

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 you the CONFIDENCE to RELAX and LEARN naturally
without EFFORT... KOB-KOON !

CRE No. 403 - THAI FROM ENGLISH
Version 2 - ... with some errors ... June 2003

Note:

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

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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 ...

In Thai language, there are some words always used at the end of the sentences as the politeness (like "sir" in English language) :- those are "ka" (speaker female) and "karb" (male). And "I" can be "chan" (general) or "di-chan" (f) or "pom" (m).

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 ...

Thank you.	Kob-Koon
Hello	Sawasdee
Yes/no	Chai/ mai-chai, plao
Please	Kar-ru-na, chouy
Excuse me	Kor-thot
Everything is OK!	Took-yarng-tok-longe!
Good morning	Sawasdee
Good night	Rar-tree- sar-was
What is your name?	Koon cheu ah-rai ka/karb?
My name is ...	Pom cheu (m), Di-chan cheu (f)
How are you?	Sabaai-dee reu ka/karb. Kob-Koon
Where do you come from?	Koon ma jark nai ka/karb?
I want (f)	Di-chan tong-karn...
I want (m)	Pom tong-karn ...

Good-bye.

Lar-korn/ Sawasdee

.. 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 ... chai ... say ...

... yes ... I would like to drink my chai now ... chai

Goodbye ... sawasdee ... say ...

... goodbye ... bye bye, so was the day ... sawasdee

I want ... pom tong karn... say ...

... I like ... want a pong tong car? ... pom tong karn

or email drbobboland@hotmail.com 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 Thai conversation with a natural speaker or aloud with yourself. Then make a friend of a Thai Phrasebook where the sounds are the same but the spelling may be a little different.

INSTANT RELAXATION TECHNIQUE

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

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

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

"I AM, I CAN, I WILL, I BELIEVE ... I WILL LEARN ... AND HELP OTHERS TO LEARN ... TO SPEAK AND ENJOY ... THE NEW NATURAL LANGUAGE ... WITH A 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 THAI word many times slowly ... and then at VERY high speed)

Thank you	Kob-koon	KOB KOON
Hello	Sawasdee	SAR-WAT -DEE
Mr.	Naai	NAA-EE
Mrs.	Nang	NANNG
Yes	Chai	CH-IGH
No	Mai-chai	MY-CHY
Good	Dee	DEE
Please	Kar-ru-na	KAARR-ROO-NAR
Do you have any?	Koon mii ... mai?	KOON - MEE ... MY
Goodbye	Sawasdee	SAR-WAT-DEE
Who?	Krai ?	CRY
What?	Ah-rai ?	AH-RYE
I want	Chan tong-karn	CHAN TONG-KARN
Where?	Thee-nai?	TEE-NY
OK!	Tok-longe!	TOOK-LONGRR

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

SIMPLIFIED TONES AND SOUNDS

KEY EXERCISE: LISTEN AND REPEAT

(TO BE INSERTED FOR THAI 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 ... and ABSORB ... both consciously and sub-consciously ... the very carefully selected ... 30 minute audio tape ... of new natural language ... which becomes part of you ... intuitively ... instinctively ... without effort ... as you relax with IRT and establish a very POSITIVE attitude ... and a confident EXPECTATION of SUCCESS ... just from PLAYING ... with the natural language ... Our suggested schedule for the 6 hour CRE day (with breaks as needed) is:

- 1 - Do IRT. Do the Throat exercise - 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 conversation 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 ... and thus the CULTURE ... of the people you speak with ... and THEY will appreciate MORE than you can EVEN imagine!! If they reply to you in ENGLISH ... then YOU just CONTINUE to speak in the NATURAL new language ... and they will too ...
4. LISTEN very carefully to what PEOPLE say to YOU ... and BEFORE replying ... REPEAT in YOUR MIND ... EXACTLY what they said ... this gives you excellent PRACTICE in recognising good STRUCTURE.
5. HESITATE before you SPEAK ... and then speak FREELY and CONFIDENTLY ... without long pauses and ... WITHOUT ... "Urrs and Umms" which are so ANNOYING and BORING ... for the listener ...
6. When you do not know a necessary word ... do NOT hesitate ... simply USE the ENGLISH word ... in the sentence ... the hearer will almost certainly give you the translation ... and you can repeat it ... three times to get it right ... without embarrassment. Use the LEARNING REINFORCMENT as needed but not in the car!
7. Use SIMPLE SHORT sentences and be CONFIDENT as you begin to talk to people ... expect SUCCESS ... and you will NOT be disappointed ... and try just one MORE new thing ... just for fun in this one week ... drink one litre of WATER EVERY DAY ... it rinses mind and body and has a REMARKABLE preventive/curative therapeutic effect ... to support new learning ... on we go together.

1. GENTLE RELAXATION ...

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

And then when you are ready ... to focus yourself ... you can begin by taking a few deep relaxing breaths ... breathing slowly ... and feeling the rise of your chest ... as you gradually inhale ... feeling that each breath in ... and out ... 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... "Thai place" ... in your mind.

2. HERE AND THERE:

I am (in a place) here (f) .

Chan (Di-chan, Pom) yuu thee-nee

I am (in a place) here (m) .

Pom yuu thee-nee

Note:

In the program we use for "I" both "di-
chan" (female) and " pom " (male) -
freely ... for practice!

You are there.

Koon yuu thee-nant

Are you there?

Koon yuu thee-nant chai-mai?

Yes, you are there.

Chai , koon yuu thee-nant

Are you here?

Koon yuu thee -nee chai-mai?

No, you are not here.

Mai-chai, koon mai dai yuu thee-nee

It is here.

Mun yuu thee-nee

Where is it?

Mun yuu thee-nai?

It is here.

Mun yuu thee-nee

Is it there?

Mun yuu thee-nant chai-mai?

I do not know.

Pom mai zarp

Where is Miguel?

Miguel yuu nai?

He is not here.

Khao mai dai yuu thee-nee

Where is he?

Khao yuu thee-nai?

I do not know.

Di-chan mai zarp

Oh-dear!! There he is!

(Nan-ngai) khao yuu thee-nant !

He is clever!

Khao cha-lard-jung!

3. LIKING:

I like you.

Di-chan chob koon

Do you like me?

Koon chob pom mai?

Yes, I like you.

Chai, Di-chan chob koon

Do you like money?

Koon chob nguen mai? (impolite question!)

Yes, I like the money.

Chai, Di-chan chob nguen

I like water.

Di-chan, chob narm

You like water.

Koon chop narm

I like to read books.

Di-chan chob aund nang-seu

He likes the car.

Khao chob rot

She does not like the car.

Ther (polite) mai chob rot

Do you like the dinner?

Koon chob ah-harn meu-yen (dinner) mai?

No, I do not like the meal.

Mai, Pom mai chob ah-harn nee

Oh-dear!!! Mate!

Oh! Pruern

Please, do not say Mate!

Kar-ru-na yar pood laey, (puern)!

4. DOING:

I do.

Pom tham

I do this.

Pom tham sing-nee

You do.

Koon tham

You do that.

Koon tham sing-nant

We do that.

Rau tham sing-nant

We are very happy.

Rau mee kwarm-sook mark

Is that very easy or not?

Yes, that is not difficult.

You do that (question)?

Please, do that!!!

Oh-dear!!!!

It is clever!

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.

You can speak.

Can you speak?

Yes, I can.

Can you do this?

No, I can not do that.

You (can) understand?

(Can) you understand?

Nant ngai mark chai-mai ?

Chai, nant mai yak luey

Koon tham sing-nant chai-mai?

Kar-ru-na chuoy tham sing-nant noi
ka/karb

Oh!

Keng-jung! or Cha-lard-jung!

Di-chan tham dai

Koon tham dai mai?

Chai, Di-chan tham dai

Koon tham sing-nee dai mai?

Chai, Di-chan tham sing-nant dai

Pom tarn dai lec-noy

Pom deurm dai lec-noy

Pom yark pai

Pom pai dai mai?

Pom norn-lub dai

Koon pood dai

Koon pood dai mai?

Chai, Di-chan tham dai

Koon tham sing-nee dai mai?

Mai, Di-chan tham sing-nant mai dai

Koon kount-jai chai-mai?

Koon kount-jai mai?

You understand?

Yes, a little.

Can you say Mate?

Yes, I can speak a little Thai.

Oh-dear!!! I am clever!

Koon kount-jai na?

Chai, kount-jai nid-noi/ lec-noy

Koon pood dai mai?

Chai, Di-chan pood Thai dai lec-noy

Oh! Di-chan keng-jung!

6. UNDERSTANDING:

I understand.

I do not understand.

You understand.

You do not understand.

Pom kount-jai

Pom mai kount-jai

Koon kount-jai

Koon mai kount-jai

Do you understand women?

No. No. I do not understand them!!

Koon kount-jai pu-ying mai ?

Mai, mai , Pom mai kount-jai pouke-ther (khao) laey.

Oh. Oh-dear!!! Mate!

Please, do not say Mate!

You are clever!

Oh, puern!

Kar-ru-na yar pood laey, puern!

Koon keng-jung! or Koon cha-rard-jung!

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?

Di-chan tong-karn

Di-chan yark tarn sak nid-noi

Di-chan yark deurm narm

Di-chan yark pai hong-narm

Koon yark tarn sak nid-noi mai?

No, , I do not want to eat.

Mai ka, Di-chan yang mai yark tarn
, Kob-koon

Oh-dear!!! I want to give you a bit.

(Oh!), Di-chan yark hai koon sak
nid-noi

No thank you.

Mai ka, Kob-koon (f) or Mai karb,
Kob-koon (m)

I want to come.

Di-chan yark ma.

Do you want to stay with me?

Koon yark ma puck kub Chan(Di-
chan, Pom) mai?

No, I do not want to sleep.

Mai, Di-chan yang mai yark norn

Mguel do you want to eat the "frogs"?

Miguel yark tarn kob mai?

Oh-dear!!! Not now, thank you!

Oh! Mai-chai deawe-nee, Kob-koon

We are clever!

Rau keng jung! or Rau cha-lard-jung!

8. GETTING:

Please give me money.

Kar-ru-na hai ngen di-chan noi ka.

Take this money.

Au ngen nee pai

I take this money.

Pom au ngen nee ma

Please give me a ticket.

Kar-ru-na hai tua kub Chan(di-
chan,Pom) bai nueng

Take this ticket.

Au tua nee pai

I take the ticket.

Pom au tua nee ma

Please give me the thing.

Kar-ru-na hai khong Chan (di-chan,
Pom) noi

Where is the thing?

Khong yuu nai ?

I do not know.

Pom mai zarp

Give me a man!!!

Oh-dear!! What a woman!!

She is clever!

Ha kon hai noi ka(f)/karb(m)!!!

Oh! Pu-ying ah-rai yang nee!

Ther keng-jung! or Ther cha-lard-jung!

9. HAVING:

I have one thing.

I do not have one thing.

You have one thing.

We have one thing.

She has one thing.

Pom mee khong yang nueng

Pom mai mee khong sak yang

Koon mee khong yang nueng

Rau mee khong yang nueng

Ther mee khong yang nueng

I have a little time, Miss!!

But, do you have a little money, Sir?

No.

Oh. Oh-dear!

Please, do not say Mate!

Pom mee velar nid-noi na

Tae koon mee ngen sak nid-noi mai ka(f)/karb(m)?

Mai-mee

Oh!

Kar-ru-na yar pood laey puern!

10. ORDERING (POLITELY):

Please give me the thing

Please give me the money.

Please give me the water.

Kar-ru-na hai khong Chan(di-chan,Pom) noi

Kar-ru-na hai ngen Chan(di-chan,Pom) noi

Chan(di-chan,Pom) khor narm noi ka(f)/karb(m)

Thank you.

Kob-koon ka (f) or Kob-koon karb (m)

Please, don't drink the water in France!!

Kar-ru-na yar deurm narm nai phar-rang-sed!!

Drink the wine!!

(Chong) Deurm wine !!

Please come here.

Kar-ru-na ma thee-nee

Please go there.

Kar-ru-na pai thee-nant

Please drink this.

Kar-ru-na deurm nee

Do not eat that!

Yar tarn sing nant

Please give me this.

Chan (di-chan,Pom) ja ua khong sing
nee ka(f)/karb(m)

Please do not take that.

Kar-ru-na yar au sing-nant pai

Please say this.

Kar-ru-na pood yang-nee

Please, do not say Mate!

Kar-ru-na yar pood laey puern!

Oh-dear!!! Thank you. You are clever!

Oh!!! Kob-koon ka(f)/ karb (m) , koon
keng-jung!

11. GREETING: POLITE AND SLANG

Hello Krachal.

Sawasdee ka(f) Krachal.

Hello Paula.

Sawasdee ka(f) Paula

Good morning Miche.

Sawasdee ka(f) Miche

Good morning Sancos.

Sawasdee karb (m), Sancos

How are you, Eliza?

Sabaai-dee reu (koon) Elizabeth ?

I am well, thank you, Khulu.

Di-chan sabaai-dee , kob-koon ka
(koon) Khulu

I am well, thank you, Khulu.

Pom sabaai-dee , kob-koon karb
(koon) Khulu

How goes it, Xavier?

Pen yang-ngai bange , Xavier?

Ok, thank you Miguel.

Riab-roy dee, kob-koon Miguel

Note: Normally, "OK" = "Tok-longe " used when the agreement is made. But for "OK" wish is meant =Fine (from the upper sentence- OK, thank you) It should be "Raib-roy" that means smooth, no problem. And "Dee" means good.

Goodbye Giles.

Sawasdee karb(m), Giles

Bye bye Judith.(walk slowly/carefully)

Bye--bye ka(f) Judith duern dee-dee na ra-wang tau douy.

Yes OK, Hollie.

Ka tok-longe, Hollie

It is clever, Heidi!

Dee jung! Heidi or Keng jung! Heidi!

OK Sam?

Tok-longe mai Sam?

Yes OK, Lucie.

Ka(f)/Karb(m) tok-longe, Lucie

Not too bad, Henri.

Mai laew nuck, Henri

Are you comfortable, darling?

Sabaai-dee mai ja, thee-rak?

Note; "Ja" in this sentence has the same meaning and usage as ka(f)/karb(m) ,but "Ja" is used by the elder to the young and only by the husband-wife (to express the love and care feeling)

No!!!

Mai ka(f)/karb(m)!!!

Oh-dear!!! She is clever!

Oh! ther keng-jung! or Oh! ther cha-lard-jung!

12. DESCRIBING:

It is very good.

Mun dee mark

It is not good.

Mun mai dee

It is bad.

Mun mai dee or Mun laew

This is a book.

Nee keu nang-sue

Is it big? Big or not?

Mun yai mai?

Not big, it is small.

Mai yai, mun lec

Is it easy?

Mun ngai mai ?

No, it is hard.

Mai laey, mun yak

Is the water good?

Narm dee mai? or Narm deurm dai mai?

No, the water is not good in France!!

Mai, narm nai pha-rang-sed mai dee

Oh Mate!!!

Oh! Puern!

Please, do not say Mate!

Kar-ru-na yar pood laey puern!

Are we clever?!

Rau keng mai?

Oh-dear!!! Yes!!

Chai, keng!

13. KNOWING (THINGS & PEOPLE):

I know this job (must specify what...).

Chan (Di-chan,Pom) rue-jak ngan nee

Do you know this thing?

Koon rue-jak sing-nee mai?

Yes, I know this thing.

Chai, Pom rue-jak sing-nee

You know that thing.

Koon rue-jak sing-nee

Do you know that job?

Koon rue-jak sing-nant mai?

No, I do not know that job.

Mai, Pom mai rue-jak ngan nant

I know that woman.

Pom rue-jak pu-ying kon nant

I know the man.

He knows me.

Pom rue-jak pu-chaai kon nant

Khao rue-jak Chan(Di-chan,Pom)

Do you know that woman?

No. Good morning Miss?

Are you well, Miss?

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

Koon rue-jak pu-ying kon nant mai?

Mai, Sawasdee ka(f)/karb(m) koon
(pu-ying)

Koon sabaai-dee reu ka(f)/karb(m)?

Mai ka , Di-chan mai koi sabaai
nuck, sawasdee

You do not know her!

Koon mai rue-jak ther!

Oh-dear!!! She is clever!

Oh! Ther cha-lard-jung!

14. NUMBERING:

I have one problem.

Di-chan mee pan-har (problem) yang
nueng

Yes, you have a problem.

Chai, koon mee pan-har yang nueng

No, you have two (of them).

Mai-chai, koon mee pan-har song
yang

He has three.

Khao mee sarm yang

She has four.

Ther mee see yang

We have five.

Rau mee ha yang

Do you have five?

Koon mee ha yang reu ?

Yes now, I have five problems!!

Chai, Di-chan mee pan-har ha yang!

All the children!

Dek-dek tang-mod !

Kids are wonderful!

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.

Nang-seu nee ra-kha tau-rai ?

Ha dollars or Ha rein

Khong sing nee ra-kha tau-rai ?

Tau-rai ka (f)? or Tau-rai karb(m)?

See dollars or See rein

Where is it?

It is here.

No, it is not there.

Where is the toilet, please?

The toilet (is over) there.

Mun yuu thee-nai?

Mun yuu thee-nee

Mai, mun mai dai yuu thee-nant

Hong-narm yuu thee-nai ka(f)/
karb(m)?

Hong-narm yuu thee-nant

What is that?

Pardon? What?

That.

Oh, it is a good book.

What do you want?

I want the wine, please.

I want the wine, please.

Mun keu ah-rai?

Kor-thot ka(f)/karb(m)? Ah-rai
ka(f)/karb(m)?

Nant

Oh! Mun pen nang-seu thee dee

Koon tong-karn ah-rai ka(f)/karb(m)?

Pom yark dai wine

Pom tong-karn wine

Who is here?

We are here.

Who is that woman?

I do not know.

Oh-dear!!! It is Madonna!

Krai yuu thee-nee?

Rau yuu thee-nee

Pu-ying kon nant pen krai?

Di-chan mai zarp

Oh! Nant-ngai Madonna!

What a woman! She is clever!

Pu-ying ah-rai yang-nee, ther keng-jung!

16. EVERYTHING - COLLOQUIAL - POLITE AND SLANG:

I am here.

Di-chan yuu thee-nee

You are there.

Koon yuu thee-nant

I like you.

Pom chob koon

You like the money.

Koon chob nguen

He does this job.

Khao tham ngan nee

She does that.

Ther tham sing-nant

I can speak a little Thai!

Di-chan pood Thai dai nid-noi

I can speak a little Thai!

Pom pood Thai dai lec-noy

You cannot say Mate!

Koon pood yang-nant mai dai na puern!

I understand you.

Di-chan kount-jai koon

You do not understand me.

Koon mai kount-jai Chan(Di-chan, Pom)

I want to go to the bar.

Pom yark pai thee bar

I want to go to the bar.

Di-chan tong-karn pai thee bar

You want to go to the toilet.

Koon yark pai hong-narm

I have a lot of time, Miss!

Pom mee velar mark na koon

But, do you have a little money, Sir?

Tae koon mee nguen sak nid-noi mai ka(f)/karb(m)?

No.

Mai-mee

Oh. Oh-dear!	Oh!
Please, do not say Mate!	Kar-ru-na yar pood laey puern!
Please, don't drink the water in France!!	Kar-ru-na yar duerm narm nai pha-rang-sed !!
Drink the wine!!	(Chong) duerm wine (dee-kwa) !!
How are you, Eliza?	Sabaai-dee reu ka(f)/karb(m), (koon) Elizabeth?
I am well, thank you, Khulu.	Di-chan sabaai-dee ka, Khulu. Kob- koon.
I am well, thank you, Khulu.	Pom sabaai-dee karb, khulu. Kob- koon
Is it big?	Mun yai mai?
No, it is small.	Mai, mun lec
You do not know that woman. Oh-dear!!! She is clever!	Koon mai rue-jak pu-ying kon nant Oh! Ther cha-lard-jung!
<p>Note : "<u>Keng</u>" is used when you can do some difficult thing , but "<u>cha-lard</u>" is used when you know how to do something. Upon the occasion! "<u>Keng</u>" is more often used and more polite.</p>	
Yes now, I have five problems!!!	Chai, khana-nee ,Pom mee pan-har ha yang !!!
Children are wonderful!	Dek-dek pen sing ma-has-sar-jun!!
What is that?	Nant kreu ah-rai? <u>or</u> Nant ah-rai?

Pardon. What?

Kor-thot ka(f)/karb(m) ah-rai ka(f)/
karb(m)?

There it is.

Mun yuu thee-nant

Not bad.

Mai laew or Mai laew nuck or Mai
laew rork

Oh-dear!!!

Oh!

OK?

Tok-longe mai?

Yes, it's cool!

Chai, mun yen!

Yes, it's cool! (classy)

Chai, mun yen jung!

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

Chai, mun yen jing-jing na!

Do not say Mate!!!

Yar pood laey puern!!

It is not cool (upper class)!!!

Mun mai yen mark rork na!!!

I must do this.

Pom tong tham yang-nee

You must do that.

Koon tong tham sing-nant or

You must do that

Koon tong tham yang-nant

Clever?

Keng mai?

Yes you are clever!

Chai, koon keng-jung!

Bye bye, for now!

Sawasdee sum-rub torn nee!

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 "Thai 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 (without accents)

a. Greetings/ Exclamations:

hello	good morning	how are you?	I am well	thank you
sawasdee	sawasdee	sabaai-dee reu?	Chan sabaai- dee	kob-koon
goodbye	yes	no	OK	not too bad
lar-korn, sawasdee	chai	mai-chai (polite) plao	tok-longe	mai-laew-nuck

Note:

"Sawasdee" can be always used as its real meaning is "Good Luck, God bless you".
The word "Lar-korn" is often used with the meaning of "Sad feeling" = farewell.

Oh-dear!!	mate	there it is	"cool"!!!	sorry
thee-rak!!, Oh!!	puern	mun-yuu- nee	yen- jung !	sia-jai
more	never			
tao-nant	mai-kaey			

Note: Many polite interjection words: Oh!, Aul!, Maer!, Wail!, Tai-leaw!, Ui-tai!

b. Verbs:

to be	have	like	want	can
pen, yuu, krue	mee	chob	tong-karn/yark	sar-mart
do	say/speak	go	come	give
tham	pood	pai	ma	hai

take	eat	drink	sleep	know / recognise
au	kin/tarn/ rub-pra-tarn	duerm	norn-larb	rue, zarp/ jarm-dai
understand	must	love	hate	scare
kount-jai	tong	rak	klead	tok-jai

c. Prepositions:

some	a	the	to	from
sak-noi/ bang-sing	nueng	----	pai-thee	jark

d. Pronouns:

I	you	he	she	we
di-chan (f) pom (m)	koon	khao/khao-pu- chai	ther khao/ khao-pu- ying	rau
this	that	Mr	Mrs.	Miss
nee	nant	Koon/naai	Koon/nang	Koon/nang-sau

e. Nouns:

money	thing	man	woman	water
nguen	sing-khong	pu-chaai	pu-ying	narm
car	ticket	book	friend	time

rot tua nang-seu puern ve-lar

f. Adjectives/
adverbs/Other:

good	bad	big	small	now
dee	laew	yai	lec	kha-nha-nee
later	little	clever!	happy	easy/difficult
toa-pai	lec-noy/nid-noi	keng-jung! cha-lard-jung!	kwam-sook	ngaai/ yak
here/there	a lot of			
thee-nee/ thee-nant	mark			

g.

Interrogatives:

how much?	where?	what?	who?	when?
tau-lai?	thee-nai?	ah-rai?	krai?	muer-rai?

What is that? Question?

Nant keu ah-rai? or Nant
ah-rai? Kome-tham?

h. Numbers:

one	two	three	four	five
nueng	song	sarm	see	ha

i. And some survival words:

pardon (khor-thot + koon pood wa-ah-rai ka(f)/karb(m))	congratulation (yin-dee)
apologize (kor-a-pai)	fast/slow (raew/sha)
always (boi-boi/sar-mer)	never (mai-kaey)
but (tae)	food (ah-harn)
please (chouy/ kar-ru-na)	home (barn)
bus (rot-mail)	time (ve-lar)
work (ngan)	tomorrow (proong-nee)
today (wan-nee)	newspaper (nang-sue-pim)
day (wan)	paper (kar-dard)
week (ah-thit)	sausage (sai-krok)
year (pee)	hamburger (hamburger)
minute (na-thee)	rice (khao)

hour (chure-monge)
bread (kha-nhom-pung)
curry (kang-ped)
soup (kang-juerd)
fried-chicken (kai-tod)
fish (pla)
shrimp (khoong)
butter (nuey)
think (kid)
write (kian)
dance (ten-rum)
Thai-dance (rum-Thai)
policeman (tarm-roude)
WC (hong-narm)
mate (puern)
see you later (laew-jir-karn-na)

fried-rice (khao-pard)
rice-soup (khao-tom)
roasted-prok (moo-yang)
beef (nuer-wua)
squid(pla-muuk)
dessert (kha-nhom-varn)
read (aund)
laugh (hau-roh)
start (rerm)
stop (yood)
six (hok)
seven (jed)
eight (prad)
nine (khao)
ten (sib)
hundred (roy)
thousand (phan)

SPECIAL NOTE ON "TO BE" IN THAI ... PEN, YUU, KRUE

1. I am Chinese who was born in Thailand.

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

2. Where is Miguel?

Miguel yuu thee-nai?

3. Miguel is in the garage.

Miguel yuu nai rong-rot (garage)

4. You are Dr. Bob Boland.

Koon kreu Koon-mor (Doctor) Bob Boland

5. You are Teacher Bob.

Koon kreu Kru Bob

6. John is French.

John pen kon Pha-rang-sed (French)

7. CRE program is so interesting.

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

19. NATURAL FEEDBACK AND NEW IDEAS

(to drbobboland@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.	Kob-Koon
Hello	Sawasdee
Yes/no	Chai/plao (Mai-chai- more polite)
Please	Kar-ru-na, chouy
Excuse me	Kor-thot
Everything is OK!	Took-yarng-tok-longe!
Good morning/evening	Sawasdee (for all times)
Good night	Rar-tree- sar-was
Good-bye.	Lar-korn, Sawasdee
My name is ...	Pom cheu ..(m) Di-chan cheu ..(f)
What is your name?	Koon cheu ah-rai ka (f) /karb (m)?
How are you?	Sabaai-dee reu?
Fine, thanks	Sabaai-dee ka/karb, Kob-Koon
And you?	Laew koon sabaai dee reu?
Where do you come from?	Koon ma jark nai ka/karb?
I'm from:	Chan (Di-chan, Pom) ma jark
France	Pha-rang-sed
England	Ang-krid
America	America
I work at/with:	Chan (Di-chan, Pom) tham ngan thee/ kab
UN	Sar-har-pha-cha-chard
Red Cross	Sar-bha-kar-chard

QUESTIONS:

When/how?

Muer-rai / yang-rai?

What/why?

Ah-rai / tham-mai?

Who/which?

Krai/ aun- nai?

Where is ...?

Thee-nai?

Where can I find ...?

Chan(Di-chan, Pom) ja har.....dai
thee-nai?

How much is it?

Rar-kar tau rai?

Can you help?

Kar-ru-na chuoy Chan noi ka(f) /
krab(m)

What does this mean?

Nee maai-kwarm var ah-rai?

UNDERSTANDING:

I understand.

Pom (m) kount jai

I don't understand.

Di-chan (f) mai kount jai

Please repeat that again.

Kar-ru-na chuoy pood eak krank
ka(f)/ krab(m)

Can you translate this?

Koon plair nee dai mai?

Can I have ...?

Chan(Di-chan, Pom) yark dai...?

Do you speak ...?

Koon pood dai mai?

English/Thai

Ang-krid /Jeen -krang

I don't speak Thai.

Chan mai pood Thai

I speak a little Mandarin

Di-chan pood Jeen-krang dai nid-noi

COMMENTS:

I must do this.

Chan (Di-chan, Pom) tong tham yang-nee

You must do that.

Koon tong tham yang-nee

It's:

Right/wrong

big/small

cheap/expensive

good/bad

hot/cold

near/far

OK!

Mun:

took/ pid

yai/ lec

took/ pang

dee/ leaw

ron/ now

klai/ klaai(kile)

tok-longe!

FOOD:

I like:

breakfast

lunch

dinner.

Chan(Di-chan, Pom) chob

Ah-harn chout

Ah-harn tieng

Ah-harn yen

May I have some:

bread/butter

eggs

meat/potatoes

vegetable/cabbage

apples/oranges

coffee/tea/water

milk

Chan(Di-chan, Pom) yark dai

kha-nhom-pung/ nuey

khai

nuer/ mun-pha-rang

pak/ kha-rum-plee

apples/ som

kar-fare/ cha/ narm

nom

fruit juice

narm-pol-la-mai (fruit = pol-la-mai)

I want to pay the bill.

Pom tong-karn jaai ngen nai bill
nee

I think there is a mistake.

Pom kit var mee ah-rai pid na

We are happy.

Rau mee kwarm-sook

TRANSIT:

Where is the nearest shop?

Rarn thee-klai thee-sood yuu thee-nai?

Where to get a taxi?

Raike (Jar har) rot taxi dai thee-nai?

How much to go to ...?

Rar-kar tau rai thee jar pai....?

Take me to

Bha Chan(Di-chan, pom) pai thee....

Please stop here.

Chouy yood thee-nee

This is not the right road.

Nee mai-chai tha-non thee took-tong

Go straight ahead.

Tong pai khan-na

It is there, on the:

Man yuu thee-nee, tang darn:

left/right

saai / kwar

next to/after

khan-na / khan-lung

north/south

(thit) nuer / (thit) tai

east/west

(thit) ta-wan-ouk / (thit) ta-wan

tok

Where is the:

... yuu thee-nai?

town centre

jai-krang-(middle) muerng (town)

pharmacy

rarn-(shop) khaai-(sell) ya (drugs)

SHOPPING:

Do you have ...?

Koon mee....maai?

How much is this/that?

Nee / Nant rar-kar tau-rai?

I will take/buy this thing.

Di-chan tong-karn au/seu khong
sing-nee.

What colours have you?

Koon mee see ah-rai?

Black

Dum

Blue

Num-ngueng

Red

Dang

White

Khau

Gold

Thong

I want to buy:

Chan(Di-chan,Pom) tong-karn ja seu

aspirin

aspirin (specific name)

drug relieve pain

ya-kae-puad

soap

sa-boo

apples

apple

milk

nom

film/newspaper

feem / nang-seu-pim

TELEPHONE:

Hello, I am ...

Sawasdee ka(f) /karb(m), Chan (Di-
chan ,Pom) cheu ...

Please speak:

Kar-ru-na chouy pood

louder

dung-dung

slowly

cha-cha

I want to speak to:

Mr. ...

Mrs....

Chan(Di-chan,Pom) khor rian sai :

Koon ...

Koon ...

When will he be there?

Khao ja yuu thee-nant muer-rai?

Ask him to telephone me.

Chouy bok khao hai toa-ra-sub toong
Di-chan douy ka(f)

Note: toa-ra-sub = telephone

toa-ra-sub meu-teu = mobile

TIME:

Do you have much time?

Koon mee velar mark mai?

What time is it?

Torn-nee velar tau-rai?

The time now is:

Torn-nee velar :

1.05 p.m.

bai nueng-mong ha na-thee

2.45 p.m.

bai song-mong see-sib-ha na-thee

4.20 p.m.

bai see-mong yee-sib na-thee

6.30 x

hok mong krueng

Note:

na-ri-ka = o'clock (time)

na-thee = minute

vi-na-thee = second

chure-mong = hour

see chure-mong = four hours .

MEETINGS:

We see you:

today

tomorrow

next week

in the morning

in the afternoon

in the evening

tonight

soon/no long after

Rau pob koon:

wan-nee

proong-nee

ah-thit nar

nai torn chout

nai torn bai

nai torn yen

keun nee

reaw-reaw-nee / nai mai-cha-nee

You are right/wrong.

That is right

Koon took / pid

Took tong

LOCATIONS:

Here/there

At the UN office

Is it near/far

How many hours to go?

Thee nee/ thee nan

Thee (at) sum-nak-ngan (office) Sar-har-pra-cha-chard

Mun yuu klai/ klaai rue mai?

Kin ve-lar narn tau-rai thee ja pai?

21. PLAY QUIZ

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

- | | |
|-------------------------|------------------------------------|
| a. I am well. | Tok-long |
| b. Excuse me | Chan sabaaai-dee ka(f)/karb(m) |
| c. Thank you. | Kor-thot ka(f)/ karb(m) |
| d. OK | Kob-koon |
| e. You're here! | Sabaai-dee-reu? |
| f. Good work | Sawasdee ka(f)/karb(m) |
| g. Hello | Ngan dee |
| h. How are you? | Koon yuu thee-nee! |
| i. Good morning! | Nee maai-kwarm wa ah-rai ? |
| j. What does this mean? | Sawasdee ka(f)/karb(m)! |
| k. Sorry | Yaim!!! |
| l. Great!!! | Sia-jai |
| m. Yes | Kar-ru-na, Chouy |
| n. Please | Koon |
| o. I am sorry | Chan sia-jai ka(f)/karb(m) |
| p. Waiter? | Chai |
| q. How much is it? | Ve-lar tau-rai? |
| r. Where is the toilet? | Thee-nai/ muer-rai / tham-mai? |
| s. Where/when/why? | Hong-narm yuu thee-nai? |
| t. What time is it? | Rar-kar tau-rai? |
| u. Can you help? | Nee maai-kwarm wa ah-rai? |
| v. I do not understand. | Kar-ru-na pood cha-cha noi |
| w. What does this mean? | Koon chouy Chan noi ka(f)/karb(m). |
| x. Please speak slowly | Chan mai kount-jai |
| y. Bye-bye for now!! | Took-yang raib-roy |
| z. Fine! No problem! | Sawasdee sum-rub torn-nee |

Answers: In the phrase book ... or email the Team ...

**APPENDIX A - ROUTINE FOR ACCENT IMPROVEMENT
AND LONG TERM RE-INFORCEMENT - AFTER ONE 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.

Day 2 - 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 (drbobboland@hotmail.com)

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

Special Vocabulary for UNHCR

<u>English</u>	<u>Thai</u>
Airport	tha-ah-kas-sa-yarn but sa-narm-bin is more often used
Army	khong-tup
Asylum	sa-tharn-song-krau
Blind	tar-boad
Border	kate-dan, chaai-dan
Camp	camp
Children	dek, dek-dek
Clothing	suer-par
Cooking pots/pans	kreung-krua
Cooperation	kwam-roum-meur
Customs	luuk-kar
Deaf	hoo-nuak
Delay	lar-cha
Detention	noung-neaw <u>or</u> kuk-khan
Development program	Program karn pat-ta-na <u>or</u> krong-karn karn pat-ta-na
Displaced persons	book-kon thee ma tan thee
Dumb	pen-bai
Electricity	fai-fah
Emergency	chuuk-chern
Expulsion	khub-lai <u>or</u> khub-uak-pai

Family	krob-krua
Government	rat-tha-barn
Grandparents	poo-yar-tar-yaai
Handicapped	tam-toh
Health	suk-kha-parp
Hospital	rong-pra-ya-barn
House	barn
Human rights	sit-thii-ma-nus-sa-ya-chon
Husband	sar-mee
Lamp	tah-kreing
Legal protection	karn-pok-pong-tang-kod-maai <u>or</u> karn-pong-gun-tang-kod-maai
Malnutrition	tuup-phot-cha-na-karn
Material assistance	karn-chuoy-ruer-tang-was-sa-doo
Ministry	kra-soung
Nutrition	phot-cha-na-karn
Pain - days/weeks	puad-pen-wan/ poud-pen-ah-thit
Pain - months/years	puad-pen-duern/ poud-pen-pee
Pain - treatment	karn-rak-sar-kwarm-jeb-puad
Pain - arms/legs	puad khann / poud kha
Pain - chest	jeb-na-okk/ puad -na-okk
Pain - ears/eyes	poud-hoo/ poud-tar
Pain - hands/feet	poud meur/ poud-tau
Pain - head/neck	poud-see-sa/ poud-koa

Pain - stomach	paud-kra-prao
Peace	sun-ti-parp
Persecution	karn-kho-kuan <u>or</u> karn-pra-harn
Petrol	narm-mun
Police-station	sa-tha-nee-tam-raud <u>or</u> Rong-pak
President	Pra-ta-na-thib-bor-dee
Prison	ruern-jum <u>or</u> kook
Province	jung-wat
Reception centre	soon-karn-torn-rup (soon, soon-klang = center)
Refugee	pu-uab-pa-yop
Representative	pu-tan <u>or</u> tua- tan
Rural	chon-na-bode
Sanitation	suk-kha-ah-na-mai
Shelter	thee-lob-phai
Status	sa-tha-na-karn
Tent	tent
Torture	to-ra-marn (verb) / karn-to-ra-marn (noun)
Town	muerng
Transportation	karn-khon-song
Travel Documents	eek-sarn karn tong-teawe
Tribe	tra-kul <u>or</u> pau-phan (= clan) <u>or</u> kloom (= group)
Urban	tam-bon
Village	moo-ban
Voluntary repatriation	poo-sa-mak-jai-klub-thin-derm

(*sa-mak-jai, ah-sa-sa-mak = voluntary,
volunteer , 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.

DI-CHAN (f) /POM (m) yuu (am) thee-nee

The CHILD is here.

DEK (KON-NEE -specific) yuu thee-nee

Question: is the child here?

Kome-tharm: Dek yuu thee-nee REU?

2. Article

A child is here.

Dek KON NUENG yuu thee-nee

3. Noun

Child-REN are here.

Dek THEE-CHEU-REN yuu thee-nee

The GOOD child is here.

Dek THEE-DEE yuu thee-nee

HE is a child.

KHAO pen dek kon nueng

4. Possession:

He is MY child.

Khao pen luuk KONG CHAN

5. Relative:

The child WHO here is.

Dek KON-THEE yuu thee-nee

6. Demonstrative:

THIS child is here.

Dek KON-NEE yuu thee-nee

THAT child is THERE.

Dek KON-NANT yuu THEE-NANT

7. Interrogatives:

WHAT is this thing?

Khong sing-nee keu AH-RAI?

WHO is that?

KRAI yuu thee-nant?

WHERE is the child?

Dek (kon-nee) yuu THEE-NAI?

HOW MUCH is the book?

Nang-seu nee rar-kar TAU-RAI?

8. Imperatives:

DO this!

THAM sing nee

COME here!

MA nee noi

9. Negatives:

Yes, I HAVE a book (f)

Chai, Di-chan MEE nang-seu lem nueng

No, I do NOT have the book (m)

Mai, Pom MAI mee nang-seu lem nee

Do NOT come here.

MAI TONG ma thee-nee or YAR ma
thee-nee

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

I am/have/want

Chan (Di-chan,Pom) pen, yu, kreu / mee /
tong-karn

You are/have/want

Koon pen, yu, kreu / mee / tong-karn

He is/has/wants

Kao pen, yu, kreu / mee / tong-karn

APPENDIX D - 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 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, 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, 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: 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, 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 - complete with THAI ... and discuss with a natural speaker)

- | | | | | |
|------------|------------|-------------|------------|---------------|
| 1. A/an | 2. After | 3. Again | 4. All | 5. Almost |
| 6. Also | 7. Always | 8. And | 9. Because | 10. Before |
| 11. Big | 12. But | 13. I can | 14. I come | 15. Either/or |
| 16. Find | 17. First | 18. For | 19. Friend | 20. From |
| 21. I go | 22. Good | 23. Goodbye | 24. Happy | 25. I have |
| 26. He | 27. Hello | 28. Here | 29. How | 30. I |
| 31. I am | 32. If | 33. In | 34. I know | 35. Last |
| 36. I like | 37. Little | 38. I love | 39. I make | 40. Many |
| 41. Only | 42. More | 43. Most | 44. Much | 45. My |
| 46. New | 47. No | 48. Not | 49. Now | 50. Of |

51. Often 52. On 53. One 54. Only 55. Or
56. Other 57. Our 58. Outside 59. Over 60. People
61. Place 62. Please 63. Same 64. I see 65. She
66. So 67. Some 68. Sometimes 69. Still 70. Such
71. I tell 72. Thank you 73. That 74. The 75. Their
76. Them 77. Then 78. There is 79. They 80. Thing
81. I think 82. This 83. Time 84. To 85. Under
86. Up 87. Us 88. I use 89. Very 90. We
91. What 92. When 93. Where 94. Which 95. Who
96. Why 97. With 98. Yes 99. You 100. Your

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, 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! This 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: www.crelearning.com . So ... from now on - relax and remember!!**