

# **CREATIVE RELAXATION EXERCISE - CRE**

## **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 CONFIDENCE to RELAX and LEARN naturally without EFFORT... KHOP JAI!**

**CRE No. 403 – LAO FROM ENGLISH  
Version 7 - full or errors April 19, 2009**

**TO BE CORRECTED PLEASE ...  
USING WITH THE SAME BASIC ROMAN SPELLING  
AS THE "NATURAL VOCABULARY" PAGE  
WHICH IS BASED ON THE EXCELLENT BOOK  
LANGUAGES DE L'HUMANITE – Robert Laffont**

### **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 books. Assimil. Crosslines etc. Field Guides to Humanitarian and Conflict Zones - deterioration. Books to buy: Lonely Planet South-East Asia Phrase on the web. Assimil language books.**

**Inspired by: Dr. Bob Boland (IUG) and ????? (Laos) Dr Karen Olness (ISH) and Dr. Giles Boland (Harvard) and Dr. Shams Bathija (UNCTAD) and Boston University and the Team. [www.crelearning.com](http://www.crelearning.com)**

**Email: [robertboland@wanadoo.com](mailto:robertboland@wanadoo.com)**



## 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 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.**

**In Lao language, there are some words always used at the end of the sentences as the politeness (like "sir" in English language).**

**So on we go, for one whole day with a partner or small group, speaking and moving face, hands and body language, to reinforce your communication, and ending up with an almost instinctive, easy interactive conversation, in the natural language ...**

**And if you are lucky enough to find ... ANY naturalLao speaker for the day ... to be a partner ... or just part of the small group ... that would be just great ...**

<b>Thank you</b>	<b>Khop-chay</b>
<b>Hello</b>	<b>Sabaydi</b>
<b>Yes/no</b>	<b>Doi,chao/bo</b>
<b>Please</b>	<b>Karuna</b>
<b>Excuse me</b>	<b>Kho thod</b>
<b>Everything is OK!</b>	<b>Su ku tok-longe.</b>
<b>Good morning</b>	<b>Sabaydi</b>
<b>Good night</b>	<b>Sabaydi</b>
<b>My name is ...</b>	<b>Khoi nam-sa-trul ku ...</b>
<b>What is your name?</b>	<b>Andai ku phwak-chau nam-sa-trul?</b>
<b>How are you?</b>	<b>Chao koy yo bo? Sabaydi?</b>
<b>I am well, thank you.</b>	<b>Sabaydi, khop-chay.</b>
<b>Where do you come from?</b>	<b>Phwak-chau ma thang-sai?</b>
<b>I want</b>	<b>Khoi yak</b>
<b>Good-bye.</b>	<b>La kon</b>

**.. so now ... start chatting ... with everybody ...**

# 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 and a simplified explanation of the "key tones".**

## 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 ... doi/chao ... say ...**

**... boy, doy, coy, choy, bowel, trowel ... doi/chao!!!**

**Goodbye ... la kon ... say ...**

**... have a lark on me ... la kon!!!**

**I want ... khoi yak... say ...**

**... don't be coy Jack be a yack ... khoi yak!!!**

**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 Lao conversation with a natural speaker or aloud with yourself. Then make a friend of the Lao simple phrasebook. Then on to another bigger phrasebook where the words (romanized spelling) may be spelled a little differently, but you will recognize them easily!.**

## 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 - 16 KEY WORDS

(Repeat EACH LAO word many times slowly ... and then at VERY high speed)

## INSERT PRONUNCIATION

<b>Thank you</b>	<b>Khop chay</b>	<b>KHHHOP-CHAAAAY</b>
<b>Hello</b>	<b>Sabaydi</b>	<b>SAAABYYYYDEEEE</b>
<b>Mr.</b>	<b>Taan</b>	
<b>Mrs.</b>	<b>Nang</b>	
<b>Yes</b>	<b>Doi/Chao</b>	
<b>No</b>	<b>Bo</b>	
<b>Good</b>	<b>Di</b>	
<b>Please</b>	<b>Karuna</b>	
<b>Do you have?</b>	<b>Phwak-chau nu ...?</b>	
<b>Goodbye</b>	<b>La kon</b>	
<b>Who?</b>	<b>Pai?</b>	
<b>What?</b>	<b>An-dai?</b>	
<b>I want</b>	<b>Khoi yak ....</b>	
<b>Where?</b>	<b>Thang-sai?</b>	
<b>OK!</b>	<b>Tok-longe!</b>	

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

**SIMPLIFIED TONES AND SOUNDS**

**KEY EXERCISE: LISTEN AND REPEAT**

**(TO BE INSERTED FOR LAO TONES)**

**TONES**

**SOUNDS**

**1.**

**HIGH HIGH**

**2.**

**HIGH RISING**

**3.**

**HIGH HIGHER**

**4.**

**LOW DESCENDING**

**5.**

**LOW ABRUPT!!**



## 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.**

**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 - 17 key words Play the tape (30 minutes) with the text (hear, see, speak, MOVE, and feel) ... make it fun! Review the Glossary (2 pages).**

**2 – Repeat the text (Sections 2-4) to understand every word!**

**Play the tape with the text SPEAKING VERY LOUDLY - STOP THE TAPE AND SING OR SHOUT ANY VERY DIFFICULT PHRASES.**

**Do SPEED READING (2-16) in 14 minutes (recorded if possible- for fun!).**

**Review the Grammar (1 page) and the Glossary.**

**3 – Repeat the text (Sections 5-10) to understand every word!**

**Play the tape WITHOUT the text, SPEAKING IN VERY DRAMATIC style.**

**Repeat the Throat exercise.**

**Begin to create simple conversation with the Mini-phrase book (Hello etc.).**

**4 – Repeat the text (Sections 11-16) to understand every word!**

**Play the tape with the text, SPEAKING SOFTLY with a good accent.**

**Do SPEED READING (Sections 2-16) and Mini-phrase Book.**

**5 – Play the tape WITHOUT the text, speaking with three different**

**voices - just for fun!. Create conversation with the Mini-phrase book.**

**Do SPEED READING (2-16).**

**6- Play the tape SPEAKING with a beautiful CONFIDENT accent.**

**Do the quiz (1 page). Create chat with mini phrase book.  
Do SPEED READING (2-16) and Mini-phrase book 14 minutes.  
Do APS and plan for review next week, helping partners as needed.**

## NATURAL SUGGESTIONS (continued)

Generally:

1. **REINFORCE** the learning in the **CAR/TRUCK** at any time ... make it an amusing **THEATRE** of one ... **YOU!!!** ... by playing and acting out ... **ONLY** Sections 2 - 16. **DO NOT** play the relaxation sections in the car ... skip them please! Play the Learning Reinforcement side of the tape as needed for encouragement, be sure to blame your strategy, and not yourself!!
  
2. **RECOGNIZE** that a **TERRIBLE** accent is **PAINFUL** ... for the hearer ... and so strive always for a beautiful accent in **EVERY WORD**.
  
3. Be **POSITIVE** and **NEVER** apologise for your language ... you are making the effort to learn the **LANGUAGE** ... and the **HUMAN VALUES** ...  
an  
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 ... relaxes you ... calms you ... and re-acquaints you ... with deeper parts of yourself that you are sometimes too busy to notice.

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

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

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

## 2. HERE AND THERE:

I am (in a place) here (f) .            Khoi yu-ni  
I am (in a place) here (m) .            Khoi yu-ni

**NOTE: TO BE (AM, IS, ARE) MAY BE SOMETIMES OMITTED).**

You are there.                            Phwak-chau han  
Are you there?                          Phwak-chau han?  
Yes, you are there.                      Doi, phwak-chau han.

Are you here?                            Phwak-chau yu-ni?  
No, you are not here.                  Bo, phwak-chau bo han?  
It is here.                                Mun yu-ni.  
Where is it?                              Mun thang-sai?

It is here.                                Mun yu-ni.  
Is it there?                                Mun yu han?

I do not know.                          Khoi bo hu.  
Where is Miguel?                        Miguel thang-sai?

He is not here.                          Lao bo yu-ni.  
Where is he?                              Lao thang-sai?

I do not know.                          Khoi bo hu.  
Oh-dear!! There he is!                Oo. Lao yu han !  
He is clever!                                Lao yu salat.

## 3. LIKING:

I like you.                                Khoi hak phwak-chau.  
Do you like me?                        Phwak chau hak khoi?  
Yes, I like you.                         Doi, Khoi hak phwak-chau.

Do you like money?                    Phwak-chau hak nguen?  
(IMPOLITE LAO QUESTION - NEVER ... NEVER SAY IT!!!)  
Yes, I like the money.                 Doi, khoi hak nguen.

I like water.                              Khoi hak nam.  
You like water.                         Phwak-chau hak nam.  
I like to read books.                    Khoi phom phom an hak.

He likes the car.                        Lao hak lot.  
She does not like the car.            Lao bo hak lot.  
Do you like the dinner?                Phwak-chau hak ahan-tieng?  
No, I do not like the dinner.         Bo, khoi bo hak ahan-tieng.  
Oh-dear!!! Mate!                        Oo! MATE.

**Please, do not say Mate!**

**Karuna bo vac MATE.**

#### **4. DOING:**

**I do.**

**I do this.**

**You do.**

**You do that**

**We do that**

**We are very happy.**

**Is that very easy or not?**

**Yes, that is not difficult.**

**You do that (question)?**

**Please, do that!!!**

**Oh-dear!!!!**

**It is clever!**

**Khoi hed**

**Khoi ni hed**

**Phwak-chau hed.**

**Phwak-chao anan hed.**

**Phwak-hao anan hed.**

**Phwak-hao ku morenang.**

**Anan ku nagai kham bo**

**Doi, mun bo them.**

**Phwak-chau hed anan?**

**Karuna, hed anan.**

**Oo!**

**Mun ku salat.**

#### **5. CAN/ABLE TO DO:**

**I can do**

**Can you do it?**

**Yes, I can do it.**

**Can you do this?**

**Yes, I can do that.**

**I can eat a little.**

**I can drink a little.**

**I want to go.**

**Can I come?**

**I can sleep.**

**Khoi samat hed.**

**Phwak-chau anan samat hed?**

**Doi, khoi anan samat hed.**

**Phwak-chau ni samat hed?**

**Doi, khoi anan samat hed.**

**Khoi noinung samat kin.**

**Khoi nionung samat dum.**

**Khoi yak pa.**

**Khoi samat ma?**

**Khoi samat non.**

**You can speak.**

**Can you speak?**

**Yes, I can.**

**Can you do this?**

**No, I can not do that.**

**Phwak-chau samat pak.**

**Phwak-chau samat pak?**

**Doi, khoi samat.**

**Phwak-chau ni samat hed?**

**Bo, khoi anan bo samat hed.**

**You (can) understand?**

**You understand?**

**Yes, a little.**

**Phwak-chau samat khon?**

**Phwak-chau khon?**

**Doi, noinung.**

Can you say Mate?  
Yes, I can speak a little Lao .  
Oh-dear!!! I am clever!

Phwak-chau "MATE" samat vac?  
Doi, khoi nionung Lao samat pak.  
Oo! Khoi ku salat.

## 6. UNDERSTANDING:

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

Khoi khom.  
Khoi bo khom  
Phwak-chau khom.  
Pwak-chau bo khom.

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

Pwak-chau phu-ning khom?  
Bo. Bo, khoi khau bo khom.

Oh. Oh-dear!!! Mate!  
Please, do not say Mate!  
You are clever!

Oo, Oo!! MATE!  
Karuna MATE bo vac.  
Phwak-chau ku salat.

## 7. WANTING:

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?

Khoi yak-dii.  
Khoi noinung kin yak.  
Khoi nam dum yak.  
Khoi yu hon-nang pa yak.  
Phwak-chau noinung kin tak?

No,, I do not want to eat.  
Oh-dear!!! I want to give you a bit.  
No thank you.  
I want to come.

Bo, khoi bo kin yak.  
Oo! Khoi yu phwak-chau noinung ao-hai yak.  
Bo khop-chay.  
Khoi ma yak.

Do you want to sleep with me?

Phwak-chau y khoi non yak?

No, I do not want to sleep.

Bo, khoi bo non yak.

Miguel do you want to eat the "frogs"? Miguel FROGS kin yak?  
Oh-dear!!! Not now, thank you!  
We are clever!

Oo! Bo, khob chay.  
Phwak-hai salat!

## 8. GETTING:

Please give me money.

Karuna nguen yu khoi ao-hai



Take this money.  
I take this money.

Au ni nguen.  
Khoi ni nguen au

Please give me a ticket.  
Take this ticket.  
I take the ticket.

Karuna pi yu khoi ao-hai.  
Au ni pi  
Khoi au ni pi

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

Karunai ni sing-khong yu khoi au-hai.  
Sing-khong ku thang-sai?  
Khoi bo hu

Give me a man!!!  
Oh-dear!! What a woman!!  
She is clever!

Ao-hai yu khoi ni phu-sai!!  
Oh! Ni phu-ning ku salat!  
Lao ku salat!

### 9. HAVING:

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

Khoi nung sing-khong nu.  
Khoi nung sing-khong bo nu.

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

Phwak-chau nung sing-khong nu.  
Phwak-hao nung sing-khong nu.  
Lao nung sing-khong nu.

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

Khoi noinung TIME nu.  
Phwak-cha noinung nguen nu?  
Bo.  
Oh! Oo.  
Karuna MATE bo vac!

### 10. ORDERING (POLITELY):

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

Karuna nung sing-khong thi khoi nu  
Karuna nguen thi khoi nu  
Karuna nam thi khoi nu

Thank you.  
Please, don't drink the water in France!!  
Drink the wine!!  
Please come here.  
Please go there.

Khob-chay.  
Karuna bo dum nam jark Francia!  
Dum lao-vang!!  
Karuna ma yu-ni  
Karuna pa han

Please drink this.  
Do not eat that!

Karuna dum ni  
Bo kin anan

**Please give me this.**

**Karuna ao-hai ni thi khoi**

**Please do not take that.**

**Karuna bo au anan**

**Please say this.**

**Karuna vac ni**

**Please, do not say Mate!**

**Karuna bo vac MATE!**

**Oh-dear!!! Thank you. You are clever! Oh!!! Khop-chay. Phwak-chau ku samat!**

## **11. GREETING: POLITE AND SLANG**

**Hello Krachal.**

**Sabaydi Krachal.**

**Hello Paula.**

**Sabaydi Paula**

**Good morning Miche.**

**Sabaydi Miche**

**Good morning Sancos.**

**Sabaydi Sancos**

**How are you, Eliza?**

**Chao khoi yu bo Elizabeth ?**

**I am well, thank you, Khulu.**

**Sabydi, khop-chay Khulu**

**How goes it, Xavier?**

**Pen yang-ngai bange , Xavier?**

**Ok, thank you Miguel.**

**Tok-longe. khop chay Miguel**

**Goodbye Giles.**

**La kon, Giles.**

**Yes, OK, Hollie.**

**Doi, tok-longe, Holli.**

**It is clever, Heidi!**

**Mun ku samat Heidi!**

**OK Sam?**

**Tok-longe Sam?**

**Yes OK, Lucie.**

**Doi, tok-longe, Lucie**

**Not too bad, Henri.**

**Bo sua, Henri**

**Are you comfortable, darling?**

**Sabaydi mai ja, thee-rak?**

**No!!!**

**Bo!!!**

**Oh-dear!!! She is clever!**

**Oh! Lao ku samat!**

## 12. DESCRIBING:

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

Lao yu di di.  
Lao bo yu di.  
Lao yu sua.

This is a book.  
Is it big? Big or not?  
Not big, it is small.  
Is it easy?  
No, it is hard.

Lao yu phum.  
Mun yu kwang? Kwang or bo?  
Bo kwang, mun yu noi.  
Mun yu ngai?  
Bo mun yu them

Is the water good?  
No, the water is not good in France!!  
Please, do not say Mate!

Nam yu di?  
Bo IN FRANCE nam bo yu di!!!  
Karuna bo vac MATE.

Are we clever?!  
Oh-dear!!! Yes!!

Phwak –hao yu samat?  
Oh. Doi!

## 13. KNOWING (THINGS & PEOPLE):

Do you know this thing?  
Yes, I know this thing.  
You know that thing.

Phwak-chau ni sing-khong hu?  
Doi, khoi ni sing-khong hu.  
Phwak-chau anan sing-khong hu.

Do you know that job?  
No, I do not know that job.  
I know that woman.

Phwak-chau anan JOB hu?  
Bo, khoi anan JOB bo hu.  
Khoi anan phu-sing hu

I know the man.  
He knows me.

Khoi ni phu-sai hu  
Lao khoi hu.

Do you know that woman?  
No. Good morning Miss?

Phwak-chau anan phu-sing hu?  
Bo. Sabaydi Nangsan.

Are you well, Miss?  
No, I am not well!! Goodbye!!!  
You do not know her!

Chao khoi yu bo Nsmgsao?  
Bo, khoi bo di. La kon.  
Phwak-chau lao bo hu!

Oh-dear!!! She is clever!

Oh! La ku samat!

#### **14. NUMBERING:**

**I have one problem.  
Yes, you have a problem.  
No, you have two (of them).**

**He has three.  
We have four.**

**Do you have five?**

**Yes now, I have five problems!!**

**Yes now, I have five problems!!!  
Children are wonderful!**

**Khoi nung yang nu  
Phwak-chau nung yang nu  
Bo, phwak-chau song nu**

**Lao sam nu  
Phwak-hao si nu**

**Phwak-hao ha nu?**

**Doi, khoi ha yang nu!**

**Doi, khoi nu ha yang !!!  
Dek-dek pen sing ma-has-sar-jun!!**

#### **15. ASKING:**

**How much is this book?  
Five dollars.  
How much is this thing?  
How much?  
Four dollars.**

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

**Where is the toilet, please?  
The toilet (is over) there.**

**Tho-dai ku ni phum?  
Ha dollar.  
Tho-dai ku ni sing-khong?  
Tho-dai?  
Si dollar.**

**Mun yu thang-sai?  
Mun yu yu-ni.  
Bo, mun bo yu anan.**

**Hong-nam yu thang-dai?  
Hong-nam yu anan.**

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

Anan yu an-dai?  
Kho-tod. An-dai?  
Anan.  
Oh! Mun ku phum di.  
Phwak-chau an-dai yak?  
Khoi yak lao-vang. Karuna.

Who is here?  
We are here.  
Who is that woman?  
I do not know.  
Oh-dear!!! It is Madonna!

Pai yu han?  
Phwak-hao yu-ni.  
Phu-ning anan pai yu?  
Khoi bo hu.  
Oh! Lao yu Madonna!

What a woman! She is clever!

Phu-ning andai. Lao yu samat!

### 16. EVERYTHING - COLLOQUIAL - POLITE AND SLANG:

I am here.  
You are there.

Khoi yu-ni.  
Phwak-chau yu han.

I like you.  
You like the money.

Khoi hak phwak-chau.  
Phwak-chau hak nguen

He does this job.  
She does that.

Lao hed ni hen-ngan.  
Lao anan hed.

I can speak a little Lao!  
You cannot say Mate!

Khoi *nionung* Lao pak samat.  
Phwak-chau MATE bo vac samat!

I understand you.  
You do not understand me.

Khoi tong phwak-chau.  
Phwak-chau bo tong khoi.

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

Khoi yak pa thi bar.  
Phwak-chau yak pa thi hong-nam.

I have a lot of time, Miss!  
No.  
Oh. Oh-dear!

Khoi velar mark nu, Nangsao.  
Bo.  
Oh!

Please, do not say Mate!

Karuna, bo vac MATE.

Please, don't drink the water in France!! Karuna bo dum nam, nai France!  
Drink the wine!!

Dum lao-vang!!

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

**Is it big?  
No, it is small.**

**You do not know that woman.  
Oh-dear!!! She is clever!**

**Yes now, I have five problems!!!  
Children are wonderful!**

**What is that?  
Pardon. What?**

**There it is.  
Not bad.**

**Oh-dear!!!  
OK?**

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

**Yes, it's cool! (upper class),**

**Do not say Mate!!!  
It is not cool (upper class)!!!**

**I must do this.  
You must do that.  
Clever?  
Yes you are clever!  
Bye bye, for now!**

**Sabaydi, Eliza?  
Khoi sabaydi, Khulu. Khop chay**

**Mun ku kwang bo?  
Bo, mun ku noi.**

**Phwak-chau bo hu anan phu-ning.  
Oh! Lao salat.**

**Doi, khoi nu ha yang !!!  
Dek-dek pen sing ma-has-sar-jun!!**

**Anan andai?  
Kho-thod. Andai?**

**Mun yu han.  
Bo sua.**

**Oh!  
Tok-longe?**

**Doi, mun yen!  
Doi, mun yen jung!**

**Doi, mun yen jing-jing na!**

**Bo vac MATE!  
Mun bo yen (mark rork) na!!!**

**Khoi tong hed ni.  
Phwak-chau tong hed anan.  
Salat?  
Doi, phwak-chau ku salat!  
Sabaydai, sum-rub torn ni!**

**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 "Lao 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 ... in Bayonne, France on August 15, 2001 ... and of course ... as with all things ... we believe can do ... together ... God Bless ...**



## 18. NATURAL VOCABULARY (KEY ROMANIZATION – WITHOUT ACCENTS)

### a. Greetings/Exclamations:

hello sabaydi	good morning sabaydi	how are you? chao khol yu bo?	I am well sabaydi?	thank you khop chay i
goodbye la kon	yes doi/chao	no/not bo/bo	OK tok-longe	not too bad bo sua

Note: "Sabaydi" can be always used as its real meaning is "Good Luck, God bless you".  
The word "La-kon" is often used with the meaning of "Sad feeling" on farewell.

Excuse me kho thod	mate MATE???	it is there mun ku aran	"cool"!!! ????	please karuna
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Note: Many polite interjection words: Oh! Au! Dai!

### b. Verbs:

to be yu	have nu	like hak	want yak	can samat
do hed	say/speak vac/pak	go pa	come ma	give ao hai
take au/tap	eat kin	drink dum	sleep non	know hu
understand khom/chai	must tong	love kiwarm huk		

### c. Prepositions:

some sak noi	a nung	the -	to yu/thi	from jark
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### d. Pronouns:

I khai/kha moi	you phwak-chau	he lao	she lao	we phwak hao
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<b>this</b> <b>ni</b>	<b>that</b> <b>anan</b>	<b>Mr</b> <b>Taan</b>	<b>Mrs.</b> <b>Nang</b>	<b>Miss</b> <b>Nangsao</b>
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**e. Nouns:**

<b>money</b> <b>nguen</b>	<b>thing</b> <b>sing-khong</b>	<b>man</b> <b>phu-sai</b>	<b>woman</b> <b>phu-ning</b>	<b>water</b> <b>nam</b>
<b>car</b> <b>lot</b>	<b>ticket</b> <b>phum</b>	<b>book</b> <b>nang-seu</b>	<b>friend</b> <b>puan</b>	<b>food</b> <b>aahaan</b>

**f. Adjectives/adverbs/Other:**

<b>good</b> <b>di</b>	<b>bad</b> <b>sua</b>	<b>big</b> <b>kwang</b>	<b>small</b> <b>noi</b>	<b>now</b> <b>patupan</b>
<b>later</b> <b>toa-pai</b>	<b>little</b> <b>noinung</b>	<b>clever!</b> <b>salat</b>	<b>happy</b> <b>morenang</b>	<b>easy/difficult</b> <b>ngai/them</b>
<b>here/there</b> <b>yu-ni/han</b>	<b>a lot of</b> <b>lai</b>			

**g. Interrogatives:**

<b>how much?</b> <b>tho dai?</b>	<b>where?</b> <b>thang sai ?</b>	<b>what?</b> <b>an-dai?</b>	<b>who?</b> <b>pai?</b>	<b>when?</b> <b>Vela-dai?</b>
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**Note:**    **What is that?**    **Andai ku anan?**  
              **Question?**            **????????**

**h. Numbers:**

<b>one</b> <b>nung</b>	<b>two</b> <b>song</b>	<b>three</b> <b>sam</b>	<b>four</b> <b>si</b>	<b>five</b> <b>ha</b>
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**i. And some survival words:**

**WC (hong nam), apologize (kor-a-pai), always (luay fuay), fast/slow (vai/sa), but (tae). never (mai-kaey), bus (lotpa chamthang), home (barn), work (tuviak), time (ve-lar) , today (munii), tomorrow (muun), paper (kar-dard), newspaper (nang-sue-pim) ,**

day (mu), week (athit), year (pi), hour (sua mong) , minute (nathi),  
hamburger (hamburger) , McDonalds (McDonalds), think (kid), read (an),  
write (khian), laugh (hau-roh) , dance (ten-rum). stop (yud) , start (loem)  
food (ah-harn) , policeman (tarm-roude) . six (hok) , seven (chet), eight (pet),  
nine (kau), ten (sip) , hundred (how neong), thousand (phan neong) , mate (puan),  
see you later (laew-jir-karn-na), cheers (phoea such ophab).

### SPECIAL EXERCISE – TO BE INSEERTED PLEASE

INSERT SIMPLE LAO UNDER THE THAI TO SHOW HOW THEY ARE RELATED

1. I am Chinese who was born in Thailand.

Chan pen kon-Jeen (Chinese) thee kurd (born) nai (in) pra-tes (country) Thai  
Lao:

2. Where is Miguel?

Miguel yu thee-nai?  
Lao:

3. Miguel is in the garage.

Miguel yu nai rong-rot (garage)  
Lao:

4. You are Dr. Bob Boland.

Koon kreu Koon-mor (Doctor) Bob Boland  
Lao:

5. You are Teacher Bob.

Koon kreu Kru Bob  
Lao:

6. John is French.

John pen kon Pha-rang-sed (French)

Lao:

7. CRE program is so interesting.

CRE program pen sing thee na-son-jai mark (interesting)

Lao:

**19. NATURAL FEEDBACK AND NEW IDEAS**

( to [robertboland@wanadoo.fr](mailto: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

(Challenge: write out your own copy and start to chat. Speed reading - 4 minutes)

## BASICS:

Thank you.

Hello

Yes/no

Please

Excuse me

Khop-chay

Sabaydi

Doi, chao/bo

Karuna

Kho thot

Everything is OK!

Good morning/evening

Good night

Good-bye.

Su tak-longe.

Sabaydi/sabaydi

La kon

Lar kon

My name is ...

What is your name?

How are you?

Fine, thanks

And you?

Khoi nam-sa-trul su ...

Andai phwak-chau nam-sa-trul?

Sabaydi?

Di, khop-chay.

Pwak-chau?

Where do you come from?

I'm from:

France

England

America

Pwak-chau ma chok-sai?

Khoi ma ...

Francet

Anggkit

Amehlikaa

I work at/with:

UN

Red Cross

Nokia

Khoi ngan ...

Nation Unis

Deng-chard

Nokia

Where is the toilet?

Hong nam tho-dau

## QUESTIONS:

When/how?

What/why?

Who/which?

Where is ...?

Vela-dai/vithi-dai?

An-dai/dwai-het-dai?

Pai/an-dai?

... thang dai?

Where can I find ...?

How much is it?

Can you help?

What does this mean?

Khoi phob ... thang-dai?

Lakha tho-dai?

Phwak-chau sei-lua samat?

Ni an-dai?

## UNDERSTANDING:

I understand.  
I don't understand.  
Do you understand?

Khoi khau-chai.  
Khoi bo khau-chai.  
Phwak-chau khau chai?

Please repeat that again.  
Can you translate this?

Karuna, anan lam khoem.  
Phwak-chau nip e samat?

Can I have ...?  
Do you speak ...?  
English/Laoi

Khoi nu samat...?  
Than hu-vao phasa ... bo?  
Angkit/Lao

I don't speak Lao.  
I speak a little Lao  
Please speak slowly

Khoi bo pak Lao  
Khoi pak moinung Lao.  
Karuna, pak sa.

## COMMENTS:

I must do this.  
You must do that.

Khoi no tong hed.  
Phwak-chau anam tong hed.

It's:  
tight/wrong  
big/small  
cheap/expensive  
good/bad  
hot/cold  
near/not near  
OK!

Mun:  
ta/pit  
kwang/noi  
theuk/ phaeng  
di/sua  
hon/nao  
yu-kai/bo yu-kai  
tok-longe!

## FOOD:

I would like:  
breakfast  
lunch  
dinner.

Khoi hak ...  
Khuang-an-sau  
Ahan-ting  
Ahan-tieng

May I have ... :  
menu

Khoi nu ...  
laai-kaan aahan

glass  
bill  
white rice  
bread/butter  
eggs  
potatoes  
vegetable/tomato  
apples/oranges  
coffee/tea/water  
milk  
water  
orange juice  
beer  
sausage  
fried-rice  
rice-soup  
soup  
curry  
fried-chicken  
roasted-pork  
fish  
beef  
dessert

sai-krok

chok  
sek  
khauo neung  
khao-chi/nuey  
khai  
man-falang  
phak/mak len  
mak-pom/mak-kiang  
ka-fae/ nam-sa/ nam  
nam-nom  
nam deum  
naam maak kiang  
lao-bier  
khao-pard  
khao-tom  
kang-juerd  
curry  
kai-tod  
mau-yang  
paa  
nuer-wua  
kha-nhom-varn,

I want to pay the bill.  
There is a mistake.  
We are happy.

Khoi chay hai yak.  
Su pit.  
Phwak-hao morenang.

### TRANSIT:

Where is the nearest shop?  
Where is the taxi stand?  
How much to go to ...?

Thong-sai tai-lat yu-kai?  
Thang-sai taxi?  
Thang-sai yu ... pa?

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

Au khoi yu ...  
Kiruna, yood yu-ni.  
Ni bo ta hon-thang.  
Pa sue luey.

It is there, on the:  
left/right  
next/after  
North/South  
East/West

Su anan ... :  
Sai/boeng-khwa  
Ya khang/khau-lung  
Thit nua/thit tai  
Thit tauan ok/thit tauan tok

Where is the:

... yu sai?



taxi stand  
town centre  
pharmacy  
hotel

taxi  
jai-kranf muering  
phesat  
hong-hem

### SHOPPING:

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

Khwak-chau nu ...?  
Ni thao dai?  
Khoi ni singkhwong au.

What colours have you?

Black  
Blue  
Red  
White  
Gold

Khwak-chau andai COLOURS nu?

Dam  
Fa  
Deng  
Khau  
Kham

I want to buy:

aspirin  
soap  
apples  
water  
film/newspaper

Khoi khau-chuk nu ...

aspirin  
sabu  
mak-pom  
nam  
fim huup/ nang-seu-pim

### TELEPHONE:

Hello, I am ...

Sabaydi, khoi ...

Please speak:

louder  
slowly

Karuna pak ...

yu thoeng  
sa-sa

I want to speak to:

Mr. ...  
Mrs....

Khoi yu ... pak yak-di:

Taan.  
Nang.

When will he be there?

Lao han vela-dai?

Ask him to telephone me.      Vac yu , yoarasub khoi.

Note: thohlasap = telephone  
      mobi thohlasap = mobile telephone

### TIME:

Do you have much time?      Phwak-chau sua-mang nu?  
What time is it?                Sua-mang an-dai?

The time now is:

1.00 p.m.	nung mon hao
2.45 p.m.	sam moln si-sip-ha
4.20 p.m.	si mon sao
6.30 a.m.	hok mon sam sip

Note:

na-ri-ka	= o'clock (time)
nathi	= minute
vina-thi	= second
sua-mong	= hour ,
si sua-mong	= four hours .

### MEETINGS:

We see you:	Phwak-hao phwak-chay hen:
now	diawni
today	muni
tomorrow	muun
next week	athit-na
in the morning	mii-sao
in the afternoon	thon-bai
in the evening	nyam-lang
tonight	keuni
soon/later	rea-rea-ni/nai=maicha-ni

I agree	Khoi nyawm
I don't agree	Khoi bo nyawn

You are right/wrong.	Phwak-chau ra/pit
That is right	Anan ta.

## LOCATIONS:

Here/there	yu-ni/anan
At the UN office	UN bon
Near/not near	Yu-kai/bo yu-kai
How many kilometres from here?	Chak yu-ni tho-dai kilo ni?

## 21. PLAY QUIZ

Test your instinctive LAO ... associate the phrases ... in mixed groups of four ...

a. I am well.	Tok-longe
b. Excuse me	Sabaydi.
c. Thank you.	Kho thod
d. OK	Khop chay
e. You're here!	Sabaydi.
f. Good work	Phwak-chau ku yu-ni.
g. Hello	Chao khoi yu bo?
h. How are you?	Di heng ngan.
i. Good morning!	Ni ku an-dai?
j. What is this?	Ngui
k. Easy	Di!!
l. Good!!	Sia-jai
m. Yes	Ma yu-ni
n. Please	Karuna
o. Come here	Chan sia-jai ka(f)/karb(m)
p. Waiter?	Doi

<b>q. How much is it?</b>	<b>Suo-mang an-dai?</b>
<b>r. Where is the toilet?</b>	<b>Thang-sai/veladai/dwai het dai?</b>
<b>s. Where/when/why?</b>	<b>Hong-nam yuu thee-nai?</b>
<b>t. What time is it?</b>	<b>NI tho-dai?</b>
<b>u. I speak a little Lao</b>	<b>Ni ku an-dai?</b>
<b>v. I do not understand.</b>	<b>Karuna pav sa.</b>
<b>w. What is this?</b>	<b>Khoi bo khom.</b>
<b>x. Please speak slowly</b>	<b>Khoi pak moinung Lao.</b>
<b>y. Bye-bye for now!!</b>	<b>Sua-mang an-dai?</b>
<b>z. What time is it?</b>	Sabaydai, sum-rub torn ni

Answers: In the program ... or email the Team ...

## **APPENDIX A - ROUTINE FOR ACCENT IMPROVEMENT AND LONG TERM RE-INFORCEMENT – AFTER A MONTH**

**RELAX** with ... a very **POSITIVE** attitude ... and a very confident **EXPECTATION** of **SUCCESS** ... in just one more week ... of **PLAYING** with the natural language ... with the Instant Relaxation Exercise daily.

**Our natural suggestions for this week are:**

**Day 1 – Do APS. Then play the LEARNING REINFORCEMENT. Study the Brief Grammar and Mini-Phrase Book to understand every word. Then SPEAK with the tape and RECORD your efforts.**

**Day2 - STUDY the text (Sections 2-16). Then SPEAK LOUDLY and then very SOFTLY with the tape. SPEED READING (2-16) in 14 minutes.**

**Day 3 – SPEAK in THEATRICAL style with the tape and text together. Do SPEED READING (2-16) in reverse-mode in 12 minutes.**

**Day 4 – SPEAK with tape and text. For difficult words/phrases ... stop the tape ... and repeat the word/phrase many times ... singing and shouting!**

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

**Day 6 – SPEED READING (2-16) in 8 minutes. LISTEN to your recording from Day 1. Then SPEAK with the tape ... with a beautiful CONFIDENT accent.**

**Day 7 - SPEAK with the tape with fun and confidence. 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 UNHCR**

<b>English</b>	<b>Thai</b>	<b>LAO</b>
<b>Airport</b>	<b>tha-ah-kas-sa-yarn</b> <b>but sa-narm-bin is more often used</b>	<b>DOEN-BIN</b>
<b>Army</b>	<b>khong-tup</b>	
<b>Asylum</b>	<b>sa-tharn-song-krau</b>	<b>... insert all ...</b>
<b>Blind</b>	<b>tar-boad</b>	
<b>Border</b>	<b>kate-dan, chaai-dan</b>	
<b>Camp</b>	<b>camp</b>	
<b>Children</b>	<b>dek, dek-dek</b>	
<b>Clothing</b>	<b>suer-par</b>	
<b>Cooking pots/pans</b>	<b>kreung-krua</b>	
<b>Cooperation</b>	<b>kwam-roum-meur</b>	
<b>Customs</b>	<b>luuk-kar</b>	
<b>Deaf</b>	<b>hoo-nuak</b>	
<b>Delay</b>	<b>lar-cha</b>	
<b>Detention</b>	<b>noung-neaw <u>or</u> kuk-khan</b>	
<b>Develonang-seuent program</b>	<b>program karn pat-ta-na</b>	
<b>Displaced persons</b>	<b>book-kon thee ma tan thee</b>	
<b>Dumb</b>	<b>pen-bai</b>	
<b>Electricity</b>	<b>fai-fah</b>	
<b>Emergency</b>	<b>chuuk-chern</b>	
<b>Expulsion</b>	<b>khub-lai <u>or</u> khub-uak-pai</b>	
<b>Family</b>	<b>krob-krua</b>	
<b>Government</b>	<b>rat-tha-barn</b>	
<b>Grandparents</b>	<b>poo-yar-tar-yaai</b>	
<b>Handicapped</b>	<b>tam-toh</b>	
<b>Health</b>	<b>suk-kha-parp</b>	
<b>Hospital</b>	<b>rong-pra-ya-barn</b>	
<b>House</b>	<b>barn</b>	
<b>Human rights</b>	<b>sit-thii-ma-nus-sa-ya-chon</b>	
<b>Husband</b>	<b>sar-mee</b>	

<b>Lamp</b>	<b>tah-kreing</b>
<b>Legal protection</b>	<b>karn-pok-pong-tang-kod-maai</b>
<b>Malnutrition</b>	<b>tuup-phot-cha-na-karn</b>
<b>Material assistance</b>	<b>karn-chuoy-ruer-tang-was-sa-doo</b>
<b>Ministry</b>	<b>kra-soung</b>
<b>Nutrition</b>	<b>phot-cha-na-karn</b>
<b>Pain - days/weeks</b>	<b>puad-pen-wan/ poud-pen-ah-thit</b>
<b>Pain - months/years</b>	<b>puad-pen-duern/ poud-pen-pee</b>
<b>Pain – treatment</b>	<b>karn-rak-sar-kwarm-jeb-puad</b>
<b>Pain - arms/legs</b>	<b>puad khann / paud kha</b>
<b>Pain - chest</b>	<b>jeb-na-okk/ puad –na-okk</b>
<b>Pain - ears/eyes</b>	<b>paud-hoo/ paud-tar</b>
<b>Pain - hands/feet</b>	<b>paud meur/ paud-tau</b>
<b>Pain - head/neck</b>	<b>paud-see-sa/ paud-koa</b>
<b>Pain – stomach</b>	<b>paud-kra-prao</b>
<b>Peace</b>	<b>sun-ti-parp</b>
<b>Persecution</b>	<b>karn-kho-kuan <u>or</u> karn-pra-harn</b>
<b>Petrol</b>	<b>narm-mun</b>
<b>Police-station</b>	<b>sa-tha-nee-tam-raud <u>or</u> Rong-pak</b>
<b>President</b>	<b>Pra-ta-na-thib-bor-dee</b>
<b>Prison</b>	<b>ruern-jum <u>or</u> kook</b>
<b>Province</b>	<b>jung-wat</b>
<b>Reception centre</b>	<b>soon-karn-torn-rup</b>
	<b>( soon, soon-klang = center )</b>
<b>Refugee</b>	<b>pu-uab-pa-yop</b>
<b>Representative</b>	<b>pu-tan <u>or</u> tua-tan</b>
<b>Rural</b>	<b>chon-na-bode</b>
<b>Sanitation</b>	<b>suk-kha-ah-na-mai</b>
<b>Shelter</b>	<b>thee-lob-phai</b>
<b>Status</b>	<b>sa-tha-na-karn</b>
<b>Tent</b>	<b>tent</b>
<b>Torture</b>	<b>to-ra-marn (verb) / karn-to-ra-marn (noun)</b>
<b>Town</b>	<b>muerng</b>
<b>Transportation</b>	<b>karn-khon-song</b>
<b>Travel Documents</b>	<b>eek-sarn karn tong-teawe</b>
<b>Tribe</b>	<b>tra-kul <u>or</u> pau-phan (= clan)</b>
	<b><u>or</u> kloom (= group)</b>
<b>Urban</b>	<b>tam-bon</b>

**Village** moo-ban  
**Voluntary repatriation** poo-sa-mak-jai-klub-thin-derm

(\*sa-mak-jai, ah-sa-sa-mak = voluntary, vorunteer,  
klub-thin-derm = repatriation)

**War** song-krarm

**Water** narm

**Wife** pran-ra-ya



## APPENDIX C - BRIEF GRAMMAR

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

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

I (am) here.	KHOI yu-ni.
The CHILD is here.	DEK-NOI yu-ni.
Question: (IS) the child here?	Dek-noi YU-ni?

### 2. Article

A child (is) here.	NUNG dek-noi yu-ni.
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### 3. Noun

Child-REN (are) here.	PUA-DEK- NOI yu-ni.
The GOOD child is here.	Dek-noi DI yu-ni.
HE (is) a child.	LAO yu dek-noi.

### 4. Possession:

He (is) MY child.	Lao yu KHOI-CHAN dek-noi.
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### 5. Relative:

The child WHO (is) here.	Dek-noi PU yu-ni.
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### 6. Demonstrative:

THIS child (is) here.	NI dek-noi yu-ni.
THAT child (is) THERE.	ANAN dek-noi yu-ni

### 7. Interrogatives:

WHAT (is) this thing?	Ni sing-khong ku AN-DAI?
WHO (is) that?	Anan ku PAI?
WHERE (is) the child?	Dek-noi ku THANG-SAI?
HOW MUCH (is) the book?'	Phum ku THO DAI?

### 8. Imperatives:

DO this!	HED ni.
COME here!	MA yu-ni.

### 9. Negatives:

Yes, I HAVE a book	Doi, khoi NU phum.
No, I do NOT have the book (m)	Bo, khoi BO nu phum.
Do NOT come here.	BO ma yu-ni.

### 10. To be, have and wan (present tense):

I am/have/want	Khoi ku, khoi nu, khoi yak
You are/have/want	Phwak-chau ku, phwak-chau nu. Phwak-chau yak
He is/has/wants	Lao, lao ku, lao yak

## APPENDIX D - BROCHURE

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### **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 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 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, Zulu,. Cantonese, Zulu, Swedish, Swahili, Basque, Lao, Thai etc. with other languages in process:**

**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 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, WHO, ILO, WB, UNEP, UNIDO, AID, IRC, Peace Corps, Shell, Burma, Barlows, Baxter, Nokia etc.**

**APPENDIX E - THE ONE HUNDRED MOST USED WORDS IN CONVERSATION**

**(Challenge – make up phrases and discuss with a natural speaker)**

<b>1. A/an NUNG</b>	<b>2. After LUNG-CHAR</b>	<b>3. Again IK</b>	<b>4. All TANG-MOD</b>
<b>5. Almost SUAN-YAI</b>	<b>6. Also DUOY</b>	<b>7. Always LUAT FUAY</b>	<b>8. And LAE</b>
<b>9. Because HETUA</b>	<b>10. Before KHON</b>	<b>11. Big KWANG</b>	<b>12. But IVA</b>
<b>13. I can KHOI SAMAT</b>	<b>14. I come KHOI MA</b>	<b>15. Either/or MAI-UN-DAI/TANG-SONG-UN</b>	
<b>16. I find KHOI PAOB</b>	<b>17. First THI NUNG</b>	<b>18. For SUM-RAB</b>	<b>19. Friend PUAN</b>
<b>20. From JARK</b>	<b>21. I go KHOI NPA</b>	<b>22. Good DI</b>	<b>23. Goodbye LA KON</b>
<b>24. Happy MORENANG</b>	<b>25. I have KHOI NU</b>	<b>26. He LAO</b>	<b>27. Hello SABAYDI</b>
<b>28. Here YU-NI</b>	<b>29. How VITHI-DAI</b>	<b>30. I KHOI</b>	<b>31. I am KHOI YU</b>
<b>32. If THA</b>	<b>33. In NAI</b>	<b>34. I know KHOI HU</b>	<b>35. Last THI-LAEW</b>
<b>36. I like KHOI HAK</b>	<b>37. Little NOI NUNG</b>	<b>38. I love KHOI HAK</b>	<b>39. I make KHOI HED</b>
<b>40. Many MARK</b>	<b>41. One NUNG</b>	<b>42. More MARK-KWA</b>	<b>43. Most SUAN-YAI</b>
<b>44. Much LAI</b>	<b>45. My KHOI-CHAN</b>	<b>46. New MAI</b>	<b>47. No BO</b>
<b>48. Not BO</b>	<b>49. Now DIAO NI</b>	<b>50. Of KHONG</b>	<b>51. Often BOI-BOI</b>

<b>52. On</b> YU THOENG	<b>53. One</b> NUNG	<b>54. Only</b> NUENG	<b>55. Or</b> THANG DAI
<b>56. Other</b> UN-AUEN	<b>57. Our</b> PHWAK CHAN	<b>58. Out</b> KHAN-NORK	<b>59. Over</b> YU
<b>60. People</b> PRA-CHA-CHON	<b>61. Place</b> SA-THAN-THEE	<b>62. Please</b> KARU NA	<b>63. Same</b> CHANE-KAN
<b>64. I see</b> KHOI HEN	<b>65. She</b> LAO	<b>66. So</b> PHO	<b>67. Some</b> NOINUNG
<b>68. Sometimes</b> BANG-TEE	<b>69. Still</b> YANG or KONG	<b>70. Such</b> CHANE-NANT	<b>71. I tell</b> KHOI PAK
<b>72. Thank you</b> KWARO JAI	<b>73. That</b> ANAN	<b>74. The</b> --	<b>75. Their</b> KHAU CHAN
<b>76. Them</b> KHAU	<b>77. Then</b> LANG-JARK-NAN	<b>78. There is</b> YU	<b>79. They</b> KHAU
<b>80. Thing</b> SING-KHONG	<b>81. I think</b> KHOI KHAWI	<b>82. This</b> NI	<b>83. Time</b> VE-LAR
<b>84. To</b> YU CHAN	<b>85. Under</b> YULUM	<b>86. Up</b> SUNG	<b>87. Us</b> PHWAK DAO
<b>88. I use</b> KHOI HED	<b>89. Very</b> MARK	<b>90. We</b> PHWAK HAO	<b>91. What</b> ANDAI
<b>92. When</b> VELADAI	<b>93. Where</b> THANG SAI	<b>94. Which</b> AUN-NAI	<b>95. Who</b> PAI
<b>96. Why</b> DWAI HERDAI	<b>97. With</b> KAP	<b>98. Yes</b> DOI/CHAU/OE	<b>99. You</b> PHWAK-CHAU PHWAK-CHAN
			<b>100. Your</b> PHWAK-CHAN

**APPENDIX F - 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, with a NATURAL SPEAKER present, who gently corrects you on tape (for fun) 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](mailto:robertboland@wanadoo.fr) and send us a copy. So, and from now on - relax and remember!!**

# BRIEF DICTIONARY 450 WORDS

## INSERT LAO

ENGLISH/ FRENCH/ SPANISH/ GERMAN/LAO  
(rough spelling and gender and very few accents)

a	un/une	un/una	in/eine	NUNG
about	environ	cerca de	ungefähr	...insert all ...
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	THON-BAi
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	crédeurs,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	breyollard,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 Wiedersehen
good even.	bonsoir	buenas tardes	guten Abend
good morn.	jam nyalii	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.l.?
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	finalement	a lo largo	auf die Dauer
look	regarder	mirar	schauen
look for	chercher	buscar	suchen
loss	perte,la	pérdida	Verlust
lot,lots	beaucoup de	mucho	viel
love	aimer bien	querer	lieben
low	bas	bajo	tief
lucky (be)	avoir/chance	tener suerte	Glück (haben)
luggage	bagages,les	equipaje	Gepäck
lunch	déjeuner,le	almuerzo	Mittagessen
make/do	faire	hacer/realizar	machen
man	homme,l'	hombre	Mann
manager	directeur,le	gerente/dir.	Manager
many	beaucoup (de)	muchos	viele
map	plan,le	mapa	Landkarte
March	Mars	marzo	März
marriage	mariage,le	matrimonio	Heirat
marry	se marier	casar	heiraten
materials	materiaux,les	materia prima	Materialien
May	Mai	mayo	Mai
me	me	mi	mich
meal	repas,le	comida	Essen

meat	viande,la	carne	Fleisch
meet	rencontrer	encontrar	kennen lernen
meeting	réunion,la	reunión	Versammlung
mind (not)	égal (etre)	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-i.l.	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	noit,la	noche	Nacht
ninety	quatre-v.-dix	noventa	neunzig
no	alaa	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	nosostros	wir selbst
out	dehors	fuera	aus
overheads	frais gen.les	gasto gener.	Laufenden U.
owner`s eq.	capital,le	capital	Anlagekapital
parents	parents,les	padres	Eltern
passport	passeport,le	pasaporte	Pass
people	gens	gente	Menschen
place	endroit,le	sitio/lugar	Platz
plane	avion,le	avión	Flugzeug
plate	assiette,la	plato	Teller
please	s`il v. plaît	por favor	bitte
police	police,la	policía	Polizei
polite	poli	cortés	höflich
porter	porteur,le	portero	Träger
possible	possible	posible	möglich
present	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	Banhhof
stay	rester	quedarse	bleiben
stool	banc,le	taburete	Stuhl
sugar	sucré,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	jaaraama	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	eyo	sí	ja
yes but	eyo 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