

CRE - CREATIVE RELAXATION EXERCISE

THE NATURAL WAY TO 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"

NO. 306 - RUSSIAN from ENGLISH

Version 7 - with a few minor errors - July 2005

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

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

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DEDICATION

This program is dedicated to the memory of Professor Kenneth Hale, the eminent linguist of MIT who died on October 8th 2001. He spoke about 50 languages fluently and regarded each language as an intellectual treasure-house of communication, culture and humanitarian values.

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

English

Russian

Thank you.

Spasiba

Hallo

Privyet

Yes/no/not

Da/niet/ne

Please

Pazhalusta

Excuse me

Izv-niti

Good morning

Dobraye-utra/kak dyela?

Good-bye.

Dasvi-daniya/poka

My name is ...

Minya (my) zavut (name) ...

What is your name?

Kak vas (your) zavut?

How are you?

Zdrast-vuitiye?/Kak pazhi va-yeti?/Kak dyela?

Fine thanks

Spasiba atlichna (fine).

From where do you come?

At-kuda (where) vi rodam (come)?

So now ... start to chat ... with everyone ... on we go ... together ...

SIMPLE THROAT EXERCISE - 16 KEY WORDS

(Repeat EACH Russian word many times slowly ... and then at VERY high speed)

Thank you	Spa-si-ba	SPAAA-SSSEEE-BA
Hello	Pri-vyet	PREE-VEYYETTT
Mr.	Gas-pa-din	GASSS-PA-DIIIN
Mrs.	Gas-pa-zha	GASSS-PA-ZZZHAA
Yes	Da	DAAA
No	Ni-et	NEE-YYETTT
Good	Khara-sho	KKHHAARA-SSSHO
Please	pa-zhal-usta	PAAA-ZZHALLL-USSSTA
Do you have?	U vas yest?	UUU VAASSS YESSSTTT?
Goodbye	Da-svi-dan-ya	DAAA-SSVEE-DAAN-YYYA
See you soon !!!	Da-sko rava svi-dan-ya !!!	DAA-SKA RAA-VA SVEE-DAAN-YYAA
Who?	Kto?	KKK-TOW
What?	Sch-to?	SHSH-TOW
I want	Kha- tchu	CARR-TCHEW
Where?	Gde?	GGGUD-DERR
OK!	Khara-sho!	KAARRA-SHOW!

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

NATURAL SUGGESTIONS

Feel FREE to use CRE in any way ... that only YOU know ... will suit YOU best ... and allow you ... to relax completely ... and ABSORB ... both consciously and sub-consciously ... the very carefully selected ... 30 minutes ... of new natural language ... which WILL become part of you ... intuitively ... without effort ... in the future ... !

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

Our natural suggestions for the week are:

Day 1 - SPEAK AND HAVE FUN with the AUDIO - 30 minutes ... (www.crelearning.com) in the DARK ... relaxed in any way that you know best ... just BEFORE sleeping for the night ...

Day 2 - STUDY the text (Sections 2-16). Then SPEAK LOUDLY with the AUDIO. Do SPEED READING (2-16) in 14 minutes (recorded if possible).

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

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

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

Day 6 - SPEED READING (2-16) ... in 8 minutes. Then SPEAK with the AUDIO ... with a beautiful CONFIDENT accent.

Day 7 - SPEAK with the AUDIO with fun and confidence. Email your feedback to the website. Plan reinforcement (Appendix A)

NATURAL SUGGESTIONS (continued)

Generally:

1. REINFORCE the learning in the car 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!
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 happily ...
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 ... as 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 your very personal expectations.

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

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

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

So on we go together ... speaking all the time ... and moving hands, face feelings and body ... to express ourselves ... in the new natural language (no English please) ... as you create new wave patterns ... in that special ... "Russian Place" ... in your mind ...

2. HERE AND THERE:

RUSSIAN

Ya (I) yest (am) zdyes.

Vi (you) yest tam (there).

Vi tam ?

Da, vi (yest) tam.

Vi zdyes?

Niet (no), vi ne (not) zdyes.

Ono (yest) zdyes.

Gde (where) ono (it)?

Ono zdyes.

Ono tam?

Ya ne zna-yu (know).

Gde Miguel?

On (he) ne zdyes.

ENGLISH

I am here.

You (are) there.

(Are) you there?

Yes, you (are) there.

(Are) you here?

No, you (are) not here.

It (is) here.

Where (is) it?

It (is) here.

(Is) it there?

I do not know.

Where (is) Miguel?

He (is) not here.

Gde on?

Where (is) he?

Ya ne zna-yu.

I do not know.

Tful! On tam (there)!

Darn!! There he (is)!

On prekrashiii (wonderful)!

He (is) wonderful!

3. LIKING:

Ya lyu-blyu (like) vas (you).

I like you.

Vi (you) lyu-bitye mienia (me)?

You like me?

Da, ya lyu-blyu vas.

Yes, I like you.

Vi lyu-bitye dyen-gi (money)?

You like money?

Da, ya lyu-blyu dyen-gi

Yes, I like the money

Ya lyu-blyu vad-u (water).

I like water.

Vi lyu-yite vad-u.

You like water.

Ya lyu-blyu knigi (books).

I like books.

On lyu-bit maschinu.

He likes the car

Ona ne lyu-bit maschinu.

She does not like the car.

Vi lyu-bitye ye-du?

Do you like the food?

Niet, ya ne lyu-blyu eto (that) ye-du.

I do not like that food.

O. Tful! Mate!!!

Oh. Darn! Mate!!!

Nikagda ne gavarite Mate!

Never say Mate!

4. DOING:

Ya dyela-yu (do).

I do

Ya dyela-yu eto (this)

I do this

Vi dyela-yitye.

You do.

Vi dyela-yitye to (that).

You do that

Me (we) dyela-yim to.

We do that

I, mi (yest) shchaslivii.

And, we are happy.

Eto (that) lyeg-ko?

That (is) easy?

Da, eto ne trud-no.

Yes, it is not difficult.

Vi dyela-yitye to?

You do that?

Dyelai (do) eto pazhalusta. (please)!!

Do that please!!!

Tfu!!!

Darn!!!

Eto prekrasno!!

That is wonderful!!!

5. CAN/ABLE TO DO:

Ya mag-u.	I can
Ya mag-u?	Can I?
Da, ya mag-u.	Yes, I can.
Vi mazh-itye to (this)?	Can you do this?
Da, ya mag-u to.	Yes, I can do that.
Ya mag-u yest (eat) nimnogo.	I can eat a little.
Ya mag-u pit (drink) nimnogo.	I can drink a little.
Ya mag-u itti (go)	I can go.
Ya mag-u priti (prikhadi).	I can come.
Ya mag-u spat.	I can sleep.
Vi mazh-itye gavarit.	You can speak.
Vi mazh-itye gavarit?	Can you speak?
Da, ya mag-u.	Yes, I can.
Vi mazh-itye dye-lat eto?	Can you do this?
Niet, ya ne mag-u dye-lat eto.	No, I can not do that.

Vi mazh-itye ponyat?

You can understand?

Vi mazh-itye ponyat?

Can you understand?

Da, nimnogo.

Yes, a little.

Vi mazh-itye gavarit Mate?

Can you say Mate?

Da, ya mag-u gavarit nimnogo po Russki!

Yes, I can speak a little Russian!

Ffu! Ya prekrashiii!! / Oh, ya, tamasha!!!

Darn! I am wonderful!!

6. UNDERSTANDING:

Ya panima-yu.

I understand.

Ya ne panima-yu.

I do not understand.

Vi panima-yitye.

You understand.

Vi ne panima-yitye.

You do not understand.

Vi panima-yitye zhenshchin (women)?

Do you understand women?

Niet. Niet. Ya ne panima-yu eh (them)!!!

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

O. Tfu. Mate!

Oh. Darn! Mate!

Nikagda (never) ne gavaritye Mate!

Never say Mate!

Vi prekrasni

You are wonderful!

7. WANTING:

Ya khat-chu.	I want.
Ya khat-chu yest nimnogo.	I want to eat a little.
Ya khat-chu pit vad-u.	I want to drink the water.
Ya khat-chu itti (go) v tua-lyet!!	I want to go to the toilet!!!
Via khat-yitye yest (eat) nimnogo (a little)?	You want to eat a little?
Niet, ya ne khat-chu yest.	No, I do not want to eat.
Tfu. Ya khat-chu dat (give) vam nimnogo.	Damn! I want to give you a bit.
Niet spasiba.	No thank you.
Ya khat-chu pritti (prikladit) (come).	I want to come.
Vi khat-yitye spat (sleep) so mnoi(me)?	Do you want to sleep with me?
Niet, ya ne khat-chu spat.	No, I do not want to sleep.
Miguel vi khat-yitye yest lyagushki?	Miguel do you want to eat the frogs?
Tfu. Ne sichas, spasiba!	Darn! Not just now, thank you!
Mi prekrasnyie!	We (are) wonderful!

8. GETTING:

Pazhalusta, da-ite (give) mnye (me) dyengi. Please give me the money.

Pazhalusta ber-ite dyengi (money). Please take the money.

Ya ber-u dyengi. I take the money .

Pazhalusta da-ite mnye bilyet Please give me the ticket.

Pazhalusta ber-ite bilyet. Please take the ticket.

Ya ber-u bilyet. I take the ticket.

Pazhalusta da-ite mnye etu (the) vyeshch. Please give me the thing.

Gde eta (the) vyeshch? Where is the thing?

Ya ne zna-yu. I do not know.

Nye (me) bolsch-ogo () muschchin-ul! Give me one big man!!!

Mate! Ona (she) bolsch-aya zhenschchina! Mate!! She is a big woman!!

Ona prekrasnaya! She is wonderful!

9. HAVING:

U miena yest (is) ad-na (one) vyeshch (thing). I have (to me is) one thing.

U miena niet ad-ngi (one) vyeshchi.

I do not have one thing.

U vas yest ad-na vyeshch

You have (to you is) one thing.

U nas adna vyeshch.

We have one thing.

U nievo adna vyeshch..

She has one thing.

U miena (to me) nyemnogo vrye-mye
(time).Kroshka!

I have (to me is) a little time, Miss!

No, u vas yest nimnogo dyengi, Paren?

But, do you have a little money, Sir?

Niet.

No.

O. Mate.!

Oh. Mate!

Nikagda ne gavar-ite Mate!

Never say Mate!

10. ORDERING - POLITELY:

Da-ite (give) mnye vyeshch.

Give me the thing.

Da-ite mnye dyengi.

Give me the money.

Pazhalusta da-ite mnye etu (the) vad-u.

Please give me the water.

Spasiba.

Thank you.

Nikagda ne (not) pi-ite (drink) vad-u vo
Fran-tsiyi.

Do not drink water in France!

Pi-ite vi-no.

Drink wine.

Prikhadit-e syuda (here),

Come here.

Idite (go) (itti) tuda (there).

Go there.

Pi-ite eto.

Drink this.

Ne yesh-ite to.

Do not eat that!

Da-ite mnye eto.

Give me this.

Ne ber-ite to.

Do not take that.

Gavar-ite eto.

Say this.

Si-chas, ya dolzhi-n (must) dyelat (do) eto. Now, I must do this.

Si-chas (now), vi dolzhi-ni dyelat to. Now, you must do that.

Nikagda ne gavar-ite Mate! Never say Mate!

Oi. Vi prekrasnaya! Oh. You are wonderful!

11. GREETING (COLLOQUIAL): POLITE AND SLANG

Pri-vyet, Stalin!!

Hello Stalin!!

Salut Paula.

Hello Paula.

Dobraye utra, Miche.

Good morning, Miche.

Kak dyela, Sancos.

Good morning Sancos.

Kak pazhi-va-yeti, Eliza?

How are you, Eliza?

Ya atlichno, Khulu.

I am well, thank you, Khulu.

Kak dyela, Xavier?

How goes it, Xavier?

Ne plaho, Henri.

Not too bad, Henri.

Nor-malno, spacibo Miguel.

OK , thank you Miguel.

Dasvidanya, Giles.

Goodbye Giles.

Poka, Judith.

Bye bye. Judith.

Da, kharasho Hollie.

Yes, excellent Hollie.

Otlichno, Heidi!

Wonderful, Heidi!

Kharasho, Sam?

OK Sam?

DA kharasho Lucie.

Yes, OK Lucie.

Ne ploho, Henri

Not too bad, Henri.

Tyi schastliv, Laragoi?

Are you happy, Darling?

Niet!!

No!!!

Tfu. Ona prekrasnaya!

Darn! She is wonderful!

12. DESCRIBING:

Eto kharasho.

It is good.

Eto ne kharasho.

It is not good.

Eto ploho.

It is bad.

Eto kniga (book).

It is one book.

Eto lyigko?

Is it easy?

Niet, eto trud-no.

No, it is difficult.

Eto malinki

It is small.

Eto lyigko?

Is it easy?

Da, eto ne trud-no.

Yes, it is not hard.

Va-da kharash-aya (good)?

Is the water good?

Va-da ne kharash-aya vo Franc-ii!

Water is not good in France!!

O. Mate!!

Oh Mate !!

Nikagda ne gavar-ite Mate!

Never say Mate!

Mi prekrasnaya?

Are we wonderful?!!!

O. Tfu. Da!!

Oh! Darn!! Yes!!

13. KNOWING (THINGS & PEOPLE):

Ya zna-yu eto.

I know this.

Vi zna-yitye eto?

Do you know this?

Da, ya zna-yu eto.

Yes, I know this. **Ya,**

Vi zna-yitye to.

You know that.

Vi zna-yitye to?

Do you know that?

Niet, ya ne zna-yu to.

No, I do not know that.

Ya zna-yu tu (that) zhensh-chinu (women).

I know that woman.

Ya zna-yu toro (that) mush-chinu.

I know the man.

On zna-it mienia (me).

He knows me.

Vi zna-yitye tu zhensh-chin-u?

Do you know that woman?

Niet!

No!!

Dobraye utra, Sladenkaya.

Good morning Sweetie?

Kak dyela, Kroshka?

How goes it, Dear?

Ploknoi!!!! Dasvidanya!

Bad!!! Goodbye!

Vi ne zna-ete etu zhensh-chin-ou!

You do not know that woman!

Ona prekrashii-ya!

She is wonderful!

14. NUMBERING:

U mienia (yest) adna (one) prab-lyema.

I have one problem.

Da, u vas adna prab-lyema.

Yes, you have a problem.

Niet, u vas (yest) dve (two) iz-nikh.

No, you have two (of them).

U nievo (to him) tri.

He has three.

U nieio chetiri (four) druga.

She has four friends.

U nas pyat.

We have five.

U vas pyati prob-lyem?

Do you have five?

Da si-chas (now) u mienia pyat prob-lyem.

Yes now, I have five problems!!!

Fsyoe(all) dye-ti!

All the children!

Dye-ti mi-lye.

Children are wonderful!

15. ASKING:

Skolka stoit eta (the) kniga?

How much is the book?

Pyat dollarov.

Five dollars.

Skolka stoit eta vyeshch?

How much is this thing?

Skolka?

How much?

Chitiri dollara.

Four dollars.

Gde eta?

Where is it?

Eto tam.

It is there.

Niet, eto ne tam.

No, it is not there.

Gde tya-lyet?

Where (is) the toilet,

Tya-lyet tam.

The toilet is over there.

Schto eta?

What is that?

Pras-titi. Schto?

Pardon. What?

To.

That.

O, eto kharash-aye kniga.

Oh, it is a good book.

Schto vi (you) khat-yitye?

What do you want?

Ya khat-chu vino, pozhalusta.

I want wine please

Kto zdes?

Who is here?

Mi zdes.

We are here.

Kto ta zhensh-china?

Who is that woman?

Ya ne zna-yu.

I do not know.

Tfu!! Eto Madonna!

Darn! It is Madonna!

Ona prekrashii-ya!

She is wonderful!

16. EVERYTHING - COLLOQUIAL - POLITE AND SLANG:

Ya zdes.

I am here.

Vi tam

You are there.

Ya lyu-blyu vas.

I like you.

Vi lyu-bitye dyengi.

You like money.

On dyela-yit eto.

He does this.

Ona dyela-yit eto.

She does that.

Ya mag-u (can) gavarit nimnogo po Russkii.!

I can speak a little Russian!

Nikagda ne gavarit-e Mate!

Never say Mate!

Ya panima-yu vas.

I understand you.

Vi ne panima-yitye mienia.

You do not understand me.

Ya khat-chu itti (go) v-bar.

I want to go to the bar.

Vi khat-chitye (want) itti v-tualyet.

You want to go to the toilet.

U miena yest mno-ga (lot) vrye-meni (time)
Chica!

I have a lot of time, Dear!

No (but) , u vas yest mno-ga dyeneg
(money), Chico?

But, do you have a lot of money, Dear?

Niet.

No.

Pazhalusta ne pit-e vad-u vo Franc-tsi!
P-ite vi-no.

Please don't drink water in France!!
Drink wine.

Kak pazhiva yeti, Eliza?
Ya atlichna spasiba, Khulu.

How are you, Eliza?
I am well, thank you, Khulu.

On balschoi (big), Gaspadin?
Niet, on malinki (small), Gaspazha.

Is it big, Sir?
No, it is small, Madame.

Vi ne zna-yitye (know) tu zhensh-chinu.

You do not know that woman.

O. Ona prekrasnaya!

Oh. She is wonderful!

Da si-chas, u mienia pyat (five) prob-lyem!
Fsye (all) dye-ti!

Yes now, I have five problems!!
All the children!

Schto eto?
Pras-titi. Schto?
Ono tam.

What is that?
Pardon. What?
There it is.

Ne ploho.

Not bad.

Tfu!!
Eto uzhasno
Eto katastrofa!!!

Darn!
It is terrible!!!
It is terrible!!!

OK?

OK?

Kak dyela?

How goes it?

Class!	It's cool!
Da class!	Yes, it's cool! (very polite)
Da. Nor-malno!	Yes,. It's cool! (upper class)
Si-chas (now) ya dolzhin-na dyelat (do) eto.	Now, I must do this.
Si-chas, vi dolzhin-ni (muat) dyelat to.	Now, you must do that.
Kak (what) eto po Russkii?	What is this in Russian?
Nikagda ne gavarit-e (say) Mate!	Never say Mate!
Eto tak sebel!	It is not cool! (upper class)
Prekrashiii?	Wonderful?
Da, vi (you are) prekrashiii!!!	Yes you are wonderful!
Dasvi-daniya! Da sko-rava svidanya	Bye bye, See you soon!

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 ... in that special Russian place ... in you mind ... as needs arise ... without conscious effort ...

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 get ... better and better ...

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

You will feel well ... and you will begin ... to feel confidence ... about the future ... and about making progress ... in the natural language ... in your own natural way ... and you will find such joy ... in speaking so gently ... with growing confidence ... and experience ... which will add ... a new exciting quality to your life ... because ... with every new language you learn ... you do add a new quality to your life ... in that special ... "Russian 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 continual support ... our Team ... in Bayonne, France On August 15, 2001 ... and of course ... as in all our things ... we do ... as ever ... wish you ... God Bless ...

18. NATURAL VOCABULARY

(English, Russian - without accents)

a. Greetings/ Exclamations:

hello pri-vyet	good morning dobraye utra	how are you? kak pazhi-va- yeti?	I am well ya atlichna	thank you spasiba
goodbye dasvidanya	yes da	no/not niet/ne	OK kharasho/OK	not too bad ne pla-kho
Darn! Tfu!!	Mate! Mate	there it is! tam ono	"cool"!!! holodno/npr- mann	please pazhalusta

b. Verbs (infinitive and first person):

to be byt ya (yest)	have u-... (yest) u mienia ... (yest)	like lyub-it ya lyub-lyu	want khat-yet ya khat-chu	can moch ya magu
do dyela-t ya dyela-yu	say/speak gavar-it ya gavar-yu	go it-ti/idti ya-it-yu	come prikhad-it/pritti ya prikha-zhu	give da-vat ya dav-u
take	eat	drink	sleep	know

bra-t	yes-t	pi-t	sp-at	zna-t
ya ber-u	ya ye-m	ya pi-yu	ya sp-lyu	ya zna-yu

understand	must
panima-t	dolzh-in
ya panima-yu	ya dolzh-na

c. Prepositions:

some	a	the	to	from
ni-mno-ga	adin	to	v-	is

d. Pronouns:

I	you	he	she	we
ya	vi	on	ana	mi
it	this	that	Mr	Mrs.
ono/eta	eta	eto/to	Gaspadin	Gaspazha

e. Nouns:

money	thing	man	woman	water
dyengi	vyeshch	mushchina	zhenshchina	vad-a
car	ticket	book	friend	problem
maschina	bilyet	kniga	drug	prab-lye-ma

**f. Adjectives/
adverbs/Other:**

good kharasho	bad ploho	big/small balshoi/malinkii	now sichas	here/there zdyes,sudah/ tam,touda
later pozhe	a little nimnogo	wonderful! prekrashiii?	happy Shchislivi-i	easy/difficult lyokhki-i/ trudni-i

**g.
Interrogatives:**

how much? skolka?	where? gde?	what? schto?	who? kto?	when? kagda?
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Note:	What is that? Schto e-ta?	It is Eto	Question? Ne?
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h. Numbers:

one adin	two dva	three tri	four chitiri	five pyati
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i. And some survival words:

Pardon (pras-titi)	never (nikagda)
WC (tua-lyet)	food (ye-du)
always (fsig-da)	train (po-ist)
fast/slow (bis-trii/mye-dlinii)	bus (attobus)
but (no)	home (dom)

work (rabota)
time (vryemya)
today (sivodnya)
tomorrow (zaftra)
paper (bu-ma-ga)
newspaper (gazyeta)
day (dyen)
week (nidyelya)
year (got)
hour (chas)
minute (minuta)
hamburger (hamburger?)
think (du-mat)
read (chitat)
write (pisat)

laugh (smeyatsya)
dance (tantsi-vat)
later (pozhe)
stop (stop)
policeman (miltsiya)
six (schest)
seven (syem)
eight (vosim)
nine (dyevit)
ten (dyesit)
hundred (sto)
thousand (ti-sicha)
mate (druk)
(bye bye (poka)
see you soon (da sko-rava svidanye)

19. NATURAL FEEDBACK AND NEW IDEAS

(to drbobboland@hotmail.com)

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:

RUSSIAN

Hallo

Privyet

Yes/no/not

Da/niet/ne

Please

Pazhalusta

Thank you.

Spasiba

Excuse me

Izv-niti

INTRODUCTIONS:

Good morning

Dobraye-utra/kak dyela

Good-bye.

Dasvi-daniya/poka

My name is ...

Minya (my) zavut (name) ...

What is your name?

Kak vas (your) zavut?

How are you?

Zdrast-vuitiye?/Kak pazhi va-yeti?/Kak dyela?

Fine thanks

Spasiba atlichna (fine).

And you?

A vi?

From where do you come you?

At-kuda (where) vi rodam (come)?

I live in:

Ya zhi-vu:

France

Fran-tsiya

England

Ang-liya

America

A-mye-rica

I work with:

Ya rabo-tayu ...

UN

UN

Red Cross

Krasni Krest

Nokia

Nokia

QUESTIONS:

How is this in Russian?

Kak eto po-Russki?

When/how?

Kag-da/kak?

What/why?

Schto/pache-mu?

Who/which?

Kto/kakoi?

Where is ...?

Gde (where) eta ...?

Where can I find ...?

Gde ya mogu (can) nayti ...?

How much is it?

Skolka stoit?/Kak e+-ta?

Help me, please

Pama gi (help) menye (me) pazhalusta

What does this mean?

Schto (what) eta znachit (mean)?

UNDERSTANDING:

I understand

Ya pani-mayu

I don't understand.

Ya ne pani-mayu

Can you repeat that?

Vi mozhete pavtaryat?

What is this in Russian?

Kak eto po-Ruski?

Can I have...?

Mazhno ..li ...?

**Do you speak:
english/russian?**

Vi gavar-ite po:
Anglis-ki/Ruski?

I don't speak Russian..

Ya ne gavar-yu (speak)po-Ruski.

I speak a little ...

Ya gavar-yu nimono-ga ...

COMMENTS:

It's:

Eto:

better/worse

utschi/khu-zi

big/small

bal-schol/ma-linkii

cheap/expensive

dyo-schiva/daragoi

good/bad

kharasho/ploho

hot/cold

zha-kii/khalod-ii

near/far

bliska/daliko

FOOD:

I want:

Ya khat-chu:

breakfast

zav-trak

lunch

a-byet

dinner

u-zhin

I would like:

Mnye nuzhna

bread/butter

khl-yep/ma-sla

cheese

sir

eggs

yait-so

meat/potatoes

mya-sa/karto-fil

apples/oranges

yab-laka/apil-ain

coffee

ko-fye

milk

mala-ko

fruit juice

frukto-vii sok

water

vad-u

tea

chai

The bill please.

Schot (bill) pazhalusta.

TRANSIT:

Where are the main shops?

Gde (where) univir magi (shop)?

Where can I find a taxi?

Gde vzyat (find) taksi?

How much is it to ...?

Skolka itti (go) vi ...

Take me to this address.

Dostav mienia po etomu a-drisu.

Please stop here.

Osto-novi zdes, pazhalusta.

This is not the right road.

Eto ne ta daroga.

Go straight ahead.

Id-itie pri-amo.

It's there, on the:

Eto tam ... na:

left/right

lievo/pravo

next to/after
north/south
east/west

okolo/posli
sye-vir/yuk
vas-tok/za-pat

Where is the:
town centre?
pharmacy?
On/in/to/from

Gde:
tsentr gorata (town)?
aptye-ka
na/v-/vk/is

SHOPPING:

Do you have ...?
How much is this/that?
I take it.

U-vas yest ...?
Skolka stoit eto/to?
Ya ber-u eto.

What colours, do you have?

Kakoi tsvyet, u vas yest?

Black
Blue
Red
White
Yellow
Green

chor-nii
galo-boi
kras-nii
bye-lii
zhol-tii
zilyo-nii

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

Ya khat-chu (want) paku-pat (buy) ...:
aspirin
mi-lo
palavina kilo yab-lak
adin litr mala-ko
film/gazye-ta

TELEPHONE:

Hello, this is ...

Alo eta

Please speak:

Gavarite ... pazhalusta:

louder

grom-che

slowly

medlenno

Can I speak to:

Magu-yu gavarit s...?

Mr.

Gaspadin

Mrs.

Gaspazha

Miss

Devuska

When is he here?

Kagda (when) on(a) budet zdes?

TIME:

Do you have time?

U vas yest (to you is) vrye-mya (time)?

What time is it?

Kato-rii chas

The time is:

Vryemya ...:

five past one/

pyat (5) minut ftaraovo (to the 2nd hour)

quarter to three

bis (before) chyet-virti (quarter) tri (3)

twenty past four

dva-tsat (20) minut pyat-ogo (to the 5th hour)

half past three

palavina (half) posle (after) tri (3)

MEETINGS:

We will see you:

today

tomorrow

next week

in the morning

in the afternoon

in the evening

tonight

i-dyet:

sivod-nya

za-tra

na slyedushchei (next) nidyelye (week).

utrom

posli-abye-du

vyechirom

v polnoch

You are right/wrong.

Vi pravi/nivyerno.

That is right

Eto kharasho/OK.

LOCATIONS:

Here/there

Zdyes/tam

At the office

V-ofisy

Is it near/far?

Eta bliska/dali-ko?

How many hours?

Skolka chasu?

Is it possible?

Eto vazmozh-na?

It is important

Eto vazh-na.

21. PLAY QUIZ

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

- | | |
|-----------------------------|---------------------------------------|
| a. Fine thanks. | Kharasho |
| b. Excuse me. | Spacibo |
| c. Thank you. | Ya atlichna |
| d. OK. | Zvi-noti |
| e. Welcome! | Sdyelano kharasho!! |
| f. Well done!! | Da-bro-pazhalavat! |
| g. Hello. | Kak pazhi va yeti? |
| h. How are you? | Pri-vyet |
| i. You are right! | Vi pravi. |
| j. How goes it? | Skolka stoit? |
| k. How much? | Sko-rava svidanye. |
| l. See you soon. | Kak dyela? |
| m. Yes | Pazhalusta |
| n. Please | Kak eto po-Russki? |
| o. What is that in Russian? | Afitsi-ant? |
| p. Waiter? | Da. |
| q. How much is that? | Ka-to-rii chas? |
| r. Where is the toilet? | Missä?/koska?/miksi? |
| s. Where/when/why? | Gde tua-lyet? |
| t. What time is it? | Skolka stoit? |
| u. Help me please? | Ya ne panima-yu. |
| v. I do not understand | Gava-rite medlennyo pazhalusta. |
| w. What does this mean? | Pama-giti mnye pazhalusta? |
| x. Please speak slowly | Schto eta zna-chit? |
| y. See you later | Priyat-nava api-tita/but-ti zdaro-vi. |
| z. Good food/cheers!! | Das vstrye-chi |

Answers: In the Harper-Collins phrase book ... or call the Team

APPENDIX A - REINFORCEMENT

ROUTINE ACCENT IMPROVEMENT

LONG TERM RE-INFORCEMENT - AFTER ONE WEEK/MONTH

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

Our natural suggestions for this week are:

Day 1 - Play the LEARNING REINFORCEMENT. Study the Brief Grammar and Mini-Phrase Book to understand every word. Then SPEAK with the AUDIO and RECORD your efforts.

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

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

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

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

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

Day 7 - SPEAK with the AUDIO with fun and confidence.

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

Special Vocabulary for UNHCR

English	Pashto	Dari	Russian (insert)
Airport	hawaa dagar	maydaan-e hawaa-i	
Army	pauz	fauj/ordu	
Asylum	panaah	Pamaah	
Border	pdlay	sarhadd	
Camp	dd kaamp	kaamp-d	
Children	muchouman	awladah	
Clothing	jama	poxaak	
Cooking pot	chainaq	dd paxldy loxay/deg	
Cooperation	hamkari	pd gdda kaar kawdl	
Customs	gumruk	gumruj	
Delay	nawakta	dzandy	
Detention	ndzar-band	tawkif	
Development program	dd wadi prograam	prograam-d ynkyshaafi	
Displaced persons	be-zaya shdwi xaldek	be-jaa shodygaan	
Electricity	breshna	brexnaa	
Emergency	hajol	ber-dndy pexa	
Expulsion	shar-dl	kharej/zxraaj	
Family	koranay	hekraaj	
Government	hokumat	hokumat	
Grandparents	padar kalan	padar wa maser kalan	
Handicapped	saya	ma-yub	

Health	roghtyaa	seat/syhhat
Hospital	roghtun	shafakhana
House	kor	khana/kor
HQ	mankaz	mankae
Human rights	dd bashar hakkuna	hokuk e basher
Husband	mehra	shwahan
Lamp	dewan	tsheragh
Legal protection	kaanuni saatdna	hymayat e kanoun
Malnutrition	bada ghdzaa	sou-e taghziya
Material assistance	maadi komak	komak-e mawadi
Ministry	wdzaarat	wezarat
Nutrition	ghdzaa	taghziya
Pain - days/weeks	dard worat	dard e ruz/hafta
Pain - months/years	dard hafta	dard e mo/sol
Pain - treatment	dard mehda	dard e ta-dow-wi
Pain - arms/legs	dard bazou/paie	dard e dest/pal
Pain - chest	dard sina	dard e sina
Pain - ears/eyes	dard gauche/ sterguee	dard e goch/ cheshom
Pain - hands/feet	dard daste/paie	dard e dest/pai
Pain - head/neck	dard sav/gardan	dard e sar/ghardin
Pain - stomach	dard mehda	dard e meda
Persecution	zawrawdi	aziyat
Petrol	tel	petrol/tel
Police-station	dd polis st-eshan	sar-mammuriyat-e- police
President	mdshir	ra-is
Prison	bandy-khana	zyndan

Province	ayaalat	wela-yate
Reception centre	dd melma paaldne	mahal e pazirahi/ markaz-d paziraa-i
Refugee	mohajer	panahenda
Representative	astaazy	nema-yandghi
Rural	da kdll	
Sanitation	hyfzu-syhna	hyfzu syhha
Shelter	rijdi	panaga
Status	haysiyat	haysiyat
Tent	rijdi	gihejdi/khayma
Torture	shekanja	shykanja
Town	khar	shahr
Transportation	transport	transport
Travel Docs	sdd safar sanaduna	sdd safar sanaduna
Tribe	t-dbdr	kabila
Truck	lan mot-dr/lari	motar-d laar/lari
Urban	dd khari	dd khari
Village	kday	karya
Voluntary repatriation	pd rdzaa-sara berta legal	bar-gasht-d yraadi
War	jagara	jangu
Water	aaba	aab
Wife	kaza	zawja/khanom

APPENDIX C - BRIEF GRAMMAR

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

1. Structure - subject, object and verb:

Ya (I) yest (am) zdyes.

I am here

DYETINA zdyes.

The CHILD is here.

Dyetina zdyes?

Question - is the child here?

2. Articles:

ODNA dyetina zdyes.

A child here is.

3. Nouns:

DYETEE ye zdyes.

Child-REN are here.

HAROSHA dyetina zdyes

The GOOD child is here.

VIN dyetina.

HE is a child.

4. Possession:

Vin ye MOI dyetina

He is MY child.

5. Relative:

Dyetina CHO zdyesw.

The child WHO here is.

6. Demonstrative:

TSYA deyetina zdyes.

THIS child is here.

TOH dyetina tam.

THAT child is THERE.

7. Interrogatives:

CHTO ye ton VESAN?

WHAT is this thing?

CHTO ton?

WHO is that?

DYE deyetina?

WHERE is the child?

SKOLKO dyetina

HOW-MUCH is the book?

8. Imperatives:

DELAI eto.

DO this!

IDI zdyes.

COME here!

9. Negatives:

Da, U vas YEST (have) (adin) kniga

Yes, I HAVE a book.

Niet, U vas NIET to kniga

No, I do NOT have the book.

NE prikhadit-e syuda (here),

Do NOT come here.

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

Ya (I) yest (am)/U miena yest (is)/Ya khat-chu

I am/have/want

You are/have/want

He is/has (time)/wants

APPENDIX D - BROCHURE
CRE - CREATIVE RELAXATION EXERCISE
THE NATURAL WAY TO PLAY WITH LANGUAGE AND A
BEAUTIFUL ACCENT - WITH JUST A 30 MINUTE AUDIO

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

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

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

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

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

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

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

Further information: email drbobboland@hotmail.com

Dr. Bob Boland MD, MPH (Johns Hopkins), DBA, ITP (Harvard Business School), Ex-ILO Geneva. Former visiting professor at: INSEAD: IMD, Cranfield, Columbia, GSB, Stellenbosch, Wits, WHO, UNEP, UNIDO, AID,, IRC, Peace Corps, Shell, Burma, Barlows, Baxter, Nokia etc.

APPENDIX E - ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge - Make up phrases in Russian and discuss with a natural speaker)

- | | | | | |
|------------|------------|-------------|------------|---------------|
| 1. A/an | 2. After | 3. Again | 4. All | 5. Almost |
| 6. Also | 7. Always | 8. And | 9. Because | 10. Before |
| 11. Big | 12. But | 13. I can | 14. I come | 15. Either/or |
| 16. I find | 17. First | 18. For | 19. Friend | 20. From |
| 21. I go | 22. Good | 23. Goodbye | 24. Happy | 25. I have |
| 26. He | 27. Hello | 28. Here | 29. How | 30. I |
| 31. I am | 32. If | 33. In | 34. I know | 35. Last |
| 36. I like | 37. Little | 38. I love | 39. I make | 40. Many |
| 41. One | 42. More | 43. Most | 44. Much | 45. My |
| 46. New | 47. No | 48. Not | 49. Now | 50. Of |

- | | | | | |
|-------------|---------------|---------------|-----------|------------|
| 51. Often | 52. On | 53. One | 54. Only | 55. Or |
| 56. Other | 57. Our | 58. Out | 59. Over | 60. People |
| 61. Place | 62. Please | 63. Same | 64. I see | 65. She |
| 66. So | 67. Some | 68. Sometimes | 69. Still | 70. Such |
| 71. I tell | 72. Thank you | 73. That | 74. The | 75. Their |
| 76. Them | 77. Then | 78. There is | 79. They | 80. Thing |
| 81. I think | 82. This | 83. Time | 84. To | 85. Under |
| 86. Up | 87. Us | 88. I use | 89. Very | 90. We |
| 91. What | 92. When | 93. Where | 94. Which | 95. Who |
| 96. Why | 97. With | 98. Yes | 99. You | 100. Your |

APPENDIX F - BRIEF DICTIONARY
ENGLISH/ FRENCH/ SPANISH/ GERMAN/RUSSIAN
 (Challenge: Complete with help from a Russian friend)

ENGLISH	FRENCH	SPANISH	GERMAN	RUSSIAN
a	un/une	un/una	in/eine	
about	environ	cerca de	ungefähr	
accident	accident,l'	accidente	Unfall	
action	action,la	accion	Handlung	
actually	en fait	realmente	eigentlich	
after	après	depués	nach	
afternoon	aprèsmidi,l'	tardes	Nachmittag	
airport	aéroport,l'	aeropuerto	Flughafen	
alone	seul	solo/unico	allein	
also	aussi	también	auch	
always	toujours	siempre	immer	
am (I)	suis (je)	yo soy/estoy	bin (ich)	
and	et	y	und	
anniversary	anniversaire	cumpleaños	Jahrestag	
anybody	n`importe qui	cualquiera	irgendjemand	
anything	n`importe quoi	cualquier cosa	irgendetwas	
April	Avril	abril	April	
are(you)	êtes (vous)	usted es/está	sind	
arrive	arriver	llegar	ankommen	
at	à	a/en	an	
August	Aout	agosto	August	
bad	mauvais	malo	schlecht	
bank	banque,la	banco	Bank	
bar	bar	bar	Bar, die	
bath	bain,le	baño	Bad	
beat	battre	batir	schlagen	

beautiful	beau/belle	hermoso	schön
because	parce que	porque	weil
bed	lit,le	cama	Bett
begin	commencer	comenzar	anfangen
behind	derrière	detrás/atrás	hinter
beside	à côté de	al lado de	nächst
better	meilleur	mejor	besser
bill	facture,la	cuenta	Rechnung, die
big	grand	grande	gross
biscuit	biscuit,le	galleta	Keks
black	noir	negro	schwarz
book	livre,le	libro	Buch
boy	garcon,le	niño/muchacho	Junge
bread	pain,le	pan	Brot
breakfast	petit dej.le	desayuno	Frühstück
brother	frère,le	hermano	Bruder, der
bus	autobus,le	autobús/camión	Bus
business	affaires,les	negocio	Geschäft
buy	acheter	comprar	kaufen
can (able)	pouvoir	poder	können
car	auto,l'	carro/coche	Auto
carefully	prudent	prudente	vorsichtig
carry	porter	llevar	tragen
cash	argent,le	dinero	Bargeld
chair	chaise,la	silla	Stuhl
cheap	bon marché	barato	billig
children	enfants	niños	Kinder
choose	choisir	seleccionar	wählen
cigarette	cigarette,la	cigarillo	Zigarette
clean	propre	limpio	sauber
clever	intelligent	inteligente	klug

clouds	nuages,les	nubes	Wolken, die
coffee	cafe,le	café	Kaffee
cold	froid	frio	kalt
colour	couleur,la	color	Farbe
come	venir	venir	kommen
complain	plaindre	reclamar	klagen
contract	contrat,le	contrato	Vertrag
cook	cuire	cocinar	kochen
cost	coût,le	costo	Kosten
count	conter	contar	zählen
creditors	créditeurs,les	acreedor	Gläubiger
cup	tasse,la	taza	Tasse
customer	client,le	cliente	Kunde
customs	douane,la	aduana	Zoll
daughter	fille,la	hija	Tochter
day	jour,le	día	Tag
dear	cher	caro	teuer
debtors	débiteurs,les	deudores	Schuldner
December	Décembre	diciembre	Dezember
dinner	dîner,le	comida	Abendessen
dirty	sale	sucio	schmutzig
divided by	divisé par	dividir de	dividiert durch
do	faire	hacer	tun
doctor	médecin,le	doctor/médico	Arzt
doers	actifs,les	trabajadores	Täter
drink	boire	beber/tomar	trinken
drive	conduire	manejar/coduc.	Fahren
dry	sec	seco/árido	trocken
early	de bonne heure	temprano	früh
easy	facile	fácil	leicht
eat	manger	comer	essen

eight	huit	ocho	acht
eighty	quatre vingt	ochenta	achtzig
either	ou	o	entweder
eleven	onze	once	elf
English	Anglais	inglés	Englisch
enjoy	s` amuser	gozar de	sich freuen
enough	assez(de)	bastante/suf.	Genug
etc.	et cetera	etcétera	usw
evening	soir,le	tarde	Abend
every	chaque	cada	jeder
fall off	tomber	caer	fallen
family	famille,la	familia	Familie
father	père,le	padre	Vater
father/law	beau-père,le	suegro	Schwiegervater
fat	gros	gordo	fett
Febuary	Février	febrero	Februar
fifty	cinquante	cincuenta	fünfzig
fight	combattre	luchar	kämpfen
finance	financer	finanza	finanzieren
find	trouver	encontrar	finden
fine	beau	fino/perf/bel.	schön (Wetter)
fingers	doigts,les	dedos	Finger
finish	finir	terminar	beenden
fish	poisson,le	pescado	Fisch
five	cinq	cinco	fünf
fog	brouillard,le	niebla	Nebel
food	nourriture,la	comida/alim.	Essen
fools	fous,les	tontos/locos	Verrückten
for	pour	para/por	für
fork	fourchette,la	tenedor	Gabel
four	quatre	cuatro	vier

forty	quarante	cuarenta	vierzig
Friday	Vendredi,le	viernes	Freitag
friendly	sympathique	amigable	freundlich
friends	amis,les	amigos	Freunde
future(adj)	futur	futuro	zukünftig
game	jeu,le	juego	Spiel
generally	généralement	generalmente	allgemein
get	obtenir	obtener	bekommen
girl	jeune fille,la	niña/muchacha	Mädchen
give	donner	dar	geben
glass	verre,le	vaso	Glas
go	aller	ir/andar	gehen
good	bon	bueno/buen	gut
goodbye	au revoir	adiós	auf Wiedersehen
good even.	bonsoir	buenas tardes	guten Abend
good morn.	bonjour	buenos días	guten Morgen
good night	bonne nuit	buenas noches	gute Nacht
greedy	gourmand	codicioso	gierig
half	moitié	medio/mitad	halb
happy	heureux	contento/feliz	glücklich
hate	détester	odiar	hassen
have	avoir (j'ai)	haber/tener	haben
he	il	él	er
hello	salut	hola	hallo
help	aider	ayudar	helfen
helpful	utile	util	behilflich
her (acc.)	la/lui	la/le	ihr
here	ici	aquí	hier
herself	ellemême	ella misma	sie selbst
him	le/lui	le/lo	ihn/ihm
himself	luimême	él mismo	er selbst

his	son	suyo	sein
honest	honnêt	honrado	ehrlich
hope	espérer	esperar	hoffen
hospital	hopital,le	hospital	Krankenhaus
hot	chaud	caliente	heiss
hotel	hotel,le	hotel	Hotel
how are y.?	comment a.v.?	cómo está Ud?	wie geht e.I.?
how many?	combien de?	cuántos?	wieviel?
however	cependant	sín embargo	jedoch
hundred	cent	cien	hundert
hungry	avoir faim	tener hambre	hungrig
husband	mari,le	esposo/marido	Ehemann
I	je	yo	ich
I am well	je vais bien	muy bien	mir geht es gut
icecream	glace,la	helado	Eis
if	si	si	wenn
important	important	importante	wichtig
impossible	impossible	imposible	unmöglich
in front of	devant	enfrente de	vor
intelligent	intelligent	inteligente	klug
inventory	inventaire, l'	inventario	inventor
is (he)	est (il)	es	ist (er)
it	cela	eso	es (er)
itself	celamême	eso mismo	es selbst
January	Janvier	enero	Januar
journey	voyage,le	viaje	Reise
July	Juillet	julio	Juli
June	Juin	junio	Juni
knife	coûteau,le	cuchillo	Messer
know	savoir/conn.	saber/conocer	wissen
labour	main d`oeuvre	trabajo	Arbeit

language	langue,la	idioma	Sprache
late	tard	tarde	spät
later	plus tard	mas tarde/lu.	Später
learn	apprendre	aprender	lernen
less	moins de	menos	minus/weniger
letter	lettre,la	carta/letra	Brief
life	vie,la	vida	Leben
like (verb)	aimer	gustar	gern haben
listen	écoûter	oir	zuhören
little	peu	poco	wenig
long	long	largo	lang
long run	finalement	a lo largo	auf die Dauer
look	regarder	mirar	schauen
look for	chercher	buscar	suchen
Loss	perte,la	pérdida	Verlust
lot,lots	beaucoup de	mucho	viel
love	aimer bien	querer	lieben
low	bas	bajo	tief
lucky (be)	avoir/chance	tener suerte	Glück (haben)
luggage	bagages,les	equipaje	Gepäck
lunch	déjeuner,le	almuerzo	Mittagessen
make/do	faire	hacer/realizar	machen
man	homme,l'	hombre	Mann
manager	directeur,le	gerente/dir.	Manager
many	beaucoup (de)	muchos	viele
map	plan,le	mapa	Landkarte
March	Mars	marzo	März
marriage	mariage,le	matrimonio	Heirat
marry	se marier	casar	heiraten
materials	materiaux,les	materia prima	Materialien
May	Mai	mayo	Mai

me	me	mi	mich
meal	repas,le	comida	Essen
meat	viande,la	carne	Fleisch
meet	rencontrer	encontrar	kennen lernen
meeting	réunion,la	reunión	Versammlung
mind (not)	égal (etre)	no importa	egal (mir)
minute	minute,la	minuto	Minute
Miss	Mademoiselle	Señorita	Fräulein
mistake	erreur,la	error	Fehler
Monday	Lundi,le	lunes	Montag
money	argent,la	dinero	Geld
month	moins,le	mes	Monat
more	plus	más	mehr
morning	matin,le	mañana	Morgen
mother	mère,la	madre	Mutter
motheri.l.	bellemère	suegra	Schwiegermutter
Mr	Monsieur	Señor	Herr
Mrs	Madame	Señora	Frau
multipl.by	multiplier par	multiplic.por	multipliz.mit
must	devoir	deber/tener de	müssen
my	mon	mi/mis	mein
myself	moimême	mi	ich selbst
near	près de	cerca de	nahe
never	jamais	nunca/jamás	niemals
never mind	n'importe	no importa	nichts (macht)
new	neuf	nuevo	neu
nice	agréable	fino/bueno	nett
nine	neuf	nueve	neun
night	nuit,la	noche	Nacht
ninety	quatrev.dix	noventa	neunzig
no	non	no	nein

nobody	personne	nadie	niemand
noise	bruit,le	ruido	Krach
not	ne...pas	no	nicht
nothing	rien	nada	nichts
November	Novembre	noviembre	November
now	maintenant	ahora	jetzt
o` clock	heures (7.00)	hora (7.00)	Uhr (7.00)
October	Octobre	octubre	Oktober
of course	naturellement	naturalmente	natürlich
Oh!	Oh!	O!	Ach!
old	vieux	viejo	alt
on	sur	sobre	auf
one	un	un/uno	eins
or	ou	o	oder
orders	ordres,les	órdenes	Bestellung
our	notre	nuestro	unser
ourselves	nousmême	nosostros	wir selbst
out	dehors	fuera	aus
overheads	frais gen.les	gasto gener.	Laufenden U.
owner`s eq.	capital,le	capital	Anlagekapital
parents	parents,les	padres	Eltern
passport	passeport,le	pasaporte	Pass
people	gens	gente	Menschen
place	endroit,le	sitio/lugar	Platz
plane	avion,le	avión	Flugzeug
plate	assiette,la	plato	Teller
please	s` il v. plaît	por favor	bitte
police	police,la	policía	Polizei
polite	poli	cortés	höflich
porter	porteur,le	portero	Träger
possible	possible	posible	möglich

present	présent	presente	gegenwärtig
pretty	joli	bonito	hübsch
products	produits,les	productos	Produkte
profit	profit,le	ganancia	Gewinn
put	mettre	poner	legen
quarter	quartier,le	cuarto	Viertel
quickly	vite	aprisa/de pri.	Schnell
rain	pluie,la	lluvia	Regen
read	lire	leer	lesen
really	vraiment	de veras	wirklich
red	rouge	colorado/rojo	rot
relax	se relaxer	relajarse	entspannen
remember	rappeller	recordar	erinnern
restaurant	restaurant,le	restaurante	Restaurant
right	raison (avoir)	correcto/der.	Richtig
road	rue,la	calle	Strasse
room	chambre,la	cuarto/habit.	Zimmer
sales	ventes, les	venta/saldo	Verkäufe
Saturday	Samedi,le	sábado	Samstag
save	sauver	salvar	sparen
say	dire	decir	sagen
see	voir	ver	sehen
sell	vendre	vender	verkaufen
September	Septembre	septiembre	September
serve	servir	servir	bedienen
service	service	servicio	Dienst
seven	sept,le	siete	sieben
seventy	soixantedix	setenta	siebzig
she	elle	ella	sie
short	court	corto	kurz
should	devoir	deber	sollen

sick	malade	enfermo	krank
Sir	Monsieur	Señor	Mein Herr
sister	soeur,la	hermana	Schwester
sit	s'asseoir	sentar	sitzen
sit down	être assis	sentarse	sich setzen
six	six	seis	sechs
sixty	soixante	sesenta	sechzig
sky	ciel,le	cielo	Himmel
sleep	dormir	dormir	schlafen
small	petit	pequeño/chiqu.	Klein
smoke	fumer	fumar	rauchen
snack	snack,le	snack	Imbiss
some	quelques	unos/poco de	etwas
somebody	quelqu'un	alguno	jemand
something	quelquechose	algo	etwas
sometimes	quelquefois	algún tiempo	manchmal
son	fils,le	hijo	Sohn
sorry	dommage	lo siento	Verzeihung
soup	potage,le	sopa	Suppe
speak	parler	hablar	sprechen
spend	dépenser	gastar	ausgeben
spoon	cuillère,la	cuchara	Löffel
stand up	se lever	pararse	aufstehen
station	gare,la	estación	Bannhof
stay	rester	quedarse	bleiben
stool	banc,le	taburete	Stuhl
sugar	sucre,le	azúcar	Zucker
summer	été,le	verano	Sommer
sun	soleil,le	sol	Sonne
Sunday	Dimanche,le	domingo	Sonntag
sweet(pud.)	dessert,le	dulce/postre	Süßspeise

table	table,la	mesa	Tisch
take	prendre	tomar/llevar	nehmen
talk	parler	hablar	sprechen
talkers	bavards,les	habladores	Schwätzer
taxi	taxi,le	taxi	Taxi
tea	the,le	té	Tee
téléphone	téléphone,le	teléfono	Telefon
tense	temps,le	tiempo	Zeitform
ten	dix	diez	zehn
terrible	terrible	terrible	schrecklich
thank you	merci	gracias	danke
that	la/cela/que	ese/aquel/cual	jener/jene/jenes
the	le/la	el/la/los/las	der/die/das
their	leur	su	ihr
them	eux	ellos/ellas	sie
themselves	euxmêmes	ellas/ellos	sie selbst
there	là	allí	dort/da
they	ils	ellos/ellas	sie
this	ce/cet	este/esta	dieser
thin	mince	delgado	dünn
thing	chose,la	cosa	Ding
thirsty	avoir soif	tener sed	durstig
thirty	trente	treinta	dreissig
thousand	mille	mil	tausend
three	trois	tres	drei
threeqtr.	troisquarts	tres cuartos	dreiviertel
Thursday	Jeudi	jueves	Donnerstag
ticket	billet,le	boleto/billete	Karte
time	heure,la	tiempo/vez	Zeit, die
tip	pourboire,le	propina	Trinkgeld
tired	fatigué	cansado	müde

to	à	para/a	nach
today	aujourd'hui	hoy	heute
tomorrow	demain	mañana	morgen
too much	trop	demasiado	zu viel
train	train,le	tren	Zug
travel	voyager	viajar	reisen
Tuesday	Mardi	martes	Dienstag
twelve	douze	doce	zwölf
twenty	vingt	veinte	zwanzig
two	deux	dos	zwei
under	sous	debajo/bajo	unter
up	en haut	arriba	oben
us	nous	nos/nosotros	uns
vegetables	légumes,les	legumbres	Gemüse
wait	attendre	esperar	warten
waiter	garçon,le	camarero	Kellner
walk	marcher	caminar/pasear	spazieren
want	vouloir	querer	wollen
waste(n)	gaspillage,le	desgaste	Abfall
we	nous	nosotros	wir
weather	temps,le	tiempo	Wetter
Wednesday	Mercredi	miércoles	Mittwoch
week	semaine,la	semana	Woche
wet	pluvieux	húmedo/mojado	nass
what?	quel/quoi?	qué?	was?
what time?	quelle heure?	qué hora?	wie spät.ist es?
when?	quand?	cuándo?	wann?
where	où?	dónde?	wo?
white	blanc	blanco	weiss
who?	qui?	quién?	wer?
wife	femme,la	esposa	Ehefrau

win	gagner	ganar	gewinnen
wine	vin,le	vino	Wein
winter	hiver,le	invierno	Winter
woman	femme,la	mujer	Frau
work	travail,le	trabajo	arbeiten
worse	pire	peor	schlechter
worst,the	le pire	el/lo peor	schlechteste
write	écrire	escribir	schreiben
wrong	avoir tort	falso/equiv.	Falsch
year	année,la	año	Jahr
yes	oui	sí	ja
yes but	oui mais	si, pero	ja, aber
yesterday	hier	ayer	gestern
you (nom.)	vous	usted/ustedes	Sie
you (acc.)	vous	usted	Sie
young	jeune	joven	jung
your	votre	su	Ihr
yourself	vous-même	usted	Sie selbst
yourselves	vous-mêmes	ustedes	Sie selbst
zero	zero	cero	null

APPENDIX G - IRT - RELAXATION TECHNIQUE FOR LEARNING

1. This a simple useful CRE technique to give you confidence to learn naturally. If you don't believe you can learn ... you won't learn! ... If you are tense, anxious and stressed ... you won't learn! If you have no confidence ... you won't learn. But with instant relaxation, your mind and body become clear, confident and ready to learn. So do the 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. NOW ... play the IRT AUDIO three times ... first time repeating gently, second time repeating in your mind, third time repeating VERY loud ...please ...

3. Then, 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 TO SPEAK AND ENJOY THE LANGUAGE WITH A BEAUTIFUL ACCENT ... NATURALLY ... RAPIDLY ... AND 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 evaporating all the anxiety and stress from your mind and body ... through 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.

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 face ... with a code word "IRT"!