where is	„, qaer da?
How much?	Qimati (price) qancha-dir (how much)??
OK/Cheers (good appetite)	zor/nishtak
Inshalla	
Mr.	Janob
Mrs.	Hanim
I want	Men hohlai-man.

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Men greet with left hand on the heart. Women stroke the right shoulder of women (only). “Salamat boling” (peace) can be repeated all the time. Nodding is socially necessary. Clicking is very negative. Bow to apologize. To look around and say “Ailanib kelalilik” Remember Ramazan (September 4 weeks by the moon – no food in the day no emotion at night!. Women exchange stroking of shoulders very gently,
2. Eating – Sit on very low stool with legs crossed (some how ...). Bread and tea come first and then enjoy “Polo and manti” with right hand only.
3. Drinking – No ETOH but just for you some “ichililkla” (liquor) may be allowed for you. but more polite to choose “Sarbat” (fruit juice) or even better “Caanagee” (camel milk)..
4. Family – When happy say: “Salamaleikum” When surprised say: “Salamaleikum ... and nod ..” ... all the time ...
5. Social - Please, do NOT say” Msh”. But if you are really very angry... say it three times just to yourself ...and you will feel much better! OK? Watch out for your bags at the airport! Watch out for snakes and scorpions in the countryside.

13. Kurde – Turkey, Syria, Iraq

KEY PHRASES:

PRONUNCIATION

Thank you.	Mersi/supas
Hallo	Silay
Yes/no/not	Bele/na/naxe
Please	Tkaya/bi fermu
Excuse me	Bbura/bbakhsha
Good morning	Bayani bash/roj bas
My name is ...	Nawin a
What is your name?	Nawi to chia?
How are you & family?	Kwa hafiz/khwat lagal?
Fine thanks	Bashm, supas.
Good-bye.	Kwa hafiz/kwa lagal
Where is	La kweya?
How much?	Chanda?/bachanda?
OK/Cheers (good appetite)	basha/bakhoshit/noshi giant bet
God bless (all is well)	Ba hiway
Mr.	Barez/kak
Mrs.	Khanyim/dada
I want (is there any?)	Anawer

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Bow. Hand on chest, or raise both hands. Don't touch! No hands, hugs or kissing please. You are a "Ferengi" (foreigner)! Remember Ramazan (September 4 weeks by the moon – no food in the day no emotion at night! Don't expect anyone to be on time.
2. Eating – Take a huge helping of "Girar" (soup). Eat with right hand only.
3. Drinking – No ETOH. Try lots of "Cay" (tea).
4. Family – When happy shout: "Kefxwes". When surprised say: "Xeterdar?" !!
5. Social - "Please, do NOT say "Gge".!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

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POSTSCRIPT: WHEN YOU NEXT LIFT THE TELEPHONE ... TO RECEIVE OR MAKE A CALL ... MAKE A SPECIAL EFFORT ... WITH THE FACE ... YES ... WITH THE FACE ... SMILE ... YES ... SMILE ... AND YOU WILL ACHIEVE AND FEEL A DIFFERENCE ... IN YOUR COMMUNICATION ... AND YOUR LANGUAGE COURTESY!

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SECTION E – LATIN AMERICA & CARIBBEAN

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List of Contributors and Resources

DEDICATION - FOCUS & CONCENTRATE!

This program is dedicated to the memory of Professor Kenneth Hale, the eminent linguist of MIT who died on October 8th 2001. He spoke over 30 languages, 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 ... with a very good accent ...

He believed that:

“The greatest courtesy we can show to anyone from any country, is to begin to speak to him or her ... in his or her ... own natural language !”

and so with this little book we can provide you with the opportunity and the confidence to begin to use basic phrases. This will will reinforce your “body language” which is so important for effective human relationships.

In the book so far, there are about 150 languages, each with about 18 key phrases and a few amusing cultural comments (do’s and don’ts), to make you laugh, relax, and thus be ready to focus, concentrate and learn well in the new language. A brief easy source of more cultural data is: international etiquette: <http://www.asiapacific.ca/about/index.cfm>

For each new language the 18 key phrases are freely provided by the contributors, and are presented with the English text. A space is provided for YOU to write in (from the audio) the suggested pronunciation in your own vowel system. Exhibit A is a basic reference to the same phrases in: French, Spanish, Russian, Mandarin, Japanese, Portuguese, Italian, German, Hindi & Esperanto.

A new language must be spoken with confidence and a good accent. The quality of pronunciation is critical. Thus a rough two minute audio is provided for each language, by easy download from the web site www.crelearning.com, which can be transferred to your computer or a CD, or even better, to your portable telephone. So learn in the plane where you have nothing much to do for hours ... take the trouble ... and be very surprised ... by the very positive reactions to your brief emotional investment ...

Some help for rapid learning with a confidence, is provided in Exhibits B & C. Be sure to test yourself after each session with the 18 phrases: English – New Language and back again. For further progress, buy the excellent Lonely Planet phrase books. When available, also download our free “CRE” 200 word four hour text/audio program for each language (available from the web site or in low cost book form from lulu.com).

For some languages (like Hausa and Arabic etc.) there are excellent free language & culture web sites. Continual POD (Print On Demand) corrections will be made to the book, with new languages/dialects so that additions and creative ideas will always be welcome, by direct contact with the Team by email: robertboland@wanadoo.fr. On we go together ... so easy ... when we focus and concentrate ... for 30 minutes ... and be motivated to learn more ...

1. Dutch

KEY PHRASES:

Thank you.	Dank U/bedankt
Hallo	Hallo
Yes/no/not	Ja/nee,nee/net
Please	Alstub-lieft
Excuse me	Excuseer mij
Good morning	Goede-morgen
My name is ...	Ik heet
What is your name?	War is ouw naam?
How are you & family?	Hoe gaat met U?
Fine thanks	Goed, bedankt
Good-bye.	Tot ziens
Where is	Waar?
How much?	Hoeveel?
OK/Cheers (good appetite)	OK/Proost
God bless	Hopelyk
Mr.	Meneer
Mrs.	Mevrouw
I want	Ik wil

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

- 1) Meeting – Shake hands and hug (no kissing please). You are a “Buiten-lander” (foreigner)! Be prepared for very frank honest opinions (plus and minus) to be expressed very freely. Friendly and very conservative environment. Lots of laughter at local jokes!
- 2) Eating – Take a little “Haring met vitjes” (roadside café herring) and of course a hugfe helping of “Gehakt bal met oa doppels” (meat balls).
- 3) Drinking – Try lots of “Groish”(beer) and “Glassje advocate” (eggs & gin).
- 4) Family – When happy say “Slles loopt op rolletjes”. When surprised say: “Och hemel. ...gevaarlijk?”
- 5) Social - Please, do NOT say “Godverdomme”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

2. English

English	French	Spanish
Thank you.	Merci.	Gracias
Hallo	Bonjour	Hola
Yes/no	Oui/non	Si/no/no
Please	S'il vous plait	Por favor
Excuse me	Excusez moi	Disculpe
Good morning	Bonjour	Buenos dias
My name is ...	Je m'appelle ...	Yo me llamo
What is your name?	Comment vous appelez vous?	Como se llama?
How are you & family?	Comment allez vous?	Como esta usted ?
Fine thanks	Je vais bien, merci	Muy bien, gracias
Good-bye.	Au revoir	Hasta la vista
Where?	Ou?	Donde?
How much?	Combien?	Cuanto?
OK	Ca va	Bueno
All being well	Tout va bien!	Todo bueno
Mr.	Monsieur	Senor
Mrs.	Madame	Senora
I want	Je veux	Quiero

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

- :
- 1, Meeting - Shake hands only once quite firmly. No hugs or kisses unless invited. Respond to: "How do you do ?" with "Oh , how do you do?" (never tell them how you really feel !!). Talk about the weather all the time. Blame GB for everything that goes wrong.
 2. Eating – Try just a little "Roast beef and Yorkshire pudding" with "Mince pie and ice cream" for desert. Expect people to pile up peas on a fork At lunch or dinner, you may ask for butter with your bread, but never cut your bread roll with a knife - never!!
 3. Drinking – Always ask for "G & T" (gin and tonic) or join in with just a small glass of "Guinness" (very very strong black nourishing Irish beer).
 4. Family – When happy say: "Hooray ...!!" – very gently. When surprised whisper: "Oh dear ...!! ", As a social gesture, be prepared to drink strong tea (with milk and sugar) at all times, day and night.
 5. Social: Crossed legs and foot pointing allowed! Please do not say "shhhht" or "bgrrrr". But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

3. French

KEY PHRASES:

PRONUNCIATION

Thank you.	Merci.
Hallo	Bonjour
Yes/no	Oui/non
Please	S'il vous plait
Excuse me	Excusez moi
Good morning	Bonjour
My name is ...	Je m'appelle ...
What is your name?	Comment vous appelez vous?
How are you & family?	Comment allez vous?
Fine thanks	Je vais bien, merci
Good-bye.	Au revoir
Where?	Ou?
How much?	Combien?
OK	Ca va
All being well	Tout va bien!
Mr.	Monsieur
Mrs.	Madame
I want	Je veux

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting - Keep on shaking hands with everyone all the time! Respond to hugs and kisses as invited. Respond to: "Ca va?" with "Oui, ca va!" (never tell them how you really feel !!). Talk about the food, wine and diet all the time. Praise Sarkosi for everything that goes right and blame GB for everything that goes wrong.
2. Eating – Order a delicious "Steak avec sauce bearnaise" with "Tarte aux pommes avec glace vanille" for desert. Expect to use the same knife and fork for many courses (keep it fairly clear). At lunch or dinner, never ask for butter with your bread. Finish up your plate for every course.
3. Drinking – Always ask for "Un petit ver du vin du pays, svp" (local wine) or join in with just a small glass of "Une petite biere locale, svp?" (beer).
4. Family – When happy say: "Formidable ...formidable ...!!" – very frequently. When surprised whisper: "Oh mon dieu! As a social gesture, be prepared to accept... strong black coffee or a good wine ... at all times, day and night.
5. Social: Crossed legs and foot pointing allowed! Please do not say "mrrrrt" or "sllloh". But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

4. German

KEY PHRASES:

Thank you.	Danke
Hallo	Hallo
Yes/no/not	Ja/nein
Please	Bitte
Excuse me	Verzeihung/Entschuldigung
Good morning	Guten tag
My name is ...	Ich heisse
What is your name?	Wie heissen Sie?
How are you & family?	Wie geht es Ihnen?
Fine thanks	Danke, gut/schon
Good-bye.	Auf wiedersehen
Where?	Wo?
How much?	Wievell?
OK	In ordnung
All being well	Alles klar
Mr.	Herr
Mrs.	Frau
I want	Ich mochte
I want	

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting - Shake hands and responmd to hugs. No kissing please. You are a "Fremder" (foreigner)! Negative "compliments" are acceptable. Don't bother with positive compliments. Just use "titles"he time (Frau "Engineer") and say "Ja-ein ... ja-ein ...jaein" (yes/no) for everything.
2. Eating – Bread is a famous "lo main dish" (a main dish) of its own, without butter! Eating very formal. Take a huge helping of "Braten" (meat loaf) with everything. .
3. Drinking – Try lots of "Bier" (beer) and "Wein" (wine).
4. Family – When happy say "Super!... Toll! ... Klasse!!!". When surprised say "Oh Gott... ... Ups? !!
5. Social - Please, do NOT say "Scheiße"!!! But if you are really very angry... sayit three times to yourself ...and you will feel much better! OK?

5. Italian

KEY PHRASES:

Thank you.	Grazie
Hallo	Ciao
Yes/no/not	Si/no
Please	Perr piace
Excuse me	Mi scusi

Good morning	Buongiorno
My name is ...	Mi chiamo
What is your name?	Come si chiama?
How are you & family?	Come sta?/come va?
Fine thanks	Molto bene, grazie

Good-bye.	Arrivederci
Where?	Dove?
How much?	Quanto costa?
OK	OK, bene/salute
All being well	Tutti bene, grazie

Mr.	Signore
Mrs.	Signora
I want	Voglio/vorrei (more poilite)

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Shake hands and respond to hugs and kissing as invited. Kiss hands to show respect. You are a “Estraniero (foreigner). Expect lots of chatting at very high volume all the time. You may have to shout.
2. Eating – Take a huge helping of “Fettucini Alfredo” (delicious ham, cheese and cream from the famous Alfredo Restaurant in Rome)
3. Drinking – Try lots of “Bellini (Venician beer) and “Spumante” (liquor).
4. Family – When happy shout “Huurah tutti benissimo ... ” When surprised say “Oh mama mia ... pericoloso?” !!
5. Social - Please, do NOT say “Gomito”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

6. Portuguese

KEY PHRASES:

Thank you.	Obrigada
Hallo	Ola
Yes/no/not	Sim/ não
Please	Por favor
Excuse me	Com licença
Good morning	Bom dia
My name is ...	Meu nome é
What is your name?	Qual é seu nome?
How are you & family?	Como está?
Fine thanks	Muito bem, obrigado
Good-bye.	Adeus
Where?	Onde?
How much?	Quanto custa?
OK/Cheers	OK/???
All being well	Tute contente
Mr.	Senhor
Mrs.	Senhora
I want	Quero

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Shake hands and hug. No kissing please. You are a “Estrangiero” (foreigner!)
2. Eating – Take a huge helping of “Cordeiro” (lamb).
3. Drinking – Try lots of “Cerveja” (beer) and “Vinho” (wine).
4. Family – When happy say: “Contente ...” When surprised shout “Aha ... perigoso? !!”
5. Social - Please, do NOT say “Cotovelo”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK

7. Spanish

KEY PHRASES:

PRONUNCIATION

English	French	Spanish
Thank you.	Merci.	Gracias
Hallo	Bonjour	Hola
Yes/no	Oui/non	Si/no/no
Please	S'il vous plait	Por favor
Excuse me	Excusez moi	Disculpe
Good morning	Bonjour	Buenos dias
My name is ...	Je m'appelle ...	Yo me llamo
What is your name?	Comment vous appelez vous?	Como se llama?
How are you & family?	Comment allez vous?	Como esta usted ?
Fine thanks	Je vais bien, merci	Muy bien, gracias
Good-bye.	Au revoir	Hasta la vista
Where?	Ou?	Donde?
How much?	Combien?	Cuanto?
OK	Ca va	Bueno
All being well	Tout va bien!	Todo bueno
Mr.	Monsieur	Senor
Mrs.	Madame	Senora
I want	Je veux	Quiero

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Shake hands. No hug or kissing please.. You are a Extranjero ” (foreigner)! Expecct a very high volume of local chat. You may have to shout. Laughter is everywhere about everything.
2. Eating – Take a huge helping of “Vaca” (bull)
3. Drinking – Try lots of “Cerveza - San Miguel” (beer) and “Ginebra” (sugar liquor).
4. Family – When happy say: “Feliz ...” When surprised say: “Oh josgo ... peligroso?j !!
5. Social: Crossed legs and foot pointing allowed! Please do not say "Mrrt". But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

8. Afrikaans

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)

Mr.
Mrs.
I want

Dankie
Dag
Ja/nee/nie
asseblief
Verskoon mw

Goele more
Mi naam es
Wat es ura naam?
Hoe gaan dit met u?
Goede, dankie

Tot siens
Waar?
Hoeveel?
Goede/gesondheid

Meneer
Mevrou
Ek wil

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Shake hands. No hug or kissing please. Afrikaans community in LA derived from the defeat of the Boer Revolution in South Africa in 1900. Strong Calvinistic tradition. Colourful language derived from very basic form of Dutch. You are an “Extranero” (foreigner)! Expect a very high volume of local chat. You may have to shout. Laughter is everywhere about everything. Don't mention the Boer war!
2. Eating – Take a huge helping of “Kulum” (fish).
3. Drinking – Try lots of “Cerveza - San Miguel” (beer) and “Vino” (local SA style wine)
4. Family – When happy say: “Me-e”. When surprised say: “Oh ... umah? !!
5. Social: Crossed legs and foot pointing allowed! Please do not say “Afa”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

9. Aymara – Peru, Bolivia

KEY PHRASES:

PRONUNCIATION

Thank you.	Yuspa-jarana
Hallo	Winus tiyas
Yes/no/not	Jisa/hani/jan
Please	Jumatixe
Excuse me	Jan yatikti
Good morning	Winus tiyas
My name is ...	Naya suti
What is your name?	Jumanaka suti?
How are you & family?	Kene acche?
Fine thanks	Bhai, yuspa-jarana
Good-bye.	Biday
Where is	Kot?
How much?	Kiman?
OK/Cheers (good appetite)	Bhai/-
Mr.	-
Mrs.	-
I want (where is?)	...kot acche?

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Bow without body contact. No hug or kissing please.. You are a “Machaqa” (foreigner)! Social organization is highly variable. The most common domestic unit is the patrilocal extended family, residing in either a single household or a compound. Daughters tend to marry out, while newly-married sons reside with their fathers until they get separate households, either within the compound or elsewhere. Traditionally, new houses were built on land supplied by the fathers. Economic cooperation among extended family members is usual.
2. Eating – Take a huge helping of “Aicha” (bull)
3. Drinking – Try lots of “Huiqui” (fruit juice) and “Shamusca” (sugar wine).
4. Family – Community based on mutual help (ayni) with social system of reciprocity: you help neighbors, they help you. When happy say: “Kusisita ...” When surprised say: “Oh jan lurcana? !!”
5. Social: Crossed legs and foot pointing allowed! Please do not say “Jiphilla”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

10. Guarani - Paraguay

KEY PHRASES:

PRONUNCIATION

Thank you.	Gracia
Hallo	Mba-eixapa
Yes/no/not	Hee/nahaniri/ani
Please	Mi
Excuse me	Disculpe
Good morning	Mba eixapa ne ko-e
My name is ...	Xe ter-a
What is your name?	Pee ter-a?
How are you & family?	Mba eboa pa reiko?
Fine thanks	Vyu-a, gracia
Good-bye.	Hasta luego
Where is	Mamopa?
How much?	Mbovyapa?
OK/Cheers (good appetite)	Pora/-
Mr.	Karai
Mrs.	Kunakara
I want	Aipota

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Bow without body contact. No hug or kissing please.. You are a “Huinca” (foreigner)! Community based on mutual help (ayni) with social system of reciprocity: you help neighbors, they help you. Expect many common dances and rituals like “Qamili” on a grand scale with a chorale and special dresses. Girls sing and dance in any major event or celebration.
2. Eating – Try “Cofque” (bread) and “llo” (bull)
3. Drinking – Try lots of “Tequila” (local liquor).
4. Family –When happy say: “Cochru ...” When surprised say: “Oh hue?!!
5. Social: Crossed legs and foot pointing allowed! Please do not say "Ixcolob". But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

11. Mapuche/Mapadungu - Chile

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)

Mr.
Mrs.
I want

Venchren manun
Mari-mari
Mai,nai/mu/la

Mari-mari
Inche
Eimu?
Chum eimu?
Cochru, venchren manun

Amuchimai
Cheu?
Tanten?
Cume/-

-
-
Inche damchun

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Bow without body contact. No hug or kissing please.. You are a “Huinca” (foreigner)! The Mapuche people are profoundly religious and are guided by the Machi, spiritual leaders (mainly women) who are the mediums of communication with the celestial family in order to maintain harmony and combat the malicious power of Wekufe (evil). The Machi's supernatural power is complemented by the sacred Kultrun (drum) they possess and play during their prayers and religious activities. The Machis are divided into various categories, from being solely spiritual, to being invested with the knowledge to cure and/or make people ill, through a spell. Although traditionally the Mapuche are deeply religious, their beliefs are not presented in order to convert others. They hold the Nguillatun (religious ceremonies) every three or four years, which are conducted in private where non-mapuches are not encouraged to attend.
2. Eating – Try “Cofque” (bread) and “llo” (bull)
3. Drinking – Try lots of “Tequila” (local liquor).
4. Family – Community based on mutual help (ayni) with social system of reciprocity: you help neighbors, they help you. Expect many common dances and rituals like “Qamili” on a grand scale with a chorale and special dresses. Girls sing and dance in any major event or celebration. When happy say: “Cochru ...” When surprised say: “Oh hue?!!
5. Social: Crossed legs and foot pointing allowed! Please do not say “Ixcolob”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

12. Maya - Mexico

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)

Mr.
Mrs.
I want

Matiox
Seker
Ja/ne/ne
Tabana utzil
Tacuyu numac

Seker
Nu bi
I bi?
Utz avech?
Utz, matiox

Nayan c-a
Acuchi?
Jarupe?
Utz/-

Tata
Nana
Nin-vajo

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Bow without body contact. No hug or kissing please.. You are a “C-ac-ca” (foreigner)! The Mayas believed that the world had been created five times and destroyed four times; this eschatology became the fundamental basis of Mesoamerican religion from 900 AD onwards when it was adopted by the Toltecs. Most of the Mayan gods were reptilian and they all had dual aspects, that is, each god had a benevolent aspect and a malevolent aspect. The Mayas believed in an elaborate after life, but heaven was reserved for those who had been hanged, sacrificed, or died in childbirth. Everyone else went to *xibal* , or hell, which was ruled over by the Lords of Death. .
2. Eating – Try “Caxlan vey” (bread) and “Sakmolo” (eggs)
3. Drinking – Try lots of “Tequila” (local liquor).
4. Family – Community based on mutual help (ayni) with social system of reciprocity: you help neighbors, they help you. Expect many common dances and rituals like “Qamili” on a grand scale with a chorale and special dresses. Girls sing and dance in any major event or celebration. When happy say: “Cualli ...” When surprised say: “Oh al? !!
5. Social: Crossed legs and foot pointing allowed! Please do not say “Ixcolob”. But if you are really very angry... say it three times to yourself ...and you will feel much better!
OK?

13. Nahuati - Mexico

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)

Mr.
Mrs.
I want

Nite
Tlah-tatolli
Quema/amo/amo
Amo nicmati
amo nicmati

Cualli tonaltin
Nehua tocaiti
Amehuantin tocaiti?
Quen amehuantin?
Cualli, nite

Tlah-lana-hua-tiltin
Can?
Quezqui?
Cualli/-

-
-
Nic-ne-qui

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Bow without body contact. No hug or kissing please.. You are a “Yancuic” (foreigner)! Nahuatl, the language of the Aztecs, was spoken throughout Central Mexico at the time of initial European contact. With the advent of colonialism, the Spanish language became the language of prestige and power, and began slowly to replace Nahuatl and other indigenous languages as the monolingual norm, especially in increasingly urban areas. In more remote communities, the abandonment of indigenous languages occurred much more slowly, and a diglossic state of Nahuatl-Spanish bilingualism prevailed for several centuries in central Mexico. More recently, however, Nahuatl has declined in use..
2. Eating – Try “Nacatl” (bull)
3. Drinking – Try lots of “Tequila” (local liquor) and “Xocoti” (sugar wine).
4. Family – Community based on mutual help (ayni) with social system of reciprocity: you help neighbors, they help you. Expect many common dances and rituals like “Qamili” on a grand scale with a chorale and special dresses. Girls sing and dance in any major event or celebration. When happy say: “Cualli ...” When surprised say: “Oh yancuic? !!”
5. Social: Crossed legs and foot pointing allowed! Please do not say “Cuitlaxcolli”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

14. Quechua – Peru, Ecuador

KEY PHRASES:

PRONUNCIATION

Thank you.	Pagrachu
Hallo	Allichu cangui
Yes/no/not	ari/mana/manam
Please	Allichu
Excuse me	Allichu
Good morning	allichu cangui
My name is ...	Nuca shuti
What is your name?	Cancuna shuti?
How are you & family?	Allichu cangui?
Fine thanks	Sami, pagrachu
Good-bye.	Rinimi
Where is	Maipita?
How much?	Masna?
OK/Cheers (good appetite)	Allin sonco/-
Mr.	Tayta
Mrs.	Mama
I want	Munani

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Bow without body contact. No hug or kissing please.. You are a “Mushu” (foreigner)! Quechua was the trade language of the Inca Empire until 1532 but from 1820 an independent republic but still with some poverty and discrimination. You may have heard of Quechua as the language of the Incas. You may not know, until you finish this sentence, that it's the most widely spoken Amerindian language, with over 8 million speakers. In Peru, a quarter of the population speaks Quechua, and about a third of the Quechua speakers speak no Spanish. Here's some English words derived from Quechua: coca, condor, guano, gaucho, guanaco, Inca, jerky, lagniappe, lima [bean], llama, pampa, puma, quipu, quinine, quinoa, and vicuña.
2. Eating – Take a huge helping of “Aicha” (bull)
3. Drinking – Try lots of “Huiqui” (fruit juice) and “Shamusca” (sugar wine).
4. Family – Community based on mutual help (ayni) with social system of reciprocity: you help neighbors, they help you. Expect many common dances and rituals like “Qamili” on a grand scale with a chorale and special dresses. Girls sing and dance in any major event or celebration. When happy say: “Sami ...” When surprised say: “Oh ruraipa? !!
5. Social: Crossed legs and foot pointing allowed! Please do not say "Chunchchulli". But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

15. Haiti - Creole

KEY PHRASES:

Thank you	Mesi
Hallo	Bonjou/bonswa
Yes/no/not	Wi/non/non
Please	Silvouple/souple
Excuse me	Eskize m
Good morning	Bonjou
My name is ...	M rele
What is your name?	Ki jan ou rele?
How are you?	Ki jan ou ye?
Fine thanks	M ap boule, mesi
Good-bye.	Orevwa/babay
Where is	Ki kote?
How much?	Kombien
OK/Cheers (good appetite)	Oke/-
Mr.	Mi-siye
Mrs.	Ma-danm
I want	Mwem vle

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting - Full names only please. Watch out everywhere for voodoo and zombies. Keep shaking hands with everyone all the time! Respond to hugs and kisses as invited. Women selling many many things everywhere. "Bonjou petite dame". Annual Madrigraq carnival makes every street one way dancing and singing only!
2. Eating – "Accras de malanga", "soupe au giraumon", "mirlitons en salade" etc.
3. Drinking – Unlimited ETOH. Always spill a bit on the ground in memory of ancestors. Traditional "bye" (beere) and "diven" (wine)
4. Family – When happy say: "Formid ...very frequently. When surprised whisper: "Oh pa posib! As a social gesture, be prepared to accept... beer or strong black coffee or a good wine ... at all times, day and night.
5. Social: Crossed legs and foot pointing allowed! Please do not say "Bouden" or "Fal". But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

LIST OF CONTRIBUTORS & RESOURCES

1. Dutch – Brazil etc.
2. English – Jamaica etc.
3. French - Guadeloup, Martinique etc
4. German – Paraguay, Brazil, Argentina
5. Italian
6. Portuguese – Brazil, LA
7. Spanish - LA
8. Africaans – Uruguay, Argentina -
9. Aymara – Peru, Bolivia, Chile
10. Guarani – Paraguay
11. Mapuche/Mapadungu – Chile, Argentina 5
12. Maya – Mexico, Guatemala
13. Nahuati – Mexico
14. Quechua – Peru
15. Creole – Haiti, LA
- 16.
- 17.
- 18.
- 19.
- 20.

LIST OF CONTRIBUTORS & RESOURCES (continued)

Key resources for this Edition: Resources: Dalia Susini, Tomas Allen, Aafjie Rietveld & the contributors for each language & WCC & WHO & ILO & lulu.com & the web site: International etiquette: www.asiapacific.ca/about/index.cfm

POSTSCRIPT: WHEN YOU NEXT LIFT THE TELEPHONE ... TO RECEIVE OR MAKE A CALL ... MAKE A SPECIAL EFFORT ... WITH THE FACE ... YES ... WITH THE FACE ... SMILE ... YES ... SMILE ... AND YOU WILL ACHIEVE AND FEEL A DIFFERENCE ... IN YOUR COMMUNICATION ... AND YOUR LANGUAGE COURTESY!

Email:

SECTION F – ASIA & PACIFIC

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Total speakers (estimated) - 3,000 million

List of Contributors and Resources

DEDICATION - FOCUS & CONCENTRATE!

This program is dedicated to the memory of Professor Kenneth Hale, the eminent linguist of MIT who died on October 8th 2001. He spoke over 30 languages, 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 ... with a very good accent ...

He believed that:

“The greatest courtesy we can show to anyone from any country, is to begin to speak to him or her ... in his or her ... own natural language !”

and so with this little book we can provide you with the opportunity and the confidence to begin to use basic phrases. This will will reinforce your “body language” which is so important for effective human relationships.

In the book so far, there are about 150 languages, each with about 18 key phrases and a few amusing cultural comments (do’s and don’ts), to make you laugh, relax, and thus be ready to focus, concentrate and learn well in the new language. A brief easy source of more cultural data is: international etiquette: <http://www.asiapacific.ca/about/index.cfm>

For each new language the 18 key phrases are freely provided by the contributors, and are presented with the English text. A space is provided for YOU to write in (from the audio) the suggested pronunciation in your own vowel system. Exhibit A is a basic reference to the same phrases in: French, Spanish, Russian, Mandarin, Japanese, Portuguese, Italian, German, Hindi & Esperanto.

A new language must be spoken with confidence and a good accent. The quality of pronunciation is critical. Thus a rough two minute audio is provided for each language, by easy download from the web site www.crelearning.com, which can be transferred to your computer or a CD, or even better, to your portable telephone. So learn in the plane where you have nothing much to do for hours ... take the trouble ... and be very surprised ... by the very positive reactions to your brief emotional investment ...

Some help for rapid learning with a confidence, is provided in Exhibits B & C. Be sure to test yourself after each session with the 18 phrases: English – New Language and back again. For further progress, buy the excellent Lonely Planet phrase books. When available, also download our free “CRE” 200 word four hour text/audio program for each language (available from the web site or in low cost book form from lulu.com).

For some languages (like Hausa and Arabic etc.) there are excellent free language & culture web sites. Continual POD (Print On Demand) corrections will be made to the book, with new languages/dialects so that additions and creative ideas will always be welcome, by direct contact with the Team by email: robertboland@wanadoo.fr. On we go together ... so easy ... when we focus and concentrate ... for 30 minutes ... and be motivated to learn more ...

1. Bengali – Bangladesh, India,

KEY PHRASES:

PRONUNCIATION

Thank you.	Dhonnobad/shukriat
Hallo	Kemon acho
Yes/no/not	He/na/na
Please	Kripaya
Excuse me	Map korben
Good morning	Nomoshkar/salaam aleikum
My name is ...	Iman naam
What is your name?	Apnar nam ki?
How are you & family?	Ki khobor?/Apnar poribaar kemon ache
Fine thanks	Amar shob bhalu achi, dhonnabad
Good-bye.	Abar dekhe hobe
Where is	Kothae?
How much?	Koto?
OK/Cheers (good appetite)	Thik ache
Mr.	Misatar/Sar
Mrs.	Medam/Memsahib
I want	Ami ... chai

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do' s and don'ts:

1. Meeting – Hindus say “Nomoskar” with palms close to chest. Muslims say” Alekum salaam” and touch open palm to forehead. No touching and kissing please! No “Pleas and thank you's ” just body language. No hand shaking or winking. Touch forehead and nod. Address men “Ji”! You are a “Bideshi” (foreigner).
2. Eating – With the fingers please. Many vegetarians. Try “Patha” (goat).
3. Drinking – Drink your “Daber jol” (coconut milk) or “Tormuj” (melon water)
4. Family – When happy say: “ Valo valo” When surprised say: “Dukkhito ...bismow
5. Social - Address older people with “Sunchen mosai” (Hello Sir) Please do not say: ”Gnatam biswas” But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

2. Burmese – Burma (Myanmar), India

KEY PHRASES:

PRONUNCIATION

Thank you.	Kyay-zu-tin ba-de
Hallo	Mingo la ba/helloe
Yes/no/not	Ho-kw/ma hoke-phu/mu hoke pa
Please	Kyay-zu pyu-pee
Excuse me	Kwint-pu ba/kwint-hlut pa
Good morning	Min-ga-la ba
My name is ...	kKyoa naw (ma) na mai
What is your name?	Na mae be lo kaw?
How are you?	Ne kaung ye la?
Fine thanks	Kaung-ba-de, kway-zu-tin-ba-de
Good-bye.	Thoi kwin pyu ba/hnoke-set ba-de
Where is	Bae ma?/bai hmar-le?
How much?	Bae louk?/louk le?
OK/Cheers (good appetite)	Hauk be/kaung ba-byi
Mr.	U
Mrs.	Daw
I want	Lo djin ba dai

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do' s and don'ts:

1. Meeting – No emotion in public. Don't touch. Just smile. No hand-shakes, hugs or kisses. You are a "Arr piyu" (foreigner). Don't point fingers or feet at anyone or at the Buddha images. Greet old folks a respectful bow. No feet up on the chair or table please! Dress very formal - men with rope knot tied in front – women with the knot on the side. Language very "Tonal" with "Up's and down's" – so be sure your "Ups" are up! Watch out for yellow "Staneka" (paste from tree bark on the faces of men and women to protect the skin).
2. Eating – Five cooked meals a day – 08.00 & 11.00 & 15.00 & 18.00 and 22.00 hrs. Take a SMALL helping of "Tamdi & hein" (rice plus)
3. Drinking – No ETOH with the Buddha, Try lots of kinds of "Lapayay" (tea);
4. Family – When happy say: "Piorday". When surprised say: "Huh?" !!
5. Social - Please, do NOT say "Hlar". But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

3. Cantonese – China (Hong Kong), Asia

KEY PHRASES:

PRONUNCIATION

Thank you.	Mgoi/do jeh
Hallo	Jou sahn/whai
Yes/no/not	Hai/mmhai/mmhai
Please	Mh goil
Excuse me	Deul mh jyuh/hang hoi ti
Good morning	Jo sahn
My name is ...	O nge men hai
What is your name?	Ngo kiuma me men?
How are you & family?	Lei tim ah?/ni hou ma?
Fine thanks	Hou!! (no thanks - please!!)
Good-bye.	Joigin/bye bye
Where is	Bin tao?
How much?	Gei do?
OK/Cheers (good appetite)	Haih/gan bui
Mr.	Sinsaang
Mrs.	Loisi
I want	Ngo yiu/or saun

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Be prepared for a happy rough environment, Shake hands. No hugs or kissing please). You are a “Guai lo” (foreigner)! No touching. Remember that “Hai” (yes) ONLY means “You have a point which I have heard – no more”. Never say: “mmhai” (no) ... just say “Hai” !! Business in China has its own special rules. Group relationships are the key but may take two years to be really “in”. When exchanging business cards, hold out your card with your right hand with the writing facing the recipient. Cards should always be exchanged individually (one-on-one). Never give a clock or watch as a present (sadly symbolic)
2. Eating – Take a huge helping of “Siu arp” (duck).
3. Drinking – Try lots of “Pay Jou” (beer) and “Mein jow” (rice liquor).
4. Family – When happy say: “Ho“. When surprised say Ohhh” !!
5. Social - Please, do NOT say “Hoe sei la” But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

4. Foukien – China, Taiwan

KEY PHRASES -

PRONUNCIATION

Thank you	Tou sia
Hallo	Ciaq bue
Yes/no/not	Hng/bou/bou
Please	Hui sin e
Excuse me	Sit le
Good morning	Gan ca
My name is ...	Lin mya tou-cit?
How are you & family?	Li hou hoq?
Fine thanks	Hou, tou-sia
Good-bye.	Li chiat
Where?	Tou ui?
How much?	Qua ce?
OK"cheers	Hou/hou baq
God willing/all well	Hok khi
Mr.	-sian si
Mrs.	-thai rai
I want	Gua ia beg

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do' s and don'ts:

- 1) Shake hands. No hugs or kissing please). You are a "Ca po lang peq" (white man)! No touching. "Hng" (yes) ONLY means "You have a point which I have heard – no more". Never say: "Bou" (no) ... just say "Hng" !! Business in China has its own special rules. Group relationships are the key but may take two years to be really "in". Never give a clock or watch as a present (sadly symbolic)
- 2) Eating – Take a huge helping of "Baq" (meat).
- 3) Drinking – Try lots of "Beqa ciu" (beer) and "Ciu" (wine or liquor).
- 4) Family – When happy say: "Hok-khi ". When surprised say "O ...hui hiam?" !!
- 5) Social - Please, do NOT say "Pak to" But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

5. Hindi – India, Asia

KEY PHRASES:

PRONUNCIATION

Thank you.	Dhanyawad
Hallo	Namaste
Yes/no/not	Hai/nahin/mai
Please	Kripaya
Excuse me	Mujhe maf karen
Good morning	Namaste
My name is ...	Mera nam hai.
What is your name?	Apka nam kya hai?
How are you & family?	Ap kaise hain?
Fine thanks	Main thik hain
Good-bye.	Namaste/rhuda hafiz
Where is	Kahan?
How much?	Kitne?
OK/Cheers (good appetite)	Tel, thik hai,OK/atchha khana
Mr.	Sri
Mrs.	Srimati
I want	Mujhe ...chahie

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do' s and don'ts:

- 1) Meeting – Men shake with two hands inter-twined! Women just bow. No hugs or kissing please. You are a “Videshi” (foreigner)! Try not to say “No” just say “ Hai” ... I understand. Watch out for “cast” differences. Expect some “Old British” colonial customs (“The Club”). Hinduism expects the universe undergoes an infinite number of deaths and rebirths. The Guru will always help you. Yoga brings a healthy life non-violent style.



- 2) Eating – Take a huge helping of “Curry aur chawal (curry and rice).
- 3) Drinking – Try lots of “Kingfisher” (beer) and “Grovers Red” (brandy).
- 4) Family – When happy say: “Main bahut khush hoon” ... When surprised say: “Accha ... pudumat ?!!”.
- 5) Social - Please, do NOT say “Bewakoof” or “ Gadha”!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

6. Indonesian – Indonesia, Malaya

KEY PHRASES:

PRONUNCIATION

Thank you.	Terima kasih
Hallo	Selamat pagi
Yes/no/not	Ya/tidak/tidak,bukan
Please	Silakan
Excuse me	Maafkan
Good morning	Selamat pagi
My name is ...	Nama saya
What is your name?	Srapa nama kamu?
How are you & family?	Apa kabar?
Fine thanks	Baik, terima kasih
Good-bye.	Sampai ketemu lagi
Where is	Dimana?
How much?	Berapa?
OK/Cheers (good appetite)	Baik/ya
Mr.	Bapak
Mrs.	Ibu
I want	Saya mau/ingin

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do' s and don'ts:

- 1) Meeting – Men shake withj four hands intertwined ... then with hand to the heart! No hugs or kissing please. You are a “Asing” (foreigner)! Remember Ramadan (September 4 weeks by the moon – no food in the day no emotion at night!).
- 2) Eating – Take a huge helping of “Opor” and “Domba” (lamb).
- 3) Drinking – No ETOH please. Try many kinds of wonderful “Teh”“
- 4) Family – When happy say: “Yah ..bahagia ... When surprised say: “Ohhh ...berbahaya?”” !!
- 5) Social - Please, do NOT say “Kunand ajar” !!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

7. Japanese – Japan, Asia

KEY PHRASES:

PRONUNCIATION

Thank you.	Arigato gozaimasu
Hello	Konnichi wa/ Kumbawa gosaimasu in the evening)
Yes/no	Hai/iye
Please	Onegai shimasu (favors / kudasai (objects)
Excuse me	Sumimasen
Good morning	Ohayo gozaimasu
My name is ...	Watashi no namae-wa ... desu.
What is your name?	O-namae wo oshiete kudasai.
How are you?	O-genki desu ka ?
Fine thanks	Hai, genki desu.
Good-bye.	Sayonara
Where?	Doko desu ka?
How much?	Ikur desu ka?
OK/cheers	OK, yoshi / Kampai
All being well	Daijyobu desu.
Mr.	-san
Mrs.	-san
I want	- wo kudasai.

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Usually bow, no touching. No kissing please! Bow lower than your superiors to show your respect. You can bow and shake hands at the same time, but be careful not to crash foreheads ! You are a “Gaikoku” (foreigner)
2. Eating – In a traditional Japanese meal, your main dish is usually served the farthest away from you, not closest as in the West. Eat your white rice plain, no butter please !
3. Drinking – Drink your “sake” (rice wine) hot in winter and cold in summer, but always chase it with an ice-cold lager beer.
4. Family – Your older brothers and sisters, o-ni-san and o-ne-san, have different words for them than your younger brothers and sisters, ototo and imoto. When happy say .??? .. When surprises say...” Ah,Ah (hand in front of your laughing mouth to be proper)... aying ... so so desuka !”
5. Social - Take your bath with Japanese men: (enter bath area naked, wash sitting on a small bench discretely, enter hot bath with towel to cover ”essentials”, use towel as head-gear during “cooking” and then exit with etiquette). Use last names, unless you are very good friends, and never say “San” after your own name. I am .Tanaka – “Watashi wa Tanaka desu, never Tanaka-san !” Please do not sy: “Ghhht!”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

8. Khmer – Cambodia, Vietnam

KEY PHRASES:

PRONUNCIATION

Thank you.	Soum orkun
Hallo	Cumriep sue
Yes/no/not	Baat/caah/koum
Please	Toe neak arch cooy
Excuse me	Soum tos
Good morning	A run sour sdey
My name is ...	Kgnom chhmous ...
What is your name?	Tor look chhmous ey?
How are you & family?	Look sok-sabaey cie tee?
Fine thanks	Knom sok-sapbaay cie tee
Good-bye.	Chum reab lea
Where is	Konn lang na?
How much?	Tlai pon maan?
OK/Cheers (good appetite)	Yol/prom
Mr.	Lok
Mrs.	Lok srei
I want	Kuhom chong bann

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Bow and put two hands near on chest together, slightly apart, fingers wave slightly. No hugs and kissing please). You are a “Chum lek” (foreigner)!
2. Eating – Take a huge helping of “Pro huk” (meat mixture).
3. Drinking – Try lots of “Toek tnout ehpu” (beer) and “Dra sor” (liquor).
4. Family – When happy say: “Yo ehey yo”. When surprised say: “Ohhh” !!
5. Social - Please, do NOT say “A chhe”.!!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

9. Korean – Korea

KEY PHRASES:

PRONUNCIATION

Thank you.	Kamsa hamnida
Hallo	Annyong
Yes/no/not	Ye/anio/animnida
Please	Putak hamnida
Excuse me	Mi an hamnida
Good morning	Annyong hasimnika
My name is ...	Nae irumun...imnida.
What is your name?	Dangsine irumun muo simnika?
How are you & family?	Otokke zine simnika?
Fine thanks	Zal zinem nida
Good-bye.	Annyong hi Gyes-ipsio
Where is	Odie mnika?
How much?	Olma imnika?
OK /cheers (good appetite)	Zosum nida/ gun be
Mr.	Sun-seng nim
Mrs.	Bu-in
I want	... (ko) sip sumnida

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Bow. Do not shake hands or hug (no kissing please). You are a “Goed kuk in” (foreigner)!
2. Eating – Take a huge helping of “Kin chi” (delicious vegetable mix).
3. Drinking – Try lots of “Hite” (beer) and “Sozu” (liquor).
4. Family – When happy say: “Dowal!” When surprised say: “Sesannyey” !!:
5. Social - Please, do NOT say “Ziral” !!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

10. Malay – Malaysia, Indonesia

KEY PHRASES:

PRONUNCIATION

Thank you.	Terima kasih
Hello	Halo
Yes/no/not	Ya/tidak, bukan, jangan
Please	Tolong/sila
Excuse me	Maafkan-saya
Good morning	Selamat pagi
My name (is) ...	Nama saya ...
What is your name?	Siapa nama awak?
How are you?	Apa khabar?
Fine thanks	Khabar baik, terima kasih
Good-bye.	Selamat tinggal
Where are you from?	Awak darimana?
Where?	Di mana?
How much?	Berapa harga?
OK/Cheers	OK/baiklah
God willing	Inshallah
Mr.	Encik
Mrs.	Puan
I want	Saya mahu

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Shake hands. Hugs allowed but no kissing please. You are a “Vahiny” (foreigner)! Remember Ramadan (September 4 weeks by the moon – no food in the day no emotion at night!). Very similar to Indonesian language - but watch out for the different meanings of exactly the same word!
2. Eating – Take a huge helping of “Nasi dan lauk” (rice and vegetables)
3. Drinking – No ETOH. Try “The” and “Sirap”.
4. Family – When happy say: “Gembira”. When surprised say: “Terkejut ...?” !!
5. Social - Please, do NOT say “Tahi” !!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

11. Mandarin – China, Taiwan, Singapore, Asia

KEY PHRASES:

PRONUNCIATION

Thank you	Xie-xie ni
Hallo	Ni hao
Yes/no/not	Dui/bu
Please	Qing
Excuse me	Duibuqi
Good morning	Zao shang hao
My name is ...	Wo jiao (called) ...
What is your name?	Ni de ming zi shi shen mo?
How are you & family?	Ni hao ma?
Fine thanks	Henhao, xiexie
Good-bye.	Zai-jian
Where?	Nali?
How much?	Duo-shao
OK	Ker-yi/Gan bei
God willing/all well	Mei wen ti
Mr.	Xian-sheng
Mrs.	Tai tai
I want	Wo yao

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting - Shake hands. No hugs or kissing please). You are a "Wai guo ren" (foreigner)! No touching. "Dui" (yes) ONLY means "You have a point which I have heard – no more". Never say: "Bu" (no) ... just say "Dui" !! Business in China has its own special rules. Group relationships are the key but may take two years to be really "in". When exchanging business cards, hold out your card with your right hand with the writing facing the recipient. Cards should always be exchanged individually (one-on-one). Never give a clock or watch as a present (sadly symbolic)
2. Eating – Take a huge helping of "Kao ya" (duck).
3. Drinking – Try lots of "Pi jiu" (beer) and "Bai jiu" (liquor).
4. Family – When happy say: "Tai bang lei ". When surprised say "Oh tian na" !!
5. Social - Please, do NOT say "Go-shi" But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

12. Nepali – Nepal, India

KEY PHRASES:

PRONUNCIATION

Thank you.	
Hallo	Dhanyabad
Yes/no/not	Hajur, ho,cha/hoina, chaina/hoinaNe/ochi
Please	
Excuse me	Hajur
Good morning	Namaste
My name is ...	Mera nam ...ho.
What is your name?	Tapaiko nam ke ho?
How are you & family?	Aramai huna huncha
Fine thanks	Malai sancai chai
Good-bye.	Namaste
Where is	Kaha ?
How much?	Kati ho?
OK/Cheers (good appetite)	Huncha. has/
Mr.	Dai
Mrs.	Didi
I want	Malai ... chaiyo

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Shake hands saying “ Namaste” as you join palms together. Don't touch with feet or left hand. Nodding left to right means 'Yes'. Shaking head means a 'No.’ You are a “Aparicit” (foreigner)!Take off shoes before entering someone's home, temple or stupa. No leather inside a temple. Always walk around a remple clockwise.
2. Eating – Take a huge helping of Bhat” (rice). Do not share your food with anyone!
3. Drinking – Try lots of “Biyar” (beer) and “Rakshi” (liquor).
4. Family – When happy say: “ Khushi khushi ... When surprised ssay: “Khatarnak ...” !!
5. Social - Please, do NOT say “Jutho” !! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

13. Punjabi – Pakistan, India

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)
God willing

Mr.
Mrs.
I want

Shokrya
Aslama le kum
Han/naheen/naheen
Mahabah
Maafi kur na

Salama le kum
Mera nam he..
Thoda naaan ke he?
Tusi ke se ho?
Theek hani meherbani

Allah hafiz
Kithe ho?
Ah keen ha?
Accha/bismilah
Inshallah

Saheb
Mem-saheb
Menu chahida he

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting –More casual. Men bow and shake hands. Remember Ramadan (September 4 weeks by the moon – no food in the day no emotion at night!.You are a “Pardesi” (foreigner)!
2. Eating – Take a huge helping of “Roti” (bread) and “Maudhi massala” chicken curry).
3. Drinking – No ETOH. Try lots of “Pani” (water) and “Lassi” (yoghout drink).
4. Family – When happy say ... “Accha theek hani ...”. When surprised say: “Inshallah ...rahtanak? ”!!
5. Social - Please, do NOT say “Badmash” . But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

14. Russian – Russian, Asia

KEY PHRASES:

PRONUNCIATION

Thank you	Spasibo
Hallo	Zdravstvuytie
Yes/no/not	Da/niet'nie
Please	Pojaluysta
Excuse me	Izvinitie
Good morning	Zdravstvuytie
My name is ...	Minya imje
What is your name?	Kak vas zovut?
How are you & family?	Kak pojivaetie?
Fine thanks	Kharasho spacibo
Good-bye.	Do svidania
Where?	Kuda?
How much?	Skolko?
OK	Kharasho/zavashe zdarovie
All being well	Vsio poridkv poriadkv
Mr.	Gospodin
Mrs.	Gospoja
I want	Ya khotchou

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Shake hands and hug. Accept kissing on the mouth when offered. You are a “Strain” (foreigner)!
2. Eating – Take a huge helping of “Kria sivoie” (soup).
3. Drinking – Try lots of “Home” (beer) and “Vodka” (liquor).
4. Family – When happy shout over and over ... “Ya schasdlu ...” When surprised say “Aha ...aha ...opasnyi?” !!
5. Social: Crossed legs and foot pointing allowed! But, please do not say “Gvnno”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

15. Shanghai - China

KEY PHRASES:

Thank you	Xie-ja nong
Hallo	Nong hah
Yes/no/not	Teka/va/va
Please	Qing
Excuse me	Dei-varchi
Good morning	Zor zang hor
My name is ...	Nor ji ar ...
What is your name?	Gnoka ding zerr tiao zah?
How are you & family?	Nong hoa varr?
Fine thanks	May hoa garr, xi-ja-nong
Good-bye.	Zei wei
Where?	Za di fong?
How much?	Duo-sha?
OK	Koo-yi/ gan bei
God willing (all is well)	Zoa ti par-yor
Mr.	Xi- sang
Mrs.	Tar tar
I want	Wo yoarr

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

- i. Shake hands. No hugs or kissing please. You are a "Gnaping" (foreigner)! No touching. "Teka" (yes) ONLY means "You have a point which I have heard – no more". Never say: "Va" (no) ... just say "Teka" !! Business in China has its own special rules. Group relationships are the key but may take two years to be really "in". When exchanging business cards, hold out your card with your right hand with the writing facing the recipient. Cards should always be exchanged individually (one-on-one).
2. Eating – Take a huge helping of "Tschoa lungprop" (duck).
3. Drinking – Try lots of "Bityer" (beer) and "Bai jiu" (liquor).
4. Family – When happy say: "Nakoni ". When surprised say: "Ay ya" !!
5. Social - Please, do NOT say "Tuna" But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

16. Singhala – Sri Lanka, India

KEY PHRASES:

PRONUNCIATION

Thank you.	Sthu thi
Hallo	Aybowan
Yes/no/not	Hai, on/nahin/mai
Please	Karuna karala
Excuse me	Sawawonna
Good morning	Suba udesanak wewa
My name is Mage nama
What is your name?	Obage nama mokak dr?
How are you & family?	Obara kohbmad?
Fine thanks	Stuthi
Good-bye.	Ser you soon
Where is	Koheen?
How much?	Keeyada?
OK/Cheers (good appetite)	Hari/subawewa
Mr.	Mahathmaya
Mrs.	Nona
I want	Mata one

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Men shake – four hands together please. Women bow. No hugs or kissing please. You are a "Videsha" (foreigner)!
2. Eating – Take a huge helping of "Curry aux chawal"
3. Drinking –. Try "Kingfisher" and "Grovers Red"
4. Family – When all happy say: "Safhtui ..." When surprised say: "Pudumat ...anaturu?"
5. Social - Please, do NOT say: "Gadha". But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

17. Tagalog - Phillipines

KEY PHRASES:

PRONUNCIATION

Thank you.	Salamat po
Hallo	Hello
Yes/no	Oo/Hindi
Please	Pakisuyo po (or Paki)
Excuse me	
Good morning	Magandang umaga.
My name is ... (I am)	Ako ay si (the name)...
What is your name?	Ano (what) ang pangalan (name) mo?
How are you?	Kumusta ka?
Fine (thanks)	Mabuti naman, salamat po.
Good-bye.	Paalam.
Where is	Saan?
How much?	Magkano?
OK/Cheers (good appetite)	Ayes/-
God willing	Salamt po
Mr.	Gin
Mrs.	Ginong
I want	Gusto ko

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Shake hands. No hugs, bows or kissing please. You are a “Banyaga” (foreigner. No touching. “Raised eyebrows” means “Yes”. “Go away” with a hand movement means “Come here”!! Don't point fingers or or cross legs....please!
2. Eating – Take a huge helping of “Kanin” (rice).
3. Drinking – Try lots of “San Miguel” (beer) and “Ginerba” (sugar liquor).
4. Family – When happy shout over and over: “Mabu hai ... ” When surprised say “Oh Josgo” !!
5. Social - Please, do NOT say “Gagggo” or “Mrrrtt”!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

18. Tamil – Sri Lanka, India

KEY PHRASES:

PRONUNCIATION

Thank you.	Nandri/meta peria upakaram
Hello	Vanakkam
Yes/no	Oom, amam/Ille/ille
Please	Thayavu seidu
Excuse me	Mannite-hod-unge
Good morning	Kaalai vanakkam
My name is ...	Ye(n) payru...
What is your name?	Onge payru enna?
How are you?	Ep-pedi iruk-kiinge?
I am well	Nallah iruk-kurren
Good-bye.	Varen
Where is	Euge/kur?
How much?	Euvelevu/kiek?
OK/Cheers (good appetite)	Seri/arukilullaq
God willing	Kadavul/nalla
Mr.	Aiyaa
Mrs.	Ammaa
I want ...	Enakku veendum

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

- 1.. Meeting – Soft speaking. Some variations between Sri Lanka Tamil and Indian Tamil. Do not shake hands. Greet with palms clasped together as if in prayer at chin level ... with a slight nod of the head, as you say "Vanakkam." (long life). Gifts are symbolic ...but avoid flowers and leather. Always receive and give gifts with two hands. Or touch right forearm with left hand while offering the gift with their right hand. You are an "Velinootu kaavas" or "Anniya" (foreigner)
2. Eating - If invited at 7pm "to eat" it may be 10.00 p.m. before the food arrives. Socialize before eating not afterwards. Wash hands and keep elbows off the table. Eat with the right hand please. Use bread or rice balls to scoop food. Always leave a bit on the plate, to show you have eaten enough. Empty plate means you are still hungry. Leave half an hour after the meal ends. Be sure to try the "Soru, kari, keerai" (rice, curry, vegetables).
3. Drinking – Try lots of "Rasam" (very special local drink) and of course "Arrack" (special liquor) or "Kal" (palm wine). Always leave a little in the glass.
4. Family – When happy say: "Nallam ..." When surprised say: "Aiyo ..." !!
5. Social - Please, do NOT say "Poda". !!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

19. Thai – Thailand, Burma (Myanmar), India

KEY PHRASES:

PRONUNCIATION

Thank you.	Kob-koon krab
Hello	Sawasdee krab
Yes/no	Chai/ mai-chai, plao
Please	Dai-mai krab/karuna choy
Excuse me	Kor-thot
Good morning	Sawasdee
My name is ...	Pom cheu ... khun(m), Di-chan cheu ... (f)
What is your name?	Koon cheu ah-rai ka/karb?
How are you?	Koon sabaai-dee mai krab ?
Fine thanks	Pom sabaai-dee, kob-koon
Good-bye.	Leao jeu kan mai krab/Lar-korn/ Sawasdee
Where is	Thee nai?
How much?	Tau rai?
OK/Cheers (good appetite)	Tok rong/ kor hai charoen a-harn
God willing	Took yang sabaai-dee krab/ kwam pra song kong pra chao
Mr.	Koon/Nai
Mrs	Koon
I want	Pom tong-karn/Di-chan tong-karn (fem.)

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

20. Urdu – Pakistan, India, Iran, Afghanistan

KEY PHRASES:

PRONUNCIATION

Thank you.	Shokrya
Hallo	Salam ale kum
Yes/no	Ji-han/nahin
Please	Marhabani
Excuse me	Mafi ki jiyei
Good morning	As salam aleikum
My name is ...	Mere (my) nam ... hai
What is your name?	Ap-ka nam kya (what) hai?
How are you?	Ap kaise hain?
Fine, thanks	Thik hai (is), shokrya
Good-bye.	Allah hafez/khuda hafez
Where is	Kahan?
How much?	Kitna hai?
OK/Cheers (good appetite)	Thaik hai/accha
God willing	Inshalah
Mr.	Jinab
Mrs.	Begum
I want	Mujhe chahiei

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Men bow and shake hands, No hugs or kissing please. You are a “Rer mulki” (foreigner)! Remember Ramadan (September 4 weeks by the moon – no food in the day no emotion at night! Watch out for nightime security.
2. Eating – Take a huge helping of “Roti” (bread) and “Dal” (lentils) with “Chawal” (rice). Right hand only please..
3. Drinking – No ETOH! Try lots of “Pani” (water) and “Sherbat” (fruit drink).
4. Family – When happy say over and over ... “Tikk hai ...” When surprised say: “Han ...rhatarnak?”
5. Social - Please, do NOT say “Badmash” or “Char so becj”. But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

21. Vietnamese – Vietnam, Cambodia, Laos

KEY PHRASES:

PRONUNCIATION

Thank you	Cám ơn
Hallo	Chào
Yes/no	Đa, có/ không
Please	Làm-ơn
Excuse me	Xin-lôi
Good day	Xin chào
My name is ...	Tên (name) tôi (my) là ...
What is your name?	Tên ông là gì (what)?
You are well?	Bạn khỏe không?
Fine thanks	Tôi khỏe, cảm-ơn
I want ...	Tôi muốn ...
Goodbye	Chào
Where?	O đâu
How much?	Bao nhiêu
OK/cheers	Được/ tốt
God willing	Chúa phù hộ (catholic)/Trời Phật phù hộ
Mr.	Ông
Mrs.	Bà
I want	Tôi muốn

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Shake hands, with two hands when meeting more more respectful people and hug (no kissing please). You are a “Ngoại quốc” (foreigner)
2. Eating – Mọi Ông/Bà/Quý vị (you all) = Enjoy your meal
3. Drinking –Try some “Lave” (beer) and some Ru-o-u” (liquor). Say: “Xin mời” (enjoy your drink)
4. Family — when happy say: “Tuyệt vời” !. When surprised say: Oi giỏi”!
5. Social – Please do not say: “Sao dở” or “Sai rồi”. But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

22. Tahitian - Tahiti

KEY PHRASES:

PRONUNCIATION

Thank you.	Maururu
Hallo	I-a o-ra na
Yes/no/not	E, oia/aita/eaha,ore
Please	It tia ia-oe
Excuse me	It tia ia-oe
Good morning	I-a0-ra na
My name is ...	Au i-oa..
What is your name?	Outou i-oa?
How are you & family?	E aha te huru?
Fine thanks	Fanao, maururu
Good-bye.	Haere-oe
Where is	Ihea?
How much?	Ehia?
OK/Cheers (good appetite)	Mait-ai/manu-ia
Mr.	Tane
Mrs.	Vahine
I want	Te hina-aro net

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting - Island of love. Good place for a wedding and a tattoo. Hugs. Kisses and flowers for all, with great Polynesian dance shows with drums. Ma-ohi tribe is powerful from centuries of exploration.
2. Eating – Papete (resrautants on wheels) for “Fei” (cooked banana) and “Poe”(tapioca, fruit and milk)
3. Drinking – Biere Tahiti is special; Dum and cococut liqueurs.
4. Family – Ancestor worships at Marate temples for the whole family, Women dancing and men drinking all the time. Children have great freedom.
5. Social - Pleae do not say: “aaut” or “opu”. But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

23. Hawain - Hawaii

KEY PHRASES:

PRONUNCIATION

Thank you.	Mahalo/aloha
Hallo	Aloha
Yes/no/not	Sae, e, o/oia-no/ a ole
Please	Ho-olu/aloha
Excuse me	E kala mai/aloha
Good morning	Aloha kakahiaka
My name is ...	Ko-u Inoa
What is your name?	Kou inoa?
How are you & family?	Hau-oli oe?
Fine thanks	Ua maika-I au, mahalo
Good-bye.	A hoi hou/aloha
Where is	Hea?
How much?	Ehia?
OK/Cheers (good appetite)	Hiki/hipahipa
Mr.	Mika
Mrs.	Ka-mika
I want	Ua mamake

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Multiracial complex with harmony. Every nation is here. Noone dominant. Flowers and hugs everywhere. Good place for a tattoo. Marate temples everywhere. Do not carry a camera (to avoid being identified as a tourist).
2. Eating – Good breakfast is no substitute for a big dinner. Ahi (Tuna) and Havpia (coconut pudding).
3. Drinking - Unlimited and untaxed. Hawaiian rum is unforgettable.
4. Family – Multi-racial t the extreme.
5. Social:- Please do not say: “aaut” or “opu”. But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

24. Mongolian – Mongolia, China

KEY PHRASES:

PRONUNCIATION

	Mongolian	Alternative Dialect
Thank you.	Baiaralaa	Baiaralaa
Hallo	Sain uu	Meint
Yes/no/not	Zuv/buruu/buruu	Tim/uguy,bish/uguy,bish
Please	Guij baina	
Excuse me	Uuchlaaray	Uutchlaaray
Good morning	Ughur mend	Dain hainuu
My name is ...	Namaig ...	
What is your name?	Taning hen gedey ve?	
How are you & family?	Ta sain uu?	Sain bainuu?
Fine thanks	Zugee, baiaralaa	
Good-bye.	Baiartai	Baiartai
Where is	Xaa nu?	Xaa nu?
How much?	Gam xed yum?	Xed
OK/Cheers (good appetite)	Za/tulgii	
God willing	Burhan urshu	
Mr.	Ta	Guay
Mrs.	Ta	Xatan
I want	Nadad	Bi ...xus-ya

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting - Shake hands. No hugs or kissing please. Bow if you feel like it. Some alternative Mongolian dialects and words.
2. Eating – Traditional meal “Tsuivan” (beef) with “Buda” (rice)
3. Drinking – Try the “Boegio” (beer) or “Chingi” (vodka).
4. Family – When happy say: “Bid buyarlai baing ...”. When surprised say: “Oh ...”
5. Social – Use first names only with “Ta” for respect. Please do not say: “Pizda” But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

25. Balouche – Pakistan, Iran, Afghanistan

KEY PHRASES:

PRONUNCIATION

Thank you	Allaha mana ay-i.
Hallo	Salam alekum
Yes/no/not	djihan,han/enna,na/enna,na
Please	Merbamis kan
Excuse me	Nazanin

Good morning	Salam alekum
My name is ...	Man nam .
What is your name?	Shoma nam?
How are you & family?	Yai tche ha lint?
Fine thanks	Vash, allaha mana ay-i

Good-bye.	Droa bebay
Where is	Kodja?
How much?	Tchunka?
OK/Cheers (good appetite)	Rast/-

Mr.	Vadja
Mrs.	Mai
I want (where is?)	...kodja ent

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

2. Meeting – History of armed tribal revolt, so watch out at night. Men bow and shake hands, No hugs or kissing please. You are a “Gedal” (foreigner)! Remember Ramadan (September 4 weeks by the moon – no food in the day no emotion at night!
2. Eating – Take a huge helping of “Goshi” (meat) and “Pulao” (rice) with “Chawal” (rice). Right hand only please..
3. Drinking – No ETOH! Try lots of “Ap” (water) and “Tcha” (tea).
4. Family – When happy say over and over ... “Vash ...” When surprised say: “Rast”?
5. Social - Please, do NOT say “Zoban” or “Lap”. But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?

26. Assamais – India, Burma

KEY PHRASES:

PRONUNCIATION

Thank you.	Dhanyabad
Hallo	Namaskar
Yes/no/not	Era,hoy/nahay/nahay
Please	Na jano
Excuse me	Na jano

Good morning	Namaskar
My name is ...	Moi nam..
What is your name?	Aponalok nam?
How are you & family?	Kene ache?
Fine thanks	Bhal, dhanyabad

Good-bye.	Biday
Where is	Koi?
How much?	Kiman?
OK/Cheers (good appetite)	Bhal/-

Mr.	-
Mrs.	-
I want (where is?)	...koi acche?

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. ting – Men shake with two hands inter-twined! Women just bow. No hugs or kissing please. You are a “Bideshi” (foreigner)! Try not to say “Nahay” just say “Hoy sika” ... I learn. Watch out for “cast” differences. Hinduism expects the universe undergoes an infinite number of deaths and rebirths. The Guru will always help you. Yoga brings a healthy life non-violent style.



“Klanata?!!”.

2. Eating – Take a huge helping of “Mankha & bhat (curry and rice).
 3. Drinking – Try lots of “Sah” (tea) and “Gjakir” (milk).
 4. Family – When happy say: “Hundar” ... When surprised say:
5. Social - Please, do NOT say “Jiba” or “Ga”!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

27. Gujrati - India

KEY PHRASES:

PRONUNCIATION

Thank you.	Tamari-mehrbani
Hallo	Salam
Yes/no/not	Ha,dji,djiha/na/nahi, nathi
Please	Mehrbani karini
Excuse me	Maaf kardjo
Good morning	Salam
My name is ...	Hun nam.
What is your name?	Tame nam?
How are you & family?	Kame kem tcho?
Fine thanks	Saro, tamari-mehrbani.
Good-bye.	Avdjo
Where is	Kyan?
How much?	Ketla?
OK/Cheers (good appetite)	Saro/-
Mr.	Bhay
Mrs.	Ben
I want	Mane ...djoye tche

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

- 1 Meeting – Gandhi was a Gujerati. Men shake with two hands inter-twined! Women just bow. No hugs or kissing please. You are a “Navo” (stranger)! Try not to say “Na” just say “Ha samajh” ... I understand. Watch out for “cast” differences. Expect some “Old British” colonial customs (“The Club”). Hinduism expects the universto undergo an infinite number of deaths and rebirths. A Guru will always help you. Yoga will bring you a healthy life non-violent style.



6. Eating – Take a huge helping of “Curry aur chawal (curry and rice).
7. Drinking – Try lots of “Kingfisher” (beer) and “Grovers Red” (brandy).
8. Family – When happy say: “Kyay Kyau” ... When surprised say: “Mugu?”.
9. Social - Please, do NOT say “Pet” or “Atarya”!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

28. Kashmiri – Kashmir, India, Pakistan

KEY PHRASES:

PRONUNCIATION

Thank you.	Danawad
Hallo	Salam
Yes/no/not	Ho.na-keh/na
Please	Gatshi
Excuse me	Gatshi muaf karunu
Good morning	Salam
My name is ...	Bou nay
What is your name?	Toht nay?
How are you & family?	Kotah toht?
Fine thanks	Jan, danawad
Good-bye.	Salam
Where is	Kati?
How much?	Kotah?
OK/Cheers (good appetite)	Jan/-
Mr.	Sahib
Mrs.	Mem-sahib
I want	Boh tchus yithan

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Men bow and may shake hands, Women just nod. No hugs or kissing please. You are a “Wopar” (foreigner)! Remember Ramadan (September 4 weeks by the moon – no food in the day no emotion at night! Watch out for nighttime security.
2. Eating – Take a huge helping of “Roti” (bread) and “Dal” (lentils) with “Chawal” (rice). Right hand only please..
3. Drinking – No ETOH! Try all kinds of “Tchay” (tea) and “Sherbat” (fruit drink).
4. Family – When happy say over and over ... “Khoshi ...” When surprised say: “Na banani?”
5. Social - Please, do NOT say “Tchoth”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

29. Bisaya - Phillipines

KEY PHRASES:

PRONUNCIATION

Thank you	Salamat.
Hallo	Maqayu
Yes/no/not	Uu/dilig/ataw,dili
Please	Palihug
Excuse me	Saq pa diqay
Good morning	Maayong buntag
My name is ...	Ku apelyido
What is your name?	Tanan apelyido?
How are you & family?	Kumusta ka?
Fine thanks	Alegre, salamat
Good-bye.	Sigi
Where is	Asa?
How much?	Pila?
OK/Cheers (good appetite)	Tinood/-
Mr.	Mistir
Mrs.	Mam
I want	Gusto unta nako

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Shake hands. No hugs, bows or kissing please. You are a “Banyaga” (foreigner. No touching. “Raised eyebrows” means “Yes”. “Go away” with a hand movement means “Come here”!! Don't point fingers or or cross legs....please! Learn some Tagalog too!
2. Eating – Take a huge helping of “Hyabi & kon” (fish & rice).
3. Drinking – Try lots of “Bie” (beer) and “Maok” (sugar liquor).
4. Family – When happy shout over and over: “Masee ... ” When surprised say “Oh kila?”
5. Social - Please, do NOT say “Nia” or “Hu”!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

30. Oriya – India, Bangladesh

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)

Mr.
Mrs.
I want (where is)

Dhanyawad
Namaskar
Han/na/nahin
Basantu
Basantu

Namaskar
Mun.nama.
Tumbhemane nama?
Kete tumhemane?
Bjala, dhayawad

Namaskar
Keunthare?
Kete?
Bjala/-

-
-
,,, keunthare atchhi?

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Men shake with two hands inter-twined! Women just bow. No hugs or kissing please. You are a “Bidesa” (stranger)! Try not to say “Na” just say “Han budjhiba” ... I understand. Watch out for “cast” differences. Hinduism expects the universto undergo an infinite number of deaths and rebirths. A Guru will always help you. Yoga will bring you a healthy life non-violent style.



2. Eating – Take a huge helping of “Curry aur chawal (curry and rice).
3. Drinking – Try lots of “Kingfisher” (beer) and “Grovers Red” (brandy).
4. Family – When happy say: “Sundara” ... When surprised say: “Manda?”.
5. Social - Please, do NOT say “Djihwa” or “Deha”!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

31. Kannada – India, Bangladesh

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)

Mr.
Mrs.
I want

Venhane
Namaskara
Handu, agali, sar/illa
Daivittu
Kahanmisu

Namaskara
Nanu.hesani.
Ni-vu hesani?
Ninu tchanna geddiya?
Olleya, venhane

Hogi bittu barathini
Elli?
Eshtu?
Olleya/-

Svami
Svami-ya
Beku

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Men shake with two hands inter-twined! Women just bow. No hugs or kissing please. You are a “Bidesa” (stranger)! Try not to say “Illa” just say “Haodu arta aittu” ... I understand. Watch out for “cast” differences. Hinduism expects the universto undergo an infinite number of deaths and rebirths. A Guru will always help you. Yoga will bring you a healthy life non-violent style.



2. Eating – Take a huge helping of “Mamsa anna (curry and rice).

3. Drinking – Try lots of “Kingfisher” (beer) and “Grovers Red” (brandy).

4. Family – When happy say: “Olleya” ... When surprised say: “Ketta?”

5. Social - Please, do NOT say “Hotte” or “Bayi”!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

32. Tibetan – Tibet, China

KEY PHRASES:

PRONUNCIATION

Thank you.	Tudjay-tchay
Hallo	Tashi delek
Yes/no/not	Lo, iha/me, tha/me,min
Please	Gawn-dak
Excuse me	Gawn-dak
Good morning	Tashi delek
My name is ...	Nga ming.
What is your name?	Kaynandzo ming?
How are you & family?	Kayrang gusu debo yimbay?
Fine thanks	Yapo, tudjay-tchay
Good-bye.	Kally pay
Where is	Kaba?
How much?	Kadzay?
OK/Cheers (good appetite)	Yapo/-
Mr.	-
Mrs.	-
I want	Nga ...gaw

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Men bow. Women just nod. No hugs or kissing please. You are a “Soma” (stranger). Address without Mr. Body language critical. Stoop for respect. No feet pointing. No head touching. Sit with legs folded pointing backwards (if you can manage it!). Do not wear a yukata to attend the bouddist/shintoist ceremony at 06:00 am in the monastery where you tried to sleep on the tatamis. Please do not forget to bring the incense to your forehead before throwing it in the fire...
2. Eating – Spicely chinese food.
3. Drinking - Do not drink the hot tea you are being presented ...: you must offer it to the god(s). “Rchang” (beer) and “ggundrumkyi tchang” (wine)
4. Family - When happy say: “Kiybu” ... When surprised say: “Dukja?”
5. Social - Please, do NOT say “Gyuma” or “Tchopa”!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

33. Laotian – Laos, Vietnam, Cambodia

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)

Mr.
Mrs.
I want (where is ...?)

Khop chay
Sabaydi
Doi, chao, oe/bo/bo
Karuna
Kho thod

Sbaydi
Khoi nam satrui
Phwak nam satrui?
Chao koi yu bo?
Bjala, khop chay

La kon
Thang dai?
Tho dai?
Ta/-

Than
Nang
...ka ne yot?

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Men shake with two hands inter-twined! Women just bow. No hugs or kissing please. You are a Tang dao” (stranger). Address with Than (Mr) and Nang (Mrs). Body language critical. Stoop for respect. Feet pointing. No head touching. Sit with legs folded pointing backwards (if you can manage it!).
2. Eating – Spicy chinese food.
3. Drinking – Bia sot (beer) and lao-loa (rice whiskey)
4. Family - When happy say: “Di chai” ... When surprised say: “Mian tha lai?”
5. Social - Please, do NOT say “Lam sai” or “Tong”!! But if you are really very angry... say them three times to yourself ...and you will feel much better! OK?Social -

34. Zuang – China, Thailand, Laos

KEY PHRASES:

PRONUNCIATION

Thank you.	Xie
Hallo	Ni hao
Yes/no/not	U/bow/bow
Please	Kow how gho
Excuse me	Kow how gho
Good morning	
My name is ...	Kow tso..
What is your name?	Sow tso?
How are you & family?	Ni hao ma?
Fine thanks	Dey, xie
Good-bye.	Zai
Where is	Ki lagh?
How much?	Ki lay ngan?
OK/Cheers (good appetite)	Dey/-
Mr.	Tung tsi
Mrs.	Ting tsi
I want	Kow aw

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Bow gently .No hugs or kissing please. You are a “Mo” (foreigner). Don't point your fingers at Buddha images Greet older people with a bow and a “Wai”. No feet on the table please! No pointing of feet at anyone!
2. Eating – Take a huge helping of “No” (meat) and “Pyak” .(vegetables.
3. Drinking – Try lots of “Tcha” (tea) and “Law” (wine)
4. Family – When happy say: “Sawdey”. When surprised say: “Ghuy” !!
5. Social - Please, do NOT say “Pak”. But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

35. Telegu – India, Sri Lanka

KEY PHRASES:

PRONUNCIATION

Thank you.	Dhanya-wadam
Hallo	Namaskaram
Yes/no/not	An,avvnu/kadu,ledu/kadu,ledu
Please	Kesta
Excuse me	Kesta
Good morning	Namaskaram
My name is ...	Nenu peru..
What is your name?	Mini peru?
How are you & family?	Bagun-nara?
Fine thanks	Mantchi, dhanya-wadam
Good-bye.	Vel randi
Where is	Ek-kada?
How much?	En-ni?
OK/Cheers (good appetite)	Mantchi/-
Mr.	-garu
Mrs.	-garu
I want	Naku/kavali

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Men shake with two hands inter-twined! Women just bow. No hugs or kissing please. You are a “Paradeshi” (foreigner)! Try not to say “Kadu” just say “An granhint-chada-mu ... I understand. Watch out for “cast” differences. Hinduism expects the universe undergoes an infinite number of deaths and rebirths. The Guru will always help you. Yoga brings a healthy life non-violent style.



(brandy)

2. Eating – Take a huge helping of “Mam-samu & an-namu” (curry and rice).
3. Drinking – Try lots of “beer”(beer) and “Madya saram”
4. Family – When happy say: “Sanato-sha-maina” ... When surprised say: “Prama-damaina?!!”.
5. Social - Please, do NOT say “Kadupu” or “Naluka”!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

36. Marathi - India

KEY PHRASES:

PRONUNCIATION

Thank you.	Abhar
Hallo	Nemeste
Yes/no/not	Oe/nahi/nahi
Please	Krupa kara
Excuse me	Maf kara
Good morning	Nemeste
My name is ...	Mi..
What is your name?	Tumhi
How are you & family?	Kese kae ahe?
Fine thanks	Tsangla, abhar
Good-bye.	Nemeskar
Where is	Kuthe?
How much?	Kiti?
OK/Cheers (good appetite)	Khere/-
Mr.	Shriyut
Mrs.	Shrimati
I want	Meala ... paidje

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:



1. Meeting – Men shake with two hands inter-twined! Women just bow. No hugs or kissing please. You are a “Per-deshi” (foreigner)! Try not to say “Nahi” just say “Oe samezne” ... I understand. Watch out for “cast” differences. Hinduism expects the universe undergoes an infinite number of deaths and rebirths. The Guru will always help you. Yoga brings a healthy life non-violent style.
2. Eating – Take a huge helping of “Maus & bhat” (curry and rice).
3. Drinking – Try lots of “Tchaha”(tea) and “Meddie” (brandy)
4. Family – When happy say: “Sukhi” ... When surprised say: “Sanket – dayak?!!”.
5. Social - Please, do NOT say Atedi” or “Pot”!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

37. Ladakh – India, Tibet

KEY PHRASES:

PRONUNCIATION

Thank you.	Od dju
Hallo	Dju le
Yes/no/not	Ka sa, ya/biduk/met
Please	Kare le
Excuse me	Kare le
Good morning	Dju le
My name is ...	Nga.ming.
What is your name?	Khyo-ja ming?
How are you & family?	Khyo ka zu gi?
Fine thanks	Rg-yal-la, od dju
Good-bye.	Dju-le
Where is	Karu?
How much?	Tsam?
OK/Cheers (good appetite)	Rg-yal-la/-
Mr.	Tschan
Mrs.	Tschan
I want (where is...?)	...ka ne yot?

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. Meeting – Men bow. Women just nod. No hugs or kissing please. You are a “So-ma” (stranger). Address without Mr. Body language critical. Stoop for respect. No feet pointing. No head touching. Sit with legs folded pointing backwards (if you can manage it!). Please do not forget to bring the incense to your forehead before throwing it in the fire.
2. Eating – Spicy chinese food. “Sha & das” (meat & rice)”Churper” (cheese)
3. Drinking - Do not drink the hot tea you are being presented ...: you must offer it to the god(s). “Dja” (tea). “Chang” (alcohol).
4. Family - When happy say: “Saying pa” ... When surprised say: “Kaks po?”
5. Social - Please, do NOT say “Ice” or “Jai”!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

38. Batak – Sumatra, Indonesia

KEY PHRASES:

PRONUNCIATION

Thank you.	Ma
Hallo	Horas
Yes/no/not	Olo/daong/daong
Please	Ma
Excuse me	Ma
Good morning	Horas
My name is ...	Au goar.
What is your name?	Hamu goar?
How are you & family?	Boha hamu?
Fine thanks	Denggan, ma.
Good-bye.	Horas
Where is	Dia?
How much?	Sadia?
OK/Cheers (good appetite)	Tutu/-
Mr.	-
Mrs.	-
I want	Lean ma

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. No hugs or kissing please. You are a “Dao” (foreigner)! Remember Ramadan (September 4 weeks by the moon – no food in the day no emotion at night!).
2. Eating – Take a huge helping of “Ikkau” (fish) and “Sau” (fruit).
3. Drinking – No ETOH please. Try many kinds of wonderful “Teh” and perhaps some “Tuak” (palm wine)
4. Family – When happy say: “Balga” ... When surprised say: “Ohhh ...maol?” !!
5. Social - Please, do NOT say “Simak-kudap” !!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

39. Javanais – Java, Indonesia

KEY PHRASES:

PRONUNCIATION

Thank you.	Terima kasi
Hallo	Selamat pagi
Yes/no/not	Iya,inggth/ora/ora,boten
Please	Mbok
Excuse me	Ma-af
Good morning	Selamat pagi
My name is ...	Aku jeneg.
What is your name?	Kowe jeneng?
How are you & family?	Apa kowe slamet?
Fine thanks	Bungah, terima kasi
Good-bye.	Samapai ketemu lagi
Where is	Endi?
How much?	Pira?
OK/Cheers (good appetite)	Becik/-
Mr.	Bendara
Mrs.	Bendara
I want	Aku butuh

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. No hugs or kissing please. You are a “Manca” (foreigner)! Remember Ramadan (September 4 weeks by the moon – no food in the day no emotion at night!).
2. Eating – Take a huge helping of “Sop” and “Kambing” (lamb).
3. Drinking – No ETOH please. Try many kinds of wonderful “Teh”
4. Family – When happy say: “Bungab” ... When surprised say: “Ohhh ...angel?” !!
5. Social - Please, do NOT say “Usus” !!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

40. Sasak – Indonesia, Bali

KEY PHRASES:

Thank you.
Hallo
Yes/no/not
Please
Excuse me

Good morning
My name is ...
What is your name?
How are you & family?
Fine thanks

Good-bye.
Where is
How much?
OK/Cheers (good appetite)

Mr.
Mrs.
I want

Matur tamplasih
Selamat pagi
Ao/nde/nde
Silak
Maaf tiang

Selamat pagi
Tiang aran
Amak aran?
Berembe?
Bahagie, matur templasih

Sangke bedait
Le embe?
Pire?
Solah/-

Mamik
Inak
Aku mele

PRONUNCIATION

Amusing cultural comments (meeting, eating, drinking, family, health, social etc.) to help you to laugh and learn. Do's and don'ts:

1. No hugs or kissing please. You are a “Dengan” (foreigner)! Remember Ramadan (September 4 weeks by the moon – no food in the day no emotion at night!).
2. Eating – Take a huge helping of “Sop” and “Kibas” (lamb).
3. Drinking – No ETOH please. Try many kinds of wonderful “Teh”, Perhaps just a little “Anggur” (wine).
4. Family – When happy say: “Bahagie” ... When surprised say: “Ohhh ...berbahaye?”
!!
5. Social - Please, do NOT say “Usus” !!! But if you are really very angry... say it three times to yourself ...and you will feel much better! OK?

LIST OF CONTRIBUTORS & RESOURCES

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Y. Takemoto

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Sam Sophea

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Iqbal Shah.

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Guoliang Zhangg

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Odrich Haselman

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Assamais

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Oriya

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Tibetian

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Ladakh

Batak

Javanais

Sasak

Hawai

Key resources for this Edition: Dalia Susini, Tomas Allen, Aafjie Rietveld & the contributors for each language & WCC & WHO & ILO & lulu.com & the web site: International etiquette: www.asiapacific.ca/about/index.cfm

POSTSCRIPT: WHEN YOU NEXT LIFT THE TELEPHONE ... TO RECEIVE OR MAKE A CALL ... MAKE A SPECIAL EFFORT ... WITH THE FACE ... YES ... WITH THE FACE ... SMILE ... YES ... SMILE ... AND YOU WILL ACHIEVE AND FEEL A DIFFERENCE ... IN YOUR COMMUNICATION ... AND YOUR LANGUAGE COURTESY!

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