

# **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... GRAZZI !!**

### **NO. 412 - MALTESE from ENGLISH Version 4 – with a few errors - December 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: "Pocket Dictionary and Phrase Book" and "Maltese - How to read and speak it" by Capt. Paul Bugeja published by Gutenberg in Malta.**

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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 and in memory of my brother Jack Boland, who after an adventurous life in England, Germany, Canada, USA, Zimbabwe, Saudi and Nigeria, found joy in Malta where he died in December 2005.

Professor Hale 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 ...!!

<b>Thank you.</b>	<b>Grazzi</b>
<b>Hallo</b>	<b>Hello</b>
<b>Yes/no</b>	<b>Iva/le, m-hu-x</b>
<b>Please</b>	<b>Jekk joghgbok</b>
<b>Excuse me</b>	<b>Skuzani</b>
<b>Everything is OK!</b>	<b>Kollox tajjeb</b>
<b>Good morning</b>	<b>Bon-gu</b>
<b>My name is ...</b>	<b>J-isim-ni ...</b>
<b>What is your name?</b>	<b>X-jism-ek?</b>
<b>How are you?</b>	<b>Kif int?</b>
<b>Fine thanks</b>	<b>Tajjeb, grazzi</b>

**Good-bye.**

**Where from?**

**Bye/Sahha**

**Minn fejn int?**

## **1.0 INTRODUCTION**

### **1.1 STRUCTURE**

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

### **1.2 MEMORY**

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

**Thank you ... grazzi ... say:**

**... thank you ... grateful to you ... grazzi ...**

**Do you have? ... ghand-ek? ... say:**

**... do you have a gun on deck? ... ghand-ek ...?**

**Good ... tajjeb ... say:**

**... ..good old ... Jeffrey .. ..... tajjeb ...**

### **1.3 PRACTICE.**

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

## **INSTANT RELAXATION**

- 1. This is a simple IRT exercise, to give you confidence to learn naturally. When you don't believe you can learn ... you won't learn! ... When you are tense, anxious and stressed ... you won't learn! When you have no confidence ... you won't learn. But with relaxation, your mind and body become clear, confident and ready to learn. So do the IRT exercise now ... and again before every CRE session. It takes only three minutes, and with practice, it becomes a powerful tool for you. The only "equipment" you need is an "open mind" and a marble (or similar small object) in your "right" (major) hand.**
  
- 2. So, get into that comfortable position, in which you know ... you really can relax. Be aware that marble gets warm as it absorbs heat from contact with your right hand. Open your hand and allow the warmth to evaporate. Close the hand again, and recognize the marble ... as a physical external symbol ... of the internal function of your mind and body. Allow it to receive and evaporate not just heat ... but emotion, anxiety and stress ... leaving you free, relaxed, confident and ready to learn to speak and understand the natural language without effort.**
  
- 3. Now, relax with the hands on the lap, and fix your eyes 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 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 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

(Say, SHOUT and whisper each MALTESE word slowly then at high speed)

<b>Hello</b>	<b>HELLO</b>	<b>hallo</b>
<b>Mr.</b>	<b>SUR</b>	<b>soorrh</b>
<b>Mrs.</b>	<b>SINJURA</b>	<b>sin-yura</b>
<b>Yes</b>	<b>IVA</b>	<b>ee-va</b>
<b>No</b>	<b>LE/ MHU-X</b>	<b>leh/ moosh</b>
<b>Good</b>	<b>TAJJEB</b>	<b>tahy-yebb</b>
<b>Please</b>	<b>JEKK JOGHGBOK</b>	<b>yek-yog-bok</b>
<b>Do you have?</b>	<b>GHAND-EK?</b>	<b>an-deck</b>
<b>Thank you</b>	<b>GRAZZI</b>	<b>grats-tsee</b>
<b>Goodbye</b>	<b>BYE BYE</b>	<b>bai bai</b>
<b>See you soon!!</b>	<b>NA-RAK DAL WAQT!!</b>	<b>na-rak dal waqt</b>
<b>Who?</b>	<b>MIN?</b>	<b>Meen?</b>
<b>What?</b>	<b>XI?</b>	<b>sh-ee?</b>
<b>Where?</b>	<b>FEJN?</b>	<b>fay-n</b>
<b>I want</b>	<b>IRRID</b>	<b>eer-reed</b>

**OK!**

**OK!**

**ohkay**

**Note:** For simplicity ... the program is typed without accents and with words broken up with hyphens --- to show how they are constructed !  
**Reading:** J = Y, X = SH, H = mostly silent. In Maltese, vowels are added and omitted for musical language harmony. OK?



## 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. PLAY THE TAPE MANY MANY MANY ... TIMES UNTIL IT BECOMES PART OF YOU! 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 the mini phrase book.**

**Do SPEED READING (2-16) and Mini-phrase book 14 minutes.**  
**Do APS and plan for review next week, helping partners as needed.**

## NATURAL SUGGESTIONS (continued)

Generally:

1. **REINFORCE** the learning in the **CAR/TRUCK** at any time ... make it an amusing **THEATRE** of one ... **YOU!!!** ... by playing and acting out ... **ONLY** Sections 2 - 16. **DO NOT** play the relaxation sections in the car ... skip them please! Play the Learning Reinforcement side of the tape as needed for encouragement, be sure to blame your strategy, and not yourself!!

2. **RECOGNIZE** that a **TERRIBLE** accent is **PAINFUL** ... for the hearer ... and so strive always for a beautiful accent in **EVERY WORD**.

3. Be **POSITIVE** and **NEVER** apologise for your language ... you are making the effort to learn the **LANGUAGE** ... and the **HUMAN VALUES** ... and thus the **CULTURE** ... of the people you speak with ... and **THEY** will appreciate **MORE** than you can **EVEN** imagine!! If they reply to you in **ENGLISH** ... then **YOU** just **CONTINUE** to speak in the **NATURAL** new language ... and they will too

4. **LISTEN** very carefully to what **PEOPLE** say to **YOU** ... and **BEFORE** replying ... **REPEAT** in **YOUR MIND** ... **EXACTLY** what they said ... ... this gives you excellent **PRACTICE** in recognising good **STRUCTURE**.

5. **HESITATE** before you **SPEAK** ... and then speak **FREELY** and **CONFIDENTLY** ... without long pauses and ... **WITHOUT** ... "Urrs and Umms" which are so **ANNOYING** and **BORING** ... for the listener ...

6. When you do not know a necessary word ... do **NOT** hesitate ... simply **USE** the **ENGLISH** word ... in the sentence ... the hearer will almost certainly give you the translation ... and you can repeat it ... three times to get it right ... without embarrassment. Use the **LEARNING REINFORCEMENT** as needed but not in the car!

7. Use **SIMPLE SHORT** sentences and be **CONFIDENT** as you begin to talk to people ... expect **SUCCESS** ... and you will **NOT** be disappointed ..... and try just one **MORE** new thing ... just for fun in this one week ... drink one litre of **WATER EVERY DAY** ... it rinses mind and body and has a **REMARKABLE** preventive/curative therapeutic effect ... to support new learning ... on we go together.



## **1. GENTLE RELAXATION ...**

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

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

**You know ... and I know ... 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 ... as you create new wave patterns ... in that special... "Maltese Place" ... in your mind ...**

## 2. HERE AND THERE (hawn & hemm):

Jiena hawn.

I (am) here.

Int hemm.

You (are) there.

Note: am, is, are - omitted!

Int hemm?

(Are) you there?

Iva, int hemm.

Yes, you (are) there.

Int hawn?

(Are) you here?

Le, m-inti-x (not) hawn.

No, you (are) not here.

Hi hawn.

It (she)is here.

Fejn hi?

Where is it (she)?

Hawn hi.

It (she)is here.

Hemm hi?

Is it (she)there?

Ma (not) n-af-x (know not)

I do not know.

Fejn hu Miguel?

Where (is) Miguel?

M-hu-x hawn

He is not here.

Fejn hu (he) ?

Where is he?

Ma n-af-x.

I do not know.

Zut! Hemm hu!

Darn-it! There he is!

Huwa meraviljuz!

He is wonderful!

## 3. To LOVE or to LIKE (habb)(ghogob) : *(In Maltese the basic form of the verb is not the Infinitive but the past tense 3<sup>rd</sup> person singular (he loved, he*

*liked).*

T-oghgob-ni.

You are pleasing to me

In-hobb-ok.

I like you.

T-hobb-ni?

Do you like me?

Iva (yes), in-hobb-ok.

Yes, I like you.

t-hobb il-flus (money)?

Do you like money?

Iva, n-hobb il-flus.

Yes, I like the money.

In-hobb l-ilma (water).

I like water.

T-hobb l-ilma.

You like water.

In-hobb xi (some) kotba (books).

I like some books.

I-hobb il-karozza (car).

He likes the car.

Ma t-hobb-x (not) il-karozza.

She does not like the car.

T-hobb il pranzu (dinner)?

Do you like the dinner?

Le, ma n-hobb-x il pranzu.

No, I do not like the dinner.

Zut. Harra!!!!

Oh. Merde!!!

**Jekk joghgbok, t-ghidx Harra !**

Please do not say Mate!

#### **4. To DO (ghamel):**

N-aghmel.

I do.

N-aghmel dan.

I do this.

T-aghmel.

You do.

T-aghmel dak.

You do that

N-agh-mlu dak.	We do that
U ahna (we) ferhanin (happy).	And we are happy.
Din hafifa?	Is it easy?
Iva, m-hiji-x difficli.	Yes, it is not difficult.
Int t-aghmel dak?	Do you do that?
Aghmel hekk, yekk joghgbok!!	Do that (if you)please!!!
Zut!!!	Darn-it!!!
Hu meraviljuz.	He is wonderful!

**5. CAN/ABLE TO DO (jista’): (the apostrophe stands for the unpronounced “gh”)**

N-ista’.	I can
N-ista’?	Can I?
Iva, n-ista’.	Yes, I can.
T-ista’ (can) t-aghmel (do) din il haga?	Can you do this thing?
Iva, n-ista’ n-aghmel dak.	Yes, I can do that.
N-ista’ n-iekol (eat) ffit.(little).	I can eat a little.
N-ista’ nix-rob (drink) ffit.	I can drink a little.
N-ista’ im-mur (go).	I can go.
N-ista’ n-igi (come).	I can come.
N-ista’ n-orqod (sleep).	I can sleep.
T-ista’ tit-kellem (speak).	You can speak.
T-ista’ tit-kellem?	Can you speak?



Iva, n-ista'.

Yes, I can.

T-ista' t-aghmel din il haga?

Can you do this thing?

Le, ma n-ista-x n-aghmel dak.

No, I can not do that.

T-ista' ti-fhem (understand)?

You can understand?

Ti-fhem?

Can (do) you understand?

T-ista'?

Can you?

Iva, ftit.

Yes, a little.

T-ista' t-tghid Harra?

Can you say Mate?

Iva, n-ista' nit-kellem ftit bil-Malti!

Yes, I can speak (a little) Maltese

Zut! Jiena meraviljuz/a.

Darn-it! I am wonderful! (masc./fem.)

## 6. UNDERSTAND (fehem):

Ni-fhem.

I understand.

Ma (not) ni-fhem-x (not).

I do not understand.

Ti-fhem.

You understand.

Inti ma ti-fhem-x.

You do not understand.

Ti-fhem in-nisa (women)?

Do you understand women?

Le, Le, Ma ni-fhim-hom-x !!

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

Oh. Zut! Harra!

Oh. Darn-it! Mate!

Jekk joghgbok, t-ghid-x Harra.

Please, do not say Mate

Int meraviljuz

You are wonderful!

## 7. WANT (irid):

Irrid.	I want.
Irrid nie-kol (eat) ffit.	I want to eat a little.
Irrid ni-xrob (drink) l-ilma.	I want to drink the water
Irrid immur sat-twalletta!!	I want to go to the toilet!!!
T-rid ti-ekol ffit?	Do you want to eat a little?
Le, ma irrid-x.	No, I do not want to.
Zut! Irrid n-aght-ik ffit.	Darn! I want to give you a little.
Le, grazzi (thank you).	No, thank you.
Irrid n-igi (come).	I want to come.
T-rid t-orqod mi-eghi (with me)?	Do you want to sleep with me?
Le, ma irrid-x n-orqod.	No, I do not want to sleep.
Miguel, t-rid ti-ekol iz-zringijiet (frogs)?	Miguel, do you want to eat the frogs?
Zut! Mhu-x issa (now), grazzi!	Darn-it! Not (just) now, thank you!
Ahna meraviljuzi! Iva!	We are wonderful! Yes!

## 8. GIVE – ta (he gave), & TAKE - ħa (*aspirate h*) (he took):

Jekk joghbok, aght-ini l-flus (money).	Please give me the money.
Jekk joghbok, ħu (take) l-flus.	Please take the money.
Jiena n-ieħu l-flus.	I take the money.

Jekk joghgbok, aght-ini (give) il-biljett (ticket). Please, give me the ticket.

Jekk joghgbok, hu (take) il-biljett. Please take the ticket.

Jiena n-iehu il-biljett. I take the ticket.

Jekk joghgbok, aght-ini (give me) il-haga (thing). Please give me the thing

Fejn (where) hi il-haga? Where is the thing?

Ma n-af-x. I do not know.

Jekk joghgbok, aght-ini ragel (man)! Please give me a man!

Zut!!! X' mara! Darn-it!!! What a woman!!

Hija meraviljuza! She is wonderful!

## 9. HAVE (ghandu – he has):

Ghand-i haga wahda (one). I have one thing.

Ma ghand-i-x haga wahda. I do not have one thing.

Ghand-ek haga wahda. You have one thing.

Ghand-na haga wahda. We have one thing.

Ghand-ha haga wahda. She has one thing.

Ghand-i hin (time), Sinjurina! I have the time, Miss!

Ghand-ek flus (money), Sinjur? Do you have some money, Sir?

Le. No.

Oh. Harra! Oh. Mate!

Jekk joghgbok, t-ghid-x Harra. Please do not say Mate

## 10. ORDERING (POLITELY)

(Jekk joghgbok – if you please):

Jekk joghgbok, aght-ini l-haga (thing).	Please give me the thing.
Jekk joghgbok, aght-ini (give) l-flus (money).	Please give me the money.
Jekk joghgbok, aght-ini (give) l-ilma (water).	Please give me the water.
Grazzi.	Thank you.
Jekk joghgbok, ti-xrob-x (drink not) ilma fi Franza!!.	Please don't drink water in France!!
I-xrob l-inbid (wine).	Drink the wine.
Jekk joghgbok, ejja (come) hawn.	Please come here.
Jekk joghgbok, mur (go) hemm.	Please go there.
Jekk joghgbok, i-xrob dan (this).	Please drink this.
Ti-kol-x dak!	Do not eat that!
Jekk joghgbok, aght-ini dan.	Please give me this.
Jekk joghgbok, ti-hu-x dak.	Please do not take that.
Jekk joghgbok, ghid (say) dan.	Please say this.
Jekk joghgbok, t-ghid-x Harra.	Please do not say Mate.
Zut! Grazzi. Int meraviljuza!	Darn-it! Thank you. You are wonderful!

## 11. GREETING:

Hello Jack.

Hello Paula.

Bongu Miche.

Bongu Sancos.

Kif int, Eliza?

Tajba, (fem.) grazzi, Khulu.

Tajjeb, Xavier?

OK grazzi Miguel.

Bye bye Giles.

Bye bye Judith.

Iva. OK Hollie

Hu meraviljuz, Heidi!

OK, Sam.?

Iva, OK, Lucie.

Mhu-x hazin, Henri.

Int tajjeb, qalbi (my heart)?

Le!!!

Zut! Hija meraviljuza!

Hello Jack.

Hello Paula.

Good morning Miche.

Good morning Sancos.

How are you, Eliza?

I am well, thank you, Khulu

Good, Xavier?

OK , thank you Miguel.

Goodbye Giles.

Bye bye Judith.

Yes OK, Hollie.

He is wonderful, Heidi!

OK Sam?

Yes OK, Lucie.

Not (too) bad, Henri.

Are you well, my darling?

No!!!

Darn-it! She is wonderful!

## 12. DESCRIBING:

Hu tajjeb,

Hu mhu-x tajjeb.

He (or it)is good.

He (or it)is not good.

Hu hazin.

He (or it) is bad.

Hu ktieb.

It is a book.

Hu kbir?

Is it big?

Le, hu zghir.

No, it is small.

Hu hafif?

Is it easy?

Le, hu difficili.

No, it is difficult.

L-ilma tajjeb (good)?

Is the water good?

Le, l-ilma fi Franzza, mhu-x tajjeb!!

No, the water is not good in France!!!

Oh Harra!!!

Oh Mate!!!

Jekk joghgbok, t-ghid-x Harra.

Please do not say Mate.

Ahna meraviljuzi?

Are we wonderful?

Zut! Iva!

Darn-it! Yes!!

### **13. KNOWING (jaf – he knows) (THINGS & PEOPLE):**

Jiena n-af (know) dan (this).

I know this.

T-af inti dan?

Do you know this?

Iva, n-af dan.

Yes, I know this.

Inti t-af dak.

You know that.

T-af inti dak?

Do you know that?

Le, ma (not) n-af-x (not) dak.

No, I do not know that.

N-af dik il-mara (woman).

I know that woman.

N-af dak il-ragel (man).

I know that man.

Hu j-af-ni (knows me).

T-af dik il-mara?

Le. Bongu, Sinjura (Mrs.).

Int taj-ba, Sinjura?

Le. Mi-ni-x tajjeb.

Ma t-af-hie-x (her)!

Zut! Hija meraviljuza!,

He knows me.

Do you know that woman?

No. Good morning Madame.

Are you well, Madame?

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

You do not know her!

Darn-it! She is wonderful!

#### 14. NUMBERING:

Ghand-i (I have) problema wahda.

Iva, ghand-ek problema.

Le, ghand-i tnejn (2) minn-hom (of  
them).

Ghand-u tlieta (3).

Ghand-ha erbgħa (4).

Ghand-na hamsa (5).

Int ghand-ek hamsa?

Iva issa (now) ghand-i hames  
problemi!!

It-tfal kollha (all).

It-tfal (huma) meraviljuzi!

I have one problem.

Yes, you have a problem.

I have two (of them).

He has three.

She has four.

We have five.

Do you have five?

Yes now, I have five problems!!

All the children.

Children are wonderful!

#### 15. ASK: (saqsa – he asked)

Kemm hu dak il-ktieb (book)?

Hames dollari.

Kemm hi din il-haga (thing)?

Kemm?

Erbgha dollari.

Fejn hi?

Hi hemm.

Le, m-hijie-x (not) hemm.

Fejn hi t-twaletta, jekk joghgbok?

Il-twaletta hi hemm.

Dak x'in-hu (what)?

Skuzza-ni. X'in-hu?

Dak.

Oh, dak hu ktieb (book) tajjeb.

Int xi t-rid?

Irrid l-imbid (wine), jekk joghgbok.

Min hemm (there)?

Ahna hawn.

Min hi dik il-mara?

Ma (not) n-af-x (not).

Zut! Hija Madonna!.

How much is that book?

Five dollars.

How much is this thing?

How much?

Four dollars.

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, that is a good book.

What do you want?

I want the wine, please.

Who is there?

We are here.

Who is that woman?

I do not know.

Darn-it! It is Madonna!



X' -mara!

Hija meraviljuza!

What a woman!

She is wonderful!

## 16. EVERYTHING - COLLOQUIAL:

Jiena hawn

Int hemm.

I am here

You are there.

Jiena in-hobb-ok.

Int t-hobb il-flus.

I love (like) you.

You like the money.

Huwa j-agh-mel dan.

Hija t-agh-mel dak.

He does this.

She does that.

Jiena n-af nit-kellem ftit bil-Malti!

Int ma t-ista-x tghid Harra?

I can speak a little Maltese

You can not say Mate?

Ni-fh-mek.

Int ma t-fhim-ni-x (me).

I understand you.

You do not understand me.

Irrid (want) il bar.

T-rid it-tawletta.

I want the bar.

You want the toilet.

Ghand-i hin, Sinjorina!

Ghand-ek flus, Sinjur?

I have the time, Miss!

Do you have some money, Sir?

Jekk joghgbok, ti-xrob-x l-ilma fi  
Franza.

I-xrob l-imbid.

Please don't drink the water in France.

Drink the wine.

Kif int, Eliza?

How are you, Eliza?

Jiena tajba, grazzi, Khulu.

I am well, thank you, Khulu

Hu kbir Sinjur?

Is it big, Sir?

Le, hu zghir Sinjura

No, it is small, Madame.

(Int) ma t-afhie-x dik mara.

You do not know that woman.

Zut!

Darn-it!

Hija meraviluz!

She is wonderful!

Iva issa, ghand-i hames problemi!!

Yes now, I have five problems!!!

It-tfal kollha!

All the children!

Dak x'-inhu?

What is that?

Skuza-ni, x'-inhu?

Pardon. What?

Hemm hu.

There it is.

Mhu-x hazin.

Not bad.

Zut!!!

Darn-it!

OK?

OK?

Iva, tal-genn.

Yes, it's cool! (It's maddening)

Iva, tal-genn.

Yes, it's cool! (classy)

Iva, tal-genn hafna (very).

Yes, it's very cool! (upper class)

T-ghid-x Harra!!

Do not say Mate!!!

Le mhi-x tal-genn!!

It is not cool (upper class)!!!

Jiena i-kolli (must) n-aghmel (do) dan.

I must do this.

Int i-koll-ok t-aghmel dak.

You must do that

Meraviljuz?

Wonderful?

Iva int meraviljuza!

Yes you (fem.) are wonderful!

Bye bye ghal issa (now).

Bye bye for now.

Speed reading: 14 minutes

## **17. CLOSING**

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

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

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

**You will feel well ... and you will begin ... to feel confident ... about the future ... and about making progress ... in the natural language ... in your own natural way ... and you will find such joy ... in speaking so gently ... with growing confidence ... and experience ... which will add ... a new exciting quality to your life ... because ... with every new language you learn ... you do add a new quality to your life ... in that special "Maltese 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 ... and you will begin to experience confidence ... more and more ... because ... from now ... in every day ... in every way ... you will ... be getting ... better and better ...**

**And as we end of each CRE session ... 30 minutes has just flashed by ... to be repeated ... and enjoyed ... many times ... relaxed ... calm and confident ... of achieving a beautiful accent ... that becomes natural for you ... with learning that is efficient and effective ... so from now on ... be positive ... and with a positive**

**expectation of success ... surprise yourself ... as you feel the continuing support  
... of our Team ... which all began in Bayonne, France on August 15, 2001 ... and  
of course ... as with all things ... we believe we 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>hello</b>	<b>bongu</b>	<b>kif int?</b>	<b>tajjeb</b>	<b>grazzi</b>
goodbye	yes	no./not	OK	not too bad
<b>bye bye</b>	<b>iva</b>	<b>le/le, mhu-x</b>	<b>OK</b>	<b>mhu-x hazin</b>
Darn-it!	Mate!	pardon!	"cool"!!!	please
<b>zut!</b>	<b>Harra!</b>	<b>skuza-ni</b>	<b>tal-genn</b>	<b>jekk joghgbok</b>

**b. Verbs  
(infinitive  
& I am)**

to be	have	like	want	can
<b>Huwa</b>	<b>ghand</b>	<b>hobb</b>	<b>irid</b>	<b>(j)ista'</b>
jiena (I am)	ghand-I	in-hobb	irrid	n-ista'
do	say/speak	go	come	give
<b>ghamel</b>	<b>ghid/tkellem</b>	<b>mur</b>	<b>ejja</b>	<b>aghti</b>
n-aghmel	n-ghid/ nit-kellem	immur	n-igi	n-aghti
take	eat	drink	sleep	know
<b>tiehu</b>	<b>kul</b>	<b>xorob</b>	<b>orqod</b>	<b>af</b>
niehu	niekol	n-ixrob	norqod	naf

understand	must
<b>fehem</b>	<b>kellu</b>
nifhem	ikolli

**c.**  
**Prepositions:**

some	a	the	to	from
<b>ftit/xi</b>	<b>(wahda)</b>	<b>il-/ l-</b>	<b>lejn</b>	<b>minn</b>

**d. Pronouns:**

I	you	he	she	we
<b>jiena/ni/n-</b>	<b>inti/int/t-</b>	<b>hu/j-</b>	<b>hija/j-</b>	<b>ahna/na-</b>
it	this	that	Mr	Mrs.
<b>hi/hu</b>	<b>dan/din</b>	<b>dak/dik/hekk</b>	<b>Sur</b>	<b>Sinjura</b>

**e. Nouns:**

money	thing	man	woman	water
<b>flus</b>	<b>haga</b>	<b>ragel</b>	<b>mara</b>	<b>ilma</b>
car	ticket	book	friend	
<b>karozza</b>	<b>biljett</b>	<b>ktieb</b>	<b>habib</b>	

**f. Adjectives/  
Adverbs/  
Other**

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

<b>tajjeb</b>	<b>ħazin</b>	<b>kbir</b>	<b>zghir</b>	<b>issa</b>
later	a little	wonderful!	happy	easy/difficult
<b>tard</b>	<b>ftit/xi</b>	<b>meraviljuz</b>	<b>ferhan</b>	<b>ħafif/difficli</b>

here/there  
**ħawn/hemm**

**g.**  
**Interrogative**  
**s:**

how much?	where?	what?	who?	when?
<b>kemm?</b>	<b>fejn?</b>	<b>xi?</b>	<b>min?</b>	<b>meta?</b>

**Note:** What is this? Question?  
**X<sup>2</sup>-inhu dan? .... ?**

**h. Numbers:**

one	two	three	four	five
<b>wiehed/ wahda</b>	<b>tnejn</b>	<b>tlieta/ tlitt</b>	<b>erbgħa</b>	<b>ħamsa/ħames</b>

*(omit before  
sing.)*      *(use żewġ for  
dual)*

six	seven	eight	nine	ten
<b>sitta/sitt</b>	<b>sebgha</b>	<b>tmienja/ tminn</b>	<b>disgha</b>	<b>ghaxra</b>



**i. And some survival words:**

**WC (twaletta)**  
**always (dejjem)**  
**fast/slow (malajr/bil-mod)**  
**but (imma)**  
**never (qatt)**  
**food (ikel)**  
**train (ferrovija)**  
**bus (bus)**  
**home (dar)**  
**work (xoghol)**  
**time (zmien)**  
**today (illum)**  
**tomorrow (ghada)**  
**paper (karta)**  
**newspaper (gurnal)**  
**day (jum)**  
**week (gimgha)**  
**year (sena)**  
**hour (siegha)**  
**minute (minuta)**

**hamburger (hamburger)**  
**think (ahseb)**  
**read (qara)**  
**wrote (kiteb)**  
**laughed (dahaq)**  
**dance (zifna)**  
**stop (waqfa)**  
**policeman (polizija)**  
**six (sitta)**  
**seven (sebgha)**  
**eight (tmienja)**  
**nine (disgha)**  
**ten (ghaxra)**  
**hundred (mija)**  
**thousand (elf)**  
**Merde (Harra)**  
**bye bye for now (bye bye ghal  
issa)!!**

**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

(Challenge: Write out your copy - chat with everyone - speed reading 4 minutes)

Thank you.

Grazzi

Hello

Hello

Yes/no

Iva/le, ma, mhu-x

Please

Jekk joghgbok

Excuse me

Skuzani

Everything is OK!

Kollox OK!

### INTRODUCTIONS:

Good morning

Bongu

Good-bye.

Bye bye

My name is ...

Jisimni ...

What is your name?

X'jismek?

How are you?

Kif int?

Fine thanks

Tajjeb grazzi

And you?

U int?

Where from?

Minn fejn?

I'm from:

Jiena minn

France

Franza

England

Ingilterra

America

Amerka

I work with:

Jiena n-ahden ma':

UN

UN

**Red Cross**

**Nokia**

**Red Cross**

**Nokia**

**QUESTIONS:**

**I must do this.**

**Jiena jkolli (must) naghmel (do)  
dan .**

**You must do that.**

**Int ikollok taghmel dak.**

**When/how?**

**Meta/kif?**

**What/why?**

**Xi/ghala?**

**Who/which?**

**Min/liema?**

**Where is/are ...?**

**Fejn hi/huma?**

**Where can I find ...?**

**Fejn nista' nsib ..?**

**How much is it?**

**Kemm hi ...?**

**Can you help?**

**Tista' tghejn?**

**What does this mean?**

**Xi jfisser dan?**

**UNDERSTANDING:**

**I understand**

**Nifhem**

**I don't understand.**

**Ma nifhemx**

**Please say that again..**

**Jekk joghgbok, erga' ghid dak.**

**Can you translate this?**

**Tista' tittraduci dan?**

**I want...?**

**Irrid ...?**

**Do you speak:**

**Int titkellem ...:**

**English/Maltese?**

**bl-Ingiliz/bil-Malti?**

**I don't speak ....**

**Ma nitkellimx ...**

**I speak a little ...**

**Nitkellem ftit ...**

**COMMENTS:**

**It's:**

**better/worse**

**big/small**

**cheap/expensive**

**good/bad**

**hot/cold**

**near/far**

**OK!**

**Hu:**

**ahjar/aghar**

**kbir/zghir**

**irhis/gholi**

**tajjeb/hazin**

**shun/kiesah**

**hdejn/l-boghod**

**OK!**

**FOOD:**

**I like:**

**breakfast**

**meal**

**dinner.**

**Inhobb:**

**kolazzjon**

**ikla**

**pranzu**

**May I have some:**

**bread/butter**

**cheese**

**egg/ eggs**

**meat/potatoes**

**apple/orange**

**coffee/tea**

**milk**

**fruit juice**

**Nista' niehu ftit ...**

**hobz/butir**

**gobon**

**bajd/ bajd**

**laham/patata**

**tuffieha/laringa**

**kafè/ te**

**halib**

**sugu tal-frott**

**water**

**I want to pay now.  
There is a mistake?  
We are happy.**

**TRANSIT:**

**Where is the nearest shop?  
Where can I find a taxi?  
How much is it to ...?  
Go to this address.  
Please stop here.  
This is not the right road.**

**Go straight ahead.  
It's there, on the:  
    Left/right  
    next to/after  
    north/south  
    east/west**

**Where is the:  
    town centre  
    pharmacy**

**SHOPPING:**

**Do you have ...?**

**ilma**

**Irrid inhallas issa  
Hemm zball  
Ahna ferhanin**

**Fejn hu l-eqreb hanut?  
Fejn nista' nsib taxi?  
Kemm tqum biex ...?  
Mur f'dan l-indirizz.  
Jekk joghgbok, ieqaf hawn  
Din mhijiex it-triq it-tajba**

**Mur dritt 'il quddiem.  
Hemm hi, fuq :  
    ix-xellug/ il-lemin  
    ta'wara/ wara  
    it-tramuntana/ nofs in-nhar  
    il-lvant/ il-punent**

**Fejn hu (hi):  
    c-centru tal belt?  
    l-ispizerija?**

**Ghandek ...?**

**How much is this/that?**

**I take it.**

**Kemm hi din/dak?**

**Nohodha.**

**What colours have you?**

**Black**

**Blue**

**Red**

**White**

**Yellow**

**Green**

**X-lewnijiet ghandek?**

**iswed**

**blu**

**ahmar**

**abjad**

**Isfar**

**ahdar**

**I want to buy:**

**aspirin**

**soap**

**kilo apples**

**litre of milk**

**film/newspaper**

**Irrid nixtri ...:**

**aspirina**

**sapun**

**kilo tuffieh**

**litru halib**

**film/gazzetta**

**TELEPHONE:**

**Hello, I am here ...**

**Please speak:**

**louder**

**slowly**

**Hello, jiena hawn....**

**Jekk joghgbok tkellem:**

**ghajjat aktar (lit. shout more)**

**bil-mod**

**I want to speak to:**

**Mr.**

**Mrs.**

**Irrid nitkellem ma' ...:**

**s-Sur**

**s-Sinjura**

**Miss**

**When is he/she there?**

**Can he/she telephone me?**

**s-Sinjurina**

**Meta jkun/tkun hemm?**

**Jista' / tista' jitttelefonali/  
titttelefonali?**

**TIME:**

**Do you have time?**

**What time is it?**

**The time now is:**

**five past one**

**quarter to three**

**twenty past four**

**six o'clock**

**Ghandek zmien (hin)?**

**X'hin hu?**

**il-hin issa hu:**

**is-siegħa u hamsa**

**it-tlieta neqsin kwart**

**l-erbgha u ghoxrin**

**is-sitta**

**MEETINGS:**

**We see you:**

**today**

**tomorrow**

**next week**

**in the morning**

**in the afternoon**

**in the evening**

**tonight**

**soon**

**Narawk:**

**illum**

**ghada**

**gimgha ta' wara**

**fil-ghodu**

**wara nofs i-nhar**

**fil-ghaxija**

**il-lejla**

**malajr**

**You are right/wrong.**

**That is right**

**Ghandek ragun/qed tizbalja**

**Dak sewwa.**



## **LOCATIONS:**

**Here/there**

**At the UN office**

**Is it near/far?**

**How many hours?**

**Hawn/hemm**

**F1- ufficcju tal- UN**

**Fil vicin/ 'l boghod?**

**Kemm sighthat?**

## 21. PLAY QUIZ

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

a. Excuse me	Grazzi
b. I am well	Skuzani
c. Thank you.	Tal- genn/ kiesah
d. Cool	Jiena tajjeb
e. I want	Hello
f. Good work	Kif int?
g. Hello	Irrid
h. Are you well?	Xoghol tajjeb
i. Do you have?	Ikolli naghmel dan
j. Where can I find?	Irrid inhallas issa.
k. I want to pay now	Fejn nista' nsib?
l. I must do this	Ghandek?
m. Yes	Jekk joghgbok
n. Please	Iva
o. No/ Not	Meraviljuz
p. Wonderful	Le/ mhux
q. How much is that?	Fejn/meta/ghala
r. Where is the toilet?	X'hin hu?
s. Where/when/why?	Kemm hu dak?
t. What time is it?	Fejn hi l-twaletta
u. Can you help?	Xi jfisser dan?
v. I do not understand	Tista' tghin?
w. What does this mean?	Ma nifhimx
y. We see you later	Sahha
z. Cheers!	Narawk aktar tard

Answers: In the Assimil phrase book ... if you need them ...or with us ...

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

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

**Our natural suggestions are:**

**1 - Do APS, Then 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](mailto:drbobboland@hotmail.com).**

## **APPENDIX B**

### **ADDITIONAL VOCABULARY SELECTED TO MEET THE SPECIAL NEEDS OF EACH CLIENT ORGANIZATION (100 WORDS)**

**Special Vocabulary for UNHCR  
(Challenge - complete in Maltese and then discuss with a fluent  
speaker)**

<b>English</b>	<b>Maltese</b>
<b>Airport</b>	<b>ajruport</b>
<b>Army</b>	<b>armata</b>
<b>Asylum</b>	<b>asil</b>
<b>Border</b>	<b>bordura</b>
<b>Camp</b>	<b>kamp</b>
<b>Children</b>	<b>tfal</b>
<b>Clothing</b>	<b>drapp</b>
<b>Cooking pot</b>	<b>borma</b>
<b>Cooperation</b>	<b>koperazzjoni</b>
<b>Custom</b>	<b>drawwa</b>
<b>Delay</b>	<b>ittardjar</b>
<b>Detention</b>	<b>detensjoni</b>
<b>Development program</b>	<b>program ta' zvilupp</b>
<b>Electricity</b>	<b>elettricità</b>
<b>Emergency</b>	<b>emergenza</b>
<b>Expulsion</b>	<b>tkeccija</b>
<b>Family</b>	<b>familja</b>
<b>Government</b>	<b>gvern</b>
<b>Grandparents</b>	<b>nanniet</b>
<b>Handicapped</b>	<b>disabilitati</b>

<b>Health</b>	<b>sahha</b>
<b>Hospital</b>	<b>sptar</b>
<b>House</b>	<b>dar</b>
<b>HQ</b>	<b>kwartier generali</b>
<b>Human rights</b>	<b>drittijiet tal-bniedem</b>
<b>Husband</b>	<b>ragel ta'</b>
<b>Lamp</b>	<b>lampa</b>
<b>Legal protection</b>	<b>protezzjoni legali</b>
<b>Malnutrition</b>	<b>nuqqas ta' ikel</b>
<b>Material assistance</b>	<b>ghajnuna materjali</b>
<b>Ministry</b>	<b>ministeru</b>
<b>Nutrition</b>	<b>nutrizzjoni</b>
<b>Pain - days/weeks</b>	<b>ugigh - granet/gimghat</b>
<b>Pain - months/years</b>	<b>- xhur/snin</b>
<b>Pain – treatment</b>	<b>- trattament</b>
<b>Pain - arms/legs</b>	<b>- dirghajn/saqajn</b>
<b>Pain - chest</b>	<b>- sider</b>
<b>Pain - ears/eyes</b>	<b>- widnejn/ghajnejn</b>
<b>Pain - hands/feet</b>	<b>- idejn/saqajn</b>
<b>Pain - head/neck</b>	<b>- ras/ghonq</b>
<b>Pain – stomach</b>	<b>- stonku</b>
<b>Persecution</b>	<b>persekuzzjoni</b>
<b>Petrol</b>	<b>petrol</b>
<b>Police-station</b>	<b>Stazzjon tal-polizija</b>
<b>President</b>	<b>president</b>
<b>Prison</b>	<b>habs</b>
<b>Province</b>	<b>provincja</b>
<b>Reception center</b>	<b>centru ta' riceviment</b>
<b>Refugee</b>	<b>refugjat</b>

<b>Representative</b>	<b>rapprezentant</b>
<b>Rural</b>	<b>rurali</b>
<b>Sanitation</b>	<b>(kura)tas-sahha</b>
<b>Shelter</b>	<b>kenn</b>
<b>Status</b>	<b>qaghda</b>
<b>Tent</b>	<b>tinda</b>
<b>Torture</b>	<b>tortura</b>
<b>Town</b>	<b>Belt</b>
<b>Transportation</b>	<b>trasport</b>
<b>Travel Docs</b>	<b>dokumenti tal-vjagg</b>
<b>Tribe</b>	<b>Tribù</b>
<b>Truck</b>	<b>Trakk</b>
<b>Urban</b>	<b>urbani</b>
<b>Village</b>	<b>Rahal</b>
<b>Voluntary repatriation</b>	<b>ripatrijazzjoni volontarja</b>
<b>War</b>	<b>gwerra</b>
<b>Water</b>	<b>Ilma</b>
<b>Wife</b>	<b>mara ta'</b>

**APPENDIX C  
BRIEF GRAMMAR**

(Challenge ... study and discuss with a natural speaker)

**1. Structure - subject, object and verb:**

**Jiena hawn.**

**I am here.**

**It TARBIJA hija (female) hawn**

**The BABY is here.**

**Kwistjoni – It-tarbija hija hawn?**

**Question - is the baby here?**

**2. Articles:**

**Hawn tarbija (WAHDA) hawn**

**A baby (is) here.**

**3. Nouns: (is/are omitted)**

**It TFAL (huma) hawn.**

**The CHILDREN (are) here.**

**It tarbija TAJBA (hija)hawn.**

**The GOOD baby (is) here.**

**HUWA tarbija (male).**

**HE (is) a baby.**

**4. Possession:**

**Huwa it-tarbija TIEGHI.**

**He (is) MY baby.**

**5. Relative:**

**It-tarbija LI QEQHEDA hawn.**

**The baby WHO (is) here.**

**6. Demonstrative:**

**DIN it-tarbija hija hawn.**

**THIS baby is here.**

**DIK it-tarbija hija HEMM.**

**THAT baby is THERE.**

**7. Interrogatives:**

**X'INHI din il-haga?**

**WHAT is this thing?**

**MIN hu dak?**

**FEJN hi t-tarbija?**

**KEMM hu l-ktieb?**

**WHO is that?**

**WHERE is the baby?**

**HOW MUCH is the book?**

**8. Imperatives:**

**AGHMEL dan!**

**EJJA hawn!**

**DO this!**

**COME here!**

**9. Negatives:**

**Iva, GHANDI ktieb.**

**Le, mghandix ktieb.**

**Tigix hawn.**

**Yes, I HAVE a book.**

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

**Do NOT come here.**

**10. To be, have and want:**

**Jiena/ghandi/irrid**

**Inti/ghandek/trid**

**Huwa/ghandu/irid**

**I am/have/want**

**You are/have/want**

**He/has/wants**



Brief Notes from Dr. Anton Azzopardi on Maltese language:

I have changed some (very few) phonetic scripts and inserted the ones which I thought sounded better to a Maltese ear. But then I found difficulty in noting the distinction between the aspirate and the non- aspirate “ħ” and “h”, the soft and the guttural “ġ” and “g” as also the “ż” and the “z”. Such a distinction is important for the right pronunciation.

Then, with such word like nista’ I inserted the apostrophe to show that there should be a “għ” which, as always, is not pronounced but which keeps on appearing in the derivatives such as “setgħa” (power, strength), “nistgħu”(we can).

I also noted that the basic verb form in Maltese is not the infinitive (e.g. to do, to work, to laugh) but the 3<sup>rd</sup> person singular of the past tense (għamel, hadem, daħaq - he made, he worked, he laughed). This is important since the Maltese language, as any other semitic language, builds its verbs on patterns (the three consonants in unchangeable order, although it admits vowels in between as also and some other consonants according to definite rules).

Finally, I suppose, it would help the learner to have a notion of the formation of the verb, in order to understand the variety of the script and the addition of the extra consonants. Thus, taking as an example the verb “**hadem**” (*the ħ is aspirated*) (he worked) :

**Present**

**Past**

Sing.

1<sup>st</sup> person    **n+aħdem** (I work)

ħdmit (I worked)

2<sup>nd</sup> person    **t+aħdem** (you  
work)

ħdmit (you worked)

3<sup>rd</sup> person    **j+aħdem** (he  
works)

**hadem** (he worked)

Plur.

1<sup>st</sup> person    **n+aħdmu** (we  
work)

ħdimna (we worked)

2<sup>nd</sup> person    **t+aħdmu** (you  
work)

ħdimtu (you worked)

3<sup>rd</sup> person    **j+ahdmu** (the  
work)

**hadmu** (they worked)

For further questions:

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## **BROCHURE**

### **APPENDIX D**

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

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

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

**Description:** dynamic English-based brief language learning system developed initially with some UN staff, for aid workers in Afghanistan, and now available in: Dari, Pashto, Uzbek, Tajik, Turkmen, English, French, German, Spanish, Portuguese, Hindi, Urdu, Finnish, Arabic, Indonesian, Malay, Shona, Russian, Mandarin, Xhosa and with other languages in process: Cantonese, Zulu, Tswana, Sutu, Swedish, Nepali, Italian, Swahili, Basque, Maltese etc. 56/80 ...help please?

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

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

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

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

**Further information: email: [drbobboland@hotmail.com](mailto:drbobboland@hotmail.com) from Dr. Bob Boland MD, MPH (Johns Hopkins), DBA, ITP (Harvard Business School), Former visiting professor at: INSEAD: IMD, Cranfield, Columbia, GSB, Stellenbosch, Wits, WHO, ILO, WB, UNEP, UNIDO, AID, IRC, Peace Corps, Shell, Burma, Barlows, Baxter, Nokia etc.**

**APPENDIX E-**  
**ONE HUNDRED MOST USED WORDS IN CONVERSATION**  
**(Challenge ... make short phrases and discuss with a natural speaker)**

<b>1. A/an</b>	<b>2. After</b>	<b>3. Again</b>	<b>4. All</b>	<b>5. Almost</b>
<b>WAHDA(on e)</b>	<b>WARA</b>	<b>MILL- GDID</b>	<b>KOLLOX</b>	<b>KWAZI</b>
<b>WIEHED</b>			<b>KOLLHA</b>	
<b>6. Also</b>	<b>7. Always</b>	<b>8. And</b>	<b>9. Because</b>	<b>10. Before</b>
<b>UKOLL</b>	<b>DEJJEM</b>	<b>U</b>	<b>GHALIEX</b>	<b>QABEL</b>
<b>11. Big</b>	<b>12. But</b>	<b>13. I can</b>	<b>14. I come</b>	<b>15. Either/or</b>
<b>KBIR</b>	<b>IZDA</b>	<b>NISTA</b>	<b>NIGI</b>	<b>JEW/JEW</b>
<b>16. I find</b>	<b>17. First</b>	<b>18. For</b>	<b>19. Friend</b>	<b>20. From</b>
<b>INSIB</b>	<b>L-EWWEL</b>	<b>GHAL</b>	<b>HABIB</b>	<b>MINN</b>
<b>21. I go</b>	<b>22. Good</b>	<b>23. Goodbye</b>	<b>24. Happy</b>	<b>25. I have</b>
<b>IMMUR</b>	<b>TAJJEB</b>	<b>BYE BYE</b>	<b>FERHAN</b>	<b>GHANDI</b>
<b>26. He</b>	<b>27. Hello</b>	<b>28. Here</b>	<b>29. How</b>	<b>30. I</b>
<b>HUWA/HU</b>	<b>HELLO</b>	<b>HAWN</b>	<b>KIF</b>	<b>JIENA</b>
<b>31. I am</b>	<b>32. If</b>	<b>33. In</b>	<b>34. I know</b>	<b>35. Last</b>
<b>JIENA</b>	<b>JEKK</b>	<b>FI</b>	<b>NAF</b>	<b>L-AHHAR</b>
<b>36. I like/ love</b>	<b>37. Little</b>	<b>38. I love</b>	<b>39. I make</b>	<b>40. Many</b>
<b>INHOBB</b>	<b>ZGHIR</b>	<b>INHOBB</b>	<b>NAGHMEL</b>	<b>HAFNA</b>
<b>41. Man</b>	<b>42. More</b>	<b>43. Most</b>	<b>44. Much</b>	<b>45. My</b>
<b>RAGEL</b>	<b>IZJED</b>	<b>L-IZJED</b>	<b>HAFNA</b>	<b>TIEGHI</b>

<b>46. New</b> <b>GDID</b>	<b>47. No</b> <b>LE</b>	<b>48. Not</b> <b>LE/MHUX/ MA</b>	<b>49. Now</b> <b>ISSA</b>	<b>50. Of</b> <b>TA'</b>
<b>51. Often</b> <b>SIKWIT</b>	<b>52. On</b> <b>FUQ</b>	<b>53. One</b> <b>WAHDA/ WIEHED</b>	<b>54. Only</b> <b>BISS</b>	<b>55. Or</b> <b>JEW</b>
<b>56. Other</b> <b>IEHOR</b>	<b>57. Our</b> <b>TAGHNA</b>	<b>58. Out</b> <b>BARRA</b>	<b>59. Over</b> <b>FUQ</b>	<b>60. People</b> <b>POPLU</b>
<b>61. Place</b> <b>POST</b>	<b>62. Please</b> <b>JEKK JOGHGBO K</b>	<b>63. Same</b> <b>L-ISTESS</b>	<b>64. I see</b> <b>NARA</b>	<b>65. She</b> <b>HIJA</b>
<b>66. So</b> <b>HEKK</b>	<b>67. Some</b> <b>FTIT/ XI</b>	<b>68. Sometimes</b> <b>KULTANT</b>	<b>69. Still</b> <b>SIEKET/ GHAD</b>	<b>70. Such</b> <b>TALI</b>
<b>71. I tell</b> <b>NGHID</b>	<b>72. Thank you</b> <b>GRAZZI</b>	<b>73. That</b> <b>DAK</b>	<b>74. The</b> <b>IL-/ L-</b>	<b>75. Their</b> <b>TAGHHOM</b>
<b>76. Them</b> <b>LILHOM</b>	<b>77. Then</b> <b>IMBAGHA D</b>	<b>78. There (is)</b> <b>HEMM</b>	<b>79. They</b> <b>HUMA</b>	<b>80. Thing</b> <b>HAGA</b>
<b>81. I think</b> <b>NAHSEB</b>	<b>82. This</b> <b>DAN</b>	<b>83. Time</b> <b>ZMIEN/ HIN</b>	<b>84. To</b> <b>GHAL/ LIL</b>	<b>85. Under</b> <b>TAHT</b>

<b>86. Up</b> <b>FUQ</b>	<b>87. Us</b> <b>LIL-NA</b>	<b>88. I use</b> <b>NUZA</b>	<b>89. Very</b> <b>HAFNA</b>	<b>90. I Want</b> <b>IRRID</b>
<b>91. What</b> <b>XI</b>	<b>92. When</b> <b>META</b>	<b>93. Where</b> <b>FEJN</b>	<b>94. Which</b> <b>XI</b>	<b>95. Who</b> <b>MIN</b>
<b>96. Why</b> <b>GHALA</b>	<b>97. With</b> <b>MA'</b>	<b>98. Yes</b> <b>IVA</b>	<b>99. You</b> <b>INT/INTI/ INTON</b>	<b>100. Your</b> <b>TIEGHEK</b>

## **APPENDIX F**

### **APS - LEARNING REINFORCEMENT AUTONOMIC PLAYBACK SYSTEM**

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