

# CRE - CREATIVE RELAXATION EXERCISE

## THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT FOR JUST 30 MINUTES IN ONE DAY

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

### NO. 313 - PORTUGUESE from ENGLISH

Version 3 - with a few minor errors - February 2003

#### Note:

Appendix A - is the routine for long term reinforcement after one month, which can also be used by experienced speakers for the chronic problem of accent deterioration. Books to buy: Berlitz and Lonely Planet phrase books and Crosslines - Afghanistan Essential Field Guides to Humanitarian and Conflict Zones - on the web. For Arabic script see CRE 304x.

Inspired by: Dr. Bob Boland (EI) and Dr. Paola Marchesini (WHO) and Dr Giles Boland (Harvard) and Dr. Dams Bathija (UNCTAD) Boston University and the Team.

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

33 450 408982 Chemin Garenne, Prevechin 01280 France

robertboland@wanadoo.fr

Copyright: RGAB/2003/3 - Free for 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!! chatting with EVERY natural speaker we find ... to get practice ... and confidence ... using the Mini Phrasebook ... as a basis for easy interaction ...

**Thank you.**

Hallo

Yes/no

Please

Excuse me

Good morning

My name is ...

What is your name?

How are you?

Fine thanks

And you?

Where do you come from?

Good-bye.

**Obrigada**

Ola

Sim/não

Por favor

Com licença

Bom dia (day)

Meu nome é ....

Qual é seu nome?

Como está?

Muito bem, obrigado

E o senhor?

Onde (where) é?

Adeus

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

# 1.0 INTRODUCTION

## 1.1 STRUCTURE

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

## 1.2 MEMORY

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

Hello? ... Obrigado? ... say ...  
... hello? ... oh most obliged dad? ... obrigado?

How are you? ... como esta? ... say ...  
... how are you? ... come on Hesta? ... como esta?

Please .. por favor ... say ...  
... please ... do me a favour ... por favor

or email [robertboland@wanadoo.fr](mailto:robertboland@wanadoo.fr) for our CRE 33 MemoryAlert.

## 1.3 PRACTICE.

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

## INSTANT RELAXATION TECHNIQUE

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

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

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

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

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

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

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

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

## SIMPLE THROAT EXERCISE - 16 KEY WORDS

(Repeat the Portuguese many times slowly ... and then at HIGH speed)

Thank you	Obrigado	OBBRI-GAADDOO
Hello	Ola	OLLAA
Mr.	Senhor	SENNN-YHORR
Mrs.	Senhora	SENNN-YHORR-AA
Yes	Sim	SEE
No	Nao	NOAAA
Good	Bom	BBBMM
Please	Por favor	PORRR FVOORRR
Do you have?	Tem?	TTERMRR
Goodbye	Adeus	ADE-CHCH
See you soon!	Vejo você em breve!	VAY-J VOCHAY EMM BREVV
Who?	Qu-em?	KUU-EMMM
What?	Qu-al?	KUU-AALLL
I want	Quer-oo	KYERRR-ROE
Where?	On-de?	ONNN-DAY
OK!	OK!	OKKK-KAY

Note: For simplicity ... the program is typed generally 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 reLO-Gosh!ed 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 reLO-Gosh! 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 reLO-Gosh! with IRT and establish a very POSITIVE attitude ... and a confident EXPECTATION of SUCCESS ... just from PLAYING ... with the natural language ... Our suggested schedule for the 6 hour CRE day (with breaks as needed) is:

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

- 5 - Play the tape **WITHOUT** the text, speaking with three different voices - just for fun!. Create conversation with the Mini-phrase book. Do **SPEED READING (2-16)**.
- 6 - Play the tape **SPEAKING** with a wonderful **CONFIDENT** accent. Do the quiz (1 page). Create conversation with mini phrase book. Do **SPEED READING (2-16)** and Mini-phrase book 14 minutes.
7. Plan to make an **APS** (see instructions) and 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 **reLO-Goshlation** 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 wonderful 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 REINFORCMENT as needed but not in the car!**

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

## 1. GENTLE RELAXATION ...

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

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

You know ... and I know ... it's very easy ... to get caught up in day to day living ... there is so much to do ... and now is your time ... and I would like you to allow your eyes to close ... as you start to build ... an internal focus ... within yourself ... on those parts of yourself ... that will absorb the natural language ... gently ... peacefully ... and instinctively ... almost automatically ... as you ... let yourself go ... relaxation! ... 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 wonderful accent ... yes ... with a wonderful accent ... which will please and surprise you... as it fits the music ... of the natural language.

So on we go together ... speaking all the time ... and moving hands, face feelings and body ... to express ourselves ... in the new natural language ... as you create new wave patterns ... in that special... "Portuguese Place" ... in your mind ...

## 2. HERE AND THERE:

Eu estou aqui.  
Você está ali.  
Você está ali?  
Sim, você está ali.  
Você está aqui?

Não, você não está aqui.  
Isso (ele) esta aqui.  
Onde isso(ele) esta?  
Isso (Ele) esta aqui.  
Isso (Ele) esta ali?

Eu não sei.  
Onde esta Miguele?  
Ele não esta aqui.  
Onde esta ele?  
Eu não sei.  
O maldição! Aí esta ele.  
Ele é maravilhosos!

I am here.  
You are there.  
Are you there?  
Yes, you are there.  
Are you here?

No, you are not here.  
It is here.  
Where is it(he)?  
It(ele) is here.  
Is it(he) there?

I do not know.  
Where is Miguele?  
He is not here.  
Where is he?  
I do not know.  
Darn! There he is!  
He is wonderful!

## 3. LIKING:

Eu gosto de voce.  
Você gosta de mim?  
Sim, eu gosto de voce.  
Você gosta de dinheiro?  
Sim, eu gosto de dinheiro.

Eu gosto de agua.  
Você gosta de agua.  
Eu gosto do alguns livros.  
Ele gosta do carro.  
Ela não gosta do carro.

Você gosta do jantar?  
Não. eu não gosto do jantar.  
O maldição! "Mate" (Mate)!  
Por favor, não fale "Mate(Mate)"!

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

I like water.  
You like water.  
I like some books.  
He likes the car.  
She does not like the car.

Do you like the dinner?  
No, I do not like the dinner.  
Oh. Darn! "Mate"!  
Please do not say "Mate"!

## 4. DOING:

Eu faço.  
Eu faço isso.  
Você faz..  
Você faz isso.  
Nos fazemos aquilo.

I do.  
I do this.  
You do.  
You do that  
We do that

E nós estamos contentes.  
É fácil?  
Sim, não é difícil.  
Você faz aquilo?  
Faça aquilo, por favor!!!

And we are happy.  
Is it easy?  
Yes, it is not difficult.  
Do you do that?  
Do that please!!!

Maldição!!!  
Ele (isso) é maravilhoso.

Darn!!!  
He (It) is wonderful!

## 5. CAN/ABLE TO DO:

Eu posso  
Eu posso?  
Sim eu posso.  
Você pode fazer isso?  
Sim, eu posso fazer aquilo.

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

Eu posso comer um pouco.  
Eu posso beber um pouco.  
Eu posso ir.  
Eu posso vir.  
Eu posso dormir.

I can eat a little.  
I can drink a little.  
I can go.  
I can come.  
I can sleep.

Você pode falar.  
Você pode falar?  
Sim, eu posso.  
Você pode fazer isso?  
Não, eu não posso fazer aquilo.

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

Você pode compreender?  
Você pode compreender?  
Sim, um pouco.  
Você pode dizer "Mate"?  
Sim, eu posso falar um pouco de Portugues  
Maldição! Eu sou maravilhoso!

You can understand?  
Can you understand?  
Yes, a little.  
Can you say "Mate"?  
Yes, I can speak a little Portuguese!  
Darn! I am wonderful!

## 6. UNDERSTANDING:

Eu compreendo.  
Eu não compreendo.  
Você entende.  
Você não entende.  
Você entende as mulheres?

Não. Não. Eu não as compreendo!  
O. Maldição! Mate!  
Por favor, não diga Mate.  
Você é maravilhoso!

I understand.  
I do not understand.  
You understand.  
You do not understand.  
Do you understand women?

No. No. I do not understand them!!!  
Oh. Darn! "Mate!"  
Please do not say "Mate!"  
You are wonderful!

## 7. WANTING:

Eu quero.  
Eu quero comer um pouco.  
Eu quero beber água.  
Eu quero ir ao banheiro!

Você quer comer um pouco?  
Não, eu não quero comer.  
Maldição! Eu queria dar um pouco a você.  
Não, obrigado.  
Eu queria vir.

Você quer dormir comigo?  
Não, eu não quero dormir.  
Miguel, quer comer as rãs?  
Maldição! Não agora, obrigado!  
Nos somos maravilhosos!

I want.  
I want to eat a little.  
I want to drink the water.  
I want to go to the toilet!!!

Do you want to eat a little?  
No, I do not want to eat.  
Darn! I want to give you a bit.  
No, thank you.  
I want to come.

Do you want to sleep with me?  
No, I do not want to sleep.  
Miguel do you want to eat the frogs?  
Darn! Not just now, thank you!  
We are wonderful!

## 8. GETTING:

Da me, o dinheiro, por favor.  
Toma o dinheiro, por favor.  
Eu pego o dinheiro.  
Da me o bilhete, por favor  
Toma o bilhete, por favor.

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

Eu tomo o bilhete.  
Da-me a coisa, por favor.  
Onde esta a coisa?  
Eu não sei.  
Por favor, da me um homem

I take the ticket.  
Please give me the thing.  
Where is the thing?  
I do not know.  
Please give me a man!

Maldição!!! Que mulher!!  
Ela e maravilhosa.

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

## 9. HAVING

Eu tenho uma coisa  
Eu não tenho uma coisa.  
Você tem uma coisa.  
Nos temos uma coisa.  
Ela tem alguma coisa.

I have one thing.  
I do not have one thing.  
You have one thing.  
We have one thing.  
She has something.

Eu tenho um pouco de tempo, senhorita!  
Você tem você um pouco de dinheiro, Senhor?  
Não.  
O "Mate"!  
Por favor, não diga Mate!

I have a little time, Miss!  
Do you have a little money, Sir?  
No.  
Oh. "Mate"!  
Please do not say "Mate"!

## 10. ORDERING (POLITELEY):

Da me a coisa, por favor.  
Da me o dinheiro, por favor  
Da me a agua. por favor  
Obrigado.  
Por favor, não bebe agua na França.

Please give me the thing.  
Please give me the money.  
Please give me the water.  
Thank you.  
Please don't drink the water in France!!

Bebe o vinho.  
Venham aqui, por favor  
Vão ali, por favor  
Bebe isso, por favor  
Não coma isso!

Drink the wine.  
Please come here.  
Please go there.  
Please drink this.  
Do not eat that!

Da me isso, por favor  
Não tome aquilo, por favor  
Diga isso, por favor  
Por favor, não diga Mate  
Maldição!!! Você é maravlioso.

Please give me this.  
Please do not take that.  
Please say this.  
Please do not say Mate.  
Darn it!! You are wonderful!

## 11. GREETING - POLITE AND SLANG

Ola, Carmen minha querida!  
Ola Paula .  
Bom dia Miche.  
Bom dia Sancos.  
Como vai você, Eliza?  
Como esta, Eliza?

Muito bem, obrigado, Khulu.  
Que tal, Xavier?  
Bem, obrigado, Miguele.  
Adeus Giles.  
Adeus, Judith.

Sim, certo, Hollie  
E maravilhoso.  
Certo, Sam?  
Sim, certo, Lucie.  
Mais ou menos, Henri.

Como vai, querida?  
Não!!!  
Maldição!!! Ela é maravilhoso!

Hello Carmen my loveley!  
Helelo Paula.  
Good morning Miche.  
Good morning, Sancos.  
How are you?  
How is are you, Eliza?

I am well, thank you, Khulu.  
How goes it, Xavier?  
OK , thank you Miguele.  
Goodbye Giles.  
Goodbye Judith.

Yes OK, Hollie.  
It is wonderful!  
OK Sam?  
Yes OK, Lucie.  
Not too bad, Henri.

How are you, my darling?  
No!!!  
Darn!!! She is wonderful!

## 12. DESCRIBING:

É bom,  
Não é bom.  
É mau.  
E um livro.  
É grande?

Não, é pequeno.  
É facil?  
Não, é difícil.  
O agua é boa?  
Não, a agua na Francça,, não e boa!!

O Mate!!!  
Por favor, não diga Mate  
Nos somos maravilhosos?  
Maldição! Sim!

It is good.  
It is not good.  
It is bad.  
It is a book.  
Is it big?

No, it is small.  
Is it easy?  
No, it is hard.  
Is the water good?  
No, the water is not good in France!!

Oh Mate!!!  
Please do not say Mate.  
Are we wonderful?  
Darn! Yes!!

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

(Eu) sei isso.

Sabes isso?

Sim, sei isso.

Sabes aquilo.

Sabes aquilo?

Não, não sei aquilo.

Conheço aquela mulher.

Conheço aquele homem.

Conhece-me.

Conhece aquela mulher?

Não. Bom dia., Senhora.

Vai bem, Senhora?

Não, não estou bem!! Adeus!!

Não a conhece.

Maldição! Ela é maravilhosa!

I know this

Do you know this?

Yes, I know this.

You know that.

Do you know that?

No, I do not know that.

I know that woman.

I know the man.

He knows me.

Do you know that woman?

No. Good morning Madame?

Are you well, Madame?

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

You do not know her!

Darn! She is wonderful!

### 14. NUMBERING:

Tenho um problema.

Sim, tens um problema.

Não, tens dois (2).

Ele tem três.

Ela tem quatro.

I have one problem.

Yes, you have a problem.

No, you have two (of them).

He has three.

She has four.

Temos cinco (5).

Tens cinco?

Sim, agora tenho cinco problemas!!!

Todas as crianças!

As crianças são maravilhosas.!

We have five.

Do you have five?

Yes now, I have five problems!!!

All the children!

Children are wonderful!

### 15. ASKING:

Quanto custa (costs) esse livro?

Cinco dólares.

Quanto custa (costs) essa coisa?

Quanto?

Quatro dólares.

How much is the book?

Five dollars.

How much is this thing?

How much?

Four dollars.



Onde esta?  
Esta ali.  
Não, não está aí.  
Onde é o banheiro (toilet), por favor?  
O toilet/banheiro é ali.

Where is (it)?  
(It) is there.  
No, (it) is not there.  
Where is the toilet, please?  
The toilet is over there.

Que é aquilo?  
Perdão. O que?  
Aquilo.  
Oh é um bom livro.  
O que você quer?

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

Queria o vinho, por favor  
Quem esta aqui?  
Estamos aqui.  
Quem é aquela mulher?  
Não sei.  
Maldição! É Madona!  
Que mulher! É maravilhosa!

I want the wine, please.  
Who is here?  
We are here.  
Who is that woman?  
I do not know.  
Darn! It is Madonna!  
What a woman! She is wonderful!

## 16. EVERYTHING - COLOQUIAL - POLITE AND SLANG

Estou aqui.  
Estais ali.  
Eu gosto de você.  
Você gosta de dinheiro  
Faça isso.

I am here.  
You are there.  
I like you.  
You like the money.  
He does this.

Ela faz aquilo.  
Posso falar um pouco de Portuguese!  
Não podes falar "Mate"?  
Compreendo você.  
Não me compreendes.

She does that.  
I can speak a little Portuguese!  
You can not say Mate?  
I understand you.  
You do not understand me.

Queria ir ao bar.  
Quer ir ao toilet/banheiro.  
Agora, tenho muito tempo, Garota!  
Mas ... tens muito dinheiro ?  
Não beba a agua na França, por favor!!.  
Beba vinho.

I want to go to the bar.  
You want to go to the toilet.  
Now, I have a lot of time, Honey!  
But ... do you have a lot of money, Honey?  
Please don't drink the water in France!!  
Drink the wine.

Como esta , Eliza?  
Muito bem, obrigado. Khulu.  
É grande?  
Não, é pequeno.  
Não conheces aquela mulher.

Maldição. Ela é maravilhosa!  
Sim agora, tenho cinco problemas!!!  
Todas as crianças!  
Que e aquilo?  
Perdão. Que?  
Ali está.

Não mal.  
Maldição!!!  
Certo?  
Sim, é "legal".  
Sim, é legal!

Por favor, não diga "Cojurodo"!!  
Pode dizer Cojurodo na Espanha.  
Mas não ,, na America Latina

Sim, super!!  
Não diga "Mate"!!!  
Maravilhoso?

Sim ... você ... é ... maravilhosos!

Adeus Vejo você em breve!

How are you, Eliza?  
I am well, thank you, Khulu.  
Is it big?  
No, it is small.  
You do not know that woman.

Darn! She is wonderful!  
Yes now, I have five problems!!!  
All the children!  
What is that?  
Pardon. What?  
There it is.

Not bad.  
Darn!  
OK?  
Yes, it's cool!  
Yes, it's cool!

Please don't say "Cojurodo"!!  
You can say Conhurodo in Spain.  
But not in Latin America,.

Yes, it's cool! (upper class)  
And do not say Mate!!!  
Wonderful?

Yes ... you ... are ... wonderful!

Bye bye. See you soon!

## 17. CLOSING

Now of all the things ... you 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 Portuguese place ... in you mind ... as needs arise ... without conscious effort ...

Just naturally ... in you own way ... as part of you ... instinctiveley ... as that new part of you ... grows ... stronger and stronger ... you will begin to speak with a beautiful accent ... so easily ... reinforcing you 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 feele so comfortable with yourself ... something you will feele more and more ... able to do ... so that you feele ... even more comfortable ... and confident ... naturally ... in you own way ... you can take whatever time you need ... just to process you thoughts ... in you 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 ... "Portuguese 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 all began ... in Bayonne, France On August 15, 2001 ... and of course ... as in all our things ... we do ... as ever ... wish you ... God Bless ...

## 18. NATURAL VOCABULARY:

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

### a. Greetings/Exclamations:

hello ola	good morning, bom dia	how are you? como vão vocês? como esta?	I am well muito bem	thank you obrigado
goodbye adeus	yes sim	no não	OK OK	not too bad não tão mau
Darn! Maldição!	Mate! Mate	there it is! esta ali	"cool"!!! super/legal!!	

### b. Verbs (and first person):

to be ser/estar eu sou/estou	have ter tenho	like gostar gosto	want querer quero	can poder posso
do fazer eu faço	say/speak dizer/falar digo/falo	go ir vou	come vir venho	give dar dou
take tomar eu tomo	eat comer como	drink beber bebo	sleep dormir durmo	know saber/conhecer sei/conheço
understand compreender/entender eu compreendo/entendo		must dever devo	ask pedir peço	

### c. Prepositions:

some algum	a um/uma	the o/a	to a/em/para	from de
---------------	-------------	------------	-----------------	------------

### d. Pronouns:

I Eu	you você	he ele	she ela	we nós
it isto	this isso	that aquilo	Mr Senhor	Mrs. Senhora

e. Nouns:

money	thing	man	woman	water
<b>dinheiro</b>	<b>coisa</b>	<b>homem</b>	<b>mulher</b>	<b>água</b>
car	ticket	book	friend	
<b>carro</b>	<b>bilhete</b>	<b>livro</b>	<b>namorado/amigo</b>	

f. Adjectives/adverbs/Other:

good	bad	big	small	now
<b>bom</b>	<b>mau</b>	<b>grande</b>	<b>pequeno</b>	<b>agora</b>
later	a little	wonderful!	happy	here/there
<b>mais tarde</b>	<b>um pouco</b>	<b>tremendo/maravilhoso</b>	<b>contente</b>	<b>aqui/ali</b>

g. Interrogatives:

how much?	where?	what?	who?	when?
<b>quanto custa?</b>	<b>onde</b>	<b>qual?/que?</b>	<b>quem?</b>	<b>quando?</b>

**Note:** What is this? **Que é isso?**

Question? **é?**

\*

h. Numbers:

one	two	three	four	five
<b>um</b>	<b>dois/duas</b>	<b>três</b>	<b>quatro</b>	<b>cinco</b>

i. And some survival words:

toilet (banheiro), please (por favor), always (sempre), but (mas), never (nunca), food (comida), train (trem), bus (ônibus), home (lar/casa), work (trabalho), time (tempo), today (hoje), tomorrow (amanhã), paper (papel), newspaper (jornal), day (dia), week (semana), year (ano), hour (hora), minute (minuto), hamburger (hamburger), McDonalds (McDonalds), think (pensar/crer), read (ler), write (escrever), laugh (rir), dance (dancar), later (mais tarde), stop (parar), policeman (policial) .... mate (namorado) ... bye bye mate (adeus meu namorado)!!

## **19. NATURAL FEEDBACK AND NEW IDEAS**

(to robertboland@wanadoo.fr please ...)

**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 type or write out you own copy - speed reading 4 minutes)

### BASICS:

Hallo	Ola
Yes/no	Sim/não
Please	Por favor
Thank you.	Obrigada/o
Excuse me	Com licença

### INTRODUCTIONS:

Good morning	Bom dia (day)
Good-bye.	Adeus
My name is ...	Meu nome é .....
What is your name?	Qual é seu nome?

How are you?	Como está?
Fine thanks	Muito bem, obrigado
And you?	E o senhor?
Where do you come from?	Onde (where) é?

I'm from:	Sou de:
France	França
England	Inglaterra
America	América

I am with:	Sou com:
UN	UN
Red Cross	cruz vermelha
Shelel	Shelel

### QUESTIONS:

When/how?	Quando/como?
What/why?	Que/porque?
Who/which?	Quem/qual?
Where is/are ...?	Onde está/fica ...?

Where can I find a ...?	Onde (where) posso (can) encontrar um ...?
What is the tarif for ...?	Quanto custa o percurso (tarif) para (for) ... ?
Can you help me?	Pode me ajudar (helep) ?
What does this mean (want to say)?	O que (what) quer (want) dizer (say) isso?

### UNDERSTANDING:

I understand!	Compreendo/entendo!
I don't understand.	Não (not) entendo/compreendo
Can you repeat that?	Pode (can) repetir?
Can you translate this, for us?	Pode traduzir-nos isso (this) ?

Can you give me ... ?	Pode (can) me dar (me) ...
Can you speak: english/portuguese?	Fala (speak) ingles/portugues?
I don't speak ....	Não falo ...
I speak a little ...	Falo um pouco ...



**COMMENTS:****It is:**

better/worse  
big/small

cheap/expensive  
good/bad

hot/cold  
near/far  
vacant/occupied

**Isto é:**

melhor/pior  
grande/pequeno

barato/caro  
bom/mau

quente/frio  
perto//longe  
livre/ocupado

**FOOD:****I like:**

breakfast  
lunch  
dinner.

**Queria:**

café da manhã  
almoço  
jantar

**May I take a little ... :**

bread/butter  
cheese  
eggs

**Pode (can) pegar (take)um pouco de :**

pão/manteiga  
queijo  
ovos

meat/potatoes  
apples/oranges  
coffee/tea

carne/batata  
maçã/laranja  
café/chá

milk  
fruit juice  
water

leite  
suco de fruta  
água

**I want to pay now.****I think there is a mistake in the bill.****We enjoyed it.****Queria (want) pagar agora (now).****Creio (think) que se enganou (mistake) na conta (bill)****Gostamos muito (much).****TRANSIT:****Where is the nearest shop?****Where can I find a taxi?****How much to go to ...?****Take me to this address.****Onde (where) é (is) a loja (shop) mais próxima (near)?****Onde (where) posso (can) apanhar (find) um taxi?****Quanto custa o (the) percurso a corrida (go) para (to) ...?****Leve-me (take me) para este (this) endereço.****Please stop here.****This is the wrong road.****Go straight ahead (in front) .****Pare (stop) aqui (here) , por favor.****Esta é a rua (road) errada****Va (go) sempre (always) em frente.****It's there, on the:**

left/right  
next to/after  
north/south  
east/west

**E ali (there) ... :**

esquerda/direita  
junto a/depois de  
norte/sul  
leste/oeste

**Where is the:****town centre****Onde e o :****centro de cidade (town)**

pharmacy

farmácia

**SHOPPING:**

Do you have ...?

How much is this?

I take it.

Tem ...?

Quanto custa (how much) isso?

Levo já.

What colours have you?

Black

Blue

Red

White

Tem que cores (colours) ?

preto

azul

vermelho

branco

I want to buy:

aspirin

soap

Queria (want) comprar um:

aspirina

sabonete

half kilo apples

litre of milk

film/newspaper

meio (half) quilo de maçãs (apples)

litro de leite (milk)

filme/jornal

**TELEPHONE:**

Hello, this is ...

Ola é ...

Please speak:

louder

slowly

Por favor, fale (speak):

mais alto (loud)

devagar

I want to speak with:

Mr.

Mrs.

Miss

Queria falar (speak) com (with) :

o Senhor

a Senhoa

a Senhorita

When is he here/there?

Ask him to telephone me.

Quando ele está aqui/ali?

Peça-lhe (ask) que me telefone

**TIME:**

Do we have time?

What time is it? ...

Temos tempo?

Que horas são?

It is:

five past one

quarter to three

twenty past four

half past six

São:

uma e (and) cinco (5)

quinze(15) para as três

quatro (4) e vinte (20)

seis (6) e meia (half)

**MEETINGS:**

**We will see you:**

**today  
tomorrow**

**next week  
in the morning**

**in the afternoon/evening  
tonight  
soon**

**You are right/wrong.**

**That is right**

**LOCATIONS:**

**Here/there  
At the office**

**Is it near/far  
How many hours?**

**veremos você...**

**hoje  
amanhã**

**a próxima semana  
de manhã**

**a tarde/noite  
a noite  
em breve**

**Voce está certo/errado (wrong) :**

**É certo.**

**Aqui/ali  
No escritório**

**É perto/longe?  
Quantas (how many) horas?**

## 21. PLAY QUIZ

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

- |                           |                           |
|---------------------------|---------------------------|
| a. I am very well.        | Super                     |
| b. Excuse me              | Obrigado.                 |
| c. Thank you.             | Muito bem.                |
| d. OK                     | Perdão.                   |
| e. You're welcome         | Ola                       |
| f. Well done              | Bem vindo                 |
| g. Hello                  | Como esta?                |
| h. How are you?           | Bem feito.                |
| i. I want to speak with   | DE nada.                  |
| j. Welcome home           | desculpe por te incomodar |
| k. So sorry to bother you | Queria falar com          |
| l. No bother              | Bem vindo a casa.         |
| m. Yes                    | Garçon?                   |
| n. Please                 | Sim.                      |
| o. I am sorry             | Por favor.                |
| p. Waiter?                | Sinto muito               |
| q. How much is that?      | Que hora são?             |
| r. Where is the toilet?   | Onde/Quando/Porque?       |
| s. Where/when/why?        | Onde é o banheiro/toilet? |
| t. What time is it?       | Quanto custa isso?        |
| u. Help me please?        | Não compreendo.           |
| v. I do not understand    | Fale devagar.             |
| w. What does this mean?   | Ajuda-me, por favor?      |
| x. Please speak slowly.   | O que quer dizer isso?    |
| y. See you later.         | Bom apetite/saúde!!!      |
| z. Good food/cheers!!     | Até logo.                 |

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!**

**Our natural suggestions are:**

**1 - Play YOUR 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 make a recording of sections 2-15 at high speed - your starting point! DO NOT ERASE IT. Then SPEAK with the tape. 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 and laugh .... Then SPEAK with the tape ... with a beautiful CONFIDENT accent. Email your feedback to [robertboland@wanadoo.fr](mailto:robertboland@wanadoo.fr).**

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

## Special Vocabulary for UN

(Challenge - complete with Potuguese nnd then check and discuss with a natural speaker)

English	Pashto	Dari	Krio
Airport	hawaa dagar	maydaan-e hawaa-i	airport
Army	pauz	fauj/ordu	army
Asylum	panaah	pamaah	asylum
Border	pdlay	sarhadd	borda
Camp	dd kaamp	kaamp-d	kamp
Children	muchouman	awladah	pikin-dem
Clothing	jama	poxaak	cloths
Cooking pot	chainaq	dd pO-Gosh!ldy loxay/deg	fud pot
Cooperation	hamkari	pd gdda kaar kawdl	cooperation
Customs	gumruk	gumruj	customs
Delay	nawakta	dzandy	las tehm
Detention	ndzar-band	tawkif	detention
Development program	dd wadi prograam devel.program	prograam-d ynkyshaafi	
Displaced persons	be-zaya shdwi xaldek	be-jaa shodygaan	despac man
Electricity	breshna	brexnaa	lite
Emergency	hajol	ber-dndy pexa	emergency
Expulsion	shar-dl	kharej/zxraaj	expulsion
Family	koranay	hekraaj	fambul
Government	hokumat	hokumat	government
Grandparents	padar kalan	padar wa maser kalan	grannis
Handicapped	saya	ma-yub	handicapped
Health	roghtyaa	seat/syhhat	wel bohdi
Hospital	roghtun	shafakhana	ospitul
House	kor	khana/kor	hos
HQ	mankaz	mankae	HQ
Human rights	dd bashar hakkuna	hokuk e bashar	human rights
Husband	mehra	shwahan	uman
Lamp	dewan	tsheragh	lamp
Legal protection	kaanuni saatdna	hymayat e kano	legal protection
Malnutrition	bada ghdzaa	sou-e taghziya	quashikor
Material assistance	maadi komak	komak-e mawadi	aid
Ministry	wdzaarat	wezarat	ministri

Nutrition	ghdzaa	taghziya	nutrition
Pain - days/weeks	dard worat	dard e ruz/hafta	pen - des/wiks
Pain - months/years	dard hafta	dard e mo/sol	pen - monts/yias
Pain - treatment	dard mehda	dard e ta-dow-wi	pen- tritmen
Pain - arms/legs	dard bazou/paie	dard e dest/pal	pen - ahms/legs
Pain - chest	dard sina	dard e sina	pen - ches
Pain - ears/eyes	dard gauche/sterguee	dard e goch/cheshom	pen - yers/yies
Pain - hands/feet	dard daste/paie	dard e dest/pai	pen - hans/fut
Pain - head/neck	dard sav/gardan	dard e sar/ghardin	pen - hed/nek
Pain - stomach	dard mehda	dard e meda	pen - belli
Persecution	zawrawdi	aziyat	persecution
Petrol	tel	petrol/tel	petrol
Police-station	dd polis st-eshan	sar-mammuriyat-e-police	polis post
President	mdshir	ra-is	president
Prison	bandy-khana	zyndan	prison
Province	ayaalat	wela-yate	province
Reception centre	dd melma paaldne	mahal e pazirahi/	reception centre
Refugee	mohajer	panahenda	refugee
Representative	astaazy	nema-yandghi	representative
Rural	da kdll	?	up-cuntry
Sanitation	hyfzu-syhna	hyfzu syhha	sanitation
Shelter	rijdi	panaga	shelter
Status	haysiyat	haysiyat	status
Tent	rijdi	gihejdi/khayma	tent
Torture	shekanja	shykanja	torture
Town	khar	shahr	tong
Transportation	transport	transport	transport
Travel Docs	sdd safar sanaduna	sdd safar sanaduna	travel doks
Tribe	t-dbdr	kabila	tribe
Truck	lan mot-dr/lari	motar-d laar/lari	trok
Urban	dd khari	dd khari	town
Village	kday	karya	vilag
Voluntrary repatriation	pd rdzaa-sara	berta legal	vol. repatriation
War	jagara	jangu	war
Water	aaba	aab	wata
Wife	kaza	zawja/khanom	uman/wef

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

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

**Opportunity:** for aid workers on missions to other countries to feel more secure, comfortable and effective in achieve 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: Krio, Dari, Pashto, Uzbek, Tajik, Turkmen, English, French, German, Spanish, Portuguese, Hindi, Urdu, Finnish, Arabic, Indonesian, Malay, Shona, Russian, Mandarin, Xhosa and with other languages in process: Cantonese, Zulu, Tswana, Sutu, Swedish, Nepali, Italian, Swahili, Basque, 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, BO-Gosh!ter, Nokia etc



## APPENDIX C - BRIEF GRAMMAR

(Challenge - complete with Portuguese and then check and discuss with a natural speaker)

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

Eu estou aqui.

?

I am here.

The CHILD is here.

Question - is the child here?

### 2. Articles:

### 3. Nouns:

A child here is.

Child-REN are here.

The GOOD child is here.

HE is a child.

### 4. Possession:

He is MY child.

### 5. Relative:

The child WHO here is.

### 6. Demonstrative:

THIS child is here.

THAT child is THERE.

### 7. Interrogatives:

WHAT is this thing?

WHO is that?

WHERE is the child?

HOW-MUCH is the book?

### 8. Imperatives:

DO this!

COME here!

### 9. Negatives:

Yes, I HAVE a book.

No, I do NOT have the book.

Do NOT come here.

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

I am/have/want

You are/have/want

He is/has/wants

**BRIEF DICTIONARY - ENGLISH/ FRENCH/ SPANISH/ PORTUGUESE (OVER THE GERMAN)****(Challenge - complete with Portuguese and then check and discuss with a natural speaker)**

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	après-midi,l'	tardes	Nachmittag
airport	aeroport,l'	aeropuerto	Flughafen
alone	seul	solo/unico	allein
also	aussi	también	auch
always	toujours	siempre	immer
am (I)	suis (je)	yo soy/estoy	bin (ich)
and	et	y	und
anniversary	anniversaire	cumpleaños	Jahrestag
anybody	n`importe qui	cualquiera	irgendjemand
anything	n`importe quoi	cualquier cosa	irgendetwas
April	Avril	abril	April
are(you)	êtes (vous)	usted es/está	sind
arrive	arriver	llegar	ankommen
at	à	a/en	an
August	Aout	agosto	August
bad	mauvais	malo	schlecht
bank	banque,la	banco	Bank
bar	bar	bar	Bar, die
bath	bain,le	baño	Bad
beat	battre	batir	schlagen
beautiful	beau/belle	hermoso	schön
because	parce que	porque	weil
bed	lit,le	cama	Bett
begin	commencer	comenzar	anfangen
behind	derrière	detrás/atrás	hinter
beside	à côté de	al lado de	nächst
better	meilleur	mejor	besser
bill	facture,la	cuenta	Rechnung, die
big	grand	grande	gross
biscuit	biscuit,le	galleta	Keks
black	noir	negro	schwarz
book	livre,le	libro	Buch
boy	garcon,le	niño/muchacho	Junge
bread	pain,le	pan	Brot
breakfast	petit dej.le	desayuno	Frühstück
brother	frère,le	hermano	Bruder, der
bus	autobus,le	autobús/camión	Bus

business	affaires,les	negocio	Geschäft
buy	acheter	comprar	kaufen
can (able)	pouvoir	poder	können
car	auto,l'	carro/coche	Auto
carefully	prudent	prudente	vorsichtig
carry	porter	llevar	tragen
cash	argent,le	dinero	Bargeld
chair	chaise,la	silla	Stuhl
cheap	bon marché	barato	billig
children	enfants	niños	Kinder
choose	choisir	seleccionar	wählen
cigarette	cigarette,la	cigarillo	Zigarette
clean	propre	limpio	sauber
clever	intelligent	inteligente	klug
clouds	nuages,les	nubes	Wolken, die
coffee	cafe,le	café	Kaffee
cold	froid	frio	kalt
colour	couleur,la	color	Farbe
come	venir	venir	kommen
complain	plaindre	reclamar	klagen
contract	contrat,le	contrato	Vertrag
cook	cuire	cocinar	kochen
cost	coût,le	costo	Kosten
count	conter	contar	zählen
creditors	créditeurs,les	acreedor	Gläubiger
cup	tasse,la	taza	Tasse
customer	client,le	cliente	Kunde
customs	douane,la	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
good-bye	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	elle-même	ella misma	sie selbst
him	le/lui	le/lo	ihn/ihm
himself	lui-même	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
ice-cream	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	cela-même	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	marriage, le	matrimonio	Heirat
marry	se marier	casar	heiraten
materials	materiaux, les	materia prima	Materialien
May	Mai	mayo	Mai
me	me	mi	mich
meal	repas, le	comida	Essen
meat	viande, la	carne	Fleisch
meet	rencontrer	encontrar	kennen lernen
meeting	réunion, la	reunión	Versammlung
mind (not)	égal (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
mother-in-law	belle-mère	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	nuit,la	noche	Nacht
ninety	quatre-v.-dix	noventa	neunzig
no	non	no	nein
nobody	personne	nadie	niemand
noise	bruit,le	ruido	Krach
not	ne...pas	no	nicht
nothing	rien	nada	nichts
November	Novembre	noviembre	November
now	maintenant	ahora	jetzt
o`clock	heures (7.00)	hora (7.00)	Uhr (7.00)
October	Octobre	octubre	Oktober
of course	naturellement	naturalmente	natürlich
Oh!	Oh!	O!	Ach!
old	vieux	viejo	alt
on	sur	sobre	auf
one	un	un/uno	eins
or	ou	o	oder
orders	ordres,les	órdenes	Bestellung
our	notre	nuestro	unser
ourselves	nous-même	nosotros	wir selbst
out	dehors	fuera	aus
overheads	frais gen.les	gasto gener.	Laufenden U.
owner`s eq.	capital,le	capital	Anlagekapital
parents	parents,les	padres	Eltern
passport	passeport,le	pasaporte	Pass
people	gens	gente	Menschen
place	endroit,le	sitio/lugar	Platz
plane	avion,le	avión	Flugzeug
plate	assiette,la	plato	Teller
please	s`il v. plaît	por favor	bitte
police	police,la	policía	Polizei
polite	poli	cortés	höflich
porter	porteur,le	portero	Träger
possible	possible	posible	möglich
present	présent	presente	gegenwärtig
pretty	joli	bonito	hübsch
products	produits,les	productos	Produkte
profit	profit,le	ganancia	Gewinn
put	mettre	poner	legen
quarter	quartier,le	cuarto	Viertel
quickly	vite	aprisa/de pri.	schnell
rain	pluie,la	lluvia	Regen
read	lire	leer	lesen
really	vraiment	de veras	wirklich
red	rouge	colorado/rojo	rot

relax	se relaxer	relajarse	entspannen
remember	rappeller	recordar	erinnern
restaurant	restaurant,le	restaurante	Restaurant
right	raison (avoir)	correcto/der.	richtig
road	rue,la	calle	Strasse
room	chambre,la	cuarto/habit.	Zimmer
sales	ventes, les	venta/saldo	Verkäufe
Saturday	Samedi,le	sábado	Samstag
save	sauver	salvar	sparen
say	dire	decir	sagen
see	voir	ver	sehen
sell	vendre	vender	verkaufen
September	Septembre	septiembre	September
serve	servir	servir	bedienen
service	service	servicio	Dienst
seven	sept,le	siete	sieben
seventy	soixante-dix	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	quelque-chose	algo	etwas
sometimes	quelque-fois	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	Bahnhof
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	eux-mêmes	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
three-qtr.	trois-quarts	tres cuartos	dreiviertel
Thursday	Jeudi	jueves	Donnerstag
ticket	billet,le	boleto/billete	Karte
time	heure,la	tiempo/vez	Zeit, die
tip	pourboire,le	propina	Trinkgeld
tired	fatigué	cansado	müde
to	à	para/a	nach
today	aujourd'hui	hoy	heute
tomorrow	demain	mañana	morgen
too much	trop	demasiado	zu viel
train	train,le	tren	Zug
travel	voyager	viajar	reisen
Tuesday	Mardi	martes	Dienstag
twelve	douze	doce	zwölf
twenty	vingt	veinte	zwanzig
two	deux	dos	zwei
under	sous	debajo/bajo	unter
up	en haut	arriba	oben
us	nous	nos/nosotros	uns
vegetables	légumes,les	legumbres	Gemüse

wait	attendre	esperar	warten
waiter	garçon,le	camarero	Kellner
walk	marcher	caminar/pasear	spazieren
want	vouloir	querer	wollen
waste(n)	gaspillage,le	desgaste	Abfall
we	nous	nosotros	wir
weather	temps,le	tiempo	Wetter
Wednesday	Mercredi	miércoles	Mittwoch
week	semaine,la	semana	Woche
wet	pluvieux	húmedo/mojado	nass
what?	quel/quoi?	qué?	was?
what time?	quelle heure?	qué hora?	wie spät.ist es?
when?	quand?	cuándo?	wann?
where	où?	dónde?	wo?
white	blanc	blanco	weiss
who?	qui?	quién?	wer?
wife	femme,la	esposa	Ehefrau
win	gagner	ganar	gewinnen
wine	vin,le	vino	Wein
winter	hiver,le	invierno	Winter
woman	femme,la	mujer	Frau
work	travail,le	trabajo	arbeiten
worse	pire	peor	schlechter
worst,the	le pire	el/lo peor	schlechteste
write	écrire	escribir	schreiben
wrong	avoir tort	falso/equiv.	falsch
year	année,la	año	Jahr
yes	oui	sí	ja
yes but	oui mais	si, pero	ja, aber
yesterday	hier	ayer	gestern
you (nom.)	vous	usted/ustedes	Sie
you (acc.)	vous	usted	Sie
young	jeune	joven	jung
your	votre	su	Ihr
yourself	vous-même	usted	Sie selbst
yourselves	vous-mêmes	ustedes	Sie selbst
zero	zero	cero	null

# THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge - complete with Portuguese and then check and discuss with a natural speaker)

1. A/an UN/UNO	2. After DESPUES	3. Again OTRA-VEZ	4. All TODO	5. Almost CASI
6. Also TAMBIEN	7. Always SIEMPRE	8. And Y	9. Because PORQUE	10. Before ANTES
11. Big GRANDE	12. But PERO	13. I can PUEDO	14. I come VENGO	15. Either/or O.O
16. I find ENCUETRO	17. First PRIMO	18. For PARA	19. Friend AMIGO	20. From DE
21. I go VOY	22. Good BUENO	23. Goodbye ADIOS	24. Happy FELIZ	25. I have TENGO
26. He EL	27. Hello OLA	28. Here AQUI	29. How COMO	30. I YO
31. I am SOY/ESTOY	32. If SI	33. In EN	34. I know SE	35. Last ULTIMO
36. I like ME GUSTA	37. Little PEQUENO	38. I love AMO	39. I make HAGO	40. Many MUCHOS
41. One UNO	42. More MAS	43. Most MAYORIA	44. Much MUCHO	45. My MI
46. New NUEVO	47. No NO	48. Not NO	49. Now AHORA	50. Of DE
51. Often FREQUENTE	52. On SOBRE	53. One UNO	54. Only SOLO	55. Or O
56. Other OTRO	57. Our NUESTRO	58. Out AFUERA	59. Over SOBRE	60. People GENTE
61. Place LOGAR	62. Please PER FAVOR	63. Same MISMO	64. I see VEO	65. She ELLA
66. So ENTONCES	67. Some ALGUNOS	68. Sometimes AVECES	69. Still TODAVIA	70. Such ESE/ESA
71. I tell DIGO	72. Thank you GRACIAS	73. That ESTO	74. The EL/LA	75. Their DE ELLOS
76. Them ELLOS	77. Then DESPUES	78. There is HAY	79. They ELLOS	80. Thing COSA
81. I think PENSO	82. This ESTO	83. Time TIEMPO	84. To PARA	85. Under DEBAYO
86. Up ARRIBA	87. Us NUSOTROS	88. I use USO	89. Very MUY	90. We NOSOTROS
91. What QUE	92. When CUANDO	93. Where DONDE	94. Which QUAL	95. Who QUIEN
96. Why PORQUE	97. With CON	98. Yes SI	99. You USTED	100. Your SU

## **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: robertboland@wanadoo.fr. So, and from now on - relax and remember!!**

