

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 ... ZIKOMO !!

NO. 322 - CHICHEWA from ENGLISH

Version 4 - FEBRUARY 2011

Chisale Mhango of Malawi

and The CHICHEWA DICTIONARY: [http://
translate.chichewadictionary.org/](http://translate.chichewadictionary.org/)

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.

Inspired by: Dr. Bob Boland (IUG), Ms Challo (Kenya), Dr. Giles Boland (Harvard), Dr. Shams Bathija (UNCTAD) and Boston University and the Team.

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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.	Zikomo		
Hello Bob!	Moni, Bob!	I like	Ndi ma-konda
Yes/no	Inde/iyayi	Not	ayi/si/sa
Where from?	Kuchokera kuti?		
Please	Chonde	How much?	-zingati?
OK!	Chabwino	Give me	ndi-patse/patseni
Excuse me	Pepani	Go to	pita-ni ku
Good morning	Moni	Wait for me	U/mun-ndidi-kire
I must	Ndi yenela	I want	Ndi-kufuna
What is your name?	Dzina lako/lanu ndani?	My name is ...	Dzina langa ndi-
How are you?	Muli bwanji?	I am well	Ndi-li bwino
Do you speak?	Kodi mu-malankhula?	Where is ... Kuti?	Kuti?
Cheers (appetite)	Tchiyazi	I can't	Si-ndi ngathe
I'm from:	Ndi macho-kera ku:	Why?	Chifukwa?
I don't know	Si ndi dziwa	Good-bye	Tsalani bwino

Where do you U/mu macho-keru kuti?
come from?

And so ... on we go ... talking with ... **EVERYONE** ...

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

Thank you

Zikomo

Hello

Moni

Mr.

A-Bambo

Mrs.

A-Mayi

Yes

Inde

No

Iyay

Good

Bwino?

Please

Chonde

Do you have?

Kodi mu li ndi...?

Goodbye

Tsalani bwino

See you soon!

Ndikuwona posachedwa

Who?

Ndani?

What?

Chani?

I want

Ndi funa

Where?

Kuti?

OK!

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 ... DO IT IN YOUR OWN WAY ... or use our parts of our schedule for the 6 hour CRE day (with breaks as needed), THAT FITS YOU BEST ... YOU ARE IN CHARGE ...

1 - Do IRT. Do the Throat exercise - 16 key words

Play the tape when available or make your own (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.

And 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 ... it's 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 it 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... "Chichewa Place" ... in your mind ...

2. HERE AND THERE:

Ndi li pano.

Mu li apo (there).

Kudo (question), mu li apo?

Inde, u/mu li apo.

Kudo, mu li pano (question)?

Ayi si(u)muli pano.

Chili pano.

Chili kuti (where)?

Chili pano (here).

Kudo, chili apo?

Si-ndi ku-dziwa (know).

Miguel ali kuti?

Si ali pano.

A li kuti?

Si-ndi ku-dzima (know).

Xoipa. A li apo!

A li okongola (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?

S/He is not here.

Where is (he)?

I do not know.

Darn! There he is!

He is wonderful!

3. LIKING:

Ndi konda iwe (you).

Kodi, mu ndi konda ine?

Inde, ndi konda iwe.

Kodi, mu konda ndalama?

Inde, ndi konda ndalama (money).

I like you.

Do you like me?

Yes, I like you.

Do you like money?

Yes, I like money.

Ndi konda madzi (water).

Mu konda modzi?.

Ndi konda abuku.

A konda galimoto (car).

Ayi sai konda galimoto.

I like water.

You like water.

I like some books.

He likes the car.

She does not like the car.

Kodi, mu konda chakudya cha madzulo (dinner).

Si, ndi konda chakudya cha madzulo.

Oh. zoipa. Ipa-ipa!

Chonde, musati Ipa-ipa.

Do you like the dinner?

No, I do not like the dinner.

Oh. Darn! Mate!

Please do not say Mate!

4. DOING:

Ndi chita (do).

Ndi ma chita.

Mu chita.

U/Mu chita icho (that).

Ti chita icho.

I do.

I do this.

You do.

You do that

We do that

Ndi, ti sangalala (happy).

Ndi zo sabvuta (easy) kodi?

Inde, ndi zo bvuta (difficult).

Kodi, mu chita icho/izo (that)?

Chuta leyo, chondi (please)!!!

Zoipa!!

A li osangalatsa.

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:

Ndi tha (can)
Kodi, ndi tha?
Inde, ndi tha.
Kodi, mu tha ku-chita ichi (this)?
Inde, ndi tha- ku-chita icho (that).

I can
Can I?
Yes, I can.
Can you do this?
Yes, I can do that.

Ndi tha ku dya pangono (little).
Ndi tha ku-mwa pangono.
Ndi tha ku-pita (go).
Ndi tha ku-bwera (come)
Ndi tha ku-gona (sleep).

I can eat a little.
I can drink a little.
I can go.
I can come.
I can sleep.

U/Mu tha ku-lankhula (speak).
Kodi, u/mu tha ku-lankhula?
Inde, ndi tha (can).
Kodi, mu tha ku-chita (do) icho?
ayi si ndi tha ku-chita icho.

You can speak.
Can you speak?
Yes, I can.
Can you do this?
No, I can not do that.

Kodi, mu ku-mvetsa?
Mu ku-mvetsa?
Inde, pangono.
Kodi, mu tha ku-nena MERT?
Inde, ndi tha ku-lankhula pang'ono Chichewa!
Zoipa. Ndi li okongola!

You can understand?
You understand?
Yes, a little.
Can you say Mate?
Yes, I can speak a little Chichewa!
Darn! I am wonderful!

6. UNDERSTANDING:

Ndi mvetsa.
si ndi mvetsa.
U/mu mvetsa.

I understand.
I do not understand.
You understand.

siMu mvetsa (understand).

Kodi, muwa mvetsa a-kazi (women)?

Ayi, ayi, si ndi a mvetsa iwoll

Oh. zoipa

Chonde musanene/musati Ipa-ipa ayi.

Mu li osangalatsa!

You do not understand.

Do you understand women?

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

Oh. Darn! Mate!

Please do not say Mate!

You are entertaining!

7. WANTING:

Ndi funa (want).

Ndi funa ku-dya pang'ono (a little).

Ndi funa ku-mwa madzi.

Ndi funa ku-pita ku chiumbudzi (toilet) !!!!

Kodi, mu funa ku-dya pangono?

I want.

I want to eat a little.

I want to drink water.

I want to go to the toilet!!!

Do you want to eat a little?

Iyayai, si ndi funa ku-dya

Zoipa, Ndi kufuna kuku-patsa pang'ono (some)

Iyayi, zikomo.

Ndi funa ku-bwera (come).

Kodi, mu-funa ku gona ndi ine?

No, I do not want to eat.

Darn! I want to give you a bit.

No, thank you.

I want to come.

Do you want to sleep with me?

Ayi Si, ndi funa ku-gona

Miguel, kodi, mu funa ku-dya achule?

Zoipa. Si tsopano, zikomo.

Ti li osangalala!

No, I do not want to sleep.

Miguel do you want to eat the frogs?

Darn! Not just now, thank you!

We are wonderful!

8. GETTING:

Chonde, patse ndalama (money),

Chonde, tenga ndalama..

Please give me the money.

Please take the money.

Ndi tenga ndalama.
Chonde, patse tikiti.
Chonde, tenga tikiti.

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

Ndi tenga tikiti.
Chonde, patse ichi (thing).
Chi li kuti (where)?

I take the ticket.
Please give me the thing.
Where is the thing?

Si-ndi ku dziwa
Chonde, patse mamuna/mzi bambo (man)!

I do not know.
Please give me a man!

Zoipa. . Mkazi li ti!
A li osangalatsa!

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

9. HAVING:

Ndi li ndi chimodzi chokha (thing).
Ndi libe ndi chimodzi chomwei.
Mu li ndi chimodzi chokha.
Ti li ndi chi modzi.
A li ndi chimodzi.

I have one thing.
I do not have one thing.
You (only) have one thing.
We have one thing.
She has one thing.

Ndi li ndi nthawi pang'ono mtsikana
Kodi muli ndi ndalama pang'ono, A-Bamba?
Ayi.
Oh. Ipa-ipai!
Chonde, musanene/musati ipa-ipa.

I have a little time, Miss!
But, do you have a little money, Sir?
No.
Oh. Mate!
Please do not say Mate!

10. ORDERING (POLITELY):

Chonde, patse chinthu ichi.

Chonde patse ndalama (money).

Chonde, patse madzi (water).

Zikomo.

Chonde, musamwe madzi ku Fransi.

Please give me the thing.

Please give me money.

Please give me water.

Thank you.

Please don't drink the water in France!!

Imwa vinyo.

Chonde, bwera pano/kuno.

Chonde, pita apo/uko.

Chonde, imwa izi (this).

Osadya izo

Drink the wine.

Please come here.

Please go there.

Please drink this.

Do not eat that!

Chonde, patse ichi.

Chonde, osa tenga icho.

Chonde, osanena ichi.

Chonde, osa nene Ipa-ipa

Zoipa. Zikomo. Mu li okongola!

Please give me this.

Please do not take that.

Please say this

Please do not say Mate!

Darn! Thank you. You are wonderful!

11. GREETING: POLITE AND SLANG

Moni Michelle.

Moni Paula.

Moni Miche.

Moni Sancos.

Muli bwanji, Eliza?

Hello Michelle.

Hello Paula.

Good morning Miche.

Good morning Sancos.

How are you, Eliza?

Ndi li bwino, zikomo, Khulu.

Uli bwanji, Xavier?

Ndi li bwino, zikomo, Miguel.

Tsala bwino, Giles.

I am well, thank you, Khulu.

How goes it, Xavier?

OK , thank you Miguel.

Goodbye Giles.

Tsalani/tsala tsalani/tsala, Judith.

Bye bye Judith.

Inde, chabwino, Holly

Yes OK, Holly.

Zosangalatsa, Heidi!

It is wonderful, Heidi!

Chabwino Sam?

OK Sam?

Inde, chabwino, Lucie.

Yes OK, Lucie.

Zosaipa kwenikweni, Henri.

Not too bad, Henri.

Uli bwino dale?

Are you well, my darling?

Ayi

No!!!

Zoipa. A li osangalatsa!

Darn! She is wonderful!

12. DESCRIBING:

Zi li bwino,

It is good.

Si zi li bwino.

It is not good.

Za ipa..

It is bad.

Ndi bukhu.

It is a book.

Ndi la li kulu?

Is it big?

Si, la li ng'ono.

No, it is small.

zo sabvuta?

Is it easy?

Iyayi zo bvuta.

No, it is hard.

Kodi, madzi ali bwino?

Is the water good?

Ayi madzi sali li bwino ku Fransi!

No, the water is not good in France!!

Oh Ipa-ipa!!!

Oh Mate!!!

Chonde, u/musanene ipa-ipa.

Please do not say Mate!

Kodi, ti li osangalatsa?!!!

Are we wonderful?!!!

Zoipa! Inde!!

Darn! Yes!!

13. KNOWING (THINGS & PEOPLE):

Ndi dziwa ichi.

Kodi, u/mu dziwa ichi ?

Inde, ndi dziwa ichi.

u/Mu dziwa icho.

Kodi, u/mu dzwa icho?

Ayi, si ndi dziwa icho.

Ndi dziwa mkazi uyo.

Ndi dzima mamuna/bambo uyo.

A ndi dziwa ine (me).

Kodi, mu nzima mkazi uyo?

Ayi, moni a-mayi?

Muli bwino a-mayi?

Ayi si ndi li bwino. Tsalani bwino

Si mu dziwa mkazi!

Zoipa. A li osangalatsa!

I know this.

Do you know this?

Yes, I know this.

You know that.

Do you know that?

No, I do not know that.

I know that woman.

I know the man.

He knows me.

Do you know that woman?

No. Good morning Madame?

Are you well, Madame?

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

You do not know her!

Darn! She is wonderful!

14. NUMBERING:

Ndi li ndi vuto li modzi

Inde, mu li ndi vuto limodzi

Ayi, mu li ndi mavuto awiri.

A li ndi atatu.

A li ndi anai (4).

Ti li ndi asanu (5).

I have one problem.

Yes, you have a problem.

No, you have two (of them).

He has three.

She has four.

We have five.

Kodi, mu li ndi asanu?
Inde, tsopono, ndi li ndi asanu!!
Ana onse!
Ana ali/ndi osangalatsa!

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

15. ASKING:

bukhu ndi ndalama zingati?
Ma dollar asanu(5).
Ichi ndi zi ngati?
Zingati?
Ma dollar anai (4).

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

Chi li kuti (where) ?
Chi li apo.
Ayi, sichi li apo.
Chimbudzi chili kuti?
Chimbudzi chili apo.

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

Chani ichi/icho ?
Pepani. chani?
Icho.
O. ndi bukhu la bwino (good).
U/Mu funa chani (what)?

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

Ndi-funa (want) vinyo, chonde.
Pali ndani pano?
Ife ti li pano.
Mkazi uyo ndi ndani?
Si ndi ku dziwa (know).

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

Zoipa! Ndi Madonna!
Oh mzimayi! A li osangalatsa.

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

16. EVERYTHING - COLLOQUIAL - POLITE AND SLANG:

Ndi li pano.

I am here.

U/Mu li apo.

You are there.

Ndi konda iwe/inu.

I like you.

U/Mu konda ndalama.

You like the money.

A/ma chita ichi.

He does this.

A machita icho

She does that.

Ndi tha ku-lankhula pong'ono Chichewa!

I can speak a little Chichewa!

Si u nga nene Ipa-ipa.

You can not say Mate?

Ndi kumvetisa iwe/inu (you).

I understand you.

Si mu ndi mvetsa ine (me).

You do not understand me.

Ndi funa ku-pita ku bar (mowa).

I want to go to the bar.

U/Mu funa ku-pita ku chimbudzi (toilet).

You want to go to the toilet.

Ndi li ndi nthawi, yochepa chemwali

I have a little time, Miss!

Koma muli ndi ndalama zochepa, a-bamba?

But, do you have a little money, Sir?

Chonde, osamwa madzi ku Fransi!!

Please don't drink the water in France!!

Imwa vinyo.

Drink the wine.

uli bwanji, Eliza?

How are you, Eliza?

Ndi-li bwino, Zikomo.

I am well, thank you.

Ndi ya/cha chi kulu?

Is it big?

Ayi, ndi ka ka ng'ono.

No, it is small.

Si umu dziwa mzimayi !
zoipa. A li osanagalatsa!
Inde, tsopano, ndi li ndi mavuto asanu
Ana onse!

Ndi chain icho?
Pepani. Chani?
Iyo apo.
Si zo ipa.
zoipa!!

Chabwino?
Inde, a li bwino.
Inde, a li bwino.
Inde, a li bwino.

Chonde, u/musanene ipa-ipai.
Ayi li bwino.
Ndi yenala ku-chita ichi.
Mu yenala ku chita icho.
zosangalatsa?
Inde, mu li osangalatsa.

Tsalanai bwino tsopano.
Tsala, tsopano.
Tsa lani bwino patsono.
Tionana posachedwa!

You do not know her!
Darn! She is wonderful!
Yes now, I have five problems!!!
All the children!

What is that?
Pardon. What?
There it is.
Not bad.
Xoipa!

OK?
Yes, it's cool!
Yes, it's cool! (classy)
Yes, it's cool! (upper class)

Please do not say Mate!
It is not upper class)!!!
I must do this.
You must do that
Wonderful?
Yes you are wonderful!

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

Note Speed reading 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 confidence ... about the future ... and about making progress ... in the natural language ... in your own natural way ... and you will find such joy ... in speaking so gently ... with growing confidence ... and experience ... which will add ... a new exciting quality to your life ... because ... with every new language you learn ... you do add a new quality to your life ... in that special "Chichewa 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 ... which all began 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 ... complete it and use it everywhere ... with everyone)

...

a. Greetings/Exclamations:

hello	good morning	how are you	I am well	thank you
moni	moni	muli bwanji?	Ndi-li bwino	zikomo
damn it	ipa-ipa	OK	not too bad	please
zoipa	ipa-ipa	chabwino	si zili zoipa kwenikweni	chonde
goodbye	yes/no/not	there it is!	"cool"!!!	pardon
tsalani bwino	inde/ayi, iyayi/ ayi	icho apo	bwino	pepani

b. Verbs: ku-

is/I am	have (is with)	like	want	can
ku-khala	ku-khala ndi	ku-konda	ku-funa	ku-tha
ndi li	ndi li ndi	ndi konda	ndi-funa	ndi-tha
do/I do	say/speak	go	come	give
ku-chita	ku-lankhula	ku-pita	ku-bwera	ku-patsa
ndi chita	ndi lankhula	ndi pita	ndi bwera	ndi patsa
take/I take	eat	drink	sleep	know (things/ people)
ku-tenga	ku-dya	ku-mwa	ku-gona	ku-dziwa
ndi tenga	ndi dya	ndi mwa	ndi gona	ndi dziwa

understand	must	get	find	think
ku-mvetsa	ku-yenala	ku-tenga	ku-peza	ku-ganiza
ndi-mvetsa	ndi-yenda	ndi-tenga	ndi-peza	ndi-ganiza

c. Prepositions:

some	a	the	to	from
zina/ena	modzi	-	icho	ku

d. Pronouns:

I	you	he	she	we
Ndi/ine	mu/iwe	a/iye	a/iye	ti/iwo

it	this	that	Mr	Mrs.
Ndi	ichi	icho	A-Bamba	A-Mayi

e. Nouns:

money	thing	man	woman/wife	water
ndalama	chinthu	munthu	mkazi/mzimayi	madzi

car	ticket	book	friend
galimoto	tikiti	bukhu	bwenzi

f. Adjectives/adverbs/Other:

good	bad	big	small	now
------	-----	-----	-------	-----

-bwino	-ipa	-kulu	-ng'ono	tsopano
later	a little	wonderful!	happy	easy/difficult
patsogolo	pang'ono	-kongola	-sangalala	osabvuta/-bvuta
here/there	and			
pano/apo	ndi			

g. Interrogatives:

how much?	where?	what?	who?	when?	how many?
-ngati?	kuti?	-chani?	ndani?	liti?	angati/zingati?

Note:	What is this?	Question?	It is
	chani ichi?	Kodi?	ndi

h. Numbers:

one	two	three	four	five
-modzi	-wiri	-tatu	-nai	-sanu

i. And some survival words:

WC (chimbudzi)	food (chakudya)
always (nthawi zonse)	train (sitima)
fast/slow (mofulimira/pang'ono pang'ono)	bus (basi)
but (koma)	home (nyumba)
never (osatheka)	work (ntchito)
please (chonde)	time (nthawi)

today (lero)
tomorrow (mawa)
paper pepala)
newspaper (gazeti/pepala)
day (tsiku)
week (mulungu)
year (chaka)
hour (hora)
minute (mphindi, many (ambiri)
hamburger, (hamburger)
think (ganiza)
read (werenga)
write (lemba)
laugh (seka)
dance (bvina)
later (patsogolo)
stop (ima)
policeman (polisi)
six (-zisanu ndi-chimodzi)
seven (zisanu ndi-ziwiri)
eight (zisanu ndi-zitatu)
nine (zisanu ndi-zinai)
ten (khumi)
hundred (zana)
thousand (chikwi)
mate (bwenzi)
see you soon (tionana posachedwa)

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)

right/wrong

zoona/zolakwa

better/worse

bwino/ipa

big/small

kulu/ng'ono

cheap/expensive

mtengo wotsika/mtengo wodula/kwela

good/bad

bwino/ipa

hot/cold

tentha/zizira

near/far

pafupi/patali

FOOD:

I like:

breakfast

lunch

dinner.

Ndi konda:

chakudya cha mmawa

chakudya cha masana

chakudya cha madzulo

May I have some (I can get some):

bread/butter

cheese

eggs

meat/potatoes

apples/oranges

coffee

milk

fruit juice

water

tea

Patseniko:

buledi/batala

tchizi

dzila

nyama/mbatata ya kachewere

apulo/lalanje

khofi

mkaka

madzi adzipatzo (fruit)

madzi

tiyi/tchae

I want to pay now.

I think that you make a mistake.

Thank you.

Tsopano, ndi kufuna ku-lipila (pay).

Ndi ganiza mwa lakwitsa.

Zikomo.

TRANSIT:

Where is the nearest shop:

Where can I get a taxi?

How much to go to ...?

Sitolo ya pa fupi ili kuti?

Kuti ndi tenga/kwele taxi?

Ku-pita ku ... ndi ndalama zingati?

Take me there.

Please stop here.

This is the wrong road.

Ndi pititseni kumeneko.

Chonde, imani pano.

Uwu ndi msewu wola kwika

Go straight ahead.

It's there, on the:

left/right

next to/after

north/south

east/west

Ku-pita patsogolo.

Ili apo:

kumanzere/kumanja

pafupi/patsogolo

kumpoto/kumwera

kuvuma/kuzambwe

Where is the:

town centre?

pharmacy?

ndi Kuti/pati:

pakati pa mzinda

falmase/sitolo ya mankhwala

SHOPPING:

Do you have any ...?

How much is this?

Kodi, mu-li ndi...pang'ono ..?

ndi zi ngati ichi?

I will take it.

ndi tenga (take)

What colours have you?

Black

Blue

Red

White

Green

Muli ndi mitundu ingati?

kuda

buluu

fiira

yera

tsamba

I want to buy:

aspirin/soap

half kilo apples

litre of milk

film/newspaper

Ndi funa ku-gula (buy):

aspirini/sopo

hafu ya-kilo apulosi (apples)

lita ya-mkaka (milk)

film/pepala

TELEPHONE:

Hello, this is ...

Moni, ndi li (is) ...

Please speak:

louder

slowly

Chonde lankhulani ndi mphamvu:

mphamvu (loud)

pang'ono pang'ono

I want to speak to:

Mr.

Mrs.

Miss

Ndi funa ku-lankhula ndi:

A-bamba

A-mayi

msungwana

When is he back?

Abwelela liti?

Ask him to telephone me

Mu wa uze andi imbile (foni)

TIME:

Do you have enough time?

What time is it?

It is:

five past one

quarter past three

U/Muli ndi nthawi yokwana?

Ndi nthawi yanji? Or nthawi ili bwanji?

ili:

mphindi zisanu kupyola wani
koloko

mphindi khumi ndi zisanu kupyola
filli koloko

MEETINGS:

We see you:

Today

Tomorrow

next week

in the evening

soon

Ti ku wona posachedwa (see)

lero

mawa

mulungu wa mmawa

madzulo

posachedwa

You are right/wrong

zowona/zolakwa

That is right

zowona zinenezo

LOCATIONS:

Here/there

Pano/apo

At the UN office

Ku ofesi ya UN

(Is) it near/far

Kodi. ndi pakupi/pa tali?

How many hours?

mahola angati?

21. PLAY QUIZ

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

- | | |
|-----------------------------------|-----------------------------------|
| a. I am well. | Pepani |
| b. I am sorry. | cha bwino |
| c. Thank you. | Ndi li bwino |
| d. OK | Zikomo |
| e. Understand | Muli bwanji. |
| f. Well done | Moni. |
| g. Hello | Wa/mwa chita bwino |
| h. How are you? | Ku-mvetsa |
| i. Is the man OK? | Si ndi mwa. |
| j. Try to do it | Ima pano. |
| k. I do not drink. | Yetsa ku-chitanso. |
| l. Stop here. | Kodi bambo ali bwino? |
| m. Yes | Mnyamata? |
| n. Please | Ali kuti. |
| o. Where is | Chonde. |
| p. Waiter? | Inde. |
| q. How much is that? | Nthawi ili bwanji? |
| r. Where is the toilet? | Ndi zi ngati? |
| s. Where/when/why? | Chimbudzi chili kuti? |
| t. What time is it? | Kuti/liti/chifukwa |
| u. Help me please? | Mu tha kumasulira ichi, kwa-ine? |
| v. I do not understand | Chonde ndi thandizeni ? |
| w. Can you translate this for me? | Chonde lankhula pang'ono pang'ono |
| x. Please, speak slowly | si ndi mvetsa |
| y. See you soon! | Tchi-yezi. |
| z. To your health! | Ndi kuona posachedwa ! |

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 - INSERT CHICHEWA)

Special Vocabulary for UNHCR

English	Pashto	Zulu	Chichewa
Airport	hawaa dagar	air-porti	
Army	pauz	impi	
Asylum	panaah	inqaba	
Border	pdlay	iphathelo	
Camp	dd kaamp	iginqwa	
Children	muchouman	abantwana	
Clothing	jama	izivatho	
Cooking pot	chainaq	imbiza	
Cooperation	hamkari	ukusizana	
Customs	gumruk	umkuba	
Delay	nawakta	libazisa	
Detention	ndzar-band	ukuhamba	
Development program	dd wadi program	ukukhuka iprogram	
Displaced persons	be-zaya shdwi xaldk	abantu abalahlekelwo	
Electricity	breshna	ugesi	
Emergency	hajol	ingozi	
Expulsion	shar-dl	ukuxoshwa	
Family	koranay	indlu	
Government	hokumat	uhulumeni	
Grandparents	padar kalan	umkulu	
Handicapped	saya	bambeko	
Health	roghtyaa	ukuphila	
Hospital	roghtun	isibhedlela	

House	kor	indlu
HQ	mankaz	komkulu
Human rights	dd bashar hakkuna	obuntu phansi????
Husband	mehra	imdoda
Lamp	dewan	isibani
Legal protection	kaanuni saatdna	omthetho unumgubuzelo
Malnutrition	bada ghdzaa	ukuntula ukudla okunomonga
Material assistance	maadi komak	usize kholwa???
Ministry	wdzaarat	ungqongqoshe???
Nutrition	ghdzaa	ukudla okunomongo
Pain - days/weeks	dard worat	ubulunghu - usuki/ iweki
Pain - months/years	dard hafta	ubulunghu - injangi/ umnyak
Pain - treatment	dard mehda	ubulunghu - impatho
Pain - arms/legs	dard bazou/paie	ubulunghu - ingali/ umlenzi
Pain - chest	dard sina	ubulunghu - isifuba
Pain - ears/eyes	dard gauche/sterguee	ubulunghu - indlebi/isi
Pain - hands/feet	dard daste/paie	ubulunghu - andli/ nyawi
Pain - head/neck	dard sav/garden	ubulunghu - khanda/ intamo
Pain - stomach	dard mehda	ubulunghu - isusu
Persecution	zawrawdi	umshushiso
Petrol	tel	upetroli
Police-station	dd polis st-eshan	ipohlisiteshi

President	mdshir	umongameli
Prison	bandy-khana	ijele
Province	ayaalat	iprovinsi
Reception centre	dd melma paaldne	undawo
Refugee	mohajer	impabanga
Representative	astaazy	ifanekisayo
Rural	da kdll	asemaphandleni
Sanitation	hyfzu-syhna	indlela philisayo
Shelter	rijdi	ukusitheka
Status	haysiyat	ukuma
Tent	rijdi	itende
Torture	shekanja	gazinga
Town	khar	ithawini
Transportation	transport	ukuthwala
Travel Documne	sdd safar sanaduna	incwa ukuhambi
Tribe	t-dbdr	uhlobo
Truck	lan mot-dr/lari	ingolovane
Urban	dd khari	asemzini
Village	kday	umuzi
Voluntrary repatriation	pd rdzaa-sara berta	ukubuya kokuvuma legal
War	jagara	impi
Water	aaba	amanzi
Wife	kaza	umfazi

APPENDIX C - BRIEF GRAMMAR

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

1. Structure - subject, object and verb:

Ndi li pano (here).

MWA-NA ali pano

Kodi (question), mwa-na ali pano?

I (am) here

The CHILD is here

Question - is the child here?

2. Articles:

Mwa-na li pano.

A child here is.

3. Nouns:

ANA a-li pano.

Mw-ana waBWINO ali pano.

A-li mwa-na.

Child-REN are here.

The GOOD child is here.

HE is a child.

4. Possession:

Ndi maw-na WANGA.

He is MY child.

5. Relative:

Mw-ana ali pano ndi (is).

The child WHO is here (is).

6. Demonstrative:

mw-ana uyu ali pano.

Mwa-na uyu ali apo.

THIS child is here.

THAT child is THERE.

7. Interrogatives:

Ichi ndi chani?

Uyo NDANI?

Mwa-na ali KUTI?

buhku ili ziNGATI?

WHAT is this thing?

WHO is that?

WHERE is the child?

HOW-MUCH is the book?

8. Imperatives:

Chita ichi!

DO this!

BWERA ku no!

COME here!

9. Negatives:

Inde, NDI-LI ndi buku.

Yes, I HAVE a book.

ayi, NDIlibe buku ilo.

No, I do NOT have the book.

Osabwera pano.

Do NOT come here.

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

Ndi li/ndi li ndi/ndi-funa

I am/have/want

Uli/u li ndi/u-funa

You are/have/want

A-li/a-li ndi/a-funa.

He is/has/wants

Additional Notes and Exercises on the Grammar

1. Pronouns:

ine (I)	ndi
iwe (you)	u
iye (he/she)	a/mu
ife (we)	ti/us/wo
inu (you)	mu/ku
iwo (they)	a/wa

Examples:

Ndi (I) ku (to) pita (go) (I am going)

A (they) ku pita (they are going)

Mu (you) li (are) ndi njala ? (Are you hungry?)

Mu li ndi ludzu? (Are you thirsty?)

Mwa-muna (man) m-modzi (one)

A-muna (men) a-wiri (two)

Chonde, mu (you)-ndi (me)-thandize (Please help me)

Kodi (question) basi i-ku-pita (going) kuti (where)? (Where is the bus going?)

Kodi, mu (you)-ku-dziwa (know) nthawi (time)? (Do you know the time?)

Kodi, pa nthawi (time) yanji basi ifika (arrive)? (When does the bus arrive?)

Mu (you)-ndi (me)-uze m-tengo (tell me the price)

Kodi, ndalama (money) zingati? (How much money?)

Ndi-ku-funa (want) ku-gula (buy) pwhetekele (I want to buy tomatoes)

Ndi, means “ is or and” and often combines:

Ine ndi ne Mavuto (I am Mavuto)

Kodi, inu (you) ndani (who) ? (Who are you?)

Iye ndi- (is) mulimi (farmer) (He is a farmer)

Abambo Van den Bos ndi (is) mDatchi (Mr. Van den Bos is a Dutchman)

ndi can mean: I, am, is, are, and etc.

2. Verbs:

present tense

ndi li (I am)

u li (you are)

a li (he/she is)

ti li (we are)

mu li (you are)

a li (they are)

past tense (by infixing: 'na')

ndi na- li (I was) -na

a-na-li (they were) – na

Examples:

ndi li (am) ku (at) nyumba (home) (I am at home)

a (he) na-li (was) mu (in) chipinda (room) (he was in the room)

a na-pita (travelled) ku (in) Ulaya (he travelled in Europe)

kodi, a (they) li (are) (in) ku Holland tsopano (now) (are they in Holland now?)

ndi ku pita (I am going)

mu (you) ku yankhula (you are talking)

Prefix belonging to the noun is repeated as prefix of the verb.

A (prefix) muna (men) a (prefx) ku yimba (singing). (The men are singing)

3.Nouns have classes with own rules for plural:

mwa-muna (man) aku-yimba (sings) - a-muna (men) aku-yimba (sing)

chi-patso (fruit) chi-ku-gwa (grows) – zi-patso (fruits) zi-kugwa A (grow)

ng'ombe (cow) iku-yenda (walks) - ng'ombe (cows) ziku-yenda (walk)

tsi-ku (day) li-ku-yamba (begins) – ma-si-ku (days) a-ku-yamba (begin)

m-pando (chair) u-ku-gwa (falls) – mi-pando (chairs) i-ku-gwa (falling)

4. Verbs in a sentence may have a: prefix, or infix, or suffix.

a) prefixes coordinate with the subject:

ndi (I)-ku-dya (I am eating)

mu-ku-la-kwa (you are making a mistake)

zi-patso zi-ku-gwa (the fruits are falling)

ng'ombe (cow) i-ku-yenda (the cow is walking)

b) infixes --

present tense: (activity) Ti-(we) ku (normal) -pita (We are going) - ku

present tense: (habit) Ti-ma-(habit) pita (We go) - ma

past tense: Ti-na-(past) pita (We went) - na

future tense: Ti-dza (future) -pita (We will go) - dza

With direct object of a person or persons, syllables are infixed:

ndi = I, u = you, mu = he/she, ti = us/we, ku = you (plural), wa = they.

A (he)-na (past) –ndi (to me)-patsa (give) ndalama (money)
(He gave me money)

Ti (we) ku-mu (him)-langu (punish) (We are punishing him)

Mu (you)-dza (future)-wa (them) –ona (see)(You will see them)

For things, the infix ' follows the noun-class of that thing.

A (he) –na (past) -i- (infix) manga (built) (He built it)

Ndi (I) -ma (them) -zi-dya (eat) (I eat them)

Ndi (I) ku-zi-(them)- ona (see) (I see them)

c) suffixes - change the meaning of the verb.

-on-a (to see) - a

-one-tsa (to show) - tsa

-gul-a (to buy) - a

-guli-tsa (to sell) -tsa

SEE CHICHEWA DICTIONARY: <http://translate.chichewadictionary.org/>

**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, Chichewa 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 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.

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GLOSSARY ENGLISH/FRENCH/ZULU/GERMAN

(rough spelling and gender, with few accents)

ADD CHICHEWA

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

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

cigarette	cigarette,la	usikilidi	Zigarette, die
clean	propre	gezekile/-hlan.	sauber
clever	intelligent	khaliphile	klug
clouds	nuages,les	amafu	Wolken, die
coffee	café,le	ikhofi	Kaffee, der
cold	froid	makhaza/ban.	kalt
colour	couleur,la	umbala	Farbe, der
come	venir	za/fika	kommen
complain	plaindre	sola	klagen
contract	contrat,le	imvumelano	Vertrag, der
cook	cuire	pheta	kochen
cost	coût,le	indleko	Kosten, die
count	conter	bala	zahlen
creditors	créditeurs	abantuab.ima.	Gläubiger, die
cup	tasse,la	ikomishi	Tasse, die
customer	client,le	umthengi	Kunde, des
customs	douane,la	amacustoms	Zoll, der
daughter	filles,la	indodakazi	Tochter, die
day	jour,le	umhla/ilanga	Tag, der
dear	cher	dulile	teuer
debtors	débiteurs,les	imikweneti	Schuldner, die
December	Décembre	iDesemba	Dezember
dinner	dîner,le	idina	Abendessen, das
dirty	sale	ngcolile	schmutzig
dividedby	divisépar	davayida	divid. durch
do	faire	enza	tun
doctor	médecin,le	udokotela	Arzt, der
doers	actifs,les	abenzi	Täter, der
drink	boire	phuza	trinken
drive	conduire	shayela	fahren

dry	sec	omile	trocken
early	debonneheure	masisha	früh
easy	facile	lula	leicht
eat	manger	dla	essen
eight	huit	isishiyagalombi.	acht
eighty	quatrevingt	amashumi-ayish.	achtzig
either	ou	noma	entweder
eleven	onze	ishuminanye	elf
English	Anglais	isi-Ngisi	Englisch
enjoy	s`amuser	thanda	sich freuen
enough	assez(de)	ningi	genug
etc.	etcetera	njalonjalo	usw
evening	soir,le	kusihlwa	Abend,der
every	chaque	nke	jeden
falloff	tomber	wa-phansi	fallen
family	famille,la	usendo	Familie, die
father	père,le	uyise	Vater,der
father/law	beau-père,le	ubabazala	Schwiegervater
fat	gros	khuluphele	fett
Febuary	Février	iFebruwari	Februar,der
fifty	cinquante	amashumiama.	fünfzig
fight	combattre	lwa	kämpfen
finance	financer	imali	finanzieren
find	trouver	thola	finden
fine	beau	hle	schön(Wetter)
fingers	doigts,les	iminwe	Finger, die
finish	finir	phela	beenden
fish	poisson,le	inhlanzi	Fisch,der
five	cinq	kuhlanu/hlanu	fünf
fog	brouillard,le	inkungu	Nebel,der

food	nourriture,la	ukudla	Essen,das
fools	fous,les	izithutha	Verrückten,die
for	pour	ku	für
fork	fourchette,la	imfologo	Gabel,die
four	quatre	kune/ne	vier
forty	quarante	amashumiamane	vierzig
Friday	Vendredi,le	uLwesihlanu	Freitag,der
friendly	sympathique	lungile	freundlich
friends	amis,les	abangane	Freunde,die
future(adj)	futur	esi-zayo	zukünftig
game	jeu,le	umdlalo	Spiel,das
generally	généralement	khulu	allgemein
get	obtenir	thola	bekommen
girl	jeunefille,la	intombazana	Mädchen,das
give	donner	pha	geben
glass	verre,le	i-gilazi	Glas,das
go	aller	hamba	gehen
good	bon	lungile/hle	gut
goodbye	aurevoir	hamba-kahle	auf Wieders.
goodeven.	bonsoir	sawubona	guten Abend
goodmorn.	bonjour	sawubona	guten Morgen.
goodnight	bonnenuit	lala-kahle	guteNacht
greedy	gourmand	hahile	gierig
half	moitié	ihafu	halb
happy	heureux	jabula/jab.	glücklich
hate	dêtester	zonda	hassen
have	avoir(j'ai)	na/ukuba	haben
he	il	yena	er
hello	salut	sawubona	hallo
help	aider	siza	helfen

helpful	utile	sizayo	behilflich
her(acc.)	la/lui	yena	ihr
here	ici	lapha	hier
herself	ellemême	ye(no)	sieselbst
him	le/lui	ye	ihn/ihm
himself	luimême	yo (na)	erselbst
his	son	yo	sein
honest	honnété	qotho	ehrlich
hope	espérer	ethemba	hoffen
hospital	hopital,le	isibhedlela	Hospital,das
hot	chaud	shishayo	heiss
hotel	hotel,le	ihotela	hotel,das
how are y.?	comment a.v.?	unjani wena?	wie geht e.I.?
howmany?	combiende?	ngaki?	wieviel?
however	cependant	kodwa	jedoch
hundred	cent	ikhulu	hundert
hungry	avoir faim	lambile	hungrig
husband	mari,le	indoda	Ehemann,der
I	je	ngi/mina	ich
I am well	je vais bien	ngi-si-phila	mir geht es g.
icecream	glace,la	iicecream	Eiscreme,die
if	si	uma	wenn
important	important	khulu	wichtig
impossible	impossible	ukungazi	unmöglich
in front of	devant	phambi kwa	vor
intelligent	intelligent	khlaliphile	klug
inventory	inventaire,la	isitoko	Inventor,das
is(he)	est(il)	ungu	ist(er)
it	cela	yona/yi	es(er)
itself	celamême	zi	esselbst

January	Janvier	iJanuwari	Januar
journey	voyage,le	uhambo	Reise,die
July	Juillet	iJulayi	Juli
June	Juin	iJuni	Juni
knife	coûteau,le	umese	Messer,das
know	savoir/conn.	azi	wissen
labour	maind`oeuvre	umsebenzi	Arbeit,die
language	langue,la	ulimi	Sprache,die
late	tard	phuzile	später
later	plustard	kamuva	späterer
learn	apprendre	funda	lernen
less	moinsde	susa	minus/weniger
letter	lettre,la	incwadi	Brief,der
life	vie,la	impilo	Leben,das
like(verb)	aimer	-thanda	gern haben
listen	écoûter	-lalela	zuhören
little	peu	ncane/ncin.	wenig
long	long	de	lang
long run	finalemt	isikathie side	auf die Dauer
look	regarder	bona	schauen
lookfor	chercher	cinga	suchen
loss	perte,la	intulo	Verlust,die
lot,lots	beaucoupde	ningi	viel
love	aimerbien	thanda	lieben
low	bas	ncane	tief
lucky(be)	avoir/chance	nenhlanhla	Glück(haben)
luggage	bagages,les	umthwalo	Gepack,das
lunch	déjeuner,le	ilanshi	Mittagess.das
make/do	faire	enza	machen
man	homme,le	indoda	Mann,der

manager	directeur,le	umphathi	Manager,der
many	beaucoup(de)	ningi	viele
map	plan,le	imaphu	Lankarte,die
March	Mars	iMashi	März
marriage	marriage,le	umshado	Heirat,die
marry	semarier	-shada	heiraten
materials	materiaux,les	izintoezis.	Materialien
May	Mai	iMeyi	Mai
me	me	mina/mi	mich
meal	repas,le	ukudla	Essen,das
meat	viande,la	inyama	Fleisch,das
meet	rencontrer	-butha/-hlangana	kennenlernen
meeting	réunion,la	umbutho	Versammlung
mind(not)	égal(etre)	ala	egal(mir)
minute	minute,la	iminithi	Minute,die
Miss	Mademoiselle	uNkosazana	Fraulein
mistake	erreur,la	impambuko	Fehler,der
Monday	Lundi,le	uMsombuluko	Montag
money	argent,la	imali	Geld,das
month	moins,le	inyanga	Monat,der
more	plus	futhi/ningi	mehr
morning	matin,le	isasa	Morgen,der
mother	mère,la	unina	Mutter,die
motheri.l.	bellemère	uninazala/um.	Schwiegermutter
Mr	Monsieur	uMnumzana	Herr
Mrs	Madame	uNkosikazi	Frau
multipl.by	multiplierpar	elekweka	multipliz.mit
must	devoir	fanele	müssen
my	mon	mi	mein
myself	moimême	zi	ich selbst

near	prèsde	eduze na	nahe
never	jamais	nanini/ngeke	niemals
nevermind	n'importe	phepha/nxephe	nichts(macht)
new	neuf	sha	neu
nice	agréable	hle/lungile	nett
nine	neuf	isithoba/ith.	neun
night	nuit,la	ubusuku	Nacht, die
ninety	quatrev.dix	amashumi-ayi.	neunzig
no	non	cha	nein
nobody	personne	akukho umuntu	niemand
noise	bruit,le	umsindo	Krach,der
not	ne...pas	averbi	nicht
nothing	rien	akukho lukho	nichts
november	Novembre	iNovemba	November
now	maintenant	manje	jetzt
o'clock	heures(7.00)	o'clock	Uhr(7.00)
october	Octobre	iOkthobaa	Oktober,der
ofcourse	naturellement	kusobala	natürlich
oh!	Oh!	hawu!	Ach!
old	vieux	dala	alt
on	sur	eini	auf
one	un	nye/kunye	eins
or	ou	noma	oder
orders	ordres,les	isi-yalelo	Bestellungen
our	notre	ithu	unser
ourselves	nousmême	zi	wir selbst
out	dehors	phandle	aus
overheads	frais gen.les	izindleko-zeb.	Lauf.U.,die
owner`seq.	capital,le	imali-yom.	Anlagekapital
parents	parents,les	abazali	Eltern, die

passport	passeport,le	iphasiphoto	Pass,der
people	gens	abantu	Menschen,die
place	endroit,le	indawo	Platz,der
plane	avion,le	ibhanoyi	Flugzeug,das
plate	assiette,la	isithsha	Teller, der
please	s`ilv.plaît	ngisize	bitte
police	police,la	amaphoyisa	Polizei,die
polite	poli	nesizotha	höflich
porter	porteur,le	uphota	Portier,der
possible	possible	kwazi/azi	möglich
present(a)	présent	manje	gegenwärtig
pretty	joli	hle	hübsch
products	produits,les	izithelo	Produkte,die
profit	profit,le	inzuzo	Gewinn,der
put	mettre	-faka	legen
quarter	quartier,le	ikwata	Viertel,das
quickly	vite	ngokushesha	schnell
rain	pluie,la	imvula	Regen,das
read	lire	-funda	lesen
really	vraiment	ngempela	wirklich
red	rouge	-bomvu	rot
relax	serelaxer	-thamba	entspannen
remember	rappeller	khumbula	erinnem
restaurant	restaurant,le	indlu-yokudla	Restaurant,das
right	raison(avoir)	lungile	richtig
road	rue,la	indlela	Strasse.die
room	chambre,la	ikamelo	Zimmer.das
sales	ventes,les	imali-yokutheng.	Verkäufe,die
Saturday	Samedi,le	uMgqibelo	Samstag
save	sauver	onga	sparen

say	dire	thi/khuluma	sagen
see	voir	bona	sehen
sell	vendre	thengisa	verkaufen
September	Septembre	iSepthemba	September
serve	servir	-phaka	bedienen
service	service	umsebenzi	Dienst,der
seven	sept,le	isikhombisa	sieben
seventy	soixantedix	amashumi ama.	siebzig
she	elle	u/yena	sie
short	court	fushane	kurz
should	devoir	fanele	sollen
sick	malade	gula	krank
Sir	Monsieur	Mnumzana	MeinHerr
sister	soeur,la	udade/(wabo)	Schwester, die
sit	s'asseoir	hlala	sitzen
sitdown	êtreassis	hlala-phansi	sich setzen
six	six	isithupha	sechs
sixty	soixante	amashumi ayis.	sechzig
sky	ciel,le	izulu	Himmel,der
sleep	dormir	lala	schlafen
small	petit	ncane	klein
smoke	fumer	bhema	rauchen
snack	snack,le	ukudla okuncan.	Imbiss,der
some	quelques	nye	etwas
somebody	quelqu'un	umuntu	jemand
something	quelquechose	into enye	etwas
sometimes	quelquefois	ngesinye-isik.	manchmal
son	fils,le	indodana	Sohn,der
sorry	dommage	xolisa	Verzeihung
soup	potage,le	isobho	Suppe, die

speak	parler	khuluma	sprechen
spend	dépenser	-khipha	ausgeben
spoon	cuillère,la	ukhezo	Löffel,der
standup	selever	-sukuma	aufstehen
station	gare,la	isiteshi	Banhof,der
stay	rester	-hlala	bleiben
stool	banc,le	isitulo	Stuhl,der
sugar	sucre,le	ushukela	Zucker,das
summer	été,le	ihlobo	Sommer.der
sun	soleil,le	ilanga	Sonne,die
Sunday	Dimanche,le	iSonto	Sonntag
sweet(pud.)	dessert,le	iswidi	Süßspeise,die
table	table,la	itafula	Tisch,der
take	prendre	-thatha	nehmen
talk	parler	-khuluma	sprechen
talkers	bavards,les	izikhulumi	Schwätzer,die
taxi	taxi,le	itekhsi	Taxi,der
tea	the,le	itiye	Tee,der
téléphone	téléphone,le	uthelefoni	Telefon,der
tense	temps,le	inkathi	Zeitform,die
ten	dix	ishumi	zehn
terrible	terrible	bihkakhulu	schrecklich
thank you	merci	bonga	danke
that	la/cela/que	lowo/lelo	jener
the	le/la		der/die/das
their	leur	bo	ihr
them	eux	ba/bona	sie
themselves	euxmêmes	zi	sie selbst
there	là	lapho	dort/da
they	ils	ba	sie

this	ce/cet	la/le	dieser
thin	mince	zacile	dünn
thing	chose,la	into	Ding,der
thirsty	avoirsoif	omile	durstig
thirty	trente	amashumi-ama.	dreissig
thousand	mille	inkulungwane	tausend
three	trois	thathu	drei
threeqtr.	troisquarts	amakwataama.	dreiviertel
Thursday	Jeudi	uLwesine	Donnerstag
ticket	billet,le	ithikithi	Karte, die
time	heure,la	isikhathi	Zeit, die
tip	pourboire,le	ithiphu	Trinkgeld, die
tired	fatigué	khathele	müde
to	à	eini	nach
today	aujourd'hui	namhlanje/nam.	heute
tomorrow	demain	kusasa	morgen
toomuch	trop	ngokweqile	zuviel
train	train,le	isitimela	Zug, der
travel	voyager	hamba	reisen
Tuesday	Mardi	uLwesibili	Dienst.
twelve	douze	ishumi-nambile	zwölf
twenty	vingt	amashumi-ama.	zwanzig
two	deux	bili/kubili	zwei
under	sous	phansi kwa	unter
up	enhaut	phe-zulu	oben
us	nous	si/thina	uns
vegetables	légumes,les	imifino	Gemüse, das
wait	attendre	hlala	warten
waiter	garçon,le	iweta	Kellner, der
walk	marcher	hamba	spazieren

want	vouloir	funa	wollen
waste(n)	gaspillage,le	ukuchitha	Abfall,der
we	nous	si	wir
weather	temps,le	izulu	Wetter,das
wednesday	Mercredi	uLwesithathu	Mittwoch
week	semaine,la	iviki	Woche,die
wet	pluvieux	namanzi	nass
what?	quel/quoi?	ni?	was?
whattime?	quelleheure?	isikhathi-sini?	wie spät.i.es?
when?	quand?	nini?	wann?
where	où?	phi?	wo?
white	blanc	mhlophe	weiss
who?	qui?	bani?	wer?
wife	femme,la	inkosikfazi	Ehefrau,die
win	gagner	ahlula	gewinnen
wine	vin,le	iwayini	Wein,der
winter	hiver,le	ubusika	Winter,der
woman	femme,la	inkosikazi	Frau,die
work	travail,le	sebenza	arbeiten
worse	pire	kakhulu	schlechter
worst,the	lepire	kakhulu	schlechteste
write	écrire	bhala	schreiben
wrong	avoirtort	ngalungile	falsch
year	année,la	unyaka	Jahr,das
yes	oui	yebo	ja
yesbut	ouimais	yebo kodwa	ja aber
yesterday	hier	izolo	gestern
you(nom.)	vous	u/wena	Sie
you(acc.)	vous	wu/wena	Sie
young	jeune	sha	jung

your	votre	kho/inu	Ihr
yourself	vousmême	zi	Sieselbst
yourselves	vousmêmes	zi	Sieselbst
zero	zero	unothi	null

THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

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

1. A/an MODZI	2. After KUNJA KWA	3. Again NDINSO	4. All ONSE/TONSE	5. Almost PAFUPI FUPI
6. Also NDINSO	7. Always NTHAWI YONSE	8. And NDI	9. Because CHIFUKA	10. Before PAMBUYO
11. Big KULU	12. But KOMA	13. I can NDI THA	14. I come NDI BWERA/ CHOKELA	15. Either/or KA/PENA
16. I find NDI PEZA	17. First CHOYAMBA	18. For YA	19. Friend BWENZI	20. From KU
21. I go NDI PITA	22. Good BWINO	23. Goodbye TSALANI	24. Happy SANGALALA	25. I have NDI LI NDi
26. He A/IYE	27. Hello MONI	28. Here PANO	29. How BWANJI	30. I NDI/INE
31. I am NDI LI	32. If NGATI	33. In MU	34. I know NDI DZIWA	35. Last -TSILIZA
36. I like NDI KONDA	37. Little PANGONO	38. I love NDI KONDA	39. I make NDI CHITA	40. Many KWAMBIRI
41. One MODZI	42. More -MBILI	43. Most AMBILI	44. Much ZINGATI	45. My YANGA

46. New MAKONO	47. No IYAYI	48. Not AYI/SI	49. Now TSOPANO	50. Of KU
51. Often KAMBILI	52. On PA	53. One MODZI	54. Only BASI	55. Or KAPENA
56. Other ENA	57. Our YATHU	58. Out KUNJA	59. Over KUPOSA	60. People ANTHU
61. Place MALO	62. Please CHONDE	63. Same CHIMODZI MODZI	64. I see NDI ONA	65. She IYE
66. So NDIPO	67. Some ENA/ZINA	68. Sometimes NTHAWI ZINA	69. Still MPAKA PANO	70. Such NGATI
71. I tell NDI UZA	72. Thank you ZIKONO	73. That ICHO	74. The NDI	75. Their YAWO/ZAWO
76. Them AKU	77. Then NDIYE	78. There is PA LI	79. They IWO	80. Thing CHINTHU
81. I think NDI GANIZA	82. This ICHI	83. Time NTHAWI	84. To KU	85. Under PANSI
86. Up PAMWAMBA	87. Us IFE	88. I use NDI GWILITSA	89. Very -MBILI	90. We TI/INU
91. What CHANI	92. When LITI	93. Where KUTI	94. Which CHITI	95. Who NDANI
96. Why	97. With	98. Yes	99. You	100. Your

CHIFUKWA

NDI

INDE

U/MU/IWE/INU YAKO/ YANU