

CRE - CREATIVE RELAXATION EXERCISE

THE NATURAL WAY TO PLAY WITH LANGUAGE WITH A BEAUTIFUL ACCENT AND 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 ... Gracies! "

NO. 303A - CATALAN from ENGLISH Version 3 - February 2021

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/Berlitz phrase-book.

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1.1 STRUCTURE

This CRE helps you to understand the structure of the language instinctively, using simple English to the Catalan phrases, and absorbing without effort, the meaning of key words. There is also a brief note on Grammar, a listing of the 100 most used words in conversation, a daily mini-phrasebook and a brief English-Catalan/Spanish/Fench/German Dictionary.

1.2 MEMORY

A simple technique for the memory of unusual sounds, is to make up a ridiculous English phrase as a memory "trigger", sometimes shouting:

Thank you ... gracies ... say ...

... thank you ... I'M SO GGGGGRATEFUL ... gracies ... gracies ...

What is your name ... com es diu voste ? .. say ...

... what is your name ... COME DUE IN THE VESTRY ... com es diu voste...

Goodbye ... adeu ... say ...

... goodbye ... ADD YER ... adeu ... adeu ...

or email the team for our CRE 33 MemoryAlert.

1.3 PRACTICE.

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

1.4 INSTINCTIVE COMMUNICATION

Read everything aloud with a beautiful accent and strong emotions! Begin to repeat each phrase a second time from memory ... not just reading. Have fun "speed reading" to exercise the throat. Make an audio tape of the phrase-book with spaces for repeat or response and play it back to yourself, speaking very loud! Play the CRE tape as you begin to sleep at night. Speak with total body language (eyes, face, arms etc.), to express meaning. Talk to everybody. Be happy and positive and be sure ... to expect some good news ... every day!

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 ...!!

Hallo	Hola
Yes/no	Si/no
Please	Si us plau
Thank you.	Gracies
Excuse me	Perdó
Good morning	Bon dia (day)
Good-bye.	Adeu
My name is ...	El meu (my) nom es ...
What is your name?	Com (what) es diu voste?
How are you?	Com esteu?
Fine thanks	Be, gracies

etc. etc. ... questions and answers ... with laughter ... so on we go ... together

INSTANT RELAXATION TECHNIQUE

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

2. So, get into that comfortable position, in which you know ... you really can relax. Be aware that marble gets warm as it absorbs heat from contact with your right hand. Open you hand and allow the warmth to evaporate. Close the hand again, and recognise 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.

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 TO SPEAK AND ENJOY THE LANGUAGE WITH A BEAUTIFUL ACCENT ... NATURALLY ... RAPIDLY ... AND EASILY ... WITHOUT EFFORT"

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

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

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

Note: This simple CRE "Instant Relaxation Technique" can be used anywhere (eyes open or closed) to achieve a calm mind ... without anger, anxiety or stress ... ready and confident to learn .. or deal with any new problem ... that you face.

SIMPLE THROAT EXERCISE - 16 KEY WORDS

(Repeat EACH Catalan word many times slowly ... and then very high speed)

Hello	Ho-la	HOE-LAA
Mr.	Sen-yor	SAY-NNORR
Mrs.	Sen-yora	SAY-NNORR-AA
Yes	Si	SEE
No	No	NOOO
Good	Be	BBE
Please	Si us plau	SEE US PLOW
Do you have?	Ten-iu?	TEE-EN-ERR?
Thank you	Gra-ci-es	GRAA-SEE-IS
Goodbye	Adeu	ADD-ERR
See you soon!!!	A re-veure!	AH RERRV-ERRE
Who?	Qui?	KEE
What?	Que?	KAY
I want	Jo vull	YO VULLL
Where?	On	BAY
OK!	Be!	BOW!

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

NATURAL SUGGESTIONS

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

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

1 - Do IRT. THEN record sections 2-15 in Catalan at high speed - to establish your starting position - just for fun! Do the Throat exercise - 16 key words. Play the tape (30 minutes) with the text (hear, see, speak, MOVE, and feel) ... make it fun! Review the Glossary (2 pages).

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

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

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

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

6 - Play the tape SPEAKING with a beautiful CONFIDENT accent.
Do the quiz (1 page). Create conversation with mini phrase book.

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

NATURAL SUGGESTIONS (continued)

Generally:

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

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

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

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

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

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

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

1. GENTLE RELAXATION ...

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

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

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

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

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

2. HERE AND THERE:

Jo (I) soc aquí (here).
Vosaltres sou allà (there).

I am here.
You are there.

Sou allà vosaltres (you)?
Si (yes), vosaltres sou allà.

Are you there?
Yes, you are there.

Sou aquí vosaltres (here)?
No, vosaltres no sou aquí.

Are you here?
No, you are not here.

(it) És aquí.
És aquí.
Es aquí?
Jo no ho se (know).

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

On es el Miquel?
Ell no es aquí.

Where is Miquel?
He is not here.

On es ell (he)?
Jo no ho se (know).
Ostres! Ell es aquí! (there)

Where is he?
I do not know.
Damn! There he is!

Ell (he) es genial!

He is wonderful!

3. LIKING (agradar):

M'agrada. (you)
T'agrada?
Si (yes), m'agrada.

I like you (you are pleaseing to me).
Do you like me?
Yes, I like you.

A tu, t'agraden els diners (money)?
Si, a mi m'agraden els diners.

Do you like money (to you pleasing money)?
Yes, I like the money.

M'agrada l'aigua (water).
T'agrada l'aigua.
M'agraden alguns (some) llibres.

I like water.
You like water (to you pleasing water)
I like some books.

A ell li agrada el cotxe.
A ella no li agrada el cotxe.

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

T'agrada el sopar (dinner) ?
No, no m'agrada el sopar.

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

Ostres! Merda!
Si us plau, no diguis merda!

Oh. Darn! Mate! (or something worse!!!)
Please do not say Mate!

4. DOING (fer):

Jo faig (do).
Jo faig això (this)

I do.
I do this.

Vosaltres (you) f-eu
Vosaltres f-eu això.

You do.
You do that

Nosaltres f-em això (that).
I nosaltres (we) estem contents.

We do that
And we are happy.

És fàcil (easy)?
Sí, no es difícil.

Is it easy?
Yes, it is not difficult.

F-eu això vosaltres?
F-eu, això, si us plau (please)!!!

Do you do that?
Do that please!!!

Ostres!!!
Això (it) es meravellós.

Darn!!!
It is wonderful!

5. CAN/ABLE TO DO (poder):

Jo puc (can)
Puc?
Sí (yes), jo puc.

I can
Can I?
Yes, I can.

Podeu vosaltres fer (do) això?
Sí, jo puc (can) fer (do) això.

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

Jo puc menjar (eat) una mica (little).
Jo puc beure (drink) una mica.

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

Puc anar (go).
Puc (can) venir.
Puc dormir.

I can go.
I can come.
I can sleep.

Vosaltres pod-eu parlar (speak).
Pod-eu (can) parlar vosaltres?
Sí (yes), jo puc.

You can speak.
Can you speak?
Yes, I can.

Pod-eu (vosaltres) fer (do) això (this)?

Can you do this?

No, jo no puc fer això (that).

No, I can not do that.

Pod-eu entendre-ho (understand)?

You can understand?

Ho enteneu?

Can you understand?

Si, una mica (little).

Yes, a little.

Pod-eu dir (say) Mate?

Can you say Mate?

Si, jo puc parlar (speak) Català una mica.

Yes, I can speak a little Catalan!

Ostres! Jo soc meravellós!

Darn! I am wonderful!

6. UNDERSTANDING (entender):

Jo (I) entenc.

I understand.

Jo no ho entenc.

I do not understand.

Vosaltres (you) enten-eu.

You understand.

Vosaltres no ho enten-eu.

You do not understand.

Enten-eu a les dones (women) vosaltres?

Do you understand women?

No. No. Jo no les (them) enten-c!

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

Oh. Maleit siga! Mate!

Oh. Darn! Mate!

Si us plau, no digu-eu (say) Mate.

Please do not say Mate!

Vosaltres sou meravellosos!

You are wonderful!

7. WANTING (volar):

Jo vull (want).

I want.

Jo vull menjar (eat) una mica.

I want to eat a little.

Jo vull beure (drink) aigua.

I want to drink the water.

Jo vull anar (go) al lavabo!

I want to go to the toilet!!!

Vol-eu (want) menjar una mica?

Do you want to eat a little?

No, jo no vull menjar (eat).

No, I do not want to eat.

Ostres! Jo vull donar-te'n (give you) una mica.

Darn! I want to give you a little.

No, gràcies.

No, thank you.

Jo vull venir (come).

I want to come.

Vol-eu dormir (sleep)?

Do you want to sleep?

No, jo no vull (want) dormir.

No, I do not want to sleep.

Miquel, vols menjar granotes (frogs)?
Ostres! No ara (now) no, gracies!

Miguel do you want to eat the frogs?
Darn! Not just now, thank you!

Nosaltres som meravellosos!

We are wonderful!

8. GETTING:

Don-im (give me), diners, si us plau.
Agafi (take) els diners, si us plau.
Jo agafo (take) els diners.

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

Don-im el bitllet (ticket), si us plau
Agafi el bitllet, si us plau (please).
Jo agafo (take) el bitllet.

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

Don-im aquesta cosa (thing), si us plau.
On (where) es (is) aquesta cosa?
Jo no ho se (know).

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

Si us plau, don-im un home (man),
Ostres!!! Quina dona (woman)!
Ella es meravellosa.

Please give me a man!
Darn!!! What a woman!!
She is wonderful!

9. HAVING (tenir):

Jo tinc (have/hold) una cosa
Jo no tinc una cosa (thing).

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

Vosaltres (you) ten-iu una cosa.
Nosaltres (we) ten-im una cosa.
Ella te (has) una cosa.

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

Jo tinc un mica temps (time), senyoreta!
Ten-iu (have you) uns quants diners, Señor?
No.

I have a little time, Miss!
Do you have a little money, Sir?
No.

Oh Mate!
Si us plau, no digu-eu (say)Mate!

Oh. Mate!
Please do not say Mate!

10. ORDERING (POLITELY):

Don-i-m (give me) aquesta cosa, si us plau.

Please give me the thing.

Don-i-m els diners, si us plau (please).	Please give me the money.
Don-i-m aigua, (water) si us plau Gracies.	Please give me the water. Thank you.
Si us plau, no beveu (drink) aigua a França. Beveu (drink) vi.	Please don't drink the water in France!! Drink the wine.
Ving-ui (come) aquí, si us plau An-eu (go) allà, si us plau	Please come here. Please go there.
Beu (drink) això, si us plau No mengis (eat) això!	Please drink this. Do not eat that!
Don-a-m això, si us plau No agafis (take) això, si us plau.	Please give me this. Please do not take that.
Digu-es (say) això, si us plau Si us plau, no dig-uis Mate	Please say this. Please do not say Mate.
Ostres!!! Vosaltres sou meravellosos.	Darn it!! You are wonderful!

11. GREETING:

Hola, Carmen! Hola Paula .	Hello Carmen! Hello Paula.
Bon dia Miche. Bon dia Sancos.	Good morning Miche. Good morning Sancos.
Com (how) estàs, Elisa? Be gracies, Khulu.	How are you, Eliza? I am well, thank you, Khulu.
Que (how) tal, Xavier? Bé, gracies, Miquel.	How goes it, Xavier? OK , thank you Miquel.
Adeu Giles. Adeu, Judith. Si, d'acord (OK) , Hollie	Goodbye Giles (until later). Goodbye Judith. Yes OK, Hollie.
Es meravellos. D'acord, Sam?	It is wonderful! OK Sam?
Si, d'acord, Lucie. Força bé, Henri.	Yes OK, Lucie. Not too bad, Henri (more or less) .

Vaig bé, carinyo?
No!!!
Ostres!!! Ella es meravellosa!

Going well, my donarling?
No!!!
Darn!!! She is wonderful!

12. DESCRIBING:

Això es bo,
No es bo.

It is good.
It is not good.

Es dolent (bad).
Es un llibre.

It is bad.
It is a book.

Es gran?
No, es petit (small) .

Is it big?
No, it is small.

Es fàcil?
No, es difícil.

Is it easy?
No, it is hard.

L'aigua (water) es bona?
No, l'aigua a França (in France), no es bona!

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

Oh Mate!!!
Si us plau, no di-eu (say) Mate

Oh Mate!!!
Please do not say Mate.

Nosaltres som (are) meravellosos?
Ostres! Si!

We are wonderful?
Darn! Yes!!

13. KNOWING (THINGS & PEOPLE) (saber/coneiyer):

Jo se (know) això.
Saps (know) això?
Si se això.

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

Sab-eu (know) això.
Sab-eu això?
No, jo no se això (that)

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

Jo conec (know) aquesta dona (woman).
Jo conec l'home (man).

I know that woman.
I know the man.

Ell em (me) coneix (knows).
Tu coneixes aquesta dona?

He knows me.
Do you know that woman?

No. Bon dia, Senyora.
Vas bé (well), noia?

No. Good morning Madame?
Going well, Baby?

No, no vaig bé!! Adeu!!
Vosaltres no la (her) coneix-eu!

No, not going well !! Goodbye!!!
You do not know her!

Ostres! Ella (she) es meravellosa!

Darn! She is wonderful!

14. NUMBERING:

Jo tinc (have) un problema.
Si, vosaltres ten-iu (have) un problema.

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

No, vosaltres en ten-iu dos (2) (de ellos).
Ell (he) en te tres (3).

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

Ella en te quatre.
Nosaltres (we) en ten-im cinc (5).

She has four.
We have five.

En ten-iu cinc?
Si ara (now), jo tinc cinc problemes!!!

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

Tots (all) els infants!
Els infants (children) son meravellosos.!

All the children!
Children are wonderful!

15. ASKING:

Quant val (costs) el llibre?
Cinc dòlars.

How much is the book?
Five dollars.

Quant val (costs) aquesta cosa?
Quant val?
Quatre dòlars.

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

On (where) es ell?
Ell es allà (there).
No, no es allà.

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

On son els serveis (toilets), si us plau?
Els serveis son (are) aquí.

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

Que (whast) es això?
Perdó. Que?
Això.
Oh, es un bon llibre (book).

What is that?
Pardon. What?
That.
Oh, it is a good book.

Que vol-eu?
Jo vull el vi, si us plau

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

Qui (who) es aquí?
Nosaltres (we) som aquí.

Who is here?
We are here.

Qui es aquesta (that) dona?
Jo no ho se.

Who is that woman?
I do not know.

Ostres! Ella es Madona!
Quina dona! Es meravellosa!

Darn! It is Madonna!
What a woman! She is wonderful!

16. EVERYTHING - COLLOQUIAL -(POLITE AND SLANG) - (with unnecessary words omitted ... (jo) etc ...)

(Jo) soc aquí.
(Vosaltres) sou allà.

I am here.
You are there.

M'agrada (a mi).
Us agraden els diners (money) (a vosaltres).

I like you.
You like the money.

Ell fa això.
Ella fa allò.

He does this.
She does that.

Puc (can) parlar Català una mica !
No pod-eu dir (say) Mate?

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

(Jo) Us entenc.
(Vosaltres) no m-enten-eu (understand).

I understand you.
You do not understand me.

Vull anar (go) al bar.
Vol-eu anar als serveis.

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

Ara, tinc molt temps (time), guapa!
Pero, ten-iu (have) molts diners, guapo?!!

Now, I have a lot of time, Honey!
But ... do you have a lot of money, Honey?!!

No beguis (drink) aigua a França, si us plau!!
Beu vi.

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

Com estas, Elisa?
Be, gracies. Khulu.

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

Es gran?

Is it big?

No, es petit.

No, it is small.

No coneixes (know) aquesta dona.
Ostres. Ella es maravillosa!

You do not know that woman.
Dorn! She is wonderful!

Si ara (now), tinc cinc problemes!!!
Tots (all) els infants!

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

Que (what) es això?
Perdó. Que?

What is that?
Pardon. What?

És aquí.
No està malament (bad).

There it is.
Not bad.

Ostres!!!
D'acord?

Darn!
OK?

Si, es "xulo".
Si, collonut!

Yes, it's cool!
Yes, it's cool!

Per favor, no digu-eu (say) "Cojonudo"!!
Pod-eu dir Cojonudo a Espanya.

Please don't say "Cojonudo"!!
You can say Conjpnudo in Spain.

Pero (but) no ,, a America Latina
Si, super!!
I no digueu Mate!!!

But not in Latin America,
Yes, it's cool! (upper class)
And do not say Mate!!!

Meravellos?
Si ... vosaltres ... sou ... meravellosos!
Adeu. A re-veure!
Note: Speed reading - 14 minutes

Wonderful?
Yes ... you ... are ... wonderful!
Bye bye. See you soon!

17. CLOSING

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

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

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

You will feel well ... and you will begin ... to feel 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 ... "Catala Place " on your mind ...

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

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

18. NATURAL VULLABULARY:

(Write it out by hand with emotion ...)

a. Greetings/Exclamations:

hello Hola gracies	good morning, bon dia	how are you? com esteu?	I am well (estic) be	thank you gracies
goodbye adeu	yes si	no no	OK bé, d'acord	not too bad força bé
Darn! Ostres!	Mate! Merda!	there it is! és aquí	"cool"!!! super/collonut!!	

b. Verbs (and first person):

to be ser/estar soc/estic	have tenir tinc	like agradar agra-do	want voler vull	can poder puc
do fer faig	say/speak dir/parlar dic/parlo	go anar vaig	come venir vinc	give donar dono
take agafar agafo	eat menjar menjo	drink beure bec	sleep/go to bed dormir dormo	know saber/coneixer se/conec
understand entendre entenc	must haver he			

c. Prepositions:

some uns quants	a un/una	the el/la	to on/a	from de
--------------------	-------------	--------------	------------	------------

d. Pronouns:

I jo	you vosaltres	he ell	she ella	we nosaltres
it ell	this aixo	that allo	Mr Senyor	Mrs. Senyora

e. Nouns:

money	thing	man	woman	water
diners	cosa	home	dona	aigua
car	ticket	book	friend	
cotxe	bitllet	llibre	amic	

f. Adjectives/adverbs/Other:

good	bad	big	small	now
bo/be	dolent	gran	petit	ara
later	a little	wonderfull!	happy	here/there
al cap de	una mica	meravellos!	content	aquí/allà

g. Interrogatives:

how much?	where?	what?	who?	when?
Quants?	on?	què?	qui?	quan?

Note: What is this? **Que es això?**
Question? **Es?**

*

h. Numbers:

one	two	three	four	five
un	dos	tres	quatre	cinc

i. And some survival words:

please (pf - si us plau), but (pero), never (mai), food (menjar), train (tren), bus (autobús), home (casa), work (feina), time (temps), today (avui), tomorrow (dema), paper (paper), newspaper (diari), day (dia), week (setmana), year (any), hour (hora), minute (minut), hamburger (hamburguesa), McDonalds (McDonalds), think (pensar), read (llegir), write (escriure), laugh (riure), dance (ballar), later (mes tard), stop (prou/para), policeman (policia) mate (riure) ... bye bye mate (a reveure, Riure)!!

19. NATURAL FEEDBACK AND NEW IDEAS

(to feedback@crelearning.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

(Good idea to write out your own copy ... and use it to chat ... speed reading 4 minutes)

BASICS:

Hello	Hola
Yes/no	Si/no
Please	Si us plau
Thank you.	Gracies
Excuse me	Perdó / Perdoni (formal)

INTRODUCTIONS:

Good morning	Bon dia (day)
Good-bye.	Adeu
My name is ... (I am called)	Em dic
What is your name?	Com et dius? / Com es diu? (formal)

How are you?	Com esteu? (plural)
Fine thanks	Be, gracies
And you?	I (and) vostes? (plural /formal)
Where do you come from?	D-ón (where) ven-iu (come)?

I'm from:	Vinc de:
France	França
England	Anglaterra
America	Amèrica

I am with:	Jo vaig amb (with):
UN	la UN
Red Cross	la Creu Roja
Shell	Shell

QUESTIONS:

When/how?	Quan/com?
What/why?	Que/per que?
Who/which?	Qui/que?
Where is/are ...?	On es/son ...?
Where can I find ...?	On (where) puc (can) trobar ...?
How much is it?	Quant val?
Can you help me?	Pod-eu (can) ajudar-me?
What does this mean (want to say)?	Que (what) vol dir (say) això?

UNDERSTANDING:

I understand	Entenc
I don't understand.	No ho entenc
Please say that again..	Sius-plan torni-ho a dir.
Can you translate this?	Pod-eu (can) traduir això (this)?
Can you give me ... ?	Pod-eu donar-me (me) ...?

Do you speak: english/catalan?
I don't speak
I speak a little ...

Parl-eu anglès/catala?
No parlo ...
El parlo (speak) un mica

COMMENTS:

It is:
better/worse
big/small

cheap/expensive
good/bad

hot/cold
near/far
vacant/occupied

Es:
millor/pitjor
gran/petit

barat/car
bo/dolent

calent/fred
a prop/lluny
lliure/ocupat

FOOD:

I like:
breakfast
lunch
dinner.

M'agrada:
l'esmorzar
el dinar
El sopar

May I take a little ... :

bread/butter
cheese
eggs

meat/potatoes
apples/oranges
coffee/tea

milk
fruit juice
water

Puc (can) prendre una mica de...:

pa/mantega
formatge
ous

carn/patates
pomes/taronges
cafè/te

llet
suc de fruita
aigua

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

Vull (want) pagar ara (now).
Penso (think) que hi ha (is) un error
Hem disfrutat.

TRANSIT:

Where is the nearest shop?
Where can I find a taxi?
How much to go to ...?
Take me to this address.

On es la botiga mes propera?
On puc (can) trobar (find) un taxi?
Quant val (how much) anar a (go) ...?
Porti-m a aquesta (this) adreça

Please stop here.
This is the wrong road.
Go straight ahead.

Pari (stop) aquí (here), si us plau.
Es la carretera equivocada
Vagi (go) recte

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

Es allà (there),...:
a l'esquerra/a la dreta
al costat de/després de
al nord/al sud
a l'est/a l'oest
On (where) es el:
centre

SHOPPING:

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

Ten-iu ...?
Quant (how much) es això/al·lo?
Agafa això (it).

What colours have you?

Black
Blue
Red
White

Quins colors tens (have) ?

negre
blau
vermell
blanc

I want to buy:

aspirin
sop
half kilo apples
litre of milk
film/newspaper

Vull (want) comprar:

aspirina
sabó
mig (half) kilo de pomes (apples)
un litre de llet (milk)
pel·lícula, diari

TELEPHONE:

Hello, this is ...
Please speak:
louder
slowly

Hola es ...
Si us plau, parli (speak):
mes fort (loud)
mes lent

I want to speak with:

Mr.
Mrs.
Miss

Vull (want) parlar amb (with) :

el Senyor
la Senyora
la Senyoreta

When is he here/there?
Ask him to telephone me.

Quan (when) es aquí?
Digues-li (ask) que em telefoni

TIME:**Do we have time?****What time is it? ...****It is:**

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

Tenim temps?**Quina (what) hora es?****Son:**

la una i (and) cinc (5)
 tres quarts de tres (4)
 les quatre i vint (20)
 sis (6) i mitja (half)

MEETINGS:**We see you:**

today
 prencrow

next week
 in the morning

in the afternoon/evening
 tonight
 soon

Nosaltres us ve-iem

avui
 dema

la setmana (week) que ve
 al mati

a la tarda/al vespre
 a la nit
 aviat

You are right/wrong.**That is right****Tens raó. / T'equivoques.****Es veritat/ Té tota la rao.****LOCATIONS:****Here/there****At the office****Aquí/allà.****Al departx.****Is it near/far****How many hours?****És a prop. / És lluny.****Quantes (how many) hores?**

21. PLAY QUIZ

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

- | | |
|------------------------------|-----------------------------|
| a. I am very well, thank you | Està be. |
| b. Excuse me | Gracies. |
| c. Thank you. | Estic be, gracies. |
| d. OK | Perdó. |
| e. You're welcome | Ben fet |
| f. Well done | Benvinguts. |
| g. Hello | Com esteu? |
| h. How are you? | Hola |
| i. I want it | Vull això. |
| j. Welcome home | Disculpa que et molesti. |
| k. So sorry to bother you | Cap problema. |
| l. No bother | Benvinguts a casa. |
| m. Yes | Cambrer!! |
| n. Please | Si us plau |
| o. I am sorry | Ho sent-ho. |
| p. Waiter!! | Si. |
| q. How much is that? | Quina hora es? |
| r. Where is the toilet? | On/cuan/per què? |
| s. Where/when/why? | On son els lavabos? |
| t. What time is it? | Quant vale això? |
| u. Help me please? | No l'entenc. |
| v. I do not understand | Si us plau, parli mes lent. |
| w. What does this mean? | Em pots ajudar, si us plau? |
| x. Please speak slowly. | Què significa això? |
| y. We see tonight. | Bon profit/Salut! |
| z. Good food/cheers!! | Ens veiem aquesta nit. |

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

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

RELAX with ... a very **POSITIVE** attitude ... and a very confident **EXPECTATION** of **SUCCESS** ... in just one more day ... of **PLAYING** with the natural language ... instinctively ... naturally ... completely relaxed ... with no stress or effort ... just play! After doing the routines listed below, be sure to buy a Lonely Planet or Berlitz Phrase-book, and just read it **ALL** out **ALOUD** with a natural speaker and a little **ETOH**, and you will understand **EVERYTHING!**

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 CONTACT US section on CRELEARNING.COM.

**APPENDIX B - ADDITIONAL VULLABULARY SELECTED TO
MEET THE SPECIAL NEEDS OF EACH CLIENT
ORGANIZATION (200 WORDS)**

Special Vocabulary for AID WORKERS

English	Pashto	Dari	Catalan (insert)
Airport	hawaa dagar	maydaan-e hawaa-i	Aeroport
Army	pauz	fauj/ordu	Exèrcit
Asylum	panaah	pamaah	Asil
Border	pdlay	sarhadd	Frontera
Camp	dd kaamp	kaamp-d	Acampar
Children	muchouman	awladah	Infants
Clothing	jama	poxaak	Roba
Cooking pot	chainaq	dd paxldy loxay/deg	Olla
Cooperation	hamkari	pd gdda kaar kawdl	Cooperació
Customs	gumruk	gumruj	Duana
Delay	nawakta	dzandy	Retard
Detention	ndzar-band	tawkif	Detenció
Development program desenvolupament	dd wadi prograam	prograam-d ynkyshaafi	Programa de
Displaced persons desplaçades	be-zaya shdwi xalchk		Persones
		be-jaa shodygaan	
Electricity	breshna	brexnaa	Electricitat
Emergency	hajol	ber-dndy pexa	Emergència
Expulsion	shar-dl	kharej/zxraaj	Expulsió
Family	koranay	hekraaj	Família
Government	hokumat	hokumat	Govern
Grandparents	padonar kalan	padonar wa maestar kalan	Avis
Handicapped	saya	ma-yub	Discapacitat
Health	roghtyaa	seat/syhhat	Salut
Hospital	roghtun	shafakhana	Hospital
House	kor	khana/kor	Casa
HQ	mankaz	mankae	Seu general
Human rights	dd bashar hakkuna	hokuk e bashar	Drets humans
Husband	mehra	shwahan	Marit
Lamp	dewan	tsheragh	Llum
Legal protection	kaanuni saatdna	hymayat e kanyun	Protecció legal
Malnutrition	bada ghdzaa	sou-e taghziya	Malnutrició
Material assistance material	maadi komak	komak-e mawadi	Assistència
Ministry	wdzaarat	wezarat	Ministeri
Nutrition	ghdzaa	taghziya	Nutrició
Pain - days/weeks	donard worat	donard e ruz/hafta	

Pain - months/years	donard hafta	donard e mo/sol	
Pain - treatment	donard mehda	donard e ta-dow-wi	
Pain - arms/legs	donard bazou/paie	donard e dest/pal	
Pain - chest	donard sina	donard e sina	
Pain - ears/eyes	donard gauche/sterguee	donard e goch/cheshom	
Pain - hands/feet	donard daste/paie	donard e dest/pai	
Pain - head/neck	donard sav/gardan	donard e sar/ghardin	
Pain - stomach	donard mehda	donard e meda	
Persecution	zawrawdi	aziyat	Persecució
Petrol	tel	petrol/tel	Gasolina
Police-station	dd polis st-eshan	sar-mammuriyat-e-police	Comissaria de
policia			
President	mdshir	ra-is	President
Prison	bandy-khana	zyndan	Presó
Province	ayaalat	wela-yate	Província
Reception centre	dd melma paaldne	mahal e pazirahi/	Centre de
rebuda		markaz-d paziraa-i	
Refugee	mohajer	panahenda	Refugiat
Representative	astaazy	nema-yandghi	Representant
Rural	da kdll		Rural
Sanitation	hyfzu-syhna	hyfzu syhha	Sanitat
Shelter	rijdi	panaga	Refugi
Status	haysiyat	haysiyat	Estatus
Tent	rijdi	gihejdi/khayma	Tenda
Torture	shekanja	shykanja	Tortura
Town	khar	shahr	Ciutat
Transportation	transport	transport	Transport
Travel Docs	sdd safar sanaduna	sdd safar sanaduna	Documents per
viatjar			
Tribe	t-dbdr	kabila	Tribu
Truck	lan mot-dr/lari	motar-d laar/lari	Camió
Urban	dd khari	dd khari	Urbà
Village	kday	karya	Poble
Voluntary repatriation	pd rdzaa-sara berta	legal	Repatriació
voluntària bar-gasht-d	yraadi		
War	jagara	jangué	Guerra
Water	aaba	aab	Aigua
Wife	kaza	zawja/khanyam	Dona

APPENDIX C - BRIEF GRAMMAR

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

1. Structure - subject, object and verb:

Jo soc **AQUI**.

El **NEN** es aqui

El noi **ES** aqui?

I am **HERE**

The **CHILD** is here.

IS the child here?

2. Articles:

UN noi es aqui.

A child is here.

3. Nouns:

Els **NOIS** son aqui.

El nen **BO** es aqui.

ELL es un noi.

The **CHILDREN** are here.

The **GOOD** child is here.

HE is a child.

4. Possession:

ELL es **EL MEU** (my) nen.

He is **MY** child.

5. Relative:

El nen **QUE** es aqui.

The child **WHO** here is.

6. Demonstrative:

AQUELL nen es **ALLÀ**.

THAT child is **THERE**.

7. Interrogatives:

QUE es aquesta cosa ?

QUI es aquest?

ON es el nen?

QUANT val el libre?

WHAT is this thing?

WHO is that?

WHERE is the child?

HOW-MUCH IS the book?

8. Imperatives:

FEU això.

VENIU aquí

DO this!

COME here!

9. Negatives:

Si, jo **TINC** un llibre.

No, jo **NO** tinc el llibre.

NO vingueu aquí.

Yes, I **HAVE** a book.

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

Do **NOT** come here.

10. To be, have and want:

Jo soc/tinc/vull

Vosaltres sou/teniu /vol-eu

ELL es/te/vol

I am/have/want

You are/have/want

He is/has/wants

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

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

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

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

THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(CHALLENGE ... check the CATALAN ... with a natural speaker)

1. A/an UN	2. After DESPRES	3. Again DE NOU	4. All TOT	5. Almost GAIREBÉ
6. Also TAMBE	7. Always SEMPRE	8. And I	9. Because PERQUE	10. Before ABANS
11. Big or GRAN	12. But PERO	13. I can PUC/PODER	14. I come VINC/VENIR	15. Either/ O... O
16. I find TROBO/TROBAR	17. First PRIMER	18. For PER	19. Friend AMIC	20. From DE
21. I go VAIG/ANAR	22. Good BO/BE	23. Goodbye ADEU	24. Happy FELIÇ	25. I have TINC/
26. He ELL	27. Hello HOLA	28. Here AQUI	29. How COM	30. I JO
31. I am SOC/ESTAR	32. If SI	33. In EN/A	34. I know SE/SABER	35. Last ULTIM
36. I like M'AGRADA/AGRADAR	37. Little PETIT	38. I love ESTIMO/ESTIMAR	39. I make FAIG/FER	40. Many MOLTS
41. One UN	42. More MES	43. Most MES	44. Much MOLT	45. My MEU
46. New NOU	47. No NO	48. Not NO	49. Now ARA	50. Of DE
51. Often SOVINT	52. On SOBRE	53. One UN	54. Only NOMES	55. Or O
56. Other ALTRE	57. Our NOSTRE	58. Out FORA	59. Over SOBRE	60. People GENT
61. Place LLOC	62. Please SI US PLAU	63. Same MATEIX	64. I see VEIG	65. She ELLA
66. So TAN	67. Some ALGUN	68. Sometimes DE VEGADES	69. Still ENCARA	70. Such TAL
71. I tell DIC/DIR	72. Thank you GRACIES	73. That AIXO	74. The EL/LA	75. Their SEU
76. Them ELLS	77. Then LLAVORS	78. There is HI HA	79. They ELLS	80. Thing COSA
81. I think CREC	82. This AIXO	83. Time TEMPS	84. To A	85. Under SOTA
86. Up AMUNT	87. Us NOSALTRES	88. I use UTILITZO/UTILITZAR	89. Very MOLT	90. We NOSALTRES
91. What QUE	92. When QUAN	93. Where ON	94. Which QUIN	95. Who QUI
96. Why PER QUE	97. With AMB	98. Yes SI	99. You VOSALTRES	100. Your VOSTRE

BRIEF DICTIONARY - ENGLISH/ FRENCH/ SPANISH/ GERMAN/CATALAN
 (challenge ... with a partner ... add Catalan and speak a phrase for each word ...)

a	un/une	un/una	in/eine	un/una
about	environ	cerca de	ungefähr	sobre
accident	accident,l'	accidente	Unfall	accident
action	action,la	accion	Handlung	acció
actually	en fait	realmente	eigentlich	de fet
after	après	depués	nach	despres
afternoon	après-midi,l'	tardes	Nachmittag	tarda
airport	aéroport,l'	aeropuerto	Flughafen	aeroport
alone	seul	solo/unico	allein	sol/unic
also	aussi	también	auch	tambe
always	toujours	siempre	immer	sempre
am (I)	suis (je)	jo soy/aixoy	bin (ich)	jo soc
and	et	y	und	i
anniversary	anniversaire	cumpleaños	Jahrestag	aniversari
anybody	n`importe qui	cualquiera	irgendjemand	qualsevol
anything	n`importe quoi	cualquier cosa	irgendetwas	qualsevol cosa
April	Avril	abril	April	abril
are(you)	êtes (vous)	vosaltres es/está	sind	esteu/sou
arrive	arriver	llegar	ankommen	arribar
at	à	a/en	an	a
August	Aout	agosto	August	agost
bad	mauvais	mal	schlech	dolent
bank	banque,la	banco	Bank	banc
bar	bar	bar	Bar, die	bar
bath	bain,le	baño	Bad	banyera
beat	battre	batir	schlagen	batre
beautiful	beau/belle	hermoso	schön	bonic
because	parce que	porque	weil	perque
bed	lit,le	cama	Bett	llit
begin	commencer	comenzar	anfangen	començar
behind	derrière	detrás/atrás	hinter	darrere
beside	à côté de	al lado de	nächst	al costat de
better	meilleur	mejor	besestar	millor
bill	facture,la	cuenta	Rechnung,	die compte
big	grand	gran	gro ss	gran
biscuit	biscuit,le	galleta	Keks	galeta
black	noir	negro	schwarz	negre
book	livre,le	llibre	Buch	llibre
boy	garçon,le	niño/muchacho	Junge	noi/nen
bread	pain,le	pan	Brot	pa
breakfast	petit dej,le	desayuno	Frühstück	esmorzar
brother	frère,le	hermany	Bruder, der	germà
bus	autobus,le	autobús/camión	Bus	autobus

business	affaires,les	negocio	Geschäft	negoci
buy	acheter	comprar	kaufen	comprar
can (able)	pouvoir	poder	können	poder
car	auto,l'	carro/coche	Auto	cotxe
carefully	prudent	prudente	vorsichtig	amb cura
carry	porter	llevar	tragen	portar
cash	argent,le	diner	Bargeld	diners
chair	chaise,la	silla	Stuhl	cadira
cheap	bon marché	barato	billig	barat
children	enfants	niños	Kinder	nens
choose	choisir	seleccionar	wählen	triar
cigarette	cigarette,la	cigarillo	Zigarette	cigarret
clean	propre	limpio	sauber	net
clever	intelligent	inteligente	klug	intel·ligent
clouds	nuages,les	nubes	Wolken, die	nuvol
coffee	cafe,le	café	Kaffee	cafe
cold	froid	frio	kalt	fred
colour	couleur,la	color	Farbe	color
come	venir	venir	kommen	venir
complain	plaindre	reclamar	klagen	reclamar
contract	contrat,le	contrato	Vertrag	contracte
cook	cuire	cocinar	kochen	cuinar
cost	coût,le	costo	Kosten	cost
count	conter	contar	zählen	comptar
creditors	créditeurs,les	acreedor	Gläubiger	creditor
cup	tasse,la	taza	Tasse	tassa
customer	client,le	cliente	Kunde	client
customs	douane,la	aduana	Zoll	duana
daughter	fille,la	hija	Tochter	filla
day	your,le	día	Tag	dia
dear	cher	caro	teuer	estimat
debtors	débiteurs,les	deudores	Schuldner	deudors
December	Décembre	diciembre	Dezember	desembre
dinner	dîner,le	menjar	Abendessen	sopar
dirty	sale	sucio	schmutzig	brut
divided by	divisé par	dividir de	dividiert durch	dividit per
do	faire	fer	tun	fer
doctor	médecin,le	doctor/médico	Arzt	doctor/metge
doers	actifs,les	trabajadores	Täter	treballadors
drink	boire	beure/pendre	trinken	beure/prendre
drive	conduire	manejar/coduc.	Fahren	conduir
dry	sec	seco/árido	trocken	sec
early	de bonne heure	temprany	früh	d'hora
easy	facile	fácil	leicht	facil
eat	manger	menjar	essen	menjar
eight	huit	ocho	acht	vuit
eighty	quatre vingt	ochenta	achtzig	vuitanta
either	ou	o	entweder	o
eleven	onze	once	elf	onze

English	Anglais	inglés	Englisch	anglès
enjoy	s`amuestar	gozar de	sich freuen	gaudir
enough	assez(de)	bastante/suf.	Genug	bastant.
etc.	et cetera	etcétera	usw	etcetera
evening	soir,le	tarde	Abend	tarda
every	chaque	cada	jeder	cada
fall off	tomber	caer	fallen	caure
family	famille,la	familia	Familie	familia
father	père,le	padre	Vater	pare
father/law	beau père,le	suegro	Schwiegervater	sogre
fat	gros	gordo	fett	gras
Febuary	Février	febrero	Februar	febrero
fifty	cinquante	cincuenta	fünzig	cinquanta
fight	combattre	luchar	kämpfen	lluitar
finance	financer	finanza	finanzieren	finances
find	trouver	encontrar	finden	trobar
fine	beau	fino/perf/bel.	schön (Wetter)	bé/bo
fingers	doigts,les	dedos	Finger	dots
finish	finir	terminar	beenden	acabar
fish	poisson,le	pescado	Fisch	peix
five	cinq	cinc	fünf	cimc
fog	brouillard,le	niebla	Nebel	boira
food	nourriture,la	menjar/alim.	Essen	menjar/alim
fools	fous,les	tontos/locos	Verrückten	tontos
for	pour	a/por	für	per
fork	fourchette,la	tenedor	Gabel	forquilla
four	quatre	quatro	vier	quatre
forty	quarante	cuarenta	vierzig	quaranta
Friday	Vendredi,le	viernes	Freitag	divendres
friendly	sympathique	amigable	freundlich	amigable
friends	amis,les	amigos	Freunde	amics
future(adj)	futur	futuro	zukünftig	futur
game	jeu,le	juego	Spiel	joc
generally	généralement	generalmente	allgemein	generalment
get	obtenir	obtener	bekommen	obtenir
girl	jeune fille,la	niña/muchacha	Mädchen	nena/noia
give	donner	donar	geben	donar
glass	verre,le	vaso	Glas	got
go	aller	ir/vaigr	gehen	anar
good	bon	bo/buen	gut	bo/bé
goodbye	au revoir	adiós	auf Wiedersehn	adeu
good even.	bonsoir	buenas tardes	guten Abend	bona tarda
good morn.	bonyour	bos días	guten Morgen	bon dia
good night	bonne nuit	buenas noches	gute Nacht	bona nit
greedy	gourmand	codicioso	gierig	golafre
half	moitié	medio/mitad	halb	mig
happy	heureux	contento/feliz	glücklich	content
hate	dêtester	odiar	hassen	odiar

have	avoir (j'ai)	haber/tenir	haben	haver/tenir
he	il	él	er	el
hello	salut	hola	hallo	hola
help	aider	ayudonar	helfen	ajudar
helpful	utile	util	behilflich	util
her (acc.)	la/lui	la/le	ihr	ell
here	ici	aquí	hier	aqui
herself	ellemême	ella misma	sie selbst	ella mateixa
him	le/lui	le/lo	ihn/ihm	ell
himself	luimême	él mismo	er selbst	ell materix
his	son	sujo	sein	el seu
honest	honnêt	honrado	ehrlich	honest
hope	espérer	esperar	hoffen	esperar
hospital	hopital,le	hospital	Krankenhaus	hospital
hot	chaud	caliente	heiss	calent
hotel	hotel,le	hotel	Hotel	hotel
how are y.?	comment a.v.?	cómo está Ud?	wie geht e.l.?	com esta voste?
how many?	combien de?	cuántos?	wieviel?	Quants/quant
however	cependant	sín embargo	jedoch	malgrat
hundred	cent	cien	hundert	cent
hungry	avoir faim	tenir hambre	hungrig	tenir gana
husband	mari,le	esposo/marido	Ehemann	marit
I	je	jo	ich	jo
I am well	je vais bien	jo sol be	mir geht es	gut. Eitic bé
icecream	glace,la	helado	Eis	gelat
if	si	si	wenn	si
important	important	importante	wichtig	important
impossible	impossible	imposible	unmöglich	impossible
in front of	devant	enfrente de	vor	davant
intelligent	intelligent	inteligente	klug	intel·ligent
inventory	inventaire, l'	inventario	iventor	inventari
is (he)	est (il)	es	ist (er)	es
it	cela	aixo	es (er)	aixo
itself	celamême	aixo mismo	es selbst	aixo mateix
January	Janvier	enero	Januar	gener
journey	voyage,le	viaje	Reise	viatge
July	Juillet	julio	Juli	juliol
June	Juin	junio	Juni	juny
knife	coûteau,le	cuchillo	Mesestar	ganivet
know	savoir/conn.	saber/coneiyer	wissen	saber
labour	main d'oeuvre	trabajo	Arbeit	ma d'obra
language	langue,la	idioma	Sprache	idioma
late	tard	tarde	spät	tard
later	plus tard	mas tarde/lu.	Später	mas tard
learn	apprendre	aprender	lernen	apendre
less	moins de	menos	minus/weniger	menys
letter	lettre,la	carta/letra	Brief	carta
life	vie,la	vida	Leben	vida

like (verb)	aimer	agradar	gern haben	agradar
listen	écoûter	oir	zuhören	escoltar
little	peu	puco	wenig	una mica
long	long	largo	lang	llarg
long run	finalement	a lo largo	auf die Dauer	a llarg termini
look	regarder	mirar	schauen	mirar
look for	chercher	buscar	suchen	buscar
loss	perte,la	pérdida	Verlust	perdua
lot,lots	beaucoup de	mucho	viel	molts
love	aimer bien	voler	lieben	estimar
low	bas	bajo	tief	baix
lucky (be)	avoir/chance	tenir suerte	Glück (haben)	tenir sort
luggage	bagages,les	equipaje	Gepäck	equipatge
lunch	déjeuner,le	almuerzo	Mittagessen	dinar
make/do	faire	fer/realizar	machen	fer
man	homme,l'	home	Mann	home
manager	directeur,le	gerente/dir.	Manager	gerent / director
many	beaucoup (de)	muchos	viele	molt
map	plan,le	mapa	Landkarte	mapa
March	Mars	marzo	März	març
marriage	marriage,le	matrimonio	Heirat	casament
marry	se marier	casar	heiraten	casar-se
materials	materiaux,les	materia prima	Materialien	material
May	Mai	majo	Mai	maig
me	me	mi	mich	mi
meal	repas,le	menjar	Essen	àpat
meat	viande,la	carne	Fleisch	carn
meet	rencontrer	encontrar	kennen lernen	trobar-se
meeting	réunion,la	reunión	Versammlung	reunio
mind (not)	égal (etre)	no importa	egal (mir)	és igual
minute	minute,la	minuto	Minute	minut
Miss	Mademoiselle	Señorita	Fräulein	senyoreta
mistake	erreur,la	error	Fehler	error
Monday	Lundi,le	lunes	Montag	dilluns
money	argent,la	diner	Geld	diners
month	moins,le	mes	Monat	mes
more	plus	más	mehr	més
morning	matin,le	mañana	Morgen	matí
mother	mère,la	madre	Mutter	mare
motheri.l.	bellemère	suegra	Schwiegermutter	sogra
Mr	Monsieur	Señor	Herr	senyor
Mrs	Madame	Señora	Frau	senyora
multipl.by	multiplier par	multiplic.por	multipliz.mit	multiplicar per
must	devoir	haver/tenir de	müssen	haver de / has de
my	mon	mi/mis	mein	el meu/la meva
myself	moimême	mi	ich selbst	jo mateix
near	près de	cerca de	nahe	a prop
never	jamais	noii/jamás	niemals	mai
never mind	n'importe	no importa	nichts (macht)	és igual

new	neuf	nuevo	neu	nou
nice	agréable	fino/bo	nett	bonic
nine	neuf	nueve	neun	nou
night	nuít,la	noche	Nacht	nit
ninety	quatrev.dix	noventa	neunzig	noranta
no	non	no	nein	no
nobody	personne	nadie	niemand	ningu
noise	bruit,le	ruido	Krach	soroll
not	ne...pas	no	nicht	no
nothing	rien	nada	nichts	res
November	Novembre	noviembre	November	novembre
now	maintenant	ara	jetzt	ara
o`clock	heures (7.00)	hora (7.00)	Uhr (7.00)	en punt
October	Octobre	octubre	Oktober	octubre
of course	naturellement	naturalmente	natürlich	naturalment
Oh!	Oh!	O!	Ach!	Oh!
old	vieux	viejo	alt	vell
on	sur	sobre	auf	sobre
one	un	un/uno	eins	un/una
or	ou	o	oder	o
orders	ordres,les	órdenes	Bestellung	ordres
our	notre	nuestro	unestar	nostre
ourselves	nousmême	nosotros	wir selbst	nosltres mateixos
out	dehors	fuera	aus	fora
overheads	frais gen.les	gasto gener.	Laufenden U.	d e s p e s e s generals
owner`s eq.	capital,le	capital	Anlagekapital	capital
parents	parents,les	padres	Eltern	pares
passport	passeport,le	pasaporte	Pass	passaport
people	gens	gente	Menschen	gent
place	endroit,le	sitio/lugar	Platz	lloc
plane	avion,le	avión	Flugzeug	avio
plate	assiette,la	plato	Teller	plat
please	s`il v. plaît	si us plau	bitte	si us plau
police	police,la	policía	Polizei	policia
polite	poli	cortés	höflich	educat / educada
porter	porteur,le	portero	Träger	porter
possible	possible	posible	möglich	possible
present	présent	presente	gegenwärtig	present
pretty	joli	bonito	hübsch	bonic
products	produits,les	productos	Produkte	productes
profit	profit,le	ganancia	Gewinn	guanys
put	mettre	poner	legen	posar
quarter	quartier,le	cuarto	Viertel	habitació
quickly	vite	aprisa/de pri.	Schnell	depressa
rain	pluie,la	lluvia	Regen	pluja
read	lire	leer	lesen	llegir
really	vraiment	de veras	wirklich	realment
red	rouge	colorado/rojo	rot	vermell

relax	se relaxer	relajarse	entspannen	relaxar-se
remember	rappeller	recordonar	erinnern	recordar
restaurant	restaurant,le	restaurante	Restaurant	restaurant
right	raison (avoir)	correcto/der.	Richtig	tenir rao
road	rue,la	calle	Strasse	carrer
room	chambre,la	cuarto/habit.	Zimmer	habitacio
sales	ventes, les	venta/saldo	Verkäufe	vendes/rebaixes
Saturday	Samedi,le	sábado	Samstag	dissabte
save	sauver	salvar	sparen	salvar
say	dire	decir	sagen	dir
see	voir	ver	sehen	veure
sell	vendre	vender	verkaufen	vendre
September	Septembre	septiembre	September	setembre
seven	sept,le	siete	sieben	set
seventy	soixantedix	setenta	siebzig	setanta
she	elle	ella	sie	ella
short	court	corto	kurz	curt
should	devoir	haver	sollen	haver de
sick	malade	enfermo	krank	malalt
Sir	Monsieur	Señor	Mein Herr	senyor
sister	soeur,la	hermana	Schwester	germana
sit	s'asseoir	sentar	sitzen	seure
sit down	être assis	sentarse	sich setzen	asseure's
six	six	seis	sechs	sis
sixty	soixante	sesenta	sechzig	seixanta
sky	ciel,le	cielo	Himmel	cel
sleep	dormir	dormir	schlafen	dormir
small	petit	pequeño/chiqu.	Kein	petit
smoke	fumer	fumar	rauchen	fumar
snack	snack,le	snack	Imbiss	snack
some	quelques	unos/uns qants	etwas	alguns
somebody	quelqu'un	alguno	jemand	algu
something	quelquechose	algo	etwas	alguna cosa
sometimes	quelquefois	algún temps	manchmal	a vegades
son	fil,le	hijo	Sohn	fill
sorry	dommage	lo siento	Verzeihung	ho sento
soup	potage,le	sopa	Suppe	sopa
speak	parler	parla	sprechen	parlar
spend	dépenestar	gastar	ausgeben	gastar
spoon	cuillère,la	cuchara	Löffel	cullera
stand up	se lever	arse	aufstehen	aixecar-se
station	gare,la	estación	Banhhof	estacio
stay	rester	quedonarse	bleiben	quedarse
stool	banc,le	taburete	Stuhl	tamboret
sugar	sucre,le	azúcar	Zucker	sucre
summer	été,le	verany	Sommer	estiu

sun	soleil,le	sol	Sonne	sol
Sunday	Dimanche,le	domingo	Sonntag	diumenge
sweet(pud.)	desestart,le	dulce/postre	Süßspeise	postres
table	table,la	mesa	Tisch	taula
take	prendre	pendre/llevar	nehmen	prendre/agafar
talk	parler	parla	sprechen	parlar
talkers	bavards,les	habladores	Schwätzer	xerraires
taxi	taxi,le	taxi	Taxi	taxi
tea	the,le	té	Tee	te
téléphone	téléphone,le	teléfono	Telefon	telefon
tense	temps,le	temps	Zeitform	temps
ten	dix	diez	zehn	deu
terrible	terrible	terrible	schrecklich	terrible
thank you	merci	gracias	danke	gracies
that	la/cela/que	ese/aquel/cual	jener/jene/jenes	aquell
the	le/la	el/la/los/las	der/die/das	el/la
their	leur	su	ihr	seus
them	eux	ellos/ellas	sie	ells/elles
themselves	euxmêmes	ellos/ellas	sie selbst	ells mateixos/elles
			mateixes	
there	là	allí	dort/da	allà
they	ils	ellos/ellas	sie	ells
this	ce/cet	este/esta	dieestar	aquest
thin	mince	delgado	dünn	prim
thing	chose,la	cosa	Ding	cosa
thirsty	avoir soif	tenir sed	durstig	tenir set
thirty	trente	treinta	dreissig	trenta
thousand	mille	mil	tausend	mil
three	trois	tres	drei	tres
threeqtr.	troisquarts	tres cuartos	dreiviertel	tres quarts
Thursday	Jeudi	jueves	Donnerstag	dijous
ticket	billet,le	boleto/bitilet	Karte	bitilet
time	heure,la	temps/vez	Zeit,die	temps
tip	pourboire,le	propina	Trinkgeld	propina
tired	fatigué	cansado	müde	cansat
to	à	a/a	nach	a
today	aujourd'hui	auui	heute	avui
tomorrow	demain	mañana	morgen	dema
too much	trop	demasiado	zu viel	massa
train	train,le	tren	Zug	tren
travel	voyager	viajar	reisen	viatjar
Tuesday	Mardi	martes	Dienstag	dimarts
twelve	douze	doce	zwölf	dotze
twenty	vingt	veinte	zwanzig	vint
two	deux	dos	zwei	dos
under	sous	debajo/bajo	unter	sota
up	en haut	arriba	oben	a dalt
us	nous	nos/nosotros	uns	nosaltres
vegetables	légumes,les	legumbres	Gemüse	verdura

wait	attendre	esperar	warten	esperar
waiter	garçon,le	camarero	Kellner	cambrer
walk	marcher	caminar/pasear	spazieren	caminar/passejar
want	vouloir	voler	wollen	voler
waste(n)	gaspillage,le	desgaste	Abfall	malgastar
we	nous	nosotros	wir	nosaltres
weather	temps,le	temps	Wetter	temps
Wednesday	Mercredi	miércoles	Mittwoch	dimecres
week	semaine,la	setmana	Woche	setmana
wet	pluvieux	húmedo/mojado	nass	mullat
what?	quel/quoi?	qué?	was?	que?
what time?	quelle heure?	qué hora?	wie spät.ist	es? quina hora?
when?	quand?	cuándo?	wann?	quan?
where	où?	dónde?	wo?	on?
white	blanc	blanco	weiss	blanc
who?	qui?	quién?	wer?	qui ?
wife	femme,la	esposa	Ehefrau	dona
win	gagner	ganar	gewinnen	guanyar
wine	vin,le	vino	Wein	vi
winter	hiver,le	invierno	Winter	hivern
woman	femme,la	dona	Frau	dona
work	travail,le	trabajo	arbeiten	feina
worse	pire	peor	schlechter	pitjor
worst,the	le pire	el/lo peor	schlechteste	el pitjor
write	écrire	escriure	schreiben	escriure
wrong	avoir tort	falso/equiv.	Falsch	fals/equivocat
year	année,la	año	Jahr	any
yes	oui	sí	ja	si
yes but	oui mais	si, pero	ja, aber	si pero
yesterday	hier	ayer	gestern	ahir
you (nom.)	vous	vosaltres/vosaltreses	Sie	vosaltres/tu/voste
you (acc.)	vous	vosaltres	Sie	vosaltres
young	jeune	joven	jung	jove
your	votre	su	Ihr	el teu
yourself	vous-même	vosaltres	Sie selbst	voste mateix
yourselves	vous-mêmes	vosaltreses	Sie selbst	vosaltres mateixos
zero	zero	zero	nul	zero

APS - LEARNING REINFORCEMENT AUTONOMIC PLAYBACK SYSTEM

1. Make a special 30 minute APS audio tape recording of all the material that you want to absorb into your long term memory, as follows:

- a. Speak with gentle persuasive tone. This encourages perception and retention without effort.
- b. Speak only for about 8 seconds ... pause for about 4 seconds continue for about 8 seconds ... pause 4 seconds etc. This gives your mind time to absorb easily without stress,
- c. Add seven key learning points which were important to you! Thus provides "associations" in your mind for the new learning.

2. The NEXT DAY, relax and playback the tape (using ear phones) while watching some interesting TV show WITHOUT audio e.g. a football match or other a sports event or a cartoon. Make NO EFFORT to listen to the tape. In fact, TELL yourself NOT to listen, but just to relax and gently give all attention to the TV show. Relax and let your mind absorb the data WITHOUT ANY CONSCIOUS EFFORT at all.

3. Play this once more.

4. Finally on the FOLLOWING DAY, do IRT (relax), and playback the tape (with ear phones) while gently viewing and repeating the text material (hear, see, say and feel).

5. Adapt APS to your special needs and personality. Use it for any new material that you want to absorb without stress or effort. And please remember to email feedback and new creative ideas to our Team at: www.crelearning.com . So, and from now on - relax and remember!!