

CRE - CREATIVE RELAXATION EXERCISE

THE NATURAL WAY TO PLAY WITH LANGUAGE AND A WONDERFUL 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 ... TEHNKI YA"

NO. 375 - KRIO 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: ??? and Lonely Planet books. Web site: [Peter C. Andersen/Sierra Leone Web](#)

Source: Dr. Bob Boland (EI) and Boi Betty Udal (UN), Peter C. Andersen (SL) and the Team and Boston University. <http://www.bu.edu/familymed/distance/cre/introduction.htm>

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

Thank you.	Tehnki ya
Welcome Bob!	Bob-o!
Hallo	Kusheh
Good morning	Morhnin-o
How are you?	Ow di bohdi?
I am well, thanks	Ah wehl, Tehnki
Yes/no/not	Ya/noh/noh
Please	Du-ya
Good-bye.	Na-in dat

My name is ...

Mi nam nar ...

What is your name?

Wetin nar yu nam?

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

NOW A POEM TO REMEMBER AND SING IN KRIO

Peter's first Krio dialogue which he had to learn, in 1979:

O ... padi kusheh ... O!	Friend hello
O ... kusheh-ya ... O.	Hello ("heard and understood")
Ow di bohdi?	How are you? (how's the body).
Ah wehl. Ow yusehf?	I'm well. How are you? (how's yourself).
Misehf, ah wehl.	Myself, I'm well.
Wehl, na-in dat.	Goodbye (well, that's it).
O ... wi go si bak ... O.	We will see again (we go see back again).
Ow di mohnin?	How's the morning?
Ow di de?	How's the day?
Ow yu du?	How do you do?
Ow di go de go?	How's it going? (how is the go and go)

1.0 INTRODUCTION

1.1 STRUCTURE

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

1.2 MEMORY

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

Who? ... udat? ... say ...
... who? ... who is that? ... udat?

How are you? ... ow di bohdi? ... say ...
... how are you? ... how's the body? ... ow di bohdi?

There it is ... luk am ... say ...
... there it is ... look at him ... luk am

1.3 PRACTICE.

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

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 WONDERFUL 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 wonderful 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 ... "KRIO ALERT" - your confidence ... to feel comfortable ... in the new natural language ... and to speak almost instinctively ... without stress or effort ...

SIMPLE THROAT EXERCISE - 16 KEY WORDS

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

Hello	Kusheh-o	KOOSHAY-O
Mr.	Mr	MEE-TERR
Mrs.	Mrs.	MISS-SSR
Yes	Yehs	YAYS
No	Noh	NO
Good	Gud	GUUD
Please	Du-ya	DOO-YAH
Do you have?	Yu geht?	YU GETT?
Thank you	Teh-i	TAY-NEE
Goodbye	Na-in dat	NA-EEN DATT
See you soon!!!	Wi go si i bak	WE GO SEE EE BAK
Who?	U-dat?	OO-DAT?
What?	Wet-in?	WET-EEN?
I want	Ah wan	AH WAOAN
Where?	U-sa-i?	OO-SAY-EE?
OK!	OK!	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 ... 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 wonderful 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 wonderful 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 ... relaxation ... 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 is 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 ... relaxation! ... 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 wonderful accent ... yes ... with a wonderful 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... "Krio Place" ... in your mind ...

2. HERE AND THERE (YA & DE):

Ah (I) de ya (here).

Yu de (are) de (there).

Yu (you) de de?

Yehs (yes), yu de de.

Yu de ya (here)?

Noh, yu noh (not) de na (near) - ya.

I (it) de ya.

Usai i de?

I de ya?

I de de?

Ah noh sabi (know)

Usai Miguel de? (We Miguel?)

I (he) noh de na-ya.

Usai i de?

Ah noh sabi.

O-Gosh! Luk am!

I wonderful-o!

I am here

You are there.

You are there?

Yes, you are there.

You are here?

No, you are not near here.

It is here.

Where it is?

It is here.

It is there?

I not know.

Where is Miguel?

He is not (near) here.

Where is (he)?

I not know.

O-Gosh!! He is there!

He is wonderful!

3. LIKING (LEHK, WAN):

Ah lekh yu

Mi (me) na yu (for you) padi (friend)?

I like you (or love you)

Do you like me?

Yehs, ah lekh yu.

Yu lehk (like) mohni?

Yu na me (for me) padi

Yehs, ah lehk mohni bad (a lot)!

Ah wan wata.

Ah lehk wata

Yu wan wata.

Ah kin (can) lehk foh rid buk den (some).

I (he) lehk di (the) motoka.

I (she) noh lehk di motoka.

Yu wan di fud?

Noh, Ah noh wan di fud (chohp).

Yes, I like you.

Do you like money?

You are for me a friend

Yes, I like the money (a lot)

I want water.

I like water

You want water.

I can like (for) to read some books.

He likes the car.

She does not like the car.

Do you want the food?

No, I do not want the food

4. DOING (DE-DU):

Ah de (am) du (doing)

Ah de du dis (this)

Yu de du

Yu de du dat (that)

Wi de du dat

Ehn, wi gladi

I (it) izi (de)?

Yehs, i noh tu (very) trangga (difficult).

Yu de du dat (that)?

Du am ya (please)!

I do (I am doing).

I do this.

You do.

You do that

We do that

And we are happy (glad).

It (is) easy?

Yes, it (is) not very difficult.

You do that?

Do that, please!!!

O-Gosh!!!!

O-Gosh!!!!

I wonderful-o!

It is wonderful!

Note:

Du-ya (please) is a combination - request to do (du) the act and a polite softener (ya.).

Ah de du (I am doing)

Ah bin du (I did)

Ah dohn du (I have done)

Ah bin dohn du (I had done)

Ah go du (I will do)

Ah go de du (I will be doing)

Ah go dohn du (I will have done).

5. CAN/ABLE TO DO (EBUL):

Ah ebul (am able).

I can (able)

Ah ebul?

I am able?

Yehs, ah ebul

Yes, I am able.

Yu ebul du (do) dis?

You able to do this?

Yehs, ah ebul du (to do) dat (that)

Yes, I am able to do that.

Ah ebul it (eat) smohl (little)

I can eat a little.

Ah ebul drink smohl

I can drink a little.

Ah ebul go

I can go.

Ah ebul kam (come)

I can come.

Ah ebul slip (sleep)

I can sleep.

Yu ebul tohk (speak)

You can speak (talk).

Yu ebul tohk?

Yehs, ah ebul

Yu ebul du dis?

Noh-o, ah noh ebul du dat.

Yu ohndrastan (understand)?

Yu ohndrastan?

Yehs, a ohndrastan (very) smohl (little).

Yu wonderful-o!

You can talk?

Yes, I am able.

You can do this?

No, I am not able to do that.

Do you understand?

Did you hear?

Yes, a very little.

You are wonderful!

6. UNDERSTANDING (OHNDRASTAN):

Ah ohndrastan.

Ah noh ohndrastan.

Yu ohndrastan.

Yu noh ohndrastan.

Yu ohndastan wuman dehn (them) bisnehs (business)?

Noh-o, Ah noh ohndrastan dehn (them)!

Den wonderful-o!

I understand.

I do not understand.

You understand.

You do not understand.

You understand (them) women's business?

No. I do not understand them!!!

They are wonderful!

7. WANTING (WAN/DE):

Ah wan(t) (want).

A wan it (eat) smohl ting.

Ah wan wata foh (for) drink

Ah wan go na (to) latrin/toilet.

Yu wan it smohl ting?

I want.

I want to eat a little (small thing).

I want to drink water.

I want to go to the toilet (latrine)!!!

You want to eat a little (small thing)?

No, ah dohn (have) behlehful.

O-Gosh!. Ah wan gi (give) yu smohl ting (small thing).

Noh Tehnki.

Ah wan foh (for to) kam.

Yu wan (want) slip (sleep) na ya (with me) dis neht?

Noh, ah noh wan slip.

Miguel. Yu de (want) it (eat) frohg?

Noh Tehnki ya.

I wonderful-o!

No, I have a belly-full (do not want to eat).

O-Gosh!! I want to give you a little.

No, thank you.

I want (for) to come.

You want to sleep with me this night?

No, I not want to sleep.

Miguel do you want eat frogs?

No, thank you.

He is wonderful!

8. GETTING:

Gi mi mohni, du-ya!

Luk di mohni.

Ah de ol di mohni.

Gi mi di tikit.

Ol (hold) di tikit

Ah de ol di tikit.

Du-ya, gi mi di ting.

We di ting?

Ah noh sabi.

Du-ya, gi mi wan man.

O-Gosh!, Nah uman-o!

Nah geal pikin!!

Please give me the money.

Please take the money.

I take the money.

Please give me the ticket.

Please take (hold) the ticket.

I take the ticket.

Please give me the thing.

Where is the thing?

I do not know.

Please give me a man!

O-Gosh!! What a woman!!

It's a girl (What a woman!)

I wonderful-o

She is wonderful!

9. HAVING (GEHT):

Ah geht (have) wan (one) ting.

I have one thing.

Ah noh (not) geht wan ting.

I do not have one thing.

Ah noh geht natin (I no got nothing).

I do not have anything

Yu geht wan ting.

You have one thing.

We geht wan ting.

We have one thing.

I (she) geht wan ting.

She has one thing.

Ah geht sohm tyme, Mss.

I have some (small) time, Miss!

Bu, yu geht lilibit mohni (money), Pa?

But, you have a little bit of money, Sir?

Noh.

No.

I wonderful-o!

She is wonderful!

10. ORDERING (POLITELY) (GI MI):

Du-ya (please), gi (give) mi di ting (thing).

Please give me the thing.

Du-ya, gi (give) mi di mohni (money).

Please give me the money.

Du-ya, gi (give) mi di wata.

Please give me the water.

Tehnki ya.

Thank you.

Du-ya, noh drink di wata na-France!!

Please don't drink the water in France!!

Drink di wayine.

Drink the wine.

Du-ya kam ya (here).

Please come here.

Du-ya go de

Please go there.

Du-ya drink dis (this).

Please drink this.

Du-ya noh drink dat!

Do not eat that!

Du-ya gi (give) mi dis.

Du-ya noh tik (take) dat.

Du-ya tohk (say) dis.

Du-ya noh tohk "Bludi-ful".

O-Gosh!! Tehnki ya. Yu wonderful-o.

Please give me this.

Please do not take that.

Please say this

Please do not say Mate!

O-Gosh!! Thank you. You are wonderful!

11. GREETING: POLITE AND SLANG

Welcome Bob!

Michelle kusheh-o.

Paula kusheh-o.

Morhnin-o Miche.

Morhnin-o Sancos.

Ow di bohdi, Eliza?

Bob-o!

Hello Michelle.

Hello Paula.

Good morning Miche.

Good morning Sancos.

How are you, Eliza?

Ah wehl, Khule.

Ow di go de go, Xavier?

I noh bad. Tehnki Miguel.

Na-in dat, Giles.

Na-in dat, Judith.

I am well, thank you, Khulu.

How goes it, Xavier?

OK, Thank you Miguel.

Goodbye Giles.

Bye bye Judith.

Yehs-o. I noh bad, Hollie

I noh bad, Sam.?

Yehs. I noh bad, Lucie.

Noh bad-o, Henri.

Yes OK, Hollie.

OK Sam?

Yes OK, Lucie.

Not too bad, Henri.

Ow di bohdi, darlin?

Noh!!!

Are you well, my darling?

No!!!

12. DESCRIBING:

I gud,

I noh gud.

I bad.

Nah buk

I big?

Noh, i smohl.

I izi?

Noh, i trangga..

Di wata gud?

Noh, di wata noh GUD na France!

Oh Bludi-ful!!!

Du-ya, noh tohk Bludi-ful.

Wi de wonderful-o?

O-Gosh! Yehs!

It (is) good.

It is no good.

It is bad.

It is a book.

It is big?

No, it is small.

It is easy?

No, it is hard.

Is the water good?

No, the water is not good in France!!

Oh Mate!!!

Please do not say Mate!

We are okay?

O-Gosh!! Yes!!

13. KNOWING (THINGS & PEOPLE):

Ah sabi (know) dis.

Yu sabi dis?

Yehs, ah sabi dis.

Yu sabi dat.

Yu sabi dat?

Noh, ah noh sabi dat.

I know this.

Do you know this?

Yes, I know this.

You know that.

You know that?

No, I do not know that.

Ah sabi da uman de.
Ah sabit da man de.
I sabi mi.
Yu sabi da uman de?

I know that woman.
I know the man.
He knows me.
You know that woman?

Noh. Morhnin-o Ma?
Yu wehl, Ma?
Noh, ah noh wehl! Na-in dat
Yu noh sabi am!
O-Gosh!. I wonderful-o!

No. Good morning Madame?
Are you well, Madame?
No, I am not well!!! Goodbye!!!
You do not know her!
O-Gosh!. I wonderful-o!

14. NUMBERING:

Ah geht wan problem.
Yehs, yu geht wan problem.
Noh, yu geht tu (2).
I geht tree.
I geht foh (4).

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

Wi geht fif (5).
Yu geht fif?
Yehs, now, ah geht fif problem.
All dem pikin dem !
Pikin dem wonderful-o!

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

15. ASKING:

Ohmohs di buk (book) ?
Fif dolar (5).

How much is the book?
Five dollars.

Ohmohs di ting (thing)?

Ohmohs?

Foh dolar (4).

Usai (where) I de ?

Luk am.

Noh, i noh de ya.

Usai di latrine de, du-ya?

Usai di toilet de, du-ya?

Di Latrine de ya.

Di Toilet de ya.

Wetin dat?

Exkus. Watin?

Dat.

O, dat nah gud buk.

Wetin yu want?

Ah wan wayine, du-ya

Udat de ya?

Wi de ya..

Udat nah da uman de?

Ah noh sabi.

O-Gosh!. Nah Madonna!

Dis nah uman pikin! I wonderful-o.

How much is this thing?

How much?

Four dollars.

Where is it?

It is there (look at him).

No, it is not there.

Where is the toilet, please?

Where is the toilet, please?

The toilet is over there.

The toilet is over there.

What is that?

Pardon. What?

That.

Oh, it is a good book.

What do you want?

I want the wine, please.

Who is here?

We are here.

Who is that woman?

I do not know.

O-Gosh!! It is Madonna!

What a woman! She is wonderful!

16. EVERYTHING - COLLOQUIAL - POLITE AND SLANG:

Ah de ya.

Yu de de.

Yu (you) na-mi (for me) padi (friend).

Yu lehk mohni.

I du dis.

I du dat (that).

Ah ebul tohk lilibit Krio!

Yu noh ebul tohk Bludi-ful?

Ah ebul ohndastan yu.

Yu noh ebul ohndastan mi.

Ah wan go nah (to) the bar.

Yu wan go nah latrine

Ah geht lilibit tyme, Ma!

Bu, yu geht lilibit monhi, Pa?

Du-ya. noh drink wata na France!!

Drink wayine.

Ow di bohdi, Eliza?

Ah wehl, Tehnki ya, Kulu.

I big, Pa?

Noh i smohl, Ma.

Yu noh sabi am (her)!

Yah, now ah geht fif problem.

All dem pikin dem!

Wetin dat?

I am here.

You are there.

I like you (you are my friend).

You like the money.

He does this.

She does that.

I can speak a little Krio!

You can not say Mate?

I understand you.

You do not understand me.

I want to go to the bar.

You want to go to the toilet.

I have a little time, Miss!

But, do you have a little money, Sir?

Please don't drink the water in France!!

Drink the wine.

How are you, Eliza?

I am well, thank you, Kulu.

Is it big, Sir?

No, it is small, Madam.

You do not know her!

Yes now, I have five problems!!!

All the children!

What is that?

Exkus. Nah wetin?

Luk am.

Noh bad.

O-Gosh!

OK?

Yehs, i cul.

Yehs, i wikid.

Yehs i cul.

Du-ya, noh talkh Bludi-ful.

I noh cul!!!

Ah mus du dis.

Yu geht for du dat.

Wonderful-o.?

Yehs yu wonderful-o.

Na-in dat foh now.

Na-in dat foh now.

Wi go si bak!

Pardon. What?

There it is (look at him).

Not bad.

O-Gosh!

OK?

Yes, it's cool!

Yes, it's wicked! (classy)

Yes, it's cool! (upper class)

Please do not say Mate!

It is not cool (upper class)!!!

I must do this.

You must do (for to do) that

Wonderful?

Yes you are okay!

That is it for now!

Bye bye, for now!

Be seeing you soon!!

Speed reading - 14 minutes

18. NATURAL VOCABULARY:

(without accents)

a. Greetings/Exclamations:

hello	good morning	how are you?	I am well	thank you
kusheh	morhnin-o	ow di bohdi?	Ah wehl	Tehnki (+ya - polite)
goodbye	yes	no	OK	not too bad
na-in dat	yehs	noh	OK/i noh bad	i noh bad
Darn!	Mate!	there it is!	"cool"!!!	
O-Gosh!	Bludi-ful	luk am!	gud-o	

b. Verbs: **uku-**

to be	have	like	want	can
de	geht	lehk	wan/want	ebul
do	say/speak	go	come	give
du	tohk	go	kam	gi
take/hold	eat	drink	sleep/lie down	know
take/ol	it	drink	slip/ledohn	no/sabi
understand	must (go for)	get	find/look for	resemble
ohndrastan	geht for	geht	fehn	fiba

c. Prepositions:

some	a	the	to	from
sohm	wan	di	to	from

d. Pronouns:

I	you	he	she	we
ah	yu	i	i	wi

it	this	that	Mr	Mrs
i/nah	dis/nah	dat/nah	Mr	Mrs

e. Nouns:

money	thing	man	woman/wife	water
mohni	ting	man	uman/wef	wata

car	ticket	book	friend	food
motoka	tikit	buk	padi	fud/choph

f. Adjectives/adverbs/Other:

good	bad	big	small	now
gud	bad	big	smohl/lili	now/jisnoh

later	a little	wonderful	happy	easy/difficult
bambai	smohl/lilibit	wonderful	gladi	izi/trangga, trohng

here	there (yonder)
------	----------------

ya yanda

g.
Interrogatives:

how much?	where?	what?	who?	when?
Ohmohs?	Usam?	Wetin?	Udat?	Ustehm?

Note: What is this? Na wetin dis?

h. Numbers:

one	two	three	four	five
won	tu	tree	foh	fif

i. And some survival words:

Bathroom	washad	tomorrow	tumara
always	ohl teh, ohlwes	paper	pepa
fast/slow	kwik/slo	pepper	pepe
but	boht	newspaper	niuspepa
never	nehba	day	de
please	du-ya	week	wik
food	fud/chohp	year	ya
train	tren	hour	owa
bus	bohs	minute	minit
home	hos	hamburger	what's that?
work	wok	think	mehmba, tink
time	tehm	read	rid
today	tide	write	rait

laugh	laf
dance	dans
later	bambai
stop	stohp/ an action: lehf. A car: tinap
policeman	polis
six	six
bye bye	na-in dat
be seeing you soon	wi go si bak!

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.	Tehnk-i ya/Tehnk-i
Welcome	Kab-o
Hallo	Kushesh
Yes/no/not	Ya/noh/noh
Please	Du-ya
Excuse me	Exkus

INTRODUCTIONS:

Good morning	Morhnin-o
Good-bye.	Na-in dat
My name is ...	Ah nam ...
What is your name?	Wetin yu nam?
How are you?	Ow di bohdi?
I am well, thanks	Ah wehl, Tehnki ya
And how are you?	En ow di bohdi?
Where do you come from?	Usai yu komot?
I'm from:	Ah kum-ot ...
France	France
England	Englan
Amerika	America
I'm with:	Ah de wok for:

UN
Red Cross
Nokia

UN
Red Cross
Nokia

QUESTIONS:

When/how?
What/why?
Who/which?
Where is ...?
Where can I get ...?
How much is this?
Can you help me?
(What) does this mean?

Ustehm?/ow?
Wetin?/wi?
Udat?/wich?
Usai di ...?
Usai ah ebul geht ...?
Ohmohs dis?
Yu ebul hep mi?
Nah wetin dis?

UNDERSTANDING:

I understand
I don't understand.
Please say that again.
Can you translate this for me?

Ah ohndrastan
Ah noh ohndrastan
Du-ya, tohk am bak
Yu ebul tohk dis for mi?

Can I get ... ?
You know how to speak:

English/Krio?

I don't speak Krio.
I speak a little ...

Ah ebul take ...?
Yu ebul tohk ...?:

Englin/Krio

Ah noh de tohk Krio
Ah de tohk lilibit

COMMENTS:

It's:

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

I ...:

corek/noh corek
de bete/worse
chip/deer
gud/bad
hot/cohl
de neer/de farr wi

FOOD:

I like:

breakfast
lunch
dinner
food

Ah lehk:

brekfas
lunch
dinna
choph/it

I want some... :

bread/butter
cheese
eggs
meat/potatoes
apples/oranges
coffee
milk
fruit juice
water
tea

Ah wan lilibit:

brade/buta
chiz
egg
beef/petete
appul/oringe
kofi
milk
frut juce
ti

I want to pay now.

I wan pey now.

I think that you make a mistake.

Ah tink se yu du bad

Thank you (polite).

Tehnki ya

TRANSIT:

Where is the nearest shop:

Usai di nerr shop de?

Where can I get a taxi?

Usai ah kin geht taxi?

How much to go to ... ?

Ohmohs for go ...?

Take me there.

Take mi ya-nda.

Please stop here.

Du-ya stop ya.

This is the wrong road.

Dis road noh gud.

Go straight ahead.

Go foward.

Look at him (it's there), on the:

Luk am, nah di ...:

left/right

left/rite

north/south

nort/south

east/west

ist/wist

Where is the:

Usai di:

town centre?

tong center de?

pharmacy?

pharmacy de?

SHOPPING:

Do you have any ...?

Yu geht lilibit ...?

How much is this?

Ohmohs dis?

I will take this.

Ah tik dis.

What colours have you?

Black

Blue

Red

White

Green

Witch color yu geht?

blak

blu

red

wit/wite

grin

I want to buy:

aspirin/soap

half kilo apples

litre of milk

film/newspaper

Ah wan by:

aspirini/sop

haf kilo appul

lita milk

film/niuspepa

TELEPHONE:

Hello, this is ...

Kusheh, dis nah ...

Please speak:

louder

slowly/softly

Du-ya tohk:

mor loud

safful

I want to speak to:

Mr.

Mrs

Miss

Ah wan tohk to:

Mr

Mrs.

Mss

When is he (going) there?

Ustehm i go de de?

Tell him, that he must telephone me. Tel am, se mak I mos (must) telefon mi

TIME:

Do you have enough time?

Yu geht enuf tehm?

What time is it? ...

Ohmohs oclock?

It is:

I de:

five past one

fife afta wan (1)

quarter past three

quatr afta tree (3)

MEETINGS:

We see you:

Wi si yu:

today

tide

tomorrow

tumara

next week

nex wik

in the evening

dis neht

soon

jis-noh (just now)

You are right/wrong.

Yu rite/rong

That is right (that is so)

Nah in dat/Nah so.

LOCATIONS:

Here/there

Ya/yanda,de

At the UN office

Nah de UN offis

(Is) it near/far

I de nir/far?

How many hours?

Ohmohs awa?

21. PLAY QUIZ

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

- | | |
|-------------------------|---------------------|
| a. I am well. | Du-ya |
| b. I am sorry. | Tehnki ya |
| c. Thank you. | Ah wehl |
| d. Please. | Ah beg pardin |
| e. Welcome! | Ow di bohdi? |
| f. Come here | Kusheh-o |
| g. Hello | Kab-o! |
| h. How are you? | Kam ya |
| i. How goes it? | Try do am |
| j. Try to do it | Ow di go de go? |
| k. I do not drink | Stohp ya |
| l. Stop here | Ah noh de drink. |
| m. Yes | Ah gladi |
| n. Please | Du-ya |
| o. I am happy | Waiter |
| p. Waiter? | Yehs |
| q. How much is that? | Usai/ustehm/wi? |
| r. Where is the toilet? | Ohmohs dat? |
| s. Where/when/why? | Ohmohs oclock? |
| t. What time is it? | Usai di latrine de? |
| u. Help me please? | Ah noh ohndrastian. |
| v. I do not understand | Du-ya, tolk safful |

- | | | |
|----|----------------------|----------------|
| w. | What does this mean? | Du-ya hep mi. |
| x. | Please, speak slowly | Nah wetin dis? |
| y. | Be seeing you soon! | Gud chop! |
| z. | Good food! | Wi go si bak |

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 wonderful 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	Krio	Pashto	Dari
Airport	airport	hawaa dagar	maydaan-e hawaa-i
Army	army	pauz	fauj/ordu
Asylum	asylum	panaah	pamaah
Border	borda	pdlay	sarhadd
Camp	kamp	dd kaamp	kaamp-d
Children	pikin-dem	muchouman	awladah
Clothing	cloths	jama	poxaak
Cooking pot	fud pot	chainaq	dd paxdy loxay/deg
Cooperation	cooperation	hamkari	pd gdda kaar kawdl
Customs	customs	gumruk	gumruj
Delay	las tehm	nawakta	dzandy
Detention	detention	ndzar-band	tawkif
Development program	devel.program	dd wadi prograam	prograam-d ynkyshaafi
Displaced persons	despac man	be-zaya shdwi xaldk	be-jaa shodygaan
Electricity	lite	breshna	brexnaa
Emergency	emergency	hajol	ber-dndy pexa
Expulsion	expulsion	shar-dl	kharej/zxraaj
Family	fambul	koranay	hekraaj
Government	government	hokumat	hokumat
Grandparents	grannis	padar kalan	padar wa maser kalan
Handicapped	handicapped	saya	ma-yub
Health	wel bohdi	roghtyaa	seat/syhat

Hospital	ospitul	roghtun	shafakhana
House	hos	kor	khana/kor
HQ	HQ	mankaz	mankae
Human rights	human rights	dd bashar hakkuna	hokuk e bashar
Husband	uman	mehra	shwahan
Legal protection	legal protection	kaanuni saatdna	hymayat e kano
Malnutrition	quashikor	bada ghdzaa	sou-e taghziya
Material assistance	aid	maadi komak	komak-e mawadi
Ministry	ministri	wdzaarat	wezarat
Nutrition	nutrition	ghdzaa	taghziya
Pain - days/weeks	pen - des/wiks	dard worat	dard e ruz/hafta
Pain - months/ years	pen - monts/yias	dard hafta	dard e mo/sol
Pain - treatment	pen- tritmen	dard mehda	dard e ta-dow-wi
Pain - arms/legs	pen - ahms/legs	dard bazou/paie	dard e dest/pal
Pain - chest	pen - ches	dard sina	dard e sina
Pain - ears/eyes	pen - yers/yies	dard gauche/ sterguee	dard e goch/cheshom
Pain - hands/feet	pen - hans/fut	dard daste/paie	dard e dest/pai
Pain - head/neck	Pen - hed/nek	dard sav/gardan	dard e sar/ghardin
Pain - stomach	pen - belli	dard mehda	dard e meda
Persecution	persecution	zawrawdi	aziyat
Petrol	petrol	tel	petrol/tel
Police-station	polis post	dd polis st-eshan	sar-mammuriyat-e-police
President	president	mdshir	ra-is
Prison	prison	bandy-khana	zyndan
Province	province	ayaalat	wela-yate
Reception centre	reception centre	dd melma paaldne	mahal e pazirahi/
Refugee	refugee	mohajer	panahenda
Representative	representative	astaazy	nema-yandghi

Rural	up-cuntry	da kdll	?
Sanitation	sanitation	hyfzu-syhna	hyfzu syhha
Shelter	shelter	rijdi	panaga
Status	status	haysiyat	haysiyat
Tent	tent	rijdi	gihejdi/khayma
Torture	torture	shekanja	shykanja
Town	tong	khar	shahr
Transportation	transport	transport	transport
Travel Docs	travel doks	sdd safar sanaduna	sdd safar sanaduna
Tribe	tribe	t-dbdr	kabila
Truck	trok	lan mot-dr/lari	motar-d laar/lari
Urban	town	dd khari	dd khari
Village	vilag	kday	karya
Voluntrary repatriation	vol. repatriation	pd rdzaa-sara	berta legal
War	war	jagara	jangué
Water	wata	aaba	aab
Wife	uman/wef	kaza	zawja/khanom

APPENDIX C - BRIEF GRAMMAR

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

1. Structure - subject, object and verb:

AH de ya (here)

I am here

Di PIKIN de ya

The CHILD is here

Di pikin de ya?

Question - is the child here?

2. Articles:

WAN pikin de ya.

A child here is.

3. Nouns

Di Pikin-DEM de ya.

The child-REN are here.

Di GUD pikin de ya

The GOOD child is here.

I NAH pikin.

HE is a child.

4. Possession:

I nah MI pikin.

He is MY child.

5. Relative:

Di pikin WEH de ya

The child WHO here is.

6. Demonstrative

DIS pikin de ya.

THIS child is here.

DAT pikin de DE.

THAT child is THERE.

7. Interrogatives:

WETIN nah ting?

WHAT (is) this thing?

UDAT nah?

WHO (is) that?

USAI di pikin de?

WHERE is the child?

Ohmohs di buk?

HOW-MUCH is the book?

8. Imperatives:

DU dis!

DO this!

KAM ya!

COME here!

9. Negatives:

Yehs, ah geht won buk.

Yes, I HAVE a book.

Noh, ah noh geht di buk.

No, I do NOT have the book.

NOH kam ya.

Do NOT come here.

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

Ah de, mi-nah/ah geht/ah wan

I am/have/want

Yu nah/you geht/you wan

You are/have/want

I nah/i geht/i wan

He is/has/wants

**CRE - CREATIVE RELAXATION EXERCISE
THE NATURAL WAY TO PLAY WITH LANGUAGE AND A WONDERFUL 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 missions to other countries to feel more secure, comfortable and effective in achieve 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: Krio, 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: robertboland@wanadoo.fr 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, BO-Goshlter, Nokia etc.

GLOSSARY ENGLISH/KRIO/FRENCH/GERMAN

(rough spelling and gender, with few accents)

ENGLISH	KRIO	FRENCH	GERMAN
a	won	un/une	ein/eine
about	mor-lis	environ	ungefähr
accident	aksiden	accident	Unfall,der
action	akshon	action,la	Handlung,die
actually	aktul	en fait	eigentlich
after	arftr	après	nach
afternoon	aftrnun	après-midi,le	Nachmittag,der
airport	errport	aéroport,le	Flughafen,der
alone	bi-self	seul	allein
also	as-wil	aussi	auch
always	ohl tehm	toujours	immer
am(I)	de (ah)	suis(je)	bin(ich)
and	an	et	und
anniversary	yia-de	anniversaire	Jahrestag,der
anybody	eni-man	n`importequi	irgendjemand
anything	eni-ting	n`importequoi	irgendetwas
April	Epril	Avril	April,der
are (you)	de	êtes (vous)	sind
arrive	kum ya	arriver	ankommen
at	bi	à	an
August	Orgus	Aout	August,der
bad	bad	mauvais	schlecht
bank	bank	banque,la	Bank,die
bar	ba	bar	Bar,die
bath	baf	bain,le	Bad,das
beat	hit	battre	schlagen
beautiful	fain	beau/belle	schön

because	cos	parceque	weil
bed	behd	lit,le	Bett,das
begin	stat	commencer	anfangen
behind	bak for	derrière	hinter
beside	bi	àcôtéde	nächst
better	mor gud	meilleur	besser
bill	bil	facture,la	Rechnung,die
big	big	grand	gross
biscuit	biskit	biscuit,le	Keks,der
black	blak	noir	schwarz
book	buk	livre,le	Buch,das
boy	bo	garcon,le	Junge,der
bread	bred	pain,le	Brot,das
breakfast	brekfust	petitdej.le	Frühstück,das
brother	bruffer	frère,le	Bruder,der
bus	bus	autobus,le	Bus,der
business	bisnis	affaires,les	Geschäft,das
buy	bi	acheter	kaufen
can(able)	ebul	pouvoir	können
car	motoka	auto,le	Auto,das
carefully	gud	prudent	vorsichtig
carry	tik	porter	tragen
cash	mohni	argent,le	Geld,das
chair	cher	chaise,la	Stuhl,der
cheap	chip	bonmarché	billig
children	kids	enfants	Kinder,der
choose	tik	choisir	wählen
cigarette	sigrit	cigarette,la	Zigarette,die
clean	klin	propre	sauber
clever	smart	intelligent	klug
clouds	kluds	nuages,les	Wolken,die

coffee	kofi	cafe,le	Kaffee,der
cold	kold	froid	kalt
colour	kala	couleur,la	Farbe,der
come	kum	venir	kommen
complain	kumplan	plaindre	klagen
contract	kontrat	contrat,le	Vertrag,der
cook	kuk	cuire	kochen
cost	kos	coût,le	Kosten,die
count	kunt	conter	zahlen
creditors	man tik mohni.	créditeurs	Gläubiger,die
cup	kup	tasse,la	Tasse,die
customer	man wan help	client,le	Kunde,des
customs	kustm	douane,la	Zoll,der
daughter	uman kid	fille,la	Tochter,die
day	de	jour,le	Tag,der
dear	lot mohni	cher	teuer
debtors	man wan mohni	débiteurs,les	Schuldner,die
December	Disembr	Décembre	Dezember
dinner	chohp	dîner,le	Abendessen,das
dirty	noh klin	sale	schmutzig
dividedby	divid for	divisépar	divid.durch
do	du	faire	tun
doctor	doktor	médecin,le	Arzt,der
doers	man wat du	actifs,les	Täter,die
drink	drink	boire	trinken
drive	go for	conduire	fahren
dry	noh wet	sec	trocken
early	gud tehm	debonneheure	früh
easy	dud du	facile	leicht
eat	it	manger	essen
eight	eyt	huit	acht

eighty	eyt i	quatrevingt	achtzig
either	or o or	ou	entweder
eleven	leven	onze	elf
English	Enlish	Anglais	Englisch
enjoy	gud tehm	s`amuser	sich freuen
enough	nuf	assez(de)	genug
etc.	etc,	etcetera	usw
evening	neht	soir,le	Abend,der
every	al	chaque	jeden
fall off	fal-of	tomber	fallen
family	famli	famille,la	Familie,die
father	pa	père,le	Vater,der
father/law	uman pa	beau père,le	Schwiegervater
fat	fit	gros	fett
Febuary	Febyurari	Février	Februar,der
fifty	fif-ti.	cinquante	fünfzig
fight	fite	combattre	kämpfen
finance	gi mohni	financer	finanzieren
find	luk si	trouver	finden
fine	gud	beau	schön(Wetter)
fingers	fingr	doigts,les	Finger,die
finish	en du	finir	beenden
fish	fish	poisson,le	Fisch,der
five	fif	cinq	fünf
fog	wata gaz	brouillard,le	Nebel,der
food	fud	nourriture,la	Essen,das
fools	fuls	fous,les	Verrückten,die
for	foh	pour	für
fork	fork	fourchette,la	Gabel,die
four	for	quatre	vier
forty	for-ti	quarante	vierzig

Friday	Fride	Vendredi,le	Freitag,der
friendly	padi	sympathique	freundlich
friends	padi	amis,les	Freunde, die
future(adj)	tehm gi	futur	zukünftig
game	gam	jeu,le	Spiel,das
generally	all tehm	généralement	allgemein
get	git	obtenir	bekommen
girl	kid uman	jeunefille,la	Mädchen,das
give	gi	donner	geben
glass	glas	verre,le	Glas,das
go	go	aller	gehen
good	gud	bon	gut
goodbye	nain dat	aurevoir	auf Wieders.
goodeven.	neht-o	bonsoir	guten Abend
goodmorn.	morhnin-o	bonjour	guten Morgen.
goodnight	nect-o	bonnenuit	guteNacht
greedy	mor fud	gourmand	gierig
half	haf	moitié	halb
happy	gladi	heureux	glücklich
hate	noh fiba	détester	hassen
have	geht	avoir(j'ai)	haben
he	i	il	er
hello	kusheh	salut	hallo
help	help	aider	helfen
helpful	help	utile	behilflich
her(acc.)	har	la/lui	ihr
here	ya	ici	hier
herself	har	ellemême	sieselbst
him	him	le/lui	ihn/ihm
himself	him	luimême	erselbst
his	foh him	son	sein

honest	gud	honnété	ehrlich
hope	wan kum	espérer	hoffen
hospital	ospital	hopital,le	Hospital,das
hot	hot	chaud	heiss
hotel	hotel	hotel,le	hotel,das
how are y.?	ow di bohdi?	comment a.v.?	wie geht e.I.?
howmany?	ohmhs?	combiende?	wieviel?
however	but	cependant	jedoch
hundred	hundred	cent	hundert
hungry	hungri	avoir faim	hungrig
husband	man	mari,le	Ehemann,der
I	ah	je	ich
I am well	ah wehl	je vais bien	mir geht es g.
icecream	ise-krim	glace,la	Eiscreme,die
if	if	si	wenn
important	big ting	important	wichtig
impossible	noh ebul du	impossible	unmöglich
in front of	foh mi	devant	vor
intelligent	gud du man	intelligent	klug
inventory	stok	inventaire,la	Inventor,das
is(he)	de (i)	est(il)	ist(er)
it	am	cela	es(er)
itself	am	celamême	esselbst
January	Januari	Janvier	Januar
journey	waka	voyage,le	Reise,die
July	Juli	Juillet	Juli
June	Juni	Juin	Juni
knife	nef	coûteau,le	Messer,das
know	sabi/no	savoir/conn.	wissen
labour	wok	maind`oeuvre	Arbeit,die
language	tohk	langue,la	Sprache,die

late	let	tard	später
later	letr	plustard	späterer
learn	lan	apprendre	lernen
less	les	moinsde	minus/weniger
letter	lettr	lettre,la	Brief,der
life	lif	vie,la	Leben,das
like(verb)	lehk	aimer	gern haben
listen	yeri	écoûter	zuhören
little	lilebit	peu	wenig
long	langa	long	lang
long run	big tehm??	finalement	auf die Dauer
look	si	regarder	schauen
look for	fen	chercher	suchen
loss	lossis	perte,la	Verlust,die
lot, lots	mor-	beaucoupde	viel
love	luv	aimerbien	lieben
low	lo	bas	tief
lucky(be)	geht luk	avoir/chance	Glück(haben)
luggage	bag dem	bagages,les	Gepack,das
lunch	lunch	déjeuner,le	Mittagess.das
make/do	du	faire	machen
man	man	homme,le	Mann,der
manager	man chif	directeur,le	Manager,der
many	plenti	beaucoup(de)	viele
map	map	plan,le	Lankarte,die
March	March	Mars	März
marriage	marrade	marriage,le	Heirat,die
marry	marrade	semarier	heiraten
materials	tings	materiaux,les	Materialien
May	Mey	Mai	Mai
me	mi	me	mich

meal	fud	repas,le	Essen,das
meat	bif	viande,la	Fleisch,das
meet	mit	rencontrer	kennenlernen
meeting	miting	réunion,la	Versammlung
mind(not)??	noh bad??	égal(etre)??	egal(mir)??
minute	minit	minute,la	Minute,die
Miss	Mis	Mademoiselle	Fraulein
mistake	bad ting/mistak	erreur,la	Fehler,der
Monday	Munday	Lundi,le	Montag
money	mohni	argent,la	Geld,das
month	mont	moins,le	Monat,der
more	mor	plus	mehr
morning	morhnin	matin,le	Morgen,der
mother	mama	mère,la	Mutter,die
motheri.l.	mod-en-law	bellemère	Schwiegermutter
Mr	mista	Monsieur	Herr
Mrs	missis	Madame	Frau
multipl.by	multipli	multiplierpar	multipliz.mit
must	geht foh	devoir	müssen
my	mi yone	mon	mein
myself	mi-sef	moimême	ich selbst
near	neer	prèsde	nahe
never	neba	jamais	niemals
nevermind	noh men	n'importe	nichts(macht)
new	nu	neuf	neu
nice	gud	agréable	nett
nine	nin	neuf	neun
night	neht	nuit,la	Nacht,die
ninety	nin-ti	quatrev.dix	neunzig
no	noh	non	nein
nobody	noh man	personne	niemand

noise	noise	bruit,le	Krach,der
not	noh	ne...pas	nicht
nothing	natin	rien	nichts
november	Novemba	Novembre	November
now	now/jis-now	maintenant	jetzt
o`clock	o'clock	heures(7.00)	Uhr(7.00)
october	Oktoba	Octobre	Oktober,der
of course	of cos	naturellement	natürlich
oh!	o	Oh!	Ach!
old	old	vieux	alt
on	pantap	sur	auf
one	wan	un	eins
or	o	ou	oder
orders	orda	ordres,les	Bestellungen
our	wi yone	notre	unser
ourselves	wi sef	nousmême	wir selbst
out	nah doh	dehors	aus
overheads	over-cost	frais gen.les	Lauf.U.,die
owner`seq.	-ade mohni	capital,le	Anlagekapital
parents	mama en papa	parents,les	Eltern, die
passport	passport	passeport,le	Pass,der
people	motal man	gens	Menschen, die
place	pleys	endroit,le	Platz,der
plane	pleyn	avion,le	Flugzeug, das
plate	pleyte	assiette,la	Teller, der
please	du-ya	s`ilv.plaît	bitte
police	polis	police,la	Polizei, die
polite	geht respekt	poli	höflich
porter	porta	porteur,le	Portier,der
possible	ebul	possible	möglich
present(a)	foh now	présent	gegenwärtig

pretty	fain	joli	hübsch
products	tings dem	produits,les	Produkte,die
profit	profit	profit,le	Gewinn,der
put	put	mettre	legen
quarter	kwata	quartier,le	Viertel,das
quickly	kwik	vite	schnell
rain	reyn	pluie,la	Regen,das
read	rid	lire	lesen
really	rilli	vraiment	wirklich
red	red	rouge	rot
relax	blow	serelaxer	entspannen
remember	memba	rappeller	erinnem
restaurant	restorant/kookri	restaurant,le	Restaurant,das
right	korrekt	raison(avoir)	richtig
road	rod	rue,la	Strasse.die
room	rom	chambre,la	Zimmer.das
sales	sell	ventes,les	Verkäufe,die
Saturday	Satidey	Samedi,le	Samstag
save	save	sauver	sparen
say	tohk	dire	sagen
see	si	voir	sehen
sell	sell	vendre	verkaufen
September	Septemba	Septembre	September
serve	hep	servir	bedienen
service	savishlp	service	Dienst,der
seven	sevin	sept,le	sieben
seventy	sevin-ti	soixantedix	siebzig
she	i	elle	sie
short	short	court	kurz
should	geht foh	devoir	sollen
sick	noh wehl	malade	krank

Sir	Sa	Monsieur	MeinHerr
sister	sestr	soeur,la	Schwester, die
sit	sidom	s'asseoir	sitzen
sitdown	sidom	êtreassis	sich setzen
six	siks	six	sechs
sixty	siks-ti	soixante	sechzig
sky	ski	ciel,le	Himmel,der
sleep	slip	dormir	schlafen
small	smohl	petit	klein
smoke	smok	fumer	rauchen
some	lilibit	quelques	etwas
snack	lili fud	snack,le	Imbiss,der
somebody	sohm body	quelqu'un	jemand
something	sohm ting	quelquechose	etwas
sometimes	sohm tehm	quelquefois	manchmal
son	borbor	fil,le	Sohn,der
sorry	o -ya	dommage	Verzeihung
soup	sup	potage,le	Suppe, die
speak	tohk	parler	sprechen
spend	gi mohni foh	dépenser	ausgeben
spoon	spun	cuillère,la	Löffel,der
standup	timap	selever	aufstehen
station	stey-shun	gare,la	Bahnhof,der
stay	sidom wan pleyce	rester	bleiben
stool	stul	banc,le	Stuhl,der
sugar	shuga	sucre,le	Zucker, das
summer	suma	été,le	Sommer,der
sun	sun	soleil,le	Sonne, die
Sunday	Sunday	Dimanche,le	Sonntag
sweet(pud.)	swit	dessert,le	Süßspeise, die
table	teybl	table,la	Tisch,der

take	tik	prendre	nehmen
talk	tohk	parler	sprechen
talkers	tohk tohk man	bavards,les	Schwätzer,die
taxi	taksi	taxi,le	Taxi,der
tea	ti	the,le	Tee,der
téléphone	telefun	téléphone,le	Telefon,der
tense	tehm	temps,le	Zeitform,die
ten	ten	dix	zehn
terrible	terribl	terrible	schrecklich
thank you	tehnki-ya	merci	danke
that	dat	la/cela/que	jener
the	di	le/la	der/die/das
their	dem yone	leur	ihr
them	dem	eux	sie
themselves	dem sef	euxmêmes	sie selbst
there	yanda/de	là	dort/da
they	de	ils	sie
this	dis	ce/cet	dieser
thin	lilli	mince	dünn
thing	ting	chose,la	Ding,der
thirsty	tursti	avoirsoif	durstig
thirty	tur-ti	trente	dreissig
thousand	towsin	mille	tausend
three	tree	trois	drei
threeqtr.	tree kwata	troisquarts	dreiviertel
Thursday	Tursdi	Jeudi	Donnerstag
ticket	tikit	billet,le	Karte,die
time	tehm	heure,la	Zeit,die
tip	tip	pourboire,le	Trinkgeld,die
tired	tyre	fatigué	müde
to	foh	à	nach

today	tide	aujourd'hui	heute
tomorrow	tumara	demain	morgen
too much	tu moss	trop	zuviel
train	tren	train,le	Zug,der
travel	travel	voyager	reisen
Tuesday	Tusdi	Mardi	Dienst.
twelve	twelv	douze	zwölf
twenty	twenti	vingt	zwanzig
two	toh	deux	zwei
under	undr	sous	unter
up	up/pan tap	enhaut	oben
us	wi	nous	uns
vegetables	vegetabl	légumes,les	Gemüse,das
wait	weyt	attendre	warten
waiter	weytr	garcon,le	Kellner,der
walk	waka	marcher	spazieren
want	want	vouloir	wollen
waste(n)	weyst	gaspillage,le	Abfall,der
we	wi	nous	wir
weather	wedder	temps,le	Wetter,das
wednesday	Wednsdi	Mercredi	Mittwoch
week	wik	semaine,la	Woche,die
wet	wit	pluvieux	nass
what?	wetin?	quel/quoi?	was?
what time?	Ohmos o'clock?	quelleheure?	wie spät.i.es?
when?	ustehm?	quand?	wann?
where	usai?	où?	wo?
white	wit	blanc	weiss
who?	udat?	qui?	wer?
wife	uman	femme,la	Ehefrau,die
win	win	gagner	gewinnen

wine	weyn	vin,le	Wein,der
winter	wintr	hiver,le	Winter,der
woman	uman	femme,la	Frau, die
work	wok	travail,le	arbeiten
worse	worse	pire	schlechter
worst,the	pass mark	lepire	schlechteste
write	rit	écrire	schreiben
wrong	noh rit	avoirtort	falsch
year	ya	année,la	Jahr,das
yes	yehs	oui	ja
yes but	yehs bu	ouimais	ja aber
yesterday	yesterdi	hier	gestern
you(nom.)	yu	vous	Sie
you(acc.)	yu	vous	Sie
young	yung	jeune	jung
your	yu yone	votre	Ihr
yourself	yu/yu sef	vousmême	Sieselbst
yourselves	ounu/ ounayu	vousmêmes	Sieselbst
zero	natin	zero	null

THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge ... check with a natural speaker ...learn and remember)

1. A/an WON	2. After AFTR	3. Again AGIN	4. All AL	5. Almost ALMUS
6. Also S-WIL	7. Always AL-TEHM	8. And AN	9. Because COS	10. Before BIFOR
11. Big BIG	12. But BUT	13. I can AH EBUL	14. I come AH KAM	15. Either/or OR O OR
16. I find AH LUK-SI	17. First FUST	18. For FOH	19. Friend PADI	20. From FROM
21. I go AH GO	22. Good GUD	23. Goodbye BAD	24. Happy GUDI	25. I have AH GEHT
26. He I	27. Hello KUSHEH	28. Here YA	29. How OH	30. I AH
31. I am AH	32. If IF	33. In IN	34. I know AH SABI	35. Last END-WON
36. I like AH LEHK	37. Little SMOHL	38. I love AH LEHK	39. I make AH DU	40. Many MUCH-TING
41. One WON	42. More MOR	43. Most MST	44. Much MCH	45. My MI
46. New	47. No	48. Not	49. Now	50. Of

NU	NOH	NOH	NOW	OF
51. Often MUCH-TEHM	52. On ON	53. One WON	54. Only JUS	55. Or O
56. Other UDER	57. Our OWER	58. Out UT	59. Over ON	60. People UMAN-DEM
61. Place PLAS	62. Please DU-YA	63. Same LILLIBIT	64. I see AH SI	65. She I
66. So SO	67. Some LILIBIT	68. Sometimes LILLIBIT-TEHM	69. Still YET	70. Such DAT
71. I tell AH TOHK	72. Thank you TEHNKI	73. That DAT	74. The DI	75. Their DEM-NA
76. Them DEM	77. Then DEN	78. There is DAT DE	79. They DE	80. Thing TING
81. I think AH TINK	82. This DIS	83. Time DAT	84. To TO	85. Under UNDR
86. Up UP	87. Us WI	88. I use AH DU	89. Very MCH	90. We WI
91. What WETIN	92. When USTEHN	93. Where USAM	94. Which WICH	95. Who UDAT
96. Why WI	97. With WID	98. Yes YEHS	99. You YU	100. Your YU-NA

