

# 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 ... IGZER-YIMMASGEN"

### NO. 382 - AMHARIC from ENGLISH

Version 7 - with a few minor errors - January 2003

#### Note:

Appendix A - is the routine for long term reinforcement after one month, which can also be used by experienced speakers for 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/introduction.htm> for text and audio tape.  
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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.	Igzer-yimmasgen
Hello	Salam
Yes/no	Awon/ay-dellem
Please	Ibakkiwo
Excuse me	Yi (me) -kirta
Good morning	Inde (how) -min adder-k/sh
My name (is) ...	Sim-e (name-my) ... new (is)
What is your name?	Sim-ih man (who) new?
How are you?	Inder (how) min alle?
Fine thanks	Ine dihna (well) negn, yemesgon.
Good-bye.	Dihna-yihunu



# INSTANT RELAXATION TECHNIQUE

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

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

3. Now, relax with the hands on the lap, and fix your eyes on the marble as you repeat aloud ... the following sentence ... four times, feeling free to change the wording a little ... to fit your style ... four times ... aloud ... in all:

**"I AM, I CAN, I WILL, I BELIEVE ... I WILL LEARN ... AND HELP OTHERS TO LEARN ... TO SPEAK AND ENJOY ... THE NEW NATURAL LANGUAGE ... WITH A BEAUTIFUL ACCENT ... NATURALLY ... RAPIDLY ... EASILY ... WITHOUT EFFORT"**

4. With the eyes fixed on the marble ... or closed if you wish ... start to take three slow and very deep breaths ... and be sure to pause ... on each inhalation ... and imagine ... each exhalation ... as transferring all the anxiety and stress ... from your mind and body ... through to the marble in your hand.

5. After the third breath, let your whole mind and body relax completely for two minutes ... thinking ONLY of your breathing ... nothing else ... no self talk at all ... just concentrate on the BREATHING ... very important .. counting down from 20 to 1.

6. Then bring yourself back, by simply counting up from 1 to 5, feeling well, relaxed, confident and ready to learn. The marble is now your very personal symbol ... of your confidence to learn and speak the natural language with a beautiful accent.

Note: This simple CRE "Instant Relaxation Technique" can be used anywhere (eyes open or closed) to achieve a calm mind ... without anger, anxiety or stress ... ready and confident to learn .. or deal with any new problem ... that you have to face. Keep the marble always to hand, as a symbol ... of your confidence ... to feel comfortable ... in the new natural language ... and to speak almost instinctively ... without stress or effort ...

## SIMPLE THROAT EXERCISE - 16 KEY WORDS

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

Hello	Sa-lam	SAA-LAAM
Mr.	A-to	AAA-TOH
Mrs.	Way-zaro	WEY-ZAARRO
Yes	A-won	AA-WONN
No	Ay-dellen	AYY-DELLENNN
Good	Ti-ru	TEE-RRU
Please	I-bak-kiwo	EE-BAKK-KEEWO
Do you have?	Tin-nish al-len?	TEEN-NEESH AL-LEYN
Thank you	Ig-ze-yimm as-gen	IGG-ZZE-YIM AAS-GGENN
Goodbye	Yukl	YOOK!
See you later!!!	Te-na-yist-ilign!	TEY-NAA YIST-ILLIGNNN
Who?	Man?	MAAN
What?	Min?	MEEN
I want	I felig a-lle-hu	EE FAYLIG ALL-LAY-HUU
Where?	Yet?	YETT
OK!	Esh-i!	ESHSH-EE

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



## NATURAL SUGGESTIONS

Plan to do the whole CRE in one 6-hour CRE day, with a partner or a small group. A natural speaker (if available) would be most welcome as a partner or group member. On the day before, as pre-learning (alone), play the 30-minute tape, just before sleeping, speaking all the time, completely relaxed making no conscious effort to learn anything.

After the one full day of CRE, plan revision during your NORMAL ROUTINE in the following week, for just an hour a day. Feel free to do it in any way ... that YOU know ... will suit YOU best ... and will allow you ... both to speak AND to understand ... what is spoken to you ... so relax completely ... and ABSORB ... both consciously and sub-consciously ... the very carefully selected ... 30-minute audio tape ... of new natural language ... which becomes part of you ... intuitively ... instinctively ... without effort ... as you relax with IRT and establish a very POSITIVE attitude ... and a confident EXPECTATION of SUCCESS ... just from PLAYING ... with the natural language ... Our suggested schedule for the 6-hour CRE day (with breaks as needed) is:

- 1 - Do IRT. Do the Throat exercise - 16 key words  
Play the tape (30 minutes) with the text (hear, see, speak, MOVE, and feel)  
make it fun! Review the Glossary (2 pages).
- 2 - Repeat the text (Sections 2-4) to understand every word!  
Play the tape with the text SPEAKING VERY LOUDLY - STOP THE TAPE  
AND SING OR SHOUT ANY VERY DIFFICULT PHRASES.  
Do SPEED READING (2-16) in 14 minutes (recorded if possible- for fun!).  
Review the Grammar (1 page) and the Glossary.
- 3 - Repeat the text (Sections 5-10) to understand every word!  
Play the tape WITHOUT the text, SPEAKING IN VERY DRAMATIC style.  
Repeat the Throat exercise.  
Begin to create simple conversation with the Mini-phrase book (Hello etc.).
- 4 - Repeat the text (Sections 11-16) to understand every word!  
Play the tape with the text, SPEAKING SOFTLY with a good accent.  
Do SPEED READING (Sections 2-16) and Mini-phrase Book.
- 5 - Play the tape WITHOUT the text, speaking with three different  
voices - just for fun! Create conversation with the Mini-phrase book.  
Do SPEED READING (2-16).
- 6 - Play the tape SPEAKING with a beautiful CONFIDENT accent.  
Do the quiz (1 page). Create conversation with mini phrase book.  
Do SPEED READING (2-16) and Mini-phrase book 14 minutes.  
Plan for individual review next week, helping partners as needed.

## NATURAL SUGGESTIONS (continued)

Generally:

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



## 1. GENTLE RELAXATION ...

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

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

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

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

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

## 2. HERE AND THERE: (IZZI & IZZA)

Ine izzi (here) negn (am).

Ante izza (there) neh (are) (male).

Anchee izza (there) nesh (are) (female).

Ante izza neh?

Awon, ante izza neh.

Ante izzi neh?

Aydelle, ante izzi aydelle-him (male).

Aydelle, anchee izzi aydelle-shim (female)

Issu (it) izzi new (is).

Issu yet (where) new?

Issu izzi new.

Issu izza new?

Ine (I) ala-wk-im (know not).

Yet (where) new Miguel?

Issue izzi aydell-em (is not).

Issu yet new?

Ala-wk-im.

Ya. Abet, Issu izza new!

Issu gobez new.

I am here.

You are there.

You are there.

Are you there?

Yes, you are there.

Are you here?

No, you are not here.

No, you are not here.

It is here.

Where is it?

It is here.

Is it there?

I do not know.

Where is Miguel?

He is not here.

Where is he?

I do not know.

O. Darn! There he is!

He is wonderful.

## 3. LIKING: (WEDH)

Ine (I) i-wedh-allehu-ew (you).

I like you.

Ante t-wedh-alleh-he (me)?

Awon, i-wedh-allehu-ew.

Genzeb (money) t-wedh-alleh?

Awon, genzeb i-wedh-allehu

Wiha (water) i-wedh-allehu.

Wida t-wedh-alleh?

Ine tinnish (some) mets-haf (books) i-wedh-allehu.

Issu (he) mekeena (car) yi-wedh-al.

Issiwa (she) mekeena atti-wedh-im (not)

Irat (dinner) meblat (eat) t-wedh-alleh?

Aydelleem, irat al-wedh-im.

O. Abet! Mate!

Ibakkiwo, Mate atti (not)-bel-u (say)!

Do you like me?

Yes, I like you.

Do you like money?

Yes, I like the money.

I like water.

You like water?

I like some books.

He likes the car.

She does not like the car.

Do you like to eat the dinner?

No, I do not like the dinner.

Oh. Wah! Mate!

Please, do not say Mate!

#### 4. DOING: (SER)

I-ser-allehu.

Yih (this) i-ser-allehu.

Ya ti-ser-alleh?

Ibakkiwo, ya (that) siru (do)!!

O. Abet!

Issu gobez new

I do.

I do this.

Do you do that?

Do that please!!

O. Darn!!

It is wonderful!

#### 5. CAN/ABLE TO DO: (CHL)

Mes-rat (do) i-chl (can)-allehu.

Mesrat yi-chl-allehu?

Awon, mes-rat yi-chl-allehu.

I can do

Can I do it?

Yes, I can do it.

Yi-henin (this) mesrat yi-chl-alleh?

Awon, mes-rat yi-chl-allehu.

Tinnish (little) meblat (eat) i-chl-allehu.

Tinnish mettetat (drink) i-chl-allehu.

Mehed (go) i-fetig-(want) -allehu.

Memtat (come) i-chl-allehu?

Metegnat (sleep) i-chl-allehu.

Me-nager (speak) ti-chl-alleh.

Me-nager ti-chl-alleh?

Awon, i-chl-allehu.

Y-hen (this) mesrat (do) ti-chl-alleh?

Aydellen, yanin (that) mesrat al-chl-im.

Geb-at ti-chl-alleh.

Geb-at ti-chl-alleh?

Geb-ahi (male)?

Geb-awot (female)?

Awon, tinnish.

Mate bel-at (say) ti-chl-alleh?

Awon, tinnish Amhalic me-nager i-chl-allehu !

O. Abet! Ine gobez negn.

Can you do this?

Yes, I can do that.

I can eat a little.

I can drink a little.

I want to go.

Can I come?

I can sleep.

You can speak.

Can you speak?

Yes, I can.

Can you do this?

No, I can not do that.

You can understand.

Can you understand?

You understand?

You understand?

Yes, a little.

Can you say Mate?

Yes, I can speak a little Amharic!

O. Darn! I am wonderful!

## 6. UNDERSTANDING: (GEBT)

I-gebog-nal.

Al-gebag-em.

Geb-ahi (male).

I understand.

I do not understand.

You understand.

Geb-awot (female).

Ante al-geba-him.

Seti (women) ti-geb-ahi?

Aydellen. Aydellen. Seti (women) ali-gebag-em.

Ya. Abet! Mate!

Ibakkiwo, atti (not) -bel-u (say) Mate!

Anchee (you female) gobez nesh!

## 7. WANTING: (FELIG)

I-felig-allehu.

Tinnish (little) meblat (eat) i-felig-allehu.

Wiha (water) mettetat (drink) i-felig-allehu.

Mitshina-bet mehed (go) i-felig-allehu!!

Tinnish meblat (eat) i-felig-alleh!!

Aydellen, meblat al-felig-im.

O! Tinnish li-seth (give) i-felig-alleh!!

Aydellen, amesegin-allehu!!

Memtat (come) i-felig-allehu!!

Keine gari metegnat (sleep)?

No, metegnat al-felig-im.

Miguel, enkaurait (frogs) meblat (eat) ti-felig-alleh!!?

O! Ahuini (now). Aydellen, amesegin-allehu!

Igna gobez nen!

You understand.

You do not understand.

Can you understand women?

No. No. I can not understand women!!

O. Darn! Mate!

Please, do not say Mate!

You are wonderful!

I want.

I want to eat a little.

I want to drink the water.

I want to go to the toilet!!!

Do you want to eat a little?

No, I do not want to eat.

O! I want to give you a bit.

No thank you.

I want to come.

Do you want to sleep?

No, I do not want to sleep.

Miguel do you want to eat the frogs?

O! Not just now> No thank you!

We are wonderful!

## 8. GETTING: (SET & WESD)

Ibakkiwo (please) genzeb (money) yi-set-egn.

Genzeb wis-ed (take)

Genzeb i-wes-d-allehu.

Ibakkiwo, tiket (ticket) yi-set-egn (me).

Tiket wis-ed.

Tiket i-wes-d-allehu .

Please give me the money.

Take the money.

I take the money.

Please give me the ticket.

Take the ticket.

I take the ticket.

Abakkiwo yani neger (thing) yi-set-egn.

Negeru yet (where) new?

Ine ala-wk-im (not).

Tillik sew (man) yi-stug-ne!

Please give me the thing.

Where is the thing?

I know not.

Give me a big man!

O!!! Tillik-tillik (great) set (woman) nesh!!

Issiwa (she) gobez nat!

O!!! A great woman!!

She is wonderful!

## 9. HAVING: (ALL)

And-e (one) neger (thing) alle-gn (to me).

And-e neger yelle-gn-im (not to me).

And-e neger all-eh (is to you).

And-e neger alle-n.

And-e neger alle-hat (female).

I have one thing (one thing is to me).

I do not have one thing.

You have one thing.

We have one thing.

She has one thing.

Non, tinnish gizze (time) alle-gn!

Gin (but), tinnish genzeb (money) alle-n, Encik?

Aydellen.

Miss, I have a little time!

But, do you have a little money, Sir?

No.

O. Matel

Ibakkiwo, Mate atti (not)-bel-u (say)!

O. Mate!

Please, do not say Mate!

## 10. ORDERING (POLITELY): (SET, TET, EM, HED)

Ibakkiwo ya neger (thing) ye-set-eng (give - male).

Ibakkiwo neger (thing) sif-chee (female).

Ibakkiwo genzeb (money) set-egn.

Abbakkiwo wiha (water) set-egn.

Igze-yimmasgen.

Please give me the thing.

Please give me the thing.

Please give me the money.

Please give me the water.

Thank you.

Ibakkiwo, France-wist wiha (water) atti (don't) - tetta (drink)!!

Weyintedj tetta (male)!!

Weyintedj te-chee (female)!!

Weyintedj te-ttu (plural)!!

Weyintedj yi-te-ttu (always polite)!!

Please, don't drink the water in France!!

Drink the wine!!

Drink the wine!!

Drink the wine!!

Drink the wine!!

Ibakkiwo izzi em-u (come).

Ibakkiwo izza hed-u (go).

Ibakkiwo yih (this) te-ttu.

Ya (that) atti-bilu (drink)!

Please come here.

Please go there.

Please drink this.

Do not eat that!

Ibakkiwo yih (this) set-egn (me).

Ibakkiwo ya atti-wis-ed (take).

Ibakkiwo yihin yi-belu.

Ibakkiwo, Mate atti- bel-u (say)!

O! Igze-yimmasgen, Ante gobez neh (male).

O! Igze-yimmasgen, Anchee gobez nesh (female).

Please give me this.

Please do not take that.

Please say this.

Please, do not say Mate!

O! Thank you. You are wonderful!

O! Thank you. You are wonderful!

## 11. GREETING: POLITE AND SLANG

Salam, Getaye.

Salam, Paula.

Indemin adder-sh (female), Miche.

Indemin adder-k (male), Sancos.

Indemin allu, Xavier?

Ine ndikna negn, igze-yimmasgen, Khulu,

Antes, Xavier? (slang)

OK, igze-yimmasgen Miguel.

Dihna-yihunn. Giles.

Yuk, Judith.

Awon eshi (OK), Hollie.

Issu gobez new, Heidi!

Eshi Sam.?

Awon eshi, Lucie.

Metfo-aydellen, Henri.

Deh-na nesh Ye-nework?

Aydellen!!

Abet. Issiwa gobez nat!

Hello Sir.

Hello Paula.

Good morning Miche.

Good morning Sancos.

How are you, Xavier?

I am well, thank you, Khulu.

How goes it, Xavier?

OK, thank you Miguel.

Goodbye Giles.

Bye bye Judith.

Yes OK, Hollie.

It is wonderful, Heidi!

OK Sam?

Yes OK, Lucie.

Not too bad, Henri.

Are you well, my darling?

No!!!

Darn! She is wonderful!

## 12. DESCRIBING: (NEW)

Issu tiru (good) new.

Issu tiru aydellem (not).

It is good.

It is not good.



Issu metfo new.

Issu mets-haf (book) new.

Issu tillik (big) new?

Aydellen, issu tinnish (small) new.

Issu kella new?

Aydellen, issu ascheg-garwwi (hard) new.

Wiha (water) tiru (good) new?

Aydellen, France-wist wiha (water) tiru aydelle-m.

O Mate!!

Ibakkiwo, Mate atti- bel-u (say)!

Igna gobez nen?

Abet! Awon!! Igna gobez nen!!

It is bad.

It is a book.

Is it big?

No, it is small.

Is it easy?

No, it is hard.

Is the water good?

No, the water is not good in France!!

Oh Mate!!!

Please, do not say Mate!

Are we wonderful?!

Darn! Yes!! We are wonderful!!

### 13. KNOWING (THINGS & PEOPLE): (WK)

Yih i-wk-allehu..

Yih ti-wk-alleh?

Awon, yih i-wk-allehu.

Ya-nen (that) ti-wk-alleh.

Ya ti-wk-alleh?

Aydellen, ya (that) al-wk-im..

Ya set (woman) i-wk-allehu.

Ya sew (man) i-wk-allehu.

Issu ine (me) yi-wk-al.

Ya set ti-wk-alleh?

I know this.

Do you know this?

Yes, I know this.

You know that.

Do you know that?

No, I do not know that.

I know that woman.

I know the man.

He knows me.

Do you know that woman?

Aydellen. Indemin-adde-sh, Woizerit.

Indemin allesh, Woizerit?

Aydellen. Ine beshitegna (sick) negn. Dihna-yihunn!!

Yih (her) atti-wk-im,!

Abet! Issiwa gobez nat!

No. Good morning Miss?

How are you, Miss?

No. I am sick!!! Bye-bye!!

You do not know her!

Darn! She is wonderful!

## 14. NUMBERING:

And ikkil (problem) alle-gn (is to me).

Awon, and ikkil alle-h (is to you).

Aydellen, hulet (2) alle-h.

Sost (3) alle-w.

Arat (4) all-at (is to her).

Ammist (5) alle-n (is to us).

Ammist (5) alle-h?

Awon, ahun (now) ammist (5) ikkil alle-gn!

Hulum legoch (children).

Chekla gobez nen

I have one problem.

Yes, you have a problem.

No, you have two.

He has three.

She has four.

We have five.

Do you have five?

Yes I now have five problems!!!

All the children!

Children are wonderful!

## 15. ASKING: (MIN-YAHIL, YET, MIN, MAN)

Yih mets-haf (book) min-yahil (how much) new?

Ammist dollar.

Yih neger (thing) min-yahil new?

Min-yahil?

Arat dollar.

How much costs the book?

Five dollars.

How much is this thing?

How much?

Four dollars.

Issu (it) yet (where) new?

Issu izza (there) new.

Aydellen, issu izza (there) aydelle-m (is not).

Mitshinna-bet (toilet) yet new?

Mitshinna-bet izza (there) new.

Min (what) dir (that) new?

Yi-kirta. Min?

Ya.

O, ya tiru (good) mets-haf new.

Min (what) ti-felig (want)-alleh?

Weyinted (wine) i-feligr-allehu,

Man (who) izzi (here) new?

Igna (we) izzi nen.

Ya set (woman) man (who) new?

Al-wk-im.

Abet! Issiwa Madonna nat!.

Set (woman) gobez (great) nat!

Issiwa gobez nat.

Where is it?

It is there.

No, it is not there.

Where is the toilet, please?

The toilet is over there.

What is that?

Pardon. What?

That.

Oh, it is a good book.

What do you want?

I want the wine.

Who is here?

We are here.

Who is that woman?

I do not know.

Darn! It is Madonna!

What a great woman!

She is wonderful!

## 16. EVERYTHING - COLLOQUIAL - POLITE AND SLANG:

I-zzi-(here) -negn (am).

Iza-nesh (male).

Anchee (you) izza nesh (female).

Irsiwo (you) izza newot (polite).

I am here.

You are there.

You are there.

You are there.

Awon, i-wedh-allehu-ew (you).

Genzeb (money) t-wedh-alleh?

Yehen (this) yi-ser-alla (male).

Issiwa (she) yi-tser-allech (female).

Yes, I like you.

You like money?

He does this.

She does that.

Awon, tinnish Amhalic menager (speak) i-chl-allehu!

Yes, I can speak a little Amharic!

Mate me-bel (say) al-chl-im (you cannot)!

You can not say Mate!

I-gebtog-a.

I understand.

Ante (you) al-geba-him ine-ne (me).

You do not understand me.

Bar mehed (go) i-felig-allehu!!

I want to go to the bar!

Mitshinna-bet (toilet) mehed ti-felig-alleh.

You want to go to the toilet.

Woizerit, bizu (much) gizze (time) alle-gn!

Miss, I have much time!

Gin (but), bizu genzeb (money) alle-h, Encik?

But, do you have much money, Sir?

Ibakkiwo France-wist wiha (water) atti - tetta!!

Please, don't drink the water in France!!

Weyintedj tetta (male)!!

Drink the wine!!

Indemin-allesh (female), Eliza?

How are you, Eliza?

Ine dikna negn, igze-yimmasgen, Khulu.

I am well, thank you, Khulu.

Issu tillik (big) new, Encik?

Is it big, Sir?

Aydellen, issu tinnish (small) new, Woixerit.

No, it is small, Madame.

Ya set (woman) atti-wk-im!

You do not know that woman!

O! Issiwa gobez nat!

O! She is wonderful!

Awon, ahun (now) ammist(5) ikkil (problems) alle-gn!

Yes I now have five problems!!!

Hulum chekla (children).

All the children!

Chekla gobez nen

Children are wonderful!

Ya min new?  
Yi-kirta. Min?  
Issu izza (there) new.

Met-fo-aydellen!!  
Abet!  
Eshi?

Issu "fenatel" new.  
Issu zemeenawe new!!  
Zemenawe new!!!

Ibakkiwo, Mate atti- belu!  
Ay-dellem cool new!!!  
Ine yih meserat (do) i-hona bbat,

Ante ya meserat ti-hona-alloh.  
Gobez?  
Awon, Ante gobez neh!

Tena-yistilign!

What is that?  
Pardon, What?  
It is there.

Not bad!!!  
Darn!  
OK?

It's cool!  
It's cool! (classy)  
It's really cool! (upper class)

Please, do not say Mate!  
It is not cool (upper class)!!!  
I must do this.

You must do that  
Wonderful?  
Yes you really are wonderful!

See you later!

Note: Speed reading - 14 minutes

## 17. CLOSING

Now of all the things ... your mind ... has been playing with ... to create new ... wave patterns ... in the natural language ... from ... here and there ... liking ... doing ... can ... understanding ... wanting ... getting ... having ... ordering... greeting ... describing ... knowing ... numbering ... asking ... and ... everything ... I wonder which things ... you will bring back ... to stay deep within you ... so easily available ... to you ... as needs arise ... without conscious effort ... because ... you will believe ... you can do it ...

Just naturally ... in your own way ... as part of you ... instinctively ... as that new part of you ... grows ... stronger and stronger ... you will begin to speak with a beautiful accent ... so easily ... reinforcing your learning ... with a gentle quiet confidence ... which will surprise you ... and such a beautiful accent ... of which you will be proud ... to fit the music of the natural language ... will surprise you even more ... and more ... as you repeat the CRE ... so that ... in every day ... in every way ... you believe ... you will ... get ... better and better ...

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

You will feel well ... and you will begin ... to feel 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 "Amharic 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 ... 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)

### a. Greetings/ Exclamations:

hello	good morning	how are you?	I am well	thank you
<b>salam</b>	<b>indemin adder- k/sh</b>	<b>indemin allu?/ alles?</b>	<b>ine dikna negn</b>	<b>igze-yimmasgen</b>
goodbye	yes	no	OK	not too bad
<b>dihna yihunn/yuk</b>	<b>awon</b>	<b>aydellen/emiatt</b>	<b>OK/eshi</b>	<b>metfo a-ydelle- m</b>
Darn!	Mate!	there it is!	"cool"!!!	sorry
<b>abet</b>	<b>Mate</b>	<b>alle!</b>	<b>cool</b>	<b>hazen</b>

### b. Verbs:

to be	have	like	want	can
<b>me-nen</b>	<b>alle</b>	<b>me-weded</b>	<b>me-felig</b>	<b>ma-chla</b>
<b>ine negu</b>	<b>allu-ng</b>	<b>i-wed-hu</b>	<b>i-felig-allehu</b>	<b>i-chl-allehu</b>
<b>ine aydelle- ehum</b>	<b>yellegn-im</b>	<b>al-wed-im</b>	<b>al-felig-im</b>	<b>al-chl-im</b>
do	speak/say	go	come	give
<b>me-serat</b>	<b>me-nager/me- bel</b>	<b>me-hed</b>	<b>me-em-tat</b>	<b>me-set</b>
<b>i-ser-allehu</b>	<b>i-nager-allehu</b>	<b>i-hed-allehu</b>	<b>i-met-allehu</b>	<b>i-set-allehu</b>
<b>al-ser-im</b>	<b>al-nag-im</b>	<b>al-hed-im</b>	<b>al-met-im</b>	<b>l-set-im</b>
take	eat	drink	sleep	know

me-wsed	me-blat	me-ttetat	me-tegnat	ma-wek
i-wes-allehu	i-bel-allehu	i-tett-allehu	i-tegn-allehu	i-wk-allehu
al-wes-im	al-bel-im	al-tett-im	al-tegn-im	al-wk-im
understand	must	get	find/see	think
me-gebtat	hona bat?	ma-ganna	me-fikit	me-assib
i-gebt-allelu		i-gann-allehu	i-fik-allelu	i-assib-allehu
al-gebt-im		al-gann-im	al-fik-im	al-assib-im

c. Prepositions:

some	a	the	to	from
tinnish	-	-	wede	ke

d. Pronouns:

I	you	he	she	we
ine/al	ante/anche/ti	issu/yi	issywa/yi	igna/inni
it	this	that	Mr	Mrs.
issu/yi	yih	ya	Ato	Wayzaro

e. Nouns:

money	thing	man	woman	water
genzeb	neger	sew	set	wiha
car	ticket	book	friend	time
mekeena	tiket	mets-haf	quad-degna	gizze

f. Adjectives/  
Adverbs/Other:

good	bad	big	small	now
<b>tiru</b>	<b>metfo</b>	<b>tillik</b>	<b>tinnish</b>	<b>ahun</b>
later	a little	wonderfull!	happy	easy/difficult
<b>behwala</b>	<b>tinnish</b>	<b>asteway</b>	<b>destegna</b>	<b>kella/ascheg-gareei</b>
here/there	please			
<b>izzi/izza</b>	<b>ibakkiwo</b>			

g.  
Interrogatives:

how much?	where?	what?	who?	when?
<b>min yahil?</b>	<b>yet?</b>	<b>min?</b>	<b>man?</b>	<b>mecche?</b>

<b>Note:</b>	What (is) that?	Question?	There it is
	<b>Ya min new ?</b>	<b>?</b>	<b>alle</b>

h. Numbers:

one	two	three	four	five
<b>and</b>	<b>hulet</b>	<b>sost</b>	<b>arat</b>	<b>ammist</b>

i. And some survival words:

**WC (mitshinna-bet)**  
**always (huligize)**

**fast/slow (fetani/likitegna)**  
**but (gin)**

never (???)  
please (ibakkiwo)  
food (migib)  
train (babur)  
bus (awtobus)  
home (bet)  
work (mesrat)  
time (gizze)  
today (zare)  
tomorrow (nege)  
paper (wereket)  
newspaper (gazeta)  
day (ken)  
week (sammint)  
year (amet)  
hour (se-at)  
minute (dekeeka)

hamburger (hamburger)  
read (?????)  
write (????)  
laugh (???)  
dance (????)  
stop (makome)  
policeman (polees)  
six (siddist)  
seven (sebat)  
eight (simmint)  
nine (zetegn)  
ten (assir)  
hundred (meto)  
thousand (shee)  
mate (????)  
see you later (tena-yistilign) ...!

## 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 a copy ... and start to chat ... with everyone ... Speed reading - 4 minutes))

### BASICS:

Thank you.	Igzer-yimmasgen/amesegin-allehu!!
Hello	Salam
Yes/no	Awon, abet, immet/ay-dellem
Please	Ibakkiwo
Excuse me	Yi (me) -kirta

### INTRODUCTIONS:

Good morning	Inde (how) -min adder-k/sh
Good-bye.	Dihna-yihunu
My name (is) ...	Sim-e (name-my) ... new (is)
What is your name?	Sim-ih man (who) new?
How are you?	Inder (how) min alle?
Fine thanks	Ine dihna (well) negn, yemesgon.
And you?	Irsi-wos (and)?
Where are you from?	Kew-yet (from where) ti (you)-mett (come)-al-lesh?
I'm from:	I-moti (come)-allehu ke:
France	Ferancis
England	Ingliz
America	Amerika
I work with:	I-ser-allehu (work) ke-:
UN	UN - gar
Red Cross	Jet Meskal gar

**QUESTIONS:**

When/how?

Mecchhe/indet?

What/why?

Min/lemin?

Who/which?

Man/yete-naw?

Where is ...?

Yet new ...?

Where can I find ...?

Yet (where) age analchu?

How much is it?

Yih min new?

Please, can you help me?

Ebakiwo y-ir-dugn?

What does this mean?

Yih min (what) malet (mean) new??

**UNDERSTANDING:**

I understand

Ye gebagn-al.

I don't understand.

I-y-gebagn-em.

Please say that again..

Ibakkiwo, ya indegena (again) ye-bel-ut (say).

Can you translate this?

Y-henen (this) metorgome yi-ch-allalu?

Please bring...?

Ibakkiwo bunna ...

Do you speak:

Ti-chelaleh (speak):

English/Amharic?

Ingglis/Amhalic?

I cannot speak Amharic.

Amharegna al-enagerem (speak).

I can speak a little.

Tinish Amha-n oregna i-ch-allehu.

**COMMENTS:**

It's:

New:

better/worse

yeteshale/waga-bees

big/small

tillik/tinnish

cheap/expensive

good/bad

hot/cold

near/far

rikkash/wid

tiru/metfo

muk/birdam

ategeb/ruk

## FOOD:

I like:

breakfast

lunch

dinner

i-wed-allehu (like).

kurs

misa

irht

Please bring some:

bread/butter

cheese/eggs

meat/potatoes

apples/oranges

coffee/tea

milk

fruit juice

water

Ibakkiiwo, tikeet (some) ... mdjera y-  
amtu:

indjera/kibe

ayib/inkulal

sigal/dinnich

pom/birtukan

bunna/shay

wetet

fire chimmakker

wiha

Now, I want to pay the bill.

There is a mistake.

We are happy.

Ahun (now) heesab mekfel (pay) i-feleg-  
allehu.

Si-hitet allew.

Igna destegna (happy) nen.

## TRANSIT:

Where is the nearest shop:

Yet (where) ategab suk (shop) ale?



Where is a taxi?

How much must I pay?

Take me to this address.

Please stop here.

This is not the right road.

Straight ahead.

It's there, on the:

left/right

next to/after

north/south

east/west

Where is:

the town centre

the pharmacy

## SHOPPING:

Have you ...?

How much is this/that?

I take it.

What colours are there?

Black

Blue

Red

White

Yellow

Yet taksi 0-ale?

Min-yahil likefel?

Izzi adrasha wise-dugn.

Ibakkiwo ya (here) kumouo.

Yih menge (road) lik (right) aydellem (is not)

Hed (go) tikiki.

Izza be kegn new:

gira/kegn

ketema/behwala

semen/debub

misrak/mir-irab

... yet new?:

ye katema mehakel

med-haneet-bet

Alle-h ...?

Yih/ya min-yahil?

I-aw (it) -was (take) -allehu.

Min kelemok (colours) alle (are there)?

tikur

semaya-we

Key

nech

bicha

**Green**

**arengwade**

**I buy:**

**aspirin**

**soap**

**kilo apples**

**litre of milk**

**film/newspaper**

**I-gez-allehu:**

**aspirin**

**samuna**

**kilo pom-me**

**litro wetet**

**filem/gazeta**

**TELEPHONE:**

**Hello, this is ...**

**Please speak:**

**louder**

**slowly**

**Salam, ... negn.**

**Ibakkiwo (please) ... ye-bel-u:**

**choh**

**bekessita**

**I want to speak to:**

**Mr.**

**Mrs.**

**Miss**

**Ke ... i-feleg-allehu:**

**Ato Gar**

**Wayzaro gar**

**Wayzarit gar**

**When is he there?**

**Ask him to call me.**

**Mecche issu izza (there) new?**

**Ibakkiwo teyyik (ask) issu CALL ine**

**TIME:**

**Have you enough time?**

**What time is it? ...**

**The time is:**

**five past one**

**Bzu (enough) gizze (time) alleh (you have)?**

**Min gizze new?**

**Gizze new:**

**ammiat (5) bewahla (past) and (1)**

quarter to three

twenty past four

half past six

rub (quarter) befeet (before) sost  
(3)

haya (20) bewahla arat (4)

secash (30) bewahla siddist (6)

## MEETINGS:

We see you:

today

tomorrow

next week

in the morning/ tomorrow morning

in the evening

tonight

soon

You are right/wrong

That is right

Igna ...

Zare

Nege

yi-meek-ketilen-sammint

tiwat/nege tiwat

Mata

zare mata

Betolo

Ante (you) liki/bedel new

Ya liki new.

## LOCATIONS:

Here/there

At the UN office

Is it near/far?

How many hours?

Izzi/izza

UN mesriya-bet

Issu ategeb/ruk new?

Sinit seat (hours)?

## 21. PLAY QUIZ

Test your instinctive Amharic now ... associate the phrases ... in mixed groups of four ...

- |                         |                         |
|-------------------------|-------------------------|
| a. I am well.           | OK.                     |
| b. Excuse me            | Igze-yimmasgen.         |
| c. Thank you.           | Yi-kirta.               |
| d. OK                   | Ine ndikna negn         |
| e. You're here!         | Salam                   |
| f. Good work            | Ante izzi new.          |
| g. Hello                | Indemin allu            |
| h. How are you?         | Tiru sera               |
| i. Good morning!        | Asteway.                |
| j. What does this mean? | Dihna yihunnu.          |
| k. Goodbye              | Indemin adder-k         |
| l. Great!!!             | Yih man new!!           |
| m. Yes                  | Ibakkiwo                |
| n. Please               | Ine destegna negn       |
| o. I am happy           | Asellafee.              |
| p. Waiter?              | Awon                    |
| q. How much is it?      | Yih min yahil?          |
| r. Where is the toilet? | Yet/mecchhe/lemin       |
| s. Where/when/why?      | Min gizze new?          |
| t. What time is it?     | Yet me-shinna-bet new?  |
| u. Where is it?         | Ibakkiwo bel bekessita. |
| v. I do not understand. | Yih min-dir new?        |
| w. What does this mean? | I-ye-gebagnim           |
| x. Please speak slowly  | Yih yet new.            |
| y. I must go!           | Itiori new              |
| z. Everything is OK!    | Mehed allebegn          |

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

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

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

**Our natural suggestions are:**

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

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

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

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

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

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

## APPENDIX B - ADDITIONAL VOCABULARY SELECTED TO MEET THE SPECIAL NEEDS OF EACH CLIENT ORGANIZATION

### Special Vocabulary for UNHCR (100 WORDS)

English	Pashto	Dari	Amharic (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 paxdy 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 xaldk	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/syhhath	
Hospital	roghtun	shafakhana	

House	kor	khana/kor
HQ	mankaz	mankae
Human rights	dd bashar hakkuna	hokuk e bashar
Husband	mehra	shwahan
Legal protection	kaanuni saatdna	hymayat e kano
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/
Refugee	mohajer	panahenda

<b>Representative</b>	astaazy	nema-yandghi
<b>Rural</b>	da kdll	?
<b>Sanitation</b>	hyfzu-syhna	hyfzu syhha
<b>Shelter</b>	rijdi	panaga
<b>Status</b>	haysiyat	haysiyat
<b>Tent</b>	rijdi	gihejdi/khayma
<b>Torture</b>	shekanja	shykanja
<b>Town</b>	khar	shahr
<b>Transportation</b>	transport	transport
<b>Travel Docs</b>	sdd safar sanaduna	sdd safar sanaduna
<b>Tribe</b>	t-dbdr	kabila
<b>Truck</b>	lan mot-dr/lari	motar-d laar/lari
<b>Urban</b>	dd khari	dd khari
<b>Village</b>	kday	karya
<b>Voluntary repatriation</b>	pd rdzaa-sara	berta legal
<b>War</b>	jagara	jangue
<b>Water</b>	aaba	aab
<b>Wife</b>	kaza	zawja/khanom



## APPENDIX C - BRIEF GRAMMAR

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

### 1. Structure - subject, verb object:

Ya (I) ye (am) tut.

I am here.

To DEET ye tut?

The CHILD is here.

To deet ye tut ye?

Question - is the child here?

### 2. Articles:

ODIN deet ye tut.

A child here is.

### 3. Nouns:

Deet-LEE ye tut.

Child-REN are here.

To DOBRO deet ye tut.

The GOOD child is here.

VIN ye deet.

HE is a child.

### 4. Possession:

Vin ye MI deet

He is MY child.

### 5. Relative:

To deet HTO ye tut.

The child WHO here is.

### 6. Demonstrative:

TSE deet ye tut.

THIS child is here.

TOH deet ye TAM

THAT child is THERE.

### 7. Interrogatives:

SHO ye toh reech?

WHAT is this thing?

HTO ye toh?

WHO is that?

DE ye to deet?

WHERE is the child?

Skeelke ye kneha?

HOW-MUCH is the book?

**8. Imperatives:**

**ROBIT tse.**

**DO this!**

**PREiTI tut.**

**COME here!**

**9. Negatives:**

**Tak, ye to kneha**

**Yes, I HAVE a book.**

**Ni, ye ne to kneha.**

**No, I do NOT have the book.**

**NE preiti tut.**

**Do NOT come here.**

**10. To be, have and want (in the present tense):**

**Ya ye/u nene ye/ya hoch-at**

**I am/have/want**

**Vi ye/u vas ye/vi hoch-at**

**You are/have/want**

**Vin ye/u ven ye/vin hoch-at**

**He is/has/wants**

**CRE - CREATIVE RELAXATION EXERCISE  
THE NATURAL WAY TO PLAY WITH LANGUAGE  
AND A BEAUTIFUL ACCENT - FOR JUST 30 MINUTES**

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

**Opportunity:** for staff members on short or long missions to developed and developing countries to feel more 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 shortly in: Dari, Pashto, Turkmen, Uzbek, Tajik, Russian, English, French, German, Spanish, Portuguese, Finnish, Arabic, Urdu, Indonesian, Malay, Shona, Mandarin and with other languages in process: 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:** 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.

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# THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge - complete with AMHARIC ... 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. 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. Only

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. Outside      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



**BRIEF DICTIONARY - ENGLISH/ FRENCH/ SPANISH/ GERMAN**  
**(rough spelling and gender and few accents)**  
**(Challenge ... insert Amharic ... learn ... associate ... and remember)**

English	French	Spanish	German	Amharic
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	aeroport,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	aduanas	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
February	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 Wiedersehn
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.l.?
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	iventor
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 aimer	(verb) g u s t a r 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	marriage,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
mother.i.	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	nuite,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	nous-même	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.	kein
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	fil,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