

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"

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Note:

Appendix A - is the routine for long term reinforcement after one month, which can also be used by experienced speakers for the chronic problem of accent deterioration.

Key books to buy: Lonely Planet Phrasebook - Farsi (250 pages of useful Farsi data which is similar to Dari), Crosslines - Afghanistan Essential Field Guides to Humanitarian and Conflict Zones (includes Dari brief grammar and vocabulary) - and NOW ... free from the web the new "CRE Spoken Dari Phrase Book".

Source: Dr. Bob Boland (EI) and Sharif Khosbeen (AG) and Ester Annetie and Annelie van Renen and Sima Tabib (Lombard) and Dr Shams Bathija (UNCTAD) and Dr Heli Bathija (WHO) and Dr. Giles Boland (Harvard), and Boston University and the Team.

<http://www.bu.edu/familymed/distance/cre/introduction.htm> for text and audio tape.

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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 ... and find the "100 most used words" ...

Hallo	Salaam
Yes/no	Bale/ne
Please	Lotfan
Thank you.	Tashakor
Excuse me	Be-ebakh-shen
Good morning	Salaam
My name is ...	Nam-e ma ... as (is).
What is your name?	Nam-e shomaa (you) chi-st?
How are you?	Chotor ast-en?
I am well, thanks	Khub (well) ast-om, tashakor.
Good-bye.	Bamane khodaa

1.0 INTRODUCTION

1.1 STRUCTURE

This program gives you practice in understanding the structure of the language almost instinctively, as for each difficult phrase, English words are inserted. There is also a Mini Phrase-book, a Brief note on Grammar and a list of the 100 "most used" words in conversation.

1.2 MEMORY

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

Welcome ... kosh amaded ... say ...
... welcome ... GOSH AM I DEAD ... welcome ... kosh amaded

Yes ... bale ... say ...
... yes ... bar leave ... yes time to leave the bar ... yes ... bale

Please .. lotfan ... say ...
... please ... give me a lot Fannie ...please ... a lot Fannie ... lotfan

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 Dari conversation with a natural speaker or aloud with yourself. Then make a friend of the main Dari Phrase-book.

LEARN TO USE THE TWO MINUTE GEMINI ROUTINE AND BE IN FULL CONTROL OF MIND AND BODY

This is a simple two minutes GEMINI exercise, to give you the confidence to learn the new language ... naturally ... as you did ... so well ... when you were a very small child!!

When you tell yourself ... you cannot learn ... you won't learn!

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 can become clear, confident and ready to learn.

So do GEMINI now ... and again before every CRE session.

It takes only two minutes, and with practice, it becomes a powerful instinctive learning resource for you.

The two minute GEMINI begins as follows:

a. Tell yourself that you are going to do your GEMINI routine. Make yourself comfortable. Begin to relax and breathe deeply ... as you do these three things 1, 2, 3 as follows:

One - With head steady, roll up the eyes to the eyebrows. Hold it ...

Two - Gently close eyelids and take a very deep breath in. Hold it

Three - Exhale very slowly as you let your eyes relax ... and let your body float downwards ... permit your left hand... to feel like a buoyant balloon ... and allow it ... to float ... upwards ... without any conscious effort at all. As it does so, your elbow bends and forearm floats into an upright position and your hand touches your forehead which is signal for you ... that you are in a state of gentle ...very deep meditation ... in which you can concentrate on learning ...

b. Feel deeply relaxed in mind and body as you repeat to yourself the following key phrase, three times . very slowly:

"I am, I can, I will, I believe ... I will learn the NEW natural language ... and help others to learn ... to speak and enjoy ... the NEW language ... with a beautiful accent ... naturally ... rapidly ... easily ... instinctively ... without any effort at all"

c. Then think deeply about **ABSORBING** ... this simple positive suggestion deeply into yourself ... about the new language ... so that you help yourself ... to be in control of mind and body ... to achieve what you want ... with the new natural language.

d. Tell yourself that when you come back you will feel well, happy, very motivated and in control of the new natural language ... instinctively ... without effort ...

e. Then come back with 3, 2, 1 ...:

THREE - Get ready

TWO - With eyelids still closed roll up the eyes to the eyebrows

ONE - Let eyelids open slowly and when back to focus, let the left arm float gently downward and then make a decisive fist. You are now back to normal, feeling relaxed and well.

NOTES

Practice: Practice **GEMINI** for two minutes, ten times a day, for just one week. Be sure to do it on awakening in the morning and before sleeping at night, when it will turn into natural sleep from which you will awaken in your own time in the morning.

Suggestions: **GEMINI** can be used for learning, language, worry, smoking and other needs. Determine what you want. Make only those suggestions that are simple and positive. Repeat them several times

Always be clear on how you want to think, feel and behave.

Never suggest anything you do not want! Be only **POSITIVE !!!**

SIMPLE THROAT EXERCISE - 16 KEY WORDS

(Repeat EACH Dari WORD many times slowly ... and then at VERY high speed)

Hello	Sa-laam	SAA-LAAAM
Mr.	Ag-haa	AGG-HAAA
Mrs.	Khaa-non	KHAAA-NON
Yes	Ba-le	BAA-LEY
No	Ne	NAY
Good	Khub	KHHUBB
Please	Lot-fan	LOTT-FAN
Do you have?	Daar-en?	DAAA-REN?
Thank you	Tasha-kor	TAASHAA-KORR
Goodbye	Bamaamekhodaa	BAR-MAR-MAY KKHODAA
See you soon!!!	Ta pasaan-tar!!!	TAA PA-SAAAN TAR!!
Who?	Ki?	KEE?
What?	Chi?	CHEE?
I want	Me-khaa-yom	MAY-KAAAH-YOM
Where?	Ko-jaa?	KO-JAAAR
OK!	Drost!	DROSTT!

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

NATURAL SUGGESTIONS

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

After the one full day of CRE, plan revision during your NORMAL ROUTINE in the following week, for just an hour a day. Feel free to do it in any way ... that YOU know ... will suit YOU best ... and will allow you ... both to speak AND to understand ... what is spoken to you ... so relax completely ... and ABSORB ... both consciously and sub-consciously ... the very carefully selected ... 30 minute audio tape ... of New natural language ...

It 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 is a 6-hour CRE day with a partner, speaking all the time and making it fun!!! Play the tape many many times and use the "Alert Focus" and "Learning Reinforcement" as needed.

ACCEPT THE CHALLENGE ... RELAX WITH GEMINI AND BELIEVE THAT YOU CAN DO IT ... AND BE VERY PROUD ... OF YOUR ACHIEVEMENT ... IN JUST ONE DAY ... WITH A PARTNER ... OR EVEN BETTER ... WITH A NATURAL SPEAKER ...

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 do GEMINI or play the relaxation sections in the car ... skip them please! Play the Alert Focus and Learning Reinforcement audios as Needed for encouragement. With difficulty ... be sure to blame your strategy ... and not yourself... and then on you go with a new strategy ...!!
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 apologize for your language ... you are making the effort to learn the LANGUAGE ... and the HUMAN VALUES ... and thus the CULTURE ... of the people you speak with ... and THEY will appreciate MORE than you can EVEN imagine!! If they reply to you in ENGLISH ... then YOU just CONTINUE to speak in the NATURAL 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 recognizing good STRUCTURE.
5. HESITATE before you SPEAK ... and then speak FREELY and CONFIDENTLY ... without long pauses and ... WITHOUT ... "Urrs and Umms" which are so ANNOYING and BORING ... for the listener ...
6. When you do not know a Necessary word ... do NOT hesitate ... simply USE the ENGLISH word ... in the sentence ... the hearer will almost certainly give you the translation ... and you can repeat it ... three times to get it right ... without embarrassment. Use the LEARNING REINFORCEMENT as needed but not in the car!
7. Use SIMPLE SHORT sentences and be CONFIDENT as you begin to talk to people ... expect SUCCESS ... and you will NOT be disappointed ... and try just one MORE New thing ... just for fun in this one week ... drink one liter of WATER EVERY DAY ... it rinses mind and body and has a REMARKABLE preventive/curative therapeutic effect ... to support New learning ... on we go together.

1. GENTLE RELAXATION ...

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

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

You know ... and I know ... it's very easy ... to get caught up in day to day living ... there is so much to do ... and now is your time ... and I would like you to allow your eyes to close ... as you start to build ... an internal focus ... within yourself ... on those parts of yourself... that will absorb the natural language ... gently ... peacefully ... and instinctively ... almost automatically ... as you ... let yourself go ... 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... "Dari Place" ... in your mind ...

2. HERE AND THERE (inja/onja):

Note: This CRE version is rough spoken Dari - which is an abbreviated form of written Dari, seldom seen in published form. Refer also to the new CRE Spoken Dari Phrase Book (free ... on the web site).

Ma inja (here) -stom (am).

I am here.

Shomaa (you) onja-sten.

You are there.

Aya (question) shomaa onja-sten?

Are you there?

Bale, shomaa onja-sten.

Yes, you are there.

Inja-sten?

Are (you) here?

Ne, inja ne-sten (arenot).

No, you are not here.

I (it) inja-st.

It is here.

I ko-jaa-st (where)?

Where is it?

Inja-st.

It is here.

Onja-st?

Is it there?

Ma na (not) me-faahm-om (know).

I do not know.

Miguel ko-jaa-st?

Where is Miguel?

O ko-jaa-st?

Where is he?

Ma na me-fam-om.

I do not know.

Aii. O onja-st (there)!

Daarn! There he is!

O khub-as (is)!

He is wonderful!

3. LIKING (khosh e ... meyaay-/khosh daar-):

Shomaa (you) khosh (liking) e ma (to me)
meyaay-en.

I like you (you - liking - to me - you make).

(Personal pronouns mostly omitted since meaning
comes from the ending)

Ma (me) khosh-e-ton (you) meyaay-om?

Do you like me?

Bale, shomaa khosh-e-ma meyaay-en

Yes, I like you.

Shomaa paisa ra khosh daar-en?

You like money? (you - money - liking -
have)

Bale, ma paisa khosh ra daar-om.

Yes, I like the money.

Note: Avoid: Ma shomaa khosh "daar-
om" ...

I have love for you (could get you into
trouble!!!)

Ma aw-a (water) khosh daar-om.

I like water.

Shomaa aw-a khosh daar-en.

You like water.

Man ketab-a khosh daar-om.

I like the book.

O (he) motar ra khosh daar-a.

He likes the car.

O (she) motar ra khosh na (not) daar-a.

She does not like the car.

Shomaa i naana (food) khosh daar-en?

Do you like the food?

Ne, ma i naana khosh na-daar-om.

No, I do not like the food.

O. Aii! Chatty!

Oh. Daarn! Mate!

Chatty ra na (not) goy-en (say) lotfan (please).

Please do not say Mate!

4. DOING (kar mekon-/ infinitive kardan):

Ma kaar mekon-om.

I do.

Ma i (this) kar-a mekon-om.

I do this.

Shomaa kar mekon-en.

You do.

Shomaa ou (that) kar-a mekon-en.

You do that

Maa (we) ou (that) kar-a mekon-em (we).

We do that

Wa (and) maa khosh (happy) ast-em.

And we are happy.

I aasaan (easy) as?

Is it easy?

Bale (yes), i sakht nes (is not).

Yes, it is not difficult.

Shomaa ou kaar-a mekon-en (do)?

Do you do that?

Lotfan, a-mi (that) be-kon-en ("be" - order!)

Do that please!!!

Aii!!!

Daarn!!!

In byssyaar as (is)!

It is wonderful!

5. CAN/ABLE TO DO (metaan-/infinitive tawanestan):

Ma metaan-om.	I can
Metaan-om?	Can I?
Bale, metaan-om.	Yes, (I) can.
Shomaa i kaara karda (do) metaan-en (can)?	Can you do this? (you - this - do - can)
Bale, i (that) kaara karda metaan-om (can).	Yes, I can do that.
Ma kame (little) khorda (eat) metaan-om.	I can eat a little.
Ma kame noshida (drink) metaan-om.	I can drink a little.
Ma rafta (go) metaan-om (can).	I can go.
Ma amada (come) metaan-om.	I can come.
Ma khab karda (sleep) metaan-om.	I can sleep.
Shomaa gap zada (speak) metaan-en.	You can speak.
Gap zada metaan-en?	Can you speak?
Bale. Metaan-om.	Yes. I can.
Shomaa i (this) kaara karda (do) metaan-en?	Can you do this?
Ne, ma i-ra na-metaan-om.	No, I can not do that.
Shomaa mefaahm-en?	You understand?
Shomaa faahmid-a (understand) metaan-en (can)?	Can you understand?
Bale, yak-kame.	Yes, a little.

Shomaa Chatty goft-a (say) metaan-en?

Can you say Mate?

Bale. mn yak kame Dari gap-zada (speak) metaan-om.

Yes, I can speak a little Dari!

Aii! Ma byssia-khubkaaka stom!

Daarn! I am wonderful!

Note: Do NOT to use "maghboul" for men ... use "khub adam" and avoid trouble!)

6. UNDERSTANDING (me-faahm-/me-shnas-)

Ma me-faahm-om.

I understand.

Ma na me-faahm-om.

I do not understand.

Shomaa me-faahm-en.

You understand.

Shomaa na (not) me-faahm-en.

You do not understand.

Shomaa zaana ra (women) me-shnas-en?

Do you understand women?

Ne. Ne. Ma ou a-ra (them) na me-shnas-om!

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

O, Aii! Chatty!

Oh. Daarn! Mate!

Lotfan, gap e Chatty na goy-en,

Please do not say Mate!

Shomaa byssia-maghboul asten!

You are wonderful!

7. WANTING (mekhaay-):

Ma mekhaay-om.

I want.

Ma mekhaay-om (want) yak-zara (little)
naan (bread) bukhor-om (eat).

I want to eat a little bread.

Ma mekhaay-om yak-zara aw (water)
bukhor-om (drink/eat - same word)

I want to drink a little water.

Ma mekhaay-om tashnaab (toilet) bor-om.

I want to go to the toilet!!!

Shomaa mekhaay-en yak-zara bukhor-en?

Do you want to eat a little?

Ne, ma delem na mesha ke bukhor-om
(eat).

No, I do not want to eat.

Aii! Ma mekhaay-om ba shomaa ra (to you)
yak zara bet-om (give).

Daarn! I want to give you a little.

Ne. Tashakor.

No, thank you.

Ma mekhaay-om biaay-om.

I want to come.

Shomaa mekhaay-en khaw (sleep) kon-en?

Do you want to sleep/make sleep?

Ne, ma na mekhaay-am khaw kon-om.

No, I do not want to sleep.

Miguel, shomaa bag-haa (frogs) mekhah-
en?

Miguel do you want the frogs?

Aii! Ala ne, tashakor!

Daarn! Not now, thank you!

Maa byssiaar khub astem!

We are wonderful!

8. GETTING (bet-/gir-):

Lotfan, ma ra paisa bet-en give).
Paisa ra be-gir-en ("be" - an order).
Man paisa me-gir-om.

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

Yak teket bet-en.
Teket a be-gir-en.
Ma teket me-gir-om.

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

Ami chiz ra ba ma (to me) bet-en.
Amou chiz koj-as?
Ma na me-faahm-om.

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

Ba ma yak nafar (man) bet-en (give)!
Aii!! Chi yak zan-e!!

Please give me a man!
Daarn!!! What a woman!!

O byssiaar-maghboul as.

She is wonderful!

9. HAVING (daar-):

Ma hech (yak) chiz daar-om (have).
Ma yak chiz na daar-om.

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

Shomaa yak chiz daar-en.
Maa (we) yak chize daar-em.
O yak chiz daar-a.

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

Man kame wakt (time) daar-om, Dokhtar!

Ag-haa, shomaa kame paisa (money) daar-en?

Ne.

O Aii. Chatty!

Lotfan, Gap e Chatty na goy-en.

I have a little time, Miss!

Do you have some money, Sir?

No.

Oh. Mate!

Please do not say Mate!

10. ORDERING POLITELY (bet-):

I (chiz) ra ba ma bet-en.

Ba ma paisa bet-en.

Ba-ma aw (water) bet-en.

(Please) give me the thing.

Please give me the money.

Please give me the water.

Da-Faransa aw na khor-en!!

Wein be-khor-en (drink).

Please don't drink the water in France!!

Drink the wine.

Inja be-yaa-en. Inja be-mad-en.

Onja be-rav-en.

(Please) come here.

Please go there.

I ra be-nosh-en (drink).

I ra na khor-en!

Please drink this.

Do not eat that!

I ra ba ma (to me) bet-en.

Ou ra na gir-en.

(Please) give me this.

Please do not take that.

I ra bu-goy-en.
Chatty gap e na goy-en.

Please say this.
Please do not say Mate!

Aii!! Shomaa byssiaar khub asten.

Damn it!! You are wonderful!

11. GREETING (polite and slang):

Salaam Sharif!

Hello Sharif!

Salaam, Paula.

Hello Paula.

Salaam, Miche.

Good morning Miche.

Salaam, Sancos.

Good morning Sancos.

Chotor ast-en, Eliza?

How are you, Eliza?

Khub ast-om, tashakor Khulu.

I am well, thank you, Khulu.

Chotor as, Xavier?

How goes it, Xavier?

Khub, tashakor Miguel.

OK , thank you Miguel.

Bamane khodaa, Giles.

Goodbye Giles.

Khodaa-hafez, Judith.

Goodbye Judith.

Bale khub, Hollie

Yes OK, Hollie.

Byssiaar as.

It is wonderful!

Khub, Sam?

OK Sam?

Bale khub, Lucie.

Yes OK, Lucie.

Bad nes, Henri.
Khub ast-en, Azizem?

Not too bad, Henri.
Are you well, my darling?

Ne!!
Aii!! O byssiaar zeba (maghboul) as!

No!!!
Daarn!! She is wonderful!

12. DESCRIBING (as):

I khub as. I drost as,
I khub nes.

It is good.
It is not good.

I bad as.
I yak ketab as.

It is bad.
It is a book.

I kalaan as?
Ne, i khord as.

Is it big?
No, it is small.

I assan as?
Ne, i sakht as.

Is it easy?
No, it is hard.

Aw-e pak (good) as?
Ne da Faransa awa khub n-est!

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

O Chatty!!!
Chatty gap e na goy-en.

Oh Mate!!!
Please do not say Mate!

Ma khub-aadamaa ast-em?

Aii! Bale!

Are we wonderful?

Daarn! Yes!!

13. KNOWING THINGS & PEOPLE (mefaahm-/ meshenaas-):

Ma i ra me-faahm-om (know).

Shomaa i ra me-faahm-en?

I know this.

Do you know this?

Bale, ma in ra me-faahm-om.

Shomaa ou ra me-faahm-en.

Yes, I know this.

You know that.

Shomaa ou ra me-faahm-en?

Ne, man ou ra na me-faahm-om.

Do you know that?

No, I do not know that.

Ma ou zan (woman) ra me-shenaas-om (know).

Ma ou nafa-ra me-shenaas-om.

I know that woman.

I know the man.

O (he) ma ra me-shenaas-a.

Shomaa ou zan-a me-shenaas-en?

He knows me.

Do you know that woman?

Ne. Salaam, Khaanom?.

Shomaa khub ast-en, Khaanom?

No. Good morning Madame?

Are you well, Madame?

Ne, ma khub neest-om. Bamane khodaa!!!

Shomaa ou ra na me-shenaas-en!

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

You do not know her!

Aii! Ou zan byssiaar maghboul as!

Daarn! She is wonderful!

14. NUMBERING (yak/do/se/chaar/panj)

Ma yak mouchkel (problem) daar-om.

I have one problem.

Bale. shomaa yak mouchkel daar-en.

Yes, you have a problem.

Ne, shomaa do (2) mouchkel daar-en.

No, you have two (of them).

O se (3) ta daar-a.

He has three.

O chaar (4) ta daar-a.

She has four.

Ma panj (5) ta daar-em.

We have five.

Shomaa panj ta daar-en?

Do you have five?

Bale ala (now), ma panj mouchkel daar-om!!

Yes now, I have five problems!!!

Hama (all) e awlaadaah!

All the children!

Awlaadaah shirin as-tan (are)!

Children are wonderful!

15. ASKING (chand/ko-jaa/chi/ki) :

I ketab (book) chand qimat daar-a?

How much is the book?

Panj dollar.

Five dollars.

I chiz chand as?

Chand?

Chaar dollar.

I ko-jaa-st?

I onja-st.

Ne, i onja nes.

Tashnaab ko-jaa-st?

Tashnaab onja-st.

I chi-st?

Bale? Chi?

Ou.

O, ou yak ketab khub as.

Shomaa chi mekhaay-en?

Ma wein mekhaay-om.

Inja ki-st?

Maa (we) inja stem (are).

Ou (that) zan (woman) ki-st?

Ma na me-shenaas-om. Na me-faahm-om!

Aii! O Madonna as!.

Chi yak zan-e! O byssiaar maghboul as!

How much is this thing?

How much?

Four dollars.

Where is it?

It is there.

No, it is not there.

Where is the toilet (please)?

The toilet is over there.

What is that?

Pardon. What?

That.

Oh, it is a good book.

What do you want?

I want the wine, please.

Who is here?

We are here.

Who is that woman?

I do not know.

Daarn! It is Madonna!

What a woman! She is wonderful!

16. EVERYTHING - COLLOQUIAL (with slang)

Ma metaan-om.

I can

Man inja-stom.

I am here.

Shomaa onja-sten.

You are there.

Shomaa khosh e ma meyaay-en.

I like you (you - liking-to- me - you make).

Shomaa paisa khosh daar-en.

You like the money.

O i ra me-kon-a.

He does this.

O ou ra me-kon-a

She does that.

Ma yak-kame (little) Dari gap-zada
metaan-om!

I can speak a little Dari!

Shomaa gap e Chatty gofta na me-tan-en!!

You can not say Mate!!

Ma shomaa ra me-shnaas-om.

I understand you.

Shomaa ma ra na me-shnas-en.

You do not understand me.

Ma me-khay-om ba bar bor-om (go).

I want to go (to) the bar.

Shomaa me-khay-en tashnaab borrh-en.

You want to go (to) the toilet.

Ma kame wakt daar-om, Dokhtar!

I have some time, Miss!

Shomaa kame paisa daar-en, Ag-haa?

Do you have some money, Sir?

Da Faransa aw (water) na khor-en!!

Please don't drink the water in France!!

Wein be-khor-en.

Drink the wine.

Chotor ast-en, Eliza?

Khub ast-om tashakor, Khulu.

How are you, Eliza?

I am well, thank you, Khulu.

I kalan (big) as, Ag-haa?

Ne, i khord (small) as, Bibi-jan.

Is it big Sir?

No, it is small, Miss.

Shomaa ou ra (her) na me-shenaas-en!

Aii! Ou zan byssiaar maghbour as!

You do not know her!

Daarn! She is wonderful!

Bale ala (now), ma panj (5) mouchkel daar-
om

Hama e awladah!

Yes now, I have five problems!!!

All the children!

I chi-st?

Bale? Chi?

What is that?

Pardon. What?

I onja-st.

Bad nes.

There it is.

Not bad.

Aii!

Khub?

Daarn!

OK?

Bale, i assan as.

Bale, i drost as!

Yes, it's cool!

Yes, it's cool!

Bale, i am bad nes!

Bale, i drost as!

Yes, it's not too bad.

Yes, it's OK.

Gap e chatty na goy-en.

I assan nes!!

Byssiaar khub?

Bale, shomaa byssiaar khub ast-en!

Ta pasaan-tar! Bamane khodaa!

Please do not say Mate!

It is not cool (upper class)!!!

Wonderful?

Yes you are wonderful!

See you soon! Bye bye.

Note: Speed reading - 14 minutes

17. CLOSING

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

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

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

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

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

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

18. NATURAL VOCABULARY:

(without accents)

a. Greetings/

hello salaam	good morning salaam	how are you? chotor ast-en?	I am well khub ast-om	thank you tashakor
goodbye bamane khodaa	yes bale	no ne/na	OK/please khub/lotfan	not too bad bad nes
Daarn! aii!	Mate! chatty	there it is! i onja-st	"Cool"!!! assan/drost/	welcome kosh amaded

b. Verbs :

to be as-	have daar-	like khosh daar-/ bikor-	want meyaay- me-	can me-tan-
do me-kon-	say/speak goft-/gap-zada	go bikor-	come bey-/amad	give bet-
take me-gir-	eat bukhor-	drink bukhor/nush-	sleep khaw kon-	know (things/ me-faahm-/ me-faahm-
understand me-faahm-	must baayad	possible emkam daar-a	see bin-	

c. Prepositions:

some chand/kame	a yak	the -ra	to ba	from az
--------------------	----------	------------	----------	------------

d. Pronouns:

I ma	you shomaa	he o	she o	we maa
---------	---------------	---------	----------	-----------

it	this	that	Mr	Mrs.
i	i	ou	Ag-haa	Khaanom

e. Nouns:

money	thing	man	woman	water
paisa/pul	chiz	mard	zan	aw
car	ticket	book	friend	time
motar	teket	ketab	dost/rafiq	wakt

f. Adjectives/

good	bad	big	small	now
khub/pak	bad	kalaan	khord	hala
later	a little	wonderful!	happy	here/there
pasaan-tar	yak-zara/kame	byssiaar-	khosh	in.ja/on.ja

g.

how much?	where?	what?	who?	when?
chand (qimat)?	ko-jaa?	chi?	ki?	che-wakt?

Note:	What is this?	Sorry!	Question?
	I chi-st?	Be-bakh-shen!	Aya ...? or

h. Numbers:

one	two	three	four	five
yak	doo	se	chaar	panj

i. And some survival words:

Easy/difficult (aasaan/sakht)
toilet (tashnaab)
fun (mazaag)

but (ama)
never (arges)
food (non/gaza)

train (rail)
bus (bus)
home (khaana)
work (kar)
time (wakt),
today (emros)
tomorrow (sabaah/fardoa)
paper (kaag-haaz)
newspaper (akhbaar)
day (roz)
week (hafta)
year (saal)
hour (soa-at)
minute (daqiqqa)

hamburger (hamburger)
think (feker-)
remember (yad dasht-)
read (khan-)
write (navesh-)
laugh (kandad-)
dance (ragcid-)
stop (estaad)
policeman (police)
mate (chatty/mordaar/go)
see you soon (ta pasaantar)
bye bye (bamane khodaa)

19. NATURAL FEEDBACK AND NEW IDEAS

(to drbobboland@hotmail.com)

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

2. WHAT WAS GOOD ABOUT IT?

3. WHAT WAS BAD ABOUT IT?

4. WHAT NEW IDEAS?

5. HOW CAN WE HELP YOU IN THE FUTURE?

20 - DAILY MINI PHRASE BOOK

(Write out a copy ... and start to chat ... with everyone ... Speed reading - 4 minutes)

BASICS:

Welcome

Hello

Yes/no/not

Please

Thank you.

Excuse me

Khosh amaden

Salaam

Bale/ne/na

Lotfan (not often used)

Tashakor

Be-bakh-shen

INTRODUCTIONS:

Good morning

Good-bye.

My name is ...

Salaam

Bamane khodaa

Naam-e (of) ma (me) ... as (is).

What is your name?

How are you?

I am well, thanks

Naam-e shomaa (you) ch-ist?

Chotor ast-en?

Khub (well) ast-om, tashakor.

And you?

Where are you from?

Wa (and) shomaa?

Shomaa as (from) ko-jaa ast-en?

I'm from...:

England

America

Ma az ... ast-om

Faransa

Englestan

Amrika

I'm with ...:

UN

Shell

Ma az ... ast-om

UN (Melal e motahad)

Shell

QUESTIONS:

When/how?

What/why?

Who/which?

Kay/chotor?

Chi/choraa?

Ki/kodaam?

Where is/are ...?
Where can I find ...?
How much is it?

... ko-jaa st?
Ma ko-jaa...paida-karda (find) me-
I chand (how much) as?

Can you help?
What does this mean (do)?

Shomaa komak kon-en?
Ma-noi i chist (what)?

UNDERSTANDING:

I understand
I don't understand.
Repeat it please.
Can you translate this?

Ma me-faahm-om.
Ma na (not) me-faahm-om.
Lotfan tek-rar (again) kon-en.
Shomaa me-tan-eni ra tarjoma

I want ... (please)?
Do you speak English?
I cannot speakAnglisi.
I can speak a little ...

Ma ... me-khay-om.
Gap-zada Englisi me-metaan-en?
Englisi gap-zada na-metaan-om.
Kame gap-zada me-tan-om (can).

COMMENTS:

It's:

better/worse
big/small
cheap/expensive

In ... as:

khubtar/kharabtar
kalon/khord
arzan/qimat

good/bad
hot/cold
near/far

khub/bad
garm/sard
nazdik/dur

FOOD:

I like:

breakfast
lunch
dinner.

Ma ... khosh daar-om.
nashta
naane chasht
naane shaw

I want some:

bread/butter

Ma kami ... me-khay-om.
naan/maska

cheese
eggs
meat/potatoes
apples/oranges
coffee/tea
milk
fruit juice
water

Paner
tokhom
gosht/kachaalu
seb/maalta
qawa/tchaai
shir
aw e mewa
aw

Give (me) the bill please.
It is good.

Bel (bill) ra bet-en (give).
Khub as.

TRANSIT:

Where is the nearest shop?
Where is a taxi?
How much is it to ...?

Nazdik-tarin (nearest) bazar (dokan)
Taxi ko-jaa-st?
Ta ba ... chand as?

Take me to this address.
Please stop here.
This is not right.
Straight ahead.

Ma (me) ra ba i (this) adras be-
Inja estad kon-en (stop - make).
I rast (deste) nes (is not).
Roubarou bor-en.

It's there:

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

Ou onja-st:.

chap/raast
baad-az/bahd
shamaal/jonub
shaarq/gharb

Where is the:

town center
pharmacy

Inja ... ko-jaa-st:

markaz-e-shahr (town)
dawaa khaana

SHOPPING:

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

Shomaa ... daar-en?
Qimat i/ou (this/that) chand as?
Ma i ra me-gir-om (take).

Colours?

Black
Blue
Red
White
Yellow
Green

Rang:

sia
abi
sorkh
safed
zard
sabz

I want to buy:

aspirin
soap
kilo apples
litre of milk
film/newspaper

Ma me-khay-om (want) ... be-khar-om

aspirin
saboun
yak kilo seb
yak liter shir
film/akhbaar

TELEPHONE:

Hello, I am ...
Please speak more:
louder
slowly

Allo, ma
Lotfan ... gap be-zan-en.
boland-tar
astaa-tar

Who do you want?

I want ...:
Mr.
Mrs.
Miss

Ki (who) ra kar daar-en?

Ma me-khaast-om ba ... gap bezan-om.
Ag-haa
Khaanom
Dokhtar

When is he there?

Ask him to call me, please?

O chi wakht me-baash-a?

Ba o begoy-en (ask), ke ba ma zang

TIME:

Do we have a little time?
What time is it?

Maa (we) kame wakht daar-em?
Chand baj-as?

The time now is...

five past one
quarter to three

Ala ... baj-as:

yak (1) wa pancj (5) daqiqa
paanzda (15) daqiqa ba (before)

four o'clock
ayaf past five

chaar (4) baja
panju (5) nim (half past)

MEETINGS:

We want to see you:
today
tomorrow
next week
in the morning
in the afternoon
in the evening
tonight
soon

Maa (we) me-khay-em (want) shomaa ra
emroz
saba/fardo
hafti ayinda (coming)
sobh
pishin
emshab
i-shab
zood

You are right/wrong.
That is right!

Shomaa rast me-gen. Shomaa haq daar-
I drust as!

LOCATIONS:

Here/there
At the office
Is it near or far?
How many hours to go there?

Inja/onja
Ba daftar
I nazdik yaa dur as?
Ta onja chand (how many) sat ras (go)?

21. PLAY QUIZ

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

- | | |
|------------------------------|--------------------------------|
| a. I am very well | Khub. |
| b. Excuse me | Tashakor |
| c. Thank you. | Man khub ast-om. |
| d. OK | Be-bakhsh-en |
| e. Welcome | Salaam. |
| f. I want to buy ... | Khosh amad-en. |
| g. Hello | Chotor ast-en? |
| h. How are you? | Ma me-khaay-om ... be-khar-om. |
| i. What is this? | Ne. |
| j. I can do that. | Ma i-ra me-gir-om |
| k. I take it. | I chi-st? |
| l. No. | I kaara karda metaan-om. |
| m. Yes, this is "cool" | Sably? |
| n. Please | Lotfan. |
| o. Where are you going? | Bal, I assan as! |
| p. Waiter? | Ko-jaa bokor-en? |
| q. How much is that? | Chand baj-as? |
| r. Where is the toilet? | Ko-jaa/kay/chora? |
| s. Where/when/why? | Tashnaab ko-jaa-st? |
| t. What time is it? | Ou chand as? |
| u. Can you help? | Ma na-me-faahm-om. |
| v. I do not understand | Shomaa komak kon-en? |
| w. What does this mean? | Lotfan, asta-tar gap be-zan-en |
| x. Please speak more slowly. | Manoi i chi-st? |
| y. See you soon. | Maa khub ast-em. |
| z. We are happy. | Ta pasaan-tar. |

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

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

RELAX with ... a very **POSITIVE** attitude ... and a very confident **EXPECTATION** of **SUCCESS** ... in just one more day ... of **PLAYING** with the natural language ... instinctively ... naturally ... completely relaxed ... with no stress or effort ... just play!

Our natural suggestions are:

1 - Play the LEARNING REINFORCEMENT audio tape. Do IRT and the Throat exercise. Study the Brief Grammar and Mini-Phrase Book to understand every word. THEN make a recording of sections 2-16 at high speed - your starting point! DO NOT ERASE IT. Then SPEAK with the tape. LIST your five key problems!

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

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

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

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

6 - SPEED READING (2-16) in 8 minutes. Review your five problems. LISTEN to your recording and laugh Then SPEAK with the tape ... with a beautiful CONFIDENT accent. Email your feedback to drbobboland@hotmail.com.

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

Special Vocabulary for UNHCR

English	Pashto	Dari
Airport	hawaa dagar	maydaan-e tayara/hawaa-i
Army (soldiers)	pauz	askari
Asylum	panaah	panaah
Border	pdlay	sarhad
Camp	dd kaamp	kaamp
Children	muchouman	awladah
Clothing	jama	pushaak
Cooking pot	chainaq	deg
Cooperation	hamkari	hamkaari
Customs	gumruk	gomrok
Delay	nawakta	pas andhaakhtan
Detention	ndzar-band	nazar band
Development program	dd wadi prograam	prograam-e enkeshafi
Displaced persons	be-zaya shdwi xaldek	be-jaai shodagaan
Electricity	breshna	bargh
Emergency	hajol	hajel
Expulsion	shar-dl	kharej kardan
Family	koranay	famil/khaanawaadg
Government	hokumat	hokumat
Grandparents	padaar kalan	padaaro /madar e kalaan
Handicapped	saya	ma-yub
Health	roghtyaa	sehat/syhhath/
Hospital	roghtun	shafakhana
House	kor	khaana
HQ	mankaz	markaz
Human rights	dd bashar hakkuna	hokuk e bashar
Husband	mehra	shawhar

Lamp	dewan	cheragh
Legal protection	kaanuni saatdna	hemayat e kanoun
Malnutrition	bada ghdzaa	sou-e tag-haazi
Material assistance	maadi komak	komak-e madi
Ministry	wdzaarat	wezarat
Nutrition	ghdzaa	taghziya
Pain - days/weeks	daard worat	daard e ruz/hafta
Pain - months/years	daard hafta	daard e ma/sal
Pain - treatment	daard mehda	daard - tadawi
Pain - arms/legs	daard bazou/paie	daard e dest/pai
Pain - chest	daard sina	daard e sina
Pain - ears/eyes	daard gauche/sterguee	daard e goch/cheshem
Pain - hands/feet	daard daste/paie	daard e dest/pai
Pain - head/neck	daard sav/gardan	daard e sar/gardan
Pain - stomach	daard mehda	daard e meda
Persecution	zawravdi	aziyat
Petrol	tel	petrol/tel
Police-station	dd polis st-eshan	sar-mammuriyat-e-police
President	mdshir	ra-is
Prison	bandy-khana	zyndaan/bondi khaana
Province	ayaalat	welaa-yat
Reception centre	dd melma paaldne	mahal e paziraahi/ markaz-d paziraa-i
Refugee	mohajer	panaahenda/muhaajer
Representative	astaazy	nema-yandagh
Rural	da kdl	yeylagh
Sanitation	hyfzu-syhna	hyfzu syhha
Shelter	rijdi	panaagaa
Status	haysiyat	haysiyat
Tent	rijdi	khayma

Torture	shekanja	shekanja
Town	khar	shaahr
Transportation	transport	transport
Travel Docs	sdd safar sanaduna ??	
Tribe	t-dbdr	qabila/qaum
Truck	lan mot-dr/lari	motar-d laar/lari
Urban	dd khari	dd khari
Village	kday	qarya/de
Voluntary legal	pd rdzaa-sara berta	bar-gasht-d yraadi
War	.jagara	.jang
Water	awaa	aw
Wife	kaza	zawja/khaanom

APPENDIX C - BRIEF GRAMMAR

(Just study now ... and later discuss with a natural speaker)

1. Structure - subject, object and verb:

Ma (I) inja-st-om (here - am).

I am here.

TEFLE inj-as (is).

The child is here.

AYA (question) tefle (one child) inj-as?

Is the child here?

2. Articles - limited use with "yak" as one:

YAK tefle inj-as.

A child is here.

3. Nouns - plural ("ha/a"), modifier ("e") & accusative (with a "ra"):

AWLLAD-A (many children) inja-stan.

The child-REN are here.

Tefle E KHUB inj-as.

The GOOD child is here.

O (he) yak TEFLE as (is).

HE is a child.

4. Possession - connected with "e":

O tefle E-MA (my) -s (is).

He is MY child.

5. Relative - with who ("ki"):

Tefle KI inj-as.

The child WHO is here.

6. Demonstrative - this ("i") and that ("ou"):

I tefle inja-st

THIS child is here.

OU tefle onja-st.

THAT child is there.

7. Interrogatives - what ("chi"), who ("ki"), where ("ko-jaa") and how much:

I CHI-st?

On KI-st?

Tefle KO-JAA-st?

Ketab CHAND as?

WHAT is this?

WHO is that?

WHERE is the child?

HOW-MUCH is the book?

8. Imperatives - ordering (with a "be"):

I ra BE-KON-EN!

Inja BE-AY-EN!

DO this!

COME here!

9. Negatives - no ("ne") and not ("na"):

Bale, ma yak ketab DAAR-OM

Ne, ma ketab NA dar-om.

Inja NA-AY-EN!

Yes, I HAVE the book.

No, I do NOT have the book.

Do NOT COME here.

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

(Ma) ast-om /daar-om /mekhaay-om I am/have/want

(Shomaa) ast-en /daar-en /mekhaay-en You are/have/want

(O) as /daar-a /me-khay-a He is/has/wants

BROCHURE

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

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

Opportunity: for managers and staff 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, clients and project staff. The effort to speak the local language with a good accent will be much appreciated, as it shows clearly a deep respect for local values and culture.

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

Designed for: mature motivated learners who need to achieve very rapidly, the personal confidence to speak and understand, basics of the local natural language. Designed also for current speakers to who want to achieve significant accent improvement.

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

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

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

Further information: email: drbobboland@hotmail.com from Dr. Bob Boland MD, MPH (Johns Hopkins), DBA, ITP (Harvard Business School), Former visiting professor at: INSEAD: IMD, Cranfield, Columbia, GSB, Stellenbosch, Wits, WHO, ILO, WB, UNEP, UNIDO, AID, IRC, Peace Corps, Shell, Burma, Barlows, Baxter, Nokia etc.

THE ONE HUNDRED MOST USED WORDS IN CONVERSATION
(Challenge ... learn ... associate ... and remember)

1. A/an YAK	2. After BAAD	3. Again BAZ	4. All HAME	5. Almost TUQRIBAN
6. Also HAM	7. Always HAMISHA	8. And VA	9. Because CHOUN	10. Before QUBLAN
11. Big KALAN	12. But HADAF	13. I can METAN-OM	14. I come BEY-OM	15. Either/or NE/YA
16. I find PEYDA KARD-	17. First AVVAL	18. For BA	19. Friend DOST	20. From AZ
21. I go MERAHAM	22. Good KHUB	23. Goodbye BAMANE	24. Happy KHOSH	25. I have DAR-OM
26. He O	27. Hello SALAM	28. Here INJA	29. How CHOTOR	30. I MA
31. I am AST-OM	32. If AGAR	33. In AZ	34. I know MEFAHM-OM	35. Last AKHAR
36. I like KHOSH DAR-	37. Little KAME	38. I love DUSH DAR-OM	39. I make MEKON-OM	40. Many KHEYLI
41. Only FAGHAT	42. More BISSIAR	43. Most BISSIAR	44. Much BISSIAR	45. My AZ MAN
46. New BADID	47. No NE	48. Not NA	49. Now HALA	50. Of AZ
51. Often AGHZAB	52. On DAR	53. One YAK	54. Only FAQAT	55. Or YA

56. Other DIGAR	57. Our AZ MA	58. Out BIRUN	59. Over RUYE	60. People MARDOM
61. Place MAHALL	62. Please LOTFAN	63. Same MASAVI	64. I see MEBIN-AM	65. She O
66. So PASS	67. Some BAZI	68. Sometimes BAZI VAGHTA	69. Still HANOZ	70. Such MOSAVI
71. I tell GOFT-OM	72. Thank you TASHAKOR	73. That OU	74. The -RA	75. Their AZ ONHA
76. Them ANHA	77. Then PASS	78. There is AST	79. They ONHA	80. Thing CHIZ
81. I think FEKR KARD-OM	82. This I	83. Time WAKHT	84. To BA	85. Under ZIR
86. Up BALA	87. Us MAA	88. I use MOFID-OM	89. Very KHEyli	90. We MAA
91. What CHI	92. When CHE-WAKHT	93. Where KOJA	94. Which KADAM	95. Who KI
96. Why CHERA	97. With BA	98. Yes BALE	99. You SHOMA	100. Your AZ SHOMA

GLOSSARY ENGLISH/FRENCH/ZULU/GERMAN
 (rough spelling and gender, with few accents) DARI TO BE INSERTED

English	French	Zulu	German	Dari
a	un/une		in/eine	
about	environ	eduze	ungefähr	
accident	accident	ingozi	Unfall,der	
action	action,la	ukusebenza	Handlung, die	
actually	en fait	ngempela	eigentlich	
after	après	emuva kwa	nach	
afternoon	aprèsmidi,le	intambama	Nachmittag,der	
airport	aéroport,le	ephoti	Flughafen,der	
alone	seul	dwa	allein	
also	aussi	futhi	auch	
always	toujours	njalo	immer	
am(I)	suis(je)	ba	bin(ich)	
and	et	na	und	
anniversary	anniversaire	ianiversari	Jahrestag,der	
anybody	n`importequi	umuntu	irgendjemand	
anything	n`importequoi	into/lutho	irgendetwas	
April	Avril	iApril	April,der	
are (you)	êtes (vous)	ba	sind	

arrive	arriver	fika	ankommen
at	à	eini	an
August	Aout	iAugust	August,der
bad	mauvais	bi	schlecht
bank	banque,la	ibhange	Bank, die
bar	bar	ibar	Bar, die
bath	bain,le	ibhavu	Bad, das
beat	battre	shaya	schlagen
beautiful	beau/belle	hle	schön
because	parceque	ngoba	weil
bed	lit,le	umbhede	Bett, das
begin	commencer	qala	anfangen
behind	derrière	emuva-kwa	hinten
beside	à côté de	ecalenikwa	nächst
better	meilleur	ngcono	besser
bill	facture,la	isikwenetu	Rechnung, die
big	grand	khulu	gross
biscuit	biscuit,le	ibhasikidi	Keks, der
black	noir	mnyama	schwarz
book	livre,le	incwadi	Buch, das
boy	garçon,le	umfana	Junge, der
bread	pain,le	isinkwa	Brot, das
breakfast	petit dej.le	ibhulakufesi	Frühstück, das
brother	frère,le	umfo(wabo)	Bruder, der

bus	autobus,le	ibhasi	Bus,der
business	affaires,les	ibhizinisi	Geschäft, das
buy	acheter	-thenga	kaufen
can(able)	pouvoir	azi	können
car	auto,le	imoto	Auto, das
carefully	prudent	kahle	vorsichtig
carry	porter	-thwala	tragen
cash	argent,le	ukheshi	Geld, das
chair	chaise,la	isi-halo	Stuhl, der
cheap	bonmarché	shibile	billig
children	enfants	abantwana	Kinder, der
choose	choisir	-khetha	wählen
cigarette	cigarette,la	usikilidi	Zigarette, die
clean	propre	ge z e k i l e / - hlan.	sauber
clever	intelligent	khaliphile	klug
clouds	nuages,les	amafu	Wolken, die
coffee	cafe,le	ikhofi	Kaffee, der
cold	froid	makhaza/ban.	kalt
colour	couleur,la	umbala	Farbe, der
come	venir	za/fika	kommen
complain	plaindre	sola	klagen
contract	contrat,le	invumelano	Vertrag, der
cook	cuire	pheta	kochen

cost	coût,le	indleko	Kosten, die
count	conter	bala	zahlen
creditors	créditeurs	abantuab.ima.	Gläubiger, die
cup	tasse, la	ikomishi	Tasse, die
customer	client, le	umthengi	Kunde, des
customs	douane, la	amacustoms	Zoll, der
daughter	fille, la	indodakazi	Tochter, die
day	jour, le	umhla/ilanga	Tag, der
dear	cher	dulile	teuer
debtors	débiteurs, les	imikweneti	Schuldner, die
December	Décembre	iDesemba	Dezember
dinner	dîner, le	idina	Abendessen, das
dirty	sale	ngcolile	schmutzig
dividedby	divisépar	davayida	divid. durch
do	faire	enza	tun
doctor	médecin, le	udokotela	Arzt, der
doers	actifs, les	abenzi	Täter, der
drink	boire	phuza	trinken
drive	conduire	shayela	fahren
dry	sec	omile	trocken
early	debonneheure	masisha	früh
easy	facile	lula	leicht
eat	manger	dla	essen

eight	huit	isishiyagalom bi.	acht
eighty	quatrevingt	amashumi- ayish.	achtzig
either	ou	noma	entweder
eleven	onze	ishuminanye	elf
English	Anglais	isi-Ngisi	Englisch
enjoy	s` amuser	thanda	sich freuen
enough	assez(de)	ningi	genug
etc.	etcetera	njalonjalo	usw
evening	soir,le	kusihlwa	Abend,der
every	chaque	nke	jeden
falloff	tomber	wa-phansi	fallen
family	famille,la	usendo	Familie, die
father	père,le	uyise	Vater,der
father/law	beau-père,le	ubabazala	Schwiegervater
fat	gros	khuluphele	fett
February	Février	iFebruwari	Februar,der
fifty	cinquante	amashumiama.	fünfzig
fight	combattre	lwa	kämpfen
finance	financer	imali	finanzieren
find	trouver	thola	finden
fine	beau	hle	schön(Wetter)

fingers	doigts,les	iminwe	Finger, die
finish	finir	phela	beenden
fish	poisson,le	inhlanzi	Fisch, der
five	cinq	kuhlanu/hlanu	fünf
fog	brouillard,le	inkungu	Nebel, der
food	nourriture,la	ukudla	Essen, das
fools	fous,les	izithutha	Verrückten, die
for	pour	ku	für
fork	fourchette,la	imfologo	Gabel, die
four	quatre	kune/ne	vier
forty	quarante	amashumiama ne	vierzig
Friday	Vendredi,le	uLwesihlanu	Freitag, der
friendly	sympathique	lungile	freundlich
friends	amis,les	abangane	Freunde, die
future(adj)	futur	esi-zayo	zukünftig
game	jeu,le	umdlalo	Spiel, das
generally	généralement	khulu	allgemein
get	obtenir	thola	bekommen
girl	jeunefille,la	intombazana	Mädchen, das
give	donner	pha	geben
glass	verre,le	i-gilazi	Glas, das
go	aller	hamba	gehen

good	bon	lungile/hle	gut
goodbye	aurevoir	hamba-kahle	auf Wieders.
goodeven.	bonsoir	sawubona	guten Abend
goodmorn.	bonjour	sawubona	g u t e n Morgen.
goodnight	bonnenuit	lala-kahle	guteNacht
greedy	gourmand	hahile	gierig
half	moitié	ihafu	halb
happy	heureux	jabula/jab.	glücklich
hate	dêtester	zonda	hassen
have	avoir(j'ai)	na/ukuba	haben
he	il	yena	er
hello	salut	sawubona	hallo
help	aider	siza	helfen
helpful	utile	sizayo	behilflich
her(acc.)	la/lui	yena	ihr
here	ici	lapha	hier
herself	ellemême	ye(no)	sieselbst
him	le/lui	ye	ihn/ihm
himself	luimême	yo (na)	erselbst
his	son	yo	sein
honest	honnété	qotho	ehrlich
hope	espérer	ethemba	hoffen
hospital	hopital,le	isibhedlela	Hospital,das

hot	chaud	shishayo	heiss
hotel	hotel,le	ihotela	hotel,das
how are y.?	comment a.v.?	unjani wena?	wie geht e.I.?
howmany?	combiende?	ngaki?	wieviel?
however	cependant	kodwa	jedoch
hundred	cent	ikhulu	hundert
hungry	avoir faim	lambile	hungrig
husband	mari,le	indoda	Ehemann,der
I	je	ngi/mina	ich
I am well	je vais bien	ngi-si-phila	mir geht es g.
icecream	glace,la	iicecream	Eiscreme,die
if	si	uma	wenn
important	important	khulu	wichtig
impossible	impossible	ukungazi	unmöglich
in front of	devant	phambi kwa	vor
intelligent	intelligent	khlaliphile	klug
inventory	inventaire,la	isitoko	Inventor,das
is(he)	est(il)	ungu	ist(er)
it	cela	yona/yi	es(er)
itself	celamême	zi	esselbst
January	Janvier	iJanuwari	Januar
journey	voyage,le	uhambo	Reise,die
July	Juillet	iJulayi	Juli
June	Juin	iJuni	Juni

knife	coûteau,le	umese	Messer,das
know	savoir/conn.	azi	wissen
labour	maind`oeuvre	umsebenzi	Arbeit,die
language	langue,la	ulimi	Sprache,die
late	tard	phuzile	später
later	plustard	kamuva	späterer
learn	apprendre	funda	lernen
less	moinsde	susa	m i n u s / weniger
letter	lettre,la	incwadi	Brief,der
life	vie,la	impilo	Leben,das
like(verb)	aimer	-thanda	gern haben
listen	écoûter	-lalela	zuhören
little	peu	ncane/ncin.	wenig
long	long	de	lang
long run	finalement	isikathie side	auf die Dauer
look	regarder	bona	schauen
lookfor	chercher	cinga	suchen
loss	perte,la	intulo	Verlust,die
lot,lots	beaucoupde	ningi	viel
love	aimerbien	thanda	lieben
low	bas	ncane	tief
lucky(be)	avoir/chance	nenhlanhla	Glück(haben)
luggage	bagages,les	umthwalo	Gepack,das

lunch	déjeuner,le	ilanshi	Mittagess, das
make/do	faire	enza	machen
man	homme,le	indoda	Mann,der
manager	directeur,le	umphathi	Manager,der
many	beaucoup(de)	ningi	viele
map	plan,le	imaphu	Lankarte, die
March	Mars	iMashi	März
marriage	mariage,le	umshado	Heirat, die
marry	semarier	-shada	heiraten
materials	materiaux,les	izintoezis.	Materialien
May	Mai	iMeyi	Mai
me	me	mina/mi	mich
meal	repas,le	ukudla	Essen, das
meat	viande,la	inyama	Fleisch, das
meet	rencontrer	- b u t h a / - hlangana	kennenlernen
meeting	réunion,la	umbutho	Versammlung
mind(not)	égal(etre)	ala	egal(mir)
minute	minute,la	iminithi	Minute, die
Miss	Mademoiselle	uNkosazana	Fraulein
mistake	erreur,la	impambuko	Fehler, der
Monday	Lundi,le	uMsombuluko	Montag
money	argent,la	imali	Geld, das
month	moins,le	inyanga	Monat, der

more	plus	futhi/ningi	mehr
morning	matin,le	isasa	Morgen,der
mother	mère,la	unina	Mutter, die
motheri.l.	bellemère	uninazala/um.	Schwiegermutter
Mr	Monsieur	uMnumzana	Herr
Mrs	Madame	uNkosikazi	Frau
multipl.by	multiplierpar	elekweka	multipliz.mit
must	devoir	fanele	müssen
my	mon	mi	mein
myself	moimême	zi	ich selbst
near	prèsde	eduze na	nahe
never	jamais	nanini/ngeke	niemals
nevermind	n'importe	p h e p h a / nxephe	nichts(macht)
new	neuf	sha	neu
nice	agréable	hle/lungile	nett
nine	neuf	isithoba/ith.	neun
night	nuit,la	ubusuku	Nacht, die
ninety	quatrev.dix	amashumi-ayi.	neunzig
no	non	cha	nein
nobody	personne	a k u k h o umuntu	niemand
noise	bruit,le	umsindo	Krach,der
not	ne...pas	averbi	nicht

nothing	rien	akukho lukho	nichts
november	Novembre	iNovemba	November
now	maintenant	manje	jetzt
o` clock	heures(7.00)	o'clock	Uhr(7.00)
october	Octobre	iOkthobaa	Oktober,der
ofcourse	naturellement	kusobala	natürlich
oh!	Oh!	hawu!	Ach!
old	vieux	dala	alt
on	sur	eini	auf
one	un	nye/kunye	eins
or	ou	noma	oder
orders	ordres,les	isi-yalelo	Bestellungen
our	notre	ithu	unser
ourselves	nousmême	zi	wir selbst
out	dehors	phandle	aus
overheads	frais gen.les	izindleko-zeb.	Lauf.U.,die
owner` seq.	capital,le	imali-yom.	Anlagekapital
parents	parents,les	abazali	Eltern,die
passport	passeport,le	iphasiphoto	Pass,der
people	gens	abantu	Menschen,die
place	endroit,le	indawo	Platz,der
plane	avion,le	ibhanoyi	Flugzeug,das
plate	assiette,la	isithsha	Teller, der
please	s` ilv.plaît	ngisize	bitte

police	police,la	amaphoyisa	Polizei, die
polite	poli	nesizotha	höflich
porter	porteur,le	uphota	Portier, der
possible	possible	kwazi/azi	möglich
present(a)	présent	manje	gegenwärtig
pretty	joli	hle	hübsch
products	produits,les	izithelo	Produkte, die
profit	profit,le	inzuzo	Gewinn, der
put	mettre	-faka	legen
quarter	quartier,le	ikwata	Viertel, das
quickly	vite	ngokushesha	schnell
rain	pluie,la	invula	Regen, das
read	lire	-funda	lesen
really	vraiment	ngempela	wirklich
red	rouge	-bomvu	rot
relax	serelaxer	-thamba	entspannen
remember	rappeller	khumbula	erinnern
restaurant	restaurant,le	indlu-yokudla	Restaurant, das
right	raison(avoir)	lungile	richtig
road	rue,la	indlela	Strasse, die
room	chambre,la	ikamelo	Zimmer, das
sales	ventes,les	i m a l i - yokutheng.	Verkäufe, die

Saturday	Samedi,le	uMgqibelo	Samstag
save	sauver	onga	sparen
say	dire	thi/khuluma	sagen
see	voir	bona	sehen
sell	vendre	thengisa	verkaufen
September	Septembre	iSepthemba	September
serve	servir	-phaka	bedienen
service	service	umsebenzi	Dienst,der
seven	sept,le	isikhombisa	sieben
seventy	soixantedix	a m a s h u m i ama.	siebzig
she	elle	u/yena	sie
short	court	fushane	kurz
should	devoir	fanele	sollen
sick	malade	gula	krank
Sir	Monsieur	Mnumzana	MeinHerr
sister	soeur,la	udade/(wabo)	Schwester,di e
sit	s'asseoir	hlala	sitzen
sitdown	êtreassis	hlala-phansi	sich setzen
six	six	isithupha	sechs
sixty	soixante	a m a s h u m i ayis.	sechzig
sky	ciel,le	izulu	Himmel,der
sleep	dormir	lala	schlafen

small	petit	ncane	klein
smoke	fumer	bhema	rauchen
snack	snack,le	u k u d l a okuncan.	Imbiss,der
some	quelques	nye	etwas
somebody	quelqu'un	umuntu	jemand
something	quelquechose	into enye	etwas
sometimes	quelquefois	ngesinye-isik.	manchmal
son	fils,le	indodana	Sohn,der
sorry	dommage	xolisa	Verzeihung
soup	potage,le	isobho	Suppe, die
speak	parler	khuluma	sprechen
spend	dépenser	-kipha	ausgeben
spoon	cuillère,la	ukhezo	Löffel,der
standup	selever	-sukuma	aufstehen
station	gare,la	isiteshi	Bahnhof,der
stay	rester	-hlala	bleiben
stool	banc,le	isitulo	Stuhl,der
sugar	sucre,le	ushukela	Zucker, das
summer	été,le	ihlobo	Sommer,der
sun	soleil,le	ilanga	Sonne, die
Sunday	Dimanche,le	iSonto	Sonntag
sweet(pud.)	dessert,le	iswidi	Süßspeise, die
table	table,la	itafula	Tisch,der

take	prendre	-thatha	nehmen
talk	parler	-khuluma	sprechen
talkers	bavards,les	izikhulumi	Schwätzer,di e
taxi	taxi,le	itekhsi	Taxi,der
tea	the,le	itiye	Tee,der
téléphone	téléphone,le	uthelefoni	Telefon,der
tense	temps,le	inkathi	Zeitform,di
ten	dix	ishumi	zehn
terrible	terrible	bihkakhulu	schrecklich
thank you	merci	bonga	danke
that	la/cela/que	lowo/lelo	jener
the	le/la		der/die/das
their	leur	bo	ihr
them	eux	ba/bona	sie
themselves	euxmêmes	zi	sie selbst
there	là	lapho	dort/da
they	ils	ba	sie
this	ce/cet	la/le	dieser
thin	mince	zacile	dünn
thing	chose,la	into	Ding,der
thirsty	avoirsoif	omile	durstig
thirty	trente	amashumi - ama.	dreissig

thousand	mille	inkulungwane	tausend
three	trois	thathu	drei
threeqtr.	troisquarts	amakwataama.	dreiviertel
Thursday	Jeudi	uLwesine	Donnerstag
ticket	billet,le	ithikithi	Karte, die
time	heure,la	isikhathi	Zeit, die
tip	pourboire,le	ithiphu	Trinkgeld, die
tired	fatigué	khathele	müde
to	à	eini	nach
today	aujourd'hui	namhlanje/ nam.	heute
tomorrow	demain	kusasa	morgen
toomuch	trop	ngokweqile	zuviel
train	train,le	isitimela	Zug, der
travel	voyager	hamba	reisen
Tuesday	Mardi	uLwesibili	Dienst.
twelve	douze	i s h u m i - nambile	zwölf
twenty	vingt	a m a s h u m i - ama.	zwanzig
two	deux	bili/kubili	zwei
under	sous	phansi kwa	unter
up	enhaut	phe-zulu	oben
us	nous	si/thina	uns
vegetables	légumes,les	imifino	Gemüse, das

wait	attendre	hlala	warten
waiter	garçon,le	iweta	Kellner,der
walk	marcher	hamba	spazieren
want	vouloir	funa	wollen
waste(n)	gaspillage,le	ukuchitha	Abfall,der
we	nous	si	wir
weather	temps,le	izulu	Wetter, das
wednesday	Mercredi	uLwesithathu	Mittwoch
week	semaine,la	iviki	Woche, die
wet	pluvieux	namanzi	nass
what?	quel/quoi?	ni?	was?
whattime?	quelleheure?	isikhathi-sini?	wie spät.i.es?
when?	quand?	nini?	wann?
where	où?	phi?	wo?
white	blanc	mhlophe	weiss
who?	qui?	bani?	wer?
wife	femme,la	inkosikfazi	Ehefrau, die
win	gagner	ahlula	gewinnen
wine	vin,le	iwayini	Wein, der
winter	hiver,le	ubusika	Winter, der
woman	femme,la	inkosikazi	Frau, die
work	travail,le	sebenza	arbeiten
worse	pire	kakhulu	schlechter
worst,the	lepire	kakhulu	schlechteste

write	écrire	bhala	schreiben
wrong	avoir tort	ngalungile	falsch
year	année, la	unyaka	Jahr, das
yes	oui	yebo	ja
yesbut	oui mais	yebo kodwa	ja aber
yesterday	hier	izolo	gestern
you(nom.)	vous	u/wena	Sie
you(acc.)	vous	wu/wena	Sie
young	jeune	sha	jung
your	votre	kho/inu	Ihr
yourself	vous-même	zi	Sieselbst
yourselves	vous-mêmes	zi	Sieselbst
zero	zero	unothi	null