

CRE - CREATIVE RELAXATION EXERCISE

THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT WITH A 30 MINUTE AUDIO TAPE IN ONE DAY

KEY CONCEPT: "WHEN you create new POSITIVE wave patterns in YOUR mind,
they give you the CONFIDENCE to RELAX and LEARN naturally
without EFFORT ... NGI-YA-BONGA"

NO. 370 - ZULU from ENGLISH

Version 7 - with a few minor errors - January 2003

Note:

Appendix A - is the routine for long term reinforcement after one month, which can also be used by experienced speakers for accent improvement. Books to buy: Berlitz African Phrase Book and Lonely Planet books.

Source: Dr. Bob Boland (EI) and ECOLINK and Sue Hart and and ... and ... Ian Gracie and Dr. D. J. Venter and Dr Giles Boland (Harvard) and Boston University and the Team. <http://www.bu.edu/familymed/distance/cre/introduction.htm>

Email: robertboland@wanadoo.com

33 450 408982 199 Chemin Garenne, Prevechin 01280 France

Copyright: RGAB/2003/7 Free to all aid workers ...!

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!! hating with EVERY natural speaker we find ... to get practice ... and confidence ... using the Mini Phrasebook ... as a basis for easy interaction ...

Ngi-ya-bonga	Thank you
Sawubona	Hello
Unjani? Yebo/Cha!	How are you? Yes/No!
U-bu-yaphi?	Where are you from?
Iphi i ...?	Where is ...?
Ziphi izitolo?	Where are the shops?
I-lungile na?	Is it good?
Ngi-ya-bonga kakulul!	Many many thanks!

etc. etc. ... questions an answers ... with laughter ... so on we go ... together ...

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 you 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 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 zulu word many times slowly ... and then at VERY high speed)

Thank you	Ngi-ya-bon-ga	NGGEE-YAA-BONG-GAA
Hello	Sawu-bona	SAH-WOO-BOH-NAA
Mr.	Um-num-za-na	OOM-NOOM-ZAA-NA
Mrs.	N-kosi-kazi	NNN-KOSEE-KAAZI
Yes	Ye-bo	YEHHH-BOHH
No	Cha	CHARR
Good	Lung-ile	LUNG-GEELAY
Please	Si-za	SEE-ZAA
Do you have?	U-na-yo?	UU-NAAA-YOH?
Goodbye	U-hamba ka-hle	UU-HAAMMBAA KAA-LII-EH
See you soon!	Sak-ube sip-hinde si-bona-ne!	SAAK-UUBI SEEP-HEENDI SEE-BOWNA-NAY!
Who?	I-ngu-bani?	EE-NNGGOO-BAA-NEE

What?

Yi-ni?

YEEN-NEE

I want

Ngi-funa

NNGGEE-FOO-NAA

Where?

Phi?

PEE

OK!

Ku-lun-gil-e!

KOO-LUN-GEE-LAY

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

NATURAL SUGGESTIONS

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.
Plan for individual 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 ... as you create new wave patterns ... in that special... "Zulu Place" ... in your mind ...

2. HERE AND THERE:

Ngi- lapha (her).

U-lapho (there).

U-lapho na (question)?

Yebo (yes) u-lapho.

U-lapha na (question)?

Cha, a (not) -wuk-ho l-apha.

I (it is) -lapha.

I-phi?

I-lapha (here) .

I- lapho na (question) ?

A (not)-ng-azi (know).

Uphi u Miguel?

A (not) - ke-kho apha..

Uphi yena?

A-ng-azi (know).

Ax! Nan (there)-ku-ya!

U-ya managalisa (wonderful)!

I am here.

You are there.

Are you there?

Yes, you are there.

Are you here?

No, you are not here.

It is here.

Where is it?

It is here.

Is it there?

I do not know.

Where is Miguel?

He is not here.

Where is (he)?

I do not know.

Darn! There he is!

He is wonderful!

3. LIKING:

Ngi-thanda (like) wena.

U-ya-ngi-thanda (like) mina (me)?

Yebo, ngi (I) -thanda wena (you)

U (you) -thanda imali na?

Yebo (yes), ngi-thanda imali (money).

I like you.

Do you like me?

Yes, I like you.

Do you like money?

Yes, I like the money.

Ngi-thanda (like) amanzi (water).

Wena (you) u-thanda amanzi.

Ngi-thanda izinye (some) izincwadi.

Yena u-thanda imoto (car).

Yena a (not) -kayi-thandi imoto.

I like water.

You like water.

I like some books.

He likes the car.

She does not like the car.

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

Cha a (not) -ngi-si-thandi isidlo-sango-kuhlwa.

Oh. Ax. Mngani!

Ngi-cela, musa ukuthi (say) Mngani

Do you like the dinner?

No, I do not like the dinner.

Oh. Darn! Mate!

Please do not say Mate!

4. DOING:

Mina (I) ngi-y-enza (do).

Ng-enza (do) - lokhu.

Wena ((you) u-yenza.

Wena w-enza lokho (that).

Thina (we) s-enza lokho.

I do.

I do this

You do.

You do that

We do that

Futhi si-ya-jabula (happy).

Yo-na i-lula (easy)?

Yebo, a (not) -yikho nzima (difficult).

Wena wenza (do) lokho (that)?

Yenza (do) lokho, ngi-cela (please)!!!

Ax!!!

Yona (it) iya managalisa

And we are happy.

Is it easy?

Yes, it is not difficult.

Do you do that?

Do that, please!!!

Darn!!!

It is wonderful!

5. CAN/ABLE TO DO:

Mina, ngi-nga (can)

I can

Ngi-nga?

Can I?

Yebo, ngi-nga.

Yes, I can.

U-nga (can) kw-enza (do) lokhu (this)?

Can you do this?

Yebo, ngi (I) -nginga- wenza lokho (that).

Yes, I can do that.

Ngi-nga dla (eat) ka-ncane (little).

I can eat a little.

Ngi-nga phuza (drink) ka-ncane.

I can drink a little.

Ngi-nga hamba (go).

I can go.

Ngi-ngeza (come).

I can come.

Ngi-nga (can) lala.

I can sleep.

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

You can speak.

U-nga kuluma?

Can you speak?

Yebo, ngi-nga (can).

Yes, I can.

U-nga kw-enza (do) lokhu?

Can you do this?

Cha, a (not) -ngeke (can) ngi-kw-enze lokho.

No, I can not do that.

U-ya qonda (understand) ?

You can understand?

U-nga qonda?

Can you understand?

Yebo, ka-ncane (little).

Yes, a little.

U-nga thi (say) Mngani?

Can you say Mate?

Yebo, ngi-nga-(can)-si-kuluma (speak)
kancane isi-Zulu!

Yes, I can speak a little Zulu!

Ax! Ngi (I) -ya managalisa!

Darn! I am wonderful!

6. UNDERSTANDING:

Mina ngi-ya-qonda.	I understand.
A (not) -ngi-qondi.	I do not understand.
Wena uya-qonda.	You understand.
A-wu-qondi (understand).	You do not understand.
U-yaba-qonda abafazi (women)?	Do you understand women?
Cha. Cha. A (not) -ngi-ba-qondi bona (them)!!!	No. No. I do not understand them!!!
Oh. Ax! Mngani!	Oh. Darn! Mate!
Musa ukuthi Mngani! Ngi-ya - cela (please).	Please do not say Mate!
Wena u-ya managalisa!	You are wonderful!

7. WANTING:

Mina ngi-funa. (want).	I want.
Ngi-funa uku-dla (eat) ka-ncane (a little).	I want to eat a little.
Ngi-funa uku-phuza (drink) amanzi.	I want to drink the water.
Ngi-funa uku-ya (go) endlini (to) encane!!	I want to go to the toilet!!!
Wena u-funa uku-dla (eat) ka-ncane na?	Do you want to eat a little?
Cha, a-ngi-funi uku-dla (eat).	No, I do not want to eat.
Ax! Ngi-funa (want) u-ku-pha (give) kancane (some)	Darn! I want to give you a bit.
Cha (no) , ngi-ya-bonga.	No, thank you.
Ngi-funa uku-za (come).	I want to come.
U-funa (want) uku-lala (sleep) nam (with me)?	Do you want to sleep with me?
Cha, a-ngi-funi ku-lala (sleep).	No, I do not want to sleep.
Miguel, u-funa uku-dla amasele (frogs) na?	Miguel do you want to eat the frogs?
Ax! Cha hhayi manje (now), ngi-ya-bonga!	Darn! Not just now, thank you!
Si-ya managalisa!	We are wonderful!

8. GETTING:

Ngi-cela, u-ngi-nike (give) -imali (money)

Please give me the money.

Ngi-cela, u-thathe imali.

Please take the money.

Ngi-thatha (take) imali.

I take the money.

Ngi-cela, u-ngi-nike (give) -i-thikithi.

Please give me the ticket.

Ng-cela, u-thathi (take) i-thikithi.

Please take the ticket.

Ngi-thatha i-thikithi..

I take the ticket.

Ngi-cela u-ngi-nike into (thing).

Please give me the thing.

Iphi (where) into?

Where is the thing?

A-ng-azi.

I do not know.

Ngi-nike (give me)-indoda, ngi-cela!

Please give me a man!

Eshu!! Lo-ya-mfazili!!

Darn-it!!! What a woman!!

Yena (she), u-ya managalisa!

She is wonderful!

9. HAVING:

Ngi-ne-(have) -nto (thing) eyodwa (one).

I have one thing.

A.-ngi-na-nto eyodwa (one).

I do not have one thing.

U-ne-nto eyodwa.

You have one thing.

Si (we) -ne-nto eyodwa.

We have one thing.

Yena, u-ne-nto eyodwa.

She has one thing.

Mina, ngi-ne sikhathi (time) wsincane,
Nkosazane!

I have a little time, Miss!

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

But, do you have a little money, Sir?

Cha.

No.

Oh. Mngani!

Musa ukuthi (say) Mngani, ngi-ya-cela.

Oh. Mate!

Please do not say Mate!

10. ORDERING (POLITELY):

Ngi-cela, u-ngi-nike (to me give) into.

Please give me the thing.

Ngi-cela, u-ngi-nike i-mali (money).

Please give me the money.

Ngi-cela, u-ngo-nike amanzi (water).

Please give me the water.

Ngi-ya-bonga.

Thank you.

Ngi-celaSuku-phuza (don't drink) amanzi
eFrance, ngi-cela!!

Please don't drink the water in France!!

Phuza (drink) i-wayine.

Drink the wine.

Ngi-cela, yi-za (come) apha.

Please come here.

Ngi-cela, u-ye laphaya

Please go there.

Ngi-cela, u-phuze (drink) lokhu (this).

Please drink this.

Ngi-cela, musa uku-dla (not eat) lokho!

Do not eat that!

Ngi-cela, u-ngi-nike (give) lokhu.

Please give me this.

Ngi-cela, musa uku-thatha lokho.

Please do not take that.

Ngi-cela, u -sho (say) lokhu.

Please say this

Ngi-cela, musa ukuthi Mngani.

Please do not say Mate!

Ax!. Ngi-ya-bonga. U-ya managalisa!

Darn! Thank you. You are wonderful!

11. GREETING: POLITE AND SLANG

Sawubona Michelle.

Hello Michelle.

Sawubona Paula.

Hello Paula.

Sawubona Miche.

Good morning Miche.

Sawubona Sancos.

Good morning Sancos.

K-unjani, Eliza?

How are you, Eliza?

Ngi-phile kahle (well) ngi-ya-bonga, Kulu.

I am well, thank you, Kulu.

Unjani na, Xavier?

How goes it, Xavier?

Ngi-phile kahle ngi-ya-bonga, Miguel.

OK, thank you Miguel.

U-hambe (go) kahle, Giles.

Goodbye Giles.

Hamba kahle (leave) kahle, Judith.

Bye bye Judith.

Yebo ku-lungile, Hollie

Yes OK, Hollie.

I-ya managalisa, Heidi!

It is wonderful, Heidi!

Ku-lungile, Sam.?

OK Sam?

Yebo ku-lungile, Lucie.

Yes OK, Lucie.

A-ku-kubi (not bad) kakhulu, Henri.

Not too bad, Henri.

Uya-phila si-thandwa?

Are you well, my darling?

Cha!!!

No!!!

Ax! U-ya managalisa!

Darn! She is wonderful!

12. DESCRIBING:

I (it is) -lungile,

It is good.

Ayi-yimbi.

It is not good.

I-mbi.

It is bad.

Yi-ncwadi.

It is a book.

I-nkulu na?

Is it big?

Cha, I-ncane.

No, it is small.

I-lula?

Is it easy?

Cha, I-lukhuni.

No, it is hard.

Amanzi (water) a-lungile na?

Is the water good?

Cha, amanzi (water) awa-lungile eFrance!!

No, the water is not good in France!!

Oh Mngani!!!

Oh Mate!!!

Musa ukuthi Mngani, ngi-cela.

Please do not say Mate!

Thina (we) siya-mangalisa na?!!!

Are we wonderful?!!!

Ax! Yebo!!

Darn! Yes!!

13. KNOWING (THINGS & PEOPLE):

Ngi-ya-kwazi (know) lokhu.

I know this.

U-ya-kwazi lokhu (that) ?

Do you know this?

Yebo ngi-ya-kwazi lokhu.

Yes, I know this.

Wena, u-ya-kwazi lanto.

You know that.

U-ya-kwazi lanto na (question)?

Do you know that?

Cha a (not) -ngi-yazi lanto.

No, I do not know that.

Ngi-ya-mazi loya-mfazi

I know that woman.

Ngi-ya-yazi indoda.

I know the man.

Yena, u-yangazi (know) mina (me).

He knows me.

U-ya-mazi (know) loya-mfazi na?

Do you know that woman?

Cha. Sawubona Nkosikazi?

No. Good morning Madame?

U-philila na, Nkosikazi?

Are you well, Madame?

Cha. A-ngi-philanga (well)! Hamba ka-hle!

No, I am not well!!! Goodbye!!!

Wena a-wu-mazi (know) yena!

You do not know her!

Ax! U-ya- managalisa!

Darn! She is wonderful!

14. NUMBERING:

Ngi-ne- (have) nkinga (problem) e-yodwa (one).

I have one problem.

Yebo, wena, u-ne-(have) -kinga.

Yes, you have a problem.

Cha, u-ne-zimbili.

No, you have two (of them).

Yena, u-ne-zintathu.

He has three.

Yena, u-ne-zine (4).

She has four.

Si-ne-zinhlanu (5).

We have five.

U-na-zo e-zintlanu na?

Do you have five?

Yebo, manje (now) ngi-ne zi-kinga e-zintlanu!!

Yes now, I have five problems!!!

E-zingabe zonke (all)!!

All the children!

E-zingane zi-mangalisa!

Children are wonderful!

15. ASKING:

I-yiyimalini incwadi (book) ?

How much is the book?

Ama-dola ama-hlanu (5).

Five dollars.

I-yiyimalini le-nto (thing)?

How much is this thing?

Malini??

How much?

Ama-dola amane (4).

Four dollars.

I (it) - phi (where) ?

Where is it?

I - lapho.

It is there.

Cha, a-yi-kho lapho.

No, it is not there.

I-kuphi (where) indlu encane (toilet), ngi-size?

Where is the toilet, please?

I-laphaya indlu encane.

The toilet is over there.

Yini leyo (that) ?

What is that?

Uxolo. Iini?

Pardon. What?

Leyo.

That.

O, y-incwadi (book) -elungi-leyo (good).

Oh, it is a good book.

U-funa ini (what)?

What do you want?

Ngi-funa (want) iwayini, ngi-cela

I want the wine, please.

Ngubani (who) o-lapha?

Who is here?

Thina (we) si-lapha..

We are here.

Ngubani loya (that) mfazi?

Who is that woman?

A-ngi-mazi (know).

I do not know.

Ax! Ngu (is) Madonna!

Darn! It is Madonna!

Eshu mfazi! Loya u-ya managalisa.

What a woman! She is wonderful!

16. EVERYTHING - COLLOQUIAL - POLITE AND SLANG:

Ngi-lapha.

I am here.

Wena,, u-lapho.

You are there.

Ngi-thanda wena.

I like you.

U-thanda imali.

You like the money.

Yena, wenza (does) lokhu.

He does this.

Wenza lokho (that).

She does that.

Ngi-nga si-kuluma (speak) kancane isi-Zulu!

I can speak a little Zulu!

A-wu-kwazi-(cannot)-uku-thi (say) Mngani na?

You cannot say Mate?

Ngi-ya ku-qonda wena (you).

I understand you.

Wena, a-wu-ngi-qondi mina (me).

You do not understand me.

Ngi-funa (want) uku-ya (go) e-bharini.

I want to go to the bar.

Wena u-funa uku-ya endlini encane (toilet)

You want to go to the toilet.

Ngi-ne (have) sikhathi (time) esi-ncane, Nkosazane!

I have a little time, Miss!

Kodwa, u-nayo(have) -mali encane,
Mnumzana?

But, do you have a little money, Sir?

Musa uku-phuza (not drink) amanzi eFrance,
ngi-size!!

Please don't drink the water in France!!

Phuza I-wayine.

Drink the wine.

Phuza I-wayine.

Drink the wine.

Unjani wena, Eliza?

How are you, Eliza?

Ngi -khona ngi-ya-bonga, Kulu.

I am well, thank you, Kulu.

I -nkulu (big) na?

Is it big?

Cha, i-ncane.

No, it is small.

Wena a (not)- a-wuma (know) yena (her)!

You do not know her!

Ax! U-ya managalisa!

Darn! She is wonderful!

Yebo, manje ngi (I)-ne- zin-kinga ezihlanu
(5).

Yes now, I have five problems!!!

Zonke ezinganel!

All the children!

Yini (what) leyo?

What is that?

Uxolo. Ini?

Pardon. What?

Nansi-ya.

There it is.

A-yi-yimbi.

Not bad.

Ax!!!

Darn!

Ku-lungile?

OK?

Yebo i-se-zingeni.

Yes, it's cool!

Yebo, i-se-zingeni.

Yes, it's cool! (classy)

Yebo, i-se-zingeni eli-phe-zulu.

Yes, it's cool! (upper class)

Ng--cela, Uku-thi Mngani.

Please do not say Mate!

A-ki-kho --se-zingeni eli-phe-zulu.

It is not cool (upper class)!!!

Ku-fanele-(must)- ng-enze (do) lokhu.

I must do this.

Ku-fanele wenze (do) lokho (that).

You must do that

Ku ya mangalisa.?

Wonderful?

Yebo, wena u-ya mangalisa.

Yes you are wonderful!

Sala kahle okwa manje.

Bye bye, for now!

Sala.

Bye bye, for now!

Ndakubona, sani.

Bye bye, for now!

Saphinde sibona-ne!

Be seeing you soon!!

Note Speed reading 14 minutes

18. NATURAL VOCABULARY:

(without accents)

a. Greetings/Exclamations:

hello	good morning	how are you?	I am well	thank you
sawubona	sawubona	unjani wena?	ngi-phile kahle	ngi-ya-bonga
goodbye	yes	no	OK	not too bad
hamba kahle	yebo	cha	ku-lungile	kukubanga kangako
Darn!!	Mate!	there it is!	"cool"!!!	
Ax!	Mngani!	nansi layo	zingeni	

b. Verbs: uku-

to be	have	like	want	can
-ngu	-na	-thanda	-funa	-nga/-naku
do	say/speak	go	come	give
-enza	-thi/-khuluma	-hamba	-za/-vela	-pha
take	eat	drink	sleep/go to bed	know
-thatha	-dla	-phuza	-lala	-azi
understand	must	get	find	
-qonda	-kufanele	-thola	-thola	

c. Prepositions:

some	a	the	to	from
-nye	i	le	ku/ye/za	ku/e

d. Pronouns:

I	you	he	she	we
mina/ngi	wena/u	yena/u	yena/u	thina/si

it	this	that	Mr	Mrs.
yona/i	lokhu etc.	lokho etc.	Umnumzana (Mnu)	Nkosikazi (Ksk)

e. Nouns:

money	thing	man	woman/wife	water
imali	into	indoda	umfazi	amanzi

car	ticket	book	friend
imoto	itikiti	incwadi	umngane

f. Adjectives/adverbs/Other:

good	bad	big	small	now
-lungile	-bi	kulu	ncane	manje

later	a little	wonderful!	happy	easy/difficult
kamuva	ncane	managalisa	jabula	lula/nzima

here	there
------	-------

lapha **lapho**

g. Interrogatives:

how much?	where?	what?	who?	when?
Yimalini?	-phi?	-yini?	Ingubani?	nini?

Note: What is this? **Yini lokhu?** Negative **a-ka/ki ...**
Question? ... **na?** (what sometimes omitted)

h. Numbers:

one	two	three	four	five
ku-nye	ku-bili	ku-thathu	ku-ne	ku-nhlanu

i. And some survival words:

always (njalo)	nine (kuli-thoba)
be seeing you soon (sakube siphinde sibona-ne)	paper (I-phepha)
bus (i-bhasi)	please (ngi-cela)
but (kodwa)	policeman (ama-phoyisa)
bye bye (u-hambe u-mligane)	read (funda)
dance (sina)	seven (kuyisi-khombisa)
day (usuku)	six (ku-yisi-thopha)
eight (kuyisi-bhozo)	stop (yima)
fast/slow (sheshayo/dondaye)	ten (kuli-shumi)
food (ukudla)	think (cabanga)
hamburger (hamburger)	thousand (iwaka)
home (I-khaya)	time (isi-khathi)
hour (i-hora)	today (iamhlanje)

hundred (i-kulu)

later (kamuva)

laugh (hleka)

mate (u-mata)

minute (i-minimthi)

never (nanini)

newspaper (i-nyuzi-phepha)

tomorrow (kusasa)

train (isi-timela)

WC (encane)

week (i-viki)

write (bhala)

work (sebenza)

year (umnyaka)

19. NATURAL FEEDBACK AND NEW IDEAS

(to drbobboland@hotmail.com please ...)

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

(Write out your copy - and start to chat with everyone - speed reading 4 minutes)

BASICS:

Thank you.	Ngi-ya-bonga
Hallo	Sawubona
Yes/no/not	Yebo/cha/a-
Please	Ngi-cela
Excuse me	Uxolo

INTRODUCTIONS:

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

How are you?	Unjani wena?
I am well, thanks	Ngi-philile. Ngi-ya-bonga (thanks)
And how are you?	Unjani wena (you)?

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

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

Nokia

Nokia

QUESTIONS:

When/how?

Nini?/Njani?

What/why?

Yini?/Ngoba?

Who/which?

Ungubani?/Yiphi?

Where is ...?

U-phi/I-phi...?

Where can I get ...?

Ngi-nga (can)-yi-fumana (get) -phi (where)...?

How much is it ?

Yi-yimalini?

Can you help me?

U-nga-ngi (me)-ngi-cela (help)?

(What) does this mean?

I-kuluma uku-thini (mean) lokhu (this)?

UNDERSTANDING:

I understand

Ngi-ya-qonda

I don't understand.

A-ngi-qongi

Please say that again.

Ngi-cela (please) phinda kwa-khona

Can you translate this for me?

U-nga (can)-ngi-guqulela (translate) lokhu (this)?

Can I get ... ?

Ngi-nga (can)-fumana (get)-na...?

You know how to speak:

U-yasi (know)-khuluma (speak) ?:

English/Zulu?

IsiNgesi/isiZulu

I don't speak Zulu.

A-ngi-si-khuluma (speak) i-siZulu

I speak a little ...

Ngi-kuluma kancane (a little).

COMMENTS:

It's:

I ...:

right/wrong
better/worse
big/small
cheap/expensive
good/bad
hot/cold
near/far

lungile/bi
ngcono/mbi
nkulu/ncane
fikeleleka/ixhomile
lungile/bi
shushu/banda
kufuphi/kude

FOOD:

I like:

breakfast
lunch
dinner.

Ngi-thanda (like) ...:

isidlo (meal) sakusasa
isidlo sasemini
isidlo sasebusuku

May I have some (I can get Ngi-nga-(can)-yi-fumana (get) inye: some):

bread/butter
cheese
eggs
meat/potatoes
apples/oranges
coffee

yesonka/yebhotolo
isonka samasi
amaqanda
nyama/iitapile
apile/orenji
I-kofu

milk
fruit juice
water
tea

u-bisi
incipi (juice) ye-ziqhamo (fruit)
amanzi
i-ti

I want to pay now.

Ngi-funa (want) uku-bhatala manje (now).

I think that you make a mistake.	Ngi-cinga (think) ukuba w-enze (make) impazamo (mistake).
Thank you.	Ngi-ya-bonga

TRANSIT:

Where is the nearest shop:	Iphi (where) ivenkile (shop) eku-futshane?
Where can I get a taxi?	Ngi-nga- (can) yi-fumana (get) phi I-taxi ?
How much to go to ...?	Y-iyimalini uku-ya (go) e ...?
Take me there.	Ngi - (me) thathe- (take) ungise apho (there).
Please stop here.	Ngi-cela misa (stop) apha.
This is the wrong road.	Le yindlela (road) engabi

Go straight ahead.	Hamba ngqo ngomgaqo (ahead).
It's there, on the:	I-lapho (there) e-(on)... :
left/right	ekhohlo/ekunene
next to/after	ecaleni kwe/kamuva
north/south	kumantla/kumazantsi
east/west	empuma/entshona

Where is the:	Iphi-:
town centre?	u-mbingi dolophu (town)?
pharmacy?	i-khemest?i

SHOPPING:

Do you have any...?	Ngaba u-nayo (have)...?
How much is this?	Yiyimalini lokhu (this)?
I will take it.	Ngi-za kuyi-thatha (take)

What colours have you?

Black

Blue

Red

White

Green

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

Mnyama

Luhlaza

Bomvu

Mhlope

Luhlaza okwengca

I want to buy:

aspirin/soap

half kilo apples

litre of milk

film/newspaper

Ngi-funa uku-thenga (buy):

aspirini/i-sephu

i-hafu ye-kilo ze-apile (apples)

i-litha yo-bisi (milk)

film/I-phephandaba

TELEPHONE:

Hello, this is ...

Sawubona, lona ngu (is) ...

Please speak:

louder

slowly

Ngi-cela kuluma:

kakulu kunoko (loud)

ngo-kucothayo

I want to speak to:

Mr.

Mrs.

Miss

Ngi-funa (want) uku-kuluma no:

u-Mnumzana (Mnu)

Inkosikazi (Nskz)

Nkosazana (Nkz)

When is he back?

Ubuya nini?

Ask him to telephone me.

Cela (ask)-le a-ngi-fowunele (telephone)

TIME:

Do you have enough time?

U-nalo (have) ixesha (time) elaneleyo na?

What time is it? ...

Ngu-bani (what) ixesha?

It is:

Ngu:

five past one

five past one (use English!!!)

quarter past three

quarter past three

MEETINGS:

We see you:

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

today

namhlanje

tomorrow

mgomso

next week

kwiveki (week) ezayo (next)

in the evening

ngo-rhatya

soon

msinyane

You are right/wrong.

U-lungile/akubi

That is right

I-lungile

LOCATIONS:

Here/there

Apha/Apho

At the UN office

Kwi (at)-ofisi ye- UN

(Is) it near/far?

I-kufutshane/ikude?

How many hours?

Ii-yure (hours) ezi-ngaphi?

21. PLAY QUIZ

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

- | | |
|-------------------------|------------------------------------|
| a. I am well. | Ku-lungile. |
| b. I am sorry. | Ngi-ya-bonga |
| c. Thank you. | Ngi-philile. |
| d. OK | Uxolo |
| e. You're welcome! | Wena wa-mkelekile. |
| f. Well done | Kuhle ka-kulu. |
| g. Hello | Unjani? |
| h. How are you? | Sawubona |
| i. Is everything OK?! | Yima apha. |
| j. Try to do it | Angi-seli. |
| k. I do not drink. | Li-nga uk-uyenza. |
| l. Stop here. | Yonke into i-lungile na? |
| m. Yes | U-weyitala? |
| n. Please | Ngi-cela. |
| o. I am sorry | Ngi-yaxolisa. |
| p. Waiter? | Yebo. |
| q. How much is that? | Ingubani ixesha na? |
| r. Where is the toilet? | -phi/-nini/-ngoba? |
| s. Where/when/why? | Iphi indlu encane? |
| t. What time is it? | Yiyimalini lokho? |
| u. Help me please? | A-ngi-qongi. |
| v. I do not understand | Ngi-cela, u-thethe ngo-ku-cothayo. |
| w. What does this mean? | U-nga-ngi-ngi-cela? |
| x. Please, speak slowly | I-khuluma yini lokhu? |
| y. Be seeing you soon!. | Uku-tya ku-lungile/sala ka-kuhle |
| z. Good food/cheers!! | Sakube siphinde sibona-ne! ! |

Answers: In the phrase book ... or call the Team ...

**APPENDIX A - ROUTINE FOR ACCENT IMPROVEMENT
AND LONG TERM RE-INFORCEMENT AFTER ONE MONTH -
TRY TO WORK WITH A PARTNER AND A NATURAL SPEAKER
FOR JUST ONE DAY MORE**

RELAX with ... a very POSITIVE attitude ... and a very confident EXPECTATION of SUCCESS ... in just one more day ... of PLAYING with the natural language ... instinctively ... naturally ... completely relaxed ... with no stress or effort ... just play!

Our natural suggestions are:

1 - Play the LEARNING REINFORCEMENT audio tape. Do IRT and the Throat exercise. Study the Brief Grammar and Mini-Phrase Book to understand every word. Then SPEAK with the tape and RECORD your efforts. LIST your five key problems!

2 - STUDY the text (Sections 2-16). Then SPEAK LOUDLY and then very SOFTLY with the tape. SPEED READING (2-16) in 14 minutes. USE the Mini-phrase Book for easy interactive conversation

3 - SPEAK in THEATRICAL style with the tape and text together. Do SPEED READING (2-16) in reverse-mode in 12 minutes. USE the Mini-phrase Book for easy interactive conversation

4 - SPEAK with tape and text. For difficult words/phrases ... stop the tape ... and repeat the word/phrase many times ... singing and shouting! Review your five problems.

5 - USE the Mini-phrase Book for easy interactive conversation. Then do it as SPEED READING (reverse-mode) in 4 minutes. SPEAK with tape and text using three different voices ... just for fun!

6 - SPEED READING (2-16) in 8 minutes. Review your five problems. LISTEN to your recording. Then SPEAK with the tape ... with a beautiful CONFIDENT accent. Email your feedback to 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	Zulu
Airport	hawaa dagar	maydaan-e hawaa-i	air-porti
Army	pauz	fauj/ordu	impi
Asylum	panaah	pamaah	inqaba
Border	pdlay	sarhadd	iphathelo
Camp	dd kaamp	kaamp-d	iginqwa
Children	muchouman	awladah	abantwana
Clothing	jama	poxaak	izivatho
Cooking pot	chainaq	dd paxldy loxay/deg	imbiza
Cooperation	hamkari	pd gdda kaar kawdl	ukusizana
Customs	gumruk	gumruj	umkuba
Delay	nawakta	dzandy	libazisa
Detention	ndzar-band	tawkif	ukuhamba
Development program	dd wadi prograam	prograam-d ynkysaafi	ukukhuka iprogram
Displaced persons	be-zaya shdwi xaldek	be-jaa shodygaan	abantu abalahlekelwo
Electricity	breshna	brexnaa	ugesi
Emergency	hajol	ber-dndy pexa	ingozi
Expulsion	shar-dl	kharej/zxraaj	ukuxoshwa
Family	koranay	hekraaj	indlu
Government	hokumat	hokumat	uhulumeni
Grandparents	padar kalan	padar wa maser kalan	umkulu
Handicapped	saya	ma-yub	bambeko

Health	roghtyaa	seat/syhhat	ukuphila
Hospital	roghtun	shafakhana	isibhedlela
House	kor	khana/kor	indlu
HQ	mankaz	mankae	komkulu
Human rights	dd bashar hakkuna	hokuk e bashar	obuntu phansi????
Husband	mehra	shwahan	imdoda
Lamp	dewan	tsheragh	isibani
Legal protection	kaanuni saatdna	hymayat e kano	omthetho unumgubuzelo
Malnutrition	bada ghdzaa	sou-e taghziya	ukuntula ukudla.okunomonga
Material assistance	maadi komak	komak-e mawadi	usize kholwa???
Ministry	wdzaarat	wezarat	ungqongqoshe???
Nutrition	ghdzaa	taghziya	ukudla okunomongo
Pain - days/weeks	dard worat	dard e ruz/hafta	ubulunghu - usuki/ iweki
Pain - months/years	dard hafta	dard e mo/sol	ubulunghu - injangi/ umnyak
Pain - treatment	dard mehda	dard e ta-dow-wi	ubulunghu - impatho
Pain - arms/legs	dard bazou/paie	dard e dest/pal	ubulunghu - ingali/ umlenzi
Pain - chest	dard sina	dard e sina	ubulunghu - isifuba
Pain - ears/eyes	dard gauche/ sterguee	dard e goch/ cheshom	ubulunghu - indlebi/ isi
Pain - hands/feet	dard daste/paie	dard e dest/pai	ubulunghu - andli/ nyawi
Pain - head/neck	dard sav/gardan	dard e sar/ghardin	ubulunghu - khanda/intamo
Pain - stomach	dard mehda	dard e meda	ubulunghu - isusu

Persecution	zawrawdi	aziyat	umshushiso
Petrol	tel	petrol/tel	upetroli
Police-station	dd polis st-eshan	sar-mammuriyat-e-police	ipohlisiteshi
President	mdshir	ra-is	umongameli
Prison	bandy-khana	zyndan	ijele
Province	ayaalat	wela-yate	iprovinci
Reception centre	dd melma paaldne	mahal e pazirahi/ markaz-d paziraa-i	undawo ukwamukelma
Refugee	mohajer	panahenda	impabanga
Representative	astaazy	nema-yandghi	ifanekisayo
Rural	da kdll		asemaphandleni
Sanitation	hyfzu-syhna	hyfzu syhha	indlela philisayo
Shelter	rijdi	panaga	ukusitheka
Status	haysiyat	haysiyat	ukuma
Tent	rijdi	gihejdi/khayma	itende
Torture	shekanja	shykanja	gazinga
Town	khar	shahr	ithawini
Transportation	transport	transport	ukuthwala
Travel Docs	sdd safar sanaduna	sdd safar sanaduna	incwa ukuhambi
Tribe	t-dbdr	kabila	uhlobo
Truck	lan mot-dr/lari	motar-d laar/lari	ingolovane
Urban	dd khari	dd khari	asemzini
Village	kday	karya	umuzi
Voluntary repatriation	pd rdzaa-sara berta legal	bar-gasht-d yraadi	ukubuya kokuvuma
War	jagara	jangu	impi

Water

aaba

aab

amanzi

Wife

kaza

zawja/khanom

umfazi

APPENDIX C - BRIEF GRAMMAR

(Challenge - study the Zulu and then discuss with a natural speaker)

1. Structure - subject, object and verb:

Ngi- lapha (here).

INGANE i-lapha

Ingane ki-lapha na?

I (am) here.

The CHILD is here.

Question - is the child here?

2. Articles:

Ingane i-lapha

A child here is.

3. Nouns:

IZIN-gane zia-lapha.

Ingane-eLUNGILE i-lapha

U-y-ingane.

Child-REN are here.

The GOOD child is here.

HE is a child.

4. Possession:

U ingane YAMI.

He is MY child.

5. Relative:

Ingane O-lapha

The child WHO here is.

6. Demonstrative:

LE- ngame i-lapha.

LEYA-ngame i-lapha.

THIS child is here.

THAT child is THERE.

7. Interrogatives:

YINI le- nto?

NGUBANI loyo?

Ingane-IPHI?

MALINI incwadi?

WHAT is this thing?

WHO is that?

WHERE is the child?

HOW-MUCH is the book?

8. Imperatives:

YENZA lokhu!

DO this!

WOZA lapha!

COME here!

9. Negatives:

Yebo, NGI-NE incwadi.

Yes, I HAVE a book.

Cha, A-ngi-na-YO incwadi.

No, I do NOT have the book.

MUSA ukuza lapha.

Do NOT come here.

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

Ngi/ngi-ne/ngi-funa

I am/have/want

Wena u/u-ne/u-funa

You are/have/want

Yena u/u-ne/u-funa

He is/has/wants

**CRE - CREATIVE RELAXATION EXERCISE
THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT
WITH A 30 MINUTE AUDIO TAPE IN ONE DAY**

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

Opportunity: for managers and staff members on short or long missions to other countries to feel more secure, comfortable and effective in achieving better working relationships in English, with local companies, governments, refugees, client and project staff, as they perceive the effort to speak the local language with a good accent, and thus to show clearly a deep respect for local values and culture.

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

Designed for: mature motivated learners who need to achieve very rapidly, the personal confidence to speak and understand, basics of the local natural language. Designed also also for current speakers to who want to achieve significant accent improvement.

Course duration: one full six-hour day with a partner or small group, followed by daily brief individual revision, in the following week and one day 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 CRE techniques to achieve relaxation and intuitive absorption of the natural language with confidence and without stress or effort. Designed to handle varying individual value systems and needs. CRE techniques, once acquired, can be easily used for any other languages or dialects. Uses IRT - the Instant Relaxation Technique create the confidence to learn.

Further information: 33 450 408982 or 199 Chemin Garenne, Preveessin, 01280 France or email: drbobboland@hotmail.com from Dr. Bob Boland MD, MPH (Johns Hopkins), DBA, ITP (Harvard Business School), former visiting professor at: INSEAD: IMD, Cranfield, Columbia, GSB, Stellenbosch, Wits, WHO, ILO, WB, UNEP, UNIDO, AID, IRC, Peace Corps, Shell, Burma, Barlows, Baxter, Nokia etc.

GLOSSARY ENGLISH / ZULU / FRENCH / GERMAN
(rough spelling and gender, with few accents)

ENGLISH	ZULU	FRENCH	GERMAN
a	-	un/une	ein/eine
about	eduze	environ	ungefähr
accident	ingozi	accident	Unfall,der
action	ukusebenza	action,la	Handlung,die
actually	ngempela	en fait	eigentlich
after	emuva kwa	après	nach
afternoon	intambama	après-midi,le	Nachmittag,der
airport	ephoti	aéroport,le	Flughafen,der
alone	dwa	seul	allein
also	futhi	aussi	auch
always	njalo	toujours	immer
am(I)	ba	suis(je)	bin(ich)
and	na	et	und
anniversary	ianiversari	anniversaire	Jahrestag,der
anybody	umuntu	n`importequi	irgendjemand
anything	into/lutho	n`importequoi	irgendetwas
April	iApril	Avril	April,der
are (you)	ba	êtes (vous)	sind
arrive	fika	arriver	ankommen
at	eini	à	an
August	iAugust	Aout	August,der
bad	bi	mauvais	schlecht
bank	ibhange	banque,la	Bank,die
bar	ibar	bar	Bar,die
bath	ibhavu	bain,le	Bad,das
beat	shaya	battre	schlagen

beautiful	hle	beau/belle	schön
because	ngoba	parceque	weil
bed	umbhede	lit,le	Bett,das
begin	qala	commencer	anfangen
behind	emuva-kwa	derrière	hinter
beside	ecalenikwa	àcôtéde	nächst
better	ngcono	meilleur	besser
bill	isikwenetu	facture,la	Rechnung,die
big	khulu	grand	gross
biscuit	ibhasikidi	biscuit,le	Keks,der
black	mnyama	noir	schwarz
book	incwadi	livre,le	Buch,das
boy	umfana	garcon,le	Junge,der
bread	isinkwa	pain,le	Brot,das
breakfast	ibhulakufesi	petitdej.le	Frühstück,das
brother	umfo(wabo)	frère,le	Bruder,der
bus	ibhasi	autobus,le	Bus,der
business	ibhizinisi	affaires,les	Geschäft,das
buy	-thenga	acheter	kaufen
can(able)	azi	pouvoir	können
car	imoto	auto,le	Auto,das
carefully	kahle	prudent	vorsichtig
carry	-thwala	porter	tragen
cash	ukheshi	argent,le	Geld,das
chair	isi-halo	chaise,la	Stuhl,der
cheap	shibile	bonmarché	billig
children	abantwana	enfants	Kinder,der
choose	-khetha	choisir	wählen
cigarette	usikilidi	cigarette,la	Zigarette,die
clean	gezekile/-hlan.	propre	sauber
clever	khaliphile	intelligent	klug

clouds	amafu	nuages,les	Wolken,die
coffee	ikhofi	cafe,le	Kaffee,der
cold	makhaza/ban.	froid	kalt
colour	umbala	couleur,la	Farbe,der
come	za/fika	venir	kommen
complain	sola	plaindre	klagen
contract	imvumelano	contrat,le	Vertrag,der
cook	pheta	cuire	kochen
cost	indleko	coût,le	Kosten,die
count	bala	conter	zahlen
creditors	abantuab.ima.	créditeurs	Gläubiger,die
cup	ikomishi	tasse,la	Tasse,die
customer	umthengi	client,le	Kunde,des
customs	amacustoms	douane,la	Zoll,der
daughter	indodakazi	fille,la	Tochter,die
day	umhla/ilanga	jour,le	Tag,der
dear	dulile	cher	teuer
debtors	imikweneti	débiteurs,les	Schuldner,die
December	iDesemba	Décembre	Dezember
dinner	idina	dîner,le	Abendessen,das
dirty	ngcolile	sale	schmutzig
dividedby	davayida	divisépar	divid.durch
do	enza	faire	tun
doctor	udokotela	médecin,le	Arzt,der
doers	abenzi	actifs,les	Täter,die
drink	phuza	boire	trinken
drive	shayela	conduire	fahren
dry	omile	sec	trocken
early	masisha	debonneheure	früh
easy	lula	facile	leicht
eat	dla	manger	essen

eight	isishiyagalombi.	huit	acht
eighty	amashumi-ayish.	quatrevingt	achtzig
either	noma	ou	entweder
eleven	ishuminanye	onze	elf
English	isi-Ngisi	Anglais	Englisch
enjoy	thanda	s`amuser	sich freuen
enough	ningi	assez(de)	genug
etc.	njalonjalo	etcetera	usw
evening	kusihlwa	soir,le	Abend,der
every	nke	chaque	jeden
fall off	wa-phansi	tomber	fallen
family	usendo	famille,la	Familie, die
father	uyise	père,le	Vater,der
father/law	ubabazala	beau-père,le	Schwiegervater
fat	khuluphele	gros	fett
Febuary	iFebruwari	Février	Februar,der
fifty	amashumiama.	cinquante	fünfzig
fight	lwa	combattre	kämpfen
finance	imali	financer	finanzieren
find	thola	trouver	finden
fine	hle	beau	schön(Wetter)
fingers	iminwe	doigts,les	Finger, die
finish	phela	finir	beenden
fish	inhlanzi	poisson,le	Fisch,der
five	kuhlanu/hlanu	cinq	fünf
fog	inkungu	brouillard,le	Nebel,der
food	ukudla	nourriture,la	Essen,das
fools	izithutha	fous,les	Verrückten, die
for	ku	pour	für
fork	imfologo	fourchette,la	Gabel, die
four	kune/ne	quatre	vier

forty	amashumiamane	quarante	vierzig
Friday	uLwesihlanu	Vendredi,le	Freitag,der
friendly	lungile	sympathique	freundlich
friends	abangane	amis,les	Freunde,die
future(adj)	esi-zayo	futur	zukünftig
game	umdlalo	jeu,le	Spiel,das
generally	khulu	généralement	allgemein
get	thola	obtenir	bekommen
girl	intombazana	jeunefille,la	Mädchen,das
give	pha	donner	geben
glass	i-gilazi	verre,le	Glas,das
go	hamba	aller	gehen
good	lungile/hle	bon	gut
goodbye	hamba-kahle	aurevoir	auf Wieders.
goodeven.	sawubona	bonsoir	guten Abend
goodmorn.	sawubona	bonjour	guten Morgen.
goodnight	lala-kahle	bonnenuit	guteNacht
greedy	hahile	gourmand	gierig
half	ihafu	moitié	halb
happy	jabula/jab.	heureux	glücklich
hate	zonda	détester	hassen
have	na/ukuba	avoir(j'ai)	haben
he	yena	il	er
hello	sawubona	salut	hallo
help	siza	aider	helfen
helpful	sizayo	utile	behilflich
her(acc.)	yena	la/lui	ihr
here	lapha	ici	hier
herself	ye(no)	ellemême	sieselbst
him	ye	le/lui	ihn/ihm
himself	yo (na)	luimême	erselbst

his	yo	son	sein
honest	qotho	honnété	ehrlich
hope	ethemba	espérer	hoffen
hospital	isibhedlela	hopital,le	Hospital,das
hot	shishayo	chaud	heiss
hotel	ihotela	hotel,le	hotel,das
how are y.?	unjani wena?	comment a.v.?	wie geht e.I.?
howmany?	ngaki?	combiende?	wieviel?
however	kodwa	cependant	jedoch
hundred	ikhulu	cent	hundert
hungry	lambile	avoir faim	hungrig
husband	indoda	mari,le	Ehemann,der
I	ngi/mina	je	ich
I am well	ngi-si-phila	je vais bien	mir geht es g.
icecream	iicecream	glace,la	Eiscreme,die
if	uma	si	wenn
important	khulu	important	wichtig
impossible	ukungazi	impossible	unmöglich
in front of	phambi kwa	devant	vor
intelligent	khlaliphile	intelligent	klug
inventory	isitoko	inventaire,la	Inventor,das
is(he)	ungu	est(il)	ist(er)
it	yona/yi	cela	es(er)
itself	zi	celamême	esselbst
January	iJanuwari	Janvier	Januar
journey	uhambo	voyage,le	Reise,die
July	iJulayi	Juillet	Juli
June	iJuni	Juin	Juni
knife	umese	coûteau,le	Messer,das
know	azi	savoir/conn.	wissen
labour	umsebenzi	maind`oeuvre	Arbeit,die

language	ulimi	langue,la	Sprache, die
late	phuzile	tard	später
later	kamuva	plustard	späterer
learn	funda	apprendre	lernen
less	susa	moinsde	minus/weniger
letter	incwadi	lettre,la	Brief,der
life	impilo	vie,la	Leben,das
like(verb)	-thanda	aimer	gern haben
listen	-lalela	écouter	zuhören
little	ncane/ncin.	peu	wenig
long	de	long	lang
long run	isikathie side	finalement	auf die Dauer
look	bona	regarder	schauen
look for	cinga	chercher	suchen
loss	intulo	perte,la	Verlust,die
lot, lots	ningi	beaucoupde	viel
love	thanda	aimerbien	lieben
low	ncane	bas	tief
lucky(be)	nenhlanhla	avoir/chance	Glück(haben)
luggage	umthwalo	bagages,les	Gepack,das
lunch	ilanshi	déjeuner,le	Mittagess.das
make/do	enza	faire	machen
man	indoda	homme,le	Mann,der
manager	umphathi	directeur,le	Manager,der
many	ningi	beaucoup(de)	viele
map	imaphu	plan,le	Lankarte,die
March	iMashi	Mars	März
marriage	umshado	marriage,le	Heirat,die
marry	-shada	semarier	heiraten
materials	izintoezis.	materiaux,les	Materialien
May	iMeyi	Mai	Mai

me	mina/mi	me	mich
meal	ukudla	repas,le	Essen,das
meat	inyama	viande,la	Fleisch,das
meet	-butha/-hlangana	rencontrer	kennenlernen
meeting	umbutho	réunion,la	Versammlung
mind(not)??	ala	égal(etre)??	egal(mir)??
minute	iminithi	minute,la	Minute,die
Miss	uNkosazana	Mademoiselle	Fraulein
mistake	impambuko	erreur,la	Fehler,der
Monday	uMsombuluko	Lundi,le	Montag
money	imali	argent,la	Geld,das
month	inyanga	moins,le	Monat,der
more	futhi/ningi	plus	mehr
morning	isasa	matin,le	Morgen,der
mother	unina	mère,la	Mutter,die
motheri.l.	uninazala/um.	bellemère	Schwiegermutter
Mr	uMnumzana	Monsieur	Herr
Mrs	uNkosikazi	Madame	Frau
multipl.by	elekweka	multiplierpar	multipliz.mit
must	fanele	devoir	müssen
my	mi	mon	mein
myself	zi	moimême	ich selbst
near	eduze na	prèsde	nahe
never	nanini/ngeke	jamais	niemals
nevermind	phepha/nxephe	n'importe	nichts(macht)
new	sha	neuf	neu
nice	hle/lungile	agréable	nett
nine	isithoba/ith.	neuf	neun
night	ubusuku	nuit,la	Nacht,die
ninety	amashumi-ayi.	quatrev.dix	neunzig
no	cha	non	nein

nobody	akukho umuntu	personne	niemand
noise	umsindo	bruit,le	Krach,der
not	averbi	ne...pas	nicht
nothing	akukho lukho	rien	nichts
november	iNovemba	Novembre	November
now	manje	maintenant	jetzt
o`clock	o'clock	heures(7.00)	Uhr(7.00)
october	iOkthobaa	Octobre	Oktober,der
of course	kusobala	naturellement	natürlich
oh!	hawu!	Oh!	Ach!
old	dala	vieux	alt
on	eini	sur	auf
one	nye/kunye	un	eins
or	noma	ou	oder
orders	isi-yalelo	ordres,les	Bestellungen
our	ithu	notre	unser
ourselves	zi	nousmême	wir selbst
out	phandle	dehors	aus
overheads	izindleko-zeb.	frais gen.les	Lauf.U.,die
owner`seq.	imali-yom.	capital,le	Anlagekapital
parents	abazali	parents,les	Eltern, die
passport	iphasiphoto	passeport,le	Pass,der
people	abantu	gens	Menschen, die
place	indawo	endroit,le	Platz,der
plane	ibhanoyi	avion,le	Flugzeug,das
plate	isithsha	assiette,la	Teller, der
please	ngisize	s`ily.plaît	bitte
police	amaphoyisa	police,la	Polizei,die
polite	nesizotha	poli	höflich
porter	uphota	porteur,le	Portier,der
possible	kwazi/azi	possible	möglich

present(a)	manje	présent	gegenwärtig
pretty	hle	joli	hübsch
products	izithelo	produits,les	Produkte,die
profit	inzuzo	profit,le	Gewinn,der
put	-faka	mettre	legen
quarter	ikwata	quartier,le	Viertel,das
quickly	ngokushesha	vite	schnell
rain	imvula	pluie,la	Regen,das
read	-funda	lire	lesen
really	ngempela	vraiment	wirklich
red	-bomvu	rouge	rot
relax	-thamba	se relaxer	entspannen
remember	khumbula	rappeller	erinnern
restaurant	indlu-yokudla	restaurant,le	Restaurant,das
right	lungile	raison(avoir)	richtig
road	indlela	rue,la	Strasse,die
room	ikamelo	chambre,la	Zimmer,das
sales	imali-yokutheng.	ventes,les	Verkäufe,die
Saturday	uMgqibelo	Samedi,le	Samstag
save	onga	sauver	sparen
say	thi/khuluma	dire	sagen
see	bona	voir	sehen
sell	thengisa	vendre	verkaufen
September	iSeptemba	Septembre	September
serve	-phaka	servir	bedienen
service	umsebenzi	service	Dienst,der
seven	isikhombisa	sept,le	sieben
seventy	amashumi ama.	soixantedix	siebzig
she	u/yena	elle	sie
short	fushane	court	kurz
should	fanele	devoir	sollen

sick	gula	malade	krank
Sir	Mnumzana	Monsieur	MeinHerr
sister	udade/(wabo)	soeur,la	Schwester, die
sit	hlala	s'asseoir	sitzen
sitdown	hlala-phansi	êtreassis	sich setzen
six	isithupha	six	sechs
sixty	amashumi ayis.	soixante	sechzig
sky	izulu	ciel,le	Himmel,der
sleep	lala	dormir	schlafen
small	ncane	petit	klein
smoke	bhema	fumer	rauchen
snack	ukudla okuncan.	snack,le	Imbiss,der
some	nye	quelques	etwas
somebody	umuntu	quelqu'un	jemand
something	into enye	quelquechose	etwas
sometimes	ngesinye-isik.	quelquefois	manchmal
son	indodana	fil,le	Sohn,der
sorry	xolisa	dommage	Verzeihung
soup	isobho	potage,le	Suppe, die
speak	khuluma	parler	sprechen
spend	-khipha	dépenser	ausgeben
spoon	ukhezo	cuillère,la	Löffel,der
standup	-sukuma	selever	aufstehen
station	isiteshi	gare,la	Bahnhof,der
stay	-hlala	rester	bleiben
stool	isitulo	banc,le	Stuhl,der
sugar	ushukela	sucre,le	Zucker,das
summer	ihlobo	été,le	Sommer.der
sun	ilanga	soleil,le	Sonne,die
Sunday	iSonto	Dimanche,le	Sonntag
sweet(pud.)	iswidi	dessert,le	Süßspeise,die

table	itafula	table,la	Tisch,der
take	-thatha	prendre	nehmen
talk	-khuluma	parler	sprechen
talkers	izikhulumi	bavards,les	Schwätzer,die
taxi	itekhsi	taxi,le	Taxi,der
tea	itiye	the,le	Tee,der
téléphone	uthelefoni	téléphone,le	Telefon,der
tense	inkathi	temps,le	Zeitform,die
ten	ishumi	dix	zehn
terrible	bihkakhulu	terrible	schrecklich
thank you	bonga	merci	danke
that	lowo/lelo	la/cela/que	jener
the		le/la	der/die/das
their	bo	leur	ihr
them	ba/bona	eux	sie
themselves	zi	euxmêmes	sie selbst
there	lapho	là	dort/da
they	ba	ils	sie
this	la/le	ce/cet	dieser
thin	zacile	mince	dünn
thing	into	chose,la	Ding,der
thirsty	omile	avoirsoif	durstig
thirty	amashumi-ama.	trente	dreissig
thousand	inkulungwane	mille	tausend
three	thathu	trois	drei
threeqtr.	amakwataama	troisquarts	dreiviertel
Thursday	uLwesine	Jeudi	Donnerstag
ticket	ithikithi	billet,le	Karte,die
time	isikhathi	heure,la	Zeit.die
tip	ithiphu	pourboire,le	Trinkgeld,die
tired	khathele	fatigué	müde

to	eini	à	nach
today	namhlanje/nam.	aujourd'hui	heute
tomorrow	kusasa	demain	morgen
too much	ngokweqile	trop	zuviel
train	isitimela	train,le	Zug,der
travel	hamba	voyager	reisen
Tuesday	uLwesibili	Mardi	Dienst.
twelve	ishumi-nambile	douze	zwölf
twenty	amashumi-ama.	vingt	zwanzig
two	bili/kubili	deux	zwei
under	phansi kwa	sous	unter
up	phe-zulu	enhaut	oben
us	si/thina	nous	uns
vegetables	imifino	légumes,les	Gemüse,das
wait	hlala	attendre	warten
waiter	iweta	garçon,le	Kellner,der
walk	hamba	marcher	spazieren
want	funa	vouloir	wollen
waste(n)	ukuchitha	gaspillage,le	Abfall,der
we	si	nous	wir
weather	izulu	temps,le	Wetter,das
wednesday	uLwesithathu	Mercredi	Mittwoch
week	iviki	semaine,la	Woche,die
wet	namanzi	pluvieux	nass
what?	ni?	quel/quoi?	was?
what time?	isikhathi-sini?	quelleheure?	wie spät.i.es?
when?	nini?	quand?	wann?
where	phi?	où?	wo?
white	mhlophe	blanc	weiss
who?	bani?	qui?	wer?
wife	inkosikfazi	femme,la	Ehefrau,die

win	ahlula	gagner	gewinnen
wine	iwayini	vin,le	Wein,der
winter	ubusika	hiver,le	Winter,der
woman	inkosikazi	femme,la	Frau,die
work	sebenza	travail,le	arbeiten
worse	kakhulu	pire	schlechter
worst,the	kakhulu	lepire	schlechteste
write	bhala	écrire	schreiben
wrong	ngalungile	avoirtort	falsch
year	unyaka	année,la	Jahr,das
yes	yebo	oui	ja
yes but	yebo kodwa	ouimais	ja aber
yesterday	izolo	hier	gestern
you(nom.)	u/wena	vous	Sie
you(acc.)	wu/wena	vous	Sie
young	sha	jeune	jung
your	kho/inu	votre	Ihr
yourself	zi	vousmême	Sieselbst
yourselves	zi	vousmêmes	Sieselbst
zero	unothi	zero	null

THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

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

- | | | | | |
|------------|---------------|---------------|------------|---------------|
| 1. A/an | 2. After | 3. Again | 4. All | 5. Almost |
| 6. Also | 7. Always | 8. And | 9. Because | 10. Before |
| 11. Big | 12. But | 13. I can | 14. I come | 15. Either/or |
| 16. I find | 17. First | 18. For | 19. Friend | 20. From |
| 21. I go | 22. Good | 23. Goodbye | 24. Happy | 25. I have |
| 26. He | 27. Hello | 28. Here | 29. How | 30. I |
| 31. I am | 32. If | 33. In | 34. I know | 35. Last |
| 36. I like | 37. Little | 38. I love | 39. I make | 40. Many |
| 41. One | 42. More | 43. Most | 44. Much | 45. My |
| 46. New | 47. No | 48. Not | 49. Now | 50. Of |
| 51. Often | 52. On | 53. One | 54. Only | 55. Or |
| 56. Other | 57. Our | 58. Out | 59. Over | 60. People |
| 61. Place | 62. Please | 63. Same | 64. I see | 65. She |
| 66. So | 67. Some | 68. Sometimes | 69. Still | 70. Such |
| 71. I tell | 72. Thank you | 73. That | 74. The | 75. Their |

- | | | | | |
|-------------|----------|--------------|-----------|-----------|
| 76. Them | 77. Then | 78. There is | 79. They | 80. Thing |
| 81. I think | 82. This | 83. Time | 84. To | 85. Under |
| 86. Up | 87. Us | 88. I use | 89. Very | 90. We |
| 91. What | 92. When | 93. Where | 94. Which | 95. Who |
| 96. Why | 97. With | 98. Yes | 99. You | 100. Your |