

CRE - CREATIVE RELAXATION EXERCISE

THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT WITH A 30 MINUTE AUDIO TAPE IN JUST 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 ... MULTU-MESC (thank you)"

NO. 390 - ROMANIAN from ENGLISH

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Note:

Appendix A - is the routine for long term reinforcement after one month, which can also be used by experienced speakers for accent improvement. Books to buy: Assimil Phrase Book and a small dictionary.

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DEDICATION

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

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

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

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

Thank you.	Mulumesc
Hallo	Salut
Yes/no	Da/Nu
Please	Va rog
Excuse me	Pardon
Everything is OK!	Totul e in regula!
Good morning	Buna dimineata
My name is ...	Ma numesc...
What is your name?	Cum va numiti?
How are you?	Cum va merge?
Fine thanks	Bine multumesc
I want ...	Vreau ...

Where do you come from?

De unde sinteti?

Good-bye.

La revedere

... so from now on ... speak to everyone... and have fun ...

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 and a list of the 100 "most used" words in conversation.

1.2 MEMORY

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

Yes ... da ... say ...

... yes ... you are darned right ... DA

Goodbye ... la revedere ... say ...

... goodbye ... at-last Rev. Dere is going... LA REVEDERE

I want ... vreau ... say ...

... I want ... to row the boat ... VREAU

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 Romanian conversation with a natural speaker or aloud with yourself. Then make a friend of a small Romanian dictionary and phrase-book.

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 your hand and allow the warmth to evaporate. Close the hand again, and recognize the marble ... as a physical external symbol ... of the internal function of your mind and body. Allow it to receive and evaporate not just heat ... but emotion, anxiety and stress ... leaving you free, relaxed, confident and ready to learn to speak and understand the natural language without effort

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

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

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

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

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

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

SIMPLE THROAT EXERCISE

(Repeat each word many times slowly ... and then at high speed)

Hello	SAA- <u>LOOT</u>	Sa-lut
Mr.	<u>DOM</u> -NUL	Dom-nul
Mrs.	<u>DOO</u> -AMNER	Do-amna
Yes	DAH	Da
No	NUH	Nu
Good	BUHN	Bun
Please	VER- <u>OG</u>	Var-og
Do you have?	AA- <u>VETS</u> ...?	A-veti ...?
Thank you	MOOLTSOO- <u>MESC</u>	Multu-mesc
Goodbye	<u>LA</u> REH-VEH- <u>DAIRY</u>	La re-ve-dere
See you soon!!!	<u>PEH</u> COOR- <u>ERND</u>	Pe cur-ind

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

NATURAL SUGGESTIONS

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

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

- 1 - Do IRT. Do the Throat exercise - 16 key words.
Play the tape (30 minutes) with the text THREE TIMES.
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 - Same Sections 5-10. Make a tape and laugh.
- 4 - Same Sections 11-16.
- 5 - Play the tape SPEAKING with a beautiful CONFIDENT accent.
Do the quiz (1 page). Create conversation with mini phrase book.
- 6 - Do SPEED READING (2-16) and Mini-phrase book 14 minutes.
- 7.- Practice with a phrase book many times. Complete glossary from dictionary.
- 8.- Do APS and plan for review next week, helping partners as needed.

NATURAL SUGGESTIONS (continued)

Generally:

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

1. GENTLE RELAXATION ...

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

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

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

And as we go on together ... repeating the phrases ... in the natural language ... with your whole body involved ... moving hands and face ... feelings and body ... to express ... and absorb the words and phrases ... as they will come ... instinctively ... to your mind ... as you speak softly ... with a beautiful accent ... yes ... with a beautiful accent ... which will please and surprise you... as its fits the music ... of the natural language. So on we go together ... speaking all the time ... and moving hands, face and body ... to express ourselves ... in the new natural language ... as you create new wave patterns ... in that special... "Romanian Place" ... in your mind

...

2. HERE AND THERE:

Note: Personal pronouns (I, you, he etc.) included in the word form.

Sint aici.

(I) am here.

Sinteti acolo.

(You) are there.

Sinteti acolo?

Are (you) there?

Da, sinteti acolo.

Yes, you are there.

Sinteti aici?

Are you here?

Nu, nu sinteti aici.

No, you are not here.

E aici.

It is here.

Unde e?

Where is it?

E aici.

It is here.

E acolo?

Is it there?

Nu stiu.

I do not know.

Unde e Miguel?

Where is Miguel?

Nu e aici.

He is not here.

Unde e?

Where is he?

Nu stiu.

I do not know.

Bravo. Acolo e!

Well done. There he is!

E grozav!

He is great!

3. LIKING:

Tu i-mi placi.

I like you (you to-me pleases).

Eu i-ti plac?

Da, tu i-mi placi.

I-ti placi banii?

Da, i-mi plac banii.

I-mi place apa.

I-ti place apa?

I-mi plac citeva carti.

El place auto.

Nu-o place auto.

I-ti place masa?

Nu, nu i-mi place masa.

O. Bravo! Cacat!

Va-rog, nu spuneti "Cacat"!

Do you like me?

Yes, I like you.

Do you like money?

Yes, I like 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. Well done! Merde!

Please do not say Merde!

4. DOING:

Cu placere

Fac.

Fac asta.

Tu faci.

Tu faci asta.

Noi facem asta.

Si sintem fericiti.

E usor?

Da, nu e greu.

Faci tu asta?

Welcome.

I do.

I do this.

You do.

You do that

We do that

And we are happy.

Is it easy?

Yes, it is not difficult.

Do you do that?

Fa-o asta, va-rogl!!!

Bravo!!!

E grozav!

Do that please!!!

Well done!!

It is great!

5. CAN/ABLE TO DO:

Welcome.

Pot.

Pot si eu?

Da, pot.

Poti sa faci asta?

Cu placere.

I can

Can I?

Yes, I can.

Can you do this?

Da, pot sa fac asta.

Pot sa maninc un pic.

Pot sa beau un pic.

Pot sa merg

Pot sa vin.

Pot sa dorm.

Puteti sa vorbiti.

Puteti sa vorbiti?

Da, pot.

Yes, I can do that.

I can eat a little.

I can drink a little.

I can go.

I can come.

I can sleep.

You can speak.

Can you speak?

Yes, I can.

Puteit sa faceti asta?

Nu, nu pot sa fac asta.

Puteti sa intelegeti.

Puteti sa intelegeti?

Da, un pic.

Can you do this?

No, I can not do that.

You can understand.

Can you understand?

Yes, a little.

Puteti sa spuneti Cacat?
Da, vorbesc un pic Roman!
Bravo. Sint grozav!

Can you say Merde?
Yes, I can speak a little Romanian!
Well done! I am great!

6. UNDERSTANDING:

Inteleg.
Nu inteleg.
Intelegeti.
Nu intelegeti.

I understand.
I do not understand.
You understand.
You do not understand.

Intelegeti femeile?
Nu. Nu. Nu le inteleg!!!
O, Bravo! Cacat!
Va-rog, nu spuneti "Cacat".
Sinteti grozav!

Do you understand women?
No. No. I do not understand them!!!
Oh. Well done Merde!
Please do not say Merde!
You are great!

7. WANTING:

Vreau.
Vreau sa maninc un pic.
Vreau sa beau un pic.
Vreau sa ma duc la toaleta!!!
Vreti sa maninci un pic?
Nu, nu vreau sa maninc.
Bravo! Vreau sa-ti dau un pic.
Nu. Multumesc.
Vreau sa vin.

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.
Well done I want to give you a bit!
No, thank you.
I want to come.

Vreti sa va culci cu mine?

Nu, nu vreau sa ma culc.

Miguel, vreti sa mancati broastele??

Bravo. Nu acuma, multumesc!

Noi sintem grozavi!

Do you want to sleep with me?

No, I do not want to sleep.

Miguel do you want to eat the frogs?

Well done Not just now, thank you!

We are great!

8. GETTING:

Va-rog, dati-mi banii.

Va-rog, luati banii.

Iau banii.

Va-rog, dati-mi biletul.

Please give me the money.

Please take the money.

I take the money.

Please give me the ticket.

Va-rog, luati biletul.

Iau biletul.

Va-rog, dati-mi lucrul.

Unde e lucrul?

Nu stiu.

Please take the ticket.

I take the ticket.

Please give me the thing.

Where is the thing?

I do not know.

Dati-mi va-rog un barbat mare!

Bravo! Ce femeia!

E grozava.

Please give me a big man!

Well done!! What a woman!!

She is great!

9. HAVING:

Welcome.

Am un lucru.

N-am nici un lucru.

Aveti un lucru.

Cu placere.

I have one thing.

I do not have one thing.

You have one thing.

Avem un lucru.

Are un lucru.

Am ceva timp, domnisoara!

Aveti ceva banii, Domnule?

Nu.

O. Bravo! Cacat!

Va-rog, nu spuneti "Cacat".

We have one thing.

She has one thing.

I have a little time, Miss!

Do you have some money, Sir?

No.

Oh. Well done! Merde!

Please do not say Merde!

10. ORDERING (POLITELY):

Welcome.

Dati-mi va-rog lucrul.

Dati-mi va-rog banii.

Dati-mi va-rog apa.

Va-rog, nu beti apa in Franta.

Sa beti vin.

Veniti aici. va-rog.

Mergeti acolo, va-rog.

Beti asta, va-rog.

Sa nu mincati asta, va-rog!

Dati-mi asta, va-rog.

Nu luati asta va-rog.

Spuneti asta, va-rog.

Sa nu spuneti "Cacat" va-rog!

Bravo! Sinteti grozava.

Cu placere.

Please give me the thing.

Please give me the money.

Please give me the water.

Please don't drink the water in France!!

Drink the wine.

Please come here

Please go there.

Please drink this.

Do not eat that!

Please give me this.

Please do not take that.

Please say this.

Please do not say Merde!

Well done! You are great!

11. GREETING:

Buna ziua, Romania!!!
Salut, Indrei .
Buna dimineata Miche.
Buna, Sancos.

Ce mai faceti, Eliza?
Bine Khulu.
Cum sta, Xavier?
OK multumesc, Miguel.
La revedere Giles.
Pa, Judith.

Da, OK, Hollie
E grozav.
OK, Sam?
Da, OK Lucie.

Binisor, Henri.
Ti-e bine, scumpa?
Nul!
Bravo!! E grozava!

Hello Romania!!
Hello Indrei.
Good morning Miche.
Good morning Sancos.

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

Yes OK, Hollie.
It is great!
OK Sam?
Yes OK, Lucie.

Not too bad, Henri.
Are you well, my darling?
No!!!
Well done!! She is great!

12. DESCRIBING:

E bun,
Nu e bun.
E reu.

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

E o carte.

It is a book.

E mare?

Is it big?

Nu, e mic.

No, it is small.

E usor?

Is it easy?

Nu, e greu.

No, it is hard.

E buna, apa?

Is the water good?

Nu, apa nu e buna in Franta!

No, the water is not good in France!!

O. cacat!!

Oh Merde!!!

Sa nu spuneti "Cacat", va-rogl.

Please do not say Merde!

Sintem grozavi?

Are we great?

Bravo! Da!

Well done! Yes!!

13. KNOWING (THINGS & PEOPLE):

Welcome.

Ca placere.

Stiu asta.

I know this.

Stiti asta?

Do you know this?

Da, stiu asta.

Yes, I know this.

Stiti asta.

You know that.

Stiti acsta?

Do you know that?

Nu, nu stiu asta.

No, I do not know that.

Cunosc femeia aceasta.

I know that woman.

Cunosc barbatul aceasta.

I know the man.

El ma cunoaste.

He knows me.

Cunoasteti pe femeia aceasta?

Do you know that woman?

Nu. Buna dimineata, Doamna!

No. Good morning Madame!

Cum va merge, Doamna?

Nu, nu sint bine. La revedere!

Nu-o cunoasteti!

Bravo! E grozava!

Are you well, Madame?

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

You do not know her!

Well done! She is great!

14. NUMBERING:

Am un problem.

Da, ai un problem.

Nu, ai doi (2).

Are trei (3).

Are patru (4).

Are cinci (5) probleme.

Aveti cinci probleme?

Da, acum am cinci probleme!!

Toti copiii!

Copii sint grozavi!

I have one problem.

Yes, you have a problem.

No, you have two (of them).

He has three.

She has four.

We have five.

Do you have five?

Yes now, I have five problems!!!

All the children!

Children are great!

15. ASKING:

Cit costa cartea?

Cinci dollari.

Cit costa lucru asta?

Cit costa?

Patru dollari.

Unde e?

How much is the book?

Five dollars.

How much is this thing?

How much?

Four dollars.

Where is it?

E acolo.

Nu, nu e acolo.

Unde e toaleta, va-roგ?

Toaleta e acolo.

Ce e asta?

Imi pare rau. Ce?

Asta.

O, e buna, cartea.

Ce dori-ti?

Doresc vin, va-roგ.

Cine e aici?

Sintem aici.

Cine e femeia asta?

Nu stiu.

Bravo! E Madonna!

Ce femeia! E grozava!

It is there.

No, it is not there.

Where is the toilet, please?

The toilet is over there.

What is that?

Excuse me. What?

That.

Oh, it is a good book.

What do you want?

I want the wine, please.

Who is here?

We are here.

Who is that woman?

I do not know.

Well done! It is Madonna!

What a woman! She is great!

16. EVERYTHING - COLLOQUIAL (with slang)

Welcome.

Pot.

Sint aici.

Sinteti acolo

Imi-placeti.

Va place banii.

Ca placere.

I can

I am here.

You are there.

I like you.

You like the money.

(El) Face asta.

He does this.

(Ea) Face asta.

She does that.

Vorbesc un pic Roman!

I can speak a little Romanian!

Nu puteti sa spuneti Cacat!!

You can not say Merdel!!

Va inteleg.

I understand you.

Nu ma intelegeti.

You do not understand me.

Vreau sa merg la bar.

I want to go to the bar.

Vreti sa mergeti la toaleta.

You want to go to the toilet.

Acuma am mult timp, Scumpa.

Now, I have much time, Honey!

Aveti niste banii acuma, Domnule ?

Now, do you have a little money, Sir?

Va-rog, sa nu beti apa in Franta!

Please don't drink the water in France!!

Sa beti vin.

Drink the wine.

Ce faceti, Eliza?

How are you, Eliza?

SLANG NOW ...

Servus, Eliza?

How are you, Eliza?

Bine, multumesc, Khulu.

I am well, thank you, Khulu.

Servus, Eliza?

How are you, Eliza?

Bine, multumesc, Khulu.

I am well, thank you, Khulu.

Servus, Eliza?

How are you, Eliza?

Bine, multumesc, Khulu?

I am well, thank you, Khulu.

E mare, Domnule?

Is it big, Sir?

Nu, e mic, Doamna.

No, it is small. Madame.

Nu cunoasteti pe femeia asta.

You do not know that woman.

Bravo! E grozava!
Da, acum, am cinci probleme!

Totii copii!
Ce e asta?
Imi-pare-rau. Ce?
E acolo.
Nu e reu.

Trebuie sa fac asta.
Trebuie sa faci asta.

Bravo!
OK?
Da, e cool!
Da, e cool!
Da, nu e reu.

Da. E OK!
Sa nu spuneti Cacat!!
Nu e cool ???!!
Grozav?
Da esti grozava!

Pa, Pa. Pe curind!

Well done! She is great!
Yes now, I have five problems!!!

All the children!
What is that?
Excuse me. What?
There it is.
Not bad.

I must do this
You must do that.

Well done
OK?
Yes, it's cool!
Yes, it's cool!
Yes, it's not too bad.

Yes, it's OK.
Do not say Merde!!!
It is not cool (upper class)!!!
Great?
Yes you are great!

Bye bye. See you soon!

Note: Speed reading - 14 minutes

17. CLOSING

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

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

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

You will feel well ... and you will begin ... to feel confident ... about the future ... and about making progress ... in the natural language ... in your own natural way ... and you will find such joy ... in speaking so gently ... with growing confidence ... and experience ... which will add ... a new exciting quality to your life ... because ... with every new language you learn ... you do add a new quality to your life ... in that special "Romanian Place" ... in your mind ...

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

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

18. NATURAL VOCABULARY - SIMPLE VERSION - TO MAKE IT EASIER TO LEARN THE PRONUNCIATION

(Using capital letters: C = ch, T=zz, E = yye, S = sh)

a. Greetings/ Exclamations:

hello	good morning	how are you?	(I am) well	thank you
bunazewa	buna dimineata	Ce mai faCeTi?	(Eu sint) bine	mulTumesc
goodbye	yes	no	OK	not too bad
la revedere	da	nu	ok	nu rou
Well done	Merde!	there it is!	"Cool"!!!	please
bravo	cacat	acolo Este!	cool	va rog

b. Verbs :

to be	have	like	want	can
a fi	a vea	a plaCea	a vrea	a potea
eu sint/Este	am/ave	plac/plaCe	vreau/vre	pot/pote
voi sinteTi	aveTi	plaCeTi	vraTi	PotiTi
do	say/speak	go	come	give
a face	a spunea/ a vorbea	a merge	a veni	a da
eu fac/faCe	spu/spate/ vorb/vorbe	merg/merge	var/vene	dam/dare
voi faCeTi	spatiTe/vorbiTi	mergiTi	veniTi	diTi
take	eat	drink	sleep	know

a lua	a manca	bea	a dormi	a Sti
eu lao/lue	manc/mance	bea/bea	dorm/dorme	Stui/Sti
voi luaTi	mancaTi	beaTi	dormiTi	StiTi

understand	must	see
a inteleg	a trebuie	a vedea
inteleg/inteleg	ma trebuie	ved/vede
intelegeTi	eu trebuie	vedeTe

c. Prepositions:

some	a	the	to	from
cineva	un/o	at/o	la/Spre	din

d. Pronouns:

I	you	he	she	we
eu/ma	voi/ti	el	ea	noi

it	this	that	Mr	Mrs.
ea	aCesta	asta	Domnule/Dl.	Doamna/Dna.

e. Nouns:

money	thing	man	woman	water
banii	lucru	barbat	femeil	apa

car	ticket	book	friend
auto	bilet	carte	prieten

f. Adjectives/
adverbs/Other:

good	bad	big	small	now
bun/bine	rau/prost	mare	mil/mic	acum
later	a little	great!	happy	here/there
mai terzui	un pic/putin	grozav!	feriCi	aiCi/acolo

g.
Interrogatives:

how much?	where?	what?	who?	when?
cat costa?	unde?	Ce?	Cine?	cand?

Note:	What ... is this?	Why?
	Ce ...este?	De Ce?

h. Numbers:

one	two	three	four	five
unu	doi	trei	patru	CinCi

i. And some survival words:

toilet (toaleta)
fun (????)
but (dar)
never (niciodata)
food (manchare)
train (tren)
bus (autobus)
home (acasa)
work (lucru)
time (timp)
today (azi)
tomorrow (maine)
paper (hartie)
newspaper (ziar)
day (az)
week (saptamina)
year (anul)
hour (ora)
minute (minuta)

hamburger (hamburger)
think (a crede)
remember (?????)
read (a Citi)
write (a scrie)
laugh (a rade)
dance (???)
stop (a opri)
police (poliTiia)
six (sase)
seven (sapte)
eight (opt)
nine (noua)
ten (zexe)
hundred (o-suta)
thousand (o-mie)
merde (cacat)
bye bye for now (pa pe curindi).

SIMPLE EXPLANATION OF ACCENTS:

A AS ER (ADD ACCENT)

A HARD A (ADD ACCENT)

T AS ZZZ (ADD ACCENT)

E/ESTE YERRR

I EE OR NOT PRONOUNCED

S SH

CE CH

CI CH

19. NATURAL FEEDBACK AND NEW IDEAS

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 EACH OTHER IN THE FUTURE? A NEW LANGUAGE OR DIALECT TO ADD TO THE BU WEB-SITE

20 - DAILY MINI PHRASE BOOK

(Good idea to type or write out your own copy. Speed reading - 4 minutes))

BASICS:

Welcome

Cu placere

Hallo

Bunazina

Yes/no

Da/nu

Please

Va rog

Thank you.

Multumese

Excuse me

Imi pare rau

INTRODUCTIONS:

Good morning

Buna dimineata

Good-bye.

La revedere

My name is ...

Numele meu este ...

What is your name?

Cum (who) va numi (name)-ti (your)?

How are you?

Ce mai face-ti?

Fine thanks

Bine, multumese.

And you?

AND ti?

Where do you come from?

De unde (where) sinte(come)-ti (you)?

I'm from:

Sint din (from):

France

Faransa

England

Anglia

USA

Statw Unite

I'm with:

Sint ocupati WITH ...

UN

UN

Shell

QUESTIONS:

When/how?

What/why?

Who/which?

Where is/are ...?

How can I get to ...?

How much is it?

Could you help me please?

UNDERSTANDING:

I understand

I don't understand.

Can you repeat that?

What does ... mean?

Can I have...please?

Do you speak Romanian?

I don't speak

I speak a little ...

I am sorry

COMMENTS:

It's:

better/worse

Shell

Cin/cum?

Ce/coi?

Cum/care?

Unde este...?

Cum ajung la ...?

Cit costa?

Ma-(me) ti putea (can) ajuta (help)?

Eu inteleg.

Eu nu (not) inteleg.

A-ti putea (can) repeta?

Ce inseamna ...?

Eu putea (can) avere, vsa-rog
(please)?

Vorb-iti Romane?

Nu vorb-ese ...

Vorb-ese un pic (little) ...

Imi pare rau

Este:

mai bun/mai rau

big/small

cheap/expensive

good/bad

hot/cold

near/far

more/less

mare/mic

ieitin/scumpa

bun/male

calda/rece

apropiat/lone

mai-mult/mai-putin

FOOD:

(I) do/do not like:

breakfast

lunch

dinner.

Imi (to me) place (pleases):

mic dejun

dejun

ch-na

I want:

bread/butter

cheese

eggs

meat/potatoes

apples/oranges

coffee/tea

milk

fruit juice/water

Eu vreau ...:

pine/unt

brinza

oua

maninc/cartof

mere/portocale

cafea/ceat

lapte

suc de fruta/apa

I want to pay the bill.

We enjoy it.

As dori sa platesc (pay) nota.

I-ni este bun (good).

TRANSIT:

Where is the nearest shop?

Where can I find a taxi?

How much is it to ...?

Unde este magazin (shop) apropiat?

Unde un taksi?

Cit costa sa merg (go) la (to) ...?

I want to go to ...

Excuse me

Please take me to ...

Please stop here.

This is not the right road.

Go straight ahead.

It's there, on the:

left/right

next to/after

north/south

east/west

Where is the:

town center

pharmacy

SHOPPING:

Do you have ...?

How much is that?

I will take it.

What colours have you?

Black

Blue

Red

White

Yellow

Vreau sa merg (go) la ...

Scuzati-ma.

Va rog, duceti-ma (me)-la (to) ...

Va rog, opresete (stop) aici.

Nu este drumul (road) am-dreptate (right).

Du-te dept-inainte

Este aici (there) ...

stinga/dreapta

urmatorui/

nord/sud

est/ouest

Unde este:

centro

farmacia

Ave-ti ...?

Cit costa aceasta (that)?

Saa /sawaf (I will) ajhud-ha.

Ce coloare ave-ti?

negru

albastru

rosu

alb

galben

Green

I want to buy:

aspirin

soap

kilo apples

litre of milk

film/newspaper

verde

As dori sa cumpar (buy):

aspirina

sapun

kilo mere

litra ;apte

film/ziar

TELEPHONE:

Hello, I am ...

Please speak more:

louder

slowly

Hallo, sint

A-ti potea (can) vorbi:

mai LOUD

mai rar

Who do you want?

I want to speak to:

Mr.

Mrs.

Miss

Uum vreau-ti?

Eu vreau vorbi la:

Domnul

Deamna

Dominisuara

When is he here?

Ask him to call me, please?

Cind li este aici?

Varog telephon meu.

TIME:

Do we have a little time?

What time is it?

Now, the time is...

five past one

quarter to three

four o'clock

Ave-ni putin ora (time)?

Che ora este?

Acum ora este:

cinci (5) minuti na unu (1)

cuatro (1/4) vor trei (3)

patro (4) ora

half past five

Moitta (1/2) na cincii (5)

MEETINGS:

We see you:

today

tomorrow

next week

in the morning

in the afternoon

in the evening

tonight

soon/now

Noi ti vedem:

astazi

miine

septamina viitoare

dimineata

dupa-amiaza

seara

in noaptea aceasta

devreme/acum

You are right/wrong.

That is right

Ti este bun/rau.

Este am-dreptate (right)

LOCATIONS:

Here/there

At the office

Is it near/far?

How many hours to go there?

Aici/aila

Na oficina

Este aproape/departe

Cite ora sa merge aila?

21. PLAY QUIZ

Test your Romanian instinct ... associate the phrases ... in mixed groups of four ...

- | | |
|------------------------------|----------------------------|
| a. I am well | Cacat |
| b. Excuse me | Multumese |
| c. Thank you. | Bine |
| d. Merde | Imi pare rau |
| e. Welcome | Bravo |
| f. Well done | Cu placere |
| g. Hello | Ce mai faceti? |
| h. How are you? | Bunaziua |
| i. What is this in Romanian? | Nu |
| j. I can do that. | Va-rog |
| k. Please. | Ce e asta in limba Romana? |
| l. No. | Pot sa fac asta |
| m. Yes. It is "cool"!! | Garson? |
| n. Goodbye | La revedere |
| o. Where are you going? | Da, e cool!! |
| p. Waiter? | Unde mergeti? |
| q. How much is that? | Cit costa asta? |
| r. Where is the toilet? | Unde/cind/de ce? |
| s. Where/when/why? | Unde e toaleta? |
| t. What time is it? | Ce ora e? |
| u. Can you help me please? | Nu inteleg |
| v. I do not understand | Ce inseamna asta? |
| w. What does this mean? | A-ti potea vorbi mai rar? |
| x. Please speak slowly. | Puteti sa ma ajutati? |
| y. Well done/See you later. | Cu placere!! NOROK!!! |
| z. You are welcome!!/CHEERS! | Bravo/pe curind. |

**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 with both our tape and your own **APS** tape ...!

Our natural suggestions are:

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

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

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

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

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

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

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

Special Vocabulary for UNHCR

English	Pashto	Dari	Romanian (insert)
Airport	hawaa dagar	maydaan-e hawaa-i	
Army	pauz	fauj/ordu	
Asylum	panaah	pamaah	
Border	pdlay	sarhadd	
Camp	dd kaamp	kaamp-d	
Children	muchouman	awladah	
Clothing	jama	poxaak	
Cooking pot	chainaq	dd paxdy loxay/deg	
Cooperation	hamkari	pd gdda kaar kawdl	
Customs	gumruk	gumruj	
Delay	nawakta	dzandy	
Detention	ndzar-band	tawkif	
Development program	dd wadi prograam	prograam-d ynkyshaafi	
Displaced persons	be-zaya shdwi xaldk	be-jaa shodygaan	
Electricity	breshna	brexnaa	
Emergency	hajol	ber-dndy pexa	
Expulsion	shar-dl	kharej/zxraaj	
Family	koranay	hekraaj	
Government	hokumat	hokumat	
Grandparents	padar kalan	padar wa maser kalan	
Handicapped	saya	ma-yub	
Health	roghtyaa	seat/syhhat	

Hospital	roghtun	shafakhana
House	kor	khana/kor
HQ	mankaz	mankae
Human rights	dd bashar hakkuna	hokuk e bashar
Husband	mehra	shwahan
Legal protection	kaanuni saatdna	hymayat e kano
Malnutrition	bada ghdzaa	sou-e taghziya
Material assistance	maadi komak	komak-e mawadi
Ministry	wdzaarat	wezarat
Nutrition	ghdzaa	taghziya
Pain - days/ weeks	dard worat	dard e ruz/hafta
Pain - months/ years	dard hafta	dard e mo/sol
Pain - treatment	dard mehda	dard e ta-dow-wi
Pain - arms/ legs	dard bazou/paie	dard e dest/pal
Pain - chest	dard sina	dard e sina
Pain - ears/ eyes	dard gauche/ sterguee	dard e goch/cheshom
Pain - hands/ feet	dard daste/paie	dard e dest/pai
Pain - head/ neck	dard sav/gardan	dard e sar/ghardin
Pain - stomach	dard mehda	dard e meda
Persecution	zawrawdi	aziyat
Petrol	tel	petrol/tel
Police-station	dd polis st- eshan	sar-mammuriyat-e- police
President	mdshir	ra-is

Prison	bandy-khana	zyndan
Province	ayaalat	wela-yate
Reception centre	dd melma paaldne	mahal e pazirahi/
Refugee	mohajer	panahenda
Representative	astaazy	nema-yandghi
Rural	da kdll	?
Sanitation	hyfzu-syhna	hyfzu syhha
Shelter	rijdi	panaga
Status	haysiyat	haysiyat
Tent	rijdi	gihejdi/khayma
Torture	shekanja	shykanja
Town	khar	shahr
Transportation	transport	transport
Travel Docs	sdd safar sanaduna	sdd safar sanaduna
Tribe	t-dbdr	kabila
Truck	lan mot-dr/lari	motar-d laar/lari
Urban	dd khari	dd khari
Village	kday	karya
Voluntary repatriation	pd rdzaa-sara	berta legal
War	jagara	jangue
Water	aaba	aab
Wife	kaza	zawja/khanom

APPENDIX C - BRIEF GRAMMAR

1. Structure - subject, object and verb:

(EU) sint aici.

COPIILUL e aici.

Copilul e aici?

(I) am here.

The CHILD is here.

Question - is the child here?

2. Articles:

Copil e aici

A child here is.

3. Nouns:

Cop-II sint aici.

Copilul BUN e aici.

ESTE e copil.

Child-REN are here.

The GOOD child is here.

HE is a child.

4. Possession:

E copilul MEU.

He is MY child.

5. Relative:

Copilul CARE e aici.

The child WHO here is.

6. Demonstrative:

ACEST copil e aici.

Copilul ASTA e acolo.

THIS child is here.

THAT child is THERE.

7. Interrogatives:

CE e asta?

CINE e?

WHAT is this thing?

WHO is that?

UNDE e copilul?

CIT e cartea?

WHERE is the child?

HOW-MUCH is the book?

8. Imperatives:

FA-o!

VIN-O aici!

DO this!

COME here!

9. Negatives:

Da, AM o cartea.

Nu, N-am o cartea.

NU veniti aici.

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):**

Sint/am/doresc

Sinteti/aveti/doriti

E (este)/are/doreste

I am/have/want

You are/have/want

He is/has/wants

APPENDIX D - THE ONE HUNDRED MOST USED WORDS IN CONVERSATION NEEDS ACCENTS (Challenge- make up phrases)

1. A/an UN/O	2. After DUPA	3. Again DIN NOU	4. All TOP	5. Almost APPROAPE
6. Also MAI	7. Always FIACAREZI	8. And SI/SA	9. Because FINDEA	10. Before INAINTE DE
11. Big MARE	12. But DAR	13. I can EU PO	14. I come EU VEN	15. Either/or SAU SI SAU
16. I find EUGAS	17. First MAI INTAI	18. For PENTRU	19. Friend PRIETEN	20. From DIN
21. I go EU MERG	22. Good BUN/BENI	23. Goodbye LA REVEDERE	24. Happy FERINCIT	25. I have EU AM
26. He EL	27. Hello BUNAZEWA	28. Here AICI	29. How much CAT COSTS	30. I EU
31. I am EU SINR	32. If DACH	33. In IN	34. I know EU STIU	35. Last ???
36. I like EU PLACE	37. Little MIC/PIC	38. I love EUDRAGOST	39. I make EU FAC	40. Many MULTI
41. One UN	42. More MAI	43. Most ???	44. Much MULT	45. My MEI
46. New	47. No	48. Not	49. Now	50. Of

NOV	NU	NU	ACUM	DE
51. Often	52. On	53. One	54. Only	55. Or
ADESEA	PE	UN	NUMAI	SAU
56. Other	57. Our	58. Out	59. Over	60. People
AL	NOIE	AFARA	ACOLO	OAMENI
61. Place	62. Please	63. Same	64. I see	65. She
LOC	VA ROG	LAFELCA	EU VIDE	EA
66. So	67. Some	68. Sometimes	69. Still	70. Such
ZAO	GENINA	UNEORI	INCA	ZAO
71. I tell	72. Thank you	73. That	74. The	75. There
EU VORB	MULTUMESC	ASTA	O/SA/NA	ACOLO
76. Them	77. Then	78. There is	79. They	80. Thing
SIN	ATUNCI	E/ESTE	ELE	LUCRU
81. I think	82. This	83. Time	84. To	85. Under
EU CREDE	ACESTI	TIMP/ORĂ	LA	SUB
86. Up	87. Us	88. I use	89. Very	90. We
SUS	NOI	EU FOLOS	FOARTE	NOI
91. What	92. When	93. Where	94. Which	95. Who
CEL	CAND	UNDE	CE	CINE
96. Why	97. With	98. Yes	99. You	100. Your
DE CE?	Cum	DA	TI/VOI	TI-YU

APPENDIX E - 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 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. contact us. So, and from now on - relax and remember!!**

BROCHURE

CRE - CREATIVE RELAXATION EXERCISE

THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT WITH A 30 MINUTE AUDIO TAPE IN ONE DAY

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

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

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

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

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

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

Further information: 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.

