

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 ... εφχαριστώ "

NO. 46 - GREEK FROM ENGLISH

Version 2 - Text and audio and some errors - June 2006

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: Assimil and Lonely Planet phrase books and Crosslines - Afghanistan Essential Field Guides to Humanitarian and Conflict Zones - on the web.

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DEDICATION

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

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

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

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

Thank you.

Hallo

Yes/no

Excusez moi

Everything is OK!

Good morning

My name is ...

What is your name?

How are you?

Fine thanks

Good-bye.

Where are you from?

OK

efcHaristo

Yia sass

Ne/Ochi

Signomi

Ola ine endaksi

Yia sass

To onoma mou ine ...

Pio ine to onoma sas?

Ti kanete?

Kala, efcHaristo

Adio

Apo pou iste??

Endaksi

ευχαριστώ

γειά σας

ναι / όχι

συγγνώμη

Όλα είναι εντάξει

γειά σας

το όνομά μου είναι

Ποιό είναι το όνομά σας;

Τι κάνετε;

Καλά ευχαριστώ

Αντίο

Από πού είστε

Εντάξει

INSTANT RELAXATION TECHNIQUE

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

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

3. Now, relax with the hands on the lap, and fix your eyes UP INTO YOUR HEAD ... breath slowly and deeply ... four times ... let the eyes close ... and 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 closed ... 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 NEWC LANGUAGE LEARNING and breathing ... nothing else ... no self talk at all ... just concentrate on the BREATHING ... very important ... count down 20 to 1 ...relaxed and feeling at peace with yourself ...

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 Greek WORD many times slowly ... and then at VERY high speed)

Hello	YIA SASS	Yia sass
Mr.	KEEREE-OSS	KirioSS
Mrs.	KIRR-IA	Kiria
Yes	OCHI	Ochi
No	NE	Ne
Good	KAR-LOSS	Kaloss
Please	PARRA-KALO	Parakalo
Do you have?	ECH-ETTEE?	Echete?
Thank you	EFC- HARISTO	efcHaristo
Goodbye	ADD-IO	Adio
See you soon!!!	KALI ANDAMOSI	Kali andamosi
Who?	PEE-OSS	PioSS?
What?	TEE	Ti?
I want	THELO	Thelo
Where?	POO	Pou?
OK!	EBNN-DARK-SEE	Endaksi!

Note: For simplicity ... the program is 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 ...

It 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 day follows.

A possible CRE routine for one day ... with breaks (and Greek wine) ... as needed, ... could be ...:

1 - Do IRT. Do the Throat exercise - 16 key words
Play the tape (30 minutes) with the text (hear, see, speak, MOVE, and feel)
Make it fun! Review the Glossary (2 pages).

2 - Repeat the text (Sections 2-4) to understand every word!
Play the tape with the text SPEAKING VERY LOUDLY - STOP THE TAPE
AND SING OR SHOUT ANY VERY DIFFICULT PHRASES.
Do SPEED READING (2-16) in 14 minutes (recorded if possible- for fun!).
Review the Grammar (1 page) and the Glossary.

3 - Repeat the text (Sections 5-10) to understand every word!
Play the tape WITHOUT the text, SPEAKING IN VERY DRAMATIC style.
Repeat the Throat exercise.
Begin to create simple conversation with the Mini-phrase book
(Hello etc.).

4 - Repeat the text (Sections 11-16) to understand every word!
Play the tape with the text, SPEAKING SOFTLY with a good accent.
Do SPEED READING (Sections 2-16) and Mini-phrase Book.

5 - Play the tape WITHOUT the text, speaking with three
different
voices - just for fun!. Create conversation with the Mini-phrase
book.
Do SPEED READING (2-16).

6 - Play the tape SPEAKING with a beautiful CONFIDENT accent.
Do the quiz (1 page). Create conversation with mini phrase
book.
Do SPEED READING (2-16) and Mini-phrase book 14 minutes.
Do APS and plan for review next week, helping partners as
needed.

NATURAL SUGGESTIONS (continued)

Generally:

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

1. GENTLE RELAXATION ...

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

And then when you are ready ... to focus yourself ... you can begin by taking a few deep relaxing breaths ... breathing slowly ... and feeling the rise of your chest ... as you gradually inhale ... feeling that each breath in ... and out ... relaxes you ... calms you ... and re-acquaints you ... with deeper parts of yourself that you are sometimes too busy to notice.

You know ... and I know ... its very easy ... to get caught up in day to day living ... there is so much to do ... and now is your time ... and I would like you to allow your eyes to close ... as you start to build ... an internal focus ... within yourself ... on those parts of yourself... that will absorb the natural language ... gently ... peacefully ... and instinctively ... almost automatically ... as you ... let yourself go ... relax ... without conscious effort ... because you have nothing ... to do ... now ... except relax ..

And as we go on together ... repeating the phrases ... in the natural language ... with your whole body involved ... moving hands and face ... feelings and body ... to express ... and absorb the words and phrases ... as they will come ... instinctively ... to your mind ... as you speak softly ... with a beautiful accent ... yes ... with a beautiful accent ... which will please and surprise you... as 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... "English Place" ... in your mind ...

2. HERE AND THERE:

(Complete and discuss with a natural speaker ...and learn the script without effort ...)

eGHo ime edho.
Εγώ είμαι εδώ.

I am here

Essiss issaste edo.
Εσείς είσαστε εδώ.

You are there.

Essiss issaste εκεί?
Εσείς είσαστε εκεί;

Are you there?

Ne, essiss issasnte edo.
Ναι, εσείς είσαστε εδώ.

Yes, you are there.

Essiss issaste edho?
Εσείς είσαστε εδώ?

Are you here?

Ochi, essiss dhenn issaste(not) edho.
Όχι, εσείς δεν είσαστε εδώ;

No, you are not here.

Aftoss ine edho.
Αυτός είναι εδώ.

It is here.

Pou ine?
Πού είναι;

Where is it?

Afto ine edho.
Αυτό είναι εδώ.

It is here.

Afto ine edo?
Αυτό είναι εδώ;

Is it there?

dhen ksero.
Δεν ξέρω.

I do not know.

Pou ine o Miguel?
Πού είναι ο Miguel;

Where is Miguel?

Aftoss dhen ine edho.
Αυτός δεν είναι εδώ.

He is not here.

Pou ine aftoss?
Πού είναι αυτός;

Where is he?

eGHo dhen ksero.
Εγώ δεν ξέρω.

I do not know.

Skata! Aftoss ine edo!
Σκατά! Αυτός είναι εδώ!

Darn-it! There he is!

Aftoss ine thavmassios!
Αυτός είναι θαυμάσιος!

He is wonderful!

3. LIKING:

μου areseis.
Μου αρέσεις

I like you.

σου areso ?
Σου αρέσω;

Do you like me?

Ne, μου areseis .
Ναι, μου αρέσεις.

Yes, I like you.

Sou aresoun ta lefta?
Σου αρέσουν τα λεφτά;

Do you like money?

Ne, μου aresoun ta lefta.
Ναι, μου αρέσουν τα λεφτά.

Yes, I like the money.

Μου aresei to nero.
Μου αρέσει το νερό.

I like water.

Sou aresei to nero
Σου αρέσει το νερό.

You like water.

Μου aresoun karia vivlia.
Μου αρέσουν κάποια βιβλία.

I like some books.

Του aresei to amaksi
Του αρέσει το αμάξι.

He likes the car.

Den tis aresei to amaksi
Δεν της αρέσει το αμάξι.

She does not like the car.

Sou aresei to fayito?
Σου αρέσει το φαγητό;

Do you like the food?

Ochi, dhenn mou aresei to fayito.
Όχι, δε μου αρέσει το φαγητό.

No, I do not like the dinner.

Oh. Skata! File mou!
Ωχ. Σκατά! Φίλε μου!

Oh. Darn-it! Mate!

Min les file mou!
Μη λές φίλε μου!

Please do not say Mate!

4. DOING:

(eGHo) kano.
(Εγώ) Κάνω.

I do.

Kano afto.
Κάνω αυτό.

I do this.

(Essiss) kan-ete.
(Εσείς) Κάνετε.

You do.

Kan-ete afto.
Κάνετε αυτό.

You do that

(Emiss) kan-oume afto.
(Εμείς) κάνουμε αυτό.

We do that

Ke imaste charoumenoi.
Και είμαστε χαρούμενοι.

And we are happy.

Afto ine efkolo?
Αυτό είναι εύκολο;

Is it easy?

Ne, afto dhenn ine (not) dhiskolo.
Ναι, αυτό δεν είναι δύσκολο.

Yes, it is not difficult.

Kan-ete afto?
Κάνετε αυτό;

Do you do that?

Kan-ete afto parakalo!
Κάνετε αυτό παρακαλώ!

Do that please!!!

Skata!!
Σκατά!!

Darn-it!!!

Afto ine thavmassio!
Αυτό είναι θαυμάσιο!

It is wonderful!

5. CAN/ABLE TO DO:

(eGHo) boro
(εγώ) μπορώ

I can

Boro?
Μπορώ;

Can I?

Ne, boro.
Ναι, μπορώ.

Yes, I can.

Bor-ete na kan-ete afto?
Μπορείτε να κάνετε αυτό;

Can you do this?

Ne, boro na kano afto.
Ναι, μπορώ να κάνω αυτό.

Yes, I can do that.

Boro na troo liGHo.
Μπορώ να τρώω λίγο.

I can eat a little.

Boro na rino liGHo.
Μπορώ να πίνω λίγο.

I can drink a little.

Boro na riγeno.
Μπορώ να πηγαίνω.

I can go.

Boro na ereHome.
Μπορώ να έρχομαι.

I can come.

Boro na kimame .
Μπορώ να κοιμάμαι.

I can sleep.

Bor-ete na mil-ate.
Μπορείτε να μιλάτε.

You can speak.

Bor-ete na mil-ate?
Μπορείτε να μιλάτε;

Can you speak?

Ne, boro.
Ναι, μπορώ.

Yes, I can.

Βορ-ετε να καν-ετε αφο?
Μπορείτε να κάνετε αυτό;

Can you do this?

Όχι, dhenn βορο να το κανο αφο.
Όχι, δε μπορώ να το κάνω αυτό.

No, I can not do that.

Βορ-ετε να καταλαν-ετε?
Μπορείτε να καταλάβετε.

You can understand.

Βορ-ετε να καταλαν-ετε?
Μπορείτε να καταλάβετε;

Can you understand?

Καταλανεν-ετε?
Καταλαβαίνετε;

Understand?

Νε, λιθHo.
Ναι, λίγο.

Yes, a little.

Βορ-ετε να le-te φίλε μου?
Μπορείτε να λέτε φίλε μου;

Can you say Mate?

Νε, βορο να μιλο λιθHo Elinika!
Ναι, μπορώ να μιλώ λίγα ελληνικά!

Yes, I can speak a little Greek

Skata ! Ime thanmassios!
Σκατά! Είμαι θαυμάσιος! Μx noies si/n

Darn-it! I am wonderful!

6. UNDERSTANDING:

Καταλανeno.
Καταλαβαίνω.

I understand.

Dhenn καταλανeno.
Δεν καταλαβαίνω.

I do not understand.

Καταλανεν-ετε.
Καταλαβαίνετε.

You understand.

Dhenn καταλανεν-ετε.
Δεν καταλαβαίνετε.

You do not understand.

Καταλανεν-ετε tis yinekes?

Do you understand women?

Καταλαβαίνετε τις γυναίκες;

Ochi, ochi. Dhenn kataveno tis gin-ekes!!
Όχι όχι. Δεν καταλαβαίνω τις γυναίκες!!

Oh. Skata! file!
Ωχ! Σκατά! Φίλε!

Ne dites pas Merde svp.
Σε παρακαλώ μη λες φίλε μου.

Issasaste thanmassia!
Είσαστε θαυμάσια!!

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

Oh. Darn-it! Mate!

Please do not say Mate!

You are wonderful!

7. WANTING:

Thelo.
Θέλω.

I want.

Thelo na troo liGHo.
Θελω να τρώω λίγο.

I want to eat a little.

Thelo na rio to nero.
Θέλω να πιω το νερό.

I want to drink the water.

Thelo na rao sti toileta!!
Θέλω να πάω στη τουαλέτα!!

I want to go to the toilet!!!

Thel-ete na fate liGHo?
Θέλετε να φάτε λίγο;

Do you want to eat a little?

Ochi, dhenn thelo na fao.
Όχι, δε θέλω να φάω.

No, I do not want to eat.

Skata! Thelo na sou doso liGHo.
Σκά! Θέλω να σου δώσω λίγο.

Darn! I want to give you a bit.

Ochi, efcHoristoi.
Όχι ευχαριστώ.

No thank you.

Thelo na ertho.
Θέλω να έρθω.

I want to come.

Thel-ete na kimithite with me?

Do you want to sleep with me?

Θέλετε να κοιμηθείτε μαζί μου;

Ochi, dhenn thelo na kimitho.
Όχι, δε θέλω να κοιμηθώ.

Miguel, thel-ete na fate ta vatrachia?
Μιγκέλ, θέλετε να φάτε τα βατράχια;

Skata! Ochi tora, efcHoristo!
Σκάτά! Όχι τώρα, ευχαριστώ!

Imaste thanmassioi!
Είμαστε θαυμάσιοι!

No, I do not want to sleep.

Miguel do you want to eat the frogs?

Darn-it! Not just now, thank you!

We are wonderful!

8. GETTING:

Parakalo, doste mou ta lefta, parakalo.
Παρακαλώ, δώστε μου τα λεφτά.

Please give me the money.

Parakalo, parte ta lefta.
Παρακαλώ πάρτε τα λεφτά.

Please take the money.

Perno ta lefta.
Πέρνω τα λεφτά.

I take the money.

Parakalo, doste mou to issitirio.
Παρακαλώ, δώστε μου το εισιτήριο.

Please give me the ticket.

Parakalo, parte to issitirio.
Παρακαλώ, πάρτε το εισιτήριο.

Please take the ticket.

Perno to issitirio.
Πέρνω το εισιτήριο.

I take the ticket.

Parakalo, doste mou to praGHma
Παρακαλώ, δώστε μου το πράγμα.

Please give me the thing.

Rou ine to praGHma?
Πού είναι το πράγμα;

Where is the thing?

Dhenn ksero.
Δεν ξέρω.

I do not know.

Parakalo, doste mou enan andra!

Please give me a man!

Παρακαλώ, δώστε μου έναν άνδρα!

Skata!!! Τι γινεκα!!
Σκατά!!! Τι γυναίκα!!

Afti ine thanmassia!
Αυτή είναι θαυμάσια!

Darn-t!!! What a woman!!

She is wonderful!

9. HAVING:

eeHo ena proGHma.
Έχω ένα πράγμα.

I have one thing.

Dhenn eeHo ena proGHma.
Δεν έχω ένα πράγμα.

I do not have one thing.

Echete ena proGHma.
Έχετε ένα πράγμα.

You have one thing.

eeHoumee ena proGHma.
Έχουμε ένα πράγμα.

We have one thing.

Echi ena proGHma.
Έχει ένα πράγμα.

She has onething.

eeHo tin ora, Dhespinnis!
Έχω την ώρα δεσποινίς.

I have the time, Miss!

eChete liGHa lefta, kirie?
Έχετε λίγα λεφτά κύριε;

Do you have some money, Sir?

Ochi.
Όχι.

No.

Oh. Skata!
Ωχ. Σκατά!

Oh. shoot!

Minn le-te skata, parakola!
Μην λέτε σκατά, παρακαλώ!

Please do not say shoot!

10. ORDERING (POLITELY):

Parakola, doste mou to praGhma.
Παρακαλώ, δώστε μου το πράγμα.

Please give me the thing.

Parakola, doste mou ta lefta.
Παρακαλώ, δώστε μου τα λεφτά.

Please give me the money.

Parakola, doste mou to nero.
Παρακαλώ, δώστε μου το νερό.

Please give me the water.

efcHaristo.
Ευχαριστώ.

Thank you.

Parakalo, MIN pin-ete nero sti Galia!
Παρακαλώ, μην πίνετε νερό στη Γαλλία!

Please don't drink the water in France!!

Pin-ete kراسi.
Πίνετε κρασί.

Drink the wine.

Parakalo, elate edho.
Παρακαλώ ελάτε εδώ.

Please come here.

Parakalo, piyen-ete eki.
Παρακαλώ, πηγαίνετε εκεί.

Please go there.

Parakalo, pin-ete afto.
Παρακαλώ πίνετε αυτό.

Please drink this.

Min fate afto!
Μην φάτε αυτό!

Do not eat that!

Parakalo, doste mou afto.
Παρακαλώ δώστε μου αυτό.

Please give me this.

Parakalo, min par-ete afto.
Παρακαλώ μην πάρετε αυτό.

Please do not take that.

Parakalo, pite afto.
Παρακαλώ πείτε αυτό.

Please say this.

Parakalo, min le-te skata.
Παρακαλώ μη λέτε σκατά.

Please do not say shoot.

Gamoto. efcHaristo. Issaste thanmassia!
Γαμώτο. Ευχαριστώ. Είσαστε θαυμάσια!

Darn-it! Thank you. You are wonderful!

11. GREETING:

Yia sass, Belinda.
Γειά σας Belinda!

Hello Belinda.

Yia sass, Grasso.
Γειά σας Γκράσο.

Hello Grasso.

Kalimera, Miche.
Καλημέρα Μισέ.

Good morning Miche.

Kalimera, Sancos.
Καλημέρα Σάντσος.

Good morning Sancos.

Ti kan-ete, Eliza?
Τι κάνετε Ελίζα;

How are you, Eliza?

Ime kala, efcHaristo, Khulu.
Είμαι καλά ευχαριστώ Κούλου.

I am well, thank you, Khulu.

Pos pai, Xavier?
Πώς παέι Ξαβιέ;

How goes it, Xavier?

Endaksi, efcHaristo Miguel.
Εντάξει ευχαριστώ Μιγκέλ.

OK , thank you Miguel.

Adio Giles.
Αντίο Γκιλές.

Goodbye Giles.

Adio Judith.
Αντίο Τζούντιθ.

Bye bye Judith.

Ne, endaksi, Hollie
Ναι, εντάξει Χόλυ.

Yes OK, Hollie.

Afto ine thanmassio, Heidi!
Αυτό είναι θαυμάσιο Χάιντι.

It is wonderful, Heidi!

Endaksi, Sam?
Εντάξει Σαμ;

OK Sam?

Ne, endaksi, Lucie.
Ναι εντάξει Λούσι.

Yes OK, Lucie.

Oxi kai ashima, Henri.

Not too bad, Henri.

Όχι και άσχημα Χένρι.

Ise kala agari mou
Είσαι καλά αγάπη μου;

Are you well, my darling?

Ochi!!!
Όχι.

No!!!

Skada! Afti ine thavmassia!
Σκατά! Αυτή είναι θαυμάσια!

Darn-it! She is wonderful!

12. DESCRIBING:

Afto ine kalo,
Αυτό είναι καλό.

It is good.

Afto dhenn ine kako.
Αυτό δεν είναι κακό.

It is not bad.

Ine kako.
Είναι κακό

It is bad.

Ine ena vivlio.
Είναι ένα βιβλίο.

It is a book.

Ine meGHALo?
Είναι μεγάλο;

Is it big?

Ochi, ine mikro.
Όχι, είναι μικρό.

No, it is small.

Ine efkolo?
Είναι εύκολο;

Is it easy?

Ochi, ine dhiskolo.
Όχι είναι δύσκολο.

No, it is hard.

To nero ine kalo?
Το νερό είναι καλό;

Is the water good?

Ochi, to nero dhenn ine kaLo sti Gallia in France!!
Όχι, το νερό δεν είναι καλό στη Γαλλία!!

No, the water is not good in France!!

Oh skata!!!
Ωχ σκατά!!

Oh shoot!!!

Min le-te skata, parakalo.
Μη λέτε σκατά παρακαλώ.

Please do not say shoot.

Imasste thavmassioi?!!!
Είμαστε θαυμάσιοι?!!

Are we wonderful?!!!

Γαμωτο! Ne!!
Γαμώτο! Ναι!

Darn-it! Yes!!

13. KNOWING (THINGS & PEOPLE):

Ksero afto.
Ξέρω αυτό.

I know this.

Kser-ete afto?
Το ξέρετε αυτό;

Do you know this?

Ne, to kseRO aFto.
Ναι, το ξέρω αυτό.

Yes, I know this.

Kser-ete ekino.
Ξέρετε εκείνο.

You know that.

Kserete ekino?
Ξέρετε εκείνο;

Do you know that?

Ochi, dhenn to ksero ekino.
Όχι, δεν το ξέρω εκείνο.

No, I do not know that.

Ksero afti ti yineka.
Ξέρω αυτή τη γυναίκα.

I know that woman.

Ksero afto ton andra.
Ξέρω αυτό τον άνδρα.

I know the man.

Aftoss me kseri .
Αυτός με ξέρει.

He knows me.

Kser-ete afti ti yineka ?
Ξέρετε αυτή τη γυναίκα;

Do you know that woman?

Ochi. Kalimera, Kiria.
Όχι. Καλημέρα κυρία.

No. Good morning Madame.

Iste kala, Kiria?
Είστε καλά κυρία.

Are you well, Madame.

Ochi, dhenn ime kala. Adio!!
Όχι δεν είμαι καλά. Αντίο!

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

Dhenn tin kser-ete!
Δεν την ξέρετε!

You do not know her!

Gamoto! Afti ine thanmassian!
Γαμώτο! Αυτή είναι θαυμάσια!

Darn-it! She is wonderful!

14. NUMBERING:

eeHo ena pronlima.
Έχω ένα πρόβλημα.

I have one problem.

Ne, ech-ete ena pronlima.
Ναι, έχετε ένα πρόβλημα.

Yes, you have a problem.

Ochi, ech-ete dhio (2).
Όχι, έχετε δύο.

No, you have two (of them).

Echi tria.
Έχει τρία.

He has three.

Echi tessera.
Έχει τέσσερα.

She has four.

ecHoume pende (5).
Έχουμε πέντε.

We have five.

Echete pende?
Έχετε πέντε;

Do you have five?

Ne, tora eeHo pende pronlimata!!
Ναι, τώρα έχω πέντε προβλήματα!!

Yes now, I have five problems!!!

Ola ta pedhi-a!
Όλα τα παιδιά!

All the children!

Τα Pedhia ine thavmassian!
Τα παιδιά είναι θαυμάσια!

Children are wonderful!

15. ASKING:

Posso kanī afto to vivlio?
Πόσο κάνει αυτό το βιβλίο;

How much is the book?

Pende dolar-ia.
Πέντε δολάρια.

Five dollars.

Posso kanī afto to praGΗma?
Πόσο κάνει αυτό το πράγμα;

How much is this thing?

Posso?
Πόσο;

How much?

Tessera dollar-ia.
Τέσσερα δολάρια.

Four dollars.

Rou ine?
Πού είναι;

Where is it?

Ine eki.
Είναι εκεί.

It is there.

Ochi, dhenn ine eki.
Όχι, δεν είναι εκεί.

No, it is not there.

Rou ine i toileta, parakalo?
Πού είναι η τουαλέτα παρακαλώ;

Where is the toilet, please?

I Toileta ine eki.
Η τουαλέτα είναι εκεί.

The toilet is over there.

Ti ine afto?
Τι είναι αυτό;

What is that?

SiGHnomi, Ti?
Συγγνώμη. Τι;

Pardon. What?

Afto.
Αυτό.

That.

Oh, ine ena kalo vivlio.
O, είναι ένα καλό βιβλίο.

Oh, it is a good book.

Ti thel-ete?
Τι θέλετε;

What do you want?

Thelo to kراسι, παρακαλο.
Θέλω το κρασί παρακαλώ.

I want the wine, please.

Pioss ine edho?
Ποιός είναι εδώ;

Who is here?

Imaste edho.
Είμαστε εδώ.

We are here.

Ria ine afti i yineka?
Ποιά είναι αυτ'ή η γυναίκα;

Who is that woman?

Dhenn ksero.
Δεν ξέρω.

I do not know.

Skada, Ine Madonna!
Σκατά! Είναι η Μαντόνα!

Shoot! It is Madonna!

Ti yineka ! Ine thanmassian.
Τι γυναίκα! Είναι θαυμάσια!

What a woman! She is wonderful!

16. EVERYTHING - COLLOQUIAL WITH A BIT OF SLANG

Ime edho.
Είμαι εδώ.

I am here.

Issaste eki
Είσαστε εκεί.

You are there.

Mou aresis.
Μου αρέσεις.

I like you.

Sou aresoun ta lefta.
Σου αρέσουν τα λεφτά.

You like the money.

Afto kani afto
Κάνει αυτό.

He does this.

Afti kani afto.
Κάνει αυτό. Afti to kani

She does that.

Boro na milo liGHo Elinika!
Μπορώ να μιλώ λίγο ελληνικά.

I can speak a little Greek!

Dhenn bor-ete na le-te Skata!
Δεν μπορείτε να λέτε σκατά!

You can not say shoot!

Sas Katalaveno .
Σας καταλαβαίνω.

I understand you.

Dhenn me katalave-ete.
Δε με καταλαβαίνετε.

You do not understand me.

Thelo na rao se bar.
Θέλω να πάω σε μπαρ.

I want to go to the bar.

The-ete na pate se toileta.
Θέλετε να πάτε σε τουαλέτα.

You want to go to the toilet.

ecHo tin ora, Dhespinniss!
Εχω την ώρα δεσποινίς!

I have the time, Miss!

Echete liGHo lefta, Kirie?
Έχετε λίγα λεφτά κύριε;

Do you have some money, Sir?

Parakalo, minnprin-ete to nero in Francell!.
Παρακαλώ μην πίνετε το νερό στη Γαλλία!

Please don't drink the water in France!!

Pin-ete kراسi.
Πίνετε κρασί.

Drink the wine.

Ti kanete, Eliza?
Τι κάνετε Ελίζα;

How are you, Eliza?

Ola kala, efcharisto, Khulu.
Όλα καλά, ευχαριστώ Κούλου.

I am well, thank you, Khulu.

Ine meGHalo, Kirie?
Είναι μεγάλο κύριε;

Is it big, Sir?

Ochi, ine mikro, Kiria.
Όχι, είναι μικρό κυρία.

No, it is small, Madam.

Dhenn kser-eis afti ti yineka.

You do not know that woman.

Δεν ξέρω αυτή τη γυναίκα.

Γαμωτο! Ine thanmassian!
Γαμώτο! Είναι θαυμάσια!

Ne, tora eeHo pende provlima!!
Ναι, τώρα έχω πέντε προβλήματα!

Ola ta pedhi-a!
Όλα τα παιδιά!

Ti ine afto?
Τι είναι αυτό;

SiGHnomi, Ti?
Συγγνώμη, τι;

Ine eki
Είναι εκεί.

Dhen ine kakoss.
Δεν είναι κακός.

Γαμωτο!!!
Γαμώτο!

Endaksi?
Εντάξει;

Ne ine "cool".
Ναι, όλα καλά!

Ναι είναι λαμπρά!

Ναι είναι εξαιρετικά!

Minn le-te skada!!
Μη λετε σκατά!

Dhenn ine COOL/sosto!!!
Δεν είναι σωστό!

Prepi na kan-ete afto
Πρέπει να κάνετε αυτό.

Prepi na kan-ete ekino.

Darn-it! She is wonderful!

Yes now, I have five problems!!!

All the children!

What is that?

Pardon. What?

There it is.

Not bad.

Darn-it!

OK?

Yes, it's cool!

Yes, it's cool! (classy)

Yes, it's cool! (upper class)

Do not say shoot!!!

It is not cool (upper class)!!!

You must do this.

You must do that

Πρέπει να κάνετε εκείνο.

thavmassian.?

Θαυμάσια;

Ne, issaste thavmassian!

Ναι είσαστε θαυμάσια.

Adio pros to paron!

Αντίο προς το παρόν.

Wonderful?

Yes you are wonderful!

Bye bye, for now!

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

(without accents - now write in the Greek Script)

a. Greetings/Exclamations:

hello yia sass	good morning, kalimera	how are you? ti kanete?	I am well ime kala	thank you efcHaristo
goodbye adio	yes ne	no/not ochi/dhenn/minn	OK endaksi	not too bad etsi ke etsi
Darn-it! skata	Mate! file	there it is! adho ine	"cool"!!! orea	please parakalo

b. Verbs:

to be ime.ine	have echi	like aGHapo/aresi	want thelo	can boro
do kano	say/speak leo/milo	go piyeno	come ereHome	give dhino
take perno	eat troo	drink pino	sleep/go to bed kimame	know ksero/GHnorizo
understand katalaveno	must prepe			

c. Prepositions:

some liGHo	a ena	the ta/t/o/i	to se	from apo
---------------	----------	-----------------	----------	-------------

d. Pronouns:

I eGHO/-o	you essiss/-ete	he aftos/-o	she afti/-i	we emiss/-oume	
it afto/to	this aftoss/afti/afto		that ofti	Mr Kirioss	Mrs. Kiria

e. Nouns:

money	thing	man	woman/wife	water
ta-lefta	praGHma	andrass	yineka	nero

car	ticket	book	friend
amaksi	issitirio	vivlio	filoss/fili

f. Adjectives/adverbs/Other:

good	bad	big	small	now
kaloss	kakoss	meGHaloss	mikross	tora
later	a little	wonderful!	happy	easy/dofficult
meta	liGHoss	thavmassioss	charoumenos	efkoloss/dhiskoloss

here/there
edho/eki

g. Interrogatives:

how much?	where?	what?	who?	when?
posso?	pou?	ti ?	pioss/pia/pio?	pote?

Note: What is this Question?
Ti ine afto?
Simply use ... ?

h. Numbers:

one	two	three	four	five
enass/mia/ena dhio		triss/tria	tesseriss/tessera	pende

i. And some survival words:

WC (toileta), and (ke), always (panda), fast/slow (GHriGHoross/arGHoss), but, (ala), never (pote), food (fayito), train (treno), bus (leoforio), home (spiti), work (dhoulia), time (ora), today (simeria), tomorrow (avrio), paper (eHarti), newspaper (efimeridha), day (mera), week (ebdhomadha), year (etoss), hour (ora), minute (lepto), hamburger (hamburger), McDonalds (McDonalds), think (skeptome), read (dhiavaso), write (GHrafo), laugh (yelo), dance (Hoross), stop (stamato), policeman (police), six (eksi), seven (efta), eight (okto), nine (enea), ten (dheka), hundred (ekato), thousand (chilii) shoot (skata) ... bye bye for now (ta leme)!!

19. NATURAL FEEDBACK AND NEW IDEAS

(to robertboland@wanadoo.fr)

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

2. WHAT WAS GOOD ABOUT IT?

3. WHAT WAS BAD ABOUT IT?

4. WHAT NEW IDEAS?

5. HOW CAN WE HELP YOU IN THE FUTURE?

20 - DAILY MINI PHRASE BOOK

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

BASICS:

Thank you.

Hallo

Yes/no

Please

Excuse me

Everything is OK!

efcharisto

Yia sass

Ne/Ochi

Parakalo

siGHnomi

Ora ine indaksi!

ευχαριστώ

Γειά σας

Ναι/όχι

Παρακαλώ

Συγγνώμη

Όλα είναι εντάξει

INTRODUCTIONS:

Good morning

Good-bye.

My name is ...

What is your name?

How are you?

Fine thanks

And you?

Where do you come from?

I'm from:

France

England

America

I work with:

UN

Red Cross

Nokia

Kalimera

Adio

To onoma mou ine

Pio ine io inoma sass?

Ti kan-ete?

Ime kala, efcharisto

Ke essiss?

Apo rou isse?

Apo to ...

Ghalia

Anglia

I' Amerique

Dhoulevo me ...

ONU

???la Croix Rouge

Nokia

Καλημέρα

Αντίο

Το όνομά μου είναι

Ποιό είναι το όνομά σας;

Τι κάνετε;

Είμαι καλά ευχαριστώ

Και εσείς;

Από πού είσαι;

Από το...

Γαλλία

Αγγλία

Αμερική

Δουλεύω με...

Ηνωμένα Έθνη

Ερυθρός Σταυρός

Νόκια

QUESTIONS:

I must do this.

You must do that.

When/how?

What/why?

Who/which?

Where is/are ...?

Where can I find ...?

How much is it?

Can you help?

What does this mean?

Prepo na kano afto.

Prepi na kavis afto.

Pote/ti?

Ti/yiati?

Pioss/pio?

Rou ine ...?

Rou boro na vro ...?

Posso kani?

Boro na voithiso?

Ti simeni?

Πρέπει να κάνω αυτό

Πρέπει να κάνεις αυτό

Πότε; /Τι;

Τι;?Γιατί;

Ποιός;/Ποιό;

Πού είναι;

Πού μπορώ να βρω...;

Πόσο κάνει;

Μπορώ να βοηθήσω;

Τι σημαίνει;

UNDERSTANDING:

I understand

I don't understand.

Katalaveno

Dhenn katalaveno

Καταλαβαίνω

Δεν καταλαβαίνω

Please say that again.. ξανά	Parakalo, pite to xana	Παρακαλώ, πείτε το
Can you translate this? αυτό;	Borite na metafrasete afto?	Μπορείτε να μεταφράσετε
Do you have...?	Echete...?	Έχετε...;
Do you speak: english/french/greek?	Mil-ate ...: Anglika/Ghalika/Elinika?	Μιλάτε Αγγλικά/Γαλλικά/ Ελληνικά
I don't speak	Dhenn milo ...	Δεν μιλώ
I speak a little ...	Milo liGHo.	Μιλώ λίγο

COMMENTS:

It's:	Ine:	Είναι:
better/worse	kaliteros/Chiroteros	Καλύτερος/Χειρότερος
big/small	meGHaloss/mikross	Μεγάλος/Μικρός
cheap/expensive	ftinos/akrivos	Φτηνός/Ακριβός
good/bad	kaloss/kakoss	Καλός/Κακός
hot/cold	zestos/krios	Ζεστός/Κρύος
near/far	konda/makria	Κοντά/Μακριά
vacant/occupied	Gemato/Athio	Γεμάτο/Άδειο
OK!	Endaksi!	Εντάξει!

FOOD:

I like:	Mou aresi:	Μου αρέσει:
breakfast	proino	Πρωινό
lunch	mesimeriano	μεσημεριανό
dinner.	Bradino	Βραδινό

Please give me:	Parakalo dhoste mou...:	Παρακαλώ δώστε μου
bread/butter	psomi/vutiro	Βούτυρο
cheese	tiri	τυρί
eggs	avGHa	αβγά
meat/potatoes	kreass/patates	κρέας/πατάτες
apples/oranges	milo-iportokali	Μύλο/πορτοκάλι
coffee/tea	kafess/tsai	Καφές/τσάι
milk	Ghala	Γάλα
fruit juice	chimos fruton	χυμός φρούτων
water	nero	νερό
I want to pay now.	Thelo na plirosa tora	Θέλω να πληρώσω τώρα
I think there is a mistake.	Nomixo iparchi lathos	νομίζω υπάρχει λάθος
We enjoyed it.	Mas arese	Μας άρεσε

TRANSIT:
Script)

(Insert Greek

Where is the nearest shop.	Pou ine to pio kontino katastima
Where can I find a taxi?	Pou boro na vro ena taksi?
How much is it to ...?	Posso kani na ...?
Take me to this place.	Pigenete me se afto to meros.
Please stop here.	Stamat-iste edho, parakalo.
This is not the right road.	Aftoss dhenn ine o sostos dhromos.
Go straight ahead.	Piyen-ete isia.
It's there, on the:	Afto ine eki:
left/right	Aristera/Dexia
next to/after	meta to/meta
north/south	vorass/notos
east/west	anatoli/dhissi
Where is the:	Pou ine to:
town centre	kendro tis polis?
pharmacy	farmakio?

SHOPPING:

Do you have ...?	Echete ...?
How much is this/that?	Posso kani afto/ekino?
I will take it.	Tha paro afto.

What colours have you?	Ti cHroma echete?
Black	mavro
Blue	ble
Red	kokino
White	aspro
Yellow	kitrino
Green	prassino

I want to buy:	Thelo na aGHoraso:
aspirin	aspirin
soap	soap
half kilo apples	dhondi kilo milo
litre of milk	enass litro GHala
film/newspaper	film/efimeridha

TELEPHONE:

Hello, this is ...	Kalispera, ime o ...
Please speak:	Parakalo, mil-ete:

louder	pio dhinaytoss
slowly	arGHa
I want to speak to:	Thelo na milo me ...
Mr.	Kirioss
Mrs.	Kiria
Miss	Dhespinniss
When will he be here/there?	Pote tha ine eki?
Ask him to telephone me	Rot-ete afta na tilefono mou

TIME:

Do you have enough time?	Echete arketa ora?
What time is it?	Ti ora ine?
The time now is:	Tora ine:
five past one	ena (1) ke pende
quarter to three	triss (3) para tetarte
twenty past four	tesseriss (4) ke ikossi
half past six	eksi (6) ke missi

MEETINGS:

We will see you:	Tha vlep-oume essiss ...
today	simera
tomorrow	avrio
next week	epomenoss ebhomadha
in the morning	proi
in the afternoon	apoyevma
in the evening	vradhi
tonight	aftoss nictar
soon	sintoma
You are right/wrong.	Iste lathos/sostos
That is right	Ine sosto

LOCATIONS:

Here/there	Edho/eki
At the UN office	Se Ghrafio UN
Is it near/far?	Ine konda/makria?
How many hours?	Ine pou ora?

21. PLAY QUIZ

(Challenge - in mixed groups of four ... complete and insert Greek Script as you discuss with a fluent speaker)

a. I am wel	Endaksi.
b. Excuse me	efcHaristo
c. Thank you.	Ime kala.
d. OK	siGHnomi.
e. I want to go	Bravo.
f. Well done	Thelo na pao!
g. Hello	Ti kan-ete?
h. How are you?	Yia sass
i. What is this?	To perno.
j. I can do that.	Ne
k. I take it.	Ti ine aftoss
l. No.	Boro na kano afto
m. Yes	Garson?
n. Please	Parakalo
o. Excuse me	siGHnomi.
p. Waiter?	Ne.
q. How much is that?	Ti ora ine?
r. Where is the toilet?	Pou/pote/yiati?
s. Where/when/why?	Pou ine i toileta?
t. What time is it?	Posso kani afto?
u. Help me please?	Dhenn katalaveno.
v. I do not understand	Parakalo, mil-ete arGHa.
w. What does this mean?	Voith-iste mou, parakalo?
x. Please speak slowly	Ti ine aftoss?
y. See you soon	Euxaristw.
z. Cheers!!	Kali andamosi.

Answers: In the Lonely Planet phrase book ... if you need them ...

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

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

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

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

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

6 - SPEED READING (2-16) in 8 minutes. Review your five problems. **LISTEN** to your recording. Then **SPEAK** with the tape ... with a beautiful **CONFIDENT** accent. Email your feedback to robertboland@wanadoo.fr.

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

Special Vocabulary for UNHCR (Challenge - complete with a natural speaker)

English	Pashto	Dari	Greek
Airport	hawaa dagar	maydaan-e hawaa-i	Αεροδρόμιο
Army	pauz	fauj/ordu	Στρατός
Asylum	panaah	pamaah	Άσυλο
Border	pdlay	sarhadd	Σύνορα
Camp	dd kaamp	kaamp-d	Κάμπινγκ
Children	muchouman	awladah	Παιδιά
Clothing	jama	poxaak	Ρουχισμός
Cooking pot	chainaq	dd paxldy loxay/deg	Κατσαρόλα
Cooperation	hamkari	pd gdda kaar kawdl	Συνεργασία
Customs	gumruk	gumruj	Ήθη
Delay	nawakta	dzandy	Καθυστέρηση
Detention	ndzar-band	tawkif	Κράτηση
Development program ανάπτυξης	dd wadi prograam	prograam-d ynkyshaafi	Πρόγραμμα
Displaced persons	be-zaya shdwi xaldk	be-jaa shodygaan	Αποκλεισμένα άτομα
Electricity	breshna	brexnaa	Ηλεκτρισμός
Emergency	hajol	ber-dndy pexa	Επείγον
Expulsion	shar-dl	kharej/zxraaj	
Family	koranay	hekraaj	Οικογένεια
Government	hokumat	hokumat	Κυβέρνηση
Grandparents	padar kalan	padar wa maser kalan	Παππούδες
Handicapped	saya	ma-yub	Ανάπηροι
Health	roghtyaa	seat/syhhat	Υγεία
Hospital	roghtun	shafakhana	Νοσοκομείο
House	kor	khana/kor	Σπίτι
HQ	mankaz	mankae	Κεντρικά
Human rights d	bashar hakkuna	hokuk e bashar	Ανθρώπινα Δικαιώματα
Husband	mehra	shwahan	Σύζυγος
Lamp	dewan	tsheragh	Λάμπα
Legal protection	kaanuni saatdna	hymayat e kanoun	Νομική Προστασία
Malnutrition	bada ghdzaa	sou-e taghziya	
Material assistance	maadi komak	komak-e mawadi	Υλική βοήθεια
Ministry	wdzaarat	wezarat	Υπουργείο
Nutrition	ghdzaa	taghziya	Διατροφή
Pain - days/weeks	dard worat	dard e ruz/hafta	Πόνος-μέρες/βδομάδες

Pain - months/years	dard hafta	dard e mo/sol	Πόνος-μήνες/χρόνια
Pain - treatment	dard mehda	dard e ta-dow-wi	Πόνος-θεραπεία
Pain - arms/legs	dard bazou/paie	dard e dest/pal	Πόνος-χέρια/πόδια
Pain - chest	dard sina	dard e sina	Πόνος-στήθος
Pain - ears/eyes	dard gauche/sterguee	dard e goch/cheshom	Πόνος αυτιά/μάτια
Pain - hands/feet	dard daste/paie	dard e dest/pai	Πόνος χέρια/πόδια
Pain - head/neck	dard sav/gardan	dard e sar/ghardin	Πόνος κεφάλι/λαιμός
Pain - stomach	dard mehda	dard e meda	Στομαχόπονος
Persecution	zawrawdi	aziyat	Καταδίωξη
Petrol	tel	petrol/tel	Πετρέλαιο
Police-station	dd polis st-eshan sar-	mammuriyat-e-police	Αστυνομικός σταθμός
President	mdshir	ra-is	Πρόεδρος
Prison	bandy-khana	zyndan	Φυλακή
Province	ayaalat	wela-yate	Επαρχία
Reception centre	dd melma paaldne	mahal e pazirahi/ markaz-d paziraa-i	Υποδοχή
Refugee	mohajer	panahenda	Πρόσφυγας
Representative	astaazy	nema-yandghi	Αντιπρόσωπος
Rural	da kdll		Περιφερειακός
Sanitation	hyfzu-syhna	hyfzu syhha	καθαρισμός
Shelter	rijdi	panaga	Καταφύγιο
Status	haysiyat	haysiyat	Επίπεδο
Tent	rijdi	gihejdi/khayma	τέντα
Torture	shekanja	shykanja	βασανιστήριο
Town	khar	shahr	Οικισμός
Transportation	transport	transport	Μεταφορές
Travel Docs	sdd safar sanaduna	sdd safar sanaduna	Ταξιδιωτικά χαρτιά
Tribe	t-dbdr	kabila	Φυλή
Truck	lan mot-dr/lari	motar-d laar/lari	Φορτηγό
Urban	dd khari	dd khari	Οικιστικός
Village	kday	karya	Χωριό
Voluntrary repatriation επαναπατρισμός	pd rdzaa-sara berta	legal bar-gasht-d yraadi	
War	jagara	jangu	Πόλεμος
Water	aaba	aab	Νερό
Wife	kaza	zawja/khanom	Γυναίκα

APPENDIX C - BRIEF GRAMMAR

(Challenge - add the Grerek Script)

1. Structure - subject, object and verb:

EGHO ime edho.

To PEDHI ime edho.

To pedhi ime edo?

I am here.

The CHILD is here.

Question - is the child here?

2. Articles:

Ena pedhi ime edho.

A child is here.

3. Nouns:

TA pedhi-A ime edho

To KALO pedhi ime edho

AFTOS ime pedhi.

Child-REN are here.

The GOOD child is here.

HE is a child.

4. Possession:

Afto ime pedhi MOU.

He is MY child.

5. Relative:

To pedhi TO OPIO ime edho.

The child WHO here is.

6. Demonstrative:

AFTO to pedhi ime edho

AFTO to pedhi ime eki.

THIS child is here.

THAT child is THERE.

7. Interrogatives:

TI ime afto to praGHma?

PIOSS ime aftoss?

POU ime to pedhi?

POSSO KANI to vivlio?

WHAT is this thing?

WHO is that?

WHERE is the child?

HOW-MUCH is the book?

8. Imperatives:

KAN-ETE afto!

ELATE adho!

DO this!

COME here!

9. Negatives:

Ne, echHo vivlio.

Ochi, dhenn echHo vivlio.

MINN erethH-ete adho.

Yes, I HAVE a book.

No, I do NOT have the book.

Do NOT come here.

10. To be, have and want:

eGHo im-e/ech-o/thel-o

esiss is-aste/isas-te/thel-ete

aftoss in-e/ech-i/thel-i

I am/have/want

You are/have/want

He is/has/wants

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

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

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

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

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

Course duration: one full six hour day with a partner or small group, followed by daily brief individual revision, in the following week and one day reinforcement a month later.

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

Method: uses CRE techniques to achieve relaxation and intuitive absorption of the natural language with confidence and without stress or effort. Designed to handle varying individual value systems and needs. CRE techniques, once acquired, can be easily used for any other languages or dialects. Uses IRT - the Instant Relaxation Technique create the confidence to learn.

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**BRIEF DICTIONARY - ENGLISH/ FRENCH/ SPANISH/ GERMAN/GREEK
(rough spelling and few accents – complete in the Greek script for fun)**

a	un/une	un/una	in/eine	ένα
about	environ	cerca de	ungefähr	σχετικά
accident	accident,l'	accidente	Unfall	ατύχημα
action	action,la	accion	Handlung	δράση
actually	en fait	realmente	eigentlich	
			ουσιαστικά	
after	après	depués	nach	μετά
afternoon	après midi,l'	tardes	Nachmittag	απόγευμα
airport	aéroport,l'	aeropuerto	Flughafen	
			αεροδρόμιο	
alone	seul	solo/unico	allein	μόνος
also	aussi	también	auch	επίσης
always	toujours	siempre	immer	πάντα
am (I)	suis (je)	yo soy/estoy	bin (ich)	ε ί μ α ι
			(εγώ)	
and	et	y	und	και
anniversary	anniversaire	cumpleaños	Jahrestag	επέτειος
anybody	n`importe qui	cualquiera	irgendjemand	κανείς
anything	n`importe quoi	cualquier cosa	irgendetwas	οτιδήποτε
April	Avril	abril	April	Απρίλης
are(you)	êtes (vous)	usted es/está	sind	ε ί σ α ι
			(εσύ)	
arrive	arriver	llegar	ankommen	φτάνω
at	à	a/en	an	στο
August	Aout	agosto	August	
			Αύγουστος	
bad	mauvais	malo	schlecht	κακός
bank	banque,la	banco	Bank	τράπεζα
bar	bar	bar	Bar, die	μπαρ
bath	bain,le	baño	Bad	μπάνιο
beat	battre	batir	schlagen	χτυπώ
beautiful	beau/belle	hermoso	schön	όμορφη
because	parce que	porque	weil	επειδή
bed	lit,le	cama	Bett	κρεβάτι
begin	commencer	comenzar	anfangen	ξεκινώ
behind	derrière	detrás/atrás	hinter	πίσω
beside	à côté de	al lado de	nächst	δίπλα
better	meilleur	mejor	besser	καλύτερα
bill	facture,la	cuenta	Rechnung, die	
			λογαριασμός	
big	grand	grande	gross	μεγάλο
biscuit	biscuit,le	galleta	Keks	μπισκότο
black	noir	negro	Schwarz	μαύρο
book	livre,le	libro	Buch	βιβλίο
boy	garcon,le	niño/muchacho	Junge	αγόρι
bread	pain,le	pan	Brot	ψωμί
breakfast	petit dej.le	desayuno	Frühstück	πρωινό
brother	frère,le	hermano	Bruder, der	αδελφός
bus	autobus,le	autobús/camión	Bus	
			λεωφορείο	

business	affaires,les	negocio	Geschäft	δουλειά
buy	acheter	comprar	kaufen	αγοράζω
can (able)	pouvoir	poder	können	μπορώ
car	auto,l'	carro/coche	Auto	
carefully	prudent	prudente	αυτοκίνητο vorsichtig προσεκτικά	
carry	porter	llevar	tragen	μεταφέρω
cash	argent,le	dinero	Bargeld	μετρητά
chair	chaise,la	silla	Stuhl	καρέκλα
cheap	bon marché	barato	billig	φτηνός
children	enfants	niños	Kinder	παιδιά
choose	choisir	seleccionar	wählen	διαλέγω
cigarette	cigarette,la	cigarillo	Zigarette	τσιγάρο
clean	propre	limpio	sauber	καθαρός
clever	intelligent	inteligente	klug	έξυπνος
clouds	nuages,les	nubes	Wolken, die	σύνεφα
coffee	cafe,le	café	Kaffee	καφές
cold	froid	frio	kalt	κρύος
colour	couleur,la	color	Farbe	χρώμα
come	venir	venir	kommen	έρχομαι
complain	plaindre	reclamar	klagen	
contract	contrat,le	contrato	παραπονιέμαι Vertrag	
cook	cuire	cocinar	συμβόλαιο kochen	μάγειρας
cost	coût,le	costo	Kosten	κόστος
count	conter	contar	zählen	μετρώ
creditors	créditeurs,les	acreedor	Gläubiger	
cup	tasse,la	taza	Tasse	κούπα
customer	client,le	cliente	Kunde	πελάτης
customs	douane,la	aduana	Zoll	ήθη
daughter	filie,la	hija	Tochter	κόρη
day	jour,le	día	Tag	μέρα
dear	cher	caro	teuer	αγαπητέ
debtors	débiteurs,les	deudores	Schuldner	
December	Décembre	diciembre	Dezember Δεκέμβριος	
dinner	dîner,le	comida	Abendessen	βραδινό
dirty	sale	sucio	schmutzig	βρώμικος
divided by	divisé par	dividir de	dividiert durch	δια του
do	faire	hacer	tun	κανω
doctor	médecin,le	doctor/médico	Arzt	γιατρός
doers	actifs,les	trabajadores	Täter	εργάτες
drink	boire	beber/tomar	trinken	πίνω
drive	conduire	manejar/coduc.	Fahren	οδηγώ
dry	sec	seco/árido	trocken	ξηρός
early	de bonne heure	temprano	früh	νωρίς
easy	facile	fácil	leicht	εύκολος
eat	manger	comer	essen	τρώω
eight	huit	ocho	acht	οκτώ
eighty	quatre vingt	ochenta	achtzig	ογδόντα
either	ou	o	entweder	ή
eleven	onze	once	elf	έντεκα

English enjoy enough etc. evening every fall off family father father/law fat February	Anglais s`amuser assez(de) et cetera soir,le chaque tomber famille,la père,le beau-père,le gros Février	inglés gozar de bastante/suf. etcétera tarde cada caer familia padre suegro gordo febrero	Englisch sich freuen Genug usw Abend jeder fallen Familie Vater Schwiegevater fett Februar Φεβρουάριος fünzig kämpfen finanzieren Οικονομικά finden schön (Wetter) Finger beenden Fisch fünf Nebel Essen Verrückten für Gabel vier vierzig Freitag Παρασκευή freundlich Freunde zukünftig μέλλοντικός Spiel allgemein bekommen Mädchen geben Glas gehen gut auf Wiedersehn guten Abend καλήσπέρα guten Morgen gute Nacht καληνύχτα gierig halb glücklich ευτυχισμένος hassen	Αγγλικά χαρείτε αρκετά κλπ βράδυ κάθε πέφτω οικογένεια πατέρας πατριός χοντρός Πενήντα Πολεμώ ψάξε καλό δάχτυλα τελειώνω ψάρι πέντε ομίχλη φαγητό ανόητοι για πιρούνι τέσσερα σαράντα φιλικός φίλοι παιχνίδι γενικώς γίνε κορίτσι δόσε ποτήρι πηγαίνω καλός αντίο καλημέρα άπληστος μισό μισώ
fifty fight finance	cinquante combattre financer	cincuenta luchar finanza	Φεβρουάριος fünzig kämpfen finanzieren Οικονομικά finden schön (Wetter) Finger beenden Fisch fünf Nebel Essen Verrückten für Gabel vier vierzig Freitag Παρασκευή freundlich Freunde zukünftig μέλλοντικός Spiel allgemein bekommen Mädchen geben Glas gehen gut auf Wiedersehn guten Abend καλήσπέρα guten Morgen gute Nacht καληνύχτα gierig halb glücklich ευτυχισμένος hassen	Πενήντα Πολεμώ
find fine fingers finish fish five fog food fools for fork four forty Friday	trouver beau doigts,les finir poisson,le cinq brouillard,le nourriture,la fous,les pour fourchette,la quatre quarante Vendredi,le	encontrar fino/perf/bel. dedos terminar pescado cinco niebla comida/alim. tontos/locos para/por tenedor cuatro cuarenta viernes	finden schön (Wetter) Finger beenden Fisch fünf Nebel Essen Verrückten für Gabel vier vierzig Freitag Παρασκευή freundlich Freunde zukünftig μέλλοντικός Spiel allgemein bekommen Mädchen geben Glas gehen gut auf Wiedersehn guten Abend καλήσπέρα guten Morgen gute Nacht καληνύχτα gierig halb glücklich ευτυχισμένος hassen	ψάξε καλό δάχτυλα τελειώνω ψάρι πέντε ομίχλη φαγητό ανόητοι για πιρούνι τέσσερα σαράντα
friendly friends future(adj)	sympathique amis,les futur	amigable amigos futuro	Παρασκευή freundlich Freunde zukünftig μέλλοντικός Spiel allgemein bekommen Mädchen geben Glas gehen gut auf Wiedersehn guten Abend καλήσπέρα guten Morgen gute Nacht καληνύχτα gierig halb glücklich ευτυχισμένος hassen	φιλικός φίλοι
game generally get girl give glass go good goodbye good even.	jeu,le généralement obtenir jeune fille,la donner verre,le aller bon au revoir bonsoir	juego generalmente obtener niña/muchacha dar vaso ir/andar bueno/buen adiós buenas tardes	Παρασκευή freundlich Freunde zukünftig μέλλοντικός Spiel allgemein bekommen Mädchen geben Glas gehen gut auf Wiedersehn guten Abend καλήσπέρα guten Morgen gute Nacht καληνύχτα gierig halb glücklich ευτυχισμένος hassen	παιχνίδι γενικώς γίνε κορίτσι δόσε ποτήρι πηγαίνω καλός αντίο
good morn. good night	bonjour bonne nuit	buenos días buenas noches	Παρασκευή freundlich Freunde zukünftig μέλλοντικός Spiel allgemein bekommen Mädchen geben Glas gehen gut auf Wiedersehn guten Abend καλήσπέρα guten Morgen gute Nacht καληνύχτα gierig halb glücklich ευτυχισμένος hassen	καλημέρα
greedy half happy	gourmand moitié heureux	codicioso medio/mitad contento/feliz	Παρασκευή freundlich Freunde zukünftig μέλλοντικός Spiel allgemein bekommen Mädchen geben Glas gehen gut auf Wiedersehn guten Abend καλήσπέρα guten Morgen gute Nacht καληνύχτα gierig halb glücklich ευτυχισμένος hassen	άπληστος μισό
hate	détester	odiar	Παρασκευή freundlich Freunde zukünftig μέλλοντικός Spiel allgemein bekommen Mädchen geben Glas gehen gut auf Wiedersehn guten Abend καλήσπέρα guten Morgen gute Nacht καληνύχτα gierig halb glücklich ευτυχισμένος hassen	μισώ

have	avoir (j'ai)	haber/tener	haben	έχω
he	il	él	er	αυτός
hello	salut	hola	hallo	γεια
help	aider	ayudar	helfen	βοήθεια
helpful	utile	util	beihilflich	
			βοηθητικός	
her (acc.)	la/lui	la/le	ihr	δικό της
here	ici	aquí	hier	εδώ
herself	ellemême	ella misma	sie selbst	τον εαυτό
			της	
him	le/lui	le/lo	ihn/ihm	αυτόν
himself	luimême	él mismo	er selbst	τον εαυτό
			του	
his	son	suyo	sein	δικό του
honest	honnêt	honrado	ehrlich	τίμιος
hope	espérer	esperar	hoffen	ελπίζω
hospital	hopital,le	hospital	Krankenhaus	
			νοσοκομείο	
hot	chaud	caliente	heiss	ζεστό
hotel	hotel,le	hotel	Hotel	
			ξενοδοχείο	
how are y.?	comment a.v.?	cómo está Ud?	wie geht e.l.?	πώς
			είσαι;	
how many?	combien de?	cuántos?	wieviel?	Πόσοι;
however	cependant	sín embargo	jedoch	Παρόλο
hundred	cent	cien	hundert	εκατό
hungry	avoir faim	tener hambre	hungrig	πινώ
husband	mari,le	esposo/marido	Ehemann	σύζυγος
I	je	yo	ich	εγώ
I am well	je vais bien	muy bien	mir geht es gut	Είμαι
			καλά	
icecream	glace,la	helado	Eis	Παγωτό
if	si	si	wenn	εάν
important	important	importante	wichtig	σημαντικό
impossible	impossible	imposible	unmöglich	αδύνατο
in front of	devant	enfrente de	vor	μπροστά
			από	
intelligent	intelligent	inteligente	klug	έξυπνος
inventory	inventaire, l'	inventario	inventor	αρχείο
is (he)	est (il)	es	ist (er)	είναί
			(αυτός)	
it	cela	eso	es (er)	αυτό
itself	celamême	eso mismo	es selbst	δικό του
January	Janvier	enero	Januar	
			Ιανουάριος	
journey	voyage,le	viaje	Reise	Ταξίδι
July	Juillet	julio	Juli	Ιούλιος
June	Juin	junio	Juni	Ιούνιος
knife	coûteau,le	cuchillo	Messer	μαχαίρι
know	savoir/conn.	saber/conocer	wissen	γνωρίζω
labour	main d'oeuvre	trabajo	Arbeit	εργασία
language	langue,la	idioma	Sprache	γλώσσα
late	tard	tarde	spät	αργά
later	plus tard	mas tarde/lu.	Später	αργότερα
learn	apprendre	aprender	lernen	μαθαίνω
less	moins de	menos	minus/weniger	λιγότερο
letter	lettre,la	carta/letra	Brief	γράμμα
life	vie,la	vida	Leben	ζωή

like (verb)	aimer	gustar	gern haben	αρέσει
listen	écoûter	oir	zuhören	ακούω
little	peu	poco	wenig	μικρό
long	long	largo	lang	μακρύ
long run	finalement	a lo largo	auf die Dauer απόσταση	μ ε γ ά λ η
look	regarder	mirar	schauen	κοιτώ
look for	chercher	buscar	suchen	ψάχνω
loss	perte,la	pérdida	Verlust	απώλεια
lot,lots	beaucoup de	mucho	viel	πολλά
love	aimer bien	querer	lieben	αγάπη
low	bas	bajo	tief	χαμηλά
lucky (be)	avoir/chance	tener suerte	Glück (haben)	τυχερός
luggage	bagages,les	equipaje	Gepäck	αποσκευή
lunch	déjeuner,le	almuerzo	Mittagessen	
make/do	faire	hacer/realizar	machen	κάνω
man	homme,l'	hombre	Mann	άντρας
manager	directeur,le	gerente/dir.	Manager	
many	beaucoup (de)	muchos	διευθυντής	
map	plan,le	mapa	viele	πολλά
March	Mars	marzo	Landkarte	χάρτης
marriage	marriage,le	matrimonio	März	Μάρτιος
marry	se marier	casar	Heirat	γάμος
materials	materiaux,les	materia prima	heiraten	
May	Mai	mayo	παντρεύομαι	
me	me	mi	Materialien	υλικά
meal	repas,le	comida	Mai	Μαίος
meat	viande,la	carne	mich	εμένα
meet	rencontrer	encontrar	Essen	γεύμα
meeting	réunion,la	reunión	Fleisch	κρέας
mind (not)	égal (etre)	no importa	kennen lernen	τρώω
minute	minute,la	minuto	Versammlung	
Miss	Mademoiselle	Señorita	συνάντηση	
mistake	erreur,la	error	egal (mir)	
Monday	Lundi,le	lunes	ενδιαφέρει (δεν)	
money	argent,la	dinero	Minute	λεπτό
month	moins,le	mes	Fräulein	δεσποινίς
more	plus	más	Fehler	λάθος
morning	matin,le	mañana	Montag	Δευτέρα
mother	mère,la	madre	Geld	λεφτά
motheri.l.	bellemère	suegra	Monat	μήνας
Mr	Monsieur	Señor	mehr	
Mrs	Madame	Señora	περισσότερο	
multipl.by	multiplier par	multiplic.por	Morgen	πρωί
must	devoir	deber/tener de	Mutter	μητέρα
my	mon	mi/mis	Schwiegermutter	μητέρα
myself	moimême	mi	Herr	Κύριε
near	près de	cerca de	Frau	Κυρία
never	jamais	nunca/jamás	multipliz.mit	επί
never mind	n'importe	no importa	müssen	πρέπει
			mein	δικό μου
			ich selbst	ο ίδιος
			nahe	κοντά
			niemals	ποτέ
			nichts (macht)	μ η σ ε
			voιάζει	

new	neuf	nuevo	neu	νέος
nice	agréable	fino/bueno	nett	ωραίος
nine	neuf	nueve	neun	εννέα
night	nuit,la	noche	Nacht	οκτώ
ninety	quatrev.dix	noventa	neunzig	ογδόντα
no	non	no	nein	όχι
nobody	personne	nadie	niemand	κανείς
noise	bruit,le	ruido	Krach	θόρυβος
not	ne...pas	no	nicht	όχι/δεν
nothing	rien	nada	nichts	τίποτα
November	Novembre	noviembre	November	
			Νοέμβριος	
now	maintenant	ahora	jetzt	τώρα
o`clock	heures (7.00)	hora (7.00)	Uhr (7.00)	η ώρα
October	Octobre	octubre	Oktober	
			Οκτώβριος	
of course	naturellement	naturalmente	natürlich	σαφώς
Oh!	Oh!	O!	Ach!	Ωχ!
old	vieux	viejo	alt	παλιός
on	sur	sobre	auf	πάνω
one	un	un/uno	eins	ένα
or	ou	o	oder	ή
orders	ordres,les	órdenes	Bestellung	διαταγές
our	notre	nuestro	unser	δικό μας
ourselves	nousmême	nosostros	wir selbst	εμείς
out	dehors	fuera	aus	έξω
overheads	frais gen.les	gasto gener.	Laufenden U.	α π ό
			πάνω	
owner`s eq.	capital,le	capital	Anlagekapital	ιδιοκτήτης
parents	parents,les	padres	Eltern	γονείς
passport	passeport,le	pasaporte	Pass	
			διαβατήριο	
people	gens	gente	Menschen	άνθρωποι
place	endroit,le	sitio/lugar	Platz	μέρος
plane	avion,le	avión	Flugzeug	
			αεροσκάφος	
plate	assiette,la	plato	Teller	πιάτο
please	s`il v. plaît	por favor	bitte	
			παρακαλώ	
police	police,la	policía	Polizei	
			αστυνομία	
polite	poli	cortés	höflich	ευγενικός
porter	porteur,le	portero	Träger	θυρωρός
possible	possible	posible	möglich	πιθανό
present	présent	presente	gegenwärtig	παρόν
pretty	joli	bonito	hübsch	όμορφη
products	produits,les	productos	Produkte	προϊόντα
profit	profit,le	ganancia	Gewinn	κέρδος
put	mettre	poner	legen	βάζω
quarter	quartier,le	cuarto	Viertel	τέταρτο
quickly	vite	aprisa/de pri.	Schnell	γρήγορα
rain	pluie,la	lluvia	Regen	βροχή
read	lire	leer	lesen	διαβάζω
really	vraiment	de veras	wirklich	αλήθεια
red	rouge	colorado/rojo	rot	κόκκινο

relax	se relaxer	relajarse	entspannen χαλαρώνω	
remember	rappeller	recordar	erinnern	θυμάμαι
restaurant	restaurant,le	restaurante	Restaurant εστιατόριο	
right	raison (avoir)	correcto/der.	Richtig	αλήθεια
road	rue,la	calle	Strasse	δρόμος
room	chambre,la	cuarto/habit.	Zimmer	δωμάτιο
sales	ventes, les	venta/saldo	Verkäufe εκπτώσεις	
Saturday	Samedi,le	sábado	Samstag	Σάββατο
save	sauver	salvar	sparen	Σώσε
say	dire	decir	sagen	πες
see	voir	ver	sehen	βλέπω
sell	vendre	vender	verkaufen	πουλάω
September	Septembre	septiembre	September Σεπτέμβριος	
serve	servir	servir	bedienen εξυπηρετώ	
service	service	servicio	Dienst εξυπηρέτηση	
seven	sept,le	siete	sieben	επτά
seventy	soixantedix	setenta	siebzig εβδομήντα	
she	elle	ella	sie	αυτή
short	court	corto	kurz	κοντός
should	devoir	deber	sollen	έπρεπε
sick	malade	enfermo	krank άρρωστος	
Sir	Monsieur	Señor	Mein Herr	Κύριος
sister	soeur,la	hermana	Schwester	αδελφή
sit	s'asseoir	sentar	sitzen	κάθομαι
sit down	être assis	sentarse	sich setzen	κάτσε
six	six	seis	sechs	έξι
sixty	soixante	sesenta	sechzig	εξήντα
sky	ciel,le	cielo	Himmel	ουρανός
sleep	dormir	dormir	schlafen	κοιμάμαι
small	petit	pequeño/chiqu.	Kein	μικρός
smoke	fumer	fumar	rauchen	καπνίζω
snack	snack,le	snack	Imbiss	κολατσιό
some	quelques	unos/poco de	etwas	κάποια
somebody	quelqu'un	alguno	jemand	κάποιος
something	quelquechose	algo	etwas	κάτι
sometimes	quelquefois	algún tiempo	manchmal	κάποτε
son	fil,le	hijo	Sohn	γιός
sorry	dommage	lo siento	Verzeihung συγγνώμη	
soup	potage,le	sopa	Suppe	σούπα
speak	parler	hablar	sprechen	μιλάω
spend	dépenser	gastar	ausgeben	ξοδεύω
spoon	cuillère,la	cuchara	Löffel	κουτάλι
stand up	se lever	pararse	aufstehen σηκώνομαι	
station	gare,la	estación	Banhhof	σταθμός
stay	rester	quedarse	bleiben	μένω
stool	banc,le	taburete	Stuhl	σκαμπό
sugar	sucre,le	azúcar	Zucker	ζάχαρη
summer	été,le	verano	Sommer	καλοκαίρι

sun	soleil,le	sol	Sonne	ήλιος
Sunday	Dimanche,le	domingo	Sonntag	Κυριακή
sweet(pud.)	dessert,le	dulce/postre	Süßspeise	γλυκό
table	table,la	mesa	Tisch	τραπέζι
take	prendre	tomar/llevar	nehmen	πέρνω
talk	parler	hablar	sprechen	μιλώ
talkers	bavards,les	habladores	Schwätzer	
			ομιλούντες	
taxi	taxi,le	taxi	Taxi	ταξί
tea	the,le	té	Tee	τσάι
téléphone	téléphone,le	teléfono	Telefon	τηλέφωνο
tense	temps,le	tiempo	Zeitform	ένταση
ten	dix	diez	zehn	δέκα
terrible	terrible	terrible	schrecklich	τραγικός
thank you	merci	gracias	danke	
			ευχαριστώ	
that	la/cela/que	ese/aquel/cual	jener/jene/jenes	αυτό, ότι,
			πως	
the	le/la	el/la/los/las	der/die/das	το
their	leur	su	ihr	αυτών
them	eux	ellos/ellas	sie	αυτούς
themselves	euxmêmes	ellos/ellos	sie selbst	αυτωνών
there	là	allí	dort/da	εκεί
they	ils	ellos/ellas	sie	αυτοί
this	ce/cet	este/esta	dieser	αυτό
thin	mince	delgado	dünn	λεπτός
thing	chose,la	cosa	Ding	πράγμα
thirsty	avoir soif	tener sed	durstig	διψώ
thirty	trente	treinta	dreissig	τριάντα
thousand	mille	mil	tausend	χίλια
three	trois	tres	drei	τρία
threeqtr.	troisquarts	tres cuartos	dreiviertel	τ ρ ί α
			τέταρτα	
Thursday	Jeudi	jueves	Donnerstag	Πέμπτη
ticket	billet,le	boleto/billete	Karte	εισιτήριο
time	heure,la	tiempo/vez	Zeit, die	ώρα
tip	pourboire,le	propina	Trinkgeld	
			φιλοδώρημα	
tired	fatigué	cansado	müde	
			κουρασμένος	
to	à	para/a	nach	στο
today	aujourd'hui	hoy	heute	σήμερα
tomorrow	demain	mañana	morgen	αύριο
too much	trop	demasiado	zu viel	π ά ρ α
			πολύ	
train	train,le	tren	Zug	τρένο
travel	voyager	viajar	reisen	ταξιδεύω
Tuesday	Mardi	martes	Dienstag	Τρίτη
twelve	douze	doce	zwölf	δώδεκα
twenty	vingt	veinte	zwanzig	είκοσι
two	deux	dos	zwei	δύο
under	sous	debajo/bajo	unter	κάτω από
up	en haut	arriba	oben	πάνω
us	nous	nos/nosotros	uns	εμάς
vegetables	légumes,les	legumbres	Gemüse	λαχανικά

wait	attendre	esperar	warten	περίμενε
waiter	garçon,le	camarero	Kellner	γκαρσόνι
walk	marcher	caminar/pasear	spazieren	περπατώ
want	vouloir	querer	wollen	θέλω
waste(n)	gaspillage,le	desgaste	Abfall	σκουπίδι
we	nous	nosotros	wir	εμείς
weather	temps,le	tiempo	Wetter	καιρός
Wednesday	Mercredi	miércoles	Mittwoch	Πέμπτη
week	semaine,la	semana	Woche	
			Εβδομάδα	
wet	pluvieux	húmedo/mojado	nass	
			βρεγμένος	
what?	quel/quoi?	qué?	was?	Τι;
what time?	quelle heure?	qué hora?	wie spät.ist es?	Τι ώρα;
when?	quand?	cuándo?	wann?	Πότε;
where	où?	dónde?	wo?	πού
white	blanc	blanco	weiss	άσπρο
who?	qui?	quién?	wer?	Ποιός;
wife	femme,la	esposa	Ehefrau	σύζυγος
win	gagner	ganar	gewinnen	κερδίζω
wine	vin,le	vino	Wein	κρασί
winter	hiver,le	invierno	Winter	χειμώνας
woman	femme,la	mujer	Frau	γυναίκα
work	travail,le	trabajo	arbeiten	δουλειά
worse	pire	peor	schlechter	χειρότερα
worst,the	le pire	el/lo peor	schlechteste	τ ο
			χειρότερο	
write	écrire	escribir	schreiben	γράφω
wrong	avoir tort	falso/equiv.	Falsch	λάθος
year	année,la	año	Jahr	έτος
yes	oui	sí	ja	ναι
yes but	oui mais	si, pero	ja, aber	ναι αλλά
yesterday	hier	ayer	gestern	χθες
you (nom.)	vous	usted/ustedes	Sie	εσύ
you (acc.)	vous	usted	Sie	εσύ
young	jeune	joven	jung	νέος
your	votre	su	Ihr	δικό σου
yourself	vousmême	usted	Sie selbst	εσύ η ίδια
yourselves	vousmêmes	ustedes	Sie selbst	εσείς οι
			ίδιοι	
zero	zero	cero	null	μηδέν

THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge - make up phrases ...with a natural speaker)

1. A/an ENA Ένα	2. After META Μετά	3. Again PALI Πάλι	4. All OLOSSO Όλος	5. Almost SCHETHON Σχεδόν
6. Also Epsis Επίσης	7. Always PANDA Πάντα	8. And KE Και	9. Because YIATI γιατί	10. Before PRINN πριν
11. Big or MEghALOSS Μεγάλος	12. But ALA Αλλά	13. I can BORO Μπορώ	14. I come EREHOMO Έρχομαι	15. Either/ I/I Η/ή
16. I find VRISKO Βρίσκω	17. First PROTOS Πρώτος	18. For YIA Για	19. Friend FILOSS/FILI Φίλος/φίλη	20. From APO Από
21. I go PIYENO Πηγαίνω	22. Good KALOSS Καλός	23. Goodbye ADIO Αντίο	24. Happy EFTICHOSS Ευτυχώς	25. I have ECHO Έχω
26. He O O	27. Hello KALOSS ORISATE Καλώς ορίσατε	28. Here EDHO Εδώ	29. How TI Τι	30. I EGHO Εγώ
31. I am EGHO IME TELEWFTEOS Εγώ είμαι	32. If AN Αν	33. In SE σε	34. I know KSERO Ξέρω	35. Last Τελευταίος
36. I like Μου aresi Μου αρέσει	37. Little MIKROSS Μικρός	38. I love AGHAPO Αγαπώ	39. I make KANO Κάνω	40. Many POLI Πολλοί
41. One ENASS/MIA Ένας/Μία	42. More PIO Πιο	43. Most PIO Πιο	44. Much POLI πολύ	45. My Diko mou δικό μου
46. New ENEA Εννέα	47. No OCHI Όχι	48. Not DHENN Δεν	49. Now TORA Τώρα	50. Of TOU Του
51. Often SICHNA Συχνά	52. On PANO Πάνω	53. One ENASS Ένας	54. Only MONO Μόνο	55. Or I Ή
56. Other	57. Our	58. Out	59. Over	60. People

ΑΛΟ Άλλο	ΔΙΚΟ ΜΑΣ Δικό μας	ΕΚΣΟ Έξω	PANW Πάνω	ΑΝΘΡΩΠΙ Άνθρωποι
61. Place MEROSS Μέρος	62. Please PARAKALO Παρακαλώ	63. Same LIGHO Λίγο	64. I see VLEPO Βλέπω	65. She -I Η
66. So LIPONN Λοιπόν	67. Something KATI Κάτι	68. Sometimes MERIKES FORES Μερικές φορές	69. Still PALI Πάλι	70. Such OPOS Όπως
71. I tell LEO Λέω	72. Thank you EFCHARISTO Ευχαριστώ	73. That EKINO Εκείνο	74. The TA/TO/I Τα/Το/Ο	75. Their DIKO TOYS Δικό τους
76. Them AFTOYS Αυτούς	77. Then TOTE Τότε	78. There is IPARCHI Υπάρχει	79. They AFTOI Αυτοί	80. Thing PRAGHMA Πράγμα
81. I think NOMIZO Νομίζω	82. This AFTOSS Αυτός	83. Time ORA Ώρα	84. To SE Σε	85. Under KATO Κάτω
86. Up PANO Πάνω	87. Us EMAS Εμάς	88. I use CHRISIMOPIO Χρησιμοποιώ	89. Very POLI Πολύ	90. We EMIS Εμείς
91. What TI Τι	92. When POTE Πότε	93. Where POU Που	94. Which TO OPIO Το οποίο	95. Who PIOSS Ποιός
96. Why YIATI ΓΙΑΤΙ	97. With ME ΜΕ	98. Yes NE ΝΑΙ	99. You -I Η	100. Your DIKO SOY ΔΙΚΟ ΣΟΥ

APS - LEARNING REINFORCEMENT AUTONOMIC PLAYBACK SYSTEM

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

So from now on - relax and remember!!