

CRE - CREATIVE RELAXATION EXERCISE

THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT - FOR JUST 30 MINUTES

"You create new wave patterns in your mind ... that give
you strength for today ... and hope for the future"
Thank you - Tack!!

NO. 321 - SWEDISH (SVENSKA) from ENGLISH

VERSION 2 with a few errors - January 2007

Note:

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

Source: Dr. Bob Boland (EI) and Klas Hjortstam (Sweden) and Dr. Aino Weissenfelt (Univ. Oulu), Dr Catherine d'Arcangues (WHO), Dr. Giles Boland (Harvard) and Dr Heli Bathija (WHO) and Dr. Sancos Boland and Boston University and the Team. www.crelearning.com <http://www.bu.edu/familymed/distance/cre/introduction.htm>

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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.

Hallo

Yes/no/OK

Please

Thank you.

Excuse me

Good morning

Good-bye.

My name is ...

What is your name?

How are you?

Fine thanks

And you?

Where do you come from

I am from ...

Tack!!

Hej

Ja/Nej

Var så god

Tack

Ursäkta/Förlåt

God morgon

Adjö

Jag heter...

Vad heter du?

Hur mår du?

Bara bra, tack

Och du?

Var kommer du ifrån

Jag kommer från ...

So start chatting with everyone ...

1. SIMPLE THROAT EXERCISE - 16 KEY WORDS

(Repeat EACH Swedish word many times slowly ... and then at HIGH speed)

Hello	HEJGJ	Hej
Mr.	HERRR	Herr
Mrs.	FROO	Fru
Yes	YYAA	Ja
No	NEGG	Nej
Good	BRRAA	Bra
Please	VARR SSSE GODD	Var så god
Do you have?	HARR NEE ... ?	har ni ...?
Thank you	TACKKK	Tack
Goodbye	ADDGGGU	Adjö
Bye bye	HHADGGGDAA	Hejdå
Who?	VEMM	Vem?
What?	VADD	Vad?
I want	VILLL	Vill
Where?	VARR	Var?
OK!	OHKEGJJG!	Okej!

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

NATURAL SUGGESTIONS

Day 1 - Play the tape - 30 minutes ... in the dark ... speaking and feeling all the time ... before playing with the text ... allow yourself to smile ... because laughter ... is the natural therapy for any stress ... in learning ... as you create new musical wave patterns ... in your mind ... and then play the tape again ... just before you go to sleep ...

Day 2 - Play the tape ... in the dark ... with a beautiful accent and the feelings to go with it ... before playing it again shouting ... yes **SHOUTING** ... with the text ... to allow subtle changes in your mouth and throat ...

Day 3 - Play with the text ... to feel the meaning ... of every word ... and then play the tape ... sped reading 14 minutes ... without the text ...

Day 4 - Play the tape without the text ... then play around with any problems with the text ... feeling always positive ...

Day 5 - Play the tape three times ... a special day ... at different moments of the day ... when you really feel well ... in your own ... very special personal ... way ... to understand everything ...

Day 6 - Play around with the "Daily Mini Phrase Book"... and carry it with you ... speed reading 4 minutes ... and play the tape ...

Day 7 - Buy a small Berlitz phrase book ... it will be so easy to understand the first few pages ... and the language structure ... play the tape today ... and feel it deeply ... and then ... from that time on ... play it whenever you feel the need ... to reinforce the learning ... and so test your instincts with the "Play Quix" ... ! After one month do Exhibit A.

Day 8 - Good luck ... now send the page "Natural Feedback and New Ideas" ... which are always welcome ... to Dr. Bob Boland and the Team (H, P, S, S, X, M, M, K, C, A, Y etc.). With your help, a CRE for any language or dialect ... can now become available ... on request by email to ... robertboland@wanadoo.fr

NATURAL SUGGESTIONS (continued)

Generally:

1. Be positive and never apologise for your accent ...you are making the effort to learn the language ... and the values ... an thus the culture ... of the people you speak with ... and they will appreciate that very much!! If they reply in English ... then you just continue to speak in the natural language ... and they will too
2. Use simple short sentences and be confident.
3. Reinforce the learning in the car at any time ... make it an amusing theatre of one ... you!!! ... by playing and acting out ... just sections 2 to 16 of the tape. Never, repeat never... play the "relaxation sections" while driving the car!
4. Listen very carefully to what people say to you ... and before replying ... repeat exactly what they said ... in your mind ... this will give excellent practice in recognising good structure and pronunciation.
5. Hesitate before you speak ... and then speak freely and completely ... without long pauses and especially ... without ... "Urrs and Umms" which are so annoying ... and so 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.
7. Recognise that a terrible accent is painful ... for the hearer ... and so strive always for a beautiful accent in everything you say..
8. Expect success and you will not be disappointed ... and as a physician (US Board Certified in Preventive Medicine and Public Health) I suggest ... just for this week ... take two litres of pure water EVERY day ... it can have a remarkable therapeutic effect ... on mind and body ... and thus it can support your learning ... Dr. Bob Boland.

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

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

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

2. HERE AND THERE:

I am here.

Jag är här.

You (plur) are there.
Are you (plur) there?
Yes, you (plur) are there.
Are you (plur) here?

Ni är där.
Är ni där?
Ja, ni är där.
Är ni här?

You (sing) are there
Are you (sing) there?
Yes, you (sing) are there
Are you (sing) here?

Du är där.
Är du där?
Ja, du är där.
Är du här?

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

Nej, ni är inte här.
Nej, du är inte här.
Den/ Det är här.
Var är den/det?
Den/ det är här.
Är den /det där?

I do not know.
Where is Maria?
She is not here.
Where is he?
I do not know.

Jag vet inte.
Var är Maria?
Hon är inte här.
Var är han?
Jag vet inte.

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

Sjutton också! Där är han!
Han är underbar!

3. LIKING:

I like you (plur).
I like you (sing).
Do you like me?
Yes, I like you (plur).
Yes, I like you (sing).

Jag tycker om er.
Jag tycker om dej (or "dig")
Tycker ni om mej? (or "mig")
Ja, jag tycker om er.
Ja, jag tycker om dej. (or "dig")

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

Tycker ni om pengar?
Ja, jag tycker om pengar.

I like water.
You (plur) like water.
You (sing) like water
I like books.
He likes the car.
He does not like the car.

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

4. DOING:

I'm doing.
I'm doing this.
You're doing.
You're doing that
We're doing that

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

Damn-it!!!
It is wonderful!!!

5. CAN/ABLE TO DO:

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

I can eat a little.

Jag tycker om vatten.
Ni tycker om vatten.
Du tycker om vatten.
Jag tycker om böcker.
Han tycker om bilen.
Hon tycker inte om bilen.

Tycker ni om maten?
Nej, jag tycker inte om Maten.

Jag gör.
Jag gör det här.
Ni gör.
Ni gör det där.
Vi gör det där

Och vi är glada
Är det lätt?
Ja, det är inte svårt
Gör ni det där?
Gör det där, snälla!!

Sjutton också!!!
Det är underbart!!

Jag kan
Kan jag?
Ja, jag kan.
Kan ni göra det här?
Ja, jag kan göra det där

Jag kan äta lite.

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

Jag kan dricka lite.
Jag kan gå.
Jag kan komma.
Jag kan sova.

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

Ni kan prata/tala.
Kan ni prata/tala?
Ja, det kan jag.
Kan ni göra det här?

No, I can not do that.

Nej, jag kan inte göra det där

You can understand this?
Can you understand this ?
Yes, a little.
Can you say "Hello"
I can speak a little Swedish!
Damn-it! I am wonderful!!

Ni förstår det här?
Kan ni förstå det här?
Ja, lite.
Kan ni säga "Hej"?
Jag kan prata lite svenska.
Sjutton också! Jag är underbar!

6. UNDERSTANDING:

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

Jag förstår.
Jag förstår inte.
Ni förstår.
Ni förstår inte
Förstår ni kvinnor?
Nej, nej. Jag förstår dem inte.

You are wonderful!

Ni är underbar!

7. WANTING:

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

Jag vill.
Jag vill äta lite.
Jag vill dricka vatten.
Jag vill gå på toaletten!!

Do you want to eat a little?

Vill ni äta lite?

No, I do not want to eat.

Nej, jag vill inte äta.

I want to give you a bit.

Jag vill ge dig lite.

No thank you.

Nej, tack.

I want to come.

Jag vill komma.

No, I do not want to sleep.

Nej, jag vill inte sova.

Erik do you want to eat frogs?

Erik, vill du äta grodor?

Not just now, thank you!

Inte just nu, tack.

We are wonderful!

Vi är underbara!

8. GETTING:

Please (not used!!!) give me the money. Ge mig pengarna.

Please take the money. Ta pengarna.

I take the money. Jag tar pengarna.

Please give me the ticket. Ge mig biljetten.

Jag tar pengarna.

Please take the ticket. Ta biljetten.

Ge mig biljetten.

I take the ticket. Jag tar biljetten.

Jag tar biljetten.

Please give me the thing. Ge mig saken.

Ge mig saken.

Where is the thing? Var är saken?

Var är saken?

I do not know. Jag vet inte.

Jag vet inte.

Give me one big man!!! Ge mig en stor man!!!

Ge mig en stor man!!!

She is a big woman!! Hon är en stor kvinna!

Hon är en stor kvinna!

She is wonderful! Hon är underbar!

Hon är underbar!

9. HAVING:

I have one thing. Jag har en sak.

Jag har en sak.

I have no thing. Jag har ingen sak.

Jag har ingen sak.

You have one thing. Ni har en sak.

Ni har en sak.

We have one thing. Vi har en sak.

Vi har en sak.

She has one thing. Hon har en sak.

Hon har en sak.

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

No.

Jag har tid, fröken!
Men, har ni pengar, Herrn?

Nej.

10. ORDERING (POLITELY -with "please" ... just in the tone):

Give me the thing.
Give me the money.
Please give me the water.
Thank you.
Drink no water in France

Drink the wine.
Come here.
Go there.
Drink this.
Do not eat that!

Give me this.
Do not take that.
Say this.
Now, I must do this.
Now, you must do that.

Oh. You are wonderful!

11. GREETING (COLLOQUIAL):

Hello Erik!!
Hello Paula.
Good morning, Nils.
Good morning Hans.
How are you, Lisa?

I am well, thank you, Stina.

Ge mig saken.
Ge mig pengarna.
Var snäll och ge mig vattnet.
Tack.
Drick inget vatten I Frankrike.

Drick vin.
Kom hit.
Gå dit.
Drick det här.
Ät inte det där.

Ge mig det här.
Ta inte det där.
Säg det här.
Nu måste jag göra det här.
Nu måste ni göra det där.

Oh. Ni är underbar(a)!

Hej Erik!
Tjena Paula.
God morgon, Nils.
Good morgon Hans.
Hur mår du, Lisa?

Jag mår bra, Stina.

How goes it, Klas?
Not too bad, Birgitta.
OK , thank you Erik.
Goodbye Britta.

Goodbye Kent.
Yes, OK, Annika.
It is wonderful, Nils!
OK Sam?
Yes, OK, Eva.

Not too bad, Henrik.
Are you happy, Darling?
No!!!
She is wonderful!

12. DESCRIBING:

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

No, it is not difficult.
It is small.
Is it easy?
No, it is hard.
Is the water tasty?
Water is not tasty in France!!
Are we wonderful?!!!

13. KNOWING (THINGS & PEOPLE):

I know this. (how to do)
Do you know this?
Yes, I know this.
You know that.

Hur står det till, Klas?
Bara bra, Birgitta.
Okej, tack Erik.
Adjö Britta.

Adjö Kent.
Ja, okej Annika.
Det är underbart, Nils!
Är det okej Sam?
Ja, det är okej, Eva

Det är okej, Henrik.
Är du lycklig, älskling
Nej!!!
Hon är underbar!

Det är bra.
Det är inte bra.
Det är dåligt.
Det är en bok.
Är det lätt?

Nej, det är inte svårt
Den är liten.
Är det lätt?
Nej, det är svårt.
Är vattnet gott?
Vatten är inte gott i Frankrike.
Är vi underbara?!!

Jag kan det här.
Kan du det där?
Ja, jag kan det här.
Ni kan det där.

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?

How are you doing, Madame?

Bad!!! Goodbye!

You do not know her!

She is wonderful!

14. NUMBERING:

I have one problem.

Yes, you have a problem.

No, you have two (of them).

He has three.

She has four friends.

We have five.

Do you have five?

Yes now, I have five problems!!!

All the children!

Children are wonderful!

15. ASKING:

How much is that book?

Five kronor.

How much is this thing?

How much?

Four kronor.

Kan ni det där?

Nej, jag kan inte det där.

Jag känner den där kvinnan.

Jag känner mannen.

Han känner mig.

Känner du den där kvinnan?

Nej!!

God morgon, Fru.

Hur går det, Fru?

Dåligt!!!! Adjö!

Ni känner inte henne!

Hon är underbar!

Jag har ett problem.

Ja, ni har ett problem.

Nej, ni har två.

Han har tre.

Hon har fyra vänner.

Vi har fem.

Har ni fem?

Ja, nu har jag fem problem.

Alla barn!!

Barn är underbara!

Hur mycket kostar den där boken?

Fem kronor.

Hur mycket kostar den här saken?

Hur mycket?

Fyra kronor.

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

Var är den/det?
Den/det är där.
Nej, den/det är inte där.
Var är toaletten?
Toaletten är där borta.

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

Vad är det där?
Ursäkta. Vad (för något)?
Det där.
Det är en bra bok.
Vad vill ni?

I want wine (please).
Who is there?
We are here.
Who is that woman?
I do not know.

Jag vill ha vin, tack.
Vem är där?
Vi är här.
Vem är den där kvinnan?
Jag vet inte.

It is Madonna!
She is wonderful!

Det är Madonna!
Hon är underbar!

16. EVERYTHING - COLLOQUIAL:

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

Jag är här.
Ni är där.
Jag tycker om er(plur)/dej(sing).
Ni tycker om pengar.
Han gör det här.

She does that.
I can speak a little Finnish!

Hon gör det där.
Jag kan prata lite finska.

I understand you.
You do not understand me.

Jag förstår er.
Ni förstår inte mej.

I want to go to the bar.
I have a little time, Miss!
Do you have a little money, Sir?

Jag vill gå till baren.
Jag har lite tid, fröken!
Har ni lite pengar, herrn?

Don't drink the water in France!!
Drink the wine!
Drink wine!

How are you, Lisa?
I am well, thank you, Kalle.
Is it big, Sir?
No, it is small, Madame.

You do not know that woman.
Oh. She is wonderful!
Yes now, I have five problems!!
All the children!
What is that?
What was that

Pardon. What?
There it is.
Not bad.
Quite alright

OK?

How are things coming?
It's cool!
It's cool! (polite)

Now, I must do this.
Now, you must do that.
What is this in Swedish?

Wonderful?
Yes you are wonderful!

Drick inte vattnet i Frankrike!!
Drick vinet!
Drick vin!

Hur mår du, Lisa?
Jag mår bra, tack, Kalle.
Är den stor, Herrn?
Nej, den är liten, Frun.

Ni känner inte den där kvinnan.
Åh, Hon är underbar.
Ja, nu har jag fem problem.
Alla barnen!!
Vad är det?
Vad var det

Ursäkta. Vad (för något)?
Där är den/det.
Inte dåligt
Helt okej

Okej?

Hur går det?
Det är lugnt!
Det är bra.

Nu måste jag göra det här.
Nu måste ni göra det där.
Vad är det här på svenska?

Underbar?
Ja, ni är underbar.

Bye bye, for now!

Hej så länge!

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 "Swedish Place" in your mind ...

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

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

18. NATURAL VOCABULARY

a. Greetings/Exclamations:

hello hej	good morning god morgon	how are you? hur mår du	I am well tack bara bra tack	thank you tack
goodbye Hejdå/adjö	yes ja	no nej	OK okej	not too bad det går
	there it is! där är den	"cool"!!! fint	please var så god	

b. Verbs (infinitive and first person):

to be vara är	have ha har	like tycka om tycker om	want vilja vill	can kunna kan
do göra gör	say/speak säga/prata säger/pratar	go gå går	come komma kommer	give ge ger
take ta tar	eat äta äter	drink dricka dricker	sleep sova sover	know veta vet
understand förstå förstår	must måste måste			

c. Prepositions:

some lite	a en/ett	the -en/-et (suffix)	to till	from från
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d. Pronouns:

I jag	you du/ni	he han	she hon	we vi
it den /det	this den här/det här	that den där/det där	Mr Herr	Mrs. Fru

e. Nouns:

money	a thing	a man	a woman	water
pengar	en sak	en man	en kvinna	vatten
a car	a ticket	a book	a friend	a problem
en bil	en biljett	en bok	en vän	ett problem

f. Adjectives/adverbs/Other:

good	bad	big/small	now	here/there
bra	dålig	stor/liten	nu	här/där
later	a little	wonderful!	happy	easy/difficult
senare	lite	underbar	lycklig	lätt/svår

g. Interrogatives:

how much?	where?	what?	who?	when?
Hur mycket	var	vad	vem	när

Note: What is that? Vad är det där?

h. Numbers:

one	two	three	four	five
en/ett	två	tre	fyra	fem

i. And some survival words:

WC (toalett), **always** (alltid), **fast/slow** (snabb/långsam), **but** (men), **never** (aldrig), **food** (mat), **train** (tåg), **bus** (buss), **home** (hem), **work** (arbete), **time** (tid), **today** (idag), **tomorrow** (imorgon), **paper** (papper), **newspaper** (dagstidning), **day** (dag), **week** (vecka), **year** (år), **hour** (timme), **minute** (minut), **hamburger** (hamburgare), **McDonalds** (McDonalds), **think** (tänka), **read** (läsa), **write** (skriva), **laugh** (skratta), **dance** (dansa), **later** (senare), **stop** (stopp), **policeman** (polis), **six** (sex), **seven** (sju), **eight** (åtta), **nine** (nio), **ten** (tio), **hundred** (hundra), **thousand** (tusen), ... **mate** (kompis) ... **goodbye** (adjö) ... **(bye bye)** (hejdå) ... **for now** (vi ses) ...

19. NATURAL FEEDBACK AND NEW IDEAS

(to robertboland@wanadoo.fr)

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

2. WHAT WAS GOOD ABOUT IT?

3. WHAT WAS BAD ABOUT IT?

4. WHAT NEW IDEAS?

5. HOW CAN WE HELP YOU IN THE FUTURE?

20. DAILY MINI PHRASE BOOK

(Good idea to type or write out your own copy)

BASICS:

Hallo	Hej
Yes/no	Ja/Nej
Please	Var så god
Thank you.	Tack
Excuse me	Ursäkta/Förlåt

INTRODUCTIONS:

Good morning	God morgon
Good-bye.	Adjö

My name is ...	Jag heter...
What is your name?	Vad heter du?

How are you?	Hur mår du?
Fine thanks	Bara bra, tack
And you?	Och du?

Where is your country of origin?	Var kommer du ursprungligen ifrån?
Where do you come from	Var kommer du ifrån
I am from:	Jag kommer från:

France	Frankrike
England	England
America	USA

I am with:	Jag arbetar på
UN	FN
Red Cross	Röda Korset
Nokia	Nokia

QUESTIONS:

What's that in Swedish	Vad är det på svenska?
When/how?	När/ Hur?

What/why?	Vad/Varför?
Who/which?	Vem/Vilken?
Where is/are ...?	Var är?

**Where can I find ...?
How much is it?**

**Var kan jag hitta...?
Hur mycket är...?**

**Can you help me?
What does this mean?**

**Kan ni hjälpa mig?
Vad betyder det här?**

UNDERSTANDING:

**I understand
I don't understand.**

**Jag förstår
Jag förstår inte**

**Say that again
Can you translate this?
Can I have...?**

**Säg det igen
Kan ni översätta det här?
Får jag...?**

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

**Talar ni:
 Engelska/Finska
Jag talar inte...
Jag talar lite...**

COMMENTS:

**It is:
 better/worse
 big/small
 cheap/expensive**

**Det är:
 bättre/sämre
 stor/liten
 billig/dyr**

**good/bad
hot/cold
near/far**

**bra/dålig
varm/kall
nära/ långt borta**

FOOD:

**I'd like:
 breakfast
 lunch
 dinner.**

**Jag vill ha:
 frukost
 lunch
 middag**

Please I want:
bread/butter
cheese
eggs
meat/potatoes
apples/oranges
coffee
milk
fruit juice
water
tea

Jag vill ha...tack
bröd/smör
ost
ägg
kött/potatis
äpplen/apelsiner
kaffe
mjölk
juice
vatten
te

I want to pay now.

Jag vill betala nu

TRANSIT:

**Where is the nearest shop?
Where can I get a taxi?
How much is the taxi to ...?**

**Var ligger närmaste affär?
Var kan jag få en taxi?
Hur mycket kostar en taxi till...**

**Take me to this address.
Please stop here.
This is not the right road.
Go straight ahead.**

**Kör mig till den här adressen.
Stanna här.
Det här är inte rätt väg.
Kör rakt framåt.**

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

**Det är där:
till vänster/höger
bredvid/efter
I norr/söder
öster/väster**

**Where is the:
supermarket
pharmacy**

**Var ligger:
affären
apoteket**

On/in/to/fro

på/i/till/från

SHOPPING:

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

**Har ni...?
Hur mycket kostar den här?
Jag tar den.**

What colours have you got?

**Black
Blue
Red
White
Yellow
Green**

Vilka färger har ni?

**svart
blå
röd
vit
gul
grön**

**I want to buy:
aspirin
soap
litre of milk
film/newspaper**

**jag vill köpa...
aspirin
tvål
en liter mjölk
en filmrulle/en dagstidning**

TELEPHONE:

**Hello, ... here speaking
Please speak:
louder
slower**

**Hallo det är
Var snäll och tala lite
högre
långsammare**

**I want to speak to:
Mr.
Mrs.
Miss
When is he there?**

**Kan jag tala med
Herr
Fru
Fröken
När är han där?**

TIME:

**Do you have time?
What time is it?
The time is:
five past one
quarter to three
twenty past four
half past three**

**Har ni tid?
Hur mycket är klockan?
Klockan är:
fem över ett
kvart i tre
tjugo över fyra
halv fyra**

MEETINGS:

See you:

today

tomorrow

next week

in the morning

in the afternoon

in the evening

tonight

Vi ses

i dag

i morgon

nästa vecka

på förmiddagen

på eftermiddagen

på kvällen

I kväll

You are right/wrong.

That is right

Ni har rätt/fel.

Det är rätt.

LOCATIONS:

Here/there

At the office

Is it near/far

How many hours?

Is it possible?

Is it important

här/där

på kontoret

Är det nära/långt borta

Hur många timmar?

Är det möjligt?

Det är viktigt

21. PLAY QUIZ

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

...

- | | |
|-------------------------|--|
| a. I am well, thank you | Okej |
| b. Excuse me | Tack |
| c. Thank you. | Jag mår bra, tack |
| d. OK | Ursäkta |
| e. Not too bad | Adjö |
| f. Goodbye | Det är okej . |
| g. Hello | Hur mår du |
| h. How are you? | Hej |
| i. How many hours? | Det är rätt |
| j. That is right | Vad är det där? |
| k. Do you have time? | Har ni tid? |
| l. What is that? | Hur många timmar? |
| m. Yes | Jag vill köpa |
| n. Please | Har ni ?. |
| o. Do you have? | Var så god |
| p. I want to buy: | Ja |
| q. How much? | Vad/Varför? |
| r. Where is the toilet? | Hur mycket är klockan? |
| s. What/why? | Hur mycket? |
| t. What time is it? | Var är toaletten? |
| u. Can you help me? | Nu måste jag göra det här |
| v. I don't understand. | Kan ni hjälpa mig? |
| w. Now, I must do this. | Jag förstår inte |
| x. Please speak slower | Var snäll och tala lite
långsammare |
| y. Bye bye for now | Det är viktigt |
| z. It is important | Hejdå vi ses |

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

**APPENDIX A - ROUTINE FOR LONG TERM
RE-INFORCEMENT - AFTER ONE MONTH**

Day 1 - Play the tape - 30 minutes ... in the dark ... just before sleeping ... speaking and feeling all the time ... with laughter ... to believe and REINFORCE the musical wave patterns ... in your MIND & BODY ...

Day 2 - Repeat the text (Sections 2-16) aloud ... at high speed ... all in about 14 minutes ... (if you can record it now ... it may give you quite a laugh later!) ... then play the tape ... walking about speaking LOUDLY ...

Day 3 - Play the tape in THEATRICAL style ... then play with the text (2-16) ... to SHOUT ... yes shout ... very loudly ... any word or phrase ... that is just "not right" ... for YOU ... then say it gently ... and then repeat the text (2-16) at speed ... in 10 minutes ...

Day 4 - Play the tape ... and then SING ... yes ... gently sing ... with the text (2-16) ... always feeling very positive ... but laughing as you go ...

Day 5 - Play the tape three times ... a special day ... sitting, walking about, lying down ... speaking with confidence ... WITHOUT "urrs and umms" ... or hesitations ... BELIEVING in yourself ... in your very special way ... so let your BODY ... reinforce the accent you want ...

Day 6 - Repeat the text (2-16) at high speed ... in 8 minutes ... (record it?) _ then play the tape ... BELIEVING in yourself ... with a great ... beautiful ... CONFIDENT ... accent ...

Day 7 - Play the tape today ... and feel it deeply ... and then ... from this time on ... play it only when you want to reinforce the learning,

Day 8 - Good luck ... now please send some feedback and ideas ... which are always welcome ... to Dr. Bob Boland and the Team ... robertboland@wanadoo.fr

APPENDIX B -

THE ONE HUNDRED SWEDISH MOST USED WORDS

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

1. A/an EN/ETT	2. After EFTER	3. Again IGEN	4. All ALLT/ALLA	5. Almost NÄSTAN
6. Also OCKSÅ	7. Always ALLTID	8. And OCH (pron:"o")	9. Because FÖR ATT	10. Before FÖRE/INNAN
11. Big STOR	12. But MEN	13. I can JAG KAN	14. I come JAG KOMMER	15. Either/or ANTINGEN/
16. I find JAG HITTAR	17. First FÖRST	18. For FÖR	19. Friend VÄN	20. From FRÅN
21. I go JAG GÅR	22. Good BRA	23. Goodbye HEJ DÅ	24. Happy GLAD/LYCKIG	25. I have JAG HAR
26. He HAN	27. Hello HEJ	28. Here HÄR	29. How HUR	30. I JAG
31. I am JAG ÄR	32. If OM	33. In I	34. I know JAG VET	35. Last SIST/SISTA
36. I like JAG TYCKER	37. Little OM	38. I love LITE	39. I make JAG ÄLSKAR	40. Many JAG GÖR
MÅNGA				
41. One EN/ETT	42. More MER	43. Most MEST	44. Much MYCKET	45. My MIN/MITT
46. New NY	47. No NEJ	48. Not INTE	49. Now NU	50. Of AV
(sometimes)				
51. Often OFTA	52. On PÅ	53. One EN/ETT	54. Only BARA	55. Or ELLER
56. Other ANNAN/ANNAT	57. Our VÅR	58. Out UT	59. Over ÖVER	60. People FOLK
61. Place PLATS	62. Please VAR GOD (sometimes)	63. Same SAMMA	64. I see JAG SER	65. She HON
66. So SÅ	67. Some NÅGON/NÅGOT	68. Sometimes IBLAND	69. Still FORFARANDE	70. Such SÅDAN
71. I tell JAG BERÄTTAR	72. Thank you TACK	73. That DET/DEN	74. The -EN/-ET	75. Their DERAS
76. Them DEM	77. Then SEN (sedan)	78. There is DET FINNS/DET	79. They ÄR DE	80. Thing SAK
81. I think JAG TROR	82. This DETТА/DENNA	83. Time TID	84. To TILL	85. Under UNDER
86. Up UPP	87. Us OSS	88. I use JAG ANVÄNDER	89. Very VÄLDIGT	90. We VI
91. What VAD	92. When NÄR	93. Where VAR	94. Which VILKEN/VILKET	95. Who VEM
96. Why	97. With	98. Yes	99. You	100. Your

VARFÖR

MED

JA

DU

DIN

APPENDIX C - BRIEF GRAMMAR
(CHALLENGE - DISCUSS WITH A NATURAL SPEAKER)

1. Structure - subject, object and verb:

JAG är här.

BARNET är här (barn-et = "child-the")

Är BARNET här?

I am here

The CHILD is here.

QUESTION - is the child here?

2. Articles:

ETT barn är här.

A child here is.

3. Nouns:

BARN-EN är här

Det BRA barnet är här

HAN är ett barn

The CHILD-REN are here.

The GOOD child is here.

HE is a child.

4. Possession:

Han är MITT barn

He is MY child.

5. Relative:

Barnet SOM är här

The child WHO is here.

6. Demonstrative:

DET HÄR barnet är här

DET DÄR barnet är här

THIS child is here.

THAT child is there.

7. Interrogatives:

VAD är detta?

VEM är här?

VAR är barnet?

VAD KOSTAR boken?

WHAT is this thing?

WHO is here?

WHERE is the child?

HOW-MUCH is the book?

8. Imperatives:

GÖR detta!

KOM hit!

DO this!

COME here!

9. Negatives:

Ja, jag HAR en bok.

Nej, jag har INTE boken.

Kom INTE hit.

Yes, I HAVE a book.

No, I do NOT have the book.

Do NOT come here.

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

Jag är/har/vill

Du är/har/vill

Han är/har/vill

I am/have/want

Yu are/have/want

He is/has/wants

APPENDIX D - BROCHURE

CRE - CREATIVE RELAXATION EXERCISE THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT FOR JUST 30 MINUTES

"You create new wave patterns in that special place in your mind and body"

Opportunity: for staff members on short and long missions to developed and developing countries to be more feel comfortable and effective, and to achieve better working relationships in English with local government and project staff, as the latter perceive the effort to speak some local language with a good accent, and thus to value the local culture.

Description: dynamic English-based brief language learning system developed with Some UN staff and available shortly for: English, French, German, Spanish, Portuguese, Italian, Finnish, Swedish, Arabic, Urdu, Hindi, Nepali, Shona, Xhosa, Zulu, Swahili, Russian, Mandarin, Cantonese and other languages and dialects (in process).

Designed: for non-speakers to acquire confidence very rapidly in the basics of a natural language; or for current speakers to achieve very significant accent improvement.

Course duration: one hour of professional instruction on CRE (Creative Relaxation Exercise) individually or in group, followed by learning at individual discretion, with reinforcement a month later.

Application: individual training or as a small part of another training program, to stimulate creativity, because a new language brings a new life.

Method: uses the CRE technique to achieve intuitive absorption of the natural language, with confidence and without stress. Designed to handle varying individual value systems and needs.

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APPENDIX E - INSTANT RELAXATION TECHNIQUE - TWO MINUTES

1. This is a simple TWO MINUTE IRT exercise, to give you confidence to learn naturally. When you don't believe you can learn ... you won't learn! ... When you are tense, anxious and stressed ... you won't learn! When you have no confidence ... you won't learn. But with relaxation, your mind and body become clear, confident and ready to learn. So do the IRT exercise now ... and again before every CRE session. It takes only two minutes, and with practice, it becomes a powerful tool for you. The only "equipment" you need is an "open mind" and a marble (or similar small object) in "right" (major) hand.
2. PRACTICE this TWO MINUTE IRT about SIX times a day for a WEEK so that you LEARN to USE it RAPIDLY WITHOUT EFFORT whenever you may need it. Remember ... YOU are in CONTROL the whole time!
- 3, SO - get into that comfortable position, in which you know ... you REALLY can relax. Hold the marble in your RIGHT hand, and be aware that the marble gets warm as it ABSORBS heat from contact with your hand. Open you hand and allow the heat to EVAPORATE. Close the hand again, and recognize the marble ... as a physical external SYMBOL ... of the internal function of CONTROL of your mind and body. Allow it to receive and evaporate not just heat ... but emotion, anxiety and STRESS ... leaving you FREE, relaxed, confident and ready to learn to speak and understand the new natural language without effort
4. NOW, RELAX with the hands on the lap, holding the MARBLE in the right hand. THEN FIX the EYES HIGH UP towards your EYEBROWS. THEN BREATHE very deeply and let the EYES GENTLY CLOSE. THEN RELAX the whole body, BREATING DEEPLY ... and FLOAT ... DOWNWARDS to the chair ...

THEN ... IMAGIN your LEFT HAND feeling so LIGHT ... that it gently rises UP to your FOREHEAD ... let it go ... AND feel ... RELAXED and at PEACE with mind and body ... and THEN repeat aloud to YOURSELF ... the following THREE times, feeling free to change the wording a little, to fit your style:

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

4. THEN take three slow deep breaths ... and be sure to pause . on each inhalation ... and imagine ... each EXHALATION ... as TRANSFERRING all the anxiety and stress ... from your mind and body ... through to the MARBLE in your RIGHT hand.

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

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

Note:

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

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