

CREATIVE RELAXATION EXERCISE

THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT IN ONE DAY

KEY CONCEPT: Relax and ... let your body ... and your mind ...
ABSORB ... the new language just as you did ... so well ... with
your first natural language, ... all those years ago ... MERCI!"

NO. 300A - FRENCH

Version 8 - with a few minor errors - November 2004

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.

Source: Dr. Bob Boland (IUG) and Dr. Catherine d'Arcangues (WHO) and Dr Heli Bathija (WHO) and Boston University and the Team. <http://www.bu.edu/familymed/distance/cre/index.htm> for text

Copyright: RGAB/2004/8 - Free for all aid workers ...!

DEDICATION

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

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

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

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

Thank you.

Hallo

Yes/no

Please

Excuse me

Everything is OK!

Good morning

My name is ...

What is your name?

How are you?

Fine thanks

Good-bye.

Where do you come from?

Merci

Bonjour

Oui/non

S'il vous plait

Excusez moi

Tout va bien!

Bonjour

Je m'appelle ...

Comment vous appelez vous?

Comment allez vous?

Je vais bien, merci

Au revoir

D'ou venez vous?

INSTANT RELAXATION TECHNIQUE - TWO MINUTES

1. This is a simple TWO MINUTE 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 two 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 "right" (major) hand.

2. PRACTICE this TWO MINUTE IRT about SIX times a day for a WEEK so that youo LEARN to USE it RAPIDLY WITHOUT EFFORT whenever you may need it. Remember ... YOU are in CONTROL the whole time!

3, SO - get into that comfortable position, in which you know ... you REALLY can relax. Hold the marble in your RIGHT hand, and be aware that the marble gets warm as it ABSORBS heat from contact with your hand. Open you hand and allow the heat to EVAPORATE. Close the hand again, and recognize the marble ... as a physical external SYMBOL ... of the internal function of CONTROL 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 new natural language without effort

4. NOW, RELAX with the hands on the lap, holding the MARBLE in the right hsnd. THEN FIX the EYES HIGH UP towards your EYEBROWS. THEN BREATHE very deeply and let the EYES GENTLY CLOSE. THEN RELAX the whole body, BREATING DEEPLY ... and FLOAT ... DOWNWARDS to the chair ... THEN ... IMAGIN your LEFT HAND feeing so LIGHT ... that it gently rises UP to your FOREHEAD ... let it go ... AND feel ... RELAXED and at PEACE with mind and body ... and THEN repeat aloud to YOURSELF ... the following THREE times, feeling free to change the wording a little, to fit your style:

"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. THEN take three slow 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 RIGHT hand.

5. After the third breath, RELAX completely for ONE minute ... thinking ONLY of BREATHING and LEARNING so easily ... the new lanauge ... deeply ...

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 CRE two minute "Instant Relaxation Technique"

can be used anywhere (eyes open or closed) to achieve a calm mind and body ... without anger, anxiety or stress ... ready and confident to learn .. or deal with any new problem you have to face ...you are in control.

Keep the marble always to hand, as a symbol ... of your confidence ... to expect success ... in the new natural language ... as you begin to speak instinctively without any effort or stress ...

1. SIMPLE THROAT EXERCISE - 16 KEY WORDS

(Repeat EACH French WORD many times slowly and then at HIGH speed)

Hello	Salut	SAAH-LEWH
Mr.	Monsieur	MEH-SIEUH
Mrs.	Madame	MAH-DAHM
Yes	Oui	OOEEW
No	Non	NONH
Good	Bien	BEE-ANH
Please	S'il vous plait	SIL-VOOH-PLAYH
Do you have?	Avez-vous ...?	AHVAY-VOOH
Thank you	Merci	MERCY
Goodbye	Au-revoir	OH-REV-OARH
See you soon!!!	A bientôt	AH-BEE-ANH-TOE
Who?	Qui	KEY
What?	Que?	KKE
I want	Je veux	SH-ERRR VERRR
Where?	Ou?	OOO?
OK!	D'accord!	DAAKK-ORR!

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

NATURAL SUGGESTIONS NATURAL SUGGESTIONS

Make it FUN!!! 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 ...

ABSORB ... both consciously and sub-consciously ... the very carefully selected ... 30 minute audio tape ... of new natural language ...

Let it become 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 ...

Make it FUN!!! One possible schedule for the 6 hour CRE day (with a partner ... and with breaks ... and with a little wine ... as needed), could be something like this:

- 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).
Make a tape recording of you speaking Swiss-German for text sections 2-15 at high speed - to record how you began the course... just for fun ... but keep it handy ...
- 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)**. Then listen to your first recording (above)!
- 6 - Play the tape SPEAKING with a beautiful CONFIDENT accent. Do the quiz (1 page). Create conversation with mini phrase book. Do SPEED READING (2-16) and Mini-phrase book 14 minutes Do APS and plan for review next week, helping partners as needed.**

NATURAL SUGGESTIONS (continued)

Generally:

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

2. HERE AND THERE:

(Challenge - complete in your language and then discuss with a fluent speaker)

Je suis ici.
Vous êtes là.

I am here.
You are there.

Est-ce que (question), vous êtes là?
Oui, vous êtes là.

Are you there?
Yes, you are there.

Est-ce que (question) vous êtes, ici?
Non, vous n'êtes pas ici.

Are you here?
No, you are not here.

C'est ici.
Où est ce?

It is here.
Where is it?

C'est ici.
Est-ce que (question) c'est là?
Je ne sais pas.

It is here.
Is it there?
I do not know.

Où est Miguel?
Il n'est pas ici.

Where is Miguel?
He is not here.

Où est il?
Je ne sais pas.

Where is he?
I do not know.

Zut! Le voilà!
Il est formidable!

Darn-it! There he is!
He is wonderful!

3. LIKING:

Je vous aime.
Est-ce que (question) vous m'aimez?
Oui, je vous aime.

I like you.
Do you like me?
Yes, I like you.

Est-ce que vous aimez l'argent?
Oui, j'aime l'argent.

Do you like money?
Yes, I like the money.

J'aime l'eau.
Vous aimez l'eau.
J'aime quelques livres.

I like water.
You like water.
I like some books.

Il aime la voiture..
Elle n'aime pas la voiture.

He likes the car.
She does not like the car.

Est-ce que (question) vous aimez le diner?
Non, je n'aime pas le diner.

Do you like the dinner?
No, I do not like the dinner.

Oh. Merde!
Ne dites pas Merde svp.

Oh. Darn-it! Mate!
Please do not say Mate!

4. DOING:

Je fais.
Je fais ceci.

I do.
I do this.

Vous faites.
Vous faites cela.

You do.
You do that

Nous faisons cela.
Et nous sommes heureux.

We do that
And we are happy.

Est-ce que (question) c'est facile?
Oui, ce n'est pas difficile.

Is it easy?
Yes, it is not difficult.

Est-ce que (question) vous faites cela?
Faites cela svp!!!

Do you do that?
Do that please!!!

Zut!!!
C'est formidable.

Darn-it!!!
It is wonderful!

5. CAN/ABLE TO DO:

Je peux
Est-ce que (question) je peux?
Oui, je peux manger.

I can
Can I?
Yes, I can.

Est-ce que vous pouvez faire ceci?
Oui, je peux faire cela.

Can you do this?
Yes, I can do that.

Je peux manger un peu.
Je peux boire un peu.

I can eat a little.
I can drink a little.

Je peux aller.
Je peux venir.

I can go.
I can come.

Je peux dormir .
Vous pouvez parler.

I can sleep.
You can speak.

Pouvez vous parler?
Oui, je peux.

Can you speak?
Yes, I can.

Est-ce que vous pouvez faire ceci?
Non, je ne peux pas faire cela.

Can you do this?
No, I can not do that.

Vous pouvez comprendre?
Pouvez vous comprendre?

You can understand?
Can you understand?

Est-ce que vous pouvez comprendre?
Oui, un peu.

Can you understand?
Yes, a little.

Est ce que vous pouvez dire Mate?
Oui, je peux parler un peu d'anglais!

Can you say Mate?
Yes, I can speak a little english!

Zut! Je suis formidable!

Darn-it! I am wonderful!

6. UNDERSTANDING:

Je comprends.
Je ne comprends pas.

I understand.
I do not understand.

Vous comprenez.
Vous ne comprenez pas.

You understand.
You do not understand.

Comprenez-vous les femmes?
Non. Non. Je ne les comprends pas!!!

Do you understand women?
No. No. I do not understand them!!!

Oh. Zut! Merde!
Ne dites pas Merde svp.

Oh. Darn-it! Mate!
Please do not say Mate!

Vous êtes formidable!

You are wonderful!

7. WANTING:

Je veux.
Je veux manger un peu.

I want.
I want to eat a little.

Je veux boire l'eau.
Je veux aller aux toilettes!!!

I want to drink the water.
I want to go to the toilet!!!

Voulez vous manger un peu?
Non, je ne veux pas manger.

Do you want to eat a little?
No, I do not want to eat.

Zut! Je veux vous en donner un peu.
Non merci.

Darn! I want to give you a bit.
No thank you.

Je veux venir.
Voulez vous coucher avec moi?

I want to come.
Do you want to sleep with me?

Non, je ne veux pas dormir.
Miguel, voulez vous manger les grenouilles?
frogs?

No, I do not want to sleep.
Miguel do you want to eat the

Zut! Pas maintenant, merci!
Nous sommes formidable!

Darn-it! Not just now, thank you!
We are wonderful!

8. GETTING:

Donnez moi l'argent, s'il vous plait.
Prenez l'argent, svp.
Je prend l'argent.

Please give me the money.
Please take the money.
I take the money.

Donnez moi le billet, svp.
Prenez le billet, svp.
Je prends le billet.

Please give me the ticket.
Please take the ticket.
I take the ticket.

Donnez moi la chose, svp
Ou est la chose?
Je ne sais pas.

Please give me the thing.
Where is the thing?
I do not know.

Donnez moi un homme, svp!
Zut!!! Quelle femme!!

Please give me a man!
Darn-t!!! What a woman!!

Elle est formidable!

She is wonderful!

9. HAVING:

J'ai une chose.
Je n'ai pas une chose.

I have one thing.
I do not have one thing.

Vous avez une chose.
Nous avons une chose.
Elle a une chose.

You have one thing.
We have one thing.
She has onething.

J'ai le temps, Mademoiselle!
Avez vous de l'argent, Monsieur?

I have the time, Miss!
Do you have some money, Sir?

Non.
Oh. Merde!

No.
Oh. Mate!

Ne dites pas Merde svp!

Please do not say Mate!

10. ORDERING (POLITELY):

Donnez moi la chose, svp.
Donnez moi l'argent, svp.

Please give me the thing.
Please give me the money.

Donnez moi l'eau, svp.
Merci.

Please give me the water.
Thank you.

Ne buvez pas l'eau en France, svp!!.
France!!
Buvez le vin.

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

Venez ici, svp.
Allez là-bas, svp.

Please come here.
Please go there.

Buvez ceci, svp.
Ne mangez pas cela!

Please drink this.
Do not eat that!

Donnez-moi ceci, svp.
Ne prenez pas cela, svp.

Please give me this.
Please do not take that.

Dites ceci, svp.
Ne dites pas Mate, svp.

Please say this.
Please do not say Mate.

Zut! Merci. Vous êtes formidable!
wonderful!

Darn-it! Thank you. You are

11. GREETING:

Salut Michelle ma Belle.
Salut Paula.

Hello Michelle.
Hello Paula.

Bonjour Miche.
Bonjour Sancos.

Good morning Miche.
Good morning Sancos.

Comment allez vous, Eliza?
Je vais bien, merci, Khulu.

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

Comment ça va, Xavier?
Ça va bien, merci Miguel.

How goes it, Xavier?
OK , thank you Miguel.

Au revoir Giles.
Au revoir Judith.

Goodbye Giles.
Bye bye Judith.

Oui ça va, Hollie
C'est formidable, Heidi!

Yes OK, Hollie.
It is wonderful, Heidi!

Ça va, Sam.?
Oui, ça va, Lucie.

OK Sam?
Yes OK, Lucie.

Pas mal, Henri.
Ça va bien, "Mon Petit Chou" (cabbage)?

Not too bad, Henri.
Are you well, my darling?

Non!!!
Zut! Elle est formidable!

No!!!
Darn-it! She is wonderful!

12. DESCRIBING:

C'est bon,
Ce n'est pas bon.
C'est mauvais.

It is good.
It is not good.
It is bad.

C'est un livre.
Est-ce que (question) c'est grand?
Non, c'est petit.

It is a book.
Is it big?
No, it is small.

Est-ce que (question) c'est facile?
Non, c'est difficile.

Is it easy?
No, it is hard.

L'eau est bonne?
Non, l'eau n'est pas bon en France!!
France!!

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

Oh Merde!!!

Oh Mate!!!

Ne dites pas Mate, svp.

Please do not say Mate.

Est-ce que nous sommes formidables?!!!
Zut! Oui!!

Are we wonderful?!!!
Darn-it! Yes!!

13. KNOWING (THINGS & PEOPLE):

Je sais ceci.
Est-ce que vous savez ceci?
Oui je sais ceci.

I know this.
Do you know this?
Yes, I know this.

Vous savez cela.
Savez vous cela?
Non, je ne sais pas cela.

You know that.
Do you know that?
No, I do not know that.

Je connais cette femme.
Je connais l'homme.

I know that woman.
I know the man.

Il me connaît.
Connaissez-vous cette femme?

He knows me.
Do you know that woman?

Non. Bonjour Madame.
Ça va bien, Madame?

No. Good morning Madame?
Are you well, Madame?

Non, ça ne vas pas!! Au revoir!!
Vous ne la connaissez pas!

No, I am not well!!! Goodbye!!!
You do not know her!

Zut! Elle est formidable!

Darn-it! She is wonderful!

14. NUMBERING:

J'ai un problème.
Oui, vous avez un problème.

I have one problem.
Yes, you have a problem.

Non, vous en avez deux (2).
Il en a trois.

No, you have two (of them).
He has three.

Elle en a quatre.
Nous en avons cinq (5).

She has four.
We have five.

Es-ce que vous en avez cinq?
Oui maintenant, j'ai cinq problèmes!!!

Do you have five?
Yes now, I have five problems!!!

Tous les enfants!
Les enfants sont formidables!

All the children!
Children are wonderful!

15. ASKING:

Combien est le livre?
Cinq dollars.

How much is the book?
Five dollars.

Combien est cette chose?
Combien?
Quatre dollars.

How much is this thing?
How much?
Four dollars.

Où est ce?
C'est là.
Non, ce n'est pas là.

Where is it?
It is there.
No, it is not there.

Où sont les toilettes, svp?
Les toilettes sont là-bas.

Where is the toilet, please?
The toilet is over there.

Qu'est-ce que (what) c'est ça?
Pardon. Quoi?

What is that?
Pardon. What?

Cela.
Oh, c'est un bon livre.

That.
Oh, it is a good book.

Que voulez vous?
Je veux le vin. svp.

What do you want?
I want the wine, please.

Qui est ici?
Nous sommes ici.

Who is here?
We are here.

Qui est cette femme?
Je ne sais pas.

Who is that woman?
I do not know.

Zut! C'est Madonna!
Quelle femme! Elle est formidable.
wonderful!

Darn-it! It is Madonna!
What a woman! She is

16. EVERYTHING - COLLOQUIAL:

Je suis ici.
Vous êtes là

I am here.
You are there.

Je vous aime.
Vous aimez l'argent.

I like you.
You like the money.

Il fait ceci.
Elle fait cela.

He does this.
She does that.

Je peux parler un peu de français!
Vous ne pouvez pas dire Mate?

I can speak a little french!
You can not say Mate?

Je vous comprends.
Vous ne me comprenez pas.

I understand you.
You do not understand me.

Je veux aller au bar.
Vous voulez aller aux toilettes.

I want to go to the bar.
You want to go to the toilet.

J'ai le temps, Mademoiselle!
Avez vous de l'argent, Monsieur?

I have the time, Miss!
Do you have some money, Sir?

Ne buvez pas l'eau en France, svp!!
France!!
Buvez le vin.
Eliza?

Please don't drink the water in
France!!
Drink the wine. Comment allez vous,

Ca va?
Je vais bien, merci, Khulu.

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

Est-ce que (question) c'est grand?
Non, c'est petit.

Is it big?
No, it is small.

Vous ne connaissez pas cette femme.
Zut! Elle est formidable!

You do not know that woman.
Darn-it! She is wonderful!

Oui maintenant, j'ai cinq problèmes!!!
Tous les enfants!

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

Qu'est-ce que (what) c'est ça?
Pardon. Quoi?

What is that?
Pardon. What?

Le voilà
Pas mal.

There it is.
Not bad.

Zut!!!
ÇA va?

Darn-it!
OK?

Oui, c'est "cool".
Oui, c'est classe!

Yes, it's cool!
Yes, it's cool! (classy)

Oui, c'est bcbg!
Ne dites pas Matel!!!

Yes, it's cool! (upper class)
Do not say Matel!!!

Ce n'est pas bcbg!!!

It is not cool (upper class)!!!

Je dois faire ceci.
Vous devez faire cela.

I must do this.
You must do that

Formidable?
Oui, vous êtes formidable!

Wonderful?
Yes you are wonderful!

Au revoir, a bientôt!

Bye bye, for now!

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 "French Place" ... in your mind ...

And when you feel ... you are ready ... and you want to ... you can start the process of reorienting yourself ... bringing yourself back ... taking your time ... and when you are ready ... you can fully orient yourself ... and allow your eyes to open ... feeling well ... and happy ... because ... and you will begin to experience confidence ... more and more ... because ... from now ... in every day ... in every way ... you will ... be getting ... better and better ...

And as we end of each CRE session ... 30 minutes has just flashed by ... to be repeated ... and enjoyed ... many times ... relaxed ... calm and confident ... of achieving a beautiful accent ... that becomes natural for you ... with learning that is efficient and effective ... so from now on ... be positive ... and with a positive expectation of success ... surprise yourself ... as you feel the continuing support ... of our Team ... which all began in Bayonne, France on August 15, 2001 ... and of course ... as with all things ... we believe can do ... together ... God Bless ...

18. NATURAL VOCABULARY:

(without accents)

a. Greetings/Exclamations:

hello salut	good morning, bonjour	how are you? comment allez vous?	I am well je vais bien	thank you merci
goodbye au revoir	yes oui	no non	OK ça va	not too bad pas mal
Darn-it! zut!	Matel! Merde!	there it is! le voila!	"cool"!!! cool/classe/sympa/clain/bcbg!!!	

b. Verbs:

to be etre	have avoir	like aimer	want vouloir	can pouvoir
do faire	say/speak dire/parler	go aller	come venir	give donner
take prendre connaitre	eat manger	drink boire	sleep/go to bed dormir/coucher	know savoir/
understand comprendre	must devoir			

c. Prepositions:

some quelque/en	a un/une	the le/la	to a	from de
--------------------	-------------	--------------	---------	------------

d. Pronouns:

I je	you vous	he il	she elle	we nous
it ce	this ceci	that cela	Mr Monsieur	Mrs. Madame

e. Nouns:

money argent	thing chose	man homme	woman/wife femme	water eau
-----------------	----------------	--------------	---------------------	--------------

car	ticket	book	friend
auto	billet	livre	ami

f. Adjectives/adverbs/Other:

good	bad	big	small	now
bon	mauvais	grand	petit	maintenant
later	a little	wonderful!	happy	easy/difficult
plus tard	un peu	formidable!	Heureux	facile/difficile

here/there
ici/là-bas

g. Interrogatives:

how much?	where?	what?	who?	when?
combien?	ou?	que/quoi/quel	qui?	quand?

Note: What is this? **Qu'est-ce que c'est?**
Question? **Est-ce que?**

h. Numbers:

one	two	three	four	five
un	deux	trois	quatre	cinq

i. And some survival words:

WC (toilette), always (toujours), fast/slow (vite/lente), but, (mais), never (jamais), please (svp - s'il vous plait), food (nourriture), train (train), bus (autobus), home (chez-soi), work (travail), time (temps), today (aujourd'hui), tomorrow (demain), paper (papier), newspaper (journal), day (jour), week (semaine), year (annee), hour (heure), minute (minute), hamburger (hamburger), McDonalds (McDonalds), think (penser), read (lire), write (ecrire), laugh (rire), dance (dancer), later (plus tard), stop (arreter), policeman (gendarme), six (six), seven (sept), eight (huit), nine (neuf), ten (dix), hundred (cent), thousand (mille) mate (mec/pot) ... bye bye for now (au revoir mon pot)!!

19. NATURAL FEEDBACK AND NEW IDEAS

(to robertboland@wanaqdoo.fr)

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

2. WHAT WAS GOOD ABOUT IT?

3. WHAT WAS BAD ABOUT IT?

4. WHAT NEW IDEAS?

5. HOW CAN WE HELP YOU IN THE FUTURE?

20 - DAILY MINI PHRASE BOOK

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

BASICS:

Thank you.

Hallo

Yes/no

Please

Excuse me

Everything is OK!

Merci

Bonjour

Oui/non

S'il vous plait

Excusez moi

Tout va bien!

INTRODUCTIONS:

Good morning

Good-bye.

My name is ...

What is your name?

How are you?

Fine thanks

And you?

Where do you come from?

I'm from:

France

England

America

I work with:

UN

Red Cross

Nokia

Bonjour

Au revoir

Je m'appelle ...

Comment vous appelez vous?

Comment allez vous?

Je vais bien, merci

Et vous?

D'ou venez vous?

Je viens de:

France

Angleterre

l'Amerique

Je travaille a:

l'ONU

la Croix Rouge

Nokia

QUESTIONS:

I must do this.

You must do that.

When/how?

What/why?

Who/which?

Where is/are ...?

Where can I find ...?

How much is it?

Can you help?

What does this mean?

Je dois faire ceci.

You must do that.

Quand/comment?

Quoi/pourquoi?

Qui/lequel?

Ou est/sont ...?

Ou puis je trouver ...?

Combien est-ce?

Pouvez-vous m'aider?

Que veut dire ceci?

UNDERSTANDING:

I understand

I don't understand.

Je comprends

Je ne comprends pas

Please say that again..
Can you translate this?
Can I have...?
Do you speak:
 english/spanish?
I don't speak
I speak a little ...

Dites cela encore une fois, svp
Pouvez vous traduire ceci?
Est ce que je peux avoir ...?
Est ce que vous parlez:
 anglais/espanol?
Je ne parle pas ...
Je parle un peu de ...

COMMENTS:

It's:
 better/worse
 big/small
 cheap/expensive
 good/bad
 hot/cold
 near/far
 vacant/occupied
OK!

C'est:
 meilleur/pire
 grand/petit
 bon marche/cher
 bon/mauvais
 chaud/froid
 tout près/loin
 libre/occupe
D'accord!

FOOD:

I like:
 breakfast
 lunch
 dinner.
May I have some:
 bread/butter
 cheese
 eggs
 meat/potatoes
 apples/oranges
 coffee/tea
 milk
 fruit juice
 water

J'aime:
 le petit déjeuner
 le déjeuner
 le dîne
Pourrais-je avoir;
 du pain/beurre
 du fromage
 des oeufs
 de la viande/des pommes de terre
 des pommes/oranges
 du café/the
 du lait
 du jus de fruit
 de l'eau

I want to pay now.
I think there is a mistake.
We enjoyed it.

Je veux payer maintenant.
Je crois qu'il y a une erreur.
Nous nous sommes bien amuses

TRANSIT:

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

Où est, le magasin le plus près?
Où puis je trouver un taxi?
Combien pour aller a ...?
Amenez moi a cette adresse.
Arretez ici, svp.
Ceci n'est pas le bon chemin.
Allez tout droit.

It's there, on the:
left/right
next to/after
north/south
east/west

Where is the:
town centre
pharmacy

Le voila:
a gauche/droite
prés de/après
nord/sud
est/ouest

Ou est le/la:
centre de la ville?
pharmacie?

SHOPPING:

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

Avez vous ...?
Combien coute ceci/cela?
Je le prendrai.

What colours have you?

Black
Blue
Red
White
Yellow
Green

Quelles couleurs avez vous?

noir
bleu
rouge
blanc
jaune
vert

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

Je veux acheter:
de l'aspirine
du savon
un demi kilo de pommes
un litre de lait
un film/un journal

TELEPHONE:

Hello, this is ...

Please speak:

louder
slowly

I want to speak to:

Mr.
Mrs.
Miss

Allo, ici ...

Parlez svp:

plus fort
plus lentement

Je veux parler avec::

Monsieur
Madame
Mademoiselle

When will he be here/there? Quand sera-t-il/elle là?

Ask him to telephone m

Demandez-lui de me telephoner

TIME:

Do you have enough time?

What time is it?

The time now is:

Avez vous assez de temps?

Quelle heure est il?

Maintenant il est:

five past one
quarter to three
twenty past four
half past six

une heure cinq
trois heures moins le quart
quatre heures vingt
six heures et demie

MEETINGS:

We will see you:

today
tomorrow
next week
in the morning
in the afternoon
in the evening
tonight
soon

Nous allons vous voir ...

aujourd'hui
demain
la semaine prochaine
le matin
l'après-midi
le soir
ce soir
bientôt

You are right/wrong.

That is right

Vous avez raison/tort.

C'est correct.

LOCATIONS:

Here/there
At the UN office
Is it near/far
How many hours?

Ici/là
Au bureau de l'ONU
Est ce tout près/loin?
Combien d'heures?

21. PLAY QUIZ

(Challenge - complete and discuss with a natural speaker)

- | | |
|---------------------------|-------------------------------|
| a. I am well, thank you | D'accord. |
| b. Excuse me | Merci |
| c. Thank you. | Je vais bien, merci. |
| d. OK | Pardon. |
| e. You're welcome! | Bravo. |
| f. Well done | Je vous en prie! |
| g. Hello | Comment allez vous? |
| h. How are you? | Salut |
| i. Welcome! | Bien venue. |
| j. Welcome home | Excusez-moi de vous déranger. |
| k. So sorry to bother you | Pas de problème. |
| l. No bother | Bienvenue chez vous. |
| m. Yes | Garçon? |
| n. Please | Svp. |
| o. I am sorry | je suis désolé. |
| p. Waiter? | Oui. |
| q. How much is that? | Quelle heure est-il? |
| r. Where is the toilet? | Où/Quand/Pourquoi? |
| s. Where/when/why? | Où sont les toilettes? |
| t. What time is it? | Combien pour cela? |
| u. Help me please? | Je ne comprends pas. |
| v. I do not understand | Parlez lentement, svp. |
| w. What does this mean? | aidez-moi, svp? |
| x. Please speak slowly | Qu'est-ce que ça veut dire? |
| y. See you later | Bon appetit/a votre sante. |
| z. Good food/cheers!! | A tout a l'heure. |

Answers: In the Berlitz phrase book ... if you need them ...

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

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

Our natural suggestions are:

1 - Do APS. Play the LEARNING REINFORCEMENT audio tape. Do IRT and the Throat exercise. Study the Brief Grammar and Mini-Phrase Book to understand every word. Then SPEAK wth 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 interactvie conversation. Then do it as SPEED READING (reverse-mode) in 4 minutes. SPEAK with tape and text using three different voices ... just for fun!

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

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

Special Vocabulary for UNHCR

(Challenge - complete in your language and then discuss with a fluent speaker)

English	Pashto	Dari	French
Airport	hawaa dagar	maydaan-e hawaa-i	
Army	pauz	fauj/ordu	
Asylum	panaah	pamaah	
Border	pdlay	sarhadd	
Camp	dd kaamp	kaamp-d	
Children	muchouman	awladah	
Clothing	jama	poxaak	
Cooking pot	chainaq	dd paxldy loxay/deg	
Cooperation	hamkari	pd gdda kaar kawdl	
Customs	gumruk	gumruj	
Delay	nawakta	dzandy	
Detention	ndzar-band	tawkif	
Development program	dd wadi prograam	prograam-d ynkyshaafi	
Displaced persons	be-zaya shdwi 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/syhhat	
Hospital	roghtun	shafakhana	
House	kor	khana/kor	
HQ	mankaz	mankae	
Human rights	dd bashar hakkuna	hokuk e bashar	
Husband	mehra	shwahan	
Lamp	dewan	tsheragh	
Legal protection	kaanuni saatdna	hymayat e kanoun	
Malnutrition	bada ghdzaa	sou-e taghziya	
Material assistance	maadi komak	komak-e mawadi	
Ministry	wdzaarat	wezarat	
Nutrition	ghdzaa	taghziya	

Pain - days/weeks	dard worat	dard e ruz/hafta
Pain - months/years	dard hafta	dard e mo/sol
Pain - treatment	dard mehda	dard e ta-dow-wi
Pain - arms/legs	dard bazou/paie	dard e dest/pal
Pain - chest	dard sina	dard e sina
Pain - ears/eyes	dard gauche/sterguee	dard e goch/cheshom
Pain - hands/feet	dard daste/paie	dard e dest/pai
Pain - head/neck	dard sav/gardan	dard e sar/ghardin
Pain - stomach	dard mehda	dard e meda
Persecution	zawrawdi	aziyat
Petrol	tel	petrol/tel
Police-station	dd polis st-eshan	sar-mammuriyat-e-police
President	mdshir	ra-is
Prison	bandy-khana	zyndan
Province	ayaalat	wela-yate
Reception centre	dd melma paaldne	mahal e pazirahi/ markaz-d paziraa-i
Refugee	mohajer	panahenda
Representative	astaazy	nema-yandghi
Rural	da kdll	
Sanitation	hyfzu-syhna	hyfzu syhha
Shelter	rijdi	panaga
Status	haysiyat	haysiyat
Tent	rijdi	gihejdi/khayma
Torture	shekanja	shykanja
Town	khar	shahr
Transportation	transport	transport
Travel Docs	sdd safar sanaduna	sdd safar sanaduna
Tribe	t-dbdr	kabila
Truck	lan mot-dr/lari	motar-d laar/lari
Urban	dd khari	dd khari
Village	kday	karya
Voluntrary repatriation	pd rdzaa-sara berta legal	bar-gasht-d yraadi
War	jagara	jangu
Water	aaba	aab
Wife	kaza	zawja/khanom

APPENDIX C - BRIEF GRAMMAR

1. Structure - subject, object and verb:

JE suis ici.

I am here.

L'ENFANT est ici?

The CHILD is here.

EST-CE-QUE (is it that) l'enfant est ici? QUESTION - is the child here?

2. Articles:

UN enfant est ici

A child here is.

3. Nouns:

Les ENFANT-S sont ici.

The CHILD-REN are here.

Le BON enfant est ici.

The GOOD child is here.

IL est un enfant.

HE is a child.

4. Possession:

Il est MON enfant.

He is MY child.

5. Relative:

L'enfant QUI est ici.

The child WHO here is.

6. Demonstrative:

CET enfant est ici.

THIS child is here.

CET enfant LA est là.

THAT child is there.

7. Interrogatives:

QUE-CE-QUE C'est cette chose?

WHAT is this thing?

QUI est ici?

WHO is here?

OU est l'enfant?

WHERE is the child?

COMBIEN est le livre?

HOW-MUCH is the book?

8. Imperatives:

Faites ceci!

DO this!

VENEZ ici!

COME here!

9. Negatives:

Oui, j'ai le livre.

Yes, I HAVE a book.

Non. je N'ai PAS le livre.
book.

No, I do NOT have the

NE venez PAS ici.

Do NOT come here.

10. To be, have and want - present tense:

Je suis/ai/veux

I am/have/want

Vous êtes/avez/voulez

You are/have/want

Il est/a/veut

He is/has/wants

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

**KEY CONCEPT: Relax and ... let your body ... and your mind ABSORB...
the new language just as you did ... so well ... with your first natural
language ... all those years ago ... MERCI!"**

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

Description: dynamic English-based brief language learning system developed initially with some UN staff, for aid workers in Afghanistan, and now available in: Dari, Pashto, Uzbek, Tajik, Turkmen, English, French, German, Spanish, Portuguese, Hindi, Urdu, Finnish, Arabic, Indonesian, Malay, Shona, Russian, Mandarin, Xhosa etc etc .

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

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

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

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

Further information: 33 450 408982 or 199 Chemin Garenne, Preveessin, 01280 France or email: robertboland@wanadoo.fr from Dr. Bob Boland MD, MPH (Johns Hopkins), DBA, ITP (Harvard Business School), Former visiting professor at: INSEAD: IMD, Cranfield, Columbia, GSB, Stellenbosch, Wits, WHO, ILO, WB, UNEP, UNIDO, AID, IRC, Peace Corps, Shell, Burma, Barlows, Baxter, Nokia etc.

BRIEF DICTIONARY - ENGLISH/ FRENCH/ SPANISH/ GERMAN
(rough spelling and gender and few accents)

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	aeroporto,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	garçon,le	niño/muchacho	Junge
bread	pain,le	pan	Brot
breakfast	petit dej.le	desayuno	Frühstück
brother	frère,le	hermano	Bruder, der
bus	autobus,le	autobús/camión	Bus

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

English	Anglais	inglés	Englisch
enjoy	s`amuser	gozar de	sich freuen
enough	assez(de)	bastante/suf.	genug
etc.	et cetera	etcétera	usw
evening	soir,le	tarde	Abend
every	chaque	cada	jeder
fall off	tomber	caer	fallen
family	famille,la	familia	Familie
father	père,le	padre	Vater
father/law	beau-père,le	suegro	Schwiegervater
fat	gros	gordo	fett
Febuary	Février	febrero	Februar
fifty	cinquante	cincuenta	fünfzig
fight	combattre	luchar	kämpfen
finance	financer	finanza	finanzieren
find	trouver	encontrar	finden
fine	beau	fino/perf/bel.	schön (Wetter)
fingers	doigts,les	dedos	Finger
finish	finir	terminar	beenden
fish	poisson,le	pescado	Fisch
five	cinq	cinco	fünf
fog	brouillard,le	niebla	Nebel
food	nourriture,la	comida/alim.	Essen
fools	fous,les	tontos/locos	Verrückten
for	pour	para/por	für
fork	fourchette,la	tenedor	Gabel
four	quatre	cuatro	vier
forty	quarante	cuarenta	vierzig
Friday	Vendredi,le	viernes	Freitag
friendly	sympathique	amigable	freundlich
friends	amis,les	amigos	Freunde
future(adj)	futur	futuro	zukünftig
game	jeu,le	juego	Spiel
generally	généralement	generalmente	allgemein
get	obtenir	obtener	bekommen
girl	jeune fille,la	niña/muchacha	Mädchen
give	donner	dar	geben
glass	verre,le	vaso	Glas
go	aller	ir/andar	gehen
good	bon	bueno/buen	gut
goodbye	au revoir	adiós	auf 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	dêtester	odiar	hassen

have	avoir (j'ai)	haber/tener	haben
he	il	él	er
hello	salut	hola	hallo
help	aider	ayudar	helfen
helpful	utile	util	behilflich
her (acc.)	la/lui	la/le	ihr
here	ici	aquí	hier
herself	ellemême	ella misma	sie selbst
him	le/lui	le/lo	ihn/ihm
himself	luimême	él mismo	er selbst
his	son	suyo	sein
honest	honnêt	honrado	ehrlich
hope	espérer	esperar	hoffen
hospital	hopital,le	hospital	Krankenhaus
hot	chaud	caliente	heiss
hotel	hotel,le	hotel	Hotel
how are y.?	comment a.v.?	cómo está Ud?	wie geht e.I.?
how many?	combien de?	cuántos?	wieviel?
however	cependant	sín embargo	jedoch
hundred	cent	cien	hundert
hungry	avoir faim	tener hambre	hungrig
husband	mari,le	esposo/marido	Ehemann
I	je	yo	ich
I am well	je vais bien	muy bien	mir geht es gut
icecream	glace,la	helado	Eis
if	si	si	wenn
important	important	importante	wichtig
impossible	impossible	imposible	unmöglich
in front of	devant	enfrente de	vor
intelligent	intelligent	inteligente	klug
inventory	inventaire, l'	inventario	inventor
is (he)	est (il)	es	ist (er)
it	cela	eso	es (er)
itself	celamême	eso mismo	es selbst
January	Janvier	enero	Januar
journey	voyage,le	viaje	Reise
July	Juillet	julio	Juli
June	Juin	junio	Juni
knife	coûteau,le	cuchillo	Messer
know	savoir/conn.	saber/conocer	wissen
labour	main d`oeuvre	trabajo	Arbeit
language	langue,la	idioma	Sprache
late	tard	tarde	spät
later	plus tard	mas tarde/lu.	später
learn	apprendre	aprender	lernen
less	moins de	menos	minus/weniger
letter	lettre,la	carta/letra	Brief
life	vie,la	vida	Leben

like (verb)	aimer	gustar	gern haben
listen	écoûter	oir	zuhören
little	peu	poco	wenig
long	long	largo	lang
long run	finalément	a lo largo	auf die Dauer
look	regarder	mirar	schauen
look for	chercher	buscar	suchen
loss	perte, la	pérdida	Verlust
lot, lots	beaucoup de	mucho	viel
love	aimer bien	querer	lieben
low	bas	bajo	tief
lucky (be)	avoir/chance	tener suerte	Glück (haben)
luggage	bagages, les	equipaje	Gepäck
lunch	déjeuner, le	almuerzo	Mittagessen
make/do	faire	hacer/realizar	machen
man	homme, l'	hombre	Mann
manager	directeur, le	gerente/dir.	Manager
many	beaucoup (de)	muchos	viele
map	plan, le	mapa	Landkarte
March	Mars	marzo	März
marriage	mariage, le	matrimonio	Heirat
marry	se marier	casar	heiraten
materials	materiaux, les	materia prima	Materialien
May	Mai	mayo	Mai
me	me	mi	mich
meal	repas, le	comida	Essen
meat	viande, la	carne	Fleisch
meet	rencontrer	encontrar	kennen lernen
meeting	réunion, la	reunión	Versammlung
mind (not)	égal (être)	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	mois, le	mes	Monat
more	plus	más	mehr
morning	matin, le	mañana	Morgen
mother	mère, la	madre	Mutter
motheri. l.	bellemère	suegra	Schwiegermutter
Mr	Monsieur	Señor	Herr
Mrs	Madame	Señora	Frau
multipl. by	multiplier par	multiplic. por	multipliz. mit
must	devoir	deber/tener de	müssen
my	mon	mi/mis	mein
myself	moi-même	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	noit,la	noche	Nacht
ninety	quatrev.dix	noventa	neunzig
no	non	no	nein
nobody	personne	nadie	niemand
noise	bruit,le	ruido	Krach
not	ne...pas	no	nicht
nothing	rien	nada	nichts
November	Novembre	noviembre	November
now	maintenant	ahora	jetzt
o`clock	heures (7.00)	hora (7.00)	Uhr (7.00)
October	Octobre	octubre	Oktober
of course	naturellement	naturalmente	natürlich
Oh!	Oh!	O!	Ach!
old	vieux	viejo	alt
on	sur	sobre	auf
one	un	un/uno	eins
or	ou	o	oder
orders	ordres,les	órdenes	Bestellung
our	notre	nuestro	unser
ourselves	nousmême	nosostros	wir selbst
out	dehors	fuera	aus
overheads	frais gen.les	gasto gener.	Laufenden U.
owner`s eq.	capital,le	capital	Anlagekapital
parents	parents,les	padres	Eltern
passport	passeport,le	pasaporte	Pass
people	gens	gente	Menschen
place	endroit,le	sitio/lugar	Platz
plane	avion,le	avión	Flugzeug
plate	assiette,la	plato	Teller
please	s`il v. plaît	por favor	bitte
police	police,la	policía	Polizei
polite	poli	cortés	höflich
porter	porteur,le	portero	Träger
possible	possible	posible	möglich
present	prèsent	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	Banhhof
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	nosostros	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	vousmême	usted	Sie selbst
yourselves	vousmêmes	ustedes	Sie selbst
zero	zero	cero	null

THE ONE HUNDRED MOST USED WORDS IN CONVERSATION
(Challenge ... chat and associate ... with a natural speaker)

APS - LEARNING REINFORCEMENT

1. A/an UN/UNE	2. After APRES	3. Again ENCORE	4. All TOUT	5. Almost PRESQUE
6. Also AUSSI	7. Always TOUJOURS	8. And ET	9. Because PARCE QUE	10. Before AVANT
11. Big GRAND	12. But MAIS	13. I can JE PEUX	14. I come JE VIENS	15. Either/or OU/OU
16. I find JE TROUVE	17. First PREMIER	18. For POUR	19. Friend AMI	20. From DE
21. I go JE VAIS	22. Good BON	23. Goodbye AU REVOIR	24. Happy HEUREUX	25. I have J'AI
26. He IL	27. Hello BONJOUR	28. Here ICI	29. How COMMENT	30. I JE/MOI
31. I am JE SUIS	32. If SI	33. In DANS	34. I know JE SAIS	35. Last DERNIER
36. I like JE VEUX	37. Little PEU	38. I love J'AIME	39. I make JE FAIS	40. Many BEAUCOUP
41. One UN	42. More PLUS	43. Most LE PLUS	44. Much BEAUCOUP	45. My MON
46. New NEUF	47. No NON	48. Not NON	49. Now ALORS	50. Of DE
51. Often SOUVENT	52. On SUR	53. One UN	54. Only SEUL	55. Or OU
56. Other AUTRE	57. Our NOTRE	58. Out DEHORS	59. Over SUR	60. People GENS
61. Place ENDROIT	62. Please SI VOUD PLAIT	63. Same QUELQUE	64. I see JE VOIS	65. She ELLE
66. So DONC	67. Some QUELQUE	68. Sometimes QUELQUE FOIS	69. Still ENCORE	70. Such COMME CA
71. I tell JE DIS	72. Thank you MERCI	73. That QUE	74. The LE/LA	75. Their LEUR
76. Them EUX	77. Then DONC	78. There is IL Y A	79. They ILS/ELLES	80. Thing CHOSE
81. I think JE PENSE	82. This CE	83. Time TEMPS	84. To A	85. Under SOUS
86. Up EN HAUT	87. Us NOUS	88. I use J'TILISE	89. Very TRES	90. We NOUS
91. What QUEL	92. When QUAND	93. Where OU	94. Which LEQUEL	95. Who QUI
96. Why POURQUOI	97. With AVEC	98. Yes OUI	99. You VOUS	100. Your VOTRE

AUTONOMIC PLAYBACK SYSTEM

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