

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 STRENGTH for today ... and HOPE for the future ... Arigato!

NO. 332 - JAPANESE from ENGLISH

Version 3 - with a few minor errors - March 2002

Note:

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

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<http://www.bu.edu/familymed/distance/cre/introduction.htm>

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DEDICATION

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

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

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

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

Thank you.	Arigato
Hello	Kon-nichi-wa
Welcome	Ira-ssha-imase/youkoso
Yes/no	Hai,un,sou/iie,uun
Please	Douzo
Cool (really great)	Dai-joubu
Everything is OK!	Zenbu daijoubu (OK) desu
Good morning	O-hayou (goza-imasu)
My name is ...	Watashi no (my) namae-wa (name) ... desu.
What is your name?	O-namae wo oshiete kudasai (politely - teach it to me)
How are you?	O-genki desu ka (question)?
Fine, thanks	Genki desu, arigatou (goza-imasu)

I want ...

Ho-shii ...

Good-bye.

Sayou-nara

... so now start chatting ...with everyone ...and have fun ...

THROAT EXERCISE - 16 KEY WORDS

(Repeat the Japanese many times slowly ... and then at HIGH speed!!)

Thank you	A-ri-gato	AA-RI-GAATO
Hello	Yoh /kon-nichi-wa	YOH/ KONN-NEE-CHEE-WA
Mr.	San	SAN
Mrs.	San	SAN
Yes	Hai	HIGH
No	I-ie	EE-YE
Good	Yoku/Ee	YOR-KKUU / EE
Please	Douzo	DOUGH-ZZOW
Do you have ...?	... wa ari-masu ka?	~WAH AAREE-MASS KAR?
Goodbye	Sa-yo-nara	SAA-YO-NAARA
Bye bye for now!	Jah sa-yo-nara!	YAH SAA-YO-NAARA!
Who?	Dare?	DAARR-RAY?
What?	Nani?	NA-NEE?
I want	Ho-shii	HO-SHEE
Where?	Do-ko?	DO-CKOE?
OK!	O-Kei!/Do-i-ta-shi-mashi-te!	OO-KAY! DOE-EE-TAH-SHE- MAHSH-TAY!

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

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:

Thank you ... arigato ... say:

... thank you ... 'arry Gates says thanks ... arigato ...

Do you have? ... wa arimasu ka? ...say:

... do you have? ... 'arry must have cake ... wa arimasu ka ...?

Good ... yoku ... say:

... good ... this egg yoke is very good ... yoku ...

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

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. Try to make a rough tape of yourself speaking ... sections 2-15 ... now ... as fast as you can ... as a record of where you started ... just for fun!!

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

- 1 - Do IRT. Do the Throat exercise - 16 key words
Play the tape (30 minutes) with the text (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 NOW and plan for individual review next week, helping partners as needed.

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 REINFORCEMENT as needed but not in the car!

7. Use SIMPLE SHORT sentences and be CONFIDENT as you begin to talk to people ... expect SUCCESS ... and you will NOT be disappointed ... and try just one MORE new thing ... just for fun in this one week ... drink one litre of WATER EVERY DAY ... it rinses mind and body and has a REMARKABLE preventive/curative therapeutic effect ... to support new learning ... on we go together.

8. Make your OWN APS AUDIO TAPE a key learning tool for you!

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 it 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... " Nihongo - Japanese Place" ... in your mind.

2. HERE AND THERE (koko/soko):

Watashi (I) wa koko ni (here) imasu (am)

I am here.

Simplified: Watashi wa koko.

I here.

Anata (you) wa soko ni (there) imasu (are).

You (are) there.

Simplified: Anata wa soko.

You there.

Anata wa soko ni imasu ka (question)?

Are you there?

Sou, anata wa soko ni imasu.

Yes, you (are) there.

Anata wa koko (here) ni imasu ka?

(Are) you here?

Uun (no), anata wa koko ni imasen (are not).

No, you are not here.

Sore (it) wa koko desu.

It (is) here.

Sore wa doko (where) desu ka?

Where (is) it?

Sore wa koko desu.

It is here.

Sore wa soko desu ka?

(Is) it there?

Watashi wa shirimasen (know-not).

I do not know.

Miguel wa doko desu ka?

Where (is) Miguel?

Kare (he) wa koko ni i-nai (not) (dewa ari-masen).

He (is) not here.

Kare wa doko (where) desu ka?

Where (is) he?

Watashi wa shiri-masen (know not).

I do not know.

Baka!! Kare wa (he) soko (there) (desu) yo!

Baka!! There he (is)!

Kare (he) wa suteki desu!!!

He (is) wonderful!!

Note:

Japanese can be simplified in everyday conversation. Many words like: watashi (I), anata (you), (-ni) imasu (am/is), desu (am/is) and ka (question), can be simply understood and thus omitted. Our brackets show words omitted and the English meaning of key words.

3. LIKING (suki desu):

Watashi (wa) anata-ga suki (desu) (like).

I like you.

Anata (wa) watashi-ga suki (desu) (ka)?

Do you like me?

Un (yes), watashi (wa) anata-ga suki (desu),

Yes, I like you.

Anata (wa) okane (money) (ga) suki (desu)?

Do you like money?

Un, watashi (wa) okane (ga) suki (desu).

Yes, I like the money.

Watashi (wa) o-mizu (water) (ga) suki (desu).

I like water.

Anata mizu suki (simplified).

You like water.

Watashi (wa) hon-(books) (ga) suki (desu).

I like books.

Kare (he) wa kuruma (car) (ga) suki (desu).

He likes the car.

Kanojo (she) wa kuruma (ga) suki janai (like not).

She does not like the car.

Anata (wa) yuushoku (dinner) (ga) suki (desu) (ka)?

Do you like the dinner?

Uun, watashi (wa) yushoku (ga) suki janai (not) (suki-dewa-arimasen).

No, I do not like the dinner.

Ah Baka!

Oh. Baka!

Onegai (please), Baka tte iwa-nai-de (say not)!

Please, do not say Baka !

4. DOING (yaru/suru):

Watashi wa yaru (do).

I do.

Watashi wa kore -wo (this) yaru.

I do this.

Anata wa yaru.

Anata wa sore-wo (that) yaru.

Watashi-tachi (we) wa sore-wo yaru.

Sorede (and) watashi-tachi wa shiawase (happy) (desu).

Sore wa kantan (easy) (desu ka)?

Un, Sore wa muzukashi (difficult) ku-nai(not).

Anata sore-wo yarimasu (do) ka (question)?

Onegai (please) sore-wo ya-tte (do)!!

Baka!!!

Sore wa suba-rashii (wonderful)!

You do.

You do that

We do that

And, we are happy.

Is that easy or not?

Yes, that (is) not difficult.

Do you do that?

Please, do that!!!

Baka!!!

It is wonderful!

5. CAN/ABLE TO DO (dekiru/yaru/-eru/-emasu):

Watashi wa deki-ru (can).

Watashi (wa) deki-ru ka na (question)?

Un (yes), watashi deki-ru.

Anata wa kore (this) yareru (ka)?

Un, watashi wa sore wo yareru (do can).

Watashi sukoshi (little) taberareru (eat can).

Watashi sukoshi nomeru (drink can) (nomemasu).

Watashi ikeru (go can) (ikemasu).

Watashi korareru (come can) (koraremasu).

Watashi nemureru (sleep can) (nemuremasu).

I can

Can I (question)?

Yes, I can.

Can you do this?

Yes, I can do that.

I can eat a little.

I can drink a little.

I can go.

I can come?

I can sleep.

Anata hanaseru (speak can) (hanasemasu)

You (can) speak.

Anata hanaseru (question) (hanasemasu ka)?

Can you speak?

Un, watashi hanaseru (hanasemasu).

Yes, I can speak.

Anata kore dekiru (do can) (deki-masu) ka?

Can you do this?

Uun, watashi (wa) sore (that) (ga) deki-nai (not) (deki-masen).

No, I (can) not do that.

Anata waka-ru (wakarimasu) ka?

You can understand?

Anata waka-ru (wakarimasu) ka?

Can you understand?

Anata waka-ru?

You understand?

Uun, sukoshi, ne.

Yes, a little.

Anata (wa) Baka -tte ieru (say can) (tte-i-emasu) ka?

Can you say Baka?

Uun, watashi (wa) sukoshi (little) Nihongo hanaseru (speak) (hanashimasu).

Yes, I can speak a little Japanese.

Baka!! Watashi wa sugoi!

Baka!! I am wonderful!

Note:

Iku and ikimasu mean "go".

Ik-ERU and ik-Emasu mean "can go"

Taberu and tabemasu mean "eat."

Tabera-RERU and taberar-E-masu mean "can eat".

6. UNDERSTANDING (wakaru):

Note: From here on ... just simple everyday Japanese chat ...

Watashi wakaru (understand).

I understand.

Watashi wakaranai (not).

I do not understand.

Anata wakaru.

You understand.

Anata wakaranai

You do not understand.

Anata onna (women) tte, wakaru?

Do you understand women?

Iie,iie, boku-ni wa (I) wakar-anai (not)

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

Oh! Baka! Baka!

Oh. Baka!! Baka!

Onegai, Baka tte iwa-nai-de (say not)!

Please, do not say Baka!

Anata wa suteki-dayo!

You are wonderful!

7. WANTING (hoshii/-tai):

Note: Taberu - eat. Tabetai - want to eat.

Boku (I) hoshii (want).

I want.

Boku sukoshi (little) tabetai (eat-want).

I want to eat a little.

Boku mizu ga (water) nomi-tai (drink-want).

I want to drink the water.

Boku toire-ni (toilet) iki-tai (go-want)-yo!!

I want to go to the toilet!!!

Anata sukoshi tabetai (eat-want) (ka)?

Do you want to eat a little?

Uun. boku (I) tabe-taku-nai (eat want not).

No, I do not want to eat.

Watashi anata-ni sukoshi age-tai (give want)-no.
Iranai-yo!!

I want to give you a little.
No thank you!!

Watashi ki-tai (come want)-na.
(You) nemu-tai (sleep want)?
Uun, watashi nemu-taku-nai (sleep want not).

I want to come.
Do you want to sleep?
No, I do not want to sleep.

Miguel, anata kaeru (frogs) tabe-tai (eat want)?
Baka! Ima (now) -ja dame (not)!

Miguel do you want to eat the
"frogs"?
Baka!! Not now.!

Boku-tachi (we) suteki da yo!

We are wonderful!

8. GETTING (choudai/o-tori):

Note: "Choudai" is used in close or working relationships, instead of a very formal expression like "... wo kudasai".

Onegai (please) okane-wo (money) chou-dai (give).
Dozo (please), okane-wo o-tori (take) kudasai (please).
Watashi-wa okane-wo tor-u (take).

Please give me money.
Please, take this money.
I take this money.

Onegai, kippu-wo (ticket) chou-dai.
Dozo, kippu-wo o-tori kudasai.
Watashi-wa kippu-wo tor-u (take).

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

Onegai sono mono-wo (thing) kudasai.
Sono mono-wa doko-ni (where) arimasu (is) ka?

Please (give) me the thing.
Where is the thing?

Watashi wa wakarimasen (know-not).

I do not know.

Dozo (please) watashi-ni (to me) otoko-wo (man) kudasai!

Please, (give) me a man!

Baka!!! Nan-te onna (woman) da!

Baka! What a woman!!

Kanojo-wa (she) suteki-dayo!

She (is) wonderful!

9. HAVING (motte-iru/ni-wa aru):

Watashi-wa kono (this) mono-wo (thing) motte-iru (have).

I have this thing.

Watashi wa kono mono-wo motte-inai (have not).

I do not have this thing.

Anata wa sono (that) mono-wo motte-iru.

You have that thing.

Watashi-tachi (we) wa kono mono-wo motte-iru.

We have this thing.

Kanojo (she) wa ano (that there) -mono-wo motte-iru.

She has that thing.

Ojou-san, jikan-ga (time) aru-n (have) desu ga ne.

Miss, I have time!!

Ala (Sir), o-kane-wo (money) o-mochi (have) desu ka?

Do you have money, Sir?

Iie.

No.

Mah Baka!

Oh. Baka!

Onegai, Baka tte iwa-nai-de.

Please, do not say Baka!

10. ORDERING (POLITELY) (douzo/onegai/kudasai/arigato):

Onegai, sono mono-wo (thing) kudasai (please).

Please (give) me the thing.

Onegai, o-kane-wo (money) kudasai.

Please (give) me the money.

Onegai, o-mizu-wo (water) kudasai.

Arigato.

Please (give) me the water.

Thank you.

Onegai, Furansu-de (France in) wa o-mizu-wo
(water) noma-naide (drink not) kudasai.

Wainn-wo (wine) meshi-agare (drink)!

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

(Please) Drink the wine!!

Douzo, koko-ni kite (come) kudasai.

Douzo, asoko-ni itte (go) kudasai.

Please come here.

Please go there.

Douzo, kore-wo (this) nonde (drink) kudasai.

Sore-wo (that) tabe-nai-de (eat not) kudasai!

Please drink this.

Do not eat that, please!

Onegai, kore-wo watashi-ni (to me) kudasai.

Onegai, sore-wo tora-nai-de (take not) kudasai.

Please (give) me this.

Please do not take that.

Douzo kore-wo (this) itte (say) kudasai.

Onegai, Baka tte iwa-(say) nai-de (not)!

Please say this.

Please, do not say Baka!

Chi-kusho! Arigato.

Anata wa ii-yatsu-dayo!

Baka. Thank you.

You are wonderful!

11. GREETING: POLITE AND SLANG

Yah Michele

Yoh Paula.

Ohayou, Miche.

Hello Michel.

Hello Paula.

Good morning Miche.

Ohayou goza-imasu, Sancos.
(O) genki (desu ka), Eliza?
Genki(desu)-yo arigato (gozaimasu), Khulu.

Umaku-itte-iru (going well), Xavier?
OK arigato Miguel.
Sayonara, Giles.

Bai-bai, Judith.
Unn OK, Hollie
Subarashi, Heidi!

OK, Sam?
Unn ii-yo, Lucie.
Sonna-ni waruku-nai-yo, Henri.

Genki, love?
Zen-zen!!
Nan-na-no!
Kanojo wa ka-waii-yo!!

12. DESCRIBING (desu/nai/ari-masen):

Sore-wa ii (good),
Sore-wa yoku (good) - nai (not).
Sore-wa dame-da (bad).

Kore-wa hon (book) desu.
Sore-wa o-okii (big) desu ka (question)?

Good morning Sancos.
How are you, Eliza?
I am well, thank you, Khulu.

How goes it, Xavier?
Ok, thank you Miguel.
Goodbye Giles.

Bye bye Judith.
Yes OK, Hollie.
It is wonderful, Heidi!

OK Sam?
Yes OK, Lucie.
Not too bad, Henri.

Comfortable, darling?
No!!!
Baka!!!
She is cute!

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

This is a book.
Is it big?

Iie, sore-wa chiisai (small) desu.

Not big, it is small.

Sore-wa yasashii (easy) desu ka?

Is it easy?

Iie, sore-wa muzu-kashii (hard) desu.

No, it is hard.

Sono mizu-wa (water) daijo-bu (good) desu ka?

Is the water good?

Iie, Furansu (France) dewa (in) mizu-wa (water) yoku-(good) nai desu (is not)!

No, the water is not good in France!!

Yah Baka!!!

Hello Baka!!!

Onegai Baka tte iwa-nai-de (not say)!

Please, do not say Baka!

Boku-tachi (we) wa iket-eru?

Are we wonderful?

Baka!! So (correct) - yo (is)!!

Baka!! Yes!!

13. KNOWING

(shi-tte-iru/waka-tte-iru):

Watashi kore (this) wo shi-tte-iru (know).

I know this.

Anata wa kore wo waka-tte-iru (know)?

Do you know this?

Uun, boku kore-wo waka-tte-iru.

Yes, I know this.

Anata wa sore-wo (that) waka-tte-iru.

You know that.

Anata wa sore wo waka-tte-iru (ka)?

Do you know that?

Uun, boku wa sore-wo yoku waka-tte-inai (not).

No, I do not know/understand that (very well).

Boku wa ano onna(-no-hito) (woman) wo shi-tte-iru (know).

I know that woman.

Watashi wa ano otoko (-no-hito) (man) wo shi-tte-iru.

I know that man.

Kare wa watashi-wo (me) shi-tte-iru.

He knows me.

Anata wa ano onna(-no-hito) (woman) wo shi-tte-iru (ka)? Do you know that woman?

Iie. O-hayo, Ojou-san?

No. Good morning Miss?

O genki desu ka, Ojo-san?

Are you well, Miss?

Iie watashi wa genki (well) dewa ari-masen (not)!

No, I am not well!!

Sayonara!!

Goodbye!!!

Anata wa kanojo-wo (her) shiranai no-ne!

You do not know her!

Baka!! Kanojo wa ii-yo!

Baka!! She is wonderful!

14. NUMBERING

(ichi - hitotusu/ni-wa aru):

Watashi ni-wa mondai ga (problem) hito-tsu (1) aru (is). I have one problem.

Sou, anata ni-wa (to you) mondai ga hito-tsu (1) aru. Yes, you have a problem.

Iie, anata ni-wa futa-tsu (2) aru.

No, you have two.

Kare ni-wa (to him) mit-tsu (3) aru.

He has three.

Kanojo ni-wa yot-tsu (4) aru.

She has four.

Ware-ware (we) ni-wa (to us) itsu-tsu (5) aru.

We have five.

Anata ni-wa itsu-tsu (5) aru-no?

Do you have five?

Sou (right), ima (now) mondai-ga itsu-tsu (5) mo (emphasis) aru-nda!

Right now, I have five problems!!!

Kodomo (children) - shokun (all).

All the children!

Kodomo-tachi wa subara-shii-yo (wonderful)!

Kids are wonderful!

15. ASKING (ikura/doko/nan/dare):

Kono (this) hon (book) wa ikura (how much) desu ka?

Go (5) doru (dollar) desu.

How much is this book?

Five dollars.

Kono mono wa (thing) ikura desu ka?

Ikura?

Yon (4) doru desu.

How much is this thing?

How much?

Four dollars.

Sore wa doko (where) desu ka?

Sore wa soko (here) desu.

Iie, sore wa soko (there) ni ari-masen (is not).

Where is it?

It is here.

No, it is not there.

Suima-sen (pardon), toire wa (toilet) doko desu ka?

Toire-wa acchi (there) desu.

Pardon, where is the toilet?

The toilet (is over) there.

Sore-wa nan (what) desu ka?

Shitsu-rei (pardon)? Nan desu ka?

Sore.

Ah, kore wa yoi (good) hon (book) desu.

What is that?

Pardon? What?

That.

Oh, it is a good book.

Anata wa nani-ga (what) hoshii (want) desu ka?

Boku wa wain-ga (wine) hoshii-desu, yoro-shiku (please)

What do you want?

I want the wine, please.

Dare (who) ga koko ni (here) imasu ka?

Boku-tachi wa (we) koko ni imasu..

Who is here?

We are here.

Ano (that) josei (woman) wa dare (who) desu ka?
Boku wa shiri-masen.

Who is that woman?
I do not know.

Baka! Are-wa Madonna-dal!
Nan-te onna (woman) da!
Kanojo wa sugee-ze!

Baka!! It is Madonna!
What a woman!
She is wonderful!

16. EVERYTHING - COLLOQUIAL - POLITE AND SLANG:

Watashi wa koko.
Anata wa soko.

I am here.
You are there.

Watashi wa anata ga suki (like).
Anata wa okane ga (money) suki.

I like you.
You like the money.

Kare wa (he) kore wo (this) suru (does).
Kanojo wa sore wo suru.

He does this.
She does that.

Watashi wa sukoshi Nihongo-ga hanaseru (speak)
Anata wa Baka tte iccha-dame (not)!

I (can) speak a little Japanese!
You can not say Baka!

Watashi wa anata ga wakaru.
Anata wa watashi ga (me) waka-ranai.

I understand you.
You do not understand me.

Watashi wa ba-ni iki-tai (go-want).
Anata wa toile-ni iki-tai.

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

Ojo-San, boku ni-wa jikan-ga (time) aru!

Miss, I have time!

Sen-Sei, o-kane (money) wo o-mochi (have) desu ka?

Sir, do you have money?

Onegai, Furansu-dewa o-mizu-wo (water) noma-nai (drink not) - de kudasai!!

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

Wain-wo non-de (drink) kudasai!!

Drink the wine!!

Ogenki, Eliza?

How are you, Eliza?

Genki (da) -yo arigato, Khulu.

I am well, thank you, Khulu.

Sore-wa ookii (big) desu-ka, Ojiisan/Oniisan?

Is it big, Sir?

Iie, sore-wa chiisai (small) desu-yo, Ojou-san.

No, it is small, Miss.

Anata wa sono (that) onna-wo (her) shi-rimasen!

You do not know that woman!

Chikusshoo!!

Darn!!

Kanojo suteki-nan-dayo!

Baka!! She is wonderful!

Sou ima, mondaiga itsu-tsu (5)-mo aru!

Yes now, I have five problems!!!

Kodomo-shokun (children)

All the children!

Sore-wa (that) nani (desu)?

What is that?

Gomen. Nani?

Pardon. What?

Hora, soko da.

Oh, there it is.

Waruku-nai-ne.

Not bad.

Chikushoo!!!

Darn!!

OK?

OK?

Unn dai-joubu (cool).

Yes, it's cool!

Sou, kakko-ii (cool) desu-yo!

Yes, it's cool! (classt)

Ee, suteki (cool) desu.

Yes, it's cool! (upper class)

Baka to wa iwa-nai-de!!

Do not say Baka!!!

Sore-wa yoku (cool) nai-yo!!

It is not cool (upper class)!!!

Watashi wa kore-wo (this) yara-naku-cha (must).

I must do this.

Anata wa sore-wo (that) yara-naku-cha.

You must do that

Subara-shii?

Wonderful?

So, kimi-wa (you) subara-shii yo!

Yes you are wonderful

Jah sayonara!

Bye bye, for now!

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 "Indonesian place" ... in you 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 ... "Indonesian 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 ... 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 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/ Exclamations:

hello	good morning	how are you?	I am well	thank you
yoh/konnichiwa goza-imasu	o-hayo goza- imasu	o-genki desu ka?	genki desu	arigato
goodbye	yes	no	OK	not too bad
sayonara	hai/unn/so	iie/uun	ii/OK	waruku-nai
Stupid!!	there it is!	"cool"!!!	sorry	please
baka!	soko ni arimasu	suteki/iine/ kakko-ii	sumi-masen/ gomen-nasai	douzo/one-gai

b. Verbs:

to be	have	like	want	can
aru/da	(ni-wa) a-ru/ mo-tsu	suki	I-ru/-tai/ hoshii	deki-ru/ eru/ rareru
ari-masu/desu	motte imasu	suki-desu	ir-imasu	deki-masu
do	say/speak	go	come	give
su-ru/ya-ru	i-u/hana-su	I-ku	ku-ru	ageru
shi-masu	hanashi-masu	iki-masu	ki-masu	agemasu
take	eat	drink	sleep	know
toru	tabe-ru	nomu	nemu-ru	
shiru/kizuku/ wakaru				

tori-masu tabe-masu nomi-masu nemu-rimasu wakari-masu

understand

must do

wakaru

yara-naku-cha

wakari-masu

c. Prepositions:

some

a

the

to

from

sukoshi

hito-tsu-no

sono/ano/kono

-ni, -notameni

kara

d. Pronouns:

I

you

he

she

we

watashi

anata

kare

kanojo

watashi-tachi

boku

boku-tachi

this

that

Mr

Mrs

Miss.

kore

are

-San

-San

-San

Nouns:

money

thing

man

woman

water

o-kane

mono

otoko-no-hito

onna-no-hito

mizu

car

ticket

book

Friend

time

kuruma

kippu

hon

tomodachi

ji-kan

f. Adjectives/
adverbs/Other:

good

bad

big

small

now

**yoku(adv.)/
daijoubu/ii**

warui/heta

ookii

chiisai

ima

later	a little	wonderful!	happy	easy/difficult
nochi-hodo	sukoshi	sugoi subarashii	shiwase	kantan/ muzu-kashii

here/there
koko/soko

g.
Interrogatives:

how much?	where?	what?	who?	when?
ikura?	doko?	Nani/nan	dare?	itsu?

Note:	What is that?	Question?	Eat	Please eat!
	Kore wa nan desu ka?	ka?	Tabe-masu	Tabete kudasai!
	Want to eat	Not want to eat	Can eat	Can not eat
	Tabe-tai	Tabeta-kunai	Tabe-rareru	Tabe-rarenai

h. Numbers:

one	two	three	four	five
ichi/hito-tsu	ni/futa-tsu	san/mit-tsu	shi/yot-tsu	go/itsu-tsu

i. And some survival words:

WC (toire),
pardon (gomen-nasai)
always (itsumo)
fast/slow (hayai/osoi)
but (shikashi/demo)
never (kesshite)
please (douzo/kudasai/onegai)
food (tabemono)
train (densha)
bus (basu)
home (ie/uchi)
work (shigoto)
today (kyou)
tomorrow (ashita)
paper (kami)
newspaper (shinbun)
day (nichi)
week (shuu)
year (toshi)
hour (jikan/ -ji)

minute (fun/pun)
hamburger (hambaagaa)
think (omou/kangaeru)
read (yomu)
write (kaku)
laugh (warau)
dance (odoru/dansu-suru,)
stop (tomaru,yameru)
policeman (kei-kan)
six (roku)
seven (shichi)
eight (hachi)
nine (kyu/ku)
ten (juu)
hundred (hyaku)
thousand (sen)
stupid (baka)
see you later (ja-ato-de/dewa mata
nochihodo)!

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

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

BASICS:

Thank you.	Arigatou (goza-imasu)
Hello/welcome	Yoh/irassha-imase
Yes/no	Hai,un,sou/iie,uun
Please	Douzo/-kudasai/one-gai
Excuse me	Sumima-sen/gomen
Cheers	Ganbare (encouragement)/Kanpai (with drinks)
It was nothing	Dou-itashi-mashite/o-somatsu-sama
Just a moment	Chotto matte
Cool (really great)	ii-ne/sute-ki/kakko-ii
Everything is OK!	Subete/Zenbu daijou-bu (OK) desu
Good morning	O-hayou (goza-imasu)
Good-bye.	Sayou-nara
My name is ...	Watashi no (my) namae-wa (name) ... desu.
What is your name?	O-namae wo oshiete kudasai (politely - teach it to me)
How are you?	O-genk-i desu ka (question)?
Fine, thanks	Genki desu, arigato (goza-imasu)
And you?	Anata wa?
I'm from:	Watashi wa ... desu.
France	Furansu
England	Eikoku
America	Amerika

I am with:

UN

Red Cross

Nokia

Watashi wa ... - ni Imasu.

Koku-ren

Seki-Juuji

Nokia

QUESTIONS:

I must do this.

Watashi wa kore-wo (this) yara-naku-cha (do must).

When/how?

Itsu/dou-yatte?

What/why?

Nani/naze?

Who/which?

Dare/dochira?

Where is ...?

... wa doko (where) desu ka (question)?

Where can I get ...?

... wa doko de te-ni hairi-masu ka?

How much is that?

Sore wa ikura (how much) desu ka?

Help me please?

Watashi-wo tetsuda-tte help) kudasai (please)-masu ka?

What is the meaning of this?

Kore wa doyu-imi (meaning) desu ka?

UNDERSTANDING:

I understand.

Watashi-wa waka-rimasu.

I don't understand.

Watashi-wa waka-rimasen (not).

Say that once more please.

Mou-ichi-do (once more) itte (say) kudasai (please).

Can you translate this please?

Sore wo yaku-shite (translate) kudasai- masu ka?

Could you let me have... please?

....wo kudasai (let me have) masu-ka?

Do you speak ...?

... -wo hanashi-masu (speak) ka?

English/Japanese

Eigo/Nihongo

I don't speak Japanese?

Nihongo-wo hanashi-masen (not).

I do speak a little Japanese.

Nihongo-wo sukoshi hanashi-masu.

COMMENTS:

It's:

(Sore-wa) desu

right/wrong

tadashii/machigai

big/small

ookii/chiisai

cheap/expensive

yasui/takai

good/bad

yoi/warui

hot/cold

atsui/tsumetai

near/far

chikai/tooi

OK!

daijou-bu/o-ke/- ii

FOOD:

I want:

Watashi-wa ... ga hoshii desu:

breakfast

asa-gohan

lunch

hiru-gohan

dinner.

ban-gohan

May I have some?:

Sukoshi (some) ... wo ita-dake (receive)-masu ka?

bread/butter

pan/bataa

eggs

tamago

meat/potatoes

niku/jagaimo, poteto

apples/oranges

ringo/orenji

coffee/tea

kouhii/koucha

milk

miruku

fruit juice/water

furuutsu juusu/mizu

Can I have the bill.

O-kanjo (bill) wo o-negai-shimasu.

Is there a mistake?

Machigai-ga (mistake) arimasu- ka?.

We enjoyed it.

Tano-shi-katta desu.

TRANSIT:

Where is the ...?

... wa doko (where) desu ka (question)?

Where is the taxi?

Takushi wa doko desu ka?

How much to go to ...?

... made ikura (how much) desu ka?

Take me to ... please.

... ni tsurete-itte (take) kudasai (please).

Stop here please.

Koko de (here) toma-tte (stop) kudasai.

This road is not the right.

Kono michi (road) wa tadashi (right) ku-nai (not)

Go straight ahead please.

Massugu (ahead) itte (go) kudasai.

It is there:

(Sore wa)... desu.

left/right

hidari e/migi e

next to/after

tonari ni/~wo sugite, ~no atode

north/south

kita/minami

east/west

higashi/nishi

Where is the:

... wa doko desu ka?:

shopping centre

shoppingu sentaa

pharmacy

kusuriya

SHOPPING:

Do you have ...?

... wa ari- masu (have) ka?

How much is this/that?

Kore/sore-wa ikura (how much) desu ka?

I will take this.

Kore wo itadaki-masu (take/receive).

What colours have you?

Nan (what) iro (colours) ga ari-masu ka?

Black

kuro

Blue

ao

Red

aka

White

shiro

I want to buy :

... kai-tai (buy want).

aspirin/soap

asupirin/sekken

apples

ringo

milk

miruku

film/newspaper

fuirumu/shinbun

TELEPHONE:

Hello ... this is ...

Moshi moshi ... desu.

Please speak more:

Motto ... hanash-ite (speak) kudasai:

loudly

ookii koe de

slowly

yukkuri

I want to speak to ...

... to o-hanashi-tai (speak want) desu ga

Mr.

... San

Mrs.

... San

When is he back?

Itsu (when) o-modori ni nari-masu ka?

Call me please.

Watashi-ni koe (voice)-wo kakete(give) kudasai.

TIME:

Do you have the time?

O-jikan-ga (time) ari-masu ka?

What time is it?

Nan (what)-ji (time) desu ka?

It is:

five past one
quarter to three
twenty past four
half past six

... desu:

ichi-ji (1) go-fun (5)
san-ji (3) jugo-fun (quarter) mae (to)
yo-ji (4) niju-ppun (20)
roku-ji (6) han (half past)

MEETINGS:

When shall we meet:

today
tomorrow
next week

Itsu (when) ai-mashou (meet) ka?

kyou
asu/ashita
rai-shuu

in the morning
in the afternoon
in the evening

asa
gogo
ban

tonight
soon

kon-ban
sugu

You are right/wrong.

Anata wa tadashii/machigatte-imasu.

It is right.

Tadashii desu.

LOCATIONS:

Here/there

Koko/asoko

At the UN office

Kokuren ofisu de (at) UN

Is it near/far?

Chikai/tooi desu ka?

How many hours?

Nan-jikan (how many hours) desu ka?

21. PLAY QUIZ

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

- | | |
|----------------------------|-----------------------------------|
| a. I am well, thank you | Sumima-sen. |
| b. Excuse me | Arigato (gozai-masu) |
| c. Thank you. | Daijou-bu. |
| d. OK | Genki desu, arigato. |
| e. You're here! | Yoh/Moshi moshi |
| f. Good work | O genki desu ka? |
| g. Hello | Anata wa koko ni imasu. |
| h. How are you? | Gokuro-sama |
| i. Good morning! | Subarashii. |
| j. Is the water good? | Nihongo-wo hanase-masen. |
| k. I don't speak Japanese? | Sono mizu-wa daijou-bu desu ka? |
| l. Wonderful!! | O-hayo goza-imasu. |
| m. Yes | Ueetaa. |
| n. Please | Sore wa tadashii-desu. |
| o. It is right. | Douzo/kudasai |
| p. Waiter? | Hai/unn/sou. |
| q. How much is it? | Doko/itsu/naze? |
| r. Where is the toilet? | Nan-ji desu ka? |
| s. Where/when/why? | Kore wa ikura desu ka? |
| t. What time is it? | Toire wa doko desu ka? |
| u. Help me please? | Watashi-wa wakari-masen. |
| v. I do not understand. | Watashi-wo tetsuda-tte kudasai? |
| w. What does this mean? | Motto yukkuri hanashi-te kudasai. |
| x. Please speak slowly | Kore wa dou-iu-imi desu ka? |
| y. Bye bye for now!! | Subete daijoubu da (desu) yo,!! |
| z. Everything is OK!! | Jah sayonara!! |

Answers: In the phrase books suggested ... 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 ...

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 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** 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>Pashto</u>	<u>Dari</u>	<u>Japanese</u>
Airport	hawaa dagar	maydaan-e hawaa-i	kuukou
Army	pauz	fauj/ordu	gun
Asylum	panaah	pamaah	hinan/hogo
Border	pdlay	sarhadd	koku-kyou-chi
Camp	dd kaamp	kaamp-d	hinan kyampu
Children	muchouman	awladah	kodomo-tachi
Clothing	jama	poxaak	you-fuku
Cooking pot	chainaq	dd paxdy loxay/deg	loxay/deg
Cooperation	hamkari	pd gdda kaar kawdl	kyou-ryoku
Customs	gumruk	gumruj	kanzei
Delay	nawakta	dzandy	okure
Detention	ndzar-band	tawkif	
Development program	dd wadi prograam	prograam-d ynkyshaafi	kaihatsu-keikaku
Displaced persons	be-zaya shdwi xaldek	be-jaa shodygaan	nan-min/ryuu-min
Electricity	breshna	brexnaa	den-ryoku
Emergency	hajol	ber-dndy pexa	kinkyuu
Expulsion	shar-dl	kharej/zxraaj	taikyo/haijo
Family	koranay	hekraaj	kazoku
Government	hokumat	hokumat	seiji
Grandparents	padar kalan	padar wa maser kalan	sofu (m))/sobo (f)
Handicapped	saya	ma-yub	shougai-sha
Health	roghtyaa	seat/syhhat	kenkou

Hospital	roghtun	shafakhana	byou-in
House	kor	khana/kor	ie
HQ	mankaz	mankae	hon-bu
Human rights	dd bashar hakkuna	hokuk e bashar	jin-ken
Husband	mehra	shwahan	danna-san/shujin
Legal protection	kaanuni saatdna	hymayat e kano	houritsu-hogo
Malnutrition	bada ghdzaa	sou-e taghziya	eiyou-shicchou
Material assistance	maadi komak	komak-e mawadi	
Ministry	wdzaarat	wezarat	... shou
Nutrition	ghdzaa	taghziya	eiyou
Pain - days/ weeks	dard worat	dard e ruz/hafta	kutsuu - nich/shuu
Pain - months/ years	dard hafta	dard e mo/sol	kutsuu -
Pain - treatment	dard mehda	dard e ta-dow-wi	
Pain - arms/legs	dard bazou/paie	dard e dest/pal	ude/ashi
Pain - chest	dard sina	dard e sina	mune
Pain - ears/ eyes	dard gauche/ sterguee	dard e goch/cheshom	mimi/me
Pain - hands/ feet	dard daste/paie	dard e dest/pai	te/ashimoto
Pain - head/ neck	dard sav/gardan	dard e sar/ghardin	atama/kubi
Pain - stomach	dard mehda	dard e meda	onaka
Persecution	zawrawdi	aziyat	hakugai
Petrol	tel	petrol/tel	gasorin
Police-station	dd polis st-eshan	sar-mammuriyat-e-police	keisatsu-sho
President	mdshir	ra-is	daitou-ryou
Prison	bandy-khana	zyndan	keimu-sho
Province	ayaalat	wela-yate	chi-iki

Reception centre	dd melma paaldne	mahal e pazirahi/	uke-tsuke
Refugee	mohajer	panahenda	nan-min
Representative	astaazy	nema-yandghi	daiyou-sha
Rural	da kdll	?	inaka
Sanitation	hyfzu-syhna	hyfzu syhha	eisei
Shelter	rijdi	panaga	hinan-jo
Status	haysiyat	haysiyat	chi-i/jou-kyou
Tent	rijdi	gihejdi/khayma	tento
Torture	shekanja	shykanja	gou-mon
Town	khar	shahr	machi
Transportation	transport	transport	kou-tsuu
Travel Docs	sdd safar sanaduna	sdd safar sanaduna	ryokou-shiryuu
Tribe	t-dbdr	kabila	buzoku
Truck	lan mot-dr/lari	motar-d laar/lari	torakku
Urban	dd khari	dd khari	tokai
Village	kday	karya	mura
Voluntary repatriation	pd rdzaa-sara	berta legal	ji-hatsu-teki-na hongoku-soukan
War	jagara	jangu	sensou
Water	aaba	aab	mizu
Wife	kaza	zawja/khanom	oku-san/tsuma

APPENDIX C - BRIEF GRAMMAR

1. Structure - subject (wa), object and verb:

Watashi wa (I) KOKO NI (here) imasu (am).

I am HERE.

KODOMO wa koko ni imasu (is).

The CHILD is here.

Kodomo wa koko ni imasu KA (question)?

IS the child here?

2. Articles - humans and birds are counted differently!!:

Hitori-no (one) kodomo koko ni imasu.

One child (is) here.

3. Nouns - plural ("tachi") & accusative ("wo"):

Kodomo-TACHI koko ni imasu.

The child-REN are here.

YOI kodomo koko ni imasu.

The GOOD child is here.

Kare (he) wa KODOMO desu.

He is a CHILD.

4. Possession - connected with "no":

Kare wa WATASHI-NO kodomo desu.

He is MY child.

5. Relative - with noun modification:

Koko ni-iru kodomo.

The child WHO is here.

6. Demonstrative - this ("kono") and that ("sono"):

KONO/SONO kodomo koko ni imasu.

THIS/THAT child is here.

7. Interrogatives - what ("nan"), who ("dare"), where ("doko") and how much:

Kore wa NAN desu KA?

WHAT is this?

Sore (that) wa DARE desu KA?

WHO is that?

Kodomo wa DOKO desu KA?

WHERE is the child?

Hon wa IKURA desu KA?

HOW-MUCH is the book?

8. Imperatives - ordering ("-ite"):

Kore wo SHI-TE (suru - to do)!

DO this!

Koko ni KI-TE (kuru - to come)!

COME here!

9. Negatives - not ("i-masen") and ("ja-nai" - comes from dewa nai - is not):

Hai, watashi-wa hon wo MOTTE-IMASU.

Yes, I HAVE the book.

Iie, watashi-wa hon wo motte-IMASEN.

No, I do NOT have the book.

Simplified: Iie, hon (book) wo motte-I-NAI.

No, I do NOT have the book

0. To be, have and want to eat (tabe-ru) with ga indicating "who" (I, you or he):

Watashi /-wa desu/-ga motte imasu/-ga tabe-tai

I am/have/want to eat

Anata /-wa desu/-ga motte-imasu/-ga tabe-tai

You are/have/want to eat

Kare /-wa desu/ .ga motte-imasu/-ga tabe-tai

He is/has/wants to eat

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

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

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

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

Further information: 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
APS - LEARNING REINFORCEMENT
AUTONOMIC PLAYBACK SYSTEM

1. Make a special 30 minute APS audio tape recording of ALL natural language material in this CRE that you want to absorb into your long term memory, as follows:
 - a. Speak with a gentle persuasive tone. This encourages perception and retention without effort.
 - b. Speak only for about 8 seconds ... pause for about 4 seconds continue for about 8 seconds ... pause 4 seconds etc. This gives your mind time to absorb easily without stress.
 - c. Add seven key learning points which were important to you! Thus provides "associations" in your mind for the new learning.
2. The NEXT DAY, relax and playing 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 playing 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: drbobboland@hotmail.com. So from now on - relax and remember!!

APPENDIX F - THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

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

1. A/an ICHI	2. After -NO ATO	3. Again MOU ICHI DO	4. All ZENBU/ SUBETE	5. Almost HOTONDO
6. Also -MO	7. Always ITSUMO	8. And -TO	9. Because -KARA	10. Before NO MAE NI
11. Big OOKII	12. But SHIKASHI/ DEMO	13. I can DEKI-MASU	14. I come KIMASU	15. Either/or -KA...-KA
16. I find MITSUKERU	17. First HITOTSU- ME	18. For -E / -NO TAME NI	19. Friend TOMODACHI	20. From KARA
21. I go IKIMASU	22. Good YOKU/II	23. Goodbye SAYONARA	24. Happy SHIAWASE	25. I have MOTTE IMASU
26. He KARE	27. Hello YOH/ KONNICHIW A	28. Here KOKO	29. How DOU (YATTE..)	30. I WATASHI
31. I am ...DESU	32. If MOSHI	33. In -NO NAKA	34. I know SHIRU	35. Last SAIGO NO

36. I like SUKI DESU	37. Little SUKOSHI	38. I love SUKI-DESU	39. I make SHI-MASU	40. Many TAKUSAN (NO..)	
41. Money O-KANE	42. More MOTTO	43. Most HOTONDO	44. Much TAKUSAN	45. My WATASHI NO-	
46. New ATARASHII	47. No IIE/UUN	48. Not DEWA NAI/ ARIMASEN	49. Now IMA	50. Of -NO	
51. Often YOKU	52. On NO UE NI	53. One ICHI	54. Only -DAKE	55. Or MATA WA../ KA	
56. Other HOKA NO..	57. Our W.TACHI NO	58. Out SOTO	59. Over NO UE NI	60. People HITO-BITO	
61. Place TOKORO	62. Please ONEGAI/ -KUDASAI	63. Same ONAJI	64. I see MIRU	65. She KANOJO	
66. So DAKARA..	67. Some SUKOSHI	68. Sometimes TOKIDOKI	69. Still MADA	70. Such -NO YOU (NA)	
71. I tell HANASU	72. Thank you ARIGATO	73. That ANO/SONO	74. The -	75. Their KARERA NO	

76. Them KARERA	77. Then SOSHITE/ SOREKARA	78. There is ARU	79. They KARERA	80. Thing MONO
81. I think OMOU/ KANGAERU	82. This KORE	83. Time JIKAN	84. To -NI/-E	85. Under -NO SHITA NI
86. Up UE	87. Us W.-TACHI	88. I use TSUKAU	89. Very TOTEMO	90. We W.TACHI
91. What NAN	92. When ITSU	93. Where DOKO	94. Which DORE	95. Who DARE
96. Why NAZE	97. With -TO	98. Yes HAI	99. You ANATA	100. Your ANATA NO