

# CRE - CREATIVE RELAXATION EXERCISE

## THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT FOR JUST 30 MINUTES

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

### NO. 310 - SWAHILI from ENGLISH

Version 2 - with a few errors - February 2003

**Note:**

Appendix A - is the routine for long term reinforcement after one month, which can also be used by experienced speakers for the chronic problem of accent deterioration. Books to buy: Berlitz and Lonely Planet phrase books, Teach Yourself Swahili Dictionary (English Universities Press & Hodders) and Crosslines - Afghanistan Essential Field Guides to Humanitarian and Conflict Zones. See also Swahili dictionary on the web: <http://www.yale.edu/swahili/>

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<http://www.bu.edu/familymed/distance/cre>

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## DEDICATION

This program is dedicated to the memory of Professor Kenneth Hale, the eminent linguist of MIT who died on October 8th 2001.

He spoke about 50 languages fluently and regarded each language as an intellectual treasure-house of communication, culture and humanitarian values.

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

So on we go ... for one whole day ... with a partner or small group ... speaking and speaking ... and moving ... face, hands and body language to reinforce your communication ... and ending with ... almost instinctive ... easy inter-active conversation ... in the natural language ... and if you are lucky enough to find ... ANY natural speaker for the day ... to be a partner ... or just part of the small group ... that would be just great ... so start chatting now ...

**Thank you.**

Hallo Bob!

Yes/no

Please

OK!

Excuse me

Good morning

My name is ...

What is your name?

How are you?

Fine thanks

Where is

Where do you come from?

I'm from:

I want ...

Good-bye.

**Asante**

Bob jam-bo!

Ndi-yo/hap-ana

Tafad-hali

Sawa-sawa!

Mas-ama-ha

Habari ya asubuhi

Jina lan-gu (name) ni (is)...

Jina lak-o na-ni (what)?

Hu jam-bo?

Si jam-boi

... wa-pi?

U-na-toka wa-pi (where)?

Na-toka (come) ...:

Ni-na-taka ...

Kwa-heri

... and so ... on we go ... talking with ... EVERYONE ...

## 1.0 INTRODUCTION

### 1.1 STRUCTURE

This program gives you practice in understanding the structure of the language almost instinctively, as for each difficult phrase, English words are inserted. There is also a Mini Phrase-book, a Brief Note on Grammar and a list of the 100 "most used" words in conversation.

### 1.2 MEMORY

A simple technique for the memory of difficult sounds is to make up a ridiculous English phrase as a memory "trigger", for example:

Yes ... ndi-yo ... say ...

... yes ... knee deep you know ... yes ... ndiiyo

Goodbye ... kwa-heri ... say ...

... goodbye ... quite a hairy experience ... kwaheri

I want ... ni-na taka ... say ...

... I want ... nina takes it but I want it ... nina taka

or email [robertboland@wanadoo.fr](mailto:robertboland@wanadoo.fr) for our CRE 33 MemoryAlert.

### 1.3 PRACTICE.

Learn very rapidly the list of "most used 100 words" and each day, take one page of the mini-phrase-book, to make 10 minutes of Burmese conversation with a natural speaker or aloud with yourself. Then make a friend of the main Burmese Phrase-book.

# INSTANT RELAXATION TECHNIQUE

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

2. So, get into that comfortable position, in which you know ... you really can relax. Be aware that marble gets warm as it absorbs heat from contact with your right hand. Open your hand and allow the warmth to evaporate. Close the hand again, and recognize the marble ... as a physical external symbol ... of the internal function of your mind and body. Allow it to receive and evaporate not just heat ... but emotion, anxiety and stress ... leaving you free, relaxed, confident and ready to learn to speak and understand the natural language without effort ....

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

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

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

5. After the third breath, let your whole mind and body relax completely for two minutes ... thinking ONLY of your breathing ... nothing else ... no self talk at all ... just concentrate on the BREATHING ... very important .. counting down from 20 to 1 ...

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

Note: This simple CRE "Instant Relaxation Technique" can be used anywhere (eyes open or closed) to achieve a calm mind ... without anger, anxiety or stress ... ready and confident to learn .. or deal with any new problem ... that you have to face. Keep the marble always to hand, as a symbol of ... "DARI ALERT" - your confidence ... to feel comfortable ... in the new natural language ... and to speak almost instinctively ... without stress or effort ...

## SIMPLE THROAT EXERCISE - 16 KEY WORDS

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

|                 |              |                     |
|-----------------|--------------|---------------------|
| Thank you       | Asante       | AR-SAAN-TAY         |
| Hello           | Jambo        | JAM-BO              |
| Mr.             | Bwa-na       | BB-WARR-NAA         |
| Mrs.            | Bibi         | BEE-BEE             |
| Yes/No          | Ndiyo/Hapana | NNDEE-YOE/HA-PARN-A |
| Good            | Nzuri        | NN-ZURR-EE          |
| Please          | Tafadhali    | TAFF-AD-ARRR-LEE    |
| Do you have?    | Je-u-na-yo?  | JAY-OO-NARR-YAA     |
| Goodbye         | Kwa-heri     | KKWARR-HAIR-EE      |
| See you soon!!! | Tuta-onana   | TOO-TAA-ONNAA-NA    |
| Who?            | Na-ni?       | NARR-NEE            |
| What?           | Ni-ni?       | NEEE-NEE            |
| I want          | Ni-na-taka   | NEE-NARR-TAJ-AA     |
| Where?          | Wa-pi?       | WAA-PEE             |
| OK!             | Sawa         | SAAA-WA             |

Note: In the text "complete" words are often shown in a "broken format" (e.g. nini shown as ni-ni) to show the original of the word structures, which makes it easier to learn and remember.

## NATURAL SUGGESTIONS

Plan to do the whole CRE in one 6 hour CRE day, with a partner or a small group. A natural speaker (if available) would be most welcome as a partner or group member. On the day before, as pre-learning (alone), play the 30 minute tape, just before sleeping, speaking all the time, completely relaxed making no conscious effort to learn anything.

After the one full day of CRE, plan revision during your NORMAL ROUTINE in the following week, for just an hour a day. Feel free to do it in any way ... that YOU know ... will suit YOU best ... and will allow you ... both to speak AND to understand ... what is spoken to you ... so relax completely ... and ABSORB ... both consciously and sub-consciously ... the very carefully selected ... 30 minute audio tape ... of new natural language ... which becomes part of you ... intuitively ... instinctively ... without effort ... as you relax with IRT and establish a very POSITIVE attitude ... and a confident EXPECTATION of SUCCESS ... just from PLAYING ... with the natural language ... Our suggested schedule for the 6 hour CRE day (with breaks as needed) is:

- 1 - Do IRT. Do the Throat exercise - 16 key words  
Play the tape (30 minutes) with the text (hear, see, speak, MOVE, and feel)  
  
... make it fun! Review the Glossary (2 pages).
- 2 - Repeat the text (Sections 2-4) to understand every word!  
Play the tape with the text SPEAKING VERY LOUDLY - STOP THE TAPE AND SING OR SHOUT ANY VERY DIFFICULT PHRASES.  
Do SPEED READING (2-16) in 14 minutes (recorded if possible- for fun!).  
Review the Grammar (1 page) and the Glossary.
- 3 - Repeat the text (Sections 5-10) to understand every word!  
Play the tape WITHOUT the text, SPEAKING IN VERY DRAMATIC style.  
Repeat the Throat exercise.  
Begin to create simple conversation with the Mini-phrase book (Hello etc.).
- 4 - Repeat the text (Sections 11-16) to understand every word!  
Play the tape with the text, SPEAKING SOFTLY with a good accent.  
Do SPEED READING (Sections 2-16) and Mini-phrase Book.
- 5 - Play the tape WITHOUT the text, speaking with three different voices - just for fun! Create conversation with the Mini-phrase book.  
Do SPEED READING (2-16).
- 6 - Play the tape SPEAKING with a beautiful CONFIDENT accent.  
Do the quiz (1 page). Create conversation with mini phrase book.  
Do SPEED READING (2-16) and Mini-phrase book 14 minutes.  
Do APS and plan for review next week, helping partners as needed.

## NATURAL SUGGESTIONS (continued)

Generally:

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

## 1. GENTLE RELAXATION ...

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



## 2. HERE AND THERE:

Ni-ko hapa.

U-ko pale.

U-ko pale?

Ndiyo, u-ko -pale.

U-ko hapa?

I am here (in a place).

You are there.

Are you there?

Yes, you are there.

Are you here?

Hapana. wewe (you) hu (not) -ko hapa.

IOko hapa.

I-ko wapi?

I hapa.

I-ko pale (there)?

No, you are not here.

It is here.

Where is it?

It is here.

Is it there?

Mimi (I) si (not) -jui (know).

Miguel, yu-ko wapi?

Yeye (he) la (not) yu-ko hapa..

Yeye, yu-ko wapi?

Mimi si-jui.

I do not know.

Where is Miguel?

He is not here.

Where is he?

I do not know.

Kulaumu!! Yeye yu-ko pale!

Yeye ni (is) wa (at present) ajuba (wonderful!)

Damn-it! There he is!  
He is wonderful

**Note: Is = ni (generally or -ko (locations). Wa = at the present time**

## 3. LIKING:

Ni (I) na-ku (you) -penda (like).

Wewe (you), u-na-ni (me) -penda?

Ndiyo, ni (I) na-ku penda.

Wewe, u-na-penda fedha (money)?

Ndiyo, ni-na-penda fedha.

I like you.

Do you like me?

Yes, I like you.

Do you like money?

Yes, I like the money.

Ni-na-penda maji (water).

U-na- penda maji.

Ni-na-penda baadhi ya (some) vi-tabu (books). I like some books.

Yeye, a-na- penda gari (car).

Yeye, si-(not) na-pendi gari.

Wewe (you), u-na-penda chakula-cha-usiku (dinner)?

I like water.

You like water.

He likes the car.

She does not like the car.

Do you like the dinner?

Hapana, mimi si (not) -ku-penda chokula-cha-isuku.

No, I do not like the dinner.

O. kulauma. Wazimu!

Oh. Damn-it! "Merde"!

Saw si lazima (must not) ku-sema (say) Wazimu, tafadhali.

You must not say "Merde", please!

**Note: I like - ni-penda; I am liking - ni-na-penda**

## 4. DOING:

Na-fanya.

I do (I am doing)

Na-fanya hivi (this).

I do this.

U-na-fanya.

You do.

U-na-fanya hivyo.

You do that

Tu-ma-fanya hivyo.

We do that

Na (and) tu-na (we) furaha (happy).

And we (are) happy.

Ni rahisi?

Is it easy?

Ndiyo, si (not) ngumu..

Yes, it is not difficult.

U-na-fanya hivyo?

Do you do that?

Fanya hivyo, tafadhali!!

Do that please!!!

Kulauma!!

Damn!!!

Ni (it) ya (is) ajabu.

It is wonderful!

## 5. CAN/ABLE TO DO:

Mimi, ni-na-weza.

I can

Na-weza?

Can (I)?

Ndiyo, na-weza..

Yes, I can.

Wewe, u-na-weza ku-fanya(do) hivi?

Can you do this?

Ndiyo, ni-na-weza ku-fanya hivi.

Yes, I can do that.

Na-weza ku-la (eat) ki-dogo (little).

I can eat a little.

Na-weza ku-nywa (drink) ki-dogo.

I can drink a little.

Na weza k-wenda..

I can go.

Na-weza ku-ja.

I can come.

Na-weza ku-lala.

I can sleep.

U-na-weza ku-sema (speak).

You can speak.

Wewe, u-na-weza ku-sema?

Can you speak?

Ndiyo, na-weza.

Yes, I can.

Wewe, u-na-weza ku-fanya (do) hivi?

Can you do this?

|   |                                    |
|---|------------------------------------|
| Hapana, mimi si-wezi ku-fanya hivyo.                  | No, I can not do that.             |
| Wewe, u-na-weza ku-fahamu?                            | You can understand?                |
| Wewe, una-weza (can) ku-elewa (understand)?           | Can you understand?                |
| U-na-weza ku-fahamu?                                  | Can understand?                    |
| Ndiyo, ki-dogo (little).                              | Yes, a little.                     |
| U-na-weza ku-sema "Wazimu"?                           | Can you say "Merde"?               |
| Ndiyo, ni-na-weza ku-sema*(speak) ki-Swahili ki-dogo! | Yes, I can speak a little Swahili! |
| Kulauma! Mimi, ni wa a-jabu!                          | Damn-it! I am wonderful!           |

## 6. UNDERSTANDING:

|   |                                     |
|---|-------------------------------------|
| Mimi, ni-na-elewa.  | I understand.                       |
| Mimi si-elewi.  | I do not understand.                |
| Wewe, u-na-elewa.   | You understand.                     |
| Wewe, hu-elewi.   | You do not understand.              |
| U-nam fahamu mwanamke?                                    | Do you understand women?            |
| Hapana. Hapana. Mimi si-wa- (them)-fahamu!!               | No. No. I do not understand them!!! |
| O. Kulaumu. Wazimu!                                       | Oh. Damn-it! "Merde"!               |
| Saw si lazima (must not) ku-sema (say) Wazimu, tafadhali. | You must not say "Merde", please!   |
| Wewe, ni wa ajabu!  | You are wonderful!                  |

Note: ni na elew-a - positive; si-elev-i or hu-elev-i - negative

## 7. WANTING:

|   |                                 |
|---|---------------------------------|
| Mimi, ni-na-taka.                             | I want.                         |
| Na-taka ku-la ki-dogo.                        | I want to eat a little.         |
| Na-taka ku-nywa (drink) maji.                 | I want to drink the water.      |
| Na-taka ku-enda choo!                         | I want to go to the toilet!!!   |
| U-taka Ku-la ki-dogo?                         | Do you want to eat a little?    |
| Hapana, si-tako ku-la.                        | No, I do not want to eat.       |
| Kulaumu! Na-taka ku-ku -pa ki-dogo tuu (you). | Damn! I want to give you a bit. |
| Hapana, asante.                               | No thank you.                   |
| Ni-taka ku-ja.                                | I want to come.                 |
| Wewe, u-na-taka ku-lala ni mimi (with me)?    | Do you want to sleep with me?   |

Hapana, si-taki ku-lala.  
Miguel, u-na-taka ku-la chura (frogs)?  
Kulaumu! Hapana, si-sasa, asante!  
Sisi, mi wa ajabu!

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

## 8. GETTING:

Tafadhali, ni-pe mimi (me) fedha (money).  
Tafadhali, chuku-wa fedha.  
Na-chuku-wa fedha.  
Tafadhali, ni-pe mimi tikiti.  
Tafadhali chuku-wa tikiti.

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

Na-chuku-wa tikiti.  
Tafadhali, ni-pe mimi kitu.  
Kiko wapi?  
Mimi, si-jui..  
Tafadhali, Ni-pe mimi mwanadamu!!

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

Kulaumu!!! Mwanamke kitu ganni!!  
Yeye, ni wa ajabu!

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

## 9. HAVING:

Ni-na kitu (thing) ki-moja (1).  
Si-na kitu ki-moja.  
U-na kitu ki-moja.  
Tu-na kitu ki-moja.  
Yeye, a-na kitu ki-moja.

I have one thing.  
I do not have one thing.  
You have one thing.  
We have one thing.  
She has one thing.

Ni na muda (time) mfup (little). Bibi!  
Lakini (but), u-na fedha (money) ki-dogo, Bwana?

I have a little time, Miss!  
But, do you have a little money, Sir?  
No.

Hapana..  
O. Wazimu!  
Si sawa ku-sema wazimu, tafadhali.

Oh. "Merde"  
Please do not say "Merde"!

## 10. ORDERING (POLITELY):

|   |  |
|---|--|
| Tafadhali, ni-pe kitu.                                    | Please give me the thing.                |
| Tafaadhali, ni-pe fedha.                                  | Please give me the money.                |
| Tafadahli, ni-pe maji                                     | Please give me the water.                |
| Asante.   | Thank you.                               |
| U-si (not) -nywe (drink) maji (water) ukiwa U-Faransa!    | Please don't drink the water in France!! |
| Ku-ny-wa m-vinyo.   | Drink the wine.                          |
| Tafadhali, n-joo hapa.                                    | Please come here.                        |
| Tafadhali, n-enda pale.                                   | Please go there.                         |
| Tafadhali. ku-nywa hivi.                                  | Please drink this.                       |
| U-si (not)-le hiyo!                                       | Do not eat that!                         |
| Tafadhali, ni-pe mimi hivi.                               | Please give me this.                     |
| Tafadhali, u-si-chukue (take)hivyo.                       | Please do not take that.                 |
| Tafadhali, sema hivi.                                     | Please say this.                         |
| Saw si lazima (must not) ku-sema (say) Wazimu, tafadhali. | You must not say "Merde", please!        |
| Kulaumu! Asante. U ni kle-we ni wa ajabu!                 | Damn-it! Thank you. You are wonderful!   |

## 11. GREETING: WITH SOME SLANG ...

|                            |                              |
|----------------------------|------------------------------|
| Naru, Jambo!               | Hello Mary.                  |
| Mathilda Jambo!            | Hello Mathilda.              |
| Habari za asubuhi, Miche.  | Good morning Miche.          |
| Habari Sancos.             | Good morning Sancos. -=      |
| Hu-jambo, Eliza?           | How are you, Eliza?          |
| Si-jambo, Khulu.           | I am well (thank you) Khulu. |
| Hu-jambo, Xavier?          | How goes it, Xavier?         |
| Sawa asante, Miguel.       | OK , thank you Miguel.       |
| Kewa-heri, Giles.          | Goodbye Giles.               |
| Kwa-heri, Judith.          | Bye bye Judith.              |
| Ndiyo sawa. Hollie         | Yes OK, Hollie.              |
| Ni ajuba, Heidi!           | It is wonderful, Heidi!      |
| Sawa , Sam.?               | OK Sam?                      |
| Ndiyo sawa, Lucie.         | Yes OK, Lucie.               |
| Si-yo mbaya sana, , Henri. | Not too bad, Henri.          |

Hu-jambo m-penzi Wa-nga?  
Hapana!!!  
Kulaumu! Yeye ni wa ajabu!

Are you well, my darling?  
No!!!  
Damn-it! She is wonderful!

## 12. DESCRIBING:

Ni-njema (good),  
Si-yo nzuri (good).  
Ni mbaya.  
Ni kitabu.  
Ni kubwa?

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

Hapana, ni ndogo.  
Ni rahisis?  
Hapana, ni ngumu..  
Maji (water) ema ?  
Hapana, maji si ma-zuri (not good) luko (in) U-Faransa!!

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

O Wazimu!!!  
Sawa si lazima (must not) ku-sema (say) Wazimu, tafadhali.

Oh "Merde"!!!  
You must not say "Merde", please!  
Are we wonderful?  
Damn-it! Yes!!

Sisi, ni-wa ajabu?  
Kulaumu! Sawa!!

## 13. KNOWING (THINGS & PEOPLE):

Ni-na-jua (know) hii.  
Jei (question) u-na-jua hii?  
Ndiyo, na-jua hii.  
U-na-jua hivyo.  
Je u-na-jua hivyo?

I know this (things not people).  
Do you know this?  
Yes, I know this.  
You know that.  
Do you know that?

Hapana, si-jui hivyo.  
Mimi, na-m-fahamu(know) hivyo mwanamke.  
Na-m-fahamu hivyo mtu (man)  
A-na-ni (me) -fahamu.  
U-na-m-fahamu huyo (that) mwanamke?

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

Hapana.. Habari za asubuhi, Bibi?  
Hu-jambo, Bibi?  
Hapana. Mimi si-mzuri (not well). Kwaheri!!

No. Good morning Madame?  
Are you well, Madame?  
No, I am not well!!! Goodbye!!!

Wewe, hum (not) -fahamu yeye (her)!  
Kalaumu! Yeye ni wa ajabu!

You do not know her!  
Damn-it! She is wonderful!

## 14. NUMBERING:

Ni-na tatizo (problem) moja (1).  
Ndiyo, u-na tatizo.  
Hapana, u-na-zo zote (of them) mbili (2).  
Yeye, a-na tatu (3).  
A-na nne (4).

I have one problem.  
Yes, you have a problem.  
No, you have two (of them).  
He has three.  
She has four.

Sisi, tu-na yo tano (5).  
U-na tano?  
Ndiyo, sasa, (now) ni-na ma-tatizo ma-tano!!  
Wa-toto (children) wote (all)!  
Wa-toto ni wa ajabu!

We have five.  
Do you have five?  
Yes now, I have five problems!!!  
All the children!  
Children are wonderful!

## 15. ASKING:

Hiki kitabu ni bei-gani?  
Dola tano (5).  
Hiki kitu ni bei-gani?  
Bei-gani?  
Dola nne (4).

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

I-ko wapi?  
I-ko pale.  
Hapana, si-pale.  
Choo (toilet) ki-ko wapi, tafadhali?  
Choo kiko pale.

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

Hiyo ni nini (what)?  
Sama-ha-ni. Nini?  
Hivyo.  
O, ni kitabu ki-zuri.  
U-na-taka nini?

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

Ni-na-taka m-vinyo.  
Na-ni yu-ko hapa?  
Sisi, tu-ko hapa.  
Huyo mwanamke ni nani?  
Mimi, si-m-jui.

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

Kulaumu! Yeye, ni Madonna!.

Damn-it! It is Madonna!

Nini mwa-namke! Yeye ni wa ajabu!

What a woman! She is wonderful!

## 16. EVERYTHING - COLLOQUIAL: --- needs some SLANG

Uu-uu (slang) ni-ko -hapa.

I am here.

U-ko pale.

You are there.

Mm-mm, na-ku-penda wewe.

I like you.

Eee-ee, u-na-penda fedha (money).

You like the money.

Yeye ali-fanya hivi.

He does this.

A-li fanya hivyo.

She does that.

Ni-na- weza (can) ku-sema ki-Swahili ki-dogo!

I can speak a little Swahili

Wewe, hu (not)-wezi (can) ku-sema Wazimu?

You can not say "Merde"?

Na-ku-elewa wewe.

I understand you.

Wewe, hu (not) -ni-elewi mimi.

You do not understand me.

Ni-na-taka ku-enda bar.

I want to go to the bar.

U-na-taka ku-enda choo-iri.

You wantc to go to the toilet.

Ni-na mudo mfupi (little), Bibi!

I have a little time, Miss!

Lakini (but), u-na pesa (money) ndogo, Bwana? But, do you have a little money, Sir?

U-si (not) -nywe (drink) maji (water) uki-wa U-Faransa!

Please don't drink the water in France!!

Ku-ny-wa m-vinyo.

Drink the wine.

Hu-jambo, Eliza?

How are you, Eliza?

Hai khulu, jambo!!!

I'm just fine, Khulu.

Ni kubwa.Bwana?

Is it big, Sir?

Hapana, ni ndogo,Bibi.

No, it is small, Miss.

Wewe, hum- (not) -fahamu yeye (her)!

You do not know her!

Kulaumu! Yeye, niwa ajabu!

Damn-it! She is wonderful!

Ndiyo, sasa (now), ni-na ma-tatizo ma-tano!!

Yes now, I have five problems!!!

Wa-toto wote (all)

All the children!



|  |  |
|--|--|
| Ni nini (what) hiyo?<br>Samaha ni. Nini?   | What is that?<br>Pardon. What?                                     |
| U-ko pale.<br>Si-mbaya.  | There it is.<br>Not bad.   |
| Kulaumu!!<br>Sawa-sawa?  | Damn-it!<br>OK?  |
| Ndiyo. ni (it is) poa.<br>Ndiyo, uta-poa   | Yes, it's cool!<br>Yes, it's cool! (classy)                        |
| Ndiyo ni poa<br>Saw si lazima (must not) ku-sema (say) Wazimu, tafadhali.            | Yes, it's cool! (upper class)<br>You must not say "Merde", please! |
| Hii That) si (not) poa.<br>Ni-lazima (necessary) ni-fanye (do) hivi. I must do this. | That is not cool (upper class)!!!                                  |
| Ni-lazima u-fanye hiyo.<br>Ajabu?  | You must do that<br>Wonderful?                                     |
| Ndiyo, wewe, ni wa ajabu!<br>Kwa sasa, kwa-heri!                                     | Yes you are wonderful!<br>Bye bye, for now!                        |
| Tuta-onana tena!   | See you soon!  |

Speed reading time: 14 minutes

## 17. CLOSING

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

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

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

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

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

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

## 18. NATURAL VOCABULARY:

(Challenge ... write or type your own copy ... and use it everywhere ... with everyone ...)

### a. Greetings/Exclamations:

|                     |                                   |                           |                       |                                 |
|---------------------|-----------------------------------|---------------------------|-----------------------|---------------------------------|
| hello<br>jambo      | good morning<br>habari ya asubuhi | how are you?<br>hu-jambo? | I am well<br>si-jambo | thank you<br>asante             |
| goodbye<br>kwa-eri  | yes<br>ndiyo/sawa                 | no/not<br>hapana/si,hu    | OK<br>sawa            | not too bad<br>si-yo mnaya sane |
| damn-it!<br>kulaumu | "Merde!"<br>wazimu                | there it is!<br>i-ko pale | "cool"!!!<br>poa!!!   | pardon<br>masamaha              |

### b. Verbs: ku-

|  |                      |                  |                     |  |                  |
|--|----------------------|------------------|---------------------|--|------------------|
| is/are<br>ni/ko/wa                           | have<br>na           | like<br>na-penda | want<br>nu-taka     | can<br>na-weza                           |                  |
| do<br>na-fanya                               | say/speak<br>na-sema | go<br>na-enda    | come<br>na-ja (jou) | give<br>na-pa                            |                  |
| take<br>na-chukuwa                           | eat<br>na-la         | drink<br>na-nywa | sleep<br>na-lala    | know (things/people)<br>na jua/na fohamu |                  |
| understand<br>ku-fahamu/na relewa<br>ku-waza |                      | must<br>lazima   | get<br>na pat       | find<br>na-futa                          | think<br>na-waza |

### c. Prepositions:

|                   |        |          |           |                    |
|-------------------|--------|----------|-----------|--------------------|
| some<br>baadhi ya | a<br>- | the<br>- | to<br>kwa | from<br>kutoka kwa |
|-------------------|--------|----------|-----------|--------------------|

### d. Pronouns:

|                 |                       |                    |               |               |
|-----------------|-----------------------|--------------------|---------------|---------------|
| I<br>mimi/ni/na | you<br>wewe/u         | he<br>yeye/a       | she<br>yeye/a | we<br>sisi/tu |
| it<br>ni/i      | this<br>hivi/hii/hiki | that<br>hivyo/huyo | Mr<br>Bwana   | Mrs.<br>Bibi  |

e. Nouns:

|              |             |                     |                      |             |
|--------------|-------------|---------------------|----------------------|-------------|
| money        | thing       | man                 | woman/wife           | water       |
| <b>fedha</b> | <b>kitu</b> | <b>nwandamu/mtu</b> | <b>mwanamke/gani</b> | <b>maji</b> |

|             |               |               |                  |
|-------------|---------------|---------------|------------------|
| car         | ticket        | book          | friend           |
| <b>gari</b> | <b>tikiti</b> | <b>kitabu</b> | <b>rafiki-ma</b> |

f. Adjectives/adverbs/Other:

|                    |              |              |              |             |
|--------------------|--------------|--------------|--------------|-------------|
| good               | bad          | big          | small        | now         |
| <b>njema/nzuri</b> | <b>mbaya</b> | <b>kubwa</b> | <b>ndogo</b> | <b>sasa</b> |

|                 |                |              |               |                    |
|-----------------|----------------|--------------|---------------|--------------------|
| later           | a little       | wonderful!   | happy         | easy/difficult     |
| <b>baada ya</b> | <b>ki-dogo</b> | <b>ajabu</b> | <b>furaha</b> | <b>rahis/-gumu</b> |

here/there  
**hapa/pale**

g. Interrogatives:

|                  |               |               |               |               |
|------------------|---------------|---------------|---------------|---------------|
| how much?        | where?        | what?         | who?          | when?         |
| <b>bei-gani?</b> | <b>wa-pi?</b> | <b>ni-ni?</b> | <b>na-ni?</b> | <b>li-ni?</b> |

|                            |                                       |                  |                   |
|----------------------------|---------------------------------------|------------------|-------------------|
| <b>Note:</b> What is this? | <b>ne ni-ni hii?</b>                  | <b>Question?</b> | <b>Se/fe ...?</b> |
| It is ...                  | <b>i-ko (place) or ni (generally)</b> |                  |                   |

h. Numbers:

|             |              |             |            |             |
|-------------|--------------|-------------|------------|-------------|
| one         | two          | three       | four       | five        |
| <b>moja</b> | <b>mbili</b> | <b>tatu</b> | <b>nne</b> | <b>tano</b> |

i. And some survival words:

**WC (choo), always (sikuzote), fast/slow (upesi/haraka), but (lakini), never (kamwe), please (tafadhali), food (chakula), train (garimoshi), bus (basi), home (kwetu), work (kazi), time (saa), today (leo), tomorrow (kesho), paper (karatasi), newspaper (gazetti-ma), day (siku), week (juma), year (mwaka), hour (saa), minute (dakika), many (-ingi), hamburger (hamburger), McDonalds (McDonalds), think (ku-waza), read (ku-soma), write (ku-andika), laugh (ku-checka), dance (ku-chesa ngoma), later (baadaye), stop (ku-koma), policeman (polisi), six (sita), seven (saba), eight (nane), nine (tisa), ten (kumi), hundred (mia), thousand (elfu moja) .... mate (mwenzangu) ... see you soon (tuta-onana tena)!**

/

## **19. NATURAL FEEDBACK AND NEW IDEAS**

(to robertboland@wanadoo.fr)

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

**2. WHAT WAS GOOD ABOUT IT?**

**3. WHAT WAS BAD ABOUT IT?**

**4. WHAT NEW IDEAS?**

**5. HOW CAN WE HELP YOU IN THE FUTURE?**

## 20 - DAILY MINI PHRASE BOOK

(Challenge ... make your own copy ... discuss with everyone ... speed reading 4 minutes)

### BASICS:

#### Thank you.

Hallo  
Yes/no/not  
Please  
Excuse me  
OK

#### Asante

Jambo  
Ndiyo/hapana/si  
Tafadhali  
Masamaha  
Sawa

### INTRODUCTIONS:

Good morning  
Good-bye.  
My name is ...  
What is your name?  
How are you?  
Fine thanks  
And how are you?

Habari ya asubuhi  
Kwa-heri  
Jina langu ni ...  
Jina lako nani?  
Hu-jambo?  
Si-jamboi  
Wewe (you)?

Where do you come from?  
I'm from:  
France  
England  
America  
I'm with:  
UN  
Red Cross  
Nokia

Una-toka wapi?  
Natoka ...:  
Francia  
Uingereza  
Merikani  
Nko pamoja na ...:  
UN  
Red Cross  
Nokia

### QUESTIONS:

When/how?  
What/why?  
Who/which?  
Where is ...?  
Where can I find ...?  
How much does it cost?  
Help?  
What does this mean?

Lini?/Vipi?  
Nini?/Kwa nini?  
Nani?/Gani, ipi?  
Iko wapi ...?  
Wapi nina-weza(find)...?  
Hii ni bei gani?  
Msaada?  
Hii ina maana gani?

## UNDERSTANDING:

I understand  
I don't understand.  
Please say that again..

Mimi ni-na-elewa.  
Mimi si (not) elewa.  
Una-sakiri tafadhali

Can you translate this for me?  
Do you ...?  
Do you speak:  
    English/Swahili?  
I don't speak Swahili.  
I speak a little ...

Ni-fasire hii (this), tafadali?  
SE u-na-yo ...?  
Una-sema ...?  
    Isingesi/Ki-Swahili  
Si-semi ki-Swahili sana.  
Ni-sema ki-dogo.

## COMMENTS:

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

Ni ...:  
    sawa/si sawa  
    bora/mbaya  
    kubwa/indogo  
    rahisi/ghali  
    ema/mbaya  
    joto/baridi  
    karibu/mbali

## FOOD:

I like:  
    breakfast  
    lunch  
    dinner.  
I like:  
    bread/butter  
    cheese  
    eggs  
    meat/potatoes  
    apples/oranges  
    coffee  
    milk  
    fruit juice  
    water  
    tea

Na-taka ...:  
    chakula cha asubuhi  
    chakula cha mchana  
    Chakula char usiku  
Na-taka ...:  
    mkate/siagi  
    cheesi  
    mavisa  
    nyama/tapile  
    apule/orenpi  
    kahawa  
    maziwai  
    maji ya matunda  
    amanzi  
    chai



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

Sasa, na-taka ku-lipa (pay).  
Nafikiri umefanya msakosa katika hesabu hii.  
Asante

#### TRANSIT:

Where is the nearest shop:  
Where can I find a taxi?  
How much to go to ...?  
Take me to this address.  
Please stop here.  
This is the wrong road.  
Go straight ahead.

Duka (shop) ya karibu wapi??  
Iko wapi i-taxi?  
Ku-ends ... bei gaan?  
Ni-peleke ... tafadhali anuwani hii.  
Simama hapa tafadhali.  
U-ko kwenje barabara siyo.  
Nenda moja kwa moja.

It's there, on the:  
left/right  
next to/after  
north/south  
east/west  
Where is the:  
town centre  
pharmacy

Iko kule chini (on)... :  
ku-shoto/ku-lia  
karibu na/baada ya  
kaskazini/ku-sinii  
mashariki/magharibi  
... iko wapi:  
mjini  
duka la dawa

#### SHOPPING:

Do you have any ...?  
How much is this?  
I will take it.  
What colours have you?  
Black  
Blue  
Red  
White  
Yellow  
Green

Se u-na-yo...?  
Hii gani?  
Nitainunua  
Rangi ...se u-na-yo?  
nyeusi  
bluu  
nyekundu  
nyeupe  
manjano  
kijani

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

Na-taka ku-nunuauna (buy):  
aspirini  
sabuni  
???  
liter maziwa  
filam/????phepha

## TELEPHONE:

Hello, this is ...

Speak:

louder

slowly

I want to speak to:

Mr.

Mrs.

When is he back?

Tell him I called, please

Halo ni mimi ...

Ku-sewa:

kwa sante kuu

pole-pole

Nataka kusema na ...tafadhali:

Bwana

Bibi

Wakati gani atarudi?

Mwambie kwamba nimepiga simu, tafadhali t

## TIME:

Do you have enough time?

What time is it? ...

It is:

five past one

quarter past three

twenty past four

half past six

Watak-a kutosha?

Saa ngapi?

Ni:

saa saba na dakika tano (5)

saa tisa na robo

saa kumi na dakika ishirini (20)

saa kumi na mbili na nusu

## MEETINGS:

See you soon:

today

tomorrow

next week

in the morning

in the evening

tonight

soon

You are right/wrong.

That is right

Tuta onana:

leo

kesho

juma kafuata

asubuhi

jioni

usiku huu

sasa hivi

U-na sawa/si sawa

Ni sawa

## LOCATIONS:

Here/there

At the UN office

Is it near/far

How many hours?

Hapa/pale

Penye afisi UN

Ni karibu/mbali?

Saa-ingi?

## 21. PLAY QUIZ

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

- |                         |                           |
|-------------------------|---------------------------|
| a. I am well.           | Sawa.                     |
| b. Pardon.              | Asante                    |
| c. Thank you.           | Si-jambo.                 |
| d. OK                   | Masamaha.                 |
| e. I want to come       | U-taka ku-la?             |
| f. Do you want to eat?  | Na-taka ku-ja.            |
| g. Hello                | Hu-jambo.                 |
| h. How are you?         | Jambo.                    |
| i. See you soon         | Mimi si-na-nywa.          |
| j. Do that.             | Simama hapa tafadhali.    |
| k. I do not drink.      | Fanya hivyo.              |
| l. Please, stop here.   | Tuta o name.              |
| m. Yes                  | Nzuril                    |
| n. Please               | Ni lazima ni-fanye hivi.  |
| o. I must do this.      | Tafadhali.                |
| p. Good!                | Ndiyo.                    |
| q. How much is that?    | Saa nini?                 |
| r. Where is the toilet? | Wapi?/Lini/Kwa nini?      |
| s. Where/when/why?      | Choo wapi?                |
| t. What time is it?     | Huyo bei-gani?            |
| u. Help me?             | Mimi, si-elewo.           |
| v. I do not understand  | Ne nini hii?              |
| w. What is this?        | Tafadhali, sema polepole. |
| x. Please, speak slowly | Msaada mimi?              |
| y. See you soon.        | Ni-na-taka maji.          |
| z. I want the water.    | Tuta onana.               |

Answers: In the Berlitz phrase book ... or the Teach Yourself - Swahili Dictionary - English Universities Press.Hodders.

## **APPENDIX A - ROUTINE FOR ACCENT IMPROVEMENT AND LONG TERM RE-INFORCEMENT - AFTER ONE MONTH**

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

Our natural suggestions for this week are:

**Day 1** - Do **APS** and then play the **LEARNING REINFORCEMENT**. Study the **Brief Grammar and Mini-Phrase Book** to understand every word. Then **SPEAK** with the tape and **RECORD** your efforts.

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

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

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

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

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

**Day 7** - **SPEAK** with the tape with fun and confidence. Email your feedback to [robertboland@wanadoo.fr](mailto:robertboland@wanadoo.fr).

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

**Special Vocabulary for UNHCR**

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

|                         |                           |   |
|-------------------------|---------------------------|---|
| Pain - days/weeks       | dard worat                | dard e ruz/hafta                        |
| Pain - months/years     | dard hafta                | dard e mo/sol                           |
| Pain - treatment        | dard mehda                | dard e ta-dow-wi                        |
| Pain - arms/legs        | dard bazou/paie           | dard e dest/pal                         |
| Pain - chest            | dard sina                 | dard e sina                             |
| Pain - ears/eyes        | dard gauche/sterguee      | dard e goch/cheshom                     |
| Pain - hands/feet       | dard daste/paie           | dard e dest/pai                         |
| Pain - head/neck        | dard sav/gardan           | dard e sar/ghardin                      |
| Pain - stomach          | dard mehda                | dard e meda                             |
| Persecution             | zawrawdi                  | aziyat                                  |
| Petrol                  | tel                       | petrol/tel                              |
| Police-station          | dd polis st-eshan         | sar-mammuriyat-e-police                 |
| President               | mdshir                    | ra-is                                   |
| Prison                  | bandy-khana               | zyndan                                  |
| Province                | ayaalat                   | wela-yate                               |
| Reception centre        | dd melma paaldne          | mahal e pazirahi/<br>markaz-d paziraa-i |
| Refugee                 | mohajer                   | panahenda                               |
| Representative          | astaazy                   | nema-yandghi                            |
| Rural                   | da kdll                   |   |
| Sanitation              | hyfzu-syhna               | hyfzu syhha                             |
| Shelter                 | rijdi                     | panaga                                  |
| Status                  | haysiyat                  | haysiyat                                |
| Tent                    | rijdi                     | gihejdi/khayma                          |
| Torture                 | shekanja                  | shykanja                                |
| Town                    | khar                      | shahr                                   |
| Transportation          | transport                 | transport                               |
| Travel Docs             | sdd safar sanaduna        | sdd safar sanaduna                      |
| Tribe                   | t-dbdr                    | kabila                                  |
| Truck                   | lan mot-dr/lari           | motar-d laar/lari                       |
| Urban                   | dd khari                  | dd khari                                |
| Village                 | kday                      | karya                                   |
| Voluntrary repatriation | pd rdzaa-sara berta legal | bar-gasht-d yraadi                      |
| War                     | jagara                    | janguue                                 |
| Water                   | aaba                      | aab                                     |
| Wife                    | kaza                      | zawja/khanom                            |

## APPENDIX C - BRIEF GRAMMAR

(Challenge ... study ...practice ... and then discuss with a natural speaker)

### 1. Structure - subject, object and verb:

NI-ko (I am) hapa (here).

MTOTO yu-ko (he is) hapa.

Question - Mtoto yu-ko hapa?

I AM here.

The CHILD is here.

Question - is the child here?

### 2. Articles:

Mototo yu-ko hapa.

A child here is.

### 3. Nouns:

WA-toto ngo-ni (they are) hapa.

Mtoto EMA yu-ko hapa.

Yeye(he) ni (is) mtoto.

CHILDREN are here.

The GOOD child is here.

HE is a child.

### 4. Possession:

Yeye ni mtoto MANGE.

He is MY child.

### 5. Relative:

Mtoto WAKE yu-ko (he is) hapa.

The child WHO here is.

### 6. Demonstrative:

HU-YU mtoto yu-ko hapa.

HU-LE mtoto yu-ko pole.

THIS child is here.

THAT child is THERE.

### 7. Interrogatives:

Hiki (this) ni NINI?

Hivyo ni NANI?

Mtoto yu-ko (he is) WAPI?

Hiki kitabu ni BEI-GANI?

WHAT (is) this?

WHO (is) that?

WHERE is the child?

HOW-MUCH is the book?

### 8. Imperatives:

FANYA hivyo.

N-JOO hapa!

DO this!

COME here!

### 9. Negatives:

Ndiyo, ni (I) NA kitabu.

Haparan, SI (I not) na kitabu.

U-SI-je (come) hapa.

Yes, I HAVE a book.

NO, I do NOT have the book.

Do NOT come here.

### 10. To be, have and want:

Mimi, ni, ni-ko /ni na /ni na taka

Wewe, u, u-ko /u na /u na taka

Yeye, ye, yu-ko /ye na /ye na taka.

I am/have/want

You are/have/want

He is/has/wants

BROCHURE

## **CRE - CREATIVE RELAXATION EXERCISE THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT - FOR JUST 30 MINUTES**

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

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

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

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

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

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

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

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# THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge ... INSERT SWAHILI and discuss with a Natural Speaker)

|                         |                             |                               |                         |                        |
|-------------------------|-----------------------------|-------------------------------|-------------------------|------------------------|
| 1. A/an<br>UN/UNE       | 2. After<br>APRES           | 3. Again<br>ENCORE            | 4. All<br>TOUT          | 5. Almost<br>PRESQUE   |
| 6. Also<br>AUSSI        | 7. Always<br>TOUJOURS       | 8. And<br>ET                  | 9. Because<br>PARCE QUE | 10. Before<br>AVANT    |
| 11. Big<br>GRAND        | 12. But<br>MAIS             | 13. I can<br>JE PEUX          | 14. I come<br>JE VIENS  | 15. Either/or<br>OU/OU |
| 16. I find<br>JE TROUVE | 17. First<br>PREMIER        | 18. For<br>POUR               | 19. Friend<br>AMI       | 20. From<br>DE         |
| 21. I go<br>JE VAIS     | 22. Good<br>BON             | 23. Goodbye<br>AU REVOIR      | 24. Happy<br>HEUREUX    | 25. I have<br>J'AI     |
| 26. He<br>IL            | 27. Hello<br>BONJOUR        | 28. Here<br>ICI               | 29. How<br>COMMENT      | 30. I<br>JE/MOI        |
| 31. I am<br>JE SUIS     | 32. If<br>SI                | 33. In<br>DANS                | 34. I know<br>JE SAIS   | 35. Last<br>DENIER     |
| 36. I like<br>JE VEUX   | 37. Little<br>J'AIME        | 38. I love<br>JE FAIS         | 39. I make<br>BEAUCOUP  | 40. Many               |
| 41. One<br>UN           | 42. More<br>PLUS            | 43. Most<br>LE PLUS           | 44. Much<br>BEAUCOUP    | 45. My<br>MON          |
| 46. New<br>NEUF         | 47. No<br>NON               | 48. Not<br>NON                | 49. Now<br>ALORS        | 50. Of<br>DE           |
| 51. Often<br>SOUVENT    | 52. On<br>SUR               | 53. One<br>UN                 | 54. Only<br>SEUL        | 55. Or<br>OU           |
| 56. Other<br>AUTRE      | 57. Our<br>NOTRE            | 58. Out<br>DEHORS             | 59. Over<br>SUR         | 60. People<br>GENS     |
| 61. Place<br>ENDROIT    | 62. Please<br>SI VOUD PLAIT | 63. Same<br>QUELQUE           | 64. I see<br>JE VOIS    | 65. She<br>ELLE        |
| 66. So<br>DONC          | 67. Some<br>QUELQUE         | 68. Sometimes<br>QUELQUE FOIS | 69. Still<br>ENCORE     | 70. Such<br>COMME CA   |
| 71. I tell<br>JE DIS    | 72. Thank you<br>MERCI      | 73. That<br>QUE               | 74. The<br>LE/LA        | 75. Their<br>LEUR      |
| 76. Them<br>EUX         | 77. Then<br>DONC            | 78. There is<br>IL Y A        | 79. They<br>ILS/ELLES   | 80. Thing<br>CHOSE     |
| 81. I think<br>JE PENSE | 82. This<br>CE              | 83. Time<br>TEMPS             | 84. To<br>A             | 85. Under<br>SOUS      |
| 86. Up<br>EN HAUT       | 87. Us<br>NOUS              | 88. I use<br>J'TILISE         | 89. Very<br>TRES        | 90. We<br>NOUS         |
| 91. What<br>QUEL        | 92. When<br>QUAND           | 93. Where<br>OU               | 94. Which<br>LEQUEL     | 95. Who<br>QUI         |
| 96. Why<br>POURQUOI     | 97. With<br>AVEC            | 98. Yes<br>OUI                | 99. You<br>VOUS         | 100. Your<br>VOTRE     |

## **APS - LEARNING REINFORCEMENT AUTONOMIC PLAYBACK SYSTEM**

1. **Make a special 30 minute APS audio tape recording of all the material that you want to absorb into your long term memory, as follows:**
  - a. **Speak with gentle persuasive tone. This encourages perception and retention without effort.**
  - b. **Speak only for about 8 seconds ... pause for about 4 seconds .... continue for about 8 seconds ... pause 4 seconds etc. This gives your mind time to absorb easily without stress,**
  - c. **Add seven key learning points which were important to you! Thus provides "associations" in your mind for the new learning.**
2. **The NEXT DAY, relax and playback the tape (using ear phones) while watching some interesting TV show WITHOUT audio e.g. a football match or other a sports event or a cartoon. Make NO EFFORT to listen to the tape. In fact, TELL yourself NOT to listen, but just to relax and gently give all attention to the TV show. Relax and let your mind absorb the data WITHOUT ANY CONSCIOUS EFFORT at all.**
3. **Play this once more.**
4. **Finally on the FOLLOWING DAY, do IRT (relax), and playback the tape (with ear phones) while gently viewing and repeating the text material (hear, see, say and feel).**
5. **Adapt APS to your special needs and personality. Use it for any new material that you want to absorb without stress or effort. And please remember to email feedback and new creative ideas to our Team at: robertboland@wanadoo.fr. So, and from now on - relax and remember!!**

